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2014



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HAIRPIN TURN AT SARATOGA SPA: CX
CYCLOCROSS RACE IN 2013.
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Cyclocross Races to Watch

2014 Season Preview

By Dave Beals

Here in the Northeast and upstate New York in particular, summer means swimming, camping, hiking, biking, paddling, running, and a host of other fun outdoor activities during the warm sunny days. Summer is a beautiful time but many would say it's too short. We are in the month of August now and already the days are getting shorter and the nights cooler. The calendar says it's also time to gear up for the cyclocross season.

If you don't have a cyclocross specific bike and are thinking about getting into the sport, talk to your local bike shop to see what's available. Cross bikes are quite reasonably priced, are very versatile, and can be used all year-round. The bike will have a wider tire than a road bike and offer more stability on poorer roads, chewed up shoulders, and even gravel roads. They typically have lower gearing, which make them ideal for newbies and even make fine touring bikes. If you have a cyclocross bike, and are not already riding it on the back roads and trails, get out and do it now. Get that cross bike tuned up at your local bike shop or better yet, look at selling the old, and getting a new bike.

If you are interested in learning about the sport of cyclocross racing or just want to freshen up your skills, seek out a clinic. It's a good way to enjoy the sport rather than struggling to learn by trial and error. For example, so many beginners complain about that dreaded "stutter step." A clinic will provide you an easy to learn, step by step method to eliminate the extra hop, and a step that many people rely on to remount their bike during a race. The stutter step robs you of precious time and momentum, and requires you to expend way more energy to get back up to race speed. That time adds up, and the energy you save will reward you in the results sheet. You'll look good when you remount too!


In the Capital Region, the **NYCROSS Cyclocross Clinic** is scheduled for Saturday, September 6 at Troy's Prospect


Park. This clinic is geared towards beginners and intermediate riders alike. Those with some cyclocross race experience can use the clinic to sharpen their skills and learn from more experienced racers. The clinic teaches the rules of the sport, proper technique for mounting/dismounting the bike during a race, avoiding and curing the stutter step, shouldering a bike and running over or up a course obstacle, training, bike setup, and other skills that are critical to master. Attendance is limited so that small group and individual instruction can be provided. For more info: nycross.com


If just riding that cyclocross bike isn't fun enough, there are scores of races scheduled for this season. One of the best ways to seek out a race is to use bikereg.com. The recently revised site allows you search for cross races within a specified travel distance from your zip code, as well as a variety of other search criteria.


The NYCROSS Cyclocross Race Series is back for 2014. This popular series, consisting of six races, are all within a short drive of the greater Capital Region and provide a great opportunity to race against others of similar age or expertise. Each race follows a standard time schedule and a standard set of categories. There are races for several age groups as well as men, women and junior categories. Series points are tallied from all the races and can be tracked on crossresults.com. Details on races can be found on nycross.com and folks can register for all the races on bikereg.com.

The first in the series is **Kirkland Cyclocross** in Clinton (near Utica) on Sunday, September 14. The Mohawk Valley Bicycle Club puts on a fun yet challenging race. The venue is Kirkland Town Park, which provides some interesting and varied terrain including rolling grassy areas, some tricky off-camber turns, a trip into the woods with a tough little climb, and a slog across a deep sand volleyball court every lap – just to remind you how much you love the sport. If the weather




FAM 5K
September 27, 2014
Run  Walk



Saturday, September 27, 2014
10:00 Race Starts - Cobleskill Fairgrounds
 30 minutes from the Capital Region
Schoharie County ARC (2014 Charity)
 8:15 - 9:30 Race Day Registration or
REGISTER ONLINE! 
 Visit FAM5K.com

Awards | Kids' Run | Music | Brooks BBQ | Refreshments | Massage Therapists

 The FAM 5K is sanctioned by the Adirondack Association of USA Track and Field. *USATF Certified Course*
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 Pre-Registration - \$25
 Day of event registration - \$30
 Registration opens 7:30AM: Race starts at 8:30AM

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Adirondack Marathon Distance Festival





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 September 27, 2014 September 27, 2014
 Chestertown, New York Schroon Lake, New York

Visit Our Website adirondackmarathon.org

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On the 21st of September, let's all be on active duty.

The Melanie Foundation presents
THE SARATOGA PALIO:
MELANIE MEROLA O'DONNELL MEMORIAL RACE



THE SARATOGA PALIO
 Melanie Merola O'Donnell Memorial Race

Half Marathon & 5K Run/Walk
 Sun., Sept. 21, 2014 at 7:15 AM
 Run, walk, pledge, or volunteer
www.thesaratogapalio.com

Proceeds from the race support The Melanie Foundation's scholarship fund for graduate students in the mental health field and, also this year, the Saratoga WarHorse Foundation, which helps veterans coping with post-traumatic stress disorder (PTSD).

RUNNING & WALKING

Spice Up Your Fall Racing Colors

By Laura Clark

admit it, I once was a racing snob, regarding 5Ks as mere gateway events, something to check off the bucket list on the road to longer distances. But really, how far can you go before you are slogging rather than running, completing rather than competing? While it is liberating not to worry about speed in a longer event, it is similarly freeing to run in style without fuel belts bogging you down. Marathon calamities are disastrous; a comparable experience in a shorter event means you can simply have another go the following week. Colorful fall races come in a variety of flavors. Mix and match from some of the selections below to extend your athletic experience.

First on the docket is the flat and fast fifth annual **Malta 5K Run & Walk** on Saturday, September 6, the second leg of the Turner Triple Crown series, and a Saratoga Stryders grand prix event. Hosted by the Malta Business and Professional Association, runners experience a hassle-free tour of the Malta roundabouts without hiring a shotgun partner to fend off circling race car drivers. With your race bib as your access badge, you get tour two tech parks and GlobalFoundries regardless of your ability, and score a fabulous goodie bag. It's a fun family day with prizes from the Treepad Fun Center for all finishers 12 and under, and cash prizes courtesy of Fleet Feet Sports for the top three male and female overall and masters finishers. More importantly, race director Paul Loomis gives back to the community with proceeds to the Saratoga Rural Preservation Council and Town of Malta EMS First Responders. Visit: maltappa.com.

Sharing the September 6 spotlight in the higher mileage category is the 44th annual **Lake Placid Classic: The Original Lake Placid/North Elba Half Marathon and 10K**. The "friendly" running event begins at the historic Olympic Speedskating Oval, and end at the North Elba Horse Show Grounds, so you can take advantage of the free parking and shuttle service to and from the grounds. This is the Adirondacks, so expect a beautiful early fall route through the village of Lake Placid, around Mirror Lake, out past storied the Ski Jumps, and the half marathon going out-and-back along the Ausable River on scenic River Road. The out/back is my favorite section, offering the opportunity to greet fellow halfers and size up the competition. After finishing, enjoy music, food, and compare race stories with new friends. A majority of funds are donated to local youth organizations. Go to: lakeplacidclassic.com.

Consider extending your long distance weekend the next day with the 35th annual **Dunkin' Run 5K, 10K and Kids' Fun Run** at the Albany Jewish Community Center. Ever arrive at a venue in serious need of a performance-boosting caffeine fix, only to be

bitterly frustrated? Any race with a logo of a runner bearing a cup of coffee is bound not to disappoint. And while a few might question running for donuts, for many of us, especially Saratoga Stryders who top off their Saturday Recreation Runs with coffee and Dunkin', the combo is the equivalent of dangling a carrot in front of the mule. Front runners who navigate the flat, fast race courses can supplement their donut with generous monetary prizes. Just remember to register in advance as there is no race day entry, except for the fun run. In an understanding nod to parents, onsite \$5 per child babysitting for two to ten year olds is available. Details: albanyjcc.org.

You can take another turn on the Freihofer's Run and Workforce Team Challenge course at the 20th annual **Susan G. Komen Race for the Cure 5K Run** on Saturday, September 13. It's a good opportunity to test your 5K pace improvement after a summer of running. Want to move beyond the pink toy aisles and ballerina costumes toward a more meaningful expression of the color? Then know that the 1991 NYC Komen race distributed pink participant ribbons; the idea caught fire and soon became the international symbol of breast cancer awareness! So men and women, on that day run fast, run with or to support a survivor – and wear pink with pride! Runners are encouraged to form teams, plus there's a Two-Mile Family Walk, Kids for the Cure Dash, and Sleep in for the Cure (for those who cannot attend in person). Visit: komenneny.org.

Featuring an eight-mile, 3,500-foot climb up the Veterans Memorial Highway, the 37th annual **Whiteface Mountain Uphill Footrace** on September 13, demands your respect and diligent hill training. Now part of the Northeast Uphill Mountain Series (northeastuphillmountainseries.blogspot.com), expect a purposeful crowd. With the only "flat" sections occurring near the summit, an honest effort requires physical and mental fortitude to run to the North Pole. Topside, you will be rewarded with a 360-degree panoramic view of the Adirondacks, New England and Canada in all their brilliant fall racing colors! While some folks opt to run down the mountain, as I have on occasion, it is always wise to have a backup plan as fall fog and squirrely mountain weather can cut visibility. You will be able to see the road, but will the cars see you? Secure a designated driver beforehand or contact the race director for a shuttle bus reservation. Go to: whiteface-erace.com.

Get a head start and a primer full of ideas on how to dress like a Christmas tree, and stay safe during upcoming winter running, at the second annual **Flashlight 5K Night Run/Walk** on Saturday, September 20. Take a break from serious fall focus, wear your new glow-in-the-dark race T-shirt, or opt for the costume contest. Festivities power on at 7:30pm in around the village of Lake George,



(TOP) START OF THE SARATOGA PALIO HALF MARATHON IN 2013.

(LEFT) ADIRONDACK MARATHONERS ALONG SCHROON LAKE.

(INSET) 2013 LAKE PLACID CLASSIC START ON MAIN STREET.

following a mostly flat route with the exception of the bike trail portion. But as race director Randy Rath points out, "Most folks that ran last year said that they didn't realize they were running up the hill because it was dark. They couldn't "see" they were running up a hill and therefore didn't really slow down." On Saturday and Sunday, celebrate at the "Festival for the Lake" Adirondack Music Festival, and on Saturday enjoy a post-Flashlight 5K fireworks display! A portion of the proceeds will be donated to fight against the invasive aquatic species in our premier recreational lake. Details: adkracemgmt.com.

In just nine years, **The Saratoga Palio: Melanie Merola O'Donnell Memorial Race Half Marathon and 5K Run/Walk** on Sunday, September 21, has become a fall tradition for families and serious runners alike. The half offers a scenic tour of downtown, Saratoga Spa State Park and Skidmore College – a mixture of flat roads and Skidmore's rolling hills. In addition to The Melanie Foundation's scholarship fund, this year's event also contributes to the Saratoga WarHorse Foundation, which helps veterans coping with PTSD. One of the most exciting things about this race is the local buzz that occurs beforehand. It seems that almost everyone in Saratoga Springs is running, volunteering or spectating, providing a scene extending beyond the running community. Such an electrified atmosphere will push you along to a satisfying conclusion. Visit: thesaratogapalio.com.

In my new mindset, flat and fast 5Ks are challenging, mostly because of the speed involved, but the 21st annual **FAM 5K "Fund" Run/Walk** on Saturday, September 27 combines the best of both worlds – with challenging hills around the SUNY Cobleskill campus that add extra zest to your racing strategy. So many spectators line the course that you experience the feel of a big-time event and the lollipop route ensures that you will be cheered by the crowd of walkers as you power your way back to the finish. Afterwards, tour the Cobleskill fairgrounds exhibits and inhale the aroma of Brooks BBQ chicken! Overall and age group winners are awarded FAM Value Fund Shares – one of the

few opportunities for age groupers to receive monetary recognition. Also, FAM 5K is one of the few events to acknowledge preregistered families with a special discount rate. Go to: fam5k.com.

Join the leaf-peepers the weekend of September 27 & 28, and head to the **Adirondack Marathon Distance Festival** for something-for-everyone. On Saturday there are 5K and 10K Races in Chestertown and a Kids' Fun Run in Schroon Lake, and Sunday is the Marathon, Half Marathon and Two- and Four-Person Relays. Superbly orchestrated by a loyal contingent of locals, summer visitors and businesses, this is truly the friendliest race you will ever experience. While parts of the course are hilly, the lack of shoulder-crushing crowds and hassle-free logistics allow you to concentrate on your race. If you are running the marathon, consider joining our Pace Bear Team at the start line, headlined by Jeff Dengate, former *Runner's World* gear guy, and Dr. David King, who ran the 2013 Boston Marathon and then sprinted to Massachusetts General Hospital to put his frontline trauma surgery skills to good use. Details: adironackmarathon.org.

Finally, if you've invested in a number of these events and have still failed to achieve a goal, fallback to Utica's 40th annual **Falling Leaves Road Race** on Sunday, September 28 – where a PR is guaranteed to all 14K newcomers! The uncommon 14K distance showcases a scenic course – rather than conforming to a traditional 10K or 15K – as it winds through the hills of Utica's South Woods. The 14K is a USATF Adirondack grand prix event. Flat and fast aficionados can test themselves at the RRCA NYS 5K Championship, where competition is guaranteed to be exciting. Plan to arrive early for the Saturday Expo and marathon clinic. Visit: uticaroadrunners.org.

Short or long, hilly or flat, it's all good and waiting for your fall racing pleasure! 🍂

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.



+ RUN FOR THE RED

5K Run/Walk & 400m Kids' Fun Run

to benefit the North Country Chapter of the American Red Cross!

When: Saturday, October 4th
Where: Lake Placid Speed Skating Oval

9:00 AM Kids' Fun Run (\$5)
9:30 AM 5K (\$30- includes t-shirt)

REGISTER BEFORE 9/27!
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Don't miss the Emergency Services Family Fun Expo in the oval from 8-11 AM in honor of October's Fire Prevention Month!



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SEPT. 20TH 2014



Flashlight 5K

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Wear a costume, something reflective or anything that
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Each entrant will get a glow stick necklace & bracelet.

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anyone that signs up before September 7th!!!

Entry Fee: online @ Active .com - \$30.

Race Day - entry fee - \$35.

Kids 18 & Under - \$20

Fireworks at 9:30pm
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Lake George Village
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5K, 10K, and Kid's Fun Run

Sunday, September 7

Register at: www.albanyjcc.org/dunkinrun/2014-dunkin-run/



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Paddling for a Cause



2011 ONE SQUARE MILE OF HOPE PADDLERS ON FOURTH LAKE NEAR INLET.

COURTESY OF TOWN OF INLET

By Alan Mapes

What better combination could there be than kayaking, canoeing or standup paddleboarding, and raising money for a good cause? I serve as a guide for one such event, and found several others with a quick search on the web. Most events raise money by charging an entry fee, or ask you to get pledges from family and friends, all benefitting a known agency or fund.

On September 6, Kayaking 4 Meso is an eight-mile paddle on the Hudson River runs from Admiral's Marina in Stillwater, south to the Halfmoon Lighthouse Park. It goes through Locks 4, 3 and 2, which are lots of fun, if you've not gone through a lock. The event raises awareness of mesothelioma, a rare cancer, and proceeds go to the Mesothelioma Applied Research Foundation. Registration is \$25 and includes a T-shirt if you register in advance. Visit: kayaking4meso.org.

Also on September 6, the fourth annual Paddle for the Cure is a day to enjoy paddling on the Hudson River from Beacon to Cold Spring. The nine-mile course features some of the most spectacular scenery on the river as it passes by Bannerman's Island with its castle ruins, then enters the narrows of the river at Storm King Mountain. I served as a safety guide for this event last year, with about 140 people paddling kayaks, canoes and SUPs. The event is sponsored by the Hudson River Watertrail Association, and

benefits Support Connection, a breast and ovarian cancer support organization. Go to: hrwa.org.

On September 13, the One Square Mile of Hope takes place on Fourth Lake in Inlet. In 2011, this event set the Guinness World Record for the "Largest raft of canoes and kayaks" with 1,902 craft. That record was beaten in 2013 by the Sutton's Bay Flotilla in Michigan with 2,099. This year's event will try to recapture the record, while raising funds for breast cancer research and awareness – the primary recipient is the Breast Cancer Research Foundation. You may have seen the spectacular air photos of the 2011 raft published in many publications. The fee is \$30 per boat. Details: onesquaremileofhope.org.

On September 20, the tenth annual Paddle for the Cure in Old Forge is a leisurely two-mile paddle on the Moose River starting at Mountainman Outdoor Supply Company. The fee is \$20 for pre-registration or \$30 on the day of the event. Proceeds benefit the Carol M. Baldwin Breast Cancer Research Fund of Central New York and will support grants awarded to Upstate Medical University for breast cancer research. Visit: upstate.edu/specialevents/paddle_cure.php.

Alan Mapes is an ACA certified Coastal Kayak Instructor and lives in Delmar. He offers classes: meetup.com/capital-district-kayakers. He offers kayaking classes through the Capital District Kayakers Meetup Group: meetup.com/capital-district-kayakers.



PADDLING FOR A CURE BOATERS APPROACH COLD SPRING ON A ROUGH, WINDY HUDSON RIVER, WITH STORM KING MOUNTAIN ON THE LEFT BANK.

PHOTO BY ALAN MAPES

AROUND THE REGION
News Briefs

HMRRC's Stockade-athon 15K Enters New Era

SCHENECTADY – Due to seven consecutive years of record breaking participation, the Stockade-athon 15K has outgrown Central Park as the host venue. Limits on available parking and also limits on the outdoor park pavilion for post race refreshments and awards, required race officials to move the start and finish to downtown Schenectady. Among the significant changes:

- New downtown start location – Veterans Park near Lafayette and State Street.
- New downtown finish location – Franklin and Clinton Streets near City Hall.
- New certified course – clockwise loop of Schenectady's historic parks and neighborhoods.
- New 1K children's run starting at the downtown Schenectady YMCA parking lot on Franklin Street.
- New early packet pickup location – Fleet Feet Sports in Albany on Saturday, November 8.
- New day of race packet pickup location at the Schenectady YMCA – near the start and finish.
- New venue at Proctors for post race refreshments and awards.
- New baggage check at the YMCA – Unattended bags will not be permitted at the start and finish for security reasons.

The race is celebrating 39 years with a new title sponsor, MVP Health Care Stockade-athon. Competitive cash awards will be presented by Fleet Feet Sports, a primary sponsor. More details and the new course map can be found on stockadeathon.com.



Albany's Madison Road Diet

ALBANY – Not only does Albany's Bicycle Master Plan classify city streets for cyclists of varying riding experience, it also identifies key locations to effectively reconfigure for all types of roadway users. Though Madison Avenue is identified as a "Major Bikeway" in the master plan, intended for adult riders that can use the road for direct route commuting purposes, its current design does not include "space" to safely accommodate cyclists. However, in June 2013, the City of Albany completed a feasibility study for implementing the "Madison Road Diet."

A road diet is when a road is reduced in the number of travel lanes and/or the effective width. The reallocated space can result in improved safety for cyclists, pedestrians and other motorized vehicles. The Madison Avenue Road Diet evaluates bicycles, pedestrians, public transit, parking, safety and vehicle operations as a whole, from Lark Street to South Allen Street and along Western Avenue from South Allen Street to Manning Boulevard. To learn more about protected bike lanes, visit:

facebook.com/AlbanyProtectedBikeLanes/timeline.

FROM THE PUBLISHER & EDITOR

In this September issue, we've provided you with some great ideas to transition to fall sports and fitness activities! Try cyclo-cross, or at least go watch a race – it's a high-octane form of cycling with some running too. Speaking of multiple sports, there's a nice variety of triathlons and duathlons to choose from this fall – and a few include paddling for variety!

Take a day hike to Crane Mountain, the High Peak of the Southern Adirondacks – the combination of its profile, ruggedness, and natural beauty distinguish this stunning peak! And, it's the early fall 5K, half marathon, marathon and trail running season, with dozens of great races between now and Thanksgiving, so get registered if you're not already.

Between the wonderful Essex Chain Lakes destination, multiple benefit paddles and challenging races coming up – there's plenty of time to enjoy your canoe, kayak or paddleboard. If you don't have boats, rent them from the quality outfitters in this issue. Our resident pro cyclist offers you advice on participating in mass-start rides and we preview rides coming up in the following weeks.

What can we say about this month's Athlete Profile, double Ironman Mac Rand of Lake Placid, read it for an amazing inspirational story!

As always, please support our advertisers. Sign up for their events, take advantage of end of summer clearance sales, or start shopping for the latest winter gear!

We'll see you outside and thanks for reading us!



Darryl and Mona

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Mohawk Hudson Cycling Club

HELMETS ARE REQUIRED

MohawkHudsonCyclingClub.org

Calendar of Events September - November 2014

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

ALPINE SKIING AUGUST

- 23-30 Preseason Ski & Snowboard Sale.** Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.
- 20-9/30 2014 Clearance Ski Sale.** High Adventure Ski & Bike, Latham. 785-0501. highadventuresbp.com.
- NOVEMBER**
- 29-30 Snow Sports Instructor Training Course w/PSIA.** 8:30am. Gore Mountain, North Creek. goremountain.com.

BICYCLING ONGOING

- Daily Mohawk-Hudson Cycling Club.** 300 rides/year for all. Albany-Saratoga. Schedule: mohawkhudsoncyclingclub.org.
- Daily R-Cubed: Run-Ride-Race Group Rides.** Capital Region. Rich Tortorici: 459-3272. facebook.com/rcubedrunriderace.
- Daily Coaching Rides & Bike Tours.** High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- Mon Ice Cream Ride.** 15M. 6pm. The Hub, Brant Lake. 494-4822. thehubadk.com.
- Tue Women's Night Ride.** 6pm. Multiple groups as needed. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Wed Tomhannock Wednesday Ride.** 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Wed Spa City Ride.** 6:15pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- Thu Shop Ride.** 6pm. Moderate pace (16-18mph), no drop. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Thu Tomhannock Women's Ride.** 5:30pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Thu Group Ride.** 30M. 6pm. The Hub, Brant Lake. 494-4822. thehubadk.com.
- Thu Faster Road Ride & Women's Road Ride.** 6pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.
- Sat Shop Ride.** 8am. Group A: keep up if you can. Group B: options as well. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

- AUGUST**
- 23 14th Pat Stratton Memorial Century Ride.** 100M/50M/25M & kids ride. 8am. Rain date: 8/24. Mt Pisgah Lodge, Saranac Lake. Bob Scheffer: 891-5873. active.com.
- 23-24 31st Chris Thater Memorial Cycling Races.** Binghamton. Chris Marion: 607-778-2056. bcstopdwi.com.
- 24 9th Hoosic River Ride.** 7M/30M/50M/75M/100M. Williamstown Youth Center, Williamstown. hoorwa.org.
- 30 2nd Dirty 40 Road Race.** 60M. 9am. Derby, VT. dirty40race.com.
- 31 Darn Tough Ride.** 100M/65M/45M/20M. 7am. Smuggler's Notch, Stowe, VT. darntoughride.com.

- SEPTEMBER**
- 6 Double H Ranch Camp Challenge Ride.** 30M/62M routes. Lunch, music, party. Double H Ranch, Lake Luzerne. 696-5921 x269. doublehranch.org.

- 6-7 MHCC Saratoga Century Weekend.** 100M 8am. 62M 9am. 50M 10am. 25M 11am. Catered lunch provided. Saratoga Spa SP, Carlsbad Pavilion, Saratoga Springs. mohawkhudsoncyclingclub.org.
- 6 Kelly Brush Century Ride & BBQ.** 100M. 7:30am. Middlebury, VT. 802-497-4909. kellybrushfoundation.org.
- 7 3rd Hunter-Greene Fall Classic Ride.** 39-78M. Tannersville Village Park Pavilion, Tannersville. anthemsports.us.
- 7 2nd Tour de Daggett Lake Bike Rides.** 65M 8am. 20M 9am. Daggett Lake, Warrensburg. 623-2198. daggettlake.com.
- 12-14 Adirondack 540 Ultra Race/Ride.** 540-136M. 8am. Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- 13 Mount Greylock NCC Hill Climb Time Trial.** 9M. 8am. Western Gateway SP, North Adams. greylocktt.nohobikeclub.org.
- 13 7th Bart Center No Limits Benefit Ride.** 100M/60M/30M/9M. 7am. Bart Center, Manchester Center, VT. bartcenter.com.
- 14 7th Lance Gregson 1-Eye Classic Cycling Rides & Picnic.** Town Park/Beach, Schroom Lake. 3M 11am. 12M 10:30am. 26M 9:45am. 40M 8:30am. 60M 8am. 532-9479. schroomlakecycling.com.
- 14 4th Cycle for Life Rides.** 32M/62M. 8am. Saratoga Train Station, Saratoga Springs. 783-7361. cff.org.
- 19 7th Ride for Missing Children Center.** 100M. 7:30am. University at Albany, Albany. rideformissingchildrengcd.com.
- 20 1st Bike Otsego 2014.** 12M family/30M/75M rides & two MTB rides. Celebrate Baseball HoF's 75th anniversary. Damaschke Field, Oneonta. bikeotsego.com.
- 20 Gran Fondo Gunks.** 18M/38M/68M/108M. 8am. Ulster County Pool Complex, New Paltz. wildcatepicevents.com.
- 20 7th BikeFest Tour of the Valley.** 8M-104M. 7am. Rides, music, BBQ. Look Park, Northampton, MA. bikefest.nohobikeclub.org.
- 21 Sweat N Fall Metric/Century.** 100M/62M. 10am. Parkwood Plaza, Clifton Park. hrrtonline.com.
- 27 7th Ride, Run, Walk 4 Love.** 5K run/walk, 15M or 30M bike ride w/lunch. 9am. Saratoga Spa SP, Orenda, Saratoga Springs. Matthew Miller: 203-772-4420. rrw4l.com.
- 27 1st Climb4Love Ride.** 58M w/4 challenging climbs: 3,737ft elevation gain. 7:30am. Support, lunch. Saratoga Spa SP, Orenda, Saratoga Springs. Matthew Miller: 203-772-4420. love146.org.
- 27 Drops To Hops Race/Ride.** 43M race/23M fun ride. 9am. Brewery Ommegang, Cooperstown. 607-547-2800. clarksportscenter.com.
- 28 1st Rensselaerville Cycling Festival.** Team Jamis/Hagens Berman Gran Fondo: Ride w/the Pros. 84M/55M/25M: 9am. 8M Festival Ride: 10am. BBQ, kids' rides: 12pm. Carey Institute for Global Good, Rensselaerville. rensselaervillecycling.com.
- 28-10/2 19th New England Adventure Bicycle Tours: Lake Champlain Bikeways Fall Foliage Tour.** 369-6589. newenglandadventure.com.

OCTOBER

- 5 2nd Oktober Breast Community Ride for Breast Cancer.** 50M: 10am. 25M, 10M or Indoor Spin: 11am. Core, Glens Falls. facebook.com/oktoberbreast.
- 5 Fall Foliage Gravel Grinder Ride.** 66M dirt road ride on quiet back roads in the Berkshires. Post-ride brew/brats. Canterbury Farm, Becket, MA. berkshirecycling.org.
- 11 Breast Cancer Awareness Benefit Ride.** 12M or 21M loop. 11am. Pedals & Petals, Inlet. pedalsandpetals.com.
- 11 Tour of the Battenkill Fall Preview Ride.** 60M. 10am. Broad Street, Cambridge. 275-6185. anthemsports.com.
- 12 4th Pedal Poker Run.** 50M: 10am. 10M: 11:30am. Maplewood Shops, Northampton, MA. pedalpokerrun.com.
- 12 27th Great River Ride Century & Berkshire Brevet RUSA 170K Populaire.** 111M, 85M, 62M, 35M. Sons of Erin, Westfield, MA. newhorizonsbikes.com.
- 25-26 Haunted Hundred Overnight Century.** 6pm. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 23 Sweat N Ice Ride.** 32M/62M. 10am. Charlton Town Hall, Charlton. hrrtonline.com.
- 27-12/9 YMCA Bike Israel Epic Adventure.** 25-60M/day supported tour. Israel. Melissa Bellew: 869-3500 x9923. cdymca.org.

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Three ride lengths - 12 miles (family friendly), 30 miles and 75 miles
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www.bikeotsego.com

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Saturday, Sept. 6, 9am-3pm
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Register: bikereg.com

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**Cycling Rides & Picnic
 Sunday, Sept. 14
 Town Park/Beach, Schroon Lake**

Easy Does It (3+ miles): 11am
 Scenic Route (12 miles): 10:30am
 Lance's Loop (26 miles around lake): 9:45am
 Cyclist's Dream (40+ miles): 8:30am
 Lance's Challenge (60 miles): 8am
 Post-ride live music, picnic, raffle

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CROSS COUNTRY & ROLLER SKIING

SEPTEMBER

- 5 Fast and Female Champ Chat w/US Ski & Biathlon Teams. Girls ages 9-19 from all sports. 4-6:30pm. Olympic Training Center, Lake Placid. fastandfemale.com.
- 6 8th NYSEF Climb to the Castle Rollerski Freestyle Race. 5M. 8am. Whiteface Tool Booth, Wilmington. nysef.org.

OCTOBER

- 12 US Nordic Combined Championships-10km Roller Ski Race. 3pm. Flaming Leaves Festival. Olympic Jumping Complex, Lake Placid. whiteface.com.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness Classes.** Next Session: 9/22-11/1. M/W/F: 5:15am or 6:45am. Tu/Th: 9:30am & Sat 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- Daily Yoga Classes & Workshops.** True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

HIKING & ROCK CLIMBING

AUGUST

- 25 **Seymour Mtn Hike.** 14.4M. Adirondack Mtn Club: 523-3441. adk.org.
- 30-9/1 **Trailless Backpacking: Santanoni Range.** 16.5M. Adirondack Mtn Club: 523-3441. adk.org.

SEPTEMBER

- 5-7 **Trailless Backpacking: Allen Mt.** 15M. 10am. Trailhead. Adirondack Mtn Club: 523-3441. adk.org.
- 6 **Noonmark & Round Mtns.** 7.5M. Ausable Club. Phil Seward: 527-1851. adk-albany.org.
- 8 **Macomb, South & East Dix Hikes.** 12.3M. Adirondack Mtn Club: 523-3441. adk.org.
- 15 **Mt. Marshall Hike.** 17M. Adirondack Mtn Club: 523-3441. adk.org.
- 22 **Donaldson & Seward Hike.** 14M. Adirondack Mtn Club: 523-3441. adk.org.
- 26-28 **Trailless Backpacking: Seward.** 10M. 8:30am. Adirondack Mtn Club: 523-3441. adk.org.
- 29 **Dix & Hough Hike.** 13.7M. Adirondack Mtn Club: 523-3441. adk.org.

OCTOBER

- 3-5 **Trailless Backpacking: Santanoni Range.** 16.5M. Adirondack Mtn Club: 523-3441. adk.org.
- 4 **Gray, Skylight & Marcy Mtns.** 18M. 4am. Northway Exit 9 Park & Ride, Clifton Park. Bob Scaife: 439-7322. adk-albany.org.
- 6 **Tabletop Hike.** 9.8M. Adirondack Mtn Club: 523-3441. adk.org.
- 11-13 **Trailless Backpacking: Allen Mt.** 15M. 10am. Trailhead. Adirondack Mtn Club: 523-3441. adk.org.
- 18 **Slide Mtn.** 7M. Curtis-Ormsbee Trailhead. John Susko: 383-1284. adk-albany.org.
- 26 **Mt. Adams Firetower.** 2.4M. Marie Rosenblatt: 723-0223. adk-albany.org.

NOVEMBER

- 1 **Sawteeth, Gothics & Armstrong Mtns.** 13M. 5am. Northway Exit 9 Park & Ride. Bob Scaife: 439-7322. adk-albany.org.
- 8 **Blueberry, Porter & Cascade Mtns.** 8M. Marcy Airfield, Keene. Marie Rosenblatt: 723-0223. adk-albany.org.

MOUNTAIN BIKING & CYCLOCROSS

ONGOING

- Daily HPCMTB Center.** Open daily. Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.
- Sun Spa City Ride.** 3:30pm. Location: check our Facebook. Spa City Bicycleworks: 587-0071. spacitybicycleworks.com.
- Tue Inside Edge MTB Ride.** 6pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.
- Fri "Fun Not Fear" 1-Day Dirt Camps: 9/5-9/19.** Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.
- Sa-Su "Fun Not Fear" 2-Day Dirt Camps: 9/5-9/21.** Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.

AUGUST

- 23 10th SMBA Mix Up the Dirt (MUD) Fest. 10-4. Group rides, BBQ. Daniels Rd SE, Saratoga Springs. saratogamtb.org.
- 24 Belleayre Mtn All Terrain Challenge. Highmount. nysmtbseries.com.
- 24 North Face Race to the Top of Vermont. MTB, run, hike. 9am. Stowe Resort, Stowe, VT. 802-864-5794. rtttovt.com.
- 30-31 **2nd ADK 80K MTB/Cyclocross & Trail Run Races.** Sat, 6am: Trail Run. Sun, 8am: MTB/Cyclocross. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.

SEPTEMBER

- 2 HRRT Hot August Nights MTB Race Series #4. 6pm. Central Park, Schenectady. hrrtonline.com.
- 6 **Cyclocross Clinic: Beginner & Intermediate.** 9am-3pm. Prospect Park, Troy. nycross.com.
- 7 **Whiteface "Poor Man's Downhill" MTB Rides & Shuttle.** Leepoff Cycles, Wilmington. Leepoff: 576-9581. bikewilmingtonny.com.
- 7 Reidlebauer Round Top Rally. 10am. Riedlbauer's Resort, Round Top. 965-0487. nysmtbseries.com.
- 14 **Kirkland Cyclocross.** 9am. Kirkland Town Park, Clinton. nycross.com.
- 15 Tymor Park Challenge. 6-18M. 9am. Tymor Park, Lagrangeville. h2hrace.com.
- 20 **Uncle Sam GP of Cyclocross.** Prospect Park, Troy. nycross.com.
- 20 **1st Bike Otsego 2014.** Two MTB rides & 12M family/30M/75M road rides. Celebrate Baseball HoF's 75th anniversary. Damaschke Field, Oneonta. bikeotsego.com.
- 21 **Whiteface "Poor Man's Downhill" MTB Rides & Shuttle.** Leepoff Cycles, Wilmington. Leepoff: 576-9581. bikewilmingtonny.com.

OCTOBER

- 12 Crossstock Festival: CX Races. 10am. Kids race: 11:45am. Galway. Heather Rizzi: 847-2419. hrrtonline.com.
- 19 **Saratoga Spa Cyclocross & NYS CX Championship.** Saratoga Spa SP, Saratoga Springs. nycross.com.
- 26 **Wicked Creepy Cyclocross.** Willow Park, Bennington, VT. nycross.com.
- 30 All Hallows MTB Race. Central Park, Schenectady. Heather Rizzi: 847-2419. hrrtonline.com.

NOVEMBER

- 16 **Bethlehem Cup Cyclocross.** Elm Avenue Park, Bethlehem. nycross.com.
- 27 Giving Thanks MTB Race. Central Park, Schenectady. Heather Rizzi: 847-2419. hrrtonline.com.

MOUNTAINEERING & WILDERNESS SKILLS

AUGUST

- 25-28 **Wilderness First Responder Course (SOLO).** Adults/teens. 8am. Ndakinna, Greenfield. 378-5623. adkwildmed.com.

OCTOBER

- 11 **Map & Compass Fundamentals.** Heart Lake Center, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

NOVEMBER

- 15-16 **Wilderness First Aid w/WMA.** Heart Lake Center, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

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- Sept 20-21 – Uncle Sam GP of Cyclocross**
 Prospect Park, Troy
- Oct 19 – Saratoga Spa Cyclocross & NYS CX CHAMPIONSHIPS**
 Saratoga Spa State Park, Saratoga Springs
- Oct 26 – Wicked Creepy Cyclocross**
 Willow Park, Bennington, VT
- Nov 16 – Bethlehem Cup Cyclocross**
 Elm Avenue Park, Bethlehem

**Info: NYCROSS.com
 Register: BikeReg.com**



Join in the 14th annual
Pat Stratton Memorial Century Ride



Best Ride in the Adirondacks!
 Saturday, August 23, 8am
 Mt. Pisgah Lodge, Saranac Lake
 100mi, 50mi, 25mi & kids' ride
 Rides for all ages & abilities • Rain date: 8/24
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DUATHLON

5K Run, 30K Bike, 5K Run

Sunday, October 12, 2014
8:30 am SUNY Adirondack College

- ❖ Chip timed ❖ Participant only raffles
- ❖ Free micro-mesh tee shirt to the first 200 entrants
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MULTISPORT: TRIATHLON & DUATHLON

ONGOING

Daily Training Clinics, Coaching Rides & Bike Tours. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.

- AUGUST
- 23 6th Duanesburg Area Community Center Triathlon. 325yd swim, 10M bike, 5K run. Mariaville Lake, Mariaville. 895-9500. dacc.info.
 - 24 Southern Vermont Sprint Tri. 8am. Hunter Park, Manchester, VT. active.com.
 - 24 **T3 Open Water Swim Clinic.** 8-11 am. Beach Road, Lake George. t3coaching.net.
 - 25 **CDTC Crystal Lake Training.** 6pm. Crystal Lake, Averill Park. cdtriclub.org.
 - 25 Beginner Tri Series. 300yds, 5M bike, 1M run. 5:30-7pm. Haviland's Cove, Glens Falls. adktri.org.
 - 28 **BTC Warner Lake Training.** 6pm. Warner Lake, East Berne. bethlehemtriclub.com.
 - 28 STC Moreau Lake Swim. 6pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.
 - 30 **Lake George Triathlon Festival: Lake George Triathlon.** Olympic: 0.9M swim, 24.8M bike, 5.2M run. 7am. Battlefield Park, Lake George. adkracemgmt.com.
 - 31 **Lake George Triathlon Festival: BIG George Triathlon.** Half: 1.2M swim, 56M bike, 13.1M run. 7am. Lake George. adkracemgmt.com.

SEPTEMBER

- 4 **BTC Warner Lake Training.** 6pm. Warner Lake, East Berne. bethlehemtriclub.com.
- 6 Greene County Triathlon. 350 yd swim, 12M bike, 5K run. 8am. Sleepy Hollow Lake, Athens. 731-7529. cdymca.org.
- 6 Race for Grace Triathlon & Duathlon. Freedom Park, Pleasant Valley.
- 7 Finger Lakes Triathlon. 1500m swim, 25M bike, 10K run. 7:15am. Kershaw Park, Canandaigua. fingerlakestriathlon.com.
- 7 Lake Taghkanic Olympic Triathlon & Duathlon. Taghkanic SP, Ancram. nytri.org.
- 7 Toughman Triathlons. Half Iron: 1.2M swim, 56M bike, 13.1M run. Tough Teen Tri: 300m swim, 6M bike, 2.5M run. 6:40am. Croton Point Park, Croton on Hudson. toughmantri.com.
- 13 Schenectady Co Pedal-Paddle-Run. 7.5M bike, 1.6M paddle, 5K run. 8:30am. Collins Park, Scotia. schenectadycounty.com.
- 13 16th Mountain Lake Services Triathlon. Iron: 3.5M paddle, 5.5M run, 20M bike. Rec: 1.5M paddle, 2.5M run, 14M bike. 9am. Camp Whippoorwill, Keeseville. 546-3051. mountainlakeservices.org.
- 13-14 **HITS Triathlon Series: Hunter.** Sat, 7am: Half/Full. Sun, 7am: Sprint; 7:40am: Olympic; 12:30pm: Open. North-South Lake Campground, Haines Falls. 845-247-7275. hitstriathlonseries.com.
- 14 Rally in the Valley Duathlon & 5K. 5K run, 20M bike, 5K run. 9am. Fire Dept, Fort Hunter. 694-1955. habitatmny.org.
- 14 **38th Josh Billings Run Aground Triathlon.** 27M bike, 5M canoe/kayak/SUP, 6M run. 9:30am. Team & Iron categories. Great Barrington to Lenox, MA. 413-344-7919. joshbillings.com.
- 14 New York Triathlon & Duathlon. Lake Welch, Harriman SP, Stony Point. nytri.org.
- 20 Cortland Triathlon & Duathlon. Sprint: .5M swim, 14.8M bike, 5K run. Du: 1.8M run, 14.8M bike, 3.1M run. Dwyer Memorial Park, Preble. 607-756-5639. cortlandunitedway.org.
- 21 New York City Duathlon. 2M run, 12M bike, 2M run. Central Park Boathouse, Manhattan. nytri.org.
- 28 Orange Co Olympic & Sprint Triathlon. 7:30am. Waterfront, Newburgh. 845-522-9338. orangecountytri.com.

OCTOBER

- 12 **3rd Glens Falls Lions Duathlon.** 5K run, 30K bike, 5K run. 8:30am. SUNY Adirondack, Queensbury. glensfallsions.org.
- 19 **12th Mohawk Towpath Byway Duathlon.** 2M run, 17M bike, 2M run. 9am. Plus, kids' fun run. Riverview Orchards, Rexford. Eric Hamilton: 406-8610. mohawktowpath.org.

OPEN WATER & POOL SWIMMING

AUGUST

- 23 **Lake George Open Water Swim.** 2.5K 7:45am. 5K 9:30am. 10K 7:45am. USMS National 10K Championship. Hague Beach, Hague. Chris Bowcutt: 917-371-1108. lakegeorgeswim.com.
- 24 **T3 Open Water Swim Clinic.** 8-11am. Beach Road, Lake George. t3coaching.net.

SEPTEMBER

- 20 Boston Sharkfest Open Water Swim. Boston, MA. sharkfestswim.com.

OTHER EVENTS

ONGOING

- Daily Wakeboard & Waterski Lessons.** Inverted WB & WS School, Loon Lake, Chestertown. 744-9826. invertedschool.com.
- Daily Monomoy Seal, Seabird & Harbor Cruises on Cape Cod.** Harwichport, MA. 508-430-7772. monomoysealcruise.com.

SEPTEMBER

- 2 **Team in Training Info Meeting.** 5:30pm. Greater Burlington YMCA, VT. Dunkin' Run 5K/10K, Albany; Downtown 10K, Burlington, VT; Walt Disney World Marathon/Half; Rock 'n' Roll Marathon/Half, New Orleans. Leukemia & Lymphoma Society: 438-3583. teamintraining.org/uny.
- 4 **Team in Training Info Meeting.** 5pm. South Pavilion, Crossings Park, Colonie. Dunkin' Run 5K/10K, Albany; Downtown 10K, Burlington, VT; Walt Disney World Marathon/Half; Rock 'n' Roll Marathon/Half, New Orleans. Leukemia & Lymphoma Society: 438-3583. teamintraining.org/uny.
- 7 **Discover SCUBA.** Rich Morin's Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.
- 19-20 **Fall Women's Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 20-21 **Saratoga Native American Festival.** Free. Saratoga Spa SP, Saratoga Springs. saratoganativefestival.com.
- 27 **Nature Fest.** 10am-4pm. Auction, bake sale, exhibits, pre-senters. Moreau Lake SP, Gansevoort. 793-0511. friendsofmoreaulake.org.

OCTOBER

- 3-5 US Orienteering Nationals. Genesee Valley Park, Rochester & Letchworth SP(East), Castile. roc.us.orienteering.org.
- 4-5 **Oktoberfest.** Sat: 10am-6pm; Sun: 10am-5pm. Whiteface Mtn, Wilmington. whiteface.com.
- 11-12 **Flaming Leaves Festival.** Sat: 10am-6pm; Sun: 10am-5pm. Olympic Jumping Complex, Lake Placid. whiteface.com.
- 11-13 **Brewfest.** 2pm. Beer sampling, food, music. Olympic Center, Lake Placid. whiteface.com.
- 12 **Discover SCUBA.** Rich Morin's Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.
- 11-12 **Gore Mountain Harvest Fest.** 12-4pm. Music, downhill MTB, gondola rides, food. Gore Mountain, North Creek. goremountain.com.
- 25 **Family Fall Festival.** Hikes, crafts. Free. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

NOVEMBER

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

PADDLING: CANOE, KAYAK & SUP

ONGOING

- Daily Guided Kayak Tours.** Half & full day. Lake George Kayak, Bolton Landing. 644-9366. lakegeorgekayak.com.
- Daily Guided Day/Overnight Trips.** St. Regis Canoe Outfitters, Saranac Lake & Floodwood. 891-1838. canoeoutfitters.com.
- Wed NNYP Time Trials: 5/7-9/17. 3.65M. 6:30pm. Aqueduct Boat Launch, Rexford. Alec Davis: 399-1435. swcweb.org.
- Wed SUP Yoga. 5-6:30pm. Kayak Shak, Saratoga Springs. 420-3456. saratogakayak.com.
- Thu Mornings on the Mohawk.** 9-11am. Niskayuna/Colonie area. Adk Paddle N Pole: 346-3180. onewithwater.com.

DUATHLON

12th Annual

Mohawk Towpath Byway Duathlon

New location! Riverview Orchards
660 Riverview Rd, Rexford

2M run, 17M bike, 2M run

Sunday, October 19 • 9am

Open to adults, youth & teams

Kids' Fun Run to follow race

Register: mohawktowpath.org

Tech T-shirt to first 100
Giffy's Barbeque included


Benefits Mohawk Towpath Scenic Byway



Saturday, August 23

2.5k, 5k and 10k swims

A beautiful open water venue • USMS sanctioned
10k is USMS National Championship!
Wetsuit and non-wetsuit divisions • Registration is Open!
www.lakegeorgeswim.com
Hague Beach on Lake George



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Bring exciting, safe climbing experiences to your events

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Challenge Yourself
Change the Life of a Child

SEPT. 6, 2014
at the
Double H Ranch
in Lake Luzerne,
New York

Camp Challenge
5K RUN

All proceeds to benefit the
HH
Double H Ranch
Presented by Adirondack Partners

Register at
www.doublehranch.org

Caring Together 13th Annual
Teal Ribbon 5K Run & 1-Mile Walk
For Ovarian Cancer Awareness & Research
Sunday, Sept. 14 • 9am
Washington Park, Albany

T-shirts to first 600 registered
Awards: overall/age groups/fundraisers/teams
Plus, face painting, clowns, raffles
Individuals: \$15 by 9/1, \$20 after
Team Members: \$12 by 9/1, \$20 after
Children: \$5 ages 10-under

To Register & Donate:
CaringTogetherNY.org or
FirstGiving.com/CaringTogether

Thacher Park Centennial Running Festival
5K, 10K, Marathon, 50K Trail Races
Saturday, September 13
Thacher State Park, Voorheesville
Hailes Cave Pavilion – 8:30am Start for All Races

Part of a park-wide centennial event so there's lots to do after racing
Details & Registration: ThacherParkRunningFestival.com

Register early and save

- Thu SUP Yoga.** 5:30pm. Adk Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.
- Thu Thursday Kayak Tours:** 5/29-9/18. 5:15pm. Adk Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.
- Sat SUP Yoga.** 8:30am. Adirondack Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.

AUGUST

- 26 Evening Kayak Tour.** 6:15pm. Round Lake & Anthony Kill, Round Lake. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 26 SUP Yoga.** 8-9:30am. Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.
- 27 Kayak Rescue & Recovery.** 6:30-8pm. Location TBA. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 28 SUP Yoga.** 8-9:30am. Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.
- 30 Remington II. 6M. 10am. Rensselaer Falls to Heuvelton. slvpaddlers.org.
- 30 Whitewater King of NY #2: Raquette River Stone Valley Race. Class V time trial. Colton. whitewaterkingofnewyork.com.
- 31 Whitewater King of NY #3: Beaver River Eagle Race. Class V time trial. Lowville. whitewaterkingofnewyork.com.

SEPTEMBER

- 3 Evening Paddle on Mohawk.** 6pm. Lock 7 Boat Launch, Niskayuna. Alan Mapes: 817-1512. adk-albany.org.
- 5-7 Adirondack Canoe Classic. 90M. Old Forge to Saranac Lake. 891-2744. macscanoe.com.
- 6 Kayaking 4 Meso. 8M paddle. 9am. Admiral's Marina, Stillwater to Lighthouse Park, Halfmoon. 495-6099. kayaking4meso.org.
- 6 4th Paddle for the Cure. 9M. Beacon to Cold Spring. hrwa.org.
- 6-7 SUP Yoga Retreat on Lake George. Silver Bay. yogawellnessretreats.com.
- 9 Evening Kayak Tour.** 5:45pm. Henry Hudson Park, Bethlehem. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 13 Women's Kayak Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 13 One Square Mile of Hope. Guinness World Records attempt for largest canoe/kayak raft to benefit Breast Cancer Awareness Foundation. Fourth Lake, Inlet. onesquaremileofhope.org.
- 13-14 SUPtoberfest.** Mountainman Outdoors, Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.
- 14 SLVP Try-A-Tri & Awards. Community Center, Madrid. Steve Coffin: 315-854-0881. slvpaddlers.org.
- 14 17th Rochester River Challenge. 300m sprint races. 9:30am. Genesee Waterways Center, Rochester. 585-292-6107. nymcra.org.
- 16 Evening Kayak Tour.** 5:45pm. Peebles Island, Lansingburgh. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 20 10th Paddle for the Cure.** Leisurely Moose River 2M paddle for Breast Cancer Research Fund. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 20 Long Lake Long Boat Regatta. 10M/15M. 11am. Long Lake. Adirondack Watershed Alliance: 891-2744. macscanoe.com.
- 21 St. Regis Canoe Classic. 4.7M, 7M, 11M. 10am. Paul Smith's College, Paul Smiths. paulsmiths.edu.
- 26-28 Adk Canoe/Kayak Rendezvous.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 27 Erie Canal Regatta. 3.1M fun race, 7.5M, 14.5M. 10am. Fairport. 585-748-2628. eriecanalboatcompany.com.

OCTOBER

- 5 Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 17-19 Moosefest Whitewater Fest.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 18 Whitewater King of NY #4: Moose River Bottom Race. Mass start. McKeever. whitewaterkingofnewyork.com.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

- Mon We Run the Capital Social Group Runs.** 6pm. Fleet Feet Sports Albany, Albany. Confirm: 459-3338 or fleetfeetalbany.com.
- Tue We Run the Capital Social Group Runs.** 6pm. Fleet Feet Sports Adirondack, Malta. Confirm: 400-1213 or fleetfeetalbany.com.
- Tue New Beginnings Women's Running Program.** 10 weeks: Starts 9/9. 6pm. Crossings, Colonie. areep.com.
- 23 17th Altamont 5K Run & Walk.** 9am. Hilltown Triple Crown Series #3. Altamont Mile & Kids Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- 23 Firefly5 Festival: Illuminated Nighttime 5K Race!** Run: 8am. Walk: 7:30pm. Live music, laser light show, street performers, costume contest. Gates open 5pm. Saratoga Co Fairgrounds, Ballston Spa. firefly5.com.
- 23 6th Run for the Future 5K. 9am. Stillwater United Church, Stillwater. 664-7984. stillwaterunitedchurch.org.
- 23 Muddy Sneaker 5K. 9am. Indian Meadows Park, Glenville. 857-1196. glenvillerotary.org.
- 23 Cousins That Care 5K Run/Walk. 8am. Inlet. cousinthatcare.com.
- 23 31st Chris Thater Memorial 5K Run. 5:15pm. Binghamton. Chris Marion: 607-778-2056. bcstopdwi.com.
- 23 Joggin' for Frogmen 5K & Tadpole Trot. 9am. Corning Preserve, Albany. jogginforfrogmen.com/albanyny.
- 23 1st Menands Monster Mile & 5K Run/Walk. 10am. Ganser Smith Memorial Park, Menands. 426-7181. cdcccc.org.
- 23-24 4th Turning Stone Races: 5K, 10K & Half-Marathon. Turning Stone Casino, Verona. turningstoneraces.com.
- 24 Storm King Run. 10K, 5K, 1M fun run. 9am. Washington Gate, West Point. 845-446-5483. rotary-wphf.org.
- 24 North Face Race to the Top of Vermont. MTB, run, hike. 9am. Stowe Resort, Stowe, VT. 802-864-5794. rtttvt.com.
- 25 Tawasentha XC 5K #3. 6:30pm. Tawasentha Park, Guilderland. townofguilderland.org.
- 27 VIC/HPC Trail Run Series.** 6:30pm. PSC VIC, Paul Smiths. 523-3764. highpeakscyclery.com.
- 30-31 2nd ADK 80K Trail Run & MTB/Cyclocross Races.** Sat, 6am: Trail Run. Sun, 8am: MTB/Cyclocross. Solo/teams. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.
- 30 Run 4 Reese 5K. 5K: 8:30am. 1M Fun Run: 9am. Hyde Blvd, Rec Park, Ballston Spa. 323-9225. run4reese.com.
- 30 Newburgh Draught Day 5M Beer Run. 11am. Newburgh Brewing, Newburgh. 845-569-2337. newburghbrewing.com.
- 31 3rd 18.12 Challenge & Half Marathon.** 18.12M/13.1M. Watertown to Sackets Harbor. 1812challenge.com.
- 31 8th Joseph Longobardo Memorial 5K Run/Walk. 10am. Saratoga Spa SP, Saratoga Springs. longbardomemorial.org.
- 31 2nd Oak Runner 10K Trail Run. 9am. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 31 Capital District Scottish Games 5K. 10:30am. Altamont Fairgrounds, Altamont. 669-1470. scotgames.com.

SEPTEMBER

- 1 26th SEFCU Foundation Labor Day 5K. 9am. SEFCU HQs, Albany. John Parisella: 269-1904. hmrrc.com.
- 6 5th MBPA Malta 5K Run & Walk.** 8:30am. Saratoga Triple Crown #2. HVCC-TECH SMART, Malta. Paul Loomis: 472-4807. Malta Business & Professional Association. malta5k.com.
- 6 44th Lake Placid Classic Half Marathon & 10K Race.** 9am. Olympic Speedskating Oval to North Elba Horseshow Grounds, Lake Placid. Rick Preston: 897-2685. lakeplacidclassic.com.
- 6 Double H Camp Challenge 5K Run/Walk.** Double H Ranch, Lake Luzerne. 696-5921 x269. doublehranch.org.
- 6 3rd You(th) Make a Difference 5K Run/Walk.** 10am. 1M fun run: 9:30am. After: Town Celebration. North Greenbush Town Hall, Wynantskill. 283-2714. townofng.com.
- 6 5th 5K Run/Walk for the Horses.** 8:30am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. 226-0028. trfinc.org.
- 6 Benson Bear Obstacle Course Race Series.** 5K/10K 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.

37TH ANNUAL
Whiteface Mountain Uphill Foot Race
Run to the North Pole!
Saturday, Sept. 13, 8am

Run 8 miles, 3500 feet up Whiteface highway.
Rewarded with 360° view during fall foliage!

Presented by
Santa's Workshop

Register:
WhitefaceRace.com
(518) 946-2255

5th Annual
5K Run for the Horses
To benefit Thoroughbred Retirement Foundation

Saturday, Sept. 6 • 8:30am
Orenda Pavilion
Saratoga Spa State Park

USATF certified course • AREEP timed
T-shirt to first 150 registered
Virtual runners welcomed
Pre-Reg \$20 – Day of \$25
Kids' 1/2 Mile Fun Run (8am): \$5 suggested

Register: TRFinc.org/5k
or call: 226-0028

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10% off special for Adirondack Sports & Fitness magazine readers

17th Annual
Altamont 5K Run & Walk
Saturday, August 23 9am
Bozenkill Park, Altamont
Gun Club Rd (10mi w of Albany)

10:15am: Altamont Mile & Other Kids' Races

- T-Shirt to first 350 5K entries
- Awards to top 3 M/F 5K & 5-year age groups
- Live Music on the Race Course
- 100 Raffle Prizes

Hilltown Triple Crown Series!
#1 Fox Creek 5K in Berne, 8/9
#2 Pre Fall Classic 5K in Voorheesville, 8/16
#3 Altamont 5K, 8/23
Sign-up: foxcreek5k@gmail.com

Register: Active.com (fee)
Altamont5K.org (no fee)
Phil Carducci (518) 861-6350

To benefit Altamont Food Pantry
Bring unexpired dry goods

YOU MAKE A DIFFERENCE 5K 2014
SATURDAY SEPT. 6

5K Run/Walk: 10am
Free 1M Kids' Run: 9:30am
North Greenbush Town Hall, 2 Douglas St, Wynantskill
Register: zippyreg.com • Info: townofng.com
T-shirt to first 300 • \$25 or \$30 race day
After run/walk enjoy our Town Celebration with live bands, rides, food & crafts
Benefits North Greenbush Youth Dept Program

4TH ANNUAL
MOREAU LAKE RACES
Sunday, Sept. 7
Moreau Lake State Park Beach Gansevoort

Endurance Events Mixed with '80s Music '80s Clothing Recommended!

15K & 5K Trail Runs (8am)
The 15K is a Classic Trail Run! Climb up the 'staircase of death,' leading to rollers and creeks, and descent from the ridge to the beach

Register: GreenLeafRacing.com
More Info: (518) 290-0457



**20th Annual Burnt Hills-Ballston Lake Rotary
5K RUN AND WALK
BURNT HILLS, NY**

Saturday, Oct. 4 • 9AM

KIDS MILE FUN RUN: 9:45AM
O'ROURKE MIDDLE SCHOOL, BURNT HILLS
USATF CERTIFIED COURSE • CHIP TIMING
SHIRTS FOR THE FIRST 300 PARTICIPANTS
\$20 BEFORE 10/1 (\$25 AFTER)
KIDS MILE FUN RUN: \$10

REGISTER: ACTIVE.COM
ENTRY FORM: BHBLROTARY.ORG
PAUL LEWANDOWSKI (518) 399-2225

Hudson-Mohawk Road Runners Club
Anniversary Races
2.95 & 5.9 Miles
Sunday, Sept. 14 – 9am
Gymnasium, UAlbany



**HMRRC
43rd Annual
Celebration!**

Commemorative glass mug to first 125

Free HMRRC, \$6 non-members
Register day of race only
Pat Glover: 877-0654 or pjglove@aol.com

40th ANNUAL
Utica Roadrunners
RRCA NYS 5K CHAMPIONSHIP!



**Falling Leaves
ROAD RACE**

**Sunday September 28
Radisson Hotel, Utica**

USATF Certified 5k: 9am
Scenic 14k: 8:50am
Atayne long-sleeve tech shirts to first 1500 registered
Info/Register: UticaRoadrunners.org
or GetEntered.com
14k is USATF-Adirondack Grand Prix event

11th Annual
**The Crossings
5K Challenge
& KIDS RUNS**



Sunday, September 28
Rudy A. Ciccotti
Family Recreation Center
30 Aviation Rd, Colonie

MUSIC • FOOD • AWARDS • FUN!

5K Challenge Run/Walk - 10am
Dri-fit long-sleeve shirt to first 300 registered
Flat, fast course through Crossings Park
Chip timing by AREEP • Walkers welcome

Kids 1/4M Fun Run* (free) - 10:45am
Must be registered - For ages 13-under

Kids 1M Competitive Run* (\$10) - 10:45am
Chip-timed for 13-under with shirt and awards
*All kids runners get a medal and are entered to win a Ciccotti pool party for 20!

Register online: ZippyReg.com
Entry Form and More Info:
ColonieYouthCenter.org
Early Registration Ends 9/24!
Proceeds benefit Colonie Youth Center

- 6 Maple Leaf Half Marathon. 13.1M. Manchester, VT. 802-362-2100. bkvr.org.
- 7 **35th Dunkin' Run.** 5K, 10K & Kids' Fun Run. 8:30am. Albany JCC, Albany. 438-6651. albanyjcc.org.
- 7 **4th Moreau Lake 15K & 5K Trail Runs.** 8am. Moreau Lake SP beach, Gansevoort. Chris Bowcut: 290-0457. greenleafacing.com.
- 7 **12th Ty Yandon Memorial 5K Run/Walk.** 9am. Part of Teddy Roosevelt Celebration, 9/5-7. Overlook, Newcomb. Kevin Bolan: 582-2991. newcombny.com.
- 7 9/11 Heroes Run 5K. 8:30am. 9/11 Memorial, High Rock Park, Saratoga Springs. 911heroesrun.org.
- 7 Albany Pancreatic Cancer Research Walk. 10:30am. Elm Ave Park, Delmar. 866-789-1000. lustgarten.org.
- 7 4th 9/11 Run to Remember. 9am. Massena Fire Station, Massena. 315-842-2263.
- 13 SUNY Canton Paint Race. 5K. 1pm. SUNY Canton. 315-386-7101. canton.edu.
- 13 **20th Susan Komen Race for the Cure.** Coed 5K Run: 9am. 2M Family Walk: 10am. Kids' for the Cure Dash: 11:30am. Empire State Plaza, Albany. 250-5379. komenneny.org.
- 13 **37th Whiteface Mountain Uphill Foot Race.** Run to the North Pole! 8M, 3500ft up. 8am. Whiteface Mtn, Wilmington. 946-2255. whitefaceace.com.
- 13 **1st Thacher Park Centennial Running Festival.** 5K, 10K, 26.2M, 50K trail races. 8:30am. Thacher SP, Hailes Cave Pavilion, Voorheesville. thacherparkrunningfestival.com.
- 13 Fishy Frolic 5K & Trout 10K. 9:30am. 1M Walk: 8:45am. Corning Preserve, Albany. 527-7904. zippyreg.com.
- 13 Get Your Rear in Gear 5K Run/Walk. 8:20am. Saratoga Spa SP, Saratoga Springs. 390-7471. coloncancercoalition.org.
- 13 Mighty Run 5K Obstacle Adventure Race. 8:30am. Masonic Care Community, Utica. 315-798-4703. themightyrun.com.
- 13 Patriot Highlander Challenge. 3M/6M obstacle course. Sunny Knolls Farm, Cobleskill. patriothighlander.com.
- 14 **13th Teal Ribbon 5K Run & 1M Walk for Ovarian Cancer Awareness & Research.** 9am. Washington Park Lake House, Albany. 783-7600. caringtogetherny.org.
- 14 **43rd HMRRC Anniversary Run.** 2.95M & 5.9M. 9am. Gymnasium, UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com.
- 14 Rally in the Valley Duathlon & 5K. 5K run, 20M bike, 5K run. 9am. Fire Dept, Fort Hunter. 694-1955. habitatmcy.org.
- 14 Biggest Loser Run/Walk: 5K/10K. 7:30am. Great Escape, Lake George. 815-464-1265. biggestloserrunwalk.com.
- 14 Spencertown Shine-On 5K. 1pm. 1 Memorial Drive, Spencertown. 488-2293. shineonrun.com.
- 20 **Arc in the Park 5K Race & Walk.** 10am. 1M Fun Run/Walk: 9:30am. Rensselaer Tech Park, North Greenbush. 274-3110. renarc.org.
- 20 **Brenda Deer Memorial 5K, 3K Walk and Kids Run.** 9am. Guilderland YMCA, Guilderland. cdymca.org.
- 20 **2nd Flashlight 5K Night Run/Walk.** 7:30pm. Fireworks: 9:30pm. Battlefield Park, Lake George. adkracemgmt.com.
- 20 **37th Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship Race. Northport. cowharborrace.com.
- 20 6th Nisky Fall Fun Run. 5:45 pm. Town Hall, Niskayuna. 386-4526. niskayuna.org.
- 20 Run to Remember 5K. 8am. RPI Fieldhouse, Troy. 401-965-4696. finishright.com.
- 20 6th Red Apple Trail Run: 5K, 10K, Kids 1M. 9am. Samascott Orchards, Kinderhook. 758-1218. kinderhookrunnersclub.com.
- 20 Hancock Shaker Village Trail Races. 50M: 5:30am. 26.2M: 10am. Hancock, MA. hancockshakervillage.org.
- 20 Color Me Remington. 10am. Dobisky Visitors Center, Ogdensburg. 315-355-1363. fredericremington.org.
- 20 11th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. 802-878-4385. gmaa.net.
- 20 Run for the Cure. 5K. 10am. Alexandria Central School, Alexandria Bay. 315-654-5077.
- 20 Spartan Race World Championship. Ultra Beast: 26M. Beast Race: 12M. Sprint: 3.5M. Killington Ski Resort, Killington, VT. spartan.com.
- 20-21 Virgil Crest Ultramarathons. 50M/100M: Sat, 6am. 100M trail relay: Sat, 8am. 10K: Sun, 8am. Virgil. virgilcrestultras.com.

- 21 **The Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half Marathon: 7:25am. 5K Run/Walk: 7:15am. Hampton Inn, Saratoga Springs. thesaratogapalio.com.
- 21 **Gore Leaf Cruncher 5K Trail Run.** 1pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21 **7th Tour LaFrance 5K Family Fun Run/Walk.** 11am. Plus, 1M kids' run. Saratoga Spa SP, Orenda Pavilion, Saratoga Springs. connorlafrance.org.
- 21 MVP Rochester Marathon, Half Marathon & Relay. 7:30am. Rochester. 585-732-1090. rochestermarathon.com.
- 21 7th Paine to Pain Trail Half Marathon. 9am. Thomas Paine Cottage, New Rochelle. painetopain.com.
- 21 Canine Classic 5K Run/Walk. 11am. Village Animal Clinic, Voorheesville. 765-0111. thevillageanimalclinic@albany.twcbc.com.
- 21 Harvest Dash 5K Trail Run & 1M Walk/Run. 9am. Critz Farms, Cazenovia. 315-532-5330.
- 21 8th Delta Lake Half Marathon. 13.1M. 9am. Delta Lake SP, Rome. 315-337-3658. romanrunners.com.
- 21 33rd Roosa Gap Roller Coaster 11.50M & 5K Run/Walk. 10am. Wurtsboro. 845-791-4864. sullivanstriders.org.
- 21 Dutchess County Classic Half Marathon, 5K & Kids' 1M. 8:30am. Arlington HS, LaGrangeville. dcclassic.com.
- 26-27 **3rd Ragnar Relay Adirondacks.** 200M. Regular, ultra & high school teams. Saratoga Springs to Lake Placid. Katie Seely: katie@ragnarrelay.com. 801-834-9531. ragnaradk.com.
- 27 **21st FAM 5K "Fund" Run/Walk for Charity.** 10am. Entertainment, Brooks BBQ & kids run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- 27 **Viking Obstacle Race.** 5.5M w/35+ obstacles. Lunch, beer/beverage, digital downloads, after-party. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- 27 **3rd Mario Zeolla '97 5K Walk/Run.** 9am. Albany College of Pharmacy & Allied Health Sciences, Albany. acphs.edu/healthexpo.
- 27 **7th Ride, Run, Walk 4 Love.** 5K run/walk, 15M or 30M bike ride w/lunch. 9am. Saratoga Spa SP, Orenda, Saratoga Springs. Matthew Miller: 203-772-4420. rrw4l.com.
- 27 **Adirondack Marathon Distance Festival: Helper's Fund 5K & 10K Races.** 9:30am. Town Hall, Chestertown. adirondackmarathon.org.
- 27 North Country 5K Trail/Obstacle Challenge & 3K Fun Run. 10am. Oswegatchie Ed Center, Croghan. 315-782-6050. northernrunner.org.
- 28 **Adirondack Marathon Distance Festival: Marathon, Half, 2- & 4-Person Marathon Relays.** Marathon & Relay: 9am. Half: 10am. Sat: Expo & Kids Fun Run. Schroon Lake HS, Schroon Lake. 532-7675. adirondackmarathon.org.
- 28 **Nick's Run to Be Healed.** 5K: 1pm. 2M Walk: 12:45pm. Zumba warm-up: 12:30pm. Nick's Mile: 12pm. Nick's Dash: 11:45am. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- 28 **33rd Arsenal City Run.** 5K road race: 10am. Free 1M Fun Run/Walk: 9:30am. City Hall, Watervliet. zippyreg.com.
- 28 **11th Crossings 5K Challenge.** 10am. Kids' competitive 1M run & 1/4M fun run. Ciccotti Family Rec Center, Colonie. 438-9596. colonieyouthcenter.org.
- 28 **40th Falling Leaves Road Race.** 5K & 14K. RRCA NYS 5K Championship. Radisson Hotel, Utica. Mike Brych: 315-404-8130. uticaroadrunners.org.
- 28 Kick Start the Arts 5K Run/Walk. 2pm. Stockade, Schenectady. 330-2092.
- 28 2nd Falcon 5K & Fun Run. 9:30am. Washington Park, Albany. 221-4381. albanyboosterclub.org.
- 28 34th HMRRC Voorheesville 7.1 Mile. 10am. Town Park, Voorheesville. hmrrc.com.
- 28 Pumpkin Run 5K & Walk. 9am. Kids Run: 10am. Pearl St, Glens Falls. 683-1526. gfmmf.org.
- 28 Run for the ROC 5K. 11am. Saratoga Triple Crown #3. Saratoga Race Course, Saratoga Springs. saratogacare.org.
- 28 Geysers Road PTO 5K Run/Walk. 9am. Saratoga Spa SP, Saratoga Springs. geysersroad5krunwalk.itsyourrace.com.
- 28 21st Vermont 50. 50M/50K/50M relay. Ascutney Mountain Resort, Brownsville, VT. 603-381-9993. vermont50.com.
- 28 Vermont Sun Runs: 5K/10K/Half-Marathon. 10am. Branbury SP, Brandon, VT. vermontsuntriathlonseries.com.

Sunday, October 19th



USATF Adirondack, Fleet Feet Sports & Saucony present

Saratoga Cross Country Classic

Saratoga Spa State Park
Saratoga Springs, NY

5k Cross Country Race - 10am
Open to All Athletes
Individual and team competition
USATF Adirondack 5k XC Championship


2k and 3k Youth Developmental Cross Country Runs - 11am

5k USATF Adirondack Race Walk Championship - 8am

Walk info: (518) 577-1333 or walk2agoal@gmail.com
Moisture wicking shirt to first 300 entrants
Info: (518) 877-0654 or pjglove@aol.com

Register at usatfadir.org

The Zombies are Coming!
St. Catherine's Center for Children's
1st Running SCCCared
5K Family Walk/Run
Saturday, October 18, 2014, 9:30 a.m.
The Crossings of Colonie



Presented by
Radiant POOLS

To register, visit www.st-cath.org, or find St. Catherine's Center for Children on Facebook/Events tab/Find Tickets. Call 518-453-6756 for more! Pre-registration: \$25/Students: \$15/Children 12 and under walk free.

7th Annual
Anne's Quest
5K Run / 3K Walk
Saturday, October 25 - 9:30 AM
Shaker High School, Latham

- Raffles, music, food and more!
- First 300 entrants receive T-shirt!
- Preregister by 10/22 - \$25
- Register day of race: 8-9am - \$30

Register online & more info:
AnnesQuest.org



In memory of Anne S. Rosenthal
All proceeds to Anne's Quest Foundation

7th Annual
Hometown Heroes
5K Run & Walk
Sunday, Oct. 19 • 9:15am
The Crossings of Colonie

USATF Certified • Solo/Teams
T-shirt to first 250 • Chip Timing
\$20 by 10/15 • \$25 after

Register: NYFRC-INC.ORG
Kathie Andonie: (518) 368-5513
Fundraiser to benefit NY National Guard Family Readiness Council

GORE MOUNTAIN
1PM START, GREAT PRIZES!
\$25 BY 9/29, \$30 AFTER
NEW COURSE THIS YEAR

LEAF CRUNCHER
5K TRAIL RUN/WALK
SUNDAY SEPTEMBER 21

GoreMountain.com (518) 231-2411

Run for Readers
5K FUN Run/Walk

Saturday, Oct 4 - 9am

Scott Ellis Elementary School
11219 Route 32, Greenville

\$15 by 9/17 - \$20 after
T-shirt to first 500 registered
Free Kids' 1M Spartan Sprint: 8am

Entry: Greenville.k12.ny.us
Peter Mahan: (518) 966-5070 x301
All proceeds to elementary student after-school clubs and elementary classroom libraries
-Runners are encouraged to donate a book-

Third Annual
Mario Zeolla '97 5K Run/Walk
September 27 • 9am

Albany College of Pharmacy & Health Sciences
106 New Scotland Ave, Albany

\$20 by 9/27 • \$25 event day
All 5K participants receive T-shirt

Register: acphs.edu/healthexpo

MVP HEALTH CARE
Benefits Mario Zeolla '97 Memorial Scholarship

28 Battenkill River Duck Run. 5K, 12K, 1K Fun Run. Covered Bridge, West Arlington, VT. bkvr.net.

OCTOBER

- 4 **20th Burnt Hills-Ballston Lake Rotary Apple Run 5K Run & Walk.** 9am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.org.
- 4 **Run for Readers 5K Fun Run/Walk.** 9am. Free kids' 1M Spartan sprint. Scott Ellis ES, Greenville. Peter Mahan: 966-5070. greenville.k12.ny.us.
- 4 Run for the Red 5K Run/Walk. 9:30am. Speed Skating Oval, Lake Placid. 561-7280. redcross.org/nccrunforthered
- 4 Spooktacular 5K Pumpkin Run/Walk. 10am. YMCA, Cole's Woods, Glens Falls. 615-9794. caparcny.org.
- 4 Race Against Lyme 5K Walk/Run. 11am. Crossings Park, Colonie. lymeresearchalliance.org.
- 4 Vintage Runs Half Marathon & 5K. 8am. Bethel Woods Center, Bethel. 845-235-2788. vintageruns.com.
- 5 Beat Beethoven 5K. 9:20am. Central Park, Schenectady. schenectadysymphony.org.
- 5 21st Pit Run 10K, 5K & 2M Stroll. 10:45am. Neahwa Park, Oneonta. 607-699-1590. pitrun.org.
- 11 **8th Falling Leaves 5K & Fun Run.** 10am. Kids' 0.5M fun run: 10:45am. William Kelley Park, Ballston Spa. Lynne Blake: 885-9821. ballstonspaumchurch.org.
- 11 **"Ithaca Glows" Glow in the Dark Fun Run.** 3K 7pm. 5K 8pm. 2,500 runners. Stewart Park, Ithaca. ithacaglows.com.
- 11 **Columbus Day Fall Foliage Rumble.** 5K/15K. 9am. Paul Smith's College VIC, Paul Smiths. 327-6241. pscvic.org.
- 11 4th Octoberfest Half Marathon & 10K. 8am. Fire Dept, Peru. 320-8648. runoctoberfest.com.
- 11 4th Rhino Run & Walk 5K. 9:30am. Crossings Park, Colonie. 783-7486. active.com.
- 11 Columbus Day Fall Foliage Ramble. 15K, 5K, 1K. 9:30am. Paul Smith VIC, Paul Smiths. 327-6241. paulsmiths.edu.
- 11 **Greg McMillan Running Seminars.** 11am & 3pm. Mohawk Hudson River Marathon & Half Marathon Expo, Hilton, Albany. mohawkhudsonmarathon.com.
- 12 **31st Mohawk Hudson River Marathon & 13th Half-Marathon.** 26.2M: Schenectady to Albany. 13.1m: Colonie to Albany. 8:30am. Sat, 10-6: Expo. mohawkhudsonmarathon.com.
- 12 Sprint for Soldiers 5K & 10K. 9am. Hudson Crossing Park, Schuylerville. planaheadevents.com.
- 12 Fall Foliage Half Marathon & 5K. 10am. Rhinebeck. 561-470-7966. fallfoliagehalf.com.
- 12 44th Green Mountain Marathon & Half Marathon. 26.2M/13.1M. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 18 **Great Pumpkin Challenge 5K & 10K Walk/Run.** 9:30am. Plus, kids' fun run. Saratoga Spa SP, Columbia Pavilion, Saratoga Springs. 587-0723. saratogabridges.org.
- 18 **1st Running SCCared 5K Family Fright Run/Walk.** 5K: 10:30am. 1M Walk: 9:30am. Crossings Park, Colonie. St. Catherine's Center for Children: 453-6756. st-cath.org.
- 18 **6th Race Away Stigma 5K Race & Fun Walk.** 10am. Stadium, HVCC, Troy. Larry Ellis: 629-7175. hvcc.edu/cct.
- 18 1st Corn Maze 5K Run/Walk. Liberty Ridge Farm, Schaghticoke. 664-1515. cornmaze5k.com.
- 19 **2nd Saratoga Cross Country Classic.** 5K XC race: 10am. 2K/3K youth XC runs: 11am. 5K Race Walk: 8am. Saratoga Spa SP, Saratoga Springs. Pat Glover: 877-0654. usatfadir.org.
- 19 **7th Hometown Heroes 5K Run/Walk.** 9:15am. The Crossings, Colonie. Kathy Andonie: 368-5513. nyfrc-inc.org.
- 19 Maddie's Mark 5K. 10am. Central Park, Schenectady. 698-1478. maddiesmark.org.
- 19 Wandering Witch Trail Races. 5K/10K. 9:30am. Christ the King Conference Center, Greenwich. 692-2801. bkvr.net.
- 25 **7th Anne's Quest 5K Run & 3K Walk.** 9:30am. Shaker HS, Latham. 446-9638. annesquest.org.
- 25 **Troy Family YMCA 5K Run, 3K Walk & Kids Fun Run.** 9am. Family YMCA, Troy. 272-5900. cdmca.org.
- 25 Heroes for Health Obstacle Course 2M. 10am. Prospect Park, Troy. 591-4472. wmyhealth.org.
- 25 Tina Gambino Memorial 5K Run/Walk. 9am. Pleasantville HS, Pleasantville. tinagambino.org.

- 26 **10th Hairy Gorilla Half Marathon & Squirrelly Six Mile Trail Races.** 9:30am. Gorilla Chase Kids' Race: 9am. Thacher SP, Hailes Cave Pavilion, Voorheesville. 320-8648. hairygorillahalf.com.
- 26 **Special Olympics NY RUNDEAD 5K Trail Run.** 9:30am. Saratoga Spa SP, Saratoga Springs. 338-0890. therundead.org.
- 26 Harvest Run 5K/10K. 8am. Main Street, Adams. 315-232-2624. southjeffersonrescue.org.

NOVEMBER

- 1 Monster Scramble 5K/10K. 10am. Oakwood Cemetery, Troy. 464-0112. nmss.org.
- 1 Run 4 The Hill 5K. 10am. Cornell Cooperative Extension, Voorheesville. 655-7811.
- 1 Mendon Trail Runs. 50K: 8am. 10K, 20K, 30K: 9:30am. Mendon Ponds Park, Rochester. 585-377-5650. roc.us.orienteeing.org.
- 1 13th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainment, Rock Hill. 845-699-1034. sullivanstriders.org.
- 2 UlsterCorps Service Sprint & Zombie Escape. 11am. Rosendale. 845-481-0331. ulstercorps.org.
- 2 **9th "Fall Back 5" 5-Mile Trail Race.** 10am. Admin Building, Saratoga Spa SP, Saratoga Springs. 584-2000. saratogastryders.org.
- 2 After the Leaves Have Fallen 20K Carriage Trail Run. 11am. Minnewaska SP, New Paltz. onteorarunners.org.
- 8 Celebrate Women 5K Race. 10am. Schodack Island SP, Schodack. areep.com.
- 9 **39th MVP Health Care Stockade-athon 15K.** 8:30am. New downtown location! Start: Veteran's Park & Finish: City Hall, Schenectady. Kids 1K run, 11am: Schenectady YMCA. stockadeathon.com.
- 10 **7th Shenendehowa Veterans Day Dash 5K.** 10am. Kids Run: 11am. Shenendehowa HS Track, Clifton Park. 573-4595. shenunners.com.
- 22 Frostbite 5K Run/Walk. 10am. Mayfield HS, Mayfield. mayfieldcsd.org.
- 22 Hobble Gobble XVII Prediction Run/Walk. 11:15am. West Potsdam Bingo Hall, Potsdam. 315-265-5791. northernrunner.org.
- 23 Turkey Raffle Run. 10am. Tawasentha Park, Guilderland. 435-4500. hmrrc.com.
- 27 **67th Troy Turkey Trot. Open 5K: 9:45am. Open 10K: 8am. Mile: 9:20am. 1M Walk: 9:20am. Troy Atrium, Troy.** 273-5552. troyturkeytrot.com.
- 27 **33rd Cardiac Classic 5K.** 9am. 2M Wellness Walk: 8am. 1M Duck Pond Run: 10am. Central Park, Schenectady. ellishospitalfoundation.org.
- 27 **13th Christopher Dailey Turkey Trot 5K.** City Hall, Saratoga Springs. 581-1328. christopherdaileyfoundation.org.
- 27 **5th Our Towne Turkey Trot 5K Fun Run/Walk.** 9am. Bethlehem MS, Bethlehem. ourtownebethlehem.com.
- 27 **3rd St. George's Turkey Trot 5K Run/Walk.** 8am. Kids Run: 9am. St. George's School, Clifton Park. stgeorgesschoolcp.org.
- 27 51st Cohoes Turkey Trot. 9:30am. Kids Race: 8:30am. City Hall, Cohoes. ci.cohoes.ny.us.
- 27 John Adams Memorial Turkey Trot. 8:45am. Peru Central School, Peru. perulionsclubnewyork.org.
- 27 Watertown Family YMCA Turkey Day Run. 10am. Watertown. watertownymca.org.
- 27 MHRRC Turkey Trot. 25K, 5M, 2M, & 1M kids run. 8:45am. Arlington HS, Freedom Plains. mhrcc.org.
- 29 **7th Run Off That Turkey Trot 5K.** 10am. Altamont ES, Altamont. 861-6350. active.com.

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.

33rd Annual
Arsenal City Run 2014
SUNDAY September 28

City Hall, 2 15th St, Watervliet

5K Road Race: 10am
USATF-Adirondack Masters 5K Championship

Register: ZippyReg.com
\$20 until 9/25 or \$25 Race Day
Male/Female Dri-Ft Shirts to All Preregistered

1-Mile Fun Run/Walk Free for All Ages: 9:30am
Family Festivities: 10am-1pm
Food, Drinks, Live Music, Activities for All

Benefits Watervliet Adopt-A-Family Program

SUNNY HILL RESORT
2014
Viking Obstacle Race
SunnyHill.com

Sept. 27 - 9am
Greenville (30 min south of Albany)

35+ OBSTACLES
5.5 MILES

\$1,000 prize money to top three male/female elite racers

Registration includes:
Viking T-shirt, finisher medal, lunch, beer/beverage ticket, digital downloads, after-party

NO spectator or parking fees.
Train on the course before the race or anytime!

Discount Code: ASF14 for 10% off registration

Info & Register: SunnyHill.com 518.634.7642

9th Annual Saratoga Spa State Park

Fall Back 5 5-Mile Trail Race

Hills, ridges, streams & singletrack...
Sunday, Nov 2 • 10am
Administration Bldg Lobby, Saratoga Spa S.P.
Tech T-shirt to first 125 • Awesome Prizing
Free kids' activities (during race)
\$20 by 11/1 or \$25 race day
active.com • saratogastryders.org
(518) 584-2000

6th Annual
Race Away Stigma 5K Race & Fun Walk

Help "Race Away" the stigma that surrounds mental illness

Saturday, Oct. 18 • 10am
HVCC Pavilion, Troy
\$17 HMRRRC, \$20 non-members
T-shirt, awards, raffles
Larry Ellis 629-7175, lellis@hvcc.edu
Register online: hvcc.edu/cct

8th Annual
Falling Leaves 5K & Fun Run

Saturday, October 11 at 10am
William Kelley Park on Ralph St, Ballston Spa

All 5K participants can win 1 of 2 \$50 gift certificates from **FLEET FEET Sports**

Scenic course within historic village of Ballston Spa!
Great Drawings - All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, pizzerias, oil changes, etc.

Register online: active.com • Entry form: ballstonspaumchurch.org
\$20 by 10/8 - family rate (mail-in): \$65 - \$25 race day - T-shirt to first 150 runners
Kids' 0.5M Fun Run (10 & under): 10:45am - Free
Lynne Blake: lblake@nycap.rr.com or (518) 885-9821
Benefits community outreach programs of Ballston Spa UMC

MVP HEALTH CARE
 Saturday, October 18th, 2014
 Saratoga Spa State Park Columbia Pavilion

5K & 10K Walk/Run 9:30 AM
 Kid's Fun Run following races

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that pre-register for 5 & 10K by 10/1/14!

****IMPORTANT****
 Course maps & info. available online
 Race Limited to 2,000 Registrants
 NO DAY OF Registration

5K & 10K Fees
\$25 (prior to 10/1); **\$28** (prior to 10/18)
Kids Fun Run Fees (12 & under)
\$5

Register Online:
www.saratogabridges.org
 More information: 518.587.0723

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Oct. 11 - Stewart Park
 Ithaca, NY

3K- 7pm \$20
 5K- 8pm \$30

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 Enter "GLOWRUN5" for \$5 off the 5K!



HIKING & BACKPACKING

Crane Mountain

High Peak of the Southern Adirondacks

By Bill Ingersoll

Although its summit elevation of 3,254 feet falls well short of the Adirondacks' highest peaks, few mountains present a profile as stunning as Crane Mountain. It rises over 1,900 feet above the nearby hamlet of Thurman, with steep, rocky slopes on its south-eastern and southwestern faces. Except for Huckleberry Mountain, which huddles nearby like a child following close behind its mother, this peak stands apart from all of its closest neighbors. The combination of exposure, ruggedness, and natural beauty distinguishes Crane and earns it the reputation of being "the high peak of the southern Adirondacks."

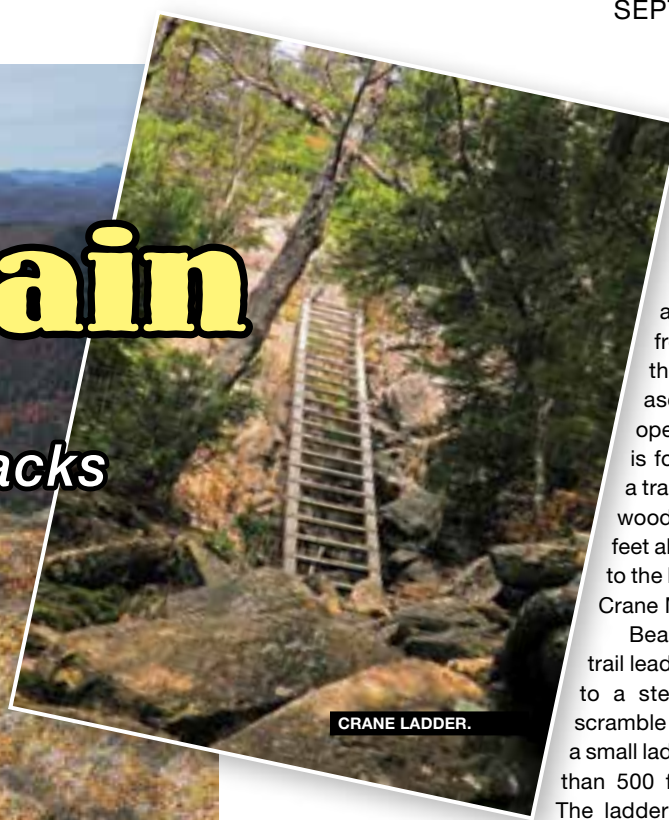
The mountain was named Crain's Mountain in 1772 in honor of the surveyor Moses Crain, although according to lore its aboriginal name was Moos-pot-ten-wa-cho, or "thunder's nest." There is no documented reason for the spelling change, other than that in the 18th century there was no such thing as standardized spelling; to my knowledge, that was a Victorian idea. People just spelled it phonetically for many years, using both "Crain" and "Crane" through the 19th century. Crane was the version that eventually stuck. For well over a century it was presumed to be the highest peak in Warren County, until Verplanck Colvin determined that Gore Mountain was several hundred feet higher in 1877.

In 1911 the Conservation Commission (an early forerunner to today's Department of Environmental Conservation) placed an

observation station on the summit of Crane, with a telephone line that connected it to the central office in North Creek. Rather than a tower, the station consisted of two camps: one at the pond where the observer stayed at night, and one on the summit. The materials for these camps, as well as the insulated copper wire used for the four-mile-long telephone line, was carried up the mountain on the backs of men. Interestingly, the commission changed the name of Crane Mountain Pond to Lake Cunningham in honor of its district ranger, P.J. Cunningham.

The station overlooked a vast terrain that included portions of four counties. However, not everyone regarded its presence favorably, because in August 1913 vandals cut the telephone wire in several places and set a nighttime fire to the mountain. The fire had burned over 200 acres before the watchman could summon help. Forest Ranger R.T. Armstrong led a crew of 70 men that managed to contain the blaze to the summit. Armstrong believed the fire was started by berry pickers. A few years later, in 1919, a 35-foot steel tower was erected on the summit.

That fire tower is gone, but Crane Mountain is easily one of the most enjoyable peaks in the entire Adirondack Park. Its trails scale some of the steepest slopes on the mountain, which rise imposingly above you as you drive toward them – but this steepness has always been a part of the Crane experience. The terrain is rugged, but the miles are short, and so all of the best features remain within reach for many people.



CRANE LADDER.

GARNET LAKE VIEW FROM THE CRANE SUMMIT.

PHOTOS BY BILL INGERSOLL

appearance of the slopes from afar, the trail stays in the woods for most of the ascent. The first patch of open rock that you encounter is followed a moment later by a trail junction in the coniferous woods at 0.5-mile, 780 vertical feet above the trailhead. The trail to the left is the Crossover Trail to Crane Mountain Pond.

Bearing right, northeast, the trail leads through balsamic woods to a steep ledge that you must scramble up or around, and then to a small ladder that is only a little more than 500 feet beyond the junction. The ladder leans against an angled ledge, above which the trail pauses in the ferocity of its ascent as it heads a little south of east below the main summit; you have brief views of the imposing cliffs to your left. You turn more northerly again and reach the foot of a second ladder at 0.9-mile. This one is about 25 feet tall and leans against a craggy rock wall; from its top you must take a step to the left to return to solid ground. In winter, when snow obscures the footholds, this can seem like a leap of faith. There are few good handholds. This is no place for young children, dogs, or anyone with vertigo.

However, once you safely exit the ladder you are less than 300 feet from the summit. Nearly all of the remaining distance involves rock ledges, until finally you step onto the bald spot where the fire tower stood, one-mile from the trailhead, and 1,170 vertical feet above it. The view is phenomenal! The centerpiece is Garnet Lake at the foot of Mount Blue (with tiny Lizard Pond lurking just beyond), but your field of vision ranges from a distant Hadley Mountain to the south, to Kettle Mountain to the west, with too many other mountains in between to count – they extend all the way to Hamilton County. Trees block views to the north and east.

The footprint of the fire tower, which was removed in 1987, is clearly visible on the summit rock, and a well-used path leads down behind the knob about 75 feet to the site of the observer's cabin, located in a small clearing. A herd path leads eastward from this spot to an off-trail ledge that extends the main view more to the southeast. 🌲

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

GETTING THERE

The state trailhead for Crane is located at the end of Ski Hi Road near the south end of the mountain. Follow NY Route 8 to Johnsbury, and then turn south onto South Johnsbury Road. At the tiny hamlet of Thurman, turn right onto Garnet Lake Road. Ski Hi Road (pronounced "Sky High") turns right at 1.3 miles and climbs 760 feet to an elevation of 2,080 feet above sea level. The parking area is located at the very end of the road.

THE TRAIL

The most direct route to the summit of Crane Mountain from the Ski Hi Road trailhead is almost all uphill. Called the Ranger's Trail during the days when the fire tower was manned, it is a steep route that requires the use of two ladders on its upper slopes. Level interludes are few, but they are welcome when they occur. When seen from afar, it seems impossible that there could be a hiking trail on such a precipitous, rock-scarred slope. Nevertheless, the Ranger's Trail uncannily finds a feasible route to the summit through a wooded corridor, and it is hiked by many people every year.

From the DEC parking area at the end of Ski Hi Road, the foot trail leads almost due north to the foot of the mountain – and within moments you are starting to climb. White pines and red oaks distinguish the lower woods, and occasionally there are window-like views across the valley by which you can gauge your progress. The trail is very rocky, a fact that frustrates snowshoers when the snow cover is lean. Despite the cliff-like

12TH ANNUAL

Ty Yandon Memorial 5K Run/Walk

Sunday, September 7 • 9am
Newcomb Overlook, Newcomb

Part of
Teddy Roosevelt Celebration
Sept. 5-7 in Newcomb
Visit: newcombny.com

Registration (\$15) begins 7:45am
Info: adkpa@aol.com or Kevin Bolan: (518) 582-2991

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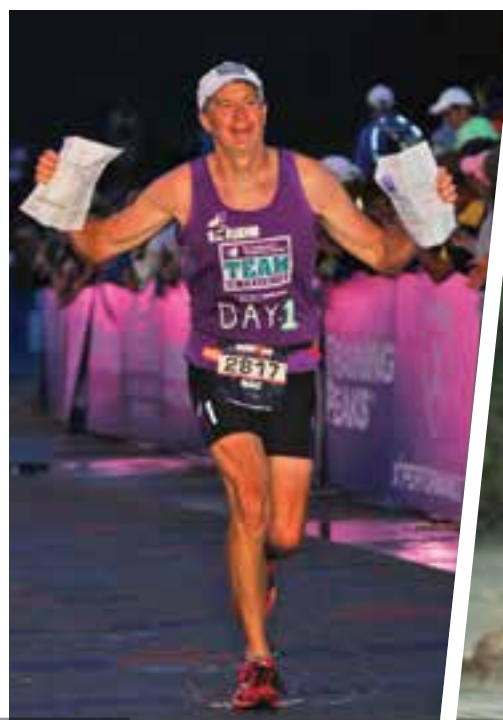
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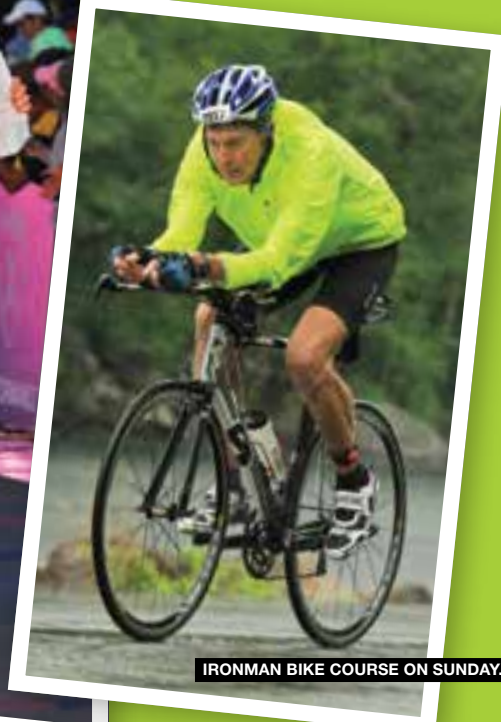
ATHLETE PROFILE

Mac Rand

AFTER SUNDAY'S FINISH, THE SMILE INDICATES HE FORGOT HE HAS TO DO IT AGAIN MONDAY.



IRONMAN FINISH LINE ON DAY ONE, WITH HIS DONOR AND CANCER PATIENT LISTS.



IRONMAN BIKE COURSE ON SUNDAY.



MAC AND HIS SUPPORT CREW FOR DAY TWO, WITH DAUGHTER KATIE (THIRD FROM LEFT), IN 'THANK YOU' SHIRTS.

By Mim Frantz

At 60 years of age, Mac Rand is a semi-retired teacher, enjoys spending time at his rustic cabin on a remote lake in Ontario, photography and writing. This sounds like a simple, tranquil, sedate lifestyle, but his day-to-day life also includes protein shakes, ice baths, and seven-hour training blocks that have propelled him to accomplish his most recent milestone; a DOUBLE Ironman in his current hometown of Lake Placid. More specifically described as, 281.2 miles over a two-day period, punctuated by a few hours of restless sleep – and lots and lots of rain!

July 27, 2014 marked the 16th annual Ironman Lake Placid triathlon. Lake Placid was home to the first mainland USA Ironman modeled after the original Hawaii Ironman. The course, in the Adirondack landscape, is renowned as a challenging course on account of the nearly 8,500 feet of elevation gain, spectacular vistas and unpredictable mountain weather.

A pertinent question may be: Where does one dream up a crazy idea like doing the Ironman twice? To Mac, it was a logical next step from a racing career that started back in 1982 when he did his first 10K running race.

After that first accomplishment with his strong resolve and a “what challenge is next?” attitude that he credits back to his days as a child at Camp Pathfinder, Mac’s endurance racing career snowballed. He reflected, “I started canoe tripping at age 11 and had to push myself harder than I ever had before, and the trips got longer and tougher as I grew older. When you’re on a long portage with a heavy pack in the middle of nowhere on a 15-day trip you can either moan and groan or get on with it.”

It wasn’t long before he was “getting on with it,” jumping next to marathon distance racing. Then soon after, in quick succession, Mac completed his first Ironman in 1985 in Kona, Hawaii – the only existing Ironman race at the time. He reflected back on this day of triathlon as a simpler time in terms of racers and equipment, training regimens, and says looking back he can see how much the sport has evolved.

Over time, his hobby as a distance athlete became closely tied to a cause. In 1986, Mac’s brother, Greg, was diagnosed with leukemia. As Greg fought for his life, Mac found solace in a purpose to his training; to raise money and awareness to fight this terrible disease. He learned about Team In Training, a program of the Leukemia & Lymphoma Society that provides coaching and structure to racing goals and fundraising. His first endurance event to raise money for cancer research was 24-hour race where he ran 86 miles and raised over \$10,700. While barely being able to walk for a few days after the race would be enough to deter most from attempting a similar feat again in the future, Mac was charged. “Even though I couldn’t wear shoes for several days after, I was hooked,” he remembers.

His brother Greg lost his fight to leukemia in 1992, but Mac continued to train and race in his honor, and in an effort to channel his grief into something positive; to give back. Some highlights include: Marine Corps Marathon two times (with wife Ann) raising

AGE: 60

FAMILY: Wife, Ann Rand; Children, Faith 14, Matt 30, Katie 32; two dogs, Bessie and Annie; Cat, Sunday; Horse, Saturn

OCCUPATION: Retired middle school science teacher; former summer camp owner/director at Camp Pathfinder; current substitute teacher Lake Placid Middle/High School

SPORT: Distance Running, Triathlon, Hiking, Canoeing/Kayaking, Skiing

RESIDENCE: Lake Placid

more than \$10,000 with Team In Training, 2004 Ironman Hawaii raising nearly \$11,000 for Susan G. Komen.

These stories of drive and persistence, just like any race, have their peaks and valleys. In 2008, just weeks before his first Ironman Lake Placid, Mac entered a proverbial and literal valley, suffering a training crash on his bike less than a half-mile from his home, while trying to navigate a wet hill with a little too much speed. The result was devastating; three broken vertebrae, four cracks in his hip and a concussion. Mac commented, “Instead of Ironman, I was hospital-bed-man for that entire summer.”

Despite a doctor’s initial assessment that Mac might struggle to compete again after his injuries, a year later and well on the road to recovery, he came to Lake Placid for the first time and fell in love with the landscape. To him, the trees, mountains, lakes and rivers, “felt like home,” and a few years later and 46 High Peak summits later – an Adirondack challenge called 46er – to hike 46 High Peaks over 4,000 feet in elevation – it became his home.

In 2011, he returned to race Ironman Lake Placid, this time, as always, in Greg’s memory, but also in honor of Zach, a ten-year-old who has battled leukemia for several years and is still fighting and doing well today. He met Zach through the Team In Training program and speaks of him with an admiration and a twinkle in his eye – which also clearly was a motor to propel him during low times training and racing.

None of Mac’s race recaps include his finish times, which is of no consequence to him (except for the two times he qualified for the Boston Marathon), instead all the numbers he quotes are of the dollars he feels fortunate enough to raise through his efforts. To date, over \$75,000 total.

Just over a year ago, after settling into his new life in Lake Placid, and working as a volunteer at Ironman 2013, a question came to his mind: “Could I do two Ironman days in a row, back to back? Cancer patients have bad days and they still have to get up and get on with it – could I get up and do it all again? A voice inside of him answered back with a resounding, “Yes!” While his patient and supportive wife, Ann, simultaneously answered with a rhetorical, “Do what???”

To accomplish a feat of such magnitude, Mac set out in avid research mode and found an athlete who had done something similar, and was happy share his experience and pass along some training tips. Eventually he settled on a principle of, “it takes a village...”

and connected with local coaches at home in Lake Placid.

Nutritionist Sabine Weber of Adirondack Nutrition Consulting helped him work on his food intake to supply his body with enough and the right kind of fuel to keep him going. Personal trainer, Kari Fitzsimmons, set him up with a training schedule that was very personalized to Mac and pushed him right up to, but not over the limit. “I trained harder at 60 than I ever did at 40 and I was 100% injury free,” he rejoiced.

The main difference in this training compared to previous Ironman protocol was that the regimen included two long days in a row of “bricks” – biking followed by running – to get used to going when tired. Mac remarked, “I also worked hard to slow down my pace to prolong my endurance – which included walking breaks to train the body to burn fats instead of carbs.” A typical training block might include a 100-mile ride and 15-mile run on Friday, followed by ice bath and immediate nutrition – recovery drinks and a ham and cheese sandwich in the tub. Then Saturday continued with 70-mile ride and 12-mile run, another ice bath and another sandwich.

Many, many bricks, sandwiches and ice baths later, it was race day – race ‘days’ in this case! Having surpassed his fundraising goals with more than \$30,000 raised, the thought of not accomplishing the goals he had set never crossed his mind.

Despite the relentless thunder and lightning storms that forced an evacuation of the second lap of the swim for many on race morning (Mac was done swimming by this time), and made for a dangerous five-mile descent in a downpour, dodging lightning strikes and thunder crashes, his first race day was successful and without incident.

Then followed a long night of too little sleep and too many thoughts, followed by a 7am start in a consistent deluge of rain and cool temperatures that held steady for the next 17 hours! Despite the pounding rain, the swim was peaceful, as he had Mirror Lake to himself today. Unfortunately, what he didn’t have to himself was the roads – with a steady stream of fast cars, huge spray and little shoulder, his descent into Keene left him soaked cold, and visibly shaken.

To keep him going, he had the wings of his Team In Training support crew, his family and of course, all those that he was racing in honor of. He had two lists he carried throughout the race (even in his wetsuit), those he knows who battled cancer and those who

contributed to his mission. In addition he drew strength from his young nephew, Scott, who had died in a car accident just a week before the race. The wounds of this unimaginable loss are still so raw for Mac and his family: “How many times did I look at the blue bracelet on my wrist and say, “Keep me going, Scott,” or “Give me strength.” It was a spiritual day,” Mac recounted in sheer awe, circling the treasured bracelet repeatedly with his opposite hand.

His Team In Training support was unwavering all day and during the run he picked up a posse, Forest Gump-style, that ran with him – so he was never alone. Supporters in town came out and cheered and the rain slowed as darkness took over. At the finish were a few dozen supporters in the stadium still in place from the day before, his family, and even a TV reporter to give him some much-deserved recognition and as Mac jokes humbly, “my 15 minutes of fame.” He was thrilled for the attention, not for what he himself was able to do, but to bring light to the cause that has kept him going all along.

The race ends here, but his journey does not. When asked at interview time about his next goal he wasn’t yet clear. However, Mac called the next day to report a mission of running an anticipated 50 to 60 miles solo in the 12-hour Relay for Life for the American Cancer Society at the Olympic Speedskating Oval in Lake Placid on September 20.

Mac also has an idea bouncing around his head involving work with cancer patients, especially kids, in the outdoors; taking them paddling, or hiking, somehow using his skills and experience to help them lead a somewhat normal life. He may need collective help with that one by hooking up with an existing organization.


Three days post interview, Mac was spotted running repeated quarter-mile laps around the concrete oval.

To donate to his mission with Leukemia & Lymphoma Society, visit: pages.teamintraining.org/uny/yourway15/wmrand, or the American Cancer Society: relayforlife.org, under Support a Participant, type “Mac Rand.” 🌱

Mim Frantz (juniper@roadrunner.com) of Lake Placid is a freelance journalist, event coordinator and yoga instructor. When she’s not writing, planning or in a warrior pose, she can be found enjoying outdoor adventures with her husband and three young sons.

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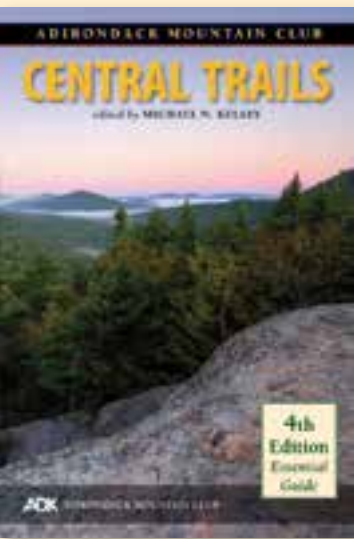
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Paddling the Essex Chain Lakes

PHOTOS BY RICH MACHA

By Rich Macha

The Essex Chain Lakes Primitive Area is a recent addition to New York State's Forest Preserve in the Adirondacks, located north of the hamlet of Indian Lake and south of Newcomb. A 'primitive' designation is given to areas that are managed essentially as wilderness but contain structures, improvements or uses that are inconsistent with wilderness, like snowmobiling or mountain biking. A revised Unit Management Plan for the area should be completed by this fall and the public will have a chance to make comments before it is finalized.

In the meantime, an interim access plan is in effect which dictates how the public may recreate in the area. Day use access began on October 1, 2013 and camping has been allowed since the beginning of July. The 13 on-water campsites are by free permit only; the permit system being administered by the Adirondack Interpretive Center in Newcomb. Campfires are currently not allowed at these sites and that might never change.

I visited the area for the day in late June and for an overnigher in early August. From NY Route 28N in Newcomb it is a 10.5-mile drive to the parking area, the last half of which is on dirt roads around the west end

of Goodnow Flow, and are somewhat rough but should be manageable with care by most passenger cars. The dirt road was washed out in several spots this spring and the state did not officially open it up until June 27. Along this access road there are six new primitive campsites where campfires are allowed.

From the parking area you have to carry or wheel your boat on the continuation of the dirt road downhill (uphill at the end of the trip) for a quarter-mile, then drop to the right on a rough path down to Deer Pond. The start to the next carry is just a few strokes across the pond, but it is worth spending some time exploring the pond's lovely shores; look for some interesting rock formations on the south shore. There is one designated accessible campsite with a wooden dock at the pond's east end.

The 0.5-mile carry from Deer Pond to Third Lake starts with a narrow and sometimes rough path for a couple of hundred yards, before taking a right on a dirt road for about 0.4 miles, then a left on a grassy path down to the lake. In early August there were large quantities of juicy wild raspberries along the way, and I was glad I was doubling the carry, allowing me some time when I had two free hands to pick at will.

At 1.25 miles long, Third Lake is the

largest of the Essex Chain Lakes and now has four designated campsites – all with a thunderbox-style privy (imagine an outhouse without a roof or walls). The Gooley Club still occupies a number of camps in the south bay, but these will be removed after the club's lease runs out in 2018. Mountains rise up to 2,000 feet above the lake and Vanderwhacker Mountain can be seen in the distance. A day-use-only spot on a point has a picnic table, a lovely view, and is good place to swim. Good swimming spots are rare in the Essex Chain.

A wide channel with water lilies and water shield leads into Fourth Lake. Then you paddle through a culvert into Fifth Lake; there is a rope hanging from the top that makes it easier to pull your boat through. There are more lilies plus floating bog mats in the channel to Sixth Lake, which has a great view of Dun Brook Mountain to the west. Seventh Lake is just an extension of Sixth and has boggy shores. While paddling back to Third Lake, look for views of Blue and Snowy Mountains in the distance.

In June, sheep laurel and blue flag decorated the shorelines and we twice saw white-tail deer. Loons were often seen and heard and beaver became active in the evening.

A short, wide channel separates Third and Second lakes. A large beaver dam blocks

the way out of Second Lake and you have to carry 150 yards around the rocky channel into First Lake. First Lake has two old campsites reserved for folks who come in by float plane. We found several aluminum canoes and rowboats stashed here as well as some trash and structures.

The adventurous can paddle the outlet of First Lake for almost two miles, going over one tree and a few beaver dams. Pickerel weed and cardinal flower color the way. Then the outlet goes over a spectacular waterfall, and a short bushwhack on foot, which leads to the Rock River.

From end-to-end it is only four miles of paddling in a direct line from First through Seventh lakes, but if you explore the shorelines you can easily cover ten miles. The Essex Chain Lakes are a very worthy and scenic destination, but don't expect great campsites or spots for swimming.

More details, maps and camping information can be found on the NYSDEC website: dec.ny.gov/lands/91888.html. 🌲

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

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CYCLOCROSS *continued from page 1*

is dry, the race is fast. If the conditions are wet, be prepared for lots of mud and long lap times in the range of nine to ten minutes. Neutral bike support is available and a bike wash station as well.

Saturday and Sunday, September 20-21, are the new dates for the **Uncle Sam GP of Cyclocross** in Prospect Park, Troy. This is earlier than years past so don't miss out, and register for these races early. Back to back race days bring large numbers of racers to this event. This is a nice park with easy to reach spectator vantage points. Uncle Sam has attracted some serious CX talent from all over the Northeast.

The sixth annual **Spa:CX** is on its usual weekend of Sunday, October 19. New this year is its return to the Saratoga Spa State Park in Saratoga Springs, with a new and improved cyclocross course. This year's Spa:CX race will also be the 2014 New York State Cyclocross Championship. Champions will be crowned in dozens of age categories for both men and women. As usual, a fun race is scheduled for children younger than ten years of age and a dedicated course will be available all day for the kids. For regular updates, check: spacx.blogspot.com.

On Sunday, October 26, the series moves across the border to nearby Bennington, Vt. for the **Wicked Creepy Cyclocross**. The venue is beautiful Willow Park, nestled amongst the bucolic hills of Bennington. The park is family-friendly with walking trails, a BMX park, and two playgrounds. The racing is wicked and you can expect some costumes.

The final race of the series is **Bethlehem Cup Cyclocross**, held Sunday, November 16 at the Elm Avenue Park in Bethlehem. The race features a challenging course with a Euro-style hill climb that will sap your energy every lap. The top of the hill is a favorite spot for spectators and their cowbells, horns, and some good natured heckling. Almost as big a draw as the racing is the free food. Local fans and racers themselves bring their favorite

chili and more. Rows of chili pots are lined up on the picnic tables under the pavilion, right on the course. It's a great spot to enjoy some warm food and watch some hot racing. As the last race of the series, many titles are up for grabs. Watch for some exciting racing as riders vie for every last point.

The greater Northeast region is a hot bed of cyclocross and dozens of top-level races can be found in New York and nearby New England. Notable in NYS is the Ellison Park Cyclocross Festival in Rochester. This two-day event on October 11-12 consists of a UCI Category 1 race on Saturday and Category 2 race on Sunday. This Union Cycliste Internationale designation means that all the top professionals will vie for critical UCI points. Expect to see all the top US pros as well as a number of European pros racing on the same course that you raced on earlier in the day.

Another well-known series is the Verge New England Cyclocross Championships. It consists of eight races on four separate weekends. The first weekend will be September 27-28 at Stage Fort Park in Gloucester, Mass. The course is nestled along the historic fishing harbor and town beaches. The following weekend, October 3-5, is the Providence Festival of Cyclocross in Providence, R.I. Another storied race venue, the Roger Williams Park is one of the

JUNIOR RACER TOMMY SERVETAS OF CAPITAL BICYCLE RACING CLUB AT 2013 UNCLE SAM GP OF CYCLOCROSS IN TROY'S PROSPECT PARK.
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finest courses in the country. The Providence race is not part of the Verge series; however, it along with Gloucester comprises America's "Holy Week" of cyclocross. Both of these events will draw the best racers from around the world.

The Verge series continues November 1-2 in Northampton, Mass., at the long-running Cycle-Smart International Cyclocross Race. The series then moves to Sterling, Mass., on November 29-30, and ends in Warwick, RI on December 6-7. All of these Verge races are part of the 2014 USA Cycling professional cyclocross calendar with 40 events across the country. Professionals contesting these races vie for \$40,000 in prize money,

so expect to see serious racing at these events, all within driving distance.

Our area offers lots of opportunities to cyclocross. The competition in the Northeast is on par with other regions of the country or the world for that matter. Go to the events, race your bike, watch the racers, and cheer and clang a cowbell. It's a blast! 📌

Dave Beals (davebeals@aol.com) is an avid cyclist residing in Niskayuna. He is a member of the NYCROSS.com Cyclocross Team, Capital Bicycle Racing Club, and Mohawk-Hudson Cycling Club.

RACE RESULTS

8TH ANNUAL "FIRECRACKER 4" 4-MILE ROAD RACE July 4, 2014 • Saratoga Springs City Center, Saratoga Springs

MALE OVERALL			
1	Benard Mwangi	23	Schenectady 19:19
2	Demetri Goutos	23	Saratoga Springs 19:22
3	Ricardo Estremera	28	Albany 19:31
4	Nate Jenkins	33	North Andover, MA 19:43
5	Aidan Tooker	16	Saratoga Springs 19:57
6	Alex Benway	24	Saratoga Springs 20:01
7	Ethan Hausamann	19	Cohoes 20:10
8	Scott Mindel	27	Ballston Lake 20:11
9	Eric MacKnight	25	Ballston Lake 20:13
10	Aaron Lozier	25	Clifton Park 20:47
FEMALE OVERALL			
1	Alice Kamunya	23	Schenectady 20:32
2	Megan Hogan	26	Saratoga Springs 20:40
3	Hannah Davidson	24	Manlius 21:29
4	Lisa Jeffers	33	Rensselaer 23:09
5	Alexandra Varanka	28	Amherst, NH 23:14
6	Julia Flower	16	Schenectady 23:19
7	Joanna Johnson	25	Albany 23:30
8	Peyton Engborg	13	Greenfield 23:40
9	Renee Tolan	39	Albany 23:41
10	Tara Peck	20	Saratoga Springs 23:45
MALE AGE GROUP: 1 - 14			
1	Samuel Morton	14	Larchmont 23:26
2	Kevin Vanvourst	14	Massapequa Park 23:36
3	Bryce North	13	Greenfield Center 25:09
4	Gavin Burns	14	Saratoga Springs 25:27
5	James Faraci	14	Troy 25:49
FEMALE AGE GROUP: 1 - 14			
1	Peyton Engborg	13	Greenfield 23:41
2	Carley Vetter	14	Greenfield Center 24:28
3	Caroline Starace	14	Greenfield Center 24:47
4	Paris Fenoff	13	Ballston Spa 24:47
5	Lena Ruggles	14	Saratoga Springs 25:16
MALE AGE GROUP: 15 - 19			
1	Ethan Hausamann	19	Cohoes 20:10
2	Evan Quinones	19	Saratoga Springs 20:56
3	Travis Briggs	19	Saratoga Springs 21:22
4	Tanner Flint	18	Corinth 21:43
5	Jack Vite	17	Clifton Park 21:55
FEMALE AGE GROUP: 15 - 19			
1	Julia Flower	16	Schenectady 23:20
2	Estela Smith	16	Ballston Spa 23:47
3	Margaret MacDonald	19	Wilton 23:56
4	Spencer Hayes	16	Wilton 23:58
5	Amelia Mahoney	15	Saratoga Springs 24:18
MALE AGE GROUP: 20 - 24			
1	Alex Benway	24	Saratoga Springs 20:01
2	Jon Moore	20	Salem 21:10
3	Michael Palmisano	23	Dresher, PA 21:20
4	Chris Shartrand	21	Ballston Lake 21:31
5	Andrew Coy	21	Schenectady 21:32
FEMALE AGE GROUP: 20 - 24			
1	Tara Peck	20	Saratoga Springs 23:45
2	Ariel Beccia	22	Rutland, MA 23:55
3	Mary Veltre	22	Watervliet 24:48
4	Brina Seguin	24	Rensselaer 25:23
5	Katlin Mock	23	Albany 25:59
MALE AGE GROUP: 25 - 29			
1	Scott Mindel	27	Ballston Lake 20:11
2	Eric MacKnight	25	Ballston Lake 20:13
3	Aaron Lozier	25	Clifton Park 20:47
4	Thomas O'Grady	29	Latham 20:57
5	Alex Paley	28	Albany 21:03
FEMALE AGE GROUP: 25 - 29			
1	Joanna Johnson	25	Albany 23:31
2	Nicole Soblosky	27	Albany 25:10
3	Andrea Hollinger	26	Averill Park 25:29
MALE AGE GROUP: 30 - 34			
1	Louie DiNuzzo	32	Colonie 21:00
2	Chuck Terry	32	Albany 21:17
3	Daniel Jordy	30	Glenville 21:49
4	Joseph Crowe	31	Albany 22:43
5	Russell Lidberg	32	Schuylerville 22:44
FEMALE AGE GROUP: 30 - 34			
1	Kristina Gracey	31	Guilderland 23:54
2	Melinda Gingras	34	Chicoutimi, QC 24:56
3	Erin Lopez	33	Saratoga Springs 25:09
4	Diana Tobon Knobloch	33	Schenectady 25:52
5	Stephanie Vilorio	31	East Greenbush 27:08
MALE AGE GROUP: 35 - 39			
1	Andrew Gara	36	Sutton, MA 23:12
2	James Kehoe	36	Saratoga Springs 24:21
3	Steven Imbriaco	37	Selkirk 24:21
4	David Tromp	39	Glenmont 24:27
5	Brian Northan	39	Guilderland 24:41
FEMALE AGE GROUP: 35 - 39			
1	Renee Tolan	39	Albany 23:42
2	Michelle Lavigne	39	Albany 26:34
3	Anne Kubasiak	36	Albany 27:21
4	Deanne Webster	38	Albany 27:40
5	Allison Bradley	38	Albany 27:48
MALE AGE GROUP: 40 - 44			
1	James O'Connor	40	Troy 21:24
2	Robert Irwin	41	Guilderland 21:50
3	Volker Burkowski	42	Gansevoort 22:14
4	Frank Horn	44	Albany 23:00
5	Mike Kelly	44	Selkirk 23:27
FEMALE AGE GROUP: 40 - 44			
1	Erin Corcoran	40	Schenectady 24:33
2	Gretchen Oliver	40	Guilderland 25:14
3	Tina Greene	40	Scotia 26:01
4	Nicole Loscalzo	40	Granville 27:47
5	Virginia Lerner	42	Malta 29:20
MALE AGE GROUP: 45 - 49			
1	John Stadlander	48	Clifton Park 21:59
2	Thomas Kracker	49	Delmar 23:26
3	George Berg Jr	45	East Schodack 24:29
4	Daniel Pierson	45	Albany 24:50
5	Richard Cummings	46	Schenectady 24:55
FEMALE AGE GROUP: 45 - 49			
1	Kelly Ahlfeld	48	Granville 26:59
2	Carol Conolly	46	Glens Falls 27:07
3	Mary Fenton	48	Ballston Spa 27:54
4	Kristen Hislop	49	Clifton Park 27:56
5	Carol Hill	45	Queensbury 29:08
MALE AGE GROUP: 50 - 54			
1	Jeffrey Brison	50	Kingston, ON 23:40
2	Mark Stephenson	50	Esperance 23:56
3	John Sestito	50	Johnsonville 24:51
4	Robert Lauer	51	Troy 24:52
5	Jim North	51	Greenfield Center 25:38
FEMALE AGE GROUP: 50 - 54			
1	Colleen Brackett	53	Albany 27:49
2	Carol Healey	54	Troy 28:36
3	Michele Cuke	52	Albany 28:38
4	Bridgett Frary	53	Niskayuna 29:24
5	Alison Muse	52	Saratoga Springs 29:39
MALE AGE GROUP: 55 - 59			
1	Derrick Staley	55	Ballston Lake 22:16
2	Jon Weibaker	55	Saratoga Springs 25:07
3	Robert Liebers	56	Lakewood 25:15
4	John Couch	55	Malta 26:03
5	Daniel Nugent	56	Delmar 26:57

continued

8TH ANNUAL "FIRECRACKER 4" 4-MILE ROAD RACE *continued*

FEMALE AGE GROUP: 55 - 59			
1	Nancy Taormina	55	Albany 28:33
2	Maureen Fitzgerald	56	Clifton Park 30:52
3	Maureen Roberts	56	Saratoga Springs 33:06
4	Kim Farrow	56	Charlton 33:39
5	Hope Plavin	55	Malta 34:10
MALE AGE GROUP: 60 - 64			
1	Carl Matuszek	62	Chatham 26:27
2	George Baranaukas	60	Scotia 26:45
3	Paul Forbes	63	Colonie 27:55
4	Kenneth Klapp	64	Schenectady 28:42
5	Patrick Whelly	61	Tribes Hill 28:46
FEMALE AGE GROUP: 60 - 64			
1	Judy Phelps	63	Malta 30:14
2	Martha DeGrazia	63	Slingerlands 31:29
3	Judy Lynch	64	Castleton 35:36
4	Candace Davis	60	Ballston Lake 36:21
5	Shelley Zansky	62	Albany 36:31
MALE AGE GROUP: 65 - 69			
1	Patrick Glover	67	Clifton Park 28:42
2	James Larkin	66	Clifton Park 29:38
3	Ted Langenbahn	65	Schoharie 30:07
4	Robert Lee Rivers	66	Saratoga Springs 31:29
5	Terence Smith	67	Galway 32:52
FEMALE AGE GROUP: 65 - 69			
1	Margaret Clair Hend	65	Saratoga Springs 33:50
2	Ginny Pezzula	68	Colonie 37:27
3	Sharon Simmonds	65	Greenfield Center 41:14
4	Laura Clark	67	Saratoga Springs 43:56
5	Margaret Mangano	67	Saratoga Springs 44:19
MALE AGE GROUP: 70 - 74			
1	John Leary	70	Cortland 31:00
2	Howard Jones	71	Clifton Park 32:41
3	Jim Moore	74	Niskayuna 35:34
4	Stan Westhoff	70	Gansevoort 35:42
5	Paul Hancock	70	Poultney, VT 37:47
FEMALE AGE GROUP: 70 - 74			
1	Judy Barnes	72	Averill Park 48:27
2	Jackie Mesko	74	Nassau 1:05:31
3	Linda Carey	72	Nassau 1:07:30
MALE AGE GROUP: 75 - 79			
1	Christopher Rush	78	Schenectady 37:14
2	Nat Grew	76	Glens Falls 51:02
3	Norm Marincic	79	Saratoga Springs 53:05
FEMALE AGE GROUP: 75 - 79			
1	Priscilla Mueller	77	Stillwater 54:59
MALE AGE GROUP: 80 - 84			
1	Walt McConnell	82	Bolton Landing 52:59
2	Ken Orner	84	Albany 55:51

Courtesy of Firecracker 4 Race Committee

INDEPENDENCE DAY STAR-SPANGLED MARATHON, HALF MARATHON, 10K & 5K TRAIL RACES • July 6, 2014 • Paul Smith's College VIC, Paul Smiths

MARATHON				10K RUN			
MALE OVERALL				MALE OVERALL			
1	Brian Rusiecki	So Deerfield, MA	3:28:29	1	Ethan Townsend	Canton	46:56
2	Bob Bolton	Vermontville	3:33:21	2	Michael Jankowiak	Red Hook	51:21
3	Jan Wellford	Keene Valley	3:33:55	3	Jack Burke	Paul Smiths	1:00:38
FEMALE OVERALL				FEMALE OVERALL			
1	Amy Rusecki	So Deerfield, MA	3:48:51	1	Beth Donnelly		1:09:42
2	Justyna Babcock	Gabriels	5:27:15	2	Olivia Darou	Canton	1:09:51
3	Michelle Berrus	Saranac Lake	5:41:34	3	Tricia Lavalley	Ellenburg Depot	1:10:04
HALF MARATHON				5K FUN RUN			
MALE OVERALL				MALE OVERALL			
1	Shawn Spriggs	Potsdam	1:49:16	1	Witter Swanson	Saranac Lake	24:51
2	Chris Galaty	Green Bay, WI	1:49:53	2	David Rogowski	Barre, MA	25:04
3	Brian Delaney	Lake Placid	1:59:49	3	Robert Sand		25:42
FEMALE OVERALL				FEMALE OVERALL			
1	Emma Duffany	St Johnsbur, VT	2:00:18	1	Steph Betteridge	Bow, NH	26:43
2	Karen Delaney	Lake Placid	2:14:31	2	Peggy Sand		34:12
3	Kristine Potter		2:23:21	3	Josee Gagne		34:28

Courtesy of Paul Smith's College

1ST ANNUAL XTERRA GARNET HILL OFF-ROAD TRIATHLON July 12, 2014 • Garnet Hill Lodge, North River

1K SWIM, 30K MOUNTAIN BIKE, 10K RUN			
MALE OVERALL			
1	Colin Delaney	23	Lake Placid 2:09:42
2	Rob Ricard	37	Benwick, ME 2:12:11
3	Brian White	36	Altamont 2:22:57
FEMALE OVERALL			
1	Courtney Kaup	35	Bolton Valley, VT 2:38:26
2	Christiane Bouchard	52	Saint-Laurent, QC 2:39:22
3	Stephanie Landy	54	Ballston Spa 2:42:25
MALE AGE GROUP: 25 - 29			
1	Kevin Schuster	26	Dover, NH 2:24:29
2	Aaron Sirtoli	28	Rutland, VT 2:39:02
3	Liam Campbell	29	Speculator 3:19:53
FEMALE AGE GROUP: 25 - 29			
1	Rebekah Campbell	25	Speculator 3:19:53
MALE AGE GROUP: 30 - 34			
1	Jeff Brown	31	Lake George 4:00:03
2	Robert Pezzulo	31	West Hartford, CT 4:05:57
FEMALE AGE GROUP: 30 - 34			
1	Justine Trybendis	31	Glens Falls 3:17:59
2	Melinda White	33	Altamont 3:22:24
MALE AGE GROUP: 35 - 39			
1	Per Heilmann	38	Fairfield, CT 2:55:23
2	Frank Parente	39	Stony Brook 3:02:49
3	David Stowater	39	Watervliet 3:03:27
4	Michael Pastor	37	Fresh Meadows 4:05:56

continued

RACE RESULTS

1ST ANNUAL XTERRA GARNET HILL OFF-ROAD TRIATHLON *continued*

MALE AGE GROUP: 35 - 39			
1 Anna Laloe	36	Saratoga Springs	3:23:36
2 Jodi Werner	38	Ballston Spa	4:09:54
MALE AGE GROUP: 40 - 44			
1 Jeff Gibson	44	Bloomington	2:55:59
2 Mike Cusato	41	Westport, CT	3:11:37
FEMALE AGE GROUP: 40 - 44			
1 Karin Ward	44	Bolton Valley, VT	3:25:56
MALE AGE GROUP: 45 - 49			
1 Tad Norton	48	Canandaigua	2:28:06
2 Jeff Mannion	45	Malta	3:35:22
3 Neil Reaume	45	Greely, ON	3:37:19
FEMALE AGE GROUP: 45 - 49			
1 Mara Fronhofer	47	Moreau	2:47:01
2 Pete Gregory	46	Hoosick Falls	3:14:26
3 Michael Lutchnan	48	Brossard, QC	3:21:46
MALE AGE GROUP: 50 - 54			
1 John Noonan	54	Ballston Spa	2:36:49

2 Christopher Tumme	52	Manahawkin, NJ	3:07:51
3 Greg Canale	52	Queensbury	4:09:54
MALE AGE GROUP: 55 - 59			
1 John King	55	Shelburne, VT	2:38:35
2 Ruth Tumme	55	Manahawkin, NJ	3:23:23
3 Douglas Usher	59	Upton, MA	3:29:11
MALE AGE GROUP: 60 - 64			
1 Russell Clark	62	Scotia	3:09:29
FEMALE AGE GROUP: 60 - 64			
1 Vianna Zimbel	61	Glastonbury, CT	3:30:12
MALE AGE GROUP: 65 - 69			
1 Charlie Redmond	65	Tenafly, NJ	3:12:57
FEMALE AGE GROUP: 65 - 69			
1 Linda Usher	65	Upton, MA	4:00:43
MALE AGE GROUP: 70 - 74			
1 Paul Murray	70	Albany	4:45:06

Courtesy of Adirondack Race Management

MOVE IT FOR THE MUSIC 5K RUN

July 12, 2014 • Luzerne Music Center, Lake Luzerne

MALE OVERALL			
1 Jesse Seid	22:53	11 James Cunningham	27:50
2 Mark Sager	23:19	12 Robert Braathe	27:54
3 Steve Abbott	23:34	13 Alan Weatherwax	28:08
4 Henry Rogers	23:35	14 Paul Futer	28:26
5 David Metacarpa	23:37	15 Aidan Duncan	28:49
6 Brian Skorney	24:08	FEMALE OVERALL	
7 Abraham Feder	24:49	1 Daniele Cherniak	23:59
8 Ian Nolan	25:48	2 Jillian Love	26:17
9 Julian Barthold	25:52	3 Cheryl Losey	27:32
10 Ben Weatherwax	25:58	4 Erin Waite	28:39
		5 Juliette Baskett	28:45

Courtesy of Luzerne Music Center

SARATOGA 12/24 ULTRAMARATHON BICYCLE RACE

July 12-13, 2014 • Van Raalte Mill, Saratoga Springs

SARATOGA CHALLENGE - 24 HOURS			
1 John Nobile	51	Guilford, CT	469
2 Stephen Bugbee	60	Hagaman	324
3 Joe Galito	50	Branchburg, NJ	260
4 Tony Fanning	44	Brooklyn	222
5 Robert Duclos	47	Cicero	122
HUDSON RIVER RAMBLE - 12 HOURS			
MALE OVERALL			
1 Rob Morlock	50	Danbury, CT	245
2 Mike LaFiandra	43	Bel Air, MD	210
3 Max Huffman	41	Washington, DC	209
4 Tom Ambros	53	Schenectady	203
5 Dennis Kusturiss	30	North Wales, PA	187
6 Scott MacMillin	59	Campbell Hall	176
7 Damon Taaffe	38	Washington, DC	165
8 Darren Adams	36	Castleton, VT	162
9 Brian Cavanagh	58	Rock Hill	160
10 Bob Grimm	57	Gansevoort	143
11 David Krueger	50	Depew	122
12 Bruce Tubbs	58	Ticonderoga	122
13 Mark Schachner	60	Lake George	100
FEMALE OVERALL			
1 Denise Hochul	58	Lancaster	122
TWO-PERSON MALE TEAM			
1 Patrick Fleming	66	Bloomington, NJ	213
Ronald Harlos	60	Bloomington, NJ	
NIGHTHAWK 12 HOURS (7PM-7AM)			
1 Doug Haluza	53	Centerport	162
TRIPLE LAP CHALLENGE - 120 MILES			
MALE OVERALL			
1 Kerry Pike	56	Woodstock	6:59:00
2 Dick Murphy	56	Glens Falls	8:49:00
FEMALE OVERALL			
1 Donna LaFrance	54	Glens Falls	9:53:00

Courtesy of Adirondack Ultra Cycling

13TH ANNUAL CAPITAL REGION BICYCLE ROAD RACE

July 12, 2014 • Ravena-Coeymans-Selkirk High School, Ravena

MEN CAT 1/2/3 - 63 MILES					
1 John Harris	CT Cycling AP Pro-Am	3:34:35	9 John Funk	CCNS LLC	3:35:09
2 Anthony Clark	JAM Fund/NCC	3:34:45	10 John Loehner	Stan's Notubes	3:35:28
3 John Herrick	Unattached	3:34:50	MEN CAT 1/2/3/4 MASTERS 40+ - 63 MILES		
4 Alec Donahue	JAM Fund/NCC	3:34:55	1 David Taylor	CRCA/Eumaeus Asset Mgmt	2:50:53
5 Elvys Reyes Acevedo	Somerville Bicycle Shop	3:35:00	2 Robert Lyons	Finkraft Cycling	2:50:55
6 Jayson Jacobs	CRCA/Rapha Racing	3:35:05	3 Keith Hala	Finkraft Cycling	2:51:52
7 John Minturn	CRCA/Weather Channel Cycling	3:35:07	4 Alex Weil	Danbury Audi	2:51:53
8 Christian Favata	TRT Bicycles	3:35:08	5 Marcus Dahloff	CRCA/BH/Comedy Central	2:51:53
			6 Kevin Molloy	CRCA/Weather Channel Cycling	2:51:53

continued

13TH ANNUAL CAPITAL REGION BICYCLE ROAD RACE *continued*

7 Roger Aspholm	Finkraft Cycling	2:51:54	MEN MASTERS 55+ - 43 MILES		
8 Chris Crowell	Stage 1/Fusionthink	2:51:59	1 Jay Trojan	ARC-EN-CIEL Racing	2:00:51
9 Gregg Galletta	CRCA/BH/Comedy Central	2:52:28	2 Bill Thompson	CCC/Keltic/Zane's Cycles	2:00:56
10 Andreas Runggatscher	Finkraft Cycling	2:55:03	3 Dzmity Buben	CCB Racing	2:01:14
MEN CAT 1/2/3/4 MASTERS 50+ - 63 MILES					
1 Joseph Regan	Berlin Bicycle/Best Cleaners	2:55:35	4 Douglas O'Neill	Deno's Wonder Wheel	2:04:29
2 Art Podgorski Jr	Cyclonauts Racers	2:58:05	5 Donald Crowell	Blue Steel Cyclery	2:07:02
3 Joe Straub	Signature Cycles/Rockstar Games	2:58:05	6 Charles Dopfel	545 Velo	2:07:24
4 Cliff Summers	CCC/Keltic Const/Zane's Cycles	2:58:07	7 Eric Derivera	Peak Racing/Gear Works Cyclery	2:07:38
5 William McGreevy	Team Placid Planet	2:58:09	8 Paul Curley	Maggie Rosa/ALA Cycling	2:07:54
6 Eric Pearce	Arc En Ciel Racing	2:58:12	9 Gregory Brett	GVCC/Pittsford Painting Cycling	2:07:54
7 Jim Walker	Team Placid Planet	2:58:20	10 William Sawyer	Maggie Rosa	2:07:55
8 Haluk Sarci	Deno's Wonder Wheel	3:01:29	MEN MASTERS 60+ - 43 MILES		
9 Philip Beliveau	1K2GO Coffee/Burris	3:02:35	1 Jim Laird	Peak Racing/Gear Works Cyclery	2:04:46
MEN CAT 3/4 - 63 MILES					
1 Ian Clarke	Killington Mountain School	2:56:48	2 Mark McCarthy	Pittsford Painting Cycling	2:07:55
2 Lawrence Heller	Central NY Cycling	2:56:52	3 Denis Finnin	James Vincent Bicycles/JV Racing	2:07:55
3 Brandon Holden	Bikeway/Bell Lap Racing	2:56:55	4 Cleofus Price	GS Gotham/Toga	2:07:56
4 Spencer Nietmann	Unattached	2:56:56	5 Robert Dillon	Team FitVerx	2:07:58
5 Mike Hyman	Unattached	2:57:17	6 Matt Moore	CCC/Keltic Const/Zane's Cycles	2:11:21
6 Ira Blumberg	CRCA/FGX Racing	2:57:24	7 Michael Maclaga	Colavita Racing	2:12:14
7 Matteu Erchull	4th Dimension Fitness	2:57:46	8 James Dix	Chenango Point Cycles	2:12:17
8 Thomas Conti	CRCA/TBWA/LMT Cycling	2:59:41	9 Thomas Allesio	BCA	2:12:18
9 Daniel Lammon	CRCA/WYLD STALLYNS	3:00:29	10 Jose Torres	Unattached	2:12:46
10 David Brown	BCA/Linen	3:00:30	WOMEN CAT 1/2/3 - 43 MILES		
MEN CAT 4 - 43 MILES					
1 Chance Wilk	Capital Bicycle Racing Club	1:58:24	1 Stephanie Wetzel	Mid-Atlantic Colavita Team	2:08:13
2 Mathew Street	CRCA/Foundation	1:58:25	2 Cecilia Davis-Hayes	CRCA/Stan's Notubes	2:08:13
3 Adam Shutes	Blue Hills Cycling Club	1:58:25	3 Christine Schryver	Full Moon Vista	2:08:14
4 William Carroll	CRCA/E2value	1:58:25	4 Patricia Buerkle	Zimmer Capital	2:08:18
5 Ryan Fisher	5th Floor NYC	1:58:25	5 Brittlee Bowman	CRCA/Stan's Notubes	2:08:24
6 Fred David	CRCA/E2value	1:58:25	6 Beth Miller	Zimmer Capital	2:08:27
7 Robert Constantino	CRCA/Foundation	1:58:27	7 Kerrin Strevell	Farm Team Elite Cycling	2:10:27
8 Niall Smart	Kissena Cycling Club	1:58:30	8 Amy Miner	Dealer.com Cycling	2:10:28
9 James Wilsey	1K2GO Coffee/Burris Logistics	1:58:30	9 Yvette Labombard	Full Moon Vista	2:10:28
MEN CAT 5 - 43 MILES					
1 Nathaniel Molinari	Unattached	1:57:25	10 Stefanie Sydlík	PedalPowerTraining.com	2:10:28
2 Andrew Singer	Team Rad	1:57:26	WOMEN CAT 4 - 43 MILES		
3 Christopher Wehrly	ARC Racing	1:57:34	1 Susan Moore	Action Bikes & Outdoor	2:10:28
4 Cameron Lewis	Team Inside Edge	1:57:38	2 Monica Roberto	Bethel Cycle Sport	2:15:47
5 John Cullinan	Bicycle Depot	1:58:09	3 Jessica Hall	1K2GO Coffee/Burris Logistics	2:18:14
6 Nick Burton	CRCA/Lucarelli&Castaldi	2:02:53	4 Rachel Gideon	Frazier Cycling	2:22:55
7 James Keyzer	Thoroughbred Triathlon Coaching	2:02:55	5 Melissa Downes	Royal Mills	2:25:06
8 Nicholas Seleni	Team Placid Planet	2:02:55	6 Briana Denney	CRCA/Dave Jordan Racing	2:25:13
9 Michael Hangac	Bike Brothers	2:02:58	7 Caitlin McCarthy	JAM Fund/NCC	2:26:12
10 Thomas Nesel	Unattached	2:03:00	8 Anna Janas	CRCA/Kruis CX	2:26:27
MEN JUNIOR 15-18 - 43 MILES					
1 Elijah Brazeal	CT Cycling AP	2:06:03	9 Meghan Owens	1K2GO Coffee/Burris	2:29:47
			10 Karla Eisch	Tioga Velo Club/Mission In Motion	2:31:05

Courtesy of Capital Bicycle Racing Club

7TH ANNUAL GLENVILLE & SCHENECTADY YMCA 5K RUN

July 12, 2014 • Freedom Park, Scotia

MALE OVERALL			
1 Simon Powhida	17	Delmar	17:44
2 Spencer Amorosi	12	Niskayuna	19:47
3 Ryan Newfrock	19	Gloversville	20:24
FEMALE OVERALL			
1 Kerry Caher	20	Clifton Park	18:42
2 Jordan Casey	17	Ballston Lake	21:26
3 Stacia Smith	43	Niskayuna	21:47
MALE AGE GROUP: 1 - 14			
1 Tyler Greene	9	Scotia	26:40
2 Alec Hodge	11	Scotia	29:26
3 Thomas Kergel	11	Ballston Lake	30:10
FEMALE AGE GROUP: 1 - 14			
1 Sydney Smith	14	Niskayuna	25:24
2 Celia Sterthous	11	Scotia	28:06
3 Eva Sterthous	9	Scotia	31:13
MALE AGE GROUP: 15 - 19			
1 Zach Newfrock	17	Gloversville	23:00
FEMALE AGE GROUP: 15 - 19			
1 Abby Dinius	15	Glenville	30:27
2 Lauren Dunham	17	Schenectady	33:42
3 Stefanie Brackett	18	Ballston Lake	33:46
FEMALE AGE GROUP: 20 - 24			
1 Kerry Archer	23	Scotia	25:18
2 Laura Pravel	23	Guiderland	31:54
3 Amanda Zara	21	Amsterdam	33:10
MALE AGE GROUP: 25 - 29			
1 Kevin Fox	25	Schenectady	21:14
2 Brandon Carney	27	Troy	23:31
3 George Morris	25	Schenectady	24:27
FEMALE AGE GROUP: 25 - 29			
1 Theresa Pospisil	28	Castleton	24:40
2 Emily Haines	29	Troy	34:02
3 Erin Buckenmeyer	28	Schenectady	37:01
MALE AGE GROUP: 30 - 34			
1 Douglas Secor	34	Scotia	21:35
2 Stephen Aldi	34	Burnt Hills	22:44
3 Jason Capello	33	Syracuse	33:31
FEMALE AGE GROUP: 30 - 34			
1 Jen Hussey	33	Scotia	22:47
2 Brooke Cuddy	32	Fonda	27:52
3 Marcie Buno	32	Valatie	28:25
MALE AGE GROUP: 35 - 39			
1 Mark Lansing	38	Niskayuna	20:52
2 Chad Bratt	38	Scotia	21:18
3 Scott Frass	39	Troy	24:25
FEMALE AGE GROUP: 35 - 39			
1 Kylie McPherson	35	Schenectady	25:48
2 Jennifer Hobbs	39	Clifton Park	28:23
3 Beth Doris	35	Pattersonville	29:26

continued

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7TH ANNUAL GLENVILLE & SCHENECTADY YMCA 5K RUN *continued*

MALE AGE GROUP: 40 - 44				MALE AGE GROUP: 55 - 59			
1 Dan Towne	44	Gloversville	22:43	1 Patrick Archer	55	Scotia	24:38
2 Jim Reid	41	Schenectady	22:56	2 Thomas McTernan	59	Scotia	24:45
3 Bernie Weis	42	Colonie	23:07	3 Phil Buckenmeyer	59	Liverpool	24:53
FEMALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 55 - 59			
1 Tina Greene	40	Scotia	26:41	1 Lynn Carman Bodden	56	Schenectady	27:58
2 Danielle Vaughan	40	Burnt Hills	26:43	2 Pilar Burnett	57	Schenectady	35:49
3 Kathleen Tersigni	43	Burnt Hills	30:36	3 Deb Kizer	56	Schenectady	50:27
MALE AGE GROUP: 45 - 49				MALE AGE GROUP: 60 - 64			
1 Jamie Spraker	46	Gloversville	24:13	1 Tom Howe	64	Rensselaer	30:46
2 Craig Petreikis	45	Glenville	25:10	FEMALE AGE GROUP: 60 - 64			
3 Emmanuel Seiz	48	Ballston Lake	26:24	1 Kathy Brooks	61	Scotia	36:32
FEMALE AGE GROUP: 45 - 49				FEMALE AGE GROUP: 65 - 69			
1 Michelle Lagonia	47	Austerlitz	24:24	1 Linda DePaula	64	Schenectady	38:11
2 Beth Gregory	49	Glenville	29:53	3 Cindy Ashline	62	Schenectady	40:39
3 Carolyn Sterthous	49	Scotia	31:13	MALE AGE GROUP: 70 - 74			
MALE AGE GROUP: 50 - 54				MALE AGE GROUP: 75 - 79			
1 Michael Murtagh	54	Scotia	20:55	1 Phyllis Carlil	65	Schenectady	1:06:41
2 Julius Pasquariello	53	Schenectady	21:39	MALE AGE GROUP: 70 - 74			
3 Douglas Fortman	54	Pattersonville	22:31	1 Dale Walker	70	Niskayuna	28:46
FEMALE AGE GROUP: 50 - 54				FEMALE AGE GROUP: 75 - 79			
1 Julie Seiz	52	Ballston Lake	27:07	2 Richard Theissen	70	Round Lake	29:44
2 Jill Spano	50	Albany	32:22	MALE AGE GROUP: 75 - 79			
3 Dale Black-Pennington	52	Rensselaer	37:03	1 Patti Alfiano	76	Glenville	38:06

Courtesy of Greater Glenville & Schenectady YMCA

1ST ANNUAL SARATOGA SPRINGS "STRONG TO SERVE" HALF MARATHON & 5K *continued*

MALE AGE GROUP: 70 - 74				FEMALE AGE GROUP: 30 - 34			
1 Vic Laport	74	Clarksburg, MA	2:09:33	1 Jessie Sangster	32	Queensbury	25:53
2 Leonard Kershaw	73	Bolton Landing	2:29:16	2 Jaime Kelley	33	East Greenbush	30:26
3 Patrick Bivona	73	Clifton, NJ	2:50:20	3 Pamela Ficks	34	Yorktown	35:10
5K RUN				MALE AGE GROUP: 35 - 39			
MALE OVERALL				1 Joseph Altobello 36 Green Island 20:24			
1 Cedric Brownnewell 16 Niskayuna 17:51				2 Mike O'Toole 39 Mechanicville 21:30			
2 Jami Whitney 42 Granville 18:32				3 Dennis Bates 36 Troy 23:52			
3 Jim Allott 55 Potsdam 18:41				FEMALE AGE GROUP: 35 - 39			
FEMALE OVERALL				1 Tracy Podnorski 39 Glens Falls 24:11			
1 Amelia Kokernak 14 Niskayuna 22:05				2 Jennifer Perry 37 Saratoga Springs 26:12			
2 Alevtina Baranova 35 Clifton Park 22:48				3 Sarah Palmer 38 Elmira 26:12			
3 Caitlin Olson 34 Fairfield, CT 23:26				MALE AGE GROUP: 40 - 44			
MALE AGE GROUP: 1 - 14				1 Eric Mazzone 42 Latham 23:24			
1 Jeremy Gundrum 13 West Sand Lake 22:34				2 Kurt Gorrell 40 Albany 25:09			
2 Adrien Hong 13 Saratoga Springs 24:34				3 Jason Merolle 41 Latham 25:28			
3 Ian Perry 14 Lynchburg, VA 35:48				FEMALE AGE GROUP: 40 - 44			
FEMALE AGE GROUP: 1 - 14				1 Paul Fraley 41 Watervliet 30:04			
1 Brionna Doughty 14 Mechanicville 27:24				2 Michele Orr 44 Cohoes 33:36			
2 Lily Tanner 10 Mechanicville 27:25				3 Sharon Byrnes 44 Saratoga Springs 39:19			
3 Samantha Shippee 14 Corinth 27:57				MALE AGE GROUP: 45 - 49			
MALE AGE GROUP: 15 - 19				1 Brian Clune 49 Scotia 23:04			
1 Aurelien Hong 15 Saratoga Springs 24:09				2 Michael Hubertus 47 Carmel 23:20			
2 Adam Dupont 17 Lenox, MA 26:03				3 Eric Gundrum 45 West Sand Lake 28:10			
3 Ryan Dupont 17 Lenox, MA 26:29				FEMALE AGE GROUP: 45 - 49			
FEMALE AGE GROUP: 15 - 19				1 Maribeth Macica 46 Stillwater 27:10			
1 Sabrina Fallon 17 Kingsley, PA 27:39				2 Sonja Rossi 45 Saratoga Springs 30:27			
2 Silvy Levesque 16 Ballston Spa 28:15				3 Schenectady 32:42			
3 Shannon Samler 19 Albany 31:09				MALE AGE GROUP: 50 - 54			
MALE AGE GROUP: 20 - 24				1 Dave Schaad 52 East Greenwich, RI 19:55			
1 River Castellonia 20 Maybrook 21:53				2 Joseph Russo 52 Brewster 23:20			
2 Aaren Doughty-Tanne 21 Mechanicville 24:49				3 Michael Speshock 53 Mineville 29:50			
3 Jacob Deboer 22 Fort Plain 30:01				FEMALE AGE GROUP: 50 - 54			
FEMALE AGE GROUP: 20 - 24				1 Karen Dunn 50 Albany 28:44			
1 Laura Gorinski 23 Wilton 25:46				2 Colleen Meehan 54 Tappan 37:24			
2 Erin Burns 22 Gansevoort 33:01				3 Lisa Paine 54 Milford, MA 45:26			
3 Rachael Delsignore 21 Plattsburgh 41:52				FEMALE AGE GROUP: 55 - 59			
MALE AGE GROUP: 25 - 29				1 Teri Hutson 55 Albany 29:49			
1 Brody Inglis 28 Saratoga Springs 23:10				2 Linda Friedman 59 Schenectady 31:30			
2 Kyle Sullwold 25 Round Rock, TX 35:52				3 Nancy Groenwegen 56 Glenmont 34:59			
FEMALE AGE GROUP: 25 - 29				MALE AGE GROUP: 60 - 64			
1 Grace Fitzgerald 25 Charlotte, NC 23:58				1 Michael Chovonec 64 Baltimore, MD 22:50			
2 Jen Hanlin 25 Ballston Spa 28:52				2 Richard Aubin 64 Clifton Park 29:23			
3 Jen Bethon 27 Clifton Park 29:32				FEMALE AGE GROUP: 60 - 64			
MALE AGE GROUP: 30 - 34				1 Joan Celentano 61 Schenectady 26:50			
1 Anthony Mastroianni 32 Saratoga Springs 19:58				2 Valerie Marre 60 Albany 29:27			
2 Jason Ochsner 32 Boston, MA 24:54				FEMALE AGE GROUP: 65 - 69			
				1 Nancy Griffin 68 Hadley 42:25			

Courtesy of 3C Race Productions

1ST ANNUAL SARATOGA SPRINGS "STRONG TO SERVE" HALF MARATHON & 5K
July 13, 2014 • Saratoga Spa State Park, Saratoga Springs

13.1-MILE RUN				FEMALE AGE GROUP: 35 - 39			
MALE OVERALL				1 Tammy Cumo 36 Slingerlands 1:45:59			
1 Jay Navin 18 Saratoga Springs 1:16:42				2 Rachel Toolan 38 Castleton 1:50:37			
2 Joseph Hussey 24 Goshen, IN 1:22:29				3 Amy Levenson 37 Wilmington 1:51:16			
3 Michael Austin 32 Albany 1:26:58				MALE AGE GROUP: 40 - 44			
FEMALE OVERALL				1 Chris Galaty 42 Green Bay, WI 1:33:33			
1 Tamara Lilkas 24 Castleton 1:36:24				2 Nick Laplaca 44 Queensbury 1:42:56			
2 Stefanie Shimansky 24 Winter Springs, FL 1:37:19				3 Lance Decker 44 South Glens Falls 1:48:40			
3 Katie Mack 29 Brandon, VT 1:37:41				FEMALE AGE GROUP: 40 - 44			
MALE AGE GROUP: 1 - 14				1 Jennifer Metivier 43 Lake George 1:44:52			
1 James Faraci 14 Troy 1:36:09				2 Tara Egan 41 Croton-on-Hudson 1:55:34			
2 Allan Holder 14 West Chazy 3:35:03				3 Sandra McCarty 43 Castleton 1:55:42			
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 45 - 49			
1 Michael Bashant 15 Ballston Lake 1:41:09				1 Thomas Marcellus 49 Ballston Spa 1:33:02			
2 Luke Gobel 15 Ballston Spa 1:44:51				2 Mark Drollette 46 Plattsburgh 1:43:39			
3 Alec Bidwell 15 Pelham 1:47:47				3 Anthony Lambert 45 Upton, MA 1:44:05			
FEMALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 45 - 49			
1 Sara Billings 18 Gansevoort 1:40:49				1 Carol Hill 45 Queensbury 1:42:00			
2 Annie Grimmke 18 Greenwich 1:49:30				2 Michelle Dupont 46 Lenox, MA 1:42:34			
3 Sagan Leggett 17 Valatie 2:01:24				3 Maureen Clarke 46 Delmar 1:50:42			
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 50 - 54			
1 Erik Caron 23 Ithaca 1:35:07				1 Paul Guilmette 50 Niskayuna 1:33:53			
2 Zachary Rosch 22 Averill Park 1:45:08				2 Chris Salvato 51 Scotia 1:41:29			
3 Ray Weng 20 Ithaca 1:45:46				3 Matthew Kawola 50 Latham 1:44:00			
FEMALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 50 - 54			
1 Angelica D'Aiello 23 Saratoga Springs 1:44:36				1 Alison Muse 52 Saratoga Springs 1:43:37			
2 Christiana Bertelse 24 New York 1:45:37				2 Sandy Adams 54 Shushan 1:50:08			
3 Marina Misercola 20 Albany 1:49:24				3 Kara Hubertus 52 Carmel 1:58:18			
MALE AGE GROUP: 25 - 29				MALE AGE GROUP: 55 - 59			
1 Pat Rizzo 26 Albany 1:36:29				1 John Webber 59 Ballston Spa 1:57:25			
2 Rob Rapalus 28 Saratoga Springs 1:38:04				2 Jack Ringler 56 Richmond, MA 2:02:03			
3 Adam Landry 25 Springfield, MA 1:39:12				3 Poerre Vandenabeele 55 Gloversville 2:10:17			
FEMALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 55 - 59			
1 Cassandra Conety 26 Shushan 1:42:27				1 Michele Boris 57 Salt Point 1:54:31			
2 Mari Dopp 26 New York 1:45:02				2 Katherine Allott 59 Potsdam 2:05:25			
3 Tara Joyce 25 Altamont 1:49:25				3 Donna Zajkowski 59 Poughkeepsie 2:09:51			
MALE AGE GROUP: 30 - 34				MALE AGE GROUP: 60 - 64			
1 Anthony Demarco 31 Mechanicville 1:38:13				1 Paul Forbes 63 Colonie 1:38:56			
2 Matthew Fryer 34 Clifton Park 1:43:00				2 Thomas Hiten 64 Cheshire, CT 1:47:29			
3 Chris Mack 30 Brandon, VT 1:44:47				3 Chester Tumidajewicz 60 Amsterdam 1:51:58			
FEMALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 60 - 64			
1 Christine Appel 34 Highland Park, NJ 1:39:57				1 Loretta Baldwin 60 Augusta, NJ 2:15:47			
2 Kimberly Blanchet 33 Glenville 1:43:34				2 Darlene Cardillo 61 Delmar 2:26:07			
3 Dana Wivczar 33 Malta 1:49:16				MALE AGE GROUP: 65 - 69			
MALE AGE GROUP: 35 - 39				1 Alex Silverman 68 Northampton, MA 1:46:57			
1 Joseph Vinciguerra 35 Rexford 1:29:57				2 Tim Mosmann 65 Pittsford 2:19:00			
2 Randy McKinley 36 Schenectady 1:34:39				FEMALE AGE GROUP: 65 - 69			
3 Greg Rashford 35 Niskayuna 1:41:06				1 Claire Henderson 65 Saratoga Springs 2:03:16			
				2 Diane Wagner 66 Bolton Landing 2:37:00			

continued

14TH ANNUAL PINE BUSH TRIATHLON
July 13, 2014 • Rensselaer Lake, Albany to YMCA, Guilderland

325YD SWIM, 11.5M BIKE, 3.2M RUN				FEMALE AGE GROUP: 20 - 24			
MALE OVERALL				1 Amanda Vitullo 24 Schenectady 1:12:23			
1 Nicholas Rindenello 28 Harvard, MA 55:01				2 Katie Kurtessis 24 Albany 1:14:42			
2 Craig Tynan 44 Schenectady 55:01				3 Bridget Alois 24 Hoboken, NJ 1:15:47			
3 Martin Gordinier 43 Delmar 58:42				MALE AGE GROUP: 25 - 29			
FEMALE OVERALL				1 Stefano Fontano 26 Albany 1:00:06			
1 Shylah Weber 26 Rensselaer 1:03:46				2 Chris Lang 25 Troy 1:01:22			
2 Elizabeth Benjamin 41 Rensselaer 1:08:46				3 Andrew Gorczyca 27 Schenectady 1:05:31			
3 Sara Udenwood 28 Schenectady 1:12:12				FEMALE AGE GROUP: 25 - 29			
FEMALE AGE GROUP: 10 - 14				1 Nicole Vidro 28 Albany 1:15:53			
1 Faith Borkowski 10 Niskayuna 1:22:40				2 Lindsay Conklin 27 Albany 1:19:51			
2 Erin Wadsworth 13 Schenectady 1:32:44				3 Mary Creedon 29 Colonie 1:20:35			
3 Caitlyn Gould 14 Slingerlands 1:48:21				MALE AGE GROUP: 30 - 34			
MALE AGE GROUP: 15 - 19				1 Christopher Evans 34 Wilton 1:02:25			
1 Cerid Ricks 19 Ballston Lake 1:17:11				2 Nate Kratz 33 Albany 1:08:06			
FEMALE AGE GROUP: 15 - 19				3 Justin Berlin 33 Kinderhook 1:13:17			
1 Abigail Wheeler 19 Chatham 1:16:20				FEMALE AGE GROUP: 30 - 34			
2 Taylor Tyksinski 18 Slingerlands 1:19:23				1 Sarah Strock 31 Glenmont 1:13:11			
3 Amy Robison 16 Clifton Park 1:22:18				2 Nancy Moran 30 Loudonville 1:19:52			
MALE AGE GROUP: 20 - 24				3 Jessica Krueger 34 Brooklyn 1:22:58			
1 Jonathan Lazzara 24 Rensselaer 1:00:10				MALE AGE GROUP: 35 - 39			
2 Joseph Botticelli 23 Troy 1:11:58				1 Dan Murphy 39 Delmar 1:01:54			
3 George Ryan 24 Albany 1:13:18				2 Matt Nafus 37 Glenville 1:04:38			
				3 Matthew Petro 36 Rensselaer 1:04:58			

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RACE RESULTS

14TH ANNUAL PINE BUSH TRIATHLON *continued*

FEMALE AGE GROUP: 35 - 39			
1	Meg Versteegen	35	Schenectady 1:13:06
2	Jennifer Flanagan	35	Glenville 1:13:49
3	Mary Daly	37	Long Island City 1:18:43
MALE AGE GROUP: 40 - 44			
1	Gerson Murillo-Daza	42	Albany 1:05:52
2	Hamish Kerr	41	Brookline, MA 1:06:41
3	John McManus	42	Menands 1:10:17
FEMALE AGE GROUP: 40 - 44			
1	Sarah Vogel	44	Slingerlands 1:18:27
2	Jennifer Durenberger	42	Saratoga Springs 1:20:16
3	Amy Davenport	43	Delmar 1:20:38
MALE AGE GROUP: 45 - 49			
1	Gregory Peda	49	Guilfordland 1:09:04
2	Jay Quinn III	49	Voorheesville 1:12:16
3	Brian Maillard	45	Cobleskill 1:16:46
FEMALE AGE GROUP: 45 - 49			
1	Kerry Miller	49	Catskill 1:20:18
2	Kelly Gillen	47	Altamont 1:21:53
3	Shandra Hayes	47	Fort Edward 1:25:07
MALE AGE GROUP: 50 - 54			
1	Charles Rosenstein	51	Albany 1:10:49
2	Steven String	50	Gloversville 1:12:33
3	Christian Vandervort	53	Voorheesville 1:16:42
FEMALE AGE GROUP: 50 - 54			
1	Patricia Robison	51	Clifton Park 1:16:10
2	Kathleen Bottillo	50	East Greenbush 1:18:24
3	Mary Chew	52	Schenectady 1:20:24
MALE AGE GROUP: 55 - 59			
1	Thomas Gorczyca	58	Schenectady 1:07:38
2	George Baird	58	Rensselaer 1:16:50
3	Michael Boskin	56	Albany 1:18:11
FEMALE AGE GROUP: 55 - 59			
1	Karen Gerety	58	Albany 1:40:46
MALE AGE GROUP: 60 - 64			
1	John Mounteer	60	Altamont 1:13:38
2	Jim Waterhouse	60	Valatie 1:14:21
3	William Hagggett	62	Rensselaer 1:18:31
FEMALE AGE GROUP: 60 - 64			
1	Margaret Phillips	61	East Schodack 1:21:10
2	Carol Smith-Barrell	62	Albany 1:41:55
3	Barbara Hoffman	61	Slingerlands 1:46:57
MALE AGE GROUP: 65 - 69			
1	Douglas Kabat	68	Niskayuna 1:22:22
2	Arlo Yake	66	Dover, NJ 1:25:39
3	Peter Newkirk	67	Albany 1:34:11
MALE AGE GROUP: 75 - 79			
1	Richard Golden	79	Athens 1:57:09

Courtesy of Guilfordland Area YMCA

18TH ANNUAL SILKS & SATINS 5K RUN July 19, 2014 • East & George Streets, Saratoga Springs

MALE OVERALL			
1	Alex Benway	24	Saratoga Springs 15:33
2	Louie Dinuzzo	32	Colonie 15:46
3	Jeremy Spiezo	17	Greenwich 15:46
FEMALE OVERALL			
1	Molly Pezzulo	21	Saratoga Springs 18:02
2	Spencer Hayes	16	Gansevoort 18:06
3	Felicia Sciortino	18	Niskayuna 18:11
MALE AGE GROUP: 1 - 14			
1	Sam Getz	14	Greenfield Center 18:28
2	Anthony Verro	13	Saratoga Springs 18:42
3	Bryce North	13	Greenfield Center 18:46
FEMALE AGE GROUP: 1 - 14			
1	Carley Vetter	13	Greenfield Center 18:33
2	Caroline Starave	14	Greenfield Center 18:47
3	Paris Fenoff	13	Ballston Spa 18:53
MALE AGE GROUP: 15 - 19			
1	Jordan Healy	18	Castleton 16:43
2	Jack Vite	17	Clifton Park 16:53
3	Ethan North	16	Greenfield Center 16:57
FEMALE AGE GROUP: 15 - 19			
1	Margaret MacDonald	19	Wilton 18:12
2	Meg Kellogg	18	Queensbury 18:17
3	Amelia Mahoney	15	Saratoga Springs 18:26
MALE AGE GROUP: 20 - 24			
1	Johnny Dzialo	21	Latham 18:40
2	Ben Rea	24	Watervliet 19:00
3	John Deguardi	20	Ballston Spa 19:11
FEMALE AGE GROUP: 20 - 24			
1	Mary Veltre	22	Watervliet 18:56
2	Elizabeth Moran	24	Niskayuna 21:50
3	Caitlin Burke	24	Manorville 23:38
MALE AGE GROUP: 25 - 29			
1	Thomas O'Grady	29	Latham 15:48
2	John Farley	25	Albany 16:50
3	Philip Guerrant	28	Schenectady 19:17
FEMALE AGE GROUP: 25 - 29			
1	Janne Rand	29	Albany 19:58
2	Meghan Lapoint	25	Hudson Falls 20:15
3	Katie Rossetini	26	Slingerlands 20:42
MALE AGE GROUP: 30 - 34			
1	Russell Lidberg	32	Schuylerville 17:13
2	Andrew McCarthy	30	Albany 18:32
3	Brian Lusignan	30	Delmar 19:52
FEMALE AGE GROUP: 30 - 34			
1	Erin Lopez	33	Saratoga Springs 19:01
2	Dana Wivczar	33	Malta 22:25
3	Rebecca Newkirk	31	Fultonville 22:35
MALE AGE GROUP: 35 - 39			
1	Oswaldo Rodriguez	36	Mechanicville 18:08
2	James Kehoe	36	Gansevoort 18:25
3	Tom Weiss	35	Watervliet 18:36
FEMALE AGE GROUP: 35 - 39			
1	Jennifer Bennice	35	Ballston Lake 19:45
2	Michelle Lavigne	39	Albany 19:47
3	Deanne Webster	38	Albany 20:38

Courtesy of Special Olympics New York

SKYHIGH XTERRA OFF-ROAD & KIDS' TRIATHLONS July 19, 2014 • Grafton Lakes State Park, Grafton

SKYHIGH XTERRA OFF-ROAD TRIATHLON 1K Swim, 20K Mountain Bike, 6K Trail Run			
MALE OVERALL			
1	Rob Ricard	1:30:41	37 Berwick, ME
2	Colin Delaney	1:32:13	23 Lake Placid
3	Joshua Loren	1:38:15	34 Wilmington, DE
FEMALE OVERALL			
1	Courtney Kaup	1:50:00	35 Bolton Valley, VT
2	Kelli Montgomery	1:58:05	41 Wallingford, CT
3	Stephanie Landy	2:00:28	54 Malta
MALE AGE GROUP: 14 & UNDER			
1	Trevor Dzikowicz	2:58:44	11 Amsterdam
2	Node Sutherland	3:01:02	13 Hudson
3	Ben Clark	3:19:32	14 Portland, OR
FEMALE AGE GROUP: 1 - 14			
1	Kayla Dzikowicz	2:50:52	14 Amsterdam
MALE AGE GROUP: 15 - 19			
1	Spencer Ralston	1:41:21	19 Hebron, CT
2	Sean Harrington	2:03:03	15 Averill Park
3	Ryan Harrington	2:26:23	18 Averill Park
FEMALE AGE GROUP: 15 - 19			
1	Caroline Slyer	2:23:16	16 Averill Park
MALE AGE GROUP: 20 - 24			
1	Caitlin Skufca	2:03:33	23 Wilmington
MALE AGE GROUP: 25 - 29			
1	Aaron Sirtoli	1:40:17	28 Rutland, VT
2	Wes Gardner	1:51:19	29 East Weymouth, MA
3	Jonathan Mauterer	2:19:42	26 Amherst, MA
MALE AGE GROUP: 30 - 34			
1	Justin Marsac	2:10:54	31 Brooklyn
2	David Reeves	2:20:35	33 Malta
3	Jake Colwell	2:23:22	31 West Cossackie
MALE AGE GROUP: 35 - 39			
1	David Booth	1:42:15	36 Norwalk, CT
2	Charles Lobosco	1:54:28	36 Schenectady
3	Gerret Van Duynne	1:56:03	35 Williamstown, MA
FEMALE AGE GROUP: 35 - 39			
1	Jennifer Dean	2:05:52	36 Rensselaer
2	Anna Laloe	2:16:52	36 Schenectady
3	Erin Vantuyl	2:22:41	39 Westminster, MA
MALE AGE GROUP: 40 - 44			
1	Paul Deeley	2:12:13	44 Southborough, MA
2	Hamish Kerr	2:13:32	41 Schenectady
3	Cameron Smith	2:13:44	44 Lawrenceville, NJ
FEMALE AGE GROUP: 40 - 44			
1	Karin Ward	2:26:47	44 Bolton Valley, VT
MALE AGE GROUP: 45 - 49			
1	Tad Norton	1:47:04	48 Canandaigua
2	Dennis Ball	1:58:02	46 East Greenbush
3	Albert Liguori	2:07:28	45 Ridgewood, NJ
MALE AGE GROUP: 50 - 54			
1	Richard Szymanski	2:24:09	50 Wilmington, DE
2	Dan Clark	2:36:36	50 Portland, OR
3	John Perry	3:29:39	52 Troy
FEMALE AGE GROUP: 50 - 54			
1	Celeste St. Pierre	2:07:35	50 Lincoln, NH
2	Karen Stone	2:19:12	50 Blandford, MA
3	Martha Hanright	2:20:47	51 Templeton, MA
MALE AGE GROUP: 55 - 59			
1	John King	1:53:40	55 Shelburne, VT
2	George Lester	2:00:13	56 Medfield, MA
3	Paul Marsac	2:17:10	59 Syosset
FEMALE AGE GROUP: 55 - 59			
1	Kim Cole	2:27:08	57 Kennebunk, ME
MALE AGE GROUP: 60 - 64			
1	Russell Clark	2:18:33	63 Averill Park
2	Karl Zaunbrecher	2:48:37	60 Saranac Lake
3	Rex Clark	3:01:09	60 Newton, MA
FEMALE AGE GROUP: 60 - 64			
1	Vianna Zimbel	2:28:29	61 South Glastonbury, CT
SKYHIGH KIDS' TRIATHLON 100m Swim, 5K Mountain Bike, 1K Trail Run			
MALE OVERALL			
1	Alex DeGroot	13	13:37
2	Jackson Moran	11	13:55
3	Colin Hansen	10	14:26
FEMALE OVERALL			
1	Taylor Peterson	10	14:53
2	Davis Snyder	11	14:58
3	Ruby Slyer	10	15:43
MALE AGE GROUP: 10 - 13			
1	Keston Holohan	12	14:52
2	Daniel Schneider	12	15:16
3	Hunter Posluszny	11	15:31
4	Jeffrey Koefler	11	15:39
5	Adam Limoges	11	15:40
6	PJ Deeley	12	18:31
7	Sean Hill	10	20:28
8	John Martin	11	21:30
FEMALE AGE GROUP: 10 - 13			
1	Rachel Bortnick	10	16:15
2	Alexandra Koefler	11	16:20
3	Ella Stewart	11	16:22
4	Rose Frank	13	16:27
5	Sydney Wells	10	16:36
6	Rasa Sutherland	10	18:16
7	Julia Holmgren	10	19:20
8	Crystal Ivery	11	21:27
MALE AGE GROUP: 6 - 9			
1	Dillon Goodwill	8	15:24
2	Alec Hansen	9	16:01
3	Kellen Stewart	9	16:09
4	Jacob Gilson	8	17:28
5	Ethan Gilson	7	17:56
6	Kaden Ayala	7	18:05
7	Samuel Martin	9	18:22
8	Connor Westlake	8	18:38
9	Trevor Goodwill	7	19:09
10	Matthew Deeley	9	19:19
11	Charles Lobosco	6	20:09
12	Jason Wells	6	22:13
13	Stephen Hill	7	26:48
14	Jackson Murray	6	28:07

continued

SKYHIGH XTERRA OFF-ROAD & KIDS' TRIATHLONS *continued*

FEMALE AGE GROUP: 6 - 9			
1	Taylor Holohan	8	18:07
2	Sophia Holmgren	8	18:26
3	Lauren McCabe	9	18:28
4	Alexa Peterson	8	20:03
5	Abigail Schneider	9	20:33
6	Lizzie Hansen	6	21:34
7	Morgan Holohan	6	22:17

Courtesy of SKYHIGH Adventures

29TH ANNUAL PISECO LAKE TRIATHLON July 19, 2014 • Piseco Airport, Piseco

0.5M SWIM, 11.5M BIKE, 3M RUN			
MALE OVERALL			
1	David Garrisi	31	Vienna, VA 1:07:10
2	Geoffrey Clark	28	28 1:07:47
3	Frank Yerina	34	Illion 1:10:37
FEMALE OVERALL			
1	Jesselyn Garrisi	31	Vienna, VA 1:14:57
2	Judy Guzzo	47	Niskayuna 1:17:01
3	Lauren Chamberlain	29	Northville 1:18:19
MALE AGE GROUP: 13 - 15			
1	Madison Whittaker	13	1:45:33
MALE AGE GROUP: 13 - 15			
1	Dan Casey	15	Gloversville 1:15:48
2	Thomas Gagliardi	14	Poughkeepsie 1:19:32
3	Shane Nolan	13	Lake Pleasant 1:57:05
FEMALE AGE GROUP: 16 - 19			
1	Bailey Kowalczyk	18	Rexford 1:21:23
2	Meg Roberts	19	Saratoga Springs 1:42:00
MALE AGE GROUP: 16 - 19			
1	Zane Belden	18	Queensbury 1:11:21
2	Dave Allen	16	Victor 1:19:28
3	Aaron Griffith	17	Oneida 1:30:18
FEMALE AGE GROUP: 20 - 29			
1	Rebekah Campbell	25	1:22:22
2	Elizabeth Sewall	23	Pottersville 1:28:44
3	Rebecca Hamel	22	Belchertown, MA 1:33:12
MALE AGE GROUP: 20 - 29			
1	Benjamin Taylor	23	Ballston Lake 1:33:10
2	Joseph Spencer	28	Hagaman 1:34:02
3	Brian Noonan	29	2:14:00
MALE AGE GROUP: 30 - 39			
1	Dean Hotaling	32	North Andover, MA 1:11:54
2	Chris Eaton	38	Johnston 1:12:23
3	David Roth	35	New Hartford 1:14:27
FEMALE AGE GROUP: 30 - 39			
1	Caitlin Stewart	31	Lake Pleasant 1:33:15
2	Nellie Lovenduski	37	Saratoga Springs 1:37:14
3	Michelle Aleva	39	Glens Falls 1:37:22
FEMALE AGE GROUP: 40 - 49			
1	Kris McComb	41	Ballston Spa 1:34:06
2	Jennifer Durenberger	42	Saratoga Springs 1:35:03
3	Rachel Harvey	42	Middle Grove 1:40:44
MALE AGE GROUP: 40 - 49			
1	Nils Engel	43	Highland 1:12:33
2	Peter Guzzo	46	Niskayuna 1:15:35
3	Tom Hansen	45	South Glens Falls 1:15:50
FEMALE AGE GROUP: 50 - 59			
1	Jeryl Simpson	56	Mechanicville 1:21:34
2	Lisa Valentine	53	Middle Grove 1:32:17
3	Patricia Heiss	51	Lake Pleasant 1:35:33
MALE AGE GROUP: 50 - 59			
1	Kevin Platz	54	Hopewell Junction 1:12:04
2	Joe Sise	51	Amsterdam 1:14:32
3	Roger Learn	58	Troy, PA 1:15:14
FEMALE AGE GROUP: 60 - 69			
1	Hollis Hite	62	Wells 1:44:03
2	Frances Reynolds	60	Pattersonville 1:53:00
MALE AGE GROUP: 60 - 69			
1	Michael McNally	64	Queensbury 1:27:54
2	Glenn Schaeff	64	Glens Falls 1:36:09
3	Roy Brown	69	Wilbraham, MA 1:49:14
MALE AGE GROUP: 70 - 74			
1	Lee Schrader	71	Clinton 1:50:12
TWO-PERSON TEAMS			
1	Weiners		1:54:35
THREE-PERSON TEAMS			
1	Believe		Fort Plain 59:59
2	Lake Tittikaka		Broadalbin 1:13:50
3	Birchwood Biddies		Brewster 1:21:21

Courtesy of Adirondacks Speculator Region Chamber of Commerce

1ST ANNUAL SHALE HILL ADVENTURE TRI-OBSTACLE July 19, 2014 • Shale Hill Adventure Farm, Benson, VT

ELITE DIVISION 6M Mountain Bike, 600yd Swim, 6M Mountain Bike, 20K Obstacle Course			
MALE OVERALL			
1	Alexander Nicholas	35	6:00:00
FEMALE OVERALL			
1	Karlee Whipple	28	6:15:00
POWER DIVISION 6M Mountain Bike, 300yd Swim, 6M Mountain Bike, 10K Obstacle Course			
MALE OVERALL			
1	Brian Chizinski	37	Miami Mudders 5:02:00
2	Alejandro Coyoli	24	Valencia 5:55:00
3	Juan Alvergue	35	Miami Mudders 5:56:00
FEMALE OVERALL			
1	Megan Walsh	37	4:19:00
2	Serena Gallagher	32	4:37:00
MASTERS			
1	Matt Kingsbauer	50	3:50:00
2			

5TH ANNUAL DELTA LAKE TRIATHLON *continued*

MALE AGE GROUP: 60 - 64

1	Patrick Vanbeveren	64	Tully	1:25:49
2	Jay Barnes	61	Freeville	1:43:22
3	Kevin Morrisroe	63	Rome	2:03:44

FEMALE AGE GROUP: 60 - 64

1	Mimi Satter	64	Jamesville	1:32:11
2	Barbara Klim	64	Syracuse	1:57:29
3	Susan Schafer	60	Whitesboro	2:03:46

MALE AGE GROUP: 65 - 69

1	Harry Ludke	66	Truxton	1:37:05
2	Nathan Batalion	65	Oneonta	1:58:18

FEMALE AGE GROUP: 65 - 69

1	Chary Griffin	66	Cazenovia	1:33:01
2	Ruth Ripley	67	Pennellville	1:35:21
3	Rosanne Rushton	68	Rome	1:45:21

MALE AGE GROUP: 75 - 79

1	Armand Langevin	77	Cohoes	1:47:52
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Courtesy of ATC Endurance

HMRRC SUMMER TRACK SERIES
July 1-24, 2014 • Colonie High School, Colonie

COLONIE MILE - JULY 1

MALE OVERALL				
1	Chuck Terry	Albany	32	4:39.6
2	Austin Becker	Broadalbin	19	4:40
3	Dan Jordy	Albany	30	4:44

FEMALE OVERALL				
1	Lisa D'Aniello	Niskayuna	28	5:23
2	Olivia Lazaro	Amsterdam	14	5:40
3	Estelle Burns	Troy	38	5:45

MALE AGE GROUP: 1 - 14				
1	James Foraci	Troy	14	5:25
2	David Metacarga	Charlton	12	6:01
3	Carson Engstrom	Albany	9	6:46

FEMALE AGE GROUP: 1 - 14				
1	Cele Owens	Saratoga Springs	11	6:45
2	Hannah Lamont	Albany	9	7:41
3	Elizabeth Kabilian	Latham	14	7:43

MALE AGE GROUP: 15 - 19				
1	Izaiah Brown	Amsterdam	17	5:01
2	Eli Bashant	Ballston Spa	16	5:11
3	Victor Warner	Guiderland	16	5:34

FEMALE AGE GROUP: 15 - 19				
1	Payton Czupil	Latham	15	5:50
2	Kelly Davis	Amsterdam	19	6:30

MALE AGE GROUP: 20 - 24

1	Jonathan Lazzara	Rensselaer	24	5:57
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MALE AGE GROUP: 25 - 29

1	Thomas O'Grady	Latham	29	4:48
2	Ben Hellos	Albany	25	5:27

FEMALE AGE GROUP: 25 - 29

1	Shylah Weber	Rensselaer	26	5:58
2	Janne Rand	Albany	29	6:21

MALE AGE GROUP: 30 - 34

1	Pat Cade	Ballston Lake	30	4:49
2	Andrew McCarthy	Albany	30	5:16

FEMALE AGE GROUP: 30 - 34

1	Diana Tobon-Knobloch	Guiderland	33	6:06
2	Heidi Nark	Clifton Park	33	6:20
3	Jennifer Husseu	Scotia	33	6:43

MALE AGE GROUP: 35 - 39

1	Brian Northan	Guiderland	39	5:16
2	David Tromp	Glenmont	39	5:22
3	Aaron Knobloch	Guiderland	38	5:34

FEMALE AGE GROUP: 35 - 39

1	Jessica Northan	Guiderland	38	6:21
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MALE AGE GROUP: 40 - 44

1	Frank Horn	Colonie	44	5:00
2	Yurig Bendesurg	Ballston Lake	42	5:32
3	Todd Smith	Voorheesville	40	5:44

FEMALE AGE GROUP: 40 - 44

1	Christa Dederick	Berne	43	6:33
2	Susan Pellegrini	Loudonville	42	8:35

MALE AGE GROUP: 45 - 49

1	John Stadlander	Halfmoon	48	4:54
2	Stu Palczak	Amsterdam	49	5:40
3	John Williams-Searle	Albany	46	5:50

FEMALE AGE GROUP: 45 - 49

1	Kathy VanValen	Delanson	45	7:44
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MALE AGE GROUP: 50 - 54

1	Mark Stephenson	Esperance	50	5:09
2	Andrew Spoonable	Latham	50	5:59

FEMALE AGE GROUP: 50 - 54

1	Colleen Brackett	Albany	53	6:35
2	Chris Varley	Albany	50	6:48
3	Michelle Ching	Clifton Park	53	11:04

MALE AGE GROUP: 55 - 59

1	Jon Weilbahe	Saratoga Springs	55	5:29
2	John Parisella	Schenectady	56	6:12
3	Frank Mueller	Glenville	55	6:22

FEMALE AGE GROUP: 55 - 59

1	Nancy Taormina	Albany	55	6:39
2	Karen Gerstenberger	Colonie	56	7:21
3	Susan Burns	Rensselaer	59	7:25

MALE AGE GROUP: 60 - 64

1	Richard Clark	Feeding Hills, MA	60	5:51
2	Paul Forbes	Colonie	63	6:12
3	Paul Bennett	Latham	63	6:21

FEMALE AGE GROUP: 60 - 64

1	Martha DeGrazia	Slingerlands	63	7:34
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MALE AGE GROUP: 65 - 69

1	Martha DeGrazia	Slingerlands	63	7:34
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1	Jim Fiore	Latham	66	7:11
2	Charles Shrader	Englewood, FL	65	11:15

MALE AGE GROUP: 75 - 79

1	Christopher Rush	Schenectady	78	7:16
2	Wade Stockman	Rensselaer	79	7:56

FEMALE AGE GROUP: 80 & OVER

1	Anny Stockman	Rensselaer	82	11:44
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TWO-PERSON RELAY - JULY 10

Fastest/Slowest Runners Paired

1	Chuck Terry & Scott Hendricks	38:11
2	Brendan Bequette & Shea Foley	38:57
3	Thomas Dansereau & Michael Libertucci	39:18
4	Ben Heller & Jennifer Newman	40:08
5	Paul Forbes & John Parisella	40:10

HOUR RUN - JULY 17

Miles Covered in One Hour

MALE OVERALL				
1	Mike Roda	38	Albany	10.80
2	Chuck Terry	32	Albany	10.75
3	Ben Heller	25	Albany	9.24

FEMALE OVERALL

1	Chris Varley	50	Albany	7.89
2	Susan Burns	59	Rensselaer	7.08
3	Kathleen Beeman	43	Niskayuna	7.07

MALE FINISHERS

5	Christian Lietzau	51	Delmar	8.95
6	Todd McAuley	46	Colonie	8.88
7	Jonathan Golden	41	Slingerlands	8.70
8	Thomas Dansereau	27	Troy	8.51
9	Andrew Sponable	50	Latham	8.32
10	Joey Somerville	16	Wynantskill	8.32
12	Bob Somerville	61	Wynantskill	7.83
13	Brandon McAuley	15	Colonie	7.80
14	Ken Klapp	64	Guiderland	7.77
15	Michael Cebula	47	Mechanicville	7.52
16	Paul Forbes	63	Colonie	7.46
17	Bernie Weis	42	Colonie	7.36
18	David Rowell	62	Albany	7.21
19	Frank Broderick	62	Ballston Lake	7.18
24	Charles Terry	62	Albany	6.52
25	Ed Litts	64	Schenectady	6.47
26	Don Lawrence/RW	54	Albany	6.15
28	Wade Stockman	79	Rensselaer	5.20
29	Ralph Feinstein	60	Scotia	5.16
30	Charlie Matlock	69	Averill Park	4.22

FEMALE FINISHERS

22	Martha Degrazia	63	Slingerlands	6.83
23	Meaghan Podlaski/RW	16	Colonie	6.65
27	Carol Bendall/RW	55	Troy	5.90
31	Anny Stockman	82	Rensselaer	4.10

PENTATHLON - JULY 24

5000m/800m/3200m/400m/1600m

Ranked by Points Totaled

MALE OVERALL				
1	Mike Roda	38	4670	
2	Chuck Terry	32	4552	
3	Thomas O'Grady	29	4224	

FEMALE OVERALL

1	Irene Somerville	21	2700
2	Payton Czupil	15	2356

ALL FINISHERS

1	Joshua Korn	18	3806
2	Christian Lietzau	51	3407
3	David Tromp	39	3298
4	Joey Somerville	16	3123
5	John Parisella	56	2869
6	Richard Clark	60	2768
7	Martin Abadi	22	2701
8	Jonathan Golden	41	2630
9	Phil Chirkis	39	2511
10	Chris Nowak	39	2466
11	David Rowell	62	800
12	Carl Korn	53	396
13	Scott Hendricks	50	25

Courtesy of Hudson-Mohawk Road Runners Club

16TH ANNUAL IRONMAN LAKE PLACID TRIATHLON
July 27, 2014 • Olympic Speedskating Oval, Lake Placid

2.4M SWIM, 112M BIKE, 26.2M RUN

MALE PRO

1	Kyle Buckingham	30	Cape Town, ZAF	8:38:43
2	Balazs Csoko	31	The Woodlands, TX	8:51:26
3	Jonathan Shearon	34	Tucson, AZ	8:59:22

FEMALE PRO

1	Amber Ferreira	32	Concord, NH	9:31:28
2	Kim Schwabenbauer	34	Knox, PA	9:38:14
3	Lisa Roberts	35	Tucson, AZ	9:40:04

AGE GROUP - WINNERS & UPSTATE FINISHERS

Age Group Winners & Upstate Finishers*

*Lightning forced cancellation of second swim loop; age group results reflect one swim loop, bike, T2 & run

PHYSICALLY CHALLENGED

1	Allan Tyson	43	New York	16:03:04
2	Gregory Cho	42	Woodside	16:03:04

FEMALE 18-24

1	Christine Van Warmerdam	24	Oakville, ON	10:31:03
4	Caitlin Skufca	22	Wilmington	11:18:34
6	Heidi Baumbach	23	Lake Placid	11:37:25
8	Julia Slyer	18	Averill Park	12:13:16
10	Abigail Sayler	23	Baldwinsville	12:56:07
11	Erika Valentine	23	Hastings	13:16:53
16	Grace Giampaglia	23	Guiderland	13:57:36
18	Julia Taylor	23	Buffalo	15:00:20
20	Christine Hall	23	Latham	15:34:10

FEMALE 25-29

1	Leslie Dimichele	29	Reston, VA	9:29:43
4	Annaheigh Porter	28	Syracuse	10:55:10
7	Lisa Holt	26	Ithaca	11:15:17
13	Erin Hammond	27	Macedon	11:35:08
15	Ashley Ohart	28	Waverly	11:44:01
19	Nicole Conger	29	Lake Placid	12:20:53
22	Caitlin Overholt	26	Schoharie	12:30:00
28	Kara Zubrowski	29	Skaneateles	13:07:38
31	Kerianne Sanicola	25	Albany	13:36:31
40	Victoria Davis	28	Amherst	14:40:04
48	Ashleigh Macey	28	Lake Placid	15:47:35

FEMALE 30-34

1	Kendra Goffredo	34	Escondido, CA	9:58:45
17	Kelly Vrikler	30	Albany	11:30:18
18	Eryn Yates	32	Rochester	11:37:29
20	Dana Cooreman	30	New Hartford	11:50:02
23	Melinda Frazer	34	Lake Placid	12:00:59
24	Kirsten Weeks	30	Rochester	12:01:25
27	Amanda Janosky	29	Derby	12:13:08
31	Katey Wilhelm	30	Syracuse	12:33:11
32	Lisa Raden	34	Niskayuna	12:45:34
36	Karly Decker	34	Selkirk	12:57:13
39	Ava Massoud	32	Clinton	12:59:38
42	Jennifer Ketchell	33	Au Sable Forks	13:03:36
62	Alexandra Kleinerman	32	Ithaca	14:07:37
66	Sarah Stock	31	Glenmont	14:22:28
70	Carolyn Mandeville	31	Lake Placid	14:52:15

FEMALE 35-39

1	Ana Naranjo	35	Medellin, COL	10:12:04
13	Colleen Porter	37	Lake Placid	11:48:07
17	Jennifer Reschke	35	Geneseo	12:08:52
24	Greta Vanslyke	39	Ballston Lake	12:21:40
32	Christine Jenkins	34	Cohoes	12:49:41
33	Jill Hubright	36	Webster	12:53:46
39	Sara Madden	36	Albany	13:05:23
42	Sara Lindsay	37	Lake Placid	13:14:52
52	Kareen Goodson	39	Jamesville	13:38:06
55	Tara Freeman	38	Colton	13:41:44
64	Jessica Mitchell	36	Albany	14:23:29
68	Sarah Fisk	34	Loudonville	14:29:45

FEMALE 40-44

1	Jennifer Schoenberg	41
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RACE RESULTS

16TH ANNUAL IRONMAN LAKE PLACID TRIATHLON *continued*

191 Eric Todd	48	Marietta	12:42:58	176 Louis Goldberg	50	Larchmont	14:48:37
194 Scott Simone	44	Johnstown	12:43:30	177 Tim Feeney	53	Niskayuna	14:51:16
212 Samuel Simmons	45	Waterford	12:57:15	183 Jamie Lawrence	50	Sprakers	15:23:59
217 Ed Hamilton	45	Kinderhook	13:00:42	189 John Perry	52	Johnsonville	15:40:11
218 Gary Ethier	46	Cohoes	13:01:25	197 Bob Steciuk	51	Wilton	16:07:26
220 Eric Bansbach	48	Fayetteville	13:03:31	195 Darryl Caron	51	Clifton Park	16:11:48
222 Jim McLaughlin	45	Webster	13:05:50	MALE 55-59			
227 Andrew Heck	47	Amsterdam	13:09:52	1 Brian Keast	54	New Dundee, ON	10:00:21
236 Brian Adelson	47	Gansevoort	13:23:45	3 Brian O'Neil	55	Schenectady	10:14:03
242 Steven Masters	48	Penfield	13:27:43	18 Rod Potter	58	Rochester	11:24:00
252 Steve Gillian	49	Poughkeepsie	13:38:12	20 Mark Donnelly	57	Jamesville	11:30:35
256 Michael Reilly	45	Niagara Falls	13:45:10	24 Stephen Tibbitts	54	New Hartford	11:48:37
258 Richard Fess	48	Fayetteville	13:46:56	29 Kirk Fasking	56	Lake Placid	12:05:43
307 Mike Guenther	45	Binghamton	14:55:42	42 Charles Keenen	54	Elbridge	12:34:58
309 Andrew Spiridiglozzi	45	Utica	14:57:14	43 Steve Vnuk	58	Delmar	12:35:03
314 Tim Siragusa	47	Gowanda	15:08:18	46 Steven Plante	58	Fayetteville	12:40:23
316 David Martin	46	Loudonville	15:09:53	47 Bernhard Rohrbacher	57	Buffalo	12:40:43
318 James Thomas	46	Poughkeepsie	15:11:54	50 Michael Sherman	58	Skaneateles	12:49:10
319 Joseph McMahon	45	Rochester	15:12:39	57 Brian Delaney	58	Lake Placid	13:12:50
330 Brian Ferdinand	45	Rensselaer	15:55:05	61 Craig Coon	54	Penfield	13:23:48
331 Michael Platt	46	Schenectady	15:57:33	66 Daniel Wnorowski	56	Manlius	13:30:08
334 Kevin Shaw	48	Binghamton	15:58:33	67 Danny Arnold	56	Clifton Park	13:32:09
335 Steven Kieb	44	Manlius	16:02:41	87 Gordon Fesenger	57	Cazenovia	14:19:49
333 Brian Fite	49	Fulton	16:02:48	93 Christopher Grant	55	Lake Placid	14:52:14
MALE 50-54							
1 Jean Gauvin	50	Ste-Flore De Grand-Mere, QC	9:53:17	97 Tony Searing	59	Morrisonville	15:17:04
10 Daniel Giblin	52	Rochester	10:45:43	101 Timothy McDermott	58	Webster	15:23:32
16 David Melohusky	51	Derby	10:52:41	105 Charles Traub	55	Rochester	15:44:05
21 James Arist	53	Niagara Falls	10:59:12	109 Steven Dafoe	55	Homer	16:40:42
25 Edwin Croucher	50	Oswego	11:03:07	MALE 60-64			
30 Rich Latorra	50	Plattsburgh	11:08:59	1 Joel Rosenstrauss	59	Bayside	10:30:17
36 Dennis Johnson	53	Utica	11:22:57	12 Steven Schonwetter	60	Clifton Park	12:26:43
51 Paul Zachman	54	Pittsford	11:53:50	16 Mac Rand	60	Lake Placid	12:58:31
67 Grant Stauffer	50	Mendon	12:12:47	20 Jeff Rose	59	Honeoye Falls	13:03:59
69 David Murad	54	Utica	12:15:43	22 Bill McManus	63	Baldwinsville	13:24:21
72 Joseph Jaffe	50	Geneva	12:20:04	27 Meir Wetzler	59	Getzville	13:39:54
73 Matthew Bell	53	Wynantskill	12:22:24	31 Timothy Leonard	62	New Hartford	14:02:33
80 Dean Wescott	51	Troy	12:30:05	33 Gary Walters	61	Salisbury Mills	14:20:05
102 Mario Zumbo	50	New Windsor	12:58:42	37 Michael Bryant	64	Wilmington	15:11:21
118 Howard Kreitsek	54	Clifton Park	13:17:00	40 Kenny Hart	59	Colonie	15:22:01
130 Tom Toole	52	Ogdensburg	13:25:53	45 Tim Madden	60	Albany	15:59:10
138 David Kudla	52	Rochester	13:32:40	MALE 65-69			
140 Jim Fox	49	Glens Falls	13:36:02	1 Peter Geering	65	Unionville, ON	11:54:32
144 Tim McNally	52	Skaneateles	13:38:37	9 Jim Adams	67	Altona	15:26:06
149 Timothy Healey	53	Troy	13:48:47	MALE 70-74			
157 Steven String	50	Gloversville	14:02:25	1 Dean Paxson	74	Sun Lakes, AZ	13:28:27
164 William Thompson	53	Saugerties	14:12:19	MALE 75-79			
166 Don Markoe	50	Lagrangeville	14:13:17	1 Herb Brown	77	Charlotte, NC	15:55:31
167 Wesley Wilson	53	Bloomingtondale	14:13:28	<i>Courtesy of World Triathlon Corporation</i>			
175 Joe Muczynski	50	Rochester	14:48:31				

BIGGEST LOSER RUN/WALK RACE SERIES: HALF MARATHON & 5K *continued*

FEMALE AGE GROUP: 65 - 69							
1 Heather Melendy	69	Springfield, VT	1:14:34	2 Stephanie Kavanaugh	29	Essex Junction, VT	54:41
MALE AGE GROUP: 70 - 75							
1 Richard Jones	70	Arlington, MA	1:22:47	3 Anne Abert	55	Chicopee, MA	55:28
5K WALK							
FEMALE OVERALL							
1 Sydney Barber	16	Minerva	54:35				

Courtesy of Biggest Loser Run/Walk Series

12TH ANNUAL RACE THE TRAIN 8.4-MILE RUN August 2, 2014 • Depot, Riparius to Depot, North Creek

MALE OVERALL					FEMALE AGE GROUP: 40 - 44				
1 Paul Allison	27	Jericho, VT	45:42	1 Heidi Underwood	44	Kattskill Bay	1:01:36		
2 Gary Messina	21	Brockport	46:58	2 Stacia Smith	44	Niskayuna	1:06:37		
3 Thomas O'Grady	29	Latham	47:17	3 Amy Gould	43	Hudson Falls	1:08:52		
FEMALE OVERALL					MALE AGE GROUP: 40 - 44				
1 Mary Hallett	41	Gloversville	58:20	1 Michael Baker	40	Ballston Spa	58:24		
2 Allison Forhan	20	Hudson, OH	58:50	2 Nick LaPlaca	44	Queensbury	1:04:09		
3 Justine Mosher	29	Queensbury	59:36	3 Robert Riedinger	43	Bakers Mills	1:05:08		
FEMALE AGE GROUP: 1 - 14					FEMALE AGE GROUP: 45 - 49				
1 Emily Atamanchuk	14	Queensbury	1:04:58	1 Terri Artese	48	Scotia	1:00:48		
2 Sydney Smith	14	Niskayuna	1:26:48	2 Jacqueline Schiffer	49	Olivebridge	1:02:15		
3 Shae Riedinger	11	Bakers Mills	1:40:18	3 Suzanne Tomb	47	North Creek	1:05:10		
MALE AGE GROUP: 1 - 14					MALE AGE GROUP: 45 - 49				
1 Patrick Riedinger	14	Bakers Mills	1:01:53	1 Mark Chamberlain	47	New York	1:02:34		
2 Seamus Tomb	14	North Creek	1:04:24	2 David Suarez	48	Syracuse	1:02:39		
3 Casey Tomb	14	North Creek	1:12:32	3 Joe Forbes	45	Hudson Falls	1:03:04		
FEMALE AGE GROUP: 15 - 19					FEMALE AGE GROUP: 50 - 54				
1 Kelsey Chai	15	West Valley	1:13:17	1 Lauren Rhatigan	50	Ship Bottom	1:07:14		
2 Gillian Hayden	16	North Creek	1:17:44	2 Sandy Adams	54	Shushan	1:10:17		
3 Amberlynn Kegler	17	Spencerport	1:20:59	3 Debra-Jane Fitzgerald	54	Schenectady	1:13:46		
MALE AGE GROUP: 15 - 19					MALE AGE GROUP: 50 - 54				
1 Mitchell Ryan	19	Plattsburgh	47:30	1 Robert Underwood	54	Kattskill Bay	54:17		
2 Matthew Tuohy	17	Oakland, NJ	49:24	2 Jay Thorn	52	Valatie	56:49		
3 Joshua Korn	18	Niskayuna	50:59	3 Timothy Bardin	52	Queensbury	57:25		
FEMALE AGE GROUP: 20 - 24					FEMALE AGE GROUP: 55 - 59				
1 Jackie Boyce	20	Schaghticoke	1:06:29	1 Diane Johnson	55	Chateaugay	1:29:20		
2 Anne Forhan	22	Wilmington	1:11:58	2 Kathleen Herold	55	Queensbury	1:29:29		
3 Amelia Mattern	24	Burlington, VT	1:16:38	3 Cindy Michelin	59	Slingerlands	1:32:44		
MALE AGE GROUP: 20 - 24					MALE AGE GROUP: 55 - 59				
1 Peter Tuohy	20	Oakland, NJ	47:41	1 William Venner	55	Granville	55:52		
2 Joe Cyr	24	Burlington, VT	1:01:58	2 Paul Salerni	58	Little Neck	1:03:21		
3 Reiley Keane	23	McLean, VA	1:07:15	3 Brian Teague	55	Glens Falls	1:07:50		
FEMALE AGE GROUP: 25 - 29					FEMALE AGE GROUP: 60 - 64				
1 Jane Burroughs-Park	25	Hagaman	1:00:39	1 Judy Beers	61	Lake George	1:21:57		
2 Cassandra Adams	26	Shushan	1:02:40	2 Jill Pederson	63	Lake George	1:23:44		
3 Margaret Devendorf	28	North Syracuse	1:05:55	MALE AGE GROUP: 60 - 64					
MALE AGE GROUP: 25 - 29					1 Mark Sager	63	Glens Falls	1:03:55	
1 Shawn Donegan	28	Malta	49:23	2 Steven Benway	60	Willsboro	1:06:35		
2 Matt Tyndall	28	Alexandria, VA	55:25	3 Dennis Gilyard	63	Endwell	1:08:16		
3 Michael Sallach	29	Brant Lake	1:01:16	FEMALE AGE GROUP: 65 - 69					
FEMALE AGE GROUP: 30 - 34					1 Laura Clark	67	Saratoga Springs	1:33:56	
1 Gwynne Cosh	31	Whitehall	1:07:38	2 Patricia Kane	65	Delmar	1:47:57		
2 Molly Casey	30	Albany	1:07:52	3 Linda Keeley	68	Waterford	2:12:33		
3 Casey Dwyer	34	Glens Falls	1:10:33	MALE AGE GROUP: 65 - 69					
MALE AGE GROUP: 30 - 34					1 John Solan	66	Cossayuna	1:14:37	
1 Chris Richard	30	Sudbury, MA	48:52	2 Paul Monroe	65	Richmond, VA	1:21:25		
2 Gregory Langley	31	Belford, NJ	52:02	3 Joe D'Agostino	65	Holtsville	1:29:41		
3 Russel Lidberg	32	Schuylerville	53:47	MALE AGE GROUP: 70 - 74					
FEMALE AGE GROUP: 35 - 39					1 Eddie Munoz	71	Olmstedville	1:16:03	
1 Zoe Dawson	38	Hinesburg, VT	59:57	2 Jim Moore	74	Niskayuna	1:33:46		
2 Jessica Northan	38	Guiderland	1:05:44	3 Paul Murray	70	Albany	1:48:46		
3 Jennifer Jackson	39	Gansevoort	1:11:26	<i>Courtesy of Adirondack Runners & Johnsburg Dollars for Scholars</i>					
MALE AGE GROUP: 35 - 39									
1 Andrew Rickert	35	Delmar	55:32						
2 Brian Northan	39	Guiderland	56:31						
3 Michael West	38	Warrensburg	1:01:31						

5TH ANNUAL PECK'S LAKE CHALLENGE SWIM TRIATHLON August 2, 2014 • Peck's Lake, Gloversville • 0.05M SWIM, 9M BIKE, 3M RUN

MALE OVERALL					MALE AGE GROUP: 46 - 55				
1 Christopher Heckman/18-25	1:06:30	2 Amanda Misner	1:21:59	1 Kevin Platz	55	1:09:10			
2 Kevin Platz/46-55	1:09:10	3 Irina Spirity	1:38:27	2 Tom Antonoff	50	1:13:02			
3 Derek Bell/36-45	1:11:30	1 Dan Casey	1:12:23	3 Joseph Byrne	50	1:15:05			
FEMALE OVERALL					FEMALE AGE GROUP: 56 & OVER				
1 Eileen Mullenow/18-25	1:11:14	2 Todd Striker	1:16:05	1 Beth Bonacum	56	2:18:58			
2 Jennifer Bell/36-45	1:12:54	3 John Conwall	1:20:07	MALE AGE GROUP: 56 & OVER					
3 Marie Bozman/46-55	1:16:59	1 Jennifer Davis	1:32:50	1 Steve Hornung	56	1:20:04			
FEMALE AGE GROUP: 18 - 25					2 Leo Schowalter	56	1:22:19		
1 Chelsea Shuman	1:17:31	2 Amy Snyder	1:42:35	3 Peter Canzone	56	1:25:03			
2 Kristen Jordan	1:18:19	1 Matthew Tebo	1:18:18	TEAM OVERALL					
3 Julie Mullenowney	1:21:55	2 Brian Maillard	1:28:31	1 Newfrock Team/18-40	18-40	1:04:54			
MALE AGE GROUP: 18 - 25					2 Tetrtech Construction/18-40	18-40	1:09:36		
1 David Sagan	1:30:56	3 Christopher Tomchik	2:04:49	3 JDJ Team/18-40	18-40	1:12:52			
2 Albert Cammarono Jr	1:46:25	FEMALE AGE GROUP: 46 - 55			<i>Courtesy of Fulton-Montgomery Tourism</i>				
FEMALE AGE GROUP: 26 - 35					1 Terri Jordan	55	1:22:12		
1 Kayleigh Karutis	1:17:42	2 Sylvia Decarr	1:28:24	2 Tetrtech Construction/18-40	18-40	1:09:36			
					3 Ursula Platz	55	1:28:36		

11TH GEAR UP FOR LYME: MOUNT EQUINOX UPHILL BIKE CLIMB August 2, 2014 • Mount Equinox Skyline Drive Toll Road, Manchester, VT

5.4 MILES, 3248-FT UP, 12% GRADE											
MALE OVERALL											
1 Chris Yura	Bryn Mawr, PA	35	39:19	FEMALE AGE GROUP: 30 - 39				1 Shannon Kamienski	Manchester, NH	38	59:59
2 Erik Vandendries	Chestnut Hill, MA	49	40:52	MALE AGE GROUP: 40 - 49							
3 Gerry Clapper	Avon, CT	53	41:51	1 Kevin Bessett	Richmond, VT	47	44:35				
FEMALE OVERALL								2 Kevin Clark	Hubbardston, MA	49	46:06
1 Marti Shea	Marblehead, MA	51	42:28	3 Franco Pellizzotti	Marblehead, MA	49	46:13				
2 Veronique Fortin	Gatineau, QC	34	42:53	FEMALE AGE GROUP: 40 - 49							
3 Susan Lynch	Medfield, MA	54	47:29	1 Renee Marino	Mendon, MA	48	1:05:45				
MALE AGE GROUP: 1 - 19								MALE AGE GROUP: 50 - 59			
1 James Hayes	Wakefield, RI	19	45:04	1 John Cico	Manlius	55	43:55				
2 Vivien Rindisbacher	Newton, MA	14	46:07	2 Matthew Feiner	New Haven, CT	50	46:38				
3 Alexander Chrystall	Wellesley, MA	15	54:53	3 Brett Rutledge	Westboro, MA	52	47:22				
FEMALE AGE GROUP: 1 - 19								FEMALE AGE GROUP: 50 - 59			
1 Gabrielle Vandendries	Chestnut Hill, MA	15	54:56	1 Mary Lockwood	Burlington, VT	52	1:02:36				
2 Valerie Cyr	Wakefield, RI	19	1:00:42	2 Lisa Davis Lewis	Carlisle, MA	58	1:06:34				
MALE AGE GROUP: 20 - 29								MALE AGE GROUP: 60 - 69			
1 Eric Dಂತen	Milford, PA	22	42:50	1 Mark McCathy	Fairport	65	47:36				
2 Alec Babala	Nashua, NH	23	45:05	2 Mike McCusker	Buckland, MA	65	48:00				
3 Peter Durrant	Seattle, WA	24	51:15	3 Ronnie Poplar	Wilmington, VT	65	51:04				
MALE AGE GROUP: 30 - 39								FEMALE AGE GROUP: 60 - 69			
1 Jack Drizhal	Callicoon	31	4:12	1 Amy Verner	Manchester Center, VT	68	1:32:21				
2 Joji Matsushima	Fort Lee, NJ	35	46:48	MALE AGE GROUP: 70 - 79							
3 Erkki Mackey	Cornwall, VT	34	46:50	1 Kenneth Cestone	Bennington, VT	76	57:20				
					2 Sandy Hackney	Valley Falls	70	1:20:42			
					3 Dennis Marino	East Boston, MA	71	1:20:53			
					<i>Courtesy of Manchester Rotary Club</i>						

36TH ANNUAL LANE 10K LAKE RUN • August 3, 2014 • Lake Pleasant to Speculator

MALE OVERALL					MALE AGE GROUP: 40 - 49				
1 Randall Cannell	41	Broadalbin	41:10	1 Michael Baker	40	Ballston Spa	44:55		
2 Robert Hamlin	24	Bethlehem, PA	44:06	2 Bill Bay	48	Moravia	46:30		
3 Matthew Mash	28	Green Island	44:26	3 Mark Phoenix	48	Schenectady	49:42		
FEMALE OVERALL					FEMALE AGE GROUP: 40 - 49				
1 Daniele Cherniak	52	Cohoes	48:15	1 Lori Beck	40	Amsterdam	57:14		
2 Ashley Short	29	North Bennington, VT	53:59	2 Carrie Doyle	41	Hillsborough, NC	1:00:34		
3 Christina Cross	38	Williston, VT	56:16	3 Andrea Brown	46	Tuxedo Park	1:03:30		
FEMALE AGE GROUP: 1 - 14					MALE AGE GROUP: 50 - 59				
1 Sarah Smith	11	Lake Pleasant	1:04:12</						

TRIATHLON & DUATHLON

FINISH STRONG with Fall Duathlons

MOHAWK TOWPATH BYWAY DUATHLON IN THE MORE RURAL LANDSCAPE AND FALL FOLIAGE OF CLIFTON PARK. PHOTO BY GREG WOLCOTT

By Kristen Hislop

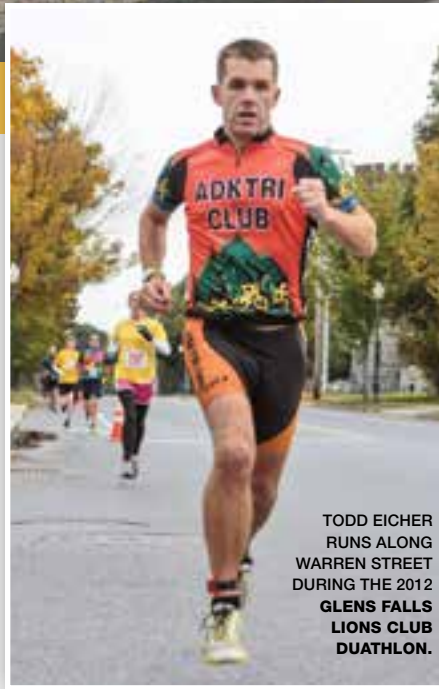
A few mornings with that crisp feel in the air, back to school shopping, and slightly shorter days all mean we are headed back into duathlon season. Race directors schedule duathlons early and late in the triathlon season when the swimming conditions are tricky. Fall duathlons are a great chance for runners and cyclists to give multisport a go. For triathletes, it is a great way to transition into the off-season.

Two favorite local fall duathlons are back. On Sunday, October 12 the third annual **Glens Falls Lions Duathlon** will take place on the SUNY Adirondack campus in Queensbury. This 5K run, 30K bike, 5K run event typically attracts over 150 participants. The Glens Falls Lions Duathlon race route starts and finishes at the college, while winding through parts of Warren and Washington counties.

Some of these racers are seasoned athletes looking for a course PR and many are just giving the sport of duathlon a try. The first 125 to register will be guaranteed a long-sleeve technical shirt. The race is open to individuals, two- and three-person teams. The funds raised from this race enabled the Glens Falls Lions Club to continue its work providing sight and hearing assistance and preservation. Registration is open at greenleafacing.com.

The following weekend on Sunday, October 19 is the 12th annual **Mohawk Towpath Byway Duathlon** at Riverview Orchards in Rexford, which will be sporting a new USAT sanctioned course with some exciting additions. The new course features a tour of the local orchards starting with Riverview. An out-and-back two-mile run along Riverview and Droms roads, transitions to a 17-mile bike ride with two loops passing Bowman Orchards and Lindsey's Orchards, then back to a second loop on the run course. Those who did not like the run and bike hills on the former course, will be pleased to run and cycle the rolling hills instead. This will be a fast course with PRs guaranteed for all! If you register by October 11, you'll also be treated to a lunch from Giffy's Bar-B-Q. The race is open to individuals and two-person teams. The Kid's Race through Riverview Orchards is free, and there will be some fun twists this year as well. Registration is open at finishright.com.

If you aren't sure you're ready to tackle either duathlon, then you can do a simulator with duathlete Tracy Perry at VENT Fitness in Clifton Park. On September 21 at 10:30am, she will lead a two-mile run, followed by a one-hour spin (virtual tour of the Mohawk Hudson Byway course), and followed by another two-



TODD EICHER RUNS ALONG WARREN STREET DURING THE 2012 GLENS FALLS LIONS CLUB DUATHLON.

PHOTO BY RICH CAVAGNOLO

mile run. This event is free and open to non-members, but you must sign up in advance. These events are always looking for volunteers. Both are local fundraisers, so if you are not planning to race, please volunteer your time. For volunteer contact info, visit glensfallsions.org or mohawktowpath.org.

The fall also brings many great local cycling and running events. There are many benefits to the multisport lifestyle, but a top contender is injury prevention. Having other

LUNA TRIATHLON CLINIC WITH SUZIE SNYDER

On Saturday, October 4, there will be a LUNA Triathlon Clinic with professional athlete and Averill Park native, Suzie Snyder (Athlete Profile, May 2005). At the clinic, you'll learn about strength training, trail running, and mountain bike riding. It will be a fun afternoon of learning and hands-on doing, and who better to learn from than a pro! And, of course, you can pick-up some LUNA bars! Sign-up: teamlunachix.com/albany_triathlon.

At the ITU Cross World Championships in Zittau, Germany this August, Suzie was the second US woman and eighth place overall. This was a good comeback from the previous weekend at Xterra Czech, where she flatted five miles into the bike while in second place, but battled back to finish ninth overall. A couple of weeks earlier, Suzie place sixth at the Xterra Mountain Championships in Colorado, and early this season she placed third at the Xterra East Championships. ■

sports to fall back on makes cross-training part of training! Check the Calendar of Events and other feature articles in this issue for more cycling and running opportunities this fall. 🍂

Kristen Hislop (hislopcoaching@gmail.com) of Clifton Park is a USA Triathlon and USA Cycling coach, Team in Training coach, and member of Team LUNA Chix Albany Triathlon. Learn more at hislopcoaching.com.



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38TH ANNUAL

JOSH BILLINGS

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Sunday, September 14

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Here are a few sale bikes. Come on in to see everything!

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2012	Specialized Tarmac Apex	56	\$1800	\$1250
2013	Specialized FSR Comp 29	L	\$3000	\$1750
2014	Diadorra Firenze Comp	56	\$895	\$600
2014	Diadorra Firenze Race	58	\$1499	\$1000
2014	KHS 4 Season 1000	M	\$1260	\$1160
2014	KHS 6500	M & L	\$3799	\$2750
2014	S-Works Roubaix or Tarmac Frameset	56	\$3500	\$2500
2014	Specialized Allez Expert	54	\$2300	\$1500
2014	Specialized Amira Comp	54	\$2825	\$2250
2014	Specialized Dolce Sport 105	51	\$1500	\$1250
2014	Specialized Epic Comp Carbon	L	\$4100	\$3000
2014	Specialized Roubaix Expert	56	\$4000	\$3250
2014	Specialized Roubaix Expert SL4 Disc	58	\$4000	\$3250
2014	Specialized Roubaix Pro Race Force	54	\$5650	\$4000
2014	Specialized Roubaix Sport	56 & 58	\$2025	\$1850
2014	Specialized Ruby Comp	48	\$2825	\$2250
2014	Specialized S-Works Ruby	51	\$8500	\$6000
2014	Specialized Secteur Expert Disc	54 & 56	\$1925	\$1500
2014	Specialized Tarmac Comp	56 & 58	\$2125	\$1750
2014	Specialized Tarmac Elite	54	\$2500	\$1850
2014	Specialized Tarmac Pro Race	54 & 56	\$5800	\$4000
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2014	Specialized Venge Pro Race	56	\$5800	\$4000

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BICYCLING

Mass-Start Riding

Advice from a Pro and Fall Events

TYLER WREN AT THE 2013 USA CYCLING PRO ROAD RACE IN TENNESSEE.

By Tyler Wren

Just before my first semester in college, I purchased my very first road bike with aspirations of trying out for the collegiate cycling team and leaving my injury-ridden running days behind me. Full of ambition, I begged and pestered the road cycling team captain to let me participate in one of the team group rides before the more pedestrian freshman newcomer ride that he repeatedly suggested that I start with. Eventually he relented and allowed me to ride with the established team veterans, and I promptly crashed into the accommodating captain when he broke for a stop light less than a mile off campus.

That unfortunate day in September 1999 was my first road group ride, and I did it without any understanding of group-ride etiquette or safety. I've come a long way since then, participating in more than 1,000 mass-start road races and rides all over the world, and I've picked up a lot of tips along the ride that I want to share with you here to help inspire you to get ready for a mass-participation cycling event.

Riding alone or with a few friends is easy. If your childhood was like mine, it probably included much summertime bike riding with friends to baseball games, friends' houses, etc. It can be intimidating, however, to line up with a few hundred other cyclists for a big cycling event, but you should feel confident that with some practice and patience you can get out there safely and enjoy the ride.

My Five Mass-Start Ride Tips:

- 1) Watch for the obstacles** – Group-ride etiquette dictates that riders point out potholes and obstacles on the road. So keep an eye out for hand gestures, sometimes so subtle that riders' hands don't leave the bars, and point out the obstacles yourself for the riders behind you.
- 2) Build your endurance** – You can count on a little extra oomph on the day of your big ride, but make sure that you can confidently complete 70 to 80% of your chosen ride distance on your own in training.
- 3) Stay relaxed in the group** – It's easy to feel tense and timid your first time riding in a big group. It's important to stay relaxed and avoid unnecessary sudden changes in direction or speed. Think of the group



- like traffic on the freeway – pass on the left, check your blind spots and signal your turns.
- 4) Start small, then go big** – Ride with a handful of friends first, then graduate to a local group ride, like the ones run by Mohawk-Hudson Cycling Club, Capital Bicycle Racing Club, R-Cubed, HRRT or your local bike shop. When you feel comfortable there, sign up for a big ride and give it a shot.
 - 5) Still feeling intimidated, start at the back** – The experienced riders like to start at the front of group when a big ride rolls out. There is no shame in letting the veteran riders go ahead so you feel comfortable with a thinned-out group towards the back.

If you're feeling inspired, here are suggested events:

Camp Challenge Ride on September 6 at the Double H Ranch in Lake Luzerne. Challenge yourself with 30- and 60-mile supported routes in the southern Adirondacks with lunch and music. All proceeds benefit Double H Ranch, where they provide recreational and therapeutic experiences for children with serious illnesses. Visit: doublehbranch.org.

Saratoga Century Weekend on September 6-7 at Saratoga Spa State Park. MHCC is the largest club in the region and this annual event is open to all. Each day offers marked, supported routes of 25, 50, 62 and 100 miles in beautiful Saratoga County with lots of great company and catered post-ride lunch. Not to be missed. Go to: mohawkhudsoncyclingclub.org.

Lance Gregson 1-Eye Classic on September 14 at the town park/beach in Schroon Lake. Lance Gregson, a local stonemason, loved riding and this friendly event celebrates his memory. Choose rides from three,

12, 26, 40 and 60 miles near Schroon and Brandt lakes. Then enjoy live music, a potluck picnic, raffle and spectacular lake views. Details: schroonlakecycling.com.

Bike Otsego 2014 on September 20 at Damaschke Field in Oneonta. Go celebrate the National Baseball Hall of Fame's 75th anniversary with a ride through scenic Otsego County and the birthplace of baseball. There are three ride lengths – 12 miles (family friendly), 30 miles and 75 miles, plus two mountain bike ride options! Checkout: bikeotsego.com.

Ride, Run, Walk 4 Love on September 27 at Saratoga Spa State Park. Take your pick with 15- and 30-mile rides, or the new Climb4Love Ride of 58 miles with four challenge climbs (3,737-foot elevation gain). The supported rides include lunch. Proceeds benefit Love146, an international human rights group, and SAFE of Schenectady. Visit: love146.org.

Rensselaerville Cycling Festival on September 28 in Rensselaerville. This party on two wheels in southern Albany County is for the whole family and will be hosted by yours truly at the beautiful Carey Institute for Global Good. Over a dozen pro athletes will lead out riders en masse for the 25, 55 and 84-mile gran fondo options, but don't be intimidated by the big-time cyclists – the ride, not race, is focused on the views, challenging terrain and festive stops with treats like Stewart's ice cream, wine, chocolate and live music. Go to: rensselaervillecycling.com.

Oktober Breast Ride for Cancer on October 5 at Core in Glens Falls. This is a community event for breast cancer with rides of 50, 25 and ten miles – or RPM Indoor Cycling at Core. They'll also have amazing raffle items to raise funds. Details: facebook.com/oktoberbreast. 📌

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

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- Early Packet Pickup at Fleet Feet Sports Albany, Saturday November 8
- Race Day Packet Pickup and Baggage Check at Schenectady YMCA
- 1K Children's Run (12 and younger) Starting on Franklin St near YMCA - 11 am

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	WALK-UP REGISTRATION	November 7 (last chance) @ Schenectady YMCA 4:00 pm-7:00 pm
	EARLY PACKET PICKUP	Saturday, November 8 @ Fleet Feet Sports Albany 9:30 am-2:00 pm (Kids Run registration only)
	RACE DAY PACKET PICKUP & BAGGAGE CHECK	Sunday, November 9 @ Schenectady YMCA 7:00 am-8:00 am (No day of race registration)

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- 15K USATF ADK and HMRRC Grand Prix Event





Visit web site for event details and how to register www.stockadeathon.com