



# ADIRONDACK

## SPORTS & FITNESS

**FREE!**  
20,000 CIRCULATION

COVERING UPSTATE NEW YORK SINCE 2000

**SEPTEMBER**  
**2015**



A HIKER SURVEYS THE ADIRONDACK HIGH PEAKS LOOKING SOUTHWEST FROM THE SUMMIT OF NOONMARK.

# Noonmark Summit

## An Incomparable View

Visit Us on the Web!

**AdkSports.com**

Facebook.com/AdirondackSports

### CONTENTS

<b>1</b>	<b>Fall Hiking</b> <i>Noonmark Summit</i>
<b>3</b>	<b>Paddling &amp; Hiking</b> <i>Canoe Camp &amp; Hike: Gone to the Dogs</i>
<b>5</b>	<b>Around the Region News Briefs</b>
<b>5</b>	<b>From the Publisher &amp; Editor</b>
<b>6-10</b>	<b>CALENDAR OF EVENTS</b> <i>September to November Events</i>
<b>13</b>	<b>Hiking &amp; Backpacking</b> <i>Bennies Brook Slide</i>
<b>15</b>	<b>Athlete Profile</b> <i>Biking &amp; Skiing with Skip Holmes</i>
<b>17</b>	<b>Canoeing, Kayaking &amp; SUP</b> <i>Fall Paddling is the Best!</i>
<b>20-24</b>	<b>RACE RESULTS</b> <i>Top Finishers in 30 Events</i>
<b>25</b>	<b>Bicycling &amp; Mountain Biking</b> <i>Summer Wanes, Think Cross &amp; Gravel</i>
<b>26</b>	<b>Triathlon &amp; Duathlon</b> <i>Du It, Tri It, Love It</i>
<b>27</b>	<b>Running &amp; Walking</b> <i>Fall Races with a Difference</i>

By Dave Kraus

*In your dream you are standing on top of the world.*

You look out, around, and down, and all the lands of the earth are spread out before you. The peaks and valleys are spangled in all the colors of the season – green, red, yellow, orange, and everything in between. You could enjoy this view forever, and it all belongs to you.

“Hey Dave, how long do you want to stay up here?”

The shouted question drags you back to reality, way too soon, and you’re with a few friends on the bare summit of Noonmark Mountain, near Keene Valley. It’s a crisp, bright autumn afternoon, and you have timed the day just right in the foliage season. The midday sun lights up the Great Range spread out before you as you look west from the summit.

The air is so clear today it almost looks as if you could reach out and touch the closest ridge with Lower and Upper Wolfjaw, Armstrong and Gothics. Look down and the buildings of the Ausable Club are tiny boxes in the valley. Farther off are Haystack and Marcy, and off to your left are Dix and Nippletop to the south. Turn right to look north and you can see Keene Valley in the distance.

Turn around, walk a bit, and find a vantage point to see Giant and Rocky Peak. At 3,556 feet, Noonmark is not even one of the Adirondack 46, but its location and easy accessibility make it one of the best spots for a day hike to see the fall colors of the North Country in all their glory if you pick just the right day to go.

According to Adirondack Mountain Club’s “High Peaks Trails” hiking guidebook, “the prominent, pointed peak of Noonmark lies almost directly south of Keene Valley and therefore ‘marks noon’ when the sun is directly over the summit.”



A HIKER SILHOUETTED AGAINST THE AFTERNOON SUN AS SHE CLIMBS FROM THE ROUTE 73 TRAILHEAD TOWARDS ROUND POND.  
PHOTOS BY DAVE KRAUS/KRAUSGRAFIK.COM

I CAN'T RUN  
26.2 MILES  
BUT I WILL GO  
THE DISTANCE  
FOR YOU

Representing sellers, buyers, and those who won't quit.

**Walter Hertik**  
NYS Licensed Real Estate Salesperson  
55 Railroad Place, Unit #303  
Saratoga Springs, New York 12866  
Mobile 518-951-6623  
walter@topnetrealty.com  
topnetrealty.com



# OLD FORGE

## Central Adirondacks

**Start Point:**  
90-Miler Adk Canoe Classic Route  
Northern Forest Canoe Trail

**Spectacular FALL FOLIAGE**  
Hiking, Biking Driving Tours

**Magnificent Lakes and Mountain Vistas**



Family Friendly Waters

**McCauley Mountain  
Summer Scenic Chairlift**

Views to the High Peaks



Hiking Trails

Mt. Biking  
Picnic Areas

Go To: [OldForgeNY.com](http://OldForgeNY.com)  
Free Guide/Trip Planner

## St. Regis Canoe Outfitters



Guided Trips - Day and Overnight  
Outfitting - By the Piece or Package  
Camping & Backpacking Rentals  
Retail Paddlesports Shop  
New & Used Canoes, Kayaks & Gear  
New Adk Paddler's Map - South

73 Dorsey St, Saranac Lake  
(518) 891-1838 • (888) 775-2925  
[www.canoeoutfitters.com](http://www.canoeoutfitters.com)

**PLACID**  
BOATWORKS

Introducing  
the New  
**Ultra  
Line**

SpitFire Ultra

The Finest Paddling  
Boats on the Water  
Just Got Lighter!



**Come See the Light**

SpitFire 13 Ultra - 20 lbs    263 Station Street  
RapidFire Ultra - 22 lbs    Lake Placid  
Shadow Ultra - 22.5 lbs    518-524-2949

[www.placidboats.com](http://www.placidboats.com)



RUN IN THE FIRST ANNUAL

# SPATEN SPRINT 5K

Road race part of the Oktoberfest celebrations hosted by Wolff's Biergarten

*Saturday, Sept 26 • 10am*

**895 Broadway (and Ferry St) Albany, NY**

\$30 through 9/18, \$35 through 9/24

**Your Entry Fee Includes:**

- Race Entry
- Commemorative 5K Beer Stein
- Free Beer x 1 (or beverage - poured into above stein)
- Refreshments
- Chip timing by Green Leaf Racing
- Free access to North Albany Oktoberfest, 11am-7pm (\$20 value)

**Awards: Individuals**

- Overall: Top 3 male and female: \$150, \$100, \$50 cash
- Age Group: Top 3 male and female 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**Teams**

- Top 3 male and female (3 minimum to score): \$300, \$200, \$100

*This is a USATF-sanctioned event.*

Portion of Proceeds to benefit:



**SIGN UP: SPATENSPRINT5K.COM**

Volunteers: All receive a T-shirt, refreshments, and free entry into Oktoberfest (\$20 value)  
Please email: [jrvmillar@outlook.com](mailto:jrvmillar@outlook.com)

PADDLING & HIKING

# Canoe Camping and Hiking Gone to the Dogs



JAN AND MAV AT THE TOP OF LONG POND MOUNTAIN.



THE CARRY FROM SLANG TO LONG POND.

PHOTOS BY JOE MOORE/JAN FAILING

By Joe Moore

Having lived with dogs my whole life, I'm fairly certain they can read our minds. Not just sometimes, but most of the time.

And not only can they read minds, but they actively influence our behavior. Everything from the "Jedi mind tricks" they employ - sitting politely and staring alternately at the treat cupboard, then us, then back again - to the seemingly prescient, high-alert level they achieve the instant they get the slightest whiff something fun might happen soon.

Our three-year old chocolate lab, Maverick, is no exception. The normally calm Mav was on to us long before we even began to dig out our canoe camping gear. His excitement was palpable. Something fun was going to happen with me and my wife Jan, and he wasn't about to miss it!

No use trying to disguise the packing. It would have been futile anyway, as we dug through what seemed like endless stacks of plastic totes filled with dry bags, tents, camp stoves and tarps that we hadn't looked at since we picked up a small, used popup camper a few years ago. All this while being closely monitored by our very attentive friend. And the monitoring certainly didn't

stop when it came to packing the cooler - he's a Lab, after all.

Finally, it was time to stuff all of the gear into the back of the car and head out. Jan and I split the tent, bedding, food, firewood and cooking gear proportionately between our Placid Boatworks 12-foot SpitFire and 15-foot RapidFire canoes, balancing the loads fore and aft. The 80-pound Mav would ride in the bigger boat with me - or, would allow me to chauffer his canoe for the weekend. The goal was to paddle across Hoel Pond into Turtle Pond and set up camp before it got dark, or rained, or both.

As I told Mav to "hop in" and he settled onto his foam pad behind me in the canoe, I remembered back to his first spring. He was about six months old and had recently experienced swimming for the first time amongst the last remaining ice chunks in the Chubb River.

Shortly after that, Jan and I trained him to get into the canoe; he was reluctant at first, but didn't want to be left behind. When he refused to get into the boat initially, a couple of short laps around the pond while he was left chasing us up and down the shore, convinced him he didn't want to miss out. Some treats to coax him into the boat and onto a comfortable pad sealed the deal, and we were off. Back then, we kept the treat bag in



JOE AND MAV IN THE LOADED RAPIDFIRE.

the boat at all times to help ensure compliance with "boat rules."

The trip across Hoel, although a bit choppy, went smoothly. The RapidFire was loaded with about 400 pounds total; Jan's SpitFire had around 200 pounds - nowhere near its capacity. Did I mention we don't travel light? The portage up and over the railroad tracks between Hoel and Turtle ponds was uneventful, though not accomplished in one trip...

And we would have beaten the rain and the dark had we not built a fire upon arrival at our site and sat around having a cocktail.

Well worth the trade (one man's opinion, anyway!). Regardless, the tent was dry and cozy that night, with Mav taking his portion of the bed out of the middle.

The plan for the next day was to paddle through Turtle and Slang ponds, carry to Long Pond, and paddle across to the start of the carry to Mountain Pond. There, we would leave our boats, switch from sandals to hiking boots, walk to Mountain Pond, then climb Long Pond Mountain for some terrific views - and, hopefully, some ripe blueberries. Day-trippers can easily access

See PADDLING & HIKING, 19



**Quality Care  
Without the Wait!**

ADKUC.org

**Open 7 days a week - 9am to 9pm.**  
No appointment needed.  
Lower cost than the emergency department.

Phone: (518) 223-0155      Mt. Royal Plaza  
Fax: (518) 223-0195      959 Route 9, Suite O  
Queensbury, NY 12804



**STAND UP PADDLE BOARDS**  
Sales, Rentals and  
Lessons Available

*It's Always Summer at Patty's!*

**BOTE, DOYLE  
AND NAISH BOARDS**  
O'Brien Tubes, Skis and More

**PattysWaterSports.com • 518-656-9353 or 793-5452**

## Monomoy Island Excursions

Seal, Seabird and Harbor Cruises Cape Cod, MA



*Monomoy Island tours  
with an onboard guide*

**702 Route 28 • Harwichport (opposite Brax Landing) • Reservations Recommended!**  
**508-430-7772 • www.monomoysealcruise.com**

## ADIRONDACK

SPORTS & FITNESS





Get Your  
Adirondack  
Sports & Fitness  
Gear!

Gender-specific tech or cotton shirts \$10  
Black or white running hats \$10 • Car magnets \$2  
To order, call us at (518) 877-8788  
Apparel and promotion items produced by Screen Designs

CAPITAL DISTRICT YMCA

TROY YMCA 5K

5K Run • 3K Walk • Kid's Fun Run  
Saturday, October 31  
Starts at 9AM



Register Today!

www.CDYMCA.org



DO YOU ENJOY THIS TYPE OF ADVENTURE?



THEN YOU'LL LOVE THIS!



NEW YORK  
NATIONAL GUARD  
NATIONALGUARD.com  
1-800-GO-GUARD



CALLING ALL MOMS

Kristen and Helena with their babies

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

Get in shape. Meet moms. Fight cancer. join us: [teamintraining.org/moms](http://teamintraining.org/moms)

**INEW! Team In Training Saratoga County Group Run/Walk**  
Thursdays, Sept 17 & 24 at 6pm  
Saratoga Battlefield Visitor Center, Route 32, Stillwater  
**TNT Winter Season Kick-Off**  
Wednesday, Sept 23 at 6pm  
National Museum of Dance, 99 S Broadway, Saratoga Springs



MOMS IN TRAINING



40<sup>th</sup> Anniversary of STOCKADE-ATHON 15K

JOIN US ON SUNDAY, NOVEMBER 8, 2015 • 8:30 AM



Storm the Stockade

A classic loop course of Schenectady's historic neighborhoods and parks. the oldest major 15k road race in the USA.



An HMRRC premier event



ONLINE REGISTRATION	Opens Wednesday, July 1, closes Tuesday November 3
WALK-UP REGISTRATION	November 6 (last chance) @ Schenectady YMCA 4:00 pm - 7:00 pm
EARLY PACKET PICKUP	Saturday November 7 @ Fleet Feet Sports Albany 9:30 am - 4:00 pm (Kids Run registration only)
RACE DAY PACKET PICKUP & BAGGAGE CHECK	Sunday, November 8 @ Schenectady YMCA 7:00 am - 8:00 pm (No day of race registration)

Runner Perks

LONG SLEEVE MOCK TURTLE NECK - 100% COTTON FOR "AFTER RACE COMFORT" with Stockade-athon trademark color logo. Limited to the first 2000 registrants. Shirt size not guaranteed, more variety available at early packet pickup.

MVP HEALTH CARE - Running Cap

B-TAG CHIP TIMING - Net times with 5K, 10K splits.

HOT AND COLD - post-race refreshments. indoor location: Proctors Key Hall

USATF Regional Completion

OPEN MASTERS, AG, TEAMS

- \$6000+ awards presented race day by Fleet Feet Sports / Brooks
- \$1500 Team Prizes
- Handcrafted Pottery Awards: 5-year age Divisions
- 15K USATF ADK and HMRCC Grand Prix Event



MVP HEALTH CARE Saturday, October 17<sup>th</sup>, 2015 Saratoga Spa State Park Columbia Pavilion



5K & 10K Walk/Run 9:30 AM  
Kid's Fun Run following races

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that register for the 5 & 10K by 10/1!

\*\*IMPORTANT\*\*

Course maps & info. available online  
Race Limited to 2,000 Registrants  
NO DAY OF Registration

5K & 10K Fees: \$25 (by 10/1); \$28 (by 10/14 at 10am); \$30 (by 10/16 at 6pm)

Kids Fun Run Fees (12 & under) \$5

Register Online:  
[www.saratogabridges.org](http://www.saratogabridges.org)  
More information: 518.587.0723



Visit web site for event details and how to register

[www.stockadeathon.com](http://www.stockadeathon.com)

## AROUND THE REGION **News Briefs**

### Spaten Sprint 5K to Kick-Off Oktoberfest

ALBANY – The first annual Spaten Sprint 5K comes to Albany on Saturday, Sept. 26, and will kick-off the popular Oktoberfest celebration hosted each year at Wolff's Biergarten. The race will start/finish near Wolff's, with all runners given free admission to Oktoberfest for the day. In addition, participants will receive a commemorative Spaten Beer Stein, a complimentary beer post-race, post-race refreshments, and eligibility for awards.

The USTAF-sanctioned event will feature chip timing, entertainment, and \$1,800 in prizes for individuals and teams. Runners of all levels are encouraged to participate. The road race will head south on Broadway, before turning and heading north on North Pearl Street, through the North Albany neighborhood. It will continue on North Pearl Street before returning on the same route to the finish. Runners can form teams or run individually – and are encouraged to dress in their finest Bavarian clothing to celebrate the day. A portion of the proceeds will be donated to two local charities: Center for Disability Services and Epilepsy Foundation of Northeastern NY. Register at spatensprint5k.com. ▲

### Open House at Contemporary Athlete

HALFMOON – Contemporary Athlete owner and fitness trainer David Bender is hosting a free health and wellness Open House on Sunday, Sept. 13 from 11am-2pm to demonstrate what makes his strength and conditioning facility unique – namely, his strong belief in the important combination of health, exercise and nutrition. All are welcome, those new to fitness or well-conditioned, to see firsthand fitness demos focusing on strength, speed and indoor rowing. Scheduled classes are 45 to 90 minutes long, held Monday through Saturday in CA's large warehouse space. Nutritionist Lindsey Jones will explain her services and how to make healthy food choices that work for you. Also, representatives from 9 Miles East

Farm, who regularly offer healthy, nutritious, protein-packed meals available for purchase at Contemporary Athlete; Lansing Farm Market, a CSA (community-sponsored agriculture) that supplies seasonal vegetables to Contemporary Athlete; Spoon & Whisk, sharing information about their cooking classes to aid clients in preparing healthy meals; and Medical Thermography Associates, explaining how thermography can reveal a road map to improving health, wellness and life longevity. There will be giveaways and swag. Contemporary Athlete is located at 1613 Route 9, Suite B, Halfmoon, behind the Halfmoon Sandwich Shop. Reservation is appreciated but not required at (518) 334-1614 or pagewcommunications@gmail.com. Visit contemporaryathlete.com. ▲

### Flashlight 5K Night Run

LAKE GEORGE – Bring a flashlight, glow sticks and anything glow-in-the-dark for the Flashlight 5K on Saturday, Sept. 19. Starting in the dark at 7:30pm at the Lake George Village Firehouse, runners and walkers are encouraged to wear a costume, reflective gear or headlamps. Entrants will receive a glow stick necklace and bracelet plus T-shirt with glow in the dark ink – if registered by Sept. 7. Fireworks will follow at 9:15pm. The Flashlight 5K is family friendly. Go to adkracemgmt.com. ▲

### Tour de Habitat Returns

ALBANY – The Tour de Habitat cycling event to raise money to build homes and bring neighborhoods back to life will be held on Saturday, Sept. 26 with routes of 10, 25, 50 and 100 miles. With the exception of the 10-mile ride, each route tours both Albany and Rensselaer counties, in honor of the communities Habitat for Humanity serves. The 50-mile route is a looped route on road, travelling through Albany and Rensselaer counties. More-experienced riders will enjoy this route's moderate distance and elevation gain. The 100-mile route – the elite 100-mile Brewmaster route – will be led by Druthers' master brewer George de Piro. It's a challenging ride with significant elevation

gain, reserved for the most experienced riders. With rider support, Habitat for Humanity Capital District will build and rehabilitate more homes than ever before.

The ride provides full support, including rest stops with food and drink. Enjoy friendly volunteers, four fully supported routes, and an epic after-party with free food and beer at Druthers Brewing in downtown Albany. Riders of all levels are welcome to sign up and enjoy a beautiful fall ride, where there's something for everyone. Riders receive a Tour de Habitat T-shirt, a ticket to the post-ride party. Raise \$500 or more and receive an exclusive Tour de Habitat cycling jersey! For more info, go to habitatcd.org. ▲

### Dramatic Comedy "4000 Miles" at Capital Repertory Theatre

ALBANY – Amy Herzog's Obie Award-winning dramatic comedy, 4000 Miles, will be at the Capital Repertory Theatre from Friday, Sept. 25 through Sunday, Oct. 18. The play follows Leo's epic trek after he leans his bicycle against his grandmother's couch, winded from his travels, and nearly broken from his travails. The

100-minute play (a Pulitzer Prize finalist that has been grabbing laughs at regional theatres nationwide) is absolutely contemporary; what the Rep's producing artistic director Maggie Mancinelli-Cahill calls, "an unexpected Odd Couple for the 21st century." She continued, "It's a moving, funny story about unlikely people taking care of each other." 4000 Miles was TIME's #1 Play of 2012 and is being directed by Stephen Nachamie.

Preview performances for 4000 Miles take place Sept. 25-27 with opening night on Tuesday, Sept. 29. Performance times are 7:30pm Tuesday through Thursday; 8pm Friday and Saturday with matinees at 3pm on Saturday; 2pm on Sunday; and 2pm on Wednesday, Oct. 7. Tickets range from \$20 to \$60. Students with valid ID, \$16 all shows. Opening night includes live music in the café at 6:30pm, and complimentary post-show champagne and dessert. The Chef's Table performance on Tuesday, Oct. 6, includes live pre-show music and complimentary hors d'oeuvres for ticketholders, beginning at 6:30pm in the lobby. For tickets and info, call (518) 445-7469 or visit capitalrep.org. ▲

## FROM THE PUBLISHER & EDITOR

# Happy September!

It's been a fantastic summer! The wonderful stretch of weather played a big role. The other was because we enjoyed so much of what our region has to offer. We ran, biked, paddled, hiked, swam, enjoyed an Adirondack vacation, and took some daytrips.

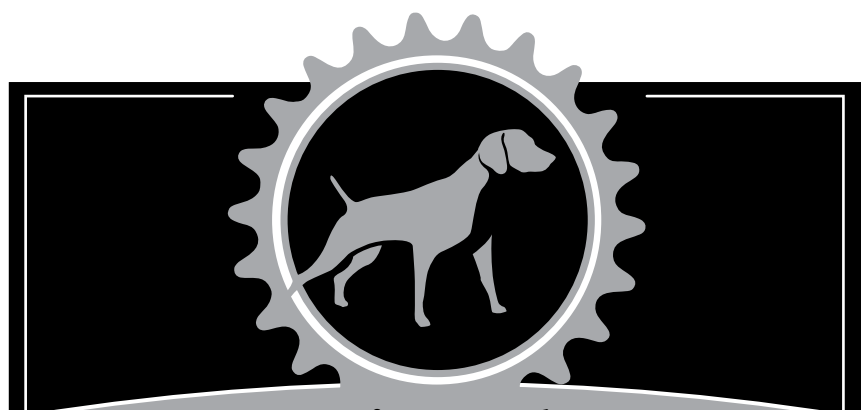
In this issue we've provided some great ideas to transition into fall's outings and races! Try a cross race, local run that makes a difference, a new gentle slide hike, duathlon – or prep for an outing with your dog! There are a variety of destinations, events and tips for this "best" season. This month's profile Skip Holmes "absolutely loves" both cycling and skiing seasons – "it's a lifestyle choice... to enjoy a long life."

Please support our unique mix of advertising businesses, organizations and events, and tell them where you saw their ad – your business and participation make this magazine and our expos possible.

Thank you,

*Darryl and Mona*

PINE ORCHARD.



**More than just a bike shop.**  
*The start of a true cycling community.*

## GREY GHOST BICYCLES

EXPERT SALES & SERVICE | PROFESSIONAL FITTING  
MTB, ROAD & TRIATHLON SPECIALISTS

206 Glen Street ■ Glens Falls, NY ■ 518.223.0148  
greyghostbicycles.com ■ facebook.com/greyghostbicycles

21st Annual 5k Run, 2 Mile Family Walk,  
Kids for the Cure® Dash and Sleep In for the Cure®

## Saturday, October 3, 2015

Empire State Plaza - Albany, NY



**21 Years Running  
1995-2015**

**Join us in the fight to end breast cancer**

**Register or volunteer at [komenNENY.org/register](http://komenNENY.org/register)  
For information, call 518.250.5379**

Use the code **ADKMAG2015** for \$5.00 off your race registration



**Local Honorary Chair:**  
Benita Zahn, WNYT Channel 13

PLATINUM SPONSOR



GOLD SPONSORS



## ADIRONDACK SPORTS & FITNESS

Locally Owned & Independent

Adirondack Sports & Fitness, LLC

15 Coventry Drive, Clifton Park, NY 12065

(518) 877-8788 • Fax (518) 877-0619

AdkSports.com • info@AdkSports.com

**AdkSports.com**  
Facebook.com/AdirondackSports

ISSUE #177

**Publisher/Managing Editor:** Darryl Caron  
**Editor:** Mona Caron

**Art Director:** Karen Chapman

**Contributing Writers:**

Dave Beals, Laura Clark, Kristen Hislop,  
Bill Ingersoll, Dave Kraus, Alan Mapes,  
Joe Moore

**Contributing Photographers:**

Jan Failing, Andrew Franciosa, Bill Ingersoll,  
Dave Kraus, Alan Mapes, Joe Moore,  
Jill Peck Vona

**Circulation:** Sheela Kulkarni, Sudhir Kulkarni,  
Brian Teague, Lindsay Waters

Adirondack Sports & Fitness is published 12 times per year  
with a monthly circulation of 20,000 copies. 2015 Adirondack  
Sports & Fitness, LLC. All rights reserved. ♻️ Please recycle.



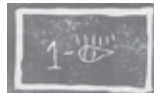
**Mohawk-Hudson  
Cycling Club**

all levels of  
ability welcome  
more than 300  
rides per year

join or renew online:

**MohawkHudson  
CyclingClub.org**

**8th Annual  
Lance Gregson  
1-Eye Classic**



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

Easy Does It (3+ miles): 11am  
Scenic Route (12 miles): 10:30am  
Lance's Loop (26 miles around lake): 9:45am  
Cyclist's Dream (40+ miles): 8:30am  
Lance's Challenge (60 miles): 8am  
Post-ride live music, picnic, raffle  
**SchroonLakeCycling.com**  
518-532-9479 • Rain or shine

**Catskill Mountain  
Cycling Challenge**



**September 19, 2015  
Catskill Recreation Center  
Arkville, NY**

Featuring 5 routes  
in the beautiful  
Western Catskills

Lunch  
Swimming Pool  
Rain or Shine

www.catskillrecreationcenter.org/  
catskill-mountain-cycling-challenge

**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**

**Calendar of Events  
September - November 2015\***

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

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

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

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

**ALPINE SKIING & RIDING**

**NOVEMBER**

28-29 Snow Sports Instructor Training Course. PSIA. Gail Setlock: 251-2444. Gore Mountain, North Creek. goremountain.com.

**BICYCLING: ROAD**

**ONGOING**

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

**SEPTEMBER**

- 4-7 Green Mountain Stage Race. 65-216M. Waitsfield, VT. gmsr.info.
- 11-12 Highlander Cycle Tour. Fri: 5M Mountain Time Trial. Sat: Quads Hilla Century, Corkscrew Century, Yodeler (41M), Mountaineer (30M MTB). Bristol Mountain, Canandaigua. highlandercycletour.com.
- 12 **Double H Ranch "Camp Challenge" Bike Ride & 5K Trail Run.** 62M: 8:30am. 30M: 9:30am. 5K: 11:30am. BBQ. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921 x269. doublehbranch.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. Catered lunch. Coesa Pavilion, 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, Schroon Lake. 532-9479. schroonlakecycling.com.
- 13 26th NYC Century Bike Tour. 100-35M. 6:30-8am starts. Central & Prospect parks, New York City. nyccentury.org.
- 15-16 Bicyclists Bring Business Roundtable & Bike-A-Round. Roundtable: Tues, 6-8pm. Ride: 10am on Erie Canalway. Proctors Theatre, Schenectady. ptny.org.
- 18-20 Adirondack 540. 136-544M. 8am. Alpine Country Inn, Wilmington. John Ceceri: 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 1st Brown's Brewing Covered Bridge Bicycle Tour. 50M: 10am. 30M: 10:30am. 20M: 11am. Brown's Walloomsac Brewery, Hoosick Falls. 413-314-3478. bikereg.com.
- 19 8th BikeFest & Tour of the Valley & Family Ride. 8-104M. Look Park, Northampton, MA. bikefest.nohobikeclub.org.
- 20 Stillwater Time Trial. 40K: 10:30am. Canal Rd, Stillwater. 413-314-3478. bikereg.com.

- 26 **Tour de Habitat.** 100/50/25/10M routes. Druthers Brewing, Albany. Habitat for Humanity Capital District: habitatcd.org.
- 26 Ride Run Walk 4 Love. 50/30M rides: 9am. 15M ride: 10am. 5K/10K run/walk: 9am. 1M kids' ride: 12:30pm. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. rrw4l.com.
- 26 4th Drops to Hops. 23-45M. 10am. Brewery Ommegang, Cooperstown. 607-547-2800. clarksportscenter.com.
- 26 7th Chatham Area Farm & Art Tour. 10am-4pm. A self-guided car & bike tour. chathamkeepfarming.org.
- 26 2nd Bike to Beer Benefit Ride. 25M/55M. Captain Lawrence Brewing Co, Elmsford. 914-400-4113. eatlocalny.com/events.
- 26 Hungry Lion Bike Tour. 8:30am. 4 routes. Town Hill, Whitingham, VT. hungrylionbiketour.com.
- 27 **5th Columbia County Rotary Ride.** 10M & 30M road or 62M gravel grinder lite. Benefits CYCLE Kids 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.
- 10 5th Octoberfest 40K Bike. 9:30am. Plus, Half Marathon, 5K & 10K: 9am. Peru Fire Dept., Peru. runoctoberfest.com.
- 17 Tour de Vine. Ride, wine tasting, lunch. 20M. 10:30am. Amorici Vineyard, Easton. 413-314-3478. bikereg.com.
- 24-25 Haunted Hundred Overnight Century. 6pm. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkulttracycling.com.

**HEALTH & FITNESS**

**ONGOING**

- Daily Yoga Classes & Workshops.** True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa Strength, Speed & Rowing Classes.** Contemporary Athlete, Halfmoon. 365-3890. contemporaryathlete.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.
- Mon Ski Fusion: Yoga & Functional Fitness Class.** 5:30pm. Solstice Yoga at Tannery Pond CC, North Creek. Michele Pearsall: 607-287-1960. pearsamd@gmail.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Wed Gentle Yoga Class.** 10am. Solstice Yoga at Tannery Pond CC, North Creek. Michele Pearsall: 607-287-1960. pearsamd@gmail.com.
- Thu Vinyasa Flow Yoga Class.** 3:30pm. Solstice Yoga at Tannery Pond CC, North Creek. Michele Pearsall: 607-287-1960. pearsamd@gmail.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

**SEPTEMBER**

- 7 6th Labor Day Memorial WOD. Workout: 9am. CrossFit Beyond, Albany. crossfitbeyond.com.
- 13 **Contemporary Athlete: Open House.** 11am-2pm. Free. Classes, trainers, nutritionist, health, door prizes. Contemporary Athlete, Halfmoon. 365-3890. contemporaryathlete.com.
- 17 Motivation, Inspiration & Success through Mental Training Clinic. 7pm. Athleta, Albany. 452-2190. hislopcoaching.com.

**OCTOBER**

- 3-4 Ahimsa Yoga & Music Festival. Windham Mtn Resort, Windham. 779-3511. ahimsayogafestival.com.
- 8 National Multiple Sclerosis Society Upstate NY Health & Wellness Fair. 3-7pm. Holiday Inn Express & Suites, Latham. Aaron Ward: 464-1232. nmss.org.

**THE HUB**  
27 Market St. Brant Lake, NY

**BICYCLE REPAIR  
CAFE  
CRAFT BEER ON TAP  
WINE LIST  
ICE CREAM**

518 494 4822  
theHubAdk.com

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

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

Chamber of Commerce/Office of Tourism,  
Routes 30 & 8, Box 184, Speculator, NY  
At the crossroads of two Scenic Byways  
518-548-4521 • speculatorchamber.com

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

**Rick's Bike Shop**

Mountain, Road, Hybrid, Kids, BMX  
**TREK • SPECIALIZED  
EASTERN • STOLEN**  
Expert Repair Work on All Brands  
Corner of Quaker Rd and Ridge Rd  
Queensbury  
**www.ricksbikeshop.com**  
(518) 793-8986

**Tour de Daggett Lake**  
Ride for Rosie's 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

## Drinking Water Treatment Filter

ADVANCED PURIFICATION SYSTEMS - ALBANY

Turn any fresh water source into clean, safe drinking water!

- Back washable, not disposable
- Hollow fiber membrane 0.1 micron
- Removes turbidity, bacteria and cysts

Ideal for hiking, camping and international travel

Reg. \$99.99, Now \$37.99!  
Most credit cards accepted

Order Yours Today! (518) 879-4420  
AdvancedPurificationSystems.com



**Saturday, September 12**  
Saratoga Train Station  
Saratoga Springs, NY

**CYCLE FOR LIFE**  
CYSTIC FIBROSIS FOUNDATION

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

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

## PlacidPlanet BICYCLES All 2015 Bikes ON SALE!

★ Fat Bikes In Stock ★

Cervelo • Kona • Cannondale • Trek • Felt  
Santa Cruz • Specialized • S Works • Shinola

Incredible Selection and Fabulous Service!

2242 Saranac Ave, Lake Placid  
(518) 523-4128 • PlacidPlanet.com



### HIKING & ROCK CLIMBING

ONGOING

Various "The 46ers" A Film Documentary by Blake Cortright.  
Screenings: 9/4, 7pm: Center for the Arts, Lake Placid; 9/12, 7 & 9pm: Madison Theater, Albany; 9/19, 2pm: Capitol Theater, Rome; 9/24, 7pm: Wood Theater, Glens Falls; 9/26, 11:30am: North Park Theater, Buffalo; 10/3, 3pm: Little Theater, Rochester; 10/9, 8pm: IFP NY Media Center, Brooklyn; 10/24, 7:30pm: Whallonsburg Grange Hall, Essex. the46ersfilm.com.

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.
- 12 On the Trail to the Monitor History Hike w/Morris Glenn. 10am-1pm. Penfield Museum, Crown Point. champlainareatrails.com.
- 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.
- 24 Owl Prowl Evening Hike. 6pm. CATS Black Kettle Farm Trail, Essex. champlainareatrails.com.
- 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.

OCTOBER

16-18 Appalachian Mountain Club Fall Gathering. Hiking, cycling, paddling. Camp Chingachgook, Kattskill Bay. AMC Mohawk Hudson Chapter. Susan Bonk: 674-0042. outdoors.org.

### MOUNTAIN BIKING & CYCLOCROSS

SEPTEMBER

- 6 **Poor Man's Downhill Shuttles.** 1-4pm. Leepoff Cycles, Wilmington. Mark Nassan: 576-9581. whitefaceregion.com.
- 12 Green Mtn Challenge MTB6. 9:30am. Pittsfield, VT. peakraces.com.
- 13 **Kirkland Cyclocross.** NYCROSS Race Series #1. Kirkland Town Park, Kirkland. nycross.com.
- 13 Battle of Plattsburgh MTB Race. 18.12M. 10:15am. Ausable Chasm, Keeseville. ausablechasm.com.
- 6 **Poor Man's Downhill Shuttles.** 1-4pm. Leepoff Cycles, Wilmington. Mark Nassan: 576-9581. whitefaceregion.com.
- 19 Dewey Mountain BikeFest. Dewey Mountain, Saranac Lake. deweymountain.com.
- 20 Crossestock Festival. 40min. 1528 Hermance Rd, Galway. 421-0319. hrrtonline.com.
- 27 **5th Columbia County Rotary Ride.** 10M & 30M road or 62M gravel grinder lite. Benefits CYCLE Kids at Ichabod Crane ES. Volunteer's Park, Valatie. ktvrotary.org or bikereg.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.

### MULTISPORT: TRIATHLON & DUATHLON

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 Shag Sprint Adventure Race. 9am. 24/12/4-6 hr. MTB, paddle, orienteering. Blue Mt Reservation, Peekskill. nyara.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.
- 19 Duathlon Clinic. 9am. Race prep, transitions, bike handling. Vischer Ferry Firehouse, Clifton Park. 280-9679. hislopcoaching.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. nytc.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. nytc.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.
- 18 Carl Hart Fall Duathlon. 1.8M run, 10.5M bike, 1.8M run. 9am. Heckscher SP, East Islip. eventpowerli.com.
- 18 The Toga Duathlon. 5K run, 15M bike, 5K run. 8:30am. Rockland Lake SP, Valley Cottage. raceawesome.com.
- 24 31st Central Park Duathlon. 2M run, 12M bike, 2M run. Central Park, New York. nytc.org.

NOVEMBER

- 8 Prospect Park Fall Duathlon, 5K & 10K Runs. Sprint, International, Classic Du. Prospect Park, Brooklyn. 347-276-7523. citytri.com.

### NORDIC: CROSS COUNTRY & ROLLERSKIING

SEPTEMBER

- 20 9th Whiteface Climb to the Castle Rollerski Race. 8am. Freestyle. 5M. 8% grade. Whiteface Toll Booth, Wilmington. Margaret Maher: 523-1900. nysef.org.
- 27 NYSSRA Nordic Fall Meeting. 12pm. Siena College, Loudonville. Tim Huneck: thuneck@nycap.rr.com. nyssranordic.org.

OCTOBER

- 31 NWVE 1-Mile Uphill Roller Ski Time Trial. Plus, Double-pole, No Pole & Freestyle time trials. 9am. Damian Bolduc: 802-658-1753. nwve.org.

## NYCROSS 2015 Race Series

10th anniversary! Don't miss New York's most fun cross series!

Sept 13 - Kirkland Cyclocross

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



Serving Cycling Daily

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

Challenge Yourself  
Change the Life of a Child

30 Mile and 62 Mile Routes

All proceeds to benefit the



Camp  
Challenge

SEPTEMBER 12, 2015

at the Double H Ranch in Lake Luzerne, New York

Register at [www.doublehranch.org](http://www.doublehranch.org)

Camp Challenge Ride Sponsored by:

Neil and Jane Golub  
Victor and Yvette Hershaf  
Dan and Jan Lewis  
Vince and Patty Riggi  
Ron and Michele Riggi  
The Yulman Family



## CLEARANCE SKI SALE!

2015 Skis, Boots & Apparel Up to 50% Off!

It's Time for Junior Season  
Ski Rentals!

Priced from \$99.99

Rt. 7, Latham  
2 Miles West of  
Northway Exit 6  
785-0501  
[www.HighAdventureSBP.com](http://www.HighAdventureSBP.com)

HIGH  
ADVENTURE  
SKI & BIKE

STORE HOURS:

Mon - Fri: 10-7  
Sat: 10-5  
Sun: 12-5

VISA

Core . Innovate . Educate

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](http://goodkarma5k.eventbrite.com)**  
\$25 by 9/11 or \$30 day of race • 518-383-3722 • [goodkarma5k@gmail.com](mailto:goodkarma5k@gmail.com)  
Benefits AIM for Seva ([aimforseva.org](http://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.

## 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](http://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

Enjoy a full day in the Catskills!

[www.catskillrecreationcenter.org/tri-a-thon-triathlon](http://www.catskillrecreationcenter.org/tri-a-thon-triathlon)

## Back in Balance

THERAPEUTIC MASSAGE

### Advanced Training & Experience

Make All the Difference!

Enjoy \$10 OFF your first 60 minute, 90 minute or Hot Stone Massage Session.

Proudly Serving the Capital District Since 1996

Call us Today to Schedule Your Session!  
**518-371-6332**  
Open 7 Days a Week • 1427 Route 9 • Clifton Park  
**BIBTherapeuticMassage.com**

Caring Together 14th Annual

## Teal Ribbon 5K Run & 1-Mile Walk

For Ovarian Cancer Awareness & Research

Sunday, Sept. 13 • 9am  
Washington Park, Albany

T-shirts to first 600 registered  
Chip timing for all runners  
Individuals: \$17 by 9/1, \$25 after  
Team Members: \$15 by 9/1, \$25 after  
Children: \$5 ages 10-under

**To Register: [FinishRight.com](http://FinishRight.com)**  
**To Donate: [FirstGiving.com/CaringTogether](http://FirstGiving.com/CaringTogether)**

## Challenge Yourself

Change the Life of a Child

SEPT. 12, 2015

at the  
Double H Ranch in Lake Luzerne, New York

### 5K RUN

All proceeds to benefit the

Register at [www.doublehranch.org](http://www.doublehranch.org)  
Presented by Adirondack Partners

Saturday, September 19

RPI Tech Park  
Rt. 4, North Greenbush, NY

9:00 AM 5K Run or Walk  
10:00 AM One Mile Fun Run/Walk/Roll

## Arc in the Park 5K

The Arc of Rensselaer County

USATF CERTIFIED COURSE 2015 SANCTIONED EVENT

T-shirts & Swag Bags  
Team & Individual Categories with great prizes  
Onsite Family Activities

**REGISTER TODAY!**  
[www.renarc.org](http://www.renarc.org)

## NOVEMBER

- 22 11th Kingston Roller Ski Races. 12pm. 5K Classic, 10K Skate & 2K Novice. [kingstonnordic.blog.spot.com](http://kingstonnordic.blog.spot.com).

## OTHER EVENTS SEPTEMBER

- 4-7 **Family Weekend.** Canoeing, hiking, archery, rock climbing, more. Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 5-6 Lake George Brewfest. 5-9pm. Charles Wood Park, Lake George. [lakegeorgebrewfest.com](http://lakegeorgebrewfest.com).
- 12-13 **Saratoga Native American Festival.** Free. Victoria Pool Mall, Saratoga Spa SP, Saratoga Springs. [saratoganativefestival.com](http://saratoganativefestival.com).
- 18-20 **Fall Women's Weekend on Lake George.** Many activities. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

## OCTOBER

- 3 Albany Natural Bodybuilding Championships. 2pm. UAlbany PAC, Albany. 810-6123. [albanynatural@hotmail.com](mailto:albanynatural@hotmail.com).
- 10 Ultimate Field Day. Teams: Tug-of-war, soccer, basketball, obstacle course. 9-11am or 12-2pm. Bruno Stadium, Troy. Nicolle Kaufmann: 786-6759. [ultimatefieldday.com](http://ultimatefieldday.com).
- 10-11 **Gore Harvest Fest.** Gore Mountain, North Creek. 251-2441. [goremountain.com](http://goremountain.com).

## PADDLING: CANOE, KAYAK & SUP SEPTEMBER

- 11-13 Adirondack Canoe Classic: The 90-Miler. Competitive & touring. Old Forge to Saranac Lake. [macscanoe.com](http://macscanoe.com).
- 12 **Women's Kayaking Day.** Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 19 **11th Paddle for the Cure.** 9am. Leisurely 2M canoe/kayak on Moose River. Benefits Carol Baldwin Breast Cancer Research Fund of CNY. Mountainman Outdoors, Old Forge. Janice Sell: 315-415-3157. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).
- 20 St. Regis Canoe Classic. 4.7M/7M/11M. 10am. Paul Smith's College, Paul Smiths. [slvpaddlers.org](http://slvpaddlers.org).
- 26 Long Lake Long Boat Regatta. 10M. 11am. Municipal Beach, Long Lake. [macscanoe.com](http://macscanoe.com).

## RUNNING, TRAIL RUNNING & WALKING ONGOING

- Daily Training Facility.** Viking Obstacle Course. Sunny Hill Resort, Greenville. 634-7642. [sunnyhill.com](http://sunnyhill.com).
- Daily Nark Running Strategies: Marathon/Half Training.** Mat Nark: 470-8659. [narkrunningstrategies.com](http://narkrunningstrategies.com).
- Daily Fleet Feet Distance Project: 10K/15K & No Boundaries 5K.** Fleet Feet Albany & Malta. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- Wed Fleet Feet Running Club.** 6pm. Locations vary. Fleet Feet Albany & Malta. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

## SEPTEMBER

- 5 **6th 5K Run for the Horses.** 8:30am. 0.5M kids' fun run: 8am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. [trfinc.org/5k](http://trfinc.org/5k).
- 5 Voorheesville 5K Cross Country Challenge. 9am. Wallace Park, Voorheesville. Phil Carducci: 861-6350. [active.com](http://active.com).
- 5 CM5K Run/Walk. 9:30am. Waterfront Park, Northville. [cm5krace.com](http://cm5krace.com).
- 6 Capital District Scottish Games 5K. 10:30am. Altamont Fairgrounds, Altamont. Rebecca Schenck: 669-1470. [scotgames.com](http://scotgames.com).
- 6 Biggest Loser RunWalk: Half Marathon & 5K. Buffalo. [biggestloserrunwalk.com](http://biggestloserrunwalk.com).
- 7 27th SEFCU Foundation Labor Day 5K. 9am. SEFCU Headquarters, Albany. John Parisella: 269-1904. [hmrrc.com](http://hmrrc.com).
- 7 1st 2-Mile Walk/Run to benefit Fast Break Fund. 9:30am. CrossFit Round Lake, Round Lake. Melissa Manzer: 607-624-5308. [crossfitroundlake.com](http://crossfitroundlake.com).

## 8 No Boundaries Training Program: Info Night. 7:30pm.

- Fleet Feet, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 10 **No Boundaries Training Program: Info Night. 7:30pm.** Fleet Feet, Malta. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 12 **1st Good Karma 5K Run/Walk.** 9:30am. Yoga Warmup: 9am. Indian food, henna, vendors. Benefits AIM for Seva. Halfmoon Town Park, Halfmoon. 383-3722. [goodkarma5k.eventbrite.com](http://goodkarma5k.eventbrite.com).
- 12 **6th Malta 5K Run & Walk.** 8:30am. Malta Business & Professional Assn. HVCC TEC-SMART, Malta. Paul Loomis: 472-4807. [malta5k.com](http://malta5k.com).
- 12 **Double H Ranch "Camp Challenge" 5K Trail Run & Bike Ride.** 5K: 11:30am. 62M: 8:30am. 30M: 9:30am. BBQ. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921 x269. [doublehranch.org](http://doublehranch.org).
- 12 **1st Old Forge Half Marathon & 5K Trail Run.** 8:30am. Hildebrand Rec Center, Old Forge. [willowhwc.com](http://willowhwc.com).
- 12 3rd YOUth Make A Difference 5K. 10am. Kids' run: 9:30am. Town Hall, North Greenbush. [townofng.com](http://townofng.com).
- 12 Get Your Rear in Gear 5K. 8:20am. Saratoga Spa SP, Saratoga Springs. 390-7471. [events.getyourrearingear.com](http://events.getyourrearingear.com).
- 12 4th Sitrin's Stars & Stripes Run. 9:45am. 2M walk: 10am. 5K wheelchair: 9:30am. Adaptive Sports Symposium: 8am-1pm. SUNY Polytechnic Institute, Marcy. 315-737-2245. [sitrin.com](http://sitrin.com).
- 12 Lake Placid Classic Half Marathon & 10K. 9am. Walkers: 8:30am. Oval to Horse Show Grounds, Lake Placid. 897-2685. [lakeplacidclassic.com](http://lakeplacidclassic.com).
- 12 7th Running for Recovery. 5K/10K. 9am. Jefferson Co Fairgrounds, Watertown. 315-782-8440. [watertownurbanmission.org](http://watertownurbanmission.org).
- 12 37th Maple Leaf Half Marathon & Kotler 5K. 13.1M/5K. 8am. Dana Thompson Rec Park, Manchester Center, VT. 802-362-6313. [active.com](http://active.com).
- 12 Kerhonkson Day 5K. 9:15am. Firehouse, Kerhonkson. Gregg Kenney: 845-943-9242. [friendsofkerhonkson.org](http://friendsofkerhonkson.org).
- 12 Glen Iris 5K. Letchworth SP, Castile. 585-493-5466. [castilelibrary.blogspot.com](http://castilelibrary.blogspot.com).
- 13 **14th Teal Ribbon 5K Run & 1M Walk.** 9am. Ovarian cancer awareness & research. Washington Park, Albany. Jim Foley: 783-7600. [caringtogetherny.org](http://caringtogetherny.org).
- 13 **44th HMRRC Anniversary Races.** 2.95M & 5.9M. 9am. Gym, UAlbany, Albany. Pat Glover: 877-0654. [hmrrc.com](http://hmrrc.com).
- 13 **13th Ty Yandon Memorial 5K Run/Walk.** 9am. Part of Teddy Roosevelt Celebration: 9/11-13. Newcomb Overlook, Newcomb. Kevin Bolan: 582-2991. [newcombny.com](http://newcombny.com).
- 13 WWAARC 5K. 10am. Glens Falls YMCA, Cole's Woods, Glens Falls. Michelle Bielawa: 935-4349. [wwaarc.org](http://wwaarc.org).
- 17 **Team In Training Saratoga County Group Run/Walk.** 6pm. Saratoga Battlefield, Stillwater. Elizabeth Spaide: 438-3583. [teamintraining.org](http://teamintraining.org).
- 18 Glow Back To School 5K. 7:30pm. SACC, Stillwater. Aimee Salecker: 664-2515. [stillwaterareacommunitycenter.org](http://stillwaterareacommunitycenter.org).
- 18-19 Shawangunk Ridge Trail Run/Hike. 20M/32M/50M/74M. High Point SP, NJ to Rosendale. 646-784-0341. [srtrunhike.com](http://srtrunhike.com).
- 19 **Brenda Deer Memorial 5K Run.** Plus, 3K walk & 1M kids' run. 5K/3K: 10am. Guelderland YMCA, Guelderland. 456-3634. [finishright.com](http://finishright.com).
- 19 **Arc in the Park 5K Run or Walk.** 9am. Solo & teams. 1M run/walk/roll: 10am. RPI Tech Park, North Greenbush. 274-3110 x3028. [renarc.org](http://renarc.org).
- 19 **38th Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship Race. Laurel Ave School, Northport. [cowharborrace.com](http://cowharborrace.com).
- 19 **Flashlight 5K.** 7:30pm. Bring flashlight, glow sticks, run at night! Fireworks: 9:15pm. Lake George Village Firehouse, Lake George. [adkracemgmt.com](http://adkracemgmt.com).
- 19 Nisky Fall Fun Run 5K. 5:30pm. Plus, 1M & 50yd Dash. Niskayuna Town Hall, Niskayuna. 386-4526. [niskayuna.org](http://niskayuna.org).
- 19 2nd Patriot Ruckmarch. 9.8M: 12:30pm. 24.8M: 8:30am. With or without 35lb rucksack. Pig roast: 4-6pm. Sullivan Jones VFW, Poestenkill. 545-6781. [heroesathomerensco.com](http://heroesathomerensco.com).

Hudson-Mohawk Road Runners Club

## Anniversary Races

2.95 & 5.9 Miles  
Sunday, Sept. 13 – 9am  
Gymnasium, UAlbany

**HMRRC 44th Annual Celebration!**

Commemorative glassware to first 125

Free HMRRC, \$5 non-members  
Register day of race only  
Pat Glover: 877-0654 or [pjglove@aol.com](mailto:pjglove@aol.com)

FOURTH ANNUAL

## Mario Zeolla '97 5K Run/Walk

Saturday, Sept 26 • 9am

Albany College of Pharmacy & Health Sciences  
106 New Scotland Ave, Albany

\$20 by 9/25 • \$25 event day  
All 5K participants receive T-shirt

**Register: [acphs.edu/healthexpo](http://acphs.edu/healthexpo)**  
Sponsored by ACPHS  
Health & Wellness Expo: 10am - 2pm  
Benefits Mario Zeolla '97 Memorial Scholarship



41ST ANNUAL  
Utica Roadrunners  
**Falling Leaves**  
ROAD RACE  
**Sunday September 27**  
**Radisson Hotel, Utica**  
USATF Certified 5k: 9am • Scenic 14k: 8:50am  
& Kids Kilometer Fun Run: 8:30am  
*Atayne long-sleeve tech shirts to first 1500 registered*  
Info/Register: [UticaRoadrunners.org](http://UticaRoadrunners.org)  
or [RunSignUp.com](http://RunSignUp.com)

8th Annual  
**Hometown 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

**HEROES FOR HEALTH****...NOT YOUR AVERAGE RUN IN THE PARK**

Join us on October 4, 2015 for a fun, superhero themed obstacle run at Prospect Park in Troy, NY.

You could win a prize for best costume!

Visit [www.classy.org/heroes2015](http://www.classy.org/heroes2015) to register as an individual or on a team.**STUDENTS SAVE \$5**

Proceeds will benefit Whitney Young Health's programs.

For more info, email [events@wmyhealth.org](mailto:events@wmyhealth.org) or call (518)591-4472.

- 19 Run To Remember 5K. 8am. East Campus Village, RPI, Troy. Donna Carr: 256-0568. [run2remember.com](http://run2remember.com).
- 19 Backpack Run 5K/10K. 9am. Theresa Primary School, Theresa. [thebackpackrun.com](http://thebackpackrun.com).
- 19 12th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. Steve Eustis: 802-878-4385. [gmaa.net](http://gmaa.net).
- 20 **The Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half marathon & 5K run/walk. 7:45am. High Rock Park, Saratoga Springs. [thesaratogapalio.com](http://thesaratogapalio.com).
- 20 **8th Hometown Heroes 5K Run & Walk.** 9:15am. Solo/teams. Crossings Park, Colonie. Kathy Andonie: 368-5513. [nyfrc-inc.org](http://nyfrc-inc.org).
- 20 Albany Autism Society 5K Run/Walk. 9am. Central Park, Schenectady. [albanyautism.org](http://albanyautism.org).
- 20 37th Dutchess County Classic Half Marathon & 5K. Arlington HS, Lagrangeville. 914-456-0708. [mhrrc.org](http://mhrrc.org).
- 20 Delta Lake Half Marathon. 9am. Delta Lake SP, Rome. 315-337-3658. [romanrunners.com](http://romanrunners.com).
- 20 I Run For Half Marathon. 8am. Maine Park, Maine. Steve Seepersaud: 607-595-0166. [irunforhalfmarathon.com](http://irunforhalfmarathon.com).
- 20 4th Run10 Feed10 Event. 10K: 7am. Pier 84, Hudson River Park, New York City. [run10feed10.com](http://run10feed10.com).
- 20 Hat Trick Challenge 5K. 11am. US Oval, Plattsburgh. [adironackcoastevents.com](http://adironackcoastevents.com).
- 22 **No Boundaries Training Clinic.** 7:30pm. Fleet Feet, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 23 **Team In Training Winter Season Kick-Off - Walt Disney World Marathon Weekend.** 6pm. 5K, 10K, half marathon, marathon. Learn how you can save lives and participate in a once in a lifetime event. National Museum of Dance, Saratoga Springs. Liz Spaide: 438-3583 x2557. [teamintraining.org/uny](http://teamintraining.org/uny).
- 24 **No Boundaries Training Clinic.** 7:30pm. Fleet Feet, Malta. 400-1213. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 24 **Team In Training Saratoga County Group Run/Walk.** 6pm. Saratoga Battlefield, Stillwater. Elizabeth Spaide: 438-3583. [teamintraining.org](http://teamintraining.org).
- 25-26 **Ragnar Adirondacks.** 200M. 6 & 12 person relay. Saratoga Spa SP, Saratoga Springs to Lake Placid Horse Show Grounds, Lake Placid. [ragnaradk.com](http://ragnaradk.com).
- 26 Ausable Chasm 5K Run, Ruck or Walk. Ausable Chasm. [adironackcoastevents.com](http://adironackcoastevents.com).
- 26 **1st Spaten Sprint 5K.** 10am. Part of North Albany Oktoberfest. Wolff's Biergarten, Albany. Green Leaf Racing: 290-0457. [spatensprint5k.com](http://spatensprint5k.com).
- 26 **22nd FAM 5K "Fund" Run/Walk.** 10am. Benefits Catskill Area Hospice & Palliative Care. Refreshments, entertainment, Brooks BBQ & kids' run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. [fam5k.com](http://fam5k.com).
- 26 **Adirondack Marathon Distance Festival.** 5K/10K Races. Municipal Center, Chestertown. [adironackmarathon.org](http://adironackmarathon.org).
- 26 **4th Mario Zeolla '97 5K Run/Walk.** 9am. Health & Wellness Expo: 10am-2pm. Albany College of Pharmacy & Health Sciences, Albany. [acphs.edu/healthexpo](http://acphs.edu/healthexpo).
- 26 Maddie's Mark 5K Run/Walk & Fall Festival. 10am. Kid's Mile: 9am. Family Walk: 10am. Central Park, Schenectady. Jennie Heidebreder: 698-1478. [maddiesmark.org](http://maddiesmark.org).
- 26 8th Ride Run Walk 4 Love. 50/30M rides: 9am. 15M ride: 10am. 5K/10K run/walk: 9am. 1M kids' ride: 12:30pm. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. [rrw4l.com](http://rrw4l.com).
- 26 CRSS Race for Hope 5K. 10am. Slingerlands. 439-4326. [capitalregionspecialsurgery.com](http://capitalregionspecialsurgery.com).
- 26 Menands Monster Mile & 5K Run/Walk. 1M: 10am. 5K: 10:30am. Ganser Smith Park, Menands. [cdccc.org](http://cdccc.org).
- 26 Walk to End Alzheimer's. 2M or 0.5M. 12pm. Siena College, Loudonville. 800-272-3900. [alzwalknny.org](http://alzwalknny.org).
- 26 MHRRC Sports Museum Hall of Fame 5K. 8:45am. Van Wyck Trailhead, Dutchess Rail Trail, Poughkeepsie. [mhrrc.org](http://mhrrc.org).
- 26 3rd Hawthorne Valley Let's Move 5K Walk & Run. Hawthorne Valley School, Ghent. [hawthornevalleyassociation.org](http://hawthornevalleyassociation.org).

- 27 **Adirondack Marathon Distance Festival.** Sun: Marathon, Half, 2-4 Person Relays. (Sat: Expo & Kids' Fun Run.) Schroon Lake HS, Schroon Lake. [adironackmarathon.org](http://adironackmarathon.org).
- 27 **Nick's Run To Be Healed 5K.** 11am: Nick's Dash. 11:15am: Nick's Mile. 11:45am: Zumba Warm-Up. 12pm: 2M walk. 1:15pm: 5K Run. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. [fighttobehealed.org](http://fighttobehealed.org).
- 27 **The Dunkin Run.** 8:30am. 5K, 10K, 10K masters & kids' 0.5M fun run. New: 15K racewalk & demo 15K. Sidney Albert JCC, Albany. Tom Wachunas: 438-6651. [albanyjcc.org](http://albanyjcc.org).
- 27 **34th Arsenal City Run.** 5K Road Race: 10am. USATF-Adk Masters 5K Championship. 1M Fun Run/Walk: 9:30am. City Hall, Watervliet. [watervliet.com](http://watervliet.com).
- 27 **12th Crossings 5K Challenge & Kids Run.** 5K: 10am. Kids Run: 10:45am. Crossings Park, Colonie. [colonieyouthcenter.org](http://colonieyouthcenter.org).
- 27 **41st Falling Leaves Road Races.** 5K: 9am. 14K: 8:50am. 1K Kids Fun Run: 8:30am. Radisson Hotel, Utica. Mike Byrch: 315-404-8130. [uticaroadrunners.org](http://uticaroadrunners.org).
- 27 Falcon 5K & 1M Run. 9:30am. Washington Park, Albany. [albanyboosterclub.org](http://albanyboosterclub.org).
- 27 Pumpkin Run. 5K & 1K Fun Run. 9am. Pearl St, Glens Falls. 683-1526. [gimf.org](http://gimf.org).
- 27 Pfalz Point Trail Challenge. 10M. 9am. Spring Farm Trailhead, Mohonk Preserve, High Falls. 845-255-0919. [mohonkpreserve.org](http://mohonkpreserve.org).

**OCTOBER**

- 3 **21st Susan G Komen Race for the Cure.** 9am. 5K Run, 2M Family Walk, Kids for the Cure Dash & Sleep in for the Cure. Empire State Plaza, Albany. Tori Roggen: 250-5379. [komenneny.org](http://komenneny.org).
- 3 **21st Burnt Hills-Ballston Lake 5K Apple Run & Walk.** 9am. Plus, Kids' Mile Fun Run: 9:45am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 399-2225. [bhblrotary.org](http://bhblrotary.org).
- 3 **Leaf Cruncher 5K Trail Run.** Great raffles & prizes! Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 3 Living Hope Hunger Run 5K. 9am. Lions Park, Niskayuna. Sean Finnegan: 785-8888. [livinghope5k.com](http://livinghope5k.com).
- 3 Boght Fire Prevention XC 5K. 9am. Colonie Town Park, Latham. Katelyn Reepmeyer: 250-5806. [boghtfire.org](http://boghtfire.org).
- 3 Cat's Tail Trail Marathon. 26.2M. 7am. Fox Hollow Trailhead, Shandaken. [catstailmarathon.wordpress.com](http://catstailmarathon.wordpress.com).
- 3 Best Dam 5K. 9am. Downsville Fireman's Field, Downsville. 607-267-7263. [bestdam5k.com](http://bestdam5k.com).
- 3 42nd Art Tudhope 10K. 9am. Shelburne Beach, Charlotte, VT. Jessica Bolduc: 802-658-1753. [gmaa.net](http://gmaa.net).
- 4 **3rd Heroes for Health 5K Superhero-Themed Obstacle Run.** 10am. Individuals & teams of three. Prospect Park, Troy. Whitney Young Health: [wmyhealth.org](http://wmyhealth.org).
- 4 Beat Beethoven 5K Run/Walk! 9:20am. Central Park, Schenectady. Christine Mason: 372-2500. [schenectadysymphony.com](http://schenectadysymphony.com).
- 4 22nd Pit Run 5K/10K & 2M Walk. Main St Bridge, Oneonta. 607-699-1590. [pitrn.org](http://pitrn.org).
- 4 35th HMRRRC Voorheesville 7.1-Mile Race. 10am. New Scotland Town Park, Voorheesville. [hmrrc.com](http://hmrrc.com).
- 4 OktoberQuest 5K Run/Walk. 9:30am. 12-under free. Frankfort. [facebook.com/oktoberquest.com](http://facebook.com/oktoberquest.com).
- 4 Leaf Peepers Half Marathon & 5K. 11am. Waterbury, VT. Roger Cranse: 802-223-6997. [cvrunners.org](http://cvrunners.org).
- 4 Battenkill River Duck Run. 13K/5K/1K Fun Run. 8:30am. Covered Bridge, West Arlington, VT. Peggy: 802-375-6039. [happydaysplayschool.org](http://happydaysplayschool.org).
- 10 **9th Falling Leaves 5K & Fun Run.** 10am. Great drawings & prizes. 0.5M Kids' Fun Run: 10:45am. William Kelley Park, Ballston Spa. [ballstonspaumchurch.org](http://ballstonspaumchurch.org).
- 10 5th Oktoberfest Half Marathon, 5K & 10K. 9am. Plus, 40K Bike: 9:30am. Peru Fire Dept., Peru. [runoktoberfest.com](http://runoktoberfest.com).
- 10 Fall Foliage Ramble Trail Race. 15K/5K: 11am. 1K youth: 11:15am. Paul Smith's College VIC, Paul Smiths. 327-6241. [adironackvic.org](http://adironackvic.org).
- 10 Zombie Run. 5K. 10am. Great Escape Park, Queensbury. 792-3500. [sixflags.com](http://sixflags.com).

**Proactive Chiropractic, PLLC****Dr. Christopher Bath**  
**Dr. Michael Missenis**

Certified in:

- Active Release Technique
- Titleist Performance Institute
- Kinesiotaping Association International
- RockTape
- Nimmo (A precise trigger point technique)
- Sport Science and Human Performance

Proactive Chiropractic PLLC  
1539 Crescent Road, Clifton Park, NY 12065  
518.373.9999 [www.ProactiveChiropracticPLLC.com](http://www.ProactiveChiropracticPLLC.com)

**Sunday, Sept 27**  
12th Annual  
**5K**  
The Crossings 5k Challenge & Kids Runs  
The Crossings | Colonie, NY  
To benefit CAP COM Cares Foundation and Colonie Youth Center, Inc.

**MUSIC • FOOD • AWARDS • FUN!****5K Challenge Run/Walk - 10am**

Dri-fit long-sleeve shirt to first 300 registered Flat, fast course through Crossings Park Chip timing by AREEP • Walkers welcome

**Kids 1/4M Fun Run\* (free) - 10:45am**Must be registered - For ages 13-under  
**Kids 1M Competitive Run\* (\$10) - 10:45am**  
Chip-timed for 13-under with shirt and awards  
\*All kids runners get a medal and are entered to win a Ciccotti pool party for 20!**Register online: ZippyReg.com**  
**Entry Form and More Info:**  
**ColonieYouthCenter.org**

Early Registration Ends 9/23!

34th Annual Watervliet  
**Arsenal City Run**  
**Sunday, Sept 27** \*  
**5K Road Race: 10am**  
USATF-Adk Masters 5K Championship  
Register: [ZippyReg.com](http://ZippyReg.com)  
\$20 until 9/24 or \$25 race day  
Male/female dri-fit shirts to all preregistered  
Free 1-Mile Fun Run/Walk (all ages): 9:30am  
Family Festivities: 10am-1pm  
Food, drinks, live music, activities for all  
Benefits Watervliet Adopt-a-Family program

Fourth Annual  
**Run for Readers**  
**5K FUN Run/Walk**  
**Saturday, Oct 3 - 9am**  
Scott Ellis Elementary School  
11219 Route 32, Greenville  
\$15 by 9/17 - \$20 after  
T-shirt to first 500 registered  
**Entry: Greenville.k12.ny.us**  
Peter Mahan: (518) 966-5070 x301  
All proceeds to elementary student after-school clubs and elementary classroom libraries  
-Runners are encouraged to donate a book-

**DUATHLON**  
**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  
<http://www.greenleafacing.com/reg/gfdu/>  
[www.glensfallsions.org](http://www.glensfallsions.org)  
Like us on facebook

9th Annual  
**Falling Leaves 5K & Fun Run**  
Saturday, October 10 at 10am  
William Kelley Park on Ralph St, Ballston Spa

All 5K participants can win a gift certificate from local businesses

Scenic course within historic village of Ballston Spa!  
Great Drawings – All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, pizzerias, oil changes, etc. Must be present to win.

Register: [active.com](http://active.com) • Entry form: [ballstonspaumchurch.org](http://ballstonspaumchurch.org)  
\$20 by 10/7 – \$25 race day – T-shirt to first 200 runners  
Kids' 0.5M Fun Run (10 & under): 10:45am – Free  
Lynne Blake: [lblake@nycap.rr.com](mailto:lblake@nycap.rr.com) or (518) 885-9821  
Benefits community outreach programs of CAPTAIN, Shelters of Saratoga, and BACA



4TH ANNUAL  
**VEEDER TREE FARM 5K RUN**  
Sunday, Oct 18 at 10am  
1235 High Hill Rd in Earlton  
Just 25 miles south of Albany

Finisher medal, bonfire, smores, tailgating, music!  
Discounts on Christmas trees for competitors  
\$20 preregistration or \$50 family of four  
100% proceeds to Leukemia & Lymphoma Society in memory of Skip Veeder

Register: [Active.com](http://Active.com)  
More info: Mike (518) 857-3948  
[mveeder@kooltemp.com](mailto:mveeder@kooltemp.com)

7th Annual  
**Race Away Stigma 5K Race & Fun Walk**  
Help "Race Away" the stigma that surrounds mental illness

Saturday, Oct. 17 • 10am  
HVCC Student Pavilion, Troy  
\$17 HMRRC, \$20 non-members, \$25 day of race  
T-shirt, awards, raffles  
Larry Ellis 629-7175, [lellis@hvcc.edu](mailto:lellis@hvcc.edu)  
Register: [hvcc.edu/cct/race](http://hvcc.edu/cct/race)




4th Annual  
**Saratoga County Revolutionary Run for Veterans 5K**  
Saturday, Nov. 7 at 10am  
Fort Hardy Park, Schuylerville

T-shirt to all registered runners  
Kids Fun Run to follow  
Music, food and more!

Register:  
**FinishRight.com**  
(518) 884-4115  
[veterans@saratogacountyNY.gov](mailto:veterans@saratogacountyNY.gov)



All proceeds benefit Saratoga County Veterans Trust and Agency Fund

- 10 Rosendale Run. Half Marathon, Plains 4.4M Run/Walk & Kids Run. Rosendale Rec Center, Rosendale. 917-344-9374. [rosendaleruns.org](http://rosendaleruns.org).
- 11 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** (10/10: Expo.) 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com).
- 11 5th Jailbreak Trail Marathon. Dannemora. Jay Magiera: 562-2297. [jailbreaktrailmarathon.org](http://jailbreaktrailmarathon.org).
- 11 Fall Foliage Half Marathon. 10am. 5K Run: 10:20am. Dutchess Fairgrounds, Rhinebeck. [fallfoliagehalf.com](http://fallfoliagehalf.com).
- 11 Shawangunk Valley 5-Miler. 10am. 1M Kids' Run: 10am. Shawangunk Valley FH, Wallkill. 845-895-3402. [mhrrc.org](http://mhrrc.org).
- 11 45th Green Mountain Marathon & Half Marathon. 8:30am. Folsom School, South Hero, VT. [gmaa.net](http://gmaa.net).
- 11 Pond Sprint: 13M/4.25M. 10am. Long Pond, Pok-O-MacCready Camps, Willsboro. [champlainareatrails.com](http://champlainareatrails.com).
- 11 Trek for Hope. 5K/10K/1M Kids run. 9am. Quaker St, Granville. Peter O'Brien: [obrienfour@verizon.net](mailto:obrienfour@verizon.net).
- 17 **15th Great Pumpkin Challenge.** 5K & 10K Run/Walk: 9:30am. Kids' Fun Run following races. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. Marissa Scally: 587-0723. [saratogabridges.org](http://saratogabridges.org).
- 17 **2nd Running SCCared 5K Fright Run/Walk.** 9:30am. 1M Walk for Children at 9:30am & 10K ads at 10:30am. Crossings Park, Colonie. St. Catherine's Center for Children: 453-6756. [st-cath.org](http://st-cath.org).
- 17 **7th Race Away Stigma 5K Race & Fun Walk.** 10am. HVCC Student Pavilion, Troy. Larry Ellis: 629-7175. [hvcc.edu/cct/race](http://hvcc.edu/cct/race).
- 17 APD 5K Run/Walk for Domestic Violence Awareness. 11am. Jennings Landing, Albany. Albany Police Dept.: 438-4000. [albanyny.gov](http://albanyny.gov).
- 17 Run4Me 5K to benefit Cerebral Palsy of Ulster. 8am. Walkway Over the Hudson, Highland. 845-336-7235. [cpulster.org](http://cpulster.org).
- 17 4th For Paws & Wright Naturals 5K Run/Walk. 3pm. West Lot, Recreational Park, New Paltz. [active.com](http://active.com).
- 18 **Saratoga Cross Country Classic 5K.** 11:30am. Open competition (all welcome); USATF-Adirondack 5K XC championship; Kids' 2K & 3K development XC runs; USATF Masters 5K XC championship (4 races) & USATF-Adirondack 5K race walk championship. Saratoga Spa SP, Saratoga Springs. Pat Glover: 877-0654. [saratogaxcclassic.com](http://saratogaxcclassic.com).
- 18 **4th Veeder Tree Farm 5K Run.** 10am. S'mores, music, party. 1235 High Hill Rd, Earlton. Mike: 857-3948. [active.com](http://active.com).
- 18 Empire State Marathon, Half Marathon & Relay. 7:30am. NBT Stadium, Syracuse. 315-427-1371. [empirestatemarathon.com](http://empirestatemarathon.com).
- 18 Deerfield Skeleton Run. 5K: 10am. 3K: 9:30am. 0.25M kids: 9am. Wilderness Park, Deerfield. [deerfieldskeletonrun.com](http://deerfieldskeletonrun.com).
- 18 3rd Hambletonian Marathon & Good Time Trotters Relay. 26.2M. 8am. Goshen. 845-527-3825. [hambletonianmarathon.com](http://hambletonianmarathon.com).
- 18 Wandering Witch Trail Races 5K/10K. 9:30am. Christ the King Spiritual Life Center, Greenwich. 692-2801. [bkvr.org](http://bkvr.org).
- 18 Harvest Run 5K Run/Walk & 10K Run. 8am. Main St, Adams. 315-232-2624. [southjeffersonrescue.org](http://southjeffersonrescue.org).
- 18 Billy Goat Trail Race. James Baird SP, Lagrangeville. [mhrrc.org](http://mhrrc.org).
- 24 Guns N Hoses 5K. 9am. Indian Meadows Park, Glenville. [zippyreg.com](http://zippyreg.com).
- 24 Justice for Orphans 5K. 10am. Faith Plaza, Ravena. 779-2279. [justicefororphansny.org](http://justicefororphansny.org).
- 24 17th Great Sacandaga Road Race. 10K. 10:30am. Sport Island Pub, Northville. Ann Kenyon: 775-1877. [fmrrc.com](http://fmrrc.com).
- 24 5K Run/Walk to benefit Andrew Izzo Memorial Fund. 9am. Galway HS, Galway. Mary Goldstein: 339-5620.
- 25 **11th Hairy Gorilla Half Marathon & Squirrelly Six Trail Races.** Thacher SP, Voorheesville. AREEP: 320-8648. [hairygorillahalf.com](http://hairygorillahalf.com).
- 25 **The RUNDEAD: 5K Trail Run.** 10am. Be a runner or a zombie. Saratoga Spa SP, Saratoga Springs. Special Olympics NY: 388 0790 x116. [therundead.org](http://therundead.org).
- 25 15th Ghostly Gallop 5K Run/Walk & 1M Fun Run. 9am. Hudson HS, Hudson. Bob Rasnor: 310-625-7610. [ghostlygallop.info](http://ghostlygallop.info).
- 25 Spooktacular 5K & 2M Walk. 10am. Voorheesville HS Track, Voorheesville. Kids Club: 765-2043. [active.com](http://active.com).

- 31 **Troy YMCA Monster Madness Dash.** 5K run, 3K walk, kids' fun run. 9am. Troy YMCA, Troy. 272-5900. [cdymca.org](http://cdymca.org).
- 31 **21st Goblin Gallop 5K & Kids Run.** 9am. Abraham Wing School, Glens Falls. Lee Pollock: 798-4066. [active.com](http://active.com).
- 31 Tina Shaina Gambino Memorial 5K Run/Walk. 9am. Pleasantville HS, Pleasantville. [tinagambino.org](http://tinagambino.org).
- 31 Monster Scramble 5K/10K Run. 10am. Plus, 1M Walk. Oakwood Cemetery, Troy. KC Connors: 464-0112 x70402. [nationalmssociety.org](http://nationalmssociety.org).
- 31 4th 5K Pumpkin Brigade. 10am. Kids' 0.5M Run: 10:30am. 8 Barton Rd, Johnsonville. Trista Bugbee: 753-4843. [5kpumpkinbrigade.weebly.com](http://5kpumpkinbrigade.weebly.com).
- 31 Little Falls 5K Run/Walk for Kidneys. 9am. Little Falls. [healthykidneys.org](http://healthykidneys.org).
- 31 Leah's 5K Run/Walk. 9:30am. 1K Kids "Spooktacular" Fun Run: 9am. Dutchess Rail Trail @ Van Wyck, Poughkeepsie. [eventbrite.com](http://eventbrite.com).

**NOVEMBER**

- 1 **9th 'Fall Back 5' 5-Mile Trail Race.** 10am. Saratoga Spa SP, Saratoga Springs. 584-2000. [saratogastryders.org](http://saratogastryders.org).
- 7 **4th Saratoga Co Revolutionary Run for Veterans 5K.** 10am. Kids' Fun Run: 11am. Fort Hardy Park, Schuylerville. Saratoga Co Veterans Trust/Agency Fund: 884-4115. [finishright.com](http://finishright.com).
- 7 Run 4 the Hill. 10am. Cornell Cooperative Ext, 16 Martin Rd, Clarksville. Kathy Taylor: 655-7811.
- 7 4th Mike Archer Memorial 5K Run/Walk. 10am. Memorial Park, Beacon. [mhrrc.org](http://mhrrc.org).
- 8 **40th MVP Health Care Stockade-athon 15K Road Race.** 8:30am. 1M Kids' Race & 1K Kids' Fun Run: 11am. Special guest: Frank Shorter. Veterans Park, Schenectady. [stockadeathon.com](http://stockadeathon.com).
- 8 **After The Leaves Have Fallen Half Marathon.** Josh Feldt Memorial Run. 11am. Minnewaska SP, New Paltz.
- 11 **8th Shenendehowa Veterans Day Dash.** 5K: 10am. Kids' Run: 9am. Shenendehowa HS Track, Clifton Park. Beth Haig: 573-4595. [shenrunners.com](http://shenrunners.com).
- 13-14 **3rd Fleet Feet Sports 24 Hour Fight Against Hunger.** 2pm-2pm. Registration begins: 10/13. Fleet Feet Sports, Albany & Adk. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 14 NYRR NYC 60K Ultra. 60K. 8am. Central Park, Manhattan. [nyrr.org](http://nyrr.org).
- 19 NALMS Clean Lakes Classic 5K Run/Walk. 12pm. High Rock Park, Saratoga Springs. Greg Arenz: 608-233-2836.
- 21 Girls on the Run 5K. 9:30am. Corning Preserve, Jennings Landing, Albany. LuAnn McCormick: 635-0828. [girlsontherun.org](http://girlsontherun.org).
- 22 HMRRRC Turkey One-Hour Raffle Run. 10am. Tawasentha Park, Guilderland. 435-4500. [hmrrc.com](http://hmrrc.com).
- 26 **68th Troy Turkey Trot.** 10K, 5K, Grade School Mile & Turkey Walk. 8am. Downtown Troy. 273-5552. [troyturkeytrot.com](http://troyturkeytrot.com).
- 26 **14th Christopher Dailey Turkey Trot 5K.** City Hall, Saratoga Springs. 581-1328. [christopherdaileyfoundation.org](http://christopherdaileyfoundation.org).
- 26 **4th St. George's Turkey Trot 5K Run/Walk.** 8am. St George's School, Clifton Park. [stgeorgesschoolcp.org](http://stgeorgesschoolcp.org).
- 26 **34th Cardiac Classic 5K Run.** 9am. 2M Wellness Walk: 8am. 1M Duck Pond Run: 10am. Central Park, Schenectady. [ellishospitalfoundation.org](http://ellishospitalfoundation.org).
- 26 52nd Cohoes Turkey Trot. 9:30am. Kids Race: 8:30am. City Hall, Cohoes. [ci.cohoes.ny.us](http://ci.cohoes.ny.us).
- 26 6th Our Towne Turkey Trot. 5K. 9am. Wed 7pm: Fireworks. Bethlehem MS, Delmar. John Guastella: 598-3434. [ourtownebethlehem.com](http://ourtownebethlehem.com).
- 26 Running of the Turkeys. 9am. Fisher Elementary School, Arlington, VT. Dara Bentley.
- 26 HMRRRC Turkey Trot 25K, 5M, Kid's Run & 2M Fun Run. Arlington HS, Freedom Plains. [mhrrc.org](http://mhrrc.org).
- 26 Watertown Family YMCA Turkey Day Run. 10am. Watertown. [watertownymca.org](http://watertownymca.org).
- 28 **Run Off That Turkey Trot 5K.** 10am. Altamont ES, Altamont. Phil Carducci: 861-6350. [turkeyrun5k@gmail.com](mailto:turkeyrun5k@gmail.com).

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

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

8th ANNUAL  
**Shenendehowa Veterans Day Dash 5K Run/Walk**  
Wednesday, Nov 11 • 10am  
Shen High School Track  
Clifton Park

Flat/fast course • T-shirts to first 350 runners  
Open to all runners & walkers • USATF sanctioned  
Veterans run free with mail-in registration  
Prizes to top M/F, top M/F vets & age groups  
Kids' Fun Run • 9am

Register & Entry Form: [ShenRunners.com](http://ShenRunners.com)  
Partial proceeds to STRIDE Adaptive Sports, Shen Track Booster Club & Clifton Park Track Club



9th Annual  
**Saratoga Spa State Park Fall Back 5 5-Mile Trail Race**  
Hills, ridges, streams & singletrack...  
Sunday, Nov 1 • 10am  
Administration Bldg Lobby, Saratoga Spa S.P.  
Tech T-shirt to first 125 • Awesome Prizing  
Free kids' activities (during race)  
\$20 by 10/31 or \$25 race day  
[active.com](http://active.com) • [saratogastryders.org](http://saratogastryders.org)  
(518) 584-2000



21st Annual Burnt Hills-Ballston Lake Rotary  
**5K RUN AND WALK BURNT HILLS, NY**  
Saturday, Oct. 3 • 9AM

KIDS MILE FUN RUN: 9:45AM  
O'ROURKE MIDDLE SCHOOL, BURNT HILLS  
USATF CERTIFIED COURSE • CHIP TIMING  
SHIRTS FOR THE FIRST 300 PARTICIPANTS  
\$25 BY 9/23 (\$30 AFTER)  
KIDS MILE FUN RUN: \$10

REGISTER: [ACTIVE.COM](http://ACTIVE.COM)  
ENTRY FORM: [BHBLROTARY.ORG](http://BHBLROTARY.ORG)  
PAUL LEWANDOWSKI  
(518) 399-2225



**Frightening 5K Family Fun!**  
To benefit St. Catherine's Center for Children  
Saturday, October 17, 9:30 am  
The Crossings of Colonie

Presented by  Register online at [www.st-cath.org](http://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!

**RUNNING SCCared**  
ST. CATHERINE'S CENTER FOR CHILDREN  
2nd Annual 5K Fright Run/Walk





# 4000 MILES

The Pulitzer nominated play by Amy Herzog

## How far would you ride?

at **the REP** ★

518 445 SHOW (7469) • CAPITALREP.ORG

SEP 25 – OCT 18 | GT GreenbergTraurig



39TH ANNUAL  
**JOSH BILLINGS**  
RUNAGROUND TRIATHLON



**Sunday, September 20**  
Bike, Canoe/Kayak/SUP, Run Triathlon



Team & Iron Categories  
27 mile bike • 5 mile paddle • 6 mile run  
[active.com](http://active.com) • [tireg.com](http://tireg.com)  
[joshbillings.com](http://joshbillings.com)

**THE RUNDEAD**  
Special Olympics New York

# WILL YOU SURVIVE?

Sunday, October 25  
Saratoga Spa State Park  
Registration is at 8AM  
Race Starts at 10AM

Be a runner or a zombie and help raise money for Special Olympics. Learn more at [Facebook.com/therUNDEAD](http://Facebook.com/therUNDEAD) For more information or to volunteer, contact Carolyn at [cbraunius@nyso.org](mailto:cbraunius@nyso.org)

A 5K Trail Run where the obstacles are ZOMBIES!

SARATOGA.COM  
EVERYTHING SARATOGA

VENT FITNESS

the **Y** JOIN US!

**Guilderland YMCA**  
Saturday, September 19 • 8AM  
250 Winding Brook Drive

5K Run • 3K Walk and 1 Mile Kids Run

CAPITAL DISTRICT YMCA  
Register Today  
[www.FinishRight.com](http://www.FinishRight.com)

ADK57.15



**Registration Now Open!**

# 68th TROY TURKEY TROT

## Run. Walk. Trot.

Whatever your speed, the Troy Turkey Trot – the nation's 12th oldest road race – is a great way to jumpstart your Thanksgiving tradition.

Registration is now open for our 5K, 10K, Grade School Mile and Turkey Walk and features:

- The area's only 10K. 8 a.m. start!
- A costume contest for 5K participants with prizes awarded for "Best Thanksgiving Day Costume" and "Best Non-Thanksgiving Costume"
- More than 200 age group and family team awards
- Colored start sections for the 5K to ensure a safe start and flow of runners
- Tech shirts
- Finishers' items for all participants

**USATF 10K Championship & Grand Prix Finale Event**

For more information and to register, visit [www.TroyTurkeyTrot.com](http://www.TroyTurkeyTrot.com), or call 518.273.5552.



CELEBRATING 10 YEARS OF CROSSING THE FINISH LINE FOR OTHERS

## The Melanie Foundation presents THE SARATOGA PALIO

Melanie Merola O'Donnell Memorial Race  
Half Marathon & 5K Run/Walk  
SUNDAY, SEPTEMBER 20, 2015  
[www.thesaratogapalio.com](http://www.thesaratogapalio.com)

# Saratoga Cross Country Classic 5 km

## 2015 USATF MASTERS 5 km CROSS COUNTRY CHAMPIONSHIPS

Sunday, October 18th, 2015

Saratoga Spa State Park  
Saratoga Springs, New York

Open Competition & USATF Adirondack Championship  
Individual & Team Championship



- ✓ Open and USATF Adirondack 5 km XC Championship
- ✓ Kids' 2 km and 3 km Development XC Runs
- ✓ USATF Masters 5 km XC Championship - 4 Races
- ✓ USATF Adirondack 5 km Race Walk Championship

Event Website:  
saratogaxcclassic.com

For Info & Registration:  
USATF Adirondack  
518-273-5552  
www.usatfadir.org

Race Director - Pat Glover  
518-877-0654  
pjglove@aol.com

Presented by



Proceeds Benefit  
Saratoga Rural  
Preservation and  
Town of Malta EMS  
First Responders.



# SATURDAY, SEPTEMBER 12

Pre-Registration - \$25 Day of event registration - \$30  
Registration opens 7:30am: Race starts at 8:30am



register online: [www.malta5k.com](http://www.malta5k.com)



SEPT. 19TH 2015



# Flashlight 5K

**BRING A FLASHLIGHT  
GET SOME GLOW STICKS  
RUN AT NIGHT!!!**

Bring a flashlight, headlamp, lights of any kind!  
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

Fireworks at 9:15pm

[AdkRaceMgmt.com](http://AdkRaceMgmt.com)

Lake George Village  
Firehouse

Start ~ 7:30pm

LAKEGEORGEAREA  
NEW YORK'S ADIRONDACKS  
[VisitLakeGeorge.com](http://VisitLakeGeorge.com)

Age Group Awards!  
Best costume prizes!

Bring the Family!  
Run or Walk the 5k!!!

Google  
It!!!

Google  
It!!!

# FIND CURES TODAY

Train to run, walk,  
bike, hike or tri with  
Team In Training.  
Help us end cancer.



TEAM IN  
TRAINING®

**!NEW! Team In Training  
Saratoga County  
Group Run/Walk**

Thursdays, Sept 17 & 24 at 6pm  
Saratoga Battlefield Visitor Center, Route 32, Stillwater

**TNT Winter Season Kick-Off**

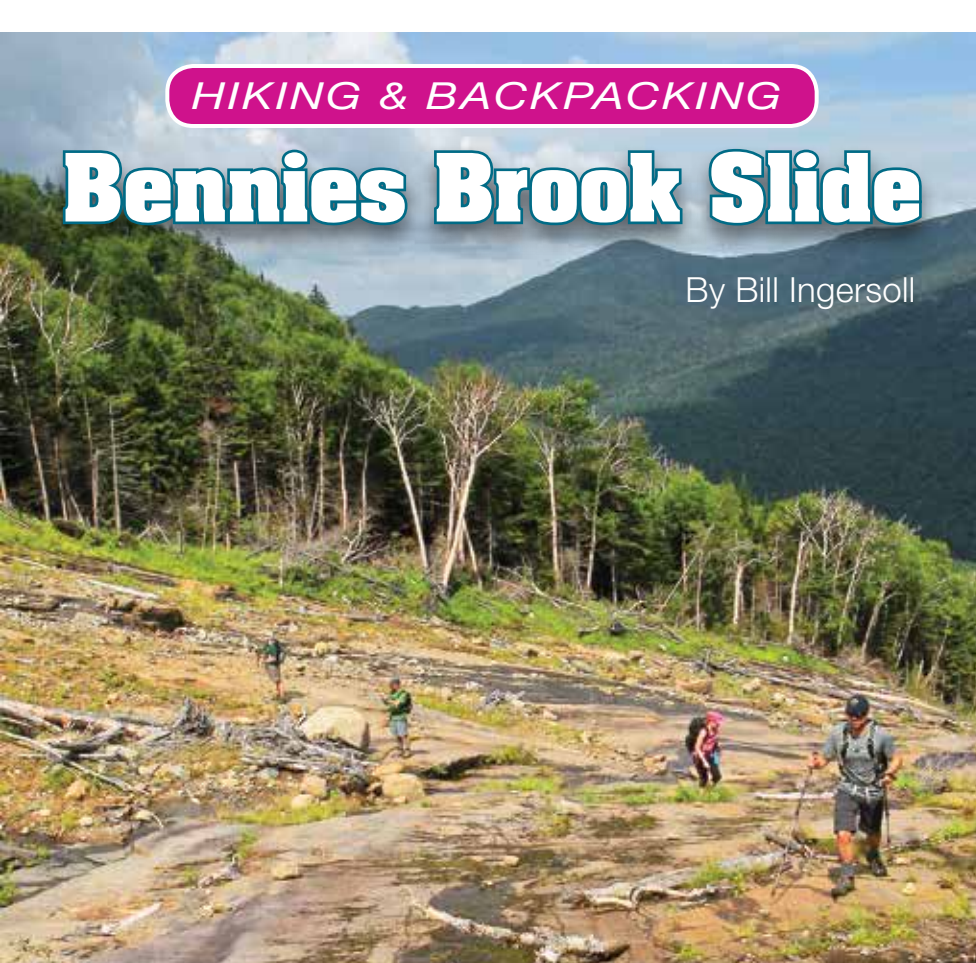
Wednesday, Sept 23 at 6pm  
National Museum of Dance,  
99 S Broadway, Saratoga Springs

[teamintraining.org/uny](http://teamintraining.org/uny) • 518-438-3583

## HIKING &amp; BACKPACKING

## Bennies Brook Slide

By Bill Ingersoll



THE UPPER REACHES OF BENNIES BROOK SLIDE WITH YARD AND BIG SLIDE MOUNTAINS IN THE BACKGROUND.



VIEW FROM THE TOP OF BENNIES BROOK SLIDE. PHOTOS BY BILL INGERSOLL

## Getting There

The main trailhead for this hike is a small parking area called the Garden, located near Keene Valley. Follow NY Route 73 into the heart of the village, and turn west onto Adirondack Street near the Ausable Inn. This narrow and winding road climbs for 1.6 miles to the Garden, where parking is limited to about 60 cars, a figure that is reached early every summer weekend. *No parking is allowed anywhere along the road approaching the Garden, and illegally parked cars may be towed away.* The parking fee for the Garden is \$7 per vehicle per day.

The alternate parking area is Marcy Field, located off Route 73 about 1.9 miles north of Keene Valley. There is ample parking here, with a shuttle bus to the Garden departing approximately every 30 minutes on Saturdays, Sundays and holidays. The cost for the shuttle is \$5 per person. See townof-keeney.com to download the full schedule.

## The Trail

The primary trail leading out of the Garden follows the north side of Johns Brook, though rarely will you see or hear it for the first 3.1 miles to the state's Johns Brook Ranger Station. This is a primary trunk trail, one that many hikers have seen over and over again on their frequent adventures.

marked trails to Wolf Jaw Brook (your return route for later in the day) and then the brook itself. Wolf Jaw Brook was also radically transformed by Irene, but the slide you see here only leads back to the hiking trail you just passed. Continue along the Southside Trail to the second slide, this one marked by a tall cairn. This is Bennies Brook.

The slide extends 1.5 miles southeast from this point, from a bottom elevation of 2,070 feet to a headwall at about 3,870 feet. The lower stretches of the slide are narrow and gently sloped; it is an open swath through a sylvan setting, with limited views at first. You need to scramble around one small waterfall and a few other minor obstacles.

But as you gain elevation, the slide widens and more of the surrounding landscape comes into view. The large hill across the valley is slowly revealed to be a flank of Big Slide Mountain, with Yard Mountain to the left. As you round another bend, you get your first good look of the summit of Lower Wolf Jaw high above you. Porter Mountain and The Brothers appear to the right of Big Slide, and before the day is done you will glimpse the rocky knob of Cascade Mountain's summit.

Two other slides join the main course at 1.2 miles; the one you want to follow keeps to the right, just a little east of south. It gets

much steeper at this point, but the numerous ledges give the novice climber much to work with. The slide's headwall is a daunting feature, but there is a convenient exit path to the left just before you reach it. As you near the vertical wall, keep to the left of the slide and look for a small cairn, if not the path itself. From this spot, your view now includes much of the slide you just climbed.

The clear herd path leads up through ferny glades to the Range Trail, just 200 feet away. Turn right onto the marked hiking trail, scramble

up a steep rock ledge, and the summit of Lower Wolf Jaw is just a quarter-mile away. There are views present, but nothing that compares with what you have already seen.

By following this route, it is a 5.7-mile hike to the summit of Lower Wolf Jaw from the Garden, with a 1,975-foot climb from the ranger station. The best return route is to continue into the Wolf Jaw Col and then follow the red-marked trail along Wolf Jaw Brook back to Johns Brook. ▲

*Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirkondacks.com). For more on this region, consult Discover the Adirondack High Peaks.*

low the slide with ease nearly to the summit; a path barely 200 feet long leads from the top of the slide to a junction with the Range Trail across the summit.

Some Adirondack slides are steep and slippery, but Bennies Brook Slide is a relatively gentle route. Even when the slope does become steep on the upper half of the mountain, there are plenty of ledges to serve as steps – never do you feel like you are exposed on the side of a steep precipice. There have been several manmade trails leading up Lower Wolf Jaw for generations, but in my opinion this new route – which has been gifted to us by a force of nature – is easily the most scenic.

Note that it is a hilly route, with uphill slogs in both directions.

At 3.1 miles, when you reach the interior trail register, turn left to pass the ranger station. The trail crosses the clearing to a suspension bridge strung high above a scenic gorge on Johns Brook. At the far end of the bridge, keep left even though signs warn that the continuing trail in this direction has been abandoned by the Department of Environmental Conservation. These signs refer to the Southside Trail, a private way across state land on the south side of Johns Brook. The state has ceased maintaining the trail, but the portion you need to follow is in fine shape.

Follow the Southside Trail northeast for 0.6-mile. In this distance you pass one of the

ble up a steep rock ledge, and the summit of Lower Wolf Jaw is just a quarter-mile away. There are views present, but nothing that compares with what you have already seen.

By following this route, it is a 5.7-mile hike to the summit of Lower Wolf Jaw from the Garden, with a 1,975-foot climb from the ranger station. The best return route is to continue into the Wolf Jaw Col and then follow the red-marked trail along Wolf Jaw Brook back to Johns Brook. ▲

*Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirkondacks.com). For more on this region, consult Discover the Adirondack High Peaks.*

# STEINER'S

SteinersSkiBike.com

Bike – Ski – Kayak Specialists

WE CARRY EVERYTHING A CYCLIST, TRIATHLETE OR PADDLER NEEDS!

**BIKES - Specialized • Trek**  
Road, Mountain, Triathlon, Comfort, Hybrid, Kids  
We demo what we sell • All road bikes personally fit to the rider

We now carry  
Cervelo!

**KAYAKS\* - Perception • Dagger • Wilderness Systems**  
Now Stocking Stand-Up Paddleboards!

\* Paddle sports only in Valatie location

Full line of accessories & clothing  
Thule racks & rack accessories

**VALATIE STORE**  
3455 Route 9  
(2 miles south of I-90 Exit 12)  
(518) 784-3663

**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

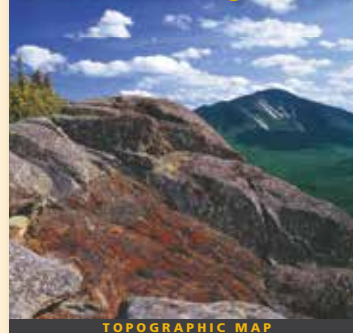
Please Support  
Our Advertisers

and Tell Them  
Where You Saw Their Ad!

ADIRONDACK  
SPORTS & FITNESS

Pocket size. Countless applications.  
Waterproof. And no batteries.

Trails of the  
Adirondack High Peaks



TOPOGRAPHIC MAP  
Adirondack Mountain Club  
Lake George, New York  
800-395-8080 / www.adk.org

ADK's new  
High Peaks map

- Expanded coverage
- All trail revisions and updates
- Campsite locations and unmarked paths
- Durable and tear resistant
- Corresponds to ADK's High Peaks Trails guide
- 14th Edition, \$9.95

ADK offers books, maps, workshops,  
lodging, and licensed guides

Member discounts apply.

Adirondack  
ADK  
Mountain Club

37" w x 23" h; 4 1/4" w x 6" h folded

800-395-8080 www.adk.org



# TOUR de HABITAT

A CYCLING EVENT TO BENEFIT



Saturday, September 26  
10, 25, 50 & 100 mile routes

Druthers Brewing  
1053 Broadway, Albany

PRESENTED BY  
**DRUTHERS**

FULLY SUPPORTED ROUTES

AFTER PARTY • FREE BEER!

RIDERS OF ALL LEVELS WELCOME!

REGISTER TODAY AT

HABITATCD.ORG/TOUR-DE-HABITAT-2015

## MARK YOUR CALENDAR!

**SEPTEMBER 19: CARL HEILMAN PHOTOGRAPHY CAMP**

**OCTOBER 3: LEAF CRUNCHER 5K TRAIL RUN**

**OCTOBER 10-11: HARVEST FEST**

**NOVEMBER: START OF SKI SEASON**

*\* New This Year \**  
Major Snowmaking & Trail Improvements at the North Creek Ski Bowl, Lots of New Tower Guns, Lodge Updates, & an Improved Freestyle Experience. Visit us online to learn about our new solar energy initiatives!

# GORE MOUNTAIN

**For more information as well as a list of several other events: GOREMOUNTAIN.COM (518) 251-2411**

**5<sup>TH</sup> ANNUAL**

## Columbia County Rotary Ride

**SEPTEMBER 27<sup>TH</sup>, 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](http://BikeReg.com)

TAKE ACTION: [KTVRotary.org](http://KTVRotary.org)

## HIGH PEAKS CYCLERY since 1983

### ADVENTURE HEADQUARTERS

Lake Placid's Best Bike & Gear Shop  
All the Top Brands & Best Prices!

<b>HIGH PEAKS CYCLERY</b>	<b>CYCLING</b> <b>RUNNING</b> <b>TRIATHLON</b> <b>KAYAKING</b> <b>CANOEING</b> <b>SUP</b> <b>HIKING</b> <b>CLIMBING</b> <b>CAMPING</b>	<b>SALES</b> Giant Scott Quintana Roo Salomon Patagonia Arc'teryx Black Diamond Petzl Saucony Pearl Izumi La Sportiva Sugoi	<b>RENTALS</b> Bicycles Kayaks, Canoes & SUPs Camping Climbing Gear	<b>YOGA &amp; FITNESS STUDIO</b> Where Mind, Body & Spirit Come Together!
	<b>SALE &amp; CONSIGNMENT ROOM</b>	<b>SERVICE</b> Repairs on Bikes & Skis Bike Fit Studio	<b>FISHING</b> Rentals Licenses Tackle Fish Mirror Lake!	<b>INDOOR CLIMBING GYM</b> Top Rope, Bouldering, Groups/Parties

### GUIDE SERVICE

Rock Climbing • Backpacking  
Hiking • Canoeing • Kayaking • SUP

**HALF, FULL & MULTI-DAY ADVENTURES**  
GROUPS, FAMILIES & PRIVATE GUIDING

**MOUNTAIN BIKING**  
Ride the Olympic Trails at the Olympic Sports Complex!  
Mt. Van Ho, Rt. 73  
Great singletrack and XC trails for all levels, Dirt Camps & Adults/Kids Clinics  
June - October

Downhill, freeride & pump track for all levels in Wilmington

Open Daily June - Oct.

• Individuals, Families & Groups  
• Three Properties  
• Walk to Downtown, Shuttle & Lake  
• Full Kitchen, Bunk & Private Rooms

**518-523-3764 • 2733 MAIN STREET, LAKE PLACID**  
CHECK OUT OUR WEBSITE FOR DETAILS AND MORE INFORMATION  
[www.HIGHPEAKSCYCLERY.com](http://www.HIGHPEAKSCYCLERY.com)

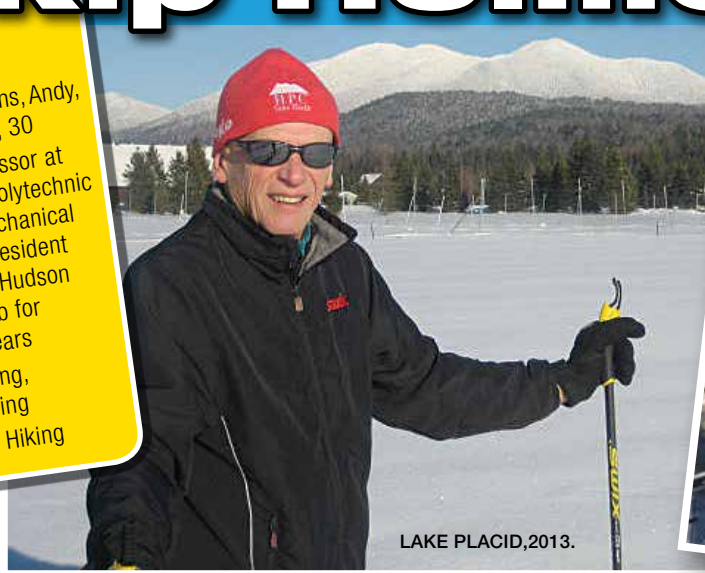
## ATHLETE PROFILE

## Skip Holmes



MOTORCYCLE TRIP TO NEWFOUNDLAND, 2014.

**AGE:** 67  
**LIVES IN:** Delmar  
**FAMILY:** Wife, Trudy; Sons, Andy, 32, and Kevin, 30  
**OCCUPATION:** Adjunct Professor at Rensselaer Polytechnic Institute, Mechanical Engineer; President of Mohawk-Hudson Cycling Club for past five years  
**PRIMARY SPORTS:** Road Cycling, Nordic Skiing  
**SECONDARY SPORTS:** Kayaking, Hiking



LAKE PLACID, 2013.



ASHEVILLE, NC, 2014.

By Dave Kraus

Oliver "Skip" Holmes claims he didn't grow up in a fitness-oriented family. Nevertheless, he got a start early in cycling because it was his only way to get around. "They gave me a bike and I rode it," he says of his parents, remembering back to when he was 10 to 12 years old. "Over the summer they would give me 50 cents and say 'Have a good time and be home by dinnertime.'" That was in 1960 in Utica, where he grew up. He got the nickname Skipper because he and his father had the name 'Oliver.' "It got confusing at dinner so they gave me a nickname." Then, he shortened it to Skip.

His return to cycling and his love of the sport came later after his stint in Vietnam. "In the Army, I was supposed to be a computer operator, but that didn't come to much. Instead they put me out in the middle of nowhere, guarding some bunker kind of thing." Fresh out of the Army and living in Texas, Skip borrowed his roommate's 10-speed Dawes road bike and headed out of town one day. "I went out on it and probably rode the darn thing 40 or 50 miles and got absolutely hooked," he remembers. Coming back home to Utica, he didn't have a car and once again needed to get around, so he got a cheap 10-speed, went to college, and rode his bike a lot.

After graduation got his first "real" job at NYS DEC as a technician doing air and water pollution work in Warrensburg. He remembers that it wasn't glamorous, but it put him in the Adirondacks - with a bicycle. So once again he started pedaling and headed out of town. "It was all these great roads and hills to go ride and explore. I felt like a kid all over again." In Warrensburg, he also got into hiking and Nordic skiing "because that's what was there and those

were the people you connected with."

After working for NYS DEC, Skip decided to go back to college for a BS degree in Mechanical Engineering from Syracuse University. He already had a BS in Mathematics. After SU, he worked at a hospital in Syracuse. In the 80s he married Trudy, fathered sons Andy and Kevin, and in 1985 moved to Delmar where he's been ever since. "My sons enjoyed mountain biking and downhill skiing with me, along with doing some Adirondack peaks, while in high school. As adults they've moved onto other activities including motorcycling," he adds.

He went to work at Rensselaer Polytechnic Institute in Troy as a facilities engineer. While at RPI, he was asked to teach one course in Building Systems, which led to becoming an adjunct Assistant Professor in the School of Architecture. He now teaches two courses in Sustainable Building design. Skip says, "It has been an interesting career."

He established the pattern of road cycling in the summer and Nordic skiing in the winter, and in 1988-89 he discovered the Mohawk-Hudson Cycling Club, and started doing their group rides. When his schedule kept him from doing as many MHCC rides as he wanted, he started leading his own club rides in the early 90s, and continued to lead his regular Tuesday night Delmar ride from April to October for the next 20 years. It started out with five people and soon grew to large groups of 30 to 40 riders, helping him make many new friends - and learn to deal with some unusual and challenging situations on the road.

He recounts one, explaining that, "We were headed up to Thacher State Park and had just turned onto this back road, and all of a sudden this deer came out of the woods and sprinted straight through the group while we were moving. It took five people down, three of them were eventually transported to the hospital by ambulance with various injuries, and the other two

with minor injuries eventually rode home. The deer took off into the woods - didn't even turn around to look at us," he said with mock indignation. That particular ride route is still called "The Deer Slayer Ride" by club members.

Skiing, particularly Nordic skiing has also played a large part in Skip's fitness lifestyle after he started doing it in Warrensburg. He did downhill ski when his kids were young, but now sticks to cross country. "I went into XC not knowing anything about it, then bought my first set of skis, and went wherever I could. Then it got to the point that my cycling friends who were part of the Tuesday night ride crowd also became Nordic skiers."

He has also become interested in the competitive side of the winter sport, and has done the Lake Placid Loppet, where he has podiumed twice in his 10 outings. He has also done the Canadian Ski Marathon, a 100-mile, two-day ski tour between the regions of Ottawa and Montreal. Skip says he has more pairs of skis, than he has bicycles. "You kind of accumulate them. They cost a lot less than bikes."

But it's through his activities with the Mohawk-Hudson Cycling Club that more Capital Region fitness enthusiasts will recognize his name. He was vice-president of the club for 15 years, from 1995-2010, and has been president for the past five. He keeps on serving for several reasons.

"Well, one is the willingness and wanting to encourage people to bike and having the platform to do it. And I think more recently in the past several years, the understanding that we need to provide more education and advocacy for cyclists out there, given the number of motor vehicle and bike crashes that keep happening. There needs to be more advocacy and information out there for this whole 'Share the Road' concept."

He has had his own share of such incidents, everything from being the target of insulting shouts and thrown beer cans, to drivers intentionally crossing the yellow line to try to "buzz" him as close as they can.

Within the club, that means getting ride leaders to follow the rules of the road, behave responsibly, and have their ride participants do the same. "That means not riding five abreast in the road, not running red lights and so forth. If we want to have respect from motorists, we are traffic, and we have to behave accordingly. There needs to be this educational thing for both motorists and cyclists so we can safely share the road."

Outside of MHCC, for the past three years Skip has been a member of the Town of Bethlehem's Bicycle and Pedestrian Safety committee, where he has contributed to a cooperative effort with the highway department to plan and install infrastructure to help make the area a more bike-friendly community.

Also in the cycling world, Skip has put his 40 years of motorcycle riding to good use by getting both his non-moving and moto officiating licenses from USA Cycling, and he can be seen officiating from atop his motorcycle at regional races.

Skip bicycles about 3,000 miles a year now. He used to road race as a Category 4, but work got too busy to train enough. He plans to do at least one or more Nordic ski events this winter, including the Lake Placid Loppet, and perhaps the Craftsbury Ski Marathon or another Canadian Ski Marathon.

Skip says he "absolutely loves" both cycling and skiing and will do both as the seasons come around for as long as he can. "It's a lifestyle choice. You need to find time for it and integrate it into part of your life to establish a framework. It allows you to do everything else in your life in a better way, whether it's going to work, taking on volunteer work, or taking on leadership activities. It's a way to enjoy a long life." ▲

*Dave Kraus (info@krausgrafik.com) of Schenectady is a longtime area cyclist, photographer and writer, who secretly wishes his nickname was also "Skip."*

the **Alpine** sport shop  
Since 1941

Saratoga's  
Ski Shop!

- Skis & Skiwear
- Snowboards
- Fall Clothing
- Winter Gear
- Expert Service



399 Clinton Street • Saratoga Springs  
518.584.6290 • [alpinesportshop.com](http://alpinesportshop.com)

Locally Owned and Operated for Over 19 Years!

PLAY IT AGAIN  
SPORTS

Winter Sports  
New 2016 Gear Arriving Daily!

**PRE-SEASON SALE!**

**Drastically Reduced Prices on all 2015 Gear**

Alpine Skis • Snowboards • Boots • Bindings • Poles  
Cross-Country Skis • Ice Skates • Snowshoes • Sleds • Coats • Pants

**Expert Ski & Board Tech Services**

**BEAT THE RUSH!**

Buy, Sell, Trade New & Used Gear™

952 Troy-Schenectady Road, Latham  
Peter Harris Plaza, 1.6 miles west of I-87  
(518) 785-6587 • [PlayItAgainSportsLatham.com](http://PlayItAgainSportsLatham.com)

Monday-Saturday: 10am-9pm & Sunday: 11am-5pm

WARREN MILLERS  
CHASING  
SHADOWS  
NOVEMBER 13 & 14  
PROUD PARTNER

BURTON • SALOMON • MARKER • ARMADA • ELECTRIC • DEMON • BERN • FLOW

VOLKL • ATOMIC • FULL TILT • ROME • UVEX • LINE • ALPINA • ANON • RED • FISCHER

GIRO • UA • SMITH • ELAN • TRESPASS • DALBELLO • SCOTT • TRANSPACK • K2

# SPECIALIZING IN ADIRONDACK ADVENTURE CANOES-KAYAKS-SUP-PADDLES-PFDs-AND MORE!!

Outdoor clothing for your next adventure!

THE FINEST IN CANOES, KAYAKS, SUP, OUTDOOR GOODS, AND SERVICES



541 Lake Flower Ave Saranac Lake NY

1-800-491-0414

www.adirondackoutfitters.com



Becky Weyrauch, certified personal trainer

**TBT = total body training**  
★ 1st class is FREE ★  
**Your Success Is Our Goal**

**Total Body Training  
and Motivation for  
ALL Fitness Levels**

TRX – Kettlebell – Weights  
Battle Ropes – Medicine Balls  
Six Weeks: 9/14-10/24  
M/W/F 5:15am or 6:45am  
Tu/Th 5:15am & Sat 6:15am  
Tu/Th 9:30am & Sat 7:30am

Saratoga-Wilton Soccer Club  
(formerly Charboneau)  
2381 Route 9, Malta  
522-9765  
REGISTER:  
RockYourFitnessNY.com



50, 25, & 10 MILE RIDES

**SUNDAY OCTOBER 4, 2015**

- **START/FINISH**  
CORE  
15 E. WASHINGTON ST.  
GLENS FALLS, NY
- **50 MILE RIDE** 10am
- **25/10 MILE RIDES** 11am
- **RPM INDOOR CYCLING @ CORE** 11am/  
11:30am
- WE'LL HAVE SOME AMAZING **RAFFLE ITEMS** TO RAISE FUNDS, TOO!
- **LATEST EVENT DETAILS**  
facebook.com/OktoberBreast

# GO PLAY!



Come and "LIKE" us in person!

- 👍 **Stand-Up Paddleboards, Kayaks & Canoes**
- 👍 **Rentals • Sales • Lessons**
- 👍 **Family Fun and Adventure on the Lake!**

www.lakegeorgekayak.com • (518) 644-9366 • Bolton Landing, NY

## Cold Water Kills!

**NYS Navigation Law:**  
Must wear your life jacket from November 1-May 1.

Smart paddlers wear their life jackets  
if the water is less than 60°F



Scan for a free online Paddle Safety Course



WearItNewYork.com



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



Saturday, September 26, 2015  
10:00 Race Starts - Cobleskill Fairgrounds  
30 minutes from the Capital Region  
Catskill Area Hospice and Palliative Care  
8:15 - 9:30 Race Day Registration or  
REGISTER ONLINE!  
Visit FAM5K.com

Facebook icon FAM 5K "Fund" Run/Walk

Awards | Kids' Run | Music | Brooks BBQ | Refreshments | Massage Therapists

The FAM 5K is sanctioned by the Adirondack Association of USA Track and Field. USATF Certified Course  
Host of the 2015: USATF Adirondack 5K Open Men's Road Race Championship



## CANOEING, KAYAKING &amp; SUP

# Fall Paddling is the Best!

## Tips to Keep It Safe and Enjoyable

By Alan Mapes

The fall brings us cooler weather, no biting bugs, beautiful colors, fewer motor boats, easier parking at launches, and better fishing. Many power boaters are putting their craft away for the season now, but I think the best part of the paddling season is just starting!

Also remember that fall brings us chillier waters, wind and rain, fewer people on the water to help in an emergency, and an increased risk of cold shock and hypothermia. Let's look at few tips for safe and enjoyable fall paddling.

**Clothing** – An old saying for paddlers states “dress for the water temperature, not the air temperature.” I only take this so far. In the spring, you have a dangerous situation when air temperatures are sometimes very warm and the water is still very cold. In the fall, the air may be cold and the waters still warm. In that case, it's a no-brainer to instead dress for the air temperature.

On chilly fall days, I trade my summer nylon shorts for lightweight long johns covered by rain pants. Or better yet, my “surf skin” shorts or long pants. These are fleece garments with a thin neoprene outer coating and they are very comfortable. On top, I'll have a long-sleeved, lightweight underwear top, covered when needed by a waterproof paddling jacket. My top and bottom garments are polyester, never cotton.

I often find it hard to regulate my temperature when paddling. I'm often too warm or too cold. To adjust, I make three small wardrobe changes. First, I pull the sleeves up or down on my poly top as needed. I find bare forearms are a great way for me to cool down. If I'm really warm, I can lean forward and dip my forearms in the water – great for cooling! Likewise, pulling the sleeves down over my forearms will really warm me up. On cooler days when I'm wearing the paddling jacket, I can still pull the poly top sleeves up or down by pinching the material right through the jacket.

Another adjustment involves what I wear on my head. Changing a brimmed hat for a knit ski cap or a neoprene/fleece paddling hood will really conserve body heat. Gloves are the other change I make, putting them on or taking them off as needed. My boat has a day hatch, so having items close at hand is easy. A small dry bag in the cockpit will accomplish the same thing.

**Safety Pack Additions** – As fall comes on, I add some items to my small “safety pack,” a dry bag that I have in my kayak hatch on every paddle. The usual summer items are a first aid kit, headlamp, granola bars, and a small repair/survival kit. As cooler weather comes on, I add a long-sleeved polyester top and some hand warmer packs, in case extra warmth is needed. My rain jacket is in the boat as always, but I also add a thermos of hot tea – a quaint nod to British kayakers, but it works wonders if you or someone else needs a warm-up.

As the weather and waters get cooler yet, I carry a separate small dry bag of spare warm clothes. These are as much

for loan to others in need as they are for me. The bag holds a fleece top, fleece pants, warm gloves, wool socks, knit cap, and an old rain jacket.

**Save a Life** – As responsible paddlers, we should be ready to help a fellow paddler in trouble. I have an easy way for you to rescue someone in the water, but first let's remember the life you save may be your own. How you ask? It could not be simpler, but it escapes many paddlers: *wear a life jacket!*

In our region this year, I have seen three reports of people dying while paddling. In every case, a life jacket would probably have saved the person. Here are some thoughts about life jackets (PFDs): a life jacket will float you, and float you well. This seems painfully obvious, but we see people panic when they flip their boat and find themselves swimming unexpectedly. They are wearing a life jacket, but will thrash and grab at anything nearby, threatening to capsize paddlers coming to their rescue. Trust the life jacket to float you! Try swimming with it – it works!

A good quality, properly-fitted life jacket will be comfortable to wear, and will stay on when you are in the water. A cheap one, or one that is not adjusted properly, may float off over your head.

What does a good life jacket cost? How much is your life worth? For the cost of a nice dinner out for two people, you can have a comfortable PFD that will last you a decade or more. Our local paddle shops have racks of nice life jackets and people who can help you find one that fits perfectly. Go see them!

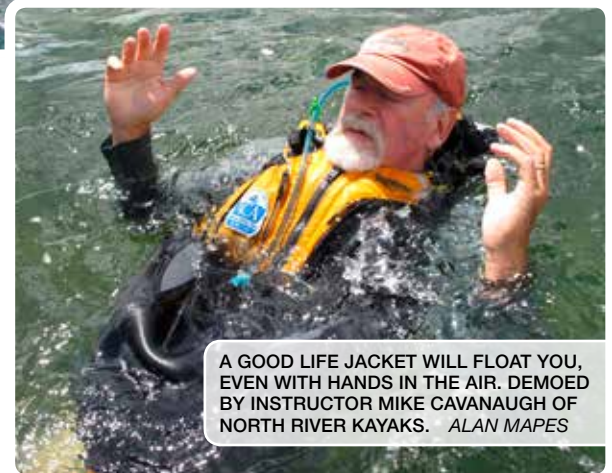
**The Easiest Rescue** – So your friend flips their boat in a moment of inattention. What do you do to help them? Here is the easiest rescue and the first one I teach in classes: simply paddle the swimmer to shore.

The first step is to protect yourself. Don't paddle close to someone in the water until you talk with them, and you're sure they're calm, and will not panic and pull you over. You will be no help to the swimmer if you are swimming, too.

To get a swimmer to safety, simply have them hold on to your boat as you paddle. I recommend they hold on to the bow rather than the stern. You can keep an eye on the swimmer if they are in front of you, making sure they are all right and holding on. Your progress toward shore will be slow – when we ran a test, we got about one mile-per-hour on the GPS. I figured that a stern hold would be more streamlined through the water, but we found a bow hold gave the best speed.



THE AUTHOR PADDLES SWIMMER MIKE CAVANAUGH TO SAFETY. NOTE HIS HEAD IS TO THE SIDE OF THE POINTY BOW.



A GOOD LIFE JACKET WILL FLOAT YOU, EVEN WITH HANDS IN THE AIR. DEMOED BY INSTRUCTOR MIKE CAVANAUGH OF NORTH RIVER KAYAKS. ALAN MAPES



THE LIFE JACKET ON THE RIGHT IS COMFORTABLE ENOUGH TO WEAR – ALWAYS. ALAN MAPES

Two cautions: have the swimmer hold their head off to the side of your bow, rather than right in front of the pointy end. It would be messy if you ran them into something with the bow straight on to their head. Likewise, stop a little before you get them to shore. Running them into hidden rocks would not be good. Your first priority is to get the person to safety. You can deal with their boat and gear later.

Enjoy some fall paddling. For me, it's the best time of year! ▲

Alan Mapes ([alanmapes@gmail.com](mailto: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.

## SUPtoberfest Sale!

### Every Canoe, Kayak & SUP on Sale\*

Test Paddle  
Before You Buy

**Mountainman  
Outdoor Supply Company**  
[www.MountainmanOutdoors.com](http://www.MountainmanOutdoors.com)

\*Excludes Jackson Kayaks  
and Swift Canoes & Kayaks

Over 1,000  
Models in  
Stock!

**Berkshire  
OUTFITTERS**  
OUTDOOR SPECIALISTS

Celebrating 42 Years!

#### ON WATER

- Kayak
- Canoe
- Fly Fishing
- Paddleboard

Great Brands  
Best Service  
Rentals Available

#### ON LAND

- Bike
- Hike
- Camp
- Roller Ski

#### ON SNOW

- Cross Country Ski
- Snowshoe
- Alpine Touring

#### ON YOU

- Gear
- Clothing
- Footwear

(413) 743-5900 • [BerkshireOutfitters.com](http://BerkshireOutfitters.com)  
Route 8, Grove St • Adams, MA  
Only One Hour from Albany/Troy

251 County Rd. 67, Saratoga Springs (518) 584-0600 • Rt. 28, Old Forge (315) 369-6672



**DISCOVER** Adirondack High Peaks

**COMING 2016**  
HIKETHEADIRONDAKS.COM

**DISCOVER INLET**

And all the Beauty That Surrounds Us

For maps & more:  
Inlet Area Information Office  
**1-866-GO-INLET**  
[www.inletny.com](http://www.inletny.com)

DAVE SCRANTON/ADKPICTURES.COM

**Last Chance 8 Week Stockade-athon 15K Prep Program**

PLAZA FITNESS PERFORMANCE

- Have Fun!
- Get Fit!
- Run Your **FASTEST** Stockadeathon Ever!

Sign up NOW @ [NarkRunningStrategies.com](http://NarkRunningStrategies.com)

Call Mat: (518) 470-8659

**NARK RUNNING STRATEGIES**  
STRONGER. FASTER. FURTHER.

MVP Health Care Stockade-athon

**CK Cycles**

Full Service Since 1902  
Road • Mountain • Hybrid • BMX • CX  
Raleigh • Fuji • Felt Racing • Masi  
Kink • Cannondale • Haro • Surly

Sponsor of R-Cubed: Group Rides

1370 Central Ave, Albany  
518-459-3272  
[CkCycles.com](http://CkCycles.com)  
1/4 mile east of Colonie Center  
[facebook.com/CkCycles](http://facebook.com/CkCycles)  
[facebook.com/rcubedrunriderace](http://facebook.com/rcubedrunriderace)

Our Newest T-Shirt...

**ADK IRISH**

For Adirondack lovers!  
**Celtic Treasures**

Stop in or order online:  
456 Broadway, Saratoga Springs  
[CelticTreasures.com](http://CelticTreasures.com) • 518.583.9452

**the FALLEN ARCH**

The **ONLY** Full Service Running Store in the Adirondacks

Offering Personalized Service You Can't Buy Online

2538 Main Street • Lake Placid • 518-523-5310 • [thefallenarch.com](http://thefallenarch.com)

ALTRA  
BROOKS  
HOKA ONE ONE  
MIZUNO  
NEWTON  
ZOOT

Please Support Our Exhibitors

and Tell Them Where You Saw Their Booth!

**ADIRONDACK**  
SPORTS & FITNESS

Gear up for Your Next Challenge!

SCREEN PRINTING  
EMBROIDERY  
PROMO ITEMS  
SIGNS & BANNERS  
AWARDS & INCENTIVES

518.452.1500  
[screendesignsinc.com](http://screendesignsinc.com)

ScreenDesignsInc  
screendesignsinc

SCREEN DESIGNS INC

**Adirondack Marathon Distance Festival**

Run For Free!!! by Run For Good

**BEST of competitor 2012 Half Marathon**

**Around Crystal Clear Schroon Lake**

Marathon • Half • 2 & 4 Person Relays  
September 27, 2015  
Schroon Lake, New York

5K & 10K Races September 26, 2015  
Chestertown, New York

Kids Fun Run September 26, 2015  
Schroon Lake, New York

Visit Our Website [adirondackmarathon.org](http://adirondackmarathon.org)

Probably the most beautiful 26 miles, 385 yards you will ever run!

**SHOP NEAR RUN FAR**

**DID YOU KNOW:**

\$68 of every \$100 you spend in our stores is reinvested in the local community?

Your support allows us to:

- Employ over 40 local residents
- Support Capital Region and Saratoga County racing events
- Provide training programs for all distances, all abilities
- Support high school athletics
- Endow the FFS/Balega Induna Scholarship fund
- Donate food and funds to the Regional Food Bank of Northeastern New York
- Donate footwear to area non-profits

Thank for you choosing  
**Fleet Feet Sports Albany | Malta**

**FLEET FEET Sports**

FOOTWEAR • APPAREL • ACCESSORIES  
Locally owned and running strong since 2006

Fleet Feet Albany | 155 Wolf Road | 459-3338  
Fleet Feet Malta | Rte. 9 Shops of Malta | 400-1213  
[www.fleetfeetalbany.com](http://www.fleetfeetalbany.com)

## HIKING & BACKPACKING *continued from 1*

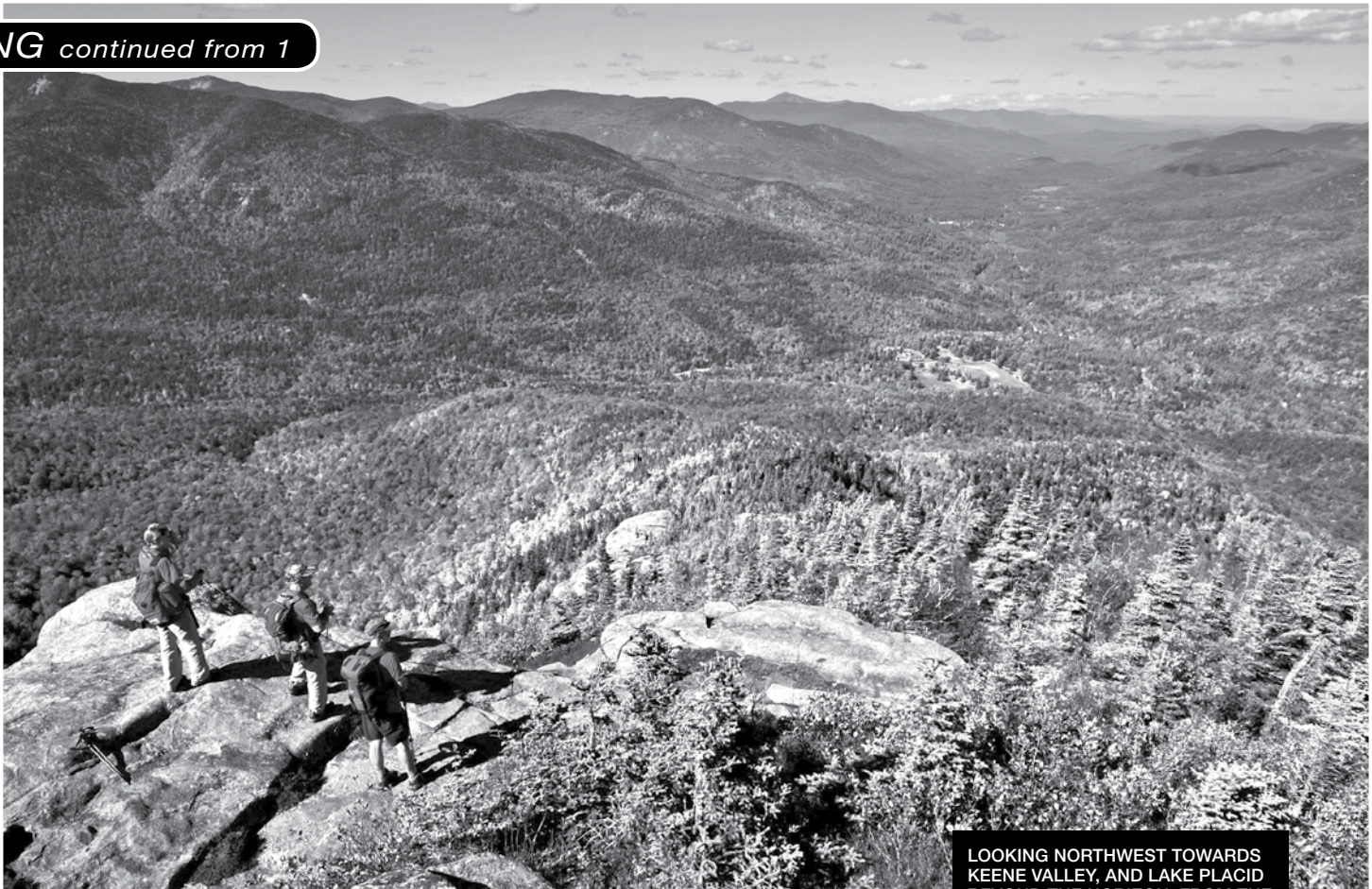
For this route, start your journey at the trailhead on NY Route 73, accessible via Exit 30 of the Northway, just south of St. Hubert's, and about a mile before Chapel Pond. On a good fall hiking day you will have no trouble finding the trailhead with its parked cars, but if too many others have beaten you to the start, there's a parking lot just north of the trailhead. Don't forget to sign in, just up the hill from the road, and stop for a moment to read the wide selection of visitors this peak attracts from both the US and Canada.

It is 0.6 miles southward from the start to your first landmark at Round Pond, with the trail climbing steadily through the trees backlit by the fall sun. This route is a 6.7-mile round trip and climbs just under 2,000 feet to reach the summit. Start your hike in late morning, allow at least an hour – or two – on the summit, and you will get a whole different beautiful view of the changing colors as you descend in the late afternoon sun.

Crest a small rise and come to Round Pond, then take a right to stay on the trail, and see the lake through the trees as you skirt the west shoreline. This route is longer than the alternate summit route that starts at the Ausable Club, but this ramble includes beautiful Round Pond with its cloak of maples, birches, and other deciduous trees showing off their colors reflected in the water.

After you leave Round Pond, it's a 1.7-mile walk through the forest as you go gently up and over the shoulder of Round Mountain, then back down to the trail intersection with the Dix Trail that comes in from the Ausable Club down the valley to your right. This is the spot to pause and get some water and maybe have an energy bar, because across the stream the orange trail markers take you directly up Noonmark for the next mile, before you reach the top.

You've got some work ahead of you. The trail is steep in spots, and there are scrambles over bare rock where a hiking staff or trekking pole, or a friend to reach down a



LOOKING NORTHWEST TOWARDS KEENE VALLEY, AND LAKE PLACID BEYOND THE HORIZON, FROM THE BARE SUMMIT OF NOONMARK.

DAVE KRAUS/KRAUSGRAFIK.COM

hand to help will come in handy. But as you get higher, there are also open spots where you can pause and enjoy the view to the southeast, where you can glimpse Giant and other more distant peaks.

You won't see a lot of the summit of Noonmark through the trees above you until a last rock scramble puts you on the bare peak, and then all the work becomes worth it. Stand on the (hopefully) sunny, bare, and expansive summit – and enjoy the view!

To your left on the southwest is Dix, with the bare rock of its slides shining in the sun. As you shift your gaze to the right, there are Dial and Nippletop, and then the Great Range, with the ridge of the Wolfjaws in front, Marcy and others behind, and Whiteface visible in the far distance as you continue shift-

ing to the right. If it's a nice weekend day you will not be alone. But the bare rock summit has plenty of room for everyone. Just be careful of the steep drop-off in front of you as you enjoy the view to the south and west. It's a long way down.

Behind you, trees block the view to the northeast, but wander to your left a ways, and the outcrops let you get a fairly good view. Take your time. You've done all this work to get up here and you deserve to enjoy the reward and get plenty of photos.

When you finally decide to head back down, just return the way you came. If you've timed your afternoon just right and chosen the right weekend with foliage at peak, you will come to Round Pond just before the sun sinks below the mountain, putting the pond

into shadow. But before it does, the late afternoon rays light up the colorful trees, and the rainbow on the far shore is reflected in the quiet waters in front of you. It is well worth pausing for a while to watch the scene change as the sun sinks. But don't worry, even after the lake is in shadow, you will still have plenty of daylight to get back down the trail to Route 73 and your car. ▲

*Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer who will probably never become a 46er because he just keeps climbing Noonmark. Visit his website at krausgrafik.com.*

## PADDLING & HIKING *continued from 3*

the Mountain Pond carry from the Long Pond put-in off of Floodwood Road.

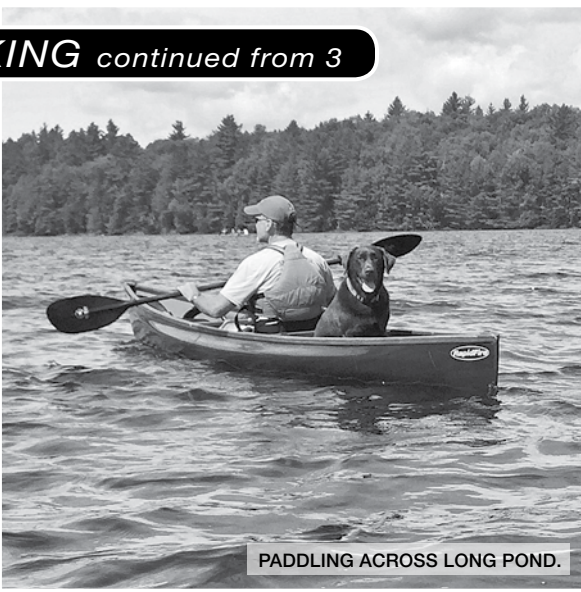
As we approached Mountain Pond after a short hike, we saw some folks swimming and fishing. When we got closer, I realized it was Paul – someone I used to race bikes with 20 years ago and who I hadn't seen in years – and his family. Of all the places to meet! We hung out and caught up for a while, and then Jan, Mav, and I headed up the mountain trail.

The trail to Long Pond Mountain, like many Adirondack trails (and many of its people), is fairly straight and direct. There are several steep sections that cross topo lines at 90 degrees, mud, and some switchbacks. At 1.6 miles, it's not a super long or difficult trip, but it has its moments. Several blowdowns with short bypass trails add to the fun.

But reaching the semi-open summit was well worth the effort. Since this small mountain stands in the middle of the flattish St. Regis Canoe Area, the views from the summit are long and spectacular, extending to the High Peaks – and including all of the lakes we had paddled across. It was like looking at a real-life version of the Adirondack Paddler's Map. There are great views to the west, too.

We took some pictures, poured Mav a big bowl of water, and soon were joined by Paul and family, who decided to hike up after all. We hung out for a while, chatting, eating lunch, and even finding some late blueberries. What a great way to spend a summer day! I imagine a colorful fall one, too...

As the shadows began to grow, we decided it was time to head back down. The hike down was uneventful, and we reached the canoes with plenty of time to stop for a cool-off swim in Long Pond before carrying to Slang Pond, then paddling to Turtle Pond.



PADDLING ACROSS LONG POND.



IS THIS WHERE I'M SLEEPING?

PHOTOS BY JOE MOORE/JAN FAILING

When we arrived back at camp and were relaxing, Mav sat on the bank above the lake, and watched attentively as a group of canoes and kayaks passed. As we watched Mav watching them, a mature bald eagle landed in a tree directly across the narrows from our site, and watched us all – a perfect end to a perfect day. ▲

*Joe Moore (placidboats@gmail.com) is owner and co-founder of Placid Boatworks in Lake Placid. The company manufactures lightweight carbon/Kevlar canoes and has a full-service paddling shop on Station Street.*

### **Gear to Bring for Your Four-Legged Friends**

Plenty of food, water bottles, collapsible food/water dish, canine first aid kit, plenty of treats, collar with name and phone, towel, sleeping pad (or they'll "share" yours!), and dog pad for the canoe.

WHOOPEE.

# RACE RESULTS

## 15TH ANNUAL WAKELY DAM ULTRA 32.6M TRAIL RACE July 19, 2015 • Wakely Dam, Indian Lake to Piseco Airport, Piseco

MALE OVERALL				
1	Jan Wellford	4:45:04	17	Tony Carino 6:52:39
2	Jake Stookey	5:11:20	18	William Boula 6:57:16
3	Fred Harle	5:28:35	20	Matt Oehlschlaeger 6:59:15
FEMALE OVERALL				
1	Katie DeRusso	6:57:25	22	Jason Doell 7:20:53
2	Monica Blount	7:25:35	24	Jeff Moss 7:25:36
3	Angela Capece	7:58:52	25	Hugh Davis 7:26:12
MALE FINISHERS - Overall Place				
4	Aaron Lozier	5:48:29	27	Jacob Hadden 7:31:21
5	Justin Ernst	5:49:53	28	Mark Valites 7:31:21
6	Marc Galvin	5:58:33	29	Bill Kellner 7:36:34
7	Chris Bunyan	5:58:49	30	Jim Burke 7:48:30
8	Jason Fiegel	5:59:19	31	Mark Wilkinson 7:56:10
9	Frank Alessandrini	6:03:04	33	Denis Streltsov 7:59:13
10	Adam Crofoot	6:04:19	35	Chris Washburn 8:33:55
11	Courtenay Guertin	6:09:31	36	Ted Cowles 8:35:02
12	Greg Veltkamp	6:15:56	37	Sean Scarisbrick 8:40:15
13	Brett Sherwood	6:17:47	38	Kevin Prestage 8:46:46
14	Guillermo Ayala	6:27:33	41	Andy Pickreign 8:56:49
15	Volker Burkowski	6:33:42	42	Kurt Lozier 9:29:07
16	Bill Hoffman	6:42:35	43	Richard Youmans 9:30:31
44	Michael Lacharite	9:31:05		
45	Mark Whittemore	9:33:02		
46	Bob Wood	9:34:35		
47	Dennis Stadelman	9:34:35		
48	Kenneth Rowe	9:50:54		
49	Caroline Hall	9:50:55		
50	Bill Hall	9:52:24		
51	Charles Thayer	9:54:01		
52	Jason Noel	10:05:37		
55	Gary Cambridge	10:11:04		
56	Gary Labela	10:13:47		
57	Guy Robson	10:13:49		
58	Dave Bapst	10:30:31		
59	Patrick Cummings	10:30:31		
61	Phil Gallo	12:02:53		
FEMALE FINISHERS - Overall Place				
39	Kelly Kolnick	8:48:52		
40	Denise Wagner	8:48:52		
53	Keisha Joyce	10:05:37		
54	Laura Broadwell	10:05:37		
60	Elaine Morris	12:02:50		

Courtesy of Wakely Dam Ultra

## 2015 HMRRC SUMMER TRACK SERIES • June 30 - July 23, 2015 • Colonie High School, Colonie

RACE #1: COLONIE MILE - JUNE 30				RACE #2: TWO-PERSON RELAY - JULY 9					
MALE OVERALL				Fastest & Slowest Runners Paired					
1	Jake Johnson	17	Colonie	4:29	1	Ben Heller & Shea Foley	37:02		
2	Eric Young	23	Latham	4:31	2	Jeff Long & Jim Foley	39:20		
3	Andrew Rickert	36	Delmar	4:32	3	Justin Peabody & Connie Smith	39:33		
FEMALE OVERALL				MALE FINISHERS - Overall Place					
1	Julia Flower	17	Schenectady	4:59	1	Martha DeGrazia	64	Slingerlands	6:45
2	Lisa D'Aniello	29	Albany	5:26	2	Sharon Fellner	54	Schenectady	6:27
3	Olivia Baumann	16	Greenville	5:34	3	Kathee O'Shaughnessy	66	Albany	5:59
MALE AGE GROUP: 1 - 14				RACE #3: HOUR RUN - JULY 16					
1	Shea Weilbaca	14	Saratoga	5:04	Miles Covered in One Hour				
2	David Metacarpui	13	Charlton	5:26	MALE OVERALL				
3	Graham Richard	10	Albany	5:59	1	Mike Roda	39	Albany	11:01
FEMALE AGE GROUP: 1 - 14				2	Thomas O'Grady	30	Latham	10:75	
1	Alexis DiBernardo	13	Colonie	6:54	3	Ben Fishbein	19	Delmar	10:14
2	Taylor Thompson	13	Guilderland	7:42	FEMALE OVERALL				
3	Bryn Fitzmaurice	8	Greenville	8:25	1	Martha DeGrazia	64	Slingerlands	6:45
MALE AGE GROUP: 15 - 19				2	Sharon Fellner	54	Schenectady	6:27	
1	Charlie Ragone	17	Niskayuna	4:36	3	Kathee O'Shaughnessy	66	Albany	5:59
2	Sean McAvery	17	Greenville	4:39	MALE FINISHERS				
3	Richard Marinelli	15	Clifton Park	5:35	1	Michael Nickerson	26	Clifton Park	10:10
FEMALE AGE GROUP: 15 - 19				2	Steve Booker	19	Delmar	10:05	
1	Kerry Flower	15	Schenectady	5:34	3	Ben Heller	26	Albany	9:58
2	Alexa Thompson	15	Guilderland	5:56	4	Dennis Van Vlack	43	Duanesburg	9:21
MALE AGE GROUP: 20 - 29				5	Joseph Somerville	17	Wynantskill	9:10	
1	Ben Heller	26	Albany	5:11	6	Todd McCauley	47	Colonie	8:74
2	Joe Gottwald	22	Millerton, PA	5:25	7	Brian Northan	40	Guilderland	8:67
3	Thomas Danserfan	28	Troy	5:31	8	Branden McCauley	16	Colonie	8:52
FEMALE AGE GROUP: 20 - 29				9	Chris Nowak	40	Watervliet	8:43	
1	Molly Wellman	26	Cohoes	5:56	10	Tod Allard	52	Schenectady	8:22
2	Kelcey Heenan	26	Delmar	6:35	11	John Parisella	57	Schenectady	7:93
3	Stephanie Krom	23	Hagaman	6:37	12	David Rowell	63	Albany	7:36
MALE AGE GROUP: 30 - 39				13	Hector Roig	43	Clifton Park	7:27	
1	Thomas O'Grady	30	Latham	4:47	14	Brendon Van Vlack	15	Duanesburg	7:02
2	Andrew Meleady	31	Albany	5:07	15	Paul Forbes	64	Colonie	6:83
3	Jon Catlett	37	Chatham	5:16	16	Vince Juliano	58	Delanson	6:63
FEMALE AGE GROUP: 30 - 39				17	Wade Stockman	80	Rensselaer	6:31	
1	Alyssa Lotmore	30	Albany	6:24	18	Matt Leary	58	Rexford	6:18
2	Erin Engstrom	36	Albany	6:35	19	Edwin Litts	65	Schenectady	6:04
MALE AGE GROUP: 40 - 49				20	Ray Lee	73	Halfmoon	5:06	
1	Brian Northan	40	Guilderland	5:07	21	Ralph Feinstein	83	Rensselaer	4:72
2	Dan Murphy	40	Delmar	5:22	FEMALE FINISHERS				
3	Jon Rocco	48	Colonie	5:25	1	Anny Stockman	83	Rensselaer	4:72
FEMALE AGE GROUP: 40 - 49				RACE #4: PENTATHLON - JULY 23					
1	Christa Dederick	44	Berne	6:07	5000m/1800m/3200m/400m/1600m - Ranked by Points				
2	Sally Drake	42	Albany	6:32	MALE OVERALL				
3	Kathy VanValen	46	Delanson	7:40	1	Mike Roda	39	4561	
MALE AGE GROUP: 50 - 59				2	Eric Young	23	4556		
1	Mark Stephenson	51	Esperance	5:05	3	Michael Bashant	16	4178	
2	Kevin Creagan	50	Albany	5:23	FEMALE OVERALL				
3	Chong-Hwan Son	50	Latham	5:25	1	Emily Acker	18	3345	
FEMALE AGE GROUP: 50 - 59				2	Lisa D'Aniello	29	3187		
1	Gail Doering	50	Loudonville	7:26	3	Nikki DePasquale	42	78	
2	Cathy Sliwinski	59	Albany	7:41	MALE FINISHERS - Overall Place				
3	Sharon Fellner	54	Schenectady	8:06	4	Eli Bashant	17	4109	
MALE AGE GROUP: 60 - 69				5	Brian Northan	40	3742		
1	David Roy	60	Schoharie	5:39	6	Joseph Somerville	17	3731	
2	Richard Clark	61	Feeding Hills, MA	6:06	7	Ben Heller	26	3633	
3	Paul Bennett	64	Latham	6:21	8	Jeff Long	32	3549	
FEMALE AGE GROUP: 60 - 69				9	Kevin Creagan	50	3427		
1	Susan Burns	60	Rensselaer	7:45	10	Jon Catlett	37	3380	
2	Martha DeGrazia	64	Slingerlands	7:46	13	John Parisella	57	2712	
3	Jill Mehan	60	Troy	7:53	14	Chris Nowak	40	2655	
MALE AGE GROUP: 70 - 79				15	Tod Allard	52	1955		
1	Ken Skinner	75	Albany	7:58	16	David Rowell	63	1283	
2	Don Gallagher	72	Albany	10:08	17	Matthew Alpern	52	950	
MALE AGE GROUP: 80 - 89				18	Matt Leary	58	422		
1	Wade Stockman	80	Rensselaer	8:24	19	Bryan Fund	43	381	
2	Ed Doucette	85	Bennington, VT	10:45	20	Paul Muzzio II	34	357	
FEMALE AGE GROUP: 80 - 89				21	Scott Henricks	51	161		
1	Anny Stockman	83	Rensselaer	11:06	22	Michael Myers	36	108	

Courtesy of Hudson-Mohawk Road Runners Club

## 17TH ANNUAL IRONMAN LAKE PLACID July 26, 2015 • Olympic Speedskating Oval, Lake Placid

2.4M SWIM, 112M BIKE, 26.2M RUN				
<b>MALE OVERALL</b>				
1	Corey Deveaux	31	Sydney, NS	9:31:09
2	Daniel Moore	31	Rochester	9:34:12
3	David Burger	47	Pennellville	9:37:14
<b>FEMALE OVERALL</b>				
1	Amy Farrell	38	Tupper Lake	10:13:19
2	Lori Sherlock	36	Star City, WV	10:31:31
3	Nicole Valentine	32	Germantown, MD	10:36:25
<b>AGE GROUP - WINNERS &amp; NORTHEASTERN NY FINISHERS</b>				
<b>PHYSICALLY CHALLENGED</b>				
1	Kathleen Rooy	51	Little Silver, NJ	15:25:39
Guide: James Armstrong				
<b>FEMALE 18-24</b>				
1	Julia Slyer	19	Averill Park	11:53:47
2	Caitlin Skufca	23	Wilmington	11:58:41
7	Maira Hilt	23	Albany	14:21:49
9	Hannah Feinberg	20	Saranac Lake	15:04:52
<b>FEMALE 25-29</b>				
1	Genevieve Belanger	28	Oxford, QC	10:44:02
13	Kylie Goodell	28	Plattsburgh	12:51:07
17	Kerianne Sanicola	26	Albany	13:26:44
21	Erin Ayala	28	Schenectady	13:46:06
24	Nicole Diroll	26	Plattsburgh	14:11:05
25	Katie Kurtessis	25	Albany	14:13:33
26	Molly Geuss	29	Rhinebeck	14:27:43
27	Anny Seyse	29	Scotia	14:42:41
32	Kelsey Allen	25	Clifton Park	14:57:31
33	Stephanie Melkun	27	Saratoga Springs	14:57:41
39	Kaileigh Moore	24	Lake Placid	15:54:23
45	Erika Morrissette	27	Schenectady	16:48:13
<b>FEMALE 30-34</b>				
1	Kayla Kiehl	32	Redwood City, CA	10:41:49
8	Andrea Lewis	34	New Hartford	12:31:37
24	Amanda Barone	31	Ballston Spa	13:20:27
29	Amie Thomas	31	Schuylerville	13:30:49
52	Jessie Sangster	33	Queensbury	14:22:40
67	Melissa Cole	30	Latham	15:21:15
76	Christen Lill	31	Philmont	16:35:22
78	Olya Prevo	33	Mechanicville	16:39:24
<b>FEMALE 35-39</b>				
1	Courtney Kaup	36	Bolton Valley, VT	10:45:00
35	Ashley Peacock	39	Loudonville	13:33:49
39	Pamela Cooper	39	Greenfield Center	13:47:40
40	Amanda Zullo	35	Saranac Lake	13:50:25
48	Kristin Kandiel	34	Mechanicville	14:06:21
58	Jennifer Ketchell	34	Au Sable Forks	14:36:47
66	Erin Reep	34	Athens	15:04:13
67	Veronica Byers	37	Lake Placid	15:11:33
68	Kim Didrich	35	Alplaus	15:16:18
87	Kelly Person	37	Guilderland	16:47:30
<b>FEMALE 40-44</b>				
1	Noga Ruttenberg	42	Rye	11:00:20
35	Julie Reidy	43	Plattsburgh	13:24:44
110	Shannon Robinson	41	Madrid	16:25:16
111	Joan Anderson	41	Schenectady	16:34:30
115	Rachel Harvey	43	Saratoga Springs	17:11:19
<b>FEMALE 45-49</b>				
1	Jennifer Mahoney	47	Falmouth, ME	10:42:42
22	Julie Hyland	45	New Paltz	12:47:30
37	Lonnie Halusic	47	Niskayuna	13:42:03
45	Wendie Bishop	45	Morrisonville	14:01:00
96	Kristen Long	46	Gansevoort	16:12:00
98	Suzanne Pitts	44	Ballston Spa	16:13:49
103	Tamara Colman	46	Albany	16:27:41
<b>FEMALE 50-54</b>				
1	Tina Kader	53	Montreal, QC	11:19:40
10	Nancy Martel	54	Watertown	13:13:03
15	Kristen Hislop	50	Clifton Park	13:42:14
20	Heidi Holderied	53	Saranac Lake	14:01:04
30	Linda Shepard	51	Keeseville	14:33:17
35	Lisa Valentine	54	Middle Grove	14:52:21
39	Janet Davignon	53	Schenectady	15:04:38
41	Kathleen Bottillo	51	East Greenbush	15:08:33
45	Kirsten Elling	53	Schenectady	15:17:06
60	Rachael Angelini	50	Rensselaer	15:56:25
62	Nanette Hatch	50	Waterford	16:02:14
67	Dawn Vittti	50	Ballston Lake	16:37:05
<b>FEMALE 55-59</b>				
1	Mary Duprey	55	Plattsburgh	11:48:10
3	Karen Dayan	56	Lake Placid	12:43:59
4	Alicia Chase	55	Cadyville	13:12:44
14	Jane Mastaitis	56	Saratoga Springs	15:10:05
19	Cathy Percy	55	Stony Creek	15:38:02
25	Sandi Payne	56	Stony Creek	17:02:04
<b>FEMALE 60-64</b>				
1	Patricia Rosen	62	Austin, TX	13:48:40
6	Margaret Phillips	62	East Schodack	15:23:19
8	Debbie Goedeke	61	Delmar	15:42:28
<b>FEMALE 65-69</b>				
1	Kathi Peck	65	Goshen, CT	13:22:01
<b>FEMALE 70-74</b>				
1	Beatrice Burns	72	Hamden, CT	15:47:23
<b>MALE 18-24</b>				
1	Brian Charland	24	West Harrison	11:08:56
2	Ryan Recchia	21	Latham	11:17:26
3	Marc Eves	24	Lake Placid	11:42:03
25	Ethan Kelly	21	Potsdam	13:49:46
27	Phil Yoss	23	New Hartford	

**17TH ANNUAL IRONMAN LAKE PLACID continued**

212 James Schuhl	47	Charlton	14:23:28	<b>MALE 55-59</b>	1 Peter Buehlow	55	Bright, ON	10:01:57
215 Paul Vink-Lainas	47	Wynantskill	14:26:20	20 Steve Tibbitts	55	New Hartford	12:37:39	
248 Frank Pambianchi	46	Acra	15:19:33	30 Kirk Fisking	57	Lake Placid	13:16:51	
252 Aaron Palmer	44	Ballston Lake	15:22:19	40 Gordon Harder	55	Broadalbin	13:54:21	
275 Jim Vandelo	45	Clifton Park	15:59:46	41 Vadim Obertyshev	57	Amsterdam	13:59:05	
278 Michael Toomey	48	Queensbury	16:03:45	64 Jeff Clark	57	Glenmont	15:20:17	
289 John Butler	48	Latham	16:29:32	66 Danny Arnold	57	Saratoga Springs	15:25:35	
<b>MALE 50-54</b>				72 Wesley Wilson	54	Bloomingtondale	16:02:57	
1 Tim Cronk	53	Laconia, NH	10:25:51	83 David Murad	55	Utica	16:36:37	
5 Patrick Brimstein	51	Peru	10:46:36	84 Christopher Grant	56	Lake Placid	16:40:42	
16 John Slyer	50	Averill Park	11:31:23	90 Lee Hilt	58	Colonie	17:15:01	
38 Eric Virkler	50	Lowville	12:10:50	<b>MALE 60-64</b>				
54 Robert Hess	50	Clifton Park	12:44:40	1 Edward Sparkowski	59	Simsbury, CT	11:11:29	
62 Daniel Courmeene	53	Plattsburgh	12:46:00	5 Mac Rand	61	Lake Placid	12:21:41	
66 Michael Manosh	50	Charlton	12:52:58	11 Steve Vnuk	59	Delmar	13:16:03	
70 Tim Reilly	54	Waterford	13:00:55	12 Jeffrey Ruiz	63	New Paltz	13:34:17	
72 Don Welsh	51	Albany	13:02:22	15 Brian Delaney	59	Lake Placid	14:07:53	
81 Matthew Bell	51	Wynantskill	13:12:01	17 Dominic Coppola	61	Cherry Valley	14:17:02	
97 Kenneth Lane	49	Castleton	13:17:19	34 Peter Canzone	62	Saratoga Springs	16:23:11	
85 Christopher Hogan	50	Delmar	13:25:26	39 Tony Searing	60	Morrisonville	17:05:16	
101 Peter Steciuk	50	Lake George	13:32:38	<b>MALE 65-69</b>				
104 Steve Reddy	50	Stuyvesant Falls	13:35:56	1 Stephen Smith	65	Stratford, NH	11:38:32	
107 Jonathan Masters	52	Albany	13:37:19	8 Robert Tebo	67	Tupper Lake	14:44:54	
109 Mike Ambrose	50	New Hartford	13:41:12	12 James Adams	68	Altona	16:44:17	
123 Thomas Gavin	50	Diamond Point	14:00:59	<b>MALE 70-74</b>				
188 Timothy Healey	54	Troy	15:42:34	1 Paul Murray	71	Albany	16:28:03	
204 John Guastella	49	Delmar	16:09:09	<b>MALE 75-79</b>				
206 John Valentine	54	Middle Grove	16:12:39	1 Bob Heins	76	Plattsburgh	15:51:26	
207 Keith Murray	52	Stillwater	16:13:55					
210 Kent Spottbery	50	Burnt Hills	16:21:27					
214 Don Markoe	51	Lagrangeville	16:24:55					
227 James Dearce	49	New Paltz	16:56:43					

Courtesy of World Triathlon Corporation

**BIGGEST LOSER RUN/WALK RACE SERIES: HALF MARATHON & 5K continued**

<b>MALE AGE GROUP: 60 - 69</b>				<b>5K WALK</b>				
1 Roger Cloutier	63	Charlton, MA	38:05	<b>MALE OVERALL</b>	1 Sai Surapaneni	42	Berlin, CT	40:12
2 Walter Stinson	68	Windham, ME	41:22	2 Willie Stevens	64	Waterford, VT	49:42	
3 Dave Hannigan	63	Robesonia, PA	49:09	3 Serge Villeneuve	54	Mascouche, QC	58:18	
<b>FEMALE AGE GROUP: 60 - 69</b>				<b>FEMALE OVERALL</b>				
1 Patricia Mielcarek	64	Killington, VT	41:21	1 Asiya Williams	26	Medford, MA	46:33.5	
2 Pat Schiller	65	Colchester, VT	42:07	2 Beth Laporte	49	Morrisonville	51:22	
3 Jill Lambert	61	Springfield, VT	45:17	3 Lisa Tajima	54		52:12	
<b>FEMALE AGE GROUP: 70 - 79</b>				Courtesy of Biggest Loser Run/Walk Series				
1 Betsy Knapp	70	North Weymouth, MA	1:05:41					

**9TH ANNUAL FRONHOFFER TOOL TRIATHLON**  
August 1, 2015 • Lake Lauderdale County Park, Cambridge

<b>OLYMPIC: 0.9M SWIM, 24.8M BIKE, 6.2M RUN</b>			
<b>MALE OVERALL</b>			
1 Todd Shatynski/35-39	Altamont	2:05:53	
2 Mark Snowise/45-49	Pittsfield, MA	2:10:04	
3 Aaron Major/35-39	Pattersonville	2:10:47	
<b>FEMALE OVERALL</b>			
1 Michelle Rosowsky/45-49	South Burlington, VT	2:19:39	
2 Shylah Weber/25-29	Rensselaer	2:24:49	
3 Debora Battaglia/45-49	Salt Lake City, UT	2:32:39	
<b>MALE AGE GROUP: 15 - 19</b>			
1 Avery Ball	East Greenbush	2:47:35	
<b>FEMALE AGE GROUP: 15 - 19</b>			
1 Emily Smith	Bennington, VT	3:05:49	
2 Kaitlyn Hansen	South Glens Falls	3:15:32	
3 Amy Robison	Clifton Park	3:16:12	
<b>MALE AGE GROUP: 20 - 24</b>			
1 Norman Vandiest	Glens Falls	2:26:17	
2 Brett Schlesier	Johnstown	2:49:01	
3 Ben Frank	Queensbury	2:56:37	
<b>FEMALE AGE GROUP: 20 - 24</b>			
1 Rachael Degnan	Slingerlands	2:58:51	
2 Miriam Frank	Queensbury	3:14:23	
<b>MALE AGE GROUP: 25 - 29</b>			
1 Tyler Welsh	Dewart, PA	2:28:06	
2 Steven Randles	Argyle	2:51:40	
<b>FEMALE AGE GROUP: 25 - 29</b>			
1 Andrea Hollinger	Averill Park	2:33:51	
2 Ashley Degnan	Voorheesville	2:53:15	
3 Ariel Frank	Queensbury	3:02:36	
<b>MALE AGE GROUP: 30 - 34</b>			
1 Kyle Johnston	New York	2:36:59	
2 Michael Triller	Ballston Spa	2:46:47	
3 David Rallsback	Saratoga Springs	2:56:37	
<b>FEMALE AGE GROUP: 30 - 34</b>			
1 Lauren Chamberlain	Northville	2:32:54	
2 Ryan Bernhardt	Albany	2:45:47	
3 Justine Trybendis	Glens Falls	2:48:05	
<b>MALE AGE GROUP: 35 - 39</b>			
1 Matthew Crave	Schenectady	2:17:49	
2 Ryan Cannon	Greenwich	2:23:30	
3 Gregory Rashford	Niskayuna	2:30:58	
<b>FEMALE AGE GROUP: 35 - 39</b>			
1 Erin Gregory	Clifton Park	2:43:33	
2 Ivy Kasallis	Delmar	2:45:06	
3 Jennifer Dean	Rensselaer	2:45:20	
<b>MALE AGE GROUP: 40 - 44</b>			
1 Stephen Foley	Pittsfield, MA	2:10:57	
2 Brian Cestaro	Niskayuna	2:17:41	
3 Vincent Cooper	Gansevoort	2:19:31	
<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Kirsten Cestaro	Niskayuna	2:34:22	
2 Kerri Thomas	Middle Granville	2:38:33	
3 Jodi Plante	Saratoga Springs	2:47:17	
<b>MALE AGE GROUP: 45 - 49</b>			
1 Charles Kreger	Saugraties	2:21:51	
2 Bob Stocks	Endwell	2:25:57	
3 Tom Hansen	South Glens Falls	2:36:02	
<b>FEMALE AGE GROUP: 45 - 49</b>			
1 Melissa Rowe	Bennington, VT	2:37:23	
2 Cheryl Morris	South Glens Falls	2:48:26	
3 Alicia Gillen	Altamont	2:54:10	
<b>MALE AGE GROUP: 50 - 54</b>			
1 Carl Regenauer	Saratoga Springs	2:13:24	
2 Jason Petit	Liverpool	2:27:13	
3 Eric Spann	Cranbury, NJ	2:30:07	

Courtesy of Fronhofer Tool Triathlon

**BIGGEST LOSER RUN/WALK RACE SERIES: HALF MARATHON & 5K**  
July 26, 2015 • Killington Resort, Killington, VT

<b>13.1-MILE RUN</b>				<b>13.1-MILE WALK</b>			
<b>MALE OVERALL</b>				<b>MALE OVERALL</b>			
1 Jonathan Golden	42	Slingerlands	1:41:42	1 Brian Kosiak	60	Chaseburg, WI	3:02:53
2 Seth Oriol	56	West Hartford, CT	1:48:22	2 Phil Fernandez	50	Rutland, VT	3:03:04
3 Marc Duquette	45	Lava, QC	1:50:09	3 Daniel Gambacurta	64	Holidaysburg, PA	3:04:27
<b>FEMALE OVERALL</b>				<b>FEMALE OVERALL</b>			
1 Lindsey Chen	16	West Hartford, CT	1:44:53	1 Keumok Heo	44	Avon, CT	2:50:20
2 Sara Lewis	36	Brookfield, VT	1:54:19	2 Roseanne McKay	56	Wilmington, OH	2:51:15
3 Renee Affinati	34	West Monroe	1:56:54	3 Debbie Lally	37	Lynn, MA	3:01:16
<b>FEMALE AGE GROUP: 1 - 14</b>				<b>5K RUN</b>			
1 Sierra McDermott	10	Poultney, VT	3:02:31	<b>MALE OVERALL</b>			
<b>MALE AGE GROUP: 15 - 19</b>				1 Michael Bales	32	Leavenworth, KS	28:29
1 Jonathan DeCicco	18	Malden, MA	1:56:03	2 Vance Jackson	38	Rutland, VT	29:06
2 Daniel Israel	15	Syosset	2:11:32	3 Levi Beavin	16	Montpelier, VT	29:20
3 Samuel Gleason	16	Jamaica, VT	3:02:21	<b>FEMALE OVERALL</b>			
<b>FEMALE AGE GROUP: 15 - 19</b>				1 Robin Affinati	34	West Monroe	33:38
1 Emma Oriol	16	West Hartford, CT	2:07:35	2 Elizabeth Schiller	31		34:28
2 Kaleigh Flagg	19	Winchendon, MA	2:36:47	3 Emily Gibson	20	Bristol, VT	35:44
3 Katie Miller	18	Woodstock, VT	2:40:23	<b>MALE AGE GROUP: 1 - 14</b>			
<b>MALE AGE GROUP: 20 - 29</b>				1 Brandon Pryor	13	Greenwich	39:25
1 Aaron Powell	29	Chester, MA	1:50:27	2 Brendan Chapman	10	Campbell Hall	40:41
2 Eric Morin	28	Waltham, MA	2:06:12	3 Grady Dean	6	Elkhart, IN	55:20
3 Dele Atoro	26	Nashua, NH	2:09:16	<b>FEMALE AGE GROUP: 1 - 14</b>			
<b>FEMALE AGE GROUP: 20 - 29</b>				1 Kathryn Kriz	9		39:28
1 Gwendolyn Garcia	23	Somerville, MA	2:02:50	2 Torrance Behrendt	8	East Wallingford, VT	52:35
2 Linda Fortunato	26	Feeding Hills, MA	2:08:21	3 Alyssa Sheridan	11		1:10:17
3 Ashlyn Giulianielli	29	Brooklyn	2:11:01	<b>MALE AGE GROUP: 15 - 19</b>			
<b>MALE AGE GROUP: 30 - 39</b>				1 Connor Cornwell	15	Deposit	40:03
1 Scott Luther	38	Austin, TX	2:15:49	2 Elijah LaFleur	15	Springfield, VT	51:51
2 Andrew Cl	36	Liberty, MO	2:16:29	<b>FEMALE AGE GROUP: 15 - 19</b>			
3 Alonzo Tapley	37	Woodstock, VT	2:20:45	1 Brooke Stanley	17	Hampton	37:30
<b>FEMALE AGE GROUP: 30 - 39</b>				2 Hannah Gould	17		37:42
1 Dani Holmes-Kirk	32	Somerville, MA	2:00:06	3 Elizabeth Vigrass	16	St. Petersburg, FL	37:53
2 Isabelle Desjardins-David	33	Brossard, QC	2:05:33	<b>MALE AGE GROUP: 20 - 29</b>			
3 Jolee Porter	31	Atlanta, GA	2:06:40	1 Frit Asuncion	27	North Clarendon, VT	33:10
<b>MALE AGE GROUP: 40 - 49</b>				2 Eric Baral	25	Burlington, VT	35:40
1 Jason Israel	46	Syosset	1:51:48	3 Chris Nolan	23	Putney, VT	44:33
2 Gary Saunders	41	Ballston Spa	2:08:55	<b>FEMALE AGE GROUP: 20 - 29</b>			
3 Jason Stevens	41	St. Johnsbury, VT	2:10:23	1 Tori Wyland	22	Rutland, VT	37:38
<b>FEMALE AGE GROUP: 40 - 49</b>				2 Elizabeth Whitcomb	28		39:53
1 Dina St. Claire	47	Whitehall	2:00:05	3 Amanada Smith	25		40:59
2 Nichole Savenor	41	Belmont, MA	2:06:35	<b>MALE AGE GROUP: 30 - 39</b>			
3 Rebekah Thomas	41	Jericho, VT	2:11:50	1 Eric Dupont	31		35:18
<b>MALE AGE GROUP: 50 - 59</b>				2 Jasminder Multani	33	Monroe, NJ	35:25
1 Robert Wright	56	Naugatuck, CT	1:56:40	3 Marino Perfetti	39	Shelton, CT	33:25
2 Tom Droz	57	East Amherst	2:11:27	<b>FEMALE AGE GROUP: 30 - 39</b>			
3 Stephen Francis	54	Worcester, MA	2:14:19	1 Kristy Cardi	31	West Rutland, VT	35:48
<b>FEMALE AGE GROUP: 50 - 59</b>				2 Michelle Tomlinson	39	Hyde Park, VT	38:31
1 Monica Thomas	59	Ithaca	2:03:31	3 Josee Melancon	38	Carignan, QC	39:36
2 Lynn Kapusta	58	East Brunswick, NJ	2:11:32	<b>MALE AGE GROUP: 40 - 49</b>			
3 Lydia Reyes	52	New London, CT	2:21:30	1 Stephane Peloquin	48	St. Constant, QC	38:03
<b>MALE AGE GROUP: 60 - 69</b>				2 Langdon Chapman	43	Campbell Hall	40:41
1 RJ Simms	64		2:07:35	3 Jeff Tuller	45		43:14
2 Jim Los	61	Rae ford, NC	2:23:16	<b>FEMALE AGE GROUP: 40 - 49</b>			
3 Michael Relecom	66	Pointe-Claire, QC	2:53:02	1 Theresa Tamone	45	Lebanon, NH	38:57
<b>FEMALE AGE GROUP: 60 - 69</b>				2 Kristina Marks	46	Deposit	40:03
1 Susie Simms	66		2:10:10	3 Cheri Sukhia	46	Lexington, MA	40:12
2 Dorothy Stevens	64	Waterford, VT	2:24:18	<b>MALE AGE GROUP: 50 - 59</b>			
3 Arlene Sterner	60	Newmanstown, PA	2:43:17	1 Steven Bouchard	50	Hooksett, NH	36:20
3 Barb Hannigan	65	Robesonia, PA	2:43:17	2 Francois Iaramee	51	St. Constant, QC	37:46
<b>MALE AGE GROUP: 80 - 89</b>				3 Jeffrey Hall	54	Charlotte, VT	39:32
1 Ken Moser	82	Decatur, IL	5:08:47	<b>FEMALE AGE GROUP: 50 - 59</b>			
<b>FEMALE AGE GROUP: 80 - 89</b>				1 Kate Bouchard	51	Hooksett, NH	41:15
1 Betty Moser	82	Decatur, IL	5:08:48	2 Tammy Hall	50	Charlotte, VT	41:33
				3 Lorraine Fielder	53	Killington, VT	46:31

**BUSINESS DIRECTORY**

**SHULMAN HOWARD & MCPHERSON LLP**  
ATTORNEYS AT LAW  
17 OLD ROUTE 66 AVERILL PARK NEW YORK 12018  
518-674-3766  
518-674-3805  
FAX: 518-674-3964  
REAL ESTATE · WILLS & TRUSTS · ESTATES · BANKRUPTCY  
LAND USE & ZONING · CORPORATIONS · TRAFFIC COURT & DWI  
**MORE THAN 75 YEARS OF EXPERIENCE**

**Dr. Brad Elliott**  
CHIROPRACTOR  
Cost Effective Care for the Entire Family  
Thank you for 25+ years!  
677 Plank Rd, Clifton Park • (518) 383-4889

**Nancy Bunker, MD**  
Pediatric and Adolescent Medicine  
Well baby care, sick child care and school physicals  
Adventure Medical Services  
Comprehensive travel health in a family-friendly atmosphere  
Travel vaccines • First aid planning  
Malaria prophylaxis  
Review of CDC guidelines  
Illness prevention  
Tuberculosis screening  
Pre-adoption consultations  
14 Sunset Drive Latham  
Conveniently located off Northway Exit 6  
**(518) 782-2309**  
DrBunker.com

**Ron Houser, C. Ped.**  
ABC Board Certified Ped

# RACE RESULTS

## 3RD ANNUAL ZOMBIE GAUNTLET 5K TRAIL RUN

August 1, 2015 • Queensbury High School Trails, Queensbury

FEMALE OVERALL			MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 30 - 34		
1 Megan Schorp	22	26:04	1 Nicholas Willmart	17	25:02	1 Matthew Jaskula	34	26:24
2 Ashley Whittier	20	26:18	2 Eric Paige	19	26:15	2 Alexander Henel	32	41:49
3 Allisa Winters	22	28:59	3 Thomas Scott	18	35:07	3 John Scivo	34	42:52
MALE OVERALL			FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 35 - 39		
1 Hunter Scott	22	21:19	1 Katie Brown	22	31:01	1 Jennifer Lindstrand	35	30:35
2 Lucas McCane	22	22:25	2 Kelsey Jones	22	31:14	1 Chris Simon	38	31:07
3 Philip Gengel	51	22:43	3 Samantha Petrosino	22	38:16	1 James Putnam	44	30:27
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 40 - 49		
1 Sarah Dunbar	12	32:18	1 Aiden Dempsey	22	25:23	1 Michelle Odonnell	43	33:23
2 Kylie Potter	12	33:41	2 Ethan Major	22	26:16	2 Kelly Pelletier	42	34:00
3 Azriel Mack	13	42:31	3 Nathaniel Thomas	22	28:45	3 Tammy Long	44	34:08
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 25 - 29			MALE AGE GROUP: 40 - 49		
1 Patrick Russell	12	29:49	1 Lauren Caiazza	25	33:58	1 James Putnam	44	30:27
2 Jeffrey Koefler	12	30:29	2 Kelsey Ziegler	26	40:43	1 Paul Matte	55	30:00
3 Jack Putnam	12	30:32	1 Josh Schermerhorn	26	40:44	2 Robert Bingham	51	30:55
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 50 - 59		
1 Rachel Paige	17	30:40	1 Theresa Petrone	32	31:00	1 Paul Matte	55	30:00
2 Alicia Bautista	18	32:17	2 Cynthia White	33	33:49	2 Robert Bingham	51	30:55
3 Laura Scivo	17	43:08	3 Kristine Henel	32	41:50	Courtesy of Johnathan R. Vasiliou Foundation		

## 6TH ANNUAL PECK'S LAKE CHALLENGE SPRINT TRIATHLON

August 1, 2015 • Peck's Lake, Gloversville

0.5M SWIM, 9M BIKE, 3M RUN			FEMALE AGE GROUP: 26 - 35			MALE AGE GROUP: 56 & OVER		
<b>MALE OVERALL</b>			1 Amy Retersdorf	1:29:50	1 David Bladok	1:14:54		
1 Johan Bosman/56+	1:05:35		2 Sarah Caracci	1:33:27	2 Steve Hornung	1:18:01		
2 Adam Retersdorf/26-35	1:06:56		3 Rhea Dunkelbarger	1:40:21	3 Robert Perry	1:27:57		
3 Derek Bell/36-45	1:10:40		<b>MALE AGE GROUP: 36 - 45</b>			<b>TEAMS: AGE 18-40</b>		
<b>FEMALE OVERALL</b>			1 Paul Oliver	1:11:08	1 Team Oyer	1:06:18		
1 Jennifer Bell/36-45	1:10:17		2 Dan Casey	1:12:36	2 Team Strobeck	1:15:50		
2 Marie Bosman/46-55	1:21:56		3 Chris Dardar	1:20:29	3 Team Pennings	1:28:39		
3 Amy Snyder/36-45	1:28:24		<b>MALE AGE GROUP: 46 - 55</b>			<b>TEAMS: AGE 40 &amp; OVER</b>		
<b>MALE AGE GROUP: 26 - 35</b>			1 Kevin Platz	1:12:37	1 Fort Plain	55:39		
1 Steven Shrader	1:11:09		2 Marty Callahan	1:19:47	2 Mika	56:04		
2 Todd Striker	1:18:48		3 Brett Balzer	1:28:26	3 Leviathan	57:29		
3 Walter Gannon	1:19:16		<b>FEMALE AGE GROUP: 46 - 55</b>			Courtesy of Fulton County Tourism & PLPA		
			1 Ursula Platz	1:30:35				
			2 Susan Bladok	1:34:23				
			3 Kathryn Perry	1:36:35				

## 13TH ANNUAL RACE THE TRAIN 8.4-MILE RUN

August 1, 2015 • Train Depot, Riparius to Train Depot, North Creek

MALE OVERALL			MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 45 - 49			
1 Paul Allison	28	Jericho, VT	46:19	1 Daniel Guilfoyle	48	52:23			
2 Matthew Tuohy	18	Oakland, NJ	48:18	2 Matt Boxler	49	Westport, MA	1:00:33		
3 Mitch Ryan	20	Plattsburgh	49:34	3 Joe Forbes	46	Hudson Falls	1:02:41		
FEMALE OVERALL			FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 45 - 49			
1 Devin McGlade	28	New City	57:28	1 Heidi Underwood	45	Glens Falls	1:01:47		
2 Angela Mohanty	29	Clifton Park	58:53	2 Suzanne Tomb	48	North Creek	1:05:33		
3 Emily Atamanchuk	15	Queensbury	1:00:37	3 Carol Abbattisti	46	Queensbury	1:06:33		
THE TRAIN			MALE AGE GROUP: 50 - 54			FEMALE AGE GROUP: 50 - 54			
<b>1:07:59</b>			1 Bob Radloff	51	Stillwater	55:38			
<b>MALE AGE GROUP: 1 - 15</b>			2 Jay Burdett	54	Scotia	1:06:20			
1 Jackson Hardin	15	Somerville, MA	1:00:55	3 Will McGivney	53	Diamond Point	1:07:12		
2 Seamus Tomb	15	North Creek	1:03:51	<b>FEMALE AGE GROUP: 50 - 54</b>					
3 Casey Tomb	15	North Creek	1:04:52	1 Susan Keeley	50	Glens Falls	1:09:28		
FEMALE AGE GROUP: 1 - 15			2 Kathleen Kemp	50	Niskayuna	1:14:00			
1 Maria Richardson	15	Medina, OH	2:19:47	3 Lisa Pleban	50	Gansevoort	1:14:08		
MALE AGE GROUP: 16 - 19			<b>MALE AGE GROUP: 55 - 59</b>			<b>MALE AGE GROUP: 60 - 64</b>			
1 Justin Hoelzl	17	Wilton, CT	49:57	1 William Venner	56	Granville	54:41		
2 Joshua Korn	19	Indian Lake	50:16	2 Paul Salerni	59	Little Neck	1:01:10		
3 Thomas Rizzo	18	Queensbury	53:52	3 Gordon Dean	55	Middletown	1:01:53		
FEMALE AGE GROUP: 16 - 19			<b>FEMALE AGE GROUP: 55 - 59</b>			<b>FEMALE AGE GROUP: 60 - 64</b>			
1 Christina Galatioto	17	Queensbury	1:18:47	1 Sandy Adams	55	Shushan	1:13:26		
2 Gillian Hayden	17	North Creek	1:30:31	2 Marcy Dreimeller	55	South Glens Falls	1:16:11		
MALE AGE GROUP: 20 - 24			<b>MALE AGE GROUP: 60 - 64</b>			<b>MALE AGE GROUP: 65 - 69</b>			
1 Kyle Curry	20	Blue Mtn Lake	51:33	3 Joan Brown	57	Niskayuna	1:19:48		
2 Peter LeDuc	21	Syracuse	52:18	1 John Crawford	61	Queensbury	1:01:51		
3 Steven Tignor	20	Longmeadow, MA	53:09	2 Mark Sager	64	Glens Falls	1:07:34		
FEMALE AGE GROUP: 20 - 24			<b>MALE AGE GROUP: 65 - 69</b>			<b>MALE AGE GROUP: 70 - 74</b>			
1 Abby Halim	20	Alexandria, VA	1:02:31	1 David O'Brien	65	Schenectady	1:25:18		
2 Celeste Hoelzl	23	Wilton, CT	1:03:17	3 John Feyrer	65	Schenectady	1:26:13		
3 Alice Huang	20	Olney, MD	1:07:32	1 Candi Schermerhorn	69	Diamond Point	1:33:33		
MALE AGE GROUP: 25 - 29			<b>MALE AGE GROUP: 70 - 74</b>			<b>MALE AGE GROUP: 75 - 79</b>			
1 Michael Nickerson	26	Clifton Park	50:37	1 Eduardo Munoz	72	Oldsteadville	1:19:38		
2 Luke Fitzgibbons	26	Fayetteville	55:09	2 James Callahan	70	Saratoga Springs	1:32:07		
3 Joshua Beck	25	Troy	1:08:20	3 Ray Lee	73	Halfmoon	1:59:34		
FEMALE AGE GROUP: 25 - 29			<b>MALE AGE GROUP: 75 - 79</b>			FEMALE AGE GROUP: 35 - 39			
1 Cassandra Conety	27	Shushan	1:00:45	1 Jim Moore	75	Niskayuna	1:25:50		
2 Lauren Woodcock	26	Saratoga Springs	1:03:32	<b>MALE AGE GROUP: 35 - 39</b>					
3 Meaghan Gibson	27	Hoboken, NJ	1:04:35	1 Jacob Dworin	22	Amherst, NH	55:34		
MALE AGE GROUP: 30 - 34			<b>MALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 35 - 39</b>			
1 Ryan Milton	32	Saratoga Springs	1:02:38	1 Emily Duffin	28	Woodridge, IL	1:18:10		
2 Karl Jaanimagi	34	Pittsford	1:03:47	2 Nicole Banta	24	Johnston	1:20:36		
3 Mike McGuire	33	Syracuse	1:12:12	3 Jennifer Hulbert	25	Sprakers	1:22:28		
FEMALE AGE GROUP: 30 - 34			<b>MALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 40 - 49</b>			
1 Justine Mosher	30	Queensbury	1:05:37	1 Steve Schradner	32	Amsterdam	46:31		
2 Kelly Virkler	31	Altamont	1:06:57	2 Steven Klepadlo	39	Rome	53:40		
3 Abigail Clafin	30	Brooklyn	1:12:32	3 Steve Peters	37	Peru	57:10		
MALE AGE GROUP: 35 - 39			<b>MALE AGE GROUP: 40 - 49</b>			<b>MALE AGE GROUP: 50 - 59</b>			
1 Matthew Parham	38	Buffalo	1:01:05	1 Mary Allen	58		1:10:16		
2 Brian Skorney	36	New York	1:03:00	<b>MALE AGE GROUP: 60 - 69</b>					
3 Joseph Sanantonio	38	North Creek	1:04:24	1 Jerry Sherman	60	Gloversville	59:46		
FEMALE AGE GROUP: 35 - 39			<b>MALE AGE GROUP: 50 - 59</b>			<b>MALE AGE GROUP: 70 - 79</b>			
1 Isabelle Dickens	38	South Glens Falls	1:05:08	1 Fritzie Paine	75	Lake Pleasant	1:23:44		
2 Ejan Kyjowski	37	Albany	1:07:01	<b>MALE AGE GROUP: 70 - 79</b>					
3 Melissa Kwasniewski	38	Fort Edward	1:11:57	<b>MALE AGE GROUP: 70 - 79</b>					
				Courtesy of The Adirondack Runners					

## 21ST ANNUAL INDIAN LADDER TRAIL RUNS

August 2, 2015 • Thacher State Park, Voorheesville

15K TRAIL RACE			MALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 35 - 39			
<b>MALE OVERALL</b>			1 Peter Flynn	38	Delmar	1:04:58			
1 Ben Fishbein	19	Delmar	57:43	2 Joshua Katzman	39	Clifton Park	1:12:43		
2 Steve Booker	19	Delmar	59:17	3 Jim Peters	38	Ilion	1:19:38		
3 Shaun Donegan	29	Malta	59:22	<b>FEMALE AGE GROUP: 35 - 39</b>					
FEMALE OVERALL			1 Krista Harvick	35	Mohawk	1:23:15			
1 Kailyn Bentley	23	Erie, PA	1:11:52	2 Judith Wines	38	Albany	1:35:23		
2 Ruby Pan	17	Delmar	1:15:59	3 Shannon Bichteman	39	Slingerlands	1:44:05		
3 Stacie Hebert	45	Niskayuna	1:19:27	<b>MALE AGE GROUP: 40 - 44</b>					
MALE AGE GROUP: 1 - 19			1 Dennis VanBlack	43	Duanesburg	1:09:02			
1 Brandon VanBlack	15	Duanesburg	1:05:34	2 Aram Fox	42	New York	1:09:34		
2 Keith Machabee	19	Delmar	1:05:55	3 Gregory Bown	43	Broadalbin	1:30:26		
3 Dermot Coughlin	17	Castleton	1:10:31	<b>FEMALE AGE GROUP: 40 - 44</b>					
FEMALE AGE GROUP: 1 - 19			1 Kathleen Tersigni	44	Burnt Hills	2:12:23			
1 Jenna Robinson	19	Slingerlands	1:21:10	<b>MALE AGE GROUP: 45 - 49</b>					
2 Jennifer Hoffmann	18	Schenectady	1:21:11	1 Bruce Beesley	49	Delmar	1:11:41		
MALE AGE GROUP: 20 - 24			2 Bruce Amm	45	Clifton Park	1:20:29			
1 Kevin Dixon	21	Morrisonville	1:01:40	3 Todd Bisailon	47	Mechanicville	1:21:06		
2 Stephen Paddock	20	Ilion	1:02:24	<b>FEMALE AGE GROUP: 45 - 49</b>					
3 Matt Farragher	21	North Chatham	1:04:14	1 Stacie Hebert	45	Niskayuna	1:19:27		
FEMALE AGE GROUP: 20 - 24			2 Heather Machabee	46	Delmar	1:24:37			
1 Elizabeth Wasserman	20	Monroe	1:21:11	3 Gabrishka Banicki	49	Gansevoort	1:30:59		
2 Olivia Junco	24	Slingerlands	1:29:41	<b>MALE AGE GROUP: 50 - 54</b>					
3 Jackie Boyce	21	Schaghticoke	1:32:02	1 Matt Roberts	50	Brooklyn	1:15:25		
MALE AGE GROUP: 25 - 29			2 Brian Coyne	53	Albany	1:17:51			
1 Cody Netzbond	26	Troy	1:11:50	3 Chuck Racey	53	Voorheesville	1:17:55		
2 Andron Lingbloom	27	Albany	1:17:23	<b>FEMALE AGE GROUP: 50 - 54</b>					
3 Peter Conboy	26	Albany	1:21:43	1 Christine Varley	51	Albany	1:30:23		
FEMALE AGE GROUP: 25 - 29			<b>MALE AGE GROUP: 55 - 59</b>			<b>MALE AGE GROUP: 60 - 64</b>			
1 Michelle Dans	26	Watervliet	1:22:24	1 Andy Campbell	58	Albany	1:18:37		
2 Kelcey Heenan	26	Delmar	1:30:54	2 Paul Salerni	59	Little Neck	1:26:03		
3 Maghan Avery	29	Troy	1:37:50	3 Peter Cure	56	Altamont	1:27:06		
MALE AGE GROUP: 30 - 34			<b>FEMALE AGE GROUP: 55 - 59</b>			<b>MALE AGE GROUP: 65 - 69</b>			
1 Jacob Becker	33	Schenectady	1:13:47	1 Barbara Sorrell	58	Delmar	2:04:06		
2 John Deer	33	Slingerlands	1:15:18	<b>MALE AGE GROUP: 60 - 64</b>					
3 Richard Gloo	34	Mohawk	1:18:50	1 Rich Tanchyk	63	Saratoga Springs	1:47:50		
FEMALE AGE GROUP: 30 - 34			<b>MALE AGE GROUP: 65 - 69</b>			<b>MALE AGE GROUP: 70 - 74</b>			
1 Jessica Bielkiewicz	31	Medford, MA	1:46:16	1 Seamus Hodgkinson	66	Delmar	1:30:46		
2 Christine Caruso	31	Albany	1:51:16	2 Joe Yavonditte	66	Schenectady	1:32:06		
3 Pearl Higgins	31	Troy	1:52:53	3 Greg Taylor	68	Delmar	2:27:04		
				continued					

## 21ST ANNUAL INDIAN LADDER TRAIL RUNS continued

FEMALE AGE GROUP: 65 - 69				FEMALE AGE GROUP: 35 - 39			
1 Susan Wong	67	Glenmont	1:43:46	1 Rachel Toolan	39	Rensselaer	29:25
2 Laura Clark	68	Saratoga Springs	1:56:12	2 Kristin Zielski	35	Altamont	



# RACE RESULTS

## INSIDE EDGE SKI & BIKE TIME TRIAL SERIES *continued*

JULY 7 - M/F OVERALL & AGE GROUPS				
1	Pharo Anthony	Albany	M41-60	22:42
1	Rizzo Jill	Queensbury	W15-18	36:10
1	Allison Paul	Saratoga Springs	M18-40	24:44
1	Lopez Fulton	Clifton Park	M41-60	22:45
1	Miller Thomas	Diamond Point	M60-69	25:26
1	McConnell Walt	Bolton	M80-89	35:21
JULY 14 - M/F OVERALL & AGE GROUPS				
1	Lopez Fulton	Clifton Park	M41-60	22:31
1	Pitts Suzanne	Ballston Spa	W41-60	27:53
1	Littell Marcus	Greenwich	M01-10	37:34
1	Crossman Ella	South Glens Falls	W01-10	36:26
1	Deierlein Andrew	Lake Luzerne	M10-14	31:51
1	Fontana Stefano	Troy	M18-40	24:20
1	Rillahan Brenden	South Glens Falls	M41-60	23:07
1	Hatch Nanette	Waterford	W41-60	27:58
1	Bogue Jim	Cambridge	M60-69	27:59
1	Miller Larry	Latham	M70-79	28:53
JULY 21 - M/F OVERALL & AGE GROUPS				
1	Lopez Fulton	Clifton Park	M41-60	22:31
1	Pitts Suzanne	Ballston Spa	W41-60	27:53
1	Littell Marcus	Greenwich	M01-10	37:34
1	Crossman Ella	South Glens Falls	W01-10	36:26
1	Deierlein Andrew	Lake Luzerne	M10-14	31:51

1	Fontana Stefano	Troy	M18-40	24:20
1	Rillahan Brenden	South Glens Falls	M41-60	23:07
1	Hatch Nanette	Waterford	W41-60	27:58
1	Bogue Jim	Cambridge	M60-69	27:59
1	Miller Larry	Latham	M70-79	28:53

AUGUST 4 - M/F OVERALL & AGE GROUPS				
1	Pharo Anthony	Albany	M41-60	22:43
1	Littell Marcus	Greenwich	M01-10	38:01
1	Fahy Aidan	Johnsonville	M10-14	41:33
1	Whaley Dalton	Queensbury	M18-40	28:28
1	Lopez Fulton	Clifton Park	M41-60	22:45
1	Suozzo Tom	Hartford	M60-69	24:32
1	Krantz Eric	Lake George	M70-79	31:37

AUGUST 11 - M/F OVERALL & AGE GROUPS				
1	Lopez Fulton	Clifton Park	M41-60	22:33
1	MacKenzie Pat	Clifton Park	W41-60	31:45
1	Drake Levi	Cambridge	M10-14	32:20
1	Drake Wyatt	Cambridge	M15-18	26:05
1	Drake Dagny	Cambridge	W15-18	32:01
1	Whaley Dalton	Queensbury	M18-40	28:02
1	Whaley Anthony	Queensbury	M41-60	24:39
1	Krantz Eric	Lake George	M70-79	31:59

*Courtesy of Inside Edge Ski Board Bike, Reliable Racing & Southern Adirondack Spokes(People)*

## 7TH ANNUAL CAMP CHINGACHGOOK CHALLENGE HALF-MARATHON & 10K RACE August 15, 2015 • YMCA Camp Chingachgook, Kattskill Bay

13.1-MILE RACE					10K RACE				
MALE OVERALL					MALE OVERALL				
1	Jaime Julia	30	Albany	1:10:02	1	Daryn Hutchings	18	Argyle	34:42
2	Zach Rose	21	New City	1:20:21	2	Richard Messineo	26	Nassau	34:49
3	Paul Archambault	38	Troy	1:23:23	3	Connor Oakman	17	Lafayette	38:11
FEMALE OVERALL					FEMALE OVERALL				
1	Pamela O'Sullivan	27	Babylon	1:24:34	1	Caitlin Hickin	32	Brooklyn	44:05
2	Danielle DeGure	38	Magog, QC	1:31:07	2	Katherine Cummings	23	Saratoga Springs	44:52
3	Maddie Leopold	21	Pawling	1:34:33	3	Lauren Woodcock	26	Lake George	45:09
FEMALE AGE GROUP: 1 - 14					FEMALE AGE GROUP: 1 - 14				
1	Daisy Liljegren	13	Ho-Ho-Kus, NJ	1:57:16	1	Billie McClosky	13	Glenville	1:19:41
MALE AGE GROUP: 15 - 19					MALE AGE GROUP: 15 - 19				
1	John Dawley	19	Skaneateles	1:40:18	2	Caylie Langdon	11	Saratoga Springs	1:19:46
2	Caleb Carter	16	Mechanicville	2:02:17	1	Ryan Canham	17	Webster	52:00
FEMALE AGE GROUP: 15 - 19					FEMALE AGE GROUP: 15 - 19				
1	Emily Atamanchuk	15	Queensbury	1:42:21	2	Samuel Brochetti	18	Westfield, MA	56:18
2	Sherri Metcalfe	17	Queensbury	1:42:21	3	Peter Pappalardo	17	Goldens Bridge	1:03:29
3	Hannah Schultz	19	Oradell, NJ	2:00:06	1	Sydney Smith	15	Niskayuna	52:38
MALE AGE GROUP: 20 - 24					MALE AGE GROUP: 20 - 24				
1	John Crowe	21	State College, PA	1:24:09	2	Mackenzie Earley	17	Northport	53:34
2	Mike Obermyer	22	Kattskill Bay	1:36:33	3	Katie Saporita	19	Southold	1:02:34
3	Kyle Kristiansen	21	Croton-on-Hudson	1:40:24	1	Kyle McCormack	20	Albany	38:42
FEMALE AGE GROUP: 20 - 24					FEMALE AGE GROUP: 20 - 24				
1	Rebecca Fisher	23	Reno, NV	1:40:25	2	Alexander Washburn	20	Malta	1:01:35
2	Gabby Scuderi	20	Skaneateles	1:48:09	3	Peter Davis	22	Saratoga Springs	1:13:27
3	Paige Radney	21	Pavilion	1:50:01	1	Kara McKnight	22	Albany	49:21
MALE AGE GROUP: 25 - 29					MALE AGE GROUP: 25 - 29				
1	Liam Cawley	27	Bronxville	1:38:09	2	Andrew Angione	24	Kattskill Bay	50:14
2	John McCloskey	27	Saratoga Springs	1:41:46	3	Claire Young	21	Niskayuna	53:13
3	David Elsaesser	26	Troy	1:45:37	1	Scott Surette	27	Niskayuna	49:56
FEMALE AGE GROUP: 25 - 29					FEMALE AGE GROUP: 25 - 29				
1	Cassandra Conety	27	Shushan	1:38:44	2	Alexander Dunn	28	Saratoga Springs	50:44
2	Jessica Berschwinge	27	Voorheesville	1:41:24	3	Matthew Neuber	29	Lake George	50:45
3	Jessica O'Sullivan	29	Bay Shore	1:44:05	1	OCane Aubrion	26	Montreal, QC	53:55
MALE AGE GROUP: 30 - 34					MALE AGE GROUP: 30 - 34				
1	Michael Austin	33	Delmar	1:27:06	2	Genevieve Patry	25	Montreal, QC	54:35
2	Joseph Crowe	32	Albany	1:28:40	3	Megan Ciccone	25	Poughkeepsie	56:00
3	Owen Hooper	31	Glenville	1:32:33	1	Collin Grady	32	Saratoga Springs	45:40
FEMALE AGE GROUP: 30 - 34					FEMALE AGE GROUP: 30 - 34				
1	Rebecca Slozak	34	Westfield, MA	1:41:39	2	Sean Jackson	34	New York	50:03
2	Rebecca Fogler	33	New York	1:46:45	3	Alcides Ayala	34	Corinth	51:18
3	Heather Tierney	33	Pottersville	1:51:11	1	Melinda White	34	Altamont	56:18
MALE AGE GROUP: 35 - 39					MALE AGE GROUP: 35 - 39				
1	Brian White	37	Altamont	1:27:52	2	Amy Legendziewicz	33	Arlington, VA	56:59
2	Kevin Ballou	36	Saratoga Springs	1:33:30	3	Christin Zorda	33	Rotterdam	1:00:13
3	Jason Allard	39	Buffalo	1:35:28	1	Matt Zappen	39	Albany	46:18
FEMALE AGE GROUP: 35 - 39					FEMALE AGE GROUP: 35 - 39				
1	Tina Cukrovany	38	Rensselaer	1:44:13	2	Peter Siconolfi	39	Lake Luzerne	53:50
2	Courtney LaBarge	35	Cobleskill	1:45:29	3	Stephen Orban	35	Larchmont	54:24
3	Wendy Mehaffey	37	Essex, VT	1:45:45	1	Caryn Burton	37	Albany	55:05
MALE AGE GROUP: 40 - 44					MALE AGE GROUP: 40 - 44				
1	Andrew Reed	44	Niskayuna	1:29:04	2	Patricia McCarthy	35	Rensselaer	56:00
2	Michael Bracken	41	Saratoga Springs	1:31:04	3	Theresa Loomis	37	Waterford	58:35
3	William Johnson	41	Lee, NH	1:33:59	1	Bryan Funk	43	Hudson	48:24
FEMALE AGE GROUP: 40 - 44					FEMALE AGE GROUP: 40 - 44				
1	Elizabeth Cwiakala	44	Johnstown	1:44:09	2	Larry Salvagni	41	Feura Bush	53:14
2	Jessica Storey	43	Westport	1:45:25	3	Anthony Comerico	41	Pelham	56:25
3	Teresa Dunbar	44	Marlton, NJ	1:56:27	1	Erin McMahon	43	Clifton Park	1:02:28
MALE AGE GROUP: 45 - 49					MALE AGE GROUP: 45 - 49				
1	Chris Corrigan	45	Saratoga Springs	1:35:39	2	Kathleen Tersigni	44	Burnt Hills	1:04:15
2	Matthias Werner	45	Norderstedt, GER	1:37:49	3	Annie Rocheleau	41	Saint-Constant, QC	1:07:52
3	Charles Henrikson	46	Portland, OR	1:44:50	1	Nancy Harris	49	Jersey City, NJ	1:01:20
FEMALE AGE GROUP: 45 - 49					FEMALE AGE GROUP: 45 - 49				
1	Stacia Smith	45	Niskayuna	1:47:21	2	Lara Comithier	48	Greenville	1:03:03
2	Kristin Woodward	48	Dayton, OH	1:53:09	3	Christy Egan	45	Ballston Spa	1:20:09
3	Sherry Amarel	48	Rensselaer	1:55:46	1	Mike Smith	52	Argyle	44:45
MALE AGE GROUP: 50 - 54					MALE AGE GROUP: 50 - 54				
1	Larry Clevenger	54	Rhinebeck	1:31:24	2	Donald Proulx	54	Saratoga Springs	59:45
2	Jay Burdett	54	Scotia	1:45:48	3	Mike Corbett	54	Clifton Park	1:05:34
3	Christian Vandervor	54	Voorheesville	2:04:34	1	Patricia Butcher	54	Hawthorne, NJ	48:30
FEMALE AGE GROUP: 50 - 54					FEMALE AGE GROUP: 50 - 54				
1	Anne Parente	51	Slingerlands	1:57:25	2	Lorrie Saporita	50	Southold	1:02:43
2	Leigh Anne Clevange	53	Rhinebeck	2:01:45	3	Lori Santilli	50	Ballston Spa	1:04:02
3	Kerry Billings	51	Burnt Hills	2:06:47	1	Lou Scanlan	56	Belleville, ON	48:56
MALE AGE GROUP: 55 - 59					MALE AGE GROUP: 55 - 59				
1	Steven Welch	55	Slingerlands	2:14:37	2	George Morris	56	Kattskill Bay	53:01
FEMALE AGE GROUP: 55 - 59					FEMALE AGE GROUP: 55 - 59				
1	Caryn Etherington	58	Middlebury, VT	1:51:16	3	Hugh Davis	55	Saratoga	53:41
2	Maureen Fitzgerald	57	Clifton Park	1:53:17	1	Ellen Wetherbee	57	Tariffville, CT	57:10
3	Sandy Adams	55	Shushan	1:55:40	2	Ellen Caffry	55	Glens Falls	1:03:04
MALE AGE GROUP: 60 - 64					MALE AGE GROUP: 60 - 64				
1	Rich Tanchyk	63	Saratoga Springs	2:09:01	3	Theresa Hughes	59	Ballston Spa	1:05:19
2	Bill Smith	62	Niskayuna	2:18:09	1	Bob Mungari	63	Schenectady	54:56
3	Richard Carroll	60	Castleton	2:23:29	2	David Hudda	61	Amsterdam	59:44
FEMALE AGE GROUP: 60 - 64					FEMALE AGE GROUP: 60 - 64				
1	Diana Graziano	62	Ballston Lake	2:49:25	3	Michael Maguire	60	Ballston Lake	1:03:39
MALE AGE GROUP: 65 - 69					MALE AGE GROUP: 65 - 69				
1	Joe Yavonditte	66	Schenectady	1:57:00	1	Kathryn Brennan	63	Greenville	1:10:47
2	John Shoemaker	66	Scotia	2:26:56	1	Thomas Committo	67	Putnam Station	1:30:45
3	Ed Swanson	66	Ballston Lake	2:49:25	<i>Courtesy of Camp Chingachgook Challenge</i>				

## CRYSTAL LAKE TRIATHLON

August 15, 2015 • Crystal Cove, Averill Park

0.5M SWIM, 18M BIKE, 3M RUN				
MALE OVERALL				
1	Todd Shatynski	39	Altamont	1:20:19
2	Craig Tynan	46	Schenectady	1:25:04
3	Kevin Lanahan	48	Clifton Park	1:28:32
FEMALE OVERALL				
1	Shylah Weber	27	Rensselaer	1:32:24
2	Isabelle Dickens	39	South Glens Falls	1:32:48
3	Jennifer Reis	39	Binghamton	1:38:09
MALE AGE GROUP: 1 - 14				
1	Alex Degroot	14	Cumberland, RI	1:52:29
FEMALE AGE GROUP: 1 - 14				
1	Ruby Slyer	12	Averill Park	2:27:36
2	Anna Hill	13	Alexandria, VA	2:41:44
MALE AGE GROUP: 15 - 19				
1	Sean Harrington	17	Averill Park	1:33:36
2	Brian Harding	15	Clifton Park	1:45:58
3	Dillon Harding	17	Clifton Park	1:52:28
FEMALE AGE GROUP: 15 - 19				
1	Rachel Peterson	15	Latham	2:35:30
MALE AGE GROUP: 20 - 24				
1	Peter Kiley-Bergen	22	Troy	1:40:52
2	Ian Sutherland	20	Newton, NJ	1:43:05
3	Patrick Naughtner	21	Albany	1:47:20
FEMALE AGE GROUP: 20 - 24				
1	Sarah Evans	24	Clifton Park	1:43:02
2	Lauren Rabideau	21	Ballston Spa	1:45:50
3	Annika Lindstrom	20	Troy	1:46:46
MALE AGE GROUP: 25 - 29				
1	Stefano Fontana	27	Troy	1:29:56
2	Eric Shierly	28	Castleton	1:58:43
3	Ping Wong	28	Ballston Lake	2:08:28
FEMALE AGE GROUP: 25 - 29				
1	Katie Kurtessis	26	Albany	1:50:24
2	Mary Shierly	29	Castleton	2:01:33
3	Linnea Riegel	29	Delmar	2:04:33
MALE AGE GROUP: 30 - 34				
1	Daniel Gordon	34	Gansevoort	1:51:38
2	Christopher Tocin	33	Albany	1:52:13
3	Lucas Ruglis	33	Albany	1:55:52
FEMALE AGE GROUP: 30 - 34				
1	Amanda Barone	32	Ballston Spa	1:47:22
2	Rachel Rhyman	32	Hudson	1:49:54
3	Susy Garcia-Romero	33	Rensselaer	1:50:46
MALE AGE GROUP: 35 - 39				
1	Michael Cooley	36	Delmar	1:33:05
2	Ryan Cannon	38	Greenwich	1:33:10
3	Matthew Voisin	37	Williamstown, MA	1:34:26

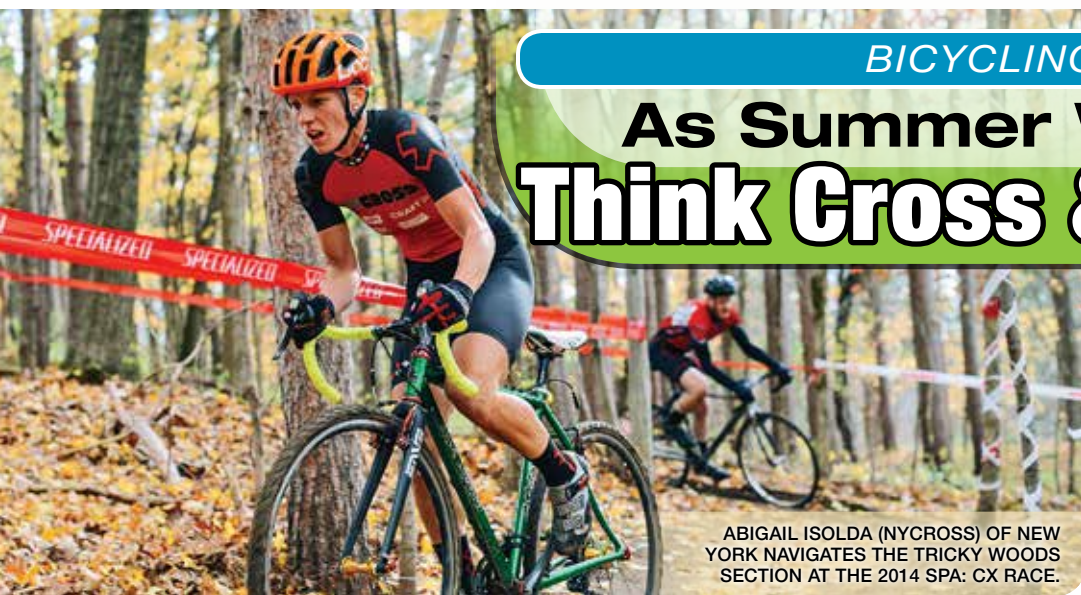
## CRYSTAL LAKE TRIATHLON *continued*

FEMALE AGE GROUP: 35 - 39				
1	Jennifer Dean	37	Rensselaer	1:41:48
2	Erin Gregory	39	Clifton Park	1:44:27
3	Kim Morrison	36	Wynantskill	1:46:24
MALE AGE GROUP: 40 - 44				
1	Steve Nicoll	42	Menands	1:32:07
2	Daniel Murphy	41	Delmar	1:35:05
3	Bill Hamel	44	Clifton Park	1:35:32
FEMALE AGE GROUP: 40 - 44				
1	Elizabeth Benjamin	43	Rensselaer	1:42:43
2	Antoinette Rose	42	Clifton Park	1:44:53
3	Heather Frank	41	Stillwater	1:45:20
MALE AGE GROUP: 45 - 49				
1	Martin Gordinier	45	Delmar	1:34:45
2	Gary Ethier	47	Cohoes	1:40:32
3	Paul Vink-Lainas	48	Wynantskill	1:42:50
FEMALE AGE GROUP: 45 - 49				
1				



## BICYCLING

# As Summer Wanes, Think Cross & Gravel



ABIGAIL ISOLDA (NYCROSS) OF NEW YORK NAVIGATES THE TRICKY WOODS SECTION AT THE 2014 SPA: CX RACE.

ANDREW FRANCIOSA/ANDREWFRANCIOSA.COM

By Dave Beals

September in the upstate New York is a grand time of the year for outdoor activities like running, camping, hiking, biking, kayaking, fishing, and just about any outdoor activity that excites you. As the month progresses, however, you notice the ever shorter days and cooler nights. This change in seasons triggers the brain to think cyclocross!

The first step is to ride your cyclocross bike. That's the easy part. A cyclocross specific bike is the most versatile bike ever. It can be ridden year-round and on nearly every type of terrain or road surface. If you don't have a cyclocross bike, visit your favorite local bike shop to see what's available. The CX bike will have a wider tire than a typical road bike and offer more stability on poor roads, chewed up shoulders, and even gravel roads. They typically have lower gearing, which make them ideal for newbies and even make fine touring bikes. These bikes are quite reasonably priced and are a fine all-around bike to own. You don't have to be a licensed CX racer to enjoy a CX bike.

If you already have a CX bike, and are not riding it on the back roads and trails, get out and do it now. Get that bike tuned up at your local bike shop. For the CX racer type, there have been many technical advances in these bikes such as hydraulic disc brakes,

lightweight wheels, tubular and tubeless tire systems, and complete component groups that are specific to the rigors of cyclocross. It seems like the days when cyclists would patch together an old road bike to make it work for a cross race are long gone. The sport has grown so much, and like other cycling disciplines, the equipment has evolved along with the sport's popularity.

**Gravel Grinders** - Along with the growth of cyclocross racing are an ever increasing number of related events, such as "gravel grinders" and other dirt rambles, which depending on the surface the weapon of choice can be a cross, gravel grinder, road, mountain or fat bike. Gravel grinder rides and races are increasing in popularity across the nation. These events tend to be challenging off-road or dirt/gravel road events, something in between a mountain bike race and a road race. Some are flat out races, others are non-competitive fun events.

Locally, the *Farmer's Daughter Gravel Grinder* held this past May in Columbia County quickly met its limit of 300 riders, and many chose to ride a CX bike to tackle the 64-mile course. This non-competitive event was a hilly mix of paved roads, dirt/gravel roads, and some woods trail sections with spectacular scenery. The *Black Fly Challenge* is a competitive and non-com-

petitive event, originally billed as a mountain bike race but now a gravel grinder. It now has more cyclocross entrants than mountain bikers. This popular point to point race alternates its start and finish locations every year between Inlet and Indian Lake in the Adirondacks.

The *D2R2 - Deerfield Dirt Road Randonnée* in August is a non-competitive ride in nearby

Deerfield, Mass. Almost 1,000 riders tackled some of the hilliest paved and dirt roads in New England, with routes from 20-mile tour to a 112-mile randonnée. The *ADK80K* also took place in August at the High Peaks Cyclery Mountain Bike Center at Mount Van Hoevenberg in Lake Placid. This is another hybrid mountain bike race that has categories for CX bikes. It's a challenging 80K course, made up of four 20K loops for solo or teams, in a festive atmosphere.

On Sept. 27, the fifth annual *Columbia County Rotary Ride* cruises roads of 10 and 30 miles, out of Volunteer Park in Valatie. New is a 62-mile (100K) blended dirt and paved route, organizer Garrick Dardani of Steiner's Ski & Bike, has dubbed "gravel grinder lite" - road bikes should work fine, but CX and other bikes are welcome. Proceeds support CYCLE Kids at Ichabod Crane Elementary School, which teaches life skills for academic success, self-confidence and physical fitness. The non-competitive rides will have a great BBQ at the finish. To register, visit facebook.com, and type "Columbia County Rotary Ride" into the search bar.

**Cyclocross** - The NYCROSS Cyclocross Race Series folks are back for those that want to race their CX bikes grassroots style. The race fees are modest, categories are not huge, and you won't get pulled from the race if you

are off the back - or you get lapped. The competition is still pretty serious though as racers vie for prize money, merchandise or more importantly, series points. This well-known series consists of six races this year, all within a short drive of the Capital Region - a great opportunity to race against others of similar age or expertise. Each race follows a standard schedule and set of age group categories for men, women and juniors. The series points are tallied and can be tracked on crossresults.com. Details can be found on nycross.com and registration is on bikereg.com.

The kickoff is *Kirkland Cyclocross*, held at the Kirkland Town Park in Clinton (near Utica) on September 13. Next is October 17-18, the *Uncle Sam GP of Cyclocross* in Prospect Park, Troy. On October 25, the series moves to nearby Bennington, Vt. for the *Wicked Creepy Cyclocross* race. The sixth annual *Spa: CX* race takes place on November 8 at Saratoga Spa State Park. The final series race is *Bethlehem Cup Cyclocross* that's held November 15 at the Elm Avenue Park in Bethlehem.

If just riding your bike isn't fun enough, weekends from now through fall are full of races, grinders, off-road rides, and MTB/CX bike type events. In addition to the *ASF Calendar of Events*, a good place to seek them out is bikereg.com.

Other notable events here in New York State... The *Ellison Park Cyclocross Festival* on September 4-6 in Rochester will see top pros from across the country and abroad vie for UCI points and prize money. On Long Island, the *Super Cross Cup* at Eisenhower Park in East Meadow on November 21-22 also boasts UCI category races, and will draw top nationwide CX talent. These are great events for amateur racers too, because they can race on the same course as the pros - and then see some top notch racing later in the day.

Get on your bikes and RIDE! ▲

Dave Beals (davebeals@aol.com) is an avid cyclist residing in Colonie, a member of the NYCROSS cyclocross team, the Capital Bicycle Racing Club, and the Mohawk-Hudson Cycling Club.

FOUR OF AMERICA'S BEST SHOPS  
TO SERVE YOUR BICYCLE NEEDS!



plaine and son  
plaineandson.com

NEW YORK  
BICYCLE CO

BROADWAY  
BICYCLE CO.

COLLAMER HOUSE  
BIKE AND SKI

**R.I.T.A. - Rider Involved Technical Assembly.** Revolutionary way to buy a bike. Be part of the assembly process, customized changes, learn about operation and maintenance.

**Researched Price** - Bicycles, components and accessories are researched online and competition is checked to assure the best value. Make an informed purchase.

**S-WORKS for Charity** - Ride a Specialized S-WORKS Roubaix or Venge on a group ride, race or event at no charge. Every mile this bike rides we will donate money to Mohawk Hudson Humane Society.

**Services with Every Bicycle Purchase**

- Performance and size guarantee
- One-year of free tune ups
- Rider Involved Technical Assembly
- Researched price.

Tomhannock  
BICYCLES  
Sales & Service

Giant • Felt • Bianchi  
Blue • Co-Motion

The only Bianchi dealer in the Capital Region

Road - Mountain - Triathlon  
Tandem - BMX - Kids  
Bike & triathlon clothing,  
Louis Garneau, Gizmo  
Yakima racks & accessories

**EXPERT TUNE-UPS & BEST SERVICE  
PRICES IN THE AREA!**

3149 Route 7, Pittstown  
Just 10 minutes east of Troy  
(518) 663-0083  
TomhannockBicycles.com

M/Tu/W/F 10-6, Th 10-7, Sat 10-5, Sun 11-3



SPECIALIZED

GIANT

cannondale

SCHWINN  
Signature

LIKE US ON FACEBOOK

Plaine and Son

1816 State St, Schenectady  
(518) 346-1433 • Plaineandson.com  
Specialized, Schwinn Signature

New York Bicycle Co.

524 Congress St, Schenectady  
(518) 377-2453 • Newyorkbicycleco.com  
Giant, Cannondale, Liv

Broadway Bicycle Co.

1205 Broadway, Albany  
(518) 451-9400 • Broadwaybicycleco.com  
Specialized, Schwinn Signature

Collamer House Bike & Ski

450 East High St, Malta  
(518) 871-1213 • Collamerhouse.com  
Specialized, Schwinn Signature

THE AREA'S OLDEST BIKE SHOP

OFFERING  
EXPERT SERVICE  
ON ALL BRANDS

FRIENDLY & PROFESSIONAL  
SALES STAFF

ROAD • MOUNTAIN • HYBRID • BMX

HARO MASI FULI CREST PREMIUM RALEIGH

COMPLETE SELECTION OF  
CLOTHING & ACCESSORIES

PERNIZI SUGOI BELL GIRO

THE  
INSIDE  
EDGE  
SKI • BOARD • BIKE

518.793.5676 • www.insideedge.biz • 643 Upper Glen Street • Queensbury NY

TRIATHLON & DUATHLON

# Du It, Tri It, Love It

Extend Your Season or Try Something New By Kristen Hislop



▲ START OF 2014 GLENS FALLS LIONS CLUB DUATHLON IN QUEENSBURY.  
◀ APPLE COUNTRY AT 2014 MOHAWK TOWPATH BYWAY DUATHLON IN CLIFTON PARK.

The days are cooler and shorter as summer turns to fall. Often we wind down our seasons in the fall, but this year, why not try something new? Three October events offer you the opportunity to tri or du it. You may have been thinking about a multisport event, but just weren't sure you had done enough or the right kind of training. These events are short enough and super friendly for a first-timer. Experienced athletes may want to jump in to see how much speed they have accumulated at the end of the season. Use it as a benchmark to decide where you need to work over the winter.

Two local duathlons offer great courses, awesome volunteers, a good cause, and an almost guaranteed fun time. On Sunday, October 11, the Glens Falls Lions will host their fourth annual **Glens Falls Duathlon**, a 5K run, 30K bike, and 5K run event. Starting at 8:30am on the SUNY Adirondack campus in Queensbury, the run is a quick two laps around the campus, before you head out east cycling on a rolling course in Warren and Washington counties. The second run is the same two laps again.

The duathlon is open to individuals, two- and three-person teams and corporate teams. Stay post-race for a chance to win a lunch cruise on Lake George or a gift card to Applebee's. Everyone will leave with a long-sleeve tech shirt, and the awards go three

deep in each age group. So register to support the Glens Falls Lions Club, its members take pride in their good work, and they're dedicated to the community needs regarding sight, hearing, diabetes and youth. Did you know your contribution to this duathlon is fully tax deductible? Sign up at [greenleafacing.com](http://greenleafacing.com).

Recover over the next week, so you'll be ready to tackle the 13th annual **Mohawk Towpath Byway Duathlon** on Sunday, October 18. You can sign up for the two-mile run, 17-mile bike, and two-mile run event that starts and ends at Riverview Orchards - overlooking the Mohawk River - in Clifton Park. This will be the second year at the new venue and racers gave the course a big thumbs-up last year. It was a first for Tricia Johnston, now of Ballston Lake, who fondly remembers the fun of "running by the house I grew up in." The run is a fairly flat out-and-back course, and the bike route takes you a on a tour of the area orchards.

A Giffy's Barbeque follows with age group awards and long-sleeve shirts for all. While you race, family and friends can enjoy coffee, cider, donuts and apples. The kids can play in the orchard's activity area making it a nice family day. For the competitive set, this USAT certified course allows athletes to try to qualify for USA Triathlon's Duathlon Nationals at Bend, Ore. in June 2016. To register, go to [mohawktowpath.org](http://mohawktowpath.org).

Still don't think you are ready to tackle a duathlon? A Duathlon Clinic will be offered on Saturday, September 19 from 9am-12:30pm at the Vischer Ferry Firehouse on Riverview Road in Clifton Park, led by me and USA Cycling coach and Duathlon Worlds finisher Tracy Perry. The clinic will cover running form, transitions, bike safety, bike handling, race preparation, and a ride on the course. Visit [hislopcoaching.com](http://hislopcoaching.com).

If you've been swimming this summer, but weren't ready to take the open water plunge, then the new **Tri-A-Thon** at the Catskill Recreation Center in Arkville, near Belleayre Ski Center in the western Catskills (just 75 miles from Albany), is a great option. The 450-yard swim will be in the new center's pool, followed by a 12-mile bike and 5K run.

The Catskill Recreation Center, which has been open just over a year, offers the area's only six-lane indoor pool. The swim will go off in waves with athletes entering their 450-yard swim time to get seeded. There will be a beginner wave at the end for those not sure of their time or who want a little extra time in the pool. The race will fill at 100 this year, so get signed up at [catskillrecreationcenter.org](http://catskillrecreationcenter.org). Weekly rides go out from the center, and masters swim is offered twice a week, so locals can train properly for the event.

Running and cycling purists should take a second look at doing multisport

events... In a study, published August 2015 in the "Journal of Strength and Conditioning Research," UK-based researchers recruited 32 long-distance runners to add two weeks of high intensity on a stationary bike to their training regimen. Athletes who did six 10-second intervals, with a 30-second rest recovery, improved a 3K time trial by 3% or about 25 seconds on average.

Another study also published in the Journal of Strength and Conditioning Research in 2014 looked at elite cyclists. Over a two-month period in the winter, Norwegian cyclists reduced riding volume by 60%, and replaced it with high-intensity (90-95% max heartrate), two-a-day run sessions. Their VO2 max increased by 10% and time trial performances were 15% better. While most elite athletes don't want to see such an improvement in the off-season it illustrates how fast running can make cyclists faster.

Whether your goal is to race faster or just be healthy, combining sports is a great option. Get out and enjoy the cool, beautiful fall days with a fun duathlon or triathlon, before you have to put the bike on a trainer and switch from shorts to tights. ▲

*Kristen Hislop (hislopcoaching@gmail.com) of Clifton Park is a certified multisport coach who wants everyone to do, believe and achieve. Learn more at hislopcoaching.com.*



## SOLSTICE YOGA

Yoga in North Creek at  
Tannery Pond Community Center  
228 Main Street, North Creek

Vinyasa • Beginner • Yoga for Athletes  
Michele Pearsall • MS 200 hour RYT Yoga

SCHEDULE: [WWW.PEARSAMD.WIX.COM/SOLSTICEYOGA](http://WWW.PEARSAMD.WIX.COM/SOLSTICEYOGA) • [PEARSAMD@GMAIL.COM](mailto:PEARSAMD@GMAIL.COM)

## Upcoming ARE Event Productions Events



### Hairy Gorilla Half Marathon and Squirrely Six Mile

"Best Costume Trail Race in America"  
(Runner's World "The Trail" magazine, April 2012)

Sunday, October 25

Thacher State Park - [HairyGorillaHalf.com](http://HairyGorillaHalf.com)



Race Timing, Logistics, and Entertainment [WWW.AREEP.COM](http://WWW.AREEP.COM)



## CENTER FOR PREVENTIVE MEDICINE

- Paul Lemanski, MD, FACP
- Laurie Burton-Gregg, MS, RD, CDE
- Alan Betit, NP
- Angela Stritt, L.Ac, Dipl.Ac

**Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine**

- diabetes prevention
- weight management
- heart healthy diets
- natural methods to reduce heart disease risk

**New Location** CapitalCare Medical Group • Center For Preventive Medicine  
501 New Karner Rd., Albany • 518-640-3260

CenterforPreventiveMedicine.com • NorthCountryAcupuncture.com • CapCare.com

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](http://newcombny.com)

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

# ITR

## Integrated Technology Resources

**We Can Fix Your Computer Problems!**  
Old Computers Need Replacing?  
Computer Servers Need Updating?

- Virus and Spyware Removal
- Data Backup and Recovery

**Your Business or Home IT Department at Affordable Prices!**

Contact Mike Kaplan at  
(518) 796-6951 or [Mike@ITRNY.com](mailto:Mike@ITRNY.com)

SERVING THE ALBANY, SARATOGA, GLENS FALLS AND ADIRONDACK REGION

## RUNNING & WALKING

# Fall Races with a Difference

By Laura Clark



2014 RUNNING SCCCARED 5K FRIGHT RUN/WALK IN COLONIE.  
JILL PECK VONA

For accomplished runners, fall races are synonymous with fast 5Ks and marathon efforts. Why the seeming disparity in mileage? The reason has more to do with the season rather than the distance. Hot weather is now hopefully behind us and the time is ripe for both faster and longer efforts. With such a boost it is easy to become complacent, filling log books or Facebook boasts with incredible times. But why not attempt a different sort of measurement by aiming for an experience that offers personal challenge, family togetherness, and lasting memories of extending beyond the race results to support a worthy cause?

What makes the **FAM 5K "Fund" Run/Walk** stand out is that it is by no means another flat and fast fall 5K. Runners warm up on the Cobleskill Fairgrounds track, host to fabled harness horse races of yore, then assemble to funnel up MacArthur Avenue and circle the hilly SUNY Cobleskill campus. Not mere college speed bumps, these hills will set your heart pumping and your feet churning. One of my favorite parts of the race is the fan club of walkers, still plugging along, who cheer you on your return cruise down MacArthur.

The race goes off on Saturday, September 26, and it's an event worth training for as overall and age group winners receive a hefty share of FAM funds. Additionally, FAM 5K hosts the USATF Adirondack 5K Open Men's Road Race Championship. Children six and under can circle the track and receive a free T-shirt. Bring some extra cash for the Brooks BBQ and on the way home stop off in Middleburgh for some Barber's Farm river-

bottom corn - the best in New York! In this year's charity rotation, proceeds will benefit Catskill Area Hospice and Palliative Care. Go to [fam5k.com](http://fam5k.com).

In the something-for-everyone in the community category, the Sunday, September 27 **Dunkin' Run**, hosted by the Sidney Albert Albany Jewish Community Center, offers a tempting menu: a kids' half-mile fun run, a USATF-sanctioned 5K and 10K, and new this year, a 5K racewalk and demonstration 15K run. According to race director Tom Wachunas, "Racewalking is a very unique sport and we have some very good racewalkers in the area. Like the 15K we wanted to see what the interest is but also add something unique to the event." Long distance aficionados note that the trial 15K is limited to 100 slots because of issues with street closings, so register accordingly.

For all distances, the route is a flat and fast 5K loop, with 15Kers repeating the loop three times - perfect for family cheerleaders. This is another event worthy of a serious training effort as monetary awards are offered to overall male/female 5K, 10K and 10K Masters. In an understanding nod to parents, onsite \$5 per child babysitting for two-month to 10-year-olds is available. So, courtesy of Dunkin', boost your performance with a pre-race cup of caffeine and enjoy a well-deserved reward donut, and a dri-fit, long-sleeved shirt at the finish! Visit [albanyjcc.org](http://albanyjcc.org).

Also on Sunday, September 27 is **Nick's Run To Be Healed 5K** in Clifton Park, which provides funds to families with children afflict-

ed with cancer, so they can focus solely on healing and sharing time together. Founded in memory of Nick Cammarata, this year's event is in honor of Kendra Sisco, diagnosed with non-Hodgkin's lymphoma. The race is unique in that it truly allows you to sleep in, with the 5K run launching from the flat Clifton Commons-based course at 1:15pm. It is preceded by a plethora of family-styled events: Nick's Dash, Nick's Mile, a Zumba warm-up, and a two-mile noontime walk.

Nick had a great hat collection - the crazier the better - and participants are encouraged to honor his fun-loving spirit by donning their favorite. This might be a good place to get one more showing out of your fancy Saratoga summer headwear! Learn more at [fighttobehealed.org](http://fighttobehealed.org).

On Saturday, October 3, break out of the pink party princess mold at the 21st annual **Susan G. Komen Race for the Cure** in Albany, and don survivor or solidarity pink in support of the world's largest and most successful breast cancer education and fundraising series. Seventy-five percent of the proceeds remain in Northeastern New York, with the remaining 25% earmarked for grant programs. The 5K run course follows the traditional Madison Avenue Freihofers Run for Women route, with its initial warm-up hill, jaunt around the Washington Park boat-house, and finish line downhill to Empire State Plaza. And remember that guys are affected by and can get breast cancer too and are encouraged to participate!

For those survivors and friends not ready to run, there is also a two-mile family walk and, in a concession to families hefting multiple entry fees, children under 12 who run the 5K only pay \$10. Shortly before the race begins, survivors, wearing pink tees, ribbons, visors and smiles are invited to a moving recognition ceremony and photo op. Then they jump into the race, positioned in the front row spot normally reserved for elite athletes. For after all, they are already winners. Go to [komenneny.org](http://komenneny.org).

The following day, Sunday, October 4, stretch your legs at the **Heroes for Health 5K** superhero-themed obstacle run at Prospect Park in Troy. While this will be its third running, this year there is a serendipitous tie-in

with the NYS Superhero Summer Reading Program. Participants are encouraged to embrace the challenge and become three-way heroes: by donning a creative superhero costume (prize for best costume), by testing body and spirit over challenging obstacles, and proceed will benefit Whitney Young Health programs.

Besides flexing your superhero powers, you will become a hero to the economically disadvantaged families who turn to Whitney Young Health for one-stop services in Albany, Troy and coming to Watervliet. Obstacles, like the popular spider web and low crawl, are laid over a variety of terrain - trails, asphalt and grass, hills, and even a set of stairs. Teams of three or more people can save on individual entry fees, as well as students save \$5 with an "edu" email. Learn more at [wmyhealth.org](http://wmyhealth.org).

Test out your costume for the upcoming Halloween season at the second annual **Running SCCCared 5K Fright Run/Walk** on Saturday, October 17. Held at the popular Crossings of Colonie, this family-centered fright run benefits St. Catherine's Center for Children, an organization that provides services for at-risk children and families. Everyone is urged to come in costume, the scarier the better, and there will be plenty of monsters on the course to help you run even faster.

St. Catherine's children will add to the fun by wearing their Halloween costumes and serving water to the runners. As a family-style bonus, children 12 and under can join either the one-mile walk or 5K for free, with a \$10 fee for a race shirt if desired. All children 12 and under will also receive a free trick-or-treat drawstring bag. Afterwards, extend the day with plenty of snacks and children's activities. Visit [st-cath.org](http://st-cath.org).

Autumn is the time to reap the rewards of difficult summer training. So test your limits while at the same time helping others who are struggling to realize their potential! ▲

*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.*



### EXPO & PACKET PICK-UP

Saturday, October 10 • 10am-6pm • Hilton Albany, Albany

**DON'T MISS THIS EXHIBITOR OPPORTUNITY!**

- 2,500 registered runners of the MHR Marathon and Half Marathon will come to the Expo to pick-up their registration materials - no race day packet pick-up available
- Promote and sell your products and services to 4,000 people

**EXHIBITOR CATEGORIES**

Running • Health • Fitness • Nutrition • Outdoor Clubs  
Events • Travel • Apparel • Accessories • Samples  
Prizes • Giveaways



Race Directed by Hudson Mohawk Road Runners Club • Expo Produced by Adirondack Sports & Fitness Magazine  
To book your space, contact Darryl or Mona Caron: (518) 877-8788 • [info@AdkSports.com](mailto:info@AdkSports.com)

SUNDAY, SEPTEMBER 27, 2015



# THE DUNKIN' RUN 2015

ALBANY'S BEST NEIGHBORHOOD RUN!

5K, 10K, 10K  
MASTERS &  
KIDS' ½ MILE  
FUN RUN

NEW for 2015  
5K Racewalk and  
Demonstration 15K  
(100 Slots)



Register at:  
[www.albanyjcc.org/dunkinrun/  
participant-info/](http://www.albanyjcc.org/dunkinrun/participant-info/)



Sidney Albert  
Albany JCC



AMERICA RUNS ON DUNKIN'®

(518) 438-6651  
340 Whitehall Rd.  
[www.albanyjcc.org](http://www.albanyjcc.org)





IN HONOR OF KENDRA SISCO

SUNDAY, SEPTEMBER 27  
CLIFTON COMMONS, CLIFTON PARK

- 11:00 am: Nick's Dash
- 11:15 am: Nick's Mile
- 11:45 am: Zumba Warm-up
- 12:00 pm: 2 Mile Walk
- 1:15 pm: 5K Run

Dri-fit T-shirts to anyone who registers by Sept. 10th

- Prizes • Music • Carnival •
- Bouncy Bounce •

Form a team, and have more fun!

For more info & register go to [fighttobehealed.org](http://fighttobehealed.org)

Day of race registration begins at 10:00 am

NFTBH is a 501 (c) 3 organization supporting local pediatric cancer patients





## SPEED • STRENGTH INDOOR ROWING WELLNESS

**All Welcome** -  
New to fitness to  
well-conditioned



# OPEN HOUSE

Come see what's exciting and how it can benefit you!

**Sunday, Sept. 13 from 11am-2pm**

1613 Route 9, Suite B, Halfmoon  
*(behind Halfmoon Sandwich Shop)*




**David Bender, MS, PN-1, CES, cPT, RKC** will introduce you to:

- Bodyweight class rowing
- Kettlebell class
- Indoor rowing/fitness class
- Yoga class
- Nutrition programing with Lindsey Jones
- **Health & Fitness Fair:** 9 Miles East Farm, Capital Area PT, Lansing Farms CSA, Thermography Associates
- **Plus:** Giveaways, Swag, Door Prizes...

*Reservations appreciated but not required*  
pagecommunications@gmail.com or (518) 334-1614

**Awesome is a Choice – So Be Awesome**

**ContemporaryAthlete.com • (518) 365-3890**



### ABOUT OUR FIRM

**Our vision**  
Athletes understand the important role planning, preparation and discipline all play in achieving successful outcomes. These same elements are vital to achieving long term financial success as well. When you work with **Center Square Asset Management**, you can be confident you are working with experienced, trusted partners solely committed to helping you identify, define, and realize all of your financial goals and objectives.



**Starting the journey toward an important goal can leave you feeling anxious and uncertain as to whether you've chosen the proper course of action.**

**What we do**  
When an athlete works with a coach, he or she expects to receive personalized advice and instruction intended to improve their performance and maximize their potential for success. Likewise, **Center Square Asset Management**, an independent, family-owned financial planning firm, offers sound, unbiased advice customized to the unique needs and circumstances of each of our clients. There are no hidden agendas that can compromise our client relationships, such as pressure to promote a particular product or meet a parent companies sales quota. When you work with us you move forward with confidence, knowing you've received thoughtful and objective advice within all areas of our expertise.

**Our approach**  
At **Center Square Asset Management**, we adhere to a comprehensive, goal-focused financial planning process that begins with an across-the-board assessment of where you are and where you want to go. It continues with the creation and implementation of a financial plan designed to get you there, with continuous monitoring along the way to ensure you stay on track. Our personalized approach is designed to work for you, not your advisor.

The commitment **Center Square Asset Management** makes to every one of our client relationships is why our clients trust us to help guide them through their financial lives, and why they often ask us to do the same for the people they care about. We recognize that your goals, ambitions and dreams for the future are unique, and your financial plan needs to reflect that.

Regardless of what you are striving for in life, it is important to set goals and develop the plans to reach them. Our primary focus is helping clients create a financial plan that suits their current needs and situations, can adapt to fit changing circumstances, and is flexible enough to overcome the unexpected events and obstacles that arise along the way.




**With a sound plan in place and advice and guidance you can trust, we'll help you progress towards your goals with confidence.**

At **Center Square Asset Management**, our goal is to help you achieve all of your goals. Every aspect of our approach is tailored to you. We will always respect your wishes and opinions, respond promptly to your directives and inquiries, and be accountable only to you.

1651 Columbia Turnpike | Castleton, NY 12033 | 518.477.5468 | 518.477.2750 fax | www.centersquareasset.com

Securities and Advisory Services offered through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. Fixed Insurance Products and services offered through CES Insurance Agency or Center Square Asset Management is separate and unrelated to Commonwealth.

Rev 07/15



# Train hard. We'll feed you.

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

Five meals per week for \$45. Delivery to your home, office, or gym included.

www.9mileseast.com