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- Benefits of Benefit Bike Rides
- **Running & Walking** Mix It Up This Spring!
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By Dave Kraus

Mhenever you go for a ride, you help yourself by exercising your body and your mind. In northeastern New York there is variety of well-organized charity benefit rides every season that let you help others while you help yourself, and enjoy the benefits that a fully supported ride event offers.

The areas largest benefit ride, and one of the largest in the country, happens in Saratoga Springs on Sunday, June 1. In its 23rd year locally, the American Diabetes Association's Tour de Cure hosted nearly 2,500 riders and raised \$1.25 million for Diabetes research in 2013 and their goal this year is 2,600 riders, according to Tour Director Denise Nicastro.

The Saratoga event offers something for everyone, with ten, 25, 50, 62.5 and 100-mile route options, and even a threehour indoor spin session. Full service rest stops on the road routes offer food and drink, and there's also full mechanical and sag support.

After the finish, Mazzone Hospitality caters lunch, there's music, and even massage therapists. Riders can also earn various merchandise prizes depending on how much they raise and riders raising more than \$500 get a special Tour de Cure jersey. There's even a Red Riders team for riders with diabetes, with specific incentives and special jerseys to recognize team members.

Entry fee for the Tour de Cure is \$25, with a \$200 pledge minimum. Get more information at diabetes.org/saratoga.

This year is the tenth anniversary of the Billy Grey Ride and Walk for Research, which raises funds for brain tumor research by honoring Billy Grey, who died of glioblastoma

multiforme in 2001, just shy of his 13th birthday. The morning event on Sunday, May 18, offers 10, 25 and 50-mile riding options and also includes a companion three-

mile walk that goes through the Saratoga Springs historic district. All the events begin at the city's Farmer's Market on Brain tumors are a little known but serious danger that affect more than 688,000 Americans every year and kill over

14,000. Only one in three people with brain tumors survive

for more than five years. This local ride has raised more than TOUR DE CURE REST STOP DAVE KRAUS/KRAUSGRAFIK.COM

\$1,800,000 for brain tumor research. Get more information about the ride and how to register at teambilly.org.

For local riders wanting something different, head the Hudson River to West Point for 11th annual Get Your Guts in Gear: The Ride for Crohn's & Colitis, or GYGIG, on Saturday, June 7.

Crohn's Disease, also known as ulcerative colitis, affects more than 1.4 million Americans but because of the silence that often surrounds these types of diseases, public awareness is lacking.

This ride offers participants a variety of experiences and rides of 100, 62.5, 30 and ten miles through scenic lower Hudson River valley, starting at the historic Thayer Hotel. There are services along the routes for riders, and Saturday evening there's a dinner buffet with musical entertainment on the Thayer's balcony overlooking the Hudson.

Want to make a weekend of it? There are special overnight rates at the hotel and follow-up 10 and 30-mile rides on Sunday morning, June 8. Get more information and register at their website at: igotguts.org/the-new-york-ride. 📥

Dave Kraus of Schenectady is a longtime area cyclist, photographer and writer. He is leading a team at the Tour de Cure. Contact him at dbkraus@earthlink.net.



Experience One of the Greatest All-Women's Road Races in the World!

Join more than 5,000 runners at the 36th annual Freihofer's Run for Women 5K — one of the world's most prestigious all-women's road races — on Saturday, May 31 in downtown Albany.

The event, in which recreational joggers share the field with Olympic and world champions, combines some of the top international and American women distance runners and more than 5,000 women from New York's Capital Region and across the nation.

In addition to the 5K, we also offer events the whole family will enjoy. This includes the Freihofer's Junior 3K Run presented by SportsSignup, which is designed to promote an active, healthy lifestyle for girls and boys ages 9-14. Tailored to children who currently participate in an extracurricular running program or who enjoy running as part of their physical education class at school, the event also serves as a fundraiser for the Children's Hospital at Albany Medical Center.

For more information, visit freihofersrun.com.





























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By Laura Clark

s consumers we enjoy the personal attention and unique offerings of downtown mom and pop stores, not to mention a righteous sense of "going local." Still, big box franchises guarantee a broad selection and a similarity of expectations. No matter where you are, you know exactly what expect when you order a McDonald's burger. Diversity is stimulating, but sameness is

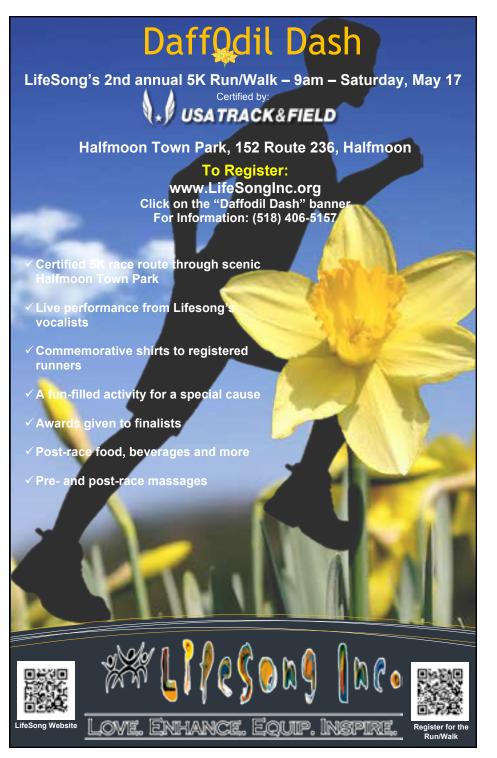
Lately, as runners, it is not enough to choose distance, location and a small, medium or large tee. We, too, are confronted by these philosophical conundrums. It all started with Rock 'n Roll marathons, expanded with fundraiser charity races and came into its own with Ragnar Relays and other events organized by race management systems. Neither experience is good nor bad and both complement each other. Whether we crave neighborhood interaction or tour bus expertise there are local events ready to oblige. The only caveat is that unlike mass market discounts, managed events tend to charge more for their guaranteed experience. Their race officials are getting paid, while Mom & Pops are in it for the warm fuzzies.

The races reviewed this month are excellent spring starter distances, but if you plan carefully, you can double up for some length-

You may have noticed that many of our mainstay races boast thirty-year longevity, with the Bill Robinson Masters 10K Championship is celebrating its 34th year on Saturday, April 26. In another six, it will have qualified to have run in its own race! Seriously, back in the days of sweatpants and cotton tees over 40 meant retirement, not rejuvenation. How insightful of the Hudson-Mohawk Road Running Club to place themselves on the starting line of this masters opportunity. Even thirty-odd years later it still stands out with age groups through 80-plus, a high-end number that not many races recognize. Participation hovers around the onehundred person mark, leaving plenty of elbow space for those intent on hammering out an age-group win. Visit: hmrrc.com.

On Sunday, April 27, head over to Sean's Run 5K in Chatham. Now billing itself as the Sean's Run Weekend, thanks to major sponsoring, this event provides big player extravaganza flare with a hometown feel. Overachievers could go for a combo in the same location with a bike ride or Zumbathon on Saturday and the 5K on Sunday, Honoring Sean French, a teen who died as a passenger in a drunk driving accident, the event is truly a family and a school affair, funding scholarships and grants and spreading teen awareness of risky driving. Saturday there is a free

See RUNNING & WALKING, 21









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2014-2015 SKI3 Season Passes Are On Sale!

Buy yours today and enjoy the rest of this winter included, starting March 10. Ask about passholder perks available at all three mountains.

nySKI3.com

www.AdkSports.com APRIL 2014 5

AROUND THE REGION News Briefs

Tri- City BMX Open House on April 26

ROTTERDAM – Ever want to try the Olympic sport of BMX racing but you or your child didn't know how to get started? You can now get a taste by visiting the Tri City BMX track in Rotterdam during their annual Open House on Saturday, April 26. It's a free day of riding, instruction and knowledge sharing for all interested in BMX racing. New riders and families to the sport will be guided by volunteer staff and other experienced family members.

The Mission of Tri-City BMX is to promote the sport of bicycle motocross (BMX). This includes modeling and teaching good sportsmanship, respect of self, family and fellow competitor, and proper bicycle safety. This sport is open to riders of all ages and abilities.

So, what will you need? You need a BMX bike, a helmet, long sleeves and pants. The track staff will check over your bike to make sure that it's safe to ride. BMX racing is actually less dangerous than other youth sports. Statistics have shown that kids in the traditional sports such as basketball, football, baseball, and soccer suffer more injuries than in BMX racing. For more info, visit: usabmx. com/tracks/1889.

- Jim MacNaughton

FROM THE **PUBLISHER & EDITOR**

A big "Thank You" to everyone involved in the Summer Expo! We are very grateful

to all our exhibitors - new and repeat - who supported the show and provided valuable

information about their products, services, clubs and destinations to our attendees - and

great deals too. The presenters of the pool sessions and seminars did a wonderful job of

you for bringing calm to the chaos: Kim Scott, Bob Cameron, Jill Fahey and Justin and

Meghana, plus volunteers Mike Della Rocco, Sarah Dzikowicz, Paula Gabris, Cori Houry-

trails, roads, events and races. Enjoy this April issue as a source of ideas for to train or

Our volunteers gave up part of their weekend to help us run the expo. A heartfelt thank

We're happy that it's "after the expo" and we're looking forward to getting out on more

EWith the success of the Summer Expo, the sentiment that we felt after

the expo weekend was pure joy! With family, friends, volunteers, seminar

presenters, and contributing writers, exhibitors and 7,500 attendees all

together under one roof to celebrate outdoor sports! We saw lots of smil-

Kling, Shannon Ostmeier, and Donna Sweeney for helping us at the door.

sharing their knowledge and their passion for sports they do.

workout, experience wonderful outings, or compete in races!

ing faces and it was a great reminder of why we do this magazine and expo.

Albany Bicycle Coalition's Bike EXPO on May 4

ALBANY - The Albany Bicycle Coalition announces their fourth Annual Bike EXPO to kick off National Bike Month and promote cycling across the Capital Region. The community event will take place from 10am to

Thank You!



4pm, Sunday, May 4 at the Washington Park Lakehouse in the heart of Albany.

The Bike EXPO will feature family-friendly rides on car-free park roadways, exhibitions, free tech advice, refreshments, raffles, and prizes. Vendors and tables will include bike shops, bicycle clubs, and advocacy organizations. The event is free and open to the public.

The volunteers from ABC are trying to bring together cyclists regardless of their individual riding skills or their motivation for riding. "We are using bicycles as a central focus for sustainable and healthy living in the Capital District. Our secondary goal is to highlight the many cycling improvements in the city – shared lanes, hundreds of bicycle racks, bicycle signage, and bicycle lanes"

This event is sponsored in part by the City of Albany's Office of Energy and Sustainability, the New York Bicycling Coalition, Blue Shield of Northeastern New York, the Capital District Transportation Authority, UAlbany's Green Scene and Mohawk Maiden Cruises.

The Albany Bicycle Coalition is a group of dedicated cyclists whose goal is to promote bicycling for transportation and recreation

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ISSUE #161



throughout the Capital Region. ABC meets at 7pm on the last Thursday of every month at the LaSalle School Chapel and Cultural Center in Albany. Sign up for updates at albanybicyclecoalition.com.

Groups to Host 5K Triple Crown Runs

GLOVERSVILLE – Three local groups are joining forces to raise money, promote their causes and increase tourism in Fulton County with the 5K Triple Crown presented by St.

Mary's Healthcare. Three 5K races will be held on three different days resulting in one male and female grand champion. There will also be cash prizes and medals awarded and other prize drawings for those who enter the 5K Triple Crown.

Glove Cities Rotary will host the Run for the Roses 5K on Saturday, May 3rd. There will be a 7:30 a.m. registration and 9 a.m. run starting from Partner's Pub, 21 S. William St., Johnstown.

See NEWS BRIEFS, 30 ▶

ADIRONDACK SPORTS & FILINESS SUMMER EXPO

PRIZE WINNERS ANNOUNCED

Here are the lucky winners of more than \$5,000 in prizes at the March 8-9 Summer Expo in Saratoga Springs. Thank you for coming to the show and to our exhibitors and advertisers who generously donated these prizes!

BICYCLING

Crankcase, The Bike Tote – Shannon Brown, Niskayuna
Elevate Cycles, Standard Tune-Up – Jeremy Callinan, Scotia
Elevate Cycles, Performance Tune-Up – Peter Lee, Saratoga Springs

Mohawk Hudson Cycling Club, Club Jersey - Andrea Howard, Glenmont

Plaine & Son, Specialized Bike Accessory – Dale Tracy, Saratoga Springs
Plaine & Son, CycleOps Trainer Kit – Ellen Beal, Saratoga Springs

Spa City Bicycleworks, Origin Bike Pump – Sue Thompson, Round Lake

Spa City Bicycleworks, Pro Bike Tune-Up – Tony Lupo, Saratoga Springs

Victory Cycleworks, 2-1/2 hour terrain ride on a CompuTrainer – Janice Verrastro, West Sand Lake

HEALTHY LIVING

365 Fit, Delmar, Gift Certificate, 3 classes – Amber Pollack-Bruce, Delmar

Make It Fit Boot Camp Challenge – Jennifer Russell, Ballston Spa

Nerium International, Night Cream – Elizabeth Haller, Latham

A Peaceful Place, Virginia Touhey LMT, Myofascial Release Session – Lauri Dittmer, Clifton Park

Plaza Fitness Performance, Two Weeks Strength Classes – Virginia Baldwin, Saratoga Springs

Planet Beach, Clifton Park, Gift Certificate – Samantha McBee, Saratoga Springs

HIKING & CLIMBING

Adirondack Mountain Club, ADK Fleece Vest – Jean Ranar, Porter Corners

RAW Fitness, Saratoga Springs, Gift Certificates – Nicole Pinieri, Ballston Spa

KAYAKING, CANOEING, SUP & SCUBA

Feeder Canal Alliance, 10-foot Potomac Pathfinder 100 – Deb Brownell, White Creek Lake George Kayak, SUP or Kayak Rental – Evelyn Buchanan, Saratoga Springs Rich Morin's Professional SCUBA Center, Open Water SCUBA Class – Toby Noble, Lake George Seguin's SCUBA Center, Open Water Training Certification – Laura Horton

RUNNING

Jog for Jugs Half-Marathon Entry – Howard Kreitsek, Clifton Park

Jog for Jugs 5K Entry – Kyle Mahar, Ballston Lake

HITS Kiwanis Kingston Classic 10K Entry – Cori Houry-Kling, Galway

iRun Local, Men's Under Armour Shirt & Camelback Water Bottle – Kristen Hislop, Clifton Park

iRun Local, Ladies' Under Armour Shirt & Camelback Water Bottle – Kelly Miller

Malta 5K Entry – Kathy Brooks, Scotia

Mastodon Challenge 15K Entry & Race Shirt (2) – Mark Butt, Delmar

Mohawk Hudson River Marathon Entry – Rebecca Evansky, Hudson Falls Mohawk Hudson River Half-Marathon Entry – DJ Racette, Saranac Lake

Schenectady Firefighters' Run 4 Your Life 5K Entry (2) — Heather Childs, Schenectady Schenectady Firefighters' ChowderFest Entry — Estelle Davis, Schenectady

Sunny Hill Spring Obstacle Run Entry – Kathie Graham, Oswego

Survive the Farm 5K Obstacle Race Entry (2) - Pete Novack, Wilton

Wakely Dam Ultra Marathon Entry – Chris Repka, Ballston Spa

TRAVEL

The Wild Center Admission Passes & Gift Bag – Gwyneth Sundell, Clifton Park

TRIATHLON & DUATHLON

Crystal Lake Triathlon Entry – Darwin Roosa, Altamont
Saratoga Lions Club Duathlon Entry – Marie Arrao, Clifton Park
Team LUNA Chix Training Bag – Jeri Hassel, Wynantskill

ADIRONDACK SPORTS & FITNESS

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10th Annual

Sunday, May 18, 2014

Farmers' Market at High Rock Park, Saratoga Springs, NY

Fundraiser to Support Brain Tumor Research

50 mi, 25 mi & 10 mi at 8:30 a.m. 3 mi walk at 9:00 a.m.

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To register, volunteer or donate, go to: www.teambilly.org

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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

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Calendar of Events April - June 2014

	1	APR	IL 2	2014	,			MAY 2014						JUNE 2014						
S	М	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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27	28	29	30				25	26	27	28	29	30	31	29	30					

ALPINE SKIING & SNOWBOARDING

APRIL

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

BICYCLING & MOUNTAIN BIKING

ONGOING

- Daily R-Cubed Group Rides. CK Cycles, Albany. 459-3272. ckcycles.com.
- Wacky Wed Ride. 20-25M. 5:30pm. Location varies. Henry Wilkie: 482-3902. mohawkhudsoncyclingclub.org.
- Morning Ride, 20-3032M, 9:30am, Location varies, Henry Wilkie: 482-3902. mohawkhudsoncyclingclub.org.

APRIL

- Bike Collection Day. 9am-1pm. The Church of St Peter, Saratoga Springs. Doug: 577-0286. bikeatoga.org.
- Army Spring Classic. Hill Climb, Circuit, TT, Road Race. 11am. West Point Academy, West Point. usma.edu.
- 10th Tour of the Battenkill: Pro/Am Races & Gran Fondo. 65M: 8am. 22M: 10am. Cambridge. tourofthebattenkill.com. 23rd Copake Bike Auction & Swap Meet. Copake Auction Inc,
- Copake. copakeauction.com. 11-13 Steiner's Bicycle Tent Sale. Glenmont Store. 427-2406.
- steinersskibike.com. 12 Capital District Early Spring Road Fest. 16-100M. 6am. ShopRite Plaza, Niskayuna. 847-2419. hrrtonline.com.
- 12 Spring Bike Sale. All 2013 bikes. (Rain date: 4/13). Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- 12 Bicycle Screening & Fit: Strengthening, sizing & conditioning. 9am-12pm. Wilton Medical Arts, Saratoga Springs. 580-2450.
- Hornby Hills Kermis. 18-61M. 8am. Hornby Town Hall, Hornby. corningnotubesraceteam.com. Berkshire Brevet Old Saybrook 300K. 6am. Westfield, MA.
- newhorizonsbikes.com. Singlespeed-A-Palooza MTB Race. 25M. 9am. Stewart SF,
- Montgomery. 845-787-0412. darkhorsecycles.com. Check Your Legs Road Race. Garratsville. Peter Martin: 607-263-5605.centralnycycling.com.
- Easter MTB Ride. 5M loops, Kids egg hunt. 10am. Central Park, Schenectady. 847-2419. hrrtonline.com.
- Earth Day Ride. 12pm. Livingston Ave, Tivoli Preserve. $489\text{-}0866.\ albany bicycle coalition.com.$
- Zim Smith Bike Trail. 10-25M. 10am. Meeting place TBD. Paul Breslin: 783-9154. adk-albany.org.
- 25-27 Steiner's Bicycle Tent Sale. Valatie Store. 784-3663. steinersskibike.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.
- Saratoga 300K Brevet. 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- Hadley Maple Festival Rail & Ride. Saratoga or Hadley to Thurman Station. Douglas Dutcher: 796-6622. hadleybusinessassociation.net.
- 27 3rd Albany Tweed Ride. 10am. Cheese Traveler, Delmar. albanytweedride.com.
- 27 H2H MTB Race 1: The Chain Stretcher. Blue Mtn Reserve, Peekskill. 845-735-4056. wmba.org.
- Binghamton Circuit Race. Kirkwood Industrial Park, Binghamton. tiogavelo.com.

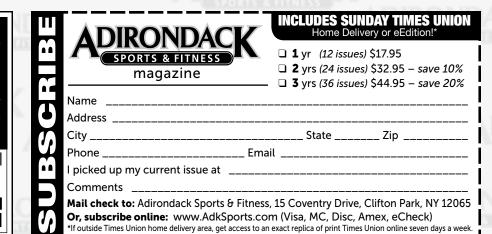
MAY

- Women's Woodstock Cycling Grand Prix. 34-53M. 8am. Rock City Road, Woodstock. 845-612-1672. bikereg.com.
- Prospect Mountain Bike. 40M. Prospect Mtn, Lake George. Don Berens: 783-1302. adk-albany.org.
- 4th Albany Bike Expo. 10am-4pm. Washington Park, Albany. albanybicyclecoalition.com.
- 7th Ramble Around Prattsburgh Enduro Race. MTB/Cross bike. 8M/15M/30M. 1pm. Prattsburgh. active.com.
- Hollenbeck's Spring Classic Road Race. 22-44M. Hollenbeck's Cider Mill, Virgil. 607-342-5456. flcycling.org.
- Hike-a-Bike MTB Race. 10am. Lippman Park/Vernooy Kill SF, Wawarsing. 845-626-7230. renegadesmtb.com.
- 3rd Putnam Cycling Classic. 62M/100M. Brewster. 212-729-6547. putnamcycling.com.
- 21st Bristol Mountain Road Race. 17M. 10am. Levi Corser Memorial Park, Canandaigua.
- 3rd Hunter-Greene Spring Classic. 33M. Village Park Pavilion, Tannersville. anthemsports.us.
- Bear Mountain Spring Classic. 56-96M. Harriman SP, Stony
- 16-18 Syracuse Race Weekend: TT, Road & Criterium. Syracuse. Todd Relyea: 315-263-3712. onondagacyclingclub.org. Adirondack Brevet Week. 200/300/400/600K. Alpine
- Country Inn, Wilmington. 583-3708. adkultracycling.com. 10th Billy Grey Ride & Walk for Brain Tumor Research.
- 50M/25M/10M & 3M Walk. High Rock Park, Saratoga Springs. teambilly.org.
- Spring Road Cycle Fest.16-100M. 6am. ShopRite Plaza, Niskayuna. HRRT: 847-2419. hrrtonline.com.
- 24-26 Killington Stage Race. 61-160M. Killington, VT. killingtonstagerace.com.
- Dryer Road Mtn Bike Time Trial. 4-5M 10am. Dryer Road Park, Victor. 585-381-3080. parkavebike.com.
- Wilmington-Whiteface Race Weekend: Wilmington Circuit Race. 12-57M. Town Youth Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.

JUNE

- Wilmington-Whiteface Race Weekend: Wilmington Road Race. 12-82M. Town Youth Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.
- ADA Tour de Cure. 10/25/50/62.5/100M. Saratoga Springs HS, Saratoga Springs. American Diabetes Assn. diabetes.
- Black Fly Challenge. 38.5M. 10:30am. Indian Lake to Inlet. blackflychallenge.com.
- 34th Great Finger Lakes Bicycle Tour. Hidden Valley Campground, Watkins Glen SP, Watkins Glen. southerntierbicycleclub.org.
- 11th Get Your Guts In Gear: The Ride for Crohn's & Colitis. Sat: 100M/62.5M/30M/10M. Thayer Hotel, West Point. Sun: $30M/10M\ rides.\ igotguts.org/the-new-york-ride.$
- Williams Lake MTB Race. 5M single track. Rosendale. nysmtbseries.com.

Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, ski-So many things to do, ing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more. you just may forget Chamber of Commerce/Office of Tourism, to go home Routes 30 & 8, Box 184, Speculator, NY At the crossroads of two Scenic Byways speculatorchamber.com 518-548-4521 **ADIRONDACKS** REGION







- White Plains Downtown Criterium/NYS Criterium Champs. 6:50am. Downtown White Plains. whiteplainscrit.com.
- Vermont Gran Fondo, 103M/75M/46M, 8am, Hancock, VT. 802-388-7951. vermontgranfondo.com.
- Ride with the Vets Ride. 30M. 7am. Town Hall, Chestertown to Glens Falls. 812-8760. gwotmonument.org.
- Capital District Endurance MTB Race. 5M+. 10am. Central Park, Schenectady. hrrtonline.com.
- 13th Giro d'Otisco Lake Road Race. 9am. Side Hill Schoolhouse, Skaneateles. Eric Lankford: 315-396-6810. otiscogiro.com.
- 7th Corning Circuit Race. Watkins Glens Speedway, Watkins Glen. Brian Klotz: 607-377-0167. corningraceteam.com.
- NYS Time Trial Championships. 10K-40K. Tioga Center. bikereg.com.
- Hunter-Greene Summer Classic/NYS Road Race Championship. Hunter. 275-6185. bikereg.com.
- Wildcat 100M/100K MTB Race. 6:45am. Lippman Park, Warwarsing. wildcatepicevents.com.
- Singled Out in Central Single Speed MTB Race. 5M+. 10am. $Central\ Park,\ Schenectady.\ hrrtonline.com.$

AUGUST

- Ididaride! Adirondack Bike Tour. 75M/20M. Ski Bowl Park, 10 North Creek. Adirondack Mtn Club: 800-395-8080. adk.org.
- 14th Pat Stratton Memorial Century Ride. 25/50/100M. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

SEPTEMBER

- $\textbf{Double H Ranch Camp Challenge Ride.} \, 62M/30M. \, Double \, H$ Ranch, Lake Luzerne. doublehranch.org.
- Saratoga Century Weekend. 100M/62.5M/50M/25M. Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness Classes: TRX, cardio, weights. 4/21-5/31. 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. beckyrock@nycap.rr.com.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com. Gentle Yoga Class. 11am. True North Yoga, Schroon Lake.
- Debbie Philp: 810-7871. truenorthyogaonline.com. Sat Beginner Hatha Class. 11am. True North Yoga, Schroon
- Lake. Debbie Philp: 810-7871. truenorthyogaonline.com. APRIL
- 2nd Taylor's Heroes Xtreme Boot Camp Challenge& Healthy Kids Day. Saratoga Regional YMCA, Saratoga Springs. 894-1658. taylorsheroes.org.

HIKING, SNOWSHOEING & CLIMBING

APRIL

- Wilderness First Responder. Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- Full Moon Hike. 7:30pm. Discovery Center, Albany Pine Bush, Albany. Register: 456-0655. albanypinebush.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

- Waterfall Weekend w/Russell Dunn & Barbara Delaney. $Trail's\ End\ Inn,\ Keene\ Valley.\ 576-9860.\ trails end inn.com.$
- Wilderness First Aid Course/WFR Recert. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

- Sleeping Beauty Mother's Day Hike. Ages 10+. 4M. Contact by 5/8 for time/place. Kathy Pacuk: 756-6529. adk-albany.org.
- 14-18 Leave No Trace Master Educator Course Frontcountry. Adirondack Mtn Club: 523-3441. adk.org.
- Spring Tracks & Scats Workshop w/James Bruchac. Adults/ teens. 10am-3pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- Thomas Mountain Hike. 3M. Lake George. Kathy Sheppard: 765-2657. adk-albany.org.
- $\textbf{Lost in the Woods!} \ Wilderness \ Survival \ \& \ Navigation \ Basics.$ Adults/teens. 9am-4:30pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 24-25 Wilderness First Aid Course (SOLO Certified)/Recert. Adults/ teens. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 30-6/1 Spring Outing: Biking, paddling, hiking. Cazenovia College, Cazenovia. ADK-Onondaga Chapter. Ken Kaufman: 315-685-5990. adk-on.org.
- Haystack & Marcy Mtn Hike. 18M. Heart Lake, Lake Placid. Bob Scaife: 439-7322. adk-albany.org.

JUNE

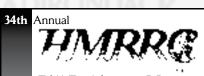
- National Trails Day. 8:30am. Trail Work & BBQ lunch. Horseshoe I Pavillion, Thacher Park, Voorheesville. Jim Schaller: 861-7452. adk-albany.org.
- Wright Peak Hike. 7M. Adk Loj, Lake Placid. Robert Priest: 489-7472. adk-albany.org.
- Father's Day Family Wilderness Adventure w/James Bruchac. Ages 6+. 1-4:30pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- Esther Mountain Hike. 6.6M. 8:30am. Candyman Shop, Wilmington. Adirondack Mtn Club: 523-3441. adk.org.
- 20-22 Trailless Backpacking: Dix Range. 8:30am. Adirondack Mtn Club: 523-3441. adk.org.
- Trailless Backpacking: Cliff & Redfield. 10am. Adk Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Street & Nye Mtn. Hike. 9M. 7am. Adk Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Mt. Marshall Hike. 17M. 7am. Adk Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Seymour Mtn. Hike. 14.4M. 7:30am. Coreys. Adirondack Mtn Club: 523-3441. adk.org.

JULY

- Hike-A-Thon. 9 sites around Lake George. Lake George Land Conservancy. Sarah Hoffman: 644-9673. lakegeorgehikeathon.org.
- 12-13 Wilderness First Aid Course (SOLO Certified)/WFR Resert. Adult/teen. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 14-18 Kid's Wilderness & Storytelling Camp. Ages 6-8, 9-11, 11-14. 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcen-
- 21-15 Kid's Wilderness & Storytelling Camp. Ages 6-8, 9-11, 11-14. 9am-4pm. Ndakinna, Greenfield Center. 583-9958.
- 26-27 Wilderness First Aid Course (SOLO Certified)/WFR Resert. Adult/teen. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- Kid's Wilderness & Storytelling Camp. Ages 6-8, 9-11, 11-14.9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

AUGUST

- Jr. Pathfinders Wilderness Training w/James Bruchac. Ages 10-12. 4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- Pathfinders Wilderness Training & Adirondack Canoe Trip w/James Bruchac & Gary Marchuk. Ages 12-16. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 12-15 Martial Arts & Wilderness Camp w/James Bruchac. Ages 8-12. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.



Bill Robinson Masters 10K Championship

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

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



Saratoga Century Weekend SATURDAY-SUNDAY, SEPTEMBER 6-7

Carlsbad Pavilion (near Peerless Pool)

Saratoga Spa State Park, Saratoga Springs Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am,
- Half/50M 10am, Quarter/25M 11am • SAG, marked routes, rest stops, cue sheets
- Post-ride catered lunch provided

MohawkHudsonCyclingClub.org

Mohawk Hudson Cycling Club



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Saturday, June 21 at 8am

11 miles, 3500 feet up Veterans Memorial Highway on NY's 5th highest peak!

WhitefaceRace.com BikeReg.com 888-944-8332 • Whiteface, Wilmington

Join in the 14th annual **Pat Stratto**

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



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The Center for Preventive Medicine • Prime Care Physicians, PLLC 400 Patroon Creek Blvd, Suite 100, Albany • 518-618-1100

SARATOGA LIONS DUATHLON



Premier

Du-It for Sight and Hearing Sunday, May 25 at 8 am

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





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



Sunday, June 8 500yd Swim, 12M Bike, 5K Run

Limited to 300 - Register Early! www.hudsoncrossingtri.com

NORTH CREEK • NORTH RIVER • RIPARIUS

SARATOGA

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

CRYSTAL LAKE

TRIATHLON

Swim 0.5mi in calm water

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

triathlon Club

Members train on Crystal Lake Tri course

Tuesday Training Series: June 3 - Aug 25

Details: www.cdtriclub.org

Run 3mi lake loop

USA Triathlon sanctioned event

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

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

APRIL

- HRRT Spring Off-Road Duathlon. 5M MTB, 3.2M run, 5M MTB. 10am. Central Park, Schenectady. 847-2419. hrrtonline.com.
- Spring Dual Against CF. 8:30am. Du: 2M run, 12M bike, 2M run. New Paltz. 845-863-9595.
- T3 Coaching Duathlon Series #1.8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. t3coaching.net.
- Treads & Threads Duathlon, Relay & 5K. 9am. Vernon Downs Casino Hotel, Vernon, atcendurance.com.

MAY

- 3rd Delmar Duathlon. 2M run, 10M bike, 2M run. 8am. Elm Ave Town Park, Bethlehem. delmardu.com.
- T3 Coaching Duathlon Series #2. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. t3coaching.net.
- Millbrook Duathlon. 1M run, 12M bike, 3M run. 9am. Pulse Cycling, Millbrook. mhrrc.org.
- T3 Coaching Duathlon Series #3. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. t3coaching.net.
- 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.
- HarryMan Triathlon. Olympic: .6M swim, 28.3M bike, 10K run. Half: 1.2M swim, 56.1M bike, 13.1M run. Lake Welch Beach, Harriman SP, Stony Point. 347-721-8602. genesisadventures.com.
- 10th Saratoga Lions Duathlon. 5K run, 30K bike, 5K run. 8am. Casino & Raceway, Saratoga Springs. saratogalions.
- Cooperstown Sprint Triathlon. 0.5M swim, 12M bike, 5K run. Lakefront Park, Cooperstown. 315-404-8130. atcendurance.com.
- $\textbf{29-6/1 The Right Fit: Women's Triathlon Camp. } Lake \ Placid.$ 315-746-0335. the right fit multisports.com.

JUNE

- Green Lakes Sprint Triathlon. 800m swim, 12.4M bike, 5K run. 8:30am. Green Lakes SP, Fayetteville. syracuse.vmca.org.
- Keuka Lake Triathlon. Intermediate, short, duathlon & kids' tri. 7:30am. Keuka Lake College, Penn Yan. keukalaketri.com.
- Hudson Crossing Triathlon. 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com.
- **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.
- Ironman 70.3. 1.2M swim, 56M bike, 13.1M run. Jamesville 22 Reservoir, Syracuse. ironman.com.
- Police Triathlon & Duathlon. Tri: .33M swim, 14M bike, 2.5M run. Du: 2M run, 14M bike, 2.5M run. Putnam County Veterans Memorial Park, Carmel, nytri.org.
- Toughman Tupper Lake Tinman Triathlon. Half, Sprint & Relay. Tupper Lake. tupperlaketinman.com.
- Sleepy Hollow Sprint Triathlon. .5M swim, 10M bike, 3M run. Sleepy Hollow. wch.sleepyhollowtri.llsevent.org.

JULY

- Xterra Garnet Hill Off-Road Triathlon. 1K swim, 30K bike, 10K run. Garnet Hill Lodge, North River. adkracememt.com.
- **SkyHigh XTerra Off-Road & Kids Triathlon.** XTerra: 7am. Kids Tri: 11am. Grafton Lakes SP, Grafton. skyhighadventures.com.

AUGUST

- 8th Fronhofer Tool Triathlon. Olympic: Solo, partner, relay. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.
- Crystal Lake Triathlon. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 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.

SEPTEMBER

13-14 HITS Hunter Mountain Triathlon. Sat: Full/Half. Sun: Olympic/Sprint/Open. Hunter. 845-247-7275. hitstriathlonseries.com.

NORDIC: BIATHLON & ORIENTEERING

MAY

- Orienteering Meet. 11am-1pm. Five Rivers Environmental Center, Delmar. empo.us.orienteering.org.
- Orienteering Meet. 11am-1pm. Saratoga Spa SP, Saratoga Springs. empo.us.orienteering.org.

JUNE

Orienteering Meet. 10am-12pm. Norray Farms, Berne. empo.us.orienteering.org.

OTHER EVENTS

APRIL

- Great Upstate Boat Show. Adirondack Sports Complex, Queensbury. greatupstateboatshow.com.
- Discover SCUBA. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.

MAY

- Mother Daughter Weekend. Hiking, canoeing, crafts. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- Spring Fling Day. 10am-4pm. Hiking, archery, crafts. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 24-27 Family Weekend. Hiking, canoeing, crafts. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.

AUGUST

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

PADDLING: CANOE, KAYAK & SUP ONGOING

NNYP Weekly Time Trials: 5/7-9/17. 3.65M. 6:30pm. Aqueduct Boat Launch, Rexford. Alec Davis: 399-1435. swcweb.org.

APRIL

- Club Days Sale. Adirondack Paddle N Pole, Colonie. 346-3180, onewithwater.com.
- 41st Tenandeho Whitewater Derby. 12pm. Tenandeho Creek, Stillwater to Mechanicville. John Casey: 810-7579.
- Reel Paddling Film Festival World Tour. 6:30pm. Lake Placid Center for the Arts, Lake Placid. Adirondack Lakes & Trails Outfitters: 891-7450. northernforestcanoetrail.org.
- Little River Ramble. College/Recreational: 2M. Kayak/ Marathon: 6M. Boat Launch, Canton. slvpaddlers.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

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8TH ANNUAL CCRC 5K Run/Walk/BBQ and 1K Kids' Run

1010 Route 146, Clifton Park

CCRC hosted solely to promote well-being and healthy lifestyles Saturday, May 3rd – 3pm **Christ Community Reformed Church**

- 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.ccrc-cpny.org • Pat Glover: 877-0654 • pjglove@aol.com

- Kayderosseras Creek Paddle. 10M. Ballston Spa to Saratoga Lake. Charlie Beach: 459-9127. adk-albany.org.
- 44th Wappingers Creek Water Derby. 8M. 8am. Wappingers Creek, Pleasant Valley to Poughkeepsie. 845-391-7700. aquaticexplorers.org.
- Evening Paddle: Mohawk River. 6pm. Lions Park, Niskayuna. Rich Macha: 346-3180. adk-albany.org.

MAY

- Canton Canoe Weekend. 12-14M. Grasse River, Taylor Park, Canton. slvpaddlers.org.
- Saratoga Paddlefest. Sales, demos. Fish Creek Marina, Saratoga Springs. Mountainman: 584-0600. saratogapaddlefest.com.
- $\textbf{57th Hudson River White Water Derby}. \ Sat, \ 10:30 am: Giant$ 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.
- Evening Paddle. 6:30pm. NYSDEC Launch, Glenville. Pete Devitt: 860-9636. adk-albany.org.
- 24th Edward Wessels Canoe Regatta. 10am. Otego Boat Launch, Sidney. Ed Curley: 607-433-0333. sidneychamber.org.
- Schodack Island Paddle. 9am. Boat Launch, Schodack Island SP, Schodack Landing. Dave Pisaneschi: 459-5969. adk-albany.org.
- Full Moon Evening Paddle: Mohawk River. 8.5M. 6:30pm. Freddie's Park, Colonie. Tom McGuire: 391-0508. adk-albany.org.
- 16-18 Adirondack Paddlefest. Canoe, kayak, SUP sale, clinics, demos. Old Forge. 315-369-6672. mountainmanoutdoors.
- 16-18 Black-Moose Kayak Fest. 10am. Kayaking, canoeing, rafting. Riverside Park, Lyons Falls. 719-304-1477.
- 'Round the Mountain Canoe & Kayak Races. 10.5M. 11am. Ampersand Bay Resort to Lake Flower, Saranac Lake. macscanoe.com.
- 23-26 51st General Clinton Canoe Regatta. 5-70M on Susquehanna. Otsego Lake, Cooperstown to Bainbridge. canoeregatta.org. Hoosic River Whitewater Paddle. 10M. NorthAdams, MA to
- Pownal, VT. Rich Macha: 346-3180. adk-albany.org.

JUNE

- Paddle Schodack Creek. 5M+. 8am. Elm Ave Park & Ride, Delmar. Bill Valentino: 439-9686. adk-albany.org.
- Canoe/Kayak Race & Recreational Paddle. 10am. Overlook Park, Queensbury. Feeder Canal Alliance: 792-5363. feedercanal.org.
- Tupper Lake 9-Miler Canoe & Kayak Race. 11am. Simon Pond Rd, Boat Launch, Tupper Lake. 354-8377. nymcra.org.
- Saranac Flatwater Challenge Canoe & Kayak Race. 11am. Saranac Recreation Area, Saranac. 891-0515. nymcra.org.
- Towpath Regatta. 4.5M. 6:30pm. Gateway Landing Park, Schenectady to Aqueduct Park, Niskayuna. Geoffrey Moore:
- Old Forge Paddle Classic. 6M/12M. 9am. Navigation Dock, Old Forge Pond, Webb. 315-369-6043. adirondack.net.

RUNNING, TRAIL RUNNING & WALKING ONGOING

- 6th ARE Spring Trail Run Series: 4/7-6/2. 3.5M. 6pm. Tawasentha Park, Guilderland. runalbany.com.
- AdiRUNdack Trail Series: 5/6-27. 5K/20K Challenge. 6pm. Cole's Woods, Glens Falls. adirondackrunners.org.

APRIL

- 35th Salem April Fool's Race. 10K race: 10:05am. 5K race/ walk: 11am. 1M Kids Race: 10am. Salem HS, Salem. Dan Sheldon: 854-9262. aprilfoolsrace.com.
- 28th Fort to Fort 5K/10K. Rome Free Academy, Rome. romanrunners.com.
- Robert Parker 5K Run. 10am. Parker School, Wynantskill. parkerschool.org.

- 26th Delmar Dash 5M. 9am. Bethlehem MS, Delmar. Aaron/ Diana Knobloch: 831-6699. hmrrc.com.
- 1st Twin State 50 Ultra Race. 50K or 50M on dirt/road in VT/ NH. 6:30am. Windsor, VT. ultrasignup.com.
- 4th West Point Half Marathon, 13.1M, am, Michie Stadium, West Point Academy, West Point. usma.edu.
- 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.
- Furry Fun Run 5K. 9:15am. Saratoga Springs. 524-1529. peppertree.org.
- Schoharie 5K Run/Walk. 10am. Schoharie ES, Schoharie. 295-7162. fmrrc.org.
- 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.
- 12th ARE Dodge the Deer 5K. 10am. Kids runs: 9:15am. Schodack Island SP, Schodack Landing. runalbany.com.
- 20th Rabbit Ramble 4M Run/2M Walk. 10am. Guilderland HS, Guilderland Center. 861-6350. active.com.
- 15th Muddy Sneaker 20K Trail Run. 9am. Parish Hill Rd, Bristol Springs. roadsarepoison.com.
- 5K Rabbit Run. 9:30am. Barrytown College, Barrytown. 929-8484.
- 21 Boston Marathon. 26.2M. Hopkinton to Boston, MA. baa.org.
- 34th Bill Robinson Masters 10K. 9am. Guilderland HS, Guilderland. Jim Tierney: 869-5597. hmrrc.com.
- 3rd Girls Running the World 5K. 10am. Central Park, Schenectady. Dee Streeter: 792-0947.
- Taylor's Heroes Xtreme Bootcamp Obstacle Course. 10:30am. Saratoga Regional YMCA, Saratoga Springs. 894-1658. taylorsheroes.org.
- 10th DACC 5K Dash. 9am. Kids Run: 8am. DACC, Delanson. Darcie Adams: 895-9500. dacc.info.
- Great Mom's 5K/10K Fun Run. 9am. Maple Ridge Park, Selkirk. Jessica West: 439-1754.
- Miles of Hope Breast Cancer Foundation 5K. 10am. Tymor Park, LaGrangeville. 845-452-2049. mhrrc.com.
- 36th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center, VT. gmaa.net.
- Adamant 20M 2-Person Relay. 10am. Adamant Music School, Adamant, VT. 802-223-2733. cvrunners.org.
- Warrior Run. 5K Obstacle Run. Labrador Mtn, Truxton. warriorrunmountainseries.com.
- **26-27 Sean's Run Weekend.** Sat, 10am: 20M bike & 8:30am: 50M bike. Sun, 12pm: Sean's Run 5K/walk & 11:30am: Meghan's Mile youth run/walk. Chatham HS, Chatham.
- Kiwanis Kingston Classic. Half-Marathon & Marathon: 7am. 5K: 12pm. 10K: 1pm. 1M: 3pm. Dietz Stadium, Kingston. 845-247 -7275. kiwaniskingstonclassic.com. hitsrunning.com.
- 5th Plattsburgh Half-Marathon & Two-Person Relay. 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.
- 4th Lake George Half-Marathon & 5K. Fort William Henry, Lake George. runlakegeorgehalf.com.
- Dragon's Pride Run 5K & 1M Fun Run. 9am. Saratoga Spa SP, Saratoga Springs. 450-1300. dragonspriderun-5k.com.
- Cherry Blossom 5K Race for ALS. 10:15am. Niskayuna. 320-6770. 5kraceforals.com.
- Save Our Switchbacks 7.5K Run.9am. Parkway Rec Center, Utica. uticaroadrunners.org.
- Seneca 7. 7-person/77.7M relay. 7am. Seneca Lake, Geneva.

MAY

Albany Law Day 5K Run Against Domestic Violence. 6:15pm. Crossings, Colonie. 449-8893. albanycountycbar.com.







34th Annual

Mother's Day 5K Run/Walk bRUNch

Sunday, May 11 • 9:30am Central Park, Schenectady

For women only — Men can volunteer!

Register online by 5/8: hmrrc.com Mail-in by 5/5 – or register race day

Technical, women's shirts to first 200! Kids' 1/2M Races (12-under) free at 10:15am



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10% off special for Adirondack Sports & Fitness magazine readers

11thAnnual St. John's/St. Ann's **SPRING RUN-OFF** Saturday, May 3

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 am5K 10 am 1 Mile Family Fun Walk

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

Fees: 5K &10K: \$20/person



Adirondack Distance Run

Lake George Village to Bolton Landing Sunday, June 22 at 7:30am

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- High tech short-sleeve T-shirts for first 600 entrants
- USATF Adirondack Association 10-Mile Championship

Info & Application: AdirondackRunners.org Registration: ZippyReg.com (closes June 19 at 10am)

Late Registration: June 21, 5-7pm at Lake George Fire Station No race day or telephone registration

Benefits Big Brothers Big Sisters & Adirondack Runners Club Scholarship

Bacon Hill 2nd Annual 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

FOUTRH 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



Finish at Four Corners in Delmar After race party!

OurTowneBethlehem.com to register

Fire Cracker

4-Mile Road Race

Friday, July 4 • 9am

Run Historic Saratoga Springs, NY

USATF Certified & Chronotrack B tag timed

- $\pmb{\textbf{CCRC 5K Run/Walk/BBQ \& 1K Kids Run. 3pm. Christ}}\\$ Community Reformed Church, Clifton Park. Pat Glover: 877-0654. ccrc-cpny.org.
- 11th St John's/St Ann's Spring Run-Off. 10K: 8:30am. 10am: 5K. 1M Family Fun Walk. Hudson River Way Amphitheater, Albany. Brian Dollard: 925-1260. springrunoff.com.
- USA Fit Fall Marathon & Half Marathon Training for NYC, 3 Mohawk-Hudson, Palio, more. USA Fit Albany. Jennie Heidbreder: 698-1478. usafitalbany.com.
- Joan Nicole Prince Home 5K. 9am. Central Park, Schenectady. 878-7745. joannicoleprincehome.org.
- 3 Diocesan Dash 5K Run & Walk. 9am. The Crossings, Colonie. Christine Baseel: 393-3131. nd-bg.org.
- 3 5K Run 4 Vocations. 11am. The Crossings, Colonie. Sr. Rosemary Cuneo: 674-3818. albanyvocations.org.
- Rock The Ridge 50-Mile Challenge. Solo, team, relay. Shawangunk Ridge, New Paltz. mohonkpreserve.org.
- Run 4 The Hills. 4M. 9am. Sharon Springs. twitter.com/4thehillsrun.
- 2nd Glory in our Hearts 5K Walk/Run to Remember. 9am. 3 Robert Moses SP, Massena. gloryinourhearts.org.
- Rotary Run for the Roses 5K. 9am. Triple Crown Race #1. Partner's Pub, Johnstown. 725-4545. 5ktriplecrown.racewire.com.
- Literacy 5K Run/Walk. 5K: 10am. Kids Run: 9am. Youth Mile: 9:30am. RPI tech Park, East Greenbush. 274-8526.
- 1st Spring Has Sprung 10M Run. 9am. Southern Saratoga YMCA, Clifton Park. 469-2490. zippyreg.com.
- Steffens Scleroderma Center 5K Run Breaking the Chains. 9am. Albany College of Pharmacy, Albany. acphs.edu.
- Mountain Goat 10M, 3K Run/Walk & Kids Run. 10M: 10:20am. 3K: 9:40am. Syracuse. mountaingoatrun.com.
- Bridesmaids 5K. 10am. Six Mile Waterworks Park, Albany.
- zapevent.com. Book It! 5K Run & Walk. 9am. Rt 217/Roxbury Rd, Philmont. Thea Schoep: 851-7120.
- ${\bf 3rd\,Mastodon\,Challenge\,15K\,Race,5K\,Run/Walk\,\&\,Kids'}$ Fun Run. 8am. Craner Park, Cohoes. Lisa Osorio: 281-3253. mastodonchallenge.com.
- 5th Jog for Jugs Half Marathon & 5K. 9am. Duanesburg Town Park, Duanesburg. powerhouseathleticsny.com.
- 10 Viking Spring Obstacle Race. 5M & 30 obstacles. 8:30am. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com. Greenwich Gauntlet 4M Obstacle Run. 5pm. Battenkill 10
- YMCA, Greenwich. adkracemgmt.com. 4th Kerry Blue Hustle 5K. 9am. Kids' Dash: 10am. St. Mary's
- -St. Alphonsus Catholic School, Glens Falls. 792-3178. smsaschool.org.
- Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 583-9767. curemiop.org.
- 25th Prospect Mountain Road Race. 5.7M. 9am. LG Forum, 10 Lake George. adirondackrunners.org. 1st 5K Run for Veterans. 10am. Thompson Park, Watertown.
- 315-939-4535, ucdevelopment.org. Spartan 5K Community Run/Walk. 10am. Burnt Hills-
- Ballston Lake HS, Burnt Hills. 399-9141. bhblta.org. Albany YMCA 5K & Kids Run. 9am. Riverfront Park, Corning
- Preserve, Albany. cdymca.org. Colton Mud Fling. 3M obstacle race. 11am. Gulf Road,
- Colton. Kevin Lamora: 315-262-2225. 8th Road to the Pogue. 6.1M trail run. 8:30am. Woodstock, VT. roadtothepogue.com.
- 2nd Fleet Feet Sports 10K Classic. 8:30am. Kids Mile: 8am. Bethlehem HS, Bethlehem. 459-3338. fleetfeetalbany.com.
- 34th Mother's Day 5K Run/Walk bRUNch. 10am. Central Park, Schenectady. hmrrc.com. Kelly's Angels Mother Lovin' Day 5K. 9am. Saratoga Spa SP,
- Saratoga Springs. facebook.com/kellysangelsinc. Run the Pace for Mothers 5K Trail Run. 9am. Locust Hill Farm, Hyde Park. 845-334-8131. locusthillfarmllc.com.

- YMCA 5K Run/3K Walk/Kids Fun Run. 9am. Corning Preserve, Albany. 463-9622. cdymca.org.
- Workforce Team Challenge 3.5M Race. 6:25pm. Empire State Plaza, Albany. cdphpwtc.com.
- 2nd LifeSong's Daffodil Dash 5K Run/Walk. 9am. Town Park, Halfmoon. 406-5157. lifesonginc.org.
- 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.
- Free the Girls 5K Walk/Run. 9am. Dobisky Visitors Center, Ogdensburg. 315-355-1363.
- NY/VT 5K Champlain Bridge Run. 10am. Crown Point State Historic Site, Crown Point. 597-3754. lachute.us.
- 3rd Johnson Jog 5K Race. 9am. Johnson Hall, Johnstown. 762-8712. fmrrc.org.
- $4 th \, Freeman \, Run \, to \, the \, Sun \, 5 K$, 10 K , Half Marathon. 9am. 17 Watertown. 315-778-5482. heatherafreemanfoundation.com.
- Walk-N-Roll for Spina Bifida. 5K Walk. 8:30am. Central Park, Schenectady. 399-9151. sbaneny.org.
- MHRRC Women's Run 10K/5K. 8am. Dutchess Rail Trail, Poughkeepsie. mhrcc.org.
- 10th Melissa Fund Sun Run 5K/10K. 9am. Town Hall, Cornwall. melissafund.org.
- NYC 5-Borough Series: Brooklyn Half Marathon. 13.1M. 7am. Brooklyn Museum, NYC. nyrr.org.
- 4th Shires of Vermont Marathon. 8am. Bennington to Manchester, VT. shiresofvermontmarathon.com.
- 5th SPAC Rock & Run 5K/10K & 1K Kids Run. 9am. Saratoga Spa SP, Saratoga Springs. 583-5041. spac.org.
- Mountain Valley Hospice 5K. 10am. Triple Crown Race #2. FMCC Campus, Johnstown. 725-4545.
- 5ktriplecrown.racewire.com. Steel Rail Half Marathon. 13.1M. Lanesboro, MA. 18
- 413-344-4472. berkshirerunningcenter.com.
- 16th Hall of Fame Races. 13.1M/5K. 9am. Utica. uticaroadrunners.org.
- 6th Hudson Valley 15K & 3rd Food Bank 5K. 9am. Fieldstone 18 Square, Blooming Grove. orangerunnersclub.org. Biggest Loser Run/Walk. 7am. Six Flags New England,
- Agawam, MA. 815-464-1265. biggestloserrunwalk.com. 4th Survive the Farm 5K Challenge. 5K trail run.
- 10am/11am/12pm. Easton. Ed Johnson: 791-7856. survivethefarm.com.
- 24 Rensselaer Falls Library 5K. 9am. Fire Hall, Rensselaer Falls.
- 20th Chester Kiwanis 5K Hambletonian Trot. 8:45am. Community Park, Chester. 845-469-7317. chesterkiwanisclub.com.
- 26th Vermont City Marathon & Relay. 26.2M. 8am. Burlington, VT. vermontcitymarathon.org.
- Memorial Day Marathon & Half Races, Berkshires 10K & 5K 25 & 15K Trail Race. Tanglewood Center, Lenox, MA. memorialdaymarathon.com.
- Memorial Day Mile. 1M Race & Community Walk. 9:40am. 26 Bullpen Tavern, Glens Falls. 656-3127. sisuracingevents.com.
- 25th Run If You Dare 5K Race & 1M Fun Run. 6:30pm. The Connors Agency, Mechanicville. 664-7307. connorsgroup.com.
- 36th Freihofer's Run for Women. 5K: 9:45am. Kids Run: 11am. Junior 3K: 11:30am. Empire State Plaza, Albany. 273-5552. freihofersrun.com.
- Charlton Heritage 5K Run/Walk. 10am. Town Hall, Charlton, Bill Herkenham: 384-0065, charlton5k.org.
- 5th Rail Trail to the Footbridge 5K Trail Race & 1K Kids Run. 9am. Slate Valley Museum, Granville. railtrailtothefootbridge5k.com.
- Emma's 5K Run. 9am. Kids Run: 8:30am. Waldorf School, Saratoga Springs. 339-3999. waldorfsaratoga.org.
- 5th Burgher Dash 5K. 9am. Warrensburg ES, Warrensburg. 623-9747. wcsd.org.



& 1K Kids' Fun Run Saturday, May 31 • 9am Slate Valley Museum, Granville

Mixed scenic trail and road race Supervised kids activities during 5K at museum Unique local prizes Register by 5/17 to save! active.com Info: railtrailtothefootbridge5k.com



Sunday, May 4 • 10am Rensselaer Tech Park, 350 Jordan Rd, Troy

Register: FinishRight.com \$20 registration; \$25 race day Children's Fun Run – 9am (\$6) Youth Mile – 9:30am (\$10) Run today. Tutor tomorrow.

Complete info: lvorc.org Literacy Volunteers of Rensselaer County (518) 274-8526



16th Anniversary 2014

Saturday – June 7 – 9:00am Village Square, Kinderhook

USATF Adirondack Grand Prix Event! \$18 by 5/31 (\$15 students); \$25 all after 5/31

OK 1 Run (Kid's One-Miler) Sponsored by FairPoint Communications Ages 6-12 - \$2 - 8:15am

Register & Info: OK5Krace.org kinderhookok5krace@gmail.com







Half-Marathon & 5K Run Saturday, May 10 • 9am

Duanesburg Town Park, Duanesburg Register by 4/15 for guaranteed race shirt Register: zippyreg.com Info: powerhouseathleticsny.com

Jessica Mitchell: (518) 229-5611



Goin the family & friends of Liza & Nikki The Run for Help

5K Run/Walk Against Domestic Violence
To benefit Unity House

Sunday, June 8 • 10am Goff Middle School, East Greenbush T-shirts to first 300 entries

\$25 by 6/3 or \$30 race day Register: active.com Info: RememberingLiza.org or UnityHouseNY.org

In memory of Liza Ellen Warner & Nikki L. Hart Not affiliated with Liza's Legacy Foundation



3/15 Runnin' Green 4M • 4/6 Delmar Dash 5M 4/26 Bill Robinson 10K • 5/26 Memorial Mile 1M 5/31 Freihofer's Run 5K • 6/7 Kinderhook OK-5K 6/22 Adk Distance Run 10M • 7/4 Firecracker 4M 9/27 FAM 5K Fund Run • 9/28 Arsenal City 5K 9/28 Falling Leaves 14K • 10/12 MHR Marathon or Half Marathon • 11/9 Stockade-athon 15K 11/27 Troy Turkey Trot 10K

Top 6 males/females in each category: \$7,000 in cash/gift certificates prizesOpen to 2014 USATF Adirondack members

More Info: usatfadir.org

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ONE CHAMPION

Glove Cities Rotary "Run For The Roses" 5K ~ May 3, 2014

Mountain Valley Hospice 5K ~ May 18, 2014

Lexington 5K ~ June 7, 2014

For More Information:

www.Facebook.com/5KTripleCrown

Register Online:

Sponsored by Fleet Feet Sports Albany & HMRRC

31 Run! Fun! Run! 5K & Family Fun Run. 9am. Clayton Rec Park, Clayton. northernrunner.org.

JUNE

- Biggest Loser Run/Walk Half Marathon & 5K. 8am. City Hall, Plattsburgh. 815-464-1265. biggestloserrunwalk.com.
- 1 5th Worcester Half-Marathon & 5K. Worcester, MA. runworcesterhalf.com.
- Cantina Kids Only Fun Run. 1M/.25M. 9am. Saratoga
- Springs. 583-8340. saratogahospitalfoundation.org.

 34th Classic 10K & Rowley Cup 5K Race & Walk. 8:30am.

 Middletown HS Track, Middletown. classic10k.com.
- 7 16th Kinderhook Bank OK-5K Race & OK 1M Run. 9am. Village Square, Kinderhook. ok5krace.org.
- 7 **10th Lexington 5K.** 9am. Triple Crown Race #3. Lexington, Perry Street, Johnstown. 725-4545. 5ktriplecrown.racewire.com.
- 7 Glens Falls Urban Assault. 4M Obstacle Run. Downtown Glens Falls. adkracemgmt.com.
- West River Trail Run 11 Miles of Trouble. 9am. South Londonderry,VT. 802-824-4200. the collaborative.us.
- 7 Delhi Covered Bridge 10K & 5K Races & 5K Health Walk.
- 9am. Courthouse Square, Delhi. clasiladies.com.
 Capital City Stampede 10K. 9am. Onion River Sports,
- Montpelier. 802-485-3777. cvrunners.org.
 7 22nd Tortoise & Hare 10K+ Trail Run. 9am. Lower Buttermilk
- Falls SP, Ithaca. 607-342-7871. fingerlakesrunners.org.10th Lake Placid Marathon & Half-Marathon. Olympic
- Speedskating Oval, Lake Placid. lakeplacidmarathon.com. **8 The Run for Help 5K Run/Walk Against Domestic Violence**.
 9:30am. Goff Middle School, East Greenbush.
- unityhouseny.org.
 43rd Distinguished Service Race 8 Mile. 9am. University at Albany, Albany. Mark Warner: 464-5698. hmrrc.com.
- 8 5K for Kidneys Walk. 9am. University at Albany, Albany. 533-7880. healthykidneys.org.
- 8 Moreau Mile & BETAR Byway 5K. Shirley Venner
- 8 Dance Museum 5K. 8am. National Museum of Dance, Saratoga Springs. 584-2225. dancemuseum.org.
- 4th Run for the Rhubarb 5K Race & 1M Kids Fun Run.10am. Mountain Road School, New Lebanon. 784-8520. mountainroadschool.org.
- 14 10th Great Adirondack Trail Run. 11.5M: Hopkins Mtn to Keene Valley. 3.5M: Baxter Mtn to Keene Valley. Keene Valley. 576-2281. mountaineer.com.
- 14 Whipple City 5K. 8:30am. Greenwich Central School, Greenwich. 692-3311. greenwichchamber.org.
- 2nd Strawberry Fest 5K Run. 9am. Upper Union Street, Schenectady. e4poverty.org/Schenectady/events.
- 14 Race The Lake Marathon & 13.8M Race. 8am. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
- Patriot's Run 5K & 10K. 9am. Griffiss Bus & Tech Park, Rome. romanrunners.com.
- Vegan Power 50K Trail Race. 7am. Pittsfield SF, Pittsfield, MA. veganpowerultra.com.
 Tri-City Valley Cats Home Run 5K. 9am. HVCC Campus,
- Troy. 456-3682. hmrrc.com.

 14 19th Lions Ramble. 5:30pm. Haslett Park, Fort Plain.
- 568-7509. cnyrunning.com.

 2nd Running from the Flies 5K. 8am. John Dillon Park, Long
- Lake. mylonglake.com.
 15 31st Mule Haul 8K. 9am. Firehouse, Fort Hunter. fmrrc.org.
- 15 New Paltz Challenge Father's Day Half Marathon & Family 5K. 7:30am. The Gilded Otter, New Paltz. 542-9939. fmrrc.org.
- Mount Greylock Trail Races: Half Marathon & 5K. 10am. Greylock Glen, Adams, MA. Ed Saharczewski: 413-344-3968. runwmac.com.
- 15 26th Summer Sizzle. 5M. Deerfield Park, Utica. uticaroadrunners.org.
- 17 Summer Track Series. 6pm. Colonie HS, Colonie. Frank Myers: 783-2760. hmrrc.com.

- Strides 4 STRIDE 5K Run, Walk N Roll. 9am. Albany Riverfront Park, Corning Preserve. 598-1279. stride.org.
- 21 Run into Summer 5K. 9am. East Greenbush. East Greenbush Pop Warner egpopwarner.com.
- 22 38th Adirondack Distance Run 10M. 7:30am. Village, Lake George. 792-7396. adirondackrunners.org.
- 22 NYC 5-Borough Series: 10K Queens. 8am. Corona Park, Flushing Meadows, NYC. nyrr.org.
- 23 Camp Saratoga 5K Trail Run Race #1. 6-7pm. Wilton Wildlife Preserve, Wilton. saratogastryders.org.
- 24 Summer Track Series. 6pm. Colonie HS, Colonie. Frank Myers: 783-2760. hmrrc.com.
- 28 Hudson Highlands 100K Trail Race. 4am. Ramapo-Dunderberg Trail, Tuxedo. hh100k.wordpress.com.
- 29 4th Michael J. Cerroni Memorial 5K Run/Walk. 9am. Maple Street Park, Black River. michaelcerroni5k.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.
- Saratoga Springs Strong to Serve Half Marathon & 5K.
 7:30am. Saratoga Spa SP< Saratoga Springs. 603-429-8879.
 Saratogaspringshm.com.
- 19 Run the Ridge 5K Mud Run & Obstacle Course. Wave starts.2K Family Fun Run: 1pm. Maple Ski Ridge, Schenectady.381-4700. runtheridge.net.
- 27 Biggest Loser Run/Walk Half Marathon & 5K. Killington, VT. biggestloserrunwalk.com.
- 31 3rd 1812 Challenge & Half Marathon. 18.12M/13.1M. 7am. Watertown to Sackets Harbor. 1812challenge.com

SEPTEMBER

- 7 35th Dunkin Run. 5K/10K & 1/2M Kids Run. 8:30am. Sidney Albert Albany Jewish Community Center, Albany. 438-6651. saajcc.org.
- 26-27 3rd Ragnar Relay Adirondacks. 200M. Regular, ultra & high school teams. Saratoga Springs to Lake Placid. ragnaradk.com.
- 28 Adirondack Marathon Distance Festival: Marathon, Half, 2 & 4-Person Marathon Relay. Marathon & Relay: 9am. Half: 10am. Sat: Expo & Packet Pickup & Kids Fun Run. Schroon Lake HS, Schroon Lake. 532-7675. adirondackmarathon.org.

OCTOBER

12 Mohawk Hudson River Marathon & Half-Marathon. 26.2M/13.1M. Half sold out. Schenectady to Albany. mohawkhudsonmarathon.com.

SWIMMING

APRIL

- 6 Open Water Swim Clinic w/Ann Swenson. 2pm. YMCA, Saratoga Springs. saratogaregionalymca.org.
- 12 4th Duanesburg 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.
- 4 4th UVAC Spring Meet. 10am. Upper Valley Aquatic Center, White River Junction, VT. 802-369-9289. uvac-swim.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.

5ktriplecrown.racewire.com
All 3 Races for only \$50!
(If registered by April 8. Individual races \$20 each)

CASH PRIZES to Triple Crown winners (M/F) in age groups: 20-39; 40-59; 60+ (19 and under - scholarships)

ALL TRIPLE CROWN ENTRIES ENTERED TO WIN RAFFLES: RAFTING TRIP, GIANTS TICKETS & MORE! ENTER BY APRIL 8 TO RESERVE YOUR SHIRT

25TH ANNIVERSARY

RUN IF YOU D.A.R.E.

5K Road Race & 1M Fun Walk **Wednesday, May 28 - 6:30pm**

"Drug Abuse Resistance Education" **The Connors Agency,**

40 N Central Ave, MechanicvilleT-Shirt to first 300 entrants & refreshments \$20 entry - Must be received by Tue, 5/28

Flat, residential TAC sanctioned course Group Challenge for biz/orgs in run/walk **Entry: ConnorsGroup.com** More Info: (518) 664-7307



Train for a Fall Marathon or Half Marathon

- Individualized training plans for NYC, Mohawk Hudson, Palio and others
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- Weekly seminars on running topics
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Season begins May 3!

More info or sign up: usafitalbany.com

Jennie Heidbreder: 698-1478 info@usafitalbany.com

1ST ANNUAL

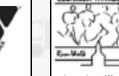


Sunday, May 4 at 9am Southern Saratoga YMCA 1 Wall St. Clifton Park

Flat, fast course on town bike trails & neighborhood streets – a PR race! \$30 by 4/22, \$40 by 5/1, \$45 race day Long-sleeve shirts to first 200 entries

Register: ZippyReg.com Timing by AREEP

Jennifer Casey: jcasey@cdymca.org



17th Annual riton Heri

Charlton Heritage
5K Run/Walk
Saturday, May 31
10 am

Historic Village of Charlton, Saratoga Co.
Old School House, Maple Ave/Charlton Rd
Rolling hills with 3/4-mile downhill finish
USATF certified – Chip timing by ARE
\$20 by 5/18 or \$25 after – Shirts to first 400

Kids' 1-Mile Fun Run (\$10), 11am Fun runners receive T-shirt & medal

Register: active.com Entry Form/Info: charlton5k.org Bill Herkenham: (518) 384-0065



By Kristen Hislop

fter a long, cold, and snowy winter we are ready for some warm temperatures and bright sunshine. Races are still open, so get planning that season before it is upon you. What are your goals for 2014? Set your budget and find your distance. Think about your own strengths. Distance, temperatures or even the race

If you race better the longer you go, then maybe contemplate a 70.3 this summer. If you are not as strong on the bike then you might want a flatter bike course. If your swim is your weakness then maybe find warmer and calmer waters. Look at the course profiles and talk to other athletes. Do you do better in the heat of the summer or do you have hydration and cooling issues? There are events of varying sizes, so take into account your preferences. If you love the energy of a big event embrace that versus wanting fewer athletes at the start and on the course.

Another big consideration is race management. We are lucky in this area as there are many great races that are well managed and expertly planned. You also need to prioritize your events. "A" races are those where you will focus your training efforts. It might be a first time event or where you want to set a PR. Only chose two or three. "B" races will support your primary goal events. Use them as practice. Then feel free to toss in the fun events or races you will enjoy or even use as a supported training session.

Elm Avenue Park in Delmar will be held on Sunday, May 4. The race consists of a doable two-mile run, ten-mile bike and two-mile run. The Delmar Duathlon has done well in attracting a wide variety of individual and team participants since its inception. The race offers new duathletes a great, early season entry into the sport. Visit: delmardu.com.

If you are looking for a little bit longer duathlon, then you might consider the tenth anniversary of the Saratoga Lions **Duathlon** on Sunday, May 25, Starting from the Saratoga Casino and Raceway, individual and two or three person team racers will run 5K, bike 30K, and finish with another 5K run. First 300 registered receive micromesh longsleeve shirts, and there will be special finisher medals this year. Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club, including Lions Eye Institute in Albany and Saratoga Community Health Center. Go to: saratogalions.com.

Triathletes are typically looking for early season races to work out the winter kinks. The Cooperstown Triathlon on Sunday, May 25 in Cooperstown has become a favorite. Mike Brych knows the challenges of holding an early season race. Lake temperatures should be around 65 degrees, but each year Mike is thrown a wrench. Last year water temps were beautiful until cold nights and hail days before the race. Since we don't know what the spring will hold, get signed up for this race now. The quality tech shirts and sponsorship by Brewery Ommegang

Triathlon has an 800-meter swim, 12.2-mile bike, and three-mile run. It is a family event with activities at race site and the National Baseball Hall of Fame and Farmer's Museum close by. Check out: atcendurance.com.

Each year race director Chris Bowcutt adds to the fifth annual Hudson Crossing Triathlon, which is on Sunday, June 8 in Schuylerville. This year \$100 will be awarded to the male and female who can set a course record. Once again there will be Athena and Clydesdale divisions, great age-group awards, and chocolate milk, pizza and more for the racers. The raffle is always worth staying for after the awards. The USAT sanctioned race course is a 500-yard swim, 12-mile bike, and a 5K run. It's a fun, relaxed environment for both newbies and competitive athletes. A portion of race proceeds go to Hudson Crossing Park. Visit: hudsoncrossingtri.com.

Last year HITS Triathlon Series took over the North Country Triathlon and created an event-packed race weekend. HITS North Country is back again a week earlier on Saturday-Sunday, June 21-22 in Hague on Lake George. As always the HITS series offers a distance for everyone. The open event on Sunday is a great place for newbies to give triathlon a shot by swimming 100 meters, biking three miles, and running one-mile. The weekend kicks off on Friday night with the HITS Fitness Expo and packet pick-up, athlete meetings, and bike drop-off for the half and full distance events that take place on Saturday.

Race Comments from Past **Participants**

- Delmar Duathlon victorious, trail run, beginner friendly...
- Saratoga Lions Du train whistle, favorite, well-organized...
- Cooperstown Triathlon great atmosphere, beer, picturesque...
- Hudson Crossing Tri trail run, short swim, farms, fans, LOVE, Bacon Hill, fast bike...
- HITS North Country shallow water, awesome transition, HOLY hills, good value...

On Sunday, prepare for the sprint - a 750meter swim, 12.4-mile bike, and 5K run - and Olympic, which is two loops of the swim for 1500 meters, then on the bike for a challenging 24.8-mile ride, and then a rolling 6.2-mile run. Race director Mark Wilson is working hard to attract triathletes of all abilities and backgrounds to the starting line. Go to: hitstriathlonseries.com.

You have plenty of choices of early season races, so get signed up! The warmer weather will be here before you know it and you don't want to be left out in the cold! 🖡

Kristen Hislop (hislopdesigns@hotmail.com) of Clifton Park is a USA Triathlon coach, Team LUNA Chix member, and personal trainer whose passion, next to family, is the sport of triathlon.



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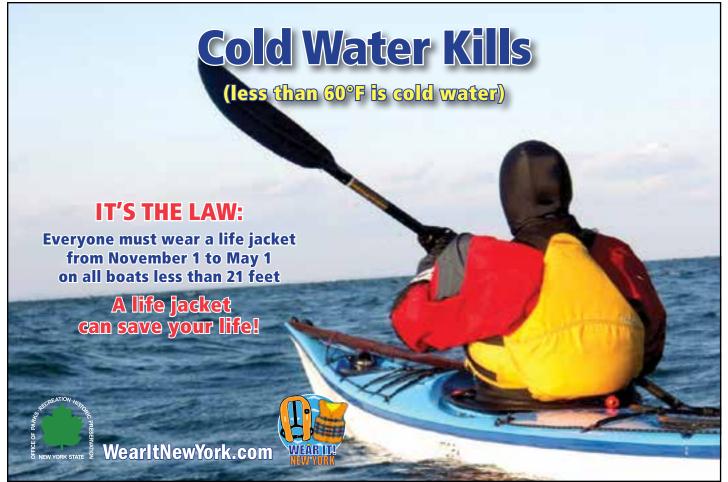
Info, Entry Form & Online Entry:

e4poverty.org/schenectady/events

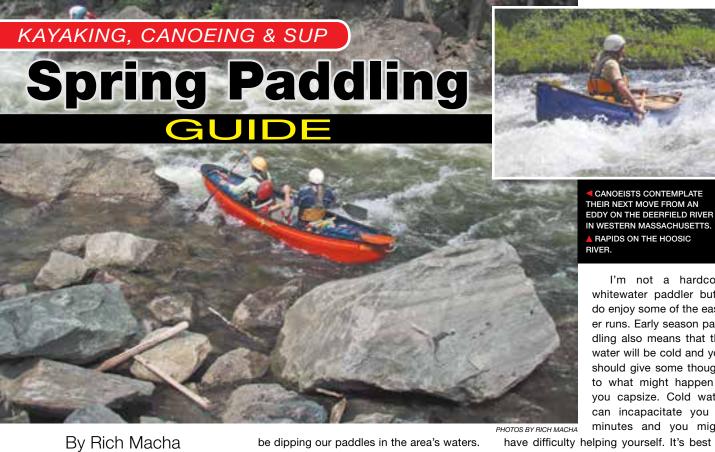
More info: Bianca.agnes@dhaenergy.org







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he calendar says spring has begun but in reality for most of us winter is still making its presence felt. As I write this in late March, lakes and ponds in upstate New York are still covered in ice, higher elevation streams are still locked up, and the Mohawk and Hudson rivers, while showing some open water, are still edged with ice.

Many whitewater paddlers in most years are running rivers by early April if not by mid-March. Trout and salmon fishing season opened April 1st and I know some fishermen would like to be fishing from their canoes or kayaks rather than be relegated to casting from shore. I do know some drysuit-wearing kayakers who will paddle throughout the winter if they can find open water - not this year though.

Winter will eventually lose its grasp, warm weather will be the norm and many of us will Do note that in New York State personal floatation devices (PFDs, life jackets) must be worn by all people at all times in boats less than 21 feet in length from November 1 through May 1. At other times, life jackets must be readily available and reachable quickly in an emergency but you will be safer if you wear one all the time while paddling. Children under the age of 12 must always wear a life jacket that is of appropriate size for the wearer. These rules also apply to standup paddleboarders.

For me, spring paddling means running some rivers that might have too little water in summer. I also like to get in some canoe camping trips in the Adirondacks before the bad bugs and crowds arrive. On some workdays I'll paddle for an hour or two on the Mohawk or Hudson rivers and look for migrating ducks that are not usually seen here in summer.

minutes and you might have difficulty helping yourself. It's best to have a minimum of three boats in your group and hope your friends carry and have practiced using throw bags. Wetsuits or drysuits should be worn to extend your survival time in the event of a capsize. Cotton clothing should be avoided since wet cotton has no insulating value and can suck the heat out of you in no time, leading to hypothermia.

RAPIDS ON THE HOOSIC

I'm not a hardcore

whitewater paddler but I

do enjoy some of the easi-

er runs. Early season pad-

dling also means that the

water will be cold and you

should give some thought

to what might happen if

you capsize. Cold water

can incapacitate you in

It might be better for me to relate to you the considerations of an "easy" whitewater trip by citing an example. Last spring, in mid-April, a group of us decided to paddle the Schoharie Creek from North Blenheim to Middleburgh expecting mostly rapids in the easy class I to class II range. I had paddled this section a couple of times before but not since Hurricane Irene. Very soon we had to deal with a three-foot drop over a man-made wall of rocks that were placed across the river for some unknown reason after Irene. Everyone made it over OK but it was quite the surprise and we were lucky there was not a keeper hole below - rivers can change with

The Schoharie's water was moving along fairly fast but nowhere near flood. Before the trip I checked online and the gauge at Burtonsville was at 2.7 feet. This is the best indicator of what to expect for this river. After this trip I wrote in my notes that this section might best be paddled by non-expert whitewater paddlers when the gauge reads between 1.5 and 2.0 feet.

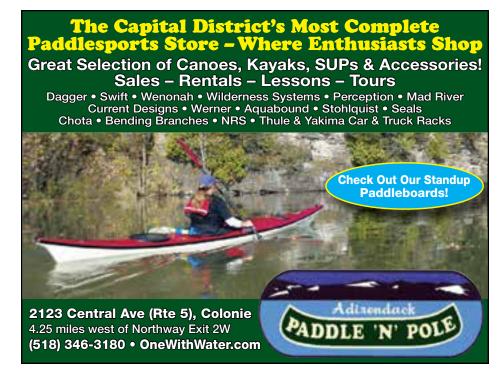
After we had been on the river for less than an hour we approached a class II rapid with a downed tree overhanging half the river, sometimes referred to as a sweeper, on the outside of a curve with just a foot or two between it and the surface of the water. The current is usually fastest on the outside of a curve and your canoe or kayak can be pushed in that direction. If possible it is best to stay to the inside of the curve and to eddy out - not so easy if you don't practice eddy turns. In an eddy behind a rock or other obstruction the current moves upstream and vou can rest before vour next move back into the downstream current. That's what I did but three others hit the tree and the rest of us had all we can do to rescue swimmers and gear in the fast current.

It is good to have a spare set of warm non-cotton clothing in a dry bag with you to change into after a swim - I even carry with me some extra shorty wetsuit clothing. Note that typical roll-top dry bags will most likely leak when immersed for more than a few minutes. Make sure you roll the top as neatly as possible and it does not hurt to double bag your spare clothes. A drysuit will keep most of your body dry during a swim but they can cost you more than you paid for your boat.

To make boat recovery easier, kayaks should have bulkheads or inflatable floatation bags in both ends, tandem canoes should have at least a center floatation bag, and solo canoes a bag in each end - water is heavy and float bags minimize the amount of water that can get in. Canoes should also have a painters or floating ropes (over half the length See KAYAKING, CANOEING & SUP, 28

















May 11, 2014

LOCATION

Bethlehem High School 700 Delaware Ave. Delmar, NY 12054

START TIME

8AM Kids Mile 8:30AM 10K Start

COURSE

USATF Certified Course on country roads with few hills. Kids' Chase the Karhu Bear Mile.

PRE-REGISTRATION

\$25 Register at Fleet Feet Sports Albany or Adirondack Or mail to 155 Wolf Rd. Albany, NY 12205. Make checks payable to Fleet Feet Sports.

REGISTER ONLINE AT www.fleetfeetalbany.com/events

PACKET PICKUP

May 10th, 10AM-6PM at Fleet Feet Sports Albany

RACE DAY REGISTRATION

\$30 - 10K

RESULTS

Chip Timing

T-SHIRT

Craft Technical Tee (1st 200 registered numbers)

PARTIAL PROCEEDS

Benefit Bethlehem XC and Track & Field Booster Club



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Mastodon Challenge 15K Race, 5K Run/Walk & Kids' Fun Run

& KIGS' FUN KUN Saturday, May 10Craner Park near Fallsview Park

15K Run 9am • 5K Run 9:15am Kids' Fun Run 8am

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- Awards to top 3 overall and to top finisher in each division



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They Didn't

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Info: www.MastodonChallenge.com Cohoes Rec Dept: (518) 233-2116

Race proceeds benefit Cohoes Senior Center & Cohoes UPK Preschool Program



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3rd Annual

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Sunday, May 4, 2014

Race starts at 8am
Elm Avenue Park
Delmar, NY

Fee: \$55 (non-refundable)

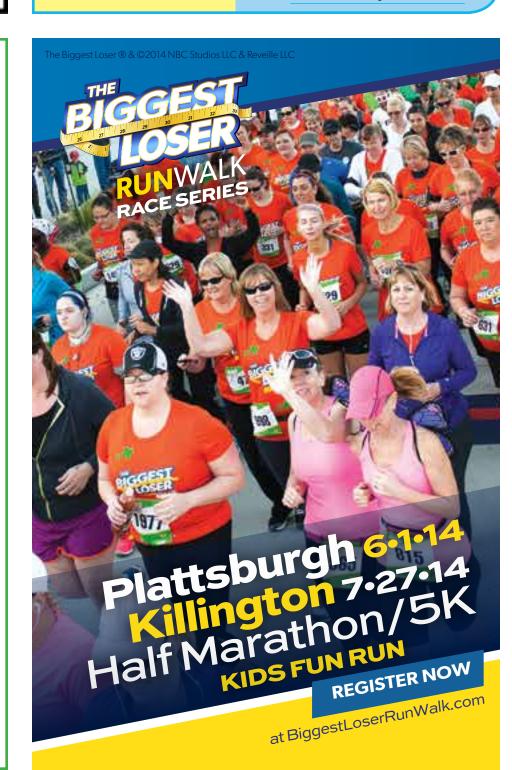
Registration is first come first served, up to 300 participants. Follow the link below to register. You must be 18 years or older to participate.

delmardu.com

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ATHLETE PROFILE

Sharing the "Highs" and "Cries" of Triathlon

By Christine McKnight

They met at a local bike shop, and then a few months later shared a lap lane at the old YMCA pool on South Broadway in Saratoga Springs. For Karen Martin Swift and Randy Swift, that set the stage for romance, marriage – and a rewarding triathlon lifestyle that has meant sharing the "highs" and "cries" of each season, along with training, traveling and racing together.

Between them, Karen and Randy have 11 Ironman races to their credit, a standard approached by only a handful of other triathlon couples in the area. Two big advantages of having a built-in training partner, they say, are motivation and support.

Randy recalls, "One cold February morning at 4:30am, Karen asked me, 'Why do I have to get up and go swim? It's so cold. I'm tired.' My response was, because you can."

Can they ever... Karen has crossed the finish line in Lake Placid in 2006, 2008 and 2013. Randy has completed eight Ironman races in the last decade, including Ironman Canada (2007), Ironman Mont Tremblant (2012), and Ironman Lake Placid six times (2004-2006, 2008, 2010 and 2013). They have competed together at Placid three times.

Along the way, Karen and Randy have each gotten faster. Both turned in personal bests at Lake Placid last year, with Randy racing to a 10:45 finish (an hour faster than his first Lake Placid race ten years earlier) and Karen finishing in 13:07. After struggling with IT band issues in her previous two Lake Placid races, this was an especially sweet victory for Karen.

Both consider Lake Placid their "hometown" Ironman course. "There's still nothing like Lake Placid. It's always great to see so many familiar faces," Randy said.

Karen and Randy have each also qualified for a coveted berth and competed in the Ironman 70.3 World Championship in Las



Vegas, Nev., Karen in 2012 and Randy in 2011. Both aspire to qualify again this year for the 70.3 World Championship, which has rotated to a new setting at Mont Tremblant, Quebec on Sept. 7, by turning in strong performances June 8 at the 70.3 Eagleman race in Cambridge, Md. Their 2014 season includes two other 70.3 races, Syracuse June 22 and Vineman July 13.

Karen teaches trigonometry, pre-calculus and calculus to 11th and 12th graders at Saratoga Springs High School, while Randy teaches fourth graders at Greenwich Central School. That means they are indeed up at 4:30am most mornings for a swim workout, before hitting the classroom. After work, they are typically either on their bikes or off for a run. On weekends, they take a yoga class and work in longer rides or runs.

Both use their triathlon backgrounds to teach their students about the importance of perseverance and other good life habits.

"I think it's motivating to my students when I tell them what I do," says Randy. "They understand that some things just take dedication and hard work. I tell them there are no excuses for not being prepared. They know that I am serious when I tell them I get up at 4:30am every day, do my workout, get myself ready for school each day (plans written, papers graded, etc.), teach all day, do an

occupations: Both teachers

main sport: Triathlon

other sports: Randy, Snowshoeing,
Cross-Country Skiing,
Bike Racing, Cyclocross

evening workout, and start all over again. So they know there's no excuse for their homework not being done."

Karen is a 1992 graduate of Saratoga Springs High School, where she was a four-year varsity swimmer, competing in freestyle and breaststroke. ("I was maybe a solid second-string swimmer.") Now, she is helping to establish a high school triathlon club, teaching about a dozen aspiring students the basics of the sport. The club's goal race is the Hudson Crossing sprint triathlon June 8 in Schuylerville.

Randy, who grew up in the suburbs of Philadelphia, near Wilmington, Del., started bike racing about 20 years ago, and began running for cross-training during the winter. When he moved to Saratoga Springs 15 years ago, some of his friends suggested he try a local triathlon. Before long, he was doing half- and full-Iron events.

A few years ago, some friends approached Randy to help them prepare for their first Ironman. "Even though I don't possess a KAREN'S TRAINING WEEK

monday: Rest; but might include gentle yoga
TUESDAY: Morning swim, afternoon bike
WEDNESDAY: Run (morning in winter,
afternoon when the run becomes longer)

THURSDAY: Morning swim, afternoon Pilates and bike

FRIDAY: Morning swim, afternoon run

saturday: Long bike sunday: Run and yoga

coaching certification, I felt like I had a 'lifetime achievement' credential from all the bike and triathlon racing I had done, so I agreed to help them," Randy said. Since then, he has coached eight athletes, including Karen, to successful Ironman finishes.

A student of the sport himself, Randy stays current on triathlon training and trends by reading extensively and maintaining a strong network of multisport friends. It's paid off in a big personal way. He has watched his times drop year after year, even as he has gotten older.

"I'm smarter now, and train in a more refined way," Randy says. "There's more quality there."

"Every workout has a purpose. If it doesn't come together that day, then listen to your body, and don't do the workout. Taking a day off is not going to kill you."

One key to improved performance, Randy says, is "negative splitting" his long runs – getting gradually faster throughout the run. On the bike, high-quality interval work at medium distances, as well as running off the bike, reap big rewards on race day, he counsels.

In 2007, Karen and Randy helped found the Saratoga Triathlon Club. They remain active members today.

Besides sharing motivation, Karen says, they both understand why they are exhausted.

"Neither of us puts ourselves above the other. We understand why we're doing it – to be able to travel and compete together – and to share a lifestyle that includes the 'highs' and the 'cries.'"

Christine McKnight (trichris@nycap.rr.com) is a two-time Ironman finisher who lives in Wilton.











Triathlon Clothing and Gear

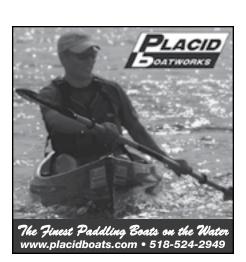
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OSCEOLA TUG H









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Bennett, Middle and Murphy Lakes A GIANT GLACIAL ERRATIC LEANS AGAINST ONE OF THE MURPHY LAKE SHORELINE LEDGES.

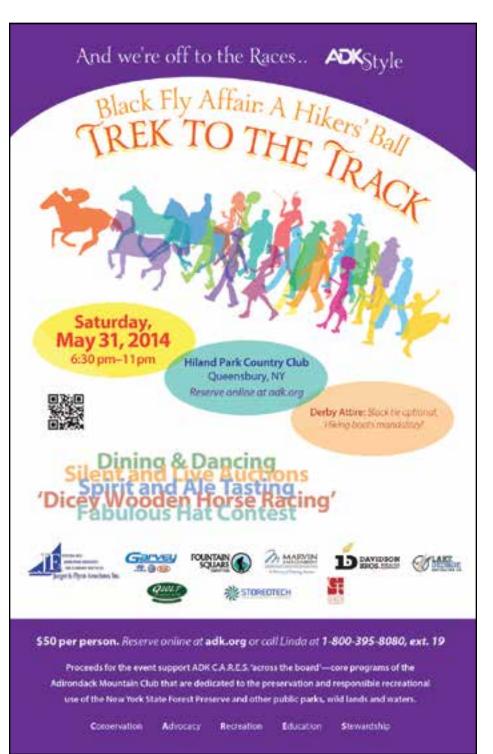
VOTED

BEST KID'S

CAMP

2013





By Bill Ingersoll

hat was once an old farm road to Murphy, Middle and Bennett lakes is one of the premier hiking trails in the southern Adirondacks. The foundations and stone piles left by the early farmers are the only obvious artifacts from those days; otherwise, the region is satisfactorily forested with a mix of second-growth hardwoods and softwoods. There is a leanto on Murphy Lake, and designated campsites elsewhere. This is a very popular place, attracting hikers and backpackers of all ages and skill levels throughout the summer – with some of the signs of overuse that can come with such popularity.

This historic trail, more than two centuries old, has probably introduced more people to Adirondack backpacking than most others in the Adirondacks. The trail itself is not glamorous – parts of it suffer from erosion caused by past jeep use – but the three lakes are outstanding destinations. Not everybody who sets off from the Creek Road trailhead makes it to the lean-to at Murphy Lake; the campsites at Bennett and Middle seem to be just as popular and well used, if not more so. All three lakes have brook trout, and any one of them would be a worthwhile destination on its own.

GETTING THERE

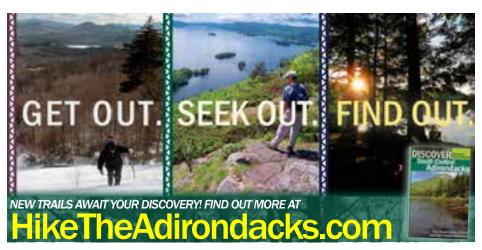
To find the trailhead, follow NY Route 30 for 4.1 miles north of Northville and turn east onto Old Northville Road, near a bridge over the Sacandaga River. Old Northville Road leads in 1.4 miles to Hope Falls Road, which in turn leads to Creek Road in 2.5 miles. You will find the trailhead for Murphy Lake 0.6-mile along Creek Road.

CREEK ROAD TO BENNETT LAKE

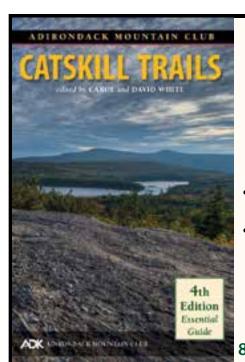
The snowmobile trail leads northeast from the road, dipping to cross a stream and then beginning its slow climb. This part of the forest was the most recent state acquisition along the route; the trail is eroded where it begins to ascend the hillside, and there are several places where the foot tread departs the old roadbed to find better routes around the gullies.

The old road bends north-northwest as the grade eases. You pass a small private inholding, and at 0.8-mile the trail turns sharp right, leading to your first glimpse of Bennett Lake downhill through the trees a moment later. It is in this vicinity, opposite the southern end of Bennett Lake, that you may be able to spot the hole and red-brown stain that marks the place where ferrous oxides were once mined. They were shipped from this site to Northville, where it was processed into paint pigment. A small settlement grew up around the mine, and for years the paint

See HIKING & BACKPACKING, 28







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Questions?

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Why You Should Join a Cycling Club

By Dave Kraus

Whether you are a beginning cyclist wanting to learn the ropes of riding or racing, or an experienced rider looking for the social connection or riding with others, the area offers a variety of organized clubs that can provide those advantages and many others.

For road cyclists, the **Mohawk-Hudson Cycling Club** offers a schedule of over 350 different rides each year with a variety of days, times and paces from casual to "quick." Founded in 1969 by four local riders, the group has since grown to over 650 members and is the largest cycling club between New York City and Montreal.

According to club president Skip Holmes, MHCC offers a variety of benefits beyond safety in numbers on group rides and the social aspect of riding with others. The club has its own Facebook page and full-fledged website to list rides and keep members

updated on news. There's also the club newsletter, *The Bikeabout*, available online and in print.

Skip has led his own weekly Tuesday night ride for years out of the Delmar Park & Ride lot, and also presides over club meetings during the winter to help members keep in touch. In September, the club's Saratoga Century Weekend attracts riders from all over the Northeast to ride in the countryside around Saratoga County.

Skip added that MHCC also provides secondary accident insurance for group riders and a variety of discounts at many area bike shops. With annual dues of only \$20 (plus \$5 for each additional family member) it's easy to recoup the membership cost through the discounts with normal local purchases. Get more information and join online at mohawkhudsoncyclingclub.org.

For more competitive road riders, the 100-strong **Capital Bicycle Racing Club** has helped competitors train and race for 25 years. Chartered by USA Cycling, the club

sends riders to a wide variety of regional races and hosts its own races. The Trooper David Brinkerhoff Memorial Race Series started the season in March, and there's also a series of time trials, the annual Capital Region Road Race, and several cyclocross races.

The club has regular twice weekly training rides in season, as well as spinning classes and weekend rides in the winter to help riders keep their cardio base. CBRC also supports women's and junior teams, hosts annual events including a club dinner and picnic, and offers team discounts at various area businesses.

Club members range in age from 10 years to 80-plus, and club president Phil Hershberger says all it takes to join is an active interest. "If you can ride, or want to learn how, you can belong. No other requirements." Get more information about the club and how to join at cbrc.cc.

Meanwhile, in Lake Placid, **Team Placid Planet**, sponsored by Placid Planet Bicycles, and organizes a full slate of teams from

junior girls and boys to masters women and men. Riding in the scenic High Peaks, the club has regular training rides and sponsors their annual Wilmington-Whiteface Race Weekend.

On Saturday, May 31, during Race Weekend, the club will offer their first ever circuit race on a rolling nine-mile course. Then on Sunday, June 1, the 7th edition of the Wilmington-Whiteface Road Race will wind around multiple laps of a 14-mile course. Get more information about the club and their races at the website at teamplacidplanet.org.

Mountain bikers in the Capital Region also have their own strong club in the **Saratoga Mountain Bike Association**, which has over 450 members and hosts its own events and rides keyed to off-road riders.

The group's primary home turf is on the newly acquired NYS DEC property off Daniels Road, just north of Skidmore College in Saratoga Springs. Members can ride over 20 miles of club-maintained trails and the group has recently also become active in Pittstown State Forest near Grafton, where six miles of trails have been created so far.

But the club does a lot more for members, according to President Corey Carpentier. "We consider ourselves the regional advocates for mountain bikers, and that entails a lot more than just having a piece of land with trails on it."

The club provides social events for members, a voice in trail planning, up-to-date waterproof maps, and takes an active voice in trail advocacy efforts. "There are weekly rides with club leaders, regular trail days to help maintain the trails, and the annual summer festival," Corey said. Find out more at saratogamtb.org.

Dave Kraus of Schenectady is a long time area cyclist, photographer and writer. He only races on his bike to Stewart's Shops for ice cream. Contact him at dbkraus@earthlink.net or KrausGrafik.com.

RUNNING continued from page 3

Special Needs 100-yard run and Sunday is also Meghan's Mile, which unlike the usual kiddie distance, welcomes all ages. With so many activities planned, this event offers everyone an opportunity for both athletic participation and active volunteerism. Check out the FAQ section of the extensive website for answers to every conceivable question. Go to: seansrun.com.

What do runners like to do best besides run? You've got it - eat! You can get in all the running you want, plus eat two meals! Begin your gastronomical tour on Friday night, May 2 in Albany at the packet pickup for the 11th annual St. John's/St. Ann's Spring Run-Off 5K/10K at the beneficiary St. John's/St. Ann's Outreach Center, where runners will be treated to a free "pasta dinner for two." I leave that interpretation to your own discretion. The Saturday, May 3 run/walk course itself is a notably fast and flat out-and-back, utilizing the paved Corning Preserve trails. This means a traffic-free route to a PR and a venue for your kids to run safely. Check out: springrunoff.com.

Also on Saturday, May 3, take advantage of the convenient 3pm start to continue your streak at the 8th annual CCRC 5K Run/Walk/BBQ at Christ Community Reformed Church in Clifton Park. Not many races have

given its BBQ headliner prominence, so this one definitely deserves your attention. A run, a supper and no dishes afterwards – what a deal! Race director Pat Glover emphasizes that this USATF sanctioned race is a low-key, community event where last year "everyone walked away with a drawing prize." In addition to the 1K Kids' Run, there is a two-person team family competition featuring mother/daughter, father/daughter, mother/son and father/son combinations. After you invest in your new spring running shoes, don't trash your old ones, but save them for the sneaker recycling program. Visit: ccrc-cpny.org.

I'm not sure even I would recommend it, but Saturday, May 10 it is theoretically possible for you to experience two uniquely challenging commercially organized events. Begin with the Viking Obstacle 5-Mile Race at Sunny Hill Resort and Golf Course in Greenville. Those who opt for a full weekend stay-over experience even get free babysitting and a free course preview! Go to sunnyhill.com for a photo tour of their permanent 30-obstacle route situated in the scenic northern Catskills or take the short drive, sign in, pay a slight fee and have at it. Here it is all about the family, with inflatable kiddie obstacles, and cheerleading rides to designated spectator points. According to



race director Tinker Nicholsen-Pachter, the emphasis is on obstacles, and while there will be incidental mud and water crossings (as on any trail), you will not get slimed. The long range plan is for other northeastern resorts to build similar permanent courses designed by Rob Butler of Shale Hill Adventure Farm for a series experience. A fall version will be held on Sept. 20.

After a Viking-sized lunch, head for the 5pm **Greenwich Gauntlet 4-Miler**, also on Saturday, May 10. Formerly known as the Urban Assault, Adirondack Race Management will support the town's efforts on behalf of the Greenwich Economic Development Group. Once more, they will incorporate existing businesses into the route, with car dealership obstacles, parking lot climbing walls, and park-side mud pits. You can sign-up for a similar ARM adventure at the Glens Falls Urban Assault on June 7. Check out: adkracemgmt.com.

The following weekend brings us two great mom and pop races on Saturday, May 17, but unfortunately you have to choose either one or the other. The second annual **Daffodil Dash 5K** at the scenic Halfmoon Town Park supports LifeSong, which teaches independent skills and provides supported employment to clients with special needs. This is a family-friendly run/walk event, partnering with CharacterCounts to promote responsible actions, and offering a friendly

flat and fast gravel-pathed USATF certified loop. The spring daffodils may or may not be out, but in any case, wearing yellow is encouraged. Visit: lifesonginc.org

Also on Saturday, May 10, the fourth annual **Kerry Blue Hustle 5K** race/walk in Glens Falls benefits the St. Mary's-St. Alphonsus Catholic School and launches from that venue as well. The mostly flat, fast course includes roads and bike paths, and features three water stops just in case we should be blessed with warm spring temperatures. It is followed directly by a Kid's Half-Mile Dash, accessed by the donation of a canned good to St. Mary's food pantry. Go to: smsaschool.org.

Used to be that in order to experience a variety of running opportunities you needed to travel, but now in just a four-week time span you can enjoy club sponsored races, small town mom and pops supporting local charities, and a homespun success story with a weekend's worth of activities. Then do an about-face, become your own superhero and test your mettle on country mouse and city mouse obstacle courses designed by experts in the trade.

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



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RACE RESULTS

		2N	D ANNUAL S	ST. GE	OR	GES TURKEY	TROI	7	
	Nove					piscopal Churci			
N	IALE OVERALL			_	FI	MALE AGE GROUP:	35 - 39		
1		16	Clifton Park	17:58	1	Jane Lobosco	35	Clifton Park	25:00
2	Anthony Stalter	18	Waterford	18:09	2	Angie Silipigno	38	Rexford	27:49
3	Alex Matson	14	Clifton Park	18:37	3	Christine Fiet	36	Stillwater	28:41
	EMALE OVERALL	1-4	CIIIIOIII aik	10.57	_	IALE AGE GROUP: 40		Julivatei	20.41
1	Julia Zachgo	15	Rexford	20:04	1	Rick Zachgo	43	Rexford	19:45
2	Kristen Jordan	18	Clifton Park	20:04	2	Brian Watts	40	Clifton Park	20:15
3	Bailey Kowalczyk	18	Rexford	21:07	3		40		
	IALE AGE GROUP: 1 - 1		Nexiola	21.07				Clifton Park	21:10
1	Jeffrey Alvarez	14	Clifton Park	20:13		MALE AGE GROUP:		District Life CT	21.12
2	Nathan Kummu	13	Clifton Park	21:03	1	Mary Beth Schunz	44	Ridgefield, CT	21:13
3	Evan LaFleche	12	Clifton Park	21:03	2		40	Clifton Park	22:48
	EMALE AGE GROUP: 1		CIII ton Park	21:07	3		43	Ridgefield, CT	23:09
			District Library	22.00		IALE AGE GROUP: 45			
1	Caitlin Slaminko	11	Ridgefield, CT	23:08	1	Bill Hoffman	46	Clifton Park	19:53
2		9	Niskayuna	25:28	2	Bob Hess	48	Clifton Park	21:03
3	Sidney Morrell	11	Ballston Lake	27:56	3	Richard Homawoo	46	Clifton Park	21:13
	IALE AGE GROUP: 15 -				FE	MALE AGE GROUP: 4	45 - 49		
1	Phil Malm	15	Worcester, MA	19:22	1	Jennifer Morgan	45	Charlestown, MA	23:35
2		15	Clifton Park	19:27	2		47	Clifton Park	25:17
3		17	Amherst, NH	19:42	3		45	Rexford	26:07
FI	EMALE AGE GROUP: 15	- 19			_	ALE AGE GROUP: 50		nemora	20.07
1	Rachael Shine	18	Clifton Park	21:08	1	Patrick Culligan	53	Round Lake	20:17
2	Callista Wlaschin	15	Rexford	24:10	2	Joshua Lacey	53	Clifton Park	20:49
3	Madeline Pelagalli	17	Ballston Lake	25:10	3	Paul Stevens	53		22:39
V	IALE AGE GROUP: 20 -	24			_	EMALE AGE GROUP: !		Saratoga Springs	22.39
1	Christopher Herbs	20	Rexford	19:01				CITY D. I	22.45
2	Eduardo Marin	21	Clifton Park	23:03	1	Therese Jordan	50	Clifton Park	22:45
3	Adrian Tovar	22	Clifton Park	28:34	2	Lauren Herbs	51	Rexford	24:24
FI	EMALE AGE GROUP: 20	- 24			3		51	Ballston Lake	27:17
1	Laura Valada	21	Clifton Park	25:51	M	ALE AGE GROUP: 55			
2		23	Clifton Park	30:55	1	Martin Patrick	59	East Greenbush	22:49
3		23	Clifton Park	31:35	2	Joe Czechowski	59	Clifton Park	37:57
-	IALE AGE GROUP: 25 -		Cilitori i dik	51.55	3	Philip Vecchione	59	Bow, NH	43:15
1	Dean Pasquerella	27	New London, CT	26:13	FE	MALE AGE GROUP: !	55 - 59		
2	Michael Christy	29	East Northport	27:17	1	Anne Marie Knizek	55	Rexford	27:18
3		28	Clifton Park	27:34	2	Mary Howell	55	Clifton Park	29:22
-	EMALE AGE GROUP: 25		CIIILOITTAIK	27.34	3	Terry Czechowski	59	Clifton Park	48:15
		29 29	Calara III. MA	24:07		ALE AGE GROUP: 60	- 64		
1	Alyssa Seligman	29	Gainesville, VA		1	Paul Pelagalli	60	Ballston Lake	26:45
2	Danielle Dougherty		Clifton Park	28:09	2	Fritz Oehlschlaeger	63	Roanoke, VA	27:16
3		28	East Northport	32:10	3	Bill Querbes	61	Clifton Park	34:59
	IALE AGE GROUP: 30 -		aur. a 1			EMALE AGE GROUP: (CIIILOII Faik	34.39
1	Jeffrey O'Shea	32	Clifton Park	20:26				Clifton Doule	20.20
2	Chris Kvam	33	Rochester	22:51	1	Patricia Seligman	63	Clifton Park	29:39
3		32	Mechanicville	26:17	2	Barbara Herbs	60	Moorestown, NJ	29:56
	EMALE AGE GROUP: 30				3	Kristine Thorne	63	Clifton Park	31:04
1	Heidi Nark	33	Clifton Park	23:14		ALE AGE GROUP: 65		-ur 1	
2		31	Gansevoort	23:49	1	David Blanchet	67	Clifton Park	48:02
3	Catherine Guthrie	32	Glenville	24:03	2	Kirk Gleason	69	Clifton Park	50:20
V	IALE AGE GROUP: 35 -	39			3	Gary Gleason	67	Clifton Park	50:38
1	Charles Lobosco	35	Clifton Park	20:58	FE	MALE AGE GROUP: (65 - 69		
2	Matthew Oehlschlaeg	35	Clifton Park	21:43	1	Dale Gleason	67	Clifton Park	52:50
3		39	Clifton Park	25:00		Courtesv of	St. Georae	e's of Clifton Park	

	12TI					DAILEY TURK Iall, Saratoga S _l		ROT 5K	
N	IALE OVERALL				FE	MALE AGE GROUP:	I - 14		
1	Ethan Clary	24	Cutler Bay, FL	15:55	1	Ashley Watson	14	Gansevoort	20:03
2	Sean Pezzulo	22	Saratoga Springs	16:27	2	Keellyn Cummings	13	Wilton	20:41
3	Evan Quinones	18	Saratoga Springs	16:40	3	Amelia Mahoney	14	Saratoga Springs	21:21
F	EMALE OVERALL				М	ALE AGE GROUP: 15	- 19		
1	Dana Bush	35	Saratoga Springs	18:11	1	John Knox	18	Gloversville	16:43
2	Samantha Watson	20	Gansevoort	18:41	2	Lasse Viren	18	Saratoga Springs	16:46
3	Maggi Szpak	19	Greenfield Center	18:56	3	Matthew Watson	18	Gansevoort	17:20
N	MALE AGE GROUP: 1 -	14			FE	MALE AGE GROUP:	15 - 19		
1	Anthony Verro	13	Saratoga Springs	20:50	1	Keelin Hollowood	18	Saratoga Springs	19:20
2	Nick Brady	14	Saratoga Springs	21:19	2	Tara Peck	19	Saratoga Springs	19:20
3	Kevin Van Vorst	14	Massapequa Park	21:24	3	Shania Hayward	17	Saratoga Springs	19:54 continued

MALE AGE GROUP: 20	- 24			FEMALE AGE GROUP: 5	50 - 54		
John Farley	24	Saratoga Springs	17:11	1 Laura Knapp	51	Wyoming, MI	22:0
! Tim Clements	20	Saratoga Springs	17:55	2 Linda Vroon-Vitollo	51	Coeymans	26:
Jimmy Bielli	22	Poughkeepsie	18:00	3 Judy Pawlick	51	Gansevoort	26:2
EMALE AGE GROUP: 2	0 - 24			MALE AGE GROUP: 55		Garisevoore	20.1
Stefanie Fresenius	21	Clifton Park	20:07	1 Samuel Ouinones	- 33 56	Countries Coulons	21:
Elizabeth Moran	23	Niskayuna	22:37			Saratoga Springs	
Vi Pham	24	Saratoga Springs	22:41	2 Mark Regan	57	Queensbury	23:
MALE AGE GROUP: 25				3 Daniel Owens	57	Ballston Spa	23:
Terrance Gallogly	26	South Orange, NJ	18:02	FEMALE AGE GROUP: 5			
Tyler Ludington	27	Morrisville, VT	18:12	 Jane Mastaitis 	55	Saratoga Springs	25:
Daniel Fogarty IV	27	Saratoga Springs	19:54	2 Kim Farrow	56	Charlton	26:
EMALE AGE GROUP: 2				3 Mickey Piscitelli	57	Baldwinsville	26:
Karyn Delay	26	New York	20:26	MALE AGE GROUP: 60	- 64		
Ashley Campbell Anne Marie Hathaway	25	Washington, DC	21:08	1 Dennis Fillmore	61	Ballston Spa	22:
	28	Schuylerville	22:34	2 Rich Tanchyk	61	Saratoga Springs	23:
IALE AGE GROUP: 30			40.27	3 Jeffrey Tindall	62	Durham, ME	23:
Jeff Nastke	32	Saratoga Springs	19:37	FEMALE AGE GROUP: 6		Samun, ME	23.
Patrick Delay	30	New York	19:45	1 Judy Harrigan	64	Carataga Carings	23:
Matthew Igler	31	Saratoga Springs	19:46	, ,	63	Saratoga Springs	
EMALE AGE GROUP: 3		D: 14	22.57	2 Jill Pederson		Lake George	29:
Melissa Glotzbecker	30	Brighton, MA	22:57	3 Joan Bleikamp	60	Saratoga Springs	30:
Briannan Bintz	32 34	Lincoln, RI	23:02	MALE AGE GROUP: 65			
Heather Kirk		South Glens Falls	23:46	1 Daniel Brown	67	Ballston Spa	27:
IALE AGE GROUP: 35		A lle e e	20.05	2 David Forbes	67	Argyle	28:
Michael Dinicola	38 38	Albany	20:05	3 James Callahan	68	Saratoga Springs	29:
Laurent Painchaud Dennis Delay	38 39	Saratoga Springs Richmond, VT	20:06 20:27	FEMALE AGE GROUP: 6	55 - 69		
Dennis Delay EMALE AGE GROUP: 3		KICHIHOHA, VI	20.27	1 Laura Clark	66	Saratoga Springs	33:
Erin Crowe	36	Carataga Carings	23:01	2 Margaret Mangano	67	Saratoga Springs	35:
Melissa Murphy	38	Saratoga Springs Saratoga Springs	23:04	3 Linda Plante	65	Middle Grove	38:
Maggie Maphia	35	Saratoga Springs	23:29	MALE AGE GROUP: 70		iviluale Grove	50.
IALE AGE GROUP: 40		Saratoga Springs	23.23			C (11.6 ·	20
Kristofer Johnson	41	Saratoga Springs	19:10	1 Richard Lockwood	70	Greenfield Center	29:
Dave Barr	43	Allston, MA	19:32	2 Joe Geiger	72	Saratoga Springs	30:
Adam Dolan	42	Clifton Park	21:21	3 Stephen Mitchell	72	Malta	31:
EMALE AGE GROUP: 4		CIIItOITTAIK	21.21	FEMALE AGE GROUP: 7	70 - 74		
Michelle Cournoyer	41	Richmond, VT	23:25	1 Cheryl Karlin	71	Highland Mills	37:
Keli Ciota	43	Ballston Spa	24:33	2 Nancy Burkly	71	Saratoga Springs	53:
Faye Reynolds	41	Porter Corners	24:49	3 Carole Harris	70	Ballston Spa	59:
IALE AGE GROUP: 45		. Inter conners	2	MALE AGE GROUP: 75	- 79	•	
Kevin Lanahan	46	Clifton Park	19:03	1 John Sowa	79	Glenville	33:
Philip Spiezio	49	Greenwich	20:12	2 Richard Endres	76	Saratoga Springs	44:
Joe Nicoll	45	Wilton	20:44	3 Dave Riddle	77	Danbury, CT	55:
EMALE AGE GROUP: 4				FEMALE AGE GROUP: 7		ballbury, CI	٠
Joylin Namie	49	Salt Lake City, UT	25:28			Callburgas :	4~
Tammy Congelli	46	Tully	25:35	1 Priscilla Mueller	77	Stillwater	43:
Kathy Daly	48	Saratoga Springs	26:37	2 Mildred Reib	75	Hadley	1:06:
IALE AGE GROUP: 50		5 Ir - 15 -		MALE AGE GROUP: 80			
James North	50	Greenfield Center	20:37	1 Paul Koelbel	80	Greenfield	39:
Will Moran	53	Niskayuna	20:40	2 Paul Ladouceur	81	Newtonville	1:13:
Sam Mercado	50	Saratoga Springs	20:50			Dailey Foundation	

6TH ANNUAL RUN OFF THAT TURKEY TROT 5K November 30, 2013 • Altamont Elementary School, Altamont FEMALE AGE GROUP: 15 - 19 MALE OVERALL 17:32 Bryan Murphy 23:16 Emilee Stevens Aaron Reed St. Davids, PA 18:04 Anita Rice Voorheesville 25:04 Johanna Huse Adam Forti 18 Altamont 18 18:28 Slingerlands 32:01 MALE AGE GROUP: 20 - 24 **FEMALE OVERALL** 23 40 21:46 Delmar Samuel Fisher Niskayuna 24:36 Beth Ruiz Meghan Warren 28 Schenectady 22:00 2 Paul Amodeo 23 28:29 **FEMALE AGE GROUP: 20 - 24** Christine Myers 15 Altamont 22:48 MALE AGE GROUP: 1 - 14 Great Barrington, MA 23:48 Noah Tindale 12 Altamont 18:46 Averill Park Emily Mackey 20 23:58 Micah Tindale 3 Mike Crehan MALE AGE GROUP: 25 - 29 Latham 27:46 FEMALE AGE GROUP: 1 - 14 Voorheesville 18:58 Ryan Walter Anna Capuano Alexis Anagnostopulos Albany Boston, MA 12 Altamont 23:12 Jason Ganns 29 Richard Sheward Altamont 22:02 25:07 Sarah Mattfeld 10 Voorheesville 28:27 FEMALE AGE GROUP: 25 - 29 MALE AGE GROUP: 15 - 19 York, PA 24:15 Kate Penn Amanda Welch Voorheesville 21.25 27 Albany Burnt Hills 24:39 2 Zachary Koons 18 Schenectady 27:26 Jennifer Kehn 26 25:13 ontinue



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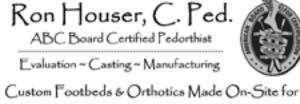


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MALE AGE GROUP: 30 -	34			М	ALE AGE GROUP: 55	- 59		
Andrew Rickert	34	Delmar	18:36	1		57	Delmar	20:3
Seth Thomas	34	Albany	21:46	2	Martin Patrick	59	Fast Greenbush	22:3
Christopher Gerard	34	Albany	22:20	_				
EMALE AGE GROUP: 3	0 - 34			3	Jeff Clark	55	Glenmont	23:1
Melissa Cash	31	Brighton, MA	24:47	FE	MALE AGE GROUP: 5	5 - 59		
Maria Oakden	32	Broadalbin	25:19	1	Carolyn George	59	Albany	25:4
Kelly Jordan	31	Altamont	27:59	2	Barbara Sorrell	56	Delmar	30:2
IALE AGE GROUP: 35 -				3	Joan Rueckert	56	Loudonville	31:3
Brian Northan	38	Guilderland	18:47	м	ALE AGE GROUP: 60	- 64		
Joel Tse	36	Brooklyn	20:39	1		63	Colonie	22:5
Joseph Altobello	36	Green Island	20:58		Michael Wright	60	Albany	25:2
EMALE AGE GROUP: 3				2			, ,	
Amanda Sheehan	38	Niskayuna	23:54	3	Richard Reynolds	62	Voorheesville	26:4
Kacey Sornberger	38 39	Albany Rensselaerville	25:59 26:29	FE	MALE AGE GROUP: 6	0 - 64		
Linda Styer // ALE AGE GROUP: 40 -		Kensselaerville	26:29	1	Katherine Ambrosio	63	Delmar	28:
Matthew Nark	40	Clifton Park	19:27	2	Alice Carpenter	63	Delmar	32:
Daniel Roberts	40	Guilderland Center	74:14	3	Deb Treece	61	Albany	34:
Ken Crandall	40	Coxsackie	25:08	м	ALE AGE GROUP: 65	. 69		
EMALE AGE GROUP: 4		CONSACRIE	23.00	1		69	Altamont	38:1
Aixa Toledo	41	Glenmont	23:04				Allamont	36.
Rate Elder	43	Cobleskill	27:26		MALE AGE GROUP: 6			
Flin Mattfeld	42	Voorheesville	28:28	1	,	67	Ballston Lake	32:2
ALE AGE GROUP: 45 -		VOOITICESVIIIC	20.20	M	ALE AGE GROUP: 70	- 74		
Gary Longhi	49	Voorheesville	19:24	1	Joel Silva	72	Albany	37:0
2 John Williams-Searle	45	Albany	20:06	2	Ray Lee	71	Halfmoon	38:1
Pete Sage	47	Stephentown	21:08		ALE AGE GROUP: 75	. 79		
EMALE AGE GROUP: 4	5 - 49			1	Kermit Cadrette	75	Rome	28:1
Judy Seery	48	Altamont	26:23			76	Cohoes	31:5
Tamara Arnason	45	Feura Bush	26:32	2			Conoes	31:5
Anne Mackey	48	Averill Park	27:32	FE	MALE AGE GROUP: 7			
MALE AGE GROUP: 50 -				1	Eileen Gundlach	76	Howes Cave	42:5
Brian Borden	50	Altamont	19:57	2	Gerri Moore	76	Niskayuna	56:0
Todd Lasher	51	Albany	21:39	М	ALE AGE GROUP: 80	- 99		
Julius Pasquariello	53	Schenectady	21:42	1	Joe Kelly	80	Menands	35:3
EMALE AGE GROUP: 5				2	Walt McConnell	82	Bolton Landing	37:0
Janice Phoenix	52	Schenectady	23:23	_	Richard Gundlach	81	Howes Cave	41:2
Maureen Blanchard	52	Sharon Springs	28:20	3		٠.		41:2
Anne Cook	50	Berne	28:34		Courtesy of	Helderbe	rg Running Club	

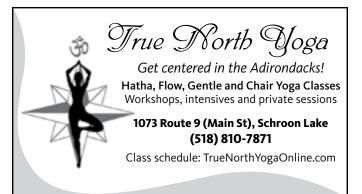
	1				NY LAST RUN City Hall, Albany			
MALE OVERALL			•		ALE AGE GROUP: 25			
1 Anthony Giuliano	34	Albany	17:03	1	Ben Heller	25	Albany	20:08
2 Jim Eaton	38	Castleton	18:55	2	Kevin Myers	27	Albany	21:06
3 David Tromp	38	Glenmont	19:01	3	Brendan Marsh	26	Clifton Park	21:13
FEMALE OVERALL				FE	MALE AGE GROUP: 2	5 - 29		
1 Mary Veltre	21	Poughkeepsie	20:14	1	Jennifer Kehn	26	Burnt Hills	24:0
2 Rebecca Miceli	16	Slingerlands	21:05	2	Chelsea Desalvatore	27	Clifton Park	24:1
3 Olivia Baumann	14	Greenville	21:07	3	Jorge Garcia	27	Milford, CT	24:47
MALE AGE GROUP: 1 -	14			М	ALE AGE GROUP: 30 -	34		
1 Andrew Balogh	14	Averill Park	22:01	1	Seth Thomas	34	Albany	22:0
2 Leo Rosenblum	13	Delmar	23:01	2	Carl Brewer	30	Albany	23:0
3 Evan Fox	11	Ballston Spa	26:17	3	Peter Amorosa	30	Albany	24:0
FEMALE AGE GROUP: 1	- 14			FE	MALE AGE GROUP: 3	0 - 34	,	
1 Erin Kate Miceli	13	Slingerlands	23:05	1	Kristen Kuhn	34	Delmar	23:5
2 Rachel Sullivan	14	Niskayuna	23:45	2	Jeanna Mead	30	Mechanicville	25:2
3 Cheyenne Munson	14	Fort Plain	23:50	3	Karen Malloy	32	Albany	25:4
MALE AGE GROUP: 15	- 19			M	ALE AGE GROUP: 35 -	39		
1 Anthony Erno	16	Glenville	19:26	1	Joseph Kelly Jr	36	Waterford	20:3
2 Christopher Sullivan	16	Niskayuna	22:23	2	Joseph Altobello	36	Green Island	20:3
3 Lane Gannon	15	Galway	24:13	3	Jonathan Brumley	36	Gansevoort	21:3
FEMALE AGE GROUP: 1	5 - 19			FE	MALE AGE GROUP: 3	5 - 39		
1 Alaina Krueger	19	Selkirk	22:15	1	Joanne Burns	39	Queensbury	22:3
2 Lexy Payne	18	Schaghticoke	22:59	2	Melissa Smolen	36	Mechanicville	24:5
3 Anna Curtin	18	Castleton	23:04	3	Shannon Pinkowski	38	Albany	25:4
MALE AGE GROUP: 20	- 24			M	ALE AGE GROUP: 40 -	44		
1 Ben Rea	23	Watervliet	19:27	1	Shawn Decenzo	40	Glenville	19:2
2 Connor Dixon	21	Albany	20:39	2	Greg Ethier	40	Cohoes	20:1
3 Patrick Curtin	20	Castleton	22:51	3	Martin Gordinier	43	Delmar	20:3
FEMALE AGE GROUP: 2	0 - 24			FE	MALE AGE GROUP: 4	0 - 44		
1 Ada Lauterbach	24	East Berne	21:09	1	Melissa Swislosky	42	Mount Upton	23:0
2 Julie Halsdorf	23	Albany	21:54	2	Janice Balogh	42	Averill Park	23:1
3 Jessica Watson	24	Guilderland	24:31	3	Brandi Falcone	41	Albany	25:0

MALE AGE GROUP: 45	- 49			M	IALE AGE GROUP: 60 -	64		
Mark Stephenson Kevin Creagan Gay Longhi FEMALE AGE GROUP: Brenda Lennon Gail Doering MALE AGE GROUP: 50 John Sestito	49 48 49 45 - 49 47 48 49 1 - 54 50 50	Esperance Albany Voorheesville Troy Loudonville Albany Albany Johnsonville	19:10 19:24 21:03 23:04 24:59 25:17 20:34 20:54	1 2 3 FI 1 2 3 M	George Baranauska Seamus Hodgkinson Michael Wright EMALE AGE GROUP: 6 Martha DeGrazia Carole Bieber Linda Kolnick IALE AGE GROUP: 65 - Ronald Rich	60 64 60 0 - 64 62 62 62 62	Scotia Delmar Albany Slingerlands Slingerlands Fort Plain	21:59 23:56 25:55 27:03 28:13 30:54 28:26 31:33
3 Dan Cantwell FEMALE AGE GROUP: 1 Janice Phoenix	52	Albany Schenectady	21:23 23:52	2 3 FI	Rowland Evans EMALE AGE GROUP: 6	66 68 5 - 69	Albany Castleton	32:22
2 Kathy Jones 3 Susan Matthews MALE AGE GROUP: 55	54 54 5 - 59	Averill Park Troy	25:31 26:11	1 2	Ginny Mosher Nancy Johnston	67 67	Delanson Ballston Lake	32:08 34:20
1 Rick Munson 2 David Roy 3 Tom Locascio FEMALE AGE GROUP:	56 58 55	Prattsville Schoharie Albany	20:14 20:20 21:28	1		71 71	Albany Lake George Voorheesville	35:02 33:02 1:03:03
1 Maureen Fitzgerald 2 Kim Watson 3 Donna Charlebois	56 55 55	Clifton Park Glenmont East Berne	24:41 27:09 28:50	M	ALE AGE GROUP: 75 - Charles Bishop Courtesy	78	Schenectady ity of Albany	38:50

Į		MILE F	RUN				15K RL	JN	
M	ALE OVERALL	2.4	5.11.	47.04	M	Thomas O'Crash	28	Latham	57:
1	Eric MacKnight	24	Ballston Lake	17:21	1	Thomas O'Grady Paul Mueller	28 29	Latnam Delmar	1:01:
2	Jeff Long	30	Clifton Park	20:52	2	Josh Merlis	31		1:01
3_	John Kinnicutt	51	Menands	22:00	5 EE	MALE OVERALL	31	Albany	1.02
t E	MALE OVERALL				1	Janne Rand	29	Albany	1:07
1	Emily McCabe	29	Queensbury	20:57	2	Kristina Gracey	31	Albany	1:07
2	Shylah Weber	24	Rensselaer	21:28	2	Meghan Mortensen	28	Rotterdam	1:11
3	Heidi Nark	33	Clifton Park	24:31	Δ.	GE GROUPS	20	Notteruam	1.11
AC	GE GROUPS				1	Richard Homenick/M15	10	Schenectady	1:05
	Sedric Tello/M1-14		Albany	29:58	1	Anthony Leonetti/M20-		Amsterdam	1:39
	Kelly Patterson/F20-24		Niskayuna	27:12	1	Rick Messino/M25-29	24	Nassau	1:07
1	Jennifer Newman/F25-29		Albany	26:52	1	Liz Chauhan/F25-29		Albany	1:11
1	Michael McClure/M30-34		Albany	32:46	1	Jim Sweeney/M30-34		Albany	1:03
1	Talia Kavanagh/F30-34		Troy	34:54	1	Laura 7ima/F30-34		Schenectady	1:13
1	Josh O'Neil/M35-39		Albany	33:21	1	Chris Mulford/M35-39		Schenectady	1:03
1	Meg Sodano/F35-39		Albany	27:42	1	Jessica Whiting/F35-39		Scotia	1:34
1	Jesus Gandarillas/M40-44		Averill Park	34:35	1	Andy Reed/M40-44		Niskayuna	1:03
1	Enrique Tello/M45-49		Albany	24:17	1	Aixa Toledo/F40-44		Glenmont	1:19
1	Jacqueline Jordan-Tello/F4	15-49	Albany	29:59	1	Todd McAuley/M45-49		Colonie	1:07
1	Tom McGrath/M50-54		Albany	25:17	1	Chris Varley/F45-49		Albany	1:19
1	Anne Hurley/F50-54		Delmar	27:21	1	Jay Thorn/M50-54		Chatham Center	1:06
1	Richard Kelly/M55-59		Schenectady	27:20	1	Jenny Lee/F50-54		Selkirk	1:33
1	Karen Dott/F55-59		Colonie	27:58	1	John Parisella/M55-59		Schenectady	1:08
1	Paul Forbes/M60-64		Colonie	25:35	1	Nancy Briskie/F55-59		Schenectady	1:11
1	Donna Choiniere/F60-64		Colonie	29:10	1	Rich Tanchyk/M60-64		Saratoga Springs	1:19
1	Pete Cowie/M65-69		Schenectady	37:49	1	Martha DeGrazia/M60-	54	Slingerlands	1:24
1	Don Wilken/M75-79		Albany	38:16	1	Ed Bown/M70-74	-	Broadalbin	1:23
1	Eiko Bogue/F75-79		Schaghticoke	39:49		Courtesy of Hudso	n-Mohai	wk Road Runners Clu	ıb

	NYSEF S					LE CROSS-Copping Complex,			RACE
М	ALE OVERALL				1	Eric Seyse	SR	GHN	21:25
1	Austin Meng	U23	SLU	19:12	1	Beckett Ledger	U14	NYSEE	26:53
2	Adam Terko	SR	SLU	19:39	1	Karl Schulz	U16	NYSEE	20:11
3	Kyle Curry	U20	SLU	19:50	1	Luke Daniels	U18		22:36
FE	MALE OVERALL				1	Blaine Ayotte	U20	SLU	19:54
1	Elizabeth Izzo	U23	UNH	21:08	1	Will Frielinghaus	U23	SLU	20:09
2	Erin Perryman	U20	SLU	21:49	EE	MALE AGE GROUPS	023	320	20.03
3	Nina Armstrong	U18	NYSEF	22:26	1	Jill Koziol	M3	HURT	28:00
M	ALE AGE GROUPS				1	Gabriella Frittelli	M4	HON	28:51
1	Jan Wellford	M1	Peru	20:46	- 1				
1	Chris Rose	M3	PNMSP	21:49	- 1	Gabriella Armstrong	U16	NYSEF	23:36
1	Stanley Hatch	M5	Peru	22:35	1	Anna Izzo	U18	NYSEF	25:54
1	Joseph Korzenechi	M6		24:06	1	Laurel Hurd	U20	SLU	28:59
1	David Burt	M7	HURT	31:44	1	Kate Mulcahy	U23	SLU	22:33
1	Chris Beattie	M8		26:42		Courte	sy of NYS	SRA Nordic	

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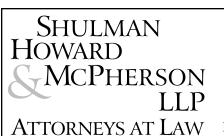
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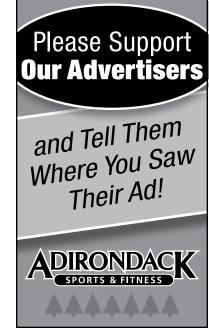
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RACE RESULTS

WORLD FAMOUS OSCEOLA PIE 5K FREESTYLE X-C SKI RACE December 21, 2013 • Osceola Tug Hill Cross-Country Ski Center, Camden

FE	MALE OVERALL			_	М	ALE AGE GROUPS			
1 2	Emmy Hold Ashley Forshey	U20 U20	Colby	17:09 18:07	1	Sam Morse	M1	LILIDT	16:31
3 M	Olivia Phaneuf	U16	Polar Bear	29:13	1	Chris Yarsevich Scott Brown	M2 M4	HURT Cayuga	17:28 24:43
1 2	Chad Day Matthew Torniainen	SR M2	Rochester Adk Vauhti	14:03 15:44	1	Steven French Ed Luban	M6 M7	Rochester HURT	17:57 16:47
3	Ethan Wood	U16	Saranac Lake	15:59	1	Matti Torniainen	M9	Adk Vauhti	23:35
1 1	Nancy Raeyne Audrey Balander	M5 M6	Wolverine Cayuga	24:38 23:12	1	Eric Seyse Bryce Hartman	SR U16	Glenville Saranac Lake	16:33 16:24
1 1	Emma Putman Emily Cromie	SR U16	HÚRT Adk Vauhti	22:58 24:12	1	Matt Forshey Seth Mares	U18 U20	HURT/Saratoga Biathlon HURT	16:26 17:07
1	Caroline Dodd	U18	Saranac Lake	23:41		Courte	sy of NY	SSRA Nordic	

16TH ANNUAL SARATOGA FIRST NIGHT 5K RUN

					ore College, Sarato			
М	ALE OVERALL	ecem	Del 31, 2013	JKIGIIIC	FEMALE AGE GROUP: 4		iiigs	
1	Alex Benway	23	Queensbury	15:34	1 Sara Gregory	44	Saratoga Springs	21:00
2	Aidan Tooker	15	Saratoga Springs	15:41	2 Erika Anderson	40	Malta	24:37
3	Patrick Carroll	22	Schenectady	15:45	3 Cindy Wian	43	Schuylerville	24:47
	MALE OVERALL		Scheneelady	15.45	MALE AGE GROUP: 45		Schaylervine	2
1	Maggi Szpak	19	Greenfield Center	18:14	1 Keith Guilfoyle	47	Ballston Spa	18:15
2	Estela Smith	16	Ballston Spa	18:18	2 Paul Young	48	North Andover, MA	19:09
	Sarah Morin	17	Greenfield Center		3 Bob Radliff	49	Stillwater	20:05
3			Greenneid Center	18:22	FEMALE AGE GROUP: 4		Stillwater	20.03
	ALE AGE GROUP: 1 - 1		Dellate a Labor	10.11	1 Lisa Nieradka	48	Clifton Park	21:45
1	Michael Bashant	14	Ballston Lake	18:11	2 Kelly Ahlfeld	48	Pawlet, VT	21:56
2	Sam Getz	14	Greenfield Center	18:14	3 Mary Fenton	48	Ballston Spa	22:15
3	Scott Dailey	14	Gansevoort	18:43	MALE AGE GROUP: 50		ballstoll spa	22.13
	MALE AGE GROUP: 1				1 Matthew Karkoski	51	Ticonderoga	19:33
1	Peyton Engborg	13	Greenfield Center	18:29	2 Sam Mercado	50	Saratoga Springs	19:44
2	Samantha Vetter	13	Greenfield Center	19:04	3 Jon Gurney	50	Saratoga Springs	19:59
3	Carley Vetter	13	Greenfield Center	19:16	FEMALE AGE GROUP: 5		saratoga springs	19.39
M	ALE AGE GROUP: 15 -	19				53	Harrida awaa NH	22.15
1	Jay Navin	18	Saratoga Springs	16:08	Patricia Butcher Alison Muse	52	Hawthorne, NJ	23:15
2	Evan Quinones	18	Saratoga Springs	16:21			Saratoga Springs	24:13
3	Travis Briggs	18	Saratoga Springs	16:23	3 Anne Donnelly	52	Raleigh, NC	24:17
	MALE AGE GROUP: 15		saratoga spiriigs	10.23	MALE AGE GROUP: 55			
1	Spencer Hayes	16	Gansevoort	18:22	1 Mark Warner	55	Slingerlands	20:07
2	Julia Flower	15		18:39	2 Samuel Quinones	56	Saratoga Springs	21:42
		19	Schenectady		3 James McElroy	55	Saratoga Springs	21:44
3	Tara Peck		Saratoga Springs	19:01	FEMALE AGE GROUP: 5			
	ALE AGE GROUP: 20 -				1 Lorraine Skibo	55	Saratoga Springs	24:25
1	Nicholas Lemon	21	Port Jefferson	16:43	2 Maureen Kruger	55	Albany	26:31
2	Shane Constantine	21	Ballston Spa	16:54	3 Joanne Conley	55	Queensbury	26:35
3	Sean Pezzulo	22	Saratoga Springs	17:03	MALE AGE GROUP: 60	- 64		
FΕ	MALE AGE GROUP: 20) - 24			 George Baranauskas 	60	Scotia	22:11
1	Brianna Freestone	20	Ballston Spa	20:18	2 Dennis Fillmore	61	Ballston Spa	22:33
2	Jessi Longacre	24	Corinth	21:07	3 Rich Elton	61	Queensbury	23:45
3	Katie Bashant	20	Ballston Lake	21:37	FEMALE AGE GROUP: 6	0 - 64		
M	ALE AGE GROUP: 25 -	29			 Martha DeGrazia 	62	Slingerlands	26:11
1	Nick Welch	25	Seattle, WA	15:55	2 Jill Pederson	63	Lake George	27:46
2	Greg Ernst	29	Gloversville	18:59	3 Linda Kranick	62	Saratoga Springs	29:07
3	Daniel Fogarty	27	Saratoga Springs	19:07	MALE AGE GROUP: 65			
	MALE AGE GROUP: 25		Saratoga Springs	15.07	1 Patrick Glover	67	Clifton Park	22:59
1	Chelsea Desalvatore	27	Clifton Park	22:23	2 James Larkin	66	Clifton Park	24:10
2	Amanda Collins	28		23:32	3 Robert Lee Rivers	66	Saratoga Springs	27:03
			Cobleskill		FEMALE AGE GROUP: 6		saratoga springs	27.03
3	Katie Bubnack	29	Saratoga Springs	23:52	Margaret Henderson	65	Saratoga Springs	30:54
	ALE AGE GROUP: 30 -				2 Laura Clark	66	Saratoga Springs	31:34
1	Anthony Giuliano	34	Albany	16:39	3 Margaret Mangano	67	Saratoga Springs	34:52
2	Chris Repka	30	Ballston Spa	18:02	MALE AGE GROUP: 70		saratoga spririgs	34.32
3	Brandon Holcomb	34	Slingerlands	19:23		72	Cambaidas	29:56
FΕ	MALE AGE GROUP: 30) - 34				72	Cambridge Clifton Park	32:08
1	Jessica Bashaw	31	Cambridge	19:36		72		
2	Anna Sadowski	34	Wilton	23:47			Scotia	33:21
3	Kathryn Hoek	33	New York	24:00	FEMALE AGE GROUP: 7		• !!	26.40
	ALE AGE GROUP: 35 -				1 Penny Cushman	70	Albany	36:49
1	James Kehoe	36	Gansevoort	19:32	2 Ginny Parsons	71	Clifton Park	37:37
2	Daniel Forgett	35	Albany	20:46	MALE AGE GROUP: 75			
		36			1 Christopher Rush	77	Schenectady	28:58
3	Joseph Altobello		Green Island	20:53	2 Norm Marincic	78	Saratoga Springs	35:50
	MALE AGE GROUP: 35		D // 1.45	24.27	FEMALE AGE GROUP: 7			
1	Danielle West-Chuhta	35	Portland, ME	21:37	1 Priscilla Mueller	77	Stillwater	43:27
2	Rebecca Conley	39	Northville	23:25	2 Gerri Moore	76	Niskayuna	50:51
3	Sarah Jurica	37	Saratoga Springs	25:08	MALE AGE GROUP: 80	- 99	,	
M	ALE AGE GROUP: 40 -	44	•		1 Joe Kelly	80	Menands	37:13
1	Rick Zachgo	43	Rexford	19:39	2 Richard Eckhardt	80	Albany	44:07
2	Todd Eicher	41	Queensbury	19:52	3 Joseph Corrigan	82	Clifton Park	44:24
3	Greg Ethier	40	Cohoes	20:19			atoga Arts	
_	a.cg canci	70	COHOCS	20.13	Courte	, oi sai	atogu Ai to	

HMRRC WINTER SERIES #2:

	30	nuary 1, 2014	· Onive	-	-		
	3.1-MILE	RUN		FEMALE AGE GROUP: 4			
MALE OVERALL				1 Anne Gullickson	49	Kingston	1:40:29
1 Thomas O'Grady	28	Latham	1:14:37	2 Chris Varley	49	Albany	1:43:50
2 Pat Carroll	22	Schenectady	1:14:45	3 Mary Fenton	48	Ballston Spa	1:45:31
3 Chuck Terry	31	Albany	1:15:35	MALE AGE GROUP: 50 -			
FEMALE OVERALL				1 Jay Thorn	51	Chatham Center	1:27:37
1 Kristina Gracey	31	Albany	1:23:50	2 Craig Dubois	50	Sprakers	1:29:49
2 Alyssa Lotmore	28	Albany	1:24:23	3 Jim Allott	54	Potsdam	1:31:11
3 Keri McEntee	24	Queensbury	1:28:32	FEMALE AGE GROUP: 50			
MALE AGE GROUP: 1 - 1	14			1 Inge Aiken	52	East Greenbush	1:38:35
1 James Faraci	14	Troy	1:40:03	2 Denise lannizzano	51	Lake Katrine	1:43:04
MALE AGE GROUP: 15 -	· 19			3 Colette Vankerckvoord	53	Lee, MA	1:54:30
1 Juan Alvarez	19	Latham	1:23:45	MALE AGE GROUP: 55 -			
FEMALE AGE GROUP: 1	5 - 19			1 Kevin Dollard	58	Hopewell Junction	1:29:08
1 Alyssa Drapeau	19	Glenville	1:37:44	2 David Roy	58	Schoharie	1:31:21
Christine Myers	15	Altamont	1:52:05	3 Steve Vnuk	58	Delmar	1:36:44
3 Lily Whiteman	16	Glen	2:06:30	FEMALE AGE GROUP: 5!	5 - 59		
MALÉ AGE GROUP: 20 -	24			1 Kim Law	56	East Greenbush	1:53:46
1 Andrew Coy	20	Schenectady	1:17:17	 Maureen Fitzgerald 	56	Clifton Park	1:54:10
2 Owen Strong	21	Fayetteville	1:20:11	3 Kathy Allott	59	Potsdam	2:09:02
3 Richard Homenich	20	Schenectady	1:32:40	MALE AGE GROUP: 60 -	64		
FEMALE AGE GROUP: 2		Scheneelady	1.52.40	1 Ken Klapp	63	Guilderland	1:42:17
1 Valerie Belding	23	Albany	1:40:57	2 Kevin Donohue	62	Troy	1:46:41
Leslie Aiken	24	East Greenbush	1:50:00	3 Paul Schmidt	62	El Cajon, CA	1:55:18
3 Jessica Watson	24	Guilderland	1:56:45	FEMALE AGE GROUP: 60		Er Cajori, Cr	1.55.10
MALE AGE GROUP: 25 -		Guildellalla	1.30.43	1 Martha DeGrazia	62	Slingerlands	1:55:25
		Tress	1.15.40	2 Joan Celentano	60	Schenectady	1:59:05
1 Brad Lewis	27	Troy	1:15:48		64	Castleton	2:11:55
2 Birant Akbay	25	Niskayuna	1:16:04	3 Judy Lynch MALE AGE GROUP: 65 -		Castleton	2.11.55
3 Jaime Julia	29	Albany	1:17:50	1 Jesse Dinkin	6 7	Calananatani	2.12.00
FEMALE AGE GROUP: 2						Schenectady	2:13:09
1 Janne Rand	29	Lake Placid	1:33:45	2 Thomas Kollar	67	Schenectady	2:16:30
2 Christine Houde	27	Somersworth, NH	1:40:44	FEMALE AGE GROUP: 6		C1 .	2 02 40
3 Liz Chauhan	29	Albany	1:40:51	1 Susan Wong	66	Glenmont	2:02:46
MALE AGE GROUP: 30 -				2 Karen Spinozzi	65	Kingston	2:05:31
1 Josh Merlis	31	Albany	1:18:01	MALE AGE GROUP: 70 -			
2 Dave Vona	31	Valatie	1:18:56	1 Ray Lee	71	Halfmoon	3:00:10
3 James Kavanagh	33	Troy	1:38:23	MALE AGE GROUP: 75 -	79		
FEMALE AGE GROUP: 3	0 - 34			1 Wade Stockman	78	Rensselaer	2:02:52
1 Laura Zima	33	Schenectady	1:35:51	FEMALE AGE GROUP: 80) - 99		
2 Diana Toban Knobloch	32	Guilderland	1:35:54	 Anny Stockman 	81	Rensselaer	3:00:10
3 Crystal Perno	32	Clifton Park	1:38:25	3	.5-MILE	RUN	
MALÉ AGE GROUP: 35 -	39			MALE OVERALL			
1 Jake Stookey	37	Clifton Park	1:18:05	1 Eric Young	22	Latham	21:49
2 Jim Eaton	38	Castleton	1:23:48	2 Blaine Freadman	50	Pittsfield, MA	23:41
3 Chris Mulford	37	Schenectady	1:26:10	3 Michael DiNicola	38	Albany	23:58
FEMALE AGE GROUP: 3		2 3.10.1001004		FEMALE OVERALL	50		25.50
1 Danielle Maslowsky	35	Ballston Lake	1:32:04	1 Shylah Weber	25	Rensselaer	24:12
2 Nikki O'Meara	36	Delmar	1:38:36	2 Payton Czupil	14	Watervliet	25:38
3 Jessica Chapman	36	Bennington, VT	1:45:05	3 Lisa D'Aniello	27	Saratoga Springs	25:42
MALE AGE GROUP: 40 -		bernington, vi	1.45.05	AGE GROUPS	21	Saratoga Springs	23.42
1 Andy Reed	42	Niskayuna	1:29:48			Lowville	28:20
2 Shawn Decenzo	42	Glenville	1:31:50	.,			
	40		1:31:50		•	Latham	28:49
		Schodack Landing	1.51.54	1 Chris Murphy/M15-19		Scotia	24:55
FEMALE AGE GROUP: 4		Castia	1,20,20	1 Julia Maloney/F15-19		Loudonville	30:49
1 Tina Greene	40	Scotia	1:38:36	1 Julie Nabozny/F20-24		Delmar	27:4
2 Stacia Smith	43	Niskayuna	1:46:36	1 Jeff Moss/M25-29		Colonie	28:10
3 Pamela Delsignore	44	Wilton	1:54:06	1 Bobbie LaFleur/F25-29		Midlothiah, VA	25:45
MALE AGE GROUP: 45 -				1 Jeff Long/M30-34		Clifton Park	24:03
1 John Stadtlander	48	Halfmoon	1:26:54	1 Jen Moyles/F30-34		Clifton Park	31:35
2 Mark Stephenson	49	Esperance	1:29:47	 Oswald Rodriguez/M35- 	39	Mechanicville	25:33
3 Kevin Creagan	48	Albany	1:30:15	 Bridget Graber/F35-39 		Wynantskill	34:22

HMRRC WINTER SERIES #2: 38TH ANNUAL HANGOVER HALF-MARATHON & BILL HOGAN 3.5-MILE RUN cont. Steve Roberts/M40-44 Leah Johnson/F40-44 24:05 30:17 Dalton, MA Judy Phelps/F60-64 Malta Rensselaer Jim Fiore/M65-69 Cathy Troisi/F65-69 30:21 58:43 Latham 25:18 28:56 25:55 31:42 27:45 30:59 Ed Menis/M45-49 Laurie Hoyt/F45-49 Carl Urrey/M50-54 Schenectady Schenectady Cohoes Ken Skinner/M70-74 Albany 37:34 Cobleskill Don Wilken/M75-79 Eiko Bogue/F75-79 Ed Doucette/M80-99 Albany 40:19 Anne Hurley/F50-54 Geoff Moore/M55-59 Delmar Loudonville Schaghticoke 46:51 Karen Gerstenberger/F55-59 Paul Bennett/M60-64 Bennington, VT 42:13 Albany Latham 26:25 Courtesy of Hudson-Mohawk Road Runners Club

28TH ANNUAL WINTER WIM	P 4.4 & 2.2 MILE FOOT RACES
January 11, 2014 • Haga	man Fire House, Hagaman
4.4 MILES	MALE AGE GROUP: 50 - 54

		2011		gu	MALE ACE CROUP TO	-4	•	
M	ALE OVERALL	4.4 MII	ES		MALE AGE GROUP: 50 1 Sam Mercado	- 54 50	Saratoga Springs	29:32
1	Austin Becker	19	Broadalbin	24:41	2 Jim Owens	51	Clinton	30:48
2	Jordan Ahrens	18	Fort Plain	24:41	3 Charles Stearns	50	Schenectady	32:01
3	Richard Cohen	43	Utica	24:45	FEMALE AGE GROUP: 5		Schenectady	32.01
	MALE OVERALL	43	Otica	24.33	1 Kirsten LeBlanc	50	Broadalbin	39:20
1	Christine Eaton	37	Johnstown	33:28	2 Kathleen Goldberg	54	Schenectady	42:14
2	Rebecca Conley	39	Northville	33:33	3 Deb Sanger	53	Burnt Hills	45:43
3		35	Cobleskill	33.33 34:12	MALE AGE GROUP: 55	- 59		
	Courtney LaBarge ALE AGE GROUP: 1 - 1		CODIESKIII	34.12	1 Steven Sweeney	58	Delanson	30:38
1	Thomas Knack	13	Amsterdam	38:45	2 Roy Mowrey	55	Johnstown	35:03
	ALE AGE GROUP: 15 -		Amsterdam	30.43	3 Harry Matrese	59	Rensselaer	35:14
1	Jonathan Knack	15	Amsterdam	30:50	FEMALE AGE GROUP: 5	5 - 59		
2		18	Palatine Bridge	38:03	1 Nancy Dorn	55	Plymouth, MA	37:06
_	MALE AGE GROUP: 1		raiatirie bridge	36.03	2 Patricia Robinson	56	Johnstown	43:38
1	Kate Billington	17	Warnerville	36:19	3 Joanne LaLonde	55	South Glens Falls	48:30
	MALE AGE GROUP: 2		Warrierville	30.19	MALE AGE GROUP: 60			
1		24	Canajoharie	36:05	1 Dennis Fillmore	61	Ballston Spa	32:39
	Meagan Kane	24		38:06	2 Rich Tanchyk	62	Saratoga Springs	34:30
2	Theresa Canale	24	Schenectady Gloversville	43:19	3 Joe Yavonditte	64	Schenectady	38:13
	Keiley Cirillo ALE AGE GROUP: 25 -		Gioversville	45.19	FEMALE AGE GROUP: 6			
1 VI	Greg Ernst	2 9 29	Gloversville	27:02	1 Jill Pederson	63	Lake George	40:45
		29		29:50	2 Sue Nealon	63	Troy	43:54
2	Jeff Palmerino Joseph Spencer	27	Amsterdam Hagaman	34:27	MALE AGE GROUP: 65			
	MALE AGE GROUP: 2		Пауаппап	34.27	1 Richard Wohlgemuth	66	Canajoharie	38:47
		26	lahaataa	40.00	2 Terry Smith	66	Galway	40:32
1	Courtney Mahoney	26 28	Johnstown	40:06	3 Darryl Ferguson	67	Scotia	46:27
2	Kayla Fox	28 29	Johnstown	40:13	FEMALE AGE GROUP: 6	66 66	0	F2.24
-	Leah Schaffer		Canajoharie	40:30	1 Cathy Biss 2 Linda Plante	65	Queensbury Middle Grove	52:34 52:41
	ALE AGE GROUP: 30 -		Ordelesses	27.20	MALE AGE GROUP: 70		ivildale Grove	52.41
1	Josh Kuelling	31	Oriskany	27:30	1 Richard Theissen	70	Round Lake	45:05
2	Ambrose Schaffer	31	Canajoharie	31:26	2 Ray Lee	71	Halfmoon	54:20
3	Matthew Heiser	34	Canajoharie	34:04	MALE AGE GROUP: 75		Hallilloon	J4.20
	MALE AGE GROUP: 3		Front.	44.55	1 Charles Bishop	77	Schenectady	53:04
1	Brooke Cuddy	31	Fonda	41:55	1 Charles bishop	2.2 MII		33.04
2	Jana Sniezyk	31	Broadalbin	43:07	MALE OVERALL	2.2 IVIII	15)	
3	Jade VanGorder	34	Fort Plain	43:14	1 Derrick Staley	55	Ballston Lake	12:12
	ALE AGE GROUP: 35 -		Laboratorius	24:10	2 Kevin Stearns	17	Schenectady	13:48
1	Jeff Eaton	38	Johnstown	34:18	3 Tommy Ziskin	10	Amsterdam	17:22
2	Chris Eaton	37	Johnstown	34:26	FEMALE OVERALL	10	Amsterdam	17.22
3		38	Gloversville	34:29	1 Rebecca Weiderman	45	Johnstown	19:38
	MALE AGE GROUP: 3		Daniel delle te	24.20	2 Becky Lyons	34	Amsterdam	21:20
1	Carolyn Sniezyk	36	Broadalbin	34:20	3 Kim Hayes	37	Palatine Bridge	21:24
2	Darci Miller	35	Johnstown	34:40	AGE GROUPS			
3	Amanda Misner	36	Delanson	36:48	1 Hayden Seeley/M1-14		Gloversville	22:12
	ALE AGE GROUP: 40 -		6 11 1 1	25.07	1 Madison Lee/F1-14		Schenectady	40:38
1	Robert Irwin	41	Guilderland	25:07	1 Lauren Simonds/F15-19)	Broadalbin	21:37
2	Randall Cannell	41	Broadalbin	26:42	1 Madeline Keegan/F20-		Scotia	22:15
3	Greg Ethier	40	Clifton Park	29:24	1 Michael DiGiacomo/M2		Johnstown	21:56
	MALE AGE GROUP: 4			20.01	1 Sarah Hentnik/F25-29		Colonie	21:58
1	Lori Beck	40	Amsterdam	38:04	1 Casey Shults/F30-34		Canajoharie	23:50
2	Michelle Simonds	44	Broadalbin	43:45	1 Rosalie Clark/F40-44		Pattersonville	22:17
3	Theresa Billington	41	Warnerville	44:49	1 Michael Lee/M45-49		Halfmoon	32:14
	ALE AGE GROUP: 45 -				1 Jill Spano/F45-49		Albany	22:57
1	Joe Nicoll	45	Wilton	30:11	1 Michael Gray/M50-54		Amsterdam	25:48
2	Stephen Montanaro	47	Hagaman	34:00	1 Patty Savino/M50-54		Waterford	25:54
3	Paul Rogers	46	Johnstown	34:31	1 John Pagles/M55-59		Amsterdam	19:30
FE	MALE AGE GROUP: 4				1 Barbara Matrese/M55-		Rensselaer	25:45
	Cathy Dewitt	47	Middleburgh	38:31	1 Virginia Hamshar/F60-6		Fort Plain	30:10
1								
1 2 3	Lynn Fredericks Jalaine McHale	47 47	Amsterdam Ballston Spa	41:08 44:28	 Lewis DiCaterino/M65- 		Amsterdam Roadrunners Club	30:26

HMRRC WINTER SERIES #3: 25K, 10K & 3M

		Ja	nuary 12, 2014	1 • Univ	ersi	ity at Albany, A	lbany		
		25K RU	-		1	Kimberly Miseno-Bowle	-	Amsterdam	48:01
м	ALE OVERALL				1	Tomo Miyama/M45-49		Valatie	39:49
1	Jaime Julia	29	Albany	1:29:52	1	Brenda Lennon/F45-49		Trov	48:08
2	John Gleeson	35	Rexford	1:34:17	1	Robert Wither/M50-54		Niskayuna	42:41
3	Eric Young	22	Latham	1:36:49	1	Wanda Wang/F50-54		Fort Lee, NJ	48:34
FE	MALE OVERALL				1	Mark Warner/M55-59		Guilderland	41:25
1	Diana Tobon Knobloch	32	Guilderland	1:51:19	1	Karen Gerstenberger/F	55-59	Colonie	53:07
2	Laura Zima	33	Schenectady	1:51:25	1	Tom McGuire/M60-64		Slingerlands	49:55
3	Irene Somerville	20	Wynantskill	1:53:38	1	Judy Phelps/F60-64		Saratoga Springs	49:56
A	GE GROUPS		,		1	James Larkin/M65-69		Clifton Park	51:13
1	Joshua Korn/M15-19		Niskayuna	1:45:52	1	Ginny Mosher/F65-69		Delanson	1:04:27
1	Kau Berube/M20-24		Putnam Station	1:51:09	1	Ray Lee/M70-74		Halfmoon	1:14:15
1	Valarie Belding/F20-24		Albany	2:14:35	1	Marge Rajczewski/F70-	74	Ballston Lake	1:01:06
1	Paul Mueller/M25-29		Delmar	1:44:46	1	Wade Stockman/M75-		Rensselaer	57:10
1	Molly Casey/F25-29		Albany	1:59:10	1	Eiko Bogue/F75-79		Schaghticoke	1:17:13
1	Josh Merlis/M30-34		Albany	1:39:30	1	Joe Kelly/M80-99		Menands	1:15:41
1	Kara DeFeo/F30-34		Rensselaer	2:11:08	1	Anny Stockman/F80-99	9	Rensselaer	1:12:41
1	Aaron Knobloch/M35-39		Guilderland	1:42:02		,	3-MILE R	UN	
1	Deanne Webster/F35-39		Albany	2:07:50	N	IALE OVERALL		0.1.	
1	Volker Burkowski/M40-4	4	Gansevoort	1:37:13	1	Greg Ethier	40	Clifton Park	19:09
1	Karen Dolge/F40-44		Valatie	1:56:56	2	Jeff Long	30	Clifton Park	19:26
1	Todd McAuley/M45-49		Colonie	1:48:26	3	Brenan Tarrier	35	Albany	20:29
1	Cheryl Tracy-DeBraccio/F4	45-49	Scotia	2:11:36	-	EMALE OVERALL	33	, abarry	20.23
1	Craig DuBois/M50-54		Sprakers	1:44:31	1	Daniele Cherniak	52	Cohoes	21:47
1	Anne Gullickson/F50-54		Kingston	2:03:09	2	Grace Papa	11	Latham	23:11
1	John Parisella/M55-59		Schenectady	1:53:40	3	Martha Gohlke	46	Voorheesville	25:26
1	Nancy Briskie/F55-59		Schenectady	1:55:06	_	GE GROUPS		VOOTTICESVIIIC	25.20
1	Patrick Lopiano/M60-64		Kingston	2:03:49	1	Sedric Tello/M1-14		Albany	22:28
1	Martha DeGrazia/F60-64		Slingerlands	2:17:15	1	Kathleen Bowles/F1-14		Amsterdam	55:13
1	Jesse Dinkin/M65-69		Guilderland	2:40:24	1	Alec Falk/M15-19		Clifton Park	32:55
1	Ginny Pezzula/F65-69		Colonie	2:21:18	1	Chloe Stevens/F15-19		Albany	27:47
	,	10K RI	JN		1	Ryan Sweet/M20-24		Albany	20:48
м	ALE OVERALL				1	Marisa Stephenson/F20)-24	Esperance	34:00
1	John Milone	41	Fort Lee, NJ	37:42	1	Tom Tiberia/M25-29		Scotia	29:26
2	Jon Catlett	36	East Chatham	38:48	1	Missy Kaszuba/F25-29		Albany	28:13
3	Christian Lietzau	50	Delmar	38:51	1	Asa Neff/M30-34		Albany	23:49
FE	MALE OVERALL				1	Toni Gross/F30-34		Schenectady	30:39
1	Andrea Hollinger	25	Averill Park	42:11	1	Chris Nowak/M35-39		Watervliet	23:30
2	Lisa D'Aniello	27	Saratoga Springs	42:20	1	Candace McHugh/F35-	39	Ravena	29:46
3	Laura Patrick	19	East Greenbush	43:33	1	Jim Reed/M40-44		Schenectady	21:18
	GE GROUPS				1	Racquel Murray/F40-44	l.	Cohoes	28:15
1	Sydney Smith/F1-14		Niskayuna	55:16	1	Matt Lesniak/M45-49		Albany	21:58
1	Victor Warner/M15-19		Guilderland	41:08	1	Colleen Breiner/F45-49		Troy	25:29
1	Stephanie Chase/F15-19		Coxsackie	47:20	1	Chris Boldiston/M50-54		Albany	24:22
1	Jonathan Lazzara/M20-2	4	Rensselaer	47:30	1	Sue Motler/F50-54		Rensselaer	25:37
1	Erin Hatton/F20-24		Rensselaer	47:30	1	David Brown/M55-59		Niskayuna	23:47
1	Ben Heller/M25-29		Albany	40:40	1	Joan Brown/F55-59		Niskayuna	25:38
1	Shylah Weber/F25-29		Rensselaer	47:30	i	Paul Rosenberg/M60-6	4	Albany	23:18
1	Jeff Thompson/M30-34		Ballston Spa	41:05	1	Cheryl Smith/F60-64		Latham	28:18
1	Heidi Nark/F30-34		Clifton Park	46:56	1	Sandra Dovberg/F65-69	9	Albany	34:16
1	Ryan Buff/M35-39		Latham	42:55	1	Bob Knouse/M70-74		Voorheesville	29:51
1	Nikki O'Meara/F34-39		Delmar	45:40	1	Don Wilken/M75-79		Albany	33:52
1	Tom Fraser/M40-44		Schodack Landing	39:48			nn-Mohav	ık Road Runners Cli	

QUEENSBURY INVITATIONAL SKATE CROSS-COUNTRY SKI RACE January 18, 2014 • Lake George Elementary School, Lake George

39:48

Schodack Landing

Courtesy of Hudson-Mohawk Road Runners Club

Tom Fraser/M40-44

FE	MALE OVERALL				M	ALE AGE GROUPS			
1	Gabriella Frittelli/48	FO		25:38	1	Eric Brower/19	MO	Adk Vauhti	25:01
2	Ann Flower/27	FO		26:20	1	Jan Wellford/32	MM1	Peru	19:43
3	Amanda Zullo/33	FO	Peru	27:06	1	Matthew Torniainen/38	MM2	Adk Vauhti	19:44
FE	MALE AGE GROUPS				1	Chris Rose/43	MM3	Peru	20:39
1	Carol Fisher/61	WM7		27:38	1	Kurt Gustafsson/48	MM4	AXIS/MNSC	22:47
1	Quincy Brabant/18	FO		33:22	1	Tim Huneck/54	MM5	HURT	22:02
	Jennifer Woltjen/56	WM6	Cayuga	35:03	1	Douglas Diehl/55	MM6	Adk Vauhti	20:22
M	ALE OVERALL				1	Ed Luban/61	MM7	HURT	23:15
1	Paul Allison/27	MO	Peru	17:53	1	Eric Hamilton/68	MM8	HURT	32:20
2	Mike Wynn/46	MM4	Peru	19:02	1	Matti Torniainen/71	MM9	Adk Vauhti	28:32
3	Aaron Newell/20	MO	19:06			Courtes	of NYSS	SRA Nordic	

www.AdkSports.com APRIL 2014 **25**

	30K RL	-		1	ty at Albany, A	-	Albany	1:05:4
MALE OVERALL	JUK KU	JN		1	Connie Smith/F45-49	145-49	Ballston Lake	1:19:4
Jim Sweeney	32	Albany	2:00:00	1	Jay Thory/M50-54		Chatham Center	1:04:04
2 Andy Reed	42	Niskayuna	2:11:23	1	Roxanne Gillen/F50-54		Port Charlotte, FL	1:30:2
B Mike Austin	32	Albany	2:11:34	1	Ken Klemp/M55-59		Loudonville	1:13:5
FEMALE OVERALL	32	7 tibulity	2.11.54	1	Susan Burns/F55-59		Rensselaer	1:21:4
I Emily Bryans	46	Delanson	2:25:10	1	Will Smith/M60-64		Voorheesville	1:21:2
2 Anne Gullickson	50	Kingston	2:26:35	1	Joan Celentano/F60-64	1	Schenectady	1:24:4
Flizabeth Chauhan	29	Albany	2:33:55	1	Pete Cowie/M65-69		Schenectady	1:24:3
AGE GROUPS	23	7 tibulity	2.55.55	1	Ray Lee/M70-74		Halfmoon	2:03:0
Valerie Belding/F20-24		Albany	2:41:34	1	Wade Stockman/M75-	79	Rensselaer	1:28:2
Hilary Mislan/F25-29		Albany	2:35:55	1	Eiko Boque/F75-79		Schaghticoke	2:07:2
Kelly Virkler/F30-34		Albany	2:35:03	1	Anny Stockman/F80-99	9	Rensselaer	2:00:4
Dallas DeVries/M35-39		Cohoes	2:34:31		,	3-MILE R		
Jess Northan/F35-39		Guilderland	2:55:02	M	ALE OVERALL	J-1011EE 1	10.14	
Mike Kelly/M40-44		Selkirk	2:25:11	1	Jeff Goupil	26	Malta	17:2
Stacia Smith/F40-44		Niskayuna	2:47:07	2	Ion Catlett	36	Fast Chatham	18:2
John Stadtlander/M45-49)	Halfmoon	2:11:48	3	Jonathan Lazzara	23	Rensselaer	19:2
Chris Varley/F45-49		Albany	2:53:43	_	MALE OVERALL	23	Nerisselder	13.2
Mark Mutpeter/M50-54		Red Hook	2:30:31	1	Shylah Weber	25	Rensselaer	20:1
Jenny Lee/F50-54		Selkirk	3:04:32	2	Unknown	13	Bethlehem	21:3
John Parisella/M55-59		Schenectady	2:23:09	3		33	Clifton Park	22:0
Kim Law/F55-59		East Greenbush	2:58:07	_	GE GROUP		Circon rank	
Bob Somerville/M60-64		Wynantskill	2:27:01	1	Zach Zinzow/M1-14		Sloansville	36:4
Martha DeGrazia/F60-64		Slingerlands	2:51:38	1	Julie Nabozny/F20-24		Delmar	24:1
Susan Wong/F65-69		Glenmont	3:10:14	1	Ben Heller/M25-29		Albany	19:2
3	15K RU	JN		1	Sara Underwood/F25-2	9	Niskayuna	22:4
MALE OVERALL				1	Jeff Long/M30-34		Clifton Park	19:2
I Eric MacKnight	24	Malta	52:09	1	Kate Rose Bobseine/F3	0-34	Albany	24:1
2 Alex Paley	27	Albany	52:24	1	Chris Nowak/M35-39		Watervliet	24:3
Pete Rowell	25	Albany	54:55	1	Melanie Capron/F35-39	9	Duanesburg	34:1
EMALE OVERALL		,		1	Greg Ethier/M40-44		Clifton Park	19:2
I Eileen Ferguson	35	Jordan	1:06:37	1	Enrique Tello/M45-49		Albany	22:3
Mary Fenton	48	Ballston Spa	1:10:07	1	Brenda Lennon/F45-49		Troy	22:4
Sara Madden	36	Albany	1:15:06	1	Dan Coffey/M50-54		Delmar	24:4
AGE GROUPS		•		1	Susan Motler/F50-54		Rensselaer	27:2
Victor Warner/M15-19		Guilderland	1:06:08	1	Mark Nunez/M55-59		Ballston Lake	20:5
Chris Borriston/M20-24		Albany	1:25:40	1	Karen Gerstenberger/F	55-59	Colonie	25:5
Rachael Ruberio/F25-29		Albany	1:28:27	1	Paul Turner/M60-64		Delmar	24:4
Joe Sullivan/M30-34		Schenectady	1:00:14	1	Carolyn George/F60-64	4	Albany	27:3
Raelee Grimm/F30-34		Albany	1:28:11	1	Terry Tamer/M65-69		Albany	29:1
I Joshua Katzman/M35-39		Clifton Park	1:09:25	1	Bob Knouse/M70-74		Voorheesville	31:1
Judith Wines/F35-39		Albany	1:20:20	1	Don Wilken/M75-79		Albany	34:4
Mat Nark/M40-44		Clifton Park	1:01:34	1	Joe Kelly/M80-99		Menands	35:0
Regina McGarvey/F40-44		Castleton	1:22:11		Courtesy of Huds	on-Mohav	vk Road Runners Clu	ıb

MALE AGE GROUP: 45 - 49 1		Febr			4-MILE RUN eorge Forum, Lake	e Georg	<i>i</i> e	
2 Daryn Hurtchings 17 Argyle 22.06 2 Joe Nicoll 45 Graewich FEMALE OVERALL 1 Katle Mack 29 Brandon, VT 26:15 1 Darci LaFave 46 Lake Placid 2 Kristina Hubert 35 Queensbury 27:38 2 Kim Johnson 46 Queensbury 37:38 2 Kim Johnson 46 Queensbury 38:45 1 William Venner 54 Queensbury 47:41 William Venner 54 Queensbury 47:41 William Venner 54 Queensbury 54:41 1 Janice Phoenix 52 Schenectady 54:41 1 Janice Phoenix 54 MALE AGE GROUP: 50 - 54 1 Janice Phoenix 52 Schenectady 54:41 1 Janice Phoenix 54 MALE AGE GROUP: 50 - 54 1 Janice Phoenix 52 Schenectady 54:41 1 Janice Phoenix 54 Jan	MALE OVERALL				MALE AGE GROUP: 4	5 - 49		
3 Volker Burkowski 42 Gansewoort 22:51 3 David Wright 45 Greenwich	1 Chuck Terry	31	Albany	22:01	1 Johnny Tsunami	47	Truthville	25:19
FEMALE AGÉ GROUP: 45 - 49	2 Daryn Hutchings	17	Argyle	22:06	2 Joe Nicoll	45	Wilton	26:31
1 Katie Mack 29	3 Volker Burkowski	42	Gansevoort	22:51	3 David Wright	45	Greenwich	27:20
2 Kristina Hubert 35	FEMALE OVERALL				FEMALE AGE GROUP:	45 - 49		
3 Brooke Wright 11 Greenwich 28:01 3 Patty Moore 47 Queensbury	1 Katie Mack		Brandon, VT	26:15	1 Darci LaFave	46	Lake Placid	30:38
MALE AGE GROUP: 1 - 19 MALE AGE GROUP: 50 - 54 Granville 1 Keith Williams 17 Saratoga Springs 24:18 1 William Venner 54 Granville 2 Luke Ducharme 18 Brushton 27:56 2 Tim Bardin 52 Queensbury 3 Eric Dumas 15 Salem 32:29 3 Sam Mercado 51 Wilton FEMALE AGE GROUP: 1 - 19 Terman 1 Sydney Dennison 16 Queensbury 34:55 1 Janice Phoenix 52 Schenectady 2 Victoria Eldridge 19 Saratoga Springs 37:34 2 Sandy Adams 54 Shushan 3 Kerry Meehl 7 Queensbury 37:48 3 Marcy Dreimiller 54 Shushan South Glens Falls MALE AGE GROUP: 20 - 29 1 Tim Russell 24 Saratoga Springs 23:42 1 Mike Regan 57 Queensbury 1 Tim Russell 24 Saratoga Springs 23:42 1 Mike Regan 57 Queensbury 1 Cassandra Conety 25 Shushan 30:47 1 Kit	2 Kristina Hubert	35	Queensbury	27:38	2 Kim Johnson	46	Queensbury	31:01
1 Keith Williams	3 Brooke Wright	11	Greenwich	28:01	3 Patty Moore	47	Queensbury	31:37
2 Luke Ducharme 18 Brushton 27:56 2 Tim Bardin 52 Queensbury 3 Especial Salem 32:29 3 Sam Mercado 51 Wilton FEMALE AGE GROUP: 1-19 1 Sydney Dennison 16 Queensbury 34:55 1 Janice Phoenix 52 Schenectady 51 Victoria Eldridge 19 Saratoga Springs 37:34 2 Sandy Adams 54 Shushan 55 South Glens Falls 61 MALE AGE GROUP: 20 - 29 1 Tim Russell 24 Saratoga Springs 28:55 2 Kirk Fasking 56 Lake Placid 3 Chris Mack 29 Brandon, VT 29:59 3 Christopher Kunkel 57 Pottersville 7 Petmale AGE GROUP: 20 - 29 FEMALE AGE GROUP: 20 - 29 FEMALE AGE GROUP: 55 - 59 That Age Group: 20 - 29 FEMALE AGE GROUP: 30 - 34 The Age Group: 30 Saratoga Springs 31:44 2 Jen Kuzmich 55 Greenwich 33 Rachel Meyers 25 Ballston Spa 31:56 3 Joyce Eaglestone 57 Queensbury 6 MALE AGE GROUP: 30 - 34 The Age Group: 30 Saratoga Springs 31:44 2 Jen Kuzmich 55 Greenwich 31 MALE AGE GROUP: 30 - 34 The Age Group: 30 Saratoga Springs 31:44 2 Jen Kuzmich 55 Greenwich 57 Queensbury 7 Petmale AGE GROUP: 30 - 34 The Age Group: 30 Saratoga Springs 31:44 2 Jen Kuzmich 55 Greenwich 55 Greenwich 56 Gramville 24:05 2 Mark Sager 63 Kattskill Bay 57 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 57 Queensbury 7 Petmale AGE GROUP: 30 - 34 The Age Group: 30 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 57 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 58 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 59 Lincoln, VT MALE AGE GROUP: 30 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 59 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 59 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 59 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 59 Saratoga Springs 30:34 2 David Forbes 67 Argyle 66 Galway FEMALE AGE GROUP: 30 Saratoga Springs 30:04 2 Cathy Biss 66 Queensbury 66 Galway FEMALE AGE GROUP: 30 Saratoga Springs 30:04 2 Cathy Biss 66 Queensbury 71 Olmsteadville 71 Olmsteadville 71 Granville 26:10 2 Ray Lee 71 Halfmo	MALE AGE GROUP: 1 -	· 19			MALE AGE GROUP: 5	0 - 54		
3 Fric Dumas 15 Salem 32:29 3 Sam Mercado 51 Wilton	 Keith Williams 		Saratoga Springs		 William Venner 	54	Granville	24:26
FEMALE AGE GROUP: 1 - 19	2 Luke Ducharme				2 Tim Bardin	52	Queensbury	26:25
1 Sydney Dennison 16 Queensbury 34:55 1 Janice Phoenix 52 Schenectady 2 Victoria Eldridge 19 Saratoga Springs 37:34 2 Sandy Adams 54 Shushan 3 Kerry Meehl 17 Queensbury 37:48 3 Marcy Dreimiller 54 South Glens Falls MALE AGE GROUP: 20 - 29 1 Tim Russell 24 Saratoga Springs 23:42 1 Mike Regan 57 Queensbury 2 Hunter Godeck 25 Saratoga Springs 28:55 2 Kirk Fasking 56 Lake Placid 3 Chris Mack 29 Brandon, VT 29:59 3 Christopher Kunkel 57 Pottersville FEMALE AGE GROUP: 20 - 29 1 Kitty Fair 57 Fort Ann 1 Cassandra Conety 25 Shushan 30:47 1 Kitty Fair 57 Fort Ann 2 Angie Thomas 24 Saratoga Springs 31:44 2 Jen Kuzmich 55 Greenwich 3 Rachel Meyers 25 Ballston Spa 31:44 2 Jen Kuzmich 50 61	3 Eric Dumas	15	Salem	32:29	3 Sam Mercado	51	Wilton	26:29
2 Victoría Eldridge 19 Saratoga Springs 37:34 2 Sandy Adams 54 Shushan MALE AGE GROUP: 20 - 29 1 Tim Russell 24 Saratoga Springs 23:42 1 Mike Regan 57 Queensbury 55 - 59 1 Tim Russell 24 Saratoga Springs 28:55 2 Kirk Fasking 56 Lake Placid 57 Pottersville 57 Pottersville 57 Pottersville 57 Pottersville 57 Pottersville 58 Pandon, VT 29:59 3 Christopher Kunkel 57 Pottersville 59 Pottersville 50 Po	FEMALE AGE GROUP:	1 - 19			FEMALE AGE GROUP:	50 - 54		
3 Kerry Meehl 17	 Sydney Dennison 	16	Queensbury	34:55	 Janice Phoenix 	52	Schenectady	30:49
MALE AGE GROUP: 20 - 29 1 Tim Russell 24 Saratoga Springs 23:42 1 Mike Regan 57 Queensbury 2 Hunter Godeck 25 Saratoga Springs 28:55 2 Kirk Fasking 56 Lake Placid 3 Chris Mack 29 Brandon, VT 29:59 3 Christopher Kunkel 57 Pottersville FEMALE AGE GROUP: 20 - 29 1 Cassandra Conety 25 Shushan 30:47 1 Kitty Fair 57 Fort Ann 2 Angie Thomas 24 Saratoga Springs 31:44 2 Jen Kuzmich 55 Greenwich 3 Rachel Meyers 25 Ballston Spa 31:56 3 Joyce Eaglestone 57 Queensbury MALE AGE GROUP: 30 - 34 1 Kevin Emblidge 30 Lake George 23:29 1 Dennis Fillmore 61 Ballston Spa 2 Lou Pauquette 33 Granville 24:05 2 Mark Sager 63 Kattskill Bay 4 Vivienne Saunders 34 Hadley 35:05 1 Judy Beers 60 Lake George <td></td> <td></td> <td></td> <td></td> <td></td> <td>٥.</td> <td></td> <td>33:11</td>						٥.		33:11
1 Tim Russell 24 Saratoga Springs 23:42 1 Mike Regan 57 Queensbury 2 Hunter Godeck 25 Saratoga Springs 28:55 2 Kirk Fasking 56 Lake Placid 3 Chris Mack 29 Brandon, VT 29:59 3 Christopher Kunkel 57 Pottersville FEMALE AGE GROUP: 20 - 29 1 Cassandra Conety 25 Shushan 30:47 1 Kitty Fair 57 Fort Ann 2 Angie Thomas 24 Saratoga Springs 31:44 2 Jen Kuzmich 55 Greenwich 3 Rachel Meyers 25 Ballston Spa 31:56 3 Joyce Eaglestone 57 Queensbury MALE AGE GROUP: 30 - 34 1 Kevin Emblidge 30 Lake George 23:29 1 Dennis Fillmore 61 Ballston Spa 2 Lou Pauquette 33 Granville 24:05 2 Mark Sager 63 Kattskill Bay 3 Matthew Fryer 33 Clifton Park 27:36 3 Rich Elton 61 Queensbury 1 Vivienne Saunders <td>3 Kerry Meehl</td> <td>17</td> <td>Queensbury</td> <td>37:48</td> <td>3 Marcy Dreimiller</td> <td>54</td> <td>South Glens Falls</td> <td>33:43</td>	3 Kerry Meehl	17	Queensbury	37:48	3 Marcy Dreimiller	54	South Glens Falls	33:43
2 Hunter Godeck 25 Saratoga Springs 28:55 2 Kirk Fasking 56 Lake Placid 3 Chris Mack 29 Brandon, VT 29:59 3 Christopher Kunkel 57 Pottersville FEMALE AGE GROUP: 20 - 29 1 Cassandra Conety 25 Shushan 30:47 1 Kitty Fair 57 Fort Ann 2 Angie Thomas 24 Saratoga Springs 31:44 2 Jen Kuzmich 55 Greenwich 3 Rachel Meyers 25 Ballston Spa 31:56 3 Joyce Eaglestone 57 Queensbury MALE AGE GROUP: 30 - 34 1 Kevin Emblidge 30 Lake George 23:29 1 Dennis Fillmore 61 Ballston Spa 2 Lou Pauquette 33 Granville 24:05 2 Mark Sager 63 Kattskill Bay 3 Matthew Fryer 33 Clifton Park 27:36 3 Rich Elton 61 Queensbury FEMALE AGE GROUP: 30 - 34 1 Vivienne Saunders 34 Hadley 35:05 1 Judy Beers 60 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 3 Rachel Forbes 31 Ballston Spa 35:42 3 Andrea Halnon 60 Lincoln, VT MALE AGE GROUP: 35 - 39 1 Joseph Genter 39 Saratoga Springs 27:09 1 Tom Craigs 65 Manchester Center, V 2 Jason York 35 Hadley 29:54 2 David Forbes 67 Argyle Galway FEMALE AGE GROUP: 35 - 39 1 Rebecca Conley 39 Northville 29:59 1 Candi Schermerhorn 67 Diamond Point Queensbury MALE AGE GROUP: 40 - 44 1 George Brown IV 43 Ticonderoga 25:34 1 Eduardo Munoz 71 Olmsteadville 4Infmoon 3 Greg Ethier 40 Clifton Park 26:11 MALE AGE GROUP: 75 - 79	MALE AGE GROUP: 20	- 29			MALE AGE GROUP: 5	5 - 59		
3 Chris Mack 29	1 Tim Russell	24	Saratoga Springs	23:42	1 Mike Regan	57	Queensbury	28:46
FEMALE AGE GROUP: 20 - 29	2 Hunter Godeck	25	Saratoga Springs	28:55	 Kirk Fasking 	56	Lake Placid	29:44
1 Cassandra Conety 25 Shushan 30:47 1 Kitty Fair 57 Fort Ann 2 Anglie Thomas 24 Saratoga Springs 31:44 2 Jen Kuzmich 55 Greenwich 3 Rachel Meyers 25 Ballston Spa 31:56 3 Joyce Eaglestone 57 Queensbury MALE AGE GROUP: 30 - 34 1 Kevin Emblidge 30 Lake George 23:29 1 Dennis Fillmore 61 Ballston Spa 2 Lou Pauquette 33 Granville 24:05 2 Mark Sager 63 Kattskill Bay 3 Matthew Fryer 33 Clifton Park 27:36 3 Rich Elton 61 Queensbury FEMALE AGE GROUP: 30 - 34 1 Vivienne Saunders 34 Hadley 35:05 1 Judy Beers 60 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:42 3 Andrea Halnon 60 Lincoln, VT			Brandon, VT	29:59	3 Christopher Kunkel	57	Pottersville	30:34
2 Angle Thomas 24 Saratoga Springs 31:44 2 Jen Kuzmich 55 Greenwich Queensbury MALE AGE GROUP: 30 - 34 1 Kevin Emblidge 30 Lake George 23:29 1 Dennis Fillmore 61 Ballston Spa Kattskill Bay 2 Lou Pauquette 33 Granville 24:05 2 Mark Sager 63 Kattskill Bay 3 Matthew Fryer 33 Clifton Park 27:36 3 Rich Elton 61 Queensbury FEMALE AGE GROUP: 60 - 64 1 Vivienne Saunders 34 Hadley 35:05 1 Judy Beers 60 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:34 3 Andrea Halnon 60 Lincoln, VT MALE AGE GROUP: 35 - 39 1 Joseph Genter 39 Saratoga Springs 27:09 1 Tom Craigs 65 Manchester Center, V 2 Jason York 35 Hadley 29:54 2 David Forbes 67 Argyle FEMALE AGE GROUP: 55 - 69 1 Rebecca Conley 39 Northville 29:59 1 Candi Schermerhorn 67 Diamond Point Queensbury 30 Kerri Thomas 38 Middle Granville 30:38 1 Eduard Munoz 71 Olmsteadville 41 Granville 26:10 2 Ray Lee 71 Halfmoon 41 Halfmoon 41 Halfmoon 42 Ray Lee 71 Halfmoon 43 Grap Ethier 40 Clifton Park 26:11 MALE AGE GROUP: 75 - 79	FEMALE AGE GROUP:	20 - 29			FEMALE AGE GROUP:	55 - 59		
3 Rachel Meyers 25 Ballston Spa 31:56 3 Joyce Eaglestone 57 Queensbury	 Cassandra Conety 	25	Shushan	30:47	1 Kitty Fair	57	Fort Ann	30:13
MALE AGE GROUP: 30 - 34 1 Kevin Emblidge 30 Lake George 23:29 1 Dennis Fillmore 61 Ballston Spa 2 Lou Pauquette 33 Granville 24:05 2 Mark Sager 63 Kattskill Bay 3 Matthew Fryer 33 Clifton Park 27:36 3 Rich Elton 61 Queensbury FEMALE AGE GROUP: 30 - 34 1 Vivienne Saunders 34 Hadley 35:05 1 Judy Beers 60 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 2 Jason York 31 Ballston Spa 35:33 2 Jill Pederson 63 Lake George 2 Jason York 35 Aratoga Springs 27:09 1 Tom Craigs 65 Manchester Center, V 2 Jason York 35 Hadley 29:54 2 David Forbes 67 Argyle 3 Jesse Howarth <td>2 Angie Thomas</td> <td></td> <td>Saratoga Springs</td> <td>31:44</td> <td>2 Jen Kuzmich</td> <td>55</td> <td>Greenwich</td> <td>36:25</td>	2 Angie Thomas		Saratoga Springs	31:44	2 Jen Kuzmich	55	Greenwich	36:25
1 Kevin Emblidge 30 Lake George 23:29 1 Dennis Fillmore 61 Ballston Spa 2 Lou Pauquette 33 Granville 24:05 2 Mark Sager 63 Kattskill Bay 3 Matthew Fryer 33 Clifton Park 27:36 3 Rich Elton 61 Queensbury FEMALE AGE GROUP: 30 - 34 1 Vivienne Saunders 34 Hadley 35:05 1 Judy Beers 60 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:33 2 Jill Pedersoon 63 Lake George 3 Rachel Forbes 31 Ballston Spa 35:42 3 Andrea Halnon 60 Lake George 1 Joseph Genter 39 Saratoga Springs 27:09 1 Tom Craigs 65 Manchester Center, V 2 Jason York 35 Hadley 29:54 2 David Forbes 67 Argyle 3 Jesse H	3 Rachel Meyers	25	Ballston Spa	31:56	3 Joyce Eaglestone	57	Queensbury	39:27
2 Lou Pauquette 33 Granville 24:05 2 Mark Sager 63 Kattskill Bay Queensbury FFEMALE AGE GROUP: 30 - 34 1 Vivienne Saunders 34 Hadley 35:05 1 Judy Beers 60 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 1 Joseph Genter 39 Saratoga Springs 27:09 1 Tom Craigs 65 Manchester Center, V Argyle 29:54 2 David Forbes 67 Argyle 29:54 2 David Forbes 67 Argyle 63 Jesse Howarth 38 Queensbury 31:25 3 Terry Smith 66 Gallway FEMALE AGE GROUP: 35 - 39 1 Rebecca Conley 39 Northville 29:59 1 Candi Schermerhorn 67 Diamond Point PEMALE AGE GROUP: 44 Saratoga Springs 30:04 2 Cathy Biss 66 Queensbury 38 Kerri Thomas 38 Middle Granville 30:38 3 Linda Plante 65 Middle Grove MALE AGE GROUP: 43 Ticonderoga 25:34 1 Eduardo Munoz 71 Olmsteadville 1 Granville 2 Jami Whithey 41 Granville 26:10 2 Ray Lee 71 MALE AGE GROUP: 57 - 79	MALE AGE GROUP: 30	- 34			MALE AGE GROUP: 60	0 - 64		
3	 Kevin Emblidge 	30	Lake George	23:29	 Dennis Fillmore 	61	Ballston Spa	29:14
FEMALE AGE GROUP: 30 - 34	2 Lou Pauquette	33	Granville	24:05	2 Mark Sager	63	Kattskill Bay	29:32
1 Vivienne Saunders 34 Hadley 35:05 1 Judy Beers 60 Lake George 2 Stephanie Phillips 30 Saratoga Springs 35:33 2 Jill Pederson 63 Lake George 3 Rachel Forbes 31 Ballston Spa 35:42 3 Andrea Halnon 60 Lincoln, VT MALE AGE GROUP: 35 - 39 Malls AGE GROUP: 45 - 69 Malls AGE GROUP: 65 - 69 Manchester Center, V 1 Joseph Genter 39 Saratoga Springs 27:09 1 Tom Craigs 65 Manchester Center, V 2 Jason York 35 Hadley 29:54 2 David Forbes 67 Argyle 3 Jesse Howarth 38 Queensbury 31:25 3 Terry Smith 66 Galway FEMALE AGE GROUP: 35 - 39 1 Rebecca Conley 39 Northville 29:59 1 Candi Schermerhorn 67 Diamond Point 2 Sarah Reed-Hauenste 36 Saratoga Springs 30:04 2 Cathy Biss 66 Queensbury 3 Kerri Thomas 38 Middle Granville 30:38	3 Matthew Fryer	33	Clifton Park	27:36	3 Rich Elton	61	Queensbury	30:16
2 Stephanie Phillips 30 Saratóga Springs 35:33 2 Jill Pederson 63 Lake George	FEMALE AGE GROUP:	30 - 34			FEMALE AGE GROUP:	60 - 64		
3 Rachel Forbes 31 Ballston Spa 35:42 3 Andrea Halnon 60 Lincoln, VT	1 Vivienne Saunders	34	Hadley	35:05	1 Judy Beers	60	Lake George	34:59
MALE AGE GROUP: 65 - 69 1 Joseph Genter 39 Saratoga Springs 27:09 1 Tom Craigs 65 Manchester Center, V 2 Jason York 35 Hadley 29:54 2 David Forbes 67 Argyle 3 Jesse Howarth 38 Queensbury 31:25 3 Terry Smith 66 Galway FEMALE AGE GROUP: 35 - 39 1 Rebecca Conley 39 Northville 29:59 1 Candi Schermerhorn 67 Diamond Point 2 Sarath Reed-Hauenste 36 Saratoga Springs 30:04 2 Cathy Biss 66 Queensbury 3 Kerri Thomas 38 Middle Granville 30:38 3 Linda Plante 65 Middle Grove MALE AGE GROUP: 40 - 44 1 George Brown IV 43 Ticonderoga 25:34 1 Eduardo Munoz 71 Olmsteadville 2 Jami Whitney 41 Granville 26:10 2 Ray Lee 71 Halfmoon 3 Greg Ethier 40 Clifton Park 26:11 MALE AGE GROUP: 75 - 79 1 <								36:11
1 Joseph Genter 39 Saratoga Springs 27:09 1 Tom Craigs 65 Manchester Center, V 2 Jason York 35 Hadley 29:54 2 David Forbes 67 Argyle 3 Jesse Howarth 38 Queensbury 31:25 3 Terry Smith 66 Galway FEMALE AGE GROUP: 35 - 39 1 Rebecca Conley 39 Northville 29:59 1 Candi Schermerhorn 67 Diamond Point 2 Sarah Reed-Hauenste 36 Saratoga Springs 30:04 2 Cathy Biss 66 Queensbury 3 Kerri Thomas 38 Middle Granville 30:38 3 Linda Plante 65 Middle Grove MALE AGE GROUP: 40 - 44 1 George Brown IV 43 Ticonderoga 25:34 1 Eduardo Munoz 71 Olmsteadville 2 Jamis Whitney 41 Granville 26:10 2 Ray Lee 71 Ha			Ballston Spa	35:42	3 Andrea Halnon	60	Lincoln, VT	38:13
2 Jason York 35 Hadley 29:54 2 David Forbes 67 Argyle 3 Jesse Howarth 38 Queensbury 31:25 3 Terry Smith 66 Galway FEMALE AGE GROUP: 53 - 69 1 Rebecca Conley 39 Northville 29:59 1 Candi Schermerhorn 67 Diamond Point 2 Sarah Reed-Hauenste 36 Saratoga Springs 30:04 2 Cathy Biss 66 Queensbury 3 Kerri Thomas 38 Middle Granville 30:38 3 Linda Plante 65 Middle Grove MALE AGE GROUP: 40 - 44 MALE AGE GROUP: 70 - 74 1 George Brown IV 43 Ticonderoga 25:34 1 Eduardo Munoz 71 Olmsteadville 2 Jami Whitney 41 Granville 26:10 2 Ray Lee 71 Halfmoon 3 Greg Ethier 40 Clifton Park 26:11 MALE AGE GROUP: 75 - 79								
3 Jesse Howarth 38 Queensbury 31:25 3 Terry Smith 66 Galway	 Joseph Genter 		Saratoga Springs	27:09	1 Tom Craigs	65	Manchester Center	VT31:45
FEMALE AGE GROUP: 35 - 39								34:25
1 Rebecca Conley 39 Northville 29:59 1 Candi Schermerhorn 67 Diamond Point 2 Sarah Reed-Hauenste 36 Saratoga Springs 30:04 2 Cathy Biss 66 Queensbury 3 Kerrif Thomas 38 Middle Granville 30:38 3 Linda Plante 65 Middle Grove MALE AGE GROUP: 40 - 44 Ticonderoga 25:34 1 Eduardo Munoz 71 Olmsteadville 2 Jamir Whitney 41 Granville 26:10 2 Ray Lee 71 Halfmoon 3 Greg Ethier 40 Clifton Park 26:11 MALE AGE GROUP: 75 - 79 -			Queensbury	31:25			Galway	35:26
2 Sarah Reed-Hauenste 36 Saratoga Springs 30:04 2 Cathy Biss 66 Queensbury 3 Kerri Thomas 38 Middle Granville 30:38 3 Linda Plante 65 Middle Grove MALE AGE GROUP: 40 - 44 1 George Brown IV 43 Ticonderoga 25:34 1 Eduardo Munoz 71 Olmsteadville 2 Jami Whitney 41 Granville 26:10 2 Ray Lee 71 Halfmoon 3 Greg Ethier 40 Clifton Park 26:11 MALE AGE GROUP: 75 - 79	FEMALE AGE GROUP:							
3 Kerri Thomas 38 Middle Granville 30:38 3 Linda Plante 65 Middle Grove MALE AGE GROUP: 40 - 44 43 Ticonderoga 25:34 1 Eduardo Munoz 71 Olmsteadville 2 Jami Whitney 41 Granville 26:10 2 Ray Lee 71 Halfmoon 3 Greg Ethier 40 Clifton Park 26:11 MALE AGE GROUP: 75 - 79 Total Transition					 Candi Schermerhorn 			43:41
MALE AGE GROUP: 40 - 44 MALE AGE GROUP: 70 - 74 1 George Brown IV 43 Ticonderoga 25:34 1 Eduardo Munoz 71 Olmsteadville 2 Jami Whitney 41 Granville 26:10 2 Ray Lee 71 Halfmoon 3 Greg Ethier 40 Clifton Park 26:11 MALE AGE GROUP: 75 - 79								45:54
1 George Brown IV 43 Ticonderoga 25:34 1 Eduardo Munoz 71 Olmsteadville 2 Jami Whitney 41 Granville 26:10 2 Ray Lee 71 Halfmoon 3 Greg Ethier 40 Clifton Park 26:11 MALE AGE GROUP: 75 - 79	3 Kerri Thomas	38	Middle Granville	30:38	3 Linda Plante	65	Middle Grove	47:35
2 Jami Whitney 41 Granville 26:10 2 Ray Lee 71 Halfmoon 3 Greg Ethier 40 Clifton Park 26:11 MALE AGE GROUP: 75 - 79					MALE AGE GROUP: 70			
3 Greg Ethier 40 Clifton Park 26:11 MALÉ AGE GROUP: 75 - 79								34:25
	2 Jami Whitney				2 Ray Lee	71	Halfmoon	50:51
FEMALE AGE GROUP: 40 - 44 1 Norm Marincic 78 Saratoga Springs			Clifton Park	26:11	MALE AGE GROUP: 7	5 - 79		
							Saratoga Springs	50:18
1 Nicole Loscalzo 40 Wells, VT 28:23 MALE AGE GROUP: 80 - 99								
2 Joanne Burns 40 Queensbury 29:11 1 Ed Doucette 84 Bennington, VT					1 Ed Doucette	84	Bennington, VT	51:12
3 Amy Gould 42 Hudson Falls 30:30 Courtesy of The Adirondack Runners	3 Amy Gould	42	Hudson Falls	30:30	Courtesy of	of The Adir	ondack Runners	

	16K CLASSIC & S			iet i iiii Lut	dge	& X-C Ski Cen)N ter, Noi	rth River	
		KATE CO	NTINUOUS PURS	UIT	1	Todd Rayne	M6	Wolverines	1:08:37
	0-PLUS - FEMALE OV	ERALL			1	David Burt	M7	HURT	1:16:56
	Janet Findlay	M7	Peru	1:08:45	1	Matti Torniainen	M9	Adk Vauhti	1:17:04
-	Gabriella Fritelli	M4		1:09:06	1	Eric Seyse	SR	Glenville	55:17
-	Jill Wolski	M2	HURT	1:10:41	1	Mitchell Akowicz	U20	Adk Vauhti	1:00:01
U20	0-PLUS – FEMALE AG		-		U.	18-UNDER – FEMALE	OVERALL		
	Nancy Rayne	M5	Wolverines	1:29:51	1	Emily Cromie	U16	Adk Vauhti	35:30
	Jennifer Woltjen	M6	Cayuga	1:31:44	Ü	18-UNDER – MALE O		riak raana	33.30
	D-PLUS – MALE OVER				1	Owen Putman	U16	HURT	28:40
	Jan Wellford	M1	Peru	53:24	2	Brian Chrzan	U18	HURT	28:43
-	Matthew Torniainen	M2	Adk Vauhti	53:38	3	Terence Allard	U18	Johnsburg	29:00
	David Paarlberg-Kvam	M1	HURT	54:05		-18-UNDER – MALE A			29.00
	D-PLUS – MALE AGE (
	Martin Donnelly-Heg	M3	HURT	58:37	1	Ben Francisco	U16	Camden	31:47
-	Kurt Gustaffson	M4	AXIS/MNSC	1:15:33	1	Adam Chrzan	U18	HURT	33:40
1	Tim Huneck	M5	HURT	1:02:14		Court	esy of NYS	SRA Nordic	

	Februa				JRY SKI MARATHON Joor Center, Craftsbury Common, VT	
	50K	CLASSIC: 2	X-C RACE		25K CLASSIC: X-C RACE	
1 2 3	EMALE OVERALL Elissa Bradley Robyn Anderson Emily Dreissigacker	30-39 20-29 20-29	Portland, ME Stowe, VT Craftsbury, VT	3:11:17 3:13:28 3:15:34	FEMALE OVERALL 1 Liz Hollenbach 20-29 Jericho, VT 1:37: 2 Sarah Pribram 30-39 Shelburne, VT 1:37: 3 Joann Hanowski 40-49 Underhill, VT 1:39: MALE OVERALL	13
1 2 3	ALE OVERALL Gordon Vermeer Erik Fagerstrom Eli Enman	20-29 20-29 30-39	Minneapolis, MN Eden Prairie, MN Huntington, VT	2:34:28 2:35:32 2:37:02	1 Ale Blais-Montpetit 30-39 Sherbrooke, QC 1:28: 1 Richard Costanza 50-59 Fairfax, VT 1:29: Patrick Lawlor West Glove, VT 1:29: Courtesy of Craftsbury Outdoor Center	18

MALE OVERALL				FE	MALE AGE GROUP:	25 - 29		
1 Tim Van Orden	45	Bennington, VT	22:37	1	Jennifer Kehn	26	Burnt Hills	33:49
2 Jeffrey Andritz	32	Altamont	22:58	М	ALE AGE GROUP: 35	- 39		
3 Zack Vogel	42	Saratoga Springs	23:26	1	Joshua Katzman	38	Clifton Park	23:55
FEMALE OVERALL				2	Oswald Rodriguez	35	Mechanicville	27:45
1 Mary Fenton	48	Ballston Spa	26:50	3	Kristopher Petitt	38	Wilton	56:15
2 Mary O'Hearn	27	Gansevoort	27:38	FF	MALE AGE GROUP:	35 - 39		
3 Pamela DelSignore	44	Wilton	31:46	1	Nicole Zebrowski	36	Saratoga Springs	33:06
MALE AGE GROUP: 1 -	14	A	26.20	2	Corinne Trumbull	35	Lake Pleasant	36:55
1 Trevor Dzikowicz FEMALE AGE GROUP:		Amsterdam	36:39	3	Beth Tripmacher	35	New York	39:40
1 Kayla Dzikowicz	14	Amsterdam	36:53	М	ALE AGE GROUP: 40	- 44		
MALE AGE GROUP: 25		, unscerdant	50.55	1	Doug McMahan	41	Clifton Park	27:08
1 Michael Cheplowitz	28	Saratoga Springs	30:19	2	Stella Shen	42	Framingham, MA	30:35 continue

FE	MALE AGE GROUP:	40 - 44			М	ALE AGE GROUP: 60 -	64		
1	Sarah Dzikowicz	43	Amsterdam	36:40	1	Peter Canzone	60	Saratoga Springs	28:36
2	Maureen O'Brien	43	Pattersonville	42:56	2	Michael DellaRocco	62	Altamont	30:02
IVI	ALE AGE GROUP: 45		AAA oo oo aa balalii	20.20	3	Jeff Hattem	62	Natick, MA	30:27
1	Tom Mack	49	Wynantskill	28:39	FE	MALE AGE GROUP: 60	0 - 64		
2	Mark Dzikowicz	46	Amsterdam	37:01	1	Maryanne McNamara	60	Saratoga Springs	34:18
3	Nicholas llett	45 45	New York	39:40	2	Vicki Quagliaroli	60	Stafford Springs, CT	39:45
1		45 - 49 49	Albany	34:43	3	Phyllis Fox	61	Loudonville	41:23
ا د	Kathy Ryan Laurel Shortell	49 47	Northampton, MA	34:43	М	ALE AGE GROUP: 65 -	69		
Z BA	ALE AGE GROUP: 50		Northampton, IVIA	37.21	1	Allan Bates	65	Pittsfield, MA	27:13
1	Jim Devine	53	Fast Berne	24:43	2	Charles Brockett	68	Dolgeville	35:18
2	Jan Rancatti	53	Fast Greenbush	27:21	3	Jim Carlson	66	Gansevoort	43:09
3	Peter Goutos	54	Saratoga Springs	27:40	EE	MALE AGE GROUP: 6!	5 - 69	Cariseroore	.5.05
_	MALE AGE GROUP:		Saratoga Springs	27.40	1	Laura Clark	66	Saratoga Springs	39:11
1	Andrea Peterson	54	Saratoga Springs	32:53	Na	ALE AGE GROUP: 70 -		Jaratoga Jprings	55.11
2	Beth Trapasso	52	Gansevoort	35:38	1	Steve Mitchell	72	Malta	36:02
3	Terri Cozzaglio	51	East Greenbush	48:05	1	Bob Massaro	70		41:05
М	ALE AGE GROUP: 55	- 59					, ,	Chicopee, MA	41:05
1	David Peterson	55	Saratoga Springs	24:12	FE	MALE AGE GROUP: 70			
2	Tom Tift	56	Averill Park	26:56	1	Shirley Iselin	70	Essex, CT	55:46
3	Jeff Clark	56	Glenmont	26:59	М	ALE AGE GROUP: 75 -			
FE	MALE AGE GROUP:	55 - 59			1	Jules Seltzer	78	Pittsfield, MA	44:51
1	Maureen Roberts	56	Saratoga Springs	33:25	М	ALE AGE GROUP: 80 -	99		
2	Jennifer Kuzmich	55	Greenwich	33:45	1	Richard Busa	84	Marlboro, MA	44:09
3	Denise Dion	55	Readsboro, VT	34:58		Courtesy	of Sarat	oga Stryders	

					# 5: 20M, 10M ty at Albany, Al		N.	
	20-MILE	-		1	Jenny Lee/F50-54	-	Selkirk	1:28
//ALE OVERALL				1	David Roy/M55-59		Schoharie	1:08
Andy Reed	42	Niskayuna	2:19:48	1	Susan Burns/F55-59		Rensselaer	1:29
Chris DuBois	50	Sprakers	2:21:03	1	Lee Pollock/M60-64		Oueensbury	1:10
Paul Guilmette	50	Niskayuna	2:22:54	1	Karen Spinozzi/F60-64		Kingston	1:28
EMALE OVERALL				1	John Stockwell/M65-69		Watervliet	1:2
Anne Gullickson	50	Kingston	2:37:24	1	Fd Bown/M70-74		Broadalbin	1:2
Liz Chauhan	29	Albany	2:43:00	1	Wade Stockman/M75-7	a	Rensselaer	1:2
Kava DeFeo	33	Rensselaer	2:45:08	1	Anny Stockman/F80-99	2	Rensselaer	1:5
AGE GROUPS	33	Netisseidei	2.45.00		Anny Stockman/F80-99			1.5
Valerie Belding/F20-2	4	Albany	2:46:25		ALE OVERALL	7K RU	N	
David Newman/M30-		Albany	2:31:46		ALE OVERALL	2.0	B II I	
Mark Eisenhandler/M		New Paltz	2:28:17	1	Jeff Goupil	26	Ballston Lake	2
Gregory Fox/M40-44	55 55	Loudonville	2:46:55	2	Jeff Long	30	Clifton Park	2
Stacia Smith/F40-44		Niskavuna	2:55:00	3	Brian Heller	25	Albany	2
Mark Stephenson/M4	15-49	Esperance	2:23:36		MALE OVERALL			
Paul Bohl/M50-54	.5 45	Voorheesville	2:43:16	1	Daniele Cherniak	52	Cohoes	3
Denise lannizzotto/F5	0.54	Lake Katrine	2:45:34	2	Julie Nabozny	24	Delmar	3.
Daniel Doak/M55-59	0-34	Albany	2:54:04	3	Kate Rose Bobseine	32	Albany	3.
	64	Kingston	2:48:38	Α	GE GROUPS			
Patrick Lopiano/M60- Ginny Pezzula/F65-69		Colonie	3:19:07	1	Chloe Stevens/F15-19		Albany	4
Giririy r ezzula/103-03			3.13.07	1	Ryan Sweet/M20-24		Albany	30
AALE OVERALL	10-MILE	RUN		1	Julie Nabozny/F20-24		Delmar	3.
MALE OVERALL	2.4	* 11	5440	1	Thomas Dansereau/M25	5-29	Trov	2
Kevin Treadway	24	Albany	54:12	1	Sarah MacKnight/F25-2	9	Leominster, MA	34
Thomas O'Grady	27	Latham	55:10	1	Jeff Long/M30-34		Clifton Park	2
Chuck Terry	30	Albany	57:10	1	Kaila Morgante/F30-34		Clifton Park	3
EMALE OVERALL				1	Brenan Tarrier/M35-39		Albany	3(
Kristina Gracey	30	Albany	1:05:31	1	Bridget Grabar/F35-39		Wynantskill	38
Emily Bryans	45	Delanson	1:07:33	1	Greg Ethier/M40-44		Clifton Park	28
Erin Corcoran	38	Schenectady	1:08:57	1	Sue Motler/M40-44		Rensselaer	3
GE GROUPS				1	Matthew O'Neil/M45-49	1	Ballston Spa	2
Nick Webster/M20-24		Latham	59:33	1	Penny Tisko/F45-49	,	Altamont	34
Valerie Belding/F20-2	4	Albany	1:16:01	1	Todd Thomas/M50-54		Altamont Delmar	3
Pat Cullen/M25-29		Albany	1:05:08					_
Liz Chauhan/F25-29		Albany	1:12:38	1	Jennifer Thomas/F50-54		Delmar	3
Eamon Dempsey/M30)-34	Delmar	1:04:12	1	Martin Patrick/M55-59		East Greenbush	3.
Crystal Perno/F30-34		Clifton Park	1:10:12	1	Karen Gerstenberger/F5		Colonie	3
Shawn DeCenzo/M35	5-39	Glenville	1:07:47	1	Michael Wright/M60-64		Albany	3.
Sally Drake/F35-39		Albany	1:13:52	1	Judy Phelps/F60-64		Malta	3.
Andy Reed/M40-44		Niskayuna	1:05:07	1	Jim Fiore/M65-69		Latham	3!
Renee Lane/F40-44		Watervliet	1:21:16	1	Linda Meier/F65-69		Schenectady	48
Tim Hoff/M45-49		Albany	1:03:18	1	Bob Knouse/M70-74		Voorheesville	4
Chris Varley/F45-49		Albany	1:14:47	1	Joe Kelly/M80-99		Menands	5
John Noonan/M50-54	1	Malta	1:04:33			n-Mohai	wk Road Runners Cli	ub

1 Tim Hott/M45-49	Albany		1:03:18	1	Bob Knouse/M70-7	4		Voorheesville	43
1 Chris Varley/F45-49	Albany	/	1:14:47	1	Joe Kelly/M80-99			Menands	. 5
1 John Noonan/M50-54	Malta		1:04:33		Courtesy of Hu	asc	n-Mona	wk Road Runners Clu	ID
					ATE WINTE				
ALPINE SKIII	-		<i>) 14 • Lake r</i> INT: OPEN MEN	ac	id & Surroun		_	ea Adaptive men	
SLALOM WOMEN	NG		li Walker		36:05				_
1 Gabriella Vasile-BM/99	1:33.72		om Moffett		36:36	1		,	5
2 Sheila Decker-WF/97	1:34.80		ric Seyse		39:13		BC	BSLED & SKELETON	
3 Sabrina Easton-HU/96	1:36.40		INT: MASTER W	ОМЕ		JR	BOBSLE	D LIGHTWEIGHTS	
SLALOM MEN	1.50.40		Gabriella Frittelli		40:05	1	Rebecca	Hass/Kalyn McGuire	
1 David Meola-NWS/96	1:26.45	SPR	INT: MASTER MI	EN		2	Miranda	Basque/Courtney Roz	rell
2 Jordan Roney-NWS/94	1:30.26	1 [Douglas Diehl		34:10	3		turgess/Bailey VanNess	
3 Jeffrey Swagler-BM/97	1:30.27	2 9	ean Halligan		35:24			ED HEAVYWEIGHTS	
GIANT SLALOM MEN			Cevin Walter		51:35				
1 Zach Hall-SMS/99	2:06.41		INT: GRANDMA	STER		1		Gonyaw/Theodore Gor	nyaw
2 Zachary Mooney-EBS/98			Brian Wieghsus		36:47	2		ine/Sean Moore	
3 Austin Lilley-SMS/98	2:06.78		Darwin Roosa		40:11	3		yan/Nick Sweeney	
GIANT SLALOM WOME	N		homas Hay		41:19	0	PEN BOE	SLED	
1 Beatrix Lever-WF/98	2:07.65		INT: ADAPTIVE I	WEN		1	Courtne	y Green/Mel Soria	
2 Mikayla Lathrop-SMS/9	9 2:07.95		Omar Bermejo SUIT: SCHOLAST	FIC N	32:10	2		y Gadbois/Justin Wach	owski
3 Hanako Kusumi-SMS/99			Brian Halligan	IIC N	40:02	3		erghorn/Brandon Rucco	
SUPER-G MEN			SUIT: OPEN MEN	u	40.02			LETON MEN	,
1 Spencer Smith-SMS/98	54.49		ric Seyse	•	56:01				
2 Hunter Rodrick-SMS/98			om Moffett		58:49	1	Allen Bl		
3 Sean Pomerantz-SMS/9	9 56.08		ochen Hoppert		1:01:46	2	Jacob N		
SUPER-G WOMEN		PUR	SUIT: MASTER V	NOM	EN	3		/achowski	
1 Cecily Decker-WF/98	56.38	1 (Sabriella Frittelli		1:03:56	0	PEN SKE	LETON WOMEN	
2 Beatrix Lever-WF/98	56.43	PUR	SUIT: MASTER N	ΛEΝ		1	Annie C	'Shea	
3 Olivia Reynolds-WF/98	58.53		Douglas Diehl		50:18	2	Santha	Culivar	
BIATHLON			ean Halligan		51:39	3	Elizabet		
SPRINT: SCHOLASTIC GI			Cevin Walter		1:15:47	v		ELETON	
1 Nina Armstrong	32:30		SUIT: GRANDM	ASIE		1	Pat Kan		
SPRINT: SCHOLASTIC BO			Brian Wieghaus		53:26	2			
1 Matthew Forshey	27:52		lick Gretzinger		58:10		Macie N		
2 Royal McDonnell	29:00	3 [Darwin Roosa	-	1:00:29	3	John He	witt	
2.5K PROLOGUE: FEMA			CROSS-COUN	1	Jan Wellford		M1	Keene	5
1 Nina Armstrong	U18 Lake P		9:04	2	Matthew Torniainer		M2	Fultonville	5
2 Sarah Duclos	U18 Clifton		9:10	3	Jochen Hoppert		M2	Scottsville	1:0
3 Amy Duclos	U18 Clifton	Park	9:38		K FREESTYLE: MA	LE			
2.5K PROLOGUE: FEMA				1	Chris Yarsevich		M2	Saratoga Springs	1:1
1 Amanda Zullo	M1 Sarana		11:22	1	Martin Donnelly-He	g	M3	Syracuse	1:0
1 Rosanne Van Dorn	M3 Lake Pl		10:00	1	Kurt Gustafsson		M4	Brooklyn	1:0
1 Ingrid Wilke	M5 Cohoe		13:10	1	Robert Underwood		M5	Kattskill Bay	1:0
1 Jennifer Woltjen	M6 Endico		14:22	1	Todd Rayne		M6	Clinton	1:1
1 Ann Jardin	SR Mexico		12:21	1	Mark Paprocki		M7	Irondequoit	1:1-
1 Jackie Garso	U16 Lake C	lear	10:05	1	Chris Beattie		M8	Lake Placid	1:2
1 Gabbi Rodbell	U18 Scotia		10:28	1	Matti Torniainen		M9	Gloversville	1:3
2.5K PROLOGUE: MALE			7.46	1	Eric Seyse		SR	Scotia	1:0
1 Matthew Forshey	U18 Scotia	Laka	7:46	1	Adam Marino		U18	Saratoga Springs	1:0
2 Owen Putman	U16 Round		7:57	1	Eric Brower		U20	Gloversville	1:1.
3 Scott Schulz	U14 Lake Pl	aCIU	8:00	1	K FREESTYLE: FEN	ıΑl			1.1
2.5K PROLOGUE: MALE 1 Matthew Torniainen	M2 Fulton	illo	8:09	2	Rosanne Van Dorn Heidi Underwood		M3 M3	Lake Placid	1:1:
	M3 Syracu:			3	Gabbi Rodbell		W13	Kattskill Bay Scotia	1:1
1 Martin Donnelly-Heg 1 Kurt Gustafsson	M4 Brookl		8:35 9:30		K FREESTYLE: FEN	. A I			1.10
1 Robert Underwood	M5 Kattski		9:30 8:43	1	Amanda Zullo	IMI	.E AGE G	Saranac Lake	1:2
Mark Chmielewicz	M6 Clintor		10:57	1	Jill Koziol		M3	Buskirk	1:2
1 Mark Paprocki	M7 Ironde		10:57	1	Nancy Rayne		M5	Clinton	1:4
1 Chair Dontain	MO Laka D		10.13	4	I variety Nayrie		IVIO	CIIIIOII	1.44

10:13 10:43 12:39 8:29 9:11

8:11

8:38 11:11

20:26 22:49 23:18

24:00 23:46

25:06

27:21 34:24

1 Nancy Rayne M5 1 Jennifer Woltjen M6 5K CLASSIC: MALE OVERALL

5K CLASSIC: MALE AGE GROUPS
1 Jesse Izzo U14
1 Henry McGrew U16

5K CLASSIC: FEMALE OVERALL
1 Emily Cromie U16
2 Jackie Garso U16

7.5K CLASSIC: MALE OVERALL

1 Brian Halligan U20

2 Robert Underwood M5

Jan Wellford Chris Yarsevich Martin Donnelly-Heg

3 Matthew Torniainen M2 F 7.5K CLASSIC: MALE AGE GROUPS

Bryce Hartman Scott Schulz

David Benson

1:21:40 1:28:48 1:44:03 1:55:32

18:47 19:01 21:18

21:29

24:49 25:29

23:34 25:57 26:05

26:29

27:56 28:33

Clinton Endicott

U16 U14 U16

M1 M2 M3

Saranac Lake Lake Placid Clifton Park

Lake Placid

Gloversville Lake Clear

Gansevoort Kattskill Bay

Fultonville

Keene Saratoga Springs Syracuse

Mark Paprocki Chris Beattie Matti Torniainen

Eric Seyse Beckett Ledger

Scott Schulz Jesse Izzo Owen Putman

1 Bryce Hartman U16
1 Brian Chrzan U18
1 Jake Blaauboer U20
5K FREESTYLE: MALE OVERALL

M7 M8 M9 SR U14

U14 U14 U16

5K FREESTYLE: MALE AGE GROUPS

1 Seamus Tomb U14 North Creek
1 David Benson U16 Clifton Park

Irondequoit Lake Placid

Gloversville Scotia Lake Placid

Saranac Lake

Clifton Park Clifton Park

Lake Placid Lake Placid

Round Lake

. Lake Clear

Gloversville Queensbury

34TI	H ANNU	AL EMPI	RE STAT	TE V	VINTER GA	MES o	ontinued	
			CROSS-COU					
1 Edward Lis		ake Placid	33:27	1	Rosanne Van Dorn		Lake Placid	33:
1 Tim Huneck		exford	28:42	1	Gabriella Frittelli	M4	Gansevoort	35
I Todd Rayne		linton	34:17	1	Nancy Rayne	M5	Clinton	44
Mark Paprocki		ondequoit	30:49	1	Jennifer Woltjen	M6	Endicott	44
Chris Beattie		ake Placid	32:35	1	Janet Findlay	M7	Lake Placid	32
Matti Torniainen		iloversville	35:35	1	Gabbi Rodbell	U18	Scotia	37
I Eric Seyse		cotia	27:35		00m FREESTYLE S	PRINT: MAL	E	
Robert Benson		lifton Park	30:48	1	Owen Putman			
Eric Brower		iloversville	30:07	2	Scott Schulz			
7.5K CLASSIC: FEMAL		ala a Blandal	20.52	3	Bryce Hartman			
Nina Armstrong		ake Placid	29:52	4	Matthew Torniaine			
2 Heidi Underwood		attskill Bay	31:20		00m FREESTYLE S	PRINT: FEM	ALE	
Anna Izzo		ake Placid	31:31	1	Nina Armstrong			
7.5K CLASSIC: FEMAL			24.20	2	Sarah Duclos			
I Amanda Zullo		aranac Lake	34:39	3	Amy Duclos			
I Jill Wolski	M2 Ti	roy	33:53	4	Rosanne Van Dorn			
SKI JUMPI	ING		SLOPE	STYL	E	500m: OF	EN FEMALE	
OK HILL: MALE U20		BREA	KER BOYS: 1	2-13		1 Rebeco	a Simmons	48
Christopher Byrne	_		ex Atno/Lavalle	tte, NJ		Julie G		50
? Thomas Kline	23	3.8 2 TJ I	Fitzgerald/Strat	ton, V	T	3 Olivia A		53
OK HILL: MALE U12			n Redling/Allen	dale, I	UJ		IDER 10 FEMALE	
Grant Thomas	84		KER GIRLS: 1			1 Ellie Rip		1
20K HILL: WOMEN			ty McGovern/C		Grove, NJ	2 Isabel (1
I Jasmine Bujold	48		MET BOYS:				Steinwachs	1
20K HILL: OPEN			lan Marfiewicz				IDER 10 MALE	1
l Brian Byrne	90		ke Redling/Alle		NJ		ppa i Grodensky	1
18K HILL: MALE U13 I Landon Livreri	21/		R MEN: 16-1		لب	3 Adam		1
Matt White	216 183		niel Badgley/Ov on Schmalz/Co				E-SCHOLASTIC MA	
18K HILL: MALE U16	103		JAMS: 18-2		INJ	1 Dylan J		
Avery Thurston	164		colas Caruso/La		nt		Brancato	
2 Scott Schulz	123		HUNE BOYS:			3 Erik Wo	oodbury	
Brian Byrne	112		ze Conlan/Mar			500m: PR	E-SCHOLASTIC FE	MALE
18K HILL: OPEN			er Smith/Pennir			1 Sydney	Terpening	53
I Gabriella Armstrong	163		HUNE GIRLS				Greenamyre	55
2 Sam Shapiro	152		lla Mauro/Wind				autenberg	57
Ben Emery	139	9.5 OPEN	CLASS MEN				E-SCHOLASTIC MA	ALE
SKIERCROSS & BOA	ARDERCROSS	1 JPI	McArdle/North	port		1 Dylan J 2 Vinicio		
OPEN SKIER MEN		OPEN	SKIER MEN				Brancato	
I Corey Brousseau/Sara	nac Lake		ker Foti/Hunte				oodbury PPEN MALE	
Prik Tompkins/Highmonia			BOYS: 10-12				anagihara	2
8 Mark Jennings/Millbro			ant Ward/Que			2 James		2
KIER GIRLS: 9 & UND			ylen Reiley/Sara		ake	3 Kyle Es		2
Taylor Rose/Clifton Pa			as Ford/Lake Pla		_		PEN FEMALE	_
SKIER BOYS: 9 & UND			BOYS: 9 & U de Raffa/New F		ĸ		a Simmons	2
Bode Raffa/New Paltz			de Katta/New F			2 Julie G	ehring	2
Cooper Rose/Clifton F			ia Schneider/Lit		er NI	3 Olivia A		3
SKIER MEN: 19 & OVE			adeline Prichard				IDER 10 FEMALE	
Sam Johnston/Rockpo Jonathan Ruhl/Ridgev			bella Neibel/Ro			1 Ellie Rip		15
			MEN: 13-15		y i oiit		rovella	16
B Edward SparkowskiKe GROMMET BOYS: 8-9	erie		an Gardiner/Ve		CT		tha Terpening	16
Dylan Marfiewicz/Gre	ennond NI		vin Fritz/Plattsb			100m: UN 1 Adam	IDER 10 MALE	14

Jacob Prichard/Old Forge SKIER MEN: 16-18

1 Maxwell Finn/Syracuse

3 Eric Hulbert/Mexico
400m: FEMALE OVERALL

SPEEDSKATING: LONG TRACK

1:55

1:55

1:43

1:53

27.58

28.16

29.63

1.03

1:08

1:01

1:10

46.68 50.28 51.71

44.99

52.20

52.95

1000m: OPEN MALE: A FINAL

1000m: OPEN MALE: B FINAL

Kyle Essex James Luft

Dave Manfredi

Aaron Sinnott

Thomas Lebear

Julie Gehring

Olivia Alsdorf

Ellie Ripchik

Sean Lippa

Isabel Crovella

Jessica Steinwachs

200m: UNDER 10 MALE

Sydney Terpening Lacey Greenamyre

Mava Lautenber

Dylan Jaques 2 Erik Woodbury

James Luft Kyle Essex Ron Zamojski

Dave Manfredi

3 Aaron Sinnott

2 Adam Weeks 2
3 Dylan Heyworth 3
600m: PRE-SCHOLASTIC FEMALE

600m: PRE-SCHOLASTIC MALE

3 Spencer Ripchik 500m: OPEN MALE: A FINAL

500m: OPEN MALE: B FINAL

1 Mark Yanagihara

1000m: OPEN FEMALE

200m: UNDER 10 FEMALE

Rehecca Simmons

100m: PRE-SCHOLASTIC FEMALE

3 Maya Lautenberg 100m: PRE-SCHOLASTIC MALE

Sydney Terpening Clara Lemal-Brown

Dylan Jaques Mathew Crovella 3 Spencer Ripchik 500m: SCHOLASTIC FEMALE

Abby Krysztofowicz

500m: SCHOLASTIC MALE 1 Alex Zamojski 2 Fletcher Codd

1500m: SCHOLASTIC FEMALE Esther Munoz

1500m: SCHOLASTIC MALE Alex Zamojski Fletcher Codd

1000m: SCHOLASTIC FEMALE
1 Esther Munoz

1000m: SCHOLASTIC MALE

3 Fletcher Codd 3000m: SCHOLASTIC FEMALE

 Esther Munoz
 Katy Toth
 Molly Turco
 3000m: SCHOLASTIC MALE Esther Munoz

SPEEDSKATING: SHORT TRACK

10 & UNDER FEMALE

Molly Turco Katy Toth

Adam Horeth

Katy Toth Molly Turco

Adam Horeth

Katy Toth

Alex Zamojski 2 Adam Horeth

Alex Zamojski Fletcher Codd

3 Clayton Declemente

1 Ellie Ripchik/Saratoga 2 Isabel Crovella/Syracuse 3 Kirsten Fielding/Syracuse

10 & UNDER MALE
1 Eric Hwang
2 Shawn Lippa/Rochester

PRE-SCHOLASTIC FEMALE

Sydney Terpening/Rochester
 Clara Lemal-Brown/Syracuse

PRE-SCHOLASTIC MALE

Dylan Jaques/Saratoga
 Matthew Crovella/Syracuse

Abby Krysztofowicz/Rochester

SCHOLASTIC FÉMALE

Katie Toth Molly Turco/Green

SCHOLASTIC MALE

3 Albert Zhong **OPEN FEMALE**

Julie Gehring

OPEN MALE

1 Adam Horeth/Rochester 2 Fletcher Codd/Buffalo

2 Rebecca Simmons 3 Olivia Alsdorf/Saratoga

WOMENS ICE HOCKEY

Adirondack Western New York City

Kyle Essex/Syracuse Tom Rossborough/Rochester William Steinwachs/Buffalo

Courtesy of ROOST/Lake Placid CVB

3 Adam Weeks

3 Molly Turco

Sean Lippa

15.03 16.13

13.08

13.16 13.83

50.50 50.77

56.71

43.83 44.47

45.81

2:35

2:47 2:52

2:16

2:31

1:36

1:42 1:47

1:27

1:31

1:31

5:19

5.34 6:05

4:46 5:10

6:54

27.40

29.33 31.72

28.23

30.59

33.16

36.12

37.19

38.14

37.46

38.73

39.38

2.52

2:56

2:40

2:41

2:42

2:55

2:56 3:15

2:50

2:28 3:02

141	ENERONE GIRLS. 10-11			
1	Bella Mauro/Windham	1	Maxwell Finn/Syracuse	
М	ENEHUNE BOYS: 10-11	2	Taylor Bond/Jamestown	
1	Blaze Conlan/Manhasset	3	Tyler Desmond/Allendale, NJ	
2	Marc Feliu/Scotch Plains, NJ	Y	OUTH MEN: 14-15	
3	Cobane Bossonette/Lake Placid	1	Joshua Boise/Plattsburgh	
Sk	(IER GIRLS: 10-12	2	Jack Lehner/Ballston Spa	
1	Audrey Higgins-Lopez/Ithaca	3	Joshua Moon/Hudson	
2	Julia Schneider/Little Silver, NJ		SNOWSHOEING	
3	Isabella Neibel/Rockaway Point	10	0m: MALE OVERALL	
Sk	(IER BOYS: 10-12	1	Matthew Williams/Paul Smiths	16.55
1	Camden Reiley/Saranac Lake	2	Eric Hulbert/Mexico	17.72
2	Elias Ford/Laké Placid	3	Alan Cushman/Cicero	17.78
3	Kaylen Reiley/Saranac Lake	10	0m: FEMALE OVERALL	
BF	REAKER GIRLS: 12-13	1	Amara Steenburn/Claverack	19.79
1	Katy McGovern/Ocean Grove, NJ	2	Nicole Landry/Paul Smiths	20.92
2	Sailor Marfiewicz/Green Pond, NJ	3	Chloe Mattilio/Paul Smiths	21.93
BF	REAKER BOYS: 12-13	40	0m: MALE OVERALL	
1	TJ Fitzgerald/Stratton, VT	1	Matthew Williams/Paul Smiths	1:30
2	Gavin Koehler/Norwich, VT	2	Nicolas Pendl/Paul Smiths	1:38
_	D D III (AII 1.1 AII	_	F 1 11 II 10 10 1	4 40

1	Madison Krochina/Mechanicville	1 /	Amara Steenburn/Claverack	1:46
2	Sophia Saccoccie/Climax	2 (Chloe Mattilio/Paul Smiths	1:55
SK	(IER MEN: 13-15	3 L	auren Brieant/Paul Smiths	2:04
1	Sloan Ruhl/Ridgewood, NJ	800	m: MALE OVERALL	
2	Jacob Roney/Laurel Springs, NJ	1 /	Alan Cushman/Cicero	3:50
3	Garrett Malone/Saugerties	2 1	licolas Pendl/Paul Smiths	4:02
YC	OUTH MEN: 14-15	3 E	ric Hulbert/Mexico	4:07
1	Anthony Russo/Plattsburgh	800	m: FEMALE OVERALL	
2	Andrew Piper/Minerva	1 (Chloe Mattilio/Paul Smiths	4:50
3	Sam Redling/Allendale, NJ	2 (Corrie Desilets/Paul Smiths	5:28
JU	NIOR WOMEN: 16-17	3 L	auren Brieant/Paul Smiths	5:36
1	Patty-Joe Goodwin/Haines Falls	5K:	MALE OVERALL	
JU	NIOR MEN: 16-17	1 L	ouis Ferrone/Paul Smiths	29:16
1	Brenden Ward/East Durham	2 E	ric Hulbert/Mexico	30:05
2	Jason Schmalz/Colonia, NJ	3 1	Nicolas Pendl/Paul Smiths	30:45
3	Conor Frank/Rahway, NJ	5K:	FEMALE OVERALL	
SK	(IER WOMEN: 16-18	1 (Chloe Mattilio/Paul Smiths	36:06
1	Emily Eaton/Wilmington	2 /	Ashley Evans/Paul Smiths	39:20
2	Shannan Keysor/Lake Placid	3 J	ennifer Maguder/Paul Smiths	41:25

SK	(IER MEN: 16-18	
1	Erik Sparkowski/Keene	
2	Davis Sprague/Malone	
3	Donnie Fahringer/Toms Riv	er, NJ
М	EN JAMS: 18-22	
1	Jacob Kent/Lake Placid	
SE	NIOR MEN: 23-29	
1	Tanner Cormie/Queensbur	γ
K	AHUNA MEN: 50-59	•
1	Greg Mooy/Waldwick, NJ	
	SKI ORIENTEERIN	NG
М	ALE SCHOLASTIC: 4.1K,	
1	Tim Dobretsov	2/50:47
	Jackson Koziol	7/1:59:35
3	Tyler Koziol	2/2:00:34
	ALE HIGH SCHOOL: 9K,	17 C
1	Kestrel Owens	9/1:34:54
М	ALE OPEN: 9K, 17 C	
1	David Hunter	49/1:33:13
2	Sergey Dobretsov	73/1:38:47
3	Daniel Westerberg	82/2:28:58
	MALE OPEN: 9K, 17 C	
1	•	75/1:51:03
2	Janet Findley	49/1:57:26
	ALE MASTERS: 9K, 17 C	
	Aires Canau	FF/1.43.11

2 David Feliu/Scotch Plains, NJ MENEHUNE GIRLS: 10-11

3 Ben Redling/Allendale, NJ SKIER WOMEN: 13-15

SKIER MEN: 16-18

	David Harrier	73/1.33.13
2	Sergey Dobretsov	73/1:38:47
3	Daniel Westerberg	82/2:28:58
FI	EMALE OPEN: 9K, 17	c
1	Stina Bridgeman	75/1:51:03
2	Janet Findley	49/1:57:26
N	IALE MASTERS: 9K, 1	7 C
1	Aims Coney	55/1:42:11
2	Doug Swank	68/1:48:28
FI	EMALE MASTERS: 5.7	K, 10 C
1	Cindy Gretzinger	63/1:11:31
2	Ellie George	54/1:34:49
N	IALE GRANDMASTER	S: 5.7K, 10 C
1	Thayer Raines	52/1:34:31
2	Philip Hawkes-Teeter	47/1:34:37
FI	EMALE GRANDMAST	ERS: 5.7K, 10 C
1	Candice Raines	50/1:42:05
2	Terry Myers Coney	54/1:46:08
3	Susan Hawkes-Teeter	52/2:21:29

					TOGA 8K SNOV Idlife Preserve & F			
M	ALE OVERALL				MALE AGE GROUP: 1	- 14		
1	Tim Mahoney	34	Holyoke, MA	38:47	1 Trevor Dzikowicz	10	Amsterdam	1:11:33
2		28	Latham	40:20	MALE AGE GROUP: 15	5 - 19		
3	Brian Northan	38	Guilderland	40:26	1 Sam Harding	15	Lee, MA	50:09
FE	MALE OVERALL				-			
1	Jessica Northan	38	Guilderland	50:54	2 London Niles	16	Shaftsbury, VT	56:38
2	Mary O'Hearn	27	Gansevoort	52:38	FEMALE AGE GROUP:	15 - 19		
3	Fran Vincent	52	Slingerlands	57:54	1 Liza Smith	16	Pittsfield, MA	1:03:21 continued

MALE AGE GROUP: 25	- 29			FEMALE AGE GROUP: !	50 - 54		
1 Jorge Rodriguez	29	Webster	47:15	1 Theresa Apple	53	Pittsfield, MA	58:2
2 Brian Woods	28	Saratoga Springs	50:25	2 Stephanie Landy	54	Malta	58:3
Michael Cheplowitz	28	Saratoga Springs	57:36	3 Andrea Peterson	54	Saratoga Springs	1:04:4
EMALE AGE GROUP: 2	5 - 29			MALE AGE GROUP: 55	- 59		
1 Tiffany Zarrella	27	Albany	1:01:35	1 David Peterson	55	Saratoga Springs	47:4
2 Michael Sheray	27	Clifton Park	1:04:35	2 Wayne Stocker	59	Westfield, MA	48:1
B Megan Boyak	29	Clifton Park	1:06:26	3 Tom Tift	56	West Sand Lake	50:4
MALE AGE GROUP: 30				FEMALE AGE GROUP:		West sund bake	50
Chris Repka	30	Ballston Spa	44:26	1 Denise Dion	55	Readsboro, VT	1:04:4
2 Jeffrey Andritz	32	Altamont	46:42	2 Peggy McKeown	56	Moreau	1:10:4
3 Zach Russo	30	Glenville	1:18:15	3 Jen Kuzmich	55	Greenwich	1:10:
MALE AGE GROUP: 35				MALE AGE GROUP: 60		Greenwich	1.10.
Oswaldo Rodriguez	35	Mechanicville	46:52	1 Peter Canzone	60	Saratoga Springs	58:
2 Charles Petraske	36	Mechanicville	47:57	2 Mike Lahey	62	Adams, MA	59:
Michael Baker	39	Ballston Spa	52:39	3 Michael DellaRocco	62 62	Altamont	1:01:
EMALE AGE GROUP: 3			4 00 50	FEMALE AGE GROUP:		Allamont	1:01:
Nicole Zebrowski	36	Saratoga Springs	1:02:52		60 - 64	Creffeed Contract C	T 1.20
MALE AGE GROUP: 40	- 44 42	Countries Continue	45:53	1 Vicki Quagliaroli		Stafford Springs, C	
I Zach Vogel Pric Recene	42	Saratoga Springs Delmar	45:53 57:56	2 Phyllis Fox	61	Loudonville	1:30:
Matthew Miczek	43	Saratoga Springs	1:12:52	MALE AGE GROUP: 65		Committee	F0:
FEMALE AGE GROUP: 4		saratoya springs	1.12.32	1 Craig Roods	65	Greenwich	59:
Stella Shen	42	Framingham, MA	1:00:16	2 Wally Lempart	68	Florence, MA	1:08:
Sarah Dzikowicz	43	Amsterdam	1:04:50	3 Jim Carlson	66	Gansevoort	1:10:
Jennifer Ferriss	42	Saratoga Springs	1:04:51	FEMALE AGE GROUP:			
MALE AGE GROUP: 45		Saratoga Springs	1.04.51	1 Laura Clark	66	Saratoga Springs	1:09:
Tim Van Orden	45	Bennington, VT	40:55	2 Kathleen Furlani	65	Broad Brook, CT	1:13:
2 Doug Gerhardt	46	Saratoga Springs	56:00	MALE AGE GROUP: 70			
3 Todd Rowe	45	Rotterdam	57:45	1 Steve Mitchell	72	Malta	1:08:
EMALE AGE GROUP: 4		Notterdam	37.13	2 Ed Alibozek Jr	74	Adams, MA	1:08:
Kathy Ryan	49	Albany	1:08:35	3 Ray Lee	71	Halfmoon	1:19:
Laurel Shortell	47	Northampton, MA	1:10:49	MALE AGE GROUP: 75			
MALE AGE GROUP: 50	- 54			 Jules Seltzer 	78	Pittsfield, MA	1:36:
Ken Clark	51	Somers, CT	42:28	MALE AGE GROUP: 80	- 99		
2 Jim Devine	53	East Berne	47:47	1 Richard Busa	84	Marlboro, MA	1:28:
Peter Goutos	54	Saratoga Springs	54:49	Courtes	v of Sarat	oga Stryders	

GREAT SACANDAGA MINI MARATHON CROSS-COUNTRY SKI RACE
February 15, 2014 • Saratoga Biathlon Club, Day

		28K SK	ATE		14	John Tomlinson	M4	Manhattan Nordic	2:16:18
FE	MALE OVERALL				15	Mark Kevorkian	M6		2:18:10
1	Deb Nordyke	M5	Saratoga Biathlon	2:00:50	16	Richard Starace	M5		2:28:22
2	Ellen Mallery	M4	RXCSF	2:06:52	17	Steven Bailey	M5	PNMSP	2:31:20
3	Karolina Valterova	M3		2:11:47	18	Chris Kvam	M1		2:34:07
4	Janet Findlay	M7	PNMSP	2:13:11	19	Jeffrey Lintz	M4	Saratoga Biathlon	2:40:06
м	ALE OVERALL				20	Matti Torniainen	M9	Adk Vauhti	2:43:38
1	Matthew Torniainen	M2	Adk Vauhti	1:37:34	21	Eric Hamilton	M8	HURT	3:03:36
2	David Paarlberg-Kvam	M1	HURT	1:45:30			14K SK <i>A</i>	\TE	
3	Stanley Hatch	M5	PNMSP	1:45:31	FE	MALE OVERALL			
4	Jim Kobak	M3	PNMSP	1:52:04	1	Gabriella Fritelli	M4	Saratoga Biathlon	1:06:13
5	Bruce Townsend	M7	Berkshire Trails	1:56:15	2	Emily Cromie	U16	Adk Vauhti	1:12:02
6	Kurt Gustafsson	M4	AXIS/MNSC	1:56:18	3	Margue Moffett	M3	Saratoga Biathlon	1:34:10
7	Robert Quigley	M7		1:56:26	М	ALE OVERALL		J	
8	Joseph Korzenecki	M6	PNMSP	2:01:26	1	Ethan Katz	U18	HURT	54:0
9	David Birrell	M6	Berkshire Trails	2:01:26	2	Mitch Akowicz	U20	Adk Vauhti	56:2:
10	Joe Iwan	M5	Saratoga Biathlon	2:04:32	3	Darwin Roosa	M7	Saratoga Biathlon	1:05:52
11	Craig Mallery	M4	RXCSF	2:05:26	4	Erik Schreiner	U14	Saratoga Biathlon	1:09:0
12	Mark Chmielewicz	M6	Adk Vauhti	2:10:26	5	Joseph Dabritz	M4	Adk Vauhti	1:25:4
13	Vinny Vienneau	M7	Berkshire Trails	2:11:47		Cour	tesy of NYS	SRA Nordic	

SHENENDEHOWA CLASSIC CROSS-COUNTRY SKI RACE February 16, 2014 • Saratoga Biathlon Club, Day

					. ,	
		5K CLAS	SIC		10K CLASSIC	
M	ALE OVERALL				MALE OVERALL	
1	Peter Mallery	U18	RNR	17:21		7:34 7:54
2	Aaron Huneck	U16	HURT	18:22	3 Chris Yarsevich M2 HURT 39	9:06
3	Brian Chrzan	U18	HURT	18:46	4 Mitchell Akowicz U20 Adk Vauthi 39	9:35
4	Owen Putman	U16	HURT	20:03		0:17
5	Ethan Katz	U18	HURT	21:06		5:18
6	David Benson	U16	Shen Nordic	21:29		5:27
7	Adam Chrzan	U16	HURT	22:16		5:31 9:43
8	Robbie Benson	U18	Shen Nordic	22:41):11
9	Chandler Moore	U18	Shen Nordic	22:45	11 Jake Blaaboer U20 Shen Nordic 51	1:03
10	Joshua Febbie	U16		22:56		3:37
	Bailey Moore	U16	Shen Nordic	24:52		1:06
	Justin Caron	U16	Shen Nordic	29:59	14 Joseph Dabritz M4 Adk Vauthi 57 15 Eric Hamilton M8 HURT 1:01	7:32
		010	SHEII NOIGIC	25.55	16 Jerry Curcio M6 Peru 1:05	
FE	MALE OVERALL				FEMALE OVERALL	3.50
1	Amy Duclos	U18	HURT	21:38		9:30
1	Sarah Duclos	U18	HURT	21.38		5:19
2	Emily Cromie	U16	Adk Vauthi	23:48	3 Jennifer Woltjen M6 Cayuga 1:00	
3	Katie Benson	U18	Shen Nordic	29:37	Courtesy of NYSSRA Nordic	

PERU NORDIC COOKIE CLASH CROSS-COUNTRY SKI RACE

Februa	iry 22, 2	2014 • Dewe	y Mounta	ain i	Recreation Ce	nter, Sar	anac Lake	
	10K FREES	TYLE		1	Tom Moffett	M2	Saratoga Biathlon	36:15
FEMALE OVERALL				1	Kevin Prickett	M3	-	41:02
1 Janet Findlay	M6	Peru Nordic	40:00	1	Brian White	M4	Peru Nordic	43:00
2 Emily Cormie	U16	Adk Vauhti	41:25	1	Tim Huneck	M5	HURT Nordic	33:53
MALE OVERALL				1	Peter Minde	M6	Peru Nordic	40:39
1 Mike Wynn	M4	Peru Nordic	28:50	1	Ethan Katz	U18	HURT Nordic	35:36
2 Jan Wellford	M1	Peru Nordic	32:33			5K FREEST	TYLE	
3 Chris Rose	M3	Peru Nordic	32:49	M	ALE OVERALL			
MALE AGE GROUPS				1	Jacob Alberge	U14	Saranac Lake	20:39
1 Mike Taptick	M1	Peru Nordic	1:08:39		Cou	rtesy of NYS	SRA Nordic	

34TH ANNUAL WINONA FOREST TOURATHON CLASSIC X-C SKI RACE

rek	Jiuaiy 2	2, 2014 · W	IIIOIIa FUI	est netreation Ass	ii, iviai	IIISVIIIE	
50K: MALE OVERALL				25K: MALE OVERALL			
1 Eric Sevse	29	Scotia	3:02:41	 Mark Paprocki 	60	Irrondequoit	1:32:50
50K: FEMALE OVERA	LL			25K: FEMALE OVERAL	L		
Jessica Snyder	 29	Rochester	3:29:27	1 Ellen Mallery	49	Webster	1:51:51
37.5K: MALE OVERAL		Hochester	3.23.27	12.5K: FEMALE OVER	ALL		
	-	B' 1 .	2 45 40	1 Emily Cheney	15	Redfield	56:28
1 Scott Brown	46	Binghamton	2:45:40	12.5K: MALE OVERAL	L		
37.5K: FEMALE OVER	ALL			 Matt Westerlund 	41	Lacona	1:00:48
 Jennifer Woltjen 	56	Endicott	4:18:07	Court	esy of NYS	SRA Nordic	

NYSSRA NORDIC CHAMPIONS CUP WEEKEND March 1-2, 2014 • Mount Van Hoevenberg, Lake Placid

MALE AGE GROUP: 45 - 49

Kevin Walter

	20K CLASSIC CF	ROSS-COUNTR	Y SKI	RACE
M	ALE OVERALL			
1	Paul Allison	57:18	27	Jericho, VT
	Nick Underwood	1:00:13	20	Queensbury
	Liam Mulshine	1:02:14	17	Queensbury
FE	MALE OVERALL			
1	Heidi Underwood	1:15:07	44	Kattskill Bay
	Rosanne Van Dorn	1:16:43		Lake Placid
	Janet Findlay	1:20:57	60	Lake Placid
M	ALE AGE GROUP: UNDI	ER 16		
1	Owen Putman	1:06:51	15	Round Lake
	ALE AGE GROUP: UNDI			
1	Larie Delacii	1:09:02		Queensbury
2	ratificit broatment		16	Gansevoort
M	ALE AGE GROUP: UNDI			
1	Eric Brower	1:08:39	19	
_	Mitchell Akowicz	1:13:29	18	Gloversville
	ALE AGE GROUP: 20 - 2			
		1:02:55		Scotia
	Brett Schlesier	1:04:23		
	Jon Santor	1:06:02		
	Cameron Lewis	1:09:45		
5	Joe Ritz	1:12:02	21	Paul Smiths
	ALE AGE GROUP: 30 - 3			
1	Jan Wellford	1:02:34	32	Keene
	David Paarlberg-Kvam	1:03:00	32	Ballston Spa
	ALE AGE GROUP: 35 - 3			
1	Matthew Torniainen	1:04:42		
2		1:11:57	36	Scottsville

1:04:46

43 44 Peru

Peru

2 Jochen Hoppert MALE AGE GROUP: 40 - 44

2	Craig Mallery	1:21:17	49	Webster
3	Jeffrey Lintz	1:22:27	46	Middletown
4	Scott Brown	1:23:05	46	Binghamton
5	Edward Lis	1:23:49	46	Lake Placid
6	Joseph Dabritz	1:39:41	48	Margaretville
M	ALE AGE GROUP: 50 - 54			
1	Robert Underwood	1:04:23	53	Kattskill Bay
2	Stanley Hatch	1:07:18	52	Cadyville
3	Tim Huneck	1:09:33	54	Rexford
4	Robert Dadekian	1:14:05	52	Niskayuna
5	John Witmer	1:20:04	51	Williston, VT
6	Brian Wieghaus	1:22:31	53	Paramus, NJ
7	Matthew Brower	1:29:56	51	Gloversville
M	ALE AGE GROUP: 55 - 59			
1	Joe Korzenecki	1:14:51	57	Lake Placid
	Hansell Steadman	1:21:43	56	Norristown, PA
3	Donald Massonne	1:23:06	57	Niskayuna
4	Mark Chmielewicz	1:23:17	57	Clinton
5	Peter Parken	1:31:50	59	Painted Post
M	ALE AGE GROUP: 60 - 64			
1	Ed Luban	1:11:51	61	Syracuse
2	James Underwood	1:20:15	60	Queensbury
3	Darwin Roosa	1:24:33	64	Altamont
4	Lawrence Lepak	2:05:14	64	Endicott
M	ALE AGE GROUP: 65 - 69			
1	Chris Beattie	1:22:10	68	Lake Placid
2	Jim Adams	1:39:05	67	Altona
3	Eric Hamilton	1:44:25	68	Clifton Park
4	Richard Dixon	1:51:59	67	Mayfield

1:19:39 45 Pittsford

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MALE AGE GROUP: 7	0 - 74			18 Unnamed		43:
Matti Torniainen	1:29:24	71	Gloversville	Ethan Katz/Gina Huneck	/Bernadette O'Brien/Eric Ham	ilton
EMALE AGE GROUP	: UNDER 16			19 Rochester XC Ski		44:
Emily Cromie	1:30:52	15	Gloversville	Ellen Mallery/Stina Bridge	eman/EllenMallery/Stina Bridg	jeman
2 Jackie Garso	1:35:42	14	Lake Clear		BIATHLON	
EMALE AGE GROUP				MALE OVERALL		
Amanda Zullo	1:24:51	33	Saranac Lake	1 Eli Walker	Saratoga Biathlon	32:5
EMALE AGE GROUP	: 45 - 49			2 Brian Wieghaus	Saratoga Biathlon	33:1
Gabriella Frittelli	1:22:31	48	Gansevoort	3 Douglas Diehl	Syracuse	33:2
2 Ellen Mallery	1:27:48	49	Webster	FEMALE OVERALL	•	
EMALE AGE GROUP				1 Gabriella Frittelli		36:3
Jennifer Woltjen	1:48:44	56	Endicott	2 Magli Haas	Saratoga Biathlon	46:2
EMALE AGE GROUP				3 Morgana Fall	Saratoga Biathlon	54:1
Carol Fisher	1:25:31	61	Queensbury	MALE AGE GROUP: 22 -	39	
EMALE AGE GROUP Sherry Dixon			Marciffed a	1 Eric Seyse	Glenville Hills	33:2
Sileiry Dimon	1:48:01	66	Mayfield	2 Jochen Hoppert	Rochester XC	36:5
NYSSRA CHAMPS: X-	C SKI RELAYS		20.44	3 Thomas Moffett Jr	Saratoga Biathlon	37:5
Adk Vauhti Matt Tornianien/Bret	t Cablasiau/Matt Tau	.::	28:44	MALE AGE GROUP: 40 -		
	t Schlesier/Iviatt Iori	namen	29:44	1 Kevin Walter	Rochester XC	43:2
Tom & Eric	on/Town Chamal/Esia		29.44	MALE AGE GROUP: 50-9		
Tom Chapel/Eric Seys Peru Nordic	seriorii Chapei/Eric s	seyse	29:53	1 John Witmer	Ethan Allen Biathlon	33:5
Jon Santor/Jan Wellf	ord/lon Cantor/lan \	Mallford		2 Darrell Rikert	Saratoga Biathlon	34:3
HURT	UIWJUII SalitUI/Jali V	veilloit	31:13	3 Darwin Roosa	Saratoga Biathlon	35:4
Liam Mulshine/Tyra \	Munn/Owon Butnam	/7ana [4 Robert Dadekian	HRRT	40:3
Peru Nordic	vyiii/Oweii ruulali	/Zarie i	31:14	5 Gary Maslanka	Rochester XC	42:2
Stand Hatch/Chris Ro	oca/lim Kobak/Stanc	l Untch	31.14	6 Eric Hamilton	HURT	52:3
HURT	DSC/JIII KUDAN Staric	i i iaicii	32:04	7 King Milne	Ethan Allen Biathlon	55:3
Dave Paarlberg-Kvan	n/Cameron Lewis/Da	ave Paa		SKI-	ORIENTEERING	
Cameron Lewis	Wedneron Lewis/De	ave i du	inderg ittuini	FEMALE AGE GROUP: 19	P-PLUS	
HURT			32:40	1 Stina Bridgeman	Red	1:32:3
Ed Luben/Tim Huned	k/Fd Luben/Tim Hur	neck	32.10	FEMALE AGE GROUP: 40)-PLUS	
HURT		ic cit	33:13	1 Ellie George	Green	1:47:1
Heidi Underwood/Bob	Underwood/Heidi U	nderwo		FEMALE AGE GROUP: 55	5-PLUS	
Rochester XC Ski			33:47	 Sue Hawkes-Teeter 	Orange	1:41:0
Jochen Heppert/Kevi	n Walter/Craig Mall	ov/loch		2 Candice Raines	Orange	1:50:1
0 Unnamed		,	33:57	MALE AGE GROUP: UND	ER 16	
Rob Dadekian/Son M	lassonne/Bryan Gryo	gus/Rob	Dadekian	 Tim Dobretsov 	Orange	1:17:5
1 Saratoga Biathlon	,. ,. ,,	,	34:46	2 Tyler Koziol	Orange	3:08:4
Brian Weighau/Darw	in Roosa/Tom Moffe	et/Gabr	iella Frittellin	MALE AGE GROUP: UND	ER 18	
2 Adk Vauhti			35:27	1 Terry Allard	Green	1:35:2
Emily Chromie/Mitch	Akowitz/Emily Chro	omie/M	itch Akowitz	MALE AGE GROUP: 19-P	LUS	
3 Unnamed	,		36:20	1 Pavel Korniliev	Blue	1:26:5
Eric Blower/Mark Ch	imielewiez/Eric Blow	/er/Mar	k Chimielewiez	2 Sergey Dobretsov	Blue	1:42:4
4 Unnamed			40:48	3 Greg Michels	Blue	1:52:4
John Witmer/Jeff Lin	tz/Morgana Fall/Me	gali Haa	as	MALE AGE GROUP: 40-P		
5 Unnamed	-		41:39	1 Doug Swank	Red	1:36:0
Kristrin Duma/Conni	e Prickette/Kristrin D	uma/C	onnie Prickette	2 Gary Maslanka	Red	2:16:5
6 Unnamed			43:17	MALE AGE GROUP: 55-P		
Henssell Steadman/S	am Steadman/Hens	sell Ste	adman/	 Phil Hawkes-Teeter 	Green	1:58:0
Hans Steadman				MALE AGE GROUP: 70-P	LUS	
7 Adk Vauhti			43:35	1 Eric Hamilton	Orange	1:31:0
Mast Decision/Masti T	ornianien/Joe Debrit	/h 4 ++: :	To and the set of the	Courtes	y of NYSSRA Nordic	

DION SNOWSHOES U.S. NATIONAL SNOWSHOE CHAMPIONSHIPS March 1-2, 2014 • Prospect Mountain, Woodford, VT

ALE OVERALL David Le Porho 37 CAN 41:51 12 Jim Devine 13 Anita Ortiz 14 Anita Ortiz 15 Female & GROUP: 5 Anita Ortiz 15	50 54 50 50 55 53 53 53 55 55 56 56 57 56 55 55 56 56 57 56 56 57 56 56 57 56 56 57 56 56 57 56 56 57 56 56 61 61 61 61 61 61 61 61 61 61 61 61 61	Bradford, MA East Berne Watertown Eagle, CO Slingerlands Cadyville Watertown Albany Bolton, CT Saratoga Springs West Sand Lake Glenmont Saratoga Springs Tilson Morristown, NJ Saratoga Springs Greenwich Delmar Center Conway, N Saratoga Springs Altamont Marblehead, MA Pittsfield, MA Broad Brook, CT Saratoga Springs Peru Lake Elmo, MN Malta Halfmoon	48 1:02 1:17 55 1:08 1:12 1:20 1:30 53 1:00 1:10 1:10 1:11 1:10 1:13 1:17 1:28 1:37 1:12 1:12 1:12 1:12 1:12 1:12 1:13
12 Jim Devine 12 Jim Devin	54 50 53 53 53 53 53 55 56 56 56 57 56 56 55 55 56 66 66 61 63 63 64 61 63 65 65 67 67 67 67 67 70 77 70 77 77 77 75 75 75 75 77 77 77	East Berne Watertown Eagle, CO Slingerlands Cadyville Watertown Albany Bolton, CT Saratoga Springs West Sand Lake Glenmont Saratoga Springs Tilson Morristown, NJ Saratoga Springs Greenwich Delmar Center Conway, N Saratoga Springs Altamont Marblehead, MA Pittsfield, MA Broad Brook, CT Saratoga Springs Peru Lake Elmo, MN Malta Halfmoon	1:02 1:17 55 1:08 1:12 1:20 1:30 1:00 1:10 1:11 1:14 1:05 1:15 1:17 1:28 1:17 1:22 1:12 1:12 1:12 1:12
David Le Porho 37 CAN 41:51 Gel Bourgeois 43 CAN 42:06 FEMALE AGE GROUP 14 Anita Ortz 6 Frances Vincent 6 Frances Vincent 7 Anita Ortz 7 Anita O	2: 50 - 54 53 53 53 53 53 55 56 56 57 55 55 55 56 56 60 61 63 63 63 64 61 63 65 - 69 67 67 70 70 77 70 77 77 75	Watertown Eagle, CO Slingerlands Cadyville Watertown Albany Bolton, CT Saratoga Springs West Sand Lake Glenmont Morristown, NJ Saratoga Springs Greenwich Delmar Center Conway, N Saratoga Springs Altamont Marblehead, MA Pittsfield, MA Broad Brook, CT Saratoga Springs Peru Lake Elmo, MN Malta Halfmoon	1:17 555 1:08 1:12 1:20 1:30 1:00 1:10 1:11 1:17 1:12 1:17 1:12 1:17 1:12 1:17 1:12 1:17 1:12 1:17 1:12 1:17 1:12 1:17 1:12 1:17 1:12 1:17 1
Joel Bourgeois	2: 50 - 54 50 53 53 53 53 55 65 - 59 56 56 56 56 56 56 56 56 56 60 61 63 2: 60 - 64 61 63 6: 60 - 64 61 63 6: 60 - 64 61 63 6: 60 - 74 70 73 72 70 70 71 75 75	Eagle, CO Slingerlands Cadyville Watertown Albany Bolton, CT Saratoga Springs West Sand Lake Glenmont Saratoga Springs Tilson Morristown, NJ Saratoga Springs Greenwich Delmar Center Conway, N Saratoga Springs Altamont Marblehead, MA Pittsfield, MA Broad Brook, CT Saratoga Springs Peru Lake Elmo, MN Malta Halfmoon	555 1:08 1:12 1:20 1:30 53 1:00 1:10 1:10 1:11 1:17 1:28 1:37 1:27 1:12 1:12 1:12 1:12 1:12 1:12
Anita Ortiz	50 53 53 53 50 55 - 59 56 55 55 55 55 56 56 57 55 55 56 56 56 57 56 56 57 57 56 56 57 57 56 56 57 57 56 56 57 57 56 57 57 56 57 57 56 57 57 56 57 57 57 57 57 57 57 57 57 57 57 57 57	Slingerlands Cadyville Watertown Albany Bolton, CT Saratoga Springs West Sand Lake Glenmont Saratoga Springs Tilson Morristown, NJ Saratoga Springs Greenwich Delmar Center Conway, N Saratoga Springs Altamont Marblehead, MA Pittsfield, MA Broad Brook, CT Saratoga Springs Peru Lake Elmo, MN Malta Halfmoon	1:08 1:12 1:20 1:30 1:30 1:30 1:30 1:00 1:10 1:10 1:1
MALE OVERALL Amber Ferreira 31 Concord, NH 51:31 Sandra Rasco Kristina Folcik 37 Northwood, NH 53:51 14 Nancy Martel Ashley Krause 37 Easthampton, MA 54:44 Nancy Martel ALE AGE GROUP: 15 - 19 ALE AGE GROUP: 20 - 24 Jeffrey Quednow 23 Westboro, WI 44:31 Louis Ferrone III 20 Paul Smiths 55:06 Chris Peterson 22 Paul Smiths 57:07 David Kucia 21 Paul Smiths 58:13 Dak Hillenbruno 19 Paul Smiths 57:07 David Kucia 21 Paul Smiths 58:06 Liew Palmer 22 Paul Smiths 1:01:32 Jack Mulvihill 21 Paul Smiths 1:01:32 Jack Paul Smiths 1:01:32 Jack Paul Smiths 1:01:32 Jack Paul Smiths 1:01:32 Jack Paul Smiths 58:06 Liew Palmer 22 Paul Smiths 1:01:32 Jack Paul	53 53 53 55 50 56 56 56 57 55 55 55 56 60 61 61 63 63 64 61 65 65 67 67 67 67 70 70 71 72 72 72 75 75 75 75 77 75 77 75 77 77 77 77 77	Slingerlands Cadyville Watertown Albany Bolton, CT Saratoga Springs West Sand Lake Glenmont Saratoga Springs Tilson Morristown, NJ Saratoga Springs Greenwich Delmar Center Conway, N Saratoga Springs Altamont Marblehead, MA Pittsfield, MA Broad Brook, CT Saratoga Springs Peru Lake Elmo, MN Malta Halfmoon	1:08 1:12 1:20 1:30 1:30 1:30 1:30 1:00 1:10 1:10 1:1
Amber Ferreira 31 Concord, NH 51:31 Kristina Folcik 37 Northwood, NH 53:51 Livary Martel Ashley Krause 37 Easthampton, MA 54:44 ALE AGE GROUP: 15 - 19 Jack Hillenbruno 19 Harpursville 1:03:11 Ned Kennedy 5 David Peterson 10 Tom Tift 1 Jeffrey Clark 11 Jeffrey Clark 2 Jeffrey Quednow 23 Westboro, WI 44:31 Louis Ferrone III 20 Paul Smiths 55:06 Chris Peterson 22 Paul Smiths 55:06 Eric Kowalik 23 Paul Smiths 58:56 Fire Male AGE GROUP: 20 Paul Smiths 1:01:32 Jack Mulvihill 21 Paul Smiths 1:01:32 Jack Mulvihill 21 Paul Smiths 1:01:32 Jack Mulvihill 21 Paul Smiths 1:01:52 Paul Smiths 1:05:24 Jacob Polfiet 21 Paul Smiths 1:05:24 Jacob Polfiet 21 Paul Smiths 1:05:24 Jacob Polfiet 21 Paul Smiths 1:17:44 Jacob Polfiet 21 Paul Smiths 1:17:49 Jacob Paul Smiths 1:14:45 Jacob Polfiet 20 Pau	53 53 55 55 56 56 56 55 59 55 55 56 56 56 57 56 56 56 57 56 66 67 60 61 63 62 60 - 64 61 63 63 64 67 67 67 70 70 70 71 70 71 72 70 70 70 70 70 70 70 70 70 70 70 70 70	Cadyville Watertown Albany Bolton, CT Saratoga Springs West Sand Lake Glenmont Saratoga Springs Tilson Morristown, NJ Saratoga Springs Greenwich Delmar Center Conway, N Saratoga Springs Altamont Marblehead, MA Pittsfield, MA Broad Brook, CT Saratoga Springs Peru Lake Elmo, MN Malta Halfmoon	1:122 1:202 1:303 1:000 1:100 1:101 1:114 1:055 1:175 1:177 1:28 1:377 1:122 1:123 1:123 1:123 1:124 1:125 1
Ashley Krause 37	53 50 55 - 59 56 55 55 55 55 56 56 57 60 - 64 61 63 63 61 60 - 64 61 63 65 - 69 66 67 67 70 73 72 70 72 70 73 77 75	Watertown Albany Bolton, CT Saratoga Springs West Sand Lake Glenmont Saratoga Springs Tilson Morristown, NJ Saratoga Springs Greenwich Delmar Center Conway, N Saratoga Springs Altamont Marblehead, MA Pittsfield, MA Broad Brook, CT Saratoga Springs Peru Lake Elmo, MN Malta Halfmoon	1:20 1:30 1:30 1:00 1:10 1:11 1:10 1:15 1:17 1:28 1:37 1:12 1:10 1:03
ALE AGE GROUP: 15 - 19 ALE AGE GROUP: 20 - 24 Jeffrey Quednow	50 55 59 56 56 55 55 55 55 56 56 56 56 56 56 56	Albany Bolton, CT Saratoga Springs West Sand Lake Glenmont Saratoga Springs Tilson Morristown, NJ Saratoga Springs Greenwich Delmar Center Conway, N Saratoga Springs Altamont Marblehead, MA Pittsfield, MA Broad Brook, CT Saratoga Springs Peru Lake Elmo, MN Malta Halfmoon	1:30 53 1:000 1:109 1:110 1:14 1:05 1:15 1:17 1:28 1:37 1:12 1:12 1:103 1:22 1:12 1:23
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32ND ANNUAL LAKE PLACID LO	PPET CROSS-CO	UNTR	Y SKI RACE
March 8, 2014 • Mt. Van Hoevenberg	, Olympic Sports C	omplex	c, Lake Placid
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М	ALE OVERALL				M	ALE AGE GROUP: 18 -	24		
1	Luke Strauss	29	Ithaca	1:28:52	1	Casey Van Walraven	19	Ottawa, ON	2:19:03
FE	MALE OVERALL				FE	MALE AGE GROUP: 1	8 - 24		
1	Louise Martineau	53	Rimouski, QC	1:36:50	1	Samantha Martin	18	Saranac Lake	2:00:46
M	ALE AGE GROUP: 1 - 1	17			2	Ashley Evans	19	Paul Smiths	2:11:14
1	Jake VanBuren	17	Burlington, VT	1:34:57	M	ALE AGE GROUP: 25 -	29		
2	Patrick Quinn	14	Lake Placid	1:55:39	1	Keith Kogut	29	Tupper Lake	1:33:35
FE	MALE AGE GROUP: 1	- 17			2	Dan Pollock	26	Troy	1:51:39
1	Gabriella Armstrong	15	Lake Placid	1:45:51	3	Chris Neill	27	Lake Placid	1:56:54
2	Olivia Cuneo	13	Williston, VT	1:56:56	4	Brian Woods	28	Saratoga Springs	2:23:12 continued

		PLACID LO	OPPET	CROSS-COUNTR	Y SKI		
FEMALE AGE GROUP: 25 1 Lisa Strauss	- 29 28	Ithaca	2:03:02	7 Bernie Landa 8 Nick Fitzsimmons	41 40	Clifton Park Lake Placid	1:35:39 1:48:32
2 Sarah McCarty MALE AGE GROUP: 30 - 3	27 34	Montreal, QC	2:40:16	10 Ben Frantz 11 Andrew Wall	43 42	Lake Placid Rochester	2:16:22 2:22:42
1 Erik Sointio FEMALE AGE GROUP: 30	31 - 34	Queensbury	1:41:09	FEMALE AGE GROUP: 40 1 Rosanne Van Dorn	0 - 44 40	Lake Placid	1:25:30
1 Caitlin Scholl 2 Jillian Tangen	30 31	Brooklyn Long Island City	2:40:00 3:10:48	2 Heidi Underwood 3 Heidi Henkel	44 41	Kattskill Bay Putney, VT	1:29:05 1:33:38
MALE AGE GROUP: 35 - 3 1 Glenn Cowan	38	Montreal, QC	1:34:34	MALE AGE GROUP: 45 - 1 Dave McMahon	49	Chelsea, QC	1:16:05
2 Brian Northan 3 Marc Galvin	39 37	Guilderland Lake Placid	1:43:06 1:59:02	2 Kurt Gustafsson 3 Troy Howell	48	Brooklyn aftsbury Common, VT	1:23:42
FEMALE AGE GROUP: 35 1 Sara Lindsay	- 39 36	Lake Placid	2:21:10	10 Edward Lis 12 John Tomlinson	46 48	Lake Placid New York	1:37:02 1:38:32
2 Rachel Kurtz MALE AGE GROUP: 40 - 4	39	Saratoga Springs	2:29:56	13 Brian White 14 Reuben Smith	46 48	Plattsburgh Chestertown	1:49:10 1:49:11
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MALE AGE GROUP: 45 - 4 1 Markus Mohrs		Saranac Lake	2:20:19	Joanne Breau Karen McGlade	48 45	Dorval, QC Kent	1:51:02 1:57:37
2 Jim Humiston 3 Daniel Henry	49 48	Queensbury Morin-Heights, QC	2:32:22	MALE AGE GROUP: 50 - 1 Richard Costanza		Fairfax, VT	1:17:43
FEMALE AGE GROUP: 45 1 Karen Alence		South Burlington, V		2 Tom Chappell 3 Yves Girard	50 51	Colton Gatineau, QC	1:28:48 1:35:35
2 Katie Byrne 3 Jean Dugan	47 46	Lake Placid Weehawken, NJ	2:25:51 3:14:46	6 Steven Bailey 7 Thomas McGlade	53 50	Morrisonville Kent	1:44:05 1:49:21
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2 Peter Van Buren 3 John Witmer	53 51	Burlington, VT Williston, VT	1:40:59 1:48:43	1 Lise Meloche	53 53	Chelsea, QC	1:27:49
4 Robert Dadekian 5 David Phillips	52 52	Schenectady East Quoque	1:55:19	Laurie Schulz Jennifer Harvey	53	Lake Placid Niskayuna	1:38:35
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3 Keith Van Walraven 4 Chris Jacob	58 58	Ottawa, ON Lake Placid	2:21:37 3:19:50	MALE AGE GROUP: 60 - 1 Jim Fredericks	64 63	Underhill Center, VT	1:24:39
FEMALE AGE GROUP: 55 1 Diana Billingsley	56	Lake Clear	2:03:22	2 Jack Burke3 Andrew Kulmatiski	64 64	Paul Smiths Scotia	1:38:45 1:50:05
2 Jennifer Sausville3 Karen Delaney	56 57	Saranac Lake Lake Placid	2:05:56 2:07:44	4 Louis Lipnickey FEMALE AGE GROUP: 60	61 0 - 64	New York	1:54:00
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4 Alana Forcier MALE AGE GROUP: 65 - 6	62 69	Westport	2:57:20	1 William Goodfellow MALE AGE GROUP: 35 -		Montreal, QC	3:08:15
1 Richard Erenstone 2 Scott Rugh	66 65	Lake Placid Johnstown, PA	2:02:30 2:05:13	 Dave Steckler Matthew Torniainen 	38 38	Lake Placid Fultonville	3:09:23 3:14:19
3 Paul Heller 4 Paul Murray	67 69	Plattsburgh Albany	2:18:13 2:48:32	3 Daniel Kingsley MALE AGE GROUP: 45 -		Cazenovia	3:31:36
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4 Stephen Turbek FEMALE AGE GROUP: 70	71	Jay	2:34:40	MALE AGE GROUP: 55 - 1 Brian Delaney	59 58	Lake Placid	3:35:09
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5 Kevin Ballou 6 Dylan Reeves	34 33	Saratoga Springs Malta	1:45:40 1:47:38	MALE AGE GROUP: 45 - 1 David Herr		Canaan, VT	2:35:18
7 Kenneth Crane	33 32 33	Lafayette	1:53:24	2 Carl Johnston 3 Steven French	48 49	Pittsford Conesus	2:49:25 2:52:22
8 Christopher Kvam FEMALE AGE GROUP: 30	- 34	Rochester	1:54:24	MALE AGE GROUP: 50 - 1 Stanley Hatch		Cadyville	2:48:45
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MALE AGE GROUP: 40 - 4 1 Luc Tremblay	43	Laterriere, QC	1:13:12	1 Claude Breau 2 Dick Samuels	64 61	Dorval, QC Concord, NH	2:56:03 3:43:45
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5 Jim Kobak	44	Peru	1:23:41	Courtesy of Olympic	negional D	evelopment Authol	nty

of the canoe) at each end secured under some shock cord in such a way that they are readily accessible but not loose.

Later in the trip I found myself swimming when I decided to go to the wrong side of an island where very shallow rocks caught me out and several attempts at bracing would not get me back upright. I assumed the correct face-up feet downstream position as a long stretch of river bottom less-than-gently caressed my posterior. Good skills can be a real benefit – learn how to make effective maneuvering strokes like sweeps and draws as well as braces which can help prevent capsizes. It helps the ego if you remember that all experts have capsized more than once.

That trip was followed by trips on the Batten Kill and Hoosic River, each with its incidents, and rescue and recovery opportunities. To learn more about running rivers and whitewater paddling check out americanwhitewater.org.

Let's move on to something involving less adrenalin, like canoe camping in the Adirondacks. The last weekend in April 2013 saw us paddling out to an island on Forked Lake. We saw no other people but shared the area with whitetail deer, loons, and common and hooded mergansers. Nearby Blue Mountain Lake still had some ice floating on it. A capsize was less likely than on the riverrunning trips but I still wore a wetsuit.

On the first weekend in May 2013 a group of us paddled to a campsite on Little Tupper Lake. We had unusually warm weather with temperatures reaching the mid-70s. The

shallow lake warmed up just enough that I voluntarily went out for a short swim from our campsite. We did see a few other paddlers as well as osprey, a snapping turtle, and lots of vocal loons.

On the second weekend of May 2013, three of us, after a short carry, paddled our solo canoes out onto Lake Lila into gusty 30 mph winds and two-foot waves with air temperature in the 50s. We ducked into coves when we could to get out of the wind and discuss strategy. After a hectic three-mile paddle we were at a choice island campsite. In the morning we woke to a coating of snow. After breaking camp and with temperatures in the low 40s, we paddled up Shingle Shanty Brook enduring some ice pellet showers, but also some enjoying some sun too. We saw no other people but did see loons and whitetail deer as well as flowering hobblebush, dogwood and painted trillium. It was quite the memorable trip and so different than a week earlier.

Springtime can be quite unpredictable but with some planning and preparation the paddling can be extremely rewarding. I predict that ice-out on many Adirondack lakes and ponds will be in late April this year, and that Blue Mountain Lake will still have ice on it in early May.

Rich Macha is owner of Adirondack Paddle'n'Pole, a paddlesport specialty store in Colonie (onewithwater.com). Rich is also the paddling chairperson for the Albany Chapter of the Adirondack Mountain Club (adk.org).



PHOTO BY RICH MACHA

HIKING & BACKPACKING continued from page 19

made from this pigment preserved the little red schoolhouse in Hope Falls.

At 1.1 miles and just over 30 minutes of hiking, rock cairns mark the side path to the right that leads in 400 feet to a large campsite near the northwest corner of Bennett Lake. Since the main trail comes no closer to Bennett than this, this short side excursion is mandatory if you want a better view. This is the largest of the three ponds at 37 acres, although it lacks the rock-lined shoreline that makes Middle and Murphy lakes so special. Nevertheless, the ease of access ensures that this campsite is one of the most popular in the area. Having access to a canoe would enhance your enjoyment of the lake.

BENNETT LAKE TO MIDDLE LAKE

The snowmobile trail continues to climb northwest from Bennett Lake, sometimes steeply. Parts of the hillside are incredibly rocky, and you will find a detour around one of the more eroded draws. The highlight of this section is the little rocky gorge that you parallel for a short distance. Look for the rock wedged into the opening like a chock stone, forming a natural bridge of sorts.

The trail tops off one-mile from Bennett Lake, or 2.1 miles from Creek Road, where another cairn marks the southern end of the path that leads around the east side of Middle Lake (see below). When you first glimpse Middle Lake a moment later on your right, you are about 60 vertical feet above it. The snowmobile trail makes a very gradual descent toward the level of the lake, but never really approaches the shore. A second side path at 2.4 miles leads right through a stand of red maples to a campsite on the west shore, 200 feet away. It is only where the trail rounds the northwestern corner of Middle Lake that you have decent views without having to wander off the old roadbed. The rock mounds that dot this area were presumably created by one of the farmers.



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reach an obscure junction near the north end of the lake, where the path around the east shore ends. You will find a cellar hole and well just a short distance along this route.

At 2.6 miles you

MIDDLE LAKE TO MURPHY LAKE

The snowmobile trail continues northwest from Middle Lake, passing over gentle terrain for 0.4mile to the Murphy Lake Lean-to, threemiles from the Creek Road trailhead. There has been a lean-to at Murphy since at least 1937, the year the Civilian Conservation Corps constructed twenty new shelters across Adirondacks

and Catskills under the direction of the old Conservation Department. The current shelter sits beneath a stand of shady hemlock tress near the southeast corner of the lake. A large glacial erratic leans against one of the shoreline ledges, resembling a giant beast trying to climb out of the water! The lake is shallow here with a mucky bottom, making it favorable habitat for leeches. The view northwest to the double cliffs on Huckleberry Mountain is quite good.

In addition to the lean-to, there is a good campsite 0.2-mile further north along the trail. It is located atop the base of a rocky point, and it features good views of its own. The continuing trail around the lake to Pumpkin Hollow will be described in the forthcoming 40th anniversary edition of *Discover the Southern Adirondacks*.

MIDDLE LAKE CIRCUIT

The snowmobile trail described above passes the west shore of Middle Lake, which is somewhat straight and featureless. In so doing, the trail misses all of Middle's best features. The east shore has several rocky points and two very good campsites. Although they are removed from the main trail, these camp-



PHOTO BY BILL INGERS

sites are no secret – a rough footpath loops around this part of the lake, connecting all of its best features and providing an opportunity for a circuit hike around the lake. This is a true herd path, worn by frequent use but not really maintained or designed by anyone. It simply follows the most desirable route around the shoreline, becoming somewhat vague when the open woods allow multiple options for

There are rocky prominences all along this part of the lake, and every one of them seems to have a campfire ring. Most of these sites are illegal, but their existence attests to the popularity of Middle Lake – on a typical summer weekend, there may be more people seeking a spot to camp than there are designated campsites.

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirondacks.com). For more on this region, consult Discover the Southern Adirondacks.



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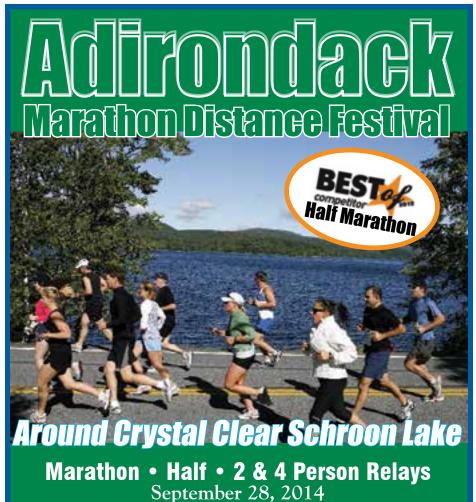
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AROUND THE REGION News Briefs

Continued from Pg 1

Mountain Valley Hospice will host the second 5K run on Preakness Weekend, Sunday May 18th with a 9 a.m. registration and 10 a.m. run at the FMCC Campus, 2805 St. Hwy. 67, Johnstown. This will be followed by their annual walk which will begin at 1pm. (visit mvhcares.org for more details and registration information)

Lexington will host their 10th Annual 5K race on the day of the Belmont, Saturday, June 7th with 8 a.m. registration and a 9 a.m. run, starting from Lexington, 465 N. Perry St., Johnstown.

Lake George Land Conservancy's Hike-A-Thon

BOLTON LANDING - Early-bird registration is open until for the Lake George Land Conservancy's annual Hike-A-Thon, set for Saturday, July 5. The public is invited to register free of charge. Early-birds receive a free T-shirt, and registrations must be made online at lakegeorgehikeathon.org. Last year's event attracted 400 participants.

The Hike-A-Thon is held each July 5, cre-

ated to showcase LGLC's parks and preserves around Lake George as free public resources to promote a healthy, active lifestyles and appreciation for the outdoors. Hikes and other designated group activities take place simultaneously at nine locations, culminating with aerial photography of each group by helicopter. Photographs will once again be taken by renowned photographer Carl Heilman II, piloted by Bruce Mowery of North Country Heliflite. Each site provides a unique experience and varies in difficulty, to accommodate all levels. Descriptions are provided on the website.

New for 2014: The Last Great Shoreline and Jumping Rock in Putnam is a boat-accessonly site, preferably canoe or kayak, and participants will gather in front of Jumping Rock for the aerial photo. Family Zumba, led by local instructor Melissa Wilkinson, will be offered to those participating at Peggy's Point, a handicapped-accessible park in Hague, as well as lawn games and children's crafts. A large crew of volunteers is needed to help lead hikes and keep things running smoothly on the ground.

SMBA DEC Land Transfer and Membership Update

SARATOGA SPRINGS - Daniels Road Property acquired by the State of New York.

Happy New Year! 2014 is off to a promising start for Saratoga Mountain Bike Association. The NYS Department of Environmental Conservation (DEC) has officially purchased the Daniels Road tract, the property formerly leased to SMBA by The Nature Conservancy and Finch Pruyn. The Daniels Road Tract is actually just one of many tracts being added to the State Forest system. This acquisition is part of some 69,000 acres of former Finch Pruyn and other Nature Conservancy lands throughout the Adirondacks and surrounding areas to be acquired by the State over the next several years. For a map of the lands being acquired by NYS, visit: dec.ny.gov/ lands/83963.html.

What does this mean for SMBA trail users? SMBA would like to see the Daniels Road Tract designated as "non-motorized multiple-use", meaning SMBA would be sharing the trails with other non-motorized user groups (just like Pittstown State Forest). As with all state land purchases, DEC must go through a public process to develop a management plan, and we're looking forward to participating in that process. While the transition may take some getting used to, the SMBA board sees this as a huge gain for the mountain biking community. As a NY State Forest, the land is protected

from what was a constant threat of development, and now it's open to everyone.

SMBA has already begun discussions with the new land managers at DEC. We've submitted a Volunteer Stewardship Agreement application (exactly like the one we have at Pittstown State Forest), which we anticipate being approved by DEC this winter. As steward of the state forest, SMBA will continue to steward the Daniels Road trails, much the way we always have, while also continuing to foster our relationship with DEC.

How does this affect 2014 SMBA memberships? Because SMBA is no longer paying for a lease, the 2014 membership pricing has been reduced accordingly. Please keep in mind, SMBA will continue to purchase insurance and have administrative fees and expenses related to maintaining existing trails and building new trails (mainly tools, fuel, building materials, food and beverage for the trail crews, etc.). All of these expenses are supported by our membership dues.

2014 memberships will go on-sale exclusively via BikeReg.com starting February 15, 2014. You can still purchase memberships in-store at Blue Sky Bicycles in Saratoga or at Elevate Cycles in Clifton Park. Please note that in store memberships are also purchased via BikeReg.com, so you'll need a credit card to buy membership.



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Quality Trails for Rac Detacular Rac

s the colors of the seasons begin to shift from white to brown and eventually to green, upstate New York mountain bikers are dreaming of dirt, rocks and roots on which to spin their knobby wheels. With renewed enthusiasm riders look ahead at the upcoming season to plan their race calendars and set personal goals, providing fuel for frosty early season rides. Our beautiful region is flush with open space, varied terrain, mountains and valleys, with both well established and newly constructed trails.

Leaders in the upstate cycling community work hard to promote high quality local, regional and even international level mountain bike racing. Without crossing the border, mountain bikers have access to a variety of races with competition at every level on a diverse selection of courses. From crosscountry to endurance, the quality of trails set the stage for spectacular racing.

NYSMTB SERIES – The New York State Mountain Bike Series consists of six cross-country races held at various venues in and around the Catskills region. Started in 2008, the series incorporates some of the finest trails in the area, both well established and newly constructed.

The series kicks off on June 8 at Williams Lake near Rosendale with a revised course for 2014. Racers will navigate a five-mile lap of primarily technical single track, including a spin through the famous cave. For those who prefer piles of rocks on which to ride, the second stop of the series tour delivers on July 7 in West Hurley. The West Hurley Burly course contains seemingly endless rock gardens, off camber ribbons, and steep descents with no long sustained climbs. Stewart State Forest in Montgomery hosts several races this year, including NYSMTB series race number three, the SOS Stewart Challenge on July 27th. In dry mid-summer conditions, the trails at Stewart can be described in two words, fast and flowing.

From August 7-10, Windham Mountain will host the only UCI World Cup race in the United States. Spectators will see some of the fastest men and women on two wheels as international professionals converge on Windham for four days of racing at the highest level. During the World Cup action, the NYSMTB series, combined with New England's Root 66 series, will utilize the cross-country course for race number four. Non-UCI racers can test their climbing legs and descending skills on the short and steep five kilometer course.

Belleayre Mountain claims the fifth series stop with the Belleavre All Terrain Challenge on August 24. This race lives up to its name with a course that links diverse terrain to challenge both fitness and skill. The NYSMTB series wraps up in Round Top for the Reidlbauer Round Top Rally on Sept. 7. Traditionally this venue draws a crowd for both the technically demanding course and for the post-race German beer party. For additional information regarding the NYSMTB series, visit nysmtbseries.com.

HUDSON TO HIGHLANDS - The long running Hudson to Highlands (H2H) regional mountain bike race series consists of eight races, three in New York and five in New Jersey. This season, the H2H series begins in Peekskill on April 27 with the Chain Stretcher. The course will test early season bike handling skills with plenty of rocks and punchy technical climbs. This race demands technical ability for those who prefer to navigate the "gnar" over pure speed. On August 3 the series returns to New York with the Taconic 909 Challenge in Pleasant Valley for some stellar rocky single track and plenty of elevation change. The series concludes with the Tymor Park Challenge in Lagrangeville on Sept. 14. Possibly the best of the series. the course caters to climbers with variable terrain and technical sections throughout. For additional H2H series information, visit h2hrace.com.

CAPITAL, ADIRONDACKS AND BEYOND - On April 20, Schenectadybased cycling organization HRRT presents the annual Easter Mountain Bike Race in Schenectady Central Park. Course challenges include skinny plank bridges, log piles, twists and turns with relatively little elevation change. The lap is fun, fast and requires smart race tactics for strategic passing in the tight trails. HRRT will host several Schenectady Central Park races throughout the season. Visit hrrtonline.com for more details and dates.



For an alternative to the traditional cross country format, consider the Ramble Around Prattsburgh (ramblearoundprattsburgh.blogspot.com) on May 4, and the Race with the Wind in Lowville on August 16. These gravel road grinders combine aspects of mountain and road bike racing as group tactics can significantly alter race outcomes. Due to the jarring nature of the terrain, attempting these races on a road bike would be inadvisable. These courses consist of dirt roads, wide trails, and shorter sections of singletrack with plenty of rolling hills.

Included in this group is the well-attended Black Fly Challenge (blackflychallenge. com) on June 6, a point to point race that alternates start and finish annually between Inlet and Indian Lake. Last year the Black Fly attracted over 500 racers on an array of pedal powered machines, including mountain bikes, cyclocross bikes, tandems - and even unicycles. When weighing bicycle options for these types of races, consider the advantages and disadvantages of each bike as well as individual riding style. While 'cross bikes may prove advantageous on smoother sections and climbs, mountain bikes could prevail in the rough and on descents.

Take advantage of mid-summer fitness with a variety of endurance mountain bike race options close to home. The long days in the saddle begin with the Wilmington Whiteface 100K (wilmingtonwhitefacemtb.com) on June 22. Set in the splendid High Peaks region of the Adirondacks, racers can expect jeep roads, trails, scenic views and serious climbs. As a qualifier for the Leadville Trail 100-miler in Colorado, this race has attracted national level talent in past years. The following weekend (June 28), endurance enthusiasts can head to Warwarsing for the Wildcat 100-Mile or 100K MTB Race (wildcatepicevents.com) Course highlights for both distances include a spin through the highly-rated singletrack trials of Lippman Park.

Six hours has also become an increasingly popular timed format for endurance mountain bike racing. Racers work to tally the maximum number of laps on a shorter course during the fixed six-hour duration. Between the Six Hours of Power in Ellicottville on July 13 (heartrateup.com), the Stewart Super Six Pack in Montgomery also July 13 (bikereg. com), and the Suicide Six in Canadice on August 10 (parkavebike.com), the majority of upstate racers can enjoy a six-hour fix relatively close to home. For the ultimate endurance adventure, The Hardcore 24 race returns to Naples on July 26-27 (thehardcore24.com). Twenty-four hour racers have a selection of categories including solo, two, four, or five person relay teams. This format promotes diverse experiences within the same race, from the solitary quest of the solo racer to the intense competition that forms between equally matched teams. Inevitably by midnight, the race venue transforms into a social gathering where friends and memories are made.

In 2013 endurance mountain bike racing returned to Mount Van Hoevenberg near Lake Placid with the ADK 80K, so keep this one on the radar for August 31 (highpeakscyclery. com). The course featured parts of the old 24 Hours of the Adirondacks race course linked with cross-country ski trails and some enjoyable new singletrack.

With the excitement and anticipation building for a full race season ahead, support these races and spread the word. Our New England and Mid-Atlantic neighbors would be impressed with the quality of the upstate courses and competition. Visit bikereg.com or websites provided for additional information and race registration.

Bryna Blanchard (bnestor@nycap.rr.com) from Troy has been racing mountain bikes since 2001. She currently races on the Windham Mountain Outfitters mountain bike team and assists with their junior development program. She also races cyclocross and the occasional road race. When not riding bikes, she works as an occupational therapist.



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