Running | Hiking | Biking | Paddling Triathlon | Skiing | Fitness | Travel

# DIROIDAC SPORTS & FITNESS

20,000 CIRCULATION

**COVERING UPSTATE NEW YORK SINCE 2000** 



# Facebook.com/AdirondackSports

## **CONTENTS**

- **Bicycling** 
  - Fat Biking Another Step in the Evolution of Mountain Biking
- **Snowshoe Running**
- Getting Serious about the Series
- **Around the Region News Briefs**
- From the Publisher, Editor & Art Director
- **CALENDAR OF EVENTS**
- December to February Events
- Alpine Skiing & Boarding Maximizing Your Ski Dollars
- **Athlete Profile** Skiing & More with Abigail Radliff
- 15 **Cross Country Skiing**
- Life Begins at 32 Degrees
- 16-21 **RACE RESULTS** Top Finishers in 20+ Events
  - 21 **Running & Walking** Holiday & Winter Races
  - **Non-Medicated Life** Preventing & Treating Hypertension
  - 23 **Backcountry Skiing & Snowshoeing** What's in Your Snow Pack?

# Fat Biking

# Another Step in the Evolution of Mountain Biking

#### By Janay Camp

or cyclists the onset of winter weather often meant that you switch to cross training winter sports like skiing or snowshoeing. If you really wanted to keep riding you had three main choices: brave the weather and hope for the best, join a spin class at your local gym, or perhaps sentence yourself to spend hours in your dimly lit basement on your bike trainer. Then one day you were out walking your dog after a couple of inches of snow and out of nowhere someone rides by on a bicycle with big wide burly tires. Like most people the first time you see a fat bike it is a bit of a shock. Why are the tires so big? Isn't that thing hard to pedal? Perhaps, where can I get one of those, as I am tired of pedaling in my basement and I long for freedom and fresh air?

To understand where the fat bike comes from it is important to look back at the history of the mountain bike. While the basic functionality of the bicycle has been fairly consistent, people have been creatively modifying them for years. Starting in the 1970s and 80s, groups of riders in both California and Colorado started to create early versions of mountain bikes that first allowed bicycles to explore off-road. Their creative vision started with single-speed balloon-tire cruisers and expertly modified them to add durable lightweight components including a range of gears to allow for climbing in the mountains, and powerful cantilever brakes to

aid in descending and conquering technical terrain. Once mountain bikes started to be widespread and readily available, the evolution continued to allow for further offroad exploring. The history of the fat bike can be traced back

to the snowy state of Alaska and the largely desert state of

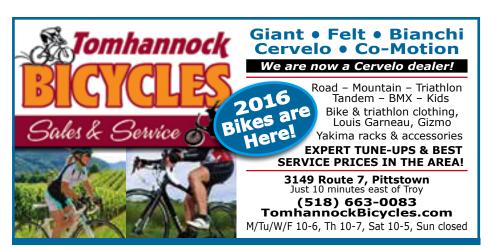
In 1987 the first Iditabike event was held and it was 200 miles in the first section of the famous Iditarod dogsled race, which is held from Anchorage to Nome, Alaska, every year. This event continues and is now called the Iditarod Trail Invitational and includes the full course of 1,000 miles! The terrain was harsh and involved a lot of 'hike a bike,' which initiated more innovation to allow for a bicycle capable of soft terrain like snow. This drove a wider footprint, following the same kind of idea as a snowshoe. In these early days it started by welding or pinning two rims together and lacing them to one hub. This allowed for two tires to be mounted and gave the wider platform, and allowed for more riding and less walking in the winter conditions.

The wider tire with low pressure is key to riding on the snow. Eventually a wider rim was adapted to allow for a lighter setup, since it could accept one larger tire, yet still fit into most conventional mountain bike frames. Meanwhile, in New Mexico, similar challenges were faced when riding in sandy environments. New Mexican bike tour guide, Ray Molina, ended up designing a wider rim and tire to handle these conditions, and these inventions needed a custom adapted bike frame to handle the new wider setup.

December 5, 2015 is Global Fat Bike Day, which is now a yearly event so obviously there have been some big changes since the days of welding rims together. The innovation in Alaska and New Mexico was certainly proof of concept, but the Minnesota based "Surly" brand can largely be credited with bringing the fat bike to the masses. In 2005 the first Surly Pugsley was brought to market. Since this brand already had a distribution system, it became available to a widespread area in a relatively short time. Since then, the momentum has been continuously gaining, and in the last couple of years

















#### By Laura Clark

veryone likes the continuity of a series, be it the World Series, Nancy Drew stories, or Star Trek movies. You know the characters, you understand the format and you feel at home. For this reason, I always found it odd that while road races seldom employ this marketing tool, trail events like the Grand Tree Trail Race Series (runwmac. com) and the Dion Snowshoe Series (dionsnowshoes.com) are all about this concept. Perhaps because these events began as fringe sports, race directors recognized the wisdom of banding together to ensure a consistent participant base. In fact, a quick glance at WMAC's Dion Series reveals that many of these races represent the efforts of a variety of clubs and venues across western New England and eastern New York.

So what does this mean to snowshoe enthusiasts? If you do travel outside your local area, you will have a ready carpool of like-minded buddies. When you arrive, you will recognize friends from other races in the series. In snowshoeing, where the same course varies from year to year due to snow conditions, you can reasonably gauge your effort by your placement in the pack.

And then there is accountability. No one is excited at arising at o'dark thirty in subzero temperatures, except maybe your dog, but just knowing your weekend friends will be doing the same crazy thing will prod you from your cozy blanket cave. Plus, it is difficult to become complacent when you anticipate a different site each week.

The concept of a series implies that all events maintain a common spirit while relishing individual differences. Dion events pride themselves as being extremely affordable, with proceeds donated to local trails, forests and towns. A few have awards, more have raffles, and all have a meet-and-greet social afterwards to encourage camaraderie – and the occasional tall tale. The main

emphasis is on enjoying the outdoors in the winter. You may find yourself chatting on an equal basis with a young family, an older veteran, or a national class athlete. Championship races may get a bit fancier, but still maintain a down-home feel.

While road racers can pretty much count on having a road, snow conditions are less predictable for snowshoe racers, so it is advisable to check the websites close to the date. In poor conditions, some events may get postponed, with those in more fortunate snow areas filling in with make-up races. Some may opt for a trail race and still others might be cancelled all together.

If you don't own a pair of snowshoes, you might want to start with the Dion Series as rentals are available for \$5 a pair from Bob Dion, the premier snowshoe crafter based in nearby North Bennington, Vt. We are so fortunate that every week we have access to the person with such a wide base of experience, since he designs, builds and uses the product.

As it stands now, the series kicks off on Saturday, January 9 with the **Hilltop Orchards 5K** in Richmond, Mass., just 40 miles southeast of Albany. The meandering, mostly wide 5K route leads you over, through orchards and surrounding forest, and back to the lodge – where you can enjoy cider and donuts in front of a roaring fireplace. Be sure to bring some extra cash to purchase cider, hard cider and craft beer! (capitalregionnor-dicalliance.org)

Bob Dion's own **Hoot, Toot & Whistle 5K** scheduled for Saturday, January 23 in Readsboro, Vt., traces the historic track of the defunct Hoosac Tunnel and Wilmington narrow-gauge rail line. The course is deceivingly tough as it features bumpy single-track, which flows relentlessly up and down in short spurts. There are no hills steep enough to justify hiking, but the rolling terrain insures that you never get a break either. Afterwards, runners return to the Readsboro Elementary School for refreshments and raf-

fle prizes, including the much-coveted cake. (dionsnowshoes.com)

On Sunday, January 31, Theresa Apple has revived the **Curly's Record Run 4-Miler** in the Pittsfield State Forest in Pittsfield, Mass. The race features a mostly single-track course, climbing almost 700 feet in the first mile, followed by some "level" sections before descending 800 feet on the 1920s Shadow Trail – site of Curly's record-breaking ski descent. While this sounds intimidating, there are many big-shoed walkers who attempt the ascent, in tandem with the runners, the reality being that unless you are the winner you are doing a lot of hiking! (berk-shiresports.org)

February looks to be a crowded month with the **Northfield Mountain 4-Miler** leading the pack on Saturday, February 6 in Northfield, Mass. The Northfield Cross-Country Ski area features a two-mile trek up, and a two-mile freefall descent back down, again ending in a pleasant lodge. The trails are wide, not as steep as Curly's and the descent, with an absence of twists and turns, is one where you can really charge full speed ahead. (northfieldmountain.blogspot.com)

In the Capital-Saratoga Region, look for Saratoga Winterfest 5K on Sunday, February 7 at Saratoga Spa State Park, and Camp Saratoga 8K on Saturday, February 13 at Wilton Wildlife Preserve and Park (both at saratogastryders.org), as well as Brave the Blizzard 5K at Guilderland Elementary School on Sunday, February 21 (areep.com). Winterfest and Brave the Blizzard are both good races for beginners, with a mix of hills and flats and a casual attitude, featuring an enormous pot luck at Winterfest and a huge pancake breakfast after the Blizzard. Camp Saratoga is more challenging, and will give you a run for your money mentally and physically, as you must power past the finish line and up a steep hill for the final stretch. Again, a log cabin, wood stove, and huge feast complete the day.

Farther afield, Carolyn Stocker of the Western Mass Distance Project plans to bring snowshoe racing to the Pioneer Valley with the **Snowshoe Scramble 5K/10K** at Mt. Tom State Reservation in Holyoke, Mass., on February 20. (runwmac.com)

Also in the running are the Bay State Games on Sunday, February 28 at Canterbury Farms in Becket, Mass., and Thunderfest 5K on Sunday, March 6 at Greylock Glen in Adams, Mass., with a possible trek up part of the Thunderbolt Trail - where the founders of the US Army's 10th Mountain Division trained. The season concludes on March 12 with the Northeastern Regional Championship at Mount Prospect in Woodford, Vt. With a base elevation of 2,200 feet, Prospect is a magical area where snow falls early and stays late. Race director Tim Van Orden will also preview the mountain terrain on January 17 with the Greenwood Gallop 5K and on February 27 at the **Snow Summit 5K**. (runwmac.com)

The Adirondack High Peaks region also hosts a number of races, with the **Jingle Bell 5K** on December 5, hosted by the Paul Smith's College Striders on PSC Visitor Interpretative Center trails – the center itself is worth a visit. The **Empire State Winter Games** on February 6-7 in the Lake Placid area may have 5K and 800, 400 and 100 sprints (empirestatewintergames.com).

On January 17, journey to the Cock-A-Doodle-Shoe 10K and Nicolas Pendl 5K, at New Land Trust in Saranac (near Plattsburgh) – it's worth the trip. Forever known as "the sock race" to the Saratoga Stryders club contingent, because pretty much everyone leaves with a valuable raffle prize or a new pair of performance socks. Noteworthy is the 1/2-Mile Kids' Snowshoe Scramble, as very few area races include an offering for younger enthusiasts. (cockadoodleshoe.com)

Stand-alone competitions include the Stone Wall 5K on January 10 at Winona Forest Recreation Area in Mannsville. The Tug Hill location guarantees deep, lake-effect snow and single-track challenges through old growth forests, and it runs alongside 1800s stone-walled pasture-land. (winonaforest.org). On February 20 the Empire State Snowshoe Racing Association Championship 10K and 5K will be held at Oak Mountain Ski Center in Speculator – another snow belt in the southern Adirondacks. The 5K is for ages 19 and under. (empirestatesnowshoe.org)

Make this the winter you head outdoors for some low-cost fun and priceless friendships!

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





Adirondack Sports & Fitness



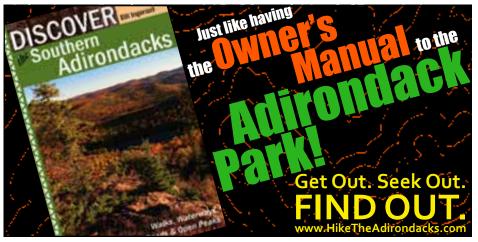
#### **Camp Chingachgook** on Lake George

**REGISTER NOW FOR 2016 AND ENJOY 2015 PRICES!** 

- Adventure Trips
- Sleep-Away Camp
- Day Camp

www.LakeGeorgeCamp.org 518.656.9462

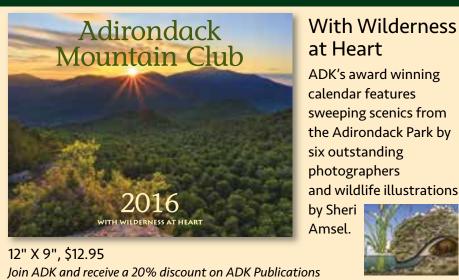








# ADK 2016 Calendar



800-395-8080 www.adk.org



#### **REGISTER TODAY**

**LIMITED TO 1,500 RUNNERS CLOSED OUT FOR THE PAST 14 YEARS** 



5:30PM • THURSDAY • DECEMBER 31, 2015 SKIDMORE COLLEGE CAMPUS SARATOGA SPRINGS, NY

AWARDS - Finishing Medals to all Runners

- ChronoTrack B-Tag Scoring System-

Registration Fee: \$25 if received by November 27 After November 27, \$30

All Registered Runners will receive a Cotton Long Sleeve Shirt for "After Race Comfort"

- No Day of Race Registration -

Register online - it's fast and easy with no additional fees or download an application at:

www.saratoga-arts.org

INFORMATION: 518 • 584-4132 EMAIL: jallen3@nycap.rr.com

FIRST NIGHT IS PRESENTED BY SARATOGA ARTS

# FIND **CURES** TODAY

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



LYMPHOMA SOCIETY®

**TEAM IN** TRAINING

Now registering for: The Bloomin' Metric Ride in Westport, CT (May 22),

Lake Placid Half **Marathon** (June 12) and The Rock 'n' Roll Seattle Marathon & ½! (June 18)

teamintraining.org/uny • 518-417-3447

#### **Saratoga National Historical** Park Celebrates 100 Years

STILLWATER - As the National Park Service looks forward to a year-long celebration of its 100th anniversary in 2016, the park invites all to come 'find your park' throughout the upcoming winter, at Saratoga National Historical Park ("The Battlefield") in Stillwater. The park visitor center remains open all winter from 9am-5pm daily, except



on Christmas and New Year's Day, offering a 20-minute award winning film, exhibits, fiber optic light map, ranger programs, a museum store, and a kids' corner where children can try on soldier's coats and play in a soldier's tent.

The scenic tour road will close to vehicular traffic starting on December 1, but remains open from sunrise to sunset for walking and biking (as conditions allow), as do the park's 10-plus miles of trails - all providing great venues for outdoor recreation in a pristine landscape. New this year is two pilot projects: one is for grooming about six miles of ski trails, and the other is for snow tubing down the south side of the visitor center hill. No entrance fees are charged from November through April.

Other winter activities will include the annual Frost Faire on Saturday, January 23 from 11am-3pm, a new "Centennial" exhibit of America's National Parks, ranger guided snowshoe and cross country hikes, plus special history programs in February and March. For more info, contact the visitor center at (518) 670-2985 or go to nps.gov/sara. 📥

#### **Northeast Foot Care Opens Clifton Park Office**

CLIFTON PARK - Northeast Foot Care is proud to announce the grand opening of a second location at 1770 Route 9 in Clifton Park, in addition to their original office in Amsterdam. As the region's first and only foot and ankle center specializing in regenerative medicine, this advanced podiatry center is specifically designed to offer the latest medical breakthroughs to treat chronic problems such as osteoarthritis, scar tissue, plantar fasciitis and Achilles tendonitis.

At Northeast Foot Care, Dr. David Lambarski focuses on healing the injury and pain naturally by using the patient's own healing response without cortisone and without surgery. He offers amniofix, platelet rich plasma, EPAT and cryogenic therapy for your foot or ankle problem. For more info or for a free consult with Dr. Lambarski, call (518) 842-2200 or go to northeastfootcare.com.



#### **Passionately Purple For A Cure**

SARATOGA SPRINGS - On Saturday, January 16, 2016, the National Museum of Dance in Saratoga Springs will go purple for the third annual, A Purple Tie Affair, to raise money for the Leukemia & Lymphoma Society and Nick's Fight to be Healed Foundation. In addition to providing necessary patient services, LLS raises money to improve treatment and fund research to find a



cure for blood cancer. Nick's Fight to be Healed was started in memory of Nick Cammarata of Clifton Park who passed away from leukemia in 2008. This vital organization provides emotional and financial support to local pediatric cancer patients.

The A Purple Tie Affair committee is comprised of athletes involved in LLS's Team in Training program. TNT is an athletic endurance program where athletes raise money for LLS in exchange for coaching necessary to complete half marathons, marathons, triathlons and century rides. TNT participants are inspired by their connection to someone who is battling cancer or in memory of someone who succumbed to the disease. This year the committee will be taking on the Lake Placid Half Marathon on June 12.

Although it's impossible to understand what someone with cancer endures, members of TNT push beyond their physical limits because they know someone who is suffering. It's a way to give back and come together with a likeminded group of people who want to make a difference.

A Purple Tie Affair helps to increase awareness about blood cancers and the TNT experience, while honoring those currently battling cancer. This year the event will celebrate cancel survivor, Kendra Sisco of Waterford. Kendra gives back as co-vice president of Nick's Round Table, the teen advisory group of Nick's Fight to be Healed, and is LLS's 'Girl of the Year.' Diagnosed with large B-cell non-Hodgkin lymphoma in her junior year of high school, she is currently a senior and is cancer free. For more info about the event or to purchase tickets, visit purpletieaffair.org.



**Locally Owned & Independent** Adirondack Sports & Fitness, LLC 15 Coventry Drive, Clifton Park, NY 12065 (518) 877-8788 • Fax (518) 877-0619 AdkSports.com • info@AdkSports.com

**AdkSports.com** Facebook.com/AdirondackSports Publisher/Managing Editor: Darryl Caron

Editor: Mona Caron

Art Director: Karen Chapman

**Contributing Writers:** 

Janay Camp, Laura Clark, Jeff Farbaniec, Skip Holmes, Dr. Paul E. Lemanski, Rich Macha, Terri-Lynn Pellegri

Contributing Photographers: Jennifer Allen, Charles Bishop, Janay Camp, Shawne Camp, Rich Macha, Jill Pederson, Brian Teague

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

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

# AROUND THE REGION News Briefs

#### **Snurfer Board is Back for More Backyard Fun**

MANCHESTER CENTER, VT - It just snowed and the kids can't wait to get outside and have some real winter fun. Instead of putting them on those cheap plastic sleds or inflatables that seem to selfdestruct on the first use, put them on a new Snurfer board. That's right, the same Snurfer brand that started the snowboarding revolution is back to help a new generation learn how to slide sideways in their backyards.

The new Snurfer boards are made in the USA by Balance Designs, the Vermont-based company that also makes the VewDo balance board. Each board is made from high quality, sustainably harvested maple veneers to bring years of fun, and it can be used on small backyard hills with just a little bit of snow. The

more adventurous can head to bigger hills for bigger thrills. Snurfer boards do not have edges or bindings like a regular snowboard and are not designed for ski area use.

There are five Snurfer models to choose from. The Nomad and shorter Scout are perfect for backyards with just a little snow, while the Drifter and shorter Rambler are better for deeper snow. There is the Classic, a near replica of the original Snurfer from 1965. All Snurfer boards come complete with a nose rope for better control. To check them out, visit the Mountain Goat store in Manchester Center, Vt., or go to snurferboards.com. 📥

#### **Snow Biking Added to Empire State Winter Games**

SARANAC LAKE - Racers jostling with each other down a snowy mountain on skis and snowboards is wild enough, but the Empire State Winter Games is about to take things to a new level. Snow biking will be the new sport at this year's games from February 4-7, 2016. Mount Pisgah Recreation Center, owned and operated by the village of Saranac Lake, will be the venue.

It's a big move intended to shake up New York's own version of the Winter Olympics. Local municipalities and agencies took over the sports festival after the state abandoned it in 2010, and therefore they have more freedom to add new sports. Fat bikes have exploded in popularity but "winter bike cross," a two-wheeled equivalent of boarder or skier cross, will be very exciting. Bikers will start

re State Winter Games

adirondacks, usa

together at the top of a ski run and try to be the first one down, with some rough and tumble action on the way.

"Fat tires are not required," according to new games manager, Tait Wardlaw of Lake Placid, who came up with the idea. "If you want to use regular tires and feel you can pull it off, go for it." There will also be cross country bike races around the ski runs, and a "winter bike enduro," a combination of the two events where bikers will race around the ski center to the top of a run and then back down. After last year's games, officials approached Tait about getting involved, "I came to realize they were interested in not just more of the same but maybe some new events."

Another change to this year's games will be moving two slopestyle skiing and snowboarding events to Titus Mountain Family Ski Center in Malone. Finally, for the first time in the event's 36-year history, Canadians are invited to compete in all events. For more info, call (518) 523-2445 or visit empirestatewintergames.com. 🜲



he pleasures of the holiday season are on our minds, filling our days with thoughts of family gatherings, gift giving, and goodwill among friends and strangers alike. An upstate New York Christmas, with its images of snow-covered hills and mountains, of crisp evenings, and candle-lit windows in houses exemplifies the holiday spirit.

Now, more than ever, wishes like Peace on Earth and a sense that our blessings should be counted, and shared with others, are the reality.

Adirondack Sports & Fitness is in the unique position of offering its readers a healthy escape from the frenzied pace of everyday life, through the reading of the magazine and your participation in many of the regional sporting events and destinations highlighted in the issues. These things remind us, even in times of trouble, that this world is still a diverse and fascinating place to live.

As always, please support our advertisers and tell them where you saw their ad. We want to extend our best wishes to you and yours for the Dany Mona and Laven holiday season and the coming year.

Sincerely,



#### **All of Your Favorite Brands!** Plus, Great Prices & Expert Service

#### **HOLIDAY GIFT IDEAS**

Helmets • Gloves • Boot Heaters • Parkas • Pants Skis • Boots • Bindings & More for Men, Women and Children

Specializing in All Boot Fitting & Custom Footbeds \* \* Alpine Touring & Backcountry Department \* **★ Full Service Ski Tuning and Mounting ★**

Rt. 7, Latham 2 Miles West of 785-0501



27 28 29 30 31

STORE HOURS: Mon.-Fri. 10-7 Sat. 10-5 Sun. 12-5





#### Mohawk-Hudson **Cycling Club**

join or renew online: MohawkHudsonCyclingClub.org

all levels of ability welcome more than 300 rides per year

#### OSCEOLA TUG HIL Cross-Country Ski Center

Most Snow East of the Rockies!

- 40 km trails groomed daily for skating & classic skiing
- ★ Trailside Camp for Rent ★ \* "Rentaflexibility" ski rentals \*

  Ski Shop: \$180,000 inventory \*
- \* 36 Hole Disc Golf for Summer \*

Camden (40 mi NW of Utica) (315) 599-7377 • uxcski.com

uxcski@gmail.com Open 7 Days – 10am to 5pm



**SERVING CYCLING DAILY** 

#### We are your **FAT BIKE SPECIALISTS**

**Fat Bikes are in Stock!** Salsa • Surly • Borealis

#### FAT BIKE DEMO DAY DEC 5

45North • Relevate Oveja Negro

79 Beekman Street Saratoga Springs, NY

518.587.0071

spacitybicycleworks.com

Service and a smile. No stinky attitude.

**Calendar of Events** December 2015-February 2016 \*Events beyond this range are advertisers in this issue.

**DECEMBER 2015 JANUARY 2016 FEBRUARY 2016** MTWTFS 8 9 10 11 12 3 4 5 6 7 8 9 13 14 15 16 17 18 19 10 11 12 13 14 15 16 14 15 16 17 18 19 20 21 22 23 24 25 26 27 20 21 22 23 24 25 26 17 18 19 20 21 22 23

#### **ALPINE SKIING & RIDING**

<sup>24</sup>/<sub>31</sub> 25 26 27 28 29 30

#### **DECEMBER**

- Never Summer Snowboards Demo Day. Gore, North Creek. 251-2411. goremountain.com.
- Goldstock's Demo Day. Gore, North Creek. 251-2411.
- Take Your Kids to Gore Week. 19-under ski free w/paying
- adult. Gore, North Creek. 251-2411. goremountain.com. 28-30 Christmas Holiday Camp for Kids. Gore, North Creek.
- 251-2411, goremountain.com. Twelve:30 Slopestyle. Gore, North Creek. 251-2411. goremountain.com.
- Torchlight Parade. 8pm. Fireworks, music. Oak, Speculator. 548-3606. oakmountainski.com.

#### JANUARY

- New Year's Day Ski Bowl Party. Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
- 14-16 Lake Placid FIS Freestyle Cup. Whiteface, Wilmington. whiteface.com.
- 16-17 MLK Holiday Camp for Kids. Gore, North Creek. 251-2411. goremountain.com.
- Berkshire East Rando Ski Mountaineering Race. 7.6M, 4,190ft. Berkshire East, Charlemont, MA. ussma.org.
- 23-24 Alpine Skiing Clinic: Women Only. Gore, North Creek.
- 251-2411. goremountain.com. Snowboarding Clinic: Women Only. Gore, North Creek.
- 251-2411. goremountain.com. Gore Restaurant Race. 11am. Gore Mountain, North Creek.
- 251-2411. goremountain.com. Rally on Burke Ski Mountaineering Race. 4,300ft race/2,000ft
- rec. 8:30am. Burke, East Burke, VT. 802-723-6551. ussma.org. Master the Mountain: Alpine Skiing or Snowboarding
- Clinics. Gore, North Creek. 251-2411. goremountain.com. Intro to Telemark Skiing Clinic. Gore, North Creek.
- 251-2411. goremountain.com. Mad River Valley Ski Mountaineering Race. Sugarbush Skimo. Mad River Valley, VT. ussma.org.

#### **FEBRUARY**

- Empire State Winter Games. Lake Placid Area. empirestatewintergames.com.
- Glades & Glory Skiing and Snowboarding Clinics. Gore, North Creek. 251-2411. goremountain.com.
- Trees & Steeps Telemark Clinic. Gore, North Creek. 251-2411. goremountain.com.
- 13-14 Presidents' Weekend Holiday Camp for Kids. Gore, North
- Creek. 251-2411. goremountain.com. USASA Boarder/Skiercross. Ski Bowl, Gore, North Creek.
- 251-2411. goremountain.com. 16-18 Presidents' Weekend Holiday Camp for Kids. Gore, North
- Creek. 251-2411. goremountain.com.
- Winter Wild Uphill/Downhill Race. Open, Track Skis, Telemark, Heavy Metal. 7am. Okemo, Ludlow, VT. 603-558-2352. newinterwild.com.
- Thunderbolt Ski Mountaineering Race. 5,737ft. Mt. Greylock, Adams, MA. ussma.org.

- 20-21 Master the Mountain: Alpine Skiing or Snowboarding Clinics. 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com.
- Women Only: Alpine Skiing Clinic & Snowboarding Clinic. 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com.
- Stowe Derby. Short, long & snow bike categories. Stowe, VT. 802-253-9216. stowederby.com.

#### **BICYCLING & MOUNTAIN BIKING**

#### DECEMBER

- Salsa Demo Day & Global Fat Bike Day. 11am-4pm. Rides, BBQ, beer & SingleTrack Giveback (donate toys for raffles). Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- Salsa Demo Day w/CK Cycles. 12-4pm. Group rides, pizza, drinks. Six Mile Waterworks, Albany. 459-3272.
- Capital Holiday Lights in the Park Bicycle Ride. 4:45pm. Washington Park, Albany. albanycapitalholidaylights.com.
- Last Century Ride. 100M. Schuylerville. adkultracycling.com.
- Fat Santa Fat MTB Race. Fat Race: 11am. Skinny Race: 12pm. Shaw Outdoor Center, Northfield, VT. 802-485-5424. bikeexpressyt.com.
- HRRT Xmas Madness MTB Race. 12pm. Central Park, Schenectady. 847-2419. hrrtonline.com.

#### JANUARY

- First Century Ride. 100M/54M. 8am. Schuylerville. adkultracycling.com.
- Rikert Fatbike Roundup. 10:30am & 1:30pm. Rickert Nordic Center, Ripton, VT. rikertnordic.com.
- Fat N Furious Fat Bike Race. 12M/8M/4M. 9am. Riverfront Park, Hartford, CT. newingtonbike.com.
- Moose Brook Fat Bike Race. 8M/16M. 10am. Gorham, NH. 603-631-1988. moosebrookfatbikerace.com.

#### **FEBRUARY**

- Wicked Nor'Eastah. 5M Snowshoe & 8.5M/17M MTB Races. North Easton, MA. rockhardracing.com.
- Frozen Onion MTB Race. 11am. Hubbard Park, Montpelier,
- 2nd Saratoga Fat Bike Rally. 9am-6pm. Group rides, races, demos, clinics, food. Saratoga Spa SP, Saratoga Springs. saratogafatbikerally.com.
- Fatstock: Fat Bike Race. Woodstock, VT. 802-291-2419. vermontoverland.com.
- Snowball Express Ride. 101M/54M. 8am. Schuylerville. adkultracycling.com.

#### **CROSS COUNTRY SKIING**

#### ONGOING

- Graymont Race Series. 5:30pm. Dewey Mountain, Saranac Tue Lake. 891-2697. deweymountain.com.
- Friday Night Farm Dinners. Cascade XC Ski Center, Lake Placid. 523-1111. cascadeski.com.

#### **DECEMBER**

- 10-13 Craftsbury Masters Ski Camp. Craftsbury Outdoor Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- Grand Opening of Josie's Cabin. Mt. Van Hoevenberg, Lake Placid. 523-4436. mtvanhoevenberg.com.
- NYSEF Season Opener XC Ski Race. nyssranordic.org.
- World Famous Osceola Pie XC Ski Race. Wilkinson Cup #1. Skate. 5K: 11am. Bill Koch 2K: 10:30am. Osceola Tug Hill, Camden. Jeff Moore: 315-939-2341. nyssranordic.org.
- Rochester Classic Poronkusema Race. 7.5K, 3K, Bristol Mountain, Canandaigua. rxcsf.org. NYSEF Winter High School Camp. Mt. Van Hoevenberg, Lake
- Placid. nysef.org. NYSEF Junior Nationals Qualifier. Olympic Sports Complex,
  - JANUARY
- Old Forge XC Ski Race. Wilkinson Cup #2. Old Forge. nyssranordic.org.

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

Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skithroughout the area. Visit our website for lodging, dining, events, maps and more.



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

518-548-4521

**ADIRONDACKS** REGION

magazine

INCLUDES SUNDAY TIMES UNION Home Delivery or eEdition!\*

☐ **1** yr (12 issues) \$17.95

☐ 2 yrs (24 issues) \$32.95 - save 10%

□ **3** yrs (36 issues) \$44.95 - save 20%

I picked up my current issue at

Mail check to: Adirondack Sports & Fitness, 15 Coventry Drive, Clifton Park, NY 12065 Or, subscribe online: www.AdkSports.com (Visa, MC, Disc, Amex, eCheck) \*If outside Times Union home delivery area, get access to an exact replica of print Times Union online seven days a week



Mountain, Road, Hybrid, Kids, BMX

#### **TREK • SPECIALIZED EASTERN • STOLEN**

Expert Repair Work on All Brands Corner of Quaker Rd and Ridge Rd Queensbury

www.ricksbikeshop.com

(518) 793-8986

#### "the largest

in the Capital Region"

- 50km trails including 35km groomed
- Night skiing by reservation
- · Season rentals for children
- · Snowshoe rental, trails & organized hikes
- Complete ski rentals & sales life looks good from here

1509 Plank Road, East Poestenkill, NY

(518) 283-3652 • www.pineridgexc.com



- 3-11 IPC Nordic Skiing Continental Cup & US Paralympic Nationals. Craftsbury, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- Friday Ski Jam. 6:30pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- HURT Mega-Relay XC Race. 10am. 3-8 skiers, 6-hour team relay on 5K race loop. Garnet Hill Lodge, North River. Dave Paarlberg-Kvam: 585-944-1610. nyssranordic.org.
- Winter Trails Day: Try XC Skiing. 2-4:30pm. Free. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Pineridge Ski Fest. Free beginner lessons: 11am & 1pm. Free XC downhill clinic: 12pm. Register: 283-3652.
- Old Forge Junior Nationals Qualifier. Old Forge. nyssranordic.org.
- Glens Falls Freestyle. 7.5K/5K. 656-3127. Crandall Park, Glens Falls. 656-3127. nyssranordic.org.
- Queensbury Invitational XC Ski Race. Wilkinson Cup #3. Queensbury. nyssranordic.org.
- Rochester XC Ski Race. Skate. Rochester. nyssranordic.org. 17
- HURT-athon XC Ski Race. 7.5K/5K/15K Classic. Cole's Woods, Queensbury. Dave Paarlberg-Kvam: 585-944-1610. nyssranordic.org.
- Full Moon Snowshoe/Ski. 6-9pm. Guided snowshoe tour: 7pm. Refreshments, bonfire. Register: 283-3652. Pineridge XC Ski Center, Poestenkill. pineridgexc.com.
- Lapland Ladies Love to Ski: Classic. 9:30am. All welcome. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Full Moon Ski & Party. Cascade, Lake Placid. 523-9605. cascadeski.com.
- ADK Vauthi Duathlon. 4K classic & 4K freestyle. 12pm. Saratoga Biathlon Club, Day. nyssranordic.org.
- 23-24 Rochester Youth Skiing Festival/Mid-Atlantic Bill Koch Festival. U14. Sat: skate. Sun: classic. Bristol Mountain, Canandaigua. 585-755-4432. nyssranordic.org.
- Shenendehowa Classic XC Race. 5K: U16, U18. 10K: open. BKYSL. 11am. Saratoga Biathlon Club, Day. Eric Hamilton: 371-7548. nyssranordic.org.
- Craftsbury Ski Marathon. Classic. Adult 50K/25K. Student (grade 9+) 50K/25K. Student (grade 8-)/BKL 25K. 9am. Craftsbury Outdoor Center, Craftsbury Common, VT.
- 30-31 USSA Super Tour / Junior National Qualifier / Harry Eldridge Memorial Races. Sat: Freestyle. Sun: Classic. Mt. Van Hoevenberg, Lake Placid. 523-2811. mtvanhoevenberg.com.
- Saratoga Sprint & Pursuit XC Ski Races. Sat: Sprint. Sun: Pursuit. Saratoga Biathlon Club, Hadley. nyssranordic.org.

#### FEBRUARY

- Empire State Winter Games. Fri: freestyle sprint. Sat: freestyle. Sun: classic (Wilkinson Cup #4). Lake Placid. empirestatewintergames.com.
- Candlelight Ski & Snowshoe. 6-8:30pm. Ice skating, bonfire, food/drinks. Bring 2+ canned goods. Saratoga Spa SP, Saratoga Springs. Alli Schweizer: 584-2000 x116. nysparks.com.
- Polar Bear Sprint Race. McCauley Mtn Ski Center, Old Forge. nyssranordic.org.
- Saturday Night Rush Hour Nordic & Snowshoe Race. 3.6K/1.8K. 5pm. Ski Bowl, Gore Mountain, North Creek. 251-2411. goremountain.com.
- Full Moon Ski & Party. Cascade, Lake Placid. 523-9605. cascadeski.com.
- Lake Placid Nordic Festival. Fri: Winter Carnival. Sat: Citizen's Challenge XC Ski Race, 6.25K/12.5K. Sun: Loppet/ Kort Loppet XC Ski Marathon. Mt. Van Hoevenberg, Lake Placid. 523-2811. lakeplacidnordicfestival.com.
- Winona Forest Tourathon. 12.5/25/37.5/50K. 8am. Winona SF, CCC Camp, Mannsville. 315-298-6993. winonaforest.com.
- 34th Lake Placid Loppet Ski Marathon. 50K Loppet or 25K Kort Loppet: Classic & Skate. Open to racing & rec skiers. Mt. Van Hoevenberg, Lake Placid. 523-2811. lakeplacidnordicfestival.com.
- 23-26 Children Learn To Ski Week. Ages 6-12. Rentals, lessons. Register: 283-3652. Pineridge XC Ski Center, Poestenkill. pineridgexc.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: 1/4-2/13. 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.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

#### HIKING, SNOWSHOEING & CLIMBING

#### **DECEMBER**

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

#### JANUARY

- Starlight Guided Snowshoe Tour. 6:30pm. Bring headlamp. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Esther Mtn Hike. 6.6M. 8am: Candyman Shop, Wilmington. Adirondack Mtn Club: 523-3441. adk.org.
- Winter Trails Day: Try Snowshoeing. 2-4:30pm. Free. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Winterfest/National Winter Trails Day. Snowshoeing, skiing, workshops, food, music. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Table Top Hike. 10M. 8am. Adirondak Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 16-18 Winter Teen Adventure. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Full Moon Snowshoe/Ski. 6-9pm. Guided snowshoe tour: 7pm. Register: 283-3652. Pineridge XC Ski Center, Poestenkill. pineridgexc.com.
- Full Moon Guided Snowshoe Tour. 6:30pm. Bring headlamp. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Young Member Winter Adventure. Ages 18-40. Heart Lake Program Center, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Historic Snowshoe Hike. 10:30am. Register: 283-3652. Pineridge XC Ski Center, Poestenkill. pineridgexc.com.

#### **FEBRUARY**

- Sweetheart Guided Snowshoe Tour. 6:30pm. Bring head-13
- lamp. Lapland Lake, Northville. 863-4974. laplandlake.com. Full Moon Snowshoe/Ski. 6-9pm. Guided snowshoe tour: 7pm. Register: 283-3652. Pineridge XC Ski Center, Poestenkill. pineridgexc.com.
- Moonlight Guided Snowshoe Tour. 6:30pm. Bring headlamp. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Street & Nye Mtn Hike. 9M. 8am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Phelps Hike. 7M. Adirondack Mtn Club: 523-3441. adk.org.

#### **ICE & SPEED SKATING**

#### **DECEMBER**

- Lake Placid Golden Skates Marathon. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.
- Charles Jewtraw Allround Championship. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating wildapricot.org

#### JANUARY

22-23 Jack Shea Sprint Championship. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.







MARCH 5 & 6 Saturday 10-5 • Sunday 10-4

SARATOGA SPRINGS CITY CENTER 522 Broadway (next to Saratoga Hilton)

**Everything You Need** For Summer Sports!

Running • Cycling • Triathlon • Hiking Paddling • Healthy Living • Travel

#### **125 Exhibitors**

Sales on Summer/Winter Gear, Clothing & Footwear

Prizes & Giveaways

**Demos, Seminars & Clinics** 

**Family Activities** 8.000 Attendees

AdkSports.com

(518) 877-8788 • Info@AdkSports.com





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

- Virus and Spyware Removal
- Data Backup and Recovery

Your Business or Home IT Department at Affordable Prices!

Contact Mike Kaplan at (518) 796-6951 or Mike@ITRNY.com

SERVING THE ALBANY, SARATOGA, GLENS FALLS AND ADIRONDACK REGION

**TBT = total body training**  $\star$  1st class is free  $\star$ 

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

TRX - Kettlebell - Weights Battle Ropes - Medicine Balls Six Week Sessions: January 4 - February 13 M/W/F 5:15am or 6:30am Tu/Th 9:30am & Sat 7:30am

522-9765 RockYourFitnessNY.com

#### HMRRG

• 40th ANNUAL • Hangover Half-Marathon & Bill Hogan 3.5-Mile Run/Walk

Start the New Year right with a long run! Friday, January 1 at 12 noon Phys Ed Building, University at Albany

Register: Day of race – all welcome! HMRRC: Free • Non-Members: \$5

Vince Wenger: VW1319@aol.com www.hmrrc.com

#### Holiday Classic 5K Run/Walk

Saturday, Dec. 19 at 10am Columbia-Greene Community College

Run along country roads Running gloves to first 150 preregistered 5yr age groups, refreshments, door prizes

4400 Route 23, Hudson

Register online and save:

Active.com

Phil Carducci (518) 861-6350 holidayclassic@nycap.rr.com



SAVE THE DATE • IT'LL BE HERE BEFORE YOU KNOW IT!

MARCH 5 & 6

Saturday 10-5 • Sunday 10-4

SARATOGA SPRINGS CITY CENTER 522 Broadway (next to Saratoga Hilton)

**Everything You Need** 

For Summer Sports!

Running • Cycling • Triathlon • Hiking

Paddling • Healthy Living • Travel

**125 Exhibitors** 

Sales on Summer/Winter Gear,

Clothing & Footwear

**Prizes & Giveaways** 

**Demos, Seminars & Clinics** 

**Family Activities** 

8.000 Attendees

AdkSports.com

(518) 877-8788 • Info@AdkSports.com

#### **FEBRUARY**

- Empire State Winter Games: Speed Skating. Lake Placid. empirestatewintergames.com.
- 26-27 Irving Jaffee Single Distance Championships. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeed.com.

#### **MOUNTAINEERING & WILDERNESS SKILLS**

#### **DECEMBER**

Wilderness First Aid. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

#### JANUARY

- GPS 101. Classroom/outdoors. 9am. Member Service Center, Lake George. Adirondack Mountain Club: 523-3441. adk.org.
- 16-18 Winter Teen Adventure. Ages 14-17. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Wilderness First Responder/SOLO Certified. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndakinnacenter.org.
- 23-24 Winter Skills Weekend. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org
- 28-2/3 Winter Mountaineering School. Adirondak Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Winter Tracks & Trails Indoor Intensive. 1-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- Backwoods Training & Winter Survival Snowshoe Trek. 1-4pm. Ndakinna, Greenfield Center. 583-9958. ndakinnacenter.org.

#### **FEBRUARY**

13-15 Intro to Winter Camping. 9am. Adirondak Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

#### **MULTISPORT: TRIATHLON & DUATHLON DECEMBER**

Saratoga Tri Club Winter Speaker Series: Planning Your Season. 6pm. iRun Local, Saratoga Springs. saratogatriclub.org

#### **NORDIC: BIATHLON & ORIENTEERING**

#### ONGOING

Paintball Biathlon: 1/17, 1/24, 2/7, 3/13. 10am. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.

#### **DECEMBER**

Ski Orienteering. Fun for solo/groups. All welcome. Reg: 11am-1pm. Lapland Lake, Northville. 863-4974. laplandlake.com.

#### JANUARY

- Ski-Orienteering Meet. 11am. Mendon Ponds Park, Honeoye Falls. empo.us.orienteering.org.
- Paintball Biathlon. 3K/5K Snowshoe, 3K Run/Walk, Classic or free style cross country ski. 10am. Pineridge XC Ski Center, Poestenkill. 283-3652. pineridgexc.com.

#### **FEBRUARY**

- Ski and Snowshoe Orienteering Meet. Register: 283-3652. Pineridge XC Ski Center, Poestenkill. pineridgexc.com.
- North American Biathlon Cup #5. Ethan Allen Biathlon
- Center, Jericho, Vt. eabiathlon.org. 27-28 Nor-Am Biathlon. Mt. Van Hoevenberg, Lake Placid. 523-2811. mtvanhoevenberg.com.

#### **OTHER EVENTS**

#### ONGOING

Team In Training Saratoga County Group Run/Walk Training: 12/3-1/28/16.6pm. National Museum of Dance, Saratoga Springs. Elizabeth Spaide: 417-3447. lls.org.

#### **DECEMBER**

Toboggan Making Workshop. Adirondack Folk School, Lake Luzerne. 696-2400. adirondackfolkschool.org.

- Children's Pull Sled Workshop. Adirondack Folk School, Lake Luzerne. 696-2400. adirondackfolkschool.org.
- Team In Training Saratoga County Group Run/Walk Training. 6pm. National Museum of Dance, Saratoga Springs. Elizabeth Spaide: 417-3447. lls.org. teamintraining.org.
- 11-13 Holiday Village Stroll. Jingle Bell Run, music, parade. Lake Placid. 523-2445. holidayvillagestroll.com.

#### JANUARY

- "Feelin' Long Lakey" Polar Bear Plunge. 1pm. Benefits Wounded Warrior Project. Long Lake Town Beach, Long Lake. 624-3077. mylonglake.com.
- Team In Training Summer Season Info Session. 4:30-6:30pm. Albany JCC, Albany. Elizabeth Spaide: 417-3447. lls.org. teamintraining.org.
- Long Lake Winter Carnival. Long Lake. 624-3077. mylonglake.com.
- Purple Tie Affair. 7pm-midnight. Food, drink, live music, dancing, raffles, prizes. Benefit for Leukemia & Lymphoma Society TNT & Nick's Fight To Be Healed Foundation. National Museum of Dance, Saratoga Springs. purpletieaffair.org
- Team In Training Summer Season Info Session. 5:30-6:30pm. Albany JCC Fitness Center, Albany. Elizabeth Spaide: 417-3447. lls.org. teamintraining.org.
- 21st Frost Faire. 11am-3pm. Sledding, horse-drawn wagon rides, scavenger hunt (12pm), crafts, games, dancing, hot choc, cookies, bonfire. Saratoga National Historical Park, Stillwater. 670-2985. nps.gov/sara.

#### **FEBRUARY**

- Team In Training Summer Season Kick Off. 6-7:30pm. Salty's Pub, Clifton Park. Elizabeth Spaide: 417-3447. lls. org. teamintraining.org.
- Women's Weekend. YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. lakegeorgecamp.org.
- Family Winter Wonderland Days. YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. lakegeorgecamp.org.
- 13-14 Raquette Lake Winter Carnival. Raquette Lake. 624-3077. mylonglake.com.
- 13-20 Winter Wonderland Week. Long Lake. 624-3077.
- Family Winter Wonderland Days. YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. lakegeorgecamp.org.

#### MARCH

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

#### **PADDLING & ROWING** ONGOING

Whitewater Pool Sessions: 1/5-3/8. 7:30-9pm. Cohoes Community Center, Cohoes. adk-schenectady.org.

Whitewater Pool Sessions: 1/7-3/10. 7:30-9:30pm. Duanesburg Area Comm Center, Duanesburg. adk-schenectady.org.

#### **DECEMBER**

Kayak Rescue & Recovery. 7:30-9:15pm. Duanesburg Area Comm Center, Duanesburg. onewithwater.com.

#### **RUNNING & SNOWSHOE RACING**

#### ONGOING

- Daily Registration for Walt Disney Marathon Weekend, 1/7-10. Team In Training. Albany. Leukemia & Lymphoma Society: 438-3583. teamintraining.org/uny.
- Daily Fleet Feet Distance Project: 10K/15K & No Boundaries 5K. Fleet Feet Albany & Malta. 459-3338. fleetfeetalbany.com.
- Fleet Feet Running Club. 6pm. Locations vary. Fleet Feet Albany & Malta. 459-3338. fleetfeetalbany.com.
  - Fleet Feet Running Club. 8am. Locations vary. Fleet Feet Albany & Malta. 459-3338. fleetfeetalbany.com.



#### **CENTER** FOR PREVENTIVE MEDICINE

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

Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

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

**New Location** 

Capital Care Medical Group • Center For Preventive Medicine 501 New Karner Rd., Albany • 518-640-3260

 $\textbf{Centerfor Preventive Medicine.com} \bullet \textbf{North Country Acupuncture.com} \bullet \textbf{Cap Care.com}$ 

Reach 50,000 sports, fitness & healthy living enthusiasts each month... **Advertise** effectively with US! (518) 877-8788 Darryl@AdkSports.com

Media Kit: AdkSports.com



Receive our latest posts on Facebook Share your feedback, comments, events and pictures Help your friends discover ASF



# Fulmont Roadrunners Club's 30th Annual WINTER WIMP FOOT RACE



Saturday, January 9 1:00 pm

4.4 or 2.2 miles Snow or Shine! Hagaman Fire House, 126 S. Pawling St, Hagaman (just north of Amsterdam) **New!** Register online: zippyreg.com

Info/Entry Form: www.fmrrc.org Day of race registration: 11am to 12:30pm Special race souvenirs to first 150 registered **Questions?** Rick Vertucci 857-9025

Portion of entry fee to James Dern Memorial Scholarship Fund.

#### The Adirondack Runners present. 4-Mile Reindeer Run

Sunday, December 6th SUNY Adirondack, Queensbury 4-Mile Road Race at 9am

& Reindeer Run, Jr.

1M Children's Fun Run following race Long-sleeve shirt to New 4-Mile

first 125 4-mile entrants

#### Register online at Active.com

Entry Form at AdirondackRunners.org All proceeds benefit Cindy's Comfort Camp CindysComfortCamp.com

## TRY SNOWSHOEING

Saratoga Winterfest 5K

Sunday, February 7 at 11am

Saratoga Spa State Park

Saratoga Springs

#### Camp Saratoga 8K

Saturday, February 13 at 10:30am Wilton Wildlife Preserve & Park, Wilton

Register Online/Entry Form: www.saratogastryders.org

\$20 preregistered (with shirt) or \$25 day of race (with shirt if available) Pre-registered only: Free for age 65-over & 12-under • Free lunch for all Pre-register only: \$30 for both races (1 shirt) • Runners & hikers welcome! Loaners (\$5): Dion Snowshoes (call/email to reserve) • Dion Snowshoe Series

More info: Laura Clark • laura@saratogastryders.org or 518-581-1278

#### DECEMBER

- Jingle Bell Run/Walk 5K. 5K & Snowman Shuffle 1M: 10am. Kids reindeer run: 9:30am. Raymour & Flanagan, Clifton Park. Heidi Barcomb: 456-1203. jbr.org.
- ARE Adventure Race. 4-8M. 10am. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- Miles for Meals. 5K. Rome Family Y, Rome.
- Jingle Bell 5K Snowshoe Race. 2pm. Paul Smith's College VIC, Paul Smiths. Jim Tucker: 651-6436. empirestatesnowshoe.org.
- Ugly Christmas Sweater 5K. 9am. Fun Run: 8:30am. St. Mary's School, Cortland. doublekraces.com.
- 36th Knights of Columbus Holiday Run. 5K: 10:30am.1M:
- 10am. Knights of Columbus, Wappingers Falls. mhrrc.org. 1st Tinsel Trot 5K Fun Run. 10am. Rock Hill. Tim Billias:
- 4-Mile Reindeer Run & Reindeer Run Jr. 4M run/walk (new course!): 9am. 1M childrens' fun run: 10:15am. SUNY Adirondack, Queensbury. reindeerrun@adirondackrunners.org. adirondackrunners.org.
- 32nd Reindeer Ramble 5K Road Race & Competitive Walk. 1pm. YMCA, Kingston. Eleni: 845-338-3810. ymcaulster.org.
- 10th Santa Speedo Sprint. 800m. 2pm. Lark Street, Albany. albanysociety.org.
- Winter Wonderland 5K. 8:30am. YMCA, Delmar. Randal Thomas: 439-4394. cdymca.org.
- HMRRC Doug Bowden Winter Series #1: 3M & 15K. 10am. UAlbany, Albany. hmrrc.com.
- CW-X Compression Tights Demo Night. 5-7pm. Free. Fleet Feet, Malta. 400-1213. fleetfeetalbany.com.
- 19th Holiday Classic 5K Run/Walk. 10am. Columbia-Greene Community College, Hudson. Phil Carducci: 861-6350. active.com.
- Dion Snowshoe Demo. 8am. Gideon Putnam Lot, Saratoga Spa SP, Saratoga Springs. (No snow date: 1/2/16). Fleet Feet Malta: 400-1213. fleetfeetalbany.com.
- 19th Albany Last Run 5K. 5pm. Albany City Hall, Albany. 434-2032. albanyevents.org.
- 18th First Night Saratoga 5K Run. 5:30pm. Skidmore College, Saratoga Springs. Saratoga Arts: 584-4132. saratoga-arts.org.
- New Year's Eve 5K. 2pm. Pavilion Building, Montpelier, VT.
- NYRR Midnight Run. 4M. 11:59pm. Dancing, costumes, fireworks. Central Park, New York. nyrr.org.

#### JANUARY

- 40th HMRRC Hangover Half-Marathon & Bill Hogan 3.5M Run/Walk. 12pm. Phys Ed Building, UAlbany, Albany. Vince Wenger: vw1319@aol.com. hmrrc.com.
- Resolution Run. 5K & 2.5M Walk: 11am. 1K Kids Run: 11:30am. Heritage Museum, Ticonderoga. lachute.us.
- 6th Big A's 5K. 10am. Queensbury MS, Queensbury. Rebecca Smith: 338-8444.
- Recover from the Holidays. Up to 50K. 9am. Norrie Point SP, Staatsburg. Pete Colaizzo: 845-309-3640. mhrrc.org.
- Frozen Assets 5K Snowshoe Race. 10am. Harriet Hollister Spencer SRA, Springwater. roadsarepoison.com.
- 30th Winter Wimp Foot Race. 2.2M/4.4M. 1pm. Firehouse, Hagaman. Rick Vertucci: 857-9025. fmrrc.org.
- Hilltop Orchards 5K Snowshoe Race. 10am. WMAC Series. Hilltop Nordic Center, Richmond, MA. Tom Wright: 567-7201. capitalregionnordicalliance.org.
- Winter Warrior Half Marathon & Relay. 13.1M. 4pm. Rochester Tech Park, Rochester. runsignup.com.
- HMRRC Winter Series #3: 3M, 10K, 25K. 10am. University at Albany, Albany, hmrrc.com.
- Stone Wall 5K Snowshoe Race. 10:30am. Winona Forest RA, Mannsville. Matt Westerlund: 315-657-3480. winonaforest.org Purple Tie Affair. 7pm-midnight. Food, drink, live music,
- dancing, raffles, prizes. Benefit for Leukemia & Lymphoma Society TNT & Nick's Fight To Be Healed Foundation. National Museum of Dance, Saratoga Springs. purpletieaffair.org.
- HMRRC Winter Series #4: 3M, 15K, 30K. 10am. University at Albany, Albany. hmrrc.com.

- Cock-A-Doodle-Shoe Snowshoe Race. 10am. 10K men/ women, 5K juniors/citizens, 0.5M kids. New Land Trust, Saranac. Jeremy Drowne: 376-1809. cockadoodleshoe.com.
- Greenwood Gallop 5K Snowshoe Race. Mt Prospect, Woodford, VT. runwmac.com.
- Winterfest Snowshoe Race. 10K men/women: 11am. 5K juniors/citizens. Mendon Ponds Co Park, Honeoye Falls. roadsarepoison.com.
- Hoot Toot & Whistle 5K Snowshoe Race, WMAC Series. Readsboro ES, Readsboro, VT. Bob Dion: 802-423-7537. dionsnowshoes.com.
- Challenge the Mountain Snowshoe Race. 12pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- NYRR Fred Lebow Manhattan Half Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.
- Curly's Record Run 4M Snowshoe Race. WMAC Series. Pittsfield SF, Pittsfield, MA. Theresa Apple: pacuterry@aol. com. runwmac.com.
- HMRRC Winter Series #5: 4M, 10M, 20M. 10am. University at Albany, Albany. hmrrc.com.
- Super Frosty Loomis Snowshoe Race. 5K/10K. 10am. Hammond Hill State Forest, Ithaca. fingerlakesrunners.org.

#### **FEBRUARY**

- Polar Cap 4M Run. 10am. Sacred Heart Parish Hall, Lake George. adirondackrunners.org.
- Northfield 4M Snowshoe Race. WMAC Series. Northfield XC Ski Center, Northfield, MA. northfieldmountain.blogspot.com.
- Cast a Shadow 6-Hour & 4M Snowshoe Race. Black Creek Park, North Chili. roadsarepoison.com.
- 17th Saratoga Winterfest 5K Snowshoe Race. 11am. WMAC Series. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. saratogastryders.org.
- Saranac Lake Winter Carnival Snowshoe Race. 6pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 12th Camp Saratoga 8K Snowshoe Race. 10:30am. WMAC Series. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- 43rd HMRRC Winter Marathon & Marathon Relay. 10am. University at Albany, Albany. Dana Peterson: 331-5490.
- Empire State Snowshoe Racing Championship. 10K men/ women, 5K juniors. Oak Mountain, Speculator. Jim Tucker: 651-6436. empirestatesnowshoe.org.
- Winter Wild Uphill/Downhill Race. Open, Track Skis, Telemark, Heavy Metal. 7am. Okemo, Ludlow, VT. 603-558-2352, newinterwild.com.
- WMDP Snowshoe Scramble 5K/10K. 10am. Bray Lake, Mt. Tom, Holyoke, MA. runwmac.com.
- Brave the Blizzard 5K Snowshoe Race, 10am, WMAC Series. Guilderland ES, Guilderland. Claire Watts: cwatts@areep. com. areep.com.
- Snow Summit 5K Snowshoe. Mount Prospect, Woodford, VT. runwmac.com.
- Bay State Games 10K Snowshoe Race. WMAC Series. Savoy SF, Florida, MA. runwmac.com.

#### JUNE

12th Lake Placid Marathon & Half Marathon. 26.2M/13.1M. 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidmarathon.com.

#### **SWIMMING DECEMBER**

Paltz. Alice Laughlin: 914-466-5956. totalimmersion.net.

#### JANUARY

Happy New Year Meet. Mohonasen HS, Rotterdam. adms.org.

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.

# Lake Placid Marathon

**SUNDAY, JUNE 12, 2016** 

LAKE PLACID, NEW YORK, USA

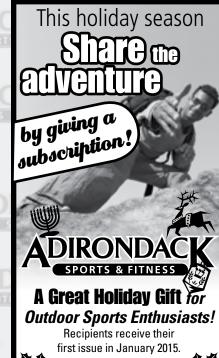
#### **MARATHON HALF MARATHON**

Ranked as a Top U.S. "Destination Race"



2016 Registration via www.lakeplacidmarathon.com www.active.com

info@lakeplacidmarathon.com



Giving is Easy! 🎉 Online: Visit AdkSports.com for secure

ordering with credit card By Mail: Complete subscription form in this issue and mail check or money order Holiday orders accepted through 12/31/14

**Enjoy everything** you love about the magazine anytime on any device

DIRONDACK adksports.com

CURRENT ISSUE & ARTICLES NEWS BRIEFS

**CALENDAR OF EVENTS** 

► PAST ISSUES

EXPO

► ASF GEAR **► SUBSCRIBE** 



















Skiing can be an expensive sport, but if you know how to take advantage of the many deals and discounts that are available you can easily ski or ride all winter without buying a single full-price lift ticket. Here are some tips to help you hit the slopes on the cheap:

#### SKI LOCAL

You can't beat the cost and convenience of your local ski hill. Not only are lift tickets less costly, you'll save on travel costs as well. Leverage your savings with these deals:

Lift tickets for \$20 are back by popular demand at **West Mountain** (westmtn.net) in Queensbury. Four-hour lift tickets are available Monday and Tuesday nights from 4pm-9pm for only \$20. West also offers a \$20 Breakfast Special and a \$24 Lunch Special. The breakfast special is available every non-holiday Friday from 10am-12pm and includes a two-hour lift ticket, breakfast sandwich, and a cup of coffee in the cafeteria. The lunch special is offered every non-holiday Friday from 12-2pm and includes a two-hour lift ticket, a half sandwich and cup of soup, and a fountain drink in the cafeteria.

Willard Mountain (willard mountain.com) in Easton has \$20 lift tickets on non-holiday Tuesday nights, and two-for-\$30 lift tickets every non-holiday Thursday – bring a friend and you each ski from 4-9pm for just \$15!

Maple Ski Ridge (mapleskiridge.com) in Rotterdam is another good bet for midweek snow time. Ski from 3-9pm for just \$26 on non-holiday Tuesdays through Fridays all winter.

#### SKI OFTEN

Just about all of the larger resorts offer frequent skier cards. These products are a low-cost alternative to a season pass, and pay for themselves in as little as two to three visits. Here's a rundown of some of the best offerings:

The 2015-16 Empire Card (nyski3.com) is one of the best deals out there, and is good at **Gore Mountain**, **Whiteface** and **Belleayre**. For \$99, your first day of skiing and riding is free. After that you get 50% off non-holiday lift tickets Monday through Friday, and 25% off weekends and holidays. On top of that, every sixth visit is free. Bring a friend on any non-holiday Tuesday or Thursday and they get a half-price lift ticket too!

The **Sugarbush** SugarDirect card (sugarbush.com) includes one free lift ticket, 50% off midweek rates, and 20% off weekend and holiday rates. Use the card ten times and ski your 11th day for free. Purchase the card by December 16 for \$99.

**Killington's** \$99 Express Card (killington.com) gets you 50% off midweek lift tickets and 25% off weekend and peak day ticket rates. Use the express Card six times and your seventh visit is free. The express card can also be used at neighboring **Pico Mountain**.

Get a free day of skiing, non-holiday with **Bromley's** \$69 Sun Mountain Card (bromley.com). After that you save \$30 off non-holiday Monday through Friday lift tickets, \$20 off non-holiday weekends, and \$10 off holidays for the rest of the season.

The \$79 **Mount Snow** Fan Fare card (mountsnow.com) includes one free day of skiing (Sunday through Friday, non-holiday, anytime until the end of season), then save 30% on midweek non-holiday lift tickets, 20% on non-holiday weekends, and 10% on holidays.

The **Stratton** X2 Card (stratton.com) offers skiers and riders 35% off non-holiday lift tickets Monday through Friday, 25% off non-holiday weekends and 15% off holidays. The X2 Card costs \$99 and comes pre-loaded with a bonus day that is valid any day, non-holiday, starting January 4, 2016.

#### SKIING WITH KIDS

When you've got kids, you've got to work every possible angle to keep skiing affordable. The I Ski NY "Free for Kids" passport program (iskiny.com) allows third and fourth graders to ski or ride for free up to three times at each participating New York ski area. There is a \$26 processing fee and you must fill out an application with proof of the child's age. Free for Kids passports are available to non-New York residents as well, including Canadians. Vermont has a similar program for fifth graders and details are available at skivermont.com.

Keep **Gore's** Kids Ski Free Weeks on your calendar too. The first week is Monday through Sunday, December 14-20 (goremountain.com). The second week is Saturday through Friday, March 19-25 (goremountain.com).

Lastly, remember that kids six and under ski for free at many New York and Vermont ski areas.

#### JOIN A CLUB

Membership in a ski club can give you access to bus trips and discounted lift tickets. The NY Capital District Ski Council website (nycdsc.org) lists member clubs and has a calendar that is absolutely chock full of discounted ski days at New York and Vermont resorts. Club dues vary, but typically begin at around \$25 for an individual or \$35 for a family. You'll make that back on your first day.

#### OTHER DEALS AND DISCOUNTS

Here are a few more of the best deals and discounts available at ski areas throughout New York and Vermont:

Coca-Cola Why Not Wednesdays at **Gore** and **Whiteface** (whiteface.com): Lift tickets are \$48 when you bring any unopened Coca-Cola product on non-holiday Wednesdays all season long.

At **McCauley Mountain** in Old Forge, Crazy Fridays have \$12 lift tickets every non-holiday Friday this winter (mccauleyny. com) in Old Forge.

Mad River Glen has Roll Back the Clock Day on January 26 where you can ski for \$3.50. Wear green on Saint Patrick's Day on March 17 to ski for \$17. Act like a fool in the ticket booth and you ski two for one on April Fool's Day. More info at madriverglen.com.

At **Bromley** on Family Fridays, every full paying adult can purchase up to three teen or junior tickets for \$20 each with the purchase of an all day lift ticket, and on "2-fer" Tuesdays you get a second lift ticket for free when you buy one all day, full price ticket. There's also \$25 "Dress Like Santa" on Christmas Day; Mom's Day Off on Friday, February 5 where moms can ski or ride all day for a \$20 donation to the Southwestern Vermont Regional Cancer Center; and \$17 lift tickets if you wear green on Saint Patrick's Day, March 17. More info at bromley.com.

Mount Snow celebrates Founder's Day on December 12, with discounted lift tickets online in advance – the first 1,000 tickets will be offered for \$12. On January 10, kids 18 and under pay their age for a lift ticket. On February 12, two people ski for \$59 if you buy in advance online. Saint Patrick's Day lift tickets (March 17) are \$17 when you buy online in advance. More info at mount-snow.com.

One final tip: Don't forget to "like" your favorite ski areas on Facebook. Many ski areas announce special deals and discounts throughout the winter on their pages.

Winter is here and snow is in the air, so get outside to enjoy the best time of year! 📥

Jeff Farbaniec is an avid telemark skier and Adirondack 46er who writes The Saratoga Skier & Hiker (saratogaskier.blogspot.com), a blog of his primarily Adirondack outdoor adventures.









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



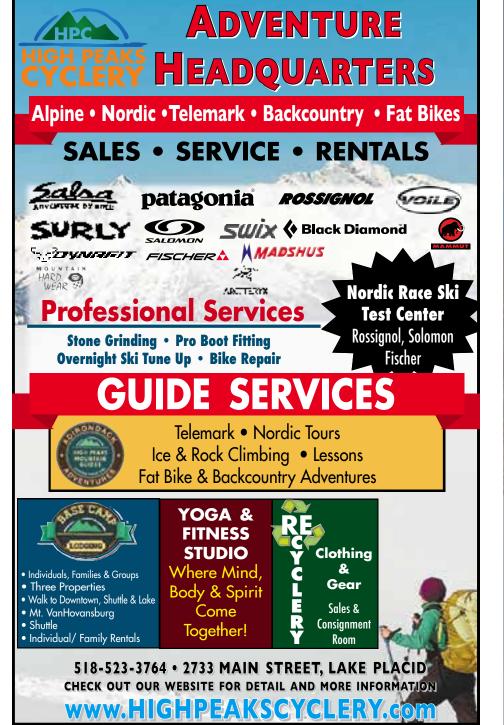


Snow Conditions
Ticket/Gold Pass/
Ski & Stay Deals
Learn To Ski Programs
Mountain Info
and More!

Also 3rd and 4th Graders can Ski For Free!
Visit iskiny.com Today!











VOLUNTEER), EMPIRE

STATE GAMES, WHITEFACE FEBRUARY 2015

#### By Terri-Lynn Pellegri

Abigail Radliff is a 21-year-old young woman with a bright spirit and an infectious enthusiasm. She is a student at Hudson Valley Community College, studying for an associate degree in business, with a concentration in marketing and retail. She has been active in many sports, indeed probably more than most, starting with indoor soccer, then skating, baseball, basketball, cycling, and more recently, rowing. But, the one sport that gives her a thrill like no other is skiing.

Abigail has been skiing since she was 10 and was hooked right from the start. However, although she is passionate about it, she skis only about three times a year. Not that the desire is missing, it's because it takes a lot more coordinating and planning for her than it does for most skiers. Abigail was born with cerebral palsy. Most of her ski days have been at the Adaptive Winter Sports Program at Double H Ranch in Lake Luzerne. Their program is an amazing opportunity for young skiers that have chronic and life threatening illnesses, but, unfortunately, at 21, a person "ages out" of the program.

Now, Abigail is eager to ski at more challenging mountains, including Gore Mountain, but the specialized equipment that she needs is not readily available. The sit ski, also known as a bi ski or mono ski, has to be scheduled weeks in advance for her to have her day, and her way, on the mountain. She wants to change that, and has taken it upon herself to raise the money to purchase the equipment for Gore, not just for her own use, but for others as well.

Having this gear will help Gore further establish an adaptive ski program, which it is in the early stages of doing now. The cost of the bi/mono ski is \$7,500. Abigail and her fundraising campaign is gaining momentum - at press time, she had raised about \$6,400. Check out her Go Fund Me site (gofundme.com/fb5jh69s) to learn more or to support her efforts.

Abigail has many accomplishments she is proud of, with one of them becoming an end-to-ender through the Parks & Trails New York's Cycle the Erie Canal bike tour in 2014. She is very determined and when she sets her mind on a goal, there's nothing that will stop her. Sidelined with a broken arm and frustrated she could not ride her bike during the summer of 2013, she vowed she would ride seriously the following year. In July of the next year, she completed a 400-mile bike ride, over eight days and seven nights, from Buffalo to Albany. Travelling along the Erie Canal, she cycled 30 to 60 miles per day, on a tandem bike with her father, Bob. It had been a goal of hers for a year. She trained by using a stationary bike and riding with her father on their tandem bike near their home

The ride was very physically challenging for Abigail, staying in the same position for hours at a time, and sleeping in tents. After a few days, Abigail wasn't sure if she could continue, but she persevered. They were assisted by their friend, Randi Walker, and many other volunteers along the way. Bob recalls, "I remember one time when we had to cross raised railroad tracks, a family stopped what they were doing, and helped us get over the tracks. People were rallying left and right... it brought out the best in people.

Abigail's interest in rowing was initially sparked by her Stillwater High School gym teacher, Coach Durrant. Shortly thereafter, she connected with the Saratoga Rowing Association at the Adirondack Sports &

Fitness Summer Expo in March 2015, and became determined to join that spring. She raced in her first regatta, Head of the Fish, on October 24 and finished in second place by just one second to a peer. It was a modified regatta for adaptive rowers and younger teams, in conjunction with the SRA on Saratoga Lake. "I want people to know that my disability doesn't stop me. I don't like it when people treat me differently," she says.

The Radliffs were very active as a family when Abigail and her brother were younger. They started out with wilderness canoe trips, primarily in the Adirondacks, at Little Tupper, Osgood River, Bog River and others. They also did some hiking early on when they could easily carry Abigail. And the family always had a basketball court in the driveway and plenty of baseball bats and gloves, footballs, soccer balls and other toys to enjoy. An active lifestyle is what Abigail has always known.

In addition, Abigail and her parents, Bob and Alison, are in agreement that being supported by a community of volunteers has encouraged and enhanced her experiences and achievements. Bob said, "It's certainly one thing that Alison and I appreciate, and Abigail as well, how supportive people often are." Alison agrees. "She always has a lot of support, she always has good people around her. The volunteers in these programs are awesome."

Abigail has words of encouragement for others who may be challenged or apprehensive about learning to ski or trying a new sport. "I want people to know that my

disability does not stop me. You need to give it a shot... to have fun. You should try it! If you don't like something, you don't have to do it again, but you should try!" Abigail is a remarkable young woman.

During the time we spent in conversation at her home, it was clear to me that the friendships she has made through sports are lasting ones. She wanted to thank others for their generosity, to give "shout outs" to so many friends - people that have been important to her. Instead I chose to talk to a few of them to see what they had to say about Abigail.

WITH BRANDON (VOLUNTEER), FISH CREEK REGATTA, OCTOBER 2015.

When I spoke with Double H ski instructor and board member John Ryan, he said, "Abigail is an incredibly determined young lady, an amazing person." Jimmer Hayes (Athlete Profile, March 2015), assistant program director at the Adaptive Sports Foundation at Windham Mountain and winter program consultant at Double H, said it beautifully, "Listening to Abigail's laughter while skiing down the hill is very refreshing in this day and age. I get to share my love of the mountains with someone who enjoys it as much, if not more than I do. That makes it all worth it.'

Consider taking a minute to check out Abigail's site (gofundme.com/fb5jh69s), to learn more about her and support her campaign to purchase adaptive ski equipment for Gore.

Terri-Lynn Pellegri (info@terri-lynnpellegriphotography.com) lives in Saratoga Springs, she is a photographer and a writer, and shares a passion for skiing. She is employed at the Alpine Sport Shop.







If you have questions or need an attorney, please call 518-477-5408

573 Columbia Turnpike • East Greenbush

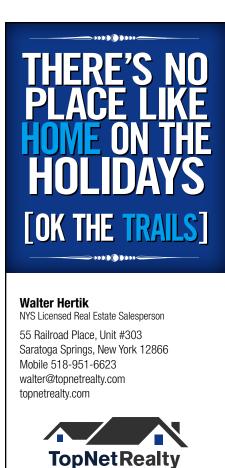
In addition to practicing law, Mr. Schillinger is director of NYCross.com, a CBRC bike racer, and a skiing enthusiast











Get informed Know the market







NYSKI3.COM

#### By Skip Holmes

e have been enjoying all the beautiful fall colors for weeks now. Then, BAM, we wake up one morning to find the landscape has been covered white with SNOW! Life begins at 32 degrees. It immediately sharpens the senses and we try to remember where we put the ice scraper.

Then our thoughts move towards winter activity that we continue to enjoy here in upstate New York. At signs of the first snow I head to the basement and check my Nordic (cross country) ski boots and skis. Are my boots good for another winter? Do my skis need a new coat of wax?

Nordic skiing is my favorite winter sport, and as the cycling season winds down I would rather be out gliding along on a pair of skinny skis, than riding that trainer in the basement. The pleasure of being outdoors on a pair of skis in the backcountry, or on a prepared ski track at one of the many Nordic ski centers in New York is unbeatable. The sound of the skis on fresh snow is music to my ears. If are already smiling then you know the experience I am referring to. If you have not yet tried Nordic skiing then you are in for an enjoyable winter day

Nordic skiing has two distinct styles, classic and skate (freestyle). Classic style skiing has been around for many years and is the way many people were introduced to the sport. Skate style skiing is newer and has gained a great deal of popularity. The equipment is different and the skating technique allows you to go faster, but it does require more effort. Classic skiing is done on a set of parallel tracks, while skate skiing uses a wide groomed lane. There are many Nordic ski centers that offer groomed surfaces for both types of skiing.

Backcountry skiing may require you to break trail at one of many locations such as hiking trails, state parks, and even the local woods can be used. The equipment usually requires a pair of wider skis and they may have metal edges for more control. The ski boots are stiffer and offer more support. Poles have a larger basket for deeper snow conditions. Backcountry skiing can really provide a winter solitude experience.

Getting ready for a winter of Nordic skiing does require some sport specific conditioning. You can find some useful conditioning examples at xcskiacademy.com/training. I also use a pair of roller skis to get an early start to the season and roller ski in my neighborhood where there is little vehicle traffic. I use my bike helmet since crashing into the pavement is not a pleasant experience.

This region offers many locations to Nordic ski. There are ski centers that provide expertly groomed trails, a base lodge to get warm food and beverages, while spending quality postski time with friends and family. Many of these ski centers also have a set of snowshoe trails to explore. They all have a ski shop for sales and rentals, and many offer lessons for those who are new to these winter activities.

**Lapland Lake Nordic Vacation Center** in Northville offers over 45K of groomed trails on rolling terrain, and when the lake freezes over there is even more track to ski on. Longtime customers, Kathy and Paul Zahray, purchased Lapland Lake last year and they're maintaining the high standards for which the resort has become known. There is a large lodge, a woodstove to warm you up, along with a snack bar and restaurant for refueling during and after a day of skiing. Sales and rentals are available, along with a friendly staff to help you, and lessons are available. They also offer many special events including Ladies Days where the instructors are women and you get a full day on the trails. Go to laplandlake.com.

Garnet Hill Lodge and Cross Country Ski Center in North River is located up on a mountain near 13th Lake. An Adirondack gem since 1936, four-year owners Don Preuninger and Mindy Piper have restored Garnet Hill as a

#### CROSS-COUNTRY SKIING

# ife begins 1960 US OLYMPIC C SKIER JOE PETE WILSON REOPENS A ARNET HILL TRAIL ON NOV. 25 THAT HE HELPED BUILD 30 YEARS AGO. **GARNET HILL**



premier year-round destination. It has a lodge with overnight accommodations, a great restaurant, and 55K of groomed trails that traverse the entire area. Wilderness skiing and snowshoeing are available, along with ski sales, rentals and lessons. They have a 'ski down, ride back' shuttle service that will return you to the lodge in case you want to enjoy the downhill terrain without the uphill climb on the way back. See garnet-hill.com.

Pineridge Cross Country Ski Area in East Poestenkill (near Troy), is located on the Rensselaer plateau, and they often get snow when there is none in the Albany area. Developed and owned by Walter Kersch, the ski area prepares for its 32nd season. They have 50K of ski trails including 35K groomed, plus snowshoe trails. Pineridge has a familyfriendly lodge with ski rentals, a woodstove to get warm by, and night skiing by reservation. Visit pineridgexc.com.

Mt. Van Hoevenberg, at the Olympic Sports Complex, has 50K expertly groomed trail system ranging from flat loops to some of the most challenging terrain around, including trails for snowshoeing. New this season is Josie's Cabin, a ski-to destination with delicious food, hot drinks served during weekends, holidays and special events. Exciting stuff: Discover Cross-Country, Discover Biathlon, MVH Views guided snowshoe hikes, Nordic terrain park and more. The lodge offers rentals, lessons, Adirondack-themed bar area, and Green Goddess Natural Foods. Check out whiteface.com.

Cascade Cross-Country Ski Center, near Lake Placid, was opened by Art Jubin just before the 1980 Olympics. Here you will find 20K of groomed trails that interconnect with the

Mt. Van Hoevenberg trails, and you can purchase a trail pass that admits you to both areas - and 50km of the Jackrabbit Trail. Cascade's Nordic shop offers a wide selection of skis and snowshoes for sale and rent, lessons, restaurant/bar and bunkhouse lodging. Their Full Moon Parties with bonfires are on Saturdays, January 23 and February 20, and Friday Night Farm Dinners are new this year. Visit cascadeski.com.

Osceola Tug Hill Cross-Country Ski Center in Camden is 40 miles northwest of Utica. This is the famous Tug Hill plateau area, where owner Hugh Quinn and his crew manage snowfall totals in excess of 200 inches each winter. Osceola offers 40K of groomed trails for skating and classic skiing. Their ski shop has a large inventory of skis for sale, "rentaflexibility" ski rentals, and a trailside camp available for rent. Go to uxcski.com.

Dewey Mountain Recreation Center, one-mile from Saranac Lake, is owned by the town of Harrietstown and managed by Adirondack Lakes and Trails Outfitters. They offer 13K of ski trails and 4K of snowshoeing. The lower trails are groomed for skate/classic skiing, and the upper mountain trails are ungroomed for a backcountry experience. Thanks to the generosity of many, they have improved trails, good grooming equipment, and a new base lodge. Dewey is where local Olympians Bill Demong, Tim Burke and Annelies Cook got their start. They offer Tuesday night races, Friday night ski jams, and a youth ski league. See deweymountain.com.

If you already have been involved in Nordic skiing you might want to consider ramping up your activity level and enter one of the many events that are being scheduled for this winter. Many of the Nordic ski centers host one or more of these events, which are a great way to motivate you to set some training goals for this ski season.

New York Ski Racing Association - Nordic is a familyfriendly organization that supports the development of Nordic skiing, welcoming all ages and novice to expert abilities. They offer a season-long schedule of cross country ski races (classic and skate), biathlon, ski orienteering, Bill Koch youth ski league, and Empire State Winter Games races on February 5-7, 2016. For more information, visit nyssranordic.com.

The 35th annual Craftsbury Ski Marathon is Saturday, January 30 at Craftsbury Outdoor Center in Vermont's Northeast Kingdom. Challenge yourself in the 25 or 50K classic race on some of the most scenic ski terrain in New England with 1,000 competitors of all ages. This year's course will be a 12.5K loop starting and finishing at the center's ski stadium. Onsite lodging is available. For full details, go to: craftsbury.com.

The Lake Placid Nordic Festival is Thursday-Sunday, February 18-21 at Mt. Van Hoevenberg, including ski clinics, demos, parties and headlamp tours. The second annual Citizens Challenge Race is 6.25K and 12.5K on Saturday, February 20 for those new to racing or experienced skiers seeking a fun, community event. The 34th annual Lake Placid Loppet is Sunday, February 21 with hundreds of skiers from the US and Canada. It consists of a 50K Loppet and 25K Kort Loppet in both freestyle and classic technique on the challenging Van Ho trails. For details and registration, visit whiteface.com.

There will be a Nordic event at Garnet Hill Lodge on Sunday, January 9. It is the **HURT Mega Relay XC Ski Race** with three to eight racers for a six-hour race on a 5K loop. Want to be on my team? It sounds like a fun challenge!

Skip Holmes (serottaskip@gmail.com) of Delmar teaches building systems and sustainable design at RPI. He is president of Mohawk-Hudson Cycling Club, and member of Capital Bicycle Racing Club. He can be found biking, kayaking, hiking or XC skiing.







#### New for 2015-2016

- Destination ski to cabin on our beautiful trail system
- **Expanded Nordic Terrain Park**
- **Reconfigured Beginner Trail System**
- **Unique Cross Country and Biathlon Experiences**







ISCOVER, EXPERIENCE AND EXPLORE THE 1980 OLYMPIC CROSS COUNTRY SKI TRAILS OF MT. VAN HOEVENBERG IN LAKE PLACID, NEW YORK

ıary 30-31 iary 18-23 ry 21

ruary 27-28

Grand Opening of Josie's Cabin USSA Super Tour / NENSA Eastern Cup LAKE PLACID NORDIC FEST 6.25 and 12.5 km Ski Challenge Lake Placid Loppet NOR-AM Biathlon





#### 4TH ANNUAL RAGNAR RELAY ADIRONDACKS September 25-26, 2015 • 194 Miles: Saratoga Springs to Lake Placid REGULAR – 12 PERSON TEAMS 3 Wellesley Wigglers 30:57:00 2 Easier Said Than Run 24:19:00 4 Team Livin the Dream 31:04:00 24:22:00 Colt 45 Social Club 23:14:00 CORPORATE/PUBLIC SERVICE MEN 4 Adult Supervision 24:45:00 28:07:00 Strong Hearts Vegan Team Samsung 5 Team Diguekaat 25:15:00 24:08:00 Power "A" 6 Dey Bow Bow 25:15:00 3 Easier Said Than Run 24:19:00 3 PGP RUN 31:04:00 Laufvergnugen 25:42:00 CORPORATE/PUBLIC SERVICE MIXED SUB-MASTERS MEN 8 Lord of the Runs 25:46:00 23:14:00 Colt 45 Social Club 1 6 Fast 6 Furious 9 Against Medical Advice 25:48:00 French Connection 27:16:00 2 Dirty Dozen 28:05:00 10 Nava Hoes & Bros 25:54:00 28:16:00 Run Forrest Run 27:45:00 3 Domain 5 ULTRA – 6 PERSON TEAMS Twenty Four Feet Going Nowhere Fast 28:35:00 OPEN MEN Team R I O T 31:31:00 5 Fiscal Watchdogs Unleashed 28:57:00 1 I Ran With Your Mom Last Night... And **SUB-MASTERS WOMEN** 6 Brodeo 31:12:00 25:30:00 She Beat Me 26:48:00 Bright College Years NewsCred 2 The Raccoons 25:37:00 Saratoga Soul Blisters 28:22:00 8 What a Long Strange Trip Killer Stache 30:05:00 32:27:00 The Right Fit MultiSports 29:25:00 It's Been 4 The Ravenous Pandas 31:18:00 9 Built Steel Tough Girls Gone Miles 34:12:00 5 Bushy Commandos 31:52:00 Barkeater Betties 30:30:00 OPEN MEN OPEN WOMEN Rhinocesaurus Thunder Rocket 24:20:00 Swift(ys) Chicks 32:43:00 1 Household 6 31.33.00 35:16:00 The Sunday Runs 2 Your Workout Is Our Warmup 32:05:00 Sigma Chi ADK Ragnar SUB-MASTERS MIXED 27:38:00 OPEN MIXED 27:40:00 Wine-ing over Ragnar 4 Dougs Humongous Team Rugged Hwang Gang init2winit 28:19:00 The Matt Foleys 29:18:00 5 Runners in Distressed 28:00:00 3 @six loko 29:03:00 My Drinking Team Has a 6 Rabid Chipmunks 28:41:00 Parkers Cronies 29:16:00 Ragnar Problem 30:00:00 29:38:00 On On Dacks 29:47:00 Ultra Furlong 30:30:00 Run Like the Winded 30:50:00 8 There's got to be a Closer Lake 6 Ultra Long Run to the Pub 30:23:00 Running Down My Leg 31:27:00 9 Pardon Our Dust 30:42:00 7 Ultra Bad! (Idea) 32:14:00 30:39:00 10 Fleet Feet Rocs in the Buff 30:44:00 8 Longest Beer Run Ever 31:10:00 Band of Misfits 33:32:00 **OPEN WOMEN** 9 Ragnar is the New Black 31:18:00 28:15:00 Kingdom Runners 33:35:00 1 Baby Got Track 10 NarciSix 31:37:00 Victorious Secret 30:10:00 SUB-MASTERS MEN MASTERS MEN 3 Blisters in the Night 30:19:00 Gene Frenkle and the Sandbagger Track Club 24:54:00 4 Energizer Hunnies 30:43:00 Twisted Ankles 25:05:00 SUB-MASTERS MIXED 31:17:00 5 Baby got... ADK 6 Fit Bits Live Laugh Run Runs of Anarchy 31:42:00 Screaming Geckos 30:13:00 31:50:00 33:00:00 **MASTERS WOMEN** 7 Women of Steel 32:44:00 We Heart Boobies 30:47:00 MASTERS MEN Smells Like Team Spirit 33:09:00 Rugged Runners 2 Old Forged Friends 33:14:00 33:30:00 1 Larry's Lunatics 26:05:00 **MASTERS MIXED MASTERS MIXED** 10 Choose To Run 33:36:00 Crying Shames 29:30:00 **OPEN MIXED** 32:04:00 1 Not a Clue Proud Rird Runners 29:46:00 Strong Hearts Vegan Power "A" 24:08:00 Courtesy of Ragnar Relay

		41	LI A BIBILLA I	MADIO	ZEOLLA '97 5	Z DIIN	1	
	C						•	
	Septembei	26, 20	015 • Albany C	onege o	of Pharmacy & He	aitn Sci	ences, Albany	′
M	ALE OVERALL				MALE AGE GROUP: 35	5 - 39		
1	Edson Chipalo	28	Albany	18:03	<ol> <li>Charles Bergeron</li> </ol>	37	Albany	22:12
2	Thomas Ouellette	22	Albany	19:52	2 David Ricks II	37	Clifton Park	26:46
3	Andy Gilchrist	23	Cropseyville	19:58	FEMALE AGE GROUP:			
FE	MALE OVERALL				<ol> <li>Shelly Graves</li> </ol>	36	Schenectady	28:03
1	Rochelle Whitton	22	Albany	23:33	2 Christine Zeolla	39	Rensselaer	30:16
2	Alicia Bautista	18	Queensbury	23:48	MALE AGE GROUP: 40			
3	Taylor Sullivan	22	Troy	23:48	1 Larry Frederick	41	Niskayuna	21:10
М	ALÉ AGE GROUP: 1 -	14	,		2 Darren Suarez	44	Nassau	25:05
1	Christian Shepard	13	Castleton	31:50	3 Joe Ferrara	41	Rensselaer	25:16
FE	MALE AGE GROUP: 1	1 - 14			FEMALE AGE GROUP:		Calmanatasta	24.52
1	Elena Suarez	14	Nassau	25:05	1 Tracey Faulds	44	Schenectady	24:52
2	Ava Zeolla	9	Rensselaer	29:44	Jennifer Nassivera     Julie Suarez	42 42	East Greenbush Nassau	31:00 31:01
3	Anna Nassivera	8	East Greenbush	29:49	MALE AGE GROUP: 45		NdSSdU	31:01
м	ALE AGE GROUP: 15	- 19			1 Jeffrey Sitzer	49	Slingerlands	23:36
1	Kevin Granger	16	Levittown	20:17	2 Jim Hopsicker	49	Schenectady	23.30
2	David Granger	19	Levittown	24:34	3 Frank Lombardo	48	Natick, MA	25:56
3	Willy Harrison	18	Oneonta	24:48	FEMALE AGE GROUP:		Nation, IVIA	25.50
FE	MALE AGE GROUP: 1	15 - 19			1 Mei Li Delaney	49	Schenectady	44:50
1	Sarah Pacheco	18	Waterford, CT	26:05	2 Kathy Frears	49	Brownville	45:00
2	Katie Walker	17	Albany	30:56	MALE AGE GROUP: 50		Biowiiiic	15.00
3	Lindsay Lombardo	19	Natick, MA	30:56	Pete Ferrera	51	Pittsford	25:52
	ALE AGE GROUP: 20		reaciety in t	50.50	2 Tom Frears	54	Brownville	31:12
1	Gavin O'Brien	22	Poestenkill	20:57	3 Philip Bleier	54	Batavia	46:47
2	Michael Beyer	22	Clifton Park	21:40	FEMALE AGE GROUP:	50 - 54		
3	Matthew Calnan	22	Albany	22:49	<ol> <li>Kim Goodwin</li> </ol>	52	Schenectady	26:19
	MALE AGE GROUP: 2		7 liburry	22.43	2 Renee Vickery	53	Schenectady	35:20
1	Kristen McKeel	22	Albany	27:14	3 Kristen Scholl	51	Schenectady	39:12
2	Amber Van Heusen	20	Rexford	27:51	FEMALE AGE GROUP:			
3	Haley Brandes	20	Lake Placid	32:26	<ol> <li>Cindy Dewey</li> </ol>	58	Albany	28:58
	MALE AGE GROUP: 2		Edice Flacia	32.20	2 Karen Gerety	59	Albany	31:04
1	Lisa Morkowchuk	28	Trov	25:13	3 Mary Calnan	55	Baldwinsville	47:38
2	Wenhui Feng	26	Albany	27:53	MALE AGE GROUP: 60			
3	Katelin Maki	29	Potsdam	29:30	1 Steve Hornung	60	Oneonta	20:25
	ALE AGE GROUP: 30		TOGGGIII	25.50	2 Greg Dewey	63	Albany	25:17
1	Jim Monlea	33	Schenectady	24:02	3 Luigi Tarquinio	61	Rotterdam	26:15
	MALE AGE GROUP: 3		Scrienectady	24.02	FEMALE AGE GROUP:		Dettenden	44.40
1	Tiffany Hammond	30	Schenectady	26:03	1 Kristine Tarquinio	62	Rotterdam	44:49
2	Megan Veselov	30	Schenectady	26:35	MALE AGE GROUP: 65	66 66	Cchanactadu	26:22
3		33	Schenectady	49:22	1 Dave Spina Courtesy of Albany C		Schenectady	
3	ru Chen	33	Scrienectady	49.22	Courtesy of Albany C	onege of F	mannacy & nearth S	tierices

#### **ADIRONDACK MARATHON DISTANCE FESTIVAL HELPERS FUND 5K & 10K RACES**

44		September 26	5, 20	015 • Chestertow	vii iviuii	ıcıp	al Center, Chest	erto	wn
		5K RACE			FEMAL	E AC	GE GROUP: 55 - 59		
	LE OVE				1 31:		Shelley Dixon-Williams	57	Schroon Lake
	16:05	Paul Allison	29	North Creek	2 38:		Evelyn Breeman	59	Randolph, NJ
	20:12	Jacob Beecher	14	Schroon Lake	3 52:		Joann Johnson	56	Hattiesburg, MS
EN	21:25	Gregory Smith VERALL	40	Bear, DE			GROUP: 60 - 64	C 1	Ougonshiir
EIV	21:59	Chloee Larose	13	Marieville, QC	1 23: 2 31:		Jim Goodspeed Ken Gallagher	64 60	Queensbury Smithtown
	22:45	Raven Stanet	12	Hopewell Junction			SE GROUP: 60 - 64	00	SITIUTIOWIT
	23:04	Makayla Laguerre	11	Chestertown	1 25:		Reitha Weeks	63	Seattle, WA
		GROUP: 1 - 9		Chestertown	2 32:		Cheryl Wright	60	Akron
	26:42	Mathieu Durocher	9	St. Jean, QC	3 56:		Bobbie Beckley	64	Nags Head, NC
	26:51	Drake Belrose	8	Schroon Lake			GROUP: 65 - 69	0-1	rags ricad, rec
	29:11	Ryder Turano	9	Chestertown	1 26:		Kenneth Dolecki	69	Oakland, NJ
ΕN	ALE A	GE GROUP: 1 - 9			2 26:		Erik Remar	67	Ulricehamn, SWE
1	:04:37	Rebecca Kelly Weinman	8	Poughquag	3 29:	49	Robert Gosson	69	Willsboro
. 1	:52:43	Ruby Waldron	3	Chestertown	FEMAL	E AC	GE GROUP: 65 - 69		
		GROUP: 10 - 13			1 42:	49	Nadine Magee	69	Pottersville
	24:23	Derrick Loiselle	13	Schroon Lake	2 56:	51	Cecelia Gookin	67	Glens Falls
	25:48	Luke Stout	12	Schroon Lake	3 1:01:	10	Patricia Smith	67	Chestertown
	25:53	Thomas Conway	11	Chestertown	MALE A	<b>AGE</b>	GROUP: 70 - 74		
		GE GROUP: 10 - 13			1 28:	49	Sam Allison	74	North Creek
	31:20	Kiana Laguerre	10	Chestertown	2 38:		George Dutcher	73	Castleton
	31:40	Jessica Brown	12	Greenfield Center			GE GRÖUP: 70 - 74		
	51:45	Jocelyn Scribner	13	Northville	1 55:		Susan Calkin	74	Schroon Lake
		GROUP: 14 - 19	10	Calmana Lal	2 56:		Gloria Lucyzynski	72	Adirondack
	23:36	TJ Garcia	16	Schroon Lake			GROUP: 75 - 79		
	25:24	Oliver Verba	16	Schroon Lake	1 34:		Goete Ivarsson	78	Karlsborg, SWE
	25:59	Anthony Fournier Lapieo	r14	St. Jean, QC	2 56:	28	Peter Oberdorf	77	Adirondack
ΕN		GE GROUP: 14 - 19	15	Schroon Lake	3 1:01:		Leslie Smith	79	Chestertown
	27:07 28:02	Abi Belrose Rachele Beckley	15 17	Schroon Lake Valhalla			GROUP: 80 - 84		
	28:02	Angie Stellabotte	17	Schroon Lake	1 44:	10	Walt McConnell	83	Bolton Landing
EN.		GE GROUP: 20 - 24	17	SCHOOL Lake			10K RAC	E	
LIV	51:28	Meaghan Beckley	24	Poughguag	MALE (	OVE	RALL		
	51:28	Veronica Beckley	21	Valhalla	1 39:		Ben Wisser	15	Schroon Lake
		GROUP: 25 - 29	21	valitalia	2 39:	15	Levi Williams	16	Schroon Lake
-	22:11	Lucas Raymond	26	Pottersville	3 39:		Michael Stalker	52	Burnt Hills
	26:16	Dan Beckley	26	Valhalla	FEMAL				
	40:27	Eric Delnero	25	Jersey City, NJ	1 42:		Beth Stalker	56	Burnt Hills
F٨		GE GROUP: 25 - 29	23	sersey city, 10	2 44:		Brittany Ekleberry	35	New York
	24:58	Cecilia Poulin	26	Newcomb	3 46:		Eve Larose	15	Marieville, QC
	25:53	Anna Reynolds	29	Potsdam			GROUP: 10 - 13		
	35:26	Corrie O'Dea	27	Warrensburg	1 48:		Declan O'Dea	12	Chestertown
		GROUP: 30 - 34					GROUP: 20 - 29		
	25:54	Chris Frank	31	Boston, MA	1 41:		Clark Weyrauch	25	Stillwater, MN
,	27:08	Luke Payro	32	Keeseville	2 44:		Jonathan Stansell	26	Queensbury
3	30:59	Brian Deerr	32	West Islip	3 49:		Matt Breeman	24	Randolph, NJ
ΕN	IALE A	GE GROUP: 30 - 34		·			GE GROUP: 20 - 29	20	
	30:15	Beth Magee	34	Olmstedville	1 54:		Melissa Lewis	29	Auburn
	30:25	Meghan Haskins	33	North Creek	2 54:		Jessica Breeman	27	Randolph, NJ
	30:58	Melissa Swindel	32	New York	3 58:		Lauren Briggs	29	Ballston Lake
ſΑ	LE AGE	GROUP: 35 - 39					GROUP: 30 - 39	22	14/11
	28:33	Michael Wiley	37	Castleton-on-Hudson	1 53:		Charles Britt	33	Walden
	30:59	Jon Collier	35	Waltham, MA	2 54:		Ryan Kelley	38	Auburn
		GE GROUP: 35 - 39			3 58:		Nicholas Cutting	30	Scotch Plains, NJ
	25:11	Kim Meyer	39	Campbell Hall			GE GROUP: 30 - 39	22	Diarmon*
	27:08	Kelly Robbins	39	Chestertown	1 46:		Theresa Militano	32	Piermont
	29:03	Kelly Ryan	35	Albany	2 48:		Catherine Thompson	36	Waterbury Center,
ſΑ		GROUP: 40 - 44			3 56:		Brie Train	36	Hoboken, NJ
	28:38	Kevin Kerwin	40	Schenectady			GROUP: 40 - 49	41	Courth Class Fall
	33:46	Phillippe Lasnier	44	St. Jean, QC	1 40:		Todd Pidgeon	41	South Glens Falls
	34:16	Timothy Taylor	43	Lake Placid	2 42:		Christopher Fuller	49 45	Potsdam
		GE GROUP: 40 - 44			3 46:		Ted Dominy	45	Parishville
	29:01	Zhanna Pendell	40	Chestertown			GE GROUP: 40 - 49	40	Arlington 1/A
	29:24	Marlenebo Boily	42	Beauharnois, QC	1 48:		Suzanne Griesmer	48	Arlington, VA
	31:39	Melinda Burkhardt	43	Warrensburg	2 55:		Alice Halloran	44	Olmstedville
	LE AGE	GROUP: 45 - 49			3 58:		Jennifer Pereau	46	Warrensburg
ΛA		Chris Coyne	45	North Creek			GROUP: 50 - 59	er.	Middloter
ИΑ	30:26	ci i n í	47	Boonton, NJ	1 41:		Gordon Dean	55	Middletown
ΛA	30:26 30:44	Chris Peters			2 44:		David Peterson Donald Proulx	56	Saratoga Springs
ΛA	30:26 30:44 31:51	Mark Diebolt	49	Naples, FL	2 40-			EΛ	Caratoga Carina
ÆΝ	30:26 30:44 31:51 <b>/ALE A</b>	Mark Diebolt GE GROUP: 45 - 49	49		3 48: EEMAI			54	Saratoga Springs
ΈN	30:26 30:44 31:51 <b>/ALE A</b> 27:05	Mark Diebolt <b>GE GROUP: 45 - 49</b> Chantal Lariviere	49 47	Delson, QC	FEMAL	E AC	GE GROUP: 50 - 59		
EΝ	30:26 30:44 31:51 <b>/ALE A</b> 27:05 27:46	Mark Diebolt <b>GE GROUP: 45 - 49</b> Chantal Lariviere Alexandra Berthiaume	49 47 45	Delson, QC Mechanicville	<b>FEMAL</b> 1 46:	<b>E A</b> ( 55	GE GROUP: 50 - 59 Susan Keely	50	Glens Falls
/IA	30:26 30:44 31:51 <b>MALE A</b> ( 27:05 27:46 28:08	Mark Diebolt <b>GE GROUP: 45 - 49</b> Chantal Lariviere Alexandra Berthiaume Sonja Rossi	49 47	Delson, QC	<b>FEMAL</b> 1 46: 2 50:	<b>E A</b> 0 55 21	<b>GE GROUP: 50 - 59</b> Susan Keely Melissa Gallagher	50 54	Glens Falls Smithtown
/A	30:26 30:44 31:51 <b>/ALE A</b> / 27:05 27:46 28:08 <b>LE AGE</b>	Mark Diebolt  GE GROUP: 45 - 49  Chantal Lariviere Alexandra Berthiaume Sonja Rossi E GROUP: 50 - 54	49 47 45 46	Delson, QC Mechanicville Saratoga Springs	<b>FEMAL</b> 1 46: 2 50: 3 50:	<b>E AC</b> 55 21 27	Susan Keely Susan Keely Melissa Gallagher Andrea Peterson	50	Glens Falls
/IA	30:26 30:44 31:51 /ALE A 27:05 27:46 28:08 LE AGE 36:41	Mark Diebolt  GE GROUP: 45 - 49  Chantal Lariviere Alexandra Berthiaume Sonja Rossi  GROUP: 50 - 54  Rich Soto	49 47 45	Delson, QC Mechanicville	FEMAL 1 46: 2 50: 3 50: MALE	E AC 55 21 27 AGE	GE GROUP: 50 - 59 Susan Keely Melissa Gallagher Andrea Peterson GROUP: 60 - 69	50 54 56	Glens Falls Smithtown Saratoga Springs
//A	30:26 30:44 31:51 MALE AGE 27:05 27:46 28:08 LE AGE 36:41 MALE AGE	Mark Diebolt  GE GROUP: 45 - 49  Chantal Lariviere Alexandra Berthiaume Sonja Rossi : GROUP: 50 - 54 Rich Soto GE GROUP: 50 - 54	49 47 45 46 53	Delson, QC Mechanicville Saratoga Springs Mountaintop, PA	FEMAL 1 46: 2 50: 3 50: MALE A 1 50:	E AC 55 21 27 AGE 49	SE GROUP: 50 - 59 Susan Keely Melissa Gallagher Andrea Peterson GROUP: 60 - 69 Mark Schachner	50 54 56	Glens Falls Smithtown Saratoga Springs Lake George
//A	30:26 30:44 31:51 /ALE A 27:05 27:46 28:08 LE AGE 36:41 /ALE A 36:47	Mark Diebolt  GE GROUP: 45 - 49  Chantal Lariviere Alexandra Berthiaume Sonja Rossi  GROUP: 50 - 54  Rich Soto  GE GROUP: 50 - 54  Catherine Carney	49 47 45 46 53	Delson, QC Mechanicville Saratoga Springs Mountaintop, PA Wynantskill	FEMAL 1 46: 2 50: 3 50: MALE A 1 50: 2 57:	E AC 55 21 27 AGE 49 22	SE GROUP: 50 - 59 Susan Keely Melissa Gallagher Andrea Peterson GROUP: 60 - 69 Mark Schachner Georg Oswald	50 54 56 60 64	Glens Falls Smithtown Saratoga Springs Lake George Old Forge
IA IA EN	30:26 30:44 31:51 <b>MALE A</b> (27:05 27:46 28:08 <b>ILE AGE</b> 36:41 <b>MALE A</b> (36:47 36:48	Mark Diebolt  GE GROUP: 45 - 49 Chantal Lariviere Alexandra Berthiaume Sonja Rossi GROUP: 50 - 54 Rich Soto GE GROUP: 50 - 54 Catherine Carney Jean Soto	49 47 45 46 53 53 53	Delson, QC Mechanicville Saratoga Springs Mountaintop, PA Wynantskill Mountaintop, PA	FEMAL 1 46: 2 50: 3 50: MALE A 1 50: 2 57: 3 1:08:	E AC 55 21 27 AGE 49 22 15	SE GROUP: 50 - 59 Susan Keely Melissa Gallagher Andrea Peterson GROUP: 60 - 69 Mark Schachner Georg Oswald William Powers	50 54 56	Glens Falls Smithtown Saratoga Springs Lake George
IA IA EN	30:26 30:44 31:51 <b>MALE A</b> ( 27:05 27:46 28:08 <b>LE AGE</b> 36:41 <b>MALE A</b> ( 36:47 36:48 37:43	Mark Diebolt GE GROUP: 45 - 49 Chantal Lariviere Alexandra Berthiaume Sonja Rossi 6 GROUP: 50 - 54 Rich Soto GE GROUP: 50 - 54 Catherine Carney Jean Soto Lisa Reagan	49 47 45 46 53	Delson, QC Mechanicville Saratoga Springs Mountaintop, PA Wynantskill	FEMAL 1 46: 2 50: 3 50: MALE A 1 50: 2 57: 3 1:08: FEMAL	E AC 55 21 27 AGE 49 22 15 E AC	SE GROUP: 50 - 59 Susan Keely Melissa Gallagher Andrea Peterson GROUP: 60 - 69 Mark Schachner Georg Oswald William Powers SE GROUP: 60 - 69	50 54 56 60 64 61	Glens Falls Smithtown Saratoga Springs Lake George Old Forge Diamond Point
/AA	30:26 30:44 31:51 <b>MALE A</b> ( 27:05 27:46 28:08 <b>LE AGE</b> 36:41 <b>MALE A</b> ( 36:47 36:48 37:43 <b>LE AGE</b>	Mark Diebolt GE GROUP: 45 - 49 Chantal Lariviere Alexandra Berthiaume Sonja Rossi GROUP: 50 - 54 Rich Soto GE GROUP: 50 - 54 Catherine Carney Jean Soto Lisa Reagan E GROUP: 55 - 59	49 47 45 46 53 53 53 50	Delson, QC Mechanicville Saratoga Springs Mountaintop, PA Wynantskill Mountaintop, PA Ossining	FEMAL 1 46: 2 50: 3 50: MALE / 1 50: 2 57: 3 1:08: FEMAL 1 55:	E AC 55 21 27 AGE 49 22 15 E AC	SE GROUP: 50 - 59 Susan Keely Melissa Gallalgher Andrea Peterson GROUP: 60 - 69 Mark Schachner Georg Oswald William Powers SE GROUP: 60 - 69 Karen Costello	50 54 56 60 64 61	Glens Falls Smithtown Saratoga Springs Lake George Old Forge Diamond Point Hague
VIA	30:26 30:44 31:51 <b>MALE A</b> ( 27:05 27:46 28:08 <b>LE AGE</b> 36:41 <b>MALE A</b> ( 36:47 36:48 37:43	Mark Diebolt GE GROUP: 45 - 49 Chantal Lariviere Alexandra Berthiaume Sonja Rossi 6 GROUP: 50 - 54 Rich Soto GE GROUP: 50 - 54 Catherine Carney Jean Soto Lisa Reagan	49 47 45 46 53 53 53	Delson, QC Mechanicville Saratoga Springs Mountaintop, PA Wynantskill Mountaintop, PA	FEMAL 1 46: 2 50: 3 50: MALE A 1 50: 2 57: 3 1:08: FEMAL	E AC 55 21 27 AGE 49 22 15 E AC 12	SE GROUP: 50 - 59 Susan Keely Melissa Gallagher Andrea Peterson GROUP: 60 - 69 Mark Schachner Georg Oswald William Powers SE GROUP: 60 - 69	50 54 56 60 64 61	Glens Falls Smithtown Saratoga Springs Lake George Old Forge Diamond Point

#### ADIRONDACK MARATHON DISTANCE FESTIVAL **ADIRONDACK MARATHON & HALF MARATHON RACES** September 27, 2015 • Schroon Lake Central School, Schroon Lake

MARATHON: 26.2 MILES Top 3 Overall, Top 1 Age Group & Regional Finishers

2:40:57 Jay List 38 Holland 2:52:22 Eric Lipuma 22 Midland Park, NJ 3:01:41 Michael Postaski 33 Maplewood, NJ FEMALE OVERALL

MALE OVERALL 3:14:48 Sabine Fischer-Daly 35 Ithaca 2 3:18:40 Heather Morgan 3 3:19:55 Rachel Sleeter **MALE AGE GROUP: 15 - 19** 17 Queensbury FEMALE AGE GROUP: 15 - 19 19 Ogdensburg 1 5:59:00 Jessica Charron MALE AGE GROUP: 20 - 24 20 Pottersville

#### Are you into it? Mountain Club Hiking Climbing Paddling Biking Backpacking Camping Outdoor Adventure The Adirondacks The Catskills Don't Delay, Join Today 1-800-395-8080 www.adk.org Get into it!

#### CLASSIFIEDS

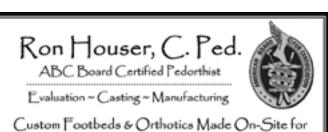
■ VACATION RENTAL - Log house two blocks from Main St in Lake Placid, near river. Nov 15-Apr 15. Sleeps six in large room with loft. Newly renovated. Plowing included. Utilities extra. Contact Brian@HighPeaksCyclery.com.

# **BUSINESS DIRECTORY**









Athletes, Hikers & Everyday Victims of Gravity

Located @ The Mountain Goat, Manchester Center, VT (802) 362-5159 - mgoat@comcast.net

			DACK MARATH					
Αľ	DIRONDACK	M	ARATHON & H	ALF	MARA	THON RAC	ES	continued
	E GROUP: 20 - 24					ROUP: 65 - 69		
3:48:32	Michelyn Little	21	Voorheesville	1	5:38:54	Bill Myers	67	Columbus, OH
26 4:43:51 87 5:44:07	Gretchen O'Leary Jessica Gerrard	20 23	Tupper Lake Blossvale	MA 1	4:52:28	ROUP: 70 - 74 Michael Lafontaine	72	Champlain
	GROUP: 25 - 29	23	BIOSSVale		4:52:28	MARATHON		Champlain
3:11:28		25	New York	TW	O-PERSON	MALE TEAMS	N-1-	AT
8 3:39:22	Paul St. Pierre	26		1	2:50:15		Mich	nael Brady/Alessio Asaro
2 3:40:52	Noah Dingman	25	Brant Lake	2	3:04:14	T-Rex: Kristopher Re	nade	tte/Jeff Greer
3 4:18:13		29	Saratoga Springs	3	3:11:54		ozen/	Chris Neidl
14 4:32:32	Bertil Eirell	29	Troy			I FEMALE TEAMS		
60 5:06:15 00 5:59:39	Brett Fritts Matthew Hunt	29 27	Springfield Center Hudson Falls	1	3:07:00 3:18:38			ikki O'Meara/Sonya Conl
	E GROUP: 25 - 29	21	i iuusui i alis	2	3:18:38			Montrose/Crystal Perno /den/Shannon Kenny
3:40:16	Cassandra Conety	27	Shushan			I MIXED TEAMS	ei boy	den/3nannon Kenny
4:06:58	Rebekah Sykes	29	Saratoga Springs	1	3:10:30		ne Va	arley/Ceferino Alcaide
41 4:50:26	Karina Benninger	27	Howes Cave	2	3:19:21	Madeleine & Frederi		
85 5:41:33	Lizdely Garcia	26	Pawling			Madeleine Bergeron		
	E GROUP: 30 - 34	20	A.II	3	3:26:47		n Mad	dden/Leigh Parker-Ordish
3:41:36 5 3:44:35	Brett Harris Tina Hart	30	Albany Jeffersonville			N MALE TEAMS	I. CI.	.la
01 4:27:35	Frin Everett	33	Jettersonville Hudson	1	2:37:47	Northern Lights Trac		ib Wilson/Brandon Darrah/
23 4:43:01	Emily Bren	31				Michael Schram	Dilaii	Wilson/Diandon Danan/
72 5:19:06	Sarah Carcaci	33		2	3:35:02	Sharon Xy - William	Rose	nfeld & Team
88 5:46:36	Angela Phillips	34	Diamond Point	3	4:05:29	Les Jaguars		
	GROUP: 30 - 34					David Mendoza-Hel	aine/F	Pier-Oliveir Cauchon/
3:14:59	Jared Hart	31	Jeffersonville			Nicolas Canil/Jimmy	Brass	sard
0 3:17:35	Rory Wilson	3	Clayton			N FEMALE TEAMS		
38 4:22:25 38 4:46:13	Louis Vidal	32 34	Albany Troy	1	3:28:15	Saratoga Stryders La		
45 4:46:13	Daniel O'Leary Timothy Tuck	33	Saratoga Springs			Mary O'Hearn	aurer	n Herbs/Mary Fenton/
99 5:59:04	Kenne Moore	30	Oxford	2	3:50:08	Sharon Xx - Emily Ro	senf	eld & Team
	E GROUP: 35 - 39	50	CAIGIG	3	3:57:41	Northern Lights Trac		
3:59:04	Lynley Guckian	37	Honeoye Falls					ever/Kristin Abdelnour/
55 4:09:33	Lisa Rariden	35	Schenectady			Ashley Ryan Blancha	ard	
1 4:22:53	Beth Harvey	37	Amsterdam			N MIXED TEAMS		
28 4:44:11	Cori Wilkerson	38		1	3:01:24	Holy Fit! Not Again.		W.E. III 10 E
36 4:45:16 57 5:04:13	Rachel Parsons Audrey Calvino	38	Greene Castleton-on-Hudson	2	2,20,20		lle I ir	elli/Edward Harvey/Pam Er
	GROUP: 35 - 39	39	Castleton-on-nuuson	2	3:30:29	Saratoga Stryders	fer Fe	erriss/Virginia Larner/
3:14:47	Matthew Fischer-Da	lv 35	Ithaca			Angie Thomas	ici ic	iniss/virginia Larrier/
5 3:30:04	Ryan Heritage	35	Schenectady	3	3:46:24	Flying Stars		
3:59:11	Clint Adair	36	Sackets Harbor			Louise McMullin/An	dre Le	etendre/Francois
8 4:00:08	Nicholas Tichich	39	Saratoga Springs			Bernatchez/Daniel L	aflam	ime
9 4:00:12	Thelonious Johnson		North Branch			HALF MARATHON	: 13.	1 MILES
3 4:23:59	John Salls	39	Ballston Lake		LE OVERA			
19 4:37:58 39 4:48:06	Bobby Powell Marc Koyack	36 35	Albany Annandale-on-Hudson	1	1:19:39	Robert Mullen	22	Riverhead
44 4:52:35	Joseph Malone	35		2	1:21:43 1:22:13	Ian Shultis Nikolay Ryabkov	23 36	Poughkeepsie Oakville, ON
47 4:55:43	Mark Wilson	36			1.22:13 IALE OVE		טכ	Odkville, ON
54 5:00:18	Rob Phillips	38	Broadalbin	1	1:30:45	Samantha Crisafulli	22	Clifton Park
92 5:48:56	Daniel Reid	35	Indian Lake	2	1:34:14	Anna Dunsworth	24	Speculator
	E GROUP: 40 - 44			3	1:35:10	Brigid Heenan	24	Liverpool
3:27:52	Cristina Mariani-Ma		Glen Head			GROUP: 1 - 14		
89 5:48:34	Tracey Hamilton	41		1	1:36:40		14	
90 5:48:46 96 5:51:16	Amy Weakley Amy Vaness	41 42		2 84 A	3:32:30	Jocelyn Scribner	13	Northville
	GROUP: 40 - 44	42	Casactorrorriadsoff		4 20 47	ROUP: 15 - 19	19	Schroon Lake
3:08:19	Matthew Torniainen	40	Fultonville	2	1:38:47	Justin Lough Shawn Mosca	16	Old Westbury
2 3:28:01	Jason Kenny	41	Fort Edward	3	1:51:05	Michael David Stout		Schroon Lake
0 3:46:45	Jonathan Maxson	43	Albany	4	1:58:09	Nate Kishbaugh	23	Rensselaer
2 3:57:39	Michael Werner	40	Dexter	5	2:05:14	Paul Farrell	18	Blackwood, NJ
2 4:06:04	Brian Melanson	40	Schenectady	FEN	IALE AGE	GROUP: 15 - 19		
09 4:28:55	Michael Stanet	40	Hopewell Junction	1	1:49:48	Hannah Kenney	16	Pottersville
11 4:29:10	Timothy O'Mara	42	Wanakena	2	2:03:14	Abigail Grab	17	Underhill, VT
86 5:44:07	Chad Gerrard	43	Blossvale	3	2:05:12	Alexis Holmes	15	Schenectady
4:44:32	E GROUP: 45 - 49 Karen Morris	48	Salisbury, VT	4 84 A	2:52:30	Sadie Holbrook ROUP: 20 - 24	19	Elizabethtown
91 5:48:46	Cassie Winter	48	Taberg	1 1	1:40:39	Tyler Breckenridge	22	Rye
J. J.4U.4U		41	ascig	2	1:44:13	William Lowe	21	North Hudson
MALE AGE (	1KUUP: 45 - 49							

		ADIRO	N	DACK MARAT	HON	DISTA	NCE FESTIV	ΆL	_
	AD	IRONDACK	M	ARATHON & H	IALF	MARA	THON RACE	ES	continued
4	1:49:21	Leslie Zolnik	33	Ithaca	FEN	ALE AGE	GROUP: 55 - 59		
5	1:49:30	Lauren Pepe	31	Boston, MA	1	1:55:56	Donna Horton	55	Cambridge
MA	LE AGE G	ROUP: 35 - 39			2	2:03:42	Sue Patla	57	Matawan, NJ
1	1:25:26	Jeff Dengate	38	Jersey City, NJ	3	2:06:14	Kathy Lopes	57	Fairhaven, MA
2	1:38:30	Justin Casey	35	Watertown	4	2:08:43	Rose Bergeron	59	Essex Junction, VT
3	1:40:00	Akif Zaman	35	Clifton, NJ	5	2:15:09	Gerardine Cox	57	Bronx
4	1:46:03	Jeffrey Train	36	Hoboken, NJ			ROUP: 55 - 59		
5	1:46:23	James Cameron	38	Brooklyn	1	1:31:43	Daniel Edelstein	57	Saranac Lake
		GROUP: 35 - 39			2	1:38:28	Christopher Kunkel	58	Pottersville
1	1:42:13	Julie Branchaud	39	Saint-Lambert, QC	3	1:40:24	Bill Zalan	57	Bedminster, NJ
2	1:44:14	Karen Maciariello	39	Fort Edward	4	1:47:43	Stuart Mesinger	56	South Glens Falls
3	1:45:15	Rachel Solyom	38	Outremont, QC	5	1:48:18	James Scott	58	Vergennes, VT
4	1:45:18	Frances Ness	35	Schenectady	-		GROUP: 60 - 64	20	vergennes, v i
5	1:47:38	Susan Cushman	39	Honeoye Falls				<b>C</b> 2	Calana ataul.
		GROUP: 40 - 44			1	1:50:01	Joan Fucillo	63	Schenectady
1	1:44:09	Genevieve Beauchemin		StLambert, QC	2	2:05:04	Debby Goedeke	62	Delmar
2	1:45:04	Meghan Obrien	41	Maplewood, NJ	3	2:17:36	Jackie Beattie	60	Hampton Bays
3	1:45:14	Brooke Zoller	42	Charlottesville, VA	4	2:21:23	Phyllis Fox	63	Albany
4 5	1:48:17	Shannon Hagadorn	42	Plattsburgh	5	2:21:35	Jacqueline Murphy	63	Colchester, VT
	1:49:47	Nikki Hanagan	41	Buffalo			ROUP: 60 - 64		
		ROUP: 40 - 44	44	Dankankana	1	1:49:29	George Baranauskas		Schenectady
1	1:23:41 1:32:14	Timothy Murphy Jia Forrest	44	Ronkonkoma Brooktondale	2	1:50:25	Matt Degma	61	Rochester
3			40	Bear, DE	3	1:54:48	Norman Chester	61	Oradell, NJ
4	1:34:59 1:38:27	Gregory Smith Todd Williams	40	Altamont	4	1:56:54	Zafir Bludevich	63	Colchester, VT
5	1:38:27	Lotfi Sayahi	44	Voorheesville	5	1:57:16	Jonathan Goodman	60	New York
		GROUP: 45 - 49	44	voorrieesville	FEN	/IALE AGE	GROUP: 65 - 69		
1	1:41:49	Patty Moore	49	Oueensbury	1	2:12:03	Janet Balderston	67	Little Falls
2	1:44:05	Connie Smith	47	Ballston Lake	2	2:36:15	Margaret Mangano	68	Saratoga Springs
3	1:45:17	Regina McGarvey	45	Castleton-on-Hudson	3	3:18:47	Storey Reeves	68	Peru
4	1:46:22	Robin Murray	47	Clifton Park	4	3:46:29	Cornelia Wood	65	Potsdam
5	1:54:46	Catherine Walker	47	New Canaan, CT	5	3:46:30	Carolyn Johnson	67	Morristown
		ROUP: 45 - 49	7,	New Carladii, Ci	MA	LE AGE G	ROUP: 65 - 69		
1	1:24:25	John Genevich	46	Saratoga Springs	1	1:52:21	Steven Pressman	65	High Falls
2	1:31:42	Daniel Stewart	45	Exeter, NH	2	1:59:52	Stephen Page	65	Binghamton
3	1:34:52	Raymond Canavan	49	Clifton Park	3	2:02:08	Donald Houck	65	Buffalo
4	1:42:50	Chris Wacker	45	Rochester	4	2:06:13	Joseph Smith	68	Sherrill
5	1:44:57	Anthony Kenney	47	Pottersville	5	2:15:35	Frank Short	69	Saint Albans, VT
FEN		GROUP: 50 - 54					ROUP: 70 - 74	03	Jailit Albalis, VI
1	1:42:27	Julia Varble	52	Henrietta	1	2:26:50	Douglas Fox	70	Albany
2	1:46:43	Alison Muse	54	Saratoga Springs			-		,
3	1:50:22	Jennifer Weeks	50	Baltimore, MD	2	2:30:57	Larry Bennison	74 70	Sarasota, FL
4	1:53:49	Erika Emigh	53	Wallkill	_	2:48:35	Joseph Charnetski		North Wales, PA
5	1:53:53	Ginny Torncello	52	Cohoes	4	3:07:20	Ray Lee	73	Halfmoon
MA	LE AGE G	ROUP: 50 - 54					ROUP: 75 - 79		
1	1:33:23	Bob Radliff	51	Stillwater	1	2:07:13	John Birmingham	75	Lake Orion, MI
2	1:35:34	Michael Plotkin	52	Ithaca	2	2:53:03	Hing Ching Lam	76	Wayne, NJ
3	1:48:04	Duane Gilmour	52	Sherrill			ROUP: 80 - 84		
4	1:54:13	Tom Gibbons	50	Albany	1	4:40:33	Howard Kestenbaum		Plainview
5	2:02:26	Mark Howe	54	East Greenbush		Courtes	of Adirondack Mara	atho	n Distance Festival

#### **NICK'S 5K RUN TO BE HEALED** September 27, 2015 • Clifton Commons, Clifton Park MALE OVERALL MALE AGE GROUP: 35 - 39 Clifton Park Matt Van der Vee Nicholas Whaley Mike Rosa Aaron Charles 19:11 39 Clifton Park 20:09 21:10 Jersey City, NJ FEMALE OVERALL FEMALE AGE GROUP: 35 - 39 Alyssia Marsal Clifton Park 21:37 Monika Ammerlaan Clifton Park 22:52 Mechanicville Clifton Park Amanda Shepard 24.27 43 Clifton Park 21:51 29 Ballston Lake 21:51 26:04 MALE AGE GROUP: 40 - 44 MALE AGE GROUP: 1 - 14 19:41 21:37 42 Clifton Park Clifton Park 20:40 Connor Sullivan Matthew DiCaprio Andrew Martin Mark Wilson Clifton Park 24:10 FEMALE AGE GROUP: 40 - 44 **FEMALE AGE GROUP: 1** 24:01 Sophie Swain Kendal Kelsey 25:35 Jessica Mahoney Liz Carr 40 Clifton Park 25:39 Queensbury 26:32 Rexford 25:40 28:16 MALE AGE GROUP: 45 - 49 MALE AGE GROUP: 15 - 19 21:07 Waterford Havden Haldane 22:08 Tom Denham 21:47 Jag Ammerlaan Clifton Park Clifton Park 22:51 22:43 FEMALE AGE GROUP: 45 - 49 **FEMALE AGE GROUP: 15** Carol Anne Sibson Julia Sheehy 28:37 Albany 29:00 Sarah Wettergreen Clifton Park 26:02 29:30 Ballston Lake 30:20 MALE AGE GROUP: 50 - 54 MALE AGE GROUP: 20 - 24 22:37 Dan Coffey 23:55 Elshaddai H. Schenectady Clifton Park Timothy Landis 23:06 William Barone 24:06 Mike Martin 24:19 24:15 Grand Island FEMALE AGE GROUP: 50 - 54 **FEMALE AGE GROUP: 20** Clifton Park 25:20 Nancy Casellini Annette Romano 26:03 Jessica Ciraulo Schenectady 35:22 26:50 35:28 MALE AGE GROUP: 55 - 59 MALE AGE GROUP: 25 - 29 Perry Gava Gerardo Rocha Clifton Park 24:51 21:19 27 Halfmoon Clifton Park Sandeep Mohan Albany 28:48 Andrew Krupski Ballston Spa 24:03 FEMALE AGE GROUP: 55 - 59 **FEMALE AGE GROUP: 25** Varda LeMonds 22:27 Tracey Clark 56 Patricia Campoli 31:17 Kara Handerhan 25 Stillwater 28:46 57 New Fairfield, CT 35:00 Rehecca Nunziato East Schodack 32:14 MALE AGE GROUP: 60 - 64 MALE AGE GROUP: 30 - 34 61 Clifton Park 33:20 Clifton Park 19:56 MALE AGE GROUP: 65 - 69 Martin Wolfson John Vandish Clifton Park 23:34 John Longacker 69 Clifton Park 25:41 FEMALE AGE GROUP: 30 30:11 Clifton Park 27:10 FEMALE AGE GROUP: 65 - 69 Courtney Hill Victoria Baecker 27:19 30:35 Courtesy of Nick's Fight to be Healed Foundation

#### BUSINESS DIRECTORY

Salt Lake City, UT

Wallingford, CT

Schroon Lake

New York

Glenmont

Churchville

Averill Park

New York

Jersey City, NJ

Montreal, QC

New York

Saratoga Springs

Ithaca

32

33 Northville

Brooklyn Harveys Lake, PA

Poland

23 Rensselaer

22

South Burlington, VT

George Egan Brian Lothrop

Kelly McCoy

Michelle Murphy

Elizabeth Nevins

Jonah Blumstein

Matthew Conmy

Cody Lawson

Nicole Varble

Laura McCoy

Adam Morris

Ryan Milton

Amy Cooper

Sarah Hand

Michael Roberts

Felix-Antoine Lorrain 33

John Burke

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

1:44:44

1:46:56 2:06:40

1:39:21 1:42:52

1:43:10

1:30:01

1:30:30

1:35:51

1:44:51

1.44.55

1:46:28

1:23:33

1:24:21

1.34.41

1:40:32

1:43:16

1:44:08 1:47:17

**SHULMAN** Howard **J**MCPHERSON

3:18:40

3:30:24

4:15:19

3:23:17 3:45:23

4:13:08

107 4:28:47

140 4:50:19

178 5:36:21

4:26:29

120 4:41:23

158 5:04:55

125 4:43:30

Douglas Sawyer

Stacey Brooks

Frank Parillo Ron Brenner

Kyle Williams

Jack Armitage

Kevin Bechtel Michael Bushey

Franc Libihoul

Bret Vicary

Barry Fitz-James

Brad Workman

Andy Frank Phil Giltner

FEMALE AGE GROUP: 50 - 54

MALE AGE GROUP: 50 - 54

FEMALE AGE GROUP: 55 - 59

MALE AGE GROUP: 55 - 59

179 5:37:43 Fred Dunaway **MALE AGE GROUP: 60 - 64** 

Ossining

Plattsburgh

Sheffield MA

Clifton Park

Cobleskill

Shushan

Hyde Park

Pawling

Amsterdam

Plattsburgh

West Hurley

Old Town, ME

Lake Placid

Mechanicville Schenectady

55 Latham

Saint-Basile-Le-Gran, QC

Saratoga Springs

Greene

48

49 Lake Placid

> 17 OLD ROUTE 66 AVERILL PARK **New York 12018**

> > 518-674-3766 518-674-3805

Attorneys at Law FAX: 518-674-3964

REAL ESTATE · WILLS & TRUSTS · ESTATES · BANKRUPTCY LAND USE & ZONING · CORPORATIONS · TRAFFIC COURT & DWI

More than 75 Years of Experience

DAMIEN'S ROCK WA **Mobile Rock Climbing Wall Rental** Bring exciting, safe climbing experiences to your events (518) 428-6020 RockSolidFun.com Damien Cetnar • Scotia, NY





#### Enjoy what you're reading? SUBSCRIBE

Have each issue mailed to you first-class for only:

TODAY

\$17.95 (1 year) \$32.95 (2 years) **\$44.95** (3 years)

Use the subscribe form in this issue (check) or subscribe online

(credit/debit): AdkSports.com



#### CLASSIFIEDS

■ VERMONT STRONG - Train hard, bring your family! Lodging ideal for camps and coaches. Reasonable, clean, close. \$90/night. Sleeps 7. Go to www.vrbo.com/573787. Call Brad Elliott 518-371-3698.

# RACE RESULTS

				5K, 10K, 15K & t Jewish Communit			
MALE OVERALL	K ROAD	RACE		FEMALE AGE GROUP: 1 1 Molly Zahnleuter	<b>- 14</b> 13	Clifton Park	46:45
1 Aaron Lozier	27	Albany	16:03	2 Adelaide Leung	12	Albany	1:12:40
<ul><li>2 Richard Messineo</li><li>3 Shea Weilbaker</li></ul>	27 15	Albany Saratoga Springs	16:25 16:38	MALE AGE GROUP: 15 · 1 Nathaniel Lemiszki	19	Waterford	54:19
FEMALE OVERALL  1 Meghan Mortensen	30	Rotterdam	18:29	2 Jeffrey Carrozza MALE AGE GROUP: 20 ·	17 - <b>24</b>	Melrose	1:08:18
2 Tess Fitzmaurice 3 Casey Kohler	12 29	Greenville Albany	20:56 21:38	1 Phil Yoss FEMALE AGE GROUP: 2	23	Albany	43:51
MALE AGE GROUP: 1 -	14	,		1 Jacqueline Saddlemire	22	Berne	56:01
1 Leo Rosenblum 2 Mihir Randive	14 13	Delmar Niskayuna	18:57 23:00	<ul><li>2 Meghan Gillen</li><li>3 Alexandra Hart</li></ul>	24 24	Mechanicville Albany	56:06 1:02:50
3 Alex Ordonez FEMALE AGE GROUP: 1	11 - <b>14</b>	Troy	23:23	MALE AGE GROUP: 25 - 1 Gregory Francese	- <b>29</b> 25	Albany	42:57
1 Johanna Dicerbo 2 Julia Hanlon	13 12	Niskayuna Averill Park	23:46 24:39	2 Dan Cassidy 3 Jason Rozell	26 29	Albany Albany	52:18 1:08:07
3 Alexandra Benderskaya	12	Ballston Lake	25:27	FEMALE AGE GROUP: 2	5 - 29	,	
MALE AGE GROUP: 15 - 1 Gawain Semlear	16	Chatham	18:14	1 Traci Cornwell 2 Caitlyn Edmundson	27 27	Troy Delmar	46:34 48:23
2 Jacob Brass 3 Aaron Beams	15 15	Delmar Slingerlands	18:29 20:50	3 Monica Echeverria MALE AGE GROUP: 30 -	29 • <b>34</b>	Richmond Hill	52:05
FEMALE AGE GROUP: 1 1 Shannon Doin	<b>5 - 19</b> 17	Troy	24:46	1 Michael Austin 2 Keegan Bailey	33 31	Delmar Niskayuna	37:57 45:09
2 Gabrielle Van Dyk 3 Anna Tommasone	15 15	Schenectady Schenectady	25:56 27:03	3 Joe Hansen	30	Troy	46:56
MALE AGE GROUP: 20 -	24	,		FEMALE AGE GROUP: 3 1 Emily Russell	32	North Bennington	
1 James Stamm 2 Taylor Powell	21 20	Albany Albany	24:14 24:47	Jennifer Siegal     Giovannine Finn	30 32	Kensington, CT Albany	56:24 56:32
3 David Marinstein FEMALE AGE GROUP: 2	23 <b>0 - 24</b>	Slingerlands	27:09	MALE AGE GROUP: 35 · 1 Peter Tessier	• <b>39</b> 39	Niskayuna	44:44
Nicole Fuller     Amanda Ganser	24 24	Rensselaer Latham	25:39 26:07	2 Manuel Hernandez	38	Albany	45:46
3 Brandy Eggan	23	Albany	26:52	3 Charles Trombley FEMALE AGE GROUP: 3	37 <b>5 - 39</b>	Athens	49:30
MALE AGE GROUP: 25 - 1 Christopher Capone	29	Albany	20:09	Jamie Donsbach     Evan Kujawski	38 37	Loudonville Albany	45:59 46:46
2 Nathan Marshall 3 Brian Rath	29 29	Stillwater Albany	25:02 25:14	3 Kristen Kuhn MALE AGE GROUP: 40	36	Delmar	50:22
FEMALE AGE GROUP: 2  1 Kerrianne Sanicola		Albany	23:35	1 Ray Webster	40	Altamont	37:07
2 Erin Ross	27	Albany	24:13	Kenneth Plowman     Yuriy Benderskiy	41 43	Cohoes Ballston Lake	37:23 40:29
3 Rachel Tierney  MALE AGE GROUP: 30 -		Saratoga Springs	25:29	FEMALE AGE GROUP: 4  1 Denise Vanderwerken	<b>0 - 44</b> 43	Cobleskill	44:13
1 Dan Kohler 2 Jakob Irwin	32 34	Albany Clifton Park	21:01 23:01	Melissa Maguire     Teresa Dunbar	42 44	Loudonville Marlton, NJ	46:18 49:49
3 Terrence Rusch FEMALE AGE GROUP: 3	32	Clifton Park	23:50	MALE AGE GROUP: 45	49		
1 Moria Quackenbush	34	Delmar	22:36	Martin Gordinier     Dale Miller	45 46	Delmar Schenectady	41:30 41:30
Abbie Archibald     Rachael Austin	31 31	Saratoga Springs Delmar	23:16 23:31	3 Paul Rogers FEMALE AGE GROUP: 4	47 <b>5 - 49</b>	Johnstown	50:53
MALE AGE GROUP: 35 - 1 Peter Flynn	<b>39</b> 38	Delmar	17:58	1 Stacia Smith 2 Diane Tenenbaum	45 49	Niskayuna Selkirk	45:15 49:01
2 Christopher Gerard 3 Conor Donnelly	36 37	Albany	22:07 23:00	3 Alison Johnson	45	Delmar	50:22
FEMALE AGE GROUP: 3	5 - 39	Albany		MALE AGE GROUP: 50 - 1 William Colvin	• <b>54</b> 51	Bennington, VT	42:14
1 Martha Snyder 2 Jennifer Meissner	36 39	Slingerlands Averill Park	21:49 24:25	<ol> <li>Samuel Mercado Jr.</li> <li>Mike Soeller</li> </ol>	52 54	Albany Voorheesville	42:38 44:06
3 Wendy Quinn-Decatur MALE AGE GROUP: 40 -	38 <b>44</b>	Schenectady	27:11	FEMALE AGE GROUP: 5	0 - 54		
1 David Sherwood	43	Castleton	23:19	1 Patricia Krebs 2 Lisa Conroy	50 50	Swan Lake Voorheesville	49:44 53:38
2 Lance Hope 3 Jason Towers	40 40	Schenectady Duanesburg	24:45 26:44	3 Kirsten Leblanc MALE AGE GROUP: 55 ·	52 • <b>59</b>	Broadalbin	54:51
FEMALE AGE GROUP: 4  1 Jennifer Tommasone	<b>0 - 44</b> 43	Schenectady	26:54	Laudric Maxwell     Rick Vara	55 57	Hudson Loudonville	40:25 45:57
Amy Hershberg     Jackie Frederick	44 44	Slingerlands Oneonta	27:21 28:43	3 Roy Mowrey	57	Gloversville	48:15
MALE AGE GROUP: 45 - 1 Lane Rodgers	<b>49</b>	Troy	22:11	FEMALE AGE GROUP: 5  1 Wendy Rescott	55	West Sand Lake	48:07
2 Rich Miller	45	Cobleskill	23:02	2 Deborah Mehm 3 Tammy Sanders	57 56	Albany Troy	53:58 1:01:32
3 Sean Thompson FEMALE AGE GROUP: 4	48 <b>5 - 49</b>	Albany	25:31	MALE AGE GROUP: 60 - 1 Dennis Whiteford	- <b>64</b>	ŕ	49:30
Kim Eisler     Michele Tripp	48 46	Ballston Spa Rotterdam	25:41 27:36	2 Anthony Tagliaferro	63	Bennington, VT Schenectady	57:48
3 Kristin O'Malley	46	Schenectady	28:33	3 Theodore Close FEMALE AGE GROUP: 6	64 <b>0 - 64</b>	Wynantskill	59:30
MALE AGE GROUP: 50 - 1 Daniel Cropsey	52	Niskayuna	22:26	1 Gail Tagliaferro 2 Sharon Close	63 61	Schenectady Wynantskill	1:17:01 1:19:22
<ul><li>2 Jeffrey Cimino</li><li>3 Christopher Hollister</li></ul>	50 50	Ballston Lake Schenectady	23:39 24:03	FEMALE AGE GROUP: 6	5 - 69	•	
FEMALE AGE GROUP: 5  1 Marion Waldman	<b>0 - 54</b> 51	Albany	26:00	1 Judi Doody MALE AGE GROUP: 70 ·		Delmar	1:06:29
2 Melissa Coutar	51	Delmar	26:05	1 Joseph Silva	74 K ROAD	Albany	1:08:20
3 Tiana Wyrick MALE AGE GROUP: 55 -		Albany	28:41	MALE OVERALL	49		E0.22
1 Jon Weilbaker 2 Jim Milstein	57 57	Saratoga Springs Slingerlands	19:16 25:35	1 Brian Debraccio 2 Anthony Demarco	32	Scotia Mechanicville	58:33 1:02:54
3 David Brickman FEMALE AGE GROUP: 5	57 <b>5 - 50</b>	Albany	27:43	3 Cortlandt Tisch FEMALE OVERALL	19	Greenville	1:03:14
1 Marla Young	57	Slingerlands	29:54	1 Tammy Cumo 2 Lauren Chrapowitzky	37 29	Slingerlands Delmar	1:10:50 1:14:58
2 Druclla Maxwell 3 Tanah Corelli	56 59	Hudson Latham	29:55 30:33	3 Vinni Schek	61	New York	1:19:46
MALE AGE GROUP: 60 - 1 Carl Strobel	<b>64</b> 64	Torrington, CT	33:10	FEMALE AGE GROUP: 2 1 Erin Reilly	25	Albany	1:24:35
2 Mark Bechard 3 Tom Rutkowski	63 64	Albany Glenmont	34:33 37:29	2 Kirsten Kemmerer 3 Ali Hazen	26 29	Albany, PA Voorheesville	1:25:50 1:27:52
FEMALE AGE GROUP: 6	0 - 64			MALE AGE GROUP: 30		Clifton Park	1:06:14
1 Susan Cox 2 Susan Klim	61 60	Albany Altamont	27:32 30:35	2 Justin Heinbuch	32	Albany	1:24:17
3 Deborah Shakotko MALE AGE GROUP: 65 -	64 <b>69</b>	Hudson	34:57	3 Tys Bailey-Yavondi FEMALE AGE GROUP: 3	31 <b>0 - 39</b>	Rensselaer	1:24:30
1 Stephen Justa FEMALE AGE GROUP: 6	65	Albany	31:39	1 Kristi Kemmer 2 Stephanie Bruhn	37 33	Voorheesville Slingerlands	1:24:12 1:24:21
1 Ellen Tanner	66	Albany	44:17	3 Laura Moretti	32	Albany	1:25:18
2 Lucy Rodriguez MALE AGE GROUP: 70 -	68 <b>74</b>	Brooklyn	59:01	MALE AGE GROUP: 40 - 1 Daniel Skelton	43	Albany	1:08:29
Angel Rodriguez     Gary Whittaker	71 70	Brooklyn Albany	32:44 34:48	2 Anders Tomson 3 Dennis Rigosu	48 44	Albany Slingerlands	1:14:17 1:16:10
FEMALE AGE GROUP: 7	5 - 79	ŕ		FEMALE AGE GROUP: 4  1 Lori Fermon		East Greenbush	1:21:05
1 Jacqueline Mesko MALE AGE GROUP: 80 -		Troy	42:23	2 Beth Rice	43	Voorheesville	1:24:01
1 Sorrell Chesin 2 Joe Kelly	83 82	Slingerlands Menands	34:27 37:33	3 Bernice Ruzzo MALE AGE GROUP: 50		Schenectady	1:26:37
3 Richard Eckhardt  MALE AGE GROUP: 85 -	81 <b>89</b>	Albany	38:57	1 Brian Sherman 2 Patrick Dobson	54 53	Fort Johnson Albany	1:23:56 1:37:05
1 Ken Orner	85	Albany	41:26	FEMALE AGE GROUP: 5		,	
1 Doris Schlamowitz	86	Albany	1:06:16	2 Barbara Connolly	57	Albany Delmar	1:25:14
MALE OVERALL	K ROAD	RACE		3 Marie Arrao MALE AGE GROUP: 60 ·	59 • <b>69</b>	Clifton Park	1:37:54
1 Jaime Julia	31 22	Albany	31:47 35:07	1 Joe Yavonditte 2 George Schwab	66 64	Schenectady Schenectady	1:21:33 1:25:44
3 Joel Gordon	44	Albany Queensbury	35:07 36:47	3 Michael Franchini	60	Albany	1:38:12
FEMALE OVERALL  1 Jennifer Bennice	36	Ballston Lake	40:15	FEMALE OVERALL	K RACE	WALK	
2 Erin Corcoran 3 Deanne Webster	41 39	Schenectady Albany	41:10 42:16	Meaghan Podlaski     Carol Bendall	18 56	Niskayuna Troy	25:27 30:40
MALE AGE GROUP: 1 -	14			3 Sierra Sukay MALE OVERALL	17	Troy	34:44
1 Noah Albanese 2 Nick Janowski	14 13	Castleton Castleton	47:33 51:50	1 Garry Buckley	63	Clifton Park	36:45
3 Aidan McNay	12	Glenmont	55:27	Courtesy of Sidney Albe	ert Alban	y Jewish Communi	ty Center
40711 411				HALLENGE & VI			

<b>12TH ANNUAL</b>	CROSSINGS 5K	CHALLENGE & KIDS	S' 1-MILE RUN
Contombor 27	201E a Budy Cicco	sti Esmily Possostion Co	ntor Colonia

	Septen	nber 2	7, 2015 • Rudy	/ Ciccott	ti Family Recreati	on Cente	er, Colonie	
	5K	CHALLEN	GE RUN		MALE AGE GROUP:	15 - 19		
N	IALE OVERALL				1 Andrew Danaher	16	Troy	19:36
1	Kyle Brayton Noah White	24 36	New York Slingerlands	17:52 18:18	<ol><li>Jacob Tarbay</li></ol>	16	Altamont	24:55
3	Todd Weiss	37	Watervliet	18:23	FEMALE AGE GROU	P: 15 - 19		
_	EMALE OVERALL	5,	vvater viiet	10.25	<ol> <li>Courtney Iftiger</li> </ol>	16	Loudonville	21:54
1	Meg Versteegen	36	Schenectady	19:54	2 Justine Roth	18	Pearl River	22:07
2	Mollie Turner	35	Averill Park	20:30	3 Olivia Hilt	16	Niskayuna	26:58
3	Michelle Davis  IALE AGE GROUP: 1 -	26 14	Watervliet	20:40	MALE AGE GROUP:	20 - 24		
1 1	Hunter Kosich	14	Albany	19:03	1 Francisco Hernande	z 24	Albany	21:52
2	Ryan Cuva	14	Albany	21:03	2 Gabriel Mesidor	20	Albany	35:57
3	Nicholas Mandato	13	Albany	22:15	FEMALE AGE GROU	P: 20 - 24	,	
FI	EMALE AGE GROUP:		Foot Croophysh	22.11	1 Chloe Clark	21	Latham	24:14
1 2	Shayna Lenney Tessa Hilt	14 14	East Greenbush Niskayuna	22:11 24:36	2 Jessica Vennard	23	Albany	24:47
3	Olivia Papa	11	Latham	24:40	3 Cassandra Vannosti		Troy	30:07 continue

MALE AGE GROUP: 25 -	29			FEMALE AGE GROUP	: 50 - 54		
Gregory Sleasman	26	Haverford, PA	19:11	Jeanne Teale	50	Loudonville	25:
Charles Constantino	29	Glenmont	21:15	<ol> <li>Judi Bloomingdale</li> </ol>	53	Stillwater	28:
Joe Sgarlata	28	Niskavuna	21:29	3 Donna Topolski	50	Clifton Park	30:
EMALE AGE GROUP: 2		rviskayana	21.23	MALE AGE GROUP: !	55 - 59		
Sarah Bowman	29	Schenectady	23:48	1 Rick Munson	58	Prattsville	19:
Rachel Crisafulli	29	Menands	24:54	2 Jerry Pittz	56	Schenectady	23:
Kara Michaels	27	Latham	25:25	3 Michael Carbino	58	Malta	24:
MALE AGE GROUP: 30 -		Latriaili	23.23	FEMALE AGE GROUP	: 55 - 59		
Brandon Viloria	34	Fast Greenbush	20:06	1 Gwen Williams	57	Scotia	22:
Michael Ruger	34	East Greenbush	20:00	2 Nancy Stevens	55	Latham	24:
Neal Norton Jr.	31	Niskayuna	20:11	3 Jennifer Pittz	57	Schnectady	27
EMALE AGE GROUP: 3		Niskayuna	20.30	MALE AGE GROUP: 6			
		Foot Consultant	20:42	<ol> <li>Chester Tumidajewie</li> </ol>		Amsterdam	25
Stephanie Viloria	33	East Greenbush	20:43	2 Roger Cuva	60	Albany	25
Meryl Staats	34	Clifton Park	22:45	3 John Dimuro	63	Canaan	28
Stephanie Havens	30	Troy	24:01	FEMALE AGE GROUP			
MALE AGE GROUP: 35 -				1 Lisa Barley	60	Loudonville	25
Hank Tripp	37	Glenmont	20:33	2 Beverly Dimuro	62	Canaan	28
Michael Miller	37	Watervliet	22:16	3 Shari Whiting	63	Slingerlands	31
Saurabh Tendulkar	39	Latham	22:18	MALE AGE GROUP: 6			
EMALE AGE GROUP: 3				<ol> <li>Paul Dettenrieder</li> </ol>	66	Tribes Hill	30
Melissa Hasan	36	Latham	24:41	2 Michael Radlick	68	Menands	34
Karen Crowe	38	Delmar	26:17	3 James Maney	68	Cohoes	35
Andrea Hubalek	36	Delmar	26:20	FEMALE AGE GROUP			
MALE AGE GROUP: 40 -	44			<ol> <li>Mary Kruegler</li> </ol>	65	Latham	37
Brett Fajen	44	Nassau	19:43	2 Kathleen Paulus	66	Troy	41
Mike Merriman	40	Clifton Park	19:50	3 Karen Reichl	66	Albany	43
Christopher Thompson	42	Delmar	20:23	FEMALE AGE GROUP			
EMALE AGE GROUP: 4	0 - 44			1 Lynn Radlick	70	Menands	30
Melissa Murphy	40	Albany	21:57	2 Susan Richardson	73	Albany	37
Genevieve Chornyak	41	Latham	24:26	3 Christine Bishop	71	Schenectady	41
Miel Fajen	43	Nassau	25:17	MALE AGE GROUP: 7			
ALE AGE GROUP: 45 -		1403300	25.17	1 Roland Macphee	75	Loudonville	34
Jonathan Bright	45	Guilderland	20:11	2 Charles Bishop	79	Schenectady	45
Drew Hanchett	46	Loudonville	21:11	3 Lonnie Clar	75	Loudonville	48
John Brunner	49		26:35		KIDS' 1-MI	LE RUN	
EMALE AGE GROUP: 4		Albany	20.55	MALE OVERALL			
Shellie Carr	<b>5 - 49</b> 45	Albany	26.20	1 Austin Baird	13	Watervliet	6
		Albany	26:29 27:43	2 Nicholas Demarco	11	Albany	7
	46	Albany		3 Chris Pellegrini	11	Loudonville	7
Lisa Brunner	47	Albany	28:31	FEMALE OVERALL			
MALE AGE GROUP: 50 -		- 11		1 Rylee Davis	9	Delmar	5
Thomas Marcellus	50	Ballston Spa	19:33	2 Hanna Fraley	11	Watervliet	7
David Comorski	51	Colonie	20:16	3 Madelyne Knapp	12	East Greenbush	7
Richard Ribet	53	Albany	22:09	Courtes	y of Colonic	e Youth Center	

	34	ιтн Δ	NNIIAI ARS	FΝΔΙ	CIT	Y RUN 5K R	OAD F	RACE	
	<b>J</b> -1					ty Hall, Water		·/-CL	
MALE	OVERALL		September 27	, 2013		EMALE AGE GROUP:			
		23	Latham	16:30			40 - 44	A Ileano	20.24
	c Young n Little	23 29	Ballston Lake	16:36	1	Sally Drake	42	Albany Green Island	20:24
	n Van Orden	47	Bennington, VT	16:38	2	Nancy Kipp	42	Watervliet	27:27 30:00
	LE OVERALL	47	bennington, vi	10.36	_	Sharon Frazier		vvaterviiet	30:00
	nee Tolan	40	Clifton Park	18:09		IALE AGE GROUP: 4		Alleran	10.00
		40 48	Delanson	18:27	1	Frank Horn	45	Albany	18:00
	nily Bryans ri Kingsley	49	Wysox, PA	19:29	2	Jon Rocco	48	Colonie	18:07
	AGE GROUP: 1 -		VVYSOX, PA	19:29	3	Mark Cotugno	46	Cohoes	18:36
	tachew Hayes	11	Albany	21:30		MALE AGE GROUP:			
	lliam Ashley	13		23:56	1	Lara Stelmaszyk	46	Albany	23:10
	gelle Mann	12	Troy Watervliet	37:55	2	Bernie Hyatt	46	Latham	24:24
	gelle Mann LE AGE GROUP: 1		vvaterviiet	37:00	3	Lisa Scaringe	47	Clifton Park	24:55
	ith Bessette	14	Watervliet	22:20		ALE AGE GROUP: 50			
		14	Rensselaer	25:04	1	John Stadtlander	50	Clifton Park	17:49
	uren Bednarczyk	12	Watervliet	25:54	2	Thomas Kracker	51	Delmar	17:51
	eley Frazier		vvaterviiet	25:54	3	Mark Stephenson	51	Esperance	17:54
	AGE GROUP: 15		144 c P c	20.47	FE	MALE AGE GROUP:	50 - 54		
	h Bennett	15	Watervliet	20:17	1	Mary Buck	52	Mechanicville	21:33
	holas Piccolo	16	Watervliet	20:52	2	Colleen Choppy	51	Latham	26:14
	thaniel Hildreth	15	Watervliet	25:49	3	Irene Vanlade	50	Clifton Park	26:46
	LE AGE GROUP:		144 c P c	20.52	M	ALE AGE GROUP: 5!	5 - 59		
	ton Czupil	16	Watervliet	20:52	1	Derrick Staley	56	Ballston Lake	16:50
	therine Hotaling	15	Watervliet	22:20	2	Vladimir Ilin	57	Albany	18:44
	ira Dinuzzo	17	Troy	25:11	3	Thomas Rest	55	Clifton Park	20:02
	AGE GROUP: 20				FE	MALE AGE GROUP:	55 - 59		
	man Tarbay	20	Watervliet	31:44	1	Nancy Briskie	58	Schenectady	20:59
	LE AGE GROUP: 2				2	Marysee Folmsbee	58	Chatham	29:46
	ge Colfer	24	Watervliet	29:32	3	Judith Bethon	58	Watervliet	30:25
	AGE GROUP: 25				_	ALE AGE GROUP: 6		VVaterviiet	30.23
	eg Hart	27	Saratoga Springs	18:56	1	Rob Picotte	62	Malta	21:04
	omas Hartnett	27	Schenectady	20:56	2	Mike Fazioli	64	Wynantskill	21:50
	msis Berguela	28	Watervliet	33:02	3	Ray Scaringe	61	Clifton Park	22:15
	LE AGE GROUP: 2				_	MALE AGE GROUP:		Cilitorraik	22.13
	leigh McGrouty	26	Watervliet	25:35	1	Karen Provencher	60	Glens Falls	23:23
	ttni Abriel	26	Watervliet	26:00	2	Marcia Whitney	62	Saratoga Springs	25:40
	sica Young	26	Latham	28:28	3		61		26:09
	AGE GROUP: 30					Carolyn George IALE AGE GROUP: 6!		Albany	20.09
	aig Bujold	33	Watervliet	21:43	1	Bob Giambalvo	66 66	Delhi	19:08
	Leibach	34	Watervliet	22:52	7		69	Clifton Park	23:01
	an Boisvert	30	Watervliet	29:35	_	Patrick Glover			
	LE AGE GROUP: 3				3	Jack Wilson	65	New York	26:30
	ra Holland	31	Watervliet	29:17		MALE AGE GROUP:		C1 .	27.54
2 Am	ny Jordan	31	Watervliet	29:41	1	Susan Wong	67	Glenmont	27:51
	elissa Echt	31	Clifton Park	30:15	2	Alice Carpenter	65	Delmar	33:16
	AGE GROUP: 35				3	Nancy Johnston	69	Ballston Lake	33:19
	ll Salvi	37	Watervliet	23:06		ALE AGE GROUP: 70			
	chael Pracht	35	Troy	23:17	1	Carlos Cuprill	74	Rincon, PR	24:28
	vid Ricks	37	Clifton Park	26:43	2	Stan Westhoff	71	Gansevoort	25:25
FEMA	LE AGE GROUP: 3				3	Rich Glasheen	74	Troy	38:57
1 Jes	sica Northan	39	Guilderland	21:55	M	ALE AGE GROUP: 7!			
2 Ro	chelle Garcia	35	Troy	23:12	1	Jim Moore	75	Niskayuna	26:31
	nanda Vitti	36	Waterford	24:42	2	Christopher Rush	79	Schenectady	29:16
	AGE GROUP: 40	- 44			3	Kenneth Skinner	75	Albany	30:03
1 Vol	lker Burkowski	44	Gansevoort	17:24	FE	MALE AGE GROUP:	75 - 79	•	
2 Rol	bert Irwin	42	Guilderland	17:47	1	Eiko Bogue	78	Schaghticoke	40:38
3 Bill	Hamel	44	Clifton Park	19:07			esy of City o	of Watervliet	

41ST ANNUAL FALLING LEAVES ROAD RACE September 27, 2015 • Radisson Hotel, Utica

		:	Septen	nber 27, 2015	• Rac	disson Hotel, Ut	ica		
		5K RAC	CE		FE	MALE AGE GROUP: 3			
М	ALE OVERALL				1	Colleen George	33	21:27	Utica
1	Zakaria Adam	19	16:18	Utica	2	Kristin Slater	31	22:45	New Berlin
2	David Slater	31	17:10	New Berlin	3	Jennifer Leguelaff	31	23:20	Whitesboro
3	Matthew Cross	16	18:13	Utica	M	ALE AGE GROUP: 35 -	39		
FE	MALE OVERALL				1	Jeff Mills	38	19:42	Chittenango
1	Jamie Woolsey	32	20:21	Oneida	2	Jason Valenti	37	21:31	Marcy
2	Dara Megivern	29	20:24	Ithaca	3	Michael Wilkosz	38	22:04	Whitesboro
3	Marissa Welsh	17	20:30	Taberg	FE	MALE AGE GROUP: 3	5 - 39		
М	ALE AGE GROUP: 1 - 12	2			1	Jamie Weber	36	21:56	Utica
1	Ethan Kahl	11	22:15	Whitesboro	2	Jillian Miner	38	24:28	Mohawk
2	Noah Cohen	11	22:24	Utica	3	Christy Dibrango	36	25:50	Utica
3	Benjamin Donnelly	10	22:29	Vernon		ALE AGE GROUP: 40 -		25.50	o tica
FE	MALE AGE GROUP: 1 -	12			1	Mahesh Padmanabhan	40	21:39	Utica
1	Julia Racha	10	24:58	Holland Patent	2	Derrick Gibbons	43	21:57	Holland Patent
2	Abigail Draper	10	27:39	Remsen	3	Christian Weigandt	40	22:26	Oriskany
3	Elizabeth Beck	11	27:46	New York		MALE AGE GROUP: 4		22.20	Oliskally
м	ALE AGE GROUP: 13 - 1	7					41	21.12	\/
1	Nicholas Despins	14	20:34	New York Mills	1	Pamela Donnelly		21:12	Vernon
2	Cody Simmons	16	20:34	New York Mills	2	Heather Devitt	41	22:50	Herkimer
3	Myo Win Aung	17	22:14	Utica	3	Kimberly Lazarek	40	25:18	Chadwicks
	MALE AGE GROUP: 13			o tica		ALE AGE GROUP: 45 -			
1	Gabrielle Williamson	13	22:28	Holland Patent	1	Loren Davies	48	18:34	Liverpool
2	Rachel Sullivan	16	22:34	Niskayuna	2	Michael Flack	46	20:56	Sauquoit
3	Autumn Hellinger	17	25:47	New York Mills	3	Eric Kasper	48	21:11	Clark Mills
	ALE AGE GROUP: 18 - 2		23.47	INCAN TOLK INIIII	FE	MALE AGE GROUP: 4	5 - 49		
1	Tyler Beattie	19	19:01	Whitesboro	1	Stephanie Raymonda	47	22:41	Guilford
2	Namby Andriamaherima	22	19:55	Utica	2	Mary Heldman	47	24:51	Holland Patent
3	Alex Herold	24	21:13	Oneonta	3	Stacy Butcher	45	25:49	Clinton
_	MALE AGE GROUP: 18		21.13	Offeofila	М	ALE ÁGE GROUP: 50 -	- 54		
1		- <b>24</b> 21	22:47	Frankfort	1	Stephen MacDonald	51	19:58	Oneida
-	Amanda Perri		24:47		2	Ronald Esposito	50	21:17	Deerfield
2	Alysa Hoffman	20 23		Holland Patent	3	Jeff Willoughby	54	23:01	Fairfield
3	Paige Guido		25:18	Mohawk		MALE AGE GROUP: 5		25.01	rannela
	ALE AGE GROUP: 25 - 2		20.40	D	1	Susan Gustafson	53	22:25	Whitesboro
1	Matthew Zawisza	25	20:49	Rome	2	Heidi Chrisman	54	25:14	Mohawk
2	Matthew Gallimo	25	21:10	Whitesboro	3	Liz Korrie	50	26:06	New Hartford
3	Justin Mergenthaler	28	21:24	Utica		ALE AGE GROUP: 55 -		20.00	ivevv i iai tioi u
	MALE AGE GROUP: 25				1			21.20	Liversed
1	Stephanie Bergstrom	25	23:13	New York Mills		Jim Cox	55 57	21:30	Liverpool
2	Brittany Franco	25	24:09	Middletown, CT	2	Gary Burak		21:33	New Hartford
3	Katelyn Rhymestine	26	24:23	Herkimer	3	James Newlove	59	22:20	Utica
	ALE AGE GROUP: 30 - 3					MALE AGE GROUP: 5		2445	CI: ·
1	Robert Gigliotti	32	18:20	Utica	1	Jean Williams	55	24:12	Clinton
2	Jordan Sweet	34	22:02	Utica	2	Joanne Reynolds	55	24:54	Mohawk
3	Nick Betrus	32	22:32	Utica	3	Ann Lewicki	57	26:33	Hartwick continu

www.AdkSports.com DECEMBER 2015 19

<b>41S</b>	T AN	NUAL	FALLING LE	AVES ROAD RAC	CE co	ntinued	1
MALE AGE GROUP: 60	- 64			MALE AGE GROUP: 35	39		
1 Tom Bick	64	23:41	Frankfort	1 Jerry Tylutki	35	53:21	Utica
2 Vincent Pugliese	61	24:18	Poland	2 John Bugajski	35	54:20	Rochester
3 Victor Powers	64	25:35	Spencer	3 Thomas Joslin	36	54:38	Yorkville
FEMALE AGE GROUP: 6				FEMALE AGE GROUP: 3			
1 Lenore Valuckas	62	26:48	Sauquoit	1 Krista Harwick	35	1:04:55	Mohawk
2 Patricia Femia	64	27:57	New Hartford	2 Alyssa Trevisani	39	1:07:20	Deansboro
B Debbie Weakley	60	30:18	Utica	3 Breann Dodge	35	1:07:59	Clay
MALE AGE GROUP: 65				MALE AGE GROUP: 40		1.07.33	Clay
1 Harry Mastin	66	23:55	Liverpool			FO: 17	Mana
2 Ray Brych	67	25:42	New York Mills	1 Rob Bauer	43	59:17	Marcy
B Edward Fisher	65	25:57	Clinton	2 Steve Eddy	42	1:00:00	Utica
FEMALE AGE GROUP: 6				3 Dan Capron	44	1:00:19	Newport
1 Kathy Spiak	67	30:59	Rensselaer Falls	FEMALE AGE GROUP: 4			
2 Barbara Deangelo	66	37:13	Utica	<ol> <li>Christine McGlynn</li> </ol>	41	1:04:21	Whitesboro
B Donna Cornacchia	67	39:39	Hannibal	<ol> <li>Astrid Helfant</li> </ol>	42	1:09:02	Hamilton
MALE AGE GROUP: 70				3 Molly Haberbusch	42	1:09:57	Clinton
1 Robert Faass	72	35:17	New Hartford	MALE AGE GROUP: 45	49		
2 William Evans	71	36:18	Marcy	1 Mike Elleman	47	54:49	Utica
FEMALE AGE GROUP: 7		20.5	.,	2 John Draper	46	56:50	Remsen
1 Sue Gardinier	73	28:04	Verona	3 Paul Humphrey	48	58:23	Deerfield
2 Margaret Jevens	70	32:28	Rome	FEMALE AGE GROUP: 4		30.23	Decinicia
MALE AGE GROUP: 75				1 Kara Rusch	48	1.05.00	Hamilton
1 Krishna Vadlamudi	. 77	41:20	New Hartford			1:05:09	
MALE AGE GROUP: 80				2 Ronda Davis	48	1:06:05	Newport
1 Paul Ohlbaum	81	49:30	New Hartford	3 Kim Kirkpatrick	48	1:09:20	Pittstown, NJ
	14K R/	ACE		MALE AGE GROUP: 50			
MALE OVERALL				1 Marc Rusch	51	1:00:48	Watertown
1 Ryan Millar	24	46:03	Clinton	2 Ian Helfant	52	1:01:52	Hamilton
2 Matthew Lacey	31	48:56	Clinton	3 Scott Suba	51	1:02:26	Deerfield
Richard Cohen	44	50:04	Utica	FEMALE AGE GROUP: 5	0 - 54		
FEMALE OVERALL				1 Ingrid Otto-Jones	51	1:07:00	Utica
1 Catherine Beck	30	52:56	Clinton	2 Elizabeth Briggs	54	1:09:08	North Syracuse
2 Erin Zalewski	26	1:02:37	Clinton	3 Karen Amanna	51	1:09:15	New Hartford
3 Karen Randall	37	1:03:32	Utica	MALE AGE GROUP: 55		1.05.15	ricivi riarciora
MALE AGE GROUP: 1 -				1 John Geesler	56	1:00:08	St. Johnsville
1 Jake Baisley	16	54:55	Salisbury Center		55		
2 David Ross	17	1:10:43	Utica			1:01:44 1:01:56	Newport
3 Alex Nofri	13	1:11:23	Whitesboro	3 Doake Brown	57	1:01:56	Cortland
FEMALE AGE GROUP: 1		4 40 50		FEMALE AGE GROUP: 5			
1 Annika Heacock	13	1:18:58	Marcy	1 Elizabeth Miller	55	1:12:08	Utica
MALE AGE GROUP: 18		50.07		2 Joan Kane	56	1:18:44	Sherrill
1 Aaron Tompkins	22	50:27	New Hartford	3 Mickey Piscitelli	58	1:18:46	Baldwinsville
2 Todd Stevens	20	55:18	New Hartford	MALE AGE GROUP: 60	64		
3 Tyler Hayes	24	58:32	Massena	1 John Murphy	64	1:06:00	Utica
FEMALE AGE GROUP: 1		1.00.50	Likina	2 Gary Lashure	61	1:07:46	Barneveld
1 Samm Prendergast	23 22	1:09:56	Utica Sherrill	3 Daniel Defrees	60	1:10:07	Chittenango
2 Kaitlyn Butka 3 Danielle Burton	24	1:16:37 1:19:19	Monroe	FEMALE AGE GROUP: 6			5.
		1:19:19	iviofiroe	1 Martha DeGrazia	64	1:14:13	Slingerlands
MALE AGE GROUP: 25  1 Timothy Fitzgerald	<b>- 29</b> 25	51:21	Utica	2 Susan Luley	62	1:16:27	Sauguoit
. Innouny magarana				,	60	1:16:27	Clinton
2 Michael Clifford 3 Shawn Kolano	26 28	1:02:05	Utica Yorkville			1.19.5/	CIIIILOII
3 Shawn Kolano FEMALE AGE GROUP: 2		1:02:22	TOTKVIIIE	MALE AGE GROUP: 65		1.00.10	Manually of the
	2 <b>5 - 29</b> 27	1:07:44	Buffalo	1 William Abel	65	1:08:18	New Hartford
	27		Yorkville	2 Ray Smith	65	1:09:29	Old Forge
2 Meghan Furner	27 28	1:09:43		3 Randy Tuttle	66	1:20:51	Utica
Kelley Burt		1:09:57	Chittenango	FEMALE AGE GROUP: 6	5 - 69		
MALE AGE GROUP: 30  1 Michael Polidori	<b>- 34</b> 30	56:33	Ilion	1 Cornelia Brown	65	1:28:01	New Hartford
				2 Jean Miller	66	1:28:40	Nicholville
2 Seth Kutil 3 Kevin Fitzgerald	30	59:43	Syracuse	MALE AGE GROUP: 70			
3 reviii ritageraia	3	1:00:59	Waterville	1 David Linder	73	1:18:10	West Edmeston
FEMALE AGE GROUP: 3		1.04.40	Fashilla	MALE AGE GROUP: 75		1.10.10	est Edineston
1 Alessandra Kershaw	31 33	1:04:48 1:06:01	Earlville Cooperstown	1 Rich D'Accurzio	76	1:38:02	Utica
2 Emma Spinosa							

21ST /				N RACE FOR TH		RE 5K RUN	
	C	October 3, 2015	• Emp	ire State Plaza, Alb	-		
MALE OVERALL				FEMALE AGE GROUP: 4			
1 Aaron Lozier	27 26	Albany	16:39 17:01	1 Hannah Barry	43	Glenmont	22:52
2 John Farley 3 Fric Young	26 24	Albany		2 Beth Nagashima	43	Albany	23:16
3 Eric Young FEMALE OVERALL	24		17:10	3 Kristen Grasso	44	Rensselaer	23:41
1 Caitlin Abelseth	22	Voorheesville	20:32	MALE AGE GROUP: 45		Calania	10.25
2 Hilary Greene	45	Williamstown, MA	21:06	1 Jon Rocco	48 48	Colonie	18:35 23:30
Denise Vanderwerk		Cobleskill	21:50	2 Anders Tomson 3 Michael Conway	48 45		24:42
MALE AGE GROUP:		Cobiesian	21.50	FEMALE AGE GROUP: 4			24.42
1 Liam Danaher	14	Castleton-on-Hudso	n 18:08	1 Stacia Smith	45	Niskayuna	22:36
2 Nathan Mannion	14	Castleton	21:22	2 Kim Scott	46	Malta	23:53
3 Carter Norton	9	East Greenbush	22:28	3 Diane Tenenbaum	49	Selkirk	23.33
<b>FEMALE AGE GROU</b>	P: 1 - 14			MALE AGE GROUP: 50		Seikirk	24:28
<ol> <li>Abigail Moxon</li> </ol>	9	Nassau	24:18	1 John Sestito	- <b>54</b> 52	Johnsonville	19:56
2 Anna Kebbekus	13	Duluth, MN	25:17	2 Tom Mack	50	Wynantskill	23:09
3 Liv Nevo	11	Albany	27:35	3 Doug Conklin	51	Niskayuna	23.09
MALE AGE GROUP:				FEMALE AGE GROUP: 5		iviskayuila	24.13
<ol> <li>Bernie Daoust</li> </ol>	17	Castleton	18:40	1 Nancy Nicholson	53	Queensbury	22:44
2 Joseph Kebbekus	16	Duluth, MN	18:46	2 Christine Varley	55 51	Albany	22:44
3 Matthew Riordan	16	Nassau	19:27	3 Courtney Mahar	50	Albany	24:31
FEMALE AGE GROU				MALE AGE GROUP: 55			24:31
1 Makenzie Minkler	16	Rensselaer	26:09	1 Ron Green	- <b>59</b> 56	Gloversville	21:15
2 Mairead Swords	19	Port Jefferson	26:22		56	Gloversville	22:59
3 Claudia Stay	15	Averill Park	27:20		56 57	Mechanicville	25:06
MALE AGE GROUP:						iviecnanicville	25:06
1 Conor Cashin	23	Albany	20:34	FEMALE AGE GROUP: 5		David Dalah	24:47
2 Carl Kemmerer	23	Cortlandt Manor	23:16	1 Meshia De Vre	55	Breezy Point	24:47
3 Nate Kishbaugh	23	Rensselaer	25:10	2 Lisa Barley	59	Loudonville	26:16
FEMALE AGE GROU		Clin and and	22.00	3 Marsha De Long	58	Albany	27:26
1 Karlie Mangette	23	Slingerlands	22:09	MALE AGE GROUP: 60			22.42
2 Patricia Erickson	22	Altamont	23:49	1 Kevin Rose	62	Latham	22:43
3 Ashleigh Nelson	24	Troy	24:41	2 Timothy Perry-Coon	60	Latham	25:33
MALE AGE GROUP:			10.02	3 John Mounteer	61	Altamont	25:58
1 Edson Chipalo 2 Steve Pascarella	28 26	Rotterdam	18:02 21:56	FEMALE AGE GROUP: 6		CII I I	25.52
3 Keith Lauria	26 29	Wells	21:56	1 Martha DeGrazia	64	Slingerlands	26:53
FEMALE AGE GROU		vveiiz	22.14	2 Susan Klim	60	Altamont	32:06
1 Casey Kohler	29 29	Albany	22:34	3 Rhonda Duffney	61	Latham	33:14
2 Caitlin Doherty	29	New York	23:47	MALE AGE GROUP: 65			
3 Meghan Parmentie		Hudson	26:09	1 Seamus Hodgkinson	66	Delmar	25:08
MALE AGE GROUP:		Huuson	20.03	2 David O'Brien	65	Schenectady	29:18
1 Michael Ruger	34	East Greenbush	21:32	3 Robert Jansing	69	Castleton	32:22
2 Andrew Lauria	31	Wells	22:26	FEMALE AGE GROUP: 6			
3 Ben Fusco-Gessick	30	Albany	23:26	1 Anne Tyrrell	65	Albany	29:05
FEMALE AGE GROU		, abany	25.25	2 Kathleen McMahon	66	Troy	33:32
1 Emily Packet	32	Stamford, CT	25:15	3 Anne Defiglio	66	Castleton	37:37
2 Lindsey Callahan	33	Whitesboro	25:51	MALE AGE GROUP: 70			
3 Lauren Beaver	33	Watervliet	26:29	<ol> <li>Jeffrey Straussman</li> </ol>	70	Albany	29:38
MALE AGE GROUP:		Trater filet	20.23	2 Brian Walton	70	Schenectady	31:16
1 William Callahan	38	Whitesboro	19:07	FEMALE AGE GROUP: 7	0 - 74		
2 Hunter Greene	35	Williamstown, MA	20:13	1 Alicia Bove	70	Schenectady	49:38
3 Joseph Altobello	37	Green Island	21:11	2 Carol Lockow	73	Troy	57:33
FEMALE AGE GROU				MALE AGE GROUP: 75			
1 Jessica Northan	38	Guilderland	22:24	<ol> <li>Kenneth Skinner</li> </ol>	75	Albany	32:02
2 Eileen O'Connor	36	Sand Lake	24:37	2 Robert Knouse	75	Voorheesville	33:51
3 Danielle Davignon	35	Saratoga Springs	24:57	3 Hiram Greene	79	Hancock, MA	1:01:07
MALE AGE GROUP:	40 - 44	3 Ir - 13 -		MALE AGE GROUP: 80	- 84		
1 Robert Etien	41	Schenectady	18:24	1 Jim Owens	80	Latham	39:48
2 Brett Fajen	44	Nassau	20:13	2 Richard Eckhardt	81	Albany	41:27
3 Matthew Green	40	Glenville	25:37	Courtesy of Ko	men Nort	theastern New York	
				,			

	21ST ANN					N LAKE ROT			K
м	ALE OVERALL		,			MALE AGE GROUP:			
1	Pete Rowell	26	Albany	16:15	1	Deirdre Rafferty	15	Burnt Hills	24:14
2	Daniel Jordy	32	Glenville	16:28	2	Sydney Dennison	18	Queensbury	25:25
3	Joel Gordon	44	Queensbury	17:41	3	Elise Zwicklbauer	17	Burnt Hills	26:40
FE	MALE OVERALL		. ,		M	ALE AGE GROUP: 20	- 24		
1	Beth Stalker	56	Burnt Hills	20:30	1	Jacob Ross	23	Ballston Lake	26:02
2	Teagan Wright	10	Greenwich	20:57	2	Justin Margas	23	Rotterdam Junction	35:53
3	Rachel Walker	29	Burnt Hills	22:02	FE	MALE AGE GROUP:	20 - 24		
м	ALE AGE GROUP: 1	- 14			1	Heidi Stears	23	Amsterdam	25:31
1	Tyler Sherman	14	Ballston Spa	20:29	2	Meghan Smith	22	Burnt Hills	26:02
2	Tyler Green	11	Scotia	22:53	3	Ally Coniglione	21	Glenville	26:43
3	Rhyan Lorenc	11	Glenville	23:12	М	ALE AGE GROUP: 25			
_	MALE AGE GROUP		Gleriville	23.12	1	Peter Schulte	27		28:03
1		13	Glenville	25:06	FE	MALE AGE GROUP:			
1	Billie McClosky				1	Carol Ippoliti	29	Ballston Spa	25:38
2	Isabel Adams	12	Burnt Hills	25:32	2	Lisa Pena	28	Ballston Spa	29:48
3	Allie Connally	11	Burnt Hills	25:47	M	ALE AGE GROUP: 30	- 34		
M	ALE AGE GROUP: 1	5 - 19			1	Ben Sears	31	Albany	19:59
1	Matthew Oill	18	Glenville	27:03	2	Gary Stevens	31	Ballston Spa	20:45
2	Bryan Schulte	17		28:05	3	Brian Hilton	34	Niskayuna	22:22 continued

1	ST ANNUAL	BURN	T HILLS-BAL	LSTON	LA	KE ROTARY A	PPLE	RUN 5K co.	ntinu
FEI	MALE AGE GROUP: 3	0 - 34			М	ALE AGE GROUP: 55 -	59		
1	Yulia Kirkpatrick	32	Burnt Hills	24:58	1	John Parisella	57	Schenectady	20:
2	Karoline Sears	30	Albany	25:13	2	Rick Knipper	55	Niskayuna	20
	Ami Jo Benny	34	Schenectady	25:37	3	Michael Molocznik	57	Ballston Spa	22
MA	ALE AGE GROUP: 35				-	EMALE AGE GROUP: 5		ballstoll spa	
1	Shaun Evans	37	Middle Grove	18:03	1	Flizabeth Herkenham	58	Charlton	25
2	Matt Johnson	35	Glenville	22:08	1	Deborah Trudeau	57	Ballston Lake	31
3	Tom Lauertu	36	Clifton Park	22:10	2				
FEI	MALE AGE GROUP: 3				3	Holly Marchand	58	Burnt Hills	34
1	Bethany Ference	35	CI III	24:41		ALE AGE GROUP: 60 -			
	Jennifer Edgar-John	39	Glenville	27:10	1	Peter Gerardi	64	Glenville	20
3	Sandra Tasse	36	Ballston Spa	27:37	2	George Baranauskas	62	Scotia	22
VI <i>F</i>	ALE AGE GROUP: 40 - Brian Northan		Guilderland	18:10	3	David Rowell	63	Albany	22
)	Shawn Decenzo	40 41	Guilderiand	18:10	FE	MALE AGE GROUP: 60	0 - 64		
3	Timothy Mack	40	Burnt Hills	21:45	1	Mary Jo Benny	60	Scotia	25
	MALE AGE GROUP: 4		BUTTIL HIIIS	21:45	2	Darlene Cardillo	62		28
	Shelley Allison	42	Burnt Hills	23:41	3	Susan Lohnas	63	Niskayuna	29
	Joanne Hammond	40	Burnt Hills	27:43	_	IALE AGE GROUP: 65 -		rviskayana	23
3	Jennifer Dorr	40	Darrie Timb	28:59	1	Gary Scott	66	Hoosick Falls	27
	LE AGE GROUP: 45			20.55	2	Charles Ceresia	67	11003ICK 1 all3	20
	Bob Marro	48		20:10	3		66	Dellate estate	
2	Raymond Brown	49	Saratoga Springs	21:09	-	Ed Swanson		Ballston Lake	31
3	Sean Thompson	48	Albany	25:08	FE	EMALE AGE GROUP: 6			
EI	MALE AGE GROUP: 4	5 - 49	,		1	Nancy Johnston	69	Ballston Lake	32
1	Julianne Claydon	45	Saratoga Springs	23:25	2	Alice Carpenter	65		33
2	Babara Storti	49	Glenville	27:24	3	Pat Reed	68	East Glenville	33
	Laurie McEvoy	45	Glenville	27:58	M	ALE AGE GROUP: 70 -	74		
M/	LE AGE GROUP: 50				1	Dale Walker	71	Niskayuna	28
1	Michael Stalker	52	Burnt Hills	19:12	2	Richard Theissen	71	Round Lake	29
2	Chris Buckley	54	Burnt Hills	19:31	M	ALE AGE GROUP: 80 -	84		
3	Gary Neumann	53	Burnt Hills	21:16	1	Richard Schumacher	82	Hoosick Falls	35
FEI	MALE AGE GROUP: 5				י	Barry York	80	Burnt Hills	35
1	Janice Phoenix	54	Schenectady	23:05	2		82	Menands	37
	Laurie Malone Lisa Dennison	52 50	Burnt Hills	24:48 25:36	3	Joe Kelly		ivienands Ballston Lake Rotary	

G					NCHER 5K 1 untain, North		RUN	
MALE OVERALL	•		Gorc		MALE AGE GROUP:			
1 Shaun Donegan	29	Malta	19:34	1	Jenn Turcotte	33	Brant Lake	33:33
2 Craig Evans	50	Malta	23:20	2	Rebecca Pless	35	Olmstedville	33:43
Fred Kitzrow	59	Delmar	23:21	3	Jennifer Fifield	39	Newcomb	33:59
EMALE OVERALL					ALE AGE GROUP: 40		Newcomb	33.33
Lauren Woodcock	26	Saratoga Springs	24:40	1417			Milatonoma	25.02
? Kim Donegan	34 17	Malta	26:20	- 1	Joe Skufca	48	Niskayuna	25:02
Gillian Hayden  EMALE AGE GROUP: 1		North Creek	29:38	2	John Woods	46	Granville, MA	1:18:46
Grace Pless	1 - 12 6	Olmstedville	1:13:50	FEI	MALE AGE GROUP:	40 - 49		
MALE AGE GROUP: 20		Omsteaville	1:13:50	1	Barbara Woods	46	Granville, MA	1:18:46
Robert Miller	- <b>23</b> 28	Chestertown	26:03	M/	ALE AGE GROUP: 50	) - 59		
Alex Dunn	28	Saratoga Springs	27:12	1	Will McGivney	53	Diamond Point	25:10
EMALE AGE GROUP:		Saratoga Springs	27.12	CEI	MALE AGE GROUP:	55	Diamona Foint	25.10
Kasie Winig	28	Saratoga Springs	33:12	1			Old Farms	20.27
Melissa Davidson	27	Saratoga Springs	38:28	1	Marion Oswald	58	Old Forge	38:24
MALE AGE GROUP: 30	- 39			MA	ALE AGE GROUP: 60	) - 69		
Ken Higgins	35	Morristown, NJ	28:46	1	George Oswald	64	Old Forge	32:48
2 Joseph Pikor	37	Saddle Brook, NJ	1:13:54		Court	esv of Gore	Mountain	

			•		ber 4, 2015 • P	ospece		,			
M	ALE OVERALL			FE	MALE AGE GROU	P: 25 - 29	)	M	ALE AGE GROUP: 4!	5 - 49	
1	Juozas Di Cesare	14	15:15	1	Samantha Velez	29	23:36	1	Richard Haldeman III	45	17:0
2	Joshua Minore	43	15:34	M	ALE AGE GROUP:	30 - 34		2	Dave Shipple	45	25:0
3	Kevin Manieri	29	15:53	1	Phil Carvalho	31	18:06		MALE AGE GROUP:	15 - 19	
FΕ	MALE OVERALL			2	Mat Petrin	32	18:23	- 1			22.2
1	Gretchen Oliver	41	16:48	FE	MALE AGE GROU	P: 30 - 34		- 1	Ann Volper	46	23:3
2	Shelly Graves	36	18:55	1	Sarah Mycek	32	21:00	2	Mariola Pratt	49	26:1
3	Beth Ostwald	51	18:56	2	Amy Kaplan	34	23:29	M	ALE AGE GROUP: 50	0 - 54	
M	ALE AGE GROUP:	1 - 14		3	Karla Powers	32	23:36	1	Gary McCann	54	19:1
1	Sam Oliver	11	16:45	4	Rachel Eson	33	41:54	FE	MALE AGE GROUP:	50 - 54	
2	Kevin Rasin	6	18:27	M	ALE AGE GROUP:			1	Paula Morelli Czupil	54	21:0
3	Ransell Segura	10	25:32	1	Ernie Yue	36	18:17	1			23:2
FΕ	MALE AGE GROU	P: 1 - 14		2	Jose Segura	37	26:42	2			
1	Sophia Fusco	13	21:06	FE	MALE AGE GROU	P: 35 - 39		3	Renee Vickery	53	24:0
2	Elise Felton	7	23:49	1	Lacey Buckley	37	19:40	M	ALE AGE GROUP: 5!	5 - 59	
3	Raeanna Scales	9	41:44	2	Leah Bojnowski	36	25:47	1	Mike Zebrowski	57	23:0
FΕ	MALE AGE GROU	P: 15 - 19	9	3	Theresa Felton	39	30:11	FE	MALE AGE GROUP:	55 - 59	
1	Islay Di Cesare	17	20:37	M	ALE AGE GROUP:	40 - 44		1	Carol Hausamann	56	21:0
2	Wan Na Chun	18	21:58	1	Jason Felton	41	23:52		MALE AGE GROUP:	50	21.0
FΕ	MALE AGE GROU	P: 20 - 24	4	FE	MALE AGE GROU	P: 40 - 44	ļ	FE			
1	Jennifer Gallego	21	26:09	1	Tricia Reuss	40	23:07	1	Mitzi Lawrence	70	42:3
M	ALE AGE GROUP:	25 - 29		2	Patricia Tesch	44	24:16		Courtesy of Whitney	M. Your	ng, Jr.
1	Ben Boswell	26	21:07	3	Holly Grieco	40	26:37		Health Ce	nter	

		9.	TH ANNUAL I	FALLI	NG	LEAVES 5K I	RUN		
		_				elley Park, Balls		oa -	
M	ALE OVERALL				FE	MALE AGE GROUP: 3	0 - 39		
1	Derrick Staley	56	Ballston Lake	17:19	1	Angela Bauer	36	Ballston Spa	22:5
2	Clifford Stevens	19	Ballston Spa	18:49	2	Nichole Tempest	35	Ballston Spa	24:1
3	Thomas Marcellus	50	Ballston Spa	19:14	3	Samantha Belcher	38	Saratoga Springs	26:0
E	MALE OVERALL				M	IALE AGE GROUP: 40		saratoga springs	20.0
ı	Kimberly Miseno	45	Amsterdam	21:11	1	James Markwica	40	Wilton	20:2
2	Tara Salmon	27	Gansevoort	22:07			40	Ballston Spa	23:2
3	Shannon Hansen	42	Ballston Spa	22:32	2	Gary Dale			
VI/	ALE AGE GROUP: 1 -				3	Andrew Cook	45	Ballston Spa	24:1
1	Liam O'Connell	14	Ballston Spa	19:42		EMALE AGE GROUP: 4		- 0.	
2	Ethan Cook	12	Ballston Spa	19:43	1	Kim Eisler	48	Ballston Spa	25:1
3	Griffin Leggieri	14	Ballston Spa	19:56	2	Jacqui Kotula	49	Ballston Spa	25:4
E	MALE AGE GROUP: 1	1 - 14			3	Sonja Rossi	46	Saratoga Springs	27:4
	Madalyn Wilson	10	Ballston Spa	25:42	M	IALE AGE GROUP: 50	- 59		
2	Maia Bianchi	10	Ballston Spa	25:55	1	Thomas Marcellus	50	Ballston Spa	19:1
3	Sarah Lewza	10	Ballston Spa	25:57	2	Frank Lombardo	59	Saratoga Springs	21:5
	ALE AGE GROUP: 15				3	Paul Stevens	55	Saratoga Springs	22:1
	Clifford Stevens	19	Ballston Spa	18:49	_	EMALE AGE GROUP: 5		saratoga springs	
2	Patrick McAuliffe	19	Ballston Spa	23:50	1	Christine Kernochan	50	Ballston Spa	27:4
3	Jonathan Straight	17	Ballston Spa	29:13	2	Karen Koskowski	51	Clifton Park	27.4
_	MALE AGE GROUP: 1				_		57		
ı	Julia Blake	16	Ballston Spa	26:40	3	Sheri Steele		Ballston Spa	29:0
2	Tatianna Popovitch	15	Paris, FR	26:40		IALE AGE GROUP: 60			
3	Miranda Blaauboer	16	Ballston Spa	29:13	1	Lorin Spiegel	66	Saratoga Springs	30:1
	ALE AGE GROUP: 20				2		61	Ballston Spa	43:5
	David Straight	24	Malta	22:31	FE	EMALE AGE GROUP: 6	0 - 69		
2	Andrew Sheerer	24	Queensbury	22:58	1	Glori Ekberg	61	Niskayuna	31:4
3	Will Minner	29	Greenfield Center	34:41	2	Barbara Conner	65	Ballston Spa	43:5
E	MALE AGE GROUP: 2				м	ALE AGE GROUP: 70	- 79		
ı	Sarah Straight	22	Ballston Spa	32:30	1	Richard Theissen	71	Round Lake	28:4
2	Katie O'Connor	26	Albany	33:24	2		73	Scotia	31:2
3	Carrie Sheeran	23	South Burlington, VT	36:30	3		73 72		33:3
VI/	ALE AGE GROUP: 30	- 39						Albany	33:3
	Craig Carbino	31	Selkirk	22:16		MALE AGE GROUP: 7		- 11	
2	Charles Tempest	35	Ballston Spa	22:38	1	Susan Fassett	70	Ballston Spa	38:5
3	Rob Szmarz	37	Ballston Spa	23:08		Courtesy of Ballsto	n Spa Ur	nited Methodist Churc	:h

						ON RIVER MA			
Oct						<b>D HALF MAR</b> vn Park, Colonie			Albany
	MARA	THON -	26.2 MILES		6	Aaron Littlejohn	23	Troy	3:32:26
	Top 3 Overall, Top 3	Age Gro	up & All Regional Fin	ishers	8	Ben Szewczyk	24	Albany	3:42:41
MA	LE OVERALL	-	-		10	Korey Devins	24	Wilmington	3:54:53
1	Bryan Morseman	30	Bath	2:24:01	11	Christian Cobb	23	Liverpool	4:14:38
2	Andrew Dionne	27	Dewitt	2:29:19	12	Dillon Dzikowicz	20	Amsterdam	4:16:05
3	Charles Remillard	22	Peru	2:29:31	13	Michael Marrero	22	Jordan	4:20:01
FE	MALE OVERALL				14	Brayden Hollis	24	Troy	4:31:07
1	Megan Skeels	41	Aledo, TX	2:46:40	18	Dylan Stufflebeam	23	Clifton Park	5:16:32
2	Dara Dalmata	38	Hopkinton, MA	3:01:11	FEN	MALE AGE GROUP: 20	- 24		
3	Caroline Poitras	40	St-Augustin, QC	3:01:18	1	Brittany Winslow	22	Queensbury	3:12:20
MA	LE AGE GROUP: 15	- 19			2	Emily Malone	22	North Grafton, MA	3:14:31
1	Christian Canham	18	Ballston Spa	3:04:31	3	Rachel Preusser	22	Craryville	3:21:21
2	Ethan Rambacher	18	Littleton, MA	3:32:05	4	Kiersten Anderson	23	Glenville	3:23:56
3	Jordan Healy	19	Castleton	3:39:23	6	Karlie Mangette	23	Slingerlands	3:31:43
FEI	MALE AGE GROUP: 1	15 - 19			7	Amy Babeu	23	Guilderland	3:34:42
1	Johanna Hentnik	17	Fonda	3:53:12	9	Morgan Mueller	23	Queensbury	3:40:46
2	Brianna Bessette	18	Cohoes	5:27:21	14	Margaret McDonough	20	Niskayuna	3:59:05
MA	LE AGE GROUP: 20	- 24			15	Kassandra Andrade	24	Troy	3:59:59
1	Jarrett Kunze	24	Upper Montclair, NJ	2:43:32	17	Katrina Teal	20	Mechanicville	4:20:16
2	Ryan McTaque	23	Niskayuna	2:44:48	19	Rachelle Lyford	20	Saratoga Springs	4:39:27
3	Robert Lamarre	22	Pembroke, MA	2:49:08	20	Jenna Thomas	22	Staatsburg	4:53:25
5	Paul Cox	22	Troy	3:12:40	21	Lauren Niedbalec	24	Niskayuna	5:14:11
			,					*	continued

#### • RACE RESULTS • RACE RESULTS • RACE RESULTS •

	33RD AI	NNUAL I	MOHAWK HUDSON	RIVER MARA	THON 8	14TH ANNUAL HA	ANNAFORD HA	LF MAR	ATHON continued		
MALE AGE GROUP: 25 - 29 1 Patrick Hager 29 2 Steel Flynn 26		2:38:37 2:42:13	41 Molly Hann 3	13 Albany 14 Saranac Lake 10 Ballston Lake	4:12:36 4:13:09 4:13:23	45 Steve Maynard	42 Clifton Park 40 Schenectady 44 Voorheesville	3:23:53 3:33:07 3:35:26	64 Stacey Youmans 46 65 Lizzie Redkey 46 66 Essie Hendron 48	6 Latham	5:05:06 5:07:49 5:10:27
3 John Farley 26 4 Ben Heller 26	6 Albany 6 Albany	2:46:28 2:55:36	49 Jeanna Mead 3 50 Victoria Kardas 3	2 Clifton Park 2 Delmar	4:23:37 4:23:50	48 Robert Bauer 49 Leonard Leonidas	43 Marcy 42 Castleton	3:36:07 3:36:37	69 Jennifer Street 48  MALE AGE GROUP: 50 - 54	8 Syracuse	5:25:40
5 Avanti Peters 28 7 Daniel Lambert 25 8 Colin Meagher 27	5 Liverpool	2:56:08 2:59:28 3:02:13	52 Julie Greene 3	10 Albany 14 Clifton Park 14 Sloansville	4:24:06 4:26:07 4:29:34	57 Derek Lewis	41 Malta 43 Loudonville 42 Delmar	3:39:47 3:40:03 3:41:37	1 Gary Cattarin 52 2 Bob Radliff 53 3 Chong-Hwan Son 50	1 Stillwater	2:55:07 2:56:59 2:58:14
12 John Burke 28 13 Ping Wong 28	8 Glenmont 8 Ballston Lake	3:21:54 3:28:43	54 Jennifer Newman 3 55 Emily Bren 3	1 Albany 1 Guilderland	4:32:09 4:32:09	61 Jim Eaton 62 Brian Watts	40 Castleton 41 Clifton Park	3:43:58 3:45:40	6 Craig Dubois 52	2 Sprakers 2 Johnsonville	3:04:22 3:12:11
14 Jonathan Poggi 25 17 Christopher Austen 29 18 Kyle Devins 26	9 Albany	3:35:23 3:44:20 3:47:58		3 Cambridge 0 Malta 1 Altamont	4:32:23 4:33:26 4:33:37	67 Daniel Gaidasz	41 Clifton Park 40 Ballston Spa 41 Menands	3:46:21 3:52:39 3:53:07	15 David Balestrini 50 16 Bart Trudeau 52 17 John McKee 5	2 Latham	3:21:05 3:21:28 3:22:00
19 Néil Cary 29 20 Yashwanth Tummala 27 21 Michael Cheplowitz 29	9 Schaghticoke 7 Niskayuna	3:54:14 3:57:23 3:59:37	61 Rachael Morrissey 3	Broadalbin Albany Albany Albany	4:37:39 4:37:40 4:38:14	70 James Vanwormer	41 Watervliet 41 Valatie 42 Altamont	3:53:07 3:53:46 3:53:50	20 Stuart Palczak 5: 22 Mark Stephenson 5: 26 Mark Murphy 54	1 Amsterdam 1 Esperance	3:25:18 3:26:20 3:27:37
21 Michael Cheplowitz 29 22 Yao Wei Lu 27 24 Richard Newkirk 28	7 Albany	4:00:24 4:13:45		2 Selkirk	4:43:46 4:44:46	72 Michael Thompson	43 Greene 44 Howes Cave	3:54:06 3:56:37	26 Mark Murphy 54 37 Dan Courneene 54 39 Brett Boismenu 53	4 Plattsburgh	3:34:48 3:35:55
25 John McCloskey 27 26 Philip Guerrant 29 28 Jack Cutrer 29	9 Schenectady	4:16:00 4:21:48 4:27:20	68 Madison Zuis 3	Saratoga Springs Gansevoort Johnstown	4:44:47 4:44:48 4:58:35	76 Shinro Ota	42 Nassau 42 Schenectady 42 Clifton Park	3:58:14 3:58:44 3:58:47	40 David Banas 50 42 Doug Landon 52 44 Chris Busch 54	2 Amsterdam	3:36:35 3:39:07 3:39:56
30 Bryant Abbuhl 25 31 Dan Smith 28	5 Slingerlands	4:34:07 4:37:33		2 Albany	5:08:51 5:09:47	78 Kenneth Green 79 Rik Jordan	<ul><li>44 Pennellville</li><li>44 Glens Falls</li></ul>	4:00:38 4:04:55	46 Jay Hamilton 52 48 Chris Salvato 52	2 Keeseville 2 Scotia	3:41:30 3:42:59
32 Joseph Hogan 27 34 Michael McCabe 27 35 Keith Gregory 26	7 Ńassau	4:43:06 4:58:08 5:09:04	79 Jami Landry 3	East Nassau Ithaca Loudonville	5:15:17 5:15:43 5:15:50	81 Gary Saunders	43 Troy 41 Ballston Spa 40 Colonie	4:05:18 4:07:27 4:08:01	56 Anthony Lupo 52 60 Kaoru Maekawa 50 62 Bill Douglas 54	) Waterford	3:48:57 3:53:08 3:54:44
36 Tim Moore 28 FEMALE AGE GROUP: 25 - 29	8 Troy <b>9</b>	5:13:08	81 Lesley May 3 MALE AGE GROUP: 35 - 39	0 Glens Falls	5:25:49	83 Anthony Gaetano 84 Larry Perrotti	40 Amsterdam 42 Sloansville	4:10:03 4:10:08	63 Andrew Sponable 52 67 Juan Rivelo 52	2 Latham 2 Clifton Park	3:55:27 3:57:16
1 Caitlin McTague 29 2 Allison Connor 25 3 Ashley Wojcicki 29	5 Albany	3:05:34 3:19:12 3:22:19	2 Jean-Franco Bemeur 3	7 Melville 17 Montreal, QC 17 Pittsburgh, PA	2:36:27 2:45:56 2:49:03	86 Craig Todd	43 Clifton Park 43 Burnt Hills 43 East Syracuse	4:10:25 4:10:36 4:14:17	68 Anthony Monaco 50 70 Kevin Morrissey 53 72 Michael Lair 53	3 Clifton Park	3:57:58 3:59:56 4:01:00
6 Bethany Hawke 29 7 Kelda Nelson 27	9 Albany 7 Queensbury	3:28:23 3:29:46 3:31:08	8 Noah White 3	6 Marcy 6 Slingerlands	2:57:42 2:58:44	91 Scott Hodge	40 Delanson 43 Delmar	4:16:41 4:20:05	75 Yan Zun Li 51 76 Aj Carrier 53 78 Robert Helfrich 52	3 Rexford	4:06:53 4:08:53
8 Brianna Thompson 25 10 Stephanie Cash Hogan 27 11 Michelle Davis 27	7 Saratoga Springs	3:33:11 3:36:29	12 Joseph Vinciquerra 3	7 Gansevoort 6 Rexford 5 Schenectady	3:00:15 3:05:55 3:06:44	93 David Cann	44 Guilderland 42 Queensbury 42 Troy	4:21:51 4:22:31 4:27:04	78 Robert Helfrich 52 81 Phillip Morelli 50 82 Edward Heins 52	) Troy	4:12:05 4:15:28 4:15:35
12 Jessica Berschwinger 27 14 Tara Joyce 27 15 Ashley Lanphear 29	7 Altamont	3:37:23 3:44:40 3:52:07	19 Wisam Aljoher 3	6 Albany 6 Liverpool 8 Hyde Park	3:09:11 3:12:00 3:12:41	99 David Becker	42 Niskayuna 42 Albany 43 Nassau	4:27:50 4:29:48 4:30:27	83 Bowden Wise 52 84 Scott Baxley 50 88 James Edwards 57	) Latham	4:16:15 4:18:45 4:31:58
17 Tara Ákstull 27 18 Kelcey Heenan 27	7 Saratoga Springs 7 Delmar	3:53:18 3:54:55	21 Matthew Kane 3 22 Christopher Scoville 3	5 Rótterdam 6 Rensselaer	3:13:58 3:14:34	101 Christopher Brown 102 Waseem Faidi	40 Troy 42 Schenectady	4:30:55 4:38:32	92 Douglas Browning Jr. 53 94 Mohamed Rahmane 52	3 Tribes Hill 2 Ballston Lake	4:38:13 4:41:31
20 Emily Taft 25 22 Caitlyn Edmundson 27 25 Megan Hecht 26	7 Delmár	3:58:13 3:59:52 4:01:48	28 Daniel Forgett 3	6 Wynantskill 7 Albany 5 Glenville	3:14:55 3:15:29 3:15:45	105 Jeff Heidbreder	43 Glenville 43 Watervliet 44 Burnt Hills	4:49:42 4:50:53 5:10:44	98 Christopher Fiore 54 99 Timothy Feeney 54 100 Jon Lemelin 53	4 Niskayuna	4:47:47 4:51:36 4:52:14
26 Melissa Gordon 26 27 Kate Fruscione 29	6 Clifton Park 9 Albany	4:04:12 4:05:32	33 Daniel Brady 3 35 Dallas Devries 3	8 Cohoes 8 Cohoes	3:18:54 3:23:36	FEMALE AGE GROUP: 40 - 1 Rebecca Trachsel	44 40 Winchester, MA	3:04:11	101 Michael Bottillo 54 105 Robert Fahr 54	4 East Greenbush 4 Watervliet	4:55:36 5:26:40
30 Rachel Linehan 26 31 Sevann Helo 28 32 Emily Chromczak 28	8 Loudonville	4:10:47 4:11:47 4:14:03	37 Brian Busher 3	9 Ballston Lake 8 Troy 5 Ballston Spa	3:24:15 3:29:15 3:30:02	3 Victoria Quantrill	<ul><li>43 Montreal, QC</li><li>41 Great Yarmouth, UK</li><li>42 Ballston Spa</li></ul>	3:14:13 3:23:53 3:39:33	106 Wesley Wilson 54 FEMALE AGE GROUP: 50 - 54 1 Marie-Andre Vallee 54	4	5:27:44 3:27:30
33 Cheyenne James 25 34 Veronica Cimilluca 26	6 Montgomery	4:15:33 4:16:40	41 David Chatt 3 42 Kyle Youlen 3	8 Ballston Lake 6 Burnt Hills	3:32:11 3:32:13	17 Erika Liguori	41 Albany 42 Clifton Park	3:51:16 3:53:11	2 Melissa Caron 50 3 Maria Conley 51	Norwood, MA	3:31:05 3:33:20
35 Elizabeth Rice 25 36 Kara Haggerty 25 37 Brigid Dake 29	5 Albany	4:16:53 4:17:41 4:19:59	44 David Czarnecki 3	9 Slingerlands 9 Clifton Park 6 Albany	3:33:12 3:33:21 3:34:21	19 Colleen Murray	42 Marlboro 41 Slingerlands 44 Castleton	3:53:19 3:53:48 3:55:13	4 Mary Fenton 50 12 Catherine Cappelletti 50 16 Raune Hamilton 51	Chatham '	3:38:08 3:58:06 4:03:16
38 Amanda Robertello 28 39 Margaret Cook 25 40 Jona Favreau 29	5 Potsdam	4:20:36 4:21:40 4:24:37	51 Shaun Nagraj 3	9 Troy 6 Syracuse 5 Albany	3:34:25 3:39:15	27 Christine Piscitella	<ul><li>44 West Sand Lake</li><li>40 Newburgh</li><li>40 East Syracuse</li></ul>	3:59:38 4:11:25 4:14:17	17 Kathleen Bottillo 52 19 Jennifer Martino 53 22 Judith Torel 52	3 Lafayette	4:04:36 4:10:57 4:15:26
40 Jona Favreau 29 41 Kristin Conte 28 42 Kelly Patterson 25	8 Schenectady	4:32:46 4:33:16	57 Jósiah Justice 3	5 Albany 8 Wallkill 5 Ballston Lake	3:39:47 3:45:39 3:46:40	34 Callee Carpenter	40 East Syracuse 42 Albany 43 Cicero	4:23:19 4:23:30	22 Judith Torel 52 23 Maria Ziemba 50 24 Varinya Sheppard 52	O Cazenovia	4:15:34 4:16:51
43 Elizabeth Burke 26 44 Melissa Lorenzo 25 45 Kseniya Hogan 29	5 Slingerlands	4:34:01 4:34:07 4:43:04	60 Nicholas Miller 3	9 Glenville 7 Delmar 5 Scotia	3:47:16 3:53:11 3:55:14	38 Joanne Vanhorne	40 Gansevoort 42 Corinth 40 Mechanicville	4:25:52 4:27:18 4:29:43	25 Mary Jo Bernardo 51 26 Lori Dietz 53 27 Kathleen Dougherty 51	Baldwinsville	4:17:30 4:21:28 4:23:50
46 Erin Áyala 28 47 Melissa Steciuk 26	8 Schenectady 6 Cohoes	4:44:21 4:46:03	67 Michael Washco 3 68 Mike Cognetti 3	6 Menands 7 Niskayuna	3:59:43 3:59:53	41 Jennifer Groth	43 Burnt Hills 44 Liverpool	4:29:59 4:31:24	28 Carrie Lavigne 51 33 Clara Matthews 52	1 Massena	4:26:12 4:32:12
48 Jamie Roden 25 49 Kaleigh McGrouty 26 50 Amy Thomas 26	6 Watervliet	4:53:33 5:02:02 5:02:36	70 Christopher Carter 3	8 Green Island 7 Averill Park 5 Troy	4:02:06 4:02:29 4:05:31	46 Jan Bass	40 Valatie 43 Herkimer 40 Ghent	4:36:45 4:39:08 4:41:20	34 Margaret Burke 52 35 Tina Lee 54 36 Joanne Richardson 54	4 Niskayuna ´	4:34:01 4:36:59 4:38:14
51 Saráh Czapranski 27 52 Claire Superak 26	7 Albany 6 Saratoga Springs	5:08:48 5:11:10	72 Douglas Secor 3 73 Mark Lansing 3	5 Scotia 9 Niskayuna	4:08:24 4:15:36	51 Toni Gauthier 52 Rachael Tanner	<ul><li>44 Clifton Park</li><li>40 Mechanicville</li></ul>	4:43:58 4:44:41	38 Kathy Case 53 41 Lisa Hentnik 51	3 Albany 1 Fonda	4:39:35 4:43:41
53 Kelly Lassonde 26 54 Jackie Chromczak 28 MALE AGE GROUP: 30 - 34		5:13:08 5:23:15	75 Francis Peruzzi 3	6 Wappingers Falls 8 Herkimer 5 Niskayuna	4:19:34 4:19:41 4:25:58	55 Loretta Martin	44 Albany 42 Ballston Spa 42 Amsterdam	4:47:35 4:48:54 4:53:01	43 Christine Isbell 51 45 Karen Brady 50 48 Irene Valada 50	Castleton	4:47:21 4:49:52 4:54:59
1 Thomas O'Grady 30 2 Dave Vona 33 3 Matt Pimentel 32	3 Valatie	2:30:52 2:38:27 2:48:15	78 Carl Aery 3 79 Robert Hardy 3	8 Broadalbin 6 East Greenbush	4:33:33 4:38:15 4:41:22	59 Jennifer Davis 60 Nadine Irish	43 Johnstown 40 Troy	4:54:33 4:56:44	49 Tammi Edwards 50 50 Patricia Root 51 51 Sara Crofut 51	1 Mechanicville	4:59:34 5:00:11 5:01:01
3 Matt Pimentel 32 4 Justin Pangie 30 6 Jan Wellford 33	Castleton	2:50:16 2:54:52		9 Cohoés	4:43:23 4:46:12	62 Venus Jancek	44 Liverpool 44 Cambridge 43 Wynantskill	4:59:07 5:05:06 5:16:32	51 Sara Crofut 51 52 Susan Soeller 54 53 Johna Palmer 54	4 Middletown	5:02:37 5:05:05
10 Joshua Gregg 33 12 Trey Kingston 30 13 Jamie Stroffolino 30	) Albany	3:03:52 3:04:21 3:04:43	86 Jeff Cornick 3	6 Albany 6 Ballston Spa 7 Wappingers Falls	4:46:37 4:55:35 4:55:39	33	43 Niskayuna 41 Hyde Park	5:16:45 5:25:43	54 Rachael Angelini 50 55 Gina Szesnat 54 56 Larisa Hodgkinson 52	1 Loudonville	5:07:53 5:10:34 5:10:45
15 Stuart Guthrie 31 16 Joel Patrie 31	1 Troy 1 Scotia	3:10:49 3:13:36	89 Daniel Orsini 3 90 Matthew Fiet 3	8 Niskayuna 7 Watervliet	4:59:53 5:00:11	1 Daniel Desharnais 49 2 Ludo Bruyere	9 Fossambault-sur-le-Lac, QC 46 St. Bruno, QC	2:48:21	57 Svetlana Pantilei 50 59 Linda Anagnostopulos 52	Clifton Park	5:10:46 5:27:20
17 Brian Lusignan 31 21 Mike Coffey 31 22 Denis Samburskiy 33	1 Hopewell Junction	3:14:22 3:24:34 3:29:20	91 Steven Moragne 3 92 Jakob Irwin 3 93 Kevin Smith 3	5 Queensbury	5:09:10 5:09:19 5:10:33	5 Jon Rocco	47 North Kingstown, RI 48 Colonie 49 Scotia	2:58:58 2:59:42 3:03:37	MALE AGE GROUP: 55 - 59  1 Miguel Guevara 55 2 Edward Basanti 57		3:12:32 3:13:30
26 Ryan Wheeler 31 27 Sean Smith 32	1 Albany 2 Latham	3:30:41 3:30:42		5 Ballston Lake 8 Clifton Park	5:14:32 5:14:33	8 Daniel Pierson 25 Michel Joseph	46 Oriskany 48 Poughkeepsie	3:04:01 3:23:05	3 James Newett 57 5 Gordon Dean 55	7 Ellsworth, ME 5 Middletown	3:23:59 3:31:05
28 Justin Busch 30 30 Tom Kaczmarek 31 31 C.J. Birdsall 30	1 Albany	3:31:11 3:32:41 3:33:46		5 South Glens Falls	5:28:47 5:28:47	26 Roy Headwell 31 Neil Grencer 37 Ron Reed	48 Cambridge 46 Poughkeepsie 48 Unadilla	3:23:30 3:27:25 3:33:18	8 Steve Miura 58 10 Don Chillrud 56 14 Greg Wandersee 57	5 Niskayuna	3:33:30 3:38:18 3:47:51
33 Timothy Cobb 33 34 Jacob Becker 33 36 Michael Rushman 31	3 Schenectady	3:34:39 3:36:03 3:37:05	1 Aya Leitz 3 2 Kirouac Kathya 3 3 Patricia Carreiro 3	7 Quebec, QC	3:16:39 3:25:53 A 3:25:58	40 David Troischt 49 Brian Griffin 50 Bill Hoffman	48 Mechanicville 47 Clifton Park 48 Clifton Park	3:35:14 3:38:46 3:39:40	17 Gerald Keene 59 18 Mark Canary 59 24 Douglas Ferris 56	5 Broadaĺbin	3:52:42 3:52:49 3:57:04
37 Kazuya Ichiki 31 40 Greg Gecewicz 32	1 Guilderland 2 Albany	3:39:06 3:42:56	4 Kara Defeo 3 5 Allison Bradley 3	5 Rensselaer 9 Albany	3:26:38 3:28:42	59 Rob Toole 63 Michael Cebula	48 Manlius 48 Mechanicville	3:52:03 3:54:44	28 Daniel Esper 55 29 Richard Kelly 59	Slingerlands Schenectady	4:00:23 4:00:25
41 Brandon Viloria 34 42 Gregory Jabaut 33 43 Tom Tiberio 30	3 Albany	3:43:24 3:44:18 3:44:40	10 Leah Jachym 3	9 Marathon 6 Albany 6 Schuylerville	3:35:00 3:38:24 3:43:17	64 David Walker 66 Stefan Smith 67 Ken Schneider	47 Salt Point 45 Scotia 45 Hyde Park	3:55:32 3:56:53 3:58:04	32 Dennis Foster 57 33 Bill Brigham 57 34 Danny Arnold 58	7 Troy	4:04:58 4:05:50 4:08:56
44 Jonathan Louden 31 45 John Clements 32	1 Clifton Park 2 Troy	3:45:19 3:48:28	16 Courtney Labarge 3 17 Christine Classen 3	6 Cobléskill 5 Albany	3:43:46 3:45:21	68 Aaron Couture 69 Scott Teal	45 Niskayuna 49 Mechanicville 46 Guilderland	3:58:13 3:58:42	35 Dan Barnes 56 36 John Abbuhl 57	5 Niskayuna 7 Slingerlands	4:09:42 4:15:06
49 Justin Alonzo 34 50 Joseph Crowe 32 51 Matthew Gaschel 30	2 Albany	3:55:25 3:55:47 3:56:20	21 Emily Miller 3 22 Meka Osterhoudt 3 23 Michele Coonce 3	7 Cobleskill	3:53:11 3:53:18 3:54:23	72 Jim McMorris 73 Charles Seeley 74 Robert Faulds	46 Niskayuna 45 Gloversville	3:59:01 3:59:53 3:59:55	38 Kurt Lozier 56 41 Alexander Rinaldi 59 43 James Girmindl 59	2 Latham	4:19:22 4:23:41 4:28:02
53 Jeremy Scott 33 54 Gerard Colling 34 55 Jimmy Vielkind 30	4 Wynantskill	3:57:11 3:57:32 3:58:01	26 Rachel Toolan 3 28 Melissa Smolen 3 29 Molly Flynn 3		3:55:23 3:57:59 3:59:22	79 Krishnat Patil 80 Joe Forbes 81 Edward Henry	<ul><li>47 Ballston Lake</li><li>46 Hudson Falls</li><li>45 Canastota</li></ul>	4:08:38 4:09:56 4:10:16	44 Christian Vandervort 55 46 Perry Gava 57 47 Jim McTague 58	7 Clifton Park	4:28:08 4:30:23 4:33:51
56 John Conwall 33 57 Stephen Wendt 31	B Duanesburg I Gloversville	3:58:27 3:58:38	30 Erin Digiovanni 3 32 Carrianne Arquette 3	5 Goshen 6 Whitehall	3:59:48 4:00:03	83 David Dentry 85 Rob Gray	45 Glenville 46 Glenmont	4:12:34 4:14:08	48 Jack Armitage 55 49 George Shannon 55	5 Latham 5 Clifton Park	4:34:25 4:37:25
58 Gary Krisanda 33 60 Nicholas Lobosco 33 61 Travis Kellman 32	Ballston Spa	3:58:59 4:02:43 4:03:12	33 Janna Strong 3 34 Michelle Steinfest 3 35 Megan Grosso 3	5 Liverpool	4:02:50 4:02:51 4:03:22	86 Sean Crall 90 John Boyce 91 Charles Piotrowski	49 Clifton Park 48 Schaghticoke 46 Niskayuna	4:15:50 4:18:48 4:19:59	50 Jeff Case 55 51 Edward Abbott 55 53 Timothy Riley 59	5 Ballstón Spa	4:39:34 4:42:34 4:58:18
64 Eric Scaringe 32 65 Daniel Oswald 34 66 Timothy Nevinger 34	4 Ballston Spa	4:09:56 4:12:13 4:12:44	36 Christina Hunsberger 3 37 Angie Boisvert 3 39 Brenna Sharp 3	9 Cohoes	4:05:39 4:09:31 4:17:04	92 Hwasoo Lee 94 Brendan McKenna 96 Stacey Brooks	48 Clifton Park 45 Latham 48 Plattsburgh	4:22:03 4:24:17 4:28:58	55 Keith Crofut 58 56 James Allen 57 57 Christopher Thomas 55	7 Waterford	5:01:01 5:01:51 5:02:23
68 Matthew Robinson-Loffler 3 69 Jason Cerminaro 32	34 Albany 2 Syracuse	4:18:08 4:20:38	41 Veronica Byers 3 42 Joy Stallmer 3	8 Lake Placid 8 Waterford	4:17:44 4:17:59	97 Dave Ressue 98 Darrell Everts	45 Little Falls 46 Schenectady	4:31:03 4:34:22	58 Bob Seigart 58 FEMALE AGE GROUP: 55 - 59	3 Fayetteville	5:24:35
70 Andrew Gravelle 31 72 John Pitera 33 73 Bill Kardas 31	3 Albany <sup>'</sup>	4:21:03 4:21:38 4:23:50	44 Amy Goebel 3 45 Shannon Eaton 3 46 Sarah Trindade 3		4:19:18 4:19:18 4:26:22	99 Giacinto Pascazio 101 Nick Laplaca 102 Keith West	45 Mechanicville 46 Queensbury 48 Mechanicville	4:35:35 4:38:05 4:40:21	1 Maureen Fitzgerald 57 2 Lucie Letarte 55 3 Agathe Croteau 55	Quebec, QC	3:41:59 3:44:52 3:46:15
75 Tyler Eaton 34 76 Paul Voigtland 31	4 Jay 1 Otisville	4:25:46 4:30:04	47 Bryna May 3 48 Amy Wakefield 3	6 Saratoga Springs 8 Wallkill	4:27:18 4:27:23	105 William Cloute 106 Erik Hage	47 Clay 46 Poestenkill	4:50:35 4:50:37	6 Colleen Magnussen 55 7 Kim Law 58	Geneseo East Greenbush	3:55:29 3:59:07
77 Peter Rossi 32 78 Robert Magee 31 79 John Westcott 31	1 Albany	4:32:24 4:35:15 4:35:15	49 lvy Kasallis 3 50 Victoria Engel-Fowles 3 51 Stephanie Canham 3	6 Greenville	4:28:37 4:29:48 4:30:20	107 Daniel Farley 108 Dr. Yuri Lvov 109 Steven Briggs	48 Albany 45 Albany 49 Mohawk	5:05:41 5:09:10 5:18:18	11 Jean Kerr 56 12 Jenny Lee 55 14 Kimberly Sack 58	5 Selkirk	4:10:18 4:17:45 4:28:21
80 Matthew McKeown 34 81 Tony Sakellariou 32	2 Kingston	4:38:52 4:40:39	52 Megan Brown 3 53 Debbie Erenstone 3	8 Troy 6 Lake Placid	4:30:54 4:31:14	110 Ron Bessette 111 Derrick Rumenapp	49 Cohoes 45 Wynantskill	5:27:23 5:28:07	15 Liz Rhein 58 16 Alicia Chase 56	3 Warwick 5 Cadyville	4:28:42 4:29:14
82 Aaron Wolff 31 83 Brett Murray 30 85 Keith Posson 31	) Schenectady	4:45:27 4:45:28 4:59:35	54 Pamela Brumley 3 55 Catherine Dima 3 56 Heather Bala 3		4:31:22 4:36:45 4:38:05	FEMALE AGE GROUP: 45 -  1 Valerie St-Martin  2 Karen Dolge	46 Quebec, QC 45 Valatie	3:03:36 3:06:25	20         Alison Nicklas         59           22         Christine Feeney         56           23         Jennifer Westermann         59	5 Niskayuna	4:39:58 4:51:36 4:54:32
87 Will Ellithorpe 34 FEMALE AGE GROUP: 30 - 34 1 Meghan Newcomer 34	4	5:08:52 3:04:10	58 Amy Hebbard 3 59 Julie Young 3 62 Patience Pechette 3	7 Queensbury	4:39:55 4:40:40 4:44:55	3 Mary Holt-Wilson 5 Mary Klee 10 Stacia Smith	45 Westwood, MA 46 Syracuse 45 Niskayuna	3:24:52 3:30:18 3:40:18	27 Dawn Cymerman 59 31 Mary Ellen Chardavoyne 55 33 Becky Thayer 58	Glenmont	5:06:21 5:18:07 5:24:46
2 Meghan Mortensen 30 3 Elizabeth Chauhan 31	O Rotterdam I Albany	3:08:10 3:15:19	63 Amanda Rose 3 65 Amber Smith 3	5 Gloversville 8 Gloversville	4:46:12 4:58:35	11 Bonnie Galvin 16 Rachel Stanton	48 Ballston Spa 47 Lake Placid	3:43:04 3:52:53	MALE AGE GROUP: 60 - 64 1 Lee Pollock 63	3 Queensbury	3:08:29
4 Melanie Damico 34 5 Molly Casey 31 9 Allison Milazzo 30	1 Albany	3:22:48 3:24:03 3:30:01	66 Jessica Whiting 3 67 Melissa Feltman 3 68 Jessica Mitchell 3	8 Earlton	4:59:42 5:05:07 5:11:54	17 Dawn Morrison 20 Lisa Swedick 21 Courtney Moriarta	47 Clifton Park 49 Johnstown 46 Greenwich	3:57:32 3:58:56 3:58:57	2 Normand Plouffe 60 3 Richard Clark 61 7 David Roy 60	Feeding Hills, MA	3:17:37 3:32:32 3:49:07
10 Teal Reeves 34 13 Lauren Carnahan 32	4 Malta 2 Latham	3:32:11 3:35:37	69 Danielle Mellen 3 70 Marcy Fiet 3	6 Renssélaer	5:12:08 5:23:07	22 Karen McCormack 23 Karen Finnerty	<ul><li>47 Hopewell Junction</li><li>45 Wynantskill</li></ul>	3:59:05 3:59:57	13 Mark Mitchell 60 19 David Olsen 63	Hopewell Junction Niskayuna	4:12:51 4:42:12
15 Stephanie Viloria 33 17 Jill Splonskowski 31 19 Cassie Baillargeon 34	1 Niskayuna	3:37:39 3:39:46 3:40:57	MALE AGE GROUP: 40 - 44  1 Art Gunther 4  2 Glenn Cowan 4	,	2:37:08 2:50:12	26 Suzanne Craybas 37 Lisa Scaringe 39 Dora Anderson	46 Camillus 47 Clifton Park 45 Albany	4:06:24 4:18:12 4:18:54	20 John Carboni 62 22 Chester Tumidajewicz 61 24 John Westermann 61	l Amsterdam	4:44:05 4:48:03 4:54:32
20 Rebecca Tennyson 32 22 Melissa Sakellariou 32	2 Troy 2 Kingston	3:43:47 3:48:04	3 Sebastien Lapierre 4 6 Seth Capello 4	3 Montreal, QC 0 Gansevoort	2:55:01 3:01:18	40 Mollie Ryan Peiren 42 Francine Fredette	46 Wallkill 46 Glenmont	4:20:23 4:21:11	26 Steve Johnston 64 27 Jim Moragne 64	1 Niskayuna 1 Ilion	5:01:17 5:06:17
23       Jen Hazzard       30         26       Sara Dean       31         28       Michelle Pautler       30	I Albany D Albany	3:48:07 3:51:12 3:52:39	8 Brian Northan 4 9 Andy Reed 4 15 Jonathan Golden 4	4 Niskayuna	3:02:06 3:02:23 3:08:37	43 Dina St. Claire 45 Nancy Gildersleeve 47 Miriam Hardin	47 Whitehall 49 Ballston Lake 48 Albany	4:21:43 4:25:11 4:27:57	28 Phil Gallo 64 FEMALE AGE GROUP: 60 - 64 1 Gervaise Giroux 60	<b>4</b> O Quebec, QC	5:27:44 3:49:29
29 Heather Tierney 33 30 Christine Edwards 34 31 Kelly Virkler 31	Pottersville Cicero	3:53:54 3:54:23 3:56:27	16 David Swift 4 21 Matt Berlin 4 22 John Mongan 4	<ul><li>3 Poughkeepsie</li><li>1 Glenmont</li></ul>	3:11:46 3:13:35 3:13:58	48 Denise Seidel 49 Lisa Fuller-Tyler 50 Gina Laviolette	47 Syracuse 46 Fort Edward 48 Scotia	4:28:20 4:28:34 4:28:49	2 Joan Celentano 62 3 Cindy Ingalls 64 13 Cheryl Olsen 62	2 Schenectady Pittsford	4:00:25 4:03:28 4:42:12
33 Catherine Guthrie 33 34 Megan Trudeau 31	B Glenville I Plattsburgh	4:01:57 4:02:51	23 Yuriy Benderskiy 4 26 Christopher Rajchel 4	3 Ballston Lake 2 Mechanicville	3:14:44 3:17:13	51 Lisamarie Clark 52 Sarah Vogel	47 Wilton 45 Slingerlands	4:29:55 4:29:58	14         Jill Mehan         60           15         Penny Noll         63	) Troy	4:42:12 4:51:38 5:24:35
35 Victoria Fenley 33 36 Stephanie Clarke 34 37 Danielle Remillard 31	Schenectady Campbell Hall	4:04:29 4:05:26 4:07:51	27 Randall Decker 4 30 Dennis Beardsley 4 33 Zachary Hill 4	3 Castleton	3:17:29 3:18:52 3:19:08	55 Jennifer O'Connell 56 Robin Nagengast 57 Christine Maney	49 Niskayuna 49 Albany 46 Albany	4:36:50 4:37:12 4:41:39	MALE AGE GROUP: 65 - 69  1 David Monk 68 2 Seamus Hodgkinson 66		4:01:46 4:03:19
38 Allison Zappieri 31		4:09:57	34 Patrick Leone 4		3:19:28	60 Diantha Velasquez	48 Dexter	4:52:12	3 Michael Reif 66		4:04:07 continued



Time for hot chocolate, Christmas music and the season of giving. In this publication, it really means it's time for holiday and winter themed races to get you excited and outside this season. Register for some or all of these races to celebrate the holidays and to bring in 2016!

Kick-off the post-turkey holiday season at the **4-Mile Reindeer Run and Reindeer Run, Jr.** on Sunday, December 6 at SUNY Adirondack in Queensbury. This year's four-mile run features a new course, starting and ending on the college campus, and in reverse of previous years' races. All roads are open, but they will have course marshals at all corners and side roads. The course is mostly flat with minimal traffic so

it's perfect for families.

The first 125 entrants to the four-miler receive souvenir long-sleeve T-shirts. Following the race is the Reindeer Run, Jr., which is a one-mile fun run for children 12 and under. All proceeds benefit Cindy's Comfort Camp, a free weekend overnight camp for children ages 6-17, who have experienced the death or serious illness of a parent or sibling. Register at active.com or for more info, go to adirondacksunners.org.

Next up is the 19th annual **Holiday Classic 5K Run/Walk** on Saturday, December 19 at Columbia-Greene Community College in Hudson. The course is an out and back on quiet Columbia County country roads with a fast downhill finish. Race director Phil Carducci adds, "Runners love the momentum

they get on the downhill." The Rip Van Winkle Amateur Radio Society volunteers assist with course marshalling.

Instead of T-shirts, the first 150 registrants will receive running gloves. Refreshments and door prizes, such as restaurant certificates and baked goods, will be handed out after the race. Participants can shower in the college's locker rooms before moving on with their day. Register online and save at active.com.

Close out 2015 with the 18th annual **First Night Saratoga 5K Run** in Saratoga Springs on Thursday, December 31. Based at Skidmore College athletic complex, this is a popular event and it's limited to 1,500 runners. The race sells out early and there's no day of race registration so get entered soon. Start and finish on the beautiful campus with a gradual uphill in the first three-quarters of a mile. The course exits the campus at Clinton Avenue and continues to Greenfield Avenue, continuing up North Broadway and back to campus. It's a moderately challenging course with a few hills and downgrades.

Everyone gets bling at the end with finishing medals and your race entry includes a cotton long-sleeve shirt for "after race comfort." With a 5:30pm start time, you can run, socialize with post-race food (including pizza), drinks and awards indoors in the gym, and have plenty of time for your New Year's plans or at First Night Saratoga – celebrating its 20th anniversary! If you're staying out, you can even take a shower and change in the locker room. If you register for both

the race and First
Night at the same
time, you'll save \$5. To register or for more
info, visit saratoga-arts.org.

The 40th annual HMRRC Hangover Half-Marathon and Bill Hogan 3.5-Mile Run/Walk is on Friday, January 1 at the Physical Education building at University of Albany, so start the New Year right with a long run! After a late night of revelry, you can sleep in and run the half-marathon or 3.5-mile run/walk because these races start at noon. The races are the second of a fivepart Winter Series hosted by the Hudson-Mohawk Road Runners Club that runs from mid-December 13 to January 31. The races are held within the university campus and Harriman State Office complex roads on mostly flat roads. Last year's 3.5-mile race had a record turnout with almost 300 runners, while the half-marathon typically gets 300 runners as well.

Members of HMRRC race for free while non-members pay a nominal \$5 - register day of race and all are welcome. HMRRC usually has a great turnout of volunteers and course marshals who will offer their support but don't expect big crowds lining the course. The races are not chip timed, and there are no race T-shirts, however it's a great gathering of the Capital Region running community. For more info, go to hmrrc.com.

On Saturday, January 9, the Fulmont Roadrunners will be hosting their 30th annual **Winter Wimp Foot Race** at the Hagaman Fire House in Hagaman, to be held "snow or shine!" The village is located just northeast of Amsterdam, this Montgomery County race offers two distances – 4.4 miles or the 2.2 "wimp out" – perfect for friends or family who want to run different distances.

HALF-MARATHON & BILL HOGAN 3.5-MILER.

■ GETTING INTO THE SPIRIT AT THE 2014 REINDEER RUN. JILL PEDERSON

START OF THE 2014 FIRST NIGHT SARATOGA 5K. JENNIFER ALLEN 2015 HMRRC HANGOVER

A portion of the entry fee goes to the FMRRC's James R. Dern Memorial Scholarship Fund. A special race souvenir is guaranteed to the first 150 registered runners. Hot and cold refreshments will be served for after your run. For details, visit fmrrc.org.

The Adirondack Runners' **Polar Cap 4-Mile Run** will be Saturday, February 6 at the Sacred Heart Parish Hall in the village of Lake George. The Polar Cap course begins and ends on West Brook Road (near Beach Road) in Lake George, and kicks off the Lake George Winter Carnival. Warm refreshments, including soup, hot chocolate, coffee and baked goods, are served after the race.

Race organizers ask participants to bring a non-perishable food item for the Sacred Heart Food Pantry and proceeds benefit the Northern Haiti Sustainability Initiative. Long-sleeve cotton shirts are guaranteed for the first 200 registered runners or walkers. For more info go to: adirondackrunners.org.

So keep running OUTSIDE (including some snowshoe races), and register for a winter race that celebrates the holidays and helps you EXPERIENCE the wild, magical winter!

#### 33RD ANNUAL MOHAWK HUDSON RIVER MARATHON & 14TH ANNUAL HANNAFORD HALF MARATHON continued Schenectady 4:04:27 | MALE AGE GROUP: 30 - 34 | 7 Amy Drag 44 Waterford 1:47:48 | 14 Randy Paquin

9	John Shoemaker	66	Scotia	4:57:53
	MALE AGE GROUP: 65			
1	Judy Lynch	66	Castleton	5:08:30
MA 1	LE AGE GROUP: 70 - 7 Pierre Bourassa		-Paul-De-Montminy, QC	<b>4</b> ⋅00⋅21
			N – 13.1 MILES	7.00.21
To	op 3 Overall, Top 3 Age	Grout	& Top 10 Regional Fi	nishers
MA	LE OVERALL			
1	Louis Serafini	24	Brighton, MA	1:05:48
2	Joshua Lerch	33	New York	1:10:52
3	Aaron Lozier	27	Albany	1:12:21
1	Grace Kahura	22	Katonah	1:20:42
2	Jessica Bashaw	32	Cambridge	1:26:23
3	Lindsay Choppy	31	Troy	1:27:52
	LE AGE GROUP: 15 - 1			
1	Jeremy Schaffer	16	Scotia	1:31:45
2	Maximili Percent Liam McMahan	16 15	Schenectady Clifton Park	2:07:44 2:14:30
	MALE AGE GROUP: 15		CIIILOITTAIK	2.14.30
	Sydney Smith	15	Niskayuna	1:46:37
2	Anna Lifsec	16	New York	1:48:02
3	Christina McDonald	19	Rensselaer	1:54:27
4	Sarah Spencer	19	East Greenbush	2:20:18
5 MA	Chelsie Dessingue LE AGE GROUP: 20 - 2	16	Melrose	2:38:48
1		23	Trois-Rivieres, QC	1:24:58
2	Nealay Vasavda	21	Schenectady	1:52:56
3	Kevin Breen	21	Rensselaer	1:55:34
4	Colin Dalton	24	Troy	2:05:55
5	David Ramone	23	Rensselaer	2:17:02
6 7	Joe Harder Connor Ramone	24 21	Watervliet Rensselaer	2:22:24 2:37:32
8	Anthony Sanchez	24	Albany	3:03:33
9	Ryan Higgins	23	Saratoga Springs	3:25:24
FEN	MALE AGE GROUP: 20	- 24	J , J	
1	Julie Robinson	23	Cary, NC	1:30:39
2	Hannah Patzwahl	20	Valatie	1:36:00
3 4	Kelsey Ryan Patricia Erickson	24 22	Niskayuna Altamont	1:39:55 1:49:05
5	Molly Honda	23	Albany	1:50:47
6	Rosemary Kolb	22	Deruyter	1:53:10
8	Jessica Vennard	23	Albany	2:03:28
9	Stephanie Sica	23	Delmar	2:04:42
10	Anika Zuber	23	Glenmont	2:07:00
11 12	Rayne Rappazzo Emily Black	22 23	Cohoes Altamont	2:07:44 2:08:00
13	Sarah Nicol	24	Loudonville	2:08:25
16	Georgina Farrow	24	Charlton	2:13:02
	LE AGE GROUP: 25 - 2	9		
1	Alan Finder	27	Albany	1:23:29
2	John Grunert	28	Albany	1:29:09
3 4	Frank Martin Michael Morella	29 27	Schenectady Cohoes	1:36:25 1:41:42
5	Joe Sgarlata	28	Niskayuna	1:44:31
6	Trevor Powhida	27	Schenectady	1:44:41
7	Matthew Grill	28	Cohoes	1:59:20
8	Nicholas Prock	27	Gansevoort	1:59:36
9 10	Brian Michalski	28	Latham	2:04:32
11	Stephen Janowski Brian Delgado	28 26	Rensselaer Delmar	2:23:26 3:06:14
	ALE AGE GROUP: 25		o cirriar	5.00.14
1	Lisa D'Aniello	29	Albany	1:32:40
2	Chelsea Desalvatore	29	Clifton Park	1:33:51
3	Meghan Yi	25	Ellicott City, MD	1:41:33
4	Tracey Clark	29 29	Ballston Spa Clifton Park	1:42:35 1:42:36
5 7	Sara Lanesey Brittany Kane	26	Schenectady	1:51:59
8	Kristen Garzone	29	Troy	1:55:31
9	Erika Morrissette	27	Schenectady	1:56:14
10	Samantha Lee	29	Delmar	1:58:34
12	Jean Marie Kratzer	26	Cambridge	2:00:20
13 14	Kelcie Heron Jennifer Kehn	28 28	Schenectady Clifton Park	2:01:28 2:01:29
15	Katie Tafur	28 29	Clifton Park Albany	2:01:29
	radic latar	23	,July	2.05.15

1	Louis Dinuzzo	33	Saratoga Springs	1:16:37
2	Justin Bishop	34 33	West Columbia, SC	1:17:58
5	Michael Austin George Young	33 34	Delmar Liverpool	1:21:59 1:23:58
6	Jeff Long	32	Albany	1:27:34
7	Owen Hooper	31	Glenville	1:28:48
8	John Deer	33	Slingerlands	1:29:56
9	Darryl Whitney	34	Albany	1:30:11
10	Anthony Demarco	32	Mechanicville	1:32:47
11 13	Nick Reisman Carl Brewer	30 32	Clifton Park Albany	1:34:10 1:37:27
15	Matthew Goebel	30	Schenectady	1:37:27
16	Ryan Ruch	31	Little Falls	1:46:28
	1ALE AGE GROUP: 30			
1	Janne Rand	30	Lake Placid	1:34:09
2	Emily Russell	32	North Bennington, VT	
3 5	Leigh O'Connor Margaret Van Allen	33 34	Cohoes Kinderhook	1:44:19 1:48:06
6	Michelle Storm	31	Clifton Park	1:48:16
7	Rachael Ruberto	31	Albany	1:48:31
8	Leah Schaffer	31	Canajoharie	1:49:34
9	Elizabeth Dinuzzo	34	Saratoga Springs	1:50:00
10	Danielle Bargovic	32	Renssleaer	1:50:29
11 12	Sarah Strock Amy Weissman	33 33	Glenmont Ballston Spa	1:51:33 1:53:17
13	Jennifer Grant	34	Voorheesville	1:53:30
15	Jessie Sangster	33	Queensbury	1:54:52
MA	LE AGE GROUP: 35 - 3	39	,	
1	Anthony Giuliano	36	Albany	1:13:39
2	Juan Martinez	37	Syracuse	1:15:34
3 4	Stephen Siebrecht	36	Delmar	1:20:20
5	Columbia Warren Gabe Anderson	38 38	Ithaca Saratoga Springs	1:22:30 1:31:54
7	Oswaldo Rodriguez	37	Mechanicville	1:35:39
8	Matthew Lindow	38	West Sand Lake	1:36:15
9	Anthony Luciano	39	Gloversville	1:41:44
11	Kevin Kogut	37	Glenville	1:42:06
12	Brien Ragone	39	Niskayuna	1:42:14
13 14	William Wells Matthew Jachym	36 39	Niskayuna Albany	1:42:52 1:43:44
15	James O'Connor	36	Cohoes	1:44:19
	ALE AGE GROUP: 35			
1	Jennifer Bennice	36	Ballston Lake	1:29:14
2	Deanne Webster	39	Albany	1:33:18
3 4	Kari Deer	36 38	Slingerlands Rensselaer	1:33:28 1:37:32
6	Tina Cukrovany Jamie Donsbach	38	Loudonville	1:38:35
7	Mollie Turner	35	East Greenbush	1:38:53
8	Colleen Ottalagano-Mc			1:39:22
9	Rebecca Ruppe	37	Troy	1:43:36
10	Danielle Giroux	39	Waterford	1:48:15
11	Kelly Morris	37	East Greenbush	1:48:16
12 14	Melissa Kwasniewski Tammy Cumo	38 37	Fort Edward Slingerlands	1:48:57 1:49:41
15	Holley Bedell	36	Chestertown	1:50:23
	LE AGE GROUP: 40 - 4			
1	Randall Cannell	43	Broadalbin	1:21:07
2	Michael Dinicola	40	Albany	1:27:34
3 4	Todd Smith Phil Matthews	41 40	Voorheesville	1:28:59 1:29:06
5	Rob Van Der Kar	40	Waterford Averill Park	1:36:33
6	Hector Roig	43	Clifton Park	1:37:57
7	Daniel Skelton	43	Albany	1:38:34
8	Matthew Abatto	42	Clifton Park	1:39:15
9	Raymond Lipani	41	Clifton Park	1:41:19
10	Scott Kelly	43	Esperance	1:43:43
11 12	Patrick Ryan Simon Balint	42 42	West Sand Lake	1:44:32 1:44:52
13	Lee Stetzer	44	Niskayuna Albany	1:44:52
	IALE AGE GROUP: 40		,	
1	Sally Drake	42	Albany	1:32:11
2	Jill Rauso	44	Concord, NC	1:38:40
3 4	Christa Dederick	44 41	Berne Clifton Park	1:39:27
5	Kelly Saposnick Shanley Alber	43	Clifton Park Clifton Park	1:43:03 1:44:26
	,	_		

4T	H ANNUAL H	ΑN	NAFORD HA	LF MAR
7	Amy Drag	44	Waterford	1:47:48 I
8	Amy Conway	44	Delmar	1:48:00
9	Cathy Oldrich	41	Valatie	1:48:50
11	Wendi Kerls	41	Saratoga Springs	1:50:07
12 13	Jennifer Gaies Sarah Dzikowicz	40 44	Niskayuna Amsterdam	1:50:09 1:50:36
15	Kelli Schuhl	43	Charlton	1:51:56
16	Liz Carr	40	Clifton Park	1:52:01
	LE AGE GROUP: 45 - 4			
1	Neil Brenner	45	Somerville, MA	1:23:37
2	John Williams-Searle John Pusateri	47 48	Albany Castleton	1:29:14 1:31:42
4	Norris Pearson	49	Troy	1:31:59
5	Ken Tarullo	47	Delmar	1:32:07
6	Raymond Canavan	49	Clifton Park	1:34:50
7	Martin Gordinier	45	Delmar	1:35:54
8 9	Tom Jablonowski Kevin Valois	47 46	Voorheesville Schenectady	1:37:11 1:38:26
10	William Drapeau	48	Niskayuna	1:38:31
11	Christopher Miceli	48	Slingerlands	1:39:28
12	Kevin Younis	45	Albany	1:42:12
13	Todd Digrigoli	48	Niverville	1:42:41
FEIV	IALE AGE GROUP: 45 Terri Artese	<b>49</b>	Scotia	1:28:57
2	Julie Jobin	49	Becancour, QC	1:40:16
3	Kim Seabury	48	Old Chatham	1:41:13
4	Rose Angerosa	49	Glenville	1:46:20
5	Lara Stelmaszyk	46	Albany	1:47:05
7	Sally Dewes	49	Glenville	1:48:56
8 9	Stacey Szwetkowski Alicia Crowther	45 46	Clifton Park Ballston Spa	1:49:53 1:50:17
10	Michelle Hayes Goldma		Trov	1:51:28
11	Christine Cunnigham	49	Old Chatham	1:53:55
12	Christina Yager	47	Castleton	1:54:27
13	Melissa Carter	45	Troy	1:55:40
14 ΜΔ	Theresa Fiori LE AGE GROUP: 50 - 5	48 • <b>4</b>	Slingerlands	1:55:57
1	Russell Lauer	53	Troy	1:26:24
2	Sam Mercado	52	Albany	1:37:17
3	Rich Bury	53	Bellmore	1:38:03
5 6	Mark Mulpeter	54 52	Red Hook	1:39:02
7	Jacob Reider Matthew Bell	52 52	Slingerlands Wynantskill	1:39:03 1:39:34
8	Steve Janack	53	Scotia	1:44:04
9	Qin Jiang	51	Latham	1:44:07
10	Michael Kipp	53	Kinderhook	1:45:01
12 13	Steve Morse	52 53	Albany Glenmont	1:45:18
14	Michael Lachapelle Bill Grimaldi	50	Selkirk	1:46:03 1:48:29
16	Gary Grace	50	Delmar	1:50:17
	IALE AGE GROUP: 50			
1	Joyce Allen	54	Dunedin, FL	1:42:50
2	Teresa Warner Maiuri Kristen Hislop	50 51	Ghent Clifton Park	1:45:19 1:46:08
4	Lauren Herbs	53	Rexford	1:51:15
5	Denise Mormino	50	Slingerlands	1:51:17
6	Deborah Wyld	52	Ballston Spa	1:53:53
7	Darlene Kusaywa	51	Clifton Park	1:56:38
8	Kimberly Schaffer Lisa Conroy	50 50	Scotia Voorheesville	2:00:12 2:00:31
10	Jennifer Casey	50	Ballston Lake	2:00:36
11	Sue Cleary	52	Albany	2:02:38
13	Sharon Fellner	54	Schenectady	2:03:42
14	Colleen Shank	53	Cohoes	2:04:02
IVIA 1	LE AGE GROUP: 55 - 5 Richard Munson	58	Prattsville	1:31:50
2	John Parisella	57	Schenectady	1:32:56
3	Jamie Casline	56	Ballston Lake	1:34:27
5	Steve Vnuk	59	Delmar	1:35:46
6	Joe McCarthy	58	Ulster Park	1:39:10
8 9	Bill Marinello Michael Seeley	56 55	Slingerlands Glenville	1:46:14 1:46:50
10	Shengxin Jin	55	Cohoes	1:46:55
11	Limin Guo	55	Cohoes	1:46:55
12	James Grandy	55	Ballston Spa	1:48:13
13	Scott Ferguson	56	Latham	1:49:12

14	Randy Paquin	58	Rexford	1:51:46
15	Joe Benoit	58	Glenmont	1:54:34
	MALE AGE GROUP: 5!		· · ·	
1	Lise Lenden	55	Montreal, QC	1:43:11
2	Peggy McKeown	57	Moreau	1:45:48
3	Catherine Hartung	57	Morrisonville	1:47:59
4	Marcia Cooper	55	Burnt Hills	1:53:46
5	Melody Hoffmann	58	Coeymans Hollow	1:55:37
6	Colleen Walsh	58	Troy	1:59:41
7	Nancy Splonskowski	57	Niskayuna	2:01:18
3	Maureen Kruger	57	Albany	2:03:02
9	Crystal Beekman	56	Johnstown	2:10:15
10	Philly Heffner	59	Troy	2:10:59
12	Kim Farrow	58	Charlton	2:13:14
13	Molly Nicol	56	Loudonville	2:14:12
15	Mary Ellen Sousie	55	Melrose	2:17:38
	LE AGE GROUP: 60 -		CI '''	
1	Peter Gerardi	64	Glenville	1:35:20
2	George Baranauskas	62	Scotia	1:38:44
3	John Webber	60	Ballston Spa	1:48:54
4	Curt Woodcock	62	Johnstown	1:51:27
5	Frank Bender	64 64	Troy	1:55:30
3	George Schwab		Schenectady Raldwinsville	1:57:28
3 10	Jeffrey Conant	60 61	Baldwinsville	1:59:53
10 11	Robert Kruger Jack Wands	61 61	Fultonville Cohoes	2:03:17 2:11:58
11 12	Andrew McCullough	63	Slingerlands	2:11:58
13	Michael Maguire	60	Ballston Lake	2:18:05
14	Michael Worobey	61	Castleton	2:19:08
15	Ted Close	64	Wynantskill	2:38:20
	MALE AGE GROUP: 60		- zyriai i GKIII	2.30.20
1	Erika Oesterle	64	Stamford	1:52:16
2	Sharon Desrochers	60	Ballston Lake	1:57:11
3	Barbara Bender	61	Troy	2:11:35
4	Bonnie Kruger	60	Fultonville	2:15:11
5	Maryanne Reidy	60	Scotia	2:21:10
ŝ	Rita Murtagh	63	Duanesburg	2:22:03
7	Joan Bleikamp	61	Greenwich	2:24:54
3	Diana Graziano	63	Ballston Lake	2:35:38
9	Sharon Close	61	Wynantskill	2:38:20
10	Rose Hawver	63	Loudonville	2:45:58
12	Barbara Matrese	61	Troy	2:58:46
13	Jacqueline Tremont	64	Averill Park	2:58:46
	LE AGE GROUP: 65 -			
1	Paul Forbes	65	Colonie	1:46:30
2	George Jackson	66	Schenectady	1:55:06
3	Stephen Kerwin	65	Slingerlands	2:01:00
5	Ron Goebel	67	Albany	2:02:16
7	Sean Robbins	65	Wynantskill	2:10:14
3	Peter Newkirk	68	Albany	2:10:52
9	James Fiore	68	Latham	2:13:42
10	David Durkin	66	Rensselaer	2:13:56
11	James Thomas	69	Castleton	2:24:43
12	Martin Rowley	67	Latham	2:25:04
13	Russell Newkirk	65	Albany	2:30:33
14	Tim Leonard	66	Clifton Park	2:35:17
15	Ed Swanson	66	Ballston Lake	2:35:39
	MALE AGE GROUP: 65		Allegan	2.00-55
1	Anne Tyrrell	65	Albany	2:06:55
2	Katherine Ambrosio	65	Delmar	2:25:55
	Patricia Darmetko	66	Cohoes	2:31:06
1	Jan Pryor	65	East Greenbush	2:41:47
7	Carol Gerrish	65	Glenmont	3:07:39
) \# ^	Kathleen McMahon-Pa		66 Troy	3:12:58
	LE AGE GROUP: 70 -		Dolancon	2:19:28
i Een	Richard Baluch	70	Delanson	2.19:28
FEIV 	MALE AGE GROUP: 70 Marva Nadeau	73 73	Cohoos	2-11-12
	LE AGE GROUP: 75 -		Cohoes	3:11:13
J.,	Jim Moore	75	Niskayuna	2:20:00
FEM	ALE AGE GROUP: 75		rviskayana	2.20.00
LIV	Yeong Sook Kim	75	Delmar	3:33:08
	LE AGE GROUP: 80 -		Schridi	5.55.00

# Preventing and Treating Hypertension By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 68th 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.

edicines 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 67 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. This is especially true for hypertension or elevated blood pressure. If caught early and treated aggressively elevated blood pressure for the great majority may be normalized and may be kept controlled without undue reliance on medications.

Hypertension is defined as a sustained elevation in blood pressure. Recently, the guideline definitions for hypertension have changed downward to reflect pressures that safely reduce the risk for heart attacks and strokes without causing other undue risk. *In the new study from the National Institutes* of Health called the Systolic Blood Pressure Intervention Trial or S.P.R.I.N.T., blood pressure for the top number adjusted with medication to 120 mm of mercury (mmHg) reduced heart attacks and heart failure as well as stroke and reduced the risk of death by almost 25 percent. This is as compared to the old target of 140 mm Hg; this proved especially significant in those over the age of 50 years with at least one additional risk for heart disease. Indeed, NIH stopped the study early because the benefit was so clear that to deny the benefits to the general population was felt to unethically and unnecessarily risk morbidity and mortality that could be avoided.

High blood pressure is of course a combination of systolic and diastolic numbers. The systolic pressure or the higher of the two numbers reflects the pressure in the arteries just after the heart has pumped blood into the aorta, the main artery in the body. The diastolic pressure or the lower of the two numbers reflects the pressure in the arteries just before the next beat of the heart. In those over 50, the systolic is especially important because the aorta, which is an elastic artery

and absorbs most of the volume of the heart beat, with age grows less elastic and distensible, and blood pumped into it tends to elevate pressure disproportionately rather than simply increasing the diameter of the vessel while keeping the pressure constant.

The first step in controlling blood pressure is in its accurate measurement. While it is helpful to follow the lead of your health care provider who may suggest that your pressure is indeed elevated, the purchase of an inexpensive digital blood pressure machine, checked for accuracy against that of one's health care provider, is essential to the process of subsequently tracking blood pressure as you make various dietary and lifestyle changes.

While there are a number of determinants of high blood pressure including genetics, and treatment usually means drugs, what is not always appreciated is that there are a number of ways to both prevent and control high blood pressure that do not rely on pills. Indeed, diet and lifestyle form the basis for all blood pressure control, even in those who do take medication. For example, in those who are salt sensitive, excess consumption of salt can elevate blood pressure. Indeed, two high salt meals or snacks per week in those who are salt sensitive may be enough to elevate pressure for the entire week. A no-added salt or low salt diet, usually less than two grams per day, is an important first step in trying to lower blood pressure without medications.

A somewhat different dietary approach is formalized in a way of eating called the DASH (Dietary Approach to Stop Hypertension) diet. DASH is a diet rich in vegetables, legumes, fruits, and low-fat dairy; at the same time it avoids the saturated fat and total fats contained in sweets, and meat. DASH may lower blood pressure 11 mmHg on the systolic and 5.5 on the diastolic; by combining DASH with sodium restriction even lower pressure drops were seen indeed equaling the blood pressure lowering efficacy seen with medications.

Additionally, elevated body weight also

contributes to elevated blood pressures. As little as five pounds of weight loss in an individual who is overweight or obese with hypertension may show a drop in blood pressure. Losses of 15 to 20 pounds can have an even more significant drop in pressure. If an individual has sleep apnea on the basis of increased body weight. sleep apnea can increase the blood pressure. Lowering body weight to treat C-PAP or the use of a C-PAP machine can also dramatically lower blood pressure - again without the use of medications.

Finally, smoking cessation in those with hypertension who smoke can dramatically lower blood pressure as can moderation in the amount of alcohol consumed. Daily aerobic exercise such as walking may substantially lower pressure even in the absence of weight loss. Moreover, relaxation techniques including progressive muscle relaxation and transcendental type meditation, as taught by Dr. Hebert Benson in his book, "the Relaxation Response," may also substantially lower blood pressure - especially when practiced twice a day and combined with some of the other approaches mentioned above.

In summary, elevated blood pressure is neither inevitable, nor untreatable without medications. By combining the diet and lifestyle changes noted above, many individuals with the help and oversight of their personal physician, may successfully both prevent and treat hypertension. By doing so, they may embrace the non-medicated life and manage one of our most important health problems, without relying on the proverbial bottle of pills so often required.

Paul E. Lemanski, MD, MS, FACP (plemansk@capcare.com) is a board certified internist at the Center for Preventive Medicine, CapitalCare Medical Group in Albany. He is medical director of the Department of Community Medicine and Population Health at CapitalCare 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.

#### FAT BIKING continued from page

the fat bike market has absolutely exploded in growth.

Now large brands of bicycles such as Trek, Specialized and Cannondale offer a fat bike model, along with many custom brands that exclusively deal with the fat tire models. This is good for the customer because there are now plenty of choices and pricepoints, which continue to drive innovation in frames, tires, and other fat bike specific gear. Much like with road bikes and other types of mountain bikes, there is a wide selection of frame materials including steel, aluminum, titanium and carbon. Certainly some of the original fat bikes were fairly heavy, but you can now get a carbon race fat bike weighing in at 22 pounds! Now that is some impressive innovation!

Another area of development is in suspension. Generally if you have soft terrain like snow you won't need suspension forks and rear shocks because the low pressure of the tires can offer the plushness you need for a comfortable ride. Suspension forks and full suspension fat bikes are newer to the market and offer more cushion for folks wanting to tackle trails with more features in the nonwinter months.

One of the biggest reasons that people start riding fat bikes is to ride year-round and escape the monotonous spinning on the trainer. It allows access to riding outside where you may have not ridden before during the winter months. Even though riding in the snow may not be at the pace of a road bike, the rider will find they keep their fitness, and get some fresh air by getting outside in the winter. These bikes are versatile and good for any conditions including snow, mud, sand, trails, gravel, and yes, even the road! It is truly the ATV of bicycles.

But what are some other reasons that bring people to the world of fat bikes? Maybe an injury has sidelined you from riding where the low air pressure of the fat bike tire adds some dampening to allow you to enjoy the ride again. Or perhaps it inspires confidence

THE START LINE FOR THE FIRST ANNUAL SARATOGA FAT BIKE RALLY RACE **HELD IN FEBRUARY 2015** HENRY'S WOODS IN COLIN DELANEY AND CAITLIN SKUFCA A NICE SNOWY FAT BIKE RIDE YOU SHOULD GIVE IT A TRY. NOT GOING TO REPLACE A SKI DAY FOR ME BUT NICE TO HAVE IN THE QUIVER FOR SOME OF THOSE OTHER DAYS." -KENNY BOETTGER, PLACID PLANET BICYCLES for a rider new to off-road riding due to its

stability and traction.

There are a lot of social aspects of fat biking as well. Group rides are generally at a slower pace in the snow so it allows fun for all. Fat bikes are showing up at many organized events, and therefore, there are starting to be more custom events featuring fat bikes – as well as fat bike categories in events that are already established.

The Black Fly Challenge in the Adirondacks featured a fat bike category for the first time in 2015; this year at Saratoga "Spa:CX" there was a fat bike specific cross race; and Saratoga Springs is now home to an annual Fat Bike Rally in Saratoga Spa State Park - coming up February 13, 2016.

The Tour of the Battenkill will even have a fat bike category on May 21, 2016. The Midwest and Alaska are home to some of the oldest winter fat bike events, but these types of rides are gaining in popularity around the globe, so check around for new events in your area this winter. In addition to these organized events, there is a trend for cross-country ski locations to start allowing fat bikes on trails, which opens up riding to groomed conditions in the winter.

The fat bike is a highly versatile bike that allows you to tackle a variety of different terrain, which is a huge 'pro' of this new kind of mountain bike. Perhaps the biggest attraction of it all however, is when you get on a fat bike it seems to have an uncanny ability to take you back to that feeling when you used to ride around the neighborhood with your friends at eight years old - without a care in the world and a big smile on your face! 📥

Janay Camp (janay.m@gmail.com) of Malta is a passionate fat biker and enjoys exploring by bicycle. When she isn't riding with her husband Shawne or her fat biking friends she works in the high-tech industry.



Winter is fast approaching, and whether you like it or not, snow and cold temperatures are guaranteed. Hopefully you've stayed active in the fall, slowly have become accustomed to cooler weather, and now are ready for some winter fun.

Personally, I'm looking forward to exploring on skis a new section of the Northville-Placid Trail between Benson and Northville, as well as revisiting a variety of favorites like the historic Raymond Brook Ski Trail in the Adirondacks, the trail-less Aiken Wilderness in southwestern Vermont, and the rolling trails of the Huyck Preserve in Albany County. Whether your preference is for skis or snowshoes there is no shortage of destinations to choose from.

I've been reading weekly ranger reports of lost and injured hikers over the warmer months and have come to conclude that many folks venture out into the backcountry hopelessly unprepared. Many hiking parties are without map and compass, or the knowledge of how to use them, plus many are without a headlamp or flashlight - and thus unprepared to travel in the dark when their outing takes longer than expected. When wandering out into the backcountry in winter pay extra special attention to what you have.

You should carry the "10 essentials" in all seasons. These essentials include:  ${\bf 1}$ ) a whistle to signal for help when needed; 2) map and compass (add a GPS if you'd like); 3) a knife, multi-tool or Swiss Army knife is useful; 4) headlamp or flashlight plus extra batteries; 5) drinking water in an insulated container (drink before you feel thirsty) and extra food and energy snacks; 6) extra clothes, including rain/wind protection even if the forecast calls for none; 7) a first-aid kit, including a pain killer like ibuprofen, some bandages, and blister treatment like moleskin; 8) fire-making items (matches, lighter, fire starters); 9) emergency shelter (can be anything from a large heavy-duty trash bag to a bivy sack); 10) and sun protection (sunglasses, sunscreen). A repair kit is frequently mentioned as an essential; a roll of duct tape often comes in handy for making a variety of temporary fixes. I usually keep these items in a pouch which goes with me all the time whether I am hiking, paddling or skiing.

A cell phone can be a useful item in emergencies, but may not work in certain remote areas. In the Adirondacks the emergency phone number is (518) 891-0235; it is (518) 408-5850 in other areas of New York; dialing 911 will work too but may take longer to get to the right authorities. However, a cell phone should not be a substitute for good preparation.

As winter approaches I start adding some items to my pack. Chemical handwarmers are cheap, usually last for up to seven hours, and don't take up much space. A hot drink in a vacuum flask, a spare pair of wool (or waterproof) socks, and an assortment of headwear, gloves and mittens find a place in my pack. A winter pack has to be bigger in size than a summer pack to accommodate these extras - 2,000 cubic inches or 35 liters is usually enough.

Save the cotton clothing for indoor pursuits - damp cotton can suck the heat right out of you. Synthetics and/or wool will keep you more comfortable in the outdoors. While cross country skiing, I seldom need more than two layers of clothing while on the move, so everything else is in or on my pack.

SKIING GREEN

IN SOUTHERN

MOUNTAIN NATIONAL FOREST

VERMONT.

Staying warm while stopping for a break or to eat lunch can be a challenge - do not wait until you are cold to add layers. Some folks I know, especially those that perspire a lot, change into a dry base layer, then add extra warm fleece or wool layers - a down jacket is often the best choice for the outer layer. It is also a good idea to bring an insulating pad to sit on; my ski mates laugh at me when I bring along a lightweight six-foot-long sleeping pad, so that I can take my after-lunch nap!

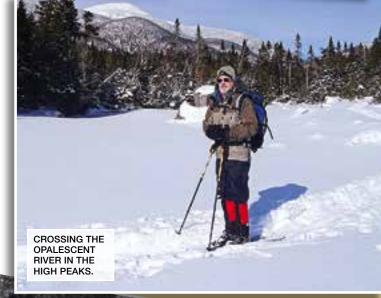
Snow can be a good, although cold, substitute for toilet paper when needed, but if you do use the latter then it should be disposed of properly. In snowy conditions the toilet paper cannot be buried under five to eight inches of soil like in summertime, so it must be either burned or carried out in something like a zip-lock bag.

Some very good general details and upto-date Adirondack trail information can be found at the NYSDEC website (dec.ny.gov/ outdoor/7865.html). The trail info is updated weekly on Thursdays so it is wise to check out this website before heading out on any trip in the Adirondacks.

For me, staying home, in any season, is not an option. With a little bit of thought and preparation, I can have some fun exploring the winter landscape, and minimize the chance of potential mishaps. Sharing a backcountry adventure with some likeminded friends can add to your enjoyment and safety! 📥

BRIDGE CROSSING

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







Businesses, Organizations, Destinations & Events...

Get Face to Face with 8,000 Sports, Fitness & Travel Enthusiasts!

Upstate New York's Largest Consumer Show

Sook Your Schibit Space Now for Best Booth Location

ANNUAL ADI

SPORTS & FITNESS

# SUMMER EXPO

#### **MARCH 5 & 6**

Saturday 10-5 • Sunday 10-4

SARATOGA SPRINGS CITY CENTER
522 Broadway, Saratoga Springs

#### Get on Board for Upstate New York's Leading Sports, Fitness & Travel Show!

- Promote/sell your products/
  services at the start of the season
  when attendees are ready to
  make decisions, and plan
  events and trips
- Our exhibitors discovered great success at the 2015 expo

#### Maximize Your Exposure

- Showcase your products/ services to an active audience
- Advertise in our attendee guide to extend your exposure
- Reach 50,000 enthusiasts through our magazine, social media and email marketing channels
- Sponsorship opportunities are available

#### **Don't miss this sales and marketing opportunity!**

Contact Darryl & Mona Caron Today
518-877-8788 • Info@AdkSports.com
More info, media kit and contract: AdkSports.com

Train hard. We'll feed you.

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

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

www.9mileseast.com