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# ADIRONDACK SPORTS

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## Super Spring Rides

■ START OF THE 2015  
TOUR DE CURE.  
DAVE KRAUS

■ 2015 WHITEFACE  
UPHILL BIKE RACE.  
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PHOTOGRAPHY

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By Dave Kraus

Spring is here, and that means that great cycling events are going to be popping up like tulips in the coming weeks. Two of the most prominent events in the in upstate New York are back for another season. The Tour de Cure, sponsored by the American Diabetes Association, will return at its tradition time in early June. But the other – Tour of the Battenkill – will offer a new date and new features.

On Sunday, June 5, the 25th annual **Tour de Cure** will once again roll out from Saratoga Springs High School with an expected 2,500-plus riders gathering to ride a variety of distances including 10, 28, 50, 62.5 and 100 miles to support diabetes research and services. It's one of the largest charity rides in the Northeast and is now the second largest Tour de Cure event in the nation behind Napa Valley, Calif. The 10-mile ride is mostly flat in Saratoga Spa State Park; the 28-miler connects with the Zim Smith Bike Trail; 50-mile route offers moderate hills; and the metric and century routes challenge riders in the southern Adirondack foothills.

On the road, full service rest stops will offer food and drink, and there's also full mechanical and sag support. After the finish, Mazzone Hospitality serves lunch, and there's music and massage therapists. Riders can also earn various merchandise prizes depending on how much they raise, and participants raising more than \$500 get a special Tour de Cure jersey. There's also the special Red Riders team for riders with diabetes, with specific incentives and special jerseys to recognize team members. Two of the nation's top ten single site teams, Kivort Steel and Davidson Brothers Drafters, are based in the Saratoga region. For complete info and registration go to: [diabetes.org/saratoga](http://diabetes.org/saratoga).



At the 12th annual **Tour of the Battenkill**, the winds of change are blowing in Washington County, as they make some changes to continue widening the event's appeal. First, the traditionally challenging route will host cyclists on Saturday, May 21, more than a month later than it's previous early April date – in order to provide more reliable good weather. This year the Battenkill will also be a one-day Pro/Am event, with fewer racing

See **BICYCLING**, 25 ▶





**the FALLEN ARCH**

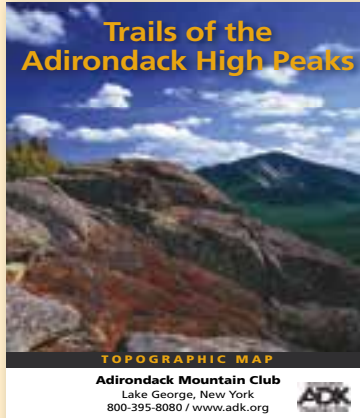
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# 5K Spring Roundup



By Laura Clark

**O**n your spring evening commute home you will suddenly notice: People! Out walking, running, riding, window shopping. Where were they this winter? The urge to don shorts and sneakers and head outdoors is overwhelming. Abandoned New Year's resolutions resurface and assume an eager pose, filled with joy rather than obligation.

This compulsion to move extends to newbies, hibernators and hothouse runners. For the newbies, there are all those health club, race affiliated or Fleet Feet Sports sponsored Couch to 5K programs to temper enthusiasm with caution. Hibernators and hothouse runners, though, tempt the endangered list. Couch potatoes, who transpose fall race times onto spring attempts, and gym rats, whose treadmills do not allow for wind resistance and hard, uneven surfaces are ripe for the injured list. Ease into your 5K training gradually and you too will make it to the start line of the following local 5Ks.

At the start of the lineup is the 15th annual **Sean's Run 5K** in Chatham on Sunday, April 24. Voted Columbia County's Best Spring Community Event, this celebration honors Sean French who lost his life in 2002 when a drunk driver hit the car he was a passenger in. It has grown from the flagship Sean's 5K Run, to Meghan's Mile (youth race and shorter walk for all), to the "Battle of the Belts" (a fun seatbelt buckle-up competition), to an entire weekend's worth of events, with a separate shirt for each day! Go online to view the long-sleeved run/walk shirt, the Saturday bike jersey, and Zumbathon tee. Not often do you have the opportunity to see your top before the race, let alone earn three in one fell swoop!

Saturday features Sean's Ride featuring 10, 25 and 50 mile scenic routes along country roads, Zumbathon, and a free Special Needs Kids' Run. Both days showcase an expanded food court, exhibits and music. Proceeds benefit youth groups and schools promoting prevention as well as scholarships for graduating seniors. Visit: [seansrun.com](http://seansrun.com).

Celebrate May Day on Sunday, May 1 at the eighth annual **Cherry Blossom 5K Race and 1.5-Mile Walk for ALS** at the Congregation Gates of Heaven on Ashmore Avenue in Niskayuna. This is the same Ashmore Avenue that you may have passed enroute to the old Stockade-athon 15K start in Central Park. Familiar territory.

What makes this race distinctive is that athletes are encouraged to participate in both the walk and the run, with staggered start times, and a combo registration discount. Plus, you get to see different scenery,

with the relatively flat 5K heading off into the residential neighborhood of Old Niskayuna and the walk looping through Schenectady's Central Park. Afterwards, enjoy the Cherry Blossom Festival with your family. Go to: [5kpaceforals.com](http://5kpaceforals.com).

The following week, come to the 10th anniversary of the **CCRC 5K Run/Walk/BBQ** on Saturday, May 7 based from Christ Community Reformed Church in Clifton Park. Any race that includes a full BBQ dinner definitely claims a hungry runner's attention. Eschewing normal early morning race starts, this event kicks off at 3pm, allowing plenty of time for kids' sports and family chores. The relatively flat course winds through pleasant Clifton Park neighborhoods, circling the Clifton Commons, and then heading back to the church.

Besides the usual age group awards, there are six different family team categories, an early Mother's Day carnation for all participating mothers, an ice cream certificate and medal to all kids' 1K fun runners, and a huge array of raffle prizes. Last year every runner won a prize or a raffle. And best of all, there is no need to hurry home and cook dinner or do the dishes! Race director Pat Glover emphasizes, "The goal is to promote healthy lifestyles and family fun, with the emphasis on "participation, not performance." Proceeds this year are targeted to Things of My Very Own, which provides services and necessities to at-risk children. Check out: [ccrc-cpny.org](http://ccrc-cpny.org).

On Saturday, May 14, head over to the sixth annual **Kerry Blue Hustle 5K Race/Walk** headquartered at the St. Mary's-St. Alphonsus School in Glens Falls. The mostly flat and fast route begins on Church Street, includes a portion of the Glens Falls to Lake George bike path, and loops around East Field, including pauses at three water stops.

New this year are gender-specific T-shirts

CCRC 5K RUN/WALK/BBQ IN CLIFTON PARK.



START OF THE CHERRY BLOSSOM 5K RACE FOR ALS IN NISKAYUNA.

▲ 2015 SEAN'S RUN 5K FINISHERS SPENCER WINTERS OF HILLSDALE, OLIVER NOLL OF MILLRIFT, PA., AND JULIE DANYLIELO OF PITTSFIELD, MASS. DOUG STALKER

for the first 100 entries, including children's sizes, which are rarely offered at races. Afterwards, enjoy discounts at the many neighborhood restaurants and shops, using your race bib as collateral. Proceeds benefit the school and St. Mary's Food Pantry. And don't forget to wear blue in honor of the school's Kerry Blue terrier mascot! Visit: [smsaschool.org](http://smsaschool.org).

Or, on Saturday, May 14, head over to Schenectady's Central Park for the ninth annual **Joan Nicole Prince Home 5K Run and 1-Mile Walk** to benefit this end-of-life facility primarily staffed by volunteers, which offers compassionate care to terminally ill residents in greatest need. The course follows the traditional Central Park 5K loop and also features a mile walk option.

All participants are encouraged to pose for free photos to commemorate the event. Afterwards, enjoy a chicken barbeque (\$10) and free dessert table, while you relax to live music. Children might also enjoy a session at Central Park's playground. Go to: [joannicoleprincehome.org](http://joannicoleprincehome.org).

Finally, Sunday, May 14 also brings another wonderful offering, the first annual **Summer Smith 5K Addiction Awareness Memorial Run** at Guelderland High School. This certified 5K course is a mostly flat route, with one small hill, perfect for beginners and speedsters. Launching from high school, it

heads out and back along nearby roads. The first 150 registered will be awarded T-shirts for their commitment.

This is an important community event as its goal is to support those who are struggling against the growing epidemic of heroin addiction to reach their own personal finish line. From race director, Kristin Hoin, "The race is in memory of my daughter, Summer, who lost her battle with addiction on January 9, 2015, after a 12 year battle. She is survived by her three children, 5, 6 and 14." Proceeds will benefit the Addiction Care Center of Albany to assist with community education, and the Schenectady YWCA to help a woman in recovery with her housing needs. Check out: [summersmith5k.com](http://summersmith5k.com).

Whatever profile you fit this winter, newbie, hibernator or hothouse, the 5K is an equal opportunity entry point, accessible and doable whatever your current level. Run experimentally as a novice, tentatively as an emerging hibernator, or gung-ho as an overly confident year-round contender. See you at the races! 🌲

*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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## NYSOGA Loses Past President, Tim Hallock, While Winter Hiking

ALBANY – On February 28, Tim Hallock's body was found on the Castle Creek Ravine Trail in Randolph, NH, near tree line between Mount Adams and Mount Jefferson. He was doing what he loved the most: solo hiking in the mountains.

Tim, 54, was a member of the New York State Outdoor Guides Association since 2005, serving as its vice president, president, region one director, water safety trainer, and on many committees through his years with the association. All fellow NYSOGA guides will miss his positive "can do" attitude.

All who knew Tim will remember his passion for life and doing the things that meant the most to him. His motto to all was "Live like you mean it." Tim lived his life to the fullest. His trail name "Yeti" was equally as fitting, a word typically used to describe an Abominable Snowman.

Tim had two passions: the sea and the mountains. He was the owner of Hallock's Marine Services and Northeast Mountain Guides, giving him the best of both worlds. Tim graduated from the US Merchant Marine Academy at Kings Point and logged over a million miles as a licensed ship's officer on any tonnage vessel on all oceans worldwide. Hallock's Marine Service located in the hamlet of Orient, NY, provided a variety of marine services to boaters in the Long Island area.

His passion for the mountains led Tim to become a New York licensed guide, starting his Northeast Mountain Guides business, and



joining NYSOGA. Tim's passion for the mountains led him to conquer many of the highest mountain peaks in the Northeast and Western US. He was most proud of winter hiking the full 133-mile length of the Northville-Placid Trail without resupply and in 16 days. Tim is the only hiker on record to do so. The entry on his Northeast Mountain Guides Facebook page after this feat, read "A personal best for Yeti. And more to come."

Tim's smiling face in the NYSOGA booth was a fixture at many Adirondack Sports Expos in Saratoga Springs. He will be missed by many in the outdoor community. Plans are underway to preserve Tim Hallock's memory by encouraging opportunities for children to enjoy the outdoors. Memorial donations can be sent to NYSOGA Kids to Camp Fund – Tim Hallock, Attn: Jeff Whittemore, 51 Elm St, Dolgeville, NY 13329. 🌲

## Abigail Radliff Successful In Fundraising for Adaptive Sit-Ski

NORTH CREEK – Abigail Radliff (Athlete Profile, Dec 2015) of Stillwater was successful in raising \$7,500 for the purchase of adaptive ski equipment for Gore Mountain thanks to the generous donations of more than 100 individuals, many of them Adirondack Sports readers. Abigail, age 22, and born with cerebral palsy, aged out of the Adaptive Winter Sports Program at Double H Ranch in Lake Luzerne, resulting in her months-long effort to increase accessible skiing opportunities at Gore Mountain, which did not have all the equipment needed for a robust adaptive ski program.

With the purchase of an accessible sit-ski, and the talented efforts of Gore adaptive ski instructors, people with physical challenges will enjoy the Adirondack slopes for years to come. Gore is now planning to purchase a second sit-ski with the remaining funds – good news for local adaptive skiers. 🌲



## Girlfriends Getaway at The Sagamore on May 6-8

BOLTON LANDING – Girlfriends Getaway in Bolton Landing is celebrating its 7th year of bringing women of all ages and backgrounds from all over the country to the shores of Lake George at The Sagamore on Friday-Sunday, May 6-8. This unique weekend allows attendees to choose from over 15 high quality workshops, classes and talks given by the most inspiring instructors. Get moving with LaBlast, RIPPED, Journey Dance, a guided nature hike or Hoopyogini. Relax with meditation, complimentary chair massage, and/or a cruise on the lake.

Pick up some new beauty, fashion and gardening tips throughout the weekend. Other classes will leave you with tools that will help motivate, inspire, embrace and honor the feminine divine within. Kick back and have fun with our Friday evening entertainment and cocktail hour, enjoy the three-course luncheon and lively fashion show on Saturday. Women of all ages are invited to visit and take advantage of special offerings at the unique shops and restaurants over the weekend. Room rates at The Sagamore are reduced and the spa extends 25% discount for treatments to all the attendees. For more info, visit: girlfriendsgetawaybolton.com. 🌲

## Lake George Hike a-Thon Off to a Strong Start

BOLTON LANDING – The Lake George Hike-A-Thon, held each July 5th, showcases the Lake George Land Conservancy's parks and preserves around Lake George as free public resources, and to promote a healthy, active lifestyle and appreciation for the outdoors. Just three weeks since registration opened, more than 200 people have signed up, anticipating 600 hikers, paddlers and volunteers.

Hikes take place simultaneously all around Lake George, culminating with aerial photography of each group. Of the 14 available sites, two have already filled to capacity, including a new site for 2016, Rogers' Rock/Little Slide in Ticonderoga. Other new sites include Pole Hill Pond Preserve in Bolton, and a paddle to Northwest Bay, also in Bolton.

The paddle to Northwest Bay will start at the state boat launch on NY Route 9N, and end at the tip of the LGLC's Loines Preserve, just at the mouth of the Bay. For those looking to climb the face of Rogers' Rock as part of the Hike-A-Thon, RockSport, a climbing facility and outdoor guiding service in Queensbury, will lead a climbing group on the Slide during the Hike-A-Thon. There is a fee to climb, and all climbers must sign up through RockSport.

The LGLC is also seeking Hike-A-Thon volunteers. A large crew of volunteers is needed to help lead hikes and keep things running smoothly on the ground.

Free event t-shirts are offered to those who register by April 30; those shirts will also be available for purchase by those who register after that date. The LGLC will also continue offering the chance to win a ride in the Hike-A-Thon helicopter as part of its spring appeal. For more info on the events, to volunteer and to sign up, check out: lakegeorgehikeathon.org. 🌲



AERIAL VIEW OF CAT MOUNTAIN AT 2015 HIKE-A-THON. CARL HEILMAN

## Adirondack Ultra Cycling Spring and Summer Schedule

SCHUYLerville – With the arrival of spring and summer rapidly approaching, Adirondack Ultra Cycling offers several rides and races to challenge cyclists. First, on Sunday, April 24 is the 300K brevet from Schuylerville to Elizabethtown. This is followed by Adirondack Brevet Week in Wilmington, consisting of five brevets ranging in distance from 100K to 600K from May 23-28. Riders may do any or all of the brevets during the week and will be treated to some of the best and most challenging cycling in the area. The week offers a great opportunity for riders to put in great base miles and work on their climbing and endurance. A highlight of the week is the 300K brevet, which takes riders along Lake Champlain and the Richelieu River to Chambly, QC and back.

Brevets are non-competitive, self-supported long distance rides that began in Italy and France in the late 1800s, and will be held under the rules and regulations of the Audax Club Parisien and Randonneurs USA.

On Saturday, June 18, the Adirondack 540 Gran Fondo takes place in Wilmington. This is the unofficial preview of the Adirondack 540, which will be held on September 16-18, and uses the same 136-mile course. Rolling hills, long climbs, thrilling descents and breathtaking views are a staple of this course, which travels along Lake Champlain and through the High Peaks.

For riders curious about endurance cycling, a popular event and best for beginners is the Saratoga 12/24 on Saturday-Sunday, July 9-10 starting in Saratoga Springs. The race is held on a 40-mile loop that travels northeast through Wilton and Gansevoort to the Hudson River, before heading back to Saratoga. Riders may choose to race for 24 or 12 hours or do a 120-mile three lap race. There are also day and night 40-mile fun rides. The course is fully marked, patrolled by race officials and includes checkpoint/rest stop at the start/finish and halfway point. This race attracts beginners and seasoned riders and is one of the top road endurance races in the country. For more info, visit: adkultacycling.com. 🌲



## 59th Hudson River Whitewater Derby Continues the Tradition

NORTH CREEK – The Hudson River Whitewater Derby will celebrate its 59th year on Saturday-Sunday, May 7-8 with downriver races all weekend. The Whitewater Derby is one of the oldest continuously running whitewater racing events in the country.

In 2013, the organizers introduced a new race designed for people just starting out or for those who have been away from racing for a while. The "Not-So-Whitewater" race course on Saturday is 2.5 miles of moving water on the Hudson River, just downriver of the traditional slalom races in North Creek. Aimed at beginner through intermediate level canoers and kayakers, the Not-So-Whitewater race starts at the Hudson River canoe and fishing access point 2.5 miles west of North Creek and finishes at Riverfront Park at Railroad Place.

The Novice and Giant slalom races, also on Saturday start at 11am. The post-race party with music, prizes and awards follows at 3pm at Basil & Wicks in North Creek. On Sunday, May 8, the Whitewater Derby Downriver Race starts out at the Hudson River Pavilion next to the North Creek train station and heads 7.5 miles to the finish line at Riparius.

A limited amount of camping will be available for derby weekend at the North Creek Ski Bowl Park. For more info, go to: whitewaterderby.com. 🌲

## FROM THE ADIRONDACK SPORTS TEAM

Welcome to the new Adirondack Sports! We've been working hard **Spring Makeover!**

to continuously improve the magazine for our readers and advertisers. In January, we condensed our name to Adirondack Sports. You'll notice a few more changes right away.

For the first time ever, we're four-color throughout! So you can get more out of the quality photos, ads and updated design. With the slightly smaller page size, we're even more compact. And we're being printed locally in Schenectady. We hope you like the revised look!

We've also been improving AdkSports.com to easily read the current issue and back issues since 2010, whether it's on your computer, tablet or phone! Plus, purchase Adirondack Sports shirts, hats, car magnets and subscriptions, see distribution locations and more. Thanks for reading us and supporting our advertisers – enjoy the April issue!

*Darryl Caron and Karen*

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24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			

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

**BICYCLING: ROAD (PAVED)**

**ONGOING**

- Wed All Clubs Day.** Plaine & Son, Schenectady. New York Bicycle, Schenectady. Broadway Bicycle, Albany. Collamer House, Malta. 346-1433. [plaineandson.com](http://plaineandson.com).
- Sat Women's Cycling Series: 5/7, 14, 21.** 5/7, 8am: Cycling basics. 9am: Group Ride. Free. Grey Ghost Bicycles, Glens Falls. 223-0148. [greyghostbicycles.com](http://greyghostbicycles.com).

**APRIL**

- 8-10 Steiner's Bicycle Tent Sale.** Steiner's Ski & Bike, Glenmont. 427-2406. [steinersskibike.com](http://steinersskibike.com).
- 9 Trooper Brinkerhoff Memorial Race Series #1. 11am. Coxsackie Athens HS, Coxsackie. [cbrcc.com](http://cbrcc.com).
- 16 Tomhannock Spring Sale Celebration.** Tomhannock Bicycles, Pittstown. 663-0083. [tomhannockbicycles.com](http://tomhannockbicycles.com).
- 16 Trooper Brinkerhoff Memorial Race Series #2. 11am. Coxsackie Athens HS, Coxsackie. [cbrcc.com](http://cbrcc.com).
- 16-17 Army Spring Classic: TT, Road Race, Crit. US Military Academy, West Point. [usma.edu](http://usma.edu).
- 18 Switchback Bike for the Lake. 100/80/60/30M. Knights Point SP, North Hero, VT. [imathlete.com](http://imathlete.com).
- 23-24 15th Sean's Run Weekend.** Sat: Sean's Ride at Chatham Fairgrounds: 50M county tour, 8:30am; 20M fun ride, 10am; 10M casual ride, 10:30am. Sun: Sean's Run at Chatham HS: 5K, 12pm; Meghan's Mile, 11:30am. Chatham. Mark French: 965-1778. [seansrun.com](http://seansrun.com).
- 23 Tour of the Battenkill Spring Preview Ride.** 68M. 10am. Greenwich. [tourofthebattenkill.com](http://tourofthebattenkill.com).
- 24 Saratoga 300K Brevet.** 7am. 7 Pearl St, Schuylerville. John Cecerri: 583-3708. [adkultracycling.com](http://adkultracycling.com).
- 24 The Chain Stretcher. Blue Mtn Reservation, Peekskill. 845-735-4056. [wmba.org](http://wmba.org).
- 29-5/1 Steiner's Bicycle Tent Sale.** Steiner's Ski & Bike, Valatie. 784-3663. [steinersskibike.com](http://steinersskibike.com).

**MAY**

- 1 Hollenbeck's Spring Classic Road Race. Hollenbeck's Cider Mill, Virgil. 607-342-5456. [flcycling.org](http://flcycling.org).
- 7 **Battenspring Classic Series.** 10.2M. Salem. [tourofthebattenkill.com](http://tourofthebattenkill.com).
- 7 **HRRT Women's Bike Run Tri Expo.** 10am-4pm. Rides, demos, runs, clinics. Nally Barn, Burnt Hills. Sheray Tario: 321-6679. [hrrtonline.com](http://hrrtonline.com).
- 7 Women's Woodstock Cycling Grand Prix. 8am. Woodstock. [womenswoodstockcycling.com](http://womenswoodstockcycling.com).

**JUNE**

- 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](http://vermontgranfondo.com).
- 4 15th Whiteface Uphill Bike Race.** 11M. 8am. Whiteface Mountain, Wilmington. 888-944-8332. [whitefacerace.com](http://whitefacerace.com).
- 5 25th ADA Tour de Cure.** 100M: 7am. 62M: 7:30am. 50M: 8am. 28M: 9am. 10M: 10am. Saratoga Springs HS, Saratoga Springs. Justine Carroll: 218-1755-x3632. [diabetes.org/saratoga](http://diabetes.org/saratoga).
- 5 National Trails Day Ride into History.** 1pm. 12M casual family bike ride w/Eric Canal heritage theme. Interpretive stops w/CP Historian John Scherer. Grooms Tavern, Clifton Park. 371-7548. [mohawktowpath.org](http://mohawktowpath.org).
- 5 5th White Plains Downtown Criterium & NYS Champs. White Plains. [whiteplainscrit.com](http://whiteplainscrit.com).
- 11 The Vermont Epic Rides.** 134M (8,300' vertical), 70M Gravel Grinder (9,000' vertical); 40M road ride. Bedford, MA to Ludlow, VT. Scott Shaunnery: 617-729-3109. [vtepic.com](http://vtepic.com).
- 11 Get Your Guts in Gear: Ride for Crohn's & Colitis.** 62.5M. Hudson Valley. [regional.igotguts.org](http://regional.igotguts.org).
- 12 2nd Tour de Salem Flame Fighters Bike Rides.** 61.4M: 8am. 25M: 8:30am. 16M: 9am. 10M: 9:30am. Salem Fire Dept, Salem. 321-9430. [tourdesalemflamefighters.com](http://tourdesalemflamefighters.com).
- 18 Adirondack 540 Gran Fondo.** 136M. 7am. Alpine Country Inn, Wilmington. Adk Ultra Cycling: 583-3708. [adkultracycling.com](http://adkultracycling.com).
- 24-26 Tri-State Trek: The Ride to End ALS.** 1, 2 & 3-day rides. Fri: 58M. Sun: 9M or 25M. Newton, MA-Greenwich, CT. [tristatetrek.com](http://tristatetrek.com).
- 25 Okemo Bike Climb 2016.** 5.8M. 10:30am. Okemo Mt Resort, Ludlow, VT. 802-738-5557. [okemobikeclimb.com](http://okemobikeclimb.com).

**JULY**

- 7-10 Ride To Cure Diabetes: JDRF Burlington Ride.** 25M, 60M, 100M. Burlington, VT. 477-2873. [ride.jdrf.org](http://ride.jdrf.org).
- 10-17 Cycle the Erie Canal Annual Bike Tour.** 8, 4 & 2 day options. Buffalo to Albany. Parks & Trails NY. 434-1583. [ptny.org](http://ptny.org).

21ST ANNUAL **CAPPED AT 1,000 RACERS!**



**ADIRONDACK GRAVEL GRINDER**  
*Presented by Pedals & Petals*

**Saturday, June 11**  
**Inlet to Indian Lake**

40 miles through the  
Moose River Recreation Area  
Prizes, food & fun!  
Over \$9,000 in cash & prizes  
Categories: Expert, Sport,  
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**Registration & Information:**  
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**THE FARMER'S DAUGHTER GRAVEL GRINDER**

**Sunday, May 15th at 9:00am**  
Columbia County Fairgrounds, Chatham

A 100K non-competitive ride  
on scenic dirt roads and trails  
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Fully supported with great aid stations  
Food, drink and live music at the finish

**Details and Registration:**  
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12TH ANNUAL  
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 RIDE & WALK FOR RESEARCH  
**SUNDAY, MAY 15**  
 FARMERS' MARKET, HIGH ROCK AVENUE  
 SARATOGA SPRINGS, NY  
 Ride: 50, 25 or 10 miles – 8:30am  
 Walk: 3 miles – 9:00am  
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**Tour de Salem**  
**Flame Fighters**  
**Fundraiser**  
**Bike Rides**  
**SUNDAY**  
**JUNE 12**  
**Salem, Washington County**  
 Salem FD Carnival Grounds, Archibald St.  
 Hosted by Salem Volunteer Fire Dept.  
 Proceeds for construction of new firehouse

- 31 **11th Adirondack Bike Tour.** 75M: 8:30am. Ski Bowl Park Pavilion, North Creek. 20M: 12pm. Shuttle to Indian Lake/Bike to 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. Picnic, music, prizes. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

**BICYCLING: OFF ROAD**

**ONGOING**

- Fri Friday Night BMX Races: 5/6-8/26. 7pm. Tri-City BMX, Rotterdam. 248-8752. tri-citybmx.org.

**APRIL**

- 16 Rasputitsa Gravel Road Race. 45M. 9am. East Burke, VT. rasputitsagravel.com.
- 23 Muddy Onion Spring Classic Gravel Ride. 9:30am. 34M. Montpelier, VT. 802-229-9409. onionriver.com.
- 24 The Chain Stretcher: NYS Series #1. 9am. Blue Mountain Reservation, Peekskill. wmba.org.
- 30 1st Cross-Mountain Crusher Gravel Grinder. 55M. Catskill Rec Center, Arkville. catskillrecreationcenter.org.
- 30 Finger Lakes Gravel Challenge. 22-32M. 11am. Springwater. 585-348-8026. teamtowpathroadracing.com.

**MAY**

- 7 Hike-a-Bike MTB Race. 8-20M. 10am. Lippman Park, Wawarsing. 845-626-7230. renegadesmtb.com.
- 14 Bike Prospect Highway. Prospect Mountain, Lake George. Don Berens: 783-1302. adk-albany.org.
- 14 Bicycle Planet MACHO MTB Race. Stillwell Woods Preserve, Woodbury. raceawesome.com.
- 15 **Farmer's Daughter Gravel Grinder.** 100K. 9am. Columbia Co. Fairgrounds, Chatham. 456-3728. farmersdaughtergravelgrinder.com.
- 15 Singlespeed-A-Palooza. 28M. 9am. Stewart SE, Montgomery. 845-787-0412. darkhorsecycles.com.

**JUNE**

- 3-5 **Wilmington-Whiteface Bike Fest.** Races, group rides, beach party, music. Whiteface Mountain, Wilmington. bikewilmingtonny.com.
- 5 **Blueprint for Athletes Wilmington Whiteface 100K/50KXC MTB Race.** 100K: Leadville qualifier. Whiteface, Wilmington. leadvillaceraceseries.com.
- 11 **21st Black Fly Challenge: Adirondack Gravel Grinder.** 40M. Arrowhead Park, Inlet to Indian Lake HS, Indian Lake. Live music, food & drinks. 315-357-5501. blackflychallenge.com.
- 11 **The Vermont Epic Rides.** 134M (8,300' vertical), 70M Gravel Grinder (9,000' vertical); 40M road ride. Bedford, MA to Ludlow, VT. Scott Shaunessy: 617-729-3109. vtepic.com.
- 11 **SMBA Grafton Rocks MTB Festival.** Rides, demos. Grafton Lakes SP, Grafton. saratogamtbt.org.

**JULY**

- 31 **5th Ride for the River.** 45M, 30M, 10M road & 3M MTB. Hungry Trout, Wilmington. 637-6859. ausableriver.org.

**AUGUST**

- 27 **ADK 80K MTB, Trail Run & Duathlon.** 80K/50K solo. 80K 2 or 4 person teams. Solo races: 5:30am. Relays: 7am. Mt Van Hoevenberg, Lake Placid. HPC: 523-3764. adk80k.com.

**HEALTH & FITNESS**

**ONGOING**

- Daily Yoga Classes & Workshops.** True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa Rock Your Fitness.** Next Sessions: 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.

**HIKING & CLIMBING**

**APRIL**

- 23 Earth Day Cleanup. 8M trail cleanup. Pittstown SE, Pittstown. saratogamtbt.org.
- 30 5th Spring Thaw Climbing Competition. The Crux, Willsboro. 963-4646. climbthecrux.com.

**MAY**

- 14 **CATS Grand Hike to Essex.** 11M CATS Trails. 12pm. Block Party in Essex: 4pm. Wadhams to Essex. champlainareatrails.com.
- 14 Taconic Crest Trail End to End 29M Endurance Challenge. 5am. 7,836' ascent, 9,470' descent. Pittsfield SP, Pittsfield, MA. taconichikingclub.org.
- 28 Patch Sprint Race/Trek. 12.8M. Climb all four Pok-O-Patch mountains in one day. Camp Pok-O-Moonshine, Willsboro. patchsprint.com.

**JUNE**

- 17-19 **Beginner Backpacking.** Safety, map reading, camp set-up, low-impact techniques, water treatment. Heart Lake, Lake Placid. Adk Mountain Club: 523-3441. adk.org.
- 24-26 **Trailless Backpacking: Dix Range.** 8am: I-87, Exit 29. Adk Mountain Club: 523-3441. adk.org.
- 27 **Esther Mt. Hike.** 8:30am. Candyman Shop, Wilmington. Adk Mountain Club: 523-3441. adk.org.

**MOUNTAINEERING & WILDERNESS SKILLS**

**MAY**

- 28 Map & Compass Fundamentals. Map reading, ID terrain, triangulation. Heart Lake Center, Lake Placid. Adk Mountain Club: 523-3441. adk.org.

**- 62 mile metric century: 7:30am - 25 miles: 8:30am 16 miles: 9am 10 miles: 9:30am**

\$35 individual or \$40 family  
**Register: BikeReg.com**  
**TourDeSalemFlameFighters.com**  
 More info: Steven Saunders  
 at (518) 321-9430 or  
 salemfd4434@hotmail.com

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**Best Ride in the Adirondacks!**  
**Saturday, August 27, 8am**  
**Mt. Pisgah Lodge, Saranac Lake**  
 100mi, 50mi, 25mi & kids' ride  
 Rides for all ages & abilities • Rain date: 8/28  
 T-shirt, picnic, music, poker ride w/prizes!  
**Register: Active.com**  
 Info: Bob Scheefer (518) 891-5873  
 adkbuild@roadrunner.com  
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**30-MILE BIKE RIDE OR 5K TRAIL RUN**  
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 a serious fun camp  
**Camp Challenge**  
**Saturday, September 10**  
 at the Double H Ranch in Lake Luzerne, New York  
 Register at [www.doublehranch.org](http://www.doublehranch.org)



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TUPPER LAKE TINMAN  
SATURDAY, JUNE 25, 2016

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500yd Swim, 12M Bike, 5K Run  
Limited to 300 - Register Early!  
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**CRYSTAL LAKE TRIATHLON**

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**

**MULTISPORT: TRIATHLON & DUATHLON**

**ONGOING**

Wed Multi-Sport Life Tri Club/Crystal Lake Open Water Swimming: 6/1-8/20. Crystal Lake, Averill Park. skyhighadventures.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. 15min swim, 15min bike, 2M run. Westside YMCA, Rochester. rochesterymca.org.
- 5 SkyHigh Camp: Open House, Pump Track & Ninja Warrior Day. SkyHigh Adventures, Averill Park. skyhighadventures.com.
- 7 **HRRT Women's Bike Run Tri Expo.** 10am-4pm. Rides, demos, runs, clinics. Nally Barn, Burnt Hills. Sheray Tario: 321-6679. hrrtonline.com.
- 7 Schenectady Pedal-Paddle-Run Triathlon. 7M bike, 2M paddle, 3.5M run. Aqueduct Park Boathouse, Schenectady. schenectadycountry.com.
- 7 Spring Dual Against Cystic Fibrosis. 2M run, 12M bike, 2M run. 8:30am. New Paltz. springdualagainstcf.com.
- 7 28th Central Park Spring Couples Relay. 7:30am. Central Park, New York. 845-247-0271. nyc.org.
- 7 Fly By Night Formula 1 Duathlon. 1.8M run, 10.2M bike, 1.8M run, 10.2M bike, 1.8M run. Watkins Glen. flybynightdu.com.
- 8 Brooklyn Mother's Day Duathlon, 5K & 10K. The Peristyle/The Grecian Shelter, Brooklyn. citytri.com.
- 14 Du the Lakes Duathlon & 5K Run/Walk. 5K run, 17M bike, 5K run. 8:30am. Green Lakes SP, Fayetteville. duthelakes.com.
- 18 St. Lawrence Valley Paddlers Duathlon. 6pm. Canton. Mary Kelly: 315-344-7716. slvpaddlers.org.
- 19 Father's Day Super Sprint Triathlon. 0.25M swim, 7M bike, 2M run. 1pm. Crystal Cove, Averill Park. skyhighadventures.com.
- 21 HarryMan Triathlons: Sprint & Half. 9am. Harriman SP, Stony Point. 347-721-8602. genesisadventures.com.
- 29 **12th 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.
- 4-5 Rev3 Quassy Triathlon. Sat: Olympic. Sun: half, aquabike, Relay. Middlebury, CT. rev3tri.com.
- 5 Orange Co Triathlon. 1.5K swim, 22.5K bike, 5K run. 7:30am. Newburgh. orangecountytri.com.
- 11 37th Green Lakes Triathlon. 800m swim, 20K bike, 5K run. 8:30am. Fayetteville. syracuse.yymca.org.
- 11 Steelman Triathlon. Olympic, sprint, aquabike, du. Darien Lakes SP, Darien Center. eclipsmultisport.com.
- 12 **Hudson Crossing Triathlon.** 500yd swim, 12M bike, 3M run. 8am. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com.
- 12 **Central Park Off-Road Duathlon.** 5M MTB, 3.2M run, 5M MTB, 3.2M run. 10am. Central Park, Schenectady. hrrtonline.com.
- 18 **2nd Great Sacandaga Challenge Triathlon.** 9:30am. Sprint: 750m swim, 20K bike, 5K run. Youth: 100yd swim, 3.1M bike, 1M run. Kids: Splash & Dash. Great Sacandaga Lake, Broadalbin. greatsacandagachallenge.com.

- 18 Vermont Sun Triathlon. 600yd swim, 14M bike, 5K run. 8:30am. Branbury SP, Lake Dunmore, VT. 802-388-6888. vermontsuntriathlonseries.com.
- 18 Lake Dunmore Triathlon. .9M swim, 28M bike, 10K run. Branbury SP, Lake Dunmore, Vermont. 802-388-6888. vermontsuntriathlonseries.com.
- 18-19 HITS Triathlon North Country-Hague. Sat, 7am: full/half. Sun, 7am: sprint; 7:40am: Olympic. 12:30pm: open. Town Beach Park, Hague. 845-247-7275. hitstriathlonseries.com.
- 19 Ironman 70.3 Syracuse. 1.2M swim, 56M bike, 13.1M run. Jamesville Reservoir, Syracuse. ironman.com.
- 25 **Tupper Lake Tinman Toughman Triathlon.** Half, Olympic, sprint, aquabike, relay. Municipal Park, Tupper Lake. tupperlaketinman.com.

**JULY**

17 **Pine Bush Triathlon.** 8am. Pine Bush, Albany to Guilderland YMCA, Guilderland. cdyymca.org.

**AUGUST**

- 6 **10th Fronhofer Tool Triathlon.** Olympic: individual, partner, relay team. Kids' tri (11-15) & mini tri (5-10): Fri, 8/5, 6:15pm. Lake Lauderdale Park, Cambridge. fronhoferooltriathlon.com.
- 20 **Crystal Lake Triathlon & Aquabike.** 8am. Tri: 0.5M swim, 18M bike, 3M run. Aqua: 0.5M swim, 18M bike. Crystal Lake, Averill Park. cdtriclub.org.
- 27 **ADK 80K Mountain Bike, Trail Run & Duathlon.** 80K/50K solo divisions. 80K 2 or 4 person teams. 20K loop, 100% trail. Solo races: 5:30am. Relays: 7am. Mt Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.

**OTHER EVENTS**

**APRIL**

- 9 Orienteering Meet. 10am-12pm. Partridge Run WMA/State Forest, Berne. empo.us.orienteeing.org.
- 17 **Sprint of the Blocks Masters Swim Meet.** Southern Saratoga YMCA, Clifton Park. Molly Moran: 371-2139 x5530. cdyymca.org.

**MAY**

- 6-8 **Girlfriends Getaway Weekend.** Wellness workshops, fitness classes, motivational talks, lunch, spa specials. The Sagamore Resort, Bolton Landing. Bolton Landing Chamber: 644-3831. girlfriendsgetawaybolton.com.
- 7 I Love My Park Day. 9am-3pm. Moreau Lake SP, Gansevoort. 793-0511. parks.ny.gov.
- 7 I Love My Park Day. 9am-3pm. Thacher SP, Voorheesville. saratogamt.org.
- 7 I Love My Park Day. 9am-3pm. Grafton Lake SP, Grafton. saratogamt.org.
- 7 **3rd Apple Blossom Festival.** Family fun on Mohawk Towpath Scenic Byway. Free. Riverview Orchards, Clifton Park. 371-7548. mohawktowpath.org.
- 14 **Waterford Riverspark Canal Festival.** Family fun on the Erie Canal. Waterford. 371-7548. mohawktowpath.org.
- 14 Orienteering Meet. 10am-12pm. Vischer Ferry Preserve, Clifton Park. Eric Hamilton: 371-7548. empo.us.orienteeing.org.
- 14-15 Winter Raptor Festival. Washington Co Fairgrounds, Greenwich. 796-6003. ibafriends.org.
- 15 **Bethlehem YMCA Masters Swim Meet.** Bethlehem YMCA, Delmar. cdyymca.org.

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**10TH ANNUAL FRONHOFFER TOOL TRIATHLON**

**OLYMPIC RACE: INDIVIDUAL, PARTNER, RELAY TEAM**

**SATURDAY, AUGUST 6**

LAKE LAUDERDALE PARK, CAMBRIDGE, NY

Kids' Tri (11-15) & Mini Tri (5-10) Fri, 8/5, 6:15pm

**TO REGISTER: FRONHOFFERTOOLTRIATHLON.COM**

USAT sanctioned race  
All proceeds benefit children's organizations  
Pre-Register: GREAT swag, raffle ticket, lunch

**12th Annual SARATOGA LIONS DUATHLON**

**Du-It for Sight and Hearing**  
**Sunday, May 29 at 8am**  
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

Premier Sponsor: SARATOGA CASINO AND RACEWAY

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

**Challenge Yourself**  
Change the Life of a Child

**Saturday, September 10**

at the Double H Ranch in Lake Luzerne, New York

**Camp Challenge**

5K TRAIL RUN/WALK OR 30-MILE BIKE RIDE

Register at **www.doublehbranch.org**  
Presented by Adirondack Partners



**WELCOME ALL**

Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 7-August 30  
**Details: www.cdtriclub.org**

**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**

2016  
  
 27th Annual  
**Prospect Mountain ROAD RACE**  
**Saturday, April 30 • 9:00am Start**  
 Lake George Forum, 2200 Route 9, Lake George  
 More Info: [www.adirondackrunners.org](http://www.adirondackrunners.org) or [cifonedesigns@aol.com](mailto:cifonedesigns@aol.com)  
 Benefits Michelle Lafontaine ACC Scholarship Fund & Under the Woods Foundation

*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**

**18 Disc Golf Beginners Clinic.** Free. 6pm. DisCap Tent, Hole 1, Central Park Disc Golf Course, Schenectady. Kenji Cline: 836-9557. [discap.net](http://discap.net).

**JUNE**

- 4 National Trails Day. Various events/locations. [nationaltrailsday.americanhiking.org](http://nationaltrailsday.americanhiking.org).
- 26 Orienteering Meet. 11am-1pm. Lock 7 Park, Niskayuna. [empo.us/orienteering.org](http://empo.us/orienteering.org).

**PADDLING & ROWING**

**ONGOING**

Wed Canoe Time Trials: 5/4-9/21. 6pm. Canoe, kayak, SUP, sculls. Aqueduct Park, Niskayuna. Northern New York Paddlers. Alec Davis: 321-6820.

**APRIL**

- 8 **NFCT Reel Paddling Film Festival.** 7pm. Best in paddling films. LP Center for the Arts, Lake Placid. Adk Lakes & Trails Outfitters: 800-491-0414. [northernforestcanoetrail.org](http://northernforestcanoetrail.org).
- 24 Little River Ramble. 2M/6M. 1pm. Little River Boat Launch, Canton. [slvpaddlers.org](http://slvpaddlers.org).
- 26 Evening Paddle on the Mohawk. 6pm. Lions Park, Niskayuna. Rich Macha: 346-3180. [adk-albany.org](http://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](http://mountainmanoutdoors.com).

**MAY**

- 3 Evening Paddle: Freddie's Park, Mohawk River, Latham. 6pm. Cathy Snopkowski: 357-8633. [adk-albany.org](http://adk-albany.org).
- 7-8 **59th Hudson River White Water Derby.** Sat, 11am: Giant Slalom & Sprint Races & No-So-Whitewater 2.5M River Race (for beginner to intermediate canoers/kayakers). Sun, 11am: Downriver Race from North Creek to Riparius. 251-2612. [whitewaterderby.com](http://whitewaterderby.com).
- 8 Schodack Island Paddle. 9am. Schodack Island SP, Schodack. Dave Pisaneschi: 459-5969. [adk-albany.org](http://adk-albany.org).
- 14 'Round the Mountain Canoe & Kayak Race. 10.5M. 11am. Lower Saranac Lake to Lake Flower, Saranac Lake. [macscanoe.com](http://macscanoe.com).
- 14 **Upper Hudson River Conservation Paddle.** 8:30am. Exit 29, I-87, North Hudson. Adk Mountain Club: 523-3441. [adk.org](http://adk.org).
- 14-15 **Canoe & Kayak Demo Days.** Sales. Riverside Park, Saranac Lake. Adk Lakes & Trails Outfitters, Saranac Lake: 1-800-491-0414. [adirondackoutfitters.com](http://adirondackoutfitters.com).
- 18 St. Lawrence Valley Paddlers Duathlon. 6pm. Canton. Mary Kelly: 315-344-7716. [slvpaddlers.org](http://slvpaddlers.org).
- 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](http://mountainmanoutdoors.com).

**JUNE**

- 11-12 Madrid Canoe Regatta. Sat: Madrid Mile, 9M C1 Pro/Amateur, 3M Rec race. Sun: 16M C2 Pro, 6M Rec race. Madrid River, Madrid. [slvpaddlers.org](http://slvpaddlers.org).
- 17-19 **Adirondack SUP Festival.** Races, demos, on-water clinics, fitness & yoga, guided tours. Saranac Lake. Adk Lakes & Trails Outfitters: 1-800-491-0414. [adirondackoutfitters.com](http://adirondackoutfitters.com).
- 20-24 **ACA Combined Canoe & Kayak Instructor Certification Workshop.** ADK: 523-3441. [adk.org](http://adk.org).

- 25 **Essex Chain Lakes Conservation Paddle.** 8:30am. Exit 29, I-87, North Hudson. ADK: 523-3441. [adk.org](http://adk.org).
- 25 7th Kivanis Old Forge Paddle Classic. 6M/12M. 9am. Navigation Dock, Town of Webb. 369-3872.

**RUNNING & WALKING**

**ONGOING**

- Mon **Saratoga Stryders' Summer 5K Trail Series: 6/27, 7/11, 7/25, 8/8, 8/22.** 6:15pm. Camp Saratoga, Wilton. [saratogastryders.org](http://saratogastryders.org).
- Tue **48th Colonie Summer Track Program: 6/14-8/2.** 6pm. Dynamic Duo Pursuit Race, 8/6: 8:30am. Colonie HS, Colonie. Frank Myers: 869-9333. [hmrrc.com](http://hmrrc.com).
- Thu Run to the Pub 5K Race Series: 4/14-5/12. 6:15pm. Maple on the Lake, East Berne. Claire Watts: 320-8648. [runtothepub5k.com](http://runtothepub5k.com).

**APRIL**

- 9 **4th Bacon Hill Bonanza 5K & 10K Race.** 10am. Bacon Hill Church, Schuylerville. Jennifer Thomas: 695-6116. [baconhillbonanza.com](http://baconhillbonanza.com).
- 9 Richfield Springs Community Center Run. 5K/10K. 10am. Richfield Springs. [runsignup.com](http://runsignup.com).
- 9 MMAD Dash Road Race for Research. 5K/10K. 9am. Riverside Park, Saranac Lake. DJ Racette: 637-7119.
- 9 Dodge the Deer 5K Trail Race. 9:15am. Schodack Island SP, Schodack. 320-8648. [areep.com](http://areep.com).
- 15 Happy Hour Fun Run. 5K/1.5K. 6pm. iRun LOCAL to City Tavern, Saratoga Springs. [irunlocal.com](http://irunlocal.com).
- 16 Rotary 5K & Corporate Challenge. 10am. SUNY Adk, Queensbury. 793-8223. [glensfallsrotary.org](http://glensfallsrotary.org).
- 16 Schoharie 5K Run/Walk. 9am. Schoharie ES, Schoharie. 315-427-3856. [scarylegrunners.com](http://scarylegrunners.com).
- 16 38th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center, VT. [gmaa.net](http://gmaa.net).
- 16 Run for Hungry & Homeless. 9:15am. Grafton Lakes SP, Grafton. 810-2975.
- 16 Furry Fun Dog Run 5K for Peppertree Rescue. 9:15am. Saratoga Spa SP, Saratoga Springs. 610-1579.
- 16 YMCA Kids Classic. Dietz Stadium, Kingston. 338-3810. [ymcaulster.org](http://ymcaulster.org).
- 17 Ray's 4M Memorial Run. 12:30pm. Dietz Stadium, Kingston. [shawangunkrunners.com](http://shawangunkrunners.com).
- 17 Earth Day Half Marathon & 5K. 8:30am. Baldwinsville. Mike Samoraj: 315-663-5539. [willowhwc.com](http://willowhwc.com).
- 17 13th MORE/SHAPE Women's Half Marathon. 8am. Central Park, New York. [nyrrc.org](http://nyrrc.org).
- 21 10th Ryan's 5K Run/Walk. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. [curemiop.org](http://curemiop.org).
- 23 **36th Bill Robinson Masters 10K Championship.** 9am. Ages 40+. Guilderland HS, Guilderland Center. Jim Tierney: 869-5597. [hmrrc.com](http://hmrrc.com).
- 23 9th Brink 5K: David Brinkerhoff Run/Walk. 10am. University at Albany, Albany. [brink5k.com](http://brink5k.com).
- 23 Fox Trot 5K/10K for Parkinson's Research. 9am. Betar Byway, South Glens Falls. [runsignup.com](http://runsignup.com).
- 23 13th Miles of Hope 5K. 5K: 10:30am. Tymor Park, LaGrangeville. 845-452-2049. [milesofhope.org](http://milesofhope.org).
- 23 Girls Running the World Daisy Dash & 5K. 8:30am. Central Park, Schenectady. [gsnny.org](http://gsnny.org).
- 23-24 **15th Sean's Run Weekend.** Sat: Sean's Ride at Chatham Fairgrounds: 50M county tour, 8:30am; 20M fun ride, 10am; 10M casual ride, 10:30am. Sun: Sean's Run at Chatham HS: 5K, 12pm; Meghan's Mile, 11:30am. Chatham. Mark French: 965-1778. [seansrun.com](http://seansrun.com).

**CAPITAL DISTRICT YMCA**  
**Pine Bush Triathlon**  
 Sunday, July 17 • 8AM  
 Guilderland YMCA

**Register Today!**  
[www.active.com](http://www.active.com)

**Join Us!**

**SOUTHERN SARATOGA YMCA**  
**Spring has Sprung Distance Festival – Sunday, May 1**

- 22nd Annual Anyone Can Tri Outdoor Triathlon – 8AM
- Kids Triathlon – 11AM
- 3rd Annual Spring has Sprung 10 Mile Run / 5K Run / 3K Walk – 8:30AM

Register at [www.zippyreg.com](http://www.zippyreg.com)

**CAPITAL DISTRICT YMCA**  
 Call Today!  
 518.371.2139

**36TH ANNUAL HMRRC**  
**BILL ROBINSON**  
**Masters 10K Championship**  
 For runners 40 years and older  
**Saturday, April 23 • 9am**  
 Guilderland High School  
 Meadowdale Rd, Guilderland Ctr  
**Register @ hmrrc.com**  
 \$17 HMRRC, \$22 non-members, \$25 race day  
 Top 3 in 5-year age groups to 80+ • HMRRC GP race  
 Commemorative gift to first 75 registered  
 Post-race refreshments • Certified course  
 Jim Tierney: 869-5597 or [runnerjmt@aol.com](mailto:runnerjmt@aol.com)

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

**SACANDAGA TRICLUB PRESENTS**  
**EXCITING FAMILY EVENT!**  
**THE GREAT SACANDAGA CHALLENGE TRIATHLON**  
**JUNE 18<sup>TH</sup> BROADALBIN, NY**  
**KIDS & ADULT TRIATHLONS**

**READY. SET. GO!**

<b>Kids Splash &amp; Dash:</b> • Free Registration • No minimum age • Fun short swim • Fun short run	<b>Youth Triathlon:</b> • Minimum age: 7 years old • 100 yd swim • 3.1 mi bike • 1 mi run	<b>Adult Sprint Triathlon:</b> • Individual & Team • 750m swim • 20K bike • 5K run	<b>FOR MORE INFORMATION OR TO REGISTER, VISIT:</b> <b>SACANDAGA TRICLUB</b>
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SECOND ANNUAL

## Good Karma 5K Run/Walk for AIM for Seva

**Sunday, June 12, 9am**  
South Pavilion, The Crossings, Colonie

**New Date & Location**

5K USATF certified course – Flat, fast & entirely within the park  
T-shirts guaranteed to registrants by 5/31 – 9am: 15-minute yoga warm-up  
Post-race food/drink, Indian street-food, henna tattoos, music & Indian folk dances  
Awards to top three M/F overall & age groups

**Info, Entry Form & Registration: [goodkarma5k.eventbrite.com](http://goodkarma5k.eventbrite.com)**  
\$25 by 6/11 or \$30 day of race • 518-383-3722 • [goodkarma5k@gmail.com](mailto:goodkarma5k@gmail.com)  
Benefits AIM for Seva ([aimforseva.org](http://aimforseva.org)) – Makes education accessible to children in rural/tribal India.  
Proceeds sponsor children for housing close to public schools to increase literacy and decrease dropouts.

19th Annual

## Charlton Heritage 5K Run/Walk

**Saturday, June 4 10 am**

**Historic Village of Charlton, Saratoga Co. Old School House, Maple Ave/Charlton Rd**  
Rolling hills with 3/4-mile downhill finish  
USATF certified – Chip timing by ARE  
\$25 by 5/18 or \$30 after – Shirts to first 400  
**Kids' 1-Mile Fun Run (\$10), 11am**  
Fun runners receive T-shirt & medal

**Register: [active.com](http://active.com)**  
**Entry Form/Info: [charlton5k.org](http://charlton5k.org)**  
Bill Herkenham: (518) 384-0065

18th Annual

## Kinderhook Bank

**Saturday, June 11 • 9:00am**

### Village Square, Kinderhook

USATF Adk Grand Prix Event! • Walkers welcome  
\$18 by 6/4 (\$15 students); \$25 all after 6/4  
**OK 1 Run (Kid's One-Miler)**  
Sponsored by Kinderhook Runners Club  
Ages 4-12 • \$2 • 8:15am

**Register & Info: [OK5Krace.org](http://OK5Krace.org)**  
[kinderhookok5kbrace@gmail.com](mailto:kinderhookok5kbrace@gmail.com)



**SUNDAY, JUNE 12, 2016**  
LAKE PLACID • NEW YORK • USA

## MARATHON HALF MARATHON

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

**Race Entry Remains Open!**

2016 Registration via  
[www.lakeplacidmarathon.com](http://www.lakeplacidmarathon.com)  
or [www.active.com](http://www.active.com)

[info@lakeplacidmarathon.com](mailto:info@lakeplacidmarathon.com)

*Join the family & friends of Liza & Nikki*

## The Run for Help

5K Run/Walk Against Domestic Violence  
To benefit Unity House

**Sunday, June 12 • 10am**  
Goff Middle School, East Greenbush  
T-shirts to first 300 • Kids' Run: 9:30am  
\$25 by 6/7 or \$30 race day

**Register: [ZippyReg.com](http://ZippyReg.com)**  
**Info: [RememberingLiza.org](http://RememberingLiza.org)**  
or [UnityHouseNY.org](http://UnityHouseNY.org)

In memory of Liza Ellen Warner & Nikki L. Hart  
Not affiliated with Liza's Legacy Foundation

7<sup>TH</sup> 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

**Register & More Info: [powerhouseathleticsny.com](http://powerhouseathleticsny.com)**  
[jessica@powerhouseathleticsny.com](mailto:jessica@powerhouseathleticsny.com)  
Benefits local breast cancer survivors


- 24 **2nd Lake George "Strong To Serve" Half Marathon & 5K Run.** 9am. Fort William Henry Resort, Lake George. 603-429-8879. [lakegeorgehm.com](http://lakegeorgehm.com).
- 24 Kiwanis Kingston Classic. 5K: 10am. 10K: 11am. Half/Marathon: 7am. Dietz Stadium, Kingston. [hitsrunning.com](http://hitsrunning.com).
- 24 2nd Chocolate Run 5K. 9am. Bethlehem Presbyterian Church, New Windsor. [mhrrc.org](http://mhrrc.org).
- 24 Save Our Switchbacks. 7.5K. 9am. Parkway Ski Chalet, Utica. [uticaroadrunners.org](http://uticaroadrunners.org).
- 24 Kidney Walk/Run. 9am. SUNY Adirondack, Queensbury. 533-7880. [healthykidneys.org](http://healthykidneys.org).
- 30 **27th Prospect Mountain Road Race.** 5.67M, 1601' elevation gain. 9am. Lake George Forum, Lake George. [adirondackrunners.org](http://adirondackrunners.org).
- 30 Rock the Ridge 50M Endurance Race. 6am. Mohonk Preserve, New Paltz. [mohonkpreserve.org](http://mohonkpreserve.org).
- 30 3rd 5K Run/Walk Against Child Abuse. 10am. Shuttleworth Park, Amsterdam. 795-9454. [nyschildrensfoundation.org](http://nyschildrensfoundation.org).
- 30 Joe Manupella Memorial 5K Run/1M Walk. 9am. Boys/Girls Club, Lansingburgh. [lbgcfundraisers.org](http://lbgcfundraisers.org).

**MAY**

- 1 **Plattsburgh Half Marathon, Two-Person Relay & 10K.** 8am. US Oval, Plattsburgh. [plattsburghhalfmarathon.org](http://plattsburghhalfmarathon.org).
- 1 **Middlebury Maple Run.** Half Marathon & Relay. 9am. Middlebury, VT. Sue Hoxie. 802-388-7951. [middleburymaplerun.com](http://middleburymaplerun.com).
- 1 **3rd Spring Has Sprung 10M/5K Run & 3K Walk.** 8:30am. Southern Saratoga YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).
- 1 **Literacy Run/Walk.** 5K. 10am. Rensselaer Tech Park, Troy. Literacy Volunteers of Rensselaer Co: 274-8526. [lvorc.org](http://lvorc.org).
- 1 **8th Cherry Blossom 5K Race for ALS.** 10:15am. 1.5M Walk for Hope: 11:30am. Congregation Gates of Heaven, Niskayuna. Tim Fecura: 320-6770. [5kraceforals.com](http://5kraceforals.com).
- 1 JDRF One Walk. 3M. 11am. UAlbany, Albany. 477-2873. [jdrf.org/Albany2016](http://jdrf.org/Albany2016).
- 3 **Team In Training Summer Info Sessions.** 4-6pm. Vent Fitness, Clifton Park. Leukemia & Lymphoma Society: 438-3583. [teamintraining.org/uny](http://teamintraining.org/uny).
- 6 Run Like A Mother 5K. 6pm. Kids: 5:30pm. New Paltz. [activekids.com](http://activekids.com).
- 7 **Mastodon Challenge 15K, 5K & Fun Run.** 9am. Craner Park, Cohoes. Lisa Osorio: 281-3253. [mastodonchallenge.com](http://mastodonchallenge.com).
- 7 **Rotary Run for the Roses: Triple Crown Series.** 9am. Partner's Pub, Johnstown. Jessica: Smrtic: 770-7584. [5ktriplecrown.racewire.com](http://5ktriplecrown.racewire.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](http://ccrc-cpny.org).
- 7 **HRRT Women's Bike Run Tri Expo.** 10am-4pm. Rides, demos, runs, clinics. Nally Barn, Burnt Hills. Sheray Tario: 321-6679. [hrrtonline.com](http://hrrtonline.com).
- 7 6th Heather Freeman Run to the Sun 5K, 10K & Half Marathon. 6am. Watertown. 315-778-5482.
- 7 7th Adamant 20M Run/Relay. 10am. Adamant Music School, Adamant, VT. [cvrunners.org](http://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](http://galloptosuccess.org).
- 7 Women's Right to Run 5K & 19K. Seneca Falls. [righttorun19k.org](http://righttorun19k.org).
- 8 **4th Fleet Feet Sports 10K Classic.** 8:30am. Kids' Mile: 8am. Bethlehem HS, Delmar. Fleet Feet Sports: 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

- 8 36th Mother's Day 5K bRUNch. 9:30am. Central Park, Schenectady. [hmrrc.com](http://hmrrc.com).
- 8 Kelly's Angels Mother Lovin' Day 5K. 9:15am. Saratoga Spa SP, Saratoga Springs. [kellysangelinc.org](http://kellysangelinc.org).
- 8 Steve Zemianek Bennington Road Race. McCullough House, North Bennington, VT. [bkvr.net](http://bkvr.net).
- 8 Wally Waddle 5K & Kids' 1M. 9:30am. Vassar Farms, Poughkeepsie. [wallywaddle.org](http://wallywaddle.org).
- 10 **Team In Training Summer Info Sessions.** 4-6pm. Vent Fitness, Latham. Leukemia & Lymphoma Society: 438-3583. [teamintraining.org/uny](http://teamintraining.org/uny).
- 12 **Team In Training Summer Info Sessions.** 4-6pm. Vent Fitness, Niskayuna. Leukemia & Lymphoma Society: 438-3583. [teamintraining.org/uny](http://teamintraining.org/uny).
- 13 Peak Ultra Trail Run. 15/30/50/100/200/500M. Riverside Farm, Pittsfield, VT. [peak.com](http://peak.com).
- 14 **7th Jog for Jugs Half Marathon & 5K.** 9am. Duanesburg Town Park, Duanesburg. [powerhouseathleticsny.com](http://powerhouseathleticsny.com).
- 14 **6th Kerry Blue Hustle 5K Race/Walk.** 9am. St Mary's-St Alphonsus, Glens Falls. [smsaschool.org](http://smsaschool.org).
- 14 **9th Joan Nicole Prince Home 5K Run, 1M Walk & BBQ.** 10am. Pavilion Central Park, Schenectady. 346-5471. [joannicoleprincehome.org](http://joannicoleprincehome.org).
- 14 **1st Summer Smith 5K Addiction Awareness Memorial Run/Walk.** 9am. Kids' Fun Run: 9:45am. Guilderland HS, Guilderland Center. Kristin Hoin: 527-5360. [runsignup.com](http://runsignup.com).
- 14 Home Away From Home Half Marathon/5K. 9am. Brittonkill School, Troy. 495-5506.
- 14 Rhythm Run 5K Color Run. 9am. Shuttleworth Park, Amsterdam. Misty Nichols: 542-5345.
- 14 MHRR Women's Run 5K/10K. 8am. Rail Trail, Wappingers Falls. [mhrrc.org](http://mhrrc.org).
- 14 Johnson Jog 5K Run/Walk. 9am. Johnstown. 762-4459.
- 14 No One Left Behind 5K. 10am. Grafton Lakes SP, Grafton. [mhpeinc.org](http://mhpeinc.org).
- 14 Stampede 5K/10K. 10am. Dobisky Visitors Center, Ogdensburg. 315-393-2425. [fredericremington.org](http://fredericremington.org).
- 14 Strides for James 5K/10K. 10am. Miner Institute, Chazy. [stridesforjames.org](http://stridesforjames.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](http://teambilly.org).
- 15 Run To The Hills 10K, 5K, 1M. 10am. Sawkill Firehouse, Kingston. 845-481-3043. [onteorunners.org](http://onteorunners.org).
- 15 8th Hudson Valley 15K. 9am. Blooming Grove. John Finnigan: 845-496-1578. [orangerunnersclub.org](http://orangerunnersclub.org).
- 17 **Team In Training Summer Info Sessions.** 4-6pm. Vent Fitness, Guilderland. Leukemia & Lymphoma Society: 438-3583. [teamintraining.org/uny](http://teamintraining.org/uny).
- 19 CDPHP Workforce Team Challenge. 3.5M. 6:25pm. Empire State Plaza, Albany. [hmrrc.com](http://hmrrc.com).
- 21 31st Wood Memorial 5K & Fun Run. 9am. Hoosick Falls. Rosemarie Smith: 686-4504. [hoosickfcu.com](http://hoosickfcu.com).
- 21 1st Scotties Stampede 5K Run/Walk for Education. Ballston Spa CSD, Ballston Spa. 884-7195. [scottiesstampede.org](http://scottiesstampede.org).
- 21 Ryan's Run. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 288-6062. [zippyreg.com](http://zippyreg.com).
- 21 NY/VT Champlain Bridge 5K. 10am. Crown Point HS, Crown Point. 597-3754. [lachute.us](http://lachute.us).
- 21 Warrior Dash 5K Obstacle Run. Camp Warwick, Warwick. [warriordash.com](http://warriordash.com).
- 21 Run for Wine 5K. 12pm. Vesco Ridge Vineyards, West Chazy. 846-8544. [vescoridge.com](http://vescoridge.com).
- 22 **Mountain Valley Hospice 5K: Triple Crown Series.** 9am. Fulton Montgomery CC, Johnstown. Jessica Smrtic: 770-7584. [5ktriplecrown.racewire.com](http://5ktriplecrown.racewire.com).

40th Anniversary!



## Adirondack Distance Run

**Lake George Village to Bolton Landing**  
**Sunday, June 26 at 7:30am**

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- Gender-specific sleeveless wicking T-shirts for first 500 entrants
- USATF Adirondack Association 10-Mile Championship

**Info & Application: [AdirondackRunners.org](http://AdirondackRunners.org)**  
**Registration: [40thadkdistanacerun.itsyourrace.com](http://40thadkdistanacerun.itsyourrace.com) (closes 6/23 12:00am)**  
Late Registration: June 25, 5-7pm at Lake George Fire Dept, 179 Ottawa St • No race day or telephone registration • Benefits Big Brothers Big Sisters & Adirondack Runners Club Scholarship

6th Annual



## 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](http://smsaschool.org) or [active.com](http://active.com)**  
Babette Donlon: [kbluehustle@gmail.com](mailto:kbluehustle@gmail.com)  
Donations appreciated for St. Mary's Food Pantry

7th Annual



## 5K Trail Race/Fun Walk & 1K Kids' Fun Run

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Form: **www.ccrcc-cpny.org** • Pat Glover: 877-0654 • pjllove@aol.com

- 22 4th Steel Rail Half Marathon. Lanesboro to Adams, MA. berkshirerunningcenter.com.3dcartstores.com.
- 28 **Glens Falls Urban Assault 3.5M Obstacle Race.** 5:30pm. Over 20 obstacles, post-race celebration. Bullpen Tavern, Glens Falls. Ted Wilson: 257-2833. adkracemgmt.com.
- 30 **Glens Falls Memorial Mile.** 9:40am, before the Memorial Day Parade. Flat, fast. Bullpen Tavern to Crandall Park, Glens Falls. Ted Wilson: 257-2833. adkracemgmt.com.
- 28 28th Towpath Trail Run. 10K/2M. 5:30pm. St. Johnsville. John Geesler: 568-7509. fmrrc.org.
- 28 Tyner Trail 5K Run/Walk. 8:30am. Cole's Woods, Glens Falls. Ellen Knapp: 791-7910. active.com.
- 28 Patch Sprint Race/Trek. 12.8M. Climb all four Pok-O-Patch mountains in one day. Camp Pok-O-Moonshine, Willsboro. patchsprint.com.
- 28-29 Ottawa Marathon, Half, 10K, 5K & 2K Races. Ottawa, ON. runottawa.ca.
- 29 Buffalo Marathon, Half & Relay. 6:30am.Sat: 5K. Niagara Square, Buffalo. buffalomarathon.com.
- 29 Vermont City Marathon & Relay. Downtown Burlington, VT. vermontcitymarathon.org.

**JUNE**

- 4 **38th Freihofer's Run for Women 5K.** 9:30am. Junior 3K & Kids' Races. Fri/Sat: Expo. City Hall, Albany. USATF Adirondack: 273-5552. freihoferstrun.com.
- 4 **19th Charlton 5K Run/Walk.** 10am. 1M Kids' Fun Run: 11am. Charlton Village Center, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 4 **7th Rail Trail to the Footbridge 5K Trail Race, Fun Walk & 1K Kids' Fun Run.** 9am. Slate Valley Museum, Granville. railtrailtothefootbridge5k.com.
- 4 **Tuff eNuff Obstacle Course Challenge 5K Mud Run.** 9am. BOCES Campus, Saratoga Springs. Janine Stuchin: 581-1230. preventioncouncil.org.
- 4 2nd Piece by Piece 5K Walk/Run. 8:45am. Remington Rec Trail, Canton. northernrunner.org.
- 4 21st Delhi Covered Bridge Run 5K Run/Walk & 10K. 9am. Main Street, Delhi. clasiladies.com.
- 4 Phoenicia Ridge to Valley Trail Race. 13.1M. 10am. Downtown Phoenicia. storeyhouseeny.com.
- 5 45th Distinguished Service Race 8M Race. 9am. University at Albany, Albany. hmrrc.com.
- 5 Niskayuna Baseball First Pitch 5K. 9am. Blatnick Park, Niskayuna. Tracy Morra: 384-0952.
- 5 9th Cantina Kids' Fun Run. 1M: 8-12. 0.25M: 1-7. 9am. Congress Park, Saratoga Springs. 583-8340. saratogahospital.org.
- 5 36th Classic 10K & Rowley Cup 5K Run. Middletown HS Track, Middletown. classic10k.com.
- 5 NYRR Retro 4-Miler. 8am. Central Park, New York. nyrr.org.
- 11 **18th Kinderhook Bank OK 5K Race.** 9am. OK 1 Run (Kids' 1M): 8:15am. Village Square, Kinderhook. 758-9480. ok5krace.org.
- 11 **Whipple City 5K & 10K.** 8:30am. New 10K! Greenwich MS, Greenwich. 692-7979. greenwichchamber.org.
- 11 **Lexington 5K: Triple Crown Series.** 9am. Lexington Center, Johnstown. Jessica Smrtic: 770-7584. 5ktriplecrown.racewire.com.
- 11 Daffodil Dash 5K Run/Walk. 10am. Halfmoon Town Park, Halfmoon. daffodildash.com.
- 11 21st Lions Ramble 10K/2M. 5:30pm. Fort Plain. John Geesler: 568-7509. fmrrc.org.
- 11 Race The Lake Marathon & Half Marathon. 8am. Cooperstown. racethelake.itsyourrace.com.
- 11 NYRR New York Mini 10K. 8am. Central Park West, New York. nyrr.org.

- 11-12 **2nd Walkway Marathon.** Sat: Think Differently Dash (1M run for people w/special abilities) & Expo/Package Pickup. Sun: Walkway Marathon & Half Marathon & MHRRC "Treetops to Rooftops" 5K. Walkway SHP, Poughkeepsie. 845-834-2867. walkwaymarathon.org.
- 12 **2nd Good Karma 5K Run/Walk.** 9:30am. Yoga warmup: 9am. Indian food, henna, music. South Pavilion, The Crossings, Colonie. 383-3722. goodkarma5k.eventbrite.com.
- 12 **The Run for Help 5K Run/Walk Against Domestic Violence.** 10am. Goff MS, East Greenbush. unityhouseeny.org.
- 12 **12th Lake Placid Marathon & Half Marathon.** 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidmarathon.com.
- 12 7th Equinox Trail Races. 5K& 10K. 9:30am. Charlotte, VT. Martha Keenan: 802-363-2384. gmaa.net.
- 12 7@7 Trail Run. 7.77M. 7am. Green Lakes SP, Fayetteville. syracuse.ymca.org.
- 18 Xtreme Boot Camp Challenge 5K & 1K. 9am. Mud, water guns, cargo net, agility tires, costumes. Saratoga Regional YMCA, Saratoga Springs. taylorsheroes.org.
- 18 Tri-City Valley Cats Father's Day Home Run 5K. 9am. HVCC Stadium, Troy. 456-3682. hmrrc.com.
- 18 Gorges Ithaca Half Marathon. 7:30am. Ithaca Commons, Ithaca. runsignup.com.
- 22 Summer Solstice Run. Race: 6:30pm. Minnewaska SP, Kerhonkson. shawangunkrunners.com.
- 26 **40th Adirondack Distance Run.** 10M. 7:30am. LG Fire Dept, Lake George to Rogers Park, Bolton Landing. Marcy Dreimiller: 480-1279. adirondackrunners.org.
- 26 Montezuma Half Marathon & 5K. 8:15am. Montezuma Audubon Center, Savannah. Michael Samoraj: 315-663-5539. willowhwc.com.
- 26 Catamount Ultra Marathon. 50K/25K Trail Run. Trapp Family Lodge, Stowe, VT. catamountultra.com.
- 29 5th CHS 4K. 6:30pm. Children's Home of Kingston, Kingston. 845-331-1448.

**JULY**

- 4 **10th Firecracker 4 Road Race.** 4M. 9am. Kids' Fun Run: 8:30am. Saratoga Springs City Center, Saratoga Springs. Bob Vanderminde: 744-5646. 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 Mt, Wilmington to Saranac Brewery, Utica. Half Relay (115M): McCauley Mt, Old Forge to Saranac Brewery, Utica. peak2brew@p2brelay.com. p2brelay.com.
- 27 **ADK 80K MTB, Trail Run & Duathlon.** 80K/50K solo. 80K 2 or 4 person teams. Solo races: 5:30am. Relays: 7am. Mt. Van Hoevenberg, Lake Placid. HPC: 523-3764. adk80k.com.

**SEPTEMBER**

- 10 **Double H Camp Challenge.** 5K trail run/walk or 30M bike ride. Double H Ranch, Lake Luzerne. doublehranch.org.
- 24-25 **20th Adirondack Marathon Distance Festival.** Sat: 5K/10K in Chestertown. Sun: Marathon, Relay & Half-Marathon, Schroon Lake. adirondackmarathon.org.

**OCTOBER**

- 1 **Komen Race for the Cure 5K.** Empire State Plaza, Albany. komenneny.org.
- 9 **34th Mohawk Hudson River Marathon & Hannaford Half Marathon.** 26.2M: Schenectady-Albany. 13.1M: Colonie-Albany. mohawkhudsonmarathon.com.

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**Summer Smith 5K Addiction Awareness Memorial Run**

**Saturday, May 14 at 9am**  
**Guilderland High School, 8 School Rd**  
 Run the race... Stop the Stigma!

Dedication Ceremony at 8:45am  
 Certified course • Walkers welcome  
 T-shirts to first 150 registered  
 Kids' Fun Run to follow • Bounce house

Register now: **RunSignUp.com**  
 Proceeds to Addiction Care Center of Albany & Schenectady YWCA

**WHIPPLE CITY**  
**5K • 10K**

**Saturday, June 11**  
**8:30am**  
 Greenwich Middle School  
 Gray Ave, Greenwich, NY

*Beautiful village & countryside course!*

5K \$25 by 5/28, \$30 after/10K \$35 by 5/28, \$40 after  
 Dri-fit shirts to first 200 registered  
 Free Kids' 1K Fun Run: approx. 9:30am  
 Stay for Whipple City Festival (free) with food, Adk Brewery, live music, family activities, exhibits

**Register online: FinishRight.com**  
**Entry form/info: GreenwichChamber.org**

More info: **518-692-7979**  
 Benefits Chamber Scholarship at Greenwich CSD

9th annual

**Joan Nicole Prince Home**  
**5K Run & 1 Mile Walk**  
**Saturday, May 14 - 10am**  
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**or run/walk day: 8:30-9:30am**  
 More Info/Entry Form:  
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 or (518) 346-5471  
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**GLENS FALLS Urban Assault**

**3.5 Mile Obstacle Race**  
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Online registration ends **May 25th at midnight**

Race day sign up will also be available.

Sign up by **May 13th** to be guaranteed a T-shirt!

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## HIKING &amp; BACKPACKING

# Hiking with Your Dog

TOBY ON RATTLESNAKE MOUNTAIN IN THE ADIRONDACKS. AL THOMPSON



GROUP AT LEANTO AT ROCHESTER HOLLOW IN THE CATSKILLS. ALAN VIA



BARBARA AND BOOKAH ON SUMMIT OF HUCKLEBERRY POINT IN THE CATSKILLS. ALAN VIA

By Alan Via

With an estimated 70 million dogs in the U.S. is it any wonder that we feel like there are almost as many dogs on the trails as there are human hikers? Before getting to that, let's talk the basics of hiking with our canine companions.

**Your Dog** – If you're thinking about getting a dog you hope to hike with, you can go the rescue route or use a reputable breeder. Think about the type of hiking you enjoy. For shorter, half-day hikes, almost any breed or mix is fine. As with any endurance sport, graduated workouts to build up strength are necessary. Older or overweight dogs need to be conditioned in the same way as their human counterparts. In snow, short legged dogs burn a lot more energy trying to keep up. Small dogs are quick and much less delicate than they look, but it takes a lot of effort for them to make big jumps up and down on steep, rocky terrain.

Many wonderful warm weather dogs are less suited to cold weather hiking. Pitbulls, pointers, and similar short fur types can be great warm weather trail companions but their body types make them more susceptible to conditions in the long, cold days of winter. Vets will tell you that dogs with short snouts labor in warm conditions as their inhaled air has less distance to cool. This can make them less suitable for longer distance summer hikes.

**Essential Training** – The two most important things you must do to get started are to socialize your dog at a young age and train for a reliable recall. Dogs bite out of fear. Puppies playing with other young dogs allow them to test bite pressure and the boundaries of play. The reaction of their playmates teaches them to understand what hurts. They should be exposed to all types of sights, sounds, experiences, people and places, so when they encounter someone or something along the trail their reaction is more likely to be neutral.

It doesn't matter if your dog doesn't give her paw, roll over or fetch. What does matter, especially if you intend to have her off lead, is a solid and dependable recall, no exceptions. It can save her life. Train her to immediately come to a loud voice command or whistle, rewarding with treats EVERY time at first.

"Don't worry, he won't bite!" is probably the most frequently uttered shout people hear as someone's version of Marley is galloping down the trail towards a family with small children, or a person pinned to a tree with the wayward hound's paws draped on their chests. If you can't keep your dog close

and under control around other hikers, then the dog needs to be on leash.

If you have an older dog, he may already do well hiking on leash. For people who want to invest the training time, for eventual off-leash hiking, I start off-leash in the woods walking with a puppy at the tender age of eight to nine weeks. At first, she'll shadow me like I'm her mother, as we walk slowly over short distances. We slowly add distance as the puppy gains endurance and confidence. The puppy will soon want to increase the distance ahead and that's the time for the trainer to stop in his tracks. The puppy will look back or return to the trainer. If she doesn't come, try calling her name and start walking the other way. Reward these first big steps toward a solid recall with treats and praise; repeat, repeat, repeat, rewarding each time. You're building the foundation for off leash walking every time you're in the woods. Be certain there are no nearby hazards as you won't be able to catch him as he grows faster.

### First Aid, Safety and Protection

I suggest keeping all dogs in the car until the humans are ready to start hiking, and then on leash until on the trail to avoid traffic and keep them out of mischief, when they are excited to be heading into the woods.

Each of my packs has a small multi-tool, the version with needle nosed pliers. Among their uses are extracting splinters or pulling porcupine quills. The knife blade can be used to cut duct tape, one of the best materials for binding a splint. Carry a 30 to 50 ounce plastic bottle, filled with hydrogen peroxide to induce vomiting in case the dog ingests something that has to come back up. Most vets now recommend that your dog receive anti-tick and heartworm medication year-round. A post hike body exam will often turn up unwanted hitchhikers. Lint rollers can be surprisingly effective.

Having the contact info of your vet and an emergency vet in your phone is good insurance. Be sure your dog's collar has a tag with your name and phone number. The best protection in case of separation is to have your dog microchipped. The first thing the animal control officer, vet or shelter will do is wand the dog and find your contact information.

In areas frequented by bears, consider having your dog wear a bear bell in spring and early summer, and during big game hunting season add an orange vest.

**Fuel and Hydration** – Dogs need lots of water. When it's hot look for trails that are near streams or bodies of water. If you don't want to carry a few extra liters of water on a warm day, consider a doggie pack. These are daypacks for dogs and can hold food and water.

MICHELE WITH TOBY AND LAYA ON ELEPHANT MOUNTAIN SUMMIT IN THE ADIRONDACKS. ALAN VIA



TOBY AND DENI RUNNING AROUND NANCY ON COOK MOUNTAIN IN THE ADIRONDACKS. ALAN VIA

**A couple of cautions** – water takes up a lot of space and weight, something your dog will need to build up to carrying. Also, if you have a dog that likes to roll in malodorous matter, think about the fun of cleaning the dog pack after every hike.

I bring along a collapsible bowl for my dog, and I carry the extra water for her. If your dog frequently drinks from water she finds along the way, she may end up with some gastric upsets. Generally, they are not serious and don't last long.

For meals and snacks, certain breeds with narrow, deep chests are more susceptible to a life threatening malady known as 'bloat.' Heavy exercise before or after eating can cause a stomach to flip, cutting off the passage of stomach gasses. It's a little known but life threatening emergency so you may wish to feed your hiker dog small snacks along the trail and at the summit.

**Where to Hike** – Look at trail descriptions in guidebooks and online. The four-star trails will be crowded and should be avoided, or hiked midweek or with a very early start to minimize problems. Consider your dog's weight, age and condition when assessing your hike. Steep, rocky terrain can be difficult for a dog who only wants to keep up with you. Other than jumping into water, dogs have only one way to cool off – panting and exposing their tongues to cool air.

If your dog's tongue is lolling, she is warm, needs a drink, shade, and a place to splash.

In assessing good warm weather hikes, trails that follow streams and are forested are best. In the Adirondacks, the Eastern High Peaks section requires dogs to be leashed on all trails but there are hundreds of great hikes with dogs outside of the crowded High Peaks. The Lake George Land Conservancy and Champlain Area Trails are two organizations that offer dozens of some of the least crowded and best for leashed dog hiking in the North Country.

Mohawk Hudson Land Conservancy has 17 preserves in the Capital Region. The Catskills have some of the best dog-friendly trails in our area if you avoid some of the steep, rocky terrain. Rochester Hollow is a gem as are the summer ski area mountain trails: Windham, Belleayre and Plattekill.

Wherever you decide to hike, consider yourself as an ambassador for dog owners. Keep your dog close and under control at all times so others can enjoy the woods as much as you and your dog are doing. 🌲

*Alan Via is the author of "The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks under 3,500ft." Alan is working on two other hiking guidebooks, each with 100 hikes spread out over the Adirondacks and Catskills.*





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# Spring Paddling News



◀ PADDLERS EXPLORE A BACKWATER OF THE MOHAWK RIVER.

▼ PRACTICING A PADDLE-FLOAT SELF-RESCUE.

By Rich Macha

PHOTOS BY RICH MACHA

**S**pring arrived early this year thanks to the winter-that-wasn't and many of us have already been lured out onto area waters. Ice-out came about a month earlier than usual. In most years I would not think about canoeing or kayaking an Adirondack lake until late April – this year I made it out onto Canada Lake on March 27!

## SAFETY FIRST

Water temperatures will remain on the cold side for a while and I don't believe anyone is quite ready to go out for a quick swim yet. Remember that in New York State you are required to wear a life jacket from November 1st through May 1st when in any craft under the length of 21 feet. In Massachusetts, a young man has already died this year when his canoe overturned while he was fishing – he was not wearing a life jacket. In cold water, when a person's head goes underwater there is a likelihood that a "gasp-reflex" can occur which causes that person to swallow water and drown.

Serious consideration should be given to wearing a wetsuit or drysuit when paddling any waters that are under 60 degrees – these buy you more time in the case of a capsizing. If you are paddling near shore in shallow water you might not need more time to get to safety, whereas if you are well away from shore in deep water that extra level of protection can be beneficial. Jeans and other cotton clothing items are never a good idea when water is concerned – when wet, cotton loses any insulation ability it may have and the heat will be sucked out of the wearer's body leading quickly to hypothermia.

If you have never practiced self-rescues (if you paddle alone) or assisted rescues (when paddling with others) in warm water perhaps you should not be out there paddling in cold water when rescue and recovery can be more challenging.

## NEW PLACES TO PADDLE

I always enjoy exploring new places by canoe or kayak. Last year I paddled the Opalescent River twice plus checked out parts of the Hudson River that became more accessible in 2015. This year, I long for more new water-bodies to discover, or re-discover.

**Boreas Ponds** – New York State was scheduled to purchase the Boreas Ponds Tract from The Nature Conservancy before the end of March – hopefully this acquisition has occurred by the time you read this. Originally there were three ponds but thanks to a dam at the outlet there is now one big pond that can be explored in a half day's

paddle. Below that dam is another "pond," LeClaire Flow. There is a possibility that we may be allowed to drive the dirt road (currently gated) a few miles to LeClaire Flow, paddle across the flow and do a short carry to the Boreas Ponds. Hopefully, when the purchase is announced, NYS will already have an interim access plan in place, like there existed when the Essex Chain Tract was purchased, so that we might enjoy the area sooner rather than later.

Thanks to The Nature Conservancy, I have already paddled the Boreas Ponds. What stands out from the experience is the view of the nearby High Peaks which rise up to 3,300 feet above the ponds. Unfortunately for me, when I was there many of the summits were in the clouds so a revisit is certainly on my to-do list.

**County Line Flow** – The Newcomb area is becoming a great destination for paddlers. Halfway between Newcomb and the hamlet of Long Lake and north of NY Route 28N is County Line Flow, a dammed portion of Fishing Brook. In fall of 2015 the state constructed a roadway, parking area and trail that access this scenic lake. This is a conservation easement on private lands and so there are special restrictions that apply. Fishing is not allowed from the shore of the flow but is allowed from the banks of Fishing Brook upstream of the flow.

From the flow there are views of Kempshall Mountain to the northwest, Windfall Mountain to the south and Goodnow Mountain to the east-southeast. You can paddle well over two miles upstream on Fishing Brook as long as you don't mind negotiating some blockages and beaver dams. The stream-sides vary from wooded to open wetlands; there are grassy banks, some alders and lots of black spruce.

**Archer Vly** – Archer Vly is a half-mile-long impoundment created by a causeway that has twin culverts to let the water continue on its way down the outlet. Situated in northwestern Saratoga County and just outside the Adirondack Blue Line, the Lake Desolation Road Conservation Easement Tract is again private land that the public now has access to. Non-motorized activities such as paddling, fishing, hiking, camping (there are currently two designated campsites you can paddle or hike to), and hunting are allowed.

There is an accessible outhouse and a good spot to launch boats near the parking area. Although not a large body of water, Archer Vly does make for a nice quiet



KAYAKERS PASS UNDER THE KINGSTON-RHINECLIFF BRIDGE ON THE HUDSON RIVER.



STEVE BURKE OF ALBANY EXPLORES HUDSON RIVER MARSHES NORTH OF ATHENS.

location for a picnic, and for doing some relaxed lily-dipping.

## NEW GUIDEBOOK AND MAPS

"Penultimate Paddles" is a new guidebook by Russell Dunn, a local author and *Adirondack Sports* contributor, that offers an introduction to many of the waters of the southeastern Adirondacks. The book covers over 60 paddles on lakes, ponds, streams and rivers from Blue Mountain Lake south and east.

The Hudson River Greenway plans to put out a series of four map-guides covering the Hudson River Water Trail from New York City up to Hadley and Whitehall. I haven't seen these yet but look forward to their arrival.

## NAVIGATIONAL RIGHTS

In May of 2009, Phil Brown portaged and paddled the outlet of Mud Lake and down Shingle Shanty Brook through private land, but started and ended his trip on state lands in the William C. Whitney Wilderness. The landowners sued him for trespass. Phil, as well as the state's Department of Environmental Conservation, contends that the route is navigable, legally accessible and useful for travel, hence the public has a right to paddle it. Lower courts ruled in favor of

Phil Brown, but not unanimously so the case went to New York's highest court, the Court of Appeals, and was heard on March 24. A final ruling is expected in May.

## NEW MOHAWK RIVER BOAT LAUNCH

The New York State Canal Corporation announced that 12 upstate municipalities will receive a total of \$1 million in grants from the Canal Corporation as part of the \$2.25 billion in awards that Governor Andrew M. Cuomo's Regional Economic Development Councils are providing to spur economic growth throughout the state. In southern Saratoga County, the town of Halfmoon was awarded \$100,000 for the installation of a car-top boat launch at Crescent Park, just off NY Route 9 near the Crescent Bridge.

New York paddlers have a lot to be thankful for and look forward to this year. See you on the water! 🌿

*Rich Macha is owner of Adirondack Paddle'n' Pole, a paddlesport specialty store in Colonie (onewithwater.com). When Rich is not helping customers, instructing or organizing trips for the Adirondack Mountain Club he is out there in a canoe or kayak exploring the region's waters.*





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# Melinda & Carl Regenauer



**AGES:** Melinda 51, Carl 50

**RESIDENCE:** Saratoga Springs

**OCCUPATIONS:** *Melinda:* Administrative Officer in the Dept. of Surgery at Albany Stratton VA Medical Center; also, 15 years as a Physical Therapist at the VA. *Carl:* Electrical Engineer, Knolls Atomic Power Laboratory, Niskayuna.

**MAIN SPORT:** Triathlon

**OTHER SPORTS:** *Both:* Cycling. *Melinda:* Cross Country Skiing. *Carl:* Running. Carl has been a USAT Level I Certified coach since 2014.



## Meticulous Preparation, But with a Sense of Fun

*"This is a great triathlon community, with such good synergy. The energy of the athletes is infectious."*

- Melinda Regenauer

*"I prefer to race more often and to go fast."*

- Carl Regenauer

By Christine McKnight

It was one of those days in the triathlon wars for Carl Regenauer. About two-thirds of the way through his swim in the Montréal Esprit Olympic Triathlon in 2014, he noticed a pair of goggles floating in the water. Realizing they were his, and had been kicked off by another competitor, he quickly stuffed them into the neck of his wetsuit and finished, sans goggles. After shaking off his blurry vision, he hopped on his bike and negotiated a wet, rainy course featuring eight hairpin turns.

It turned out to be one of his best swims ever, even without the goggles. He posted a sub-one-hour bike split and finished with one of his best Olympic times ever, 2:07:35. "I was ecstatic," Carl recalled, adding that it was one of the funniest experiences in his decade as a triathlete.

No excuses here from a guy who has built his triathlon career on meticulous preparation, attention to detail, and old-fashioned hard work - along with a healthy dose of keeping it fun. It's all paid off for Carl, who has nine top-three triathlon finishes to his credit and an overall victory at the HITS Sprint in Hague last year. He has also qualified to compete in the ITU World Championship Sprint Distance race this September in Cozumel, Mexico.

As rewarding as it's been, Carl admits that it's a little surprising. "I didn't realize I had that kind of potential. And I certainly would never have guessed that I ever had a chance to win a race outright," he said.

Melinda Fry Regenauer, Carl's wife, traces her triathlon roots back to her late teens in Wisconsin, where she competed in several sprints with her triathlon-pioneer mother,

Mary Lynn Fry, as the sport was becoming established. Melinda relaunched her triathlon career last year at the Piseco Lake Triathlon. "That was such a thrill," she said. "I swam from one pontoon boat to the next and was out of my mind with the fun of it all." She crushed the bike course, averaging more than 17 miles per hour, and collected an unexpected third-place age group trophy.

Melinda and Carl competed together for the second time last September in the Montreal Esprit in rainy conditions. "It was a giggle fest," Melinda admits. "We were all doing it in the face of such adversity, and it became totally energizing." She has more sprint races on her calendar this year.

They are both Saratoga Triathlon Club board members, and play key leadership roles, especially in organizing Thursday night summer swims at Moreau Lake State Park. "This is a great triathlon community, with such good synergy," Melinda said. "The energy of the athletes is infectious."

The Regenauers went to the same high school near Waukegan in northern Illinois. As Carl recalls, they met in a German class. They married after college, in 1995, and now live in Saratoga Springs.

Faced with the usual time management challenges of triathletes, they turn to recreational cycling for their "together" time. They plan at least one vacation that revolves

around cycling each year, and have pedaled their way across parts of western Quebec, England, Scotland, southern France, Italy, Sardinia, Michigan and Texas. These are relaxed outings in which they typically average ten miles per hour and travel 25 to 40 miles daily. They also ride a tandem bike regularly during the summer months, and even ride it up to Lake Desolation sometimes - including a five-mile, 1,000-foot climb, seeking the reward of the local fire department's pancake breakfasts.

Carl's breakout year was 2010, when, he says, he "went from being a really bad swimmer to an average swimmer," after really working on his technique and just spending more time getting comfortable with the water. In 2011, he began training with Kevin Crossman of T3 Coaching and made a "huge jump," improving in all aspects of triathlon. His Olympic times these days are usually between 2:08 and 2:15.

Carl qualified for the first time in 2011 to compete in USA Triathlon's Age Group National Championships, and has made it to Nationals every year since then. His first experience on a world championship stage came last year in Chicago, where he competed in both the standard (aka Olympic), and sprint races two days apart. He finished 26th of 117 in the sprint and 69 of 117 in the standard.

**Melinda and Carl** do most of their training independent of one another, except for certain bike rides in which their goals overlap.

### Melinda's Mid-Summer Training Week

**Sunday:** 25-45 mile bike. Goal: mind clearing and communing with the universe. **Monday:** 3-4 mile jog after work. Goal: breathing hard. **Tuesday:** 12-16 mile bike after work. Goal: Get home before sunset. **Wednesday:** 12-16 mile bike after work. Goal: Get home before sunset. **Thursday:** Swim at Moreau Lake. Goal this year is to swim the big loop! No freak outs! **Friday:** Jog or pool swim. Swim Goal: Try to swim at least 900 meters. Practice technique learned at a swim clinic. **Saturday:** 3 mile jog. Goal: Not spilling the post-jog recovery drink (hot chocolate) on myself. 25-45 mile bike ride. Goal: Explore a new route or combination of roads.

### Carl's Mid-Summer Training Week

**Monday:** 2100 yard "no legs" swim. **Tuesday:** 23 mile bike with low cadence sets; 7x800m descending run intervals. **Wednesday:** 12x1 mile high intensity bike intervals. **Thursday:** 8 mile endurance run; 4,800 yard open water swim at Moreau Lake. **Friday:** 50 mile bike with 5x5 minute all-out intervals. **Saturday:** Tempo to threshold intervals run; 30-minute open water swim. **Sunday:** 1.2 mile open water swim.

The Cozumel sprint race will provide Carl with the opportunity to compete against the best age group athletes in the world. "It gives you a sense of where you stand, plus the races at this level are so well laid out and so well managed, it's just an exceptional experience."

Carl brings his engineer's mind to his training regimen, right down to his brilliantly executed transitions, which are almost unrivaled in the region. How does he do it? Practice and attention to detail! You'll find him spending extra time on transitions in April and May. Every time he finishes a cycling workout, he does a flying dismount. Last year for the first time, he mastered the flying mount, also now a part of every bike session. "It's amazing how much time you can save if you can do these things," he said.

While Carl said he may do a 70.3 race at some point, his schedule this year features nearly all sprint races. "I prefer to race more often and go fast," he said.

Both Melinda and Carl encourage newbie triathletes to "keep it fun" and ask questions of their fellow competitors. "There is a ton of pressure to go do an Ironman, and Ironman is a super special experience, but I don't think anyone should feel pressured to do an Ironman. It's a lot of eggs in one basket." 🌲

Christine McKnight ([trichris@nycap.rr.com](mailto:trichris@nycap.rr.com)) is a veteran triathlete who lives in Gansevoort.



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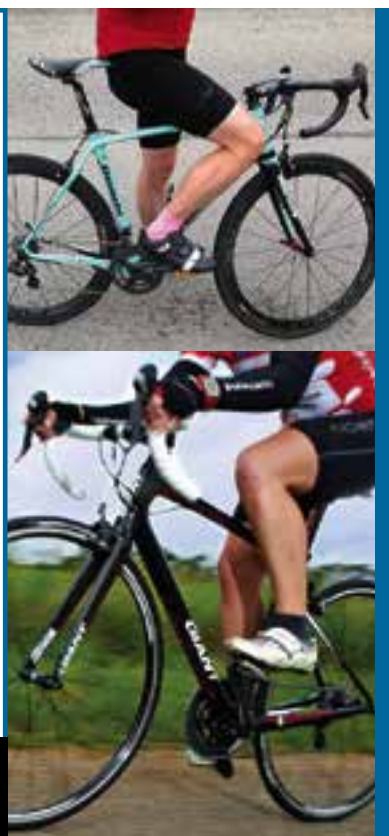
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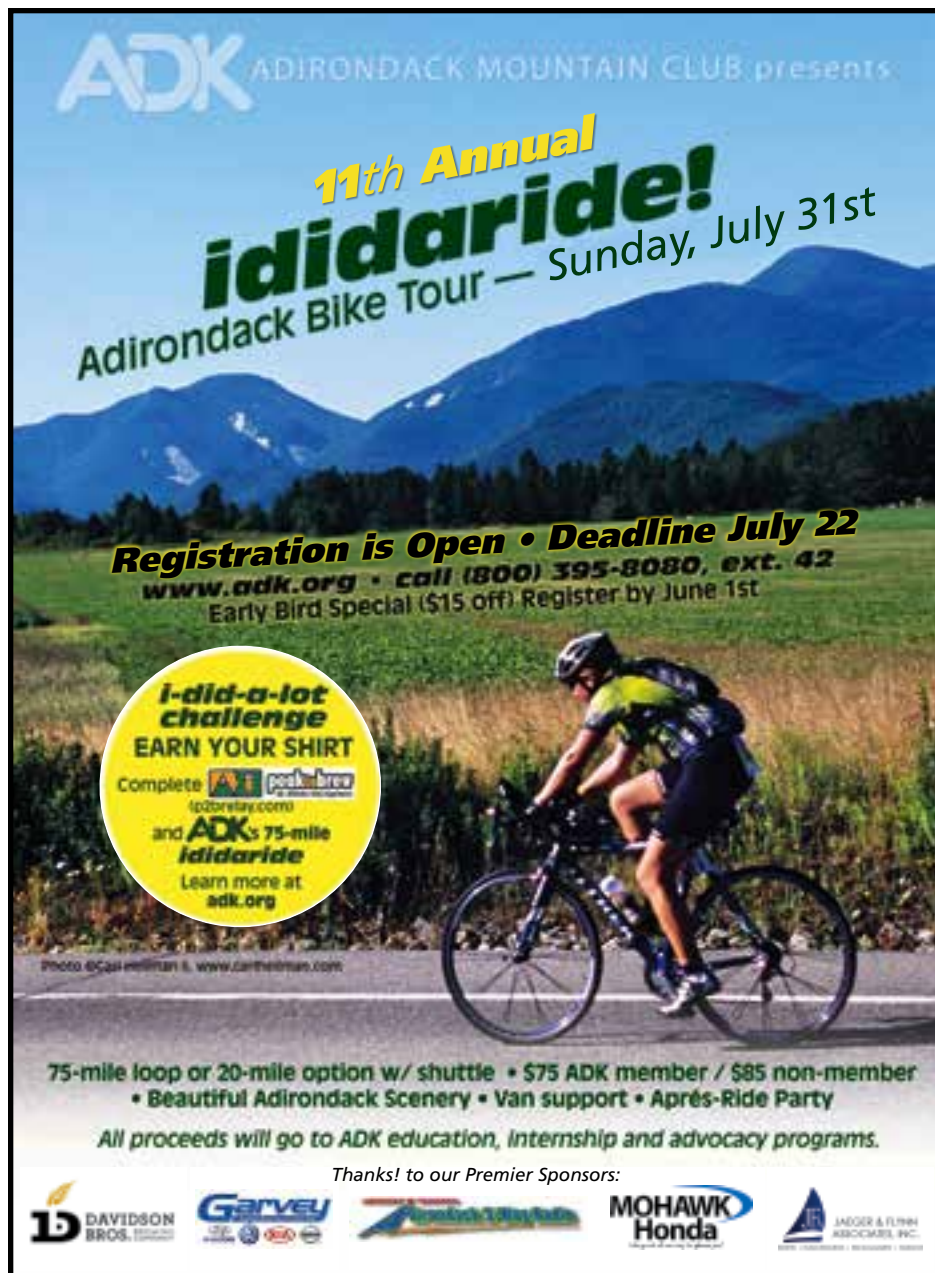



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## MOUNTAIN BIKING &amp; GRAVEL GRINDING

# Off-Road Events You Need to Experience!



START OF THE 2015 WILMINGTON WHITEFACE XC MTB RACE.  
© PAT HENDRICK PHOTOGRAPHY

By Janay Camp

An early arrival of spring this year has got the wheels spinning in the dirt and gravel ahead of Mother Nature's usual schedule. Whether you are looking for a new challenge, or perhaps a ride where you can plan a weekend trip to a scenic destination, there are plenty of upcoming events in the area.

For those new to the term 'gravel grinder,' they are simply gravel road rides or races, which combine riding on surfaces such as asphalt, gravel, dirt, and some singletrack trails. One of the clear benefits of these types of events is it opens up new areas of exploration and it also brings a new kind of challenge to a rider.

There are many reasons to sign up for events including giving yourself a new fitness goal to work towards, building mental toughness – a few of these events are true character builders – and of course the most important, having fun with like-minded cycling folks!

Here are a few of the highlights of some upcoming exciting off-road events. Check out their websites for further information and details on how to register.

**Farmer's Daughter Gravel Grinder in Chatham on Sunday, May 15** – This is a challenging, but non-competitive ride, that will allow you to see some of the most stunning scenery in and around Chatham – think postcard type views. The route is about 65 miles long, but bring your climbing legs because it rolls up and down the entire way, adding up to about 6,100 feet of climbing.

It is a mix of road, dirt roads, grass and a bit of singletrack to keep things interesting. Several of the sections on the course are on private land so it's a unique oppor-

tunity to ride this full route. The second annual gravel grinder shares its name with Chatham Brewing's "Farmer's Daughter" Rye IPA, and those over 21 can enjoy a pint at the post-ride festivities, along with food and live music. Visit: [farmersdaughtergravelgrinder.com](http://farmersdaughtergravelgrinder.com).

**Whiteface Mountain Bike Festival in Wilmington on Friday-Sunday on June 3-5** – There are a wide variety of activities during this festival weekend, just outside of Lake Placid. Saturday includes the Whiteface Mountain Uphill Bike Race (see page 1), free group rides (including "Poor Man's Downhill" shuttles), bike demos, children's activities, food, music and vendor expo. The evening brings a Bike Fest Beach Party with food, drinks and live music.

A weekend highlight is the sixth annual *Wilmington Whiteface 100K & 50K XC MTB Race* on Sunday morning, with solo and relay divisions. This race is actually 69 miles (don't be fooled by the '100K') and it includes gravel roads, jeep trails and single-track trails, near Jay and Saddleback mountains in the High Peaks. When most people think of Wilmington they think of skiing down the slopes, but in this event the bikers are challenged to go up; straight up!

This race is a qualifier for one of the most revered races in the world, the Leadville Trail 100 MTB which is held annually in August at Leadville, Colo., through the heart of the Rocky Mountains. The Leadville race is notoriously difficult to get into and you have two options: winning the entry lottery or qualifying as a solo rider in the Leadville Race Series – this is the only qualifier east of Minnesota. It is important to note that if you didn't get the training miles in to prepare



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for the full course there's a 50K option. Go to: [bikewilmingtonny.com](http://bikewilmingtonny.com) or [wilmington-whitefacemtb.com](http://wilmington-whitefacemtb.com).

**Black Fly Challenge Gravel Grinder, Inlet to Indian Lake, on Saturday, June 11** – This is a classic race in the Adirondacks and offers a point-to-point course that switches direction every year. This is the 21st year, so the direction is from Inlet to Indian Lake, and the distance is 38.5 miles. The course is challenging and the majority is off-road through the Moose River Recreational Area. This ride attracts mountain bikes, fat bikes, cross bikes, and the occasional tandem bike.

While the Black Fly course does offer a fun challenge for a seasoned cycling veteran, it is also a great starting place for someone thinking about trying their first off-road race. The race organizers will have a prize purse exceeding \$9,000 for the various categories, which adds to the fun. There is a BBQ following the event. Since this is not an out-and-back course, you must make shuttle arrangements before or after the race – either by working it out with your friends or by signing up for a shuttle service, which you can book when you register. Check out: [blackflychallenge.com](http://blackflychallenge.com).

**The Vermont Epic in Ludlow, Vt. on Saturday, June 11** – The Vermont Epic contains three different events: a) 16th annual Battlefield to Vermont (B2VT) 134-mile road ride with 8,100 feet of climbing from Bedford, Mass. to Ludlow (see page 1); b) VT40 40-mile recreational road ride for family and friends; and c) new for 2016, the VTMonster Ride.

The VTMonster Gravel Grinder starts and finishes at Okemo Mountain Resort

in Ludlow. It is in the 'epic category' for a reason, this 70-mile dirt and gravel road challenge features 9,000 feet of climbing. The scenery in Vermont never disappoints. This is the kind of challenge that allows you all kinds of bragging rights once you complete. No SAG support so be prepared to take care of yourself, although there will be two stocked feed zones. Once you survive this MONSTER the post-ride party is well deserved and features showers, Harpoon beer, BBQ, finisher's T-shirt, an athletes' village and live music. Visit: [vtepic.com](http://vtepic.com).

**SMBA Grafton Rocks! Mountain Bike Festival in Grafton on Saturday, June 11** – The Grafton Rocks! Fest, organized by the Saratoga Mountain Bike Association, will feature group rides and bike demos around the beautiful trails of Grafton Lakes State Park, located just east of Troy. There are plenty of exploring options in the park as there is upwards of 25 miles of a variety of trails available for beginner to expert riders.

Food and beer vendors, along with raffles, will be part of the festivities. The day before is *National Take-a-Kid Mountain Biking Day* so in recognition of this special day, the Grafton Rocks! Fest will also feature activities like skills clinics, contests and races specifically for the kids. Go to: [saratogamtb.org](http://saratogamtb.org). 🌲

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





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In addition to practicing law, Mr. Schillinger is director of [NYCross.com](http://NYCross.com), a CBRC bike racer, and a skiing enthusiast





# Seven Tips to Swim Your Best

By Kevin Kearney

**W**ith open water season right around the corner, it's the perfect time to start planning your swim season, and the training/adjustments that go with it. Here are seven tips to help you swim at your best come summertime.

**1 Getting in the Water** - It's very simple and it works. Swimming is an adaptation, and unnatural for land mammals like humans. Creating a training schedule in the spring, such as three practices per week for one hour, and sticking with it into the summer can pay huge dividends in a sport such as swimming. Stroke changes and improvements are always great, but if you are not fit enough to make them stick when your body becomes fatigued, they will have limited benefits. Getting in the water and training allows your body to adapt to unnatural muscle movements, and helps your stroke changes stay.

**2 Swimming Tall** - Body line and balance are two phrases you may hear often in swimming. Why? Because they are VERY IMPORTANT. Balancing and maintaining a tall, horizontal body-line through the water minimizes drag, and allows for less energy expenditure per stroke.

**3 Learning to Kick** - Kicking has gotten a bad reputation from the 1980s and 90s, where distance swimmers were typically taught not to kick because the propulsion your legs contributed to your swimming were not worth the effort. However, since the early 2000s, the sport has changed dramatically, and studies have shown that kicking not only contributes to propulsion, but more importantly it provides a lifting effect for your body. The downbeat of your kick provides a lifting effect that allows our bodies to swim higher on the water. It also helps you stabilize and balance (see Swimming Tall), which in turn allows your arms to be used for pulling compared to balance. Finally, it helps a

swimmer maintain momentum and stay in motion through the water with maximized efficiency. Not every swimmer needs a monstrous six beat kick, but developing a relaxed steady kick can provide major benefits to all swimmers. If current open water 10K world champions all kick, shouldn't everyone?

**4 Bilateral Breathing** - Developing comfort breathing to both sides of your body can prove very useful in the great outdoors... Sun position, water currents, waves, and other swimmers creating turbulence can all make it difficult to breathe to a specific side when in open water. Being able to change sides on demand will create a much more comfortable and adaptive open water experience. Bilateral breathing is a skill that can be developed in any pool by consciously adding in breaths to either side during warmup and/or cooldown.

**5 Catch, THEN pull** - All too often, swimmers are in a rush to pull, and as soon as they enter their hands into the water, they 'yank' their arms down to their hips, essentially sliding through the water. The "catch" in swimming is your setup to the "pull" - it is a slight pause after your hand enters the water that allows a swimmer to essentially 'grab' the water with their hand and forearm through pressure, then keep pushing that water past them as they pull. One analogy often used is climbing a rope - in order to climb a rope, you first must grab the rope before pulling your body upwards. Slowing down your stroke and allowing your hand/arm to grab water prior to pulling can lead to an excellent increase in propulsion per stroke cycle.

**6 Limit the Drills** - Drills in swimming have their purpose with making stroke changes, but are all too often misunderstood as the absolute key to efficient swimming. At Excel Aquatics, drills have use, but cannot take the place of changes within the whole stroke. What does this mean? Look at your whole body while



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swimming - we are dealing with a human being suspended sideways in a body of liquid. So Newton's third law - every action has equal and opposite reaction - is HUGE. Therefore, all of the parts or skills of a stroke are always wedded to one another, and the action of one part of the body will always affect the other parts. This is known as the principle of accommodation.

Drills often times do an excellent job of identifying and adjusting a specific part of one's stroke, but is often done by completely ISOLATING that one part of the stroke. Unfortunately, perfecting a change in a drill often times does not carry over to the whole stroke. As an alternative, try identifying stroke changes that are needed, and working on them in the whole stroke. Now are we saying that all drills are bad? Absolutely not! But, it is important to not be drawn into the mindset that drills are the key to more efficient swimming. Stroke changes in the whole stroke are the major key to success, and drills are only used as a stepping stone to make those changes.

**7 Don't be afraid to swim FAST** - Swimming as a sport is still nowhere near its peak. World records are being broken every month, and a better understanding of swim training from a rational and physiological level are improving by the day. In the past, 'distance' swimming was often thought of as purely slow twitch muscle engagement, but this is not the case. Studies are now showing that activating your fast twitch muscles during training will contribute to both anaerobic and aerobic gains, which of course translates to faster training and racing. Blending in some faster, but shorter repeats does have its place and benefits for distance swimmers. Not to mention spicing up the practice can make training more fun and enjoyable. 📌

*Kevin Kearney (info@goswimexcel.com) is the program director and part of the coaching staff at Excel Aquatics. As a former Division I swimmer, Kevin has over 20 years of competitive and coaching swimming experience, and enjoys working with swimmers of all ages, from beginner learn to swim all the way up to triathletes and national level swimmers.*



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## NON-MEDICATED LIFE



# A Call to Collective Action

By Paul E. Lemanski, MD, MS, FACP

**Editor's Note:** This is the 70th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 69 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. When implemented by an individual, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects, may reduce the number and amount of medications, and result in a more naturally arrived at robust health.

When implemented by a population, however, especially when maintained for several years, such an approach can transform healthcare. A healthier population costs less to care for, has fewer heart attacks and strokes, requires less medication use, and has a smaller proportion of the population requiring nursing home placement and long term care due to frail-

ty and dementia. While a more affordable healthcare may result, the major benefit for the health of the individual and the population is the paradigm shift in perspective that would be engendered.

We could move from the current state of dependency – in which we look to others to keep us healthy in spite of our own unhealthy habits – to a state of personal responsibility and empowerment. We would understand how it is both possible and necessary to keep ourselves healthy through our own efforts and then decide to practice this approach daily in the way we live our lives. We also would better understand that dollars alone do not assure health.

A case in point is diabetes prevention. It turns out that a drug called metformin, when given to a person at risk for diabetes, can reduce new diabetes cases by 30%. However, for those at risk for diabetes who are overweight or obese, a lifestyle change resulting in weight loss of 10 to 20 pounds has been shown in a clinical trial to decrease new cases by 57%! Literally, how we choose to live our lives can prevent diabetes and prevent the increase in heart attacks, strokes, kidney failure, and blindness that can result.

But urgent action is needed. Without a change in lifestyle, each year 11% of the 85 million individuals at risk for diabetes will become diabetic. Indeed, the federal

government, realizing the power of lifestyle change to reduce new cases and lower the cost of healthcare, recently announced expanding Medicare to cover lifestyle programs to prevent diabetes.

But can such a lifestyle approach work outside of a clinical trial? Let's look to a model that already exists – one in which people are healthy on the basis of lifestyle rather than the number of medications they take, or the number of surgical procedures they have undergone, or the number of dollars spent on their healthcare.

The people of Okinawa Island, Japan offer such a model. Okinawa has a greater proportion of people who reach 100 years old than any other country in the world. Moreover, these people, by and large, reach old age not in nursing homes but as active members of society. As a population Okinawans exercise daily, eat a predominantly plant based diet and avoid excess body weight, through behaviors and habits handed down from generation to generation – an Okinawan lifestyle. Moreover, this lifestyle is practiced as a group and reinforced by the social mores and “peer pressure” of the group.

At the dinner table, Okinawans practice a Confucian teaching called “hara hachi bu,” that instructs people to eat only until they are 80% full. Thus, not only are second helpings discouraged in Okinawa but also eating to satiety is discouraged. Needless to say, this type of group habit has a powerful effect on individual behavior, even when you are alone. It moderates the total number of calories consumed per day.

Moreover, when combined with a habit of daily walking – not only for exercise, but also as a means of practical transportation – lifestyle alone can engender robust health. It can hold down body weight, reduce blood pressure and the risk for diabetes, heart disease and other chronic

diseases – all without medications or high cost procedures.

Americans, unfortunately, do not grow up eating only to 80% of full. We do not have social mores that limit our calories and encourage daily exercise. However, we can use some of the benefits of such group dynamics by joining groups that practice healthy behaviors. For example, joining a group of walkers or runners who exercise four to five times a week, will encourage our behavior to do so.

Befriending those who eat a vegan diet and sharing meals can teach us much about the benefits of this way of eating. It may make our own diet healthier, and predominantly plant-based, even if we don't become vegan. Joining healthy groups and health-focused communities offer a way to change behaviors and maintain behaviors that alone we would find to difficult to accomplish.

In summary, informed diet and lifestyle can for the majority of individual keep us healthy and reduce the cost of care. For populations, such an approach offers the possibility of transforming healthcare, making it not only affordable, but also changing the collective perspective from dependency to responsibility and empowerment. But collective action is needed!

Employing informed diet and lifestyle in a group or community that reinforces and encourages healthy behaviors, may allow you to achieve a level of robust health more easily than going it alone. In so doing we avoid the proverbial bottle of pills and may truly achieve the Non-Medicated Life. 🌱

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

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**BICYCLING** *cont from page 1*

fields and no affiliation with USA Cycling, so no racing license is required.

The Gran Fondo portion is also being expanded on the same course as the race, with 68 total miles, seven dirt road sections, and 4,000 feet of climbing. The fondo format lets all riders, from racers to non-racers to enthusiasts, challenge themselves on the course that has helped make Battenkill one of the largest single day races in the country. The event home site at the Washington County Fairgrounds in Greenwich offers ample parking, on-site camping, showers, and is just 15 miles east of Saratoga Springs. Complete event and registration details is available at [tourofthebattenkill.com](http://tourofthebattenkill.com).

A variety of other events will also offer something for just about any type of rider from late April through early June.

**Sean's Ride on Saturday, April 23 at Chatham Fairgrounds with 50, 20 and 10 miles** – Sean's Ride is part of the Sean's Run Weekend in memory of Sean French, who lost his life in 2002 when a drunk driver hit the car he was a passenger in. The three scenic ride routes start/finish at the Chatham Fairgrounds and offer beautiful views of the Hudson Valley set against the backdrop of the Catskill Mountains. There are stocked rest stops, post-ride refreshments, and an awesome after-ride, long-sleeve jerseys to the first 250 entrants.

Since 2002, 15th annual Sean's Weekend events have raised over \$195,000 to fund grants that support programs at schools and youth organizations, and scholarships to deserving high school seniors. For complete info on the rides, 5K run, Zumbathon and other weekend events, visit [sean-srun.com](http://sean-srun.com).

**Team Billy Ride & Walk for Research on Sunday, May 15 at Saratoga Springs Farmer's Market with 50, 25 and 10 miles** – This is the 12th year for the Team Billy Ride and Walk for Research to raise funds for brain tumor research, honoring Billy Grey, who died in 2001 from glioblastoma multiforme, a highly aggressive form of brain tumor.

The three rides take place in Saratoga County and the 50-mile route encompasses the historic Saratoga Battlefield. The three-mile walk covers the historic district of Saratoga Springs. All the events begin at the city's Farmer's Market on High Rock Avenue. This local event has raised almost \$2 million for brain tumor research. Get all the details at [teambilly.org](http://teambilly.org).

**Fork to Fork Culinary Bike Tour on Saturday, May 21 at The Hub in Brant Lake, 55 miles** – To help kick off it's third full season in business, The Hub in Brant Lake is hosting this first annual event that will take riders on a scenic culinary bike tour through northern Warren County, including rides around Loon, Brant and Schroon lakes, and stops for food and drink sampling at 15 eateries, two ice cream stands and a brewery in Adirondack, Schroon Lake, Pottersville, Chestertown and Brant Lake.

The ride concludes back at The Hub with a Paradox Brewery tap-takeover. The countryside in the lakes district along the Schroon River and Brant Lake offers beautiful scenery and quiet backroads. The ride is also presented by the town of Horicon and Tri Lakes Business Alliance. Get full info and



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purchase tickets on Facebook (search "fork to fork ride") or go to [bikereg.com/f2f](http://bikereg.com/f2f).

**Whiteface Uphill Bike Race on Saturday, June 4 in Wilmington, 11 miles** – This challenging race climbs the Veteran's Memorial Highway up Whiteface Mountain, with an average 8% grade that will challenge even the fittest cyclist. There are nice race prizes, but the biggest reward of all may be the spectacular 360-degree view of the High Peaks and surrounding area from the summit.

It's part of the Wilmington Whiteface Bike Fest weekend, with a variety of cycling events including the Wilmington Whiteface 100K/60K Leadville Qualifier mountain bike race on Sunday, as well as a vendor expo, music, food, children's activities, demo bikes, and free group rides. Get full info at [whiteface-erace.com](http://whiteface-erace.com) or [wilmingtonwhitefacemtb.com](http://wilmingtonwhitefacemtb.com).

**Tri-State Century on Saturday, June 4 at Great Barrington, Mass., 100 miles** – The Tri-State-Century is a road cycling adventure that takes riders through scenic backroads and small towns in Berkshire County, Mass., Litchfield County, Conn., and Columbia and Dutchess counties in NY. The moderate terrain ride will include

a support vehicle, course sweep rider, plus three rest stops with food, drinks and lunch. For details call or text (917) 533-4639 or email [cyclelogical@aol.com](mailto:cyclelogical@aol.com).

**The Vermont Epic Road Ride on Saturday, June 11 from Bedford, Mass. to Ludlow, Vt., 134 miles** – Organizers of this 16th annual "Battlefield to Vermont" ride are serious when they say it's not for everyone; it's "New England's toughest cycling weekend" for a reason! The course winds through 132 miles of Massachusetts and Vermont backroads, includes 8,100 feet of climbing to finish at Okemo Mountain Resort. B2VT includes three fully stocked rest stops, technical support, Vermont Epic bike jersey, and a party at the finish line.

New in 2016, VT Monster Gravel Grinder is an 80-mile, 9,000-foot vertical ride on mostly dirt and gravel roads. Finally, the VT40 is a 40-mile recreational ride for family and friends, with a 20-mile option so any rider can participate. For details, go to [vtepic.com](http://vtepic.com).

**Get Your Guts in Gear: The Ride for Crohn's & Colitis on Saturday, June 11, 62.5 miles** – Crohn's Disease, also known as ulcerative colitis, affects more than 1.4 million Americans but because of the silence

that often surrounds these types of diseases, public awareness is lacking.

This ride helps raise funds and awareness with a 62.5-mile ride in the Hudson Valley, including full support, food, drinks and fun to follow. If there's interest, the organizers may add a 30-mile option. For information and registration go to [regional.igotguts.org/HudsonValley](http://regional.igotguts.org/HudsonValley).

**Tour de Salem Flame Fighters Bike Rides on Sunday, June 12 in Salem with 62, 25, 16 and 10 miles** – Hosted by the Salem Fire Department, riders can choose from four different routes through the rural countryside of Washington County. The 62-mile ride event travels into Vermont and includes the challenging Rupert Mountain climb.

The event will start/finish at the Salem Fire Department's carnival grounds, and proceeds go toward construction of their new firehouse. A budget-friendly family registration rate is available. For details go to [tourdesalemflamefighters.com](http://tourdesalemflamefighters.com). 🏠

*Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer. Visit his website at [KrausGrafik.com](http://KrausGrafik.com).*



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AGE GROUP: 16 & OVER			AGE GROUP: 15 & UNDER		
1	Will McIntyre	Skier 65	1	Ethan Morrison	Skier 69
2	Coleman Perella	Skier 64	2	Jack Lena	Skier 63
3	Kyran Nigro	Snowboarder 38	3	Ikey Levey	Skier 32
			4	Avi Levey	Snowboarder 40

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AVERAGE OF TOP 3 PARTICIPANTS					
1	BASIL & WICK'S	18.45	Paul Mrolka	Paradox	21.66
	Greg Meader	18.04	Paul Manning	Schroon Lake	24.56
	Bob Yandon	18.59	4 TANNERY		25.90
	Charles Goodspeed	18.73	Wesley Culver		22.08
2	BARVINO	19.41	Lori Benton	North Creek	26.04
	Pete Burns	18.66	Dale Tracy	Saratoga Springs	29.57
	Cassandra Burns	19.47	5 JIMBO'S		28.76
	Mark Parobeck	20.09	Callie Himhoff	Brant Lake	26.22
3	STICKS & STONES	21.88	Brandon Himhoff	Brant Lake	26.83
	Colin Davidson	19.41	Tessa Himhoff	Brant Lake	33.24

## GORE SATURDAY NIGHT RUSH HOUR NORDIC SKI, BACKCOUNTRY SKI & SNOWSHOE RACE *Courtesy of Gore Mountain* February 20, 2016 • Gore Mountain, North Creek

FEMALE OVERALL					
1	Michaela DeFranco/Recreational Nordic	14	Chestertown	9.18	
MALE OVERALL					
1	Joe Skufca/Snowshoe	49	Niskayuna	8.58	
2	William Davis/Advanced Nordic	16	North Creek	11.53	
3	Evan Skufca/Snowshoe	11	Niskayuna	13.22	
4	Terence Allard/Advanced Nordic	18	North Creek	13.54	
5	Gabe Smith/Advanced Nordic	13	Wevertown	14.40	

## WMAC DION SNOWSHOE SERIES – FINAL SEASON STANDINGS *Courtesy of WMAC & Dion Snowshoes Racing Series* January-February 2016 • Greenwood, Hoot Toot, Saratoga Winterfest, Camp Saratoga, Brave the Blizzard

POINTS BASED ON BEST TWO OF FIVE RACES RUN					
MALE OVERALL					
1	Tim Mahoney	36	Holyoke, MA	198	
2	Tim Van Orden	47	Bennington, VT	196	
3	Brian Northan	40	Guilderland	181	
FEMALE OVERALL					
1	Jess Northan	40	Guilderland	145	
2	Mary Scheerer	57	Sag Harbor	121	
3	Karen Provencher	61	Glens Falls	120	
MALE AGE GROUP: 1 - 19					
1	Sam Harding	17	Lee, MA	172	
2	London Niles	18	Shaftsbury, VT	76	
3	Sepp Zammuto	9		22	
FEMALE AGE GROUP: 1 - 19					
1	Gabriela Zasada	12		39	
2	Julia Holmgren	12		24	
3	Sophia Holmgren	10		17	
MALE AGE GROUP: 20 - 29					
1	Ben Etzler	28	Ballston Spa	112	
2	Connor Devine	22	East Berne	97	
3	Joe Carter	26		96	
FEMALE AGE GROUP: 20 - 29					
1	Cady Kuzmich	22	Greenwich	38	
2	Kristin Zielinski	23	Latham	26	
3	Katie Roberts	27	Saratoga Springs	21	
MALE AGE GROUP: 30 - 39					
1	Josh Katzman	39	Clifton Park	174	
2	Josh Dillingham	30	Brattleboro, VT	166	
3	Shaun Donegan	30	Malta	150	
FEMALE AGE GROUP: 30 - 39					
1	Molly Frost	35		81	
2	Kimberly Eckhardt	39		70	
3	Meghan Paugh	30	Williamsville, VT	70	
MALE AGE GROUP: 40 - 49					
1	Mike Owens	42	West Wardsboro, VT	180	
2	Jason Pare	43	Rome	93	
3	Ben Kimball	44	Greenfield, MA	72	
FEMALE AGE GROUP: 40 - 49					
1	Jennifer Ferris	44	Saratoga Springs	104	
2	Connie Smith	48	Ballston Lake	81	
3	Laurel Shortell	49	Northampton, MA	71	
MALE AGE GROUP: 50 - 59					
1	Jim Devine	55	East Berne	150	
2	Jeff Clark	58	Glenmont	147	
3	Tom Tift	58	West Sand Lake	141	
FEMALE AGE GROUP: 50 - 59					
1	Kim Baker	54		96	
2	Shari Hymes	53	Sag Harbor	96	
3	Joann Lynch	50		88	
MALE AGE GROUP: 60 - 69					
1	Michael Della Rocco	64	Altamont	81	
2	Bob Dion	60	Readsboro, VT	58	
3	Dave Heyward	62	Wynantskill	47	
FEMALE AGE GROUP: 60 - 69					
1	Laura Clark	68	Saratoga Springs	47	
2	Vicki Quagliaroli	62	Stafford Springs, CT	12	
3	Gail Hein	64	Altamont	11	
MALE AGE GROUP: 70 - 79					
1	Stephen Mitchell	74	Malta	79	
2	Douglas Fox	71	Loudonville	18	
3	Lawrence Seward	71	Albany	13	
FEMALE AGE GROUP: 70 - 79					
1	Shirley Iselin	72		19	
MALE AGE GROUP: 80 - 89					
1	Richard Busa	86		13	

## 28TH ANNUAL CYSTIC FIBROSIS STAIR CLIMB – 42 FLOORS *Courtesy of Cystic Fibrosis Foundation* February 27, 2016 • Corning Tower, Empire State Plaza, Albany

INDIVIDUAL					
MALE OVERALL					
1	David Tromp	40	Glenmont	4:56	
2	Stephen Marsalese	50	Rye Brook	5:31	
3	Hal Coghill	54	Newark Valley	6:04	
FEMALE OVERALL					
1	Sharon Shaughnessy	33	Albany	6:23	
2	Addison Desrosiers	23	Seabrook, NH	7:41	
3	Muriel Church	44	East Greenbush	7:58	
MALE AGE GROUP: 1 - 14					
1	Liam Fuller	13	Schenectady	6:50	
2	Quinn Pratico	14	Castleton	6:56	
3	Cole Halvax	14	Castleton	6:57	
MALE AGE GROUP: 15 - 19					
1	Tim Wochinger	15	Castleton	7:25	
2	Owen Macfawn	18	Latham	13:40	
3	Shaun Leonardo	16	Loudonville	18:23	
FEMALE AGE GROUP: 15 - 19					
1	Abigail Stevens	19	Clifton Park	11:04	
2	Anne Johnston	19	Darien, CT	11:23	
3	Samantha Daigle	19	Melrose	16:31	
MALE AGE GROUP: 20 - 24					
1	John Serrell	20	Clifton Park	9:50	
2	Garett Reardon	23	Averill Park	10:48	
3	Edward Witko	23	East Greenbush	11:53	
FEMALE AGE GROUP: 20 - 24					
1	Haley Desrosiers	20	Seabrook, NH	10:27	
2	Casey Frankoski	20	West Sand Lake	11:52	
3	Davaisha Springsteen	23	Schenectady	15:13	
MALE AGE GROUP: 25 - 29					
1	Seamus Keating	28	Albany	6:45	
2	Andrey Kiyantsa	29	Ballston Spa	7:50	
3	Vincent Anguish	29	Halfmoon	10:36	
FEMALE AGE GROUP: 25 - 29					
1	Rachel Ostrowski	25	Albany	8:22	
2	Sarah Tran	29	Rensselaer	9:39	
3	Chelsea Jewell	26	Albany	11:56	
MALE AGE GROUP: 30 - 34					
1	Tyler Swanger	32	Cambridge, MA	7:19	
2	Nicholas Peter	30	East Greenbush	11:36	
3	Ryan Peruzzi	30	Mechanicville	16:35	
FEMALE AGE GROUP: 30 - 34					
1	Leia Nardacci	32	Troy	8:45	
2	Nina Nardacci	30	Rensselaer	9:05	
3	Lauren Beaver	33	Watervliet	9:15	
MALE AGE GROUP: 35 - 39					
1	Matthew Fryer	35	Clifton Park	6:39	
2	Edward Ashley	35	West Sand Lake	9:21	
3	George Genthner	39	Troy	10:51	
FEMALE AGE GROUP: 35 - 39					
1	Michele Gamache	35	Sand Lake	9:43	
2	Heather Bearder	35	Wynantskill	10:10	
3	Elizabeth McLaughlin	38	Clifton Park	11:01	
MALE AGE GROUP: 40 - 44					
1	Michael McNeany	41	Altamont	8:41	
2	Andrew Weise	44	Clifton Park	9:04	
3	Mike Ippolito	42	Schenectady	9:10	
FEMALE AGE GROUP: 40 - 44					
1	LynnMarie Paris-Frangie	41	Watervliet	11:34	
2	Jennie Heidbreder	42	Watervliet	11:50	
3	Kimberly Shepardson	43	Clifton Park	17:26	
MALE AGE GROUP: 45 - 49					
1	Ernie Tubbs	47	Clifton Park	9:21	
2	Paul Fahy	47	Loudonville	9:47	
3	Drew Anderson	47	Delmar	12:57	
FEMALE AGE GROUP: 45 - 49					
1	Laura Andresen	46	Niskayuna	8:24	
2	Katie Fuller	46	Schenectady	9:40	
3	Maureen Clarke	48	Delmar	9:52	
FIREFIGHTER'S CHALLENGE					
MALE OVERALL					
1	Vincent Anguish	29	Halfmoon	10:37	
2	Garett Reardon	23	Averill Park	10:49	
3	George Genthner	39	Troy	10:52	
FEMALE OVERALL					
1	Anne Johnston	19	Darien, CT	11:24	
2	Ashley Jolin	21	Williamstown, MA	22:15	
3	Kaitlin Long	32	Albany	24:40	
MALE AGE GROUP: 1 - 14					
1	Jack Backman-Grotto	14	Nassau	16:20	
MALE AGE GROUP: 15 - 19					
1	Owen Macfawn	18	Latham	13:41	
2	Shaun Leonardo	16	Loudonville	18:24	
3	Patrick Ethier	16	Watervliet	26:00	
MALE AGE GROUP: 20 - 24					
1	Ryan Fincham	24	Poughkeepsie	15:34	
2	Kevin Jolin	24	North Adams, MA	18:39	
3	Kyle Molesky	23	Albany	19:43	
MALE AGE GROUP: 25 - 29					
1	Jarred Collins	26	Glenmont	13:10	
2	Kyle Murphy	28	Plattsburgh	18:23	
3	Duane Vanderwerker	28	Schenectady	30:35	
MALE AGE GROUP: 30 - 34					
1	Ryan Peruzzi	30	Mechanicville	16:36	
2	Greg King	33	Brighton, MA	17:02	
MALE AGE GROUP: 35 - 39					
1	Joseph Henkel	38	Troy	13:37	
MALE AGE GROUP: 40 - 44					
1	Christopher Butler	44	Plattsburgh	20:05	
FEMALE AGE GROUP: 40 - 44					
1	Andrea Rodriguez	43	Schenectady	27:17	
MALE AGE GROUP: 45 - 49					
1	Drew Anderson	47	Delmar	12:58	
RELAY TEAMS					
MALE TEAMS					
1	DOCCS			3:39	
	Buddy, Shawn, Doug, Adam				
2	PI KAPPA PHI #2			4:27	
	Christian, Will, Taylor, Vikram				
3	PI KAPPA PHI #1			5:01	
	James, Kosta, Tim, Andrew				
COED TEAMS					
1	HOFFMAN WARNICK			5:55	
	Amanda, Michael, Matthew, Stephen				
2	HOMESTEAD FUNDING CORP			7:08	
	Ashley, Michael, Courtney, Leigh-Ann				
3	HOMESTEAD FUNDING			7:20	
	Jeffrey, Audra, Caitlin, Christoph				
FEMALE TEAMS					
1	Courageous Climbers			7:40	
	Erin, Jenn, Chelsie, Danielle				
2	CURE CLIMBERS #1			7:50	
	Susan, Laurie, Carolyn, Jill				
3	RUNNING MOMS CLIMBING			8:10	
	Kara, Bridget, Janis, Maggie				

## SOUTHERN SARATOGA YMCA INDOOR TRIATHLON *Courtesy of Capital District YMCA* February 28, 2016 • Southern Saratoga YMCA, Clifton Park

15 MINUTES EACH: SWIM, BIKE, RUN		
Overall Points		
MALE OVERALL		
1	Robert Sheftel	809
2	Hugh Dunseath	796
3	John Spence	734
4	Thomas Selfridge	732
5	Bryan Spence	721
6	Henry Peyrebrune	657
FEMALE OVERALL		
1	Jocelyn Kaselow	807
2	Susy Garcia-Romero	682
3	Rebecca Phillips	608
4	Karen Delcoure	556
5	Lori Langdon	532
6	Ronnie Senez	432
7	Megan Kiming	432

**This 5K is the kind of event "You Don't Want To Miss Out On!"**  
Our 15th edition promises to be the best ever – so whether you're a past participant or have never experienced our highly touted foot race or cycling ride, join us in 2016.

Come see why Sean's Run Weekend was voted Columbia County's Best Community Event-Spring in 2015 by our participants, spectators, supporters and sponsors. After-run shirts to first 1,400 to sign up.

**Don't miss out. Register at [seansrun.com](http://seansrun.com)**



**Do you suffer from Foot Pain?  
Ask about your non-surgical options.**

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# RACE RESULTS

## NYSSRA NORDIC CHAMPIONSHIP WEEKEND

February 27-28, 2016 • Ski Bowl, Gore Mountain, North Creek

CLUB RELAY RACE			
<b>SENIOR WOMEN</b>			
1	HURT Nordic		1:01:36
Meghana Caron, Eve Schoen, Julianne Burns			
2	HURT Nordic		1:16:10
Gina Huneck, Jan Mares, Bernadette O'Brien			
<b>MIXED TEAM</b>			
1	ADK VAUHTI		46:25
Emily Cromie, Ben Francisco, Matthew Tornaiainen			
2	HURT NORDIC		52:34
Tim Huneck, Eliza Blood			
3	SARATOGA BIATHLON		58:38
Darrell Rikert, Gabriella Frittelli			
4	HURT Nordic		1:18:29
Sherri Dixon, Richard Dixon, Alec Davis			
<b>SENIOR MEN</b>			
1	HURT NORDIC		41:21
Owen Putman, Aaron Huneck, Brian Halligan			
2	PERU NORDIC		42:40
Jan Wellford, Paul Allison			
3	HURT NORDIC		43:59
Brian Beyerbach, Nino Manzella, Daniel Manzella			
4	PERU NORDIC		46:47
Chris Rose, Stanley Hatch Chris Yarsevich			
5	HURT NORDIC		46:56
Chris Yarsevich, David Paarberg-Kvam			
6	HURT Nordic		51:23
Adam Chrzan, Justin Caron			
7	JOHNSBURG		51:35
Will Davis, Casey Tomb			
8	PERU NORDIC		51:38
Steve Crafts, Brian White, Jim Kobak			
INDIVIDUAL CHAMPIONSHIPS			
<b>UNDER 18: JR BOYS CLASS 1</b>			
1	Aaron Huneck	HURT Nordic	40:20
2	Nino Manzella	HURT Nordic	40:21
3	Ben Francisco	Adk Vauhti	45:51
<b>SENIOR WOMEN</b>			
1	Alyssa Dausman	Saratoga Biathlon	48:02
2	Emma Duffy	Unattached	52:39
<b>UNDER 16: JR BOYS CLASS 2</b>			
1	Brian Beyerbach	HURT Nordic	40:57
2	Seamus Tomb	HURT Nordic	44:08
3	Alex Fragomeni	HURT Nordic	48:38
<b>UNDER 18: GIRLS JR CLASS 1</b>			
1	Eliza Blood	HURT Nordic	52:15
2	Emily Cromie	ADK Vauhti	53:17
<b>UNDER 20: OLDER JR BOYS</b>			
1	Henry Uzdevinis	Polar Bear	43:17
2	Adam Chrzan	HURT Nordic	46:48
<b>SENIOR MEN</b>			
1	Paul Allison	Peru Nordic	38:07
2	Brian Halligan	HURT Nordic	39:43
3	Alex Benway	Saratoga	40:08
<b>MASTER MEN 1</b>			
1	Jan Wellford	Peru Nordic	41:59
2	David Paarberg-Kvam	HURT Nordic	43:18
3	Eric Seyse	Glenville Hills	45:18
<b>MASTER MEN 2</b>			
1	Chris Yarsevich	HURT Nordic	46:23
<b>MASTER MEN 3</b>			
1	Matthew Tornaiainen	Adk Vauhti	41:00
2	Kevin Prickett	Peru Nordic	56:21
<b>MASTER MEN 4</b>			
1	Chris Rose	Peru Nordic	43:00
2	Jim Kobak	Peru Nordic	48:34
3	Brian White	Peru Nordic	49:59
<b>MASTER WOMEN 5</b>			
1	Connie Prickett	Peru Nordic	54:16
2	Gabriella Frittelli	Saratoga Biathlon	55:19
<b>MASTER MEN 5</b>			
1	Stanley Hatch	Peru Nordic	44:59
2	Joseph Iwan	Unattached	46:58
3	Jose-Manuel Jimenez	Unattached	53:53
<b>MASTER WOMEN 6</b>			
1	Audrey Balander	Cayuga Nordic	1:01:46
2	Julia West	Unattached	1:05:02
<b>MASTER MEN 6</b>			
1	Douglas Diehl	Unattached	47:04
2	Tim Huneck	HURT Nordic	48:59
3	Brian Wieghaus	Saratoga Biathlon	51:49
<b>MASTER MEN 7</b>			
1	Ed Luban	HURT Nordic	50:01
2	Mark Paprocki	Rochester XC Ski	51:01
3	David Burt	Peru Nordic	1:02:20
<b>MASTER WOMEN 8</b>			
1	Sherri Dixon	HURT Nordic	1:20:52
<b>MASTER MEN 8</b>			
1	Chris Beattie	Peru Nordic	55:31
2	Darwin Roosa	Saratoga Biathlon	57:45
<b>MASTER MEN 9</b>			
1	Matti Tornaiainen	Adk Vauhti	1:05:19
2	Eric Hamilton	HURT Nordic	1:17:11
<b>MASTER MEN 10</b>			
1	Alec Davis	HURT Nordic	1:14:13

Courtesy of NYS Ski Racing Association Nordic

## 36TH ANNUAL DOC LOPEZ RUN FOR HEALTH HALF MARATHON & 5K continued

<b>MALE OVERALL</b>			
1	Michael Schram	24	Tupper Lake 16:00
2	Jonathan Gay	17	Westport 16:48
3	Jim Allott	56	Potsdam 20:11
<b>FEMALE AGE GROUP: 1 - 16</b>			
1	Jenna Ohlsten	10	Altona 30:18
2	Maria Castro	10	Schuyler Falls 32:37
3	Eloise Woolf	4	Elizabethtown 1:02:45
<b>MALE AGE GROUP: 1 - 16</b>			
1	Evan Ohlsten	13	Altona 28:49
2	Jackson Hooper	10	Elizabethtown 30:33
3	Preston Daniels	9	Peru 37:37
<b>FEMALE AGE GROUP: 17 - 29</b>			
1	Ivy Spas	19	Albany 25:29
2	Erin Flaherty	29	Essex 27:19
3	Kati Jock	29	Plattsburgh 28:06
<b>MALE AGE GROUP: 17 - 29</b>			
1	Ryan LaBarge	28	Troy 24:21
2	Mark Zschoche	29	Plattsburgh 28:06
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Rebecca Evnsky	36	Hudson Falls 24:17
2	Lysandra DeZalia	30	Elizabethtown 25:06
3	Michelle Whitbeck	39	Plattsburgh 25:17
<b>MALE AGE GROUP: 30 - 39</b>			
1	Michael Flaherty	36	Plattsburgh 21:41
2	Chris Laffy	36	Peru 22:31
3	Lukas Payro	33	Keeseville 25:48
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Elena Vega-Castro	40	Schuyler Falls 36:34
2	Christina Zielinski	40	Plattsburgh 37:12
<b>MALE AGE GROUP: 40 - 49</b>			
1	Lance Decker	45	South Glens Falls 23:54
2	Dean Felming	48	New Russia 27:26
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Kathy Gregoire	55	Elizabethtown 27:56
2	Jeanne Hummel	52	Elizabethtown 30:13
3	Mary Liporace Hamil	50	Tupper Lake 40:10
<b>MALE AGE GROUP: 50 - 59</b>			
1	Scott Patzwahl	50	Valatie 25:33
2	James Ohlsten	52	Altona 28:02
3	Richard Haesler	56	Charlotte, VT 29:02
<b>FEMALE AGE GROUP: 60 - 69</b>			
1	Karen Costello	61	Hague 26:55
2	Katherine Allott	61	Potsdam 28:24
3	Alana Forcier	64	Westport 30:34
<b>MALE AGE GROUP: 60 - 69</b>			
1	John Remillard	62	Plattsburgh 26:03
2	Jay Frank	66	Keeseville 40:11
<b>MALE AGE GROUP: 70 - 79</b>			
1	John Tromblee	72	Westport 51:33

Courtesy of UVM Health Network - Elizabethtown Community Hospital

## GORE ADIRONDACKER'S LOG JAM

March 19, 2016 • Gore Mountain, North Creek

<b>MALE AGE GROUP: 1 - 12</b>			
1	Holden McCarthy	12	Skier Saratoga Springs 5:67
2	Ben Bremer	12	Skier Wilton 6:00
3	Dylan Ingram	10	Rider Glens Falls 7:33
<b>MALE AGE GROUP: 13 - 15</b>			
1	Drew Hogan	15	Skier Saratoga Springs 6:67
2	Ben Witkop	15	Skier Saratoga Springs 8:00
3	Max Hefner	15	Skier Saratoga Springs 8:33
<b>FEMALE AGE GROUP: 13 - 15</b>			
1	Gabi Gisotti	15	Skier Clifton Park 7:67
<b>MALE AGE GROUP: 16 - 22</b>			
1	Michael Johnson III	18	Rider Olmstedville 6:00
2	John Lena	16	Skier Saratoga Springs 7:67
3	Tyler Clickner	20	Rider Olmstedville 7:67

Courtesy of Gore Mountain

## 7TH ANNUAL SCHENECTADY FIREFIGHTERS' RUN 4 YOUR LIFE 5K RUN

March 26, 2016 • Central Park, Schenectady

<b>MALE OVERALL</b>			
1	Matt Lange	20	Schenectady 15:25
2	Jacob Greski	16	Scotia 17:21
3	Mike Slinsky	46	Hopewell Junction 17:34
<b>FEMALE OVERALL</b>			
1	Amelia Kokernak	16	Niskayuna 18:57
2	Charlotte Kokernak	14	Niskayuna 20:11
3	Rebecca Martin	23	Malta 20:28
<b>MALE AGE GROUP: 1 - 14</b>			
1	Spencer Daley	14	Troy 20:10
2	Noah Greski	12	Scotia 21:56
3	Timothy Abbott	10	Rotterdam 23:39
<b>FEMALE AGE GROUP: 1 - 14</b>			
1	Raeanne Asel	14	Kane, PA 22:07
2	Elizabeth Zarnofsky	13	West Charlton 25:06
3	Avery Hebert	13	Stillwater 27:55
<b>MALE AGE GROUP: 15 - 19</b>			
1	Holden Maynard	16	Schenectady 18:59
2	Jacob Cafeniella	15	Schenectady 22:04
3	Joshua Jones	15	Glenville 22:34
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Rebecca Cropsey	15	Niskayuna 22:28
2	Rachel Sullivan	16	Niskayuna 24:46
3	Rachael Cardinal	18	Schenectady 28:50
<b>MALE AGE GROUP: 20 - 24</b>			
1	Jack Bossung	24	Albany 20:34
2	Dominic Kwiatkowski	22	Broadalbin 24:22
3	Thomas Fijal	22	Clifton Park 26:44
<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Katie Zeppetelli	22	Schenectady 23:46
2	Julie Fijal	20	Clifton Park 26:44
3	Kelly Stacey	23	Dexter 27:38
<b>MALE AGE GROUP: 25 - 29</b>			
1	Eddie Varno	26	Schenectady 20:01
2	John Roth	26	Johnstown 20:08
3	Michael Franke	28	Schenectady 20:49
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Katelyn Rhymestine	26	Herkimer 21:49
2	Caryn Mlodzianowski	27	Clifton Park 22:16
3	Melissa Gordon	27	Clifton Park 22:55
<b>MALE AGE GROUP: 30 - 34</b>			
1	Denis Samburskiy	33	Saratoga Springs 18:47
2	Dan Briggs	31	Saratoga Springs 20:16
3	David Bottiglieri	32	Gansevoort 20:27
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Kaila Morgante	32	Clifton Park 23:12
2	Sarah Moorfoot	30	Clifton Park 24:45
3	Elizabeth Moore	32	Rexford 24:50
<b>MALE AGE GROUP: 35 - 39</b>			
1	Nick Whaley	36	Clifton Park 19:23
2	Anthony Lucier	37	Schenectady 19:26
3	Jonathan Guthan	39	Scotia 19:59
<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Michelle Hoffman	38	Hudson 23:31
2	Jessica Mitchell	38	Albany 26:36
3	Leah Hilton	37	Schenectady 26:38
<b>MALE AGE GROUP: 40 - 44</b>			
1	Steve Maynard	40	Schenectady 19:50
2	Mike Merriman	40	Clifton Park 20:03
3	Paul Cirillo	40	Mohawk 21:04
<b>FEMALE AGE GROUP: 40 - 44</b>			
1	Jennifer Tommasone	44	Schenectady 26:30
2	Kris Diemer	44	Schenectady 26:37
3	Patricia Gundlach	43	Scotia 26:41
<b>MALE AGE GROUP: 45 - 49</b>			
1	Joe Forbes	46	Hudson Falls 20:04
2	Tony Johnston	45	Ravena 21:19
3	Paul Prosser	48	Wynantskill 21:37
<b>FEMALE AGE GROUP: 45 - 49</b>			
1	Bernice Ruzzo	47	Schenectady 27:11
2	Jill Frankoski	47	West Sand Lake 27:12
3	Sue Brown	49	Duanesburg 27:19
<b>MALE AGE GROUP: 50 - 54</b>			
1	Daniel Cropsey	52	Niskayuna 21:57
2	Raymond Senecal	53	Schenectady 22:37
3	Mike Langevin	51	Colony 24:41
<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Kimberly Goodwin	52	Clifton Park 24:23
2	Dianne Martin	54	Malta 25:32
3	Janice Phoenix	54	Schenectady 25:34

continued

## 36TH ANNUAL DOC LOPEZ RUN FOR HEALTH HALF MARATHON & 5K

March 19, 2016 • Elizabethtown-Lewis Central School, Elizabethtown

HALF MARATHON - 13.1 MILES			
<b>MALE OVERALL</b>			
1	Sean Davis	25	Lake Placid 1:18:19
2	Kevin Bouchard-Hall	33	Wadhams 1:20:46
3	Ray Webster	41	Altamont 1:22:21
<b>FEMALE OVERALL</b>			
1	Annaleigh Porter	30	Syracuse 1:31:56
2	Heidi Baumbach	25	East Syracuse 1:33:41
3	Tina Kader	53	Montreal, QC 1:33:43
<b>FEMALE AGE GROUP: 17 - 29</b>			
1	Cassandra Conety	27	Shushan 1:35:09
2	Dawn Lammert	27	Syracuse 1:36:33
3	Kaylie Hall	25	Burlington, VT 1:43:26
<b>MALE AGE GROUP: 17 - 29</b>			
1	Neil Tregger	17	Cambridge 1:56:00
2	Alexander Terry	23	Wynantskill 1:56:52
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Kara Defeo	36	Rensselaer 1:34:22
2	Jennifer Donohue	36	Saranac 1:39:45
3	Alyssa Manning	32	Peru 2:01:40
<b>MALE AGE GROUP: 30 - 39</b>			
1	Lou Pauquette	35	Granville 1:23:07
2	Andrew Lavin	37	Wilmington 1:25:59
3	Travis Larche	33	Plattsburgh 1:32:28
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Rosanne Van Dorn	42	Lake Placid 1:37:45
2	Teresa Cheetham-Palen	49	Keene 1:44:30
3	Jessica Storey	44	Westport 1:45:51
<b>MALE AGE GROUP: 40 - 49</b>			
1	Ian Callan	46	Cornwall, ON 1:33:31
2	Brian Shelden	45	Grandville, MI 1:33:34
3	George Brown IV	45	Ticonderoga 1:35:16
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Tina Kader	53	Montreal, QC 1:33:43
2	Robyn Schenck	57	Burlington, VT 1:43:27
3	Linda Shepard	51	Keeseville 1:47:57
<b>MALE AGE GROUP: 50 - 59</b>			
1	Jamie Casline	56	Ballston Lake 1:35:24
2	Jon Gurney	53	Saratoga Springs 1:35:35
3	Steve VanDixhorn	53	Fort Edward 1:38:11
<b>MALE AGE GROUP: 60 - 69</b>			
1	Dennis Fillmore	64	Ballston Spa 1:48:45
2	Steven Benway	62	Willsboro 1:54:22
3	Barry Fitz-James		



**7TH ANNUAL SCHENECTADY FIREFIGHTERS' RUN 4 YOUR LIFE 5K RUN *continued***

<b>MALE AGE GROUP: 55 - 59</b>				
1	John Parisella	57	Schenectady	20:06
2	Michael Murtagh	56	Scotia	20:31
3	Peter Butrym	58	Schenectady	22:00
<b>FEMALE AGE GROUP: 55 - 59</b>				
1	Nancy Briskie	58	Schenectady	21:34
2	Bridgett Fray	55	Niskayuna	23:43
3	Susan Matthews	56	Troy	26:30
<b>MALE AGE GROUP: 60 - 64</b>				
1	Peter Gerardi	64	Scotia	20:35
2	Terry Shields	62	Niskayuna	23:32
3	Matt Melsert	61	Burnt Hills	24:45
<b>FEMALE AGE GROUP: 60 - 64</b>				
1	Mary Jo Benny	61	Scotia	27:06
2	Vickie Shatley	61	Scotia	27:54
3	Barbra Carboni	62	Schenectady	36:42
<b>MALE AGE GROUP: 65 - 69</b>				
1	Dave Glass	69	Glenville	21:46
2	George Schwab	65	Schenectady	25:52
3	Joseph Scaringe	69	Latham	26:13
<b>FEMALE AGE GROUP: 65 - 69</b>				
1	Mary Jane Kruegler	66	Latham	40:13
2	Diane Kenific	66	Albany	45:45
<b>MALE AGE GROUP: 70 - 74</b>				
1	Richard Theissen	72	Round Lake	32:12
<b>MALE AGE GROUP: 80 - 84</b>				
1	Richard Homenick	80	Schenectady	31:41

*Courtesy of Schenectady Firefighters*

**2ND ANNUAL BLUE NEEDS YOU 8K ROAD RACE**

*March 26, 2016 • High Rock Park, Saratoga Springs*

<b>MALE OVERALL</b>				
1	Ken Little	29	Ballston Lake	27:48
2	Nick Webster	27	Albany	29:07
3	Keith Guilfoyle	49	Commack	29:09
<b>FEMALE OVERALL</b>				
1	Erin Lopez	35	Saratoga Springs	29:56
2	Samantha Roecker	24	Charlton	30:44
3	Faith Demars	13	Ballston Spa	32:56
<b>MALE AGE GROUP: 1 - 14</b>				
1	Brennan Fletcher	14	Ballston Spa	31:00
2	Luke Barrett	13	Lake Luzerne	39:52
3	Jake O'Ryan	9	Greenfield Center	51:37
<b>FEMALE AGE GROUP: 1 - 14</b>				
1	Caylie Langdon	12	Saratoga Springs	50:02
<b>MALE AGE GROUP: 15 - 19</b>				
1	Clayton Orzel	15	Galway	29:36
2	Eli Bashant	17	Ballston Spa	29:39
3	Zachary Pinto	17	Ballston Spa	32:15
<b>FEMALE AGE GROUP: 15 - 19</b>				
1	Jessica Setter	19	Ballston Lake	41:25
2	Daphne Gutch	15	Pelham	42:45
3	Karley Robinson	19	Saratoga Springs	43:14
<b>MALE AGE GROUP: 20 - 24</b>				
1	Dan Moore	24	Saratoga Springs	32:15
2	William Clarke	23	Saratoga Springs	33:30
3	Jacob Russell	20	Middle Grove	33:43
<b>FEMALE AGE GROUP: 20 - 24</b>				
1	Jamie Zwirn	24	Gansevoort	37:01
2	Elise Munn	24	Saratoga Springs	37:32
3	Shannon Sebor	22	Saratoga Springs	37:49
<b>MALE AGE GROUP: 25 - 29</b>				
1	Dean Robinson	26	Saratoga Springs	35:15
2	Alexander Dunn	29	Saratoga Springs	37:57
3	David Lacerais	26	Schenectady	38:55
<b>FEMALE AGE GROUP: 25 - 29</b>				
1	Lauren Woodcock	27	Saratoga Springs	33:55
2	Ashley Willson	29	Ballston Lake	34:06
3	Cassandra Conety	27	Shushan	34:58
<b>MALE AGE GROUP: 30 - 34</b>				
1	Stephen McGarry	33	Saratoga Springs	35:53
2	Jared Verdught	33	Ballston Spa	37:47
3	Ron Bucciero	32	Saratoga Springs	38:07
<b>FEMALE AGE GROUP: 30 - 34</b>				
1	Stacie Jaeger	31	Saratoga Springs	34:36
2	Jenna Bernhardt	31	Albany	36:24
3	Kelly Kolnick	31	Ballston Spa	36:37
<b>MALE AGE GROUP: 35 - 39</b>				
1	Sam Baars	39	Glens Falls	35:07
2	Scott Starr	39	Saratoga Springs	35:22
3	Rene Farrington	35	Saratoga Springs	35:33
<b>FEMALE AGE GROUP: 35 - 39</b>				
1	Stephanie Poirier	38	Saratoga Springs	35:50
2	Kim Rubino	36	Clifton Park	36:04
3	Erin Crowe	39	Saratoga Springs	38:21
<b>MALE AGE GROUP: 40 - 44</b>				
1	William Dodds	41	Schenectady	32:30
2	William Henke	41	Saratoga Springs	32:41
3	Darren Drabek	41	Saratoga Springs	37:09
<b>FEMALE AGE GROUP: 40 - 44</b>				
1	Amy Rodak	43	Ballston Spa	39:00
2	Patty Canfield	43	Glenville	39:30
3	Wendi Kerls	42	Saratoga Springs	39:37
<b>MALE AGE GROUP: 45 - 49</b>				
1	Rick Zachgo	45	Rexford	32:42
2	Brian Cuneo	45	Saratoga Springs	34:58
3	John Hendricks	46	Rexford	35:42
<b>FEMALE AGE GROUP: 45 - 49</b>				
1	Dana Parrot	46	Amherst, MA	33:36
2	Julianne Claydon	45	Saratoga Springs	37:34
3	Alicia Crowther	46	Ballston Spa	39:31
<b>MALE AGE GROUP: 50 - 54</b>				
1	Brian Debraccio	50	Rotterdam	31:48
2	Sam Mercado	53	Albany	33:08
3	Richard Loud	51	Ballston Spa	34:29
<b>FEMALE AGE GROUP: 50 - 54</b>				
1	Hilary Claggett	51	Saratoga Springs	40:28
2	Debbie Wyld	52	Ballston Spa	40:51
3	Patricia Hrebenach	53	Saratoga Springs	40:53
<b>MALE AGE GROUP: 55 - 59</b>				
1	Dean Mendes	55	Clifton Park	33:41
2	Richard Zwirn	56	Gansevoort	34:03
3	Paul Salerni	59	Little Neck	34:15
<b>FEMALE AGE GROUP: 55 - 59</b>				
1	Sandy Adams	56	Shushan	40:23
2	Sue Hotaling	55	Saratoga Springs	41:14
3	Maureen Roberts	58	Saratoga Springs	42:50
<b>MALE AGE GROUP: 60 - 64</b>				
1	George Baranuskas	62	Scotia	36:28
2	John Webber	60	Ballston Spa	39:57
3	Martin Patrick	62	East Greenbush	40:55
<b>FEMALE AGE GROUP: 60 - 64</b>				
1	Robin Avery	60	Adams, MA	40:25
2	Adele Pace	61	Clifton Park	45:59
3	Marie Arrao	60	Clifton Park	49:49
<b>MALE AGE GROUP: 65 - 69</b>				
1	Edward Solomon	67	Saratoga Springs	44:33
2	Terry Smith	68	Galway	44:52
3	Neil Fitzpatrick	68	Saratoga Springs	46:19
<b>FEMALE AGE GROUP: 65 - 69</b>				
1	Claire Henderson	67	Saratoga Springs	46:03
2	Laura Clark	69	Saratoga Springs	49:29
3	Christine McKnight	68	Gansevoort	51:39
<b>MALE AGE GROUP: 70 - 74</b>				
1	Howard Jones	72	Clifton Park	43:21
2	Jim Callahan	71	Saratoga Springs	47:23
3	Bill Long	74	Clifton Park	51:14
<b>MALE AGE GROUP: 75 - 79</b>				
1	Joe Geiger	75	Saratoga Springs	51:16

*Courtesy of Code Blue Saratoga Emergency Shelter*

**37TH ANNUAL SALEM APRIL FOOL'S RACE *continued***

<b>FEMALE AGE GROUP: 20 - 29</b>				
1	Molly Weltman	27	Cohoes	48:29
2	Laurel Weeden	29	Hoosick Falls	60:41
<b>FEMALE AGE GROUP: 30 - 39</b>				
1	Tricia Pasos	37	Schuylerville	56:31
2	Heather Keays	36	Salem	58:04
<b>FEMALE AGE GROUP: 40 - 49</b>				
1	Kristen Eastman	47	Salem	52:53
2	Aimee Smith	45	Greenwich	56:31
3	Gail Todd	45	Greenwich	58:16
<b>FEMALE AGE GROUP: 50 - 59</b>				
1	Sandy Adams	56	Shushan	51:57
2	Alisa DiBlasi	50	Salem	52:53

**5K ROAD RACE**

<b>MALE OVERALL</b>				
1	Colin Beasor	17	Greenwich	17:27
2	Jason Linendoll	19	Hudson Falls	18:22
3	Matt Keyes	18	Salem	18:29
<b>FEMALE OVERALL</b>				
1	Annabel Gregg	14	Greenwich	19:32
2	Jessica Bashaw	33	Cambridge	21:09
3	Quinn Collins	13	Greenwich	23:30
<b>MALE AGE GROUP: 1 - 19</b>				
1	Sam Guimalee	15	Greenwich	19:19
2	Bruce Gregg	12	Greenwich	21:22
3	Eric Dumas	17	Salem	22:28
<b>FEMALE AGE GROUP: 1 - 19</b>				
1	Carlin McPhee	16	Salem	25:47
2	Sarah McCauliffe	13	Salem	27:51
3	Kayla McCauliffe	11	Salem	27:55
<b>MALE AGE GROUP: 20 - 29</b>				
1	Tom Van Alman	26	Shushan	27:33
2	Joseph Derino	25	Fort Edward	30:33
3	Jordan Tuttle	24	Hartford	31:43
<b>FEMALE AGE GROUP: 20 - 29</b>				
1	Cassandra Conety	27	Shushan	24:27
2	Addyson Hawkins	24	Wynantskill	28:05
3	Amy Neil	29	Salem	30:13
<b>MALE AGE GROUP: 30 - 39</b>				
1	Lou Paquette	35	Granville	18:57
2	Daryl Winslow	37	Salem	21:56
3	Adam Bassett	37	Cambridge	23:42
<b>FEMALE AGE GROUP: 30 - 39</b>				
1	Christine Natalie	30	Arlington, VT	24:48
2	Dara Bentley	32	Arlington, VT	26:33
3	Tonya Crandell	31	Troy	27:26
<b>MALE AGE GROUP: 40 - 49</b>				
1	David Bentley	42	Troy	20:51
2	John Thrasher	49	Rupert, VT	21:15
3	Tom Denham	48	Delmar	24:07
<b>FEMALE AGE GROUP: 40 - 49</b>				
1	Theresa Rushinski	46	Shushan	24:37
2	Karen Linendoll	45	Hudson Falls	27:18
3	Kristen Eastman	47	Salem	30:14
<b>MALE AGE GROUP: 50 - 59</b>				
1	Brian Crosier	51	Argyle	21:38
2	Paul Denio	54	Troy	27:37
3	Leigh McNeil	58	Waterford	27:38
<b>FEMALE AGE GROUP: 50 - 59</b>				
1	Sandy Adams	56	Shushan	26:51
2	April Montgomery	52	Cambridge	27:00
3	Alisa DiBlasi	50	Salem	28:57
<b>MALE AGE GROUP: 60 - 69</b>				
1	Jay Bellanca	64	Salem	26:45
2	Chester Tumidjewicz	61	Amsterdam	27:05
3	Stephen Lansing	62	Troy	27:37
<b>MALE AGE GROUP: 70 - 75</b>				
1	Robert Cheney	75	Cambridge	31:39
<b>FEMALE AGE GROUP: 70 - 75</b>				
1	Susan Brown	71	Kailua, HI	36:59

*Courtesy of April Fool's Race Committee*

**43RD ANNUAL TENANDEHO WHITEWATER DERBY**

*April 3, 2016 • Tenandeho Creek, Stillwater to Mechanicville*

<b>MALE - KAYAK SHORT</b>				
1	Jim Underwood	49:45		
2	Bill Paley	50:18		
3	Jim Ernst	51:09		
4	Terry Lasher	51:59		
5	Jim Busse	54:14		
6	Dan Morris	55:10		
7	Bob Morris	55:43		
8	Steven Brabetz	1:06:19		
9	Andrew Jones	1:07:12		
10	Kyle Bullfan	1:24:30		
11	Tyler Miller	1:25:56		
<b>MALE - KAYAK LONG</b>				
1	Bob Baniak	44:44		
2	Jason Baniak	50:25		
3	Doug Hadjin	51:48		
<b>FEMALE - ONE-PERSON KAYAK</b>				
1	Lilly Dipaola	55:33		
2	Alyson Slack	1:01:21		
3	Barb O'Brien	1:15:01		
<b>ONE-PERSON OPEN CANOE</b>				
1	Charles Murray	1:38:46		
<b>OVER/UNDER</b>				
1	Hopkins & Hopkins	53:15		
<b>TWO-PERSON OPEN CANOE SHORT</b>				
1	Weekes & Weekes	54:05		
2	Tim Gutch & Matt Gutch	55:12		
3	Whiting & Whiting	55:18		
4	Mike Gutch & James Gutch	58:04		

*Courtesy of Tenandeho Whitewater Derby*

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- Refreshments provided by Whole Foods Market
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*Age groups: Under 20, 20-29, 30-39, 40-49, 50-59, 60+*

**For more info:** Fleet Feet Albany (518-459-3338) or Malta (518-400-1213)

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# ADIRONDACK SPORTS SUMMER EXPO

PHOTOS BY BRIAN TEAGUE

**Thank you** to all the exhibitors, attendees, presenters and volunteers for contributing to a successful Summer Expo on March 5-6 in Saratoga Springs! It was fantastic, high-energy gathering that was filled with athletes, enthusiasts and newbies, along with businesses, events, professionals, clubs, non-profits and destinations. A great representation of upstate New York's sweaty, dirty sports and active, healthy living community - all under one roof! We want to thank the businesses and organizations who donated or gave away prizes. Let's get ready for a great spring and summer season of sports, health, fitness, travel and fun!



## PRIZES & WINNERS

### BICYCLING

**Adirondack Ultra Cycling** – Entry to the Saratoga 12/24, \$125 value – *Steven Goodspeed, Rotterdam Junction*

**Anthem Sports** – Tour of the Battenkill bike jersey, \$85 value – *Jeff Klembczk*

**Cystic Fibrosis** – Topeak One Up bike mount, \$50 value – *Joanne Paska, Fort Edward*

### FITNESS

**Adirondack Sports** – One-year subscription, shirt, hat & car Magnet, \$60 value – *Cory Oswald, Ballston Spa*

**Contemporary Athlete** – Ninja 101 sis-week unlimited training & nutritional consultation, \$350 value – *John Krisa, Rexford*

**Fitness Artist** – Three 30-minute personal training sessions, \$135 value – *Patricia Laffert, Wilton*

**Live Your Life Gear** – Shandali 24" x 48" travel towel, \$50 value – *Nina Gustafson, Queensbury*

**Saratoga Hospital** – One L.E.A.P. fitness consultation, \$65 value – *Ted Bubniak, Rock City Falls*

**Sports Physical Therapy** – One foam roller, \$25 value – *Dawn Reid, Wornerville*

### HEALTHY LIVING

**9 Miles East Farm** – One four-week sports nutrition subscription, \$180 value – *Jean Kanar, Greenfield*

**Arbonne International** – Gift certificate, \$50 value – *Carol Fraser, Voorheesville*

**Rodan + Fields** – Protect Your Lips from Sunburn & Windburn package, \$60 value – *Virginia Johnson, Fort Edward*

### HIKING

**Adirondack Explorer** – Three-year subscription, \$70 value – *Chris Potter, Gansevoort*

**Parks & Trails New York** – Cycle the Erie Canal Guidebook, \$25 value – *Virginia Touhey, Clifton Park*

### PADDLING/ROWING/ SCUBA

**Saratoga Rowing Association** – Learn to Row child gift certificate, \$250 value – *Jenn Horaz, South Glens Falls*

**Seguin's Scuba Center** – Open Water Certification course, \$450 value – *JoAnn Chartrand, Ballston Lake*

### RUNNING & WALKING

**Ainsley's Angels "Power to Push" gift basket, \$50 value** – *Charlene Cornell, Scotia*

**3C Race Productions** – Two entries to Lake George Half Marathon or Saratoga Springs Half Marathon, \$120 value – *Ron Montesi & Carol Abbattisti, Queensbury*

**AIM for Seva** – Two entries to the Good Karma 5K Run/Walk, \$50 value – *Tiffany Smith, Albany & Matthew Letteer, Latham*

**Firecracker 4** – 16 entries for Firecracker 4 Road Race, \$480 value – *Kelsey Weiner, Saratoga Springs & David Moreau, Clifton Park*

**USA Track & Field Adirondack** – Two entries to Freihofer's Run for Women 5K, \$50 value – *Laurie Carter, Averill Park & Lynn Feenan, Saratoga Springs*

**iRun Local** – One gift certificate, \$25 value – *Alison Helm, Fort Edward*

**Komen Race for the Cure** – Two entries to Race for the Cure 5K, \$70 value – *John Sestito, Johnsonville*

**Malta 5K** – Two entries to Malta 5K, \$50 value – *Sheri Apple, Queensbury & Roderick Layug, Malta*

**The Mountain Goat** – Evaluation and one pair of custom orthotics, \$240 value – *Meghan Ruby, Albany*

**Power House Athletics** – Two entries to Jog for Jugs Half Marathon or 5K, \$50 value – *Sheri Apple, Queensbury & Don Chillrud, Niskayuna*

**RUseeN Reflective Apparel** – Reflective hat and armband, \$25 value – *Linda Harrington, Wilton*

**Saratoga Stryders** – One entry to Camp Saratoga Trail Race Series, \$25 value – *Linda Ferguson, Middle Grove*

**Sean's Run Weekend** – Two entries to Sean's Run 5K, \$50 value – *Rebecca Chapman, Nassua & Erin Everett, Hudson*

**Tour de Force Charity Runs** – One entry to Plattsburgh Tour de Force Half Marathon, 10K or 5K, \$50 value – *David Dittmer, Clifton Park*

**Walkway Over the Hudson** – Three entries to Walkway Marathon, \$180 value – *Andi Graybill, Malta; Susan Richardson, Albany & Nick Lamando, Queensbury*

### TRAVEL & RECREATION

**Adirondacks Jellystone Park** – One free night at family camping resort, \$60 value – *Aaron Kelly, Saratoga Springs*

**Bolton Valley Resort Lodge** – Two adult all access day passes, \$150 value – *Erin Lasky, Clifton Park*

**Camp Fowler** – One week at summer adventure children's camp, \$425 value – *Kim Eisler, Ballston Spa*

**Courtyard Marriott Lake Placid** – One night stay with breakfast for two, \$250 value – *Kevin Holmes, Niskayuna*

**Elk Lake Lodge** – One night stay for two in June 2016, \$250 value – *Roberta Bates, Lake Placid*

**RP Luce & Company** – Pelican flashlight, \$40 value – *Catherine Bologna, Rexford*

**Schroon Lake Chamber** – Schroon Lake themed gift basket, \$50 value – *Eric Varcoe, Porter Corners*

**The Wild Center** – Four-pack admission passes, \$70 value – *Carolyn Huston, Ballston Spa*

### TRIATHLON

**Capital District Triathlon Club** – CDTC visor and transition mat, \$40 value – *Maryanne Reidy, Scotia*





PHOTO BY JOHN OZARD



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