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**OCTOBER
2014**



2013 MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON.
PHOTOS BY CHRIS BISHOP, CHARLES BISHOP, BILL MEEHAN, NEIL SERGOTT

Top Runners and Marathon History

By Christine Bishop



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Suspense always hangs over a marathon event. Who will win? Will records be broken and by whom? To help you, the lead runners for the Mohawk Hudson River Marathon and Half Marathon on Sunday, October 12 will be featured. The marathon starts from Central Park in Schenectady, while the half marathon starts midway at Colonie Town Park in Latham, with both finishing at the Corning Preserve in Albany. The race is organized and directed by the Hudson-Mohawk Road Runners Club.

Club member Ed Neiles manages the elite runners and has provided background information on some of the top runners.

MARATHONERS

Male – **Bryan Morseman**, 29, of Addison won the MHR Marathon last year in 2:24:24. This year on May 18 at the Run for the Red Marathon in the Poconos, Bryan ran a 2:19:57 at a 5:20 pace. Bryan has the potential to beat Dale Keenan's course record that has lasted for 30 years. His goal is to qualify for the 2016 US Olympic Marathon Trials. **Dereje Deme**, 30, of Ethiopia placed second at the Vermont City Marathon this past May in 2:22:04. Dereje's specialty is the half-marathon. His PRs are 10K 28:08, 15K 42:30, and half-marathon 1:00:00.

Mike Roda, 38, of Albany, has a 2:30:14 marathon PR run at the Boston Marathon in 2013. In last year's MHR Marathon Mike placed third in 2:36:04. This year he has been running well and training hard with 140-mile running weeks. Keep in mind that Meb Keflezighi won the Boston Marathon this year at age 38, a week before he turned 39. These runners should be watched as they consistently run well: **Kyle Marks**, 24, 2:36:30; **Juan Martinez**, 36, 2:37:14; **Jim Sweeney**, 33, 2:37:27; and **Justin Renz**, 42, 2:39:36.

Female – **Sarah Manning**, 31, of Winooski, Vt. recently ran a sub 3:00:00 marathon. **Elena Shemyakina**, 55, of Geneva, Ill. ran the Boston Marathon in 3:02:00 this year. **Jodie Robertson**, 29 of Melville, ran in the Olympic Trials and recently clocked a 2:24:31 marathon.

HALF MARATHONERS

Female – **Nicole Blood**, 26, of Hoboken, NJ is originally from Saratoga Springs where she won a myriad of high school honors including national awards. She attended the University of Oregon where she graduated as a nine-time All-American and ran professionally for Nike. She now works as an assistant cross-country and track coach at Columbia University. Last year she ran the MHR Marathon and finished second in 2:54:20, and in August this year won the Altamont 5K in 17:32, finishing second overall. **Genna Hartung**, 23, of Morrisonville, was the half-marathon winner in 2013 with a time of 1:22:06. She was a top athlete on the Cornell University track team and graduated with a degree in nutritional sciences in 2013. She is now a pre-college instructor at Kaplan Professional Athlete and NJ-NY Track Club. Her career is laced with wins and the duel for first place should be thrilling.

Renee Tolan, 38, of Clifton Park, will also present a potent challenge. She came in second last year in 1:24:42 and is not to be underestimated. She trains hard and is a consistent racer. **Nicole Soblosky**, 28, of Albany, further rounds out the race with a fourth place last year in 1:26:33, but is stronger this year with a first place win at the SEFCU 5K on Labor Day in 19:01. **Sara Dunham**, 38, of Plattsburgh is the 2011 MHR Marathon winner and ran a half in 1:19:00 earlier this year. The women's half-marathon will likely be a battle between Nicole, Genna and Sara.

Male – **Thomas O'Grady**, 29, of Latham, is a distinguished marathoner and half-marathoner. He has run the Boston Marathon three times, each time setting a PR. This year he finished Boston in 2:28:00 – the first upstate New York finisher and fourth NYS finisher. His PR in the half-marathon is 1:10:56. Since 2010, Tom has run over 5,000 miles each year and from 2007 to 2014 has only missed five days of running. He recently received his PhD in epidemiology and works for the NYS Dept. of Health where he often commutes by running. **Aaron Lozier**, 26, of Guilderland, ran the 2014 Boilermaker in 55:52, the NYC Half Marathon in 1:12:16, and

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KAYAKING, CANOEING & SUP

Fall Paddling and Hiking Ideas

By Rich Macha

For many of us outdoorsy types fall foliage season is our favorite time of year.

The biting bugs are gone, temperatures are comfortable and the waterways of upstate New York see less use. Adding a splash of color to any outdoor scene increases its visual appeal; the ordinary becomes extraordinary and the beautiful becomes stunning.

In the Adirondacks prime fall foliage season lasts from the middle of September through early October. After Columbus Day there are very few leaves left on the deciduous trees, perhaps some beeches are hanging on to their golden leaves but maple leaves with their reds, oranges and yellows are long gone. If you, like me, like your reds then get out there before the end of September. Lowland red maples in wet areas especially near streams often turn bright red in early September so that is a good time to be on the water in your canoe, kayak or paddleboard.

When I am paddling I like to have views of mountains around me, when I hike I like to gain some elevation to find views of ponds and lakes surrounded by autumn's splendor. I get all I can wish for when I get to do both in the Adirondacks.

For mountain views from the water it is tough to beat a paddle on Henderson Lake at the southern edge of the High Peaks area. First you have to carry or wheel the canoe or kayak 0.3 miles on a road-like trail to the put-in, but it is well worth the effort. Once on the two-mile-long lake you have a view to the west of Henderson and Santanoni mountains, Mount Colden is over your shoulder, and MacNaughton Mountain and Wallface's massive cliff soon make a magnificent appearance to the north.

For a little variety, try paddling into Santanoni Brook as well as a marshy inlet at the lake's south end. A hike from Henderson Lake to a mountaintop is possible but will not be easy due to distance and elevation, so you can drive through nearby Newcomb for an easy hike with a 1,000-foot climb in 1.7 miles to Goodnow Mountain's fire tower, which affords grand views in all directions.

If you are in the Lake Placid area there are nice views from Heart Lake, but not much paddling, and a one-mile hike with over 700 feet of elevation gain gets you to the top of Mount Jo and a wonderful view of the High Peaks. Also near Lake Placid there is the Chubb River where you can paddle up to ten miles round-trip if you don't mind doing an easy carry en route. The Sawtooth Range as well as Street and Nye mountains add to the scenery, and Whiteface Mountain peaks out at you on the return.

One of my favorite views is from Lows Ridge near Tupper Lake. After a three-mile paddle up the Bog River through Hitchins Pond to Lows Upper Dam, you can hike a new trail a little over a mile, gaining 400 feet to an exposed rocky ridge. The view down to the sinewy Bog River and the mountains strung out along the horizon beyond is memorable, and parts of Lows Lake can be seen in the other direction. While you are up

there look for a plaque embedded in the rock commemorating A.A. Low, the entrepreneurial landowner of the early 1900s. There's a lot more water here to be paddled if you so desire as you can continue further up the widening Bog River to Lows Lake.

In the heart of the Adirondacks lies Blue Mountain Lake with its namesake fire tower peak to its east. Blue Mountain Lake has some development and there might be some light motorboat use, but the surroundings are a delight and there are some state-owned islands and shoreline you can land and camp on. On its north shore, a little west of Bluff Point, there is a rough (rocks and roots) 0.9-mile trail that climbs steeply 670 feet up to Castle Rock – the view is awesome for such little effort. The view includes Blue Ridge as well as Blue Mountain itself, which gives you some “blues” to add to the reds, oranges and yellows. From the town beach it is a two-mile paddle past several islands to a small sandy landing. Follow blue markers to a junction with a yellow-marked trail and take a left.

Further southeast is Thirteenth Lake. Most of the shoreline is state land and there are plenty of birches and other hardwoods that add color in early fall. The lake is two miles in length. From the west shore you can hike to Peaked Mountain. From Elizabeth Point on the east shore, or with a short drive to the Old Farm trailhead you can do an easy climb of Balm of Gilead Mountain, and enjoy its view across Thirteenth Lake to other parts of the Siamese Ponds Wilderness.

The Hudson River south of Albany becomes an attractive option in mid-October when the Adirondack Park has lost its color. Oaks provide most of the color; while more subtle than maples, the variety of oak colors can be quite interesting. On the Hudson near the town of Catskill you can paddle around Rogers Island (best near high tide) or poke into the Ramshorn Creek. I enjoy paddling into the Tivoli Bays; the north bay has a maze of creeks within a marshy area, and the south bay is more open but is shallow so should be avoided near low tide. There are hiking trails on shore with views across the bays toward the Catskill Mountains.

As we transition to colder air and water temperatures, we should pay some attention to safety! Capsizes are rare but should be planned for as water temperatures under 60 degrees can pose several problems and make recovery difficult. The best thing you can do is wear your life vest. Also, avoid wearing cotton clothing which when wet can suck the heat right out of you. Other wise options are wearing a wetsuit, staying close to shore, and practicing self-rescue and assisted rescues with others.

Fall foliage season does not last very long so make plans now to get out and paddle during one of the most beautiful times of the year. 🍂

Rich Macha is owner of Adirondack Paddle 'n' Pole in Colonie, a store specializing in canoeing, kayaking and cross-country skiing. Rich usually continues to paddle until the skiing is better than the paddling. For more trip reports visit onewithwater.com.

- ◀ HUDSON RIVER NEXT TO ROGERS ISLAND NEAR CATSKILL.
- ▼ CLIFFS ON GRASS POND SECTION OF LOWS LAKE.
- ▼▼ VIEW ACROSS HENDERSON LAKE FROM SANTANONI BROOK.
- ▼▼▼ LEWEY LAKE WITH SNOWY MOUNTAIN IN VIEW.

PHOTOS BY RICH MACHA



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Willow Park, Bennington, VT

Nov 16
Bethlehem Cup Cyclocross
Elm Avenue Park, Bethlehem

Info: NYCROSS.com
Register: BikeReg.com



Calendar of Events

October - December 2014

Events beyond this range are advertisers in this issue.

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

ALPINE SKIING & SNOWBOARDING ONGOING

Sat-Sun Used Equipment Sale. 10/25-11/23: 10am-4pm. Willard Mountain, Greenwich. 692-7337. willardmountain.com.

OCTOBER

- 10-13 Ski & Snowboard Tent Sale.** Steiner's Ski & Bike, Valatie. 784-3663. steinersskibike.com.
- 17-19 Ski & Snowboard Tent Sale.** Steiner's Ski & Bike, Glenmont. 427-2406. steinersskibike.com.
- 26 Willard Mountain Job Fair.** 10am-3pm. Willard Mountain, Greenwich. 692-7337. willardmountain.com.

NOVEMBER

- 7 Willard Mountain Job Fair.** 10am-3pm. Willard Mountain, Greenwich. 692-7337. willardmountain.com.
- 7-8 Warren Miller's "No Turning Back" Movie.** 8pm. Palace Theater, Albany. Tickets: Play It Again Sports, Latham. 785-6587. playitagainsportslatham.com.
- 8 Warren Miller's "No Turning Back" Movie.** 7pm. Gannett Auditorium, Skidmore College, Saratoga Springs. Tickets: The Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.
- 7-9 53rd Albany Ski & Snowboard Expo.** Empire State Plaza, Albany. albanyskiandsnowboardexpo.com.
- 29-30 Snow Sports Instructor Training Course w/PSIA.** 8:30am. Gore Mountain, North Creek. goremountain.com.

BICYCLING

SEPTEMBER

- 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. renselaervillecycling.com.
- 28-10/2 19th New England Adventure Bicycle Tours: Lake Champlain Bikeways Fall Foliage Tour.** 369-6589. newenglandadventure.com.

OCTOBER

- 4 Howlin' Wolf Ride.** 28M. 1pm. Rain at start cancels. Wolf Hollow Brewing Co, West Glensville. mohawkhudsoncyclingclub.org.
- 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. berkshirescycling.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. anthemssports.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.
- 27-12/9 YMCA Bike Israel Epic Adventure.** 25-60M/day supported tour. Israel. Melissa Bellew: 869-3500 x9923. cdymca.org.

NOVEMBER

- 1 Stationary Bike Race.** 4-person relay. 9am. Saratoga Regional YMCA, Saratoga Springs. dakefoundation.org.
- 15 Rivers & Lakes Century.** 100M. 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 22 Cranksgiving Alleycat Race.** Bike ride & food drive. 7pm. Bring: bike, lights, backpack, lock, \$25 & "smack talk." Ride to area stores to collect & donate food to Homeless Action Shelter in Albany. Henry Johnson Monument, Washington Park, Albany. keepalbanyboring.com.
- 23 Sweat N' Ice.** 62M/32M. 10am. Charlton Town Hall, Charlton. Heather Rizzi: 847-2419. hrrtonline.com.

CROSS COUNTRY & ROLLER SKIING

OCTOBER

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

NOVEMBER

- 22-23 Lapland Lake Open House.** 9am-4:30pm. Season passes, sale on gear and clothing, food. Lapland Lake Nordic Center, Benson. 863-4974. laplandlake.com.

DECEMBER

- 14 Cross Country Ski: Leader's Choice.** 8-10M. Woodford, VT. Rich Macha: 346-3180. adk-albany.org.
- 20 Intro to Ladies Day Program.** Beginner female skiers. 9:30am-2:30pm. Lapland Lake Nordic Center, Benson. 863-4974. laplandlake.com.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness Classes.** Next Session: 11/10-12/20. 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.

DECEMBER

- 4 Back in Balance Open House.** 5-8pm. Back in Balance Therapeutic Massage, Clifton Park. 371-6332. bibtherapeuticmassage.com.
- 6 Back in Balance Open House.** 10am-2pm. Back in Balance Therapeutic Massage, Clifton Park. 371-6332. bibtherapeuticmassage.com.

HIKING & ROCK CLIMBING

SEPTEMBER

- 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.



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- ### OCTOBER
- 3-5 **Trailless Backpacking: Santononi 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 Reel Rock 9: "Valley Uprising" Yosemite's Rock Climbing Revolution. 7am. Gear raffle, BYOB, benefits ADK climbing. Keene Arts, Keene. The Mountaineer: 576-2211. mountaineer.com.
 - 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 Fire Tower Hike.** 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.
 - 9 **Goodnow Fire Tower Hike.** 3.8M. Jen Shepherd: 312-0133. adk-albany.org.
 - 16 **MacNaughton Hike from Adk Loj.** 15M. Jesse Cole: 413-841-5946. adk-albany.org.

- ### DECEMBER
- 6 **North Dome, Sherrill, West Kill.** 14M. Claudia Warren: 364-3857. adk-albany.org.
 - 13 **Pharaoh Mountain Hike.** 8.4M. Phil Seward: 527-1851. adk-albany.org.

- ### MOUNTAIN BIKING & CYCLOCROSS
- #### OCTOBER
- 4 Trail Day. Daniels Road State Forest. 9:30am-1pm. Saratoga Mountain Bike Association. saratogamtb.org.
 - 12 Crossstock Festival: CX Races. 10am. Kids race: 11:45am. Galway. Heather Rizzi: 847-2419. hrrtonline.com.
 - 19 **NYCROSS Series: Saratoga Spa Cyclocross & NYS CX Championship.** Saratoga Spa SP, Saratoga Springs. nycross.com.
 - 26 **NYCROSS Series: Wicked Creepy Cyclocross.** Willow Park, Bennington, VT. nycross.com.
 - 30 **R-Cubed Halloween Bash MTB Ride.** 5:45pm. Luther Forest Trailhead, Malta. Rich Tortorici: 491-0068 facebook.com/rcubedrunriderace.
 - 30 All Hallows MTB Race. Central Park, Schenectady. Heather Rizzi: 847-2419. hrrtonline.com.

- #### NOVEMBER
- 16 **NYCROSS Series: 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
- #### 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.

- ### MULTISPORT: TRIATHLON & DUATHLON
- #### SEPTEMBER
- 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.

- 18 Great Sacandaga Challenge: 5K & Duathlon. 5K run, 13M bike, 5K run. 9am. St. Joseph's, Broadalbin. bpeducationfoundation.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.

NORDIC: ORIENTEERING & BIATHLON

SEPTEMBER

- 28 Orienteering Meet. Beginner, Intermediate & Advanced Courses. 11am. JB Thacher SP, Voorheesville. Gabor Bobok: 421-0183. empo.us.orienteeing.org.

- #### OCTOBER
- 3-5 US Orienteering Nationals. Genesee Valley Park, Rochester & Letchworth SP(East), Castile. roc.us.orienteeing.org.
 - 25 Summer Biathlon: Pursuit Race & Trail Day. 9am. Saratoga Biathlon Club, Day. saratogabiathlon.com.
 - 18 Orienteering Meet. Beginner, Intermediate & Advanced courses. 10am. Partridge Run Wildlife Area, Berne. Phil Hawkes-Teeter: 872-1993. empo.us.orienteeing.org.
- #### NOVEMBER

- 1 Orienteering Meet: Beginner, Intermediate & Advanced Courses. 10am. Camp Wakpominnee, Fort Ann. Frank Boscoe: 961-0499. empo.us.orienteeing.org.

OTHER EVENTS

ONGOING

- Call Frozen Assets: Women's Ice Hockey. Seeking Players. Troy. Cathleen Crowley: 966-2896.

- #### SEPTEMBER
- 27 **Nature Fest.** 10am-4pm. Auction, bake sale, exhibits, presenters. Moreau Lake SP, Gansevoort. 793-0511. friendsofmoreaulake.org.

- #### OCTOBER
- 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.
 - 19 **Fall Festival.** 11am-4pm. Chairlift rides, scavenger hunt, games, food. Willard Mountain, Greenwich. 692-7337. willardmountain.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.
 - 13 **Wild & Scenic Film Festival to benefit Batten Kill Watershed Alliance.** 7pm. Community Library, Manchester, VT. Mountain Goat: 802-362-5159. mountaingoat.com.

PADDLING: CANOE, KAYAK & SUP

ONGOING

- Thu **Mornings on the Mohawk.** 9-11am. Niskayuna/Colonie/Latham. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

- #### SEPTEMBER
- 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.
 - 30 **Evening Kayak Tour: Mohawk River.** 5:30am. Freeman's Bridge, Glenville. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

Back in Balance

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Join Us AT THE

Mohawk-Hudson River Marathon EXPO

SAT, OCT 11

Pre-Event:

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The Zombies are Coming!

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

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



Presented by
Radiant POOLS

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-

SEVENTH ANNUAL



Shenendehova Veterans Day Dash

5K Run/Walk
Tuesday, Nov 11 • 10am
Shen H.S. Track
Clifton Park

Flat/fast course • T-shirts to first 350 runners
Open to all runners & walkers • USATF sanctioned
Kids' Fun Run • 9:30am

Register online: FinishRight.com
ShenRunners.com • Beth Haig: 573-4595
Partial proceeds to Veterans Miracle Center, Shen Track Booster Club & Clifton Park Track Club

BEST RUN EVER

Maddie's Mark 5K

Sunday, October 19
Central Park, Schenectady

Race/Walk 10am
Race Zumba Warm-Up 9:30am!
Children's Race 9am
Children's Race Zumba Warm-Up 8:30am

New! Medals for all runners/walkers
USATF Certified, Awards, Food, Swag
Run/Walk \$25 • \$35 Family Walk \$35
New! Maddie's Mark 5K Your Way \$25
Children's Run \$5

More Info or Register:
MaddiesMark.org/5K

Proceeds Benefit:

best days ever



Thanksgiving Day

NOVEMBER 27

Central Park, Schenectady

3 3 R D A N N U A L

CARDIAC CLASSIC 5K

Ellis... HEART2 HEART

PROCEEDS TO BENEFIT ELLIS MEDICINE'S WRIGHT HEART CENTER.

Run. Walk. And Support Cardiac Care for Our Community.

3 GREAT EVENTS

2M Wellness Walk-FREE.....8:00am
(day of event registration until 7:45 am)

5K Road Race-Runners Only.....9:00am
(pre-register only, no day of registration)

1M Duck Pond Fun Run-FREE...10:00am
(day of event registration until 9:45 am)

Register online @ www.cardiacclassic.org
Online registration closes:
Tuesday, November 25 at midnight.
You can also register by mail, fax or in person. Call 243.4600 for details.

SPONSORED BY: **Price Chopper**

OCTOBER

- 5 **Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 7 **Evening Kayak Tour: Moonrise & Sunset Paddle.** Mohawk River. 5:15pm. Niskayuna/Colonie. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 15 **Evening Kayak Tour: Mohawk River.** 5:15pm. Rt.9 Crescent Bridge, Halfmoon. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 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.
- 21 **Evening Kayak Tour: Mohawk River.** 5:15pm. Kiwanis Park, Rotterdam. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

RUNNING, TRAIL RUNNING & WALKING ONGOING

Sat We Run the Capital Community Fun Runs. Preview the Saratoga XC Classic 5K Course: 9/27, 10/4, 10/11. 8am. Open to all speeds/ages. Gideon Putnam, Saratoga Springs. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.

Sat We Run the Capital Community Fun Runs. Preview the new Stockade-athon 15K Course: 10/26 & 11/2. 8am. Open to all speeds/ages. Veterans Park (MVP), Schenectady. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.

SEPTEMBER

- 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. Cicotti 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. gfmf.org.
- 28 **Run for the ROC 5K.** 11am. Saratoga Triple Crown #3. Saratoga Race Course, Saratoga Springs. saratogacare.org.

- 28 **Geyser Road PTO 5K Run/Walk.** 9am. Saratoga Spa SP, Saratoga Springs. geyserroad5krunwalk.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.
- 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. Speedskating Oval, Lake Placid. 561-7280. redcross.org/nccrunforthered.
- 4 **2nd Spooktacular 5K Pumpkin Run/Walk to Benefit WWAARC.** 10am. Costumes encouraged. Kids' Monster Mile: 11am. YMCA, 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.
- 4 **Hannah's Hope Run for Life 5K.** 9am. Indian Meadows Park, Glenville. hannahshopefund.org.
- 5 **Beat Beethoven 5K.** 9:20am. Central Park, Schenectady. schenectadysymphony.org.
- 5 **Boght Community Fire Prevention 5K Run/Walk.** 9am. Colonie Town Park, Latham. boghtfire.org.
- 5 **21st Pit Run 10K, 5K & 2M Stroll.** 10:45am. Neahwa Park, Oneonta. 607-699-1590. pitrun.org.
- 8 **Lifelong Running: Current Concepts to Run Healthy.** Run Strong w/Lawrence Fein, MD, Maureen Cormier, PT, Charles Woodruff, Fleet Feet. 6pm. Saratoga Regional Therapy Center, Malta. Register: 580-2450. saratogahospital.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 **SUNY Adirondack Cares 5K.** 8:30am. Scoville Center, SUNY Adirondack, Queensbury. 743-2249. sunyacc.edu.
- 11 **3rd Stars & Stripes Run-Walk.** 5K: 9:45am. 2M Walk: 10am. Wheelchair: 9:30am. SUNY-IT, Marcy. 315-737-2245.
- 11 **Columbus Day Fall Foliage Ramble.** 15K, 5K, 1K. 9:30am. Paul Smith VIC, Paul Smiths. 327-6241. paulsmiths.edu.
- 11 **MHR Marathon/Half Expo Seminar w/Coach Greg McMillan.** Book signing: "You (Only Faster): 10 Secrets of Success. 11am & 3pm. 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 **Trek for Hope Races.** 10K: 9am. 5K Run/Walk: 10:30am. 1M Kids Run: 9:15am. Village Park, Granville. 321-9640.
- 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.

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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 HMRRC, \$20 non-members
T-shirt, awards, raffles
Larry Ellis 629-7175. Lellis@hvcc.edu

Register online: hvcc.edu/cct



TURKEY TROY 2014

Thanksgiving Day
5K Fun Run/Walk
Bethlehem Middle School | 332 Kenwood Ave. Delmar
Benefits the
Bethlehem Food Pantry
Register at:
OurTowneBethlehem.com



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

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

- 18 6th Race Away Stigma 5K Race & Fun Walk.** 10am. Stadium, HVCC, Troy. Larry Ellis: 629-7175. hvcc.edu/cct.
- 18 3rd Veeder Tree Farm 5K Run.** 10am. Veeder Tree Farm, Earleton. Mike: 857-3948. active.com.
- 18 1st Corn Maze 5K Run/Walk. Liberty Ridge Farm, Schaghticoke. 664-1515. cornmaze5k.com.
- 18 Spark on the Run. 5K Run/Walk. 10am. Haslett Park, Ft. Plain. 284-5583. fmrrc.org.
- 18 Great Sacandaga Challenge: 5K & Duathlon. 9am. St. Joseph's, Broadalbin. bpeducationfoundation.org.
- 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. Kids Race: 9am. Zumba Warmup: 9:30am. 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.
- 19 Billy Goat Trail Run. 5K & Kids Run. 10am. Baird SP, Wappinger Falls. mhrrc.org.
- 19 Deerfield Skeleton Run. 5K, 1.5M & Kids Run. Wilderness Park, Deerfield. eteamz.com/deerfieldskeletonrun.
- 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.
- 25 APD 5K Run/Walk for Domestic Violence Awareness. 11am. Jennings Landing, Albany. 462-8153. albany-ny.org.
- 25 3rd Pumpkin Brigade 5K. 9am. Fire House, Johnsonville. 753-0315. active.com.
- 26 2nd RUNDEAD 5K Trail Run: The Obstacles are Zombies!** 9:30am. Saratoga Spa SP, Saratoga Springs. Special Olympics NY: 338-0890. therundeadd.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 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 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. onteorunners.org.
- 2 UlsterCorps Service Sprint & Zombie Escape. 11am. Rosendale. 845-481-0331. ulstercorps.org.
- 2 TCS NYC Marathon. 26.2M. New York City. tcsnycmarathon.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.
- 9 After the Leaves Half Marathon Carriage Trail Race. 13.1M. 11am. Minnewaska SP Preserve, Gardiner. 845-339-5474. shawangunkrunners.org.
- 11 7th Shenendehowa Veterans Day Dash 5K.** 10am. Kids Run: 9:30am. Shenendehowa HS Track, Clifton Park. Beth Haig: 573-4595. shenrunners.com.

- 15 Freihofers Operation Santa Runs. 5K & 10K. 11am. Hudson Falls MS, Hudson Falls. adirondackrunners.org.
- 22 Frostbite 5K Run/Walk. 10am. Mayfield HS, Mayfield. mayfieldcsd.org.
- 22 Change of One Pre Turkey Trot. 5K, 10K & 1M Fun Run. 9am. Farmers Market Pavilion, Gloversville. fmrrc.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 Run.** 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. mhrrc.org.
- 27 Heuvelton Gobbler Gallop Run/Walk. 9:45am. Fire Department, Heuvelton. northernrunner.org.
- 27 James Hinchliffe 5K Run/Walk for ALS. 8:15am. Civic Center, Glens Falls. 480-3186. jphals5k.com.
- 27 30th Thanksgiving Day Run/Walk to End Hunger. 8:50am. 5K. Parkway Rec Center, Utica. uticaroadrunners.org.
- 27 Thanksgiving Day Run for the Hall. 10K. 9am. Sports Hall of Fame, Rome. romanrunners.
- 27 17th Running of the Turkeys. 5K. Arlington, VT. bkvr.net.
- 27 38th Turkey Trot 5K. 11am. Kids Race: 10:45am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.
- 29 7th Run Off That Turkey Trot 5K.** 10am. Altamont ES, Altamont. 861-6350. active.com.

DECEMBER

- 6 18th Albany Last Run 5K.** 5pm. Empire State Plaza, Albany. 434-2032. albanyevents.org.
- 6 3rd Ugly Christmas Sweater 5K Run/Walk. 8:30am. Milton Comm. Center, Ballston Spa. 369-1665. gatewayhouseofpeace.org.
- 6 Jingle Bell Run/Walk 5K. 8:30am. Clifton Common, Clifton Park. 456-1203. arthritis.org.
- 6 Miles for Meals 5K, Rome
- 6 Reindeer Run 5K Run/Walk & Reindeer Run Jr. 9am. SUNY Adirondack, Queensbury. 260-2392. adirondackrunners.org.
- 6 Knights of Columbus Holiday Run. 5M & Kids Run. 10:30am. Knights of Columbus, Wappingers Falls. 845-297-7950. mhrrc.com.
- 13 5th Red Nose Run 5K. 9am. Little Falls YMCA, Little Falls. 823-9200. christmasinlittelfalls.com.
- 14 HMRRRC Doug Bowden Winter Series: Race #1.** 15K & 3M. 10am. University at Albany, Albany. hmrrc.com.
- 20 Holiday Classic 5K Run/Walk. 10am. Columbia-Greene Comm. College, Hudson. 861-6350. holidayclassic@nycap.rr.com.
- 31 17th First Night Saratoga 5K Run.** 5:30pm. Skidmore College, Saratoga Springs. 584-4132. saratoga-arts.org.

Bold listing = Advertiser in current issue of Adirondack Sports & Fitness.
 All area codes 518 unless indicated.

Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.

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

3RD ANNUAL
VEEDER TREE FARM 5K RUN
 Saturday, Oct 18 at 10am
 1235 High Hill Rd in Earleton
 Just 25 miles south of Albany

Finisher medal, bonfire, tailgating, music!
 Discounts on Christmas trees for competitors
 \$25 preregistration or \$30 race day
 100% proceeds to Leukemia & Lymphoma Society in memory of Skip Veeder

Register: Active.com
 More info: Mike (518) 857-3948
 mveeder@kooltemp.com

3rd Annual
St. George's Turkey Trot 5K Family Run/Walk



Thursday, Nov. 27 • 8am
 St. George's School & Episcopal Church
 912 Rte 146, Clifton Park

Register: Active.com
Entry Form: stgeorgesschoolcp.org
 • Kids' Fun Run (\$1 race day) • 9:05am

Benefits St. George's School

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
(518) 584-2000

active.com • saratogastryders.org

7th Annual
Run Off That Turkey Trot 5K



Saturday, November 29 • 10am
 Altamont Elementary School, Altamont

Out and back thru scenic country/village roads
 Running gloves to all preregistered
 Door prizes, refreshments, more...
 Only 300 entries allowed

Register: active.com
 Phil Carducci: (518) 861-6350
 holidayclassic@nycap.rr.com
 Proceeds benefit Helderberg Running Club

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
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Sunday, October 26th
Saratoga Spa State Park
Registration starts 7:30am Race at 9:30am

5k Trail run...where the obstacles are zombies!

Escape the Virus or Join the Mob!
Be "fast food" as a competitive runner or "all you can eat" within the non-competitive flight. Keep at least one flag on your belt away from the hungry zombies and you are eligible for prizes and awards! Or, be a part of the mob as a "hunter" or "crawler" zombie to either chase or use strategy to eliminate runners! There's something for everyone and it's fun for the whole family!

www.therundead.org
[Facebook.com/therUNDEAD](https://www.facebook.com/therUNDEAD)

Volunteers Needed!
For more information contact hgray@nyso.org

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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- Earlier Start Time / Free Downtown Parking
- Downtown Start at Veterans Park near State / Lafayette
- Downtown Finish near City Hall at Franklin / Clinton
- 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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REGISTRATION BEGINS AT 10:30AM
11:45am: Nick's Dash
12:00pm: Nick's Mile
12:30pm: Zumba Warm-up
12:45pm: 2 Mile Walk
1:00pm: 5K

T-shirts to first 250 walk/run registrants!
Prizes - Music - Carnival - Bouncy Bounce
Form a team, wear crazy hats & have more fun
For more info & register go to www.fighttobehealed.org

NFTBH is a 501 (c) 3 organization supporting local pediatric cancer patients.

An **HMRRC** premier event

ONLINE REGISTRATION	Opens Tuesday, July 1, closes Tuesday, November 4
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)

Runner Perks

BROOKS LONG SLEEVE PERFORMANCE SHIRT
with Stockade-athon trademark color logo. Limited to the first 2400 registrants. Shirt size not guaranteed, more variety available at early packet pickup.

MVP HEALTH CARE CLEAR BACK PACK - for clothing baggage check.

B-TAG CHIP TIMING - Net times with 5K, 10K splits.

HOT AND COLD post-race refreshments.
New indoor location: Proctors Key Hall.

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- Hand Crafted Pottery Awards: 5-year age Divisions
- 15K USATF ADK and HMRRC Grand Prix Event

RUNNING & WALKING

Crossing the Threshold Into Fall

By Laura Clark



FERNDALE HILL AT THE 2013 SARATOGA CROSS COUNTRY CLASSIC 5K IN SARATOGA SPA STATE PARK. USATF ADIRONDACK

While no one can argue with the zippy orange/red appeal of crunchy leaves, crisp apples and creepy pumpkin faces, fall also lends itself to foggy introspection. Are your feet ready to match your springtime ambitions? Can you throw back the comforter on a chilly morning? Can you face yet another run in the dark braving your own monsters and the threat of vehicular carelessness?

As we approach "fall back" time, merely crossing the threshold can become the toughest part of your run. For me, early morning victories are measured not so much in minutes per mile as they are in how long I am out there before the slacker birds deign to stretch their wings and offer tentative morning songs. While I normally have little trouble with motivation, and fail to comprehend why anyone would make excuses, darkness defeats me. Real or imagined icy asphalt, glaring headlights or mysterious yellow eyes lurking behind every tree, make the 'dread-mill' seem like a viable option.

Consider running with a friend to get you out the door and sign up for some motivating fall races to keep you on track. Pat Glover, Saratoga Cross Country Classic race director, comments "I think using the shorter races in early to mid-fall, both road and cross-country, as preps for a 'goal' race in late fall is a great way to stay motivated... These shorter races can serve as a fun and more social way to incorporate speed or tempo into your training. They can also be good indicators of where your conditioning is, enabling you to make any changes in training if necessary."

In his newly released book "Field Guide to Ultrarunning," Hal Koerner emphasizes that while prep races give you the opportunity to test gear and strategies, you must insert them carefully into your training plan, allowing yourself sufficient recovery time so as to not jeopardize your goal race. Even if you are a seasoned runner, this year is different from last, with its own set of potential trouble spots. Sure, you may look a bit odd, packing a two-liter water bladder on a 5K, but better to troubleshoot during a shorter race when little harm will come.

So now, let's preview some interesting leaf-greeting events, which can indeed provide motivation as well as an enjoyable autumn outing in and of itself:

The second annual **Run for the Red 5K Run/Walk** in Lake Placid on Saturday, October 4 is not about the Red Hat Ladies, but rather a fundraiser for the North Country Chapter of the American Red Cross. Nonetheless, donning solidarity red in support of this disaster-relief organization would certainly match the spirit of the occasion. If you have ever wanted to run around the Olympic Speedskating Oval but lack the requisite skating skill, this is your chance. Kids dash the 400 meters around the oval, followed by the 5Kers who continue on for a scenic run around the historic village of Lake Placid. Don't miss the Emergency Services Family Fun Expo in the oval from 9-11am. Afterwards, take the opportunity for some early season Christmas shopping and enjoy the red leaves during the peak foliage season. Visit: redcross.org/nccrunforthered.

Further south, check out the 20th annual **Burnt Hills-Ballston Lake Rotary Apple Run 5K Run/Walk**, also on October 4. While the looped, flat certified road course is currently devoid of apple trees, the Apple Run commemorates past lifetimes when Burnt Hills was a major apple producing region. According to race director Paul Lewandowski, to celebrate this special anniversary year, runners will receive a cornucopia of goodies, from a commemorative drinking glass and T-shirt to sunglasses and a track bag filled with even more treats. This is a good event to check out your speed, experiment with your pacing, and support high schoolers' Rotary Club scholarships. There's also a Kids' Mile Fun Run. Go to: bhblrotary.org

When I was a kid, Columbus Day weekend was reserved for hiking, jumping in piles of leaves, and the final official burgers of the season. Kick off your own festivities with the eighth annual **Falling Leaves 5K Run/Walk** in Ballston Spa on Saturday, October 11. Based in the community-centered Kelley Park, the rolling 5K starts with an uphill to Malta Avenue, looping around village neighborhoods, and in a what-comes-up-must-go-down affirmation, back-down that same hill to continue out Saratoga Avenue, and back to the finish. The atmosphere is completely family-friendly with a special mail-in only family rate and a no-cost Kids' Fun Run on the vehicle-free park grounds. Be sure and allow extra time for your kids to kick up some leaves at the elaborate Kids' Creekside Village Playground. Fittingly, beneficiaries are the family-oriented BACA, Shelters of Saratoga, and CAPTAIN Youth and Family Services. Details: ballstonspaumchurch.org.

Make the transition from leaves to pumpkins at **The Great Pumpkin Challenge 5K and 10K Run/Walk** at Saratoga Spa State Park on Saturday, October 18 to benefit Saratoga Bridges. It's noteworthy that the talented Bridges clients not only design the pumpkins and volunteer at the race, but now with the new Bridges Buddies program, 30 members are trained and eager to walk the entire 5K with their staff buddies. The Columbia Pavilion is transformed with a fire pit cauldron to take off the chill and back-drop the costume parade. As was the case last year, there is no day-of race registration, with last chance signups at packet pickup the afternoon before – only if the 2,000 participant cap has not been reached. It is expected that the Pumpkin will be carved up beforehand, as last year came very close, so don't be caught waiting with Charlie Brown in the pumpkin field the night before! Those who fundraise \$100 or more are treated to a waived entry fee. Check out: saratogabridges.org.

The zombies are coming on October 18 at the first annual **Running SCCared 5K Family Fright Run/Walk** at The Crossings at Colonie. This time you are urged to confront your own personal fears – be they monsters

in the closet, vampire encounters or howling ghosts. If your worst fear is of not finishing, zombies will help you confront your anxiety by giving you other things to worry about. If you are haunted by a yet-to-be-achieved PR, ghosts will be there to add zip to your step. If you simply want a fun, family-friendly event with lots of extras like face painting and sack races and scary costume contests, then this is it. Appropriately, the race benefits St. Catherine's Center for Children, helping children and families affected by trauma. Visit: st-cath.org.

Break out of the mold with the **Saratoga Cross Country Classic 5K Race** on Saturday, October 19 at the iconic XC course utilized by the area's high school and college teams! The race is open to all runners and walkers so you get the chance to try a classic route, return as an adult to your days of glory, or measure yourself against your teen's race times. It's a beautiful course combining classical architecture, fields and hills, wide access roads and single-track! The open and USATF Adirondack 5K XC Championship are run simultaneously, preceded by the 5K USATF Adirondack Race Walk Championship. Children may also choose from a 2K or 3K Developmental XC Runs, both utilizing the Ferndell Hill section of the adult course.

Fleet Feet Sports and Saucony are providing major sponsorship with a series of training events, designed to acquaint runners with the concept of "cross country" and get familiar with the course on Saturdays, 9/27, 10/4 and 10/11 at 8am. See fleetfeetalbany.com for details. Those who run both Great Pumpkin Challenge and Saratoga XC will be eligible for a "Saratoga Double Header" award. Go to: usatfadir.org.

So, throw back the comforter, register for some races, and chase away those monsters and goblins! 🍂

Laura Clark (snowshoegal33@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.

COACH GREG MCMILLAN

YOU (ONLY FASTER): 10 SECRETS OF SUCCESS



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+ 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!

www.redcross.org/NCCRunfortheRed

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

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ATHLETE PROFILE



Heather & Andrew Rizzi

By Dave Kraus

RESIDENCE: Niskayuna
FAMILY: Heather, 35; Andrew, 33; Daughter Addison, 6; Son Aidan, 4
OCCUPATION: Heather: Sales Manager for Eddy Merckx Cycles USA, and Andrew: Niskayuna School District Middle School Math Teacher
SPORTS: Heather: Mountain and Road Biking (Secondary: Running); Andrew: Mountain, Road and Cyclocross Biking (Secondary: Lacrosse)

There's a crowd in the Rizzi kitchen tonight. Members of the couple's HRRT cycling club are clustered around the center counter talking about bikes, munching on snacks, and enjoying a beer from the kegerator in the corner. There are plenty of HRRT cycling jerseys in the room showing off the club's distinctive lime green and lavender argyle.

The family dog, Sauza, wanders through the room looking for friendly handouts. If it's racing season, there's often a work stand with bike attached in the corner, replacing the breakfast table. It's not just their house. It's the HRRT clubhouse.

This scene happens often after the club's many events. It might be a mountain bike training ride led by Heather Rizzi on the trails in Schenectady's Central Park, or cyclocross practice led by her husband Andrew. Or it might be an "ice race" on the park's frozen Iroquois Lake in mid-winter, or a junior ride clinic or evening run on the park trails.

Both Heather and Andrew were born and raised in Niskayuna. Heather is the human dynamo who never stops moving, enthusiastic about whatever challenge she meets head-on. Her father got her into competitive cycling at 14, and she raced pro in endurance events for Specialized bicycles from 2003 to 2006.

She also worked at Plaine and Son Bike and Ski in Schenectady for 12 years, and today is a sales manager for Eddy Merckx Cycles USA. The travel for the job gives her a unique perspective on cycling around the country and ideas for HRRT. With her help, the Merckx US sales network has grown from six to 50 dealers so far this year. Andrew is

the more laid back of the pair, who helps keep things going at home, and with the club as Heather pursues her new job.

"My biggest thing with this job is being able to keep the club going with what it has become and not losing the inspiration," Andrew says. "That's what really drives it. When Heather's here it brings more people. She is that dynamite that people want to be around. I don't try to keep up with her. I just try to be the guy in the background who makes sure everything connects."

Andrew played lacrosse in high school and college, and started riding competitively in 2003 after graduating from college. Today he is a math teacher at Van Antwerp Middle School and coaches the junior varsity lacrosse team at Niskayuna High School. He also leads a Capital Region mountain biking club for kids in the National Interscholastic Cycling Association (NICA).

The couple met on a ride in 2005. Heather remembers that it coincidentally took them past Lover's Lane in West Glenville. "After that ride we really hit it off," she says with a smile.

Today they are parents of Addison and Aidan. Heather describes being a parent as

"awesome" as Andrew nods in agreement, and adds, "My favorite thing about racing 'cross is that I can take Addison and she can race, too."

Addison is already riding her own 24-inch wheel road bike, and Aidan is also on wheels on his own trail-a-bike hitched to Mom's ride. But their focus goes way beyond family and into getting the whole community involved in cycling.

You might not be able to predict what they will be organizing next. But it's a safe bet it will be outside, enthusiastic, on bicycles, and it will attract more people to the cycling and social club the couple started in 2010.

HRRT started as "The Tribe," just a group of Heather and her cycling friends. Then on a nighttime ride the idea for the Heather Rizzi Racing Team was born. "It was just four of us sitting around after the ride and we decided we're going to do this," she remembers. "I signed up for this website that was like \$300

a year and the next morning I looked at it and thought, 'Wow, I really did this!'"

The acronym quickly transformed into "Helping Riders Realize Talent" and today the club has over 600 members and a much longer mailing list for events. The club's website at hrrtonline.com has a complete list of club activities, both athletic and social.

Membership is open to individuals and families and includes entry into almost every club event. That includes mountain bike and cyclocross races, road rides, a junior team, duathlons, a women's group (The Bike Belles), and organization of trips to locations like Vermont's Kingdom Trails area and the Colorado Rockies.

The club's latest event is the second annual Capital District Bicycle Gala, taking place at the Edison Club in Rexford on Saturday, November 15. The event is a benefit to support local NICA league racing for juniors and it sold out last year. According to Heather it's a chance for every group from the local cycling community to gather for a good time with food, dancing, a silent auction, and the chance to meet new people who share a passion for cycling.

"The big thing is that the gala and our club are open to every kind of rider and our house is always open for club members. It doesn't matter what you ride, or how fast or slow you ride it, you have a place here," says Heather. "Our number one goal is to get people on bikes. It's our personal mission, to make our club and our home a community where people come to gather and really grow." 🌱

Dave Kraus (info@krausgrafik.com) of Schenectady is a longtime area cyclist, photographer and writer. He is a loyal HRRT club member, but just doesn't look good in lime green and lavender argyle.

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GREY GHOST BICYCLES' STEVE FAIRCHILD LEADS OUT THE OKTOBERBREAT RIDE FOR CANCER IN OCTOBER 2013.

Performance Booster

Focus Now for Gains in 2015

By John Slyer

If you are like most triathletes and cyclists, you know where you are strong and where you can improve your performance. It's likely that in the fall, you are beginning to coast a bit and settle into some autumn and winter activities. I'd like to challenge you to renew your energy by focusing on learning how to improve your weakest discipline. But what should you focus on? Your 2014 results will point you to WHERE YOU WANT TO BE in 2015; START NOW!

REFLECT

Reflect on your annual training patterns. As with many athletes, after the season has come to a close most of us don't take the time to really reflect on our performances immediately. We coast for a bit and move into other fall and off-season activities. Letting some winter pounds come back on and putting our summer gear away and forgetting about it for a few months seems to be a pattern that many of us fall into.

NOW, what if you decide that for 2015 you really want to be faster, go longer, have better technique, more power... then it's time to BREAK INTO FALL!

Break the pattern of coasting into fall and focus on your weaknesses now. If you begin now you will be able to make larger gains than if you wait until spring. During the race season it's virtually impossible to change your technique or make big progress in your weakest area. Simply put, reflect on your cycling and multisport performances and decide what areas you think you can improve on. If you wait until next season, it will be too late to make significant improvements. If you're a recreational or fitness cyclist, you can also benefit from these activities.

GET SCHOOLED

Once you come to grips with your weaknesses you should learn as much as you can about how to address them. I believe most athletes make their biggest strides in the fall with the help and feedback of a coach, reading relevant material, videos, and setting up a smart plan that focuses on form, speed, power, technique or whatever your weak area is.

Most triathletes already swim in a pool all winter so there is not much gear, but if this is your weakness, sign-up for the masters' sessions, and have a coach retool your stroke. If you're weak on the bike, I really think everyone should try a cyclocross or mountain bike clinic or race. If the run is your challenge, sign up for a running analysis and get a set of drills and a speed, power and endurance plan to work on your weakness. To make things fun, try trail running, masters' swim meets or even water polo. Learning a new discipline keeps things fresh and exciting.

Luckily, these days, USA Triathlon certified coaches and coaches of all disciplines are more available. Signing up for coaching sessions, running clinics, spin classes, masters' swimming, and having some goals in mind will help keep you focused. Most important, get feedback from others, keep moving and keep learning.

REFUEL

Keeping track of your weight in the fall gives you a huge advantage the next year. I know that I am as guilty as anyone and I love to eat! It's hard for most of us because during the spring and summer racing season it seems like we can eat almost anything. Once the season is over my diet drifts and I fall into the weight gain creep. As fall arrives, it gets cooler and there is less daylight training time to burn calories, but resist the temptation to eat like you are in the middle of summer.

Track your weight and set a goal for where you want to be at the Turkey Trot, New Year's Run and Presidents' Week. I use an app on my phone to track calories in with food and out with exercise. Coming out of fall and continuing through the winter with a healthy fuel plan will give you an automatic advantage.

RETOOL

Staying focused on your weak areas may require that you retool your gear a bit. Check all of your gear at the end of the season and service it too. Your wetsuit may need repair; send it now so it will be ready when you need it for your early season races.

Fall and winter here in the Northeast can make running and cycling training outside

especially challenging. Luckily, new fabrics, technology, and inventive gear-heads have helped us enormously, allowing us to cycle and run outside into the fall, at night, and into winter even when the snow flies.

If you don't have a bike for riding in the fall and winter, consider getting one. The comfortable riding season has been extended with the current climate change we have been experiencing. If you are hanging up your tri bike for the season, get it to the shop and service it prior to putting it away. If you plan to ride a cyclocross, mountain or a fat tire bike that's been sitting still all summer, tune it up and service the brakes, cables, bottom bracket, headset and bearings.

If you're not up for being cold, get a good fluid trainer and sign up for some "real spinning" sessions with a bike shop or club. Riding rollers inside is a great workout too. As for running inside, be sure to use a treadmill that can incline and smoothly reach a speed that will push you as you do some interval workouts.

Retooling for cold weather running and cycling requires that you have some extra gear and dress appropriately. Fall brings decreases in temperature, daylight, and road/trail traction for running shoes and tires as the possibility of snow and ice become higher.

Be safe and be prepared with the right gear:

Cold Weather Running or Cycling Shoes and/or Booties – Get shoes that are

big enough for a wicking sock and a thermal sock, especially for really cold days. Insulating socks and toe warmers work well. Booties help keep out wind and provide some insulation. Putting bread bags over socks and duct-taping the top of your shoes/socks, just like the old days.

Dress Warm and in Two or Three Layers – Wicking base layer (tights and tops). Insulating poly-layer tops and bottoms (double tights). Outer Shell for cold days that is wind resistant and rain proof (be sure to have some zipper vents). Face protection (balaclava). Use windproof gloves and hand warmers. A skull cap or headband and a helmet with limited venting. Always have a dry set of spare clothing and an emergency get-warm plan if things don't go as planned.

Lighting – Headlamps and strobe lights for running, cycling, snowshoeing and cross-country skiing at night. Handlebar lamps (I think mine are brighter than my car lights) for riding and taillights for cycling and running.

Bicycles – Cyclocross bicycle with cross tires or a fat tire mountain bike. Studded mountain bike tires work well.

Eye Protection – Clear glasses that curve around your face to block out wind or goggles with vents.

Support our community by keeping your money local. Visit our local bike, run and outdoor shops, especially those who advertise in Adirondack Sports & Fitness!

By taking the time to be a reflective athlete, you can transform your weakness into strength. Be a student of your sport and enjoy the excitement of learning something new. Stay focused on eating healthy and weight management. Get geared-up for some new adventures. If you accept the challenge to focus into fall, you are bound to see some significant performance gains in 2015! 🌲

John Slyer (skyhighadventures@verizon.net) of Averill Park is a USAT certified coach for adults, youth and juniors, and has coached brand-new triathletes right up through Ironman finishers. He is a ten-time Ironman Lake Placid finisher, marathon runner, and all-around endurance athlete.



The CDTC 2014 officer's would like to thank our committee chairs and members for their support for an outstanding 2014 training and racing season!

In 2014 CDTC Sponsored:

- Off-season bike and swim training sessions
- Winter lecture series
- Two training season social gatherings and a Winter Bash with a DJ
- Tuesday night training sessions with 1.5 hours of open water swim with seven lifeguards
- The 2014 newsletter
- Coaching clinic's for open water swim sessions for beginners
- Crystal Lake Sprint Triathlon race
- Support at regional races for our members
- At this year's Lake Placid Ironman, CDTC had 40 participants, 100 volunteers, and we won Ironman's Tri Club Division 2 Championship
- Facebook and webpage updates



We are getting ready for the 2015 season!
Please visit us at cdtriclub.org or on Facebook for 2015 program information.

Have a great off-season and stay tuned for details on 2014-15 winter training sessions!

Suggestions or comments can be made to president@cdtriclub.org

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RUNNING *continued from page 1*

the Delmar Dash in 25:33. In 2013 he finished the Stockade-athon 15K in 51:36 and The Saratoga Palio Half Marathon in 1:15:13. He is a member of Willow Street Athletic Club, and they say he's a "Miler turned marathoner, the guy with the speed everyone wants..."

Bradley Lewis, 26, of Troy, placed fifth at last year's MHR Half Marathon in 1:14:38, the first local finisher. He has run the Boilermaker six times finishing in 68th in 2010 in 51:49 at a 5:50 pace. He is also a member of the Willow Street Athletic Club. These are his PRs: 5K 15:32, 8K 26:20 (2008), 10K 33:37, 15K 51:16 (2013), Half Marathon 1:12:51 (NYC 2014). Other runners to watch include: **Bernard Mwangi**, a 24-year old Kenyan who is living in Schenectady, and recently ran a half in 1:07:00. **Jaime Julia**, 30, of Albany, ran a 1:09:50 at the Hartford Half Marathon last year.

So, make your predictions and be at the finish line on Sunday, October 12 to see how well you did. One thing's for certain, there will be great performances that day!

MARATHON HISTORY: MYTH INFORMATION AND FACT

October is the month of marathon madness when runners from the greater Albany area and around the country, race in the annual Mohawk Hudson River Marathon and Half Marathon. It is thus appropriate to reflect on the origins of this ancient event that are enshrouded by myth with the truth being far more compelling.

Our story begins in antiquity at Marathon, Greece, a port area flanked by a fennel-covered plain (marathon is Greek for fennel, a licorice-like herb) where the momentous Battle of Marathon occurred in 490BC. It was here that the Persian troops of Darius the Great confronted the Athenians and some neighboring Greeks in an effort to gain dominance over Greece and to crush the city states of Athens and Sparta. In ancient times this meant total destruction of the conquered cities that first were looted and then demol-

ished brick by brick and tile by tile with their occupants either killed or enslaved. Badly outnumbered, the Athenians fought fiercely knowing what could be their fate and through clever tactics, defeated the Persians. This much is undisputed.

However, the following great story is total myth. A messenger named Phidippides was sent from the battlefield to the Acropolis in Athens, a distance of about 25 miles, to announce to the citizens that their army was triumphant. After he proclaimed the glorious win, he shouted "Nike" (victory) to the enthusiastic crowd, and then died from exhaustion.

Now for what really happened. The Greek historian, Herodotus, who was born about the time of this event, mentioned Phidippides and the heroic role he played in the battle but not as we have been led to believe. Phidippides, was a professional courier or *hemerodrome* for the Athenian army. Hemerodromes were trained runners who were expected to run 80 to 90 miles in a single day and for several days if necessary. They had to memorize long messages and be able to repeat them verbatim. Herodotus tells us that Phidippides was sent from Athens to Sparta to enlist their aid against the Persians and then to return posthaste with their reply. In a period of just four days he ran over three hundred miles! Whether he ran an additional 25 miles to Athens after the victory is unknown but highly unlikely. It was not until 500 years later that Phidippides is first mentioned by the Roman novelist, Lucian, as having run the marathon to Athens and then dying.

Since 1983, there has been a race called the Spartathlon (athlon is the Greek suffix for feat) that commemorates Phidippides' run from Athens to Sparta. The route is 152.4 miles long. All who finish get a laurel wreath and a goblet of water from the Evrotas River, from whose spring water the ancient Olympian athletes drank. To find out more about this race go to: spartathlon.gr.

Incredibly, it was the army soldiers who ran the marathon to Athens. After the battle

EXPO PACKET PICK-UP EXHIBITORS

Expo managed by Adirondack Sports & Fitness. Runners will pick-up their race packets and visit more than 30 exhibitors offering goods and services for athletes, friends and families:

- | | |
|--|---|
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| <i>Fleet Feet Sports</i> | |

SATURDAY, OCTOBER 11 SCHEDULE OF EVENTS

- 10-6** *Expo and Packet Pick-up* – Hilton Albany, State and Lodge Streets in Albany.
- 10-6** *Food Drive: The Food Pantries* – Bring a can or make a monetary donation to help your neighbors.
- 10-6** *Sneaker and T-Shirt Recycling* – Bring gently worn T-shirts and running shoes (shoelaces tied together) to HMRRC's recycling booth. Donations will be given to local charities.
- 11-12** *Presentation: You (Only Faster): 10 Secrets of Success* with coach Greg McMillan.
- 12:30-1:30** *Yoga Class*: Bring your mat, comfortable clothes, and have a relaxing pre-race stretch with Aaron Styles.
- 2-3** *Presentation: Stronger, Faster, Further: Complete Training Programs* with Mathew Nark of Plaza Fitness Performance.
- 3-4** *Presentation: You (Only Faster): 10 Secrets of Success* with coach Greg McMillan.

at Marathon was won the soldiers frantically hurried back to protect their city before the Persian fleet could attack and destroy it. By sea, the trip from Marathon to Athens was eight hours and by land, six. The fastest troops in the battle-weary army were sent in the vanguard to Athens to defend their unguarded city. Wearing armor and carrying weapons, they covered the 25 miles and set up defenses before the Persian fleet arrived and were joined by the rest of the army. The shocked Persians watching from their ships realized their opponent was too strong and retreated thus ending the First Persian War. The Second Persian War occurred ten years later led by Darius' son Xerxes and this too ended in defeat for the Persians. Thanks to the running skills of the Greek soldiers, including Phidippides, the course of Western civilization was forever altered and Greek democracy and learning were preserved.

The marathon as a race was introduced in the first modern Olympics held in Greece in 1896. The original Olympics that began in 776BC and ended in 394AD when Emperor Theodosius cancelled them because they were pagan had no long races since this was considered the domain of the profes-

sional runners, the *hemerodromes*, and not athletes. However, two of the prime organizers of the modern day Olympics, Baron Pierre de Coubertin and Michel Breal, were so inspired by a stirring, but inaccurate poem written in 1879 by Robert Browning titled *Pheidippides*, that they decided to make this race from Marathon Bridge to Athens Olympic Stadium the closing event of the first modern Olympics. The race proved to be so popular that it is now a fixture of the modern Olympics. Originally, the distance was usually 25 miles but in 1908, when the Olympics were held in London, King Edward VII of England wanted the finish to be at his viewing box in Windsor Castle, so the distance was changed to its present day length of 26.2 miles. It's good to be king!

There are four MHR Marathon and Half Marathon viewing sections, in addition to the start and finish line. To see the course and learn more, visit: mohawkhudsonmarathon.com. In the meantime, happy running! 🌲

Christine Bishop and her husband Charles ("the editor") of Schenectady are retired academics who are in training for the Stockade-athon 15K.

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RACE RESULTS

14TH WAKELY DAM ULTRA 32.6M TRAIL RUN

July 19, 2014 • Piseco Lake to Wakely Dam on Northville-Placid Trail

MALE OVERALL			
1	Jake Stookey	Clifton Park	*4:50:36
2	Jan Wellford	Keene Valley	4:53:33
3	Nick Kirk	Ithaca	5:06:23
FEMALE OVERALL			
1	Sarah Keyes	Saranac Lake	*5:22:43
2	Elaine Allen	Hamden, CT	6:51:31
3	Kim Battipaglia	New Haven, CT	7:09:36
OTHER FINISHERS - Overall Place			
4	Courtenay Guertin		5:22:06
5	Jason Fiegl		5:22:24
6	Howard Hannah		5:28:40
7	Aaron Lozier		5:33:11
8	Chris Sussman		5:35:03
9	Matt Tornianen		5:38:32
10	Brett Sherwood		5:49:22
11	Christopher Fey		5:55:05
12	Tom Joslin		5:56:10
13	Keith Iskw		5:57:21
14	Andrew Bean		6:13:22
15	Ted Cowles		6:19:40
16	Guillermo Ayala		6:21:18
17	Rob Mischler		6:24:39
18	Bill Hoffman		6:26:19
19	Jason Fitzgerald		6:28:10
20	Jan Wellford		6:33:02
21	Frank Alessandrini		6:43:17
22	Jim Pugh		6:47:19
23	Derrick Spafford		6:49:23
24	Scott Bruck		6:50:04
25	Ben Etzler		6:50:34
26	Mike Bowman		6:50:34
27	Jay Avitable		6:53:32
28	Jason Doell		7:00:25
29	Hugh Davis		7:02:25
30	Kyle Smith		7:02:53
31	Charles Rocca		7:03:49
32	Dave Redline		7:10:36
33	Chris Sussman		7:12:56
34	Jesse Crandall		7:13:03
35	Scott Ulrich		7:16:14
36	Sara Montgomery		7:25:26
37	Greg Doell		7:32:27
38	Todd Bisailion		7:32:27
39	Robert Tysen		7:37:10
40	Angela Capece		7:40:13
41	Sophie Povirk		7:40:13
42	Kim Fisher		7:51:21
43	Deanna Hitchcock		8:11:06
44	Kevin Prestage		8:13:19
45	Dan Mosny		8:31:04
46	Caroline Hall		8:32:59
47	Bill Hall		8:32:59
48	John Izzo		8:33:15
49	Judith Shaw		8:39:01
50	Denis Stadelman		8:56:57
51	Michale Lacharite		9:08:06
52	Jack Raycroft		9:08:40
53	Mike Guilford		9:09:35
54	John Stack		9:17:18
55	Dan Naugle		9:24:27
56	Kurt Lozier		9:24:27
57	AJ Johnson		9:38:50
58	Richard McCleary		9:38:50
59	Brian Zacher		9:54:06
60	Shelley DeVerre		9:54:06
61	Brian Loose		10:07:22
62	Charles Thayer		10:07:22
63	Mike Becker		10:07:43
64	Elaine Morris		10:08:41
65	Mark Whittemore		10:41:48
66	Phil Gallo		11:36:01

Courtesy of Wakely Dam Ultra

8TH ANNUAL FRONHOFER TOOL TRIATHLON

August 2, 2014 • Lake Lauderdale Park, Cambridge

OLYMPIC: 1.5K SWIM, 40K BIKE, 10K RUN			
MALE OVERALL			
1	2:01:59	Tim Russell/25-29	Saratoga Springs
2	2:03:28	Patrick Cade/30-34	Ballston Lake
3	2:06:32	Brett Schlesier/20-24	Johnstown
FEMALE OVERALL			
1	2:21:02	Sereena Coombes/35-39	Queensbury
2	2:23:13	Mara Fronhofer/45-49	Moreau
3	2:28:43	Melissa Rowe/45-49	Bennington, VT
MALE AGE GROUP: 15 - 19			
1	2:33:00	Richard Coffin	Pleasant Valley
FEMALE AGE GROUP: 15 - 19			
1	3:15:22	Kaitlyn Hansen	South Glens Falls
2	3:20:19	Caroline Slier	Averill Park
MALE AGE GROUP: 20 - 24			
1	2:31:20	Norman Van Diest	Glens Falls
FEMALE AGE GROUP: 20 - 24			
1	2:44:25	Marie Whitney	Scarborough, ME
2	2:59:56	Ariel Frank	Queensbury
3	3:03:56	Grace Teubl	Tivoli
MALE AGE GROUP: 25 - 29			
1	2:07:44	John MacDonald	Branford, CT
2	2:15:52	Kevin Long	Queensbury
3	2:21:44	Dan Ayala	Schenectady
FEMALE AGE GROUP: 25 - 29			
1	2:31:06	Andrea Hollinger	Averill Park
2	2:41:31	Mary O'Hearn	Saratoga Springs
3	2:45:19	Rebecca Teubl	Tivoli
MALE AGE GROUP: 30 - 34			
1	2:27:54	David Newman	Albany
2	2:44:39	William Hotchkiss	Saratoga Springs
3	3:00:31	Michael Triller	Ballston Spa
FEMALE AGE GROUP: 30 - 34			
1	2:32:25	Ann Moskal	Ballston Spa
2	2:43:59	Laura Hotchkiss	Saratoga Springs
3	2:48:07	Jayne Torelli	Selkirk
MALE AGE GROUP: 35 - 39			
1	2:20:36	John Evansky	Hudson Falls
2	2:32:45	Jared Eicher	Scotia
3	2:43:30	Mike Rosa	Clifton Park
FEMALE AGE GROUP: 35 - 39			
1	2:31:52	Rebecca Evansky	Hudson Falls
2	2:34:02	Kirsten Cestaro	Niskayuna
3	2:45:58	Ivy Kasallis	Delmar
MALE AGE GROUP: 40 - 44			
1	2:06:44	Stephen Foley	Pittsfield, MA
2	2:12:33	Jason Gardner	Glens Falls
3	2:13:45	Keith Alber	Clifton Park
FEMALE AGE GROUP: 40 - 44			
1	2:41:29	Erika Anderson	Malta
2	2:45:50	Hannah Barry	Glenmont
3	2:49:04	Katrina Bradley	New York
MALE AGE GROUP: 45 - 49			
1	2:09:03	Mark Snowise	Pittsfield, MA
2	2:09:16	Carl Regenauer	Saratoga Springs
3	2:16:15	Ted Wilson	Queensbury
FEMALE AGE GROUP: 45 - 49			
1	2:44:40	Carrie Mauro	Glens Falls
2	2:44:49	Lonnie Halusic	Niskayuna
3	2:52:32	Nanette Hatch	Waterford
MALE AGE GROUP: 50 - 54			
1	2:25:04	Thomas Butler	Delmar
2	2:38:10	William O'Brien	Argyle
3	2:40:48	Robert Wither	Niskayuna
FEMALE AGE GROUP: 50 - 54			
1	2:44:21	Nicole Pohl	Saratoga Springs
2	2:50:03	Tracey Delaney	Queensbury
3	2:57:49	Lisa Nagle	Saratoga Springs
MALE AGE GROUP: 55 - 59			
1	2:19:56	Michael Jordan	Ballston Spa
2	2:44:36	Keith Meyer	Saratoga Springs
3	2:48:52	Stuart Mesinger	South Glens Falls
FEMALE AGE GROUP: 55 - 59			
1	2:44:17	Kitty Fair	Exeter, NH
2	3:00:14	Diana Bean	Brackney, PA
3	3:00:25	Jane Mastaitis	Saratoga Springs
MALE AGE GROUP: 60 - 64			
1	2:27:47	James Kelly	Poughquag
2	2:51:46	Rick Morse	Malta
3	2:54:38	Daniel Larson	Queensbury
FEMALE AGE GROUP: 60 - 64			
1	3:02:41	Cynthia Gardner	Pittsfield, MA
2	3:46:17	Sue Nealon	Troy
MALE AGE GROUP: 65 - 69			
1	2:53:04	Robert Bradley	Guilford, CT
FEMALE AGE GROUP: 65 - 69			
1	3:03:12	Christine McKnight	Gansevoort
MALE AGE GROUP: 70 - 74			
1	3:53:28	Ray Lee	Halfmoon
FEMALE AGE GROUP: 70 - 74			
1	3:14:57	Sibyl Jacobson	New York
RELAY TEAMS			
1	2:15:32	Team Rath	
2	2:25:14	Team Luna Chix	
3	2:30:18	Team Cuz	

Courtesy of Fronhofer Tool Triathlon

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15 Coventry Drive, Clifton Park, NY 12065

(518) 877-8788 • Fax (518) 877-0619

AdkSports.com • info@AdkSports.com

AdkSports.com

Facebook.com/AdirondackSports

Publisher/Managing Editor: Darryl Caron

Editor: Mona Caron

Contributing Writers: Christine Bishop, Laura Clark, Dave Kraus, Rich Macha, John Slier, Alan Via, Sabine Weber

Contributing Photographers:

Mike Cantwell, Rich Macha

Web Designer: Hillary Mann

Circulation: Sheela Kulkarni, Sudhir Kulkarni, Brian Teague, Lindsay Waters

Graphic Design: Karen Chapman,

Cummings Advertising Art, Clifton Park, NY

Adirondack Sports & Fitness is published

12 times per year with a monthly circulation

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ISSUE #166

20TH ANNUAL HMRRRC INDIAN LADDER TRAIL RUNS continued

MALE AGE GROUP: 40 - 44			
1	Gaven Richard	40	Albany 1:06:55
2	Todd Smith	40	Voorheesville 1:10:28
3	Aram Fox	41	New York 1:11:37
FEMALE AGE GROUP: 40 - 44			
1	Debora Warner	42	New York 1:32:39
2	Jennifer Ferris	42	Saratoga Springs 1:39:44
3	Thessaly Bullard	40	Delmar 1:53:31
MALE AGE GROUP: 45 - 49			
1	George Berg	46	East Schodack 1:06:26
2	Bruce Beesley	48	Delmar 1:11:43
3	Jamie Reichler	45	Parker, CO 1:13:53
FEMALE AGE GROUP: 45 - 49			
1	Lynn Hall	46	Schenectady 1:21:33
2	Heather Machabee	45	Delmar 1:22:13
3	Lori Stevens	47	Hudson 1:33:50
MALE AGE GROUP: 50 - 54			
1	Thomas Kracker	50	Delmar 1:06:04
2	Mark Stephenson	50	Esperance 1:06:50
3	Jay Thorn	52	Valatie 1:08:29
FEMALE AGE GROUP: 50 - 54			
1	Alice Thomas	52	Westerlo 1:20:37
2	Christine Varley	50	Albany 1:22:21
3	Denise Gonder	50	Albany 1:34:39
MALE AGE GROUP: 55 - 59			
1	Mark Warner	56	Slingerlands 1:15:32
2	Vincent Kirby	57	Mechanicville 1:26:50
3	David Klein	59	Delmar 1:29:11
FEMALE AGE GROUP: 55 - 59			
1	Barbara Sorrell	57	Delmar 1:55:18
MALE AGE GROUP: 60 - 64			
1	Carl Matuszek	62	Chatham 1:10:53
2	Dave Heyward	60	Wynantskill 1:52:52
3	Leo DiPierro	64	Cherry Plain 1:56:12
MALE AGE GROUP: 65 - 69			
1	Seamus Hodgkinson	65	Delmar 1:26:40
2	Tom Adams	69	Schenectady 1:33:57
FEMALE AGE GROUP: 65 - 69			
1	Susan Wong	66	Glenmont 1:35:45
2	Laura Clark	67	Saratoga Springs 1:59:06
MALE AGE GROUP: 70 - 74			
1	Raymond Lee Jr	72	Halfmoon 2:02:36
3.5M TRAIL RACE			
MALE OVERALL			
1	Josh Merlis	32	Albany 19:53
2	Keith Machabee	17	Delmar 22:47
3	Rick Munson	57	Prattsville 24:33
FEMALE OVERALL			
1	Holly Machabee	15	Delmar 25:03
2	Ada Lauterbach	24	Durham, NC 25:15
3	Susana Garcia Romer	31	Rensselaer 27:47
MALE AGE GROUP: 1 - 14			
1	Anthony Cusato	14	Guiderland 25:22
2	Graham Richard	9	Albany 29:05
3	Jack Buff	11	Clifton Park 30:12
FEMALE AGE GROUP: 1 - 14			
1	Skylar Cunningham	13	Delmar 35:48
MALE AGE GROUP: 15 - 19			
1	Zachary Newell	17	Eaton, CO 33:53
FEMALE AGE GROUP: 15 - 19			
1	Francesca Cusato	16	Guiderland 35:39
2	Hannah Smith	18	Clifton Park 39:01
3	Halle Conner	17	Ault, CO 41:11
MALE AGE GROUP: 20 - 24			
1	Bethany Powhida	24	Delmar 29:34
2	Heather Smith	23	Albany 37:51
FEMALE AGE GROUP: 25 - 29			
1	Megan Keeler	20	West Sand Lake 1:26:19
MALE AGE GROUP: 25 - 29			
1	Jaime Julia	29	Albany 59:33
2	Andrew Lingbloom	26	Albany 1:08:59
3	Thomas Dansereau	27	Troy 1:16:45
FEMALE AGE GROUP: 30 - 34			
1	Michelle Davis	25	Schenectady 1:23:19
2	Megan Boyak	29	Clifton Park 1:28:15
3	Jennifer Overocker	29	Albany 1:29:25
MALE AGE GROUP: 35 - 39			
1	Jeff Thompson	33	Ballston Spa 1:09:59
2	Dan Messier	34	Slingerlands 1:15:31
3	Nicholas Parrotte	32	Mechanicville 1:16:02
FEMALE AGE GROUP: 35 - 39			
1	Ellen Bandel	30	New York City 1:16:26
2	Krista Harwick	34	Mohawk 1:22:15
3	Melinda White	33	Altamont 1:25:25
MALE AGE GROUP: 40 - 44			
1	Peter Flynn	37	Delmar 1:03:32
2	Brian White	36	Altamont 1:05:40
3	Joshua Katzman	38	Clifton Park 1:10:50
FEMALE AGE GROUP: 45 - 49			
1	Lenka Halamkova	39	Averill Park 1:19:44
2	Nellie Barker	35	Averill Park 1:30:08
3	Sarah Rodman	36	Clifton Park 1:38:29

continued

HUDSON HEADWATERS CARE FOR KIDS 5K RUN

August 3, 2014 • Chestertown to Brant Lake

MALE OVERALL			
1	Luke Merkel	30	Washington, DC 18:34
2	Jonathan Kent	32	Waterville, ME 19:01
3	Matthew Walsh	30	Beavercreek, OH 19:10
FEMALE OVERALL			
1	Gabrielle LeBihan	20	Brant Lake 19:59
2	Amanda Millington	20	Chestertown 22:02
3	Jamie Zwirn	22	Gansevoort 23:02
MALE AGE GROUP: 1 - 14			
1	Gwenyth Gorfin	12	Point O'Pines 25:05
2	Erin Metzger	14	New Paltz 25:28
3	Alexandra Gottlieb	11	Point O'Pines 26:46
3	Samantha Wadler	11	Point O'Pines 26:46
MALE AGE GROUP: 15 - 19			
1	Brandon Olden	13	Chestertown 20:12
2	Justin Fishman	14	Brant Lake Camp 21:12
3	Lucas Parzych	14	Niskayuna 21:25
FEMALE AGE GROUP: 15 - 19			
1	Alexandra Webb	17	East Hampton, MA 23:04
2	Erin McGuire	17	Avon, CT 23:15
3	Carly Perlmutter	15	Point O'Pines 24:37
MALE AGE GROUP: 20 - 29			
1	Molly Merkel	16	Niskayuna 19:46
2	Kyle Kolakowski	18	Brant Lake 24:06
3	Evan Josephs	16	Brant Lake Camp 24:33
FEMALE AGE GROUP: 30 - 39			
1	Steven Sacks	22	Reston, VA 22:56
2	Charles Maher	24	Amherst, MA 23:17
3	Dylan Campbell	25	Middletown 23:5

RACE RESULTS

HUDSON HEADWATERS CARE FOR KIDS 5K RUN *continued*

FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 30 - 34		
1 Jessica Campbell	30	New Paltz	2 Julie Cochran	53	Westport, CT
2 Jessie Sangster	32	Queensbury	3 Kathleen O'Brien	52	Denver, CO
3 Bridget O'Brien	31	New York			
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 50 - 54		
1 Patrick Schmidt	31	Washington, DC	1 James North	51	Greenfield Center
2 Joseph Bidwell	34	Bonita Springs, FL	2 Gordon Dean	54	Middletown
3 Joseph Erps	30	New Paltz	3 Dean Wescott	53	Troy
FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 55 - 59		
1 Elise Murman	41	Brant Lake Camp	1 Susan Goater	59	Point O'Pines
2 Kimberly Webber	44	Lebanon, PA	2 Terry Peck	55	Glenmont
3 Amy Abatto	41	Clifton Park	3 Lynette Biss	57	Lake George
MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 60 - 64		
1 Erik Felitto	44	New York	1 Daniel Smith	61	Point O'Pines
2 Matthew Abatto	41	Clifton Park	2 Gary Kolakowski	56	Brant Lake
3 Joseph Mesel	40	Porter Corners	3 Mike Stahl	59	Moriah
FEMALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 65 - 69		
1 Patty O'Brien	49	Chesterfield	1 Jill Pederson	63	Lake George
2 Kristen Santos	47	Clifton Park	2 Julia MacDonald	63	Troy
3 Katie O'Brien	48	Glens Falls	3 Vicky Palermo	62	Queensbury
MALE AGE GROUP: 45 - 49			MALE AGE GROUP: 70 - 74		
1 Eric Piper	48	Minerva	1 Anne Long	73	Clifton Park
2 Tom Mansley	46	Ramsey, NJ	2 Joan McGuire	72	Storrs, CT
3 Sean Thompson	47	Albany			
FEMALE AGE GROUP: 50 - 54					
1 Cathy Fisher	51	Kinnelon, NJ			

Courtesy of Hudson Headwaters Health Network

HMRRC SUMMER TRACK SERIES *continued*

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 Jonathon 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

SOUTHERN SARATOGA YMCA 5K RUN August 8, 2014 • Southern Saratoga YMCA, Clifton Park

MALE OVERALL		FEMALE AGE GROUP: 20 - 29	
1 Christopher Herbs	21	1 Amber Hooper	29
2 Anthony Stalter	18	2 Robert Baras	38
3 Mathew Nark	40	2 David Czarniecki	37
FEMALE OVERALL		3 John Sutphin	36
1 Jordan Casey	17	2 David Czarniecki	37
2 Katie Rossetini	26	3 Heidi Nark	33
3 Tiffany Morgan	39	2 Mollie Kennedy	36
MALE AGE GROUP: 1 - 9		3 Kaila Morgante	31
1 Jonathan Wolf	9	MALE AGE GROUP: 40 - 49	
2 Conor Barry	7	1 Greg Ethier	40
FEMALE AGE GROUP: 1 - 9		2 David Monk	40
1 Hope Borkowski	8	3 Zhaolin Cheng	40
2 Grace Mortensen	8	FEMALE AGE GROUP: 40 - 49	
3 Abigail Stopyak	6	1 Gina Laviolette	46
MALE AGE GROUP: 10 - 14		2 Nancy Gildersleeve	47
1 Jacob Miller	12	3 Kazumi Ohata	41
2 Dylan Ines	13	MALE AGE GROUP: 50 - 59	
3 Jack Casey	12	1 Kevin Morrissey	52
FEMALE AGE GROUP: 10 - 14		2 Ray Lewis	59
1 Faith Borkowski	10	3 Gerald Wise	51
2 Jillian Casey	14	FEMALE AGE GROUP: 50 - 59	
3 Victoria Ines	10	1 Elizabeth Cifarelli	55
MALE AGE GROUP: 15 - 19		2 Barbara Easton	54
1 Ben Matz	16	3 Laurie Powell	52
2 Luke Gobel	16	MALE AGE GROUP: 60 - 69	
3 Nathan Taubkin	15	1 John Longacker	68
FEMALE AGE GROUP: 15 - 19		2 Timothy Leonard	65
1 Hannah Smith	18	3 Al Smith	60
2 Caitlyn Caswell	19	FEMALE AGE GROUP: 60 - 69	
3 Hunter Dreus	19	1 Maureen Kelly	62
MALE AGE GROUP: 20 - 29		2 Janet Lynch	66
1 Dan Baran	26	3 Debra Snyder	62
2 Sean Gagnon	21	<i>Courtesy of Capital District YMCA</i>	
3 David Cifarelli	20		

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	Glenville	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 Kabbalian	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
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
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
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
MALE AGE GROUP: 65 - 69			
1 Jim Fiore	Latham	66	7:11
3 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
TWO-PERSON RELAY - JULY 10			
<i>Fastest/Slowest Runners Paired</i>			
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	
HOURLY RUN - JULY 17			
<i>Miles Covered in One Hour</i>			
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

continued

6TH ANNUAL YMCA CAMP CHINGACHGOOK CHALLENGE August 9, 2014 • YMCA Camp Chingachgook, Kattskill Bay

HALF MARATHON - 13.1M			
MALE OVERALL			
1 Ethan Vinson	19	Newport	1:16:02
2 Russell Lidberg	32	Schuylerville	1:23:25
3 Brian White	36	Altamont	1:25:40
FEMALE OVERALL			
1 Dana Bush	35	Saratoga	1:23:38
2 Amanda Ghezzi	32	Albany	1:35:16
3 Tina Cukroany	37	Rensselaer	1:36:22
FEMALE AGE GROUP: 1 - 14			
1 Tesla Knott	14	Cobleskill	1:56:27
MALE AGE GROUP: 15 - 19			
1 Kyle McCormack	19	Albany	1:28:27
2 Christian Tolfa	15	Schenectady	1:44:18
3 Josh Farrell	19	Latham	1:50:32
FEMALE AGE GROUP: 15 - 19			
1 Kristen Jovanelyl	19	Manchester, CT	1:37:03
2 Lea Wright	19	Slingerlands	1:45:11
3 Sophia Conklin	19	Cresco, PA	1:47:29
MALE AGE GROUP: 20 - 24			
1 Marquis Terrell	22	Albany	2:13:09
2 Matt Amalfitano	24	New York	2:21:03
FEMALE AGE GROUP: 20 - 24			
1 Sara Hachey	21	Basking Ridge, NJ	1:44:24
2 Carly Robb	20	Marblehead, MA	1:49:50
3 Dorothea Kuntze	22	Schoharie	1:53:20
MALE AGE GROUP: 25 - 29			
1 James Bolognese	26	Brooklyn	1:33:17
2 Ryan Caso	28	Astoria	1:46:15
3 Jeff Roeser	26	West Hartford, CT	1:48:27

FEMALE AGE GROUP: 25 - 29			
1 Jessica Berschwinge	26	Voorheesville	1:37:34
2 Cassandra Conety	26	Shushan	1:37:37
3 Katie Fenton	26	Victor	1:49:23
MALE AGE GROUP: 30 - 34			
1 Mark Holcomb	31	Saratoga Springs	1:30:00
2 Tom Portuessa	32	Queensbury	1:32:09
3 Kevin London	33	Lake George	1:33:12
FEMALE AGE GROUP: 30 - 34			
1 Melinda White	33	Altamont	1:50:45
2 Kimberly Feeney	33	Lake George	1:58:32
3 Sarah Hand	31	Northville	2:05:12
MALE AGE GROUP: 35 - 39			
1 Phil Chirkis	39	Glenmont	1:36:30
2 Richard Keefer	36	Albany	1:37:03
3 Zak Hill	39	Saratoga Springs	1:39:57
FEMALE AGE GROUP: 35 - 39			
1 Courtney Labarge	35	Cobleskill	1:42:23
2 Beth Morrissey	39	Glens Falls	1:47:31
3 Christine Eaton	37	Johnstown	1:48:36
MALE AGE GROUP: 40 - 44			
1 Michael Bracken	40	Saratoga Springs	1:29:35
2 Brian Dillenbeck	43	Alplaus	1:39:12
3 Matthew Rovi	44	Collegetown, PA	1:44:23
FEMALE AGE GROUP: 40 - 44			
1 Stacia Smith	44	Niskayuna	1:42:23
2 Elizabeth Cwiakala	43	Johnstown	1:48:25
3 Christina Gow	40	Lake George	1:50:26

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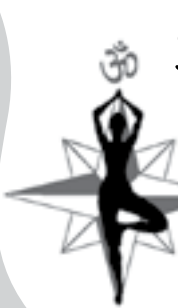
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6TH ANNUAL YMCA CAMP CHINGACHGOOK CHALLENGE continued

Table of race results for 6th Annual YMCA Camp Chingachgook Challenge. Includes categories: Male Age Group (45-49, 50-54, 55-59, 60-64, 65-69, 70-74), Female Age Group (45-49, 50-54, 55-59, 60-64, 65-69, 70-74), and a 10K Race. Lists names, times, and locations.

Courtesy of YMCA Camp Chingachgook

2ND SARATOGA MONDAY NIGHT MILE continued

Table of race results for 2nd Saratoga Monday Night Mile. Includes categories: Male Age Group (50-54, 55-59, 60-64), Female Age Group (50-54, 55-59, 60-64, 65-69, 70-74), and Males 60-64. Lists names, times, and locations.

Courtesy of Saratoga Springs History Museum

CRYSTAL LAKE TRIATHLON

August 16, 2014 • Crystal Cove on Crystal Lake, Averill Park

Table of race results for Crystal Lake Triathlon. Includes categories: 0.5M Swim, 18M Bike, 3M Run, Male Overall, Female Overall, and various age groups. Lists names, times, and locations.

Courtesy of Capital District Triathlon Club

2ND SARATOGA MONDAY NIGHT MILE

August 11, 2014 • Saratoga Casino and Raceway, Saratoga Springs

Table of race results for 2nd Saratoga Monday Night Mile. Includes categories: Male Overall, Female Overall, Male Age Group (1-14, 15-19, 20-24), and Female Age Group (1-14, 15-17, 18-19, 20-24, 25-29). Lists names, times, and locations.

continued

17TH ANNUAL OLGA MEMORIAL FOOTRACE 5K & 10K

August 16, 2014 • Main St & Broadway, Saranac Lake

Table of race results for 17th Annual Olga Memorial Footrace. Includes categories: 5K Run, 10K Run, Male Overall, Female Overall, and Male Overall 5K Walk. Lists names, times, and locations.

Courtesy of Saranac Lake SkatePark

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NUTRITION

Nourishing Benefits of the Fall Harvest

New Flavors and Tasty Traditions – Try Something New!

By Sabine Weber

As we start to feel a slight chill in the air, the leaves are bursting with color as the environment changes, and so do our nutritional needs. As winter draws closer, we need more mineral dense grounding foods as we build our protective base. The fall harvest provides this type of nourishment. The foods of fall are root vegetables, reds and orange colored foods, and foods with substance.

The fall harvest provides us with an abundance of nutrients and disease fighting properties. Each plant has its own unique set of plant chemicals called phytochemicals or phytonutrients that are important for fighting and preventing disease. “Phyto” refers to the Greek word for plant. These chemicals help protect plants from germs, fungi, bugs and other threats, and they also protect us. There are over 25,000 phytochemicals and each individual plant may have over 100 of them. Every time we eat healthy plants we eat hundreds of disease fighting chemicals.

How do we enjoy these foods in a healthy way? With concerns about a processed food diet, we should be eating more whole foods, and less gluten, grains, flours and dairy, among other things. What does a processed food diet look like? It is higher in convenience-type foods that are packaged, boxed, lacking fresh fruits, vegetables and proteins, and higher in additives, preservatives, sodium, sugars and trans fats. A high processed food diet increases the glycemic load, which is related to high blood sugar. Processed food changes the composition of fats to make them less healthy, adds synthetic nutrients, removes fibers,

removes phytochemicals and antioxidants, is higher in sodium and trans fats, uses more additives, preservatives and pesticides.

There are so many great plants in the fall. Let's take a look at some of them with a new healthier twist. The recipes provided are gluten free, dairy free, flourless, and also free of trans fats, processed sugars and artificial ingredients. The fall produce provides us with abundance, substance and taste.

APPLE

The traditional dessert food of fall is the apple. Based on current research the polyphenols – the beneficial phytonutrients – help regulate blood sugar. Apples are a great source of fiber and help foster the growth of good bacteria in our intestine. They are loaded with Vitamin C, antioxidants, and have been shown to fight cardiovascular disease, reduce cancer risk, and help control asthma. Large amounts of the phytonutrients are found in the apple skin. Are you ready to learn to love apples in a new way?

Raw Apple Pie – You won't be disappointed with this recipe!

Pie crust: First practice with making a flourless crust which may be used for any pie. Ingredients: 1 cup unsweetened shredded coconut; 1 cup raw walnuts or pecans or cashews; 1/2 cup dates; 1/4 tsp sea salt. Directions: Place ingredients in a food processor and blend until slightly mealy/chunky. Press down into your pie plate. Refrigerate before using and fill with pie filling before serving to prevent it from becoming soggy.

Apple Pie Filling: 3 medium apples; 1 cup dates; 2 tbsp lemon juice; 2 tbsp maple syrup; 1 tsp cinnamon; 1/8 tsp sea salt. Chop two of the three apples, leaving



skins on. Place all filling ingredients, minus the one apple, in a food processor.

Process until it's well mixed and wet; it may have a few small chunks. Put this mixture in a bowl. Slice the last apple into small chunks and mix into wet mixture. Put this entire mixture in the crust and smooth out. Freeze for 30 minutes then serve. Adapted from therawtarian.com.

MY FALL FAVORITES

Squash and pumpkins are comforting favorites. This group of orange foods provides an abundance of nutrients. Pumpkin is rich in beta-carotene and beta-cryptoxanthin, a great source vitamin C, fiber, manganese, potassium and anti-oxidants. The phytochemicals are well researched to help in cardiovascular disease, cancer risk, eye health, and in preventing oxidative damage. The pumpkin has been shown to reduce the inflammatory disease process in certain conditions like rheumatoid arthritis.

The pumpkin seeds are also power packed. They are a great source of vitamin E, manganese, phosphorus, copper, magnesium, zinc, protein, iron, and even supply a small amount of omega 3s. Pumpkin seeds have been shown to help control diabetes, have positive antifungal and antibacterial properties, and anti-cancer benefits.

Awesome Roasted Pumpkin Soup with Toasted Pumpkin Seeds

Serves 6-8: 8 cups diced pumpkin; 2 tbsp coconut oil; 1 tsp ground cumin; 1 tsp ground coriander; 1 large onion chopped; 2-1/2 cups vegetable or chicken broth; 1/4 cup fresh cilantro chopped; 2 tsp finely chopped jalapeno; 1/2 cup coconut milk; juice of 1 lime; sea salt and pepper to taste.

Toasted Pumpkin Seeds

1/2 cup fresh pumpkin seeds; 1 tsp olive oil; 1/8 tsp sea salt; heat oven to 400 degrees. Put diced pumpkin on a cookie sheet; toss with 1 tbsp of coconut oil and spread even. Roast for about 20 minutes stirring occasionally.

Separately, toss pumpkin seeds with oil and salt; spread onto an ungreased baking pan. Bake at 250 degrees for 45 to 50 minutes or until golden brown. Set aside.

Take remaining coconut oil and heat in a saucepan over medium heat. Add cumin, coriander, and onion until soft or about five minutes. Add pumpkin, cilantro and jalapeno and cover to simmer for about 20 minutes. Add coconut milk and lime juice. Top with toasted pumpkin seeds.

A SYMPHONY OF ROOT VEGETABLES

The beautiful thing about root vegetables is that the root and the greens can be used. Some forgotten favorites:

Turnips – A great source of phytonutrients DIM which helps in keeping our immune system strong and protects against microbes such as bacteria and viruses. They also contain the phytonutrient sulphoraphane, which has been shown to be beneficial in preventing cancer development. In addition it is a good source of vitamin C, B6, calcium, potassium, manganese and fiber.

Rutabagas – Loaded with vitamin C, fiber, potassium, and cancer protecting phytonutrients called glucosinolates. These may help eliminate carcinogens before they can damage DNA or alter certain cell-signaling pathways. The outcome is that normal cells aren't transformed into cancerous cells.

Parsnips – Provide us with vitamins C, E, K, folate, potassium and manganese. The compounds found in parsnips have been shown to be anti-inflammatory, anti-fungal and anti-cancer, and may offer protection from colon cancer and acute lymphoblastic leukemia.

Beets – Contain phytonutrients called betalains and vulgaxanthin, both have been shown to provide antioxidant, anti-inflammatory and detoxification support. The one unique thing about the betanin in beets is that there is a steady loss in cooking. In addition, beets are a good source of fiber, folate, copper, potassium, manganese, magnesium, phosphorus, vitamin C, B6 and iron.

Honey Roasted Root Vegetables – Save the greens and braise them; all peeled and cut into 1 inch pieces.

1 cup beets, 1 cup rutabaga; 1-1/2 cups turnip; 1-1/2 cups parsnip; 1-1/2 cups carrot; 1/4 cup honey; 2 tbsp olive oil; 1/2 teaspoon sea salt; 3 shallots halved.

Preparation: Preheat oven to 450 degrees. Combine all ingredients in a large bowl and toss to coat. Place vegetable mixture on baking sheet. Bake for 35 minutes or until vegetables are tender and begin to brown, stirring every 15 minutes.

Enjoy these foods and many others in the fall harvest! 🍂

Sabine Weber, MS, RDN, CDN, CFSP, is an Integrative and Functional Nutritionist specializing in sports performance problems and functional nutrition. She has a private practice in Lake Placid, Adirondack Nutrition Consulting. When Sabine is not working she loves to play in the Adirondack Park! Contact her at (518) 523-0157 or visit adirondacknutritionconsulting.com.

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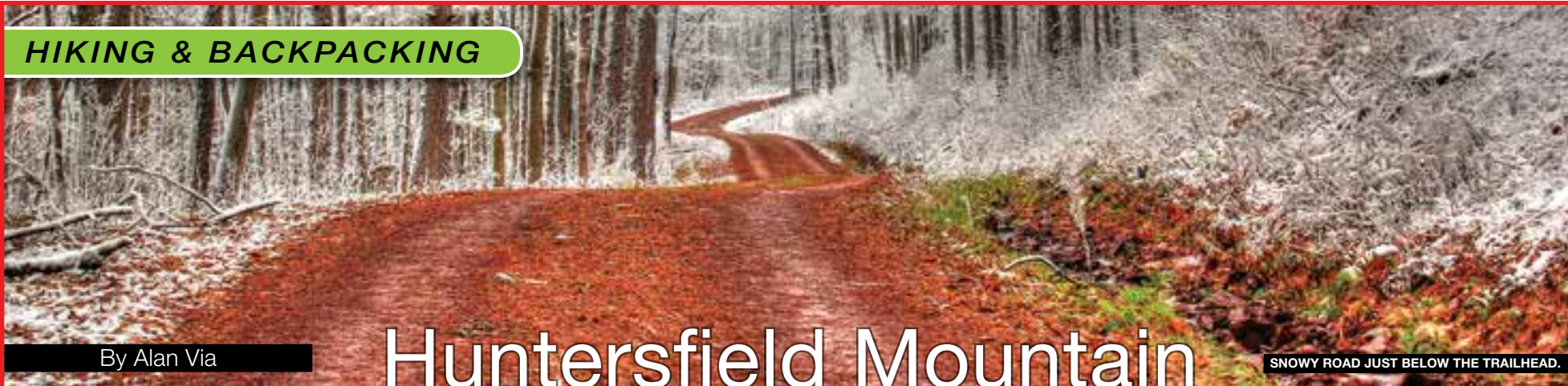
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HIKING & BACKPACKING



By Alan Via

Huntersfield Mountain

SNOWY ROAD JUST BELOW THE TRAILHEAD.

A Gem in the Northwest Catskills

Huntersfield Mountain is a Greene County gem, located southwest of Albany in the northwest Catskills, near the town of Windham.

To get there, drive west on NY Route 23 past Windham, turning north near Ashland at the intersection (N42 18.297 W74 20.271) with County Route 63. While driving north from Ashland, you'll be greeted with an impressive skyline display consisting of Huntersfield, Ashland Pinnacle and Richmond mountains. Pull over and look back at the panorama behind you – Patterson Ridge, Tower, Cave and West Cave mountains – with a backdrop that includes Catskill high peaks, Sherrill, North Dome, Westkill and Rusk mountains.

Next, turn left at the County Road 10 intersection (N42 19.663 W74 21.021), and just beyond the scenic crossroads of West Settlement, make a right onto Schrader Road (N42 19.954 W74 22.178). Bear right in 0.15-mile and follow Jim Cleveland Road to the trailhead at the height of land. Be sure to buckle your seatbelts as Jim Cleveland Road climbs 750 feet to the 2,800-foot trailhead (N42 20.948 W74 21.925) – the highest in the Catskills. Cross-country skiers and snowshoers should note that neither Jim Cleveland, nor Huntersfield Road the northern approach, are plowed in winter so they're nice destinations. Both roads are very steep, carry a lot of snow, and are often drifted when other trailhead roads are snow or ice free.

The high trailhead for Huntersfield begins where the road crests the ridge (N42 20.948 W74 21.925) at a pull off on the west side of the road, opposite a shale pit that is used to quarry stone for the access roads. While there's not a lot of traffic here, the blind, uphill curve just beyond the trailhead makes it advisable to keep children or dogs close until on the trail.

There is also another trailhead (N42 21.323 W74 21.534), farther north on Huntersfield Road, where the trail drops off Huntersfield's northwest ridge. A quick look at the map presents you with a few options. You can hike out and back to Huntersfield, spot a car at each trailhead, or walk the lightly travelled Huntersfield Road between the two trailheads. Be sure to check the map to note the 400-foot elevation difference between trailheads.

Beginning at the upper trailhead, cross the road to the shale pit and the trail begins on the right. The trail is a grassy woods road and though the first part doesn't have trail markers, it's easy to follow. In damp weather there are some wet spots, but because the



VIEW OF THE CATSKILLS FROM THE LEAN-TO.

trail follows the spine of a ridge, there are no streams between this trailhead and the summit. This part of the forest is all deciduous, so the ridge is sunny when the leaves are off the trees. The woods are comprised of beech, maple, birch and black cherry, and in the spring many parts of the trail are covered by spring beauties, trout lilies, trillium and other wildflowers. In a few places blackberry bushes line the trail. They don't encroach but are close enough for a summer berry snack.

At 3,325 feet, yellow DEC trail markers make their first appearance. Look to your left to see where DEC has marked the former trail to the summit. You can continue straight ahead, or take a left here; both deposit you on top. The old trail is much steeper, and unless you double back a short distance from the summit, you'll miss the lean-to (3,420 feet) situated a short scoot below the top.

The open views from the lean-to look south to an array of peaks, and approximately 100 yards beyond the lean-to, there is another south facing view spot. From the lean-to, it is an almost unnoticeable ascent to the Huntersfield summit. Just before the summit there is a trail junction on your right that descends, heading northeast and then east, across a ridge leading to Ashland Pinnacle. If you're interested in a longer day, you can explore this nice trail, but the use of the word 'pinnacle' could only be thought of to possibly describe its appearance from far distance. Any views from this summit will be scarce and screened by trees.

From the Ashland Pinnacle junction, continue left and uphill, on red markers to the summit. The top has a 1942 benchmark set in a flat rock on the side of the trail. Immediately opposite the benchmark is a black cherry tree that has a large metal pole ten feet off the ground. Its origin is a mystery, although speculation is that it may have been a flagpole at one time.



THE LEAN-TO JUST BELOW THE SUMMIT.

PHOTOS BY MIKE CANTWELL/CATSKILLMOUNTAINEER.COM

At the wooded summit you can return to your car, back along the ridge or explore the Ashland Pinnacle trail. But if you'd like to sample the best that Huntersfield offers, continue ahead 50 feet to descend slightly past the old Huntersfield trail junction, and follow the red markers down Huntersfield's northwest ridge toward Huntersfield Road. This section of the trail sees much less usage and is the nicest section of hiking on the mountain.

When the leaves are off the wide variety of trees common here, there are views along much of the ridge. The nice downhill hike is really pleasant and you'll enjoy the wildflowers and fern glades in spring and summer. The red marked trail you're following down the ridge turns into an old woods road at 2,950 feet, where the marked trail makes a sharp left; if you miss the turn, you'll enter private property. Because this part of the trail

is also part of the Long Path, you'll see some aqua colored blazes on the trees.

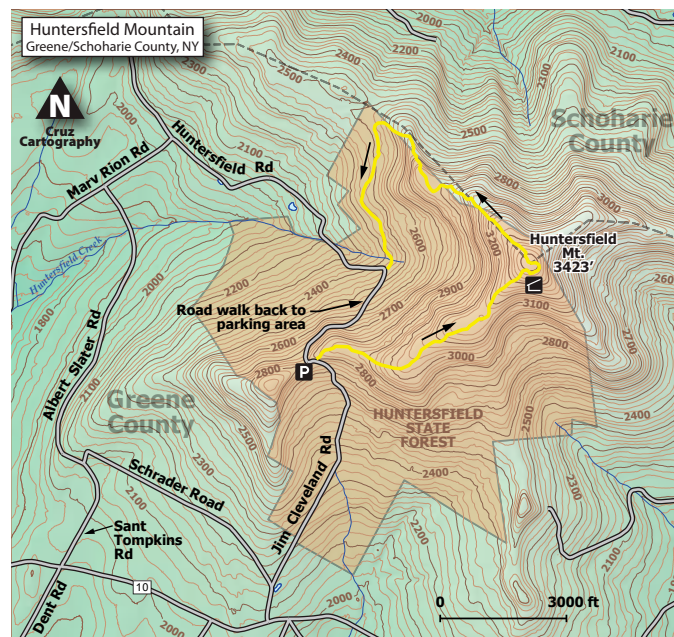
As you continue down the ridge there are screened views to the east and west. At 2,820 feet, look for a small unmarked path that leads to a sedge-covered series of ledges with views towards two of the Catskill reservoirs, and Bearpen Mountain in the distance. Below the viewpoint, Huntersfield's northwest ridge further narrows and tracks more to the north northwest. With less forest screening, the narrower ridge provides even more peeks at the surrounding mountains.

The character of the forest abruptly changes from a deciduous forest to conifers at 2,670 feet. There are a few striped maples and beeches, but the forest is now a red pine plantation and the trail is a soft, pine needle covered woods road – quiet, shady and peaceful. Walk through this area in the late afternoon or early evening in spring and you'll likely hear or see barred owls. On warm days the conifers are a welcome, cooling relief. My dog occasionally found some small puddles or springs in the conifer forest, and at 2,430 feet there is a stream fed by brooks on Huntersfield's entire west side. After stopping for a water break, it's a three-minute walk to where the trail intersects Huntersfield Road on the north side of the mountain. If you left a car near the gated trail here, you're spared the 400-foot climb up the road to the ridge parking area.

The entire loop is a four-mile hike. Without a car spot, the elevation gain is 1,030 feet. You can reduce the ascent by approximately 400 feet without the climb to the ridge trailhead.

Trail runners should also give Huntersfield a try. There are few obstacles but enough 'up' to provide a good workout, particularly if starting from the lower trailhead.

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



MAP BY LIZ CRUZ

Another good reason to hike in the Adirondacks

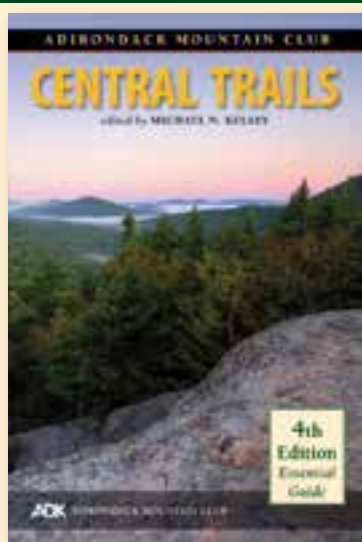
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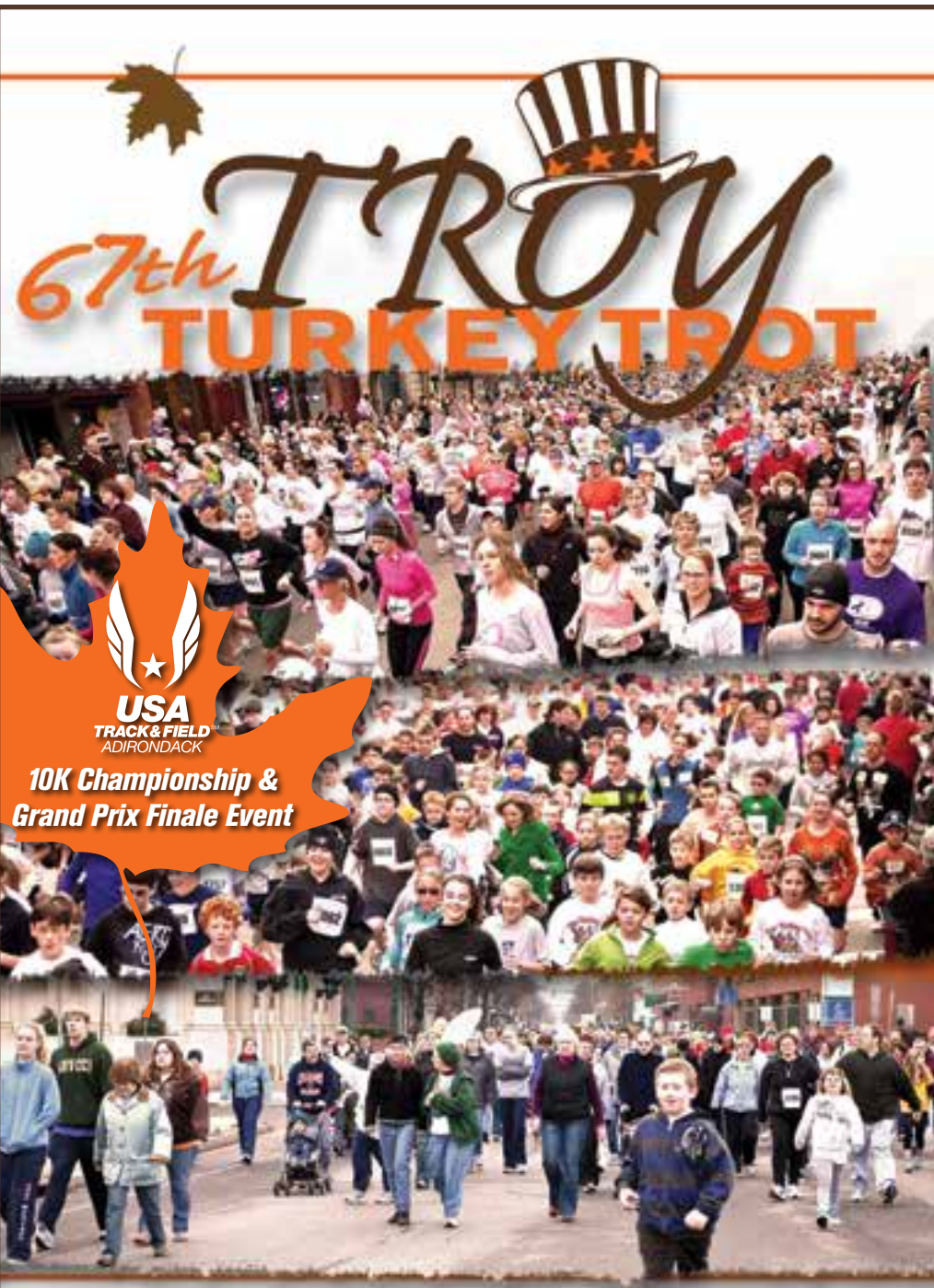


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