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SUMMER EXPO

MARCH 5 & 6
Saratoga Springs City Center



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CONTENTS

- 1 Summer Expo**
Sports, Fitness & Fun!
- 3 Running & Walking**
Jumpstart Your Marathon Training
- 5 Around the Region News Briefs**
- 6-9 CALENDAR OF EVENTS**
March - May Events
- 10 Bicycling**
Fresh Start for You and Your Bike
- 13 Athlete Profile**
Skiing with Kris Cheney Seymour
- 14-17 SUMMER EXPO
ATTENDEE GUIDE**
*Exhibitors, Highlights, Prizes,
Sales, Seminars & Pool Demos*
- 19 Triathlon & Duathlon**
Ready, Set, Sprint!
- 20-23 RACE RESULTS**
Top Finishers in 15+ Events
- 23 Running & Walking**
Early Spring Races
- 24 XC Skiing, Snowshoeing & Hiking**
Little Tupper Lake's South Shore Trail
- 27 Kayaking, Canoeing & SUP**
Paddling South (Favorite Winter Trips)

Sports, Health, Fitness and **FUN!**

If you have cabin fever, the summer sports and recreation season is just around the corner at the 11th annual **Adirondack Sports Summer Expo!** It's happening at the Saratoga Springs City Center on Saturday-Sunday, March 5-6.

Come to the Capital, Saratoga and Adirondack region's running, biking, triathlon, paddling, hiking, healthy living and travel show - the sweaty, dirty sports you love all under one roof! It features 125 exhibitors, great sales on summer/winter gear, clothing, footwear, and on-water demos in the 20x32-foot pool. Plus, seminars, clinics and family activities, including a 25-foot rock wall!

The expo will have \$10,000 in prizes and giveaways. Door prizes to regional running races, triathlons, hiking packages, weekend lodging getaways, custom orthotics, bike service, health, fitness, scuba training, meal packages, and much more will be given away. And we have 30 new exhibitors at the Expo!

The timing of the Summer Expo is perfect for athletes, weekend warriors, enthusiasts and newbies to pick up gear, information and motivation to plan future events, races and adventures. It's the place to kick-start a fitness program or take your health to the next level. Event reps from Firecracker 4, Tour de Cure, Lake George Triathlon, Freihofer's Run for Women, Malta 5K, Peak to Brew Relay, Saratoga Springs Half Marathon, Tour of the Battenkill, and Cycle Adirondacks, and many more will be on hand with info and entry specials.

The Expo also has great deals from a mix of retailers, organizations, health/fitness professionals, and green living vendors selling and presenting their products and services. This includes Steiner's Ski & Bike, Mountainman Outdoors, Plaine's/Collamer House, Fleet Feet Sports, Live Your Life Gear, Huff N Puff, Arbonne and more!

Most major outdoor sports and recreation clubs in the area will be represented, including Adirondack Mountain Club, Mohawk-Hudson Cycling Club, Saratoga Stryders, Capital District Triathlon Club, Saratoga Rowing Club, Out of Control Ski Club, Saratoga Mountain Bike Association and many others.

Many summer travel destinations will be present to share info and deals on visiting, activities, lodging, events and getaways - Erie Canalway, Hoppy Trails Brew Bus, Tupper Lake, Walkway Over the Hudson, and The Wild Center to name a few. Plus, a variety of kids' summer camps for growth and adventure.

On-water demos will take place all weekend in the pool, with kayaking, canoeing, paddleboarding, yoga and scuba diving. Demos and clinics, led by ADK and regional paddling experts: capsizing recovery, rescue and rolling, pack canoeing - and the popular "Try Paddling" sessions for kids!

A variety of seminars and clinics will be led by contributing writers, trainers, athletes and health professionals. Seminars include running, hiking, biking, triathlon, injury prevention and yoga.

Damien's Rock Wall will challenge kids and adults on the wall, and many exhibitors - including "putting on the green" with Capital Region Disc Golf and boxing with RAW Fitness - will have demos and activities all weekend. The Regional Food Bank of Northeastern NY and Ainsley's Angels - Power to Push (meet Shaun Evans of Galway, who ran 3,200 miles in 60 days cross-country in 2015) will be on hand to collect donations over the weekend. Attendees who donate food or money to the Regional Food Bank will receive extra raffle tickets, which will increase their chances of winning Expo prizes!

The Summer Expo takes place on Saturday-Sunday, March 5-6 at the Saratoga Springs City Center at 522 Broadway. Admission is \$5 for the weekend, and ages 18-under are free. Hours are Saturday 10am-5pm and Sunday 10am-4pm. For an exhibitor list, seminar and pool schedules, and parking map go to page 14, and for updates visit AdkSports.com.

Danyel and Mona

See **ATTENDEE GUIDE**, 14

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10.09.16



Registration Opens March 7 at 7am (HMRRRC MEMBERS)
Registration Opens March 10 at 7am (NON-MEMBERS)

Visit mohawkhudsonmarathon.com for registration and race details, sponsorship opportunities, and volunteer information.

Directed by: 

Half Marathon presented by: **Hannaford.**

Race Expo presented by: **ADIRONDACK SPORTS**

15K MASTODON CHALLENGE 5K

5th Anniversary

Mastodon Challenge 15K Race, 5K Run/Walk & Kids' Fun Run



Saturday, May 7
Craner Park near Fallsview Park
N. Mohawk St, Cohoes
15K Race 9am • 5K Run/Walk 9:15am
Kids' Fun Run 8am

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- Finishers' medals from Maple Landmark Woodcraft
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- Pre-race pasta dinner
- USATF-certified course
- 2-person relay
- Proceeds go to local charities

RATES INCREASE 4/16/2016

Race proceeds benefit Cohoes Senior Center & Cohoes UPK Preschool Program



For more information:
MastodonChallenge.com
Cohoes Rec Dept:
(518) 233-2116

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www.middleburymaplerun.com



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 ▶ 2015 WALKWAY MARATHON. CHARLOTTE KOPP
 ▶ 2015 JOG FOR JUGS HALF & 5K.

Jumpstart

Your Marathon Training *By Laura Clark*

With the mild weather we have been having this winter, some of you have been tentatively dipping into marathon training. But the off and on bursts of spring punctuated by frigid blasts like we had Valentine's Day weekend can railroad resolve. Fortunately, there are an abundance of medium distance road races in the April to June timeframe that can motivate us to keep our eyes on the ultimate goal.

According to coach John Couch of the Saratoga Stryders, "With all great training plans, variations of speed and distance are essential components. In training for a full marathon, medium-long races like 15Ks or half marathons provide the perfect forum for the long tempo workouts. Fellow runners provide the inspiration, the race provides the hydration, and you turn a challenging workout into a fun day."

If you are hesitating on the brink of marathonship, a test run, especially so early in the season, will provide some of the answers. As your training ramps up, you can experience the benefits of longer efforts by extending your workouts either before or after the main event. Now with such distances available locally in April, May and June, you can assess your progress every month!

Perfect for early marathon wannabees, the **Lake George Half Marathon & 5K** on Sunday, April 24, is produced by 3C Race Productions, the same folks who organize the Saratoga Springs Half Marathon on July 10. You will get professional treatment similar to that experienced in a big-time marathon, and 20% of entry fees to benefit the Strong To Serve organization. The course is a rolling trek out and back along the west coast of Lake George, a perfect testing ground for those anticipating a challenging marathon. At the finish line you will be handed your personalized printed "race receipt" with logo, your name, bib number, time and finishing place, to add to your memorabilia

collection. And a Steamboat paddlewheel race medal is one that begs to be proudly displayed. (lakegeorgehm.com)

Celebrating May Day on Sunday, May 1, are three events to choose from. The first is the third annual **Spring Has Sprung Distance Festival**, with the **Spring Has Sprung 10-Mile Run, 5K Run and 3K Walk**, and 22nd annual **Anyone Can Tri Triathlon and Kids' Triathlon**, based from the Southern Saratoga YMCA in Clifton Park. Ten miles is a fairly unique distance and while this one is flat and fast on town bike trails and neighborhood streets, it could serve as an easier warmup for the hilly Adirondack Distance Run on June 26, as well as a first marathon-goal adventure into longer distances. With the multitude of events scheduled, you will be treated to an exciting 'Who's on First' opportunity in a festival atmosphere, with plenty of options to interest family members, while you are going the distance. (zippyreg.com)

Enter Vermont's **Middlebury Maple Run Half Marathon and Relay** on May 1 and you can extend your March maple tapping season into May at the post-race pancake breakfast. Like the Lake George Half, this is your opportunity to experience a big-time race venue with many of the expected marathon perks. This is a serious event, with no walkers or early starts allowed, and athletes expected to maintain a 13-minute per mile pace, guaranteeing sufficient motivation to maintain your projected tempo pace. Look for those Vermont hills on a mix of paved and hard packed dirt roads, and a tour of the historic Middlebury College. Finishers receive medals from Maple Landmark Woodcraft. And don't fret that you might be too old – this year the oldest male and female finishers will receive a bottle of WhistlePig whiskey! (middleburymaplerun.com)

Expect almost 1,000 runners at the seventh annual **Plattsburgh Half Marathon, Relay and 10K Run** on May 1. By popular demand the 10K distance is a new addition! The two-

person relay and half marathon will begin concurrently, so if you are running the half, make sure to maintain your tempo pace and not get lured in by the relay team speedsters. The scenic course is a thoughtful out-and-back tour of Plattsburgh beginning at the U.S. Oval Historic District, traveling a few miles along the Champlain lakefront bike path, and then through SUNY Plattsburgh campus and downtown. At the finish, there's a post-race party and free massages. Race proceeds benefit Team Fox for Parkinson's disease research. (plattsburghhalfmarathon.com)

On my all-time wish list is running the fifth annual **Mastodon Challenge 15K Race and 5K Run/Walk** on Saturday, May 7 in the city of Cohoes, at the confluence of the Mohawk and Hudson rivers. Who wouldn't want a race shirt featuring a fearsome mastodon? The bones of the Cohoes mastodon, discovered in 1866 at the base of Cohoes Falls, have helped spark a *Choose Cohoes* revival in which this 15K plays a key role. Not only does the diverse route highlight historic factory buildings, the old Erie Canal towpath and the Mohawk Hudson Bike-Hike Trail, but it features numerous hills and city parks worthy of a charging mastodon. Like a 10-mile race, the 15K is a fairly unique distance, which you may not experience again until November's Stockade-athon in Schenectady. To get runners climbing faster, this year there will be cash prizes for first, second and third overall male and female. (mastodonchallenge.com)

The seventh annual **Jog for Jugs Half Marathon & 5K Run** in Duaneburg on Saturday, May 14, features multiple inclines that would be good preparation for a challenging marathon or ultra run. Or reversely, a confidence-builder for those favoring flat and fast. After all, if you can survive this Schenectady County course and the Mastodon, you can endure most anything! Produced by Power House Athletics, and benefits Project HEAL to provide support for local breast cancer survivors, you will be honored to match your efforts to theirs. (powerhouseathleticsny.com)

The final two events follow the prevalent pattern of offering shorter and longer options, except that this time the longer option is the marathon distance.

On Sunday, June 12 the 12th annual **Lake Placid Marathon & Half Marathon**, ranked by *Runner's World* as the #2 Best Destination Race in the USA, begin simultaneously with marathoners required to complete the course in six hours. As serious as these tough love standards are, the marathon is USATF sanctioned, but not certified as a Boston Marathon qualifier. The marathon two-loop, out-and-back course provides the reassurance of familiarity as you work to maintain your pace. This moderately rolling route, spiced with some inclines, gives runners great views of the High Peaks and Olympic venues. (lakeplacidmarathon.com)

Again on June 12, the **Walkway Marathon, Half Marathon, 5K and "Think Differently" Dash**, in Poughkeepsie showcases the Walkway Over the Hudson State Historic Park, a 19th century railroad bridge transformed into the world's longest linear park. As such, the Hudson Valley route is primarily flat with a few rollers, and ends on a downward finish. The highlight is the traverse of the 1.25-mile Walkway pedestrian bridge, with its spectacular views of the Hudson River below. Not only will you be contributing to the upkeep of this wonderful park, but you'll be participating in the first certified "green marathon" in New York. (walkwaymarathon.org)

First steps: Log onto your computer, register for your goal race, and then build your training plan with several of these unique, locally produced events in mind! 🌱

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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SECOND ANNUAL

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Sunday, June 12, 9am
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New Date & Location

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AROUND THE REGION News Briefs

Peak to Brew Relay Race on August 12-13

BALDWINVILLE – If you're looking for a challenge beyond the typical road race, and an event that will build lasting team camaraderie, then you are ready for Peak to Brew. The Peak to Brew Relay race, presented by locally-operated Bark Eater Events, is the Northeast's longest and most scenic overnight team-supported relay race at 230 miles. Teams of six to 12 runners and one or two support vans will traverse the Wilmington to Utica course over 48 unique legs.

The Peak to Brew Relay race provides a wide range of leg distances for elite and novice runners to enjoy. The course will take teams through the heart of the Adirondack Park, around the Maple Ridge Windmill Farm, and through some of the most beautiful areas in the Northeast. From an epic start at the summit of Whiteface Mountain Veterans Memorial Highway, to an unforgettable finish and celebration at the historic Saranac

Brewery, the Peak to Brew Relay is one of the most unique and challenging events.

For those new to long distance relay races or looking for a shorter distance, check out the Peak to Brew Half Relay at 110 miles. The Half Relay starts at McCauley Mountain in Old Forge and takes teams along the same scenic and beautiful second half of the full relay course. Both the full and half relay will finish at the Saranac Brewery in Utica for one unforgettable post-race party.

Bark Eater Events and the Peak to Brew Relay were born while hiking The Great Range trail in the Adirondacks. Local northern New York residents and cofounders, Jason Croniser and Tim Skjellerup, have developed a unique event to connect runners, local communities, and the outdoors in a challenging two-day overnight adventure. Registration for the 2016 Peak to Brew Relay is now open, so visit P2Brelay.com. 📌



Mohawk Hudson Marathon and Hannaford Half Entry Opens March 7

ALBANY – The 2016 Mohawk Hudson River Marathon and Hannaford Supermarkets Half Marathon, directed by Hudson-Mohawk Road Runners Club, is scheduled for Sunday, October 9. Registration opens March 7 at 7am for HMRRRC members and March 10 for non-members. Both races will sell out quickly, and there will be no wait list, so register early.

There's no better place to test your mental and physical strength than on the 26.2-mile marathon course, described in Runner's World Magazine as "simple, understated and stunning," an event with "all the amenities of a major marathon with none of the hassles." Whether you're a novice or experienced runner,



the half marathon – presented by Hannaford – is a fast and scenic course with a slight elevation decline. Bike trails, city streets, river views, fall foliage and perfect running weather, both races have it all.

The race expo on Saturday, October 8 is produced by Adirondack Sports & Fitness. For registration and race details, sponsorship opportunities, and volunteer information visit mohawkhudsonmarathon.com. 📌

Help to Make New York a Safer Place to Bike

ALBANY – While New York State currently has a safe passing law, it leaves a lot to be desired. It's ambiguous and isn't easy to enforce. Each person can interpret what "a safe distance" means in their own way.

In order to resolve this issue and make our roads safer, the New York Bicycle Coalition suggests that New York State needs to adopt a law that requires a minimum safe passing distance of at least three feet. This means that every person who is driving a motor vehicle must pass people who are biking by giving them at least three feet of space.

There's no reason this shouldn't be part of the existing law and the New York Bicycle Coalition needs your help to make it a reality. **Please take a moment to email your legislators.** Tell them that you support the implementing a 3 foot safe passing law because it means safer roads and streets for our friends, families, and communities.

For more information, visit nybc.net (see Take Action) to customize their sample email message by adding any personal experiences that you, your friends or family may have had with cars and trucks passing you too closely or being hit. This will help NYBC better convey the importance of a three-foot passing law, and the benefits that everyone will derive from it. Even if it's just one sentence sharing why this law matters to you and why you think it's important, can make a big difference in showing legislators how much you care. 📌



STEVE JACOBS

Sign-Up for the Freihofer's Run for Women 5K

ALBANY – Registration is now underway for the 38th annual Freihofer's Run for Women 5K on Saturday, June 4 in Albany. The first 4,000 entrants will receive a micromesh shirt. Race perks include free massages, chiropractic treatments, and discounted running gear at the health and fitness expo. Throughout the day, there will be clinics featuring elite athletes, live music on the course and after, refreshments and kids' races.

"This is a wonderful event for first-time runners. They receive tremendous camaraderie from other likeminded females, as well as a chance to run with Olympians and world champions," says longtime event director George Regan.

For those interested in a training program for race day, the Freihofer's Training Challenge starts Monday, March 21. This popular ten-week program is \$45, and follows an enhanced version of the Couch to 5K running plan, and includes intermediate

and advance running levels – as well as a sport-walking option. Training participants will select one of the Monday sessions at the Corning Preserve, Albany at 6:30am, or at The Crossings, Colonie – at either 1pm or 6pm. A second workout for runners will be completed on their own. A third workout session will be 8:30am on Saturdays at the Colonie Town Park. Intermediate and advanced groups will incorporate a fourth workout during the week. Saturdays will conclude with seminars and clinics on nutrition, injury prevention, running form and core strength.

"With training advice provided by injury prevention experts, certified coaches and nutritionists, our program gives participants tremendous support to start running and continue running," says Kristen Hislop, certified coach and Training Challenge program director. To register for the race and training challenge, call (518) 273-5552 or visit freihoferstrun.com. 📌



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**Details: Contact Ed at
CycleLogical@aol.com
or text (917) 533-4639**

Calendar of Events March-May 2016*

*Events beyond this range are advertisers in this issue.

MARCH 2016							APRIL 2016							MAY 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	7
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20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

ALPINE SKIING & RIDING

MARCH

- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. 125 exhibitors, sales, demos, activities, prizes. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 5 **Famous Cardboard Race.** Oak Mountain, Speculator. oakmountainsski.com.
- 5-6 **Glades & Glory Skiing & Snowboarding Clinics.** 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com.
- 5-6 **14th Adirondack Backcountry Ski Festival.** Demos, ski clinics, guided tours, presentations. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 13 **BOGO Ticket Day.** Whiteface Mountain, Wilmington. 946-2223. skitheface.com.
- 19 **Adirondacker's Log Jam Freestyle.** Gore, North Creek. 251-2411. goremountain.com.
- 19 **Apple Butter Open Competition/Maple Weekend.** Whiteface Mountain, Wilmington. 946-2223. skitheface.com.
- 19 **Ski Green Day.** McCauley Mtn, Old Forge. mccauleyny.com.
- 19-25 **Take Your Kids to Gore Week.** Gore, North Creek. 251-2411. goremountain.com.
- 20 **Pond Skimming Contest.** McCauley Mtn, Old Forge. mccauleyny.com.
- 25 **Demo Day w/ Alpine Sport Shop.** Gore, North Creek. 251-2411. goremountain.com.
- 25 **Alpine Sport Shop Ski & Snowboard Good Friday Demo Day at Gore.** 9am-3pm. Skis: Rossi, Volk, Salomon, K2, Line, Blizzard. Boards: Rossignol & K2. No charge but registration & credit card security req. (& parent authorization if under 18). Discounted lift ticket voucher for sale at Alpine Sport Shop, Saratoga Springs thru 3/24 (no day of): \$37 adult, \$29 teen/senior & \$21 junior. Gore, North Creek. Info: 584-6290 or alpine1941@aol.com. alpinesportshop.com.
- 26 **Apple Butter Mogul Competition.** Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
- 26 **Maple Day.** Gore, North Creek. 251-2411. goremountain.com.
- 26 **Pond Skimming Contest.** West Mtn, Queensbury. 636-3699. westmttn.net.

APRIL

- 3 **Pond Skimming & Beach Party.** Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
- 3 **BOGO Ticket Day.** Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
- 9 **Pond Skimming Contest.** Gore, North Creek. . 251-2411. goremountain.com.

BICYCLING & MOUNTAIN BIKING

MARCH

- 3 **25th ADA Saratoga Springs Tour de Cure 2016 Kickoff Celebration.** 6-9pm. Food, exhibits, silent auction, fun. Meet riders, build a team, training. Free registered riders; \$25 guests; bring friend to register & they're free. Glen Sanders Mansion, Scotia. RSVP: jucarroll@diabetes.org or 218-1755 x3632. diabetes.org.
- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. 125 exhibitors, sales, demos, activities, prizes. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 5 **2nd IditaFat Race.** 8am. Winona Forest, Mannsville. Prizes, food. bikereg.com.

- 19-20 **SnowBall's Chance Fat Bike Race.** City Park, Port Jervis. 520-548-9727.
- 26 **March Mayhem Mountain Bike Race.** 5-10M. YMCA Camp Ockanickon, Medford, NJ. bikereg.com.
- 26 **Easter MTB Race.** 11am. Central Park, Schenectady. 847-2419. hrrtonline.com.
- 27 **Saratoga 200K Brevet Ride.** 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

APRIL

- 2 **Capital District Early Spring Cycle Fest.** 16-62M. 9:30am. Niskayuna. hrrtonline.com.
- 9 **Pedaling Toward the Pink Cure.** 8am-12pm. Best Fitness, Albany. active.com.
- 9, 16 **Trooper Brinkerhoff Memorial Race Series.** 11am. Coxsackie Athens HS, Coxsackie. Tom: 857-0502. cbrc.cc.
- 16 **Rasputitsa Gravel Road Race.** 45M. 9am. East Burke, VT. rasputitsagravel.com.
- 16-17 **Army Spring Classic: TT, Road Race, Crit.** US Military Academy, West Point. usma.edu.
- 23 **Sean's Ride.** Sat: 50M, 20M, 10M scenic, supported rides. Sun: Sean's Run 5K & Meghan's Mile. 12pm. Chatham HS, Chatham. Mark French: 965-1778. seansrun.com.
- 23 **Tour of the Battenkill Spring Preview Ride.** 68M. 10am. Greenwich. tourofthebattenkill.com.
- 23 **Muddy Onion Spring Classic Gravel Ride.** 9:30am. 34M. Montpelier, VT. 802-229-9409. onionriver.com.
- 23-24 **15th Sean's Weekend.** Sat: Bike Rides: 10M, 20M, 50M Rides. Sun: 5K & Meghan's 1M. 12pm. Chatham HS, Chatham. Mark French: 965-1778. seansrun.com.
- 24 **Saratoga 300K Brevet.** 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 24 **The Chain Stretcher.** Blue Mtn Reservation, Peekskill. 845-735-4056. wmba.org.

MAY

- 7 **Battenspring Classic Series.** 10.2M. Salem. tourofthebattenkill.com.
- 7 **Women's Woodstock Cycling Grand Prix.** 34-64M. 8am. Woodstock. womenswoodstockcycling.com.
- 15 **12th Team Billy Ride & Walk for Research.** 10, 25, 50M rides: 8:30am. 3M walk: 9am. High Rock Park, Saratoga Springs. Cherie Grey: 587-7211. teambilly.org.
- 15 **Farmer's Daughter Gravel Grinder.** 100K. 9am. Columbia Co. Fairgrounds, Chatham. 456-3728. farmersdaughtergravelgrinder.com.
- 15 **Bristol Mountain Road Race.** 11-51M. Levi Corser Memorial Park, Canandaigua. 585-414-7425. bristolmountainroadrace.com.
- 15 **Singlespeed-A-Palooza.** 28M. 9am. Stewart SE, Montgomery. 845-787-0412. darkhorsecycles.com.
- 21 **Tour of the Battenkill. Pro-Am/Gran Fondo.** 68M. Greenwich. 413-314-DIRT. tourofthebattenkill.com.
- 23-28 **Adirondack Brevet Week.** 200-1600K. Alpine Country Inn, Wilmington. 583-3708. adkultracycling.com.
- 29 **Ride For Life 26.2M.** 7am. NYSG Stadium, Binghamton. 607-272-4098. bikereg.com.

JUNE

- 3-5 **Wilmington-Whiteface Bike Fest.** Races, group rides, beach party, music. Whiteface Mountain, Wilmington. bikewilmingtonny.com.
- 4 **Tri-State Century.** 100M. Sag vehicle, lunch. Berkshire Co, MA, Litchfield Co, CT, Columbia/Dutchess Co, NY. Ed Fertik: 917-533-4639 (text).
- 4 **Vermont Gran Fondo.** 105M/64M/43M. 9am. Woodchuck Hard Cider, Middlebury, VT. Sue Hoxie: 802-388-7951. vermontgranfondo.com.
- 4 **15th Uphill Bike Race.** 11M. 8am. Whiteface Mountain, Wilmington. 888-944-8332. whitefaceface.com.
- 5 **ADA Tour de Cure.** 10M, 28M, 50M, 62.5M, 100M. Saratoga Springs HS, Saratoga Springs. Justine Carroll: 218-1755. diabetes.org.
- 5 **Wilmington Whiteface 100K MTB Race: Leadville Qualifier.** Whiteface, Wilmington. wilmingtonwhitefacemtb.com.
- 11 **Black Fly Challenge: Adirondack Gravel Grinder.** 35M. Arrowhead Park, Inlet to Indian Lake HS, Indian Lake. 315-357-5501. blackflychallenge.com.
- 24-26 **Tri State Ride to End ALS.** 3, 2 or 1 day options. Benefits ALS Therapy Development Institute. Newton, MA to Greenwich, CT. tst.als.net.

JULY

- 7-10 **Ride To Cure Diabetes: JDRF Burlington Ride.** 25M, 60M, 100M. Burlington, VT. 477-2873. ride.jdrf.org.

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• Free Registration	• Minimum age: 7 years old	• Individual & Team	SACANDAGA TRICLUB
• No minimum age	• 100 yd swim	• 750m swim	
• Fun short swim	• 3.1 mi bike	• 20K bike	
• Fun short run	• 1 mi run	• 5K run	

- 10-17 Cycle the Erie Canal Bike Tour.** 8, 4 & 2 day options. Buffalo to Albany. Parks & Trails NY. 434-1583. ptny.org.
- 31 11th ididaride!** Adirondack Bike Tour. 75M: 8:30am. 20M: 12pm. Shuttle to Indian Lake/Bike to North Creek. Ski Bowl Park Pavilion, North Creek. Sunday Conine: 668-4447. adk.org.
- 31 5th Ride for the River.** 45M, 30M, 10M road & 3M MTB. Hungry Trout, Wilmington. 637-6859. ausableriver.org.

AUGUST

- 27 16th Pat Stratton Memorial Century Ride.** 100M, 50M, 25M & kids' ride. 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

CROSS COUNTRY SKIING ONGOING

- Wed Snow Angels w/yoga instructor Mim Frantz & ski instructor Julie West.** Thru 3/16. 3-5pm. Mt Van Hoevenberg, Lake Placid. 523-2811. mtvanhoevenberg.com.
- Thu Soup-er Seniors Thursdays: Thru 3/24.** Ski/shoe and soup. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.

MARCH

- 1 Ladies Tea & Ski Day.** Ski, instruction & tea. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.
- 5 Ladies Love to Ski Skate Technique Clinic w/lunch.** 9:30am-2:30pm. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.
- 8 Ladies Tea & Ski Day.** Ski, instruction & tea. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.
- 12 Trapp Lager Ski Marathon.** 25/50K. 9am. Trapp Family Lodge, Stowe, VT. 802-253-5755. trappfamily.com.
- 12-13 Santanoni Winter Open House: XC Ski & Snowshoe.** 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. aarch.org.
- 18 NYS Eastern HS Championship.** Rikert Nordic Center, Middlebury, VT. 585-944-1610. rikertnordic.com.
- 21-26 USSA SuperTour Finals & US Long Distance National Champs.** Craftsbury Common, VT. 802-586-7767. supertourfinals.com.
- 24 Full Moon Ski & Snowshoe Nights.** 6:30-9pm. Tours, campfire, family fun. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.

HEALTH & FITNESS ONGOING

- Daily Yoga Classes & Workshops.** True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa Rock Your Fitness.** 2/22-4/2 & 4/11-5/28. 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.

MARCH

- 5-6 11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. 125 exhibitors, sales, demos, activities, prizes. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

APRIL

- 1-3 Wellness & Optimal Performance Weekend Retreat w/Dr. Amanda Carpenter, PT, DPT.** Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.

HIKING, SNOWSHOEING & CLIMBING MARCH

- 5-6 11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. 125 exhibitors, sales, demos, activities, prizes. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 5 Frigid Infliction 10-hour Adventure Race.** Teams, navigation, snowshoe, XC ski, postholing. 5am. Bolton Valley, VT. gmara.org.
- 12 Esther Mtn Hike.** 6.6M. 8am: Candyman Shop, Wilmington. Adirondack Mtn Club: 523-3441. adk.org.
- 12-13 Santanoni Winter Open House: Snowshoe Hike & XC Ski.** 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. aarch.org.
- 13 Street & Nye Mtn Hike.** 9M. 8am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

- 19 Table Top Hike.** 10M. 8am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 19 Nipple Top & Dial Mtn Hike.** 13M. Steve Siegard: 915-2309. adk-albany.org.

APRIL

- 29-5/1 Waterfall Weekend 2016w/ Barbara Delaney & Russell Dunn.** Trail's End Inn, Keene Valley.
- 30 Buck Mountain Hike.** 6.6M. 8:30am. Meet: Exit 9 Park & Ride, Clifton Park. Janice Prichett: 944-3495. adk-albany.org.

MAY

- 7 Waterfall Hike.** 10M. 7am. Meet: Exit 9 Park & Ride, Clifton Park. Gene Reilly: 281-7796. adk-albany.org.
- 14 Gertrude's Nose & Millbrook Mtn Hike.** 8M. Minnewaska SP, New Paltz. adk-albany.org.

ICE & SPEED SKATING MARCH

- 4-6 Lake Placid Speed Skating Marathon.** Olympic Speed Skating Oval, Lake Placid. lakeplacidsskating.com.

MOUNTAINEERING & WILDERNESS SKILLS MARCH

- 5-6 11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. 125 exhibitors, sales, demos, activities, prizes. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 20 Map & Compass Fundamentals.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 26-27 Wilderness First Aid.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

APRIL

- 1-3 Wilderness First Responder Open Recert.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

MULTISPORT: TRIATHLON & DUATHLON MARCH

- 5-6 11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibits, pool demos, activities, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 10 "Train Smarter, Race Faster" w/former pro triathlete Tim Snow.** 6:30pm. Free. ATC, BTC, CDTC, STC. Bone & Joint Center, Albany. cdtriclub.org.
- 6 26th Kingston Indoor Triathlon.** 15 min swim, 20 min bike/run. 8am. YMCA, Kingston. 845-338-3810. ymcaulster.org.
- 12 Everyone Can Tri Indoor Triathlon.** 15 min swim/bike/run. 7am. YMCA, Canandaigua. canandaigua-ymca.org.
- 19 Brooklyn Spring Duathlon & 5K/10K Run.** Du: Sprint or International. Peristyle/Grecian Shelter, Brooklyn. citytri.com.
- 24 5th Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Ave Town Park, Bethlehem. delmardu.com.

APRIL

- 24 5th Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Ave Town Park, Bethlehem. delmardu.com.

MAY

- 1 22nd Anyone Can Tri Triathlon & Kids' Triathlons.** 8am. Southern Saratoga YMCA, Clifton Park. 371-2139. cdyymca.org.
- 1 Westside Triathlon.** 15 min swim, 15 min bike, 2M run. Westside YMCA, Rochester. 585-341-3102. rochesterymca.org.
- 7 Schenectady Pedal-Paddle-Run Triathlon.** 7M bike, 2M paddle, 3.5M run. Aqueduct Park Boathouse, Schenectady. schenectadycountry.com.
- 7 Spring Du Against CF.** 2M run, 12M bike, 2M run. 8:30am. NP Reformed Church, New Paltz. springdualagainstcf.com.
- 7 28th Central Park Spring Couples Relay.** 12M bike, 2M run, 0.75M row. 7:30am. Central Park, New York. nyc.org.
- 14 Du the Lakes Duathlon & 5K Run/Walk.** 5K run, 17M bike, 5K run. 8:30am. Green Lakes SP, Fayetteville. duthelakes.com.
- 21 HarryMan Triathlons: Sprint & Half.** 9am. Harriman SP, Stony Point. 347-721-8602. genesisadventures.com.
- 29 Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. saratogaspringslions.com.

JUNE

- 4 Cooperstown Triathlon.** 800m swim, 18M bike, 3M run. Glimmerglass SP, Cooperstown. atcendurance.com.
- 12 Hudson Crossing Triathlon.** 500yd swim, 12M bike, 3M run. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com.

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Swim 0.5mi in calm water
Bike 18mi out & back
Run 3mi lake loop
USA Triathlon sanctioned event

Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 20, 8am
Limited to 300 racers • NEW SWAG!

Register early for best price
Register & Info: cdtriclub.org

SARATOGA LIONS DUATHLON

12th Annual

Du-It for Sight and Hearing
Sunday, May 29 at 8 a.m.
Saratoga Casino and Raceway, Saratoga Springs

5k Run, 30k Bike, 5k Run - Individuals & Teams
Race Information and Online Registration:
SaratogaLionsDuathlon.com
Micro-mesh T-Shirts To First 300 Registrants

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Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club.

SATURDAY, MARCH 26 • 8:30AM * HIGH ROCK PARK, SARATOGA SPRINGS

8K ROAD RACE

Early bird \$30 until 3/11/16
Online reg. ends 3/23/16

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37th Annual Salem
APRIL FOOL'S RACE
Saturday, April 2

Run in scenic and historic Salem, NY
Start/finish: Salem High School
10:00am 1-mile children's race (14 & under)
10:05am 10K race & 11:00am 5K race/walk

Application: AprilFoolsRace.com

Registration: Dan Sheldon
4361 State Route 22
Salem, NY 12865
(518) 854-9262
drshwh@yahoo.com



All entrants receive April Fool's T-shirt!


7TH ANNUAL
Jog for Jugs

Dry fit shirt to 13.1 runners

CASH PRIZES FOR OVERALL WINNERS

Half-Marathon & 5K Run
Saturday, May 14 • 9am
Duanesburg Town Park, Duanesburg
(25 min. west of Albany)
Register by 4/20 for guaranteed race shirt

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jessica@powerhouseathleticsny.com
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36TH ANNUAL HMRRRC
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For runners 40 years and older
Saturday, April 23 • 9am
Guilderland High School
Meadowdale Rd, Guilderland Ctr
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\$17 HMRRRC, \$22 non-members, \$25 race day
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SIXTH ANNUAL
SMSA Kerry Blue 5K Hustle

Saturday, May 14 @ 9am
SMSA School,
Church St,
Glens Falls

Gender-specific wicking T-shirt to first 100 registered by 5/9 • \$25 in advance, \$30 race day
• Kids' Half-Mile Dash @ 10am - Free!

Downtown Glens Falls Race Day Discounts and a Free Ticket to registrants and volunteers for same day drawings for Gift Certificates to local restaurants and stores. Raffle Baskets and More! See site for details!
smsaschool.org or active.com
Babette Donlon: kbluehustle@gmail.com
Donations appreciated for St. Mary's Food Pantry

- 18 Great Sacandaga Challenge Triathlon.** 9:30am. Sprint: 750m swim, 20K bike, 5K run. Youth: 100yd swim, 3.1M bike, 1M run. Plus, Kids Splash & Dash. Great Sacandaga Lake, Broadalbin. greatsacandagachallenge.com.
- 25 Tupper Lake Tinman Toughman Half.** Triathlon, Olympic, Sprint, Aquabike, Relay. Tupper Lake. tupperlaketinman.com.
- 6 10th Fronhofer Tool Triathlon.** Olympic race: individual, partner, relay team. Kids' Tri (11-15) & Mini Tri (5-10): Fri, 8/5, 6:15pm. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.
- 20 CDT Crystal Lake Triathlon & Aquabike.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Lake, Averill Park. cdtriclub.org.

- NORDIC: BIATHLON & ORIENTEERING**
MARCH
- 5-6 NY Biathlon Championships.** Sat: Sprint. Sun: Relay. 12pm. Saratoga Biathlon Club, Hadley. nyssranordic.org.
- 13 Adirondack Paintball Series.** Ages 8-13. Mt Van Hoevenberg, Lake Placid. 523-2811. mtvanhoevenberg.com.

- OTHER EVENTS**
MARCH
- 5-6 11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. 125 exhibits, sales, demos, activities, prizes. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

- 8 NFCT Reel Paddling Film Festival.** 7pm. Lake Placid Center for the Arts, Lake Placid. NFCT and Adirondack Lakes & Trails Outfitters. northernforestcanoetrail.org.

- PADDLING & ROWING**
MARCH
- 5-6 11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. 125 exhibitors, sales, demos, activities, prizes. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 18-4/10 Spring Cleaning Sale.** Adirondack Lakes & Trails Outfitters, Saranac Lake. 800-491-0414. adirondackoutfitters.com.

- APRIL**
- 1-3 11th Great Upstate Boat Show.** Fri: 11am-8pm; Sat: 10am-7pm; Sun: 10am-5pm. Adk Sports Complex, Queensbury. thegreatupstateboatshow.com.
- 3 43rd Tenenheho White Water Derby.** 12pm. Tenenheho Creek, Stillwater to Mechanicville. John Casey: 810-7579. tenenheho.org.
- 24 Little River Ramble.** 2M/6M. 1pm. Little River Boat Launch, Canton. slvpaddlers.org.
- 26 Evening Paddle on the Mohawk.** 6pm. Lions Park, Niskayuna. Rich Macha: 346-3180. adk-albany.org.
- 30-5/1 Saratoga Paddlefest.** On-water sale, demos, music. Sat: 9am-6pm, Sun: 9am-5pm. Fish Creek, Saratoga Springs. Mountainman Outdoor Supply Co. 584-0600. mountainmanoutdoors.com.

- MAY**
- 7-8 59th Hudson River White Water Derby.** 2.5M. North River to North Creek to Riparius. 251-2005. whitewaterderby.com.
- 14 'Round the Mountain Canoe & Kayak Race.** 10.5M. 11am. Ampersand Bay Resort, Lower Saranac Lake to Lake Flower, Saranac Lake. macscanoe.com.
- 20-22 Adirondack Paddlefest.** On-water sale, demos, music. Fri: 12-6pm, Sat: 9am-6pm, Sun: 9am-5pm. Old Forge. Mountainman Outdoor Supply Co. 315-369-6672. mountainmanoutdoors.com.

- RUNNING & SNOWSHOE RACING**
ONGOING
- We/Sa Fleet Feet Running Club.** Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- MARCH**
- 5-6 11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. 125 exhibitors, sales, demos, activities, prizes. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 6 Thunderfest/Greylock Glen 5K Snowshoe Race.** Dion WMAC Series. Mt Greylock SR, Adams, MA. runwmac.com.

- 12 NE Region 10K Snowshoe Championship.** Dion WMAC Series. Mt Prospect, Woodford, VT. runwmac.com.
- 12 Runnin' of the Green 4M.** 10am. Schalmont HS, Schenectady. Brian Northan: bnorthan@gmail.com. hmrrc.com.
- 12-13 Nike Track & Field Weekend.** Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- 13 Ed Erichson 5M & 10M.** 9am. LaGrange Town Hall, LaGrangeville. Linda Stow: 845-462-7290. mhrcc.org.
- 13 13th Celebrate Life Half Marathon & Two-Person Relay.** 13.1M. Rock Hill. 845-866-1345. celebratelifehalfmarathon.com.
- 13 Catch The Leprechaun 5K & 10K.** 12pm. Corning Preserve, Albany. Diane Skiba: 463-3060. pae.eventsair.com.
- 15 Shamrockin' 5K & 1M Fun Run.** 10am: 5K; 9am: Fun Run. Village School, North Bennington, VT. runreg.com.
- 18-19 Peak Snowshoe Races:** 10K/13.1M/26.2M/100M. Riverside Farm, Pittsfield, VT. peak.com.
- 19 36th Doc Lopez Run for Health.** Half Marathon, 9am: Keene Valley to Elizabethtown. 5K: 10am. 1M Walk: 9:45am. Elizabethtown-Lewis Central School, Elizabethtown. Susie Allott: 962-4898. finishright.com.
- 19 5th Sap Run 5K.** 10am. Town Hall, Knox. Dawn Jordan: 872-1390. saprunk5k.org.
- 19-20 Saucony Track & Field Weekend.** Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- 20 30th Shamrock Shuffle 5M Race.** 11am. Kids' 7/8M fun run: 10am. Glens Falls HS, Glens Falls. 798-9593. adirondackrunners.org.
- 20 Easter Eggscapade 5K & 10K.** 9am. Corning Preserve, Albany. 463-3060. pae.eventsair.com.
- 22 NKT & Recovering from Injury Seminar w/Chris Scott, NeuroKinetic Therapist.** 6:30pm. Fleet Feet, Albany. 459-3338. fleetfeetalbany.com.
- 26 7th Schenectady Firefighters Run 4 Your Life 5K Run/Walk.** 9:30am. Benefits American Heart Assn. Kids' Run: 10:30am. Central Park, Schenectady. Brian Demarest: 365-3883. schenectadyfirefightersrun4yourlife.com.
- 26 2nd Blue Needs You 8K Run.** 8:30am. Plus, Kids' Fun Run. Benefits Code Blue Saratoga. High Rock Park, Saratoga Springs. 581-1097. codeblueneedsyou.org.
- 26 22nd Rabbit Ramble 4M Run & 2M Walk.** 10am. Guilderland HS, Guilderland Center. Phil Carducci: 861-6350. active.com.
- 26 New Balance Track & Field Day.** Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- 26 6th Albany Rowing Center Ice Breaker Challenge 5K.** 9:30am. Corning Preserve, Albany. 439-9964. albanyrowingcenter.org.
- 26 NYRR Central Park Spring Classic 10K.** 9am. Central Park, Manhattan, New York. nyrr.org.

- APRIL**
- 2 37th April Fool's Day Run.** 1M: 10am. 10K: 10:05am. 5K: 11am. Salem HS, Salem. aprilfoolsrace.com.
- 2 1st West Mountain Countryman Challenge On-Snow 5K Run w/Obstacles.** 4pm. Live music, bonfire. Free kids' bunny hill mini challenge. West, Queensbury. 636-3699. finishright.com.
- 2 Parker School 5K Mud Run.** 10am. Parker School, Wynantskill. 286-3449. parkerschool.org.
- 2 2nd Maple Run for Relay.** 5K. 7:30am. CNY Maple Festival, Appleby ES, Marathon. 607-765-6133. active.com.
- 2 29th Fort to Fort Races.** 5K/10K: 9am. Fun Run: 8:45am. Rome Free Academy, Rome. romanrunners.com.
- 2 Wurtsboro Mountain 30K Road Run & Relay.** 9am. Emma Chase School, Wurtsboro. sullivanstriders.org.
- 3 28th Delmar Dash 5M.** 9am. Bethlehem MS, Delmar. Aaron Knobloch: 831-6699. hmrrc.com.
- 3 37th Kaynor's Sap Run.** 10K. 11am. Westford School, Westford, VT. Tom Kelly: 802-324-0919. gmaa.net.
- 9 4th Bacon Hill Bonanza 5K/10K Race.** 10am. Bacon Hill Church, Schuylerville. Jennifer Thomas: 695-6116. baconhillbonanza.com.
- 9 Richfield Springs Community Center Run.** 5K/10K/Walk. 10am. VFW, Richfield Springs. runsignup.com.
- 9 MMAD Dash Road Race for Research.** 5K/10K. 9am. Riverside Park, Saranac Lake. DJ Racette: 637-7119.
- 16 Schoharie 5K Run/Walk.** 9am. Schoharie ES, Schoharie. 295-7166. david.roy@scarylegrunners.com.
- 16 Rotary 5K & Corporate Challenge.** 5K. 10am. Student Center, SUNY Adirondack, Queensbury. 793-8223. glensfallsrotary.org.
- 16 38th Rollin Irish Half Marathon.** 13.1M. 9am. Memorial Hall, Essex Center, VT. gmaa.net.
- 17 Ray's 4-Mile Memorial Run.** 12:30pm. Dietz Stadium, Kingston. Yvonne Sill: 845-339-5474. shawangunkrunners.com.
- 17 Earth Day Half Marathon & 5K.** 8:30am. Emmi Farms, Baldwinsville. Michael Samoraj: 315-663-5539. willowhwc.com.

36th Annual
Half-Marathon, 5K and 1-Mile Walk
Saturday, March 19 • Elizabethtown, NY

13.1M: 9am – Keene Valley to Elizabethtown via NY Rt. 73 & 9N
*Bus leaves Elizabethtown at 8:30am for Keene Valley

1M: 10am & **5K:** 10:30am – Elizabethtown

Each participant receives a finisher's medal and a gift!

Entry – 13.1 \$40 by 2/29, \$50 by 3/18, \$60 on 3/19
5K \$25 by 2/29 (family \$80), \$30 by 3/18, \$35 on 3/19
1M \$15 by 2/29 (family \$60), \$20 by 3/18, \$25 on 3/19

Register Today! www.FinishRight.com

More Info: Susie Allott at (518) 962-4898 or susieallott@gmail.com
Race originated during 1980 Winter Olympics • Dr. Lopez was a beloved veterinarian and avid runner
Benefits UVM Health Network – Elizabethtown Community Hospital



4th Annual
Bacon Hill Bonanza
5K Race/Walk & 10K Race

Saturday, April 9, 10am
Bacon Hill Reformed Church
560 Rte 32, Schuylerville

Homemade Pies to Age Group Winners!
Fast, flat course in beautiful farm country
First 300 receive race T-shirt • Chip timing
USATF sanctioned ■ 9:30am: Kids' 1M Fun Run

Register & More Info:
baconhillbonanza.com
Proceeds benefit steeple repairs & Hudson Crossing Park



Literacy
5K Run/Walk 2016

Sunday, May 1 • 10am
Rensselaer Tech Park,
350 Jordan Rd, Troy

Register: ZippyReg.com
\$25 registration; \$30 race day
Children's Fun Run – 9am (\$6)
Youth Mile – 9:30am (\$10)
Run today. Tutor tomorrow.

Complete info: Ivorc.org
Literacy Volunteers of Rensselaer County
(518) 274-8526



PositiveMotion
Physical Therapy

15% OFF
Video Running Gait Analysis
Offer expires May 1, 2016

Helping active people get back to doing what they love!

21A Railroad Ave • Albany
www.PositiveMotionPT.com
518.650.6962


8th annual

CHERRY BLOSSOM 5K RACE & 1.5M WALK FOR ALS

Sunday, May 1 – Niskayuna
Congregation Gates of Heaven, 852 Ashmore Ave
5K Race: 10:15am • 1.5M Walk for Hope: 11:30am

Chip Timing by AREEP • Teams welcome
T-shirts to all registered by 4/10
Stay for the 24th Annual Cherry Blossom Festival

Register: 5Kraceforals.com
Benefits St. Peter's Regional ALS Center



WEST MOUNTAIN'S COUNTRYMAN CHALLENGE

Sponsored By Keeler

On-Snow Mountain 5K Race with Obstacles
Saturday, April 2nd @ 4pm

Register Now at FinishRight.com

Open to All Ages • T-Shirt & BBQ Dinner with Live Music and Bonfire! Kids' Bunny Hill MINI Challenge short course with obstacles following race (free)

More info on race & lodging: WestMtn.com
Organized by West Mountain Racing & West Mountain School

West Mountain Ski Resort
59 West Mountain Rd, Queensbury • (518) 636-3699

- 17 13th More/Shape Women's Half Marathon. 8am. Central Park, New York. nyrrc.org.
- 23 **36th Bill Robinson Masters 10K Championship.** 9am. Ages 40+. Guilderland HS, Guilderland Center. Jim Tierney: 869-5597. hmrc.com.
- 23 13th Miles of Hope 5K. 5K: 10:30am. 1M: 10am. Tymor Park, LaGrangeville. 845-452-2049. milesofhope.org.
- 23 9th Brink 5K: David Brinkerhoff Run/Walk. 10am. University at Albany, Albany. brink5k.com.
- 24 **2nd Lake George Half Marathon & 5K Run/Walk.** 9am. Benefits Strong To Serve. Fort William Henry Resort, Lake George. Michael Amarello: 603-429-8879. lakegeorgehm.com.
- 24 **15th Sean's Run Weekend.** Sun: Sean's Run 5K & Meghan's Mile. 12pm. Sat: Supported bike rides: 50M, 20M, 10M rides. Chatham HS, Chatham. Mark French: 965-1778. seansrun.com.
- 24 Kiwanis Kingston Classic. 5K: 10am. 10K: 11am. Half Marathon/Marathon: 7am. Dietz Stadium, Kingston. 845-247-7275. hitsrunning.com.
- 24 2nd Chocolate Run 5K. 9am. Bethlehem Presbyterian Church, New Windsor. mhrrc.org.
- 24 Save Our Switchbacks. 7.5K. 9am. Parkway Ski Chalet, Utica. uticaroadrunners.org.
- 30 **27th Prospect Mountain Road Race.** 5.67M. 9am. Lake George Forum, Lake George. adirondackrunners.org.
- 30 Rock The Ridge 50M Endurance Race. 6am. Mohonk Preserve, New Paltz. mohonkpreserve.org.
- 30 3rd 5K Run Against Child Abuse. Shuttleworth Park, Amsterdam. 795-9454. nyschildrensfoundation.org.
- 30 Joseph Manupella Memorial 5K Run & 1M Walk. 9am. Boys & Girls Club, Lansingburgh. lbgcfundraisers.org.

MAY

- 1 **8th Cherry Blossom 5K Race for ALS.** 10:15am. Congregation Gates of Heaven, Niskayuna. 5kraceforals.com.
- 1 **Middlebury Maple Run.** Half Marathon & Relay. 9am. Middlebury, VT. Sue Hoxie. 802-388-7951. middleburymaplerun.com.
- 1 **Plattsburgh Half Marathon, Two-Person Relay & 10K.** 8am. US Oval, Plattsburgh. plattsburghhalfmarathon.org.
- 1 **Literacy Run/Walk.** 5K. 10am. Rensselaer Tech Park, Troy. 274-8526. lvorc.org.
- 1 **3rd Spring Has Sprung 10M/5K Run & 3K Walk.** 8:30am. Southern Saratoga YMCA, Clifton Park. 371-2139. cdyymca.org.
- 1 **JDRF One Walk to create a world without type 1 diabetes.** 3M. 11am. University at Albany, Albany. Danielle Unser Slater: 477-2873. walk.jdrf.org/Albany2016.
- 7 **The Mastodon Challenge 15K, 5K & Fun Run.** 9am. Craner Park, Cohoes. Lisa Osorio: 281-3253. mastodonchallenge.com.
- 7 **10th CCRC 5K Run/Walk & 1K Kids' Run.** Plus, BBQ dinner. 5K: 3pm. 1K: 4pm. BBQ: 4:15pm. Christ Community Reformed Church, Clifton Park. Pat Glover: 877-0654. ccrc-cpny.org.
- 7 **Rotary Run for the Roses: Triple Crown Series.** 9am. Partner's Pub, Johnstown. Lisa McCoy: 725-4545. 5ktriplecrown.racewire.com.
- 7 6th Heather Freeman Run to the Sun 5K, 10K & Half Marathon. 6am. Watertown. 315-778-5482.
- 7 7th Adamant 20 Miler Run & Relay. 10am. Adamant Music School, Adamant, VT. 802-223-2733. cvrunners.org.
- 7 Run 4 the Hills 4M Run/Walk. Sharon Springs. Garth Roberts: 928-6998.
- 7 Iron Horse Walk, Trot, Cantor 5K. 10am. Kimberly Farms, North Bennington, VT. galloptosuccess.org.
- 8 **4th Fleet Feet Sports 10K Classic Road Race.** 8:30am. Kids Mile: 8am. Bethlehem HS, Delmar. 459-3338. fleetfeetalbany.com.
- 8 36th Mother's Day 5K bRUNch. 9:30am. Central Park, Schenectady. hmrc.com.
- 8 Kelly's Angels Mother Lovin' Day 5K. 9:15am. Saratoga Spa SP, Saratoga Springs. kellysangelsinc.org.
- 8 Steve Zemianek Bennington Road Race. McCullough House, North Bennington, VT. 802-688-7807. bkvr.net.
- 8 Wally Waddle 5K & Kids' 1M. 9:30am. Vassar Farms, Poughkeepsie. wallywaddle.org.
- 13 Peak Ultra Trail Run. 15M/30M/50M/100M/200M/500M. Riverside Farm, Pittsfield, VT. peak.com.
- 14 **7th Jog for Jugs Half Marathon & 5K.** 9am. Duaneburg Town Park, Duaneburg. powerhouseathleticsny.com.
- 14 **6th Kerry Blue Hustle 5K Race/Walk.** 9am. Kids' 0.5M Dash: 10am. SMSA School, Glens Falls. kbluehustle@gmail.com. smsaschool.org.

- 14 **9th Joan Nicole Prince Home 5K Walk/Run & BBQ.** 8am. Central Park, Schenectady. 346-5471. joannicoleprincehome.org.
- 14 **Summer Smith 5K Addiction Awareness Memorial Run.** 9am. Guilderland HS, Guilderland. 527-5360. runsignup.com.
- 14 Home Away From Home Half Marathon/5K/Kid's Run. 9am. Brittonkill School, Troy. Stevie Rodriguez: 495-5506.
- 14 MHRRRC Women's Run 5K/10K. 8am. Rail Trail, Van Wyck Trailhead, Wappingers Falls. mhrrc.org.
- 14 No One Left Behind 5K. 10am. Grafton Lakes SP, Cropseyville. mhpeinc.org.
- 15 **12th Team Billy Ride & Walk for Research.** 10, 25, 50M rides: 8:30am. 3M walk: 9am. High Rock Park, Saratoga Springs. Cherie Grey: 587-7211. teambilly.org.
- 15 **Run To The Hills 10K, 5K, 1M.** 10am. Sawkill Firehouse, Kingston. 845-481-3043. onteorarunners.org.
- 15 8th Hudson Valley 15K. 9am. Blooming Grove. John Finnigan: 845-496-1578. orangerunnersclub.org.
- 19 CDPHP Workforce Team Challenge. 3.5M. 6:25pm. Empire State Plaza, Albany. hmrc.com.
- 21 31st Wood Memorial 5K & Fun Run. 9am. Hoosick Falls. Rosemarie Smith: 686-4504. hoosickfcu.com.
- 21 Ryan's Run. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 288-6062. zippyreg.com.
- 21 New York/Vermont Champlain Bridge 5K. 10am. Crown Point Historic Site, Crown Point. 597-3754. lachute.us.
- 22 **Mountain Valley Hospice 5K: Triple Crown Series.** 9am. Fulton Montgomery CC, Johnstown. Lisa McCoy: 725-4545. 5ktriplecrown.racewire.com.
- 28 28th Towpath Trail Run 10K & 2M. 5:30pm. St. Johnsville. John Geesler: 568-7509. fmrc.org.

JUNE

- 4 **Freihofer's Run for Women 5K.** Plus, 3K & Kids' races. 9:30am. City Hall, Albany. 273-5552. freihoferstrun.com.
- 4 **Charlton 5K Run/Walk.** Charlton Village, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 4 **Tuff eNuff 5K Obstacle Race.** BOCES Campus, Saratoga Springs. Janine Stuchin: 581-1230. preventioncouncil.org.
- 12 **2nd Good Karma 5K.** 9:30am. Yoga Warmup: 9am. Indian food, henna, music. South Pavilion, The Crossings, Colonie. 383-3722. goodkarma5k.eventbrite.com.
- 12 **12th Lake Placid Marathon & Half Marathon.** 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidmarathon.com.
- 12 **2nd Walkway Marathon, Half Marathon, Treetops to Rooftops 5K & Think Differently 1M Dash.** Marist College, Poughkeepsie. walkwaymarathon.org.

JULY

- 4 **10th Firecracker 4 Road Race.** 4M. 9am. Saratoga Springs City Center, Saratoga Springs. Peter Goutos: 316-4445. firecracker4.com.
- 10 **Saratoga Springs Strong to Serve Half Marathon & 5K.** 13.1M: 7:30am. 5K: 8am. Saratoga Spa SP, Saratoga Springs. 603-429-8879. 3raceproductions.com.

AUGUST

- 12-13 **Peak to Brew Relay.** Full Relay (237M): Whiteface Mtn., Wilmington to Saranac Brewery, Utica. Half Relay (115M): McCauley Mt, Old Forge to Saranac Brewery, Utica. peak2brew@p2brelay.com. p2brelay.com.

SEPTEMBER

- 24-25 **Adirondack Marathon Distance Festival.** Sat: 5K & 10K in Chestertown. Sun: Marathon, Relay & Half-Marathon in Schroon Lake. adirondackmarathon.org.

OCTOBER

- 9 **34th Mohawk Hudson River Marathon & Hannaford Half.** 8am. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. mohawkhudsonmarathon.com.

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

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

Saturday, March 26 9:30 am
Central Park, Schenectady
Schenectady Firefighters' 7th Annual



RUN 4 YOUR LIFE

5K Run/Walk
Kids' Fun Run 10:30am (free)
To benefit American Heart Association

FREE Chowderfest w/competition!

\$20 by 3/1, \$25 by 3/20, \$28 race day
T-shirt for first 1,000 registrants

Register Online: ZippyReg.com

More Info & Entry Form:
schenectadyfirefightersrun4yourlife.jiggy.com
sfddemdem232@yahoo.com
Brian Demarest 365-3883

MONDAY, JULY 4 – 9am
Saratoga Springs, NY



4-Mile Race • 4,000 Runners
B-tag timed • Benefits active local causes
Saratoga Springs City Center
Vendors & band at start/finish
Entertainment along course

Presented by **FLEET FEET Sports**
asics performance mesh shirt for all runners
\$7000 in cash prizes • 100s of medals/prizes
Awards: Top 10 M/F Overall, Top 3 M/F 5-yr,
Top 3 M/F Military and Fire/Police/EMS
USATF Adk Team Championship & Grand Prix event

RUN YOUR COLORS!
Team with most runners earns \$1,000 for charity

\$30 by 7/2 or \$35 7/3 & 7/4
www.Firecracker4.com

10TH ANNUAL

CCRC 5K Run/Walk/BBQ
and 1K Kids' Run
Saturday, May 7 • 3pm
Christ Community Reformed Church
1010 Route 146, Clifton Park

CCRC hosted solely to promote well-being and healthy lifestyles in the community

- USATF Sanctioned 5K Race
- Family Team Competition
- 1K Kids' Run – 4pm
- BBQ chicken dinner included
- Drawing prizes for all participants
- T-shirt to first 125 entrants
- Convenient afternoon start

Form: www.crc-cpny.org • Pat Glover: 877-0654 • pjglove@aol.com

2016



27th Annual
Prospect Mountain ROAD RACE

Saturday, April 30 • 9:00am Start
Lake George Forum, 2200 Route 9, Lake George

Run 5.67 miles,
1,601 feet up
Prospect Mountain
– Just one hill!

Adirondack Runners \$22
Non-Member \$25 • Race Day \$27
Short sleeve shirt guaranteed to first 125 registered
Register: www.active.com
Race Day: LG Forum 7-8:30am

More Info: www.adirondackrunners.org or cifonedesigns@aol.com
Benefits Michelle Lafontaine ACC Scholarship Fund & Under the Woods Foundation

BICYCLING

SHAWNE CAMP OF SPA CITY BICYCLEWORKS IN SARATOGA SPRINGS DOING A TUNE-UP.



A Fresh Start for You and Your Bike

By Dave Kraus

Spring is the season of renewal. It's also the time when many owners and their bikes stumble from their winter hibernation like sleepy eyed bears and venture back out on the roads and trails.

It's a fresh start for both you and your bike, and a good time to take stock of your fitness, riding style, and equipment. That might include things you haven't thought of or have neglected longer than you realize.

YOUR BIKE

Inspect your bike to identify specific problems that can be addressed during a professional tune-up, which can be a good idea every year to make adjustments that require special tools and expertise.

Clean It – First get it clean, using a biodegradable cleaner with a toothbrush, other small brushes, and some old towels to dry things off. Make sure not to use a high velocity hose spray on the bottom bracket, wheel hubs, and head tube areas. A high pressure blast can get water inside and ruin the bearings.

Frame – Are there any telltale cracks, dents, or wrinkles in the paint? If you find anything suspicious, don't ride the bike again until it's checked out by a professional. Any defect can be potentially dangerous, but some newer frame materials such as carbon can fail suddenly if cracked or highly stressed.

Tires – Look for rot, cuts, or embedded road debris. Make sure the tread area is not "squared off." If it is, then it's time for a new tire.

Wheels – Spin each wheel. For rim brakes,

the wheel should stay centered between the brake pads. If it's consistently closer to one or the other, your brakes need to be centered. If the rim moves back and forth as the wheel spins, then it's out of true. Grab the rim and move it back and forth sideways. If there's lateral movement, the hub needs adjustment. Your local professional mechanic can fix any of these problems.

Disc brakes offer more stopping power than rim brakes, but they also require more precision in installation and adjustment and are best left to a pro. If the rotors are visibly warped, scratched or dented, or if the brake lever feels spongy as you engage the brakes, let them know.

Seatpost and Handlebars – Remove your seatpost, check for corrosion, and apply some grease to the post to prevent it from getting stuck in the frame. Also upend your frame to make sure no water got in while you were cleaning it. Check your handlebars for corrosion, especially if you work out hard on your bike and drip salty sweat on them frequently.

Shifting – If your bike doesn't shift smoothly, the cables may have stretched. This is another good adjustment to leave to a pro mechanic, who can adjust and lube the cables.

Lubrication – Use specially formulated lubricants available from your bike shop to lube your chain and other pivot points such as derailleurs and brake pivots. Lubricating the bottom bracket, wheel hubs, and headset is usually best left to a pro.

GET THE BRIGHTEST RED TAILLIGHT AVAILABLE AND USE IT ON ALL YOUR RIDES.



PHOTOS BY DAVE KRAUS

YOUR ACCESSORIES

Batteries – Replace your computer, light, and any other batteries if needed.

Seat Bag and Tools – Your seat bag should have at least a spare tube, tire levers, mini-tool, patch kit, a few zip ties, and some emergency cash. If you use CO₂, make sure your cartridges match the air chuck. It's no help out on the road to have non-threaded cartridges if your chuck requires threaded. Also check your spare tube to make sure the valve stem is long enough to work with any deep section rims you may be using. (Don't ask me how I learned this!) Lastly, if your patch kit has been hiding unused in your bag for years, the patch glue may have dried out, leaving the patches useless.

Clothing – Are your shorts so threadbare that your friends don't want to ride behind you? How about those ripped out gloves or stinky helmet pads? Replace them at your local bike shop while you're also checking end of season deals on winter clothing for next fall. Also check your shoe cleats for wear and replace if needed.

Bottles – If you use sports drinks during your rides, the sugar in them can leave residue that can breed germs. Time for a thorough cleaning or new bottles.

Make It Pretty – Color coordinated tires, bottles cages, and bar tape are popular cosmetic upgrades. Replace your bar tape and check your handlebars for corrosion as mentioned previously in the maintenance section. It's a hidden hazard you don't want to find out about the hard way.

YOUR RIDING TECHNIQUE

Early season may also be the best time to make the investment in a professional bike fitting. The payback can be substantial, especially if you've had physical issues that have detracted from your cycling experience. If you've had issues with chronic knee or back pain or other discomfort, you may have fit issues that can be addressed by a professional. It can also save you pain and money when you buy a new bike by making sure you get the right size frame and components in the first place to adjust the bike perfectly to you.

SAFETY

There are more distracted drivers than ever on the road. Yes, you have an equal legal right to use the road, but if a 3,000 pound car hits your 20 pound bike, there's no doubt who the loser will be. Basic safety equipment can reduce your chance of becoming a statistic.

Helmet – New York state law requires all riders under 14 years of age to wear one, but it's a good idea for everyone. All bike helmets must meet the same safety standards regardless of cost, and there are hundreds of models available. Make sure your helmet is properly sized and adjusted. If you don't know how, ask. Wearing a helmet saved this writer's life!

High Visibility Clothing – With bright dyes that don't fade like those in the past, neon colors are the "hi viz" standard for clothing that can help you be seen – and stay alive. Also look for reflective strips on new gear.

Lights – Lights are brighter than ever, and prices have fallen. Get the brightest red taillight available and use it on ALL your rides, even in daytime. Don't let a driver run into you, then pull a "SMIDSY." ("Sorry, Mate, I Didn't See You.")

Video Cameras – They are still not cheap, but can offer several hours of looped recording and preserve crucial evidence from a collision or altercation. Some also offer integrated lights.

Other Safety Equipment – A few strips of reflective tape on your frame or shoes can offer important added visibility. A small **rear view mirror** that attaches to your handlebars or helmet can also give you vital warning to get out of the way of a car heading toward you.

Common Sense – Just because you have a legal right to ride on a particular road doesn't mean you should. Bypass routes with heavy traffic, no shoulders and bad pavement. Talk to experienced riders locally to find out which locations they avoid. Make sure to ride with, not against traffic, and always expect the unexpected.

Stay smart. Stay visible. STAY ALIVE and enjoy your ride! 🚲

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer, and writer who rides 3-4,000 miles per year. Visit him at krausgrafik.com.

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ATHLETE PROFILE



Kris Cheney Seymour

By Mim Frantz

On any given race day, Kris Cheney Seymour corrals the young ski racers, urges them to pay attention, to be good sports and reminds them very intently, “Now remember, you are about to embark on the World Championships of Nothing!” He wants them to work hard, race hard, but most of all “be good people and not take themselves or the processes so seriously that they aren’t having fun.”

During practices at Mt. Van Hoevenberg, you will always see Kris out skiing with the pack and playing carefully constructed games and drills that entertain, while teaching the kids to ski. In between sessions, he can be found waxing team skis, rebuilding broken poles, designing new ski trails, or conceptualizing new development programs and events.

This year has shown a significant increase in the development program numbers in the Lake Placid region. A success he credits to the vision of Robert Lazzaroni, Director of United States Ski Association Nordic. “Traditionally sports development models are shaped like a triangle. Many filter in at the base and few rise to the top. In this case the life model of the Nordic skier is rectangular, attracting as many as possible to the outdoor lifestyle to identify as a Nordic skiers, long-term,” Kris summarized. He explained that if you only focus the development lens on an elite group of accomplished skiers, you build a shortsighted culture of skiing. Therefore, his mission and vision is to create an atmosphere of ‘something for everyone.’ “Some go fast, some go tour in the backcountry, some watch chipmunks, but all show up for the love of skiing,” he said.

AGE: 45
HOMETOWN: Vermontville
SPORTS: Cross Country Skiing, Hiking, Biking, Paddling, Horseback Riding
FAMILY: Wife, Amy – Skiing, Running, Equestrian, Cow Girl; Sons, Colter (13) – Nordic Ski Racing, Soccer; Lauchlin (16) – Nordic Ski Racing, Biathlon, Cross Country Running
HORSES: Jack, Penny, Lucky
DOGS: Nye, Golden Retriever; Esther, Pug
EDUCATION: St. Lawrence University; Rensselaer Polytechnic Institute, Masters of Architecture
OCCUPATION: Nordic Manager for Olympic Regional Development Authority

Kris sees the sport as more than a sport, it is a foundational lifestyle. He explains how it teaches respect for the outdoors, self-awareness, self-reliance, accountability and honesty. He finds there’s no downside because it really is something you can do for life.

Kris is living proof of this lifelong relationship with Nordic skiing and to watch him ski, coach or just talk about cross country skiing, it is instantly clear that being an ambassador for this sport is his passion and his calling. Kris grew up in Saranac Lake, and from a very young age was Nordic skiing in programs at Dewey Mountain Recreation Center in Saranac Lake, and with New York Ski Education Foundation, a regional training and development program based at Mt. Van Hoevenberg, a site of the 1980 Olympic Games.

When asked to describe his athletic accomplishments, he dismissively circled and waved his hands and spewed out a monotone, run-on sentence about being a pretty decent competitive skier that went to Junior Nationals and skied for St. Lawrence University while earning a teaching degree. He has also done some adventure racing, and canoe and kayak racing. Quick to follow

up, however, he goes on to qualify that he feels his biggest mark and achievements in Nordic sports has been through his contributions as a coach.

“Actually,” he added, slightly sarcastic, self-effacing kind of way, “I am a medalist at ESPN’s Great Outdoor Games, held at Lake Placid in 2000. My dog, Phelps, a chocolate lab, and I won bronze in the big air (dock jumping) competition with a 23-foot jump! He was the most agreeable athlete, I ever trained!”

Other agreeable athletes Kris describes having had the privilege to train, include development years (middle school and high school) of six different Olympians that came out of the Lake Placid area, who all trained under his coaching days as Nordic Program Director at NYSEF. They include Billy Demong (Olympic gold medalist, Nordic Combined) and Olympic biathletes Lowell Bailey, Tim Burke, Haley Johnson, Annelies Cook and Andrea Nahrgang.

A career of skiing for all of these athletes has spanned over decades. Kris describes that you have to help them to fall in love with the sport to have this type of endurance and longevity. A coach needs to find ways to make and keep training fun and engaging, interesting and inspiring, adventurous and supportive. “There’s so much more than technique and conditioning, and it’s all mixed in,” he elaborated.

Billy Demong, whose childhood home is a few doors down from the Cheney Seymour 30-acre rural home is a close friend and colleague of Kris. Billy remembers his days training under Kris’s direction, “He made it fun, he made it fast and I’m still skiing, so you know he inspired us for the long haul.”

Haley Johnson, Olympic biathlete from Lake Placid, commented, “It was Kris and Amy’s fun-loving, inspiring, quirky earthy approach to skiing and sport that nudged me to choose and love Nordic. It is what helped me choose a lifestyle that has shaped my life entirely. And that has made all the difference. Every time I race now, I feel an overwhelming sense of gratitude for all of the coaches, mentors, and supporters who decades ago gave me the foundation.”

After his earlier years of coaching at NYSEF, Kris went on Maine to become the Nordic Director at the Maine Winter Sports Center. For this career move many of the formidable elite athletes such as Haley, Annelies, Tim and Lowell transitioned with him to this next step. Other future Olympians that he would had the opportunity to train here included, Brian Olsen and Russell Currier. Over the years, various other highlight coaching opportunities included a stint at World Championships as head coach for Greenland, and working with the Nordic Paralympic Committee. His career opportunities took him to many exciting places around the globe, but always with the pull of his childhood home drawing him back again.

In 2012, the Cheney Seymour family relocated to Park City, Utah where Kris pursued another opportunity with the Utah Olympic Park. In Park City, his focus broadened beyond coaching and raising competitive athletes. His duties included education, awareness, outreach and promotion of Nordic sports and Nordic lifestyle. Park City is a community that was already very active and outdoor oriented, but extremely focused toward alpine skiing. “As part of this initiative, despite the big picture objective of exposure recreational enjoyment,



LAUCHLIN

you are inserting highly trained, elite level coaches who know how to be entertainers, but still communicate all of the vital information of making great skiers. You attract a huge pool, out of that pool, some really fast skiers eventually rise to the top,” summarized Kris. In his 18-month tenure, they saw a 300% increase in the sport participation, an accomplishment Kris feels as proud of as training the future Olympic athletes.

In 2015, a few factors drew the family back to their roots in the Adirondacks, the proximity to family, their love of nature, and a new professional challenge. His challenge is to shape the future of Nordic sports in Lake Placid, and weave together and expand a community that is near and dear to his heart, in an area steeped in Olympic history with world class facilities.

Despite a less than ideal winter regarding snow and trail conditions, this year under Kris’s direction, Mt. Van Hoevenberg debuted Josie’s Cabin, a quirky, fun, waffle hut destination in the woods off the trail system – featuring live music and a cozy respite off the ski trails. Additionally, when without snow on the ground anywhere in the Northeast, the Olympic Jumping Complex was able to blow enough snow and keep it groomed, for a challenging and ample 2.5K loop to host many high-profile events – and keep the local teams training on snow!

When Kris and his wife, Amy are not on the trails at the ski center working or working out, they are ringing a cowbell trailside to cheer on their two sons, Colter and Lauchie. It is no surprise that both boys are formidable skiers, each at the top of their class.

When it’s not ski season, the family can be found working around the house they designed and built, in the woods, hiking mountains, jumping off rock ledges into ponds or riding their horse. Their busy outdoor lives represent the quintessential Adirondack lifestyle.

Kris’s philosophy of what goes into coaching a successful athlete, or developing a successful program, is to create a whole picture that shines in both his principles and his personal life. To anyone who has the opportunity to work with or know Kris, it is clear he leads by example. 🌲

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

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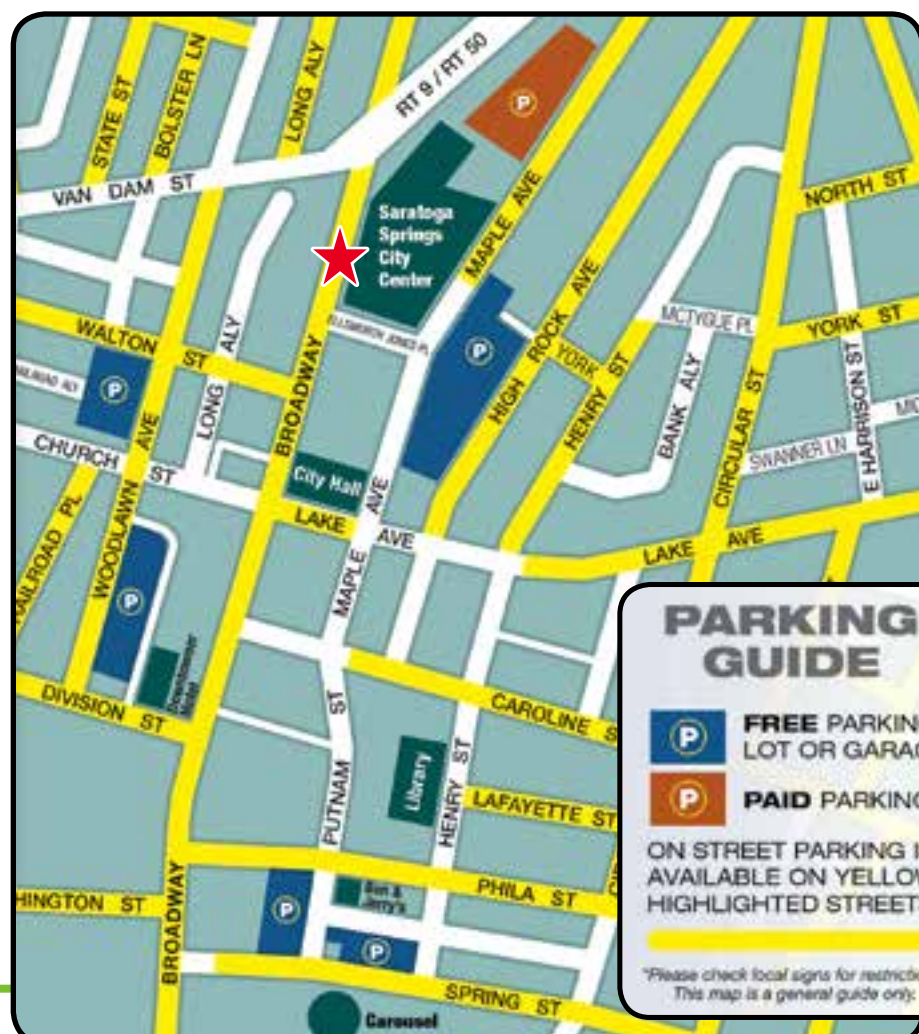
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*Please check local signs for restrictions. This map is a general guide only.

SEMINARS & CLINICS

In the Seminar Room

SATURDAY, MARCH 5

12:00-12:45 Getting Started, Staying Motivated and Going the Distance. We all have those bucket list endeavors, the 'reach' race, or the 'before I turn X age' event. How do you get on the road to making it a reality? Whether it is a run, bike or multisport event, you'll learn how to get started by discussing what you need, resources and programs to help, and how to stay motivated as you head down that path. Get tips no matter where you are in your journey; newbie or veteran. Finally, discuss going the distance, whether that is in miles or years. What do you need to do to stay healthy in both mind and body? Walk away energized and ready to tackle that list. Kristen Hislop of Clifton Park is a USA Triathlon and USA Cycling coach, an Ironman University coach, personal trainer and spin instructor. She leads many area programs for runners and triathletes, some of whom just want to get in the game, and others who want to stand on the podium.

1:00-1:45 Ainsley's Angels Power to Push. From July 4 to September 1, 2015, the Ainsley's Angels of America organization undertook an epic journey entitled Ainsley's Angels – Power to Push. Angels Shaun, Nichole, Shamus and Simon Evans traveled from Seattle to New York City, as a result of nine-year-old Shamus' vision to run across the nation as a way to promote involvement for children with special needs. Shamus pulled his father whenever road and weather conditions allowed, while Nichole and Simon acted as navigators and pit crew for the summer long mission. The Evans family traversed through 15 states as they made their way from coast to coast. They operated out of the Ainsley's Angels RV, and towed a trailer loaded with Advance Mobility Freedom Push Chairs to donate to families across America. Come learn about their epic trip. Shaun Evans is a distance runner who resides in Galway with his wife, Nichole, and sons, Shamus and Simon. During the summer of 2015, Shaun took distance running to the extreme by running more than 3,200 miles across the USA over the course of 60 days. He did this while pushing his son Shamus, born with cerebral palsy, in a running chair. The mission was developed by Shamus in conjunction with Ainsley's Angels of America in order to promote inclusion and provide the gift of mobility from coast to coast.



2:00-2:45 Yoga for Fitness and Health. Yoga can be the perfect complement to an active lifestyle. Running, hiking, biking and paddling can leave our bodies feeling tight and run down. Heather will share how she got into yoga, describe the health benefits of a regular practice, demonstrate some key poses and breathing exercises, and highlight how yoga is a perfect complement to other activities like running, walking and hiking. Heather Dacus, DO, MPH, has been teaching yoga in Saratoga Springs at Yoga Mandali since 2004. She is passionate about the comprehensive health benefits of yoga. Off the mat, Heather is a preventive medicine physician at the NYS State Department of Health. She lives in Saratoga with her husband, Darel, and her dog, Emma.

SUNDAY, MARCH 6

1:00-1:45 "From Couch to Ultra-Marathon" – Discovering Human Potential. Bill Hoffman will describe his barefoot and sandal journey from his couch to running ultra-marathons. During this journey he has lost 40 pounds and discovered a fountain of youth in the super power of distance running. Since the fall of 2010 he has run 19 marathon or longer races including two Boston Marathons and five ultra-distance races. Bill Hoffman, a founder and CTO of Kitware Inc., lives in Clifton Park with his family. In his early 40s, he was inspired to take up distance running by the book "Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen" by Christopher McDougall.



2:00-2:45 Proper Bike Fit. Learn how the proper fit can benefit your comfort, performance, and overall cycling experience. This is important and beneficial, whether you're a beginning or advanced competitor, triathlete or recreational rider. Steve Fairchild is a professional bike fitter at Grey Ghost Bicycles in Glens Falls, and has more than 25 years of fitting experience. Cycling has been a part of his life since he was 13 years old.

We are adding a few more seminars so please check AdkSports.com (Expo) for updates.



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Adirondack Ultra Cycling – One entry to the Saratoga 12/24 Challenge, \$125 value
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Saratoga Rowing Association – Learn to Row Child Gift Certificate, \$250 value

Seguin's Scuba Center – Open Water Certification Course, \$450 value

RUNNING AND WALKING

3C Race Productions – Two entries to Lake George Half Marathon or Saratoga Springs Half Marathon, \$120 value

AIM for Seva – Two entries to 2016 Good Karma 5K Run/Walk in Colonie on June 12, \$50 value

RUNNING AND WALKING cont.

Firecracker 4 – 16 entries for 2016 Firecracker 4 Road Race on July 4, \$480 value

Freihofer's Run for Women – Two entries to 2016 Freihofer's Run 5K on June 4, \$50 value

iRun Local – One Gift Certificate, \$25 value

Malta 5K – Two entries to 2016 Malta 5K on September 10, \$50 value

The Mountain Goat – Evaluation and One-Pair of Custom Orthotics, \$240 value

Power House Athletics – Two entries to 2016 Jog for Jugs Half Marathon or 5K, May 14, \$50 value

RUseN Reflective Apparel – Reflective Hat and Armband, \$25 value

Saratoga Stryders – One entry to 2016 Camp Saratoga Summer Trail Race Series, \$25 value

Sean's Run Weekend – Two entries to 2016 Sean's Run 5K, April 23-24, \$50 value

Tour de Force Charity Runs – One entry to 2016 Half Marathon, 10K or 5K in Plattsburgh on August 21, \$50 value

Walkway Over the Hudson – Two entries to 2016 Walkway Marathon, June 12, \$120 value

TRAVEL AND RECREATION

Adirondacks Jellystone Park – One Free Night at Camp, \$60 value

Bolton Valley Resort Lodge – Two Adult All Access Day Passes, \$150 value

Camp Fowler – One week at Camp, \$425 value

Courtyard Marriott Lake Placid – One Night Stay with Breakfast for two, \$250 value

Elk Lake Lodge – One Night Stay for Two in June 2016, \$250 value

Schroon Lake Chamber – Schroon Lake Themed Gift Basket, \$50 value

The Wild Center – Four-Pack Admission Passes, \$70 value

TRIATHLON

Capital District Triathlon Club – CDTC Visor and Transition Mat, \$40 value

AND MORE! – Exhibitors are still contributing prizes to the list and some will have additional prizes and giveaways at their booth so be sure to visit!

PADDLING POOL DEMOS & CLINICS

SATURDAY, MARCH 5

- 11:00-11:30 Touring Kayak Capsize Recovery, Rescue and Rolling.** John Ozard, Mike Cavanaugh, Alan Mapes and Celia Murray, Adirondack Mountain Club – Albany Chapter.
- 11:30-12:00 Canoe Paddling Strokes.** Chad Smith, Adirondack Canoe Company.
- 12:00-12:30 Kayak Paddling Strokes and Boat Handling Techniques.** John Ozard, Mike Cavanaugh, Alan Mapes and Celia Murray, Adirondack Mountain Club – Albany Chapter.
- 12:30-1:00 Whitewater Kayaking 101 and Playboating Fun.** Jason LaSelva, Sacandaga Outdoor Center, Team Bliss-Stick US and friends.
- 1:00-2:30 Kid's Kayaking "Try-It" Session.** Bring your kids for this fun on-water experience, led by experienced paddlers.
- 2:30-3:00 SUP Yoga.** Tobey Gifford of Lemon Tree Yoga Studio, yoga and fitness teacher, yoga therapist, SUP yoga, and Paddlefit teacher with Patty's Water Sports/Boats by George.
- 3:00-3:30 Touring Kayak Capsize Recovery, Rescue and Rolling.** John Ozard, Mike Cavanaugh, Alan Mapes, Celia Murray, Adirondack Mountain Club – Albany Chapter.
- 3:30-4:00 SCUBA 101: Learn how to become a certified scuba diver, plus gear assembly and skills.** John and Randi Ball, Adirondack Scuba.

SUNDAY, MARCH 6

- 11:00-11:30 Touring Kayak Capsize Recovery, Rescue and Rolling.** John Ozard, Steve Burke and Don Orr, Adirondack Mountain Club – Albany Chapter.
- 11:30-12:00 SCUBA 101: Learn how to become a certified scuba diver, plus gear assembly and skills.** Gary and Jen Seguin, Seguin's Scuba Center.
- 12:00-12:30 Kayak Paddling Strokes and Boat Handling Techniques.** John Ozard, Steve Burke and Don Orr, Adirondack Mountain Club – Albany Chapter.
- 12:30-1:00 Whitewater Kayaking 101 and Playboating Fun.** Jason LaSelva, Sacandaga Outdoor Center, Team Bliss-Stick US and friends.
- 1:00-2:30 Kid's Kayaking "Try-It" Session.** Bring your kids for this fun on-water experience, led by experienced paddlers.
- 2:30-3:00 Canoe Paddling Strokes.** Chad Smith, Adirondack Canoe Company.
- 3:00-3:30 Touring Kayak Capsize Recovery, Rescue and Rolling.** John Ozard, Steve Burke, Don Orr, Adirondack Mountain Club – Albany Chapter.

ADIRONDACK SPORTS SUMMER EXPO

List of Exhibitors

3C Race Productions/Strong to Serve – We're presenting the Lake George Half Marathon & 5K and the Saratoga Springs Half Marathon, Relay & 5K – both benefit Strong to Serve. Merrimack, NH • 603-429-8879 • nehalfmarathontour.com

9 Miles East Farm – We're a farm-based nutrition program providing real food to busy athletes. We offer Go Boxes and subscriptions for sports nutrition meal service for endurance athletes who want to enhance their performance by fueling with whole, natural food. Train hard. We'll feed you. Schuylerville • 514-8106 • 9mileseast.com

Adirondack Aquatic Center – Sign up for the Fish Out of Water 5K to help build the Adirondack Aquatic Center, a regional destination for all aquatic sports. Malta • 365-6516 • adirondackaquaticcenter.org

Adirondack Canoe Company – We are the result of over 25 years of boatbuilding experience building light and ultralight weight canoes and kayaks in modern materials like Kevlar and carbon fiber. Come see our canoes, apparel and paddling accessories. Minerva • 251-2283 • adirondackcanoe.com

Adirondack Explorer – We will display our news magazine that will be available at a discount for Expo attendees. Our three hiking guides will be available for sale for \$10 each or three for \$25. Saranac Lake • 891-9352 • adirondackexplorer.org

Adirondack Marathon Distance Festival – Come join us in running the most beautiful course at the Adirondack Marathon Distance Festival: Marathon, Half-Marathon, 2 & 4 Person Relay around crystal clear Schroon Lake on September 24-25, 2016. Schroon Lake • 532-7400 • adirondackmarathon.org

Adirondack Mountain Club – Visit our “Plan Your Trip” booth. We'll be selling our publications, apparel, memberships and tickets for our Canoe Raffle. Lake George • 668-4447 • adk.org

Adirondack Oral & Maxillofacial Surgery – Our doctors practice a full scope of oral and maxillofacial surgery with expertise ranging from dental implant surgery and wisdom tooth removal to corrective jaw surgery. Albany • 348-0634 x143 • adirondackoralsurgery.com

Adirondack Race Management – Come talk to us about the Lake George Triathlon Festival! It's our 11th year for the Lake George Tri and sixth for the BIG George. Not a triathlete, come on over to get more information on the Glens Falls Urban Assault or the Flashlight 5K Night Run. Lake George • adkracegmt.com

Adirondack Scenic Railroad – See the scenery and enjoy the recreational opportunities of the Adirondacks using Adirondack Scenic Railroad as your vehicle! Climate controlled, accessible, and all-weather transportation into and within the Adirondack Park. For all ages and abilities. Utica • 315-724-0700 • adirondackrr.com

Adirondack Sports – Stop by to introduce yourself, give us feedback on the magazine and expo, and enter to win great prizes for races, events, products and services. We will be selling Adirondack Sports performance running shirts, cotton T-shirts, running hats and car magnets. Clifton Park • 877-8788 • adksports.com

Adirondack Scuba – Seventy percent of the world is underwater. We can take you there. Adirondack Scuba teaches from beginner to the most advanced diver levels. We offer scuba gear sales, demonstrations and underwater photography. Ballston Spa • 884-4056 • adirondackscuba.com

Adirondack Ultra Cycling – We organize long distance bicycle rides and races in the Adirondack and Saratoga regions of upstate New York. Our events include Adirondack Ultra Challenge Century series in the fall and winter, the Saratoga Brevet Series and Adirondack Brevet Week in the spring, the Saratoga 12/24, the Montreal Double-Double and the Adirondack 540. All participants are automatically entered in our year-round competition for the Adirondack Ultra Cup. Schuylerville • 583-3708 • adkultracycling.com

Adirondacks Jellystone Park @ Paradise Pines – We are a family camping resort offering daily activities and theme weekends. Our resort has many amenities and is open to the public for weekday use. North Hudson • 532-7493 • adirondacksjellystone.com

AIM for Seva's Good Karma 5K – Good Karma 5K supports AIM for Seva, a charitable organization working tirelessly for the past 15 years to educate rural India's less fortunate children. The project has built over 100 free student homes and is serving over 30,000 children all over India. Niskayuna • 845-380-4613 • goodkarma5k.eventbrite.com

Ainsley's Angels of Albany Adirondack Region – Our booth will be promoting the mission of inclusion in road running events. We will have a racing chair on site and signing up runners and riders to roll with the wind with us in local races. Ainsley's Angels merchandise will be for sale to support the mission. Middle Grove • 882-7023 • ainsleysangels.org

American Diabetes Association – We'll be promoting and recruiting for Saratoga Springs Tour de Cure event benefiting the American Diabetes Association. Albany • 218-1755 x3632 • diabetes.org/saratoga

Anthem Sports – Home of the Tour of the Battenkill and Tour of the Catskills, stop by the booth for Tour info, merchandise, course maps, and event coupons. Cambridge • 413-314-3478 • greatamericacycling.com

Apex Solar Power – Apex has emerged as a leader in the solar industry in upstate New York, serving customers from the Canadian border, to Orange County, to Syracuse New York. Queensbury • 636-3702 • apexsolarpower.com

Arbonne International – Arbonne offers vegan products that include everything from skin and hair care to protein shakes and energy drinks. Everything is made from botanicals to offer a pure and safe product that gives benefits to skin and health. Clifton Park • 321-4591 • sheila.myarbonne.com

Awards by Walsh's – We have been setting the standard in the trophy, awards, screen printing, embroidery, uniforms, apparel and promotional items industry for nearly 27 years. Our state-of-the-art 10,000 square foot facility is equipped with the latest technology. We can handle any type of custom order while providing outstanding craftsmanship, highest quality control and prompt turnarounds. Cohoes • 235-6362 • awardsbywalsh.com

Bath Fitter – Learn more at our tabletop display of Bath Fitter product as well as tablecloth, brochures, etc. Albany • 862-9901 • bathfitter.com

Bolton Valley Resort Lodge – Our lodge features beautifully renovated slopeside suites at Bolton Valley Resort. We are looking for mountain enthusiast who want to have vacation flexibility and receive great benefits such as \$159 Adult All Access Season Passes. Come by our booth and ask us how to visit or ski for free! Bolton, VT • 802-434-6839 • boltonvalleyresortlodge.com

Broadway Bicycle Co. – We have an immense selection of mountain, road and fitness bicycles. You can also find an assortment of the latest high-tech accessories and a significant bicycle clothing department. Albany • 451-9400 • broadwaybicycleco.com

Bucketlist Vacation Planners – Bucketlist Vacation Planners will have info on upcoming adventures. We will offer travel tips, advice and assistance planning for any type of private or group travel. We will offer a raffle to guests that visit our booth. Saratoga Springs • 250-1111 • bucketlistvacationplanners.com

Camp Fowler – Every child is extraordinary and deserves an extraordinary summer adventure. Visit Camp Fowler's booth and find out how your extraordinary child can have an extraordinary summer adventure too! Speculator • 631-6789 • campfowler.org

Capital District Triathlon Club – Come “TRI” with us at Crystal Lake, Averill Park, NY on Tuesday evenings from June through August. We are a USA Triathlon sanctioned club and have been going strong since 1993. Our members range from beginners to Ironman World Champions. Albany • 479-3739 • cdtriclub.org

Capital Region Disc Golf Club (DisCap) – We will be at the Expo to promote the sport of disc golf. It is an inexpensive (mostly free) all ages outdoor activity. Think “golf with Frisbees.” Schenectady • 836-9557 • DisCap.net

ChafeX/Simply Better Laboratories – ChafeX Anti-Chafing/Anti-Blistering skin cream. Not a new product; new science. Canton, MA • 617-304-5484 • ChafeX.com

CK Cycles – At CK our focus is you and your needs. CK is also proud to sponsor R-Cubed, a local running and riding group focused on fun and being healthy. Call or stop in to see us. Albany • 459-3272 • ckcycles.com

Collamer House Bike & Ski – The area's newest bicycle and ski shop features Specialized bikes, parts, clothing and accessories along with fast, friendly and professional service. Malta • 871-1213 • collamerhouse.com

Contemporary Athlete – We will be selling membership options for our strength & conditioning facility geared toward sports specific development. Halfmoon • 365-3890 • contemporaryathlete.com



Courtyard Marriott Lake Placid – Stay and play at Courtyard Marriott Lake Placid! Located close to your favorite Adirondack outdoor activities. Stop by our booth to get a discount off your next stay. Lake Placid • 523-2900 • marriott.com/slky

Cycle Adirondacks/Wildlife Conservation Society – We are a fully-supported bicycle tour and nature interpretation experience in the Adirondacks. Week-long and 3 or 4-day options. Saranac Lake • 891-8872 • cycleadirondacks.com

Cystic Fibrosis Foundation – We will be promoting our organization's events – specifically our endurance events. We offer a Cycle event in Saratoga, an Extreme Hike in the Adirondacks and a Stair Climb in Albany. Saratoga Springs • 453-3583 • cff.org

Damien's Rock Wall – We'll have our 25-foot rock wall set up for kids and adults to climb at the Expo. We rent our mobile wall for parties and events. Scotia • 428-6020 • rocksolidfun.com

Davidson Brothers Drafters – We are a team of all levels of cyclists who ride to raise money in regional events such as the Tour de Cure for the American Diabetes Association. We are signing up the team members who are ready to team up on the June 5 for Tour de Cure. Glens Falls • 365-9903 • davidsonbrothers.com

Direct Energy Solar – We offer residential and commercial solar installations. Columbia, MD • 443-239-9809 • directenergysolar.com

Double H Ranch – Visit our booth for information on our Double H Ranch Camp Challenge Bike Ride and Camp Challenge 5K Trail Run. Lake Luzerne • 696-5921 • doublehranch.org

Dutchess Tourism – Begin your Hudson River Valley getaway here in Dutchess County! Covering 800 square miles, there's an abundance of natural scenic beauty, outdoor recreation, historic landmarks, restaurants, festivals and more. Poughkeepsie • 845-463-4000 • dutchesstourism.com

Elk Lake Lodge – Elk Lake Lodge is at the heart of a 12,000 acre private forest preserve ringed by the Adirondack High Peaks. It offers a true Adirondack wilderness experience that is rare in modern life. Guests are the sole visitors to this vast landscape. North Hudson • 532-7616 • elkklakelodge.com

Erie Canalway – The Erie Canalway National Heritage Corridor works to preserve and promote the nationally-significant historical, cultural, educational, recreational, scenic and natural resources of the 524 mile long NYS Canal System and to foster vibrant communities connected by our waterways. Waterford • 578-237-7000 x203 • eriecanalway.org

Farm to Fork Fondo – There's no better way to experience gorgeous landscapes, diverse local agriculture and farm to fork freshness than from the seat of your favorite bicycle! Burlington, VT • 662-0211 • farmforkfondo.com

Fitness Artist – Fitness Artist is a private fitness studio where clients have the option of training in a one-on-one private setting or in a small “exclusive” group. Custom workouts are designed for all clients. We also have a custom running program designed for all runners at every skill level. Saratoga Springs • Clifton Park • Latham • 275-8348 • fitness-artist.com

Firecracker 4 Road Race – Stop by the Firecracker booth to learn about the 10th annual Firecracker Road Race. Held on the beautiful streets of Saratoga Springs, come run with your friends, family, veterans and public service personnel. A festive 4-mile race with over 20 musical venues, costumed characters and cheers of friendly neighbors along the race route. Saratoga Springs • 316-4445 • fc4.us

Fleet Feet Sports – We're a locally owned running shop with two convenient locations. Check out new spring 2016 running footwear and apparel at the Expo. Stock up! Past-season gear on clearance, too. Albany • 459-3338 • Malta • 400-1213 • fleetfeetalbany.com

Freihofer's Run for Women and USA Track & Field-Adirondack – Freihofer's Run for Women, the premier running event in the Capital Region, is in its 37th year. Come celebrate with us at this world-renowned event on June 4 in Albany. We will also be promoting the Saratoga Cross Country Classic, which will be held in October. Troy • 273-5552 • usafadir.org & freihoferstown.com

Fulton Montgomery Regional Chamber of Commerce – We'll have information on events in Fulton County such as the Great Sacandaga Challenge Triathlon, Peck's Lake Triathlon, Triple Crown 5K and other running events, plus hiking trail maps and tourism information. Gloversville • 725-0641 • 44lakes.com

Garnet Hill Lodge & Adventure Center – We offer health and wellness retreat packages. Come see for yourself one of the most beautiful nature resorts in the Adirondacks. Visit our booth to learn more about all we have to offer. North Creek • 251-2444 • garnet-hill.com

Get Out N Play – Looking to live a natural and chemical free lifestyle? Young Living essential oils support healthy body systems and move you towards a vibrant way of life. These 100% pure therapeutic grade oils are a must have for someone with an active, on-the-go lifestyle. Granby, CT • 860-484-3212 • getoutnplay.biz

Girl Fight – We provide a fun, female-friendly environment for the pursuit of health and fitness through strength, cardio, and kickboxing workouts. Girl Fight workouts are fast, fun, and addictive! Burnt Hills • 321-3524 • girlfightfit.com

Gore Mountain – Gore has 109 trails, boasts 2,537 vertical feet, and is home to the most skiable acreage in New York with 15 lifts including our eight-passenger Northwoods Gondola and two high-speed quads. We offer a variety of mountain services for convenience, safety and enjoyment. Gore turns the off-season on with scenic gondola rides, adventure activities, festivals, and more in the summer and fall. North Creek • 251-2411 • goremountain.com

Gore Region Chamber of Commerce – We'll promote visitor information from the Gore Region, events and our member businesses. North Creek • 251-2612 • gorechamber.com

Green Leaf Racing – We provide professional race management and timing services for events, including multisport, road races, open water swims and more. We also offer online registration, consulting and marketing services designed to help you grow your event. Ballston Spa • 290-0457 • greenleafracing.com

Green Mountain Energy – Learn more about 100% pollution-free electricity generated entirely by wind and solar. White Plains • 914-343-5412 • greenmountain.com

Grey Ghost Bicycles – More than just a bike shop. We are a true cycling community. Considered an inspiring place where discerning riders can come to gain knowledge, we offer the best in sales, service and professional bike fit. Glens Falls • 223-0148 • greychostbicycles.com

High Peaks Cyclery – Since 1983, we are the bike, gear and adventure headquarters with all the top brands and best prices. At the expo we'll be promoting our sales, rentals and services, as well as many summer events and races. We are also a guide service for climbing, backpacking, hiking, paddling and SUP, and have lodging at three properties. Lake Placid • 523-3764 • highpeakscyclery.com

Hoppy Trails Brew Bus – Hoppy Trails will have information regarding upcoming craft beverage tours that run year-round in Warren, Washington, Saratoga and Albany counties. Lake George • 361-3087 • hoppytrailsbrewbus.com

Hudson Crossing Park – We are a unique recreational park and educational destination on the Hudson River just north of Schuylerville. Enjoy picnic facilities, fishing and birding, a children's play garden, a kayak launch, and nature trails with panoramic Hudson River vistas and Champlain Canal over-looks. The restored Dix Bridge provides a bicycle/pedestrian link between Saratoga & Washington counties. Schuylerville • 580-9456 • hudsoncrossingpark.org

Huff 'N Puff/Renewal by Andersen – Renewal by Andersen replacement windows and doors, and Huff 'N Puff gutters, gutter helmet and helmet heat. Schenectady • 356-3026 • huffnpuffinc.com • RBAeasternNY.com

Huntington Learning Center – We tutor students K-12 in the areas of SAT/ACT, reading, writing, math, science and study skills. We help students, especially student-athletes, obtain strong grades and exam scores to get into the college of their choice. Clifton Park • 280-2671 • clifton_park.huntingtonhelps.com

Indian Lake Chamber of Commerce – Indian Lake is an awesome summer hangout! AND, we are closer than you think! Come to our booth for tourism activities, brochures and maps. Indian Lake • 648-5112 • indian-lake.com

Town of Inlet – Discover Inlet! A four-season vacation destination with many recreational opportunities. Inlet • 315-357-5501 • inletny.com

iRun Local – We are the area's premier running and walking specialty store featuring the latest running shoes, apparel, and accessories. You'll find us on Congress Street. Saratoga Springs • 885-8537 • irunlocal.com



JDRF – We have led the search for a cure for Type 1 Diabetes since our founding in 1970. Learn more about how we help people live longer and stay healthier. Latham • 477-2873 • jdrf.org

Komen NENY Race for the Cure – Find out about the Race for the Cure in October in Albany; learn about breast health and breast cancer, purchase pink ribbon merchandise to support the cause. Albany • 250-5379 • komenneny.org

Lake George Land Conservancy – LGLC manages more than 35 miles of hiking trails throughout the Lake George region and hosts numerous guided hikes and other events, including the annual Lake George Hike-A-Thon. Stop by for trail maps and information about events, volunteer opportunities and land conservation efforts. We'll have Hike-A-Thon shirts, hats and other LGLC merchandise. Bolton Landing • 644-9673 • lgcl.org

Live Your Life Gear – Onzie and Trek athletic wear. Shandali mats, blocks and towels. Plus, My Zen Home meditation cushions and thai triangle loungers. Accessories such as headbands, jewelry and tapestries. Fishkill • 845-797-1487 • liveyourlifegear.com

Lyme Action Network – We'll have educational brochures on tick-borne diseases and products related to the subject, including tick-twisters, repellent and more. Kattskill Bay • 656-9428 • lymeactionnetwork.com

Malta 5K – The 7th annual Malta 5K will be on September 10, 2016 running through Malta's tech parks and title sponsor Global Foundries campus. Last year's finishing time was the fastest in the Capital District. Malta • 472-4817 • malta5k.com

Mohawk-Hudson Cycling Club (MHCC) – We are the area's oldest and largest organization devoted to promoting the growth of cycling in our region. With hundreds of club rides and seasonal events, the MHCC is a great way to meet new friends, enjoy the benefits of cycling, and enjoy the outdoors. Albany • 466-1182 • mohawkhudsoncyclingclub.org

Mohawk Towpath Scenic Byway Coalition, Inc. – Experience the historic route of the Erie Canal between Waterford, Cohoes and Schenectady. Learn of the historic waterway and the role our communities played in the westward expansion of the country and in the Industrial Revolution. Clifton Park • 371-7548 • mohawktowpath.org

Friends of Moreau Lake State Park – We'll have info about the park, and activities offered. Our mission is to partner with NYS Parks to enrich the experience of every visitor through education, events and stewardship. We are 100% volunteer driven. Gansevoort • 928-1238 • friendsofmoreaulake.org

The Mountain Goat – We offer custom footbeds and orthotics for athletes, hikers and everyday victims of gravity! Custom footbeds can eliminate pain, greatly decrease the chance of serious injury, and improve performance. Manchester, VT • 802-367-5159 • mountaingoat.com

Mountainman Outdoor Supply Company – New York's largest canoe, kayak and paddleboard retailer, also offers outdoor gear, apparel and bikes. We carry all the essential gear for all your outdoor recreational needs. Old Forge • 315-369-2300 • Saratoga Springs • 584-3500 • mountainmanoutdoors.com

Mountainman Outdoor Supply Company – New York's largest canoe, kayak and paddleboard retailer has stores in Saratoga Springs and on Saratoga Lake. Visit our booth and look for great deals on all your paddling and outdoor gear and apparel needs and get a preview of our upcoming Saratoga Paddlefest. Visit our stores at 490 Broadway and 251 Stafford Bridge Road on Fish Creek/Saratoga Lake. Saratoga Springs • 584-3500 • mountainmanoutdoors.com

New York Bicycle Co. – We are an urban bike shop featuring Giant, Cannondale and Liv brands, plus bike accessories, clothing and services. Schenectady • 377-2453 • newyorkbicycleco.com

New York State Office of the State Comptroller for Unclaimed Funds – We'll offer free name searches and assistance with unclaimed funds database. Albany • 408-4154 • osc.state.ny.us

New York State Outdoor Guides Association – Member licensed NYS guides will present information about services offered by members in a variety of outdoor activities, how to become a guide, benefits of membership in NYSOGA and the profession of guiding in general. 315-429-9324 • nysoga.org

Newcomb Chamber of Commerce – Newcomb is in "The Heart of the Adirondacks!" Her residents show their love for this rich wilderness and are proud to share its beauty, fresh air and outdoor activities. We welcome you and hope you enjoy your stay. Newcomb • 582-3211 • discovernewcomb.com



Northeast Foot Care – Providing information on foot and ankle injuries. Focusing on regenerative medicine and advanced healing options. Amsterdam • 842-2200 • northeastfootcare.com

Nut Zez Gourmet Almond Butter – We are a healthy alternative to satisfy unhealthy cravings. Nut Zez gourmet almond butters provide flavors unique to the nut butter market using wholesome ingredients without any added sugars, salts or preservatives. Cohoes • 631-681-5388 • nutzez.com

Out of Control Ski Club – Our club promotes snow sports including downhill skiing and snowboarding, Nordic skiing and racing. The Club offers week-day and weekend bus trips at great discount rates. Group trips are scheduled throughout the snow season. Albany • 372-7487 • ocskiclub.org

Parks & Trails New York – We are New York's leading advocate for parks and trails. Visit our booth to learn more about our signature cycling event - the eight-day, fully-supported Cycle the Erie Canal tour. Albany • 434-1583 • ptny.org

Patty's Watersports/Boats by George – Patty's Watersports will be offering a wide range of stand-up paddleboards, plus water sports equipment including tubes and towables. Lake George • 793-5452 • pattyswatersports.com

Peak to Brew Relay – The Peak to Brew Relay is the Northeast's longest, most scenic overnight van-supported relay race. In teams of 6-12, runners will embark on a journey from the top of Whiteface Mountain Veterans Memorial Highway, through the heart of the Adirondacks and finish at the historic Saranac Brewery for a post-race celebration. August 12-13, 2016. Baldwinsville • 315-525-7371 • P2BRelay.com

Pelican Products/R.P. Luce – We carry the exclusive line of Pelican Pro Gear including microcases, hardback cases, gun cases, lighting products, backpacks and coolers – ideal for many outdoor uses! Northport • 631-754-5064 • rpluce.com

Plaine & Son Ski & Bike – We are proud to be named one of the Top 100 bicycle shops in America. We'll promote our bicycles, fit services, Specialized brands, and bike clothing and accessories, and R.I.T.A (Rider Involved Technical Assembly). Schenectady • 346-1433 • plaineandson.com

Power House Athletics & Jog for Jugs Half Marathon/5K – Power House Athletics is an athletic training facility for athletes of sports. We will have facility specials, Jog for Jugs Half Marathon & 5K specials as well as our high protein nut butters and whey protein powder. Albany • 229-5611 • powerhouseathleticsny.com

The Prevention Council – Join us for the 5th annual Tuff eNuff 5K obstacle course challenge on Saturday, June 4 at the Saratoga BOCES Campus. It's fun, muddy and it's for a good cause. Saratoga Springs • 581-1230 • preventioncouncil.org

RAW Fitness – Your downtown Saratoga fitness solution. Classes and personal training from 5:15am-7:45pm! Heavy bag hitting display. "First Class Free" specialty Expo cards for those who stop by our booth and try our gloves on to box!! Saratoga Springs • 886-1948 • rawfitnesssaratoga.com

Regional Food Bank of NENY – We will be accepting monetary and food donations to feed the hungry in our 23-county service area. For each dollar we receive, we can distribute \$10 worth of food. Latham • 786-3691 x296 • regionalfoodbank.net

Rodan + Fields – Our Premium Anti-Aging Skincare has a skincare regimen for every skin condition, from six months to 100+ years. Founded by two world-renowned dermatologists, this skincare can truly transform your skin. Now is the time to protect your skin from the sun! Clifton Park • 256-8992 • lcarr3.myrandf.com

RUseeN Reflective Apparel – We will be selling and promoting reflective shirts, vests, jackets, and other reflective accessories. Shillington, PA • 610-777-1288 • ruseen.com

Saratoga Hospital/Regional Therapy Center – We offer comprehensive rehabilitation services including physical, occupational and speech therapy, and athletic training. Some specialties include aquatic physical therapy, women's health programs, total joint replacement rehab, McKenzie spine treatment, hand therapy, and sports enhancement for the athlete. Saratoga Springs • 583-8383 • saratogahospital.org

Saratoga Lake Sailing Club – We are a non-profit sailing club located on the shores of beautiful Saratoga Lake. We offer sailing lessons throughout the season to both children and adults who want to learn to sail or who want to improve their sailing skills. Saratoga Springs • 584-9659 • sailsaratoga.org



Saratoga Mountain Bike Association – SMBA is a Capital Region-based mountain bike advocacy club that provides riding opportunities, trail construction and maintenance, and cycling-based events at affiliated properties. We will sell memberships, t-shirts and hats at the expo. Saratoga Springs • 378-9103 • saratogamb.org

Saratoga Rowing Association – We offer the opportunity for children and adults to begin a lifelong sport by learning the physical activity of rowing while enjoying time on the waters of Fish Creek. Give it a try at our booth on one of our two rowing ergometers and earn a free t-shirt and candy if they row 500 meters. Saratoga Springs • 587-6697 • saratogarowing.com

Saratoga Stryders – Saratoga Stryders is a club for walkers and runners. We meet Saturdays at the Warming Hut for a group run and Wednesdays for coached workouts April – October. For a complete schedule visit our website. Saratoga Springs • 581-1278 • saratogastryders.org

Saratoga Triathlon Club – Our club promotes multisport activities including clinics, speakers, and open water swims in Saratoga County. Saratoga Springs • 859-9377 • saratogatriclub.com

Schenectady Firefighters' Run 4 Your Life 5K – We'll be promoting our annual 5K run/walk on March 26 to benefit American Heart Association to raise awareness about the leading cause of death to firefighters: cardiovascular disease. Post-race Chowderfest with free samples to runners. Schenectady • 365-3883 • schenectadyfirefightersrun4yourlife.jigsy.org

Screen Designs – For over 33 years we have supplied the Capital Region and beyond with custom decorated apparel and promotional items. Stop by our booth to see the latest in performance apparel and promo items for your next club, race or team event. Colonie • 452-1500 • screendesignsinc.com

Schroon Lake Chamber of Commerce – The Schroon Lake Regional Visitor's Center & Chamber of Commerce is proud to promote and share the history, culture and outdoor activities that are available in Schroon Lake. Schroon Lake • 532-7675 • schroonlakechamber.org

Sean's Run Weekend – Imagine participating in what is acknowledged as one of the largest and best managed spring 5K run experiences in the area, and the region's premier spring bike ride on the beautiful roads of Columbia County. Learn why you have to be part of our 15th event, April 23-24, in Chatham. Chatham • 965-1778 • seansrun.com

Seguin's Scuba Center – We specialize in all things SCUBA; courses and certification, scuba gear and equipment rentals, dive trips and charters, service, repair and air fills. "Try SCUBA" in the Expo pool! Albany • 456-8146 • seguinsscubacenter.com

Spa City Bicycleworks – We'll be showing and selling all left over Salsa and Surly Fat Bikes and promoting the 2016 Saratoga Fat Bike Rally. Hear more about the store and the Saratoga Fat Bike Rally. Saratoga Springs • 587-0071 • spacitybicycleworks.com

Sports Physical Therapy of NY – Our therapist will be available to discuss the benefits of physical therapy, and how we can assist with prevention of and recovery from injuries to maintain a healthy lifestyle. Saratoga Springs • 583-7537 • spnny.com

Steiner's Ski & Bike – Visit our "store" at the Summer Expo where we'll have big discounts for summer and winter gear. The Summer Sale includes 2015 Trek and Specialized road bikes, all Fat bikes at 15-30% off, and 2015 Specialized Pitch Sport MTB, Ruby Women's Road and Roubaix Men's Road bikes. The Winter Sale includes all skis and ski boots at 50% off, ski accessories and ski wear at 30-50% off! Brands include Rossignol, Fischer, Head, Nordica, Lange, Giro, Marker, North Face, Karbon, Kilttec, Patagonia, Smith, Scott, Oakley. Glenmont, Valatie, Hudson • 427-2406 • steinersskibike.com

SUNY Adirondack Adventure Sports – We offer programs in adventure sports leadership and management. Opportunities include backcountry living, canoeing, whitewater paddlesports, rock climbing, challenge course facilitation and management, snowsports, wilderness first responder and more. Queensbury • 743-2250 • sunyacc.edu



Tour De Force Charity Races – This 2nd annual Charity Run Half Marathon, 10K, 5K and One Mile Walk raises money for families of law enforcement officers killed in the line of duty on August 21, 2016 at the Point Au Roche State Park in Plattsburgh. adirondackcoastevents.com • Altona • 563-3825

Tri-State Trek – ALS.net is the largest non-profit research lab discovering therapies to end ALS. The Tri-State Trek 3-day Ride from Boston to Greenwich, CT raised \$800,000 last year! Ride to end ALS. Cambridge, MA • 617-441-7243 • als.net

Trigger-Pin! – The only mobility/recovery roller designed for head-to-toe therapy! Recently named official supplier to the U.S. Olympic Bobsled/Skeleton and Canoe/Kayak teams! Wolfeboro, NH • 637-1709 • triggerpin.com

Tupper Lake Chamber of Commerce – Learn more about the 34 Toughman Tupper Lake Tinman which takes place in Tupper Lake on June 25, 2016. Tupper Lake • 359-3328 • tupperlake.com

Walkway Over the Hudson – We will be presenting the 2nd annual Walkway Marathon, Half Marathon & Treetops to Rooftops 5K Race, which is set for Sunday, June 12, 2016 in Poughkeepsie – and learn more at the Walkway Over the Hudson booth. Poughkeepsie • 845-454-9649 • walkway.org

Warren County Safe & Quality Bicycle Organization – Visit our booth to learn about Warren County bike routes with handouts and maps. We'll have guides and safety information available too. Queensbury • 480-4859 • bikewarrenco.org

City of Watervliet/David Fisher Upper Hudson Heroes – We're promoting our Hudson Shores Park, historical sites, summer programs, and kayaking for disabled vets. Watervliet • 337-9115 • watervliet.com

WEXT - Exit 97.7 FM – An old-style progressive station with a modern day esthetic. We play great classics regular radio has forgotten, new emerging artists and Local 518 music – every hour – everyday. We're a non-commercial, listener-supported, roots and rock station from WMHT. Troy • 880-3512 • exit977.org

The Wild Center – This summer at the Wild Center, our brand new outdoor experience, Wild Walk, will be opening for its second season on Memorial Day weekend. Tupper Lake • 359-7800 • wildcenter.org

Wilmington Whiteface Bike Fest – With a mix of uphill, downhill, serious competition and family fun, the June 3-5th Wilmington Whiteface Bike Fest includes the "Jump Jam" Stunt Show, the WW 100K Mountain Bike Race, a Leadville qualifier, the Uphill Road Race, Best Calves Contest, Beach Party and more. Wilmington • 946-2255 • bikewilmingtonny.com

Word of Life Youth and Family Camps – Word of Life camps are a special place where students and families can get away from the busyness of daily life and connect with God and each other. They create opportunities to launch your faith in fun and loving environments with high-energy activities and dynamic speakers. Pottersville & Schroon Lake • 494-6000 • wol.org/camps

YMCA Camp Chingachgook – A premier summer camp and outdoor education center on the east shore of Lake George. We offer a variety of year-round programs including overnight camp, day camp, environmental education, teen adventure trips, women's and family programs. Kattskill Bay • 656-9462 • camp.cdymca.org

YMCA Camp Gorham – We are an Adirondack adventure camp near Old Forge. We offer overnight camping for children 7-16. Family and adult programs in the fall, and year round facility rentals for small and large groups. Eagle Bay • 315-357-6401 • campgorham.org

Yoga Mandali – Yoga Mandali provides a safe, nurturing environment to grow and deepen your practice. A variety of styles are offered seven days a week, making yoga accessible to every body! Stop by our booth to learn how yoga can help heal chronic pain and injury, and reduce stress. Saratoga Springs • 584-0807 • yogamandali.com



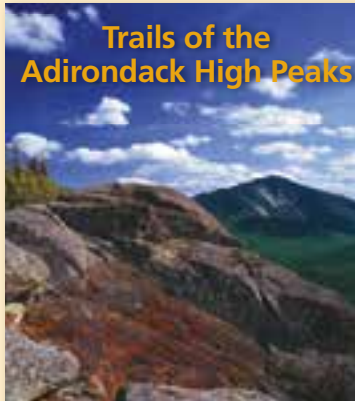
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SACANDAGA TRI CLUB



START OF 2015 DELMAR DUATHLON IN BETHLEHEM.

CAPITAL DISTRICT YMCA



FRIENDS FINISH THE 2015 DELMAR DUATHLON IN BETHLEHEM.

CAPITAL DISTRICT YMCA

By Christine McKnight

Karen Martin Swift of Saratoga Springs has a special place in her heart for the **Saratoga Lions Club Memorial Day Duathlon**. That's because the race (saratogalionsduathlon.com), which is Sunday, May 29, at the Saratoga Casino and Raceway, is a family affair for her.

Not only have Karen and her husband, Randy, participated in the duathlon every year, but her father, Randy Martin, helped found the event 12 years ago. Karen's sister, Lisa Eriksson, and her family always come down to the race from Richmond, Vt., and a brother, David Martin, has also participated.

"I like it because it's a good way to get the triathlon season started, more than anything," said Karen, a veteran of more than 50 triathlons, including four Ironman finishes. "It's a great first race for someone just getting into the sport, but it's also a good opportunity for some of the more serious athletes to get into their race season. It's spectator-friendly, and enjoys a lot of community support."

The duathlon features a 5K, two-loop run, followed by an 18-mile, three-loop "lollipop"-configured bike course, and then another 5K run. Always a highlight of the area's early-season multisport calendar, the Lions Club Duathlon will be sanctioned for the first time this year by USA Triathlon, the governing body for triathlon and duathlon, according to race co-director Bill Gibeault. He added that the 2016 event will honor the nation's military, with veterans serving as honorary race marshals and registration fees for veterans sliced in half.

"It's more than just a race to us," Bill said. "It's an experience, and we wanted to make it even more memorable, an event that would make it worthwhile both for athletes and families." He said that, while the Lions Club planned to work hard to nurture the duathlon's local flavor, members wanted to grow attendance by seeking USAT certification. Attendance last year was about 350. Two of

the major beneficiaries of the duathlon are the Lions Eye Institute in Albany and the Saratoga Springs Community Health Center, an initiative with Saratoga Hospital.

OTHER RACES:

Delmar Duathlon - The earliest duathlon in the region is the Delmar Duathlon (delmardu.com) on Sunday, April 24. A collaboration of the Town of Bethlehem's Dept. of Parks and Recreation and the Bethlehem YMCA, this race features a two-mile run, ten-mile bike, and two-mile run.

Like the Lions Club Du, it attracts an interesting mix, from weekend warriors to elite athletes who want to test their fitness. "All shapes, sizes and abilities are welcome," said coordinator Randal Thomas. Now in its fifth year, the Delmar Duathlon added a team category in 2014. It now attracts more 200 athletes, who compete from the Bethlehem Elm Avenue Town Park.

Anyone Can Tri Triathlon - The oldest triathlon in the Capital Region, the 22nd annual Anyone Can Tri Triathlon (cdymca.org/spring-has-sprung-distance-festival), highlights a series of races billed as the Spring Has Sprung Distance Festival, and staged from the Southern Saratoga YMCA in Clifton Park on Sunday, May 1. The triathlon, which is designed for beginners, features an unusual, 350-yard "snake" pool swim, a bike of just under 11 miles, and a 5K run through the flat neighborhoods around the YMCA.

The triathlon gets under way at 8am, followed by 10-mile and 5K road races, and a 3K walk at 8:30am. A shorter kids' triathlon at 11am wraps up the day's events. Registrations in this family-friendly setting typically total about 100 adults and 100 youngsters.

Schenectady County Pedal-Paddle-Run Triathlon - Looking to compete in something a little different? In an event that organizers describe as "Not Your Typical Triathlon," the Schenectady County Pedal-Paddle-Run (schenectadycounty.com/ppr)

on Saturday, May 7, features a seven-mile bike on the Mohawk Bike Path, a two-mile kayak or canoe on the Mohawk River, and a 3.5-mile run on the bike path.

Staged from the Aqueduct Park Boathouse in Niskayuna, this race is now in its sixth year and typically attracts 125 to 150 athletes, including teams. "Our goal is to both promote wellness and showcase some of the lifestyle assets we have, especially the bike path and the numerous boat launch points on the Mohawk River," said Jason LeCuyer, director of special events for the county.

Cooperstown Triathlon - The Cooperstown Triathlon (atcendurance.com) on Saturday, June 4 offers triathletes their first opportunity of the season to compete in open water. In this case, it's an 800-meter swim in crystal clear Otsego Lake at Glimmerglass State Park, seven miles north of the village of Cooperstown.

The water temp last year, when the race was pushed back one week, was a comfortable 72 degrees - what many triathletes would consider perfect wetsuit weather. The swim is followed by an 18-mile bike through the countryside, and a three-mile run within the boundaries of this beautiful park. Race director Mike Byrch expects a field of 200 to 300 athletes for the event, which has been moved this year from Sunday to Saturday at the request of competitors.

Hudson Crossing Triathlon - The Hudson Crossing Triathlon (hudsoncrossingtri.com) on Sunday, June 12, is a sprint race that just keeps working on all cylinders. Race director Chris Bowcutt once again expects to have a full field of 325 athletes. The race features a 500-yard, point-to-point swim in the clean, still waters of the Champlain Canal, a 12-mile loop course

in the rural Northumberland countryside, and a 5K run through the historic village of Schuylerville.

"We seem to have a system and a race that works, but we're always looking for ways to improve the experience for the athletes," said Chris. He said the race has developed a bit of a niche reputation among swimmers on local school teams who are looking to branch out into triathlon, and last year drew about 30 to 35 competitors under the age of 18. The triathlon is the biggest fundraiser for the Hudson Crossing Park, with a total of \$14,250 going to support its projects and activities over the last six years.

Great Sacandaga Challenge Triathlon - Race director Stephen Tomlinson started this race (sacandagatriclub.com), with two of his buddies in 2015 to give back to the community, and spur both young competitors and adults to lead a healthy lifestyle. Staged on Saturday, June 18, at the Sacandaga Bible Conference near Broadalbin, the adult triathlon features a 750-meter, out-and-back shoreline swim in Sacandaga Lake, followed by a 12-mile bike loop north of the village, and a relatively flat out-and-back 5K run.

The kids' race offers a 100-yard swim, 3.1-mile bike, and a one-mile run. "Our goal is to get as many families involved as possible," said Stephen. "It's a family-friendly course, especially a kid-friendly course." The race last year drew a total of about 200. As for water temps? Be sure to pack your wetsuit. Last year the temps were in the low to mid-60s, but should be warmer this year with the mild winter. 🌊

Christine McKnight (trichris@nycap.rr.com) is a veteran triathlete who competes in the 65-69 age group. She lives in Gansevoort.

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HMRRC WINTER SERIES #2: 40TH ANNUAL HANGOVER HALF-MARATHON & BILL HOGAN 3.5-MILE RUN continued

MALE AGE GROUP: 40 - 44
1 Ken Plowman 42 Cohoes 1:24:25
2 Volker Burkowski 44 Schuylerville 1:25:03
3 Robert Irwin 43 Guilderland 1:25:03
FEMALE AGE GROUP: 40 - 44
1 Sally Drake 42 Albany 1:35:27
2 Colleen Murray 42 Slingerlands 1:51:32
3 Terra Stone 40 Rensselaer 1:52:25
MALE AGE GROUP: 45 - 49
1 Jon Rocco 49 Colonie 1:27:25
2 Ken Tarullo 47 Delmar 1:31:50
3 Todd McAuley 47 Colonie 1:32:45
FEMALE AGE GROUP: 45 - 49
1 Karen Dolge 45 Valatie 1:42:04
2 Kimberly Miseno 45 Amsterdam 1:46:10
3 Robin Murray 47 Clifton Park 1:50:39
MALE AGE GROUP: 50 - 54
1 John Stadlander 50 Clifton Park 1:25:03
2 Brian Debraccio 50 Rotterdam 1:27:15
3 Kevin Creagan 50 Albany 1:29:37
FEMALE AGE GROUP: 50 - 54
1 Inge Aiken 54 East Greenbush 1:41:02
2 Denise Iannazotto 53 Lake Katrine 1:44:26
3 Lauren Herbs 53 Rexford 1:51:49
MALE AGE GROUP: 55 - 59
1 Derrick Staley 57 Ballston Lake 1:22:58
2 Steven Welch 55 Slingerlands 1:33:08
3 John Parisella 58 Schenectady 1:40:16
FEMALE AGE GROUP: 55 - 59
1 Linda Kimmey 56 Clifton Park 1:47:05
2 Maureen Fitzgerald 58 Clifton Park 1:50:42
3 Kim Law 58 East Greenubush 1:51:38
MALE AGE GROUP: 60 - 64
1 Lee Pollock 63 Queensbury 1:30:14
2 Richard Clark 61 Feeding Hills, MA 1:38:38
3 Will Smith 62 Voorheesville 1:46:12
FEMALE AGE GROUP: 60 - 64
1 Martha Degrazia 64 Slingerlands 1:53:09
2 Cathy Sliwinski 60 Albany 1:57:45
3 Joan Celentano 62 Scotia 2:03:16
MALE AGE GROUP: 65 - 69
1 Juergen Reher 66 Wynantskill 1:43:36
2 Ken Klapp 65 Guilderland 1:46:04
3 Joe Yavonditte 66 Schenectady 1:54:42
FEMALE AGE GROUP: 65 - 69
1 Karen Spinozzi 67 Kingstont 2:01:13
2 Susan Wong 68 Glenmont 2:11:49
3 Katherine Ambrosio 65 Delmar 2:16:22
MALE AGE GROUP: 75 - 79
1 Jim Moore 76 Niskayuna 2:22:54

3.5 MILES
MALE OVERALL
1 Chris Herbs 22 Clifton Park 21:28
2 Jeff Haues 32 Niskayuna 22:08
3 Jeff Long 32 Albany 22:40
FEMALE OVERALL
1 Courtney Breiner 18 Troy 23:17
2 Colleen Maloney 20 East Greenbush 24:00
3 Kathleen Bush 31 Johnstown, PA 25:53
MALE AGE GROUP: 1 - 14
1 Nathan Fajen 9 Nassau 30:24
2 Ezra Rosenberg 12 New Lebanon 31:09
3 Jascha Teichmann 8 Niskayuna 31:31
FEMALE AGE GROUP: 1 - 14
1 Ava Bashant 13 Guilderland 36:50
2 Isabella Malouf Wal 9 Albany 36:50
3 Olivia DeCitse 10 Troy 37:11
MALE AGE GROUP: 15 - 19
1 Justin Peabody 19 Ballston Lake 26:29
2 David Huse 17 Slingerlands 38:44
FEMALE AGE GROUP: 15 - 19
1 Gabriella Broga 15 Nassau 31:27
2 Mary Harrienger 16 East Greenbush 39:00
3 Emma McCorry 15 Amherst 39:13
MALE AGE GROUP: 20 - 24
1 Eric Pierson 23 Glenmont 23:59
FEMALE AGE GROUP: 20 - 24
1 Amy Lebel 20 Charlton 28:59
2 Laura Maloney 21 Loudonville 37:44
3 Nicole Fuller 24 Rensselaer 39:00
MALE AGE GROUP: 25 - 29
1 Michael Chernoff 27 Troy 42:16

HURT NORDIC MEGA RELAY 6-HOUR TEAM SKI RACE
January 9, 2016 • North Creek Ski Bowl, North Creek
MEN'S RELAY
1 HURT Nordic: Brian Beyerbach, Bryce Beyerbach, Ethan Stark, Dan Manzella, Nino Manzella, James Conway 97.5
2 Peru Nordic: Paul Allison, Jim Kobak, Chris Rose, Brian White 95.5
3 HURT Nordic: Adam Marino, Dave Paarberg-Kvam, Chris Yarsevich, Tim Huneck 72.0
4 ADK Vauhti: Mark Chmielewicz, Joe Dabritz, Eric Seyse, Jackson 69.0
5 HURT Nordic: Eric Hamilton, Tyler Koziol, Matt Brown, Harry Helinski, Brendan Tomb 64.5
WOMEN'S RELAY
1 HURT Nordic: Mary Duclos, Gina Huneck, Bernadette O'Brien, Carissa Mares, Jan Mares, Janet Marino, Ann Benson 51.5
2 New Paltz: Kelly Vincent, Ann Gregory, Jessica Cohen, Willa Butler 33.0
MIXED RELAY
1 HURT Nordic: Steve Tomb, Suzanne Tomb, Bill Blood, Sue Blood, Matt Pearsal, Michelle Pearsal 69.0
2 ADK Vauhti & HURT Nordic: Emily Cromie, Seamus Tomb, Will Davis, Casey Tomb 68.5
3 HURT Nordic: Amy Duclos, Owen Putman, Aaron Huneck, David Benson, Adam Chrzan, Dowon Lee, Nathaniel Kinkaid 65.0
Courtesy of NYSSRA Nordic

30TH ANNUAL WINTER WIMP FOOT RACE: 4.4 & 2.2 MILES
January 9, 2016 • Hagaman Fire House, Hagaman

4.4 MILES
MALE OVERALL
1 Cheyne Hoag 26 Queensbury 25:19
2 Richard Cohen 45 Utica 25:26
3 Josh Merlis 34 Albany 26:21
FEMALE OVERALL
1 Cathleen Willy 31 New Hartford 27:22
2 Emily Kowalczyk 25 Vestal 31:09
3 Briana McNamee 26 Albany 31:33
MALE AGE GROUP: 1 - 14
1 Lance Jennings 14 Broadalbin 31:00
2 Timothy Shriver 14 Groversville 42:55
MALE AGE GROUP: 15 - 19
1 Josh Febbie 16 Groversville 27:15
2 Jonathan Knack 17 Amsterdam 32:26
3 Connor Brooks 16 Broadalbin 57:48
FEMALE AGE GROUP: 15 - 19
1 Julie Capito 16 Amsterdam 47:32
2 Jessie Brooks 15 Amsterdam 47:34
3 Lyli Cirillo 16 Mohawk 51:17
MALE AGE GROUP: 20 - 24
1 Zachary Godfrey 22 Groversville 26:24
2 Brendan Guere 24 Amsterdam 29:57
3 Ian Alejandro 20 Amsterdam 32:05
FEMALE AGE GROUP: 20 - 24
1 Erin Niblo 24 Albany 45:24
MALE AGE GROUP: 25 - 29
1 Michael Douglass 27 Groversville 29:15
2 Joseph Spencer 29 Hagaman 35:17
3 Daniel Halbig 27 Ballston Lake 43:35
FEMALE AGE GROUP: 25 - 29
1 Michelle Pratt 26 Albany 36:24
2 Jamie Hoag 26 Queensbury 38:20
3 Kelley Cirillo 26 Groversville 39:54
MALE AGE GROUP: 30 - 34
1 Jim Sweeney 34 Albany 26:30
2 Ambrose Schaffer 33 Canajoharie 28:21
3 Steven Shrader 33 Amsterdam 31:40
FEMALE AGE GROUP: 30 - 34
1 Leah Schaffer 31 Canajoharie 34:52
2 Kate Calder 32 Ballston Lake 42:08
3 Brittany Douglass 30 Cohoes 43:33
MALE AGE GROUP: 35 - 39
1 Christopher Eaton 39 Johnstown 33:29
FEMALE AGE GROUP: 35 - 39
1 Christine Eaton 39 Johnstown 35:26
2 Abbey Ballard 36 Amsterdam 39:08
3 Trisha Bobowski 36 Johnstown 39:45
MALE AGE GROUP: 40 - 44
1 Brian Northan 40 Guilderland 28:43
2 Greg Ethier 42 Clifton Park 29:18
3 Tony Kasowski 41 Porter Corners 31:45
FEMALE AGE GROUP: 40 - 44
1 Jessica Northan 40 Mohawk 32:03
2 Deirdre Salerno 42 Amsterdam 35:52
3 Lori Beck 42 Amsterdam 39:20
MALE AGE GROUP: 45 - 49
1 Jamie Spraker 47 Groversville 33:28
2 Paul Rogers 48 Johnstown 36:41
3 Walter Gannon 45 Groversville 36:57
FEMALE AGE GROUP: 45 - 49
1 Lynn Fredericks 49 Amsterdam 38:51
2 Jalaine Pagles 49 Ballston Spa 40:49
3 Laura Sakala 49 Ballston Lake 40:50
MALE AGE GROUP: 50 - 54
1 Sam Mercado 52 Albany 30:10
2 Jim Owens 53 Clinton 31:41
3 Sam Dikeman 54 Schenectady 35:31
FEMALE AGE GROUP: 50 - 54
1 Kirsten LeBlanc 52 Broadalbin 39:40
2 Donna Panzl 51 Broadalbin 45:37
3 Valerie Kline 53 Amsterdam 50:55

MALE AGE GROUP: 55 - 59
1 Ron Green 57 Groversville 30:43
2 Brian Teague 57 Glens Falls 32:13
3 Lennie Davis 55 Newport 32:41
FEMALE AGE GROUP: 55 - 59
1 Lynne DeRusso 59 East Berne 42:43
2 Barbara Scheurer 55 Saratoga Springs 44:59
3 Debbie Tierney 56 Troy 45:04
MALE AGE GROUP: 60 - 64
1 Steven Sweeney 60 Delanson 31:34
2 Dennis Fillmore 63 Ballston Spa 34:29
3 Rich Tanchyk 64 Saratoga Springs 39:00
MALE AGE GROUP: 65 - 69
1 Joe Yavonditte 66 Guilderland 38:03
2 Lewis DiCaterino 68 Amsterdam 58:05
FEMALE AGE GROUP: 65 - 69
1 Jill Pederson 65 Lake George 39:46
MALE AGE GROUP: 70 - 74
1 Richard Thiessen 72 Round Lake 47:01
2 Denis Brennan 70 Schenectady 47:50
3 Raymond Lee Jr. 73 Halfmoon 59:14
MALE AGE GROUP: 80 - 84
1 Richard Schumacher 82 Hoosick Falls 59:15

2.2 MILES
MALE OVERALL
1 Alex Hitrick 18 Broadalbin 13:29
2 Gavin Ethier 12 Clifton Park 15:46
3 Gregg Ielfield 51 Glenfield 17:00
FEMALE OVERALL
1 Hannah Ielfield 12 Glenfield 15:54
2 Richele Mollica 41 Johnstown 19:51
3 Megan Loomis 7 Malta 20:05
MALE AGE GROUP: 1 - 14
1 Hayden Seeley 10 Groversville 22:36
FEMALE AGE GROUP: 1 - 14
1 Carly Vecchio 11 Fonda 25:39
MALE AGE GROUP: 20 - 29
1 Aristotle Boslet 20 Palatine Bridge 17:05
FEMALE AGE GROUP: 20 - 29
1 Molly Capito 20 Amsterdam 22:07
MALE AGE GROUP: 30 - 39
1 William Crain 35 Saratoga Springs 26:52
FEMALE AGE GROUP: 30 - 39
1 Nora Flansburg 34 Saratoga Springs 24:49
2 Jo-Ann Lant 35 Gansevoort 26:48
3 Amy Seeley 39 Groversville 27:43
MALE AGE GROUP: 40 - 49
1 Paul Loomis 43 Malta 20:09
2 Gregory Conti 44 Galway 20:28
3 Patrick Hanifin 46 Fort Plain 24:19
FEMALE AGE GROUP: 40 - 49
1 Valerie Charpentier 43 Fort Johnson 21:55
2 Tracy Febbie 45 Groversville 22:05
3 Danielle Granger 44 Hudson Falls 24:42
MALE AGE GROUP: 50 - 59
1 Michael Matecko-Conti 56 Galway 20:29
2 John Pagles 58 Amsterdam 20:54
3 Sheldon Howard 56 St. Johnsville 28:21
FEMALE AGE GROUP: 50 - 59
1 Isabel Reale 55 Amsterdam 24:43
2 Fran Boyer 52 Amsterdam 33:35
MALE AGE GROUP: 60 - 69
1 John Vavassour 66 Albany 30:07
2 Steven Acquilla 64 Amsterdam 36:34
MALE AGE GROUP: 70 - 79
1 Dave Gomula 72 Amsterdam 30:59
2 Robert VanWert 77 Hagaman 32:34
Courtesy of Fulmont Roadrunners Club

QUEENSBURY INVITATIONAL & JUNIOR NATIONALS QUALIFIER XC SKI RACE
January 16, 2016 • Gore/North Creek Ski Bowl, North Creek

OPEN & MASTERS RACE
MALE AGE GROUP: 18 - 29
1 Alex Benway Saratoga Springs 14:58
2 Adam Marino HURT 18:45
3 Terry Allard North Creek 18:48
FEMALE AGE GROUP: 18 - 29
1 Alyssa Dausman Saratoga Springs 17:51
2 Jennifer Rutkowski Marlboro 20:51
MALE AGE GROUP: 30 - 34
1 David Paarberg-Kvam Manchester, VT/HURT 16:21
2 Eric Seyse Scotia/Glenville Hills 16:54
3 Michael Gaughan Philadelphia, PA 16:56
MALE AGE GROUP: 35 - 39
1 Bill Frazier HURT 17:01
2 Chris Yarsevich Greenfield/HURT 17:44
FEMALE AGE GROUP: 35 - 39
1 Jill Koziol Buskirk/HURT 23:01
MALE AGE GROUP: 40 - 44
1 Matthew Tornaiainen Fultonville/Adk Vauhti 15:50
MALE AGE GROUP: 45 - 49
1 Chris Rose Peru/PNMSP 16:49
2 Jim Kobak Peru/Peru Nordic 18:51
3 Brian White Peru/Peru Nordic 20:22
MALE AGE GROUP: 50 - 54
1 Stanley Hatch Cadyville/Peru Nordic 17:38
2 Jim Miller Adams/Adams Nordic 19:37
3 Kurt Gustafsson Brooklyn/Axis 19:55
FEMALE AGE GROUP: 55 - 59
1 Jan Mares Saratoga Springs/HURT 26:17

JUNIOR NATIONAL QUALIFIER
U18 JR BOYS CLASS 1
1 Owen Putman Shenendehowa HS 14:25
2 Aaron Huneck Shenendehowa HS 14:40
3 Ethan Wood Saranac Lake HS 14:53
U16 JR BOYS CLASS 2
1 Brian Beyerbach Queensbury HS 15:17
2 Daniel Manzella Queensbury HS 15:35
3 Seamus Tomb Johnsburg HS 15:58
U18 GIRLS JR CLASS 1
1 Gabby Armstrong Lake Placid HS 10:46
2 Megan Greene Old Forge HS 11:20
3 Eliza Blood Queensbury HS 12:03
U16 GIRLS JR CLASS 2
1 Anna Schriefer Pittsford HS 12:10
2 Emily Greene Old Forge HS 12:16
3 Laura Levi Old Forge HS 12:17
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RUNNING & WALKING



2015 BLUE NEEDS YOU 8K ON THE EAST SIDE OF SARATOGA SPRINGS.
PHOTO BY BRUCE MCDONOUGH

Early Spring Races!

By Mona Caron

Spring is on its way. Late March and early April races symbolize the beginning of the outdoor racing season. Three weekends in a row offer a variety of distances and locations that you can start training for now.

The 7th annual Schenectady Firefighter's **Run 4 Your Life 5K Run/Walk** on Saturday, March 26, starts and finishes in Schenectady's Central Park. The event benefits the American Heart Association and it was created by race director and firefighter Brian Demarest to inspire heart health awareness, especially within the firefighting community - where almost half of all firefighter deaths are cardiac-related. Brian feels he can promote cardiovascular health by running, and lead by example.

Runners and walkers can warm up after their race with a free entry to the Chowderfest Charity Cookoff inside the park's pavilion, and spectators and families can partake for a small fee. (schenectadyfirefightersrun4yourlife.jigsy.com)

On March 26, Saratoga Springs will hold its second annual **Blue Needs You 8K Run**, created after the extremely cold 2013-14 winter experienced by the Saratoga Springs Code Blue Emergency Shelter. Code Blue was created to help the homeless citizens of Saratoga Springs in need of shelter in extremely frigid temperatures. Extreme winter weather is defined as 12 inches of snow or more and temperature of 20 degrees or less, including wind chill factor.

Proceeds go toward the future growth of this necessary shelter. Saratoga's 8K road race starts at High Rock Park, and rolls its way through the neighborhood streets of the East Side, with an out and back on the Spring Run Trail. The course is front-loaded with a few challenging hills, then it levels off with more than 5K remaining on the scenic route. A 400-meter Kids Fun Run will start before the 8K. (codeblueneedsyou.org)

Also on March 26, the 22nd annual **Rabbit Ramble 4-Mile Run & 2-Mile Walk**, will be at Guilderland High School in Guilderland Center. The certified course is flat, fast and off the main roads. All runners receive a race T-shirt, and new this year, those registered January 20, receive a pair of running gloves. Race director Phil Carducci hopes age group runners stay for the custom rabbit medals to be handed out at the awards ceremony.

Post-race perks include live music, door prizes and refreshments. Proceeds benefit the Altamont Food Pantry, and the Helderberg Running Club Junior Olympic team, to help with student travel costs and fees. (active.com)

On Saturday, April 2, the 37th annual **April Fool's 5K & 10K Races** at Salem High School in historic Salem. Runners can enjoy a peaceful, rural setting in Washington County. The 5K and 10K courses are not only scenic but challenging. Runners will enjoy the gentle climb in the 5K, with a relatively flat stretch in the middle, and a small hill toward the end. The 10K is a scenic out-and-back course.

Prior to the races, there's a 1-Mile Children's Run for ages 14 and under. All race entrants receive an April Fool's T-shirt. Co-sponsored by the Salem Rotary Club and The Mind's Eye, the high school literary magazine, proceeds help support the rotary's student exchange program and the magazine's student activities. (aprilfool-srace.com)

For something completely different, on April 2, is the inaugural **West Mountain 5K Countryman Challenge Obstacle Run** at West Mountain in Glens Falls. This new race will be an on-snow mountain race with snow obstacles that will start near the Main Lodge at 4pm.

Race fees include a T-shirt and BBQ dinner with music from Audio Stars' J Yager and Bobbie van Detta and Bon Fire. A shorter course with obstacles on the Bunny Hill will be free for kids. (westmtn.net)

Try the fourth annual **Bacon Hill Bonanza 5K Race/Walk & 10K Race** on Saturday, April 9. It starts at the historic Bacon Hill Reformed Church, north of Schuylerville (and just east of Saratoga Springs), and proceeds benefit steeple repairs and Hudson Crossing Park. Age-group winners receive homemade pies!

The sanctioned course winds through some beautiful farm country in northeastern Saratoga County, which includes dirt-road sections. The first 300 registered receive a performance shirt. There's also a Kids' 1-Mile Fun Run. (baconhillbonanza.com)

Kick-start your spring training by registering for a few early season races and set yourself up for a successful year! 🍌



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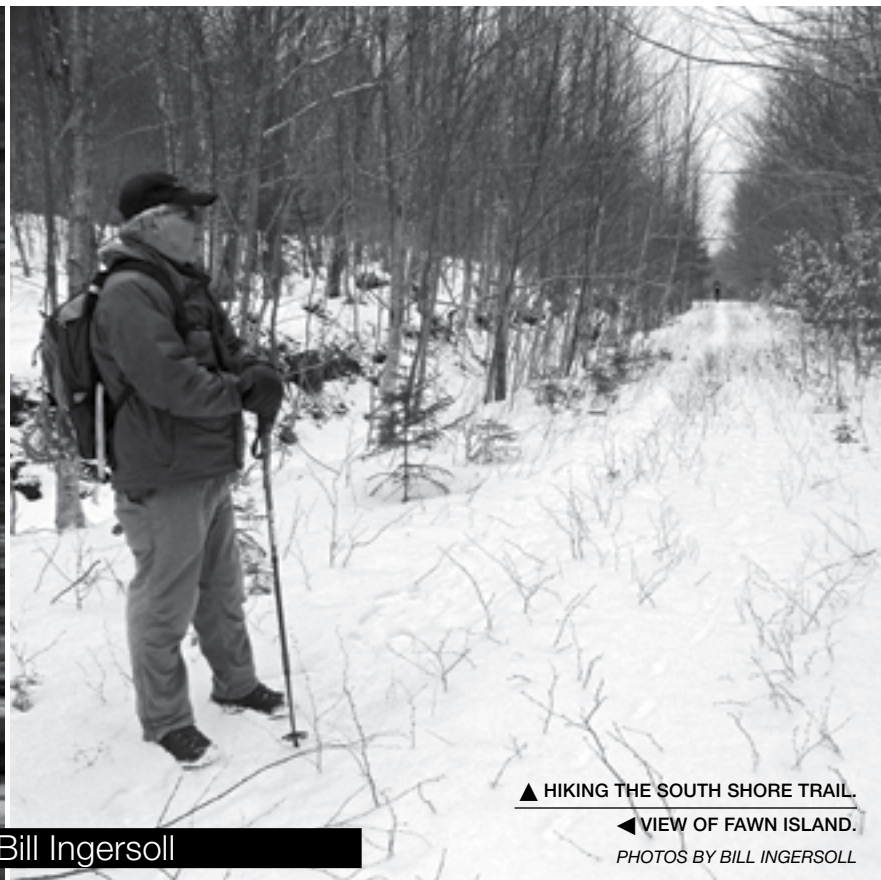


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▲ HIKING THE SOUTH SHORE TRAIL.
◀ VIEW OF FAWN ISLAND.
PHOTOS BY BILL INGERSOLL

LITTLE TUPPER LAKE'S

By Bill Ingersoll

SOUTH SHORE TRAIL

Given that no one knows what snow conditions to expect from week to week during this unusual winter, with its numerous reversals in freezes and thaws, here is a recommendation for a late-season hike that is enjoyable in a variety of situations: if it snows, it's an excellent ski trail; if there's no snow, it's a fine walk anyway; and if spring comes early, you'll find that this old road is largely free of mud.

The state acquired the land surrounding Little Tupper Lake from Whitney Industries in 1998, after a proposal to subdivide the property into 40 lots surfaced. This parcel also included Rock Pond, and it connected with the state land surrounding Lake Lila; in 2000 the entire area became the William C. Whitney Wilderness.

Land travelers have always needed a healthy dose of optimism when exploring the Little Tupper Lake trail system, because the area was so heavily logged prior to the state's acquisition. At the time the property opened to the public much of the forest consisted of slender saplings, and the road network was so pristine that cars could have driven them with ease (trailhead barriers notwithstanding).

So here's the challenge. Is the Little Tupper Lake tract a place where the signs of prior human activities are so painfully evident that our wilderness sensibilities prevent us from seeing past the roads and clearings?

Or are the restorative effects of nature a sufficient reason to enjoy our time here, as we observe over time the land's progression back to its original wilderness state?

Remember that many of the park's most scenic wilderness areas such as Giant Mountain, Dix Mountain, Ha-de-ron-dah were once just as badly impacted by human activities, if not worse. Those of us who have been exploring Little Tupper Lake since it was opened to the public can already point to several signs of improvement.

GETTING THERE

Sabattis Road, which leads to Little Tupper Lake, begins on NY 30 about 7.1 miles north of downtown Long Lake. The trailhead is located on the left side of Sabattis Road 2.5 miles from the highway, with room for about two or three vehicles to park.

THE TRAIL

There is no escaping the fact that this trail was a very good road only eighteen years ago. However, nature has been hard at work to soften some of its harder edges since then. It begins by leading southwest from the trailhead gate, too far back from the shore for even a teasing glimpse of Little Tupper Lake at first. After flirting briefly with a private land boundary on the right, the road veers south and gradually drops to a scenic beaver flow at one mile. Because the dam sits atop the road, the crossing offers a little bit of adventure. The pond above the dam is surprisingly expansive, and down-

stream you can glimpse the tip of one of Little Tupper's bays.

At 1.5 miles you reach the first of several prominent intersections. In this case the South Shore Trail bears right in a small clearing, as indicated by a trail sign. For much of the next mile the old road traverses a hillside, with through-the-tree views of the lake down to your left. Although nature has made inroads in reclaiming the surface, this road was so well built that it will endure for decades. The deep drainage ditch suggests that its builders intended it to be a permanent facility, and not some ephemeral skid trail. But the forest here was not as heavily logged as in other parts of the tract, and one might even say that the walking here is enjoyable.

There is another key turn in a clearing at 2.6 miles, where another trail sign points the way left. Here the trail turns away from Little Tupper, venturing closer to the northwest corner of Stony Pond. Before the sale to the state, this road was indeed called Stony Pond Road, but its namesake pond was not included in the purchase and there is no public access to it.

Keep right at the next junction at 3.2 miles, located in a soggy area where another beaver dam threatens to flood the old road; the coniferous forest above the dam will probably become a scene of desolation as the trees succumb to the drowning of their roots.

The road threads its way around a sprawling wetland complex to the north, turning

westward back toward the lake. Then at 4.2 miles you reach another intersection where your first impulse might be to keep left on the more obvious road. The marked trail, however, bears right. The last 500 feet of the South Shore Trail are sure to be anticlimactic, since it ends well short of the shoreline. Maintenance has never been a priority here. The road dips into a low-lying area and effectively ends at the side of a beaver flow.

Fortunately the dam is broad and sturdy, and it is easy to walk across it to the far side. A short bushwhack of about 250 feet is all that is needed to complete the hike and reach the shore of Little Tupper Lake, near the tip of a small bay south of Fawn Island.

Despite the trail's non-wilderness origins and the peculiarities of its ending, this is a surprisingly enjoyable route. The varied wetlands seen along the way are intriguing, and the forest here is not as scrubby as it is elsewhere in the tract. This would be an excellent ski trail, replete with long and gentle grades, were it not for the occasional fallen tree and pocket of brush. I plan to return myself to explore that last left turn, which may connect with other routes to enable a circuit hike all the way around the far end of the lake.

In other words, don't be put off by the trail's origins. This is a place with real wilderness potential. ▲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondack's guidebook series (hiketheadironacks.com). For more on this region, consult Discover the Northwestern Adirondacks.

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Paddling South

By Alan Mapes

PHOTOS BY ALAN MAPES

◀◀ **THREE SISTERS SPRING, CRYSTAL RIVER, FLA.:** KATHY AND MIKE CAVANAUGH ENJOY THE SUNSHINE AND CLEAR WATER, AS THEY LOOK FOR MANATEES.

◀ **HOMOSSASSA RIVER:** A FLORIDA MANATEE COMES TO INSPECT MIKE'S KAYAK ON THE HOMOSSASSA RIVER.

▲ **GEEZERS LEAVE TOWN:** MIKE CAVANAUGH AND ALAN MAPES READY TO LEAVE THE NORTHEAST AND 20 DEGREE WEATHER.

Northeast winters are awfully long for an obsessed kayaker, but I've found a solution. My buddy Mike Cavanaugh and I will tie the boats on an SUV, hook up a small camping trailer, and drive south - as far as it takes to find warm waters and sandy beaches. We camp at state parks, eat good seafood, and paddle nearly every day. Let me share some of our favorite places to paddle and camp, along with some tips for enjoying the experience to the max.

We started these month-long trips in 2009, sharing our adventures with friends and family through an online blog and later on Facebook. Needing a title for our trips, we dubbed them "Geezers Go South." We were only in our late 50s when the trips started, but the "Geezer" moniker seemed to fit - we are not in a hurry, going where the weather and good paddling takes us, visiting friends along the way and making some new ones.

Mike and I are both married with grown kids. So how do we get away with this? Both of us have retired from full-time work, so our part-time jobs give us the freedom to take four or five weeks off. The 'family leave' comes thanks to our understanding wives. They often join us for a week or ten days while we are in Florida or the Gulf states. They fly down and we bring kayaks for them.

A fun wrinkle of our travels involves eating - we like to! On our first Geezer trip, we were depressed to see all of the chain restaurants along I-95 and we vowed to avoid all chain eateries. We've had great experiences seeking out locally owned restaurants and watering holes.

We often take kayaking classes as part of these trips. In the process, both Mike and I have become certified kayak instructors through the American Canoe Association. We find it important to continually improve our skills with paddling and instructing techniques.

HERE ARE A FEW OF OUR FAVORITE AREAS FOR WINTER PADDLING:

Charleston, S.C. The town is surrounded by water and the whole coastal plane, or "low country" offers a series of marshes and slow, winding rivers - excellent for paddling. Places we've paddled include the Edisto River from Givhans Ferry State Park, the Folly Beach marshes, and Deveaux Bank Island - timing the tide currents is important for this location.

Georgia Islands and Okefenokee Swamp. We camp at Crooked River State Park and have paddled the areas of Cumberland Island, Jekyll Island and Amelia Island. An hour's drive inland, a paddle into the Okefenokee Swamp from Folkston, Ga. is a real treat. Lots of showy birds and sleepy alligators are there to greet you.

Indian River near Sebastian Inlet, Fla. We stumbled on a great county park to camp at - Long Point Park near Sebastian Inlet. The Indian River lagoon is wonderful shallow warm waters full of dolphins and pelicans. We launch the kayaks right from our campsite, as most are right on the water.

Myakka River State Park, Fla. If you like birds, alligators and wild pigs, this park is for you. Paddling here is a bit challenging due to shallow waters, but the wildlife watching is terrific! The tram and airboat rides are great ways to see the wildlife up close.

Homosassa Springs and Crystal River, Fla. The Gulf Coast of Florida, north of Tampa, is a big favorite of ours. We stay at Camp 'N' Water private campground in Homosassa Springs, launching right from there into the Homosassa River. Nearby is Kings Bay at Crystal River, a great spot for seeing manatees and dolphins. Nearby we've paddled the Chassahowitzka River, Mason Creek and Ozello. Be sure to visit "The Freezer" for peel-them-yourself shrimp and dollar drafts.

Cedar Keys National Wildlife Refuge, Fla. From the quaint, remote village of Cedar Key, we visited a string of islands that make up the refuge. Dolphins, terns, black skimmers and pelicans will keep the journey interesting.

St. Joseph's Peninsula State Park, Fla. If you like remote, quiet areas, the Florida Panhandle is a region to check out. The bay side of this peninsula offers protected waters and is reputed to be a great for fishing. Town is five miles away, as the crow flies across the bay. If the crow has to drive, it's closer to 25 miles!

Gulf Islands National Seashore, Ocean Springs, Miss. We stay at Davis Bayou Campground - part of the national seashore - paddling through the bayou marshes and around nearby Deer Island.

Delmarva Peninsula, Kiptopeke State Park, Va. Closer to home, we enjoy the Chesapeake Bay area as we head back north in the spring. Check online for the Kiptopeke Sea Kayak Symposium, a wonderful event, held in late September and offering classes for all skill levels of paddlers.

If you go - We find that campsites in the south can be hard to get on short notice. Making reservations months in advance does not fit our wandering Geezer travel mode, but are needed, especially with a trailer. The \$20 a night state park campsites get booked up by the \$100,000-plus motor homes! If you camp with a tent, it's easier to find sites on short notice.

For people not on a flexible time schedule, there is the option of flying to a southern destination and renting boats, or booking kayak guided tours. Look online for paddle shops that provide the services you need.

As with paddling anywhere, safety is paramount. Conditions are often quite serene when we paddle in the south, but winds, waves and tidal currents can be an

issue along the coast. It's best to go with an organized tour group if you are not experienced. We paddle well-equipped kayaks and we are up-to-date on our safety and rescue techniques. Mike and I always wear our life jackets, though many people down south do not. We use caution around any wildlife, taking photos, but keeping a safe distance from alligators, snakes and any other critters and we have never had a problem.

Are we running out of new places to paddle after seven years of Geezer trips, you ask? Heck no! There are hundreds, maybe thousands of great places that we've not yet paddled, just in Florida alone. How do we find out about wonderful places to paddle?

- Online resources like paddling.net will give you detailed information on launching sites and paddle trips.

- Paddling guidebooks are available for various sections of the Atlantic and Gulf Coasts.

- Small kayak and canoe shops are run by people who are passionate about exploring with small boats. Talk to the staff and they will guide you to the best spots. Two of our favorite shops are Sea Kayak Carolina in Charleston, S.C. and Sweetwater Kayaks in St. Petersburg, Fla. Shops like these conduct guided tours and provide boat rentals for pale northerners like us.

There is no better cure for the winter blues than heading south with your kayak or canoe. Mike and I will be starting another trip soon. Follow us on Facebook at "Geezers Go South." 🌲

Alan Mapes (alanmapes@gmail.com) is a sea kayak instructor and guide, certified by the American Canoe Association and British Canoe Union. He lives near Delmar and offers kayak instruction through the Capital District Kayakers Meetup Group.

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ADIRONDACK SPORTS
SUMMER EXPO
 March 5-6 Saratoga Springs City Center

- All Fat tire bikes on sale - **15-30% OFF**
- **HUGE** savings on all leftover road bikes Trek, Specialized
- **SKIS** • Nordica, Fischer, Rossignol, Head, Volkl - **1/2 PRICE**
- **SKI BOOTS** • Nordica, Lange, Rossignol, Head, Fischer - **1/2 PRICE**
- **SKI HELMETS:** Smith, Giro, Marker - **1/2 PRICE**
- **SKI GOGGLES:** Oakley, Smith, Scott, Giro - **1/2 PRICE**
- **SKI JACKETS:** The North Face, Scott, Killtec, Tresspass - **1/2 PRICE**
- **SKI ACCESORIES:** Neckups, Scarves, Face masks, Headbands - **1/2 PRICE**
- **PATAGONIA** - **30% OFF**

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

GLENMONT STORE
 329 Glenmont Rd (Rte 9W)
 (3 miles south of Thruway Exit 23)
(518) 427-2406

HUDSON STORE
 301 Warren St
 (corner of 3rd St)
(518) 828-5063

featuring **2015 Specialized Bike Specials**



Pitch Sport MTB - \$700
Sale \$549
 Hydraulic disc brakes, lockout fork, 650B wheels



Ruby Women's Road - \$1900
Sale \$1499
 SL4 Carbon frame & fork, Tiagra 2X10 drivetrain



Roubaix Men's Road - \$1900
Sale \$1499
 SL4 Carbon frame & fork, Tiagra 2X10 drivetrain

And much more!



7,300'+ VERTICAL
230+ TRAILS
800+ ACRES
3 MOUNTAINS



1 PASS

2016-2017 SKI3 Season Passes Are On Sale!

Buy yours today and enjoy the rest of this winter free, starting March 1. Ask about passholder perks available at all three mountains.

nySKI3.com