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## CONTENTS

### 1 Bicycling

*Early Season Cycling*

### 3 Kayaking, Canoeing & SUP

*Spring Paddling Guide*

### 5 Around the Region News Briefs

### 5 From the Publisher & Editor

### 6-11 CALENDAR OF EVENTS

*April - June 2015 Events*

### 12 Non-Medicated Life

*Role of Supplements Revisited*

### 15 Running & Walking

*Spring Up for Coming Races*

### 17 Athlete Profile

*Luge with Duncan Segger*

### 19 Triathlon & Duathlon

*Share the Passion with Family*

### 22-27 RACE RESULTS

*Top Finishers in 25+ Events*

### 31 Hiking & Backpacking

*"Must See" Waterfalls*

# Early Season Cycling

## Register Now for a Variety of Rides!

By Dave Kraus

Is it spring yet? After the long, harsh winter, the snow is melting and multiple Capital and Adirondack region groups are ready to supply area cyclists with a wider variety of benefit and recreational rides than ever before.

The first big ride event of the spring – the **Tour of the Battenkill Gran Fondo** on Sunday, April 19 – typically attracts over 3,000 racers and is part of the largest single racing event in the country. In the less formal gran fondo ride, racers can race for prizes but any rider can challenge themselves on the partially paved Washington County course, which has become a legend in domestic US racing.

In this 11th year, the event gets some major route changes and a new start/finish at the Washington County Fairgrounds near Greenwich. It's easier to reach from Albany and Saratoga, with abundant space for parking and the event expo. From there, gran fondo riders will head out on 23 or 68-mile courses that include challenging climbs and traffic control, neutral and sag support, and fully stocked rest stops. For more info, course maps and registration info, visit [tourofthebattenkill.com](http://tourofthebattenkill.com).

**Sean's Ride** on Saturday, April 25, is part of the Sean's Run Weekend in memory of Sean French, who lost his life in 2002 as a passenger in a drunk driving car crash. The 10, 20 and 50-mile routes start from the Chatham Fairgrounds, and offer scenery including views of the Hudson set against the backdrop of the Catskills. There are stocked rest stops, post-ride refreshments, and souvenir jerseys to the first 200 registrants.

Since 2002, Sean's Weekend events have raised over \$195,000 to fund grants that support programs at schools and youth organizations, and scholarships to deserving high school

seniors. For complete details on the rides, 5K run, Meghan's Mile and many other weekend events, visit [seansrun.com](http://seansrun.com).

The **Team Billy Ride and Walk for Research** on Sunday, May 17, raises funds for brain tumor research by honoring Billy Grey, who died in 2001 after a courageous fight against glioblastoma multiforme, a highly aggressive form of brain tumor.

The morning event offers 10, 25, and 50-mile riding options, and a three-mile walk through the Saratoga Springs historic neighborhoods. All the events begin at the Farmer's Market on High Rock Avenue.

Brain tumors are a little known, but serious danger that affect more than 688,000 Americans every year, and take the lives of more than 14,000. Only one in three people with brain tumors survive for more than five years. Now in its 11th year, this local ride has raised almost \$2 million for brain tumor research. Get all the details at [teambilly.org](http://teambilly.org).

The **Farmer's Daughter Gravel Grinder**, also on Sunday, May 17, is a new event organized by the Capital Bicycle Racing Club and Helping Riders Realize Talent. "Gravel Grinder" rides take place mostly on dirt roads and use either cyclocross or other wide-tire bikes, including hard-tail mountain bikes. It's not quite a road ride, but not quite a mountain bike ride either. The unpaved back roads and woodland tracks offer light car traffic and some stunning rural scenery.

Starting in Chatham, approximately 45 miles of the 65-mile course will be on maintained gravel roads, with upwards of 6,000 feet of climbing. There's a limit of 300 riders for this inaugural event, and funds go to benefit the Columbia Land Conservancy.

The route will include fully supported aid stations, portable toilets, and sweep vehicles to make sure nobody gets left behind. But organizers make no bones about it: this is a

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**KAYAKING, CANOEING & SUP**

# Spring Paddling Guide



KAYAKERS ON THE MOHAWK RIVER IN THE CAPITAL REGION. RICH MACHA

By Rich Macha

Spring has arrived on the calendar, but as I write this in late March most bodies of water in upstate New York are still topped with ice and snow. Although I enjoy spring skiing, my thoughts often drift toward the upcoming paddling season, and I start planning some early season trips.

First of all, you must consider the fact that once the ice is out, the water temperature is still only just above the freezing mark. A drysuit or a wetsuit should be worn whenever there is a probability of capsizing – most experts agree that would be the case in most any paddling situation. At a minimum, you should avoid cotton clothing and wear a life jacket (aka PFD – personal flotation device). In New York State, the law says you must wear a PFD when paddling from November 1

through May 1. Personally, I think the state should extend this to June 1. On May 1 this year some lakes in the Adirondacks might still have ice on them. The way this spring is going my bet is that Blue Mountain Lake will still have some ice on it in early May.

In mid/lower Hudson Valley, the tidal Hudson River will likely be one of the first bodies of water to become ice-free. Unless you understand how the tides and winds affect the river's surface, you might want to stay away until the water temperature rises above 60 degrees. For example, a south wind during an ebb tide can produce waves of well over a foot in height.

If you are desperate to wet your paddle as soon as possible, you can take advantage of indoor pool sessions offered by certain institutions. For example, in the Capital Region the

Duanesburg Area Community Center offers pool sessions for paddlers on Thursday evenings in April. These sessions are a great opportunity for folks to practice rescues, rolling and other skills.

Most years, I like to head south in April in search of warmer water and warmer air; somewhere between southern New Jersey and North Carolina usually does the trick for me. The rivers of New Jersey's Pine Barrens are very attractive if you like twisty streams with some current. The Delmarva Peninsula, sandwiched between Chesapeake Bay and the Atlantic Ocean, offers a plethora of choice freshwater and saltwater paddling destinations, as does eastern North Carolina.

See **PADDLING**, 21 ▶

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## AROUND THE REGION **News Briefs**

### Streetfilms Mini-Fest at the Madison

ALBANY – A “mini-festival” of films from the influential Streetfilms project (streetfilms.org), which is focused on urban planning, cycling and transit, will roll into the Madison Theater on Monday, April 13 at 7pm.

These short films show how smart transportation design and policy can result in better places to live, work and play. The event will include a Q&A with Streetfilms’ own Clarence Eckerson following the screening. Clarence, a University at Albany alum, is often called, “the hardest working man in transportation show biz” for his dedication to making difficult, wonky concepts more accessible, and entertaining to the general public. He’s been documenting transportation advocacy for 15 years and has produced over 600 Streetfilms. His popular short video, “Gronigen: The World’s Cycling City,” is the kind of film Streetfilms produces.

The Streetfilms Mini-Festival is organized by the Albany Protected Bike Lane Coalition (Facebook: albanyprotectedbikelanes), which is working to get protected bike lanes built in the city. Eight short films will be screened with a total runtime of around 45 minutes. Info tables will be setup at 6:15pm and admission is free.

### Spaces Filling for Camp Chingachgook

KATTSKILL BAY – YMCA Camp Chingachgook on Lake George is still accepting registrations for its summer camp program. The camp often fills before the official opening on June 28, and this year promises to be much the same.

Chingachgook’s summer camp program offers a breadth and depth not found in just any camp. Day and overnight camp, plus teen adventure trips offer a progressive and

varied experience. Life at camp provides the opportunity for children aged 5-17 to make friends, learn new skills, and develop character through the YMCA core values of honesty, caring, respect and responsibility. As campers work and live together as a community they develop self-confidence, leadership and independence.

Skill classes include sailing, waterskiing, archery, sports, art, painting, mountain biking, rock climbing, nature studies, riflery, waterfront activities and more. Extensive shoreline and 75 boats make many swimming and boating skills classes possible. Year-round programs offer trails for hiking, running, nature studies, snowshoeing and skiing. Indoor facilities include a dining hall, program lodge and hike center. A branch of the Capital District YMCA, Chingachgook welcomes groups year-round. Open Houses will be held every Sunday at 2pm from April 12 through June 14. For more info, call (518) 656-9462 or visit lakegeorgecamp.org.

### “Inspired to Ride” Viewing Party/Happy Hour

SARATOGA SPRINGS – There will be an “Inspired to Ride: An Odyssey Across America” viewing party and happy hour on Wednesday, April 29 at the Saratoga Arts Center, 320 Broadway, presented by Industrious HiJinx. The happy hour at Henry Street Taproom is from 5-7pm and movie is at 7:30pm. Space is limited and tickets can be purchased in advance via Bikereg.com.

Happy Hour beer, provided by Common Roots Brewing of South Glens Falls, will be served at the taproom. A new release created for this event will be poured starting at 5:30pm. There will be special beer pricing and complimentary appetizers during happy hour, plus “Ride the Divide” will be shown from 5-6:30pm. Door prizes, including movie T-shirts and cycling swag, are provided by

Spa City Bicycleworks, CK Cycles and others. Bring a canned food item for #singletrackgiveback and receive an extra prize ticket.

Inspired to Ride, a Mike Dion film, follows a handful of cyclists from all walks of life as they race unsupported in the inaugural 4,233-mile race across the USA. It’s the antitheses of the Tour de France and Race Across America, with no teams, no support vehicles, no special jerseys, and no prize money. Go to: Inspiredtoride-saratoga.com.

### National Trails Day with ADK

WANAKENA – Celebrate National Trails Day with the Adirondack Mountain Club on Saturday, June 6. ADK will be hosting eight different trail projects that vary in difficulty to ensure there is something for everybody.

It will take place in Wanakena. ADK is returning to the Cranberry Lake/Wanakena area for the fifth time and will be partnering with Five Ponds Partners, SUNY-ESF Ranger School, and DEC Region 6. Trail projects will take place in the Five Ponds Wilderness and Cranberry Lake Wild Forest, with two of them making improvements to the Cranberry Lake 50. DEC is offering free camping at Cranberry Lake Public Campground for all registered participants on both Friday and Saturday nights.

On Friday evening, there will be a social gathering for trail volunteers at the pavilion in the Cranberry Lake Campground. Info about Saturday’s trail projects will be available along with a chance to meet crew leaders and fellow volunteers. At the end of the work day on Saturday, all trail volunteers are invited to the Pine Cone Grill in Wanakena for a recognition dinner with live music and fun prizes. The Pine Cone is located on a picturesque section of the Oswegatchie River. Go to: adk.org.

### Lake George Hike-A-Thon

BOLTON LANDING – The early-bird registration is now open for the Lake George Land

Conservancy’s third annual Lake George Hike-A-Thon on Sunday, July 5. It’s a one-day event to showcase LGLC’s parks and preserves around Lake George as free public resources, and to promote a healthy, active lifestyle and appreciation for the outdoors.

Hikes take place simultaneously all around Lake George, culminating with aerial photography of each group by helicopter. Participants choose one of 12 sites to hike to, depending on time, location and difficulty. The event is free, and until April 30 registrants will receive a free T-shirt. Registrations must be made at: lakegeorgehikeathon.org. Those who choose to make a donation in support of the LGLC’s stewardship activities may also receive a Hike-A-Thon hat for each \$25 they give.

There are three new sites for 2015, and one additional hike at an old site, for a total of 12 options. The new sites are Anthony’s Nose in Putnam; Terzian Woodlot in Hague; and the Pinnacle in Bolton Landing. Amy’s Park, a preserve in the backwoods of Bolton, will host two hikes this year. Descriptions of all the sites are online. The Hike-A-Thon is currently seeking volunteers and those interested can sign-up on the website. A volunteer orientation, is set for April 11 at 10am, and is open to anyone wanting to learn more. For details: lakegeorgehikeathon.org.

### Saratoga XC Classic hosting USA Masters 5K Champs

SARATOGA SPRINGS – The Saratoga Cross Country Classic has been awarded the host of the 2015 USA Masters 5K Cross Country Championship races. The races will take place on Sunday, October 18 at the Saratoga Spa State Park. The event is sponsored by USATF-Adirondack and Fleet Feet Sports, and it will include: Kids 2K and 3K development XC run, open 5K USA masters championship, and 5K race walk. For details, visit saratogaxcclassic.com. 🌲

FROM THE **PUBLISHER & EDITOR**

# Wow!



Thank you for helping us make our 10th annual Summer Expo the largest and most successful to date! What a joy to have family, friends, volunteers, presenters, contributing writers, 125 exhibitors, and 8,500 attendees under one roof to celebrate outdoor sports and healthy living! We were gratified to see many smiling faces and hear enthusiastic feedback over the weekend. It certainly brought this magazine to life, and was an affirmation of why we do it!

We are very grateful to all our exhibitors – new and repeat vendors – who supported our expo! There was a lot of lively interaction with our attendees all weekend long. The pool and seminar presenters did a super job of sharing their knowledge and passion for what they do.

Our volunteers gave up some or most of their weekend to help us run the show. A heartfelt thanks to Karen Chapman (our wonderful graphic designer), Catherine and Peggy Coy, Megan and Mary Emery, Paula Gabris, Cori Houry and Kim Scott for their assistance. Plus, our family – Justin and Meghana Caron and Sheela and Sudhir Kulkarni – who worked tirelessly before and during the expo.

Enjoy this April issue that we’ve put together with our contributing writers, photographers, vendors, and unique mix of advertisers! We hope you use the articles, events, results and ads as a source of ideas, information and inspiration to live life to the fullest!

Finally, please support our advertisers and exhibitors who keep us running – and tell them where you saw their ad or booth! *Happy Spring, we'll see you out there!*

*Darryl and Mona*

## ADIRONDACK SPORTS & FITNESS SUMMER EXPO

### PRIZE WINNERS ANNOUNCED

Here are the lucky winners of \$5,000 in prizes at the March 7-8 Summer Expo in Saratoga Springs. Thank you for attending the show and to our exhibitors and advertisers who generously donated the prizes!

#### BIKING

**Plaine and Son: Specialized Sirrus bicycle** – Jim Oudekenk, Saratoga Springs  
**Cycle Adirondacks & Wildlife Conservation Society: Two passes to the Bronx Zoo** – Kristina Pierce, Ballston Spa  
**Spa City Bicycleworks: Lezyne Sport FD pump** – Darlene McGraw, Saratoga Springs  
**Spa City Bicycleworks: Gift certificate for spring tune-up** – Karen Viger, Wilton

#### HEALTHY LIVING

**9 Miles East Farm, Schuylerville: Four-week meal service subscription** – Jennifer Brady Connor, Saratoga Springs  
**Arbonne International: Gift certificate** – Gretchen Hessler, Moreau  
**Back in Balance Therapeutic Massage: Wellness gift basket** – Janie Cornell, Gansevoort  
**Contemporary Athlete: Seven-week personal training package, Alex Besso, Saratoga Springs**  
**DAK Bar: Cases of mixed DAK Bars** – Bill Schwarz, Glens Falls  
**Massaging Insoles: Pair of insoles** – Sara Mullins, Brant Lake  
**RAW Fitness, Saratoga Springs: Gift certificate, Matt Tyler, Saratoga Springs**  
**Saratoga Hospital: Physioball & gift certificate for athletic trainer & physical therapy assistant services** – Marcia Cooper, Burnt Hills  
**Saratoga Regional YMCA, Saratoga Springs: One-month membership** – Eric Magnaned, Saratoga Springs  
**Sports Physical Therapy of New York, Saratoga Springs: Slant board, Biofreeze, stretch straps** – MaryAnne Chylinski, Saratoga Springs

#### HIKING

**Adirondack Life: Gift basket** – Mikaela Ebitz Linville, Waterford  
**Adirondack Mountain Club: Guidebook/maps or apparel** – Irene Crowder, Whitehall  
**YMCA Camp Chingachgook: Camp chair & umbrella** – Debby Bone, Scotia

#### PADDLING

**Lake George Kayak: SUP or kayak rentals** – Randy Rivas, Saratoga Springs

#### RUNNING

**3C Race Productions: Lake George Half Marathon entry** – Dave Poslea, Moreau  
**3C Race Productions: Saratoga Springs Half Marathon entry** – Annemarie O’Hearn, Saratoga Springs  
**Adirondack Marathon Distance Festival: Marathon entry** – Erin Everelt, Hudson  
**Adirondack Marathon Distance Festival: Half Marathon entry** – Todd Pikor, Ballston Lake  
**ARE Hairy Gorilla Half Marathon or Squirrelly Six-Mile Trail Run entries** – Brian Super, Castleton & David Cann, Queensbury  
**Freihofer’s Run for Women: 5K entry** – Allison Walter, South Glens Falls  
**Jog for Jugs Half Marathon entry** – Don Chillrud, Niskayuna  
**Jog for Jugs 5K entry** – Alex Chlopecki, Glenville  
**iRun Local: Men’s Under Armour shirt** – Luke Tetreault, Albany  
**iRun Local: Ladies’ Under Armour shirt** – Amy Baccaro, Latham  
**Malta BPA 5K entry** – Bob Moriale, Malta  
**Mohawk Hudson River Marathon entry** – Chris Bott, Clifton Park  
**Mohawk Hudson River Half Marathon entry** – Anna Castelli, Ballston Lake  
**Saratoga Cross-Country Classic 5K entry** – John Sestito, Johnsonville  
**Schenectady Firefighters’ Run 4 Your Life 5K entries** – Tricia Johnston, Ballston Lake & Ally Russo, Broadalbin  
**Southern Saratoga YMCA: Spring Has Sprung 5K entry** – Tom Sissor, Halfmoon  
**Southern Saratoga YMCA: Spring Has Sprung 10-Mile Run entry** – Nicolette Pohl, Saratoga Springs  
**Sunny Hill Resort: Obstacle Training Passes** – Aaron Delezewski, Ballston Spa  
**Survive the Farm: 5K & 10K obstacle run entries** – Cara Wolff, Niskayuna & Chris Dooling, Clifton Park  
**Walkway Over the Hudson Marathon entry** – Tim Cavenee, Peru

#### TRAVEL

**The Wild Center: Admission passes** – Laurie Jacobsen, Lake Katrine

#### TRIATHLON & DUATHLON

**Southern Saratoga YMCA: Anyone Can Tri Triathlon entry** – Ryan Cannon, Greenwich  
**Capital District Triathlon Club: Transition mat & visor** – Dee Flicker, New Ashford, MA  
**Saratoga Lions Duathlon entry** – Shylah Weber, Rensselaer

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ISSUE #172

**SATURDAY JUNE 6TH**

Whiteface Mountain Uphill Bike Race

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## Calendar of Events April - June 2015\*

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

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			1	2	3	4						1	2		1	2	3	4	5	6
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24 <sup>31</sup>	25	26	27	28	29	30	28	29	30				

### ALPINE SKIING & SNOWBOARDING

#### APRIL

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

### BICYCLING: ROAD

#### ONGOING

- Sat Women's Cycling Series: 4/25, 5/2, 5/9.** 8-10am. Intro, seminars, no-drop group rides (free, all levels). Grey Ghost Bicycles, Glens Falls. 223-0148. [greyghostbicycles.com](http://greyghostbicycles.com).
- #### APRIL
- 4 Trooper David Brinkerhoff Memorial Race Series #2.** 24M/36M/48M/60M. 11am. Coxsackie-Athens HS, Coxsackie. 281-3710. [cbrc.cc](http://cbrc.cc).
  - 4 Tour of the Battenkill Preview Ride.** 68M. 10am. 392 Old Schuylerville Rd, Greenwich. Anthem Sports: 413-314-3478. [tourofthebattenkill.com](http://tourofthebattenkill.com).
  - 4 2nd South End Bikeway Link Tour:** Corning Preserve to Helderberg Hudson Rail Trail. 10am. Smart Cycling mini-course: 9:30am. Corning Preserve, Albany. [albanybicyclecoalition.com](http://albanybicyclecoalition.com).
  - 4-5 Army Spring Classic.** TT, road race, crit. Stony Point & West Point. Jack Rector: 715-417-2179. [collegiatecycling.org](http://collegiatecycling.org).
  - 7 Kids' Bike Day.** Collamer House Bike & Ski, Malta. 871-1213. [collamerhouse.com](http://collamerhouse.com).
  - 10-12 Steiner's Bicycle Tent Sale.** Steiner's Ski & Bike, Glenmont. 427-2406. [steinersskibike.com](http://steinersskibike.com).
  - 11 Trooper David Brinkerhoff Memorial Race Series #3.** 24M/36M/48M/60M. 11am. Coxsackie-Athens HS, Coxsackie. 281-3710. [cbrc.cc](http://cbrc.cc).
  - 11 Four County Bike Ride.** 35-45M. Colonie Town Park, Latham. Don Berens: 783-1302. [adk-albany.org](http://adk-albany.org).
  - 12 Berkshire Brevet Old Saybrook 300K.** 6am. Westfield, MA. [newhorizonsbikes.com](http://newhorizonsbikes.com).
  - 13 Streetfilms Mini-Festival of Films.** 7pm. Free. Sustainable transportation short films, Secure bicycle parking. Madison Theater, Albany. [streetfilms.org](http://streetfilms.org).
  - 17-18 24th Copake Antique & Classic Bicycle Auction, Swap Meet & 10M Ride.** Swap Meet: Fri, 6am. Ride: Fri, 3pm. Auction: Sat, 9am. Copake Auction House, Copake. 329-1142. [copakeauction.com](http://copakeauction.com).
  - 18-19 11th Tour of the Battenkill: Pro/Am.** 68M. 10am. Washington County Fairgrounds, Greenwich. 413-314-3478. [tourofthebattenkill.com](http://tourofthebattenkill.com).
  - 19 Tour of the Battenkill: Gran Fondo.** 23M/68M. 10:30am. Washington County Fairgrounds, Greenwich. 413-314-3478. [tourofthebattenkill.com](http://tourofthebattenkill.com).

- 23 Zim Smith Bike Trail Ride.** 11-27M. 10am. Shenantaha Creek Park, Malta. Paul Breslin: 783-9154. [adk-albany.org](http://adk-albany.org).
- 24-26 Steiner's Bicycle Tent Sale.** Steiner's Ski & Bike, Valatie. 427-2406. [steinersskibike.com](http://steinersskibike.com).
- 25 Tomhannock Spring Sale Celebration.** 10am-5pm. Bike & product raffles, reps w/giveaways. Food. Tomhannock Bicycles, Pittstown. 663-0083. [tomhannockbicycles.com](http://tomhannockbicycles.com).
- 26 Sean's Ride 2015.** 10/20/50M scenic rides. 10am: 20M bike & 8:30am: 50M bike. Chatham HS, Chatham. [seansrun.com](http://seansrun.com).
- 26 Saratoga Brevet 300K.** 7am. 7 Pearl St, Schuylerville. John Cecerri: 583-3708. [adkulttracycling.com](http://adkulttracycling.com).
- 29 "Inspired to Ride" Film by Mike Dion.** 5-7pm: Happy Hour, Henry Street Taproom. 7:30pm: Movie, Saratoga Arts Center. Saratoga Springs. [inspiredtoride-saratoga.com](http://inspiredtoride-saratoga.com).

#### MAY

- 1-2 Women's Woodstock Cycling Grand Prix.** 35M/60M. Mountainview Ave, Woodstock. Martin Bruhn: 845-612-1672. [wwcgp.weebly.com](http://wwcgp.weebly.com).
- 3 Albany Bike Expo 2015.** 10am-4pm. Bike shops, clubs, advocacy groups, refreshments, raffle. Free. All welcome. Washington Park Lakehouse, Albany. [albanybicyclecoalition.com](http://albanybicyclecoalition.com).
- 3 Hollenbeck's Spring Classic Road Race.** 22M/44M/66M. 10am. Hollenbeck Cider Mill, Virgil. 607-342-5456. [flyingcycling.org](http://flyingcycling.org).
- 3 Five Boro Bike Tour.** 40M. 32,000 cyclists; no cars. Battery Park, Manhattan. 212-870-2080. [bike.nyc](http://bike.nyc).
- 7 Young Adults Zim Smith Evening Bike Ride.** Coons Crossing, Clifton Park to Shenantaha Park, Malta. Details: Stephanie Graudons 332-4624. [adk-albany.org](http://adk-albany.org).
- 9 Prattsburgh Gravel Classic.** 15M/30M. Prattsburgh. [ridelcc.com](http://ridelcc.com).
- 15-17 Syracuse Race Weekend.** Hill climb, TT, criterium. Marcellus & Onondaga Park. [onondagacyclingclub.org](http://onondagacyclingclub.org).
- 17 11th Team Billy Ride & Walk for Research.** 10M/25M/50M ride: 8:30am. 3M walk: 9am. Farmer's Market, High Rock Park, Saratoga Springs. 587-7211. [teambilly.org](http://teambilly.org).
- 17 1st Farmer's Daughter Gravel Grinder.** 65M. 9am. Non-competitive, supported gravel ride on scenic dirt roads/trails. Columbia Co Fairgrounds, Chatham. [farmersdaughtergravelgrinder.com](http://farmersdaughtergravelgrinder.com).
- 17 5th Gran Fondo New York.** 100M/50M. George Washington Bridge, NYC. 212-933-4033. [granfondony.com](http://granfondony.com).
- 23-25 Killington Stage Race.** 61-160M. Killington, VT. [killingtonstagerace.com](http://killingtonstagerace.com).
- 25-31 Adirondack Brevet Week.** Randonneur Series: 100K, 200K, 300K, 400K & 600K. Schuylerville. [adkulttracycling.com](http://adkulttracycling.com).
- 30 Mt Ascutney Bicycle Hill Climb.** 3.7M. 9am. Mt. Ascutney SP, Windsor, VT. [ascutneyhillclimb.com](http://ascutneyhillclimb.com).
- 30-31 Wilmington-Whiteface Race Weekend.** Sat: Wilmington-Whiteface Road Race. Sun: Wilmington Circuit Race. Town Youth Park, Wilmington. [teampacidplanet.org](http://teampacidplanet.org).

#### JUNE

- 6 14th Whiteface Mountain Uphill Bike Race.** 11M. 8am. Whiteface, Wilmington. 946-2225. [whitefacerace.com](http://whitefacerace.com).
- 7 Saratoga Springs Tour de Cure.** 10/28/50/62.5/100M or 3hr indoor spin. Saratoga Springs HS, Saratoga Springs. American Diabetes Assn: 888-DIABETES x3606. [diabetes.org/toursaratoga](http://diabetes.org/toursaratoga).
- 13 4th Greene Summer Classic.** 46M. Windham Mountain, Windham. 413-314-3478. [greatamericacycling.com](http://greatamericacycling.com).
- 13-14 12th Get Your Guts in Gear: Ride for Crohns & Colitis.** Sat: 100M/62.5M/30M/10M. Thayer Hotel, West Point. Sun: 30M/10M rides. [igotguts.org](http://igotguts.org).
- 14 1st Tour de Salem Flame Fighters Fundraiser Bike Rides.** 63M metric: 7:30am. 25M: 8:30am. 16M: 9am. 10M: 9:30am. Salem Fire Dept Carnival Grounds, Salem. Steve Saunders: 321-9430. [tourdesalemflamefighters.com](http://tourdesalemflamefighters.com).
- 14 Tour of the Catskills Devil's Kitchen Preview Ride.** 77M. 10am. 20 Tompkins St, Tannersville. 413-314-3478. [greatamericacycling.com](http://greatamericacycling.com).
- 19-21 Saranac Lake Tandem Rally.** Gear-To-Go Tandems, Saranac Lake. Rich & Lindy: 354-2102. [gtgtandems.com](http://gtgtandems.com).

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**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

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Questions: [jameslwalker3@yahoo.com](mailto:jameslwalker3@yahoo.com)

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### Viewing Party & Happy Hour Wednesday, April 29th

Happy Hour: 5-7pm, Henry Street Taproom  
Common Roots Brewery, appetizers, door prizes  
Movie: 7:30pm, Saratoga Arts Ctr., 320 Broadway

A Mike Dion Film (Ride the Divide, Reveal the Path): Follow  
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Details: inspiredtoride-saratoga.com  
Tickets: \$20 in advance at BikeReg.com



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27 Okemo Bike Climb. 5.8M. 10:30am. Jackson Gore Rd, Ludlow, VT. 802-738-5557. okemobikeclimb.com.

28 Farm to Fork Fondo. 11-94M. Team USA Way, Port Jervis. farmforkfondo.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

9 **10th Ididaride: Adirondack Bike Tour.** 75M/20M. Ski Bowl Park, North Creek. Adk Mtn Club: 800-395-8080 x42. adk.org.

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. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

### SEPTEMBER

12 **Double H Ranch Camp Challenge Bike Ride and 5K Trail Run.** Bike: 30M/62M. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921 X269. doublehbranch.org.

12-13 **Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.

### CROSS-COUNTRY SKIING

#### APRIL

4 Easter Scramble Fun Race & Family Fun Ski. 10am. Free. Saratoga Biathlon Club, Day. hurtnordicskiing.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, Schroom Lake. 810-7871. Schedule: truenorthyogaonline.com.

**Mo-Sa Rock Your Fitness Classes.** Next Session: 4/13-5/22 & 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, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

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

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

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

### HIKING, SNOWSHOEING & CLIMBING

#### APRIL

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

#### MAY

1-3 **14th Waterfall Weekend w/Barbara Delaney & Russell Dunn.** Trail's End Inn, Keene Valley. Russell Dunn: 482-2410.

9 Cascading Waters. 10M. Ausable River. Call for meeting place. Gene Reilly: 281-7796. adk-albany.org.

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

23 Waterfalls and Wildflowers Hike. 9M. Long Trail, Poet's Ledge, Viola, Wildcat & Buttermilk Falls. Leslie Siegard: 768-2393. adk-albany.org.

#### JUNE

6 **National Trails Day.** 8 trail projects. Wanakena/Cranberry Lake. ADK Mtn Club: 523-3441. adk.org.

6 Kaaterskill High Peak & Roundtop Hike. 17M. Details: Claudia Warren: 364-3857. adk-albany.org.

14 Noonmark Mtn Hike. 6M. Round Mtn Pond Trailhead, Keene. Details: Robert Priest: 489-7472. adk-albany.org.

19-21 **Trailless Peak Backpacking: Dix Range.** 13M. 8:30am. Exit 29/I-87. ADK Mtn Club: 523-3441. adk.org.

22 **Esther Hike.** 6.6M. 8:30am. Candyman Shop, Wilmington. ADK Mtn Club: 523-3441. adk.org.

26-28 **Beginner Backpacking.** 9am. Adirondack Loj, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

26-28 **Trailless Peak Backpacking: Cliff & Redfield.** 13M. 10am. Adirondack Loj, Lake Placid. 523-3441. adk.org.

29 **Street & Nye Hike.** 9M. 8am. Adirondack Loj, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

### JULY

5 **3rd Hike-a-thon.** 12 sites around Lake George. Lake George Land Conservancy. Sarah Hoffman: 644-9673. lakegeorge-hikeathon.org.

### MOUNTAIN BIKING & DIRT/GRAVEL

#### 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.

17 **1st Farmer's Daughter Gravel Grinder.** 65M. 9am. Non-competitive, supported gravel ride on scenic dirt roads/trails. Columbia Co Fairgrounds, Chatham. farmersdaughtergravelgrinder.com.

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

13 **20th Black Fly Challenge: Adirondack Mountain Bike Race.** Sat, 10:30am: 40.5M. Byron Park, Indian Lake to Fern Park, Inlet. Sun: MTB rodeo/races. blackflychallenge.com.

### MOUNTAINEERING & WILDERNESS SKILLS

#### APRIL

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

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

#### MAY

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

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

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

#### JUNE

13 **Wilderness Navigation Essentials.** Adult & Teen. 10am-3pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.

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**Tour de Salem  
Flame Fighters  
Fundraiser  
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**SUNDAY  
JUNE 14**

**Salem, Washington County**  
Salem FD Carnival Grounds, Archibald St.

Hosted by Salem Volunteer Fire Dept.  
Proceeds for construction of new firehouse

- 63 mile metric  
century: 7:30am -  
25 miles: 8:30am  
16 miles: 9am  
10 miles: 9:30am

\$35 individual or \$40 family  
**Register: BikeReg.com**

**TourDeSalemFlameFighters.com**

More info: Steven Saunders  
at (518) 321-9430 or  
salemfd4434@hotmail.com

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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 Scheefer (518) 891-5873

adkbuild@roadrunner.com

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**THE GREAT SACANDAGA CHALLENGE TRIATHLON**  
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 READY. SET. GO!

**EXCITING FAMILY EVENT!**

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

**Youth Triathlon:**  
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 • 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](http://greatsacandagachallenge.com)  
**SACANDAGA TRICLUB**

**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](http://cdtriclub.org)**

**HUDSON CROSSING TRIATHLON**

**Sunday, June 7**  
 500yd Swim, 12M Bike, 5K Run  
 Limited to 300 - Register Early!  
[www.hudsoncrossingtri.com](http://www.hudsoncrossingtri.com)

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**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

Register: [www.t3coaching.net](http://www.t3coaching.net)  
 Kevin Crossman: 518-307-5895  
[kevin@t3coaching.net](mailto:kevin@t3coaching.net)

**WELCOME ALL**

Capital District Triathlon Club

Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 2-August...  
**Details: [www.cdtriclub.org](http://www.cdtriclub.org)**

**SARATOGA LIONS DUATHLON**  
 11th Annual

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

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

Premier Sponsors: SARATOGA CASINO AND RACEWAY, THE ADIRONDACK TRUST

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

- MULTISPORT: TRIATHLON & DUATHLON ONGOING**
- 14 **Family Wilderness Adventure w/ James Bruchac.** Ages 6+. 1-4:30pm. Ndakinna Center, Greenfield. 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).
  - 7 **6th Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. [hudsoncrossingtri.com](http://hudsoncrossingtri.com).
  - 7 Keuka Lake Triathlon. Intermediate, Sprint, Du, Aqua, Kids. 7:30am. Keuka Lake College, Penn Yan. [keukalaketri.com](http://keukalaketri.com).
  - 13 SteelMan Triathlon. Intermediate, Sprint, Du, Aqua, Kids. Darien Lakes SP, Darien Center. [eclipsemultisport.com](http://eclipsemultisport.com).
  - 13 36th Green Lakes Triathlon. 800m swim, 12.4M bike, 5K run. 8:30am. Green Lakes SP, Fayetteville. [syracuseymca.org](http://syracuseymca.org).
  - 14 Sleepy Hollow Sprint Triathlon. 0.5M swim, 10M bike, 3M run. Sleepy Hollow. [teamintraining.org](http://teamintraining.org).
  - 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](http://greatsacandagachallenge.com).
  - 20 Tri Oswego Tri Weekend. Wrights Landing, Oswego. 315-806-0250. [tri-oswego.com](http://tri-oswego.com).
  - 21 Super Sprint Triathlon. 0.25M swim, 7M bike, 2M run. 1pm. Grafton Lakes SP, Grafton. [skyhighadventures.com](http://skyhighadventures.com).
  - 21 Ironman 70.3. 1.2M swim, 56M bike, 13.1M run. Jamesville Reservoir, Syracuse. [ironman.com](http://ironman.com).
  - 27 ToughMan Half Iron Tupper Lake Tinman. Half & Sprint. 6:45am. Municipal Park, Tupper Lake. 359-3328. [tupperlaketinman.com](http://tupperlaketinman.com).
  - 27-28 **HITS North Country Triathlon.** Sat: Full, Half, Aquabike. Sun: Olympic, Sprint, Open, Aquabike. Beach Park, Hague. 845-247-7275. [hitstriathlonseries.com](http://hitstriathlonseries.com).

- JULY**
- 11-12 **HITS Kingston Triathlon.** Sat: Full, Half, Aquabike. Sun: Olympic, Sprint, Open, Aquabike. Kingston Point, Kingston. 845-247-7275. [hitstriathlonseries.com](http://hitstriathlonseries.com).
  - 19 **Pine Bush Triathlon.** Sprint: 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. [active.com](http://active.com).
  - 31 **Fronhofer Kids Triathlon (100m swim, 3M bike, 1M run) & Kids Mini (50yd swim, 1M bike, 0.5M run).** 6:15pm. Lake Lauderdale Park, Cambridge. [fronhoferooltri.com](http://fronhoferooltri.com).
- AUGUST**
- 1 **9th Fronhofer Tool Triathlon.** Olympic: 1.5K swim, 40K bike, 10K run. 8am. Partner/relay. Lake Lauderdale Park, Cambridge. [fronhoferooltri.com](http://fronhoferooltri.com).
  - 15 **Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. [cdtriclub.org](http://cdtriclub.org).
  - 16 **3rd Peasantman Steel Distance Triathlons.** Full Steel, Aquabike: 7am. Half, Half Relay, Half Aquabike: 7:30am. Olympic: 8am. Indian Pines Park, Penn Yan. 315-670-7191. [peasantman.com](http://peasantman.com).

- OTHER EVENTS ONGOING**
- Sun **Open Houses: 4/12-6/14.** 2pm. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- MAY**
- 1-3 **Mother/Daughter Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [camp.cdymca.org](http://camp.cdymca.org).
  - 13 **Team In Training Info Session & Kickoff.** 5:30-6:30pm. Jewish Comm Center, Albany. Register for Lake George Triathlon/Half Iron Man, Mohawk Hudson Half/Full, Marine Corp Marathon, Moms in Training, Dunkin Run 5K/10K. Elizabeth Spaide: 438-3583. [teamintraining.org](http://teamintraining.org).
  - 22-25 **Family Camp Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [camp.cdymca.org](http://camp.cdymca.org).
  - 27 **Team In Training Info Session & Kick-Off.** 5:30-7:30pm. The Orchard Restaurant, Albany. Register for Lake George Triathlon/Half Iron Man, Mohawk Hudson Half/Full, Marine Corp Marathon, Moms in Training, Dunkin Run 5K/10K. Elizabeth Spaide: 438-3583. [teamintraining.org](http://teamintraining.org).
  - 29-31 **Women's Spring Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [camp.cdymca.org](http://camp.cdymca.org).

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# 9TH ANNUAL CCRC 5K Run/Walk/BBQ

**and 1K Kids' Run**  
**Saturday, May 2nd – 3pm**  
 Christ Community Reformed Church  
 1010 Route 146, Clifton Park

CCRC hosted solely to promote well-being and healthy lifestyles in the community

- USATF Sanctioned 5K Race
- Family Team Competition
- 1K Kids' Run – 4pm
- BBQ chicken dinner included
- Lots of drawing awards
- T-shirt to first 125 entrants
- Sneaker recycling program
- Convenient afternoon start

Form: [www.ccrccpny.org](http://www.ccrccpny.org) • Pat Glover: 877-0654 • [pjglove@aol.com](mailto:pjglove@aol.com)



## Joan Nicole Prince Home

### 5K Run & 1 Mile Walk

**Saturday, April 25 – 9am**  
 Pavilion at Central Park, Schenectady

### A family-friendly 5K run and 1 mile walk in scenic Central Park!

All proceeds support this care residence for terminally ill patients in need of a home in their final days. The Scotia home is primarily staffed by volunteers and relies solely on community support for funding.

- Register by 4/17 for guaranteed race T-shirt
- Race photos posted for viewing and free download
- Shutterfly gift certificates to 5K age group and raffle winners

**Register: Active.com**  
**or run/walk day: 7:30-8:30am**  
 More Info/Entry Form:  
[Joannicoleprincehome.org](http://Joannicoleprincehome.org)  
 or (518) 346-5471

\$25 by 4/17, \$30 by 4/24, \$35 race day, student/youth \$20, family (1 adult/children) \$40

## PADDLING: CANOEING, KAYAKING & SUP ONGOING

**Thu Kayak Rescue & Recovery: 4/2-23, 7:30-9pm.** Duanesburg Area Comm Center pool, Duanesburg. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

### APRIL

**2-4 Club Days Sale.** Special pricing for club members. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**26 Little River Ramble.** College/Recreational: 2M. Kayak Marathon: 6M. Little River Boat Launch, Canton. 315-386-2577. [slvpaddlers.org](http://slvpaddlers.org).

**25 45th Wappingers Creek Water Derby.** 8M. Mark: 845-391-7700. [aquaticexplorers.org](http://aquaticexplorers.org).

### MAY

**2-3 Saratoga Paddlefest.** Sales, demos. Mountainman Outdoors, Saratoga Springs. 584-0600. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).

**2-3 58th Hudson River White Water Derby.** Sat, 10:30am: Giant Slalom & Sprints. After GS: Not So Wild Downriver Race. Sun, 11am: Downriver Race, North Creek to Riparius. North Creek. 251-2612. [whitewaterderby.com](http://whitewaterderby.com).

**2-3 Canton Canoe Weekend.** 12-14M. Grasse River, Taylor Park, Santon. [slvpaddlers.org](http://slvpaddlers.org).

**5 Evening Tour: Mohawk River Paddle.** 5:45pm. Kiwanis Park, Rotterdam. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**9-10 Canoe & Kayak Demo Days.** Riverside Park on Lake Flower, Saranac Lake. 800-491-0414. [adironackoutfitters.com](http://adironackoutfitters.com).

**13 Evening Tour: Mohawk River Paddle.** 5:45pm. Freddie's Park, Latham. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**15-17 Adirondack Paddlefest.** Sale, clinics, demos. Public Beach, Old Forge. 315-369-6672. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).

**16 'Round the Mountain Canoe & Kayak Race.** 10.5M. 11am. Ampersand Bay Resort to Lake Flower, Saranac Lake. [macscanoe.com](http://macscanoe.com).

**16 Women's Kayaking Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [camp.cdymca.org](http://camp.cdymca.org).

**17 Schodack Island Paddle.** 9am. Boat Launch, Hudson, Schodack Island SP, Schodack. Dave Pisaneschi: 459-5969. [adk-albany.org](http://adk-albany.org).

**19 Evening Tour: Hudson River, Vlomankill, Papscanee Creek Paddle.** 6:15pm. Henry Hudson Park, Bethlehem. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**20 Fundamentals of Kayaking I.** 6:30-8pm. Basics, strokes, maneuvering. Mohawk River, Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**20 & 22 Fundamentals of Kayaking I & II.** 6:30-8pm. Basics, plus edging, braces, sculling draws. Mohawk River, Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**20 1st SLVP Duathlon.** 1M run, 1.5M canoe/kayak, 1M run. 6:30pm. Canton. [slvpaddlers.org](http://slvpaddlers.org).

**24 Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [camp.cdymca.org](http://camp.cdymca.org).

**27 Evening Tour: Round Lake & Anthony Kill Paddle.** 6:15pm. Round Lake. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**30 1st Yusef Burgess Memorial Regatta.** 12-4pm. Six Mile Waterworks Pavilion, Albany. 528-9140.

**31 Hoosic River Paddle.** 10M. Class I+. North Adams, MA to Pownal, VT. Rich Macha: 346-3180. [adk-albany.org](http://adk-albany.org).

### JUNE

**2 Evening Tour: Mohawk River Paddle.** 6:15pm. Lock 7, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**6 Canoe/Kayak Race & Recreational Paddle.** 10am. Overlook Park, Queensbury. Feeder Canal Alliance: 792-5363. [feeder canal.org](http://feeder canal.org).

**10 Evening Tour: Paddle on the Mohawk.** 6:15pm. Lions Park, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**13-14 Madrid Canoe Regatta.** Mile, Marathon, Pro, Recreational races. Canton. [slvpaddlers.org](http://slvpaddlers.org).

**16 Evening Tour: Hudson River Paddle.** 6:15pm. Bald eagles. Coeymans. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

- 17 2nd SLVP Duathlon. 1M run, 1.5M canoe/kayak, 1M run. 6:30pm. Canton. [slvpaddlers.org](http://slvpaddlers.org).
- 21 Battenkill Paddle. Whitewater. 12-15M. Call for details. Rich Macha: 346-3180. [adk-albany.org](http://adk-albany.org).
- 23 Evening Tour: Mohawk River. 6:15pm. Freeman's Bridge, Glenville. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 30 Evening Tour: Mohawk & Hudson River Paddle. 6:15pm. Peebles Island, Lansingburgh. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

## RUNNING, TRAIL RUNNING & WALKING ONGOING

**Daily Training Facility.** Viking Obstacle Course. Sunny Hill Resort, Greenville. 634-7642. [sunnyhill.com](http://sunnyhill.com).

**Mon Camp Saratoga Trail Run Series: every two weeks 6/22-8/17.** 5K. 6pm. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 581-1278. [saratogastryder.org](http://saratogastryder.org).

**Tue Adi'RUN'dack Trail Race Series 20K Challenge:** 5/5-5/25. 6pm. Cole's Woods, Glens Falls. [adironackrunners.org](http://adironackrunners.org).

**Tue Summer Track Series:** 6/2-7/28. 6pm. Queensbury HS, Queensbury. [adironackrunners.org](http://adironackrunners.org).

**Wed Colonie Summer Track Series: 6/16-8/5.** 6pm. Colonie HS, Colonie. 783-2760. [hmrrc.com](http://hmrrc.com).

### APRIL

**4 36th April Fool's Races.** 10K: 10:05am. 5K: 11am. 1M Kids Race: 10am. Salem HS, Salem. 854-9262. [aprilfoolsrace.com](http://aprilfoolsrace.com).

**4 1st Code Blue 8K Run.** 8am. Egg hunt, silent auction. High Rock Park, Saratoga Springs. [saratogacodebluerun.com](http://saratogacodebluerun.com).

**4 21st Rabbit Ramble 4M Run & 2M Walk.** 10am. Guilderland Center. Phil Carducci: 861-6350. [active.com](http://active.com).

**4 28th Fort to Fort 5K/10K.** 8:45am. Rome Free Academy, Rome. [romanrunners.com](http://romanrunners.com).

**8 Saucony Zealot Demo Night.** 6pm. Fleet Feet Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.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](http://baconhillbonanza.com).

**11 Half Marathon Unplugged.** 13.1M. 9am. Airport Park, Colchester, VT. 802-863-8412. [runvermont.org](http://runvermont.org).

**11 Rock & Snow Bridge 2 Bridge 5 Miler.** Spring Farm Slingerlands Pavilion, Mohonk Preserve, High Falls. 845-339-5474. [shawangunkrunners.com](http://shawangunkrunners.com).

**12 13th Dodge the Deer 5K & Kids Run.** 10am. Schodack Island SP, Schodack Landing. [albanyrunningexchange.org](http://albanyrunningexchange.org).

**12 Hand in Hand 5K Run/Walk.** 10am. Hudson Walkway over the Hudson, Highland. 845-373-9511. [mhrrc.org](http://mhrrc.org).

**12 Ithaca Skunk Cabbage Classic Half Marathon & 10K.** 10am. Schoellkopf Stadium, Cornell University, Ithaca. 607-592-1710. [cornell.edu](http://cornell.edu).

**13 Nutrition for Runners w/Molly Morgan.** 5pm: Fleet Feet, Malta. 7pm: Fleet Feet, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

**18 Rotary 5K & Corporate Challenge.** 10am. SUNY Adirondack, Queensbury. 793-8223. [glensfallsrotary.org](http://glensfallsrotary.org).

**18 Fox Trot 5K for Parkinson's.** 9am. Betar Byway, South Glens Falls. [runsignup.com](http://runsignup.com).

**18 8th Furry Fun Run for Peppertree Rescue.** 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 524-1529. [active.com](http://active.com).

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

**18 Mindful Mile & 5K to Benefit the NE Regional Food Bank.** 9am. UAlbany Campus, Albany. [albanyrunningexchange.org](http://albanyrunningexchange.org).

**18 7th BAA 5K.** 8am. Boston Common, Boston, MA. [baa.org](http://baa.org).

**19 1st Tour of the Battenkill Euro-Cross 5K Race.** 11am. Off-road adventure, cross-country run on grass, gravel, mud w/hay bale jumps, mud pits, barns & paved finish. Washington County Fairgrounds, Greenwich. 413-314-3478. [runreg.com](http://runreg.com).

**19 I am the Most 5K.** 10am. University at Albany, Albany. Rachel Landau: 442-5800. [albany.edu](http://albany.edu).

**19 33rd Kingston Classic.** Marathon, Half, 10K, 5K, 1M. Deitz Stadium, Kingston. 845-247-7275. [kiwaniskingstonclassic.com](http://kiwaniskingstonclassic.com).



## Half-Marathon & 5K Run

**Saturday, May 9 • 9am**  
 Duanesburg Town Park, Duanesburg  
 (25 min. west of Albany)

Register by 4/15 for guaranteed race shirt

**Register Today! zippyreg.com**  
**Info: powerhouseathleticsny.com**

[jessica@powerhouseathleticsny.com](mailto:jessica@powerhouseathleticsny.com)  
 Benefits local breast cancer survivors



## 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](http://5Kraceforals.com) or [cgoh.org](http://cgoh.org)  
 Benefits St. Peter's Regional ALS Center

## Literacy 5K Run/Walk 2015

**Sunday, May 3 • 10am**

**Rensselaer Tech Park, 350 Jordan Rd, Troy**

Register: [FinishRight.com](http://FinishRight.com)

\$20 registration; \$25 race day

Children's Fun Run – 9am (\$6)

Youth Mile – 9:30am (\$10)

Run today. Tutor tomorrow.

Complete info: [lvorc.org](http://lvorc.org)  
 Literacy Volunteers of Rensselaer County

**(518) 274-8526**



**Saturday, April 11, 10am**

**Bacon Hill Reformed Church**

**560 Rte 32, Schuylerville**

Homemade Pies to Age Group Winners!

Fast, flat course in beautiful farm country

First 200 receive Cool Dri Performance Shirt

USATF sanctioned ■ 9:30am: Kids' 1M Fun Run

Register & More Info:

**[baconhillbonanza.com](http://baconhillbonanza.com)**

Proceeds benefit steeple repairs & Saratoga PLAN

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 Damien Cetnar • Scotia, NY



**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

**Run 5.67 miles,  
 1,601 feet up  
 Prospect Mountain  
 – Just one hill!**

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

More Info: [www.adirondackrunners.org](http://www.adirondackrunners.org) or [cifonedesigns@aol.com](mailto:cifonedesigns@aol.com)  
 Benefits Michelle Lafontaine ACC Scholarship Fund & Under the Woods Foundation



**Kinderhook Bank**  
 OK 5K  
 17th Anniversary 2015

**Saturday – June 6 – 9:00am**  
**Village Square, Kinderhook**  
 USATF Adirondack Grand Prix Event!  
 \$18 by 5/30 (\$15 students); \$25 all after 5/30

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

**Register & Info: OK5Krace.org**  
[kinderhookok5kace@gmail.com](mailto:kinderhookok5kace@gmail.com)




**FIFTH ANNUAL**  
**KERRY BLUE HUSTLE**  
**5K**  
 RUN WITH THE DOGS  
 RACE | FUN RUN

**Saturday, May 16 @ 9am**  
**SMSA School, Church St, Glens Falls**

Gender-specific T-shirt to first 100 by 4/15  
 \$25 in advance or \$30 race day  
 Kids' Half-Mile Dash @ 10am – Free!

Donations appreciated for St. Mary's Food Pantry  
**smsaschool.org or active.com**  
 Babette Donlon: [kerrybluehustle5k@gmail.com](mailto:kerrybluehustle5k@gmail.com)



**SUNNY HILL RESORT**  
**Viking Obstacle Race**  
 SunnyHill.com

**June 13 - 9am**  
 Greenville (30 min south of Albany)

**35+ OBSTACLES**  
**5.5 MILES**

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

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

**NO spectator or parking fees.**

Train on the course before the race or anytime!

**Discount Code: ASF15 for 10% off registration**

**Info & Register: SunnyHill.com**  
**518.634.7642**

- 19 Seneca7. 77.7M. 7-person relay. 7am. Seneca Lake, Geneva. [seneca7.com](http://seneca7.com).
- 19 MORE Magazine Women's Half-Marathon. 7am. Central Park, New York. [nyrr.org](http://nyrr.org).
- 20 119th Boston Marathon. 10am. Hopkinton to Boston, MA. [baa.org](http://baa.org).
- 25 **Joan Nicole Prince Home 5K Run & 1M Walk**. 9am. Central Park, Schenectady. 346-5471. [joannicoleprincehome.org](http://joannicoleprincehome.org).
- 25 **Good Form Running Clinic w/Charlie Woodruff**. 11am. Fleet Feet Adirondack, Malta. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 25 kLaVoy5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 928-5808. [zippyreg.com](http://zippyreg.com).
- 25 Miles of Hope Breast Cancer Foundation 5K Run/Walk & 1M Kids Run. 10am. Tymor Park, LaGrangeville. [milesofhope.org](http://milesofhope.org).
- 25 Great Moms 5K & 10K. 9am. Selkirk. [greatmomfamilyrace.weebly.com](http://greatmomfamilyrace.weebly.com).
- 25 37th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center, VT. [gmaa.net](http://gmaa.net).
- 25 Cider Run 5K Run/Walk & 10K Run. 10am. Fly Creek Cider Mill, Fly Creek. 607-765-8296. [ciderrun.com](http://ciderrun.com).
- 26 **1st Lake George Half Marathon & 5K**. Benefits Strong to Serve. 13.1M: 9am. 5K: 9:15am. Fort William Henry, Lake George. 3C Race Productions: 603-429-8879. [lakegeorgehm.com](http://lakegeorgehm.com).
- 26 **6th Plattsburgh Half Marathon & Two-Person Relay**. 13.1M. 8am. City Recreation Center, Plattsburgh. [plattsburghhalfmarathon.com](http://plattsburghhalfmarathon.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.com](http://seansrun.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. [5kpaceforals.com](http://5kpaceforals.com).
- 26 1st Chocolate 5K Run/Walk & Cocoa Kids Challenge. 9am. Bethlehem Church, New Windsor. James Roe: 845-541-2500. [active.com](http://active.com).
- 26 Save Our Switchbacks. 7.5K. 9am. Parkway Ski Chalet, Utica. [uticaroadrunners.org](http://uticaroadrunners.org).

- 3 37th Mountain Goat 10M, 3K Run/Walk & Kids Run. 10M: 10:20am. 3K: 9:40am. Kids: 9:15am. South Salina St, Syracuse. [mountaingoatrtrun.com](http://mountaingoatrtrun.com).
- 3 Binghamton Bridge Run 5K & Half Marathon. Half: 7am. 5K: 10am. NYSEG Stadium, Binghamton. 607-772-8860. [binghamtonbridgerun.org](http://binghamtonbridgerun.org).
- 7 Albany Law Day 5K Run Against Domestic Violence. 6:15pm. The Crossings, Colonie.
- 9 **4th Mastodon Challenge 15K Race, 5K Run/Walk**. 9am. Kids' Fun Run: 8am. Craner Park, Cohoes. Lisa Osorio: 281-3253. [mastodonchallenge.com](http://mastodonchallenge.com).
- 9 **6th Jog for Jugs Half Marathon & 5K**. 13.1M/5K. 7am. Town Park, Duaneburg. [powerhouseathleticsny.com](http://powerhouseathleticsny.com).
- 9 **26th Prospect Mountain Road Race**. 5.67M. 9am. Wingate Hotel, Lake George. [adirondackrunners.org](http://adirondackrunners.org).
- 9 **Abigail's Greenwich Gauntlet**. 4M challenge run around Greenwich with obstacles. 10am. YMCA Battenkill Branch, Greenwich. [greenwichedg.com](http://greenwichedg.com).
- 9 Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. [curemiop.org](http://curemiop.org).
- 9 Heather Freeman Run to the Sun 5K, 10K & Half Marathon. 9am. Watertown.
- 9 Albany YMCA Healthy Community Series Mother's Day 5K Run/3K Walk & Kids Fun Run. 9am. Albany. 463-9622. [cdymca.org](http://cdymca.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](http://active.com).
- 9 3rd Spartan 5K Community Run/Walk. 9:30am. BH-BL HS, Burnt Hills. [bhblta.org](http://bhblta.org).
- 9 26th Thom Bugliosi Trail Runs. 13K, 26K, 52K. Hammond Hill SF, Dryden. 607-227-4837. [fingerlakesrunners.org](http://fingerlakesrunners.org).
- 10 **3rd Fleet Feet Sports 10K Classic**. 8:30am. Kids' Mile: 8am. Bethlehem HS, Delmar. Jim Sweeney: 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 10 Kelly's Angels Mother Love'n Day 5K. 8:45am. Saratoga Spa SP, Saratoga Springs. [kellysangelsinc.org](http://kellysangelsinc.org).
- 10 35th Mother's Day 5K bRUNch. 9:30am. Central Park, Schenectady. [hmrrc.com](http://hmrrc.com).
- 16 **5th Kerry Blue Hustle 5K Run with the Dogs**. 9am. Free Kids' 0.5M Dash: 10am. SMSA School, Glens Falls. [smsaschool.org](http://smsaschool.org).
- 16 New York/Vermont 5K Champlain Bridge Run. 10am. Crown Point Historic Site, Crown Point. 597-3754. [lachute.us](http://lachute.us).
- 16 35th Bill Robinson Masters 10K. 9am. Guilderland HS, Guilderland. Jim Tierney: 869-5597. [hmrrc.com](http://hmrrc.com).
- 16 Rhinebeck Hudson Valley Full & Half Marathon. 8am. Dutchess County Fairgrounds, Rhinebeck. 424-248-9126. [travelbyfeat.com](http://travelbyfeat.com).
- 16 30th Wood Memorial 5K & 1M Fun Run. 9am. Hoosick Falls. 686-4504. [townofhoosickclions.org](http://townofhoosickclions.org).
- 16 No One Left Behind 5K. 9am. Grafton Lakes SP, Grafton. 621-6091. [katiemacveigh@gmail.com](mailto:katiemacveigh@gmail.com)
- 16 MHRRC Women's Run. 5K & 10K. 8am. Dutchess County Rail Trail, East Fishkill. [mhrrc.org](http://mhrrc.org).
- 16 Demon Dash 5K Run/Walk & 1M Kids Run. 9:30am. Hermon-DeKalb Central School, Hermon. 315-347-3711. [hdcsk12.org](http://hdcsk12.org).
- 16 1st Lady Pirate Scuttle 5K Walk/Run. 9am. Whalen Park Trail, Louisville. [massenafire.com](http://massenafire.com).
- 17 **2nd Spring Has Sprung 10M Run, 5K Run, 3M Walk & 1M Kids Run**. 9am. Southern Saratoga YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).
- 17 **5K Triple Crown Race #2: Mountain Valley Hospice**. 10am. Fulton Montgomery CC, Johnstown. Lisa McCoy: 725-4545. [5ktriplecrown.racewire.com](http://5ktriplecrown.racewire.com).
- 17 **1st Run for the Warriors 5K Run/3K Walk**. 9am. Algonquin MS, Averill Park. Patrick Ryan: 229-0381. [aprunforwarriors.weebly.com](http://aprunforwarriors.weebly.com).
- 17 **11th Team Billy Ride & Walk for Research**. 10M/25M/50M ride: 8:30am. 3M walk: 9am. Farmer's Market, High Rock Park, Saratoga Springs. 587-7211. [teambilly.org](http://teambilly.org).
- 17 DACC 5K Dash. 9am. Duaneburg Area Comm Center, Delanson. Darcie Adams: 895-9500. [dacc.info](http://dacc.info).

**MAY**

- 2 **9th CCRC 5K Run/Walk/BBQ**. 3pm. 1K Kids' Run: 4pm. Christ Community Reformed Church, Clifton Park. Pat Glover: 877-0654. [ccrc-cpny.org](http://ccrc-cpny.org).
- 2 **5K Triple Crown Race #1: Glove Cities Rotary "Run for the Roses"** 9am. Partner's Pub, Johnstown. Lisa McCoy: 725-4545. [5ktriplecrown.racewire.com](http://5ktriplecrown.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](mailto:12thspringrunoff@gmail.com).
- 2 Rock the Ridge 50M Endurance Challenge. 6am. Mohonk Preserve, New Paltz. [mohonkpreserve.org](http://mohonkpreserve.org).
- 2 Run 4 The Hills. 4M. 9am. The American Hotel, Sharon Springs. 928-6998. [active.com](http://active.com).
- 2 17th Theodore "Ted" Moore Run/Walk. 5K. 9am. Mohawk Valley CC, Utica. 315-731-5797. [mvcc.edu](http://mvcc.edu).
- 2 6th Adamant 20 Miler. 20M or relay. 10am. Adamant Music School, Adamant, VT. Eric Ryea: 802-223-2733. [cvrunners.org](http://cvrunners.org).
- 3 **Literacy 5K Run/Walk**. 10am. Kids Run Run: 9am. Youth Mile: 9:30am. Rensselaer Tech Park, Troy. 274-8526. [lvorc.org](http://lvorc.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](http://middleburymaplerun.com).
- 3 Spring Sprint 5K Trail Run. 10:30am. Shaupeneak Ridge Preserve, Esopus. Anthony Coneskie: 845-473-4440. [scenicudson.org](http://scenicudson.org).
- 3 Steve Zemianek Bennington Road Race. 3.8M/10K & Kids Race. 9am. Bennington, VT. [bkvr.org](http://bkvr.org).
- 3 3rd Steffens Scleroderma Center Breaking the Chains 5K. 9am. Albany College of Pharmacy & Health Sciences, Albany. 584-4953. [steffens-scleroderma.org](http://steffens-scleroderma.org).
- 3 Diocesan Dash 5K. 9am. South Pavilion, Crossings Park, Colonie. Christine Baseel: 393-3131.



**Lake Placid Marathon & Half**


**SUNDAY, JUNE 14, 2015**  
 LAKE PLACID, NEW YORK, USA

**MARATHON**  
**HALF MARATHON**

Ranked as a Top U.S. "Destination Race"

**Race Entry Remains Open!**

2015 Registration via [www.lakeplacidmarathon.com](http://www.lakeplacidmarathon.com)  
 or [www.active.com](http://www.active.com)  
[info@lakeplacidmarathon.com](mailto:info@lakeplacidmarathon.com)



39th Annual  
**Adirondack Distance Run**  
 Lake George Village to Bolton Landing  
 Sunday, June 21 at 7:30am

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- Gender-specific sleeveless wicking T-shirts for first 500 entrants
- USATF Adirondack Association 10-Mile Championship

**Info & Application: AdirondackRunners.org**  
**Registration: Itsyourrace.com (closes June 18 at 10am)**  
 Late Registration: June 20, 5-7pm at Lake George Fire Station  
 No race day or telephone registration  
 Benefits Big Brothers Big Sisters & Adirondack Runners Club Scholarship

5th Annual  
**Run for the Rhubarb**  
 Saturday June 13th 9am  
 4565 County Rt. 9  
 New Lebanon, NY



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

5K & 10K Races & 1M Fun Kids' Run  
[www.berkshirerunningcenter.com](http://www.berkshirerunningcenter.com)  
 Race Day Registration 8-8:30am  
 Information: 518-794-8250

Join the family & friends of Liza & Nikki  
**The Run for Help**  
 5K Run/Walk Against Domestic Violence  
 To benefit Unity House  
**Sunday, June 7 • 10am**  
**Goff Middle School, East Greenbush**  
 T-shirts to first 300 entries  
 \$25 by 6/2 or \$30 race day  
**Register: active.com**  
**Info: RememberingLiza.org or UnityHouseNY.org**  
 In memory of Liza Ellen Warner & Nikki L. Hart  
 Not affiliated with Liza's Legacy Foundation

6th Annual



**5K Trail Race/Fun Walk & 1K Kids' Fun Run**  
**Saturday, May 30 • 9am**  
**Slate Valley Museum, Granville**  
 Mixed scenic trail and road race  
 Supervised kids activities during 5K at museum  
 Unique local prizes  
**Register by 5/15 to save! active.com**  
**Info: railtrailtothefootbridge5k.com**

FIRST ANNUAL



**Run for the Warriors**  
**5K Run/3K Walk**  
**Sunday, May 17 – 9am**  
 Algonquin Middle School, Averill Park  
 Runners/walkers of all ages/abilities welcome  
 Fundraiser to benefit Averill Park Indoor Track  
 and Averill Park Modified Sports  
**Info & Register:**  
**aprunforwarriors.weebly.com**  
 Awards to top 3 M/F overall and top M/F age group  
 \$25 (\$30 race day) • Shirt guaranteed if registered by 5/1  
 Find us on Facebook • Patrick Ryan: (518) 229-0381



**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

- 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.
- 17 32nd Run Like The Wind Races. 5K: 9:30am. 10K: 9:45am. Liberty Square, Ellenville. ellenvillerunlikethewind.com.
- 23 21st Chester Kiwanis 5K Hambletonian Road Race. 8:45am. Community Park, Chester. Richard Robillard: 845-469-7317.
- 21 CDPHP Workforce Team Challenge. 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwtc.com.
- 23 Memorial Day Races. 8:15am. The Berkshires, MA. memorialdayraces.com.
- 24 Vermont City Marathon & Relay. 26.2M. 8am. Battery & Waterfront Parks, Burlington, VT. 802-863-8412. runvcm.org.
- 24 Buffalo Marathon. 26.2M. 7am. Buffalo Niagara Convention Center, Buffalo. buffalomarathon.com.
- 27 **26th Run If You DARE.** 5K road race & 1M Fun Walk. 6:30pm. The Connors Agency, Mechanicville. 664-7307. connorsgroup.com.
- 30 **37th Freihofer's Run for Women.** 5K. 9:45am. Empire State Plaza, Albany. freihoferstrun.com.
- 30 **Survive the Farm 5K & 10K Challenge Trail Run.** 5K starts: 9am, 9:45am, 10:30am. 10K start: 10am. 11491 State Route 40, Easton. Ed Johnson: 791-7856. survivethefarm.com.
- 30 **6th Rail Trail to the Footbridge 5K Trail Race.** 9am. Slate Valley Museum, Granville. railtrailtothefoorbridge5k.com.
- 30 6th Run4Garrett 5K/10K. 9am. American Legion, Sackets Harbor. garrettsfund.org.
- 30 The Stampede 10K/5K. 10am. Dobisky Visitors Center, Ogdensburg. 315-355-1363. northernrunner.org.
- 30 UAE Healthy Kidney 10K. 9am. Columbia Circle, Central Park, Manhattan. nyrr.org.
- 31 **USA 5K Race Walk Championships.** 8am. Empire State Plaza, Albany. usatfadir.org.
- 31 **27th Freihofer's Community Walk.** 1.86M. 12pm. Empire State Plaza, Albany. usatfadir.org.
- 31 **Biggest Loser Run/Walk Series.** Half Marathon, 5K & 1M 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 3rd Daffodil Dash 5K Run/Walk.** 9am. Halfmoon Town Park, Halfmoon. 406-5157. daffodildash.com.
- 6 **18th Charlton 5K Run/Walk.** 10am. Kids' 1M Fun Run: 11am. Old School House, Charlton. 384-0065. Bill Herkenham: 384-0065. charlton5k.org.
- 6 **17th Kinderhook Bank OK-5K.** 9am. OK-1M Kids' Run: 8:15am. Village Square, Kinderhook. 758-9480. ok5kpace.org.
- 6 **5K Triple Crown Race #3: Lexington Run.** 9am. Lexington Center, Johnstown. Lisa McCoy: 725-4545. 5ktriplecrown.racewire.com.
- 6 H.E.R.O. 5K Challenge. 10am. University at Albany, Albany. 256-3336.
- 7 **5th The Run for Help.** 5K run/walk against domestic violence. 10am. Goff MS, East Greenbush. rememberingliza.org or unityhousesny.org.
- 7 Moreau Mile & BETAR Byway 5K Race/Walk. adirondackrunners.org.
- 7 44th Distinguished Service Race 8 Mile Race. 9am. University at Albany, Albany. hmrrc.com.
- 6 6th Equinox Trail Race. 5K/10K. 9:30am. 631 North Pasture Ln, Charlotte, VT. Martha Keenan: 802-363-2384. gmaa.net.
- 13 **1st Walkway Marathon, Half Marathon & Treetops to Rooftops 5K.** 7:15am. Expo, 6/12 2-8pm: Mid-Hudson Civic Center. Marist College, Poughkeepsie. walkwaymarathon.org.
- 13 **Viking Obstacle Race.** 5.5M & 35 fixed obstacles. 9am. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.

- 13 **5th Run for the Rhubarb.** 5K & 10k races & 1M Fun Kids' Run. 9am. Mountain Road School, New Lebanon. 794-8250. berkshirerunningcenter.com.
- 13 20th Lions Ramble. 5:30pm. Fort Plain. John Geesler: 568-7509.
- 13 Sunflower Run HM 5K Run/Walk. 9am. Crossings Park, Colonie. 431-9856. sunflowerrunhm.com.
- 13 Race the Lake Marathon & Half. 8am. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
- 14 **Lake Placid Marathon & Half.** 26.2M/13.1M. 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 15 Summer Sizzle 5M Road Race. 8:30am. Deerfield Town Park, Deerfield. uticaroadrunners.org.
- 15 Patriot 5K-10K Run/Walk. 5K: Wingate Hotel, Rome. 10K: Rome Cemetary, Rome. 8:30am. romanrunners.com.
- 20 **Whipple City 5K.** 8:30am. Greenwich. 692-3311. whipplecity5k@yahoo.com
- 20 **Strides 4 STRIDE Run, Walk 'n' Roll.** 5K Run/Wheelchair/Handcycle. 2.5M Walk & 400m Tot Run. 9am. Corning Preserve, Albany. 598-1279. stride.org.
- 20 Tri-City Valley Cats Home Run 5K & 1/4M Fun Run. 9am. HVCC Campus Stadium, Troy. John Haley: 456-3682. hmrrc.com.
- 20 7th Greenfield Dragon 5K & Kids' Fun Run. 9am. Greenfield Elementary School, Greenfield. zippyreg.com.
- 20-21 Manitou's Revenge Ultramarathon & Relay. 54M Trail on Black Dome Trail, Windham. 5am. Batavia Kill Park, Maplecrest. manitousrevengeultra.com.
- 21 **39th Adirondack Distance Run.** 10M. 7:30am. Lake George Village to Bolton Landing. Marcy Dreimiller: 480-1279. adirondackrunners.org.
- 21 Tawasentha Mud Mania 5K & Kids 1K Obstacle Run. 10am. Tawasentha Park, Altamont. tawasenthamudmania.com.
- 21 New Paltz Challenge Half Marathon & Family 5K. New Paltz. 845-255-0243. newpaltzchallenge.com.
- 21 30th Mount Greylock Trail Races. 13.5M/3M. 10am. Greylock Glen, Adams, MA. runwmac.com.
- 24 Summer Solstice 14K Trail Run. 6:30pm. Minnewaska SP Preserve, Wawarsing. 212-434-2717. shawangunkrunners.com.
- 28 Move and Groove 5K. 10am. National Museum of Dance, Saratoga Springs. dancemuseum.org.
- 30 **The Colonie Mile.** 6pm. Colonie HS, Colonie. Ken Skinner: 429-5440. hmrrc.com.

### JULY

- 4 **9th "Firecracker 4" 4M Road Race.** 9am. Saratoga Springs City Center, Saratoga Springs. firecracker4.com.
- 12 **2nd Saratoga Springs Half Marathon, Relay & 5K.** 7:30am. Benefits Strong To Serve. Saratoga Spa SP, Saratoga Springs. 3C Race Productions: 603-429-8879. saratogaspringshm.com.
- 26 **Biggest Loser Run/Walk Race Series.** Half Marathon, 5K & 1M Fun Run. Killington Resort, Killington, VT. biggestloserrunwalk.com.

### SEPTEMBER

- 12 **Double H Ranch Camp Challenge 5K Trail Run & Bike Ride.** Bike: 30M/62M. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921 x269. doublehrranch.org.
- 26 **Adirondack Marathon Distance Festival: 5K/10K Races, Chestertown & Kids Fun Run & Expo, Schroon Lake.** adirondackmarathon.org.
- 27 **Adirondack Marathon Distance Festival: Marathon, Half, 2 & 4 Person Relays.** Schroon Lake. adirondackmarathon.org.

### OCTOBER

- 11 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 10/10: Expo. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. mohawkhudsonmarathon.com.

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

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

## SATURDAY, JULY 4 – 9am Saratoga Springs, NY



**4-Mile Race • 4,000 Runners**  
 B-tag timed • Benefits active local causes  
**Saratoga Springs City Center**  
 Vendors & band at start/finish  
 Entertainment along course

Presented by **FLEET FEET Sports**  
**asics** performance mesh shirt for all runners  
**\$5000 in cash prizes • 100s of medals/prizes**  
 Awards: Top 10 M/F Overall, Top 3 M/F 5-yr,  
 Top 3 M/F Military and Fire/Police/EMS  
 USATF Adk Team Championship & Grand Prix event

**RUN YOUR COLORS!**  
 Team with most runners earns \$1,000 for charity

**\$30 by 7/2 or \$35 7/3 & 7/4**  
**www.Firecracker4.com**



## Three Races ~ Three Causes ONE CHAMPION

Glove Cities Rotary  
 "Run For The Roses" ~ May 2  
 Mountain Valley Hospice 5K  
 ~ May 17  
 Lexington 5K ~ June 6

**For More Information:**  
 www.Facebook.com/5KTripleCrown

**Register Online:**  
 5ktriplecrown.racewire.com  
**All 3 Races for only \$50!**  
 If registered by April 17. Individual races \$20 each.

**CASH PRIZES** to Triple Crown winners (M/F)  
 in age groups: 20-39; 40-59; 60+  
**ALL TRIPLE CROWN ENTRIES**  
**ENTERED TO WIN RAFFLES!**  
**ENTER BY APRIL 17 TO RESERVE YOUR SHIRT**

**Challenge Yourself**  
 Change the Life of a Child

**SEPT. 12, 2015**  
 at the  
**Double H Ranch**  
 in Lake Luzerne,  
 New York

**Camp Challenge**  
**5K RUN**

All proceeds to benefit the  
  
 Register at  
**www.doublehranch.org**  
 Presented by Adirondack Partners

26th Annual

**RUN IF YOU D.A.R.E.**

**5K Road Race & 1M Fun Walk**  
**Wednesday, May 27 – 6:30pm**  
 "Drug Abuse Resistance Education"  
**The Connors Agency,**  
**40 N Central Ave, Mechanicville**

T-Shirt to first 300 entrants & refreshments  
 \$20 entry - Must be received by Tue, 5/26  
 Flat, residential TAC sanctioned course  
 Group Challenge for biz/orgs in run/walk

**Entry: ConnorsGroup.com**  
 More Info: (518) 664-7307

18th Annual  
  
**Charlton Heritage**  
**5K Run/Walk**  
**Saturday, June 6**  
**10 am**

**Historic Village of Charlton, Saratoga Co.**  
**Old School House, Maple Ave/Charlton Rd**  
 Rolling hills with 3/4-mile downhill finish  
 USATF certified - Chip timing by ARE  
 \$25 by 5/18 or \$30 after - Shirts to first 400

**Kids' 1-Mile Fun Run (\$10), 11am**  
 Fun runners receive T-shirt & medal

**Register: active.com**  
**Entry Form/Info: charlton5k.org**  
 Bill Herkenham: (518) 384-0065


  
**Grand Prix**  
**Road Race**  
**Series**

3/14 Runnin' Green 4M • 3/29 Delmar Dash 5M  
 4/19 Kingston Classic Half • 5/16 Bill Robinson 10K  
 5/25 Memorial Mile • 5/30 Freihofer's Run 5K  
 6/6 Kinderhook OK 5K • 6/21 Adk Distance Run 10M  
 7/4 Firecracker 4M • 9/26 FAM Fund 5K  
 9/27 Arsenal 5K • 10/11 MHR Marathon  
 10/18 Saratoga XC 5K • 11/8 Stockade-athon 15K  
 11/26 Troy Turkey Trot 10K

**Top 6 males/females in each category:**  
**\$7,350 in cash/gift certificates prizes**  
 Open to 2015 USATF Adirondack members

**More Info: usatfadir.org**  
 Sponsored by Fleet Feet Sports Albany & HMRRC

## NON-MEDICATED LIFE



# The Role of Supplements Revisited

By Paul E. Lemanski, MD, MS, FACP

**Editor's Note:** This is the 64th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



**M**edicines are a mainstay of American life and the healthcare system not only because they are perceived to work by the individual taking them, but also because their benefit may be shown by the objective assessment of scientific study. Clinical research trials have shown that some of the medicines of Western science may reduce the risk of heart attacks, strokes and cardiovascular death while others may reduce certain types of cancer.

In the first 63 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost, although such an approach requires more effort and is less convenient. The issues of convenience and the effort required for a non-medicated approach have led, in part, to the suggestion that supplements may offer an alternative to medication as a means to achieve the Non-Medicated Life. Unfortunately, the evidence to date continues to suggest that use of some supplements may not provide the benefit promised and may actually increase health risk.

As recently as March of 2015, Eric Schneiderman, the Attorney General of NYS, issued subpoenas to the manufactur-

ers of some herbal products sold at the retail chains GNC, Target, Walmart and Walgreens, demanding they outline the testing used to verify the quality of their products. The subpoenas were in response to an investigation which found that some herbal supplements contained little to none of the medicinal herbs advertised on their labels. Moreover, the investigation suggested that the supplements contained fillers including powdered rice, wheat, and even ground up houseplants.

Unfortunately, the alleged shortcoming with regard to potency and adulteration are nothing new (for my initial comments on the subject please see #51 of the Non-Medicated Life: The Role for Vitamins and Dietary Supplements, Part Two in the November 2012 issue). Heavy metal and arsenic contamination of herbs used in traditional Chinese medicine and Indian Ayurvedic medicine continue to be a concern, especially given the lack of regulation of herbal products and supplements. Since 1994 when the US Congress passed the Dietary Supplement Health and Education Act (DSHEA), the US Food and Drug Administration has had its hands tied in the regulation of dietary supplements.

The makers of dietary supplements including herbal products are not required to prove the safety or quality of a product nor are they required to show efficacy. Instead of being placed with the manufacturers, the proof for safety or lack thereof has actually been placed with the FDA. Consequently, there

have to be frequent and clear reports of health danger related to the use of a dietary supplement before the FDA may act and remove a product from marketing and sales. As long as the label on a dietary supplement states, "This product is not intended to diagnose, treat, cure or prevent any disease," then that product is immune from FDA regulation until they have proof of health risk based on large scale reports of illnesses and even deaths. Consumers of herbal products and dietary supplements need to know this information.

Yet even when not contaminated by harmful substances or poisons, and when not diluted with benign fillers, dietary supplements may have quality issues related to the fact that they are biologically derived and thus subject to biological variation. For example, the potency of an herbal product will be a function of the parts of the plant that are used in the manufacture of the product. Different parts of a plant may have varying concentrations of the active ingredients and the potency of the supplement will be a function of the relative proportions of plant parts used.

Additionally, the potency of an herb's pharmacological activity will be a function of the time when it is harvested, growing conditions, and the method by which it is processed. For example, activity will vary whether it is ground whole, made into a tincture or extracted with water, alcohol or other solvent. Generally, this process is consistent for a given manufacturer, but the consumer of the product needs be aware of such variations when switching from one manufacturer to another.

While the information provided above may seem esoteric and, at times, tiresome, it is essential for consumers of herbal products and dietary supplements to be as educated as possible in order to demand purity, potency, safety and standardization of the products consumed. While it is laudable that Mr. Schneiderman and the attorneys general of other states have stepped into the vacuum of oversight created by DSHEA, the best leverage on ensuring purity, potency, safety and standardization is an educated consumer demanding third party testing of all products,

and a larger role for the FDA in reviewing safety data collected by manufacturers. While I am not at this juncture suggesting manufacturers prove efficacy of an herbal product or dietary supplement in treating a given health condition, I am suggesting that consumers demand giving the FDA authority to ensure consumers are not being ripped off or harmed.

While the FDA has since 2007 instituted rules requiring Good Manufacturing Practices to ensure freedom from adulterants and contaminants, and accurate and proper labeling of products, enforcement remains an issue, and manufacturers still need to assume more of the responsibility for proving the safety of their products.

In summary, dietary supplements are viewed by some as a way to avoid medications and improve health that is both more convenient and easier than changes in diet and lifestyle. Dietary supplements, however, are not regulated in the same way as medications. Apart from issues related to efficacy and whether supplements work as advertised to treat a given condition, there is the more pressing issue of purity, potency, safety and standardization.

Consumers of dietary supplements need to let manufacturers know at the point of purchase that they will buy only those products which have independent third party testing for purity, potency, and standardization of preparation. Consumers need to let manufacturers of products know that the manufacturer must have a greater role in proving the safety of their products. Additionally, consumers need to let their elected officials know that they support a greater role for FDA in the oversight of the safety of dietary supplements. ▲

*Paul E. Lemanski, MD, MS, FACP (paul.lemanski@primecarepc.com) is a board certified internist with a master's degree in human nutrition. He is director of the Center for Preventive Medicine, Albany Associates in Cardiology, Prime Care Physicians, P.C. Paul is an assistant clinical professor of medicine at Albany Medical College and a fellow of the American College of Physicians.*

So many things to do, you may just forget to go home.

Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more.

Chamber of Commerce/Office of Tourism,  
Routes 30 & 8, Box 184, Speculator, NY  
At the crossroads of two Scenic Byways

518-548-4521 • [speculatorchamber.com](http://speculatorchamber.com)

ADIRONDACK  
**SPECULATOR** REGION  
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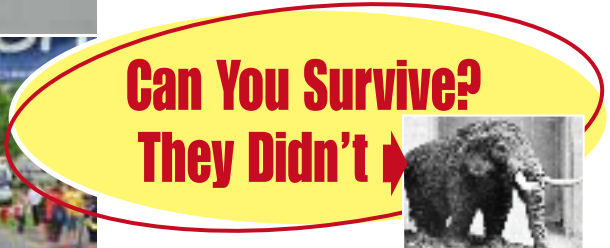
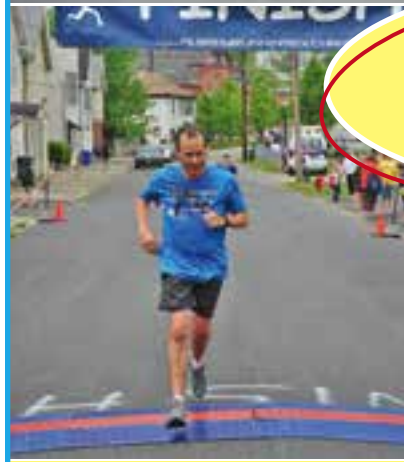


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**RUNNING & WALKING**

# Spring Up for Coming Races

By Laura Clark

**O**ur winter has been challenging for all of us who love the outdoors, but those who have gotten out there despite frigid temperatures have emerged stronger and with a renewed appreciation of spring. This season typically features mud and obstacle races, and we can rest assured that there will be more than enough to “chocolate-coat” our bodies. Runners who have spent extra time on

the treadmill will be delighted to test their speed at area road races, while those who snowshoed up Vermont’s Mt. Prospect, will find a similar challenge at Lake George’s Prospect Mountain Uphill Road Race!

Kickstarting mud season is a new event, the Sunday, April 19 **Tour of the Battenkill Euro-Cross 5K**, piggy-backing onto the Tour of the Battenkill cycling weekend –

North America’s largest pro/am road race. According to race director Dieter Drake, this year’s relocation to the spacious Washington County Fairgrounds, near Greenwich, offered the opportunity to expand.

A veteran of Bob Oates’ challenging Tawasentha XC Series, Dieter wanted to honor his experience on Oates’ Guilderland High School team by designing a new challenging adventure.

See **RUNNING & WALKING**, 28 ▶



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## ATHLETE PROFILE

## Duncan Segger

AGE: 14

RESIDENCE: Lake Placid

FAMILY: Mom, Jill Cardinale Segger;  
Dad, Frank Segger;  
Sister, Alexandra GrossmanOCCUPATION: Student at Lake Placid  
Middle School

SPORTS: Luge, Baseball, Soccer



## By Mim Frantz

Like many 14-year-old 8th graders, Duncan Segger is looking forward to being behind the plate again this spring as catcher on the school and travel baseball teams. Soon after the season ends, he will be training with the soccer team in the fall. For the long northern New York winter season, however, he is busy with another activity all together – sliding down a frozen Olympic track at speeds up to 80 miles per hour. Duncan is a member of the USA Luge Junior Candidate Team. A spot he has earned after four years of successful competitive “sliding” in his hometown of Lake Placid.

Duncan remembers the moment that he learned about luge on an elementary school field trip to the Olympic Track to meet some of the athletes and have the unique opportunity to actually try out the sport. “I was about 10 years old and I was one of the only kids who could get down the track without hitting the walls – to me it didn’t seem scary or thrilling, it was just fun,” he described. “I thought to myself, ‘I am pretty good at this,’” he recalled with confidence.

Luckily for Duncan and his family, he lived in a town where a world-class training facility was a few miles down the road and the USA Luge team headquarters also just around the corner. Therefore another opportunity to try the sport was soon to follow, Duncan signed up for “Local Luge,” a program designed as a development and outreach program to recruit young athletes.

One of his two current team coaches, Fred Zimney (the other is Larry Dolan), was the coach at Duncan’s very first practice. “Duncan was this quiet and attentive 10-year-old little kid, and he just kept coming back day after day – his personality is really perfect for luge,” he recalled. Fred describes that because of velocity and inherent dangers of a “speed” sport like luge, the misconception that lugers are daredevils and thrill-seekers. In reality, the opposite proves to be true, because of the risks involved, athletes have to be bright, attentive, introspective and calculated. “They are of course taking chances, but calculated chances,” he added.

These personal qualities were something even the young Duncan could tell at his early training camps. “We were all there for fun,

but some of the kids were goofing off, not listening, not paying attention – you could quickly tell who would be around next time,” he commented.

This perseverance and focus he describes is part of what he credits his previous appointment to the Junior National development team. In 2011, Duncan was competing in the youth division of his first Junior Nationals. On his first run he had a fairly significant crash, which disqualified him from continuing on in the second run of the competition. Consequently his national competitive debut was over, however, when his coach asked him if he would be willing to get back on his sled, on the same course and “forerun” for the second run of that day’s competition he decided to go for it. He remembered, “I was petrified, but I knew it was what I needed to do.”

He continued, “As much as it is a physical sport, it is a million times more mental. You definitely need the physical conditioning and awareness to back it up, but it’s mostly in your head whether you will crash or not.”

Three years later, his dedicated attitude and committed training has helped Duncan move up through the ranks, from the Development (“D”) team to his current status on the Candidate (“C”) team. As part of the team, he has a demanding luge season lasting from November through March. His training consists of track practices several times a week, weight training, core strength, stretching and visualization. Plus, “starts” where athletes train in a specific start facility to work the “pull” of the start, and “paddle” where sliders wear spiked gloves to stroke the ice with their hands to get going.

In addition to regular training, every month or so he takes part in two-to-three-weeklong intensive training camps, which are full-day training programs while living at the Olympic Training Center. During these camps, while out of the daily routine of public school, it is up to Duncan to keep up on his schoolwork. Also, there is extensive travel for competitions, such as the Junior Nationals which was hosted in Park City, Utah the first two weeks of March, where Duncan both trained and competed, earning a bronze medal at the Youth “B” Nationals.

Aside from the missed schoolwork and overcoming self-doubt and fears to have a successful sliding career, this season Duncan

has faced another tremendous hurdle. He is actively battling lymphoma, a cancer of the body’s immune system. On Christmas Eve, Duncan’s family received the news that a biopsy of a recent and randomly appearing lump on his neck had come back showing signs of Hodgkin’s lymphoma. Surgery the morning after Christmas confirmed the diagnosis and his season of battling cancer began. After removing the mass and surrounding lymph nodes, they later learned the margins had not been cleared, and he would begin chemotherapy. His surgeries and treatments have all been two hours away from home at the UVM Medical Center in Burlington, Vt.

Between the surgery and starting chemotherapy, Duncan earned a silver medal while laying down some excellent runs for the Empire State Winter Games in Lake Placid on Feb. 6-7. Then, just days after the completion of his first round of chemotherapy in late February, he flew out to Park City with the luge team (without his parents) to train and compete in the Youth and Junior Nationals, where he earned four bronze medals.

He has felt sick, nauseous, fatigue and some days, down-right horrible from the treatments. “Some days I feel crappy and other days really good, you gotta keep going and don’t let it stop you from doing what you want to do,” Duncan advised.

Despite the warnings that hair loss is a common side effect from the treatment, it was a little unsettling for him to wake up at the team house in Park City to find clumps of his hair that had fallen out on his pillow. After training was complete for the day, one of the Park City local “luge moms” came to the rescue, and took Duncan to get his head buzzed. A heart-warming surprise came when several of his teammates went along for support and also got their heads buzzed.

His mother, Jill Cardinale Segger, was on Skype with him for this moving event. “The USA Luge team support has been a vital part of his journey. It really is like family, the kids, parents and coaches... It is a lot of responsibility for them to look after Duncan on trips like this; they have supported him, let him make the decisions to continue on and do his thing,” Jill summarized in gratitude.

Throughout these trying months, Jill has learned so much about herself – how much

they are all loved and supported in their community, and about her son. “You know the shock when you first find out... With questioning ‘Why?’ and the fear and difficulty staying positive, you go through it all.” She continued, “But Duncan has just taken it in stride each step of the way, staying present one stage at a time and facing whatever it takes to get better.”

Fellow slider, teammate and close friend, Sydney Axton of Port Byron, has spent much of the last few months at his side on the track and on these trips. “As his friend, there have been some hard times knowing he’s in pain and there’s nothing you can do about it, and those days where his is really suffering and all you can do is give him a hug and hope that it will help. Then, there are the days that make you smile when you see him having fun and you can tell he is happy – he is the strongest, bravest person I know. Just thinking about what he is going through has helped me to push through bad days and become a better slider.”

Duncan recognized, “I wouldn’t be the person I am today if it weren’t for the opportunities with luge. The lessons, experiences, travel, meeting athletes from other countries like Germany and Russia at the international competitions – and totally feeling the support of the community is really great.”

As the competitive season is drawing to a close, Duncan is just completing his second round of intravenous chemotherapy. In another month, he will face the third and final round with hopes for success in eliminating lymphoma.

Now, after returning home, Duncan is completely bald and Coach Zimney remarked, aside from the bald head, it would be very difficult to tell Duncan is sick, he has really just kept pressing on through all of this. Despite the winter cold still holding on in the Adirondacks, and any potential embarrassment or alienation a teenager might feel from being “different,” Duncan has chosen to wear his bald head to school instead of covering it with a hat. When asked about it, he rubbed his head and said, “Well, everyone knows I am bald – so what’s the point, besides, it feels cool.”

Duncan’s family has always covered his USA Luge expenses, but the addition of medical bills, frequent time off and travel to Burlington has depleted his parents’ luge budget. If you would like to support this talented young boy, whose determination and spirit has inspired an Olympic village, go to: [gofundme.com/duncanluge](http://gofundme.com/duncanluge). 🌱

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



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JOHN SLYER

By Kristen Hislop

Eleanor Roosevelt said "The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." Isn't that what we want for ourselves, our families, our loved ones? It can be really tough to balance life these days. No matter where we are in our lifecycle it's a challenge to get it all done. Take a deep breath and focus on what is important. Your health, time with loved ones, and shared experiences are what matter in life.

Triathletes can have a tendency to get consumed with their sport. At the beginning of the season, take a step back and ask your-

self why am I doing this? What is my end goal and how does that benefit me and those around me? Do you want your kids doing triathlons and do they want to? The benefits of the sport are many. Good health, mental discipline, fitness, social interaction and personal triumph. How can we bring those to our families and friends?

Just like we need to be efficient in our sport we also need to be efficient in our lives. The focus we learn from training can make this easier. Getting everyone involved may seem challenging since not all will agree on activities, but you can make it work. Baseball games can be long, so run laps around the field or bring a trainer and ride while the kids play. Bring the kids with you to the pool while

you swim. They can play and may even join you for a few laps.

Time with your family and loved ones is something you can never get back. There will be some workouts that you need to do alone. As the kids get older you are not welcome or needed at practice, so use that time to carve out a tough workout for yourself. When you choose events pick a few to do together. Doing an obstacle, color or mud fun runs can be a great family bonding experience. After my boys and I finished a color run, I was the one looking for more color! We did it together and had a blast.

Pick a race and do it as a team with each family member taking a leg. It's a great way to get older kids involved without the worry

of having them do a full race on their own, especially if they're not as strong in all three disciplines. They might decide they're ready to take on the entire race next year.

This season we have some great and new options for getting the kids involved in our sport. Following the Anyone Can Tri at the Southern Saratoga YMCA in Clifton Park, the **Kids Tri Too** is back on Sunday, May 3. A pool swim and the opportunity to wear a swim belt makes this one ideal for the younger set. Parents can race first while the kids are taken care of in childcare and then they head out on their own course. (cdymca.org)

New this year is the **Great Sacandaga Challenge** in Broadalbin on Saturday, June

See **TRIATHLON & DUATHLON, 28**



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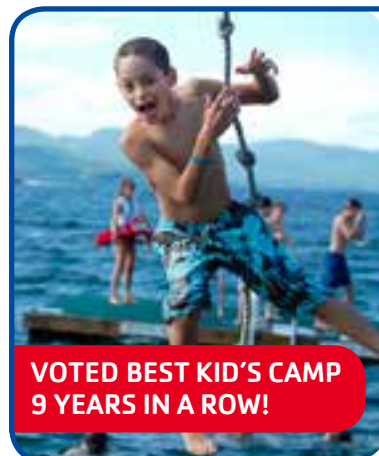
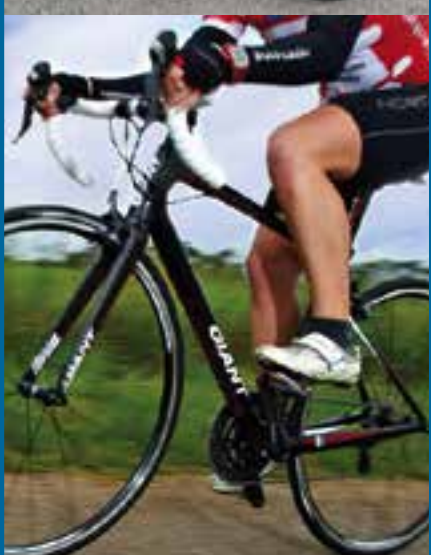
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- ★ Advocacy groups
- ★ Refreshments
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## BICYCLING continued from 1



SOME FOUR CORNERS LUNCHEONETTE RIDERS BEFORE STARTING THE 2014 TOUR DE CURE.

DAVE KRAUS



2014 SEAN'S RIDE 50-MILE CYCLISTS ON QUIET, SCENIC ROADS NEAR CHATHAM.

SEAN'S RUN

get-togethers. Visit [gtgtandems.com](http://gtgtandems.com) to get more info and register.

There has never been a fully supported, non-profit road bike tour of the Adirondack Region – a bucket list ride, until now! The inaugural **Cycle Adirondacks** on Sunday-Saturday, August 23-29 will offer seven straight days of routes from 50-75 miles – 435 to 470 mile total. It's an ultimate vacation limited to 600 riders through the lakes, forest, and mountains of the largest park of any kind in the lower 48 states.

If you're going to spend seven days on a bike, it better be a cool place to ride and a region of abundant beauty. Plus, low-traffic roads winding through lush forests, across rushing streams and alongside picturesque lakes, all while experiencing spectacular wildlife habitat. Small towns rolling out the red carpet for your arrival. The idea is to enjoy and relax.

Based out of Saranac Lake, tour organizers from the Wildlife Conservation Society are promising a fun-filled week that provides just about every kind of support cyclists could want on the road or off. Bring your own tent, use one of theirs, bring your own RV, or stay in local hotels along the route. On ride days there will be mechanical, medical and sag support, supplied maps and route signage, and fully stocked rest stops. After the ride, there will be showers, supplied meals, mechanics, baggage and wellness services, shuttle vans, and even charging stations for your phones and cameras. Also planned is nightly entertainment onstage in the travelling beer and wine garden.

Organizers know not every couple consists of two cyclists – so they have a Travel Companions program, where a non-riding partner can spend each day on adventures like canoeing, hiking, rafting and more, while you're cycling. Then you meet up in camp and enjoy the event's amenities together. For info and registration, visit [cycleadironacks.com](http://cycleadironacks.com). 🌲

*Dave Kraus of Schenectady is a longtime area cyclist, photographer and writer. He is looking forward with crossed fingers to riding on some bare, dry pavement sometime before July 4. Contact him at [dbkraus@earthlink.net](mailto:dbkraus@earthlink.net).*

beautiful but challenging early season ride. For info and registration, visit [farmersdaughtergavelgrinder.com](http://farmersdaughtergavelgrinder.com).

It's hard to find a cyclist in the region who has never participated in the American Diabetes Association's **Tour de Cure**. This year on Sunday, June 7, the ride once again kicks off from Saratoga Springs High School. It's one of the largest benefit rides in the Northeast and is now the second largest Tour de Cure event in the nation, with over 2,500 riders in 2014 – and shooting for 3,000 this year.

There are a variety of scenic routes including 10, 28, 50, 62.5, and 100 miles, and there's even a three-hour spinning bike session in the high school's gym. The 28-mile route is all new, and winds its way through the Saratoga Spa State Park, and then connects to the Zim Smith multi-use trail. On the road, full service rest stops offer food and drink, and there's also full mechanical and sag support. (Get to the Ballston Lake rest stop early to get some

of the famous "performance muffins" from the Four Corners Luncheonette in Delmar.)

After the finish, Mazzone Hospitality serves lunch at the high school, where there's music, and even massage therapists from Back in Balance. Riders can also earn various merchandise prizes depending on how much they raise, and riders raising more than \$500 get a special Tour de Cure jersey. There's also the special Red Riders team for riders with diabetes, with specific incentive programs, and custom jerseys to recognize team members. For details and registration, visit [diabetes.org](http://diabetes.org), then click on the "Ride" tab at the top edge of the page to locate the Saratoga event.

The first annual **Tour de Salem Flame Fighters** rides on Sunday, June 14, benefit the Salem Volunteer Fire Department's fund drive for a new firehouse. The rides take cyclists on one of four routes of 10, 16, 25, or 63 miles through the scenic countryside

around the Washington County community. The 63-mile ride even heads over into Vermont and includes the challenging Rupert Mountain climb.

The ride will start/finish at the Salem Fire Department's carnival grounds in Salem. To keep the ride budget friendly, family registration is capped at \$40. For info, routes and registration, visit [tourdesalemflamefighters.com](http://tourdesalemflamefighters.com) – and look for the flaming firefighter!

The **Saranac Lake Tandem Rally** on Friday-Sunday, June 19-21 is hosted by Gear-To-Go Tandems of Saranac Lake. The event offers tandem riders a weekend of fun riding through beautiful Adirondack scenery, as well as a chance to meet other tandem owners from around the Northeast.

Hosted out of the Hotel Saranac, the fun starts Friday afternoon with a get-acquainted ride followed by a reception. Then on Saturday and Sunday there are routes both days from 14-62 miles followed by afternoon

## PADDLING continued from 3



PADDLING ON LONG POND IN THE ST. REGIS CANOE AREA.

RICH MACHA

Locally, popular paddling destinations such as the Mohawk River and Round Lake, will see some kayak and canoe use well before the end of April. The Albany Chapter of the Adirondack Mountain Club (ADK), and Meetup groups will have flatwater trips planned, and the Schenectady Chapter of ADK will have started into its whitewater schedule.

My personal preference is for wilderness paddling destinations – the fewer signs of civilization the better. I like to get out for some overnights in the Adirondacks, somewhere between ice-out and blackfly season. Will blackfly season start later this year if ice-out is later? Only time will tell.

Early May is prime-time for me. Daytime temperatures can be anywhere from 30 degrees to the 70s, and overnight temperatures often dip below freezing. I have taken a brief swim in shallow water on Little Tupper Lake on one weekend, then paddled Lake Lila and Shingle Shanty Brook in snow showers on the following weekend – and did I mention the waves as a result of gusty winds? No bad bugs though!

On windy days, I lean toward streams and ponds rather than big lakes. The Raquette River between Raquette Falls and Tupper Lake offers good mileage and several campsites and lean-tos along its shores. Motorboats are allowed on this stretch of the Raquette, but I doubt you'll see more than one or two on a fair day in May, especially on weekdays.

The ponds within the St. Regis Canoe Area, as well as the ponds surrounding Fish Creek to the south of the canoe area, offer a multitude of possibilities for day or multiday trips. There are many streams in the southern half of the Adirondacks that make for lovely day trips. These include the Kunjamuk River, Fall Stream, the Jessup River, and the Miami River. From either bridge on NY Route 10, you can paddle the West Branch of the Sacandaga River, from which you can access Good Luck (best for camping), Chub and Trout lakes.

Another consideration when trying to access Adirondack lakes like Lake Lila, Lows Lake, Cedar River

Flow and the Essex Chain Lakes, which require the paddler to drive on dirt roads is that these roads are closed through mud season – and may not open until the road has dried out sometime in May. Last year the road into the Essex Chain Lakes was washed out in several spots, and did not officially open until June 27. Updates on road openings can be found on the NYSDEC website at [dec.ny.gov/outdoor/7865.html](http://dec.ny.gov/outdoor/7865.html).

I predict that this spring will bring many warm sunny days, so go ahead and start planning those canoe and kayak trips. A good guidebook will cost you less than dinner at a restaurant, and it will keep returning on your investment for years to come! 🌲

*Rich Macha is owner of Adirondack Paddle'n'Pole, a paddlesport specialty store in Colonie ([onewithwater.com](http://onewithwater.com)). When Rich is not helping customers, instructing or organizing trips for Adirondack Mountain Club, he is out there in a canoe or kayak exploring the regions waters.*

# RACE RESULTS

## REINDEER RUN 5K ROAD RACE

December 6, 2014 • SUNY Adirondack, Queensbury

MALE OVERALL			
1	Jason Linendoll	18	Hudson Falls 17:44
2	William Venner	55	Granville 18:56
3	Kevin Bouyea	14	Queensbury 19:08
FEMALE OVERALL			
1	Katie Mack	29	Brandon, VT 20:35
2	Isabelle Dickens	37	South Glens Falls 21:06
3	Patty Moore	48	Queensbury 21:49
MALE AGE GROUP: 1 - 14			
1	Nick Rollo	14	Queensbury 20:00
2	Matthew Lane	11	Queensbury 22:41
3	Jack Szumowski	14	Amsterdam 31:01
FEMALE AGE GROUP: 1 - 14			
1	Kayleigh Wade	13	Fort Ann 25:50
2	Kileigh Bouyea	13	Queensbury 26:10
3	Deme Burns	11	Queensbury 26:42
MALE AGE GROUP: 15 - 19			
1	Andrew Rogers	16	Queensbury 19:35
FEMALE AGE GROUP: 15 - 19			
1	Olivia Southworth	16	Glens Falls 23:45
2	Allyson Becker	15	Amsterdam 31:37
3	Julie Capito	15	Amsterdam 31:38
MALE AGE GROUP: 20 - 24			
1	Kaycie Lane	22	Queensbury 27:10
2	Logan Kinney	20	Queensbury 36:54
MALE AGE GROUP: 25 - 29			
1	Matthew Haley	27	Queensbury 21:31
FEMALE AGE GROUP: 25 - 29			
1	Katie Mack	29	Brandon, VT 20:35
2	Athea Guilfoyle	27	Ballston Spa 23:27
3	Abby Gajewski	27	Gansevoort 30:26
MALE AGE GROUP: 30 - 34			
1	Joe Porter	33	Glens Falls 19:28
2	Andrew Carpenter	30	Queensbury 23:46
3	Chris Comisky	33	Queensbury 25:39
FEMALE AGE GROUP: 30 - 34			
1	Megan Harrington	30	Saratoga Springs 22:09
2	Heather Bala	34	Hudson Falls 23:14
3	Annette Music	30	Queensbury 23:47
MALE AGE GROUP: 35 - 39			
1	Shane Bleyenburgh	38	Queensbury 21:34
2	Jason York	36	Hadley 23:13
3	Tim Larson	38	Glens Falls 25:57
FEMALE AGE GROUP: 35 - 39			
1	Isabelle Dickens	37	South Glens Falls 21:06
2	Melissa Kwasniewski	38	Fort Edward 24:23
3	Holley Bedell	35	Chestertown 24:56
MALE AGE GROUP: 40 - 44			
1	Lance Decker	44	South Glens Falls 21:44
2	Bob Carpenter	41	Queensbury 27:51
FEMALE AGE GROUP: 40 - 44			
1	Amy Gould	43	Hudson Falls 24:52
2	Kristin Olmsted	43	Hudson Falls 26:35
3	Karen Linendoll	43	Hudson Falls 26:41
MALE AGE GROUP: 45 - 49			
1	Gary Harper	45	Moreau 21:17
2	Brian Donohue	47	Queensbury 25:07
3	Mark Abbattisti	46	Queensbury 34:33
FEMALE AGE GROUP: 45 - 49			
1	Patty Moore	48	Queensbury 21:49
2	Carol Abbattisti	45	Queensbury 23:12
3	Susan Keely	49	Glens Falls 23:26
MALE AGE GROUP: 50 - 54			
1	Paul Stevens	54	Saratoga Springs 22:38
2	Gary Guilfoyle	51	Ballston Spa 22:45
3	Will McGivney	52	Diamond Point 23:04
FEMALE AGE GROUP: 50 - 54			
1	Sherry Ringwood	50	Mechanicville 30:01
2	Tracey Holmes	50	Fort Ann 32:20
3	Kathy Chambers	54	Salem 33:51
MALE AGE GROUP: 55 - 59			
1	Brian Teague	56	Glens Falls 22:29
2	Mark Schachner	59	Lake George 23:25
3	Roy Mowrey	56	Johnstown 24:06
FEMALE AGE GROUP: 55 - 59			
1	Marcy Dreimiller	55	South Glens Falls 24:59
2	Patti Shepard	56	Queensbury 31:04
3	Beverly Butler	56	Gansevoort 32:27
MALE AGE GROUP: 60 - 64			
1	Mark Sager	64	Glens Falls 22:56
2	Rich Elton	62	Queensbury 23:12
3	Daniel Larson	63	Queensbury 23:48
FEMALE AGE GROUP: 60 - 64			
1	Jill Pederson	64	Lake George 28:42
2	Suzanne Nealon	64	Troy 29:58
3	Melissa Goodspeed	62	Queensbury 32:08
MALE AGE GROUP: 65 - 69			
1	Tom Craigs	66	Manchester Center, VT 24:48
2	Jim Callahan	69	Saratoga Springs 27:47
FEMALE AGE GROUP: 65 - 69			
1	Candi Schermerhorn	68	Diamond Point 29:15
MALE AGE GROUP: 70 - 74			
1	Jim Cunningham	70	Ticonderoga 25:31
2	Eduardo Munoz	72	Olmstedville 26:19
3	Richard Theissen	70	Round Lake 29:12
MALE AGE GROUP: 75 - 79			
1	Jim Moore	75	Niskayuna 27:49
2	John Pelton	75	West Rupert, VT 35:24
MALE AGE GROUP: 80 - 84			
1	Walt McConnell	83	Bolton Landing 41:54

Courtesy of The Adirondack Runners

## HOLIDAY CLASSIC 5K RUN continued

FEMALE AGE GROUP: 20 - 24			
1	Melissa Duggan	24	Scarsdale 25:01
2	Hannah Duggan	21	Scarsdale 27:59
3	Nancy Kellison	24	Saugerties 38:43
MALE AGE GROUP: 25 - 29			
1	Ryan Button	25	Brooklyn 25:01
2	Shane Donald	27	Saugerties 38:42
FEMALE AGE GROUP: 25 - 29			
1	Miry Makebish	25	Rhinebeck 24:38
2	Erika Duggan	26	Scarsdale 32:38
3	Cristina Glynn	27	Framingham 43:05
MALE AGE GROUP: 30 - 34			
1	Brandon Vilorio	33	East Greenbush 20:21
2	Peter Amorosa	31	Albany 23:26
3	Pete Turner	33	East Greenbush 24:09
FEMALE AGE GROUP: 30 - 34			
1	Sara English	32	Rhinebeck 23:02
2	Laura Bell	32	Kingston 25:21
3	Kellie Burke	31	Boston, MA 25:58
MALE AGE GROUP: 35 - 39			
1	Christopher Regan	35	25:23
2	Tim MacTurk	39	Rotterdam 27:03
3	Peter Profera	36	Catskill 32:33
FEMALE AGE GROUP: 35 - 39			
1	Amy Smyth	37	Hudson 23:41
2	Cybil Howard	39	Hudson 25:11
3	Alicia Palmer	35	Gilboa 25:30
MALE AGE GROUP: 40 - 44			
1	David Bentley	40	Troy 20:26
2	Robert Vannier	42	Schenectady 36:16
FEMALE AGE GROUP: 40 - 44			
1	Ana Makebish	41	Rhinebeck 24:38
2	Colleen Foster	43	Red Hook 25:43
3	Catherine Rubinger	43	Tannersville 26:44
MALE AGE GROUP: 45 - 49			
1	Ken Pierce	46	Hudson 20:56
2	Michael Howard	49	Hudson 21:10
3	Andrew Tanzillo	46	Hudson 30:33
FEMALE AGE GROUP: 45 - 49			
1	Teresa Maiuri	49	Ghent 23:40
2	Cathy Gordiner	45	Rhinebeck 26:33
3	Lori Stevens	47	Hudson 26:46
MALE AGE GROUP: 50 - 54			
1	Gary Longhi	50	Voorheesville 19:49
2	Rob Baugh	52	Colonie 22:33
3	Martin Nowak Jr	52	Middletown 23:17
FEMALE AGE GROUP: 50 - 54			
1	Nina DeLuca	53	24:22
2	Karen Brady	50	Castleton 26:00
3	Debra Dietrich	52	Hunter 28:36
MALE AGE GROUP: 55 - 59			
1	Paul Sutura	56	New Paltz 21:59
2	Randy Gibbs	56	Rhinebeck 22:13
3	Leo Burke	55	Athens 22:45
FEMALE AGE GROUP: 55 - 59			
1	Patti Dietrich	58	Greenville 28:43
2	Bonny Courtney	56	Portsmouth, RI 32:32
MALE AGE GROUP: 60 - 64			
1	Martin Patrick	60	East Greenbush 24:44
2	Chester Tumidajewicz	60	Amsterdam 25:13
3	David Dietrich	63	Greenville 25:49
FEMALE AGE GROUP: 60 - 64			
1	Cynthia Gardner	63	Pittsfield, MA 22:42
2	Bonnie Maroney	63	Earlton 32:54
MALE AGE GROUP: 65 - 69			
1	Charles Lazarus	66	Sharon, CT 26:21
2	James Tansey	67	Valatie 30:11
3	Dan Curtin	68	Adirondack 31:15
FEMALE AGE GROUP: 65 - 69			
1	Karen Spinozzi	66	Kingston 27:00
2	Anne Curtin	67	Adirondack 42:04
MALE AGE GROUP: 70 - 74			
1	Frank Klose	71	Castleton 27:00
2	Jim Hotaling	74	Nierville 29:12
3	Roger Kopp	72	Hyde Park 29:35
FEMALE AGE GROUP: 70 - 74			
1	Kathleen Balthazar	73	Climax 48:42
MALE AGE GROUP: 75 - 79			
1	Charles Fox	78	Copake 37:33
MALE AGE GROUP: 80 - 84			
1	Joe Kelly	81	Menands 37:46

Courtesy of Carducci Racing & Timing

## WORLD FAMOUS OSCEOLA PIE 5K CLASSIC X-C SKI RACE

December 20, 2014 • Osceola Tug Hill XC Ski Center, Camden

FEMALE OVERALL			
1	Julie Hinsdill	37/M2	Porcupine Gully 18:26
2	Kathy Schwenk	52/M5	Unattached 19:45
3	Anna Rayne	25/SR	Wolverine Ski Club 24:12
MALE OVERALL			
1	Eric Seyse	30/M1	Glennville Hills 16:59
1	Matthew Tornainen	39/M2	Adirondack Vauhti 17:10
1	Dan Schenk	60/M7	Unattached 18:06
AGE GROUPS			
1	Emily Greene	F14/U16	PBSC 20:17
1	Nathan Collinsworth	M13/U16	RXCFSF 22:25
1	Megan Greene	F16/U18	PBSC 19:57
FEMALE OVERALL			
1	Ashley Forshey	F18/U20	19:50
1	Troy Platt	M19/U20	Unattached 19:06
1	Jill Koziol	41/M3	Unattached 24:27
1	Audrey Balandier	58/M6	Cayuga Nordic 25:34
1	Ryan Bornt	35/M2	Unattached 21:59
1	Joseph Dabritz	48/M4	Adirondack Vauhti 28:06
1	Bill Mathie	51/M5	WW Nordic Ski 18:37
1	Todd Rayne	58/M6	Wolverine Ski Club 20:47
1	Ed Luban	62/M7	HURT 18:32
1	Darwin Roosa	65/M8	Saratoga Biathlon 21:24
1	Matti Tornainen	72/M9	Unattached 22:12

Courtesy of NYSSRA-Nordic

## GORE TWELVE:30 LOG JAM: FREESTYLE RAIL

December 30, 2014 • Gore Mountain, North Creek

SKIER - FEMALE: 15 & OVER			
1	Honorine Klinkner	18	Utica 3:00
SNOWBOARDER - MALE: 14 & UNDER			
1	Johnny Michne	14	Clifton Park 3:52
2	Avi Levey	11	Scarsdale 3:35
SNOWBOARDER - MALE: 15 & OVER			
1	Aaron Stone	18	Queensbury 6:57
2	Henry Monaco	17	Minerva 5:91
3	Brody Sanderson	15	Minnetonka, MN 5:00
4	Anthony Giumarra		Queensbury 3:38

Courtesy of Gore Mountain

## HOLIDAY CLASSIC 5K RUN

December 20, 2014 • Columbia-Greene Community College, Hudson

MALE OVERALL			
1	Eric Young	23	Latham 16:35
2	Melvyn Stafford	47	Brooklyn 17:45
3	Brendan Connor	21	Hudson 17:59
FEMALE OVERALL			
1	Mollie DeFrancesco	34	East Greenbush 20:01
2	Stephanie Vilorio	32	East Greenbush 21:20
3	Jennifer Jankowski	46	Kingston 22:27
FEMALE AGE GROUP: 1 - 12			
1	Betty Gibbs	12	Rhinebeck 26:50
2	Clare Howard	11	Hudson 28:09
3	Gianna Harwood	12	Rensselaer 37:57
MALE AGE GROUP: 13 - 16			
1	Digby Stafford	13	Brooklyn 26:11
FEMALE AGE GROUP: 13 - 16			
1	Meghan Araldi	16	Westerlo 24:06
2	Margaux Seche	16	Kingston 24:32
MALE AGE GROUP: 17 - 19			
1	Kevin Pikul	17	Highland 20:26
2	Aidan Ryan	17	Albany 21:17
3	Andrew Gardner	18	Albany 21:46
FEMALE AGE GROUP: 17 - 19			
1	Shannon LaChance	18	Hudson 26:06
MALE AGE GROUP: 20 - 24			
1	Mike Obermayer	21	Ballston Spa 19:29
2	Patrick LaChance	20	Hudson 20:46
3	Vincent Pierce	20	Hudson 22:17

continued

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December 31, 2014 • Skidmore College, Saratoga Springs

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1-14, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44

Courtesy of Saratoga Arts

HMRRC WINTER SERIES #2: HANGOVER HALF-MARATHON & BILL HOGAN 3.5M RUN cont

MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-84, FEMALE AGE GROUP: 80-84

Courtesy of Hudson-Mohawk Road Runners Club

HMRRC WINTER SERIES #2: HANGOVER HALF-MARATHON & BILL HOGAN 3.5M RUN
January 1, 2015 • University at Albany, Albany

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-84, FEMALE AGE GROUP: 80-84

continued

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1-14, FEMALE AGE GROUP: 1-14, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-84, FEMALE AGE GROUP: 80-84

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# RACE RESULTS

## 29TH ANNUAL WINTER WIMP FOOT RACE: 4.4 & 2.2 MILES *continued*

2 Michelle Simonds	45	Broadalbin	42:37	1 Daniel Ahrens	30	Fort Plain	17:25
3 Sheila Wilday	47	Sharon Springs	49:29	2 David Hughes	22	Amsterdam	19:44
<b>MALE AGE GROUP: 50 - 54</b>				3 Marc Payzant	51	Amsterdam	20:18
1 Sam Mercado	51	Saratoga Springs	29:57	<b>FEMALE OVERALL</b>			
2 James Tretola	54	Little Falls	32:15	1 Jalaine McHale	48	Ballston Spa	20:15
3 Brian Borden	51	Altamont	32:25	2 Rebecca Lyons	35	Amsterdam	20:36
<b>FEMALE AGE GROUP: 50 - 54</b>				3 Alena Gannon	14	Gloversville	20:38
1 Deb Sanger	54	Burnt Hills	50:05	<b>MALE AGE GROUP: 1 - 14</b>			
2 Cindy Chase	52	Canajoharie	52:19	1 Tanner Been	10	Gloversville	24:55
3 Paula DeStefano	51	Schenectady	54:25	2 Noah Been	10	Gloversville	24:57
<b>MALE AGE GROUP: 55 - 59</b>				3 Parker Forrest	7	Fort Plain	40:17
1 William Venner	55	Granville	27:54	<b>MALE AGE GROUP: 20 - 29</b>			
2 Ron Green	56	Gloversville	30:30	1 Trevor Miller	26	Fort Plain	20:32
3 Rick Munson	57	Prattsville	30:31	<b>FEMALE AGE GROUP: 20 - 29</b>			
<b>FEMALE AGE GROUP: 55 - 59</b>				1 Amanda Fisher	27	Fonda	33:22
1 Elizabeth Herkenham	58	Charlton	38:56	<b>FEMALE AGE GROUP: 30 - 39</b>			
2 Kathleen Goldberg	55	Schenectady	42:00	1 Erin Fioretti	37	Gloversville	25:16
3 Crystal Beekman	56	Johnstown	42:57	2 Rebecca Fisher	38	Hudson Falls	27:30
<b>MALE AGE GROUP: 60 - 64</b>				3 Tara Forrest	35	Fort Plain	40:15
1 Harry Matrese	60	Troy	35:52	<b>FEMALE AGE GROUP: 40 - 49</b>			
2 Ed Jaquy	60	Broadalbin	49:03	1 Rosalie Clark	42	Pattersonville	20:53
<b>FEMALE AGE GROUP: 60 - 64</b>				2 Laura Sakala	48	Galway	21:51
1 Char Davidson	61	Tamarac, FL	40:14	3 Kathy Towne	41	Gloversville	27:06
2 Sue Nealon	64	Troy	46:30	<b>FEMALE AGE GROUP: 50 - 59</b>			
3 Barbara Matrese	60	Troy	53:48	1 Joyce Poulin	54	Amsterdam	21:53
<b>MALE AGE GROUP: 65 - 69</b>				2 Shirley Venner	55	Granville	34:43
1 Joe Yavonditte	65	Schenectady	38:11	<b>MALE AGE GROUP: 50 - 59</b>			
2 Richard Wohlgemuth	67	Canajoharie	39:14	1 John Pagles	57	Amsterdam	20:27
3 Ron Robinson	67	Johnstown	48:47	<b>FEMALE AGE GROUP: 60 - 69</b>			
<b>FEMALE AGE GROUP: 65 - 69</b>				1 Virginia Hamshar	61	Fort Plain	40:13
1 Linda Plante	66	Middle Grove	55:50				
<b>MALE AGE GROUP: 70 - 74</b>							
1 Richard Theissen	71	Round Lake	46:04				
2 Ray Lee	72	Halfmoon	59:12				
<b>2.2 MILES</b>							
<b>MALE OVERALL</b>							

Courtesy of Fulmont Roadrunners Club

## HURT MEGA-RELAY CROSS-COUNTRY SKI RACE

January 10, 2015 • Garnet Hill Lodge & Cross Country Ski Center, North River

6-HOUR TEAM RELAY		MIXED RELAY		MEN RELAY	
1 Hudson United Racing Team 1	Tim Huneck, Bob Underwood, Heidi Underwood	1 Peru Nordic Masters	Brian White, Chris Rose, Jim Kobak, Jan Wellford	1 Hudson United Racing Team 3	Cameron Lewis, Chris Yarsevich, Ed Luban, Martin Donnelly-Heg
2 Wolverine Ski Club	Onno Oerlemans, Sally Cockburn, Todd Rayne, Nancy Rayne	3 Hudson United Racing Team 4	Eric Hamilton, Tyler Koziol, Dave Paalberg-Kvam	4 Team MRZ	Lorenzo Mazzula, Tom Rizza, Brandon Zapotoski
3 Adirondack Vauhti 1	Emily Barker, Josh Febbie, Matt Tornianen	<b>WOMEN RELAY</b>	1 HURT Ladyz	1 Janine Phaneuf, Mary Duclos, Bernadette O'Brien, Jan Mares, Carissa Mares, Gina Huneck, Rachel Yarsevich	2 Team AGM
4 Hudson United Racing Team 2	Sarah Duclos, Amy Duclos, Dowon Lee, Chandler Moore, Adam Chrzan		1 Agnes Anderson, Kelly Gottstine, Madison McDermott		
5 Adirondack Vauhti 2	Emily Cromie, Joe Dabritz, Matt Tornianen				
6 Haight Family	Alan Haight, Lily Haight, Russ Haight, Spencer Schindler				
7 Team SSB	Spencer Schindler, Carol Schindler, Andrew Barringer				

Courtesy of NYSSRA-Nordic & Hudson United Racing Team

## HMRRC WINTER SERIES #3: 25K, 10K & 3M

January 11, 2015 • University at Albany, Albany

25K RUN		10K RUN		3M RUN			
1 Chuck Terry	32	Albany	1:32:00	1 Joe McDonald	M45-49	Niskayuna	41:18
2 Richard Messineo	26	Nassau	1:36:00	1 Mary Fenton	F45-49	Ballston Spa	49:12
3 Jim Sweeney	33	Albany	1:39:45	1 Mike Spitzer	M50-54	Sheffield, MA	39:52
<b>FEMALE OVERALL</b>				1 Colleen Breebel	F50-54		50:08
1 Denise Iannizzotto	52	Lake Katrine	2:02:08	1 Mark Nunez	M55-59	Ballston Lake	44:27
2 Michelle Pratt	25	Albany	2:03:07	1 Maureen Fitzgerald	F55-59	Clifton Park	49:05
3 Samantha McRae	29	Saratoga Springs	2:05:17	1 George Baranaukas	M60-64	Scotia	45:08
<b>AGE GROUPS</b>				1 Carolyn George	F60-64	Albany	55:02
1 Kyle McCormack	M20-24	Albany	1:56:25	1 Michael Thumann	M65-69	Chatham	46:50
1 David Harris	M25-29	Latham	2:29:13	1 Judy Lynch	F65-69	Castleton	1:06:28
1 Rebecca McDonald	F25-29	Albany	2:15:30	1 David Hayes	M70-74	Niskayuna	49:59
1 Josh Merlis	M30-34	Albany	1:40:16	1 Marge Rajczewski	F70-74	Ballston Lake	1:06:18
1 Jennifer Newman	F30-34	Albany	2:19:18	1 Wade Stockman	M75-79	Rensselaer	1:00:40
1 Joe Sullivan	M35-39	Schenectady	1:52:13	1 Anny Stockman	F80-84	Rensselaer	1:21:37
1 Erika Beardsley	F35-39	Castleton	2:05:37	<b>MALE OVERALL</b>			
1 Robert Inwin	M40-44	Guiderland	1:41:55	1 Jeff Long	31	Albany	18:37
1 Jill Koziol	F40-44	Buskirk	2:06:25	2 Greg Ethier	41	Clifton Park	18:52
1 Todd McAuley	M45-49	Colonie	1:54:28	3 John Williams-Searle	46	Albany	19:11
1 Gail Doering	F45-49	Loudonville	2:25:35	<b>FEMALE OVERALL</b>			
1 Mark Stephenson	M50-54	Espérance	1:45:28	1 Mollie Turner	34	East Greenbush	19:45
1 Jenny Lee	F50-54	Selkirk	2:25:40	2 Stephanie Vilorio	32	East Greenbush	20:49
1 David Roy	M55-59	Schoharie	1:58:08	3 Heidi Nark	34	Clifton Park	20:57
1 Jean Kerr	F55-59	Delmar	2:25:37	<b>AGE GROUPS</b>			
1 Ken Klapp	M60-64	Guiderland	2:04:25	1 Nate Fajen	M01-12	Nassau	27:45
1 Joe Yavonditte	M65-69	Schenectady	2:27:40	1 Sedrie Tello	M15-19	Albany	23:31
<b>MALE OVERALL</b>				1 Allie Tedeschi	F15-19	Westerlo	21:30
1 Eric MacKnight	25	Ballston Lake	34:20	1 Jessica Vennard	F20-24	Albany	24:26
2 Shaun Donegan	29	Malta	35:02	1 Tom Tibesio	M25-29	Scotia	25:09
3 Joshua Korn	19	Niskayuna	35:36	1 Katie Kurtess	F25-29	Albany	25:46
<b>FEMALE OVERALL</b>				1 Brandon Vioria	M30-34	East Greenbush	25:21
1 Julia Flower	16	Schenectady	37:40	1 Nicole Pulcino	F30-34	Albany	22:34
2 Karen Bertasso	30	Albany	39:00	1 Mathew Lindow	M35-39	West Sand Lake	21:15
3 Andrea Hollinger	26	Averill Park	41:42	1 Jennifer Meissner	F35-39	Averill Park	24:44
<b>AGE GROUPS</b>				1 Gaven Richard	M40-44	Albany	19:32
1 Zach Bell	M01-19	Albany	37:05	1 Amy Drag	F40-44	Waterford	22:53
1 Paul Cox	M20-24	Troy	39:25	1 Mathew O'Neil	M45-49	Ballston Spa	20:02
1 Erin Hather	F20-24	Troy	43:30	1 Colleen Breiner	F45-49	Troy	25:20
1 Pete Rowell	M25-29	Albany	36:26	1 Blaine Freadman	M50-54	Pittsfield, MA	19:37
1 Michalle Daus	F25-29	Schenectady	46:16	1 Kristen Hislop	F50-54	Clifton Park	22:25
1 Paul Mueller	M30-34	Delmar	37:19	1 Bill Marinello	M55-59	Slingerlands	23:14
1 Diana Tobon-Knobloch	F30-34	Guiderland	42:05	1 Maria Morsejgno	F55-59	Albany	29:33
1 Mike Giulian	M35-39	Pittsfield, MA	41:32	1 Martin Patrick	M60-64	East Greenbush	24:16
1 Oswaldo Rodriguez	F35-39	Mechanicville	43:54	1 Sue Nealon	F60-64	Troy	29:39
1 Matthew Nark	M40-44	Clifton Park	40:33	1 Jim Tansey	M65-69	Valatie	29:22
1 Sharon Strodl	F40-44	Nassau	58:08	1 Susan Wong	F65-69	Glenmont	25:54
				1 Bob Knouse	M75-79	Voorheesville	31:20

Courtesy of Hudson-Mohawk Road Runners Club

## GLENS FALLS CROSS-COUNTRY SKI RACE

January 17, 2015 • Crandall Park, Glens Falls

FEMALE 5K FREESTYLE		MASTER MEN 1		
<b>U14 GIRLS</b>		1 Eric Seyse	Glenville Hills	27:41
1 Emily Rudolph	Polar Bears	2 Erik Sointio	Unattached	29:26
2 Mikeeli Hanson	Polar Bears	<b>MASTER MEN 2</b>		
<b>U18 GIRLS</b>		1 Bill Fraser	Unattached	25:46
1 Megan Greene	Polar Bears	2 Chris Yarsevich	HURT	27:59
2 Sarah Duclos	HURT	<b>MASTER MEN 3</b>		
3 Amy Duclos	HURT	1 Matt Tornianen	Adk Vauhti	25:15
<b>SENIOR WOMEN</b>		2 Thomas Moffett	Saratoga Biathlon	27:43
1 Alyssa Dausman	Unattached	<b>MASTER MEN 4</b>		
2 Erin Hatton	Unattached	1 Mike Wynn	Peru Nordic	24:45
<b>MASTER WOMEN 2</b>		2 Jim Kobak	Peru Nordic	29:11
1 Isabelle Dickens	Unattached	3 Rene Harde	Saratoga Biathlon	29:38
<b>MASTER WOMEN 4</b>		<b>MASTER MEN 5</b>		
1 Heidi Underwood	HURT	1 David Morrissey	Unattached	33:28
2 Gabriella Frittelli	Saratoga Biathlon	2 James Miller	Unattached	34:01
<b>MASTER WOMEN 7</b>		<b>MASTER MEN 6</b>		
1 Carol Fisher	Unattached	1 Douglas Diehl	Adk Vauhti	27:25
<b>MASTER WOMEN 8</b>		2 Tim Huneck	HURT	29:48
1 Sherry Dixon	HURT	3 Mitch Collinsworth	RXCSF	36:32
<b>MALE 7.5K FREESTYLE</b>		<b>MASTER MEN 7</b>		
<b>U16 BOYS</b>		1 Ed Luban	HURT	31:00
1 Nathan Collinsworth	RXCSF	2 Randy Young	Unattached	33:40
<b>U18 BOYS</b>		3 David Burt	Peru Nordic	36:15
1 Aaron Huneck	HURT	<b>MASTER MEN 8</b>		
2 Henry Uzdavinis	Polar Bears	1 Chris Beaty	Peru Nordic	32:31
<b>SENIOR MEN</b>		<b>MASTER MEN 9</b>		
1 Trevor Somebody	Unattached	1 Matti Tornianen	Adk Vauhti	38:56
		2 Eric Hamilton	HURT	43:31
		3 Alec Davis	HURT	43:39

Courtesy of HURT & NYSSRA-Nordic

## HILLTOP ORCHARD 5K SNOWSHOE RACE

January 18, 2015 • Hilltop Nordic Center, Richmond, MA

MALE OVERALL		FEMALE AGE GROUP: 20 - 29		MALE AGE GROUP: 50 - 59	
1 Ross Krause	35	24:09	1 Molly Pickel	21	49:30
2 Richard Messineo	26	26:04	2 AJ Solovy	21	49:33
3 John Driver	18	26:10	<b>MALE AGE GROUP: 30 - 39</b>		
<b>FEMALE OVERALL</b>			1 Brian Northan	39	26:22
1 Ashley Krause	37	27:26	2 Jason Kudron	34	27:21
2 Abby Mahoney	36	29:39	3 Sean McCarthy	30	27:27
3 Kim Morrison	35	30:28	<b>FEMALE AGE GROUP: 30 - 39</b>		
<b>MALE AGE GROUP: 1 - 19</b>			1 Jessica Northan	39	31:04
1 Sam Harding	16	30:35	2 Kath Lysakowski	30	31:08
2 Niles London	17	31:24	3 Colleen Keenan	36	31:42
3 Christian Gre	14	35:37	<b>MALE AGE GROUP: 40 - 49</b>		
<b>MALE AGE GROUP: 1 - 19</b>			1 Jon Cluett	40	27:40
1 Liza Smith	17	38:14	2 Hector Morera	47	35:14
<b>MALE AGE GROUP: 20 - 29</b>			3 Miodrag Glumac	49	35:45
1 Evan Huff	29	32:10	<b>FEMALE AGE GROUP: 40 - 49</b>		
2 Paul Burt	25	32:45	1 Laurel Shortell	48	38:43
3 Uri Haleui	28	36:20	2 Joann Lynch	49	39:59
			3 Jennifer Ferriss	43	41:03

Courtesy of CRNA & WMAC Dion Snowshoe Series

## HURTATHON CLASSIC CROSS-COUNTRY SKI RACE

January 18, 2015 • Cole's Woods, Queensbury

7.5K CLASSIC		10K CLASSIC					
<b>FEMALE OVERALL</b>		<b>MALE OVERALL</b>					
1 Heidi Underwood	F4	HURT	34:29	1 Chris Yarsevich	M2	HURT	44:17
2 Carol Fischer	F7	HURT	37:39	2 Jan Wellford	M1	Peru Nordic	45:21
3 Alyssa Dausman	SR	Unattached	38:55	3 Matthew Tornianen	M3	Adk Vauhti	45:27
<b>FEMALE AGE GROUPS</b>		<b>MALE AGE GROUPS</b>					
1 Amy Yarsevich	F1	HURT	50:53	1 Luke Kaplan	SR	Unattached	47:22
1 Jan Mares	F5	HURT	54:15	1 Eric Seyse	M1	Glenville Hills	45:56
<b>5K CLASSIC</b>				1 Chris Rose	M3	Peru Nordic	47:13
<b>JUNIOR OVERALL</b>				1 Mike Wynn	M4	Peru Nordic	45:30
1 David Buhrmaster	U18	Glenville Hills	19:22	1 Bob Underwood	M5	HURT	46:04
2 Nathan Collinsworth	U14	RXCSF	21:35	1 Tim Huneck	M6	HURT	50:11
3 Tyler Koziol							





# RACE RESULTS

## 35TH ANNUAL EMPIRE STATE WINTER GAMES *continued*

1500m OLYMPIC - FEMALE OPEN			400m PACK - FEMALE 11-13			BOYS 11-13		
1 Kirsch, Jennifer	2:27		1 Greenamyre, Lacey	68.00		1 Dylan Jaques	34.42	
2 Simmons, Rebecca	2:28		2 Lemal-Brown, Clara	42.00		2 Spencer Ripchik	36.35	
3 Verrone, Karen	3:13		3 Ripchik, Ellie	21.00		3 Matthew Crovella	36.70	
1500m OLYMPIC - MALE JUNIOR			400m PACK - MALE 11-13			MIXED 15-17		
1 Skoda, David	2:07		1 Jaques, Dylan	68.00		1 Katy Toth	2:43	
2 Codd, Fletcher	2:09		2 Crovella, Mathew	42.00		2 Albert Zhong	2:44	
3 Metz, Kevin	2:53		3 Ripchik, Spencer	26.00		3 Samuel Soucy	2:45	
1500m OLYMPIC - MALE OPEN			400m PACK - FEMALE 9-10			WOMEN OPEN		
1 Yanagihara, Mark	2:16		1 Crovella, Isabel	68.00		1 Julie Gehring	3:01	
2 Brooks, Michael	2:26		2 Hurtado, Nathalia	42.00		2 Nathalie Hasselback	3:12	
3 LaPointe, Chris	2:43		3 Evans, Paige	26.00		3 Karen Verrone	3:18	
500m - FEMALE JUNIOR			400m PACK - MALE 9-10			MEN OPEN		
1 Munoz, Esther	00:45		1 Lippa, Sean	68.00		1 Michael Brooks	2:45	
2 Turco, Molly	00:48		2 Weeks, Adam	42.00		2 Julie Gehring	2:46	
3 Toth, Katy	00:49		3 Evans, Isaac	26.00		3 David Evans	2:47	
500m - FEMALE OPEN			100m PACK - FEMALE 8			LUGE		
1 Kirsch, Jennifer	00:46		1 Irwin, Erika	68.00				
2 Hasselback, Natalie	00:57		2 Lipa, Emma	42.00				
3 Verrone, Karen	00:58		3 Sinnott, Lily	10.00				
500m - MALE JUNIOR			100m PACK - MALE 8			YOUTH "A" MEN		
1 Skoda, David	00:41		1 Peck, Hansen	68.00		1 Taylor, Justin	1:32.8	
2 Codd, Fletcher	00:42		2 Korba, Kipling	34.00		2 Segger, Duncan	1:33.4	
3 Horeth, Adam	00:45		3 Hasselbeck, Gabriel	29.00		3 Vance, Parker	1:33.6	
500m - MALE OPEN			100m PACK - MALE 6			YOUTH OPEN MEN		
1 Yanagihara, Mark	00:43		1 Monahan, Christopher	26.00		1 Arrp, Jet	1:36.1	
2 Brooks, Michael	00:46		2 Peck, Hudson	16.00		2 Shamis, Gavin	1:36.3	
3 LaPointe, Chris	00:51					3 Bottger, Eamonn	1:36.5	
500m - FEMALE 11			1000m PACK - FEMALE JUNIOR			JUNIOR MEN		
1 Greenamyre, Lacey	00:53		1 Munoz, Esther 1:34			1 Gustafsen, Johnny	1:44.0	
2 Lemal-Brown, Clara	00:56		2 Turco, Molly	1:38		2 Pedriani, Elijah	1:44.7	
3 Ripchik, Ellie	00:57		3 Toth, Katy	1:41		3 Hollander, Sean	1:46.1	
500m - FEMALE 9			1000m PACK - FEMALE OPEN			JUNIOR WOMEN		
1 Hurtado, Nathalia	01:08		1 Kirsch, Jennifer	1:34		1 Weinburg, Gracie	1:31.3	
2 Crovella, Isabel	01:09		2 Simmons, Rebecca	1:35		2 Arndt, Brittany	1:31.6	
3 Evans, Paige	01:15		3 Gehring, Julie	1:55		3 Axton, Sidney	1:32.0	
500m - MALE 11			1000m PACK - MALE JUNIOR			YOUTH "A" WOMEN		
1 Jaques, Dylan	00:51		1 Skoda, David	1:22		1 Cave, Emeline	1:32.7	
2 Crovella, Mathew	00:54		2 Codd, Fletcher	1:25		2 Bowling, Rachel	1:33.1	
3 Ripchik, Spencer	00:55		3 Metz, Kevin	1:51		3 Jenkins, Lucy	1:35.3	
500m - MALE 9			1000m PACK - MALE OPEN			WOMEN OPEN		
1 Simmons, Rebecca	00:48		1 Yanagihara, Mark	1:30		1 Cetin, Emily	1:33.6	
2 Lippa, Sean	01:06		2 Brooks, Michael	1:35		2 Jeskanen, Selena	1:33.8	
3 Farley, Cole	01:12		3 LaPointe, Chris	1:46		3 Sularz, Sage	1:34.7	
100m - FEMALE 11			SPEEDSKATING - SHORT TRACK			DOUBLES		
1 Lemal-Brown, Clara	00:12					1 Aidan Trimble/Parker Vance	1:32.7	
2 Greenamyre, Lacey	00:13					2 Blake Hagberg/Justin Taylor	1:32.8	
3 Crovella, Sarah	00:14					MASTERS OPEN		
100m - FEMALE 9						1 Stratton, Jeff	1:31.1	
1 Hurtado, Nathalia	00:14					2 Murphy, Jim	1:31.7	
2 Crovella, Isabel	00:15					3 Dearborn, Bill	1:31.9	
3 Evans, Paige	00:16					SKELETON		
100m - MALE 11								
1 Crovella, Mathew	00:12							
2 Jaques, Dylan	00:13							
3 Ripchik, Spencer	00:14							
100m - MALE 9								
1 Weeks, Adam	00:15							
2 Farley, Cole	00:15							
3 Heyworth, Dylan	00:15							

## POLAR CAP 4-MILE RUN

February 7, 2015 • Lake George Forum, Lake George

MALE OVERALL			FEMALE AGE GROUP: 40 - 44				
1 Ethan Carey	15	Queensbury	21:53	1 Amy Gould	43	Hudson Falls	32:20
2 Volker Burkowski	43	Gansevoort	23:06	2 Tara Penge	44	Porter Corners	32:55
3 Jason Linendoll	18	Hudson Falls	23:35	3 Nikki Moreschi	43	Glens Falls	33:01
FEMALE OVERALL			MALE AGE GROUP: 45 - 49				
1 Erin Lopez	34	Saratoga Springs	25:17	1 Gary Harper	46	Moreau	26:27
2 Melissa Wern	29	Lake George	27:55	2 David Smith	45	Lake Placid	27:06
3 Patty Moore	48	Queensbury	28:40	3 Joe Forbes	45	Hudson Falls	28:29
MALE AGE GROUP: 1 - 19			FEMALE AGE GROUP: 45 - 49				
1 Josh Ruddy	18	Glens Falls	33:20	1 Darci LaFave	47	Lake Placid	30:22
2 Matthew Grumley	13	Fort Edward	34:10	2 Bridget Cotugno	48	Malta	33:36
3 Will Hedden	11	Rexford	44:42	3 Alisa DiBlasi	49	Salem	34:07
FEMALE AGE GROUP: 1 - 19			MALE AGE GROUP: 50 - 54				
1 Erika Abrantes	16	Lake George	29:00	1 Timothy Bardin	53	Queensbury	26:19
2 Sydney Dennison	17	Queensbury	34:45	2 Samuel Mercado	52	Saratoga Springs	27:13
3 Patrick Connors	51	Saratoga Springs	29:57	3 Patrick Connors	51	Saratoga Springs	29:57
MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 50 - 54				
1 Josh Becker	22	Troy	27:32	1 Janice Phoenix	53	Schenectady	31:04
2 Andy Gilchrist	22	Cropseyville	27:49	2 Susan Coyner	51	Glens Falls	33:16
3 Bo Stewart	21	Syracuse	29:59	3 Lorie Cross	54	Cohoes	39:18
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 55 - 59				
1 Matthew Haley	27	Queensbury	27:26	1 William Venner	55	Granville	25:07
2 Andrey Kiyantisa	28	Ballston Spa	30:31	2 Brian Teague	56	Glens Falls	28:55
3 John Bornheim	27	Saratoga Springs	30:42	3 Dan Underwood	59	South Glens Falls	29:49
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 55 - 59				
1 Elizabeth Moran	24		30:26	1 Sandy Adams	55	Shushan	32:21
2 Lauren Podgorski	24	Wheaton, IL	32:40	2 Deborah Tierney	55	Troy	37:09
3 Julie Messier	23	Queensbury	33:04	3 Coleen Durkee	59	South Glens Falls	38:57
FEMALE AGE GROUP: 25 - 29			MALE AGE GROUP: 60 - 64				
1 Leah Holsclaw	26	Queensbury	28:52	1 Mark Sager	64	Glens Falls	30:05
2 Cassandra Conety	26	Shushan	29:04	2 Rich Elton	62	Queensbury	30:29
3 Bridgid Dake	29		32:07	3 Chester Tumidajewicz	60	Amsterdam	34:03
MALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 60 - 64				
1 Joe Poirter	33	Glens Falls	25:53	1 Jill Pederson	64	Lake George	36:00
2 Matthew Fryer	34	Clifton Park	27:09	2 Darlene Cardillo	61	Delmar	37:40
3 Steven Shrader	32	Amsterdam	27:37	3 Andrea Halnon	61	Lincoln, VT	40:36
FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 65 - 69				
1 Katie Mack	30	Brandon, VT	28:58	1 Tom Craig	66	Manchester Center, VT	32:50
2 Rachel Forbes	32	Ballston Spa	35:32	2 David Forbes	68	Argyle	36:44
3 Jenn Dray	33	Queensbury	38:35	3 Andrew DiPalma	65	Clifton Park	52:35
MALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 65 - 69				
1 Joseph Altabello	37	Green Island	28:34	1 Candi Schermerhorn	68	Diamond Point	39:15
2 Shane Bleyenburg	39	Queensbury	29:41	2 Linda Plante	66	Middle Grove	49:24
3 Jason York	36	Hadley	30:10				
FEMALE AGE GROUP: 35 - 39			MALE AGE GROUP: 70 - 74				
1 Erin McEneaney	36		30:34	1 Eduardo Munoz	72	Olmsteadville	35:28
2 Kerri Thomas	39	Middle Granville	31:15	2 James Callahan	70	Saratoga Springs	38:04
3 Julie Vittingel	37	Gansevoort	32:32	3 Ray Lee	72	Halfmoon	52:12
MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 75 - 79				
1 Greg Ethier	41	Clifton Park	25:56	1 John Pelton	75	West Rupert, VT	46:11
2 Jason Gardner	44	Glens Falls	26:38				
3 Todd Eicher	42	Queensbury	26:56	2 Joe Kelly	81	Menands	54:15

## SHENENDEHOWA CLASSIC XC SKI RACE

February 14, 2015 • Saratoga Biathlon Club, Day

5K CLASSIC			10K CLASSIC		
<b>FEMALE OVERALL</b>			<b>FEMALE OVERALL</b>		
1 Sarah Duclos/16-17	HURT	16:59	1 Sherri Dixon/60-64	HURT	54:02
2 Amy Duclos/16-17	HURT	17:08	<b>MALE OVERALL</b>		
3 Emily Cromie/16-17 Adk Vauhti		19:32	1 Chris Yarsevich/35-39	HURT	30:27
<b>MALE OVERALL</b>			2 Doug Diehl/55-59	Adk Vauhti	33:06
1 Owen Putman/16-17	HURT	15:05	3 Eric Seysse/30-34		34:04
2 Aaron Huneck/16-17	HURT	15:21	<b>MALE AGE GROUP: 45-49</b>		
3 Ben Francisco/16-17	HURT	15:37	1 Darrell Rikert	Saratoga Biathlon	42:33
<b>FEMALE AGE GROUP: 14-15</b>			2 Joe Dobrzt		50:18
1 Anna Weidmann	Shen	20:11	<b>MALE AGE GROUP: 50-54</b>		
2 Meghana Caron	Shen	23:31	1 Steven Bailey	Peru Nordic	36:04
<b>FEMALE AGE GROUP: 16-17</b>			<b>MALE AGE GROUP: 55-59</b>		
1 Meghan Coughlin		20:51	1 Tim Huneck	HURT	34:33
2 Allison Hanbey		25:10	<b>MAGE AGE GROUP: 60-64</b>		
3 Katie Benson	Shen	27:32	1 Dave Burt	Peru Nordic	40:35
4 Julia Geisel	Shen	27:44	<b>MALE AGE GROUP: 65-69</b>		
5 Julianna Lombardo	Shen	28:00	1 Richard Dixon	HURT	50:40
<b>MALE AGE GROUP: 16-17</b>			2 Eric Hamilton	HURT	55:25
1 Adam Chrzan	HURT	16:43	3 Rene Clark	HURT	58:07
2 Devente Marshall		17:28	<b>MALE AGE GROUP: 70-74</b>		
<b>MALE AGE GROUP: 14-15</b>			1 Matti Torniainen	Adk Vauhti	42:59
1 David Benson	Shen	16:59	2 Alec Davis	HURT	46:46
2 Justin Caron	HURT	20:35	<b>5K CLASSIC TRY-IT</b>		
<b>FEMALE OVERALL</b>			<b>FEMALE OVERALL</b>		
1 Anne Benson	Clifton Park	20:20	1 Anne Benson	Clifton Park	20:20
2 Janine Phaneuf	Old Forge	23:16	2 Janine Phaneuf	Old Forge	23:16

3 Jan Mares	Saratoga Springs	25:34
4 Katryn Schreiner	Day	28:47
5 Gina Huneck	Clifton Park	29:03
<b>MALE OVERALL</b>		
1 Erik Schreiner	Day	20:16
2 Jim Flaherty	Clifton Park	29:04
3 Darryl Caron	Clifton Park	29:50
4 Eric Hamilton	Clifton Park	29:51

## 1.5K BILL KOCH FUN RACE

<b>GIRLS U10</b>		
1 Alivia Hopsicker	Polar Bear	8:54
2 Iris Wiedmann	Shen	10:01
3 Kerissa Dunn	Polar Bear	11:17

<b>BOYS U10</b>		
1 Lionel Wiedmann	Shen	11:41

<b>3K BILL KOCH FUN RACE</b>		
<b>GIRLS U12</b>		
1 Katrin Schriener	Saratoga Biathlon	20:24

<b>BOYS U12</b>		
1 Dawson Dunn	Polar Bear	19:33
2 Thomas Wiedmann	Shen	21:02

<b>BOYS U14</b>		
1 Tyler Koziol	Shen	21:02

Courtesy of Shenendehowa Nordic Club, Saratoga Biathlon Club & NYSSRA-Nordic

## CAMP SARATOGA 8K SNOWSHOE RACE

February 15, 2015 • Wilton Wildlife Preserve & Park, Wilton

MALE OVERALL			FEMALE AGE GROUP: 40 - 44				
1 Shaun Donegan	29	Malta	40:42	1 Beth Barrese	40	Penfield	58:14
2 Dave Merkt	31	Manchester, CT	41:09	2 Erika Anderson	41	Ballston Lake	1:11:00
3 Brian Northan	40	Guiderland	43:22	3 Jennifer Ferriss	43	Saratoga Springs	1:17:04
FEMALE OVERALL			MALE AGE GROUP: 45 - 49				
1 Karen Howe	37	Rochester	50:58	1 Hector Morera	47	Glastonbury, CT	58:58
2 Jessica Northan	39	Guiderland	52:27	<b>FEMALE AGE GROUP: 45 - 49</b>			
3 Shannon Luongo	37	Rochester	55:32	1 Laurel Shortell	48	Northampton, MA	1:01:13
<b>MALE AGE GROUP: 15 - 19</b>			2 Kim Scott	46	Malta	1:08:35	
1 London Niles	17	Shaftsbury, VT	50:33	3 Mara Fronhofer	48	Fort Edward	1:12:06
<b>MALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 50 - 54</b>				
1 Matthew Wiczorek	27	Washington, DC	45:20	1 Vincent Luongo	54	Rochester	55:33
2 Michael Cheplowitz	29	Albany	1:05:52	2 Eric Kimmelman	50	Amsterdam	56:09
3 Jim Simpson	28	Washington, DC	1:22:42	3 Jan Rancatti	54	East Greenbush	1:02:58
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 50 - 54</b>				
1 Laura Manewitz	29	Washington, DC	1:20:14	1 Laurie McCarroll	53	Castleton	1:24:37
2 Brittany Jablonsky	29	Washington, DC	1:22:40	<b>MALE AGE GROUP: 55 - 59</b>			
<b>MALE AGE GROUP: 30 - 34</b>			1 Erik Wight	55	Amherst, MA	48:50	
1 Sean Greeney	34	New Canaan, CT	45:48	2 David Peterson	56	Saratoga Springs	52:16

**BRAVE THE BLIZZARD 5K SNOWSHOE RACE** *continued*

FEMALE AGE GROUP: 30 - 34			
1 Leigh Parker	34	Glenmont	52:42
2 Danielle Bargovic	31	Rensselaer	54:55
3 Niamh Lennon	31	Troy	55:40
MALE AGE GROUP: 35 - 39			
1 Addam Sentz	35	Nassau	39:20
2 Richard Teal	37	Troy	42:08
3 Victor Urvantsev	35	Ossining	44:50
FEMALE AGE GROUP: 35 - 39			
1 Kim Morrison	35	Wynantskill	45:29
2 Taneesha Butler	38	Loudonville	57:21
3 Stephanie Sentz	35	Nassau	58:49
MALE AGE GROUP: 40 - 44			
1 Brian Northan	40	Guilderland	38:06
2 Lance Decker	44	South Glens Falls	45:41
3 David Spore	43	Delmar	47:44
FEMALE AGE GROUP: 40 - 44			
1 Jennifer Ferriss	43	Saratoga Springs	56:26
2 Lori Beck	41	Amsterdam	1:05:38
3 Kathleen Tersigni	44	Burnt Hills	1:13:42
MALE AGE GROUP: 45 - 49			
1 Ryan Mitchell	48	Troy	41:31
2 Douglas Southwick	47	Rensselaer	45:23
3 Drew Anderson	46	Delmar	50:28
FEMALE AGE GROUP: 45 - 49			
1 Laurel Shortell	48	Northampton, MA	49:06
2 Jacqueline Johnson	48	Schenectady	1:06:57
3 Bernice Ruzzo	46	Schenectady	1:16:08
MALE AGE GROUP: 50 - 54			
1 Lennie Davis	54	Newport	47:04
2 Jan Rancatti	54	East Greenbush	48:51
3 Tom Mack	50	Wynantskill	55:55

FEMALE AGE GROUP: 50 - 54			
1 Kate Marshall	52	Ossining	55:52
2 Justina Cast	54	Pittsfield, MA	55:54
3 Denise Gonder	51	Albany	56:19
MALE AGE GROUP: 55 - 59			
1 Ted Cowles	56	West Granby, CT	44:27
2 Bob Dion	59	Readsboro, VT	46:08
3 Nick Jubok	58	Youman Hills	47:03
FEMALE AGE GROUP: 55 - 59			
1 Denise Dion	56	Readsboro, VT	53:58
2 Jen Kuzmich	56	Greenwich	1:00:30
3 Cheryl Rench	56	Greenfield Center	1:05:03
MALE AGE GROUP: 60 - 64			
1 Steven Sweeney	60	Delanson	47:11
2 Glen Tryson	61	Malden Bridge	47:20
3 George Baranuskas	61	Scotia	55:06
FEMALE AGE GROUP: 60 - 64			
1 Karen Provencher	60	Glens Falls	49:49
2 J Behreus	62	Dobbs Ferry	58:47
3 Phyllis Fox	62	Loudonville	1:11:20
MALE AGE GROUP: 65 - 69			
1 Jim Carlson	67	Gansevoort	55:57
FEMALE AGE GROUP: 65 - 69			
1 Laura Clark	67	Saratoga Springs	56:52
2 Ginny Mosher-Sweeney	68	Delanson	1:13:00
MALE AGE GROUP: 70 - 74			
1 Stephen Mitchell	73	Malta	1:05:03
2 Ray Lee	72	Halfmoon	1:08:39

*Courtesy of ARE Event Productions*

**33TH ANNUAL LAKE PLACID LOPPET XC SKI RACE** *continued*

FEMALE AGE GROUP: 30 - 39					
1 Lisa Liesener	Middletown, CT	1:58:13	3 Lisa Korzenicki	Lake Placid	1:55:17
2 Ashley Peacock	Loudonville	2:53:07	4 Diana Billingsley	Lake Clear	2:02:38
5 Dorine Peregrin	Lake Placid	2:14:32	5 Dorine Peregrin	Lake Placid	2:14:32
FEMALE AGE GROUP: 40 - 49					
1 Karen Alence	South Burlington, VT	2:15:31	1 Janet Findlay	Lake Placid	1:52:49
2 Christine Raneri	Troy	2:32:52	2 Betsy Thomas-Train	Keene Valley	2:23:25
FEMALE AGE GROUP: 50 - 59					
1 Eva Meyer	Farrellton, QC	1:52:10	3 Alana Forcier	Westport	2:47:48
2 Tamra Mooney	Peru	1:54:42			

*Courtesy of Olympic Regional Development Authority*

**BIG AIR AT LITTLE GORE**

March 7, 2015 • Gore Mountain, North Creek

RIDER: 15 & UNDER							
1 Andrew Piper	15	Minerva	20.7	2 Andrew Parent	14	Waterford	14.7
2 Jordan Conlon	10	North Creek	12.7	3 Anthony Sorice	12	Sloatsburg	14.0
3 Ryan Sorell-Baritell	15	Albany	12.7	4 Joshua Flagg	10	Malta	10.7
RIDER: 16 & OVER							
1 Kyle Geipel	17	Bloomington, NJ	13.7	5 SKIER: 16 & OVER			
2 Drew Hogan	13	Wilton	14.667	1 Nicolas Sorice	16	Sloatsburg	20.0
				2 Andrew Sporable	17	North Creek	19.7

*Courtesy of Gore Mountain*

**NYSSRA NORDIC CHAMPIONS CUP WEEKEND**

March 7-8, 2015 • Mt. Van Hovenberg, Lake Placid

20K CLASSIC XC SKI RACE				
MALE OVERALL				
1 Douglas, Robert/M4	Peru Nordic	55:01	2 Peru Nordic/CXC	44:46
2 Wellford, Jan/M1	Peru Nordic	55:52	Kevin Prickett/Robert Duncan Douglas	45:20
3 Huneck, Aaron/U18	HURT	57:22	3 HURT	45:50
FEMALE OVERALL				
1 Underwood, Heidi/M4	HURT	1:08:07	4 HURT 2	45:50
2 Frittelli, Gabriella/M4	Saratoga Biathlon	1:17:02	Chris Yarsevich/Robert Underwood	46:42
3 Van Dorn, Rosanne/M3	Peru Nordic	1:18:35	5 Peru Nordic	50:52
MALE AGE GROUP: 20 - 29				
1 Gardner-Lewis, Cameron	HURT	1:05:34	6 HURT 3	53:04
MALE AGE GROUP: 16 - 17				
1 Francisco, Ben	Adirondack Vauhti	1:03:28	7 Saratoga Biathlon	53:08
2 Allard, Terry	Johnsburg	1:07:05	Rene Harde/Darwin Roosa/Brian Wieghaus	53:08
3 Chrzan, Adam	HURT	1:11:18	8 Peru Nordic 8	53:54
MALE AGE GROUP: 14 - 15				
1 Alberga, Jacob	Saranac Lake	1:20:34	9 Peru Nordic 7	55:38
FEMALE AGE GROUP: 16 - 17				
1 Cromie, Emily	Adirondack Vauhti	1:22:24	10 Adirondack Vauhti 2	55:38
MALE AGE GROUP: 12 - 13				
1 Alberga, Patrick	Saranac Lake	30:10	Matthew Brower/Ben Francisco/Mark Chmielewicz	64:03
FEMALE AGE GROUP: 30 - 34				
1 Zullo, Amanda	Peru Nordic	1:18:52	11 HURT 6	66:41
MALE AGE GROUP: 30 - 34				
1 Paarberg-Kvam, David	HURT	59:20	12 Saranac Lake Nordic	74:23
2 Seyse, Eric	Glenville Hills	1:07:59	Patrick Alberga/Jacob Alberga	74:23
MALE AGE GROUP: 35 - 39				
1 Yarsevich, Chris	HURT	59:24	13 Peru Nordic 3/Saratoga Biathlon	80:22
2 Tornainen, Matthew	Adirondack Vauhti	1:00:27	Heike Wei/Andy Wei/Mark Moffett	80:22
MALE AGE GROUP: 40 - 44				
1 Rose, Chris	Peru Nordic	1:04:26	14 WOMENS RELAY	56:21
2 Prickett, Kevin	Peru Nordic	1:20:53	1 Peru Nordic 5	61:16
FEMALE AGE GROUP: 45 - 49				
1 Prickett, Connie	Peru Nordic	1:21:22	Janet Findlay/Amanda Zullo	61:16
MALE AGE GROUP: 45 - 49				
1 Wynn, Mike	Peru Nordic	58:20	2 Peru Nordic 6	80:22
2 Kobak, Jim	Peru Nordic	1:09:10	3 HURT 5	80:22
3 Lis, Edward	Peru Nordic	1:16:26	Gina Huneck/Emma Huneck	80:22
4 White, Brian	Peru Nordic	1:18:50	15 MIXED RELAY	48:05
5 Dabritz, Joseph	Adirondack Vauhti	1:38:05	1 Peru Nordic 4	48:17
6 Amoriell, Jason	Peru Nordic	1:40:11	Jan Wellford/Rosanne Van Dorn	48:17
MALE AGE GROUP: 50 - 54				
1 Hatch, Stanley	Peru Nordic	1:01:53	2 Saratoga Biathlon	51:27
2 Underwood, Robert	HURT	1:02:45	Joseph Iwan/Bla Bruinvoid/Sean Halligan	51:27
3 Iwan, Joseph	Saratoga Biathlon	1:05:56	3 HURT 1	51:27
4 Dadekian, Robert	Peru Nordic	1:09:30	Heidi Underwood/Tim Huneck	51:27
5 Bailey, Steven	Ethan Allen	1:09:50		
6 Witmer, John	Ethan Allen	1:15:01		
7 Brower, Matthew	Adirondack Vauhti	1:22:32		
MALE AGE GROUP: 55 - 59				
1 Huneck, Tim	HURT	1:05:45		
2 Korzenki, Joe	Peru Nordic	1:11:42		
3 Chmielewicz, Mark	Adirondack Vauhti	1:16:32		
MALE AGE GROUP: 60 - 64				
1 Paprocki, Mark	RXCSF	1:08:20		
2 Crawford, John	Peru Nordic	1:14:42		
3 Burt, David	Peru Nordic	1:19:22		
MALE AGE GROUP: 65 - 69				
1 Beattie, Chris	Peru Nordic	1:11:29		
2 Roosa, Darwin	Saratoga Biathlon	1:19:54		
3 Haight, Alan	Peru Nordic	1:40:24		
NYSSRA CHAMPIONSHIP RELAY				
1 Tornainen, Matti	Adirondack Vauhti	1:18:32		
	Matthew Tornainen/Eric Seyse	44:35		

*Courtesy of NYSSRA-Nordic*

**33TH ANNUAL LAKE PLACID LOPPET XC SKI RACE**

March 8, 2015 • Mt. Van Hovenberg, Lake Placid

Top Overall Finisher, Top 3 Age Groups & NY Finishers

50K FREESTYLE MEN					
MALE OVERALL					
1 Sam Evans-Brown/20-29	Concord, NH	2:19:48	2 Cullen Perry	Orangeville, ON	1:26:35
MALE AGE GROUP: 1 - 19					
1 Alex Howk	Wilton	3:48:00	3 Joseph Korzenicki	Lake Placid	1:27:54
MALE AGE GROUP: 20 - 29					
1 Oliver Burruss	Burlington, VT	2:24:58	5 Michael Parkin	Blossvale	1:47:05
2 Derek Snider	Ottawa, ON	2:29:32	7 Jack Irvin	Lake Placid	1:56:48
3 Tim Janson	Colchester, VT	2:47:03	8 Chip Brieant	Paul Smiths	2:03:16
6 Adam Karges	Rochester	3:08:49	9 Todd Carter	New York City	2:04:10
9 Jeffrey Moss	Albany	4:08:32	10 Brian Hart	Saranac Lake	2:10:22
MALE AGE GROUP: 30 - 39					
1 Matt Rossman	Salt Lake City, UT	2:20:03	11 Ed Hutton	East Aurora	2:17:29
2 Carl Van Loan	Denver, CO	2:34:42	12 Brian Howk	Wilton	2:34:52
3 Jedediah Hinkley	Chapel Hill, NC	2:43:24			
4 Kevin Bouchard-Hall	Wadhams	2:50:34			
5 Matt Cook	Saranac Lake	2:51:00			
6 Marty Maynard	Victor	2:54:53			
8 Daniel Kowalik	Orchard Park	4:21:54			
MALE AGE GROUP: 40 - 49					
1 Luc Tremblay	Laterrière, QC	2:33:42			
2 Carl Johnston	Pittsford	2:39:41			
3 David Brown	Dunrobin, ON	3:00:12			
8 James Leggett	Mechanicville	3:37:58			
11 Chris Bigenwald	Rochester	4:04:32			
MALE AGE GROUP: 50 - 59					
1 Mark Berger	Stouffville, ON	2:40:24			
2 Kurt Kuehnle	Albany	2:45:07			
3 Larry Costantino	East Moriches	3:01:57			
MALE AGE GROUP: 60 - 69					
1 Bruce Townend	Windsor, MA	3:04:05			
2 Harvey Snell	Waterford, PA	3:16:50			
3 Matthew Goodman	New York City	4:44:21			
50K FREESTYLE WOMEN					
FEMALE OVERALL					
1 Sophia McClelland/20-29	Keene Valley	2:48:02	1 Leah Davison/30-39	Jericho, VT	1:20:12
FEMALE AGE GROUP: 20 - 29					
1 Alena Toffe	Duluth, MN	3:09:04	1 Sarah Duclous	Clifton Park	1:30:08
2 Renee Jordan	Lake Placid	3:56:38	2 Amy Duclous	Clifton Park	1:34:52
3 Caitlin Skufca	Wilmington	3:59:12	3 Natalie Howk	Wilton	2:35:44
FEMALE AGE GROUP: 30 - 39					
1 Gregory Hagley	Lebanon, NH	2:44:57	1 Eloise Zimbelman	Stowe, VT	1:23:50
2 Monica Blount	Albany	4:08:31	2 Erin Hutton	Troy	1:26:39
3 Elizabeth Wadhams	Albany	4:15:02	3 Aubrey Nelson	Concord, NH	1:40:59
FEMALE AGE GROUP: 40 - 49					
1 Lisa Meissner	Tupper Lake	4:32:26	6 Tarryn Mogan	Lake Placid	1:55:52

25K FREESTYLE WOMEN					
FEMALE OVERALL					
1 Heidi Underwood	Kattskill Bay	1:26:15	1 Emily Heimer	Charlestown, MA	1:42:06
2 Connie Prickett	Wilmington	1:40:25	2 Teal Reeves	Malta	1:45:47
3 Linda Martin	Dunrobin, ON	1:46:01	4 Mellie Tyrosouvitis	Albany	1:55:27
4 Karen McGlade	Delanson	1:53:52	5 Jessica Northan	Guilderland	1:59:51
6 Emily Bryans	Saranac Lake	2:01:13			
7 Heidi Kretser	Saranac Lake	2:01:39			
8 Christina Hayden	Saranac Lake	2:05:53			
9 Jennifer Perry	Gabriels	2:08:47			
FEMALE AGE GROUP: 50 - 59					
1 Laurie Schulz	Lake Placid	1:39:59			
2 Jennifer Harvey	Niskayuna	1:44:35			
3 Ingrid Wilke	Cohoes	1:58:43			
4 Elisabeth Schulz	Blossvale	2:31:53			
5 Dawn Howk	Wilton	2:35:43			
FEMALE AGE GROUP: 60 - 69					
1 Carol Fisher	Queensbury	1:40:00			
2 Peggy Wiltberger	Saranac Lake	1:46:56			
3 Marijke Ormel	Saranac Lake	2:03:31			

25K CLASSIC MEN					
MALE OVERALL					
1 Spencer Knickerbocker/20-29	Brattleboro, VT	1:17:50			
MALE AGE GROUP: 1 - 19					
1 Patrick Broderick	Wilton	1:28:40			
2 Brian Beyerbach	Queensbury	1:31:20			
3 Isaac Newcomb	Lake Placid	2:13:11			
4 Phillip Buck	Saranac Lake	2:23:14			
5 River Friedman	Lake Placid	2:36:23			
6 Emanuel Flores	Lake Placid	2:38:35			
MALE AGE GROUP: 20 - 29					
1 Matthew Mitchell	Lake Placid	2:39:18			
2 Charles Pratt	Pittsburgh, PA	2:54:03			
MALE AGE GROUP: 30 - 39					
1 Keith Kogut	Saranac Lake	1:31:07			
2 Andrew Julow	North Hero, VT	1:53:11			
3 Joshua Katzman	Clifton Park	2:55:08			
MALE AGE GROUP: 40 - 49					
1 Alexei Tumanov	Saranac Lake	1:32:42			
2 Mark White	Burlington, VT	1:34:42			
3 Kevin Prickett	Wilmington	1:39:54			
4 Peter Angevine	Bronxville	1:41:46			
5 Brian Northan	Guilderland	1:43:25			
8 Stephen Turbek	Jay	2:29:13			
9 Mike Tholen	Lake Placid	2:36:23			
MALE AGE GROUP: 50 - 59					
1 Bob Underwood	Kattskill Bay	1:25:22			
2 Peter Van Buren	Burlington, VT	1:34:37			
3 Robert Dadekian	Niskayuna	1:39:22			
4 Steven Bailey	Plattsburgh	1:41:38			
9 Donald Massonne	Niskayuna	2:00:53			
10 Charles Langley	Ogdensburg	2:01:52			
11 Archibald Perkins	Rochester	2:05:49			
12 Rob Chamberlin	Webster	2:18:48			
14 Jeff Edwards	Lake Placid	2:21:50			
15 Jim Humiston	Queensbury	2:22:04			
16 John Broderick	Wilton	2:23:32			
18 Tom Flanagan	Manlius	2:30:05			
MALE AGE GROUP: 60 - 69					
1 David Hunter	Lake Placid	1:45:10			
2 David Burt	Queensbury	1:54:40			
3 Charles Riccio	Glenmont	2:11:27			
4 Charles Billingsley	Lake Clear	2:15:58			
5 Paul Heller	Plattsburgh	2:17:42			
6 David Hochschartner	Lake Placid	2:20:43			
8 Denis Chagnon	Lake Placid	3:03:18			
9 George Briggs	Leicester	3:06:41			
10 Brendan Gnal	Lake Placid	3:15:30			

## RUNNING & WALKING *continued from 15*

Perfect for spectators, the course consists of two flat laps through mud pits, grass, gravel and barns, onto a paved final section where the race could be decided. More than just a fun escapade where the experience eclipses the effort, this is meant to be a competitive fight to the finish in the European tradition. Visit: [runreg.com/battenkill](http://runreg.com/battenkill).

Expand your repertoire on Saturday, May 9 at **Abigail's Greenwich Gauntlet 4-Mile Challenge**, where you run the gauntlet through a series of town-related obstacles. Race director Amanda Willetts makes it a point to switch-up challenges from year-to-year so that the event preserves an element of surprise, while retaining major attractions like the mud pot at Carmody Ford, the slip 'n slide at McDonald's, the munchkin break at Dunkin' Donuts, and water monkey bars at Whalen Chevrolet. You can expect more than 15 obstacles, and three waves of 65 participants each are anticipated. Costumes are encouraged with awards given to best male, female, and team-themed participants.

Proceeds benefit the Greenwich Economic Developmental Group and Baby Abigail who lost her battle with Epidermolysis Bullosa shortly before Christmas. Play in Abigail's honor and race to find a cure for this fatal disease. Go to: [greenwichedg.com](http://greenwichedg.com).

Ready to get serious and reach outside the wire? Then set your Saturday, May 30 mission control to Ed Johnson's **Survive the Farm 5K & 10K Obstacle Challenge** in Easton. This is where authentic boot camp obstacles are constructed by military family members, and they're designed to give you a taste of the battlefield – minus the live ammo. The 5K route offers rough field and challenging woodland terrain with approximately 12 obstacles including mud trenches, cargo nets, shaky third-world sagging suspension bridges, and narrow single log overpasses.

New this year is a 10K course, which tours the initial 5K as a warmup and then gets down to business with an entirely different 5K route to home base. The final 5K is MORE – more water, more challenging obstacles, and more tricky terrain to negotiate! While military-style team spirit is welcome in the 5K, the 10K is meant to be a self-supported, forward scout mission. The same holds true of the initial 5K Elite Wave (think Rangers and Seals) who are offered the option of extending their experience by lining up for the 10K afterwards. Youngsters who want to imitate their rescue heroes can sign up on race day for their own fun-run version. Fittingly, a portion of the proceeds supports Saratoga WarHorse and Operation Adopt A Soldier, as well as local rescue squads, fire departments and youth groups. For a slideshow of possibilities, check out: [survivefarm.com](http://survivefarm.com).



**SURVIVE THE FARM CHALLENGE**  
5K/10K TRAIL RUN IN EASTON.  
ED JOHNSON

After these specialty events, road running might seem tame by comparison, but not at the **Prospect Mountain Road Race** on Saturday, May 9 in Lake George. Modestly boasting, "Only One Hill," realize that the single hill plays out for 5.67 miles with 1,601 feet of elevation gain. For some odd reason, competent runners hesitate to attempt the climb, but really it is completely doable! The first-mile is easy, lulling you into a false sense of security. Miles two and three are the real deal, with a break around the fourth mile, before you begin the steep ascent to the top. If you abandon your road runner mentality and realize that sometimes hiking is faster than running, you will be fine. And you will not be conspicuous as the only "spectators" are busy handing out water.

In fact, some folks hike the entire distance. A growing contingent also enjoys running downhill, stopping for the occasional view. The water tables are still available and runners driving down will offer rides if the trek becomes too much. For me, the most difficult part of the downhill is the final mile, where your plummeting stops and you are forced to actually run slightly uphill once more. Try this up/down option to get a race and your long-run in on the same day – and you can relax guilt-free on Mother's Day! Visit: [adironackrunners.org](http://adironackrunners.org).

Or, get in some bonus miles in what is rapidly becoming a Mother's Day tradition at the **Fleet Feet 10K Classic** on Sunday, May 10 at Bethlehem High School in Delmar. The USATF certified course is set on pleasant suburban roads with a few hills to vary the stress on your hard-working muscles. With the top two finishers in each age-group awarded Fleet Feet gift cards, you can expect a highly competitive field. Even if you

believe you have no chance of scoring, the speedsters may carry you in their wake to a spring PR.

In honor of the day, there is a special mother/child team competition with the winning team treated to a head-to-toe outfit courtesy of Asics. Team members do not have to cross the finish line together; instead, the duo with the fastest combined time will be declared the winner. Mothers with multiple children can form a separate team with each child. Kids not yet ready for the longer distance are welcome to participate in a fun kids' mile. Proceeds benefit Bethlehem XC and Track & Field Booster Club. Go to: [fleetfeetalbany.com](http://fleetfeetalbany.com).

If 10K seems a bit much after this record-breaking winter, then go for the **Literacy 5K Run/Walk** on Sunday, May 3. The course will tour the relatively traffic-free Rensselaer Technology Park in North Greenbush, located just south of Troy. The event also includes a one-mile kids' run and a shorter fun run.

New this year, participants are encouraged to dress as their favorite historical or fictional character. It should be great fun trying to guess who's who! Proceeds benefit the Literacy Volunteers of Rensselaer County. Check out: [lvorc.org](http://lvorc.org).

Finally, if you can't wait for summer and your horse racing fix, consider Johnstown's **5K Triple Crown Series** – Rotary's Run for the Roses (Kentucky) on Saturday, May 2; Mountain Valley Hospice (Preakness) on Sunday, May 17; and Lexington (Belmont) on Saturday, June 6. According to race coordinator Lisa McCoy, the town decided to market these three local races together in hopes of generating more participation and revenue for their non-profit causes. On these historic racing days, it is not only the horses who will

win big. Cash prizes will be awarded to the first three winners in each combined 5K Triple Crown Series age-group, along with amazing raffles including a mountain bike, box seats at the Saratoga Race Course, and New York Giants tickets.

The Rotary 5K winds through historic downtown Johnstown and then through a hilly residential area full of beautiful Victorian homes. The Hospice 5K, located on the Fulton Montgomery Community College Campus, is fairly level and consists of three laps around the perimeter. The Lexington 5K tours both the residential and business districts on an entirely different route from the Rotary race. Again, expect a combination of hills and level areas. Afterwards, take a well-earned break in front of the TV and see how the four-legged runners fared. Visit: [5ktriplecrown.racewire.com](http://5ktriplecrown.racewire.com).

In addition to May races previously profiled, please consider these well-organized events: *Joan Nicole Price Home 5K Run/1M Walk* in Schenectady April 25; *CCRC 5K Run/Walk* in Clifton Park May 2; *Run for the Warriors 5K Run/3K Walk* in Averill Park May 17; *Kerry Blue Hustle 5K* in Glens Falls May 17; *Run If You DARE 5K* in Mechanicville May 27; *Rail Trail to the Footbridge 5K Trail Run/Walk* in Granville May 30; and *Freihofer's Run for Women 5K* in Albany May 30. Find details in their ads and Calendar of Events listings.

With such a variety of nearby events to choose from, there is no excuse not to spring up for one, two or more! 📌

*Laura Clark (snowshoegal33@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.*

## TRIATHLON & DUATHLON *continued from 19*

20. This exciting event has been designed with the kids and family as the first priority! Travis Mitchell, planning committee member, says, "Our intention is to try to make the race a fun day for all, but in particular for the kids." The Youth Triathlon (100-yard swim, 3.1-mile bike, one-mile run) goes off first followed by the Adult Sprint, and the Kids' Splash & Dash (free registration, no minimum age) is last with a fun short swim and run. "During the event we are planning a pancake breakfast with bounce house, dunking booth and more. This should keep the whole family happy." ([greatsacandagachallenge.com](http://greatsacandagachallenge.com))

At the **HITS Triathlon Series**, in addition to their Full, Half and Olympic distances, they offer Open and Sprint options. The Open is for the absolute beginner with a 100m swim, 3M bike and 1M run, which could be an option for your kids. The Sprint is for the budding triathlete with a 750m swim, 12.4M bike and 3.1M run. The North Country Triathlon in Hague is June 27-28, and the new Kingston Triathlon is July 11-12. ([hitstriathlonseries.com](http://hitstriathlonseries.com))

Some of us may have kids who haven't yet been bitten by the triathlon bug. SkyHigh Adventures offers seven weeks of summer camp for kids with fun workouts, games, hiking, swimming, and a new BMX pump track.

John Slyer and his team added a Ninja Warrior Challenge to camp this summer where they will also swim, bike and run. Camp kids can get ready for the **SkyHigh Kids Tri** at Grafton Lakes State Park in Grafton, which turns 16 this year on Saturday, July 18. Two age categories will swim 100 meters, mountain bike 5K, and run 1K on the lakefront with plenty of opportunities for parents to cheer and volunteer. ([skyhighadventures.com](http://skyhighadventures.com))

Summer is the perfect time for a trip up to Lake Placid. Hiking, paddling, the bobsled run, the airbag jump, Santa's Workshop, miniature golf, Ubu Ale on the deck and more will please even the pickiest family member. You can head up on Mondays, July 13 or August 3, for the **High Peaks Mini-Tri Series Kids' Races**. The adult Mini-Tri sprint races are on Mondays, June 22 to August 10. ([highpeakscyclery.com](http://highpeakscyclery.com))

Maybe what the kids need is an event designed just for them. The **ToughKids Syracuse Triathlon** is at Delta Lake State Park in Rome on Saturday, July 18. This race has age group categories and distances for four to six year-olds, and up to ages 13-14, and the opportunity to qualify for a national race. If the kids aren't too excited about a triathlon, bribery might work. All

participating athletes receive a free entry to Enchanted Forest Water Safari, good for weekdays during the 2015 season. Also, it just so happens that the Delta Lake Tri with intermediate and sprint races are the following day. ([atcendurance.com](http://atcendurance.com))

If camping is your family activity, then plan to spend the weekend in Lake Lauderdale near Cambridge, and let the kids/grandkids do the **Fronhofer Tool Kids Tri** (100yd swim, 3M bike, 1M run) for ages 11-15 or Kids Mini (50yd, 1M, 0.5M) for ages 5-10 on Friday night, July 31. The Olympic distance race is the next day with partner and relay categories, which present an opportunity for family members to join in too. ([fronhofertool-triathlon.com](http://fronhofertool-triathlon.com))

To round out the summer, the Lake George Triathlon Festival on September 5-6 includes a kids' **Splash 'N' Dash** on Saturday, for ages 6-10 with a 50yd swim and 0.5M run, and for ages 11-14 a 100yd swim and 1M run. And, Olympic on Saturday and Half on Sunday. ([adkracemgmt.com](http://adkracemgmt.com))

The benefits to exposing your kids to endurance sports in their youth are vast. Practicing these sports will build an aerobic base, so it will improve their health and performance. Triathlon takes concentration, tenacity and perseverance, which carries over to school and other sports. Most adults would agree it is easier to learn how to swim at age five, than over 50! Albany triathlete Sarah

Fisk and Ben Syden's kids love racing in the kids events. As Sarah says, "I don't know if they'll still want to participate later on in life, when they're more involved with their own stuff. I hope they will, but who knows? Maybe they'll circle back to it later on in their lives."

Not everyone has family members who are ready or willing to participate in a triathlon, so how can you get them engaged? Volunteering is a great way to be involved, learn more about the sport, and provide value to the participants. Of course, when you suggest it you'll have to have the 'what's in it for me' covered. Most races offer a shirt and food. If that isn't enough pick a fun spot for them.

Kathy Pfiesser of Glens Falls, likes helping direct swimmers out of the water, and Sharon Strodl of Nassau, works an aid station in the middle of the race so she can encourage those who need it most – both have husbands who are triathletes. Brian Ferdinand and Chris Moore, of Malta, have put their talents to work at events as motorcycle and first aid support. Find a race and job that fits the person's personality, and you might end up with an enthusiastic, repeat volunteer! 📌

*Kristen Hislop (hislopcoaching@gmail.com) of Clifton Park is a USA Triathlon and USA Cycling coach, and Team in Training coach.*

# RACE RESULTS

## 35TH ANNUAL DOC LOPEZ RUN FOR HEALTH HALF-MARATHON & 5K March 21, 2015 • Elizabethtown-Lewis Central School, Elizabethtown

### 13.1-MILE RUN

MALE OVERALL			
1	Matthew Medeiros	29	Saranac 1:19:12
2	Rooney Castle	27	Charlotte, VT 1:21:22
3	Sean Davis	24	Willsboro 1:21:25

FEMALE OVERALL			
1	Jessica Bashaw	32	Cambridge 1:27:03
2	Kim Martineau	42	New York 1:34:59
3	Jennifer Donohue	35	Saranac 1:35:36

MALE AGE GROUP: 20 - 24			
1	Zachary Thibodaux	20	Fort Drum 1:38:34
2	Adam Chavez	20	Fort Drum 2:06:15

MALE AGE GROUP: 25 - 29			
1	Abe Armani-Munn	25	Plattsburgh 1:22:08
2	Brandon Darrah	26	Keeseville 1:24:25
3	Jesse Castillo	27	Bernalillo, NM 1:57:19

FEMALE AGE GROUP: 25 - 29			
1	Athea Guilfoyle	27	Ballston Spa 1:54:23
2	Jessica Stevens	28	Highgate, VT 2:04:42
3	Elizabeth Kratzert	26	Chestnut Hill, MA 2:19:50

MALE AGE GROUP: 30 - 34			
1	Tim Durney	34	Plattsburgh 1:33:35
2	Ian Fleury	33	Plattsburgh 1:37:08

FEMALE AGE GROUP: 30 - 34			
1	Heather Bala	34	Hudson Falls 1:52:24
2	Katie Moffett	31	Plattsburgh 2:06:42

MALE AGE GROUP: 35 - 39			
1	Ethan Rouen	36	New York 1:28:37
2	Jared Murphy	38	Fort Edward 1:29:24
3	Kyle Smith	38	New Russia 1:43:42
4	Daniel Weber	37	Elizabethtown 1:55:05

FEMALE AGE GROUP: 35 - 39			
1	Heather Hughes	36	Ballston Spa 2:06:18
2	Jennifer Fifield	39	Newcomb 2:21:54

MALE AGE GROUP: 40 - 44			
1	Lance Decker	44	South Glens Falls 1:47:29
2	Mark Hummel	41	Elizabethtown 1:55:09
3	Jim Jordan	41	Saratoga Springs 2:08:30

FEMALE AGE GROUP: 40 - 44			
1	Colleen Brown	43	Ticonderoga 2:10:30
2	Jodi Plante	40	Saratoga Springs 2:15:16

MALE AGE GROUP: 45 - 49			
1	Ian Callan	45	Cornwall, ON 1:38:47
2	Darrin Schwenkebeck	46	Waterbury Center, VT 1:48:56
3	Rob Demuro	45	Elizabethtown 1:49:49

FEMALE AGE GROUP: 45 - 49			
1	Darci Lafave	47	Lake Placid 1:50:41
2	Beth Christon	48	Cadyville 2:04:25
3	Rose French	47	Moriah 2:06:12
4	Gina Lavolette	47	Glenville 2:06:56
5	Nancy Gildersleeve	48	Ballston Lake 2:06:58

MALE AGE GROUP: 50 - 54			
1	Jon Gurney	52	Saratoga Springs 1:41:04
2	Tim Cavenee	54	Schuyler Falls 1:45:14
3	James Dillenberger	51	Ausable Forks 1:45:44
4	Martin Callan	51	Cornwall, ON 1:46:29
5	Paul Stevens	54	Saratoga Springs 1:52:25
6	Gary Guilfoyle	51	Ballston Spa 1:54:28
7	Steven Lafave	53	Peru 2:13:28
8	Bill Doherty	53	Elizabethtown 2:21:20
9	William Whitney	52	Lake Placid 2:32:26

FEMALE AGE GROUP: 50 - 54			
1	Leanne Macey	51	Champlain 1:57:46
2	Lori Lopez-Myers	54	Burlington, VT 1:59:08
3	Mary Meagher	50	Argyle 2:28:33

MALE AGE GROUP: 55 - 59			
1	Tim Malaney	57	Ticonderoga 1:41:57
2	Kirk Fasking	57	Lake Placid 1:44:57
3	Brian Teague	56	Glens Falls 1:45:22
4	Douglas Ferris	56	Willsboro 1:53:50
5	Neil Wheelwright	57	Burlington, VT 1:56:18
6	Robert Morganson	57	Lake Placid 2:01:52

FEMALE AGE GROUP: 55 - 59			
1	Mary Duprey	55	Plattsburgh 1:42:11
2	Beverly Kratzert	57	Salem 2:30:00

MALE AGE GROUP: 60 - 64			
1	Steven Benway	61	Willsboro 1:49:28
2	Jerry Ross	63	Peru 1:50:18
3	Mac Rand	61	Lake Placid 1:55:23
4	Barry Fitz-James	63	Lake Placid 2:12:08

FEMALE AGE GROUP: 60 - 64			
1	Karen Costello	60	Hague 2:14:21
2	Alana Forcier	63	Westport 2:47:31

### 5K RUN

MALE OVERALL			
1	Michael Schram	23	Tupper Lake 16:27
2	Jonathan Gay	16	Westport 17:36
3	Jim Allott	55	Potsdam 19:07

FEMALE OVERALL			
1	Terry Conley	30	Westport 23:37
2	Myra Adams	15	Lewis 23:45
3	Veronica Byers	37	Lake Placid 23:48

MALE AGE GROUP: 1 - 15			
1	Ella Faubert	11	Plattsburgh 31:53
2	Celeste Lukasiewicz	11	Plattsburgh 31:53

MALE AGE GROUP: 16 - 19			
1	William Ess	14	Peru 20:23
2	Nicholas Manfred	15	Moriah Center 25:27
3	Jackson Hooper	9	Elizabethtown 28:12

FEMALE AGE GROUP: 16 - 19			
1	Ivy Spas	18	Painted Post 24:28
2	Jenna Conley	18	North Creek 58:15

MALE AGE GROUP: 20 - 29			
1	Jon Rodriguez	28	Crown Point 30:18

FEMALE AGE GROUP: 20 - 29			
1	Christina DeSousa	27	Plattsburgh 24:21
2	Kate Ritter	29	Essex 24:41
3	Erin MacDougal	28	Essex 25:23

MALE AGE GROUP: 30 - 34			
1	Brandon Salyerds	31	Painted Post 25:14

FEMALE AGE GROUP: 30 - 34			
1	Candy Goff	30	Westport 27:06
2	Jessie Morgan	34	Willsboro 27:54
3	Michelle Rodriguez	31	Crown Point 28:18

MALE AGE GROUP: 35 - 39			
1	Emily Cole	35	Plattsburgh 24:25
2	Carolyn Sicher	39	Elizabethtown 24:48
3	Danielle Lukasiewicz	37	Plattsburgh 25:17

MALE AGE GROUP: 40 - 44			
1	Ed Armstrong	40	Plattsburgh 23:23
2	William Maverick	42	Peru 23:43
3	Luis Garnica	43	Port Henry 28:34

MALE AGE GROUP: 45 - 49			
1	Steve Gamble	45	Kanaya, ON 20:10
2	David Smith	45	Lake Placid 20:20
3	Dean Fleming	47	New Russia 28:14

## 35TH ANNUAL DOC LOPEZ RUN FOR HEALTH HALF-MARATHON & 5K *continued*

FEMALE AGE GROUP: 45 - 49			
1	Angie Dickerson	45	Willsboro 24:52
2	Peggy Bolster	47	Westport 26:05
3	Kathleen Wiley	45	Keene Valley 26:11

MALE AGE GROUP: 50 - 54			
1	Aaron Woolf	50	Elizabethtown 27:07
2	Steven Orman	52	Saranac Lake 22:44

FEMALE AGE GROUP: 50 - 54			
1	Jeanne Hummel	51	Elizabethtown 29:27
2	Kathy Gregoire	54	Elizabethtown 37:14
3	Linda Lowe	50	North Hudson 38:54

MALE AGE GROUP: 55 - 59			
1	Art Rasco	56	Cadyville 24:46
2	Peter Gibbs	55	Shelburne, VT 34:06

FEMALE AGE GROUP: 55 - 59			
1	Joan Lilly	56	Wadhams 25:30
2	Mary White-Ferris	55	Willsboro 37:13

FEMALE AGE GROUP: 60 - 69			
1	Linda Hudson	60	Keene Valley 33:10
2	Bobbi Reeves	67	Peru 38:34

MALE AGE GROUP: 60 - 69			
1	Mike Stahl	60	Moriah 27:18
2	Robert Wagner	62	Elizabethtown 29:20
3	Jay Frank	65	Keeseville 35:14

MALE AGE GROUP: 70 - 79			
1	Hugh Wilson	75	Dorval, QC 26:36
2	William McDonough	74	Port Henry 30:59

MALE AGE GROUP: 80 - 89			
1	Jean Bernaquez	82	Montreal, QC 27:27

*Courtesy of UVM Health Network -  
Elizabethtown Community Hospital*

## SCHENECTADY FIREFIGHTERS' 6TH ANNUAL RUN FOR YOUR LIFE 5K March 28, 2015 • Central Park, Schenectady

MALE OVERALL			
1	Randall Cannell	42	Broadalbin 18:01
2	George Berg Jr	46	West Sand Lake 18:19
3	Eric Ostrander	19	Saratoga Springs 18:51

FEMALE OVERALL			
1	Niamh Lunam	31	Albany 20:42
2	Terri Artese	48	Scotia 20:50
3	Katelyn Rhymestine	25	Herkimer 21:25

MALE AGE GROUP: 1 - 14			
1	Joshua Jones	14	Glenville 23:55
2	Will Hedden	11	Rexford 27:38
3	Aidan Percenti	8	Glenville 28:39

FEMALE AGE GROUP: 1 - 14			
1	Braeden Ossenfort	13	Scotia 27:14
2	Madelyn Graham	14	Scotia 30:48
3	Taya Morris	14	Scotia 33:22

MALE AGE GROUP: 15 - 19			
1	Paul Besancon	16	Glenville 22:06
2	Christopher Sullivan	17	Niskayuna 22:11
3	Jacob Greski	19	Scotia 22:36

FEMALE AGE GROUP: 15 - 19			
1	Rachel Sullivan	15	Niskayuna 22:06
2	Emily Smith	18	New York 34:09

MALE AGE GROUP: 20 - 24			
1	Mike Ristau	24	Kattskill Bay 27:02
2	Christian Decapria	23	Charlton 30:43
3	Cluhen Dong	24	Niskayuna 41:07

FEMALE AGE GROUP: 20 - 24			
1	Kristie Pageau	24	Rensselaer 21:34
2	Elaina Waters	24	Schenectady 25:16
3	Shannon Trant	20	Niskayuna 27:05

MALE AGE GROUP: 25 - 29			
1	John Roth	25	Johnstown 20:35
2	Kevin Fox	25	Schenectady 22:11
3	Brendon Davis	27	Schenectady 22:18

FEMALE AGE GROUP: 25 - 29			
1	Katelyn Reepmeyer	28	Troy 22:23
2	Lauren Lisle	26	Albany 23:59
3	Staci Chadwick	25	Green Island 25:02

MALE AGE GROUP: 30 - 34			
1	Jamie Kelly	30	Schenectady 20:31
2	Craig Macheron	34	Duanesburg 21:44
3	Greg Howe	31	Schenectady 22:18

FEMALE AGE GROUP: 30 - 34			
1	Jennifer Crowe	30	Albany 21:59
2	Stacy Crawford	31	Albany 23:03
3	Kaila Morgante	31	Clifton Park 23:14

MALE AGE GROUP: 35 - 39			
1	Christopher Scovill	35	Rensselaer 18:59
2	Nick Whaley	35	Clifton Park 19:22
3	Anthony Lucier	36	Schenectady 19:41

FEMALE AGE GROUP: 35 - 39			
1	Elizabeth Collins	37	Saratoga Springs 22:48
2	Michelle Hoffman	37	Hudson 24:31
3	Sarah Devoe	38	Loudonville 24:41

MALE AGE GROUP: 40 - 44			
1	George Stopyak	44	Clifton Park 19:11
2	Peter Forth	44	Schenectady 21:09
3	Joseph Genter	40	Schenectady 21:32

FEMALE AGE GROUP: 40 - 44			
1	Taryn Matusik	44	Saratoga Springs 26:04
2	Kathryn Mclroy	43	Niskayuna 26:33
3	Kris Diemer	43	Schenectady 26:58

MALE AGE GROUP: 45 - 49			
1	Kevin Creagan	49	Albany 19:36
2	Joe Forbes	45	Hudson Falls 20:35
3	Ken Tarullo	46	Delmar 20:52

FEMALE AGE GROUP: 45 - 49			
1	Courtney Moriarta	46	Greenwich 25:00
2	Morgana Cuomo	45	Schenectady 27:19
3	Kristin Ostrander	48	Saratoga Springs 28:18

MALE AGE GROUP: 50 - 54			
1	Ed Menis	50	Schenectady 19:20
2	Sam Mercado	52	Albany 19:40
3	Rick Knipper	54	Niskayuna 20:50

FEMALE AGE GROUP: 50 - 54			
1	Janice Phoenix	53	Schenectady 23:28
2	Lori Francesconi	5	



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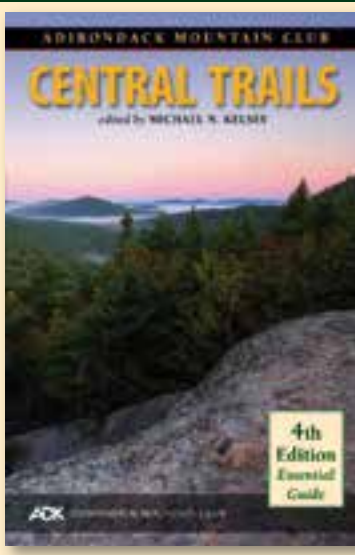
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## HIKING & WALKING

By Russell Dunn

April is a magical time of the year for waterfall lovers. By now, most of winter's snow and ice have been displaced by the warming breath of spring; biting insects are still burrowed underground waiting to be revived in the months to come. It is the time of year when you find yourself miraculously blessed with X-ray vision. Deciduous trees are still skeletal and will be for several more weeks until a new cycle of wood production begins. For the moment, at least, you can see through the woods and marvel at scenery that soon will become obscured in the late spring. This is the ideal time to go out looking for waterfalls.

What can be more thrilling than hearing the sound of a waterfall in the distance, literally calling out to you, bellowing and roaring like a giant beast shackled to a stream bed that can barely contain it!

Waterfalls have been summoning me for over two decades, and still I cannot resist their siren call. This passion for waterfalls has led me to write seven waterfall guidebooks, featuring the Adirondacks, Catskills, Shawangunks, Hudson Valley, Mohawk Valley, Berkshires, the entire state of Connecticut, and the entire state of Vermont (just published).

When people ask me what my favorite waterfall is, I often answer "I have many favorites." I will now share with you four regional favorites – but there are many, many more, to be sure.

Let's start in the Catskills, then switch to the Hudson Valley; then finally end up in the Adirondacks.

One of the most impressive waterfalls in eastern New York State – and, confidentially, my all-time favorite – is Kaaterskill Falls. It is both incredibly scenic and historic. This 231-foot-high waterfall consists of two tiers. The upper section is a towering cataract that drops 164 feet into a plunge pool. Behind it is a massive rock amphitheater that centuries of erosion have created. The lower section, equally as dramatic, is 64 feet high, and the part most appreciated when you stand at the base. Although Kaaterskill Falls has never been industrialized, it was commercialized from the mid-1800s to the mid-1900s. At that time, a large mountain hotel called the Laurel House overlooked the falls near its precipice. If you visit in April, look for an inverted snow cone that rises up from the bottom of the upper falls.

Kaaterskill Falls can be accessed by a 0.5-mile-long trail that starts from the famous horseshoe turn on Route 23A, 3.4 miles northwest of Palenville (junction of NY Routes 23A and 32A). Parking is available 0.1-mile beyond the horseshoe turn.



◀ **KAATERSKILL FALLS**  
NEAR PALENVILLE IN THE  
NORTHERN CATSKILLS.

▲ **MOSSY CASCADE** IN THE  
KEENE VALLEY AREA OF  
THE ADIRONDACKS.

PHOTOS BY RUSSELL DUNN

What adds to the enjoyment of this hike is that you also get to see Bastion Falls, a 50-foot-high, tumultuous cascade that is encountered right at the trailhead by the horseshoe turn. Two big, dazzling waterfalls for the price of one hike!

We next head over to the village of Philmont, east of the city of Hudson, to visit High Falls. This is one waterfall that truly lives up to its name. What you will encounter is a 150-foot-high waterfall that comes tumbling over the wall of a deep gorge. Above the top of High Falls, and not visible from below, is a 0.05-mile-long, sculpted canyon with additional small cascades. The waterfall is formed on Agawamuch Creek, a stream that has been heavily industrialized in the past.

To get there, get off the Taconic Parkway at the Harlemville/Philmont exit. Turn left onto State Route 217 and head southwest for 2.5 miles. When you come to Roxbury Road, turn left, go 0.05-mile, and then left again into the parking area for the 47-acre High Falls Conservation Area, managed by the Columbia Land Conservancy. Be sure to consult the kiosk first to get your bearings before starting the hike. From the parking area, follow a 0.4-mile-long trail to the falls. You can see High Falls either from its base, or from an overlook higher up.

We now turn to the Adirondacks, a waterfall playground with such notables as Roaring Brook Falls, Bushnell Falls, Beaver Meadow Falls, Rainbow Falls (both near the lower Ausable Lake and at Ausable Chasm), O.K. Slip Falls (where it's not o.k. to slip and fall), Hanging Spear Falls, Split Rock Falls, Rocky Falls, Indian Falls, Opalescent Falls, and – well, the list goes on and on. I have been to over 30 waterfalls in the greater Keene Valley area alone, so let's talk about two in this area that merit a visit.

Mossy Cascade, on Mossy Cascade Brook, is one of my favorites. Proof of this is Nathan Farb's photograph of Mossy Cascade, which graces the cover of my *Adirondack Waterfall Guide*.

To get there from the parking area next to Chapel Pond (hopefully you are familiar enough with the Adirondacks to know what I am talking about; if not, purchase a New York State Atlas & Gazetteer (Delorme), which no one should be without), drive northwest on NY Route 73 for 2.3 miles. Park to your right just before coming to a bridge that spans the East Branch of the Ausable River. Follow the Mossy Cascade/Hopkins Mountain trail for 0.7-mile. The hike really begins to get exciting when you reach the start of the Mossy Cascade gorge. You will have to follow a

badly eroded trail into the gorge, clinging to the side wall in order to keep your shoes dry (not always possible), and even scampering up and over an 8-foot-high cascade in order to get to the end of the gorge to see Mossy Cascade as it comes plunging in to your right, dropping 60 feet.

The last waterfall we will talk about is probably known to

only a handful of hikers and climbers. You can be one of them. It is a seasonal cascade that is visible from the Beer Walls, a.k.a. Chapel Pond Canyon – a spot favored by rock climbers. In fact, it was "discovered" by rock-climbers in 1982. From the parking area in front of Chapel Pond, drive northwest on Route 73, going downhill for 0.6 mile, and turn into a pull-off on your right. If you reach the pull-off for a roadside view of Roaring Brook Falls (also a "must see") further down the road, then you have gone too far. Walk back up the road for several hundred feet, and then cross over (carefully) to the other side.

Look for a path going up a gully and follow it steadily uphill for 0.1-mile. When you reach the top where paths goes both left and right, bear right and follow the path for 0.05-mile to a higher point where a massive, rocky bluff awaits. This overlook affords a stunning view into a huge, walled valley rarely seen by hikers; and directly across on the opposite side of this chasm is a stunning, narrow, 100-foot-high cascade. If you are willing to persevere to find this spot, you will find that your efforts have not been misspent. Remember, however, that this is a seasonal cascade, and realistically should only be visited in the springtime.

And there you have it – four waterfalls for four times the fun. Now get out and enjoy! 🌲

*Russell Dunn (bdelaney@nycap.rr.com) is a NYS licensed hiking guide who has written seven regional waterfall guidebooks. He and his wife, co-author Barbara Delaney, give presentations on a variety of subjects, including waterfalls, and annually lead a series of waterfall-oriented hikes in the Adirondacks called "Waterfall Weekend."*

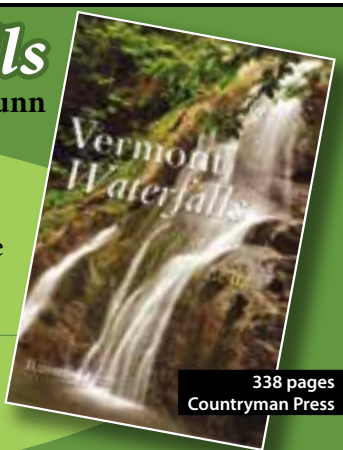
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