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Get Off the Road & Convert to Dirt!

hen it comes to organizing triathlons, it's all about making them doable, affordable and fun for the everyday athlete, in the view of John Slyer of SkyHigh Adventures, the multisport business he and his wife Kathy launched 15 years ago from their home in Rensselaer County. That's the idea behind SkyHigh's two newest triathlons, the second annual SkyHigh Father's Day Super Sprint Triathlon on Sunday, June 15, and an all-new SkyHigh Sprint Triathlon Series on Thursday nights from June 19 through July 24 (skyhighadventures.com).

All of these SkyHigh races will be staged from Crystal Cove in Averill Park, about ten miles east of downtown Albany. The Father's Day event, which features a later start at 1pm, concludes in Butler Park, where the Sand Lake Kiwanis Club Summerfest will be in full swing. It's designed as an all-out sprint – with a quarter-mile swim in Crystal Lake, a seven-mile bike loop, and a two-mile, point-to-point run down to Butler Park. It's also a deal, as triathlon prices go: \$30 for adults and \$15 for youngsters under 18. The Sprint Tri Series, with a one-half mile swim, 12-mile bike and a three-mile run, is also only \$30 per race, or \$150 for all six Thursday nights. Races start at 6pm.

"The Father's Day race is short enough so that kids can do it with their parents, so it gives families a chance to create something fun together," John said, a ten-time Ironman Lake Placid finisher. "It's also one of the least expensive sprint triand the distances are very manageable."

athlons in the country, so it opens doors to the entire family, Bridget Crossman, co-race director of the eighth annual Fronhofer Tool Triathlon, has a similar outlook. That's a big reason why she is staging not one, but two triathlons for kids this year, with the addition of a Mini-Triathlon just for youngsters ages five to ten, featuring a 50-yard swim, one-

mile bike, and half-mile run. The Mini-Triathlon will precede

the Fronhofer Tool Kids Triathlon, open to youngsters ages 11 to 15, which offers a 100-yard swim, three-mile bike, and



one-mile run. Both races, also a deal at only \$25 each, will be staged on Friday, Aug. 1, beginning at 6:15pm, from the beach at Lake Lauderdale just north of the Washington County village of Cambridge. They set a family-friendly stage for the main event on Saturday, Aug. 2, the popular, Olympic-distance Fronhofer Tool Triathlon, which has earned a reputation for fair prices - \$90 by June 1, great swag and superb organization all in a beautiful setting (fronhofertooltriathlon.com).

"We just want the kids to have a chance to be excited about the sport, be active and have fun," Bridget said, adding that the emphasis is always on safety. The swim legs of both kids' races are in water shallow enough that they can touch down at any time, and the bike and run legs are staged entirely within the park.

The Fronhofer Tool Triathlon this year has also added an interesting new "partner" category, which offers two-person teams the opportunity to compete for the fastest combined times in male, female and coed categories. The partner category is for pre-registered athletes only.

"We were looking for something unique, so we thought that the partners challenge would be a good way to bring more people who are looking for a new twist to the race," Bridget said.

Registrations are running strong, and are once again expected to top 200 for the Olympic race. The event last year raised more than \$25,000 for two non-profit children's literacy organizations, Books Offer Opportunities, Kids Succeed (BOOKS), which Bridget, a school librarian, started in 2006, and Books in Kids' Hands, based in Salem.

The 30th annual High Peaks Cyclery Mini-Triathlon Series in Lake Placid is on Mondays from June 23 through Aug. 11 at 6:30pm. Family members and first-timers have the opportunity to compete alongside some of the area's elite athletes in these "mini tris," which are staged from the public beach on Mirror Lake. One of the oldest series of its kind,

See TRIATHLON, 21





Saturday, June 14 • 9am

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More info: Bianca.agnes@dhaenergy.org



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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.

MAY 31, 2014 freihofersrun.com







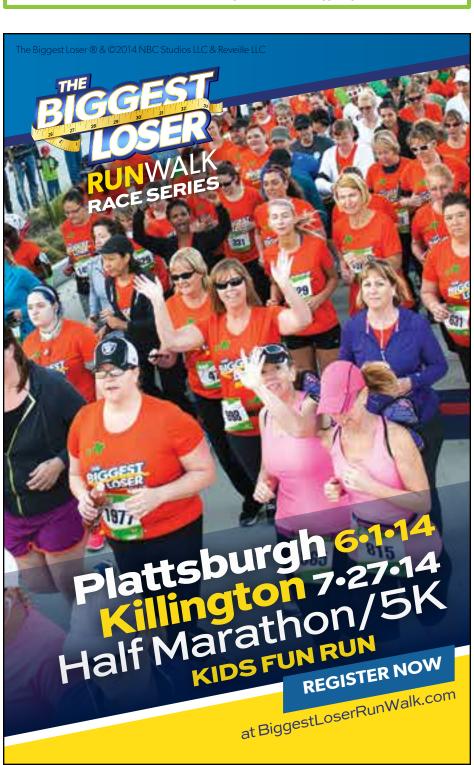












www.AdkSports.com MAY 2014



By Laura Clark

fter the seemingly endless winter, we are all excited about spring running. Granted, May is spring, but it can be in-betweenish Northeastern state of mind when you'll just as likely find yourself sweating as layering – or enjoying fresh strawberries as gratefully sipping hot chocolate. Mentally, we are pointed towards summer, but physically we are on the launch pad.

For 6,000 Capital District women, the traditional sign of summer is the 36th running of the Freihofer's Run for Women 5K on Saturday, May 31. When I first moved to the area, a friend counseled me to never retire my winter gear until after the Freihofer's Run for Women. I thought she was joking, but now her axiom ranks right up there with restraining from serious gardening until Memorial Day weekend. One of our nation's most prestigious all female road races, Freihofer's Run for Women is also a celebration of the everyday runner. Many local training groups gear towards a first validating 5K and local elementary schools center their spring train-

ing on fielding a Freihofer's team.

The fourth annual Junior 3K Run, a 1.86-mile competition nine to 14 year-old boys and girls, to promote an active, healthy lifestyle. This complements the free Freihofer's Kid's Run from 50 meters to one-mile for children three to 11 years old. The Freihofer's Community Walk enables hundreds of non profits to directly raise money and awareness, and there is no cost for organizations or walkers to participate. For many casual runners, the Freihofer's Run for Women will be their first opportunity to fully participate

in the glitz of a big-time event without having to run a marathon. Info: freihofersrun.com.

For those fans of the TV show, The Biggest Loser RunWalk Race Series Half Marathon and 5K provides a goal during those rainy spring days. Interestingly, Ben Kaplan in Feet Don't Fail Me Now, observes that while 5Ks are the most prolific races, halfs are the fastest-growing, with 10Ks not even coming close, implying the thirteener is a reasonable everyman goal. Regionally, the Plattsburgh event on Sunday, June 1 and Killington, Vt., on Sunday, July 27 are the nearest options. In their second year, both events maintain a unique flavor despite being tied to a nationwide series.

Christina Morlock, public relations director, anticipates around 2,000 participants at Plattsburgh, the majority in the 5K. As Christina puts it, the goal is to allow newbies, walkers and older athletes, "to feel really good about their accomplishments." As a result, the thirteener course remains open for five hours and the 5K route is operational for 90 minutes. Killington features a gondola ride at the tail-end of the race for some breathtaking precipice running. Visit biggestloserrunwalk.com to register using the code ADIRONMAG20 for 20% off both events.

And what is the springish-summer season without a little mud thrown in? Our homegrown highlight is the third annual Tuff eNuff Obstacle Course Challenge on Saturday, June 7. Lest you become complacent, the route is now entirely on BOCES land with some "previously undiscovered" areas now open to exploration and horse-themed challenges! All obstacles have been designed by BOCES students, teens who live for the opportunity to showcase their creativity, and ability to experience nature while operating heavy equipment. Unlike other prohibitively expensive obstacle runs, Janine Stuchin, Prevention Council's executive director, emphasizes this event prides itself on reasonable entry fees so the entire family can participate, working together to overcome challenges, as they must do in real life. All proceeds are earmarked to support the council's programs. Go to: preventioncouncil.org.

A sure sign of summer is the rapid progression of fresh fruit, beginning with everyone's favorite, the strawberry. Take a bite, close your eyes and breathe in the sticky sweet smell of lazy, decadent days. And as every runner knows, part of the reason for exercising is the celebratory eating afterwards. Combine both opportunities at Schenectady's second annual Strawberry Fest 5K on Saturday, June 14. Runners are treated to a flat, shaded neighborhood tour of Old Niskayuna, off the beaten track from the usual Schenectady destinations. Generous goodie bags include local eatery discount coupons and accompanying Strawberry Fest bargains. Who knows - you might even get inspired to pick some of your own strawberries at a future date! Proceeds benefit the Weekend Blessings program, which provides meals to needy students and a scholarship fund for seniors focusing on business majors. Info: e4poverty.org.



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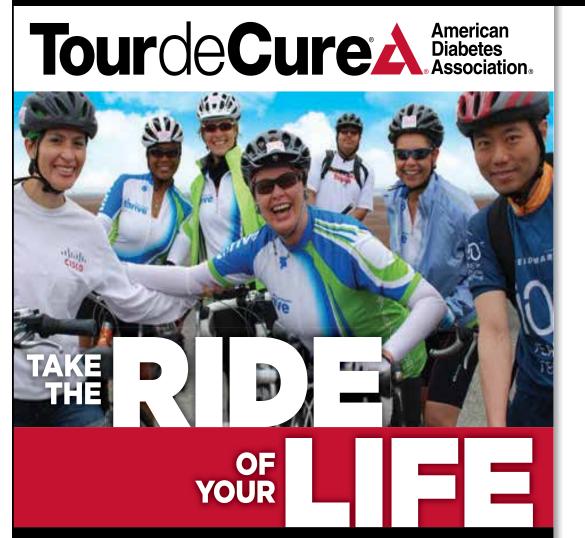


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AROUND THE REGION News Briefs

YMCA Camp on Lake **George Open for** Registration

KATTSKILL BAY - YMCA Camp Chingachgook on Lake George is still accepting registrations for its summer camp program. The camp often fills to capacity before the official opening on June 29. Chingachgook's Day Camp, Overnight Camp and Teen Adventure Trips offer a progressive and varied experience. Life at camp provides

the opportunity for children aged 5-17 to make friends, learn new skills, and develop character through the YMCA core values of honesty, caring, respect and responsibility. As campers work and live together as a community they develop selfconfidence, leadership and independence.

Skill classes include sailing, waterskiing, archery, sports, art, painting, mountain biking, rock climbing, nature studies, riflery, soccer, tennis, softball, and numerous waterfront activities. The camp's shoreline, with two 80-foot docks and a fleet of 75 canoes, rowboats, sailboats, paddleboards, kayaks and motor boats, also makes opportunities for swimming and boating skills classes. Chingachgook's 200 acres sit on the quiet east shore of Lake George, cradled by the Adirondacks. Bordering thousands of acres of state forest preserve, the year-round programs offer many trails for hiking, running, nature studies, snowshoeing and skiing. Indoor facilities include a dining hall, program lodge, and a hiking center.

A branch of the Capital District YMCA, it's a four-season center that welcomes groups for school environmental education, family weekends or private reunions, conferences and retreats, team building, company picnics, and sailing for people with disabilities. The coed children's camp and teen adventure programs dominate the summer months. Open Houses will be held every Sunday at 2pm through June 9. For information call (518) 656-9462 or visit lakegeorgecamp.org.

ADK National Trails Day and Festival

NORTHVILLE - Each year, the Adirondack Mountain Club sponsors an event in conjunction with the American Hiking Society's celebration of National Trails Day. This year, ADK is partnering with the Northville Merchants Association, Fulton Montgomery Regional Chamber of Commerce, and the NYS DEC to celebrate the 90th anniversary of the completion of the Northville-Placid Trail.

National Trails Day is recognized as America's largest celebration of the outdoors. In that spirit, ADK has a wide variety of volunteer trail projects planned for this year's event, most notably helping to reroute a section of the N-P Trail off of the road and into the Shaker Mountain Wild Forest. Along with the volunteer trail projects, a guided hike will be available through the rerouted portion of the N-P Trail, completed last summer by ADK's Professional Trail Crew.

ADK will be offering registered participants free camping at the DEC Northampton Beach Campground Friday and Saturday nights. On Friday night at the campground pavilion, there will be a social and informational gathering with light food and beverages available for trail volunteers. On Saturday evening there will be a recognition dinner for all volunteers that participated in a trail

On Saturday, the village of Northville will be hosting a number of different activities and dedi-



cations in conjunction with the volunteer trail projects. Centered on Waterfront Park, family friendly activities, exhibits, and local craft vendors will be showcased throughout the day. Local eateries will be set up in the park offering a wide variety of food and beverages. The highlight will be dedications that will start at 3:30pm in Waterfront Park. First, Northville will have a ribbon cutting commemorating a new rustic archway at the park entrance. Second, the DEC will be unveiling a new kiosk that will mark the official beginning or end point of the N-P Trail.

Families can look forward to horse and wagon hayrides, bounce house, petting zoo, and Forest Rangers - with Smokey the Bear. Additional events include: chainsaw carving demonstrations; Mountainman Outdoors paddling exhibition; National Guard NASCAR simulator; meet and greet with Adirondack authors; live music from Annie and the Hedonists, Doug Moody and more. To learn more and register online, visit adk.org.

Whiteface Mountain Bike Park Passes on Sale

WILMINGTON - The Whiteface Mountain Bike Park discounted season passes are on sale until May 31 for only \$309. The bike park opens for the season early this year with a bonus weekend on Friday, June 13 thru Sunday, June 15 with hours from 9am till 4pm. There will be special hours for the Wilmington-Whiteface BikeFest. The park is open seven days a week starting June 23. From July 3 through September 1, hours are 9am till 5:30 pm.

For races, the July Mini DH Series will be Thursdays, beginning at 4pm, on July 10, 17, and the finals on July 24. The August Mini Downhill Series will also be on Thursdays with a 4pm start on July 7, 14, and the finals on July 21st. For more info, visit downhillmike.com.

Saratoga Springs Strong **To Serve Half Marathon**

SARATOGA SPRINGS - The Saratoga Springs Strong To Serve Half Marathon on Sunday, July 13 is the area's newest half marathon, and will run a flat and fast course in Saratoga Spa State Park. The accompanying 5K will give family and friends of the half marathoners their chance to run in the park as well.

All runners will be treated to a first-class experience featuring ChronoTrack B-tag chip timing by ARE Event Productions; technical shirts for all half marathoners; T-shirts for all 5K runners; finisher medals for half marathoners; pint glasses to overall and age group winners; six water stops; post race refreshments including fresh fruit and pastries; a top notch make-your-own goodie bag; and more. Twenty-percent of all entry fees will go directly to support the Strong To Serve for their support in manning all six water stops and handling course marshal duties.

Tom Jacobs Left a Lasting Impact on Skiing

saratogaspringshm.com.

The Saratoga Springs Strong To Serve Half

Marathon is presented by 3C Race Productions

- the same team behind the New England Half Marathon Tour featuring the Wolf Hollow Half

Marathon (NH), Killington Half Marathon (VT),

Freeport Half Marathon (ME), the Fall River Half

Marathon (MA), the Colt State Park Half Marathon

(RI) and more. For details and to register, visit:

GLENS FALLS - Tom Jacobs, who touched every aspect of skiing, died April 10, 2014. He was 87 and had just wrapped another ski season, spending 36 days on the slopes. Known worldwide as the owner of Reliable Racing Supply, Tom influenced skiing in myriad ways across six decades. An Olympic athlete, he was a pioneer NCAA ski coach at Colorado University, played a pivotal role in developing rules for NCAA skiing, served as an executive director for the National Ski Association (now USSA), and led his innovative ski racing supply business to become a global leader.

Tom was born in Montreal, but grew up in New Hampshire. A graduate of Maine's Bethel Academy, he served with the US Army in Japan from 1945-47. He later graduated from Middlebury College, where he led the team to the 1948 national ski title, then moved to the University of Colorado for graduate work in geology. Tom was a true skimeister, proficient in cross-country, ski jumping, slalom and downhill. He competed on the 1952 Olympic Team in nordic combined and crosscountry, before returning to CU to coach and chair the NCAA Skiing Committee. He later served with the Steamboat Springs Winter Sports Club before settling in Glens Falls, where he began a career selling for a local paper mill.

In the late 1960s, Tom's passion for skiing won out, as he gave up his sales job to run Inside Edge, a local ski and later bike shop. Tom and wife Marilyn



expanded the business, starting Reliable Racing Supply in 1968, providing much-needed product for a growing number of race organizers. The new company provided nordic supplies along with racing bibs, timing systems and both bamboo and newer plastic slalom gates. Its pioneering Break-a-Way slalom poles were used at the 1998 Olympics in Nagano and have been a mainstay of alpine ski racing ever since.

Tom and Marilyn retired in 2004, turning the reins to son John, who continues to manage the company. Tom Jacobs was inducted into the US Ski and Snowboard Hall of Fame in January 2008. He is survived by Marilyn, sons John and Jeff, and daughter Diana Jaquin, along with seven grandchildren. -Tom Kelly, US Ski and Snowboard Association.

FROM THE PUBLISHER & EDITOR

May is National Bike Month

This is the 58th consecutive year that the League of American Bicyclists has declared May to be National Bike Month.

SHARING THE ROAD: CYCLISTS

- 1. Ride on the Right Always ride in the same direction as traffic; use the lane furthest to the right that heads in the direction that you are traveling; slower moving cyclists and motorists stay to the right.
- 2. Act Like a Vehicle The same laws that all traffic control devices (such as stop

- 3. Always Wear a Properly Fitting Helmet Make sure that the helmet fits on top of the head, not tipped back; always wear a helmet while riding a bike, no matter how short the trip; after a crash or any impact that affects your helmet, visible or not, replace it immediately.
- 4. Ride Predictably Ride in a straight line and don't swerve in the road or between parked cars; check for oncoming traffic before entering any street or intersection; anticipate hazards and adjust position in traffic accordingly.
- 5. Be Visible Wear brightly colored clothing at all times; at night use a white front light, red rear light or reflector and reflective tape or clothing, and make eye contact with motorists to let them know you are there.

SHARING THE ROAD: MOTORISTS

- 1. Drive Cautiously Reduce speed when encountering cyclists; in inclement weather give cyclists extra trailing and passing room; recognize situations that may be potentially dangerous to cyclists and give them space.
- 2. Yield to Cyclists Cyclists are considered vehicles and should be given the appropriate right of way; cyclists may take the entire lane when hazards, road width or traffic speed dictate; motorists should allow extra time for cyclists to traverse intersections.
- 3. Be Considerate Scan for cyclists in traffic and at intersections; do not blast your horn in close proximity to cyclists; look for cyclists when opening doors.
- 4. Pass with Care Leave at least THREE FEET of space between your car and a cyclist when passing; wait until road and traffic conditions allow you to safely pass; check over your shoulder after passing a cyclist before moving back to normal posi-
- 5. Watch for Children Children on bicycles are often unpredictable so expect the unexpected and slow down; most children don't have adequate knowledge of traffic laws; children are harder to see because they are typically smaller than adults. As cyclists and motorists, let's do everything we can to increase awareness and acceptance of safe bicycling



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Publisher/Managing Editor: Darryl Caron

Editor/Marketing Manager: Mona Caron Contributing Writers: Jenna Caputo, Laura Clark,

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Saturday, August 2 • 8AM Skyline Dr, Manchester, VT

5.4M race, 3,248ft up, 12% grade

Info, Registration, Sponsorship: GearUpForLyme.com or BikeReg.com aholzman1@earthlink.net

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Saratoga Spa State Park, Saratoga Springs

Fun recreational bicycle rides on quiet

back roads in scenic Saratoga County

• SAG, marked routes, rest stops, cue sheets

MohawkHudsonCyclingClub.org

• Century/100M 8am, Metric/62M 9am,

Half/50M 10am, Quarter/25M 11am

· Post-ride catered lunch provided

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Mohawk Hudson

Cycling Club

Calendar of Events May - July 2014

	MAY 2014 M T W T F S						JUNE 2014						JULY 2014								
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25	26	27	28	29	30	31	29	30							27	28	29	30	31		

BICYCLING ONGOING

- Daily Mohawk-Hudson Cycling Club. 300 rides per year for all ability levels. Capital-Saratoga Region. Ride schedule: mohawkhudsoncyclingclub.org.
- 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.

MAY

- 23-24 Traffic Skills 101 Clinic. Bike skills, safety. Downtown Campus, SUNY Albany. 436-0889. nybc.net.
- 100 Mile Beer Run. 100M: 8am. 50M: 10am. Post-ride BBQ at LP Pub & Brewery. Fitness Revolution, Lake Placid. Placid Planet Bicycles: 523-4128. bikereg.com.
- 24-26 Killington Stage Race. 61-160M. Killington, VT. killingtonstagerace.com.
- Wilmington-Whiteface Race Weekend: Wilmington Circuit Race. 12-57M. Town Youth Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.
- Troy Bike Rescue BikeFest Fundraiser. 3pm. The Sanctuary for Independent Media, North Troy. troybikerescue.org.

- Wilmington-Whiteface Race Weekend: Wilmington Road Race. 12-82M. Town Youth Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.
- ADA Tour de Cure. 100M: 7am. 62.5M: 7:30am. 50M: 8am. 25M: 9am. Spin: 9:30am. 10M: 10am. Saratoga Springs HS, Saratoga Springs. American Diabetes Assn. diabetes.org.
- 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.
- White Plains Downtown Criterium/NYS Criterium Champs. 6:50am. Downtown, White Plains. whiteplainscrit.com.
- Pinnacle Time Trial #1.3.9M. 6:30pm. New Salem Firehouse, Voorheesville, cbrc.cc.
- 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
- 13th Giro d'Otisco Lake Road Race. 9am. Side Hill Schoolhouse, Skaneateles. Eric Lankford: 315-396-6810. otiscogiro.com.

- Coeymans Hollow Time Trial. 12M. 6:30pm. Joralemon Memorial Park, Ravena. 495-6058. cbrc.cc.
- 7th Corning Circuit Race. Watkins Glens Speedway, Watkins Glen. Brian Klotz: 607-377-0167. corningraceteam.com.
- Ride for the WELL of It. 12M, 38M, 64M. 9am. The Hub, Brant Lake. bikereg.com.
- ADK 540 Gran Fondo. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 22 NYS Time Trial Championships. 10K-40K. Tioga Center. bikereg.com.
- 22 9th Tour de Kingston/Ulster. 50/25/16/10M. Dietz Stadium, Kingston. tourdekingston.com.
- Mount Greylock Bike Ride. 40M. Call for meeting time & place. Don Berens: 783-1302. adk-albany.org.
- Hunter-Greene Summer Classic/NYS Road Race Championship. Hunter. 275-6185. bikereg.com.

JULY

- Pinnacle Time Trial #2. 3.9M. 6:30pm. New Salem Firehouse, Voorheesville. cbrc.cc.
- 13th NY Capital Region Road Race. 43-83M. 10:30am. Ravena-Coeymans-Selkirk HS, Ravena. cbrc.cc.
- 12-13 Saratoga 12/24 Bicycle Race. 12 & 24 hours. Saratoga Springs. John Ceceri: 583-3708. adkultracycling.com.
- CVPH Mayor's Cup Bike Ride. 70M: 8:30am. 50M: 9am. 20M: 9:30am. CVPH Medical Center, Plattsburgh. 562-7169. cvph.org.
- 13-20 Cycling the Erie Canal. 400M. 8am. Buffalo to Albany. Rohan Parikh: 434-1583. ptny.org/canaltour.
- Dry Dock 100M. 8:30am. Dry Dock Lounge, Plattsburgh. 726-0231. bikereg.com.
- 29-8/3 Cycling the Hudson Valley. 200M. 8am. Hudson to NYC. Rohan Parikh: 434-1583 ptny.org/hudsontour.

AUGUST

- Gear Up for Lyme: Mt Equinox Uphill Bike Climb. 5.4M. 8am. Skyline Dr, Manchester, VT. gearupforlyme.com.
- 7th Tour of the Catskills. TT, criterium, road races. Tannersville/Windham. tourofthecatskills.com.
- ADK's ididaride: Adirondack Bike Tour! 75M/20M. Ski Bowl Park, North Creek. Adirondack Mtn Club: 800-395-8080. adk.org.
- $\textbf{14th Pat Stratton Memorial Century Ride.} \ 25/50/100M.$ 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.
- $\textbf{Saratoga Century Weekend.}\ 100M/62.5M/50M/25M.$ Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- Rensselaer Cycling Festival featuring the Team Jamis - Hagens Berman Gran Fondo. Ride with the pros. 84M/55M/25M/8M & kids' rides. Rensselaerville. rensselaervillecycling.com.

HEALTH & FITNESS ONGOING

Mo-Sa Rock Your Fitness Classes: TRX, cardio, weights. 6/9-7/18. 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.





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More info: CenterforPreventiveMedicine.com and NorthCountryAcupuncture.com

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



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

SARATOGA 12/24 JULY 12TH, 2014

SARATOGA SPRINGS, NY

THE NORTHEAST'S LEADING 24 HOUR RAGE

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Chamber of Commerce/Office of Iourism, Routes 30 & 8, Box 184, Speculator, NY At the crossroads of two Scenic Byways

518-548-4521 • speculatorchamber.com

SPECULAT R REGION

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

HIKING & ROCK CLIMBING

ΜΔΥ

- 30-6/1 Spring Outing: Biking, paddling, hiking. Cazenovia College, Cazenovia. ADK-Onondaga Chapter. Ken Kaufman: 315-685-5990. adk-on.org.
- 31 Haystack & Marcy Mtn Hike. 18M. Heart Lake, Lake Placid. Bob Scaife: 439-7322. adk-albany.org.

JUNE

- 7 National Trails Day. 8:30am. Trail work & BBQ lunch. Horseshoe I Pavillion, Thacher Park, Voorheesville. Jim Schaller: 861-7452. adk-albany.org.
- 7 National Trails Day & BBQ. 9am-12pm. Grafton Lakes SP, Grafton. Reserve: 279-1155.
- 7-8 National Trails Day & Northville-Placid Trail Festival. Waterfront Park, Northville. Adirondack Mtn Club: 523-3441. adk.org.
- 7-8 Leave No Trace Trainer. Adirondack Mtn Club, Lake Placid. 523-3441. adk.org.
- 14 Wright Peak Hike. 7M. Adk Loj, Lake Placid. Robert Priest: 489-7472. adk-albany.org.
- 18 Esther Mtn 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.
- 21 Cliff & Redfield Hike. 17.5M. Upper Works Trailhead. Tim Kase: 766-4264. adk-albany.org.
- 22 Wilson Pond Hike. 5.8M. 8am. Exit 9 Park & Ride, Clifton Park. John Sheehan: 674-8121. adk-albany.org.
- **27-29 Trailless Backpacking: Cliff & Redfield.** 10am. Adk Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 28 Street & Nye Mtn Hike. 9M. 7am. Adk Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 29 Mt Marshall Hike. 17M. 7am. Adk Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- **30 Seymour Mtn Hike**. 14.4M. 7:30am. Coreys. Adirondack Mtn Club: 523-3441. adk.org.

JULY

- **4-6 Trailless Backpacking: Seward Range**. Adirondack Mtn Club: 523-3441. adk.org.
- 5 Hike-A-Thon. Nine sites around Lake George. Lake George Land Conservancy. Sarah Hoffman: 644-9673. lakegeorgehikeathon.org.
- **Tabletop Hike**. 9.8M. Adirondack Mtn Club: 523-3441. adk.org.
- 11-13 Beginner Backpacking. Camping, safety, map-reading.
 Adirondack Mtn Club: 523-3441. adk.org.
 14 Macomb, South & East Dix Hikes. 12.3M. Adirondack Mtn
- Club: 523-3441. adk.org.

 18-20 Trailless Backpacking: Santanoni Range. Adirondack Mtn
 Club: 523-3441. adk.org.
- **19-23 Leave No Trace Master Educator Course.** Adirondack Mtn Club: 523-3441. adk.org.
- 21 Mt Marshall Hike. 17M. 7am. Adk Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 26 Esther Mtn Hike. 6.6M. 8:30am. Candyman Shop,
 Wilmington. Adirondack Mtn Club: 523-3441. adk.org.
 19 Five Mile Mountain Hike. 7M. Tongue Mtn Range.
- Martha Waldman: 869-5109. adk-albany.org.

 26 Lake Ramble: Lily, Round, Duck, Buttermilk Ponds Hike.
- 7.5M. Kathy Sheppard: 765-2657. adk-albany.org.
 Street & Nye Mtn Hike. 9M. 7am. Adk Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

28-31 Johns Brook Valley Teen Adventure. Ages 14-17. Adirondack Mtn Club: 523-3441. adk.org.

AUGUST

2-3 Leave No Trace Trainer. Backpacking. Adirondack Mtn Club: 523-3441. adk.org.

MOUNTAIN BIKING

ONGOING

Daily Mohawk-Hudson Cycling Club. 300 rides per year for all ability levels. Capital-Saratoga Region. Ride schedule: mohawkhudsoncyclingclub.org.

MAY

- 25 Dryer Road MTB Time Trial. 4-5M 10am. Dryer Road Park, Victor. 585-381-3080. parkavebike.com.
- 28 Daniels Road State Forest: DEC Meet & Greet. 6pm. Community Room, Saratoga Eagle, Saratoga Springs. saratogamtb.org.

JUNE

- Williams Lake MTB Race. 5M singletrack. Rosendale. nysmtbseries.com.
- 13-15 Empire State Mountain Unicycle Festival. Beebe Hill SF, Austerlitz. bindlestiff.org/manifest.
- 14 19th Black Fly Challenge Adk MTB Race. 40M. 10:30am. Inlet to Indian Lake. blackflychallenge.com.
- 14-15 Round Top Mountain Bike Festival. Riedlebauer Resort, Round Top. bikereg.com.
- 15 Capital District Endurance MTB Race. 10am. Central Park, Schenectady. hrrtonline.com.
- Wilmington Whiteface 100K/50K Cross-Country MTB Race.
 7am. Leadville qualifier. Whiteface Mountain, Wilmington.
 303-330-6770. leadvilleraceseries.com.
- 28 Wildcat 100M/100K MTB Race. 6:45am. Lippman Park, Warwarsing. wildcatepicevents.com.
- 29 Singled Out in Central Single Speed MTB Race. 5M+. 10am. Central Park, Schenectady. hrrtonline.com.

JULY

27 Eastern States Cup "Test Your Glory" World Cup DH Preview Race. 1M. 12:30pm. Windham Mtn, Windham. racewindham.com.

AUGUST

- 7-10 UCI Windham Mountain Bike World Cup. Race the World & Festival for Everyone. Windham. racewindham.com.
- 9 Churney Gurney MTB Race. 4-12M. Gurney Lane, Queensbury. 796-5908. underthewoodsfoundation.org.
- 30-31 ADK 80K Trail Run & MTB/Cyclocross Races. 8am. Sat: Trail Run. Sun: MTB/Cyclocross. Mt. Van Hoevenberg, Lake Placid. 524-9805. highpeakscyclery.com.

MOUNTAINEERING & WILDERNESS SKILLS MAY

- 18 Lost in the Woods! Wilderness Survival & Navigation Basics. Adults/teens. 9am-4:30pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 24-25 Wilderness First Aid Course (SOLO Certified)/Recert. Adults/ teens. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

JUNE

- 7-8 Wilderness First Aid Course (SOLO Certified)/Recert. Adults/teens. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 15 Father's Day Family Wilderness Adventure. Ages 6+. 1-4:30pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

Wilmington-Whiteface Race Weekend

1ST ANNUAL

Wilmington Circuit Race Saturday, May 31

7TH ANNUAL

Wilmington-Whiteface Road Race Sunday, June 1

Town Youth Park, Wilmington

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

Preregister on

■BikeReg.com

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

Info: **TeamPlacidPlanet.org** Questions: jameslwalker3@yahoo.com

Presented by





Sunday, July 13 CVPH Medical Center 75 Beekman St, Plattsburgh

70M 8:30am • 50M 9am • 20M 9:30amFirst 150 preregistered receive T-shirt
Rest stops, SAG support & post ride BBQ
Fee: \$40 by 7/7 - \$45 after

Register/Info: (518) 562-7169 www.cvph.org/Foundation

Funds benefit Foundation of CVPH Travel Fund



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29TH ANNUAL Piseco Lake Triathlon Saturday, July 19 • 9am Piseco Airport, Piseco

0.5M Swim, 11.5M Bike, 3M Run Individuals or 2-3 Person Teams

Professional timing & register online! www.speculatorchamber.com Entry fee: \$50

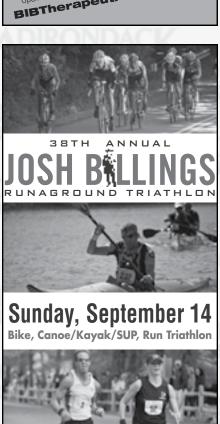
Adirondacks Speculator Region Chamber of Commerce More info: (518) 548-4521



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

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





Team & Iron Categories 27 mile bike • 5 mile paddle • 6 mile run active.com bikereg.com joshbillings.com

16-20, 23-26 Wilderness First Aid Course (SOLO Certified). Adults/ teens. 8am-5pm. Ndakinna, Greenfield Center. 378-5623. adkwildmed.com.

JULY

- 12-13 Wilderness First Aid Course (SOLO Certified)/WFR Resert. Adult/teen. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 14-18, 21-15, 28-8/1 Kid's Wilderness & Storytelling Camp. Ages 6-8. 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- **21-15, 21-25, 28-8/1 Wilderness Adventure Day Camp.** Ages 9-11, 11-14. 9am-4pm. Ndakinna, Greenfield Center. 583-9958.
- ${\bf 26\text{-}27\ \ Wilderness\ First\ Aid\ Course\ (SOLO\ Certified)/WFR\ Resert.}$ Adult/teen. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

AUGUST

- **Ir Pathfinders Wilderness Training.** Ages 10-12. 4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- Pathfinders Wilderness Training & Adirondack Canoe Trip. Ages 12-16. Ndakinna, Greenfield Center. 583-9958.
- 12-15 Martial Arts & Wilderness Camp. Ages 8-12. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 18-22, 25-28 Wilderness First Aid Course (SOLO Certified). Adults/ teens. 8am-5pm. Ndakinna, Greenfield Center. 378-5623. adkwildmed.com.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- 6/23-8/11 31st High Peaks Cyclery Mini-Triathlon Series. 6pm. 400yd swim, 12M bike, 3M run. Mirror Lake beach, Lake Placid. HPC: 523-3764. highpeakscyclery.com.
- CDTC Crystal Lake Training Series: 6/3-8/25. Crystal Lake, Averill Park. cdtriclub.org.
- SkyHigh Sprint Tri Series: 6/19-7/24. 0.25M 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.

MAY

- 10th Saratoga Lions Duathlon. 5K run, 30K bike, 5K run. 8am. Casino & Raceway, Saratoga Springs. saratogalions.com.
- Cooperstown Sprint Triathlon. 0.5M swim, 12M bike, 5K run. Lakefront Park, Cooperstown. 315-404-8130. atcendurance.com.
- Unleash Your Beast Triathlon Clinic. 9am-4pm. Lake Placid ES, Lake Placid. 523-4128. unleashthebeast.org.
- 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.ymca.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.
- Race to the Battle: 3.52M trail run & 2M kayak. 8am. Gillard Park, Willsboro. townofwillsboro.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 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. 0.5M swim, 10M bike, 3M $run.\ Sleepy \ Hollow.\ wch. sleepy hollow tri.lls event. org.$

JULY

- 11-13 Musselman Triathlon Half-Iron & Sprint Races. 7am. Seneca Lake SP, Geneva. 315-585-6086. musselmantri.com.
- XTERRA Garnet Hill Off-Road Triathlon. 1K swim, 30K bike, 10K run. Garnet Hill Lodge, North River. adkracememt.com.
- 14th Pine Bush Triathlon. 325yd swim, 11.5M bike, 3.25M run. Albany to Guilderland. cdymca.org.
- **Shale Hill Tri-Obstaclon.** Sprint, Power or Elite distances. 8:30am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- 29th Piseco Lake Triathlon. 9am. 0.5M swim, 11.5M bike, 3M run. Piseco Lake. 548-4521. speculatorchamber.com.
- 29th Peck's Lake Triathlon: 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
- SkyHigh XTERRA Off-Road & Kids Triathlon. XTerra: 7am. Kids Tri: 11am. Grafton Lakes SP, Grafton. skyhighadventures.com.
- Pedal & Plod. 4M run, 22M bike. 8:30am. Center St, Adams, MA, 413-344-3968, runwmac.com.
- Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. Lake Placid, ironman.com.

AUGUST

- 8th Fronhofer Tool Triathlon. Olympic: Solo, partner, relay. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.
- 5th Peck's Lake Challenge Sprint Triathlon: .5M swim, 9M bike, 3M run. Peck's Lake, Gloversville. 725-0641. Fultonmontgomervnv.org.
- Iron Girl Sprint Triathlon: 600m swim, 30K bike, 5K run. 7am. Oneida Shores Park, Syracuse. irongirl.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.
- North Face Race to the Top of Vermont. Run, hike, bike. 9am. Stowe Mountain Resort, Stowe, VT. 802-864-5794. rtttovt.com.
- Lake George Triathlon. Olympic distance. Kids Splash & Dash: 8/30. Lake George. adkracemgmt.com.
- BIG George Triathlon, Half iron distance, King George (Olympic & Half): 8/30-31. Lake George. adkracememt.com.

SEPTEMBER

- 38th Josh Billings RunAground Triathlon. 27M bike, 5M paddle, 6M run. 9:30am. Teams/Ironperson. Great Barrington to Lenox, MA. 413-344-7919. joshbillings.com.
- 13-14 HITS Hunter Mountain Triathlon. Sat: Full/Half. Sun: Olympic/Sprint/Open. Hunter. 845-247-7275. hitstriathlonseries.com.

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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 TriathlonSunday, 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

NORDIC: BIATHLON & ORIENTEERING

Grafton Lakes Meet. 10am. Shaver Pond Center, Grafton Lakes SP, Grafton. empo.us.orienteering.org.

JUNE

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

JULY

19-20 Rogaine XXIV Meet. Edwards. cnyo.us.orienteering.org.

OTHER EVENTS

MAY

- 24-27 Family Weekend. Hiking, canoeing, crafts. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 30-6/1 Women's Weekend. Hiking, canoeing, crafts. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org. JULY
- 14-19 HURT Nordic Ski Camp. Ages 15-18. Camp Meadowbrook, Queensbury. hurtnordicskiing.com.

AUGUST

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

PADDLING: CANOE, KAYAK & SUP

ONGOING

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

MAY

- Kayaking for Dummies. 6:30pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 21, 23 Fundamentals of Kayaking. 6:30pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 23-26 51st General Clinton Canoe Regatta. 5-70M on Susquehanna. Otsego Lake, Cooperstown to Bainbridge. canoeregatta.org.
- Intro to Moving Water. 6:30pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Hoosic River Whitewater Paddle. 10M. North Adams, MA to Pownal, VT. Rich Macha: 346-3180. adk-albany.org.
- Evening Tour on Mohawk River. 6:15pm. Lock 7, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Kayaking for Dummies. 6:30pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

JUNE

- Paddle Schodack Creek. 5M+. 8am. Elm Ave Park & Ride, Delmar. Bill Valentino: 439-9686. adk-albany.org.
- Evening Paddle on the Hudson. 6:15pm. Henry Hudson Park, Bethlehem. Tom McGuire: 391-0508. adk-albany.org.
- Fundamentals of Kayaking. 6:30pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Canoe/Kayak Race & Recreational Paddle. 10am. Overlook Park, Queensbury. Feeder Canal Alliance: 792-5363. feedercanal.org
- $\textbf{Evening Paddle on the Mohawk.} \, 6:15 pm. \, Lions \, Park/RR$ Station Park, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

- Fundamentals of Canoeing. 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 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. 15 Saranac Recreation Area, Saranac. 891-0515. nymcra.org.
- Kayaking for Dummies. 6:30pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Kayak Rescue & Recovery. 6:30-8pm. Lock 7 Boat Launch, 20 Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180, onewithwater.com.
- 20-22 Adirondack SUP Festival. Races, SUP demos & sales, onwater clinics, industry reps, SUP fitness & yoga, pooch race, guided tours, more. Saranac Lake. Adk Lakes & Trails Outfitters: 800-491-0414. adirondacksupfestival.com.
- 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.

JULY

- $Adult\ Summer\ Learn-to-Row\ Program.\ 5:30pm.\ Aqueduct$ Boathouse, Niskayuna. 383-7745. aqueductrowingclub.com.
- Schroon Lake River Paddle. 12M. Rich Macha: 346-3180. adk-albany.org.
- Dragons Alive Dragon Boat Festival. 9am. Mohawk Valley Marine, Alplaus. 429-4908. dragonsalive.org.

AUGUST

Remington II. 6M. 10am. Rensselaer Falls to Heuvelton. slvpaddlers.org.

RUNNING, TRAIL RUNNING & WALKING ONGOING

- 6/23-8/15 Outliers Summer Running Club. Grades 7-12: 6/23-8/15. Grades 3-6: 6/30-8/1. Clifton Common, Clifton Park. 791-1063. outliersrunningclub.com.
- 6th ARE Spring Trail Run Series: 4/7-6/2. 3.5M. 6pm. Mon Tawasentha Park, Guilderland. runalbany.com.
- AdiRUNdack Trail Series: 5/6-27. 5K/20K Challenge. 6pm. Cole's Woods, Glens Falls. adirondackrunners.org.
- Summer Track Series: 6/24, 7/8, 15, 22, 29. 6pm. Colonie HS, Colonie, hmrrc.com.

MAY

- We Run the Capital. 6pm. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.
- 4th Survive the Farm 5K Challenge. 5K trail run. 10am/11am/12pm. Easton. Ed Johnson: 791-7856. survivethefarm.com.
- We Run the Capital. 9am. Fleet Feet Albany, Albany. 24 459-3338. fleetfeetalbany.com.
- 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.
- Jenkins Mountain Scramble. Half marathon, 10K, 5K Walk, 1K run run. 9am. Paul Smiths College VIC, Paul Smiths. 327-6241. paulsmiths.edu.
- 26th Vermont City Marathon & Relay. 26.2M. 8am. Burlington, VT. vermontcitymarathon.org.
- Memorial Day Marathon & Half Races, Berkshires 10K & 5K & 15K Trail Race. Tanglewood Center, Lenox, MA. memorialdaymarathon.com.

SARATOGA LIONS DUATHLON



Du-It for Sight and Hearing Sunday, May 25 at 8 am Saratoga Časino and Raceway, Saratoga Springs

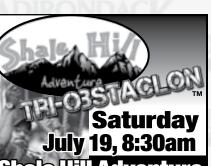
5k Run, 30k Bike, 5k Run - Individuals & Teams Race Information and Online Registration:

www.saratogalions.com

Guaranteed Shirts to First 300 Registrants Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club







Shale Hill Adventure 517 Lake Rd, Benson, VT

If you're looking for the next incredible adrenalin rush, try the TRI-OBSTACLON! Combining Mountain Biking, Swimming and Obstacle Racing into one killer event! Taking traditional triathlon to the next level and we want YOU to be the first to try it!

SPRINT – Bike 6M to Lake Champlain, swim 300yds, bike 6M back, run 5K obstacle course

POWER – Bike 6M to the lake, swim 300yds, bike 6M back, run 10K obstacle course

ELITE – Bike 6M to the lake, swim 600yds, bike 6M back, finish with 20K obstacle course

Register & Details: ShaleHillAdventure.com
10% off registration code:
ORTC10FORSH
(802) 537-3561 or shalehilladventure@aol.com

Peck's Lake Challenge Sprint Triathlon

Saturday, August 2 • 8:30am Peck's Lake, Gloversville

1/2-mile swim • 9-mile bike • 3-mile run \$50 entry • Registration closes 7/30 Solo or 2-3 person teams • Limited to 175

Entry Form: fultonmontgomeryny.org Info: (518) 725-0641

Fulton County Tourism & PLPA

Summer Running Club Grades 7-12 (8 weeks): Jun 23-Aug 15

Grades 3-6 (5 weeks): Jun 30-Aug 1 **Clifton Commons, Clifton Park** Coaches: Rob Cloutier, Shen girls track/XC head coach;

Lance Jordan, Shen varsity boys XC/track coach; Keith Jordan, Shen XC/track coach Students from all area schools welcome

Outliers race singlet, USATF membership, 5K race entry fee, training log, distance/tempo/hill training, plyometric/core training, race strategy

OutliersRunningClub.com 518-791-1063 • outliersrunningclub@yahoo.com

CRYSTAL LAKE

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



Crystal Cove 38 Old Rte 66, Averill Park Saturday, August 16, 8am

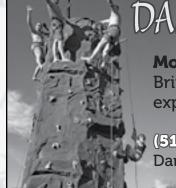
Limited to 300 racers and fills fast! Open to Individuals and Teams

Register early for best price Register & Info: Cdtriclub.org Battle of the Boquet Downtown Celebration Race to the Battle 3.52-Mile Trail Run & 2M Kayak Race on Boquet River Saturday June 14, 8ám Historic Downtown Willsboro Run: Gilliland Park to Noblewood Park

Paddle: Noblewood Park to Gilliland Park

Register: townofwillsboro.com

Day of Registration: Willsboro Bandstand



DAMIEN'S ROCK WALL

Mobile Rock Climbing Wall Rental Bring exciting, safe climbing experiences to your events

(518) 428-6020 • RockSolidFun.com Damien Cetnar • Scotia, NY

5K Run/Walk & 1-Mile Beaver Dam Short Course

Saturday, July 12 • 8am 203 Lake Tour Rd, Lake Luzerne

Join us in support of Luzerne Music Center's Scholarship Fund! Enjoy performances from our talented students throughout the course as it circles beautiful Lake Luzerne. Light breakfast will be served immediately following the race.

First 100 registered receive T-shirt & goodie bag

Info/Register: luzernemusic.org (518) 696-2771 events@luzernemusic.org

To benefit Luzerne Music Center's Scholarship Fund



Join 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

Montcalm Mile

The Fastest Mile in the North

July 4, Ticonderoga, NY \$2,300 in cash prizes

For information Email fherbst@nycap.rr.com or visit www.lachute.us The race will start at 1:45 p.m. Chip timing. \$500 first place men and women.

Course Records: Men 3:54, Women 4:41 Enter at active.com or www.lachute.us





kinderhookok5krace@gmail.com



Keene Valley, NY

11.5 mile 3200 ft. vertical mountain run 3.2 mile Baxter Mountain fun run

• Music • Prizes • Raffles • Food & Good Cheer

patagonia 🗼 www.mountaineer.com



Box 66, Rte. 73 • Keene Valley, NY 12943 • Tel: (518) 576-2281 REGISTRATION LIMITED: Preregistration Strongly Sugg

- Sprint for Soliders 5K & 10K. 9am. Corning Preserve, Albany.
- 26 Memorial Day Mile. 1M Race & Community Walk. 9:40am. 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.
- We Run the Capital. 6pm. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.
- We Run the Capital. 9am. Fleet Feet Albany, Albany. 31 459-3338. fleetfeetalbany.com.
- 31 36th Freihofer's Run for Women. 5K: 9:45am. Kids Run: 11am. Junior 3K: 11:30am. Empire State Plaza, Albany. 273-5552. freihofersrun.com.
- 31 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. 31 9am. Slate Valley Museum, Granville. railtrailtothefootbridge5k.com.
- Emma's 5K Run. 9am. Kids Run: 8:30am. Waldorf School, 31 Saratoga Springs. 339-3999. waldorfsaratoga.org.
- 5th Burgher Dash 5K. 9am. Warrensburg ES, Warrensburg. 623-9747. wcsd.org.
- 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.
- 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. JoAnn & Nancy 5K Race for Early Detection. 10am. Central Park, Schenectady. joannandnancy5krun.com.
- 3 Acupuncture Info for Runners. 6:30pm. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.
- 16th Kinderhook Bank OK-5K Race & OK 1M Run. 9am. Village Square, Kinderhook. ok5krace.org.
- Tuff eNuff Obstacle Course Challenge. 2.5M. Wave starts. BOCES Campus, Saratoga Springs. 581-1230. preventioncouncil.org.
- 10th Lexington 5K. 9am. Triple Crown Race #3. Lexington, Perry Street, Johnstown. 725-4545. 5ktriplecrown.racewire.com.
- Glens Falls Urban Assault. 3.5M obstacle run. 5pm. Downtown Glens Falls. adkracemgmt.com.
- West River Trail Run 11 Miles of Trouble. 9am. South Londonderry, VT. 802-824-4200. the collaborative.us.
- 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.
- 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.
- The Run for Help 5K Run/Walk Against Domestic Violence. 10am. Goff Middle School, East Greenbush. unityhousenv.org.
- 43rd Distinguished Service Race 8 Mile. 9am. University at Albany, Albany. Mark Warner: 464-5698. hmrrc.com.
- 5K for Kidneys Walk. 9am. University at Albany, Albany. 533-7880. healthykidneys.org.

- Dance Museum 5K. 8am. National Museum of Dance, Saratoga Springs. 584-2225. dancemuseum.org.
- 7th Pride 5K. 9am. Washington Park, Albany. 462-6138. capitalpridecenter.org.
- Anatomy of Running Mechanics. 6:30pm. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.
- 12 Route 50 Mile. 1M. 6:30pm. Burnt Hills. 399-4624.
- 2nd Strawberry Fest 5K Run. 9am. Upper Union Street, Schenectady. e4poverty.org/Schenectady/events.
- 4th Run for the Rhubarb 5K Race & 1M Kids Fun Run. 9am. Mountain Road School, New Lebanon. 784-8520. mountainroadschool.org.
- Whipple City 5K & 1K Kids Fun Run. 8:30am. Greenwich Middle School, Greenwich. 692-3311. greenwichchamber.org.
- 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.
- Tri-City Valley Cats Home Run 5K. 9am. HVCC Campus, Troy. 456-3682. hmrrc.com.
- Race The Lake Marathon & 13.8M Race. 8am. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
- Kick It For Kashius 5K. 10:30am. South Pavilion, Crossings, Colonie. kickitforkashius.org.
- Patriot's Run 5K & 10K. 9am. Griffiss Bus & Tech Park, Rome.
- Vegan Power 50K Trail Race. 7am. Pittsfield SF, Pittsfield, MA. veganpowerultra.com.
- 19th Lions Ramble. 5:30pm. Haslett Park, Fort Plain. 568-7509. cnyrunning.com.
- Long Lake Running From The Flies 5K. John Dillon Park, Long Lake, mylonglake.com.
- 15 31st Mule Haul 5M Road Race. 9am. Firehouse, Fort Hunter. fmrrc.org.
- 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.
- Summer Track Series. 6pm. Colonie HS, Colonie. 17 Frank Myers: 783-2760. hmrrc.com.
- Selective Functional Movement Assessment. 6:30pm. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.
- Glow for a Run. 5K. 8:30pm. Great Escape, Lake George. 792-3500. sixflags.com.
- 5th Strides 4 STRIDE 5K Run & 2.5M Walk N Roll. 5K: 9am. 2.5K Walk: 10am. Tot Run: 10:45am. Albany Riverfront Park, Corning Preserve, Albany. 598-1279. stride.org.
- Benson Bear Obstacle Course Race Series #1.5K beginner/intermediate course. 10K Elite/Pro. 9am. Shale Hill Adventure, Benson, VT, 802-537-3561. shalehilladventure.com.
- Run into Summer 5K. 9am. East Greenbush. egpopwarner.com.
- 38th Adirondack Distance Run. 10M. 7:30am. Lake George to Bolton Landing. 792-7396. adirondackrunners.org.
- 22 NYC 5-Borough Series: 10K Queens. 8am. Corona Park, Flushing Meadows, NYC. nyrr.org.
- George Coope Race. 5K, 10K, Kids Fun Run, 1M Walk. 8:30am. Adams Visitors Center, Adams, MA. 413-743-8320. celebrateadams.com.
- Camp Saratoga 5K Trail Run Race #1. 6-7pm. Wilton Wildlife Preserve, Wilton. saratogastryders.org.
- Summer Track Series. 6pm. Colonie HS, Colonie. Frank Myers: 783-2760. hmrrc.com.



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

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, Mechanicville

T-Shirt to first 300 entrants & refreshments 20 entry – Must be received by Tue, 5/28Flat, residential TAC sanctioned course Group Challenge for biz/orgs in run/walk

> Entry: ConnorsGroup.com More Info: (518) 664-7307

17th Annual

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



Whipple City 5KRun Walk for Kids

Saturday, June 14, 8:30am **Greenwich Middle School** Gray Ave, Greenwich, NY

\$25 by 6/11 or \$30 race day Dri-Fit T-shirts to first 250 registered Kids' 1K Fun Run after race

Stay for 22nd annual Whipple City Festival with music, food, exhibits & crafters Entry/Info: GreenwichChamber.org

Register online by 6/11: FinishRight.com Barbara Hamel: (518) 692-3311 Benefits Greenwich Chamber & Scholarship Fund



A one-of-a-kind event!

18.12 Mile and 13.1 Mile Road Races

Starting in Watertown, NY and ending on historic 1812 Battlefield in Sackets Harbor, NY – overlooking spectacular Lake Ontario Race T-shirts and medals for finishers and \$1812 in cash awards

More Info: 1812challenge.com • Register at active.com • Limited to 812 runners

- High Peaks Cyclery Trail Run & Mtn Bike Evening. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.
- Hudson Highlands 100K Trail Race. 4am. Ramapo-Dunderberg Trail, Tuxedo. hh100k.wordpress.com.
- Downing Dash to Digital 5K Run/Walk. 8:30am. Downing Film Center, Newburgh. 845-534-3182. downingfilmcenter.com.
- 3rd Huntington Race 4 Sundaes. 5K, 10K, 1M fun run. 8:30am. Community Church, Huntington, VT. 802-434-3987. huntingtonrace4sundaes.weebly.com
- 4th Michael Cerroni Memorial 5K Run/Walk. 9am. Maple Street Park, Black River. michaelcerroni5k.com.

JULY

- 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.
- Montcalm Mile. 1M the fastest mile in the north. 1:45pm. Ticonderoga. 585-9871. lachute.us.
- Finger Lakes Fifties Trail Runs. 25K, 50K, 50M. 6:30am. Finger Lakes Forest, Hector. 607-564-1804. fl50sultraz.
- Independence Day Star Spangled Trail Marathon, Half, 10K, 5K Walk & 1K fun run. 8am. Paul Smiths College VIC, Paul Smiths. 327-6241. paulsmiths.edu.
- HMRRC Two-Person Relay. 6:15pm. Colonie HS Track, Colonie. hmrrc.com.
- Move it for the Music 5K Run/Walk. 8am. Luzerne Music Center, Lake Luzerne. 696-2771. luzernemusic.org.
- Glenville & Schenectady YMCA 5K. 8:30am. Freedom Park, Scotia. 399-8118. cdymca.org.
- Saratoga Springs Strong to Serve Half Marathon & 5K. 7:30am. Saratoga Spa SP, Saratoga Springs. 603-429-8879. saratogaspringshm.com.
- Boilermaker 15K & 5K Races. 15K: 8am. 5K: 7:15am. Utica. boilermaker.com
- 41st HMRRC Hour Run. 6:15pm. Colonie HS Track, Colonie. hmrrc.com.
- Silks & Satins 5K Road Race. 8am. Fasig Tipton, East Ave, Saratoga Springs. Special Olympics New York: 388-0790.
- Footrace at the Falls 5K. 10am. Bicentennial Park, Ticonderoga. lachute.us.
- Run the Ridge 5K Mud Run & Obstacle Course. Maple Ski Ridge, Schenectady. 381-4700. runtheridge.net.
- 19-20 Vermont 100 Endurance Run. 100M/100K. South Woodstock, VT. vermont100.com.
- Dippikill Froggy Five Miler. 9am. Dippikill Wilderness Retreat, Warrensburg. 320-8648. areep.com.
- Forest Frolic7K/15K Trail Run. 9am. Virgil State Forest, Virgil.
- 38th HMRRC Pentathlon. 6:15pm. Colonie HS Track, Colonie. 221-3829. hmrrc.com.
- 13th Turning Point 5K & Kids Fun Run. 9am. Hudson Crossing Park, Schuylerville. 222-0166. finishright.com.
- Biggest Loser Run/Walk Half Marathon & 5K. 9am. K-1 Lodge, Killington Ski Resort, Killington, VT. 815-464-1265. biggestloserrunwalk.com.

AUGUST

- 36th Dynamic Duo Pursuit Race. 8:30am. Colonie Town Park, Colonie. 869-9333. hmrrc.com.
- 12th Race the Train. 8am: Train ride. 9am: 8.4M. North Creek Depot, North Creek. 251-0107. adirondackrunners.org.

- Benson Bear Obstacle Course Race Series #2. 5K beginner/intermediate course. 10K Elite/Pro. 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- Vino & the Beasts 5K Vineyard Obstacle Run. 2pm. Millbrook Vineyards & Winery, Millbrook. vinoandthebeasts.com.
- 20th Indian Ladder Trail Run 15K & 3.5 M. 9am. JB Thacher SP, Voorheesville. 439-5822. hmrrc.com.
- 36th Lane 10K Lake Run. 10am. Lake Pleasant to Speculator. 548-4521. speculatorchamber.com.
- 4th Schenectady ARC 5K. 6:30pm. Central Park, Schenectady. $372\hbox{-}1160.\ arcschenectady.org.$
- Camp Chingachgook Challenge Half Marathon & 10K. 8am. Half: Lake George ES, Lake George to Camp Chingachgook, Kattskill Bay. 826-52876. zippyreg.com.
- Festa 5K & Children's 1M Fun Run. 9:30am. 210 Princetown Road, Schenectady. 764-8078. lqprotterdam.org.
- Dash for Dana 5K & 1M Walk. 8:30am. Adams Visitors Center, Adams, MA. 413-743-8320. celebrateadams.com.
- Pre Fall Classic 5K & 2M Walk. 9am. Voorheesville HS, Voorheesville. 861-6350. vcsfoundation.com.
- 30-31 ADK 80K Trail Run & MTB/Cyclocross Races. 8am. Sat: Trail Run. Sun: MTB/Cyclocross. Mt. Van Hoevenberg, Lake Placid. 524-9805. highpeakscyclery.com.
- $\textbf{3rd 18.12 Challenge \& Half Marathon.}\ 18.12M/13.1M.$ Watertown to Sackets Harbor. 1812challenge.com.

SEPTEMBER

- 5th Malta 5K. 8:30am. HVCC Tech Smart, Malta. 472-4807. malta5K.com.
- Camp Challenge 5K Run. Double H Ranch, Lake Luzerne. doublehranch.org.
- Benson Bear Obstacle Course Race Series #3. 5K beginner/intermediate course. 10K Elite/Pro. 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- **35th Dunkin Run.** 5K/10K & 1/2M Kids Fun Run. 8:30am. Sidney Albert Albany Jewish Community Center, Albany. 438-6651. saajcc.org.
- The Saratoga Palio Half Marathon & 5K Run/Walk. 7:15am. Hampton Inn, Saratoga Springs. thesaratogapalio.com.
- 26-27 3rd Ragnar Relay Adirondacks. 200M. Regular, ultra & high school teams. Saratoga Springs to Lake Placid. ragnaradk.com.
- Helper's Fund 5K & 10K. 9:30am. Town Hall, Chestertown. adirondackmarathon.org.
- 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

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

SWIMMING

JUNE

Cortland Swimming & Diving Long Course Meet. 9am. Holsten Pool, SUNY Cortland. usms.org.

JULY

3rd Ithaca Long Course Meet. 10am. Ithaca College, Ithaca. usms.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.

Fire 🍀 cracker

4-Mile Road Race Friday, July 4 • 9am

Run Historic Saratoga Springs, NY USATF Certified & Chronotrack B tag timed

Saratoga Springs City Center

Entertainment along the course Freedom Hawk Band at the start/finish

\$25 by 7/2 or \$35 7/3 and race day Dry-fit shirts to all registered runners \$5000 in cash prizes 100s of medals & prizes

www.Firecracker4.com

Awards: Top 10 M/F overall, top 3 M/F 5-yr & top 3 M/F military and Fire/Police/EMS
USATF Adirondack Team Championship and Grand Prix event

New: Run-Your-Colors!

Team of runners show promotion of fitness with their shirts. Winning team earns \$1,000 donation to their charity of choice

Peter Goutos: pgoutos@casmithllc.com Bob Vanderminden: bobjr@telescopecasual.com Peter: 518-316-4445 • Bob: 518-744-5646







Albany Riverfront Park/Corning Preserve Registration 8am, Race at 9am Adults \$20, Youth \$15

Walk at 10am, Tot Run at 10:45am ith with special needs and Wounded Wa

Register online at www.stride.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

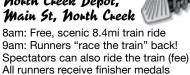
36TH ANNUAL .ane 10K Lake Run

Sunday, August 3 Lake Pleasant to Speculator

Registration: 9am at Speculator Ball Field Race Start: 10am

Scenic route follows south shore of Lake Pleasant Professional timing & register online: www.speculatorchamber.com or (518) 548-4521

Adirondack Speculator Region Chamber of Commerce PO Box 184, Speculator, NY 12164 Race the Train Saturday, August 2 Horth Creek Depot,



T-shirts to first 275 preregistered Post race fun run & food Register: Active.com

Application: AdirondackRunners.org Info: Tracy Watson (518) 251-0107

Proceeds benefit Johnsburg Dollars for Scholars

Adirondack Sports & Fitness

KAYAKING, CANOEING & SUP

By Russell Dunn

aratoga County, with its impressive variety of streams and bodies of water and its proximity to the Capital Region, is ideally positioned to provide outstanding paddling opportunities for kayakers, canoeists and standup paddleboarders. Centuries of Native American and European history spill over onto its waterways, leading paddlers not only to destinations, but back in time as well.

Here are two paddles that are sure to delight novice, intermediate and expert paddlers. It goes without saying that you should always wear a personal flotation device; carry an extra paddle (just in case); bring along a dry bag to hold such vital items as a cell phone, camera, sunscreen, water and food; venture out with a buddy or a group (made easier today by joining up with a paddling group like ADK or Capital District Kayakers); and remain close to the shore should you, by misfortune, capsize.

With that said, grab a paddle and let's go- **Ballston Lake** – Sure, we could talk about Saratoga Lake or Round Lake, but why not set out on a body of water that looks like a wide river and, as it turns out, actually was one in the distant past. This was when the Mohawk River was part of an earlier version, called the Iro-Mohawk River, which entered the Hudson River at Mechanicville.

The paddle begins on the outlet stream to Ballston Lake, near the lake's north end. Although you could follow the outlet downstream, it quickly dead ends at a swamp.

Instead, head south, immediately reaching the lake proper where a colorful sign that reads "Welcome to Ballston Lake" greets you. The new Villago Pizzeria & Ristorante (formerly Good Times) is passed at 0.4-mile.

At 0.8-mile Ballston Lake narrows appreciably to 100 yards, stays constricted for 0.4-mile, and then widens again for another 0.6-mile before contracting one last time at 1.7 miles. Up until now the lake has had a somewhat pristine feel to it. However, as Ballston Lake narrows one final time its entire character changes. Seasonal camps and year-round homes now line both sides of the waterway. The campy look that once characterized the lake years ago has given way to larger, modern homes overlooking its banks. This part of the trek is reminiscent of traveling down the Grand Canal in Venice (with a little imagination), minus the gondolas and ostentation.

At 3.5 miles you will reach the south end of the lake. A 50-acre amusement park, called Forest Park, once operated on the lake's southwest corner in 1904. The park developed during the train and trolley era, when people could jump onto public transport from the Tri Cities and get away for the day. There is nothing of it left to see now.

The return trip is best taken by following along the shoreline opposite the one you initially took. Doing so will ensure that you get to see everything in reverse, only from a new perspective.

Directions: From I-87 Northway Exit 11, take Round Lake Road west for 2.9 miles. At Lakeside Farms turn right onto Lake Road for 2.2 miles, and turn left onto Outlet Road for

a quarter-mile. You can park in the nearby lot after dropping off your watercraft.

Fish Creek – Saratoga Lake is host to two major rivers – its inlet stream, Kayaderosseras Creek, and its outlet stream, Fish Creek. In reality, the two are really one and the same, with Saratoga Lake the bubble in between. We'll focus on Fish Creek.

Fish Creek provides a wonderful opportunity for paddling, offering three points of access between Saratoga Lake and the Grangerville Dam: NYS Boat Launch next to the NY Route 9P bridge over Saratoga Lake; Mountainman Outdoors and Kayak Shak, roughly midway between the lake and dam; and Bryant Bridge, the entry closest to the Grangerville Dam. Any of these will get you onto the river with plenty of opportunities for paddling in either direction, allowing you to tailor the length of your paddle to your own particular requirements.

Fish Creek is great to paddle on because it is dammed, thus ensuring a fairly consistent water level. What's more, unlike most streams flowing out from lakes, Fish Creek stays deep, perhaps deepening as you paddle downstream, because of the Grangerville Dam that has backed the water up towards Saratoga Lake.

For this particular paddle, we will assume that you are setting in at Bryant's Bridge. On a summer weekend you will need to get there early because parking is very limited. Once on Fish Creek you will find that there is not a lot of congestion since boat traffic tends to congregate towards the Saratoga Lake end of the stream.

By proceeding downstream, in 2.3 miles you will come to the Grangerville Dam, named after Harvey Granger, a 19th century gristmill operator. It has also been called Winnie's Reef Dam. Stay away a safe distance, particularly during the spring when the hydraulics are at their worst. Paddlers may be interested to know that Fish Creek continues downstream from the dam, with several additional access points below. However, this is a much different section of the river with rapids, shallows, and potentially treacherous waters. It requires a different skill set than for flatwater paddling.

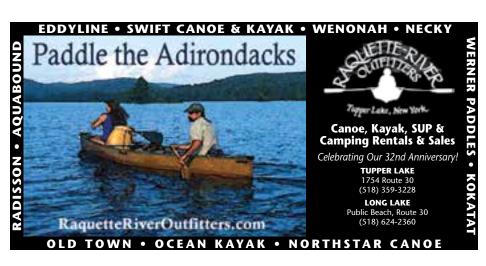
Should you proceed upstream from Bryant Bridge you will reach Mountainman Outdoors and Kayak Shak in 2.5 miles, and the NYS Boat Launch – and Saratoga Lake – at 4.5 miles.

Directions: The NYS Boat Launch is next to the NY Route 9P bridge at the north end of Saratoga Lake; Mountainman and Kayak Shak are on Stafford Bridge Road (CR 67), 2.5 miles south of NY Route 29; and Bryant Bridge Road and bridge, is off of Route 29, 6.2 miles east of Saratoga Springs.

Russell Dunn (bdelaney@nycap.rr.com) of Albany is author of Paddling the Quiet Waters of Mid-Eastern New York: Albany, Columbia, Greene, Rensselaer, Schenectady & Schoharie Counties (Troy Book Makers, 2014); A Kayaker's Guide to Lake George, the Saratoga Region & Great Sacandaga Lake; and A Kayaker's Guide to New York's Capital Region.



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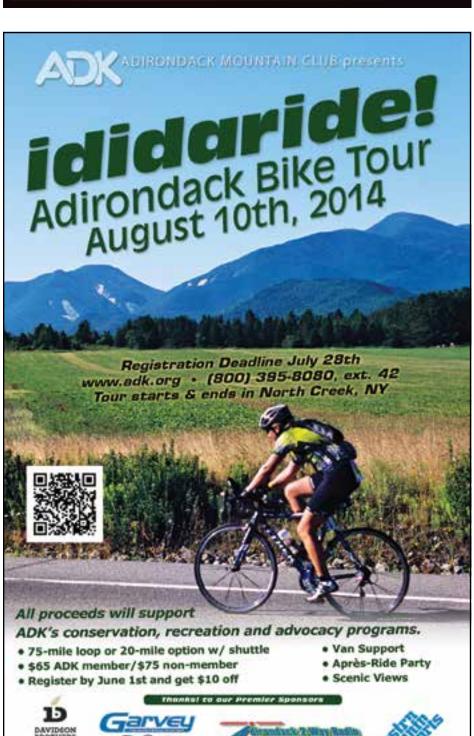
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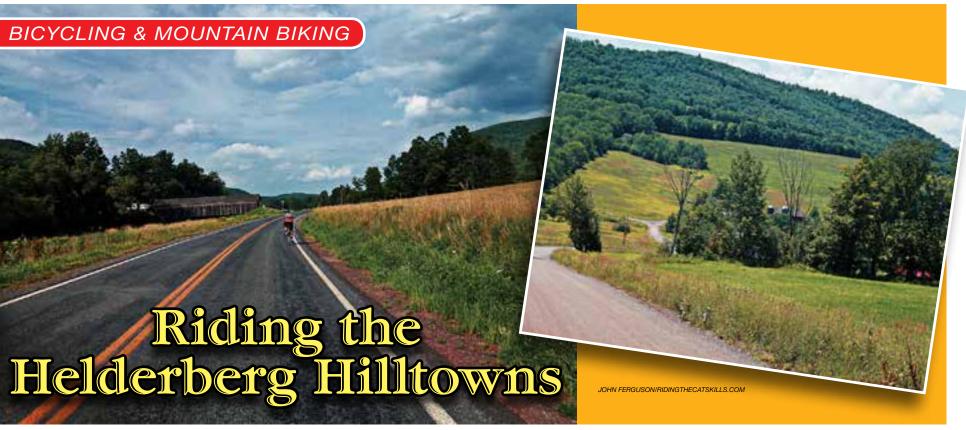
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By Tyler Wren

As a professional cyclist who has raced throughout the world, I consider my taste for riding routes to be refined. My wife and I decided to move to the Capital Region in 2012, and we eventually chose to settle in the little hamlet of Rensselaerville, located in southern Albany County in the Helderberg Hilltowns.

"The Helderberg Hilltowns" is a local term for the four towns – Rensselaerville, Berne, Knox and Westerlo – in the hills of western Albany County, above the Helderberg Escarpment, the northern most part of the Allegheny Plateau. "Below the hill" is another local term for the eastern half of Albany County, below the Helderberg Escarpment – this land is in the Hudson River Valley.

It was late November, 2012, when I began to explore our area by bike, and I was

astounded by what I found. Now that spring-time is bringing us warm temperatures and green surroundings, I want to tell you about the world-class cycling wonderland that we have here in our backyard for bikes and riders of all types. I will share some of my favorite routes, pass along some of the tips for riding in the area that I have learned, and invite you to ride with me down here at the end of the summer on September 28. I also have some advice to share on safe riding techniques in rural areas.

It is hard to miss the imposing escarpment towering above Altamont and New Salem, and it is also easy to avoid. Many Capital Region cyclists are familiar with the challenging climb up to Camp Pinnacle, and the mountain bike trails and scenic roads through Thacher State Park, but for me those landmarks designate the beginning of my favor-

ite cycling routes in the area. The riding up on top of the escarpment in the Helderberg Hilltowns is characterized by: (often brutally) steep climbs; winding and undulating dirt roads through state forests; beautiful historic villages; working and abandoned farms with gorgeous barns and old farmhouses; and expansive views of the Catskill, Taconic, Berkshire and Green mountain ranges. The area is full of history and wildlife, and also quite devoid of traffic and (word of warning) cellular service.

The large number of roads in the Helderberg Hilltowns means that much of the charm in training there comes from exploring new routes. Approaching unfamiliar intersections in the Hilltowns can be a bit of a game of roulette, and I have turned down many seemingly innocuous roads only to discover that they rise savagely. One rule of thumb I have

developed is to respect the road names that contain the word "hill," and to understand that they will contain a significant challenge. Many of you may know Cass Hill, rising sharply out of Clarksville, and if you enjoy that type of punishment, I can also recommend Sickle Hill, Irish Hill, Cole Hill, Cheese Hill and Edwards Hill.

If riding off-road is your preference, the Helderberg Hilltowns have much to explore on knobbier tires as well. If you take your mountain or cyclocross bike to Cole Hill State Forest or Partridge Run Wildlife Management Area, or to any of the snowmobile or mixed use trails, you probably won't see another rider all day. However, you will certainly be sharing the trail with deer, and you may also encounter horseback riders, large beavers, fishermen, weasels, porcupines, bears, and even bald eagles. During fall in the Hilltowns

See BICYCLING & MTN BIKING, 28









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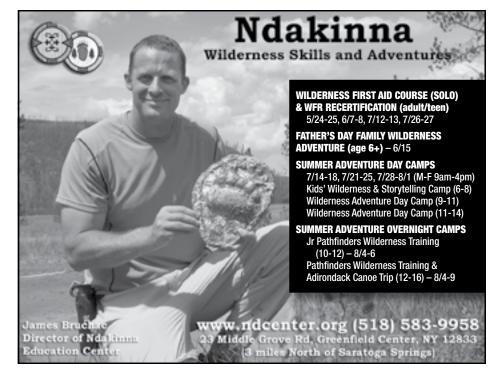
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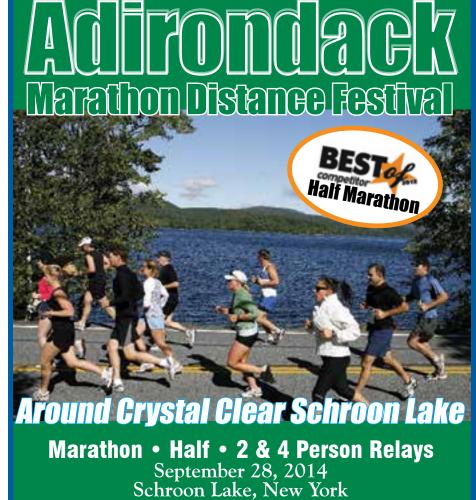












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ATHLETE PROFILE

An Accidental Athlete

By Jenna Caputo

udy Lynch was stuck in every parent's worst nightmare. Her daughter, Katie, was diagnosed with Acute Myeloid Leukemia, the most dangerous type of leukemia and a disease that generally hits people over 60 years old. Katie was 30. Treatments for this particular type of cancer had not changed much in decades, and chance of survival was slim. Running is what helped Judy survive.

Judy started running in 1997 when she was 47 years old, initially trying to lose weight. She didn't see the results she was looking for, but she realized she loved to run. It helped relieve her depressive tendencies and provided great stress relief. She continued to run just for the fitness aspect. Another friend from work, also a runner, urged her to try competing. They ran the Freihofer's Run for Women 5K together. After, Judy began training on a more serious level. She started to receive awards for her age-group and decided to train more for distance. In 2001 she ran her first half-marathon at the Adirondack Marathon Distance Festival around Schroon Lake.

She then set a long-range goal to run a marathon after she retired in 2007. Originally from Chicago, Judy thought the Chicago Marathon would be a good one to try, knowing it was a flat and fast race. Unfortunately, it sold out quickly and she wasn't able to register. So she looked for some national charities and began what would become a long line of races to benefit a cause. She signed up for the 2007 Chicago Marathon as a fundraiser for St. Jude Children's Research Hospital, but at mile 21 of the race, they cancelled the marathon due to the extremely hot temperatures and a shortage of water. They forced the runners to just walk it in, despite the fact the clocks were still running.

Judy wanted to see what she could really do so she signed up for the Philadelphia Marathon which was located near her other daughter, Julia. Katie came down the night before as a surprise, and Judy had her whole family there to cheer her on, as she finally finished her first marathon! She realized her time was not far off from her age group's qualifying time for the Boston Marathon so she signed up for the New Jersey Marathon in 2008. However, it was too soon and she ended up injuring herself and never ran it. She ran the Philadelphia Marathon again in 2008 but was short of qualifying for Boston.

Then on Labor Day 2008, just after becoming engaged, Katie was diagnosed with leukemia. Her treatment started with a hospital induction - chemotherapy 24/7 for a week and spent a month in the hospital. For five more months she was admitted one week at a time for additional chemo treatments. This initial

demory of Katie Oct. 26, 2009 adidas

treatment seemed successful. Judy asked Katie if it would be okay if she raised money in her name. Katie agreed and Judy ran the Long Branch Half Marathon in May. Katie and her fiancé, Shashi Madugula, planned to meet her at the finish line to greet her as she came in.

In the meantime, the doctors determined Katie's blood type to try matching her with a bone marrow or stem cell transplant donor in case of relapse. There are 12 factors in typing and they needed to have a match with at least 11 out of 12 in order for it to possibly work. There were very few potential matches so knowing her choices were limited, the doctors instead decided to harvest her cells. The bone marrow biopsy before the harvest showed the leukemia was back, which meant that a transplant was her only option.

The Long Branch Half Marathon became Judy's fight for Katie's life, and she raised more than \$12,000. Instead of meeting Judy at the finish line, Katie started with the induction again - this time using a more targeted approach. It didn't work. They tried the standard induction. Still did not work. She then had to have total body irradiation before they finally matched her with an 11/12 donor and completed the transplant. Less than 40 days later, she relapsed again. Katie's oncologists tried experimental treatments, but unfortunately, she passed away only 14 months after her initial diagnosis.

"Running was my therapy. It was my stress relief, it was my thinking time, it was my everything," says Judy. "Everyone asks what they can do to help, but there's nothing people can really do. After her memorial service, I needed something to get me to move forward through the next year." Judy had just turned 60 when Katie died, and her previous marathon time qualified her for the 60-64 age-group at the Boston Marathon. She decided to run the event in Katie's memory, but just two weeks before the race, she pulled a hamstring and couldn't run. She was able to defer, and finally ran it in 2011.

Her son-in-law, Brian, suggested they find other races around the country to raise money in Katie's memory. They found a 10K in Atlanta, and Judy ran the race with Brian and Shashi. This planted the seed in her head to continue fundraising and she resolved to do one event a year. She joined the Leukemia & Lymphoma Society's Team in Training, and completed her

first event with them at the Adirondack Half Judy was the top fundraiser for TNT, raising more than \$9,000. She ran the Marine Corps

Marathon in October 2011 - two years after

Katie died - and raised more than \$9,000.

In 2012, she wanted to test herself even more. Katie was a competitive swimmer and captain of her college team. Swimming had been a big part of her life. Judy had zero confidence in her own swimming ability, but she signed up for a triathlon in honor of Katie. She bought a road bike, taught herself how to clip in and out of the pedals, and began working on her swimming. Judy competed in the Nation's Triathlon in Washington, DC, and again raised more than \$9,000.

Last year she challenged herself to complete a century ride around Lake Tahoe. She enjoyed the fast and fun nature of the cycling world and raised \$11,596 for the ride.

This year she is doing another bike ride, this time riding 108 miles across Long Island in The Ride to Montauk on May 31. Her fundraising goal is to raise at least \$10,800. She is at 90 percent of her goal and climbing.

Pushing yourself for these endurance events can be tough regardless of the circumstances. How does Judy persevere to onstantly reach these new limits? "I'm very goal oriented, very determined. If I set a goal, I will work at it. A lot of this is because of Katie. She's my inspiration. I'm a very unstructured person, but I like the structure the training imposes on me, and I like following the train-

Judy's husband, Charlie, has been a huge support to her as well and attends all her fundraising events. He also contributes to the fundraising efforts by making his own craft beer - Craft Beer for Cures - a \$25 donation will get you a six-pack of his renowned home brew. The rest of Judy's fundraising goes directly through her site on TNT's webpage. Family, friends, and anyone else interested in the cause have donated directly to TNT through this site in Judy's name. Judy covers all of the expenses of the races herself, so every dollar donated goes directly to LLS research and patient support.

Judy has raised more than \$62,000 for the Leukemia & Lymphoma Society to date. She has been awarded the Team in Training's Triple Crown, for completing events in three disciplines, and is considered one of their top national fundraisers. "I hadn't thought of myself as an athlete, but I guess I've become one!"

Her advice to others? "Don't sell yourself short. Be willing and open to trying new things." She also recommends becoming involved with the training community that supports your event whether it's running, triathlon, etc. It helps to be part of a supportive group and to have other people sharing these experiences.

And as for the question, what can people do to help? Donate to help the researchers find a cure for this devastating disease. If you can't monetarily donate, consider donating blood because patients need transfusions frequently, and join the bone marrow registry. It can save someone's life.

For more info on donating to Judy's Ride to Montauk for TNT, visit pages.teamintraining.org/uny/montjune14/jlynch. If you would like Judy to ride in memory or in honor of a loved one that has struggled with cancer, be sure to leave a message to let her know. She will wear all the names of these people on the back of her jersey while she rides.

Jenna Caputo (silverpenproductions.com) is a freelance writer and ballroom dance instructor based in Saratoga Springs. In her spare time Judy also enjoys yoga, Zumba, and other fun outside adventures.



FAMILY: Husband, Charlie. Daughter Julia (33) & Son-in-Law,

AGE: 64

RESIDENCE: Schodack MAIN SPORTS: Running, Cycling **HOBBIES:** Teaching English to

OCCUPATION: Retired North Colonie Teacher and Librarian

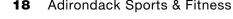
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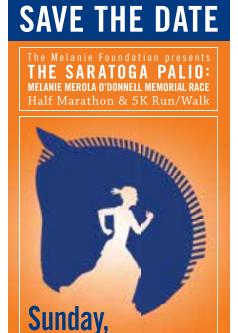
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Non-Native Speakers,

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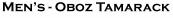
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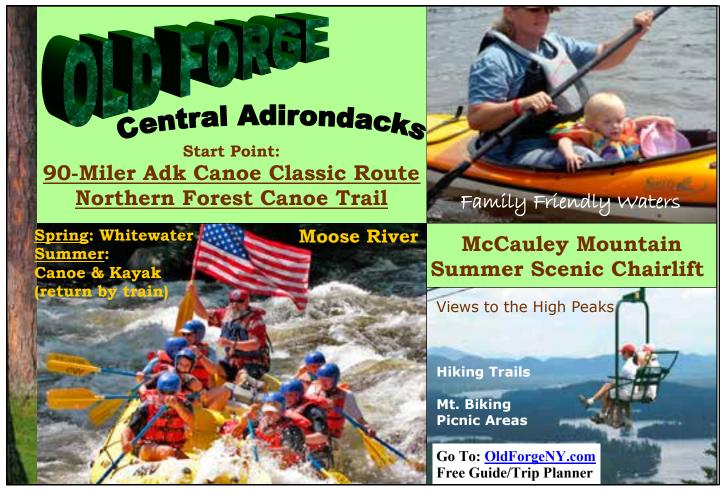
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t just under 3,000 feet, Berlin Mountain, the Rensselaer County apex, is the tallest high point in the immediate Capital Region. Berlin is a superlative hike or trail run from spring though autumn, and a good winter snowshoe workout on the often unbroken trail.

Berlin Mountain

The Next Door Mountain

In spring, the birds are chirping, wildflowers are out, and butterflies are flitting about the open areas along the trail and near the summit.

There are numerous trails to the top, but my favorite is located at 2,100 feet on NY Route 2 in Petersburg Pass, where the 29-mile Taconic Crest Trail crosses the highway. The pass is the site of the former Raimer Mountain Ski Center, now long gone. Because Petersburg Pass is located near the Massachusetts border, the trailhead is easily located by driving from Troy on Route 2, and there are good views of the mountains of western Massachusetts from the summit. Don't worry about finding places to park as the trailhead is large, constructed to accom-

modate the cars needing space at the former ski center.

ALONG A SECTION OF TRAIL.

If you like to hike with a dog, keep it leashed until you're a little ways into the woods, and away from the traffic buzzing up and over the highway at the pass.

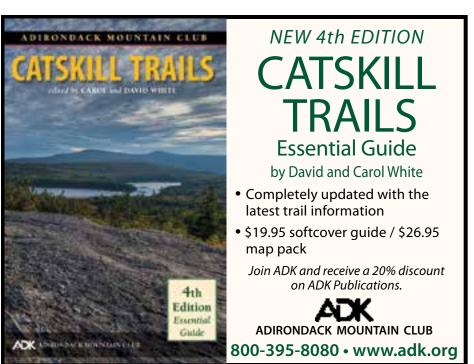
PHOTOS BY ALAN VIA

The trailhead register is located at the right rear of the parking area and the trail follows white, diamond-shaped Taconic Crest Trail markers that begin immediately behind the trail register.

The trail starts with a level walk, and then gradually picks up an easy 100-foot warm-up in the first 0.25 mile. As you continue, the trail gradient increases, gaining another 250 feet as it passes over, and then descends Raimer's northwest ridge. While the trail is easy to follow, there are some rough spots in the first 0.5-mile from the scouring it received from tropical storm Irene in August 2011. As you hike, ignore unmarked woods roads that intersect the marked trail, keeping with the

See HIKING & BACKPACKING, 28







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the High Peaks triathlons feature a 400-yard swim. 12-mile bike, and three-mile run in an iconic mountain setting. Registration is \$10 to \$20, depending on age or teams. They hold a couple of Monday Kids Triathlons, so call for the dates. The event starts at 3pm for ages four through 14, and features a 50 or 100 yard swim, one- or three-mile bike, one-half or one-mile run, depending on age and ability, with a \$5 entry fee, solo or team (highpeakscyclery.com).

The 14th annual Pine Bush Triathlon is point-to-point from Albany to Guilderland on Sunday, July 13. With a 325-yard swim, 11.5mile bike and 3.25-mile run, the Pine Bush Triathlon showcases one of Albany County's natural wonders, the Pine Bush Preserve. After the swim in Rensselaer Lake, a hidden jewel on the western edge of the city, athletes pedal through the preserve on Old State Road, and finish the run at the Guilderland YMCA, where they celebrate with their families (cdymca.org).

"Our focus has always been on family participation and building community," Jennifer Rittner of the Guilderland YMCA said. This is a festive event with appeal to both newbies and veteran athletes alike, and it's open to team entries. Jennifer said the YMCA is bringing bring back two of the team awards this year due to popular demand. The Scrub Oak Award is given to the team with the highest cumulative age and the Acorn Award recognizes the team with the lowest cumulative age. More than 400 triathletes are expected to compete in the event, and the cost is \$60 to \$70.

The 29th annual Piseco Lake Triathlon is on Saturday, July 19. Piseco Lake offers a casual, laid-back atmosphere not found anywhere else in the Northeast. There are no bike racks here; you just find a likely spot up the hill from the beach and lay down your trusty cycling steed. After the half-mile swim, athletes dash up a gravel road to their bikes, then



pedal 11.5 miles around the lake to Piseco School, where T2 is located - and also bike racks here. A three-mile run completes the loop course and takes athletes to the finish line within sight of the Piseco Airport. This is a charming, low-key, high-quality race whose popularity has taken off in the last decade, with registrations - \$50, no day of race - topping out at about 200 participants (speculatorchamber.com).

"It's a perfect setting and offers distances and conditions that are very doable for entrylevel triathletes," said Anna Smith, race director. She added that, in some years, when the Piseco Lake Triathlon precedes Ironman Lake

Placid by one week, it even attracts Ironman Lake Placid athletes, who use it as a lastminute tune-up. The Piseco Lake Triathlon added professional timing and online registration two years ago, and it's open to individuals and two- or three-person teams.

The fifth annual Peck's Lake Challenge Sprint Triathlon takes place on Saturday, Aug. 2, near Gloversville in Fulton County. This race typically sells out about two weeks ahead of time, and for good reason. The venue, on Sunrise Bay on the north side of Peck's Lake, features a half-mile swim, a nine-mile rolling bike course, and a threemile run in a beautiful setting within the Adirondack Park's "Blue Line." The entry fee is \$50 and it's open to solo or two- or threeperson teams (fultonmontgomeryny.org).

PHOTO BY ERIK LEWISH

The race is a joint effort of the Fulton County Tourism Department of the Fulton Montgomery Regional Chamber of Commerce, and the Peck's Lake Protective Association.

Christine McKnight (trichris@nycap.rr.com) is a 16-year triathlon veteran who has competed at distances from the sprint to the Ironman. She lives in Wilton.

RUNNING & WALKING continued from page 3

Continuing in this vein, the fourth annual Run for the Rhubarb 5K, also on June 14, takes place at the Mountain Road School in New Lebanon, 30 minutes southeast of Albany. It celebrates with signature spring treats, this time with large strawberry rhubarb pies for male-female winners, and personal-sized pies for age-group winners. Be warned that it's competitive for these muchanticipated goodies! The 5K is a friendly outand-back loop along scenic country paved and dirt roads, including some hills, giving you a unique meet - and greet - opportunity as you 'circle back' fellow runners. The race benefits this back-to-nature progressive school, encourages family participation, and permits jogging strollers. For parents yearning for some "me" time, this is one of the few local events where childcare is offered. Visit: berkshirerunningcenter.com.

Sometimes extra motivation is required to achieve a personal record. This would be a reason to sign up for the second annual Running from the Flies 5K in Long Lake on Sunday, June 15. Timed for the height of the black fly season, those pesky creatures are the bane of hikers, bikers and runners alike. Apparently, while entire families will annoy you by tracking endless circles around your head, only one or two will deem you worthy of a sample bite. While nothing really works, I have a friend who double-sides duct tape on her ball cap, much like fly paper, and then rates her run by the number of flies she has caught - gross but amusing!

This particular race against the flies takes place within the John Dillon Park, a fully accessible Adirondack Wilderness Campground, and features mixed dirt and gravel terrain including some gradual uphills. Shuttle busses will ferry you from the parking lot to the race site, so be sure to bring everything you might need, including bug spray, and allow extra transition time. Go to: mylonglake.com.

After a month of running, you will truly be ready to spring into summer at the 38th annual Adirondack Distance Run on Sunday, June 22, featuring ten miles of rolling hills along the scenic route from Lake George to Bolton Landing. This is one of the few opportunities to experience this classic

distance! Make a day of it and have a designated driver haul picnic goodies and swim gear to a prime spot at Roger's Beach. One of the unique features of this race is the awards ceremony, with cotton tote bags presented literally for every age. So those teetering on the precipice of a new age-group have just as much chance within their singleton age as do younger candidates.

In a nod to sultry weather to come, those committing by May 30 receive gender-specific wicking tank tops. According to race director, Ed Munoz, your race packet will contain notification if you have won a raffle prize, but you have to cross the finish line at Bolton to claim it - talk about motivation! Info: adirondackrunners.org.

How fitting that the final race in our almostsummer review ends on a beach! By then, it will definitely be time to throw your winter gear in the back of the closet and hunt for shorts, tees and suntan lotion. Definitely include some of these races on your to-do list - they will evoke fond memories when you plod through the more serious dog days of summer. 📥

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.



10 Steven Smith

13 Fred David

11 Smith Anderson

12 Andrew Meunier

14 Ryan McGarrity

15 Thad Lavallee

16 Henry Chan 17 Mathew Street

19 Andrew Mitstifer20 Rosanne Van Dorn

18 John Kane

21 Barry Eyre

22 James Walker

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ARC Racing Farm Team Elite

RACE RESULTS

TROOPER DAVID BRINKERHOFF MEMORIAL RACE SERIES #1 March 15, 2014 • Coxsackie-Athens High School, Coxsackie PRO CATEGORY 1/2/3 RACE - 60 MILES CATEGORY 4/5 RACE - 36 MILES CRCA/Weather Channel BMC Development 2:24:51 2:24:55 1:41:09 Paul Lynch Ryan Hobbs X-Men/Chop+Loop CRCA/TBWA/LMT Cycling 1:41:09 Luciano Pavan AJ Moran ENGVT Cycling Team Greenline Velo 2:24:55 Thomas Conti 1:41:09 Cargotrans/Maritrans Shipping CRCA/RBMY Racing Baris Aytan Timothy Ahearn David Torres CT Cycling Advancement 2:24:55 1:41:09 Aetna Cycling Team The 5th Floor NYC John Harris 2:26:00 David Hall 1:41:09 Anthony Mazzella Alan Finder 2:26:22 CRCA/RBNY Racing 1:41:09 David Warner Green Line Velo Christian Favata TRT Bicvcles 2:26:22 Unattached 1:41:09 Sean McCarthy Jam Fund/NCC Dylan Thomarie SCC/HRRT 1:41:09 The 5th Floor NYC CRCA/ARC Racing Ryan Fisher 10 Chase Goldstein Stan's Notubes 2:26:22 11 Cliff Summers CCC/Keltic Const/Zane's Cycles 2:26:22 11 Ian Lieberman 1:41:09 12 David Bailey CRCA/Weather Channel Team Danbury Audi 1:41:09 12 Kevin Molloy 2:26:22 13 Eric Marchese 1:41:09 13 Mark Miller TRT Bicvcles 2:26:22 14 Michael Heiss Green Line Velo 1:41:09 Austin Vincent 15 Jason Candee BCA/Linen 1:41:09 15 Evan Murphy CRCA/Foundation 2:26:22 16 Greg Mills 17 Will Carroll Team 2 Cycling 16 David Hildebrand Aetna/Expo Wheelmen 2:26:22 Johan Gibcus Grinta Cycling Team E2value 1:41:09 Iron Bridge/Tarmac Cycling 18 Sean Roach 1:41:09 18 Andreas Runggatso er Finkraft Cycling 2:26:22 19 Matthew Uptor CRCA\TBWA\LMT Cycling CRCA/Weather Channel Greenline Velo 2:26:22 2:26:22 19 Karl Rahn 20 Andrew Rizzi 1:41:09 20 Sam Rosenholtz HRRT/SCC 21 Marc Kingsley Inn at Coopersto ts1:41:09 21 Brian Suto CT Cycling Advancement CRCA/BH/Comedy Central 2:26:22 Team 2 Cycle King Kog CCAP Junior Team 23 Mark Steffen 1:41:09 23 Curtis White CCB Racing 2:26:22 24 Thomas Evelein 1:41:09 24 Joseph Orgera25 Bruce Beauharnoi RichmondRemodel 2:26:22 25 Nate Molinari CATEGORY 5 RACE CATEGORY 3/4 RACE - 48 MILES Unattached 1:12:05 Zack Vogel Daniel Lammon North American Velo CRCA/Wyld Stallyns 2.07.02 Gerard Wise Unattached 2:07:02 Doug Gamble **HBC** Racing 1:12:05 John Malcolmson Kissena Cycling Club 2:07:12 Edward Blank NEBC 1:12:05 Gianni Polhemus Capital Bicycle Racing Club Northampton Cycling Club 2:07:12 Josh Rovner CRCA/SixCycle Peter Sharp Unattached 1:12:05 Capital Bicycle Racing Club ExpoWheelmen Brian Crosby 2:07:12 Derick Gilmour Unattached 1:12:05 Jonathan Tarbox 2:07:12 Charles Hayward Unattached Ted Culotta ExpoWheelmen 2:07:12 Dan Gaffney M3 Racing 1:12:05 2:07:12 2:07:12 Daniel Cleiman CRCA/SixCycle

2:07:12

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2:07:12

10 Woody Baum

12 Lane Maher

13 Kurt Mason

14 Nicholas Seleni

15 Bryan Magdalensky

16 Kevin Kretzschmar

17 Matthew Leahey

19 Adam Jacobsor

Tim Stevens

22 Jack Gaffney 23 Tim Riley

21 Alexander Chrystall

18 Lisa Berger

CRCA/Foundation

Team Placid Planet

Tomhannock Bicvcles

Northampton Cycling Club

Northampton Cycling Club

Capital Bicycle Racing Club 3M Racing

M3 Racing Mohawk Valley Bicycling Club

Team Edge HRRT/SCC

NEBC

Unattached

1:12:05

1:12:05

1:12:05

1:12:05

1:12:05

1:12:05

1:14:31

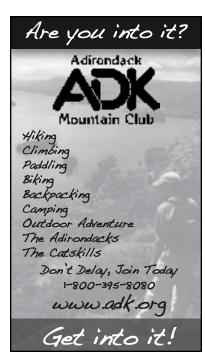
1:21:06

1:21:22

23 Scott Hock24 Richard Scudney25 Alec Rudd	NYcross.com CRCA/Sixcycle Unattached	2:07:12 2:07:12 2:07:12	24 Christian Norvold 25 Harrison White Courtesy o	M3 Racing Bay Hill Capital/CL Noonan f Capital Bicycle Racing Club	1:23:52 1:24:23
TROC	PER DAVID BRIN March 22, 2014 • Co.				
PRO CATEGORY 1/2/	3 RACE - 60 MILES		14 David Warner	Green Line Velo	2:37:52
1 Paul Lynch	BMC Development	2:30:10	15 Benjamin Chartrand	Silber Pro Cycling	2:37:52
2 Timothy Ahearn	CT Cycling Advancement	2:30:10	16 Josh Rovner	CRCA/Sixcycle	2:37:52
3 Christian Favata	TRT Bicycles	2:32:36	17 Chris Strumolo	CRCA/E2value	2:37:52
4 Curtis White	CCB Racing	2:32:36	18 Paul Byron	Farm Team Elite	2:37:52
5 Jesse Walker	CRCA/E2value	2:32:36	19 Michael Magur	Verge Sport	2:37:52
6 AJ Moran	Greenline Velo	2:34:29	20 Sammy Moseley	CRCA/Foundation	2:37:52
7 Sean Mccarthy	JAM Fund/NCC	2:34:29	21 Mark Miller	TRT Bicycles	2:37:52
8 Erik Post	CRCA/BH Comedy Central	2:34:29	22 Alec Hoover	Favata's TRT	2:37:52
9 Evan Cooper	CRCA/BH/Comedy Central	2:34:29	23 Kyle Foley	Laurel Bicycle Club	2:37:52
10 Jeffrey Elie	CCB Racing	2:34:29	24 Derek Cote	CT Cycling Advancement	2:37:52
11 Jesse O'Donnell	Elite Endurance	2:34:29	25 Andrew Ruiz	CCC/Keltic Const/Zane's Cycles	2:37:52
12 Stefano Zanotti	Createx Colors	2:34:47	CATEGORY 3/4 RACE		
13 Ryan Joyce	Rust Belt Racing	2:37:35	1 Andreas Katehis	CRCA Junior Development	2:12:08 continued

	TROOPER D	AVID BRINKERHO	OFF MEI	МC	RIAL RACE	SERIES #2 continu	ied
2	Aaron Mangum	ARC Racing	2:12:10	11	Dominic Stobart	Twin Six Metal	1:46:26
3	Gianni Polhemus	Capital Bicycle Racing Club	2:12:28	12	Arthur Picard	Specialized/HRRT	1:46:26
4	Lorenzo Serra	Pawling Cycle & Sport	2:12:28	13	Rich Patry	Verge Sport	1:46:26
5	Paul McDonnell	Capital Bicycle Racing Club	2:12:28	14	Manuel Mainardi	ARC Racing	1:46:26
6	Nicholas Willette	Expo Wheelmen	2:12:28	15	Benoit Tonneau	Specialized/HRRT	1:46:26
7	Anthony Mazzella	CRCA/RBNY Racing	2:12:28	16	Andreas Bopp	Unattached	1:46:26
8	John Malcolmson	Kissena Cycling Club	2:12:28	17	Eric Kirouac	Fit Werx	1:46:26
9	Andrew Meunier	Pawling Cycle & Sport	2:12:28	18	Kevin Williams	Unattached	1:46:26
10	Jeff Krywanczyk	Capital Bicycle Racing Club	2:12:28	19	Alexis Kraft	Rockstar Games/Signature Cycles	1:46:26
11	Mike Hyman	Unattached	2:12:28	20	Christian Baks	Bikeman.com	1:46:26
12	Jonathan Favata	TRT Bicycles	2:12:28	21	Kayla Washburn	Mason Racing	1:46:26
13	Patrick Grehan	Kissena Cycling Club	2:12:28	22	Thom Barry	NCC	1:46:26
14	Lawrence Heller	Central NY Cycling	2:12:28	23	Jerry Hicks	Unattached	1:46:26
15	Barry Eyre	Arc-En-Ciel Racing Team	2:12:28	24	David Leven	Unattached	1:46:26
16	Craig Thaler	Iron Bridge/Tarmac Cycling	2:12:28	25	David Lewis Parsons	Unattached	1:47:28
17	Rosanne Van Dorn	Farm Team Elite	2:12:28	CA	TEGORY 5 RACE - 2	24 MILES	
18	Dennis Rutherford	Rockstar/Signature Cycles	2:12:28	1	Jonathan Lazzara	HRRT	1:16:42
19	Meredith Uhl	Farm Team Elite	2:12:28	2	Peter Sharp	Capital Bicycle Racing Club	1:16:42
20	David Wells	Expo Wheelmen	2:12:28	3	Juantxo Royo	Unattached	1:16:42
21	Zack Vogel	North American Velo	2:12:28	4	Nicholas Seleni	Team Placid Planet	1:16:42
22	James Walker	Team Placid Planet	2:12:28	5	Rick Ikasalo	Bethlehem Triathlon Club	1:16:42
23	Michael Mascarenhas	North American Velo	2:12:28	6	Michael Hangac	Bike Brothers	1:16:42
24	Thierry Blanchet	North American Velo	2:12:28	7	Bryan Magdalensky	Northampton Cycling Club	1:17:52
25	Aaron Blum	Kissena Cycling Club	2:12:28	8	Kevin Kretzschmar	Tomhannock Bicycles/FPI	1:17:52
CA	TEGORY 4/5 RACE -	· 36 MILES		9	James Litynski	HRRT/Specialized	1:17:52
1	Baris Aytan	Cargotrans/Maritrans Shipping	1:46:24	10	Tim Stevens	Unattached	1:19:18
2	Simon Koster	JL Velo	1:46:26	11	Daniel John Vaughn	NoTubes/Corning/Swan	1:19:36
3	David Torres	CRCA/RBNY Racing	1:46:26	12	Jeff Bell	Unattached	1:24:57
4	Dennis Williams	Pittsford Painting Cycling	1:46:26	13	Todd Silva	Unattached	1:30:19
5	Abe Latorre	CRCA Junior Development	1:46:26	14	Harrison White	Bay Hill Capital/CL Noonan	1:31:01
6	Dylan Thomarie	SCC/HRRT	1:46:26	15	Shylah Weber	HRRT	1:31:20
7	Mark Yaroshevsky	Liberty Cycle	1:46:26	16	David Holmander	Velo Resource	1:32:31
8	Sal Farruggia	Unattached	1:46:26	17	Robby Sawyer	Unattached	1:40:52
9	Dan Harper	Team Overlook	1:46:26	18	Jeff Vandeberg	Unattached	1:57:50
10	Mark Wendolowski	Northampton Cycling Club	1:46:26		Courtesy of	^f Capital Bicycle Racing Club	
_							
	TROOP	ER DAVID BRINK	EBHUE	: N	MEMORIAL S	SACE SERIES #3	
	INCOF	THE PARID DUNK	LIVITOFI	IV	ILIVIONIAL	VACE SEIVIES #3	



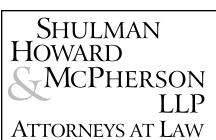




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	TROOPER	DAVID BRINKERH	OFF ME	MORIAL RACE	SERIES #3 continu	ued
1 1 1 1 1 1 2 2 2 2 2 2 2	4 James Williams 5 Peter Sharp 6 Brian Nolan 7 Chance Wilk 8 Michael Hangac 9 Mark Inaba 0 Kevin Purcell 1 Dominick Audi 2 Jason Candee 3 Isabelle Cote 4 Jonathan Lazzara 5 TJ OConnor CATEGPRU 5 RACE – Kaan Sarci Derick Gilmour Brian Funk Colden Kimber Robert Shostack	Unattached Capital Bicycle Racing Club Drummond Custom Cycles Capital Bicycle Racing Club Bike Brothers Kissena Cycling Club Drummond Cycles HRRT BCA/Linen CRCA/Kruiscx HRRT Capital Bicycle Racing Club	1:40:12 1:40:12 1:40:12 1:40:12 1:40:12 1:40:12 1:40:12 1:40:12 1:40:12 1:40:12 1:40:12 1:40:12 1:09:20 1:09:57 1:09:57 1:09:57	8 Gabriel Herrera 9 Nicholas Seleni 10 Marek Schnee 11 Kevin Kretzschmar 12 Juantxo Royo 13 David Porter 14 Scott Husta 15 Harold Schmidt 16 David Jacobs 17 David Krueger 18 Brian Burr 19 Shylah Weber 20 Daniel John Vaughn 21 James Putnam 22 Tim Riley 23 Harrison White 24 Jeffery Beck 25 Colleen Russell	Skidmore/Spa City Bicycleworks Team Placid Planet Down Cycles Tomhannock Bicycles/FPI Unattached Unattached TRT Bicycles Team Placid Planet Skidmore/Spa City Bicycleworks Unattached Unattached Unattached HRRT NoTubes/Corning/Swan Grey Ghost Bicycles Mohawk Valley Bicycling Club Bay Hill Capital/Cl Noonan Unattached Mystic Velo	1:09:57 1:09:57 1:09:57 1:09:57 1:09:57 1:12:22 1:12:22 1:13:50 1:14:06 1:14:06 1:14:06 1:14:06 1:14:06 1:18:41 1:19:30 1:22:55
7	Scott Smith	Family Bike/JAM Fund	1:09:57		f Capital Bicycle Racing Club	7.04

		IVIARCN 29, 2014	• cen	tral Park, Schenect	auy		
MALE OVERALL				FEMALE AGE GROUP:	35 - 39		
Dan Jordy	30	Glenville	16:43	1 Darci Miller	36	Johnstown	22:
John Stadlander	48	Clifton Park	17:11	2 Patricia Daviero	39	Rensselaer	23:
Tobias Bothwell	22	Oklahoma City, OK	17:37	3 Tammy Cumo	36	Slingerlands	24:
EMALE OVERALL	22	Oklariottia City, Ok	17.57	MALE AGE GROUP: 40	- 44	3	
Kristina Gracey	31	Albany	17:58	1 Randall Cannell	41	Broadalbin	17:
Estelle Burns	38	Troy	19:45	2 Mathew Nark	40	Clifton Park	18:
	38 18	Stillwater	19:45	3 Shawn Decenzo	40	Glenville	18:
		Stillwater	19.54	FEMALE AGE GROUP:			
MALE AGE GROUP: 1 -		Calcanatada	20.40	1 Stacia Smith	43	Niskayuna	22:
Holden Maynard	14	Schenectady	20:49	2 Rebecca Conley	40	Northville	22:
Joshua Jones	13	Glenville	24:06	3 Andrew Shanock	44	Schenectady	23:
Christian Mercado	11	Saratoga Springs	24:22	MALE AGE GROUP: 45			
EMALE AGE GROUP: 1				1 Kevin Creagan	48	Albany	18:
Rachel Sullivan	14	Schenectady	22:43	2 Matthew O'Neil	48	Ballston Spa	19:
! Gabriela Giorduno	14	Schenectady	23:19	3 Ed Menis	49	Schenectady	19:
Sydney Smith	13	Niskayuna	23:20	FEMALE AGE GROUP:			
MALE AGE GROUP: 15	- 19			1 Laurie Scheuing	47 47	Saratoga Springs	24:
J Li Rivera Lathrop	15	Scotia	21:03	2 Andrea Hanlon		Wynantskill	24:
Christopher Sullivan	16	Schenectady	21:40	3 Ann Soultanian	48	Stillwater	26:
Taylor McCredie	16	Gloversville	21:49	MALE AGE GROUP: 50	- 54 50	F	10
EMALE AGE GROUP: 1	5 - 19			1 Mark Stephenson	50 50	Esperance	18:
Lexi Veitch	15	Fort Plain	26:47	2 Johnny Perez 3 Sam Mercado		Clifton Park	18: 19:
Rachel Scharr	19	Scotia	27:17	3 Sam Mercado FEMALE AGE GROUP: !	51	Saratoga Springs	19:
Mimi Falcone	18	Albany	30:12		50 - 34 50	Clifton Park	2.4
ALE AGE GROUP: 20		Albany	30.12	1 Patricia Robison 2 Janice Phoenix	50 52	Schenectady	24 24
Jack Parisella	21	Schenectady	20:16	3 Lori Francesconi	52 52	Waterford	25
Eric Burlee	24	Schenectady	20:16	MALE AGE GROUP: 55		waterioru	25.
	24			1 John Parisella	- 56	Schenectady	19:
Christian Pisanelli		Albany	20:38	2 Rick Munson	57	Prattsville	19:
EMALE AGE GROUP: 2		*11	22.52	3 Mark Nunez	57	Ballston Lake	20:
Anne Dunn	23	Albany	22:53	FEMALE AGE GROUP:		Daliston Lake	20
Julie Halsdorf	23	Albany	23:10	1 Donna Charlebois	55	East Berne	29
Meagan Kane	24	Canajoharie	23:27	2 Liz Prybylowski	55	Ballston Lake	29
MALE AGE GROUP: 25				3 Diane Price	58	Schenectady	30
Nathan Zerrahn	29	Schenectady	20:38	MALE AGE GROUP: 60		Seriencedady	50
Dan Briggs	29	Saratoga Springs	21:02	1 George Baranauskas	60	Scotia	21
Paul Tabeek	27	Schenectady	21:17	2 Michael Della Rocco	62	Schenectady	24
EMALE AGE GROUP: 2	5 - 29			3 George Schwab	63	Schenectady	25
Sarah Popovics	25	Schenectady	20:27	FEMALE AGE GROUP:	50 - 64	, , , , , , , , , , , , , , , , , , , ,	
Meghan Warren	29	Schenectady	21:27	1 Joan Celentano	60	Schenectady	26
Vi Pham	25	Saratoga Springs	21:36	2 Linda Kolnick	62	Fort Plain	30
ALE AGE GROUP: 30				3 Christina Mahoney	61	West Sand Lake	33
Joshua Gregg	31	Albany	18:54	MALE AGE GROUP: 65	- 69		
Douglas Secor	34	Scotia	20:54	1 Dave Glass	67	Glenville	22
Patrick Shaw	30	Troy	20.34	2 Joseph Scaringe	67	Latham	25
EMALE AGE GROUP: 3		Iroy	22:07	3 Paul Daigneault	65	Latham	27
		61	25.46	FEMALE AGE GROUP: (55 - 69		
Rebecca Lyons	32	Schenectady	25:16	1 Nancy Johnston	68	Ballston Lake	34
Jessica Sagendorph	32	Compare	25:49	MALE AGE GROUP: 70			
Trisha Bobowski	34	Johnstown	25:54	1 Richard Theissen	70	Round Lake	30
MALE AGE GROUP: 35				2 Ray Lee	72	Halfmoon	41
Oswaldo Rodriguez	35	Mechanicville	18:54	MALÉ AGE GROUP: 75			
Anthony Lucier	35	Schenectady	19:22	1 Jim Owens	78	Latham	43
Joseph Genter	39	Schenectady	19:25	Courtesy of Si	hanactan	ly Fire Department	

MALE OVERALL 1 Alexander Benway 2 Patrick Carroll 3 Eric Young FEMALE OVERALL Dana Bush 2 Crystal Perno 3 Sereena Coombes	23 22	Queensbury	25 :-	MALE AGE GROUP: 40	- 44		
Patrick Carroll Eric Young FEMALE OVERALL Dana Bush Crystal Perno	22	Queensbury					
Eric Young EMALE OVERALL Dana Bush Crystal Perno			25:15	1 Todd Eicher	41	Queensbury	35:04
EMALE OVERALL Dana Bush Crystal Perno		Schenectady	25:41	2 David Smith	44	Lake Placid	35:33
Dana Bush Crystal Perno	22	Latham	26:23	3 Lance Decker FEMALE AGE GROUP: 4	43	South Glens Falls	36:24
Crystal Perno				1 Joanne Burns	40 40	Oueensburv	36:44
	35	Saratoga Springs	29:38	2 Kimberly Miseno-Bowle		Amsterdam	37:14
Caraana Caambac	32	Clifton Park	32:09	3 Amy Rodak	41	Ballston Spa	37:25
	38	Queensbury	32:34	MALE AGE GROUP: 45		ballstorr spa	37.2
MALE AGE GROUP: 1 - 1				1 Christian Hanchett	49	Queensbury	36:04
Sean Collins	11	Queensbury	37:55	2 Joe Nicoll	46	Wilton	37:24
Matthew Lane	10	Queensbury	38:21	3 John Cardinale	49	Queensbury	38:12
Joey Lauder	14	Greenwich	41:04	FEMALE AGE GROUP: 4	5 - 49	,	
EMALE AGE GROUP: 1 -				1 Penny Tisko	45	Voorheesville	35:02
Izzy Dennison	11	Queensbury	40:09	2 Mary Fenton	48	Ballston Spa	35:20
Samantha Wendell	14	Fort Edward	41:25	3 Carol Conolly	45	Glens Falls	35:35
Lauren White	13	Queensbury	42:57	MALE AGE GROUP: 50			
MALE AGE GROUP: 15 -				1 William Venner	54	Granville	30:2
Daryn Hutchings	17	Argyle	26:56	2 Timothy Bardin	52	Queensbury	32:4
2 Eric Brower	19	Gloversville	27:07	3 Samuel Mercado FEMALE AGE GROUP: 5	51	Saratoga Springs	34:0
Zane Belden	17	Queensbury	28:51	1 Nancy Nicholson	52 - 54	Queensbury	35:0
EMALE AGE GROUP: 15	- 19			2 Janice Phoenix	52 52	Schenectady	35:0 39:1
I Megan Kellogg	18	Queensbury	32:45	3 Sandy Adams	54	Shushan	40:0
2 Haley Mooney	18	Hudson Falls	34:23	MALE AGE GROUP: 55		Jilusilali	40.0.
B Eliza Blood	15	Queensbury	37:41	1 Peter Carpenter	- 56	Queensbury	33:4
MALE AGE GROUP: 20 - 2	24	,		2 Mike Regan	58	Queensbury	36:2
I Kellen Henderson	24	Queensbury	31:53	3 Dan Owens	58	Ballston Spa	36:5
Seth Greenwood	24	Fort Edward	34:27	FEMALE AGE GROUP: 5		ballstorr spa	50.5
3 James Owen	22	Glens Falls	41:30	1 Maureen Roberts	56	Saratoga Springs	40:3
EMALE AGE GROUP: 20	- 24			2 Cheryl Rench	55	Greenfield Center	42:0
I Sean Velazguez	23	Glens Falls	35:11	3 Susan Westfall	55	Ballston Spa	45:4
2 Kiley Sullivan	20	Glens Falls	36:08	MALE AGE GROUP: 60	- 64		
B Angella Johnson	21	Glens Falls	44:50	 George Baranauskas 	60	Scotia	35:39
MALE AGE GROUP: 25 - 2	29			2 Mark Sager	63	Kattskill Bay	37:2
Daniel Fogarty	27	Saratoga Springs	31:12	3 Daniel Larson	62	Queensbury	38:4
Liam McCarthy	28	Guilderland	33:54	FEMALE AGE GROUP: 6			
3 Zachary Hooker	26	Queensbury	35:16	1 Jill Pederson	63	Lake George	45:2
EMALE AGE GROUP: 25	- 29	()		2 Sue Nealon	63	Troy	48:29
Elizabeth Emblidge	28	Lake George	33:15	MALE AGE GROUP: 65		Manakastas Cantas	V/T40:4
Melissa Wern	28	Glens Falls	35:43	1 Tom Craigs	66 66	Manchester Center,	43:3
Samantha McBee	28	Saratoga Springs	36:53	2 Terry Smith 3 Tom Boltzer	66	Galway Greenfield Center	44:20
MALE AGE GROUP: 30 - 3		salutogu spinigs	50.55	FEMALE AGE GROUP: 6		Greenileid Ceffler	44.21
Kevin Emblidge	30	Lake George	28:38	1 Christine McKnight	66	Gansevoort	50:10
Lou Pauguette	33	Granville	30:22	2 Cathy Biss	66	Queensbury	58:1
Jeffrey Greer	33	Ballston Lake	31:48	3 Frances Saltsman	65	Fort Ann	1:11:3
EMALE AGE GROUP: 30		Juliston Lake	J 1.40	MALE AGE GROUP: 70		. 0	
-EMALE AGE GROUP: 30 I Amanda Barone	30 30	Ballston Spa	35:43	1 Eddie Munoz	71	Olmstedville	42:0
Meleah Wright	30 32	Watervliet	36:13	2 Mike Caccuitto	71	Ballston Lake	1:00:2
	32	vvaterviiet Hudson Falls		3 Raymond Lee	72	Halfmoon	1:05:5
B Hether Bala MALE AGE GROUP: 35 - 1		Hudson Falls	38:17	FEMALE AGE GROUP: 7	0 - 74		
	39 36	Carataga Carina-	22.15	1 Dottie Langworthy	73	Warrensburg	55:00
	36 37	Saratoga Springs Johnstown	32:15 36:28	2 Susan Caccuitto	70	Ballston Lake	1:15:43
	37 38	Glens Falls		MALE AGE GROUP: 75			
Brian George		GIELIZ LAIIZ	37:10	1 Norm Marincic	78	Saratoga Springs	58:08
EMALE AGE GROUP: 35		Delleton Lolin	24.20	MALE AGE GROUP: 80			
Jennifer Bennice	35	Ballston Lake	34:28	1 Ed Doucette	84	Bennington, VT	58:29
2 Isabelle Dickens	37	South Glens Falls	35:18	2 Joe Kelly	80	Menands	59:43
B Sarah Reed-Hauenstein	36	Saratoga Springs	36:30	Courtesy of	rne Adir	ondack Runners	

FEMALE AGE GROUP: 1 - 14

MALE AGE GROUP: 15 - 19

FEMALE AGE GROUP: 15 - 19

Alyssa Loveland

Alex Birchmore

Abby Toomey

Matt Keyes

Brian Horner

Taylor Birchmore

Lauren Waszk

3 Emilee Thibeau

20:31

20:51

23:52

24:59

25:06

23:37

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MALE OVERALL

Brandon Thomas

Cheryl DeBraccio

MALE AGE GROUP: 1

Jack Thrasher

Christopher Keyes lan Montgomery

FEMALE OVERALL

Kelly Beers

Craftsbury, VT

Williamstown, MA

Westhampton Beach

Granville

Scotia

Salem

White Creek

Rupert, VT

17

28

- 14

Jim Flint



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Middle Granville

Middle Granville

Salem

Salem

Salem

Salem

16

17

18

16

15

27:03

30:01

22:14

23:02

28:36

30:02

30:05



RACE RESULTS

	35	TH.	ANNUAL SAL	.EM API	RIL FOOL	S RACE	continued	
FE	MALE AGE GROUP:	25 - 2	9			10	K RUN	
1	Jasmyn Yakubec	29	Salem	25:47	MALE OVER			
2	Terry McEachron	28	Gansevoort	32:28	1 Brian DeBr	raccio 48	Scotia	42:10
3	Andrea Bishop	25	Albany	32:52	2 Randall De	ecker 38	Gansevoort	45:25
М	ALE AGE GROUP: 30	- 34	,		3 George Va	in Hook 60	Cambridge	45:33
1	Daryl Winslow	34	Salem	22:47	FEMALE OV	ERALL	· ·	
2	Daniel Snyder	30	Salem	25:25	1 Kelly Ahlfe	eld 48		46:06
	ALE AGE GROUP: 35	- 39			2 Nicole Los	caro 40		46:08
1	Joseph Altobello	36	Troy	21:59	3 Kelly Beers	28	Westhampton Beach	47:48
2	Jed Mayer	39	West Rupert, VT	38:40	MALE AGE (GROUP: 1 - 14		
	MALE AGE GROUP:			50.10	1 Joey Laude	er 14	Greenwich	53:52
1	Megan Adams	36	Salem	28:39	FEMALE AG	E GROUP: 25 -	29	
2	Mandy Mayer	39	West Rupert, VT	39:08	1 Taryn Rees	ie 29	Williamstown, MA	48:05
3	Alison Wood	39	Kinderhook	40:22	2 Cassandra	Conety 25	Shushan	50:34
-	ALE AGE GROUP: 40		Killacillook	40.22	FEMALE AG	E GROUP: 35 -	39	
1	Steve Abbott	44	Hadley	25:08	 Angie Lau 	der 35	Greenwich	1:00:47
	MALE AGE GROUP:	40 - 4		25.00	Mandy Ma		West Rupert, VT	1:04:36
1	Tracy Cross	40	Eagle Bridge	28:02	MALE AGE (GROUP: 40 - 44		
2	Heidi Whitney	40	Granville	28:24	1 Steve Abb		Hadley	47:28
3	Kathleen Tersigni	43	Burnt Hills	32:12	2 James Fost		West Charlton	1:01:11
	ALE AGE GROUP: 45		Duitte tillis	32.12		E GROUP: 40 -		
1	Frik Yatto	46	Clifton Park	23:42	 Heidi Whit 	,	Granville	52:12
2	John Thrasher	47	Cirtorraik	23:59		E GROUP: 45 -		
	ALE AGE GROUP: 50			25.55	1 Cheryl Del		Scotia	48:37
1	Steve Obermayer	52	Burnt Hills	32:12	2 Kristan Eas			52:58
2	James Van Heste	50	Gansevoort	34:32	3 Kristen Loi		Gansevoort	1:01:13
	MALE AGE GROUP:			34.32		GROUP: 50 - 54		
1	Lisa Birchmore	50 - 3 50	Middle Granville	33:22	1 Jim Sulliva		North Bennington, VT	56:28
2	Kimberly Van Heste	52	Gansevoort	34:32		E GROUP: 50 -		40.00
3	Kathy Chambers	53	Salem	35:06	1 Cheri Aud		Fairfax, VT	48:23
	ALE AGE GROUP: 55	-	Jaielli	33.00	2 Sandy Ada		Shushan	50:34
1	Daniel Underwood	58	South Glens Falls	22:36	3 Diana Piku		Shushan	1:03:34
2	Chester Tumidajewicz		Amsterdam	24:05		GROUP: 60 - 64	Deceller AAA	1.06.00
3	Timothy Bulger	57	Schaghticoke	30:57	1 Ken Deary		Dudley, MA	1:06:08
	MALE AGE GROUP:			30.37	2 Rick Morg 3 Donald Ye		Stillwater Hudson Falls	1:08:21
1	Joanne Lalonde	56 56	South Glens Falls	35:08		E GROUP: 60 -		1:19:30
	Joanne Laionde IALE AGE GROUP: 60	-	South Giens Fails	30:08				1.02.50
	Mark Sager	63	Kattskill Bay	23:54	1 Sue Nealo	n 63 GROUP: 65 - 69	Troy	1:02:50
1	Jay Bellanca	62	Salem	23:54			Manchester, VT	51:57
3		63	Greenwich	27:03			mittee & Salem Rotary Ci	
3	Larry McDonough	03	Greenwich	29:44	courte	sy or kace com	iniciee & saiem Kotary Ci	ub

4151 ANNU	JAL IENANI	JEHO WHIIE W	AIEK DEKBY
April 6, 2014	• Tenandeho (Creek, Stillwater t	o Mechanicville
LIOPT	1.4 Risaillon	1.27:06	OVED/HINDED

A	April 12	, 2014 • Bacon	Hill Re	formed Church, Sci	-	rville	
	5K RAG	Œ		FEMALE AGE GROUP: 6	0 - 64		
MALE OVERALL	20		47.40	1 Darlene Cardillo	60	Delmar	28
Kevin Emblidge Emery Ward	30 26	Lake George Saratoga Springs	17:10 17:56	Debra Brown Christine Urbano	64 61	Ballston Spa Melrose	3
Peter Lamb	27	Clifton Park	18:54	MALE AGE GROUP: 60 -		Wellose	٠,
EMALE OVERALL				1 Larry McDonough	63	Greenwich	2
Elizabeth Emblidge	28	Lake George	19:57	2 Brian Crawford	60	Schuylerville	2
Jackie Buckley	32	Court on Court	22:07	3 Kevin Hoehn	60	Rome	2
Samantha McBee **IALE AGE GROUP: 1 -	28 . 14	Saratoga Springs	22:10	MALE AGE GROUP: 65 - 1 Tom Craigs	69	Manchester Center, VT	. ,
Ben Shaw	14	Greenwich	21:22	2 Daniel Brown	68	Ballston Spa	2
Ethan Burch	13	Schuylerville	23:14	3 Douglas Fox	69	Loudonville	2
Christian Mercado	. 11	Saratoga Springs	23:55	MALE AGE GROUP: 70 -			
EMALE AGE GROUP: Sydney Smith		Nielranna	24.12	1 Michael Rosenthal	71	Arlington, VT	2
Sydney Smith Anya Vautrin	13 10	Niskayuna Saratoga Springs	24:13 25:19	2 Richard Theissen	70 10K R A	Round Lake	2
Sarah Shaw	13	Greenwich	26:24	MALE OVERALL	TUK KA	ACE	
MALE AGE GROUP: 15	- 19			1 Aaron Knobloch	37	Guilderland	3
Caleb Shaw Devin Greenlaw	16	Greenwich	23:48	2 Shaun Donegan	28	Malta	3
Devin Greenlaw EMALE AGE GROUP:	18 45 40	Hudson Falls	24:38	3 Volker Burkowski	42	Gansevoort	3
Annie Gagnon	18	North Adams, MA	27:22	FEMALE OVERALL	40	D. II	
Alexa Thompson	18	Gansevoort	29:40	Mary Fenton Daniele Cherniak	48 52	Ballston Spa Cohoes	4
Abaigeal O'Brien	19	North Adams, MA	31:17	Jessica Chapman	36	Bennington, VT	2
EMALE AGE GROUP:				MALE AGE GROUP: 1 - 1		bennington, vi	
Jennifer Wardyga	22	Barrington, RI	22:13	1 Devin Crowe	13	Wilton	5
Lauren Williams Elizabeth Roche	24 20	Troy North Adams, MA	24:08 30:22	FEMALE AGE GROUP: 1			
ALE AGE GROUP: 25		NOITH Additis, IVIA	30.22	1 Rebecca Walsh	16	Saratoga Springs	-
Sean Cartwright	27	Schuylerville	23:07	MALE AGE GROUP: 20 - 1 Michael O'Rourke	24 23	Fort Edward	2
Jose Garcia	25	Mechanicville	27:42	FEMALE AGE GROUP: 2		roit Euwaiu	-
Matt Talbot	27	Saratoga Springs	28:17	1 Claire Simmons	22	North Adams, MA	
EMALE AGE GROUP: 1 Heather Ferris		Clifton Dorle	27.12	2 Chelsea Skarka	24	Gansevoort	
	28 27	Clifton Park Greenwich	27:12 28:09	3 Angie Thomas	24	Saratoga Springs	
Maryanne Robertson IALE AGE GROUP: 30		Greenwich	20.03	MALE AGE GROUP: 25 -		_	
Dan Buckley	32		19:58	1 Thomas Pond Jr	27	Troy	
Alexander Budd	31	Saratoga Springs	24:56	2 Corey Robbins 3 Jacob Fort	26 27	Schuylerville Victory Mills	: 1:1
Andy Akins	30	Schuylerville	25:07	FEMALE AGE GROUP: 2		victory ivillis	١.
EMALE AGE GROUP:		Clifton Doule	26.40	1 Mary O'Hearn	28	Gansevoort	4
Jessica Amyot Andrea Harwood	31 33	Clifton Park Queensbury	26:48 29:38	2 Saara Johanson	29	Albany	į
Carie Telgen	32	Middle Falls	30:52	3 Megan Kearney	27	Troy	1:0
IALE AGE GROUP: 35	- 39			MALE AGE GROUP: 30 -		Harris MAI	
Josh French	35	Gansevoort	20:35	1 Russell Lidberg 2 Kendrick Whitney	31 34	Hugo, MN Fort Ann	2
Jeff Denkenberger	36	Baldwinsville	21:06	3 Rock Travis	32	TOTEATIII	2
Michael Letzring EMALE AGE GROUP:	36 35 30	Schuylerville	21:23	FEMALE AGE GROUP: 3			
Michelle Jacobs	38	Gansevoort	25:59	1 Maria Oakden	32	Broadalbin	4
Tricia Pasos	35	Schuylerville	26:42	2 Erinn Derby	34	Schuylerville	
Maryann Ashworth	36	Maltá	27:13	3 Tara Letzring	33	Schuylerville	
EMALE AGE GROUP:				MALE AGE GROUP: 35 - 1 Randall Decker	39 38	Gansevoort	4
Keziah Armstrong	43	Schuylerville	28:59	2 Zak Hill	39	Saratoga Springs	
Amy Brown Tammy Moone	43 44	Saratoga Springs Gansevoort	29:36 29:40	3 Jeremy Pettis	37	Schuylerville	
IALE AGE GROUP: 40		dansevoort	23.40	FEMALE AGE GROUP: 3	5 - 39	,	
James Zeigler	44	Gansevoort	24:59	1 Melissa Murphy	38	Saratoga Springs	4
Jeff Long	43	Gansevoort	28:23	2 Sarah Reed-Havenste	36	Saratoga Springs	4
Jamie Pettis	40	Schuylerville	29:14	3 Elizabeth Collins MALE AGE GROUP: 40 -	36	Saratoga Springs	4
EMALE AGE GROUP:		Croonwich	24:42	1 Michael Bracken	40	Saratoga Springs	3
Courtney Moriarta Heidi Brownell	45 47	Greenwich Fort Edward	26:57	2 Tom Frase	41	Schodack Landing	-
Diane Talbot	47	South Glens Falls	27:04	3 Neil Sergott	42	Clifton Park	4
IALE AGE GROUP: 45	- 49			FEMALE AGE GROUP: 4			
Joel Haynes	46	Schenectady	23:33	1 Cindy Wian	43	Schuylerville	4
Gary Harper	45	Moreau	24:12	2 Stacia Smith 3 Pamela DelSignore	43 44	Niskayuna Wilton	4
Patrick Hackenberg	49	Burnt Hills	24:34	3 Pamela DelSignore MALE AGE GROUP: 45 -		VVIILOIT	-
EMALE AGE GROUP: Penny Roberts	52 - 54	Gansevoort	28:55	1 Bob Radliff	49	Stillwater	3
Sue Commanda	51	Schuylerville	29:26	2 David Smith	49	Saratoga Springs	4
Kimberly VanHeste	52	Gansevoort	32:18	3 Keith Kaplan	46	Saratoga Springs	
TALE AGE GROUP: 50				FEMALE AGE GROUP: 4		Contract C :	
Michael Smith	50	Argyle	21:57	1 Kim Delaney	46 45	Saratoga Springs	
Mark Wells AJ Carrier	51 51	Schuylerville Rexford	22:41	2 Kristen Long 3 Linda Carignan	45 47	Gansevoort Schenectady	
AJ Carrier EMALE AGE GROUP:		Nexiola	23:41	MALE AGE GROUP: 50 -		Schenectady	
Maureen Fitzgerald	56 - 5 6	Clifton Park	24:09	1 Jay Thorn	51	Valatie	3
Jill Mehan	59	Troy	27:10	2 Timothy Bardin	52	Queensbury	4
Hollys Kozlowski	59	Valley Falls	28:28	3 Paul Guilmette	50	Niskayuna	4
IALE AGE GROUP: 55			22 :-	FEMALE AGE GROUP: 5		Charles	
Chester Tumidajewicz	59 56	Amsterdam	23:42	1 Sandy Adams	54	Shushan	
Bill Herkenham James Carey	56 59	Charlton Schuylerville	24:20 26:39	2 Andrea Peterson 3 Sonya Mulder	54 51	Saratoga Springs Greenwich	-
suries curcy	22	Schaylerville	20.55	5 Sorrya Maiaci	۱ د	GICCHWICH	co

	2ND A	NNU	AL BACON	HILL BO)NAZ	ROAD R	ACE	continued			
М	ALE AGE GROUP: 55 -	59			MALE AGE GROUP: 65 - 69						
1 2	David Peterson Frank Lombardo	55 58	Saratoga Springs Saratoga Springs	44:40 47:54	1 JJ Fav	at	69	Saratoga Springs	54:35		
3	Michael Mullen	59	Kinnelon, NJ	1:02:34	2 Charl	les Brockett	68	Dolgeville	59:56		
М	ALE AGE GROUP: 60 -				FEMALE AGE GROUP: 65 - 69						
1	Dennis Fillmore	62	Ballston Spa	47:53	FEIVIALE	AGE GROUP.	55 - 65				
2	Martin Patrick	60	East Greenbush	49:49	1 Maro	aret Mangano	67	Saratoga Springs	1:07:08		
3	Rick Morgan	61	Stillwater	1:09:45	1 Ividig	arct marigano	07	Saratoga Springs	1.07.00		
FE	MALE AGE GROUP: 6	0 - 64			MALE A	GE GROUP: 70	- 74				
1	Mary Ann Wiwczary	62	Gansevoort	56:04	1 Ctook	nen Mitchell	72	Malta	57:11		
2	Jill Pederson	63	Lake George	58:36	і этері	ien mittien	12	iviaita	37.11		
3	3 Sue Nealon 63		Troy	1:02:25		Courtes	y of Bacor	Hill Church			
			,				,				

34TH ANN	UAL HIV	IRRC BILL RO	OBINS	ON	MASTERS 10	ок сн	IAMPIONSH	IIPS
	April 26	2014 • Guilder	land Hi	iah	School, Guilder	land C	enter	
MALE OVERALL	, .p.,, _0,	zorr Gunaci	iaiia iii	_	MALE AGE GROUP: 5		erre.	
1 James O'Connor	40	Troy	34:36	1	Karen Provencher	59	Glens Falls	48:31
2 Bob Irwin	41	Guilderland	35:13	2	Susan Burns	59	Rensselaer	51:02
3 Derrick Staley	55	Ballston Lake	36:06	3	Karen Gerstenberger	56	Albany	51:55
FEMALE OVERALL					,		Albany	51:55
 Penny Tisko 	45	Voorheesville	44:17		MALE AGE GROUP: 6			
2 Kristén Hislop	49	Clifton Park	44:50	1	Martha DeGrazia	63	Slingerlands	56:12
3 Christine Varley	50	Albany	45:11	2	Katherine Ambrosio	63	Delmar	57:30
MALE AGE GROUP	: 40 - 44	,		3	Phyllis Fox	61	Loudonville	1:04:41
 Tom Fraser 	41	Schodack Landing	39:21	M	ALE AGE GROUP: 60 -	64		
2 Shawn DeCenzo	40	Glenville	42:17	1	Richard Clark	60	Feeding Hills, MA	44:21
3 Gil Chorbajian	44		42:23	2	Paul Forbes	63	Colonie	44:52
FEMALE AGE GRO				3	Tom McGuire	62	Slingerlands	44:54
 Stacia Smith 	43		46:36	-	MALE AGE GROUP: 6		Sirrigeriarias	44.54
2 Regina McGarvey	44		48:05	1	Martha DeGrazia	63	Slingerlands	56:12
3 Kimberly Miseno-		Amsterdam	49:31					
MALE AGE GROUP				2	Katherine Ambrosio	63	Delmar	57:30
1 Chong-Hwan Son			38:54	3	Phyllis Fox	61	Loudonville	1:04:41
2 Edward Hampstor		Voorheesville	39:43	M	ALE AGE GROUP: 65 -	69		
3 John Williams-Sea		Albany	41:55	1	James Larkin	66	Clifton Park	45:48
FEMALE AGE GRO				2	John Carlson	68	Copake	46:02
1 Connie Smith	46	Ballston Lake	47:07	3	Dave Glass	67	Glenville	46:52
2 Louise Bataillon	49	Clifton Park	50:36	FE	MALE AGE GROUP: 6	5 - 69		
3 Barbara Light MALE AGE GROUP	49	Rensselaer	58:37	1	Nancy Johnston	68	Ballston Lake	1:14:05
1 Jay Thorn	: 50 - 54 51	Valatie	38:30	M	ALE AGE GROUP: 70 -		Danstorr Lanc	
2 Mark Stephenson	50	Esperance	39:07	1	Frank Klose	71	Castleton	55:48
3 John Sestito	50	Johnsonville	42:08	2	Raymond Lee Jr	72	Halfmoon	1:18:52
FEMALE AGE GRO		JOHNSONVIILE	42.00	2	.,		Hallfiloon	1:18:52
1 Colleen Brackett	53	Albany	45:26	IVI	ALE AGE GROUP: 75 -			
2 Mary Buck	50	Mechanicville	45:56	1	Wade Stockman	79	Rensselaer	55:52
3 Nancy Taormina	54	Albany	46:55	FE	MALE AGE GROUP: 7			
MALE AGE GROUP		7 tibuliy	40.55	1	Eiko Bogue	76	Schaghticoke	1:18:50
1 David Roy	59	Schoharie	40:34	FE	MALE AGE GROUP: 8	0 - 84		
2 Mark Warner	55	Guilderland	41:18	1	Anny Stockman	81	Rensselaer	1:13:17
3 John Parisella	56	Schenectady	41:26		Courtesv of Hudso	n-Mohav	wk Road Runners Clu	ь
					,			-

13TH ANNUAL SEAN'S RUN 5K & MEGHAN'S MILE
April 27 2014 • Chatham High School Chatham

	•			n High School, Cha			
	K ROAD	RACE		MALE AGE GROUP: 55		F 1 CL 11	_
MALE OVERALL	22	A 40 1 - 5 4T	45.55	1 Robert Rugen	59	East Chatham	26
Tim Caramore	32	Missoula, MT	15:55	2 Donald Golden	58	Ghent	28
Jordan Healy	17	Castleton	16:47	3 Bob Lucke	55	Hudson	28
Dave Vona	31	Valatie	16:52	FEMALE AGE GROUP: 5			
EMALE OVERALL Brina Seguine	2.4		20.40	 Debra Pelletier 	56	Troy	29
Brina Seguine	24	Rensselaer	20:10	2 Maryse Folmsbee	56	Chatham	30
Meghan Mortensen	28	Rotterdam	20:48	3 Chrissy Wills	59	Valatie	3
Jenna Robinson	17	Slingerlands	21:20	MALE AGE GROUP: 60	- 64		
MALE AGE GROUP: 1 -				1 Tom McGuire	62	Albany	2.
Sebastian Sanchez	14	Ghent	21:41	2 David Hudson	62	Ghent	24
Nycholas Styer	14	Stephentown	21:41	3 Cliff Keyes	62	Ghent	26
Garrett Kilcer	14	Hudson	22:27	FEMALE AGE GROUP: 6			_
EMALE AGE GROUP: 1	- 14			1 Lynne Kopac	60	Poughkeepsie	29
Hallie Allen	14	Spencertown	21:26	2 Beverly Dimuro	60	Canaan	3
Andrea Libs	14	Castleton	22:46	3 Kathy Klukiewicz	60		3
Riley Werner	13	Valatie	23:02			Montgomery	٥.
ALE AGE GROUP: 15	· 19			MALE AGE GROUP: 65		CI II	_
lan Allen	17	Chatham	17:20	1 Michael Thumann	65	Chatham	2
Brody Witaszek	18	Ghent	17:26	2 Ronald Rich	65	Hudson	20
Trey Hotaling	15	Ghent	17:26	3 Michael Colwell	66	Claverack	29
EMALE AGE GROUP: 1				FEMALE AGE GROUP: 6	55 - 69		
Erin Clark	15	Old Chatham	22:04	1 Margaret Nells	69	Albany	33
Monica Strain	15	Castleton	22:04	2 Cathy Biss	66	Queensbury	3
Hannah Patzwahl	18	Valatie	22:34	3 Susan Wong	66	Glenmont	3
IALE AGE GROUP: 20		valatic	22.J 4	MALE AGE GROUP: 70			,
		Trov	20:19	1 Jim Hotaling	- 74 73	Niverville	2
Christopher Tommasin	24	Troy					
Andrew Oneill	23	Philmont	21:03	2 Kent Slaby	74	Ghent	2
Wesley Nichols	22	Ghent	22:17	3 Lewis Hartman	73	New York	3
EMALE AGE GROUP: 2				FEMALE AGE GROUP: 7	0 - 74		
Christina Pellegrini	24	Ghent	22:56	1 Jayne Zinke	71	Valatie	2
Michelle Garvie	24	Ghent	24:15	MALE AGE GROUP: 75	- 79		
Kassy Andrade	23	Troy	24:17	 Wade Stockman 	79	Rensselaer	2
IALE AGE GROUP: 25	· 29			MALE AGE GROUP: 80	- 84		
Matthew Forys	28	Howell, NJ	17:11	1 Richard Eckhardt	80	Albany	4
Thomas O'Grady	28	Latham	17:35	FEMALE AGE GROUP: 8		/ liburiy	-
Diego Sanchez	26	Miami, FL	20:42		81	Ponceolpor	2
EMALE AGE GROUP: 2	5 - 29			1 Anny Stockman		Rensselaer	3
Elizabeth Campbell	25	Mineola	24:53		EGHAN'S	S MILE	
Claire Wolf	26	Ghent	25:09	MALE OVERALL			
Danielle Losowski	26	Loudonville	25:28	1 Casey Sitzer	11	Ghent	
IALE AGE GROUP: 30		Loudonvinc	25.20	2 Louis Warner	10	Kinderhook	
	30	Clifton Park	19:33	3 Andrew Byrne	10	Rhinebeck	
	31	Hudson	19.55	FEMALE OVERALL			
,				1 Katie Everett	10	Old Chatham	
Eric French	31	Albany	20:13	2 Abigail Dolge	9	Valatie	
EMALE AGE GROUP: 3				3 Annabel Flatland	12	Clifton Park	
Jessica Sagendorph	32	Copake	25:07			CIIILOII Faik	
Angela Kolewe	30	Chatham	26:10	MALE AGE GROUP: 5 -			
Christen Lill	30	Canaan	26:22	1 Jake Nalbandian	6	Hopewell Junction	
IALE AGE GROUP: 35 -	∙ 39			2 Derek Clark	6	Old Chatham	
David Tromp	38	Glenmont	18:19	3 Luke Olson	6	Hudson	1
Ian Gilchrest	36	Claverack	21:48	FEMALE AGE GROUP: 5	5-6		
Charles Hoffman	38	Hudson	21:50	1 Karina Lezama	6	Ghent	1
EMALE AGE GROUP: 3	5 - 39			2 Gabriel Hesse	5	Ghent	1
Jessica Northan	38	Guilderland	21:34	3 Elizabeth Conkling	6	East Chatham	1
Jessica Scharoun	37	Valatie	21:45	MALE AGE GROUP: 7- 8		Last Chatham	
Allison Bradley	38	Albany	22:17	1 Neil Howard III	8	Hudson	
IALE AGE GROUP: 40 -			,		8		
Michael Chudy	42	Chatham	21:56	2 Alexander Chudy		Chatham	
Dean Rowe	42	Ghent	22:29	3 Lennie Sitzer	7	Ghent	
				FEMALE AGE GROUP: 7			
	43	Averill Park	23:18	 Lilyann Schermerhorn 	7	Ghent	
EMALE AGE GROUP: 4	u - 44		22.55	2 Bethany Brady	8	Valatie	
Janice Balogh	42	Averill Park	23:09	3 Lucia Bigelow	7	Ghent	
Joanna Tremper	44	East Chatham	26:06	MALE AGE GROUP: 9 -			
Michelle Warner	43	Kinderhook	26:22	1 Diego Smeraldo	9	Philmont	
IALE AGE GROUP: 45 -				2 Diego Clark	9	Old Chatham	
Jon Rocco	47	Colonie	20:05	3 Noah Hutchinson	9	Chatham	
Kenneth Pierce	46	Hudson	20:47			Cilduidiff	
Peter Sloan	49	Essex Junction, VT	21:08	FEMALE AGE GROUP: 9			
EMALE AGE GROUP: 4				1 Haley Olson	9	Hudson	
Brenda Lennon	48	Troy	23:08	2 August Kindel	10	Chatham	1
Teresa Warner Maiuri	48	Ghent	24:34	3 Madeline Grout	9	Valatie	!
Denise Kuhner	45	North Chatham	26:45	MALE AGE GROUP: 11	- 12		
IALE AGE GROUP: 50 -		AGE CHARIAM	20.73	1 Dean Warner	11	Kinderhook	
Mark Stephenson	50	Esperance	18:28	2 Griffin Howard	11	Hudson	
Jay Thorn	50 51		18:51	3 Donovan Brown	12	Valatie	
Jav IIIUIII Vac		Chatham Center		FEMALE AGE GROUP: 1		valutic	
		Stuyvesant	21:29	LIVIALE AGE GROUP:	12		
Glenn Berninger	50	,		4 Marria C. I			
Glenn Berninger EMALE AGE GROUP: 5	0 - 54	,		1 Maris Seabury	11	Old Chatham	
Glenn Berninger EMALE AGE GROUP: 5 Linnea Vantassel	0 - 54 53	Chatham Center	22:17	2 Cara Nalbandian	11	Hopewell Junction	8
Glenn Berninger EMALE AGE GROUP: 5	0 - 54	,		2 Cara Nalbandian 3 Allyssa Rippel	11 12		

FRIENDS & FAM	ILY MILE		FE	MALE OVERALL			M	ALE AGE GROUP: 11	- 12	
MALE OVERALL			1	Brooke Wright	12	20:17	1	Dean Blough	12	22:01
1 Michael Esposito	14	6:43	2	Felicia Case	34	20:54	2	Ethan Via Peitrzak	11	25:57
2 Michael Rios 3 Tim Fisher	41 14	7:00 7:16	3	Barb Vazquez	43	22:59	3	Jack Chennault	11	26:43
FEMALE OVERALL	14	7.10	M	ALE AGE GROUP: 8 8	UNDER	₹	FE	MALE AGE GROUP:	11 - 12	
1 Morgan Juric	12	7:23	1	Noah Circe	7	32:46	1	Betty Gibbs	11	24:43
2 Gannon Riley	12	7:53	2	Luke Profera	6	33:18	2	Kyla Misasi	11	35:32
3 Madison Kaiser	9	7:54	3	Kol Christian	8	33:21	3	Reagan Allen	11	36:56
5K RAC	E		FE	MALE AGE GROUP: 8	8 & UND	ER	М	ALE AGE GROUP: 1 -	14	
MALE OVERALL 1 James Blough	16	17:14	1	Madeline Marricco	8	27:36	1	Daniel Blough	14	19:34
2 Tommy Struzzieri	13	18:08	FE	MALE AGE GROUP: 9	9 - 10		2	Dylan Hartrum	13	24:59
3 Florian Groothoff	18	19:20	1	Kate Drickel	10	27:11	3	Alexander Wells	13	31:54 continu

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IWANIS KING	STO	N CLA	ASSIC – PRESENT	ED	вү ніт	S ENDURANCE contin
EMALE AGE GROUP: 1		22.00	MALE AGE GROUP: 15		42.20	MALE AGE GROUP: 25 - 29
Carly Harjes ! Abigail MacIsaac	13 14	23:00 25:23	Spencer Schindler William Gaffken	16 16	43:29 47:07	1 Kyle Brown 29 1:3 2 Anthony Russo 28 1:5
MALE AGE GROUP: 15 -		26.45	3 Keith Spang	16	48:52	3 Juan Corona 25 1:5 FEMALE AGE GROUP: 25 - 29
Alek Fisher ! Mathew Friss	15 15	26:45 39:50	FEMALE AGE GROUP: 1 1 Margaux Seche	5 - 16 16	50:36	1 Jenna Bernhardt 29 1:4
EMALE AGE GROUP: 1	5 - 16		MALE AGE GROUP: 17	19		2 Megan Rosa 27 1:4 3 Molly Geuss 27 1:4
Divya Forbes ! Kelly Gottstine	15 15	25:01 27:26	1 Carl Anderson 2 Josh Hanaburgh	19 19	46:02 57:20	3 Molly Geuss 27 1:4 MALE AGE GROUP: 30 - 34
Emma McCarthy	15	37:21	3 Bobby Volk	18	57:30	1 Chris Jacobi 33 1:3 2 Bryan Blackburn 33 1:4
MALE AGE GROUP: 17 - Patrick Cahill	19 19	19:37	FEMALE AGE GROUP: 1 1 Amanda Prindle	7 - 19 19	53:05	3 Phil Brooks 31 1:4
! Vaughan Clewis	18	32:04	2 Katlyn Friss	17	57:13	FEMALE AGE GROUP: 30 - 34
EMALE AGE GROUP: 1		24.20	MALE AGE GROUP: 20 - 1 Pedro Diaz	2 4 20	39:01	1 Tiffany Sivco 33 1:4 2 Erin Smith 31 1:4
Emily Gulitti ! Ann Cooney	17 17	24:38 24:45	2 Steven Gilfeather	23	39:19	3 Erin Misasi 32 1:4
Mishelle Villa Vargas	19	29:17	3 Peter Rutherford FEMALE AGE GROUP: 2	24	39:56	MALE AGE GROUP: 35 - 39 1 Christopher Gallo 37 1:2
VALE AGE GROUP: 20 - Taylor Crabill	24 24	21:57	1 Jennifer Mears	22	51:11	2 Mathew Surrell 37 1:3 3 Chris Bishop 39 1:3
Brenden Benincasa	22	25:42	2 Taylor Gengo	22	52:24	3 Chris Bishop 39 1:3 FEMALE AGE GROUP: 35 - 39
Peter Fernandes EMALE AGE GROUP: 20	24 1 - 24	26:59	3 Shana Quigley MALE AGE GROUP: 25 ·	24 • 29	54:05	1 Mary Dostie 39 1:3
Tara Scarola	22	25:31	1 Zury Oates	26	40:09	2 Gabriela Olivera 39 1:4 3 Rachel Toolan 38 1:4
Alyssa Ruiz Joanna Marino	24 24	26:07 27:59	2 Sean Gorski3 Nicholas LaFera	26 27	40:29 42:54	MALE AGE GROUP: 40 - 44
Joanna Marino MALE AGE GROUP: 25 -		27.39	FEMALE AGE GROUP: 2	5 - 29		1 Gregory Fox 44 1:3 2 Chris Zaba 43 1:3
David Coon	29	20:23	Brianna Policastro Sarah Dobrowolski	25 27	50:07 51:27	3 Robert Grace 41 1:3
Shawn Holzmann Shawn Coddington	29 26	20:35 21:38	3 Rebecca Shanker	27	52:33	FEMALE AGE GROUP: 40 - 44 1 Kate Hefferon 40 1:4
EMALE AGE GROUP: 2	5 - 29		MALE AGE GROUP: 30		20.45	2 Lisa Loughran 44 1:4
Dana Postupack Alexandra Mahler	26 28	23:29	Mike Giudice Michael Pittner	32 30	39:45 43:02	3 Jennifer Gardner 40 1:4 MALE AGE GROUP: 45 - 49
Alexandra Mahler Erin Manner	28 25	23:34 24:43	3 Jim Rowe	32	46:00	1 Matthias Von Reusner 47 1:3
ALE AGE GROUP: 30 -			FEMALE AGE GROUP: 3 1 Sara Stenson	0 - 34 33	E0:00	2 Thomas Berhman 48 1:4
Adam Effler Michael Weeks	32 32	20:21 24:23	1 Sara Stenson 2 Sara Fitzgerald	34	50:09 50:49	3 Bob Waterman 47 1:4 FEMALE AGE GROUP: 45 - 49
Isaac Shaw	31	25:47	3 Julie Barnes	31	53:21	1 Jennifer Jankowski 45 1:3
EMALE AGE GROUP: 30		26.50	MALE AGE GROUP: 35 - 1 Ryan McCann	· 39	39:17	2 Theresa Baker 48 1:5 3 Catherine Forbes 45 1:5
Yvonne Turchetti Eleni Dedovich	33 31	26:50 26:53	2 Joshua Finch	39	41:14	MALE AGE GROUP: 50 - 54
Jennifer Wawrzonek	34	27:06	3 Vernon Benedetto FEMALE AGE GROUP: 3	35 5 - 39	46:17	1 Bill Rudge 54 1:3 2 Edward Darcy 51 1:4
IALE AGE GROUP: 35 - Kevin Burton	39 35	23:10	1 Sarah Becker	37	48:02	3 Matthew Bell 50 1:4
Kevin Burton David Kaiser	38	23:34	2 Judith Wines	36	48:52	FEMALE AGE GROUP: 50 - 54
Douglas Sonneberg	38	28:00	3 Megan Day MALE AGE GROUP: 40 ·	39	52:47	1 Caroline Chant 52 1:4 2 Karen Garner 52 1:5
EMALE AGE GROUP: 3! Agniescka Bak	5 - 39 35	28:25	1 David Blough	43	38:18	3 Tracy Little 54 1:5
Maria Cabrera	39	29:00	2 Matthew Dunn	40	43:51	MALE AGE GROUP: 55 - 59 1 Tom Brinkmann 55 1:4
Carolyn Nelson	35	29:02	3 Dean Quick FEMALE AGE GROUP: 4	43 0 - 44	45:59	2 Alipio Rojas 57 1:4
MALE AGE GROUP: 40 - Neil Grencer	44	20:37	1 Jenny Carpenter	42	48:04	3 Edward Lyons 55 1:4
Carlos Perez	40	21:16	2 Jennifer Mangione3 Melissa McHugh	44 41	48:40 54:02	FEMALE AGE GROUP: 55 - 59 1 Kim Law 56 1:4
Dan Fitzgerald EMALE AGE GROUP: 40	44	21:51	MALE AGE GROUP: 45		34.02	2 Valerie Kilcoin 56 1:5
Colleen Foster	42	27:34	1 Michael Halstead	47	37:52	3 Sally DePoala 58 2:2 MALE AGE GROUP: 60 - 64
Sara Marricco	43	28:28	2 Steve Takas 3 Douglas DiSciullo	49 46	45:32 46:17	1 Rich Van Kleeck 60 1:4
Kacey Lucas // ALE AGE GROUP: 45 -	40 49	28:35	FEMALE AGE GROUP: 4	5 - 49		2 Elliott Auerbach 62 2:3 3 Rick Mantey 62 1:1
David Wright	45	20:04	1 Sue Klein 2 Dana Moses	48 49	47:23 52:17	MALE AGE GROUP: 65 - 69
Jeff Levine Thomas Gilman	48 46	25:21 25:28	3 Ornella Mazzuca	48	52:50	1 Bill Pape 66 2:0 2 Harold Green 69 2:1
EMALE AGE GROUP: 4		23.20	MALE AGE GROUP: 50 - 1 Gary Longhi	• 54 50	41:08	FEMALE AGE GROUP: 65 - 69
Karin Murphy	45	25:38	2 Edward Fitzmaurice	53	42:35	1 Donna Doyle 65 2:0
Kim Volpe Cathy Gordineer	46 45	26:26 27:54	3 Scott Schiffer	53	43:50	MARATHON – 26.2 MILES MALE OVERALL
MALE AGE GROUP: 50 -			FEMALE AGE GROUP: 5 1 Jennifer Borrero	52	54:59	1 Richard Messineo 25 2:5
Mike MacIsaac Oliver Wasow	53 53	24:58 25:20	2 Pamela Gottstine	51	55:40	2 Bouazza Abidi 42 2:5 3 Geroge Habeeb 42 3:0
Tony Chennault	50	26:43	3 Belinda Mulpeter MALE AGE GROUP: 55 ·	51 . 59	57:10	FEMALE OVERALL
EMALE AGE GROUP: 50 Debi Marnell		22.20	1 Steve McGarril	58	49:29	1 Farrier Golgoski 31 3:3 2 Cappelletti Catherine 48 3:5
Debi Marnell Heidi Schlipmann	50 51	23:39 28:26	Daniel Marks Jeffrey Mann	57 55	51:07	3 Meaghan McCloskey 34 4:1
Deborah MacIsaac	53	28:30	3 Jeffrey Mann FEMALE AGE GROUP: 5		54:26	MALE AGE GROUP: 20 - 24 1 Ryan Schindler 21 4:2
NALE AGE GROUP: 55 - Randy Gibbs	59 55	22:03	1 Mary Lou Pompeii	58	58:12	2 Deven Coons 23 5:2
Douglas Tumen	57	23:14	2 Cathy Johnan 3 Patti Dietrich	57 57	59:50 1:00:04	FEMALE AGE GROUP: 20 - 24 1 Erin Koonz 23 4:4
Gary St. Onge	56	23:18	MALE AGE GROUP: 60		1.00.01	1 Erin Koonz 23 4:4 MALE AGE GROUP: 25 - 29
EMALE AGE GROUP: 5! Kim Tegeler	57 - 5 9	25:45	1 Steven Pressman 2 David Chandler	63	48:32 48:38	1 Alexander D'Orchimont 25 4:0
Drucilla Maxwell	55	27:35	David Chandler Bruce Chambers	61 60	48:38 50:11	2 Jerome D'Orchimont 27 4:1 3 Thomas Robinson 27 5:3
Ann O'Connor IALE AGE GROUP: 60 -	57 64	27:42	FEMALE AGE GROUP: 6	0 - 64		MALE AGE GROUP: 30 - 34
Paul Piastro	60	25:57	1 Elisabeth Krisjanis MALE AGE GROUP: 65 ·		1:29:44	1 Timothy Burns 31 3:1 2 Michael Wilson 33 4:1
Peter Matturro	60	29:43	1 Dan Curtin	67	1:02:26	FEMALE AGE GROUP: 30 - 34
Gerald Keller EMALE AGE GROUP: 60	64 0 - 64	29:55	2 Douglas Kabat3 Art Russell		1:04:24 1:11:21	1 Erin Newcomb 33 4:1 2 Kelly McGrath 30 4:4
Kathi Kearney	61	27:22	FEMALE AGE GROUP: 6		1.11.21	3 Marcy Duffy 34 4:5
Laurette Stockin Georgene Fredericks	62 60	28:31 31:01	1 Karen Spinozzi	65	55:45	MALE AGE GROUP: 35 - 39
Georgene Fredericks IALE AGE GROUP: 65 -		31.01	MALE AGE GROUP: 70 - 1 John Dowley	7 4 70	58:09	1 Warren Jee 38 3:2 2 Keith Melara 37 3:2
Francis Palmieri	67	29:27	2 Everett White		1:00:17	3 Brian Barfoot 36 3:3
Terence Lover Peter Blume	65 66	32:51 33:56	3 James Maines		1:14:14	FEMALE AGE GROUP: 35 - 39 1 Heather Aderson 35 4:4
EMALE AGE GROUP: 6	5 - 69		HALF-MARATHON: 1 MALE OVERALL	эπМ	4+)	2 Jennifer Braun 35 4:5
Anne Curtin Marthe Yannich	67 68	43:59 55:32	1 Evan Cooper		1:20:56	MALE AGE GROUP: 40 - 44 1 Michael Williams 43 3:5
IALE AGE GROUP: 70 -		JJ.JL	Philip Meltzer Laudric Maxwell		1:24:00 1:28:07	2 Kevin Burns 43 3:5
Michael Harkavy	72	30:58	FEMALE OVERALL			MALE AGE GROUP: 45 - 49 1 John Schuerzinger 45 4:1
10K RACE IALE OVERALL			1 Katie Rossettini		1:31:52	1 John Schuerzinger 45 4:1 FEMALE AGE GROUP: 45 - 49
Ryan Allison	24	35:30	2 Erica Ruge 3 Caitlin Donovan		1:33:42 1:34:08	1 Mary Roosa 49 4:5
lan Detweiler	19	36:09	MALE AGE GROUP: 15	16		2 Cyndy Borzumato-Cobb 45 4:5 MALE AGE GROUP: 50 - 54
Leroy Meier EMALE OVERALL	18	37:03	 Alexander Schaef MALE AGE GROUP: 17 - 		1:38:53	1 Paul Dubetsky 51 3:2
Terri Bell	42	43:39	MALE AGE GROUP: 17 - 1 Ethan Parks		1:50:15	2 Everett Vail 52 3:5 3 William Thompson 53 4:3
Yuri Mickler	29	45:11	2 Craig Oliver	18	1:54:55	FEMALE AGE GROUP: 50 - 54
Heidi Neal EMALE AGE GROUP: 9	33 - 10	46:37	FEMALE AGE GROUP: 1 1 Madeline Mercado		1:43:57	1 Rebecca Thompson 53 4:3
Joan Karron	9	1:06:43	2 Victoria Elias	19	2:15:23	MALE AGE GROUP: 55 - 59 1 Steven Schindler 55 4:2
MALE AGE GROUP: 11 -		/7·0E	MALE AGE GROUP: 20		1-//0-10	MALE AGE GROUP: 60 - 64
Bradley Hack EMALE AGE GROUP: 1	12 1 - 12	47:05	Nicholas Giannotti Reilly Hayes		1:40:18 1:42:55	1 David Dietrich 63 4:4 MALE AGE GROUP: 65 - 69
Ashley Jo Hillard	11	49:57	3 David Chamberlain	20	1:51:11	1 Laurence Macon 69 6:1
	1/1		FEMALE AGE GROUP: 2	0 - 24		MALE AGE GROUP: 75 - 79
/IALE AGE GROUP: 13 -		41.33	1 Kelly Skinner	71	1.47.20	
Ashley Jo Hillard **MALE AGE GROUP: 13 - Judah Ben-Eliezer Gavin Burns	14 14	41:33 48:43	1 Kelly Skinner 2 Emily Sibley		1:47:29 1:50:35	1 John Capen 76 6:2 Courtesy of Kingston Kiwanis Clu

5TH ANNUAL PLATTSBURGH HALF-MARATHON & RELAY
April 27, 2014 • City Recreation Center, Plattsburgh

		13.1 MI	LES		M	ALE AGE GROUP: 25 -	- 29		
	ALE OVERALL				1	Brandon Darrah	25	Cadyville	1:20:12
1	Michael Schram	23	Tupper Lake	1:13:13	2	Kristopher Renadett	26	Morrisonville	1:29:37
2	Jeremy Drowne	36	West Chazy	1:13:51	3	Caleb Remillard	27	Peru	1:32:39
3	John Gleeson	35	Rexford	1:18:35	FE	MALE AGE GROUP: 2			
-	MALE OVERALL	33	nemora	1.10.55	1	Athea Guilfoyle	26	Ballston Spa	1:43:15
1	Sara Dunham	37	Plattsburgh	1:20:00	2	Nikki Dirolf	25	Plattsburgh	1:43:39
2	Amy Farrell	36	Tupper Lake	1:26:27	3	Devon Mroczek	29	Plattsburgh	1:51:07
3	Frin Rasco	25	Cadyville	1:27:55	1	ALE AGE GROUP: 30 - Brian Wilson	• 34 31	Dannemora	1:21:38
-	ALE AGE GROUP: 1 -		Cadyville	1.27.55	7	Travis Dunham	33	Plattsburgh	1:24:38
1	Nikolas Hart	12	Plattsburgh	2:05:02	3	Phil Lynch	34	Saranac	1:24:30
E	MALE AGE GROUP:		riattsburgii	2.05.02		MALE AGE GROUP: 3		Jaranac	1.20.00
1		14	Dlattalaala	2:05:55	1	Jennifer Donohue	34	Saranac	1:30:40
	Mya Ladieu ALE AGE GROUP: 15		Plattsburgh	2.05.55	2	Mary Kate Curran	31	Canton	1:32:40
IV			Distal	1.10.07	3	Jessica Cordes-Orms	34	Plattsburgh	1:35:24
1	Jeriqho Gadway	17	Plattsburgh	1:19:07	M	ALE AGE GROUP: 35 -	. 39	,	
2	Paul Ford	18	Au Sable Forks	1:32:47	1	Jason Finlaw	35	Plattsburgh	1:18:54
3	Alexander Sanso	19	Monroe	1:33:26	2	Stephen Trull	37		1:19:33
FI	MALE AGE GROUP:				3	Martin Guilbault	36	Montreal, QC	1:28:45
1	Elysha O'Connell	15	Dannemora	1:37:54	FE	MALE AGE GROUP: 3			
2	Samantha Smith	17	Mooers Forks	1:42:02	1	Kelly Duffy-Coryer	35	Plattsburgh	1:30:14
3	Abby Cerne	17	Cadyville	1:48:52	2	Cassie Sellars	37	Plattsburgh	1:35:24
M	ALE AGE GROUP: 20	- 24			3	Jill Demers	35	Chazy	1:38:24
1	Llaney Hernandez	20	Monroe	1:24:29	IVI	ALE AGE GROUP: 40 -		Disco Describe Att	1.24.57
2	Brett Wunsch	21	Albany	1:37:07	1	Paul Pendleton	41 44	Pine Brook, NJ	1:24:57 1:38:52
3	Robert Matzelle	22	,	1:37:17	2	Derrick Lucas Sean Ganter	44	Plattsburgh Keeseville	1:38:52
FI	MALE AGE GROUP:	20 - 24) EE	MALE AGE GROUP: 4		Keeseville	1.59.02
1	Brittany Rose	24	Moretown, VT	1:35:42	1	Kristen Betrus	41	Potsdam	1:36:27
2	Jay Keyser	24	Plattsburgh	1:39:54	2	Margie Harmer	41	Madrid	1:39:19
3	Kathleen Wood	23	Plattsburgh	1:45:08	3	Sophie Dejordy	42	Ellenburg Depot	1:50:12 continu

			LAIIJDONG	JII IIAL				AY continue	u
M	ALE AGE GROUP: 45				MALE	AGE GROUP: 65	- 69		
1	Jeff Dodge	49	Plattsburgh	1:31:26	1 Pete	r McDonald	65	Yarmouth Port, M	A 2:55:09
2	Michael Howard	49	Canton	1:32:41	FEMAL	E AGE GROUP: 6	55 - 69		
3_	Michael Dixon	46	Schenectady	1:35:05	1 Gail	Parsons	67	Plattsburgh	2:35:41
۲E	MALE AGE GROUP:	45 - 49 49	Alexandria. VA	1:44:11		a D'Angelo	65	Peru	2:43:11
7	Kimberly Person Julia Giltz	49	Plattsburgh	1:44:11		la Dumont			
3	Dawn Taylor	48 49	Canton	1:56:53			66	Plattsburgh	3:14:53
	ALE AGE GROUP: 50		Caritori	1.30.33	MALE	AGE GROUP: 70	- 74		
1	Stanley Hatch	- 34 52	Cadyville	1:29:37	1 Bob	Heins	74	Plattsburgh	2:01:14
2	Russell Coombe	51	Malone	1:35:21	2 Micl	nael Lafontaine	72	Champlain	2:03:39
3	lack Connor	54	Hudson	1:39:57		TW	O-PERSO		
	MALE AGE GROUP:	50 - 54	11005011	1.55.57	MALE		D-I ENGO	· NLLA!	
1	Cathy Snow	53	Ausable Forks	1:45:34					42424
2	Joanne Vaccaro	53	Plattsburgh	1:52:21		n Davis/Sean Davis			1:24:24
3	Alicia Chase	54	Cadyville	1:52:52	2 Just	n Bilodeau/Marc Li	zotte		1:27:37
M	ALE AGE GROUP: 55	- 59			3 Ran	dy Kelley/Scott Prov	ost/		1:32:45
1	Peter Davis	55	Skaneateles	1:25:47	MIXED	TEAMS			
2	Tracy Smith	56	Ticonderoga	1:48:06	1 lenr	ifer Harrison/Mattl	new Mede	iros	1:34:04
3	Tony Searing	59	Morrisonville	1:50:04		e Francia/Mike Fran		1103	1:35:56
FE	MALE AGE GROUP: !								
1	Joanne Knowlton	58	Plattsburgh	2:16:30		get LaPier/Casey M	lanor		1:40:59
2	Beverly Kratzert	56	Salem	2:20:45	FEMAL	E TEAMS			
3_	Laurie Parsons	55	Morrisonville	2:29:32	1 Allis	on Post/Michelle Po	ost		1:48:10
M	ALE AGE GROUP: 60		AACH da a aa	1:40:43	2 Elise	Kowalczyk/Karen	Stauffer		1:49:55
1	Steven Benway	60 63	Willsboro	1:48:42 1:53:25		nelle Tobias-Sample		odhouse	1:51:20
2	Jack Kasperski		Fairport West Stockholm		J WIIC		,		1.51.20
3	Larry Rowe	60	ANGRE STOCKHOIM	1:54:07		Courtesy of I	ratisburg	h Half Marathon	

41H ANNUAL LAKE GEORGE HALF-MARAIHON & 5K	
April 27, 2014 • Fort William Henry Resort, Lake George	

•	April 2	7, 2014 • Fort	William	Henry Resort, Lak	e Geo	rge	
	13.1-MILE			FEMALE AGE GROUP: 4			
MALE OVERALL				1 Lori Fermon	45	East Greenbush	1:52:36
1 Paul Allison	27	Jericho, VT	1:15:06	2 Sharon Caruso	47	Latham	1:58:09
2 Luke Shane	24	Bolton Landing	1:18:13	3 Simone McGuinness	46	Glenville	2:17:05
3 Russell Lidberg	31	Schuylerville	1:24:28	MALE AGE GROUP: 50			
FEMALE OVERALL				1 Dan Wilson	54	Granville	1:43:00
1 Tamara Lilkas	23	Castleton	1:34:03	2 Mark Howe	52	East Greenbush	1:50:16
2 Renee Wing	34	Troy	1:39:13	3 Jim O'Connor	52	Buffalo	1:53:09
3 Brittany Pine	27	Hoosick Falls	1:40:29	FEMALE AGE GROUP: 5		-	2 00 40
MALE AGE GROUP:	1 - 19			1 Debbie Tierney	54	Troy	2:08:48
1 Anthony Erno	17	Glenville	1:25:33	2 Susan McNamara	52 51	Gloversville	2:16:10
2 Scott Bryant	14	Syracuse	2:10:48	3 Tina Hayden MALE AGE GROUP: 55		Schenectady	2:16:29
3 Dominick Petersen	17	Ballston Lake	2:18:49	1 Yvon Pare	- 39 55	Quebec, QC	1:50:37
FEMALE AGE GROUI	P: 1 - 19			2 Pierre Vandenabeele	55 55	Gloversville	1:57:04
1 Victoria Hathaway	18	Stillwater	1:35:00	3 Ned Norton	55	Albany	2:23:48
MALE AGE GROUP: 2	20 - 24			FEMALE AGE GROUP: 5		Albany	2.23.40
 Patrick Thieringer 	20	Highland Park, NJ	1:33:42	1 Kimberly Sack	56	Niskayuna	1:55:32
2 Michael Protesto	24	Ballston Spa	1:34:23	2 Hope Plavin	55	Malta	1:59:32
3 Joseph Walter	24	Saratoga Springs	1:37:39	3 Doreen Buell	57	Troy	2:03:10
FEMALE AGE GROUI	P: 20 - 24			MALE AGE GROUP: 60			2.05.10
1 Elizabeth Fullerton	23	Athens, PA	1:53:15	1 Joe D'Agostino	64	Holtsville	2:16:49
2 Shannon McCorma	ck 20	Clifton Park	1:54:51	- total a right-	5K RU		
3 Andrea Sleeman	20	Bennington, VT	1:55:20	MALE OVERALL	JK NO		
MALE AGE GROUP: 2	25 - 29			1 Jeffrey Mabb	29	Mechanicville	25:35
1 Richard Levo	27	South Glens Falls	1:25:44	2 Robert Bingham	49	Queensbury	26:22
2 Trevor Manzanares	26	Albuquerque, NM	1:26:02	3 Donald Yeaton	62	Hudson Falls	26:33
3 Timothy Bornt	27	North Adams, MA	1:37:56	FEMALE OVERALL	02	1100301110113	20.55
FEMALE ÁGE GROUI	P: 25 - 29			Meredith Schaefer	33	Albany	27:48
1 Elizabeth Maziejka	25	Queensbury	1:43:57	2 Lauren Pollow	26	Delmar	29:30
2 Rachel Meyers	25	Ballston Spa	1:48:27	3 Jessica Morey	22	Gloversville	31:04
3 Emily Kopp	28	Stillwater	1:48:40	MALE AGE GROUP: 1 -	19		
MALE AGE GROUP:	30 - 34			1 Timothy Miller	16	Fort Edward	26:45
1 Matthew Igler	31	Saratoga Springs	1:34:42	MALE AGE GROUP: 20	- 29		
2 James Schlaerth	31	Saratoga Springs	1:44:34	1 Ryan Menrath	26	Albany	28:28
3 Jason Behan	34	Medway, MA	1:50:22	2 Ryan Fayette	23	Warrensburg	40:32
FEMALE AGE GROUI	P: 30 - 34	,,		FEMALE AGE GROUP: 2	0 - 29		
1 Tiffany Schettig	33	Brooklyn	1:42:49	1 Lindsey Sacco	23	Astoria	32:30
2 Elizabeth Colloton	33	Albany	1:50:52	 Natassia Klapka 	22	Troy	34:04
3 Jamie Mastroianni	31	Saratoga Springs	1:52:39	3 Catherine Bette	22	Cleverdale	37:39
MALE AGE GROUP:				MALE AGE GROUP: 30			
1 John Evansky	35	Hudson Falls	1:38:01	1 Jordan Butcher	35	Valatie	32:42
2 Jim Schertzer	38	Ballston Lake	1:46:23	2 Justin Mallow	31	Glens Falls	33:33
3 Magnus Hlen	35	Ridgwood	1:58:04	3 David Schaefer	34	Albany	34:51
FEMALE AGE GROUI	P: 35 - 39			FEMALE AGE GROUP: 3			
Jennifer Pulver	38	Kinderhook	1:42:16	1 Tracy Temy	33	Queensbury	32:15
2 Birgitta Tsoma	35	Ridgwood	1:45:52	2 Laura Arcate	38	Lake Luzerne	32:47
3 Rebecca Roberts	35	Clifton Park	1:59:08	3 Christie Hummel	38	Queensbury	35:42
MALE AGE GROUP:		Cinton runk	1.55.00	MALE AGE GROUP: 40		5 (6)	25.05
1 Patrick Ryan	41	West Sand Lake	1:41:20	1 John Petersen	45	East Greenbush	35:05
2 Peter Prindle	40	Hudson Falls	1:42:22	FEMALE AGE GROUP: 4		Ouranahum	24.47
3 Andrew Snell	40	Ithaca	1:44:16	1 Tina Murray	40	Queensbury	34:17
FEMALE AGE GROUI				2 Lisa Ethier	48	Cohoes	34:31
1 Stacia Smith	43	Niskayuna	1:41:48	3 Pamela Walton	45	Queensbury	35:11
2 Stefanie Buttermore		Clifton Park	1:52:57	MALE AGE GROUP: 50 - 1 Barry Chafetz	- 59 - 53	Manninger Falls	E0.00
Steranie Buttermore Kim Havens	41	Hudson Falls	1:58:12			Wappinger Falls	58:09
MALE AGE GROUP:		1100301110113	1.30.12	FEMALE AGE GROUP: 5		Ouganshun	22.00
	45 - 49 46	Glenmont	1:43:56	1 Colleen Ackley	50 52	Queensbury	33:00
 Michael Verdichizzi Rene Cournoyer 	46 47	Ste-Julie, QC	1:43:56	Patricia Johnston Wendy Yeaton	52 51	Ballston Lake Hudson Falls	35:20 40:05
3 Michael Gorman	47	Westfield, MA	1:51:10			f Marathon Series	40.05
o iviiciaei Goiiildii	40	vvestneiu, iviA	1.51.10	courtesy or c	JAA Hdi	i iviai attitoti series	

5TH ANNUAL T3 COACHING DUATHLON SERIES April 27, May 4 & 11, 2014 • SUNY Adirondack, Oueensbury

Ap	oril 27, May 4 & 1	1, 2014 • S	SUNY Adirondack, Q	ueensbury	
1.5M RUN	I, 8M BIKE, 1.5M RUN		RACE #2 - FEMALE OVE	RALL	
RACE #1 - MALE OVERA			1 Sereena Coombes	Queensbury	44:35
1 Carl Regenauer	Saratoga Springs	42:58	2 Isabella Dickens	South Glens Falls	46:19
2 Chris Eaton	Johnstown	46:45	3 Mara Fronhofer	Moreau	48:23
3 Norman VanDiest	Glens Falls	50:07	4 Rebecca Evansky	Hudson Falls	48:48
4 Chris Nelson	Queensbury	50:08	5 Jodi Plante	Saratoga Springs	52:16
5 Vincent Kirby	Mechanicville	53:40	6 Bridget Crossman	Moreau	53:11
6 Daniel Maloney	Gansevoort	54:02	7 Renee Gordon	Queensbury	55:32
7 Chris McNally	Ballston Spa	54:57	8 Pamela DelSignore	Saratoga Springs	57:21
8 Jim Jordan	Saratoga Springs	56:57	9 Ann Crossman	Queensbury	57:39
9 Jim Fox	Glens Falls	57:23	10 Christine McKnight	Glenmont	58:54
10 Ryan Rath	Ballston Spa	1:14:49	11 Laurie Fish	Hudson Falls	1:00:03
11 Jack Rath	Ballston Spa	1:14:49	12 Beth Carroll	Queensbury	1:02:26
RACE #1 - FEMALE OVE		1.14.43	RACE #3 – MALE OVERA		
1 Mara Fronhofer	Moreau	48:58	1 Jamie Hoyt	Binghamton	41:32
2 Jodi Plante	Saratoga Springs	53:34	2 Martin Gordinier	Delmar	42:38
3 Laurie Scheuing	Saratoga Springs	53:44	3 Carl Regenauer	Saratoga Springs	46:10
		54:40	4 Norman Van Diest	Glens Falls	46:48
4 Bridget Crossman	Moreau Glens Falls		5 Chris Nelson	Queensbury Gansevoort	48:16
5 Emily Parent 6 Jennifer Ferris		55:43	6 Jackie Buckley 7 Chris McNally		49:14
	Saratoga Springs	58:12		Ballston Spa Mechanicville	50:31 51:31
7 Renee Gordon	Queensbury	58:40	8 Vincent Kirby 9 Jim Cunningham	Ticonderoga	51:53
8 Pamela DelSignore	Saratoga Springs	1:00:04	9 Jim Cunningham 10 Jim Jordan	Saratoga Springs	53:18
9 Ann Crossman	Queensbury	1:00:29	11 Jim Fox	Glens Falls	53:54
10 Christine McKnight	Glenmont	1:01:16	RACE #3 – FEMALE OVE		55.54
11 Andrea Jung	Ballston Spa	1:04:22	1 Sereena Coombes	Queensbury	43:09
12 Beth Carroll	Queensbury	1:04:59	2 Isabella Dickens	South Glens Falls	45:39
13 Melinda Fry	Saratoga Springs	1:06:37	3 Frances Vincent	Slingerlands	46:12
RACE #2 – MALE OVER			4 Mara Fronhofer	Moreau	46:17
1 Paul Fronhofer	Moreau	40:42	5 Zuri Wilson	Washingtonville	47:30
2 Carl Regenauer	Saratoga Springs	41:02	6 Jodi Plante	Saratoga Springs	51:13
3 John Evansky	Hudson Falls	46:04	7 Laurie Scheuing	Saratoga Springs	52:08
4 Chris Nelson	Queensbury	47:00	8 Renee Gordon	Queensbury	54:41
5 Chris Eaton	Johnstown	47:01	9 Pamela DelSignore	Wilton	55:56
6 Norman VanDiest	Glens Falls	47:01	10 Jennifer Ferriss	Saratoga Springs	56:23
7 Adam Walker	Queensbury	48:52	11 Christine McKnight	Schuylerville	56:43
8 Vincent Kirby	Mechanicville	51:33	12 Ann Crossman	Queensbury	57:13
9 Chris McNally	Ballston Spa	51:57	13 Beth Carroll	Queensbury	1:00:28
10 Jim Jordan	Saratoga Springs	54:55	14 Melinda Fry	Saratoga Springs	1:01:51
11 Dave Fish	Hudson Falls	59:37		esy of T3 Coaching	

11TH ANNUAL ST. JOHN'S/ST. ANN'S SPRING RUN-OFF
May 2 2014 a Albany Bivorfront Bark Albany

		/V	11ay 3, 2014 • A	чірапу і	rive	ertront Park, Ai	pany		
		5K RU	N		M	ALE AGE GROUP: 20	- 29		
N	MALE OVERALL				1	Marc Gonzalez	28	Astoria	21:00
1	Robert Irwin	41	Guilderland	16:53	2	Joshua Martin	29	Albany	24:43
2	Matthew Kaczmarek	18	Lockport	19:13	3	Pat McPartlon	26	Niskayuna	25:34
3	Ben Heller	23	Albany	19:19	FE	MALE AGE GROUP:	20 - 29		
F	EMALE OVERALL				1	Sarah Miller	27	Niskayuna	24:15
1	Brenda Lennon	48	Troy	22:40	2	Amanda Bumpus	25	Albany	25:37
2	Stephanie Racz	24	Castleton	22:41	3	Mandy Grzymala	23	Clifton Park	25:44
3	Melissa Mueller	32	Castleton-on-Huds	on 23:26	M	ALE AGE GROUP: 30	- 39		
N	MALE AGE GROUP: 1 -	14			1	Matthew Petro	36	Rensselaer	21:16
1	Jeremy Gundrum	13	West Sand Lake	24:05	2	Timothy Egan	30	Latham	22:09
2	Luke Morgenstein	9	Mechanicville	31:21	3	Chris Quinn	36	Albany	25:07

RACE RESULTS

	11TH AN	NUAI	L ST. JOHN'S	/ST. AI	NN'S SPRING RU	JN-OI	F continued	d
FI	EMALE AGE GROUP: 3	0 - 39			MALE AGE GROUP: 15	- 19		
1	Sara Westcott	30	Castleton	23:26	1 Noah Massry	15	Loudonville	53:06
2	Jennifer McIntosh	38	Schodack Landing	28:06	2 Alecsander Falk	15	Clifton Park	1:08:45
3	Kerry Cutler	37	Wynantskill	28:43	MALE AGE GROUP: 20	- 29	Circon runc	1.00.15
M	IALE AGE GROUP: 40	- 49	,		1 Thomas Hartnett Jr	25	Schenectady	43:37
1	Michael Cebula	46	Mechanicville	22:36	2 Felix Meissner	26	Rochester, NH	45:14
2	Mark Hamel	45	East Greenbush	23:47	3 Dane Picker	28	Albany	50:51
3	James Yates	48	Albany	24:22	FEMALE AGE GROUP: 2		Albally	30.31
FI	EMALE AGE GROUP: 4				1 Penelope Languell	21	Scotia	51:49
1	Jeanne Teale	49	Albany	25:36		24	Delmar	53:51
2	Elisa Schneider	48	Troy	26:52	2 Jenna Story 3 Ellen Story	24	Rochester	53:51
3		42	Valatie	28:21	MALE AGE GROUP: 30		Kochester	55.51
M	IALE AGE GROUP: 50 -					- 39 31	Alle a second	45.20
1	Jack Arnold	51	Latham	19:23			Albany	45:20
2	Dave Pentak	54	Glenmont	21:01	2 James Christian	31	Albany	48:36
3	Todd Lasher	51	Colonie	22:02	3 Shaun Walmsley	37	Albany	49:44
FI	EMALE AGE GROUP: 5	0 - 59			FEMALE AGE GROUP: 3			
1	Jennifer Pittz	55	Schenectady	26:03	1 Joy McManaman	35	Schenectady	46:54
2	Margaret Copozzola	53	Delmar	28:28	2 Kathleen Chudzinski	36	Watervliet	52:43
3	Anne Pierce	50	Albany	28:36	3 Anacita Overby	30	Valatie	53:07
M	ALE AGE GROUP: 60	- 69	•		MALE AGE GROUP: 40			
1	Paul Bennett	62	Latham	21:45	1 George Burke	48	Troy	42:33
2	Jim Sheehan	62	Cohoes	28:37	2 Tom Mack	49	Wynantskill	47:14
3	Bill Hasselbach	66	Glenmont	29:28	3 David Lifford	47	Mechanicville	50:39
-	MALE AGE GROUP: 6		Cicinione	25.20	FEMALE AGE GROUP: 4	0 - 49		
1	Susan Lohnas	61	Niskayuna	29:44	 Felice Devine 	43	Wynantskill	48:56
2	Valerie Marre	60	Albany	30:12	2 Trista Jones	41	Chicago, IL	51:40
3	Anne Tyrrell	63	Albany	31:16	3 Bridget Graber	40	Wynantskill	56:38
	IALE AGE GROUP: 70		Albany	31.10	MALE AGE GROUP: 50	- 59		
1	Carlos Cuprill	72	Dinana DD	24:17	1 Joe Benoit	56	Glenmont	47:31
		72 71	Rincon, PR		2 Timothy Perry-Coon	59	Latham	49:09
2	Don Gallagher		Albany	32:06	3 Chester Tumedajewicz	59	Amsterdam	50:14
3	Jim Owens	78	Latham	41:22	FEMALE AGE GROUP: 5	0 - 59		
	MALE AGE GROUP: 7				1 Anne Hurley	51	Delmar	52:49
1	Claudia Niemann	72	Schenectady	40:43	2 Sue Cleary	50	Albany	54:07
	ALE AGE GROUP: 80 -				3 Jenny Lee	54	Selkirk	55:49
1	Richard Schumacher	80	Hoosick Falls	36:14	MALE AGE GROUP: 60		Jennin	55.15
2	Richard Eckhardt	80	Albany	39:54	Michael Wright	60	Albany	50:44
		10K RU	JN		2 John Shoemaker	65	Scotia	59:58
	IALE OVERALL				3 Leo Dipierro	63	Cherry Plain	1:00:23
1	Chris McCloskey	32	Albany	35:58	FEMALE AGE GROUP: 6		Criefly Fidili	1.00.23
2	George Berg Jr	45	East Schodack	39:47	1 Carolyn George	60	Albany	52:05
3	Steven Nicoll	40	Menands	40:17	2 Anne Tyrrell	63	Albany	59:36
-	EMALE OVERALL	40	criarias	40.17	3 Darlene Cardillo	60	Delmar	1:00:52
1	Kristina Gracey	31	Albany	37:57	MALE AGE GROUP: 80		Dellilai	1.00.52
2	Regina McGarvey	44	Castleton	45:42		- 99 80	Menands	1.14.42
3	Stacia Smith	44	Niskayuna	45:42 45:49			/St. Ann's Center	1:14:43
3	Stacid Sillitii	43	ivi5KdyuIId	45.49	Courtesy or	st. Joiin's	ist. Anns Center	

8TH ANNUAL CCRC 5K RUN

	May	3, 20	014 • C	hris	t Community R	eform	ed Chu	ırch	, Clifton Park		
м	ALE OVERALL			м	ALE AGE GROUP: 35	- 39		м	ALE AGE GROUP: 60	- 64	
1	Johan Bosman	54	19:09	1	Jon Kloptosky	35	27:35	1	Paul Forbes	63	21:29
2	Patrick Lynskey	41	19:27	2	Ben Paultrie	37	28:11	2	Frank Broderick	62	23:52
3	Bill Hoffman	47	19:59	3	Pieter DeBock	35	28:12	3	Richard Bennett	61	24:49
FE	MALE OVERALL			FF	MALE AGE GROUP:		20.12	-	EMALE AGE GROUP:		24.49
1	Shelly Binsfeld	34	19:19	1	Linda Stump	38	26:18	FI			26.40
2	Christina Ardito	34	20:35	2	Megan DeBock	36	28:23	1	Peg Carucci	63	36:40
3	Penny Tisko	45	20:53	3	Sangaran Dashayani	39	33:24	2	Lonnie Rasmussen	64	57:57
M	ALE AGE GROUP: 1 -	12			ALE AGE GROUP: 40		33.24	3	Janet Colton	64	58:10
1	Patrick Frank	12	26:03	1	George Gamble	40	31:41	M	IALE AGE GROUP: 65	- 69	
2	Spencer Pannhorst	10	30:28		Berit Frickson	40	31:43	1	Tim Leonard	65	29:23
3	Chaz Kelly	7	34:17	2				2	Bill Rogers	67	32:05
FE	MALE AGE GROUP:	1 - 12		3	Michael Kelly	44	41:06	3	Rick Mills	69	41:17
1	Camryn Kelly	9	39:55	H	MALE AGE GROUP:			_	EMALE AGE GROUP:	05	41.17
2	Kara Wengert	9	40:26	1	Caroline Pannhorst	42	26:15	FI			26.40
3	Kate O'Neill	11	40:31	2	Mona Caron	44	27:58	- 1	Gail Leonard	66	36:40
M	ALE AGE GROUP: 13	- 19		3	Joanna Reader	41	28:11	2	Janet Hamilton	69	41:48
1	Maxwell Hoffman	13	21:03	M	ALE AGE GROUP: 45	- 49		3	Gretchen Hodder	65	55:01
2	Joseph Valentine	14	24:50	1	John Brunner	47	26:36	M	IALE AGE GROUP: 70	- 74	
3	Jack Bold	13	25:50	FE	MALE AGE GROUP:	45 - 49		1	Bill Hamilton	72	41:50
FE	MALE AGE GROUP:	13 - 19		1	Connie Smith	46	22:57	2	Ed Vanderwall	70	53:32
1	Meghana Caron	13	26:35	2	Beth Grzyboski	49	25:08	_	EMALE AGE GROUP:	, ,	33.32
2	Michelle Thomson	18	52:08	3	Marie Bosman	49	26:05	TI.			47:22
3	Sarah Ingraham	17	53:31	м	ALE AGE GROUP: 50	- 54	20.05	- 1	Harriet Kalejs	70	47:22
M	ALE AGE GROUP: 25	- 29		1	Jamie Casline	54	21:08	IV	IALE AGE GROUP: 75		
1	David McCarthy	26	25:32	2	Joung Kim	53	29:25	1	Robert Reider	75	38:00
FE	MALE AGE GROUP:	25 - 29		3	Alan Blond	51	31:24	FI	EMALE AGE GROUP:	75 - 79	
1	Ashley Arnold	26	25:34	_	ALE AGE GROUP: 55		31.24	1	Frances Mantell	75	62:14
2	Marcella Eichorn	29	41:08	IVI			24.44	F/	AMILY TEAMS		
3	Lindsey De Kruif	28	53:56	1	Frank Lombardo	58	21:44	1	Mother/Daughter: Sara	ah & Carl	in Tuez
M	ALE AGE GROUP: 30	- 34		2	Perry Gava	56	29:40	i	Father/Daughter: Darryl		
1	Patrick Ronk	31	55:02	FE	MALE AGE GROUP:				,	_	
FE	MALE AGE GROUP:			1	Cynthia Fisher	57	31:34	1	Mother/Son: Caroline &		
1	Becky Tennyson	31	24:50	2	Pattie Beeler	57	37:00	1	Father/Son: Bill & Max		
2	Shannon Costello	31	26:13	3	Lynn Baran	59	56:53	(Courtesy of CCRC 5K Ra	ace Com	mittee
ı											

57TH ANNUAL HUDSON RIVER WHITE WATER DERBY May 3-4 2014 • North Creek North River & Riparius

	IVIa	y 3-4, 2	U 14	• North Creek, North	ı kıver	& KIPATIUS
	DOWNRIVER RACE			GIANT SLALOM		3 Rich Wilke/Andrea Wilke 12:57
OF	PEN CANOE 2-PERSON (REC):	FEMALE	K	AYAK 1-PERSON: MALE		4 Stephen Weeks/Sebastian Weeks 18:38
1	Siobahn Levere/Julia Hatch	1:09:26	1	Justin Schmale	10:21	OPEN CANOE 2-PERSON: MASTERS
2	Patti Weisser/Rachel Shaafer	1:16:31	2	Greg Lombard	10:22	1 Brad Prozeller/Jim Davidson 15:45
OF	PEN CANOE 2-PERSON (REC): MALE	3	Cris Burnham	10:41	NOVICE SLALOM
1	Jim Sausville/Chris Burnham	55:21	4	Marko Schmale	10:41	KAYAK 1-PERSON: MALE
2	Will Whiting/Brian Whiting	56:43	5	Jim Sausville	11:06	1 Henry Evatt 8:26
3	Tim Gutch/Matt Gutch	59:46	6	John Gilrein	11:57	2 Brian Landenberger 8:34
4	Pat Calhoun/Norm Hecker	1:00:12	7	Tarrance Lasher	11:59	OPEN CANOE 2-PERSON: MALE
5	John Kazukenus/John Kazukenu	s 1:00:31	8	Rick Morse	12:17	1 Jack Burbage/Simeon 11:45
6	Robert Roland/Peter Roland	1:03:04	K	AYAK 1-PERSON: FEMALE		NOT SO WILD DOWNRIVER RACE
7	Rich Wilke/Rob Cloutier	1:07:12	1	Carol Fischer	9:30	OPEN CANOE 2-PERSON (REC): YOUTH
8	John Shafer/Dave Mallard	1:20:21	2	Deb Laun	12:29	1 Andrew Richard/Sarah Wolfhart 20:57
9	Jerry Blackbird/Mike Seaman	1:37:59	3	Carol Hatch	13:55	2 Emily Lasher/Noelle Lavine 22:24
	PEN CANOE 1-PERSON (RACI		4	Julie Lombard	16:22	3 Hannah Lasher/Dahlia Sheehan 23:54
1	Jim Frnst	1:00:53		OSED CANOE 1-PERSON: MA		OPEN CANOE 2-PERSON (REC): FAMILY
2	Dave Ritchie	1:13:20	1	Jim Underwood	11:38	1 Kelly Nessle/Gillian Hayden 20:29
OF	PEN CANOE 2-PERSON (RACE)		O	PEN CANOE 1-PERSON: MALE		2 Robert Nessle/Galen Hogan 21:20
1	Stephen Weekes/	,	1	Tom Addicks	12:28	OPEN CANOE 2-PERSON (REC): FEMALE
	Sebastian Weekes	59:32	2	Jim Ernst	12:34	1 Barbara Noyes/Trisha Wilke 21:22
K/	AYAK 1-PERSON (SHORT): M		3	John Rugge	13:40	OPEN CANOE 2-PERSON (REC): MIXED
1	Jim Underwood	56:01	4	Bruce Braman	13:44	1 Tom Addicks/Amanda Bielizna 18:06
2	Caleb Clark	56:46	5	Ken Perrault	14:57	2 Joe Cahalan/Eva Rodreiguez 20:25
3	Jeff Kelly	56:47	OI	PEN CANOE 2-PERSON: MALE	-	OPEN CANOE 2-PERSON (REC): MALE
4	Henry Evatt	1:01:18	1	Jim Sausville/Cris Burnham	11:30	1 Fritz Wolfhart/Andrew Richard 18:05
5	Brian Landenberger	1:05:18	2	Keel Krumenacher/Ray K	11:35	KAYAK 1-PERSON (SHORT): FEMALE
6	Brian Hart	1:11:24	3	Ken Perrault/Matt Perrault	11:56	1 Celeste Benoit 19:38
- 7			4	Robin Ahrens/Leif Ahrens	14:35	2 Lauren Wilke 20:18
/	TJ Hooker	1:14:39	5	Matt Gutch/Tim Gutch	17:12	KAYAK 1-PERSON (SHORT): MALE
	AYAK 1-PERSON (LONG): MA		OI	PEN CANOE 2-PERSON: MIXE		1 Robert Benoit 18:23
1	Justin Crannell	53:20	1	John Chen/Elizabeth Sperling	23:33	KAYAK 1-PERSON (SHORT): YOUTH
2	Terry Lasher	54:58		PEN CANOE 2-PERSON: FAMI		1 Andrea Wilke 21:33
3	Harrison Freer	1:13:24	1	Marko Schmale/Clayton Schmale		Courtesy of Gore Mountain Region
4	Art Belden	1:21:49	2	Sarah Wolfhart/Fritz Wolfhart	12:38	Chamber of Commerce

3RD ANNUAL DELMAR DUATHLON May 4, 2014 • Elm Avenue Town Park, Bethlehem

	2M RUN,	10M BII	KE, 2M RUN		MALE AGE GROUP: 25 - 29					
M	ALE OVERALL				1	Chris Carper	25	Albany	53:44	
1	Tim Russell	24	Saratoga Springs	48:33	2	Robert Ordish	28	Glenmont	54:27	
2	Alan Finder	25	Albany	49:31	3	Stefano Fontana	25	Albany	56:43	
3	Chris Mulford	37	Schenectady	50:42	FE	MALE AGE GROUP: 2	5 - 29			
FE	MALE OVERALL		,		1	Tiffany Zarrella	27	Albany	1:14:51	
1	Shylah Weber	25	Rensselaer	56:49	2	Charly Mallet	26	Albany	1:15:00	
2	Allison Grygus	29	Clifton Park	57:48	3	Sarah Crana	29	Albany	1:35:50	
	Andrea Hollinger	26	Averill Park	1:01:17	M	ALE AGE GROUP: 30 -				
	MALE AGE GROUP: 15		/ WCIII I dik	1.01.17	1	Jeffrey Greer	33	Ballston Lake	55:18	
	Katrina Teal	19	Mechanicville	1:14:35	2	Sean Rumney	30	Guilderland	59:18	
	ALE AGE GROUP: 20 -		IVICCIIariicviiic	1.14.55	3	Michael Baer	33	Delmar	1:00:00	
1			Danasalaas	F2.21	FE	MALE AGE GROUP: 3				
1	Jonathan Lazzara	24	Rensselaer	53:21	1	Kelly Bowie	34	Castleton	1:07:10	
2	Chance Wilk	23	Burnt Hills	54:41	2	Erin Reep	33	Athens	1:24:06	
	Jacob Rymanowski	23	Melrose	1:13:36	3	Dara Morin	30	Albany	1:29:02	
FΕ	MALE AGE GROUP: 20) - 24			M	ALE AGE GROUP: 35 -	39	,		
1	Katie Kurtesis	24	Delmar	1:10:34	1	Dan Murphy	39	Delmar	57:25	
2	Emilee Bonnier	24	Melrose	1:16:15	2	John Bonetsky	38	Niverville	59:44	
3	Emily Blakeslee	24	Albany	1:25:03	3	Rick Ikasalo	35	Delmar	59;57	
	-		•						continued	

BIATHLON

Two Juniors Complete Successful Season

As you may have seen this past winter in the Olympics, biathlon is a sport that combines Nordic skiing with rifle marksmanship. The 2013-14 biathlon season was extremely successful for two local 18 year olds, Maddie Phaneuf of Old Forge and Brian Halligan (Athlete Profile, March 2013) of Wilton. After graduating high school last spring they both decided to put off college in order to pursue a spot on the US Youth Biathlon World Championship team. They were both accepted to the Maine Winter Sports Center and have spent the last year living and training with other biathletes in Fort Kent.

After getting some early snow training and racing in Canmore, Canada over Thanksgiving, they both returned to Maine and raced in the team trials in Presque Isle in December. In the Youth division, Brian finished first overall and Maddie finished second to secure spots on the World Championship team.

Brian's performance also resulted in him being named to the US team to compete at the Open European Championships for 26 and under racers in Nove Mesto, Czech Republic. He spent one week training in Rupholding, Germany where he had a third place finish behind two Ukranian skiers in the Junior division at the British National Championships race in the Czech Republic. Afterwards, he returned to New York for a quick visit and won the Empire State Games Pursuit race on Feb. 9 by over ten minutes.

The US played host to the Youth/Junior Biathlon World Championships in Presque Isle, Maine in late February, and both athletes had success against the best youth skiers from 20 countries. Brian was able to have two good races highlighted by an 18th place in the 12.5K Individual race. Maddie had a breakout performance that week, which started off by shooting clean in her first international competition to take fourth place in the Sprint race! After a solid top 25 performance in the pursuit, she proved that her first race was no fluke when she took eighth place in the Individual race!



Next up for the two were the US National Championships in Jericho, Vt. Both had podium performances in the Youth division over the three days of racing. Brian had his best race of the season on the last day when he "raced up" in the Open Men division and took second place.

Both biathletes did so well this season that they were rewarded by US Biathlon Association, and were named to a junior team to train and compete in Sweden in March as part of an ongoing junior athlete exchange program over the past few years.

The season may be over, but the good news has continued for both athletes. Brian was recently named to the US Biathlon Development Team, which will provide him more training and coaching opportunities throughout the summer and fall. Maddie was named to the newly formed US "X-Team," which USBA says is for athletes who have demonstrated exceptional potential for future success at the World Cup and Olympic level. The team will be based in Lake Placid and have a training program optimized for their specific needs.

Both athletes have decided to continue their pursuit of higher level biathlon success for the upcoming year. You can follow their future journey on their blogs: maddiebiathlon.blogspot.com and brianhalliganbiathlon. blogspot.com.

Strong Junior level Nordic skiers who are interested in biathlon are encouraged to take advantage of the same opportunities these two skiers did locally over the past few years after they turned 14 years old. This includes junior clinics and local summer and winter biathlon races. Information can be found at NY Biathlon: biathlon.nyssranordic.org.

3RD ANNUAL DELMAR DUATHLON continued MALE AGE GROUP: 55 - 59 FEMALE AGE GROUP: 35 - 39 1:03:23 1:03:56 Glenmont Jeff Clark Ravena Delmar Melanie Schoen 38 Delmar 1:07:07 David Drexler 1:10:29 Schenectady 1:15:08 MALE AGE GROUP: 40 -FEMALE AGE GROUP: 55 - 59 51:32 Craig Tynan Schenectady Carolyn Wilk 55 55 South Glens Falls Delmar Brenden Rillahan Matt Gokev 53.28 1:23:02 Jean Drexler Ravena MALE AGE GROUP: 60 - 64 **FEMALE AGE GROUP: 40** - 44 1:09:27 64 Rotterdam Chris Schultz Jennifer Durenberger Tammy Colman Saratoga Springs 1.13.40 George Baranauskas 60 1:10:41 Slingerlands 1:17:05 FEMALE AGE GROUP: 60 - 64 MALE AGE GROUP: 45 - 49 1:20:21 Natalie Drahzal 63 East Berne 1:42:30 Delmar Peter Broderick 1:03:33 1:49:31 Valerie Marre Albany Selkirk 1:05:45 MALE AGE GROUP: 65 - 69 FEMALE AGE GROUP: 45 68 Cottekill 1:01:22 1:14:43 Leah Gaetano Delmar MALE AGE GROUP: 70 - 74 Donna Deluca Clifton Park 1.25.56 1:26:52 1:28:01 Mark-Richard Butt Delmar East Berne 2:04:42 MALE AGE GROUP: 50 - 54 MALE AGE GROUP: 75 - 79 Delmar 53:45 1 Armand Langevin **RELAY TEAMS** Cohoes 1:25:14 Selkirk 1:10:34 **FEMALE AGE GROUP: 50** Team TAC: Peter Flynn/Andy Kirby 56:56 Rusty Legs: Ryan Nielsen/Michael F Kathy Case 52 Albany 1:21:00 Dale & Andrea: Andrea Jamieson/Dalie O'B 1:05:48 Theresa Maneer Albany Courtesy of Bethlehem Area YMCA

1ST ANNUAL SPRING HAS

		May	4, 2014 • Sout	thern S
м	ALE OVERALL	-		
1	Michael Nickerson	25	Clifton Park	57:39
2	Bill Hamel	43	Clifton Park	1:04:29
3	Steven Imbriaco	37	Selkirk	1:05:24
FE	MALE OVERALL			
1	Christine Varley	50	Albany	1:11:32
2	Mary Fenton	48	Ballston Spa	1:12:30
3	Chelsea Desalvatore	28	Ballston Lake	1:14:18
	ALE AGE GROUP: 15 -			
1	Luke Miller	18	Niskayuna	1:11:13
	MALE AGE GROUP: 2			4.46.00
1	Mary O'Hearn	28	Gansevoort	1:16:03
2	Sara Lanesey	27 27	Loudonville	1:17:10
	Tracey Clark ALE AGE GROUP: 30 -		Ballston Spa	1:18:19
	Erik Andersen	34	Charlton	1:15:26
2	Matthew Fryer	34	Clifton Park	1:16:34
3	Collin Grady	31	Saratoga Springs	1:17:11
	MALE AGE GROUP: 3		Saratoga Springs	1.17.11
1	Leah Serbalik Grady	30	Saratoga Springs	1:18:54
2	Rachael Morrissey	31	Albany	1:32:56
М	ALE AGE GROUP: 35 -	39	,	
1	Joseph Genter	39	Saratoga Springs	1:11:24
2	Stephen Cupp	39	Mechanicville	1:20:42
3	Keith Johnson	36	Mechanicville	1:21:07
	MALE AGE GROUP: 3!			
1	Alison Craver	39	Clifton Park	1:25:01
2	Jennifer Graves	36	Hudson Falls	1:42:43
3		36	Clifton Park	1:50:13
	ALE AGE GROUP: 40 -		CIII D. I	4 42 05
1	Brian Watts	40	Clifton Park	1:12:05
2	John Hendricks	44	Clifton Park	1:12:48
3	Nick Laplaca MALE AGE GROUP: 40	44	Queensbury	1:16:53
1	Claudia Greco	44 41	Clifton Park	1:17:55
	Ronda Poirier	41	Ballston Spa	1:24:12
3	Kelly Sullivan	40	Ballston Spa	1:47:56
ر	ixing Juliivan	70	ballstoll spa	1.47.30

	S SPRUNG 10 MILE RUN atoga YMCA, Clifton Park								
	ALE AGE GROUP: 45 -		rk						
1	Joe McDonald	48	Niskayuna	1:09:02					
2	Richard Homawoo	46	Clifton Park	1:12:19					
3	David Padula	48	Niskayuna	1:12:21					
FE	MALE AGE GROUP: 45	- 49	,						
1	Sheryl Hamel	47	Ballston Lake	1:27:01					
2	Irene Valede	49	Clifton Park	1:29:42					
3	Martine Sarnow-Davis	49	Clifton Park	2:00:05					
М	ALE AGE GROUP: 50 -	54							
1	Sam Mercado	51	Saratoga Springs	1:11:29					
2	Anthony Lupo	51	Ballston Spa	1:13:21					
3	Tim Landis	50	Clifton Park	1:20:10					
FE	MALE AGE GROUP: 50	- 54							
1	Nicolette Pohl	52	Saratoga Springs	1:19:37					
2	Lauren Herbs	51	Rexford	1:23:15					
3	Karen Davis	51	Clifton Park	1:30:19					
М	ALE AGE GROUP: 55 -	59							
1	Brendan Quinn	56	Clifton Park	1:26:15					
2	Ray Lewis	58	Ballston Lake	1:27:15					
3	Michael Maguire	58	Ballston Lake	1:34:11					
	MALE AGE GROUP: 55								
1	Maureen Fitzgerald	56	Clifton Park	1:21:21					
2	Maureen Roberts	56	Saratoga Springs	1:26:41					
3	Sharon Desrochers	59	Ballston Lake	1:29:08					
	ALE AGE GROUP: 60 -								
1	Bela Musits	60	Queensbury	1:27:23					
	MALE AGE GROUP: 60								
1	Adele Pace	60	Clifton Park	1:37:59					
2	Joan Williams	60	Clifton Park	1:42:46					
	ALE AGE GROUP: 70 -		CITE D	4.27.41					
1	Howard Jones	70	Clifton Park	1:27:44					
2	Ray Lee	72	Halfmoon	2:12:54					
	Courtesy of Southern Saratoga YMCA								

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NON-MEDICATED LIFE

How and When to Discontinue Medication Part One

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 60th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



edicines are a mainstay of American life and the healthcare system not only because they are perceived to work by the individual taking them, but also because their benefit may be shown by the objective assessment of scientific study. Clinical research trials have shown that some of the medicines of Western science may reduce the risk of heart attacks, strokes and cardiovascular death while others may reduce certain types of cancer.

In the first 59 installments of The Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost. This, however, begs the questions of how and when you may rationally and safely reduce and ultimately discontinue chronic medications.

I wish to emphasize at the beginning that any consideration of reduction or discontinuation of medication, and how it may safely be accomplished must be discussed with your primary care physician, as well as your cardiologist and or endocrinologist, if you are seen by a subspecialist or have received the medication in question from that subspecialist. The decision to discontinue medication should be a consensus decision with your medical providers in agreement and should never be taken without a complete, preferably face-to-face discussion with those providers.

The medications that you may consider discontinuing fall into several classes. In Part One, I will discuss blood pressure medications. In Part Two, I will discuss cholesterol reducing medications, and in Part Three, I will discuss diabetes medications.

The decision to discontinue blood pressure medications must be based on both the measured blood pressure and the medical problems apart from blood pressure impacted by blood pressure. Thus there is a difference between discontinuing blood pressure medications in someone whose only problem is hypertension versus someone, who has additionally had a heart attack, has coronary artery disease, diabetes, heart failure or who has had a stroke or transient ischemic attack (mini-stroke). In these more complicated patients with multiple problems, specific blood pressure medications may do double duty and also lower risk by other mechanisms than blood pressure. Therefore, in those with multiple problems or those on multiple blood pressure medications, the knowledge of your medical providers becomes essential as to how to proceed and which medications to consider first.

In an individual whose only problem is hypertension the issue is simpler. Blood pressure meds fall into several classes. Medications called angiotensin converting enzyme inhibitors and angiotensin receptor blockers have been shown in clinical trials not only to reduce blood pressure but also to reduce the risk for heart attacks and strokes beyond the risk reduction achieved with blood pressure lowering alone. If you were on multiple blood

pressure lowering medications, then medications in this class would be the last to be discontinued. Other classes of blood pressure lowering drugs include beta-blockers, calcium channel blockers and diuretics, and these drugs may first be considered for reduction and then discontinuation as blood pressure is reduced by non-medicated means.

The non-medicated means of blood pressure lowering include weight loss in those overweight or obese, sodium restriction in those consuming excess sodium, daily aerobic exercise in those who are sedentary, the consumption of a predominately plant-based diet, moderation of alcohol intake, cessation of tobacco use, and relaxation techniques including meditation, prayer and yoga.

The relative contributions of each of these interventions to overall blood pressure lowering will depend on genetic predisposition and the degree of lifestyle and/or dietary excess or perturbation contributing to blood pressure elevation. For example, in an individual who is 50 to 70 pounds overweight, maximal benefit would require a loss of most of the excess weight. Nevertheless, even a five to ten pound weight loss would contribute to substantial blood pressure lowering, especially if it were combined with other changes such as modest sodium restriction in an individual previously engaged in excessive sodium intake.

Moreover, the effects of such interventions are additive. As blood pressure drops with non-medicated interventions, medication may be first reduced and finally discontinued. Such reductions and discontinuations should be determined at the time of regularly scheduled visits, but patients should be following their blood pressure at home, to allow earlier or later visits as appropriate. I would suggest that achieving a systolic pressure of 100 to 110 millimeter of mercury (mmHg) on several days of a week or any single value below 100 mmHg should serve as impetus for an appointment to discuss medication changes.

In order to maximize the benefit of non-medicated interventions I recommend the following to start: individuals who are obese should consider a weight loss of 20 to 30 pounds; sodium should be restricted to 1500 to 2000 milligrams per day – remember to read milligrams of sodium on food labels based on specific serving size.

See the following for help: fda.gov/food/ingredientspackaginglabeling/labelingnutrition; alcohol should be limited to three glasses of wine or three glasses of beer or three shots of spirits per week; individuals should walk briskly for 30 to 45 minutes daily; individuals should consume either a DASH diet (dashdiet.org) or a predominately plant-based diet with red meat consumed no more than once per week and no more than 15 grams of saturated fat consumed daily; all tobacco should be stopped; meditation including transcendental meditation, the relaxation response, prayer or yoga should be performed for 15 minutes twice a day.

If with these interventions blood pressure does not come down enough to allow the discontinuation of most or all blood pressure medications, further modifications of non-medicated approaches may be considered and discussed with your medical providers after three to six months.

In summary, non-medicated approaches to lowering blood pressure may allow you – under the supervision of a primary care provider – to reduce and possibly discontinue blood pressure medications while achieving excellent blood pressure control, reduced cost and fewer side effects.

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

woods you can pick a variety of apples

straight from the trees without even stopping your spin.

I want to give some loose guidelines for a recommended day of riding in the Helderberg Hilltowns. Take NY Route 85 south for 26 miles from Albany to Rensselaerville and get started at the Huyck Preserve parking lot at the top of Main Street. Roll over to the town of Berne via some of the mixed paved and dirt roads like Willsie Road to check out the Turner Burying Ground and the grave contained there of Eva Messer, the Hilltowns' infamous witch from the late 1800s. Then tackle the brutally steep Ravine Road on your way to the Medusa General Store or Heather Ridge Farm for mid-ride refreshment.

After that, check out some of the old barns along Ten Mile Creek on your way back to the start of your ride via the barely used dirt roads in the Rensselaerville State Forest. Finish the day off with tasty food and beer, sourced in part from the farms you passed on your ride, at the Palmer House Cafe. The temperatures are always a little cooler up on top of the escarpment, so this would make for the perfect summertime excursion.

If you need a big occasion as an impetus for a visit to the Helderberg Hilltowns, I want to invite you all to join me there for an exciting ride and a big party on September 28. Some of my professional cyclist teammates will be joining me for the Team Jamis - Hagens Berman Gran Fondo at the Rensselaerville Cycling Festival. We are all looking forward to a challenging but relaxed day on the bike. The event has some fun stuff planned for riders and non-riders of all ages and abilities, so everyone is encouraged to attend. You can learn more at rensselaervillecycling.com.

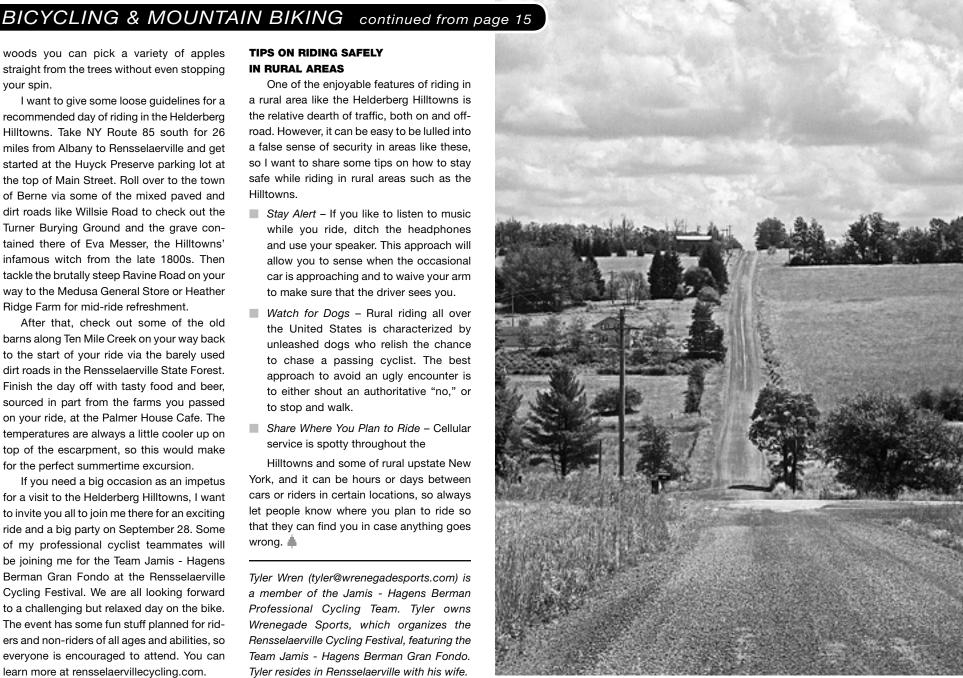
TIPS ON RIDING SAFELY IN RURAL AREAS

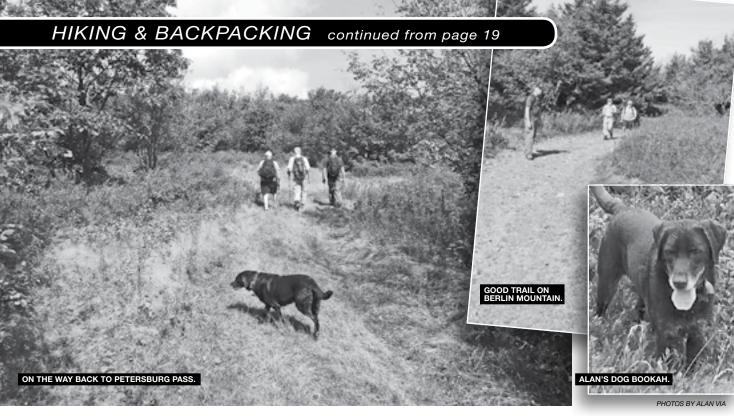
One of the enjoyable features of riding in a rural area like the Helderberg Hilltowns is the relative dearth of traffic, both on and offroad. However, it can be easy to be lulled into a false sense of security in areas like these, so I want to share some tips on how to stay safe while riding in rural areas such as the Hilltowns.

- Stay Alert If you like to listen to music while you ride, ditch the headphones and use your speaker. This approach will allow you to sense when the occasional car is approaching and to waive your arm to make sure that the driver sees you.
- Watch for Dogs Rural riding all over the United States is characterized by unleashed dogs who relish the chance to chase a passing cyclist. The best approach to avoid an ugly encounter is to either shout an authoritative "no," or to stop and walk.
- Share Where You Plan to Ride Cellular service is spotty throughout the

Hilltowns and some of rural upstate New York, and it can be hours or days between cars or riders in certain locations, so always let people know where you plan to ride so that they can find you in case anything goes wrong.

Tyler Wren (tyler@wrenegadesports.com) is a member of the Jamis - Hagens Berman Professional Cycling Team. Tyler owns Wrenegade Sports, which organizes the Rensselaerville Cycling Festival, featuring the Team Jamis - Hagens Berman Gran Fondo. Tyler resides in Rensselaerville with his wife.





TCT markers. In a few minutes you'll see a very distinct unmarked path (N42 42.971 W73 17.123) on your left, descending from Raimer Mountain.

Following the diamond-shaped TCT markers toward Berlin Mountain, the trail starts a gradual 250-foot descent into Berlin Pass at 2,200 feet (N42 42.399 W73 17.425) where there are trails entering on either side. There are nice hikes from these alternative trails, but locating the trailheads, and navigating the seasonally maintained roads can be a challenge in other than the warmer hiking months. At Berlin Pass the already good trail turns into an old dirt road, wide and easy to follow. This section of the Taconic Crest Trail has seen years of illegal ATV use, with riders entering from side trails and tearing up the terrain during times when the trails are wet. Increased law enforcement has lessened the problem and the puddles created by the ATVs are easily sidestepped.

Beyond Berlin Pass, the trail passes through areas where wildflowers, ferns and showy shrubs grace your passage. And there are views of the summit before you begin climbing the 700 feet up Berlin's north and northwest ridges. In late summer, the summit and this area of the trail are strewn with blueberries. Be sure to pack a hat, sunscreen, and plenty of water as this section can receive a lot of sun. You may discover that other than the summit, this is your favorite part of the hike.

Further beyond Berlin Pass, the rocky undersurface of the old dirt road, though not steep, can make climbing or descending some of the slabby rocks slippery after a period of rain or ice as tropical storm Irene removed a lot of rock and sand on this sec-

The summit of Berlin Mountain is a large, grassy and bald with views of Brodie, Prospect, Williams, Saddle Ball and Misery mountains. Mount Greylock, the highest summit in Massachusetts, dominates the eastern skyline. Be certain to return in summer as the summit and approach trails are loaded with blueberries. On a warm, mid-September day, the summit bushes and grasses have a countless number of grasshoppers. There are deep fern beds surrounding the summit crown, a cool, soothing place for a dog to rest. Berlin's top is almost always breezy, so a jacket is advisable while you have lunch and enjoy the view.

The Taconic Crest Trail is not the only way to hike to Berlin from Petersburg Pass. If you look at the map, there is an optional beginning of the hike that includes a short detour over Raimer Mountain. Walk southeast (left) from the trailhead along the back of the parking area, and look for a large boulder. There are a couple of distinct, unmarked trails that begin right above the rear of the parking area. The left one takes you up through the woods along one of the old, grown-over Raimer ski runs. There are no markers for this side trail and it climbs 500 feet to Raimer's mostly wooded summit (N42 43.405 W73 16.675), where screened views include White Rocks and Smith Hill across Petersberg Pass. You can continue over Raimer and rejoin the TCT trail. Alternatively, on your return from the summit, you can detour over Raimer by following the same unmarked trail.

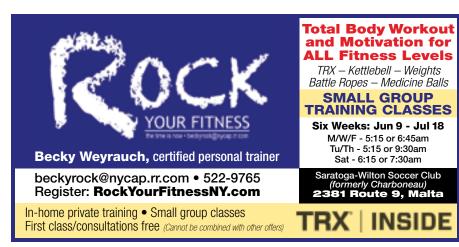
The roundtrip hike on the Taconic Crest Trail is 5.25 miles and 1,280 feet of ascent. Going over Raimer Mountain adds another 0.15-mile and 150 feet of elevation from either direction, well worth the effort if you're comfortable leaving a marked trail for part of your hike. Berlin Mountain is a hike most anyone can enjoy, but it can feel like a little longer day with some of the ups and downs the trail takes.

For winter snowshoers, the drive up to Petersburg Pass is long and steep, and can be treacherous in stormy weather. The trail to Berlin Mountain is often unbroken in winter, so come prepared to break the trail for a strenuous snowshoe to the summit.

Alan Via (be46@nycap.rr.com) of Slingerlands is the author of "The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks under 3500," published by the Adirondack Mountain Club.

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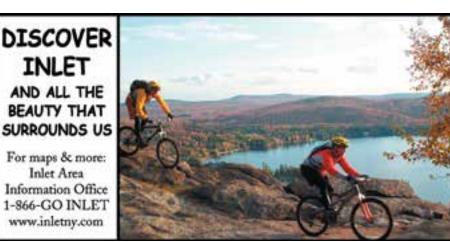
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2013 XTERRA SKYHIGH TRIATHLON.





2013 XTERRA SKYHIGH KIDS' TRIATHLON.



By Stephanie Landy

ix up your training and racing by taking it to the trails. Off-Road triathlon, also known as Xterra, has grown in numbers and popularity. Since its inception in 1996, Xterra has seen a hundred-fold increase in participants.

Whether you are a road triathlete, mountain biker, adventure racer or trail runner, we all share an adventurous spirit and love for nature and the outdoors.

The swim portion is similar to a road triathlon allowing wetsuits dependent on water temperature. The difficultly of Xterra bike courses range from relatively smooth fire roads to steep, rocky single-track, where even the most technically proficient athletes will dismount and "hike-a-bike" at times. The trail runs are a different breed compared to the roads requiring strength, agility and sturdy ankles rather than pure speed and high turn-over.

You should definitely try an off-road race! Don't let the courses scare you. Offroad is more about getting dirty and having fun, rather than comparing splits and downloading wattage files.

The good news is we have two local races. First up is the first annual Xterra Garnet Hill on Saturday, July 12, located at Garnet Hill Lodge and Cross-Country Ski Center in North River. This is put on by Adirondack Race Management, the folks responsible for the Lake George Triathlon Festival. This will surely be a top notch race and sounds like a perfect venue for somebody just wanting to get started in off-road triathlons.

The swim is 0.62-mile in beautiful Thirteenth Lake. The mountain bike is going to be a fun ride on cross-country ski trails. It is 16.5 miles and starts off with a climb to the ski lodge. You then zip down the wide open trails and through the woods. There are some climbs, downhills and rollers. It is a one and three-quarter loop bike course, so racers will end up going down toward the lake again and back up to complete the second loop. The finish of the bike course is on the Old Faithful trail where you can fly around curves - it is really fun. There are two short sections of single-track, but most of the trails are wide open ski trails with plenty of room to pass and pick your line.

Transition two is near the ski lodge. The run parallels some of the bike course but traverses back, through, and around for a single five-mile loop. The run has some hills on mostly wide open trails. If you are a newbie, this race will be a perfect start. Overall the bike is fun and pretty fast. It is in the mountains so there will be climbs and fast descents.

This is a USA Triathlon sanctioned event. This means you will need a USAT oneday license which you can purchase at the time of sign-up. There are two transitions. T1 is down by the lake and T2 is up near the ski lodge. Gatorade will be on the course for the bike and run. Post race Common Roots Brewing Company of South Glens Falls will be on hand serving out some beer to those 21 or older. To register and find out more about Garnet Hill go to: adkracemgmt.com.

The 15th annual Xterra SkyHigh Triathlon is on Saturday, July 19 at Grafton Lakes State Park in Grafton. It is one of the longest running Xterra races nationally! John and Kathy Slyer of SkyHigh Adventures put on this awesome event.

This was my first Xterra race and I've been hooked ever since! Based on the beach at beautiful Grafton Lakes State Park, the 2014 course will challenge everyone, novice and experts alike. It begins with a short beach run to the water for a two-loop 0.62mile lake swim. The mountain bike course is 12.4 miles with a nice mix of technical and fast sections - it is truly a course for everyone. The famous trail run of four miles will include the grueling climb up and then back down the dirt fire tower road. This course is a trail runner's dream where you hop from rock to rock. Agility and strong ankles will be your friend - speed and fast turnover need not apply. The run finishes at the beach where the SkyHigh crew will be cheering you on!

There is also a SkyHigh Kids' Triathlon making this event a very family-friendly atmosphere. This event follows the Xterra race. The kids will have their own course and consist of 100-meter swim, 5K bike, and a 1K run. The swim starts on the beach with a short 100-meter run to the 100-meter open water swim. The water is shallow enough for kids to easily stand, and lifeguards and volunteers are in the water with them if they need any help. The bike is a three-loop 5K closed course on the park sidewalks and gentle dirt roads in the beach area. The run is a flat 1K out and back on a gentle trail.

All athletes will receive medals and be entered to win raffle prizes. To register and for more details visit: skyhighadventures.com.

To follow Xterra racing and a full list of races check out xterraplanet.com and sign up for their newsletter. So why are you waiting? Add a new challenge to your season Live more! 📥

Stephanie Landy (irongirl59@aol.com) of Malta has been competing in triathlons since 1994. A six-time Ironman finisher including the Hawaiian Ironman World Championship she turned to off-road triathlon in 2009. The low-key festive atmosphere of the Xterra scene and being out in the wilderness was too contagious to go back to the roads.

Stephanie's Xterra experience has her competing all over the country, including Xterra National Championships, Xterra ITU World Championships, and Xterra World Championships in Maui placing third in her age-group.

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