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Lake George Triathlon Festival

Organized By Triathletes, For Triathletes

By Christine McKnight

hat explains the unprecedented success of the Lake George Triathlon Festival? If you ask participants, they'll tell you it's the world-class venue on Lake George, superb race organization and community enthusiasm.

The idea kept popping up during those long Saturday training rides that Paul Bricoccoli, Randy Rath and Ted Wilson took in the summer of 2005, as the trio prepared for Ironman Lake Placid. Yes, an Ironman race in Lake Placid was cool, but wouldn't a triathlon on Lake George, right in their own backyard, be just

Being triathletes, and by definition highly organized, they gathered their friends and turned the idea into reality. The first annual Lake George Triathlon, an Olympic-distance race in early September of 2006, was an immediate success, with more than 200 participants. In the decade since then, the event has continued to grow, selling out almost every year even as some other races have experienced flat or declining

numbers.

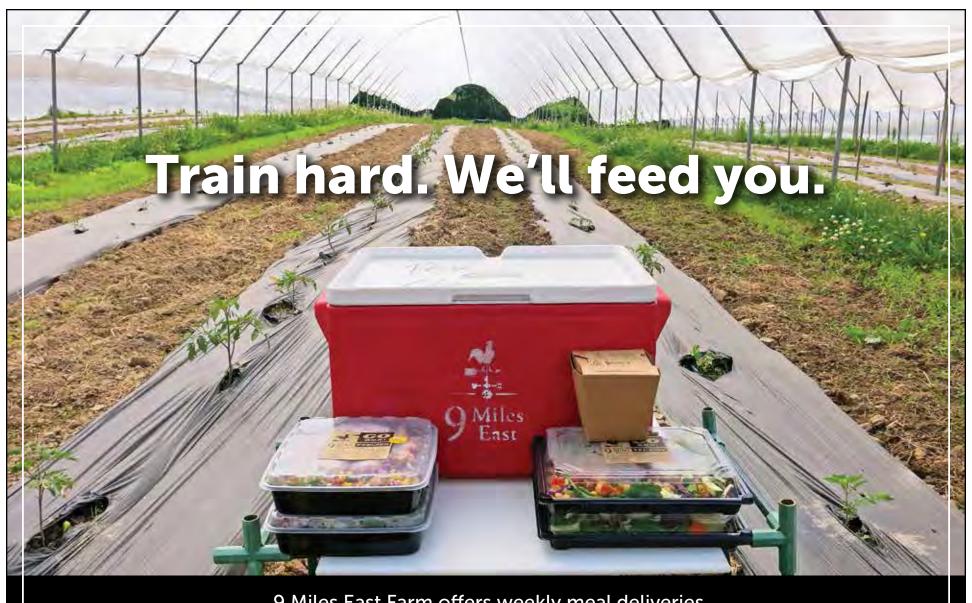
Registrations this year are expected to approach

a record 1,500 during a multisport spree over Labor Day weekend that is now billed as the Lake George Triathlon Festival. It features not only the Lake George Triathlon on Saturday, Sept. 5, but the half-Iron, or 70.3-distance, Big George Triathlon on Sunday, Sept. 6.

Completing both races is an accomplishment known as the King George. This year, and this year only, competitors will also have the option of completing the Prince George, which includes both the Lake George Triathlon Saturday and the Aquabike, which is the Big George without the run, on Sunday. A Kids' Splash and Dash event, for youngsters age six to ten, and 11 to 14, is set for Saturday afternoon.

What explains this success? If you ask participants, they'll tell you it's a happy combination of factors featuring a world-class venue on gorgeous Lake George, superb race organization backed by a core of knowledgeable volunteers, and a village resort community that has embraced the end-of-summer triathlon celebration.

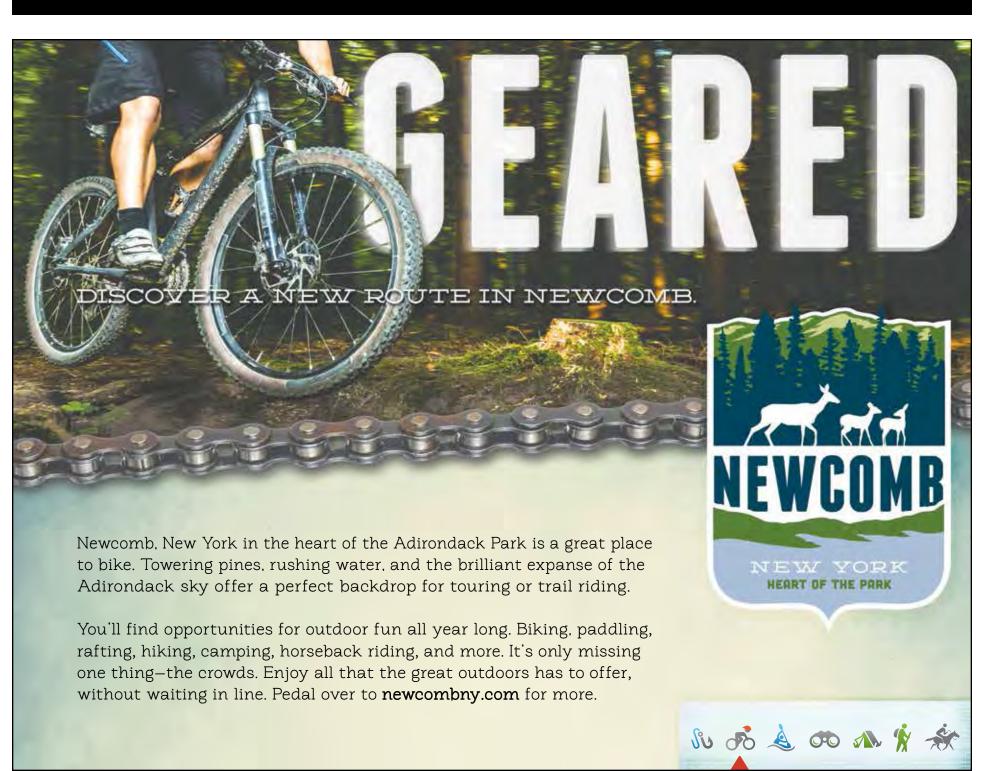
All of the events are staged from historic Battlefield Park on Beach Road in the village of Lake George, where athletes and spectators can soak in vistas from the southern end of Lake George.



9 Miles East Farm offers weekly meal deliveries for endurance athletes who want to fuel with real food.

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uly and August in upstate New York will bring an embarrassment of riches to cyclists looking to fill up every weekend with organized rides. Ride to do your first century, see scenic Lake George, or haul out your tandem - there's something planned for just about everyone.

The mid-summer schedule kicks off on Sunday, July 12, in Plattsburgh with the Mayor's Cup Bike Ride, sponsored by the University of Vermont Health Network, and based at the Champlain Valley Physician's Hospital. The ride features routes of 20, 50 and 70 miles that cover the Lake Champlain again from escaped prison convicts!

The Mayor's Cup Bike Ride has rest stops, SAG support, a post-ride BBQ, and the first 150 preregistered receive ride T-shirts. Proceeds benefit the Foundation of CVPH Travel Fund. For more info, go to cvph.org.

This year's Christine Nicole Perry Memorial Bike Ride will again be based out of The Hub in Brant Lake, and take place on Sunday, August 2. The ride raises funds for a variety of Warren County charities, and honors Christine Perry, who was killed at age 18 in an automobile accident in 2003. This year's ride is also in memory of Chrissy's dad, Mark Perry, who died unexpectedly in November 2014, while vacationing in Florida.

The ride will feature two different routes. The first is 14 miles and suited to beginnerintermediate riders, with a mostly flat route along the Schroon River and Brant Lake. The ride for more experienced will cover 33 miles, and will include more climbing along the Schroon River, and Loon, Friends and Brant lakes. Registration for either ride is \$50 including lunch at The Hub after the ride and a Chrissy's Ride baseball cap.

Registration opens ride day at 8am and the ride begins at 9am, but preregistration is appreciated at chrissyfund.com.

In its ten year history, the Adirondack Mountain Club's

Ididaride! Bike Tour has enjoyed steady growth, and in 2014 almost 500 riders tackled the routes of 20 and 75 miles. This year's ride on Sunday, August 9, once again starts and finishes in Ski Bowl Park in North Creek, and both routes cover some of the best scenery in the Adirondacks. The more popular and challenging 75-mile route loops through Wells, Speculator, and Indian Lake before heading back to North Creek.

> You will see forests, lakes, and rivers and enjoy four well-stocked rest stops, mechanical support, and a SAG wagon.

The 20-mile route starts with a bus shuttle to Indian Lake, with riders returning through the hills and along the Hudson River. Riders from both routes enjoy the party in progress when they return to North Creek, with lunch, drinks, and live music to celebrate their achievement. For details and registration, visit adk.org.

As tandem riding becomes increasingly popular, more events cater specifically to riders who enjoy the exercise and camaraderie of traveling together on one bike. Gear-To-Go Tandems in Saranac Lake annually sponsors a variety of events in New York and Canada for tandem cyclists, including the Historic Hudson Valley **Tandem Tour** from August 15-23.

The tour includes a variety of Hudson Valley historic and other sites, and includes seven days of riding, eight nights lodging, meals, social get-togethers, and baggage

See BICYCLING, 21



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Road – Mountain – Triathlon Tandem – BMX – Kids Bike & triathlon clothing, Louis Garneau, Gizmo

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Registration (\$15) begins 7:45am Info: adkpa@aol.com or Kevin Bolan: (518) 582-2991





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GLENMONT STORE

329 Glenmont Rd (Rte 9W) (3 miles south of Thruway Exit 23) (518) 427-2406

HUDSON STORE 301 Warren St

(corner of 3rd St) (518) 828-5063

SteinersSkiBike.com

IT'S TIME TO LACE UP.

JOIN THE 2015 Schenectady atc 5K CHALLENGE.



run to fund, raise awareness & build friendships
RACE DAY IS
FRIDAY, AUGUST 7, 2015
5K START @ 6:30 P.M.

Mail In and Online Registration is now OPEN

www.arc5kchallenge.com

5K Road Race (open to contestants of all abilities) - 6:30 PM • Awards - 7:45 PM • Race Packet Pick-up, Day of race: 4:00pm-6:00pm • Isabella Pavilion in Central Park

Bringing a Corporate Team. There are three steps in the registration process:

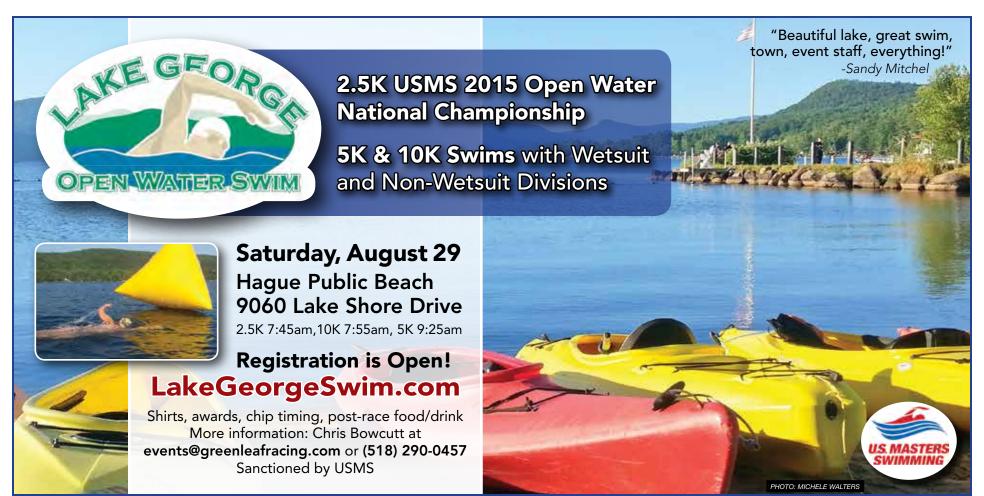
① Create team ② Join the Team ③ Finalize Team

Each team must meet the minimum registration requirements - four men for a male team, four women for a female team, or two men and two women for a mixed team. Registration as an individual is required for each runner. All runners must sign a waiver. Registration is \$25. Please note: -Each runner may be placed on only ONE team.-Each runner must be a full time employee of the company.

Entry Fees - Registration - \$25 (per team member) \$100 for a team of 4.

Individual Entry Fees - \$25.00

Race shirts and sizes only guaranteed to the first 300 paid registered 5K participants. Entry fees are non-refundable. (fees may be applied for online registration)



www.AdkSports.com

AROUND THE REGION News Briefs

Adirondack Canoe Classic - The 90-Miler

SARANAC LAKE - On September 11-13 from Old Forge to Saranac Lake covers 90 miles and is open to solo boats, tandem boats, four-person canoes or voyageur canoes. This three-day stage event is for both competitive and open touring paddlers. The course is 90-miles of flat-water following the original highways of the Adirondacks from Old Forge to Saranac Lake. The course offers a mix of lake and river flat-water paddling with several carries. Participants receive a T-shirt, mileage pins, awards, snacks and boat shuttles. Entry forms for this race go out via USPS in June (email or call to be added to the mailing list). The 90-Miler is limited to 275 boats. Entry deadline is July 20. For more info, go to macscanoe.com.

Ironman Lake Placid

LAKE PLACID - On Sunday, July 26, an iconic North American triathlon, Ironman Lake Placid offers the ultimate family vacation. Ironman Lake Placid is the longest-running American event aside from the Ironman World Championship in Kailua-Kona, Hawaii. Located in the beautiful Adirondacks, it's an accessible event every athlete should put on their bucket list. Having hosted two Olympic Games, Lake Placid knows how to deliver a world-class athletic event. It's also the home of one of the most challenging Ironman courses with its famous Adirondack climbs.

Athletes begin with a two-loop 2.4-mile swim in clear Mirror Lake, with the famous cable line below the surface of the lake to guide them. Transitioning in the Olympic Speedskating Oval to the bike, the rolling

mountain views provide a scenic backdrop to the challenging ride. Two loops of 56 miles bring competitors back to the oval once again, where they begin their two-loop 26.2mile run in and out of town and along the lake. IRONMAN Lake Placid offers 50 qualifying slots to the IRONMAN World Championship in Kailua-Kona, HI. Registration for the 2016 race will take place the day after the 2015 event. For more info, go to: ironman.com. 🔺

DanRan 5K Run/Walk

BALLSTON LAKE - A beloved friend of the Burnt Hills-Ballston Lake community, Danny Ward, passed away suddenly in May 2009. Danny had worked at Carney's Restaurant for 27 years and he was honored by the Burnt Hills-Ballston Lake community with the launch of the first Community Field Day, held two years ago. The proceeds enabled the establishment of a memorial fund established in honor of Danny (BH-BL '72) to recognize his commitment and love for his home community. To this end, two scholarships have been established, which awards annual scholarships for college-bound BH-BL Seniors. To date, ten \$1000 scholarships have been awarded.

The DanRan5K Run/Walk is a race formed in his memory to perpetuate the scholarship award program for years to come. He was an avid runner and sports enthusiast. Proceeds go directly to the Daniel G. Ward Memorial Scholarship Fund. Join in and run the fifth annual DanRan 5K Run/Walk on Saturday, August 8. The 5K run begins at 9am at Stevens Elementary School in Ballston Lake. Visit danran.weebly.com for details, complete the entry form or register online. As Danny would say, participating is "an excellent

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Publisher/Managing Editor: Darryl Caron Editor: Mona Caron

Art Director: Karen Chapman

Contributing Writers: Pam Allen, Christine Bishop, Laura Clark, Bill Ingersoll, Dave Kraus, Alan Mapes, Christine McKnight, Dave Olbert, Rob Rezin, Josh Wilson

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MOUNTAIN BIKING

Windham World Cup Festival

By Pam Allen

Windham Mountain and its spectacular downhill and cross-country courses will once again capture international attention as they host more than 1,200 professional and amateur athletes for this year's UCI Mountain Bike World Cup. This is the fifth time that Windham - the only U.S. stop on the nine-city tour - has hosted the UCI Mountain Bike World Cup. This event brings riders from 130 teams and 41 countries to compete on Windham's award-winning Olympic cross-county (XCO) and downhill (DHI) courses.

must-visit for expert mountain bikers.

The World Cup runs Aug. 6-9, bringing

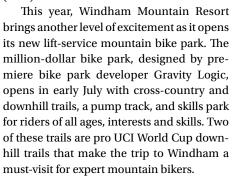
Aug. 8 is free to all.

people in the northern Catskills. The resort's investment in the World Cup and new bike

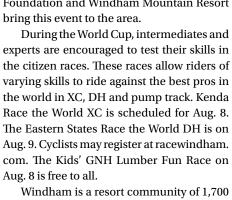
park supports its commitment to a growing cycling culture and it becoming a year-round destination for outdoor enthusiasts.

first USA Cycling races. Since then, bikers from around the world have challenged themselves on Windham's technical, rocky terrain and daunting ascents on a downhill renowned for its final drop - nicknamed Peaty's Plunge for elite downhill champion Steve Peat.

Albstadt, Germany; Fort William, Great Britain; Leogang, Austria; Lenzerheide, Switzerland; Mt. Sainte-Anne, Canada; and Val di Sole, Italy. This year's racing includes newcomers China, Indonesia, Iran and Israel. For more information, visit racewindham.com.



dozens of community events including a kids' fun race, block party, concert, fireworks, and other activities for spectators and racers. The UCI races are the most elite mountain bike races in the world. Windham Area Recreation Foundation and Windham Mountain Resort bring this event to the area.



Windham began introducing cyclists to the mountain in the early 1990s, when it hosted its

The World Cup season also visits Lourdes, France; Nove Mesto na Morave, Czech Republic;

Lake George **Triathlon Festival**

Olympic Distance September 5th



Half Iron Distance September 6th

AquaBike, King George & Prince George!!!



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WOMEN'S ELITE DOWNHILLER EMMELINE RAGOT OF FRANCE

PHOTOS BY DAVE KRAUS

There's so much to do this summer so take advantage of what our backvard and community has to offer! From races of all kinds, new trails, training sessions, and the solitude of quiet places - there's something for everyone!

Get inspired by Shaun and Shamus Evans' Power to Push cross country run or by athlete profile Richard Schumacher's limitless energy. Their zeal for life will make a hard race, training session, or long outing more tolerable. Enjoy the issue and we'll see you out there!

Saratoga **Century** Weekend

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

HELMETS ARE REQUIRED

MohawkHudsonCyclingClub.org



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.comDay of registration: 8-8:45am

More Info: 518-644-3020 or info@chrissysfund.com

Proceeds benefit Christine Nicole Perry Memorial Trust





\$150 fundraising minimum and registration fee apply

To register or for info: 518.453.3583 http://neny.cff.org/cycle

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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

Calendar of Events July-September 2015*

events beyond this range are advertisers in this issue.

		JUL	Y 2	015				AUGUST 2015							SEPTEMBER 2015						
S	M	T	W	T	F	S	9	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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5	6	7	8	9	10	11		2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	1	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	1	6	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31		23	/30	²⁴ / ₃₁	25	26	27	28	29	27	28	29	30			

BICYCLING: ROAD

- French Canada Deux Tandem Tour. Gear-To-Go Tandems, Saranac Lake. Rich & Lindy: 354-2102. gtgtandems.com.
- NY Capital Region Road Race. 10:30am. 2025 Rte 9W, Ravena.
- 11-12 Saratoga 12/24. 24-hour road race & ultra cycling 24-hour championship. Saratoga Springs. adkultracycling.com.
- 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

- 13th Christine Nicole Perry Memorial Bike Ride. $14\mathrm{M}/33\mathrm{M}$. 9am. Lunch included. The Hub, Brant Lake. 644-3020. chrissysfund.org.
- Tour de Loop. 30M/50M. 9am. 78 CR 89, Oswego.
- 10th Ididaride: Adirondack Bike Tour. 75M/20M. Ski Bowl Park, North Creek. Adk Mtn Club: 800-395-8080 x42.
- 15-23 Hudson Valley Tandem Tour. Gear-To-Go Tandems, Saranac Lake. Rich & Lindy: 354-2102. gtgtandems.com.
- Lake George Bike/Boat Ride. Bike: Lake George to Ticonderoga. 11:15am: Mohican boat to Lake George. 668-5777. lakegeorgesteamboat.com.
- 15th Pat Stratton Memorial Century Ride. 100M/50M/25M $\&\ Kids\ Ride.\ Mt.\ Pisgah\ Lodge,\ Saranac\ Lake.\ Bob\ Scheefer:$ 891-5873. active.com.
- 23-29 Cycle Adirondacks. 1-week tour. 470M. Saranac Lake. Matt VanSlyke: 315-525-9554. cycleadirondacks.com.

SEPTEMBER

- Double H Ranch Camp Challenge Bike Ride & 5K Trail Run. Bike: 30M/62M. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921 x269. doublehranch.org.
- $\textbf{5th Cycle for Life.}\ 15M/32M/62M.\ Supported\ ride.\ Saratoga$ 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.
- Tour de Daggett Lake to Benefit "Rosie's Love Foundation." 65M: 8am. 20M: 9am. Daggett Lake Campsites, Warrensburg. Tom Near: 623-2198. daggettlake.net.
- 8th Lance Gregson 1-Eye Classic Cycling Rides & Picnic. 60M: 8am. 40M: 8:30am. 26M: 945am. 12M: 10:30am. 3M: 11am. Music, picnic, raffles. Town Park/Beach, Schroon Lake. 532-9479. schroonlakecycling.com.
- Catskill Mountain Cycling Challenge. 5 Routes. 8am. Lunch included. Catskill Recreation Center, Arkville. Becky Manning: 845-586-6250. catskillrecreationcenter.org.

Hungry Lion Bike Tour. 8:30am. 4 routes. Town Hill, Whitingham,VT. hungrylionbiketour.com

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.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

JULY

Yoga Paddlenic on the Battenkill. Yoga, paddling, swimming, socializing & locally-grown food. Reservatons: Battenkill Valley Outdoors: 677-3311. battenkillvalleyoutdoors.com.

AUGUST

Yoga Paddlenic on the Battenkill. Yoga, paddling, swimming, socializing & locally-grown food. Reservatons: Battenkill Valley Outdoors: 677-3311. battenkillvalleyoutdoors.com.

SEPTEMBER

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

HIKING & CLIMBING

JULY

- Trailless Peak Backpacking: Seward Range. 8:30am. Adk Mtn Club: 523-3441. adk.org.
- 3rd Hike-a-thon. 12 sites around Lake George. Lake George Land Conservancy. Sarah Hoffman: 644-9673. lakegeorgehikeathon.org.
- Table Top Hike. 10M. 8:30am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- Donaldson & Emmons Hike. 14.6M. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org. Macomb, South Dix & Grace Mtn Hike. 12.3M. 7am.
- Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. Street & Nye Hike. 9M. 8am. Adirondak Loj, Lake Placid.
- Adk Mtn Club: 523-3441. adk.org. Seward Hike. 14M. 7:30am. Hamlet of Coreys. Adk Mtn 18
- Club: 523-3441. adk.org.
- Mt Marshall Hike. 17M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org. 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

Seymour Hike. 14.4M. 7:30am. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org.



Cycling Club

all levels of ability welcome more than 300 rides per year

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MohawkHudson CyclingClub.org



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

Catskill Mountain Cycling Challenge 55 **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



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at the Double H Ranch in Lake Luzerne, New York

Register at www.doublehranch.org

- Mt Marshall Hike. 17M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- Esther Hike. 6.6M. 8:30am. Candyman Shop, Wilmington. Adk Mtn Club: 523-3441. adk.org.
- 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.
- Macomb, South Dix & Grace Hike. 12.3M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

SEPTEMBER

- Macomb, South Dix & Grace Hike. 12.3M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- Seymour Hike. 14.4M. 7:30am. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org.
- Mt Marshall Hike. 17M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 18-20 Trailless Peak Backpacking: Seward Range. 8:30am. Adk Mtn Club: 523-3441. adk.org.
- Street & Nye Hike. 9M. 8am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 25-27 Trailless Peak Backpacking: Santanoni Range. 10am. Exit 29, I-87. Adk Mtn Club: 523-3441. adk.org.
- Donaldson & Emmons Hike, 14.6M, 7:30am, Hamlet of Coreys, Adk Mtn Club: 523-3441, adk.org.

MOUNTAIN BIKING & DIRT/GRAVEL JULY

- SMBA Trail Building Workshop. 9am-1pm. Rensselaer Plateau Community Forest, Poestenkill. saratogamtb.org.
- 6 Hours of Power MTB Race. 10am. Holiday Valley Resort, Ellicottville. 716-574-0888. heartrateup.com.
- 2nd Epic MTB Ride. 20M. SMBA Trails, Pittstown SF & Grafton Lakes SP, Grafton. saratogamtb.org.
- NYS MTB Series #2: SOS MTB Challenge. 10-30M. Stewart SF, Newburgh. nysmtbseries.com.

AUGUST

- 2nd Churney Gurney MTB Race. 9am-12pm starts. Gurney Lane MTB Park, Queensbury. underthewoodsfoundation.org.
- The Pawling Cycle CX Training Series. 5:30pm/7:30pm. Patterson. 847-878-7400. pawlingcycle.com.
- 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.
- SMBA Trail Building Workshop. 9am-1pm. Rensselaer Plateau Community Forest, Poestenkill. saratogamtb.org.
- 5th Belleayre Mtn All Terrain Challenge. Belleayre Mountain, Highmount. nysmtbseries.com.
- 29-30 ADK 80K Race Weekend. Sat, 6am: Trail Running Race. Sun, 8am: MTB & Cyclocross Races. Mt Van Hovenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com

MOUNTAINEERING & WILDERNESS SKILLS

- 13-17, 20-23 Wilderness First Responder. 72-80 Hours SOLO Certified. Adult & Teen. 8am-5pm. Ndakinna, Greenfield. 583-9958. ndakinnacenter.org.
- 25-26 Wilderness First Aid Course. SOLO Certified/WFR Recert. Adult & Teen. 8am-5pm. Ndakinna, Greenfield. 583-9958. ndakinnacenter.org.

13-8/7 Asban Wilderness Adventure Day Camp. Ages 6-7. 4 Sessions. 9am-4pm. Ndakinna, Greenfield. 583-9958.

a seriousfun camp

- 13-8/7 Nolka Wilderness Adventure Day Camp. Ages 8-9. 4 Sessions. 9am-4pm. Ndakinna, Greenfield. 583-9958.
- 13-8/7 Awasos Wilderness Adventure Day Camp. Ages 10-13. 4 Sessions. 9am-4pm. Ndakinna, Greenfield. 583-9958. ndakinnacenter.org

AUGUST

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

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- Mon 31st Monday Mini Tri: 6/22-8/17. 400-yd swim, 12M bike, 3M run. 6:30pm. Solo/teams. Kids Races (age 5-13): 7/20 & 8/10 at 3pm. High Peaks Cyclery, Lake Placid. highpeakscyclery.com.
- CDTC Crystal Lake Open Water Swim Training: 6/3-8/25. 6pm. Crystal Lake, Averill Park. cdtriclub.org
- Open Water Swims: 6/3-8/12. 5:30pm. Crystal Lake, Averill Park. John Slyer: 281-6480. skyhighadventures.com.
- Thu STC Open Water Swim Training: 5/28-8/27. 5:30pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.
- BTC Open Water & Tri Training. 6pm. Warner's Lake, East Berne. bethlehemtriclub.com.

JULY

- 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.
- 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.
- HITS Kingston Triathlon. Full, Half, Aquabike, Olympic, Sprint, Open. Kingston Point, Kingston. 845-247-7275. hitstriathlonseries.com.
- 11 Race to the Battle. 3.52M trail run & 2M kayak race on Boquet River. 8am. Gilliland Park, Willsboro. Justin Drinkwine: 963-8668. townofwillsboro.com.
- Hudson Valley Triathlon/Duathlon. Tri: 0.25M swim, 18M bike, 3.5M run. Du: 1M run, 18M bike, 3.5M run. Ulster Landing Park, Kingston. 845-247-0271. nytc.org. $\textbf{SkyHigh Xterra Off-Road Triathlon.}\ 1K\ swim,\ 20K\ bike,\ 6K$
- run. 7am. Grafton Lakes SP, Grafton. John Slyer: 281-6480. skyhighadventures.com. SkyHigh Kids Triathlon. 100m swim, 5K bike, 1K run. 11am.
- Grafton Lakes SP, Grafton. John Slyer: 281-6480. skyhighadventures.com. 30th Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M
- run. Solo or teams. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
- Pine Bush Triathlon. Sprint: 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake. Albany to YMCA. Guilderland. active.com.
- 6th Delta Lake Triathlon. Intermediate & sprint. 7:30am. Delta Lake SP, Rome. atcendurance.com.
- Ironman Lake Placid. 7am. 2.4M swim, 112M bike, 26.2M run. Olympic Speedskating Oval, Lake Placid. ironman.com.
- Fronhofer Kids Triathlon. 100m swim, 3M bike, 1M run. Kids Mini: 50yd swim, 1M bike, 0.5M run. 6:15pm. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.

2ND ANNUAL

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



We are your adventure cycling specialists. No matter where there is, we can get you there. Salsa Surly 45North Relevate Oveja Negro

79 Beekman St. Saratoga Springs, NY 518.587.0071 spacitybicycleworks.com

Service and a smile. No stinky attitude

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





SKYHIGHadventures → ♂ ❖

MULTI-SPORT LIFE Triathlon Club - Open water swim training and instruction for all ages and abilities. Every Wednesday from 6/3-8/12 at 6pm (arrive by 5:45pm) at Crystal Cove, Averill Park

XTERRA SKYHIGH Off-Road Triathlon – Swim 1K, Bike 20K, Run 6K SKYHIGH Kids Triathlon – Swim 100m, Bike 5K, Run 1K Saturday, 7/18 (XTERRA: 7am, Kids: 11am) • Grafton Lakes State Park, Grafton

SUMMER ADVENTURE Day Camps – 7/6-8/21 in Averill Park

Register & Info: SKYHIGHadventures.com – USA Triathlon sanctioned More info: John & Kathy Slyer at (518) 281-6480 or info@skyhighadventures.com

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

Tri-A-Thon

Catskill Recreation Center

October 11, 2015 Arkville, NY

1/4mi(indoor) Swim 12mi Bike 3.1mi Run

Experienced Athlete? Extend your race season and compete for cash prizes Beginner? Try the non-competitive category



Proactive Chiropractic, PLLC

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 Nimmo (A precise trigger point technique)

 Sport Science and Human Performance



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

AUGUST

- 9th Fronhofer Tool Triathlon. Olympic: 1.5K swim, 40K bike, 10K run. 8am. Partner/relay. Lake Lauderdale Park, Cambridge. fronhofertooltri.com.
- 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.
- The OGE Bitter Pill. 12-hour Adventure Race. Teams or solo. Trek, swim, paddle, MTB. Richmond, VT. 802-734-8514.

Iron Girl Syracuse Women's Triathlon. 600m swim, 18.6M

- bike, 3M run. 7am. Oneida Shores Park, Brewerton. 813-868-4747. irongirl.com.
- Central Park Triathlon. 0.25M swim, 12M bike, 3M run. Central Park, New York. 845-247-0271.nytc.org.
- Orange County Triathlon. 1.5K swim, 14M bike, 5K run. 7:30am. Newburgh Waterfront, Newburgh. 845-522-9338. orangecountytri.com.
- 13th Cayuga Lake Triathlons. Sprint, Intermediate, Youth. 8am. Taughannock Falls SP, Trumansburg. ithacatriathlonclub.org.
- Lyme Sprint Triathlon. 600m swim, 17.6M bike, 4M run. 8:30am. Town Fire Hall, Chaumont. chaumontny.org.
- Triathlon & Duathlon for Autism. Silver Lake Park, Belmar.
- Maple City Triathlon. 750m swim, 12.4M bike, 5K run. Dobisky Visitors Center, Ogdensburg.
- Staten Island Triathlon/Duathlon. Midland Beach, Staten Island. nytc.org.
- Crystal Lake Triathlon. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 3rd Old Forge Triathlon. 1K swim, 22M bike, 4M run. 8am. Old Forge. 315-404-8130. atcendurance.com.
- 25th West Point Triathlon. 0.5M, 12M bike, 5K run. Camp Buckner, West Point Military Reservation, West Point.
- Tri-State Triathlon. .025M swim, 10M bike, 5K run. 7:30am. West End Beach, Port Jervis. 845-522-9338.
- 16 $3\mathrm{rd}$ Peasantman Triathlons. Full Steel, Aquabike, Half, Half Relay, Olympic. Indian Pines Park, Penn Yan. 315-670-7191.
- Xterra Syracuse Off-Road Triathlon & Relay. 1K swim, 20K MTB, 10K trail run. 20K/10K trail races. Green Lakes SP, Fayetteville. xterrasyracuse.com.
- T3 Open Water Swim Clinic. 8-11am. All USAT members
- welcome. Battlefield Park, Lake George. t3coaching.net. Cazenovia Triathlons. Sprint, Olympic, Sprint Aquabike & Olympic Aquabike. Lakeside Park, Cazenovia.
- cnytriathlon.org. River Rat Triathlon. Kayak: 3M paddle, 16.8M bike, 3.3M run. Sprint: 600m swim, 16.8M bike, 3.3M run. Centennial Park, Clayton. riverrattri.org.

SEPTEMBER

- **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.
- **Greene Y Triathlon.** 8am. Sleepy Hollow Lake, Athens. Stacy Serson-White: 731-7529. cdymca.org.
- 12-13 Finger Lakes Triathlons. 10am. Kershaw Park, Canandaigua. fingerlakestriathlon.com.
- Incredoubleman Triathlon, Sprint, Duathlon & Aquabike. 8am. Westcott Beach SP, Sackets Harbor. incredoubleman.com.
- 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.
- Westchester Triathlon & Aquabike. Oakland Beach /Rye Town Park, Rye. westchestertriathlon.org.

OCTOBER

- Glens Falls Lions Duathlon. 5K run, 30K bike, 5K run. 8:30am. Solo/teams. SUNY Adirondack College, Queensbury. glensfallslions.org.
- Tri-A-Thon Triathlon. Sprint w/indoor swim. 7am. 651 County Route 38, Arkville. Becky Manning: 845-586-6250. catskillrecreationcenter.org.

OTHER EVENTS

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

SEPTEMBER

- Family Weekend. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 12-13 Saratoga Native American Festival. Free admission. Victoria Pool Mall, Saratoga Spa SP, Saratoga Springs. saratoganativefestival.com.

PADDLING: CANOEING, KAYAKING & SUP

ONGOING

- SUP Yoga. 5:30-6:45pm. Adirondack Lakes & Trails: 891-7450. adirondackoutfitters.com.
- Mornings on the Mohawk Paddle. 9-10:30am. Niskayuna, Colonie & Latham area. Adk Paddle N Pole: 346-3180. onewithwater.com.
- SUP Yoga. 8:30-9:45pm. Adirondack Lakes & Trails: 891-7450. adirondackoutfitters.com.

- Evening Tour on Mohawk River. 6:15pm. Lock 9, Rotterdam Junction. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Yoga Paddlenic on the Battenkill. Yoga, paddling, swimming, socializing & locally-grown food. Reservatons: Battenkill Valley Outdoors: 677-3311. battenkillvalleyoutdoors.com.
- Adirondack Canoe Symposium w/Charlie Wilson. Wolf Pond, Ray Brook. freestylecanoeing.com.
- Race to the Battle. 3.52M trail run & 2M kayak race on Boquet River. 8am. Gilliland Park, Willsboro. Justin Drinkwine: 963-8668. townofwillsboro.com.
- Electric City Regatta. 12M/3M rec/1M Kids. 10am. Schenectady Co Comm College, Schenectady. Alec Davis: 321-6820.
- Evening Tour on Hudson River. 6:15pm. Henry Hudson Park, Bethlehem plus, Vloman Kill, Papscanee Creek. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- SLVP Duathlon #3. 1M run, 1.5M canoe/kayak, 1M run.6:30pm. Canton. slvpaddlers.org.
- Saranac Flatwater Challenge. 15M, 9M, 5M. 11am. Picketts Corners on Saranac Lake, Plattsburg. 891-0515. neckra.org.
- Remington II. 6M Downstream Race. 10am. Rensselaer Falls to Heuvelton. slvpaddlers.org. SUP Clinic Weekend w/ ACA Trainers, Steve & Cindy Scherrer.
- 9am or 1pm. Old Forge. 315-369-6672. mountainmanoutdoors.com. SLVP Duathlon #4. 1M run, 1.5M canoe/kayak, 1M
- run.6:30pm. Canton. slvpaddlers.org. Evening Tour on Hudson River. 6:15pm. Corning Preserve,
- Albany. Adirondack Paddle N Pole: 346-3180. onewithwater.com. Cohoes Great Outdoor Festival. 2-6pm. Lansing's Park Pool,
- Cohoes. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Cohoes Great Outdoor Festival. 2-6pm. Lansing's Park Pool,
- "You Gotta" Regatta Canoe/Kayak Race. Big Sucker Brook, Whittaker Park, Waddington. slvpaddlers.org.

5K Run, 30K Bike, 5K Run

Sunday, October 11, 2015

- 8:30 am SUNY Adirondack College
- Chip timed Participant only raffles
- Free micro-mesh tee shirt to the first 200 entrants
- One, two and three person teams
- Corporate teams of three welcome

Register at the Greenleaf website below



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

6TH ANNUAL

Peck's Lake

Challenge

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

30_{TH} 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

http://www.greenleafracing.com/reg/gfdu/ www.glensfallslions.org

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H HUDSON HEADWATERS CARE FOR KIDS 5K Run & Fitness Walk

Sunday, August 2 – 9am 2431 Schroon River Rd, Chestertown to Suzie Q's Sunshine Café, Brant Lake

- Free shuttle from finish line to start -\$25 or \$30 after 7/28 Quality T-shirt to first 400 entrants

Entry form at www.hhhn.org

Info: Howard Nelson: 761-0300 x31112 Proceeds benefit pediatric health care at HHHN

Battle of the Boquet Downtown Celebration

Race to the Battle

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

Saturday July 11, 8am / Historic Downtown Willsboro

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

Register: townofwillsboro.com Day of Registration: Willsboro Bandstand



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 zomb<u>ie</u> costumes -

Surviving is its own reward!

To benefit Johnathan R. Vasiliou Foundation

 $\textbf{Evening Tour on Hudson River.} \, 6:15 pm. \, Champlain \, Canal$ Lock 1, Halfmoon. Adirondack Paddle N Pole: 346-3180. onewithwater.com

AUGUST

- 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.
- Hamilton County Canoe Challenge. 23M. Canoe, kayak, voyager. Indian Lake. 376-2213. paddlefinder.com.
- Evening Tour on Hudson River. 6:15pm. Hannacroix Creek, Coeymans. Adirondack Paddle N Pole: 346-3180.
- Yoga Paddlenic on the Battenkill. Yoga, paddling, swimming, socializing & locally-grown food. Reservatons: Battenkill Valley Outdoors: 677-3311. battenkillvalleyoutdoors.com.

SEPTEMBER

- Women's Kayaking Day. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 11th Paddle for the Cure. 2M paddle on Moose River, Old Forge. Mountainman Outdoor Supply Company, Old Forge. 315-369-6672. mountainmanoutdoors.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.
- Nark Running Strategies Marathon/Half Training. 470-8659. narkrunningstrategies.com.
- Daily Fleet Feet Distance Project 10K/15K & No Boundaries 5K Running Programs Registration. Fleet Feet Albany & Adirondack locations. fleetfeetalbany.com.
- Camp Saratoga Trail Run Series: every two weeks 6/22-8/17. Mon 5K. 6pm. Wilton Wildlife Preserve & Park, Wilton.
- Laura Clark: 581-1278. saratogastryder.org. 47th Tuesday Night Summer Track Series: 6/16-8/1.6pm. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.
- Summer Track Series: 6/2-7/28. 6pm. Queensbury HS, Oueensbury. adirondackrunners.org.
- Fleet Feet Running Club. 6pm. Locations vary. Fleet Feet Albany/Adirondack. fleetfeetalbany.com.
- Summer Trail Run Series: 5/28-8/13. Locations/distances vary. albanyrunningexchange.org.

JULY

- 9th "Firecracker 4" 4M Road Race. 9am. Saratoga Springs City Center, Saratoga Springs. firecracker4.com.
- Finger Lakes Fifties Trail Runs. 25K, 50K, 50M. 6:30am. Finger Lakes National Forest, Hector. fingerlakesrunners.org.
- Tuff eNuff Challenge. 3M. 8am. Neahwa Park, Oneonta. leafinc.org/tuffenuff.
- Montcalm Mile. 1:45pm. Wicker St & Race Track Road, Ticonderoga. lachute.us.
- Cazenovia 4th of July Foot Races. 5K, 10M, 1M Fun Run. Cazenovia HS, Cazenovia. syracusechargers.org. 33rd Clarence DeMar 5K. 8:30am. Folsom School, South
- Hero, VT. Jessica Bolduc: 802-338-7247. gmaa.net. HMRRC Summer Track: Two-Person Relay. 6M. 6:16pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311.
- 5th "Move it for the Music" 5K Run/Walk. Plus, 1M Beaver Dam Run. 8am. Luzerne Music Center, Lake Luzerne. 696-2771. luzernemusic.org.
- Race to the Battle. 3.52M trail run & 2M kayak race on Boquet River. 8am. Gilliland Park, Willsboro. Justin Drinkwine: 963-8668. townofwillsboro.com.

- ParkFest 5K/1K Run/Walk. 5K: 8am. 1K: 9:15am. Gavin Park, Wilton. 307-6168. friendsofwiltonrec.com.
- 2nd Team Sarcoma Run/Walk 5K. 9am. Warming Hut, 11 Saratoga Spa SP, Saratoga Springs. sarcomastrong.com.
- Turtle Trot Walk Run. 3.4M. Whalen Park, Massena. 11 315-764-1289. wilsonhillassoc.com.
- 2nd Turtle Trot 10K & 10K Relay Races. 8am. Kenoza Lake 11 Firehouse, Kenoza Lake. April Ackerman: 845-701-9054. sullivanstriders.org.
- 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. the puzzle piece foundation.org.
- 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.
- 5th Racing to Save Lives 5K/10K Trail Run & Kids Run. 10am. 12 Tymor Park, Unionvale. active.com.
- Boilermaker Road Races. 15K: 8am. 5K: 7:15am. 3M Walk & 12 Kids Race, Utica, Iim Stasaitis: 315-797-5838. hoilermaker com
- Summer Sunset 5K Series #2. 7:30pm. 1M Run: 7:15pm. 14 Parking Lot J, St. Lawrence University, Canton. Suna Stone-McMasters: 315-229-5105. stlawu.edu.
- Nike Summer Distance Project Mid-point Run. 7pm. 15 Saratoga Spa SP, Saratoga Springs. fleetfeetalbany.com.
- HMRRC Summer Track: Hour Run. 6:15pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- AREEP Trail Running Camp. Clinics, BBQ. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 18 Glenville-Schenectady YMCA 5K Run, 3K Walk & Kids' Fun Run. 5K/3K: 9:30am. Kids Run: 9am. Collins Park, Scotia. finishright.com.
- 18 Roller Coaster Race 5K & 10K. 7:30am. Great Escape Resort, Lake George. 434-951-8572. rollercoasterrace.com.
- Run the Ridge 5K & 2K. 8:45am. Maple Ski Ridge, Schenectady. Kate Michener: 381-4700. mapleskiridge.com.
- Wakely Dam Ultra Trail Run. 55K. Piseco to Wakely Dam. Kimberlee Gardner: 315-404-4010. wakelydamultra.com.
- Boomer's Cystic Fibrosis Run to Breathe 4M Run. 8am. Central Park, New York. nyrr.org.
- 37th Goshen Gallop. 10K Trail Run & 5K. 4pm. Blueberry Hill 18 Inn, Goshen, VT. blueberryhillinn.com.
- 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. HMRRC Summer Track: Pentathlon. 5K, 800m, 3.2K, 400m, 1.6K. 6:15pm. Colonie HS Track, Colonie. Ken Skinner:
- 489-5311. hmrrc.com. 19th Silks & Satins 5K. 8am. New course. Fasig-Tipton Pavilion, Saratoga Springs. 744-5646.
- silksandsatins5k.com. 4th Harrisville Library 5K Walk/Run. 9am. Harrisville Free
- Library, Harrisville. 315-543-2577. harrisvillefreelibrary.org. 45th Honor America Days 5K Parade Run. 8:30am. City Hall,
- Rome. Cindy Reynolds: 315-337-0753. romanrunners.com. Biggest Loser Run/Walk Race Series. Half Marathon, 5K & 1M Fun Run. Killington Resort, Killington, VT. biggestloserrunwalk.com.
- Mountaindale to Woodridge O & W Rails to Trails 4M Run/2M Walk. 9am. Mountaindale Fire House, Mountaindale. Allen Frishman: 845-313-2560. sullivanstriders.org.
- Barre Heritage Festival 5K Trail Race. 10:30am. Barre Town Forest, Barre, VT. Lori LaCroix: 802-249-8996. cvrunners.org.
- Escarpment Trail Run. 30K. 8:59am. Windham to North Lake, Haines Falls. escarpmenttrail.com.

2015 HMMRC 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

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



Lake George **Triathlon Festival**

Olympic Distance .9 / 24.6 / 6.2

hmrrc.com.



Half Iron Distance 1.2/56/13.1

September 5 & 6

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 Race the Train Saturday, August 1 Horth 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 Johnsburg Dollars for Scholars





\$16 pre-race (\$12 70+) or \$20 race day

Register online: Active.com



Saratoga Spa State Park USATF certified course • AREEP timed T-shirts and prizes

– Virtual Runner \$20 w/T-shirt

Pre-Reg \$20 – Day of \$25 Kids' 1/2 Mile Fun Run (8am): \$5 suggested

Register: TRFinc.org/5k

Benefits local non-profits that rescue/shelter ex-racehorses: ACTT Naturally, Heading for Home, Old Friends at Cabin Creel ReRun, Inc. and Thoroughbred Retirement Foundation More info: 225-4925 or foxcreek5k@gmail.com



 $Flexibility/Stretching \ for \ Runners \ presented \ by \ Poise \ Studios.$ 7pm. RSVP to Fleet Feet Albany: 459-3338. fleetfeetalbany.com.

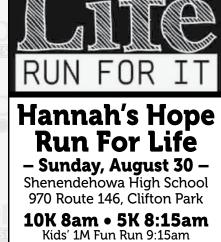
AUGUST

- 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.
- 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.
- Dynamic Duo Pursuit Race. 6pm. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.
- Ellenville Mountain Running Festival. Marathon, half, 8M, 6M. 8am. Minnewaska SP, Ellenville. 845-235-2788.
- Vino & the Beasts 5K Obstacle Run. 1pm. Millbrook Winery, Millbrook. Chad Lahr: 315-719-1218.
- 5th Redneck Super Hero 10K/5K Run. 9am. American Legion, Antwerp. Michael Stoffel. villageofantwerp.net.
- 36th Round Church Women's Run. 5K/10K. 8:30am. Round Church, Richmond, VT. Lori Hennessey: 802-238-0820.
- Bolder Inspiration Challenge. 5M. 9am. 1Mile Kids Run: 8:30am. Partridge Hill Road, Trenton Falls. bolderinspiration. blogspot.com.
- Ram Run. 5K Run/Walk. 9am. Rensselaer HS, Rensselaer. ramrun5k.weebly.com.
- 21st HMRRC Indian Ladder Trail Runs. 9am: 15K & 3.5M. 10:30am: 1M Kids' Run. Thacher SP, Voorheesville.
- 37th Lane 10K Lake Run. 10am. Speculator Ball Field, Speculator. 548-4521. speculatorchamber.com.
- Care for Kids 5K Run & Fitness Walk. 9am. Chestertown to Brant Lake. Howard Nelson: 781-0300. hhhn.org.
- 2 SOS 5K. 11am. State Highway 3, Star Lake. northernrunner.org.
- 5th Schenectady ARC 5K Challenge Road Race. 6:30pm. Isabella Pavilion, Central Park, Schenectady. arc5kchallenge.com.
- 5th DanRan 5K Run/Walk. 9am. Stevens Elementary School, Ballston Lake. Michael Hale: 399-4846. danran.weebly.com.
- Fox Creek 5K Run/Walk. 9am. Hilltown Triple Crown Series #1. Berne Town Park, Berne. 225-4925. active.com.
- Festa 5K & Children's 1M Fun Run. Schenectady. Carmela Pasquarella: 764-8078. olqprotterdam.org.
- Inaugural Great Carrying Race 5K Run & Walk to benefit Rome Historical Society. Run: 6pm. Walk: 5:30pm. The Mill, Rome. romanrunners.com.
- 8 Ken Hummel Memorial 5K. 9am. Stuyvesant. stuyvesantny.us.
- 9 Run for the Roses 5K. 9am. Grafton Lakes SP, Grafton. Cynthia Pulito: 269-9520. graftoncommunitylibrary.org.
- Tawasentha XC 5K #1. 6:30pm. Tawasentha Park, 10
- Guilderland. hmrrc.com.
- Summer Sunset 5K Series #3. 7:30pm. 1M Run: 7:15pm. Lot J, St. Lawrence University, Canton. Suna Stone-McMasters: 11 315-229-5105. stlawu.edu.
- Team In Training Run/Walk Info Session, 5:30-6:30pm, SAA Jewish Community Center, Albany. Liz Spaide: 438-3583 x2557. teamintraining.org/uny.
- Peak 2 Brew Exhibition Relay Race. 234M. Whiteface Mtn, Wilmington to Utica. p2brelay.com.
- 7th Camp Chingachgook Challenge Half Marathon & 10K Race. 13.1M: 8am at Lake George. 10K: 9am at Camp Chingachgook, Kattskill Bay. lakegeorgehalfmarathon.org.
- 13th Jailhouse Rock 5K Race. 8:30am. Brookside Museum, 15 Ballston Spa. 885-4000. brooksidemuseum.org.
- 18th Olga Memorial Footrace. 10K & 5K Run/Walk. 9:30am. Berkeley Green, Saranac Lake. 637-4297. slskatepark.org.

- Castleton 10M, 5K, 1M Kids run. 8:30am. Jim Clavin: 810-9548.
- Pawling Lakeside Park 5K. 9:30am. 800m: 10:15am. Lakeside 15 Park, Pawling. mhrrc.org.
- Willow Bay 5K Run & Fitness Walk for Women. 9am. 15 Willow Bay, Onondaga Lake Park, Liverpool. 315-345-3270. syracusechargers.org.
- 16 Albany Movement & Fitness 5K Run/Walk. 9am. Corporate Woods, Albany. albanymovementandfitness.com.
- Catskill Mountain 100K Road Race & Relay. Woodland Valley 16 Bridge to Davis Park, Phoenicia. 845-235-2788. todjen.wix. com/catskillmountain100k.
- 3rd Monday Night Mile Race. 5:30pm. Saratoga Casino & Raceway, Saratoga Springs. 796-8878. srymca.org.
- 17 Tawasentha XC 5K #2. 6:30pm. Tawasentha Park,
- Voorheesville 5K Run/Walk. 9am. Hilltown Triple Crown #2. Voorheesville HS, Voorheesville. Phil Carducci: 861-6350.
- 2nd Bridesmaid 5K. 2pm. Pavillion to the Hoot Owl, Canton. 22 Mary Beth Sieminski: 386-3322. northernrunner.org.
- Vent Fitness 5K & 5K Challenge. 10am. Crossings Park, 23 Colonie, ventfitness.com.
- Tour De Force Charity Run: Half Marathon, 10K, 5K & 1M Run/Walk, 8am, Point Au Roche SP, Plattsburgh, Thomas Brown: 563-3825. adirondackcoastevents.com.
- 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.
- 23rd Scholarship Trail Race. 5K. 8:30am. Red Rocks Park, South Burlington, VT. gmaa.net.
- Tawasentha XC 5K #3.6:30pm. Tawasentha Park, Guilderland.
- 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.
- 29-30 ADK80K Race Weekend. Sat: Trail Running Race. Sun: MTB & Cyclocross Races. Mt Van Hoevenberg, Lake Placid.
- Fishy Frolic: Mackerel Mile Walk, Fishy 5K & Trout 10K. 5K/10K: 9:30am. Walk: 8:45m. Corning Preserve, Albany.
- $\textbf{18.12 Challenge \& Half Marathon}.\ 18.12 M\ \&\ 13.1 M.$ Watertown to Sacketts Harbor. 1812challenge.com.
- Hannah's Hope Run For Life 5K & 10K. 10K: 8am. 5K: 8:15am. Kids 1M Run: 9:15am. Shenendehowa HS, Clifton Park. hannahshopefund.org.
- 30 Run for Home 5K Run/Walk & Kids Run. 5K: 8:45am. Kids Run: 8am. Dutchess County Rail Trail, Poughkeepsie. childrenshome.us.
- 47th Archie Post 5 Miler & Kids Run. 8am. Gutterson Field House, UVM, Burlington, VT. Russ Cooke: 802-846-5635. gmaa.net.

SEPTEMBER

- Voorheesville 5K Cross Country Challenge. 9am. Wallace Park, Voorheesville. Phil Carducci: 861-6350.
- 6th Run for the Horses 5K. 8:30am. Orenda Pavillion. 5 Saratoga Spa SP, Saratoga Springs. trfinc.org/5k.
- Biggest Loser RunWalk. Half Marathon, 5K, Kids Fun Run. Buffalo. biggestloserrunwalk.com.
- Scottish Games 5K. 10:30am. Altamont Fairgrounds, Altamont. Rebecca Schenck: 669-1470.
- 7 27th SEFCU Foundation Labor Day 5K. 9am. Harriman State Office Campus, Albany. John Parisella: 269-1904. hmrrc.com.
- 1st Good Karma 5K Run/Walk for AIM for Seva. 9:30am. Yoga Warmup: 9am. Plus, Indian food, henna, vendors. Halfmoon Town Park, Halfmoon. 383-3722. goodkarma5k.eventbrite.com.
- Double H Ranch Camp Challenge 5K Trail Run & Bike Ride. Bike: 30M/62M. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921 x269. doublehranch.org.



Commemorative T-shirts to first 200 entered Post-race food & refreshments Awards to top M/F overall & age groups

Chip timing by AREEP Form/join a team: ReasonToRace.com

Register: ZippyReg.com (Online entry closes 8/27 10am) \$25 5K & \$35 10K by 8/27 (\$5 more race day)



TOUR DE FORCE CHARITY RUN Half Marathon, 10K Run, 5K Run & 1M Walk **SUNDAY, AUGUST 23** Half 8am, 10K 8:15am, 5K 8:30am, 1M 8:45am courses ■ Register by 7/31 for guaranteed tech shirt & finisher medal Point Au Roche State Park, 9 Red Cloud Rd, Plattsburgh ■ Register by 7/31 and donate \$10 or more to be eligible to win an Apple MacBook Pro computer ■ Bring your family to enjoy the state park and post-race raffles, prizes and food Register at AdirondackCoastEvents.com

Info: Thomas Brown at fricfrom54@gmail.com • Volunteers needed (T-shirts to all) Sign-up online

ell Police Academy annually. Sean Collier was the MIT police officer killed during the Boston Marathon bom





Battle of the Boquet Downtown Celebration **Race to the Battle**

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

Saturday July 11, 8am 🖊 Historic Downtown Willsboro

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

Register: townofwillsboro.com Day of Registration: Willsboro Bandstand

Voorheesville 5K Run &

Saturday, August 22 • 9am Voorheesville High School, Voorheesville Race #2 of Hilltown Triple Crown 5K Series

T-shirts for first 150 preregistered Awards: top 3, 5-year age groups & top 15 walk \$18 pre-race (\$15 70+) or \$22 race day

Register online: Active.com

More info: 861-6350 or foxcreek5k@gmail.com



FIRST ANNUAL Good Karma 5K Run/Walk for AIM for Seva

Saturday, Sept. 12, 9:30am Halfmoon Town Park, Halfmoon

5K USATF certified course – Flat, fast & entirely within the town park Gender specific T-shirts guaranteed to registrants by 8/31 – 9am: 15-minute yoga warm-up Post-race food/drink, Indian street-food, henna tattoos & Indian folk dances Awards to top three M/F overall & age groups

Info, Entry Form & Registration: goodkarma5k.eventbrite.com \$25 by 9/11 or \$30 day of race • 518-383-3722 • goodkarma5k@gmail.com Benefits AIM for Seva (aimforseva.org) – Makes education accessible to children in rural/tribal India. Proceeds sponsor children for housing close to public schools to increase literacy and decrease dropouts.

- 6th Malta 5K Run/Walk. 8:30am. Malta Business & Professional Association. HVCC TEC-SMART, Malta. Paul Loomis: 472-4807, malta5k.com.
- 3rd YOUth Make A Difference 5K. 10am. Kids Run: 9:30am. Town Hall, North Greenbush. townofng.com.
- Get Your Rear in Gear 5K. 8:20am. Saratoga Spa SP, Saratoga Springs. Diana Wernig: 390-7471. events.getyourrearingear.com.
- Lake Placid Classic Half Marathon & 10K. 9am. Lake Placid. 897-2685. lakeplacidclassic.com.
- Old Forge Half Marathon & 5K. 8:30am. Hiltebrant Rec Center, Old Forge. willowhwc.com.
- 7th Running for Recovery. 9am. Jefferson County Fairgrounds, Watertown. Sal Ciulo: 315-782-8440. watertownurbanmission.org.
- Kerhonkson Day 5K. 9:15am. Firehouse, Kerhonkson. Gregg Kenney: 845-943-9242. friendsofkerhonkson.org.
- 14th Teal Ribbon 5K & 1M Walk. 9am. Washington Park, Albany. Jim Foley: 783-7600. caringtogetherny.org.
- 13th Ty Yandon Memorial 5K Run/Walk. 9am. Newcomb Overlook, Newcomb. Kevin Bolan: 582-2991. newcombny.com.
- 44th HMRRC Anniversary Run. 9am. University at Albany, Albany. Pat Glover: 877-0654. hmrrc.com.
- WWAARC 5K & Kid's Run. 10am. Plus, vendor fair. Glens Falls YMCA, Cole's Woods, Glens Falls. Michelle Bielawa:
- 18-19 Shawangunk Ridge Trail Run/Hike. 20M/32M/50M/74M. High Point SP, NJ to Rosendale. Ken Posner: 646-784-0341. srtrunhike.com.
- 38th Whiteface Mountain Uphill Foot Race. 8M & 3,500 ftclimb. Whiteface, Wilmington. whitefaceregion.
- ARC in the Park 5K Run/Walk. 9am. 1M Fun Run/Walk/ Roll: 10:30am. RPI Tech Park, North Greenbush. 274-3110.
- Brenda Deer 5K Memorial Run, 3K Walk & Kids 1M run. 5K/3K: 10am. Guilderland YMCA, Guilderland. 456-3634.
- 38th Great Cow Harbor 10K Run. 8:30am. Laurel Ave School, Northport. cowharborrace.com.
- Nisky Fall Fun Run 5K, 1M & 50-yd Dash. 5:30pm. Niskayuna Town Hall, Niskayuna. 581-386-4526. niskayuna.org.
- 12th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. Steve Eustis: 802-878-4385. gmaa.net.
- The Backpack Run 5K/10K. 9am. Theresa Primary School, Theresa. thebackpackrun.com. The Saratoga Palio: Melanie Merola O'Donnell Memorial
- Park, Saratoga Springs. thesaratogapalio.com. 8th Hometown Heroes 5K Run & Walk. 9:15am. Crossings

Race: Half Marathon & 5K Run/Walk. 7:45am. High Rock

Park, Colonie. Kathy Andonie: 368-5513. nyfrc-inc.org. I Run For Half Marathon. 13.1M. 8am. Town of Maine Park,

Maine. Steve Seepersaud: 607-595-0166.

- 37th Dutchess County Classic. Half marathon, 5K, 1M kids run. Arlington HS, Lagrangeville. 914-456-0708. mhrrc.org.
- Albany Autism Society 5K Run/Walk. 9am. Central Park, Schenectady. albanyautism.org.
- Delta Lake Half Marathon. 13.1M. 9am. Delta Lake SP, Rome. 315-337-3658. romanrunners.com.
- Ragnar Adirondacks. 200M relay. Saratoga Spa SP, Saratoga Springs to Lake Placid. ragnaradk.com. 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.
- Adirondack Marathon Distance Festival. 5K/10K Races, Chestertown & Kids Fun Run & Expo, Schroon Lake. adirondackmarathon.org.

- 4th Mario Zeolla 5K Run/Walk. 9am. Albany College of Pharmacy & Allied Health Sciences, Albany. acphs.edu/healthexpo.
- Menands Monster Mile & 5K Run/Walk. 10:30am. Menands.
- 8th Run/Walk 4 Love 5K. 15M or 30M bike ride w/lunch. 26 9am. Saratoga Spa SP, Saratoga Springs. rrw4l.com.
- Maddie's Mark 5K. 10am. Central Park, Schenectady. maddiesmark.org.
- MHRRC Sports Museum Hall of Fame 5K. 8:45am. Van Wyck Trailhead, Dutchess Rail Trail, Poughkeepsie. mhrrc.org.
- CRSS Race for Hope 5K. 10am. Slingerlands. 439-4326. capitalregionspecialsurgery.com.
- 3rd Hawthorne Valley Let's Moove 5K Walk & Run. Hawthorne Valley School, Ghent. hawthornevalleyassociation.org.
- Adirondack Marathon Distance Festival. Marathon, Half, 2 & 4 Person Relays. Schroon Lake. adirondackmarathon.org.
- Nick's Fight to Be Healed 5K Run. 5K: 1:15pm. 2M Walk: 12pm. Nick's Mile: 11:15am. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- Dunkin Run 5K, 10K & 15K. 8:30am. SAA Jewish Community Center, Albany. Tom Wachunas: 438-6651. albanyjcc.org.
- 34th Arsenal City 5K Road Race & 1M Fun Run. 10am. City Hall, Watervliet. watervliet.com.
- Crossings 5K Challenge, 1M & 1/4 M Kids Runs. 10am. Crossings Park, Colonie. 438-9596. colonieyouthcenter.org.
- 41st Falling Leaves Road Races. 5K & 14K. 8:15am. Radisson Hotel, Utica. Mike Byrch: 315-404-8130. uticaroadrunners.org.
- Falcon 5K & 1M Run. 9:30am. Washington Park, Albany. albanyboosterclub.org.
- Pfalz Point Trail Challenge. 10M. High Falls. mohonkpreserve.org

OCTOBER

- **Mohawk Hudson River Marathon & Hannaford Half** Marathon. 10/10: Expo. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. mohawkhudsonmarathon.com.
- 2nd Running SCCCared Frightening 5K Run/Walk. 9:30am. Crossings Park, Colonie. St. Catherine's Center for Children: 453-6756. st-cath.org.

SWIMMING

AUGUST

- Swim a Mile for Hospice. 8am. Postwood Park, Hannawa Falls. Kellie Hitchman: 315-265-3105. hospiceslv.org.
- Gilbert Lake Swim Meet. Gilbert Lake SP, Laurens. adms.org.
- Betsy Owens Championships 1M/2M Cable swims. Mirror Lake, Lake Placid. adms.org.
- T3 Open Water Swim Clinic. 8-11am. All USAT members welcome. Battlefield Park, Lake George. t3coaching.net.
- Lake George Open Water Swim. 7:45am: 2.5K USMS Open Water National Championships. 5K (9:25am) & 10K (7:55am) Swims with wetsuit & non-wetsuit divisions. Hague Public Beach, Hague. Chris Bowcutt: 290-0457. lakegeorgeswim.com.

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.

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

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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 Bring unexpired dry goods



13th Annual **\11** Saturday, 1133 Aug 15 • 8:30am **Brookside Museum, Ballston Spa**

USATF Certified Fast and fabulous WIT WISTORCAL SOCIETY 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

8th Annual Heroes Heroes 5K Run & Walk

Sunday, Sept. 20 • 9:15am The Crossings of Colonie

USATF Certified • Solo/Teams T-shirt to first 250 • Chip Timing \$25 by 9/15 • \$30 after

Register: NYFRC-INC.ORG Kathy Andonie: (518) 368-5513

Fundraiser to benefit NY National **Guard Family Readiness Council**

Saturday, September 19th RPI Tech Park The Arc of Rensselaer Co Rt. 4, North Greenbush, NY 9:00 AM 5K Run or Walk USATF 10:30 AM One Mile Fun Run/Walk/Roll Are in the 🧱 T-shirts & Swag Bags 🗱 Team & Individual Categories

www.renarc.org

518-274-3110 ext. 3028

Frightening 5K Family Fun!

To benefit St. Catherine's Center for Children Saturday, October 17, 9:30 am

The Crossings of Colonie

2nd Annual 5K Fright Run/Walk

Presented by

with great prizes

Onsite Family Activities

Register online at www.st-cath.org, or call 518-453-6756 Pre-registration: \$25 Adults/\$20 Students (13-20)/\$30 Race Day FREE 1-mile walk for children 12 & under at 9:30am/5K at 10:30

Free t-shirts to first 400 paying runners!



Road, Trail, Distance and Relay Races

By Mona Caron

The race calendar is overflowing with unique races of every distance this summer and early fall! There are classic races and new races that will have you.

First up is the one-of-a-kind **Race the Train 8.4-Miler** on Saturday, August 1 where you race the train back from Riparius to the North Creek Depot. Starting at 8am, racers and their families ride the train from North Creek to the drop off point in Riparius and race back. The race starts at 9am at the NY Route 8 bridge right near the Riverside Station in Riparius.

The course is mostly on a dirt road that runs parallel to the Hudson through the woods with rolling hills. Finisher medals are given to all with special finisher medals to the first 75 runners who beat the train back to the station. The train stops at various points so family and friends can cheer on the runners. Spectators may also ride the train down and back for a small fee. It's a beautiful route for both runners and spectators on the banks of the Hudson River. There are a few tough hills on this shaded course, mostly in the first few miles. The race is in its 13th year and growing in popularity each year.

Post-race includes refreshments, awards and raffle prizes with awards given to the top male and female finishers overall. Immediately following the run there is also a one-mile fun run for all ages. Proceeds benefit the Johnsburg Dollars for Scholars. After, enjoy the town of North Creek with its

quaint Adirondack shops and restaurants! Visit adirondackrunners.org.

On the next day, Sunday, August 2, trail runners have their choice of distances at the 21st annual HMRRC Indian Ladder Trail Runs, featuring 15K and 3.5-mile trail races at the Thacher State Park near Voorheesville. The 15K loop is mostly on hiking and XC ski trails with two challenging hills, while the 3.5-mile course is on rolling terrain of grass and dirt. A kids' one-mile fun run is free. This annual favorite is open to all, but also serves as the Hudson Mohawk Road Runners Club picnic with post-race BBQ and refreshments. Race entry also includes park entry. Go to: hmrrc.com.

For a family or group that likes a variety of disciplines, consider the ADK 80K Race Weekend at Mt. Van Hoevenburg in Lake Placid on August 29-30. Run, mountain bike or cyclocross 80K as an individual, two- or four-person relay team with male, female, mixed and collegiate teams. The races cover 80K with four 20K loops within the grounds of Mt. Van Hoevenburg. The weekend consists of two separate events taking place on and between the trails used for the 1980 Winter Olympics. Trails will be a mix of singletrack and doubletrack with challenging climbs and fun descents. The figure-eight design will have athletes coming through "Race Village" four times for family and friends to cheer you on!

Saturday is the trail running race and Sunday is for the mountain bike and cyclocross race. Races start and end in the Mt. Van Hoevenberg race village. Run or bike while

you enjoy the day at the race barbecue, vendor expo and live music all day, plus free kids' mountain bike races. Visit adk80k.com for more info.

New to the region is the **Tour de Force Charity Run: Half Marathon, 10K, 5K & 1M Run/Walk** on Sunday, August 23 in Plattsburgh. The half marathon, 10K and 5K are out and back courses starting from Point Au Roche State Park on Lakeshore Road on a scenic, flat and fast course along beautiful Lake Champlain. The race director Tom Brown says, "You'll have a PR at this event!" Register by 7/31 for a guaranteed tech shirt and medal, and donate at least \$10 to be eligible to win an Apple MacBook Pro. The post-race party will be at the state park.

Ten percent of proceeds are donated to the Sean Collier Self Sponsor Scholarship to send one MIT recruit through the Lowell Police Academy annually. Sean was the MIT officer who was killed during the Boston Marathon bombing. Started in 2002, in the Tour de Force Charity was started by two N.C. detectives to raise money for the victims of the September 2001 terrorists attacks. This is first year of this race. To register, go to adirondackcoastevents.com.

Test yourself at the 38th annual Whiteface Mountain Uphill Foot Race on Saturday, September 19, on New York State's fifth highest peak. The eight-mile race climbs 3,500 feet on the scenic Whiteface Mountain Veterans Memorial Highway to the summit. Participants will be rewarded with stunning views of the foliage and peaks. The race begins at NY Route 86 and the memorial highway, where spectators can watch the beginning, and then cautiously travel to the top of the mountain to see the finish.

It's a well-supported race with water stations and volunteers every 1.5 miles. At the finish line you'll be treated with refreshments and snacks. The first 150 people to register will receive a special commemorative gift. The awards this year will be given in the center of Wilmington at the Festival of the Colors. This free festival event includes vendors, music, food and kids' activities so bring the whole family! Go to whitefaceregion.com for more information.

On Sunday, September 20, The Melanie Foundation will be celebrating ten years of crossing the finish line for others at **The Saratoga Palio: Melanie Merola O'Donnell Memorial Race Half Marathon & 5K Run/Walk in Saratoga Springs.** The race features a scenic course starting on Broadway and through Saratoga Springs, including Saratoga Spa State Park, and many parts of downtown. With its winding route, there are many opportunities to spectate, and runners will like the extra support and cheering. The course is mostly flat with a few gentle rolling hills. This year the finish is at Congress Park where there will be live music, food, drinks and awards.

The event was established to honor the inspiring life of Melanie Merola O'Donnell. Melanie died at the age of 33 while in the midst of pursuing her doctoral studies in psychology. Her family and friends collaborated to bring The Melanie Foundation to life, with the initial goal of providing scholarships to people in the mental health field. Each year a scholarship is given in her name to an outstanding post-graduate student. For more info, go to thesaratogapalio.com.

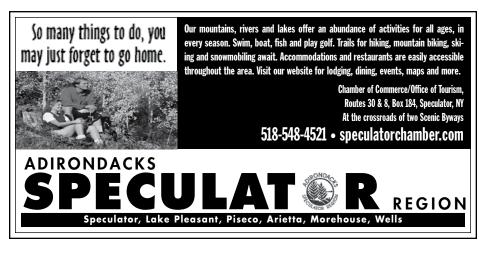
On September 25-26, **Ragnar Adirondacks** will be back for a fourth year as the relay takes caravans of teams from Saratoga Springs to Lake Placid. The almost 200-mile relay race features spectacular scenery and foliage starting from Saratoga Spa State Park, skirting along the Hudson River, passing through the Lake George region, running up the western side of Lake Champlain, and finishing in Lake Placid. This race is part of the Double Medal Series; if you ran the Ragnar Cape Cod and do Ragnar Adirondacks, this qualifies you for the Docks & Dacks double medal.

Gather 12 friends for a regular team or six for an ultra team, rent two vans, decorate the vehicles, come up with a clever team name, costumes, and you're ready to run! If you're not familiar with Ragnar, it's a day and night relay race. Only one runner hits the road at a time with each participant running three times (or double that for an ultra), with each leg ranging from three to eight miles and varying in difficulty. It's a great opportunity for runners of various abilities to be on a team together. Check out: ragnaradk.com.

If an overnight relay is not your thing or if you prefer to do your miles all at once, sign up for the Adirondack Marathon Distance **Festival** on September 26-27. The marathon, half and two-person or four-person relay will take place on Sunday around beautiful Schroon Lake. Marathoners will complete one clockwise loop around Schroon Lake on paved roadways, except for a half-mile stretch of gravel road in mile three. The race features a combo of rolling or flat terrain. The half starts at the halfway point on the marathon course in the hamlet of Adirondack. The half was recently voted the Northeast's Best Half-Marathon by Competitor magazine. The marathon relay teams are back again, and each relay race is limited to 50 teams.

The 5K and 10K races are held on Saturday in nearby Chestertown. Both races are run on paved streets through the heart of the town and are organized by the Helper's Fund. To learn more, go to: adirondackmarathon.org.

These races offer terrain, distances, and types of races that are so diverse that there's something for every type of runner or walker. There's plenty of time to train, so sign up and get going!





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Buck Pond Camp and Paddle NOELA REEL FROM HOHOKUS, NJ SLIDES THROUGH A BREAK IN A BEAVER DAM ON THE SARANAC RIVER, NORTH BRANCH. PADDLERS WIND THEIR WAY UP THE WILD NORTH BRANCH OF THE SARANAC RIVER. esker runs all along the north shore of the

By Alan Mapes

anging out with 1920s gangster Legs Diamond? It was an unexpected part of our August paddling week last year. We based the trip out of Buck Pond State Campground in the Adirondacks. Legs himself was not around, but we stopped for lunch at the site of his camp on Clear Pond.

Each August, I organize a car camping and paddling week with folks I know through Atlantic Kayak Tours and the Adirondack Mountain Club. We usually camp at Rollins Pond State Campground, but we decided to try a new location this past August - Buck Pond Campground near Onchiota - about 20 minutes north of the village of Saranac Lake.

Buck Pond turned out to be a great spot for our trip. Three full days of paddling allowed us to explore a good bit of the local water, but still have more to explore this year. Let me give you a snapshot of our

Rollins Pond is hard to beat for a paddling base. Most campsites are right on the water so you can access other area ponds and lakes without portaging your boat. The problem is that Rollins is so popular! You must reserve a campsite on the very day that reservations open (9 months before your arrival), and you'd better do it in the first hour of that day. Campsites get snapped up that fast.

At Buck Pond, we did not have the luxury of being right on the water, but everything else was great. We had beautiful campsites in the "B" loop and no reservation pressure. During our week in late August the loop was well less than half full. The individual sites were large and flat, nice for putting up our small tents. On my site, we put up a screen house and an awning over the picnic table, so everyone could gather for joint meals.

Folks arrived and setup on Monday

afternoon and evening, coming from as far as Buffalo and northern New Jersey. We had three full days available for paddling, with people leaving on Friday morning. The campground was filling up as we left on Friday as it was the start of the Labor Day Weekend.

For Tuesday's paddle, our target was the north branch of the Saranac River. We launched from the boat ramp in the campground and into the western "narrows" of Lake Kushaqua. Heading west, we passed through a large culvert running under an old rail bed, and into the narrow end of Rainbow Lake.

The major land features in this region, besides the many lakes, are the eskers. These long, narrow, winding ridges are perhaps 50 to 100 feet tall. The ridges formed during the last glacial period, as material was deposited by rivers running through the melting glacier. At Rainbow Lake, a long, winding

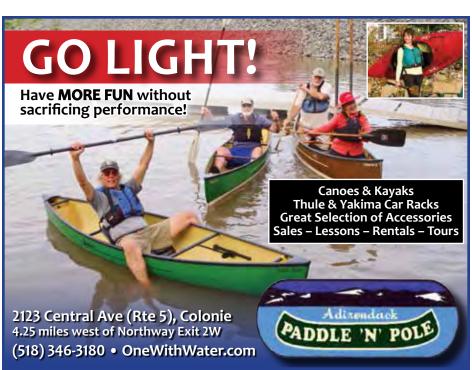
four-mile long lake.

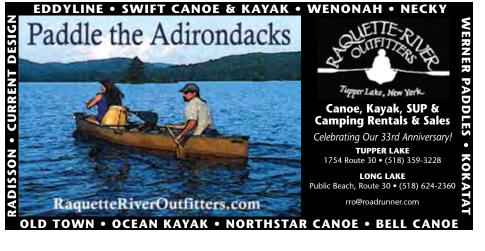
In the Rainbow Narrows, we kept to the right and into a bay that marks the beginning of the river. We made slow progress upstream, not that the current was very strong - it's a slow gentle river. We took our time to appreciate the wild and beautiful scenery. We worked our way through the breaks in several beaver dams, ultimately finding our way blocked by a more substan-

This became a theme of our paddling week - beaver dams signaled the turnaround spot on each of our three paddling days. People paddling canoes have it a little easier landing on beaver dams, pulling the boat over the dam. and getting in again. From a kayak this is more of a challenge, especially for our not-so-young legs. We happily let the first substantial dam be our turning point.

See CANOEING, KAYAKING & SUP, 28







CANOEING, KAYAKING & SUP





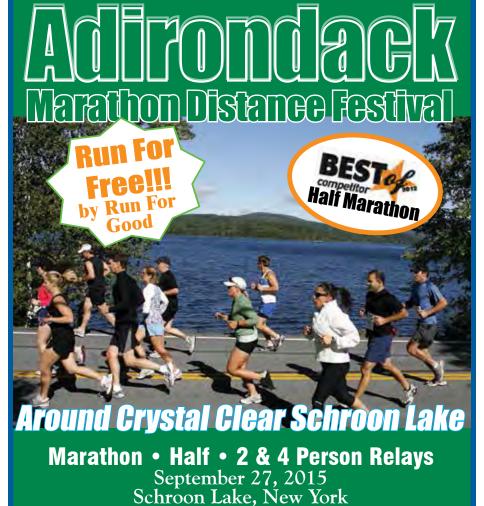


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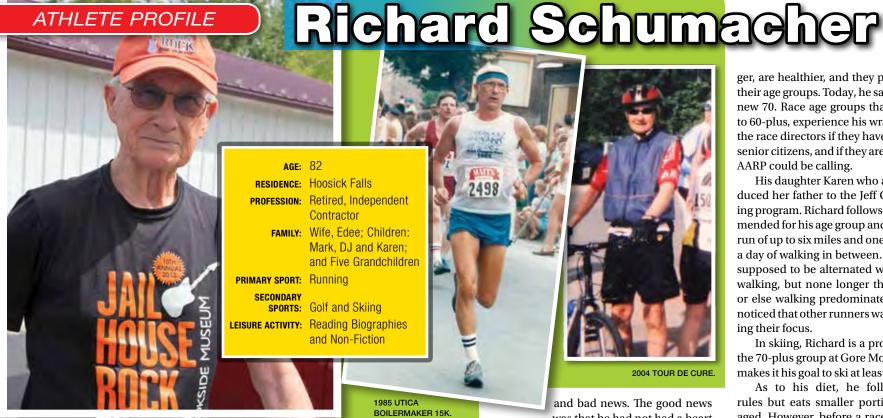
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What's Age Got to Do with It

By Christine Bishop

very time Richard Schumacher wins a ■ medal in his 80-plus age category he ■proudly hangs it on his car visor replacing the older one. A guy in a pick-up truck saw him do this and said sarcastically that he was glad to see that Richard had won at least two medals, to which Richard responded, "Two! I have at least 200." He may be in his 80s, but he's not slowing down.

He credits Frank Shorter with inspiring him and others to run long distances. Before Shorter medaled in the 1972 and 1976 Olympic marathons, most people were unaware of the event, but not after Shorter's feats. People were no longer content with running a mile, and so began the running boom. The numbers of runners climbed from 10,000 in 1968, to 27 million ten years later in the United States, and Richard was

He was the fastest kid in the city of Buffalo in the 60-yard dash when he was in grammar school, but he didn't pursue track as a sport. Instead, he played basketball and baseball. In college he took up alpine skiing, which became his lifelong winter passion. He says of his time at Paul Smith's College in the scenic Adirondacks that he majored in skiing and minored in hotel management. He also took up golf. In Richard's 40s, Frank Shorter revolutionized his life and running became his number one sport.

During this burst of enthusiasm, he raced all the distances. His best 5K time was 19:12 at age 52, and his best 10K was slightly over 40 minutes to his chagrin. His 5-mile PR is 32:11 at the Amsterdam Amble. He ran his best half marathon in 1:33:00 (7:10 pace), at age 54 in Plattsburgh. At age 48 he did his first marathon in Buffalo, where he ran 5:03:00 with frigid winds howling down from Canada. At Lake George, he did his second and last marathon in 3:56:00 (9-minute pace) with his kids following him on their bikes. He decided to forsake the marathon because it took too much time and he was afraid of injuring himself.

Richard is an obsessive chronicler of his sports career. He has scrapbooks filled with articles, photographs, race results, cartoons with captions and fun memorabilia. He has lists and detailed descriptions of every race he has completed. His total now is 576 and running. He is goal oriented and plans his year to include 18 5Ks all with an 80-plus category that range from spring to fall ending with the Troy Turkey Trot, which he does yearly, and then skis at Gore Mountain in the winter. In between, he plays golf three times a week weather permitting.

When in his 70s he was plagued by physical problems. At 72, after a full day of skiing at Gore with shoveling snow in between, he was stricken with chest pains. After a lengthy exam, the doctor said he had good news

was that he had not had a heart attack, but the bad news was that he needed a triple bypass. Paralleling this, he began to experience stomach pain every time he ran, so he switched to bicycling. His biking career was marked by success and hard work. He

did the ADA Tour de Cure for eight years straight, biking and personally raising thousands for the charity.

During this time he had other ills from which he bounced back, but truly transformative surgery came when he was 78. It turned out that the pain he felt in his gut for years was from a kidney stone. Within two weeks of the surgery, he felt like a phoenix rising from the ashes. There was no pain and the world was golden again. He decided that it was time to trade his bicycle for his running shoes and he began to plan his comeback. It took a while to get back into running shape but he did it! His goal was to "knock them dead" when he entered his new age category of 80. In his first comeback race, at 78, he ran the 5K at an 11:10 pace! He was well on the path to success.

As Richard stated, a new age category is a terrific turn-on for any runner. He examined the 80 and above field and realized that he could give them all a good run for their money. When he turned 80, he celebrated for three days straight with family

Richard is a lean, mean running machine. Every one of his 142 pounds is packed with competition. He has a twinkle in his eye as he talks about his aim of "promoting the hell out of the 80-year-old age group to encourage 'young' senior citizens." He notes that people are running lon-

DanRan

5K Run

ger, are healthier, and they pay attention to their age groups. Today, he says that 80 is the new 70. Race age groups that only goes up to 60-plus, experience his wrath. He will ask the race directors if they have a case against senior citizens, and if they are not careful the AARP could be calling.

His daughter Karen who also runs introduced her father to the Jeff Galloway training program. Richard follows what is recommended for his age group and does one long run of up to six miles and one short run with a day of walking in between. The running is supposed to be alternated with intervals of walking, but none longer than 30 seconds or else walking predominates. Richard has noticed that other runners walk too long losing their focus.

In skiing, Richard is a proud member of the 70-plus group at Gore Mountain, and he makes it his goal to ski at least 20 trips a year.

As to his diet, he follows no strict rules but eats smaller portions as he has aged. However, before a race he only has a piece of toast, a banana and some coffee. Every time he varied this, he had a disaster.

When asked about running tips, he responded in two ways. For running in general, always be competitive no matter what your age, try to avoid injury, and make sure you get plenty of rest. For older runners, he recommends that they do what he calls the "senior shuffle." This method of running involves keeping your feet low to the ground using short strides with a light touch, thus allowing the ankle to do most of the work reducing muscle fatigue, and sparing knees and hips. He sees many older runners flailing their arms as they run wasting energy and putting strain on their body that the shuffle avoids.

He has done well with this shuffle. He is very proud of his 2012 race where he finish in 30:58 (9:58 pace) at the Run for the ROC in Saratoga Springs. During 2014, Richard's 5Ks were all in the 11-minute-per-mile range, except for the Run if You Dare 5K in Mechanicville that he did in 32:58 (10:37 a mile), and Run for the ROC in 33:56 (10:56 pace).

Richard ended his 2014 diary with, "Another great year. Good luck in promoting the 80-plus category." With Richard's limitless energy and campaigning zeal, we look forward to seeing more senior runners, and 80-84, 85-89 and 90-plus age groups abounding in regional races soon. Way to go, Richard! 📥

Christine Bishop (cbishop2ny@gmail.com) of Schenectady is a retired media specialist who loves running, photography and bird watching.



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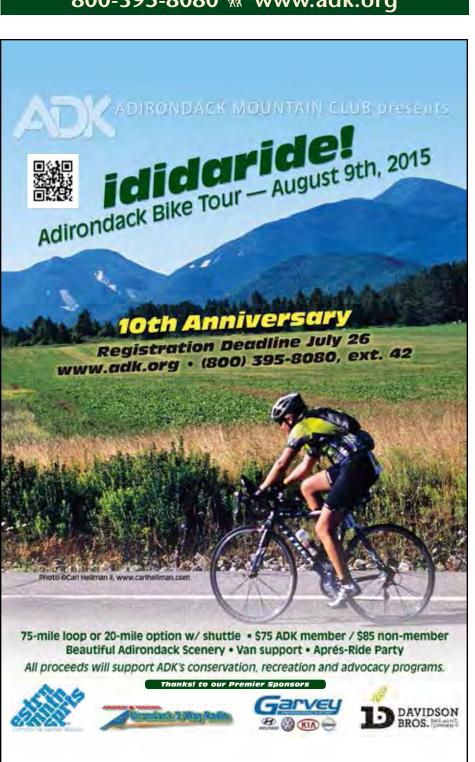
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HIKING & PADDLING

Satisfying that Outdoor Otch at Bug Lake

By Bill Ingersoll

Bug Lake sits just a short distance west of the Eighth Lake Campground in the northern reaches of the Moose River Plains Wild Forest. It is hardly a remote wilderness destination, because from any point on its shore you can easily hear the highway traffic on NY Route 28, or the motorboat and floatplane traffic on the nearby Fulton Chain Lakes. But if you are looking for a quick getaway into the woods – a place that is within easy reach, with good campsites and nearby attractions to visit – then Bug Lake is an excellent option.

There are two good approaches to this 60-acre trout pond. The shortest – and most popular – route begins within the Eighth Lake Campground, but another good route approaches from the northwest. Both routes follow a section of the old Uncas Road, built in 1896 by William West Durant to connect his Great Camps to the south with Eagle Bay, in the days long before Route 28 existed. It is a wide trail, easy to follow, and in excellent condition.

From the Eighth Lake Campground

The Eighth Lake Campground is located on Route 28 between the Hamilton County hamlets of Inlet and Raquette Lake. Inquire at the entrance station about parking fees if you are coming just to hike, not to patronize the campground. To find the trailhead, drive straight through the campground for 0.4-mile to a four-way intersection; the trail is the continuing roadway to the west.

Setting off on foot, follow the continuing roadway for 0.2-mile to the bridge over the inlet of Seventh Lake, where you will find the trailhead register. Technically, this stream

might be considered a portion of the Middle Branch Moose River. Beyond the bridge, the old Uncas Road continues southwest, leading on a gentle uphill grade into the hardwood forest. At 0.8-mile (just 20 minutes from the campground), you reach a marked intersection, where a short side trail leads to Eagles Nest Lake as described below.

The snowmobile trail crosses a bridge over the outlet stream and climbs a bit more sharply as it approaches Bug Lake. Just before the lake comes into view, look for a narrow herd path to the right; this leads to some of the best camping options in the area. If you don't see that herd path, no matter; the main trail soon brings you to the shore of the lake at 1.3 miles, roughly 35 minutes from the campground. There are two good places to stop: first a tiny cove, and then an opening right beside the old road with the best trailside views. The latter option comes with a fallen tree to the left that would make a perfect picnic bench.

From Uncas Road

This requires a little bit of explanation. While the original road to Mohegan Lake was called the Uncas Road, this moniker was later applied to the town road running between the hamlets of Eagle Bay and Raquette Lake, paralleling the former route of the Raquette Lake Railroad. To find this approach to Bug Lake, you will need to turn off Route 28 in Eagle Bay onto modern Uncas Road, and follow it about 2.9 miles to the trailhead on the right. You'll recognize the trail as a gated old road with signs stating NO WHEELED VEHICLES.

The old Uncas Road leads southeast past a stream, through stands of spruce, and past a small wetland. At 0.8-mile there is an inter-



section with a trail to Black Bear Mountain – a worthy side trip that is only 1.2 miles away. The snowmobile trail makes a horseshoe bend down to No Luck Creek, which you cross on a wide bridge, and then hooks east to a second junction at 1.4 miles. Here a lesser snowmobile trail turns left, northeast, toward Eighth Lake. Keep right for Bug Lake.

Within ten minutes you should start to see Bug Lake through the trees to your left. If you are sharp-eyed, you may find a faint herd path to the left leading to a campsite on the pond's northwestern peninsula, where you will find the best of all views of Bug Lake. Otherwise, the main trail continues south, beside the pond to the best trailside view near the southwestern corner, 2.3 miles from the Uncas Road trailhead. The trail is so easy

to walk that you should be able to cover this distance in less than an hour.

Eagles Nest Lake

The side trail to Eagles Nest Lake is only 0.1-mile long. This small pond is distinguished by the ledges that rim its northwestern corner, which are partly obscured by the trees that grow on them. Tall white pines crown the top of the ridge. Eagles Nest is small but surprisingly deep, with the bottom dropping off precipitously into the murky depths not far from shore. A herd path leads across the marshy outlet where cattails grow, and up the steep hillside to a large campsite near the outlet of Bug Lake. If you follow the sound of cascading water you'll find an attractive ten-foot waterfall.

See HIKING & PADDLING, 28







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TRIATHLON continued from 1

"It's the perfect venue, really," said Ted Wilson, one of five individuals behind Adirondack Race Management, the for-profit entity that took over the race after its growth outstripped the allvolunteer capabilities of the Adirondack Triathlon Club about five years ago.

Besides Ted, Randy and Paul, the other principals of Adirondack Race Management are Jim Fox and Paul Fronhofer. They all have families and fulltime jobs, and they are all active triathletes, with a combined total of more than 110 triathlons on their resumes. Those triathlons include 28 Ironman finishes, countless podium awards, and experience in world and national championship events.

"We're triathletes ourselves, so we have really listened to our participants," Ted said. "We have tried to keep the price down, and we've stayed away from a lot of the usual swag, opting instead for items like sweatshirts, hoodies and sweatpants."

Fifty-three-year-old John Perry, a Marine Corps veteran and truck driver from Johnsonville, has completed all ten of the Olympic distance Lake George races, and every single Big George (half Iron) race since that distance was added five years ago, for a total of 15 Lake George triathlon finishes – and all five King George "doubles."

"It's my favorite race weekend, and as long my feet are working, I'll be there for the foreseeable future," John said. "Lake George is an amazing historical area, especially the exploits of Rogers' Rangers, and it's in our backyard so that makes it really interesting to me."

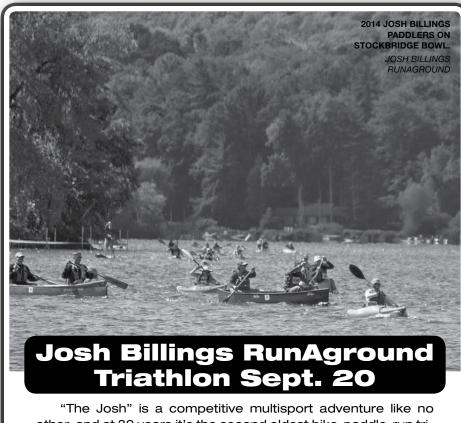
Patrick O'Keeffe, a Glens Falls native who has won the race every time he's entered it (2007-2010 and 2013), described the race as "first-class."

"The ARM team does such a great job," said Patrick, an Olympic trials swim qualifier in 1996 and 2000. "The transition area on Lake George is spectacular, and you can't beat the clean water. The bike is challenging, and the run has a little of everything – flats, uphills and downhills." Now married with young children and a fulltime job, Patrick said he is undecided whether he will race this year. But he said it was a "definite" for his calendar in 2016, when he turns 40.

The course records for the Olympic-distance Lake George Triathlon are held by Jason West, who posted a time of 1:50:20 in 2014, and by Darbi Roberts, with a finish of 2:09:52 in 2013. Tim Russell, 4:24:47 in 2014, and Darbi Roberts, 4:39:18, also in 2013, hold the Big George records. David Morrissey, 3:15:36, and Julie Rodgers, 3:43:45, both posted course records in 2013 for the Big George Aquabike.

Still under wraps are plans for some special activities and giveaways in celebration of the tenth anniversary of the triathlon festival. Ted promises they will be unique.

Christine McKnight (trichris@nycap. rr.com) lives in Wilton and has completed the Lake George Triathlon five times and the Aquabike once.



"The Josh" is a competitive multisport adventure like no other, and at 39 years it's the second oldest bike-paddle-run triathlon in the country, behind Eppie's Great Race in Sacramento, California, which is two years older.

Patty Spector of Lenox, Mass., who competed in the triathlon for 35 years before taking over as race director in 2002, has watched registrations grow from 73 teams and a handful of individual "Ironpersons" the first year, to more than 500 entries with more than a quarter of those in the "Iron" division.

The race begins in Great Barrington, Mass., with a 27-mile bicycle ride through five Berkshire County towns, followed by a five-mile paddle (either canoes, kayaks or stand-up paddle-boards are permitted) around a lake known as Stockbridge Bowl, then a 6.2-mile run around the bowl. The culmination is a big post-race party at the famed Tanglewood music venue.

"The addition of kayaks in 2002 made a huge difference," said Patty. The over-70 category has enjoyed one of the biggest spurts in registration after Patty made that division free. She said the race enjoys a lot of repeat competitors, and they come from all over the country, with the largest concentration hailing from New England. Go to: joshbillings.com.



transfers to lighten the daily load for riders. Registration is also limited to only 11 tandem couples.

The tour starts in Kingston and includes stops in New Paltz, Hudson, Hyde Park, Rhinebeck and Poughkeepsie, and visits to Olana – home of artist Frederick Church, the Roosevelt home in Hyde Park, Bard College, the Vanderbilt Mansion, and the Walkway Over The Hudson, among others. For more info on the tour and how to register, checkout gtgtandems.com.

Scheduled for Sunday, August 16, this year, the **Lake George Bike/Boat Ride** was originally known as the Ti Ride, and was a slightly underground affair. Today the ride is sponsored by the Lake George

Steamboat Company, but the route and the fun is the same.

Register in advance and buy your ticket

at lakegeorgesteamboat.com, then meet at the Steel Pier in Lake George at 7am to put a bag with a change of clothes on the Mohican tour boat. Then get on your bike and pedal north to the municipal dock in Fort Ticonderoga, where you will wheel your bike right onto the Mohican at 11:15am for the 2.5-hour ride back down the lake. Get to the dock early? Take a dip in the cool, fresh water of Lake George while you wait for the Mohican to launch. Once you're on the boat, there's a snack bar for lunch, wet bar for beer and wine, and the incomparable scenery of Lake George as you cruise south on the lake.

The route includes a challenging climb over Tongue Mountain. But with over four hours to do the 41-mile route, there's some extra time to stop for a snack, and enjoy the view of one of the most beautiful lakes in the country.

On Saturday, August 22, the **Pat Stratton Memorial Bicycle Ride** puts wheels down in Saranac Lake offering rides of 100, 50 and 25 miles and a kids' fun ride. The event winds through the region on wide-shouldered highways and quiet back roads. The route sticks to valleys and easier grades to give the mountain views – without the mountain climbs and passes – through Paul Smiths, Meacham Lake, Lake Clear, Gabriels, and St. Regis Falls.

Feed stations and sag support are available, and finishers enjoy barbecue, T-shirts, and music – and don't forget the homemade pies. Proceeds from the ride support Kiwanis community programs in Saranac Lake, including the annual Bike Rodeo and helmet distribution that has given away over 1,000 bike helmets to area youth. For details and registration, go to active.com – and active duty military and law enforcement personnel ride for free.

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer. Visit his website at KrausGrafik.com.

5K TRIPLE CROWN SERIES	IN HISTORIC JO)HNS1	OWN	
Glove Cities Rotary "Run for the Roses" 5K,	Mountain Valley H	lospice	5K & Lexing	gton 5K
May 2, May 17 & June 6, 2015 • Partner's	Pub, FMCC & Lexin	gton C	enter, Johns	town
5K TRIPLE CROWN SERIES: OVERALL WINNERS	MALE AGE GROUP: 1 -	19		
MALE OVERALL	1 Michael Harris	10	Fort Dlain	24.17

	N SERIES	: OVERALL WINNER	S	MALE AGE GROUP: 1 -	19		
MALE OVERALL				1 Michael Harris	13	Fort Plain	24:
Larry Poitras	49	Johnstown	56:56	2 Tyler Allen	9	Broadalbin	25:
EMALE OVERALL				3 Cayden King	12	Gloversville	34:
Amy Liszewski	23	Amsterdam	1:12:52	FEMALE AGE GROUP:			
GLOVE CITIES ROT	ARY "RU	N FOR THE ROSES"	5K	1 Katie Romano	13	Johnstown	28:
IALE OVERALL				2 Jillian Martelle	14	Johnstown	29:
Larry Poitras	49	Johnstown	18:25	3 Alena Gannon	14	Gloversville	31:
Jeremy Lombardini	36	Gloversville	19:06	MALE AGE GROUP: 20			
Jeff Klingbeil	34	Johnstown	19:38	1 Mike Riley	24	Amsterdam	25:
EMALE OVERALL				2 Peter Bagwell	28	Broadalbin	28:
Sharon McLaughlin	33	Albany	22:39	FEMALE AGE GROUP:			
Amy Liszewski	23	Amsterdam	23:14	 Amy Liszewski 	23	Amsterdam	25:
Kelley Tisinger	23	Gloversville	23:34	2 Laura DiGiacomo	26	Johnstown	26
ALE AGE GROUP: 1 -	19			3 Kayla Bellinger	25	Gloversville	26
Kadin O'Shaugnessy	14	Gloversville	21:07	MALE AGE GROUP: 30	- 39		
Cayden King	12	Gloversville	28:40	1 Shawn Keenan	37	Wallingford	21
EMALE AGE GROUP: 1	- 19			2 Steven Schrader	32	Amsterdam	21
Katie Romano	13	Johnstown	26:59	3 Anthony Luciano	39	Gloversville	22
Jillian Martelle	14	Johnstown	28:46	FEMALE AGE GROUP:	30 - 39		
Alena Gannon	14	Gloversville	30:32	1 Jessica Egelston	38	Fultonville	29
ALE AGE GROUP: 20				2 Amanda Wemple	35	Fonda	30
Joseph Spencer	29	Hagaman	22:14	3 Gloria Pickering	39	Fonda	31
Peter Bagwell	28	Broadalbin	31:48	MALE AGE GROUP: 40	- 49		
MALE AGE GROUP: 2	0 - 29			 William Rowback 	49	Gloversville	21
Kayla Bellinger	25	Gloversville	24:41	2 Walter Gannon	44	Gloversville	23
Laura DiGiacomo	26	Johnstown	25:02	3 Dan Towne	45	Gloversville	24
Keiley Cirillo	25	Gloversville	25:19	FEMALE AGE GROUP:	10 - 49		
ALE AGE GROUP: 30				1 Tracy Brandt	46	Canajoharie	27
Steven Shrader	32	Amsterdam	20:20	2 Valerie Wilson	46	Caroga Lake	28
Anthony Luciano	39	Gloversville	21:12	3 Beth Bower	47	Gloversville	28
Dustin Myers	30	Pattersonville	22:56	MALE AGE GROUP: 50			
MALE AGE GROUP: 3		Tatter sortville	22.50	1 David Patterson	54	Fonda	22
Stacey Merchant	36	Fort Plain	24:08	2 Jim Murray	55	Fultonville	22
Jill Thaisz	30	Gloversville	24:27	3 Matthew Brower	52	Gloversville	22
	38	Fultonville	25:53	FEMALE AGE GROUP:		Gioversville	22
Jessica Egelston IALE AGE GROUP: 40 -		Tultoriville	25.55	1 Diana Schwartz	50	Fort Plain	30
	- 49 49	Gloversville	20:51	2 Crystal Beekman	56	Johnstown	30
William Rowback Walter Gannon	49	Gloversville	20.31	3 Cindy Chase	52	Canajoharie	33
				MALE AGE GROUP: 60		Cariajoriane	55
	45	Gloversville	22:29		62	Little Falls	26
EMALE AGE GROUP: 4		A	25:24	1 Stan Dixon 2 Jerry Seigafuse	65	Mount Laurel, NJ	26
Lori Beck	41	Amsterdam	25:34		60		
Tracy Brandt	46	Canajoharie	26:37	3 Chester Tumadajewicz		Amsterdam	27
Josephine Smimmo	42	Fonda	27:08	FEMALE AGE GROUP:		la la mataura	22
IALE AGE GROUP: 50		CI '''	24.02	1 Marilyn Fairman	68	Johnstown	33
Matthew Brower	52	Gloversville	21:02	2 Sherry Dixon	68	Mayfield	34
David Patterson	54	Fonda	21:45	MALE AGE GROUP: 70		Cl	20
Roy Mowrey	56	Johnstown	22:46	1 Jim Bode	76	Gloversville	30
EMALE AGE GROUP: 5					EXINGTO	ON 5K	
Lorraine Skabo	57	Saratoga Springs	23:54	MALE OVERALL			
Crystal Beekman	56	Johnstown	27:50	1 Zak Godfrey	22		17
Diana Schwartz	50	Fort Plain	28:15	2 Randall Cannell	42		17
ALE AGE GROUP: 60				3 Larry Poitras	49	Johnstown	18
Chester Tumidajewicz	60	Amsterdam	26:45	FEMALE OVERALL			
Robert Fairman	68	Johnstown	27:35	 Danielle Cherniak 	53		21
Charles Brockett	69	Dolgeville	27:41	2 Jen Hazzard	30		21
MALE AGE GROUP: 6	0 - 69	-		3 Lauryn Wilson	13		22
Marily Fairman	68	Johnstown	33:02	MALE AGE GROUP: 1 -	19		
Sherry Dixon	68	Mayfield	33:18	1 Kadin O'Schaughnessy		Gloversville	21
Jan Ćhicoski	67	Amsterdam	46:32	2 Mike Simone	14		22
ALE AGE GROUP: 70				3 Jeremy Lombardini	14	Gloversville	22
Jim Bode	76	Gloversville	28:39	FEMALE AGE GROUP:			
		Y HOSPICE 5K		1 Lyndsay Lombardini	11	Gloversville	25
IALE OVERALL				2 Renee Bellinger	16	Gloversville	27
Larry Poitras	49	Johnstown	19:36	3 Katie Romano	14	Johnstown	27
Brian Williams	36	Hamden	20:19	MALE AGE GROUP: 20		JOHNSTOWN	21
Jeff Klingbeil	34	Johnstown	20:19	1 Ben Bellondi	20		21
EMALE OVERALL	54	JUIIISIUWII	20.37	FEMALE AGE GROUP:			۷ ا
Jennifer Hazard	20	Inhactorea	22.20				25
	29	Johnstown	22:20	Jessica Brosat Kayla Pollinger	25	Gloversville	25
Sharon McLaughlin Kelley Tisinger	33 33	Albany Gloversville	24:19 25:05	2 Kayla Bellinger 3 Danielle Intelisano	25 26	Gioverzyllie	26 33
		GIOVEIZVIIIE) Damene Intensano			

M	ALE AGE GROUP: 30	- 39			M	IALE AGE GROUP: 50 -	59		
1	Ambrose Schaffer	32		19:16	1	David Patterson	54	Fonda	21:31
2	Jeff Klingbeil	34	Johnstown	19:40	2	Matthew Brower	52	Gloversville	22:24
3	Jeremy Lombardini	36	Gloversville	20:02	3		56	Johnstown	23:13
EE	MALE AGE GROUP:	SU - 30			FE	EMALE AGE GROUP: 50			
1				22.24	1	Diana Schwartz	50	Fort Plain	28:09
1	Darci Miller	37		22:31	2	Crystal Beekman	56		28:17
2	Leah Schaffer	30		22:52	3	Cindy Chase	52	Canajoharie	31:33
3	Julie Risley	32		23:15	M	IALE ÁGE GROUP: 60 -	69		
M	ALE AGE GROUP: 40	- 49			1	Chester Tumidajewicz	60	Amsterdam	26:19
1	William Rowback	49	Gloversville	20:42	2	Robert Fairman	68	Johnstown	26:28
2	Patrick Douglass	45		21:49	3	Charles Hagelgans	64		28:26
3	Walter Gannon	44	Gloversville	22:32	FE	EMALE AGE GROUP: 60	0 - 69		
_	MALE AGE GROUP: 4		Gioversville	22.32	1	Marilyn Fairman	68	Johnstown	32:53
FE					2	Nadine Conklin	65		41:07
1	Rebecca Conley	41		23:14	M	IALE AGE GROUP: 80 -	89		
2	Michele Lake	43		23:51	1	Lawrence Fisher	82		43:52
3	Tracy Brandt	46	Canajoharie	25:47		Courtesy of St. M	lary's He	althcare Amsterdam	

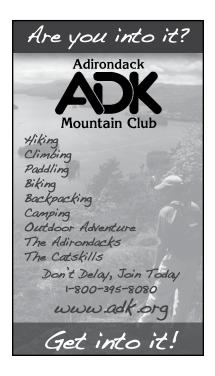
3	iracy Brandt	46 Cana	jonarie	25:47	Courtesy	or St. N	lary's Healthcare Amste	raam
				T BICYCLE				
		iviay o	June i	10, 2015 • Riv	er koau, Lai	ke Pi	aciu	
	8 MILES			ick Seleni	18:50	3	Caitlyn Skufca	21:08
SEI	RIES: MALE OVERAI	LL		olin Delaney	19:36	4	Darci LaFave	21:27
1	Bob Maswick	10		yan Reccia	20:01	5	Colleen Porter	21:30
2	Bill McGreevey	9		13 – FEMALE		JU	INE 3 – MALE	
2	Nick Seleni	9		osanne VanDorn	20:53	1	Kevin Bouchard-Hall	16:40
2	Dave Smith	9		manda Zullo	21:31	2	Bill McGreevey	17:36
2	Dave Ploof	9		aitlyn Skufca	21:49	3	Nick Seleni	18:10
2	Floyd Lampart	9		arci LaFave	22:39	4	Colin Delaney	18:11
SEI	RIES: FEMALE OVER	ALL		olleen Porter	23:04	5	Pat Hendrix	18:24
1	Rosanne VanDorn	15		20 – MALE m Walker	17:36	_	INE 3 – FEMALE	.0.2
2	Colleen Porter	11			17:36	1	Rosanne VanDorn	20:16
3	Caitlyn Skufca	10		ill McGreevey ick Seleni	18:08	2	Amanda Zullo	21:16
4	Amanda Zullo	9		larc Eves	19:04	3	Caitlyn Skufca	21:19
5	Tatyana Reinboldt	7		ave Smith	20:53	4	Colleen Porter	21:26
M/	Y 6 - MALE			20 – FEMALE	20.55	4	Tatyana Reinboldt	23:44
1	Kevin Bouchard-Hall	16:58		osanne VanDorn	20:57		INE 10 – MALE	23.44
2	Jim Walker	17:22		aitlyn Skufca	21:16	10		47.47
3	Dave McCahill	17:30		olleen Porter	23:18	1	Bill McGreevey	17:17
4	Nick Seleni	18:17		eronica Byers	23:45	2	Nick Seleni	17:35
5	Bill McGreevey	18:21		ityana Reinboldt	24:37	3	Colin Delaney	18:07
M/	Y 6 - FEMALE			27 - MALE	24.57	4	Tyler Berliner	18:33
1	Amanda Zullo	21:01		ick Selini	17:53	5	Marc Eves	19:49
2	Caitlyn Skufca	21:25		larc Eves	18:30	JU	NE 10 – FEMALE	
3	Rosanne VanDorn	21:45		off Frenstone	19:44	1	Rosanne VanDorn	19:53
4	Tatyana Reinboldt	23:46		ave Smith	20:01	2	Amanda Zullo	20:19
5	Connie Prickett	24:12		eter Loring	20:14	3	Caitlyn Skufca	20:21
MA	Y 13 - MALE			27 - FEMALE		4	Hannah Feinberg	20:35
1	Jim Walker	18:13		osanne VanDorn	20:48	5	Collen Porter	20:46

	i.	/ I H	ANNUAL KIN					KACE	
			June 6, 2015	Village	e Sq	uare, Kinderh	оок		
M	ALE OVERALL				FE	MALE AGE GROUP:	1 - 9		
1	Chuck Terry	33	Albany	15:23	1	Angelina Pusateri	9	Castleton-on-Hudson	23:18
2	Aaron Lozier	26	Albany	15:30	2	Carien Zietsman	8	Valatie	26:50
3	Thomas O'Grady	30	Latham	15:51	3	Cindy Laraway	4	East Chatham	29:3
FE	MALE OVERALL				M	ALE AGE GROUP: 10	- 14		
1	Nicole Blood	27	Saratoga Springs	17:13	1	Nicholas Gallo	14	Columbiaville	20:0
2	Renee Tolan	40	Clifton Park	17:35	2	Jeremy Gundrum	14	West Sand Lake	20:1
3	Karen Bertasso	31	Albany	17:51	3	Noah Albahese	13	Castleton-on-Hudson	21:3
R/	CEWALK: MALE				FE	MALE AGE GROUP:	1- 14		
1	Don Lawrence	55	Valatie	31:19	1	Allison Felts	14	Castleton-on-Hudson	22:2
2	Timothy Farley	66	Schenectady	35:39	2	Allison Basile	14	Castleton-on-Hudson	23:1
3	Thomas Strobeck	65	Catskill	41:34	3	Willa Werwaiss	11	Nassau	24:0
RA	CEWALK: FEMALE				M	ALE AGE GROUP: 15	- 19		
1	Sagan Leggett	18	Valatie	30:34	1	Jordan Healy	19	Castleton-on-Hudson	16:4
2	Anna Kratt	15	Valatie	31:21	2	Andrew Balogh	15	Averill Park	16:5
3	Courtney Fitzgerald	43	Albany	38:17	3	Austin Burnell	18	Chatham	18:3
M	ALE AGE GROUP: 1 -	9			FE	MALE AGE GROUP:	15 - 19		
1	Aleck Isbester	9	Castleton-on-Hudson	25:54	1	Hannah Patzwahl	19	Valatie	20:5
2	Gabriel Kalisz	8	Canaan	26:55	2	Mary Devries	19	Delmar	21:0
3	Max Frering	9	Valatie	27:17	3	Danielle Wallace	16	East Chatham	21:1

20:54

Courtesy of Placid Planet Bicycles

2 Amanda Zullo



CLASSIFIEDS

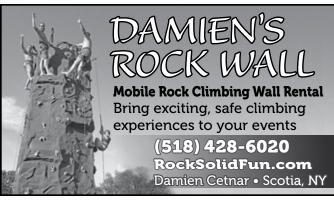
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BUSINESS DIRECTORY

18:27

2 Bill McGreevey



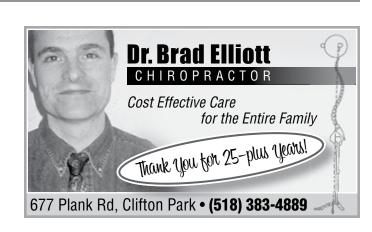


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MALE AGE GROUP: 20	- 24			FE	MALE AGE GROUP:	55.59		
Eric Young	- 24 23	Latham	16:03			57	Calcananta di .	21:10
Anthony Altobelli	22	Kinderhook	17:58	1	Nancy Briskie	57 56	Schenectady Albany	22:09
Andy Gilchrist	23	Cropseyville	19:52		Nancy Taormina			
EMALE AGE GROUP: 2		Cropseyville	13.32	3	Karen Gerstenberger		Roessleville	24:30
Emma Duffany	21	Stuyvesant	21:43		ALE AGE GROUP: 6			
Stephanie Krom	23	Hagaman	23:11	1	Dave Nagengast	60	Rensselaer	23:14
Emily Sanderson	23	Valatie	25:13	2	Ray Framarin	60	Valatie	23:4
ALE AGE GROUP: 25		valatie	23.13	3	Bob Mungari	63	Schenectady	24:49
Ken Little	- 23 28	Ballston Lake	16:21	FE	MALE AGE GROUP:			
John Farley	26	Albany	17:00	1	Karen Provencher	60	Glens Falls	23:4
Greg Kiley	26	Roessleville	17:13	2	Joy Devries	61	Delmar	24:0
EMALE AGE GROUP: 2		VOESSIEVIIIE	17.13	3	Martha DeGrazia	64	Slingerlands	24:4
Lisa D'Aniello	29	Allegan	18:40	М	ALE AGE GROUP: 6	5 - 69	-	
	29 29	Albany	19:07	1	Dave Glass	68	Schenectady	21:0
Meghan Mortensen Erin Digrigoli	29 29	Schenectady		2	Lenny Collins	66	Valatie	21:18
		Albany	21:37	3	Dan Morine	65	Averill Park	31:3
ALE AGE GROUP: 30		Continue	10.55	_	MALE AGE GROUP:		/ Werlii i dik	51.5
Justin Pangie Jeffrey Hayes	30 32	Castleton	16:55	1	Susan Wong	67	Glenmont	25:29
		Troy	17:37	2	Suzy Nealon	65		31:1
Paul Widjeskog	31	Saint Albans, VT	18:05	3		65	Troy	31:4
EMALE AGE GROUP:			40.47	-	Betty Bellino		East Greenbush	31:4
Erin Lopez	34	Saratoga Springs	18:47		ALE AGE GROUP: 7		A.C. 20	
Kristen Quaresimo	30	Ballston Lake	18:49	1	Jim Hotaling	74	Niverville	29:3
Vanessa Hamblet	32	Ballston Spa	19:08	2	George Dutcher	73	Castleton-on-Hudson	35:5
MALE AGE GROUP: 35		6.1	20.07	3	James Israel	70	Brooklyn	37:0
Daniel Brady	38	Cohoes	20:07	FE	MALE AGE GROUP:	70 - 74		
Jeremy McNamara	36	Albany	20:11	1	Jayne Zinke	72	Valatie	27:5
John Bonetsky	39	Niverville	20:31	M	ALE AGE GROUP: 7	5 - 79		
EMALE AGE GROUP: 3				1	Kent Slaby	75	Ghent	28:1
Jessica Northan	39	Guilderland	20:39	2	Ed Simonsen	78	Valatie	34:10
Erika Beardsley	37	Castleton-on-Hudson	22:18	3	Doug McGivney	77	Kinderhook	42:1
Robyn Kaminski	38	Rensselaer	24:22		ALE AGE GROUP: 8		Tundernook	
MALE AGE GROUP: 40				1	Wade Stockman	80	Rensselaer	29:1
James O'Connor	41	Troy	16:23	2	Joe Kelly	81	Albany	39:1
Volker Burkowski	43	Gansevoort	16:52	3	Daniel Wellner	80	Hillsdale	40:5
Mathew Nark	41	Clifton Park	17:45		MALE AGE GROUP:		HIISUale	40.5
EMALE AGE GROUP: 4							Danasalaan	20.4
Erin Corcoran	41	Schenectady	18:16	1	Anny Stockman	82	Rensselaer	39:4
Colleen Murray	41	Slingerlands	21:35			1 (KIDS'	ONE-MILER)	
Cathy Oldrich	40	Valatie	22:15	M	ALE OVERALL			
MALE AGE GROUP: 45				1	Brett Richards	10	Kinderhook	6:5
Jon Rocco	48	Albany	17:58	FE	MALE OVERALL			
Mike Kelly	45	Selkirk	18:14	1	Abigail Dolge	10	Valatie	6:3
Frank Horn	45	Albany	18:20	A	GE GROUPS			
EMALE AGE GROUP: 4				1	Kian Gilmore	M4	Kinderhook	11:2
Emily Bryans	47	Schenectady	18:44	1	Brayden Skoda	M5	Craryville	10:0
Brenda Lennon	49	Troy	23:04	1	Avery Grant	F5	Voorheesville	11:1
Joanna Tremper	45	East Chatham	23:28	1	Jonah Leonidas	M6	Castleton-on-Hudson	8:1
MALE AGE GROUP: 50				1	Lila Meissner	F6	Fast Nassau	9:1
Chuck Racey	53	Voorheesville	20:21	1	Luc Dowdle	M7	New Lebanon	8:3
Matthew Kawola	51	Latham	21:29	1		F7	Valatie	8:13
Will McGivney	51	Diamond Point	22:14		Madison Paul			
EMALE AGE GROUP: 5	50 - 54			1	Gabriel Kalisz	M8	Canaan	7:0
Nancy Nicholson	53	Queensbury	21:22	1	Sarah Balon	F8	Valatie	8:0
Colleen Brackett	54	Albany	21:34	1	Tommy Myer III	M9	Valatie	7:5:
Linnea Vantassel	54	Valatié	22:07	1	Madeline Ohl	F9	Hudson	7:59
MALE AGE GROUP: 55	- 59			1	Ryan Chait	M10	New York	9:4
Derrick Staley	56	Ballston Lake	17:21	1	Victoria Slade	F11	Schodack Landing	7:2
Vladimir Ilin	57	Albany	18:36	1	Hailey Slade	F12	Schodack Landing	7:2
Jamie Casline	55	Ballston Lake	20:38			f Kinder	hook Runners Club	

	TUFF ENUFF OBSTACLE COURSE CHALLENGE 5K MUD RUN													
	June 6, 2015 • BOCES Campus, Saratoga Springs													
М	MALE OVERALL FEMALE AGE GROUP: 1 - 14													
1	Henry Groseclose	14	Saratoga Springs	21:08	1	Emily Dweck	13	Saratoga Springs	32:58					
2	Chase Collins	17	Saratoga Springs	21:41	2	Paige Benfer	14	Saratoga Springs	33:00					
3	Kevin Joyce	14	Saratoga Springs	21:52	3	Shannon Kelly	13	Saratoga Springs	33:00					
FE	MALE OVERALL				M	ALE AGE GROUP: 15	- 19							
1	Keelin Hollowood	20	Saratoga Springs	27:42	1	Aidan O'Malley	15	Wilton	22:37					
2	Gwenn Taylor	13	Wilton	28:33	2	Evan Sabatella	15	Saratoga Springs	23:11					
3	Elaine Anton-Lotruglio	47	Saratoga Springs	28:40	3	Noah Smith	15	Saratoga Springs	24:12					
M	ALE AGE GROUP: 1 - 1	4			FE	MALE AGE GROUP:	15 - 19							
1	Harry Haworth	10	Saratoga Springs	22:47	1	Katie Wendell	15	Saratoga Springs	32:40					
2	Henry Kirshe	14	Saratoga Springs	22:49	2	Sarah Morin	18	Greenfield Center	33:16					
3	James Mascarenhas	13	Saratoga Springs	22:56	3	Megan McCoskey	15	Saratoga Springs	35:07 continued					

8.5	ALE AGE GROUP: 20	24				MALE AGE GROUP:	40 44		
1	Randy Castillo	- 24 21	Saratoga Springs	27:53	1	Heather Hieromi	40 - 44		31:5
2	Collin Stangle	20	Mechanicville	32:08				Saratoga Springs	34:4
3	Blake Stangle	20	Mechanicville	34:45	2	Michelle Cavotta	43	Saratoga Springs	
	MALE AGE GROUP:			34.43	3	Rachel Hicks	41	Fonda	35:4
1	Kaleigh Ricks	2 0 - 24 22	Ballston Lake	35:04	M	IALE AGE GROUP: 4			
2	Jenna Carson	24	Gansevoort	36:59	1	Mark Haworth	45	Saratoga Springs	26:
3	Amber Holgate	22	Saratoga Springs	40:01	2	Manny Cirenza	47	Gansevoort	29:
_	ALE AGE GROUP: 25		Saratoga Springs	40.01	3	Dave Oster	46	Gansevoort	33:
1	Michael Fryin	27	Saratoga Springs	29:21	FE	MALE AGE GROUP:	45 - 49		
2	Eric Warfield	27	Saratoga Springs	32:58	1	Julie Urbanski	46	Stillwater	34:
3	John Bornheim	27	Ballston Spa	38:44	2	Staci Mannion	49	Saratoga Springs	40:
	MALE AGE GROUP:		Buildin Spu	50.11	3	Nancy Miles	49	Saratoga Springs	43:
1	Ashlev Weller	27	Gansevoort	29:25	_	ALE AGE GROUP: 50		Jaratoga Jprings	43.
2	Ashlyn Huntington	27	Ballston Spa	38:46	1	Tom Lane	53	Queensbury	35
3	Gretchen Tisch	29	Saratoga Springs	47:17	1	Andrew Corbett	50		40:
M	ALE AGE GROUP: 30	- 34			2			Saratoga Springs	
1	Joshua Gregg	32	Rensselaer	23:26	3	Richard Sherman	53	Saratoga Springs	40:
2	Paul Keays	32	Baltimore, MD	39:24	FE	MALE AGE GROUP:			
3	Dylan Spring	30	Saratoga Springs	39:27	1	Hannah Bishop	50	Queensbury	41:
FE	MALE AGE GROUP:	30 - 34	3 , 3		2	Kathryn Sherman	51	Saratoga Springs	43:
1	Jamie VanNess	32	Baltimore, MD	39:25	3	Christine Page	50	Greenfield Center	44:
2	Yvonne McEachron	31	Saratoga Springs	44:29	M	ALE AGE GROUP: 5!	5 - 59		
3	Renee Morgan	32	Saratoga Springs	48:51	1	Jim Provost	56	Rotterdam	45:
M	ALE AGE GROUP: 35	- 39			2	Fric Brown	55	Providence, RI	59
1	Jason Lee	37	Wilton	39:19	3	Carol Gregg	58	Schenectady	59:
FE	MALE AGE GROUP:	35 - 39			_	EMALE AGE GROUP:			55.
1	Michael Gregg	37	Alba	29:56	1	Maureen Provost	56	Saratoga Springs	59:
2	Kate Slavett	39	Wilton	41:59				Saratoga Springs	59.
3	Kara Sysyn	36	Saratoga Springs	48:07	IVI	ALE AGE GROUP: 60			
M	ALE AGÉ GROUP: 40	- 44			1	Brent Ricks	60	Ballston Lake	53:
1	Benj Gleeksman	41	Saratoga Springs	37:56	M	ALE AGE GROUP: 6			
2	Travis Birkholz	40	Warrensburg	39:50	1	Mal Provost	69	Burnt Hills	42:
3	Timothy Donovan	43	Ballston Spa	41:19		Courtesv	of The F	Prevention Council	

14TH ANNUAL WHITEFACE MOUNTAIN UPHILL BIKE RACE June 6, 2015 • Whiteface Mountain Veterans Memorial Highway, Wilmington

		LES, 8% GRADE		M	ALE AGE GROUP: 40 -		
MΑ	LE OVERALL			1	Jean-Francois Blais	Trek-Fiera	56:09
1 (Chris Yura/30-39	Honey Stinger Hive	53:09	2	Yann Lavallee	Trek Fiera	58:08
2 (Christopher Welch/1-19	Trek-Fiera	54:18	3	Gary Steinberg	Brauer/Mick Managem	58:49
3 1	Lou Bregou/40-49	Full Squish Racing	55:27	4	Andrew Boxer	First Stop/Vermont	58:50
FEN	IALE OVERALL	· · · · · ·		5	Leigh Quilliams	Trek-Fiera	1:00:15
1 :	Sue Schlatter/50-59	The Cyclery	50-59	6	Kevin Bessett	1k2GO Coffee/Burris	1:01:30
59:2				7	Louis-Michel Menard	Trek Fiera	1:01:36
2 ١	Victoria Di Savino/30-39		1:04:03	8	Pascal-Andrea Vendittol	i	1:01:39
	Susan Lynch/50-59	Bikeway Source	1:04:44	9	Douglas Robert Duncan		1:02:01
MΑ	LE AGE GROUP: 1 - 1	9		10	Schreer Jason		1:02:02
1.	Jace Briggs		1:01:12		MALE AGE GROUP: 4	n - 49	
2.	Jacob Steinfeld		2:02:04	1	Amy Murdock	Tom's Pro Bike	1:11:06
MΑ	LE AGE GROUP: 20 - 2	29		2	Lucinda Griswold	Buffalo Cycling Team	1:11:37
	Alec Babala	Ashton-Greycork Cycling	55:35	3	Jennifer Miller	bundle cycling realit	1:16:29
2 1	Kevin Higgins		57:54	4	Helene Fauvelle	Les Rouleurs de L'Out	1:18:04
3 I	Donten Eric		58:22	5	Danielle Leggett	Synergy Cycle	1:18:49
4 I	lan Kola	Ashton Greycork Cycling	59:03	6	Julie Hirsch	Syriergy Cycle	1:23:59
5.	Justin Trudel		1:02:40	7	Monica Sanchez		1:24:36
6 I	Patrick McNeil	Syracuse Bicycle Racing	1:03:21	8	Lauren Klump		1:24:50
7 1	Frederic Gelinas	Team Passion Vaclos	1:04:15	-	Renee Marino		1:27:27
8 (Gabriel Rodrigue		1:04:56	9		NIV CD /DCL I	
9 1	Lucas Gubinski	Sherpa	1:05:28) Jennifer Gottstine	NYSP/PSU	1:34:42
10	Thomas Slicer	Central New York Cycling	1:08:25		ALE AGE GROUP: 50 -	59	50.25
FEN	MALE AGE GROUP: 20	- 29		1	Charlie Casey		59:35
1 /	Amanda Silva	Sherpa	1:41:33	2	Tom Fagan	ATA Cycle	59:59
MΑ	LE AGE GROUP: 30 - 1	39 ်		3	Todd Erdley	Freeze Thaw Cycling	1:01:08
1 1	Derek Snider	Crimps Cycling Club	55:53	4	Barry Smith	Hellcats	1:01:47
2 1	Nicholas Fanaras	Riverside Racing	56:50	5	Richard Leblanc		1:03:03
3 (Ghislain Marcoux	3	56:52	6	Brett Rutledge	545 Velo	1:04:11
4 1	Bruno Lafontaine	KinO2	58:21	7	Richard Bastone	Down Cycles	1:04:58
5 .	Jack Drizhal	Drizhal	59:14	8	Russell Holden	NEBC	1:05:31
6 1	Paul Fronhofer	Grey Ghost Bicycles	59:22	9	Alberto Padilla	Les Rouleurs de l'Out	1:07:15
7.	James Keyzer	Thoroughbred Triathlon	1:00:20	10) Alden Cadwell		1:09:03
8 1	Matt Boles	First Capital Cycling	1:00:30	FE	MALE AGE GROUP: 5	D - 59	
9 1	Denis Desgagnes		1:00:47	1	Nancy Ford	FinKraft Cycling	1:12:35
	Philippe Theaberge		1:01:52	2	Colette Martel	, ,	1:14:34
	ALE AGE GROUP: 30	- 39		3	Heather Owens	WE Stedman Co	1:19:32
	Genevieve Guertin	Cycle Technique Montreal	1:18:20	4	Mary Fanelli Lund	Sturdy Girl Cycling	1:20:48
	Sophie Poirier	Club Sportif CT	1:22:50	5	Christine Vaczina	, ,, ,,	1:23:13
	Krista Simon		1:39:16	6	Liz Chambers		1:27:23
							continu

BUSINESS DIRECTORY

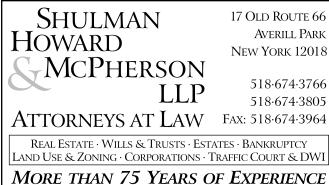








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RACE RESULTS

	14TH ANN	UAL WHITEFACE	MOUN	ITAIN UPHILL BIKE RACE continued	
7	Diane Litynski	Paul Smith's College	1:34:46	CLYDESDALE	
8	Linda Cromer		1:41:09	1 Scott Nichols/40-49 1:0	2:09
9	Heidi Wood		1:53:13	2 Dennis King/40-49 1:0	5:49
M	ALE AGE GROUP: 60	- 69			2:31
1	Mark McCarthy	Pittsford Painting Cycling	1:01:33	4 Lee Johnson/20-29 1:2	2:03
2	Chris Welch	Trek/Fiera	1:01:36	5 Bruce Taylor/50-59 1:2	5:50
3	Charles Martel		1:07:24	6 Bernd Foecking/40-49 1:3	0:59
4	Stephen Forrestel	Buffalo Cycling Team	1:07:41		2:07
5	Daniel Anhalt	Team Placid Planet	1:10:32	8 Dan Ernest/60-69 1:3	2:13
6	Francois Martel		1:11:18	9 Howard Diamond/50-59 1:3	3:48
7	Alan Lesage	1K2GO Coffee/Burris	1:11:09	10 Irvin Gordon/60-69 1:4	3:21
8	Chris Armen	Eastern Bloc	1:11:45	ATHENA	
9	Robert Cochran		1:14:34	1 Catherine Braconnier/40-49 1:4	9:13
10	Victor Gubinski		1:14:52	TANDEM: MALE	
FE	MALE AGE GROUP: 6	60 - 69		1 Nicholas Howard/30-39 1:3	32:47
1	Margaret Thompson	Team Hammer Nutrition	1:15:49	2 Bob Dill/60-69 2:0	1:24
2	Rebecca Kraai		1:39:26	TANDEM: FEMALE	
M	ALE AGE GROUP: 70	- 79		1 Linda Pierce/40-49 Cheshire Cycle 1:1	0:13
1	Daniel Clarke	Cadence Wealth Manage	1:11:43	2 Christina Karvie/30-39 1:2	3:25
2	Jean-Claude Leclerc	ACQ/Suarez	1:33:32	UNICYCLE OVERALL	
3	Alan Kirsch		1:34:43	1 James Richardson/30-39 1:1	2:57
4	Tom Doolittle		1:37:38	2 Charles Haskins/40-49 GAME Unicycle 1:2	4:49
5	Philip Thompson	Mohawk Valley Bicycling	1:43:32	3 Robert Detweiler/30-39 Capital District Unicycle 1:4	15:55
6	Tom Kennedy	Fit Werx	1:53:27	Courtesy of Whiteface Business & Tourism Center	

6TH ANNUAL HUDSON CROSSING TRIATHLON June 7, 2015 • Hudson Crossing Park, Schuylerville

		-			_	-	•	
500YD SWIM, 12N	I BIKE, 5k	RUN	F	EMALE AGE GROUP	: 30 - 34		MALE AGE GROU	P: 60 - 64
MALE OVERALL			1	Jessie Sangster	34	1:16:39	 David Olsen 	63
 John Gleeson 	37	59:25	2	Allison Grygus	31	1:20:05	2 Mark Schachner	61
2 Brett Schlesier	22	59.33	3	Amanda Barone	32	1:20:50	3 Daniel Underwo	od 60
3 Don Kjelleren	50	59:55	N	MALE AGE GROUP: 3	5 - 39		FEMALE AGE GR	OUP: 60 - 64
FEMALE OVERALL			1	Aaron Major	37	1:01:55	1 Margaret Phillip	62
1 Shvlah Weber	27	1:06:14	2	Todd Gundersen	36	1:07:47	2 Maryanne Reidy	60
2 Kirsten Cestaro	40	1:10:54	3	Mike Rosa	39	1:08:14	3 Patricia Roeser	61
3 Kerri Thomas	40	1:15:26	F	EMALE AGE GROUP			MALE AGE GROU	P: 65 - 69
MALE AGE GROUP:	10 - 14		1	Kim Morrison	36	1:16:18	1 Douglas Kabat	69
1 Jackson Homan	14	1.26.21	2	Erin Gregory	39	1:18:12	FEMALE AGE GR	

500YD SWIM, 12M	BIKE, 51	(RUN	H	EMALE AGE GROUP	: 30 - 34		M	ALE AGE GROUP: 6	0 - 64	
MALE OVERALL			1	Jessie Sangster	34	1:16:39	1	David Olsen	63	1:27:5
John Gleeson	37	59:25	2	Allison Grygus	31	1:20:05	2	Mark Schachner	61	1:27:5
Brett Schlesier	22	59.33	3		32	1:20:50	3	Daniel Underwood	60	1:29:0
B Don Kjelleren	50	59:55	V	IALE AGE GROUP: 3	5 - 39		FE	MALE AGE GROUP:	60 - 64	
EMALE OVERALL			1	Aaron Major	37	1:01:55	1	Margaret Phillips	62	1:29:4
Shvlah Weber	27	1:06:14	2	Todd Gundersen	36	1:07:47	2	Maryanne Reidy	60	1:35:0
2 Kirsten Cestaro	40	1:10:54	3	Mike Rosa	39	1:08:14	3	Patricia Roeser	61	1:38:4
Rerri Thomas	40	1:15:26	FI	EMALE AGE GROUP			м	ALE AGE GROUP: 6	5 - 69	
MALE AGE GROUP: 1		5.20	1	Kim Morrison	36	1:16:18	1	Douglas Kabat	69	1:36:3
Jackson Homan	14	1:26:21	2	Erin Gregory	39	1:18:12	FE	MALE AGE GROUP:		1.50.5
EMALE AGE GROUP			3	Jennifer Flanagan	37	1:18:33	1	Christine McKnight	68	1:27:3
Shauna Killane	14	1:35:58		IALE AGE GROUP: 4			2	Suzanne Nealon	65	1:44:0
Lauren Ostrander	14	1:35:59	1	Kristofer Johnson	43	1:01:03	3	Marjorie Safran	66	1:54:1
MALE AGE GROUP: 1		1.55.55	2	Brian Cestaro	42	1:04:55		ALE AGE GROUP: 7		1.54.1
Piotr Czajkowski	18	1:14:04	3	Christian Gee	43	1:07:01	1	Hugh Dunseath	72	1:24:4
				EMALE AGE GROUP						1:32:3
2 Dillon Harding	17	1:17:04	1	Heather Frank	41	1:16:58	2		74	1.32.3
Brian Harding	15	1:17:58	2	Antoinette Rose	42	1:21:24		ALE AGE GROUP: 7		1.42.
EMALE AGE GROUP			3	Jodi Plante	41	1:23:08	1		78	1:43:4
Lindsay Mayo	15	1:18:09		IALE AGE GROUP: 4				IREE-PERSON TEAM	15	
Alyssa Gardiner	18	1:20:20	1	Martin Gordinier	45	1:10:02	1	Team Overland		57:
B Caitlyn Gardiner	18	1:20:20	2	Gary Ethier	47	1:10:51	2	Glenmont Gladiators	1:07:05	
MALE AGE GROUP: 2			3	Douglas Meyer	46	1:12:49	3	BwF		1:16:0
l Alex Lyon	23	1:03:57		EMALE AGE GROUP		1.10.13	TV	VO-PERSON TEAMS		
2 Austin Bergeron	24	1:04:19	1	Cindy Wian	45	1:18:13	1	Anonymous Eclairs		1:05:2
Norman Van Diest	21	1:10:14	2	Kristen Long	47	1:20:25	2	Team Awesome		1:17:2
EMALE AGE GROUP	: 20 - 24		3	Christi Mueller	45	1:24:34	CL	YDESDALE		
Marie Whitney	23	1:17:07		IALE AGE GROUP: 5		1.01.10	1	Christopher Moore		1:36:0
2 Katherine Boy	23	1:30:36	1	Carl Regenauer	50	1:01:19	2	Jeff Cornick		1:36:1
3 Jean Brownell	20	1:31:43	2	Chris McNally	50 51	1:13:21	3	Omar Vazquez		1:37:5
MALE AGE GROUP: 2	5 - 29		3			1:18:28	Αī	THENA		
Nathan Eberly	26	1:06:02	1	EMALE AGE GROUP	50 - 54	1:18:19	1	Sandi Payne		1:28:4
2 Jake Eisenhard	25	1:17:05		Nanette Hatch			2	Catherine Walling		1:59:4
Greg Burt	27	1:17:17	2	Kirsten Elling	53 52	1:22:48 1:27:39	3	Wendy Williams		2:01:1
EMALE AGE GROUP	: 25 - 29			April Montgomery IALE AGE GROUP: 5		1:27:39	TE	I CLUBS: MALE (To	o 5)	
Mary O'Hearn	29	1:22:17	1	Mike Veeder	55 55	1:10:37	1	Saratoga Tri Club		5:39:2
2 Katie Rich	29	1:29:58	2	Robert Wither	55	1:10:37	2	Bethlehem Tri Club		5:57:4
B Esther Lyon	26	1:32:01	3	Howard Kreitsek	55	1:22:12	3	Capital District Tri Clu	ıh	6:32:3
MALE AGE GROUP: 3		1.52.01		EMALE AGE GROUP		1.22.12		I CLUBS: FEMALE (0.52.5
Nathan Rieger	32	1:09:22	1	Carolyn Will	56	1:16:43	1	Saratoga Tri Club	.op 3/	6:44:5
Sean Smith	32	1:11:26	2	Cathy Percy	55	1:28:49	2		ıh	7:06:
. Jedii Jiiilli	30	1:11:40	3	Deborah Curtis	55	1:35:04	4	Courtesy of Green		

		e 7, 2015 • Go						
MALE OVERALL 1 Richard Messineo	26	Maccau	17.16		MALE AGE GROUP: 4		Contlator	20
	26 46	Nassau West Sand Lake	17:16 18:06	1	Sandra McCarty	44	Castleton	28
George Berg Jr. Marcus O'Leary	14	Old Chatham	19:02	2	Kathy Smith	42	Rensselaer	30
FEMALE OVERALL	14	Old Chathain	19.02	3	Anna Fitch	44	Schenectady	32
1 Melissa Maguire	42	Loudonville	21:32	M	ALE AGE GROUP: 45	- 49		
2 Rachel Toolan	39	Rensselaer	21.32	1	Ryan Mitchell	49	Troy	19
3 Alison O'Brien	24	Albany	22:53	2	David Wolf	48	Clifton Park	30
MALE AGE GROUP: 1		Albany	22.33	3	Alex Demarco	45	East Greenbush	30
1 Dustin Chambers	13	Rensselaer	19:47	FE	MALE AGE GROUP: 4	5 - 49		
2 Aidan Yanally	10	East Greenbush	24:28	1	Lisa Root	49	East Greenbush	24
3 Patrick Donnelly	9	East Greenbush	25:59	2	Elisa Schneider	49	Troy	25
FEMALE AGE GROUP:		Eddt Greenbash	25.55	3	Beth Hart	48	East Greenbush	29
Chase Hausler	9	East Greenbush	25:31	-	ALE AGE GROUP: 50		Last Greenbash	۷.
2 Madeline Endres	11	East Greenbush	26:22	1		50	East Greenbush	27
3 Molly Tracey	7	East Greenbush	29:10		Steve Hart	50 54		
MALE AGE GROUP: 15		Eddt Greenbadn	25.10	2	Kevin Kelly		East Greenbush	30
1 Logan Speed	15	Rensselaer	23:53	3	Mike Lenney	51	East Greenbush	3
2 Jesse Pferr	16	Rensselaer	30:23		MALE AGE GROUP: 5			
FEMALE AGE GROUP:	15 - 19			1	Pamela Hart	53	East Greenbush	20
Justine Torre	17	East Greenbush	25:54	2	Kellie Dupuis	53	East Greenbush	2
2 Catherine Farrell	19	Valatie	30:40	3	Bridget Baum	51	East Greenbush	29
3 Erin Condo	17	East Greenbush	32:00	M	ALE AGE GROUP: 55	- 59		
MALE AGE GROUP: 20	0 - 24			1	Michael Bromm	55	Valley Falls	2
1 Jesse Boni	22	Castleton	21:34	2	Brian Hart	57	East Greenbush	2
2 EJ Hart	22	Castleton	23:39	3	James Chicoine	55	Rensselaer	2
3 Adam Hulet	23	Castleton	23:40	FF	MALE AGE GROUP: 5	5 - 59		_
FEMALE AGE GROUP:	20 - 24			1	Lyn Lawton	58	Albany	28
1 Alisha Andersen	23	Sherborn, MA	25:43	2		56	Schenectady	2
2 Emily Black	23	Altamont	27:31	3	Dianne Tuffey	56	East Greenbush	38
3 Brittany Defruscio	23	Sherborn, MA	28:38		ALE AGE GROUP: 60		East Gleenbush	30
MALE AGE GROUP: 25	5 - 29						-	
 Robert Mangold 	28	East Greenbush	22:14	1	Robert Morin	63	Troy	4.
2 Brian Marois	27	Albany	26:24	2		62	Albany	54
3 Patrick Boyle	27	Ronkonkoma	31:17		MALE AGE GROUP: 6			
FEMALE AGE GROUP:				1	Suzanne Childs	61	West Sand Lake	4
1 Jordan Nieto	27	East Greenbush	22:58	2	Mana Murdze	60	Clifton Park	5
2 Kelly Grace	27	East Greenbush	24:08	3	Peggy Slagen-Erfurt	63	Averill Park	5
3 Brittany Slagen	28	East Greenbush	26:31	М	ALE AGE GROUP: 65	- 69		
MALE AGE GROUP: 30				1	Stephen Chenette	65	East Greenbush	34
1 Michael Ruger	34	East Greenbush	20:12	2		66	East Greenbush	4
2 Aaron Harbeck	31	Rensselaer	20:50	3	Ken Galarneau	66	Loudonville	5
3 Joshua Hogan	32	Troy	22:47	-	MALE AGE GROUP: 6		Loudonnine	_
FEMALE AGE GROUP:				1	Judy Lynch	65	Castleton	31
1 Corie Noel	33	Castleton	23:13		MALE AGE GROUP: 7		Castleton	3
2 Shondra Conyers	34	Castleton	25:11				Massacc	
3 Leia Nardacci	31	Troy	25:54	1	Jacqueline Mesko	75	Nassau	4
MALE AGE GROUP: 35		147 (179)	22.45			R HELP Y	OUTH MILE	
1 Matt Flannery	36	Wynantskill	22:43		ALE OVERALL			
2 David Burns	39	Castleton	24:36	1	Eamonn Hayes	10	Delmar	
3 Peter Henchey	35	East Greenbush	26:14	2	Patrick McNaughton	9	Albany	
FEMALE AGE GROUP:		Deleven	22.50	3	Zackery Trindade	7	East Greenbush	
1 Misty Hayes	39	Delmar	22:59	FE	MALE OVERALL			
2 Melissa Deluca	37	East Greenbush	23:59	1	Sarah Hayes	8	Delmar	
3 Sarah Trindade	36	East Greenbush	24:55	2	McKenna Yonally	7	East Greenbush	
MALE AGE GROUP: 40		Manage	24.52	3		6	Castleton	1
1 Todd Robert	43	Nassau	21:53	3				- 1
2 Ralph Donato 3 Todd Seeberger	41 41	Nassau Castleton	22:11 22:49				and Friends of & Nikki L. Hart	

	June 7, 2015 • Whiteface Mountain, Wilmington												
100K BIKE	FEMALE AGE GROUP	P: 20 - 29											
MIF Overall Ton 3 Age Groups & NY Finishers	1 Alec Hoover	22	Kingston	∆ ·1									

	Jui	107,2015	· · · · · · · · · · · · · · · · · · ·	. wountain, winning	gion		
	100K BI	KE		FEMALE AGE GROUP: 20	- 29		
M/F Overall, To	p 3 Age G	roups & NY Finishe	ers	1 Alec Hoover	22	Kingston	4:16:12
MALE OVERALL				2 Matthew Turcotte	20	Quebec, QC	4:17:33
1 Mathieu Belanger-Bar	rette 26	Quebec, QC	4:07:34	3 Jean-Philippe Thibodeau	24	Quebec, QC	4:24:46
FEMALE OVERALL				10 Peter Fobare	25	Schenectady	4:55:37
 Veronique Fortin 	35		5:03:20	15 David Toth	27	Penfield	5:10:28
FEMALE AGE GROUP:	20 - 29			21 Dean Zeffer	20	Sound Beach	5:21:35
1 Rachel Wood	27	Jericho, VT	5:33:23	22 Kyle Strater	29	New York	5:23:20 continued

١	NILMINGTON	WH	ITEFACE CRO	oss co	DUNTRY MOUNT	ΓΑΙΝ	BIKE RACE	cont.
26	Sean Bartasek	29	Deer Park	5:27:58	MALE AGE GROUP: 50	- 59		
27	Nathan Dugan	25	New York	5:30:46	1 Dave Wiens	50	Gunnison, CO	4:08:23
31	Derek Wladyka	21	Miller Place	5:58:59	2 Doug Jansen	52	Pelham, NH	4:35:57
	Ryan Kindervater	28	Albany	6:17:38	3 Jimmy Railey	53	McHenry, MD	4:41:57
	Peter Andriakos	26	Schenectady	6:37:29	8 Robert Love	51	Greenfield Center	5:06:41
37		24	Brooklyn	6:43:46	10 Mike O'Neill	51	Brooklyn	5:11:53
	William Benoit	26	Deerfield	6:59:17	12 Bruce Rohdenburg	54	Corning	5:17:57
	Taylor Wetherby	25	Brooklyn	7:02:16	14 Charles Richter	56	Honeoye Falls	5:19:49
	ALE AGE GROUP: 30 - 3				19 Kevin Maldonado	50	Windham	5:28:44
1	Christian Favata	37	Rosendale	4:08:04	21 Fred Horwood	50	Scarsdale	5:34:43
2	Jake Hollenbach	34	Shelburne, VT	4:17:11	25 Paul Fronhofer	58	Salem	5:40:21
3	Marc-Andre Daigle	33	Chicopee, MA	4:21:57	28 Douglas Morrow	56	Rochester	5:42:24
4	Kevin Bouchard-Hall	33	Wadhams	4:22:00	35 Wynn Aker	56	Manorville	5:54:16
8	Chad Butts	35	Montrose	4:31:59	37 Ken Nielsen	50	Smithtown	6:03:21
	Nathan Kanney	32	New Paltz	4:41:51	38 Mark Bettinger	58	Saratoga Springs	6:03:30
	Paul Fronhofer	36	Fort Edward	4:43:12	45 Mark Klion	53	Scarsdale	6:35:45
	Roy Chaves	37	Hampton Bays	4:48:18	50 Kevin Russell	50	Fairport	6:49:29
	Mark Jakubowski	39	Ronkonkoma	4:51:54	60 Mark Morris	55	Elizabethtown	8:23:41
29		30	Keene	4:57:47	MALE AGE GROUP: 60	- 69		
	Chris Mulford	38	Schenectady	5:05:32	1 Paul Speranza	60	Endicott	5:40:11
	Bradford Strater	33	New York	5:08:05	2 Dennis Knowlton	64	Clifford, PA	6:01:23
	Douglas Gowen	36	Gansevoort	5:25:45	3 Bruce Lewis-Watts	60	Claremont, ON	6:06:24
	Brendan Gallivan	37	Troy	5:28:53	4 Bruce Lessard	63	Endicott	6:12:23
	Jacob Koczman	36	Albany	5:40:28	SINGLESPEED	0.5	Litareott	0.12.25
	Chris Calimano	33	Staten Island	5:54:23	1 Martin Griffin	43	Lansdale, PA	5:39:38
	Orlando DeLeon	39	Saint James	6:06:54	2 Tim Iwanowicz	49	Peterborough, NH	6:11:13
	John Evansky	37	Hudson Falls	6:16:54	3 Henry Tressler	48	Maytown, PA	8:37:28
70		31	Albany	6:21:15	5 Herrity Hessier	50K B		0.57.20
	Dan Drake	37	Penfield	6:26:08	MAN E OVERALL	SUK B	IKE	
	Barry Janay	37	Scarsdale	6:29:29	MALE OVERALL	40	C	1.50.40
	Brandon Boutelle	39	Lake Placid	6:40:26	1 David McCutcheon	40	Saugerties	1:53:48
	Nick Vantucci	35	Fairport	7:20:21	FEMALE OVERALL	4.4	Chalana OC	2.22.25
	MALE AGE GROUP: 30		C.I.I. CT	F 07 F6	1 Sophie Matte	44	Chelsea, QC	2:23:35
1	Tina Severson	37	Colchester, CT	5:07:56	MALE AGE GROUP: 1 -			
2	Sian Turner	33	Truckee, CA	5:18:44	1 Colin Delaney	12	Baldwinsville	1:59:28
3	Simona Vincenciova	33	Annandale, VA	5:25:51	2 Daniel Vaughn	15	Horseheads	2:05:01
	MALE AGE GROUP: 40		Labor Dia stal	F-22-10	3 Theo Gentile	18	Greenfield, NH	2:58:37
1	Rosanne VanDorn	41	Lake Placid	5:32:10	FEMALE AGE GROUP: 2			
2	Kim Ely	40	Sound Beach	5:41:36	1 Stefan Merrill	29	Albany	2:40:29
3	Robin Kay	46	Erin, ON	5:51:06	2 Helen Hollenbach	29	Shelburne, VT	2:52:03
5	MaryBeth Romagnoli	45	Cazenovia	6:12:30	3 Sarah Nicol	24	Ottawa, ON	2:56:47
8	Mara Fronhofer	48	Fort Edward	6:31:02	MALE AGE GROUP: 20			
	Trish Vantucci	49	Hilton	7:17:48	1 Jake Hoover	23	Kingston	2:02:33
	Andrea Vantucci	47	Babylon	8:34:26	2 Scott Schulman	24	Wayne, PA	2:17:39
	ALE AGE GROUP: 40 - 4		Tanahana ME	4.10.45	3 Ethan Hunt	24	Devon, PA	2:51:01
1	Dereck Treadwell	40 45	Topsham, ME	4:16:45	MALE AGE GROUP: 30			
2	Lou Bregou	45 46	Hanover, NH	4:21:21	1 Jonathan Favata	34	Mechanicville	2:06:02
4	Alan Kriss	49	Toronto, ON	4:29:23	2 Tony Rector	37	East Granby, CT	2:19:38
5	Robert Duncan Douglas		Honeoye Falls	4:30:50	3 Matthew Cook	37	Saranac Lake	2:21:06
8	Tim O'Shea Erik Grimm	43 49	Cazenovia Pittsford	4:34:08 4:39:20	FEMALE AGE GROUP: 3	30 - 39		
					1 Annie Pouliot	34	Gatineau, QC	2:34:08
	Ken Rideout Raymond Willard	44 47	Katonah Oneida	4:44:05 4:44:29	2 Alessia Genovese	32	Plymouth, MA	2:54:45
12 13	,	41		4:44:29	3 Patricia Flury	36	Prevost, QC	2:55:29
16		41	Trumansburg Burdett	4:48:01	FEMALE AGE GROUP: 4	10 - 49		
		45			1 Catharine Hollenbach	47	Lancaster, PA	2:29:28
	Scott Robinson Dylan Thomarie	45 40	New York Northville	5:14:42 5:23:41	2 Shari Oshea	44	Cazenovia	2:55:32
		49	Rome		MALE AGE GROUP: 40	- 49		
	Brian Campbell Richard Jiranek	49	Saint James	5:31:11 5:31:14	 Michael Bissanti 	48	Belmont, MA	2:12:58
		46	Earlville	5:36:27	2 Dennis Crespo	47	Truckee, CA	2:18:33
	Scott Swingle	4.5	144 1 41		FEMALE AGE GROUP: 5	50 - 59		
	Dave Lambert	45	Walworth	5:41:32	1 Marcy Diem	54	Lititz, PA	2:48:00
	Shawn Mallon	41	Northport	5:43:04	2 Carol Johnston	51	San Ramon, CA	3:04:40
	James DiGiovanna Salvatore Addeo	48 47	Brightwaters Cold Spring Harbor	5:57:23 5:57:58	3 Caroline Sweeney	53	Wayne, PA	3:49:50
	Bob Scarperi	46			MALE AGE GROUP: 50		, ,	
	Eric Scheffler	45	Brooklyn Scarsdale	5:58:47 5:59:25	1 David Prodorutti	59	Blue Bell, PA	2:18:13
	Dave Hansen	47	Elmira	6:07:45	2 William McGreevy	51	Wilmington	2:19:51
	Scott Erb	47	Honeoye Falls	6:07:45	3 Brian Delaney	59	Lake Placid	2:28:33
	Ted Dennee	48	Webster	6:11:03	MALE AGE GROUP: 60			
	Steven Paoletti	48 46	East Setauket	6:13:59	1 Robert Riesenberger	60	Doylestown, PA	2:30:13
	MALE AGE GROUP: 50		rasi Sciaukei	J. 1J.JJ	2 Harry Smith	66	Manheim, PA	3:42:52
1	Susan Lynch	- 55	Medfield, MA	5:20:38	SINGLESPEED	00	mannelli, iri	J. 12.JL
2	Stephanie Landy	55	Ballston Spa	6:04:08	1 Armand Arekian	50	Averill Park	2:41:18
3	Michelle Steinbacher	57	Jersey Shore, PA	6:51:43			eadville Race Series	2.41.10
		3,	30.30, 311010, 171	3.33	Country of Li			
			V 0VES 5::-					
	WALK	L VV Δ	Y OVER THE	HUDS	SON FULL/HALF	IVIΔR	ΑΤΗΟΝ	

WALKWAY OVER THE HUDSON FULL/HALF MARATHON & TREETOPS TO ROOFTOPS 5K

	June 13	. 2015				Marist College, I	Pouah	keensie	
			.2 MILES	atmouse		ALE AGE GROUP: 55 - 5	_	псерые	
м	ALE OVERALL	ON - 20	.Z WILLS		1	Mike Moccia	55	Poughkeepsie	3:28:37
1	Garrett Burger	25	New York	2:57:36	2	Bryan Baroffio	57	Grand Junction, CO	
2	David Swift	43	Poughkeepsie	3:00:40	3	Vance Carter	59	Danielson, CT	3:32:52
3	Adam Dicaprio	25	Poughkeepsie	3:00:57	FE	MALE AGE GROUP: 55			
FE	MALE OVERALL				1	Kim Law	57	East Greenbush	4:14:53
1	Rebecca Trachsel	40	Winchester, MA	3:13:48	2	Kathleen Walker	56	Hyde Park	5:03:28
2	Kim Bowler	44	Raleigh, NC	3:19:15	3	Pamela McNulty	55	Woodbridge, CT	5:51:59
3	Kristen Gregory	34	New York	3:26:17	M	ALE AGE GROÚP: 60 - 6	4	3 .	
M	ALE AGE GROUP: 1 - 19				1	Brian McIlrath	63	Danbury, CT	4:07:17
1	Michael Allara	18	S. Hamilton, MA	3:40:43	2	Krzysztof Wasielewski	61	Dover Plains	4:07:41
2	Daniel Allara	16	S. Hamilton, MA	3:40:43	3	Steven Pressman	64	High Falls	4:08:01
3	Nicholas Mackey	15	Marlboro	4:19:15	FE	MALE AGE GROUP: 60	- 64	•	
	MALE AGE GROUP: 1 -				1	Lee Anne Zarger	61	New Milford, CT	6:25:54
1	Raakel Vuojolainen	18	Cranbury	5:28:25	M	ALE AGE GROUP: 65 - 6	9		
2	Laure Hartmanshenn	19	Princeton, NJ	5:28:25	1	Dave Weiss	66	Corning	4:44:45
3	Caitlin McNulty	19	Woodbridge, CT	5:52:00	FE	MALE AGE GROUP: 65	- 69		
1	ALE AGE GROUP: 20 - 2	4 21	Davieldiaanaia	2.10.20	1	Bonnie Sumner	66	Sterling Heights, MI	5:46:41
	Richard Willi MALE AGE GROUP: 20	21	Poughkeepsie	3:10:36	FE	MALE AGE GROUP: 70	- 74		
1	Emily Tucci	24 21	Averill Park	3:34:30	1	Lorna Thompson	70	Poughkeepsie	5:11:10
2	Andrea Mathieux	20	New York	3:54:26	WI	HEELCHAIR: MALE OVE	RALL		
3	Megan Nizza	23	Poughkeepsie	3:57:18	1	Peter Gagliardo	30	Poughquag	2:03:43
_	ALE AGE GROUP: 25 - 2		rougrikeepsie	3.37.10	WI	HEELCHAIR: FEMALE O	VERALL		
1	Ray Vetter	27	Norwalk, CT	3:02:48	1	Maria Bournias	38	Fort Lee, NJ	3:04:43
2	Jonathon Dibble	25	Bethel, CT	3:42:45		HALF MAR	ATHON -	13.1 MILES	
3	Brendan Mulvey	28	Brighton, MA	3:32:46	M	ALE OVERALL			
_	MALE AGE GROUP: 25		brighton, w.	5.52.10	1	William Griffin	25	Brooklyn	1:11:40
1	Stephanie Niemis	29	Hillsborough, NJ	3:39:13	2	Jamie Stroffolino	29	Wappingers Falls	1:14:07
2	Erin Capasso	27	Boston, MA	3:43:27	3	Jack Hillenbrand	20	Harpursville	1:15:28
3	Sarah Lagasse	25	Williamstown, MA	3:49:19	FE	MALE OVERALL			
M	ALE AGE GROUP: 30 - 3				1	Laura Pierce	33	Wethersfield, CT	1:27:58
1	Greg Soutiea	31	Newton, MA	3:05:30	2	Erin Conroy	31	New York	1:31:02
2	Jacob Robinson	30	Salem, MA	3:10:16	3	Deirdre Dwyer	21	Poughkeepsie	1:32:32
3	Christopher Pares	34	Islip	3:19:41	M	ALE AGE GROUP: 1 - 19)		
FE	MALE AGE GROUP: 30	- 34			1	Scott Downing	19	Wappingers Falls	1:18:00
1	Vanessa Russo	34	Cromwell, CT	3:39:37	2	Kyle Sullivan	18	Highland Mills	1:26:26
2	Kelly McCullough	34	Baltimore, MD	3:48:11	3	Will Duggan	19	Poughkeepsie	1:27:53
3	Lauren Wooley	33	Newton, MA	4:10:22	FE	MALE AGE GROUP: 1 -	19		
	ALE AGE GROUP: 35 - 3				1	Kristen Borriello	19	Montgomery	1:32:39
1	Krzysztof Mroczek	36	Wappingers Falls	3:28:15	2	Madeline Dery	19	Putnam Valley	1:34:17
2	Daniel Roberto	39	Fishkill	3:52:01	3	Mary Kate Bida	19	Millbrook	1:37:09
3	Michael Cohen	35	Brooklyn	3:53:50	M	ALE AGE GROUP: 20 - 2	24		
	MALE AGE GROUP: 35				1	Billy Posch	24	Hyde Park	1:15:42
1	Christie Barber	39	Crystal Springs, MS		2	Ken Walshak	23	Poughkeepsie	1:17:58
2	Lecia Zulak	37	New Paltz	3:52:18	3	Omar Perez	21	Poughkeepsie	1:18:17
3	Stacey Evans	39	Middletown	3:58:48	FE	MALE AGE GROUP: 20	- 24		
	ALE AGE GROUP: 40 - 4				1	Elaina Nellis	23	Clinton Corners	1:37:10
1	Mike Bracken	41	Saratoga Springs	3:13:18	2	Annie Gould	20	Stormville	1:37:22
2	Pablo Henderson	41	Fairfield, CT	3:21:24	3	Kelley Gould	23	Hyde Park	1:41:32
3	David Pasquale	44	Bronxville	3:45:37	M	ALE ÁGE GROUP: 25 - 2	29	,	
	MALE AGE GROUP: 40		West Coffeeld CT	2.27.00	1	Luke Shane	25	Bolton Landing	1:19:18
1	Stephanie Meissner	43	West Suffield, CT	3:27:09	2	Bryan Kob	25	New York	1:25:36
2	Jennifer Flahertty	42	Easthampton, MA	3:46:49	3	Colin Martin	29	Poughkeepsie	1:26:49
3	Christine Piscitella	40	Newburgh	4:14:11	FE	MALE AGE GROUP: 25	- 29	,	
	ALE AGE GROUP: 45 - 4		Dalaiah NC	2.10.15	1	Brigid Moriarty	28	Tarrytown	1:35:31
1	John Williamson	46 48	Raleigh, NC New York	3:19:15 3:21:52	2	Milena Hoffman	28	White Plains	1:42:47
3	Tsukasa Kawarai	48	Windsor, CT	3:24:11	3	Dayna McLaughlin	25	Stony Point	1:42:51
-	Kevin Pigeon MALE AGE GROUP: 45		vviilusoi, Ci	3.24.11	M	ALÉ AGE GROUP: 30 - 3	4	,	
1	Wendy Mastripolito	49	Glenmoore, PA	3:57:15	1	Christopher McCloskey	34	Albany	1:21:23
2	Kristin Woodard	47	Dayton, OH	4:00:53	2	Shane Egan	30	Poughkeepsie	1:30:42
3	Eileen Moon	45	Warwick	4:15:55	3	Bryan Callaghan	32	Bellport	1:32:38
-	ALE AGE GROUP: 50 - 5		Y TOI WICK	7.13.33		MALE AGE GROUP: 30		V 2 2	
1	Wesley Stafford	5 4	Newark, DE	3:27:15	1	Cheryl Fil	31	Poughkeepsie	1:39:05
2	Yoon Lee	52	Old Tappan, NJ	3:28:36	2	Courtney Knapp	31	Costa Mesa, CA	1:45:11
3	Yan Zun Li	51	Lagrangeville	3:50:07	3	Michele Flournoy	31	Brooklyn	1:45:50
_	MALE AGE GROUP: 50			50.07	M	ALE AGE GROUP: 35 - 3		,	
1	Eileen Leavitt	50	Delmar	3:46:03	1	John McElroy	39	Danbury, CT	1:31:00
2	Moon Lee	53	Old Tappan, NJ	3:50:36	2	Ed Lackaye	35	Poughkeepsie	1:35:42
3	Michelle Zechman	52	Wilmington, DE	3:54:19	3	Bryan Lackaye	37	Arlington, MA	1:35:42
			<u>.</u>			. ,			continued

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				SON FULL/HALF OFTOPS 5K conti		- -	
EMALE AGE GROUP: 3				MALE AGE GROUP: 30			
Stephanie Bliss	39	Wappinger Falls	1:41:31	1 Evan Donoghue	30	Beacon	2
Ellenor Barish	37	Somerville, MA	1:41:54	2 Daniel Rubio	33	Wallkill	2
Tatiana Boncompagni	37	New York	1:43:42	3 Toma Dobrojevlkevic	34	Poughkeepsie	2
MALE AGE GROUP: 40				FEMALE AGE GROUP: 3	80 - 34		
Keith Strudler	44	Beacon	1:18:53	 Meagan Camp 	31	Rhinebeck	2
John Korman	43	Scarsdale	1:26:59	2 Jenny Brover	30	Jersey City, NJ	2
Matt Yoder EMALE AGE GROUP: 4	40 0 - 44	Manchester, CT	1:33:26	3 Mary Cappillino	30	Morton, PA	2
Sally Drake	42	Albany	1:35:47	MALE AGE GROUP: 35			_
Jodi Brangaccio	42	Newburgh	1:47:34	1 Greg Waters	39	Wappingers Falls	2
Wendy Arias	41	Tarrytown	1:48:05	2 Marino Perfetti 3 Dustin Vanstee	39 38	Poughkeepsie Hopewell Junction	2
MALE AGE GROUP: 45		,		FEMALE AGE GROUP: 3		nopeweii Juriction	
Jeffrey Feinsod	48	New Paltz	1:35:09	1 Carolyn Bennett Glaud		Beacon	2
John Paggioli	49	Marlborough, CT	1:37:05	Natalie Kane	34	Cornwall-on-Hudson	_
Daniel Desjardins	49	Hopewell Junction	1:37:32	3 Elizabeth Murray	39	Clinton Corners	2
EMALE AGE GROUP: 4				MALE AGE GROUP: 40			Ī
Shebna Olsen	45	Brooklyn	1:41:40	1 Kenneth McPherson	40	Millbrook	1
Michele Didonna	46	New Paltz	1:44:19	2 Jeff Koren	41	Poughkeepsie	2
Jacqueline Mulcahy	47	Poughkeepsie	1:46:23	3 Daniel Stockfield	42	Brewster	2
AALE AGE GROUP: 50 - Derek Hyde	• 54 54	Middle Haddam, C	T 1-22-25	FEMALE AGE GROUP: 4			
Thomas Cain	54 50	Lagrangeville	1:33:25	1 Dina Ciccone	42	Walden	2
Anthony Ferreri	52	Hyde Park	1:35:24	2 Jennifer Ketchum	40	Chatham	2
EMALE AGE GROUP: 5		, ac runk		3 Jen Dunn	43	Poughkeepsie	2
Lisa Nieradka	50	Clifton Park	1:41:36	MALE AGE GROUP: 45		Describber 1	_
Colleen Brackett	54	Albany	1:42:39	1 John Gadonniex	46	Poughkeepsie	2
Pamela White	51	Rhinebeck	1:48:10	2 Brent Magurno	46	Wappingers Falls	2
MALE AGE GROUP: 55	- 59			3 John Paul Cunningham FEMALE AGE GROUP: 4		Poughquag	2
Steve Miura	58	Hopewell Junction	1:38:26	1 Sue Klein	49	New Paltz	2
Rod Camp	59	Rhinebeck	1:38:30	2 Kelly Carroll	45	Wallkill	2
Dennis Foster	57	Pleasant Valley	1:41:43	3 Maria Madigan	45	Rhinebeck	2
EMALE AGE GROUP: 5		6 1. 5	4.56.43	MALE AGE GROUP: 50		Millicocck	-
Michele Boris	58	Salt Point	1:56:13	1 Stephen Popovitch	51	Germantown	2
Sarah Herman	55	Poughkeepsie	2:08:50	2 Carl Gutowski	51	Wappingers Falls	2
ALE AGE GROUP: 60 - Allen Vaughan	- 64	Stafford, VA	1:43:14	3 Ken Wren	52	Hoboken, NJ	2
Allen Vaughan Robert Selcov	62	Hyde Park	1:53:25	FEMALE AGE GROUP: 5	0 - 54		
Paul Lundgren	62	Averill Park	1:58:11	1 Donna Davies	51	Marlboro	2
EMALE AGE GROUP: 6		Aveilliank	1.50.11	 Michele Dunne 	53	Tuxedo Park	2
Lindy Olewine	66	Lebanon, CT	2:03:32	3 Yuki Bartlett	52	Wichita, KS	2
VHEELCHAIR: MALE O				MALE AGE GROUP: 55			
Torsten Gross	36	New York	1:17:21	1 Gil Dilg	58	Poughkeepsie	2
TREETO	PS TO RO	OFTOPS 5K		2 Glenn Davies	57	Marlboro	2
//ALE OVERALL				3 Michael Carrillo	58	Pleasant Valley	2
Steven Rizzo	18	Poughkeepsie	15:41	FEMALE AGE GROUP: 5		December 2012	,
Jesse Capellaro	20	Millerton	15:49	1 Judith Creedon	58 E0	Poughkeepsie	2
Mike Chow	36	Wappinger Falls	16:09	Joanne Deluca Nancy Carrillo	59 57	Wappingers Falls	2
EMALE OVERALL				3 Nancy Carrillo	57 - 64	Pleasant Valley	2
Sarah Popovitch	22	Germantown	20:23	MALE AGE GROUP: 60 1 Steve McGarril	- 64 60	Hyda Park	2
Nicole Capra	21	North Salem	21:08	2 Gary Fink	62	Hyde Park Lagrangeville	2
Catherine Ferreri	20	Hyde Park	22:08	3 James Rubas	64	Yorktown Heights	2
MALE AGE GROUP: 1- 1		Millbrook	10.70	FEMALE AGE GROUP: 6		TOTALOWIT HEIGHTS	_
Chris Estremera Yaser Hadine	15 18	Milibrook Poughkeepsie	18:20 18:31	1 Lynne Kopac	62	Poughkeepsie	3
Philip Tullo	18	Hopewell Junction	22:01	2 Lonna Kelly	63	Pawling	3
EMALE AGE GROUP: 1		i iopeweii Juricii0II	22.01	3 Cathy Lane	62	Hyde Park	3
Emily Ferreri	18	Hyde Park	23:51	MALE AGE GROUP: 65			_
Divya Forbes	16	Hyde Park	24:51	1 Doug Fairbanks	66	Salt Point	2
Anna -Mae Nellis	13	Poughkeepsie	25:36	2 Tom Pulcher	65	Wappingers Falls	2
ALE AGE GROUP: 20				3 Joseph Braun	65	Milton	3
Robert Greco Jr	20	Wappingers Falls	19:09	FEMALE AGE GROUP: 6			
Dan Peabody	20	Poughkeepsie	20:07	1 Sharon Manna	67	Fishkill	3
Andrew Creedon	23	New York	27:06	2 Gail Moran	65	Poughkeepsie	4
EMALE AGE GROUP: 2				3 Margaret Armeno	67	Wappingers Falls	4
Emma Hart	23	Hyde Park	25:10	MALE AGE GROUP: 70			_
Emily Forzano	24	Pleasant Valley	25:13	1 Roger Kopp	72	Hyde Park	2
Mackenzie Langsten	24	Milan	27:09	2 Gordon Sox	70	Deep Gap, NC	3
MALE AGE GROUP: 25		District of	24.46	3 Walt Franca	70 74	Poughkeepsie	5
Taylor Camp	25	Rhinebeck	21:46	FEMALE AGE GROUP: 7		Poughkoons:-	,
Will Bartolomeo	26	Fishkill	24:42	1 Ruth Aldrich Gau	72 70	Poughkeepsie	4
Francisco Forzano EMALE AGE GROUP: 2	28	Saugerties	25:08	Joan Grishman Javne Nightingale	70 71	Hyde Park	4
		Poughkoopsia	22.20	3 Jayne Nightingale FEMALE AGE GROUP: 7		Rock Hill	4
	27	Poughkeepsie	22:28			Caraviall	3
Emily Egan		Hyda Park	26.00				
	25 25	Hyde Park Stanfordville	26:00 26:00	1 Erika Abraham Courtesy of Walkway (77 Over the l	Cornwall Hudson & Dutchess Tou	

20TH ANNUAL EPIC BLACK FLY CHALLENGE ADIRONDACK GRAVEL GRINDER
lune 13 2015 - 41 Miles in Massa Diver Describen Aven Indian Lake to Inlet

FEMALE AGE GROUP: 2				3 Jayne Nightingale 71 Rock Hill	45:09
1 Emily Egan	27 Poughkee		22:28	FEMALE AGE GROUP: 75 - 79	20.2
Danielle Walsh Kelly Osterman	25 Hyde Parl		26:00	1 Erika Abraham 77 Cornwall	38:24
3 Kelly Osterman	25 Stanfordy	ılle	26:00	Courtesy of Walkway Over the Hudson & Dutchess To	urism
				ENGE ADIRONDACK GRAVEL GRIN	IDER
June 13, 20	15 • 41 Miles	in Mo	ose Rive	er Recreation Area, Indian Lake to Inlet	
	CHAMPIONS			FEMALE AGE GROUP: 50 - 59	2 22 2
CYCLOCROSS: MALE O		27	4.54.50	1 Jennifer Harvey Niskayuna 54 2 Sweep Voll Pittsfield, MA 53	2:32:24
1 Anthony Clark	Feeding Hills, MA	27	1:51:50	2 Sweep Voll Pittsfield, MA 53 3 Jeanne O'D 56	2:53:3
1 Rosanne VanDorn	Lake Placid	41	2:08:05	4 Marcie Mann Jamesville 54	3:10:2
MOUNTAIN BIKE: MALE		41	2.08.05	5 Sherry Kyne Prospect, PA 52	3:48:5
1 Paul Fronhofer II	Cossayuna	36	1:59:01	MALE AGE GROUP: 60 - 69	5. 10.5
MOUNTAIN BIKE: FEMA		30	1.33.01	1 Richard Camping Victor 63	2:17:4
1 Kim Milton	Clifton Park	33	2:22:40	2 Ralph Pruitt Jr. 61	2:18:3
	YCLOCROSS	33	2.22.40	3 Raymond Carlson Hamilton 60	2:21:2
MALE AGE GROUP: 1 -				4 Daniel Defrees Chittenango 60	2:28:5
1 Christopher Welch	Noblesville	16	1:55:27	5 Marc Marchessault Latham 60	2:31:5
2 Daniel Vaughn	Horseheads	15	2:00:19	6 Bob Birkby 60	2:32:4
Ben Mulvey	Horseneads	14	2:45:21	7 Dan Griffin Madison, CT 65	2:39:0
4 Henry Klee		16	3:35:23	8 John Leach Old Forge 65	2:45:3
MALE AGE GROUP: 19 -	29		3.33.23	9 Howard Johannessen West Sand Lake 64	2:55:3
1 Chris Niesen	Easthampton, MA	24	1:54:37	10 John Ders South Otselic 65	2:57:0
2 Case Butler	Sanbornville, NH	20	1:54:38	MALE AGE GROUP: 70 - 79 1 Carl Grimm Pittsford 76	2.20.2
Braedan Weller		19	1:59:40		3:30:3
4 Randy Hadzor	Syracuse	29	2:02:06	MOUNTAIN BIKE - EXPERT	
5 Scott Smith	,	21	2:02:08	MALE AGE GROUP: 29 & UNDER 1 Peter Fobare 25	2:01:5
5 Jeff Krywanczyk	Chazy	29	2:11:41	1 Peter Fobare 25 2 Tim Marley Liverpool 29	2:34:4
7 Karst Kingsley	Athens	20	2:13:06	3 Dave Peters New Hartford 29	2:35:3
8 Cameron Gardner-Lewis	S	28	2:14:44	4 Zach Schindler 24	2:38:1
9 Stephen Paddock	Ilion	20	2:17:14	5 Eli Glesmann Remsen 22	2:38:3
10 Zachary Meyer	West Coxsackie	23	2:26:10	6 Leigh Vanvolkenburg Herkimer 23	2:52:2
FEMALE AGE GROUP: 1	9 - 29			7 Sean Laplante Oriskany 24	2:57:4
1 Jessica Miller	Watertown	28	2:53:47	8 Marko Novosel 22	3:04:09
2 Angelina Palermo		19	3:03:53	FEMALE AGE GROUP: 39 & UNDER	
MALE AGE GROUP: 30 -	39			1 Janay Camp Ballston Spa 35	2:54:2
1 Alec Donahue	Easthampton, MA	38	1:54:03	2 Krista Harwick Mohawk 35	3:09:10
2 Jesse O'Donnell		31	2:00:29	MALE AGE GROUP: 30 - 39	
3 Jeremy Gardner		37	2:01:52	1 Dan Fronhofer Saratoga Springs 34	2:03:2
4 Josh Misevics	Catskill	33	2:01:54	2 Richard Tortorici Clifton Park 38	2:15:3
5 Matt Salter	Essex Junction, VT	35	2:03:30	3 Caleb Allen 35	2:18:0
6 David Tate	Clyde	32	2:03:46	4 Nicholas Seleni 36	2:20:0
7 Christopher Yates	Saratoga Springs	38	2:07:45	5 Jordan Allen 39	2:28:2
8 Bruce Gugliotta	Lyon Mountain	34	2:08:06	6 Joel Nashett Au Sable Forks 32	2:32:4
9 Brian Calvasina	Rochester	36	2:08:09	7 Rick Gloo Mohawk 34	3:35:2
10 Brian Usher	Queensbury	39	2:12:16	8 Nick Heintz 32	4:04:0
FEMALE AGE GROUP: 3	0 - 39			MALE AGE GROUP: 40 & OVER	2.02.5
1 Liz Lukowski	Albany	37	2:24:51	1 Jeff Walker Tully 52	2:03:5
2 Jennifer Clunie Holmes		38	3:59:59	2 Dylan Thomarie Northville 40	2:08:0
MALE AGE GROUP: 40 -	49			3 Dave Burger Pennellville 47	2:11:5
1 Kevan Edwards	_	41	1:54:38	4 Scott Swingle Earlville 46 5 Brian Campbell Rome 49	2:13:1:
2 Scott Hannan	Trumansburg	41	1:58:06	6 Douglas Southwick Rensselaer 48	2:14:24
3 Erik Grimm	Pittsford	49	1:58:38	7 Steve Bolduc Middlesex, VT 52	2:16:0
4 Bob Olden		47	1:58:48	8 Steve Williams Northville 51	2:16:2
5 Zack Vogel	Saratoga Springs	44	1:58:48	9 William McGreevy 51	2:16:4
6 Jason Urckfitz	Mendon	46	2:02:36	10 Willaim Henke Gansevoort 41	2:17:0
7 William Sprengnether		43	2:05:12	FEMALE AGE GROUP: 40 & OVER	2.17.0
8 Bret Young	Corinth	45	2:05:18	1 Stephanie Landy Ballston Spa 55	2:29:2
9 Chris Caza	Fulton	44	2:05:23	2 Helene Schmid Fayetteville 44	2:34:4
10 Bryan Blake	Brewerton	46	2:06:31	3 Tamara Tarbell Afton 51	2:41:3
FEMALE AGE GROUP: 4				MOUNTAIN BIKE – SPORT	
1 Bryna Blanchard	Troy	41	2:11:00	MALE AGE GROUP: 29 & UNDER	
2 Katina Walker	Tully	48	2:13:12	1 Nick Bouton 19	2:17:3
3 Heidi Baks		45	2:39:25	2 Brian Kraftschik Buffalo 28	2:22:4
4 Christina Botting	Oswego	43	2:58:33	3 Conor Tarbell Afton 25	2:27:5
5 Lisa Gorton		43	3:18:36	4 Kyle Curry 20	2:27:5
MALE AGE GROUP: 50 -				5 Douglas Setter	2
1 Thierry Blanchet	Castleton	51	2:02:18	2:46:36	_
2 Richard Karaz	Remsen	54	2:02:25	6 Mark Vonschondorf Webster 25	2:53:3
3 Gregory Drumm	Chittenango	50	2:02:44	7 Connor Lomonaco Oneida 22	2:55:0
4 Scott Parks	Victor	55	2:03:48	8 Conor McCarthy Oneida 22	2:55:00
5 Brett Tremaine		56	2:07:36	9 Owen Littlefield Tupper Lake 27	2:57:3
6 Gene Primomo		57	2:08:05	10 Philip Gardone 28	2:59:15
7 Timothy Cleworth		54	2:08:07	FEMALE AGE GROUP: 39 & UNDER	

2:08:07 2:08:23

2:08:40

FEMALE AGE GROUP: 39 & UNDER

Anna Laloe Sarah Hoffman Jeannie Sauter Saratoga Springs Hoosick Falls Canandaigua

Timothy Cleworth Robert Love

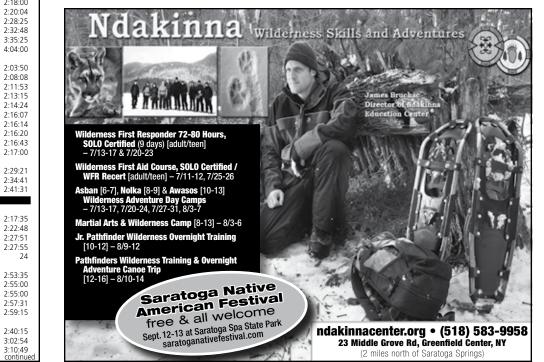
9 Douglas Morrow10 Rick Bush

Greenfield Center

Rochester

20TH ANNUAL E							RINDE	R cont.
4 Shannon Thornarie 5 Emily Lenney	Northville	38 25	3:21:50 3:25:21	FE 1	EMALE AGE GROUP: 3 Amanda Schettini	30 - 39	32	2:50:22
6 Jenna Shephard		28	3:28:09	2	Staci Evans		39	3:35:33
7 Elizabeth Ferenczy	New York	32	3:28:46	3	Amy Battaglia	Ballston Lake	35	3:37:48
8 Jeannette Murdie 9 Christine Kozin		37 37	4:30:52 4:47:24	4 5	Tara Ornoski Nicole Fulle		33 37	3:45:35 3:46:47
MALE AGE GROUP: 30				6	Jennifer Shaffer		39	4:02:15
1 Ken Juster	Brookline, MA	39	2:18:05	7	Amy Van Apeldoorn		34	4:04:00
2 Mark Trahan 3 Anselm Vossen		38 34	2:27:11 2:31:16	8	Morgan Jenkins		30	4:27:12
4 Justin Deming	Ballston Spa	37	2:34:10	9 10	Julie Bogue) Katrina Dow		38 38	4:41:57 4:50:10
5 Christopher Richard	0 11	31	2:34:30		ALE AGE GROUP: 40	- 49	50	4.50.10
6 JP Bevins 7 Jason Remington	Brooklyn New Hartford	31 31	2:35:54 2:37:50	1	David Colbert	Camillus	45	2:37:20
8 Todd Gloo	Manlius	37	2:38:54	2	Mark Padoleski Jeremy Flansburg	Beacon	41 43	2:45:37 2:46:44
9 Ken Birchenough	Croghan	30	2:44:22	4	Steven Wagner	Pittsford	47	2:48:25
10 Chris Chapron MALE AGE GROUP: 40	Watertown, MA	39	2:44:35	5	Joe Julian	Chittenango	49	2:52:53
1 Rob Cosgriff	- 45	49	2:17:39	6	Courtney Fair	C1 '	44	2:53:06
2 Shannon Brown	Memphis	43	2:18:46	7 8	Jason Feak Steve Rousseau	Chittenango	40 49	2:55:59 2:56:01
3 Lance Law 4 Chris Conklin	Fulton	46 47	2:23:45 2:24:35	9	Mike Spirowski		42	3:02:26
5 Jeff Rivet	Saratoga Springs	48	2:25:47) Paul Celello		48	3:08:34
6 Randy Swingle	Guilford	49	2:30:00	FE 1	EMALE AGE GROUP: 4 Michelle Schmidt	10 - 49	49	2.26.22
7 Christian Augliera 8 Craig Riegler	Taberg	41 49	2:31:05 2:32:49	2	Vicki Rawlins	West Henrietta	49	3:26:23 3:30:37
9 Gabor Bobok	Niskayuna	45	2:33:06	3	Diane Timms		49	3:40:16
10 John Turcotte	Bedford, NH	49	2:34:25	4	Deb Goodwin	Hornell	49	3:43:13
FEMALE AGE GROUP: 4 1 Michelle Leary	1 0 - 49 Hadley	49	2:44:33	5 6	Heidi Broderick Melissa Vaughn		46 43	3:49:48 3:58:32
1 Michelle Leary 2 Mary D'Angelo	Hornell	45	2:44.33	7	Holly Lee		44	4:06:28
3 Emily Flagg	Pittsford	41	2:57:09	8	Kelly Galliher		46	4:19:04
4 Trish Vantucci	Hilton	49	3:07:18	9	Melissa Trought		45	4:23:50
5 Suzanne Kaercher MALE AGE GROUP: 50	Fayetteville	43	3:39:58	10 M) Jolene Hale IALE AGE GROUP: 50	- 50	44	4:25:06
1 Richard Shade	55	50	2:18:28	1	David Porter	Boonville	53	2:30:32
2 Michael Hodgman	Fly Creek	58	2:21:32	2	Timothy Decker	Deerfield	55	2:37:12
3 David Thornton 4 John Barnett	Erie, PA	51 51	2:23:23 2:24:39	3	John Rebisz	Broadalbin	54	2:45:20
5 Ed Ledda	West Winfield	51 52	2:24:39	4 5	Mike Przygocki John Litteer	Pennenneville	58 57	2:46:16 2:47:20
6 William Marzano	Greenfield Center	56	2:27:53	6	Steve Samuell	rememente	50	2:47:20
7 Michael Collins	Clark Mills	51	2:31:36	7	Brian Dansin		53	2:48:48
8 Ray Webber 9 Bob Ketchell	Wilmington	53 59	2:33:06 2:33:12	8	Michael Taylor	Shaftsbury, VT	57	2:49:58
10 Ronald Kingsley	Columbia, PA	58	2:34:15	9	Mark Evans) Mark Feinour	Broadalbin	57 56	2:52:45 2:53:09
FEMALE AGE GROUP: 5	0 - 59				MALE AGE GROUP:		50	2.33.03
1 Ingrid Hylkema	Davis NIII	51 50	2:31:37	1	Karen Tremaine		56	2:58:42
Colleen Raiche Kim Kilmartin	Bow, NH Williston, VT	55	2:52:42 2:56:55	2	Audrey Fischer		54	3:39:08
4 Cheryl Palermo	,	54	3:00:47	3	Michele Quirk	Queensbury	51 53	3:48:20
5 Karla Rieger		53	3:11:44	5	Martha VanVleet Diane Leadley	Queensbury	53 51	3:48:52 3:55:58
6 Jeryl Simpson 7 Judy Webber		57 51	3:14:14 3:22:48	6	Amanda Ferguson	Broadalbin	50	4:03:37
8 Sally Peck	Northville	50	3:32:13	7	Gretchen Hamel	Clifton Park	51	4:17:54
9 Peg Nelson	Gansevoort	53	3:34:45	8	Tammy Newbold	Martinsville, NJ	53	4:25:08
10 Lorraine Turturro MALE AGE GROUP: 60	Watertown	54	3:35:25	9 M	Marcia MacDonald IALE AGE GROUP: 60	- 69	58	4:25:38
1 Chris Welch	Barneveld	60	2:15:21	1	Floyd Lampart	Lake Clear	69	2:53:56
2 Bryce Button	Canastota	60	2:23:54	2	Josef Hansen	Liverpool	61	3:16:00
3 Kirby Vanvleet	Queensbury	60	2:46:09	3	Doug Corey	Marifield	64	3:23:16
4 Rick Konvicka 5 Richard Carlson	North River	63 63	2:49:51 3:01:48	4 5	Colin Capon Richard Gloo	Mayfield	62 68	3:28:06 3:35:22
6 Martin Olsen	NOITHINVE	66	3:02:23	6	Kim Mann		62	3:40:19
7 Raoul Castaneda	Babylon	60	3:07:39	7	Karl Zaunbrecher		61	3:50:40
8 William Sheldon		67	3:13:38	8	Kelvin Wildman		64	3:55:15
9 William Klitgaard 10 David Burnside	Greece	62 65	3:15:09 3:22:20	9 10	Doug Pfeiffer) John Meehan	Fort Edward	62 64	3:55:19 3:57:16
FEMALE AGE GROUP: 6		05	5.22.20		MALE AGE GROUP:		0-1	3.37.10
1 Jane Quinn		64	4:21:26	1	Janis Hansen	Liverpool	60	3:17:03
MOUNT MALE AGE GROUP: 29	AIN BIKE – BEGINNER				IALE AGE GROUP: 70		71	3:06:01
1 Adam Scholten	~ SHDEN	26	2:40:30	1	Sandy Hackney George Peck	Valley Falls Worcester	71	3:24:11
2 Mark Leskovec	Fort Edward	25	2:52:41		ALE AGE GROUP: 80			
3 Max Danger Littlefield 4 Mark Esposito	Tupper Lake Cazenovia	24 25	2:53:04 2:55:01	1	Joe Butcher III	Liverpool	82	5:04:41
5 Andrew Litteer	Cazeriovia	20	2:57:23	N/	MOUN - ALE AGE GROUP: 9	TAIN BIKE – JUNIOF	8	
6 Jeremy Benn		25	2:57:24	1	Jacob Tarbay	Altamont	15	2:42:15
7 David Kashimer		23	3:01:08	2	Harrison Dubois		15	2:51:48
8 Brian Carpenter 9 Matthew Paszko		27 26	3:06:05 3:27:03	3	Leif Ostrum		18	3:02:41
10 David Klee		19	3:33:53	4	Griffin Alexander	Pittsford	17	3:04:59
FEMALE AGE GROUP: 2	9 & UNDER			5 6	AJ Beers Samuel Lasher	Central Square Cobleskill	18 12	3:08:49 3:18:44
1 Stacy Horth 2 Erin Simmons	Oneida	26 20	2:42:08 3:21:38	7	Nick Wilson		17	3:18:59
2 Erin Simmons 3 Jenna Ernst	Official	28	٥٤.١ ع.د	8	Jimmy Kulik	5 1 :	15	3:21:04
3:25:19				9	Lucas Claus	Rochester Sherburne	17 14	3:22:28
4 Alicia Travison	East Dummerates 1/7	29	3:36:02) Josh Kwasnik EMALE AGE GROUP: 9		14	3:23:19
5 Dana Roberts 6 Sheila Kulik	East Dummerston, VT	26 20	3:52:10 4:18:00	1	Laura Broderick	Fairport	13	3:41:20
MALE AGE GROUP: 30	- 39		3.00	2	Ruth Hallstead	Falment	16	3:42:16
1 Rob Walsh		39	2:31:29	3	Katelyn Broderick	Fairport	15 14	3:55:36
Jason Horth Charles MacDougall		32 39	2:35:44 2:43:03	4 5	Rebecca Sherwood Jessica Setter	Ballston Lake	14 18	3:57:23 4:02:00
Charles MacDougall Sean Rumney	Guilderland	39	2:43:03	6	Jennifer Broderick	Fairport	16	4:02:05
5 Steve Stearns	Hoosick Falls	37	2:46:09	7	Emily Cheney	Redfield	16	4:06:38
6 Garrett Lee	Castleton-on-Hudson	30	2:49:58		OUNTAIN BIKE - TAN	IDEM	62	2.22.50
7 Christopher Brantley 8 Scott Rosecrans	Earlville Altamont	35 38	2:53:00 3:02:17	1	Brian Sanders Michael Johnson		63 48	2:33:58 2:44:07
9 Dzenan Selimovic	. wannott	37	3:06:00	3	Erik Hanson	Cooperstown	41	2:55:53
10 Brian Crawford		33	3:07:03		Courtesy of Adiror	ndack Mountain Bike	· Associati	ion





RUNNING

Power to Push

A cross country run to promote mobility and inclusion

By Laura Clark

lanning a family vacation can be daunting. Now imagine charting a tenweek cross- country jaunt where two family members will be running 53 miles per day, while the other two navigate an RV tethered to a huge trailer, with all four anchored in a new campsite every night. But unlike typical vacations, there are no secret agendas for this Galway family. Each family member is fully committed to the ultimate goal: a 3,200-mile run from Seattle to New York City to raise funds for Ainsley's Angels, which promotes active lifestyles for children with disabilities. With Shaun Evans supplying the legs; his son Shamus, the power to push; wife Nichole the driver's license, and younger son, Simon, the navigating skills, they will deliver an Ainsley's Angels running chariot in each of the 15 states they pass through.

I first met the Evans family when Shaun and his wife, Nichole, a special education teacher, brought Shamus to the Library Babies program at Saratoga Springs Public Library. Shortly afterwards, Shamus, now 9 years old and a third grader, was diagnosed with cerebral palsy, a condition particularly difficult for a family committed to outdoor adventures. Shaun explains, "Obviously you want your child to enjoy what you do." Father and son discovered that running with a jogging stroller was perfect therapy for both of them. But kids have a way of growing... Enter Ainsley's Angels, which promised to supply a running chariot if the Evans' could raise \$800. Thanks to Facebook they did that and more. The Angels, both kinds, had taken notice.

While I have painfully completed several 50 milers, I can't imagine how to train for a Groundhog Day repeating loop. Typically,

Shaun, age 37, runs a fast 20 to 25 miles before beginning his "work" day as a physical therapist. This past Memorial Day weekend, just to prove he could do it, he strung together eight days of 50 milers, running with a weighted chair seat when Shamus was in school. And while the chariot does have a rainproof covering, when the weather is miserable, road conditions dangerous, or when the rest of the family leaves for a touristy mini-excursion of their own, Shamus will get a break.

I hesitantly broached a question that had always puzzled me. There are numerous families who run in this manner, but besides the togetherness factor I had always wondered if the kids being pushed had ever experienced their own equivalent of a runner's high. Most assuredly they have. Shamus describes the experience as "rolling with the wind." Feeling the air rushing past, breathing in big drafts of oxygen, is a rarity for someone for whom getting around is a slow struggle. Shaun elaborates, "Shamus has always been a thrill seeker." He thrives on fast roller coasters, ropes courses, downhill skiing.

The 2013 Firecracker 4 in Saratoga Springs was Shaun and Shamus' first race. Since then they have developed a relationship with race director Peter Goutos, who along with Charles Woodruff of Fleet Feet Sports: Albany and Adirondack, hooked them up with the ASICS promotion, It's a Big World, Go Run It - resulting in enough ASICS gear to push them through. Additionally, Firecracker 4 will donate a portion of their proceeds to fund their journey. For those of us are running on July 4th, it connects us to something much bigger than our own individual experience.

Especially meaningful will be the fact that the start time of the race and of their journey will be synchronized, joining the east and west coasts. Shaun's sister will speak in Saratoga Springs at 9am, accompanied by a contingent of Ainsley's Angels wheeled athletes. Meanwhile, at 6am Seattle time, Shamus will stand with one foot in the Pacific Ocean. When he shouts GO, both sides of the country will begin their journeys. One will be completed in an hour; the other

Shamus, who has been mostly limited to exploring the world through his mind, will now experience it firsthand this summer.

& 1 Mile Kids' Run

21st Annual Hudson-Mohawk Road Runners Club

15K and 3.5 Mile Trail Races

Sunday, August 2

Nichole will be the RV driver and Shamus' brother, Simon, age 7, will be the chief navi-

To support the family's effort to pay it forward, go to crowdrise.com/power-2push, and follow their journey at facebook. com/power2push. For information about Ainsley's Angels, visit ainsleysangels.org.

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





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The 38th Annual Great Cow Harbor 10K Run

SATURDAY, SEPT. 19 8:30 AM, NORTHPORT, NY

Where Top U.S. Athletes Gather in September

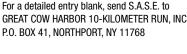


THE ROAD RUNNERS CLUB OF AMERICA 10K CHAMPIONSHIP RACE

Chosen by RUNNER'S WORLD as one of the nation's elite races. Northport's "GREAT COW HARBOR 10-KILOMETER RUN" is more than a foot-race for the world class athlete. Experience the hometown friendliness that makes this an unforgettable event for every one of the 5,000 runners who participate.

For a detailed entry blank, send S.A.S.E. to GREAT COW HARBOR 10-KILOMETER RUN, INC.

Capital One









ONLINE REGISTRATION

www.cowharborrace.com



Note: 15K and 3.5M races will be run simultaneously Thacher State Park, 15 miles SW of Albany, near Voorheesville

Haile's Cave Picnic Area – Enter at Park Office, park in Pool lot

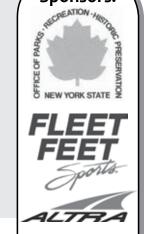
9am: 15K and 3.5 mile • 10:30am: 1 mile kids' run

No Fee Online Registration & Entry Form: www.HMRRC.com

First 250 registrants receive ILTR T-shirt Pre-Registration (by July 18): \$17 HMRRC or \$20 non-member. July 19 to Day of Race: \$20 all Fee includes state park entry and post-race refreshments

Course:

Marked course with water/aid stations 15K - Loop, 97% natural surface, hike/ski trails, wood roads and two challenging hills 3.5M - Loop, 99% natural surface, rolling terrain and demanding hills



Awards for 15K & 3.5M Races:

Overall male/female winners and five-year age-group winners (two deep) No awards mailed and no duplication

Questions: Mjk3ny@gmail.com

www.AdkSports.com JULY 20

OUTDOOR RECREATION

NEWCOMB

Biking, Hiking, Paddling, Rafting, Camping and More

By Dave Olbert

The Town of Newcomb is the birthplace of the Hudson River and home to the southern approach of the Adirondack High Peaks Region.

I have experienced an evolution of the town of Newcomb first hand. In its heyday the hamlet of Tahawus supported an open pit industrial site that produced Magnetite (iron oxide) and Ilmenite (titaniumiron oxide). When National Lead Company moved the village of Tahawus to Newcomb to extract oar from under the village, I was eight years old. After the village was moved in 1963 a strike and the gradual encroachment of foreign product resulted in the closure of the mine. Newcomb Central School went from a K-12 institution with an enrollment of around 500 students to about 100. The closure had a devastating impact on not only the town of Newcomb, but the towns of Minerva, Long Lake and beyond.

If you are interested in the story of Tahawus, a book about the people who lived there and its history from 1941 to its move in 1963, was recently published by Lenard Gereau. Lenard is a former resident of Tahawus who grew up in the little mining community. Several businesses in town have the book available or you can purchase, "Tahawus Memories," from the Adirondack Museum in Blue Mountain Lake or online at adirondackmuseumstore.com. All proceeds from the book are funneled into an educational scholarship fund for descendants of the people that lived in Tahawus and the Upper Works.

The small towns that lost the economic security and populations National Lead supported, floundered for many years trying to promote themselves recreationally. Long Lake fared much better than the most dependent towns, as it had a well-established infrastructure, and a large lake to support and attract vacationists.

Now Newcomb and its neighboring towns are in a position to benefit from the recent Finch Pruyn lands that were first purchased by the Adirondack Chapter of the Nature Conservancy. Some of the lands were sold to an investment company, and they continue to be utilized for forestry, with easements that prohibit development. The remainder of the property has been or will be sold to the state of New York.

The Essex Chain Complex was purchased by the state in 2013, and is mostly located in the towns of Indian Lake, Minerva and Newcomb. It supports a network of logging and skid roads leading to the Cedar River, the Hudson River, Indian River, and to and around the Essex Chain of Lakes. Many miles of the woodlands roads are in good to excellent condition and are ideal for hiking, mountain biking and horseback riding. Several campsites on and off the water have been established by DEC with permits required for the on-water

sites. To make a reservation for camping on the waterfront sites, contact the Adirondack Interpretative Center in Newcomb at (518) 582-2583 or go to www.esf.edu/aic.

If you decide to check out the road system bring a map, there are many intersections and it's easy to get confused as most of the roads are not well marked. "The Adirondacks: Central Region Map" produced by Plinth, Quoin & Cornice Associates will work, or you can print a map: www.dec. ny.gov/docs/regions_pdf/essexmap.pdf.

If you prefer a guide, Newcomb Guide Service has partnered with my business, Cloudsplitter Outfitters. Based in Newcomb, we're familiar with the road system and offer traditional mountain bikes or fat bikes for rentals, as well as a variety of other guided activities.

Another significant draw for mountain biking, hiking, camping, and Adirondack history enthusiasts is Great Camp Santanoni. The Santanoni Preserve supports a Gate House, a Farm Complex, and The Great Camp nestled along the shores of Newcomb Lake. This is a five-mile one-way destination ride or hike, and the reward is a snapshot of the way the affluent Pruyn family spent its summers. Newcomb Lake is a jewel with several campsites, two lean-tos near the water, and good fishing especially in the spring. For more information on Great Camp Santanoni, visit the Adirondack Architectural Heritage: aarch.org/preserve/ santanoni.

The town of Newcomb is the source of the Hudson River, which first takes its name near the historic deserted village of the Upper Works or "Adirondac." The Hudson is conducive to flatwater and moving water paddling enthusiasts on various sections, from the base of the historic "Blast Furnace" near the Upper Works, all the way to the confluence of the Indian River and beyond.



In Newcomb, flatwater paddlers can enjoy the Essex Chain and Lake Henderson sections of the Hudson River, plus Rich Lake, Lake Harris, and a portion of Fishing Brook.

Rafting and moving water paddlers can enjoy class I to class III sections of the Hudson when water levels permit. When the water is five-feet or higher, class III paddlers of rafters have several options with reasonable access to put-ins and take-outs. The first section is from a bridge near the Tahawus Club, to the Hudson River Information Center, near the High Peaks Golf Course. This is about a three-mile paddle, and has about two miles of creek-like class III rapids. It takes about one to one-and-a-half hours, depending on whether you float or paddle the flatwater sections. The put-in and takeouts are not cleared or designated but are manageable.

If you want to extend the paddle, bypass the take-out at the Hudson River Information Center. The flatwater will continue for about two miles, followed by a three-quartermile section of class II, another short flat section, a short rapid that passes under a bridge, and one more float to the take-out at Cloudsplitter Outfitters, on the river left, just before the NY Route 28N bridge.

From Cloudsplitter to the "Iron Bridge," near the Polaris Club, is about a six-mile paddle that has two significant rapids, Ord and Long Falls. Ord is the most difficult and scouting both is a good idea. The portage trails are clearly marked on river right. The rest of the rapids on this trip are easier and unnamed, but one rapid below the outlet of Wolf Creek requires good 'read and run' skills.

You may consider a longer paddle to the Outer Gooley, near the hamlet of Indian Lake, and the confluence of the Indian River. After the Iron Bridge, the Blackwater Stillwater ends at the remains of an old logging dam. Most of the flow and the line to

take is close to shore on river right. This is the most significant drop on this portion of the river, and you should scout it. The remainder of this section is consistent class II all the way to Outer Gooley. From the Route 28N bridge to the Indian River is truly magical, and worth experiencing, even at lower levels. It is remote, and gives you a feeling of being alone with the river and nature. You are unlikely to see another human for the entire experience, and you will feel at peace with yourself and your companions.

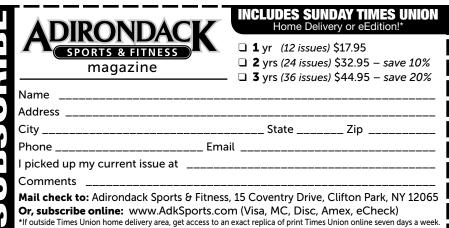
Although I experienced a change in the town of Newcomb that I perceived as a negative, Ruth, my wife of nearly 30 years now, pointed out that Newcomb has really gone full circle. From the mid-1800s to the mid-1900s Newcomb was all about great camps, lodges, sportsman and tourism. Now, nearly 100 years later, we find ourselves on a very similar path.

As I reflect on my own life, I too feel like I've gone full circle. Although I was only eight years old when we moved from the Upper Works to Newcomb, I remember a great deal about our way of life. The Hudson River was central to our activities. We picnicked on its banks, fished it, paddled it, and I learned how to swim in it. After leaving Newcomb for a short period of time, I returned and am blessed with the privilege of living along the same river where I grew up.

Come to Newcomb, if you want to get away from the artificial tourist destinations, and reconnect with authentic people in a natural environment. We are always ready to assist you in planning a paddling, mountain biking, hiking, camping, fishing, hunting, and flat or moving water experience in or near the town of Newcomb.

Dave Olbert (cloudsplitter28n@yahoo. com) and his wife Ruth own and operate Cloudsplitter Outfitters, and he is the president of the Newcomb Chamber of Commerce.







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CANOEING, KAYAKING & SUP continued from 15

After a lunch stop along the bank of the Saranac, we worked our way back downstream. Before returning to the launch spot, we continued east into the main body of Lake Kushaqua, finding the shores mostly wild, with only a couple of private camps on the shores. Our day's trip totaled a leisurely seven miles.

Our Wednesday target was to explore more of Rainbow Lake, and the connected waters of Clear Pond and The Flow. From our launch spot on the far west end of Rainbow Lake, we made a loop, starting with a paddle up the main lake. We passed many nice, older camps along the way. Motorboats were very few, thankfully, and the paddle was peaceful all day. I expect it may be less so on a weekend day.

Halfway up Rainbow, we located the narrow break in the esker ridge, and paddled through into Clear Pond. Other than a few camps on the far eastern end, Clear Pond has wild shorelines owned by the state. Our lunch stop was at the west end of Clear, landing at some old concrete and stone foundations, which line a passage into The Flow. These foundations are from a former camp were Legs Diamond is reputed to have stayed. The passage between waters provided a quick escape in either direction if the G-Men should appear, or so the story goes.

The afternoon brought an exploration of The Flow, an entirely wild channel leading north from Rainbow Lake. Our return to the launch involved working our way through some deadfall trees along a large floating bog, complete with pitcher plants, and other bog specialties.

A nice dinner out at the Blue Moon Cafe in Saranac Lake village that evening prepared us for our third day of paddling. I had a really wild treat in store for the group – a trip up the Osgood River. This is one of the wildest, most beautiful paddles in the park, yet it is very easy to access. There are two launch options, one puts you right into Osgood Pond from the White Pine Road near

Paul Smith's College.

Instead, we launched on tiny Church Pond and made our way through a narrow canal (dug in Paul Smith's day), and into Osgood Pond. A loon surfaced near us as we worked our way across the pond, which is really a good sized lake. We passed the White Pine Camp with its signature gazebo on a small island just off shore. This was once the summer White House of President Calvin Coolidge in 1926.

Continuing north, the shores are entirely wild, draped with wispy tamarack and black spruce trees. Wide bog mats of sphagnum moss line the edges of the rivers. A close look revealed pitcher plants, sundews and other bog plants.

It was a cloudy day with periodic drizzle,

but that just enhanced the wild feel of the river. We hoped to see some of the rare gray jays that we had found on other trips here, but would not have luck that day. Water lilies and the white puffs of cotton grass lined our passage.

You can only go so far on this section of the Osgood River. Then it starts to tumble over rocks and becomes impassable. The Osgood becomes good for paddling again further downstream, and you can make a nice trip up from Meacham Lake. We stopped near the end of navigation, taking a lunch break at the site of an old logging camp.

Each of our three days of paddling were easy paddling – under ten miles – but gave us wonderful waters to explore. You can be sure that we will be back at Buck Pond Campground again this August.

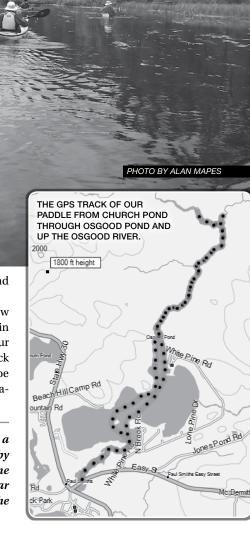
ON THE OSGOOD RIVER, ONE OF THE MOST BEAUTIFUL

PADDLES IN THE ADIRONDACKS, CLOUDS AND

DRIZZLE MADE IT ALL THE MORE BEAUTIFUL

Details for paddling in the Rainbow Lake and Osgood Pond area can be found in "Adirondack Paddler's Guide: Finding Your Way by Canoe and Kayak in the Adirondack Park," by Dave Cilley, owner of St. Regis Canoe Outfitters in Saranac Lake, and his accompanying "Adirondack Paddler's Map."

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





Camping on Bug Lake

There are four excellent backcountry campsites, each of them worthy of recommendation. They are all located off the main trail and require a little bit of exploration to find. Since it is easy to carry a canoe up from Eighth Lake, you may have better luck finding these sites from the water.

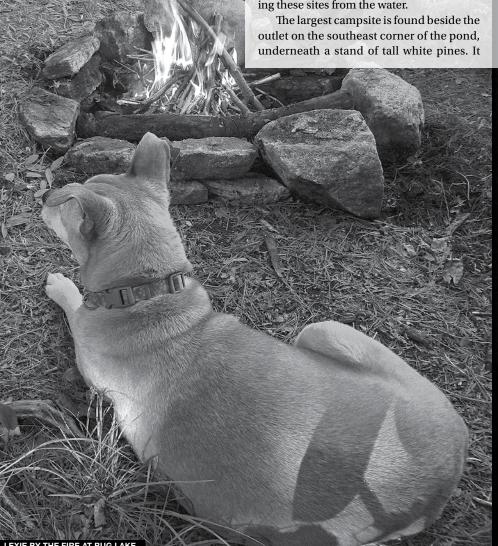
features great water access and room for several tents.

Solo campers may find the twin sites on the T-shaped eastern peninsula attractive. The southern site (with its sloped ground) features a view of the pine grove towering over the outlet, and the northern site sits atop its own little point.

Perhaps the most scenic site sits at the tip of the northwestern peninsula, with an open view southward over the pond to a distant Seventh Lake Mountain. There is ample room for two or three tents.

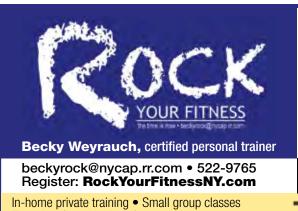
The swimming potential at all four sites is quite good, with two provisos: the attractive shallow areas close to shore tend to drop off sharply, and leeches seem to never be far away.

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





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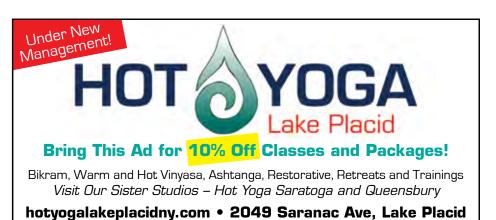


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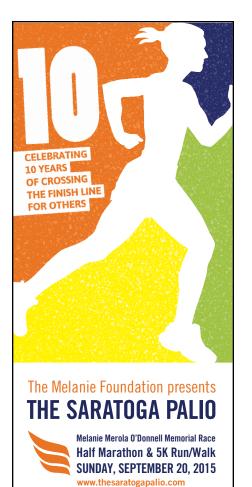
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By Josh Wilson

he Adirondack Park has long been a destination for all kinds of outdoor recreation, but until recently opportunities for mountain biking on quality single-track trails were few and far between. Not anymore. The region has enjoyed somewhat of a renaissance in the past five years as a handful of organizations have worked tirelessly to build new trail systems in all corners of the park.

This groundswell of trail building is perhaps best exemplified by the Barkeater Trails Alliance, a group that formed in 2010 with a mission to develop a network of world-class mountain bike trails in the communities of Wilmington, Lake Placid and Saranac Lake. At the heart of BETA's mission is the cultivation of an alliance composed of municipalities, community organizations, private landowners, state agencies and people in the community who come together to plan, build and maintain trails that connect and enhance our region.

BETA is counting on these partnerships and the ongoing commitment of its volunteer network to put the region on the map for destination mountain bikers, and these efforts are already producing results. Since 2010 BETA has mobilized hundreds of volunteers and dedicated thousands of hours to developing approximately 50 miles of multiuse trails in seven trail networks on NYS Forest Preserve, municipal and private lands, spread throughout five municipalities and two counties. Here's a town-by-town breakdown:

Lake Placid – The Olympic Village now boasts over 30 miles of singletrack, most of which is accessible via a quick pedal from the center of town. The Lussi Trails, behind the Lake Placid Club golf course, provide the highest concentration of riding with multiple access points along NY Route 86 and River Road. Be sure not to miss "Twisted Sister" and the "Lumberyard," and see if you can figure out which 1980s cult-classic movie

inspired the trail names in this network.

Ride south from the Lussi Trail network to find another network of trails behind the Craig Wood Golf Course. The town of North Elba gave BETA permission to begin construction on these machine-built trails in 2011, and they are surely unlike anything else you'll find within the Blue Line. Access is via the Jackrabbit Ski Trail (the bike trails begin just before the ski trail crosses onto the golf course), or via a marked route from the Craig Wood parking lot.

Already this year volunteers have completed the first section of a new multi-use trail on the eastern side of Craig Wood Golf Course. This new trail will eventually reach the summit of the old Scott's Cobble downhill ski area, which existed here in the 1940s and 50s. The Rotary Club of Lake Placid provided a generous donation in 2014 to get this project rolling. Access for this trail is via a new parking lot on the access road to the golf course, just past the driving range.

In April 2015, BETA secured a NYS-DEC Smart Growth grant to hire a professional trail builder to construct a "flow trail" from the summit of Scott's Cobble. The International Mountain Bike Association defines "flow trails" as containing features like "banked turns, rolling terrain, various types of jumps, and consistent and predictable surfaces." Beginners can easily roll over features or bypass technical sections; while more experienced riders can use the trail as a roller-coaster playground to hone their riding and jumping skills. Work is expected to begin on this project in the fall of 2015 and will hopefully be finished by mid-summer of 2016.

Lift access or trail use only downhill and cross country riding can be found at Whiteface Mountain Bike Park (downhillmike.com) in Wilmington. Riders looking for a XC double-track and singletrack riding experience can check out the trail system at the Mt. Van Hoevenberg Mountain Bike Center in Lake Placid. Both locations offer rentals, instruction, and guided tours from the staff of High



Peaks Cyclery. The ADK 80K Race Weekend is August 29-30 at MVH, with a trail running race on Saturday and mountain bike/cyclocross race on Sunday (adk80k.com). Placid Planet Bicycles in Lake Placid also has rentals and information on the local scene.

Wilmington - The Flume and Hardy Road trail systems in Wilmington are a great place to begin your visit to this region. At the Flume, riders will find 15 miles of singletrack featuring everything from twisty, buttery-smooth singletrack to steep, rocky climbs and descents

Hardy Road is the other major network in Wilmington and a local favorite. Warm-up on "Coniferous," feel the flow on "Make Believe," and "Twisted Pine," and then test your climbing fortitude on "All In." After you enjoy the views of Whiteface Mountain from the summit, get ready for an insanely fun downhill all the way to the parking lot. Looking for more technical riding? Try the "Good Luck" trail on the west side of the road.

Wilmington is also home to the infamous "Poor Man's Downhill," which descends 1,200 vertical feet in three miles. Originally conceived as a snowmobile route, the trail has become one of the popular downhill runs in the area (though a full downhill rig is not necessary to enjoy yourself). Leaving a car at the bottom and driving to the top is the preferred method, and the town of Wilmington offers shuttles from Leepoff Cycles in Wilmington for mountain bikers every other Sunday starting in June (see Calendar of Events).

Every year in early June the Wilmington-Whiteface Bike Fest brings nearly 1,000 riders to the community to take part in the Wilmington Whiteface Leadville Qualifier Mountain Bike Race, locally-led mountain bike group rides, and town-sponsored downhill mountain bike shuttles. Make sure to arrive in town on Friday night for the opening party, and strut your stuff as a contestant in the annual Best Calves of Wilmington contest (bikewilmingtonny.com).

Saranac Lake – Finally, no tour of the region is complete without a stop in Saranac Lake to the trails at Dewey Mountain Recreation Center and Mt. Pisgah Ski Area.

At Dewey, roughly five miles of hand-built singletrack is intertwined with a system of XC ski trails on lands owned by the town of Harrietstown, which recently completed construction of a new base lodge along with the Dewey Mountain Friends, a community group that promotes the mountain as a year-round recreation area. There's a large base area kiosk with a map of the trail system. The lower trails are the easiest and difficulty gradually increases as you gain elevation.

Mt. Pisgah provides about four miles of machine and hand-built trails on the flanks of this tiny downhill ski area owned by the village of Saranac Lake. BETA has been working to expand the singletrack network here, and continues to work toward completion of a machine-built flow trail that starts at the top of the ski lift.

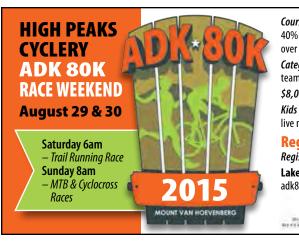
Since 2010 BETA has advocated for a network of singletrack trails on state-owned forest preserve lands that would connect Saranac Lake and Lake Placid. Construction of this network is dependent on the approval of a final management plan for the Saranac Lakes Wild Forest, a decision that many people have awaited for the better part of a decade.

In 2011, BETA formed a partnership with the Adirondack Ski Touring Council, which since 1986 has built and maintained the 34-mile Jackrabbit Ski Trail, and maintains several other backcountry ski routes in the region. In late 2014 the two groups combined forces as a single non-profit organization. The new entity adopted "Barkeater Trails Alliance" as its official name moving forward.

Today BETA is lucky to have an extremely dedicated network of local volunteers who spend countless hours maintaining the bike and ski trails in their backyard for the benefit of all users. BETA produces a set of trail maps for the area that can be purchased at local bike shops. Proceeds from map sales along with annual membership dues help finance trail building and maintenance activities. Visit barkeatertrails.org to become a member. To learn more about volunteer opportunities, follow BETA on Facebook.

Barkeater Trails Alliance looks forward to another 30 years of connecting and enhancing our communities through a world-class trail system.

Josh Wilson (betatrails@gmail.com) is the executive director of the Barkeater Trails Alliance. He and his wife reside in Saranac Lake where they own Origin Coffee Co. He also works as legislative advocate for the New York Bicycling Coalition. Josh enjoys mountain biking, split boarding, cross country skiing and drinking coffee.



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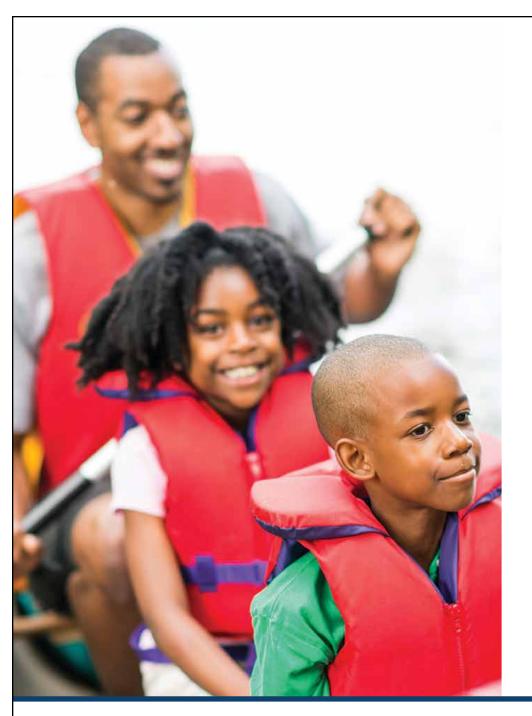












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