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HEIDI UNDERWOOD/NYSSRA-NORDIC

# Add Performance to Your Nordic Skiing

By Dave Paarlberg-Kvam

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**W**inter is a time when the lure of the mountain playground has Adirondack enthusiasts digging through the piles of gear in their basements looking for any way to enjoy the splendor of the snowy outdoors. For those who find a pair of cross-country skis in their hands, the upstate New York region offers ample opportunities to enjoy a fantastic winter sport at any level.

Many find that hitting the ungroomed backcountry for a day of exploration with friends is their calling. Others love the groomed trails of a touring center that end at a cozy woodstove and a warm beverage. If you are the type looking for just a little more performance in your nordic experience, there are some great ways to learn about and get involved with ski racing, biathlon and ski-orienteeing. The New York State Skiing Racing Association - Nordic Division (NYSSRA-Nordic) is the official governing body of ski racing in New York, and a clearinghouse of opportunities for interested athletes of all ages. Dedicated volunteers work throughout the year (summer included!) in committees to organize a calendar of events for each of the four NYSSRA divisions. Here is a short preview of all that NYSSRA has to offer.

**Bill Koch Youth** – If you are a parent of a student in first-grade to eighth, the Bill Koch Youth program offers an opportunity for your child to learn how to ski, how to race, and most importantly... how to have fun on skis! There are some great clubs across New York that are part of the Bill Koch Youth division and they host events for kids, provide weekly practices, and work hard to get kids hooked on the sport. This season there are 19 Bill Koch clubs listed in New York; contact information for all of them can be found on the Bill Koch division at nyssranordic.org. Nordic skiing is truly a source of lifelong fun, and it begins with your involvement in your local Bill Koch club.

**Ski-Orienteeing** – Interested in boosting your map-reading skills along with your skiing? Leave Siri at home and try out a sport that requires you to navigate a trail system, looking for control stations and using nothing but a map, a compass and your wits. February offers several great opportunities to try this sport, and you can contact the ski-orienteeing committee chair through the NYSSRA website with any questions about the sport or upcoming orienteeing events. If you are nervous about trying a new sport in the winter elements, be sure to stay tuned for learn-to-orienteeer events that happen in the warmer months.

**Biathlon** – If you have seen even a moment of Olympic biathlon, you have probably fantasized about skiing into a shooting range with a rifle strapped to your back, still breathing hard as you shoot five targets, and then speed away. Well, don't miss your chance to make it a reality. The NYSSRA-Nordic biathlon division volunteers work hard to organize competition classes, learn-to-biathlon clinics, safety lessons, and races for any skier looking to try their hands (and feet!) at this exciting sport. Many previous, current, and up-and-coming Olympic biathletes have hailed from our Adirondack region, and you might be the next one! If not, you'll have a great time being part of this community of skiers.

**Cross-Country** – The largest division of NYSSRA-Nordic is the cross-country division, and one visit to nyssranordic.org will show you why. Pick any Saturday or Sunday during the winter, and chances are you will find at least one ski race being held in New York. Whether you love skate skiing or prefer the stride-and-glide of classic skiing, there is a race that will fit your tastes. New to racing? NYSSRA-Nordic features "Try-It" 5Ks, which offer an introductory distance for beginning participants, as well as longer races that give endurance-lovers their fill of kilometers. The Winona Tourathon (winonaforest.com)

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## ALPINE SKIING &amp; RIDING

# Take Your Skiing to the Next Level



THE AUTHOR, GAIL SETLOCK, LEADS THE LADIES ESCAPE PROGRAM – SIX WEDNESDAYS OF COACHING, FEEDBACK AND FUN AT GORE MOUNTAIN.

GORE MOUNTAIN

By Gail Setlock

**T**oday's ski gear has made it easier to ski a variety of conditions and terrain. The rockered technology makes a ski more versatile in a variety of snow conditions for all levels of skiers. And to make your skiing more fun, you should be more versatile in your tactical approach, technique and style.

Your gear – skis, boots, poles – are your connection with the snow. So my first tip is to have your gear in good repair and the proper fit for you.

**Keep Your Skis Tuned** – Edges can dull quickly, even if you are skiing on packed powder. Keep your skis tuned so they will perform consistently each time you ski. Your local ski shop can tune them for you, as well as the shop at your mountain. Or, if you choose to tune them yourself, there are great hand tools available – be sure to have someone show you how to use the tools correctly if you choose to tune your own skis.

**Get Your Boots Fitted Properly** – Properly fitted boots are the most important part of all your gear as they are your connection to your skis. A good fitting boot allows your movements to transfer directly to the ski. For example when you tip your feet in a properly fitted boot, your result will be better edging skills. Your local shop can adjust your foot bed, cuff, and/or your boot sole to achieve better alignment. And wear only one pair of wool ski socks. Wearing two pairs of socks can cause bunching and pressure points in your boots, making your fit uncomfortable.

**Check the Length of Your Ski Poles** – The swing and touch of your poles is critical to promote good timing and rhythm of your

turns. Poles that are too short may cause you to bend too much; poles that are too long may cause you to stand too tall. A guide to a good pole size: when standing indoors hold your pole by the grip, keeping the pole vertical with the point of the pole on the floor. Your forearm should be parallel to the floor, or slightly lower than parallel.

**Now That Your Gear is in Good Shape, Let's Hit the Slopes!** – Skiing is fun and exciting for all levels of skiers. You don't have to ski the steep black diamond trails to have some challenge and excitement.

**Take a New Tactical Approach** – Making good tactical decisions can make any trail more challenging and fun. The mountain is your playground, so explore it in a variety of playful ways. Quite often people ski the same type turn regardless of the trail pitch or snow conditions.

For example, some people prefer to ski longer turns, while others like short turns. Some folks ski on the edge of the trail, while others go back and forth across the trail from treeline to treeline. Next time you go skiing try something different. Ski turns of a different size and shape than you usually do. Or shake it up a bit by skiing three long turns, three short turns, three long and three short, while maintaining a rhythm and flow – don't stall or traverse in between the size changes. This allows you to be more versatile and playful on the trails.

Another tactical challenge is to add more shape to your turn. Often, people don't finish their turns, thus picking up speed with each turn. Add more shape – ski a more rounded turn – making sure to finish your turn to help

control your speed. This can be especially helpful on steeper terrain.

Another fun tactic is skiing in synchronization with another skier. Synchronized skiing is not only fun, but makes you ski to another person's rhythm and turn shape. There are many different patterns you can do with two or more people. One of the easiest synchro styles is to have one person ski in front of you. You will mirror them by turning the same direction at the same time. Key in on their pole swing – as soon as they swing that left pole, you do the same, and make the same left turn size and shape they are in the same direction. And get ready for the next turn by watching and making your right pole swing and touch when they do, then making your right-hand turn mirroring them. Keep watching their pole swing as that is an easy indicator of when they are going to make the next turn.

Another fun synchro style is skiing side-by-side, with both of you turning the same direction at the same time. You may need to adjust your turn shape, making either shallow or more rounded turns in order to maintain the same speed as your partner, while maintaining the same cadence and rhythm – and turning in the same direction at the same time. One of the great outcomes of synchro skiing is that you turn on demand – turn to the other person's rhythm and timing – and you may turn in places on the hill that you normally might avoid.

Making different tactical choices in your skiing is not only fun, but will take your skiing skills to the next level. It allows you to challenge yourself without pushing yourself into the "yikes zone" of fear.

**Take a Ski Lesson** – Lessons are fun, and you can work on a variety of things that will help you enjoy your ski day. An instructor can help you with technique, or maybe show you some of the tactile options mentioned above. Skiing with an instructor will not only give you a good visual image to copy, but will allow you to talk with them about what your personal goals are and how to achieve them. Many instructors are certified with the Professional Ski Instructors of America (PSIA), which means they have studied, practiced, and challenged themselves to achieve a professional level of certification.

And make time to practice what you've learned. It's fun to challenge yourself. You'll find that you will get out of your skiing what you put into it! Having good equipment that fits you well, along with changing some tactics in your skiing will take you to the next level.

Check with your favorite mountain to learn more about lessons, programs, and clinics that fit your needs. In addition to the typical one- or two-hour lessons that mountains provide, many offer multi-week programs – as well as weekend clinics that focus on your goals. 🌲

*Gail Setlock (gail@goremountain.com) is the Director of the Gore Mountain Snow Sports School. A 35-year member of PSIA, Gail is level 3 certified and is an alpine examiner for PSIA. In the off-season, she is an avid mountain biker and says the two sports complement each other with rhythm, timing and making tactical decisions.*

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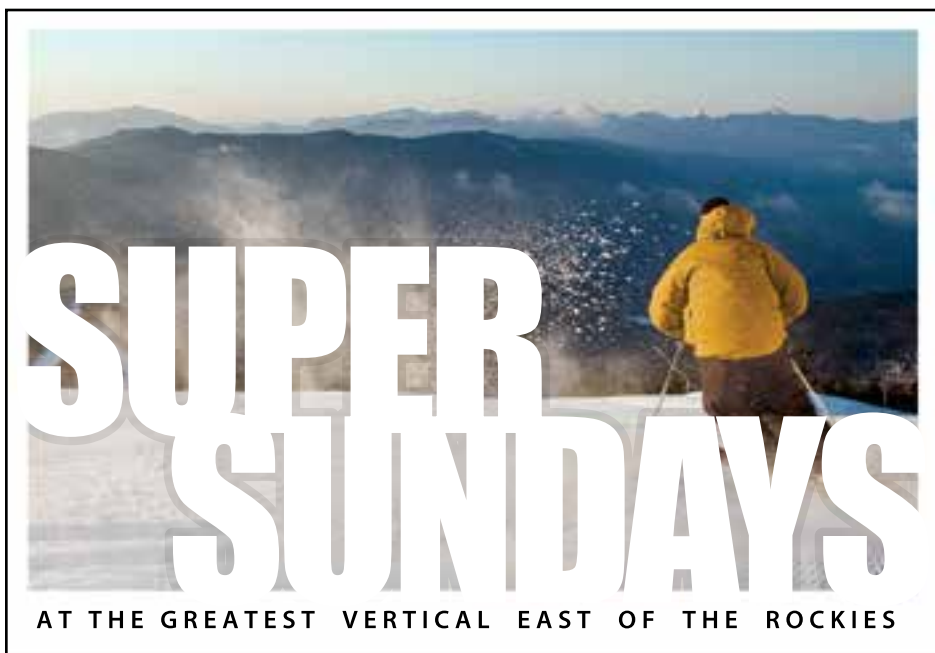
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## AROUND THE REGION **News Briefs**

### Lapland Lake Nordic Vacation Center New Owners

NORTHVILLE – Lapland Lake Nordic Vacation Center, one of the Adirondacks' premier cross country ski and four-season vacation resorts for more than 36 years, has new owners/operators. Kathryn and Paul Zahray, formerly of Matawan, N.J. and Lapland Lake customers for more than 17 years, have purchased the resort. "We are thrilled to assume ownership of this very unique property, which has been such an integral part of our lives for so many years," Paul said. "Kathy and I plan to maintain the high standards for which the resort has become known. Lapland Lake will continue as a cross country ski center and family-friendly, year-round resort. New offerings in the first year of our ownership will include autumn trail runs and a fall harvest festival."

The new owners will seek to increase partnerships with local businesses and plan to continue the resort's long-standing support of cross country ski racing at the secondary level. Emphasis will be placed on enhancements such as the recently introduced Reindeer Rally program geared to introduce more youth to the sport.

Resort founder and US Olympian, Olavi Hirvonen, and his wife Ann will work closely with the Zahrays for a significant period of time assisting in all areas of resort operation including trail maintenance, lodging operations, food service and ski equipment. This collaboration will ensure the high standards of the resort are maintained and will contribute to a seamless transition. "We are so pleased to have the Zahrays assume the reins here at Lapland Lake," Olavi said. "They have been our customers for many years and have now become good friends." Go to: laplandlake.com.

### Capital District Tri Club Winter Lecture Series

ALBANY – CDTC's Winter Lecture Series, sponsored by Center Square Asset Management, is underway. This year it's similar to a tri race – swim, transition, bike, run, plus nutrition and planning for the upcoming season. All sessions are 6pm-8pm at Center Square Asset Management offices in Schodack.

Jan. 14 – Swim and Transitions. The swim will cover developing a swim training plan, how to use a pace clock, how to develop a pace chart for your individual training, benefits of a master swim group, and the differences in wetsuits. Speaker: Kevin Kearney, assistant swim coach at College of St Rose and owner of Excel Aquatics. Transitions: tips to improve times for T1 and T2. Speaker: Alan Finder, local racer, winner of the Crystal Lake Triathlon.

Feb. 4 – All about Bikes. This will cover what you need to do to race faster. Group rides, equipment, time trials, power meters, heart rate monitors. Do I really need to do hill repeats? Speakers: Andy Ruiz, cycling coach and Tim Bonnier owner of Tomhannock Bicycles.

March 4 – Running. Incorporating your run training with swimming and biking, using local races to prepare for your triathlon, different workouts for different distances, dry land training. Speaker: Pat Cullen, runner, CDTC member and very fast.

April 2 – Planning for the Upcoming Season and Nutrition. Time to think about the upcoming season: how many races can I do, what is an "A" race, can training be fun, and what is recovery? Plus a general discussion on nutrition for training and racing. Speaker: Judy Torel, trainer, nutritionist, and multiple Ironman and ultra race finisher.

Due to the support of Center Square Asset Management there is no fee to attend any of the sessions. You may elect to attend individual sessions or all of the sessions. The series is open to all athletes in the Capital District. Attendance will be capped at 40 for each session. To reserve your space, email Frank Bender: winterseries@cdtriclub.org. For directions, visit: centersquareasset.com.

### "Touch the Wall" Screening on Feb. 22

SARATOGA SPRINGS – Proactive Chiropractic of Clifton Park is pleased to present "Touch the Wall," an independent film that chronicles the inspirational rise of swimming phenom Missy Franklin and her two-time Olympian teammate, Kara Lynn Joyce, as they strive to make the 2012 London Olympic team. The one-time screening will take place Sunday, February 22, 2015 at 4 pm (doors open 3:30pm) in Skidmore College's Gannett Auditorium. Tickets are \$10 each and can be purchased at adirondackaquaticcenter.org.

All proceeds from the event will benefit the Adirondack Aquatic Center Capital Campaign. The Adirondack Aquatic Center is a 501c3 not-for-profit organization that plans to build a premier aquatic facility for the greater Capital Region and Northeast. The Adirondack Aquatic Center will focus specifically on aquatics, with four indoor pools of varying temperatures, sizes, and depths. Its mission is to prevent drowning by teaching children and adults how to be safe in and around water; promote adult fitness, especially for those who are limited on land; and provide a venue for competition in all aquatic disciplines.

The film is being screened through Tugg.com, a platform that helps individuals and organizations to host screenings in their local theaters. To see a trailer of "Touch the Wall," visit adirondackaquaticcenter.org.

### ADK Volunteer Trail Project Schedule

LAKE PLACID – Since 1986 thousands of volunteers have worked with trained Adirondack Mountain Club trail crew leaders to complete trail maintenance and reconstruction projects all over the Adirondacks and Catskills. Volunteers are provided with the unique opportunity to "give something back" to the trails that they use. Trail work is demanding so volunteers should expect to be challenged both physically and mentally. Through the course of a trail project, volunteers will share the experience with other participants forming new friendships and memories. Ultimately, a quality trail project is completed by volunteer trail crews that will protect the natural resource for many years. A fun and rewarding experience is guaranteed. ADK provides leadership, group camping gear, tools, transportation from base camp, and food for multiday projects. ADK's volunteer base camp serves as the staging area for the four- and five-day trail projects. It is located at the Adirondack Loj campground adjacent to Heart Lake. Project information including an equipment list will be sent to all volunteers upon registration. To see a detail list of 2015 projects, visit: adk.org. To register, call (518) 523-3441. 🌲

### FROM THE PUBLISHER &

## Taking It to the Next Level

### EDITOR

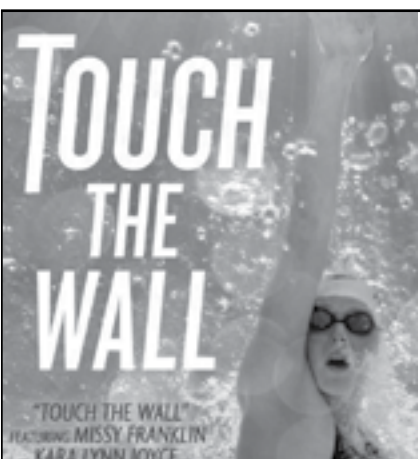
Enjoy our February issue and the SNOW!! Since we're living in upstate New York, embrace winter by getting outside and have some fun!

Whether you are a frontrunner or taking the scenic route, there is something for everyone in these pages. Races, outings, clinics, clubs and races – all welcome participants and members, and they can help you reach your goals. The articles in this issue are about taking your fitness, and knowledge, to the next level and challenging yourself!

Our mission is to inspire and inform the active lifestyle community in our region. We strive to continuously improve our magazine, expos and online experience, so please share your comments, support and ideas – they are always welcome at (518) 877-8788 or info@adksports.com.

We're excited to help you live your best life. Make it an active, healthy and rewarding year!

*Darryl and Mona*



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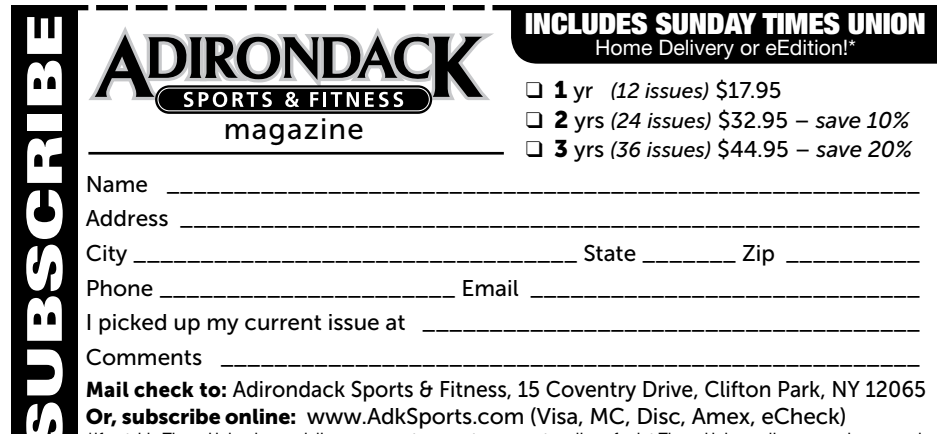
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## Calendar of Events February – April 2015\*

\*Events beyond this range are advertisers in this issue.

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

### ALPINE SKIING & SNOWBOARDING FEBRUARY

- 1 **Trees & Steeps Telemark Clinic.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 1 **Master the Mountain Alpine Skiing & Snowboarding Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 1 **Intro to Telemark Skiing Clinic.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 1 **Football Super Sunday Party.** Whiteface, Wilmington. 946-2223. whiteface.com.
- 1-28 **Winter Gear Sale.** Broadway Bicycle, Albany. 451-9400. broadwaybicycleco.com.
- 7 **It's All About Love: Ski/ride, rail jam, dinner for breast cancer.** Oak, Speculator. 548-3606. oakmountainski.com.
- 7 **Rail Jam Series #2.** 1pm. Oak, Speculator. 548-3606. oakmountainski.com.
- 7-8 **Glades & Glory - Skiing & Snowboarding Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 7 **Rail Jam Series #2.** 1-2pm. Oak, Speculator. 548-3606. oakmountainski.com.
- 13 **Under the Lights Rail Jam.** 7-9pm. All ages/ability. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 13-22 **President's Week Ski Sale.** Valatie, Glenmont & Hudson: Steiner's Ski & Bike. steinersskibike.com.
- 14-15 **Presidents' Weekend Camp.** Ages 4-12. 9:30am. Gore, North Creek. 251-2411. goremountain.com.
- 21 **Snow Box Derby.** Build a race sled from cardboard. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 21-22 **Master the Mountain: Alpine Skiing/Snowboarding Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 27 **Under the Lights Rail Jam.** 7-9pm. All ages/ability. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 28 **Mini-Shredders Jibfest.** Freestyle competition. Ages 1-10. Jibland, Gore, North Creek. 251-2411. goremountain.com.
- 28-3/1 **Alpine Skiing & Snowboarding Clinics for Women.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 28-3/1 **Mardi Gras at Whiteface.** Races, music, Whiteface, Wilmington. 924-2223. whiteface.com.

### MARCH

- 7 **Big Air at Little Gore: Freestyle.** Ages 22-under. 5pm. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 7-8 **Glades & Glory Skiing & Snowboarding Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 7-8 **Trees & Steeps Telemark Clinic.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 7-8 **Intro to Telemark Skiing Clinic.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 15 **Shamrock Super Sunday.** Whiteface, Wilmington. 946-2223. whiteface.com.
- 21-27 **Take Your Kids to Gore Week #2.** Gore, North Creek. 251-2411. goremountain.com.

### APRIL

- 5 **Retro Super Sunday.** Whiteface, Wilmington. 946-2223. whiteface.com.
- 11 **Pond Skimming Contest.** Gore, North Creek. 251-2411. goremountain.com
- 12 **Pond Skimming Contest.** Whiteface, Wilmington. 924-2223. whiteface.com.
- 15 **Shamrock Super Sunday Party.** Whiteface, Wilmington. 946-2223. whiteface.com.

### BICYCLING, MTB & CYCLOCROSS ONGOING

- Daily Spinning Classes.** Tue/Wed: 6pm. Thu: 5:30pm. Sat: 8am. Sun: 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Tu/Th Winter Spin Classes.** 6:30pm. 365 Fit, Delmar. 365fit.info.

### FEBRUARY

- 6 **Brevet Night Open House.** 7pm. Talk about randonneuring, Paris-Brest-Paris & endurance cycling with Adk Ultra Cycling. Collamer House Bike & Ski, Malta. 871-1213. collamerhouse.com.
- 7 **1st Saratoga Fat Bike Rally.** 9:30am. Group rides on groomed trails, geocaching race, demos, clinic, food. Victoria Pool Bldg, Saratoga Spa SP, Saratoga Springs. saratogafatbikerally.com.
- 8 Cazenovia Fat Bike Race. 10:30am. Cazenovia. 315-446-6816. syracusebicycle.com.
- 21 Snowball Express Century. 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

### MARCH

- 7 1st Winona Forest IditaFAT Bike Race. 12K/25K. 8am. CCC Camp, Mannsville. 315-447-9670. winonaforest.com.
- 7-8 **10th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Run, cycle, hike, paddle, triathlon, ski, healthy living & travel. 125 exhibitors, sales, pool/floor demos, seminars/clinics, family activities, prizes. Free admission. Saratoga Springs City Center, Saratoga Springs. 877-877. adksports.com.
- 14 **Fat Bike Demo Day.** New York Bicycle Co, Schenectady. 377-2453. newyorkbicycleco.com.
- 15 **Downhill Mountain Bike Slalom.** 1-2pm. Oak, Speculator. oakmountainski.com.
- 15 Berkshire Brevet Series St. Pat's 100K Populaire. 8am. Westfield, MA. newhorizonsbikes.com.
- 22 Berkshire Brevet Series Spring 200K. 7am. Westfield, MA. newhorizonsbikes.com.
- 28 **Trooper David Brinkerhoff Memorial Race Series #1.** 24M/36M/48M/60M. 11am. Cossackie-Athens HS, Cossackie. 281-3710. cbrcc.com.
- 29 Saratoga Brevet 200K. 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

### APRIL

- 4 **Trooper David Brinkerhoff Memorial Race Series #2.** 24M/36M/48M/60M. 11am. Cossackie-Athens HS, Cossackie. 281-3710. cbrcc.com.
- 4 **Tour of the Battenkill Preview Ride.** 68M. 10am. 392 Old Schuylerville Rd, Greenwich. Anthem Sports. 413-314-3478. tourofthebattenkill.com.
- 7 **Kids' Bike Day.** Collamer House Bike & Ski, Malta. 871-1213. collamerhouse.com.
- 11 **Trooper David Brinkerhoff Memorial Race Series #3.** 24M/36M/48M/60M. 11am. Cossackie-Athens HS, Cossackie. 281-3710. cbrcc.com.
- 12 Berkshire Brevet Old Saybrook 300K. 6am. Westfield, MA. newhorizonsbikes.com.
- 12 Singlespeed-A-Palooza. 32M. 9am. Stewart SP, Montgomery. 845-787-0412. darkhorsecycles.com.
- 18-19 **11th Tour of the Battenkill Pro/Am.** 68M. 10am. Washington Co Fairgrounds, Greenwich. Anthem Sports. 413-314-3478. tourofthebattenkill.com.
- 19 **Tour of the Battenkill Open Gran Fondo.** 23M/68M. 10:30am. Washington Co Fairgrounds, Greenwich. Anthem Sports. 413-314-3478. tourofthebattenkill.com.
- 26 **Sean's Run Weekend.** Chatham. Sat, 10am: 20M bike & 8:30am: 50M bike. Sun, 12pm: Sean's Run 5K/walk & 11:30am: Meghan's Mile youth run/walk. Chatham HS, Chatham. seansrun.com.
- 26 Saratoga Brevet 300K. 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

### JUNE

- 19-21 **Saranac Lake Tandem Rally.** Gear-To-Go Tandems, Saranac Lake. Rich/Lindy: 354-2102. gtgtandems.com.

### JULY

- 4-12 **French Canada Deux Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. Rich/Lindy: 354-2102. gtgtandems.com.
- 11-19 **French Canada Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. Rich/Lindy: 354-2102. gtgtandems.com.

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## AUGUST

15-23 **Hudson Valley Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. Rich/Lindy: 354-2102. gttandems.com.

CROSS COUNTRY SKIING  
ONGOING

Wed **Ladies Tea & Ski Days: 1/7-2/11.** 9:30am. Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.

We/Sa **Snow Angels: Instruction for Women.** 10am-12pm. Mt. Van Hoevenberg, Lake Placid. orda.org.

## FEBRUARY

1 **USSA SuperTour Classic Sprint Race.** Craftsbury, Craftsbury Common, VT. 802-586-7767. craftsbury.com.

1 **Glenville Hills Classic.** Men: 9.5K. Women: 6K. Bill Koch: 1K. 10am. Ridge Road, Scotia. Glenville Hills Nordic: 723-0337. skireg.com.

1 **Polar Bear Nordic Freestyle Race.** 10K/5K. 12pm. McCauley, Old Forge. 315-369-3240. nyssranordic.org.

6 **Full Moon XC Ski & Snowshoe Party.** 6:30-8:30pm. Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.

6-8 Empire State Games. Nordic, biathlon races. Olympic Sports Complex, Lake Placid. empirestatewintergames.com.

7 **Full Moon XC Ski Party.** Bonfire, food, music. Cascade, Lake Placid. 523-9605. cascadeski.com.

14 **Shenendehowa Classic Race.** 10K/5K. 11am. Saratoga Biathlon Center, Day. Eric Hamilton: 371-7548. nyssranordic.org.

14-16 3rd Camp Santanoni Winter Weekend. 10am. XC skiing, snowshoeing. Camp Santanoni, Newcomb. 834-9328. dec.ny.gov.

15 **Sacandaga Mini-Marathon Race.** 30K/15K freestyle. 12pm. Saratoga Biathlon Center, Day. saratogabiathlon.com.

17-20 **Children Learn to Ski Week.** Ages 6-12. Pineridge, East Poestenkill. 283-2652. pineridgexc.com.

21 **Cookie Clash Race.** 10K/5K freestyle. 11am. Dewey, Saranac Lake. Jim Kobak: 643-0821. nyssranordic.org.

21 **Saturday Night Rush Hour: Nordic Ski & Snowshoe Race.** Ski Bowl, Gore, North Creek. goremountain.com.

21 **Ladies Love to Ski.** Classic technique. 9:30am-2:30pm. Lesson, lunch. Lapland Lake, Northville. 863-4974. laplandlake.com.

22 Hoffman Notch XC Ski. 8M. Intermediate backcountry. Rich Macha: 346-3180. adk-albany.org.

28 Santanoni Preserve XC Ski. 9M. 6am. Mike Becker: 253-3359. adk-albany.org.

27-3/1 **1st Lake Placid Nordic Festival.** Fri: SLU Winter Carnival. Sat: LP 12.5K XC Challenge. Sun: LP Loppet XC Marathon. Mt. Van Hoevenberg, Lake Placid. lakeplacidnordicfestival.com.

28 **Winona Forest Tourathon.** 12.5K/25K/37.5K/50K classic. 8am. Mannsville. Keith McKittrick: 315-668-8329. nyssranordic.org.

28-3/1 **Mid Atlantic Bill Koch Festival.** Races, relays, games. 9:30am. Osceola Tug Hill, Osceola. 315-338-3638. uxcski.com.

## MARCH

1 **Lake Placid Loppet XC Ski Marathon.** 50K Loppet or 25K Kort-Loppet: classic & skate. Open to all racers & recreational skiers. Mt. Van Hoevenberg, Lake Placid. lakeplacidnordicfestival.com.

1 **4th Wood-n-Ski Rendevous.** 2pm. 5K race with wooden skis, bamboo poles & classic nordic attire (all can be rented). Food, drinks, live band. Cascade, Lake Placid. 523-9605. cascadeski.com.

1 Groff Creek XC Ski. 12M. Tom McGuire: 391-0508. adk-albany.org.

6 **Full Moon Poker XC Ski & Snowshoe Party.** 6:30-9pm. Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.

7 **Full Moon XC Ski Party.** Bonfire, food, music. Cascade, Lake Placid. 523-9605. cascadeski.com.

7-8 **NYSSRA Champions Cup Weekend: State Nordic Championships.** Biathlon sprint & pursuit championships, ski orienteering championship, club relay championship, 17k classic NYSSRA Champions Cup & Awards Party. Mt. Van Hoevenberg, Lake Placid. Schedule: nyssranordic.org.

8 Merck Forest XC Ski. Intermediate. Merck Forest & Farmland Center, Rupert, VT. Rich Macha: 346-3180. adk-albany.org.

14 **Ladies Love to Ski.** Skate technique. 9:30am-2:30pm. Lesson, lunch. Lapland Lake, Northville. 863-4974. laplandlake.com.

14-15 3rd Camp Santanoni Winter Weekend. 10am. XC skiing, snowshoeing. Camp Santanoni, Newcomb. 834-9328. dec.ny.gov.

28 XC Ski Tour. 13M. Lake George to Montcalm Point and the Narrows. Steve Siegard: 915-2309. adk-albany.org.

HEALTH & FITNESS  
ONGOING

Daily **Bikram, Warm & Hot Vinyasa, Ashtanga & Restorative yoga classes.** Hot Yoga, Lake Placid. 837-5036. hotyogalakeplacidny.com.

Daily **Yoga Classes & Workshops.** True North Yoga, Schroon Lake. 810-7871. Schedules: truenorthyogaonline.com.

Mo-Sa **Rock Your Fitness Classes.** Next Sessions: 2/23-4/4 & 4/13-5/23. M/W/F: 5:15am or 6:45am. Tu/Th: 9:30am & Sat: 6:15am or 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.

Tue **Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

Fri **Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

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

HIKING, SNOWSHOEING & CLIMBING  
FEBRUARY

8 **Street & Nye Mtn Hikes.** 9M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

14-16 **Intro to Winter Camping.** 9am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

14-16 3rd Camp Santanoni Winter Weekend. 10am. XC skiing, snowshoeing. Camp Santanoni, Newcomb. 834-9328. dec.ny.gov.

21 **Esther Mountain Hike.** 6.6M. 8am. Candyman Shop, Wilmington. ADK: 523-3441. adk.org.

28 **Haystack Mtn Hike: Saranac 6.** 6.6M. ADK: 523-3441. adk.org.

28 Mount Skylight & Gray Peak Snowshoe Hike. 21M. 3:30am. Don Berens: 783-1302. adk-albany.org.

## MARCH

7 **Snowshoe Tour by Moonlight.** Tour, dinner, dessert. 5pm. Lapland Lake, Northville. 863-4974. laplandlake.com.

7 **Phelps Mtn Hike.** 8.8M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

8 **St Regis Mtn Hike.** 6.6M. 8:30am. Routes 86 & 30, Paul Smiths. ADK: 523-3441. adk.org.

14 **Street & Nye Mtn Hikes.** 9M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

14 Mount Marshall to Herbert Brook Hike. 13M. Moderate pace. Steve Siegard: 915-2309. adk-albany.org.

14-15 3rd Camp Santanoni Winter Weekend. 10am. XC skiing, snow-shoeing. Camp Santanoni, Newcomb. 834-9328. dec.ny.gov.

ICE & SPEED SKATING  
FEBRUARY

1-2 North American Marathon & End-to-End Lake Skate. Lake Memphremagog, Newport, VT. marathonskating.org.

13-14 Irving Jaffee Single Distance Championships. Olympic Speedskating Oval, Lake Placid. Christie Sausa: 302-5028. lakeplacidsspeed.com.

27-3/1 Lake Placid Marathon Finale. Olympic Speedskating Oval, Lake Placid. Christie Sausa: 302-5028. lakeplacidsspeed.com.

MOUNTAINEERING & WILDERNESS SKILLS  
FEBRUARY

2-6 **Wilderness First Responder/SOLO Certified w/ Clark Hayward.** 72-80 Hours. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.

7 **Intro to Snowshoeing & Animal Tracking Tour.** 10-11am. Rental, guided tour. Age 12+. Lapland Lake, Northville. 863-4974. laplandlake.com.

8 **Backwoods Backwoods Tracking & Winter Survival Snowshoe Trek w/Jim Bruchac.** Adult & Teen. 9am-4:30pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.

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**13.1M:** 9am – Keene Valley Lodge, Keene Valley via NY Rt. 73 & 9N to ELCS, Elizabethtown  
 \*Bus leaves ELCS 8:30am for Keene Valley 8:50am arrival  
**5K:** 10am & **1M:** 9:45am – ELCS, Elizabethtown  
 Each participant receives a race bandana and finisher's medal!  
 "It's a really wonderful event!" –Laura  
**Entry – 13.1** \$25 by 3/1 (family (5 max) \$90), \$30 by 3/20, \$35 3/21  
**5K** \$20 by 3/1 (family \$70), \$25 by 3/20, \$30 3/21  
**1M** \$15 (family \$50), \$20 by 3/20, \$25 3/21  
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- 9-12 **Wilderness First Responder/SOLO Certified w/ Clark Hayward.** 72-80 Hours. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 14-16 **Intro to Winter Camping: Backpacking.** 9am. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
- 16-18 **Winter Wilderness Adventure & Storytelling Camp.** Ages 6-8. 10am-4pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 16-19 **Winter Wilderness Adventure Camp.** Ages 9-12. 10am-4pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 21-22 **Wilderness First Aid Course/SOLO Certified/WFR Resert w/ Clark Hayward.** Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 28 **Intro to Snowshoeing & Animal Tracking Tour.** 10-11am. Rental, guided tour. Age 12+. Lapland Lake, Northville. 863-4974. laplandlake.com.

**MARCH**

- 9-13 **Wilderness First Responder/SOLO Certified w/ Clark Hayward.** 72-80 Hours. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 16-19 **Wilderness First Responder/SOLO Certified w/ Clark Hayward.** 72-80 Hours. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 21 Women's Learn to Snowshoe Workshop. 9:30am. Five Rivers Environment Education Center, Delmar. Rentals avail. 402-8862. dec.ny.gov.
- 28-29 **Wilderness First Aid Course/SOLO Certified/WFR Resert w/ Clark Hayward.** Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.

**APRIL**

- 6-8 **Spring Tracking & Adventure Camp w/Jim Bruchac.** Ages 6-8. 9am-4pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 6-9 **Spring Tracking & Adventure Camp w/Jim Bruchac.** Ages 9-12. 9am-4pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.

**MULTISPORT: TRIATHLON & DUATHLON**

**FEBRUARY**

- 4 **CDTC Winter Lecture Series: All About Bikes w/Andy Ruiz & Tim Bonnier.** 6-8pm. Center Square Asset Mgmt., Schodack. cdtriclub.org.

**MARCH**

- 4 **CDTC Winter Lecture Series: Running w/Pat Cullen.** 6-8pm. Center Square Asset Mgmt., Schodack. cdtriclub.org.
- 14 Prospect Park Spring Duathlons & 5K/10K Runs. 7:30am. Prospect Park, Brooklyn. citytri.com.
- 15 Open Water Swim Prep & Safety Clinics. 4-5:30pm. Techniques, tips, training advice. Saratoga Regional YMCA, Saratoga Springs. Ann Svenson: annb48@earthlink.net.
- 29 March Madness Duathlon. 2M run, 12M bike, 2M run. Central Park, New York. 845-247-0271. nytc.org.

**APRIL**

- 2 **CDTC Winter Lecture Series: Planning for the Season & Nutrition w/ Judy Torel.** 6-8pm. Center Square Asset Mgmt., Schodack. cdtriclub.org.
- 12 Open Water Swim Prep & Safety Clinics. 4-5:30pm. Techniques, tips, training advice. Saratoga Regional YMCA, Saratoga Springs. Ann Svenson: annb48@earthlink.net.
- 26 **4th Delmar Duathlon 2M run, 10M bike, 2M run.** 8am. Elm Ave Town Park, Bethlehem. 439-4394. cdymca.org.

**MAY**

- 3 **21st Anyone Can Tri Triathlon.** 350yd swim, 11M bike, 5K run. 8am. Southern Saratoga YMCA, Clifton Park. 371-2139. cdymca.org.
- 17 Open Water Swim Prep & Safety Clinics. 4-5:30pm. Techniques, tips, training advice. Saratoga Regional YMCA, Saratoga Springs. Ann Svenson: annb48@earthlink.net.
- 24 **11th Saratoga Lions Duathlon.** 5K Run, 30K bike, 5K run. Saratoga Casino/Raceway, Saratoga Springs. 212-7752. saratogaspringslions.com.

**NORDIC: ORIENTEERING & BIATHLON**  
**ONGOING**

- Sat **Be a Biathlete.** Session #1: 1/3-2/7 & Session #2: 2/14-3/31. Ages 10-13. XC skiing, rifle marksmanship. Mt. Van Hoevenberg, Lake Placid. orda.org.

**FEBRUARY**

- 1 **Old Forge Sprint Biathlon.** McCauley Mountain Ski Center, Old Forge. saratogabiathlon.com.
- 13-14 **Lake Placid NorAm Sprint & Pursuit Races.** Olympic Sports Complex, Lake Placid. saratogabiathlon.com.
- 28 **Saratoga Individual Biathlon.** 12pm. Saratoga Biathlon Club, Day. saratogabiathlon.com.

**OTHER EVENTS**

**FEBRUARY**

- 6-7 **Ice Fest.** Raquette Lake & Long Lake. 624-3077. mylonglake.com.
- 6-8 **Women's Weekend.** Fri: 4pm. Hiking, snowshoeing, yoga, cooking classes, massages, more. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 6-8 35th Empire State Winter Games. Lake Placid, Wilmington, Saranac Lake, more. empirestatewintergames.com.
- 14 **Raquette Lake Winter Carnival.** Ladies frying pan toss, youth activities. Raquette Lake. 624-3077. mylonglake.com.
- 14-15 **Winter Carnival.** Ski/scavenger hunt, dog-sled competitions, kayak slalom. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 14-15 **14th Ice Fishing Derby.** 7am-4pm. Prizes, food/beverages, YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 28 **Frozen Fire & Lights.** Sledding, skating, snowshoeing, skiing, cardboard sled race, fireworks. Fern & Arrowhead parks, Inlet. 315-357-5501. inletny.com.
- 28-3/1 White Out Weekend Festival. Sat, 11am: Star Lake & Wanakena. Sun, 11am: Cranberry Lake. Local micro-brews, concessions, live music, dog-sled demo, geo-caching games, guided hike & XC ski tour, raffles, and more. Vanessa Vaverchak: 315-848-2510. adkwow.webs.com.

**MARCH**

- 7-8 **10th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Run, cycle, hike, paddle, triathlon, ski, healthy living & travel. 125 exhibitors, sales, pool/floor demos, seminars/clinics, family activities, prizes. Free admission. Saratoga Springs City Center, Saratoga Springs. 877-877. adksports.com.

**RUNNING, TRAIL RUNNING & WALKING**

**FEBRUARY**

- 1 **16th Saratoga Winterfest 5K Snowshoe Race & Hike.** 11am. WMAC Dion Series #6. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. saratogastryders.org.
- 1 **HMRRC Winter Series #5: 4M, 10M, 20M.** 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- 1 Northern Vermont Snowshoe Challenge. Smuggler's Notch, Jeffersonville, VT. 802-238-8464. getevent.com.
- 1 Pete Sanfilippo Winter Run 5M Run. 10am. James Baird SP, LaGrange. 845-891-5631. mhrrc.org.
- 4 **Team In Training Information Session: Run & Cycle.** 5:30pm. Greater Burlington YMCA, Burlington, VT. Gail Deuso: 802-233-0014. teamintraining.org/uny.
- 7 **Polar Cap 4-Mile Run.** 10am. Lake George Forum, Lake George. adirondackrunners.org.
- 7 **Northfield Mountain 5M Snowshoe Race.** 9am. WMAC Dion Series #7. Northfield, MA. runwmac.com.
- 7 Beer & Chili Run. 10K. Main St, Newport. romanrunners.com.
- 8 Cazenovia Winterfest Snowshoe & Snowbike Demo. Cazenovia. Chary Griffin: 315-382-1721. cazenoviachamber.com
- 14 **Notchview Reservation 5K Snowshoe Race.** 10am. WMAC Dion Series #8. Windsor, MA. runwmac.com.
- 14 McCauley Snowshoe Classic. 6K. 10am. McCauley Mountain, Old Forge. 617-834-1232. runreg.com.
- 15 **Camp Saratoga 8K Snowshoe Race & Hike.** 10:30am. WMAC Dion Series #9. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.



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## SARATOGA LIONS DUATHLON

11th Annual




**Du-It for Sight and Hearing**  
 Sunday, May 24 at 8 a.m.  
 Saratoga Casino and Raceway, Saratoga Springs

5k Run, 30k Bike, 5k Run - Individuals & Teams  
 Race Information and Online Registration:  
[saratogaspringslions.com/duathlon](http://saratogaspringslions.com/duathlon)  
 Micro-mesh T-Shirts To First 300 Registrants

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Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club.




## WELCOME ALL



Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 2-August...  
**Details: www.cdtriclub.org**

The Adirondack Runners



## 4-Mile Run

Saturday, February 7 • 10am

Lake George Forum, 2200 Rte. 9  
 Entry: \$22 (\$20 TAR) / \$25 race day

Gender/size NB tech shirt to first 200 by 1/10  
 After 1/10 we'll try but can't guaranteed size

[adirondackrunners.org](http://adirondackrunners.org)



3rd Annual **Bacon Hill Bonanza**  
**5K Race/Walk & 10K Race**  
 Saturday, April 11, 10am  
**Bacon Hill Reformed Church**  
 560 Rte 32, Schuylerville  
 New - Chip Timing!

*Homemade Pies to Age Group Winners!*  
 Fast, flat course in beautiful farm country  
 First 200 receive Cool Dri Performance Shirt  
 USATF sanctioned ■ 9:30am: Kids' 1M Fun Run

**Register & More Info:**  
**baconhillbonanza.com**  
 Proceeds benefit steeple repairs & Saratoga PLAN

**Brave the Blizzard**  
 5k Snowshoe Race

Sunday, February 22 at 10:00 AM  
 Guilderland Elementary School, Albany, NY

FREE Pancake Breakfast

\$10 Pre-Reg by 2/15  
 \$20 After 2/15  
 \$20 Day of Registration

\$5 Snowshoe Rentals  
 (limited availability)

Scan for discounts on AREEP events and apparel.

**areep.com/events/braveb**

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 Saratoga's only Easter Weekend

**8K RUN & EVENT**

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 Silent Auction! and More!

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**www.saratogacodebluerun.com**

- 15 42nd HMRRRC Winter Marathon & Marathon Relay. 10am. University at Albany, Albany. Dana Peterson: 331-5490. hmrrc.com.
- 21 **Prospect Mountain 10K Snowshoe Race.** 10am. WMAC Dion Series #10. Prospect Mountain, Woodford, VT. Tim Van Orden: 802-681-5956. runwmac.com.
- 21 Healthy Heart Hustle. 5M. North Country Community College, Saranac Lake. Sarah Keyes: 637-8233.
- 22 **Brave the Blizzard 5K Snowshoe Race.** 10am. Pancake breakfast. WMAC Dion Series #11. Guilderland ES, Guilderland. areep.com.
- 22 Lake Effect Half Marathon & Moose Mile Fun Run. 13.1M: 9:30am. Onondaga Park, Liverpool. lakeeffecthalfmarathon.com.
- 22 Highland Forest Snowshoe Race. 5K/10K. Fabius. Chary Griffin: 315-655-2524. bikeloft.com.
- 26 **Couch to 5K 10 Week Training Program: 2/26. 6pm.** Colonie. Jessica Mitchell: 229-5611. powerathleticsny.com.
- 28 **Fleet Feet Sports Good Form Running Clinic.** 11am. Fleet Feet Sports Adirondack, Malta. 400-1213. fleetfeetalbany.com.
- 28 Albany Stair Climb. 809 steps. 8:30am. Corning Tower, Albany. Cystic Fibrosis: 453-3583. cff.org.

**MARCH**

- 7-8 **10th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Run, cycle, hike, paddle, triathlon, ski, healthy living & travel. 125 exhibitors, sales, pool/floor demos, seminars/clinics, family activities, prizes. Free admission. Saratoga Springs City Center, Saratoga Springs. 877-877. adksports.com.
- 8 Ed Erichson 5M & 10M. 9am. LaGrange Town Hall, LaGrange. 845-462-7290. mhrrc.org.
- 8 **Prospect Mountain Snowshoe Race.** 10am. WMAC Dion Series #10. Prospect Mountain, Woodford, VT. Tim Van Orden: 802-681-5956. runwmac.com.
- 8 Celebrate Life Half Marathon. 13.1M. 10am. The Sullivan, Rock Hill. 845-866-1345. celebratelifehalfmarathon.com.
- 14 Runnin' of the Green. 4M. 10am. Schalmont HS, Schenectady. hmrrc.com.
- 21 **35th Doc Lopez Run for Health.** Half-Marathon, 5K & 1M Walk. Half: 9am, Keene Valley Lodge, Keene Lodge. 5K/1M: 10am, Elizabethtown-Lewis CS, Elizabethtown. Susie Allott: 962-4898. finishright.com.
- 22 **29th Shamrock Shuffle 5M Road Race & Kids Race.** 11am. Glens Falls HS, Glens Falls. Kevin Sullivan: 798-9593. adirondackrunners.org.
- 22 Shamrock Scramble 5K. 5K: 9:30am. Wallkill Firehouse, Wallkill. 845-565-1483. wallkillshamrockscramble.com.
- 22 35th Kaynor's Sap Run. 10K. 11am. Westford School, Westford. 802-324-0919. gmaa.net.
- 28 **6th Schenectady Firefighter's Run For Your Life 5K Run/Walk.** 9:30am. Kids Fun Run. Plus Chowderfest. Central Park, Schenectady. Brian Demarest: 365-3883. zippyreg.com.
- 28 5th Ice Breaker Challenge 5K Run/Walk. 9am. Corning Preserve Boat Launch, Albany. 439-9964. albanyrowingcenter.org.
- 28 Wurtsboro Mountain 30K Road Run & Relay. 9am. Emma Chase School, Wurtsboro. sullivanstriders.org.
- 29 27th Delmar Dash. 5M. 9am. Bethlehem MS, Delmar. Aaron & Diana Knobloch: 831-6699. hmrrc.com.
- 29 5th West Point Half Marathon Fallen Comrades Run. 13.1M. 9am. US Military Academy, West Point. westpoint.edu.
- 29 NYRR 10K Spring Melt Down. 8am. Central Park, New York. nyrr.org.

**APRIL**

- 4 **36th April Fool's Races.** 10K: 10:05am. 5K: 11am. 1M Kids Race: 10am. Salem HS, Salem. 854-9262. aprilfoolsrace.com.
- 4 **1st Code Blue 8K Run.** 8am. Egg hunt, silent auction. High Rock Park, Saratoga Springs. saratogacodebluerun.com.
- 4 **21st Rabbit Ramble 4M Run & 2M Walk.** 10am. Guilderland Center. Phil Carducci: 861-6350. active.com.
- 4 28th Fort to Fort 5K/10K. 9am. Rome Free Academy, Rome. romanrunners.com.
- 11 Half Marathon Unplugged. 13.1M. 9am. Airport Park, Colchester, VT. 802-863-8412. runvermont.org.
- 11 **3rd Bacon Hill Bonanza 5K Race/Walk & 10K Race.** 10am. Kids 1M Fun Run. Bacon Hill Reformed Church, Schuylerville. 695-6116. baconhillbonanza.com.

- 11 Rock & Snow Bridge 2 Bridge 5M. Mohonk Preserve, High Falls. 845-339-5474. shawangunkrunners.com.
- 12 Hand in Hand 5K Run/Walk. 10am. Hudson Walkway over the Hudson, Highland. 845-373-9511. mhrrc.org.
- 18 Rotary 5K & Corporate Challenge. 10am. SUNY Adirondack, Queensbury. 793-8223. glensfallsrotary.org.
- 18 Fox Trot 5K for Parkinson's. 9am. Betar Byway, South Glens Falls. runsignup.com.
- 18 8th Furry Fun Run for Peppertree Rescue. 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 524-1529. active.com.
- 19 33rd Kiwanis Kingston Classic. Marathon, Half, 10K, 5K & 1M. Deitz Stadium, Kingston. 845-247-7275. kiwaniskingstonclassic.com.
- 19 Seneca7. 77.7M. 7-person relay. 7am. Seneca Lake, Geneva. seneca7.com.
- 19 MORE Magazine Women's Half-Marathon. 13.1M. 7am. Central Park, New York. nyrr.org.
- 25 Great Moms 5K & 10K. 9am. Selkirk. greatmomsfamilyrace.weebly.com.
- 25 37th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center, VT. gmaa.net.
- 26 **Lake George Half Marathon & 5K to benefit Strong to Serve.** 13.1M: 9am. 5K: 9:15am. Fort William Henry, Lake George. 3C Race Productions: 603-429-8879. lakegeorgehm.com.
- 26 **7th Cherry Blossom 5K Race for ALS.** 10:15am. Congregation Gates of Heaven, Schenectady. 320-6770. 5kraceforals.com.
- 26 **Sean's Run Weekend.** Chatham. Sat, 10am: 20M bike & 8:30am: 50M bike. Sun, 12pm: Sean's Run 5K/walk & 11:30am: Meghan's Mile youth run/walk. Chatham HS, Chatham. seansrun.com.
- 26 **6th Plattsburgh Half Marathon & Two-Person Relay.** 13.1M. 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.

**MAY**

- 2 **St Johns/St Ann's Spring Runoff 5K, 10K & 15K.** 8:30am. Jennings Landing Amphitheater, Albany. 925-1260. 12thspringrunoff@gmail.com.
- 2 **5K Triple Crown Rotary Run for the Roses.** 9am. Fulton Montgomery CC, Johnstown. Lisa McCoy: 725-4545. racewire.com.
- 3 **Middlebury Maple Run Half Marathon & 2-Person Relay.** 9am. Porter Hospital, Addison, VT. Sue Hoxie: 802-388-7951. middleburymaplerun.com.
- 9 **6th Jog for Jugs Half Marathon & 5K.** 7am. Town Park, Duanesburg. powerhouseathleticsny.com.
- 10 **3rd Fleet Feet 10K Classic.** 8:30am. Bethlehem HS, Delmar. Register in-store 2/1-28 or online 3/1. 459-3338. fleetfeetalbany.com.
- 17 **2nd Spring Has Sprung 10M Run, 5K Run, 3M Walk & 1M Kids Run.** 9am. Southern Saratoga YMCA, Clifton Park. 371-2139. cdyymca.org.

**JUNE**

- 13 **1st Walkway Marathon & Half Marathon & 7th Treetops to Rooftops 5K.** 7am. Marist College, Poughkeepsie. walkwaymarathon.org.
- 14 **Lake Placid Marathon & Half.** Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

**OCTOBER**

- 11 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. mohawkhudsonmarathon.com.

**SWIMMING**

**FEBRUARY**

- 22 **"Touch the Wall" Movie featuring Olympians Missy Franklin & Kara Lynn Joyce.** 4pm (doors open 3:30pm). Gannett Auditorium, Skidmore College, Saratoga Springs. adirondackaquaticscenter.org.
- 22 Glens Falls Swim Meet. Glens Falls HS, Glens Falls. Dennie Swan-Scott: 793-3878. adms.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.*

**March 28**  
**9:30 am**  
**Central Park, Schenectady**  
*Schenectady Firefighters' 6th Annual*



**RUN 4 YOUR LIFE**

**5K Run/Walk**  
**Kids' Fun Run 10:30am (free)**  
 To benefit American Heart Association

**FREE Chowderfest w/competition!**

\$20 by 3/1, \$25 by 3/22, \$28 race day  
 T-shirt for first 1,000 registrants

**Register Online: ZippyReg.com**  
 More Info & Entry Form:  
**schenectadyfirefightersrun4yourlife.com**  
 sfddemdem232@yahoo.com  
 Brian Demarest 365-3883

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6TH ANNUAL **Jog for Jugs**

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**Half-Marathon & 5K Run**  
 Saturday, May 9 • 9am  
 Duanesburg Town Park, Duanesburg (25 min. west of Albany)  
 Register by 4/15 for guaranteed race shirt  
**Register Today! zippyreg.com**  
**Info: powerhouseathleticsny.com**  
 jessica@powerhouseathleticsny.com  
 Benefits local breast cancer survivors

**NEW!** **Jog for Jugs**

**Couch to 5K Training Program**

**Ten weeks starting Feb. 26**  
**Meet Thursdays, 6pm in Colonie area**

Coach Jessica Mitchell & Mentor Sarah Fisk  
 Only \$100 including 5K race entry, dry fit shirt, weekly workouts, nutrition/gear tips, more  
*All runners, joggers, walkers welcome!*

**Register: powerhouseathleticsny.com**  
 jessica@powerhouseathleticsny.com

29TH ANNUAL **Shamrock Shuffle**

Sunday, March 22 – 11am • 5 Miles  
 Glens Falls High School, Glens Falls

**Entry Fees/Donations**  
 \$20 Pre-register (by 3/18)  
 \$16 TAR member pre-register (by 3/18)  
 \$25 race day

The Leprechaun Leap – 10:00am  
 Children's Fun Run (12 & under) • 7/8-mile  
 Donation: \$3 • Medallions for all finishers

*Quality, custom T-shirts to first 400 entrants • Chip timing by SISU Racing*

**Application:** www.adirondackrunners.org • **Online:** www.active.com  
**Information:** Kevin Sullivan (518)798-9593 or shamrockshuffle@roadrunner.com  
 An Adirondack Runners event to benefit Warren-Washington Counties Special Olympics

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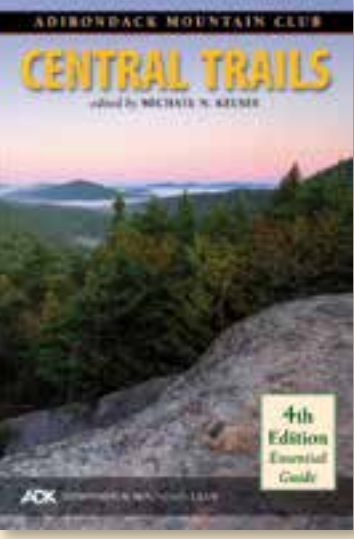
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MARCH 7 & 8

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## CROSS COUNTRY SKIING

## SKI TOURING

By Rich Macha

The Adirondacks offer a wide variety of options for ski tourers who are looking for magnificent mountain views in a wilderness setting and one does not need to be an advanced skier to pursue that goal. The number of potential destinations increases with better skills and equipment though.

When I started cross country skiing over three decades ago I learned on relatively narrow 210cm-long skis that were waxable, fairly fast, but difficult to maneuver and turn. Those skis took me on relatively easy backcountry tours like Pharaoh Lake as well as more challenging destinations like Avalanche Pass (on which I broke my ankle). Although I feel that my skills have improved greatly over the years I would not use those skis on any real backcountry tour today other than a road-ski with gentle hills like the route to Camp Santanoni.

These days my ski of choice, the Fischer S-Bound 88, is shorter and wider with a fair amount of side-cut – these skis are 189cm long, 88mm at their widest point and 68 mm wide at their narrowest point under the foot. These skis glide well enough especially if I apply glide wax (either corking or ironing it in) to the bases fore and aft of the “no-wax” scales in the middle of the ski. Speed, for me, is less important than control and safety but I also do not want to sacrifice efficiency.

I do own other skis for certain situations: a narrower “rock ski” for days with minimal snow, a narrower waxable ski for “perfect” days (a rarity in the Northeast) on easy terrain and wider skis with more side-cut for steeper terrain and/or deeper powder. All of my skis have metal edges for durability and better control in icy and/or hard-pack conditions.

It is generally considered that heavy duty 75mm three-pin bindings have a slight advantage on downhills and that system bindings like NNN-BC have a slight advantage

on flatter terrain. Whichever binding system you use, a boot with stiff uppers and good torsional rigidity offers better control on the hills. I like “leather” boots with a stiff plastic collar like the Fischer BCX 675 (BCX 6 in the NNN-BC system) for most of my skiing.

To improve your skills there is no substitute for getting out and using your skis as often as possible. I often ski moderately steep terrain with friends who use anything from light-duty skis with no metal edges to super-wide skis and plastic boots. The thing we have in common is we get out skiing over 50 times a season.

I do enjoy skiing to lakes and ponds that have mountains rising from their shores. Blue sky days are desirable but I'd be going regardless. Here are some of my favorites in order of difficulty:

**HENDERSON LAKE**

From the Upper Works/Tahawus trailhead south of the High Peaks near Newcomb it is an easy 0.3-mile ski on a wide trail to the dam at the lake's outlet. After making sure the ice is thick enough you ski southwest with views of Santanoni Peak whose summit is 2,800ft above the lake. Once out on the main part of the lake you can see Wallace's unique shape to the north while Henderson Mountain rises steeply from the west shore.

After visiting the lean-to at the lake's northwest end you can ski south along the cliffy east shore and find an attractive frozen waterfall. Returning toward the dam the skier is rewarded with an awesome view of Mount Colden, its summit of 4,715ft is about 2,900ft above lake level. With a tour of the perimeter of the lake you can easily ski a distance of four or five miles round-trip. Other trails radiate from the lake but will be at least intermediate in skill level.

**PHARAOH LAKE**

The Pharaoh Lake Wilderness Area lies east of the Adirondack Northway. The most



◀ SKIERS CROSS MILL BROOK ON THEIR WAY TO PHARAOH LAKE.

◀ ICE FALLS ON HENDERSON LAKE.

PHOTOS BY RICH MACHA

## Adirondack Mountain Lakes and Ponds

popular and easiest trail to Pharaoh Lake starts on Pharaoh Road off Beaver Pond Road which is just north of Brant Lake. Drive up Pharaoh Road a short distance past some camps to the end of plowing and don your skis and pack. The first-mile is along a rough dirt road. The road ends at an interesting bridge and boardwalk over Mill Brook which beaver have flooded in this area.

The trail starts a gradual climb before crossing Pharaoh Lake Brook on a good bridge. Before crossing the bridge take a side-trip to the left of the trail to a campsite with a wonderful view across a beaver flow of Pharaoh Mountain's precipitous western cliffs. After returning to the trail, cross the bridge, climb steeply a short distance (watch for exposed rocks on the return), and then ski through lovely tall hemlocks with some views of the beaver flow to your left.

Some gentle climbing brings you to Pharaoh Lake's outlet. If the ice is safe we usually ski out onto the lake at this time with a view of Treadway Mountain ahead. There are several lean-tos around the lake that make for good places to stop for lunch. Pharaoh Mountain is best seen from the south shore. The return ski is mostly an easy downhill run. I would rate this nine-mile round-trip as an “easy intermediate” backcountry ski.

**TIRRELL POND**

The Northville-Placid Trail heads north from NY Routes 29 and 30 near Lake Durant for 3.4 miles to the south end of Tirrell Pond. If you have no trouble with the hills in the first-mile you will have no problems with the rest of this “intermediate” level ski tour. Not far from the start look for some interesting ice falls on rocks to the left. A bit further and O'Neil Flow is seen to the right – look for Snowy Mountain in the distance.

Once at the lake the O'Neil Lean-to can be found to the east of the lake's outlet – it is best to ski out onto the lake well away from the outlet (and potential thin ice), and circle back around to the lean-to. Skiing out onto the lake you see Blue Mountain to the west which rises over 1,800ft above the mile-long pond. To the northeast Tirrell Mountain rises only a little over 1,000ft above the pond but, to me, its rocky cliffs make it a more impres-

sive sight than Blue Mountain. There is another lean-to at the north end of the pond.

An enjoyable through-ski can be had by starting out at the north end of the Blue Mountain trailhead parking area on Route 30 and skiing east to the pond dropping 470ft in elevation before crossing the pond, remembering to stop and take in the views, and ski out via the route from the south as described above.

**SECOND POND**

Second Pond lies a little over a mile west of Gore Mountain's summit. From NY Route 8 drive northwest on Chatiemac Road to the trailhead on the right. At about 2,200ft in elevation this is one the highest trailheads on a plowed paved road in the Adirondacks, hence you often find good snow depths here when other areas are lacking.

You soon cross the outlet of Chatiemac Lake and after 0.8 miles a red-marked trail branches off to the right and curiously dead-ends after a short time at a clearing on Black Mountain Brook. Continuing on the yellow-marked trail to Second Pond you soon climb a fairly steep hill before leveling out somewhat to the north of Height of Land Mountain. The trail then makes a long descent down to the pond.

Gore Mountain rises over 1,300ft to the east of the scenic pond. An adventurous skier has some off-trail options from here including heading down the outlet. Most day-trippers should be happy to find a nice sunny spot out of the wind on the north shore for a relaxing break. The round-trip of about six miles is considered “intermediate” in skill level.

Remember to bring along map, compass, headlamp, whistle, first-aid kit, multi-tool, handwarmers, a hot drink, and some extra non-cotton clothing. Let's hope for nice snow conditions through April so we can all enjoy some lovely Adirondack skiing and scenery. 🌲

*Rich Macha is owner of Adirondack Paddle'n'Pole on Central Avenue in Colonie, a retail store specializing in canoeing, kayaking and cross country skiing. Rich usually continues to ski until the paddling is better than the skiing (usually sometime in April). For ski conditions and more trip reports visit onewithwater.com.*

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## ATHLETE PROFILE

## Gray Watkins



GRAY ON ACONCAGUA, SOUTH AMERICA'S HIGHEST PEAK, IN 2012.



GRAY AND VICKI.



GRAY (RIGHT) AND TEAM ON CHO OYU SUMMIT, WORLD'S SIXTH HIGHEST PEAK, IN 2014.

**AGE:** 63  
**RESIDENCE:** Alplaus  
**FAMILY:** Wife, Vicki; Son, Steve; Daughter, Jenny  
**OCCUPATION:** Retired Attorney  
**PRIMARY SPORTS:** Mountain Climbing, Rock and Ice Climbing, Road Cycling  
**SECONDARY:** Football, Basketball, Baseball, Track & Field, Hiking, Backcountry Skiing



GRAY IN THE ALPS MOUNTAIN RANGE OF EUROPE.



given him on Rainier the year before.

An email got their joint plan underway, and on a cold, cloudy day in July 2012 they stood on the summit of McKinley/Denali. Clouds obscured their view, but they had beaten the brutal obstacles of height and weather to conquer the highest peak in North America.

The following February, Gray visited Marty in New Zealand, and the pair climbed Mt. Aspiring and Mt. Cook, the two highest peaks in the country.

The next climb, in September 2013, would be in the Himalayas with a whole new level of challenge and danger. They planned to climb Manaslu, the eighth highest peak in the world at 26,759 feet, and then ski down. They would follow that up with Ama Dablam at 22,349 feet, a spectacular peak near Mt. Everest.

But then, on July 27, 2013, fate intervened to put a tragic end to their plan. Marty and his son, Denali, were attempting to be the first father and son team to summit K2. At 28,251 feet it's the second highest mountain on Earth, and infamous for its difficulty and number of deaths through history. Gray calls it "a beautiful, but horribly dangerous mountain."

The two pitched their tent, getting ready for their summit attempt the next morning, and checked in by radio. Then there was only silence, and a rescue party found only an ice axe left at their campsite. An avalanche had swept their tent off the mountain, and their bodies have never been found.

Heartbroken, Gray took stock of his plans, but remained committed to his mountaineering goals. He joined another expedition to the Himalayas, set for spring 2014. First they would climb Cho Oyu, the world's sixth highest peak at 26,906 feet. Once acclimated to the altitude by that trek, the group would then climb Mt. Everest – "Sagarmatha" in Nepalese, "Mother of the Universe," the world's tallest mountain.

In April the team gathered in Nepal and began the long process of becoming acclimated to the high altitude, gradually climbing to their Cho Oyu base camp at over 18,000 feet, where they would stay for several weeks.

Then, on April 18, tragedy struck again. An avalanche on nearby Everest killed 16 Sherpa guides. Within a few days the climbing season on Everest had been canceled. There would be no attempt on Mt. Everest for Gray.

So the team continued to prepare to scale Cho Oyu, and on May 15 the weather finally cooperated with a three-day stretch free of high winds or brutal cold. But climbing at this altitude means misery and pain even in "good" weather.

The final summit attempt began at 2am, with temperatures of -20 degrees, and winds buffeting the tents. It took two hours just to boil snow to make oatmeal and tea, choke it down, put on their boots, then leave the tents, strap on their crampons, and grab their ice axes. They were weighed down with their climbing suits and supplemental oxygen bottles as they climbed.

## Gray Watkins' Winter Climbing Tips

A winter climb in the Adirondacks offers challenging conditions and stunning scenery. But while they are not world record peaks, their cold, wind, and unpredictable weather can be fatally unforgiving of mistakes. From his years of climbing experience, Gray offers some common sense tips for surviving and enjoying your winter climb.

- Layered clothing with synthetic fabrics is the key to warmth. Long johns, a soft inner shell, topped by an all-weather hard shell is a good standard outfit.
- Also carry a down or synthetic "puffy" insulating jacket and put it on if you stop to rest.
- Carry an extra pair of dry gloves or mittens, and socks.
- Carry more water and food than you think you will need.
- Always wear appropriate footwear. For hiking, that includes insulated, high-topped boots, gaiters, and snowshoes or microspikes depending on conditions.
- Always check the weather before you go, and always bring a map, even if you have done the route before. Also make sure to check for recent snowfalls and avalanche danger.
- Always let someone know where you are going and when you expect to return.
- Always bring a cell phone, but never assume it will work.
- Always bring a first aid kit.
- Avoid thin ice. If in doubt, walk around.
- In case you get stuck outside, bring a flashlight or headlight with extra lithium batteries (lithium lasts longer in the cold), and a fire source including matches, lighter and paper.
- Never climb alone in winter and *always* start earlier than you think you will need to. Winter days are short and an unexpected delay can be disastrous.

Gray likens functioning at high altitude to swimming in oil while half asleep. "It's like you're drunk, but you're not drunk," he says. Simple tasks become incredibly difficult, and reasoning power is dulled in a place where even the simplest mistake can be fatal.

Goggles fogged, lungs strained, and sweat soon poured inside their thick down suits as they fought their way upward. But by 10am they had arrived at the final plateau, and an hour later stood on the summit at almost 27,000 feet with the whole world laid out below them.

The sun was shining and the temperature was a balmy zero degrees. They stayed for 45 minutes, posing for photos and preparing their equipment for the return trip. Gray made sure to pose with The Mountaineer banner that Vinny McClelland had given him for good luck.

Gray says, "It's exhilarating and satisfying at the same time" to stand on the summit. "The wildness, the remoteness, the being close to nature, and the physical challenge is certainly a big part of it. It all makes you feel more alive."

The descent went quickly and 12 hours later they were back at base camp, recovering as they inhaled food and endless cups of hot sweetened tea, while resting their blistered feet.

Now Gray is planning his next challenges. First, he and some friends will ski a 100-mile hut-to-hut route in the Alps of France and

Switzerland. Then it will be back to Nepal to scale Ama Dablam in 2016. And what about Everest? He says he will never say never, but the dangerous route, and the crowds on the mountain remove it from the top of his priority list.

When he's not climbing high peaks, Gray stays in shape with a regimen of sit-ups, push-ups, pull-ups, and hours on his exercycle and weight machine. He also climbs at least once a week at the local rock gym, and rides at least 1,500 miles on his road bike each season. He and Vicki also make sure to eat healthy, with plenty of organic produce, and plenty of whole grains, chicken and fish.

Gray vows to keep enjoying fitness and the outdoors for as long as age and luck allow. He's had a few knee surgeries from running and climbing, but no major broken bones. "I've always been a person who loves to challenge myself physically in whatever I've done," he says. "Anything that you can find to do that keeps you from becoming complacent, keeps you from becoming sedentary, and keeps you from becoming too easily satisfied with yourself is good – whether it's a physical or mental challenge. I hope that stays true for me for the rest of my life." 🌱

Dave Kraus (info@krausgrafik.com) of Schenectady is a longtime area cyclist, photographer and writer who wishes he could be half as fit as Gray Watkins.

Talking with Gray Watkins about his life in fitness is like browsing through an encyclopedia of sports.

It starts in his childhood when he loved to read, and his imagination was fired by outdoor adventure books like Jack London's "Call of the Wild." He would head out to the wooded area near his home with his dog, Sunny, to hunt, fish, and even trap muskrats before he learned all he could get for a pelt was 75 cents.

From an early age he played football with friends, and his tall, lanky build made him perfect for baseball and basketball. Once in school, he added wrestling and gymnastics to his repertoire, ran track, and swam for the local swim club in the summer. He was also a state and regional champion in pole vault at Niskayuna High School.

At Union College he continued in pole vault and played football, but the turbulent times of the late '60s sent him off after his sophomore year in search of something more. He worked in a travelling carnival, then installed bearings in electric motors in the GE factory in Schenectady. Finally he returned to Union, where he completed his degree, and then law school.

After marrying his wife Vicki, whom he met at Union, Gray raised a family and built a thriving law practice. But he still found time to keep active with basketball, wilderness fishing, and coaching his son's soccer team for nine years.

Then in 2001, a friend invited him over to the Electric City Rock Gym in Schenectady's City Center to try climbing – and everything changed.

He was hooked, and soon moved outside to become an Adirondack 46er over the next three years, and took up rock and ice climbing. Winter on the icy walls of the 'Dacks offered a special new experience, with the cold adding to the challenge of creating a route up the cliff by placing metal cams in the rock cracks, or sinking metal screws directly into the ice to create points to anchor ropes.

While in Keene Valley one day, he wandered into The Mountaineer store and met owner Vinny McClelland and local guides Jesse Williams and Jeremy Haas. Over the next few years they taught him the finer points of real high peak mountaineering on rock, ice and skis.

Now he was ready to move beyond the Adirondacks. He and Vicki began taking trips to Europe, where they would trek together for a few days, then he would hire a guide to climb a high peak. Over the next few years he climbed all of the most challenging Alps including the Matterhorn, Mont Blanc, the Eiger, and the Jungfrau, among others. He was hungry for more.

Back in the US, Gray and Vicki climbed Mt. Hood together. Then he took on Mt. Rainier with a friend in 2011, where he also met a guide from New Zealand, Marty Schmidt, and his son, Denali.

Gray had already planned a trip for early 2012 to climb Aconcagua, South America's highest peak at almost 23,000 feet. (Mount Marcy, highest peak in the Adirondacks, is 5,344 feet tall.)

After summiting the Andes peak in February, he decided to try Alaska's Mt. McKinley/Denali, in July. But the plan seemed destined for failure when his guide couldn't get permits. Then Gray remembered the note with contact information that Marty Schmidt had

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PRESS REPUBLICAN

# Longer Days for Spring Distance Races

By Kristen Hislop

This spring the race calendar is chock full of races 10K and longer. Just a few years ago it was tough to find many races between five miles and the marathon during the spring. Now in upstate New York we have some great choices. Many of the races have a 5K or relay component for those who are not quite ready for the longer distances.

Starting out the gate is the 35th annual **Doc Lopez Run for Health Half Marathon, 5K and 1-Mile Walk** on Saturday, March 21. Starting from Keene Valley and finishing in Elizabethtown, this long-standing half marathon originated during the 1980 Winter Olympics and is named after Dr. Lopez, a beloved local veterinarian and avid runner who took part in the Olympic torch relay as it passed through Westport and Elizabethtown. The race promotes health, physical activity and well-being with proceeds benefiting the Elizabethtown Community Hospital's important community programs. Visit: finishright.com.

On Sunday, April 19, the 33rd annual **Kingston Classic**, presented by HITS Endurance, offers a distance for everyone – from the mile to the marathon. Runners will race through one of the Hudson Valley's most historic cities, starting and finishing at Dietz Memorial Stadium. Go to: hitsrunning.com

More than 1,000 runners will toe the start line at the sixth annual **Plattsburgh Half Marathon and Two-Person Relay** on Sunday, April 26 on a scenic, USATF certified course in Clinton County. The race starts at the City Recreation Center and gives runners a tour of the Lake Champlain city. Food, music, awards and post-race massage will be part of the after-party. You can choose to tackle the 13.1 on your own or as part of a two-person relay. All proceeds from this well-run race support Team Fox for Parkinson's Research. Go to: plattsburghhalfmarathon.com.

Also on Sunday, April 26, further south is the **Lake George Half Marathon and 5K**, which is now directed by 3C Race Productions. They organized the first annual Saratoga Springs Half Marathon and 5K last July. This event, and their Saratoga half and 5K, benefits 'Strong To Serve' an organization focused on helping orphans in third-world countries. From Fort William Henry, the challenging half course runs out and back along Route 9N on beautiful Lake George. There will be six water stops and plenty of volunteers on the half marathon course. Sign up for the Lake George and Saratoga halves and save \$40 on entry fees. Click on: 3craceproductions.com.

On Sunday, May 3, you can head over to Middlebury, Vt. for the **Middlebury Maple Run Half Marathon and Two-Person Relay**, which was featured in the January 2015 Runner's World. Vermont's "sweetest" race goes through the Middlebury College campus and is 50/50 road and hard pack trail. Runners will enjoy a scenic course that features vistas of the Green and Adirondack mountains. Participants receive a woodcraft medal, a shot of untapped maple syrup to top off the glucose stores, and there's a pancake breakfast at the finish. The run does have a time limit so plan on running at 13-minute pace or better. Check out: middleburymaplerun.com.

On Saturday, May 9, the fourth annual **Mastodon Challenge 15K and 5K** has grown quickly in three years as a favorite Cohoes race. They have also raised more than \$50,000 for local youth and senior programs in the city. The course meanders around downtown, neighborhoods, pocket parks, and on the Mohawk-Hudson bike-hike trail – a nice tour of the city. This year they're adding more on-course entertainment and will have another great post-race celebration. There will be over 150 volunteers, eight water

stops, Boy and Girl scouts, as well as Little League coaches and players supporting the runners. Visit: mastodonchallenge.com.

Also on Saturday, May 9, the sixth annual **Jog for Jugs Half Marathon and 5K** is known for its challenging, yet rewarding course starting at the Town Park in Duanesburg, located 25 minutes west of Albany. Enjoy great post-race eats at this race organized by Project HEAL, to benefit local breast cancer survivors. Race director Jessica Mitchell is continually enhancing the event. This year Jessica and fellow marathon/Ironman finisher Sarah Fisk will be offering couch to 5K training for new runners or those wanting to get faster. The ten-week program starts Feb. 26 and meets on Thursdays in the Colonie area. Go to: powerhouseathleticsny.com.

The Southern Saratoga YMCA will be hosting their second annual **Spring Has Sprung 10-Mile Run, 5K Run and Kids 1-Mile** on Sunday, May 17 in Clifton Park. The flat and fast course from the Y finishes with a post-race party and awards. This year the Southern Saratoga Y 5K will be moved from August to May, along with the kids' one-mile run. All participants will receive specially designed T-shirts for this event. Child care will be available so that all family members can participate. The Y will be offering a training program to prepare for the race. Members can join the daily Clifton Park Pacers runs to train for and preview the courses. Click on: codymca.org.

Heading north again to Plattsburgh on Sunday, May 31, **The Biggest Loser Half Marathon and 5K Run/Walk** features Biggest Loser contestants Dan and Jackie Evans. Dan Evans started season five at 310 pounds and now maintains a svelte 180. The course starts at the City Recreation Center at the Base Oval, and stays close to the shores of Lake Champlain. Participants get free on-

course race photos and can walk this one if needed with its five-hour time limit. Check out: biggestloserrunwalk.com.

If you like to be in on firsts, sign up for the inaugural **Walkway Marathon and Half Marathon**, and seventh annual **Treetops to Rooftops 5K** on Saturday, June 13, at Marist College in Poughkeepsie. It will utilize the Walkway over the Hudson, the world's longest pedestrian bridge. The flat, fast marathon and half courses will cover a stretch of the Dutchess rail trail in Dutchess County, cross over the Walkway, and turnaround on the Hudson Valley rail trail in Ulster County. If you put being "green" first, you'll like that it's the first marathon in New York to meet the "pledge of sustainability" from Athletes for a Fit Planet. Runners will receive a finisher's medal made from recycled products. Visit: walkwaymarathon.org.

The 11th annual **Lake Placid Marathon and Half Marathon** on Sunday, June 14 is a favorite for runners, spectators and Lake Placid residents. Both races finish in the Olympic Speedskating Oval for an extra adrenaline rush. It is hard to say which is more breathtaking, the views or the hills! Many athletes training for Ironman Lake Placid will hit this race to preview the run course, and fit in a ride or swim over the weekend. Runner's World magazine ranked the race as the number two Best US Destination Race in 2010. Go to: lakeplacidmarathon.com.

Take advantage of the days getting longer and sign up for a few of these fantastic events in our backyard. It is always fun to start your training in the cold and cross the finish with warm sunshine on your back. 🌲

Kristen Hislop ([hislopcoaching@gmail.com](mailto:hislopcoaching@gmail.com)) of Clifton Park is a USA Triathlon and USA Cycling coach, and Team in Training coach. Learn more at [hislopcoaching.com](http://hislopcoaching.com).

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# RACE RESULTS

## 33RD ANNUAL ARSENAL CITY RUN 5K ROAD RACE September 28, 2014 • City Hall, Watervliet

MALE OVERALL			
1	James O'Connor	40	Troy
2	Robert Irwin	41	Guiderland
3	John Stadlander	49	Clifton Park
FEMALE OVERALL			
1	Erin Corcoran	40	Schenectady
2	Gretchen Oliver	40	Guiderland
3	Penny Trisko	45	Voorheesville
MALE AGE GROUP: 1 - 14			
1	Jeremy Gundrum	14	West Sand Lake
2	Nick Majer	13	
3	Tyler Murphy	13	Watervliet
FEMALE AGE GROUP: 1 - 14			
1	Katie Hotaling	14	Watervliet
2	Lillith Bassette	13	Watervliet
3	Lauren Bednarczyk	13	Rensselaer
MALE AGE GROUP: 15 - 19			
1	Nicholas Piccolo	15	Watervliet
2	Evan Tambolleo	15	Watervliet
3	Cal Arnold	17	Latham
FEMALE AGE GROUP: 15 - 19			
1	Emily Laplante	15	Troy
2	Lauren Zakrzewski	16	Watervliet
3	Keira DiNuzzo	16	Troy
MALE AGE GROUP: 20 - 24			
1	Mitchell Todorov	22	Clifton Park
2	Paul Cox	21	
3	Andy Gilchrist	22	Cropseyville
FEMALE AGE GROUP: 20 - 24			
1	Victoria Bickford	23	Troy
2	Brittany Pearl	24	Scotia
3	Jordyn Segeoian	20	Watervliet
MALE AGE GROUP: 25 - 29			
1	Richard Messineo	26	Nassau
2	Thomas Hartnett Jr.	26	Schenectady
3	Eric Mishkin	25	Old Chatham
FEMALE AGE GROUP: 25 - 29			
1	Kaleigh McGrouty	25	Watervliet
2	Brittany Fitzpatrick	25	Troy
3	Taegen Pottenburgh	25	Rensselaer
MALE AGE GROUP: 30 - 34			
1	Sean Smith	31	Latham
2	Dan Reisner	30	Albany
3	DJ Leibach	33	Watervliet
FEMALE AGE GROUP: 30 - 34			
1	Kara Defeo	34	Rensselaer
2	Heidi Nark	34	Clifton Park
3	Amy Hartman	33	Loudonville
MALE AGE GROUP: 35 - 39			
1	Brian Degener	35	Delmar
2	Will Salvi	36	Watervliet
3	Lonnie Griffin	39	Watervliet
FEMALE AGE GROUP: 35 - 39			
1	Meg Sodano	35	Albany
2	Shannon Frazier	39	
3	Rachel Manning	35	Latham
MALE AGE GROUP: 40 - 44			
1	Frank Horn	44	Albany
2	Volker Burkowski	43	Gansevoort
3	Mat Nark	41	Clifton Park
FEMALE AGE GROUP: 40 - 44			
1	Mindy Mannix	42	Clifton Park
2	Nancy Kipp	41	Green Island
3	Jeanette Cone	41	Poestenkill
MALE AGE GROUP: 45 - 49			
1	Michael Cebula	47	Mechanicville
2	Tom Mack	49	Wynantskill
3	Bill Walsh	49	Saratoga Springs
FEMALE AGE GROUP: 45 - 49			
1	Lara Stelmazyk	45	Albany
2	Brenda Lennon	48	Troy
3	Lisa Scaringe	46	Rexford
MALE AGE GROUP: 50 - 54			
1	Tom Kracker	50	Delmar
2	Jack Arnold	51	Latham
3	John Sestito	51	Johnsonville
FEMALE AGE GROUP: 50 - 54			
1	Colleen Brackett	53	Albany
2	Shelly McDonald	51	Watervliet
3	Dana Swalla	50	Schenectady
MALE AGE GROUP: 55 - 59			
1	Vladimir Ilin	56	Albany
2	Mark Nunez	58	Ballston Lake
3	John Parisella	56	Schenectady
FEMALE AGE GROUP: 55 - 59			
1	Beth Stalker	55	Burnt Hills
2	Nancy Taormina	55	Albany
3	Jill Mehan	59	Troy
MALE AGE GROUP: 60 - 64			
1	Carl Matuszek	62	Chatham
2	Mike Fazioli	63	Wynantskill
3	Paul Forbes	64	Colonie
FEMALE AGE GROUP: 60 - 64			
1	Judy Phelps	63	Malta
2	Carolyn George	60	Albany
3	Cathy Lanese	64	Troy
MALE AGE GROUP: 65 - 69			
1	Patrick Glover	68	Clifton Park
2	James Larkin	66	Clifton Park
3	Joe Yavonditte	65	Schenectady
FEMALE AGE GROUP: 65 - 69			
1	Susan Wong	66	Glenmont
2	Nancy Johnston	68	Ballston Lake
MALE AGE GROUP: 70 - 74			
1	Carlos Cuprill	73	Port Chester
2	Kenneth Skinner	74	Albany
MALE AGE GROUP: 75 - 79			
1	Christopher Rush	78	Schenectady
2	Wade Stockman	79	Rensselaer
FEMALE AGE GROUP: 75 - 79			
1	Eiko Bogue	77	Schaghticoke
MALE AGE GROUP: 80 - 84			
1	Anny Stockman	82	Rensselaer

Courtesy of City of Watervliet

## 40TH ANNUAL FALLING LEAVES ROAD RACE *continued*

MASTERS MALE OVERALL			
1	Paul Turner	48	19:36 Herkimer
MASTERS FEMALE OVERALL			
1	Stephanie Raymonda	46	22:05 Guilford
MALE AGE GROUP: 1 - 12			
1	Noah Cohen	10	23:48 Utica
2	Ethan Kahl	10	23:50 Whitesboro
3	Aidan Joy	12	24:22 New Hartford
FEMALE AGE GROUP: 1 - 12			
1	Julia Racha	9	23:06 Holland Patent
2	Gabrielle Williamson	12	26:32 Holland Patent
3	Justine Draper	12	26:32 Remsen
MALE AGE GROUP: 13 - 17			
1	Nicholas Julian	15	18:24 Utica
2	Matthew Cross	15	18:29 Utica
3	Peter Fleming	17	21:05 Mohawk
FEMALE AGE GROUP: 13 - 17			
1	Kathleen Guertin	14	21:41 Vernon
2	Rachel Sullivan	15	23:06 Niskayuna
3	Maggie Burke	16	23:47 Frankfort
MALE AGE GROUP: 18 - 24			
1	John Slaven	24	18:52 Sherrill
2	David Krawczyk	24	21:49 Syracuse
3	Joshua Rowlands	19	23:35 Holland Patent
FEMALE AGE GROUP: 18 - 24			
1	Amanda Perri	20	22:54 Frankfort
2	Jessica Scalzo	24	25:43 Sauquoit
3	Alison Stanulevich	24	26:16 Whitesboro
MALE AGE GROUP: 25 - 29			
1	Jeff Slaven	26	18:02 Sherrill
2	Michael Polidori	29	20:40 Iliion
3	Justin Mergenthaler	28	21:32 Utica
FEMALE AGE GROUP: 25 - 29			
1	Lori Trzcinski	27	23:58 North Wales, PA
2	Justina Lowe	29	24:29 Iliion
3	Samantha Urban	28	25:24 Canandaigua
MALE AGE GROUP: 30 - 34			
1	Andrew Pruckno	30	18:42 Rome
2	Steve Colenzo	32	19:25 New Hartford
3	Joseph Spohn	34	20:21 Mohawk
FEMALE AGE GROUP: 30 - 34			
1	Amy Bertella	33	22:37 Oneida
2	Lindsay Stoller	33	22:53 Rochester
3	Amanda Harlander	32	25:17 Canastota
MALE AGE GROUP: 35 - 39			
1	Thomas Joslin	35	18:09 Yorkville
2	Jim Raffte	36	21:44 Oneida
3	Jason Valenti	36	22:05 Marcy
FEMALE AGE GROUP: 35 - 39			
1	Joanna Adamson	38	25:08 West Henrietta
2	Holly Arcuri	39	25:21 Gansevoort
3	Karen Davis	39	25:31 Yorkville
MALE AGE GROUP: 40 - 44			
1	Michael Bassett	44	22:05 Marcy
2	Derrick Gibbons	42	22:25 Holland Patent
3	Chard Schoff	44	22:30 Iliion
FEMALE AGE GROUP: 40 - 44			
1	Heather Devitt	40	23:10 Herkimer
2	Christine Loveric	44	23:54 Remsen
3	Dina Keator	44	24:42 New Hartford
MALE AGE GROUP: 45 - 49			
1	Paul Humphrey	47	19:55 Deerfield
2	Eric Kasper	47	20:16 Clark Mills
3	Mike Flack	45	20:50 Sauquoit
FEMALE AGE GROUP: 45 - 49			
1	Mary Heldman	46	24:59 Holland Patent
2	Lauren Mattia	46	25:27 Deerfield
3	Edith O'Rourke	48	25:49 Boonville
MALE AGE GROUP: 50 - 54			
1	Michael Leonard	51	19:48 Freeville
2	Eric Lauber	52	22:20 Rome
3	Daniel Alder	52	22:28 Clinton
FEMALE AGE GROUP: 50 - 54			
1	Heidi Manzano	54	22:12 New Hartford
2	Susan Gustafson	52	22:54 Whitesboro
3	Joanne Reynolds	54	23:50 Mohawk
MALE AGE GROUP: 55 - 59			
1	Tim Kane	55	20:49 Sherrill
2	Gary Burak	56	21:47 New Hartford
3	Lester Manzano	56	22:12 New Hartford
FEMALE AGE GROUP: 55 - 59			
1	Linda Kimmy	55	23:01 Clifton Park
2	Ann Lewicki	56	24:53 Hartwick
3	Joan Kane	55	25:42 Sherrill
MALE AGE GROUP: 60 - 64			
1	Thomas Crowley	61	20:45 Boonville
2	Gary Weiler	61	24:54 Taberg
3	Kim Petrie	60	25:14 Oneida
FEMALE AGE GROUP: 60 - 64			
1	Paula Fitzgerald	60	25:13 New Hartford
2	Lenore Valuckas	61	25:36 Sauquoit
3	Nina Belmar	62	26:06 Utica
MALE AGE GROUP: 65 - 69			
1	Harry Mastin	65	22:57 Liverpool
2	Chuck Mishalanie	65	29:25 Utica
3	Gordon Custodero	67	33:07 New Hartford
FEMALE AGE GROUP: 65 - 69			
1	Kathy Spiak	66	29:48 Rensselaer Falls
2	Ginny Robbins	65	31:10 Jamesville
3	Margaret Jevens	69	33:38 Rome
MALE AGE GROUP: 70 - 74			
1	Jim Roach	70	25:38 Iliion
2	Robert Matteson	70	30:14 Cleveland
3	Wayne Gregory	71	33:21 Whitesboro
FEMALE AGE GROUP: 70 - 74			
1	Sue Gardinier	72	27:40 Verona
2	Alene Bosquet	74	32:24 Iliion
3	Phyllis Pfendler	72	37:57 Boonville
MALE AGE GROUP: 75 - 79			
1	Kermit Cadrette	76	29:51 Rome
2	Rich D'Accurzio	75	32:16 Utica
3	Wayne Decker	78	43:22 Whitesboro
MALE AGE GROUP: 80 - 84			
1	Paul Ohlbaum	80	43:40 New Hartford
14K RACE			
MALE OVERALL			
1	Thomas O'Grady	29	47:38 Latham
2	Richard Cohen	43	50:56 Utica
3	Zak Godfrey	21	51:40 Gloversville
FEMALE OVERALL			
1	Cathleen Willy	30	54:23 New Hartford
2	Rebecca Bader	37	54:58 Syracuse
3	Liane Zalewski	28	1:00:34 New Hartford
MASTERS MALE OVERALL			
1	Joel Sommers	42	52:28 Hamilton
MASTERS FEMALE OVERALL			
1	Christine McGlynn	40	1:01:54 Whitesboro
MALE AGE GROUP: 1 - 17			
1	John Kaminski	17	1:13:47 Holland Patent
2	Alexander Jensen	13	1:15:58 New Hartford
FEMALE AGE GROUP: 1 - 17			
1	Nicole Harrigan	17	1:17:53 Iliion
2	Vanessa Krutz	15	1:20:12 Rome
3	Mary Lourdes Erlichm	17	1:25:34 Waterville
MALE AGE GROUP: 18 - 29			
1	Seth Kutil	29	55:43 Syracuse
2	Adam Colburn	27	57:40 Sherrill
3	Tyler Hayes	23	57:44 Utica
FEMALE AGE GROUP: 18 - 29			
1	Erin Zalewski	25	1:01:06 New Hartford
2	Melanie Perrin	27	1:03:43 Manlius
3	Courtney Wheeler	20	1:06:16 Ava
MALE AGE GROUP: 30 - 39			
1	Jason Clark	37	52:55 Chittenango
2	Joseph Hatfield	37	55:19 Oneida
3	John Bugajski	34	56:43 Rochester

continued

## 40TH ANNUAL FALLING LEAVES ROAD RACE September 28, 2014 • Radisson Hotel, Utica

5K RACE			
MALE OVERALL			
1	Zakaria Adam	18	16:04 Utica
2	Rob Baird	22	17:38 Holland Patent
3	Jack Bernard	43	17:53 Boonville
FEMALE OVERALL			
1	Elizabeth Lucason	10	19:29 Camden
2	Marissa Welsh	16	20:47 Taberg
3	Samantha Prendergast	22	21:05 Utica
WHEELCHAIR MALE OVERALL			
1	Hermin Garic	24	12:43 Utica
2	Jason Robinson	11	22:47 Rome

continued

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**40TH ANNUAL FALLING LEAVES RACE continued**

<b>FEMALE AGE GROUP: 30 - 39</b>				<b>FEMALE AGE GROUP: 50 - 59</b>					
1	Amanda Hatfield	35	1:00:40	Oneida	1	Lisa Hill	55	1:09:01	East Syracuse
2	Kari Zieser	31	1:01:31	Waterford, CT	2	Elizabeth Miller	54	1:10:35	Utica
3	Emma Spinoso	32	1:02:00	Cooperstown	3	Rachelle Hayes	53	1:11:33	Massena
<b>MALE AGE GROUP: 40 - 49</b>				<b>MALE AGE GROUP: 60 - 69</b>					
1	John Dickens	43	56:59	Fort Drum	1	John Murphy	63	1:04:10	Utica
2	Kevin Creagan	49	57:13	Albany	2	Gary Lashure	60	1:07:03	Barneveld
3	Robert Bauer	42	59:10	Marcy	3	Woody Woodworth	60	1:07:31	Chittenango
<b>FEMALE AGE GROUP: 40 - 49</b>				<b>FEMALE AGE GROUP: 60 - 69</b>					
1	Kara Rusch	47	1:06:04	Hamilton	1	Martha DeGrazia	63	1:12:05	Slingerlands
2	Gloria Smith	42	1:06:10	Oneonta	2	Joanne Reese	61	1:12:21	Rome
3	Molly Haberbusch	41	1:06:29	Clinton	3	Susan Luley	61	1:12:27	Sauquoit
<b>MALE AGE GROUP: 50 - 59</b>				<b>MALE AGE GROUP: 70 - 79</b>					
1	John Raymond	51	1:00:16	Cooperstown	1	David Linder	72	1:21:16	West Edmeston
2	Marc Rusch	50	1:01:00	Redwood					
3	Bill Kosina	54	1:01:24	Richfield Springs					

Courtesy of Utica Roadrunners

**20TH BURNT HILLS-BALLSTON LAKE ROTARY APPLE RUN 5K  
October 4, 2014 • O'Rourke Middle School, Burnt Hills**

<b>MALE OVERALL</b>				<b>FEMALE AGE GROUP: 40 - 44</b>					
1	Anthony Giuliano	35	Albany	16:14	1	Stacia Smith	44	Niskayuna	21:35
2	Peter Rowell	25	Albany	16:50	2	Pamela Gordon	44	Queensbury	22:11
3	Jeff Goupil	27	Ballston Lake	17:11	3	Tina Greene	41	Scotia	25:10
<b>FEMALE OVERALL</b>				<b>MALE AGE GROUP: 45 - 49</b>					
1	Jennifer Bennice	35	Ballston Lake	20:06	1	David Wright	45	Greenwich	21:06
2	Julie Robinson	22	Troy	20:45	2	John Coffey	46	Brooklyn	21:46
3	Teagan Wright	9	Greenwich	21:06	3	Michael Cebula	47	Mechanicville	21:58
<b>MALE AGE GROUP: 1 - 14</b>				<b>FEMALE AGE GROUP: 45 - 49</b>					
1	Evan Buckley	14	Burnt Hills	22:47	1	Robin Murry	46	Clifton Park	23:11
2	Joshua Crowder	13	Burnt Hills	23:02	2	Kathleen Rogan	49	Kingston	26:53
3	Justin Martinez	14	Burnt Hills	24:00	3	Barbara Storti	48	Glenville	30:01
<b>FEMALE AGE GROUP: 1 - 14</b>				<b>MALE AGE GROUP: 50 - 54</b>					
1	Amya Naja	13	Gansevoort	25:03	1	Kevin Higgins	54	Stillwater	18:51
2	Karolyn Bedore	14	Burnt Hills	26:22	2	Michael Stalker	51	Burnt Hills	19:16
3	Maeve Hatfield	14	Ballston Spa	26:23	3	Chris Buckley	53	Burnt Hills	19:50
<b>MALE AGE GROUP: 15 - 19</b>				<b>FEMALE AGE GROUP: 50 - 54</b>					
1	George Brenner	17	Burnt Hills	18:08	1	Mary Hoey	53	Charlton	22:37
2	Justin Peabody	17	Ballston Lake	20:31	2	Janice Phoenix	53	Schenectady	24:07
3	Selim Khalil	15	Amsterdam	23:58	3	Kekkey Vite	54	Clifton Park	24:55
<b>FEMALE AGE GROUP: 15 - 19</b>				<b>MALE AGE GROUP: 55 - 59</b>					
1	Natalie Albright	16	Burnt Hills	25:33	1	Bill Herkenham	56	Charlton	21:32
2	Danielle Kempf	15	Burnt Hills	27:35	2	Michael Moloczniak	56	Ballston Spa	23:00
3	Hannah Sweeney	15	Burnt Hills	27:51	3	David Leith	58	West Charlton	23:24
<b>MALE AGE GROUP: 20 - 24</b>				<b>FEMALE AGE GROUP: 55 - 59</b>					
1	Clifford Morrison	22	Troy	27:24	1	Joyce Goodrich	56	Glenville	26:49
<b>FEMALE AGE GROUP: 20 - 24</b>				<b>MALE AGE GROUP: 60 - 64</b>					
1	Margaret Gerardi	22	Scotia	24:17	1	Peter Gerardi	63	Scotia	20:27
2	Sarah Bitley	24	Albany	26:40	2	George Baranuskas	61	Scotia	21:02
3	Kate Hanecak	24	Ballston Lake	29:01	3	Kenneth Klapp	64	Schenectady	21:08
<b>MALE AGE GROUP: 25 - 29</b>				<b>FEMALE AGE GROUP: 60 - 64</b>					
1	Brett Sullivan	26	Ballston Spa	19:15	1	Darlene Cardillo	61	Delmar	27:47
2	Bill Paley	29	Burnt Hills	20:13	2	Susan Lohmas	62	Niskayuna	29:18
3	Peter Schulte	26	Norwood, MA	28:42	3	Diana Graziano	62	Ballston Lake	30:47
<b>FEMALE AGE GROUP: 25 - 29</b>				<b>MALE AGE GROUP: 65 - 69</b>					
1	Rachael Waller	28	Burnt Hills	22:40	1	Dave Glass	68	Glenville	22:09
2	Aubrey Bobo	25	Troy	23:30	2	David Spina	65	Glenville	27:13
3	Sarah Halbig	27	Ballston Lake	24:31	3	Don Marshall	67	Burnt Hills	29:35
<b>MALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 65 - 69</b>					
1	Ben Sears	30	Schenectady	20:04	1	Nancy Johnston	68	Ballston Lake	34:19
2	Chris Holley	33	Glenville	21:53	<b>MALE AGE GROUP: 70 - 74</b>				
3	John Clements	31	Troy	23:30	1	Richard Theissen	70	Round Lake	29:11
<b>FEMALE AGE GROUP: 30 - 34</b>				<b>MALE AGE GROUP: 75 - 79</b>					
1	Ami Jo Benny	33	Scotia	24:14	1	Lew Riccitello	70	Scotia	39:29
2	Lindsey Stevens	30	Charlton	29:23	<b>FEMALE AGE GROUP: 70 - 74</b>				
3	Krysta MacDowell	33	Glenville	32:01	1	Ilse Martin	70	Fairfield, CT	34:15
<b>MALE AGE GROUP: 35 - 39</b>				<b>MALE AGE GROUP: 75 - 79</b>					
1	Daniel Gracy	37	Albany	19:14	2	Dana Carroll	71	Scotia	45:23
2	Brian Northan	39	Guilderland	19:21	<b>MALE AGE GROUP: 80 - 84</b>				
3	Matt Zappen	38	Albany	20:38	1	Barry York	79	Burnt Hills	35:53
<b>FEMALE AGE GROUP: 35 - 39</b>				<b>MALE AGE GROUP: 80 - 84</b>					
1	Amber Trendell	35	Burnt Hills	25:32	1	Joe Kelly	81	Menands	35:14
2	Amy Wright	36	Berne	25:47	2	Bob McFarland	81	Schenectady	36:30
3	Rebecca Bednarek	37	Amsterdam	27:02					
<b>MALE AGE GROUP: 40 - 44</b>				<b>MALE AGE GROUP: 80 - 84</b>					
1	Mike Kelly	44	Selkirk	17:41					
2	Joel Gordon	43	Queensbury	18:19					
3	Dan Anderson	42	Burnt Hills	21:29					

Courtesy of Burnt Hills Ballston Lake Rotary Club

**2ND ANNUAL RUN FOR THE RED 5K**

October 4, 2014 • Olympic Speedskating Oval, Lake Placid

<b>MALE OVERALL</b>				<b>FEMALE OVERALL</b>			
1	Jason Finlaw	17:45	8 Ed Neuberger	23:59	5	Theresa Cheetham-Palen	24:44
2	Timothy Durney	19:19	9 Scott Abar	24:14	6	Michelle Whitbeck	25:08
3	Tom Gavin	21:57	10 Rick McCorry	25:18	7	Lisa Miller	25:25
4	David Balestrini	22:22	1 Dawn Abar	23:20	8	Diane Litynski	28:49
5	Tom Palen	23:24	2 Karen Delaney	23:28	9	Linda Sheffel	28:49
6	Joseph Wilson	23:25	3 Sabine Weber	23:50	10	Bobbi Jo Hart	29:08
7	Brian Ruose	23:36	4 Lynn Palen	24:44			

Courtesy of North Country Chapter of American Red Cross

**8TH ANNUAL FALLING LEAVES 5K RUN  
October 11, 2014 • William Kelley Park, Ballston Spa**

<b>MALE OVERALL</b>				<b>FEMALE OVERALL</b>					
1	Joshua Myers	23	Ballston Spa	18:20	1	Keelin Hollowood	19	Saratoga Springs	19:10
2	Stefan Andrape	20	Saratoga Springs	18:45	2	Penny Tisko	45	Voorheesville	20:30
3	Thomas Marcellus	49	Ballston Spa	18:51	3	Amber Stevens	19	Ballston Spa	21:50

continued

**8TH ANNUAL FALLING LEAVES 5K RUN continued**

<b>MALE AGE GROUP: 1 - 14</b>				<b>FEMALE AGE GROUP: 30 - 39</b>					
1	Evan Keister	11	Horseheads	19:53	1	Maggie Maphia	36	Ballston Spa	22:09
2	Griffin Leggieri	13	Ballston Spa	22:04	2	Lindsay Murray	32	Saratoga Springs	25:06
3	Ian Hansen	11	Ballston Spa	22:15	3	Melissa Montague	36	Glenville	28:54
<b>FEMALE AGE GROUP: 1 - 14</b>				<b>MALE AGE GROUP: 40 - 49</b>					
1	Shea McNamara	11	Ballston Spa	23:42	1	David Smith	49	Ballston Spa	19:19
2	Catherine Whitfield	11	Ballston Spa	26:36	2	Scott McNamara	46	Ballston Spa	20:19
3	Julia Greco	13	Ballston Spa	27:28	3	Brian Kearns	43	Fultonville	20:43
<b>MALE AGE GROUP: 15 - 19</b>				<b>FEMALE AGE GROUP: 40 - 49</b>					
1	Clifford Stevens	18	Ballston Spa	19:04	1	Shannon Hansen	41	Ballston Spa	24:25
2	Patrick McAuliffe	18	Ballston Spa	23:33	2	Kelly Armer	47	Ballston Spa	24:50
3	Keenan Leggieri	15	Ballston Spa	51:05	3	Victoria Bills	43	Clifton Park	24:58
<b>FEMALE AGE GROUP: 15 - 19</b>				<b>MALE AGE GROUP: 50 - 59</b>					
1	Katie Sidford	15	Slingerlands	25:17	1	Sam Mercado	51	Saratoga Springs	19:49
2	Hali Winch	18	Granville	35:02	2	Keith Sprenger	54	Ballston Spa	27:20
3	Jasmine James	19	Greenwich	39:37	3	Brian King	55	Gansevoort	29:58
<b>MALE AGE GROUP: 20 - 29</b>				<b>FEMALE AGE GROUP: 50 - 59</b>					
1	Spencer Patterson	20	Saratoga Springs	19:10	1	Suzanne Travis	54	Clifton Park	28:03
2	Brett Sullivan	26	Ballston Spa	19:33	2	Ruth Long	54	Amsterdam	28:43
3	Greg Hart	26	Waterford	20:14	3	Sheri Steele	56	Ballston Spa	29:00
<b>FEMALE AGE GROUP: 20 - 29</b>				<b>MALE AGE GROUP: 60 - 69</b>					
1	Jennette Nare	23	Fort Plain	23:54	1	Dennis Fillmore	62	Ballston Spa	23:05
2	Katie Clements	24	Saratoga Springs	25:06	2	Jack Minehan	60	Malta	25:00
3	Ashley Kerker	27	Ballston Spa	27:48	3	Joseph Miranda	66	Ballston Spa	26:46
<b>MALE AGE GROUP: 30 - 39</b>				<b>FEMALE AGE GROUP: 60 - 69</b>					
1	Robert Frisbie	38	Ballston Spa	19:55	1	Darlene Cardillo	61	Delmar	27:46
2	Jason Gurwitz	39	Ballston Spa	21:23	<b>MALE AGE GROUP: 70 - 74</b>				
3	Steven Briggs	35	Waterford, CT	21:33	1	Richard Theissen	70	Round Lake	28:51
					2	Richard Babcock	72	Ballston Spa	39:59

Courtesy of Ballston Spa United Methodist Church

**32TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 13TH HANNAFORD HALF MARATHON**

Oct. 12, 2014 • Central Park, Schenectady & Town Park, Colonie to Riverfront Park, Albany

<b>MARATHON - 26.2 MILES</b>				<b>Top 3 Overall, Top 3 Age Group &amp; All Regional Finishers</b>					
<b>MALE OVERALL</b>				<b>FEMALE OVERALL</b>					
1	Jared Burdick	28	Fayetteville	2:26:35	4	Liz Urban	29	Niskayuna	3:32:32
2	Paul Allison	28	Jericho, VT	2:27:53	5	Jessica Berschwinger	26	Voorheesville	3:34:05
3	Chuck Terry	32	Albany	2:28:11	7	Kelcey Heenan	26	Ballston Spa	3:34:17
<b>FEMALE OVERALL</b>				<b>MALE AGE GROUP: 15 - 19</b>					
1	Jodie Robertson	29	Melville	2:34:22	1	Kyle Marks	24	Carmel, IN	2:29:41
2	Sarah Manning	31	Winooski, VT	2:54:39	2	Casey Ross	24	Ballston Lake	2:52:06
3	Mary Kate Curran	31	Canton	3:03:19	3	Ryan McTague	22	Niskayuna	2:52:40
<b>MALE AGE GROUP: 15 - 19</b>				<b>FEMALE AGE GROUP: 20 - 24</b>					
1	Connor Armbruster	19	Selkirk	3:04:17	1	Irene Somerville	21	Wynantskill	3:13:08
<b>MALE AGE GROUP: 20 - 24</b>				<b>FEMALE AGE GROUP: 20 - 24</b>					
1	Casey Ross	24	Ballston Lake	2:52:06	2	Emma Cohen	23	Wurtsboro	3:15:28
2	Ryan McTague	22	Niskayuna	2:52:40	3	Jordan Westcott	22	Waterford	3:23:26
3	Michael Schram	23	Tupper Lake	3:01:32	4	Kelsey Ryan	23	Niskayuna	3:25:16
4	Hunter Padgett	23	Utica	3:04:51	6	Sarah Evans	23	Clifton Park	3:34:08
5	Christopher Herbs	21	Rexford	3:19:07	9	Allison Connor	24	Troy	3:46:21
6	Adam Schulz	24	Albany	3:54:03	10	Moiria Hilt	22	Albany	4:12:59
7	Francisco Hernandez	23	Albany	4:03:58	14	Monica Wolf	22	Ballston Lake	4:41:36
8	Jonathan Lazzara	24	Hudson	4:07:35	16	Katie Kurtessis	24	Albany	4:47:45
9	Daniel Hodgkinson	20	Delmar	4:14:47	17	Lynn Paszek	24	Greenwich	4:49:58
10	Angie Thomas	24	Menands	4:24:19	18	Colleen Purdy	20	Cohoes	4:58:57
<b>FEMALE AGE GROUP: 20 - 24</b>				<b>MALE AGE GROUP: 25 - 29</b>					
1	Irene Somerville	21	Wynantskill	3:13:08	1	Jon Lindenauer	26	New Paltz	2:40:03
2	Emma Cohen	23	Wurtsboro	3:15:28	2	John Kelly	29	Rockville, MD	2:49:24
3	Jordan Westcott	22	Waterford	3:23:26	3	Daniel Fogarty	28	Saratoga Springs	2:52:28
4	Kelsey Ryan	23	Niskayuna	3:25:16	8	Jamie Strollofino	29	Wappingers Falls	3:14:38
5	Sarah Evans	23	Clifton Park	3:34:08	9	Brandon Madigan	26	Albany	3:23:50
6	Allison Connor	24	Troy	3:46:21	10	Ryan Gallagher	28	Saratoga Springs	3:24:12
7	Moiria Hilt	22	Albany	4:12:59	11	John Burke	27	Glenmont	3:32:14
8	Monica Wolf	22	Ballston Lake	4:41:36	12	Collin Gillenwater	27	Guilderland	3:32:52

# RACE RESULTS

## 32TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 13TH HANNAFORD HALF MARATHON *continued*

35 Justin Alonzo	33 Waterford	4:06:35	47 Melanie Vedder	37 Delanson	4:29:42
36 Antonios Sakellariou	31 Kingston	4:18:16	48 Stacy Merchant	35 Fort Plain	4:30:01
37 Richard Youmans	34 Ballston Spa	4:27:05	50 Susa Cooper	39 Saratoga Springs	4:34:04
38 Timothy Nevinger	33 Glenmont	4:27:28	51 Julie Carboneau	35 Watervliet	4:36:00
39 Gabriel Leo	34 Acra	4:27:36	52 Mary Schembeck	38 Rensselaer	4:37:47
40 Ryan Ruch	30 New York Mills	4:28:06	53 Pamela Brumley	35 Gansevoort	4:38:28
42 Nicholas Parrotte	32 Mechanicville	4:39:58	54 Elizabeth Perez-Chiques	35 Albany	4:42:31
43 Robert Magee	30 Albany	4:42:23	55 Karisa Capone	35 Averill Park	4:42:46
44 Kyle Defeo	32 Niskayuna	4:43:22	56 Molly Kaye	39 Scotia	4:44:42
<b>FEMALE AGE GROUP: 30 - 34</b>					
1 Mollie Turner	34 Chesapeake, VA	3:05:27	57 Joan Rocco	39 Mechanicville	4:46:53
2 Kim Milton	32 Clifton Park	3:13:30	58 Kimberly Durant	36 Saratoga Springs	4:47:42
3 Michelle Milton	32 Beverly, MA	3:13:39	59 Amy Yrsha	39 Queensbury	4:47:46
4 Stephanie Vioria	32 East Greenbush	3:28:21	60 Heather Marcantonio	38 South Glens Falls	4:47:46
5 Molly Casey	30 Albany	3:29:08	61 Meghann Hardesty	35 Wappingers Falls	4:50:24
7 Tiffany Sheerer	31 South Glens Falls	3:46:26	62 Jennifer Graves	37 Hudson Falls	4:51:11
8 Melissa Sakellariou	31 Kingston	3:46:38	63 Kelly Ann Fitzpatrick	36 Albany	4:54:06
11 Heather Bala	34 Hudson Falls	3:57:58	66 Sarah Hay	39 South Glens Falls	5:23:13
12 Melinda White	33 Guiderland	3:59:33	67 Nicole Della Rocco	39 Schenectady	5:28:33
14 Andrea Peer	30 Rotterdam	4:05:29	69 Aileen Ryan Toop	37 Niskayuna	5:28:59
15 Sarah Mokhiber-Heber	32 Schenectady	4:06:12	<b>MALE AGE GROUP: 40 - 44</b>		
16 Jessica Mokhiber	34 Albany	4:06:12	1 Laurent Jugant	44 Montreal, QC	2:47:41
17 Meghan Heimroth	33 Rensselaer	4:06:28	2 Pascal Vincent	43 Drummondville, QC	2:52:04
18 Melissa Mueller	32 Castleton	4:12:00	3 Mathew Nark	41 Clifton Park	2:56:26
19 Sara Westcott	30 Castleton	4:12:01	7 Matthew Adams	40 Hopewell Junction	3:00:31
20 Jeanna Mead	31 Mechanicville	4:13:09	12 Nathaniel Golden	41 Slingerlands	3:09:41
21 Erica Basso	34 Saratoga Springs	4:13:20	13 Steven Nicoll	40 Menands	3:10:48
22 Rebecca Newkirk	31 Fultonville	4:18:01	16 Gaven Richard	40 Albany	3:12:40
24 Melissa Cole	30 Clifton Park	4:20:01	18 Daniel Phelan	42 Loudonville	3:13:11
26 Jessica Bonfey	32 Johnstown	4:21:26	19 Brendan Barry	40 Clifton Park	3:14:33
27 Raelle Grimm	32 Albany	4:24:18	21 William Koons	40 Schenectady	3:15:43
28 Beth Packer	32 Malta	4:25:03	22 George Stopyak	43 Clifton Park	3:18:01
29 Rachael Morrissey	31 Albany	4:29:35	23 Sean Madden	40 Albany	3:21:01
31 Kristin Zielski	34 Altamont	4:32:43	26 Christopher Rajchel	41 Mechanicville	3:22:48
32 Kacey Van Kleeck	32 Kingston	4:32:45	27 Robert Fox	42 Greenfield Center	3:22:49
33 Larissa Bates	33 West Sand Lake	4:32:46	29 Gil Chorbajian	44 Schenectady	3:23:18
36 Danielle Parrotte	34 Mechanicville	4:39:58	31 Stephen Cherniske	44 Malta	3:24:56
37 Caitlin Nirsberger	34 Ballston Lake	4:40:00	37 Darren Drabek	40 Saratoga Springs	3:29:53
38 Kate Macherone	30 Saratoga Springs	4:41:49	40 Clifford Erickson	44 Voorheesville	3:31:43
39 Lucila Zamboni	31 Albany	4:42:31	42 Richard Bourgeois	44 Albany	3:32:05
40 Christen Lill	30 Canaan	4:45:09	44 Matthew Turek	41 Burnt Hills	3:33:29
41 Jessica Budris	34 Galway	4:49:00	45 Greg Ethier	41 Clifton Park	3:34:15
42 Pearl Higgins	30 Troy	4:49:07	46 Lotfi Sayahi	43 Voorheesville	3:35:02
43 Christy Puglisi	32 Amsterdam	4:49:16	47 Jim Glavin	41 Delmar	3:35:45
44 Catherine Baxter	31 Albany	4:49:53	50 Derek Lewis	42 Loudonville	3:39:10
45 Germaine Edelmann	34 Saratoga Springs	4:50:45	52 Phil Chirkis	40 Glenmont	3:41:10
46 Margaret Dunham	31 Saratoga Springs	4:50:45	53 Paul Fraley	41 Watervliet	3:48:27
47 Andrea Gifford	34 South Glens Falls	4:51:11	54 Ronny Lyven	41 Clifton Park	3:48:33
48 Janelle Shults	34 Schenectady	4:52:27	55 Simon Balint	41 Melrose	3:50:24
49 Piper Huntington	32 Albany	4:54:55	57 Edward Aluck	41 Clifton Park	3:51:35
50 Michelle Carter	31 Troy	4:59:50	58 Johnathan Hickok	40 Clifton Park	3:51:49
51 Nicole Casale	30 Latham	5:02:03	59 Mike Bowman	42 Niskayuna	3:53:08
52 Ashley Benincasa	30 Albany	5:28:03	61 David Dentry	44 Glenville	3:54:06
53 Kristen Staelens	30 Albany	5:28:30	62 Neil Sergott	42 Clifton Park	3:54:12

<b>MALE AGE GROUP: 35 - 39</b>					
1 Michael Roda	38 Albany	2:31:55	65 Mark Michalisin	42 Niskayuna	3:57:35
2 Aaron Robertson	36 Melville	2:34:24	70 Dean Rowe	41 Ghent	4:01:12
3 Diego Vanegas	39 New York	2:36:12	71 Russell Wolff	41 Niskayuna	4:02:09
8 Clay Lodovice	39 Delmar	2:55:08	72 Dennis Gleason	44 East Durham	4:03:49
10 Brian White	36 Altamont	3:02:55	73 Roger Bearden	42 Albany	4:07:36
11 Randy McKinley	37 Latham	3:03:33	74 Jeffery Coyner	42 Glens Falls	4:09:02
12 James Kehoe	36 Gansevoort	3:04:02	77 Matt Cillis	44 Voorheesville	4:15:40
13 Paul Archambault	38 Troy	3:06:13	80 Kevin Driscoll	42 Clifton Park	4:17:44
16 Jim Eaton	39 Castleton	3:09:43	81 Gregory Sherwin	40 Ballston Lake	4:18:59
18 Brandon Holcomb	35 Slingerlands	3:10:12	82 Waseem Faidi	41 Schenectady	4:21:31
20 Mark Eisenhandler	39 New Paltz	3:15:21	83 Michael Magin	44 Delmar	4:22:38
21 Zachary Hill	39 Saratoga Springs	3:15:46	84 Aaron Ambrosino	43 Clifton Park	4:23:49
25 Clifford Jackson	36 Carthage	3:20:10	85 Christopher Stevens	41 Fort Plain	4:25:07
27 Daniel Forgett	36 Albany	3:21:51	86 David Mondy	40 Rexford	4:30:31
29 Joshua Farrell	39 Albany	3:25:14	87 Keith Langry	42 Glenville	4:39:23
32 Daniel Brady	37 Cohoes	3:28:10	88 Joe Faul	42 Ballston Spa	4:40:47
35 Charles Petraske	37 Mechanicville	3:30:25	90 Douglas Pilato	44 Schenectady	4:43:07
36 Randall Decker	39 Gansevoort	3:30:31	91 Tom Russo	42 Claverack	4:48:50
37 Christopher Brown	39 Troy	3:33:07	92 Joel Satterlee	43 Burnt Hills	4:54:51
38 Steve Maynard	39 Schenectady	3:33:31	93 Dave Trahan	44 Niskayuna	4:55:09
42 David Czarnacki	38 Clifton Park	3:39:48	94 Patrick Williams	42 Niskayuna	4:55:09
44 Ian Ross	38 Niskayuna	3:42:29	95 Yuri Lovov	44 Albany	5:15:36
45 Michael Dussault	39 Alplaus	3:43:35	96 Damian Meehan	41 Cohoes	5:27:58

<b>FEMALE AGE GROUP: 40 - 44</b>					
1 Fernanda Scaleria	44 Lakewood Ranch, FL	3:06:52			
2 Karen Dolge	44 Valatie	3:11:47			
3 Denise Peterson	43 New York	3:17:29			
6 Stacia Smith	44 Niskayuna	3:27:26			
8 Jill Koziol	41 Buskirk	3:43:52			
9 Kristen Noble	40 New York	3:45:33			
11 Kimberly Ploof	44 Ballston Lake	3:53:37			
13 Sheila Couch	43 Castleton	3:55:24			
18 Felice Devine	44 Wynantskill	4:05:32			
19 Aixa Toledo	42 Glenmont	4:05:33			
22 Theresa Klos	43 Rexford	4:12:16			
23 Vicki Dingman	43 Clifton Park	4:12:16			
24 Rebecca Murphy	42 Albany	4:14:04			
26 Heather Benson	42 Glens Falls	4:14:29			
29 Sandra McCarty	43 Castleton	4:16:34			
30 Cora Chase	42 Saratoga Springs	4:18:06			
31 Kerry Murray	41 Ballston Spa	4:22:10			
32 Joanne Vanhorne	41 Corinth	4:24:14			
34 Laurie Weingart	42 St. Johnsville	4:27:05			
36 Cammie Simmes	41 Queensbury	4:32:06			
37 Kristi Miner	42 Cobleskill	4:35:49			
38 Crystal Leblond	41 Fly Creek	4:35:53			
39 Tracy Watson	44 Johnsbury	4:36:34			
40 Colleen Williams	40 Latham	4:37:49			
41 Rana Meehan	40 Cohoes	4:42:46			
42 Dorothea Schoep	43 Hudson	4:43:21			
43 Tracy Podnorski	40 Glens Falls	4:45:42			
44 Jennifer Umholtz	44 Albany	4:46:06			
46 Kate Donwaldt	43 Albany	4:46:42			
47 Sarah Vogel	44 Slingerlands	4:50:15			
48 Maurya Datka	41 Ballston Spa	4:57:04			
49 Gina Heid	44 Ballston Spa	4:57:32			
50 Cara Wolff	40 Niskayuna	4:58:44			
51 Katrina Consiglio	40 Albany	4:59:21			
52 Denise Rogers Batko	43 Troy	5:01:51			
53 Bridget Graber	40 Wynantskill	5:04:45			
54 Aimee Welsh	40 Gansevoort	5:15:48			

<b>MALE AGE GROUP: 45 - 49</b>					
1 Daniel Pierson	45 Oriskany	2:50:41			
2 Chong-Hwan Son	49 Latham	2:54:39			
3 Jeffrey Ruttner	49 Pasaic, NJ	2:59:31			
5 Lawrence Poitras	48 Johnstown	3:04:19			
6 David Banas	49 Delmar	3:08:29			
9 Ken Tarullo	46 Delmar	3:14:00			
13 Roy Headwell	47 Cambridge	3:19:56			
15 John Slyder	49 Averill Park	3:22:44			
18 Michael Gibbons	46 Delmar	3:25:27			
26 Norris Pearson	48 Troy	3:39:33			
27 Michael Bennett	47 Castleton	3:39:52			
29 Anthony Monaco	49 Poughkeepsie	3:44:56			
30 Nick Laplaca	45 Queensbury	3:45:18			
33 Brian Griffin	46 Clifton Park	3:49:42			
34 Matthew Leclair	48 Rexford	3:50:25			
38 Michael Wurst	46 Schenectady	3:54:14			
42 Peter Nelson Jr	45 Ghent	3:59:19			
43 Bill Grimaldi	49 Selkirk	4:00:56			
44 Thomas Martell	46 Verbank	4:04:27			
46 Don Byerly	48 Schenectady	4:07:07			
47 Hwasoo Lee	47 Clifton Park	4:09:04			
48 John Bolton	45 Schaghticoke	4:11:05			
49 Stacey Brooks	47 Plattsburgh	4:12:30			
50 Michael Grigas	47 Schenectady	4:12:34			
51 John Schuerzinger	45 Latham	4:12:40			
52 Charles Seeley	45 Niskayuna	4:14:12			
53 Phil Morelli	49 Troy	4:19:34			
55 Brendan O'Hara	47 Saratoga Springs	4:22:11			
56 Andrew Tanzillo	46 Hudson	4:24:05			
57 David Martin	47 Loudonville	4:29:05			
58 Keith West	47 Mechanicville	4:29:06			
59 Paul Morelli	49 Ballston Spa	4:30:05			
60 Brian Donohue	47 Queensbury	4:30:35			

## 32TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 13TH HANNAFORD HALF MARATHON *continued*

61 Dave Lyons	45 Wilton	4:30:39	<b>FEMALE AGE GROUP: 65 - 69</b>		
62 Prashant Gawde	46 Clifton Park	4:32:40	1 Susan Wong	66 Glenmont	4:22:53
64 William McEvoy	45 Scotia	4:45:24	2 Lila Firouzfar	65 Bethesda, MD	4:27:30
65 Matt Neal	45 Waterford	4:49:41	3 Mary Migliorini	65 Lakeland, FL	5:04:11
66 Scott Murphy	45 Mechanicville	4:54:32	<b>MALE AGE GROUP: 70 - 74</b>		
67 Drew Hopkins	45 Hudson	5:00:23	1 Henry Art	70 Williamstown, MA	4:12:39
68 Jeff Halusic	47 Niskayuna	5:21:20	2 Joseph Gutierrez	71 Hillsdale, NJ	4:54:26

### HALF MARATHON - 13.1 MILES

Top 3 Overall, Top 3 Age Group & Top 10 Regional Finishers

<b>MALE OVERALL</b>					
1 Joshua McDougal	29 Peru	1:07:43			
2 Kieran O'Connor	27 Arlington, VA	1:07:59			
3 Bernard Mwangi	23 Schenectady	1:08:51			

<b>FEMALE OVERALL</b>					
1 Sara Dunham	38 Plattsburgh	1:19:45			
2 Renee Tolan	39 Clifton Park	1:22:36			
3 Erin Corcoran	40 Schenectady	1:26:39			

<b>MALE OVERALL - WALK</b>					
1 Don Lawrence	55 Albany	2:34:19			
<b>FEMALE OVERALL - WALK</b>					
1 Jeanne Teasdale	60 Great Barrington, MA	2:53:17			
2 Amanda Serafini	43 Nassau	3:26:39			
3 Renetta Deremer	65 Duncansville, PA	3:27:14			

<b>MALE AGE GROUP: 1 - 14</b>					
1 Alex Christian	13 Valatie	2:16:35			
<b>FEMALE AGE GROUP: 1 - 14</b>					
1 Sydney Smith	14 Niskayuna	1:50:24			

<b>FEMALE AGE GROUP: 15 - 19</b>					
1 Hannah Patzwahl	19 Valatie	1:32:15			
2 Kacey Lasch	19 Colonie	2:03:25			
3 Ashley Manzer	18 Cohoes	2:18:00			

<b>MALE AGE GROUP: 20 - 24</b>					
1 William Lloyd	23 Voorheesville	1:10:40			
2 Ben Delikat	24 New York	1:20:08			
3 Joe Sorel	21 Cohoes	1:36:34			
4 Michael Edmonds	24 Menands	1:59:49			
5 Cody Aguado	24 Wappingers Falls	2:09:21			
6 Colin Dalton	23 Troy	2:14:38			

<b>FEMALE AGE GROUP: 20 - 24</b>					
1 Genna Hartung	23 Highland Park, NJ	1:40:57			
2 Lauren Bruno	22 Schenectady	1:48:05			
3 Shannon Flaherty	22 Scotia	1:48:24			
4 Kelly Patterson	24 Niskayuna	1:48:29			
5 Lindsay Hall	24 Albany	1:56:59			
6 Katelyn Mennella	24 Colonie	1:59:39			
7 Patricia Erickson	21 Altamont	2:01:16			
8 Leah Wightman	23 Chatham	2:06:14			
9 Alicia Razanousky	20 Stuyvesant	2:06:32			
11 Jessica Vennard	22 Albany	2:09:38			
12 Kathryn Tiller	24 Troy	2:11:49			
13 Mandy Ganser	23 Latham	2:12:38			
15 Katherine Wall	23 East Greenbush	2:20:48			

<b>MALE AGE GROUP: 25 - 29</b>					
1 Thomas O'Grady	29 Latham	1:10:27			
2 Richard Messineo	26 Nassau	1:14:39			
3 DJ Racette	25 Saranac Lake	1:31:18			
4 Nick Reisman	29 Clifton Park	1:41:12			
5 Matthew Goebel	29 Altamont	1:41:34			
6 Brent McGrady	29 Latham	1:52:10			
7 Tom Tiberio	29 Scotia	1:52:15			
9 Patrick Beauchemin	27 Glenville	2:02:41			
10 Ian Rueckert	27 Queensbury	2:11:34			
11 Paul Schlierman	28 Worcester	2:24:12			
12 Timothy Galvin	27 Troy	2:24:16			

<b>FEMALE AGE GROUP: 25 - 29</b>					
1 Janne Rand	29 Albany	1:28:36			
2 Nicole Soblosky	27 Albany	1:28:41			
3 Jana Trenk	25 Scarsdale	1:31:19			
4 Meghan Louden	28 Troy	1:35:43			
5 Mary O'Hearn	28 Saratoga Springs	1:38:53			
6 Sara Underwood	29 Niskayuna	1:40:55			
7 Kate Loeffler	27 Clifton Park	1:53:16			
8 Lauren Bryant	29 Germantown	1:54:07			
9 Nicole Manikas	26 Saratoga Springs	1:56:13			
1					

**32TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 13TH HANNAFORD HALF MARATHON** *continued*

8 Cathy Oldrich	40	Valatie	1:43:05	10 Scott Noel	56	Waterford	2:01:18
9 Kelly Saposnick	40	Clifton Park	1:43:13	11 Leland Hilt	58	Colonie	2:01:36
10 Antoinette Rose	41	Clifton Park	1:46:04	<b>FEMALE AGE GROUP: 55 - 59</b>			
11 Ingrid Ludt Gerst	44	Clifton Park	1:46:30	1 Nancy Taormina	55	Albany	1:39:08
12 Colleen Murray	40	Slingerlands	1:46:47	2 Cheryl Albert	57	Belchertown, MA	1:39:58
13 Karen Skiba	43	Troy	1:46:59	3 Catherine Hartung	56	Morrisville	1:40:56
<b>MALE AGE GROUP: 45 - 49</b>							
1 John Stadlander	49	Clifton Park	1:16:52	4 Maureen Fitzgerald	56	Clifton Park	1:43:11
2 Mark Staples	45	Holyoke, MA	1:23:40	5 Susan Burns	59	Rensselaer	1:53:18
3 Kevin Creagan	49	Albany	1:24:52	6 Doreen Buell	57	Troy	1:58:10
4 Richard Cummings	47	Schenectady	1:29:22	7 Colleen Walsh	58	Troy	1:59:04
5 William Drapeau	47	Niskayuna	1:33:50	9 Suzanne Wightman	55	Chatham	2:06:14
6 Peter Guzzo	46	Niskayuna	1:37:08	10 Karen Dott	58	Colonie	2:07:48
7 Tom Jablonowski	46	Voorheesville	1:37:26	11 Joann Lyons	58	Clifton Park	2:08:21
8 Todd Digrigoli	47	Niverville	1:38:21	12 Ann Maxwell	56	Schenectady	2:09:19
9 Michael Cebula	47	Mechanicville	1:38:34	13 Philly Heffner	58	Troy	2:12:02
10 Herb Terns	45	Schenectady	1:39:10	14 Molly Nicol	55	Loudonville	2:16:29
11 Victor Pugliano	48	Waterford	1:40:29	<b>MALE AGE GROUP: 60 - 64</b>			
12 Christopher Miceli	47	Slingerlands	1:40:58	1 Richard Larsen	62	Shelburne, MA	1:25:58
13 James Chung	48	Glenmont	1:41:26	2 Frank Broderick	62	Ballston Lake	1:44:30
<b>FEMALE AGE GROUP: 45 - 49</b>							
1 Terri Artese	48	Scotia	1:33:59	3 Curt Woodcock	61	Johnstown	1:50:27
2 Judy Guzzo	47	Niskayuna	1:36:24	4 Frank Bender	63	Troy	1:58:41
3 Jennifer Jankowski	45	Kingston	1:40:38	5 Martin Patrick	60	East Greenbush	2:00:28
4 Connie Smith	46	Ballston Lake	1:41:06	6 Steve Kerwin	64	Slingerlands	2:00:29
5 Teresa Warner Maiuri	49	Ghent	1:43:00	7 John Dimuro	62	Canaan	2:07:14
6 Lara Stelmaszyk	45	Albany	1:43:59	8 Richard Phillips	60	Kinderhook	2:12:50
7 Rose Angerosa	48	Glenville	1:44:40	9 Theodore Close	63	Wynantskill	2:13:27
8 Ruth Sadinsky	47	Albany	1:46:37	10 Russell Newkirk	64	Albany	2:27:38
9 Kathryn Lang	47	Glenmont	1:48:56	11 Sean Robbins	64	Wynantskill	2:30:20
10 Anne Marie Bremm	45	Glenville	1:49:44	12 Earl Van Wormer	60	Colonie	2:37:48
11 Michelle Mickalonis	48	Mechanicville	1:50:56	13 John Carboni	61	Schenectady	2:52:17
12 Lonnie Halusic	46	Niskayuna	1:51:32	14 Richard Daley	64	Schenectady	2:52:44
13 Lori Stevens	47	Hudson	1:53:15	<b>FEMALE AGE GROUP: 60 - 64</b>			
<b>MALE AGE GROUP: 50 - 54</b>							
1 Bob Radliff	50	Stillwater	1:23:04	1 Deborah Goedeke	61	Delmar	2:02:13
2 James Cecchi	50	Essex Fells, NJ	1:23:22	2 Elaine Morris	61	East Greenbush	2:02:26
3 Matthew Karkoski	52	Ticonderoga	1:26:18	3 Cynthia Finnegan	61	Niskayuna	2:02:46
4 Jack Arnold	51	Latham	1:29:16	4 Anne Tyrrell	64	Albany	2:07:58
5 Matt Canavan	50	Schenectady	1:36:06	5 Beverly Dimuro	61	Canaan	2:12:20
6 Matthew Kawola	50	Latham	1:36:09	6 Barbara Bender	60	Troy	2:14:30
7 Anthony Lupo	51	Ballston Spa	1:36:43	7 Rita Murtagh	62	Duanesburg	2:16:18
8 Glenn Hamlin-Berning	51	Stuyvesant	1:37:03	8 Kathryn Brennan	62	Greenville	2:23:24
9 Michael Canavan	50	Niskayuna	1:37:27	9 Diane Thompson	60	Latham	2:24:57
10 Michael Murtagh	54	Scotia	1:39:54	10 Mary Ann Macri	62	Albany	2:25:02
11 James Foley	50	Slingerlands	1:41:25	11 Katherine Ambrosio	64	Delmar	2:31:03
12 Michael Kipp	52	Kinderhook	1:42:30	12 Benita Zahn	60	Albany	2:41:29
13 Daniel Hart	52	Waterford	1:42:37	13 Barbara Marciano	61	Schenectady	2:50:27
<b>FEMALE AGE GROUP: 50 - 54</b>							
1 Carol Healey	54	Troy	1:36:54	1 George Jackson	65	Schenectady	1:48:35
2 Christine Varley	50	Albany	1:38:13	2 James Larkin	66	Clifton Park	1:50:54
3 Linnea Vantassel	54	Valatie	1:39:38	3 Daniel Berry	65	Delmar	1:54:11
4 Kristen Hislop	50	Clifton Park	1:43:05	4 Martin Rowley	66	Latham	2:09:43
5 Karen Davis	52	Clifton Park	1:49:35	5 Terry Tamer	66	Albany	2:12:48
6 Kathleen Beeman	53	Niskayuna	1:51:22	6 Peter Newkirk	67	Albany	2:13:26
7 Deborah Wylid	51	Ballston Spa	1:53:41	7 John Shoemaker	65	Scotia	2:17:40
8 Kirsten Leblanc	51	Broadalbin	1:55:10	8 David Sheridan	65	Delmar	2:21:52
9 Susan Cleary	51	Albany	1:55:44	9 Tim Leonard	65	Clifton Park	2:28:38
10 Diane Mahar	53	Ballston Spa	1:57:23	10 Ronald Robinson	66	Johnstown	2:28:45
11 Kathleen Arthur	53	Glenville	1:59:30	11 Kenneth Miller	65	Schoodack Landing	2:40:28
12 Colleen Shank	52	Cohoes	2:03:25	12 Jim Whelan	68	Slingerlands	2:44:00
13 Julie Barber	50	Albany	2:08:26	<b>FEMALE AGE GROUP: 65 - 69</b>			
<b>MALE AGE GROUP: 55 - 59</b>							
1 Steve Vnuk	58	Delmar	1:36:38	1 Gail Johnson	67	Shaftsbury, VT	2:14:45
2 Alar Elken	56	Loudonville	1:37:26	2 Theresa Rodrigues	67	Delmar	2:19:11
3 Gerard Exley	55	Baltic, CT	1:39:11	3 Patricia Darmetko	65	Cohoes	2:37:32
4 Randy Paquin	57	Rexford	1:47:38	4 Kathleen Paulus	65	Troy	3:01:29
5 Roy Mowrey	56	Johnstown	1:49:38	<b>MALE AGE GROUP: 70 - 74</b>			
6 Bill Marinello	55	Slingerlands	1:49:48	1 Jim Moore	74	Niskayuna	2:24:13
7 Richard Kelly	58	Schenectady	1:50:42	<b>FEMALE AGE GROUP: 70 - 74</b>			
8 Matthew Brady	55	Castleton	2:00:25	1 Christine Bishop	70	Schenectady	3:02:37
<b>MALE AGE GROUP: 75 - 79</b>							
1 Charles Bishop	78	Schenectady	3:02:17	<b>FEMALE AGE GROUP: 75 - 79</b>			
<i>Courtesy of Hudson-Mohawk Road Runners Club</i>							

**14TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K**  
October 18, 2014 • Saratoga Spa State Park, Saratoga Springs

<b>5K RUN</b>								
<b>MALE OVERALL</b>								
1 Pat Carroll	23	Saratoga Springs	15:49	<b>FEMALE AGE GROUP: 65 - 69</b>				
2 Louie DiNuzzo	32	Albany	16:17	1 Susan Fasset	69	Ballston Spa	38:19	
3 Kevin Creagan	49	Albany	18:33	2 Jean Brunelle	68	Saratoga Springs	49:02	
<b>FEMALE OVERALL</b>								
1 Jennifer Bennice	35	Ballston Lake	19:13	3 Judith Meagher	66	Saratoga Springs	53:15	
2 Heidi Edmonds	15	Cooperstown	19:41	<b>MALE AGE GROUP: 70 - 74</b>				
3 Estelle Burns	39	Troy	19:54	1 Eugene Ellis	70	Schenectady	31:56	
<b>MALE AGE GROUP: 1 - 14</b>								
1 Kady Hughes	12	Schenectady	22:38	2 Ted Greve	74	Gansevoort	40:54	
2 Ethan Cook	11	Ballston Spa	22:55	3 Joel Levy	70	Schenectady	58:25	
3 Jamison Friauf	14	Gansevoort	23:37	<b>FEMALE AGE GROUP: 70 - 74</b>				
<b>FEMALE AGE GROUP: 1 - 14</b>								
1 Rachel Brown	13	Cohoes	20:17	1 Marge Rajczewski	74	Ballston Lake	29:21	
2 Whitney Wright	14	Ballston Spa	21:39	2 Margaret French	71	Saratoga Springs	41:10	
3 Angela Artini	13	Watervliet	23:17	3 Susan Allen	72	Clifton Park	56:16	
<b>MALE AGE GROUP: 15 - 19</b>								
1 Delbert Clement	17	Stony Creek	18:43	<b>FEMALE AGE GROUP: 75 - 79</b>				
2 Sam Heath	17	Avon, IN	19:20	1 Eileen Gundlach	77	Howes Cave	41:03	
3 Matthew Van Der Veer	15	Clifton Park	19:59	<b>MALE AGE GROUP: 80 - 84</b>				
<b>FEMALE AGE GROUP: 15 - 19</b>								
1 Madeline Pelagalli	18	Ballston Lake	27:48	1 Richard Schumacher	81	Hoosick Falls	34:13	
2 Emily Forcier	19	Hudson Falls	28:29	2 Richard Gundlach	82	Howes Cave	41:05	
3 Lexy Heath	17	Avon, IN	29:12	3 Richard Eckhardt	80	Albany	41:26	
<b>MALE AGE GROUP: 20 - 24</b>								
1 Shawn Delancey	23	Porter Corners	20:52	<b>10K RUN</b>				
2 Bryan Scheren	22	Schuylerville	22:39	1 Shaun Donegan	28	Malta	33:58	
3 Jesse McNamara	21	Gloversville	28:06	2 Joel Gordon	43	Queensbury	37:19	
<b>FEMALE AGE GROUP: 20 - 24</b>								
1 Morgan Brown	24	Saratoga Springs	22:05	3 Robert Etien	40	Schenectady	37:43	
2 Paige Chardavoyne	21	Glenmont	23:24	<b>FEMALE OVERALL</b>				
3 Mandy Grzymala	23	Albany	26:06	1 Lindsay Choppy	30	Troy	41:07	
<b>MALE AGE GROUP: 25 - 29</b>								
1 Chase Baker	28	Saratoga Springs	18:40	2 Amy Pinckney	28	Saratoga Springs	42:08	
2 Brett Sullivan	26	Ballston Spa	19:23	3 Grace Giampaglia	23	Delmar	42:23	
3 Eric Burlee	25	Saratoga Springs	21:25	<b>MALE AGE GROUP: 1 - 14</b>				
<b>FEMALE AGE GROUP: 25 - 29</b>								
1 Anne Marie Hathaway	28	Schuylerville	21:37	1 Evan Flint	13	Clifton Park	49:36	
2 Abigail Carnevale	28	Saratoga Springs	22:13	2 Noah Carpenter	10	Malta	56:55	
3 Karina Benninger	26	Howes Cave	22:40	3 Connor Bunkoff	10	Watervliet	1:02:15	
<b>MALE AGE GROUP: 30 - 34</b>								
1 Lee Lurie	34	Ballston Spa	20:00	<b>FEMALE AGE GROUP: 1 - 14</b>				
2 Douglas Secor	34	Scotia	20:28	1 Kristin McAlonen	14	Burnt Hills	48:16	
3 Jason Brinkman	32	Saratoga Springs	20:40	2 Elizabeth Nelligan	14	Troy	59:29	
<b>FEMALE AGE GROUP: 30 - 34</b>								
1 Dana Wiwczar	33	Malta	22:16	<b>MALE AGE GROUP: 15 - 19</b>				
2 Kim Donegan	33	Malta	22:28	1 Michael Bucholtz	15	Ballston Spa	44:59	
3 Svetlana Albanese	32	Gloversville	23:44	<b>FEMALE AGE GROUP: 15 - 19</b>				
<b>MALE AGE GROUP: 35 - 39</b>								
1 Paul Sukphisit	38	Englewood, NJ	21:30	1 Katie Pinckard	19	Troy	49:12	
2 Zahir Munin	36	Latham	24:09	2 Somer Connolly	19	Castleton	54:33	
3 Patrick Ganley	36	Clifton Park	24:23	3 Ashley Frangella	18	Selkirk	1:00:53	
<b>FEMALE AGE GROUP: 35 - 39</b>								
1 Stephanie Friedman	38	Malta	22:09	<b>MALE AGE GROUP: 20 - 24</b>				
2 Erin Crowe	37	Saratoga Springs	22:48	1 Caldwell Reed	24	Saratoga Springs	45:40	
3 Jodi Werner	39	Ballston Spa	23:15	2 Alexander Berg	24	Albany	51:24	
<b>MALE AGE GROUP: 40 - 44</b>								
1 George Brown	44	Ticonderoga	18:39	3 Patrick Wildes	24	Albany	58:08	
2 Robert Fox	42	Greenfield Center	19:42	<b>FEMALE AGE GROUP: 20 - 24</b>				
3 Greg Ethier	41	Clifton Park	19:51	1 Laura Patrick	20	East Greenbush	43:45	
<b>FEMALE AGE GROUP: 40 - 44</b>								
1 Claudia Greco	41	Clifton Park	22:22	2 Andrea Prusik	23	Rensselaer	44:40	
2 Amy Drag	43	Waterford	23:55	3 Lauren Bruno	22	Schenectady	46:18	
3 Lisa Horn	44	Saratoga Springs	25:16	<b>MALE AGE GROUP: 25 - 29</b>				
<b>MALE AGE GROUP: 45 - 49</b>								
1 Scott Larosa	49	Clifton Park	21:07	1 Mark Grammatico	28	Delmar	41:42	
2 David Tedrow	45	Ballston Lake	23:37	2 Daniel Mahoney	28	Schenectady	47:30	
3 Christopher McNally	48	Ballston Spa	24:03	3 Andrew Sally	27	Cohoes	49:56	
<b>FEMALE AGE GROUP: 45 - 49</b>								
1 Antoinette Howard	45	Waterford	20:20	<b>FEMALE AGE GROUP: 25 - 29</b>				
2 Kimberly Mann	45	Corinth	26:38	1 Meghan Loudon	28	Clifton Park	44:35	
3 Katie Fuller	45	Guilderland	26:46	2 Caryn Mlodzionowski	26	Clifton Park	46:50	
<b>MALE AGE GROUP: 50 - 54</b>								
1 Hugh Davis	54	Saratoga Springs	18:53	3 Vi Pham	25	Saratoga Springs	46:59	
2 Chris Goodness	51	Ballston Spa	21:51	<b>MALE AGE GROUP: 30 - 34</b>				
3 Tom Wickham	53	Poestenkill	24:21	1 Erik Sointio	32	Queensbury	38:36	
<b>FEMALE AGE GROUP: 50 - 54</b>								
1 Theresa Hance	51	Ballston Lake	23:02	2 Jason Perkins	30	Mechanicville	39:58	
2 Tricia Brown	50	Cohoes	24:04	3 Jeff Klingbeil	33	Johnstown	41:13	
3 Leslie Addison	52	North Bennington, VT	25:45	<b>FEMALE AGE GROUP: 30 - 34</b>				
<b>MALE AGE GROUP: 55 - 59</b>								
1 Jack Rightmyer	56	Burnt Hills	25:05	1 Laura Zima	34	Schenectady	43:42	
2 John Stevens	55	Saratoga Springs	25:22	2 Jill Splonskowski	30	Niskayuna	47:48	
3 Wayne Bertrand	58	Saratoga Springs	26:56	3 Danielle Bargovic	31	Rensselaer	48:26	
<b>FEMALE AGE GROUP: 55 - 59</b>								
1 Maureen Fitzgerald	56	Clifton Park	22:41	<b>MALE AGE GROUP: 35 - 39</b>				
2 Joann Lyons	55	Clifton Park	26:47	1 Joseph Sullivan	35	Schenectady	37:50	
3 Crystal Beekman	55	Johnstown	29:02	2 Chris Yarsewich	36	Greenfield Center	39:10	
<b>MALE AGE GROUP: 60 - 64</b>								
1 George Baranuskas	61	Scotia	20:15	3 Darren Grout	38	Valatie	40:59	
2 Rob Picotte	61	Malta	21:11	<b>FEMALE AGE GROUP: 35 - 39</b>				
3 Jim Scheren	60	Schuylerville	26:08	1 Sara Madden	37	Albany	44:36	
<b>FEMALE AGE GROUP: 60 - 64</b>								
1 Judy Hays	61	Porter Corners	28:28	2 Jane Seymour-Smith	37	Scotia	49:24	
2 Cheryl Smith	62	Latham	29:13	3 Kristin Castle	38	Valatie	50:16	
3 Mary Ann Macri	62	Albany	30:23	<b>MALE AGE GROUP: 40 - 44</b>				
<b>MALE AGE GROUP: 65 - 69</b>								
1 Jim Fiore	67	Latham	25:26	1 Scott Henkin	42	New York	39:53	
2 David Spina	65	Schenectady	27:11	2 William Henke	40	Queensbury	43:15	
3 Joseph Scaringe	68	Latham	27:15	3 Shinro Ota	41	Schenectady	46:18	

**3RD ANNUAL GLENS FALLS LIONS CLUB DUATHLON**  
October 12, 2014 • SUNY Adirondack, Queensbury

<b>5K RUN, 30K BIKE, 5K RUN</b>								
<b>MALE OVERALL</b>								
1 Craig Tynan	40	1:26:28	<b>FEMALE AGE GROUP: 55 - 59</b>					
2 Brenden Rillahan	40	1:28:50	1 Maureen Roberts	55	2:09:23			
3 Matt Crave	35	1:36:51						

# RACE RESULTS

## 14TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K *continued*

<b>FEMALE AGE GROUP: 55 - 59</b>			<b>MALE AGE GROUP: 65 - 69</b>		
1 Beth Stalker	55	Burnt Hills 42:55	1 Joseph Miranda	66	Ballston Spa 56:44
2 Andrea Peterson	55	Saratoga Springs 53:04	2 Joe Yavonidite	65	Schenectady 57:32
3 Nancy Splonskowski	57	Niskayuna 55:35	3 Ignace Van Dommelen	65	Ballston Lake 1:01:07
<b>MALE AGE GROUP: 60 - 64</b>			<b>FEMALE AGE GROUP: 65 - 69</b>		
1 Dennis Whiteford	61	Bennington, VT 48:37	1 M Claire Henderson	65	Saratoga Springs 54:22
2 Martin Patrick	60	East Greenbush 49:45	2 Linda Meier	66	Schenectady 1:10:47
3 George Schwab	63	Schenectady 50:57			
<b>FEMALE AGE GROUP: 60 - 64</b>			<b>MALE AGE GROUP: 70 - 74</b>		
1 Judy Phelps	63	Malta 47:11	1 Howard Jones	71	Clifton Park 53:58
2 Carolyn George	60	Albany 55:54			
3 Adele Pace	61	Clifton Park 57:29	<b>MALE AGE GROUP: 80 - 84</b>		
			1 John Platt	84	Dallas, PA 1:17:02

*Courtesy of Saratoga Bridges*

## 6TH ANNUAL RACE AWAY STIGMA 5K

October 18, 2014 • Hudson Valley Community College, Troy

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 49</b>		
1 Tyler Rondeau	18	Hoosick Falls 18:57	1 Kevin Dean	42	Clifton Park 22:14
2 Pete Birdsinger	51	Troy 19:47	2 Sean Thompson	47	Albany 24:04
3 George Burke	48	Troy 20:15	3 Chuck Douglas	43	Petersburgh 26:14
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 49</b>		
1 Sarah Popovics	26	Schenectady 20:19	1 Mary Beth Yearby	46	Pattersonville 28:22
2 Julie Halsdorf	24	Albany 22:25	2 Kathy Gundrum	46	West Sand Lake 31:28
3 Cheryl Sarjeant	35	Averill Park 22:46	3 Danielle Birdsinge	46	Troy 35:59
<b>MALE AGE GROUP: 1 - 19</b>			<b>MALE AGE GROUP: 50 - 59</b>		
1 Coulton Provancher	17	Schaghticoke 21:56	1 Tom Mack	50	Wynantskill 23:33
2 Collin Douglas	11	Petersburgh 21:56	2 Anup Sood	54	Clifton Park 27:43
3 Norman Bullinger	19	Castleton 23:05	3 Keith Rhodes	53	Albany 33:39
<b>FEMALE AGE GROUP: 1 - 19</b>			<b>FEMALE AGE GROUP: 50 - 59</b>		
1 Abigail Moxon	8	Nassau 23:10	1 Lori Francesconi	53	Waterford 24:40
2 Madeline Moxon	10	Nassau 24:40	2 Sue Ciarmiello	58	Schenectady 30:10
3 Maya Ellis	13	Troy 25:36	3 Sandra Kelley-Rhodes	54	Albany 33:24
<b>MALE AGE GROUP: 20 - 29</b>			<b>MALE AGE GROUP: 60 - 69</b>		
1 Matthew Comar	22	Bennington, VT 22:47	1 Michael Bucek	62	Queensbury 31:14
2 Ryan Grenna	29	West Sand Lake 22:51	2 Andy Arnold	62	Hilton 31:26
3 Joshua Carroll	25	Troy 24:09	3 Jack Berkery	66	Latham 35:33
<b>FEMALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 60 - 69</b>		
1 Keisey Blackeney	23	Arlington, VT 24:45	1 Alice Carpenter	64	Delmar 33:40
2 Lauren Tegnaner	29	Ballston Spa 26:44	2 Nancy Johnston	68	Ballston Lake 33:48
3 Samantha Cash	26	Coxsackie 26:51	3 Judy Harris	62	Schenectady 53:17
<b>MALE AGE GROUP: 30 - 39</b>			<b>MALE AGE GROUP: 70 - 79</b>		
1 James Boswell	33	Roessleville 23:16	1 Jim Hotaling	74	Niverville 28:32
2 David Moxon	37	Nassau 23:44	2 Richard Theissen	70	Round Lake 28:44
3 Tim MacTurk	39	Rotterdam 26:56			
<b>FEMALE AGE GROUP: 30 - 39</b>			<b>MALE AGE GROUP: 80 - 89</b>		
1 Elizabeth Tunison	31	West Sand Lake 30:06	1 Ken Orner	84	Albany 28:53
2 Kristin Oakes	35	Middle Grove 31:25	<i>Courtesy of HVCC Center for Counseling and Transfer</i>		

## 1ST ANNUAL ST. CATHERINE'S RUNNING SCCCAR 5K FRIGHT RUN

October 18, 2014 • The Crossings, Colonie

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 44</b>		
1 Ben Heller	25	Albany 18:30	1 William Rielly	43	Rexford 24:51
2 Warren Pearson	20	Brooklyn 20:27	2 Michael Hall	42	Albany 25:10
3 Leroy Bowen	25	Albany 20:38	3 Michael Kinuw	44	Delmar 29:04
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 44</b>		
1 Wade Lacey	17	Albany 21:22	1 Anna Price	41	Brunswick 29:08
2 Kristin Kenney	23	Delmar 23:02	2 Heather Frank	40	Albany 29:29
3 Melissa Toni	39	Sand Lake 23:58	3 Kristen Foley	40	Voorheesville 33:07
<b>MALE AGE GROUP: 1 - 14</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1 Daniel Lacey	13	Albany 22:23	1 Anders Tomson	47	Slingerlands 22:56
2 Thomas O'Brien	11	West Sand Lake 23:53	2 Robert Rennie	48	Loudonville 25:47
3 David Ensminger	8	Clifton Park 31:02	3 Tony Larue	46	Schenectady 30:09
<b>FEMALE AGE GROUP: 1 - 14</b>			<b>FEMALE AGE GROUP: 45 - 49</b>		
1 Kyleigh Frank	12	Albany 29:29	1 Diana Schwartz	49	Fort Plain 30:16
2 Lillian Ensminger	11	Clifton Park 31:01	2 Patricia De Jesus	48	Middletown 50:00
3 Giovanna Natalie	14	Coxsackie 32:11	3 Lisa D'Arcangelis	46	Coxsackie 56:47
<b>MALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 50 - 54</b>		
1 Lorenzo Natalie	16	Coxsackie 46:35	1 Michael Canavan	50	Niskayuna 21:27
<b>FEMALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 50 - 54</b>		
1 Jacquelyn DeJesus	15	Middletown 32:42	2 David Gordon	52	Delmar 22:21
2 Ranceli Burdier	17	Middletown 33:48	3 Sean O'Brien	53	Loudonville 24:08
<b>MALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 50 - 54</b>		
1 Steve Crouse	24	Schenectady 25:36	1 Linda Rennie	53	Loudonville 28:17
2 Sean Parnett	24	Mechanicville 28:16	2 Julia Town	54	Clifton Park 28:26
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 55 - 59</b>		
1 Danielle Carelli	24	Cohoes 26:59	1 Frank Pindiak	57	Albany 45:33
2 Jessica Velez	23	Albany 27:30	2 John Crouse	57	Schenectady 55:34
3 Melissa Carter	24	Troy 32:01			
<b>MALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 55 - 59</b>		
1 Norm Massey	28	Albany 27:21	1 Barbara Bradley	56	Albany 31:40
2 Gene Sneeringer	28	Albany 27:41	2 Joyce Reynolds	55	Rensselaer 31:47
3 Bob Smeeringer	28	Albany 28:18	3 Leslie Siegard	57	Albany 33:08
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 60 - 64</b>		
1 Kara Hogan	26	Mechanicville 28:16	1 Tom McGuire	62	Albany 21:57
2 Kelly Hoover	26	Watervliet 28:30	2 Mark Bechad	62	Albany 33:08
3 Amber Curro	25	East Greenbush 29:22	3 Tony Sirco	63	Albany 35:35
<b>MALE AGE GROUP: 30 - 34</b>			<b>FEMALE AGE GROUP: 60 - 64</b>		
1 Nick Zarcone	33	Albany 27:00	1 Annie Solomon	61	Catskill 31:25
2 Arron Schumacher	33	Cohoes 48:17	2 Marilyn Sirco	63	Albany 31:26
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 65 - 69</b>		
1 Jessie Richards	33	Albany 29:41	3 Theresa Portelli	62	Albany 39:05
2 Deimante Zarcone	32	Cohoes 38:00			
3 Danielle Netti	30	Albany 39:46	<b>MALE AGE GROUP: 70 - 74</b>		
<b>MALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 70 - 74</b>		
1 Rob Ryan	36	Clifton Park 22:41	1 Donald Smith	71	Albany 24:14
2 Conor Donnelly	36	Albany 23:54	2 Edward Kampf	71	Albany 27:14
3 Keith Volsky	39	Loudonville 26:11	<b>FEMALE AGE GROUP: 70 - 74</b>		
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 75 - 79</b>		
1 Anne Swartwout	36	Albany 32:13	1 Margaret Hill	73	Saratoga Springs 56:53
2 Natalie Tompkins	37	Albany 32:36	<b>MALE AGE GROUP: 75 - 79</b>		
			1 Mark Manderville	77	Albany 24:54

*Courtesy of St. Catherine's Center for Children*

## SARATOGA NATIONAL CROSS COUNTRY CLASSIC 5K RACE

October 19, 2014 • Saratoga Spa State Park, Saratoga Springs

<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 1 - 14</b>		
1 Sara Dunham	38	Plattsburgh 17:55	1 Anthony Cusato	14	Schenectady 19:22
2 Mary Veltre	22	Watervliet 19:06	2 Hugh Dempsey	13	Saratoga Springs 21:11
3 Whitney Wright	14	Ballston Spa 20:16	3 Caden Awad	13	Stillwater 21:11
<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 15 - 19</b>		
1 Andy Morgan	25	Liverpool 15:16	1 Emily Laplante	15	Troy 27:38
2 Aaron Lozier	26	Albany 15:42	<b>MALE AGE GROUP: 15 - 19</b>		
3 Thomas O'Grady	29	Latham 16:09	1 Liam Fitzgerald	16	Troy 19:04
<b>FEMALE AGE GROUP: 1 - 14</b>			<b>FEMALE AGE GROUP: 20 - 24</b>		
1 Shannon Walsh	13	Troy 21:23	1 Elizabeth Moran	21	Niskayuna 21:19
2 Zeynep Cakmak	13	Clifton Park 27:32	2 Emily Mackey	21	Averill Park 22:55
3 M. McTiernan	10	Clifton Park 31:09	3 Katlin Mock	24	Albany 23:09

*continued*

## SARATOGA NATIONAL CROSS COUNTRY CLASSIC 5K RACE *continued*

<b>FEMALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 50 - 54</b>		
1 Vi Pham	25	Saratoga Springs 22:07	1 Nancy Nicholson	52	Queensbury 23:18
2 Meghan LaPoint	25	Schenectady 23:11	2 Deborah Czech	50	Saratoga Springs 24:03
<b>MALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 50 - 54</b>		
1 Ken Little	28	Ballston Lake 16:22	3 Phyllis Prince	50	Ballston Spa 27:02
2 Eric MacKnight	25	Ballston Lake 17:25	<b>MALE AGE GROUP: 50 - 54</b>		
3 Christopher Allin	25	Troy 18:56	1 Thomas Kracker	50	Delmar 18:10
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>FEMALE AGE GROUP: 55 - 59</b>		
1 Crystal Perno	33	Clifton Park 23:09	2 Christopher Buckley	53	Burnt Hills 19:47
2 Kristen Quaresimo	30	Ballston Lake 23:10	3 Sam Mercado	51	Saratoga Springs 20:00
3 Amanda Hammill	32	East Greenbush 30:59			
<b>MALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 55 - 59</b>		
1 Travis Dunham	34	Plattsburgh 18:36	1 Beth Stalker	55	Burnt Hills 21:20
2 Dave Whydra	31	Albany 19:22	2 Andrea Peterson	55	Saratoga Springs 25:15
3 John O'Connor	32	Albany 19:46	3 Lyn Lawton	58	Albany 30:58
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 55 - 59</b>		
1 Michelle Binsfeld	35	Clifton Park 20:20	1 Derrick Staley	56	Ballston Lake 17:24
2 Kerri Thomas	38	Middle Granville 22:04	2 Fred Kitzrow	58	Delmar 19:23
3 Jessica Barrett	36	Saratoga Springs 25:27	3 Paul Salerni	58	Little Neck 20:38
<b>MALE AGE GROUP: 35 - 39</b>			<b>FEMALE AGE GROUP: 60 - 64</b>		
1 Tucker Chrapowitzky	36	Delmar 16:29	1 Joan Fucillo	62	Scotia 25:36
2 Stephen Siebrecht	35	Delmar 18:00	<b>MALE AGE GROUP: 60 - 64</b>		
3 Michael DiNicola	39	Albany 19:16	1 Lee Pollock	62	Queensbury 19:44
<b>FEMALE AGE GROUP: 40 - 44</b>			<b>MALE AGE GROUP: 60 - 64</b>		
1 Renee Tolan	40	Clifton Park 23:10	2 Richard Clark	60	Feeding Hills, MA 21:33
2 Keli Scott-Ciota	44	Ballston Spa 25:37	3 Raymond Scaringe	60	Rexford 22:41
3 Suzette Lescault	44	Corinth 29:29	<b>FEMALE AGE GROUP: 65 - 69</b>		
<b>MALE AGE GROUP: 40 - 44</b>			<b>MALE AGE GROUP: 65 - 69</b>		
1 Michael Owens	41	West Wardsboro, VT 17:48	1 Laura Clark	67	Saratoga Springs 31:40
2 Mike Kelly	44	Selkirk 20:27	<b>MALE AGE GROUP: 65 - 69</b>		
3 Marcin Standa	43	Clifton Park 23:54	1 Dave Glass	68	Glenville 22:29
<b>FEMALE AGE GROUP: 45 - 49</b>			<b>MALE AGE GROUP: 70 - 74</b>		
1 Anne Benson	49	Clifton Park 20:26	2 Marc Davis	67	Wilton, NH 22:51
2 Judy Guzzo	47	Niskayuna 21:23	<b>MALE AGE GROUP: 70 - 74</b>		
3 Gabriella Frittelli	49	Gansevoort 22:21	1 Ray Lee	72	Halfmoon 31:59
<b>MALE AGE GROUP: 45 - 49</b>			<b>MALE AGE GROUP: 75 - 79</b>		
1 Mike Slinsky	45	Hopewell Junction 17:33	1 Christopher Rush	78	Schenectady 27:11
2 John Pusateri	47	Castleton 19:31	<b>MALE AGE GROUP: 80 - 84</b>		
3 Craig Evans	49	Malta 19:50	1 Walt McConnell	83	Bolton Landing 36:52
			2 Joe Kelly	81	Menands 38:40

*Courtesy of USA Track & Field - Adirondack*

## 12TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON

October 19, 2014 • Riverview Orchards, Rexford

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1 Carson Poe	Northampton, MA 36	1:10:20	1 Tomo Miyama	Valatie 49	1:15:57
2 Brenden Rillahan	S Glens Falls 41	1:12:04	2 Greg Schmalz	New Paltz 49	1:20:57
3 Shaun Zepf	Charlton 39	1:15:36	3 Timothy Kirch	Niskayuna 49	1:23:29
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1 Kerian Koercher	Big Moose 30	1:33:32	4 John Bolton	Schaghticoke 45	1:26:45
2 Kelli Schuhl	Charlton 42	1:35:42	5 Gary Ethier	Cohoes 46	1:28:38
3 Crystal Davis	Schenectady 34	1:37:10	6 Michael Saelens	Clifton Park 49	1:31:25
<b>FEMALE AGE GROUP: 1 - 19</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1 Kasandra Kelly	Mechanicville 11	2:39:27	7 Dan Keefe	Delmar 46	1:32:00
<b>MALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1 Ryan Fortune	Schenectady 23	1:28:12	8 James Schuhl	Charlton 47	1:35:41
2 William Balta	Greenville 20	1:35:10	9 Tim Conley	Glenville 47	1:37:49
<b>MALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1 Jesse Caprotti	Malta 29	1:25:21	10 Daniel Filuta	West Sand Lake 45	1:40:16
2 Mark Walling	Schenectady 27	1:31:35	11 Steve Rose	Worcester, MA 45	1:40:33
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1 Danielle Clemente	Clifton Park 26	1:51:36	12 Ron Moraski	Waterford 46	1:43:00
2 Julie Burmeister	Albany 29	1:55:01	13 John Lawrence	Clifton Park 45	1:44:01
3 Janie Wilkinson	Albany 29	1:58:02	14 Jerry Casey	Ballston Lake 49	1:57:23
4 Mary Bielawski	Malta 26	2:09:35	<b>FEMALE AGE GROUP: 45 - 49</b>		
<b>MALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1 Sean Rumney	Guilderland 31	1:24:41	1 Erin O'Grady-Parent	Waterford 49	

**MADDIE'S MARK 'BEST DAYS EVER' 5K** *continued*

FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 45 - 49		
1 Lauren Deeb	29	29:42	1 Katie Fuller	45	Schenectady 26:36
2 Amanda Rose	29	Fultonville 32:30	2 Kathleen Rogan	49	Kingston 27:00
3 Jessica Sims	26	Schenectady 34:48	3 Dayna Maniccia	46	Albany 29:26
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 50 - 54		
1 Joseph Duarizio	31	Rotterdam 26:18	1 Craig Horn	52	25:05
2 Craig Shull	32	27:18	2 John Deer	53	Guiderland 27:08
3 Damon Kirkby	31	Clayton 28:09	3 Victor DeJohn	50	Albany 29:01
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 50 - 54		
1 Veronica Schiavone	33	Albany 27:48	1 Karen Jubic	51	Averill Park 28:51
2 Angela Bush	34	Schenectady 27:58	2 Julie Barber	50	Albany 28:53
3 Jennifer O'Connor Teepe	33	Albany 28:22	3 Diane Sweeney	52	29:17
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 55 - 59		
1 Alex Steele	39	Schenectady 22:08	1 Thomas Gabriels	59	Albany 29:00
2 Christopher Gerard	36	Albany 22:25	FEMALE AGE GROUP: 55 - 59		
3 Greg Antolick	38	Wynantskill 23:52	1 Liz Cifarelli	56	Schenectady 30:46
FEMALE AGE GROUP: 35 - 39			2 Karen Gerety	58	32:56
1 Guenevere Palmatier	39	Guiderland 26:16	3 Deanna Dugan	57	Earlton 36:18
2 Kacey Sornberger	39	Albany 27:04	MALE AGE GROUP: 60 - 64		
3 Amy Schwarting-Ego	38	27:18	1 Frank Kopecki	60	Schenectady 27:15
MALE AGE GROUP: 40 - 44			2 Bill Breen	61	Schenectady 28:35
1 Kevin McKay	40	Albany 23:48	FEMALE AGE GROUP: 60 - 64		
2 Keith Collins	43	Rotterdam 26:12	1 Trish Roeser	60	Schenectady 31:42
3 Scott Carlin	44	Glenville 26:43	2 Mary Kruegler	64	38:33
FEMALE AGE GROUP: 40 - 44			3 Gail Hein	62	46:57
1 Jennifer O'Brien	43	East Greenbush 29:29	MALE AGE GROUP: 65 - 69		
2 Cindy Barron	40	29:58	1 Peter Cowie	67	Schenectady 24:23
3 Marlo Carter	41	Schenectady 30:02	2 Joseph Arena	67	Guiderland 53:55
MALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 65 - 69		
1 Jim McMorris	45	44:59	1 Linda Sornberger	67	Schenectady 41:53
2 Brian Cooper	45	Schenectady 1:00:04	<i>Courtesy of Maddie's Mark Foundation</i>		

**SARATOGA SPA CYCLOCROSS: NYCROSS SERIES & NYS CHAMPIONSHIPS**  
*October 19, 2014 • Saratoga Spa State Park, Saratoga Springs*

MEN JUNIOR 13-14: CAT 4/5			MEN JUNIOR 15-18: CAT 4/5		
1 Tommy Servetas	NYCROSS/Craft	27:51	1 Christopher Welch	Killington Mountain School	51:30
2 Connor Singh	NYCROSS/Craft	29:30	2 Gianni Polhemus	Capital Bicycle Racing Club	52:01
3 Will Quackenbush	NYCROSS/Craft	34:15	3 Ethan Snyder	NYCROSS/Craft	54:45
MEN JUNIOR 9-12: CAT 4/5			4 Luke Tanner	Capital Bicycle Racing Club	-1 Lap
1 Trevor Dzikowicz	SCC/HRRT	33:11	5 Isaac Allen	Bicycle Depot	-1 Lap
2 Loren Swears	Unattached	34:20	6 Jacob Tarbay	SCC/HRRT	-1 Lap
3 Finn Payne	NYCROSS/Craft	39:03	7 Tommy Servetas	NYCROSS/Craft	-1 Lap
4 Cole Vrooman	Bennington Cycle Club	-1 Lap	8 Jack Krupinski	Expo Wheelmen	-1 Lap
MEN MASTER 35+			9 Noah Payne	NYCROSS	-1 Lap
1 Christopher Delisle	NYCROSS/Craft	38:22	10 Trevor Dzikowicz	SCC/HRRT	-1 Lap
2 Mark Miller	TRT Bicycles	38:26	MEN JUNIOR 9-12: CAT 4/5		
3 David McCutcheon	Unattached	38:35	1 Trevor Dzikowicz	SCC/HRRT	33:11
4 Timothy O'Shea	Pointway Performance	38:42	2 Loren Swears	Unattached	34:20
5 Kevin Ballou	Bikeman.com	41:00	3 Finn Payne	NYCROSS/Craft	39:03
6 William Sprengnether	SCC/HRRT	41:00	4 Cole Vrooman	Bennington Cycle Club	-1 Lap
7 Christian Baks	Bikeman.com	46:00	MEN MASTER 45+		
8 Christopher Yates	Elevate Cycles	46:10	1 Tom Horrocks	X-Men/Squadra Flying Tigers	38:26
9 Peter Baiamonte	Brooklyn Velo Force	46:16	2 Bret Young	NYCROSS/Craft	38:39
MEN MASTER 55+			3 Joe Johnson	FasCat Coaching	39:02
1 Brad Young	NYCROSS/Craft	39:42	4 Dave Connery	1K2GO Coffee/Burris Logistics	39:05
2 Thomas Butler	CCC/Keltic Constr/Zanes Cycles	41:00	5 Paul Nyberg	Horst Engineering Cycling	40:07
3 Thomas Emrich	Traillazers Racing	41:40	6 Paul Wojciak	Pawling Cycle & Sport	40:15
4 Craig Schneider	Green Mtn Bicycle Club	42:10	7 Tim Noel	1K2GO Coffee	40:22
5 Brian Sanders	Mohawk Valley Bicycle Club	42:50	8 Michael Ward	Berkshire Cycling Assn/Linen	40:23
6 Dave Beals	NYCROSS/Craft	43:19	9 Matt Spence	1K2GO Coffee/Burris Logistics	41:21
7 Greg Brett	Genesee Valley Cycle Club	43:35	10 Greg Drumm	Empire Brewing/Syracuse Bicycle	41:35
8 Keith Honda	Expo Wheelmen	43:40	MEN MASTER 55+		
9 Don Rice	CCB Racing	45:03	1 Brad Young	NYCROSS/Craft	39:42
10 Karl Faruzel	Bike Loft East	45:20	2 Thomas Butler	CCC/Keltic Constr/Zanes Cycles	41:00
MEN OPEN: CAT 3/4			3 Thomas Emrich	Traillazers Racing	41:40
1 Dave Connery	1K2GO Coffee/Burris Logistics	46:23	4 Craig Schneider	Green Mtn Bicycle Club	42:10
2 Elias Bennett	Mello Velo	45:50	5 Brian Sanders	Mohawk Valley Bicycle Club	42:50
3 Gregg Griffo	Team ROG	47:00	6 Dave Beals	NYCROSS/Craft	43:19
4 Roger Young	East End/Kreb Cycle	47:20	7 Greg Brett	Genesee Valley Cycle Club	43:35
5 Sam Noel	1K2GO Coffee/Burris Logistics	47:20	8 Keith Honda	Expo Wheelmen	43:40
6 James Honda	Exposition Wheelmen	47:39	9 Don Rice	CCB Racing	45:03
7 Charley Berry	Nature Boy Cycles/Kingston Cyclery	47:40	10 Karl Faruzel	Bike Loft East	45:20
8 Scott Hock	NYCROSS/Craft	47:57	MEN OPEN: CAT 3/4		
9 Joshua Arvidson	TRT Bicycles	48:00	1 Dave Connery	1K2GO Coffee/Burris Logistics	46:23
10 Jason Quagliata	Genesee Valley Cycle Club	48:27	2 Elias Bennett	Mello Velo	45:50
MEN OPEN: CAT 4/5			3 Gregg Griffo	Team ROG	47:00
1 Nate Kanney	Team Bikeway	32:21	4 Roger Young	East End/Kreb Cycle	47:20
2 Andrew Nicholas	RPI Cycling	32:23	5 Sam Noel	1K2GO Coffee/Burris Logistics	47:20
3 Sean Gilooly	Unattached	33:06	6 James Honda	Exposition Wheelmen	47:39
4 Niles Gagnon	Inside Edge Ski & Bike	33:53	7 Charley Berry	Nature Boy Cycles/Kingston Cyclery	47:40
5 Dan Patterson	CRCA/Velorigin Performance	33:53	8 Scott Hock	NYCROSS/Craft	47:57
6 Andrew Meunier	Providence Velo	33:53	9 Joshua Arvidson	TRT Bicycles	48:00
			10 Jason Quagliata	Genesee Valley Cycle Club	48:27
WOMEN JUNIOR 13-14: CAT 4/5			WOMEN JUNIOR 15-18: CAT 4/5		
1 Madeline Smith	Team Wear On Earth	40:11	1 Julia Sante	Farm Team Elite Women	31:36
2 Maggie Payne	NYCROSS/Craft	40:47	WOMEN JUNIOR 9-12: CAT 4/5		
WOMEN JUNIOR 15-18: CAT 4/5			1 Maya Healey	Unattached	-1 Lap
1 Tom Horrocks	X-Men/Squadra Flying Tigers	40:27	WOMEN OPEN: CAT 4		
2 Christopher Delisle	NYCROSS/Craft	40:47	1 Nancy Bailey	Pittsford Paint	29:43
3 Brad Young	NYCROSS/Craft	41:04	2 Shari O'Shea	Pointway Performance	30:09
4 Bret Young	NYCROSS/Craft	41:39	3 Heidi Baks	Pawling Cycle & Sport	30:18
5 Dan Harper	Team Overlook	42:19	4 Kristin Williford	Unattached	31:11
6 Niles Gagnon	Inside Edge Ski & Bike	43:06	5 Shylah Weber	SCC/HRRT	31:50
7 Kevin Ballou	Bikeman.com	43:30	6 Tess Timmes	Boston University Cycling	32:20
8 James McCown	Bicycle Depot	43:44	7 Anna Laloe	Unattached	32:28
9 Craig Schneider	Green Mtn Bicycle Club	44:15	8 Jennifer Tichich	Blue Sky Bicycles	32:43
10 Jason Selwitz	Unattached	45:05	9 Susan Faso	Bike Loft East	33:39
WOMEN JUNIOR 13-14: CAT 4/5			10 Pat Rosier	Berkshire Cycling Assn/Linen	36:15
1 Madeline Smith	Team Wear On Earth	40:11	1 Samantha Langton	SCC/HRRT	36:15
2 Maggie Payne	NYCROSS/Craft	40:47	WOMEN OPEN: CAT 1/2/3		
WOMEN JUNIOR 15-18: CAT 4/5			1 Jenny Ives	Verge Sport/Test Pilot	40:11
1 Julia Sante	Farm Team Elite Women	31:36	2 Katrina Walker	Bike Loft East	40:39
WOMEN JUNIOR 9-12: CAT 4/5			3 Bryna Blanchard	North American Velo	42:10
1 Maya Healey	Unattached	-1 Lap	4 Elizabeth Lukowski	NYCROSS/Craft	43:22
WOMEN OPEN: CAT 4			5 Christin Reuter	NYCROSS/Craft	43:40
1 Nancy Bailey	Pittsford Paint	29:43	6 Jane Sheridan Rossi	Rhode Island School of Design	44:24
2 Shari O'Shea	Pointway Performance	30:09	7 Paige Williams	Verge Sport	45:19
3 Heidi Baks	Pawling Cycle & Sport	30:18	8 Brenda Bahnsen	HUP United	45:45
4 Kristin Williford	Unattached	31:11	9 Jennifer Dean	Penn State Cycling	46:02
5 Shylah Weber	SCC/HRRT	31:50	10 Abigail Isolda	NYCROSS/Craft	46:31
6 Tess Timmes	Boston University Cycling	32:20	<i>Courtesy of NYCROSS Race Series</i>		
7 Anna Laloe	Unattached	32:28			
8 Jennifer Tichich	Blue Sky Bicycles	32:43			
9 Susan Faso	Bike Loft East	33:39			
10 Pat Rosier	Berkshire Cycling Assn/Linen	36:15			
11 Samantha Langton	SCC/HRRT	36:15			

**7TH ANNUAL HOMETOWN HEROES 5K RUN***October 19, 2014 • The Crossings, Colonie*

MALE OVERALL			FEMALE AGE GROUP: 35 - 39		
1 Eric Young	23	Latham 17:00	1 Rebecca Chapman	38	Nassau 24:37
2 Nick Whaley	34	Clifton Park 18:43	2 Amelia Ambrosino	38	Clifton Park 28:58
3 Kevin Curley	47	Cohoes 19:00	3 Andrea Macri	37	Voorheesville 32:18
FEMALE OVERALL			MALE AGE GROUP: 40 - 44		
1 Dana Wiwczar	33	Malta 22:38	1 Joe Genter	40	Troy 20:53
2 Diane Montes-Harris	46	Troy 23:44	2 Robert Harris	43	Troy 26:00
3 Janice Phoenix	53	Schenectady 24:00	3 Brian Fifield	43	Mechanicville 26:34
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 40 - 44		
1 Xander Michaels	12	Wynantskill 25:34	1 Tammy Esposito	42	Troy 34:47
2 Brennon Kelly	10	Selkirk 25:45	2 Michelle Hughes	40	Latham 34:51
3 Zachary Mann	12	Rensselaer 32:29	3 Maria Malm	41	Johnstonville 38:40
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 45 - 49		
1 Alexis Quivey	13	Schenectady 26:33	1 Mike Malenfant	46	Averill Park 24:20
2 Kyla Foley	11	Slingerlands 27:59	2 Ken Secor	45	East Greenbush 24:38
3 Kayla Loomis	13	Selkirk 34:42	3 Richard Goldenberg	49	Schuylerville 26:57
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 45 - 49		
1 Max Tempel	16	Averill Park 19:14	1 Elizabeth Green	47	Gansevoort 30:56
2 Derrick Gardner	18	Averill Park 23:31	2 Kim Lockridge-Het	49	Cohoes 31:13
3 James Clark	16	Poestenkill 25:53	3 Lisa Poincello	47	Cohoes 31:37
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 50 - 54		
1 Shea Foley	17	Slingerlands 27:59	1 John Sestito	51	Johnstonville 20:19
2 Kayleigh Dearstynne	16	Schenectady 28:32	2 Russ Hoyer	54	Voorheesville 20:33
3 Maddie Sausville	16	Ballston Spa 30:16	3 Todd Lasher	51	Albany 22:11
MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 50 - 54		
1 Keith Calhoun	24	Schenectady 29:38	1 Donna Mare	50	Latham 26:02
FEMALE AGE GROUP: 20 - 24			2 April Critelli	51	Cohoes 26:28
1 Merrisa Williams	24	Schenectady 27:40	3 Ann Swezey	50	Cohoes 27:13
2 Elizabeth Cummings	23	Troy 32:38	MALE AGE GROUP: 55 - 59		
3 Katelyn Faughnan	22	Albany 36:41	1 Terry Langlois	55	Loudonville 22:23
MALE AGE GROUP: 25 - 29			2 Dana Brewer	59	Mohawk 24:42
1 Matthew Swezey	27	Cohoes 21:39	3 Tim Perry-Coon	59	Latham 24:53
2 Charles Dolnik	29	Albany 22:58	FEMALE AGE GROUP: 55 - 59		
3 Michael Ackerman	25	Valatie 23:32	1 Debbie Trombly	58	Slingerlands 26:51
FEMALE AGE GROUP: 25 - 29			2 Karen Barrett	59	Troy 26:54
1 Carey Winkler	29	Mechanicville 25:29	3 Kathleen Delaney	56	Menands 31:28
2 Kelly Rushing	27	Scotia 29:34	MALE AGE GROUP: 60 - 64		
3 Melissa Tiberio	28	Scotia 30:07	1 Andy Hugos	60	Cooperstown 30:46
MALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 60 - 64		
1 Eric Bott	32	Warrensburg 19:33	1 Anne Tyrrell	64	Albany 29:28
2 Jeff Quivey	31	Schenectady 21:29	2 Diane Thompson	60	Latham 29:30
3 Carl Brewer	31	Albany 22:14	3 Valerie Marre	61	Albany 30:56
FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 65 - 69		
1 Amy Hartman	33	24:15	1 Ron Goebel	66	Albany 29:01
2 Brooke Leavitt	33	25:18	<i>Courtesy of NY National Guard Family Readiness Council</i>		
3 Danielle Burns	32	Castleton 25:36			
MALE AGE GROUP: 35 - 39					
1 Ryan Patrick	35	Ballston Spa 21:54			
2 Paul Flayter	36	Loudonville 22:29			
3 Mike O'Toole	39	Mechanicville 23:14			

**7TH ANNUAL ANNE'S QUEST 5K RUN***October 25, 2014 • Shaker High School, Latham*

MALE OVERALL			FEMALE AGE GROUP: 35 - 39		
1 Eric Young	23	Latham 17:15	1 Sandra Vadney	36	Glastonbury, CT 24:10
2 Aaron Knobloch	38	Guiderland 17:38	2 Kristen Castle	38	Valatie 25:16
3 Darren Grout	38	Valatie 19:28	3 Shannon Frazier	39	Watervliet 26:17
FEMALE OVERALL			MALE AGE GROUP: 40 - 44		
1 Martha Snyder	35	Slingerlands 20:51	1 Dave Spore	43	Delmar 22:47
2 Mary Buck	51	Mechanicville 23:10	2 Jack Spath	42	Loudonville 25:57
3 Taylor Leto	16	Menands 23:13	3 Ted Gilchrist	40	Hingham, MA 26:24
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 40 - 44		
1 Nick Tirino	14	Loudonville 21:04	1 Shannon Burns	42	Latham 27:25
2 John Fournier	14	Watervliet 23:04	2 Karen Mein	43	Cohoes 28:37
3 Jack Cheney	13	Loudonville 24:37	3 Karen Ratigan	41	Latham 28:38
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 45 - 49		
1 Bridget Bennett	14	Castleton 28:25	1 Bernie Hyatt	45	Latham 23:51
2 Ella McCarthy	10	Latham 28:48	2 Paul Nichols	46	Latham 24:15
3 Erin Leonard	12	Niskayuna 30:15	3 Tim Murray	47	Latham 24:45
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 45 - 49		
1 Brendan Clements	18	Loudonville 22:00	1 Lisa James	49	Loudonville 23:15
2 Josh James	17	Loudonville 23:14	2 Julie Novkov	48	Loudonville 27:24
3 Jack Murray	15	Latham 24:37	3 Marybeth Spath	49	Delmar 27:26
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 50 - 54		
1 Erin Condo	16	East Greenbush 31:55	1 Jack Arnold	51	Latham 19:43
2 Kate Cole	16	Loudonville 32:11	2 Chris James	50	Loudonville 23:14
3 Paige Nestler	18	Watervliet 35:48	3 Michael Farrell	50	Latham 24:28
MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 50 - 54		
1 Nicholas Grieco	21	Stewart Manor 20:47	1 Lori Francesconi	53	Waterford 25:18
2 Warren Pearson	20	Brooklyn 21:01	2 Mary Lee Smaldone	52	Gansevoort 27:52
3 Jeff Olson	21	Latham 28:23	3 Carla Ward	50	Clifton Park 28:05
FEMALE AGE GROUP: 20 -					

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**NORDIC SKIING** from page 1



CARL KLOSSNER LEADS THE BIATHLON JUNIOR CLINIC IN JUNE 2014 AT MCCAULEY, OLD FORGE.  
SEAN HALLIGAN/NYSSRA-NORDIC



BILL KOCH YOUTH SKIERS FROM THE POLAR BEAR SKI CLUB PLAY SOCCER IN OLD FORGE, NOV. 2014.  
NYSSRA-NORDIC

on Feb. 28 and Lake Placid Loppet (lakeplacidnordicfestival.com) on Feb. 28-March 1 are just two events that offer 12.5, 25 and 50 kilometers of challenging terrain for those fit and courageous. The 12.5km distances are suitable for ski enthusiasts who may not consider themselves racers.

The more you learn about NYSSRA Nordic, the more you will see that all the events, in every division, are made possible by the dedication, volunteerism, and generosity of great local clubs. Odds have it that near your town is a nordic ski club waiting for you to connect with them – to meet other skiers at all levels who enjoy being outside in the snow! It is through this network of clubs that you can learn technique tips, training methods, and new ways to make the winter months the best part of the year. To learn more, visit nyssranordic.org.

As a longtime member of NYSSRA and a ski club organizer, I can say that the races will come and go, and results (good and bad) are easily forgotten, but the times with close friends are vivid and unforgettable. More cozy, even, than that warm beverage at the end of the ski touring trail. 🍷

David Paarlberg-Kvam (dakvam06@gmail.com) is a member of NYSSRA Nordic and actively involved in growing Nordic racing in Saratoga County and the southern Adirondack region. He helps coach the Shenendehowa High School Nordic Team and is an organizer for the Hudson United Racing Team.

**RUNNING & TRIATHLON**

Feel the Force: **VOLUNTEER**

By Laura Clark

**OK**, it's now February and chances are you are about to join the 92% of Americans who will fail dismally at keeping their New Year's resolutions. Perhaps, though, our athlete's perfectionist attitude is partly to blame. If you eat one cookie, you may as well eat the whole box, right? Rather than set yourself up for daily failure, why not commit to an intermittent approach. Volunteer at a race and pay it forward for all the support you have received from your fellow runners, cyclists, triathletes or paddlers.

Yeah, I know. You fully intend to volunteer the next time you are injured, but the word "resolution" implies purposefulness, not happenstance. Besides the warm fuzzies, there are unexpected benefits. You can structure your efforts into a true learning experience. Convinced I could never run Prospect Mountain Road Race, I volunteered at a top of the mountain water stop and found myself envious of those who were making the journey. At the end of my stint, I experimentally ran the last few miles and was surprised to discover I was still alive!

Similarly, I know I could never run a 100-miler, but I still experienced the essence of the event by crewing for friends at the Vermont 100. As Western States 100 winner, Geoff Roes, posted on iRunFar.com: "If you are a race volunteer you will shape an event as much as the runners battling at the front of the pack. Without everyone who is out there on race day, and without everyone who has taught and inspired each of us, the collective strength of the whole would be a little bit diminished."

Selfishly, though, there are myriad opportunities to do both – pre-race errands, course marking, registration, cleanup, etc. Ultra races provide the perfect opportunity to have your cake and eat it too. Frequently utilizing a loop format, many offer shorter options for friends and family encircling the heavy-duty mileage. After your stint is up, you can relieve



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those who were there for you, and take your turn supporting those in for the long haul.

From a race director's point of view, though, the most important requirement is to show up! Volunteering is a commitment every bit as serious as entering a race fully prepared, so let the race director know immediately if you cannot make it. Nothing restores the equilibrium of a harried manager more than serendipity. If you are just hanging around at the start, offer to help haul supplies. If you linger afterwards, quietly pick-up after yourself and countless others who have apparently never learned to throw their trash into the proper receptacle.

Above all, as you wiz through (or not!) an aid station or cross an intersection, wave to the volunteers who are making it happen for you on that day. Seek out the race director or send him or her an email telling them how much you appreciate their efforts. It is not just about you, but about everyone in our racing community. 🌱

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.

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