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2015



2014 BLACK FLY CHALLENGE
WOMEN'S CHAMP, ROSANNE VANDORN
OF LAKE PLACID, ON HER WAY TO
TYING THE COURSE RECORD.
PAT HENDRICK PHOTOGRAPHY

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CONTENTS

- 1 Mountain Biking**
*Adirondack Mountain Biking -
Festivals Challenges and Races*
- 3 Running & Walking**
Run for Health & History
- 5 Around the Region News Briefs**
- 5 From the Publisher & Editor**
- 6-11 CALENDAR OF EVENTS**
May to July: 300+ Things to Do
- 12 Kayaking, Canoeing & SUP**
*First of Season Paddle:
Stockport Flats on the Hudson*
- 15 Bicycling**
Women on Bikes
- 17 Athlete Profile**
Triathletes Mara & Paul Fronhofer
- 19 Hiking & Backpacking**
Hiking to OK Slip Falls
- 21 Triathlon & Duathlon**
Ideal Summer Races
- 22-27 RACE RESULTS**
Top Finishers in 25 Events
- 28 Running & Walking**
Freihofer's Run for Women 5K
- 31 Running**
20 Habits of Successful Runners

Adirondack Mountain Biking Festivals, Challenges and Races

The warm, dry weather in May put a quick end to April's mud season. The single and double track trails and dirt or gravel roads are in fine condition for you to get out there on your trusty steed, whether it's a mountain, cross, fat or road bike for the job.

Leading off is the **Wilmington Whiteface Bike Fest** on June 5-7 in Wilmington, the self-proclaimed biking capital of the Adirondacks. It's a three-day mix of uphill, downhill, serious competition, and fun for all ages.

On Friday, the free Jump Jam and Trials Exhibition is from 6-8pm at Wilmington Bike Park, with the big air, jumps and stunts led by Krushers Stunt Team of Montreal. The evening continues with a free Bike Fest Welcome Party at Whiteface's Cloudspin Lodge from 9pm-12am, don't miss the 'Best Calves of Wilmington' contest and live music.

Part of Bike Fest, but on the road, the 14th annual **Whiteface Mountain Uphill Bike Race** is on Saturday, June 6 at 8am, where you can challenge yourself to 11 miles up the Whiteface Mountain veteran's memorial highway (whitefacerace.com). From 10-3pm, there will be a vendor village at Whiteface and fun at Whiteface Adventure Park – both continue on Sunday.

The Poor Man's Downhill continuous shuttles will be running from Lake Everest Town Beach to the trails. Starting at 6pm, a free Beach Party will kick-off at Lake Everest, with live music, quality food and cold beverages.

On Sunday at 7am, the **Wilmington Whiteface XC MTB 100K and 50K** – the only Leadville 100 qualifier in the East. The course is a mix of rugged backcountry roads, a smidge of single track, fast descents over ski trails, and plenty of climbing. Solo racers who cross the finish in less than eight hours have a shot at competing in the Race Across the Sky or the world-famous Leadville Trail 100 mountain bike race. The race also has relay divisions (wilmingtonwhitefacemtb.com).

From 8am-noon, a free road bicycle tour – presented by High Peaks Cyclery – will skirt the Wilmington Whiteface race course route with views of the athletes in action (preregistration encouraged). For more Bike Fest info and updated schedules, visit bikewilmingtonny.com or their Facebook.com page: Wilmington/Whiteface Bike Fest.

The 20th annual **Black Fly Challenge** Adirondack Mountain Bike Race is taking place on Saturday, June 13 at 10:30am. The start and finish points alternate yearly. It's an odd number year, so the mixed pavement and gravel grinder course goes from Indian Lake to Inlet, covering 40.5 miles through the Moose River Recreation Area.

The popular race, sponsored by Epic Outdoor Adventures, offers more than \$9,000 in cash and prizes. Race categories include expert, sport, beginner, junior and cyclocross. The race is unique in that it attracts both serious racers and recreation riders on cyclocross and mountain bikes. It also attracts some serious adventurers, riding unicycles and three-seat bikes. At 12 noon, the post-race party spread has plenty of food and fun, begins at Inlet's Fern Park. Since it's a point to point destination race, you have to purchase your morning or afternoon shuttle in advance.

On Sunday, June 14 at Inlet's Fern Park, there's a **Mountain Bike Rodeo & Races**, a hill climb, circuit race – all great family fun! Rodeo events include: slow race, barrel race, log pull, balance race, longest wheelie. Plus, there Kids' Races of varying distances for ages 18 and under; Hill Climb where competitors time trial up a steep gravel road; and a Circuit Race on a relatively short course on easy trails. Finally, a Huffy Toss where competitors throw money into a hat and whoever can throw the old Huffy farthest, wins the pot (the other half goes to the Inlet trail fund). Bike rodeo events include a barrel race, slow race, log pull, balance race, and longest wheelie.

I am a runner.
I run in rain or shine,
light or darkness.
I run until I cry,
collapse,
or until I feel like I
cannot go on.
And then,
I run another mile.
Because I am a runner.
I am unstoppable.
unbeatable.
untouchable.



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For Information: (518) 406-5157

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RUNNING & WALKING

By Laura Clark

I admire folks who spend as much time funding a charity race as they do in actual training. But that is not me. As a race director, I spend so many hours recruiting runners and volunteers, I figure enough is enough. Still....by participating in events like the ones profiled below, I can nevertheless partake in the satisfaction and motivation that comes from racing for those who cannot. And if the experience is tied to the historical roots of the venue, so much the better. I might actually learn something!

The 17th annual **Kinderhook Bank OK 5K Road Race**, presented by the Kinderhook Runners Club, also on Saturday, June 6, featuring the “famous, friendly, fast and scenic course” past the orchards and historical sites of the village and town of Kinderhook. Walkers and race walkers are welcome. You can enjoy the local high school bands and singers, and all proceeds are donated to local non-profits. As a librarian, I applaud the library’s Reading Ramble, where kids ages six and under enrolled in the 50 and 100 yard dash are rewarded with a book. A great start to the summer reading program! There’s also an OK 1 Run (kids one-miler) for ages six-12. To personalize the spirit of community giving beyond a simple entry fee, runners are encouraged to bring a non-perishable item for the food pantry, and gently used women’s running shoes for female domestic violence members, who are training under the auspices of Healing a Woman’s Soul.

And why the “OK” you may well ask? Martin Van Buren, known as “Old Kinderhook,” coined the abbreviation as a memorable tagline for his 1840 reelection campaign. So what if his bid failed? His nickname endures to this day. To see a course video and a preview of other historical figures you may encounter on your journey, go to: ok5krace.org.

If you’re after a more challenging opportunity, then aim for the **Charlton Heritage 5K Run/Walk**, also on June 6, with its out-and-back mix of rolling hills and flats – and downhill finish – in the historic hamlet and countryside town of Charlton. The event kicks off the town-wide Founder’s Day celebration and proceeds benefit the Charlton Historical Society’s efforts to preserve some of the same buildings you pass in your run. Notably, members of Ainsley’s Angels, runners who push physically challenged young people, will now have their own special race category.

And your reward for supporting these worthy causes? A country picnic-style repast and a generous goody bag, including a men’s and women’s sized tech shirt, and a pint glass. As a woman who struggles to fit com-



2014 CHARLTON HERITAGE 5K RUNNERS IN CHARLTON.



2014 STRIDES FOR STRIDE RUN-WALK-ROLL IN ALBANY.

Run for Health and History

fortably into men’s small, this alone is reason to participate! There’s also a Kids’ One-Mile Fun Run, with T-shirts and medals for the fun runners. Go to: charlton5k.org.

LifeSong’s third annual **Daffodil Dash 5K Run/Walk** is on Saturday, June 6 at the Town Park in Halfmoon. The Dash will use a new out and back USATF certified course through the park and scenic roads. Runners can register as an individual or part of a team, and all kids ages seven and under are free and don’t need to register.

In the Capital Region, LifeSong serves individuals with developmental disabilities by providing a variety of active and enjoyable services for personal development. The fast-growing Daffodil Dash has live performances from LifeSong vocalists, T-shirts for all registered, fun family activities, food, beverages and massages. Check out: daffodildash.com.

The following day, Sunday, June 7 in East Greenbush, join the family and friends of Liza Warner and Nikki Hart, for **The Run for Help**, a 5K run/walk against domestic violence. Founded by Liza’s mother, all proceeds from the race benefit the Unity House domestic violence program in Rensselaer County and the Nikki Hart Children’s Memorial Fund. Approximately 300 to 400 participants will launch from Goff Middle School, enjoying a mostly flat countryside trek, and secure baby-sitting is available for moms who want to run.

Additionally, there is a Youth Mile and Kids’ 50-Yard Dash for the littlest. An East Greenbush Fire Department spray truck will be on hand to cool down the runners and entertain the kids. Click on: unityhousesny.org or rememberingliza.org.

You may well wonder why on Saturday, June 20, Greenwich hosts a run/walk dubbed **Whipple City 5K**, in connection with its weekend festival. Greenwich was originally named “Whipple City” after its founder, Job Whipple, evolved into a prominent station

on the Underground Railroad, one of the final stops before Canada. Sometime during that period, its name was changed to “Union” proudly bespeaking its heritage, but afterwards, in an effort to heal animosities, it became Greenwich. Civil War reenactors will give your race day adrenaline a boost with a send-off musket round.

The out-and-back village and countryside route features a gently sloping hill to the turnaround at North Road, where you reverse directions back to Greenwich Middle School. There’s also a free Kids’ 1K Fun Run. Afterwards, feel satisfied that your race dollars will fund the Greater Greenwich Chamber scholarship at Greenwich High School, and enjoy modeling your new dri-fit shirt with special V-necks for the women. And stay for the Whipple City Festival with food, Adirondack Brewery, live music, family activities and exhibits. Visit: greenwichchamber.org.

The **Strides 4 STRIDE Run-Walk-Roll**, also on June 20 in Albany, is an official Olympic Day 2015 event commemorating the birth of the modern Olympics and celebrating Olympic values of excellence, friendship and respect. Join this fun, family-friendly event supports equal opportunity in sports regardless of disability. It raises funds to support STRIDE Adaptive Sports, with a mission of educating and empowering individuals with special needs in life-changing sport and recreation programs to sustain healthy, active and fun lifestyles. The flat, out-and-back 5K race course – now USATF certified and sanctioned – is along the scenic Corning Preserve Hudson riverfront is perfect for a fast time for runners, or for standalone wheelchair and handcycle competitors.

Walkers and walker-pushed wheelchairs are encouraged to enter the 2K Community Walk ‘N’ Roll. In keeping with the team-oriented approach of STRIDE, there are new team awards for fastest 5K combined times,

5K highest participation, 2K team spirit, and top fundraising team. For age five-and-under enthusiasts, there is a 400-meter Tot Run, where smiles advertise that everyone is a winner. Something for everybody! Go to: stride.org.

Another tradition is the 37th annual **Freihofer’s Run for Women** on May 30 in Albany. See page 28 for details on the new 5K start/finish and race course, plus kids’ runs, community walk and race walk championships.

Other quality June offerings include: Tuff eNuff Obstacle Course Challenge 5K Mud Run on June 6 in Saratoga Springs; Sunny Hill Resort’s Viking Obstacle Race (35 obstacles, 5.5 miles) on June 13 in Greenville; Run for the Rhubarb 5K/10K Races and Fun Kids’ Mile Run on June 13 in New Lebanon; and Great Adirondack Trail Run (11.5-mile mountain, 3.2-mile fun) on June 13 in Keene Valley.

All of these races are something all members of the family can enjoy, with special activities for every member – with an emphasis on fun, giving and reliving our local heritage. A fitting start for an active, thoughtful summer!

Finally, several previously-previewed longer distance races are held in late May or June, and it’s not too late to register! Three of these events also have shorter components for family or friends. The Biggest Loser Run/Walk Half Marathon, 5K and One-Mile Fun Run on May 31 in Plattsburgh; Walkway Marathon, Half Marathon and 5K on June 13 in Poughkeepsie; Lake Placid Marathon and Half on June 14 in Lake Placid; and Adirondack Distance ten-miler on June 21 from Lake George to Bolton Landing. 📍

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

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7TH ANNUAL

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Saturday, August 15

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10K: 9am start at Camp Chingachgook –
Out and back course with start and finish at the camp

After race cookout lunch at the camp’s beautiful waterfront (bring suit/towel)
Also, runners/guests have access to use camp facilities including showers

Register, application or more info: www.LakeGeorgeHalfMarathon.com
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AROUND THE REGION **News Briefs**

Adirondack Brevet Week

WILMINGTON – The 2015 Adirondack Brevet Week will be held May 25-31 in Wilmington at the Alpine Country Inn & Suites. The week is hosted by Adirondack Ultra Cycling and is part of the Saratoga Brevet Series. All brevets are sanctioned by Randonneurs USA and Audax Club Parisien, and are official qualifiers for Paris-Brest-Paris.

Brevets are non-competitive, self-supported long-distance rides, with set distances of 200K, 300K, 400K, 600K, 1000K and 1200K. Riders who participate in brevets are generally referred to as randonneurs, and this style of riding is known as randonneuring. Paris-Brest-Paris is a 1200K brevet (or Grand Randonnee) that has been continuously run since 1891, and is held every four years, including 2015.

To qualify for PBP, riders must complete a "Super Randonneur" series (200K, 300K, 400K and 600K brevets) by early July. The Adirondack Brevet Week will consist of a Super Randonneur series, and a "bonus" 100K populaire, all held on consecutive days. If completed successfully, riders will total over 1,600K (1000 miles) for the week! Go to: adkulttracycling.com.

Mt. McGregor Transferred to Moreau State Park

WILTON – The NYS Office of Parks, Recreation and Historic Preservation announced that 750 acres of property that composes the former Mt. McGregor prison will be transferred to Moreau Lake State Park. "I'm thrilled that the state will open this beautiful forested land to the public for outdoor recreation," said State Parks Commissioner Rose Harvey. "Moreau Lake is visited by thousands of outdoor enthusiasts for camping, swimming, and exploring its popular trail network. This will expand recreational opportunities, preserve open space,



and ensure access to the Grant Cottage State Historic Site."

The new park lands, in the towns of Corinth, Wilton and Moreau, include extensive forests and wetlands and the shores of Lake Bonita, a scenic undeveloped lake. The transfer extends the park's protection of a mountain ridge known as the Palmertown Range, and includes a key segment of a planned long-distance Palmertown Ridge Trail, which eventually will connect Saratoga Springs to Moreau Lake. State parks will undertake a public planning effort in the coming months for public comment on how to provide recreational access, which will include creation of hiking trails and access to Lake Bonita. Public access to the property is currently limited with no parking areas or maintained trails. Click on: nysparks.com.

2017 Ironman 70.3 World Champs Bid

LAKE PLACID – Lake Placid has bid on the 2017 Ironman 70.3 World Championships, a half-Ironman competition that welcomes 4,500 athletes and their family and friends

from 90 countries. Lake Placid was selected as one of 40 potential North American Host Region representatives to submit a proposal. "We've received enthusiastic support," said James McKenna, president of the Regional Office of Sustainable Tourism. "As a longtime host of the oldest Ironman in the continental US, we think we have a very strong chance for a successful bid."

The 70.3 event includes 1.2-mile swim, 56-mile bike and 13.1-mile run components. The world championships will run two days, with the women's race Sept. 9 and the men's Sept. 10. Elected officials cite several potential benefits to the winning host region. "This event would provide tremendous global exposure for Lake Placid and the Adirondacks," said Lake Placid Mayor Craig Randall.

"The potential economic impact of this event is tremendous," said Roby Politi, town of North Elba supervisor. "And it will bring people here in a perfect calendar slot: the week after Labor Day." ROOST will receive confirmation in May 2015 as to whether Lake Placid has been short-listed as a potential host city; the final selected site will be notified in June 2015. Visit: lakeplacid.com.

2015 Cycle Adirondacks

SARANAC LAKE – The Wildlife Conservation Society's inaugural Cycle Adirondacks bike tour will take place August 23-29. Riders will pedal amid the forests, lakes, and streams that make the Adirondacks a wonderful destination. Guides will be on hand to serve as wildlife and natural history experts. This year's tour starts/ends in Saranac Lake and includes overnight stops in Star Lake, Boonville, Camden, Old Forge and Long Lake. There will be an extra day in Old Forge, where riders can do an optional route, or take the day off to visit Old Forge and Inlet.

Registration includes three catered gourmet meals daily, free beer tastings nightly, evening live entertainment, a wellness area offering free massage, local shuttle services, stocked rest stops, prime camping spots, hot showers, baggage service, sag wagon support, and activities for non-riding traveling companions. Fees cover infrastructure and rider services, and support WCS's programs in the Adirondacks.

Tour options include: The Full Ride (Days 1-7) – A weeklong event with a total of 400-500 miles, ranging from 50 to 75 miles; The Big

Four (Days 1-4) – Ride the first four days, averaging 74 miles a day; c) The Easy Three (Days 5-7) – A shorter-mileage option, also attractive for families. The last three days, including a lay-over in Old Forge, averaging 50-65 miles a day. Learn more: cycleadirondacks.com.



The 6th Annual Malta Business & Professional Association 5K

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Malta 5K

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FROM THE PUBLISHER & EDITOR

How Are We Doing?

Fifteen years ago, I ran the following Publisher column in the June 2000 premier issue to introduce Adirondack Sports & Fitness magazine. After rereading this first column, I feel like my goals, aspirations and mission are the same today as they were then.

I always say this business is the most difficult thing I've ever done, but also the most rewarding. The rewards come with speaking and listening to you our readers, working with our customers, contributing writers and vendors – and seeing the magazine in-print and online each month.

As we look forward, please share your thoughts on how we're doing, how we can improve, and how the publication has impacted you. All comments are welcome, so we encourage you to submit them to us at info@adksports.com by May 31. **Thank you!**

Darryl and Mona

Welcome to Adirondack Sports & Fitness!

So, why start an outdoor sports and fitness magazine? For the past 15 years, I've spent much of my free time outdoors in the Adirondacks, mostly as a bicyclist, runner, hiker and skier. For me, exercise and fitness is not a competitive sport but a means to explore wild places – and stay fit in less time.

Welcome to *Adirondack Sports & Fitness*, an outdoor recreation and fitness publication covering the Adirondack Park and greater Capital-Saratoga region of New York State. Our goal is to be the authoritative source for information regarding individual, aerobic, life-long sports and fitness throughout the area.

We aspire to fill our pages with invigorating articles and inspiring photographs of in-season sports, regional destinations, and special events. You'll also find insightful articles on regional news briefs, a comprehensive calendar of events, Web site reviews, athlete profiles, training, nutrition, race results, and useful reviews.

Adirondack Sports & Fitness is published monthly, 12-times per year, at the beginning of each month. It's available free at 300 locations throughout eastern New York and neighboring towns in Vermont, Massachusetts, Connecticut, and New Jersey. Or, subscriptions are available if you would like to receive a copy in your mailbox.

We will cover cross-country skiing, hiking, running, mountain biking, road biking, downhill skiing, snowboarding, weightlifting, swimming, camping, backpacking, canoeing, in-line skating, snowshoeing, triathlon, kayaking, tennis, golf, aerobics, rock/ice climbing, and telemark skiing.

Adirondack Sports & Fitness is designed for recreational athletes like me, just as it is for marathoners and adventure racers. Our mission is to inspire and educate athletes of all levels, whether they are at the top of their sport or, like me, slow and loving it.

Please say hello when you see me out there. Enjoy the premier issue and I look forward to your comments.

Darryl

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ISSUE #173

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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Calendar of Events May - July 2015*

*Events beyond this range are advertisers in this issue.

MAY 2015							JUNE 2015							JULY 2015						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6			1	2	3	4		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
24/31	25	26	27	28	29	30	28	29	30	26	27	28	29	30	31					

BICYCLING: ROAD ONGOING

- Tue** Indoor Cycling: Ride to the Beat. 6:30pm. Cycle 518, Schenectady. Noel Day: 732-236-0039. crossfit518.com.
- Thu** Indoor Cycling: Ride to the Beat. 5:30am. Cycle 518, Schenectady. Noel Day: 732-236-0039. crossfit518.com.
- Sat** Indoor Cycling: Ride to the Beat. 8am. Cycle 518, Schenectady. Noel Day: 732-236-0039. crossfit518.com.

MAY

- 15-17 Syracuse Race Weekend. Hill climb, TT, criterium. Marcellus & Onondaga Park. 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.
- 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.
- 17 5th Gran Fondo New York. 100M/50M. George Washington Bridge, NYC. 212-933-4033. granfondony.com.
- 23-25 Killington Stage Race. 61-160M. Killington, VT. killingtonstagerace.com.
- 25-31 Adirondack Brevet Week. Randonneur Series: 100K, 200K, 300K, 400K & 600K. Schuylerville. adkulttracycling.com.
- 30 Mt Ascutney Bicycle Hill Climb. 3.7M. 9am. Mt. Ascutney SP, Windsor, VT. ascutneyhillclimb.com.
- 31 Jamestown Airport Road Race. 16-48M. 10am. Airport, Jamestown. 716-338-7250.
- 30-31 Wilmington-Whiteface Race Weekend. Sat: Wilmington-Whiteface Road Race. Sun: Wilmington Circuit Race. Town Youth Park, Wilmington. teamplacidplanet.org.

JUNE

- 6 14th Whiteface Mountain Uphill Bike Race. 11M. 8am. Whiteface, Wilmington. 946-2225. whitefaceace.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.
- 13 Vermont Gran Fondo. 104M, 69M, 46M. 8am. Middlebury Snow Bowl, Hancock, VT. 802-388-7951. vermontgranfondo.com.
- 13 3rd Ride with the Vets. 30M. 7:30am. Town Hall, Chestertown to Crandall Park, Glens Falls. Steve Dean: 812-8760. gwotmonument.org.
- 13 4th Greene Summer Classic. 46M. Windham Mountain, Windham. 413-314-3478. greatamericacycling.com.
- 13 Dirty Road-a-Coaster 100K Gravel Grinder. 8am. Hartland Rec Center, Hartland, VT. bikeskirace.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.
- 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.
- 14 Tour of the Catskills Devil's Kitchen Preview Ride. 77M. 10am. 20 Tompkins St, Tannersville. 413-314-3478. greatamericacycling.com.
- 14 4th White Plains Downtown Criterium. White Plains
- 14 Giro d'Otisco Lake. Skaneateles.
- 19-21 Saranac Lake Tandem Rally. Gear-To-Go Tandems, Saranac Lake. Rich & Lindy: 354-2102. gtgtandems.com.
- 21 Bristol Mountain Road Race. 34-68M. Levi Corser Memorial Park, Canandaigua. 585-414-7425. bristolmountainroadrace.com.
- 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.
- 11-12 Saratoga 12/24. 24-hour road race & Ultra cycling 24-hour championship. Saratoga Springs. adkulttracycling.com.
- 12 Mayor's Cup Bike Ride. 70M: 8:30am. 50M: 9am. 20M: 10am. CVPH Medical Center, Plattsburgh. 562-7169. cvph.org.
- 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.
- 22-23 ADK 80K. Sat: Trail Running Race: 6am. Sun: MTB & Cyclocross Races: 8am. High Peaks Cyclery, Lake Placid. 523-3764. adk80k.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

JULY

- 18-23 HURT Junior Nordic Ski Camp w/Dave Paarlberg-Kvam. Overnight, ages 15-18. Camp Meadowbrook, Queensbury. hurtnordicskiing.org.

HEALTH & FITNESS

ONGOING

- Daily Bikram, Warm & Hot Vinyasa, Ashtanga & Restorative yoga classes. Hot Yoga, Lake Placid. 837-5036. hotyogalakeplacidny.com.
- Daily Yoga Classes & Workshops. True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.



**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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5/27



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Camp Challenge

SEPTEMBER 12, 2015
at the Double H Ranch in Lake Luzerne, New York

Register at www.doublehbranch.org

Camp Challenge Ride Sponsored by:
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Victor and Yvette Hershaft
Dan and Jan Lewis
Vince and Patty Riggi
Ron and Michele Riggi
The Yulman Family



Battle of the Boquet Downtown Celebration

Race to the Battle

3.52-Mile Trail Run &
2M Kayak Race on Boquet River

Saturday July 11, 8am
Historic Downtown Willsboro




Run: Gilliland Park to Noblewood Park
Paddle: Noblewood Park to Gilliland Park

Register: townofwillsboro.com
Day of Registration: Willsboro Bandstand

SATURDAY JUNE 6TH


UPSTATE BIKE RACE

Are you UP For the Challenge?



WhitefaceRace.com

518-946-2255
info@WhitefaceRace.com



Mo-Sa Rock Your Fitness Classes. Next Sessions: 6/1-7/10 & 7/20-8/22. M/W/F: 5:15am or 6:45am. Tu/Th: 9:30am & Sat: 6:15am or 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.

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

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

Fri CPR/AED Basic Life Support Class for RN & Health Providers. 9am-12pm. Stat Staff Pros: 871-1611. adkhw.com.

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

SEPTEMBER

Mon Start of coursework in new certificate programs: Coaching, Fitness Specialist, Worksite Health Promotion. Hudson Valley Community College, Troy. 629-7372. hvcc.edu.

HIKING & CLIMBING

MAY

23 Waterfalls & 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. Claudia Warren: 364-3857. adk-albany.org.

14 Noonmark Mtn Hike. 6M. Round Mtn Pond Trailhead, Keene. 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

MAY

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. 315-357-3281. blackflychallenge.com.

MOUNTAINEERING & WILDERNESS SKILLS

MAY

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

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

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

JUNE

13 **Wilderness Navigation Essentials.** Adult/teen. 10am-3pm. Ndakinna, Greenfield. 583-9958. ndakinnacenter.org.

14 **Family Wilderness Adventure.** Age 6+. 1-4:30pm. Ndakinna, Greenfield. 583-9958. ndakinnacenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

Tue CDTC Crystal Lake Open Water Swim Training: 6/3-8/25. 6pm. Crystal Lake, Averill Park. cdtriclub.org.

Wed Triathlon Training: 4/29-8/15. Newbies & intermediates. 6pm. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.

Wed Open Water Swims: 6/3-8/12. 5:30pm. Crystal Lake, Averill Park. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.

Thu STC Open Water Swim Training: 5/28-8/27. 5:30pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.

Thu BTC Open Water & Tri Training. 6pm. Warners Lake, East Berne. bethlehemtriclub.com.

MAY

16 **HarryMan Triathlon.** Olympic/Half. Harriman SP, Stony Point. 347-721-8602. genesisadventures.com.

16 **The Rat Snake Reverse Triathlon & 18K Trail Run.** Tri: 11.2M run, 29M bike, 26yd swim. 8am. Gilbert Lake SP, Laurens. 607-432-3715. theratsnake.com.

17 **Open Water Swim Prep/Safety Clinic.** 4-5:30pm. Saratoga Regional YMCA, Saratoga Springs. Ann Svenson: annb48@earthlink.net.

24 **11th Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. 212-7752. saratogaspringslions.com.

30-31 **Tri-State Spartan Sprint Off-Road Tri.** Tuxedo Ridge Ski Center, Tuxedo. spartan.com.

JUNE

6 **27th Pawling Triathlon.** 0.33M swim, 12M bike, 3M run. Lakeside Park, Pawling. 845-247-0271. nytc.org.

6 **10th Catskill Spring Rush Tri.** 2.25M run, 10M bike, 1.25M kayak/canoe, 10M bike, 5K run. 8:30am. Catskill HS, Catskill. 943-2300. active.com.

7 **6th Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. udsoncrossingtri.com.

7 **Keuka Lake Triathlon.** Intermediate, Sprint, Du, Aqua. 7:30am. Keuka Lake College, Penn Yan. keukalaketri.com.

13 **SteelMan Triathlon.** Intermediate, Sprint, Du, Aqua. Darien Lakes SP, Darien Center. eclipsemultisport.com.

13 **36th Green Lakes Triathlon.** Sprint. 8:30am. Green Lakes SP, Fayetteville. syracuseymca.org.

14 **Sleepy Hollow Sprint Triathlon.** Sleepy Hollow. teamintraining.org.

20th ANNUAL



EPIC OUTDOOR ADVENTURES

BLACK FLY CHALLENGE

ADIRONDACK MOUNTAIN BIKE RACE

Saturday, June 13
Indian Lake to Inlet

40 miles through the
Moose River Recreation Area
Prizes, food & fun!
Over \$9,000 in cash & prizes
Categories: Expert, Sport, Beginner,
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for registration & information
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WILMINGTON WHITEFACE BIKE FEST

JUNE 5-7, 2015

Three days of biking bliss in the
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Adirondacks

- Challenging races •
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- live entertainment •
- Beach Party •
- Poorman's Downhill shuttles •
- free family events •
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bikewilmingtonny.com

Join in the 15th annual

Pat Stratton Memorial Century Ride



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

Foundation of CVPH

Mayor's Cup Bike Ride

Sunday, July 12
CVPH Medical Center
75 Beekman St, Plattsburgh

70M 8:30am • 50M 9am • 20M 10am
First 150 preregistered receive T-shirt
Rest stops, SAG support & post ride BBQ
Fee: \$40 by 7/6 - \$45 after

Register/Info: (518) 562-7169
www.cvph.org
Funds benefit Foundation of CVPH Travel Fund




SARATOGA
12/24
JULY 11-12, 2015

THE NORTHEAST'S LEADING 24-HOUR ROAD RACE AND INTERNATIONAL FEDERATION OF ULTRA CYCLING'S 24-HOUR CHAMPIONSHIP

SARATOGA SPRINGS, NY
WWW.ADKULTRACYCLING.COM

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
 Micro-mesh T-Shirts To First 300 Registrants

Premier Sponsors:




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



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

6TH ANNUAL
Peck's Lake Challenge
Sprint Triathlon



Saturday, August 1 • 8:30am
Peck's Lake, Gloversville
 1/2-mile swim • 9-mile bike • 3-mile run
 \$50 entry • Registration closes 7/29
 Solo or 2-3 person teams • Limited to 175

Entry Form: 44lakes.com/blog
Info: (518) 725-0641
 Fulton County Tourism & PLPA

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- 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.
- 20 Tri Oswego Weekend. Sprint, Intermediate. Wrights Landing, Oswego. 315-806-0250. tri-oswego.com.
- 21 Super Sprint Triathlon. 0.25M swim, 7M bike, 2M run. 1pm. Grafton Lakes SP, Grafton. skyhighadventures.com.
- 21 Ironman Syracuse 70.3. Jamesville Reservoir, Syracuse. ironman.com.
- 27 ToughMan Tupper Lake Tinman. Half & Sprint. 6:45am. Municipal Park, Tupper Lake. 359-3328. tupperlaketinman.com.
- 27 Broome County Parks Triathlon. Sprint. 9:30am. Dorchester Park, Whitney Point. runsignup.com.
- 27-28 **HITS North Country Triathlon.** Sat: Full, Half, Aquabike. Sun: Olympic, Sprint, Open, Aquabike. Hague Beach on Lake George, Hague. 845-247-7275. hitstriathlonseries.com.

JULY

- 8 HVTC Summer Tri-Series #2. Sprint. 5:45pm. Kenneth Wilson SP, Mount Tremper. 914-466-9214. hvtc.net.
- 10-12 12th Musselman Triathlons. Half/Micro/Mini-sprint races. Seneca Lake SP, Geneva. musselmantri.com.
- 11 Henderson Harbor Triathlons. Olympic: 1.5K swim, 24.9M bike, 10K run. Sprint: 0.25M swim, 10M bike 5K run. 8:30am. Henderson Harbor Boat Launch, Henderson. 315-788-7430.
- 11 **Race to the Battle.** 3.52M trail run, 2M kayak race. 8am. Gilliland Park, Willsboro & Boquet River. townofwillsboro.com.
- 11 **HITS Kingston Triathlon.** Full, Half, Aquabike, Olympic, Sprint, Open. Kingston Point, Kingston. 845-247-7275. hitstriathlonseries.com.
- 12 Hudson Valley Triathlon/Duathlon. Tri: 0.25M swim, 18M bike, 3.5M run. Du: 1M run, 18M bike, 3.5M run. Ulster Landing Park, Kingston. 845-247-0271. nytc.org.
- 18 **30th Piseco Lake Triathlon.** 0.5M swim, 11.5M bike, 3M run. Solo or teams. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
- 19 **Pine Bush Triathlon.** Sprint: 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. active.com.
- 19 6th Delta Lake Triathlon. Intermediate & sprint. 7:30am. Delta Lake SP, Rome. atcendurance.com.
- 26 Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. Lake Placid. ironman.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. fronhoferooltriathlon.com.

AUGUST

- 1 **9th Fronhofer Tool Triathlon.** Olympic: 1.5K swim, 40K bike, 10K run. 8am. Partner/relay. Lake Lauderdale Park, Cambridge. fronhoferooltri.com.
- 1 **6th Peck's Lake Challenge Sprint Triathlon.** 0.5M swim, 9M bike, 3M run. 8:30am. Peck's Lake, Gloversville. 725-0641. 44lakes.com/blog.
- 1 The Outdoor Gear Exchange Bitter Pill. 12-hour Adventure Race. Teams or solo. Richmond, VT. 802-734-8514. gmara.org/bitter
- 2 Iron Girl Syracuse Women's Triathlon. 600m swim, 18.6M bike, 3M run. 7am. Oneida Shores Park, Brewerton. 813-868-4747. irongirl.com.
- 2 Central Park Triathlon. 0.25M swim, 12M bike, 3M run. Central Park, New York. 845-247-0271. nytc.org.

- 2 Orange County Triathlon. 1.5K swim, 14M bike, 5K run. 7:30am. Newburgh Waterfront, Newburgh. 845-522-9338. orangecountytri.com.
- 2 13th Cayuga Lake Triathlons. Sprint, Intermediate, Youth. 8am. Taughannock Falls SP, Trumansburg. ithacatriathlonclub.org.
- 15 **Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 16 3rd Old Forge Triathlon. 8am. Old Forge. 315-404-8130. atcendurance.com.
- 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.

SEPTEMBER

- 5-6 **5th Lake George Triathlon Festival.** Sat, 7am: Olympic 0.9M swim, 24.8M bike, 10K run. Sun, 7am: Big George: 1.2M swim, 56M bike, 13.1M run. Aquabike: 1.2M swim, 56M bike. lgtrifestival.com.

NATIONAL TRAILS DAY

JUNE

- 6 22nd Grafton National Trails Day. Restore/maintain 25M of trails. Raffle/BBQ in afternoon. Grafton Lakes SP, Grafton. 279-1155. nysparks.com.

OTHER EVENTS

ONGOING

- Sun **Open House Tours: 4/12-6/14.** 2pm. Camp Chingachgook on Lake George, Kattskill Bay. 656-9462. lakegeorgecamp.org.

MAY

- 13 **Team In Training Info Session & Kickoff.** 5:30-6:30pm. Jewish Community 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.
- 22-25 **Family Camp Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. 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.
- 29-31 **Women's Spring Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. camp.cdymca.org.

PADDLING: CANOEING, KAYAKING & SUP

MAY

- 13 **Evening Tour: Mohawk River Paddle.** 5:45pm. Freddie's Park, Latham. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 15-17 **Adirondack Paddlefest.** Sale, clinics, demos. Public Beach, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 16 'Round the Mountain Canoe & Kayak Race. 10.5M. 11am. Ampersand Bay Resort to Lake Flower, Saranac Lake. macscanoe.com.
- 16 **Women's Kayaking Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. camp.cdymca.org.
- 17 Schodack Island Paddle. 9am. Boat Launch, Hudson, Schodack Island SP, Schodack. Dave Pisaneschi: 459-5969. adk-albany.org.
- 19 **Evening Tour: Hudson River, Vlomankill, Papsancee Creek Paddle.** 6:15pm. Henry Hudson Park, Bethlehem. Adk Paddle N Pole: 346-3180. onewithwater.com.

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500yd Swim, 12M Bike, 5K Run
Limited to 300 - Register Early!
www.hudsoncrossingtri.com

30TH ANNUAL
Piseco Lake Triathlon
Saturday, July 18 • 9am
Piseco Airport, Piseco

0.5M Swim, 11.5M Bike, 3M Run
Individuals or 3 Person Teams
Professional timing & register online!
www.speculatorchamber.com
Entry fee: \$50
Adirondacks Speculator Region
Chamber of Commerce
More info: (518) 548-4521

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THE GREAT SACANDAGA CHALLENGE TRIATHLON
JUNE 20TH BROADALBIN, NY
KIDS & ADULT TRIATHLONS

EXCITING FAMILY EVENT!
READY. SET. GO!

Kids Splash & Dash: • Free Registration • No minimum age • Fun short swim • Fun short run	Youth Triathlon: • Minimum age: 7 years old • 100 yd swim • 3.1 mi bike • 1 mi run	Adult Sprint Triathlon: • Individual & Team • 750m swim • 20K bike • 5K run
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FOR MORE INFORMATION OR TO REGISTER, VISIT:
greatsacandagachallenge.com
SACANDAGA TRICLUB

- 19-21 Adirondack SUP Festival.** Races, demos, on-water clinics, fitness & yoga, guided tours. Saranac Lake. adirondacksupfestival.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.
- 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.
- 20 1st SLVP Duathlon.** 1M run, 1.5M canoe/kayak, 1M run. 6:30pm. Canton. slvpaddlers.org.
- 24 Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. camp.cdyymca.org.
- 27 Evening Tour: Round Lake & Anthony Kill Paddle.** 6:15pm. Round Lake. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 30 1st Yusef Burgess Memorial Regatta.** 12-4pm. Six Mile Waterworks Pavilion, Albany. 528-9140.
- 30 Tupper Lake 9-Miler.** 11am. Tupper Lake Rod & Gun Club, Tupper Lake. 891-2744. macscanoe.com.
- 31 Hoosic River Paddle.** 10M. Class1+. North Adams, MA to Pownal, VT. Rich Macha: 346-3180. adk-albany.org.

JUNE

- 2 Evening Tour: Mohawk River Paddle.** 6:15pm. Lock 7, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 2-4 ACA Level 1 & 2 Stand Up Paddleboard Instructor Workshop & Certification Class.**
- 6 Canoe/Kayak Race & Recreational Paddle.** 10am. Overlook Park, Queensbury. Feeder Canal Alliance: 792-5363. feeder canal.org.
- 10 Evening Tour: Paddle on the Mohawk.** 6:15pm. Lions Park, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 13-14 Madrid Canoe Regatta.** Mile, Marathon, Pro, Recreational races. Canton. slvpaddlers.org.
- 16 Evening Tour: Hudson River Paddle.** 6:15pm. Bald eagles. Coeymans. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 17 2nd SLVP Duathlon.** 1M run, 1.5M canoe/kayak, 1M run. 6:30pm. Canton. slvpaddlers.org.
- 20 Patty's Water Sports Demo Day.** 10am-4pm. Patty's Water Sports on Lake George, Cleverdale. 656-4072. pattyswatersports.com.
- 21 Battenkill Paddle.** Whitewater. 12-15M. Call for details. Rich Macha: 346-3180. adk-albany.org.
- 23 Evening Tour: Mohawk River.** 6:15pm. Freeman's Bridge, Glenville. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 28 Black River Challenge.** Circuit Race #2; C-2 Stock - Men, Women & Mixed Circuit Race #3
- 30 Evening Tour: Mohawk & Hudson River Paddle.** 6:15pm. Peebles Island, Lansingburgh. Adk Paddle N Pole: 346-3180. onewithwater.com.

JULY

- 9-13 Adirondack Canoe Symposium w/Charlie Wilson.** Wolf Pond, Ray Brook. freestylecanoeing.com.
- 15 3rd SLVP Duathlon.** 1M run, 1.5M canoe/kayak, 1M run. 6:30pm. Canton. slvpaddlers.org.
- 18 Saranac Flatwater Challenge.** 15M, 9M, 5M. 11am. Picketts Corners on Saranac Lake, Plattsburg. 891-0515. neckra.org.
- 18 Remington II.** 6M Downstream Race. 10am. Rensselaer Falls to Heuvelton. slvpaddlers.org.
- 25 Cohoes Great Outdoor Festival.** 2-6pm. Lansing's Park Pool, Cohoes.

AUGUST

- 1 Riverfest.** 11.3M paddle. 8-10am. Glenfield Boat Launch. adirondackstughill.com.
- 1 Hamilton County Canoe Challenge.** 23M. Canoe, kayak, voyager. Indian Lake. 376-2213. paddlefinder.com.

RUNNING, TRAIL RUNNING & WALKING ONGOING

- Mo-Fr Outliers Boys Distance Running Camp: 6/29-8/14.** 8-10am. Grade 6-12. Clifton Common, Clifton Park. Lance Jordan: 791-1063. outliersrunningclub.com.
- Daily Training Facility.** Viking Obstacle Course. Sunny Hill Resort, Greenenville. 634-7642. sunnyhill.com.
- Daily USAFit Albany Marathon/Half Marathon Training.** Next session: May 30. Jennie Heidbreder: 698-1478. usafitalbany.com.
- Daily Nark Running Strategies Marathon/Half Training.** Next session: June. 470-8659. narkrunningstrategies.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.
- Mon Spring Trail Run Series:** through 5/28. 3.5M. 6pm. Tawasentha Park, Guilderland. albanyrunningexchange.org.
- Tue Adi'RUN'dack Trail Race Series 20K Challenge:** 5/5-5/25. 6pm. Cole's Woods, Glens Falls. adirondackrunners.org.
- Tue Summer Track Series:** 6/2-7/28. 6pm. Queensbury HS, Queensbury. adirondackrunners.org.
- Wed Colonie Summer Track Series: 6/16-8/5.** 6pm. Colonie HS, Colonie. 783-2760. hmrrc.com.
- Thu Summer Trail Run Series:** 5/28-8/13. Locations/distances vary. albanyrunningexchange.org.

MAY

- 16 5th Kerry Blue Hustle 5K Run.** 9am. Free Kids' 0.5M Dash: 10am. SMSA School, Glens Falls. smsaschool.org.
- 16 New York/Vermont 5K Champlain Bridge Run.** 10am. Crown Point Historic Site, Crown Point. 597-3754. lachute.us.
- 16 35th Bill Robinson Masters 10K.** 9am. Guilderland HS, Guilderland. Jim Tierney: 869-5597. hmrrc.com.
- 16 Rhinebeck Hudson Valley Full & Half Marathon.** 8am. Dutchess County Fairgrounds, Rhinebeck. 424-248-9126. travelbyfeat.com.
- 16 30th Wood Memorial 5K & 1M Fun Run.** 9am. Hoosick Falls. 686-4504. townofhoosicklions.org.
- 16 11th JoAnn & Nancy 5K Race for Early Detection of Ovarian Cancer.** 9am. Central Park, Schenectady. joannandnancy5krun.com.
- 16 No One Left Behind 5K.** 9am. Grafton Lakes SP, Grafton. 621-6091. katiemacveigh@gmail.com
- 16 MHRRC Women's Run.** 5K & 10K. 8am. Dutchess County Rail Trail, East Fishkill. mhrcc.org.
- 16 Demon Dash 5K Run/Walk & 1M Kids Run.** 9:30am. Hermon-DeKalb Central School, Hermon. 315-347-3711. hdcsk12.org.
- 16 4th Johnson Jog.** 5K. 9am. Johnson Hall State Historic Site, Johnstown. Pat Robinson: 332-2253. fmrrc.com.
- 16 1st Lady Pirate Scuttle 5K Walk/Run.** 9am. Whalen Park Trail, Louisville. massenafire.com.
- 17 2nd Spring Has Sprung 10M Run, 5K Run, 3M Walk & 1M Kids Run.** 9am. Southern Saratoga YMCA, Clifton Park. 371-2139. cdyymca.org.
- 17 5K Triple Crown Race #2: Mountain Valley Hospice.** 10am. Fulton Montgomery CC, Johnstown. Lisa McCoy: 725-4545. 5ktriplecrown.racewire.com.

FIFTH ANNUAL
5K Hustle
Saturday, May 16 @ 9am
SMSA School, Church St, Glens Falls
Gender-specific T-shirt to first 100 by 4/15
\$20 in advance or \$25 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

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

Outliers Boys Distance Running Camp
Grades 6-12 (7 weeks): Jun 29-Aug 14
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Lance Jordan, Shen varsity boys XC/track coach
Students from all area schools welcome
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Olympic Distance .9 / 24.6 / 6.2
Half Iron Distance 1.2 / 56 / 13.1

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September 5 & 6



5K Run/Walk

& 1-Mile Beaver Dam Short Course
Saturday, July 11 • 8am
 203 Lake Tour Rd, Lake Luzerne

5th annual

Join us in support of Luzerne Music Center's Scholarship Fund! Enjoy performances from our talented students throughout the course as it circles beautiful Lake Luzerne. Light breakfast will be served immediately following the race.

First 100 registered receive T-shirt & goodie bag

Info/Register: luzernemusic.org
(518) 696-2771
events@luzernemusic.org

To benefit Luzerne Music Center's Scholarship Fund



LUZERNE MUSIC CENTER
 www.luzernemusic.org



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

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

Register at www.doublehranch.org
 Presented by Adirondack Partners

SATURDAY, JULY 4 – 9am
Saratoga Springs, NY

9th Annual



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

- 17 **1st Run for the Warriors 5K Run/3K Walk.** 9am. Algonquin MS, Averill Park. Patrick Ryan: 229-0381. 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.
- 17 DACC 5K Dash. 9am. Duanesburg Area Comm Center, Delanson. Darcie Adams: 895-9500. dacc.info.
- 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. cdphpwct.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.
- 30 **37th Freihofer's Run for Women.** 5K: 9:45am. Junior 3K, Kids' Run & Community Walk: 11am. City Hall, 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 **Glens Falls Urban Assault.** 3.5M obstacle race. 5:30pm. Glens Falls. adkracemgmt.com.
- 30 6th Run 4 Garrett 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 **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.
- 6 **4th Tuff eNuff Obstacle Course Challenge.** First Wave (2.5M): 9am. Kids' Run (1M): 8:30am. Benefits The Prevention Council. BOCES Campus, Saratoga Springs. 581-1230. preventioncouncil.org.
- 6 H.E.R.O. 5K Challenge. 10am. University at Albany, Albany. 256-3336.
- 6 Delhi Covered Bridge Run 10K, 5K Run/Walk. 9am. Courthouse Square, Delhi. clasiladies.com/delhi-covered-bridge-run.html.
- 6 6th Equinox Trail Race. 5K/10K. 9:30am. 631 North Pasture Ln, Charlotte, VT. Martha Keenan: 802-363-2384. gmaa.net.
- 7 **5th The Run for Help.** 5K run/walk against domestic violence. 10am. Kids' fun run: 9:30am. 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. hmrc.com.
- 12 Oteora Mile. Deitz Stadium, Kingston. Steve Schallenkamp 845-339-5474. oteorarunners.org.
- 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 **11th Great Adirondack Trail Run.** 11.5M Mountain Run/3.5M Baxter Mtn Run. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 13 14th Walk for Hospice. 10:30am. Siena College, Loudonville. 285-8166. walk4hospice.org.
- 13 20th Lions Ramble. 5:30pm. Fort Plain. John Geesler: 568-7509.
- 13 Flag Day 5K Trail Walk/Run & Kids' Fun Run. 9:30am. Town Park, East Greenbush. 477-2570. cdmca.org.
- 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.
- 17 **Moms in Training/Dunkin Run 5K/10K Info Session.** 4:30-6pm. Laven Early Childhood Center, Albany. Elizabeth Spaide: 438-3583 x2557. teamintraining.org.
- 17 Ithaca Twilight 5K. 7pm. Ithaca HS Track, Ithaca. fingerlakesrunners.org.
- 20 **Whipple City 5K Run/Walk & 1K Fun Run.** 8:30am. Greenwich MS, Greenwich. 692-7979. greenwichchamber.org.
- 20 Tri-City Valley Cats Home Run 5K & 1/4M Fun Run. 9am. HVCC Campus Stadium, Troy. John Haley: 456-3682. hmrc.com.
- 20 7th Greenfield Dragon 5K & Kids' Fun Run. 9am. Greenfield Elementary School, Greenfield. zippyreg.com.
- 20 **Strides 4 STRIDE Run, Walk 'n' Roll.** 5K Run: 9am. Wheelchair/Handcycle & 2K Walk: 10:15am. Tot Run: 11am. Corning Preserve, Albany. 598-1279. stride.org.
- 20 45th Vestal XX 20K Road Race. 8am. Vestal Senior Center, Vestal. triplecitiesrunnersclub.org.
- 20-21 Manitou's Revenge Ultramarathon & Relay. 54M Trail on Black Dome Trail, Windham. 5am. Batavia Kill Park, Maplecrest. manitousrevengeultra.com.



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- JUNE**
- 6 **LifeSong's 3rd Daffodil Dash 5K Run/Walk.** 9am. Halfmoon Town Park, Halfmoon. 406-5157. daffodildash.com.
 - 6 **18th Charlton Heritage 5K Run/Walk.** 10am. Kids' 1M Fun Run: 11am. Old School House, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
 - 6 **17th Kinderhook Bank OK 5K.** 9am. OK-1M Kids' Run: 8:15am. Village Square, Kinderhook. 758-9480. ok5kace.org.
 - 6 **5K Triple Crown Race #3: Lexington Run.** 9am. Lexington Center, Johnstown. Lisa McCoy: 725-4545. 5ktriplecrown.racewire.com.

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 • Kids' Run: 9:30am
 \$25 by 6/2 or \$30 race day
Register: ZippyReg.com
Info: RememberingLiza.org
or UnityHouseNY.org
 In memory of Liza Ellen Warner & Nikki L. Hart
 Not affiliated with Liza's Legacy Foundation



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Season begins May 30!
More info or sign up: usafitalbany.com
 Jennie Heidebreder: 698-1478 info@usafitalbany.com

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

11th Annual



The Great Adirondack Trail Run
JUNE 13
 Keene Valley, NY

11.5 mile 3200 ft. vertical mountain run
3.2 mile Baxter Mountain fun run

• Music • Prizes • Raffles • Food & Good Cheer


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REGISTRATION LIMITED: Preregistration Strongly Suggested



Obstacle Course Challenge
TUFF ENUFF
June 6, 2015 • Saratoga Springs • 5K
WWW.PREVENTIONCOUNCIL.ORG/TUFF-ENUFF

Whipple City 5K Run/Walk
& 1K Fun Run for Kids
Saturday, June 20, 8:30am
Greenwich Middle School
Gray Ave, Greenwich, NY
Beautiful village & countryside course!
\$25 by 6/1, \$30 by 6/19, \$35 race day
Dri-fit shirts to first 200 registered
Free Kids' 1K Fun Run: approx. 9:30am
Stay for Whipple City Festival (free) with food,
Adk Brewery, live music, family activities, exhibits
Register online: FinishRight.com
Entry form/info: GreenwichChamber.org
More info: **518-692-7979**
Benefits Chamber Scholarship at Greenwich CSD



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

- 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. 7:30am. 5K: Gilded Otter, New Paltz. Half: Wallkill Rail Trail, New Paltz. 845-255-0243. newpaltzchallenge.com.
- 21 30th Mount Greylock Trail Races. 13.5M/3M. 10am. Greylock Glen, Adams, MA. runwmac.com.
- 21 NYRR Five-Borough Series: Queens 10K. 8am. Corona Park, Flushing Meadows, Queens. nyrr.org.
- 21 Mule Haul 5M. Firehouse, Fort Hunter. Bill Platt: 866-1319. fmrrc.org.
- 24 Summer Solstice 14K Trail Run. 6:30pm. Minnewaska SP Preserve, Wawarsing. 212-434-2717. shawangunkrunners.com.
- 27 1st Chaos 5K. 9am. Rothermel Park, Kinderhook. Eric De Kraai: 755-4225. chaos5k.com.
- 27 Madrid Country Road Ramble 5K/10K. 9am. Boat Launch, Madrid. Scott Hough: 315-528-4773. madridfire.org.
- 28 Move and Groove 5K. 10am. National Museum of Dance, Saratoga Springs. dancemuseum.org.
- 28 Raise the Roof Fun 4M Run/2M Walk. 11:30am. Ommegang Brewery, Cooperstown. raisetherooftunrunwalk.itsyourrace.com.
- 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.**
- 4 Finger Lakes Fifties Trail Runs. 25K, 50K, 50M. 6:30am. Finger Lakes National Forest, Hector. fingerlakesrunners.org.
- 4 Tuff eNuff Challenge. 3M. 8am. Neahwa Park, Oneonta. leafinc.org/tuffenuff.
- 4 Montcalm Mile. 1:45pm. Wicker St & Race Track Road, Ticonderoga. lachute.us.
- 4 Cazenovia 4th of July Foot Races. 5K, 10M, 1M Fun Run. Cazenovia HS, Cazenovia. syracusechargers.org.
- 4 33rd Clarence DeMar 5K. 8:30am. Folsom School, South Hero, VT. Jessica Bolduc: 802-338-7247. gmaa.net.
- 11 Move It For the Music 5K Run/Walk. 8am. 203 Lake Tour Rd, Lake Luzerne. 696-2771. luzernemusic.org.**
- 11 Battle of the Boquet Trail & Kayak Race. 8am. Gilliland Lane Bandstand, Willsboro. Justin Drinkwine: 963-8668. townofwillsboro.com.**
- 11 ParkFest 5K/1K Run/Walk. 5K: 8am. 1K: 9:15am. Gavin Park, Wilton. 307-6168. friendsofwiltonrec.com.
- 11 2nd Team Sarcoma Run/Walk 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. sarcomastrong.com.
- 11 Turtle Trot Walk Run. 3.4M. Whalen Park, Massena. 315-764-1289. wilsonhillassoc.com.
- 11 Bear Swamp Run 5.7M. 9am. Rumney School, Middlesex. Tim Noonan 802-223-6216. gmaa.net.
- 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. saratogaspringsshm.com.**
- 12 5th Racing to Save Lives 5K/10K Trail Run & Kids Run. 10am. Tymor Park, Unionvale. active.com.
- 12 Boilermaker Road Races. 15K: 8am. 5K: 7:15am. 3M Walk & Kids Race. Utica. Jim Stasaitis: 315-797-5838. boilermaker.com.
- 16-19 AREEP Trail Running Camp. Clinics, BBQ, Dippikill Wilderness, Warrensburg. areep.com.
- 18 Roller Coaster Race 5K & 10K. 7:30am. Great Escape Resort, Lake George. 434-951-8572. rollercoasterrace.com.

- 18 Run the Ridge 5K & 2K. 8:45am. Maple Ski Ridge, Schenectady. Kate Michener: 381-4700. mapleskiridge.com.
- 18 Glenville-Schenectady YMCA Healthy Community Series 5K Run, 3K Walk and Kids Fun Run. 8am. YMCA, Glenville. cdmca.org.
- 18 Wakely Dam Ultra Trail Run. 55K. Piseco to Wakely Dam. Kimberlee Gardner: 315-404-4010. wakelydamultra.com.
- 18 Boomer's Cystic Fibrosis Run to Breathe 4M Run. 8am. Central Park, New York. nyrr.org.
- 18 37th Goshen Gallop. 10K Trail Run & 5K. 4pm. Blueberry Hill Inn, Goshen, VT. blueberryhillinn.com.
- 19 Froggy 5 Miler. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 26 Biggest Loser Run/Walk Race Series. Half Marathon, 5K & 1M Fun Run. Killington Resort, Killington, VT. biggestloserrunwalk.com.**
- 26 Mountindale to Woodridge O & W Rails to Trails 4M Run/2M Walk. 9am. Mountindale Fire House, Mountindale. Allen Frishman: 845-313-2560. sullivanstriders.org.
- 26 Escarpment Trail Run. 30K. 8:59am. Windham to North Lake, Haines Falls. escarpmenttrail.com.

AUGUST

- 1 13th Race the Train. Train to 8.4M run. North Creek Depot, North Creek. Tracy Watson: 251-0107. active.com.**
- 1 Ellenville Mountain Running Festival. Marathon, half, 8M, 6M. 9am. Minnewaska SP, Ellenville. Todd Jennings: 845-235-2788.
- 2 Indian Ladder Trail Run 15K/3.5M. JB Thacher SP, Voorheesville. hmrrc.com.
- 8 Festa 5K & Children's 1M Fun Run. Schenectady. Carmela Pasquarella: 764-8078. olqprotterdam.org.
- 15 7th Camp Chingachgook Challenge Half Marathon & 10K Race. 13.1M: 8am at Lake George. 10K: 9am at Camp Chingachgook, Kattskill Bay. lakegeorgehalfmarathon.org.**
- 30 18.12 Challenge & Half Marathon. 18.12M & 13.1M. Watertown to Sacketts Harbor. 1812challenge.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. doublehranch.org.**
- 12 6th Malta 5K Run/Walk. 8:30am. Malta Business & Professional Association. HVCC TEC-SMART, Malta. Paul Loomis: 472-4807. malta5k.com.**
- 25-26 Ragnar Adirondacks. 200M relay. Saratoga Springs to Lake Placid. ragnaradk.com.**
- 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.

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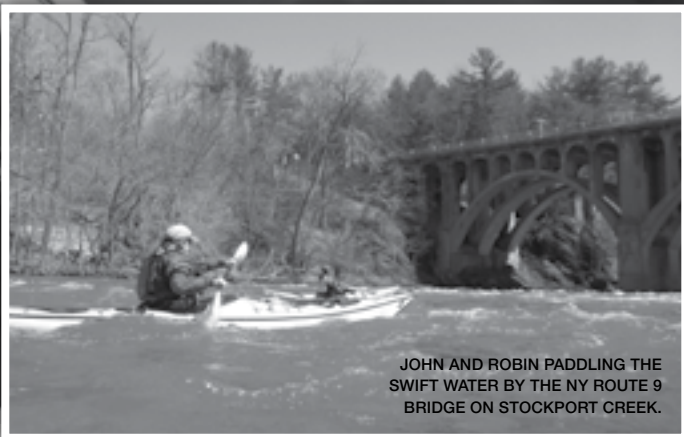
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ROBIN AND JOHN SETTING OUT FOR A FIRST OF THE SEASON PADDLE ON THE HUDSON RIVER, NEAR FOUR MILE POINT LAUNCH.

PHOTOS BY ALAN MAPES

By Alan Mapes

The Stockport Flats area is my favorite place to paddle on the Hudson River, so it was the obvious choice for a first paddle of the year. Here are some thoughts on paddling this wonderful area, and on early season paddling – some things I did right and one major one I forgot.

Birders use the term “FOS” for “first of season” birds of each species that they find. For paddlers, the FOS trip is always a treasured time. This year it was especially so, given the very long, hard winter. The river ice seemed to take forever to break up and leave the Hudson. The melt finally happened, and three of us made last minute plans for a paddle in mid-April.

“Stockport Flats” describes an area between Coxsackie and Athens, and on the east side of the river. It is the northern most unit of the Hudson River National Estuarine Research Reserve, managed by NYSDEC. Spots to explore include Nutton Hook – with the remains of a huge ice house; Gay’s Point and Stockport Middle Ground Island – two parts of Hudson River Islands State Park; the mouth of Stockport Creek; and the wetlands just south of the creek. For information and a map, check the DEC webpage at dec.ny.gov/lands/92355.html.

I always find it a challenge to get my act together for the first paddle of the season. Somehow, my gear creeps away and scatters itself over the winter, requiring a scavenger hunt each spring to pull it all together. After some searching, my “kit” came together – cold water protective clothing, life jacket, safety bag, change of dry clothes bag, waterproof box for my phone and wallet, lunch, water bottle and camera.

I met Robin and John at the informal launch on Four Mile Point Road, south of Coxsackie, off NY Route 385. More formal

launches are available at Coxsackie and Athens on the west shore, and at Nutton Hook and Stockport (Station Road) on the east side. Four Mile Point area is one of my favorites – for hiking and birding in addition to paddling. A large block of land along that dead end road is open to the public, part state land and part owned by the Scenic Hudson organization. The state portion is Wildlife Management Area and includes Vosburgh Marsh, a great spot to find ducks, geese, swans and other birds.

Four Mile offers a sandy beach and parking for several cars. The beach has some rocks to avoid, and has another particular hazard to watch out for. The shipping channel of the river runs close to the west shore by Four Mile Point, and a passing ship or barge can throw a major wave up on that beach. We kept an eye out while preparing our kayaks, and were ready to hang on tight if a ship came by. Fortunately, there was almost no boat traffic on the river that Sunday, private or commercial.

On the water, the major hazard we faced was the very cold water. I don’t recommend that people paddle in the early spring unless they have a dry suit or wet-suit, plus good safety and rescue skills. Robin, John and I practice kayak rescues dozens of times each season, plus in the pool during the winter.

From our launch, we headed straight across the river to Stockport Creek, planning to explore the creek, and to check out the fast water under the NY Route 9 road bridge. We also were checking out the wildlife – careers for both John and me involved wildlife biology. I was interested to look at the railroad trestle at the mouth of the creek. Last season, other paddling friends and I found a nest of Common Ravens on that bridge. Sure enough, new nesting material was poking out behind a girder, and we heard a raven give its croaking call nearby.

As we paddled up the creek, an osprey left its perch in a tree and soared over the creek, hunting for fish. Ospreys have been regular nesters in the Adirondacks and on Long Island, but not in the Hudson Valley until recently. Now pairs have set up housekeeping in several places along the estuary.

We found lots of swift water under the road bridge, where the creek rises above tidal level and tumbles over rocks and ledges. We were paddling 16 to 18 foot sea kayaks, not the usual craft for white water play. Still, we paddled up against the current and did some eddy turns, going from still water along the shore into the fast current. We paddled hard to get upstream into some standing waves, where you can actually surf the waves forward. When you hit the sweet spot of the wave just right, you glide through the swift water without paddling. That was when it struck us – we had no helmets! Getting knocked over in that shallow, rocky, swift water would not be good. All three of us are strong kayak rollers, but you can still have your head hit a rock while setting up to roll.

That prompted us to paddle back out of the Stockport Creek and to explore the Hudson River. We checked a long-time bald eagle nesting spot, finding an adult bird on the nest. That nest has been used for a number of years, and the pile of woven sticks is about six feet deep! Heading north along the east shore, we passed the camping sites at Hudson Islands State Park, deserted at that early time of the season. These sites are popular with power boaters during summer. We stopped at the main landing for the park and had lunch, making use of the picnic tables and rustic rest rooms.

We found a few other paddlers were taking advantage of the sunny weather. Near the camping sites, we ran into a couple we know through the Adirondack Mountain Club paddle group, in a nice

Kevlar canoe with their large dog. It was obvious they had trained the dog well. He was lying in the bottom of the canoe between the paddlers, moving his head around but otherwise staying motionless. Around the same date, there were reports of a kayak incident a bit south on the river where a kayaker apparently got capsized as he paddled with a large dog in the boat. The dog had a PFD on (we are not sure about the human), and they were rescued without serious injury. Wearing your PFD while paddling is required by state law from November 1 to May 1, and a really good idea any time.

As we headed down the west side of the river toward our takeout, we spotted two people in sea kayaks heading up river on the other side. Boats are easier to recognize at a distance than people, and I could tell it was Julie and Michael, who paddle this stretch of the river more than anyone. As we met up and chatted, a small gull caught my eye. It was a distance away but headed toward us, and I knew it was an unusual one. The small Bonaparte’s gull kept flying closer and I put Michael on the bird, knowing that he always paddles with an SLR camera and long lens. We left Michael patiently shooting photos as the dainty gull fed on the water’s surface only 15 feet away.

This paddle trip was short for us, at about seven miles. With some conditioning of paddling muscles, we will range further in our visits to the Stockport Flats, but any FOS paddle is a highlight of my year. 🌲

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

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Women ON Bikes



START THEM YOUNG! JESSE VOLLUCK OF RENNELAER AND HIS DAUGHTER EILY RECENTLY HEADING TO SCHOOL IN STYLE. JESSA PELIZARI

By Claire Nolan

During the Five Boro Bike Tour I was pedaling along the streets of New York with 30,000 of my friends when I heard a woman in the crowd of onlookers call out as we flew past, "Where my ladies at?"

Where indeed were her ladies? Or for that matter where are the men? Fewer than two percent of daily trips in the US are made by bicycle. Of that tiny percentage, the League of American Bicyclists reports that 24% are made by women.

Where are the women? Why do we care? And how can we get them on bikes? In the gym, the majority of participants in spinning classes are women. But if you are looking for women on bikes that actually go somewhere, "Where are my ladies?"

I asked Autumn Joslin of Schoharie, a competitor at Tri City BMX if the ladies are at the BMX track. She told me that on a recent Friday night she was the only girl in her age group (15-16 year olds). She said when she visits larger tracks she finds that there are significantly more girls. Autumn feels that the number of girls racing at Tri City has remained steady since she started four years ago. According to track director Jon Tansman, last year the girls numbered 25% of all riders at the Rotterdam track (usabmx.com/tracks/1889).

At Tri City, the girls can compete with the boys; the girls often win. Autumn has gone on to compete at the national level and she ranks second in her age group on the East Coast. She says that she almost prefers to race the boys at home because the competition among the girls at the national level is so stiff.

Women are competing and spinning but they are not necessarily using their bikes for transportation. Why not? And why do we care?

We care because bicycles can save the planet. Bicycles are a sustainable form of transportation. I don't want to get into issues of air pollution, oil consumption or suburban sprawl. I don't need to, you get it. Mass transportation is a great way to mediate these problems but there is another solution. According to a 2008 New York Times article, 18 million bicycles are sold each year in the US. Each year. Since 1999. Getting people out of their cars and occasionally riding one of those bikes could solve some transportation and environmental problems.

But if hardly anyone, men or women, is riding their bikes for transportation why am I focusing on getting women on bikes? Shouldn't everyone ride a bike?

There are several reasons it is important to get women riding. Because women are "risk averse" they are an "indicator species" of how well a community supports cycling infrastructure. The number of female cyclists increases in communities with "bicycle boulevards" and protected bike lanes that make cyclists feel safe. Check out "Put Albany on the Protected Bike Lanes Map" on Facebook.

Second, women have influence. We influence the manufacturers of everything from bicycles to bras. And we influence the next generation. Autumn told me that her mom is a mountain biker and her family likes to bike together.

Third, according to triathlete Lynne Jackson of Albany, girls just want to have fun! Lynne also says that women and girls are taught to be afraid; before she started riding her bicycle, her neighborhood looked dangerous. That all changed when she started cycling. She discovered, "It is not a scary world." Women need to take back the night and the day and the streets.

HOW DO WE GET WOMEN ON BIKES?

Lynne Jackson, Liz Lukowski and Autumn Joslin all agree that cycling is a positive part of their lives. Liz is a cyclo-cross racer. Why does she ride her bike? "Because I love it! It is really that simple!" Autumn says that when she is riding her bike, "Nothing else matters!" And they are not alone. When asked, "How do you feel on a bike?" Women say they feel free, young, healthy and energetic. All great reasons to ride!

I asked several women about obstacles to cycling for women. Kathy Koch suggested that clothing is an issue. As a bicycle commuter, Kathy has to be careful with clothing choices. Today, women can find clothing that is stylish off the bike and functional on the bike (terrybicycles.com).

Martel Catalano is the director of membership and communications for the New York Bicycling Coalition (nybc.net), a statewide organization that provides "a voice for the interests of people who ride bikes." Martel notes that women and men in the US do not have equal responsibilities for child care. It is often the responsibility of women to transport kids and this can be challenging on a bicycle. Martel also says that even in cities with relatively good bicycle infrastructure, the infrastructure doesn't always bring women to the places they need to go to: schools, grocery stores or the workplace. And while we are on the topic of grocery stores, how to carry stuff is another obstacle. There are accessories out there from baskets to waterproof panniers to help with this chore.

Autumn feels that parents can be an obstacle for girls who want to ride BMX. "Boys ride BMX; girls don't!"

How can we help women overcome these and many other obstacles and get them out on their bikes? Here in the Capital Region we are fortunate to have Liz Lukowski. She has organized the second annual CycloFemme, "A women's ride held all over the world on Mother's Day to celebrate women in cycling." (cyclofemme.com). Last year the Delmar ride attracted over 70 women cyclists at all levels. Liz sees CycloFemme as one way to overcome our fears. "In life," says Liz, "there are obstacles to so many things that are truly worthwhile. If you can't overcome them on your own there are other cyclists, local women's cycling groups, bike shops, and friends you haven't meet yet who can help you on your way." Who has encouraged Liz? "Honestly, every woman I've ever seen on a bike has inspired me in some way."

Another way to get more women riding is through education. Smart Cycling is a class designed to give cyclists the knowledge and skills they need to ride with traffic. Where the infrastructure is car-oriented, cyclists need to know how to share the streets. As a cycling instructor I often hear from satisfied students, especially women that after taking a class they feel much more confident riding in traffic.

You can contact me, check the LAB website (bikeleague.org/content/take-class) to find classes offered in the area. 🌱

Claire Nolan (cbnolou@gmail.com) of Albany is a lifelong cyclist and League Cycling Instructor. She loves road riding, commuting, touring, mountain biking, and most recently she discovered the joy of riding on frozen lakes. Her favorite ride is to Thompson's Lake in Albany County, because then she can take a swim or go ice biking depending on the season.

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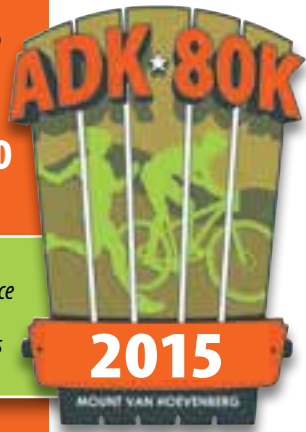
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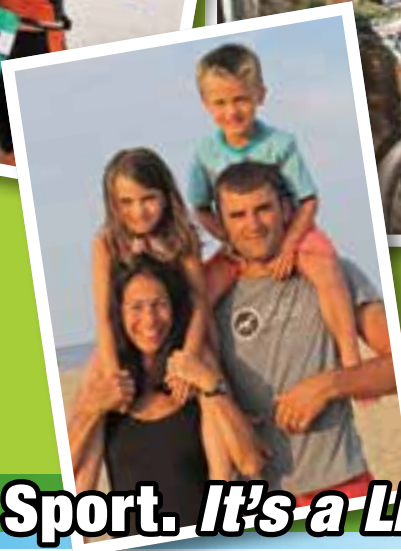
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ATHLETE PROFILE

Mara and Paul Fronhofer



RESIDENCE: Town of Moreau
OCCUPATIONS: *Mara*, elementary school teacher, Glens Falls School District.
Paul, co-owner of Fronhofer Tool Company, Cossayuna; co-owner of Grey Ghost Bicycles, Glens Falls; partner, Adirondack Race Management
AGES: *Mara* 48, *Paul* 36
MAIN SPORTS: *Both:* Triathlon
OTHER SPORTS: *Both:* Xterra and Mountain Bike Racing.
Paul: Volleyball, Softball

Triathlon Is More Than a Sport. *It's a Lifestyle.*

Mara and Paul Fronhofer are inventing a new blueprint for success for time-crunched multi-sport athletes. The proof that it works lies in their achievements on national and world stages.

By Christine McKnight

Triathletes Mara and Paul Fronhofer admit that their life is often a juggling act, but they seem to thrive on a little bit of controlled chaos.

Their secret, they say, is to embrace triathlon not just as a sport, but as a lifestyle. It means constantly inventing new and creative ways to train, being willing to “go with the flow” and maintaining perspective when they just can’t squeeze in that workout. A sense of humor also helps.

Both are decorated veterans on the world stage of triathlon and Xterra racing (swimming, mountain biking and trail running), Mara and Paul divide their time between work, parenting their five-year-old twins Max and Shelby, and training. Workouts frequently involve pushing the twins in a stroller, pulling them in a trailer behind a bike, or some other interesting format that includes their children and other members of Paul’s extended family. After the birth of their twins, Mara resumed her fitness and training almost immediately, focusing on shorter races her first season back.

“We don’t use our kids as an excuse,” said Paul. “If we’re doing something with the kids, the kind of training doesn’t matter. If we’re in the backyard playing games, I’ll turn it into a sprint workout.”

Along the way, they are inventing a new blueprint for success for time-crunched multisport athletes. The proof that it works lies in their record of accomplishments.

Based on her age group victories and podium finishes in Xterra last year, Mara has won a coveted invitation to compete in the International Triathlon Union’s Cross Triathlon World Championships this September in Sardinia, Italy, featuring a 1.5-kilometer swim, 30K bike and 10K run. She completed her first Ironman Lake Placid in 2008 and is a three-time Ironman 70.3 (half-Ironman) world championship qualifier, including the most recent race at Mont Tremblant, Quebec last September.

On the immediate horizon for Mara is the Wilmington-Whiteface 100K Mountain Bike Race on June 7, which features a daunting climb up the front of Whiteface Mountain, famous for the greatest vertical drop east of the Rockies. Mara has her eye on another Ironman – “maybe when the kids get older

and I have more time” – and intends to stay active and competitive.

Mara competed in the Leadville Trail 100 Mountain Bike Race, the holy grail of mountain bike racing, in 2011, completing the grueling 100-mile course across the high-altitude Colorado Rockies in under 12 hours – and earning a Leadville belt buckle. Paul raced Leadville that year too, breaking nine hours to earn his second buckle.

Paul has completed 13 Ironman races, from Lake Placid in 2003 to Arizona in 2012, including qualifying for and competing in the Ironman World Championship in Kona in 2007 and 2009. One of his greatest performances came in 2010 at Ironman Frankfurt in Germany, where he was the top American finisher.

He qualified with Mara last year for the Mont Tremblant 70.3 World Championship, and the two raced together there. Max and Shelby cheered them on with other members of Paul’s family. The couple raced the 2007 Xterra World Championship in Hawaii,

with Mara finishing seventh in her age group and Paul placing 19th in his division, despite three flats. Paul also qualified for and competed in the 2005 ITU Age Group World Triathlon Championships in Honolulu.

This year, Paul’s calendar features the Breck Epic, a six-day stage race in the Rockies with 40,000 feet of climbing, followed by the Leadville 100 the very next day. He’s doing this event for the second time with his cousin, Dan Fronhofer of Schuylerville, another standout multisport athlete.

Long-term, Paul aspires to get back to Kona for a third time and to keep racing at a high level. “I’ve seen a lot of people who come into the sport and do it for three or four or five years, and then they are out,” said Paul. “I’m still here, competing after many years, and I’m proud of that. Yes, it is a juggling act, but when you embrace it as a lifestyle, it’s easier to make it all work.”

Paul does most of his training in the evenings and early mornings on the weekends. He generally bikes with the Grey Ghost Bicycles and Adirondack Triathlon Club group rides, and runs on his own. His swims last year were largely limited to the Moreau Lake State Park swims sponsored by the Saratoga Triathlon Club.

In addition to his responsibilities at Fronhofer Tool, Paul is very involved in

the cycling and multisport community. He and his cousin Dan launched Grey Ghost Bicycles in 2009. Paul co-founded Adirondack Race Management with four partners in 2010 to continue the success of the Lake George Triathlon Festival and to create new events.

Mara also likes to do the group bike rides, or does rides with one or two other people. She rides in the evening and they get a sitter for group rides, or she goes right after work before she picks up the twins from their half-day pre-kindergarten daycare. When she swims, Mara typically puts them in babysitting at the YMCA. She runs after work, either on her own or with a friend. Last year, when she was not working, she trained while Max and Shelby were in pre-K. This year, since she is working full-time, they rely more on babysitters.

“We stay motivated by setting goals and trying different things,” Mara explained. “We are happy but tired when we have something to aim for.” 🌱

Christine McKnight (trichris@nycap.rr.com) has completed nearly 100 triathlons in the last 17 years. She lives in Gansevoort.

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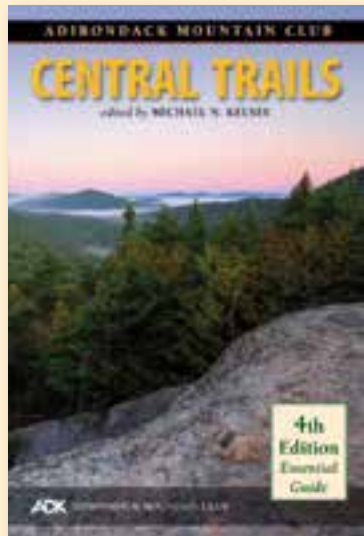


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HIKING & BACKPACKING

By Bill Ingersoll

Since the property opened to the public in 2013, the OK Slip Tract has become a popular hiking destination. Now managed as part of the Hudson Gorge Wilderness, its star attraction has been OK Slip Falls, an extraordinary waterfall located a short distance south of the Hudson River. Prior to the state's purchase, the best glimpse one could get from state land was from the summit of Kettle Mountain, on the gorge's north rim. Now the waterfall lies squarely within the forest preserve, giving the public full access to it.

Since its opening, many grandiose claims have been made about the superlative aspects of OK Slip Falls. For instance, other published descriptions of the waterfall describe it as being 200 to 250 feet tall, making it the tallest in the Adirondack Park (even taller than Niagara). While it is an impressive cascade, a close scrutiny of the contours on USGS topographic maps reveals that OK Slip is only about 100 feet tall – less than half as tall as Roaring Brook Falls in Saint Huberts. But still a remarkable sight!

As for the source of the falls' unusual name, I can only speculate at this time. The story is most likely buried deep within the lore of the old Hudson River log drives, if it was ever recorded at all. "OK Slip" probably refers to a site on the Hudson River, and was then applied upstream to the brook, its waterfall, and the pond at its source. Whatever the slips were, there were at least two of them within the gorge. In the spring of 1890, local newspapers described a river-driving fatality that occurred "at a place between 'O. K. slip' and 'P. K. slip,' in the fourteenth township."

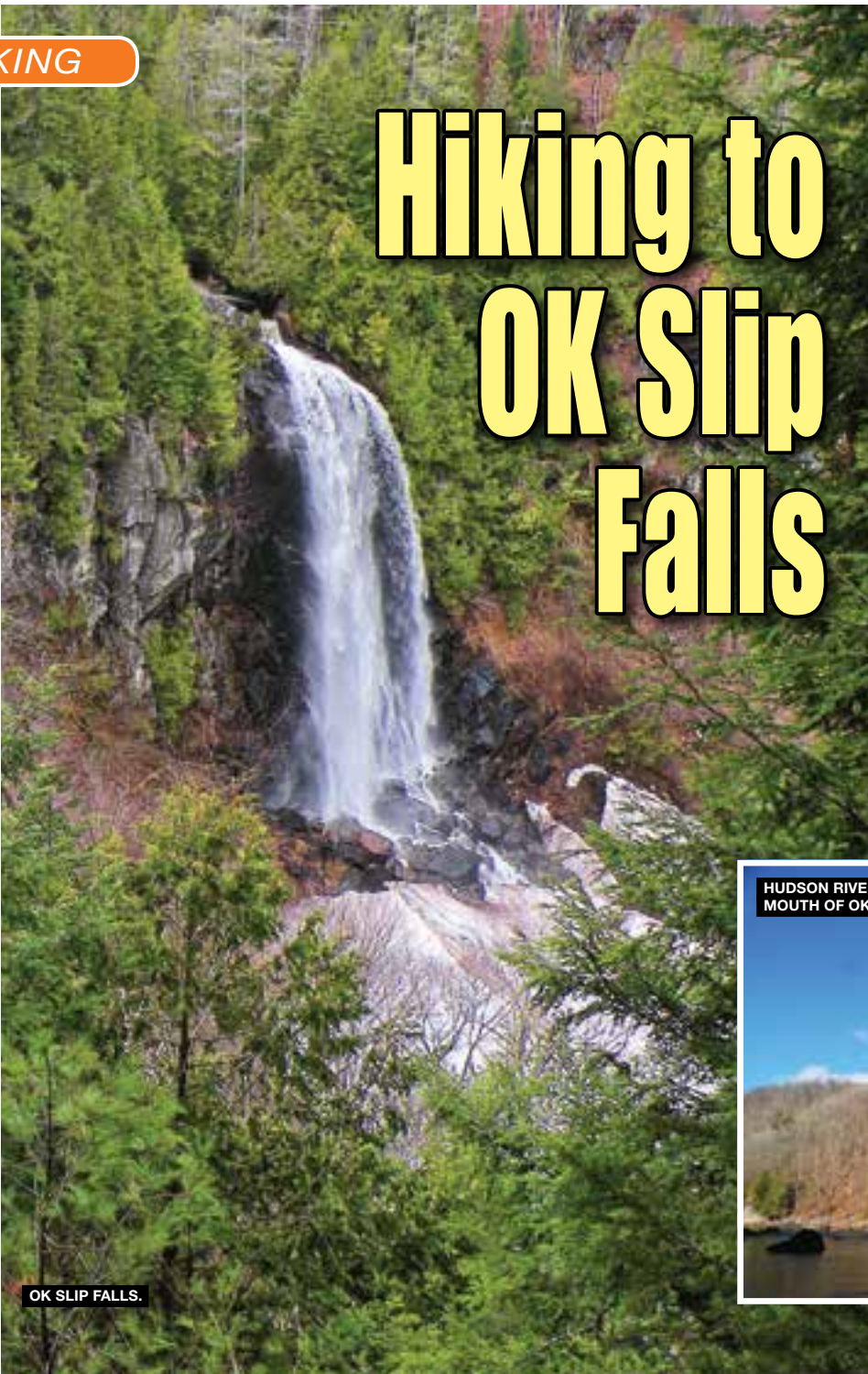
Note that modern maps still identify a place called P Gay Mountain on the gorge's south rim; if you say "P.K." and "P Gay" aloud, they sound almost identical. Are the two "slips" named for a person? Were they places where river boats were stored? All of this certainly bears further research.

GETTING THERE

The trailhead parking area can be found on NY Route 28, 7.8 miles east of the intersection with NY Route 30 in Indian Lake, at a fork with an unnamed side road. You will need to walk westward along the shoulder of the highway for 0.2-mile to find the sign for the start of the trail.

THE TRAIL

The trail to OK Slip Falls shares a common trailhead with the route to Ross, Whortleberry, and Big Bad Luck ponds. Begin by following that trail down from the highway and through a short muddy area, intercepting an old road within minutes.



OK SLIP FALLS.

Bear right and follow the marked foot trail for 0.7-mile, over a small hill to a junction where the new blue-marked trail to OK Slip bears right.

What follows is a 1.4-mile section of newly constructed trail leading northeast from the older section of state land into the new tract purchased from Finch Pruyn. As a credit to the former owner, the boundary between the two properties is not clear; it is all a wild forest with intermixed hardwood and hemlock stands. The trail threads a course between small hills and wetlands, and makes for a pleasant walk.

At 2.1 miles, or about one-hour from the start, you reach a prominent gravel road.

This is the access right of way for the private youth camp at OK Slip Pond, which is now a private inholding surrounded by state land. The pond is to the left, but there is no public access to it. You could, however, follow the road to the right back toward NY Route 28 (a distance of 1.9 miles). The most remarkable feature in that direction is the mineshaft south of P Gay Mountain – the remains of an old garnet operation that will certainly be described more fully in a future Discover the Adirondacks guidebook.

The trail to OK Slip Falls turns briefly left on the road, and then veers right again less than 200 feet later, back into the woods. You are now on an older trail that follows

a former tote road. Despite the logging history the forest is quite nice, aesthetically not much different than lands that have been part of the forest preserve for many years – suggesting that Finch Pruyn had not logged this area in a long while. Parts of the trail are muddy, but overall it is an enjoyable hike with a subtle downhill grade.

You descend more noticeably as you near the falls, entering the spruce-hemlock stand that covers the slope on the east side of the OK Slip gorge. At 3.2 miles you reach a junction, where a sign points right to the overlook 100 feet away. This is the best view that you will find of OK Slip Falls from a marked trail. The cascade is about 450 feet away and slightly below you, roaring over a wall of dark rock into the rugged valley below. Your viewing point is a small ledge surrounded by conifers; it will do for now, but the opening will surely grow in over time.

TO THE HUDSON RIVER

Returning to the trail junction, the route to the left is a 0.9-mile spur that wraps around the falls to the mouth of OK Slip Brook. Although the walk so far has been undulating but not too hilly, the walk to the Hudson River entails a steep descent of 350 feet into the bottom of the gorge... which

HUDSON RIVER NEAR THE MOUTH OF OK SLIP BROOK.



PHOTOS BY BILL INGERSOLL

becomes a steep 350-foot ascent on the return. It is an attractive walk into an historic river driving area (now dominated by commercial rafting ventures), but it does not lead directly to any further views of the falls, unless you search for them off-trail.

The marked trail ends at the river directly below Kettle Mountain, 4.1 miles from the trailhead. There is a small sandy beach here and a campfire ring, although the site is too small, root-filled, and sandy to be a good campsite. 🌲

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

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Ideal Summer Races

By Mona Caron

Depending on your weather tolerance, you've probably been running and biking outdoors for several weeks – or several months... If you haven't already, it's time to set your goals and register for the races you want to do this summer! Pick your distance and choose a location with some of these regional races. These summertime events are perfect for bringing the whole family as there are kids' races, sometimes multiple distances, and great destinations for fun after-race activities.

First up on the calendar is an exciting family event, the **Great Sacandaga Challenge Triathlon** on Saturday, June 20 in Broadalbin. This new sprint triathlon on the southern shore of Great Sacandaga Lake has been designed for adults and kids alike. Planning committee member Stephen Tomlinson and other event organizers, mostly members of the Sacandaga Triathlon Club, say they were looking ways to get kids and whole families involved and introduced to multisport. Travis Mitchell, another committee member says, "The idea is to get people comfortable with triathlons, not intimidated by them."

The inaugural event offers two races. An adult sprint distance of 750-meter swim, 20K bike and 5K run is on a "friendly" course suitable for first-timers, novices, young triathletes and veterans alike. The youth triathlon for ages seven and up is a 100-yard swim, 3.1-mile bike and one-mile run. The biking and running sections are on county roads with minimal traffic but great lake views. Planner Rob Whittaker says, "The course is not flat, but with rolling hills, it's not super challenging." For the youngest, there is a free Splash & Dash with a fun short swim and run.

Organized by three Ironman Lake Placid triathletes, Stephen, Travis and Rob, you know it will be a well-run day of competition and fun. Events such as these bring a sense of accomplishment to the children who try it and what a great way to start the last week of school with "I did a triathlon over the weekend!" (greatsacandagechallenge.com)

The **HITS North Country Triathlon** is on June 27-28 in Hague on Lake George. Athletes can expect a fun, challenging course

through the picturesque Adirondacks, with one great open water swim in beautiful Lake George. The races are based at Hague Town Beach, with distances ranging from open, sprint, Olympic, half and full over the two-day weekend. Members of a family or group can take part, with "a distance for everyone!"

With a mission that includes providing a challenge for the seasoned athlete, HITS also strives to introduce the sport of triathlon to those who may have never thought that they could compete in or complete a triathlon.

Two weeks later, the first annual **HITS Kingston Triathlon** will debut on July 11, starting at Kingston Point and ending in Kingston's Historic Waterfront District. This is a very spectator-friendly race with a course that will take athletes through the Hudson Valley's most scenic destinations. Athletes will experience the beauty of the Hudson River, Ashokan Reservoir, and Kingston's historic Rondout waterfront, with the HITS signature menu of open, sprint, Olympic, half and full distances.

HITS is based in Saugerties, just north of Kingston. "It's been a longtime dream of mine to introduce our Hudson Valley community to the positive impact a triathlon event has on the host city," explained race director Mark Wilson. "After partnering with the Kiwanis Kingston Classic the past two years, we felt a remarkable amount of local support, and knew the timing was perfect."

"Ulster County is excited to welcome athletes to our beautiful landscapes and historic main streets," said county executive Mike Hein. "From the breath-taking views of the Ashokan Reservoir and the historic buildings of Kingston, New York's first capital, visitors will quickly realize that it's the perfect backdrop for a family event." (hitstriathlonseries.com)

The 30th anniversary of the **Piseco Lake Triathlon** will take place on Saturday, July 18, starting at Piseco Airport in Piseco – just ten miles west of Speculator. The race consists of a 0.5-mile swim in Piseco Lake, 11.5-mile bike around the lake, and three-mile run back to within sight of the Piseco Airport. The triathlon is open to individuals or three-person teams.



◀ AT THE 2014 CRYSTAL LAKE TRIATHLON, MEGHANA CARON OF CLIFTON PARK, ON THE BIKE COURSE.

Piseco uniquely offers a casual, laid-back atmosphere not found anywhere else in the Northeast. It's a charming, quality race that has grown over the last decade. This community event is organized by the Adirondacks Speculator Region Chamber of Commerce. A few years ago, they added professional timing and online registration. (speculatorchamber.com)

On Sunday, July 19, the long-running **Pine Bush Triathlon** will start at Rensselaer Lake in Albany, and finish up at the Guilderland YMCA. The sprint distance race includes a 325-yard swim, 11.5-mile bike and 3.25M run. Features include chip timing, custom dri-fit, gender-specific shirts, swim caps, post-race food and drinks, and complimentary post-race massages.

Register as an individual or as a team entry. Specialty awards will be given to the team with the highest cumulative age, The Scrub Oak Award, and the team with the lowest cumulative age, The Acorn Award. This is a great race for families and all levels! (active.com)

The 9th annual **Fronhofer Tool Triathlon** is on Saturday, August 1 at Lake Lauderdale Park, near Cambridge. The Olympic race is for individuals, partners (each person does the race), and relay teams. Athletes will swim two loops for 1.5K in Lake Lauderdale, bike 40K on rolling country roads, and run 10K on beautiful county roads.

There will be two kids' races on Friday evening, July 31. The first event is Kids Mini Tri for age five to ten consisting of a 50-yard swim, one-mile bike and 0.5-mile run. The second event runs concurrently, the Fronhofer Tool Kids Triathlon for ages 11-15. This race is a 100-yard swim, three-mile bike and one-mile run. The youth races take place within the park boundaries making it a fun, competitive and safe event. All proceeds from the weekend will go directly to B.O.O.K.S. and Books in Kids Hands, two not-for-profit children's literacy organizations. (fronhofer-tooltriathlon.com)

Also on August 1, the sixth annual **Peck's Lake Challenge Sprint Triathlon** at Peck's Lake, in Gloversville. Presented by Fulton County Tourism and Peck's Lake Protective Association, it can be done solo or on two-to-three-person teams. Athletes swim a half-mile, bike nine miles and run three miles. The swim course begins at Sunrise Bay on the north side of Peck's Lake. The bike is a rolling, challenging ride along North Shore and South Shore roads, and back. The run is also on North Shore Road to the Sunrise Bay finish.

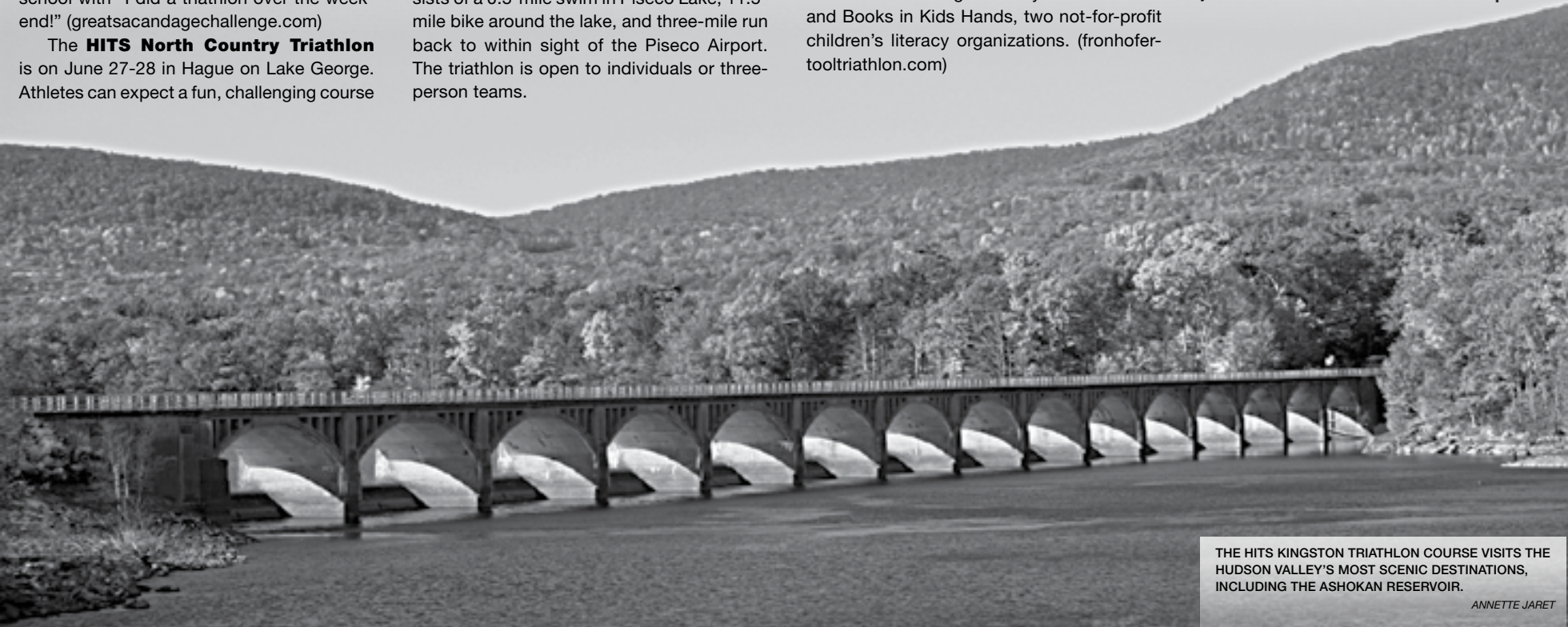
The staggered swim start, split between a 'competitive' group and a 'participant' group, makes this a great race for beginners, teens and those taking the scenic route! (44lakes.com/blog)

The **Crystal Lake Triathlon** on Saturday, August 15 at Crystal Cove in Averill Park is one of the most scenic races in the area. The race begins with a single loop 0.5-mile swim in the calm water of Crystal Lake, followed by an 18-mile gorgeous out and back bike course with some challenging hills, and finishing with a three-mile mostly flat loop around Crystal Lake. The race is well organized by the Capital District Triathlon Club.

The CDTC summer training sessions on the Crystal Lake Triathlon course is the core of the club's activities and in-season workouts on Tuesdays from June 2 through August. It's a great opportunity to learn, practice and refine triathlon abilities, as well as meet other athletes in the region.

For teens this race or any sprint distance race is a perfect stepping stone from kids' triathlons to "adult" races. My children, Justin and Meghana, graduated from kids triathlons to the Crystal Lake Tri last summer, and are scouring the race calendar to sign up for more action this summer. (cdtriclub.org)

Do one or a variety of these races, and you'll have a summer to remember! 🌲



THE HITS KINGSTON TRIATHLON COURSE VISITS THE HUDSON VALLEY'S MOST SCENIC DESTINATIONS, INCLUDING THE ASHOKAN RESERVOIR.

ANNETTE JARET

RACE RESULTS

CBRC TROOPER BRINKERHOFF MEMORIAL RACE SERIES #1 March 28, 2015 • Coxsackie-Athens High School, Coxsackie

A RACE: 60M - MEN 1/2/3, WOMEN 1/2			
1 Alex Weil	Finkraft	2:40:06	
2 JD Gauthier	Brickwell Racing	2:40:06	
3 Timothy Ahearn	Team Errace	2:40:06	
4 Stefano Zanotti	Team Errace	2:40:23	
5 Cooper Willsey	Dealer.com Cycling	2:40:52	
6 Jesse O'Donnell	Crca/E2value	2:41:25	
7 Baris Aytan	CRCA/E2value	2:41:28	
8 Jesus Martinez	Unattached	2:41:28	
9 Andreas Runggatscher	Finkraft Cycling	2:41:28	
10 Robert Lyons	Finkraft Cycling	2:41:28	
11 Alec Hoover	Table Rock Tours	2:41:28	
12 Jake Hollenbach	Dealer.com Cycling	2:41:28	
13 Sean Mccarthy	Dealer.com Cycling	2:41:28	
14 Erik Markevich	Farm Team Elite	2:41:28	
15 Graham Garber	Team Errace	2:41:28	
16 Cliff Summers	CCC/Keltic Const/Zane's Cycles	2:41:28	
17 David Rustico	Team Errace	2:41:28	
18 David McCutcheon	TRT Bicycles	2:41:28	
19 Marc Bertuccio	Kissena Cycling Club	2:41:28	
23 Dominic Caiazza	Green Line Velo/Zipcar	2:41:53	
24 David Warner	Green Line Velo/Zipcar	2:42:06	
25 Allen Carr	CRCA/E2value	2:42:15	
B RACE: 48M - MEN 3/4, M45+ (1-4), WOMEN 1/2/3			
1 Michael Heiss	Green Line Velo/Zipcar	2:16:04	
2 Ralph Pahlmeyer	CRCA/E2value	2:16:09	
3 Armand Wilhelm	CRCA/Wyld Stallys	2:16:27	
4 Lorenzo Serra	Pawling Cycle & Sport	2:16:04	
5 Joe Johnston	Unattached	2:19:10	
6 Peter Nicolardi	Unattached	2:19:10	
7 Chance Wilk	Capital Bicycle Racing Club	2:19:10	
8 James Godbey	545 Velo	2:19:10	
9 Kevin Emr	CRCA/GF Capital/H&E	2:19:10	
10 Barry Eyre	Arc-En-Ciel Racing	2:19:10	
11 Dominic Stobart	Twin Six	2:19:10	
12 Thomas Evelein	CT Cycling Advancement	2:19:10	
13 Peter Stranges	Community Bicycle Racing	2:19:10	
14 Daniel Clark	CRCA/GF Capital/H&E	2:19:10	
15 Natasja Brooijmans	Green Line Velo/Zipcar	2:19:10	
16 Hank Greenberg	CRCA/Wyld Stallys	2:19:10	
17 Spencer Perry	RIT Cycling	2:19:10	
18 David Torres	CRCA/RBNY Racing	2:19:10	
19 Eric Sutherland	CRCA/GF Capital/H&E	2:19:10	
20 Jeff Krywanczyk	Capital Bicycle Racing Club	2:19:10	
21 Ethan Pond	CRCA/GF Capital/H&E	2:19:10	
22 Patrick Luckow	Community Bicycle Racing	2:19:10	
23 Daniel Lammon	CRCA/Wyld Stallys	2:19:10	
C RACE: 35M - MEN 4/5, M55+, WOMEN 3/4			
1 Jordan Barber	Unattached	1:41:27	
2 Simon Khalif	CRCA/GF Capital/H&E	1:41:27	
3 Mark Wendolowski	Northampton Cycling Club	1:41:27	
4 Nicholas Hoerneremeyer	Unattached	1:41:27	
5 Kevin Williams	HRRT	1:41:27	
6 Taylor Brose	Central NY Cycling	1:41:27	
7 Daniel Fitzgibbons	Green Line Velo/Zipcar	1:41:27	
8 John Cullinan	Bicycle Depot	1:41:27	
9 Cheryl Clark	Team Velo 5	1:41:27	
10 Jonathan Albano	Capital Bike Racing Club	1:41:27	
11 Jonathan Lazzara	HRRT	1:41:27	
12 Richard Tortorici III	R-Cubed	1:41:27	
13 Erik Nedea	Team Errace	1:41:44	
14 Morgan Stebbins	CRCA/Sids	1:42:06	
15 Matthew Kurz	Unattached	1:42:12	
16 Bob Hooper	Capital Bicycle Racing Club	1:42:22	
17 Dominick Audi	HRRT	1:42:34	
18 Mark Steffen	King Kog	1:42:47	
19 Donald Kimball	CCAP	1:43:27	
20 Andrew Piper	Berkshire Cycling Association	1:46:31	
21 Steve May	Central Wheel/GHCC	1:47:24	
22 Christian Malanowski	Velocite Racing	1:49:47	
23 Bill Nicholas	Unattached	1:49:47	
24 Chris Beierschmitt	Lokotrack NYC	1:51:10	
25 Evan Fox	Unattached	1:51:14	
D RACE: 24M - MEN 5/CITIZENS, M60+, W4			
1 David Smith	Team Placid Planet	1:17:10	
2 Christopher Petti	Unattached	1:17:14	
3 Marek Schnee	Down Cycles	1:17:24	
4 Alan Sanfilippo	Capital Bicycle Racing Club	1:19:08	
5 David Porter	Unattached	1:19:08	
6 Douglas McMasters	Mineola Bicycle Racing	1:20:32	
7 Tim Riley	Mohawk Valley Bicycling Club	1:22:08	
8 Luke Tanner	Capital Bicycle Racing Club	1:22:22	
9 James Litynski	HRRT	1:22:32	
10 Shawn Kelly	Team Brewery Ommegang	1:22:32	
11 Jeff Kahabka	Unattached	1:26:47	
12 Matthew Davies	Team Bikeway MTB	1:31:42	
13 Sam Bursese	Adirondack Velo Club	1:31:46	
14 Ted Kallman	Northampton Cycling Club	1:42:09	
15 Bryan Quinn	Unattached	1:50:50	
16 Kevin Mullyaly	Team Edge	1:52:15	

Courtesy of Capital Bicycle Racing Club

1ST ANNUAL SARATOGA CODE BLUE 8K RUN continued

MALE AGE GROUP: 1 - 14			
1 Brendan Karadenes	11	Greenfield Center	43:51
2 Andrew Eisler	11	Ballston Spa	48:11
3 Cade Varcoe	13	Porter Corners	49:15
FEMALE AGE GROUP: 1 - 14			
1 Emma Grace O'Rourke	13	Saratoga Springs	43:12
2 Jordyn Catherall	14	Ballston Spa	47:50
3 Caylie Langdon	11	Saratoga Springs	57:56
MALE AGE GROUP: 15 - 19			
1 Holden Maynard	15	Schenectady	35:22
2 Patrick Mann	19	Corinth	36:29
FEMALE AGE GROUP: 15 - 19			
1 Laura Kenny	16	Greenwich	39:23
2 Jana Bickley	16	Ballston Spa	42:00
3 Amber Carpenito	18	Ballston Spa	46:38
MALE AGE GROUP: 20 - 24			
1 Steve Carpenito	21	Ballston Spa	35:18
2 James Brownie	21	Mt Vernon	37:26
3 Caldwell Reed	24	Saratoga Springs	37:43
FEMALE AGE GROUP: 20 - 24			
1 Justina Bruno	24	Saratoga Springs	38:20
2 Jessalyn Meehan	23	Saratoga Springs	39:27
3 Meg Roberts	20	Saratoga Springs	41:20
MALE AGE GROUP: 25 - 29			
1 Tom Ford Jr	28	Mechanicville	35:22
2 Jay Mills	27	Middle Grove	36:09
3 Alexander Dunn	28	Clifton Park	37:06
FEMALE AGE GROUP: 25 - 29			
1 Jessi Longacre	25	Corinth	36:02
2 Sarah Thomsen Ferr	25	Albany	37:44
3 Athea Guilfoyle	27	Ballston Spa	38:36
MALE AGE GROUP: 30 - 34			
1 Joseph Murphy	30	Saratoga Springs	32:28
2 Kevin Robinson	34	Montpelier, VT	32:41
3 Matthew Fryer	34	Clifton Park	34:14
FEMALE AGE GROUP: 30 - 34			
1 Kim Donegan	34	Malta	38:28
2 Kelly Kolnick	30	Ballston Spa	41:03
3 Cheryl O'Toole	33	Mechanicville	42:01
MALE AGE GROUP: 35 - 39			
1 Colin Klepetar	35	Saratoga Springs	31:18
2 Gabe Anderson	38	Saratoga Springs	33:31
3 Chad Bradt	39	Glenville	35:10
FEMALE AGE GROUP: 35 - 39			
1 Erin Crowe	38	Saratoga Springs	37:48
2 Tammy Cumo	37	Slingerlands	40:15
3 Christina Lloyd	35	Northville	40:55
MALE AGE GROUP: 40 - 44			
1 Michael Bracken	41	Saratoga Springs	30:19
2 Rick Zaggo	44	Rexford	31:31
3 Dave Barr	44	Boston, MA	32:26
FEMALE AGE GROUP: 40 - 44			
1 Julianne Claydon	44	Saratoga Springs	38:22
2 Lisa Cowan	41	Ballston Lake	38:51
3 Katie Carr	40	Saratoga Springs	42:55
MALE AGE GROUP: 45 - 49			
1 Keith Guilfoyle	48	Commack	29:21
2 Matthew O'Neil	49	Mechanicville	34:18
3 Raymond Brown	49	Saratoga Springs	35:37
FEMALE AGE GROUP: 45 - 49			
1 Judith Dore	45	Saratoga Springs	39:57
2 Alicia Crowther	45	Ballston Spa	39:58
3 Courtney Moriarta	46	Greenwich	41:18
MALE AGE GROUP: 50 - 54			
1 Sam Mercado	52	Albany	33:44
2 Paul Stevens	54	Saratoga Springs	37:14
3 Gary Guilfoyle	51	Ballston Spa	38:00
FEMALE AGE GROUP: 50 - 54			
1 Deborah Curtis	54	Greenfield	46:55
2 Barb Scheurer	54	Saratoga Springs	50:20
3 Susan Halstead	51	Saratoga Springs	52:13
MALE AGE GROUP: 55 - 59			
1 Paul Salerni	58	Little Neck	34:08
2 Jamie Casline	55	Ballston Lake	34:19
3 Eric Leskovec	58	Fort Edward	41:34
FEMALE AGE GROUP: 55 - 59			
1 Maureen Fitzgerald	57	Clifton Park	39:01
2 Maureen Roberts	57	Saratoga Springs	42:06
3 Debbie Tierney	55	Troy	45:54
MALE AGE GROUP: 60 - 64			
1 George Baranauskas	61	Scotia	35:23
2 Dennis Fillmore	63	Ballston Spa	38:34
3 Martin Patrick	61	East Greenbush	40:57
FEMALE AGE GROUP: 60 - 64			
1 Adele Pace	61	Clifton Park	47:38
2 Linda Kolnick	63	Fort Plain	51:08
3 Cindy Michelin	60	Slingerlands	53:30
MALE AGE GROUP: 65 - 69			
1 Terry Smith	67	Galway	45:01
2 Joseph Miranda	66	Ballston Spa	45:57
3 Neil Fitzpatrick	67	Saratoga Springs	47:28
FEMALE AGE GROUP: 65 - 69			
1 Laura Clark	68	Saratoga Springs	51:22
2 Margaret Mangano	68	Saratoga Springs	54:37
3 Linda Plante	66	Middle Grove	59:25
MALE AGE GROUP: 70 - 74			
1 Howard Jones	71	Clifton Park	44:06
2 Jim Callahan	70	Saratoga Springs	46:32
3 Bill Long	73	Clifton Park	47:46

Courtesy of Code Blue Saratoga Springs Emergency Shelter

42ND ANNUAL TENANDEHO WHITEWATER DERBY March 29, 2015 • 4.5M on Anthony Kill, Mechanicville

MALE: KAYAK SHORT		MALE: KAYAK LONG		MALE/FEMALE MIXED: CANOE	
1 Justin Crannell	40:48	1 David Willey	37:06	1 Eric & Phoebe Jones	45:13
2 Jim Ernst	41:49	2 Jason Baniak	38:52	TWO-PERSON: OPEN CANOE LONG	
3 Robert Paulsen	42:21	3 Alex Gaylord	42:00	1 Henry & Schlimmer	38:59
4 David Seavone	42:31	ONE-PERSON: OPEN CANOE		2 Thompson & Brackett	41:13
5 Mike Stoll	43:58	1 Gerrod Jones	51:04	ONE-PERSON: POLING CANOE	
6 Jake Stookey	45:16	OVER/UNDER 17: OPEN CANOE		1 Scotty	
7 Andrew Jones	55:45	1 Morris & Morris	48:10	Courtesy of Tenandeho Canoe Association	
8 Jonathan Muckell	57:23				
9 Jonathan Guthan	1:10:33				

1ST ANNUAL SARATOGA CODE BLUE 8K RUN April 4, 2015 • High Rock Park, Saratoga Springs

MALE OVERALL		FEMALE OVERALL	
1 Shaun Donegan	29	1 Terri Artese	48
2 Derrick Staley	56	2 Dana Parrot	45
3 Kristofer Johnson	42	3 Lauren Woodcock	26

continued

CBRC TROOPER BRINKERHOFF MEMORIAL RACE SERIES #2 April 4, 2015 • Coxsackie-Athens High School, Coxsackie

A RACE: 60M - MEN 1/2/3, WOMEN 1/2			
1 Michael Margarte	CT Cycling Advancement	2:55:27	
2 Chase Goldstein	CRCA/Weather Channel/Giant	2:40:31	
3 Alec Hoover	Table Rock Tours	2:40:31	
4 John Harris	CT Cycling Advancement	2:41:37	
5 Alec Donahue	JAM Fund/NCC	2:41:45	
6 JD gauthier	Brickwell Racing	2:42:45	
7 Curtis White	Optum	2:42:45	
8 Austin Vincent	Airgas Safway Cycling	2:45:16	
9 Derek Cote	CT Cycling Advancement	2:45:16	
10 Baris Aytan	CRCA/E2value	2:45:16	
11 Lucas Fortini	Bikereg Elite Cycling	2:45:16	
12 Dominick Maietta	Team Bicycle Doctor	2:45:16	
13 Kevin Molloy	CRCA/Weather Channel/Giant	2:45:16	
14 Max Lippolis	Team Danbury Audi	2:45:16	
15 Andreas Runggatscher	FinKraft Cycling	2:45:16	
16 Robert Lyons	FinKraft Cycling	2:45:16	
17 Christian Favata	TRT Bicycles	2:45:16	
18 James Mahlmann	CRCA/Rockstar Games	2:45:16	
19 Carl Reglar	Verge Sport	2:45:16	
20 Roger Aspholm	Finkraft Cycling	2:45:16	
21 Ralph Pahlmeyer	CRCA/E2value	2:45:16	
22 Andrew Ruiz	CCC/Keltic Const/Zane's Cycles	2:45:16	
B RACE: 48M - MEN 3/4, M45+ (1-4), WOMEN 1/2/3			
1 Michael Markowicz	Cycling Concepts Racing	2:16:04	
2 Cheryl Clark	Team Velo 5	2:18:48	
3 Benjamin Bruce	Cheshire Cycle Racing	2:19:06	
4 Joe Johnston	Unattached	2:19:37	
5 Lorenzo Serra	Pawling Cycle & Sport	2:19:37	
6 Edmund Liang	CRCA/KH-Pactimo p/b Century	2:19:37	
7 Alyosha Smolarski	CRCA/Wafels & Dinges	2:19:37	
8 James Walker	Team Placid Planet	2:19:37	
9 Jeff Krywanczyk	Capital Bicycle Racing Club	2:19:37	
10 Tom Evelein	CT Cycling Advancement	2:19:37	
11 Ryan Quinn	CRCA/Wafels & Dinges	2:19:37	
12 Justin Neuman	Neumania	2:19:37	
13 Nick Sabatelli	CT Cycling Advancement	2:19:37	
14 Chris Ballard	CRCA/GF Capital/H&E	2:19:37	
15 Ryan Fisher	5th Floor NYC	2:19:37	
16 Terry Blanchet	North American Velo	2:19:37	
17 Dennis Rutherford	Deathrow Velo	2:19:37	
18 Andrew Piper	Fritz's Bike Shop	2:19:37	
19 Steve Sloan	Somerville Bicycle Shop	2:19:37	
20 David Hall	5th Floor NYC	2:20:06	

continued

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CBRC TROOPER BRINKERHOFF MEMORIAL RACE SERIES #2 continued

Table with 4 columns: Rank, Name, Club, Time. Lists race results for various age groups including Males, Females, and Mixed.

36TH ANNUAL SALEM APRIL FOOL'S RACE continued

Table with 4 columns: Rank, Name, Club, Time. Lists race results for Male and Female age groups.

CBRC TROOPER BRINKERHOFF MEMORIAL RACE SERIES #3

April 11, 2015 • Coxsackie-Athens High School, Coxsackie

Large table with 4 columns: Rank, Name, Club, Time. Lists race results for A, B, and C races across various age groups.

36TH ANNUAL SALEM APRIL FOOL'S RACE

April 4, 2015 • Salem High School, Salem

Large table with 4 columns: Rank, Name, Club, Time. Lists race results for 5K, 10K, and various age groups.

3RD ANNUAL BACON HILL BONANZA

April 11, 2015 • Bacon Hill Reformed Church, Schuylerville

Table with 4 columns: Rank, Name, Club, Time. Lists race results for 5K and various age groups.

BUSINESS DIRECTORY

Advertisement for Dr. Brad Elliott, Chiropractor. Includes photo, name, title, and contact information.

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RACE RESULTS

3RD ANNUAL BACON HILL BONANZA *continued*

FEMALE AGE GROUP: 20 - 24		
1	Brittany Galipeau	23 Troy 30:28
2	Hannah Busman	23 Scotia 30:47
3	Brittany Wood	24 Gansevoort 31:56
MALE AGE GROUP: 25 - 29		
1	Noah Busman	25 Scotia 24:51
2	Jacob Fort	28 Victory Mills 32:40
FEMALE AGE GROUP: 25 - 29		
1	Maggie White	27 Scotia 30:47
2	Megan Hall	29 Johnstown 31:33
3	Rachael Scott	28 Greenwich 32:44
MALE AGE GROUP: 30 - 34		
1	Brian Harrington	30 Cambridge 25:05
2	Andy Akins	31 Schuylerville 26:16
3	Gregory Amyot	34 Clifton Park 30:02
FEMALE AGE GROUP: 30 - 34		
1	Jackie Buckley	33 Gansevoort 23:53
2	Jessica Amyot	32 Clifton Park 24:57
3	Emily Penniman	30 28:18
MALE AGE GROUP: 35 - 39		
1	Jason Olson	36 Schuylerville 22:41
2	Shaun Cum	35 Gansevoort 26:46
3	Stephen Knorr	39 Hudson Falls 27:08
FEMALE AGE GROUP: 35 - 39		
1	Michelle Jacobs	39 Gansevoort 25:34
2	Sarah Hauenstein	37 Saratoga Springs 26:32
3	Tricia Pasos	36 Schuylerville 26:54
MALE AGE GROUP: 40 - 44		
1	Brian Kearns	43 Canajoharie 23:35
2	Gerett Yocum	41 Saratoga Springs 24:37
3	Tim MacTurk	40 Rotterdam 27:23
FEMALE AGE GROUP: 40 - 44		
1	Cindy Wian	44 Schuylerville 23:44
2	Becky Rosenberger	43 Saratoga Springs 28:40
3	Keziah Armstrong	44 Schuylerville 32:04
MALE AGE GROUP: 45 - 49		
1	Carl Regenauer	49 Saratoga Springs 19:44
2	John McGuiness	46 Glenville 24:02
3	Chris McNally	49 Ballston Spa 24:15
FEMALE AGE GROUP: 45 - 49		
1	Courtney Moriarta	46 Greenwich 25:30
2	Pamela Delsignore	45 South Glens Falls 26:38
3	Melinda Fry	49 Saratoga Springs 29:13
MALE AGE GROUP: 50 - 54		
1	Michael Stalker	52 Burnt Hills 19:29
2	Bryan Crosier	50 21:00
3	Mark Wells	52 21:16
FEMALE AGE GROUP: 50 - 54		
1	Susan Keely	50 Glens Falls 23:22
2	Lynn Feenan	52 Saratoga Springs 30:02
3	Maryanne Rowinski	50 Victory Mills 34:53
MALE AGE GROUP: 55 - 59		
1	John Noonan	55 Ballston Spa 18:25
2	Paul Salerni	58 21:33
3	Frank Mueller	56 Glenville 21:41
FEMALE AGE GROUP: 55 - 59		
1	Maureen Fitzgerald	57 Clifton Park 24:01
2	Kristine Merchant	55 Gansevoort 32:19
3	Lisa Hall	55 Schuylerville 33:01
MALE AGE GROUP: 60 - 64		
1	Daniel Larson	63 23:52
2	Chester Tumidajewicz	60 Amsterdam 24:41
3	Martin Patrick	61 East Greenbush 24:46
FEMALE AGE GROUP: 60 - 64		
1	Darlene Cardillo	61 Delmar 28:01
2	Melissa Goodspeed	63 32:43
3	Brenda Drowne	61 40:22
MALE AGE GROUP: 65 - 69		
1	Daniel Brown	69 Ballston Spa 27:11
2	John Vavasour	66 37:40
3	Arthur Knorr	69 Schuylerville 45:15
FEMALE AGE GROUP: 65 - 69		
1	Debra Brown	65 Ballston Spa 32:53
2	Linda Plante	66 Middle Grove 35:59
3	Linda Barnes	67 Greenwich 52:32
MALE AGE GROUP: 70 - 74		
1	Richard Theissen	71 Round Lake 30:16
2	Dave Roberts	70 Schuylerville 57:35
FEMALE AGE GROUP: 70 - 74		
1	Marge Rajczewski	74 Ballston Lake 30:33
MALE AGE GROUP: 80 - 84		
1	Richard Schumacher	81 Hoosick Falls 40:25
2	Richard Eckhardt	81 Albany 41:01

10K RACE		
MALE OVERALL		
1	Volker Burkowski/40-44	Gansevoort 36:30
2	Mike Brackett/40-44	Saratoga Springs 39:20
3	Bob Radliff/50-54	Stillwater 40:11
FEMALE OVERALL		
1	Erin Lopez/30-34	Saratoga Springs 41:08
2	Beth Stalker/55-59	Burnt Hills 43:51
3	Sarah Rosenberger/15-19	Saratoga Springs 44:21
MALE AGE GROUP: 1 - 14		
1	Matthew Benn	13 Stillwater 49:16
2	Devin Crowe	14 Wilton 55:48
MALE AGE GROUP: 15 - 19		
1	Tyler Gougler	19 Clifton Park 56:19
FEMALE AGE GROUP: 15 - 19		
1	Rebecca Walsh	17 Saratoga Springs 1:00:43
MALE AGE GROUP: 25 - 29		
1	Adam Shepen	29 54:01
FEMALE AGE GROUP: 25 - 29		
1	Vi Pham	26 Saratoga Springs 45:38
2	Anne Marie Hathaway	29 Schuylerville 47:57
MALE AGE GROUP: 30 - 34		
1	Dan Buckley	33 Gansevoort 44:32
2	Ryan Milton	31 47:03
3	Greg Meitl	32 Saratoga Springs 51:09
FEMALE AGE GROUP: 30 - 34		
1	Kathy Meitl	32 Saratoga Springs 49:36
2	Emily Farber	30 53:43
3	Amanda Fish	30 Saratoga Springs 54:21
MALE AGE GROUP: 35 - 39		
1	Daniel Brady	38 Cohoes 43:58
2	Randy Mizcek	38 Saratoga Springs 48:18
3	Tim Fioretti	39 50:32
FEMALE AGE GROUP: 35 - 39		
1	Elizabeth Collins	37 Saratoga Springs 47:53
2	Erinn Derby	35 Schuylerville 50:11
3	Megan Adams	37 Salem 55:25
MALE AGE GROUP: 40 - 44		
1	Rick Zachgo	44 Clifton Park 41:38
2	Kevin Dean	42 Clifton Park 47:59
3	Tom Law	40 Saratoga Springs 52:52
FEMALE AGE GROUP: 40 - 44		
1	Stacia Smith	44 Niskayuna 51:07
2	Nancy Koval	44 Stillwater 52:48
3	Gail Todd	44 Greenwich 56:05
MALE AGE GROUP: 45 - 49		
1	Gary Harper	46 Fort Edward 42:47
2	Raymond Brown	49 46:16
3	David Karandy	48 Saratoga Springs 49:05
FEMALE AGE GROUP: 45 - 49		
1	Mary Fenton	49 Ballston Spa 47:58
2	Judy Dammernan	45 Saratoga Springs 51:30
3	Kim Delaney	47 Saratoga Springs 54:12
MALE AGE GROUP: 50 - 54		
1	Sam Mercado	52 Saratoga Springs 43:33
2	Anthony Lupu	52 Saratoga Springs 47:58
3	Tim Lebaron	50 Schuylerville 56:24
FEMALE AGE GROUP: 50 - 54		
1	Lauren Herbs	52 Rexford 51:51
2	Himaneeta Gupta-Carlson	52 Greenfield Center 1:10:03
3	Kathy Chambes	54 Salem 1:14:35
MALE AGE GROUP: 55 - 59		
1	David Peterson	56 44:58
2	Mark Nunez	58 Ballston Lake 45:24
3	Frank Lombardo	59 Saratoga Springs 48:47
FEMALE AGE GROUP: 55 - 59		
1	Beth Stalker	55 Burnt Hills 43:51
2	Sandy Adams	55 Shushan 51:16
3	Maureen Roberts	57 Saratoga Springs 53:54
MALE AGE GROUP: 60 - 64		
1	Mark Schachner	60 Lake George 58:26
2	Chuck Curiano	60 59:38
3	Donald Yeaton	63 Hartford 1:09:11
FEMALE AGE GROUP: 60 - 64		
1	Joan Bleikamp	61 Greenwich 1:01:54
MALE AGE GROUP: 65 - 69		
1	Charles Brockett	69 Dolgeville 1:00:28
FEMALE AGE GROUP: 65 - 69		
1	Laura Clark	68 Saratoga Springs 1:06:50

Courtesy of Bacon Hill Church Race Committee

11TH ANNUAL TOUR OF THE BATTENKILL *continued*

4	Paul Cote	Ten Speed Spokes	3:16:35
5	Sean Miles	Kissena	3:16:36
6	Edward Shires	CRCA/Foundation	3:16:39
7	Jonathan Lazzara	HRRT	3:16:49
8	Jonathan Albano	Capital Bicycle Racing Club	3:16:49
9	Charley Berry	Nature Boy Cycles	3:17:15
10	Sean McTearen	Unattached	3:17:28
MEN CAT 5 C 35-PLUS - 68 MILES			
1	Paul Lasher	Metropolitan Music	3:23:35
2	Andrew Bennett	CRCA/Lucarelli & Castaldi	3:24:56
3	Eric Magnuson	Team Fit Werx	3:25:51
4	Chris Poulin	Tall Sock Racing	3:25:51
5	Heath Umbach	545 Velo	3:26:16
6	Dana Rackliffe	R-Cubed	3:26:19
7	Iliya Simeonov	Nantucket Velo	3:27:30
8	Lucas Snell	Team HB Hilltop	3:28:01
9	Marko Zatylny	NDG Cycling Club	3:29:54
10	Conor McKenzie	Metropolitan Music	3:29:56
MEN CAT 5 D 35-PLUS - 68 MILES			
1	Shawn Horn	Unattached	3:34:33
2	Mark Robohm	Equipe Henry	3:34:46
3	Thomas Gorman	Unattached	3:34:48
4	Brenden Rillahan	Adirondack Triathlon Club	3:34:53
5	Xavier Letteron	Linen/BCA	3:34:54
6	Scott Miloro	Unattached	3:34:54
7	Andrew Imrie	Morning Glory Cycling Club	3:34:54
8	Travis Burleson	Blue Hills Cycling	3:34:56
9	Kevan Hauver	Tri New England	3:34:57
10	Stephen Day	Formula Tri	3:34:58
MEN CAT 5 E 35-PLUS - 68 MILES			
1	Daniel Triller	CRCA/e2Value	3:08:19
2	Justin Wood	Unattached	3:08:19
3	Ben Hoffhine	TTEndurance	3:09:06
4	Chris Foster	King Kog	3:22:09
5	Brian Lavoie	State 9 Racing	3:22:34
6	Lorne Bienstock	Toguri Training Systems	3:22:42
7	Cezary Nadecki	Down Cycles	3:26:14
8	Robert Dedora	Search & State	3:27:13
9	Wojtek Komsta	Montecchi	3:27:21
10	Bill Sheehan	Cyclocross World	3:27:33
MEN CAT 5 F 45-PLUS - 68 MILES			
1	John Bye	Mapso Tri Club	3:20:22
2	Scott Somers	Team 2 Cycling	3:20:22
3	Scott Sears	Team 2 Cycling	3:27:06
4	David Boyce	Arcadian Racing	3:27:08
5	Clint Dowd	State 9 Shop	3:27:44
6	Gregory Odland	Down Cycles	3:29:00
7	Edward Roberts	Nantucket Velo	3:29:40
8	Frank Scimone	Colavita Racing	3:32:25
9	Michael Lorditch	Team HB Hilltop	3:32:34
10	Mark Hexoc	State 9 Racing	3:33:16
MEN CAT 5 G 45-PLUS - 68 MILES			
1	Tyler Merritt	Unattached	3:24:14
2	David Coles	Unattached	3:24:24
3	Chris Owen	Unattached	3:24:52
4	David Smith	Team Placid Planet	3:29:28
5	Gustavo Ordonez	Mineola Bicycle Racing Team	3:31:38
6	Alex Federman	Unattached	3:31:39
7	Pierre Tessier	Unattached	3:32:30
8	Donald Griffin	Unattached	3:32:34
9	Lou Dusini	Carl Hart	3:33:04
10	Bob Hooper	Capital Bicycle Racing Club	3:33:18
MEN CAT 5 H 45-PLUS - 68 MILES			
1	Arthur Picard	Specialized/HRRT	3:19:51
2	Christian Butts	Dr Naylor	3:23:27
3	James Kritz	Speed River Cycling	3:23:29
4	Bruce McDonald	Greyhound Resort	3:23:59
5	John Vogel	Exeter Cycles	3:25:56
6	Jaroslaw Lis	Greater Hartford Cycling Club	3:28:02
7	Dave Murray	Slouch Racing	3:32:38
8	Matt Weiss	Team Danbury Audi	3:37:10
9	Greg Linakis	Unattached	3:37:14
10	Joe Allen	Bicycle Depot	3:39:56
MEN CAT 5 J 55-PLUS - 68 MILES			
1	Jeff Litchfield	State 9 Racing	3:26:09
2	Fintan Duffy	Minuteman Road Club	3:28:26
3	Joseph Colon	Team Velo 5	3:29:18
4	Alden Cadwell	Unattached	3:30:37
5	Peter Sisti	Unattached	3:30:46
6	Rick Bush	Team 2 Cycling	3:31:05
7	Paul Fronhofer	Grey Ghost Bicycles	3:34:16
8	Bill Nicholas	Bicycle Depot	3:35:49
9	Ron Molinar	Team 2 Cycling	3:36:09
10	Derek Blackburn	TTEndurance	3:39:28
MEN JUNIOR 9-10 - 7 MILES			
1	Patrick Kiernan	Race CF	28:56
2	David Carey	New York Racing	29:32
3	Ryan O'Keefe	Unattached	30:52
4	Blak Slavinski	BPC Racing	33:41
5	John Josulevitz	Team Vortex	33:48
6	Kai Vernooy	Unattached	35:13
7	Trevor Mika	Unattached	38:35
WOMEN JUNIOR 9-10 - 7 MILES			
1	Sasha Halperin	Hastings Velo	50:04
MEN JUNIOR 11-12 - 12 MILES			
1	Nicholas Petrov	Prochain	39:24
2	Levi Drake	Farm Team Cycling	45:05
3	Taegan McGuire	Tekne Cycling Club	48:05
4	Lorian Waterbury	Club Cycliste l'échappée	52:08
5	Jeremy Mika	Unattached	57:55
6	Zeph Davis	Farm Team Cycling	1:00:49
WOMEN JUNIOR 11-12 - 12 MILES			
1	Danielle Shumskas	Unattached	48:40
2	Laurny Bakker	Ottawa Bike Club	50:44
MEN JUNIOR 13-14 - 23 MILES			
1	Kyle Crowell	CT Cycling Advancement	1:18:48
2	Alastair Pounder	AYC Junior Development	1:18:48
3	Casey Fulton	Rogue Velo Racing	1:18:49
4	Peter Kiernan	Race CF	1:18:52
5	Gerard Josulevitz	Team Vortex	1:19:02
6	Sean Goulet	Race CF	1:19:02
7	Iain MacKeith	NCVC/UnitedHealthcare	1:19:03
8	Harrison White	BayHill Capital Cycling Team	1:19:04
9	Mikko Aho	BayHill Capital	1:19:04
10	Connor Thompson	T-Town Elite	1:19:04
WOMEN JUNIOR 13-14 - 12 MILES			
1	Anne-Florence Boutin	Cycle Neron	40:31
2	Danae Waterbury	Club Cycliste l'échappée	42:11
3	Madeline Smith	Team Wear on Earth	42:25
4	Emma Freyman	Kelpius Cycling	43:47
5	Katherine Sideco	Cycle Neron	48:03
6	Lyse-Ann Coffin	Cycle Neron	57:35
7	Tiera Chrystall	Cannondale Sports New England	1:05:54
MEN JUNIOR 15-16 - 68 MILES			
1	Andrew Schmidt	Hincapie Racing Team	3:09:10
2	Simon Jones	Hincapie Development	3:09:10
3	Jacob Skrip	JVR Sports	3:09:10
4	Vivien Rindisbacher	Killington Mountain School	3:09:10
5	Christopher Welch	Killington Mountain School	3:09:11
6	Liam Holowesko	Hot Tubes Jr Development	3:11:58
7	Nicholas McKey	Andrie Machinestar Jr Development	3:20:10
8	Alexander Chrystall	Cannondale Sports New England	3:20:36
9	Thomas Evelein	CT Cycling Advancement	3:20:38
10	George Schulz	SEAVS/Haymarket	3:20:44
MEN JUNIOR 17-18 - 68 MILES			
1	Ethan Reynolds	Hot Tubes Jr Development Team	3:01:20
2	Cooper Willsey	Dealer.com Cycling Team	3:11:58
3	Francis Barriault	Andre Cycle/Kaycan/RDS	3:11:59
4	Gage Hecht	Hot Tubes Jr Development Team	3:12:00
5	Marcio O'Filho	Miller School of Belmarle	3:12:02
6	Michael Hernandez	Hot Tubes Jr Development Team	3:12:03
7	Phillip Truppelli	Volharder	3:12:03
8	Spencer Petrov	Hincapie Development Team	3:12:03
9	David Walls	High Country Development	3:12:03
10	Devin Reavis	High Country Development Team	3:12:03
MEN MASTER 35-PLUS - 68 MILES			
1	Miles Billings	545 Velo	3:18:30
2	Meurig James	QCW Cycling/BreakawayBikes.com	3:18:30
3	Scott Fitzgerald	Photon Racing	3:18:31
4	Bryan Reid	Dallas Bike Works	3:18:32
5	Colin Sandberg	Team GPOA	3:18:32
6	Simon Castonguay	Felt MTB	3:18:33
7	Eric Balog	Hoback Sports/JHAF	3:18:34
8	Juan Lopera	545 Velo	3:18:53
9	Nicholas Fanaras	Riverside Racing	3:18:53
10	Wilson Andrade	Cycle Craft	3:30:27

MEN MASTER 40-PLUS - 68 MILES			
1	Bruce Bird	Wheels of Bloor	3:01:50
2	Andreas Runggatscher	FinKraft Cycling Team	3:01:52
3	Dominic Chalifoux	Trek Fiera	3:02:17
4	Osmond Bakker	Wheels of Bloor	3:02:17
5	Oleg Tanovitsky	CRCA/LUPUS Racing Team	3:02:20
6	Roger Aspholm	Finkraft Cycling Team	3:02:22
7	Eric Balog	Hoback Sports/JHAF	3:02:34
8	Jacob Hacker	Stage 1/fusionTHINK	3:02:35
9	Chris Crowell	Tekne Cycling Club	3:02:35
10	Todd Fairhead	Tekne Cycling Club	3:02:35
MEN MASTER 45-PLUS - 68 MILES			
1	Erin Korff	CRCA/Axis	3:08:45
2	Hunter East		

11TH ANNUAL TOUR OF THE BATTENKILL *continued*

3	Karla Eisch	Vestal	1:25:45
4	Katie Mullaly	Wethersfield, CT	1:26:47
5	Alison Edwards	Clifton Park	1:26:48
6	Kirstin Rudd	Somerville, MA	1:32:24
7	Theresa Healey	Niskayuna	1:36:16
8	Kathleen Rutishauser	Whitesboro	1:37:12
9	Cynthia Plante	Greenfield Center	1:41:52
10	Cassandra Bosworth	Boxborough, MA	1:44:43

5K EURO CROSS RUN

MALE OVERALL			
1	Lucian D'Addile	17	17:57
2	Jacob Tarbay	15	20:31
3	Ethan Young	14	20:31
FEMALE OVERALL			
1	Ian Montgomery	48	20:36
2	April Montgomery	52	26:22
3	Tracy Miller	45	27:17

Courtesy of Anthem Sports

1ST ANNUAL JOAN NICOLE PRINCE HOME 5K RUN
April 25, 2015 • Central Park, Schenectady

MALE OVERALL			
1	Mark Kopecki	28	Schenectady 17:01
2	Joseph Gottwald	22	Albany 19:33
3	Roger Bloom	39	Ballston Lake 20:12
FEMALE OVERALL			
1	Heidi Stears	23	Amsterdam 21:39
2	Lindsey Wallace	21	Albany 22:46
3	Stacia Smith	44	Niskayuna 22:53
MALE AGE GROUP: 1 - 13			
1	Noah Murdock	9	Scotia 22:37
2	Nicholas Weiler	13	Rexford 27:15
3	Marcus Paone	12	Scotia 27:46
FEMALE AGE GROUP: 1 - 13			
1	Maddie Durant	13	Scotia 25:14
2	Natalie Gauthier	10	Scotia 42:27
MALE AGE GROUP: 14 - 19			
1	Brian Vermilyea	18	Niskayuna 20:44
FEMALE AGE GROUP: 20 - 24			
1	Katie Duggan	22	Scotia 24:58
2	Jill Goretti	22	Oxford, MA 25:01
3	Kayla Brown	23	Glenville 25:54
MALE AGE GROUP: 25 - 29			
1	Steve Luttmann	28	Saratoga Springs 24:30
2	Tom Russell	26	Glenville 25:13
3	Craig Relyea	29	Scotia 26:05
FEMALE AGE GROUP: 25 - 29			
1	Sarah Thomsen-Ferreira	25	Albany 34:27
2	Heather Rausch	28	Schenectady 38:59
MALE AGE GROUP: 30 - 34			
1	Yakov Polishchuk	30	Niskayuna 23:25
2	Ryan Wilson	33	Glenville 24:34
FEMALE AGE GROUP: 30 - 34			
1	Gretchen Dizer	31	Scotia 29:53
2	Becky Penn	33	Scotia 31:09
3	Katey-Anne Turner	30	West Chazy 42:43
MALE AGE GROUP: 35 - 39			
1	Mustafa Dokucu	38	Latham 21:28
2	Charles Billelo	35	Manhasset 22:18
3	Dogru Mustafa	37	Glenville 24:56

Courtesy of Joan Nicole Prince Home

LAKE GEORGE HALF MARATHON & 5K

April 26, 2015 • Fort William Henry Resort, Lake George

13.1-MILE RUN

MALE OVERALL			
1	Jason Linendoll	18	Hudson Falls 1:24:53
2	Bob Radliff	50	Stillwater 1:25:08
3	Michael Bracken	41	Saratoga Springs 1:25:27
FEMALE OVERALL			
1	Carol Abbattisti	46	Queensbury 1:42:38
2	Karlie Mangette	22	Clifton Park 1:44:07
3	Sarah Flora	29	Schenectady 1:46:10
FEMALE AGE GROUP: 1 - 19			
1	Shannon Gleason	16	East Durham 2:08:52
MALE AGE GROUP: 1 - 19			
1	Bradley Fosmire	18	Fort Edward 1:47:01
FEMALE AGE GROUP: 20 - 24			
1	Kathryn Loeffler	24	Latham 1:55:37
2	Danielle Marino	23	Brookline, MA 2:02:34
3	Ashleigh Nelson	24	Troy 2:10:00
FEMALE AGE GROUP: 25 - 29			
1	Jaime Wyzkowski	26	Queensbury 1:52:16
2	Emily Vachula	29	East Greenbush 1:52:29
3	Ashley Arnold	27	Killington, VT 1:54:54
MALE AGE GROUP: 25 - 29			
1	Aaron Bishop	25	Huson, MT 1:45:56
2	Greg Vallecorsa	29	Latham 1:50:59
FEMALE AGE GROUP: 30 - 34			
1	Kristin Kandiel	34	Mechanicville 1:53:19
2	Kelly Elliott	30	Rome 1:59:11
3	Jenn Turcotte	32	Brant Lake 2:15:34
FEMALE AGE GROUP: 35 - 39			
1	Mindy Hess	36	Queensbury 1:55:11
2	Carrie Susz	38	Rindge, NH 2:30:38
MALE AGE GROUP: 30 - 34			
1	Michael Popham	34	Tolland, CT 1:32:07
2	Matthew Iglar	32	Saratoga Springs 1:37:47
3	Jean-Baptiste Laloe	33	New York 1:39:45
MALE AGE GROUP: 35 - 39			
1	Jason Santamore	35	Glens Falls 1:43:07
2	David Moss	36	Queensbury 1:46:24
3	Alejandro Rodriguez	37	Waterford 1:58:02
FEMALE AGE GROUP: 40 - 44			
1	Stefanie Buttermore	42	Clifton Park 1:47:29
2	Natalie Houde	40	Queensbury 1:50:38
3	Isabelle Savard	43	Lachine, FL 1:52:38
FEMALE AGE GROUP: 45 - 49			
1	Judith Dammerman	45	Saratoga Springs 1:49:55
2	Lori Fermon	46	East Greenbush 1:50:58
3	Tracy Watson	45	Johnsburg 2:11:13
MALE AGE GROUP: 40 - 44			
1	Michael Bracken	41	Saratoga Springs 1:25:27
2	Zak Hill	40	Saratoga Springs 1:35:24
3	Peter Forth	44	Schenectady 1:37:18
MALE AGE GROUP: 45 - 49			
1	Gary Harper	46	Moreau 1:33:03
2	Kenneth Lane	49	Castleton 1:45:00
3	Paul Johnson	46	Queensbury 1:54:50
FEMALE AGE GROUP: 50 - 54			
1	Andrea Rowe	54	Glenville 2:10:11
2	Lisa Pretak	52	New Hartford, CT 2:18:10
3	Cathy Percy	54	Stony Creek 2:20:19
FEMALE AGE GROUP: 55 - 59			
1	Susan Brandow	56	Loudonville 2:02:27
2	Theresa Hughes	59	Ballston Spa 2:10:43
3	Sandi Payne	56	Stony Creek 2:22:20

Courtesy of 3C Race Productions

6TH ANNUAL PLATTSBURGH HALF MARATHON & RELAY

April 26, 2015 • City Recreation Center, Plattsburgh

13.1MILE RUN

MALE OVERALL			
1	Michael Schram	24	Tupper Lake 1:12:16
2	Matthew Medeiros	29	Saranac 1:14:19
3	Jeremy Drowne	37	West Chazy 1:18:38
FEMALE OVERALL			
1	Joyce Holsten	45	Jericho, VT 1:30:28
2	Erin Rasco	26	Cadyville 1:32:22
3	Cassie Sellars	38	Plattsburgh 1:35:24
MALE AGE GROUP: 15 - 19			
1	Benjamin Shelton	19	Rochester 1:24:27
2	Ryan Sullivan	19	Rochester 1:27:43
3	Christopher Cruz	18	Potsdam 1:36:25
FEMALE AGE GROUP: 15 - 19			
1	Elysha O'Connell	16	Dannemora 1:42:53
2	Lindsey Gonyea	16	Plattsburgh 1:46:44
3	Samantha Smith	18	Moors Forks 1:53:23
MALE AGE GROUP: 20 - 24			
1	Eric Young	23	Latham 1:18:46
2	Kevin Johnson	21	Camden 1:23:57
3	Adam Lang	21	Arkport 1:27:56
FEMALE AGE GROUP: 20 - 24			
1	Lindsey Brudvig	22	Plattsburgh 1:48:43
2	Tawmia Provost	20	Potsdam 1:50:40
3	Caitlin Krahn	22	Plattsburgh 1:50:57
MALE AGE GROUP: 25 - 29			
1	Abraham Armani-Munn	26	Plattsburgh 1:21:16
2	Brandon Darrah	26	Keeseville 1:23:11
3	Philip Guerrant	29	Schenectady 1:30:23

FEMALE AGE GROUP: 25 - 29			
1	Lindsey Douglas	25	Peru 1:41:17
2	Nicole Diroff	26	Ausable Forks 1:43:50
3	Victoria Damour	26	Drums, PA 1:43:35
MALE AGE GROUP: 30 - 34			
1	Brian Wilson	32	Dannemora 1:25:08
2	Joseph Murphy	30	Saratoga Springs 1:27:23
3	Chris Shudde	31	Plattsburgh 1:27:49
FEMALE AGE GROUP: 30 - 34			
1	Justine Mosher	30	Queensbury 1:40:35
2	Ashley Eney	31	Morrisonville 1:43:57
3	Constance Hammaker	30	Plattsburgh 1:47:14
MALE AGE GROUP: 35 - 39			
1	Andrew Lavin	36	Lake Placid 1:25:05
2	Phil Lynch	35	Saranac 1:25:58
3	Thomas Roberts	36	Plattsburgh 1:27:16
FEMALE AGE GROUP: 35 - 39			
1	Amanda Shalton	35	Plattsburgh 1:39:30
2	Aimee Demers-Bourge	37	Plattsburgh 1:43:52
3	Shannon Bartlett	37	Plattsburgh 1:44:28
MALE AGE GROUP: 40 - 44			
1	Paul Pendleton	42	Pinebrook, NJ 1:21:57
2	Tim Richmond	40	South Hero, VT 1:29:35
3	Jonathan Mulholland	40	Plattsburgh 1:33:34
FEMALE AGE GROUP: 40 - 44			
1	Kristen Betrus	42	Potsdam 1:36:06
2	Margie Harmer	42	Madrid 1:39:51
3	Kristen Natch	40	Plattsburgh 1:48:59

6TH ANNUAL PLATTSBURGH HALF MARATHON & RELAY *continued*

MALE AGE GROUP: 45 - 49			
1	Scott Holsten	46	Jericho, VT 1:33:05
2	Frederic Tardif	46	Mercier, QC 1:39:02
3	Brian White	48	Plattsburgh 1:38:58
FEMALE AGE GROUP: 45 - 49			
1	Meg Meyer	49	New Haven, VT 1:45:17
2	Lorry Sheasgreen	46	Brainardsville 1:47:04
3	Julia Giltz	49	Plattsburgh 1:45:55
MALE AGE GROUP: 50 - 54			
1	Patrick Brimstein	51	Plattsburgh 1:24:46
2	Russell Coombe	52	Malone 1:34:24
3	Stanley Hatch	53	Cadyville 1:34:20
FEMALE AGE GROUP: 50 - 54			
1	Catherine Snow	54	Ausable Forks 1:44:10
2	Raune Hamilton	51	Keeseville 1:47:49
3	Sandy Rasco	53	Cadyville 1:53:52
MALE AGE GROUP: 55 - 59			
1	Jamie Casline	55	Ballston Lake 1:34:32
2	Dave Wachs	55	Newport, NC 1:52:38
3	Walter Fisher	55	Plattsburgh 1:52:32
FEMALE AGE GROUP: 55 - 59			
1	Mary Duprey	55	Plattsburgh 1:39:38
2	Marcy Dreimiller	55	South Glens Falls 1:55:04
3	Rose Bergeron	58	Essex, VT 2:09:58

MALE AGE GROUP: 60 - 64			
1	Donnie Armstrong	62	Plattsburgh 1:37:46
2	Steven Benway	61	Willsboro 1:44:34
3	William Price	63	Plattsburgh 1:56:22
FEMALE AGE GROUP: 65 - 69			
1	Gail Parsons	68	Plattsburgh 2:34:49
2	Bobbi Storey Reeves	67	Peru 3:19:10
MALE AGE GROUP: 70 - 74			
1	Michael Lafontaine	73	Champlain 2:06:47

TWO-PERSON RELAY

MALE TEAMS			
1	Go McKernan: Liam Davis/Sean Davis	1:22:55	
2	Jon & Josh: Jonathan Bouyea/Josh Giddings	1:38:48	
3	Barney Style: Michael Davis/Ryan Davis	1:40:00	
MIXED TEAMS			
1	First & Last: Shauna Ladue/Matthew Ryan	1:32:45	
2	My Wife Made Me: Chris Demers/Jill Demers	1:36:30	
3	Legsandtubs: James Vanarman/Kim Yelle	1:42:35	
FEMALE TEAMS			
1	Got The Runs: Bridget Lapier/Katie Macey	1:44:35	
2	The Runs: Rachel Cornea/Claire Parker	1:47:14	
3	Mustang Sallies: Jessica Hatfield/Martha Smith	1:53:08	

Courtesy of City of Plattsburgh Recreation Department

14TH ANNUAL SEAN'S RUN 5K & MEGHAN'S MILE

April 26, 2015 • Chatham High School, Chatham

5K RUN			
MALE OVERALL			
1	Thomas O'Grady	29	Latham 16:54
2	Richard Messineo	26	Nassau 17:22
3	Aaron Knobloch	39	Guilderland 17:32
FEMALE OVERALL			
1	Lisa Daniello	29	Albany 19:27
2	Meghan Mortensen	29	Rotterdam 20:02
3	Brina Seguin	25	Rensselaer 20:28
MALE AGE GROUP: 1 - 14			
1	Casey Sitzer	12	Ghent 21:17
2	Eli Russo	9	Claverack 22:26
3	Noah Albanese	13	Castleton 22:31
FEMALE AGE GROUP: 1 - 14			
1	Jenna-Marie Morin	12	Troy 23:25
2	Althea Brennan	13	Ghent 23:50
3	Mackenzie Cronin	14	Ghent 24:30
MALE AGE GROUP: 15 - 19			
1	Joseph Kinane	18	Stottville 17:52
2	Austin Bunnell	17	Chatham 18:54
3	Sebastian Sanchez	15	Ghent 19:19
FEMALE AGE GROUP: 15 - 19			
1	Hallie Allen	15	Chatham 21:11
2	Danielle Wallace	15	East Chatham 21:51
3	Abby Werwaiss	15	Nassau 21:59
MALE AGE GROUP: 20 - 24			
1	Kenneth Wamui	23	Kingston 17:49
2	Mike Crabb	22	Chatham 24:35
3	Steven Himmel	22	Ghent 24:36
FEMALE AGE GROUP: 20 - 24			
1	Hayley Madsen	24	Ghent 20:58
2	Alexa Veeder	24	Seneca Falls 22:45
3	Brianna Thompson	24	Rensselaer 23:16
MALE AGE GROUP: 25 - 29			
1	Edson Chipalo	27	Pittsfield, MA 19:14
2	Michael West	27	Chatham 20:04
3	Chris Tommasino	25	Albany 21:24
FEMALE AGE GROUP: 25 - 29			
1	Elizabeth Campbell	26	Mineola 24:19
2	Michelle Garvie	25	Ghent 24:23
3	Jordan Nieto	2	

RACE RESULTS

7TH ANNUAL CHERRY BLOSSOM 5K RACE FOR ALS

April 26, 2015 • Congregation Gates of Heaven, Schenectady

MALE OVERALL			
1 Charles Ragone	17	Niskayuna	16:24
2 Louie DiNuzzo	32	Saratoga Springs	16:49
3 Corey McCoy	44	Menands	18:07
FEMALE OVERALL			
1 Julie Robinson	23	Troy	19:56
2 Rebecca Cropsey	14	Niskayuna	20:35
3 Liz Ricci	29	Niskayuna	20:36
MALE AGE GROUP: 1 - 14			
1 Joe Hale	14	Glenville	19:21
2 Sean O'Brien	12	Altamont	19:54
3 Thomas Ragone	13	Niskayuna	20:08
FEMALE AGE GROUP: 1 - 14			
1 Ainsley Filkins	13	Niskayuna	22:44
2 Tess McGrinder	13	Niskayuna	22:59
3 Erin Leonard	12	Niskayuna	23:40
MALE AGE GROUP: 15 - 19			
1 Andrew Butryn	17	Schenectady	18:41
2 Holden Maynard	15	Schenectady	19:37
3 Elan Shiang	15	Niskayuna	21:01
FEMALE AGE GROUP: 15 - 19			
1 Brenna O'Brien	17	Altamont	20:46
2 Samantha Padula	15	Niskayuna	21:53
3 Victoria Padula	15	Niskayuna	21:55
MALE AGE GROUP: 20 - 24			
1 Justin Kirby	22	Loudonville	18:13
2 Joseph Gottwald	22	Albany	19:54
3 Eric Steele	20	Niskayuna	21:41
FEMALE AGE GROUP: 20 - 24			
1 Kelly Piotrowski	23	Schenectady	22:34
2 Lauren Podgorski	24	Wheaton, IL	23:45
3 Lindsey Wallace	21	Syracuse	23:55
MALE AGE GROUP: 25 - 29			
1 Cody Netzbund	26	Troy	19:43
2 Adam Girard	27	Albany	22:05
3 Steven Ronald	28	Burnt Hills	24:40
FEMALE AGE GROUP: 25 - 29			
1 McKenzie Clemens	27	Averill Park	23:33
2 Lauren Sharkey	29	Niskayuna	23:34
3 Kara Plue	25	Latham	24:39
MALE AGE GROUP: 30 - 34			
1 Matt Roche	32	Schenectady	19:52
2 Richard Bly	33	Elmira	20:27
3 Kevin Flores	34	Cohoes	22:17
FEMALE AGE GROUP: 30 - 34			
1 Kimberly Pommer	31	Niskayuna	22:02
2 Jenna Bernhardt	30	Albany	23:31
3 Jenna Pearson	30	Schenectady	24:01
MALE AGE GROUP: 35 - 39			
1 David Tromp	39	Glenmont	18:24
2 Todd Weiss	36	Watervliet	19:07
3 Joseph Kelly	37	Cohoes	19:26
FEMALE AGE GROUP: 35 - 39			
1 Ewan Kujawski	36	Albany	24:04
2 Kim Rubino	35	Clifton Park	24:19
3 Kelly Buckley	38	Ballston Spa	24:37
MALE AGE GROUP: 40 - 44			
1 Brian Cestaro	41	Niskayuna	18:10
2 Robert Etien	41	Schenectady	18:17
3 Chris Cueman	40	Niskayuna	22:09
FEMALE AGE GROUP: 40 - 44			
1 Denise Vanderwerken	43	Cobleskill	20:42
2 Amy Drag	44	Waterford	24:01
3 Aimee Kollar	40	Fort Plain	24:31
MALE AGE GROUP: 45 - 49			
1 Mark Blanchfield	48	Schenectady	20:26
2 Michael Bennett	47	Castleton	21:57
3 Mark Dougherty	45	Ballston Lake	24:32
FEMALE AGE GROUP: 45 - 49			
1 Laura Picardi	49	Niskayuna	22:50
2 Rose Angerosa	48	Glenville	23:54
3 Diane Montes Harris	47	Troy	24:54
MALE AGE GROUP: 50 - 54			
1 Rick Knipper	54	Niskayuna	20:23
2 Daniel Cropsey	52	Niskayuna	22:38
3 Michael Pitnell	54	Niskayuna	25:04
FEMALE AGE GROUP: 50 - 54			
1 Kathryn Verna	51	Niskayuna	23:47
2 Robyn Reed	52	Niskayuna	26:58
3 Debbie Petridis	51	Albany	27:00
MALE AGE GROUP: 55 - 59			
1 Michael Murtagh	55	Scotia	20:20
2 Peter Butryn	57	Schenectady	22:04
3 Roy Mowrey	56	Johnstown	23:26
FEMALE AGE GROUP: 55 - 59			
1 Joan Brown	56	Niskayuna	27:17
2 Nancy Kolakowski	57	Niskayuna	29:18
3 Kim Bonomo	57	Cohoes	29:44
MALE AGE GROUP: 60 - 64			
1 Mike Fazioli	63	Wynantskill	21:04
2 Luigi Tarquinio	60	Schenectady	25:28
3 Michael Worobey	60	Castleton	27:55
FEMALE AGE GROUP: 60 - 64			
1 Mary Jo Benny	60	Scotia	27:50
2 Darlene Cardillo	61	Delmar	28:05
3 Susan Niefield	63	Rexford	28:40
MALE AGE GROUP: 65 - 69			
1 Jim Fiore	67	Latham	25:42
2 Joseph Liotta	65	Green Island	26:57
3 David Spina	65	Glenville	27:23
FEMALE AGE GROUP: 65 - 69			
1 Susan Kohler	66	Mechanicville	40:42
MALE AGE GROUP: 70 - 74			
1 Charlie Matlock	70	Averill Park	42:12
FEMALE AGE GROUP: 70 - 74			
1 Natalie Nussbaum	71	Cohoes	38:50
2 Dana Carroll	71	Scotia	43:59
MALE AGE GROUP: 75 - 79			
1 Bob Murphy	75	Barre, VT	25:38
MALE AGE GROUP: 80 - 84			
1 Richard Schumacher	81	Hoosick Falls	39:35

Courtesy of Brotherhood of Congregation Gates of Heaven

21ST ANYONE CAN TRI TRIATHLON & KIDS' CAN TRI TOO continued

4 Molly Rose	4	Clifton Park	14:38
5 Charlotte Katzman	5	Clifton Park	15:22
MALE AGE GROUP: 7 - 8			
1 Lucas Durden	8	Clifton Park	8:02
2 Cooper Simmons	8	Halfmoon	9:14
3 Jack Cahill	7	Troy	9:30
4 Nate Thompson	7	Clifton Park	9:36
FEMALE AGE GROUP: 7 - 8			
1 Abigail Stopyak	7	Clifton Park	8:04
2 Katie Schlotky	8	Clifton Park	8:20
3 Lily Osborn	7	Clifton Park	8:28
4 Alyssa Gagnier	8	Clifton Park	8:33
5 Taylor Rose	8	Clifton Park	8:36
6 Raquelle Landa	7	Clifton Park	8:52
7 Emily Bologna	8	Rexford	8:57
8 Myah White	8	Mechanicville	9:08
9 Sydney Tolan	8	Clifton Park	9:27

Courtesy of Southern Saratoga YMCA

LITERACY 5K RUN/WALK

May 3, 2015 • Rensselaer Technology Park, Troy

MALE OVERALL			
1 Peter Flynn	38	Delmar	18:02
2 Evan Goodspeed	18	Niskayuna	19:34
3 John Sestito	51	Johnsonville	20:28
FEMALE OVERALL			
1 Melissa Maguire	42	Loudonville	21:51
2 Sara Lanese	28	Ballston Lake	22:57
3 Maureen Fitzgerald	57	Clifton Park	23:29
FEMALE AGE GROUP: 1 - 14			
1 Maile Wargacki	9	Troy	33:50
2 Kaitlyn Burke	11	Troy	36:05
3 Sarah Bayly	9	Troy	37:00
MALE AGE GROUP: 1 - 14			
1 Jamison Burke	13	Troy	25:10
2 Damien Shaw	8	Rensselaer	26:58
3 Nicholas Vanranken	11	Rensselaer	27:06
FEMALE AGE GROUP: 15 - 19			
1 Heidi Schuman	15	Nassau	24:19
2 Abby Weaver	19	Waterford	28:00
3 Courtney McGrath	17	West Sand Lake	36:10
FEMALE AGE GROUP: 20 - 24			
1 Ivana Zlatanovic	23	Troy	36:56
MALE AGE GROUP: 25 - 29			
1 Frank Martin	28	Schenectady	20:37
2 Adam Hebert	25	Clifton Park	23:07
3 Grant Smith	26	Ballston Lake	29:57
FEMALE AGE GROUP: 25 - 29			
1 Tracey Clark	28	Ballston Spa	24:16
2 Kailee Kenney	26	Averill Park	24:55
3 Zhu Xiaixin	27	Troy	45:17
MALE AGE GROUP: 30 - 34			
1 Dave Sawyer	30	Hudson Falls	23:38
2 Rory Johnson	33	Albany	25:46
3 Chris Curnell	31	Berne	25:51
FEMALE AGE GROUP: 30 - 34			
1 Michelle Storm	31	Scotia	23:50
2 Lindsay Becker	32	East Greenbush	30:45
3 Elizabeth Gross	32	Averill Park	38:35
MALE AGE GROUP: 35 - 39			
1 Aaron Ondek	37	Menands	25:01
2 David Smith	38	Troy	27:58
3 Josh Di Piero	39	Cherry Plain	32:29
FEMALE AGE GROUP: 35 - 39			
1 Tanya Lavallee	36	Rensselaer	40:37
2 Alison Calacone	35	Albany	54:55
MALE AGE GROUP: 40 - 44			
1 Thomas Collins	44	Troy	29:51
2 Joe Pray	40	Berne	50:16
FEMALE AGE GROUP: 40 - 44			
1 Eileen Lee	44	Troy	30:16
2 Colleen Goodspeed	44	Glenville	32:49
3 Sara Schumar	44	Nassau	34:37
MALE AGE GROUP: 45 - 49			
1 George Burke	49	Troy	21:04
2 Dan Dolan	48	Troy	28:13
FEMALE AGE GROUP: 45 - 49			
1 Cindie Bayly	45	Troy	31:43
2 Lisa McGrath	47	West Sand Lake	32:36
3 Jacki Cioffi	49	Averill Park	35:44
MALE AGE GROUP: 50 - 54			
1 Bill Douglas	53	Rensselaer	20:50
2 Philip Palmieri	50	Loudonville	25:38
3 Sonja Febrey	54	Chatham	47:31
FEMALE AGE GROUP: 50 - 54			
1 Wendy Rescott	54	West Sand Lake	23:41
2 Regina Button	52	Troy	29:31
3 Daureen Shoemaker	50	Troy	31:42
MALE AGE GROUP: 55 - 59			
1 Tom Smith	58	Albany	28:11
2 Joe Sterantino	57	Castleton	31:13
3 Thomas Febrey	56	Chatham	47:32
FEMALE AGE GROUP: 55 - 59			
1 Marcia Rice	58	Troy	42:31
2 Lorraine Kohler	56	Albany	48:27
MALE AGE GROUP: 60 - 64			
1 Jerry Dollar	62	Poestenkill	31:15
2 Leo Di Piero	64	Cherry Plain	31:59
3 Dave Hasso	61	Wynantskill	34:27
FEMALE AGE GROUP: 60 - 64			
1 Jacqueline Tremont	64	Averill Park	42:01
2 Michelle Schultz	60	Rensselaer	42:01
3 Peg Paone	60	Brunswick	45:16
MALE AGE GROUP: 65 - 69			
1 Seamus Hodgkinson	66	Delmar	23:50
2 Joe Malone	69	Cohoes	30:08
3 Leslie Lak	66	Cohoes	48:12
FEMALE AGE GROUP: 65 - 69			
1 Cathy Lanese	65	Troy	32:22
2 Betty Bellino	65	East Greenbush	32:42
3 Carol Lak	67	Cohoes	48:12
MALE AGE GROUP: 70 - 74			
1 Jim Hotaling	74	Niverville	29:57

Courtesy of Literacy Volunteers of Rensselaer County

9TH ANNUAL CCRC 5K RUN/WALK

May 2, 2015 • Christ Community Reformed Church, Clifton Park

FEMALE: TOP 25 OVERALL			
1 Gina Slaby/33	18:02	21 Barbara Ford/43	25:18
2 Joelle Ernst/34	21:17	22 Laura Pannhorst/6	26:22
3 Jodi Lovegrove/36	24:01	23 Andrea Barry/36	26:46
4 Traci Utter/38	24:24	24 Susan Dzurica/50	28:58
5 Sue Blond/48	25:50	25 Kelly Clement/47	29:26
6 Marie Bosman/50	26:14	26 Peter deBock/37	29:38
7 Kristen O'Malley	29:12	27 Timothy Metzler	29:47
8 Joanna Reader	30:16	28 Spencer Panhorst/12	30:07
9 Megan deBock/37	30:54	29 Benjamin Paultre	30:42
10 Laurie Nadal/45	32:07	30 Greg Gold	31:40
11 Kathleen Sanford/49	32:46	31 Patrick Lynsky/42	31:40
12 Kristen Hislop/50	33:32	32 Mat Francisco/29	31:40
13 Joanne Shatraw/34	33:32	33 Bill Rogers/68	32:50
14 Pam Fernandez	33:41	34 Chris Boyle	32:50
15 Melissa Nowak	35:13	35 Perry Gava/56	32:50
16 Abby Stombach/29	35:44	36 Alan Blond/52	32:50
17 Linda Dziengielewski/55	38:29	37 Greg Ethier/41	32:50
18 Deborah Duclos/56	38:58	38 Patrick Lynsky/42	32:50
19 Charis Marvel/11	39:39	39 Kyle Johnson/41	32:50
		40 Frank Lombardo/59	32:50
		41 Chris Boyle	32:50
		42 Perry Gava/56	32:50
		43 Alan Blond/52	32:50
		44 Greg Ethier/41	32:50
		45 Patrick Lynsky/42	32:50
		46 Mat Francisco/29	32:50
		47 Bill Rogers/68	32:50
		48 Chris Boyle	32:50
		49 Perry Gava/56	32:50
		50 Alan Blond/52	32:50
		51 Greg Ethier/41	32:50
		52 Patrick Lynsky/42	32:50
		53 Mat Francisco/29	32:50
		54 Bill Rogers/68	32:50
		55 Chris Boyle	32:50
		56 Perry Gava/56	32:50
		57 Alan Blond/52	32:50
		58 Greg Ethier/41	32:50
		59 Patrick Lynsky/42	32:50
		60 Mat Francisco/29	32:50
		61 Bill Rogers/68	32:50
		62 Chris Boyle	32:50
		63 Perry Gava/56	32:50
		64 Alan Blond/52	32:50
		65 Greg Ethier/41	32:50
		66 Patrick Lynsky/42	32:50
		67 Mat Francisco/29	32:50
		68 Bill Rogers/68	32:50
		69 Chris Boyle	32:50
		70 Perry Gava/56	32:50
		71 Alan Blond/52	32:50
		72 Greg Ethier/41	32:50
		73 Patrick Lynsky/42	32:50
		74 Mat Francisco/29	32:50
		75 Bill Rogers/68	32:50
		76 Chris Boyle	32:50
		77 Perry Gava/56	32:50
		78 Alan Blond/52	32:50
		79 Greg Ethier/41	32:50
		80 Patrick Lynsky/42	32:50
		81 Mat Francisco/29	32:50
		82 Bill Rogers/68	32:50
		83 Chris Boyle	32:50
		84 Perry Gava/56	32:50
		85 Alan Blond/52	32:50
		86 Greg Ethier/41	32:50
		87 Patrick Lynsky/42	32:50
		88 Mat Francisco/29	32:50
		89 Bill Rogers/68	32:50
		90 Chris Boyle	32:50
		91 Perry Gava/56	32:50
		92 Alan Blond/52	32:50
		93 Greg Ethier/41	32:50
		94 Patrick Lynsky/42	32:50
		95 Mat Francisco/29	32:50
		96 Bill Rogers/68	32:50
		97 Chris Boyle	32:50
		98 Perry Gava/56	32:50
		99 Alan Blond/52	32:50
		100 Greg Ethier/41	32:50

MALE: TOP 25 OVERALL

1 Johan Bosman/55	19:20
2 George Stopyak/44	19:53
3 Greg Ethier/41	20:11
4 Patrick Lynsky/42	21:04
5 Kyle Johnson/41	21:35
6 Frank Lombardo/59	22:28
7 Chris Boyle	22:31
8 Perry Gava/56	25:39
9 Alan Blond/52	25:51
10 Martin Patrick/61	25:12
11 Richard Bennett/62	28:22
12 Gael Coakley/63	30:16
13 Anthony Lovegrove	25:04

TEAMS

1 Domination	54:06
2 Tanners and a Sommo	57:39
3 Twin Power	1:03:46

KIDS' 9 & OVER: 50YD SWIM,

4TH ANNUAL MASTODON CHALLENGE 15K RACE & 15K RUN continued

Table with race results for Female Age Group (40-44, 45-49, 45-49, 50-54, 50-54, 55-59, 55-59, 60-64, 60-64, 65-69, 70-74), Male Age Group (30-34, 30-34, 35-39, 35-39, 40-44, 40-44, 45-49, 45-49, 50-54, 50-54, 55-59, 55-59, 60-64, 60-64, 65-69, 70-74), Male Overall, and 5K Run.

26TH ANNUAL PROSPECT MOUNTAIN ROAD RACE May 9, 2015 • Prospect Mountain Veterans Memorial Highway, Lake George

Table with race results for Run 5.67 Miles, 1601-Foot Elevation Gain, Male Overall, Female Overall, Male Age Group (20-24, 25-29, 25-29, 30-34, 30-34, 35-39, 35-39, 40-44, 40-44, 45-49, 45-49, 50-54, 50-54, 55-59, 55-59, 60-64, 60-64, 65-69, 65-69, 70-74, 70-74, 85-89), and Female Age Group (45-49, 45-49, 50-54, 50-54, 55-59, 55-59, 60-64, 60-64, 65-69, 65-69, 70-74, 70-74, 85-89).

3RD ANNUAL FLEET FEET SPORTS 10K CLASSIC May 10, 2015 • Bethlehem High School, Delmar

Table with race results for Male Overall, Female Overall, Male Age Group (40-44, 40-44, 45-49, 45-49, 50-54, 50-54, 55-59, 55-59, 60-64, 60-64, 65-69, 65-69, 70-74, 70-74, 85-89), and Female Age Group (40-44, 40-44, 45-49, 45-49, 50-54, 50-54, 55-59, 55-59, 60-64, 60-64, 65-69, 65-69, 70-74, 70-74, 85-89).

6TH ANNUAL JOG FOR JUGS HALF MARATHON & 5K RUN May 9, 2015 • Duaneburg Town Park, Duaneburg

Table with race results for 13.1-Mile Run, Male Overall, Female Overall, Male Age Group (15-19, 15-19, 20-24, 20-24, 25-29, 25-29, 30-34, 30-34, 35-39, 35-39, 40-44, 40-44, 45-49, 45-49, 50-54, 50-54, 55-59, 55-59, 60-64, 60-64, 65-69, 65-69, 70-74, 70-74, 85-89), and Female Age Group (15-19, 15-19, 20-24, 20-24, 25-29, 25-29, 30-34, 30-34, 35-39, 35-39, 40-44, 40-44, 45-49, 45-49, 50-54, 50-54, 55-59, 55-59, 60-64, 60-64, 65-69, 65-69, 70-74, 70-74, 85-89).

T3 COACHING DUATHLON #2 May 10, 2015 • SUNY Adirondack, Queensbury

Table with race results for 3M Run, 20M Bike, 3M Run, Male Overall, Female Overall, Male Age Group (40-44, 40-44, 45-49, 45-49, 50-54, 50-54, 55-59, 55-59, 60-64, 60-64, 65-69, 65-69, 70-74, 70-74, 85-89), and Female Age Group (40-44, 40-44, 45-49, 45-49, 50-54, 50-54, 55-59, 55-59, 60-64, 60-64, 65-69, 65-69, 70-74, 70-74, 85-89).

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RUNNING & WALKING

Freihofer's Run for Women 5K

New, Improved Course for 2015/2016 Events

ALBANY – A two-year beautification project by the NYS Office of General Services slated to enhance the Madison Avenue overpass and the Empire State Plaza has led USATF Adirondack, organizers of the Freihofer's Run for Women, to relocate the Saturday, May 30, 2015 and June 4, 2016 editions of the event.

Beginning this year, participants taking part in the 5K will now start and finish the run on Washington Avenue, adjacent to the New York State Capitol and directly in front of City Hall.

"The site offers participants a great venue in the heart of downtown with a spectacular downhill finish," said event director George Regan, whose event management team worked closely with the Mayor's Office, the OGS, and the Albany Police Dept. to facilitate the course change. "I couldn't be happier about what we have been able to accomplish together in creating an even better experience for participants and spectators alike."

Following the air horn start, runners will proceed 1.5K west on Washington Avenue to Western Avenue. They will then turn left at Robin/State Streets into Washington Park, where the bulk of the event will take place under the tree-lined canopy. After proceeding east around Washington Park Lake, runners will exit the park at Sprague Place, before turning east onto Washington Avenue. The race will conclude with a downhill dash toward the historic City Hall.

The new course benefits include:

■ **Access** – The new course can be reached with ease from four exits off of I-787 south, including Colonie/Columbia Street, Clinton Avenue, Empire State Plaza and Madison Avenue, as well as off the Arbor Hill Exit on I-90. Greater entry points are expected to reduce event traffic congestion.

■ **Parking** – Ample parking will be available to participants at lots located at Sheridan

Hollow, Lower Sheridan, Swan and Elk, Elk, Hilton Albany garage, as well as Empire State Plaza (P-3 and V lots), the East Garage, and the Times Union Center, among others.

■ **Viewing** – For those heading downtown to cheer on your runners, there will be improved access to the start/finish line. Additionally, viewing options will now feature bleachers adjacent to the start/finish line.

"Participants who have run Freihofer's for many years will notice the elevation of the hill start isn't as steep as Madison Avenue," George Regan said. "What's more, the new course will utilize more of Washington Park than the previous edition, which I know will please many of our longtime runners."

At the race's conclusion, runners will gather in East Capitol Park for the awards ceremony, as well as post-event refresh-

ments and entertainment. Adjacent Academy Park will serve as home base for more than 100 invited American and international long distance runners, medical services and children's entertainment.

In addition to playing host to the 5K, the new course will also serve as the temporary home for the Freihofer's Junior 3K, Freihofer's Kids' Run (50m, 100m, 200m and 400m), and the Freihofer's Community Walk, which will be held back-to-back starting at 11am. The USA 5K Race Walk Championships and SportWalk Clinic, usually held the same day as the 5K, have been moved to Sunday, May 31 at 9am at the Corning Preserve's Jennings Landing.

"The Freihofer's Run for Women is a real gem on the City of Albany's sporting calendar. It attracts worldwide attention and is our chance to show off the Capital Region," said

Albany Mayor Kathy Sheehan, noting that the Run for Women is one of only a handful of road races in the world to hold a prestigious road race label designation from the IAAF, the world governing body for track and field, and was recently voted #5 on Competitor Magazine's 2015 "Must Do" 5K's in the US.

"Having this event in the shadows of Albany City Hall and the State Capitol will provide one of the finest road race venues in the state," she added. "I encourage everyone to either take part in the Run for Women, or come downtown to cheer on the runners!"

For detailed course maps and parking locations, and to register for the 37th annual Freihofer's Run for Women, 28th annual Kids' Run, 27th annual Community Walk, and 5th annual Freihofer's Junior 3K, visit freihofer-run.com.



2014 FREIHOFFER'S RUN FOR WOMEN 5K IN WASHINGTON PARK.
JOHN IANNELLI



MOUNTAIN BIKING continued from 1



KEITH MCKEEVER OF WILMINGTON ON POOR MAN'S DOWNHILL.
JOSH WILSON/BARKEATER TRAILS ALLIANCE

For registration and more information, visit blackflychallenge.com.

In the Capital Region, the inaugural **Farmer's Daughter Gravel Grinder** on Sunday, May 17, is being organized by the Capital Bicycle Racing Club and Helping Riders Realize Talent. These 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 beautiful but challenging early season ride.

For info and registration, visit: farmers-daughtergravelgrinder.com.

The third annual **ADK 80K Race Weekend**, produced by High Peaks Cyclery, brings endurance mountain bike racing back to Mount Van Hoevenberg in Lake Placid, so keep this one on the radar for August 22-23. Saturday is an 80K trail race for solo and two/four person teams, and Sunday is the 80K mountain bike or cyclocross race for solo and two/four person teams.

The run/ride able course features 60% enjoyable new single track and 40% double track on cross-country ski trails. Race categories include male/female overall, age groups, collegiate, mixed, solo and two/four person teams. There will be \$8,000 in prizes and Adirondack awards, plus live music, barbeque and more.

For details and registration, go to: adk80k.com.

With the excitement and anticipation building for a fun riding season ahead, support these events and spread the word.



▲ START OF THE 2014 WILMINGTON WHITEFACE XC MTB 100K/50K.
ERGON BIKE

◀ THE TEAM HANDOFF AT THE 2014 ADK 80K RACE AT MT. VAN HOEVENBERG.
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RUNNING

By Mat Nark

If you're an aspiring runner or a veteran of the sport this list will help you to run faster times. This list of 20 proven strategies will guide you to your next personal record and keep you as fast as possible. Running is a sport that has a very high rate of injury and therefore it is a necessity to master these principles. In order to be a super successful athlete in this sport it is essential that you avoid the common pitfalls that lead to running injury. The more that you can remain consistent in your training, the more successful you will be at improving as a runner. Below I have compiled a list of strategies that will help to guide you in becoming the fastest runner possible.

- 1 Soft Surface Runs** – The road pavement and concrete sidewalks are tremendously brutal on your musculoskeletal system. Get off the hard surfaces as much as you can and take advantage of trails whenever possible.
- 2 Complete Rest Days** – Recovery from training is just as important as the training itself. For most, one or two days off a week is very appropriate and will ensure that you stay fresh and rested for training.
- 3 Set Tangible Goals** – Set goals that truly can be achieved! Many folks set goals that are simply not possible in one particular training block. Many factors should be considered when setting goals and they must be reflective of your ability level, commitment and aspirations.
- 4 Recovery Days** – All hard efforts and long runs are followed by a recovery day of running. Keep those days super slow or off from running to allow proper adaptation to occur from tougher training days.
- 5 Race Pacing Plans** – One of the most common errors that runners make when racing is they start their races too fast, and they're forced to drag themselves to the finish line. The longer the race the more important this concept will be to master.
- 6 Adaptable Training Programs** – Cookie cutter programs that don't change to meet the challenges of life and the individual needs of the athlete will not be ideal. The best programs are built to be changed, at any time, to optimally accommodate busy schedules.
- 7 Post Marathon Recovery** – Although there is no answer for everyone here, I recommend two weeks of rest or significant mileage reduction before beginning the next season. If you begin the next mileage buildup on worn out legs, you are setting yourself up for a less than optimal training block.
- 8 Build Long Runs Gradually** – Whether you are training for marathons or shorter

20 Habits

of Super Successful Runners!



LOOKING STRONG AND STILL SMILING AT MILE 17: ALLISON CONNOR AND DEANNE WEBSTER, BOTH OF ALBANY, IMPROVED THEIR PRS AT THE BOSTON MARATHON ON APRIL 20.

aces it's very important that you build these long runs progressively. Raise the volume for a couple of weeks then reduce or take a break at least once a month. The long run will be a staple of training and will solidify your stamina and endurance for faster racing and speed work to come.

- 9 Address Injury Immediately** – This dynamic will be one of the quickest ways to put an end to your season. Always be keenly aware of aches and pains that you may feel and adjust training accordingly. Take an extra day off or skip speed work sessions to allow your body to recover fully before pushing on.
- 10 Strength Train** – A regular strength training program will help keep you resistant to injury and training consistently. By lifting weights one to three times per week and doing exercises that complement your running, you will be stronger and more stable to absorb the stress of your running program.

- 11 Have a Racing Schedule** – During your base phase it's key to not race and build your mileage. Once that base is established, it's recommended to have some regular races in your schedule to assess your progress and check on your fitness level as you approach key goal races.
- 12 Practice How You Want to Race** – Run training, speed work, tempo runs how you would expect to race. Practice even or negative split running in practice so you are comfortable on race day and can stick to your pacing plan.
- 13 Energy System Variation** – Most folks have a couple of workouts that they repeat over and over throughout their training block. To achieve better results it's recommended that you vary your workout stimulus to facilitate optimal training improvement and physiological adaptation.
- 14 Fueling on Longer Runs** – As we run we burn our energy resources down at roughly 75-100 calories per mile. In runs

lasting more than an hour, it's essential that you replace those carbohydrate stores to keep your fuel tank full for the upcoming miles ahead.

- 15 Nothing New on Race Day** – Never try something new on race day! If you haven't done it in practice then don't attempt it in competition. Many problems can arise when you switch shoes, clothing, nutrition, or try a new race plan on race day.
- 16 Compete Against Yourself** – So many folks make the huge mistake of comparing themselves and their training programs to that of their teammates and competitors. This will only lead to discontent and loss of focus on your training program and objectives. Strategies that work for one athlete may work differently or not at all for another. Some athletes will prosper off of high mileage, while others will get same results from less. Be your own athlete and focus on your goals to achieve optimal success.
- 17 Have a Support Network** – By training with a group you will be more consistent and will be able to conquer your workouts with ease. Sometimes you will need that extra push out the door and someone to discuss and plan your race strategies.
- 18 Be Patient** – Running is a sport that takes time to get where you want to go. Results will come to those that are consistent and driven towards the goals that have been set. There will be times of elation and those of deflation as you wind through running seasons. As you become more and more experienced new personal bests will take a bit more planning and execution to achieve.
- 19 Eat and Sleep a Lot** – Along with the rigors of a demanding training program comes the need for extra nutrition and sleep. Many athletes neglect their nutrition and fall short on much needed rest. Keep the engine fueled and get those seven to eight hours of sleep per night to achieve optimal results.
- 20 Reward Yourself** – When you crush those old PRs or hit those mileage goals be sure to reward your efforts. It takes a lot hard work and determination to be consistent and continuously improving in your running journey. Have yourself a bountiful dinner or treat yourself to a few drinks to celebrate your achievements. You earned it! 🏆

Mathew Nark (mnark01@gmail.com) is the head running coach at Nark Running Strategies and program director at Plaza Fitness Performance in Albany and Latham. For more info, visit mathewnark.com.

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