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DUE WEST PHOTOGRAPHY

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Paddle Longer and Faster

An Efficient Forward Stroke

By Kathy McDermott

Over the last four or five years I have come to love the sport of standup paddleboarding. While SUPing you have the option to sit, kneel, or stand. You can make it a yoga class, a cardio workout, an interval workout - or you can make it a relaxing family paddle and enjoy the amazing scenery. One of my favorite activities is paddling with a select few friends and catching up with each other's lives. No matter what you choose, it's therapeutic.

Whether paddling for recreational purposes or looking to improve your skills, an efficient forward paddling stroke allows you to enjoy the experience for a longer period of time - and at a whole other level.

Here are steps to an efficient SUP forward paddling stroke. Always set yourself up in a comfortable, athletic stance with knees slightly bent.

The Grip

Your grip on the paddle is important. First, determine your best hand placement: with one hand on the T-grip and the other hand holding the shaft of the paddle, put the shaft of the paddle on your head. When you are holding the paddle there, you want both of your elbows at a 90-degree angle. This is approximately the distance you want between your hands on the paddle. I recommend that you put a piece of electrical tape on the shaft of the paddle to remind you where your bottom hand should be for every stroke.

As you paddle, you may make minor adjustments to your



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hand placement, but these tips will give you a starting point. The top hand should grip the T-grip as if you are making a "duck" with your hand. The bottom hand should grip the shaft by making the "OK" sign. Your grip should be loose and comfortable. The most important part of the grip is *always keep your hands stacked* - like you are holding a stack of pancakes between your hands. This is an important step to help you keep the paddleboard going in a straight line.



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



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10:00 Race Starts - Cobleskill Fairgrounds
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8:15 - 9:30 Race Day Registration or REGISTER ONLINE!
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RUNNING & WALKING

Here I Am! Where Are You?



2014 TEAL RIBBON 5K RUN IN ALBANY.

2014 ALTAMONT 5K RUN/WALK. ALTAMONT ENTERPRISE

By Laura Clark

During the dog days of summer, I am heartened by the red-eyed vireo's beckoning call: *Here I am. Where are you?* You have probably never spied this bird because he hides high in the forest canopy and rarely touches earth. While I have spotted him only once, he remains my favorite avian companion, being the only bird who sings during the hottest part of the day. While you are plugging along, your mind echoing the phrase "Only mad dogs and Englishmen go out in the midday sun," take heart from his encouraging song.

Our highlighted races this month, cautiously tiptoe out from under the oppressive heat, and whisper promises of faster 5Ks. If you have persisted, just like the vireo, you will be rewarded with renewed energy.

First across the line is the **Hilltown Triple Crown 5K Series** of Fox Creek 5K on August 8, Voorheesville 5K on August 22, and Altamont 5K on August 29, all USATF certified courses just southwest of Albany in the Helderberg Escarpment. With so many 5Ks around now, Altamont race director Phil Carducci has discovered that it pays to join forces and create a local series. I should know, I recently got lured into the Blue Dot Trail Series in the far away reaches of Connecticut just because the first event, which I have always run, partnered with two others.

Somehow, completeness matters. If you can commit to the three Saturdays, you can save on preregistration fees and may qualify for series awards.

The Fox Creek 5K Run/Walk is held at Berne Town Park with live music, raffles and more. The Voorheesville 5K Run and 2-Mile Walk at the Voorheesville High School. The Altamont 5K, the grand finale and flattest of the events, features music on the course and 100 raffle prizes, and notably, senior discounts and awards reaching to 80-plus. (active.com or altamont5k.com)

Hannah's Hope Run for Life 5K & 10K is on Sunday, August 30 in Clifton Park. Both the 5K and the 10K launch from the Shenendehowa High School track and then take separate paths. The 5K follows the Shen Veterans Day Dash course, while the 10K is the old ARE Frun Run route heading out Moe, Grooms and Vischer Ferry roads, and back to campus. Plus, a kids' one-mile fun run. You can also form or join a team at reasonrace.com.

Race proceeds benefit Hannah's Hope Fund. Race director Beth Haig states that, "This year's race comes at a very exciting point for Hannah's Hope, as our work is coming full circle." The first child with GAN, a degenerative nerve disease, was treated in May and Hannah looks forward to her own reprieve. (hannahshopefund.org)

Although Saturday, September 12 is

over two months past July 4th, there is good reason why the **Malta 5K** logo features the Stars & Stripes, since proceeds benefit Saratoga Rural Preservation Corporation's *VetHelp* and Malta's emergency first responders, with many of these same folks volunteering to keep us safe enroute. Lifting off from HVCC's TEC Smart building, participants tour the Luther Forest Technology Campus, their race bibs granting access to the Global Foundries grounds.

This year, Malta Business & Professional Association sponsors are engaged in their own corporate challenge, competing for the most participants. Afterwards, enjoy a tour of the HVCC TECH Smart, and head out to Malta's Shenantaha Creek Park for their Community Day festival. (malta5k.com)

Also on September 12 is another race for a good cause, the inaugural **Good Karma 5K Run/Walk** to benefit AIM for Seva, an organization that works to make education accessible to children in rural India. Halfmoon Town Park plays host to this unique event, fashioned after an Indian street bazaar with crafts, yummy street-food, henna tattoos and Indian folk dances, making this outing equally fun for non-running family members.

The 5K starts at 9:30, preceded by a yoga warmup at 9am. The course is mostly flat with a combo of gravel and pavement, perfect for a stress-free jaunt.

Gender specific T-shirts are guaranteed to runners and walkers if registered by 8/31. AIM for Seva builds student homes close to public schools to increase literacy and decrease dropouts. (goodkarma5k.eventbrite.com)

September 12 is a busy day, with yet another distinctive event on the docket: the **Double H "Camp Challenge" Ride and Run**, with proceeds enabling children living with serious illness to attend the Double H Ranch free of charge. Children enjoy normal camp activities adapted to their abilities, and even more importantly, get to experience an environment where challenges are a matter of course.

How important is this? Shaun Evans, currently running and pushing his son Shamus across the United States (see *Running*, July 2015), made sure that his son could make his annual trip to camp before their trek began. Fundraisers include a 30- or 62-mile Adirondack bicycle ride or a 5K trail run. And in recognition of the adversities these kids face every day, the run is equally challenging with a few hills on the trail. (doubleh-ranch.org)

The following day, Sunday, September 13, make it a doubleheader with the 14th annual **Teal Ribbon Run and 1-Mile Walk**, headquartered from the

See **RUNNING & WALKING**, 21 ▶

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SUNDAY, SEPTEMBER 27, 2015



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AROUND THE REGION **News Briefs****Two Running Clinics at Fleet Feet Sports**

ALBANY – Fleet Feet Sports will host two running clinics in August at their Albany location as part of an ongoing education series during prime racing season. Both clinics are free and open to the public. The first event on Tuesday, August 11 at 6pm, will feature a “Let’s Roll and Recover” clinic by Trigger Point Performance Therapy that’s led by their tech rep. Attendees at the clinic will receive 15% off of all recovery accessories.

The second event on Tuesday, August 25 at 6pm is a “Run with Power” strength training clinic led by Corey McCoy, owner and coach at Plaza Fitness Performance in Albany and Latham. Attendees at the clinic will receive 15% off cross training footwear. All runners and walkers are encouraged and welcome to attend. For more info, go to fleetfeetalbany.com. ▲

Running Seminar with Nark Running Strategies

ALBANY – A complimentary running seminar will be held on Monday, August 17 from 6-7pm at Plaza Fitness Performance at Stuyvesant Plaza in Albany. Open to anyone, this running seminar will touch on a host of topics that are essential to reaching your absolute best on any given race day. Conducted by Mat Nark of Nark Running Strategies, the seminar will be an open forum where attendees can ask questions, and be given relevant strategies that will help them improve – and get results as close as possible to a PR.

This free event is open to anyone who is interested in improving their running. Topics will include pacing strategies, season planning and racing nutrition, as well as a question/answer session. For more info, checkout: narkrunningstrategies.com. ▲

Lake George Open Water Swim

HAGUE – On Saturday, August 29, Hague Public Beach will be the base for the 2.5K US Masters Swimming Open Water National Championship, as well as the 5K and 10K swims with wetsuit and non-wetsuit divisions. The 2.5K championship swim will be a non-wetsuit race. The beautiful venue for open water enthusiasts is sanctioned by USMS and supported by the town of Hague. All participants will receive a race shirt, finisher gift, and be eligible for overall or age-group awards.

The event is organized by Green Leaf Racing, and they are proud to have hosted swimmers from around the US, Canada, Mexico, Great Britain, France and Australia at previous LGOWS events. GLR credits the volunteers, emergency personnel, residents, and Hague for their continued support, and helping turn it into a national championship venue in 2014 and 2015. For details and registration, visit: lakegeorgeswim.com. ▲

**Inaugural Good Karma 5K Run/Walk**

HALFMOON – Registration is now open for the first annual Good Karma 5K Run/Walk to be held at the Halfmoon Town Park in Halfmoon on Saturday, September 12. The race is flat, fast, and held entirely within the park on the USATF 5K certified course. The run/walk starts at 9:30am with a 15-minute yoga warmup at 9am. Open to runners and walkers of all abilities, the event is a fundraiser for AIM for Seva. Post-race festivities include Indian street food, henna tattoos, Indian folk dances and more until 12:30pm. Gender specific T-shirts will be guaranteed to anyone registered by 8/31. To register or for details, go to: goodkarma5k.eventbrite.com.

The race is being organized by the local chapter of AIM for Seva to increase awareness and provide access to education for children from remote and tribal villages in India. Started over 10 years ago, AIM for Seva (All India Movement for Service) and its goal of caring for the least privileged children, has demonstrated an innovative cost-effective public/private partnership model by building more than a 100 free student homes next to established schools – so children can go to school, be fed, clothed and receive health care in a nurturing environment. To learn more, visit: aimforseva.org. ▲

Great Cow Harbor 10K Run

NORTHPORT – Billed by Runner’s World as one of the nation’s top 100 elite races, the 38th annual Great Cow Harbor 10K Run is set for Saturday, September 19, in this point-to-point classic on Long Island Sound. The race is well-known for its hometown friendliness, community support, cheering spectators and scenic views of the bay. Despite its reputation as being hilly, the course features several downhill sections for some rolling hills.

It’s also the Road Runners Club of America’s 10K Championship Race. Over 4,000 runners are expected to participate and registration is open. This year’s race supports Special Olympics, the Veterans Administration, and the local food pantry. Registration and details at cowharborrace.com. ▲

**RUNNING & WALKING****USATF Masters Championships Coming to Saratoga Springs**

By Pat Glover

On Sunday, October 18 some of the best “Masters” runners (men and women 40 and over) in the country will be competing in the **2015 USA Track & Field Masters 5K Cross Country Championships**, to be held at the Saratoga Spa State Park. The event is part of the Saratoga Cross Country Classic, which for 2015 has been awarded the National Masters 5K XC Championship. Over \$5,000 in individual and team prize money, along with four Telescope Casual director chairs will be awarded in the Masters competition.

An age grading system will be used for individual prize money, which means that all athletes will be competing on a level playing field through a handicap system *regardless of their age*. Team competition goes three deep in 10-year age groups from 40-plus through 80-plus. This is a perfect opportunity for local and regional athletes to compete with runners from all over the country. USATF membership is required for this event and can be obtained at usatfadir.org.

Beyond the Masters competition, this is truly a family day for all ages and abilities. Other events include: USATF Adirondack 5K Race Walk Road Championship, Kids’ 2K/3K Development Cross Country Runs that are open to all children, an Open 5K XC race (open to all runners and walkers), along with the USATF Adirondack 5K XC Championship.

In addition to the regular race and USATF awards, \$100 each will be awarded to the USATF Adirondack registered men’s and women’s teams with the greatest number of athletes who complete either the Saratoga XC Classic 5K or the USATF Masters 5K XC Championship. Special awards will be given to any runners who also complete The Great Pumpkin Challenge 5K/10K on October 17 in Saratoga Springs, and the Saratoga XC Classic 5K or USATF Masters 5K Championship.

These events are being run on the historic and iconic Saratoga Spa State Park cross country course, which has been the site of many local and regional races over the years. It is also a chance for road racers to transfer some of their training to softer surfaces, venturing through the woods and open trails over this beautifully manicured course. For the uninitiated and anyone who might be put off by the term “cross country,” the venue is a mixture of grass, crushed stone, and wide dirt paths on both flat and hilly terrain. It is truly runner friendly!

For those wishing to preview the course, Fleet Feet Sports will be conducting two free training sessions, on Wednesday, October 7 at 6pm and on Saturday, October 10 at 8am. These are open to all ages and abilities. Meeting location for both dates is the parking lot of The Gideon Putnam resort in the park. For complete event information and registration, go to saratogaxcclassic.com. ▲

Pat Glover (pjglove@aol.com) is a veteran Masters runner who has coached at the college level and taught adult running classes. He is currently a track and field official, vice president of long-distance running and cross-country for USATF Adirondack, and a member of HMRRC.

**FROM THE PUBLISHER & EDITOR**

It’s the second half of summer and we hope you’ve been enjoying many outdoor pursuits. August is perfect for enjoying the water, trails, mountains and roads. We hope you can take advantage of the summer pace to get out and sweat!

The Calendar of Events is packed with rides, races, outings, clinics, classes, and much more from our region and the surrounding area to pique your interest – everything you need to be and stay active. There’s still time to plan a day, weekend or week away in upstate New York before the days get shorter and weather gets cooler, so make it happen!

The articles on hiking, paddling and mountain biking provide great ideas for

new places to go. If you need motivation to bicycle, run or tri/du, sign up for a race, trip or an organized ride. Or, if you’ve already passed your goal race or challenge, set some new sights to prepare for – whether it’s this fall, winter or even next summer!

We strive to promote aerobic sports, the outdoors and good health. Enjoy the magazine and the rest of your summer! Please continue to support our advertisers (and exhibitors), and tell them where you saw their ad/promo. We appreciate your readership!

Thank you,

Darryl and Mona

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Contributing Mapmaker: Liz Cruz**Circulation:** Sheela Kulkarni, Sudhir Kulkarni, Brian Teague, Lindsay Waters

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ISSUE #176

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Calendar of Events August - October 2015*

*Events beyond this range are advertisers in this issue.

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S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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23 ³⁰	24 ³¹	25	26	27	28	29	27	28	29	30	25	26	27	28	29	30	31				

ALPINE SKIING & RIDING AUGUST

- 7 Season Pass & Ski 3 4-Pack Price Deadline.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 22-29 Preseason Ski & Snowboard Sale.** Up to 60% off. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.

BICYCLING: ROAD ONGOING

Daily Mohawk Hudson Cycling Club. 300 rides/year, all levels of riders welcome. Capital Region. mohawkhudsoncyclingclub.org.

AUGUST

- 8 Tour de Loop. 30M/50M. 9am. 78 CR 89, Oswego. oswegoyca.org.
- 8 Butternut Valley Time Trial. 15M. 4pm. 3537 State Hwy 51, New Lisbon. 607-437-2545. centralnycycling.com.
- 9 **10th Ididaride: Adirondack Bike Tour.** 75M/20M. Ski Bowl Park, North Creek. Adk Mountain Club: 800-395-8080 x42. adk.org.
- 9 Champlain Canalway Trail Annual Bike Ride. 50M/30M. 9am. Fort Edward. hudsoncrossingpark.org.
- 12-16 4th Vermont Challenge & Fondo. Stratton Mountain, VT. vtchallenge.com.
- 13-16 4th Vermont Challenge & Fondo. Stratton Mtn, Stratton, VT. vtchallenge.com.
- 15 Great Gravel Grinder (G3). 80M. 9am. Hudson Crossing Park, Schuylerville. 413-314-3478. greatamericancycling.com.
- 15 11th Hoosic River Ride. 100M, 75M, 50M, 30M, 5M. Hoosac School, Hoosick. hoorwa.org.
- 15-23 Hudson Valley Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. Rich & Lindy: 354-2102. gtgtandems.com.
- 16 Lake George Bike/Boat Ride.** Bike: Lake George to Ticonderoga. 11:15am: Mohican boat to Lake George. 668-5777. lakegeorgesteamboato.com.
- 22 15th Pat Stratton Memorial Century Ride.** 100M/50M/25M & Kids Ride. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.
- 22 Bike Ride for Olympic Hopeful, Abe Studler.** 9:30am. Join Abe & his family on a 22M or 33M charity ride w/post-ride complimentary lunch & live music. The Hub, Brant Lake. To register, learn more: bikereg.com.
- 22-23 32nd Chris Thater Memorial Cycling Races/NYS Criterium Championship. Recreation Park, Binghamton. bestopdwi.com.
- 23-29 Cycle Adirondacks.** 1-week tour. 470M. Saranac Lake. Matt VanSlyke: 315-525-9554. cycleadirondacks.com.

- 23 Overland Adventure Ride. Dirt 51M. 9am. Woodstock, VT. 802-457-2420. vermontoverland.com.
- 30 NYS Time Trial Championships. 40-10K. Delta Lake SP, Rome. mvbc.us.

SEPTEMBER

- 4-7 Green Mountain Stage Race. 65-216M. Waitsfield, VT. gmsr.info.
- 12 Double H Ranch "Camp Challenge" Bike Ride & 5K Trail Run.** 30M/62M bike routes. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921 x269. doublehranch.org.
- 12 5th CF Cycle for Life.** 15M/32M/62M supported routes. Saratoga Springs Train Station, Saratoga Springs. Cystic Fibrosis Foundation NENY: 453-3583. neny.cff.org.
- 12 Mount Greylock NCC Hill Climb Time Trial. 8.9M. Western Gateway Heritage SP, North Adams, MA. greylocktt.nohobikeclub.org.
- 12-13 Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- 13 Tour de Daggett Lake to Benefit "Rosie's Love Foundation"** 65M: 8am. 20M: 9am. Daggett Lake Campsites, Warrensburg. Tom Near: 623-2198. daggettlake.net.
- 13 8th Lance Gregson 1-Eye Classic Cycling Rides & Picnic.** 60M: 8am. 40M: 8:30am. 26M: 9:45am. 12M: 10:30am. 3M: 11am. Music, picnic, raffles. Town Park/Beach, Schroom Lake. 532-9479. schroomlakecycling.com.
- 18-20 Adirondack 540. 136-544M. 8am. Alpine Country Inn, Wilmington. John Cecer: 583-3708. adkulttracycling.com.
- 19 Catskill Mountain Cycling Challenge.** 5 Routes. 8am. Lunch included. Catskill Recreation Center, Arkville. Becky Manning: 845-586-6250. catskillrecreationcenter.org.
- 19 Brown's Brewing Covered Bridge Tour. 20M/30M/50M. Brown's Walloomsac Taproom, Hoosick Falls. bikereg.com.
- 19 8th BikeFest & Tour of the Valley & Family Ride. 8-104M. Look Park, Northampton, MA. bikefest.nohobikeclub.org.
- 26 4th Drops to Hops. 23-45M. 10am. Brewery Ommegang, Cooperstown. 607-547-2800. clarksportscenter.com.
- 26 Hungry Lion Bike Tour. 8:30am. 4 routes. Town Hill, Whitingham, VT. hungrylionbiketour.com.
- 27 5th Columbia County Rotary Ride.** 10M, 30M & 100K rides that benefit CYCLE Kids program at Ichabod Crane ES. Volunteer's Park, Valatie. ktvrotary.org or bikereg.com.

OCTOBER

- 4 Sweat N Fall Metric & Century. 100/62M. 10am. Parkwood Plaza, Clifton Park. hrrtonline.com.
- 10 Tour of the Battenkill Fall Preview Ride. 68M/32M. Schuylerville. 413-314-3478.
- 17 Tour de Vine. Ride, wine tasting, lunch. 20M. 10:30am. Amorici Vineyard, Easton. 413-314-3478. bikereg.com.

HEALTH & FITNESS ONGOING

- Daily Bikram, Warm & Hot Vinyasa, Ashtanga & Restorative yoga classes.** Hot Yoga, Lake Placid. 837-5036. hotyogalakeplacidny.com.
- Daily Yoga Classes & Workshops.** True North Yoga, Schroom Lake. 810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa Rock Your Fitness Classes.** Next Sessions: 9/14-10/24. M/W/F: 5:15am or 6:45am. Tu/Th: 5:15am or 9:30am & Sat: 6:15am or 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

Saratoga Century Weekend

**SATURDAY-SUNDAY
SEPTEMBER 12-13**

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

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

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

Mohawk Hudson Cycling Club

HELMETS ARE REQUIRED

MohawkHudsonCyclingClub.org

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8th Annual
Lance Gregson 1-Eye Classic

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

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

NYCROSS

Cyclocross Clinic
Sunday, Aug 30, 9am-3pm
Prospect Park, Troy

Great for Beginner & Intermediate Cyclocross Racers!
Technique • Training • Bike Setup

More Info: nycross.com
Register: bikereg.com

Register today - limited to 30 riders!
Get ready for NYCROSS Race Series

Tour de Daggett Lake
Ride For Kids Love

Sunday, Sept. 13
Scenic Rides
65 miles - 8am
20 miles - 9am

Daggett Lake
Water Ski Club & Water Ski School

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

ATTENTION BICYCLISTS!

Lake George Bike/Boat Ride Sunday, August 16

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

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Tue-Wed/Fri-Sat: 10-5
Sun: Closed

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

AUGUST

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

SEPTEMBER

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

OCTOBER

8 National Multiple Sclerosis Society Upstate NY Health & Wellness Fair. 3-7pm. Holiday Inn Express & Suites, Latham. Aaron Ward: 464-1232. nmss.org.

HIKING & CLIMBING

AUGUST

7 Mt Marshall Hike. 17M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

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

8 Donaldson & Emmons Hike. 14.6M. 7:30am. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org.

9, 17 Dix & Hough Hike. 13.7M. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

14-16 Trailless Peak Backpacking: Seward Range. 8:30am. Adk Mtn Club: 523-3441. adk.org.

15, 24 Table Top Hike. 10M. 8:30am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

31 Macomb, South Dix & Grace Hike. 12.3M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

SEPTEMBER

4 Macomb, South Dix & Grace Hike. 12.3M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

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

6 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.

21 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.

28 Donaldson & Emmons Hike. 14.6M. 7:30am. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org.

MOUNTAIN BIKING & CYCLOCROSS

AUGUST

4 Hot August Nights Tuesday MTB #1. 6pm. Central Park, Schenectady. 421-0319. hrrtonline.com.

5 Pawling Cycle CX Training Series. 5:30pm/7:30pm. Patterson. 847-878-7400. pawlingcycle.com.

6-9 Windham Mountain Bike World Cup Festival. UCI MTB World Cup: DHI & XCO. Race the World: DH pro/amateur, XC pro/amateur & Kids' Fun Race. Family Entertainment. Windham Mountain Resort, Windham. 734-4300. Info & Register: racewindham.com.

8 Downhill Mountain Biking Camp. Gore Mountain, North Creek. 251-2411. goremountain.com.

8 SMBA Trail Building Workshop. 9am-1pm. Rensselaer Plateau Community Forest, Poestenkill. saratogamtb.org.

11 Hot August Nights Tuesday MTB #2. 6pm. Central Park, Schenectady. 421-0319. hrrtonline.com.

15 Great Gravel Grinder. 80M. 9am. Hudson Crossing Park, Schuylerville. greatamericacycling.com.

18 Hot August Nights Tuesday MTB #3. 6pm. Central Park, Schenectady. 421-0319. hrrtonline.com.

23 5th Belleayre Mtn All Terrain Challenge. Belleayre Mountain, Highmount. nysmtbseries.com.

25 Hot August Nights Tuesday MTB #4. 6pm. Central Park, Schenectady. 421-0319. hrrtonline.com.

25 D2R2 - Deerfield Dir Road Randonee. 180K, 160K, 115K, 100K, 40M, 20M. Deerfield, MA. franklinlandtrust.org.

29-30 ADK 80K Race Weekend. Sat, 6am: 80K trail running race w/ solo & 2-4 person teams & 50K solo race. Sun, 8am: MTB & cyclocross races w/solo & 2-4 person teams. Prizes, live music, BBQ. Mount Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.

30 NYCROSS Cyclocross Clinic. 9am-3pm. Great for all levels, limited to 30 riders. Prospect Park, Troy. nycross.com.

SEPTEMBER

12 Green Mtn Challenge MTB6. 9:30am. Pittsfield, VT. peakraces.com.

13 Kirkland Cyclocross. NYCROSS Race Series #1. Kirkland Town Park, Kirkland. nycross.com.

20 Crossstock Festival. 40min. 1528 Hermance Rd, Galway. 421-0319. hrrtonline.com.

OCTOBER

17-18 Uncle Sam Cyclocross GP. NYCROSS Race Series #2. Prospect Park, Troy. nycross.com.

25 Wicked Creepy Cyclocross. NYCROSS Race Series #3. Willow Park, Bennington, VT. nycross.com.

NOVEMBER

8 Saratoga Spa Cyclocross. NYCROSS Race Series #4. Saratoga Spa SP, Saratoga Springs. nycross.com.

15 Bethlehem Cup Cyclocross. NYCROSS Race Series #5. Elm Ave Park, Bethlehem. nycross.com.

MOUNTAINEERING & WILDERNESS SKILLS

AUGUST

9-12 Jr Pathfinders Wilderness Training. Ages 10-12. 10am-4pm. Ndakinna, Greenfield. 583-9958. ndakinnacenter.org.

10-14 Pathfinders Wilderness Training & Adk Canoe Trip w/James Bruchac. Overnight. Ages 12-16. Ndakinna, Greenfield. 583-9958. ndakinnacenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

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

Tue Beginner Triathlon Series: 8/4-8/25. Child/adults races. 5:30-7pm. Haviland's Cove, Glens Falls. adktri.org.

Wed 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.

Thu BTC Open Water & Tri Training. 6pm. Crystal Cove, Averill Park. bethlehemtriclub.com.

AUGUST

8 2nd Maple City Triathlon. 750m swim, 12.4M bike, 5K run. Dobisky VC, Ogdensburg. runsignup.com.

9 Staten Island Tri/Du. 0.25M swim, 12M bike, 3M run. 1M run, 12m bike, 3M run. Staten Island. nycr.org.

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Kirkland Town Park, Clinton

Oct 17-18 - Uncle Sam Cyclocross GP
Prospect Park, Troy

Oct 25 - Wicked Creepy Cyclocross
Willow Park, Bennington, VT

Nov 8 - Saratoga Spa Cyclocross
Saratoga Spa State Park, Saratoga Springs

Nov 15 - Bethlehem Cup Cyclocross
Elm Avenue Park, Bethlehem

**Info: NYCROSS.com
Register: BikeReg.com**

WINDHAM MOUNTAIN BIKE WORLD CUP FESTIVAL

Saturday, September 12
Saratoga Train Station
Saratoga Springs, NY

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

To register or for info: 518.453.3583
http://neny.cff.org/cycle
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www.catskillrecreationcenter.org/
catskill-mountain-cycling-challenge

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Lake George Triathlon Festival

Olympic Distance
9 / 24.6 / 6.2

Half Iron Distance
1.2 / 56 / 13.1

September 5 & 6

Google It!!!

DUATHLON

13th Annual

Mohawk Towpath Byway Duathlon

Riverview Orchards
660 Riverview Rd, Rexford

2M run, 17M bike, 2M run

Sunday, October 18 • 8:30am
Open to individuals & 2-person teams

Register: mohawktowpath.org

USAT sanctioned • Tech T-shirt to first 100
Giffy's Barbeque included

Benefits Mohawk Towpath Scenic Byway

Tri-A-Thon

at the
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



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www.catskillrecreationcenter.org/tri-a-thon-triathlon

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- 9 Vermont Sun & Lake Dunmore Triathlon. 8am. Branbury SP, Brandon, VT. 802-388-6888. vermontsuntriathlon.com.
- 10 **31st Monday Mini Tri Series.** 400-yd swim, 12M bike, 3M run. 6:30pm. Solo/teams. Kids Race (age 5-13): 8/10, 3pm. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.
- 12 HVTC Summer Tri-Series #3. 400yd swim, 12M bike, 2M run. 5:45pm. Wilson SP, Mount Tremper. hvtc.net.
- 15 **CDTC Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 16 **3rd Peasantman Triathlon.** Full steel, aquabike, half/relay, Olympic. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.
- 16 3rd Old Forge Triathlon. 1K swim, 22M bike, 4M run. 8am. Old Forge. 315-404-8130. atcendurance.com.
- 16 25th West Point Triathlon. 0.5M, 12M bike, 5K run. West Point Military Reservation, West Point. usma.edu.
- 16 Tri-State Triathlon. 0.25M swim, 10M bike, 5K run. 7:30am. Port Jervis. 845-522-9338. tri-statetriathlon.com.
- 16 Xterra Syracuse & 20K/10K Trail Races. 1K swim, 20K MTB, 10K trail run. Green Lakes SP, Fayetteville. xterrasyracuse.com.
- 16 Subaru Ironman Mont-Tremblant. 2.4M swim, 112M bike, 26.2M run. Mont-Tremblant, QC. ironman.com.
- 17 **31st Monday Mini Tri Series.** 400-yd swim, 12M bike, 3M run. 6:30pm. Solo/teams. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.
- 22 Rochester Triathlon. Sprint & Olympic. Durand Eastman Beach, Rochester. 585-255-0029. rochestertriathletes.com.
- 22 Search & Rescue Orienteering Challenge. Solo/teams. 8am. Mohonk Preserve, New Paltz. losttribeexpeditions.com.
- 23 Triathlon-Specific Open Water Swim Clinic. 8-11am. Million Dollar Beach, Lake George. t3coaching.net.
- 23 Cazenovia Triathlon. Sprint, Olympic & Aquabike. Lakeside Park, Cazenovia. cnytriathlon.org.
- 23 River Rat Triathlon. 3M kayak or 600m swim, 16.8M bike, 3.3M run. Centennial Park, Clayton. riverrattri.org.

SEPTEMBER

- 5-6 **Lake George Triathlon Festival.** 7am. Sat: Olympic 0.9M swim, 24.8M bike, 10K run. Sun: Half Iron 1.2M swim, 56M bike, 13.1M run. Aquabike, King George & Prince George. Battlefield Park, Lake George. adkracemgmt.com.
- 12 **Greene Co YMCA Triathlon.** 8am. Sleepy Hollow Lake, Athens. Stacy Serson-White: 731-7529. cdyymca.org.
- 12-13 Finger Lakes Triathlon. 10am. Kershaw Park, Canandaigua. fingerlakestriathlon.com.
- 12-13 Incredoubleman Tri, Sprint, Du & Aquabike. 8am. Westcott Beach SP, Sackets Harbor. incredoubleman.com.
- 13 IronGirl Sprint Triathlon & 5K for Women. 0.33M swim, 15M bike, 3M run. Gateway NRA, Sandy Hook. irongirl.com.
- 20 **39th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak/SUP, 6M run. Teams/solo. Great Barrington to Lenox, MA. 413-344-7919. joshbillings.com.
- 26 Green Mountain Iron Dog. Obstacle/Mud Runs. 9am. Camp Dudley, Colchester, VT. irondogvt.weebly.com.
- 26 Great Lakes 100 Mile Triathlon, Duathlon, Aquabike & 50M Triathlon. Camp Kenan, Barker. 100miletri.com.
- 26 Bricktown Challenge Triathlon & Duathlon. Haverstraw. 845-247-0271. nyc.org.
- 27 Westchester Triathlon & Aquabike. Rye Town Park, Rye. westchestertriathlon.org.

- OCTOBER
- 11 **Glens Falls Lions Club Duathlon.** 5K run, 30K bike, 5K run. 8:30am. Solo, 2-3 person & corporate teams. SUNY Adirondack, Queensbury. glensfallsions.org.
 - 11 **Tri-A-Thon Triathlon.** 0.25M indoor swim, 12M bike, 3.1M run. 7am. Experienced & beginner welcome. Catskill Recreation Center, Arkville. 845-586-6250. catskillrecreationcenter.org.
 - 11 31st New York City Duathlon. 2M run, 12M bike, 2M run. Central Park, New York. nyc.org.
 - 18 **13th Mohawk Towpath Byway Duathlon.** 2M run, 17M bike, 2M run. 8:30am. Solo & 2 person teams. Giffy's BBQ included. Riverview Orchards, Rexford. mohawktowpath.org.
 - 24 31st Central Park Duathlon. 2M run, 12M bike, 2M run. Central Park, New York. nyc.org.

OTHER EVENTS

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

SEPTEMBER

- 4-7 **Family Weekend.** Canoeing, hiking, archery, rock climbing, more. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 12-13 **Saratoga Native American Festival.** Free. Victoria Pool Mall, Saratoga Spa SP, Saratoga Springs. saratoganativefestival.com.
- 18-20 **Fall Women's Weekend on Lake George.** Many activities. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

OCTOBER

- 10 Ultimate Field Day. Teams: Tug-of-war, soccer, basketball, obstacle course. 9-11am or 12-2pm. Bruno Stadium, Troy. Nicole Kaufmann: 786-6759. ultimatefieldday.com.
- 10-11 **Harvest Fest.** Gore Mountain, North Creek. 251-2441. goremountain.com.

PADDLING: CANOEING, KAYAKING & SUP

- ONGOING
- Thu SUP Yoga.** 5:30pm. Adk Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.
 - Thu Morning Tour on the Mohawk.** 9am. Niskayuna, Colonie & Latham. Adk Paddle N Pole: 346-3180. onewithwater.com.
 - Sat SUP Yoga.** 8:30pm. Adk Lakes & Trails: 891-7450. adirondackoutfitters.com.

AUGUST

- 4 **Evening Tour on the Hudson.** 6:15pm. Hannacroix Creek, Coeymans. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 6 **Yoga Paddlenic on the Battenkill.** Yoga, paddld, swim, socialize & locally-grown food. Battenkill Valley Outdoors, Cambridge. 677-3311. battenkillvalleyoutdoors.com.
- 8 11th Cardboard Boat Races. 8am-3pm. Fort Hardy Park Beach, Schuylerville. hudsoncrossingpark.org.
- 11 **Evening Tour on the Mohawk.** 6:15pm. Lock 7, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 18 **Evening Tour on the Mohawk.** 6:15pm. Kiwanis Park, Rotterdam. Adk Paddle N Pole: 346-3180. onewithwater.com.

SEPTEMBER

- 12 **Women's Kayaking Day.** Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

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By Steve Ovitt

Singletrack mountain bike trails designed and built to deliver exceptional riding experiences have finally arrived in Warren County. Up until the last couple of years local mountain bikers have had to travel hours to get to quality singletrack riding. That has changed with the development of extensive and growing trail systems at Ski Bowl Park in North Creek and the Gurney Lane Park in Queensbury. Both trail systems have been developed on town owned parks utilizing professional outdoor recreation consulting and trail building specialist Wilderness Property Management. These trail systems have been designed to offer a wide variety of mountain bike specific riding experiences from expert technical trails to smooth easy flow trails.

Flow, rollers, banks, gravity drops, rock riding, tree banks, log riding and handle bar moves are present at each of the parks. The initial push in 2013 and 2014 was to put as much well-designed sustainable trail on the ground as possible at each park. Now in addition to growing the trail systems, there is an emphasis on creating a greater diversity of riding experiences and features.

Gurney Lane Park - In 2015, Gurney Lane Park has added 3.3K of machine and hand built flow trail with rollers, and banks and a kilometer of trail with dozens of technical boulder riding opportunities. Additionally there have been upgraded trail features added to the previous year's trails.

This adds up to just under 10K of single-track trail in a system that includes awesome gravity drops on Erratic's downhill, rocks to ride that are bigger than your bike on Rock Buster, and an intersection with trails Salsa, Surf and Coaster that is called Birmingham to give your imagination an idea of what the riding is like.

Gurney offers something for everybody, starting with smooth open flow trail on Home Page, and then progresses to more challenging trails as you get farther from the park entrance.

Trail Descriptions: From Home Page climb up Twitter, on your return trip ride the flow down on the east side of Twitter. Tumblr is the closest challenging trail that should be ridden down from the top of Twitter. Excalibur takes you to the more challenging trails and demands that you ride some rock on the way.

Rogue is your climbing trunk trail that allows you to do reps on Erratic, DWI and TNT. The banked flow turns and fast trail on the downhill portion of Rogue are alone worth the trip to Gurney. Ride Coaster to Salsa all the way to the upper parking lot in one continuous ride to have the ultimate forest flow trail experience, and return on Surf to do it over again.

MOUNTAIN BIKING

Singletrack in the Southern Adirondacks

GREATER DIVERSITY IN TWO RIDING PARKS



SKI BOWL PARK:
BRENDAN TOMB
OF NORTH CREEK
RIDING MO AT
SNAKES TONGUE
IN JUNE 2015.

North Creek Ski Bowl Park - In 2015 Ski Bowl Park saw the completion of its Snakes Tongue natural terrain park; the addition of banks and rollers to Hoot; rock work, corduroy and banked turns on Alternative; and upgrades on Lower Raymond Brook Downhill, Heart Brake and Ski Bowl Loop. In late summer there will be a kilometer of trail constructed with some nice banked turns from the top of the Village Lift to the 46er Trail.

The Ski Bowl Park has 14K of single-track trail that all but the Raymond Brook Downhill were designed to ride in both directions, giving you the opportunity to ride 25K in an afternoon or morning.

Trail Descriptions: The Snakes Tongue terrain park has three trails that maximize the high banks of a forked drainage, and a connected long rock ledge riding opportunity. Mo is a fun set of momentum drops; Curly has high-banked riding opportunities that

You can ride big rock drops, fast flow trail with rollers to ride over or ride off of, tree banks and rock stream crossings, and the list goes on.

Heart Brake is for the physically fit, old-style technical trail rider who loves climbing, tight turns and trail with a narrow tread.

The Lower Raymond Brook Downhill is overlooked by many visitors, which may be good thing for intermediates, and a crying shame for experts. Grind the 2K up the Ski Bowl Connector to the Rabbit Pond/Raymond Brook intersection, and you will be rewarded with a drop of 435 feet in just over a kilometer on your way to NY Route 28. It flows, it's fast and rocky - making it a downhiller's dream.

Trail maps for these two areas can be found on the "Trail Maps & Docs" page at wildernesspropertymanagement.com.

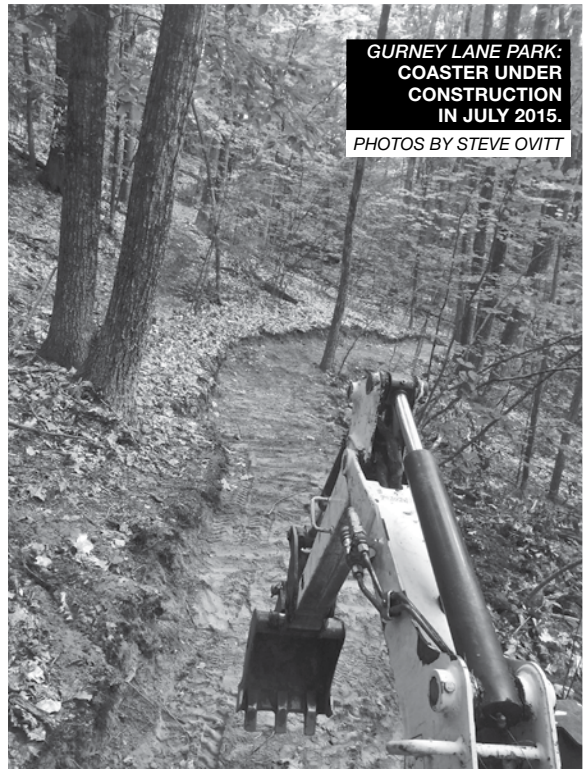
Location is key for both of these trail systems. The Ski Bowl Park trail system starts beside the Johnsbury Town Hall, right of off Main Street in North Creek. The Gurney Lane Mountain Bike Park is less than half-a-mile west of I-87, exit 20, on Gurney Lane Road. Many local residents and visiting tourists can ride right from their homes or lodging to these trail systems with opportunities to grab a coffee on the way out and a beer on the way home.

The concept, planning, design and construction for these trail systems was completed by Wilderness Property Management, Inc., a local recreation development company. The owners, Sylvia and Steve Ovitt, have been responsible for creating and constructing over 50 miles of mountain biking, backcountry skiing, and hiking trails in the southern Adirondacks over the last 11 years.

WPM creates only environmentally-sound sustainable trails, adheres to the best trail standards, and strives to create new and better standards for trails and outdoor recreation facilities. I say, "A trail should be something more than a whole through the woods with roots and rocks!" ▲

Steve Ovitt (wildpropmang@gmail.com) of North Creek co-owns Wilderness Property Management, Inc., with his wife Sylvia. A NYS Forest Ranger for 25 years with experience in recreation, risk management, construction and outdoor education, Steve is an avid outdoorsman who mountain bikes, skis, hikes, and teaches Adventure Sports classes at SUNY Adirondack in Queensbury.

GURNEY LANE PARK:
COASTER UNDER
CONSTRUCTION
IN JULY 2015.
PHOTOS BY STEVE OVITT



include a rock ledge face ride on one of the turns; and On-The-Rocks is a very challenging expert technical rock ledge riding loop.

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Scale: QR Code to Download Map

Map Produced by TOOGIS, 7/2015

Existing Double Track Trails for Hiking, Biking and Walking
 Parking Areas

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 9.0 km of single track and 0.5 km of double track

Buckbee Rd/Gurney Ln. Trail Access

CONNECTION POINT - RUSH POND TRAILS
 Parking area of West Mt. Rd. and Gurney Lane
 The Rush Pond Trail is 2.6 miles long through the Rush Pond watershed area. The shared double track trail connects Gurney Lane Recreation Area to the north and The City Schoolhouse Hill and adjacent watershed properties developments to the south. Along the way there is a mix of enhanced single track trails to explore.

NOTE: Trail totals listed are for the newly built single track trails. An additional 6 miles or 9.7 km are also available in the form of the double track trails delineated by the white line on this map. Each of these double track trails are marked with their own colored trail tags. A separate detailed map is available at the pool house lobby.

Trail	Length (mi)	Length (km)
1 - Deal With It (DWI)	33 mi	53 km
2 - Erratic	62 mi	100 km
3 - Excalibur	31 mi	50 km
4 - HP	53 mi	87 km
5 - Rogue	64 mi	103 km
6 - TNT	12 mi	20 km
7 - Tumblr	25 mi	40 km
8 - Twitter	69 mi	112 km
9 - Salsa	57 mi	93 km
10 - Surf	65 mi	105 km
11 - Coaster	14 mi	23 km
12 - Rock Buster	67 mi	108 km
Total Trail Length:	5.5 mi	9.0 km

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Ski Bowl Park Trail System

Map Key:
 - Mountain Bike Trail
 - Cross-Country Ski Trail
 - Single Track
 - Hiking
 - Intermediate Ski
 - Beginner Ski
 - Top of Mountain
 - Trail Marker

TRAIL MAPS FOR THESE TWO AREAS CAN BE FOUND ON THE "TRAIL MAPS & DOCS" PAGE AT WILDERNESSPROPERTYMANAGEMENT.COM.

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CANOEING, KAYAKING & SUP

Rivers Amongst Mountains



THE HUDSON RIVER BETWEEN SANFORD LAKE AND THE OPALESCENT RIVER.

Paddling the Upper Hudson and Opalescent Rivers

By Rich Macha

In April, New York State purchased the 6,200 acre MacIntyre East tract from The Nature Conservancy (formerly owned by Finch Pruyn). This parcel contains over five miles of the upper Hudson River not far from its source, as well as seven miles of the Opalescent River. It is located east of County Route 25, the dead-end road that ends at Upper Works, and a popular trailhead accessing the Adirondack High Peaks area from the south.

An area with clear water rivers surrounded by mountains that rise up to 3,600 feet above those waters makes for a very attractive paddling destination. On a hot day in July a group of us from the Albany Chapter of the Adirondack Mountain Club drove up to see what the area has to offer.

From Boreas Road (CR 2) we drove north on CR 25 for 4.4 miles, took a right onto Opalescent Road, and very quickly reached a locked gate ahead of a bridge over the Hudson River. There was room for several cars to squeeze in off this dirt road. As I understand it, the public is currently allowed to walk this dirt road for 1.75 miles past the bridge; beyond that, access is allowed only for private logging operations and to camp lessees.

I carried my solo canoe across the bridge and launched below it. Launching above the bridge might have been a better option so as to avoid the quickwater that flowed under the bridge. A few mosquitoes bothered us here but once on the water we were bug-free. Our first goal was Sanford Lake, a widening of the Hudson River, which is a mile upstream from the bridge. We soon passed the mouth of the Opalescent River and paddled against a moderate current in water that was only a foot to a foot and a half deep.

After going 0.8 miles and a little before the lake we enjoyed an excellent view of Mount Adams with its fire tower, and peaking over its shoulder was Algonquin Peak, the second highest mountain in



HEADING UPSTREAM ON THE OPALESCENT.

PHOTOS BY RICH MACHA

New York. Mount Colden and mighty Mount Marcy, the state's highest, were also clearly visible. From the south end of the lake, we could see the cliffs of Wallace to the north, and the Santanoni Range to the west. We spent a few minutes sitting in our canoes admiring our surroundings.

We then headed back down the Hudson and turned into the Opalescent River. As is typical of Adirondack streams, the Opalescent takes a convoluted course, but uniquely characteristic of the

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ATHLETE PROFILE

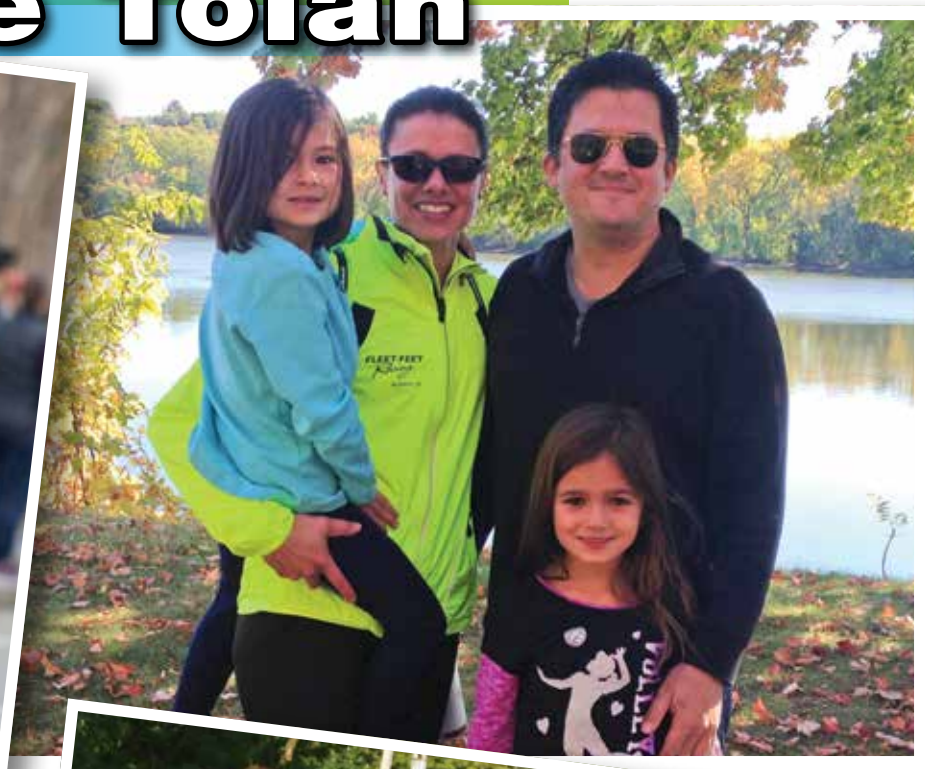
Renee Tolan



By Christine Bishop



2015 JAMES JOYCE 10K



RENEE AND HER KINETIC RUNNING CLUB TEAMMATES AT THE 2015 SILKS & SATINS 5K

AGE:	40
RESIDENCE:	Clifton Park
PROFESSION:	Social Studies Teacher at Burnt Hills-Ballston Lake High School
FAMILY:	Husband, Mike, and daughters, Sydney (8) and Addison (6)
PRIMARY SPORT:	Running
LEISURE ACTIVITY:	Reading

fied for the Boston Marathon. At Boston, they ran well enough to qualify for the next year, but that was not to be for Renee as she was pregnant with her first daughter, Sydney, in 2007, who was followed in 2009 by another daughter, Addison. Renee did not take up running again until January 2011 when she decided that it was time to test her mettle and become truly competitive. She determined to make the HMRRC's Mohawk Hudson River Half Marathon her comeback race. Her resolve was so great that she registered on the first day, which unlike today, registration remained open for weeks. She trained for a time of 1:30.

As the workouts proceeded, Renee realized she could do even better. On race day, much to her surprise and that of others who did not know her since she moved recently to the area, she came in second place in a time of 1:23. She ran other races in 2012, but she again did the MHR Half Marathon in 2013, and came in second this time with a "slow run" of 1:24. In 2014, once again she came in second, but this time with her PR of 1:22. Interspersed with the HMRRC half marathons, she has distinguished herself in other events. She ran the 2013 '1812 Challenge' Half Marathon in Watertown, and came in sixth place overall, and second for women. In 2014, she did the Nike Women's Half Marathon in Washington, DC, and came in fifth out of 20,000 runners!

Surprisingly, her favorite distance races are 5K and 10K, and she's done well here. In the Freihofer's Run for Women this June, she came in 28th out of 3,194 runners, and placed in the Top 5 of Masters 40-plus in 18:07.

Renee's method of staying in shape and running as if she is decades younger is well thought out and fun. She now does things she didn't do before. Once a week she does hot yoga, and feels it makes a significant difference, with her hamstrings and hip mobility in general. As a person gets older one of the first things to go is the stride length,

which then changes your cadence, and she believes hot yoga combats this problem.

She used to do strength training with weights, but now uses the TRX resistance bands and stability balls, and for core work uses kettlebells of 15 pounds or less. Heavier weights gave her sciatic issues leaving her legs feeling dead. Her body was sending her strong messages that she heeded. She now faithfully treats herself to a sports massage each month at Back in Balance Therapeutic Massage in Clifton Park. The results have been phenomenal. No longer is she plagued by hamstrings issues.

Renee's children and her teaching profession influence her training. She finds that if she wants to lead a "normal life" with her children, she must get up at 4am to train - this is her time. Later in the day after school, she will take her kids to Girl Scouts, soccer, dance and swimming. She does her long runs on the weekend for the sake of time. In total she runs 50 miles a week. Her husband, Mike, is very supportive but not a runner. He does TRX training and engages in mixed martial arts boxing regimens. Her children are active and have run in kids' races. Sydney is on the swim team at the Southern Saratoga YMCA. When her daughter goes for evening practice three times a week, Renee swims in the open lanes. If her daughters take up cycling, a triathlon could be in Renee's future.

In this mix is Renee's other commitments. She is on the Grand Prix Committee for USA Track & Field Adirondack, which examines their GP races to find areas for improvement. She is glad that the USATF has opened the committee up to runners like herself to add their voices to the program. She also is a faculty advisor to her school's student council. This responsibility requires Renee to be at many activities the council sponsors such as homecoming, dances and sports games, where teachers play against the students. When asked if the

teachers used "extraordinary" means to beat the students, she smiled knowingly, saying that certain things were necessary to even the playing field.

Renee's plans for the future include running prominent masters 5Ks. The USATF Masters 5K Cross Country Championships was awarded to the Saratoga Cross Country Classic to take place on October 18 at the Saratoga Spa State Park (saratogaxclassic.com). She doesn't like running on trails, but since this championship was dropped "in her backyard" she feels she should try it. She also has been toying with doing marathons since this is the one distance she has not run competitively. However, marathons present enormous challenges in training. If she does one, she feels she should shoot for under three hours.

Her advice to runners is that as you're getting older there are obvious changes, yet there still is much that is good, and you can be a strong runner. Running is one of the only sports in which this is possible. Listen to your body and follow what it is telling you. She also thinks that treating yourself to things like hot yoga and massages are beneficial since "you need to invest in yourself."

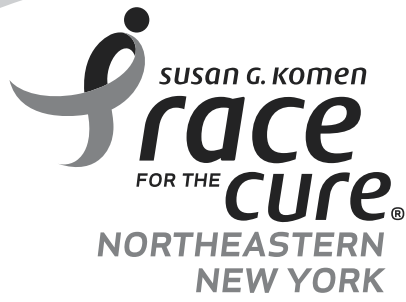
The year of 2015 has been pivotal in Renee's career. She joined the Kinetic Running Club out of Saratoga Springs this past spring. Turning 40 has opened up many doors. Her future is promising as she runs down a path that will lead her to many more successes and adventures. Make sure to check these pages to see if she runs marathons, does triathlons, or competes in 5Ks with her children. Renee is definitely a master of her ever-expanding universe. ▲

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

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5TH ANNUAL

Columbia County Rotary Ride

SEPTEMBER 27TH, 2015

BIKERS - COME AND JOIN US!

The 5th annual Columbia County Rotary Ride will be held on September 27th, 2014 at Volunteer's Park in Valatie, NY.

The Kinderhook Tri-Village Rotary Club invites you and your family to join us in a FUNdraising event that will benefit the CYCLE Kids program at Ichabod Crane Elementary School.

The Rotary Ride features 10 mile, 30 mile and 100K varied-terrain routes through scenic Columbia County.

Register online at BikeReg.com



TAKE ACTION: KTVRotary.org



BICYCLING

**EARLY FALL
Organized
Rides**



PHOTO BY JESSICA BOWEN

By Dave Kraus

September is the month of back-to-school, football season, and the sad certainty that another summer is almost over. It's also the month when the work of a season of riding pays off for cyclists. Muscles are toned, cardio fitness is peaked, and the rides that were exhausting in May are suddenly easy. September is also the month of a wide variety of organized cycling events to give riders the chance to use all that fitness.

First, on Saturday, September 12, the sixth annual **Double H Ranch Camp Challenge Ride and Trail Run/Walk** heads out from the ranch in Lake Luzerne, just five miles west of Northway exit 21 (near Lake George). While runners and walkers tackle the 5K route on the grounds of the ranch, riders are invited to ride either 30-mile or 62-mile road routes through the beautiful Adirondacks. All proceeds benefit Double H Ranch, a serious fun camp to fund visits by children with serious illnesses.

All participants get a personal fundraising web page, fundraising tips and support, team apparel and fundraising incentives. When you finish your ride back at the ranch, enjoy a celebration with BBQ and live music. Fee for riders is \$35, and the fundraising minimum for the bike rides is \$250. To learn more and register, go to: doublehbranch.org.

September 12 is also the **CF Cycle For Life** in Saratoga Springs, starting at the Saratoga Train Station. The ride heads into the southern Adirondacks for 15, 32, and 63-mile routes. Cycle For Life benefits the Cystic Fibrosis Foundation of Northeastern New York, supporting research into a cure for this

crippling and often fatal genetic disorder.

Rides start at 8:30am and conclude with the Pedal Party lunch for cyclists. Other support includes rest stops every 10-12 miles, mechanical support, ride marshals to cheer you on, and plenty of support vehicles to ensure safety along the routes. Support volunteers are also needed, so you can help even if you don't ride. Registration is \$35 until September 7, then rises to \$45. The minimum pledge requirement is \$150. For ride, registration and fundraising information, go to: neny.cff.org/cycle.

September 12-13, the weekend after Labor Day, is also the traditional date for the 45th annual **Mohawk Hudson Cycling Club's Saratoga Century Weekend**, where one registration fee gets you two days of riding near Saratoga Springs, starting in Saratoga Spa State Park. This is MHCC's main riding and fundraising event for the year, and all cyclists are welcome. Last year over 350 riders from six states participated in this event put on by the Capital-Saratoga Region's largest cycling club, with over 700 members.

The ride is well supported with stocked rest stops, sag and mechanical support, and fully marked routes with maps and cue sheets. The rides are on quiet back roads in scenic Saratoga County, and there's also a post-ride catered lunch provided. Participants can choose from routes of 25, 50, 62, or 100 miles - yes, that means you can ride two centuries in two days! For MHCC members the registration fee is \$35, and \$45 for non-members. For more information about the event and a printable registration

form, go to: mohawkudsoncyclingclub.org or register on bikereg.com.

If you're in the Schroom Lake area on Sunday, September 13, you can also take part in a ride dedicated to Lance - no, not *that* Lance. The eighth annual **Lance Gregson 1-Eye Classic** is a memorial to

- ◀ GATHERING OUTSIDE THE ADIRONDACK GENERAL STORE DURING THE 2014 TOUR DE DAGGETT LAKE.
- ▲ RIDERS ENJOY A GREAT VIEW OF SCHROOM LAKE DURING THE 2014 LANCE GREGSON 1-EYE CLASSIC.
- ▼ GATHERING FOR THE 2014 CAMP CHALLENGE BIKE RIDE AT DOUBLE H RANCH IN LAKE LUZERNE.



See **BICYCLING**, 28 ▶

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39TH ANNUAL
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Wear a costume, something reflective or anything that glows in the dark.
Each entrant will get a glow stick necklace & bracelet.
T-shirts with glow-in-the-dark ink guaranteed to anyone that signs up before September 7th!!!
Entry Fee: online @ Active .com - \$30.
Race Day - entry fee - \$35.
Kids 18 & Under - \$20

Age Group Awards!
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Fireworks at 9:15pm
AdkRaceMgmt.com
Lake George Village Firehouse
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13TH ANNUAL

Ty Yandon Memorial 5K Run/Walk

Sunday, September 13 • 9am
Newcomb Overlook, Newcomb

Part of **Teddy Roosevelt Celebration Sept. 11-13 in Newcomb**
Visit: newcombny.com

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

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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.

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Kristen and Helena with their babies

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Team In Training Run/Walk Info Session
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PADDLEBOARDING *continued from 1*

The Catch

The catch is where the blade first makes contact with the water. When you are ready to begin your forward stroke, reach the blade of the paddle out in front of you by rotating your waist and your shoulders.

Remember to keep your hands stacked and your elbows only slightly bent. The twisting at the shoulders and the waist, along with keeping your elbows only slightly bent, will give you a bigger and longer catch.

The Stroke

Keeping your hands stacked, bend at the waist while you "fire" or stab your blade all the way down and into the water. Do *not* pull the blade toward you with your bottom hand, as this only allows you to use your biceps of your bottom arm, instead of the power of the muscles of your entire body.

It is very important to push the blade down into the

water by bending at the waist – and pushing down with your "duck" hand.

The Recovery

Be sure to take the blade out of the water at the end of the stroke, and keep it parallel to the line from your foot and hip. Don't paddle past your feet or hips, because it will only result in wasted energy and efficiency.

To finish the recovery, twist your top thumb so the power face of your blade is facing away from the board. Rotate your shoulders and waist, and then slice the blade forward, and set up for another forward stroke.

Finally, a couple tips in regard to cadence and turning... I usually do about five strokes on one side and then switch to the other. With each pull, try to focus more on speed and cadence than you do on power, which will keep you moving fast. For a basic turn, simply paddle more on one side than

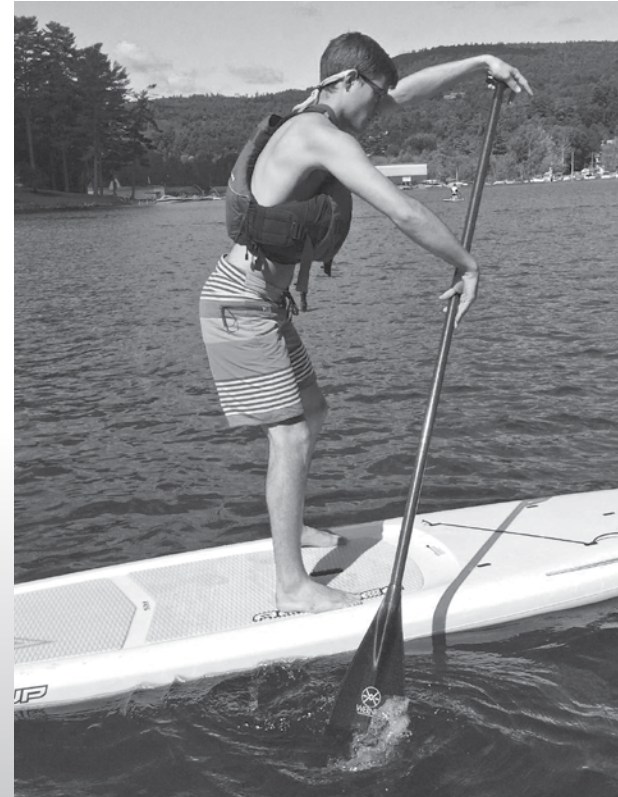
the other. For a tighter turn, use a sweep stroke by putting the blade on edge as it enters the water, and then sweep it out and away from the board.

As you practice the key steps to an efficient paddling stroke, you will quickly learn that SUP is a *total* body workout – from your toes to your nose on every stroke! ▲

Kathy McDermott (kmcdermott@queensburyschool.org) is a physical education teacher and coach at Queensbury School District. She has spent the past 18 summers at Lake George Kayak Co. in Bolton Landing, and is an American Canoe Association level 2 SUP instructor. She works with people of all ages and skills in both flatwater kayaking and standup paddleboarding.



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LAKE GEORGE KAYAK CO.

RUNNING & WALKING *continued from 3*

Washington Park Lake House in Albany. Offering a unique variation on the Freihofer's Run jaunt through the park, the route remains entirely within the greenspace. According to race director, Jim Foley, athletes complete two revolutions of the park's outer loop, replete with rolling hills and cheering spectators, and a pleasant downhill back to the lake house.

Proceeds benefit ovarian cancer awareness and research, and you are encouraged to join a team of survivors and supporters. (caringtogetherny.org, or donate: firstgiving.com/caringtogether)

If you feel like a beautiful Adirondack drive instead, head up to Newcomb on September 13 for the **Ty Yandon Memorial 5K** in Newcomb. Ty Yandon was a local runner who passed away several years ago while running a turkey trot.

According to race director Kevin Bolan, "The 5K course has some hills with beautiful views of the High Peaks and upper Hudson River." The event is held in conjunction with the town's Teddy Roosevelt Weekend with a craft fair, golf tournament and fireworks. Teddy himself might make an appearance. (newcombny.com)

If you are looking to involve the entire family, head out to the **Brenda Deer Memorial 5K Run** on Saturday, September 19 at the Guilderland YMCA. This popular event honors Brenda Deer, a Guilderland Elementary School teacher's aide who was tragically killed when



TRACK START OF THE 2014 VOORHEESVILLE 5K. ALTAMONT ENTERPRISE

she was struck by a drunk driver while running with her husband. As befitting her love of family and children, this event also features a 3K walk, multiple free kids' competitions: a 100-yard dash and a half-mile, and 1-mile fun run.

Afterwards, no need to worry about feeding the kids, since a BBQ is included. Once everyone's appetites are satisfied, hang around to enjoy the festivities that include a bounce house, face painting, petting zoo and pony rides. Send in your applications early as the first 100 pre-registered 5K runners receive a gender-specific dry fit, long-sleeved shirt – perfect for the upcoming chilly fall days. (finishright.com)

Also on September 19 is the USATF certified **ARC in the Park 5K** held at the RPI Technology Park in North Greenbush. With the motto "Run for Time. Walk for Fitness. Participate for Fun." you can be assured there is something for every-

body. In addition to the 5K there is also a one-mile fun run/walk/roll for all ages and abilities. Since it is a Saturday, there will be few vehicles in the scenic park, insuring a safe and enjoyable experience. There are some rolling hills on the course, but nothing major.

To add to the fun, you are urged to join one of the family-oriented team categories: husband/wife, mother/daughter, father/daughter, mother/son, father/son and sibling/sibling for some friendly competition. Afterwards, enjoy the many activities such as face painting, balloon art, chair massages and food vendors. Proceeds benefit the clients of The Arc of Rensselaer County. (renarc.org)

So where will you be as we approach cooler weather? Hopefully, running



RUNNING BY THE GLOBALFOUNDRIES PLANT AT THE 2014 MALTA 5K

stronger at a few of these events with a lively song stuck in your head as you go! ▲

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

HITS TRIATHLON SERIES: NORTH COUNTRY-HAGUE continued

Table listing triathlon results for the Hits Triathlon Series: North Country-Hague. Columns include gender/age group, rank, name, time, and additional participants.

9TH ANNUAL "FIRECRACKER 4" 4-MILE ROAD RACE continued

Table listing road race results for the 9th Annual Firecracker 4 4-mile road race. Columns include rank, name, time, and additional participants.

1ST ANNUAL HITS KINGSTON TRIATHLON

July 11, 2015 • Kingston Point Beach, Kingston

Table listing triathlon results for the 1st Annual Hits Kingston Triathlon. Columns include gender/age group, rank, name, time, and additional participants.

9TH ANNUAL "FIRECRACKER 4" 4-MILE ROAD RACE

July 4, 2015 • Saratoga Springs City Center, Saratoga Springs

Table listing road race results for the 9th Annual Firecracker 4 4-mile road race. Columns include gender/age group, rank, name, time, and additional participants.

9TH ANNUAL "FIRECRACKER 4" 4-MILE ROAD RACE continued

Table listing road race results for the 9th Annual Firecracker 4 4-mile road race (continued). Columns include gender/age group, rank, name, time, and additional participants.

SARATOGA 12/24 RACE ULTRAMARATHON BICYCLE RACE

July 11-12, 2015 • Van Raalte Mill, Saratoga Springs

Table listing ultramarathon bicycle race results for the Saratoga 12/24 Race Ultramarathon Bicycle Race. Columns include rank, name, distance, and time.

CANOEING, KAYAKING & SUP *continued from 15*

Opalescent are the many sand and pebble banks that seem to exist at every turn – these make for great spots to take a break or to go for a swim. The current was light to moderate and I had to get out and walk my canoe through pebbly shallows several times, but for the most part, the water ranged from one to five feet deep.

At 1.7 miles from the Hudson, we paddled under a railroad bridge that used to serve the titanium mine at Tahawus, where operations at the mine ended in 1989. I was happy to find a few ripe blueberries as I was clambering up to the tracks. The views of the river from the bridge upstream with Allen Mountain in the background and downstream were lovely.

At the two-mile mark we stopped on a sandy bank for lunch; the shade of an overhanging maple provided respite from the sun. The North River Mountains rose up in front of us to the southeast. Most of us also went for a cool swim at the sandy-bottomed pool below.

We pushed on upriver and had to get out to walk our boats over more shallow areas. After traveling 3.75 miles from the Hudson the east shore grew steeper, a sloping rock was at river's edge, and just past that was a dune-like sand bank – the largest that we encountered on our route. At this point we were perhaps only a quarter-mile east of the tailings at the old mine, but we could just as well have been in the middle of nowhere.

After studying maps and satellite images I knew that the river's gradient started to increase above this point. I was happy getting up as far as we had gone and it was time to turn back. Paddling downstream, my canoe lightly scraped rocks in the shallows, and I only needed to get out once. It took us one-and-a-half enjoyable hours to ride the current back out to the Hudson. I

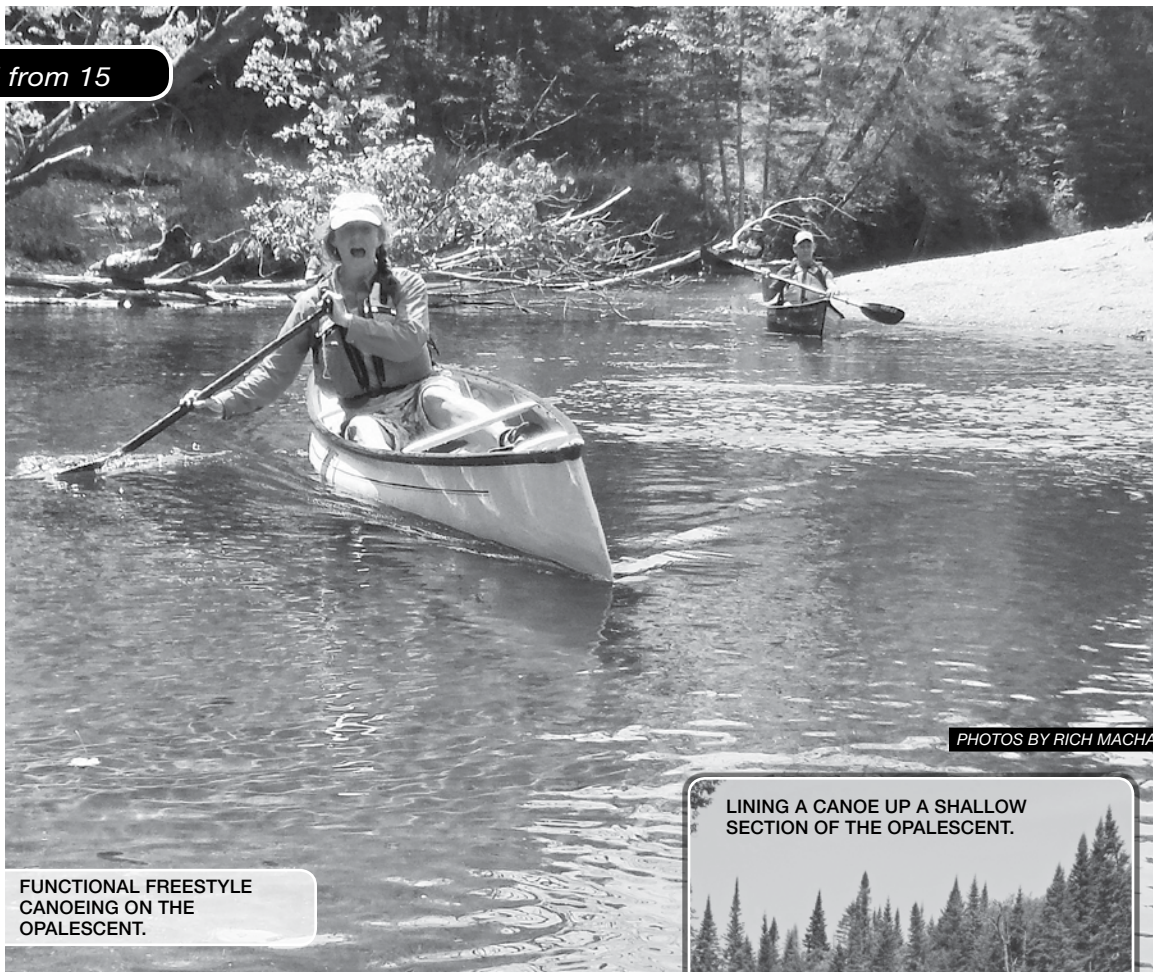
did not see much wildlife but the sounds of white-throated sparrows and hermit thrushes emanated from the mostly deciduous woods.

Back at the start, after traveling 9.8 miles to this point, the explorer in me wanted to experience the Hudson River below the bridge. I persuaded a couple of companions to continue downstream while others drove the cars a mile south on CR 25.

The Hudson River here arcs away from the road before returning toward the road after about two miles. The river is wider than the Opalescent and travels between coniferous shores of cedar, black spruce, and the occasional tall white pine. Black-capped chickadees called out from the woods as we passed by.

Not seeing the cars we continued at least a half-mile past where the road came nearest to the river, but after consulting maps and GPS we felt it best to paddle back upstream against a light current. We explored two routes back to the road, neither of which we liked; at best expect a 100 yard uphill bushwhack, at worst a wet mucky bushwhack thru a tangled thicket. I was very glad to have seen this section of the Hudson though.

Our total distance for the day was 13.4 miles and we spent over seven hours exploring this very scenic area. The Hudson River gauge at Newcomb was at 2.35 feet this



FUNCTIONAL FREESTYLE CANOEING ON THE OPALESCENT.

PHOTOS BY RICH MACHA

LINING A CANOE UP A SHALLOW SECTION OF THE OPALESCENT.



morning – I'm not sure how this relates to the water levels upstream of Newcomb, but I would not want to do this trip when levels are much lower. Just a few days after this trip the level at the gauge was well below two feet. I would guess that a gauge level of 2.5 to 3.0 feet would be ideal for a trip up the Opalescent – perhaps I should plan a return trip in the fall. ▲

Rich Macha (apnp@prodigy.net) leads trips for the Adirondack Mountain Club's and is owner of Adirondack Paddle 'n' Pole in Colonie, a store specializing in canoeing, kayaking and cross country skiing. For more trip reports visit onewithwater.com.

BICYCLING *continued from 19*

local cycling enthusiast and stonemason Lance Gregson, who acquired the "1-eye" label after losing sight in one eye in a childhood accident. He died at the age of 42 after a workplace fall, and this ride is a memorial to him organized by his friends to promote cycling in the Schroon Lake area.

Routes vary from three miles (that's right, three miles!), to 12, 26, 40+, and 60 miles, with the 60 starting at 8 am and staggered starts for the others. Riders who bring a potluck dish for the post-ride picnic get a registration discount on the already modest \$10 entry fee, and the ride starts and finishes at the Schroon Lake Town Beach, so family can spend the morning relaxing while you ride. More information and registration forms are at: schroonlakecycling.com.

Also on Sunday, September 13th is the **Tour de Daggett Lake** with a start/finish at Daggett Lake Campsites near Warrensburg. This "Ride for Rosie's Love" raises money for the Rosie's Love non-profit organization. Founded in 2000, it supports cancer patients at Albany Medical Center in memory of Rosemary Frances Johnson, who died at age two from neuroblastoma, a childhood cancer.

The event includes a very scenic 65-mile route that starts at 8am, and a nice 20-mile loop that heads out at 9am. There's also a kids ride with laps around the Daggett Lake Campground on Glen Athol Road, just north of Warrensburg. For registration, call the campground at (518) 623-2198 between 9am-4pm. Registration is \$35 for adults and \$15 for kids.

The next weekend, on Saturday, September 19, riders head into the heart of the Catskills at the **Catskill Mountain Cycling Challenge**. It is based at the Catskill Recreation Center



▶ STARTING A 2014 MHCC SARATOGA CENTURY WEEKEND RIDE AT SARATOGA SPA STATE PARK.

PHOTO BY BOB COHEN

in Arkville, and sponsored by the recreation center, Overlook Mountain Bikes, and Catskill Mountain Cycling Club. There are five different routes for riders at every skill level, covering 11, 29, 55, 76, and 103 miles – all in the beautiful western Catskills.

The 11-mile route caters to beginners,

with an out-and-back route in the Dry Brook Valley. The 29-miler caters to intermediate riders with a rolling course that circles the Pepacton Reservoir. The routes of 55, 76 and 103 miles cater to more advanced cyclists, with some challenging climbs mixed in with the stunning scenery of the area. Participants

receive a T-shirt, lunch, and a complimentary pass to the recreation center for access to the swimming pool. Learn more at catskill-recreationcenter.org, and registration for all rides is \$35 at bikereg.com.

On Sunday, September 27, riders finally get to head south instead of north when the fifth annual **Columbia County Rotary Ride** cruises routes of 10 and 30 miles, rolling out of Volunteer Park in Valatie – just 20 miles from the Capital Region.

New to this event is the additional 62-mile (100K) blended dirt and paved route the organizers have dubbed "gravel (grinder) lite." Road bikes should work fine on any of the routes, and proceeds from the \$45 entry fee go towards supporting the CYCLE Kids program at Ichabod Crane Elementary School. The program helps teachers and families break the cycle of inactivity, poor nutrition habits, social isolation and low self-esteem, by teaching children life skills that help them achieve academic success, build self-confidence and develop physical fitness.

Riders will have maps, rest stops, sag service, and restrooms provided. There are also event T-shirts and a BBQ after the ride. For more information and links to registration forms go to: facebook.com, and type "Columbia County Rotary Ride" in the Search Bar. ▲

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer who is wondering how he can fit all these rides into his schedule. Visit his website at krausgrafik.com.

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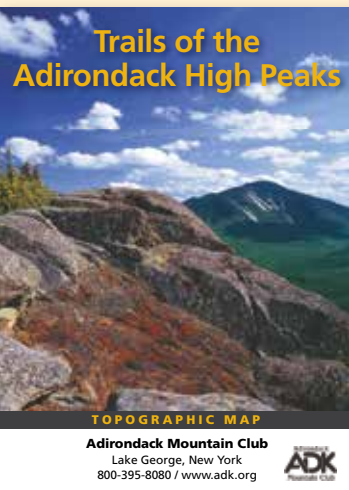
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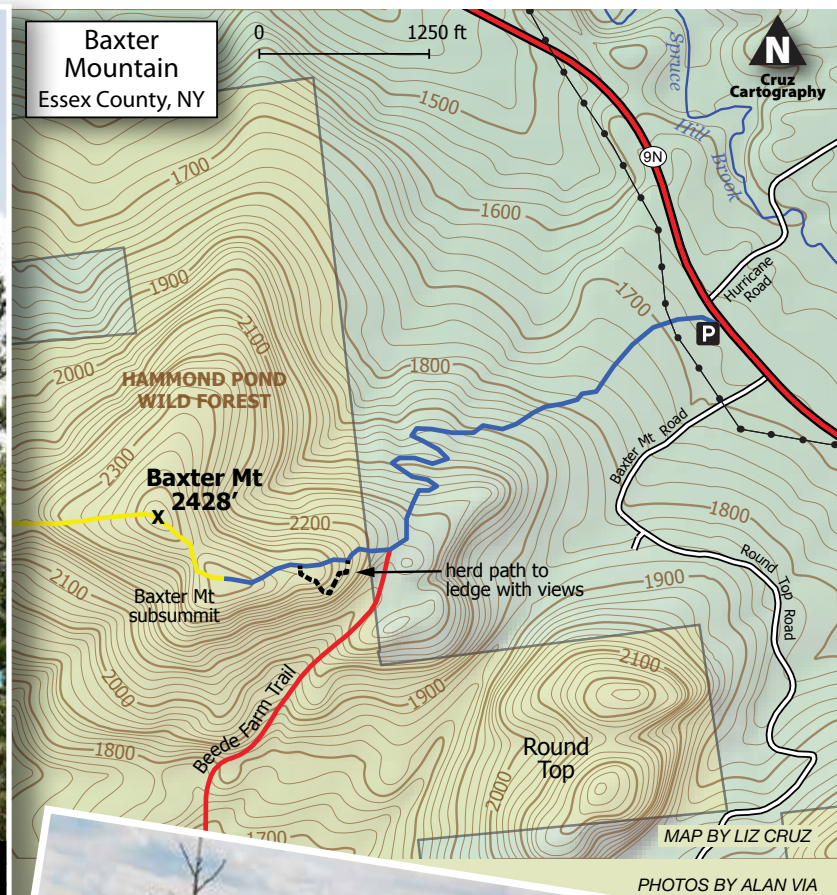
Baxter Mountain

An Adirondack Gem

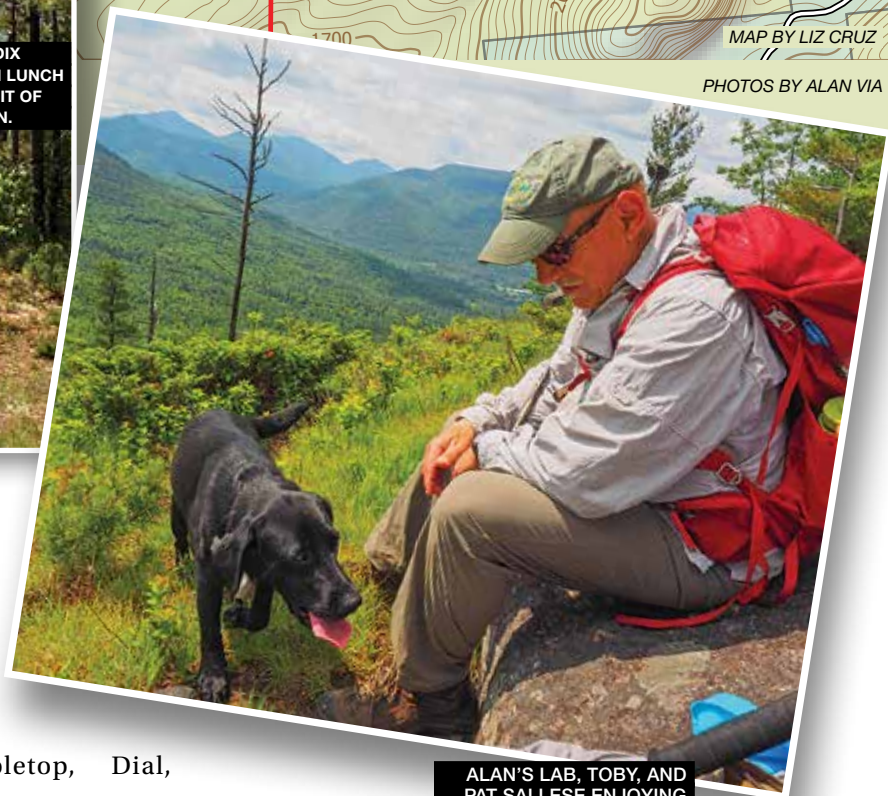
By Alan Via



NOONMARK AND DIX MOUNTAINS FROM LUNCH SPOT NEAR SUMMIT OF BAXTER MOUNTAIN.



MAP BY LIZ CRUZ
PHOTOS BY ALAN VIA



ALAN'S LAB, TOBY, AND PAT SALLESE ENJOYING VIEWS FROM ONE OF THE OFF TRAIL LEDGES.

Baxter Mountain is a hiker's gem located on the edge of the High Peaks between Keene and Keene Valley.

There are three trailheads for the mountain, this being the only easy one to locate. From the intersection of NY routes 73 and 9N, drive two miles east, uphill, on Route 9N. When the road stops climbing, look for the trailhead at 1,670 feet (N44 13.237 W073 44.947), marked by the prominent DEC sign. Parking is on a wide shoulder with enough room to handle vehicles for this popular hike. Because traffic on this busy highway is only steps from your car, it's important to keep children close and dogs leashed.

The trail begins in a shady conifer forest where the trail register is located. Beyond the register the trail crosses a power line right of way, and begins with a slow warm up, gaining less than 200 feet in the first 0.3 miles. In this first part of the hike you'll walk through a section of fragrant balsam, a pleasant sensation that brings a smile of recognition to everyone.

Considering the hiker traffic this popular destination receives, the trail is in remarkably good shape, but can be wet in places after periods of rain or snowmelt. A dog might be able to catch a drink in a puddle after a period of rain, but since there is no reliable water, carry some extra for Spot.

As you continue your hike, deciduous trees make their appearance, as maple, birch, and beech show up with

more frequency. At approximately 1,950 feet, the trail gradient steepens, with the ascent made easier by a series of well-placed switchbacks.

At 2,145 feet, there is a trail intersection (N44 12.959 W73 45.515). Straight ahead, red markers leads to Beede Road, one of the other difficult to locate trailheads. Make a right turn here and follow blue markers toward Baxter's summit. It's a stroll for the first 30 feet beyond the turn, and then the trail gets serious again right through the next switchback farther uphill.

A short distance ahead at 2,200 feet, there is a tall rock band – not the kind that plays music. The trail passes over it and can be slippery after rain (and treacherous if icy). At its base (N44 12.940 W73 45.577), there is an unmarked herd path on the left. A casual glance gives it the appearance of just another unmarked path to a view point, the kind you see on many trails. In this instance, the path leads to a ledge surrounded by blueberry bushes and wildflowers, and provides a view of Tripod Mountain over the summit of Round Top – and a few feet beyond you see the rocky cone and fire tower on Hurricane Mountain.

Like viewpoints everywhere, you step off the trail to take in the sights, shoot a few photos, and resume your hike. This time you'll discover a 0.2-mile unmarked path through flowers, berry bushes, and open ledges with almost continual mountain views: Giant, Hurricane, Dix Range, Noonmark,

Nippletop, Dial, Bear Den, Colvin, Blake, Lower and Upper Wolf Jaw, Armstrong, and more of the Great Range.

There are no trail markers, and a retired DEC forest ranger said that this path began as a winter detour in icy conditions. It should not be taken by hikers uncomfortable with unmarked paths or scrambling up sections of rock slab. The path rejoins the blue marked trail (near N44 12.927 W73 45.904), at an approximate elevation of 2,320 feet, where the marked trail turns rocky as you head toward Baxter's first, lower summit.

At the first summit (N44 13.020 W73 35.919), look around for a short path leading to another ledgy viewpoint. Nearby, another trail enters so be certain to bear right on what will now be yellow markers. The trail starts downhill contouring around the first summit, and then dropping less than 100 feet into a shady col, before climbing to Baxter's 2,428-foot high point.

This last section of pine-needled trail is bordered by blueberry bushes and bracken ferns as it wends its way through a couple of short ledges. You'll see two faded trail signs near the summit (N44 13.017 W73 45.924), one pointing toward to the Beede Ledge trailhead.

There are no views from the high point, but a long rock a few yards away may be your lunch spot of choice. You'll enjoy views of the Dix Range, Noonmark, and many of the other peaks seen earlier on the hike.

On the way back to your car, look for a large rock (N44 12.932 W73 45.669) on the first summit. There is a short herd path on the right that parallels the trail for 100 feet, providing some last great views, before it rejoins the blue trail back to the cars.

If you enjoy ferns and wildflowers, bring guidebooks to help identify the ferns, baneberry, trillium, cucumber root, wild sarsaparilla, bear berries, pale corydalis, and many more you'll see along the way. Baxter Mountain isn't a big day at three miles and 2,700 feet ascent, but after time in the woods here your senses will be filled! ▲

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

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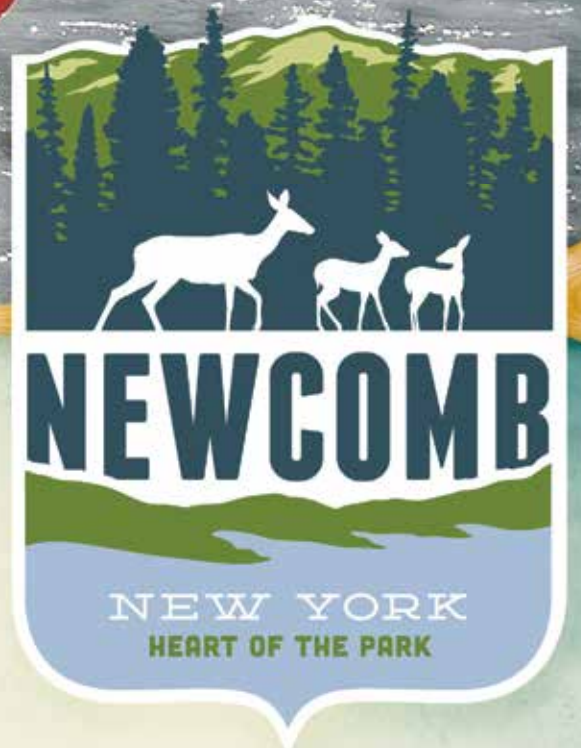
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