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MORE SMILES PER MILE: FAT BIKING IN THE SNOW WITH FRIENDS AT SARATOGA SPA STATE PARK IN JANUARY 2015 – JIM ADAMS (SARATOGA SPRINGS), JANAY CAMP (MALTA), JESSE VOLLIK (RENSSELAER), MICHAEL FELDMAN (BENSON) AND ANTHONY FERRADINO (SCHUYLerville). PHOTO BY SHAWNE CAMP

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Fat Biking

Another Step in the Evolution of Mountain Biking

By Janay Camp

For 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 off-road exploring. The history of the fat bike can be traced back to the snowy state of Alaska and the largely desert state of New Mexico.

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



Gear Wishlist

- Atlas Snowshoes
- Patagonia Long Underwear
- Ibex Gloves
- Black Diamond Headlamp
- Osprey Backpack
- Darn Tough Wool Socks
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SNOWSHOE RUNNING

Getting Serious about the Snowshoe Series



START OF THE 2015 SARATOGA WINTERFEST 5K.



2015 CAMP SARATOGA 8K SNOWSHOE RACE.

PHOTOS BY BRIAN TEAGUE

By Laura Clark

Everyone 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 (dion-snowshoes.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 sub-zero 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! (capitalregionnordicalliance.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 deceptively 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! (berkshiresports.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 pastureland. (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.

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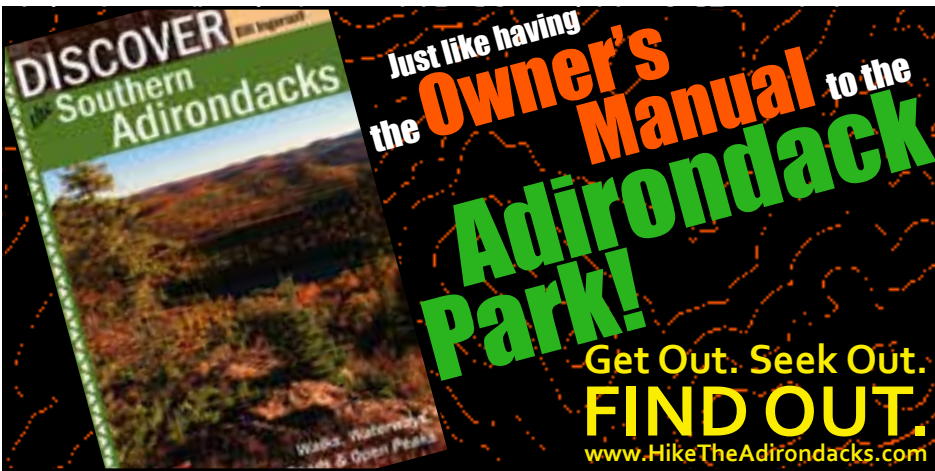
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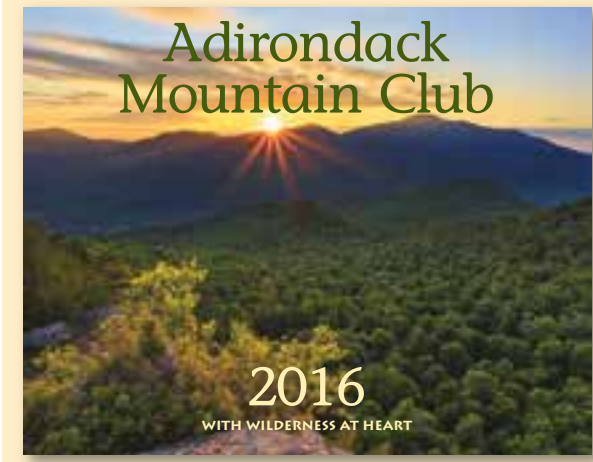
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AROUND THE REGION

News Briefs

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 Lambariski focuses on healing the injury and pain naturally by using the patient’s own healing response without cortisone and without surgery. He offers amniotix, platelet rich plasma, EPAT and cryogenic therapy for your foot or ankle problem. For more info or for a free consult with Dr. Lambariski, 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 cancer 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. 🌲

**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 self-destruct 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 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. 🌲

Empire State Winter Games



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FROM THE PUBLISHER, EDITOR & ART DIRECTOR*Holiday Greetings from...***Adirondack Sports & Fitness**

The 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.

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Calendar of Events
December 2015 - February 2016*

*Events beyond this range are advertisers in this issue.

DECEMBER 2015							JANUARY 2016							FEBRUARY 2016						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24 ³¹	25	26	27	28	29	30	28	29					

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ALPINE SKIING & RIDING
DECEMBER

- 6** Never Summer Snowboards Demo Day. Gore, North Creek. 251-2411. goremountain.com.
- 11** Goldstock's Demo Day. Gore, North Creek. 251-2411. goremountain.com.
- 14-20** 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.
- 30** Twelve:30 Slopestyle. Gore, North Creek. 251-2411. goremountain.com.
- 31** Torchlight Parade. 8pm. Fireworks, music. Oak, Speculator. 548-3606. oakmountainski.com.

JANUARY

- 1** 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.
- 23** 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.
- 23-24** Snowboarding Clinic: Women Only. Gore, North Creek. 251-2411. goremountain.com.
- 25** Gore Restaurant Race. 11am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 30** Rally on Burke Ski Mountaineering Race. 4,300ft race/2,000ft rec. 8:30am. Burke, East Burke, VT. 802-723-6551. ussma.org.
- 30-31** Master the Mountain: Alpine Skiing or Snowboarding Clinics. Gore, North Creek. 251-2411. goremountain.com.
- 30-31** Intro to Telemark Skiing Clinic. Gore, North Creek. 251-2411. goremountain.com.
- 31** Mad River Valley Ski Mountaineering Race. Sugarbush Skimo. Mad River Valley, VT. ussma.org.

FEBRUARY

- 4-7** Empire State Winter Games. Lake Placid Area. empirestatewintergames.com.
- 6-7** Glades & Glory Skiing and Snowboarding Clinics. Gore, North Creek. 251-2411. goremountain.com.
- 6-7** 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.
- 15** USASA Boarder/Skierncross. Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
- 16-18** Presidents' Weekend Holiday Camp for Kids. Gore, North Creek. 251-2411. goremountain.com.
- 20** Winter Wild Uphill/Downhill Race. Open, Track Skis, Telemark, Heavy Metal. 7am. Okemo, Ludlow, VT. 603-558-2352. newwinterwild.com.
- 27** 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.
- 27-28** Women Only: Alpine Skiing Clinic & Snowboarding Clinic. 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com.
- 28** Stowe Derby. Short, long & snow bike categories. Stowe, VT. 802-253-9216. stowederby.com.

BICYCLING & MOUNTAIN BIKING
DECEMBER

- 5** 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.
- 6** Salsa Demo Day w/CK Cycles. 12-4pm. Group rides, pizza, drinks. Six Mile Waterworks, Albany. 459-3272. ckcycles.com.
- 6** Capital Holiday Lights in the Park Bicycle Ride. 4:45pm. Washington Park, Albany. albanycapitalholidaylights.com.
- 13** Last Century Ride. 100M. Schuylerville. adkultracycling.com.
- 19** Fat Santa Fat MTB Race. Fat Race: 11am. Skinny Race: 12pm. Shaw Outdoor Center, Northfield, VT. 802-485-5424. bikeexpressvt.com.
- 20** HRRRT Xmas Madness MTB Race. 12pm. Central Park, Schenectady. 847-2419. hrrtonline.com.

JANUARY

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

FEBRUARY

- 7** Wicked Nor'Eastah. 5M Snowshoe & 8.5M/17M MTB Races. North Easton, MA. rockhardracing.com.
- 7** Frozen Onion MTB Race. 11am. Hubbard Park, Montpelier, VT. onionriver.com.
- 13** 2nd Saratoga Fat Bike Rally. 9am-6pm. Group rides, races, demos, clinics, food. Saratoga Spa SP, Saratoga Springs. saratogafatbikerally.com.
- 20** Fatstock: Fat Bike Race. Woodstock, VT. 802-291-2419. vermontoverland.com.
- 21** Snowball Express Ride. 101M/54M. 8am. Schuylerville. adkultracycling.com.

CROSS COUNTRY SKIING
ONGOING

- Tue** Graymont Race Series. 5:30pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- Fri** 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.
- 12** Grand Opening of Josie's Cabin. Mt. Van Hoevenberg, Lake Placid. 523-4436. mtvanhoevenberg.com.
- 13** NYSEF Season Opener XC Ski Race. nyssranordic.org.
- 19** 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.
- 20** Rochester Classic Poronkusema Race. 7.5K, 3K, Bristol Mountain, Canandaigua. rxcsf.org.
- 27-30** NYSEF Winter High School Camp. Mt. Van Hoevenberg, Lake Placid. nysef.org.
- 30** NYSEF Junior Nationals Qualifier. Olympic Sports Complex, Lake Placid. nysef.org.

JANUARY

- 3** Old Forge XC Ski Race. Wilkinson Cup #2. Old Forge. nyssranordic.org.

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- 3-11 IPC Nordic Skiing Continental Cup & US Paralympic Nationals.** Craftsbury, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- 8 Friday Ski Jam.** 6:30pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 9 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.
- 9 Winter Trails Day: Try XC Skiing.** 2-4:30pm. Free. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 9-10 Pineridge Ski Fest.** Free beginner lessons: 11am & 1pm. Free XC downhill clinic: 12pm. Register: 283-3652.
- 10 Old Forge Junior Nationals Qualifier. Old Forge. nyssranordic.org.
- 16 Glens Falls Freestyle. 7.5K/5K. 656-3127. Crandall Park, Glens Falls. 656-3127. nyssranordic.org.
- 16 Queensbury Invitational XC Ski Race. Wilkinson Cup #3. Queensbury. nyssranordic.org.
- 17 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.
- 22 Full Moon Snowshoe/Ski.** 6-9pm. Guided snowshoe tour: 7pm. Refreshments, bonfire. Register: 283-3652. Pineridge XC Ski Center, Poestenkill. pineridgexc.com.
- 23 Lapland Ladies Love to Ski: Classic.** 9:30am. All welcome. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 23 Full Moon Ski & Party.** Cascade, Lake Placid. 523-9605. cascadeski.com.
- 23 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.
- 24 Shenendehowa Classic XC Race.** 5K: U16, U18. 10K: open. BKYSL. 11am. Saratoga Biathlon Club, Day. Eric Hamilton: 371-7548. nyssranordic.org.
- 30 Craftsbury Ski Marathon.** Classic. Adult 50K/25K. Student (grade 9+) 50K/25K. Student (grade 8-)/BKL 25K. 9am. Craftsbury Outdoor Center, Craftsbury Common, VT. craftsbury.com.
- 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.
- 30-31 Saratoga Sprint & Pursuit XC Ski Races. Sat: Sprint. Sun: Pursuit. Saratoga Biathlon Club, Hadley. nyssranordic.org.

FEBRUARY

- 4-7 Empire State Winter Games. Fri: freestyle sprint. Sat: freestyle. Sun: classic (Wilkinson Cup #4). Lake Placid. empirestatewintergames.com.
- 5 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.
- 14 Polar Bear Sprint Race.** McCauley Mtn Ski Center, Old Forge. nyssranordic.org.
- 20 Saturday Night Rush Hour Nordic & Snowshoe Race.** 3.6K/1.8K. 5pm. Ski Bowl, Gore Mountain, North Creek. 251-2411. goremountain.com.
- 20 Full Moon Ski & Party.** Cascade, Lake Placid. 523-9605. cascadeski.com.
- 20 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.
- 20 Winona Forest Tourathon. 12.5/25/37.5/50K. 8am. Winona SF, CCC Camp, Mannsville. 315-298-6993. winonaforest.com.
- 21 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.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

HIKING, SNOWSHOEING & CLIMBING**DECEMBER**

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

JANUARY

- 2 Starlight Guided Snowshoe Tour.** 6:30pm. Bring headlamp. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 2 Esther Mtn Hike.** 6.6M. 8am: Candyman Shop, Wilmington. Adirondack Mtn Club: 523-3441. adk.org.
- 9 Winter Trails Day: Try Snowshoeing.** 2-4:30pm. Free. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 9 Winterfest/National Winter Trails Day.** Snowshoeing, skiing, workshops, food, music. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 10 Table Top Hike.** 10M. 8am. Adirondack 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.
- 22 Full Moon Snowshoe/Ski.** 6-9pm. Guided snowshoe tour: 7pm. Register: 283-3652. Pineridge XC Ski Center, Poestenkill. pineridgexc.com.
- 23 Full Moon Guided Snowshoe Tour.** 6:30pm. Bring headlamp. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 29-31 Young Member Winter Adventure.** Ages 18-40. Heart Lake Program Center, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 30 Historic Snowshoe Hike.** 10:30am. Register: 283-3652. Pineridge XC Ski Center, Poestenkill. pineridgexc.com.

FEBRUARY

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

ICE & SPEED SKATING**DECEMBER**

- 4-6 Lake Placid Golden Skates Marathon. Olympic Speed Skating Oval, Lake Placid. lakeplacidsspeedskating.wildapricot.org.
- 18-19 Charles Jewtraw Allround Championship. Olympic Speed Skating Oval, Lake Placid. lakeplacidsspeedskating.wildapricot.org.

JANUARY

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

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FEBRUARY

4-7 **Empire State Winter Games: Speed Skating.** Lake Placid. empirestatewintergames.com.
26-27 Irving Jaffee Single Distance Championships. Olympic Speed Skating Oval, Lake Placid. lakeplacidsspeed.com.

MOUNTAINEERING & WILDERNESS SKILLS
DECEMBER

5-6 **Wilderness First Aid.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

JANUARY

3 **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.
18-28 **Wilderness First Responder/SOLO Certified.** 8am-5pm. Ndashanna, 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.** Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
30 **Winter Tracks & Trails Indoor Intensive.** 1-4pm. Ndashanna, Greenfield Center. 583-9958. ndcenter.org.
31 **Backwoods Training & Winter Survival Snowshoe Trek.** 1-4pm. Ndashanna, Greenfield Center. 583-9958. ndakinnacenter.org.

FEBRUARY

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

MULTISPORT: TRIATHLON & DUATHLON
DECEMBER

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

NORDIC: BIATHLON & ORIENTEERING
ONGOING

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

DECEMBER

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

JANUARY

17 **Ski-Orienteering Meet.** 11am. Mendon Ponds Park, Honeoye Falls. empo.us.orienteering.org.
24 **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

13 **Ski and Snowshoe Orienteering Meet.** Register: 283-3652. Pineridge XC Ski Center, Poestenkill. pineridgexc.com.
20-21 **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

Thu **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. ils.org. teamintraining.org.

DECEMBER

5-6 **Toboggan Making Workshop.** Adirondack Folk School, Lake Luzerne. 696-2400. adirondackfolkschool.org.

7-8 **Children's Pull Sled Workshop.** Adirondack Folk School, Lake Luzerne. 696-2400. adirondackfolkschool.org.
10 **Team In Training Saratoga County Group Run/Walk Training.** 6pm. National Museum of Dance, Saratoga Springs. Elizabeth Spaide: 417-3447. ils.org. teamintraining.org.
11-13 **Holiday Village Stroll.** Jingle Bell Run, music, parade. Lake Placid. 523-2445. holidayvillagestroll.com.

JANUARY

2 **"Feelin' Long Lake" Polar Bear Plunge.** 1pm. Benefits Wounded Warrior Project. Long Lake Town Beach, Long Lake. 624-3077. mylonglake.com.
14 **Team In Training Summer Season Info Session.** 4:30-6:30pm. Albany JCC, Albany. Elizabeth Spaide: 417-3447. ils.org. teamintraining.org.
16 **Long Lake Winter Carnival.** Long Lake. 624-3077. mylonglake.com.
16 **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.
20 **Team In Training Summer Season Info Session.** 5:30-6:30pm. Albany JCC Fitness Center, Albany. Elizabeth Spaide: 417-3447. ils.org. teamintraining.org.
23 **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

4 **Team In Training Summer Season Kick Off.** 6-7:30pm. Salty's Pub, Clifton Park. Elizabeth Spaide: 417-3447. ils.org. teamintraining.org.
5-7 **Women's Weekend.** YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. lakegeorgecamp.org.
13 **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. mylonglake.com.
20 **Family Winter Wonderland Days.** YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. lakegeorgecamp.org.

MARCH

5-6 **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


Tues **Whitewater Pool Sessions:** 1/5-3/8. 7:30-9pm. Cohoes Community Center, Cohoes. adk-schenectady.org.
Thu **Whitewater Pool Sessions:** 1/7-3/10. 7:30-9:30pm. Duanesburg Area Comm Center, Duanesburg. adk-schenectady.org.

DECEMBER

3 **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.
Wed Fleet Feet Running Club. 6pm. Locations vary. Fleet Feet Albany & Malta. 459-3338. fleetfeetalbany.com.
Sat Fleet Feet Running Club. 8am. Locations vary. Fleet Feet Albany & Malta. 459-3338. fleetfeetalbany.com.



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Entry Form at AdirondackRunners.org

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TRY SNOWSHOEING

17th annual

Saratoga Winterfest 5K

Sunday, February 7 at 11am
Saratoga Spa State Park
Saratoga Springs

13th annual

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)

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

DECEMBER

- 5 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.
- 5 ARE Adventure Race. 4-8M. 10am. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 5 Miles for Meals. 5K. Rome Family Y, Rome. romanrunners.com.
- 5 Jingle Bell 5K Snowshoe Race. 2pm. Paul Smith's College VIC, Paul Smiths. Jim Tucker: 651-6436. empirestatesnowshoe.org.
- 5 Ugly Christmas Sweater 5K. 9am. Fun Run: 8:30am. St. Mary's School, Cortland. doublekraces.com.
- 5 36th Knights of Columbus Holiday Run. 5K: 10:30am. 1M: 10am. Knights of Columbus, Wappingers Falls. mhrcc.org.
- 5 1st Tinsel Trot 5K Fun Run. 10am. Rock Hill. Tim Billias: 845-807-2685. mcsd.net.
- 6 **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.
- 6 32nd Reindeer Ramble 5K Road Race & Competitive Walk. 1pm. YMCA, Kingston. Eleni: 845-338-3810. ymcaulster.org.
- 12 10th Santa Speedo Sprint. 800m. 2pm. Lark Street, Albany. albanycommunity.org.
- 12 Winter Wonderland 5K. 8:30am. YMCA, Delmar. Randal Thomas: 439-4394. cdymca.org.
- 13 HMRRC Doug Bowden Winter Series #1: 3M & 15K. 10am. UAlbany, Albany. hmrrc.com.
- 16 **CW-X Compression Tights Demo Night.** 5-7pm. Free. Fleet Feet, Malta. 400-1213. fleetfeetalbany.com.
- 19 **19th Holiday Classic 5K Run/Walk.** 10am. Columbia-Greene Community College, Hudson. Phil Carducci: 861-6350. active.com.
- 19 **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.
- 19 19th Albany Last Run 5K. 5pm. Albany City Hall, Albany. 434-2032. albanyevents.org.
- 31 **18th First Night Saratoga 5K Run.** 5:30pm. Skidmore College, Saratoga Springs. Saratoga Arts: 584-4132. saratoga-arts.org.
- 31 New Year's Eve 5K. 2pm. Pavilion Building, Montpelier, VT. gmaa.net.
- 31 NYRR Midnight Run. 4M. 11:59pm. Dancing, costumes, fireworks. Central Park, New York. nyrr.org.

JANUARY

- 1 **40th HMRRC Hangover Half-Marathon & Bill Hogan 3.5M Run/Walk.** 12pm. Phys Ed Building, UAlbany, Albany. Vince Wenger: vw1319@aol.com. hmrrc.com.
- 1 Resolution Run. 5K & 2.5M Walk: 11am. 1K Kids Run: 11:30am. Heritage Museum, Ticonderoga. lachute.us.
- 1 6th Big A's 5K. 10am. Queensbury MS, Queensbury. Rebecca Smith: 338-8444.
- 1 Recover from the Holidays. Up to 50K. 9am. Norrie Point SP, Staatsburg. Pete Colaizzo: 845-309-3640. mhrcc.org.
- 2 Frozen Assets 5K Snowshoe Race. 10am. Harriet Hollister Spencer SRA, Springwater. roadsarepoison.com.
- 9 **30th Winter Wimp Foot Race.** 2.2M/4.4M. 1pm. Firehouse, Hagaman. Rick Vertucci: 857-9025. fmrrc.org.
- 9 **Hilltop Orchards 5K Snowshoe Race.** 10am. WMAC Series. Hilltop Nordic Center, Richmond, MA. Tom Wright: 567-7201. capitalregionnordicalliance.org.
- 9 Winter Warrior Half Marathon & Relay. 13.1M. 4pm. Rochester Tech Park, Rochester. runsignup.com.
- 10 HMRRC Winter Series #3: 3M, 10K, 25K. 10am. University at Albany, Albany. hmrrc.com.
- 10 Stone Wall 5K Snowshoe Race. 10:30am. Winona Forest RA, Mannsville. Matt Westerlund: 315-657-3480. winonaforest.org.
- 16 **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.
- 17 HMRRC Winter Series #4: 3M, 15K, 30K. 10am. University at Albany, Albany. hmrrc.com.

- 17 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.
- 17 **Greenwood Gallop 5K Snowshoe Race.** Mt Prospect, Woodford, VT. runwmac.com.
- 17 Winterfest Snowshoe Race. 10K men/women: 11am. 5K juniors/citizens. Mendon Ponds Co Park, Honeoye Falls. roadsarepoison.com.
- 23 **Hoot Toot & Whistle 5K Snowshoe Race.** WMAC Series. Readsboro ES, Readsboro, VT. Bob Dion: 802-423-7537. dionsnowshoes.com.
- 23 **Challenge the Mountain Snowshoe Race.** 12pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 24 NYRR Fred Lebow Manhattan Half Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.
- 31 **Curly's Record Run 4M Snowshoe Race.** WMAC Series. Pittsfield SF, Pittsfield, MA. Theresa Apple: pacuterry@aol.com. runwmac.com.
- 31 HMRRC Winter Series #5: 4M, 10M, 20M. 10am. University at Albany, Albany. hmrrc.com.
- 31 Super Frosty Loomis Snowshoe Race. 5K/10K. 10am. Hammond Hill State Forest, Ithaca. fingerlakesrunners.org.

FEBRUARY

- 6 **Polar Cap 4M Run.** 10am. Sacred Heart Parish Hall, Lake George. adirondackrunners.org.
- 6 **Northfield 4M Snowshoe Race.** WMAC Series. Northfield XC Ski Center, Northfield, MA. northfieldmountain.blogspot.com.
- 6 Cast a Shadow 6-Hour & 4M Snowshoe Race. Black Creek Park, North Chili. roadsarepoison.com.
- 7 **17th Saratoga Winterfest 5K Snowshoe Race.** 11am. WMAC Series. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. saratogastryders.org.
- 10 **Saranac Lake Winter Carnival Snowshoe Race.** 6pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 13 **12th Camp Saratoga 8K Snowshoe Race.** 10:30am. WMAC Series. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- 14 43rd HMRRC Winter Marathon & Marathon Relay. 10am. University at Albany, Albany. Dana Peterson: 331-5490. hmrrc.com.
- 20 Empire State Snowshoe Racing Championship. 10K men/women, 5K juniors. Oak Mountain, Speculator. Jim Tucker: 651-6436. empirestatesnowshoe.org.
- 20 Winter Wild Uphill/Downhill Race. Open, Track Skis, Telemark, Heavy Metal. 7am. Okemo, Ludlow, VT. 603-558-2352. newwinterwild.com.
- 20 **WMDP Snowshoe Scramble 5K/10K.** 10am. Bray Lake, Mt. Tom, Holyoke, MA. runwmac.com.
- 21 **Brave the Blizzard 5K Snowshoe Race.** 10am. WMAC Series. Guilderland ES, Guilderland. Claire Watts: cwatts@areep.com. areep.com.
- 27 **Snow Summit 5K Snowshoe.** Mount Prospect, Woodford, VT. runwmac.com.
- 28 **Bay State Games 10K Snowshoe Race.** WMAC Series. Savoy SF, Florida, MA. runwmac.com.

JUNE

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

SWIMMING

DECEMBER

- 12-13 Freestyle Workshop. The Total Immersion Swim Studio, New Paltz. Alice Laughlin: 914-466-5956. totalimmersion.net.

JANUARY

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

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

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

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Maximizing Your Ski Dollars

By Jeff Farbaniec

MOVIN' ON UP... OPENING DAY
AT GORE MOUNTAIN, NOVEMBER 27.
GORE MOUNTAIN

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** (westmntn.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 (willardmountain.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 mid-week 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 mountsnow.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.

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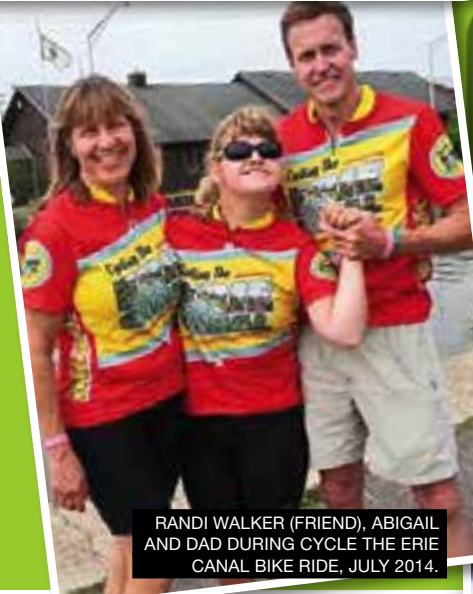
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ATHLETE PROFILE

Abigail Radliff

AGE: 21
FAMILY: Parents, Bob and Alison; Brother, Schuyler, 18
RESIDENCE: Stillwater
OCCUPATION: Student, Hudson Valley Community College, Troy
SPORTS: Alpine Skiing, Rowing, Cycling
HOBBIES: Apple Tech/Products, Music, Photo Albums



RANDI WALKER (FRIEND), ABIGAIL AND DAD DURING CYCLE THE ERIE CANAL BIKE RIDE, JULY 2014.



ABIGAIL (WITH UNKNOWN VOLUNTEER), EMPIRE STATE GAMES, WHITEFACE, FEBRUARY 2015.



ABIGAIL AND MOM, HANDSOME POND, ADIRONDACKS, JULY 2015.



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

SCHUYLER, ABIGAIL, ALISON, & BOB AT SCHUYLER'S HIGH SCHOOL GRADUATION, SARATOGA SPRINGS, JUNE 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 in Stillwater.

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.

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-lynn-pellegriphotography.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.

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

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By Skip Holmes

CROSS-COUNTRY SKIING

Life begins at 32 degrees

We 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 I am 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 post-ski 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



1960 US OLYMPIC XC SKIER JOE PETE WILSON REOPENS A GARNET HILL TRAIL ON NOV. 25 THAT HE HELPED BUILD 30 YEARS AGO. GARNET HILL



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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 family-friendly 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, "rent-a-flexibility" 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 family-friendly 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.

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2	Strong Hearts Vegan Power "A"	24:08:00	
3	Easier Said Than Run	24:19:00	
SUB-MASTERS MEN			
1	Colt 45 Social Club	23:14:00	
2	French Connection	27:16:00	
3	Run Forrest Run	27:45:00	
4	Twenty Four Feet	28:40:00	
5	Team R.I.O.T.	31:31:00	
SUB-MASTERS WOMEN			
1	Bright College Years	26:48:00	
2	Saratoga Soul Blisters	28:22:00	
3	The Right Fit MultiSports	29:25:00	
4	Girls Gone Miles	30:15:00	
5	Barkeater Betties	30:30:00	
6	Swift(y)s Chicks	32:43:00	
7	Albany Running Mamas	35:16:00	
SUB-MASTERS MIXED			
1	Wine-ing over Ragnar	27:40:00	
2	The Royal Lemons	27:46:00	
3	The Matt Foleys	29:18:00	
4	My Drinking Team Has a Ragnar Problem	30:00:00	
5	Run Like the Winded	30:50:00	
6	Running Down My Leg	31:27:00	
7	I Run For ____!	32:14:00	
8	Band of Misfits	33:32:00	
9	Kingdom Runners	33:35:00	
10	Rock Your Fitness	35:24:00	
MASTERS MEN			
1	Gene Frenkle and the Twisted Ankles	25:05:00	
2	Screaming Geckos	30:13:00	
MASTERS WOMEN			
1	We Heart Boobies	30:47:00	
2	Old Forged Friends	33:14:00	
MASTERS MIXED			
1	Crying Shames	29:30:00	
2	Proud Bird Runners	29:46:00	
3	Wellesley Wigglers	30:57:00	
4	Team Livin the Dream	31:04:00	
CORPORATE/PUBLIC SERVICE MEN			
1	Team Samsung	28:07:00	
2	6 SWS	29:13:00	
3	PGP RUN	31:04:00	
CORPORATE/PUBLIC SERVICE MIXED			
1	6 Fast 6 Furious	27:43:00	
2	Dirty Dozen	28:05:00	
3	Domain 5	28:16:00	
4	Going Nowhere Fast	28:35:00	
5	Fiscal Watchdogs Unleashed	28:57:00	
6	Brodeo	31:12:00	
7	NewsCred	32:03:00	
8	What a Long Strange Trip It's Been	32:27:00	
9	Built Steel Tough	34:12:00	
OPEN MEN			
1	Rhinocerosaurus Thunder Rocket	24:20:00	
2	The Sunday Runs	26:53:00	
3	Sigma Chi ADK Ragnar	27:38:00	
4	Dougs Humongous		
5	Hwang Gang	27:52:00	
6	Runners in Distressed	28:00:00	
7	Rabid Chipmunks	28:41:00	
8	On On Dacks	29:38:00	
9	There's got to be a Closer Lake	30:30:00	
10	Pardon Our Dust	30:42:00	
11	Fleet Feet Roccs in the Buff	30:44:00	
OPEN WOMEN			
1	Baby Got Track	28:15:00	
2	Victorious Secret	30:10:00	
3	Blisters in the Night	30:19:00	
4	Energizer Hunnies	30:43:00	
5	Baby got... ADK	31:17:00	
6	Fit Bits	31:50:00	
7	Women of Steel	32:44:00	
8	Smells Like Team Spirit	33:09:00	
9	Rugged Runners	33:30:00	
10	Choose To Run	33:36:00	
OPEN MIXED			
1	Strong Hearts Vegan Power "A"	24:08:00	
2	Easier Said Than Run	24:19:00	
3	Wandering Wallaces	24:22:00	
4	Adult Supervision	24:45:00	
5	Team Diquekaat	25:15:00	
6	Dey Bow Bow	25:15:00	
7	Laufvergnugen	25:42:00	
8	Lord of the Runs	25:46:00	
9	Against Medical Advice	25:48:00	
10	Nava Hoos & Bros	25:54:00	
ULTRA - 6 PERSON TEAMS			
OPEN MEN			
1	I Ran With Your Mom Last Night... And She Beat Me	25:30:00	
2	The Raccoons	25:37:00	
3	Killer Stache	30:05:00	
4	The Ravenous Pandas	31:18:00	
5	Bushy Commandos	31:52:00	
OPEN WOMEN			
1	Household 6	31:33:00	
2	Your Workout Is Our Warmup	32:05:00	
OPEN MIXED			
1	Team Rugged	27:29:00	
2	init2winit	28:19:00	
3	@six_loko	29:03:00	
4	Parkers Cronies	29:16:00	
5	Ultra Furlong	29:47:00	
6	Ultra Long Run to the Pub	30:23:00	
7	Ultra Bad! (Idea)	30:39:00	
8	Longest Beer Run Ever	31:10:00	
9	Ragnar is the New Black	31:18:00	
10	NarciSix	31:37:00	
SUB-MASTERS MEN			
1	Sandbagger Track Club	24:54:00	
SUB-MASTERS MIXED			
1	Live Laugh Run	31:42:00	
2	Runs of Anarchy	33:00:00	
MASTERS MEN			
1	Larry's Lunatics	26:05:00	
MASTERS MIXED			
1	Not a Clue	32:04:00	

Courtesy of Ragnar Relay

4TH ANNUAL MARIO ZEOLLA '97 5K RUN

September 26, 2015 • Albany College of Pharmacy & Health Sciences, Albany

MALE OVERALL			
1	Edson Chipalo	28	Albany 18:03
2	Thomas Ouellette	22	Albany 19:52
3	Andy Gilchrist	23	Cropseyville 19:58
FEMALE OVERALL			
1	Rochelle Whitton	22	Albany 23:33
2	Alicia Bautista	18	Queensbury 23:48
3	Taylor Sullivan	22	Troy 23:48
MALE AGE GROUP: 1 - 14			
1	Christian Shepard	13	Castleton 31:50
FEMALE AGE GROUP: 1 - 14			
1	Elena Suarez	14	Nassau 25:05
2	Ava Zeolla	9	Rensselaer 29:44
3	Anna Nasseriva	8	East Greenbush 29:49
MALE AGE GROUP: 15 - 19			
1	Kevin Granger	16	Levittown 20:17
2	David Granger	19	Levittown 24:34
3	Willy Harrison	18	Oneonta 24:48
FEMALE AGE GROUP: 15 - 19			
1	Sarah Pacheco	18	Waterford, CT 26:05
2	Katie Walker	17	Albany 30:56
3	Lindsay Lombardo	19	Natick, MA 30:56
MALE AGE GROUP: 20 - 24			
1	Gavin O'Brien	22	Poestenkill 20:57
2	Michael Beyer	22	Clifton Park 21:40
3	Matthew Calnan	22	Albany 22:49
FEMALE AGE GROUP: 20 - 24			
1	Kristen McKeel	22	Albany 27:14
2	Amber Van Heusen	20	Rexford 27:51
3	Haley Brandes	20	Lake Placid 32:26
FEMALE AGE GROUP: 25 - 29			
1	Lisa Morkowchuk	28	Troy 25:13
2	Wenhui Feng	26	Albany 27:53
3	Katelin Maki	29	Potsdam 29:30
MALE AGE GROUP: 30 - 34			
1	Jim Monlea	33	Schenectady 24:02
FEMALE AGE GROUP: 30 - 34			
1	Tiffany Hammond	30	Schenectady 26:03
2	Megan Veselov	30	Schenectady 26:35
3	Yu Chen	33	Schenectady 49:22
MALE AGE GROUP: 35 - 39			
1	Charles Bergeron	37	Albany 22:12
2	David Ricks II	37	Clifton Park 26:46
FEMALE AGE GROUP: 35 - 39			
1	Shelly Graves	36	Schenectady 28:03
2	Christine Zeolla	39	Rensselaer 30:16
MALE AGE GROUP: 40 - 44			
1	Larry Frederick	41	Niskayuna 21:10
2	Darren Suarez	44	Nassau 25:05
3	Joe Ferrara	41	Rensselaer 25:16
FEMALE AGE GROUP: 40 - 44			
1	Tracey Faulds	44	Schenectady 24:52
2	Jennifer Nassivera	42	East Greenbush 31:00
3	Julie Suarez	42	Nassau 31:01
MALE AGE GROUP: 45 - 49			
1	Jeffrey Sitzer	49	Slingerlands 23:36
2	Jim Hopsicker	47	Schenectady 24:52
3	Frank Lombardo	48	Natick, MA 25:56
FEMALE AGE GROUP: 45 - 49			
1	Mei Li Delaney	49	Schenectady 44:50
2	Kathy Frears	49	Brownville 45:00
MALE AGE GROUP: 50 - 54			
1	Pete Ferrara	51	Pittsford 25:52
2	Tom Frears	54	Brownville 31:12
3	Philip Bleier	54	Batavia 46:47
FEMALE AGE GROUP: 50 - 54			
1	Kim Goodwin	52	Schenectady 26:19
2	Renee Vickery	53	Schenectady 35:20
3	Kristen Scholl	51	Schenectady 39:12
FEMALE AGE GROUP: 55 - 59			
1	Cindy Dewey	58	Albany 28:58
2	Karen Gerety	59	Albany 31:04
3	Mary Calnan	55	Baldwinsville 47:38
MALE AGE GROUP: 60 - 64			
1	Steve Hornung	60	Oneonta 20:25
2	Greg Dewey	63	Albany 25:17
3	Luigi Tarquinio	61	Rotterdam 26:15
FEMALE AGE GROUP: 60 - 64			
1	Kristine Tarquinio	62	Rotterdam 44:49
MALE AGE GROUP: 65 - 69			
1	Dave Spina	66	Schenectady 26:22

Courtesy of Albany College of Pharmacy & Health Sciences

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

September 26, 2015 • Chestertown Municipal Center, Chestertown

5K RACE			
MALE OVERALL			
1	16:05	Paul Allison	29 North Creek
2	20:12	Jacob Beecher	14 Schroon Lake
3	21:25	Gregory Smith	40 Bear, DE
FEMALE OVERALL			
1	21:59	Chloe Larose	13 Marieville, QC
2	22:45	Raven Stanet	12 Hopewell Junction
3	23:04	Makayla Laguerre	11 Chestertown
MALE AGE GROUP: 1 - 9			
1	26:42	Mathieu Durocher	9 St. Jean, QC
2	26:51	Drake Belrose	8 Schroon Lake
3	29:11	Ryder Turano	9 Chestertown
FEMALE AGE GROUP: 1 - 9			
1	1:04:37	Rebecca Kelly Weinman	8 Poughquag
2	1:52:43	Ruby Waldron	3 Chestertown
MALE AGE GROUP: 10 - 13			
1	24:23	Derrick Loiselle	13 Schroon Lake
2	25:48	Luke Stout	12 Schroon Lake
3	25:53	Thomas Conway	11 Chestertown
FEMALE AGE GROUP: 10 - 13			
1	31:20	Kiana Laguerre	10 Chestertown
2	31:40	Jessica Brown	12 Greenfield Center
3	51:45	Jocelyn Scribner	13 Northville
MALE AGE GROUP: 14 - 19			
1	23:36	TJ Garcia	16 Schroon Lake
2	25:24	Oliver Verba	16 Schroon Lake
3	25:59	Anthony Fournier Lapieor	14 St. Jean, QC
FEMALE AGE GROUP: 14 - 19			
1	27:07	Abi Belrose	15 Schroon Lake
2	28:02	Rachele Beckley	17 Valhalla
3	29:19	Angie Stellabotte	17 Schroon Lake
FEMALE AGE GROUP: 20 - 24			
1	51:28	Meaghan Beckley	24 Poughquag
2	51:28	Veronica Beckley	21 Valhalla
MALE AGE GROUP: 25 - 29			
1	22:11	Lucas Raymond	26 Pottersville
2	26:16	Dan Beckley	26 Valhalla
3	40:27	Eric Delnero	25 Jersey City, NJ
FEMALE AGE GROUP: 25 - 29			
1	24:58	Cecilia Poulin	26 Newcomb
2	25:53	Anna Reynolds	29 Potsdam
3	35:26	Corrie O'Dea	27 Warrensburg
MALE AGE GROUP: 30 - 34			
1	25:54	Chris Frank	31 Boston, MA
2	27:08	Luke Payro	32 Keeseville
3	30:59	Brian Deerr	32 West Islip
FEMALE AGE GROUP: 30 - 34			
1	30:15	Beth Magee	34 Olmstedville
2	30:25	Meghan Haskins	33 North Creek
3	30:58	Melissa Swindel	32 New York
MALE AGE GROUP: 35 - 39			
1	28:33	Michael Wiley	37 Castleton-on-Hudson
2	30:59	Jon Collier	35 Waltham, MA
FEMALE AGE GROUP: 35 - 39			
1	25:11	Kim Meyer	39 Campbell Hall
2	27:08	Kelly Robbins	39 Chestertown
3	29:03	Kelly Ryan	35 Albany
MALE AGE GROUP: 40 - 44			
1	28:38	Kevin Kerwin	40 Schenectady
2	33:46	Phillippe Lasnier	44 St. Jean, QC
3	34:16	Timothy Taylor	43 Lake Placid
FEMALE AGE GROUP: 40 - 44			
1	29:01	Zhanna Pendell	40 Chestertown
2	29:24	Marlenebo Boly	42 Beauharnois, QC
3	31:39	Melinda Burkhardt	43 Warrensburg
MALE AGE GROUP: 45 - 49			
1	30:26	Chris Coyne	45 North Creek
2	30:44	Chris Peters	47 Boonton, NJ
3	31:51	Mark Diebolt	49 Naples, FL
FEMALE AGE GROUP: 45 - 49			
1	27:05	Chantal Lariviere	47 Delson, QC
2	27:46	Alexandra Berthiaume	45 Mechanicville
3	28:08	Sonja Rossi	46 Saratoga Springs
MALE AGE GROUP: 50 - 54			
1	36:41	Rich Soto	53 Mountaintop, PA
FEMALE AGE GROUP: 50 - 54			
1	36:47	Catherine Carney	53 Wynantskill
2	36:48	Jean Soto	53 Mountaintop, PA
3	37:43	Lisa Reagan	50 Ossining
MALE AGE GROUP: 55 - 59			
1	23:45	Larry Lannino	55 Maplewood, NJ
2	56:32	Russell Beckley	58 Valhalla
3	56:43	Tim Breeman	56 Boonton, NJ
FEMALE AGE GROUP: 55 - 59			
1	31:55	Shelley Dixon-Williams	57 Schroon Lake

ADIRONDACK MARATHON DISTANCE FESTIVAL
ADIRONDACK MARATHON & HALF MARATHON RACES continued

Table with columns for race type (Female Age Group, Male Age Group, Marathon Relay, etc.), rank, time, and name. Includes categories like 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59.

ADIRONDACK MARATHON DISTANCE FESTIVAL
ADIRONDACK MARATHON & HALF MARATHON RACES continued

Table with columns for race type (Female Age Group, Male Age Group, etc.), rank, time, and name. Includes categories like 55-59, 60-64, 65-69, 70-74, 75-79, 80-84.

NICK'S 5K RUN TO BE HEALED
September 27, 2015 • Clifton Commons, Clifton Park

Table with columns for race type (Male Overall, Female Overall, Male Age Group, etc.), rank, name, time, and location. Includes categories like 35-39, 40-44, 45-49, 50-54, 55-59.

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RACE RESULTS

36TH ANNUAL DUNKIN' RUN: 5K, 10K, 15K & 5K RACEWALK

September 27, 2015 • Sidney Albert Jewish Community Center, Albany

5K ROAD RACE

MALE OVERALL			
1	Aaron Lozier	27	Albany 16:03
2	Richard Messineo	27	Albany 16:25
3	Shea Weillbaker	15	Saratoga Springs 16:38

FEMALE OVERALL			
1	Meghan Mortensen	30	Rotterdam 18:29
2	Tess Fitzmaurice	12	Greenville 20:56
3	Casey Kohler	29	Albany 21:38

MALE AGE GROUP: 1 - 14			
1	Leo Rosenblum	14	Delmar 18:57
2	Mihir Randive	13	Niskayuna 23:00
3	Alex Ordonez	11	Troy 23:23

FEMALE AGE GROUP: 1 - 14			
1	Johanna Dicerbo	13	Niskayuna 23:46
2	Julia Hanlon	12	Averill Park 24:39
3	Alexandra Benderskaya	12	Ballston Lake 25:27

MALE AGE GROUP: 15 - 19			
1	Gavain Semlear	16	Chatham 18:14
2	Jacob Brass	15	Delmar 18:29
3	Aaron Beams	15	Slingerlands 20:50

FEMALE AGE GROUP: 15 - 19			
1	Shannon Doin	17	Troy 24:46
2	Gabrielle Van Dyk	15	Schenectady 25:56
3	Anna Tommasone	15	Schenectady 27:03

MALE AGE GROUP: 20 - 24			
1	James Stamm	21	Albany 24:14
2	Taylor Powell	20	Albany 24:47
3	David Marinstein	23	Slingerlands 27:09

FEMALE AGE GROUP: 20 - 24			
1	Nicole Fuller	24	Rensselaer 25:39
2	Amanda Ganser	24	Latham 26:07
3	Brandy Eggan	23	Albany 26:52

MALE AGE GROUP: 25 - 29			
1	Christopher Capone	29	Albany 20:09
2	Nathan Marshall	29	Stillwater 25:02
3	Brian Rath	29	Albany 25:14

FEMALE AGE GROUP: 25 - 29			
1	Kerianne Sanicola	26	Albany 23:35
2	Erin Ross	27	Albany 24:13
3	Rachel Tierney	29	Saratoga Springs 25:29

MALE AGE GROUP: 30 - 34			
1	Dan Kohler	32	Albany 21:01
2	Jakob Irwin	34	Clifton Park 23:01
3	Terrence Rusch	32	Clifton Park 23:50

FEMALE AGE GROUP: 30 - 34			
1	Moria Quackenbush	34	Delmar 22:36
2	Abbie Archibald	31	Saratoga Springs 23:16
3	Rachael Austin	31	Delmar 23:31

MALE AGE GROUP: 35 - 39			
1	Peter Flynn	38	Delmar 17:58
2	Christopher Gerard	36	Albany 22:07
3	Conor Donnelly	37	Albany 23:00

FEMALE AGE GROUP: 35 - 39			
1	Martha Snyder	36	Slingerlands 21:49
2	Jennifer Meissner	39	Averill Park 24:25
3	Wendy Quinn-Decatur	38	Schenectady 27:11

MALE AGE GROUP: 40 - 44			
1	David Sherwood	43	Castleton 23:19
2	Lance Hope	40	Schenectady 24:45
3	Jason Towers	40	Duanesburg 26:44

FEMALE AGE GROUP: 40 - 44			
1	Jennifer Tommasone	43	Schenectady 26:54
2	Amy Hershberg	44	Slingerlands 27:21
3	Jackie Frederick	44	Oneonta 28:43

MALE AGE GROUP: 45 - 49			
1	Lane Rodgers	48	Troy 22:11
2	Rich Miller	45	Cobleskill 23:02
3	Sean Thompson	48	Albany 25:31

FEMALE AGE GROUP: 45 - 49			
1	Kim Eisler	48	Ballston Spa 25:41
2	Michele Tripp	46	Rotterdam 27:36
3	Kristin O'Malley	46	Schenectady 28:33

MALE AGE GROUP: 50 - 54			
1	Daniel Cropsey	52	Niskayuna 22:26
2	Jeffrey Cimino	50	Ballston Lake 23:39
3	Christopher Hollister	50	Schenectady 24:03

FEMALE AGE GROUP: 50 - 54			
1	Marion Waldman	51	Albany 26:00
2	Melissa Coutar	51	Delmar 26:05
3	Tiana Wyrick	53	Albany 28:41

MALE AGE GROUP: 55 - 59			
1	Jon Weillbaker	57	Saratoga Springs 19:16
2	Jim Milstein	57	Slingerlands 25:35
3	David Brickman	57	Albany 27:43

FEMALE AGE GROUP: 55 - 59			
1	Marla Young	57	Slingerlands 29:54
2	Druclia Maxwell	56	Hudson 29:55
3	Tanah Corelli	59	Latham 30:33

MALE AGE GROUP: 60 - 64			
1	Carl Strobel	64	Torrington, CT 33:10
2	Mark Bechard	63	Albany 34:33
3	Tom Rutkowski	64	Glenmont 37:29

FEMALE AGE GROUP: 60 - 64			
1	Susan Cox	61	Albany 27:32
2	Susan Klim	60	Altamont 30:35
3	Deborah Shakotko	64	Hudson 34:57

MALE AGE GROUP: 65 - 69			
1	Stephen Justa	65	Albany 31:39

FEMALE AGE GROUP: 65 - 69			
1	Ellen Tanner	66	Albany 44:17
2	Lucy Rodriguez	68	Brooklyn 59:01

MALE AGE GROUP: 70 - 74			
1	Angel Rodriguez	71	Brooklyn 32:44
2	Gary Whittaker	70	Albany 34:48

FEMALE AGE GROUP: 75 - 79			
1	Jacqueline Mesko	75	Troy 42:23

MALE AGE GROUP: 80 - 84			
1	Sorrell Chesin	83	Slingerlands 34:27
2	Joe Kelly	82	Menands 37:33
3	Richard Eckhardt	81	Albany 38:57

MALE AGE GROUP: 85 - 89			
1	Ken Orner	85	Albany 41:26

FEMALE AGE GROUP: 85 - 89			
1	Doris Schlamowitz	86	Albany 1:06:16

10K ROAD RACE

MALE OVERALL			
1	Jaime Julia	31	Albany 31:47
2	Matt Ninneman	22	Albany 35:07
3	Joel Gordon	44	Queensbury 36:47

FEMALE OVERALL			
1	Jennifer Bennice	36	Ballston Lake 40:15
2	Erin Corcoran	41	Schenectady 41:10
3	Deanne Webster	39	Albany 42:16

MALE AGE GROUP: 1 - 14			
1	Hunter Kosich	14	Albany 19:03
2	Ryan Cuva	14	Albany 21:03
3	Nicholas Mandato	13	Albany 22:15

FEMALE AGE GROUP: 1 - 14			
1	Shayna Lenney	14	East Greenbush 22:11
2	Tessa Hilt	14	Niskayuna 24:36
3	Olivia Papa	11	Latham 24:40

FEMALE AGE GROUP: 1 - 14

1	Molly Zahnleuter	13	Clifton Park 46:45
2	Adelaide Leung	12	Albany 1:12:40

MALE AGE GROUP: 15 - 19			
1	Nathaniel Lemiszki	19	Waterford 54:19
2	Jeffrey Carrozza	17	Melrose 1:08:18

MALE AGE GROUP: 20 - 24			
1	Phil Yoss	23	Albany 43:51

FEMALE AGE GROUP: 20 - 24			
1	Jacqueline Saddlemire	22	Berne 56:01
2	Meghan Gillen	24	Mechanicville 56:06
3	Alexandra Hart	24	Albany 1:02:50

MALE AGE GROUP: 25 - 29			
1	Gregory Francese	25	Albany 42:57
2	Dan Cassidy	26	Albany 52:18
3	Jason Rozell	29	Albany 1:08:07

FEMALE AGE GROUP: 25 - 29			
1	Traci Cornwell	27	Troy 46:34
2	Caitlyn Edmundson	27	Delmar 48:23
3	Monica Echeverria	29	Richmond Hill 52:05

MALE AGE GROUP: 30 - 34			
1	Michael Austin	33	Delmar 37:57
2	Keegan Bailey	31	Niskayuna 45:09
3	Joe Hansen	30	Troy 46:56

FEMALE AGE GROUP: 30 - 34			
1	Emily Russell	32	North Bennington, VT 44:51
2	Jennifer Siegal	30	Kensington, CT 56:24
3	Giovannine Finn	32	Albany 56:32

MALE AGE GROUP: 35 - 39			
1	Peter Tessier	39	Niskayuna 44:44
2	Manuel Hernandez	38	Albany 45:46
3	Charles Trombley	37	Athens 49:30

FEMALE AGE GROUP: 35 - 39			
1	Jamie Donsbach	38	Loudonville 45:59
2	Evan Kujawski	37	Albany 46:46
3	Kristen Kuhn	36	Delmar 50:22

MALE AGE GROUP: 40 - 44			
1	Ray Webster	40	Altamont 37:07
2	Kenneth Plowman	41	Cohoes 37:23
3	Yuriy Benderskiy	43	Ballston Lake 40:29

FEMALE AGE GROUP: 40 - 44			
1	Denise Vanderwerken	43	Cobleskill 44:13
2	Melissa Maguire	42	Loudonville 46:18
3	Teresa Dunbar	44	Marlton, NJ 49:49

MALE AGE GROUP: 45 - 49			
1	Martin Gordinier	45	Delmar 41:30
2	Dale Miller	46	Schenectady 41:30
3	Paul Rogers	47	Johnstown 50:53

FEMALE AGE GROUP: 45 - 49			
1	Stacia Smith	45	Niskayuna 45:15
2	Diane Tenenbaum	49	Selkirk 49:01
3	Alison Johnson	45	Delmar 50:22

MALE AGE GROUP: 50 - 54			
1	William Colvin	51	Bennington, VT 42:14
2	Samuel Mercado Jr.	52	Albany 42:38
3	Mike Soeller	54	Voorheesville 44:06

FEMALE AGE GROUP: 50 - 54			
1	Patricia Krebs	50	Swan Lake 49:44
2	Lisa Conroy	50	Voorheesville 53:38
3	Kirsten Leblanc	52	Broadalbin 54:51

MALE AGE GROUP: 55 - 59			
1	Laudric Maxwell	55	Hudson 40:25
2	Rick Vara	57	Loudonville 45:57
3	Roy Mowrey	57	Gloversville 48:15

FEMALE AGE GROUP: 55 - 59			
1	Wendy Rescott	55	West Sand Lake 48:07
2	Deborah Mehms	57	Albany 53:58
3	Tammy Sanders	56	Troy 1:01:32

MALE AGE GROUP: 60 - 64			
1	Dennis Whiteford	62	Bennington, VT 49:30
2	Anthony Tagliafiero	63	Schenectady 57:48
3	Theodore Close	64	Wynantskill 59:30

FEMALE AGE GROUP: 60 - 64			
1	Gail Tagliafiero	63	Schenectady 1:17:01
2	Sharon Close	61	Wynantskill 1:19:22

MALE AGE GROUP: 65 - 69			
1	Judi Doody	65	Delmar 1:06:29

MALE AGE GROUP: 70 - 74			
1	Joseph Silva	74	Albany 1:08:20

15K ROAD RACE

MALE OVERALL			
1	Brian Debraccio	49	Scotia 58:33
2	Anthony Demarco	32	Mechanicville 1:02:54
3	Cortland Tisch	19	Greenville 1:03:14

FEMALE OVERALL			
1	Tammy Cumo	37	Slingerlands 1:10:50
2	Lauren Chrapowitzky	29	Delmar 1:14:58
3	Vinni Schek	61	New York 1:19:46

MALE AGE GROUP: 20 - 29			
1	Erin Reilly	25	Albany 1:24:35
2	Kirsten Kemmerer	26	Albany, PA 1:25:50
3	Ali Hazen	29	Voorheesville 1:27:52

MALE AGE GROUP: 30 - 39			
1	Matthew Fryer	35	Clifton Park 1:06:14
2	Justin Heinbuch	32	Albany 1:24:17
3	Tys Bailey-Yavondi	31	Rensselaer 1:24:30

FEMALE AGE GROUP: 30 - 39			
1	Kristi Kemmer	37	Voorheesville 1:24:12
2	Stephanie Bruhn	33	Slingerlands 1:24:21
3	Laura Moretti	32	Albany 1:25:18

MALE AGE GROUP: 40 -			
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41ST ANNUAL FALLING LEAVES ROAD RACE *continued*

MALE AGE GROUP: 60 - 64			
1 Tom Bick	64	23:41	Frankfort
2 Vincent Pugliese	61	24:18	Poland
3 Victor Powers	64	25:35	Spencer
FEMALE AGE GROUP: 60 - 64			
1 Lenore Valuckas	62	26:48	Sauquoit
2 Patricia Femia	64	27:57	New Hartford
3 Debbie Weakley	60	30:18	Utica
MALE AGE GROUP: 65 - 69			
1 Harry Mastin	66	23:55	Liverpool
2 Ray Brych	67	25:42	New York Mills
3 Edward Fisher	65	25:57	Clinton
FEMALE AGE GROUP: 65 - 69			
1 Kathy Spiak	67	30:59	Rensselaer Falls
2 Barbara Deangelo	66	37:13	Utica
3 Donna Cornacchia	67	39:39	Hannibal
MALE AGE GROUP: 70 - 74			
1 Robert Faass	72	35:17	New Hartford
2 William Evans	71	36:18	Marcy
FEMALE AGE GROUP: 70 - 74			
1 Sue Gardinier	73	28:04	Verona
2 Margaret Jevens	70	32:28	Rome
MALE AGE GROUP: 75 - 79			
1 Krishna Vadlamudi	77	41:20	New Hartford
MALE AGE GROUP: 80 - 84			
1 Paul Ohlbaum	81	49:30	New Hartford
14K RACE			
MALE OVERALL			
1 Ryan Millar	24	46:03	Clinton
2 Matthew Lacey	31	48:56	Clinton
3 Richard Cohen	44	50:04	Utica
FEMALE OVERALL			
1 Catherine Beck	30	52:56	Clinton
2 Erin Zaleski	26	1:02:37	Clinton
3 Karen Randall	37	1:03:32	Utica
MALE AGE GROUP: 1 - 17			
1 Jake Baisley	16	54:55	Salisbury Center
2 David Ross	17	1:10:43	Utica
3 Alex Nofri	13	1:11:23	Whitesboro
FEMALE AGE GROUP: 1 - 17			
1 Annika Heacock	13	1:18:58	Marcy
MALE AGE GROUP: 18 - 24			
1 Aaron Tompkins	22	50:27	New Hartford
2 Todd Stevens	20	55:18	New Hartford
3 Tyler Hayes	24	58:32	Massena
FEMALE AGE GROUP: 18 - 24			
1 Samm Prendergast	23	1:09:56	Utica
2 Kaitlyn Butka	22	1:16:37	Sherrill
3 Danielle Burton	24	1:19:19	Monroe
MALE AGE GROUP: 25 - 29			
1 Timothy Fitzgerald	25	51:21	Utica
2 Michael Clifford	26	1:02:05	Utica
3 Shawn Kolano	28	1:02:22	Yorkville
FEMALE AGE GROUP: 25 - 29			
1 Natalie Robertello	27	1:07:44	Buffalo
2 Meghan Furner	27	1:09:43	Yorkville
3 Kelley Burt	28	1:09:57	Chittenango
MALE AGE GROUP: 30 - 34			
1 Michael Polidori	30	56:33	Iilon
2 Seth Kutil	30	59:43	Syracuse
3 Kevin Fitzgerald	3	1:00:59	Waterville
FEMALE AGE GROUP: 30 - 34			
1 Alessandra Kershaw	31	1:04:48	Earlville
2 Emma Spinosa	33	1:06:01	Cooperstown
3 Laura Schilly	33	1:06:17	Syracuse

MALE AGE GROUP: 35 - 39			
1 Jerry Tylutki	35	53:21	Utica
2 John Bugajski	35	54:20	Rochester
3 Thomas Joslin	36	54:38	Yorkville
FEMALE AGE GROUP: 35 - 39			
1 Krista Harwick	35	1:04:55	Mohawk
2 Alyssa Trevisani	39	1:07:20	Deansboro
3 Breann Dodge	35	1:07:59	Clay
MALE AGE GROUP: 40 - 44			
1 Rob Bauer	43	59:17	Marcy
2 Steve Eddy	42	1:00:00	Utica
3 Dan Capron	44	1:00:19	Newport
FEMALE AGE GROUP: 40 - 44			
1 Christine McGlynn	41	1:04:21	Whitesboro
2 Astrid Helfant	42	1:09:02	Hamilton
3 Molly Haberbusch	42	1:09:57	Clinton
MALE AGE GROUP: 45 - 49			
1 Mike Elleman	47	54:49	Utica
2 John Draper	46	56:50	Remsen
3 Paul Humphrey	48	58:23	Deerfield
FEMALE AGE GROUP: 45 - 49			
1 Kara Rusch	48	1:05:09	Hamilton
2 Ronda Davis	48	1:06:05	Newport
3 Kim Kirkpatrick	48	1:09:20	Pittstown, NJ
MALE AGE GROUP: 50 - 54			
1 Marc Rusch	51	1:00:48	Watertown
2 Ian Helfant	52	1:01:52	Hamilton
3 Scott Suba	51	1:02:26	Deerfield
FEMALE AGE GROUP: 50 - 54			
1 Ingrid Otto-Jones	51	1:07:00	Utica
2 Elizabeth Briggs	54	1:09:08	North Syracuse
3 Karen Amanna	51	1:09:15	New Hartford
MALE AGE GROUP: 55 - 59			
1 John Geesler	56	1:00:08	St. Johnsville
2 Lennie Davis	55	1:01:44	Newport
3 Doake Brown	57	1:01:56	Cortland
FEMALE AGE GROUP: 55 - 59			
1 Elizabeth Miller	55	1:12:08	Utica
2 Joan Kane	56	1:18:44	Sherrill
3 Mickey Piscitelli	58	1:18:46	Baldwinsville
MALE AGE GROUP: 60 - 64			
1 John Murphy	64	1:06:00	Utica
2 Gary Lashure	61	1:07:46	Barneveld
3 Daniel Deffrees	60	1:10:07	Chittenango
FEMALE AGE GROUP: 60 - 64			
1 Martha DeGrazia	64	1:14:13	Slingerlands
2 Susan Luley	62	1:16:27	Sauquoit
3 Martine Guyot-Bender	60	1:19:57	Clinton
MALE AGE GROUP: 65 - 69			
1 William Abel	65	1:08:18	New Hartford
2 Ray Smith	65	1:09:29	Old Forge
3 Randy Tuttle	66	1:20:51	Utica
FEMALE AGE GROUP: 65 - 69			
1 Cornelia Brown	65	1:28:01	New Hartford
2 Jean Miller	66	1:28:40	Nicholville
MALE AGE GROUP: 70 - 74			
1 David Linder	73	1:18:10	West Edmeston
MALE AGE GROUP: 75 - 79			
1 Rich D'Accurzio	76	1:38:02	Utica

Courtesy of Utica Roadrunners

21ST ANNUAL BURNT HILLS-BALLSTON LAKE ROTARY APPLE RUN 5K *continued*

FEMALE AGE GROUP: 30 - 34			
1 Yulia Kirkpatrick	32	Burnt Hills	24:58
2 Karoline Sears	30	Albany	25:13
3 Ami Jo Benny	34	Schenectady	25:37
MALE AGE GROUP: 35 - 39			
1 Shaun Evans	37	Middle Grove	18:03
2 Matt Johnson	35	Glenville	22:08
3 Tom Lauertou	36	Clifton Park	22:10
FEMALE AGE GROUP: 35 - 39			
1 Bethany Ference	35		24:41
2 Jennifer Edgar-John	39	Glenville	27:10
3 Sandra Tasse	36	Ballston Spa	27:37
MALE AGE GROUP: 40 - 44			
1 Brian Northan	40	Guiderland	18:10
2 Shawn Decenzo	41	Glenville	19:07
3 Timothy Mack	40	Burnt Hills	21:45
FEMALE AGE GROUP: 40 - 44			
1 Shelley Allison	42	Burnt Hills	23:41
2 Joanne Hammond	40	Burnt Hills	27:43
3 Jennifer Dorr	40		28:59
MALE AGE GROUP: 45 - 49			
1 Bob Marro	48		20:10
2 Raymond Brown	49	Saratoga Springs	21:09
3 Sean Thompson	48	Albany	25:08
FEMALE AGE GROUP: 45 - 49			
1 Julianne Claydon	45	Saratoga Springs	23:25
2 Babara Storti	49	Glenville	27:24
3 Laurie McEvoy	45	Glenville	27:58
MALE AGE GROUP: 50 - 54			
1 Michael Stalker	52	Burnt Hills	19:12
2 Chris Buckley	54	Malta	19:31
3 Gary Neumann	53	Burnt Hills	21:16
FEMALE AGE GROUP: 50 - 54			
1 Janice Phoenix	54	Schenectady	23:05
2 Laurie Malone	52	Burnt Hills	24:48
3 Lisa Dennison	50		25:36
MALE AGE GROUP: 55 - 59			
1 John Parisella	57	Schenectady	20:12
2 Rick Knipper	55	Niskayuna	20:55
3 Michael Molocznik	57	Ballston Spa	22:20
FEMALE AGE GROUP: 55 - 59			
1 Elizabeth Herkenham	58	Charlton	25:19
2 Deborah Trudeau	57	Ballston Lake	31:22
3 Holly Marchand	58	Burnt Hills	34:58
MALE AGE GROUP: 60 - 64			
1 Peter Gerardi	64	Glenville	20:59
2 George Baranaukas	62	Scotia	22:07
3 David Rowell	63	Albany	22:24
FEMALE AGE GROUP: 60 - 64			
1 Mary Jo Benny	60	Scotia	25:40
2 Darlene Cardillo	62		28:01
3 Susan Lohnas	63	Niskayuna	29:57
MALE AGE GROUP: 65 - 69			
1 Gary Scott	66	Hoosick Falls	27:09
2 Charles Ceresia	67		29:30
3 Ed Swanson	66	Ballston Lake	31:38
FEMALE AGE GROUP: 65 - 69			
1 Nancy Johnston	69	Ballston Lake	32:56
2 Alice Carpenter	65		33:24
3 Pat Reed	68	East Glenville	33:54
MALE AGE GROUP: 70 - 74			
1 Dale Walker	71	Niskayuna	28:42
2 Richard Theissen	71	Round Lake	29:15
MALE AGE GROUP: 80 - 84			
1 Richard Schumacher	82	Hoosick Falls	35:22
2 Barry York	80	Burnt Hills	35:44
3 Joe Kelly	82	Menands	37:04

Courtesy of Burnt Hills-Ballston Lake Rotary

GORE MOUNTAIN LEAF CRUNCHER 5K TRAIL RUN

October 3, 2015 • Gore Mountain, North Creek

MALE OVERALL			
1 Shaun Donegan	29	Malta	19:34
2 Craig Evans	50	Malta	23:20
3 Fred Kitzrow	59	Delmar	23:21
FEMALE OVERALL			
1 Lauren Woodcock	26	Saratoga Springs	24:40
2 Kim Donegan	34	Malta	26:20
3 Gillian Hayden	17	North Creek	29:38
FEMALE AGE GROUP: 1 - 12			
1 Grace Pless	6	Olmstedville	1:13:50
MALE AGE GROUP: 20 - 29			
1 Robert Miller	28	Chestertown	26:03
2 Alex Dunn	28	Saratoga Springs	27:12
FEMALE AGE GROUP: 20 - 29			
1 Kasie Winig	28	Saratoga Springs	33:12
2 Melissa Davidson	27	Saratoga Springs	38:28
MALE AGE GROUP: 30 - 39			
1 Ken Higgins	35	Morristown, NJ	28:46
2 Joseph Pikor	37	Saddle Brook, NJ	1:13:54
FEMALE AGE GROUP: 30 - 39			
1 Jenn Turcotte	33	Brant Lake	33:33
2 Rebecca Pless	35	Olmstedville	33:43
3 Jennifer Fifield	39	Newcomb	33:59
MALE AGE GROUP: 40 - 49			
1 Joe Skufca	48	Niskayuna	25:02
2 John Woods	46	Granville, MA	1:18:46
FEMALE AGE GROUP: 40 - 49			
1 Barbara Woods	46	Granville, MA	1:18:46
MALE AGE GROUP: 50 - 59			
1 Will McGinvey	53	Diamond Point	25:10
FEMALE AGE GROUP: 50 - 59			
1 Marion Oswald	58	Old Forge	38:24
MALE AGE GROUP: 60 - 69			
1 George Oswald	64	Old Forge	32:48

Courtesy of Gore Mountain

3RD ANNUAL HEROES FOR HEALTH 2-MILE SUPERHERO THEMED OBSTACLE RUN

October 4, 2015 • Prospect Park, Troy

MALE OVERALL			
1 Juozas Di Cesare	14	15:15	
2 Joshua Minor	43	15:34	
3 Kevin Manieri	29	15:53	
FEMALE OVERALL			
1 Gretchen Oliver	41	16:48	
2 Shelly Graves	36	18:55	
3 Beth Ostwald	51	18:56	
MALE AGE GROUP: 1 - 14			
1 Sam Oliver	11	16:45	
2 Kevin Rasin	6	18:27	
3 Ransell Segura	10	25:32	
FEMALE AGE GROUP: 1 - 14			
1 Sophia Fusco	13	21:06	
2 Lacey Felton	7	23:49	
3 Raenna Scales	9	41:44	
FEMALE AGE GROUP: 15 - 19			
1 Ilay Di Cesare	17	20:37	
2 Wan Na Chun	18	21:58	
FEMALE AGE GROUP: 20 - 24			
1 Jennifer Gallego	21	26:09	
MALE AGE GROUP: 25 - 29			
1 Ben Boswell	26	21:07	
FEMALE AGE GROUP: 25 - 29			
1 Samantha Velez	29	23:36	
MALE AGE GROUP: 30 - 34			
1 Phil Carvalho	31	18:06	
2 Mat Petrin	32	18:23	
FEMALE AGE GROUP: 30 - 34			
1 Sarah Mycek	32	21:00	
2 Amy Kaplan	34	23:29	
3 Karla Powers	32	23:36	
4 Rachel Eson	33	41:54	
MALE AGE GROUP: 35 - 39			
1 Ernie Yue	36	18:17	
2 Jose Segura	37	26:42	
FEMALE AGE GROUP: 35 - 39			
1 Lacey Buckley	37	19:40	
2 Leah Bojnowski	36	25:47	
3 Theresa Felton	39	30:11	
MALE AGE GROUP: 40 - 44			
1 Jason Felton	41	23:52	
FEMALE AGE GROUP: 40 - 44			
1 Tricia Reuss	40	23:07	
2 Patricia Tesch	44	24:16	
3 Holly Grieco	40	26:37	
MALE AGE GROUP: 45 - 49			
1 Richard Haldeman III	45	17:01	
2 Dave Shipple	45	25:07	
FEMALE AGE GROUP: 45 - 49			
1 Ann Volper	46	23:36	
2 Mariola Pratt	49	26:12	
MALE AGE GROUP: 50 - 54			
1 Gary McCann	54	19:15	
FEMALE AGE GROUP: 50 - 54			
1 Paula Morelli Czupil	54	21:04	
2 Caroline Gomez-Di Cesare	50	23:20	
3 Renee Vickery	53	24:04	
MALE AGE GROUP: 55 - 59			
1 Mike Zebrowski	57	23:07	
FEMALE AGE GROUP: 55 - 59			
1 Carol Hausmann	56	21:04	
MALE AGE GROUP: 70 - 74			
1 Mitzi Lawrence	70	42:33	

Courtesy of Whitney M. Young, Jr. Health Center

21ST ANNUAL SUSAN G. KOMEN RACE FOR THE CURE 5K RUN

October 3, 2015 • Empire State Plaza, Albany

MALE OVERALL			
1 Aaron Lozier	27	Albany	16:39
2 John Farley	26	Albany	17:01
3 Eric Young	24		17:10
FEMALE OVERALL			
1 Caitlin Abelseth	22	Voorheesville	20:32
2 Hilary Greene	45	Williamstown, MA	21:06
3 Denise Vanderwerken	43	Cobleskill	21:50
MALE AGE GROUP: 1 - 14			
1 Liam Danaher	14	Castleton-on-Hudson	18:08
2 Nathan Mannion	14	Castleton	21:22
3 Carter Norton	9	East Greenbush	22:28
FEMALE AGE GROUP: 1 - 14			
1 Abigail Moxon	9	Nassau	24:18
2 Anna Kebbekus	13	Duluth, MN	25:17
3 Liv Nevo	11	Albany	27:35
MALE AGE GROUP: 15 - 19			
1 Bernie Daoust	17	Castleton	18:40
2 Joseph Kebbekus	16	Duluth, MN	18:46
3 Matthew Riordan	16	Nassau	19:27
FEMALE AGE GROUP: 15 - 19			
1 Makenzie Minkler	16	Rensselaer	26:09
2 Mairead Swords	19	Port Jefferson	26:22
3 Claudia Stay	15	Averil Park	27:20
MALE AGE GROUP: 20 - 24			
1 Conor CASHIN	23	Albany	20:34
2 Carl Kemmerer	23	Cortlandt Manor	23:16
3 Nate Kishbaugh	23	Rensselaer	25:10
FEMALE AGE GROUP: 20 - 24			
1 Karlie Mangette	23	Slingerlands	22:09
2 Patricia Erickson	22	Altamont	23:49
3 Ashleigh Nelson	24	Troy	24:41
MALE AGE GROUP: 25 - 29			
1 Edson Chipalo	28		

• RACE RESULTS • RACE RESULTS • RACE RESULTS • RACE RESULTS •

33RD ANNUAL MOHAWK HUDSON RIVER MARATHON & 14TH ANNUAL HANNAFORD HALF MARATHON *continued*

MALE AGE GROUP: 25 - 29

1	Patrick Hager	29	Belmont	2:38:37
2	Steel Flynn	26	Pittsburgh, PA	2:42:13
3	John Farley	26	Albany	2:46:28
4	Ben Heller	26	Albany	2:55:36
5	Avanti Peters	28	Woodstock	2:56:08
7	Daniel Lambert	25	Liverpool	2:59:28
8	Colin Meagher	27	Charlton	3:02:13
12	John Burke	28	Glenmont	3:21:54
13	Ping Wong	28	Ballston Lake	3:28:43
14	Jonathan Poggi	25	Albany	3:35:23
17	Christopher Austen	29	Albany	3:44:20
18	Kyle Devins	26	Plattsburgh	3:47:58
19	Neil Cary	29	Schaghticoke	3:54:14
20	Yashwanth Tummala	27	Niskayuna	3:57:23
21	Michael Cheplowitz	27	Albany	3:59:37
22	Yao Wei Lu	29	Albany	4:00:24
24	Richard Newkirk	28	Rome	4:13:45
25	John McCloskey	27	Saratoga Springs	4:16:00
26	Philip Guerrant	29	Schenectady	4:21:48
28	Jack Cutler	29	Wallkill	4:27:20
30	Bryant Abbuhl	25	Slingerlands	4:34:07
31	Dan Smith	28	Albany	4:37:33
32	Joseph Hogan	27	Syracuse	4:43:06
34	Michael McCabe	27	Nassau	4:58:08
35	Keith Gregory	26	Cohoes	5:09:04
36	Tim Moore	28	Troy	5:13:08

FEMALE AGE GROUP: 25 - 29

1	Caitlin McTague	29	Arlington, VA	3:05:34
2	Allison Connor	25	Albany	3:19:12
3	Ashley Wojcicki	29	Ballston Lake	3:22:19
6	Bethany Hawke	29	Albany	3:28:23
7	Kelda Nelson	27	Queensbury	3:29:46
8	Brinna Thompson	25	Albany	3:31:08
10	Stephanie Cash Hogan	27	Saratoga Springs	3:33:11
11	Michelle Davis	27	Schenectady	3:36:29
12	Jessica Berschwinger	27	Voorheesville	3:37:23
14	Tara Joyce	27	Altamont	3:44:40
15	Ashley Langhear	29	Saratoga Springs	3:52:07
17	Tara Akstul	27	Saratoga Springs	3:53:18
18	Kelcey Heenan	27	Delmar	3:54:55
20	Emily Taft	25	Albany	3:58:13
22	Caitlyn Edmundson	27	Delmar	3:59:52
25	Megan Hecht	26	Wallkill	4:01:48
26	Melissa Gordon	26	Clifton Park	4:04:12
27	Kate Fruscione	29	Albany	4:05:32
30	Rachel Linehan	26	Albany	4:10:47
31	Sevann Helo	28	Loudonville	4:11:47
32	Emily Chromczak	28	Delmar	4:14:03
33	Cheyenne James	25	Albany	4:15:33
34	Veronica Cimilluca	26	Montgomery	4:16:40
35	Elizabeth Rice	25	Albany	4:16:53
36	Kara Haggerty	25	Albany	4:17:41
37	Brigid Dake	29	Greenfield Center	4:19:59
38	Amanda Robertello	28	Utica	4:20:36
39	Margaret Cook	25	Potsdam	4:21:40
40	Jona Favreau	29	Troy	4:24:37
41	Kristin Conte	28	Schenectady	4:32:46
42	Kelly Patterson	25	Niskayuna	4:33:16
43	Elizabeth Burke	26	Schenectady	4:34:01
44	Melissa Lorenzo	25	Slingerlands	4:34:07
45	Kseniya Hogan	29	Syracuse	4:43:04
46	Erin Ayala	28	Schenectady	4:44:21
47	Melissa Steciuk	26	Cohoes	4:46:03
48	Jamie Roden	25	Watervliet	4:53:33
49	Kaleigh McGrouty	26	Watervliet	5:02:02
50	Amy Thomas	26	Staatsburg	5:02:36
51	Sarah Czapranski	27	Albany	5:08:48
52	Claire Superak	26	Saratoga Springs	5:11:10
53	Kelly Lassonde	26	Altamont	5:13:08
54	Jackie Chromczak	28	Rensselaer	5:23:15

MALE AGE GROUP: 30 - 34

1	Thomas O'Grady	30	Slingerlands	2:30:52
2	Dave Vona	33	Valatie	2:38:27
3	Matt Pimentel	32	Andover, MA	2:48:15
4	Justin Pangie	30	Castleton	2:50:16
6	Jan Wellford	33	Keene	2:54:52
10	Joshua Gregg	33	West Sand Lake	3:03:52
12	Trey Kingston	30	Albany	3:04:21
13	Jamie Stroffolino	30	Wappingers Falls	3:04:43
15	Stuart Guthrie	31	Troy	3:10:49
16	Joel Patrie	31	Scotia	3:13:36
17	Brian Lusignan	31	Delmar	3:14:22
21	Mike Coffey	31	Hopewell Junction	3:24:34
22	Denis Samburskiy	33	Albany	3:29:20
26	Ryan Wheeler	31	Albany	3:30:41
27	Sean Smith	32	Latham	3:30:42
28	Justin Busch	30	Troy	3:31:11
30	Tom Kaczmarek	31	Albany	3:32:41
31	C.J. Birdsall	30	Clifton Park	3:33:46
33	Timothy Cobb	33	Baldwinsville	3:34:39
34	Jacob Becker	33	Schenectady	3:36:03
36	Michael Rushman	31	Cambridge	3:37:05
37	Kazuya Ichiki	31	Guiderland	3:39:06
40	Greg Gecewicz	32	Albany	3:42:56
41	Brandon Viora	34	East Greenbush	3:43:24
42	Gregory Jabaut	33	Albany	3:44:18
43	Tom Tiberio	30	Scotia	3:44:40
44	Jonathan Louden	31	Clifton Park	3:45:19
45	John Clements	32	Troy	3:48:28
49	Justin Alonzo	34	Waterford	3:55:25
50	Joseph Crowe	32	Albany	3:55:47
51	Matthew Gaschel	30	Ballston Spa	3:56:20
53	Jeremy Scott	33	Clay	3:57:11
54	Gerard Colling	34	Wynantskill	3:57:32
55	Jimmy Vielkind	30	Delmar	3:58:01
56	John Conwall	33	Duanesburg	3:58:27
57	Stephen Wendt	31	Gloversville	3:58:38
58	Gary Krisanda	33	East Greenbush	3:58:59
60	Nicholas Lobosco	33	Ballston Spa	4:02:43
61	Travis Kellman	32	Schenectady	4:03:12
64	Eric Scaringe	32	Cohoes	4:09:56
65	Daniel Oswald	34	Ballston Spa	4:12:13
66	Timothy Nevinger	34	Glenmont	4:12:44
68	Matthew Robinson-Loffler	34	Albany	4:18:08
69	Jason Cerminaro	32	Syracuse	4:20:38
70	Andrew Gravelle	31	Ballston Spa	4:21:03
72	John Pitera	33	Albany	4:21:38
73	Bill Kardas	31	Utica	4:23:50
75	Tyler Eaton	34	Jay	4:25:46
76	Paul Voigtland	31	Otisville	4:30:04
77	Peter Rossi	32	Stanfordville	4:32:24
78	Robert Magee	31	Albany	4:35:15
79	John Westcott	31	Castleton	4:35:15
80	Matthew McKeown	34	Selkirk	4:38:52
81	Tony Sakellariou	32	Kingston	4:40:39
82	Aaron Wolff	31	Niskayuna	4:45:27
83	Brett Murray	30	Schenectady	4:45:28
85	Keith Posson	31	Middleburgh	4:59:35
87	Will Ellithorpe	34	Albany	5:08:52

FEMALE AGE GROUP: 30 - 34

1	Meghan Newcomer	34	New York	3:04:10
2	Meghan Mortensen	30	Rotterdam	3:08:10
3	Elizabeth Chauhan	31	Albany	3:15:19
4	Melanie Damico	34	Lake Placid	3:22:48
5	Molly Casey	31	Albany	3:24:03
9	Allison Milazzo	30	Delmar	3:30:01
10	Teal Reeves	34	Malta	3:32:11
13	Lauren Carnahan	32	Latham	3:35:37
15	Stephanie Viora	33	East Greenbush	3:37:39
17	Jill Splonkowsky	31	Niskayuna	3:39:46
19	Cassie Baillargeon	34	Keene	3:40:57
20	Rebecca Tenyson	32	Troy	3:43:47
22	Melissa Sakellariou	32	Kingston	3:48:04
23	John Hazzard	30	Johnstown	3:48:07
26	Sara Dean	31	Albany	3:51:12
28	Michelle Pautler	30	Albany	3:52:39
29	Heather Tierney	33	Pottersville	3:53:54
30	Christine Edwards	34	Cicero	3:54:23
31	Kelly Virkler	31	Altamont	3:56:27
33	Catherine Guthrie	33	Glenville	4:01:57
34	Megan Trudeau	31	Plattsburgh	4:02:51
35	Victoria Fenley	33	Schenectady	4:04:29
36	Stephanie Clarke	34	Campbell Hall	4:05:26
37	Danielle Remillard	31	Peru	4:07:51
38	Allison Zappieri	31	Schenectady	4:09:57

39	Maggie Wood	33	Albany	4:12:36
41	Molly Hann	34	Saranac Lake	4:13:09
42	Whitney Norris	30	Ballston Lake	4:13:23
49	Jeanna Mead	32	Clifton Park	4:23:37
50	Victoria Kardas	32	Delmar	4:23:50
51	Rebecca Cain	30	Albany	4:24:06
52	Julie Greene	34	Clifton Park	4:26:07
53	Cynthia Zinzow	34	Sloansville	4:29:34
54	Jennifer Newman	31	Albany	4:32:09
55	Emily Bren	31	Guiderland	4:32:09
56	Corie Linehan	33	Cambridge	4:32:23
57	Teresa Mason	30	Malta	4:33:26
58	Rochelle Cavanagh	31	Altamont	4:33:37
59	Maria Oakden	34	Broadalbin	4:37:39
61	Rachael Morrissey	32	Albany	4:37:40
62	Jackie Guba	32	Albany	4:38:14
65	Courtney Slade	32	Selkirk	4:43:46
66	Ann Marie Leifer	31	Clifton Park	4:44:46
67	Talara Hedgpath	32	Saratoga Springs	4:44:47
68	Madison Zuis	30	Gansevoort	4:44:48
71	Charlene Millias	33	Johnstown	4:58:35
74	Maggie Ellithorpe	32	Albany	5:08:51
75	Erin Flagler	31	Clay	5:09:47
78	Janette Meppen	34	East Nassau	5:15:17
79	Jami Landry	32	Ithaca	5:15:43
80	Nancy Matusiak	33	Loudonville	5:15:50
81	Lesley May	30	Glens Falls	5:25:49

MALE AGE GROUP: 35 - 39

1	Aaron Robertson	37	Melville	2:36:27
2	Jean-Francois Bemeur	37	Montreal, QC	2:45:56
3	Elijah Shekiah	37	Pittsburgh, PA	2:49:03
7	Joseph Mashaw	36	Marcy	2:57:42
8	Noah White	36	Slingerlands	2:58:44
11	James Kehoe	37	Gansevoort	3:00:15
12	Joseph Vinciguerra	36	Rexford	3:05:55
14	Cory Gregg	35	Schenectady	3:06:44
16	Patrick Thomas	36	Albany	3:09:11
19	Wisam Aljohar	36	Liverpool	3:12:00
20	David Osterhoudt	38	Hyde Park	3:12:41
21	Matthew Kane	35	Rotterdam	3:13:58
22	Christopher Scoville	36	Rensselaer	3:14:34
27	Jason Meeks	36	Wynantskill	3:14:55
28	Daniel Forgett	37	Albany	3:15:29
29	Ryan Heritage	35	Glenville	3:15:45
33	Daniel Brady	38	Cohoes	3:18:54
35	Dallas Devries	38	Cohoes	3:23:36
36	Karol Finfando	39	Ballston Lake	3:24:15
37	Brian Busher	38	Troy	3:29:15
39	Jeffrey Thompson	35	Ballston Spa	3:30:02
41	David Chhatt	38	Ballston Lake	3:32:11
42	Kyle Youlen	36	Burnt Hills	3:32:13
43	Gabriel McGarry	39	Slingerlands	3:33:12
44	David Czarnacki	39	Clifton Park	3:33:21
48	Jeremy McNamara	36	Albany	3:34:21
49	Paul Archambault	39	Troy	3:34:25
51	Shaun Nagraj	36	Syracuse	3:39:15
55	Ryan Irwin	35	Albany	3:39:47
57	Josiah Justice	38	Wallkill	3:45:39
58	Mark Frontera	35	Ballston Lake	3:46:40
59	Chad Bradt	39	Glenville	3:47:16
60	Nicholas Miller	37	Delmar	3:53:11
62	Peter Willis	35	Scotia	3:55:14
67	Michael Washco	37	Menands	3:59:43
68	Mike Cognetti	36	Niskayuna	3:59:53
69	David Rothman	38	Green Island	4:02:06
70	Christopher Carter	37	Averill Park	4:02:29
71	James Kavanagh	35	Troy	4:05:31
72	Douglas Secor	35	Scotia	4:08:24
73	Mark Lansing	39	Niskayuna	4:15:36
74	Christopher Regan	36	Wappingers Falls	4:19:34
75	Francis Peruzzi	38	Herkimer	4:19:41
76	Joseph Maynard	35	Niskayuna	4:25:58
78	Carl Aery	38	Broadalbin	4:33:33
79	Robert Hardy	36	East Greenbush	4:38:15
81	Chris Wessell	38	Albany	4:41:22
82	Seth Curry	39	Cohoes	4:43:23
83	Casey Krul	37	Gloversville	4:46:12
84	Gary Rubusto	36	Albany	4:46:37
86	Jeff Cornick	36	Ballston Spa	4:55:35
87	Matthew Spinale	37	Wappingers Falls	4:55:39
89	Daniel Orsini	38	Niskayuna	4:59:53
90	Matthew Fiet	37	Watervliet	5:00:11
91	Steven Moragne	35	Albany	5:09:10
92	Jack Ivokin	35	Queensbury	5:09:19
93	Kevin Smith	36	Cohoes	5:10:33
94	Ryan Bamberger	35	Ballston Lake	5:14:32
95	Todd Smolen	38	Clifton Park	5:14:33
97	Joel Penley	35	Queensbury	5:28:47
98	Mattison Durrin	35	South Glens Falls	5:28:47

FEMALE AGE GROUP: 35 - 39

1	Aya Leitz	38	Jersey City, NJ	3:16:39
2	Kirouac Kathya	37	Quebec, QC	3:25:53
3	Patricia Carreiro	37	North Dartmouth, MA	3:25:58
4	Kara Defeo	35	Rensselaer	3:26:38
5	Allison Bradley	39	Albany	3:28:42
8	Patti Trabucco	39	Marathon	3:35:00
10	Leah Jachym	36	Albany	3:38:24
15	Erinn Derby	36	Schuylerville	3:43:17
16	Courtney Labarge	36	Cobleskill	3:43:46
17	Christine Classen	35	Albany	3:45:21
21	Emily Miller	35	Delmar	

NON-MEDICATED LIFE



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.



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

In the first 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 1

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 price-points, 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 non-winter 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. JANAY CAMP



"IF YOU HAVE NOT HAD THE PLEASURE OF 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.



HENRY'S WOODS IN LAKE PLACID WITH COLIN DELANEY AND CAITLIN SKUFCA. HIGH PEAKS CYCLERY

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 Shaune or her fat biking friends she works in the high-tech industry.

BACKCOUNTRY SKIING & SNOWSHOEING

What's in Your Snow Pack?

PHOTOS BY RICH MACHA



LUNCH BREAK AT GOOD LUCK MOUNTAIN CLIFF IN THE SOUTHERN ADIRONDACKS.



SNOWSHOEING UP INDIAN HEAD IN THE HIGH PEAKS.

By Rich Macha

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: **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 hand-warmers 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.

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.

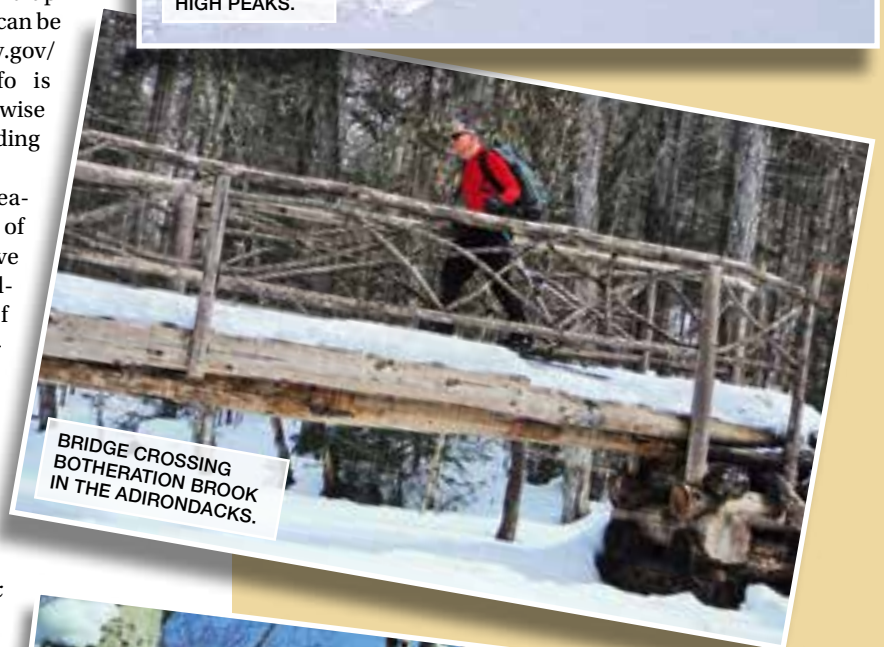
Some very good general details and up-to-date Adirondack trail information can be found at the NYSDEC website (dec.ny.gov/outdoor/7865.html). The trail info is updated weekly on Thursdays so it is wise to check out this website before heading out on any trip in the Adirondacks.

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 like-minded friends can add to your enjoyment and safety! 🌲

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.



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