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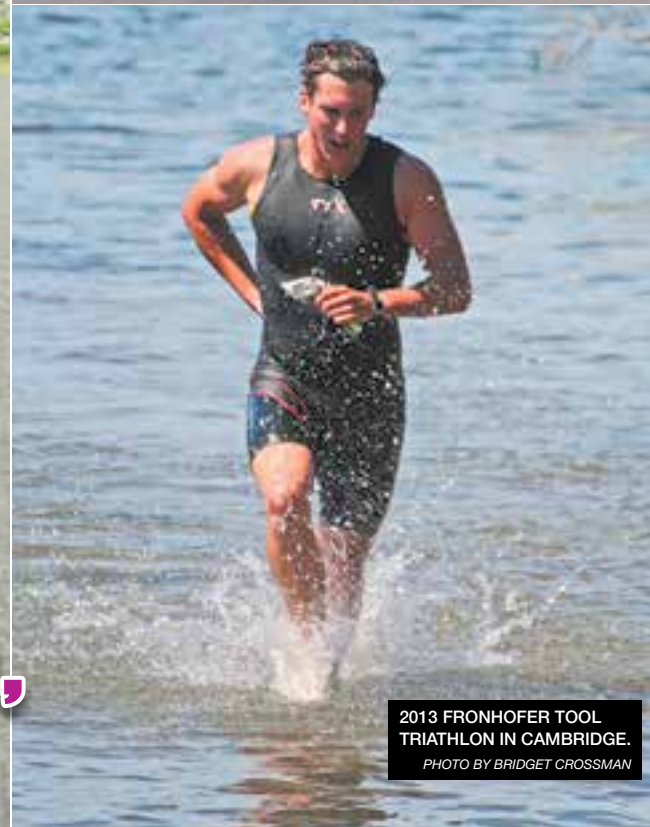
MAY
2014



HEATHER GOYETTE OF WANTAGE, NJ, PASSING HER CHEERING SECTION AT THE 2012 PISECO LAKE TRIATHLON.
ENVISION FOTO/FEETNORTH.COM



2013 SKYHIGH FATHER'S DAY TRIATHLON IN GRAFTON.
ASHLEYWILBUR PHOTOGRAPHY.COM



2013 FRONHOFER TOOL TRIATHLON IN CAMBRIDGE.
PHOTO BY BRIDGET CROSSMAN

Keeping Triathlons Fun, Achievable, Affordable

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Get Off the Road & Convert to Dirt!

When 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 triathlons in the country, so it opens doors to the entire family, and the distances are very manageable."

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

By Christine McKnight

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 ▶

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SIGNS of SUMMER



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2013 TUFF ENUFF 5K OBSTACLE COURSE CHALLENGE IN SARATOGA SPRINGS.
PREVENTION COUNCIL

By Laura Clark

After 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: freihoferstrun.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, halves 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 home-grown 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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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 self-confidence, 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 project.

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



CHINGACHGOOK

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.

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: saratogaspringsshm.com.

Tom Jacobs Left a Lasting Impact on Skiing

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 ski-meister, proficient in cross-country, ski jumping, slalom and downhill. He competed on the 1952 Olympic Team in nordic combined and cross-country, 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



TOM JACOBS

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

- 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.
- Act Like a Vehicle** – The same laws that apply to motorists apply to cyclists; obey all traffic control devices (such as stop signs, lights, and lane markings); always use hand signals to indicate your intention to stop or turn to motorists and cyclists.
- 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.
- 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.
- 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

- 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.
- 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.
- 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.
- 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 position.
- 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 in our area.

Darryl and Mona

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ISSUE #162

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Calendar of Events

May - July 2014

Events beyond this range are advertisers in this issue.

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S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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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.
- Wed Wacky Wed Ride.** 20-25M. 5:30pm. Location varies. Henry Wilkie: 482-3902. mohawkhudsoncyclingclub.org.
- Sat 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.
- 24 **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.
- 31 **Wilmington-Whiteface Race Weekend: Wilmington Circuit Race.** 12-57M. Town Youth Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.
- 31 Troy Bike Rescue BikeFest Fundraiser. 3pm. The Sanctuary for Independent Media, North Troy. troybikerescue.org.

JUNE

- 1 **Wilmington-Whiteface Race Weekend: Wilmington Road Race.** 12-82M. Town Youth Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.
- 1 **ADA Tour de Cure.** 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.
- 6-7 34th Great Finger Lakes Bicycle Tour. Hidden Valley Campground, Watkins Glen SP, Watkins Glen. southerntierbicycleclub.org.
- 7-8 **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.
- 8 White Plains Downtown Criterium/NYS Criterium Champs. 6:50am. Downtown, White Plains. whiteplainscrit.com.
- 11 **Pinnacle Time Trial #1.** 3.9M. 6:30pm. New Salem Firehouse, Voorheesville. cbrc.cc.
- 14 Vermont Gran Fondo. 103M/75M/46M. 8am. Hancock, VT. 802-388-7951. vermontgranfondo.com.
- 14 Ride with the Vets Ride. 30M. 7am. Town Hall, Chestertown to Glens Falls. 812-8760. gwotmonument.org.
- 15 13th Giro d'Otisco Lake Road Race. 9am. Side Hill Schoolhouse, Skaneateles. Eric Lankford: 315-396-6810. otiscogiro.com.

- 18 **Coeymans Hollow Time Trial.** 12M. 6:30pm. Joralemon Memorial Park, Ravena. 495-6058. cbrc.cc.
- 21 7th Corning Circuit Race. Watkins Glens Speedway, Watkins Glen. Brian Klotz: 607-377-0167. corningraceteam.com.
- 21 Ride for the WELL of It. 12M, 38M, 64M. 9am. The Hub, Brant Lake. bikereg.com.
- 21 **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.
- 28 Mount Greylock Bike Ride. 40M. Call for meeting time & place. Don Berens: 783-1302. adk-albany.org.
- 28 Hunter-Greene Summer Classic/NYS Road Race Championship. Hunter. 275-6185. bikereg.com.

JULY

- 2 **Pinnacle Time Trial #2.** 3.9M. 6:30pm. New Salem Firehouse, Voorheesville. cbrc.cc.
- 12 **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.
- 13 **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.
- 19 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/hudsonstour.

AUGUST

- 2 **Gear Up for Lyme: Mt Equinox Uphill Bike Climb.** 5.4M. 8am. Skyline Dr, Manchester, VT. gearupforlyme.com.
- 2 7th Tour of the Catskills. TT, criterium, road races. Tannersville/Windham. tourofthecatskills.com.
- 10 **ADK's ididaride: Adirondack Bike Tour!** 75M/20M. Ski Bowl Park, North Creek. Adirondack Mtn Club: 800-395-8080. adk.org.
- 23 **14th Pat Stratton Memorial Century Ride.** 25/50/100M. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

SEPTEMBER

- 6 **Double H Ranch Camp Challenge Ride.** 62M/30M. Double H Ranch, Lake Luzerne. doublehbranch.org.
- 6-7 **Saratoga Century Weekend.** 100M/62.5M/50M/25M. Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- 28 **Rensselaer Cycling Festival featuring the Team Jamis - Hagens Berman Gran Fondo.** Ride with the pros. 84M/55M/25M/8M & kids' rides. Rensselaerville. renselaervillecycling.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. beckyrocksatnycap.rr.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

Saratoga Century Weekend
SATURDAY-SUNDAY, SEPTEMBER 6-7

Carlsbad Pavilion (near Peerless Pool)
Saratoga Spa State Park, Saratoga Springs

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
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Mohawk Hudson Cycling Club
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Sat Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

HIKING & ROCK CLIMBING

MAY

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.

7 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.

28 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

8 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.

22 Wilmington Whiteface 100K/50K Cross-Country MTB Race. 7am. Leadville qualifier. Whiteface Mountain, Wilmington. 303-330-6770. leadvillerraceseries.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

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Questions: jameswalker3@yahoo.com

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Sunday, July 13

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70M 8:30am • 50M 9am • 20M 9:30am

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

JULY

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

AUGUST

- 4-6 Jr Pathfinders Wilderness Training.** Ages 10-12. 4pm. Ndashinna, Greenfield Center. 583-9958. ndcenter.org.
- 4-9 Pathfinders Wilderness Training & Adirondack Canoe Trip.** Ages 12-16. Ndashinna, Greenfield Center. 583-9958. ndcenter.org.
- 12-15 Martial Arts & Wilderness Camp.** Ages 8-12. Ndashinna, Greenfield Center. 583-9958. ndcenter.org.
- 18-22, 25-28 Wilderness First Aid Course (SOLO Certified).** Adults/teens. 8am-5pm. Ndashinna, 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.
- Tue CDTC Crystal Lake Training Series: 6/3-8/25.** Crystal Lake, Averill Park. cdtriclub.org.
- Thu SkyHigh Sprint Tri Series: 6/19-7/24.** 0.25M swim, 12M bike, 3M run. 6pm. Averill Park. skyhighadventures.com.
- Call Triathlon Training Program.** Fleet Feet Sports: 459-3338. Christine Hall: hall.christine23@gmail.com. fleetfeetalbany.com.

MAY

- 25 10th Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Casino & Raceway, Saratoga Springs. saratogalions.com.
- 25 Cooperstown Sprint Triathlon.** 0.5M swim, 12M bike, 5K run. Lakefront Park, Cooperstown. 315-404-8130. atcendurance.com.
- 25 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. therightfitmultisports.com.

JUNE

- 7 Green Lakes Sprint Triathlon.** 800m swim, 12.4M bike, 5K run. 8:30am. Green Lakes SP, Fayetteville. syracuse.ymca.org.
- 8 Keuka Lake Triathlon.** Intermediate, short, duathlon & kids' tri. 7:30am. Keuka Lake College, Penn Yan. keukalaketri.com.
- 8 Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com.
- 14 Race to the Battle: 3.52M trail run & 2M kayak.** 8am. Gillard Park, Willsboro. townofwillsboro.com.
- 15 Super Sprint Triathlon.** 0.025M swim, 7M bike, 2M run. 1pm. Grafton Lakes SP, Grafton. skyhighadventures.com.

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

- 22 Ironman 70.3.** 1.2M swim, 56M bike, 13.1M run. Jamesville Reservoir, Syracuse. ironman.com.
- 22 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.
- 28 Toughman Tupper Lake Tinman Triathlon.** Half, Sprint & Relay. Tupper Lake. tupperlaketinman.com.
- 29 Sleepy Hollow Sprint Triathlon.** 0.5M swim, 10M bike, 3M run. Sleepy Hollow. wch.sleepyhollowtri.llevent.org.

JULY

- 11-13 Musselman Triathlon Half-Iron & Sprint Races.** 7am. Seneca Lake SP, Geneva. 315-585-6086. musselmantri.com.
- 12 XTERRA Garnet Hill Off-Road Triathlon.** 1K swim, 30K bike, 10K run. Garnet Hill Lodge, North River. adkracemgmt.com.
- 13 14th Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M run. Albany to Guilderland. cdymca.org.
- 19 Shale Hill Tri-Obstaclon.** Sprint, Power or Elite distances. 8:30am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- 19 29th Piseco Lake Triathlon.** 9am. 0.5M swim, 11.5M bike, 3M run. Piseco Lake. 548-4521. speculatorchamber.com.
- 19 29th Peck's Lake Triathlon: 0.5M swim, 11.5M bike, 3M run.** 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
- 19 SkyHigh XTERRA Off-Road & Kids Triathlon.** XTerra: 7am. Kids Tri: 11am. Grafton Lakes SP, Grafton. skyhighadventures.com.
- 27 Pedal & Plod.** 4M run, 22M bike. 8:30am. Center St, Adams, MA. 413-344-3968. runwmac.com.
- 27 Ironman Lake Placid.** 2.4M swim, 112M bike, 26.2M run. Lake Placid. ironman.com.

AUGUST

- 2 8th Fronhofer Tool Triathlon.** Olympic: Solo, partner, relay. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.
- 2 5th Peck's Lake Challenge Sprint Triathlon: .5M swim, 9M bike, 3M run.** Peck's Lake, Gloversville. 725-0641. fultonmontgomeryny.org.
- 3 Iron Girl Sprint Triathlon:** 600m swim, 30K bike, 5K run. 7am. Oneida Shores Park, Syracuse. irongirl.com.
- 16 Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 17 2nd Peasantman Steel Distance Triathlon.** Full (144.6M), half (72.3), half relay, full/half aquabike, Steel Olympic. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.
- 24 North Face Race to the Top of Vermont.** Run, hike, bike. 9am. Stowe Mountain Resort, Stowe, VT. 802-864-5794. rtttovt.com.
- 30 Lake George Triathlon.** Olympic distance. Kids Splash & Dash: 8/30. Lake George. adkracemgmt.com.
- 31 BIG George Triathlon.** Half iron distance. King George (Olympic & Half): 8/30-31. Lake George. adkracemgmt.com.

SEPTEMBER

- 14 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.

38TH ANNUAL
JOSH BILLINGS
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SKYHIGHadventures

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

Multi-Sport Life Triathlon Events

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

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

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

XTERRA SKYHIGH Triathlon • Saturday, July 19 at 7am

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

SKYHIGHadventures.com • USA Triathlon Sanctioned

SARATOGA LIONS DUATHLON

10th Annual

Du-It for Sight and Hearing

Sunday, May 25 at 8 am
Saratoga Casino and Raceway, Saratoga Springs
5k Run, 30k Bike, 5k Run - Individuals & Teams
Race Information and Online Registration:
www.saratogalions.com

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

Premier Sponsors: SARATOGA CASINO AND RACEWAY THE ADIRONDACK TRUST COMPANY

NORDIC: BIATHLON & ORIENTEERING

MAY

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

JUNE

14 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. hurt nordicskiing.com.

AUGUST

15 **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

21 **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.

24 **Intro to Moving Water.** 6:30pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

25 Hoosic River Whitewater Paddle. 10M. North Adams, MA to Pownal, VT. Rich Macha: 346-3180. adk-albany.org.

28 **Evening Tour on Mohawk River.** 6:15pm. Lock 7, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

30 **Kayaking for Dummies.** 6:30pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

JUNE

2 Paddle Schodack Creek. 5M+. 8am. Elm Ave Park & Ride, Delmar. Bill Valentino: 439-9686. adk-albany.org.

3 Evening Paddle on the Hudson. 6:15pm. Henry Hudson Park, Bethlehem. Tom McGuire: 391-0508. adk-albany.org.

4, 6 **Fundamentals of Kayaking.** 6:30pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

7 Canoe/Kayak Race & Recreational Paddle. 10am. Overlook Park, Queensbury. Feeder Canal Alliance: 792-5363. feeder canal.org.

11 **Evening Paddle on the Mohawk.** 6:15pm. Lions Park/RR Station Park, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

13 **Fundamentals of Canoeing.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

14 Tupper Lake 9-Miler Canoe & Kayak Race. 11am. Simon Pond Rd, Boat Launch, Tupper Lake. 354-8377. nymcra.org.

15 Saranac Flatwater Challenge Canoe & Kayak Race. 11am. Saranac Recreation Area, Saranac. 891-0515. nymcra.org.

18 **Kayaking for Dummies.** 6:30pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

20 **Kayak Rescue & Recovery.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

20-22 **Adirondack SUP Festival.** Races, SUP demos & sales, on-water clinics, industry reps, SUP fitness & yoga, pooch race, guided tours, more. Saranac Lake. Adk Lakes & Trails Outfitters: 800-491-0414. adirondacksupfestival.com.

20 Towpath Regatta. 4.5M. 6:30pm. Gateway Landing Park, Schenectady to Aqueduct Park, Niskayuna. Geoffrey Moore: 435-1704.

29 Old Forge Paddle Classic. 6M/12M. 9am. Navigation Dock, Old Forge Pond, Webb. 315-369-6043. adirondack.net.

JULY

7-31 Adult Summer Learn-to-Row Program. 5:30pm. Aqueduct Boathouse, Niskayuna. 383-7745. aqueductrowingclub.com.

13 Schroon Lake River Paddle. 12M. Rich Macha: 346-3180. adk-albany.org.

19 Dragons Alive Dragon Boat Festival. 9am. Mohawk Valley Marine, Alplaus. 429-4908. dragonsalive.org.

30 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.

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

Tue AdIRUNdack Trail Series: 5/6-27. 5K/20K Challenge. 6pm. Cole's Woods, Glens Falls. adirondackrunners.org.

Tue **Summer Track Series:** 6/24, 7/8, 15, 22, 29. 6pm. Colonie HS, Colonie. hmrrc.com.

MAY

22 **We Run the Capital.** 6pm. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.

24 **4th Survive the Farm 5K Challenge.** 5K trail run. 10am/11am/12pm. Easton. Ed Johnson: 791-7856. survivethefarm.com.

24 **We Run the Capital.** 9am. Fleet Feet Albany, Albany. 459-3338. fleetfeetalbany.com.

24 Rensselaer Falls Library 5K. 9am. Fire Hall, Rensselaer Falls. 344-8837.

24 20th Chester Kiwanis 5K Hambletonian Trot. 8:45am. Community Park, Chester. 845-469-7317. chesterkiwanisclub.com.

24 **Jenkins Mountain Scramble.** Half marathon, 10K, 5K Walk, 1K run run. 9am. Paul Smiths College VIC, Paul Smiths. 327-6241. paulsmiths.edu.

25 26th Vermont City Marathon & Relay. 26.2M. 8am. Burlington, VT. vermontcitymarathon.org.

25 Memorial Day Marathon & Half Races, Berkshires 10K & 5K & 15K Trail Race. Tanglewood Center, Lenox, MA. memorialdaymarathon.com.

Saturday July 19, 8:30am

Shale Hill Adventure

517 Lake Rd, Benson, VT
Just 45 min. NE of Glens Falls

If you're looking for the next incredible adrenalin rush, try the TRI-OBSTACLE! 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

5TH ANNUAL

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

Outliers 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 TRIATHLON

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

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

Battle of the Boquet Downtown Celebration

Race to the Battle

3.52-Mile Trail Run & 2M Kayak Race on Boquet River

Saturday June 14, 8am
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

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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



LUZERNE MUSIC CENTER
 www.luzernemusic.org

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



SUNDAY • JUNE 8 • 2014
 LAKE PLACID • NEW YORK
 10th ANNUAL
MARATHON HALF MARATHON

ENTER NOW!

2014 Registration via
 www.lakeplacidmarathon.com
 or
 www.marathonguide.com

info@lakeplacidmarathon.com



16th Anniversary 2014
Saturday – June 7 – 9:00am
 Village Square, Kinderhook
 USATF Adirondack Grand Prix Event!
 \$18 by 5/31 (\$15 students); \$25 all after 5/31

OK 1 Run (Kid's One-Miler)
 Sponsored by Kinderhook Runners Club
 Ages 6-12 – \$2 – 8:15am

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

The Great Adirondack Trail Run



JUNE 14
 Keene Valley, NY

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

• Music • Prizes • Raffles • Food & Good Cheer




Box 66, Rte. 73 • Keene Valley, NY 12943 • Tel: (518) 576-2281
 Environmental Benefit Event for Ausable & Boquet River Associations
 REGISTRATION LIMITED: Preregistration Strongly Suggested

- 25 Sprint for Soliders 5K & 10K. 9am. Corning Preserve, Albany. etouches.com.
- 26 Memorial Day Mile. 1M Race & Community Walk. 9:40am. Bullpen Tavern, Glens Falls. 656-3127. sisuracingevents.com.
- 28 **25th Run If You Dare 5K Race & 1M Fun Run.** 6:30pm. The Connors Agency, Mechanicville. 664-7307. connorsgroup.com.
- 29 **We Run the Capital.** 6pm. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.
- 31 **We Run the Capital.** 9am. Fleet Feet Albany, Albany. 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. freihoferstrun.com.
- 31 **Charlton Heritage 5K Run/Walk.** 10am. Town Hall, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 31 **5th Rail Trail to the Footbridge 5K Trail Race & 1K Kids Run.** 9am. Slate Valley Museum, Granville. railtrailtothefootbridge5k.com.
- 31 Emma's 5K Run. 9am. Kids Run: 8:30am. Waldorf School, Saratoga Springs. 339-3999. waldorfsaratoga.org.
- 31 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

- 1 **Biggest Loser Run/Walk Half Marathon & 5K.** 8am. City Hall, Plattsburgh. 815-464-1265. biggestloserrunwalk.com.
- 1 **5th Worcester Half-Marathon & 5K.** Worcester, MA. runworcesterhalf.com.
- 1 Cantina Kids Only Fun Run. 1M/.25M. 9am. Saratoga Springs. 583-8340. saratogahospitalfoundation.org.
- 1 34th Classic 10K & Rowley Cup 5K Race & Walk. 8:30am. Middletown HS Track, Middletown. classic10k.com.
- 1 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.
- 7 **16th Kinderhook Bank OK 5K Race & OK 1M Run.** 9am. Village Square, Kinderhook. ok5krace.org.
- 7 **Tuff eNuff Obstacle Course Challenge.** 2.5M. Wave starts. BOCES Campus, Saratoga Springs. 581-1230. preventioncouncil.org.
- 7 **10th Lexington 5K.** 9am. Triple Crown Race #3. Lexington, Perry Street, Johnstown. 725-4545. 5ktriplecrown.racewire.com.
- 7 **Glens Falls Urban Assault.** 3.5M obstacle run. 5pm. Downtown Glens Falls. adkracemgmt.com.
- 7 West River Trail Run 11 Miles of Trouble. 9am. South Londonderry, VT. 802-824-4200. thecollaborative.us.
- 7 Delhi Covered Bridge 10K & 5K Races & 5K Health Walk. 9am. Courthouse Square, Delhi. clasiladies.com.
- 7 Capital City Stampede 10K. 9am. Onion River Sports, Montpelier. 802-485-3777. cvrunners.org.
- 7 22nd Tortoise & Hare 10K+ Trail Run. 9am. Lower Buttermilk Falls SP, Ithaca. 607-342-7871. fingerlakesrunners.org.
- 8 **10th Lake Placid Marathon & Half-Marathon.** Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 8 **The Run for Help 5K Run/Walk Against Domestic Violence.** 10am. Goff Middle School, East Greenbush. unityhousesny.org.
- 8 43rd Distinguished Service Race 8 Mile. 9am. University at Albany, Albany. Mark Warner: 464-5698. hmrrc.com.
- 8 5K for Kidneys Walk. 9am. University at Albany, Albany. 533-7880. healthykidneys.org.

- 8 Dance Museum 5K. 8am. National Museum of Dance, Saratoga Springs. 584-2225. dancemuseum.org.
- 8 7th Pride 5K. 9am. Washington Park, Albany. 462-6138. capitalpridecenter.org.
- 10 **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.
- 14 **2nd Strawberry Fest 5K Run.** 9am. Upper Union Street, Schenectady. e4poverty.org/Schenectady/events.
- 14 **4th Run for the Rhubarb 5K Race & 1M Kids Fun Run.** 9am. Mountain Road School, New Lebanon. 784-8520. mountainroadschool.org.
- 14 **Whipple City 5K & 1K Kids Fun Run.** 8:30am. Greenwich Middle School, Greenwich. 692-3311. greenwichchamber.org.
- 14 **10th Great Adirondack Trail Run.** 11.5M: Hopkins Mtn to Keene Valley. 3.5M: Baxter Mtn to Keene Valley. Keene Valley. 576-2281. mountaineer.com.
- 14 Tri-City Valley Cats Home Run 5K. 9am. HVCC Campus, Troy. 456-3682. hmrrc.com.
- 14 Race The Lake Marathon & 13.8M Race. 8am. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
- 14 Kick It For Kashius 5K. 10:30am. South Pavilion, Crossings, Colonie. kickitforkashius.org.
- 14 Patriot's Run 5K & 10K. 9am. Griffiss Bus & Tech Park, Rome. romanrunners.com.
- 14 Vegan Power 50K Trail Race. 7am. Pittsfield SE, Pittsfield, MA. veganpowerultra.com.
- 14 19th Lions Ramble. 5:30pm. Haslett Park, Fort Plain. 568-7509. cnyrunning.com.
- 15 **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.
- 15 New Paltz Challenge Father's Day Half Marathon & Family 5K. 7:30am. The Gilded Otter, New Paltz. 542-9939. fmrrc.org.
- 15 Mount Greylock Trail Races: Half Marathon & 5K. 10am. Greylock Glen, Adams, MA. Ed Saharczewski: 413-344-3968. runwmac.com.
- 15 26th Summer Sizzle. 5M. Deerfield Park, Utica. uticaroadrunners.org.
- 17 **Summer Track Series.** 6pm. Colonie HS, Colonie. Frank Myers: 783-2760. hmrrc.com.
- 17 **Selective Functional Movement Assessment.** 6:30pm. Fleet Feet Adirondack, Malta. 400-1213. fleetfeetalbany.com.
- 20 Glow for a Run. 5K. 8:30pm. Great Escape, Lake George. 792-3500. sixflags.com.
- 21 **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.
- 21 **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.
- 21 Run into Summer 5K. 9am. East Greenbush. egpopwarner.com.
- 22 **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.
- 22 George Coope Race. 5K, 10K, Kids Fun Run, 1M Walk. 8:30am. Adams Visitors Center, Adams, MA. 413-743-8320. celebrateadams.com.
- 23 Camp Saratoga 5K Trail Run Race #1. 6-7pm. Wilton Wildlife Preserve, Wilton. saratogastryders.org.
- 24 **Summer Track Series.** 6pm. Colonie HS, Colonie. Frank Myers: 783-2760. hmrrc.com.



38th Annual 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, 5/28
 Flat, 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



THE DUNKIN' RUN 2014

JCC | DUNKIN' DONUTS
AMERICA RUNS ON DUNKIN'

Save the date: Sun, Sept 7
5K, 10K & Kid's Fun Run

Whipple City 5K Run/Walk & 1K Fun Run 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

18.12 Challenge & HALF MARATHON

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
Sponsored by Watertown Savings Bank

Sunday August 31

A one-of-a-kind event!

- 25 **High Peaks Cyclery Trail Run & Mtn Bike Evening.** Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.
- 28 Hudson Highlands 100K Trail Race. 4am. Ramapo-Dunderberg Trail, Tuxedo. hh100k.wordpress.com.
- 28 Downing Dash to Digital 5K Run/Walk. 8:30am. Downing Film Center, Newburgh. 845-534-3182. downingfilmcenter.com.
- 28 3rd Huntington Race 4 Sundaes. 5K, 10K, 1M fun run. 8:30am. Community Church, Huntington, VT. 802-434-3987. huntingtonrace4sundaes.weebly.com
- 29 4th Michael Cerroni Memorial 5K Run/Walk. 9am. Maple Street Park, Black River. michaelcerroni5k.com.

JULY

- 4 **8th Firecracker 4 4-Mile Road Race.** 9am. Run-Your-Colors team competition, music, \$5,000 in prizes. Saratoga City Center, Saratoga Springs. Peter Goutos: 316-4445. firecracker4.com.
- 4 **Montcalm Mile.** 1M – the fastest mile in the north. 1:45pm. Ticonderoga. 585-9871. lachute.us.
- 5 Finger Lakes Fifties Trail Runs. 25K, 50K, 50M. 6:30am. Finger Lakes Forest, Hector. 607-564-1804. f150sultraz.blogspot.com.
- 7 **Independence Day Star Spangled Trail Marathon, Half, 10K, 5K Walk & 1K fun run.** 8am. Paul Smiths College VIC, Paul Smiths. 327-6241. paulsmiths.edu.
- 10 **HMRRC Two-Person Relay.** 6:15pm. Colonie HS Track, Colonie. hmrrc.com.
- 12 **Move it for the Music 5K Run/Walk.** 8am. Luzerne Music Center, Lake Luzerne. 696-2771. luzernemusic.org.
- 12 **Glenville & Schenectady YMCA 5K.** 8:30am. Freedom Park, Scotia. 399-8118. cdymca.org.
- 13 **Saratoga Springs Strong to Serve Half Marathon & 5K.** 7:30am. Saratoga Spa SP, Saratoga Springs. 603-429-8879. saratogaspringshm.com.
- 13 Boilermaker 15K & 5K Races. 15K: 8am. 5K: 7:15am. Utica. boilermaker.com.
- 17 **41st HMRRC Hour Run.** 6:15pm. Colonie HS Track, Colonie. hmrrc.com.
- 19 **Silks & Satins 5K Road Race.** 8am. Fasig Tipton, East Ave, Saratoga Springs. Special Olympics New York: 388-0790. nyso.org.
- 19 **Footrace at the Falls 5K.** 10am. Bicentennial Park, Ticonderoga. lachute.us.
- 19 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.
- 20 Dippikill Froggy Five Miler. 9am. Dippikill Wilderness Retreat, Warrensburg. 320-8648. areep.com.
- 20 Forest Frolic 7K/15K Trail Run. 9am. Virgil State Forest, Virgil.
- 24 **38th HMRRC Pentathlon.** 6:15pm. Colonie HS Track, Colonie. 221-3829. hmrrc.com.
- 26 **13th Turning Point 5K & Kids Fun Run.** 9am. Hudson Crossing Park, Schuylerville. 222-0166. finishright.com.
- 27 **Biggest Loser Run/Walk Half Marathon & 5K.** 9am. K-1 Lodge, Killington Ski Resort, Killington, VT. 815-464-1265. biggestloserrunwalk.com.

AUGUST

- 2 **36th Dynamic Duo Pursuit Race.** 8:30am. Colonie Town Park, Colonie. 869-9333. hmrrc.com.
- 2 **12th Race the Train.** 8am: Train ride. 9am: 8.4M. North Creek Depot, North Creek. 251-0107. adironackrunners.org.

- 2 **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.
- 2 Vino & the Beasts 5K Vineyard Obstacle Run. 2pm. Millbrook Vineyards & Winery, Millbrook. vinoandthebeasts.com.
- 3 **20th Indian Ladder Trail Run 15K & 3.5 M.** 9am. JB Thacher SP, Voorheesville. 439-5822. hmrrc.com.
- 3 **36th Lane 10K Lake Run.** 10am. Lake Pleasant to Speculator. 548-4521. speculatorchamber.com.
- 8 4th Schenectady ARC 5K. 6:30pm. Central Park, Schenectady. 372-1160. arcschenectady.org.
- 9 **Camp Chingachgook Challenge Half Marathon & 10K.** 8am. Half: Lake George ES, Lake George to Camp Chingachgook, Kattskill Bay. 826-52876. zippyreg.com.
- 9 Festa 5K & Children's 1M Fun Run. 9:30am. 210 Princetown Road, Schenectady. 764-8078. lqprotterdam.org.
- 10 Dash for Dana 5K & 1M Walk. 8:30am. Adams Visitors Center, Adams, MA. 413-743-8320. celebrateadams.com.
- 16 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.
- 31 **3rd 18.12 Challenge & Half Marathon.** 18.12M/13.1M. Watertown to Sackets Harbor. 1812challenge.com.

SEPTEMBER

- 6 **5th Malta 5K.** 8:30am. HVCC Tech Smart, Malta. 472-4807. malta5k.com.
- 6 **Camp Challenge 5K Run.** Double H Ranch, Lake Luzerne. doublehranch.org.
- 6 **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.
- 7 **35th Dunkin' Run.** 5K/10K & 1/2M Kids Fun Run. 8:30am. Sidney Albert Albany Jewish Community Center, Albany. 438-6651. saajcc.org.
- 21 **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.
- 27 **Helper's Fund 5K & 10K.** 9:30am. Town Hall, Chestertown. adironackmarathon.org.
- 28 **Adirondack Marathon Distance Festival: Marathon, Half, 2 & 4-Person Marathon Relay.** Marathon & Relay: 9am. Half: 10am. Sat: Expo & Packet Pickup & Kids Fun Run. Schroon Lake HS, Schroon Lake. 532-7675. adironackmarathon.org.

OCTOBER

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

SWIMMING

JUNE

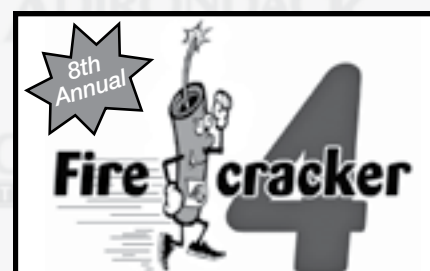
- 21 Cortland Swimming & Diving Long Course Meet. 9am. Holsten Pool, SUNY Cortland. usms.org.

JULY

- 12 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.



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4th Annual
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Saturday June 14th 9am
4565 County Rt. 9
New Lebanon, NY



5K Race and 1 Mile Kid's Fun Run
www.berkshirerunningcenter.com
Race Day Registration 8-8:30am
Information: 518-794-8520

Olympic Day speaker at 8:45am
Family entertainment

5th Annual
Strides 4 STRIDE
5K Run & 2.5K Walk

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Saturday, June 21, 2014
Albany Riverfront Park/Corning Preserve
Registration 8am, Race at 9am
Adults \$20, Youth \$15
Micro-mesh shirts to the first 200 registrants
Walk at 10am, Tot Run at 10:45am
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Register online at www.stride.org

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5K



5K Trail Race/Fun Walk & 1K Kids' Fun Run
Saturday, May 31 • 9am
Slate Valley Museum, Granville

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Info: railtrailtothefootbridge5k.com

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Sunday, August 3
Lake Pleasant to Speculator



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

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12th Annual
Race the Train



Saturday, August 2
North Creek Depot,
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8am: Free, scenic 8.4mi train ride
9am: Runners "race the train" back!
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KAYAKING AND SUPING ON FISH CREEK.

COURTESY OF KAYAK SHAK



KAYAKING THE PLACID WATERS OF BALLSTON LAKE.

PHOTO BY RUSSELL DUNN

By Russell Dunn

Saratoga 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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BICYCLING & MOUNTAIN BIKING

Riding the Helderberg Hilltowns

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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 Sickie 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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ATHLETE PROFILE

An Accidental Athlete

Judy Lynch

By Jenna Caputo

Judy 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

AFTER BOSTON MARATHON 2011

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

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

AGE: 64

OCCUPATION: Retired North Colonie Teacher and Librarian

RESIDENCE: Schodack

MAIN SPORTS: Running, Cycling

HOBBIES: Teaching English to Non-Native Speakers, Reading, Volunteering, Knitting



JULIA, CHARLIE, JUDY AND KATIE AT THANKSGIVING 2008.



MARINE CORPS MARATHON 2011

first event with them at the Adirondack Half Marathon, exactly 11 months after Katie died. 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 constantly 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 training plan."

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



NATION'S TRIATHLON 2012

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.

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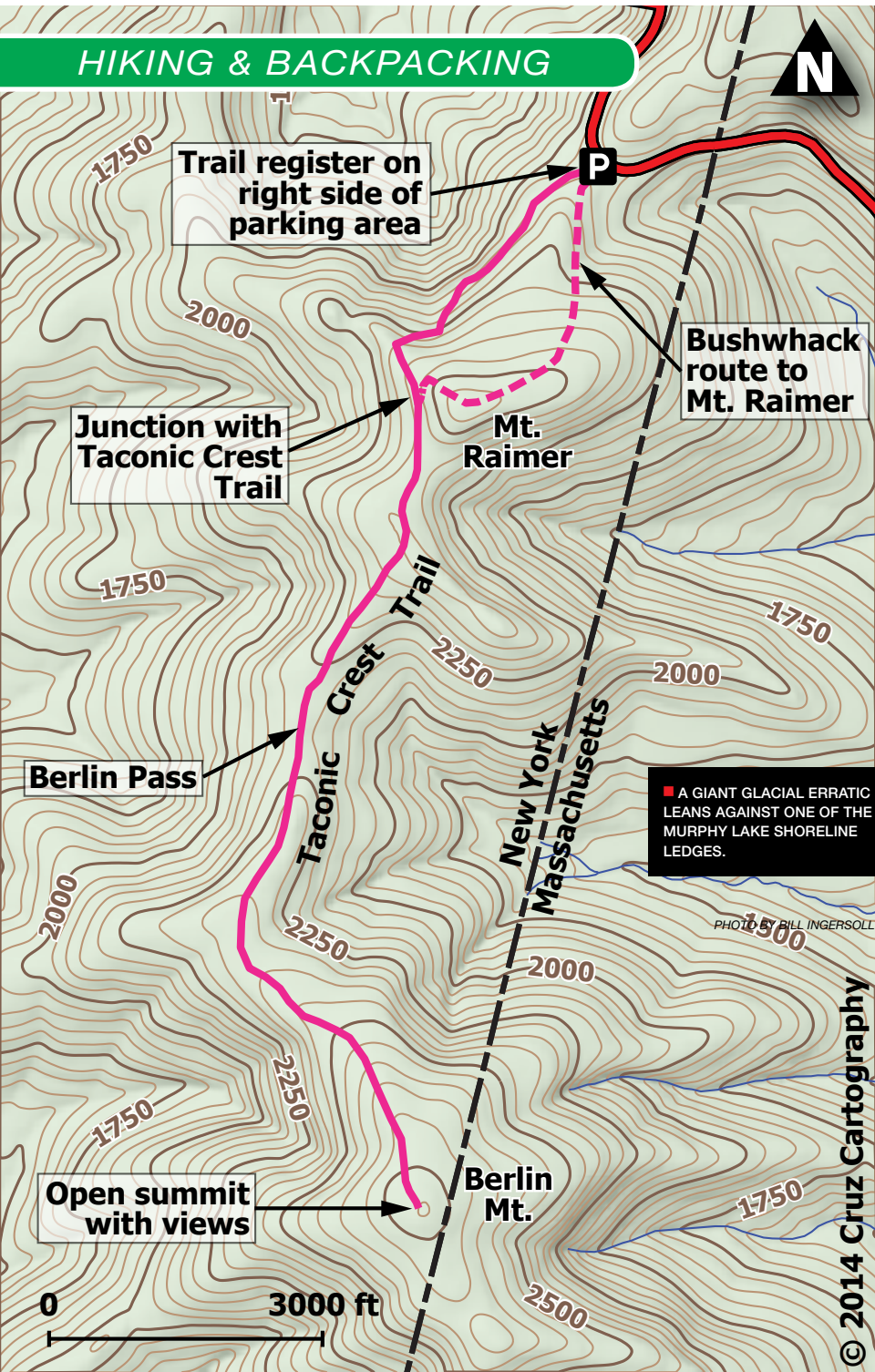
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In spring, the birds are chirping, wildflowers are out, and butterflies are flitting about the open areas along the trail and near the summit.

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 Raimier 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.

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.

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 Raimier'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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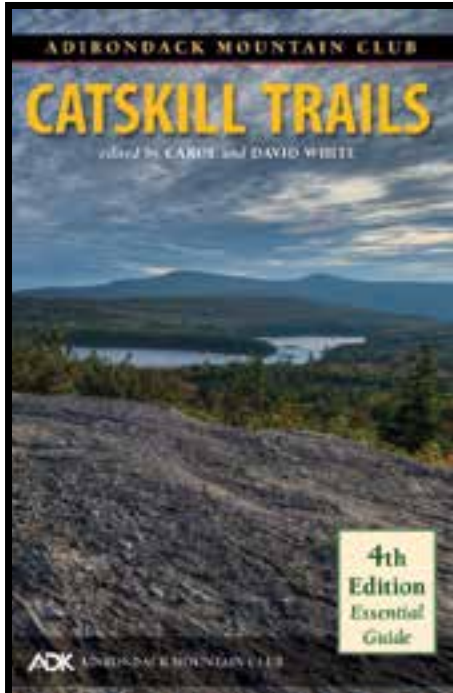
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TRIATHLON *continued from page 1*

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, 11.5-mile 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 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



START AT THE 2013 HIGH PEAKS MINI-TRIATHLON SERIES IN LAKE PLACID.

PHOTO BY ERIK LEWIS

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 entry-level 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 last-minute 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 three-mile 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 three-person teams (fultonmontgomeryny.org).

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 much-anticipated goodies! The 5K is a friendly out-and-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 uphill. 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: [\[dackrunners.org\]\(http://dackrunners.org\).](http://adiron-</p>
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How fitting that the final race in our almost-summer 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 (snowshoega33@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.



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TROOPER DAVID BRINKERHOFF MEMORIAL RACE SERIES #3 continued

Table of race results for Trooper David Brinkerhoff Memorial Race Series #3. Columns include rank, name, club, and time. Includes categories like Males, Females, and Age Groups.

Courtesy of Capital Bicycle Racing Club

28TH ANNUAL SHAMROCK SHUFFLE 5-MILER
March 30, 2014 • Glens Falls High School, Glens Falls

Table of race results for the 28th Annual Shamrock Shuffle 5-Miler. Columns include rank, name, location, and time. Includes categories like Male Overall, Female Overall, and various Age Groups.

Courtesy of The Adirondack Runners

5TH ANNUAL SCHENECTADY FIREFIGHTERS' RUN FOR YOUR LIFE 5K
March 29, 2014 • Central Park, Schenectady

Table of race results for the 5th Annual Schenectady Firefighters' Run for Your Life 5K. Columns include rank, name, location, and time. Includes categories like Male Overall, Female Overall, and various Age Groups.

Courtesy of Schenectady Fire Department

35TH ANNUAL SALEM APRIL FOOL'S RACE
April 5, 2014 • Salem High School, Salem

Table of race results for the 35th Annual Salem April Fool's Race. Columns include rank, name, location, and time. Includes categories like Male Overall, Female Overall, and various Age Groups.


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Table containing race results for various age groups (e.g., MALE AGE GROUP: 13 - 14, MALE AGE GROUP: 15 - 16) with names and times. Includes a MARATHON - 26.2 MILES section and a HALF-MARATHON - 13.1 MILES section.

5TH ANNUAL PLATTSBURGH HALF-MARATHON & RELAY continued

Table containing race results for various age groups (e.g., MALE AGE GROUP: 45 - 49, MALE AGE GROUP: 65 - 69) with names and times. Includes a TWO-PERSON RELAY section.

4TH ANNUAL LAKE GEORGE HALF-MARATHON & 5K April 27, 2014 • Fort William Henry Resort, Lake George

Table containing race results for various age groups (e.g., MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 45 - 49) with names and times. Includes a 5K RUN section.

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

Table containing race results for various age groups (e.g., MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 45 - 49) with names and times. Includes RACE #1 - MALE OVERALL, RACE #1 - FEMALE OVERALL, RACE #2 - MALE OVERALL, RACE #2 - FEMALE OVERALL, RACE #3 - MALE OVERALL, RACE #3 - FEMALE OVERALL.

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

Table containing race results for various age groups (e.g., MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1 - 14) with names and times.

11TH ANNUAL ST. JOHN'S/ST. ANN'S SPRING RUN-OFF May 3, 2014 • Albany Riverfront Park, Albany

Table containing race results for various age groups (e.g., MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 20 - 29) with names and times.

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.



Medicines 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.

BICYCLING & MOUNTAIN BIKING *continued from page 15*

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 off-road. 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.

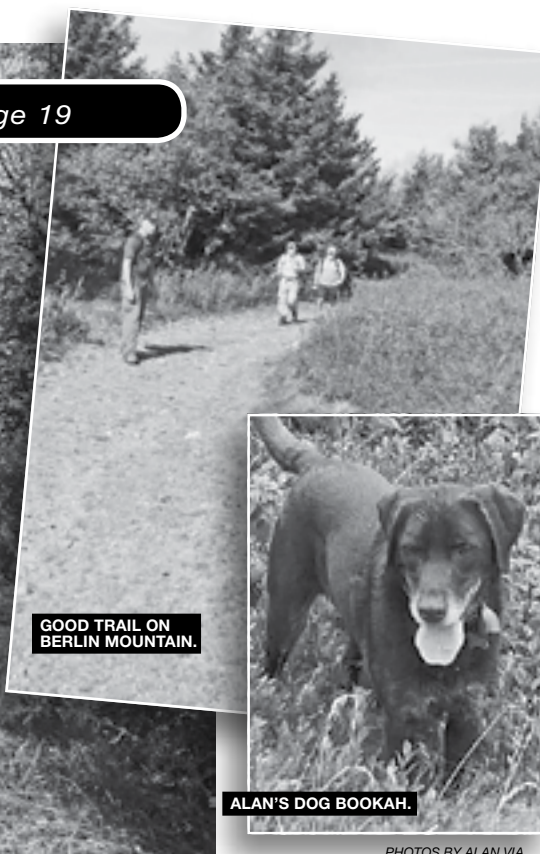


JOHN FERGUSON/RIDINGTHECATSKILLS.COM

HIKING & BACKPACKING *continued from page 19*



ON THE WAY BACK TO PETERSBURG PASS.



GOOD TRAIL ON BERLIN MOUNTAIN.

ALAN'S DOG BOOKAH.

PHOTOS BY ALAN VIA

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 section of the trail.

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 Petersburg 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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This is a USA Triathlon sanctioned event. This means you will need a USAT one-day 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.

By Stephanie Landy

Mix 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 difficulty 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. Off-road 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.

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 0.62-mile 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 by getting off the road and into the dirt! 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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