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Ainsley's Angels Power to Push Evans Family Completes Run Across America!

"The only disability in life is a bad attitude"

-Shamus Evans

By Laura Clark

Spy a pink T-shirt, pink ribbon or pink cap in October and we automatically make the connection with the annual 'fight to end breast cancer' campaign. But there is another pink that is making its journey into the Capital Region - the bright pink of the Ainsley's Angels Chariot brigade.

For pink is Ainsley Rossiter's favorite color and Ainsley, a young girl with Neuroaxonal Dystrophy, is the inspiration behind Ainsley's Angels (ainsleysangels.org), a nationwide organization that supplies running chariots so that wheelchair-bound athletes can feel the wind in their face. I must admit it. I had my doubts. I could readily picture how including a child with mobility issues in normal family activities would be therapeutic, but I didn't appreciate the physical sensations involved. Not until I started training to become an Ainsley's Angel and took my turn riding in a chariot. I felt the texture of the road conveyed from the wheels up through my bones. The world passed by quickly, with me a part of it.

My instructor was Marcelo Arruda, a Saratoga Stryder who currently has use of a loaner chariot from the newly formed Adirondacks/Albany branch of Ainsley's Angels.



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2015 MOHAWK HUDSON RIVER MARATHON AND HANNAFORD HALF MARATHON OVERALL WINNERS. KEN SHELTON PHOTOGRAPHY

Mohawk Hudson River Marathon Madness

By Christine Bishop

On Sunday, October 11, the Albany area will come alive with thousands of runners participating in the Mohawk Hudson River Marathon and Hannaford Half Marathon. Volunteers will be on roads and trails in the wee hours of the morning preparing for the big event. Once again Maureen Cox has done a flawless job directing the race with a big assist from Cathy Sliwinski and the many volunteers. For the first time, there will be special prize money for members of Hudson-Mohawk Road Runners Club and local runners who place in the top three of either race.

In addition, if a runner should break Dale Keenan's course record of 2:20:59 set in 1984 when he was 34 years old, they will get extra prize money. Dale's six MHR Marathon wins have also set a record that will be hard to beat as the numbers running marathons and half marathons have grown in the past 30 years.

Speaking with Dale Keenan, he responded that his win was just luck. We all know however that the luck he mentioned was backed by years of hard training. On the day he set the record, he noticed that no one was behind him, and that he was literally racing against himself and the clock. At mile 20 he was on target to hit 2:19, but then all went wrong and he had to fight to finish in 2:20:59 – a record that stands to this day. At age 65, Dale feels his almost daily four-mile jogs are now slow with a pace of only 7:50 per mile, but they keep him healthy. He does not discount running competitively again, but if he does, he will be on the path to set age records.

Bryan Morseman, 30, of Bath, won the MHR Marathon in 2013 and will be running again this year. He has run sub-2:20 marathons, so he is one to watch to possibly break the course record. In April of this year, Bryan received international coverage for winning three marathons in an eight-day period to raise money to help pay for treatment for his infant son, Leeim, who was born with the worst form of spina bifida, which can cause paralysis.

Many talented local runners will be competing for the overall medals and age group awards. Meghan Mortensen, 30, from Rotterdam, is the president of HMRRC and a top contender, which is all the more amazing since she gave birth nine months ago. In training her running partners are usually her

son (in a BOB stroller) or her husband. Her PRs are 5K: 18:19; half marathon: 1:25:41; marathon: 3:06.

Tom O'Grady, 30, of Slingerlands is a strong runner and usually can be seen with a big lead at local races. His marathon PR came in 2014 at Boston in 2:28, first in upstate New York. This year he earned a PhD; has a new assistant professor of epidemiology at Albany College of Pharmacy and Health Sciences; and is moving into a new house. His PRs are 5K: 15:21; 6M: 31:11; 10K: 32:12; 15K: 50:38; 10M: 53:38; half marathon: 1:10:56.

Karen Dolge, 45, from Valatie, who will be running her 24th marathon is one of the best runners in her age group. She is a devoted runner who ran through her pregnancies right up to the day she gave birth to her children, who are now 8 and 10, and will be watching their mom. She is psyched for the race. Her PRs are 5K: 18:59; 15K: 61:00; half marathon: 1:10:56; marathon: 3:04.

Ben Heller, 26, from Albany, has only been racing since 2011 and this will be his marathon debut. Before running, he was an overweight weightlifter who decided to turn his life around. He has quickly accomplished much and anticipates testing himself on one of the fastest courses in the country. His PRs are 5K: 27:34; 10K: 37:45; 15K: 58:07; half marathon: 1:23:30.

Joan Celentano, 62, from Schenectady, enjoys long distance, group training so it keeps her in shape for marathons. She has passed her love of running onto her children. Her daughter runs and her son is an Ironman triathlete who does triathlons with his wife. Doing her 14th marathon, Joan is outstanding in her age group.

Two others to note are the youngest entrants in the marathon at age 17, Johanna Hentnik of Fonda, and Summer Kasallis of Delmar. If you go to one of the five viewing sites for the marathon, be sure to cheer them on along with the other contestants who will bravely tackle the 26.2 miles. 🌱

Hannaford Half Marathon Hullabaloo

By Christine Bishop

Half marathons are the rage. Their numbers have increased more than for any other distance, with last year witnessing more than two-million runners who finished races, the majority being women. The Hannaford Half Marathon echoes this enthusiasm and in the past two years has sold out online in less than a day, with 68 percent of the registrants being female.

The half marathon began in 2002 with 176 finishers. It is a youngster compared to the marathon, which was first run in 1983. The course record to beat for the males is 1:07:08 set in 2012 by Kyle Stanton, 21, of Maryland, and for the females is 1:18:11 clocked by Diane Matthews, 24, of New York City in 2006.

On October 11, be prepared to see fiery performances with local runners in hot pursuit of overall and age group medals. If the weather is anything like last year's incredibly lovely autumn day, the race will be memorable. The following local runners are ones to watch.

Janne Rand, age 30, came in seventh overall last year and first in her age group in 1:28:36. She is in New Hampshire for a year doing a hematopathology fellowship at Dartmouth University, so she has had to train alone. She looks forward to returning for the half and hopes to better last year's record. She tries not to be nervous before a race, "As soon as the gun goes off your feet will start moving no matter what, so there is not much to worry about if all you have to do is put one foot in front of the other until the finish line."

Aaron Lozier, 27, of Albany, won records in high school and in college ran a 4:05 mile. After graduating he stopped running, but his dad noticed that he was gaining weight and signed him up for the Philadelphia Marathon. Out came the running shoes, and Aaron is now working on adding endurance to his lightning speed. He has a strenuous

training regimen and logs at least 65 miles a week. His training has paid off, bringing his half-marathon time down to 1:11:07 at New Bedford.

Deanne Webster, 39, of Albany, has set two PRs this year – one at the Boston Marathon in 3:17:21 (7:31/mi.), and the other at the Syracuse Half-Marathon in 1:34:49 (7:15/mi.). She hopes to better her PR at this year and place in her age group.

Russell Lauer, 53, of Troy, enjoys supporting local races and being part of a community of runners many of whom have become terrific friends and training partners. He ran the MHR Half Marathon in 2005, winning the masters division at age 43 with a time of 1:18. Next year, he is planning to reach his comeback marathon goal of 2:58 at age 54. He couldn't think of a better way to ease back into it than starting light with a half marathon!

Sally Drake, 42, of Albany, has PRs that have proliferated. She is one of HMRRC's leading master runners who surprisingly did not take up the sport until her late 20s. She has run seven marathons but her favorite distance is the half marathon, where last year she finished second in her age group with 1:30:27.

The youngest participants in the half marathon are four 15 year olds: Liam McMahan of Clifton Park, Sydney Smith of Niskayuna, Marissa Thorburn of Averill Park, and Jocelyn Yip of Troy. There are two identical twins entered who hail from Cohoes, Rayne and Rhea Rapazzo, along with their mother, Debbie, who inspired them to pursue running. Pete Newkirk, 68, of Albany, is a strong entrant in his age category. Jim Moore of Niskayuna, 75, has placed first in his age category in races throughout 2015. The oldest entrant is Robert Thien, 82, of Glenmont.

We wish them all good luck. Race results will be at mohawkudsonmarathon.com and hmrc.com. You can spectate in person or read about it online. Happy running! 🌱

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The expo, managed by Adirondack Sports & Fitness, is free and open to the public.

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

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REGION NEWS BRIEFS

Fall Back 5 Trail Race Set for November 1

SARATOGA SPRINGS – Tired from a night of trick or treating? Want to burn off some of those sweets but still get a chance to sleep in? Then the Saratoga Stryders "Fall Back 5" Trail Race on Sunday, Nov. 1 at 10am is the perfect event for you! Set your clocks back, fall back in bed for that extra hour, and emerge bright-eyed and bushy tailed and ready to run on varied paths and trails in the Saratoga Spa State Park. The five-mile course is a combination of hills, ridges and single-track, with a few wide trails, paved sections and grassy areas, showcasing some sections of the park you may have never seen before. This is nature's original obstacle course at its finest, with some trick footing, rocks, roots and fallen leaves.

Registration is available at greenleafacing.com through Oct. 29, or go to irunlocal.com for info and a registration link. Early packet pickup and late in-person registration will be held at iRun LOCAL in Saratoga Springs on Oct. 31 from 12-4pm. The race begins outside the Administration Building, with race day sign-up in the lobby starting at 8:30am. Participant items to the first 125 registered and to race volunteers. First male and female overall and in each age group will receive awards. New this year, iRun LOCAL will present the first annual Trail Blazer Award – the running club with the most finishers will have their club name engraved on a plaque displayed at the shop. Post-race raffle prizes are open to all runners and volunteers. Proceeds benefit Friends of Saratoga Spa State Park. Visit saratogastryders.org. – Laura Clark

ADK Summit Stewards Reached their 400,000th Hiker

LAKE GEORGE – The Adirondack Mountain Club announced that their Summit Stewards interacted with their 400,000th hiker in early September. Summit Stewards are naturalists who work at the top of mountains in the High Peaks region educating hikers in an effort to prevent them from walking on or otherwise damaging New York's rarest plants, those of the alpine zone. Some of the species they protect are so rare they exist in just a few places in the world. Stewards provide education and build rock walls and cairns to help keep hikers off these low-growing plants. The program began in 1990 and will reach an estimated 28,000 hikers at the tops of Mt. Marcy, Algonquin, Wright, Colden, Cascade, Haystack, Giant, Gothics, Basin and Saddleback this year.

The milestone was reached during a week of spectacular weather, which helps to draw larger crowds of less experienced hikers into the High Peaks. In addition to their conservation work, Stewards also help educate hikers about how to respond to conditions, which can change rapidly in the mountains. They provide band aids and help walk out dehydrated or sick hikers who need assistance to get back down the mountain. This season they facilitated the helicopter rescue of three injured hikers and helped capture photos of six marriage proposals. The program is a partnership of ADK, Adirondack Chapter of Nature Conservancy, and NYSDEC. Visit adk.org.

Disc Golf Comes to Saratoga Spa State Park

SARATOGA SPRINGS – Move over Saratoga Spa Golf Course and welcome the new guy on the block – the park's nine-hole disc golf course! The route circles the Peerless Pool, and visitors can pay the \$8 park entrance

fee during the summer season, or walk or bike in from the open-access portions of the park. Built by representatives of Disc Golfers of the Capital Region (aka DisCap), the layout is mostly flat and features both wooded and open grassland sections. Players toss specialized disc golf discs (think heavier Frisbees) into metal baskets complete with chains, aiming to sink the hole in as few throws as possible.

Unlike traditional golf, however, it is totally affordable, with no tee times and with the purchase of a short, mid, and/or a long-range disc at a sporting goods store. To be sure, more elaborate discs with designed flight paths are available, but they're not needed to get started. And it is a sport where families can participate on an equal footing. I visited the site on a weekday school evening and was pleased to see many families and teens having fun together. One complete circle of the course will net you nine holes, but as my friend Sarah Derven and her family discovered, an alternate journey will approach the baskets from different angles and net a complete 18 holes. There are actually two tees per target so players can make the "round" twice, aiming for the same target but from a different tee each "round" of nine. Traveling light, it is possible to get in a great workout by running to each place your disc lands.

The route begins at the Peerless Pool parking lot with a thoughtful practice basket to test your skills. Official maps will be available soon as will par signage and tee pads. To facilitate scoring, download an app for your smartphone, the most popular being Easy Scorecard. If you want to learn more about DisCap's mission, other local courses, casual leagues or competitive tournaments, check out DisCap.net. So get out there and try a different way to enjoy the beautiful fall weather! – Laura Clark & Tim DeFranco

READER LETTERS

Unsafe Runners and Bike Riders

In recent weeks, I have travelled NY Routes 86 and 73 in Essex County and have been amazed at the lack of concern by both runners and riders on these roads. I have come across runners and riders dressed in all black including shoes, bikes and helmets. At times when they pass through roadside shadows, they cannot be seen. One rider had tiny, tiny strips of glow tape in just four places, another had a blinking red light that must have been all of 1-inch in diameter. I drive these roads to get over to I-87 on my way south to Albany. Fortunately, I am familiar with the traffic patterns, but when a rider is on the road edge (not the shoulder) all dressed in black at dusk that is a dangerous thing. One may look good dressed in all black, but it looks awful with flesh and blood on it. Please remind these 'athletes' that all black is a dangerous thing, even in the daytime! Think about dressing not just for the season, but for the shades and shadows that occur on our mountain roads.

Thank you, Judith of Bloomingdale

Megan Guarnier and Emma White Win Medals at Cycling World Champs

Glens Falls native Megan Guarnier (Athlete Profile, May '08), 30, won a bronze medal in the elite women's road race at the 2015 UCI Road World Championships in Richmond, Va. on Sept. 26. It's the first medal for the U.S. women in the road race since 1994, and it qualified her for the 2016 US Olympic cycling team going to Rio next summer. Emma White (Athlete Profile, Oct. '12), 18, of Delanson closed out her junior racing career by scoring a silver medal in the junior time trial at the world championships on Sept. 24. Her U.S. teammate, Chloe Dygert, claimed the gold. Congrats!

Enjoy the issue! :)

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In addition to practicing law, Mr. Schillinger is director of NYCross.com, a CBRC bike racer, and a skiing enthusiast

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4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

ALPINE SKIING & RIDING

OCTOBER

- 9-12 Annual Ski Tent Sale.** Steiner's Ski & Bike, Valatie. 784-3663. steinersskibike.com.
- 16-18 Annual Ski Tent Sale.** Steiner's Ski & Bike, Glenmont. 427-2406. steinersskibike.com.
- 24 Out of Control Ski Club Halloween Party. 7pm. Rensselaer. ocskiclub.org.

NOVEMBER

- 5 Warren Miller's "Chasing Shadows" Movie.** 7pm. Tickets: Alpine Sport Shop, Saratoga. Saratoga Springs MS, Saratoga Springs. Alpine: 584-6290. alpinesportshop.com.
- 6-8 54th Albany Ski & Snowboard Expo. Empire State Plaza, Albany. 383-6183. albanyskiandsnowboardexpo.com.
- 13-14 Warren Miller's "Chasing Shadows" Movie.** 8pm. Tickets: Play It Again Sports, Latham. Palace Theater, Albany. 785-6587. playitagainsportslatham.com.
- 18 Warren Miller's "Chasing Shadows" Movie. 6pm Utica Memorial Auditorium, Utica. skinet.com.
- 21 Warren Miller's "Chasing Shadows" Movie. 7:30pm. Lake Placid Center for the Arts, Lake Placid. 523-2512. lakeplacidarts.org.
- 28-29 PSIA Instructor Training Course.** Gore, North Creek. Gail Setlock: 251-2411. goremountain.com.

DECEMBER

- 11 Demo Day.** Gore, North Creek. 251-2411. goremountain.com.
- 14-20 Take Your Kids to Gore Week #1: Ages 19 & under.** Gore, North Creek. 251-2411. goremountain.com.
- 29-31 Christmas Holiday Camp.** Gore, North Creek. 251-2411. goremountain.com.
- 30 Twelve-30 Slopestyle.** Gore, North Creek. 251-2411. goremountain.com.

JANUARY

- 1 New Year's Day Ski Bowl Party.** Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.

BICYCLING & MOUNTAIN BIKING

ONGOING

- Daily Mohawk-Hudson Cycling Club.** 300 rides/year, all welcome. Capital Region. mohawkudsoncyclingclub.org.
- Wed "Wednesday Night Worlds" Cyclocross Training Rides. 5:30pm. A & B groups. All welcome. Parking Lot H, Harriman State Office Campus, Albany. Dave Beals: davebeals@aol.com.
- Sat HRRT Fall Time Trial Series: 10/10, 24, 31; 11/7, 14. 10M. 9am. Town Hall, Charlton. 847-2419. hrrtonline.com.

OCTOBER

- 10 Tour of the Battenkill Fall Preview Ride. 68M. 10am. Greenwich. 275-6185. tourofthebattenkill.com.
- 10 5th Octoberfest 40K Bike Ride. 9:30am. Plus, 13.1M, 5K, 10K runs: 9am. Peru Fire Dept., Peru. runoctoberfest.com.

- 11 "Comes with Baggage: A History of Bicycle Travel, from Boneshakers to Bikepacking" Film. 7:30pm. Free Gravel Road Ride: 12-4pm. Open House at HPC: 4-6pm. Presented by High Peaks Cyclery. Raffles benefitting Barkeater Trails Alliance & Ausable River Association. Lake Placid Center for the Arts, Lake Placid. 523-3764. highpeakscyclery.com.
- 11 2nd Elevate/Shmaltz Fall Brew Ride. 44M. 11am. Shmaltz Brewery, Clifton Park. 371-4641. elevatcycles.com.
- 17 1st Tour de Vine. 20M ride w/wine tasting, lunch. 10:30am. Amorici Vineyard, Easton. 275-6185. greatamericacycling.com.
- 17-18 Uncle Sam Cyclocross GP: NYCROSS Series #2. Prospect Park, Troy.** Eric Schillinger: 441-1296. nycross.com.
- 24 2nd Dam Wrightsville Cross. 9am. Wrightsville Beach, Middlesex, VT. 802-229-9409. onionriver.com.
- 24-25 Haunted Hundred Overnight Century. 6pm. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 24-25 Syracuse GP & Power Cross Races. 9am. Long Branch Park, Liverpool. 315-399-7251. onondagacyclingclub.org.
- 25 Wicked Creepy Cyclocross: NYCROSS Series #3. 9am. Willow Park, Bennington, VT.** Tim Payne: 802-442-7238. nycross.com.
- 29 HRRT All Hallows MTB Race. 6pm. Central Park, Schenectady. 847-2419. hrrtonline.com.
- 30 3rd R-Cubed Halloween Bash MTB Ride. 6pm. Luther Forest Trails, Malta. facebook.com/rcubedrunriderace.
- 31 5th Syra-Cross Cyclocross Race. 10am. Highland Forest Park, Fabius. 315-307-3104. mellovelobicycles.com.
- 31 Paradise Cross Frenzy. 9am. Artisans Park, Windsor, VT. 802-674-6742. paradisesportsshop.com.

NOVEMBER

- 1 Cider Cross Race. 10:30am. New: 5K Cross Country Run. Lafayette. 315-558-3727. cidercross.com.
- 1 25th West Hill Shop Cyclocross Race. 9am. West Hill Shop, Putney, VT. 802-387-5718. westhillshop.com.
- 8 Saratoga Spa Cyclocross: NYCROSS Series #4. 9am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs.** Andrew Bernstein: 610-618-6272. nycross.com.
- 8 Dave Panella Memorial Cyclocross Race. 10am. Lions Park, Greene. 607-648-9551. tiogavelo.com.
- 14 SMBA Year-End Ride & Meeting. Ride: Luther Forest, 12:30pm. Meeting: The Mill, 3pm. saratogamtb.org.
- 14 3rd Capital Region Bicycle Gala. 7pm. Edison Club, Rexford. 847-2419. hrrtonline.com.
- 14 Cross in a Maze. 9am. Long Acre Farms, Macedon. Gregg Griffo: 585-469-4212. crossinamaze.com.
- 15 10th Bethlehem Cup Cyclocross: NYCROSS Series #5. 9am. Elm Ave Town Park, Bethlehem.** Dave Beals: 817-1641. nycross.com.
- 15 Cobb's Hill Cyclocross. Cobb's Hill Park, Rochester. fullmoonvista.com.
- 17 "The Rider & The Wolf" Premiere Party. Happy Hour, Henry St Taproom: 5-7pm. Film, Saratoga Arts Center: 7:30pm. Saratoga Springs. Jim Adams: 727-3131. industrioushijinx.com.
- 21 Bicycle Engineering Symposium. 10am-4pm. Bicycle design, analysis, frame building, new products, raffle prizes. Free. RPI, Troy. Larry Ruff: ruffl@rpi.edu.
- 21 9th Albany Cranksgiving Race/Ride & Food Drive. 6:30pm. Bring bike, helmet, lights, backpack, lock & \$13 cash/card. Use manifest to ride to area stores to collect & donate food to Homeless Action Network of Albany. Henry Johnson Monument, Washington Park, Albany. Preregister: deerintheheadlights@rocketmail.com.
- 21-22 Supercross Cup: UCI C2 Weekend. 8:15am. Anthony Wayne Rec Area, Stony Point. 631-255-9568. supercrosscup.com.
- 22 HRRT Sweat N' Ice Ride. 62 or 32M. 10am. Town Hall, Charlton. 847-2419. hrrtonline.com.
- 22 Turkey Cross at Markus Park. 10am. Markus Park, Honeoye Falls. 585-775-9504. cnycyclocross.com.
- 26-27 HRRT Giving Thanks MTB Race. 5M. Central Park, Schenectady. 847-2419. hrrtonline.com.

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DECEMBER

- 5 Salsa Demo Day w/Spa City Bicycleworks.** 11 am-4pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- 20 HRRRT Xmas Madness MTB Race.** 12pm. Central Park, Schenectady. 847-2419. hrrtonline.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.** Next Session: 11/9-12/19. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 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. facebook.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. facebook.com.
- Thu Vinyasa Flow Yoga Class.** 3:30pm. Solstice Yoga at Tannery Pond CC, North Creek. Michele Pearsall: 607-287-1960. facebook.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.

OCTOBER

- 28 Sports PT: Open House.** 5-8pm. Get educated on posture, lifting, concussions, injury prevention. Plus, snacks & raffles. Sports PT, 1 West Ave, Suite 150, Saratoga Springs. 583-7537. sptny.com.

HIKING & ROCK CLIMBING OCTOBER

- 10 Reel Rock 10 Film Tour.** 7pm. Tailgate: 5-7pm. Keene Arts, Keene. The Mountaineer: 576-2281. mountaineer.com.
- 16-18 Appalachian Mountain Club Fall Gathering.** Camp Chingachgook, Kattskill Bay. Mohawk Hudson Chapter. Susan Bonk: 674-0042. outdoors.org.
- 24 "The 46ers" A Film Documentary** by Blake Cortright. 7:30pm. Whallonsburg Grange Hall, Essex. the46ersfilm.com.
- 24 Map & Compass Fundamentals.** 9am. Adk Loj, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 24 Wright, Algonquin, Iroquois, & Marshall Hike.** 16M. Heart Lake, Lake Placid. Claudia Warren: 364-3857. adk-albany.org.
- 31 Halloween Jay Range Traverse & Death Mountain Hike.** 10M. Steve Siegard: 915-2309. adk-albany.org.

NOVEMBER

- 7 Mt. Marcy Hike.** 14.5M. 5am. Exit 9 Park & Ride, Clifton Park. Bob Scaife: 439-7322. adk-albany.org.
- 14 Seward, Donaldson, & Emmons Hike.** 17M. Claudia Warren: 364-3857. adk-albany.org.
- 14 Moreau Lake State Park Hike.** 8M. Martha Waldman: 869-5109. adk-albany.org.

DECEMBER

- 5-6 Wilderness First Aid w/WMA.** Adk Loj, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 12 Fifth Peak/Tongue Mtn. Range Hike.** 5.4M. Clay Mtn Trailhead. Phil Seward: 527-1851. adk-albany.org.

MULTISPORT: TRIATHLON & DUATHLON

OCTOBER

- 11 Glens Falls Lions Club Duathlon.** 5K run, 30K bike, 5K run. 8:30am. Solo, 2-3 person & corporate teams. SUNY Adirondack, Queensbury. glensfallslions.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.
- 11 12th Serpent's Back MTB Duathlon.** 2.4M run, 12.5M bike, 2.4M run. 10:30am. Montauk. 631-834-3511. bodytechclub.com.
- 12-16 Weeklong Tri-Camp.** Woodstock. Mark Wilson: 914-466-9214. coachmarkwilson.com.
- 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 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.

DECEMBER

- 13 NYSEF Season Opener.** Nordic race. nyssranordic.org.
- 19 Osceola Pie Race/Wilkinson Cup Race #1.** XC ski race. 5K: 11am. Bill Koch 2K: 10:30am. Osceola Tug Hill, Osceola. nyssranordic.org.

NORDIC: ORIENTEERING & BIATHLON OCTOBER

- 18 Orienteering Meet.** Beginner to advanced levels. 11am-1pm. JB Thacher SP, Voorheesville. empo.us/orienteering.org.
- 18 Hudson Highlander/Lowlander Orienteering/Running Meet.** 26.2M or 10K. Harriman SP, Harriman. hvorienteeing.com/wp.

NOVEMBER

- 1 Scout O Challenge.** 10am-12pm. Tawasentha Town Park, Guilderland. empo.us/orienteering.org.
- 7 EMPO Club Championships.** 10am-12pm. Pineridge XC Ski Area, East Poestenkill. empo.us/orienteering.org.

OTHER EVENTS OCTOBER

- 8 HealthySaratoga Silent Disco.** 6-8pm. Fingerpaint Parking Lot, Saratoga Springs. Saratoga Co. Chamber: 584-3255. chamber.saratoga.org.
- 9 Beginners' Curling Class.** Schenectady Curling Club, Niskayuna. schenectadycurlingclub.us.
- 10 Ultimate Field Day.** 9-11am or 12-2pm. HVCC Stadium, Troy. 786-6759. ultimatefieldday.com.
- 10-11 Gore Harvest Fest.** Gore Mountain, North Creek. 251-2441. goremountain.com.
- 10-11 Curling: Open House.** Sat: 10-4. Sun: 12-4. Free. Albany Curling Club, Guilderland. 456-6272. albanycurlingclub.net.

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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**



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

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Tech t-shirts to all runners
 Chip timing by AREEP
 Adults: \$25 thru 10/25 | \$30 after
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 Space is limited—register today!

To Register or Donate: GOTRCR.org



8th Annual
Run Off That Turkey Trot 5K

Saturday, November 28 • 10am
Altamont Elementary School, Altamont

Out and back thru scenic country/village roads
 Running gloves to all preregistered
 Door prizes, refreshments, more...
Register: active.com
 Phil Carducci: (518) 861-6350
turkeyrun5k@gmail.com
 Proceeds benefit Helderberg Running Club

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
 More info: Mike (518) 857-3948
mveeder@kooltemp.com



Fall Back 5K
 TRAIL RACE

Sunday, November 1 • 10am
Saratoga Spa State Park, Saratoga Springs

Five miles on varied paths
 B-Tag timing by Green Leaf Racing
 Age-group & Trail Blazer awards, raffle prizes
Register: GreenLeafRacing.com
 Save! \$25 online thru 10/29
 \$30 at iRun LOCAL on Sat, 10/31, 12-4pm
 Race day: Administration building, 8:30am

SaratogaStryders.org
 Proceeds benefit Friends of Saratoga Spa State Park



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



All proceeds benefit Saratoga County Veterans Trust and Agency Fund

18 "Wild About Blue" to Benefit Wilton Wildlife Preserve & Park. 4-7pm. Saratoga National GC, Saratoga Springs. 450-0321. wiltonpreserve.org.

MARCH

5-6 **11th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

PADDLING: CANOE, KAYAK & SUP
OCTOBER

20 Evening Paddle on the Mohawk. 5pm. Kiwanis Park, Rotterdam. Alison Saville: 899-4031. adk-albany.org.
 27 Full Moon Evening Paddle on the Mohawk. 5:30pm. Lions Park, Niskayuna. Celia Murray: 225-9902. adk-albany.org.

RUNNING, TRAIL RUNNING & WALKING
ONGOING

Daily Registration for Walt Disney Marathon Weekend, 1/7-10. Team In Training. Albany. Leukemia & Lymphoma Society: 438-3583. teamintraining.org/uny.
Daily Nark Running Strategies: Marathon/Half Training. Mat Nark: 470-8659. narkrunningstrategies.com.
Daily Fleet Feet Distance Project: 10K/15K & No Boundaries 5K. Fleet Feet Albany & Malta. 459-3338. fleetfeetalbany.com.
Wed Fleet Feet Running Club. 6pm. Locations vary. Fleet Feet Albany & Malta. 459-3338. fleetfeetalbany.com.

OCTOBER

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.
 10 5th Octoberfest Half Marathon, 5K & 10K. 9am. Plus, 40K Bike: 9:30am. Peru Fire Dept., Peru. runoctoberfest.com.
 10 Fall Foliage Ramble Trail Race. 15K/5K: 11am. 1K: 11:15am. Paul Smith's College VIC, Paul Smiths. 327-6241. adirondackvic.org.
 10 Zombie Run 5K. 10am. Great Escape Park, Queensbury. 792-3500. sixflags.com.
 10 Rosendale Runs. Half Marathon & Plains 4.4M Run/Walk. Rec Center, Rosendale. 917-344-9374. rosendaleruns.org.
 10 Fight Hunger 5K. 8:30am. Potsdam Farmers Market, Potsdam. Gloria McAdam: 315-261-8054.
 10 Alcoa Food Drive 5K Run/Walk. 9am. Robert Moses SP, Barnhart Beach Pavilion, Massena. 315-764-1615. alcoa.com.
 11 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 10/10, 10am-6pm: Expo & Packet Pickup, Hilton Albany. 26.2M, 8:30am: Central Park, Schenectady to Corning Preserve, Albany. 13.1M, 8:30am: Town Park, Colonie to Corning Preserve, Albany. mohawkhudsonmarathon.com.
 11 5th Jailbreak Trail Marathon. Dannemora. Jay Magiera: 562-2297. jailbreaktrailmarathon.org.
 11 Fall Foliage Half Marathon. 10am. 5K Run: 10:20am. Dutchess Fairgrounds, Rhinebeck. fallfoliagehalf.com.
 11 Shawangunk Valley 5-Miler. 10am. 1M Kids' Run: 10am. Shawangunk Valley FH, Wallkill. 845-895-3402. mhrrc.org.
 11 45th Green Mountain Marathon & Half Marathon. 8:30am. Folsom School, South Hero, VT. gmaa.net.
 11 Pond Sprint. 13M/4.25M. 10am. Long Pond, Pok-O-MacCready Camps, Willsboro. champlainareatrails.com.
 11 Trek for Hope 5K & 10K. Plus, 1M Kids' Run. 9am. Quaker St, Granville. thehayneshouseofhope.org.
 17 **15th Great Pumpkin Challenge.** 5K & 10K Run/Walk: 9:30am. Kids' Fun Run after races. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. 587-0723. 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.

17 **7th Race Away Stigma 5K Race & Fun Walk.** 10am. HVCC Student Pavilion, Troy. Larry Ellis: 629-7175. hvcc.edu/cct/race.
 17 Albany Police Dept 5K Run/Walk for Domestic Violence Awareness. 11am. Jennings Landing, Albany. 438-4000. albanyny.gov.
 17 Run4Me 5K to benefit Cerebral Palsy of Ulster. 8am. Walkway Over the Hudson, Highland. 845-336-7235. cpulster.org.
 17 30th Hartford Stewart's Spud Run. 5K: 10am. 1M: 9am. Hartford CS, Hartford. Phil Jessen: 632-5922. adirondackrunners.org.
 17 4th For Paws & Wright Naturals 5K Run/Walk. 3pm. Field of Dreams, New Paltz. shawangunkrunners.com.
 17 Chasm Rim 5K Run/Walk for Freedom. 10am. North Star Underground Railroad Museum, Ausable Chasm. Linda Richardson: 643-2681. northcountryundergroundrailroad.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. saratogaxclassic.com.
 18 **4th Veeder Tree Farm 5K Run.** 10am. S'mores, music, party. 1235 High Hill Rd, Earlton. Mike Veeder: 857-3948. active.com.
 18 Wandering Witch Trail Races 5K/10K. 9:30am. Christ the King Spiritual Life Center, Greenwich. 692-2801. bkvr.org.
 18 Empire State Marathon, Half Marathon & Relay. 7:30am. NBT Stadium, Syracuse. 315-427-1371. empirestatemarathon.com.
 18 Deerfield Skeleton Run. 5K: 10am. 3K: 9:30am. 0.25M kids: 9am. Wilderness Park, Deerfield. deerfieldskeletonrun.com.
 18 3rd Hambletonian Marathon & Good Time Trotters Relay. 8am. Goshen. 845-527-3825. hambletonianmarathon.com.
 18 Harvest Run 5K Run/Walk & 10K Run. 8am. Main St, Adams. 315-232-2624. southjeffersonrescue.org.
 18 Billy Goat Trail Race. James Baird SP, Lagrangeville. mhrrc.org.
 24 Andrew Izzo Memorial 5K Run/Walk. 9am. Galway HS, Galway. Mary Goldstein: 339-5620. greenleafacing.com.
 24 Guns N Hoses 5K. 9am. Indian Meadows Park, Glenville. zippyreg.com.
 24 Justice for Orphans 5K. 10am. Faith Plaza, Ravena. 779-2279. justicefororphansny.org.
 24 Ace Race for Local Miracles. Ace Hardware, Gansevoort. Elizabeth Ramos: 580-9870. acehardware.com.
 24 17th Great Sacandaga Road Race. 10K. 10:30am. Sport Island Pub, Northville. Ann Kenyon: 775-1877. fmrrc.com.
 24 5th Oktoberfest Costumed Prediction Run Walk. 10am. Dana Hall, SUNY Canton, Canton. unitedhelpers.org.
 24 The Scary Chocolate Run. Virtual 5K/10K/Half Marathon. Anywhere, anytime. Benefits Crohns & Colitis. ccfa.org.
 25 **11th Hairy Gorilla Half Marathon & Squirrelly Six Trail Races.** Thacher SP, Voorheesville. AREEP: 320-8648. 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.
 25 15th Ghostly Gallop 5K Run/Walk & 1M Fun Run. 9am. Hudson HS, Hudson. Bob Rasnor: 310-625-7610. ghostlygallop.info.
 25 Spooktacular 5K & 2M Walk. 10am. Voorheesville HS Track, Voorheesville. Kids Club: 765-2043. active.com.
 31 **Troy YMCA Monster Madness Dash.** 5K run, 3K walk, kids' fun run. 9am. Troy YMCA, Troy. 272-5900. cdymca.org.
 31 Tina Shaina Gambino Memorial 5K Run/Walk. 9am. Pleasantville HS, Pleasantville. tinagambino.org.
 31 Monster Scramble 5K/10K Run. 10am. Plus, 1M Walk. Oakwood Cemetery, Troy. KC Connors: 464-0112 x70402. nationalmssociety.org.

Thanksgiving Day
NOVEMBER 26
Central Park, Schenectady

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 Turkeyware to first 300 entered
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Register: hvcc.edu/cct/race

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Shenendehowa Veterans Day Dash
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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
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Saturday, October 17, 9:30 am
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FREE 1-mile walk for children 12 & under at 9:30am/5K at 10:30

Free t-shirts to first 400 paying runners!



2nd Annual 5K Fright Run/Walk

- 31 4th 5K Pumpkin Brigade. 10am. Kids' 0.5M Run: 10:30am. 8 Barton Rd, Johnsonville. Trista Bugbee: 753-4843. 5kpumpkinbrigade.weebly.com.
- 31 21st Goblin Gallop 5K & Kids Run. 9am. Abraham Wing School, Glens Falls. Lee Pollock: 798-4066.active.com.
- 31 Little Falls 5K Run/Walk for Kidneys. 9am. Little Falls. healthykidneys.org.
- 31 Leah's 5K Run/Walk. 9:30am. 1K Kids "Spooktacular" Fun Run: 9am. Dutchess Rail Trail at Van Wyck, Poughkeepsie. eventbrite.com.
- 31 6th UlsterCorps Zombie Escape 5K Run, 1K Walk & 1K Kids Race. 11am. Williams Lake, Rosendale. ulstercorps.org.

NOVEMBER

- 1 **9th 'Fall Back 5' Trail Race. 5M. 10am. Administration building, Saratoga Spa SP, Saratoga Springs. Frank Lombardo: 581-0493. saratogastryders.org.**
- 1 Miracle Miles 5K Run/Walk. 10am. Johnstown. Maureen Clapper: 736-3051.
- 1 46th TCS New York City Marathon. Fort Wadsworth, Staten Island to Central Park, Manhattan. tcsnycmarathon.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.**
- 7 15th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainment, Rock Hill. 845-699-1034. sullivanstriders.org.
- 7 Run 4 the Hill. 10am. Cornell Cooperative Ext, Voorheesville. Kathy Taylor: 655-7811. runsignup.com.
- 7 Super Hero Sprint 5K. 12pm. University at Albany, Albany. Rainbow Doemel: 925-2533. zippyreg.com.
- 7 4th Mike Archer Memorial 5K Run/Walk. 10am. Memorial Park, Beacon. mhrrc.org.
- 8 **40th MVP Health Care Stockade-athon 15K Road Race. 8:30am. 1M Kids' Run & 1K Kids' Fun Run: 11am. Special guest: Frank Shorter. Veterans Park, Schenectady. stockadeathon.com.**
- 8 After The Leaves Have Fallen Half Marathon. 13.1M Carriage Trail Race. 11am. Minnewaska SP, Gardiner. 845-339-5474. shawangunkrunners.com.
- 11 **8th Shenendehowa Veterans Day Dash. 5K: 10am. Kids' Run: 9am. Shenendehowa HS Track, Clifton Park. Beth Haig: 573-4595.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.**
- 14 1st Strides Against Sarcoma 3.5M Trail Run/Walk. 10am. Queensbury ES, Queensbury. underdogtiming.com.
- 14 NYRR NYC 60K Ultra. 60K. 8am. Central Park, Manhattan. nyrr.org.
- 19 NALMS Clean Lakes Classic 5K Run/Walk. 12pm. High Rock Park, Saratoga Springs. Greg Arenz: 608-233-2836.
- 21 **1st Girls on the Run 5K. 9:30am. Corning Preserve, Albany. LuAnn McCormick: 635-0828. gotrcr.org.**
- 21 Frostbite 5K Run/Walk. 10am. Mayfield HS, Mayfield. mayfieldcsd.org.
- 22 HMRRC Turkey One-Hour Raffle Run. 10am. Tawasentha Park, Guelderland. 435-4500. hmrrc.com.
- 22 21st Philadelphia Marathon & Half Marathon. Philadelphia. philadelphiamarathon.com.
- 22 NYRR Pete McArdle Cross Country 15K. 11:30am. Van Cortlandt Park, Bronx.nyrr.org.
- 26 **68th Troy Turkey Trot. 10K: 8am. Grade School Mile: 9:30am. 1M Walk: 9:35am. 5K: 10am. Troy Atrium, Troy. USATF-Adirondack: 273-5552. troyturkeytrot.com.**
- 26 **34th Cardiac Classic 5K. 2M Wellness Walk: 8am. 5K Run: 9am. 1M Duck Pond Fun Run: 10am. Central Park, Schenectady. 243-4600. cardiacclassic.org.**
- 26 **14th Christopher Dailey Turkey Trot. 5K Run/Walk. 8:30am. Hilton, Saratoga Springs. 581-1328. christopherdaileyfoundation.org.**

- 26 **6th OurTowne Bethlehem Turkey Trot. 5K Fun Run/Walk. 9am. Bethlehem MS, Delmar. 598-3434. ourtownebethlehem.com.**
- 26 **4th St George's Turkey Trot. 5K Family Run/Walk: 8am. Kids' Fun Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. stgeorgeschoolcp.org.**
- 26 **20th Running of the Turkeys. 5K Run/Walk. 9am. 1K Kids' Fun Run: 9:30am. Fisher ES, Arlington, VT. Anita Gabalski: 677-8333. bkvr.net.**
- 26 52nd Cohoes Turkey Trot. 9:30am. Kids Race: 8:30am. City Hall, Cohoes. ci.cohoes.ny.us.
- 26 5th James Hinchcliffe 5K Run/Walk for ALS. 8:30am. Glens Falls Civic Center, Glens Falls. 798-6152. jphals5k.com.
- 26 MHRRC Turkey Trot 25K, 5M, Kid's Run & 2M Fun Run. Arlington HS, Freedom Plains. mhrrc.org.
- 26 Watertown Family YMCA Turkey Day Run. 10am. Watertown. watertownymca.org.
- 26 Gobbler Gallop 5K Walk/Run. 9:45am. Heuvelton Fire Dept, Heuvelton. northernrunner.com.
- 26 Turkey Trot Prediction Run. 9am. Ithaca HS, Ithaca. fingerlakesrunners.org.
- 26 Baldwinsville Turkey Trot. 5K/10K. 9am. CW Baker HS, Baldwinsville. runsignup.com.
- 28 **Run Off That Turkey Trot 5K. 10am. Altamont ES, Altamont. Phil Carducci: 861-6350. active.com.**

DECEMBER

- 5 Jingle Bell Run/Walk 5K. 9am. Raymour & Flanagan, Clifton Park. Heidi Barcomb: 456-1203. arthritis.org.
- 5 ARE Adventure Race. 4-8M. 10am. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 5 Miles for Meals. 5K. Rome Family Y, Rome. romanrunners.com.
- 5 Ugly Christmas Sweater 5K. 9am. Fun Run: 8:30am. St. Mary's School, Cortland. doublekraces.com.
- 5 36th Knights of Columbus Holiday Run. 5K: 10:30am. 1M: 10am. Knights of Columbus, Wappingers Falls. mhrrc.org.
- 6 **Reindeer Run & Reindeer Run Jr. 4M run/walk: 9am. 1M kids' run: 10:15am. SUNY Adirondack, Queensbury. adirondackrunners.org.**
- 12 10th Santa Speedo Sprint. 800m. 2pm. Lark Street, Albany. albanycommunity.org.
- 13 **HMRRC Doug Bowden Winter Series #1: 3M & 15K. 10am. UAlbany, Albany. hmrrc.com.**
- 19 **19th Holiday Classic 5K Run/Walk. 10am. Columbia-Greene Community College, Hudson. Phil Carducci: 861-6350. active.com.**
- 19 19th Albany Last Run 5K. 5pm. Albany City Hall, Albany. 434-2032. albanyevents.org.
- 31 **18th First Night Saratoga 5K Run. 5:30pm. Skidmore College, Saratoga Springs. Saratoga Arts: 584-4132. saratoga-arts.org.**
- 31 New Year's Eve 5K. 2pm. Pavilion Building, Montpelier, VT. gmaa.net.
- 31 NYRR Midnight Run. 4M. 11:59pm. Dancing, costumes, fireworks. Central Park, New York. nyrr.org.

JANUARY

- 1 **40th HMRRC Hangover Half-Marathon & Bill Hogan 3.5M Run/Walk. 12pm. UAlbany, Albany. hmrrc.com.**
- 1 Resolution Run. 5K & 2.5M Walk: 11am. 1K Kids Run: 11:30am. Heritage Museum, Ticonderoga. lachute.us.
- 16 **Purple Tie Affair. 7pm. To benefit Leukemia & Lymphoma Society's Team In Training & Nick's Fight To Be Healed Foundation. purpletieaffair.org.**

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

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

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14th Annual Turkey Trot

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Thursday, November 26
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OurTowneBethlehem.com



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St. George's Turkey Trot
5K Family Run/Walk

Thursday, Nov. 26 • 8am
St. George's School & Episcopal Church
912 Rte 146, Clifton Park

Register: Active.com
Entry Form: stgeorgeschoolcp.org

● Kids' Fun Run (\$1 race day) • 9:05am

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START OF THE MIDDLE SCHOOL GIRLS RACE AT WILLIAMS LAKE IN ROSENDALE.

Interscholastic Cycling

Local Teams Seek Middle and High School Mountain Bikers

By Rich Tortorici



RORY TAYLOR OF R-CUBED, OVERALL SEASON WINNER FOR MIDDLE SCHOOL GIRLS AT NICA FINALE.



TEAM HRRT TAKING A BREAK FROM RACING IN SCHENECTADY'S CENTRAL PARK.

For parents out there that are avid cyclists, this is something that would be wonderful to share with your student-athlete at home. For middle school and high school athletes with a sense of adventure, or a love of cycling, this is for you! It's easy too. Locally, you can contact either R-Cubed or HRRT composite teams and get started. Just being a part of interscholastic cycling and watching athletes compete has been one of the most gratifying things I have ever been a part of, and I wish to share it with you. Come join us for the 2016 National Interscholastic Cycling Association season.

"Don't you wish this existed when you were in school?" What a slogan! It could not be any more spot on! NICA! For those who don't know what NICA is, pay close attention to the picture I'm about to paint.

National Interscholastic Cycling Association is a program for all middle school and high school students. NICA is for the kid that loves riding bikes, has adventure coursing through his or her veins, may just be looking for excitement on all types of terrain in the woods, and doesn't mind getting a little dirty! This is where NICA fits in.

Kids from all over the country are getting together to race mountain bikes. That's right! Middle school and high school kids now have an outlet to be on a team, local to them, and race **mountain bikes**.

WHERE WAS THIS WHEN I WAS A KID!? Ha! Knowing full well that hitting the trails is

a passion of mine, and that there already is an outlet for the local adults, it was all but too obvious that an R-Cubed NICA team needed to exist. After picking the brain of the manager of the local HRRT NICA team, Andrew Rizzi, we started forming what would become the best sort of team you could imagine. This isn't about winning. This isn't about being the best. Nope! This is about personal development as a young adult, and good old fashion fun. The R-Cubed NICA Composite team was born!

NICA was formed in 2009 looking to develop an interscholastic mountain bike program for student-athletes across the United States, with an end goal of developing interscholastic mountain biking coast-to-coast by 2020. As of 2014, five years into the mission, there are 15 leagues in 14 states across the country, totaling more than 5,000 student-athletes.

Unlike traditional school sports, NICA is proud to provide the opportunity for student-athletes, both girls and boys of all skill levels and socioeconomic backgrounds, the chance to compete - and, better yet, be part of something larger.

There are no tryouts to join the team. Any athlete who wants to be a part is welcome to join one of our local teams. And, as stated before, fortunately for us in the Capital Region, we have not one, but **TWO** great local NICA teams to join. Student-athletes can join either R-Cubed or HRRT NICA composite

teams, and are greatly encouraged to do so.

The New York NICA season spans from December to June, with five races taking place all over New York between the months of April, May and June. One of those races right in our own backyard hosted by the local HRRT NICA team in Schenectady's Central Park.

The trails are a mix of single-track and double-track with some sections of trail that will test your skill and bravery. At one of the first races of the season, the athletes have the chance to ride through a limestone cave at Williams Lake in Rosendale (Ulster County). It doesn't get any better!

If you're ever curious what one of the courses looks like, it's as easy as taking a trip to Central Park in Schenectady, and follow the green arrows through the trails. It will take you meandering through an amazing network of single-track that is non-stop twist and turns with the occasional technical feature. It's a fast and furious course that is all about bike handling and getting on the power.

While some of the race courses may seem like a bit too much at first, by the end of the season the student-athletes will find themselves to be completely different riders with a whole new set of skills they never imagined possible. The NICA season will truly carve you out of stone and better you as a rider.

During the winter months, when trail conditions or weather is less than opti-

mal, practices will be held indoors. On occasion this may mean taking a day trip to CranX Indoor Bike Park in Syracuse for a skills lesson.

We aren't talking about something grassroots here either. With sponsorships that span the industry, some of the largest and best known companies are backing this movement. Companies such as Easton, Trek, Specialized, SRAM and Cannondale, just to name a few. Local shops such as CK Cycles and Freeman's Bridge Sports, are pitching in to make certain that NICA is as successful as possible. Offering the athletes and coaches discounts on parts, labor and accessories, these companies know what it takes to maintain a team.

So, this just begs the question... *what are you waiting for?* 📌

For more information contact:

- R-Cubed Composite NICA - Facebook: R-Cubed Composite NICA Cycling Team, or email: rcubednica@gmail.com.
- HRRT Composite NICA - Facebook: HRRT, email: hrrtteaminfo@gmail.com, or website: hrrtonline.com.

Rich Tortorici (rwtzero3@gmail.com) is the cofounder, chief cook and bottle washer of R-Cubed of the R-Cubed Composite Team and a local individual with a passion for cycling.

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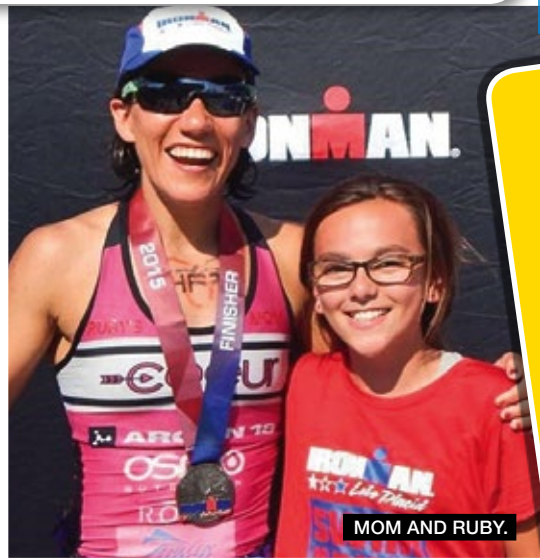
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ATHLETE PROFILE

Amy Farrell



MOM AND RUBY.

AGE: 38
FAMILY: Husband, Kevin LaDue (Mountain Biker, Snowboarder); Daughter, Ruby LaDue, 11 (Freestyle Skier); Dogs: Bandit, Roxy, Freckles & Teddy
RESIDENCE: Tupper Lake
SPORT: Triathlon
OCCUPATION: Middle/High School Teacher, Cross Country Running Coach and Motel Proprietor



2015 IMLP.



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During her first season as a pro, which included her wedding, she placed top-five in all of her races, and was balancing the training and race schedule with a her full-time teaching career. However, in her first race in the second season as a pro, she did not post a favorable finish and remembers being riddled with fatigue, only later to find out she was pregnant.

After giving birth to Ruby she focused on raising her family and continued to work as a teacher. She took a five-year hiatus from racing and trained for fun and for "sanity" doing mostly self-described, "baby-jogger running."

The baby-jogger running kept her going strong enough to transition to a 2008 quest to qualify for the US Olympic Marathon Trials, which she only missed by one minute in two separate qualifying races. Over the next several years, leading up to the current season, she has worked to balance the demands of teaching, coaching, family life, motel ownership, training, racing and traveling. There have been many ups, downs and races in between, but so far this 2015 season is proving to be her most successful to date.

She credits her longtime coach, Julio German, with keeping her on track and trusts him implicitly. She states, "Most competitive athletes, especially triathletes, are very Type A. I don't think of myself as Type A (looking to Ruby, beside her, who nods to affirm). I love what I do and I am disciplined. I have faith in my coach and in the programs that I follow. I know what I need to do, and I do it."

Coach Julio added, "Our relationship is very cohesive with mutual respect, understanding and open communication. She is a gifted athlete for sure, but the talent only takes you so far. It is the work ethic for sure. She goes 150 percent to make sure she gets to where she needs to go. The woman is up at 4am for a three-hour bike ride, teaches a full day, coaches after school, spends time with Ruby, and then goes out for a ten-mile run in the dark."

He continued, "I have been working with Amy for the last four years and the one thing that has remained constant is her humility. She is as humble and as hard working as anyone I know. Despite all the success, she has remained grounded, and it makes her such a pleasure to work with."

For Amy, it is her attitude, and not her accolades, that makes her who she is. For those that know her, and have had the privilege to laugh with her, she is a genuine, spirited, fun-loving human being - that makes you want to cheer, "Go Ruby's Mom!" 🌲

Mim Frantz (juniper@roadrunner.com) of Lake Placid is a freelance journalist, event coordinator and yoga instructor. When she's not writing, planning or in a warrior pose, she can be found enjoying outdoor adventures with her husband and three young sons.

By Mim Frantz

Amy Farrell and I met up at a picnic table along the shores of the lake. When we met, she was taking campy iPhone photos of her daughter, Ruby, who was hamming it up while sitting on a goose sculpture. We found a brief window to meet as she had come from Tupper Lake, where she had worked a full day as a teacher, followed by an afternoon of coaching the cross country school team, inserted a quick interview, then was heading to pick up her daughter's friend, and off to the college pool to get in her swim training.

This is a typical day for Amy, which also starts out with an early morning distance run or bike ride. When she is not training, teaching, being a ski mom, or walking her four dogs, she is running the motel she owns and operates with her husband, Kevin. It is a busy life she admits, but one that she quite consciously chooses. "It is nuts, but I really love what I do, all of it," she remarked while making a funny face and giggling a very familiar, humble, and self-effacing cackle.

The demands of her already busy schedule have ramped up these days, as her training for the Ironman World Championships in Kailua-Kona, Hawaii on October 10, is taking up much of her time and focus. In 2014, she accomplished a career highlight winning the women's age group 35-39, and now she has her sights set on defending her title.

Currently, her training is going well and she has a great deal of confidence coming off an overall women's win at Ironman Lake Placid this past July. "It was a great race for me, the pieces all fell together," Amy recalled. "It is so inspiring to race here because you can really feel the energy and support, seeing a person you know every mile of a marathon is really special," she added.

Her fan base included her supportive parents, her personal bike-mechanic husband Kevin, daughter Ruby, family, friends, students, and the runners she coaches. This was Amy's first time returning to race IMLP since 2002 and she had a lofty goal

to win. She felt nervous announcing that to the world and joked that a local reporter, "coaxed it out of her." She admitted, "It was a little too revealing to put it out there as a goal, not knowing who was going to be racing and, I was far from a shoe-in."

Although Amy did have the women's lead for much of the race, she was passed at mile 23 by fellow elite racer, Hayley Germack, who gained a significant lead. The day was hot, Amy had been pushing hard and was doing everything she could to catch her, but it wasn't looking good. With less than a half mile to go and the finish line nearly in sight, Hayley collapsed with heat stroke and a 105-degree temperature, and ended up with a DNF. Soon after, Amy ran into the bustling finish line of an enthusiastic hometown crowd at the Olympic Oval, to be crowned the Women's Overall Champion.

Anyone who knows Amy, or has seen her race, has cheered for her as simply, "Ruby's Mom." This tradition started about eight years ago when professionals started putting their names on their race jerseys. As a joke, she wrote "Ruby's Mom" on her own jersey in black sharpie. Hearing people yell, "Go Ruby's Mom!" made her race day and she has done it ever since, either in sharpie, puffy paint, or in her now sponsor design suit by Coeur.

Keeping it light and not taking herself too seriously is what has kept Amy going as a competitive triathlete throughout her 20-year career. While other racers boast on social media about their new vegan or paleo dietary experiments to give them the nutritional edge, Amy posts regular pictures of her staple favorite, pizza, and jokes about places she knows along her rides to stop for a slice. One of her favorite highlights of the last year's World Championships in Kona was participating in the Underwear Fun Run, and meeting Olympic speedskater Apollo Anton Ono, and proudly posting a selfie of the two of them pre-run in their underwear.

She also laughed out loud at herself when describing her first triathlon in her

high school years. Despite being a competitive swimmer and runner, she raced with her ten-speed bike from Ames department store, and came in second. "I didn't even know how to put air in my tires. A girl from California won - she had clearly done a triathlon before," she joked.

Amy is originally from Ogdensburg. As a swimmer and runner at Ogdensburg Free Academy, she had some natural talent, drive and remarkable success with setting school records, and qualifying for State Championships in both events. She later attended St. Lawrence University and ran both cross country and track and qualified for Division III Nationals in track in both the 1500 and 3000-meter distances.

After graduating, she was determined to pursue triathlon competition. She bought her first racing bike and set out to train for an Ironman Kona qualifier. In the meantime she had her first job as an adaptive physical education teacher and was coaching a boy's high school swim team. She remembers either swim training with them or coaching them from the deck while riding on her stationary bike trainer.

After earning her spot through a half Ironman distance finish, she moved to Lake Placid to work and train in an atmosphere with other competitive triathletes. At her first Ironman Kona in 2000, she was fourth in her age group but had a challenging race, where wind gusts blew her off her bike and left her with a mild concussion, and bloody road rash for a dramatic finish.

The next year she had a successful racing season and competed in Ironman Lake Placid and qualified again for Kona, but the wind was brutal. Thirty miles into the bike race Amy had a self-proclaimed anxiety attack with fears of being blown off the bike again and pulled out of the race. Despite the disappointment, her successful season earned her first offer at a Pro-Card from USA Triathlon where she was now racing for money and had also acquired sponsorship contracts.

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PADDLING



◀◀ **THE END OF THE CARRY TO ROCK LAKE WITH BLUE MOUNTAIN IN THE BACKGROUND.**
 ◀ **ROCK LAKE WITH BLUE MOUNTAIN IN THE BACKGROUND.**
 ▼ **THE FOOTBRIDGE BETWEEN LAKE DURANT AND ROCK POND.** PHOTOS BY RICH MACHA

woods for a half-mile to a snowmobile trail. I carried my canoe to here, took a right on the snowmobile trail for a few feet, then ahead of a wood bridge turned left on a narrow path that led another 0.2-mile to Rock Lake.

The water here was shallow and the bottom mucky. I was glad I wore my knee-high neoprene mukluks because I had to wade in a few feet before there was enough depth to the water to float my boat with me in it.

Traveling up the marshy west shore, I found the opening where the Rock River enters at the lake's northwest corner. Paddling west past marshy shores, I soon reached a large beaver dam that raised the water level behind it over two feet. Luckily, there was some good solid ground below the dam, and getting over it was easy. As I moved upstream, the shores became more wooded and dominated by spires of black spruce, but also some white pine and red maples. The river here remained close to 50 feet wide, and snaked gently for about a mile, before reaching rocky rapids. I parked the canoe and continued on foot, bushwhacking along the south shore for a quarter-mile, hoping to find more flatwater upstream or a 15-foot waterfall that I had heard about. Unfortunately, all I found was a 200-yard stretch of still water, before seeing more rocky rapids.

On the way back to the lake, after passing some dead spruce trees with Spanish moss hanging from their branches, I poked into a couple of marshy backwaters. A pileated woodpecker cackled in the woods. At the lake, I pushed past the Pac-Man-like leaves of fragrant whitewater lilies, and stopped at a lovely piney campsite for lunch. The Rock River exits the lake not far from where it enters. I explored it for a short distance, but a long stretch of shallow rapids with a minefield of rocks was soon encountered.

I then paddled around the lake, going clockwise past some sandy beaches, and stopped to check out a couple of campsites. Again, Blue Mountain dominated the view west. At various times I could make out the nearby Stark Hills, as well as Dun Brook, Sawyer and Snowy Mountains – and I never tired of observing flashes of fall color on the hillsides!

The carry back to the car took 18 minutes, my GPS showed that I had traveled 7.5 miles – including almost two miles on foot – in over five hours. I had thoroughly enjoyed my day. 📌

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

ROCKing the Boat in the Central Adirondacks

By Rich Macha

There are at least three Rock Lakes and four Rock Ponds in Hamilton County alone. On two days at the very end of summer I explored Lake Durant, Rock Pond, Rock Lake, and the Rock River by canoe – these are found just east of the hamlet of Blue Mountain Lake.

The first three weeks of September 2015 were hotter than normal, but someone must have told the weather gods that fall was fast approaching, and that some temperatures more appropriate for the season should be experienced. I was presented with cool mornings and warm sunny afternoons, while fall colors were beginning to show themselves.

I had paddled all of these bodies of water before, but I went this time with a couple of goals in mind. One goal was not to fall in the water and get hypothermic (more about that later), and the other was to see if I could get further upstream on the Rock River than I had before.

Lake Durant and Rock Pond

Lake Durant can be accessed via the state campground at its eastern end, where there is a good boat launch next to the swimming beach. There is also access from Old Route 30 on the northeast side of the lake. On this trip, I used a small beachy launch spot at the end of a dirt road off Durant Road that goes past the trailhead for the Cascade Pond hiking trail.

I first paddled west toward Rock Pond; a wide channel connects the two bodies of water. The leaves of pickerelweed were starting to turn brown and had lost their lovely purple flowers of summer, and there were lots of flowerless lily-pads floating atop the clear but weedy water. A great blue heron kept watch on top of a rock.

After paddling 0.6 miles, I arrived at a long and low bridge that carries the Cascade Pond hiking trail across the channel. I landed next to a rock on the north shore, got out and pulled the canoe over the bridge, and

placed it back in the water on the other side – mission accomplished successfully.

Many years ago, when I first paddled here, I reached this footbridge and tried lifting myself out of the canoe pulling myself up directly onto the bridge. The canoe rolled under me and I fell in the cool water. It was a typical late September day with temperature in the 60s. Unfortunately, I was wearing cotton jeans and shirt, and had no change of clothing with me. I was camping at the state campground, and had to paddle 2.5 miles back to my site. In that time, I started to shiver uncontrollably, and I knew I was experiencing early hypothermia. Once back at the campsite I changed into dry clothes, got in my car, and drove around for an hour with the heat on at full blast before the shivering diminished. Since that day I have never worn jeans while paddling in any season, and have avoided wearing anything made of cotton, even on the hottest days of summer. On most of my paddles, I bring a full change of clothes in a roll-top dry bag – lesson learned.

As I pulled away from the bridge, four wood ducks took to flight in front of me. Rock Pond is a small, isolated and peaceful pond with boggy islands. If it was up to me, I would have been more likely to name it Bog Pond, there are rocks about but no more than at any other average Adirondack pond.

I paddled into the pond's inlet on its west side, and soon reached a beaver dam, which was fairly easy to lift over. Soon after, a second beaver dam was bigger and more of a challenge to get past, but I managed. A short distance further, the deeper water ended, and the inlet was just a rocky woody brook. This brook is referred to as the Rock River on some maps, and it drains the marshes near Wilson Pond to the southwest.

Back at the footbridge, I was able to get out and slide the canoe under the bridge, then get back in. If I had tried to stay in the canoe, shallow rocks would make that maneuver



impossible. Dragonflies flitted by and chickadees chattered as I stopped for lunch.

Back out onto Lake Durant, I passed my put-in after having paddled 2.75 miles. I continued along the south shore with Blue Mountain looming to the north, its summit at an elevation of 3,759 feet, more than 2,000 feet above the lake. The only negative factor was the traffic noise from NY Routes 28 and 30, which runs between the lake and the mountain.

Rounding an attractive rocky point, I turned south into a wetland looking for a possible inlet, but instead got mired in muck and had to back out to escape. As I approached the Lake Durant State Campground, I could make out Dun Brook Mountain to the northeast. Lake Durant is a manmade lake along the Rock River with a dam at the lake's east end. Below the lake, the Rock River continues for a few miles dropping more than 50 feet before entering Rock Lake, and finally flowing into the Cedar River.

Turning back, I paddled behind a small island near the north shore with one tall white pine and one colorful maple on it. Just beyond, an adult loon dove along with a juvenile loon perhaps teaching it to fend for itself before having to fly to the seashore sometime within the next month. Another loon further out, beat its wings on the water, as if to strengthen them before migration.

The remote and trail-less Blue Ridge could be seen to the southwest, before finishing up my trip after having paddled a total of 7.3 miles.

Rock Lake and Rock River

Continuing on my Rock-quest, the next day I drove east on NY Routes 28 and 30, and parked at a turnout. A foot trail with red markers and the typical Adirondack roots, rocks and mud heads past balsam fir, then red pine

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RACE RESULTS

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STEEL DISTANCE: 2.4M SWIM, 116M BIKE, 26.2M RUN

MALE OVERALL		
1	Matthew Ferlicchi/30-34	Metuchen, NJ 12:14:03
2	Hicha Hamsi/35-39	Brooklyn 13:02:36
3	Wayne Antinore/45-49	Byron 13:05:02

FEMALE OVERALL		
1	Louise Boudreauld/35-39	Gatineau, QC 12:35:37
2	Sharon Hobbs/55-59	Sartell, MN 15:28:43

STEEL AQUABIKE: 2.4M SWIM, 116M BIKE

MALE OVERALL		
1	Mark Fessler/50-54	Summit, NJ 8:23:30
2	James Swinnerton/50-54	Brampton, ON 8:49:56
3	Peter Thompson	Clinton, ON 9:36:18

FEMALE OVERALL		
1	Elizabeth Thompson/60-64	Toronto, ON 10:02:08

HALF STEEL: 1.2M SWIM, 58M BIKE, 13.1M RUN

MALE OVERALL		
1	Matt Phillips/35-39	Pittsford 4:33:08
2	Dave Bradshaw/35-39	Palmyra 4:56:42
3	Nick Hansen/35-39	Alliance, OH 5:06:39

FEMALE OVERALL		
1	Beckmann, Rachel/30-34	Mashpee, VA 4:58:46
2	Rebecca Bader/35-39	Syracuse 5:10:14
3	Julia Zetye/35-39	Colebrook, CT 5:35:49

RELAY		
1	Team Murica	4:05:48
2	Just For Giggles	5:18:49
3	A-force	7:21:17

HALF STEEL AQUABIKE: 1.2M SWIM, 58M BIKE

MALE OVERALL		
1	Tom Blackford/60-64	Morrisville 3:40:26
2	Michael Boggs/55-59	Jacksonville 4:07:37
3	Berkay Mollamustafaoglu/45-49	Arlington, VA 4:12:36

FEMALE OVERALL		
1	Brenda Michaud/50-54	Trumansburg 4:02:57
2	Jen Myers/30-34	Chesapeake, VA 4:11:58
3	Robin Zimpel/40-44	Jamesville 4:16:03

INTERMEDIATE: 1M SWIM, 29M BIKE, 6.55M RUN

MALE OVERALL		
1	Frank Sorbara/20-24	Thornhill, ON 2:24:35
2	Darren Schutt/35-39	Webster 2:31:39
3	Vadim Aksenov/30-34	Great Neck 2:40:33

FEMALE OVERALL		
1	Susan Smith/50-54	Williamsport, PA 3:03:48
2	Wendy Abbott/40-44	Rochester 3:04:39
3	Bridget Cotugno/45-49	Malta 3:23:25

Courtesy of Peasantman Triathlon

VOORHEESVILLE 5K RUN

August 22, 2015 • Voorheesville High School, Voorheesville

MALE OVERALL		
1	Evan Ensslin	14 Altamont 17:26
2	James Faraci	15 Troy 17:47
3	Ray Webster	40 Altamont 18:05

FEMALE OVERALL		
1	Shea Foley	18 Slingerlands 20:13
2	Dana Peterson	44 Voorheesville 20:40
3	Susy Garcia Romero	32 Rensselaer 20:58

MALE AGE GROUP: 1 - 12		
1	Dylan Ensslin	10 Altamont 21:50
2	Tom Pris	11 Altamont 29:11
3	Cayden King	12 Gloversville 32:40

FEMALE AGE GROUP: 1 - 12		
1	Katie Hampston	12 Voorheesville 24:57
2	Ava Bashant	12 Guilderland 30:38
3	Anna Hampston	11 Voorheesville 31:28

MALE AGE GROUP: 13 - 16		
1	Noah Valvo	16 Delanson 18:48
2	Thomas Creagan	14 Old Lyme, CT 25:38

FEMALE AGE GROUP: 13 - 16		
1	Alexis Holmes	15 Albany 27:45
2	Caroline Creagan	15 Albany 38:16

MALE AGE GROUP: 17 - 19		
1	Matthew Duncan	19 Altamont 20:08

FEMALE AGE GROUP: 17 - 19		
1	Meghan Araldi	17 Westerlo 23:39
2	Madeline Conroy	17 Albany 38:22

FEMALE AGE GROUP: 20 - 24		
1	Rachel Dykstra	22 Voorheesville 25:58
2	Casey Warszycki	22 Albany 33:53

MALE AGE GROUP: 25 - 29		
1	David Long	25 Albany 19:37
2	Matthew Hopper	25 Voorheesville 26:01

FEMALE AGE GROUP: 25 - 29		
1	Casey Kohler	29 Albany 23:06
2	Abbi Mouravieff Apostol	29 Averill Park 30:37
3	Rebecca Daniels	29 Schenectady 30:59

MALE AGE GROUP: 30 - 34		
1	Jeff Long	32 Albany 18:44
2	Ben Sears	31 Albany 19:23
3	Tom Bennett	30 Altamont 26:02

FEMALE AGE GROUP: 30 - 34		
1	Rebecca Chapman	34 Nassau 22:33
2	Kim Blanchet	34 Glenville 23:21
3	Erin Reep	34 Athens 23:31

MALE AGE GROUP: 35 - 39		
1	Charles Trombley	37 Athens 22:45
2	Andy Pris	39 Altamont 29:37

FEMALE AGE GROUP: 35 - 39		
1	Erin Murphy	35 Albany 21:58
2	Amber Trendell	36 Burnt Hills 23:22
3	Tiffany Rutnik	37 Delmar 25:14

MALE AGE GROUP: 40 - 44		
1	Todd Smith	41 Voorheesville 19:44
2	Chris Palmer	41 Middleburgh 20:22
3	Rich Miller	44 Cobleskill 22:30

FEMALE AGE GROUP: 40 - 44		
1	Allison Race	40 Altamont 25:05
2	Jennifer Bashant	42 Guilderland 27:45
3	Patty Canfield	43 Glenville 31:25

MALE AGE GROUP: 45 - 49		
1	Gil Chorbajian	45 Schenectady 19:57
2	Tom Jablonowski	46 Voorheesville 20:27
3	Rick Jones	47 Albany 22:13

FEMALE AGE GROUP: 45 - 49		
1	Kimberly Miseno Bowles	45 Amsterdam 21:23
2	Cindy Shafer	45 Guilderland 25:39
3	Lara Comithier	48 Greenville 28:03

MALE AGE GROUP: 50 - 54		
1	Kevin Creagan	50 Albany 18:55
2	Jim Foley	50 Slingerlands 23:32
3	Joseph Carey	51 Stuyvesant 25:52

FEMALE AGE GROUP: 50 - 54		
1	Sherri Pignetti	52 Rotterdam Junction 26:16
2	Elisabeth Gundlach	53 Schenectady 27:26
3	Elizabeth Williams	52 Selkirk 30:38

MALE AGE GROUP: 55 - 59		
1	Laudric Maxwell	55 Hudson 19:11
2	Andrew Campbell	58 Albany 20:49
3	Chris Spies	58 Berne 31:00

FEMALE AGE GROUP: 55 - 59		
1	Nancy Stevens	55 Latham 24:54
2	Lynne DeRusso	59 East Berne 28:52
3	Drialla Maxwell	56 Hudson 29:54

MALE AGE GROUP: 60 - 64		
1	George Baranuskas	61 Scotia 21:32
2	David Leith	60 West Charlton 23:11
3	Will Smith	61 Voorheesville 25:16

FEMALE AGE GROUP: 60 - 64		
1	Valerie Marre	62 Albany 30:33
2	Susan Klim	60 Altamont 32:08
3	Marie Kaye	60 Altamont 33:04

MALE AGE GROUP: 65 - 69		
1	Dave Glass	68 Glenville 21:13
2	Darwin Roosa	65 Albany 27:27
3	Michael Gies	67 Voorheesville 28:40

FEMALE AGE GROUP: 65 - 69		
1	Jean Hull	65 Stamford 30:23
2	Alice Carpenter	65 Delmar 34:48
3	Nancy Johnston	69 Ballston Lake 34:55

MALE AGE GROUP: 70 - 74		
1	James Israel	70 Brooklyn 32:37

MALE AGE GROUP: 75 - 79		
1	Jim Moore	75 Niskayuna 26:38
2	Bob Knouse	75 Voorheesville 31:58

FEMALE AGE GROUP: 75 - 79		
1	Eileen Gundlach	78 Howes Cave 41:07

MALE AGE GROUP: 80 - 84		
1	Joe Kelly	82 Menands 39:00

MALE AGE GROUP: 85 - 89		
1	Ken Orner	85 Albany 39:45

Courtesy of Hilltop Triple Crown 5K Series

1ST ANNUAL TOUR DE FORCE CHARITY RUN August 23, 2015 • Point Au Roche State Park, Plattsburgh

HALF MARATHON - 13.1 MILES

MALE OVERALL			
1	Jeremy Drowne	37 West Chazy 1:19:33	
2	Mark Stephenson	51 Esperance 1:29:22	
3	Paul Chambers	25 Island Pond, VT 1:29:27	

FEMALE OVERALL			
1	Kara Bonneau	35 Durham, NC 1:33:10	
2	Amy Rice	38 Cornwall, VT 1:41:58	
3	Tina Cukrovany	38 Rensselaer 1:44:58	
3	Holli Nirsberger	38 Ballston Lake 1:44:58	

MALE AGE GROUP: 1 - 19			
1	Max Paul	19 Saranac Lake 1:45:46	
2	Christopher Adikes	16 Albany 2:43:40	

FEMALE AGE GROUP: 1 - 19			
1	Mya Ladieu	15 Plattsburgh 2:00:48	

MALE AGE GROUP: 20 - 24			
1	Brady Burleigh	22 Saranac 1:35:34	
2	Zachary Thibodaux	21 Fort Drum 1:40:28	
3	Brin Keyser	20 Plattsburgh 2:03:21	

FEMALE AGE GROUP: 20 - 24			
1	Melissa Doherty	24 Cadyville 1:57:17	
2	Chloe Lemza	23 Plattsburgh 2:00:50	
3	Michaela Von Elbe	23 Plattsburgh 2:00:50	

MALE AGE GROUP: 25 - 29			
1	Ajay Keyser	25 Plattsburgh 1:45:51	
2	Jesse Castillo	28 Bernalillo, NM 1:53:35	
3	Michael Flanagan	29 Plattsburgh 2:04:52	

MALE AGE GROUP: 30 - 34			
1	Craig Thornhill	33 Ogdensburg 1:41:20	
2	Brendan Owens	30 Plattsburgh 1:54:47	
3	Ronald LaRocca	33 Cranston, RI 1:59:38	

FEMALE AGE GROUP: 30 - 34			
1	Michelle Duprey	32 Brooklyn 1:52:02	
2	Nicole Thornhill	32 Ogdensburg 1:59:00	
3	Kristin Quinn	33 Plattsburgh 2:00:58	

MALE AGE GROUP: 35 - 39			
1	Colin Kriwox	35 Cornwall, VT 1:33:07	
2	Dan Byrne	35 Randolph, VT 1:38:21	

FEMALE AGE GROUP: 35 - 39			
1	Emily Cole	36 Plattsburgh 1:58:59	
2	Jennifer Boyer	36 Plattsburgh 2:00:58	
3	Melinda Cayea	36 Cadyville 2:06:21	

MALE AGE GROUP: 40 - 44			
1	Frabrice Ah-Waye	44 Brossard, QC 1:32:31	
2	Scott Lhia	42 West Chazy 2:15:52	

FEMALE AGE GROUP: 40 - 44			
1	Ali Armstrong-Zantana	40 Plattsburgh 1:47:40	
2	Vicky Sauve	41 Ellenburg Depot 1:54:08	
3	Kelly Andrew	41 Chazy 2:04:52	

MALE AGE GROUP: 45 - 49			
1	Stacey Brooks	48 Plattsburgh 1:51:49	
2	Matthew Paul	49 Saranac Lake 1:58:24	
3	Steven Sullivan	49 Plattsburgh 2:14:40	

FEMALE AGE GROUP: 45 - 49			
1	Christina Hampston	47 Chazy 2:04:55	
2	Beth Christon	48 Cadyville 2:05:51	
3	Michelle St. Onge	45 Peru 2:10:09	

MALE AGE GROUP: 50 - 54			
1	Mark Rothera	52 Easton, PA 1:54:17	
2	Phil Adikes	52 Albany 2:20:18	
3	Scott Corthell	53 Plattsburgh 2:21:38	

FEMALE AGE GROUP: 50 - 54			
1	Marlene Matulac	50 Bloomfield, NJ 2:39:01	
2	Beverly King	53 Malone 2:47:43	
3	Kimberly Adikes	53 Albany 3:04:13	

MALE AGE GROUP: 55 - 59			
1	Terry Tregan	56 Chazy 2:10:35	

MALE AGE GROUP: 60 - 64			
1	Donnie Armstrong	62 Plattsburgh 1:39:34	

FEMALE AGE GROUP: 60 - 64			
1	Phyllis Hysong	61 Scottsdale, AZ 2:43:23	
2	Lidia Kriwox	64 Tupper Lake 2:44:09	

10K RUN			
1	Michael Schram	24 Tupper Lake 34:01	
2	Jason Amoriell	46 Peru 40:20	
3	Chris Shaffer	39 Newport, VT 41:28	

FEMALE OVERALL			
1	Camry Church	30 Plattsburgh 44:20	
2	Jessica Phillips	26 Plattsburgh 54:06	
3	Angela Alphonso	47 Plattsburgh 54:22	

MALE AGE GROUP: 20 - 24			
1	Alex Ward-Lilly	20 Easton, PA 50:42	
2	Ryan Oliver	24 Plattsburgh 52:15	
3	Christopher Rothera	23 Easton, PA 53:58	

FEMALE AGE GROUP: 20 - 24			
1	Juliette R		

5TH ANNUAL LAKE GEORGE OPEN WATER SWIM August 29, 2015 • Hague Beach, Lake George

Table with 4 columns: Rank, Name, Age Group, Time. Includes categories like 2.5K USMS NATIONAL CHAMPIONSHIP, 5K NON-WETSUIT, 5K WETSUIT, 10K NON-WETSUIT, and 10K WETSUIT.

18TH ANNUAL ALTAMONT 5K RUN & WALK continued

Table with 4 columns: Rank, Name, Age Group, Time. Includes categories like MALE AGE GROUP: 1-12, FEMALE AGE GROUP: 1-12, MALE AGE GROUP: 13-16, FEMALE AGE GROUP: 13-16, MALE AGE GROUP: 17-19, FEMALE AGE GROUP: 17-19, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-84, FEMALE AGE GROUP: 80-84.

3RD ANNUAL ADK 80K MOUNTAIN BIKE & TRAIL RUN RACES August 29-30, 2015 • High Peaks MTB Center, Mount Van Hovenberg, Lake Placid

Table with 4 columns: Rank, Name, Age Group, Time. Includes categories like TRAIL RUN, 80K - FEMALE OVERALL, 80K - FOUR-PERSON TEAM, 50K - FEMALE OVERALL, 40K - TWO-PERSON TEAM, 80K MOUNTAIN BIKE & CYCLOCROSS, SOLO MALE OVERALL, SOLO FEMALE OVERALL, TWO-PERSON MIXED TEAM, TWO-PERSON FEMALE TEAM, FOUR-PERSON MALE TEAM, FOUR-PERSON MIXED TEAM.

18TH ANNUAL ALTAMONT 5K RUN & WALK August 29, 2015 • Bozenkill Park, Altamont

Table with 4 columns: Rank, Name, Age Group, Time. Includes categories like MALE OVERALL, FEMALE OVERALL.

4TH ANNUAL 18.12 CHALLENGE & HALF MARATHON August 30, 2015 • Immaculate High School, Watertown to 1812 Battlefield, Sackets Harbor

Table with 4 columns: Rank, Name, Age Group, Time. Includes categories like MALE OVERALL, FEMALE OVERALL.

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CLASSIFIEDS VACATION RENTAL - Log house two blocks from Main St in Lake Placid, near river. Nov 15-Apr 15. Sleeps six in large room with loft. Newly renovated. Plowing included. Utilities extra. Contact Brian@HighPeaksCyclery.com.

RACE RESULTS

4TH ANNUAL 18.12 CHALLENGE & HALF MARATHON *continued*

FEMALE AGE GROUP: 1 - 18			
1	Lauren Foley	12	Virginia Beach, VA 3:01:13
2	Kayla Foley	9	Virginia Beach, VA 3:01:14
FEMALE AGE GROUP: 19 - 24			
1	Heather Mushatare	24	Carthage 2:30:33
2	Mallory Scriber	20	Pulaski 2:30:35
3	Susan Pioli	24	Watertown 2:32:44
MALE AGE GROUP: 19 - 24			
1	Gary Zimmer	24	Adams 2:13:18
2	Gunther Wong	23	Fort Drum 2:20:12
3	Henry Narez	23	Three Mile Bay 2:34:46
FEMALE AGE GROUP: 25 - 29			
1	Olivia Boyd	25	Evans Mills 2:25:24
2	Krista Schmidt	25	Watertown 2:27:35
3	Kristen Smith	28	Oswego 2:31:31
MALE AGE GROUP: 25 - 29			
1	Nicholas Lynch	25	Rochester 2:04:18
2	Jose Moncada	26	Watertown 2:13:36
3	Chad Penoyer	29	Brewerton 2:14:02
FEMALE AGE GROUP: 30 - 34			
1	Krysta Waters	32	Carthage 2:29:47
2	Clare Rauch	32	Syracuse 2:33:51
3	Annamarie Licatese	30	Oswego 2:35:49
MALE AGE GROUP: 30 - 34			
1	Travis Dipalma	31	Norwood 2:06:29
2	Rory Wilson	31	Watertown 2:07:45
3	Craig Thornhill	33	Ogdensburg 2:15:45
FEMALE AGE GROUP: 35 - 39			
1	Stephanie Eldridge	36	Watertown 2:25:08
2	Mara Pallatto	36	Liverpool 2:31:43
3	Kimberly Murphy	38	Syracuse 2:33:33
MALE AGE GROUP: 35 - 39			
1	Gary Bradley	39	Fort Drum 2:05:55
2	Wisam Aljohar	36	Liverpool 2:06:59
3	Devin Wilber	35	Sackets Harbor 2:12:34
MALE AGE GROUP: 40 - 44			
1	Todd Robertson	40	Syracuse 2:17:31
2	John Dickens	44	Fort Drum 2:17:33
3	John Newman	43	Rensselaer Falls 2:17:41
FEMALE AGE GROUP: 40 - 44			
1	Megan Kent	42	Lisbon 2:30:17
2	Kelly Salinas	40	Liverpool 2:30:52
3	Beth Piorkowski	40	Liverpool 2:33:54
FEMALE AGE GROUP: 45 - 49			
1	Jill Wilde	48	Fulton 2:44:08
2	Colleen Clancy	48	Syracuse 2:45:25
3	Christina O'Riley	45	Watertown 2:45:37
MALE AGE GROUP: 45 - 49			
1	Michael Conn	47	Rochester 2:00:42
2	Brett Dumais	47	North Syracuse 2:18:50
3	Paul Roux	49	Baldwinsville 2:23:58
FEMALE AGE GROUP: 50 - 54			
1	Joanne Willcox	52	Utica 2:30:42
2	Carrie Lavigne	51	Massena 2:51:14
3	Julie Sawyer	50	Watertown 2:51:46
MALE AGE GROUP: 50 - 54			
1	Dave Banas	50	Delmar 2:09:48
2	Marc Rusch	51	Watertown 2:17:53
3	Ed Farney	51	Lowville 2:25:24
MALE AGE GROUP: 55 - 59			
1	Steven Challis	56	Liverpool 2:22:49
2	Kevin Brisson	57	Cicero 2:28:59
3	Warren Gross	57	Pennellville 2:34:51
FEMALE AGE GROUP: 55 - 59			
1	Sue Tucker	55	Ilion 2:56:08
2	Patricia Prosser	56	Oswego 3:02:56
3	Kellie Sanzone	55	Watertown 3:03:20
MALE AGE GROUP: 60 - 64			
1	William Pioli	62	Grand Island 2:19:15
2	Steve Seal	60	Mcdonough, GA 3:00:57
3	Jim Moragne	64	Ilion 3:10:49
FEMALE AGE GROUP: 60 - 64			
1	Paula Iannello	60	Verona 2:49:00
FEMALE AGE GROUP: 65 - 69			
1	Susan Wong	67	Glenmont 3:10:17
MALE AGE GROUP: 65 - 69			
1	David McAdoo	65	Ogdensburg 2:56:25
2	James Murphy	66	Salt Lake City, UT 3:12:46
3	Tim Mulvaney	65	West Henrietta 3:45:13
MALE AGE GROUP: 70 - 74			
1	John Stirling	73	Watertown 3:43:17
HALF-MARATHON - 13.1 MILES			
MALE OVERALL			
1	Bryan Morseman	29	Bath 1:08:40
2	Lindsey LaLonde	30	Sackets Harbor 1:19:47
3	Steven Doe	49	Adams 1:25:16

FEMALE OVERALL				
1	Karen Bertasso	31	Albany 1:17:45	
2	Jennifer Walton	29	Wesley Chapel 1:26:46	
3	Brigid Heenan	24	Liverpool 1:27:42	
MALE AGE GROUP: 1 - 18				
1	Nathan Tyler	17	Adams 1:34:21	
2	Matthew Sullivan	15	Adams 1:34:21	
3	Thomas Cincebox	16	Pittsford 1:37:11	
FEMALE AGE GROUP: 1 - 18				
1	Jamie Mendelson	15	Watertown 1:54:23	
2	Melinda Tyo1	18	Rodman 1:56:14	
3	Grace Babcock	15	Adams 2:09:21	
FEMALE AGE GROUP: 19 - 24				
1	Nola Pominville	19	Castorland 1:45:58	
2	Olivia Hudson	22	Adams 1:55:16	
3	Allie Reynolds	21	Penfield 1:55:29	
MALE AGE GROUP: 19 - 24				
1	Louie Freda	20	Watertown 1:44:00	
2	Tyshone Tibbs	23	Fort Drum 1:58:08	
FEMALE AGE GROUP: 25 - 29				
1	Amanda Cannon	25	Watertown 1:49:10	
2	Marie Bieber	27	Rochester 1:50:48	
3	Marianne Moehle	26	Liverpool 1:53:20	
MALE AGE GROUP: 25 - 29				
1	Matthew Corbeil	28		1:28:53
2	Jim Graves	25	Sackets Harbor	1:36:46
3	Robert Cairns	28	Watertown	1:37:41
FEMALE AGE GROUP: 30 - 34				
1	Natalie Cahill	30	Sackets Harbor	1:36:40
2	Katherine Bellor	30	Corning	1:40:38
3	Ashleigh Barnhart-Burton	32	Watertown	1:42:43
MALE AGE GROUP: 30 - 34				
1	John Northrop	30	Watertown	1:35:52
2	Robert Griffiths	31	Syracuse	1:36:02
3	Paul Carey	33	Carthage	1:36:33
FEMALE AGE GROUP: 35 - 39				
1	Tricia Murray	37	Watertown	1:44:58
2	Joan Caruso	35	Ogdensburg	1:48:27
3	Erin Gates	37	Gouverneur	1:49:44
MALE AGE GROUP: 35 - 39				
1	Joe Woodworth	37	Kirkville	1:26:34
2	Joshua Slocum	36	Adams Center	1:29:38
3	David Smith	35	Watertown	1:34:52
MALE AGE GROUP: 40 - 44				
1	George Emrich	43	Watertown	1:30:35
2	Jim Miller	40	Brownville	1:33:58
3	James Hart	43	Watertown	1:35:21
FEMALE AGE GROUP: 40 - 44				
1	Becky Cincebox	43	Pittsford	1:48:00
2	Karen Finnerty	44	Wynantskill	1:49:01
3	Elizabeth Stevens	40	Watertown	1:50:15
FEMALE AGE GROUP: 45 - 49				
1	Cheryl Steiner	46	Castorland	1:40:21
2	Margaret Barclay	45	Pulaski	1:50:35
3	Christine Bach	47	Lowville	1:53:34
MALE AGE GROUP: 45 - 49				
1	Brian Murray	46	Watertown	1:34:42
2	Fred Sovie	48	Watertown	1:38:20
3	Patrick Goodman	49	Fort Drum	1:45:48
FEMALE AGE GROUP: 50 - 54				
1	Debra Smith	53	Mexico	1:54:11
2	Tammy Davis	53	Watertown	2:14:25
3	Penny MacNamara	50	Avoca	2:43:01
MALE AGE GROUP: 50 - 54				
1	Jim Mott	50	New Hartford	1:41:22
2	Robert Durfee	52	Saranac Lake	1:46:26
3	Jay Steiner	50	Castorland	1:46:32
MALE AGE GROUP: 55 - 59				
1	Richard Pilon	55	Cornwall, ON	1:42:43
2	Rick Combs	55	Black Rvr	1:56:49
3	Stan Cosper	55	Watertown	1:57:10
FEMALE AGE GROUP: 55 - 59				
1	Gwen Decker	55	Rodman	1:51:39
2	Sherry Gilbert	58	Dexter	1:59:45
3	Jan Quinn	59	Sackets Harbor	2:12:28
MALE AGE GROUP: 60 - 64				
1	Woody Woodworth	61	Chittenango	1:51:23
2	Leigh Heiss	60	Ogdensburg	2:57:55
FEMALE AGE GROUP: 60 - 64				
1	Katherine Wears	61	Ogdensburg	2:13:17
2	Katherine Allott	60	Potsdam	2:15:37
3	Valerie Sestr	64	Gouverneur	2:32:58
FEMALE AGE GROUP: 65 - 69				
1	Barbara Potter	68	Morristown	3:22:55
MALE AGE GROUP: 65 - 69				
1	Reg Purington	65	Carthage	2:28:19
2	Bob Larock	69	Morristown	2:57:55

Courtesy of 18.12 Challenge & Half-Marathon

HANNAH'S HOPE RUN FOR LIFE 5K & 10K *continued*

FEMALE AGE GROUP: 30 - 34			
1	Maggie Catanese	34	Clifton Park 53:48
2	Sarah Moorfoot	30	Clifton Park 56:15
3	Stella Callahan	32	Latham 58:13
MALE AGE GROUP: 35 - 39			
1	Robert Smith	35	Mechanicville 45:41
2	Peter Loslein	38	Rensselaer 46:01
3	Jim Schertzer	39	Ballston Lake 51:20
FEMALE AGE GROUP: 35 - 39			
1	Theresa Loomis	37	Waterford 54:33
2	Jill Caswell	37	Ballston Lake 55:18
3	Mary Cosco	35	Saratoga Springs 56:29
MALE AGE GROUP: 40 - 44			
1	Mike O'Toole	40	Mechanicville 49:40
2	Anthony Morelli	41	Clifton Park 50:07
3	Anthony Ku	40	Rexford 51:01
FEMALE AGE GROUP: 40 - 44			
1	Kathy Terisini	44	Burnt Hills 1:00:16
2	Jen Stein	44	Schenectady 1:01:09
3	Kathryn Osborn	40	Clifton Park 1:04:25
MALE AGE GROUP: 45 - 49			
1	Jim Leggett	46	Mechanicville 51:39
2	Sean Feeny	46	Malta 54:38
FEMALE AGE GROUP: 45 - 49			
1	Christine Gradioa	47	Ballston Lake 58:45
2	Rebecca Feeny	48	Malta 1:06:31
3	Eleonora Morrell	47	Clifton Park 1:09:15
MALE AGE GROUP: 50 - 54			
1	Bob Hess	50	Clifton Park 46:55
2	Steve Obermaer	54	Burnt Hills 56:31
3	Dan Hulihan	52	Rexford 59:16
FEMALE AGE GROUP: 50 - 54			
1	Paula Destefano	51	Schenectady 51:20
2	Frances Hope	50	Castleton-on-Hudson 53:12
3	Elena Bachniak	52	Niskayuna 54:59
MALE AGE GROUP: 55 - 59			
1	William Danaher	55	Clifton Park 49:03
2	Bryan Corwin	59	Ticonderoga 54:11

Courtesy of Hannah's Hope Fund

6TH ANNUAL 5K RUN FOR THE HORSES

September 5, 2015 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL				
1	David McCarthy	27	Waterford 17:23	
2	Jordan Varano	26	Vestal 17:33	
3	Andrew Frazier	23	Atlanta, GA 19:06	
FEMALE OVERALL				
1	Hannah Davidson	25	Saratoga Springs 17:59	
2	Tara Saraghan	33	Lancaster, NH 19:58	
3	Katherine Doyle	21	Briarcliff Manor 21:10	
MALE AGE GROUP: 1 - 14				
1	Harry Haworth	11	Saratoga Springs 20:51	
2	Andrew Eisler	11	Ballston Spa 26:13	
3	Kevin Schwed	9		41:42
FEMALE AGE GROUP: 1 - 14				
1	Jessica Rashford	9	Clifton Park 32:31	
2	Savanna Hardt	13	Malta 36:20	
3	Rachel Baker	11	Saratoga Springs 36:20	
MALE AGE GROUP: 15 - 19				
1	Joshua Newman	17	Massapequa 22:23	
2	Justin Hallstead	19	Mechanicville 26:49	
3	Nicholas Bynner	19	Albany 27:37	
FEMALE AGE GROUP: 15 - 19				
1	Sarah Newman	17	Massapequa 24:03	
2	Hannah Pendergast	17	Greenfield Center 27:12	
3	Audrey Fox	17	Saratoga Springs 31:40	
MALE AGE GROUP: 20 - 24				
1	Andy Gilchrist	23	Cropseyville 21:22	
2	Mark Denny	23	Saratoga Springs 25:54	
3	Ryan Kramer Jr.	22	Porter Corners 28:53	
FEMALE AGE GROUP: 20 - 24				
1	Carolyn Stewart	23	Clifton Park 24:45	
2	Amanda Walker	21	Kearny, NJ 30:03	
3	Elizabeth Sabatine	22	Floral Park 30:16	
MALE AGE GROUP: 25 - 29				
1	Adam Guillaunne	27	Waterford 22:05	
2	James Ross	26	Broadalbin 23:46	
3	John Boraheim	27	Ballston Spa 23:49	
FEMALE AGE GROUP: 25 - 29				
1	Abigail Carnevale	29	Saratoga Springs 21:55	
2	Casey Kohler	29	Albany 22:58	
3	Caitlin Burke	25	Waterford 23:00	
MALE AGE GROUP: 30 - 34				
1	Qin Chen	32	Schenectady 24:22	
2	Jason Juliano	32	Albany 25:35	
3	Andy Cuthbertson	34	Wilton 25:41	
FEMALE AGE GROUP: 30 - 34				
1	Amanda Collin	30	Cobleskill 24:38	
2	Eve Minehan	34	N. Seattle, WA 26:21	
3	Laura Cuthbertson	32	Wilton 27:35	
MALE AGE GROUP: 35 - 39				
1	Jesse Piliere	35	Jersey City, NJ 21:00	
2	Scott Starr	39	Saratoga Springs 21:41	
3	Alan Ng	36	Albany 23:25	
FEMALE AGE GROUP: 35 - 39				
1	Elizabeth Collins	38	Saratoga Springs 21:47	
2	Jaime Farone	39	Saratoga Springs 24:20	
3	Jessica Chapman	37	Bennington, VT 25:56	
MALE AGE GROUP: 40 - 44				
1	Joseph Genter	41	Wilton 21:27	
2	Tom Law	44	Saratoga Springs 23:40	
3	Scott Welch	43	Saratoga Springs 25:53	
FEMALE AGE GROUP: 40 - 44				
1	Wendy Conway	41	Bennington, VT 23:38	
2	Jennifer Durenberge	43	Saratoga Springs 25:00	
3	Sarah Peltz	41	Greenacres, FL 25:11	
MALE AGE GROUP: 45 - 49				
1	Mark Haworth	45	Saratoga Springs 20:53	
2	Raymond Brown	49	Saratoga Springs 22:22	
3	Marc Korneiser	46	Queens 25:04	
FEMALE AGE GROUP: 45 - 49				
1	Kirsten Marz	46	Duanesburg 24:18	
2	Linda Myers	47	Vestal 24:29	
3	Julianne Claydon	45	Saratoga Springs 24:37	
MALE AGE GROUP: 50 - 54				
1	Richard Loud	50	Ballston Spa 21:05	
2	Adam Newnman	54	Charlotte, NC 21:08	
3	William Colvin	51	Bennington, VT 21:11	
FEMALE AGE GROUP: 50 - 54				
1	Kirsten Leblane	52	Broadalbin 26:24	
2	Karen Jubic	51	Averill Park 27:59	
3	Debra Vunk	52	Middle Grove 29:45	
MALE AGE GROUP: 55 - 59				
1	Christopher Kunkel	58	Oradell, NJ 22:29	
2	Robert Kroll	56	Windsor, CT 27:14	
3	Phil Rice	55	Ballston Spa 28:08	
FEMALE AGE GROUP: 55 - 59				
1	Elizabeth Blair	55	Shamong, NJ 28:00	
2	Sue Westfall	57	Ballston Spa 28:25	
3	Eileen Battle	58	Saratoga Springs 28:49	
MALE AGE GROUP: 60 - 64				
1	Jordan Webber	60	Ballston Spa 23:46	
2	Michael Bradley	60	Saratoga Springs 25:14	
3	Jack Minehan	61	Malta 27:12	
FEMALE AGE GROUP: 60 - 64				
1	Debra Knapp	60	Middlegrove 27:30	
2	Joan Williams	62	Clifton Park 28:13	
3	Adele Pace	62	Clifton Park 28:19	
MALE AGE GROUP: 65 - 69				
1	Mike			

10TH ANNUAL LAKE GEORGE TRIATHLON FESTIVAL continued

Table of triathlon results for the 10th Annual Lake George Triathlon Festival. Includes categories like Northeast Collegiate Female, Male Age Group, and Female Overall.

33ND ANNUAL ADIRONDACK CANOE CLASSIC - THE 90-MILER continued

Table of canoeing results for the 33rd Annual Adirondack Canoe Classic - The 90-Miler. Includes categories like Touring Kayak Men Veterans, Two Person Canoe Stock Men Open, and Four Person Canoe Stock Mixed.

6TH ANNUAL MALTA 5K RUN September 12, 2015 • HVCC TECH-SMART, Malta

Table of 5K run results for the 6th Annual Malta 5K Run. Includes categories like Male Overall, Female Age Group, and Male Age Group.

KING GEORGE - OLYMPIC & BIG GEORGE

Table of triathlon results for the King George - Olympic & Big George event. Includes categories like Male Overall, Female Overall, and Relay: Male Teams.

PRINCE GEORGE - OLYMPIC & AQUABIKE

Table of triathlon results for the Prince George - Olympic & Aquabike event. Includes categories like Male Overall, Female Overall, and Relay: Male Teams.

33ND ANNUAL ADIRONDACK CANOE CLASSIC - THE 90-MILER September 11-13, 2015 • Old Forge to Long Lake to Saranac Lake

Table of canoeing results for the 33rd Annual Adirondack Canoe Classic - The 90-Miler. Includes categories like Open Touring - Top 20 Finishers, Two Person Canoe Family, and Solo Rec Men Open.

Advertisement for 'the Mountain Goat Outdoor Clothing & Gear' featuring a silhouette of a hiker and a mountain goat logo. Text includes 'Manchester, Vermont Since 1987' and contact information.

NON-MEDICATED LIFE



Preventing Diabetes

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 67th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 66 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost. This is especially true for the prevention of type 2 or adult onset diabetes, which is in large part a lifestyle based disease.

In the last 15 years there has been a 30% increase in diabetes driven primarily by a lack of exercise, a consumption of too many calories, and a consequent increase in body weight. Currently there are approximately 25

million Americans with diabetes and there are 45-60 million at risk for the development of diabetes. Those at risk are converting to diabetes at 11% per year; in ten years there will be upwards of 75 million Americans with diabetes less the ones who die. As those with diabetes are at increase risk for heart attacks, strokes, kidney failure and blindness, all reasonable efforts to preventing this disease should be explored.

In order to prevent diabetes, it is first necessary to identify those at risk. From the perspective of personal and family history, individuals who are overweight or obese, especially those with a family history of diabetes are at risk. Women with a history of gestational diabetes are at risk.

More quantitatively, individuals with an elevated fasting blood sugar (>100 mg/dl) or an elevated three-month average blood sugar (Hgb A1C between 5.7 and 6.4, inclusive) are at risk. These are routine blood tests that can be done through your primary care physician and are a good first step in risk assessment.

Additionally, those with a condition called metabolic syndrome (Met S) are at risk. To determine if one has Met S it is necessary to also have the results of a recent fast-

ing cholesterol profile. Metabolic syndrome is defined as three of the following five risk factors: 1) elevated fasting blood sugar or elevated Hgb a1c; 2) elevated triglycerides >150 mg/dl (a type of blood fat); 3) depressed good cholesterol or HDL (<40 for males and < 50 for females); 4) a diagnosis of HBP or systolic BP > 135 and diastolic BP >85; and 5) increased abdominal circumference measured at the belly button (>35 inches in a female and >40 inches in a male). Those with metabolic syndrome are at three times the risk for the development of diabetes.

Once risk is identified, fortunately, clinical research trials have shown that simple interventions can dramatically decrease the risk and may prevent the development of diabetes. Changes in lifestyle including a reduction of body weight in those overweight or obese, daily exercise, and a change in dietary composition can reduce new cases of diabetes. In one landmark study, weight loss of 15 lbs. reduced new cases of diabetes by as much as 58% over three years, and 32% over ten years of follow up. In another, the institution of Mediterranean diet - emphasizing vegetables, legumes, whole grains and small amounts of meat, reduced new cases of diabetes without weight loss. Finally, in a meta-analysis of ten studies, moderate, daily exercise, such as brisk walking, decreased the incidence of diabetes by 31%, and the reduced incidence was present even after adjustment for body weight. These results suggest that exercise itself - in the absence of weight loss - can reduce new cases of diabetes.

Implementation of these strategies, while not necessarily easy, is totally within the control of the individual. You need not become a marathon runner or actually achieve a normal body weight. Moreover, the method of weight loss or the choice of exercise is not critical to success. Cutting out sweets, sugar laden soft drinks, second helpings, and dessert can begin the process. Any reasonable diet restricting calories will work for initial weight loss. Either the Mediterranean diet cited above or Weight Watchers diet works well for maintenance

of the loss. Exercise such as walking has a low risk for injury and can be broken up into two 15-minute sessions per day, or a tracking device such as a pedometer may be used to document the total steps a day that you can get in the normal course of daily activity. I recommend working up to 10,000 steps a day as optimal.

Using the above strategies over the course of six to eight weeks, it should be possible to lose ten to 15 lbs. A repeat fasting blood test can determine if more weight loss or exercise is needed. Many times even a modest loss of weight and some daily exercise may be all that is needed to bring fasting blood sugars down under 100, bring Hgb A1c values under 5.7, lower triglyceride levels under 150, and lower blood pressure. Once blood work is normal the maintenance of body weight and exercise is needed to continue to prevent diabetes and periodic blood tests can confirm protection.

In summary, type 2 diabetes is a preventable cause of death and disability. In order to prevent diabetes it is necessary to identify those at risk. Personal as well as family history is important and fasting blood tests can help to fine tune risk assessment. Once risk is identified changes in diet composition, modest weight loss, and a daily exercise such as walking may be all that is needed to prevent diabetes - and the numerous medications required for its treatment. Preventing diabetes in this way may be seen as an important way to help ensure living a Non-Medicated Life. ▲

Paul E. Lemanski, MD, MS, FACP (plemansk@capcare.com) is a board certified internist at the Center for Preventive Medicine, Capital Care Medical Group in Albany. He is medical director of the Department of Community Medicine and Population Health at Capital Care Medical Group. Paul has a master's degree in human nutrition; he is an assistant clinical professor of medicine at Albany Medical College and a fellow of the American College of Physicians.

RUNNING continued from page 1

Marcelo was a pusher this June in the chapter's first race at the Charlton Heritage 5K. His athlete-rider was Lauren Szczepaniak, a high school student who was absolutely thrilled to be 'running' alongside her friends, and even passing a few, after spending prior races cheering from the sidelines. This was an eye-opening experience for Marcelo, as he fully comprehended the push/pull concept. He lined up right behind Sean Evans and his nine-year-old son Shamus, who live in nearby Galway, and copied every move they made. Despite being a strong runner, the tandem experience was something new, and Marcelo emphasized that "Without Lauren to pull me I would have walked much more - especially pushing up the hills."

Just a month later, on July 4th, Sean and Shamus, who has cerebral palsy, toed off from Seattle's Puget Sound coastline and embarked on their 3,186-mile "Power to Push" journey - running an average of 50 to 60 miles per day! After pushing Shamus and occasionally younger brother Simon, Shaun rejoined the family for some sightseeing. What a Dad! I can't imagine wanting to do anything other than taking a nap, but as Shaun explains, "My greatest gift is my ability to recover quickly." As for Mom, Nichole, she drove the Ainsley's Angels RV and trailer like a pro and handled all the day to day details, and eight-year-old brother, Simon, was in charge of navigation

Just as daunting were the two years of planning that went into this effort - what route to select, where to stay, what sights to see, how to attract the necessary funding... And the knowledge that you can never be sure you have touched all the bases. Unlike running a 100-mile ultra, you're not going to get another chance in a few months. This is it. But the family attacked the pressure head-on, powered by Shamus' training philosophy: "Run far... and if you don't have the time to run far, run FAST."

It all started in 2013 after Sean and Shamus ran the Firecracker 4 in Saratoga Springs, and then a six-hour ultramarathon in Pittsfield, Mass. - and won! Shamus, with the eternal optimism of youth, sliced through

all the obstacles and thought how neat it would be if other kids like him could roll with the wind. As parents, we all know how much we would do anything in our power to help our kids reach their goals. Credit goes to Shaun and Nichole for embracing their son's impossible cross-country BIG dream. They turned it into a two-month reality that inspired many across the nation, raised more than \$100,000 for Ainsley's Angels, and gave the gift of mobility to 27 families who were presented with a running chair in each of the 15 states they visited!

But Shamus and his seven-year-old brother Simon are kids after all and in true family vacation tradition, each got to pick a "must see." For Shamus it was the looming presidential figures of Mt. Rushmore and for Simon it was a visit to the *Field of Dreams* in Iowa here he searched the cornfield to commune with the ghost players of bygone eras. For Shaun and Nichole, the most memorable times were when their fundraising efforts enabled them to grant the gift of mobility to other families like themselves. The nimble, versatile Freedom Chairs which cost around \$1,000 and easily accommodate adult sizes, take over when the rider outgrows the standard jogging stroller - securing its place in family activities.

Like all family vacations, however, this one had its National Lampoon moments, the scariest being in Idaho when Shaun missed a turn on what should have been an easy bike path segment, earning eight bonus miles, and causing the crew to panic. Ironically, Shaun had realized almost immediately that he had forgotten his cell, but decided not to backtrack on this "foolproof" section. Still, they all came through and instead of overdosing on togetherness, thrived on their single-purposed family time.

When their trek ended on September 1, as Shamus used his walker to sink his toes into the water at Orchard Beach in New York City, there were the anticipated shouts of joy. But there were also tears. According to Jill Burwell, the ambassador for Ainsley's Angels of the Adirondack/Albany chapter (albany@mail.ainsleysangels.org), "Simon was sob-

bing with the sheer fact that his journey was going to end. Shamus remained stoic but he absolutely wanted to continue on, and I believe he plans on living in a motor home when he grows up."

To cushion the transition, that evening the New York Mets baseball team graciously hosted the Evans' entourage at Citi Field. Then, they were off to a half marathon in Virginia Beach, Va., where Shaun and Shamus paced Ainsley and her father, Kim "Rooster" Rossiter to a half marathon PR! But Shamus' vision will not end - as they plan on conquering an Ironman in 2016, and then in 2017 undertaking a North to South trek following the Mississippi River. As Shaun states, "We feel now that we are built to do this...if we were financially able to homeschool the boys and travel around and donate gifts of mobility to families across the country or across the world, we would do that."

Rules of the Road - The stars aligned at the Capital District YMCA's Brenda Deer 5K in Guilderland, where not only did I meet Nick Mykytyn, who had received the final donated chariot at Orchard Beach, but I learned I would be pushing Lauren. Not only that but another newbie Kristen Zielinski, would be my co-pusher! Best of all, I would be pushing an actual person and not the money bag of 1,000 silver dimes that Marcelo had insisted on during our training runs. A person provides a sense of mission and is certainly preferable to running around looking as if I had just robbed a bank!

Since Kristen wasn't fortunate enough to have had her own personal trainer, I demoed the three main rules of the road: lift the front wheels up to turn, keeping your arms close together; spread your arms farther apart to cruise; and always lean in toward the handlebars. Sounds simple, but caught up in the moment, I often lost concentration and lapsed into single runner stance. Had I been running on my own, I would have perceived the road as being fairly straight forward, but with Lauren in the chariot, I was surprised at how many adjustments I needed to make to keep us headed forward on this "straight" road.

While a race technically involves a group of people, most discover themselves running



NEWBIE PUSHERS LAURA CLARK AND KRISTEN ZIELINSKI WITH LAUREN SZCZEPANIAK AT THE BRENDA DEER 5K. JILL BURWELL

"alone" lost in their individual efforts. But not when you are pushing. Not only do you have a companion, but you also have all those friendly comments from other runners. The day was hot, so I tucked a water bottle in the chariot, not sure if I would be able to swing a quick turn into a needed water stop. But this was a smaller race so that was not a problem. I also wore bike gloves to lend a steadier grip and was glad I did, especially on the downhills when it felt as if my legs were running away from me. As for the ups, Kristen and I learned that it is not a good move to trade positions mid-hill, no matter how much your partner is struggling. Restarting is rather like heading into a brick wall.

While chasing individual goals is all well and good, sometimes we need to step outside of ourselves, and lend our legs to help others enjoy our sport. I am so looking forward to my next Ainsley's Angels adventure at The Great Pumpkin Challenge!

You can meet the Evans Family and Ainsley's Angels at The Great Pumpkin Challenge 5K/10K in Saratoga Spa State Park on Saturday, October 17. They'll also be running the Marine Corps Marathon in Washington, DC, on October 25. For more information, visit ainsleysangels.org. ▲

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


RUNNING & WALKING

Halloween, Vets Day and Stockade-athon

By Mona Caron

It's the first day of fall as I write this yet it feels like a beautiful summer day. The crisp days of fall are not too far in the distance. You've logged the miles, taken your training seriously and you're seeing the hard work pay off. Now have some fun with the fitness you've acquired and register for a costumed, Halloween-themed race, followed by a few fall classics to cap off the season.

Halloween Races - First on the calendar is the 15th annual **Great Pumpkin Challenge 5K/10K** to benefit Saratoga Bridges. The races take place on Saturday, Oct. 17 at the Saratoga Spa State Park in Saratoga Springs at the Columbia Pavilion. Costumes are welcome and encouraged! The day also includes a kids' fun run for children 12 and under.

It's a great community event with 2,000 runners, walkers and riders participating. The 5K run/walk and 10K run start together at 9:30am. There will be refreshments following the race and a raffle for all registered participants. Plus, long-sleeve moisture wicking shirts and raffle tickets to all who register by Oct. 14. Go to saratogabridges.org.

Another costume run on Oct. 17, is the second **Running SCCared 5K Fright Run/Walk** at The Crossings in Colonie. The fright run benefits St. Catherine's Center for Children and includes a 1M walk. See September 2015 issue for the full preview. Visit st-cath.org.

Next, the **Hairy Gorilla Half Marathon and Squirrelly Six Miler** is on Sunday, Oct. 25 at Thacher State Park in Voorheesville. Created in 2005, the HGH and SS feature giant gorillas and squirrels chasing after you, cardboard graveyards that might have your name, a chainsaw-wielding maniac in the midst, and plenty of other unique encounters. *Runner's World* magazine dubbed it the "Best Costume Trail Race in America." Sections of the course are decorated in the spirit of Halloween. Participants are encouraged to wear costumes or silly outfits to get into the spirit. The post-race party includes a pumpkin carving contest, potluck picnic and barbeque.

Both distances are trail races held nearly 1,000 feet above Albany on the Helderberg Escarpment at the state park. Parts of the course can be wet and some trail sections have rocks, roots and other obstacles. The views are breathtaking and the course offers a variety of terrain. Go to hairygorillahalf.com.

Also on Oct. 25, the **RunDead 5K** trail race will start at the Saratoga Spa State Park, where runners try to escape from hungry zombies. Here's how it works: Each runner starts off with a flag belt and three flags. Zombies throughout the course will be attempting to take these one at a time. If you lose all three, you're dead and the zombies have won. Individuals who raise \$100 or more for Special Olympics will receive two additional flags as lifelines for the race. The lifelines increase your chance at survival and your opportunity to win some prizes.

The individual who raises the most money as a runner, will receive an "invincibility vaccination" for the first three zones of the race. The zombies won't be able to affect you or take your lifelines until you reach the fourth zone, when the vaccination wears off. Then the zombies will be able to take your flags. Use speed and strategy to keep your flags. If you finish the race with at least one, you've survived. If zombies have taken all your flags you can complete the race but you won't be eligible for awards.

If running the race is not your thing, sign up to be a zombie! Each zombie will be transformed in the "Mob Tent" in the morning. This year zombies will be walking or crawling for a more authentic zombie experience. Visit therundead.org.

On Halloween Day, Saturday, Oct. 31, the **Monster Dash 5K, 3K Walk and Kids Run** will be at the Troy Family YMCA along with their Fall Festival Day. Runners and families are encouraged to enjoy the fall foliage while running the 5K in costume. The first 125 registrants will receive a sport tech competitor shirt. All kids get a free T-shirt.

After running or walking, participants can also enjoy fall arts/crafts, bounce house and face painting. Post-race also includes healthy snacks and prizes and awards. The Monster Dash is part of the Capital District

YMCA Healthy Community Series. Go to cdymca.org/monster-madness-dash.

Veterans Races - On a more serious note, there are two local races to benefit the veterans in our communities. The first race is the fourth annual **Saratoga County Revolutionary Run for Veterans 5K** on Saturday, Nov. 7. This is a run through the historic town of Saratoga and village of Schuylerville to benefit the Saratoga County Veterans Trust and Agency Fund. The run starts at Fort Hardy Park, down the historic Towpath, past Schuylerville House, through the village of Victory, past the Saratoga Monument, and returns to Fort Hardy Park. According to reviews, it's a challenging course but very doable. T-shirts will be given to all registrants and a kids' fun run will follow. Post-race includes music and food at the park. Visit finishright.com.

On Veterans Day, Wednesday, Nov. 11, the Shen Runners Booster Club will host the eighth annual **Shenendehowa Veterans Day Dash 5K Run/Walk**, starting and finishing at the high school track in Clifton Park. The flat, fast course through the school campus will be closed to traffic and safe for all ages of runners and walkers. The event is a fundraiser for Shen's cross country and track teams, and partial proceeds to go STRIDE Adaptive Sports. Veterans can run free with a mail-in registration. T-shirts will be given to the first 350 runners and walkers. Check out shenrunners.com.

Stockade-athon - Sunday, Nov. 8, is the 40th anniversary of the **MVP Health Care Stockade-athon 15K**, a classic loop course of Schenectady's historic neighborhoods and parks - the oldest major 15K road race in the USA. More than 1,800 runners are expected, and the race traditionally draws an incredibly deep field of open and masters runners and teams. For the second year, with strong support and enthusiastic approval from runners, the race will use the same downtown certified course as last year, starting at 8:30am from Veterans Park on State Street and finishing near City Hall.

To help celebrate the 40th anniversary, Frank Shorter, will be in attendance for the race weekend and is planning to run the


- RUNNERS AND ZOMBIES AT THE 2014 RUNDEAD IN SARATOGA.
- LOBSTERS AT THE 2014 HAIRY GORILLA HALF AND SQUIRRELLY SIX.
- 2014 STOCKADE-ATHON 15K RACERS ON THE NEW COURSE.

race. He is a four-time national cross country champion ('70-'73), winner of the Olympic marathon gold medal (Germany, '72), Olympic marathon silver medal (Montreal, '76), and holds many more accolades.

Last chance, walk-up registration will be held at the Schenectady YMCA on Friday, Nov. 6 from 4-7pm. Fleet Feet Albany will host early packet pickup on Saturday, Nov. 7 from 9:30am-4pm. The Schenectady YMCA offer race morning packet pickup and new baggage check from 7am-8pm. For security reasons runners will not be allowed to leave bags at the start/finish area unattended, and they should take advantage of the clear backpacks provided by MVP Health Care at packet pickup to store warm clothing, and to check a bag prior to the start.

The post-race refreshments and awards ceremony will be held indoors within Proctors venues. Proctors Key Hall will be the location for refreshments, and just across the arcade hallway, runners will have access to an indoor farmers market, and the adjoining GE Theater for the awards ceremony. There will be USA Track & Field competition for open, masters, age-groups and teams, with \$6,000 in awards by Fleet Feet Sports/Brooks, \$1,500 in team prizes, and hand-crafted pottery awards.


The new MVP Health Care Children's Run will be held on a new one-mile flat, fast course, which is out and back on North Jay Street, starting at the City Hall steps at 11am. For younger children who wish to be accompanied by an adult, there will be a 1K turnaround point to run the shorter course. This non-competitive run is for children 12 and under, in partnership with the Schenectady YMCA. Entry is free for all children but they must register prior to race day, either online or in-person. All children will receive a finish medal and goodie bag when they finish. Visit stockadeathon.com. See you out there! 📌





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 For more information or to volunteer, contact Carolyn at cbraunius@nyso.org



A 5K Trail Run where the obstacles are ZOMBIES!

MVP HEALTH CARE Saturday, October 17th, 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
More information: 518.587.0723

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HEALTH & FITNESS

Yoga for Athletes

By Michele Pearsall

My favorite population to teach is the athlete, not only because I know they have some kinesthetic awareness, but also because athletes can benefit in so many ways. However, often when I invite athletes to come to my yoga class they respond, "I'm not flexible" or "I can't focus or go slow," I smile and respond, "That is why you need yoga."

FOR RUNNERS

Running has many benefits, however it creates physical imbalances that lead to inefficiencies and injuries. Yoga can help by stretching what is tight, strengthening what is weak, and improving the essential stabilizers of the body. Some areas that runners need help releasing are the calves, quadriceps, hamstrings, hip flexors, back and shoulders. Poses that stretch these muscle groups, and strengthen the comparatively weaker hip abductors and rotators, create more balance in the lower body. This balance relieves some of the most common complaints of runners, including pain in the iliotibial band, knees and lower back.

Many runners become used to injury and develop a high pain tolerance. Often they continue to run even when in pain and ignore an injury. This is where the benefits of awareness come in. Yoga teaches runners how to tell the difference between "good" pain and "bad" pain by bringing awareness to the different sensations in challenging poses. Rather than blocking out the sensations, participants learn to pay attention.

Yoga can improve runners' performance by increasing physical endurance, core strength, range of motion and proprioception. But other training methods can also improve these physical skills. Yoga has the training edge of running performance in energy management.

FOR SKIERS

Snow sports like cross country skiing, downhill skiing and snowboarding allow you to descend and traverse on a variety of terrain, snow conditions and trails. You're navigating a slippery surface that offers little resistance to slow you down, so you need a heightened sense of balance, along with focused strength in your core, back and legs.

Yoga sequences that focus on honing your balance and strengthening the key muscle groups that you use in snow sports – the quadriceps, glutes, ankles, abdominals and back. If you're a regular skier, doing these poses throughout the season will enhance your experience on the slopes. A pre-ski season yoga practice can help prepare these muscle groups for a more enjoyable early season.

FOR CYCLISTS

Yoga's gentle backbends ease the spine from the flexed cycling position into extension as can chest openers from a rounded shoulder position. Postures such as bridge pose open the front of the body, stretching the pectoral muscles that shorten over time while riding. Because cyclists move in a forward-only or sagittal plane of motion and strive for upper body stillness. This often leads to tightness in the stabilizing muscles of the outer hips as well as the IT band. Lateral, or sideways movements like "triangle" pose provide a deep stretch. Along with upper body flexion and tight shoulders and chest lower backs can become fatigued and or tight.

For lower back relief, sinking into extended child's pose, post-ride will ease out the lower back (and shoulder) muscles. Typically people in general as well as cyclists have a weak link between the lower thoracic vertebrae and the upper lumbar vertebra. Adding some strengthening postures like "locust" in between rides to strengthen the lumbar region, an area vulnerable to injury in the cycling stance. A strong core is vital for posture, power, injury prevention and comfort. Most road cyclists have weak abdominals in comparison with their back muscles. Imbalance can trigger low back issues or cause a tired rider to slump in the saddle, placing pressure on the wrists and hands.

FOR PADDLERS

Paddlers are often in a forward flexed position, straining the back and torso, as well as hips and sacroiliac joints. Shoulders are can be overloaded when they find themselves in vulnerable positions "out of the paddler's box," such as in a high brace. Wrists and elbows may become sore as the shoulders are stressed, thereby taxing other joints.

To address one weakness, you must address the others as the body is one large

integrated system. For example, if your hamstrings are tight, this can cause pain in your pelvis. If your lower back is weak, this can affect your pelvis and in turn your hips, knees and even ankles. A weak lower back can even lead to postural malalignment and result in shoulder pain or discomfort. A strict yoga regimen can address these issues, offering increased strength and muscular endurance while reducing the risk of injury and restoring balance.

While yoga can benefit the athlete's physical body, it is only a small part of the benefits of yoga. Yoga connects the mind and the body, it brings us to the present moment. With Vinyasa flow yoga that I teach, the movements are connected to the breath, and diaphragmatic breathing is used. Yoga can also assist with rehabbing of overuse injuries or traumatic injuries caused by a fall, such as one I had a few years ago on ice while cross country skiing. I suffered from adhesive capsulitis (frozen shoulder), which through slow and increased duration of yoga postures, I became pain free and had range of motion returned after a few months.

While there are many benefits for athletes and non-athletes in yoga, it is important that when practicing yoga the instructor is trained, and is following exercise science-based techniques with a focus on alignment. An example that could cause overuse issues include "scooping" in Chaturanga to up-dog, rather than shifting forward, shoulders ahead of wrists slightly and then lifting with the chest and core, causing potential rotator cuff injuries. Make sure that as in any physical activity, there is a building of body heat or a warm-up before holding deep stretches, and of course never push through pain – a lesson that can be applied to all athletes. 🌱

Michele Pearsall (pearsamd@gmail.com) teaches yoga, stress management, and health and fitness at SUNY Adirondack in Queensbury, and Solstice Yoga at Tannery Pond Community Center in North Creek. She has an MS in Community Health Education, 200-hour registered yoga teacher, ACE certified personal trainer, and Level II PSIA ski instructor.



POSES BY MICHELE PEARSALL.
PHOTOS BY MATTHEW PEARSALL.

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HIKING & WALKING

Hike — the — Huyck

By Alan Via

The Huyck Preserve is located in southwest Albany County, northeast of Rensselaerville, and features a Visitor Center and 12 miles of trails. You can also paddle or walk around its scenic Lake Myosotis – the botanical name for the ‘forget-me-not wildflower’ – where power boats aren’t allowed.

The three interconnected Partridge Path loops in the remote, northern part of the preserve are the most attractive due to the lack of foot traffic and solitude not available in other parts of Huyck. Depending on how much time you have available, it’s possible to cover 5.6 miles of the three loops as a hike, snowshoe, trail run or cross-country ski. Leashed dogs are allowed on all of the preserve trails but you’re least likely to encounter dogs or people on the northern trails.

Though most people access the Huyck Preserve through Rensselaerville, it’s a bit of a drive on some sketchy sections of road from the Visitor Center onto Wood Road, to the trailhead in the northern section of the preserve. For an easier drive, turn east onto Peasley Road where it intersects County Route 6 – the intersection is about 2.5 miles north of Rensselaerville. Drive a little under 2.0 miles, then south on Wood Road. At the turn, there is an old cemetery worth a few minutes to explore. From the intersection it’s a quick 0.2-mile downhill on a rougher but drivable Wood Road to the trailhead (N42 32.898 W74 10.738).

For winter access you may need to park at the intersection and ski or snowshoe to the trailhead as much of Wood Road is not maintained in winter. The trail and kiosk are well camouflaged, tucked a few feet into the woods on the east (left) side of Wood Road, just beyond a marshy area drained by a large culvert. Because there’s no formal parking lot, pull over onto the side of the road.

The 1,800 foot trailhead is located 20 feet from the culvert. Before stepping into the woods, study the map to decide how many of the Partridge Path loops you intend to hike. With three connecting loops and lots of turns, it’s easier and less confusing if you look at the map rather than follow step by step directions. The Huyck Preserve markers are large yellow and red diamonds, hard to miss in any season. Notice that the loops resemble three links of a chain, each touching at one point. Because most people hike in the southern end of the preserve, Loop Three, the farthest north, is the starting point from the Wood Road trailhead.

AN ELDERLY WHITE PINE RESIDES ON THE SOUTHERN PART OF LOOP TWO. PHOTOS BY ALAN VIA



For simplicity sake, turn LEFT on Loop Three from the trailhead where you’ll soon be impressed with how well marked, maintained, and designed the Huyck trails are. In a few minutes the trail takes you through a section of hemlocks and stone fences along scenic Ten Mile Creek. Have your camera handy as the creek is photogenic, particularly at high water. You’ll want to stop where the creek widens into a large waterfall fed pool. As the trail leads away from the creek, it turns south and passes a marsh, and then ascends the northeast shoulder of North Hill. As you descend, you’ll see a beaver pond and a section of large shady maples crisscrossed by stone fences.

Next (N42 32.542 W74 09.950), the trail reaches the easternmost edge of Loop Three at a trail junction. You can continue along Loop Three back to the trailhead or take the uphill switchbacking 0.25-mile spur trail that leads to Loop Two. This section would make a nice woodland glide on skis. As you proceed you’ll quickly notice that the trail sign stating 0.1-mile to Loop Two is incorrect; it’s actually 0.25-mile to the beginning of Loop Two.

Loop Two is a shorter hike with sections of mixed forest, where silver birch provide a forest contrast to the surrounding maple, beech and black cherry. The trail sections cushioned by pine needles are delightful. Next (N42 32.518 W74 09.489), you’ll pass through a show stopper section of stone fences that border and cross a mature maple pole stand. This is one of the most attractive sections of forest in the preserve. Nearby is a hemlock grove and a short distance beyond, the trail junction (N42 32.377 W74 09.472) to Loop One.

Turn left onto Loop One, descending 200 feet where cut branches herald a beaver pond visible from the trail. Walk quietly and a flat-tailed *Castor canadensis* (American beaver) resident might be close enough to see. Beyond the pond the trail passes the edge of a large meadow, an excellent van-

A WATERFALL AND POOL WORTH STOPPING FOR ALONG TEN MILE CREEK.



The Huyck Preserve & Biological Research Station
Partridge Path Loops and Lake Myosotis
Albany County, NY
MAP BY LIZ CRUZ

tage point for autumn leaf peeping at the hills on its other side. The trail starts to climb, leaving the meadow behind, attaining the high point of Loop Three. As the trail gives back the elevation you gained, there is another intersection (N42 32.160 W74 09.169), the beginning of the 0.5-mile connector trail that leads south toward Lake Myosotis. If you parked a car at the Visitor Center, or would like to add more miles and check out the lake, this is the place to turn. Otherwise turn right, north, at the intersection, picking up the part of Loop Two you haven’t yet hiked.

An elderly white pine resides on this portion of the loop, a twin-trunked old timer that has seen better days, as it stands guard over a flock of younger progeny.

Next (N42 32.377 W74 09.472), you’re back at the intersection with Loop Two. Turning left the trail heads east, then north undulating a 0.5-mile to the spur trail, which leads to Loop Three. Make another left turn to hike the west side of Loop Three and the last portion of the hike back to the trailhead. On this leg, walk through yet another series of stone fences, a last reminder of the others you’ve seen throughout all three loops of the hike.

If you’ve hiked all three, the total miles are 2.7 miles for Loop Three, 1.2 miles for Loop Two, and 1.5mi for Loop One. Adding the 0.25-mile spur trail equals a 5.7-mile tour of the northern end of the preserve.

Autumn is a spectacular time to ‘hike the Huyck’ with the leaves showing off their best. If you leave a car at the preserve visitor center you can turn this into a point-to-point hike, and even take in an afternoon paddle, or take a hike along the shore of Lake Myosotis. 🌲

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

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