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Get Fit for Life at the **SUMMER EXPO!**

It's been a long, cold and snowy winter! If you have the winter blues, summer sports and recreation are just around the corner at the 10th annual **Adirondack Sports & Fitness Summer Expo!** It's happening at the Saratoga Springs City Center on Saturday-Sunday, March 7-8, and admission is FREE!

Come to the Capital Region's running, biking, triathlon, paddling, hiking, healthy living and travel show. It features 125 exhibitors, great sales on summer/winter gear, clothing, footwear and much more, plus kayak, canoe and paddleboarding demos in our 20x32-foot pool. Plus, seminars, clinics and fun family activities, including a 25-foot rock wall!

The show will have \$5,000 in prizes and giveaways for races, events, merchandise, destinations and services. Door prizes to regional running races, triathlons, hiking packages, weekend getaways, a road bike, bike service, health, fitness, meal packages, and more will be given away over the weekend. And we have 25 new exhibitors at the expo!

The timing of the Summer Expo is perfect for athletes, weekend warriors, enthusiasts and newbies to pick up gear, information and motivation to plan their outings and adventures. It's the place to kick-start a fitness program or take your health to the next level. Event reps from the Firecracker 4, Tour de Cure, Lake George Triathlon, Freihofer's Run for Women, Peasantman Triathlon, Malta 5K, Saratoga Lions Duathlon, and Adirondack Marathon to name a few who will be on hand with more info and registration specials.

The Expo also has awesome sales with a mix of retailers and organizations selling and marketing their products and services, including Steiner's Ski & Bike (road bikes, all skis, gear and clothing), Mountainman Outdoors (footwear and canoes/kayaks/SUPs), Fleet Feet Sports (running footwear and clothing), Lake George Kayak (kayaks/canoes/SUPs/

clothing), Plaine & Son (road and mountain bikes), Adirondack Kayak Warehouse (kayaks/SUPs) and many more!

Most outdoor sports and recreation clubs in the area will be represented, including Adirondack Mountain Club, Albany Running Exchange, Capital District Triathlon Club, Hudson-Mohawk Road Runners Club, Capital Bicycle Racing Club, Saratoga Rowing Club, Saratoga Stryders, and more.

On-water demos will take place all weekend in the 20x32-foot pool, with kayaking, canoeing, and paddleboarding. Demos and clinics, led by ADK and regional paddling pros: capsizing recovery, rescue and rolling, pack canoeing – and the ever-popular "Try Paddling" sessions for kids!

A variety of seminars and clinics will be led by contributing writers, certified trainers, accomplished athletes and health professionals. Seminar categories will include running, hiking, biking, triathlon, and injury prevention.

Damien's Rock Wall will challenge kids and adults on the 25-foot wall, and many exhibitors will have demos and activities all weekend. The Regional Food Bank of Northeastern NY and Ainsley's Angels – Power to Push (Galway dad running 3,200 miles across the USA this summer while pushing his son with CP to increase awareness of mobility for people with disabilities) will be on hand to collect donations over the weekend. Attendees with food or monetary donations the Regional Food Bank will receive an extra raffle ticket, increasing their chances of winning Expo prizes!

The Summer Expo takes place on Saturday-Sunday, March 7-8 at the Saratoga Springs City Center at 522 Broadway. Admission is FREE. Hours are Saturday 10am-5pm and Sunday 10am-4pm. For more info, visit AdkSports.com or call (518) 877-8788.

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RACERS CREST A HILL AT THE 2012 TROOPER DAVID BRINKERHOFF MEMORIAL SPRING RACE SERIES.

BICYCLING

Pump Your Tires for Spring Races!

By Dave Kraus

March can be a frustrating time for Capital Region and North Country cyclists. Winter has gone on almost forever, the snow is usually still deep, and it seems as though bare ground and green leaves may never return. But take a look at the racing schedule and it reminds you that spring really is just around the corner.

The first event of the spring season is an old favorite. The **Trooper David Brinkerhoff Memorial Spring Race Series** kicks things off with three weekends of racing out of Coxsackie High School on Saturdays, March 28, and April 4 and 11.

This race series sponsored by the Capital Bicycle Racing Club was formerly known as the Johnny Cake Lane Spring Series, before being renamed in memory of Trooper David Brinkerhoff, who was killed during a gun battle in the line of duty in April

of 2007. A portion of registration fees is donated to a local high school scholarship in his memory.

The course is a fast and flat 12-mile loop through the countryside south of Albany with race lengths of 24, 35, 48 and 60 miles, depending on rider classification. Races are USA Cycling sanctioned and open to all from beginners through expert, and juniors race free. Registration is in advance and limited, so sign up fast before it's full. More information and a link to register is at the club's website at cbrc.cc.

Next up on Saturday-Sunday, April 18-19 is the **Tour of the Battenkill**, now in its 11th year and still reigning as the largest amateur race event in the country, with over 3,000 riders expected to attend this year. The scenic course on Washington County's paved and dirt roads has made it a magnet for cyclists wanting to set challenging personal goals. Organizer Dieter Drake says that over 21,000 riders have participated in Battenkill's first ten years.

The race started in 2005 in Salem as the Battenkill-Roubaix in homage to the famous Paris-Roubaix race in Europe. The Spring Classics season in Europe features races that often go off normal pavement onto cobblestones. Dieter wanted to adopt that style while capturing a uniquely American flavor in Washington County with its dirt roads, dairy farms and covered bridges.

This year's edition offers changes that will add excitement and easier access for both racers and spectators. The start/finish line moves from Cambridge to the Washington County Fairgrounds just west of Greenwich. The location is closer to lodging in the Saratoga Springs area, easily accessible by car via NY Routes 29 and 40, and offers room for an expanded expo area.

"That's a huge change," says Dieter. "This is going to be a lot more convenient for everyone with plenty of parking, showers for athletes, and more space for everything."

That also means one of the race's signature dirt climbs on Meeting House Road, also just off Route 40, will come earlier in the race. Elite race fields will make several laps of the Meeting House climbs early in the race, and spectators can easily reach the cheering sections from Route 40, stake out a spot, and watch up to 40 race groups climb past them from 8am to 1pm on Saturday.

"That's going to change the whole character of

the race," Dieter said. "You now will hit that great spectator part of the course early. All the major parts of the course are there for the cyclists, you just hit them in a different order."

The Sunday Tour of the Battenkill Gran Fondo will allow recreational cyclists of all levels to experience the same challenging 68 miles of rolling terrain on dirt and paved roads, with a shorter 25-mile option available. On the same day, there is a kid's bike race at 2pm, and a newly added 5K fun run at 1:15pm. Advance check-in on Friday will take place at the race's official hotel, the Embassy Suites Saratoga Springs. Complete information is available at tourofthebattenkill.com.

Moving into the North Country, the **Wilmington-Whiteface Race Weekend**, organized by Team Placid Planet, will cruise through the Wilmington area on May 30-31.

On Saturday the Wilmington-Whiteface Road Race starts in Wilmington on a unique, lollipop shaped course that includes a 1.6-mile section up an 8% average grade on Whiteface Mountain. On Sunday the circuit race starts from Town Youth Park in Wilmington, and includes varying race distances from 30 miles for juniors, to 57 miles for men's pro/1/2/3 on the nine-mile race circuit.

You can register for either event at bikereg.com or go to teampacidplanet.org for complete information on both races.

Just a week later, the **Whiteface Mountain Uphill Bike Race** sends riders up the landmark *completely repaved* access road starting at 8am on Saturday, June 6. At 4,865 feet, Whiteface is New York's fifth highest peak with panoramic views of the Adirondacks, New England and Montreal.

From the start line at Whiteface Mountain Ski Center, racers will climb almost eight miles at an average grade of 8% to finish at the castle on the summit. The race is open to adults, juniors, tandems, and there's even a unicycle division. The often sells out in advance so register early. Get all the information and a link to register at whitefaceregion.com.

Heading back south again, the **Greene Summer Classic at Windham Mountain** offers a full day of racing with a start/finish at the main lodge of the ski resort in the Catskills. The race is another production in the Great American Cycling Series that includes the Tour of the Battenkill. The 46-mile Summer Classic race loop offers a major climb over Jewett Heights Road, and scenic sections along Schoharie Creek and the Batavia Kill, as racers do two laps to complete the race.

Windham Mountain is no stranger to bike racing. They hosted a stage of the Tour of the Catskills last year, and has been the site for UCI World Cup mountain bike races, returning on August 6-9. The resort also offers a full golf course and a zip line ride at the local Adventure Park. The lift-served Windham Mountain Bike Park is being developed and is scheduled to open on Fourth of July weekend.

Race information and registration is available at bikereg.com. More information about the race series is at greatamericancycling.com.

Dave Kraus (info@krausgrafik.com) of Schenectady is a longtime area cyclist, photographer and writer who will be shooting the Battenkill race for the tenth time this year.

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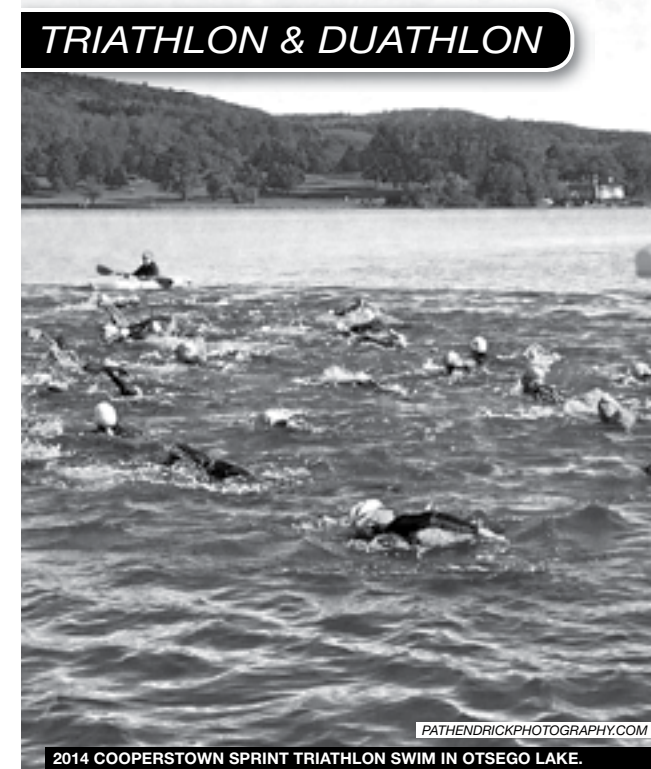
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2014 COOPERSTOWN SPRINT TRIATHLON SWIM IN OTSEGO LAKE.



FINISHING UP THE BIKE AT THE 2014 SARATOGA LIONS DUATHLON.



RUNNING ON PARK TRAILS AT THE 2014 HUDSON CROSSING TRIATHLON.

BLAST INTO THE SEASON WITH THESE EARLY RACES

By Christine McKnight

The Cooperstown Sprint Triathlon has pushed its date back one week and moved to a new venue. The Anyone Can Tri Triathlon is returning after a one-year hiatus. The T3 Coaching Duathlons feature a new, longer race. And the Hudson Crossing Triathlon continues to sell out.

What a difference a decade can make. Ten years ago, the only established multisport event on the Capital Region calendar was the Anyone Can Tri Triathlon, then 12 years old. The Saratoga Lions Club Duathlon was in its infancy. And several other races that have since become mainstays on the calendar hadn't even been dreamed up.

Happily, that's all in the past. The area's triathletes and duathletes now have a rich array of races from which to choose as they plan the first half of their season. Besides the 21st annual Anyone Can Tri Triathlon, which kicks off the season April 26 at the Southern Saratoga YMCA, other races include the Delmar Duathlon April 26, T3 Coaching Duathlons May 3 and 10 in Queensbury, Saratoga Lions Duathlon May 24, Cooperstown Sprint Triathlon May 31, and Hudson Crossing Triathlon June 7 in Schuylerville.

Hudson Crossing Triathlon – This sprint event, now in its sixth year, will likely be sold out again at 325 athletes. It's set in historic Hudson Crossing Park north of Schuylerville on the Champlain Canalway, and features a point-to-point 500-yard swim in the clean, still waters of the canal. The 12-mile bike course takes competitors through the Northumberland countryside, followed by a

5K run course through village streets and on trails within the park. It's flat and fast, except for the soul-crushing climb up Bacon Hill at about mile two of the ride. Cyclists get to rip back down the hill as they head into transition.

Chris Bowcutt of Green Leaf Racing, which organizes the Hudson Crossing Tri, says his goal is to keep improving the experience for athletes. "The first year, we were hoping for 70 athletes and we got 150. Since then we have continued to grow, and now we max out. I think what has helped us is our early-season date, our accessibility to newbies, our emphasis on safety, and tremendous volunteers," Chris said. Visit: hudsoncrossingtri.com.

Cooperstown Sprint Triathlon – The sprint tri moves to a new venue this year at Glimmerglass State Park, seven miles north of the village of Cooperstown. For its first four years, the race was staged from Lakefront Park right in the village. And it is one week later than previous years, on Sunday, May 31, a bow to the sometimes chilly water temperatures of previous years.

"We are excited about our move to Glimmerglass State Park, which we think will offer more space and provide for a less congested bike ride," said race director Mike Brych, president of ATC Endurance, which organizes the event.

The 800-yard swim is still in beautiful Otsego Lake, the 18-mile bike is in the rolling hills of Otsego County, and the 3-mile run will take place almost entirely within the park. Mike said registrations are running well ahead of last year, and he expects to cap entries at 300. Go to: atcendurance.com.

Saratoga Lions Duathlon – Now in its 11th year, this is another family-friendly event that draws a mixture of athletes from the very serious to the first-timer. It's a 5K run, 30K bike and 5K run. The run course, which is flat and fast, offers spectators a chance to see athletes at least four times.

Registrations dipped slightly last year, to just under 300, probably due to cooler spring weather, so the Lions are looking to grow the event this year with more corporate teams and a club competition. "We feel we have a great venue at the Saratoga Racino, with plenty of space to handle as many as 400," said Dave Carr, who has served as co-race director with Mike Baxter for the past three years, and is handing over the reins in 2015 to Bill Gibeault. Check out: saratogasprintlions.com.

T3 Coaching Duathlons – T3 Coaching's Kevin Crossman has been staging these sweet little sprint events for the last five years from the SUNY Adirondack campus in Queensbury. But this year will be a little different: The first race May 3 will feature a 1.5-mile run, 8-mile-bike, and 1.5-mile run, as in past years. But the second race May 10 will be twice as long, with a 3-mile run, 20-mile bike and 3-mile run.

"We feel our events are attractive for everyone from beginners to veterans," Kevin said, a well-known coach and triathlete himself. Why the longer race? "We listened to the feedback of our competitors, who were looking for a longer format as preparation for events later in the spring," he said.

Kevin predicted continued growth in duathlon. "We are seeing an increase in the number of people who are looking to improve

their overall fitness. It's a trend across our culture. Second, triathlon can be intimidating to some individuals because of the swim, so duathlon is a nice alternative. Third, this area in particular has truly embraced the multisport lifestyle, with growing numbers of triathletes and triathlon clubs, cycling organizations and bike shops." Visit: t3coaching.net.

Anyone Can Tri Triathlon – The oldest of the region's early-season races, it is back at the Southern Saratoga YMCA in Clifton Park after a hiatus in 2014. Now in its 21st season, the event features an unusual 350-yard "snake" swim in the pool, a relatively-flat 11-mile bike, and a fast 3-mile run.

The Y's new wellness director, Gina Lavolette, says the Y aims to keep this a family-friendly event that allows parents to participate with their children. There is a separate Kids' Tri Too event with shorter distances for the little ones. Go to: cdyymca.org.

Delmar Duathlon – The earliest multisport race on the calendar, the Delmar Duathlon features a 2-mile run, 10-mile bike and 2-mile run through the town of Bethlehem. Now in its fourth year, it is staged from the Elm Avenue Town Park. Like Anyone Can Tri, it attracts a mix of newbies and seasoned athletes using the race as a spring tune-up.

The Delmar Du, which last year had 185 registrations, is a collaboration between the Bethlehem YMCA and Bethlehem Parks and Recreation. Team entries are welcome. Check out: delmardu.com.

Christine McKnight (trichris@nycap.rr.com) is a Gansevoort triathlete who competes in the 65-69 age group.

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JUNE 20TH BROADALBIN, NY
KIDS & ADULT TRIATHLONS

READY, SET, GO!

Kids Splash & Dash:
• Free Registration
• No minimum age
• Fun short swim
• Fun short run

Youth Triathlon:
• Minimum age: 7 years old
• 100 yd swim
• 3.1 mi bike
• 1 mi run

Adult Sprint Triathlon:
• Individual & Team
• 750m swim
• 20K bike
• 5K run

FOR MORE INFORMATION OR TO REGISTER, VISIT: greatsacandagachallenge.com

SACANDAGA TRICLUB

SKI CLEARANCE SALE!

Great Prices & Expert Service

PARKAS, PANTS, SKIS, BOOTS & BINDINGS ON SALE NOW!
Ski Demos Available • Ski Tune-Up \$29.99

Specializing in All Boot Fitting & Custom Footbeds
Alpine Touring & Backcountry Department
Full Service Ski Tuning and Mounting

STORE HOURS:
Mon.-Fri. 10-7
Sat. 10-5
Sun. 12-5

HIGH ADVENTURE
Ski & BIKE

Rt. 7, Latham
2 Miles West of Northway Exit 6
785-0501
www.HighAdventureSB.com

WELCOME ALL

Capital District Triathlon Club

Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 2-August...

Details: www.cdtriclub.org

WILMINGTON WHITEFACE BIKE FEST

JUNE 5-7, 2015
Three days of biking bliss in the biking capital of the Adirondacks

Challenging races
group rides for all abilities
live entertainment
Beach Party
Poorman's Downhill shuttles
free family events
& MORE!

bikewilmingtonny.com

Wilmington-Whiteface Race Weekend

8TH ANNUAL
Wilmington-Whiteface Road Race
Saturday, May 30

2ND ANNUAL
Wilmington Circuit Race
Sunday, May 31
Town Youth Park, Wilmington

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

Preregister on **BikeReg.com**
Affordable entry fees
Preregister to save
Over \$6,000 in cash, merchandise and medals
Info: TeamPlacidPlanet.org
Questions: jameswalker3@yahoo.com

Presented by **TEAM PlacidPlanet**

Calendar of Events March-May 2015*

*Events beyond this range are advertisers in this issue.

MARCH 2015							APRIL 2015							MAY 2015						
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				1	2					
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	30	31					26	27	28	29	30			24 th , 25	26	27	28	29	30	

ALPINE SKIING & SNOWBOARDING MARCH

7 **Big Air at Little Gore.** Freestyle competition. 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.

14 **Chase Your Dreams: Freestyle mogul demo w/ Abe Studler.** 4pm. Live music, food, silent auction, 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 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.

28 **Trooper David Brinkerhoff Memorial Race Series #1.** 24M/36M/48M/60M. 11am. Cossackie-Athens HS, Cossackie. 281-3710. cbrc.cc.

29 Saratoga Brevet 200K. 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkulttracycling.com.

APRIL

4 **Trooper David Brinkerhoff Memorial Race Series #2.** 24M/36M/48M/60M. 11am. Cossackie-Athens HS, Cossackie. 281-3710. cbrc.cc.

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. cbrc.cc.

18-19 **11th Tour of the Battenkill Pro/Am.** 68M. 10am. Washington County Fairgrounds, Greenwich. Anthem Sports: 413-314-3478. tourofthebattenkill.com.

19 **Tour of the Battenkill Open Gran Fondo.** 23M/68M. 10:30am. Washington County Fairgrounds, Greenwich. Anthem Sports: 413-314-3478. tourofthebattenkill.com.

26 **Sean's Ride 2015.** 10/20/50M scenic rides. 10am: 20M bike & 8:30am: 50M bike. Chatham HS, Chatham. seansrun.com.

SATURDAY JUNE 6TH

UPHILL BIKE RACE

Are you UP For the Challenge?

WhitefaceRace.com
518-946-2255
info@whitefaceup.com

26 Saratoga Brevet 300K. 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkulttracycling.com.

MAY

1-2 Women's Woodstock Cycling Grand Prix. 35M/60M. Mountainview Ave, Woodstock. Martin Bruhn: 845-612-1672. wccgp.weebly.com.

9 Prattsburgh Gravel Classic. 15M/30M. Prattsburgh. ridelccc.com.

17 1st Farmer's Daughter Gravel Grinder. 65M. 9am. Non-competitive gravel gran fondo. Columbia Co Fairgrounds, Chatham. bikereg.com.

23-25 Killington Stage Race. 61-160M. Killington, VT. killingtonstage.com.

30-31 **Wilmington-Whiteface Race Weekend.** Sat: Road Race. Sun: Circuit Race. Town Youth Park, Wilmington. teamplacidplanet.org.

JUNE

6 **14th Whiteface Mountain Uphill Bike Race.** 11M. 8am. Whiteface, Wilmington. 946-2225. whitefaceregion.com.

7 **ADA Tour de Cure.** 10/28/50/62.5/100M or 3hr indoor spin. Saratoga Springs HS, Saratoga Springs. diabetes.org/toursaratoga.

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.

AUGUST

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

22 **15th Pat Stratton Memorial Century Ride.** 100M/50M/25M & Kids Ride. 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheffer: 891-5873. active.com.

CROSS COUNTRY SKIING MARCH

2/27-3/1 **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.

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

MOUNTAIN BIKING MARCH

2/27-3/1 Lake Placid Marathon Finale. Olympic Speedskating Oval, Lake Placid. Christie Sausa: 302-5028. lakeplacidsspeed.com.

APRIL

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.

14 Winter Jamboree: Fundraiser for the Community Forest. 1-5pm. Family day: fat biking, sledding, snowshoeing, BBQ. 258 Rabie Rd, Averill Park. rensselaerplateau.com.

15 **Downhill Mountain Bike Slalom.** 1-2pm. Oak Mountain, Speculator. oakmountainbikeski.com.

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. Schedule: truorthyogaonline.com.

Mo-Sa **Rock Your Fitness Classes.** Next Session: 4/3-5/22 & 6/1-7/10. 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. truorthyogaonline.com.

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

Fri **CPR/AED Basic Life Support Classes for RN and Healthcare Providers.** 9am-12pm. Staff Professionals: 871-1611. adkhw.com.

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

HIKING, SNOWSHOEING & CLIMBING MARCH

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

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

7-8 Adirondack Backcountry Ski Festival. Demos, clinics, presentations, Keene Valley. The Mountaineer: 576-2281. mountaineer.com.

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. Adirondack 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, snowshoeing. Camp Santanoni, Newcomb. 834-9328. dec.ny.gov.

APRIL

11 Mount Tremper Hike. 6M. Cliff Prewencki: 768-2907. adk-albany.org.

MAY

10 Sleeping Beauty Mother's Day Hike. 4M. Kathy Pacuk: 756-6529. adk-albany.org.

ICE & SPEED SKATING MARCH

2/27-3/1 Lake Placid Marathon Finale. Olympic Speedskating Oval, Lake Placid. Christie Sausa: 302-5028. lakeplacidsspeed.com.

MOUNTAIN BIKING 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.

14 Winter Jamboree: Fundraiser for the Community Forest. 1-5pm. Family day: fat biking, sledding, snowshoeing, BBQ. 258 Rabie Rd, Averill Park. rensselaerplateau.com.

15 **Downhill Mountain Bike Slalom.** 1-2pm. Oak Mountain, Speculator. oakmountainbikeski.com.

APRIL

7 **Kids' Bike Day.** Collamer House Bike & Ski, Malta. 871-1213. collamerhouse.com.

12 Singlespeed-A Palooza. 32M. 9am. Stewart SP, Montgomery. 845-787-0412. darkhorsecycles.com.

19 Jamis Bicycles H2H #1: The Chain Stretcher. 9am. Blue Mountain Reservation, Peekskill. wmba.org.

MAY

9 Hike a Bike MTB Race. Rte 209, Wawarsing. wildcatepicevents.com.

24 Williams Lake Classic. 2-4 laps. 10am. Williams Lake, Rosendale. 845-658-7832. trbicycles.com.

25-31 Adirondack Brevet Week. Randonneur Series: 100K, 200K, 300K, 400K & 600K. Schuylerville. adkulttracycling.com.

31 Millstone Grind XC MTB & MTB Marathon & Root 66 & Kenda Cup East Race Series. Barre Forest, Websterville, VT. millstonegrind.com.

JUNE

5-7 **Wilmington-Whiteface Bike Fest.** Challenging races, group rides for all abilities, live music, beach party, Poor Man's Downhill shuttles, free family events. Wilmington. bikewilmington.com.

MOUNTAINEERING & WILDERNESS SKILLS MARCH

9-13 **Wilderness First Responder/SOLO Certified w/ Clark Hayward.** 72-80 Hours. Adult & Teen. 8am-5pm. Ndashanna Center, Greenfield. 583-9958. ndakinnacenter.org.

15 **Map & Compass Fundamentals.** Heart Lake Center, Lake Placid. ADK: 523-3441. adk.org.

16-19 **Wilderness First Responder/SOLO Certified w/ Clark Hayward.** 72-80 Hours. Adult & Teen. 8am-5pm. Ndashanna Center, Greenfield. 583-9958. ndakinnacenter.org.

28-29 **Wilderness First Aid Course/SOLO Certified/WFR Resert w/ Clark Hayward.** Adult & Teen. 8am-5pm. Ndashanna Center, Greenfield. 583-9958. ndakinnacenter.org.

28-29 **Wilderness First Aid w/WMA.** Heart Lake Center, Lake Placid. ADK: 523-3441. adk.org.

APRIL

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

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

MAY

16 **Spring Tracks & Scats Workshop.** Adult & Teen. 10am-3pm. Ndashanna Center, Greenfield. 583-9958. ndakinnacenter.org.

17 **Lost in the Woods!** Wilderness Survival & Navigation Basics w/ Jim Bruchac. Adult & Teen. 9am-4:30pm. Ndashanna Center, Greenfield. 583-9958. ndakinnacenter.org.

30 **Map & Compass Fundamentals.** Heart Lake Center, Lake Placid. ADK: 523-3441. adk.org.

MULTISPORT: TRIATHLON & DUATHLON ONGOING

Tu, Th, Sa **Triathlon Training.** Tu/Th: 5:45-7pm. Sun: 7:30-9:30am. Southern Saratoga, YMCA, Clifton Park. Brian Yates: 371-2139. cdymca.org.

MARCH

4 **CDTC Winter Lecture Series: Running w/ Pat Cullen.** 6-8pm. Center Square Asset Management office, 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. 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 Management office, 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 Avenue Town Park, Bethlehem. 439-4394. Randal Thomas. RThomas@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.

3 **T3 Coaching Duathlon Series #1.** 1.5M run, 8M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. t3coaching.net.

9 Du the Lakes Duathlon. 5K run, 17M bike, 5K run. 8:30am. Green Lakes SP, Fayetteville. dutelakes.com.

MHCC Mohawk-Hudson Cycling Club

all levels of ability welcome
more than 300 rides per year

join or renew online:
MohawkHudsonCyclingClub.org

Join in the 15th annual **Pat Stratton Memorial Century Ride**

Best Ride in the Adirondacks!
Saturday, August 22, 8am
Mt. Pisgah Lodge, Saranac Lake
100mi, 50mi, 25mi & kids' ride
Rides for all ages & abilities • Rain date: 8/23
T-shirt, picnic, music, poker ride w/prizes!
Register: Active.com
Info: Bob Scheffer (518) 891-5873
adkbuild@roadrunner.com
Benefits Kiwanis Club of Saranac Lake youth programs

CRYSTAL LAKE TRIATHLON

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

Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 15, 8am
Limited to 300 racers and fills fast!

Register early for best price
Register & Info: cdtriclub.org

Rick's Bike Shop

Mountain, Road, Hybrid, Kids, BMX

TREK • SPECIALIZED
EASTERN • STOLEN

Expert Repair Work on All Brands
Corner of Quaker Rd and Ridge Rd
Queensbury
www.ricksbikeshop.com
(518) 793-8986

Swim·Bike·Run

New members welcome

BTC
Bethlehem Tri Club

T3 Coaching Duathlon Series

New: Two USAT Sanctioned Races!
May 3, 8am: 1.5M run/8M bike/1.5M run
May 10, 7:30am: Longer, new course:
3M run/20M bike/3M run
SUNY Adirondack, Queensbury

Race #1 \$25, Race #2 \$45 or Both \$65
Must be USAT annual member
Limited to 100 entrants/event

Register: www.t3coaching.net
Kevin Crossman: 518-307-5895
kevin@t3coaching.net

Sean's Ride 2015

SATURDAY APRIL 25

CHATHAM, NY

10, 20 & 50 Mile Scenic Rides

Very cool shirts to the first 200 entries

Register at: www.seansrun.com

ADIRONDACK RUNNERS

26th **Prospect Mountain Road Race**
Saturday, May 9 – 9:00am Start
 Wingate Hotel, 4050 Route 9L, Lake George

Adirondack Runners \$22,
 Non-Member \$25,
 Race Day \$27

Short sleeve shirt
 guaranteed to first 125 registered

Register: www.active.com
Race Day: Wingate Hotel 7-8:30am

Run 6.67 miles,
 1,601 feet up
 Prospect Mountain
 – Just one hill!

More Info: www.adirondackrunners.org or cifonedesigns@aol.com
 Benefits Michelle Lafontaine ACC Scholarship Fund & Under the Woods Foundation

36th Annual Salem
APRIL FOOL'S RACE
Saturday, April 4

Run in scenic and historic Salem, NY
 Start/finish: Salem High School
 10:00am 1-mile children's race (14 & under)
 10:05am 10K race & 11:00am 5K race/walk

Application: AprilFoolsRace.com

Registration: Dan Sheldon
 4361 State Route 22
 Salem, NY 12865
 (518) 854-9262
 drswhf@yahoo.com

The Mind's Eye

All entrants receive April Fool's T-shirt!

Literacy

5K Run/Walk 2015

Sunday, May 3 • 10am
Rensselaer Tech Park,
350 Jordan Rd, Troy

Register: FinishRight.com
 \$20 registration; \$25 race day
 Children's Fun Run – 9am (\$6)
 Youth Mile – 9:30am (\$10)
 Run today. Tutor tomorrow.

Complete info: Ivorc.org
 Literacy Volunteers of Rensselaer County
(518) 274-8526

7th annual
CHERRY BLOSSOM
5K RACE & 1.5M WALK FOR ALS

Sunday, April 26 – Niskayuna
 Congregation Gates of Heaven, 852 Ashmore Ave
 5K Race: 10:15am • 1.5M Walk for Hope: 9am

Chip Timing by AREEP • Teams welcome
 T-shirts to all registered by 4/5
 Stay for the 23rd Cherry Blossom Festival

Register: 5Kraceforals.com or cgoh.org
 Benefits St. Peter's Regional ALS Center

6th ANNUAL
Jog for Jugs

Dry fit shirt to 13.1 runners

CASH PRIZES FOR OVERALL WINNERS

Half-Marathon & 5K Run
Saturday, May 9 • 9am
 Duaneburg Town Park, Duaneburg
 (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

ABIGAIL'S GREENWICH GAUNTLET 2015

EB Awareness for Abbie
 Spreading awareness of rare skin condition,
 Epidermolysis Bullosa

Saturday, May 9 – First heat: 10am
 Saratoga Regional YMCA, Greenwich

4-mile challenge run around Greenwich
 with OBSTACLES including mud and water!

Register Now! Active.com • More info: greenwichedg.com
 Profits shared by Greenwich Economic Development Group and EB Research Foundation
 In memory of Abigail who lost her battle with EB at 10 months; there is currently no cure

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.org
 sfdedem232@yahoo.com
 Brian Demarest 365-3883

- 10 T3 Coaching Duathlon Series #2.** 3M run, 20M bike, 3M run. 7:30am. SUNY Adirondack, Queensbury. Kevin Crossman: 707-5895. t3coaching.net
- 16 HarryMan Triathlon.** Olympic: .6M swim, 28.3M bike, 10K run. Half: 1.2M swim, 56.1M bike, 13.1M run. Lake Welch Beach, Harriman SP, Stony Point. 347-721-8602. genesisadventures.com.
- 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.

JUNE

- 20 1st Great Sacandaga Challenge Triathlon.** Kids Splash & Dash, Youth Triathlon (100yd swim, 5K bike, 1M run) & Adult Sprint Triathlon (750m swim, 20K bike, 5K run). Broadalbin. greatsacandagachallenge.com.

AUGUST

- 1 9th Fronhofer Tool Triathlon.** Olympic. Lake Lauderdale Park, Cambridge. fronhoferooltri.com.
- 15 Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.

OTHER EVENTS

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 Vermont Coin & Collectible Show.** 9am-3pm. Hampton Inn, Colchester, Vt. Robert Larmay: 802-863-5711.
- 28-29 Winter Raptor Fest.** Sat: 10am-4pm. Sun: 11am-4pm. Gallup Ridge Farm, Fort Edward. 499-0012. winterraptorfest.com.

PADDLING: CANOEING, KAYAKING & SUP

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, pool/floor demos, seminars/clinics, prizes. Free admission. Saratoga Springs City Center, Saratoga Springs. 877-877. adksports.com.
- 29 42nd Tenandeh White Water Derby.** 12pm. Tenandeho Creek, Stillwater to Mechanicville. John Casey: 810-7579. tenandeho.org.

APRIL

- 26 Little River Ramble.** College/Recreational: 2M. Kayak Marathon: 6M. Boat Launch, Canton. slvpaddlers.org.

MAY

- 2-3 Saratoga Paddlefest.** Sales, demos. Fish Creek Marina, Saratoga Springs. Mountainman Outdoors: 584-0600. mountainmanoutdoors.com.
- 2-3 Canton Canoe Weekend.** 12-14M. Grasse River, Taylor Park, Santon. slvpaddlers.org.
- 15-17 Adirondack Paddlefest.** Canoe, kayak, SUP sale, clinics, demos. Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 16 'Round the Mountain Canoe & Kayak Race.** 10.5M. 11am. Ampersand Bay Resort to Lake Flower, Saranac Lake. macs canoe.com.
- 30 1st Yusef Burgess Memorial Regatta.** 12-4pm. Six Mile Waterworks Pavilion, Albany. 528-9140.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

- Daily Training Facility.** Viking Obstacle Course. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.

MARCH

- 1 42nd HMRRC Winter Marathon & Marathon Relay.** 26.2M. 10am. University at Albany, Albany. 331-5490. hmrrc.com.
- 7 6th FRUN Run.** 3M. 12pm. ARE booth, Adirondack Sports & Fitness Summer Expo, Saratoga Springs. albanyrunningexchange.org.

- 7 Fleet Feet Sports Good Form Running Clinic.** Sat: 11am. Stop by the booth: enter to win a Gore-Tex jacket and visit Janji, running apparel that gives back. Fleet Feet Booth, City Center, Saratoga Springs. 459-3338. fleetfeetalbany.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.

- 8 Prospect Mountain Snowshoe Race.** 10am. WMAC Dion Series #10. Prospect Mountain Nordic Ski Center, 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.
- 8 Ed Erichson 5M & 10M.** 9am. LaGrange Town Hall, LaGrange. 845-462-7290. hmrrc.org.

- 14 Runnin' of the Green.** 4M. 10am. Schalmont HS, Schenectady. hmrrc.com.
- 14 Shamrockin' 5K & 1M Family Fun Run/Walk.** 10am. 9am. Walk. Village School of North Bennington, North Bennington, VT. Leigh Toomey: 424-7257. vsbn.org.

- 21 35th Doc Lopez Run for Health.** Half-Marathon, 5K & 1M Walk. Half: 9am, Keene Valley Lodge, Keene Lodge. 5K/1M: 10am, Elizabethtown-Lewis Central School, 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 & Kids Run.** 5K: 9:30am. Walk: 8:30am. Kids: 10:30am. Walkkill Firehouse, Walkkill. 845-565-1483. walkkillshamrockscramble.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.

- 28 6th Siena Saints 5K Race for the Red.** 10:30am. Family Walk: 10:45am. Siena College, Loudonville. siena.edu.

- 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.** 8:45am. Rome Free Academy, Rome. romanrunners.com.

- 11 3rd Bacon Hill Bonanza 5K Race/Walk & 10K Race.** 10am. Kids 1M Fun Run: 9:30am. Bacon Hill Reformed Church, Schuylerville. 695-6116. baconhillbonanza.com.

- 11 Half Marathon Unplugged.** 13.1M. 9am. Airport Park, Colchester, VT. 802-863-8412. runvermont.org.

- 11 Rock & Snow Bridge 2 Bridge 5 Miler.** Spring Farm Slingerlands Pavilion, 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. hmrrc.org.

- 12 Ithaca Skunk Cabbage Classic Half Marathon & 10K.** 10am. Schoellkopf Stadium, Cornell University, Ithaca. 607-592-1710. cornell.edu.

- 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. run5gnp.com.

- 18 8th Furry Fun Run for Peppertree Rescue.** 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 524-1529. active.com.

- 18 Zambia Orphan Run 5K & 10K.** 9am. Corning Preserve, Albany. 616-835-1170. andrewdevlieger@gmail.com.

- 19 I am the Most 5K.** 10am. University at Albany, Albany. Rachel Landau: 442-5800. albany.edu.

- 19 33rd Kingston Classic.** Marathon, Half, 10K, 5K & 1M. Deitz Stadium, Kingston. 845-247-7275. kiwaniskingstonclassic.com.

- 19 MORE Magazine Women's Half-Marathon.** 13.1M. 7am. Central Park, New York. nyrr.org.

- 20 119th Boston Marathon.** 26.2M. Hopkinton to Boston, MA. baa.org.

- 25 kLaVoy5K.** 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 928-5808. zippyreg.com.

- 25 Miles of Hope Breast Cancer Foundation 5K Run/Walk & 1M Kids Run.** 10am. Tymor Park, LaGrangeville. milesofhope.org.

- 25 Great Moms 5K & 10K.** 9am. Selkirk. greatmomfamilyrace.weebly.com.

- 25 37th Rollin Irish Half Marathon.** 13.1M. 9am. Memorial Hall, Essex Center, VT. gmaa.net.

- 25 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. lakegeorgehmm.com.

- 26 7th Cherry Blossom 5K Race & Walk for ALS.** 5K: 10:15am. 1.5M Walk for Hope: 9am. Congregation Gates of Heaven, Schenectady. 320-6770. 5kcraceforals.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. Seat belt Challenge. Chatham HS, Chatham. seansrun.org.

- 26 6th Plattsburgh Half Marathon & Two-Person Relay.** 13.1M. 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.

- 26 Save Our Switchbacks.** 7.5K. 9am. Parkway Ski Chalet, Utica. uticaroadrunners.org.

MAY

- 2 CCRC 5K Run/Walk/BBQ & 1K Kids' Run.** 3pm. Christ Community Church, Clifton Park. Pat Glover: 877-0654. ccrc-cpny.org.

- 2 5K Triple Crown Rotary Run for the Roses.** 9am. Partner's Pub, Johnstown. Lisa McCoy: 725-4545. racewire.com.

- 2 St. Johns/St. Ann's Spring Runoff 5K, 10K & 15K.** 8:30am. Albany Riverfront Park, Corning Preserve, Albany. 925-1260. 12thspringrunoff@gmail.com.

- 2 Rock the Ridge 50M Endurance Challenge.** 6am. Mohonk Preserve, New Paltz. mohonkpreserve.org.

- 2 Run 4 The Hills.** 4M. 9am. The American Hotel, Sharon Springs. 928-6998. active.com.

- 2 17th Theodore "Ted" Moore Run/Walk.** 5K. 9am. Mohawk Valley CC, Utica. 315-731-5797. mvcc.edu.

- 2 Literacy 5K Run/Walk.** 10am. Kids Run: 9am. Youth Mile: 9:30am. Rensselaer Tech Park, Troy. 274-8526. ivorc.org.

- 3 The Sweetest Half Middlebury Maple Run & 2-Person Relay.** 13.1M. 9am. Porter Hospital, Addison, VT. Sue Hoxie: 802-388-7951. middleburymaplerun.com.

- 3 Spring Sprint 5K Trail Run.** 10:30am. Shaupeneak Ridge Preserve, Esopus. Anthony Coneskie: 845-473-4440. scenichudson.org.

- 3 Steve Zemianek Bennington Road Race.** 3.8M/10K & Kids Race. 9am. Bennington, VT. bkvr.org.

- 3 3rd Steffens Scleroderma Center Breaking the Chains 5K.** 9am. Albany College of Pharmacy & Health Sciences, Albany. 584-4953. steffens-scleroderma.org.

- 3 Diocesan Dash 5K.** 9am. South Pavilion, Crossings Park, Colonie. Christine Baseel: 393-3131.

- 7 Albany Law Day 5K Run Against Domestic Violence.** 6:15pm. The Crossings, Colonie.

- 9 Abigail's Greenwich Gauntlet.** 4M obstacle mud run. 10am. Saratoga Regional YMCA, Saratoga Springs. active.com.

- 9 4th Mastodon Challenge 15K Race, 5K Run/Walk.** 9am. Kids Run: 8am. Craner Park, Cohoes. Lisa Osorio: 281-3253. mastodonchallenge.com.

- 9 6th Jog for Jugs Half Marathon & 5K.** 13.1M/5K. 7am. Town Park, Duaneburg. powerhouseathleticsny.com.

- 9 26th Prospect Mountain Road Race.** 5.67M. 9am. Wingate Hotel, Lake George. adirondackrunners.org.

- 9 Ryan's Run 5K.** 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. cureupio.org.

- 9 Albany YMCA Healthy Community Series 5K Run/3K Walk & Kids Fun Run.** 9am. Albany. 463-9622. cdyymca.org.

- 9 27th Towpath Trail Run 10K/2M.** 5:30pm. St. Johnsville. 568-7509.
- 9 Hemophilia Walk & Spring Sprint to a Cure 5K.** 9:30am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. active.com.
- 9 3rd Fleet Feet 10K Classic.** 8:30am. Bethlehem HS, Delmar. Jim Sweeney: 459-3338. fleetfeetalbany.com.

- 10 Kelly's Angels Mother Love'n Day 5K.** 8:45am. Saratoga Spa SP, Saratoga Springs. kellysangelsinc.org.

- 10 35th Mother's Day 5K hRUNch.** 9:30am. Central Park, Schenectady. hmrrc.com.

- 16 35th Hill Robinson Masters 10K.** 9am. Guilderland HS, Guilderland. Jim Tierney: 869-5597. hmrrc.com.

- 16 New York/Vermont 5K Champlain Bridge Run.** 10am. Crown Point Historic Site, Crown Point. 597-3754. lachute.us.

- 16 Rhinebeck Hudson Valley Full & Half Marathon.** 8am. Dutchess County Fairgrounds, Rhinebeck. 424-248-9126. travelbyfeast.com.

- 16 MHRRC Women's Run.** 5K & 10K. 8am. Dutchess County Rail Trail, East Fishkill. hmrrc.org.

- 16 5th Kerry Blue Hustle 5K.** 9am. SMSA School, Glens Falls. Kids 0.5M Dash: 10am. smsaschool.org.

- 17 2nd Spring Has Sprung 10M Run, 5K Run, 3M Walk & 1M Kids Run.** 9am. Southern Saratoga YMCA, Clifton Park. 371-2139. cdyymca.org.

- 17 5K Triple Crown Race #2: Mountain Valley Hospice.** 10am. Fulton Montgomery CC, Johnstown. Lisa McCoy: 725-4545. 5ktriplecrown.racewire.com.

- 17 DACC 5K Dash.** 9am. Duaneburg Area Community Center, Duaneburg. Darci Adams: 895-9500.

- 17 5th Shires of Vermont Half Marathon & Relay.** 8am. Bennington to Manchester, VT. 908-656-2049. shiresofvermontmarathon.com.

- 17 17th National Distance Running Hall of Fame Races.** 13.1M & Relay: 8am. 5K: 8:10am. Commercial Travelers, Utica. 315-724-4525. uticaroadrunners.org.

- 17 SPAC Rock+Run 5K/10K & 1K Kids Run.** 9am. Saratoga Spa SP, Saratoga Springs. spac.org.

- 21 CDPHP Workforce Team Challenge.** 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwvc.com.

- 23 Memorial Day Races.** 8:15am. The Berkshires, MA. memorialdayraces.com.

- 24 Vermont City Marathon & Relay.** 26.2M. 8am. Burlington, VT. runvcm.org.

- 24 Buffalo Marathon.** 26.2M. 7am. Buffalo Niagara Convention Center, Buffalo. buffaloamarathon.com.

- 30 37th Freihofer Run for Women.** 5K. 9:45am. Empire State Plaza, Albany. freihoferstrun.com.

- 30 Survive the Farm 5K & 10K Mud Obstacle Run.** Wave starts. 11491 State Route 40 Easton. 791-7856. survivethefarm.com.

- 31 USA 5K Race Walk Championships.** 8am. Empire State Plaza, Albany. usatfadir.org.

- 31 27th Freihofer Community Walk.** 1.86M. 12pm. Empire State Plaza, Albany. usatfadir.org.

- 31 Biggest Loser Run/Walk Half Marathon.** 5K & Kids Fit Fun Run. 7am. City Hall, Plattsburgh. 815-464-1265. biggestloserrunwalk.com.

- 31 Cantina Kids Fun Run.** 1M or .25M. 9am. Cantina Restaurant, Saratoga Springs. 583-8340. cantinasaratoga.com.

JUNE

- 6 LifeSong's Daffodil Dash 5K Run/Walk.** 9am. Halfmoon Town Park, Halfmoon. 406-5157. daffodildash.com.

- 13 First Walkway Marathon & Half Marathon & Treetops to Rooftops 5K.** 7am. Marist College, Poughkeepsie. walkwaymarathon.org.

- 14 Lake Placid Marathon & Half.** 26.2M/13.1M. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

JULY

- 4 9th Firecracker 4 Road Race.** 4M. 9am. Saratoga Springs City Center, Saratoga Springs. firecracker4.com.

SEPTEMBER

- 26 1st Lapland Lake Trail Festival.** Info/register: Fleet Feet Sports, Albany & Malta. Lapland Lake, Northville. 459-3338. fleetfeetalbany.com.

- 26 Adirondack Marathon Distance Festival: 5K/10K Races, Chestertown & Kids Fun Run.** Schroon Lake. adirondackmarathon.org

RUNNING & WALKING



2014 CHERRY BLOSSOM 5K RACE FOR ALS IN SCHENECTADY. MARCIE STOFFER

Sign Up and Train for Spring Races!

By Mona Caron

With the string of extreme temperatures and snowfall we've experienced in the Northeast, it's hard to believe that daylight savings time and the first day of spring are almost here! It's also hard to fathom where all of this snow is going to go. Rest assured, spring will come and with it, a full calendar of races and events to register for, and turn your training into PRs.

On April 4, Saratoga Springs will hold its inaugural **Code Blue 8K Run & Event**, created after the 2013-14 winter experienced by the Saratoga Springs Code Blue Emergency Shelter. Code Blue was created to help the homeless citizens of Saratoga Springs in need of shelter in extremely frigid temperatures. Extreme winter weather is defined as 12 inches of snow or more and temperature of 20 degrees or less, including wind chill factor.

After a successful opening winter, a committee was formed to create an 8K road race to support this essential cause, with proceeds going toward the future growth of this necessary shelter. Saratoga's first 8K road race starts on High Rock Avenue, and rolls its way through the charming neighborhood streets of the East Side, with an out and back on the beautifully designed "Spring Trail." The course is front-loaded with a few challenging hills, then it levels off with more than 5K remaining on the scenic route. This 8K road race will be held on Saturday of Easter weekend. This special run will offer something for all ages, and will include a silent auction, Easter egg hunt, face painting and more. (saratogacodebluerun.com)

The 21st annual **Rabbit Ramble 4-Mile Run & 2-Mile Walk**, also on April 4, will be at Guilderland High School in Guilderland Center. The certified course is flat, fast and off the main roads. All runners receive a race T-shirt, and new this year, those registered before March 15 will receive a pair of running gloves. Race director Phil Carducci says, "We have custom-made rabbit medals for age group prizes, so I hope that runners stay for the awesome medals at the awards ceremony."



START OF THE 2014 BACON HILL BONANZA 5K/10K NEAR SCHUYLERVILLE. JIM MCKNIGHT

Post-race perks include live music, door prizes and refreshments. Proceeds benefit the Altamont Food Pantry, and the Helderberg Running Club Junior Olympic team, to help with student travel costs and fees. The ramble originated in Hudson, then moved to Guilderland after eight years, where it has grown and has been a staple ever since. (active.com)

The 7th annual **Cherry Blossom 5K Race for ALS** on April 26 is a fundraiser benefiting St. Peter's Hospital's ALS Regional Center. The race is held as part of the annual Cherry Blossom Festival at the Congregation Gates of Heaven in Schenectady, where they have ten beautiful trees in spring bloom. Starting at the facility on Eastern Parkway and Ashmore Avenue, the out-and-back route is mostly flat through the "Old Niskayuna" area. If you'd like to participate, but not a runner, the Walk for Hope is 1.5 miles.

Stick around for the post-race Cherry Blossom Festival. What began as a craft fair has expanded to a celebration of local vendors of farm products, baked goods, foods, wines and quality handcrafts. The festival will feature a tasty Giffy's Barbecue chicken lunch. Amyotrophic Lateral Sclerosis (ALS), sometimes called Lou Gehrig's disease, is a degenerative neuromuscular disease affecting motor nerve cells in the brain and spinal cord. (5kraceforals.com)

Here are a few more well-organized races of varying distances from all corners of the Capital Region, some longtime favorites and others relatively new.

On March 22, the 29th annual **Shamrock**



2014 SCHENECTADY FIREFIGHTERS' RUN 4 YOUR LIFE 5K IN CENTRAL PARK. JESSICA GRAVELIN

and 10K courses are not only scenic but challenging. Runners will enjoy the gentle climb in the 5K, with a relatively flat stretch in the middle, and a small hill toward the end. The 10K is a scenic out-and-back course.

Prior to the races, there's a 1-Mile Children's Run for ages 14 and under. All race entrants receive an April Fool's T-shirt. Co-sponsored by the Salem Rotary Club and The Mind's Eye, the high school literary magazine, proceeds help support the Rotary student exchange program and the magazine's programs and student activities. (aprilfoolsrace.com)

For another race in a bucolic setting, try the third annual **Bacon Hill Bonanza 5K Race/Walk & 10K Race** near Schuylerville on April 11. It starts at the historic Bacon Hill Reformed Church, north of Schuylerville (and just east of Saratoga Springs), and proceeds benefit steeple repairs and Saratoga PLAN. Chip timing is new this year, and age-group winners receive homemade pies!

The sanctioned course winds through some beautiful farm country in beautiful Saratoga County, which includes dirt-road sections. The first 200 registered receive a cool dri performance shirt. There's also a Kids' 1-Mile Fun Run. (baconhillbonanza.com)

Sean's Run Weekend will take place on April 25-26 in Chatham. The 14th edition of Sean's Run kicks off with Sean's Ride on Saturday with 50, 20 and 10 mile scenic routes. Bicyclists of all abilities can enjoy the fun and amenities of an early-spring supported ride. Bike jerseys go to the first 200 registered and a great spread of refreshments await at the conclusion of each ride. The day also features the Zumbathon and Super Saturday Sean's Run for Special Needs Kids.

The ever-popular Sean's Run 5K and Meghan's Mile go off on Sunday, with over 1,400 runners and walkers anticipated, in what has grown to be one of the biggest events in the region. Before the run, the World Championship Battle of the Belts will be contested in a fun interscholastic competition to increase use of seatbelts by teenagers. Finally, scholarships and school/youth group grants are awarded for work in combating underage drinking, impaired driving, and lax use of seatbelts. (seansrun.com)

All of these races offer area runners and walkers an opportunity to assist our communities, whether it's to benefit local youth programs, health awareness or citizens in need. By participating, you can enjoy the camaraderie of training, running, and celebrating your accomplishment! 🍌

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Sean's Run weekend

presented by **FIRST NIAGARA** Chatham, NY

SATURDAY APRIL 25

Sean's Ride: 50-mile, 20-mile, and 10-mile scenic bike routes for bicyclists of all abilities and jerseys to the first 200 registered participants.

SUNDAY APRIL 26

Sean's Run 5k & Meghan's Mile: Runners and Walkers of all ages invited! Great Amenities and Shirts to the first 1,200 registered participants.

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Freihofer's 37th run for women

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Prepare for race day by joining our 5th annual Freihofer's Training Challenge which starts Monday, March 16 and features novice, intermediate and advanced groups.

Our popular 10-week program, which follows an enhanced version of the Couch to 5K Running Plan, costs \$40 and includes a Training Challenge t-shirt, as well as support from a nutritionist, an injury prevention specialist, and certified trainers.

For more information and to register, visit freihoferstrun.com.

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RUNNING & WALKING

Adirondack Marathon Distance Festival
Albany Running Exchange/AREEP
ARC Road Races
Code Blue Saratoga Springs 8K
Double H Ranch/Camp Challenge Run
Firecracker 4 AM Road Race
Flashlight 5 Night Run
Fleet Feet Sports: Albany & Adirondack
Freihofer's Run for Women 5K
Glens Falls Urban Assault
Great Pumpkin Challenge/Saratoga Bridges
Green Leaf Racing
Hudson-Mohawk Road Runners Club
iRun LOCAL Running Store
Jog for Jugs Half Marathon & 5K
Komen NE NY Race for the Cure
Lake George Half Marathon & 5K
Leukemia & Lymphoma/Team In Training
LifeSong Daffodil 5K Run
Malta 5K/Malta Business-Professional Assn
Mohawk Hudson River Marathon & Half
Mohawk Towpath Scenic Byway
New England Half Marathon Tour
Positive Motion Physical Therapy
RUseeN Reflective Apparel
Saratoga Cross Country Classic
Saratoga Springs Half Marathon & 5K
Saratoga Stryders Running Club
Schenectady Firefighters' Run 4 Your Life 5K
Screen Designs Promotional Items
Survive the Farm 5K & 10K Challenge
Trigger-Pin! Muscle Therapy Roller
USA Track & Field-Adirondack
Walkway Marathon, Half Marathon & 5K

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Crankcase
Cycle Adirondacks/WCS
Double H Ranch/Camp Challenge Bike
Feeder Canal Alliance
Feeder Canal Alliance
Grey Ghost Bicycles
Mohawk Towpath Scenic Byway
Mohawk-Hudson Cycling Club
New York Bicycle Co
Plaine and Son Bike & Ski
Saratoga Century Weekend/MHCC
Saratoga Mountain Bike Association
Spa City Bicycleworks
Steiner's Ski & Bike
Tomhannock Bicycles
Tour of the Battenkill
Warren Co Safe & Quality Cycling

TRIATHLON & DUATHLON

Adirondack Aquatic Center
Adirondack Race Management
Bethlehem Tri Club
Broadway Bicycle Co
Capital District Triathlon Club
CK Cycles
Collamer House Bike & Ski
Crystal Lake Triathlon/CDTC
Green Leaf Racing
Grey Ghost Bicycles
Hudson Crossing Triathlon
Lake George Triathlon
Leukemia & Lymphoma/Team In Training
Mohawk Towpath Byway Duathlon
New York Bicycle Co
Peasantman Triathlon
Plaine and Son Bike & Ski
Saratoga Springs Lions Duathlon
Saratoga Triathlon Club
Steiner's Ski & Bike
Tomhannock Bicycles

HIKING, CLIMBING & CAMPING

Adirondack Mountain Club
Damien's Rock Climbing Wall
Discover the Adirondacks Guidebooks
Hike-A-Thon/LGLC
Lake George Land Conservancy
Moreau Lake State Park, Friends of
Mountainman Outdoor Supply Co
New York State Outdoor Guides Assn
Pelican Cases/RP Luce
SUNY Adirondack-Adventure Sports
YMCA Camp Chingachgook/Lake George
YMCA Camp Gorham

HEALTHY LIVING

9 Miles East Farm
Adirondack Life Magazine
Adirondack Sports & Fitness Magazine
Ainsley's Angels - Power to Push
Arbonne International
Astrum Solar
Back in Balance Therapeutic Massage
Capital District YMCA
DAK Bar
Girl Fight/Kickboxing, Fitness, Self Defense
Girlfriends Getaway Wellness Weekend/Bolton

TRAVEL DESTINATIONS

Adirondack Scenic Railroad
Bolton Landing Chamber of Commerce
Central Adirondack Association
Discover the Adirondacks Guidebooks
Dutchess Tourism
Feeder Canal Alliance
Fulton County Tourism
Garnet Hill Lodge, Bike & Ski Center
Gore Mountain
Gore Region Chamber of Commerce
Great Upstate Boat Show
High Peaks Resort
Indian Lake Chamber of Commerce
Inlet Information Center, Town of
Kayaderosseras, Friends of
Mohawk Hudson Scenic Byway
Mohawk Towpath Scenic Byway
Moreau Lake State Park, Friends of
Walkway Over the Hudson
Warren County Tourism
Washington County Tourism
Wild Center, The

PRIZES & GIVEAWAYS

BICYCLING

Plaine & Son - Specialized Sirrus Bicycle, \$530 value.
Cycle Adirondacks & Wildlife Conservation Society - Two passes to the Bronx Zoo, \$48 value.
Spa City Bicycleworks - Lezyne Sport FD pump, \$50 value.
Spa City Bicycleworks - Gift certificate for Spring Tune Up, \$50 value.

HEALTHY LIVING

9 Miles East Farm, Schuylerville - Four-week subscription for sports nutrition meal service for endurance athletes. Weekly meals consists of four GO Box entree salads and two GO Basket hot meals. \$240 value.
Arbonne - Gift Certificate, \$50 value.
Back in Balance Therapeutic Massage - Wellness Gift Basket, \$100 value.
DAK Bar - Cases of mixed DAK Bars, \$70 value.
Massaging Insoles - Pair of Insoles, \$40 value.
RAW Fitness, Saratoga Springs - Certificate for a set of handwraps and month of unlimited classes. \$80 value.
Saratoga Hospital - Physioball & Gift Certificate with Athletic Trainer & Physical Therapy Assistant, \$100 value.
Saratoga Regional YMCA, Saratoga Springs - One-Month Membership, \$68 value.
Sports Physical Therapy NY, Saratoga Springs - Shantboard, Biofreeze and Stretch straps, \$40 value.

HIKING & CLIMBING

Adirondack Life - Gift Basket, \$50 value.
Adirondack Mountain Club - Guidebook/Maps or Apparel, \$50 value.

KAYAKING, CANOEING, SUP & SCUBA

Lake George Kayak - SUP or Kayak Rentals, \$210 value. (2)

RUNNING

3C Race Productions/Lake George - Half Marathon Entry, April 26, 2015, \$60 value.
3C Race Productions/Saratoga Springs - Half Marathon Entry, July 12, 2015, \$60 value.
Adirondack Marathon Distance Festival, Schroon Lake - Marathon Entry, September 27, 2015, \$70 value.
Adirondack Marathon Distance Festival, Schroon Lake - Half Marathon Entry - September 27, 2015, \$60 value.
Firecracker 4 - 4-Mile Road Race, Saratoga Springs July 4, 2015, \$240 value. (8)
Jog for Jug - Half-Marathon Entry, Duanesburg, May 9, 2015, \$45 value.
Jog for Jug - 5K Entry, Duanesburg, May 9, 2015, \$20 value.
iRun Local - Men's Under Armour shirt, \$50 value.
iRun Local - Ladies' Under Armour shirt, \$50 value.
Malta BPA 5K - Entry, Malta, September 12, 2015, \$60 value. (2)
Schenectady Firefighters' Run 4 Your Life - 5K Entries, March 28, 2015, \$50 value (6)
Sunny Hill Resort, Greenville - Training Passes, \$50 value.
Survive the Farm 5K & 10K Obstacle Run - Entries, Easton, May 30, 2015, \$75 value. (2)
Walkway Marathon - Entry, Poughkeepsie, June 13, 2015, \$65 value.



TRAVEL

The Wild Center - Admission Passes, Tupper Lake, \$35 value.
Capital District Triathlon Club - Transition Mat & Visor, \$55 value.
Saratoga Lions Duathlon - Entry, May 24, 2015, \$55 value.
AND MORE! - Exhibitors are still contributing prizes to the list and some will have additional prizes and giveaways at their booth so be sure to visit!

How to Enter for Prizes - Come to the expo, receive an entry ticket (admission is free), write your name, email address and phone number, place your ticket into the prize bag of interest. For every food item or \$5 donation to the Regional Food Bank of Northeastern NY at their booth, you will receive an extra prize ticket - supporting a good cause and increasing your chance of winning. Winners will be drawn on Sunday, March 8 at the close of show. All winners will be notified within ten days. You do not need to be present to win. You must be at least 18 years old to enter. Winners will have seven days to claim their prize.

EXPO SEMINARS & CLINICS

SATURDAY, MARCH 7

11:00-11:45 Good Form Running Clinic - Led by Charles Woodruff and the team at Fleet Feet Sports. Have you ever had a discussion about your running form? Ever wonder what the little things are you can practice to improve your running mechanics? Are you excited to go farther or faster more comfortably, and potentially with less soreness and injury? If this is you please join in the Good Form Running Clinic at the expo. Come dressed to run, at 11:45 you will take what you learn out to the streets and practice! The Fleet Feet Racing team will provide pace groups for a Good Form run. Videotaping will be done during the clinic to illustrate form improvement. Following the run join them back at the Fleet Feet tent for a Recovery Zone presentation where they will focus on post-workout recovery techniques. All who attend the group run will receive short-sleeve shirts. Fleet Feet Sports Albany and Adirondack is locally owned and operated by Charles and Arlene Woodruff, who are active participants in the Capital District running community.

12:00-12:45 Fat Biking 101: "Is that thing hard to pedal?" What started off as something of a novelty has evolved into a passion, which has sparked a whole new level of "I'd like to give that a shot." Fat bikes can accommodate everything from commuting, trail riding, groomed snow riding, racing, trans-state, and bike packing hundreds or thousands of miles. Join Shawne Camp for a discussion on fat biking, a question and answer session, and discover why fat bikes are more than just for winter riding. Shawne Camp of Malta grew up in Colorado and has been mountain biking competitively since 2000. He relocated to New York with his wife Janay in 2011. Shawne works in the outdoor industry and his wife is in the high tech industry. In 2012 he began fat biking and in 2013 he rode it from Malta to Savannah, Ga. in 20 days. In 2014 they rode their fat bikes across Iowa during RAGBRAI, which they're doing again this July. In 2014 he completed his first 120-mile fat bike-only race in Pennsylvania. He is currently training for the Adirondack Trail Race 500 (500 miles self-supported through the Adirondacks) in September and the Arrowhead 135 (one of the top 50 endurance races in the world) held in Minnesota in January 2016 which he hopes to be selected for.

1:00-1:45 Dream Big... ANYTHING is Possible. Ultramarathon runner Shaun Evans will run 3,205 miles across the USA this summer while pushing his son Shamus, who was born with cerebral palsy. Their mission is to promote inclusion while providing the gift of mobility as they donate running chairs, like the one Shamus will be riding in, from coast to coast. Shaun Evans, DPT is a physical therapist and the Director of Rehab at Community Health Center in Johnstown. He lives in Galway with his wife, Nichole and two sons, Shamus and Simon.

2:00-2:45 Injury Prevention and Treatment for Common Hand, Wrist, Elbow and Shoulder Conditions in Cycling, Kayaking, Swimming and Rock Climbing. This presentation will discuss basic injury prevention and treatment for common conditions such as tendonitis, elbow pain, and nerve compression problems common to athletes. Michael Tower, MSOT, CHT is an occupational therapist and certified hand therapist at Saratoga Hospital Regional Therapy Center.

SUNDAY, MARCH 8

11:00-11:45 Seven Most Common Running Injuries. A review of the injuries most frequently impacting both runners and triathletes of all abilities. In this seminar we will review common running injuries and strategies for prevention. For years Ray Webster, PT, DPT, worked in Burlington, Vt., as a sports medicine physical therapist helping a range of athletes of all ages and abilities. He has substantial experience working with a full spectrum of athletes from runners and triathletes to rock climbers and soccer players. Ray recently moved to the Albany area to open his new physical therapy clinic, Positive Motion Physical Therapy.

12:00-12:45 The Ironman Distance: Is It for You? - USA Triathlon certified coach, Kevin Crossman will discuss the things an athlete should think about when he/she considers doing an Ironman, such as time away from family, training time, expense, work responsibilities, etc. It is sobering and down-to-earth, but it may or may not make you realize can could do it! Kevin Crossman of South Glens Falls is a triathlon coach and has ten USAT-sanctioned podium finishes, and is a two-time USAT All-American. Fran Vincent is a triathlete, middle school health education teacher, and wife, mom and spin instructor. She is a three-time Ironman finisher, 2013 Ironman Lake Placid age-group champion, three-time USAT All-American, and was recently ranked fourth in the US for her age-group.

1:00-1:45 The Basics of Bike Fit. Learn how the proper bike fit can benefit your comfort, performance and overall cycling experience. This is important and beneficial, whether you're a beginning or advanced competitor or road racer, triathlete or recreational rider. Steve Fairchild is a professional bike fitter at Grey Ghost Bicycles in Glens Falls, and has more than 25 years of fitting experience. Cycling has been a part of his life since he was 13 years old.

2:00-2:45 First Look at "The 46ers" Film Documentary. Director Blake Cortright will be on location sharing some of the challenges and rewards of hiking in the Adirondacks with film equipment and discuss making the 46er documentary. An exclusive, never before seen, nine-minute clip will be screened, followed by a question and answer period. Blake Cortright is a senior at Regent University in Virginia Beach, Va., completing his degree in Film and Television. He has written, directed, and produced a number of short films, including the 2010 documentary "The First Encampment," which aired on several PBS stations in upstate New York.



AINSLEY'S ANGELS POWER TO PUSH AT SUMMER EXPO

Many 9-year-old boys spend their time running around their backyard or playing video games. They dream of things like playing in the big leagues someday. Shamus Evans of Galway has different dreams. Despite being born with cerebral palsy, which limits his primary means of mobility to a wheelchair, Shamus' ability to dream BIG is limitless.

Shamus has been rolling with his dad since he was old enough to sit in a jogging stroller. Twenty-mile training runs were commonplace when Shamus was just 18 months old. Granted, in his early years of rolling with the wind, Shamus spent most of his time sleeping.

As Shamus grew, it became evident that a new running chair would be needed if he and his dad were to continue their passion together. It was then that Shaun discovered a nonprofit called Ainsley's Angels. The nonprofit's mission is to promote inclusion and provide equipment to allow for mobility and active lifestyles among individuals with special needs. After fundraising to cover the cost of a larger chair, Shaun and Shamus were running again. Up to that point, Shamus had always been a spectator at his father's races, but with the new wheels Shamus asked if they could begin racing together. Their first race was the Firecracker 4 road race in Saratoga Springs. Shamus enjoyed the event so much he asked if he could join Shaun for a six-hour ultra marathon in Pittsfield, Mass. Shaun contacted the race director and got the "okay" to allow wheels on the course knowing that if Shamus wanted to take a break, mom Nichole, would be there to take him. Shamus loved spending the day zooming around the park, and after taking a 20-minute break for lunch (and insisting that dad keep going), he became an ultramarathon runner at age 7. Not only did he finish an ultramarathon by covering over 45 miles in 6 hours, he had inspired his father's legs to WIN the race.

While that might be plenty of running for most people, Shamus' wheels were spinning. He wondered, how far could he and his dad run? Where could his spirit and dad's legs carry them? Shamus developed a plan for the duo to run across the USA with his younger brother, Simon and mom acting as support crew. He pitched the idea of the family adventure to his parents and sealed the deal when he said he wanted to donate running chairs to other families across the country, so they could experience the joy he feels when running with his dad.

Over the past 18 months, the family has been busy planning, organizing and fundraising to help Shamus' BIG dream become a reality. Simon, 7, was put in charge of navigation, and helped his dad plan the 3,205-mile course from Puget Sound in Seattle to



Pelham Bay in the Bronx. Nichole will be in charge of driving the support vehicle and all of the day to day details. Shaun will be providing the legs and Shamus will be inspiring with his smile. The family gave the mission the title of "Power to Push" representing not only Shaun's leg power, but more importantly the power of positive thinking, inspiration, dreaming big, and belief that anything is possible.

Ainsley's Angels has joined forces with Team Evans and will help the family to locate children across the USA that would love to be able to roll with the wind. At least 15 families along their route will be granted the gift of mobility by Team Evans. In each of the 15 states they travel through, they will be making a stop to present a running chair.

The Evans Family has set a goal of raising \$70,000 for Ainsley's Angels as they prepare for their transcontinental run. They will be exhibiting at the Adirondack Sports & Fitness Summer Expo to spread their mission. Donations can be made at crowdsource.com/power2push. For more information about Ainsley's Angels Presents - Power to Push, visit their website: ainsley-sangels.org.

Follow their preparation as well as the journey this summer on Facebook, Instagram and Twitter, @Power2push.

PADDLING POOL DEMOS & CLINICS

SATURDAY, MARCH 7

11:00-11:30 Touring Kayak Capsize Recovery, Rescue & Rolling. John Ozard, Mike Cavanaugh, Alan Mapes, Adirondack Mountain Club - Albany Chapter.
11:30-12:00 Stand-Up Paddleboarding 101 & SUP Fitness. Kathy McDermott & Ike Wolgin, Lake George Kayak Company in Bolton Landing.
12:00-12:30 Kayak Paddling Strokes & Boat Handling Techniques. John Ozard, Mike Cavanaugh, Alan Mapes, Adirondack Mountain Club - Albany Chapter.
12:30-1:00 Whitewater Kayaking 101 & Playboating Fun. Jason LaSelva, Sacandaga Outdoor Center & Team Bliss-Stick US, and friends.
1:00-2:30 Kid's Kayaking "Try-It" Session. Bring your kids for this fun on-water experience, led by experienced paddlers.
2:30-3:00 Lightweight Canoe Tripping & Camping with a Modern Style Pack Canoe. We will discuss the advantages of using a lightweight open canoe vs. a kayak for typical weekend paddle trips in the Adirondacks and Ontario's Algonquin Park, where long portages are the norm. We'll demo gear and pack a 12-foot boat. Joe Moore is owner/operator of Placid Boatworks in Lake Placid.
3:00-3:30 Touring Kayak Capsize Recovery, Rescue & Rolling. John Ozard, Mike Cavanaugh, Alan Mapes, Adirondack Mountain Club - Albany Chapter.

SUNDAY, MARCH 8

11:00-11:30 Touring Kayak Capsize Recovery, Rescue & Rolling. John Ozard, Steve Burke, Anthony Lamanno, Adirondack Mountain Club - Albany Chapter.
11:30-12:00 Stand-Up Paddleboarding 101 & SUP Fitness. Kathy McDermott & Ike Wolgin, Lake George Kayak Company in Bolton Landing.
12:00-12:30 Kayak Paddling Strokes & Boat Handling Techniques. John Ozard, Steve Burke, Anthony Lamanno, Adirondack Mountain Club - Albany Chapter.
12:30-1:00 Whitewater Kayaking 101 & Playboating Fun. Jason LaSelva, Sacandaga Outdoor Center & Team Bliss-Stick US, and friends.
1:00-2:30 Kid's Kayaking "Try-It" Session. Bring your kids for this fun on-water experience, led by experienced paddlers.
2:30-3:00 Proper Paddle Strokes for Pack Canoes. We'll focus on canoe anatomy, paddle strokes with a single-blade paddle in a pack style canoe, paddle strokes with a double-bladed paddle in a pack style canoe, and other paddling tips for pack canoes. Chad Smith is co-owner of Adirondack Canoe Company in Minerva.
3:00-3:30 Touring Kayak Capsize Recovery, Rescue & Rolling. John Ozard, Steve Burke, Anthony Lamanno, Adirondack Mountain Club - Albany Chapter.



ADIRONDACK

SPORTS & FITNESS

SUMMER EXPO

List of Exhibitors

3C Race Productions – We're presenting the Lake George Half Marathon & 5K and the Saratoga Springs Half Marathon, Relay & 5K – both benefit Strong to Serve. Merrimack, NH
• 978-808-0902 • nehalfmarathontour.com

9 Miles East Farm – We're a farm-based nutrition program providing real food to busy athletes. We offer subscriptions for sports nutrition meal service for endurance athletes who want to enhance their performance by fueling with whole, natural food. Train hard. We'll feed you. Schuylerville • 518-514-8106 • 9mileseast.com

Adirondack Aquatic Center – We'll have information on plans to build a premier aquatic facility for the greater Capital Region and Northeast. Our mission is to prevent drowning by teaching children and adults how to be safe in and around water, promote fitness, and provide a venue for competition. Malta • 518-223-2806 • adirondackaquaticcenter.org

Adirondack Canoe Company – We are the result of over 25 years of boatbuilding experience building light and ultralight weight canoes and kayaks in modern materials like Kevlar and carbon fiber. Minerva • 518-251-2283 • adirondackcanoe.com

Adirondack Kayak Warehouse – We are the largest kayak and SUP dealer in the Capital District featuring Hobie, Old Town, Elie, Volo, Bote, Bic, Jimmy Styx, Wilderness Systems, Perception and Necky brands. See us for special deals at the show! Amsterdam • 518-843-3232 • adkkayakwarehouse.com

Adirondack Life – Visit our booth for the latest issue of Adirondack Life with beautiful photos and fascinating articles to help you discover the Adirondack Park. Jay • 518-946-2191 • adirondacklife.com

Adirondack Marathon Distance Festival – Come to our booth for information on the highly acclaimed 19th annual Adirondack Marathon, Half-Marathon, 2 & 4 Person Relay around crystal clear Schroon Lake on Sept. 28 – and a 5K & 10K in Chestertown on Sept. 26. Schroon Lake • 518-524-7464 • adirondackmarathon.org

Adirondack Mountain Club – The Adirondack Mountain Club is a nonprofit organization offering a variety of outdoor recreation opportunities throughout the year and actively protecting and preserving public wild lands and waters in New York through advocacy, conservation and education. Lake George • 518-668-4447 • adk.org

Adirondack Race Management – Come talk to us about the Lake George Triathlon Festival! It's our 10th year for the Lake George Tri and fifth for the BIG George. Not a triathlete, come on over to get more information on the Glens Falls Urban Assault or the Flashlight 5K Night Run. Lake George • adkracegmt.com

Adirondack Scenic Railroad – See the scenery and enjoy the recreational opportunities of the Adirondacks using Adirondack Scenic Railroad as your vehicle! Climate controlled, accessible, and all-weather transportation into and within the Adirondack Park – for all ages and abilities. Utica • 315-724-0700 • adirondackrr.com

Adirondack Sports & Fitness – We're celebrating 10 years! Stop by to introduce yourself, give us feedback on the magazine and expo, and enter to win great prizes for races, events, products and services. We will be selling Adk S&F performance running shirts, cotton T-shirts, running hats and car magnets. Clifton Park • 518-877-8788 • adksports.com

Ainsley's Angels "Power to Push" – We will be selling shirts, books and bracelets, and accepting donations to support our run across America for Ainsley's Angels to promote inclusion and provide the gift of mobility. Middle Grove • 518-882-7023 • ainsleysangels.org

Albany Running Exchange – We are a multifaceted organization. With over 1,000 members of all ages and abilities, daily group runs, our own races, several organized trips to races throughout the Northeast, and a high-level website that tracks everything from your race history to how many miles are on your shoes, there's something for everyone in the ARE. Albany • 518-320-8648 • albanyrunningexchange.org

American Diabetes Association – Get ready to take the ride of your life with Saratoga Springs' Tour de Cure on June 7 and help 23.6 million Americans with diabetes. Choose from five great routes – 10, 25, 50, 62.5 or 100 miles, or an indoor three-hour Spinathon! Albany • 518-218-1755 • diabetes.org

Arbonne International – Arbonne offers vegan products that include everything from skin and hair care to protein shakes and energy drinks. Everything is made from botanicals to offer a pure and safe product that gives benefits to skin and health. Clifton Park • 518-321-4591 • sheila@myarbonne.com

Astrum Solar – We're the leading full-service residential solar provider headquartered in the eastern US providing a premier customer experience. We offer cutting edge technology, no money down, and superior client service at every stage of your transition to solar electricity. Annapolis Junction, MD • 443-239-9809 • astrumsolar.com

Back in Balance Therapeutic Massage – Recovery from strenuous exercise or competition and prevents injury with massage therapy. Learn how we custom design sessions to meet your specific needs. BIBTM's staff is experienced, licensed and professional. Clifton Park • 518-371-6332 • bibtherapeuticmassage.com

Bethlehem Tri Club – We're a group of triathletes and triathlon enthusiasts from the Capital Region that embraces the active lifestyle and welcome all ability levels. Delmar • 518-937-7177 • bethlehemtriclub.com

Bolton Landing Chamber of Commerce – We'll be promoting Bolton Landing, our members and upcoming events, including the Girlfriend's Wellness Weekend on May 8-10 in Bolton Landing. Bolton Landing • 518-644-3831 • boltonchamber.com

Broadway Bicycle Co. – We have an immense selection of mountain, road and fitness bicycles. You can also find an assortment of the latest high-tech accessories and a significant bicycle clothing department. Albany • 518-451-9400 • broadwaybicycleco.com

Capital Bicycle Racing Club – CBRC is the Capital Region's premier bicycle racing club whose mission is to promote and develop bicycle racing the sport of racing in the Capital Region. Albany • 518-456-3728 • cbrc.cc

Capital District Triathlon Club – Visit our booth to learn more about the largest triathlon club in the Capital Region and get information on our 2015 sign up process, clothing, training options, open water swim sessions, and special beginner programs for open water swimming. Albany • 518-279-1995 • cdtriclub.org

Castaway Marina – Visit our booth to learn about our two convenient locations – showroom and marina – for complete care of you and your boat. Featuring MasterCraft and Regal boats. Lake George & Queensbury. 518-743-8433 • castawaymarina.com

CK Cycles – At CK our focus is on you and your needs. CK is also proud to sponsor R-Cubed, a local running and riding group focused on fun and being healthy. Call or stop in to see us. Albany • 518-459-3272 • ckcycles.com

Code Blue 8K Saratoga Springs – We will be promoting our inaugural 8K road race on April 4 as a fundraiser for Code Blue Saratoga Springs. Code Blue is an emergency shelter serving the homeless who might otherwise remain unsheltered during extreme conditions. Saratoga Springs • 518-581-1097 • saratogacodebluerun.com

Collamer House Bike & Ski – The area's newest bicycle and ski shop features Specialized bikes, parts, clothing and accessories along with fast, friendly and professional service. Malta • 518-871-1213 • collamerhouse.com

Crankcase – Crankcase is the perfect just-in-case solution when transporting your bike in the car or storing your bike indoors. We have the crankcase, bike tote and wheel bag. Queensbury • 518-428-2827 • coveryourcranks.com



Cycle Adirondacks/Wildlife Conservation Society – Cycle Adirondacks is the first weeklong, fully-supported road tour of this magical area. And it goes way beyond your typical tour. Take the best tour you've been on or the best one you can imagine and make it better. Like better food, entertainment, amenities and organization. And better scenery, towns and people. Saranac Lake • 315-525-9554 • cycleadirondacks.com

DAK Bar – The original Adirondack energy bar! Handcrafted with nutrient dense, real food ingredients that your body recognizes and can efficiently turn into sustainable energy. Our food is as natural and Forever Wild as the Adirondacks. Fuel your passion. Live your adventure. Essex • 518-925-7535 • dakbar.com

Damien's Rock Wall – We'll have our 25-foot rock wall set up for kids and adults to climb at the Expo. We rent our mobile wall for parties and events. Scotia • 518-428-6020 • rocksolidfun.com

Double H Ranch – Visit our booth for information on our Double H Ranch Camp Challenge Bike Ride and Camp Challenge 5K Trail Run. Lake Luzerne • 518-696-5921 • doublehbranch.org

Dutchess Tourism – Begin your Hudson River Valley getaway here in Dutchess County! It's easy to get here. Covering 800 square miles, there's an abundance of natural scenic beauty, outdoor recreation, historic landmarks, restaurants, festivals and more. Poughkeepsie • 845-463-4000 • dutchestourism.com

Feeder Canal Alliance – Stop by our booth to learn more about the Glens Falls Feeder Canal and Towpath Trail through responsible recreation, historic preservation, programming and environmental education. Glens Falls • 518-792-5363 • feedercanal.org

Firecracker 4 Road Race – The ninth annual Firecracker 4 road race is Saturday, July 4th. Be cheered by residents and serenaded by musicians on your 4-mile trek through historic Saratoga Springs. Prizes, a robust vendor village, extreme goody bags, Asics performance mesh tees and a fun start! Saratoga Springs • 518-744-5646 • firecracker4.com

Fleet Feet Sports – Visit our booth for running apparel, footwear and accessories. We'll have a Good Form Running Clinic on Saturday at 11am, and a group run on Saturday at 11:45am from our booth. Stop by our booth to enter to win a Gore-Tex jacket and visit with Janji: Run for Another. Plus, information on upcoming races and events in the local area. Albany • 518-459-3338 • Malta • 518-400-1213 • fleetfeetalbany.com

Fulton County Tourism – We'll have information on events in Fulton County such as the Peck's Lake Triathlon, Triple Crown 5K and other running events, plus hiking trail maps. Gloversville • 518-725-0641 • 44lakes.com

Garnet Hill Lodge & Adventure Center – We're a destination resort in the traditional Great Camp style and offer fine food, lodging and adventures from hiking, mountain biking, health and wellness programs, plus, cross-county skiing and snowshoeing. North Creek • 518-251-2444 • garnet-hill.com

Girl Fight – We provide kickboxing, fitness and self-defense classes for women of all ability levels. Build strength and increase your cardiovascular endurance with fast, fun and addictive workouts. Women's running groups are also available. Burnt Hills • 518-321-3524 • girlfightff.com

Gore Region Chamber of Commerce – We'll promote visitor information from the Gore Region, events and our member businesses. North Creek • 518-251-2612 • gorechamber.com

Great Upstate Boat Show – The 10th annual Great Upstate Boat Show is March 27-28 at the Adirondack Sports Complex in Queensbury. A one-stop shopping experience for great deals today. Queensbury • 518-791-0070 • greatupstateboatshow.com

Green Leaf Racing – We provide professional race management and timing services for events, including multisport, road races, open water swims and more. We also offer online registration, consulting and marketing services designed to help you grow your event. Ballston Spa • 518-290-0457 • greenleafracing.com



Green Mountain Energy – Learn more about the markets where we offer cleaner electricity to customers, some of the renewable energy and carbon offset projects we've supported thanks to our customer's demand and the Sun Club projects we've donated to non-profits. 877-216-4632 • greenmountainenergy.com

Grey Ghost Bicycles – More than a bike shop – we're the start of a true cycling community. Considered an inspiring place where discerning riders can come to gain knowledge, we offer the best in sales, service and professional fit. Glens Falls • 518-223-0148 • greyghostbicycles.com

High Peaks Resort – A modern Adirondack retreat in the heart of Lake Placid. Conveniently located within easy access to the Adirondack/Lake Placid adventure of your choice. Lake Placid • 518-523-4411 • highpeaksresort.com

Hudson-Mohawk Road Runners Club – We are a not-for-profit running club in the Capital District holding over 30 events throughout the year, including the Mohawk Hudson River Marathon & Hannaford Half, MVP Health Care Stockade-athon 15K, and the Workforce Team Challenge. Come run with us! Albany • 518-227-4328 • hmrrc.com

Hudson Valley Community College – We will be introducing two new fitness oriented career certificate programs in Fall Semester 2015. The Worksite Health Promotion 24-credit program will cover nutrition, exercise training concepts, weight management, and stress reduction and the 25-credit Fitness Specialist certificate allows graduates to sit for professional exams. Troy • 518-629-7366 • hvcc.edu

Huff 'N Puff – Renewal by Andersen windows and doors and gutter helmet and helmet heat. Enter to win \$10K Renewal by Andersen windows. Schenectady • 518-356-3026 • huffnpuffinc.com

Indian Lake Chamber of Commerce – Come to our booth for tourism activities, brochures and maps. Adirondack Teleworks with be promoting teleworking jobs in the Adirondacks. Indian Lake • 518-648-5112 • indian-lake.com

Town of Inlet – Discover Inlet! A four-season vacation destination with many recreational opportunities. Inlet • 315-357-5501 • inletny.com

iRun Local – We are the area's premier running and walking specialty store featuring the latest running shoes, gear, apparel, and accessories. You'll find us on Congress Street. Saratoga Springs • 518-885-8537 • irunlocal.com

It Works! – Our Ultimate Body Applicator is a must see and try! The non-woven cloth wrap will deliver maximum tightening, toning, and firming results when applied to the skin. Expect even more amazing results from all of our powerful, botanically-based products. Saratoga Springs • 518-932-6714 • wrappingswithcharm.mytworks.com

Friends of the Kayaderosseras – Promoting our non-profit organization which encourages use and conservation of Kayaderosseras Creek. Mostly paddling, also fishing. We sponsor clean-up days, trout stocking, water quality monitoring and more. Ballston Spa • 518-384-0933 • kayaderos.org

Komen NENY Race for the Cure – Find out about the 21st Annual Race for the Cure on October 3 in Albany; learn about breast health and breast cancer, purchase pink ribbon merchandise to support the cause. Albany • 518-250-5379 • komenneny.org

Lake George Kayak Company – A full service kayak, canoe, stand-up paddleboard and small boat center, located in Bolton Landing on Lake George. Sales, rentals and lessons are offered daily from our boathouse, where Everyday Day is Demo Day. Clothing, footwear and gear for every adventure – Patagonia, Toad & Co, Outdoor Research, Chaco, and much more located in our fully restored 1890s boathouse on the water, next to our rental/demo shop. Not just kayaks. Great clothing! Bolton Landing • 518-644-9366 • lakegeorgekayak.com

Lake George Land Conservancy – We'll be promoting our annual Hike-a-thon set for July 5, as well as all of its parks and preserves that have



hiking trails open to the public year-round. Also available will be volunteer opportunities, the Round the Lake Challenge and donating to LGLC. Bolton Landing • 518-644-9673 • lgjc.org

Leukemia & Lymphoma Society/Team In Training – Creating awareness and raising funds supporting research in the fight against blood cancers. Recruiting team members for our summer lineup of events and Moms in training. Albany • 518-438-3583 • teamintraining.org/uny

LifeSong Daffodil Dash – We will sell handmade objects, including pens, wooden games and other items made by our participants, and apparel that promotes our annual 5K fundraiser – the Daffodil Dash 5K Run/Walk on June 6. Halfmoon • 518-406-5157 • daffodildash.com

Lyme Action Network – We'll have educational brochures on tick-borne diseases and products related to the subject, including tick-twisters, books and more. Kattskill Bay • 518-656-9428 • lymeactionnetwork.com

Malta 5K – Come run through Malta's two tech parks, including our title sponsor's campus, Global Foundries on September 12. All proceeds go to veteran's shelter and first responder to remember 9/11. Malta • 518-472-4807 • malta5k.com

Massaging Insoles – Liquid-filled glycerin massaging insoles hits all pressure points on feet and helps with lower back pain and knee and ankles. They absorb 85% shock in sports and everyday use. Green Island • 518-573-9404 • springintohealth09@yahoo.com

Mohawk-Hudson Cycling Club – We are upstate New York's largest cycling club with over 700 members who organize rides throughout the Capital Region with our 400 rides in total. 518-466-1182 • mohawkhudsoncyclingclub.org

Mohawk Towpath Scenic Byway – Experience the historic route of the Erie Canal between Waterford, Cohoes and Schenectady. Learn of the historic water way west and the role our communities played in the westward expansion of the country and in the Industrial Revolution. Clifton Park • 518-371-7548 • mohawktowpath.org

Friends of Moreau Lake State Park – We'll have displays of animals (taxidermy), info about the park, and activities offered. We'll have hats, maps and memberships for sale. Gansevoort • 518-928-1238 • friendsofmoreaulake.org

Mountainman Outdoor Supply Company – New York's largest canoe, kayak and SUP dealer has stores in Saratoga Springs and on Saratoga Lake. Visit our booth and look for great deals on all your paddling and outdoor needs and get a preview of our upcoming Saratoga Paddlefest. We'll have great deals on boats and also up to 50% off footwear and outerwear! Visit our stores at 490 Broadway and 251 Stafford Bridge Road on Fish Creek/Saratoga Lake. Saratoga Springs • 518-584-3500 • mountainmanoutdoors.com

New York Bicycle Co. – We are an urban bike shop featuring Giant, Cannondale and Liv brands, plus bike accessories, clothing and services. Schenectady • 518-377-2453 • newyorkbicycleco.com

New York State Office of the State Comptroller for Unclaimed Funds – We'll offer free name searches and assistance with unclaimed funds database. Albany • 518-408-4154 • osc.state.ny.us

New York State Outdoor Guides Association – Member licensed guides will promote the services of all member guides engaged in a variety of outdoor activities, as well as guiding in general. Come see a fly tying demonstration. 315-429-9324 • nysoga.org

Nut Zez Gourmet Almond Butter – We are a healthy alternative to satisfy unhealthy cravings. These gourmet almond butters provide flavors that are unique to the nut butter market without any added sugars, salts or preservatives. Cohoes • 631-681-5388 • nutzez.com

Patty's Watersports/Boats by George – Patty's Watersports will be offering a wide range of stand-up paddleboards, plus water sports equipment including tubes and towables. Lake George • 518-793-5452 • pattyswatersports.com



Peasantman Steel Distance Triathlon – Learn more about the Peasantman Steel Distance Triathlon on August 16 located in the Finger Lakes. The course provides beautiful scenery to enhance the racing experience. Choose from the full distance (144.6 mi), the half (72.3 mi) or relay or the intermediate (36.6 mi). Penn Yan • 518-505-5073 • peasantman.com

Pelican Products/R.P. Luce – We carry the exclusive line of Pelican Pro Gear including microcases, hardback cases, gun cases, lighting products, backpacks and coolers – ideal for many outdoor uses! Northport • 631-754-5064 • rpluce.com

Placid Boatworks – We manufacture lightweight carbon/Kevlar canoes right in Lake Placid. Using a unique method of vacuum infusion, we obtain the ultimate balance of strength and light weight. These boats are the epitome of paddling efficiency. Lake Placid • 518-524-2949 • placidboats.com

Plaine & Son Ski & Bike – We are proud to be named one of the Top 100 bicycle shops in America. We'll promote our bicycles, fit services, Specialized brands, bicycling clothing and accessories, and R.I.T.A (Rider Involved Technical Assembly). Schenectady • 518-346-1433 • plaineandson.com

Positive Motion Physical Therapy – We are now open and accepting new patients! Ray Webster, PT, DPT, recently moved from Burlington, VT, where he worked as a sports medicine physical therapist helping a range of athletes. He will be offering video running gait analysis for runners who are looking to improve efficiency and biomechanics. Albany • 518-650-6962 • positivemotionpt.com (under construction)

Power House Athletics & Jog for Jugs Half Marathon/5K – Power House Athletics/Project HEAL are committed to helping the community stay healthy and fit through proper diet and exercise. We will have our new all-natural gourmet peanut butters and protein available for purchase and tasting. You will also be able to get information on Jog for Jugs Half Marathon & 5K, Xtreme Body Conditioning and personal training. Albany • 518-229-5611 • powerhouseathleticsny.com

RAW Fitness – Come see our boxing demonstrations with a heavy bag! We'll have a personal training test with plank push-up competitions to win a free month of classes! Saratoga Springs • 518-810-1728 • rawfitnesssaratoga.com

Regional Food Bank of Northeastern New York – We will be accepting monetary and food donations to feed the hungry in our 23-county service area. For each dollar we receive, we can distribute \$10 worth of food. Latham • 518-786-3691 • regionalfoodbank.net

Rusee Reflective Apparel – We will be selling and promoting reflective shirts, vests, jackets, and other reflective accessories. Shillington, PA • 610-777-1288 • rusee.com

Saratoga Bridges – The Saratoga, Schenectady and Rensselaer ARCs will be promoting their 5K and 10K road races with the ARC 5K Challenge in Schenectady in August; ARC in the Park 5K in Rensselaer in September; and the Great Pumpkin Challenge 5K/10K in Saratoga Springs in October. 518-587-0723 • saratogabridges.org

Saratoga Hospital/Regional Physical Center – We offer comprehensive rehabilitation services including physical, occupational and speech therapy, and athletic training. Specialties include aquatic physical therapy, women's health programs, total joint replacement rehab, McKenzie spine treatment, hand therapy and sports enhancement for the athlete. Saratoga Springs • 518-583-8383 • saratogahospital.org

Saratoga Lake Sailing Club – Stop by our booth to check out our small sailboat and videos and learn more about the sailing club and our sailing school. Saratoga Springs • 518-744-3897 • sailssaratoga.org

Saratoga Mountain Bike Association – SMBA is a Capital Region-based mountain bike advocacy club that provides riding opportunities, trail construction and maintenance, and cycling-based events at affiliated properties. Saratoga Springs • 715-781-5385 • saratogamtbg.org



Saratoga Regional YMCA – Learn more about the Saratoga Regional branches in Saratoga Springs, Malta, Battenkill, Corinth and Wilton. We'll have class brochures, descriptions and membership information. 518-583-9622 • srymca.org

Saratoga Rowing Association – We offer the opportunity for children and adults to begin a lifelong sport by learning the physical activity of rowing while enjoying time on the waters of Fish Creek. Saratoga Springs • 518-587-6697 • saratogarowing.com

Saratoga Springs Lions Club – The Saratoga Springs Lions Club hosts the 11th annual Saratoga Lions Duathlon on May 24, the third annual Night at the Brewseum, Camp Abilities Saratoga and other projects of the club. Saratoga Springs • 518-212-7752 • saratogaspringslions.com

Saratoga Stryders – Come run with us. The Saratoga Stryders have workouts and recreational runs and walks for all abilities. Join us Wednesdays or Saturdays throughout the year or participate in our summer trail run series. Saratoga Springs • saratogastryders.org

Saratoga Triathlon Club – Our club promotes multisport activities in the Saratoga Springs area. In summer, the club conducts swims, rides and get-togethers at Moreau Lake State Park. Saratoga Springs • 917-992-5625 • saratogatriclub.com

Schenectady Firefighters' "Run for Your Life" 5K – We'll be promoting our annual 5K run/walk on March 28 to benefit American Heart Association to raise awareness about the leading cause of death for firefighters: cardiovascular disease. Post-race Chowderfest with free samples to runners. Schenectady • 518-365-3883 • schenectadyfirefightersrun4yourlife.org

Screen Designs – For over 32 years we have supplied the Capital Region and beyond with custom decorated apparel and promotional items. Stop by our booth to see the latest in performance apparel and promo items for your next club, race or team event. Colonie • 518-452-1500 • screendesignsinc.com

Spa City Bicycleworks – We'll be showing and selling all left over Salsa and Surly Fat Bikes and promoting the 2016 Saratoga Fat Bike Rally. Hear more about the store and the Saratoga Fat Bike Rally. We will be raffling off a M/L 2015 Surly Ice Cream Truck-Ops for \$20 a ticket. Winner drawn Sunday evening. Saratoga Springs • 518-587-0071 • spacitybicycleworks.com

Sports Physical Therapy of NY – Our physical therapist will be available to discuss how we can assist with prevention of and recovery from injuries to maintain a healthy lifestyle. Saratoga Springs • 518-583-7537 • spntny.com

Steiner's Ski & Bike – Visit our "store" at the Summer Expo where we'll have big discounts for summer and winter gear. The Summer Sale includes all 2014 road bikes at 20-40% off, cycling jerseys at 30-50% off, gloves at 50% off, men's carbon road shoes at 50% off, and adult helmets for \$29.99. Brands are Specialized, Trek, Raleigh, TYR, Pearl Izumi. The Winter Sale includes all skis and ski boots at 50% off, ski accessories and ski wear at 30-50% off! Brands include Rossignol, Fischer, K2, Line, Nordica, Lange, North Face, Karbon, Kiltel, Patagonia, Smith, Scott, Oakley, Glenmont, Valatie, Hudson • 518-427-2406 • steinersskibike.com

SUNY Adirondack - Adventures Sports – We offer programs in adventure sports leadership and management. Opportunities include backcountry living, canoeing, whitewater paddlesports, rock climbing, challenge course facilitation and management, snowsports, wilderness first responder and more. Queensbury • 518-743-2200 • sunyacc.edu

Survive the Farm 5K & 10K Challenge – Learn more about our 5K obstacle and mud course and introducing the NEW 10K distance with new obstacles on May 30 at our Washington County farm in Easton. We also have a 1K kids' obstacle course and BBQ. Easton • 518-791-7856 • survivethefarm.com

Tomhannock Bicycles – Visit our booth for more info on triathlon, road and mountain bikes, and



our bike services. 2015 Giant, Felt and Bianchi bikes arriving daily! Pittstown • 518-663-0083 • tomhannockbicycles.com

Tour of the Battenkill/Anthem Sports – Visit our booth for info on the 11th annual Tour of the Battenkill, America's largest one-day pro/am bike race. We'll have Tour of the Battenkill jerseys, tees and other items. Cambridge • 518-275-6185 • tourofthebattenkill.com

Trigger-Pin! – Trigger-Pin's every-muscle-therapy-roller is known among professionals as the most versatile and most effective massage roller available. Beautifully ruggedly designed! Wolfeboro, NH • 518-637-1709 • triggerpin.com

USA Track & Field - Adirondack – The Freihofer's Run for Women, the premier running event in the Capital Region is in its 36th year. Come celebrate with us at this world-renowned event on June 1 in Albany. We will also be promoting the Saratoga Cross Country Classic, which will be held in October. Troy • 518-273-5552 • usatfadir.org • freihoferstrun.com

Walkway Over the Hudson – Learn more about our inaugural Walkway Marathon, Half Marathon & 5K on June 13 in Poughkeepsie and learn more information about the Walkway Over the Hudson. Poughkeepsie • 845-454-9649 • walkway.org

Warren County Safe & Quality Bicycle Organization – Visit our booth to learn about Warren County bike routes with handouts and maps. We'll have guide books and safety information available too. Queensbury • 518-480-4859 • bikewarrenco.org

Washington County Tourism – Located where the Hudson River Valley meets the mighty Adirondacks, scenic Washington County offers visitors charming country roads, covered bridges, agri-tourism and farm experiences, local artisans and



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ATHLETE PROFILE



Jim Hayes

By Terri-Lynn Pellegri

AGE: 44
RESIDENCE: Ballston Spa
FAMILY: Wife, Julie
OCCUPATION: Law Clerk and Ski Instructor
PRIMARY: Alpine Skiing, Cross Country Skiing, Fishing, Kayaking and Snorkeling
SECONDARY: Snowshoeing, Waterskiing, Scuba Diving

At 6pm my phone rings, and it's the call I have been waiting for from Jim "Jimmer" Hayes. But, as soon as I answer, the connection is lost. All I know about Jimmer at this point, comes from his visits to the Alpine Sport Shop in Saratoga Springs, where I have been "wintering" for almost 20 years. I know that he is an avid and passionate skier and he is involved with the Double H Ranch. He has a kind disposition with a big smile.

He calls back, and our conversation resumes. I find out that he's driving back to his home in Ballston Spa from the Mount Snow ski area in Vermont, where he was leading a Professional Ski Instructors of America educational event. It had been his 14th consecutive day on snow, with another ten to go, before he has a day that doesn't involve putting on ski boots. In all, he'll ski more than 100 days this season.

His day began at 5:30am and he was at Mount Snow in Southern Vermont by 7:30am, with temperatures well below zero. He was on the snow to lead a group of six professional ski instructors in an adaptive event called Tethering Myth Busters. "Three of them teach at Mount Snow, two instructors are from Toggenburg Mountain near Syracuse, and one comes from Jiminy Peak." This two-day educational event is offered by PSIA, and happens every three years. The instructors come for an educational update so they can better assist adaptive skiers, supporting them in their efforts, and enjoyment on the mountain. As Jimmer explains, "Tethers are attached to the bi-ski, or other adaptive equipment, to help assist an adaptive skier down the hill." By his very humble and gentle manner, I realize that this athlete is one who gives, gives back and keeps giving.

With a bit of prompting, I discover the extensive credentials that are required to lead such an event have to be well-earned. "It takes time and years of dedication to attain this position," he tells me. "There are three levels of certification, with the third being the highest." Jimmer has earned Alpine Level III and Adaptive Level III certifications, as well as trying out and successfully becoming a member of the PSIA Adaptive Education Staff. Next year he will be reaching for the highest status in the Adaptive level, to become an examiner. There is also an Alpine Educational Staff, requiring a try out as well, and Jimmer has set this as another goal. "It's a two-day tryout that is held every other year and at the end of the two days, they will determine who, if anybody, they will take. It's a competition, so they are taking the best of the best."

This year, April 7 and 8, Killington Resort in Vermont will host the Eastern Division of PSIA on-snow exam and Jimmer will be there. The first day is skiing drills. If you make that cut, then you come back for the teaching segments. His resume and experience are also factors as to whether he makes the Development Team.

PSIA is an organization which has a vision of "inspiring lifelong passion for mountain experience" and a mission to "develop personally and professionally, create positive learning experiences and have more fun."



It is at Double H Ranch in Lake Luzerne where Jimmer gets to put his skills and talents to work. The Double H Ranch provides specialized programs for children with life threatening illnesses. With over 30 camps and programs worldwide, it is the only private adaptive winter sports program in the Northeast that is free of charge for its participants. Jimmer's mother, Alexis, had already been volunteering at Double H Ranch when he experienced his first adaptive ski lesson at the Empire State Games for the physically challenged in Lake Placid in February 2005.

Jimmer is a winter program consultant at Double H Ranch, working alongside Gwen Allard, "the mother of the winter sports program," putting together the training program for over 200 volunteer ski instructors. "I have to thank Double H for getting me started in ski teaching, and being there has helped me as an individual. By teaching children, I learn more from them than I could possibly teach them... Everything that I have been fortunate enough to achieve in my ski career and what has kept me moving forward, is Double H. When I first started attending PSIA events, my goal was to bring back knowledge to Double H, to make it a better program."

As our conversation continues, it is now clear to me that Jimmer's passion for the snow has been translated into transforming people's lives. In the summer there is a waterskiing event, at Burden Lake in Averill Park for Wounded Warrior Project, serving injured US service men and women. Jimmer is there to teach and encourage. He travels to Snowmass, Colo., to join 200 ski instructors from around the country for a weeklong event at the end of March, instructing disabled veterans, some who have never skied before. "For some, this is the kick start to getting them living life again. One individual had lost his leg. I taught him to monoski and it got him very active again, back in shape, and out into the world."

When I asked him if he had passions other than skiing, he quickly answered, "I enjoy spending time with my wife, Julie, as well as my family." Julie, his brother Jason, and mother, Alexis, also share his passion for Double H Ranch, and have been or are currently involved through teaching, volunteering and fundraising. "What does skiing do for the kids at Double H Ranch?" I ask. He responds, "It gives them a sense of freedom. It allows the kids to be kids."

When I asked Jimmer what skiing means to him, he laughed and without hesitation, "It's a chance to be a kid again. That's what I love about it. And I love the fact that when you're skiing, everybody's an equal. It doesn't matter who you are, or where you came from, or what you do for a living... We're all skiers!"

Terri-Lynn Pellegri (info@terri-lynnpellegriphotography.com) lives in Saratoga Springs, she is a photographer and a writer, and shares a passion for skiing.

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MIKE CAVANAUGH, JULIE ELSON, ROBIN READ AND MICHAEL KALIN (L TO R) ON THE HUDSON RIVER IN APRIL. NOTE THE DRYSUITS FOR COLD WATER PROTECTION.

PHOTOS BY ALAN MAPES

Why am I thinking about the upcoming paddling season, when it's minus 20 wind chill outside, and there is two feet of snow in the yard? Maybe I'm just trying to ward off that common ailment I refer to as "paddler's winter depression." Even so, it is not too early to prepare for the coming paddle season. Yes, Virginia, this long winter will end, I'm sure – well pretty sure.

Washing Up the Gear – OK, I admit it – I put away my PFD, paddle jacket and other wearable gear last fall without giving it all a good washing. You can see faint lines of salt on the PFD, reminders of my trip to the coast of the Carolinas in October.

Now it's time to run some warm water in a tub, add some mild soap, and soak my gear. With a good rinsing and hanging to dry, it will be ready. Neoprene gloves and paddle boots will get an enzyme soak using a special preparation for that purpose, purchased at my local paddle shop. This works better than just soap to stamp out the funky odors that neoprene can acquire. Zippers on my paddle boots and dry suit will be lubricated with a bit of wax – I use a special zipper wax, but I understand that paraffin works fine. If you have a paddle top with neoprene or latex cuffs, some 303 Protectant wiped on with a small piece of cloth will extend their life.

The Boat – I will wake the kayak up from its long winter sleep in the back shed and check it over for any needed maintenance and repairs. If your boat has rubber hatch covers, a coat of 303 is a must. It preserves the expensive covers, slowing the deterioration from the sun's effects. If you look at the prices of replacement covers, you know how

important it is to make yours last. I wipe 303 all over the cover, making sure to get it in the underside crack where the cover goes on the rim of the boat. I also apply it to the hatch rim.

The coat of 303 also makes the hatch covers work much better. They slip on and off so much easier! While you are at it, 303 is good for the whole plastic boat and even for fiberglass. On the bottle it says "SPF 40 for your stuff."

Next I'll check the operation of the footpegs. Plastic pegs can break and replacements are not hard to install. I plan to replace the old set in my wife's kayak with a new model that has long adjustment levers, allowing easy changes while on the water.

When things warm up enough, I will hose out the cockpit and hatches with water, rinsing out the salt and grit. Sand and small gravel can accumulate over time, making footpegs stick, and promoting wear at the spot your heels rest on the hull. I've done a repair on a kayak where the owner's heels wore through a whole layer of Kevlar because he never cleaned the sharp sand out of his kayak.

On the outside of the boat, I will check several things for wear and possible replacement. The stretchy deck bungee cords and the non-stretch deck lines will both eventually get worn and weak. They are quite easy to replace with new material from your local paddle shop. Even more important, I check the ropes on the carry toggles at each end of the kayak. These are especially prone to wear and breaking. Having one let go when carrying can ruin your whole day.

I keep several strips of reflective tape on the sides of my hull, making my boat easier to

see in the dark. I will check this material to see if it needs replacement.

Safety Gear Review

– I always paddle with a small dry bag that holds some basic safety gear. Since these items seldom get used (hopefully), they need an annual check. For instance, items in the first aid kit go out of date, batteries in the emergency light need replacement, energy bars get funky – you get the idea.

The bilge pump and paddle float that I carry will also need a check. Neither of these items lasts forever, and when the chips are down, you really need them to work. Pumps can get sticky and quit working, and paddle floats will eventually crack and leak out their air.

The dry bags that I use for stowing gear in my kayak hatches will be checked. Over time, they are prone to developing small leaks, and should be replaced as needed. The easiest way to test them is to run some water right into the bag – a leak will show up right away as a stream of escaping water.

Knowledge and Skills – With my gear in good shape, I will pass the rest of winter with a few other paddle-related activities. I'll visit my favorite paddle shop to see what's new in paddle guidebooks and paddle maps. New things come out each year, giving me new locations to add to my must-paddle list. Speaking of new, I just learned about a new guidebook from Russell Dunn of Albany, "Paddling the Quiet Waters of Mid-Eastern

New York: Albany, Columbia, Greene, Rensselaer, Schenectady and Schoharie Counties."

I will also update my knowledge of cold water paddling safety by reading pertinent chapters in some paddling books, and on sites like paddling.net, and atlantickayak-tours.com. Finally, I plan to prepare for the paddling season by... going paddling! Down south where the waters are warm! Speaking of the south, around the time this issue comes out, 16 people from the Capital District Kayakers Meetup Group will be paddling with the manatees in Three Sisters Springs on the Crystal River in Florida. Over 300 manatees were reported in the springs in early February – so many that they closed the springs to swimmers and paddlers for a day.

Pull out your gear and give it the once over. It's much better to find the leaks, breaks and weak spots in your gear before you are out on the water, counting on it to keep you safe. At the very least, it is good winter therapy! ♣

Alan Mapes (alanmapes@gmail.com) is a sea kayak instructor and guide, certified by the American Canoe Association and the British Canoe Union. He lives near Delmar and offers kayak instruction through the Capital District Kayakers Meetup Group.

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42nd ANNUAL

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RACE RESULTS

TROY YMCA MONSTER MADNESS 5K RUN
October 25, 2014 • Troy YMCA, Troy
MALE OVERALL
1 Bob Baniak 31 Troy 18:26

10TH ANNUAL HAIRY GORILLA HALF MARATHON & SQUIRELLY SIX MILE TRAIL RACES cont.
FEMALE AGE GROUP: 25 - 29
1 Michelle Davis 26 Schenectady 1:58:29

10TH ANNUAL HAIRY GORILLA HALF MARATHON & SQUIRELLY SIX MILE TRAIL RACES cont.
FEMALE AGE GROUP: 55 - 59
1 Kathleen Goldberg 55 Schenectady 1:08:07

WICKED CREEPY CYCLOCROSS RACE: NYCROSS SERIES
October 26, 2014 • Willow Park, Bennington, VT
35+ MEN
1 Mark Miller TRT Bicycles 48:08

JUNIOR BOYS 9-14
1 Tommy Sernetas NYCROSS/Craft 32:55

JUNIOR GIRLS 9-14
1 Liza Bell Putney Thunderbolts 39:10

THE RUNDEAD 5K ZOMBIE TRAIL RUN continued
254 Fluke Griffin VENT Fitness 38:43

39TH ANNUAL MVP HEALTH CARE STOCKADE-ATHON 15K ROAD RACE
November 9, 2014 • Veteran's Park, Schenectady
MALE OVERALL
1 Joshua McDougal 29 Peru 46:34

10TH ANNUAL HAIRY GORILLA HALF MARATHON & SQUIRELLY SIX MILE TRAIL RACES
October 26, 2014 • Thacher State Park, Voorheesville
MALE OVERALL
1 Derek Struck 19 Altamont 1:26:56

MALE AGE GROUP: 15 - 19
1 Christine Myers 16 Altamont 2:01:19

THE RUNDEAD 5K ZOMBIE TRAIL RUN
October 26, 2014 • Saratoga Spa State Park, Saratoga Springs
RUNNERS THAT FINISHED WITH AT LEAST ONE FLAG
1 Phillip Anderson Pizza Mann 17:40

MALE AGE GROUP: 15 - 19
1 Tyra Wynn 16 Queensbury 1:05:46

MALE AGE GROUP: 15 - 19
1 Adin Becker 16 Portland, OR 52:15

MALE AGE GROUP: 15 - 19
1 Tyra Wynn 16 Queensbury 1:05:46

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October 26, 2014 • Saratoga Spa State Park, Saratoga Springs
RUNNERS THAT FINISHED WITH AT LEAST ONE FLAG

MALE AGE GROUP: 15 - 19
1 Tyra Wynn 16 Queensbury 1:05:46

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RACE RESULTS

7TH ANNUAL SHENENDEHAWA VETERAN'S DAY DASH 5K RUN November 11, 2014 • Shenendehowa High School, Clifton Park

MALE OVERALL		
1 Derrick Staley	56	Ballston Lake 17:03
2 Mitchell Todorov	22	Clifton Park 17:17
3 Henry Christopher	16	Clifton Park 17:19
FEMALE OVERALL		
1 Haylee Evertsen	12	Waterford 20:51
2 Catherine Phelps	17	Ballston Lake 21:06
3 Thuzi Bouzidi	13	Clifton Park 21:10
MALE AGE GROUP: 1 - 7		
1 Landon Langley	7	Loudonville 39:22
FEMALE AGE GROUP: 1 - 7		
1 Addison Morelli	6	Clifton Park 34:58
MALE AGE GROUP: 8 - 9		
1 Patrick Johnson	8	Clifton Park 25:55
2 Lucas Weeks	8	Ballston Spa 26:10
3 Ryan Beck	9	Clifton Park 28:41
FEMALE AGE GROUP: 8 - 9		
1 Ashley O'Hara	9	Clifton Park 25:52
2 Makenna Miller	9	Halfmoon 39:03
3 Anna Buffi	9	Clifton Park 34:54
MALE AGE GROUP: 10 - 11		
1 David Theilke	11	Clifton Park 22:26
2 Ananthi Pai	11	Clifton Park 27:10
3 Gabriel Stewart	11	Clifton Park 27:12
FEMALE AGE GROUP: 10 - 11		
1 Ava Caputo	11	Waterford 28:06
2 Johanna Zawada	10	Clifton Park 28:42
3 Anna Johnson	11	Clifton Park 31:03
MALE AGE GROUP: 12 - 13		
1 Michael Poier	13	Ballston Spa 19:01
2 Evan LaRche	13	Clifton Park 19:19
3 Nicholas Longo	13	Clifton Park 19:35
FEMALE AGE GROUP: 12 - 13		
1 Meghan Aaron	13	Clifton Park 24:16
2 Aubree Jordan	13	Saratoga Springs 25:17
3 Grace Bissell	13	Clifton Park 25:17
MALE AGE GROUP: 14 - 19		
1 Nicholas Rog	16	Clifton Park 17:40
2 Alexander Bianconi	14	Ballston Lake 18:20
3 Kyle McCarty	17	Clifton Park 18:28
FEMALE AGE GROUP: 14 - 19		
1 Madison McGill	14	Ballston Lake 22:02
2 Emily DiNallo	14	Clifton Park 22:03
3 Sarah Machina	16	Rexford 22:35
MALE AGE GROUP: 20 - 24		
1 Eric Young	23	Latham 17:49
2 Sergio Cleveau	21	Clifton Park 23:12
3 Sam Pedromonte	23	Clifton Park 25:44
FEMALE AGE GROUP: 20 - 24		
1 Danielle Carelli	24	Cohoes 30:35
MALE AGE GROUP: 25 - 29		
1 Mike Goebel	27	Albany 21:28
FEMALE AGE GROUP: 25 - 29		
1 Kelly Hoover	26	Watervliet 30:28
2 Sarah Ricks	28	Clifton Park 33:16
3 Lauren Gericke	28	Lake George 40:43
MALE AGE GROUP: 30 - 34		
1 David Paarlberg-Kvam	32	Manchester, VT 17:26
2 Bryan Sawyer	34	Waterford 29:51

Courtesy of Shenendehowa Track Booster Club

67TH ANNUAL TROY TURKEY TROT 5K, 10K & 1M ROAD RACES continued

MALE AGE GROUP: 30 - 34		
1 Shaun Horan	33	Binghamton 17:09
2 Robert Baniak	31	Troy 18:33
3 Keith Weiss	32	Loudonville 19:14
FEMALE AGE GROUP: 30 - 34		
1 Julie Turner	34	East Greenbush 18:59
2 Morgan Adams	33	Portland, ME 20:16
3 Stephanie Vioria	32	East Greenbush 20:45
MALE AGE GROUP: 35 - 39		
1 Anthony Giuliano	35	Albany 16:30
2 Immanuel Wienem	36	Brooklyn 17:28
3 Michael Marini	39	Greer, SC 19:55
FEMALE AGE GROUP: 35 - 39		
1 Estelle Burns	39	Troy 19:50
2 Marah Jacobson-Schulte	38	Melrose 21:58
3 Allison Bradley	39	Albany 22:12
MALE AGE GROUP: 40 - 44		
1 Kevin Connor	41	Farmington, CT 18:05
2 Paul Guzek	40	Nassau 19:42
3 Christopher Sohn	42	Troy 20:28
FEMALE AGE GROUP: 40 - 44		
1 Shannon Fitzpatrick	44	Loudonville 20:20
2 Tara Mardigan	41	Boston, MA 25:01
3 Amy Milano	43	Troy 25:30
MALE AGE GROUP: 45 - 49		
1 Andrew Manning	49	Montclair, NJ 19:12
2 John Fusatini	47	Castleton 19:22
3 Chris McDonald	46	Troy 19:30
FEMALE AGE GROUP: 45 - 49		
1 Kevin Lananah	47	Albany 22:38
2 Maryann Reilly-Johnson	46	Loudonville 22:53
3 Theresa Fiori	48	Slingerlands 23:00
MALE AGE GROUP: 50 - 54		
1 Jack Arnold	51	Latham 18:57
2 Gary Longhi	50	Voorheesville 19:42
3 Michael Seider	53	Eaton 20:11
FEMALE AGE GROUP: 50 - 54		
1 Kimberly Scaringe	50	Scotts 22:39
2 Patricia Bourgeois	50	Schenectady 23:21
3 Diane Oberhausen	54	Avon, CT 23:36
MALE AGE GROUP: 55 - 59		
1 Kevin Dillard	59	Hopewell Junction 18:48
2 Rick Munson	57	Prattsville 19:51
3 Bill Krueger	56	Troy 20:56
FEMALE AGE GROUP: 55 - 59		
1 Ellen Pedroni	56	Ballston Lake 22:32
2 Maureen Kirsch	58	East Greenbush 26:21
3 Ann Diller	57	Troy 26:27
MALE AGE GROUP: 60 - 64		
1 Kevin Rose	62	Sand Lake 22:37
2 David Nagengast	60	Rensselaer 22:56
3 Jerry White	61	East Greenbush 23:55
FEMALE AGE GROUP: 60 - 64		
1 Carolyn Young	60	Albany 25:38
2 Carole Bieber	63	Slingerlands 26:44
3 Teresa Wuerdemann	61	Clifton Park 29:39
MALE AGE GROUP: 65 - 69		
1 Joseph Liotta	65	Green Island 24:39
2 Robert Stockton	67	Clifton Park 24:51
3 Peter Canuso	65	Ballston Lake 26:10
FEMALE AGE GROUP: 65 - 69		
1 E Silva	66	Clifton Park 30:23
2 Betty Bellino	65	East Greenbush 34:01
3 Diane George	65	Poestenkill 34:22
MALE AGE GROUP: 70 - 74		
1 Paul Gansie	72	Albany 29:37
2 Jeffrey Durgue	70	Albany 32:22
3 Thomas Valentini	72	Birmingham, AL 33:14
FEMALE AGE GROUP: 70 - 74		
1 Louise Liberty	70	Troy 37:35
2 Mary Stazak	71	Troy 45:19
MALE AGE GROUP: 75 - 79		
1 Minoru Tomozawa	76	Troy 32:01
2 Robert Krouse	75	Voorheesville 32:25
3 Frank Levandusky	77	Waterford 33:17
FEMALE AGE GROUP: 75 - 79		
1 Barbary Baggett	75	Delmar 42:24
2 Florence O'Donnell	79	Averill Park 59:30
3 Ruby Siler	79	39:07
MALE AGE GROUP: 80 - 84		
1 Richard Eckhardt	81	Albany 41:17
2 William O'Donnell	80	Averill Park 45:52
GRADE SCHOOL MILE		
10K RUN		
MALE OVERALL		
1 Macky Lloyd	24	Albany 31:18
2 Alex Benway	24	Albany 31:31
3 Gregory Mariano	28	Alexandria, VA 31:38
FEMALE OVERALL		
1 Megan Hogan	26	New York 35:31
2 Karen Bertasso	30	Albany 36:43
3 Renee Tolan	39	Clifton Park 37:14
MALE AGE GROUP: 1 - 14		
1 Phillip Saxton	1	Troy 47:05
2 Benjamin Shah	14	Slingerlands 47:17
3 Evan O'Brien	14	Kennessaw, GA 48:25
FEMALE AGE GROUP: 1 - 14		
1 Olivia Miles	12	Latham 48:19
2 Kaitlyn Paul	14	Schenectady 49:15
3 Emma Limoges	14	Averill Park 55:40
MALE AGE GROUP: 15 - 19		
1 Kyle Gronostaj	19	East Greenbush 32:17
2 Matt Pasquali	18	Gulderland 34:38
3 Chris Shaw	19	Averill Park 35:32
FEMALE AGE GROUP: 15 - 19		
1 Kelly Pasko	19	Castleton 38:39
2 Dominica Bleichert	18	Clifton Park 41:03
3 Payton Czupri	15	Watervliet 41:14
MALE AGE GROUP: 20 - 24		
1 Mike Danaher	23	Nashua, NH 32:20
2 Patrick Carroll	23	Albany 32:35
3 Christopher Meyer	24	Cohoes 35:06
FEMALE AGE GROUP: 20 - 24		
1 Nicole Irving	22	Ballston Lake 37:23
2 Christine Macfarlane	20	Don Rite 39:13
3 Morgan Rose	24	Clifton Park 39:58

Courtesy of City of Troy and USAIF-Adirondack

33RD ANNUAL CARDIAC CLASSIC 5K RUN continued

MALE AGE GROUP: 50 - 54		
1 Johan Bosman	54	Niskayuna 18:45
2 Ed Menis	50	Schenectady 19:22
3 Donald Rodbell	53	Scotia 19:39
FEMALE AGE GROUP: 50 - 54		
1 Janice Phoenix	53	Schenectady 23:23
2 Meghan Lapoint	25	Niskayuna 23:27
3 Linda Francois	51	Glenville 25:04
MALE AGE GROUP: 55 - 59		
1 Robert Lierles	55	Lakewood 19:02
2 Rocco Serafini	55	Niskayuna 20:12
3 David Roecker	55	Charlton 20:29
FEMALE AGE GROUP: 55 - 59		
1 Gwen Williams	56	Scotia 23:31
2 Lorraine Huether	58	Melville 25:37
3 Eve Barkner	57	Schenectady 25:55
MALE AGE GROUP: 60 - 64		
1 George Barasauskas	61	Scotia 20:57
2 Robert Colborn	60	Schenectady 22:53
3 David Rowell	62	Albany 24:00
FEMALE AGE GROUP: 60 - 64		
1 Joan Fuclio	62	Scotia 25:26
2 Mary Jo Benny	60	Scotia 27:42
3 Joan Celentano	61	Schenectady 28:33
MALE AGE GROUP: 65 - 69		
1 Joe Yavonditte	65	Schenectady 27:22
2 Robert Cooley	67	Scotia 28:10
3 Emilie Stevens	68	Schenectady 28:43
FEMALE AGE GROUP: 65 - 69		
1 Irene Verbruggen	68	West Islip 29:44
2 Lucy Robinson	67	Schenectady 38:08
3 Anne Woods	67	Biglerville, PA 38:10
MALE AGE GROUP: 70 - 74		
1 Thomas Adams	70	Schenectady 24:07
2 John Dowley	71	Niskayuna 29:24
3 Richard Theissen	71	Round Lake 30:05
FEMALE AGE GROUP: 70 - 74		
1 Mary Ellis	72	Schenectady 37:06
2 Priscilla Hoffnung	71	Jamaica Plain, MA 39:38
3 Claudia Niemann	72	Schenectady 44:22
MALE AGE GROUP: 75 - 79		
1 Chris Rush	78	Schenectady 27:37
2 Jim Moore	75	Niskayuna 29:54

Courtesy of Ellis Medicine

13TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT 5K RUN November 27, 2014 • City Hall, Saratoga Springs

MALE OVERALL		
1 Jay Navin	18	Saratoga Springs 16:06
2 Travis Briggs	19	Saratoga Springs 16:25
3 Spencer Patterson	21	Saratoga Springs 16:32
FEMALE OVERALL		
1 Kelly Rezzuto	21	Saratoga Springs 18:46
2 Maggi Szpak	20	Greenfield Center 19:02
3 Keelin Holloway	19	Saratoga Springs 19:25
MALE AGE GROUP: 1 - 14		
1 Geoff Howles	12	Saratoga Springs 17:56
2 Evan Morgan	14	Hillsborough, NJ 19:58
3 Christopher Ciccare	13	Schaghticoke 20:08
FEMALE AGE GROUP: 1 - 14		
1 Megan Morin	13	Greenfield Center 19:30
2 Keelyn Cummings	14	Gansevoort 19:33
3 Alexandra Delnicki	13	Ballston Spa 20:33
MALE AGE GROUP: 15 - 19		
1 Joseph Verro	18	Saratoga Springs 16:33
2 Jack Vite	18	Clifton Park 16:51
3 Ethan North	16	Greenfield Center 17:37
FEMALE AGE GROUP: 15 - 19		
1 Mariellen Penzer	15	Saratoga Springs 19:26
2 Bailey Kowalczyk	19	Rexford 19:41
3 Amelia Mahoney	15	Saratoga Springs 21:08
MALE AGE GROUP: 20 - 24		
1 Tim Clements	23	Ithaca 17:42
2 Kenneth Hammond	24	New York 18:19
3 Sean Pezzulo	23	Saratoga Springs 18:48
FEMALE AGE GROUP: 20 - 24		
1 Marie Whitney	22	Glenville 21:27
2 Amy Baker	20	Amsterdam 21:54
3 Stefania Fresenius	22	Clifton Park 22:00
MALE AGE GROUP: 25 - 29		
1 Bryce Wilk	29	Chesterfield, VA 17:59
2 Kelly Sullivan	29	Ballston Spa 20:55
3 Timothy Daley	29	Wilton 21:26
FEMALE AGE GROUP: 25 - 29		
1 Ashley Campbell	26	Washington, DC 21:23
2 Caitlyn Birtz	27	Marlborough, MA 21:29
3 Lauren Woodcock	25	Clifton Park 21:57
MALE AGE GROUP: 30 - 34		
1 Patrick Deley	31	New York 20:08
2 Cameron Edele	30	Stanley 20:15
3 Joseph Murphy	30	Saratoga Springs 21:23
FEMALE AGE GROUP: 30 - 34		
1 Rebecca Cushing	30	Pittsfield, MA 24:26
2 Kelly Miller	33	Ballston Spa 24:26
3 Amanda Heller	32	Gansevoort 25:52
MALE AGE GROUP: 35 - 39		
1 Michael DiNicola	39	Albany 19:21
2 Jake Clements	35	State College, PA 19:21
3 Brian McNulty	37	Saratoga Springs 20:10
FEMALE AGE GROUP: 35 - 39		
1 Melissa Murphy	39	Saratoga Springs 22:35
2 Gemma Dunhill	37	Tenafly, NJ 23:43
3 Joann Frith	37	Haver, CO 23:50
MALE AGE GROUP: 40 - 44		
1 Chris Moldorick	44	Davenport, PA 20:06
2 Dave Barr	42	Weston, MA 20:51
3 Brian Cuneo	43	Saratoga Springs 22:22
FEMALE AGE GROUP: 40 - 44		
1 Beth Dennett	43	Saratoga Springs 22:53
2 Julianne Claydon	44	Albany 23:44
3 Bridget Vercos	41	Porter Corners 24:02
MALE AGE GROUP: 45 - 49		
1 Charles Lobosco	36	Clifton Park 20:10
2 Brendan Lohan	36	Darien, CT 20:24
3 Ethan Sasiela	38	Buffalo, NY 22:59
FEMALE AGE GROUP: 45 - 49		
1 Shanley Alber	42	Clifton Park 22:00
1 Jessica Schreiber	36	Clifton Park 25:17
2 Erica Pisano	47	Clifton Park 27:10
3 Melissa Pfaltzgraff	37	Charles Town, WV 27:34
MALE AGE GROUP: 50 - 54		
1 Rick Zachg	44	Rexford 19:42
2 Brian Kearns	43	Fultonville 22:04
3 Paul Loomis	42	Malta 24:40
FEMALE AGE GROUP: 50 - 54		
1 Claudia Greco	41	Clifton Park 23:35
2 Jennifer Bruzdinski	41	Clifton Park 30:48
3 Ashlie Becke	43	Ballston Lake 30:55
MALE AGE GROUP: 55 - 59		
1 Rick Matson	49	Clifton Park 28:37
2 Howard Luskov	48	Mechanicville 29:35
3 Keith Van Der Veer	47	Clifton Park 30:53
FEMALE AGE GROUP: 55 - 59		
1 Janice Platt	49	Amherst, NH 23:31
2 Kate Newton	47	Clifton Park 25:24
3 Fran Matson	48	Clifton Park 25:26
MALE AGE GROUP: 60 - 64		
1 Patrick Culligan	54	Round Lake 20:43
2 Mike Morris	50	Trumansburg 29:40
3 Chris Borkowski	54	Niskayuna 29:53
FEMALE AGE GROUP: 60 - 64		
1 Lauren Herbs	52	Rexford 25:28
2 Allison Edwards	52	Clifton Park 26:40
3 Lillian Hahn	52	Mechanicville 29:13
MALE AGE GROUP: 65 - 69		
1 David Watson	56	Clifton Park 27:18
2 David Watson	55	Clifton Park 27:54
3 Estelle Burns	F55-59	Clifton Park 28:14
FEMALE AGE GROUP: 65 - 69		
1 Tina Greene	F40-44	Scotia 1:10:06
2 Laura Patrizi	F20-24	East Greenbush 1:10:04
3 Ben Heller	M25-29	Albany 59:01
1 Michelle Pratt	F25-29	Albany 1:07:37
1 Jim Sweeney	M30-34	Albany 1:05:55
1 Jennie Koch	F30-34	Albany 1:07:47
1 Brian Northan	M35-39	Gulderland 1:07:04
1 Estelle Burns	F35-39	Troy 1:11:00
1 Volker Burkowski	M40-44	Gansevoort 1:11:00
1 Tina Greene	F40-44	Scotia 1:12:02
1 Anne Smith	F45-49	Ballston Lake 1:10:16
1 Mark Stephenson	M50-54	Experience 58:34
1 Denise Iannizzotto	F50-54	Lake Katrine 1:11:26
1 Derrick Staley	M55-59	Ballston Lake 1:17:25
1 Maureen Fitzgerald	F55-59	Clifton Park 1:18:01
1 Michael Trumann	M60-64	Albany 1:11:47
1 Julie Phelps	F60-64	Malta 1:19:43
1 Juergen Reher	M65-69	Wynantskill 1:13:45
1 Susan Wong	F65-69	Niskayuna 1:15:10
1 Jim Moore	M75-79	Glenmont 1:27:30
3-MILE RUN		
MALE OVERALL		
1 Mike Givellan	36	Pittsfield, MA 18:16
2 Greg Ethier	41	Clifton Park 18:30
3 Jeff Long	31	Albany 18:34

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CAT 3/4 MEN		
1 Ryan Conley	NYCROSS/Craft	42:28
2 Ian Clarke	Unattached	42:28
3 Scott Hock	NYCROSS/Craft	42:28
4 Jonathan Favata	TRT Bicycles	

HIKING



WEST MOUNTAIN VIEW.

The Tall Timber Traverse

By Bill Ingersoll

Hiking across the Pigeon Lake Wilderness



PIGEON LAKE.

PHOTOS BY BILL INGERSOLL



OTTER POND.

The Pigeon Lake Wilderness stretches between Raquette and Big Moose lakes, with one of the finest trail networks in the western Adirondacks. Upwards of 48,000 acres in size, this area contains 78 bodies of water, five lean-tos, and one mountain of notable size. Best of all, the Pigeon Lake Wilderness is forested primarily with mature forests – many acres of which were never logged.

There are many ways to explore this wild place, but one of the more interesting options is a through-hike that I call the "Tall Timber Traverse." It starts near the state's Brown Tract Pond Campground in Raquette Lake and ends on Higby Road in Big Moose Lake, for a total distance of 13.7 miles. This is rather long for a day hike, but not exceptionally so; but to hike the route as I am about to describe it, without any side trips or extensions, it is best enjoyed in a single day. There are few campsites along the middle section of the trail, and it is easier to climb over the summit of West Mountain without the burden of an overnight pack.

To be sure, this is wild country – especially the section between West Mountain and Constable Pond. Not all of the route passes through virgin timber, but that is nevertheless what will leave the strongest impression. Best of all are the white pines. The ones that you see on this hike are among the finest in the Adirondacks.

GETTING THERE

This is a point-to-point hike, beginning near Raquette Lake and ending near Big Moose Lake. Therefore you will need at least two cars to shuttle between trailheads.

The eastern trailhead is located beside Upper Brown Tract Pond on Uncas Road. Follow NY Route 28 to Eagle Bay and turn

northeast onto Uncas Road. Follow the road for about six miles to the parking area beside the pond. Not all of the road is plowed in the winter, so you may not be able to drive to the trailhead until mid-May.

To find the western trailhead, turn north onto Big Moose Road in Eagle Bay and follow it for 3.8 miles. Here, bear right onto Higby Road and continue for another 1.3 miles to the start of Judson Road, a gated private road on your right. Although there are few signs, this is a popular access point for state land. Leave your car parked on the shoulder, being careful not to block the driveway.

THE TRAIL

Beginning at Upper Brown Tract Pond, follow the blue-marked trail north along the shore. This first part of the route is called the Sucker Brook Bay Trail, and it follows an old road to the eponymous bay on Raquette Lake. You cross the outlet of the Upper Pond at 0.2-mile, and then pass around the west side of the Lower Pond, which is substantially larger. At 0.9-mile you reach a four-way intersection; right leads into the campground, and left leads to Shallow Lake.

The Sucker Brook Bay Trail makes an uneventful traverse of the Beaver Brook valley before reaching the shore of Raquette Lake at 3.2 miles. Raquette is a large lake, but because of its irregular shape only a small portion is visible from here.

To continue on the wilderness traverse, backtrack to a junction located 300 feet before the bay. Here the blue-marked trail to West Mountain bears northwest onto another old roadbed that leads inland around a parcel of private property on the shoreline. The bridge over Sucker Brook, which you reach at four miles, spans the top of a small cascade.

be the logical place to camp. However, there are no established campsites here. You have to step a short distance off the trail to see the pond, but from its beaver-dammed outlet you can see most everything there is to see.

You continue through the lowlands west of the pond, reaching a stream crossing at 8.5 miles. Pigeon Lake is the next landmark, and you reach a scenic area on its north shore at 8.9 miles. Again, there is no campsite to be found, so this is an area that truly favors day hiking, despite its remote location. However, you are in the heart of the old growth forest here, and beautiful Pigeon Lake has more than its share of tall white pines.

A long, hilly, and sometimes wet traverse leads you through the valley between Pigeon Lake and Constable Pond. Blowdown from the 1995 derecho windstorm is still evident, and at times you are forced to detour around beaver flooding on Constable Creek. At 11.2 miles you reach a junction with the trail to Chub Lake; a path on the right leads to a view of nearby Constable Pond.

Still in an impressive forest, the trail follows a rugged route south of Constable. You pass the Mays Pond trail at 12.4 miles, and then exit the woods at a private gravel road. Turn right, cross the bridge over Constable Creek, and then reenter the woods on the left; all these turns should be marked. You cross a footbridge back to the south side of the stream at 13.2 miles, and then return to the gravel road a short distance later. Bearing left will bring you to Higby Road at 13.7 miles. 🍄

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

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SKIING, SNOWSHOEING & SKATING

It's Going to Be a White Spring!

By Skip Holmes

This has been one heck of a winter, even for us die hard winter sports enthusiasts! With all the snow we have this season it looks like it will be lingering well into the month of March. So what should we all do? How about we enjoy what will be warmer temperatures than what we have endured for all of January and February. With the exception of February 22, which was the one day it went above freezing and the sun came out!

This has been a great winter for all kinds of outdoor winter activities; alpine skiers, snowboarders, Nordic skiers, pond hockey players and tubing with the kids. So with longer, sunnier days on the way, and the snow hanging around why not really enjoy the last portion of winter before it finally turns into spring – and it will eventually!

Alpine skiing and riding will last a long time with the trails deeply blanketed by snow in the mountains. March brings a slew of fun festivals to the ski centers of New York, so check the Calendar of Events for a full list of offerings.

If this spring is anything like the last two, it will kick-off with big storms to set us up for an extended ski season. And imagine being able to ride up that chairlift numerous times without thinking that you are really going to freeze on the next ride up the mountain. And the sun will be out for those new ski goggles or summer sunglasses you recently purchased.

Nordic skiers will have sufficient snowpack to ski many of the groomed ski areas without that extra layer of clothing to ward off the wind and frigid temperatures. There will be many nearby locations to Nordic ski as well and they will be available to ski during the week since the later sunset times and daylight savings time will be in effect. No more having to put fresh batteries in your headlamp to ski after work at the local park or golf course. For those of you who have been impatiently waiting to ride your road bikes why not do both on the weekend. Go Nordic skiing or alpine skiing in the morning and then ride your road bike in the afternoon. Think of the combined workout and calories you will burn. It is a great way to get that early season reduction down to training weight. And you know that needs to happen after all that couch time in the below zero weather we have experienced.

For you backcountry Nordic skiers how about a ski trip into one of the remote lean-to locations and camp out overnight without having to bring numerous hand and toe warmers?

For that matter you snowshoe types will also have opportunities to go out after work and get in a warmer workout with daylight still showing you the way through the woods. No more getting lost in the woods in the dark! Lake Champlain is entirely frozen over

AROUND THE REGION News Briefs

Fx3 Fit Food Fast Now Open in Queensbury

QUEENSBURY – Fx3 Fit Food Fast, a locally owned and operated restaurant serving healthier versions of everyone's favorite "fast-casual" staples, has recently opened at 682 Upper Glen St. in Queensbury.

The concept was created to offer healthier and better tasting menu items for every member of the family while also promoting a fit, active lifestyle. The goal is to offer menu items that people already know and enjoy, but are prepared in a healthier manner so they feel better and more energetic after dining out.

The menu consists of lean burgers, chicken sandwiches, energy bowls, wraps, salads, and smoothies as well as many unique items such as quinoa, sweet potato and apple slaw and a kale and Brussel sprout salad. They also offer many gluten free menu choices along with items for vegetarians and vegans.

The restaurant Fx3 strives to not only improve the overall health of folks coming into their restaurant regularly, but also to the entire community. With a family friendly atmosphere, Fx3 is happy to cater to individuals or families trying to improve their diet, people looking for more dietary restricted options, fitness buffs, or endurance athletes. Overall, it's a restaurant where customers can feel confident in what they're ordering and feeding themselves and their families.

Fx3 is open daily from 11am to 9pm. A menu and more information can be found at: fx3fitfoodfast.com.

Two New Fitness-Related Programs Being Offered at HVCC This Fall

TROY – Hudson Valley Community College this fall will begin offering two new fitness-oriented career certificate programs.

A 24-credit certificate program in Worksite Health Promotion covers nutrition, exercise training concepts, weight management, stress reduction and other topics and provides a foundation for those who are interested in working in wellness promotion. The program is designed for those who want to start a career or are already working in the field and are looking to increase their knowledge and skill in the areas of fitness and nutrition. It can be completed over one year of full-time study or part-time.

The new one-year Fitness Specialist certificate is a 25-credit program designed for those who want to start a career or are already working in the field and are looking to increase their knowledge and skill in the areas of fitness and nutrition. After completing this program, graduates will have the knowledge to sit for professional examinations offered by the American College of Sports Medicine, the American Academy of Health Professionals, Cooper Institute and the National Academy of Sports Medicine. Courses in the certificate will cover nutrition, fitness assessment, fitness program design and weight management. Those interested in starting their own fitness or personal training business can take advantage of courses in entrepreneurship and sports management.

For more information about these new certificate programs, contact the Physical Education Department at (518) 629-7366 or visit hvcc.edu.

Founded in 1953, Hudson Valley Community College offers 75 degree and certificate programs in four schools: Business; Engineering and Industrial Technologies; Health Science; and Liberal Arts and Sciences; and an Educational Opportunity Center for academic and career training. One of 30 community colleges in the State University of New York system, it has an enrollment of more than 12,000 students, and is known as a leader in distance learning initiatives and workforce training. Hudson Valley has more than 75,000 alumni.

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