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SOME RIFFLES ON THE HUDSON RIVER.
RICH MACHA

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A Tale of Two Rivers

Float Trips on the Hudson and Hoosic

By Rich Macha

The classic “float trip” involves a downstream run on a river or stream that has a moderate current; riffles and mild rapids can make for a more interesting run for canoeists and kayakers. A riffle is a short, relatively shallow and coarse-bedded length of stream over which the stream flows at slower velocity, but a higher turbulence than it normally does in comparison to a pool. For some folks, float trip could mean floating down on an inflatable tube, sometimes accompanied by a cooler full of beer. For the rest of us it means paddling downstream in our canoes or kayaks and maneuvering them past whatever obstacles that might present itself.

On consecutive days in late May of this year I had the pleasure of paddling down the Hudson River from Thurman Station, near Warrensburg, to Hadley and the Hoosic River from Hoosick Junction, near Hoosick Falls, to Johnsonville. As you may remember the month of May was dry and river and stream levels were unusually low for springtime. A description of my two trips follows.

HUDSON RIVER

Before leaving home I checked the river levels online (water.weather.gov/ahps2/index.php?wfo=aly) and both the North Creek gauge and Hadley gauge read a little above three feet.

There is ample parking on the west side of the NY Route 418 bridge in Thurman Station. A short, somewhat steep carry leads to the river just downstream of the bridge. Looking across the river you might be able to make out the ski trails of the Hickory Ski Center, which is situated on Pine Mountain, one of The Three Sisters. Steep hills continue to rise up away from the river on both sides as you travel downstream.

My strategy on this day was to follow the left bank of the river if conditions allowed and it turned out this strategy was a good one. For much of the route there is public land to the east of the river, part of the Lake George Wild Forest known as the Hudson River Special Management Area. More information about the HRSMA, including maps, can be found on NYSDEC’s website (dec.ny.gov/outdoor/65483.html). Although roads come near to the river occasionally, and there is some light development on the west shore, the overall feel is fairly wild.

The current soon picks up its pace as we bob over riffles and I keep an eye out for shallow areas that might impede our progress. You cannot avoid noticing how clear the water is here, especially when compared to the murkiness of the tidal Hudson closer to my home. Sometimes we have to go from one side of the river to the other to avoid shallows. Taking the left channel past some good-sized islands kept us in deep enough water and in wilder surroundings.

After passing a golf course on the right (I joke with my fellow paddlers that a helmet might be necessary for this section), the river bends left and we stop at a grassy area west of Wegley Mountain for an early lunch. I was hoping to find a designated campsite here, Campsite #19 in the HRSMA at Chamberlain Farm. Sure enough, a short walk up to a small grassy field revealed a little-used camping area with two fire-rings.

Back on the water, we pass to the left of two islands and a foot bridge carrying the Buttermilk Extension trail over a brook can be seen in the HRSMA on the left. The buildings and beach of the 1000 Acre Ranch Resort then appear on the right. A headwind – the story of my paddling life – makes us paddle a little harder.

The river then makes a left turn and the end of River Road might be detected on the left. Some folks park at various spots

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RUNNING & WALKING

Challenge Yourself at These Summer Races!

By Laura Clark



▲ MOVE IT TO THE MUSIC 5K WITH RACE DIRECTOR JOSH DEVRIES ON TUBA.

LUZERNE MUSIC CENTER



▲ 2014 SARATOGA SPRINGS HALF MARATHON & 5K AT SARATOGA SPA STATE PARK.

© PAT HENDRICK PHOTOGRAPHY/ EVENT PHOTO SERVICES

By this time we should all be in shape and ready for the challenges of summer running. July and August feature a mix of the most popular races: with 5Ks leading the pack; followed by half marathons, the still increasingly popular distance; and 10Ks, newly rediscovered by *Runner's World* magazine as a serious contender. Added to the mix are theatrically-staged events, relay competitions, and a guaranteed PR distance of 18.12 miles. So jump on in, the water's fine! (Yes, there are numerous post-race swimming options too.)

First up is the fifth annual **Luzerne Music Center's "Move it for the Music" 5K Run/Walk** on Saturday, July 11 in Lake Luzerne – just ten miles southwest of Northway Exit 21. As you journey around the gently sloping, paved course, enjoy performances from LMC's gifted musicians throughout the run/walk – a family-friendly, shaded jaunt that circles beautiful Lake Luzerne. There's also a One-Mile Beaver Dam Short Course for runners and walkers. The first 100 registered receive a T-shirt and goodie bag.

Celebrating 35 years, Luzerne Music

Center is an Adirondack summer camp for gifted musicians, and all proceeds go directly to the LMC Scholarship Fund that finances two-thirds of the students who come here from all over the world to hone their skills. It is a truly unique event! After a post-race light breakfast and refreshments, head to one of the two public beaches on Lake Luzerne for some more Adirondack fun! For more information and registration, visit: luzernemusic.org.

The second annual **Saratoga Springs Half Marathon & 5K** is Sunday, July 12 at the national historic landmark that is Saratoga Spa State Park. It's organized by 3C Race Productions, known for quality, fun events for all ages and abilities. With the Saratoga Palio Half in the fall (Sept. 20), and the Saratoga Springs Half in the summer, Saratoga Springs now boasts two premier half marathons.

This year, with the new one-mile multi-use, paved trail parallel but separate from Route 9, the race will be held entirely within the beautiful, spectator-friendly confines of Saratoga Spa State Park. There's also a new two-person half marathon relay with 6.7-mile and 6.4-mile legs. This is one of the few local halves to employ pacers to help runners reach

their goal time. Pace times begin at 1:30 and proceed at ten-minute increments until 2:00, and then continue at 15-minute intervals to 3:00, before topping off at 3:30. So plan your training accordingly and meet your chosen pacer at the start.

Family and friends have the option of getting their own exercise fix at the accompanying Saratoga Springs 5K Run/Walk, with plenty of time left over to cheer their half marathon counterparts. Both routes are flat and fast, sure to attract a wide contingent of runners. According to race director Michael Amarello, registration is running 40 percent ahead of last year, with 800 entries currently anticipated. Twenty-percent of all entry fees go directly to Strong To Serve, an Albany-based non-profit that raises funds for orphan children in the developing world. Last year's race provided six months of anti-seizure and epilepsy medicine, plus milk and grains for 86 disabled orphans in Nicaragua. Go to: saratogaspringshm.com.

Traditionally, the first Saturday of the Saratoga Race Course season is the 19th annual **Silks & Satins 5K** on July 25, now under the expert management of Peter

Goutos and Bob Vanderminden Jr. of FC4, the Firecracker 4 race co-directors. A major fundraiser for Special Olympics New York, and you will see many athletes helping out and a few tackling the distance. While the course is still flat and fast – perfect for your summertime 5K PR – it has been altered to start and finish in front of the registration area at the Fasig-Tipton Pavilion, simplifying matters for track workers and making the send-off more accessible to spectators.

The goal this year is to attract 1,000 runners and to expand from there. According to Peter Goutos, "We are going to be building on this premier race that has been exceptional in the past – great roots and history." Like last year, Silks will honor my husband, Jeff Clark, who had been instrumental in organizing this event, up until 2014 when he succumbed to Agent Orange related cancer. As you pick up your registration packet, make sure to glance over at the Oklahoma Training Track, and take your inspiration from Jeff and the equestrian athletes floating through the early morning mist. Check out: silksandsatins5K.com.

See **RUNNING & WALKING**, 21 ▶

2537 MAIN ST. LAKE PLACID, N.Y. 518-523-5310

7TH ANNUAL

Camp Chingachgook Challenge Half-Marathon & 10K Race and Family Fun Day on Lake George

Saturday, August 15

Half: 8am start at Lake George –
Fast course along scenic east shore of Lake George to the camp

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

Half: \$30 by 7/15 or \$40 after • 10K: \$25 by 7/15 or \$35 after • T-shirts to runners registered by 7/15
Race proceeds help send kids to camp!

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Saturday, July 18 • 8:30AM
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5K Run • 3K Walk and
1 Mile Kids Run

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Kristen and Helena with their babies

Here's your chance to get in shape and have fun while raising money to save lives. Moms in your community are coming together with their kids to exercise their power over cancer by training for a walk/run event with Moms In Training! You can even train with your baby in a stroller. That's how easy it is.

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July 12, 2015
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Saratoga Springs Half Marathon & 5K
www.saratogaspringshm.com

Flat, fast course in Saratoga Spa State Park
Run 13.1 miles or two-person relay (6.7M & 6.4M)
5K run/walk for family and friends
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T-shirts for 5K runners • Chip timing by AREEP
Six water stops, post-race refreshments, make-your-own goodie bag
20% of entry fees to Strong To Serve

New Certificate Programs This Fall

COACHING
Provides all of the mandated coursework required for those who wish to coach any interscholastic sport in the New York State public school system. The only online program of its kind in the Capital Region. (10 credits)

FITNESS SPECIALIST
For those who wish to find or build upon a career in the growing fitness industry. Also may benefit those working in other allied health professions who wish to supplement their services by including exercise as part of a health and wellness program. (25 credits)

WORKSITE HEALTH PROMOTION
For those who want to start a career motivating individuals towards a more healthy and wellness-oriented lifestyle. Coursework covers nutrition, exercise training concepts, weight management, stress reduction and other topics that provide a foundation for those who are interested in working in wellness promotion. (24 credits)
www.hvcc.edu/programs

For more information about these certificate programs, contact Colleen Ferris, department chairperson, Physical Education, c.ferris@hvcc.edu or (518) 629-7372

Hudson Valley Community College

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AROUND THE REGION **News Briefs**

9 Miles East Farm Adds Sports Nutrition Meal Delivery

SCHUYLERVILLE – 9 Miles East Farm has been feeding busy professionals for eight years. The farm's best customers are endurance athletes and they are now introducing a meal delivery service specifically for athletes.

The program consists of a weekly delivery of a cooler containing five meals made with fresh organic vegetables, whole grains and antibiotic-free protein. Meals use the farm's proven GO Box format: organic baby greens, whole grains, fresh vegetables, herbs, seeds or nuts and farm-made dressings.

"The athletes we've talked with are tired of gels and ready for real nutrition from real food," said Gordon Sacks, owner of 9 Miles East Farm. "We already have coolers in gyms around the area, including Contemporary Athlete in Clifton Park, Saratoga Health & Wellness, CrossFit Round Lake, Freestyle Fitness & Yoga, the Glens Falls and Malta YMCAs and more, and we're happy to be able to serve more busy athletes through home and workplace delivery with several days of healthy meals." Anna Laloe of Saratoga Springs says, "I've eaten my way to two mountain bike race podium finishes in the last two weeks because of the nutritional, energy-packed food!"

A cooler containing five meals is available by monthly subscription for delivery around the Capital District. Groups who get together can receive a free sixth subscription when they collect five subscribers in the same location. Coolers are delivered on Sundays and Thursdays. Visit 9mileseast.com for more information. 🌲

H.U.R.T. Nordic Ski Camp

QUEENSBURY – Great nordic skiers are made in the summer months and high school Nordic skiers are preparing for the fifth annual H.U.R.T. Nordic Ski Camp in Queensbury. The overnight camp will run from Saturday-Thursday, July 18-23 at Camp Meadowbrook, and will offer small group coaching, technique review, and healthy doses of running, roller skiing and bounding workouts.

This year, the Hudson United Racing Team is excited to offer a six-day camp that will bring together Nordic ski talent from New York high school ski teams, and skiers from Mansfield Nordic Ski Club in Vermont. Directed by head coach David Paarlberg-Kvam and Bob Underwood of HURT Nordic, and Adam Terko with Mansfield Nordic, athletes will have an opportunity to train in a supportive atmosphere with the best in the Northeast.

Campers will have morning and afternoon workouts which also include strength, balance and agility, ski drills, training talks, and a time trial up West Mountain. Fun group activities include swimming in Lake George and Glen Lake, mini golf, movie night and more. All meals are included. The camp is open to boys and girls with separate lodging for male and female athletes and coaches.

Interested high school athletes 15-18 years old (entering 10th grade through just-graduated seniors), should visit hurtnordic skiing.com for camp details and registration. A full camp training schedule, accommodations info, health and medical release forms, and registration form is available for download. Register by June 21 to receive a camp T-shirt. 🌲



THOMAS MOUNTAIN NEAR BOLTON LANDING.

CARL HEILMAN II/WILD VISIONS

Hike-A-Thon Registration Open

LAKE GEORGE – Sign-ups are still available for the Lake George Land Conservancy's third annual Hike-A-Thon, set for Sunday, July 5. There are a total of 12 possible hikes to choose from, although four of the locations are full. The hikes vary in difficulty, start time and duration, and geographic location, so there's something for everyone.

This free-entry, one-day event was created to showcase LGLC's parks and preserves around Lake George as free public resources, and to promote a healthy active lifestyle, and appreciation for the outdoors. Hikes take place simultaneously all around Lake George, culminating with aerial photography of each group by Carl Heilman II, who will be flying in a helicopter piloted by Bruce Mowery of North Country Heliflite.

The helicopter's arrival adds a fun element that is unique to this event: kids and adults alike get excited to hear the helicopter

approach, and wave and cheer as it circles around while Carl takes photos of the group on the mountain summit. These photos may be purchased after the event. The Hike-A-Thon also has official event T-shirts and hats available, which can be purchased at the time of registration.

LGLC has awarded one seat in the Hike-A-Thon helicopter each year to one lucky winner of its annual spring appeal drawing. People may enter the drawing by making a donation at lgc.org or calling (518) 644-9673 (donations are not required to enter). Entries must be received by June 25 to be eligible. This is a once in a lifetime way to experience the Hike-A-Thon and to see Lake George!

Registration for the Hike-A-Thon is free and can be made at lakegeorgehikeathon.org until June 26. Visit the website for details about the event, each hiking site and volunteer opportunities. 🌲

SMBA Trail Building Workshops

POESTENKILL – Saratoga Mountain Bike Association is hosting trail building workshops on Saturdays, July 11 and August 8 at the Rensselaer Plateau Community Forest in Poestenkill. From 9am-1pm, attendees will learn the skills, techniques and science behind building sustainable multiuse trails.

The workshop will include design and construction, maintenance of existing trails, repair and improvements of trails. Interested attendees are requested to RSVP by emailing pittstownsf@saratogamtb.org or on facebook.com/saratogamtb. For more info, go to saratogamtb.org or rensselaerplateau.org. 🌲

Outliers Running Club

CLIFTON PARK – The Outliers Running Club (USATF Adirondack sanctioned) is accepting new members for their summer season. Outliers' membership includes many of the top high school runners from Section 2 schools such as Shenendehowa, CBA, Albany Academy and more. Open to boys and girls in grades 6-12 ranging from top

runners, to those interested in cross-country running in the fall, or as cross-training for other sports. All levels of runners are encouraged to attend and will be divided into training groups according to fitness level. Regardless of experience and fitness, each camper will be pushed by the experienced coaching staff to develop as a runner.

Athletes will meet at the Clifton Commons in Clifton Park from 8-10am and run on local trails, fields and roads. Training includes distance, tempo and hills, plyometric and core conditioning, racing strategies, training logs and more. The summer running club is in session for grades 7-12 for eight weeks on Monday through Friday from June 23-August 14 and for grades 3-6 from June 29-July 31 on Mondays, Wednesdays and Fridays.

The USATF Adirondack sanctioned club is led by coaches Lance Jordan, Rob Cloutier and Keith Jordan, all experienced cross-country and track and field coaches at the high school level at Shenendehowa. The Outliers is open to all Capital Region runners. For more info and to register, visit outliersrunningclub.com. 🌲

Laura Clark Wins NY Park & Trail Hero Award

ALBANY – The NY Parks and Trails "Get Outdoors Award" which celebrates the efforts to promote increased physical activity among community members through use of a park or trail announced Laura Clark of Saratoga Springs as the winner. The Park & Trail Hero Awards recognizes a special park or trail volunteer, government employee, or corporate partner behind successful park or trail projects.

Winters can be long in the Northeast and for the past 12 years Laura has been hosting an opportunity for the greater Capital Region running community to experience snowshoe racing in their own backyard or the trails of the Wilton Wildlife Preserve. As a past-president of the Saratoga Stryders running club, she also started a 5K summer trail running series to give road runners a taste of running on soft sandy soils, jumping over roots, splashing in mud, and running through the fields of blue lupine with the Karner Blue butterfly.

The Wilton Wildlife Preserve is home to Camp Saratoga, which operated as a Boy Scout Camp from 1930 to 2001, when it became part of the Wilton Wildlife Preserve & Park. Approximately 25 acres of the 310-acre camp is owned by the town of Wilton. New York owns the remaining 285 acres, the setting for the snowshoe and trail runs that Laura and her late husband Jeff directed, organized, and participated in for over a decade. Proceeds from both races are given back to the preserve each year.

Laura has been an Adirondack Sports & Fitness contributing writer for 15 years, and her love of the outdoors extends beyond recreational activities. As a Parenting Librarian at the Saratoga Springs Public Library, she organizes owl prowls at the Wilton Wildlife Preserve, snowshoe hikes in the park near the library, animal tracking workshops, and nature crafts for families. Her love for outdoor recreation makes a lasting impression on everyone who knows her in the library, Saratoga business or running community. For more info, visit ptny.org. 🌲

New National Recreation Trail

SACKETTS HARBOR – The US Dept. of the Interior and National Park Service have announced a new national recreation trail, the Sackets Harbor Battlefield History Trail for National Trails Day on June 6. The trail is a three-quarter-mile loop trail providing recreational and educational opportunities for visitors to Sackets Harbor Battlefield State Historic Site, located on the eastern end of Lake Ontario overlooking Black River Bay. Ten panels along the trail tell the stories of the pivotal role of the battle during the War of 1812, the 1860s Navy Yard, and the importance of historic preservation. The trail connects to the Village of Sackets Harbor's War of 1812 Bicentennial Recreation Trail.

Ten local and state trails across the country have been designated as national recreation trails, adding more than 150 miles to the national trails system. National recreation trail designation recognizes existing trails and trail systems that link communities to recreational opportunities on public lands and in local parks across the nation. For more info, go to nps.gov/nts. 🌲

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ISSUE #174

FROM THE **PUBLISHER**

Welcome & EDITOR
Karen Chapman!

As we celebrate 15 years of *Adirondack Sports & Fitness*, we're excited to announce that Karen Chapman has joined us full-time as Art Director. Karen, and Cummings Advertising Art, has been our graphic design vendor from day one, making the magazine and our advertisers look great. She'll be continuing her work as art director and much more, helping us continue to grow and evolve. If you haven't met Karen at our expos or worked with her on editorial or ads, there's a good chance you will soon!

Happy Summer! Thanks for reading us,



Darryl and Mona

13TH ANNUAL



Christine Nicole Perry Memorial Bike Ride

Sunday, August 2 at 9am
THE HUB
27 Market St, Brant Lake
 33 miles along Schroon River and Loon, Friends, Brant lakes
 14 miles along Schroon River and Brant Lake
 Rain or shine • Post-ride lunch included
Preregistration Appreciated:
chrissysfund.com
Day of registration: 8-8:45am
 More Info: 518-644-3020
 or info@chrissysfund.com
 Proceeds benefit Christine Nicole Perry Memorial Trust

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

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
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Calendar of Events
*June - August 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	
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24 th	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.

JUNE

- 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 Crohn's & 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** Giro d'Otisco Lake. 9am. Side Hill Schoolhouse, Skaneateles. otiscogiro.com.
- 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** **NY Capital Region Road Race.** 10:30am. 2025 Rte 9W, Ravena. 281-3710. cbrcc.com.
- 11-12** **Saratoga 12/24.** 24-hour road race & ultra cycling 24-hour championship. Saratoga Springs. adkultracycling.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

- 2** **Christine Nicole Perry Memorial Ride.** 14M/33M. 9am. Lunch included. The Hub, Brant Lake. 644-3020. chrissysfund.org.
- 8** Tour de Loop. 30M/50M. 9am. 78 CR 89, Oswego. oswegoymca.org.
- 9** **10th Iddaride: 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.
- 16** **Lake George Bike/Boat Ride.** Bike: Lake George to Ticonderoga. 11:15am: Mohican boat to Lake George. 668-5777. lakegeorgesteamboat.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. Mt Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.
- 23-29** Cycle Adirondacks. 1-week tour. 470M. Saranac Lake. Matt VanSlyke: 315-525-9554. cycleadironacks.com.

SEPTEMBER

- 12** **Double H Ranch Camp Challenge Bike Ride & 5K Trail Run.** Bike: 30M/62M. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921 x269. doublehcamp.org.
- 12** **5th Cycle for Life.** 15M/32M/62M. Supported ride. Saratoga Train Station, Saratoga Springs. 453-3583. neny-cff.org/cycle.
- 12-13** **Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- 13** **Tour de Daggett Lake to benefit "Rosie's Love Foundation"** 20M/65M. 8:30am. Dagget Lake Campsites, Warrensburg. 623-2198. daggettlake.net.
- 13** **8th Lance Gregson 1-Eye Classic Cycling Rides & Picnic.** 60M: 8am. 40M: 8:30am. 26M: 9:45am. 12M: 10:30am. 3M: 11am. Music, picnic, raffles. Town Park/Beach, Schroon Lake. 532-9479. schroonlakecycling.com.
- 19** **Catskill Mountain Cycling Challenge.** 5 Routes. 8am. Lunch included. Catskill Recreation Center, Arkville. Becky Manning: 845-586-6250. catskillrecreationcenter.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.
- Mo-Sa** **Rock Your Fitness Classes.** Next Sessions: 7/20-8/22, 9/14-10/24. M/W/F: 5:15am or 6:45am. Tu/Th: 5:15am or 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.



THE HUB
 27 Market St. Brant Lake, NY

BICYCLE REPAIR
CAFE
CRAFT BEER ON TAP
WINE LIST
ICE CREAM

518 494 4822
 theHubAdk.com

Saratoga Century Weekend

SATURDAY-SUNDAY
SEPTEMBER 12-13

Coesa Pavilion
 (near SPAC lot)
Saratoga Spa State Park
Saratoga Springs

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
- SAG, marked routes, rest stops, cue sheets
- Post-ride catered lunch provided

Mohawk Hudson Cycling Club



HELMETS ARE REQUIRED

MohawkHudsonCyclingClub.org



Saturday, Sept. 13

Scenic 20 & 65 mile rides

Daggett Lake Water Ski Club & Water Ski School

WWW.DAGGETTLAKE.NET
 Daggett Lake Campsites: 518-623-2198
 660 Glen Athol Rd, Warrensburg



Saturday, September 12
 Saratoga Train Station
 Saratoga Springs, NY

Choose from a 15, 32 or 62-mile ride
 Fully supported rest stops, SAG support & post ride party
 \$150 fundraising minimum and registration fee apply

To register or for info: 518.453.3583
 http://neny.cff.org/cycle
 To benefit the Cystic Fibrosis Foundation of Northeastern New York

8th Annual Lance Gregson 1-Eye Classic



Cycling Rides & Picnic
Sunday, Sept. 13
Town Park/Beach, Schroon Lake

Easy Does It (3+ miles): 11am
 Scenic Route (12 miles): 10:30am
 Lance's Loop (26 miles around lake): 9:45am
 Cyclist's Dream (40+ miles): 8:30am
 Lance's Challenge (60 miles): 8am
 Post-ride live music, picnic, raffle

SchroonLakeCycling.com
 518-532-9479 • Rain or shine



AUGUST 6-9
 FAMILY ACTIVITIES,
 EVENTS, ENTERTAINMENT
 & WORLD CLASS RACING.
RACEWINDHAM.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

Time for a Bike Tune-Up!
 Cannondale • Fuji • Ibis
 Giro • Pearl Izumi • and more
Road, Mountain & Hybrid Bikes
Expert Service, Parts, Accessories
HIGH ADVENTURE
SKI & BIKE
 Rt. 7, Latham
 2 Miles West of
 Northway Exit 6
785-0501
 www.HighAdventureSBP.com
STORE HOURS:
 Mon & Thu: 10-7
 Tue-Wed/Fri-Sat: 10-5
 Sun: Closed

JUNE
23 Standup Paddleboard Yoga Classes Start. Patty's Watersports on Lake George, Cleverdale. 656-9353. pattywatersports.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

JUNE
 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. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
 26-28 **Trailless Peak Backpacking: Cliff & Redfield.** 13M. 10am. Adirondak Loj, Lake Placid. 523-3441. adk.org.
 29 **Street & Nye Hike.** 9M. 8am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

JULY
 3-5 **Trailless Peak Backpacking: Seward Range.** 8:30am. Adk Mtn Club: 523-3441. adk.org.
 5 **3rd Hike-a-thon.** 12 sites around Lake George. Lake George Land Conservancy. Sarah Hoffman: 644-9673. lakegeorge-hikeathon.org.
 6 **Table Top Hike.** 10M. 8:30am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
 10 **Donaldson & Emmons Hike.** 14.6M. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org.
 11 **Macomb, South Dix & Grace Mtn Hike.** 12.3M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
 12 **Street & Nye Hike.** 9M. 8am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
 18 **Seward Hike.** 14M. 7:30am. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org.
 20 **Mt Marshall Hike.** 17M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
 27 **Esther Hike.** 6.6M. 8:30am. Candyman Shop, Wilmington. Adk Mtn Club: 523-3441. adk.org.
 31-8/2 **Trailless Peak Backpacking: Dix Range.** 13M. 8:30am. Exit 29/I-87. Adk Mtn Club: 523-3441. adk.org.

AUGUST
 7 **Mt Marshall Hike.** 17M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
 8 **Esther Hike.** 6.6M. 8:30am. Candyman Shop, Wilmington. Adk Mtn Club: 523-3441. adk.org.
 8 **Donaldson & Emmons Hike.** 14.6M. 7:30am. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org.
 9, 17 **Dix & Hough Hike.** 13.7M. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
 14-16 **Trailless Peak Backpacking: Seward Range.** 8:30am. Adk Mtn Club: 523-3441. adk.org.
 15, 24 **Table Top Hike.** 10M. 8:30am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
 31 **Macomb, South Dix & Grace Hike.** 12.3M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

MOUNTAIN BIKING & DIRT/GRAVEL

JUNE
 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.

13 Round Top Enduro & MTB Fest. Round Top. nysmtbseries.com
 27 Wildcat 100/50 MTB Race. 100M/50M. Lippman Park, Warwarsing. 845-256-8073. wildcatpeicevents.com.

JULY
 11 **SMBA Trail Building Workshop.** 9am-1pm. Rensselaer Plateau Community Forest, Poestenkill. saratogamtb.org.
 12 6 Hours of Power MTB Race. 10am. Holiday Valley Resort, Ellicottville. 716-574-0888. heartrateup.com.
 26 NYS MTB Series #2: SOS MTB Challenge. 10-30M. Stewart St, Newburgh. nysmtbseries.com.

AUGUST
 2 **2nd Churney Gurney MTB Race.** 9am. Gurney Lane MTB Park, Queensbury. underthewoodsfoundation.org.
 5 The Pawling Cycle CX Training Series. 5:30pm/7:30pm. Patterson. 847-878-7400. pawlingcycle.com.
 6-9 **Windham Mountain Bike World Cup Festival.** UCI MTB World Cup: DHI & XCO. Race the World: DH pro/amateur, XC pro/amateur & Kids' Fun Race. Family Entertainment. Windham Mountain Resort, Windham. 734-4300. Info & Register: racewindham.com.
 8 **SMBA Trail Building Workshop.** 9am-1pm. Rensselaer Plateau Community Forest, Poestenkill. saratogamtb.org.
 22-23 **ADK 80K Race Weekend.** Sat, 6am: Trail Running Race. Sun, 8am: MTB & Cyclocross Races. Mt Van Ho, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.
 23 5th Belleayre Mtn All Terrain Challenge. Belleayre Mountain, Highmount. nysmtbseries.com.

MOUNTAINEERING & WILDERNESS SKILLS

JUNE
 13 **Wilderness Navigation Essentials.** Adult/teen. 10am-3pm. Ndashina, Greenfield. 583-9958. ndakinnacenter.org.
 14 **Family Wilderness Adventure.** Age 6+. 1-4:30pm. Ndashina, Greenfield. 583-9958. ndakinnacenter.org.

JULY
 13-17, 20-23 **Wilderness First Responder.** 72-80 Hours SOLO Certified. Adult & Teen. 8am-5pm. Ndashina, Greenfield. 583-9958. ndakinnacenter.org.
 25-26 **Wilderness First Aid Course.** SOLO Certified/WFR Recert. Adult & Teen. 8am-5pm. Ndashina, Greenfield. 583-9958. ndakinnacenter.org.
 13-8/7 **Asban Wilderness Adventure Day Camp.** Ages 6-7. 4 Sessions. 9am-4pm. Ndashina, Greenfield. 583-9958. ndakinnacenter.org.
 13-8/7 **Nolka Wilderness Adventure Day Camp.** Ages 8-9. 4 Sessions. 9am-4pm. Ndashina, Greenfield. 583-9958. ndakinnacenter.org.
 13-8/7 **Awason Wilderness Adventure Day Camp.** Ages 10-13. 4 Sessions. 9am-4pm. Ndashina, Greenfield. 583-9958. ndakinnacenter.org.

AUGUST
 3-6 **Martial Arts & Wilderness Camp.** Ages 8-13. Ndashina, Greenfield. 583-9958. ndakinnacenter.org.
 9-12 **Junior Pathfinders Wilderness Training w/James Bruchac.** Ages 10-12. 10am-4pm. Ndashina, Greenfield. 583-9958. ndakinnacenter.org.
 10-14 **Pathfinders Wilderness Training & Adirondack Canoe Trip w/James Bruchac.** Overnight. Ages 12-16. Ndashina, 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.

2ND ANNUAL
CHURNEY GURNEY MOUNTAIN BIKE RACE
Gurney Lane Mountain Bike Park
 118 Gurney Ln (near Exit 20), Queensbury
Sunday, August 2
 Race Times: 9am-12pm
 Bring your family for a fun day at the park!
 Racers get free entry to Gurney Lane Pool!
 Bike races for all levels of experience!
 Beginner, Sport & Expert/Pro Classes
 Kids' Race: Ages 12 & under
 CASH to top 3 M/F in pro/open race
 Awards to top 3 M/F in each category
 Grey Ghost Bicycles bike support
 Food served after the races
More info & to REGISTER: underthewoodsfoundation.org
 All proceeds benefit Under the Woods Foundation

Tour de Salem Flame Fighters Fundraiser Bike Rides
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

Catskill Mountain Cycling Challenge
 September 19, 2015
 Catskill Recreation Center
 Arkville, NY
 Featuring 5 routes in the beautiful Western Catskills
 Lunch Swimming Pool Rain or Shine
www.catskillrecreationcenter.org/catskill-mountain-cycling-challenge

ATTENTION BICYCLISTS!

Lake George Bike/Boat Ride Sunday, August 16
 Early AM: Bike Lake George to Ticonderoga
 11:15AM: Ride Mohican Boat to Lake George
 Reservations: (518) 668-5777
www.LakeGeorgeSteamboat.com

Challenge Yourself Change the Life of a Child
 30 Mile and 62 Mile Routes
 All proceeds to benefit the

Camp Challenge
SEPTEMBER 12, 2015
 at the Double H Ranch in Lake Luzerne, New York
 Register at www.doublehranch.org
 Camp Challenge Ride Sponsored by:
 Neil and Jane Golub
 Victor and Yvette Hershaft
 Dan and Jan Lewis
 Vince and Patty Riggi
 Ron and Michele Riggi
 The Yulman Family


SACANDAGA TRICLUB PRESENTS

EXCITING FAMILY EVENT!

THE GREAT SACANDAGA CHALLENGE TRIATHLON

JUNE 20TH
BROADALBIN, NY

KIDS & ADULT TRIATHLONS

READY. SET. GO!

Kids Splash & Dash:

- Free Registration
- No minimum age
- Fun short swim
- Fun short run

Youth Triathlon:

- Minimum age: 7 years old
- 100 yd swim
- 3.1 mi bike
- 1 mi run

Adult Sprint Triathlon:

- Individual & Team
- 750m swim
- 20K bike
- 5K run

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

SACANDAGA TRICLUB

Battle of the Boquet Downtown Celebration

Race to the Battle

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

Saturday June 14, 8am
Historic Downtown Willsboro



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

Register: **townofwillsboro.com**
Day of Registration: Willsboro Bandstand

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

Proactive Chiropractic, PLLC

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- Certified by the Kinesiotaping Association International

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Proactive Chiropractic PLLC

1539 Crescent Road, Clifton Park, NY 12065
518.373.9999 www.ProactiveChiropracticPLLC.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. Warner's Lake, East Berne. bethlehemtriclub.com.

JUNE

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 **Race to the Battle. 3.52M trail run & 2M kayak. 8am.** Gilliland Park, Willsboro. townofwillsboro.com.

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

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

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. nyc.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. frnhofertooltriathlon.com.

AUGUST

1 **9th Fronhofer Tool Triathlon. Olympic: 1.5K swim, 40K bike, 10K run. 8am.** Partner/relay. Lake Lauderdale Park, Cambridge. frnhofertooltri.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 OGE Bitter Pill. 12-hour Adventure Race. Teams or solo. Trek, swim, paddle, MTB. 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. nyc.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. 1K swim, 22M bike, 4M run. 8am. Old Forge. 315-404-8130. atcendurance.com.

16 Tri-State Triathlon. .025M swim, 10M bike, 5K run. 7:30am. West End Beach, Port Jervis. 845-522-9338. tri-statetriathlon.com.

16 3rd Peasantman Steel Distance Triathlons. Full Steel, Aquabike, Half, Half Relay, Olympic. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.

16 25th West Point Triathlon. 0.5M, 12M bike, 5K run. Camp Buckner, West Point Military Reservation, West Point. usma.edu.

16 Xterra Syracuse Off Road Triathlon & Relay. 1K swim, 20K MTB, 10K trail run. 20K/10K trail races. Green Lakes SP, Fayetteville. xtterrasyracuse.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.

20 **39th Josh Billings RunAground Triathlon. 27M bike, 5M canoe/kayak/SUP, 6M run. Teams/solo. Great Barrington to Lenox, MA.** 413-344-7919. joshbillings.com.

OCTOBER

11 **Tri-A-Thon Triathlon. Sprint w/indoor swim. 7am. 651 County Route 38, Arkville.** Becky Manning: 845-586-6250. catskillrecreationcenter.org.

OTHER EVENTS

ONGOING

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

JUNE

23 **Team In Training Corporate Teams Info Session. 6-7pm.** National Dance Museum Theater, Saratoga Springs. Elizabeth Spaide: 438-3583. teamintraining.org.

24 **Nutrition Seminar: Summer Eating Do's & Don'ts. 6:30-7:30pm.** Southern Saratoga YMCA, Clifton Park. cdymca.org.

AUGUST

15 **Chrissy's Fund "Raiser" & Chair Auction. 4:30-8pm.** 20+ Adirondack chairs will be auctioned off. Conservation Park, Bolton Landing. 644-3020. chrissysfund.com.

PADDLING: CANOEING, KAYAKING & SUP

ONGOING

Thu **Mornings On The Mohawk Paddle. 9-10:30am.** Niskayuna/Colonie/Latham area. Adk Paddle N Pole: 346-3180. onewithwater.com.

JUNE

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.

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

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**

Adirondack Marathon Distance Festival

EXPO & PACKET PICK-UP

For Runners and Sports/Fitness Enthusiasts

Saturday, September 26 • 10am-5pm
Schroon Lake High School, Schroon Lake

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- 1,200 Adirondack Marathon and Half-Marathon runners come to the Expo to pick-up registration packets
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- Interact with 1,500 expected attendees

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SPECULATOR REGION
Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

Lake George Triathlon Festival

Olympic Distance .9 / 24.6 / 6.2
Half Iron Distance 1.2 / 56 / 13.1

Google It!!!

September 5 & 6

- 15 **Canoe & Kayak Demo Day: Swift.** 4-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 16 **Evening Tour: Hudson River Paddle.** 6:15pm. Bald eagles. Coeymans. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 17 SLVP Duathlon #2. 1M run, 1.5M canoe/kayak, 1M run. 6:30pm. Canton. slvpaddlers.org.
- 18 47th Towpath Regatta. 4.5M. 6:30pm. Gateway Park, Schenectady to Aqueduct Park, Niskayuna. Alec Davis: 321-6820.
- 19-21 **Adirondack SUP Festival.** Races, SUP demos & sales, on-water clinics, reps, SUP fitness & yoga, pooch race, Saranac Lake. Adirondack Lakes & Trails Outfitters: 800-491-0414. adirondacksupfestival.com.
- 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. slvpaddlers.org.
- 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.
- 11 Electric City Regatta. 12M/3M rec/1M Kids. 10am. Schenectady Co Comm College, Schenectady. Alec Davis: 321-6820.
- 15 SLVP Duathlon #3. 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.
- 19 SLVP Duathlon #4. 1M run, 1.5M canoe/kayak, 1M run. 6:30pm. Canton. slvpaddlers.org.
- 25 **Cohoes Great Outdoor Festival.** 2-6pm. Lansing's Park Pool, Cohoes. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 25 "You Gotta" Regatta Canoe/Kayak Race. Big Sucker Brook, Whittaker Park, Waddington. slvpaddlers.org.

AUGUST

- 1 **Riverfest.** Register 8-10am at Glenfield Boat Launch. 11.3M leisurely paddle to Beach's Landing. Free shuttle service. Canoes/kayaks for rent: reserve by 7/24. Lewis Co Chamber of Commerce. 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, Greenville. 634-7642. sunnyhill.com.
- Daily Nark Running Strategies Marathon/Half Training.** Next session: June. 470-8659. narkrunningstrategies.com.
- Daily Fleet Feet Distance Project 10K/15K & No Boundaries 5K Running Programs Registration.** Fleet Feet Albany & Adirondack locations. fleetfeetalbany.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.

- Tue 47th Tuesday Night Summer Track Series: 6/16-8/1.** 6pm. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.
- Tue Summer Track Series: 6/2-7/28.** 6pm. Queensbury HS, Queensbury. adirondackrunners.org.
- Thu Summer Trail Run Series: 5/28-8/13.** Locations/distances vary. albanyrunningexchange.org.

JUNE

- 12 Onteora Mile. Deitz Stadium, Kingston. Steve Schallenkamp 845-339-5474. onteorarunners.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. cdymca.org.
- 13 Sunflower Run HM 5K Run/Walk. 9am. Crossings Park, Colonie. 431-9856. sunflowerunhm.com.
- 13 Race the Lake Marathon & Half. 8am. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
- 13 Run for the Ages 5K. Tackett Chiropractic, Queensbury. 798-4322. tackettchiropractic.com.
- 14 **Lake Placid Marathon & Half.** 26.2M/13.1M. 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 14 **Nike Summer Distance Project for HS XC Runners Kick-Off.** 4pm. Fleet Feet, Albany. 459-3338. fleetfeetalbany.com.
- 14 **Race to the Battle.** 3.52M trail run & 2M kayak. 8am. Gilliland Park, Willsboro. townofwillsboro.com.
- 14 5K for Kidneys. 9am. Dutch Quad, University at Albany, Albany. 533-7880. healthykidneys.org.
- 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: The Dunkin' Run 5K/10K Info Session.** 4:00-6pm. Albany JCC Early Childhood Center, Albany. Elizabeth Spaide: 438-3583 x2557. teamintraining.org.
- 17 **Firecracker 4 Speed & Hill Training.** 6pm. Fleet Feet Albany: 459-3338 & Fleet Feet Malta: 400-1213. firecracker4.com.
- 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 **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 Tri-City Valley Cats Home Run 5K & 1/4M Fun Run. 9am. HVCC Campus Stadium, Troy. John Haley: 456-3682. hmrrc.com.
- 20 7th Greenfield Dragon 5K & Kids' Fun Run. 9am. Greenfield Elementary School, Greenfield. Tara Turner: 893-7402. greenfielddragon5k.com.
- 20 Run for Play 5K. 5K & Fun Run. Cadyville Recreation Park, Cadyville. Donna Lynch: 578-9328. runforplay5k.yolasite.com.
- 20 45th Vestal XX 20K Road Race. 8am. Vestal Senior Center, Vestal. triplecitiesrunnersclub.org.



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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

Outliers Boys Distance Running Camp

Grades 6-12 (7 weeks): Jun 29-Aug 14
Clifton Commons, Clifton Park

Lance Jordan, Shen varsity boys XC/track coach
Students from all area schools welcome
Includes: Outliers shirt, training log, race strategy, distance/tempo/hill training, plyometric/core training, more

OutliersRunningClub.com
518-791-1063 • Ljrdn24@yahoo.com

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9AM 5K RACE
USATF Certified & Sanctioned!
USATF Cert. Code NY150181G

10:15AM 2K COMMUNITY WALK 'N' ROLL

Support equal opportunity in sports, regardless of disability!!!

11AM TOT RUN (5 y/o or less)

Register at STRIDE.org or ZippyReg.com

Saturday, June 20, 2015
Albany Corning Preserve

2015 JAIL HOUSE ROCK 5K RACE
BROOKSIDE MUSEUM

13th Annual
Saturday, Aug 15 • 8:30am
Brookside Museum, Ballston Spa
USATF Certified
Fast and fabulous with downhill for your summertime PR!

Chip timing • T-shirts to first 200 registrants
5 year age group awards
Application: www.brooksidemuseum.org
(518) 885-4000
Register online: www.active.com
\$22 by 8/11 or \$27 after
Benefits: Brookside Museum education programs

18.12 Challenge & HALF MARATHON

Sunday August 30
A one-of-a-kind event!

18.12 Mile and 13.1 Mile Road Races
Starting in Watertown, NY and ending on historic 1812 Battlefield in Sackets Harbor, NY – overlooking spectacular Lake Ontario
Dri-fit shirts and medals for finishers and \$1812 in cash awards

Info & Registration: 1812challenge.com and LightboxReg.com • Limited to 1000 runners
Sponsored by Car-Freshner Corporation and Watertown Savings Bank

- 20 Color-A-Thon 5K. 12pm. Main Street, Tannersville. schoolathon.org/181289.
- 20 Diocesan Dash 5K. 9am. Crossings Park, Colonie. Notre Dame-Bishop Gibbons School: 393-3131. nd-bg.org.
- 20-21 Manitou's Revenge Ultramarathon & Relay. 54M Trail on Black Dome Trail, Windham. 5am. Batavia Kill Park, Maplecrest. manitousrevengeultra.com.
- 21 39th Adirondack Distance Run. 10M. 7:30am. Lake George Village to Bolton Landing, Marcy Dreimiller: 480-1279. adirondackrunners.org.**
- 21 Tawasentha Mud Mania 5K & Kids 1K Obstacle Run. 10am. Tawasentha Park, Altamont. tawasenthamudmania.com.
- 21 Summer Sizzle 5M Race. 8:30am. Deerfield Wilderness Park, Deerfield. uticaroadrunners.org.
- 21 New Paltz Challenge Half Marathon & Family 5K. 7:30am. 5K: Gilded Otter, New Paltz. Half: Walkkill 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. fmrc.org.
- 22 Running Clinic: Run faster, run farther, and prevent injuries w/Shelly Binfield. 6:30-8pm. Southern Saratoga YMCA, Clifton Park. Gina LaViolette: 371-2139, X5540. cdymca.org.**
- 24 Firecracker 4 Speed & Hill Training. 6pm. Fleet Feet Albany: 459-3338 and Fleet Feet Malta: 400-1213. firecracker4.com.**
- 24 Summer Solstice 14K Trail Run. 6:30pm. Minnewaska SP Preserve, Wawarsing. 212-434-2717. Shawangunkrunners.com.
- 25 Ragnar Relay Adirondacks Info Session w/Paul Loomis. 6pm. iRun Local, Saratoga Springs. ragnarrelay.com.**
- 27 Firecracker 4 Training Course Rehearsal. 4M. 8am. Saratoga Springs City Center, Saratoga Springs. firecracker4.com.**
- 27 Madrid Country Road Ramble 5K/10K. 9am. Boat Launch, Madrid. Scott Hough: 315-528-4773. madridfire.org.
- 27 Chaos 5K. 9am. Rothermel Park, Kinderhook. Eric De Kraai: 755-4225. chaos5k.com.
- 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. raisetheroooffunrunwalk.itsyourrace.com.
- 30 HMRRC Summer Track: Colonie Mile. 6pm. Colonie HS Track, 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.
- 9 HMRRC Summer Track: Two-Person Relay. 6M. 6:16pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311. hmrrc.com.**
- 11 5th Move it for the Music 5K Run/Walk. Plus, 1M Beaver Dam Run. 8am. Luzerne Music Center, 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 2nd Turtle Trot 10K & 10K Relay Races. 8am. Kenoza Lake Firehouse, Kenoza Lake. April Ackerman: 845-701-9054. sullivanstriders.org.
- 11 Bear Swamp Run 5.7M. 9am. Rumney School, Middlesex. Tim Noonan 802-223-6216. gmaa.net.
- 11 2nd "Color Me Blue" 5K Color Run/Walk. 8:30am. Tri-Town Community Center, Brasher Falls. Mark LaFave: 704-728-6309. thepuzzlepiecefoundation.org.
- 12 2nd Saratoga Springs Half Marathon, Two-Person Relay & 5K. Half: 7:30am. 5K: 8am. Benefits Strong To Serve. Saratoga Spa SP, Saratoga Springs. 3C Race Productions: 603-429-8879. saratogaspringshm.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.
- 14 Summer Sunset 5K Series #2. 7:30pm. 1M Run: 7:15pm. Parking Lot J, St. Lawrence University, Canton. Suna Stone-McMasters: 315-229-5105. stlawu.edu.
- 16 HMRRC Summer Track: Hour Run. 6:15pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311. hmrrc.com.**
- 16-19 AREEP Trail Running Camp. Clinics, BBQ, Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 18 Glenville-Schenectady YMCA Healthy Community Series 5K Run, 3K Walk & Kids Fun Run. 8am. YMCA, Glenville. cdymca.org.**
- 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 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. 9am. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 19 Let's Help Alex 5K. 8:30am. Voorheesville HS Track, Voorheesville. Phil Carducci: 861-6350. active.com.
- 20 Saratoga Stryders Camp Saratoga 5K Trail Race. 6:15pm. Camp Saratoga, Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.**
- 23 HMRRC Summer Track Pentathlon. 5K, 800m, 3.2K, 400m, 1.6K. 6:15pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311. hmrrc.com.**
- 25 19th Silks & Satins 5K. 8am. Fasig-Tipton Pavilion, Saratoga Springs. 744-5646. silksandsatins5k.com.**
- 25 4th Harrisville Library 5K Walk/Run. 9am. Harrisville Free Library, Harrisville. 315-543-2577. harrisvillefreelibrary.org.
- 25 45th Honor America Days 5K Parade Run. 8:30am. City Hall, Rome. Cindy Reynolds: 315-337-0753. romanrunners.com.
- 26 Biggest Loser Run/Walk Race Series. Half Marathon, 5K & 1M Fun Run. Killington Resort, Killington, VT. biggestloserrunwalk.com.**
- 26 Mountandale to Woodridge O & W Rails to Trails 4M Run/2M Walk. 9am. Mountandale Fire House, Mountandale. Allen Frishman: 845-313-2560. sullivanstriders.org.
- 26 Barre Heritage Festival 5K Trail Race. 10:30am. Barre Town Forest, Barre, VT. Lori LaCroix: 802-249-8996. cvrunners.org.
- 26 Escarpment Trail Run. 30K. 8:59am. Windham to North Lake, Haines Falls. escarpmenttrail.com.

AUGUST

- 1 3rd JRV Zombie Gauntlet 5K. 10am. Plus, Zombie Gauntlet Mile, Zombie Fun Run, pie eating contest, tug of war & beads galore. Queensbury School Trails, Queensbury. jrvfoundation.org.**

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

TUESDAY NIGHT SUMMER TRACK PROGRAM

SPONSORED BY
Hudson-Mohawk Road Runners Club
~ 47TH SEASON ~

June 16, 23, 30
July 7, 14, 21, 28 (Ribbon Night)

Dynamic Duo Pursuit Race: Saturday, August 1

FREE OF CHARGE
6pm • Colonie High School
1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

ORDER OF EVENTS

- One-Mile Race Walk
- Hurdles
- One-Mile Run
- 50-Meter Dash (Kids)
- 100-Meter Dash
- 400-Meter Dash
- 800-Meter Run
- 200-Meter Dash
- Two-Mile Run
- Relays
- Field Events

Program Info: Frank Myers
869-9333 or flyingbb45@aol.com

37TH ANNUAL
Lane 10K Lake Run
Sunday, August 2
Lake Pleasant to Speculator

Registration: 9am at Speculator Ball Field
Race Start: 10am
Scenic route follows south shore of Lake Pleasant
Professional timing & register online:
www.speculatorchamber.com
or (518) 548-4521
Adirondack Speculator Region
Chamber of Commerce
PO Box 184, Speculator, NY 12164

3RD ANNUAL
ZOMBIE GAUNTLET 5K

NEW!
Zombie Gauntlet Mile,
Zombie Fun Run,
Pie-Eating Contest,
Tug of War &
"Beads Galore!"

Saturday, August 1 at 10am
Queensbury School Trails,
429 Aviation Rd (just off Exit 19), Queensbury
Register: Eventbrite.com • Info: jrvfoundation.org
Register: \$25 to race day or \$30 day of race
Teams of 5, \$125 • T-shirts till 7/15

Off-road course!
Can you survive the zombie hoard?
Lose the flags on your belt and you have been killed. Come out with flags and YOU SURVIVED!
Awards to best racer and zombie costumes – **Surviving is its own reward!**
To benefit Johnathan R. Vasiliou Foundation



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

13th Annual

Race the Train

Saturday, August 1
North Creek Depot,
Main St, North Creek



8am: Free, scenic 8.4mi train ride
9am: Runners "race the train" back!
Spectators can also ride the train (fee)
All runners receive finisher medals
T-shirts to first 275 preregistered
Post race fun run, raffle & food

Register: Active.com

Application: AdirondackRunners.org

Info: Tracy Watson (518) 251-0107
Proceeds benefit Johnsbury Dollars for Scholars

1 **13th Race the Train. 8am: 8.4M train ride. 9am: race the train back. North Creek Depot, North Creek. Tracy Watson: 251-0107. adirondackrunners.org.**

1 **Dynamic Duo Pursuit Race. 6pm. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.**

1 Ellenville Mountain Running Festival. Marathon, half, 8M, 6M. 8am. Minnewaska SP, Ellenville. 845-235-2788.

1 Vino & the Beasts 5K Obstacle Run. 1pm. Millbrook Winery, Millbrook. Chad Lahr: 315-719-1218.

1 5th Redneck Super Hero 10K/5K Run. 9am. American Legion, Antwerp. Michael Stoffel villageofantwerp.net.

1 36th Round Church Women's Run. 5K/10K. 8:30am. Round Church, Richmond, VT. Lori Hennessey: 802-238-0820. gmaa.net.

2 **21st HMRRRC Indian Ladder Trail Runs. 9am: 15K & 3.5M. 10:30am: 1M Kids' Run. Thacher SP, Voorheesville. hmrrc.com.**

2 **37th Lane 10K Lake Run. 10am. Speculator Ball Field, Speculator. 548-4521. speculatorchamber.com.**

7 5th Schenectady ARC 5K Walk/Run. 6:30pm. Central Park, Schenectady. Doug Secor: 372-1160. arcschenectady.org.

8 **Fox Creek 5K. 9am. Hilltown Triple Crown Series #1. Berne Town Park, Berne. 225-4925.**

8 Festa 5K & Children's 1M Fun Run. Schenectady. Carmela Pasquarella: 764-8078. olqprotterdam.org.

8 Run for the Rome Historical Society 5K. Rome. romanrunners.com.

9 Run for the Roses 5K. 9am. Grafton Lakes SP, Grafton. Cynthia Pulito: 269-9520. graftoncommunitylibrary.org.

10 Tawasentha XC 5K #1. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.

11 Summer Sunset 5K Series #3. 7:30pm. 1M Run: 7:15pm. Lot J, St. Lawrence University, Canton. Suna Stone-McMasters: 315-229-5105. stlawu.edu.

14-15 Peak 2 Brew Exhibition Relay Race. 234M. Whiteface Mtn, Wilmington to Utica. p2brelay.com.

15 **7th Camp Chingachgook Challenge Half Marathon & 10K Race. 13.1M: 8am at Lake George. 10K: 9am at Camp Chingachgook, Kattskill Bay. lakegeorgehalfmarathon.org.**

15 **13th Jailhouse Rock 5K Race. 8:30am. Brookside Museum, Ballston Spa. 885-4000. brooksidemuseum.org.**

15 18th Olga Memorial Footrace. 10K & 5K Run/Walk. 9:30am. Berkeley Green, Saranac Lake. 637-4297. slskatepark.org.

15 Castleton 10M, 5K, 1M Kids run. 8:30am. Jim Clavin: 810-9548.

15 Pawling Lakeside Park 5K. 9:30am. 800m: 10:15am. Lakeside Park, Pawling. mhrrc.org.

15 Willow Bay 5K Run & Fitness Walk for Women. 9am. Willow Bay, Onondaga Lake Park, Liverpool. 315-345-3270. syracusechargers.org.

16 Albany Movement & Fitness 5K Run/Walk. 9am. Corporate Woods, Albany. albanymovementandfitness.com.

16 Catskill Mountain 100K Road Race & Relay. Woodland Valley Bridge to Davis Park, Phoenicia. 845-235-2788. todjen.wix.com/catskillmountain100k.

17 **Saratoga Stryders Camp Saratoga 5K Trail Race. 6:15pm. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 561-1278. saratogastryders.org.**

17 3rd Monday Night Mile Race. 5:30pm. Saratoga Casino & Raceway, Saratoga Springs. John Pecora: 796-8878. srymca.org.

17 Tawasentha XC 5K #2. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.

22 **Voorheesville 5K Run/Walk. 9am. Hilltown Triple Crown #2. Voorheesville HS, Voorheesville. Phil Carducci: 861-6350.**

22 2nd Bridesmaid 5K. 2pm. Pavillion to the Hoot Owl, Canton. Mary Beth Sieminski: 386-3322. northernrunner.org.

22-23 **ADK 80K Race Weekend. Sat, 6am: Trail Running Race. Sun, 8am: MTB & Cyclocross Races. Mt Van Ho, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.**

23 Vent Fitness 5K & 5K Challenge. 10am. Crossings Park, Colonie. ventfitness.com.

23 Tour De Force Charity Run: Half Marathon, 10K, 5K & 1M Run/Walk. 8am. Point Au Roche SP, Plattsburgh. Thomas Brown: 563-3825. runsignup.com.

23 Storm King Run 10K, 5K & 1M Fun Run. 5K/10K: 9:15am. 1M: 9am. Washington Gate, West Point. John Willis: 845-446-4106. rotary-wphf.org.

23 23rd Scholarship Trail Race. 5K. 8:30am. Red Rocks Park, South Burlington, VT. gmaa.net.

24 Tawasentha XC 5K #3. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.

29 **18th Altamont 5K Run/Walk. 9am. Hilltop Triple Crown #3. Altamont Mile & Kids Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.**

29 Fishy Frolic: Mackerel Mile Walk, Fishy 5K & Trout 10K. 5K/10K: 9:30am. Walk: 8:45m. Corning Preserve, Albany. albwmavt.hdsa.org.

30 **18.12 Challenge & Half Marathon. 18.12M & 13.1M. Watertown to Sacketts Harbor. 1812challenge.com.**

30 Run for Home 5K Run/Walk & Kids Run. 5K: 8:45am. Kids Run: 8am. Dutchess County Rail Trail, Poughkeepsie. childrenshome.us.

30 47th Archie Post 5 Miler & Kids Run. 8am. Gutterson Field House, UVM, Burlington, VT. Russ Cooke: 802-846-5635. gmaa.net.

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. doublehbranch.org.**

12 **6th Malta 5K Run/Walk. 8:30am. Malta Business & Professional Association. HVCC TEC-SMART, Malta. Paul Loomis: 472-4807. malta5k.com.**

19 **Whiteface Mountain Uphill Foot Race. 8M & 3,500ft climb. Whiteface, Wilmington. whitefaceregion**

20 **Saratoga Palio Melanie Merola O'Donnell Half Marathon & 5K. 7:45am. Saratoga Springs. thesaratogapalio.com.**

25-26 **Ragnar Adirondacks. 200M relay. Saratoga Springs to Lake Placid. ragnaradk.com.**

26 **22nd FAM 5K "Fund" Run/Walk. 10am. Benefits Catskill Area Hospice & Palliative Care. Refreshments, entertainment, Brooks BBQ & kids' run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.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.**

SWIMMING

AUGUST

1 Gilbert Lake Swim Meet. Gilbert Lake SP, Laurens. adms.org.

15 Betsy Owens Championships 1M/2M Cable swims. Mirror Lake, Lake Placid. adms.org.

29 **Lake George Open Water Swim. 2.5K National Championships, 5K, 10K. Hague Beach, Lake George. lakegeorgeswim.com.**

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

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

2015 HMRRC SUMMER TRACK SERIES

Fun & Challenging!

Colonie High School Track

1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

Race #1: COLONIE MILE
Tuesday, June 30 at 6:00pm
Free entry

Race #2: TWO-PERSON RELAY
Thursday, July 9 at 6:15pm
Free HMRRC members, \$5 non-members
Each person estimates their mile pace, then is paired with another based on fastest/slowest times, and partners alternate running miles until team runs six miles.

Race #3: HOUR RUN
Thursday, July 16 at 6:15pm
Free HMRRC members, \$5 non-members
Participants run on track for one hour

Race #4: PENTATHLON
Thursday, July 23 at 6:15pm
Free HMRRC members, \$5 non-members
Participants run five distances in this order: 5000m, 800m, 3200m, 400m, 1600m

Low-key track runs - instead of road runs in the summer heat!

For more info, Ken Skinner:
(518) 489-5311 • kennyskin@earthlink.net
Hudson-Mohawk Road Runners Club
hmrrc.com

Whiteface Mountain
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3500' in 8 miles
to the top of New York's 5th highest peak
Saturday, Sept 19
More info and registration:
WhitefaceRegion.com
RunReg

18th Annual

Altamont 5K

Run & Walk

Saturday, August 29 9am
Bozenkill Park, Altamont

Gun Club Rd (10mi w of Albany)

10:15am: Altamont Mile
& Other Kids' Races

- T-Shirt to first 350 5K entries
- Awards to top 3 M/F 5K & 5-year age groups
- Live Music on the Race Course
- 100 Raffle Prizes

Hilltown Triple Crown Series!

#1 Fox Creek 5K in Berne, 8/8
#2 Voorheesville 5K in Voorheesville, 8/22
#3 Altamont 5K, 8/29
Sign-up: foxcreek5k@gmail.com

Register: Active.com (fee)
Altamont5K.org (no fee)
Phil Carducci (518) 861-6350

To benefit Altamont Food Pantry
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Saturday, July 11 • 8am

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Preparing for Open Water Swims

2014 FRONHOFER
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FRONHOFER TOOL TRIATHLON

By Kevin Crossman

It's this time of year when we triathletes and swimmers start to flock to the lakes, ponds, and even rivers to practice our open water swimming. Before you do, I recommend you follow a few tips below. As the owner of T3 Coaching, a certified USA Triathlon coach and race director of the Fronhofer Tool Triathlon, my advice is based on real exposure to the sport.

Water Safety Tips and Strategies

Because most swimmers, from Olympians to newbies, have some kind of anxiety when they hit the water, creating situations and identifying how to calm those anxieties is crucial. It could be from the temperature, to seaweed, to fish, to darkness, to waves, etc. The list of causes is lengthy and fixing them all at once most likely won't happen, especially in a pool, but you can address some in a pool ahead of time and transfer that learning to the open water.

Start in a Pool! – Many skills like “sighting” (locating the buoys and finish), treading water, drafting, handling crowds of swimmers, and swimming in a straight line can all be practiced in a pool ahead of time.

Sighting – Place a kickboard at the end of your lane. While swimming, gently lift your head to spot the board. Fine points: continue to swim, don't let legs drop. Create a platform with one arm to maintain posture.

Drafting – Not ideal for all swimmers and can end up being more work than swimming alone. Get a partner, swim directly behind them for 25 yards. Try NOT to touch their feet, good etiquette. Feel for air bubbles and spot their feet. Alternate turns and zig-zag for an added challenge.

Treading – Important for multiple reasons: in-water starts, goggles knocked off, difficulties ‘sighting’ buoys. Watch YouTube videos on how to create an egg-beater kick, and sculling action of hands and forearms.

Straight line swimming – In a lane by yourself, try swimming four to five stroke cycles with your eyes closed without running into a lane line or wall. Be sure you're confident you won't run into the far wall. If you zig-zag immediately you would benefit more by ‘sighting’ more often than a swimmer who could complete seven to eight cycles without difficulties.

Handling crowdedness – Don't always practice by yourself at a pool. Learn to share a lane, because in triathlon it's rare you will be swimming alone. I encourage you to get used to swimming with three or more in a lane. Learning how to alter your stroke as you pass someone or avoid running into them takes practice and is a higher level skill. Don't make it a reaction with increased anxiety and stress. Open water swimming requires more athleticism than pool swimming in terms of maneuvering.

Fun drill – In a lane, with four to five people treading water, have someone yell “GO” and race to other end. Think about all those mechanics and drills you practiced... Do they really help in these situations?

Taking it to the Open Water

Never swim alone – Start in shallow water where you know you will always be able to stand; test the water temperatures by easing in (avoiding that ‘shock’ to the system); use a wetsuit if available for added buoyancy and safety; wear a brightly colored swim cap; and look into purchasing an ‘open water swim float.’

Know that you have options – Practice them for your safety: back float, treading water and breaststroke. Most people think we must always swim freestyle, but you aren't required to and having these skills can help in almost any water emergency!

Start small coming from a pool – You are most likely used to swimming 25 yards, stopping, turning, and then going again. Don't have any expectation of going from that routine to immediately swimming 400 meters, 1500 meters, 1.2 miles or 2.4 miles. Take advantage of the

shallow water that you can stand in, and swim about 25 yards repeatedly, taking short breaks of five to 15 seconds. Begin to practice your skills acquired from the pool and transfer that learning.

Overcoming other anxieties – Once you have comfortably succeeded swimming in shallow water, set small benchmarks that provide for a progressive, yet safe increase in distance.

Be sure there are opportunities for breaks – Either by standing or treading water or floating on your back. Gradually increase your distance which allows you to swim comfortable, but at the same time identifies anxieties and allows you to handle them. Much of the anxiety swimmers suffer is from their perception of the situations. Using practices of ‘identification,’ ‘self-talk,’ and real life situations help to overcome these anxieties. For example: if your fear is swimming in water where you can't see the bottom, start where you can see the bottom, and then go ten to 15 yards to where you lose sight of it, but not far enough away to create panic. Then, continue to build on this with confidence.

Race Day

Communicate to athletes around you about your ability. It's never a good time to fib your pace. HONESTY makes everyone safer!

Before the swim starts, be sure you have your wetsuit on properly, allowing full range of motion and not restrictive to your neck. I recommend you know this well before you toe the line.

It is a good practice, one which all triathletes should adhere to, to let those surrounding you at the start know what your approximate 100-yard pace (i.e. 1:50, 2:20, etc.) is expected to be. Positioning yourself around those with similar times is the safest – it's good etiquette.

Don't like traffic, line yourself near the perimeter of the group or the back. This allows for less congestion.

Don't sprint the beginning, it can leave you short of breath and can create a panic attack.

Bilateral breathing isn't a must, but it can help in the case of sighting buoys, avoiding waves, sun in your eyes and more.

Once you are on your way, remember to ‘sight’ regularly. Depending on how your pool session went, consider sighting every three to seven stroke cycles based on how well you swam straight. In adverse conditions such as wind and waves, consider ‘sighting’ much more often. It only takes a few very poor stroke cycles to get off track – and buoys can drift and move.

When it comes to your effort, know what the difference between your “hard” effort and “relaxed” effort, and that they probably aren't all that much different so consider how you want to approach the swim. How much time will you gain by going hard? Will you create more anxieties because of it? Will it come at a cost to your bike and run?

For most of my athletes, the difference between a “fast” effort and “relaxed” effort is about five to ten seconds per 100 yards. In an Olympic distance triathlon swim you are only saving 1:15 to 2:30 minutes, and about 3:30 to 5:00 minutes in an Ironman. But think about how much energy you are wasting in return.

Lastly, remember you can always back float, tread water, breaststroke, or even hold onto support (kayaks, canoeing, paddleboards, docks, etc...) without penalty – as long as it's not used to advance.

If you are looking for a clinic – consider registering for my T3 Open Water Swim Clinic on August 23, held on the shore where the Lake George Triathlon Festival is located. With a great coaching staff, you will be well on your way to a safer, more confident, and faster swim time. 📌

Kevin Crossman of Fort Edward is the founder of T3 Coaching, his tenth year of being a certified USA Triathlon coach, two-time All-American triathlete, two-time All-American swimmer, and a physical education teacher. Visit t3coaching.net or reach him at kevin@t3coaching.net.

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BICYCLING

Brant Lake Ride

*This Beauty is Only
a Short Drive Away*

By Dave Kraus

For cyclists, the Adirondacks is a paradise of stunning scenery. Miles of forests, rushing streams, and majestic mountains offer beauty in all directions. The only problem is that you usually have to ride UP some of those mountains to get to the beautiful views.

But with a little planning it's possible to see the best of the mountains from your saddle without actually having to ride uphill very much. This particular out-and-back loop gradually climbs upstream on the Schroon River before circling Brant Lake east of Chestertown. There's only 1,500 feet of climbing for the whole 45 miles, and the route also has some unique spots that most casual tourists miss.

The journey begins in the busy hamlet of Warrensburg, just off the Adirondack Northway (I-87) north of Lake George. Water Street, at the NY Route 418 (Ridge Avenue) bridge offers a great place to start where a small riverside park offers parking, and there are plenty of convenience stores along Main Street to stock up on snacks for the ride.

From Water Street, cross NY Route 9 at the traffic light onto head north Horicon Avenue (County Route 10) and up one of the route's steepest climbs – all 50 feet of it. On the edge of town, the name changes to Schroon River Road, and then it's a straight shot for the next 13 miles.

The bubbling waters of the Schroon River are never far away, but the generally well-paved road – still CR 10 – is seldom right on the riverbank. But the traffic is usually light, and there are scenic compensations of a sort.

Between mile three and four, look right so you won't miss

the old toilets planted full of artificial flowers by an enterprising homeowner in his front yard. Before that, if you watch carefully to your left, you may see an ancient cruiser bike parked against a utility pole, almost overgrown with tall grass.

Between miles eight and nine, you'll pass under the Adirondack Northway vaulting over the river on impressive, almost new steel and concrete bridges. Eventually, just past mile 11, the road does get close enough to the rushing waters to make your way through fern beds and a few trees to enjoy

the view. Watch for fly fishermen pursuing their hobby in the river's well-known waters, stocked annually with rainbow, brown and brook trout.

At mile 13, you will turn right onto a different Horicon Avenue. This one crosses the Schroon River, and leads to the small hamlet of Brant Lake, at the downstream end of the lake of the same name.

The quiet pond, surrounded by homes, several small businesses and the Horicon Town Hall, was originally a millpond made to facilitate the floating of hemlock logs down to the Schroon River and downstream to leather tanneries. By the late 1800s, the area had many visitors for hunting and fishing, including future President Teddy Roosevelt. You can find out more about Brant Lake and the Town of Horicon at horiconny.gov.

Turn right onto NY Route 8, and you begin six miles of gently curving highway to the east end of the lake. Just be careful – this section of Route 8 can be busy on the weekends, with some blind corners, and the shoulder is relatively narrow.

As you leave the hamlet, watch on your right for the Horicon

See **BICYCLING**, 28 ▶



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ATHLETE PROFILE

Judy Torel

AGE: 52

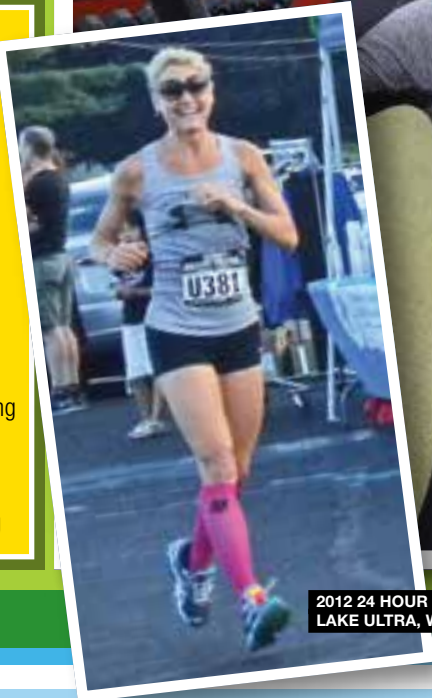
RESIDENCE: Halfmoon

FAMILY: Currently enjoying a four-year relationship with boyfriend, Stanley Ilowiecki

OCCUPATION: Fitness-nutrition coach, Judy Torel's Training and Coaching Studio

PRIMARY SPORTS: Running and Biking

SECONDARY SPORTS: Yoga, Strength Conditioning, Swimming, Hiking



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By Jennifer Ferriss

When I was asked to write an athletic profile on Judy Torel, and saw the impressive and extensive list of accomplishments and certifications: USAT certified coach, ACSM certified health fitness specialist, Healthexcel certified metabolic typing consultant, Level I MS, Counseling Psychology, University at Albany, yoga instructor (200-plus hour training level/Anusara style), six-time Ironman triathlete, 24-hour ultra run winner, first place masters woman, I bombarded her with an email of questions based on my own training experience. What I wound up with was a story that validated some of my own beliefs about training, nurturing the whole person, digging deep, and embracing the power of our minds.

Growing up in Suffolk County, in the small town of Wading River, Judy faced her first challenge in life, a mentally ill father who struggled to function in society and an overweight mother who used food to cope with her husband's disability and life in general. At the age of 16 she discovered running as a way to manage her own mind and mental health predispositions. Through lifestyle choices, clean eating and exercise, not only has Judy successfully managed her own weight and mental state, but has helped thousands of clients over her 30-plus year career with plans to help many more.

Everything Judy does in her personal life provides experience and insight that she uses to coach others. Work and personal life philosophies are one and the same. The philosophy is straightforward: as long as you are breathing, you can enjoy an active lifestyle. Weight, chronic illness or physical challenges, like arthritis, don't have to be an obstacle. She believes that by adapting your training and activity you can still get the payoffs of feeling empowered and physically prowess. In her adult life, knee pain and swelling challenges her, but she copes and tries to find an equalizer. Myofascial release with foam rollers, corrective functional exercise like yoga and stability training make up what Judy calls her daily "hygiene" practice, so that she can continue to be active.

And active she is. Balancing personal training while working 50 to 60 hours a week coaching others can be difficult. In order to run a marathon when she feels the urge or to keep her base for an ultra, Judy fits in an additional 16 to 20 hours a week of training. Cross-training is a key element to her regiment and includes running, biking, hiking, elliptical and Fusion classes, which she leads at her studio in Albany that involves functional strength and yoga.

Pushing past her previously established comfort zone and finding a new more expansive edge is what motivates Judy and speaks to her so powerfully.

It was the catalyst to move from half Ironman races to the completion of six Ironman races including Lake Placid, Wisconsin, Kentucky and Florida. Finding the next edge led her to graduate from Ironman races to participation in 24-hour running races.

To date, Judy has completed three 24-hour races and has placed first in Masters Women in all three races. Topping out at 87 miles she is now chasing the elusive 100 miles in 24 hours. She plans to make that a reality as soon as possible because she wants the belt buckle only 100-plus mile completers receive. It is a symbol of stretching yourself beyond what most people will ever do athletically. Her next chance will be this November in the Save the Daylight 24 Ultra in Englewood, Florida.

Self-awareness and introspect are two traits that I found Judy to possess during our interview. She realizes that ultra-endurance sports appeal to a certain personality type; someone who needs more time than others to be in their own head. By spending time alone she is able to balance time with others and stay grounded. Working all day in a socially engaging environment is personally satisfying, but she also knows that in order to maintain her inner balance she needs her alone time. Her boyfriend is very patient and understanding, and accepts that being an endurance athlete is a lifestyle, and not just about racing.

Although the 100-miler is still elusive, completing Ironman Wisconsin is a personal triumph. With hurting knees and a pulled hamstring acquired a week prior during a training sprint triathlon, her first Ironman was going to be a test, unsure if she could ride the bike let alone do the

run. The race was an exercise in staying focused and mastering anxiety and her injuries. Judy was not ignoring her injury or pain, just racing through it. She was constantly checking in with herself and asking the tough question: "Can my body keep going without doing major damage, or is my mind the limiter in this moment?" After self-assessment of body and mind, she determined that her mind was the obstacle.

For the rest of the race she tried to focus on each moment and one moment at a time move through the race. That is how she finished her first Ironman. When she finally crossed the finish line, the release of the 13 hours of focused attention and effort, combined with the knowledge that she actually finished, was one of the most fulfilling and heart-full-of-joy moments in her athletic career.

I asked Judy to consider what her clients thought of her. "Clients would say I am motivating... I teach that sport and physical activity is really more than just getting a perfect body... It is the development of "life skills" that apply to all aspects of our lives, work, relationships and self-management!"

If you are interested in learning more about Judy, you can find her on the web at judytorel.com. 🌱

Jennifer Ferriss (ferrissj@gmail.com) of Saratoga Springs leads an active outdoor lifestyle. Most days she commutes to her librarian gig on her 1980s Japanese Bianchi, with a backpack that carries more than meets the eye. Always on the search for a new adventure, she will meet her match with SUP and sailing this summer.



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RUNNING & WALKING



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DAVE HARMON

"Firecracker 4" Continues to Grow

Race organizers for Saratoga Springs' four-mile Firecracker 4 road race on Saturday, July 4, expect to crest the 4,000 runner mark this year as the race known for supporting active community causes holds its ninth annual competition.

"The growth of this race and the numerous businesses and individuals who support it through their running, exhibiting and sponsorships, demonstrate the importance of healthy lifestyles and running solidarity in Saratoga Springs," notes race co-director Bob Vanderminden. Fleet Feet Sports, with shops in Malta and Albany, has returned as the race's presenting sponsor, sharing the organizers' passion for wellness and building stronger communities through running.

According to Bob, registrations are ahead of last year at this time, which they attribute to the growing regional popularity

of the race. The race is followed by the All-American Celebration in downtown Saratoga Springs, so runners and their friends and families can find a day of activities with something for everyone. The Firecracker 4 is a Saratoga Stryders Grand Prix event, USATF Adirondack Four-Mile Grand Prix event, and USATF Adirondack Team Championship race.

July 4 Kick-Off – The 9am run starts at the Saratoga Springs City Center, traverses Broadway's downtown shopping district, and then winds through the historic streets of Saratoga's East Side neighborhood, where more than 20 bands play on street corners, and local residents cheer and set up garden-hose misting stations to benefit the runners.

Runners and their families are also treated to music and activities at the start and finish. A vendor village with local businesses, not-for-profit groups, food tents, sports massage

therapists, and other displays is at the finish line. The Firecracker 4 provides the start to the All-American Celebration in Saratoga Springs, which includes a grand parade on Broadway after the race, barbeque and desert festival, classic car show, live music, city tours, face painting and fireworks at dusk.

Community Organizations Receive Race Proceeds – FC4, Inc., the non-profit organization that manages the race, will donate proceeds from the event to five local community organizations this year: 1) Camp Abilities Saratoga program, a Saratoga Springs Lions Club project providing youth who are blind, visually impaired, and deaf blind a one-week developmental sports camp experience. 2) Veterans Business Council of the Saratoga County Chamber of Commerce, facilitating opportunities for Saratoga County veterans. 3) Saratoga Regional YMCA West Avenue

facility expansion. 4) Saratoga Greenbelt Trail, an initiative seeking to connect trails around Saratoga Springs into a nine-mile loop for multiple recreational uses. 5) Saratoga Springs High School Boys' and Girls' Indoor/Outdoor Track & Field and Cross-Country Running teams, offering competitive programs open to all abilities.

"It's very important to us to help move the wellness and fitness movement ahead in our region," states co-race director Peter Goutos. "We give the proceeds of this race to organizations that are forward-thinking and supportive of athletes of all ages, abilities and backgrounds. We also want to help build infrastructure here that will be used for many generations to come."

New Features – The 2015 event includes many new features. This year, the three large

See **RUNNING & WALKING**, 28 ▶

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PADDLING continued from 1

on this road and enjoy picnicking and swimming, or start a shorter float trip. Choppy waves are experienced as the river bends to the right. Stony Creek – very stony and not very watery on this day – sneaks in from the right somewhat hidden by a long gravel bar.

We go over more riffles before the river turns in a more southeasterly direction. We zig-zag around more shallow areas before the current slows for most of the last four miles. We pass a group of tubers being pulled along by a kayak – the slowing of the current in this section being a detriment to their progress.

There are several points where egress is possible on River Road, but this would require a longer car shuttle back to Thurman Station. We had previously spotted cars at the Hadley Canoe Take-Out Park, found at the junction of Maple Street and Woodard Avenue in Hadley. The take-out does require lifting the boats over some boulders before carrying them 100 feet to the parking area.

Paddlers should not continue past this point as Rockwell Falls is a short distance downriver. The scenic falls are best viewed from the bridge between Hadley and Lake Luzerne.

Our distance for the day was 14.9 miles thanks to some of our zig-zagging, but mileage might be less if you travel when water levels are higher. Car mileage between take-out and put-in is 16.4 miles.

I did not notice much wildlife on this day other than some sandpipers, mergansers and a green heron. On previous trips I have observed bald eagles, hawks and deer.

HOOSIC RIVER

The Hoosic is a tributary of the Hudson and joins the latter in Stillwater. To get to the put-in, we turned off NY Route 22 and drove southwest on Sewer Plant Road (okay, I know this does not help conjure up images of riparian beauty), crossed railroad tracks, and bore right to the river below the water treatment plant.

The gauge at Eagle Bridge read 2.6 feet this morning. Water levels much below this

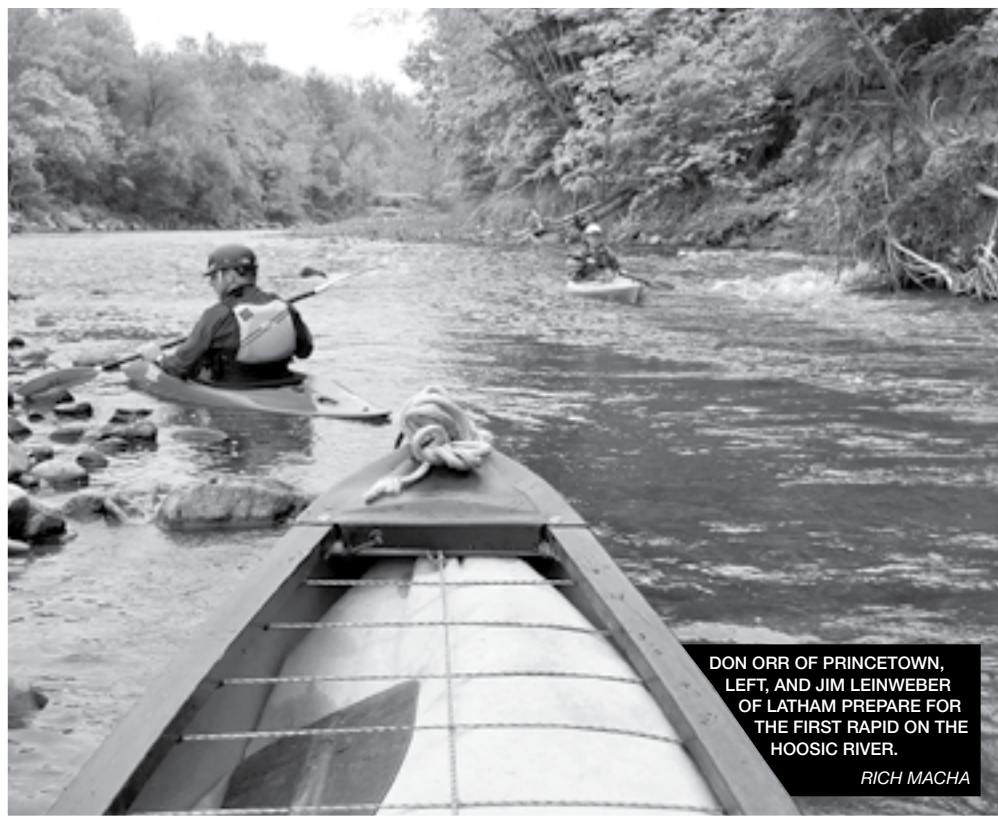
would make negotiating the first few miles fairly difficult. While the above Hudson River trip would be best described as having quickwater, the Hoosic River is a little more difficult having “easy” (on the scale of white-water difficulty) Class 1 or Class 1+ rapids in its first five miles of this float. The first rapid is soon approached. After turning left the river curves right, the deep water and faster current pushes the unwary out toward “strainers” (downed trees) near the left shore – be sure your maneuvering skills are up to snuff – an eddy turn to the inside of the curve will keep you out of trouble.

At the one-mile mark, we pass under a bridge and soon after the Walloomsac River enters from the right. The river winds past woods and fields above ten-foot banks with little signs of any development – this is Grandma Moses country. Rapids are interspersed with long stretches of flatwater. We do have to pick our way around shallow areas.

Early on we see two bald eagles, one mature and one immature. Wildlife sightings are abundant and include green and great blue herons, mergansers, Canada geese, sandpipers, killdeer, blackbirds and kingfishers. On previous trips I’ve seen deer, osprey and orioles.

After paddling four miles, we approached a railroad bridge and a rapid with several rocks to maneuver around. We found this a good spot to play and practice ferrying across the current and going in and out of eddies.

Soon after we went under the NY Route 67 bridge at Eagle Bridge. Below the bridge there are no rapids, but there were shallows to maneuver around. A fishing access area is passed on the left, and flatwater dominates for the last mile to the Buskirk Covered Bridge, where we had left cars earlier in the day.



DON ORR OF PRINCETOWN, LEFT, AND JIM LEINWEBER OF LATHAM PREPARE FOR THE FIRST RAPID ON THE HOOSIC RIVER.

RICH MACHA

Lunch was spent at the parking area southwest of the bridge. After spotting a car at the Brookfield Power canoe access, above the dam on River Road in Johnsonville, we continued with our paddle. That dam backs up the water all the way back to the covered bridge, and slows the current greatly, and upstream paddling if desired is fairly easy in this section.

Pollen was so thick that the water’s surface was covered with white for a while. A backwater is passed on the right, and later there are a couple of backwaters on the left that can be explored. A muskrat swam by in front of us and muskrat lodges could be seen in shallow grassy area. Some cormorants occupied a partially submerged log as we passed a long grassy island, and the river widened and appeared lake-like, before we

pulled to the left to the take-out above the dam. Expect mats of water chestnut to be prevalent here in summer.

We had covered a distance of 5.2 miles after leaving the covered bridge and over 12 miles on the day. The Hoosic River makes for a good quiet alternative to the nearby Batten Kill which can be crowded on summer weekends.

It’s late May and I’m hoping for some rain. 🌧️

Rich Macha is owner of Adirondack Paddle’n’Pole in Colonie, a store specializing in canoe and kayak sales, lessons, rentals and tours. Rich also leads paddling trips for the Albany Chapter of the Adirondack Mountain Club. For more trip reports, visit his website at onewithwater.com.

RUNNING & WALKING continued from 3



START OF THE 2014 CAMP CHINGACHGOOK CHALLENGE 10K RACE.

BRIAN TEAGUE/FATEAGUEFOTOS.COM

On Saturday, August 1, test your survival skills at the third annual **JRV Zombie Gauntlet 5K** as you navigate the Queensbury High School cross-country running trails, just off Northway Exit 19. For ages 12 and up, the successful candidate will retain the flags on their belt, while the newly undead will have surrendered them to the zombie pursuers. This might be the one race where couch potatoing a few episodes of *The Walking Dead* could substitute for a training day! The entire family can take on the challenge with a Zombie Gauntlet One-Miler for age 9-12, a Zombie Fun Run half-mile for ages 5-8, and a Fun Walk for kids under 5. Children operate under reverse strategy and try and grab as many flags as they can from the zombies.

Plan on a 5K effort, with a marathon time expenditure as makeup is applied from 8 to 9:45am, before the first 10am wave. Runners can choose to be either zombies or survivors, with most tending to select running, and volunteers taking up the slack. Afterwards, cheer on the other waves as well as the kids, and stick around for football toss, lawn tic-

tac-toe, Bannagrams word games, tug of war, pie eating contest, and “Beads Galore” crafts. The pie eating alone is enough incentive to retain your human status! Prizes will be awarded for the best survivor costume – and for the kids, best superhero outfit and most flags collected. The beauty of this event, if you can call zombies beautiful, is that it is not your speed, but your strategy that will make you successful. Proceeds benefit the Johnathan R. Vasiliou Foundation, which encourages and supports the Queensbury youth of today to pursue their passions. Visit: jrvfoundation.org.

Successful zombies, check out the seventh annual **Camp Chingachgook Challenge Half Marathon & 10K Race** on Saturday, August 15 and Family Fun Day on Lake George. It runs on the eastern side of Lake George from YMCA Camp Chingachgook at Kattskill Bay for the 10K, and Lake George Elementary School to camp for the 13.1-miler.

The word “challenge” is justifiably used. One of those increasingly rare point-to-point races, this half requires some basic logistics

as well as training. Have a friend or family drop you off at the start, or take advantage of the free shuttle busses so factor in a little prerace transportation time. A glance at the course profile reveals some up and down momentum, with rolling hills and nice gradual downhills. The 10K out-and-back is timed so that those runners will join with the halfers for the last three miles, reenergizing both groups.

Race director John Kinnicutt tells participants what makes his race stand out: “The gorgeous scenery, the amazing food after the race, and the enthusiasm of the kids at the aid stations.” I would also add the reasonable price for a road half marathon, and the opportunity to spend the day with friends and family at the beach! Go to: lakegeorgehalfmarathon.com.

The fourth annual **18.12 Challenge & Half Marathon** on Sunday, August 30 features similar shuttle bus logistics in Jefferson County. Launching from Immaculate Heart Central School in Watertown, and finishing at the historic Sackets Harbor Battlefield State Historic Site. You and 700 other runners will feel as if you’ve summited an Adirondack Mountain, as you enjoy the well-earned view

overlooking spectacular Lake Ontario. And reimagine the two strategic battles that saved our nascent shipbuilding industry, and paved the way for ultimate American victory.

Looking for a one-of-a-kind PR? Search no farther than the 18.12-mile distance over a fairly flat course, interrupted with a few rolling hills to give your muscles a break. Want a catered training run for your fall marathon? For both races, enjoy aid stations every one-and-a-half to two miles, and even the occasional comfort facility. Check out: 1812challenge.com.

See the Calendar of Events for more information on these and other races. This summer, enjoy a mini-staycation as you explore these numerous fun opportunities just a short drive from home! 🌳

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.

▲ 2014 18.12 CHALLENGE & HALF MARATHON FINISHER MEDAL. 1812 CHALLENGE

RACE RESULTS

58TH ANNUAL HUDSON RIVER WHITE WATER DERBY

May 2-3, 2015 • North Creek, North River & Riparius

DOWNRIVER RACE		KAYAK 1-PERSON (LONG): MALE		NOVICE SLALOM	
OPEN CANOE 2-PERSON (REC): MASTERS		1 Justin Crannel	1:03:12	KAYAK 1-PERSON: MALE	
1 Pete Roland/Robert Roland	1:17:59	2 Tarrance Lasher	1:04:23	1 Clayton Schmale	9:17
OPEN CANOE 2-PERSON (REC): FAMILY		3 Paul Menaldino	1:14:30	2 E. Pirman	9:25
1 D. Burns/Frances Leavitt	1:15:07	GIANT SLALOM		3 Liam Meechan	13:48
OPEN CANOE 2-PERSON (REC): MALE		KAYAK 1-PERSON: MALE		CLOSED CANOE 2-PERSON: FAMILY	
1 Rich Wilke/Robert Cloutier	1:11:17	1 Marko Schmale	10:06	1 Rich Wilke/Sarah Day	11:09
2 Matt Gutch/Tim Gutch	1:11:55	2 Justin Schmale	10:27	2 Sarah Wohlfahrt/Andrew Richard	14:53
3 Stephen Weekes/Sebastian Weekes	1:14:22	3 John Gilrein	11:45	OPEN CANOE 2-PERSON: MIXED	
4 Kevin Rose/Frank Morehouse	1:17:34	4 Greg Lombard	11:53	1 T. Addick/A. Bielzna	12:09
OPEN CANOE 2-PERSON (RACE): MIX		5 Rick Morse	12:11	2 L. Munson/C. Munson	12:10
1 Peter Skaggs/Margaret Smith	1:11:39	6 John Chen	16:14	NOT SO WILD DOWNRIVER RACE	
2 Zhivona Wang/Rachel Lannino	1:20:00	KAYAK 1-PERSON: FEMALE		KAYAK 1-PERSON: YOUTH	
OPEN CANOE 2-PERSON (RACE): MALE		1 Carol Hatch	11:45	1 Carl Turnquist	19:58
1 Sam Bernsten/David Morgan	1:08:49	2 Deb Laun	12:04	2 Elizabeth Moore	21:24
2 Lief Ahrens/Robin Ahrens	1:14:51	CLOSED CANOE 1-PERSON: MALE		3 Liam Meechan	22:48
OPEN CANOE 1-PERSON (REC): MALE		1 Jim Underwood	10:36	KAYAK 1-PERSON: MALE	
1 Bob Nessel	1:34:07	OPEN CANOE 1-PERSON: MALE		1 Joe Cahalan	19:49
OPEN CANOE 1-PERSON (RACE): MALE		1 Kenneth Perrault	11:55	2 Thomas Meechan	22:54
1 Bruce Bramer	1:04:57	2 Jim Ernst	12:53	KAYAK 1-PERSON: FEMALE	
2 Jim Ernst	1:08:54	3 Simeon Hughson	13:05	1 Dahlia Sheenan-Yassin	21:33
3 David Richie	1:17:22	4 Tom Addicks	13:14	2 Kristin Harvey	23:05
KAYAK 1-PERSON (WW): MALE		5 Scott McKim	13:35	OPEN CANOE 2-PERSON: MALE	
1 Peter Morehouse	1:14:37	6 Gary Gazaille	15:16	1 Rich Wilke/Nick James	20:42
KAYAK 1-PERSON (SHORT): FEMALE		7 David Richie	15:56	OPEN CANOE 2-PERSON: FEMALE	
1 Jillian Donze	1:25:50	OPEN CANOE 2-PERSON: MALE		1 Hannah Lasher/Alaina Thaxter	22:20
KAYAK 1-PERSON (SHORT): MALE		1 Ken Perrault/Matt Perrault	12:05	2 Trisha Wilkie/Barb Noyes	22:30
1 Caleb Clark	1:05:35	2 Matt Gutch/Tim Gutch	13:24	OPEN CANOE 2-PERSON: MIXED	
2 Jim Underwood	1:06:09	3 Brad Prozeller/Jim Davidson	14:07	1 Tom Addicks/Deity Bielzna	20:43
3 David Scavone	1:13:44	4 Steven Weekes/Sebastian Weekes	15:13	2 Robin Ahrens/Andrea Farrell	20:59
4 Emil Klymkow	1:18:11	OPEN CANOE 2-PERSON: FEMALE		3 Eric Bates/Sara Lauterbach	21:34
5 Fred Wagner	1:19:17	1 Diana Burns/Fran Leavitt	13:04	4 Eric Leskovec/Julie Leskovec	22:03
6 Thomas Meechan	1:41:46	OPEN CANOE 2-PERSON: MIXED		5 Scott McKim/Julie McKim	22:45
7 Liam Meechan	1:41:49	1 Leif Ahrens/Susan Ritchie-Ahrens	14:05	OPEN CANOE 2-PERSON: FAMILY	
KAYAK 1-PERSON (LONG): FEMALE		2 Rich Wilke/Sarah Day	14:34	1 Andrew Richard/Sarah Wohlfahrt	20:30
1 Elise LaPage	1:15:15	OPEN CANOE 2-PERSON: FAMILY		2 Gary Gazaille/Chelsea Gazaille	20:56
		1 Marko Schmale/Clayton Schmale	13:01	3 Adam Pearsall/McKenna Pearsall	21:09
		2 John Ruggie/Myshkin Munson	13:38	4 Helene Budzinski/Sarina Chiapuzzi	26:23

5TH ANNUAL SMSA KERRY BLUE HUSTLE 5K continued

FEMALE AGE GROUP: 50 - 54		MALE AGE GROUP: 65 - 69	
1 Pamela Howard	50 Indian Lake 24:08	1 Gary Scott	66 Hoosick Falls 29:20
2 Wendy Relyea	52 Voorheesville 24:15	FEMALE AGE GROUP: 65 - 69	
3 Mary DeSantis	50 Glens Falls 27:26	1 Elyn Stecker	69 South Bend, IN 47:00
MALE AGE GROUP: 55 - 59		MALE AGE GROUP: 75 - 79	
1 Kevin Truax	56 Diamond Point 27:26	1 Peter Smith	76 South Bend, IN 32:25
2 Bill Beyer	57 Gansevoort 53:35	MALE AGE GROUP: 80 - 84	
MALE AGE GROUP: 60 - 64		1 Richard Schumacher	81 Hoosick Falls 56:53
1 Jim Goodspeed	64 Queensbury 23:05	<i>Courtesy of St. Mary's - St. Alphonsus Regional Catholic School</i>	
FEMALE AGE GROUP: 60 - 64			
1 Beth Ward	61 Hartford 27:08		
2 Cathy Nardone	60 Gansevoort 43:53		

2ND ANNUAL SPRING HAS SPRUNG 10-MILE & 5K RUN

May 17, 2015 • Southern Saratoga YMCA, Clifton Park

10-MILE RUN		5K RUN	
MALE OVERALL		MALE AGE GROUP: 65 - 69	
1 Christopher Herbs	21 Rexford 1:01:20	1 Ron Bagnoli	68 Mechanicville 1:50:29
2 Brandon Barcomb	32 Clifton Park 1:05:34	MALE AGE GROUP: 70 - 74	
3 Noah White	36 Slingerlands 1:07:09	1 Howard Jones	71 Clifton Park 1:30:13
FEMALE OVERALL		2 Hugh Dunseath	71 Clifton Park 1:36:13
1 Renee Tolan	40 Clifton Park 1:12:57	3 Ray Lee	73 Halfmoon 2:20:18
2 Christine Varley	51 Albany 1:12:57	MALE AGE GROUP: 75 - 79	
3 Maureen Fitzgerald	57 Clifton Park 1:22:09	1 Bill Long	75 Clifton Park 2:01:03
MALE AGE GROUP: 20 - 24		5K RUN	
1 Justin Kirby	22 Loudonville 1:08:07	MALE OVERALL	
2 Robert Kondik	24 Saratoga Springs 1:25:43	1 Christopher Frank	48 Seaford 20:21
FEMALE AGE GROUP: 20 - 24		2 Anthony Mastroianni	33 Saratoga Springs 21:28
1 Hunter Davis	21 Clifton Park 1:34:12	3 Chris Scotti	30 Clifton Park 22:18
MALE AGE GROUP: 25 - 29		FEMALE OVERALL	
1 Thomas Johnson	29 Clifton Park 1:46:14	1 Katherine Cummings	23 Clifton Park 21:21
FEMALE AGE GROUP: 25 - 29		2 Kristen Hislop	50 Clifton Park 21:59
1 Jennifer Kehm	28 Clifton Park 1:28:12	3 Kimberly Rubino	35 Gansevoort 23:01
2 Victoria Graf	29 Albany 1:29:45	MALE AGE GROUP: 1 - 9	
MALE AGE GROUP: 30 - 34		1 Bruce Sevilla	8 Mechanicville 48:07
1 Patrick Murray	32 Clifton Park 1:30:00	FEMALE AGE GROUP: 1 - 9	
2 Christopher Tocin	33 Albany 1:31:00	1 Grace Ippoliti	9 Ballston Lake 38:35
3 Lucas Ruglis	33 Albany 1:39:13	MALE AGE GROUP: 10 - 14	
FEMALE AGE GROUP: 30 - 34		1 John Agosti	14 Rexford 23:00
1 Michelle Storm	31 Scotia 1:33:10	2 Jack Casey	12 Ballston Lake 24:34
2 Kate Dubois	30 Porter Corners 1:37:52	3 Andrew Eisler	11 Ballston Spa 25:43
3 Catherine Guthrie	33 Glenville 1:42:53	FEMALE AGE GROUP: 20 - 24	
MALE AGE GROUP: 35 - 39		1 Emilie Cardone	24 Albany 23:40
1 Mike McQuillan	38 Massapequa 1:11:15	MALE AGE GROUP: 25 - 29	
2 Matthew Fryer	35 Clifton Park 1:14:15	1 Theresa Dickinson	28 Scotia 27:32
3 David Chatt	38 Ballston Lake 1:22:06	2 Amanda DeSarbo	28 Schenectady 36:10
FEMALE AGE GROUP: 35 - 39		3 Carol Ippoliti	28 Ballston Lake 38:37
1 Joy Stallmer	38 Waterford 1:23:07	MALE AGE GROUP: 30 - 34	
2 Michele Sobieski	37 Clifton Park 1:38:40	1 Chris Noel	30 Clifton Park 26:45
3 Jennifer Chatt	39 Ballston Lake 1:41:17	2 Norbert Torres	30 Clifton Park 27:20
MALE AGE GROUP: 40 - 44		3 John Rink	34 Clifton Park 31:51
1 Ralph Donato	41 Nassau 1:16:47	FEMALE AGE GROUP: 30 - 34	
2 Art Schloth	41 Clifton Park 1:19:45	1 Meryl Staats	34 Clifton Park 23:23
3 Stephen Cupp	40 Mechanicville 1:33:13	2 Jamie Mastroianni	32 Saratoga Springs 24:47
FEMALE AGE GROUP: 40 - 44		3 Bonnie Lovett	33 Troy 27:40
1 Gina Heid	44 Ballston Spa 1:39:32	MALE AGE GROUP: 35 - 39	
2 Ashlie Beicke	43 Ballston Lake 1:40:55	1 TJ Houser	37 Troy 22:47
MALE AGE GROUP: 45 - 49		2 Matthew Letteer	36 Latham 23:28
1 William Drapeau	47 Niskayuna 1:09:20	3 Charles Trombley	36 Athens 24:36
2 John Lawrence	46 Clifton Park 1:28:54	FEMALE AGE GROUP: 35 - 39	
3 Ramiro Pampo	45 Albany 1:31:06	1 Flor Rivas	36 Clifton Park 28:45
MALE AGE GROUP: 50 - 54		2 Beth Houser	35 Troy 30:04
1 Timothy Landis	51 Clifton Park 1:22:20	3 Aileen Toop	38 Niskayuna 31:30
2 Bruce Davis	51 Clifton Park 1:34:31	MALE AGE GROUP: 40 - 44	
FEMALE AGE GROUP: 50 - 54		1 John O'Connor	44 Albany 32:30
1 Lauren Herbs	52 Rexford 1:27:55	2 Trevor Wood	40 Clifton Park 36:12
2 Karen Davis	52 Clifton Park 1:34:12	FEMALE AGE GROUP: 40 - 44	
3 Lori Francesconi	53 Waterford 1:40:40	1 Claudia Greco	42 Clifton Park 23:25
MALE AGE GROUP: 55 - 59		2 Molly Michalek	43 Clifton Park 29:37
1 Tim O'Connor	56 Loudonville 1:34:09	3 Angela Kim	41 Clifton Park 33:36
FEMALE AGE GROUP: 55 - 59		MALE AGE GROUP: 45 - 49	
1 Cindy Novak	57 Mechanicville 1:34:02	1 Thomas Michalek	45 Clifton Park 31:15
2 Nancy Nero	55 Rensselaer 1:51:41	2 Carsten Pennartz	49 Clifton Park 40:38
3 Annette Lewis	57 Malta 1:54:36	3 Paul Middleton	48 Mechanicville 48:07
FEMALE AGE GROUP: 60 - 64		FEMALE AGE GROUP: 45 - 49	
1 Adele Pace	61 Clifton Park 1:43:46	1 Kim Eisler	48 Ballston Spa 25:50
2 Linda McCann	61 Clifton Park 1:44:19	2 Eileen Carson	45 Clifton Park 29:37
		3 Lisa Hinman	45 Clifton Park 31:48

5TH ANNUAL SMSA KERRY BLUE HUSTLE 5K

May 16, 2015 • SMSA School, Glens Falls

MALE OVERALL		MALE AGE GROUP: 30 - 34	
1 Patrick Smith	48 Queensbury 18:00	1 Steven Bock	33 Queensbury 25:42
2 Peter Carpenter	57 Queensbury 20:25	FEMALE AGE GROUP: 30 - 34	
3 Lance Decker	45 South Glens Falls 20:45	1 Gerianne Sanok	33 South Glens Falls 31:27
FEMALE OVERALL		2 Rebecca Park	32 Fort Edward 34:42
1 Beth Morrissey	40 Glens Falls 21:35	3 Kara Gutowski	31 Granville 46:58
2 Robin DellaBella	43 Queensbury 23:27	MALE AGE GROUP: 35 - 39	
3 Jaclyn Stedman	35 Glens Falls 23:45	1 Christopher DellaBella	39 Queensbury 24:21
MALE AGE GROUP: 1 - 14		2 Travis Cayea	36 Cadyville 28:42
1 Jackson Donlon	9 Gansevoort 22:52	3 Lawrence Stroebel	39 Queensbury 31:28
2 William Davidson	7 Queensbury 23:27	FEMALE AGE GROUP: 35 - 39	
3 Evan Powell	12 Queensbury 23:33	1 Marcy Davidson	38 Queensbury 26:24
FEMALE AGE GROUP: 1 - 14		2 Kristine Wheeler	37 Queensbury 26:26
1 Katherine Lieberth	10 Glens Falls 28:17	3 Julie Pomainville	38 Fort Ann 26:30
2 Aeryn Brewer	11 Stony Creek 29:39	MALE AGE GROUP: 40 - 44	
3 Caroline Lieberth	8 Glens Falls 32:16	1 Jamie Burleigh	40 South Glens Falls 32:35
MALE AGE GROUP: 15 - 19		FEMALE AGE GROUP: 40 - 44	
1 William Brewer	15 Stony Creek 21:50	1 Natalie Houde	40 Queensbury 25:17
FEMALE AGE GROUP: 15 - 19		2 Sheri Apple	41 Queensbury 29:36
1 Sarah McGraw	16 Queensbury 28:51	3 Emily Davidson	44 Glens Falls 34:36
MALE AGE GROUP: 20 - 24		MALE AGE GROUP: 45 - 49	
1 Melanie Middleton	23 Queensbury 28:24	1 Tom Denham	47 Delmar 23:15
MALE AGE GROUP: 25 - 29		2 Robert Rouse	47 Queensbury 26:57
1 Lucas Raymond	26 Pottersville 21:19	3 James Zumpano	45 Indian Lake 28:05
FEMALE AGE GROUP: 25 - 29		FEMALE AGE GROUP: 45 - 49	
1 Mary Kukuk	29 Clifton Park 29:22	1 Dena Schulz	45 Gansevoort 45:12
2 Samantha Williams	25 Gansevoort 32:02	2 Joy Smith	47 Glens Falls 47:52
3 Mary McAfee	25 Glens Falls 43:53		continued

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2ND ANNUAL SPRING HAS SPRUNG 10-MILE & 5K RUN *continued***MALE AGE GROUP: 50 - 54**

1 Reid Hislop	54	Clifton Park	24:58
2 Tom Sisson	54	Clifton Park	25:36

FEMALE AGE GROUP: 50 - 54

1 Gina Sullivan	50	Mechanicville	34:45
2 Mary Juedes	52	Waterford	38:02
3 Mary Ann Cortese	51	Clifton Park	39:55

MALE AGE GROUP: 55 - 59

1 Gerardo Rocha	56	Clifton Park	29:22
2 Keith Martin	55	Clifton Park	31:50

FEMALE AGE GROUP: 55 - 59

1 Marie Arrao	59	Clifton Park	29:03
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MALE AGE GROUP: 60 - 64

1 Brian Hassett	60	Clifton Park	27:55
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FEMALE AGE GROUP: 60 - 64

2 Gael Coakley	63	Latham	29:27
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MALE AGE GROUP: 65 - 69

1 Lydia Roberts	60	Waterford	36:25
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MALE AGE GROUP: 65 - 69

1 John Longacker	68	Clifton Park	28:22
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*Courtesy of Capital District YMCA***FIRST ANNUAL RUN FOR THE WARRIORS 5K**
*May 17, 2015 • Algonquin Middle School, Averill Park***MALE OVERALL**

1 Jeremy Carter	16	Troy	17:34
2 George Berg Jr.	46	West Sand Lake	18:24
3 Lukas Morgan	17	Poestenkill	19:09

FEMALE OVERALL

1 Stephanie Vioria	32	East Greenbush	22:14
2 Heather Silvernail	30	Poestenkill	23:01
3 Jenna-Marie Morin	12	Troy	23:38

MALE AGE GROUP: 1 - 9

1 George Fudge	9	Rensselaer	39:52
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FEMALE AGE GROUP: 1 - 9

1 Gianna Geraci	9	Averill Park	29:15
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MALE AGE GROUP: 10 - 14

1 Jacob Stewart	14	West Sand Lake	21:25
2 Jeremy Gundrum	14	West Sand Lake	21:43
3 Mason Brown	10	West Sand Lake	22:56

FEMALE AGE GROUP: 10 - 14

1 Lindsey Hitchcock	13	West Sand Lake	24:08
2 Emma Limoges	14	Averill Park	24:47
3 Ellis Strich	14	Albany	24:47

MALE AGE GROUP: 15 - 19

1 Sean Harrington	18	Averill Park	19:25
2 Brian Giddings	17	West Sand Lake	21:41
3 Michael Cavotta	15	Mechanicville	23:18

FEMALE AGE GROUP: 15 - 19

1 Heidi Schuman	15	Nassau	25:14
2 Makenzie Minkler	15	Rensselaer	25:49
3 Hannah Katz	15	Averill Park	26:06

MALE AGE GROUP: 20 - 24

1 Ryan Buckley	22	Cohoes	31:03
2 Paul McKee	20	Averill Park	34:34

FEMALE AGE GROUP: 20 - 24

1 Taylor Lanoue	23	Troy	30:52
2 Liz Robert	20	Wynantskill	43:25

MALE AGE GROUP: 25 - 29

1 Jonathan Angley	25	Stephentown	30:52
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FEMALE AGE GROUP: 25 - 29

1 Angela Taddeo	29	Troy	28:26
2 Suzie Rowland	26	Cohoes	43:00
2 Stephanie Rowland	25	Troy	43:00

MALE AGE GROUP: 30 - 34

1 Brandon Vioria	34	East Greenbush	23:04
2 Randy Wasniski	33	Rotterdam	27:55

FEMALE AGE GROUP: 30 - 34

1 Christy Puglisi	33	Amsterdam	27:21
2 Julianne Messia	33	Troy	28:51
3 Aubrey Salisbury	30	Ravena	33:33

MALE AGE GROUP: 35 - 39

1 David Benyo	35	West Sand Lake	22:00
2 John Clements	39	Wynantskill	24:40
3 Anthony Geraci	37	Averill Park	25:21

FEMALE AGE GROUP: 35 - 39

1 Traci Utter	38	Niskayuna	25:02
2 Andrea Murray	39	Wynantskill	30:07
3 Angel Jewell	38	Averill Park	31:32

MALE AGE GROUP: 40 - 44

1 Cory Wajda	40	Sand Lake	21:45
2 George Balogh	44	Averill Park	22:57
3 Mike Cavotta	42	Mechanicville	24:00

FEMALE AGE GROUP: 40 - 44

1 Karen Skiba	44	Averill Park	24:06
2 Mary Harding	40	Chatham	25:36
3 Laura Flöge	44	West Sand Lake	26:59

MALE AGE GROUP: 45 - 49

1 Todd Westhuis	46	Chatham	22:55
2 Tom Denham	47	Delmar	24:56
3 Rich Reilly	49	East Greenbush	27:41

FEMALE AGE GROUP: 45 - 49

1 Dawn Harrington	49	Averill Park	27:41
2 Cherie Bentley	48	West Sand Lake	30:16
3 Daryl Bart	47	Wynantskill	30:29

MALE AGE GROUP: 50 - 54

1 Tom Mack	50	Wynantskill	23:08
2 Scott Reynolds	54	Gansevoort	26:46
3 Jim Bonesteel	53	Averill Park	29:57

FEMALE AGE GROUP: 50 - 54

1 Virginia Greenwood	52	Averill Park	30:15
2 Fran Lewis	53	Delmar	40:09
3 Joanne Goodermote	54	East Nassau	52:34

MALE AGE GROUP: 55 - 59

1 Francisco Escobar	55	Averill Park	25:57
2 Dave Wilber	56	East Greenbush	27:11

FEMALE AGE GROUP: 55 - 59

1 Paul Lundgren	62	Averill Park	24:37
2 Martin Patrick	61	East Greenbush	24:45
3 Jim Kahler	64	Troy	30:54

MALE AGE GROUP: 60 - 64

1 Cathy Soloyna	62	Wynantskill	32:20
2 LouAnne Lundgren	61	Averill Park	34:15
3 Jacqueline Tremont	64	Averill Park	38:18

FEMALE AGE GROUP: 65 - 69

1 Stasia Turbiasz	67	Averill Park	38:40
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MALE AGE GROUP: 65 - 69

1 Jan Buck	65	Wynantskill	38:39
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*Courtesy of Run for the Warriors Race Committee***11TH ANNUAL SARATOGA LIONS DUATHLON** *continued***FEMALE AGE GROUP: 20 - 24**

1 Kate Prendergast	24	Voorheesville	2:23:58
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MALE AGE GROUP: 25 - 29

1 Daniel Ayala	29	Schenectady	1:35:39
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FEMALE AGE GROUP: 25 - 29

2 Ben Jordan	27	Wilton	1:37:57
3 Lucas Raymond	26	Pottersville	1:41:28

MALE AGE GROUP: 30 - 34

1 Andrea Hollinger	27	Averill Park	1:44:22
2 Rachel Waller	29	Burnt Hills	1:50:57
3 Erin Ayala	27	Schenectady	1:56:46

FEMALE AGE GROUP: 30 - 34

1 James Keyzer	30	Greenfield Center	1:32:27
2 Josh Merlis	33	Albany	1:33:42
3 Scott Peck	30	Delmar	1:38:03

MALE AGE GROUP: 35 - 39

1 Ralee Grimm	33	Albany	1:56:37
2 Sarah Strook	32	Glenmont	1:57:32
3 Maggie Catanese	33	Clifton Park	2:08:15

FEMALE AGE GROUP: 35 - 39

1 Patrick Hendrix	39	Ticonderoga	1:37:30
2 Jeremy McNamara	36	Albany	1:39:04
3 John Bonetsky	39	Niverville	1:39:07

MALE AGE GROUP: 40 - 44

1 Kim Morrison	35	Wynantskill	1:53:04
2 Karel Spratt	36	Gansevoort	2:02:39
3 Joan Rocco	39	Mechanicville	2:08:14

FEMALE AGE GROUP: 40 - 44

1 Brenden Rillahan	42	South Glens Falls	1:30:08
2 Raymond Rogers-Harrington	40	Saratoga Springs	1:33:36
3 Daniel Murphy	44	Delmar	1:37:08

MALE AGE GROUP: 45 - 49

1 Cathy Oldrich	44	Valatie	1:44:49
2 Stephanie Rogers	42	Potsdam	1:46:25
3 Nancy Wood	42	Hinesburg, VT	2:00:15

FEMALE AGE GROUP: 45 - 49

1 Greg Moore	45	Saranac Lake	1:38:30
2 Paul Allen	48	Latham	1:38:46
3 Dan Shyne	47	Selkirk	1:44:22

MALE AGE GROUP: 50 - 54

1 Lisa Eriksson	47	Richmond	1:53:14
2 Bridget Cotugno	48	Malta	1:59:12
3 Kelly Gillen	48	Altamont	2:12:38

FEMALE AGE GROUP: 50 - 54

1 Michael Stalker	52	Burnt Hills	1:36:48
2 Tomo Miyama	50	Valatie	1:37:44
3 Daniel Hart	52	Waterford	1:43:40

MALE AGE GROUP: 55 - 59

1 Bridgett Fray	54	Niskayuna	1:50:50
2 Sara Bonthuis	54	Stamford	1:59:00
3 Lisa Pleban	50	Gansevoort	2:04:23

FEMALE AGE GROUP: 55 - 59

1 John Noonan	55	Ballston Spa	1:30:04
2 Ronald Zielinski	57	Schenectady	1:43:14
3 Ron Green	56	Gloversville	1:43:29

FEMALE AGE GROUP: 55 - 59

1 Jeanette Mitchell	55	Lindenhurst	1:56:39
2 Amy Perillo	55	Guilderland	2:10:58
3 Deborah Curtis	55	Greenfield Center	2:12:46

MALE AGE GROUP: 60 - 64

1 George Baranauskas	61	Scotia	1:52:04
2 Sam Burse	60	Amsterdam	2:11:37
3 Steve Cohen	60	Hunter	2:16:10

FEMALE AGE GROUP: 60 - 64

1 Donna Lustenhouwer	61	Altamont	2:18:05
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MALE AGE GROUP: 65 - 69

1 Nick Mercurio	69	Cottkill	1:49:45
1 Christine McKnight	67	Gansevoort	2:10:40

FEMALE AGE GROUP: 65 - 69

1 David Chioffi	72	Weston	1:55:07
2 Jim Cunningham	70	Ticonderoga	1:58:05

MALE AGE GROUP: 70 - 74

1 Nomad: Carolyn Wilk/Riley Wilk			1:41:14
2 Katie Kendra: Kendra Kline/Katie Nemer			1:47:09
3 Rio Max Warriors: Dianne Martin/Rebecca Mart			1:53:07

TWO-PERSON FEMALE RELAY TEAM

1 Fleet Feet NYS: Gary Campbell/Ken Little			1:22:45
2 M2: David Morrissey/Michael Morr			1:32:47
3 Wise Domin8r: Dominick Marchesello/Gerard Wise			1:33:30

TWO-PERSON MALE RELAY TEAM

1 MarCha: Marie Whitney/Chance Wilk			1:32:52
2 Tom1: Elizabeth Ricci/Tom Suozzo			1:35:26
3 Usas: Caroline Usas/Andrew Usas			1:39:50

THREE-PERSON FEMALE RELAY TEAM

1 Just For Fun: Josie Barber/Reese Barber/Cheryl Wise			2:01:18
2 Ballston Lake Babes: Kathy Basirico/Liz Prybylow/Sheryl Hamel			2:03:15

THREE-PERSON MALE RELAY TEAM

1 Good Riddance: North Bryce/Ethan North/James North			1:34:40
2 Tomhannock Warriors: Timothy Bonnier/Kevin Cosgro/Alex Sherman			1:37:29
3 Toga Nordic + Track: Patrick Broderick/Adam Marino/Ethan North			1:38:40

THREE-PERSON MIXED RELAY TEAM

1 Stretcher Please: Tyrone Culppepper/Dede Hill/Chip Kilduff			1:47:24
2 CHC: Carissa Conely/Craig Davis/Heather Davis			1:50:50
3 Von Allmen: Heather Von Allmen/Peter Von Allmen/Thomas Von Allmen			2:03:22

CORPORATE RELAY TEAM

1 Elevate Cycles: Stefano Fontana/Chris Pitts/Stefano Fontana			1:31:45
2 Real Men of Brokerage: Sean Derosa/Stephen Nick/Keen Simpson			2:05:30
3 The Wesley Community: Ray Geisel/Candace Petr/Angela Scrip			2:10:55

*Courtesy of Saratoga Springs Lions Club***37TH ANNUAL FREIHOFFER'S RUN FOR WOMEN 5K, JUNIOR 3K & USATF 5K RACE WALK CHAMPIONSHIP**
*May 30-31, 2015 • Albany City Hall, Albany***WOMEN'S 5K RUN****TOP 10 OVERALL**

1 15:37 Emily Chebet	29	KENYA
2 15:40 Cynthia Limo	25	KENYA
3 15:44 Buze Diriba	21	ETHIOPIA
4 15:49 Isabella Ochichi	35	KENYA
5 15:54 Meskerem Assefa	29	ETHIOPIA
6 15:58 Amane Gobena	32	ETHIOPIA
7 16:06 Diane Nukuri	30	BURUNDI
8 16:10 Serena Burla	32	Falls Church, VA
9 16:15 Lindsay Flanagan	24	Silver Spring, MD
10 16:16 Nazret Weldu Gebrehivet	25	ERITREA

TOP 5 MASTERS

1 17:33 Melody Fairchild	41	Boulder, CO
2 17:42 Marisa Sutera Strange	51	Pleasant Valley
3 17:47 Christ		

RACE RESULTS

37TH ANNUAL FREIHOFFER'S RUN FOR WOMEN 5K, JUNIOR 3K & USATF 5K RACE WALK CHAMPIONSHIP *continued*

7 19:45	Kristen Jordan	19	Clifton Park	4 39:49	Linda Campbell	61	Kissimmee, FL
8 19:49	Kerry Flower	15	Schenectady	5 45:11	Cindy Kelly	65	Albany
9 19:51	Chelsea Wojeski	19	East Greenbush	MOTHER/DAUGHTER TEAMS			
10 19:54	Carolyn Pellegrini	17	Albany	1 41:49	Nicole Blood/Jill Marie Buff		
AGE GROUP: 20 - 24							
1 16:35	Monicah Ngige	21	KENYA	2 42:23	Kristen Jordan/Therese Jordan		
2 16:55	Andie Cozzarelli	24	Raleigh, NC	3 44:19	Abigail Werwaiss/Alison Heaphy		
3 17:23	Sheree Shea	23	San Diego, CA	SISTER/SISTER TEAMS			
4 17:54	Brianna Castrogiovanni	22	Commack	1 39:05	Brooke Wojeski/Chelsea Wojeski		
5 18:10	Trisha Byler	21	Rochester	2 39:59	Elizabeth Lucason/Morgan Lucason		
6 18:15	Molly Pezzulo	22	Saratoga Springs	3 41:49	Carolyn Pellegrini/Samantha Pellegrini		
7 18:45	Meredith Rizzo	20	Bronxville	GRANDMOTHER/MOTHER/DAUGHTER TEAMS			
8 20:38	Brianne Bellon	23	Greenfield	1 1:12:02	Rachel Hodge/Katherine Hodge/Nancy Hodge		
9 20:53	Katlin Mock	24	Albany	2 1:21:15	Abigail Stevens/Nancy Stevens/Elizabeth McLaughlin		
10 21:05	Jennifer Fisher	21	Hampden, MA	3 1:30:13	Violet Piccinini/Kristin Stainbrook/Karen Stainbrook		
AGE GROUP: 25 - 29							
1 16:18	Megan Hogan	27	New York	FRIENDS/FAMILY TEAMS			
2 16:29	Alissa McKaig	29	Brooklyn Rock, NC	1 59:17	Eva Scott/Jordan Casey/Alexis Scott		
3 16:30	Makida Abdela	26	ETHIOPIA	2 1:15:53	Renee Damico/Amy Rodak/Emily Rodak		
4 16:40	Ann Wanjiur	28	KENYA	3 1:24:50	Kelly Patterson/Sara Patterson/Sue Patterson		
5 16:52	Hannah Davidson	25	Fayetteville	HIGH SCHOOL TEAMS			
6 17:41	Nicole Blood	27	Altamont	1 59:11	Colonie HS: Kathryn Tenney/Amanda Chambers/Belle Bower		
7 18:14	Britta Burns	26	Watertown	2 59:56	Kinetic F: Alana Zebrowski/Megan Morin/Madeline Tooker		
8 18:19	Sylvie Lloyd	28	Clifton Park	3 1:02:01	Kinetic C: Erin Carey/Hunter Von Ahn/Carley Vetter		
9 18:38	Nicole Soblosky	27	Albany	CORPORATE TEAMS			
10 19:19	Jessy Montrose	28	Ballston Lake	1 1:19:42	Ellis Medicine D: Lisa Scaringe/Randi Zier/Linda Shaw		
AGE GROUP: 30 - 34							
1 17:14	Christie Ramsey	32	New Haven, CT	2 1:35:39	Ellis Medicine: Marilyn Ripple/Sarina Cooper/Nicole Magnoli		
2 17:27	Salome Kosgei	34	KENYA	3 1:39:05	Northeast Career Planning: Dana Silano, Rachel Brugeman, Michelle Clark		
3 18:18	Karen Bertasso	30	Scotia	USATF CLUB TEAMS: OPEN			
4 18:28	Laura Pierce	33	Wethersfield, CT	1 54:20	Westchester TC Open: Salome Kosgei/Jennifer St Jean/Meredith Rizzo		
5 18:54	Jennifer Mortimer	33	New London, NH	2 55:39	Kinetic A: Renee Tolan/Sara Dunham/Kristen Quaresimo		
6 19:20	Erin Lopez	34	Saratoga Springs	3 56:39	Willow St. Open 1: Karen Bertasso/Emily Bryans/Erin Lopez		
7 19:25	Kristen Quaresimo	30	Ballston Lake	USATF CLUB TEAMS: MASTERS 40+			
8 20:25	Janne Rand	30	Albany	1 1:03:33	Willow St. AC 40: Anne Benson/Sally Drake/Nancy Briskie		
9 21:33	Jill Splonskowsky	33	Schenectady	2 1:11:30	Saratoga Stryders 40: Mary Fenton/Lauren Herbs/Erin Bach-Lloyd		
10 21:59	Emily Bockett	34	South Salem	USATF CLUBS TEAMS: SENIORS 50+			
AGE GROUP: 35 - 39							
1 18:07	Sara Dunham	38	Plattsburgh	1 1:05:24	Westchester TC Masters: Charlotte Rizzo/Suzanne Myette/Estela Medina		
2 18:31	Erin Flynn	36	Newtown, MA	2 1:08:09	Willow St. AC 50: Beth Stalker/Mary Buck/Martha DeGrazia		
3 18:34	Karen Blodgett	39	Rochester	3 1:11:39	Liberty AC 50: Victoria Bok/Joanne Hill/Drusilla Pratt-Otto		
4 21:07	Estelle Burns	39	Troy	ADIRONDACK WOMEN: OPEN TEAMS			
5 21:16	Shannon Pinkowski	39	Albany	1 55:39	Kinetic A: Renee Tolan, Sara Dunham, Kristen Quaresimo		
6 21:19	Jennifer Bennice	36	Ballston Lake	2 56:39	Willow St. Open 1: Karen Bertasso, Emily Bryans, Erin Lopez		
7 21:22	Danielle Maslowsky	36	Ballston Lake	3 57:23	ARE Racing Team A: Nicole Soblosky, Courtney Breiner, Lisa D'Aniello		
8 21:53	Laura Zima	35	Schenectady	JUNIOR 3K RUN			
9 22:11	Elizabeth Lis	37	Saratoga Springs	MALE OVERALL			
10 22:20	Kari Deer	36	Slingerlands	1 11:37	William Krebs	14	Valhalla MS
AGE GROUP: 40 - 44							
1 18:08	Jennifer St. Jean	40	Darien, CT	2 11:55	Trevor Dzikowicz	11	Amsterdam MS
2 19:32	Melissa Senall	43	Fairport	3 12:12	Carson Engstrom	10	
3 19:37	Erin Corcoran	41	Schenectady	FEMALE OVERALL			
4 21:02	Sally Drake	42	Albany	1 12:33	Rylee Davis	9	Hamagrael ES
5 21:06	Karen Dolge	44	Valatie	2 13:56	Jenna Urbanski	12	Stillwater CS
6 21:17	Denise Vanderwerken	43	Cobleskill	3 15:05	Shea White	11	Green Meadow School
7 21:46	Carrie Milano	43	Clifton Park	FEMALE AGE GROUP: 1 - 9			
8 21:47	Melissa Maguire	42	Albany	1 15:31	Gabriella Razzano	8	Green Meadow School
9 21:55	Christa Dederick	43	Berne	2 15:53	Madison Arsenault	9	Green Meadow School
10 22:39	Stephanie Monteau	41	East Greenbush	3 17:20	Sophia Smith	8	Pawlet, VT
AGE GROUP: 45 - 49							
1 18:45	Mary Pardi	45	Falmouth, ME	4 17:52	Candice Espino	9	Green Meadow School
2 19:01	Emily Bryans	47	Delanson	5 17:52	Natalie Cooney	9	Albany
3 19:30	Terri Artese	49	Schenectady	6 18:14	Lily Panasci	9	Green Meadow School
4 21:17	Kelly Ahlfeld	49	Pawlet, VT	7 18:47	Erika Irwin	9	Guilderland ES
5 21:34	Alyssa Risko	49	Schenectady	8 18:55	Kaley Donovan	8	Green Meadow School
6 21:56	Peggy Egan	49	Albany	9 18:56	Anna Nassiviera	8	Green Meadow School
7 22:14	Shebna Olsen	45	Brooklyn	10 19:38	Caleigh Song	7	Green Meadow School
8 22:29	Alison Heaphy	48	Nassau	MALE AGE GROUP: 1 - 9			
9 22:30	Mary Fenton	49	Ballston Spa	1 12:28	Carter Norton	9	Green Meadow School
10 22:49	Shelley Wrzochalski	45	Green Bay, WI	2 13:05	Dominick Holmes	9	St. Ambrose School
AGE GROUP: 50 - 54							
1 20:38	Anne Benson	50	Clifton Park	3 13:22	Dylan Maychack	9	Green Meadow School
2 20:39	Charlotte Rizzo	52	Bronxville	4 13:37	Alexander Swinnie IV	8	Green Meadow School
3 21:26	Mary Buck	51	Mechanicville	5 13:39	Colin Kelliher	9	Green Meadow School
4 21:53	Lisa Nieradka	50	Clifton Park	6 13:44	Cameron Mingle	9	Bell Top ES
5 22:01	Nancy Nicholson	53	Queensbury	7 14:40	Colin Demarco	9	Green Meadow School
6 22:06	Victoria Bok	53	Jamaica Plain, MA	8 15:24	Jackson Wagner	9	Green Meadow School
7 22:17	Kristen Hislop	50	Clifton Park	9 15:29	Andrew Orcutt	8	Green Meadow School
8 22:23	Bridgett Frary	54	Schenectady	10 15:35	Jackson Dusenbery	7	Green Meadow School
9 22:30	Christine Varley	51	Albany	FEMALE AGE GROUP: 10 - 11			
10 22:31	Mary Weeks	53	Langrangeville	1 15:53	Emily Fredericks	11	Paige ES
AGE GROUP: 55 - 59							
1 20:00	Carmen Ayala-Troncoso	56	Austin, TX	2 16:33	Kara Cooney	11	
2 21:19	Beth Stalker	55	Burnt Hills	3 16:35	Elizabeth Irwin	11	Guilderland ES
3 21:48	Suzanne Myette	58	Endicott	4 16:51	Anne Stanavich	10	
4 21:53	Nancy Briskie	57	Rotterdam	5 16:52	Kamryn Tiley	10	Green Meadow School
5 22:42	Nancy Taormina	56	Albany	6 17:35	Jacquelyn Sullivan	11	Schoharie ES
6 22:48	Carol Healey	55	Troy	7 17:35	Sophia Annastass	10	Slingerlands ES
7 23:26	Maureen Fitzgerald	57	Clifton Park	8 17:40	Angelina Sorese	10	New Scotland ES
8 24:22	Nancy Dorn	56	Plymouth, MA	9 18:29	Marissa Van Dyck	11	Lisha Kill ES
9 24:38	Denise Herman	59	Saratoga Springs	10 19:15	Makayla Maxian	11	Rensselaer ES
10 25:07	Karen Gerstenberger	57	Albany	MALE AGE GROUP: 10 - 11			
AGE GROUP: 60 - 64							
1 24:06	Donna May	60	Miramar, FL	1 12:18	Graham Richard	10	Delaware CS
2 24:59	Shelley Fox	62	Southport, NC	2 12:23	Timothy Neeson	10	Green Meadow School
3 25:10	Erika Oesterle	63	Stamford	3 13:36	Tyler Greene	11	Glen Worden ES
4 25:16	Carrie McDermott	64	Delmar	4 14:20	Logan Doll	10	Shenendehowa CS
5 25:24	Martha DeGrazia	64	Slingerlands	5 14:29	Andrew Kirby	10	Eagle ES
6 26:28	Mary Ann Serian	60	Richmond, MA	6 14:34	Padraig McTigue	11	Bethlehem Children's School
7 26:31	Joan Celentano	61	Schenectady	7 14:58	Patrick Krebs	11	Kensico School
8 27:41	Carolyn George	61	Albany	8 14:59	Everett Ray	10	Green Meadow School
9 27:48	Ginny Moore	60	Clifton Park	9 15:42	Sam Dederick	11	Greenville MS
10 27:48	Jill Mehan	60	Troy	10 16:09	Shawn Moon	10	Cairo-Durham ES
AGE GROUP: 65 - 69							
1 26:38	Susan Wong	67	Glenmont	FEMALE AGE GROUP: 12 - 14			
2 27:27	Marie Kaehler	67	Delmar	1 15:27	Brooke Macica	13	Stillwater MS
3 27:36	Nancy Hodge	67	Delmar	2 16:02	Cari Dederick	13	Greenville MS
4 28:44	Emily Ettlinger	66	Troy	3 16:25	Gabrielle Stanavich	14	
5 29:33	Cheryl Majewski	65	Gloversville	4 16:27	Sarah Izzo	14	
6 29:41	Anne Tyrrell	65	Albany	5 16:32	Jaclyn Stanavich	12	
7 30:20	Pamela Kash	65	East Greenbush	6 17:33	Julissa Forde	12	Forts Ferry ES
8 31:22	Peggy Keigley	65	Greenfield Center	7 21:08	Summer Quinn	12	Farnsworth MS
9 31:45	Kathy Frederick	65	Clifton Park	8 22:11	Kiara Morrissey	13	Voorheesville MS
10 32:10	Kristine Thorne	65	Clifton Park	9 25:37	Bella Condo	12	Green Meadow School
AGE GROUP: 70 - 74							
1 28:53	Jayne Zinke	72	Valatie	MALE AGE GROUP: 12 - 14			
2 30:51	Marge Rajczewski	74	Ballston Lake	1 12:50	Liam Fuller	12	St. Pius X School
3 31:09	Dee Tichy	70	Troy	2 13:11	Aidan Cooney	13	
4 33:23	Yvonne Tasker-Rothenberg	73	Jamesville	3 13:55	Albert Chang	14	Columbia HS
5 36:50	Andrea Breslin	71	Gansevoort	4 14:15	Cameron Davis	14	Delmar Track & Field
6 37:22	Virginia Parsons	72	Clifton Park	5 14:22	Ronan Coughlin	13	LaSalle Institute
7 37:26	Daryl Pierce	71	Gloversville	6 14:39	Connor Alaxanian	14	Belltop School
8 37:57	Ann Kieler	70	Delmar	7 14:58	Sven Ceniza	12	Myers MS
9 39:26	Natalie Nussbaum	71	Cohoes	8 17:46	Henry Ahlfeld	14	Mountain School at Winhall
10 40:32	Susan Fasset	70	Ballston Spa	9 19:39	Ronald Dixon III	13	Queensbury MS
AGE GROUP: 75 - 79							
1 24:33	Libbie James	78	Fort Collins, CO	10 19:45	Aidan Alaxanian	12	Belltop School
AGE GROUP: 80 - 84							
1 41:28	Anny Stockman	82	Rensselaer	USATF 5K RACE WALK CHAMPIONSHIP			
2 51:30	Mary Dennigan	82	Hoboken, NJ	MALE OVERALL			
3 52:12	Gisela Choi	83	Schenectady	1 21:50	John Cody Risch	24	Q-Elite
AGE GROUP: 85 - 89							
1 65:24	Nancy Gerstenberger	85	Albany	2 22:27	Richard Luettichau	30	Shore AC
2 69:33	Doris Schlamowitz	85	Albany	3 25:15	Dave Talcott	55	Syracuse Chargers TC
FAB FIVE - Run All 37 Years of Race							
1 24:38	Denise Herman	59	Saratoga Springs	FEMALE OVERALL			
2 37:07	Ellen Picotte	63	Albany	1 21:51	Mania Michta-Coffey	28	Walk USA
3 38:02	Bernadette LaManna	64	Albany	2 24:41	Teresa Vaill	52	Pegasus AC
				3 24:50	Meaghan Podlaski	17	Fleet Feet Sports Run/Walk Club

Courtesy of USA Track & Field Adirondack

5TH ANNUAL SURVIVE THE FARM CHALLENGE *continued*

MALE AGE GROUP: 1 - 14				MALE AGE GROUP: 45 - 49					
1	Bartek Malinkowski	14	North Creek	32:05	1	Stephen Palmer	47	Granville	33:25
2	Jack Chennault	12	Hurley	34:48	2	John Keller	46	East Greenbush	33:32
3	Zachary Price	10	Cambridge	36:59	3	Todd Gunter	47	Schuylerville	39:27
FEMALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 45 - 49					
1	Mollie Stralter	13	Greenwich	35:43	1	Kristen Eastman	46	Salem	34:18
2	Emma Cronin	13	Greenwich	35:43	2	Dawn Whiting	46	Greenwich	35:49
3	Julianne Burns	14	Clifton Park	37:44	3	Dina St. Claire	46	Whitehall	36:05
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 50 - 54					
1	Justin Gaines	18	Hoosick Falls	28:52	1	Ty Chennault	51	Hurley	35:06
2	Tom Burns	16	Clifton Park	28:57	2	Tony Malinkowski	50	Hoosick Falls	36:50
3	Patrick Hilt	17	Colonie	28:59	3	Jim Burns	51	Clifton Park	42:09
FEMALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 55 - 59					
1	Alyssa Paul	18	Schaghticoke	41:29	1	Audrey Fischer	54	Greenwich	47:36
2	Samantha Carlo	19	Schaghticoke	44:43	2	Diane Gulbrandsen	52	Saratoga Springs	56:26
3	Anna Cassidy	18	Shushan	44:54	3	Lisa Pallone	54	Clifton Park	56:59
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 60 - 64					
1	Karl Palmer	22	Granville	28:24	1	Lenny Blond	60	Scotia	47:51
2	Adam Symer	24	Gansevoort	32:03	2	Timothy Newbury	61	Johnsenville	54:12
3	Cody Gaines	20	Hoosick Falls	34:55	3	Randy Palmer	61	Saratoga Springs	56:26
FEMALE AGE GROUP: 20 - 24				MALE AGE GROUP: 25 - 29					
1	Elle Palmer	20	Granville	36:01	1	Neil Cary	29	Scotia	28:58
2	Kiley Mereecki	22	Cambridge	42:35	2	OC West	29	Fort Ann	35:02
3	Ellen Cassidy	21	Shushan	43:29	3	Joe Miskewicz Jr.	25	Loudonville	36:27
FEMALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 30 - 34					
1	Lauren Williams	25	Troy	34:52	1	Tim Best	33	Hampton	33:02
2	Erin Williams	28	Plympton, MA	35:04	2	Jameson Phillips	30	Nassau	38:55
3	Danielle Ryan	27	Hoosick Falls	36:47	3	Joseph Kazukenus	32	Clifton Park	38:57
MALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 35 - 39					
1	Patricia Bassett	33	Cambridge	38:52	1	Megan Carney	36	Salem	

WILMINGTON-WHITEFACE RACE WEEKEND 8TH ANNUAL WILMINGTON-WHITEFACE ROAD RACE & 2ND ANNUAL WILMINGTON CIRCUIT RACE May 30-31, 2015 • Town Youth Park, Wilmington

WILMINGTON-WHITEFACE ROAD RACE

MEN CAT 1/2/3		
1 Alec Hoover	Table Rock Tours	3:47:29
2 Jake Hollenbach	Dealer.com Cycling Team	3:47:42
3 Sean McCarthy	Dealer.com Cycling Team	3:47:46
4 Matt Silvestro	Photon Racing	3:47:50
5 Matt Surch	Tekne Cycle Club	3:47:57
6 Osmond Bakker	Wheels Of Bloor	3:47:58
7 Ian Clarke	Killington Mountain School	3:48:03
8 Eric Tremble	Dealer.com Cycling Team	3:59:45
9 Andrew Lees	Nine2FivePro Cycling Team	4:01:43
MEN CAT 1/2/3/4 MASTERS 40+		
1 Steve Proulx	Cyclery Racing	2:38:31
2 Marc Boudreau	Cyclery Racing	2:40:20
3 Craig Hawkes	Cyclery Racing	2:47:05
4 Jeff Johnston	Nine2FivePro.com	3:00:41
MEN CAT 1/2/3/4 MASTERS 50+		
1 Robert Douglas	Park Ave Bike Shop	2:42:22
2 Kurt Gustafsson	Century Road Club/Axis	2:48:26
3 Philip Beliveau	1K2GO Coffee/Burris Logistics	2:50:30
4 Richard Karaz	GS MVBC	2:51:17
5 Theodor Schnauffer	Livingston Cycling Club	2:51:27
6 Colin Funk	First Capital Cycling	2:53:08
7 Sylvain Lapierre	CC Centre Peak/B. Hinault	2:57:06
8 Kevin Williams	HRRT	2:59:57
MEN CAT 3/4		
1 Kevan Edwards	Mello Velo	2:38:04
2 William Goodness	Bristol Mountain Road Racing	2:38:14
3 Fred David	CRCA/e2Value	2:38:38
4 Daniel Patterson	Farm Team Cycling	2:38:42
5 Brian Howles	Team I Hate Cancer	2:38:45
6 Rowan Barrett	ABC Cycles/Honda Centreville	2:38:49
7 Erik Markewich	Farm Team Elite	2:39:02
8 David Stauffer	Cornell Cycling Club	2:39:39
9 Alexandre Dion	ABC Cycles/Honda Centreville	2:39:52
10 Jiahe Li	Cornell Cycling Club	2:39:56
11 Patrick Murphy	BCA/Linen	2:42:15
12 Keith Rousseau	1K2GO Coffee/Burris Logistics	2:43:36
13 Jean-François Fafard	ABC Cycles/Honda Centreville	2:44:37
14 Wyatt Drake	Farm Team Cycling	2:46:48
15 Rob Montgomery	1K2GO Coffee/Burris Logistics	2:46:52
16 Rod Matheson	Toguri Training Systems	2:48:18
17 Ian Clark	Monsters	2:50:21
18 Jonathan Albano	Capital Bicycle Racing Club	3:00:12
19 Jeff Krywanczyk	Capital Bicycle Racing Club	3:01:33
20 Lyle Schultz	Capital Bicycle Racing Club	3:07:37
MEN CAT 4/5		
1 Kevin Higgins	NorEast Cycling	2:03:12
2 Jake Hoover	Table Rock Tours	2:03:15
3 Jane Briggs	Unattached	2:03:18
4 Daniel Schopp	CRCA/Lucarelli & Castaldi	2:03:43
5 Colin Delaney	High Peaks Cyclery	2:04:08
6 Douglas Gardner	1K2GO Coffee/Burris Logistics	2:04:16
7 Robert Cosgriff	North American Velo	2:04:19
8 Tyler Chapman	Bike Rack Racing	2:04:22
9 Chad Phillips	1K2GO Coffee/Burris Logistics	2:04:38
10 Evan Osler	1K2GO Coffee/Burris Logistics	2:05:10
11 Patrick Hendrix	Unattached	2:06:34
12 Tom Macera	Syracuse Bicycle Racing	2:06:37
13 Michel Gauvin	DAC Jet/CT	2:07:04
14 Emmanuel Parent	Groupe Sportif/CT	2:07:06
15 Wojtek Komsta	Unattached	2:07:16
16 Tom Moody	1K2GO Coffee/Burris Logistics	2:08:32
17 David Smith	Team Placid Planet	2:10:54
18 James Ashenfeller	Unattached	2:13:58
19 Stephen Romero	North American Velo	2:13:58
20 Jerry Macner	Team Placid Planet	2:13:59
21 James Oakley	GMB	2:14:18
22 Pedro Ferrando-Ross	Unattached	2:14:54
23 Scott Lawrence	Team Placid Planet	2:14:58
24 Rob Walsh	Cycling Concepts Racing Team	2:14:59
25 Stephen McAlpine	Capital Bicycle Racing Club	2:15:59
26 Daniel Anhalt	Team Placid Planet	2:16:01
27 Shannon Purcell	Drummond Cycles	2:16:50
28 Ken Birchenough	Unattached	2:19:28
29 Brian Wood	Capital Bicycle Racing Club	2:21:07
30 Loring Porter	Team Placid Planet	2:23:47
31 John Farmerie	Cycling Spoken Here	2:24:27
32 Phil Neisser	Team Wear on Earth	2:29:48
33 Dan Casey	Team Wear on Earth	2:43:35
34 Robert Light	US Military	2:47:04
35 Benson Hans	Unattached	2:50:34
36 Richard Mertl	Powerwatts	2:59:27
37 Eric Gustafson	Team Wear on Earth	3:02:50
MEN JUNIOR 11-12		
1 Levi Drake	Farm Team Cycling	49:18
MEN JUNIOR 15-16		
1 Will Moody	1K2GO Coffee/Burris Logistics	2:15:41
2 Adam Wolfe	Veloclub Metropolitan	2:16:46
3 Sam Noel	1K2GO Coffee/Burris Logistics	2:18:22
4 Harrison White	BayHill Capital Cycling Team	2:19:18

MEN JUNIOR 17-18		
1 Hunter Simpson	Team Somerset	2:15:45
2 Quentin Gagnon	Espoirs de Laval/Primeau Vélo	2:37:26
MEN MASTER MASTERS 60+		
1 Bruce Townend	PEAK Racing/Gear Works Cyclery	2:16:31
2 Chris Welch	GS MVBC	2:16:32
3 Alan Lesage	1K2GO Coffee/Burris Logistics	2:21:01
4 Richard Camping	Team Topwath/GVCC	2:23:32
5 Robert Dillon	Team FitWex	2:24:42
6 Allan Bates	BCA/Linen	2:26:11
7 Kenneth McGuinness	Capital Bicycle Racing Club	2:39:28
WOMEN CAT 1/2/3		
1 Kerrin Strevell	Farm Team Elite Cycling	3:06:02
2 Rosanne Van Dorn	Farm Team Elite Cycling	3:07:29
3 Amy Miner	Dealer.com Cycling Team	3:11:52
4 Audrey Friedrichsen Scott	Finkraft Cycling Team	3:15:05
5 Turner Ramsay	Killington Mountain School	3:27:22
WOMEN CAT 3/4		
1 Nancy Bailey	FinKraft Cycling Team	1:40:46
2 Gia Rinaldi	Tekne Cycling Club	1:42:29
3 Abby Delia		1:44:33
4 Dee Barbic	1K2GO Coffee/Burris Coffee	1:44:53
5 Maja Kostic	Tekne Cycle Club	1:49:17
6 Madeline Smith	Team Wear On Earth	1:50:49
WOMEN MASTER MASTERS 40+		
1 Suzanne Guidé	Once Again Nut Butter/LCC	1:46:02
2 Marie-Pierre Renaud	Groupe Sportif CT	1:51:44

WILMINGTON CIRCUIT RACE

MEN CAT 1/2/3		
1 Sean McCarthy	Dealer.com Cycling Team	1:34:55
2 Stephen Chapman	Tekne Cycling Club	1:41:01
3 Eric Tremble	Dealer.com Cycling Team	1:41:01
4 Alec Hoover	Table Rock Tours	1:41:01
5 Marc Boudreau	Cyclery Racing	1:41:22
6 Lawrence Heller	CNY Cycling/NYCM Insurance	1:42:51
7 Noah Barrow	Killington Mountain School	1:43:27
8 Vivien Rindsbacher	Killington Mountain School	1:44:57
MEN CAT 1/2/3/4 MASTERS 40+		
1 Kevin Duniho	1K2GO Coffee/Burris Logistics	1:50:19
2 Gary Steinberg	Brauer/Mick Management	1:50:33
MEN CAT 1/2/3/4 MASTERS 50+		
1 Kurt Gustafsson	Century Road Club/Axis	1:50:42
2 William McGreevy	Team Placid Planet	1:50:48
3 Kevin Williams	HRRT	1:50:51
4 Michel Gauvin	DAC Jet/CT	1:51:36
5 Tom Moody	1K2GO Coffee/Burris Logistics	1:51:36
6 William Irving	Bicycle Depot	1:51:47
7 Brian Polhemus	Capital Bicycle Racing Club	1:52:02
MEN CAT 3/4		
1 Alexandre Lee	Team DAC Jet/CT	1:41:42
2 Patrick Murphy	BCA/Linen	1:41:42
3 Colin Delaney	High Peaks Cyclery	1:41:42
4 Jason Dellio	US Military Cycling	1:44:16
5 John Farmerie	Cycling Spoken Here	1:44:16
6 Marc Kingsley	CNY Cycling/NYCM Insurance	1:44:19
MEN CAT 4/5		
1 Daniel Schopp	CRCA/Lucarelli & Castaldi	1:49:13
2 Jake Hoover	Table Rock Tours	1:49:14
3 Tyler Chapman	Bike Rack Racing	1:49:16
4 Nicholas Seleni	Team Placid Planet	1:49:17
5 John Farmerie	Cycling Spoken Here	1:49:18
6 Jase Briggs	Unattached	1:49:18
7 Daniel Rivers	Maxpower Cycling Team	1:49:22
8 Ian Clark	Monsters	1:49:27
9 Wojtek Komsta		1:49:28
10 David Smith	Team Placid Planet	1:49:31
11 Loring Porter	Team Placid Planet	1:49:32
12 Brian Wood	Capital Bicycle Racing Club	1:49:58
MEN JUNIOR 13-14		
1 Joel Plamondon	Espoirs Laval	36:37
MEN JUNIOR 15-16		
1 Robin Plamondon	Espoirs Laval	1:23:27
2 Antoine Dalteno	Espoirs Laval	1:24:10
3 Sam Noel	1K2GO Coffee/Burris Logistics	1:30:13
4 Harrison White	BayHill Capital Cycling Team	1:30:13
MEN JUNIOR 17-18		
1 Will Moody	1K2GO Coffee/Burris Logistics	1:30:11
2 Hunter Simpson	Team Somerset	1:30:13
MEN MASTER MASTERS 60+		
1 Ralf Torke	CMS Racing	1:58:01
2 Bruce Townend	PEAK Racing/Gear Works Cyclery	1:58:10
3 Richard Camping	Team Topwath/GVCC	1:58:13
4 Allan Bates	BCA/Linen	1:58:25
WOMEN CAT 1/2/3		
1 Turner Ramsay	Killington Mountain School	1:32:17
2 Rosanne Van Dorn	Farm Team Elite Cycling	1:32:17
3 Caroline Gagnon	Groupe Sportif/CT	1:32:17
WOMEN CAT 3/4		
1 Caitlin Skufca	Team Placid Planet	1:37:01
2 Sascha Scott	Unattached	1:37:12

Courtesy of Team Placid Planet

3RD ANNUAL THE BIGGEST LOSER RUNWALK RACE SERIES *continued*

MALE AGE GROUP: 20 - 24			
1 Christopher Broere	Northport	24	25:47
2 Travis Payne		24	34:12
3 JJ Simard		21	35:35
FEMALE AGE GROUP: 20 - 24			
1 Emily Gibson	Bristol, VT	20	25:16
2 Krissy Flynn	Plattsburgh	23	25:40
3 Kaitlyn Facteau	Medford	23	26:09
MALE AGE GROUP: 25 - 29			
1 Bradley Loeb	Pelham, NH	25	25:07
2 Adam Norcross	Medford	27	30:16
3 Michael Johnston	Plattsburgh	29	30:23
FEMALE AGE GROUP: 25 - 29			
1 Kate Flynn	Plattsburgh	29	25:37
2 Erin Flaherty	Essex	28	25:43
3 Rachael Everleth		25	27:03
MALE AGE GROUP: 30 - 34			
1 Kevin Wetherby	Saint Albans, VT	33	21:44
2 Joshua Arthur	Keeseville	30	22:45
3 Ben Garrand	Plattsburgh	33	24:09
FEMALE AGE GROUP: 30 - 34			
1 Robin Affinati	West Monroe	34	22:12
2 Jessica Wetherby	Saint Albans, VT	32	23:27
3 Melissa Clark	Plattsburgh	34	25:43
MALE AGE GROUP: 35 - 39			
1 Travis Cayea	Cadyville	36	20:29
2 Jamie Latinville		39	20:49
3 Scott Carter	Saranac	36	21:26
FEMALE AGE GROUP: 35 - 39			
1 Joelle Lutgen	Baldwinsville	37	23:21
2 Linda Kirkum	Morrisville	35	26:05
3 Heather Bezio	Keeseville	37	26:27
MALE AGE GROUP: 40 - 44			
1 Jason Martin		40	27:42
2 Andrew Conti	Highland Falls	43	29:15
3 Dale Boyle	Dorval, QC	42	30:03
FEMALE AGE GROUP: 40 - 44			
1 Karen Linendoll		44	24:12
2 Melissa Whitman	Glens Falls	40	25:41
3 Staci Carter-Kelly	Plattsburgh	41	25:44
MALE AGE GROUP: 45 - 49			
1 Brain Rabideau		47	20:37
2 Scott Rockhill	Plattsburgh	46	23:56
3 Wade Whitney		46	27:11
FEMALE AGE GROUP: 45 - 49			
1 Kelly Simser Fountain	Hermon	46	28:26
2 Robin Rondeau	Keeseville	45	29:41
3 Natalie Royer-Loiselle	Olmstedville	47	30:16
MALE AGE GROUP: 50 - 54			
1 Mark Yamrick	Tupper Lake	50	22:05
2 Michael Korth	Peru	51	26:05
3 Willie Giroux	Chazy	52	27:32
FEMALE AGE GROUP: 50 - 54			
1 Lynn Ohlsten	Altona	50	23:14
2 Wanda Sample	Rockville Centre	53	27:52
3 Kathleen Ahlfeld	Massena	52	28:55
MALE AGE GROUP: 55 - 59			
1 Scott Abar		57	24:19
2 Richard Fisher	Lisbon	57	26:24
3 Roy Cardin	Champlain	56	26:43
FEMALE AGE GROUP: 55 - 59			
1 Tracey Howard	Peru	55	25:23
2 Mindy Fink	Saranac Lake	55	29:11
3 Cindy Thayer	Altona	57	32:40
MALE AGE GROUP: 60 - 64			
1 Richard Lepage	Plattsburgh	64	33:34
2 James Deso	Rouses Point	62	39:44
FEMALE AGE GROUP: 60 - 64			
1 Jacinta Monniere	Charlotte, VT	61	33:51
2 Vivian Mejias		60	34:21
3 Ewa Jankowska	Rouses Point	63	45:25
MALE AGE GROUP: 65 - 69			
1 Lee Torrance	Jay	65	26:25
2 James Howard	Peru	69	27:39
3 Larry Dowdy		67	32:12
FEMALE AGE GROUP: 65 - 69			
1 Jean Johnson	Elmira	67	56:22
FEMALE AGE GROUP: 70 - 74			
1 Scarlett Sample	Moorea	73	39:35

Courtesy of The Biggest Loser RunWalk Race Series

18TH ANNUAL CHARLTON HERITAGE 5K RUN June 6, 2015 • Old School House, Charlton

MALE OVERALL			
1 Kevin Gideon	17	Ballston Spa	16:24
2 Michael Messare	15	Burnt Hills	16:34
3 Daken Broadhead	17	Glennville	16:45
FEMALE OVERALL			
1 Kerry Caher	21	Clifton Park	18:07
2 Alyssa Drapeau	21	Glennville	18:21
3 Christine Capalbo	44	Clifton Park	20:30
MALE AGE GROUP: 1 - 14			
1 Tyler Berg	14	Ballston Lake	17:37
2 Aidan Gillooley	14	Glennville	17:45
3 Nicholas Hunziker	13	Glennville	17:57
FEMALE AGE GROUP: 1 - 14			
1 Alayria Gray	11	Johnstown	22:54
2 Anna LeClair	13	Ballston Spa	23:32
3 Hannah Lewis	12	Ballston Spa	25:52
MALE AGE GROUP: 15 - 19			
1 Jacob Greski	15	Scotia	17:38
2 Trevor Drapeau	19	Glennville	17:53
3 Luke Gobel	16	Ballston Spa	17:57
FEMALE AGE GROUP: 15 - 19			
1 Emily Holt	16	Ballston Spa	23:09
2 Amy Lebel	19	Ballston Lake	23:55
3 Kristina Mills	16	Ballston Lake	26:36
MALE AGE GROUP: 20 - 24			
1 Brent Drapeau	24	Glennville	20:03
2 Casey Bringham	20	Glennville	22:23
3 Nathan Mueller	20	Glennville	25:46
FEMALE AGE GROUP: 20 - 24			
1 Tara Dee	22	Bennington, VT	23:57
2 Megan Johnson	21	Burnt Hills	25:35
3 Lisa Curtin	22	Scotia	25:51
MALE AGE GROUP: 25 - 29			
1 Jon Cusick	25	Somerville, MA	17:08
2 Colin Meagher	26	Charlton	18:51
3 Brett Sullivan	27	Ballston Spa	19:21
FEMALE AGE GROUP: 25 - 29			
1 Rachel Waller	29	Burnt Hills	22:28
2 Caryn Mlodzianowski	27	Clifton Park	23:05
3 Carol Ippoliti	28	Ballston Lake	26:12
MALE AGE GROUP: 30 - 34			
1 Shaun Evans	32	Middle Grove	18:54
2 Ben Sears	30	Albany	19:37
3 Vince Speenburgh	33	Burnt Hills	20:20
FEMALE AGE GROUP: 30 - 34			
1 Samantha Bodenstab	33	Charlton	22:05
2 Amanda Barone	31	Ballston Spa	22:59
3 Kim Blanchet	34	Glennville	23:37
MALE AGE GROUP: 35 - 39			
1 Mark Lansing	39	Niskayuna	20:53
2 Steve Maynard	39	Schenectady	20:56
3 Jonathan Newton	35	Glennville	21:33
FEMALE AGE GROUP: 35 - 39			
1 Becky Bednarek	38	Amsterdam	23:05
2 Marta Hallgren	37	Galway	23:21
3 Kelly Dutcher	36	Gloversville	23:27
MALE AGE GROUP: 40 - 44			
1 Dan Anderson	43	Burnt Hills	20:06
2 Greg Ethier	41	Clifton Park	20:07
3 Larry Frederick	40	Niskayuna	20:23

Courtesy of Charlton Historical Society

3RD ANNUAL THE BIGGEST LOSER RUNWALK RACE SERIES May 31, 2015 • Plattsburgh City Hall, Plattsburgh

HALF MARATHON RUN

MALE OVERALL		
1 Abraham Armani-Munn	Plattsburgh	26 1:20:57
2 Jason Linendoll	Hudson Falls	18 1:21:44
3 Brandon Darrah	Cadyville	26 1:21:48
FEMALE OVERALL		
1 Victoria Hathaway	Stillwater	20 1:31:29
2 Phyllis Clookley	Plattsburgh	



More on the Efficacy and Risk of Supplements

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 65th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 64 installments of the *Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost, although such an approach requires more effort and is less convenient.

The issues of convenience and the effort required to lead a non-medicated approach have led some to suggest that dietary supplements may offer a viable and efficacious alternative to medication without the need for lifestyle changes. My prior article suggested the risks of supplements on the basis of poor regulation of potency, purity and frank contamination without addressing efficacy. *Unfortunately, the evidence to date – with few exceptions – does not support the efficacy of supplements and suggest risk even when non-contaminated supplements are taken as directed.*

For our purposes, the definition of a supplement is a product containing one or more of a vitamin, mineral, herbal, botanical, or a concentrate, constituent or extract of the same. Vitamin and mineral supplements were originally proposed to correct

deficiencies. Herbs and botanicals have been used as medicines by multiple cultures over thousands of years. Because such products are derived from natural substances a general assumption is that they are safe. However, as was shown in my previous article, contamination may make natural products unsafe. Moreover, natural products can kill: you only need look to naturally derived poisons such as curare, hemlock, poisonous mushrooms, and castor bean extract.

Certainly, when some non-toxic natural substances are taken in physiological amounts they can promote health. The regular use of vitamins and minerals in low doses can both correct and prevent deficiencies that can have serious health consequences. For example, a deficiency of vitamin B₁₂ can cause pernicious anemia, which can be so profound as to cause death. Small doses of B₁₂ given by injection in those who cannot absorb it from the bowel can easily prevent this consequence. Folic acid deficiency in pregnancy can cause neural tube defects including spinal bifida, a condition easily prevented by folic acid supplementation.

However, use of excessive amounts of vitamins and minerals may cause health problems. This is especially true for the fat-soluble vitamins such as vitamin A or D. Chronic excess intake of vitamin A – generally in excess of five to ten times the recommended daily allowance or RDA – can cause unsteady gait, liver damage and visual impairment. Chronic excess use of vitamin D may cause high blood calcium levels, seizures and death. As a result, it is generally not recommended to take more than 2,000 units a day of vitamin D without measuring the blood level.

But even when taken in non-toxic doses, some vitamins and supple-

ments appear to have no discernible cardiovascular benefit, and in some cases appear to increase cardiovascular risk. In the Heart Outcome Prevention Evaluation trial (HOPE trial), participants had known vascular disease or at high risk, and showed no benefit from the use of vitamin E. In the Heart Protection Study, participants with known cardiovascular disease who took an antioxidant vitamin cocktail containing Vitamins E, C and beta-carotene, showed no effect on cardiovascular mortality or the rate of non-fatal heart attacks.

In a large meta-analysis of vitamin E – comparing the outcomes of multiple studies – showed no benefit from vitamin E supplementation, and an actual increase in cardiovascular risk for those taking more than 400 international units (IU) per day. In the HDL-Atherosclerosis Treatment Study (HATS) trial, an antioxidant cocktail containing vitamins A, E and selenium was shown to increase cardiovascular risk in individuals taking simvastatin and niacin, compared to those not taking the cocktail.

Non-toxic doses of some vitamins and supplements also appear to have no discernible benefit in reducing the risk of cancers, and in some cases appear to increase cancer risk. Because the consumption of fruits and vegetables, which contain antioxidant vitamins and minerals appear in observational studies to decrease cancer risk, it was hoped that supplementing these substances with an easy to give pill could also lower risk.

Antioxidant vitamins and mineral supplementation, however, does not lower the risk of gastrointestinal cancers in a meta-analysis of randomized trials. The Polyp Prevention Study, a randomized clinical trial of beta-carotene, vitamin C and E showed no benefit in reducing the rates of colon polyp formation, a known precursor of colon cancer.

Two large randomized trials evaluating the effect of beta-carotene supplementation on the risk of lung cancer in smokers showed increased risk from the supplements as compared to those receiving placebo. Moreover, the increased risk resolved after supplementation was decreased. In the ATBC Cancer Prevention Study, beta-carotene supplementation increased both prostate cancer incidence and mortality. Again, the increased risk resolved when supplementation was stopped.

In summary, there is no definitive proof that the supplementation of vitamins, minerals, herbs or botanicals reduce the risk of cardiovascular or cancer disease or death. In some cases there appears to be an increase of risk.

Unfortunately, the reduction of risk for cardiovascular disease and cancer still requires healthy changes in diet and lifestyle: weight loss when obese, the consumption of a predominately plant-based diet, the avoidance of tobacco and daily exercise. While the prescription is easy, the implementation is not.

Nevertheless, living the non-medicated life and avoiding the proverbial bottle of pills – be it prescription drugs or supplements – is necessary to achieving true health and wellness. 🌱

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

MOUNTAIN BIKING

Capital-Saratoga Riding



◀ TONE, CENTER, CONSULTING FRIEND MIKE ON HIS STASH OF NINE TRAILS ON 100 ACRES HE OWNS.

▶ TONE'S BIKE ON SARATOGA COUNTY'S KALABUS-PERRY TRAILS IN WILTON AND NORTHUMBERLAND.

▼ THE SPA CITY BICYCLEWORKS POST-RIDE BBQ WITH HRRT ON MEMORIAL DAY.

PHOTOS BY TONE FERRADINO



By Tone Ferradino

So you're looking for a place to ride your mountain bike, but finding a place to go can sometimes be very elusive. Maybe you're new to the sport, or new to the area. Look no further, we can point you in the right direction. It doesn't matter if you are a beginner, advanced or expert rider, the greater Capital-Saratoga Region has a lot to offer. Your friends, local clubs, and bike shops have the knowledge to guide in the right direction.

Do your friends or co-workers have mountain bikes? If they do, then it's likely they know at least one local spot that has trails. Ask them about their favorite spot. Chances are, they will not only tell you, but they will probably take you there and show you around. It never hurts to ask.

There are also many local cycling clubs in our area. The Saratoga Mountain Bike Association (saratogamtb.org), Capital MTB (capitalmtb.org), Round Top Mountain Bike Association (facebook.com), and Barkeater Trails Alliance (barkeatertrails.org) are few of the biggest. They act as stewards of the land and work to build, maintain, and care for the trails to ensure their longevity. SMBA maintains three different parcels of land. As do BETA and RTMBA. These clubs love to ride and are always looking for more areas to develop for mountain biking. These clubs have a significant amount of local mountain bikers as members. Join a club and gain access to their local knowledge of trail networks and stashes of trails to ride.

HRRT (hrrtonline.com) is a local uber club with upwards of 200 members who regularly have group rides

and love helping riders grow with the sport. They also are one of a handful of clubs that sponsor NICA Mountain Bike Teams that race in the local high school/middle school series. These clubs also volunteer to help maintain the trails. Get out and join them for one of their local trail maintenance days. There's no better way to meet the locals and get to know the trails.

Many shops in the area also promote mountain biking. My shop, Spa City Bicycleworks has a page on spacitybicycleworks.com detailing our favorite places to ride and links to all the others. We also host Ride BBQ days where they invite you to check out local trails. After the ride it's back to the shop for good food and drink, to share the day's adventure. R-Cubed:Run:Ride:Race (facebook.com), sponsored by CK Cycles, organizes intermediate and beginner group rides around the area with no fees attached. Bob Priestley from Blue Sky Bicycles hosts a ride one night a week to explore the local trails. He personally guides you through the area trails and shares his knowledge and skills to help enhance your own.

In the Adirondacks, Placid Planet Bicycles has a Local Scene "Trailfinder" on placidplanet.com with more info on where to ride, and High Peaks Cyclery has details on their High Peaks Mountain Bike Center at Mt. Van Hoevenberg on highpeakscyclery.com. Some other local bike shops do this regularly as well. Check in with your favorites and go have a great time learning the local trails.

If you feel like getting out on your own and exploring all the region has to offer, here are a few suggestions to get you pointed in the right direction.

New to the greater Saratoga area or a beginning mountain biker? Check out Woods Hollow Nature Preserve in Milton, the Saratoga Spa State Park's Five-Mile Trail, or the trails at Wilton Wildlife Preserve & Park in Wilton. All are great for getting used to riding off-road or spending time with the family. They have some good places for picnics and are great for an afternoon of exploring.

Looking for something a little more challenging, a little bigger, with a bit more flow? Then head out to Central Park in Schenectady, Luther Forest in Malta, or the trails of Gurney Lane Recreation Area in the town of Queensbury. Journey a little further north to explore the new trails near the Ski Bowl at Gore Mountain in North Creek. Or a little further south, to rock-out on a variety of trails at Pine Bush Preserve in Albany.

Ready to take it up a notch and hone in on your expert mountain biking skills? You can get it on by testing yourself at our local SMBA trails at Daniels Road in Saratoga Springs. They also maintain a great set of singletrack trails in Pittstown State Forest, just east of Troy and north of Grafton Lakes State Park. Or you can check out the trails up on the Western Ridge trail above Moreau Lake State Park. Or travel a little south of Albany to ride the gnarly trails at Thacher State Park, along the Helderberg Escarpment. All these areas have challenging terrain that will test your skills as a mountain biker.

And these trails are just the tip of the iceberg for the greater Capital-

Saratoga Region. There are many, many more places to get your ride on that are just a stone's throw away in the surrounding area. From town and city parks, to county and state parcels, and many secret stashes of trails on private land, there is so much riding in this area. If you have time to ride, you will never be bored or run out of new places to explore. More and more trails appear every year. I've been riding here for 40 years, and was just introduced to 16 miles of singletrack bliss not two miles from where I live. Who knew? Now I do, and you can make discoveries like this too.

Most of the places, clubs, and shops mentioned here have great websites with maps, details and directions. Check them out to open up the area's mountain biking treasure trove. Get out and explore all this great area has to offer. You will be surprised by how much is out there. And you will not be disappointed.

Look for future articles on this area's mountain biking scene and culture from me and others, as we explore all upstate New York has to offer. That's all for now, I'm off to plan my next adventure. 🌲

Anthony Ferradino is an avid mountain biking and adventure seeker. He loves to seek out new places to ride and is always ready to go bikepacking. When not hanging with family at the ranch, he can be found at his shop Spa City Bicycleworks in Saratoga Springs. Stop in any time to chat or drop him a line at spacitybicycleworks@gmail.com.

BICYCLING *continued from 15*

Town Museum, which has limited hours during the summer months. A bit past that, also on the right, you'll find a colorful rainbow painted cabin where the town farmer's market meets on Saturdays from 10am-3pm during the summer.

The millpond gradually opens into Brant Lake, half-a-mile across, and the shore is dotted with vacation homes and guest camps. Watching your odometer? At mile 17, look left across the lake to your left for the small island with the large white house – the perfect retreat.

Just before mile 21, turn left on Palisades Road, and be sure to stop and savor the view west down the length of the lake shortly after you turn. Then climb a short hill, and continue on Palisades to a right turn on Beaver Pond Road, where a short detour will bring you to a view that's always worth a stop. A small rural cemetery hosts century-old headstones, some adorned with flags to remember the veterans who gave their lives, so we can be free to do this ride. Off across the fields, the clean white barns of a horse farm stand out against the dark green hills.

Turn around and head back to Palisades Road, where a right turn will put you back on the road around the lake. This is the quiet side, dotted with camps and homes, and blessed with little traffic and beautiful views across the lake towards the road you arrived on. Take it slow and relax!

Between mile 28 and 29, a left turn on Pease Hill Road brings you quickly back to Route 8, where you turn right and follow for three-quarters of a mile. As you approach the north side of the millpond, a right turn



CYCLISTS ENJOY A RIDE BREAK AT THE HUB IN BRANT LAKE.



ALISON EDWARDS ENJOYS THE RIDE ON PALISADES ROAD ON THE NORTH SIDE OF BRANT LAKE.

PHOTOS BY DAVE KRAUS/KRAUSGRAFIK.COM

across a small bridge (now bike/pedestrian only) brings you to The Hub at 27 Market Street (thehubadk.com).

Now in its second year of operation, the combination café, beer/wine bar, bike repair shop and live music venue is housed in the former Brant Lake town hall. It offers a wide variety of distractions, including panini, breakfast sandwiches, personal pizzas and ice cream.

For grown up thirsts, there are craft beers on tap and a wine list, all locally-sourced from vendors within 50 miles. There are also bike repairs and even fitting advice from co-owner and former bike shop manager Drew Cappabianca. Some nights there's live music, and the lot outside offers abundant parking to start/finish a ride. For scenic rides to/from The Hub – four to 70 miles long – or more info, visit thehubadk.com.

After some mid-ride refueling, it's time to get back on the road and wander back south to Warrensburg, once again cruising down Schroon River Road and into town. It's a second chance to stop by the riverbank and be glad all of this beauty is only a short drive away!

Find a map and cue sheet for this ride at: ridewithgps.com/routes/8019573. 📍

Dave Kraus of Schenectady is a longtime area cyclist, photographer and writer. He has ridden in the Brant Lake area many times and never gets tired of it. Contact him at dbkraus@earthlink.net.

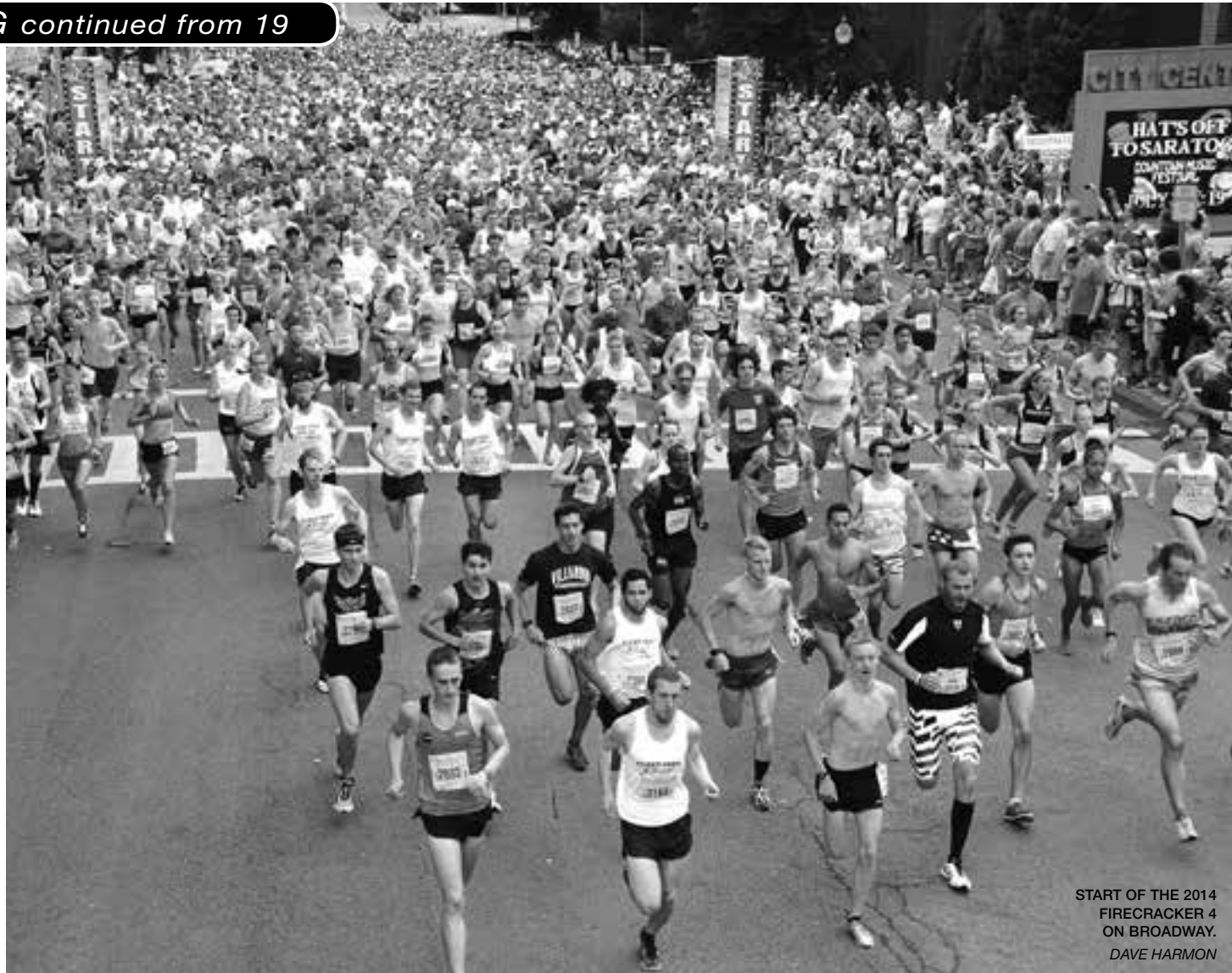
RUNNING & WALKING *continued from 19*

est teams of runners in the "Run Your Colors" program will win \$1,000, \$500, or \$250 donations to the charities of their choice. Race organizers will have an expanded runner's village for high schools, USATF teams, and military/veterans teams to set up pop-up tents where they can gather before and after the race. Another community-minded addition is a "food-raiser" for the Regional Food Bank of Northeastern New York, where runners and spectators are invited to donate shelf-stable food at Fleet Feet Sports stores and at the race registration/packet pick-up area.

A new travel prize of "It's a Big World. Go Run It." winner will receive two round-trip fares (maximum value \$1,500) courtesy of Asics and Fleet Feet Sports, enabling travel for a runner and companion to attend a dream running event.

In addition, the first 4,000 registered runners will receive an Asics "Ready Set" textured mesh running shirt, courtesy of Asics and Fleet Feet Sports. Over 20 bands and music venues will dot the race course to keep runners entertained and motivated. The race offers \$6,000 in monetary prizes to the top individual and team finishers and 174 award categories and prizes for runners of all ages. Finally, special recognition will be given to military and public safety competitors (police/fire/EMS) including team competitions.

"Run Your Colors" Team Competition – Fourteen teams have already registered for the 2015 Run Your Colors event. Winning is simple: gather friends, family, neighbors, or co-workers and be the group with the most registered runners. In addition to the prize money for charity, the winning team has a nice story to share about giving back. Last year, the Rock Your Fitness team of Malta awarded its \$1,000 winnings to the Pat Tillman Foundation, which supports military veteran scholars.



START OF THE 2014 FIRECRACKER 4 ON BROADWAY. DAVE HARMON

Race Participation Expanded – The event co-directors have championed the race since its 2007 inception, when just 142 runners competed. That number has grown tremendously to roughly 3,600 in 2014. The runners range in ability from elite athletes, to everyday families and individuals, to recreational walkers.

Fleet Feet Sports will host lead-up training runs (free and open to everyone) on Wednesdays, June 17 and 24, leaving at 6pm from Fleet Feet's Malta and Albany stores. These speed/tempo/hill sessions are designed to strengthen runners for the race. Fleet Feet will also host a course rehearsal, covering the full four miles on Saturday, June 27 at 8am from the Saratoga Springs City

Center on 522 Broadway.

Online and In-Person Registration – Online race registration is open through Thursday, July 2 at Firecracker4.com, and in-person at the Fleet Feet Sports Albany and Malta locations. Registration is also available on-site at the City Center from 4-8pm on Friday, July 3, and on race day from 7-8:15am. 📍

FAM 5K "Fund" Run/Walk
Saturday, September 26, 2015

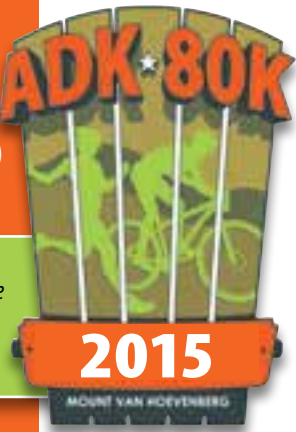


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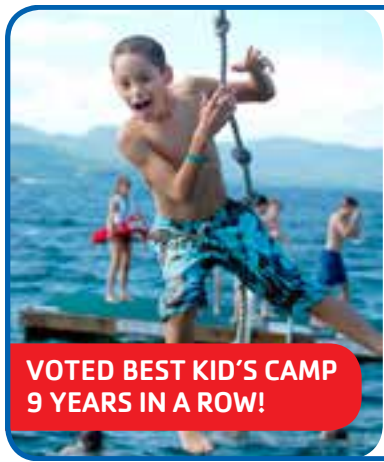
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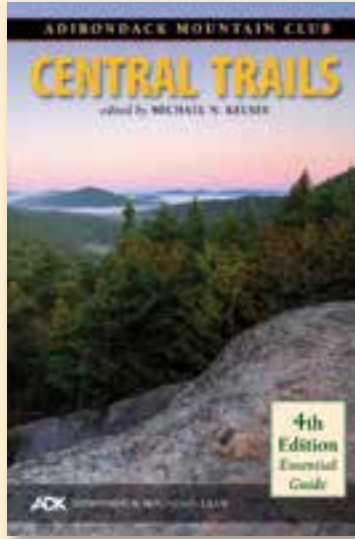
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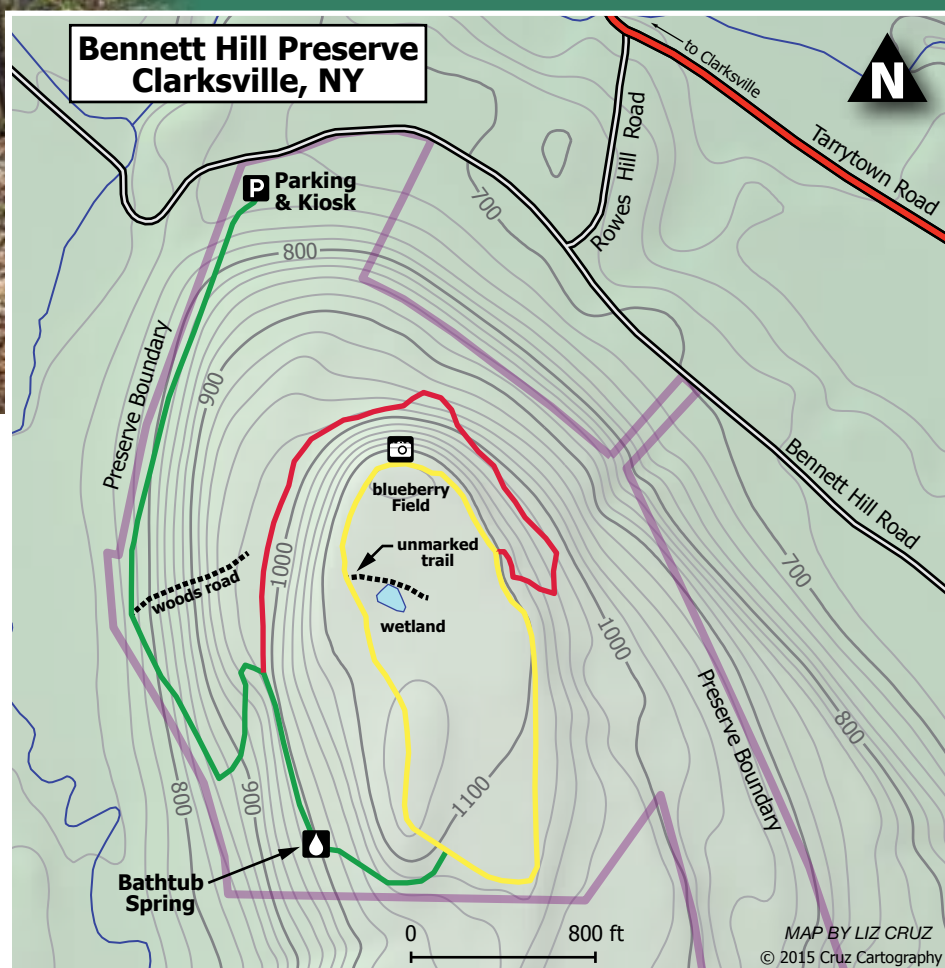
Bennett Hill Preserve



◀ HIKING IN ALONG THE BOTTOM TRAIL WITH TWO AND FOUR LEGGED FRIENDS.



◀ ON THE SUMMIT RIM TRAIL NEAR THE VIEWPOINT.
PHOTOS BY ALAN VIA



By Alan Via

Bennett Hill Preserve is a 155-acre Mohawk Hudson Land Conservancy property located just outside the hamlet of Clarksville, at the foot of the Helderberg Escarpment, in Albany County. The easily located trailhead is reached by turning onto County Route 312 (N42 34.522 W73 58.329) from NY Route 443. Make an immediate left onto Bennett Hill Road, and drive 0.3-mile to the trailhead (N42 34.308 W73 57.947), located in a field on the right. There's room for a number of cars, but you might need to park on the side of Bennett Hill Road in winter as the lot is not plowed immediately after a snowstorm.

The hike into the preserve starts on a green marked trail, mostly flat, and passing through hardwoods for the first 0.4-mile. This first part of the trail is bordered on one side by a view of the Helderberg Escarpment across a pasture, and the steep western slope of Bennett Hill on the other. This part of the trail was once a woods road, and birders will recognize that forests bordering meadows are good places to see owls, other raptors, and a variety of small songbirds.

The preserve is an excellent destination for people who like to hike, snowshoe, nature watch, trail run or get out with their dog. Keeping Spot close is a good idea due to a cattle fence bordering the pasture. A little under 0.5-mile look to your left where the trail first starts climbing. You may notice an unmarked, old logging road (N42 33.992 W73 58.074), which climbs the western slope of Bennett. It peters out in open forest a few minutes before it reaches the red trail.

The map shows three trails: the green entry trail, the red trail around the first plateau, and the yellow trail around the summit rim.

After the first part of the hike, the green trail starts climbing and reaches an intersection (N42 33.957 W73 57.939) at 0.75-mile. A left puts you on the red trail, and a right at this trail junction keeps you on green markers up to the summit rim.

To keep things simple, follow the red trail from the intersection as it passes along the bottom of the steepest terrain in the preserve. You'll pass through areas of hardwoods, overgrown meadows, and a tenacious grove of hemlock, growing on the steepest part of Bennett Hill. The red trail descends slightly over the next 0.2-mile before a steep ascent at 1.25-mile, where it intersects with the yellow trail that circles the summit. I suggest climbing the red trail instead of descending as it has a very steep section that's slippery with leaves over loose rock and soil, or icy when frozen in winter seasons.

When the red trail intersects the yellow rim trail (N42 34.030 W73 57.701), you can turn either right or left. The yellow trail circles the summit and will return you to this intersection in just under one-mile. Regardless of the direction you take, the upper trail is the most beautiful, and interesting part of the preserve. You'll walk through alternating sections of oak, red pine, other conifers, and mixed hardwood forest. Walking a few yards off the trail you'll see small clearings with Helderberg views when the leaves are off the trees. Awaiting discovery is an open blueberry meadow about 50 yards from the trail, visible through a small screen of conifers. On cold blustery days, the meadow is a great place to get away from the north wind that sweeps up the slopes, depositing deep snow drifts along the north side of the trail.

Reaching the north end of Bennett, you'll pass through a section of stunted oaks near the best open view point (N42 34.103 W73 57.797) in the preserve. There are places where you'll see screened views of the surrounding

hills, but this open ledge that looks north over Clarksville is a place to stop for a moment.

As you walk along the top, the trail passes by a large, creative cairn. You'll want to continue the Bennett Hill tradition of adding a rock to the ever changing pile; I promise you'll know the cairn when you see it.

The summit trail has other places to explore. The map shows a no longer maintained path that intersects the yellow trail on Bennett's west side. Invisible in winter and a challenge to see when leaves are on the ground, this well worn path wanders through open hardwoods, passing next to a wetland alive with spring peepers and songbirds. This old path peters out in a few tenths of a mile, but persevere a few more minutes and you run into the yellow trail on Bennett's east side.

For hikers who just have to be at the high point any time they are in the woods, the trail passes near but not over the 1,135-foot summit (N42 33.904 W73 57.773). When you're on the southwest section of the yellow trail, the forest has very open woods. You leave the trail and keep going uphill and you'll pass over the viewless summit in a couple of minutes.

On your way back to the car, from the upper trail look for the intersection (N42 33.804 W73 57.765), where the yellow and green trail meet. There is a large, multi-trunk oak, a common place for group photos. Be certain to pick up the green trail here or you'll end up walking the trail around the summit another time.

It's a very easy descent on the green trail through an oak and beech forest. Along the way you pass Bathtub Spring, where fresh water flows from underground into an old bathtub.

For trail runners, you'll find the trails well cleared, largely free of rocks, and the hills will provide a good aerobic workout. I strongly suggest ascending rather than descending the red trail.

Bennett Hill is a special place if you save this for winter. Depending on how soon you go after a snowfall, you may find a broken trail or have the fun of being the first. A good snowfall, combined with the ascent, and this small hill will have your pulse quickening. There is some steep terrain in the preserve where snowshoes with good traction will make your outing more enjoyable. The woods are so open and inviting, snowshoeing here begs for off-trail travel. The old woods shown on the map, the steep sections on the north side of Bennett, and anywhere on the summit plateau are perfect areas for a snowshoe 'whack – after all, you can always backtrack.

Intermediate skiers will enjoy the preserve. The lower part of the green trail, the level sections of the red trail, and the yellow rim trails are all navigable by advanced beginners.

It's a 405-foot ascent to the 1,135-foot summit. But it's closer to 550 feet with some of the trail ups and downs. One circuit over all of the trails is a bit over 3.25 miles. Of course you can easily tuck in more mileage and ascent by combining, repeating, or backtracking.

Whether it is summer or winter, afterwards, treat yourself to breakfast or lunch at Jake Moon. This small restaurant and cafe in Clarksville provides an award-winning menu, and you can look out the window and see Bennett. 🌲

Alan Via of Slingerlands has written hiking-related articles in a number of publications. He is the author of "The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks under 3,500-Feet" (Adirondack Mountain Club). He's working on two new hiking guides, set in the Adirondacks and Catskills.

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