

FREE!
MAY
2016

ADIRONDACK

SPORTS

COVERING
UPSTATE NY
SINCE 2000



■ TIM DEFRANCO LOOKS ON AS JAMIN TOTINO ATTEMPTS TO SINK A LENGTHY PUTT ON HOLE 7 AT SARATOGA SPA STATE PARK'S DISC GOLF COURSE.
ANTHONY AQUINO PHOTOGRAPHY

When is a Frisbee Not a Frisbee?

A Guide to Disc Golf

By Laura Clark

Anyone who takes a swim in Saratoga Spa State Park's Peerless Pool this summer or strolls around its outskirts might assume that the folks throwing frisbees into baskets have invented yet another variation on the game. But what is really happening is a sport called Disc Golf, which has more in common with golf than a rough and tumble frat party. While the discs appear similar, a disc golf disc is smaller in diameter with a more concentrated mass, enabling it to sink more readily into the basket.

The origins of the sport remain even beyond the abilities of Wikipedia to ferret out. According to the Professional Disc Golf Association (pdga.com), not to be confused with regular golf's PGA Tour, the first recorded memory was from a group of 1926-era Vancouver schoolchildren who played Tin Lid Golf. I prefer my version of the story. Every fall my dad, overwhelmed by the task of policing apple drops would assemble neighborhood kids and work pails in the field. The idea was that you had to pick up an apple from where it fell and hit a bulls-eye into a stationary pail. If you missed, the throw had to be taken from where the apple fell. Of course we wised up, but it still was a lot of fun.

Things finally took off in the 1970s in Rochester, NY, which hosted the first ever Disc Golf Championship. Apparently, this was a rogue event in the minds of other New Yorkers. I played my first game in the Midwest, where every town seems to have its own course. It took the wagon trains a while for their reverse passage, but now disc golf is enjoying an upsurge in its home of record.

And no wonder. It is one of those versatile activities that lends

itself to family or friend teams or solitary enjoyment on a just-for-fun or a competitive basis. Most venues are free and you can play inexpensively with a short, middle and long distance disc, running between shots. Or you can buy a professional looking bag and come equipped with an entire arsenal of flight-specific discs. Visit innova.com or any other manufacturer's website for a wide range of discs based on your throw and speed estimates.

In short, this game can be as simple or as complicated as you choose. Best of all, not only do you get outdoors, but you get to play in a natural setting. Whichever way you go, write your name and contact info on your discs - and you can expect a call from a fellow golfer if your disc turns up in an off-the-beaten patch of brush or pile of leaves.

So you're intrigued. What's involved? Courses are predominantly 18 holes, but there are 9-hole and 27-hole courses such as Joralemon Park in Coeymans, a town in Albany County. Some have a different basket for each play while others, like the Saratoga Spa State Park, take you back to the first hole after the 9th where you approach each throw from an alternate tee. The longer options generally have a bailout point halfway through so you can shorten your play. Most expect that you bring your equipment with you, although Saratoga Spa State Park has plans to sell starter sets at the Peerless Pool during the warm months and the at Administration Building during the shoulder seasons. This would be especially handy if friends from out of town decide to join in. Since folks of all levels and agendas will be using the same field, it is common courtesy to let faster groups play through. You may also notice disc golfers carrying a bag of garbage, cleaning up after other park users.

While there are detailed rules for serious competitors, recreational play is like monopoly - you agree among your group exactly how you wish to handle a particular excursion. Like

CONTENTS

- 1 **Disc Golf**
When is a Frisbee is Not a Frisbee?
- 3 **Running & Walking**
Jubilant Races for Everyone
- 5 **Around the Region News Briefs**
- 5 **From the Publisher & Editor**
- 6-11 **CALENDAR OF EVENTS**
May, June & July Events
- 13 **Hiking & Backpacking**
A Perfect 10 on Number 8 Hill
- 15 **Athlete Profile**
Cycling with Dick & Shari Gibbs
- 17 **Triathlon & Duathlon**
Go for It! Distances for All
- 19 **Paddling**
Marion River & Art of the Carry
- 21 **Bicycling & Mountain Biking**
The Art of Bikepacking
- 23 **Health & Fitness**
Yoga Body, Yoga Brain
- 25 **Running & Triathlon**
12 Keys to a Successful Season
- 26-27 **RACE RESULTS**
Top Finishers in 10 Events

AdkSports.com
Facebook.com/AdirondackSports

See **DISC GOLF**, 22 ▶

Sunday, July 10

**To Benefit
Strong
To Serve**



**Saratoga Springs
Half Marathon & 5K**

www.saratogaspringshm.com

Flat, fast course in Saratoga Spa State Park
Run 13.1 miles or two-person relay (6.7M & 6.4M)
5K run/walk for family and friends
Technical shirts & finisher medals for all participants
Chip timing with Race Receipts™
Six water stops, post-race refreshments, make-your-own goodie bag
20% of entry fees to Strong To Serve

FLEET FEET



**BE FIT!
GET FAST!
HAVE FUN!**

Discover Fleet Feet
Running Club & Fleet Feet
Distance Project

VISIT OUR STORES OR OUR
WEBSITE FOR MORE INFORMATION

FLEET FEET FOOTWEAR • APPAREL • ACCESSORIES



Locally owned and running strong since 2006

Fleet Feet Albany | 155 Wolf Road | 459-3338

Fleet Feet Malta | Rte. 9 Shops of Malta | 400-1213

www.fleetfeetalbany.com

**Online
Registration
Closes
May 31st!**



SINCE 1913
Freihofer's
BAKERY
38th run for women
Sign up Now!

Join more than 4,000 runners at the 38th annual Freihofer's Run for Women 5K — one of the world's most prestigious all-women's road races.

Saturday, June 4 in downtown Albany.

The event, in which recreational joggers share the field with Olympic and world champions, is an empowering blend of competition, participation and camaraderie.

Starting and ending on Washington Avenue in the shadows of Albany City Hall and the New York State Capitol, the 5K course offers easy entry points to the race site, accommodating parking, a scenic Washington Park course, and spectator viewing options at the start and finish lines.

So don't delay! To register and for more information, visit freihoferstrun.com.



RUNNING & WALKING



◀ MUD AND FUN AT THE 2015 TUFF ENUFF OBSTACLE COURSE CHALLENGE IN SARATOGA SPRINGS.



▲ FINISHING THE 2015 ADIRONDACK DISTANCE RUN ALONG LAKE GEORGE IN BOLTON LANDING. BRIAN TEAGUE



Jubilant Races for Everyone

By Jennifer Ferriss

What do mud pits, parades, yoga, obstacles, a dip in the lake, and a celebration with thousands of women with their cheer squads have in common? They are all part of this region's jubilant late spring to early summer races. These inclusive family friendly events get the body, mind, and spirit off on the right foot. There's truly something for everyone – spectators included.

In May, the Adirondack Race Management team is offering two completely different races in the city of Glens Falls. On Saturday, May 28 the **Glens Falls Urban Assault** 3.5-mile obstacle race and on Monday, May 30 the **Glens Falls Memorial Mile**. What they both have in common is a challenging course and spectators that line the streets ready to cheer you to the finish.

The Glens Falls Urban Assault starts and ends on Glen Street, the main thoroughfare in downtown Glens Falls, taking a side step through and around Crandall Park. Participants will encounter 20 challenges including a ropes courses, stairs, slip-n-slide and climbing walls. This is a fun, family-friendly event with lots of smiling faces and encouraging volunteers along the way. Awards will be given for the best individual and team costumes. After the race, check out the downtown restaurants and businesses, or enjoy a stroll or picnic in Crandall Park or City Park. A portion of race proceeds benefit the Crandall Park Beautification Committee.

No Memorial Day parade would be complete without a one-mile race heading down the route before the Grand Marshall. The Glens Falls Memorial Mile is a flat, fast mile with a slight descent towards the finish at Crandall Park. See how fast you can run and give the spectators something to cheer for as they sip their morning coffee waiting for the post-run parade. All proceeds go to local veterans organizations. (adkracemgmt.com)

Now in its fifth year, the Prevention Council of Saratoga's **Tuff eNuff 5K Obstacle Course Challenge** will be held on Saturday, June 4 in Saratoga Springs on the grounds of the local BOCES campus. The location is well suited, for the muddy course is designed and built by the heavy equipment students, who

get to practice using bulldozers and backhoes in a surreal world setting.

The teen/adult 5K and kids' one-mile obstacle courses are never the same, but what remains constant is mud and fun! Spectators can get close to the action to encourage runners, and to capture a photo as the runners plunge into muddy waters, and emerge with or without the shoes and socks they started with at the beginning of the race. Costumes and teams are encouraged and rewarded; this year a photobooth will be available for post-race memories. The proceeds allow the Prevention Council to continue their mission to help youth navigate life's challenges. (preventioncouncil.org)

A classic Capital Region race and voted "One of the Seven Must Do 5Ks in the US" by *Competitor* magazine, the 38th annual **Freihofer's Run for Women 5K** in Albany will be held on Saturday, June 4. A Health and Fitness Expo will run in conjunction with packet pickup at the Empire State Plaza; spectators, volunteers and runners are all welcome and admission is free. New this year is the Freihofer's Charitable Partners Program which replaces the Freihofer's Community Walk. Volunteers who sign up can get donations pledged for the hours they volunteer or non-profits can sign up as a group of 10-plus or 15-plus and earn donations. It will also give runners the flexibility to choose how to donate either during registration or through an online portal at freihoferstrun.com/cwportal.

If you were unable to check out the new course last year, the race will once again start in front of Albany City Hall. The new course uses more of Washington Park and has a wider start line for a smoother flow at the beginning. The traditional post-race refreshments and festivities will be located in East Capitol Park, in front of the NYS Capitol, where you will be able to enjoy the entertainment on the grass or in the grandstands. (freihoferstrun.com)

The **Whipple City 5K & 10K** features a new 10K this year, which will launch Saturday's events for the race's namesake festival in Greenwich on Saturday, June 11. Both races feature an out and back course through the historic village, with tree lined



▲ 2015 FREIHOFFER'S RUN FOR WOMEN 5K FINISHERS AT THE STATE CAPITOL IN ALBANY.

STEVE JACOBS
PHOTOGRAPHER.COM

◀ START OF THE WHIPPLE CITY 5K IN GREENWICH, WHICH HAS A NEW 10K THIS YEAR.

streets and the outskirts rural landscape in Washington County. There's also a free post-race kids' fun run. A portion of the proceeds benefits the Greater Greenwich Chamber of Commerce Scholarship at the Greenwich Central School District, which serves as the start and finish for the event.

The annual Whipple City Festival celebrates the community of Greenwich, which was incorporated in 1809, and originally named after Job Whipple. Historical reenactors, artisans, musicians and local food vendors will entertain and satiate runners after the race. If you can't wait to join the festivities early Saturday, pre-registered runners can pick up their packets after the Fairy Tales themed parade on Friday in the Greater Greenwich Chamber of Commerce's booth in Mowry Park. (greenwichchamber.org)

It may be destiny or fate that draws you to the second annual **Good Karma 5K Run/Walk** on Sunday, June 12 at The Crossings in Colonie. A pre-race yoga practice will prepare your mind and body for this fast and flat course throughout the park. After your run, cool down with a traditional Indian folk dance, enjoy some Indian street food, and relax while an artist designs and paints an intricate henna tattoo on your hand or arm.

Your good intent will be well appreciated by less privileged children in rural India. The proceeds support AIM for Seva (aimforseva.org), which started over 10 years ago and has provided safe housing, clothes and food for children near well-established schools. (goodkarma5k.eventbrite.com)

A mainstay in the Lake George region is the **Adirondack Distance Run**. This year the Adirondack Runners will be celebrat-

ing the 40th running of this 10 miler on Sunday, June 26 starting at the Lake George Firehouse. This point to point run with rolling hills along scenic Lake George ends 10 miles up NY Route 9N in Bolton Landing. Bus transportation will be provided so that you don't have to spot cars.

A big attraction is Lake George, and getting to take a swim or dip after the run at the beach in Rogers Park, while waiting for the award ceremony at 10am. Awards are unique for this event, for you can win first place just for being your age, and every 40th runner will also win a special prize! New this year, top male and female seniors, veterans and masters will be recognized. (adiron-dackrunners.org)

By late spring, most runners have established a physical foundation that will allow growth the rest of the running season. Switch up your routine and enjoy a race where you can test your strength and stamina in an obstacle course, pace yourself on a hilly run to a swim finish, or see how fast you can run a mile or 5K. Make sure you smile for the camera because the courses will be lined with spectators and volunteers that are there support your experience! 🌲

Jennifer Ferriss (ferrissj@gmail.com) of Saratoga Springs leads an active outdoor lifestyle. Most days she commutes to her librarian gig on her 1980's Japanese Bianchi, with a backpack that carries more than meets the eye. Always on the search for a new adventure, she will meet her match with endurance hikes in the region and hopefully her second trail marathon.

**SHULMAN
HOWARD
& MCPHERSON
LLP
ATTORNEYS AT LAW**

Real Estate • Wills & Trusts • Estates
Bankruptcy • Land Use & Zoning
Corporations • Traffic Court & DWI

17 Old Route 66 • Averill Park, NY
518-674-3766 • 518-674-3805 • fax 518-674-3964

More than 80 years of experience

IRISH CYCLING JERSEYS



All who follow will have a terrible thirst!!
(Stout not included)

• 456 Broadway
• Saratoga Springs
• 518.583.9452

Celtic Treasures

Buy Now at CelticTreasures.com

TAKE THE RIDE OF YOUR LIFE

Tour de Cure American Diabetes Association



Tour de Cure is thousands of people across the U.S. riding to stop diabetes. Supported by contributions from thousands more, Tour de Cure participants ride for the nearly 30 million people living with diabetes, and the 86 million more Americans currently at risk. Join them for the ride of your life.

**Saratoga
Springs
Tour de Cure**

Sunday, June 5th
Saratoga Springs High School

Choose from 10, 28, 50,
62.5 or 100 mile routes.

Register to ride at diabetes.org/saratoga
or 518-218-1755 ext 3606



The Melanie Foundation presents
THE SARATOGA PALIO



Melanie Merola O'Donnell Memorial Race
Half Marathon & 5K Run/Walk
SUNDAY, SEPTEMBER 18, 2016

www.themelaniefoundation.com

Gear-To-Go Tandems

**NEW YORK'S LARGEST
TANDEM BICYCLE SHOP**

Expertise, free instruction,
tips & test rides



1 Dahinda Rd, Saranac Lake
518-891-1869 • gtgtandems.com



Dr. Brad Elliott
CHIROPRACTOR

Cost Effective Care
for the Entire Family

Thank You for 25+ years!

677 Plank Rd, Clifton Park
(518) 383-4889

**Adirondack Paddlefest
and Outdoor Expo!**

America's Largest On-Water Canoe, Kayak & SUP Sale!

Old Forge, New York • Friday - Sunday • May 20, 21, 22

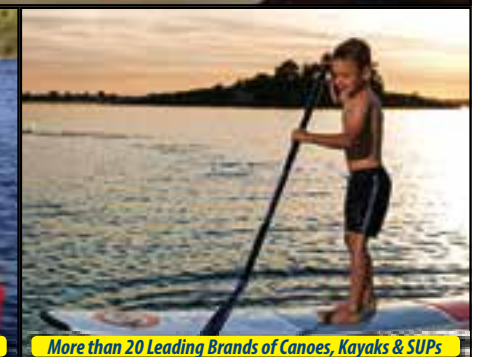
Over 1,000 Canoes, Kayaks & SUPs on Sale!



Outdoor Gear, Clothing & Footwear Sale



Test-paddle Before You Buy!



More than 20 Leading Brands of Canoes, Kayaks & SUPs

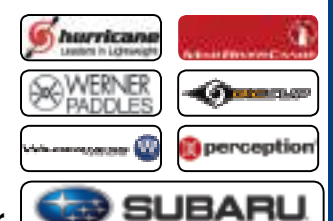
Featuring Canoes, Kayaks, SUPs, Outdoor Gear, Bikes & Clothing for Outdoor Enthusiasts of All Ages!

Presented by



**Mountainman
Outdoor Supply Company**

New York's Largest Canoe, Kayak and Paddleboard Dealer



Rt. 28, Old Forge, NY • (315) 369-6672 • MountainmanOutdoors.com

Nature Conservancy Transfers Boreas Ponds to New York

KEENE VALLEY – The Nature Conservancy in New York announces that the sale of the 20,758-acre Boreas Ponds property to New York State represents the final land transaction in a monumental conservation project that is protecting globally important forests, making beautiful natural areas accessible to the public for the first time in a century, and changing the course of Adirondack history.

Boreas Ponds, bordering the state's largest wilderness area, is now protected as Forever Wild under the state constitution, which means it can never be harvested for timber, exchanged, leased, or mined. In addition to offering breathtaking views of dramatic high peaks including Mts. Marcy, Gothics, Skylight, and Sawteeth, the tract features 50 miles of rivers and streams, a variety of forests, and provides habitat for iconic species including moose, common loon, and Bicknell's thrush. Protecting Boreas Ponds is part of the Conservancy's single largest land purchase in New York – 161,000 acres once owned by paper manufacturer Finch, Pruyn & Co. These lands feature 300 lakes and ponds, 415 miles of rivers and streams, 90 mountains and 16,000 acres of wetlands.

"As the final piece of a 161,000-acre project, these lands are the capstone of our partnership with New York to protect key Adirondack forests for future generations," said Mark Tercek, president and CEO of The Nature Conservancy. "We are grateful to Governor Cuomo and his team for recognizing that investing nature is an investment in New York's future. From providing cost-effective natural water filtration and carbon storage to bolstering the tourism economy, protecting these forests and waters is an

THE HIGH PEAKS WILDERNESS PROVIDES A DRAMATIC BACKDROP FOR PADDLERS ON BOREAS PONDS. THE NATURE CONSERVANCY/CARL HEILMAN II



investment that will produce very big returns. We look forward to continuing to work with the state and Adirondack communities."

The Conservancy took the important first step in 2007 to buy the land for its ecological significance, which is substantially amplified by its landscape position within the Adirondacks as a globally important refuge for large, intact swaths of temperate-deciduous-mixed forest. Through this project and decades of work in the Adirondacks, the Conservancy is connecting a sweeping landscape ranging from low elevation forests to high summits, creating pathways for plants and animals to adapt and move in response to a changing climate. Keeping large forests intact allows them to continue to store carbon, which mitigates greenhouse gas emissions.

"This project is a model of how to keep large landscapes conserved and connected, to sustain both wildlife and people for future generations. It is important not just to the Adirondack Park and the Northeast, but to any place where people work to maintain healthy forests and healthy communities side by side," said Frances Beinecke, former president of Natural Resources Defense Council and trustee of The Nature Conservancy's Adirondack Chapter. For more info, visit: nature.org/heartofadironacks. 🌲

Queensbury Student Wins YMCA Earth Service Scholarship

KATTSKILL BAY – Gabriella Falasco, a senior at Queensbury High School, was awarded the \$1,000 YMCA Earth Service Scholarship at the 10th annual Earth Service Award Banquet on May 3. The award banquet and scholarship is part of YMCA Camp Chingachgook's continuing effort to inspire and support students who take an active role in caring for our environment.



Gabriella is an active member of the 4H Adirondack Guides and was selected as a New York State 4H Invasive Species Education Ambassador. She currently interns with the Warren County Department of Soil and Water Conservation, and participates with the Schroon River Habitat Restoration, which restores fish and insect habitat on the Schroon River. She assists with stream monitoring as well as data collection in which she monitors the frequency and identification of fish and insect species. She has participated in the 4H Teen Invasive Species Awareness Program and the STARR Leadership Program.

Other nominees for the Earth Service award who were honored for their commitment to improving the environment and demonstrating stewardship, leadership, citizenship and volunteerism included: Maegan Aldous and Kara Winslow of Ballston Spa HS; Brooke Travis, Noelle Kolakowski and Michael Kloss of Saratoga Springs HS; Olivia Southworth and Taylor Lilton of Glens Falls HS; Kevin Voelger and Christopher Bell of Shenendehowa HS; and Garrett Stevens of Whitehall Jr/Sr HS. For more info, visit: lakegeorgecamp.org. 🌲

National Trails Day

SILVER SPRING, MD – American Hiking Society's National Trails Day, the country's largest celebration of trails, will take place on Saturday, June 4. National Trails Day events will take place in every state across the country and include hiking, biking and horseback rides, paddling trips, birdwatching, geocaching, gear demonstrations, stewardship projects and more. America's 200,000 miles of trails allow us access to the natural world for recreation, education, exploration, solitude, inspiration, and much more. Trails give us a means to support good physical and mental health; they provide us with a chance to breathe fresh air, get our hearts pumping, and escape from our stresses.

Locally, there are several trails day events you can attend, all taking place on June 4. The Mohawk Hudson Land Conservancy is hosting a trails work day at the Bennett Hill Preserve in Feura Bush, from 9am-1pm, volunteers can help maintain the trails in the preserve. Or attend a hiking safety presentation followed by a guided walk at the Five Rivers Environmental Education Center in Delmar. Attendees will learn about the essentials and how to pack and take a guided nature walk on the Beaver Tree Trail.



ADK/BRENDAN WILTSE

Further north, Adirondack Mountain Club is hosting trails day work at their Heart Lake Program Center in Lake Placid on June 4, followed by a recognition dinner, music and prizes for volunteers. On water, the Schoharie Crossing State Historic Site is hosting a kayak and canoe expedition from 9am-12pm on the Schoharie Creek and Mohawk River. For more info on these trail day events and others, visit: nationaltrailsday.americanhiking.org. 🌲

ADIRONDACK SPORTS

Locally Owned & Independent

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

ISSUE #185

AdkSports.com
[Facebook.com/AdirondackSports](https://www.facebook.com/AdirondackSports)

Publisher/Managing Editor: Darryl Caron
Editor: Mona Caron

Art Director: Karen Chapman

Contributing Writers: Shelly Binsfeld, Shawne Camp, Laura Clark, Heather Dacus, Jennifer Ferriss, Bill Ingersoll, Dave Kraus, Rich Macha, Christine McKnight

Contributing Photographers: Anthony Aquino, Janay Camp, Kenji Cline, Pat Hendrick, Bill Ingersoll, Joshua Ives, Steve Jacobs, Dave Kraus, Rich Macha, Karen Score, Brian Teague

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

Adirondack Sports is published 12 times per year with a monthly circulation of 20,000 copies. © 2016 Adirondack Sports & Fitness, LLC. All rights reserved. ♻️ Please recycle.

FROM THE EDITOR & PUBLISHER

Focus and Play in May

Head outside on a nice day and you'll see runners, walkers, cyclists and paddlers out and about on the roads, trails and waters. It's a wonderful sight! It's important if you're on the road, whether under your own power or as a motorist, to remember the rules of the road and to practice safe running, riding and driving. Distracted driving is a public safety hazard. In 2014, 3,179 people were killed, and 431,000 were injured in motor vehicle crashes involving distracted drivers. With a new driver in our household, these are scary statistics, whether driving or riding.

May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities across the country. For 60 years, National Bike Month showcases the benefits of bicycling and encourages people to give bicycling a try. National Bike to Work Week 2016 will be held on May 16-20 and Bike to Work Day is May 20. Whether you bike to work or school; ride to save money or time; ride for your health or the environment; or for the fun of it, National Bike Month is a great way to celebrate the unique power of the bicycle and the many reasons we ride. Be safe and enjoy the outdoors!

*Darryl
and
Mona*

Lake George TRIATHLON Festival



Registration Open!

Olympic Race
Saturday
September 3rd

Half Iron Race
Sunday
September 4th

Half Iron AquaBike Race
Sunday
September 4th

KING GEORGE: Olympic Race and Half Iron Race
PRINCE GEORGE: Olympic Race & Half Iron AquaBike Race
AquaBike = Swim/Bike (Half Only)

"Wow! Just Wow! Every year - simply Amazing!"

"Oh my word, the camaraderie is fabulous and the organization is incredible!"

"I'm coming back and I'm bringing all my friends!"

- 2015 Competitors



AdkRaceMgmt.com



SERVING CYCLING DAILY

YOUR MOUNTAIN BIKE, TOURING, AND BIKEPACKING SPECIALISTS

NEW BIKES ARE IN STOCK!
Salsa • Scott • Borealis
45North • Relevate • Oveja Negro

79 Beekman Street
Saratoga Springs, NY
518.587.0071
spacitybicycleworks.com

Service and a smile. No stinky attitude.



Time for a Bike Tune-Up!

Fuji • Cannondale
Giro • Pearl Izumi • and more

Road, Mountain & Hybrid Bikes
Expert Service, Parts, Accessories

Rt. 7, Latham
2 Miles West of Northway Exit 6
785-0501
www.HighAdventureSBP.com

HIGH ADVENTURE
SKI & BIKE

STORE HOURS:
Tuesday & Thursday 10-7
Wednesday, Friday & Saturday 10-5
Closed Sunday & Monday

Join in the 16th annual
Pat Stratton Memorial Century Ride



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
Benefits Kiwanis Club of Saranac Lake youth programs

Calendar of Events
May - July 2016*

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

*Events beyond this range are advertisers in this issue.



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

- 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

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.

Sat Women's Cycling Series: 5/7, 14, 21. 8am: Cycling basics (5/7 only). 9am: Group Ride. Free. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

MAY

7 **Battenspring Classic Series.** 10.2M. Salem. tourofthebattenkill.com.

7 **HRRT Women's Bike Run Tri Expo.** 10am-4pm. Rides, demos, runs, clinics. Nally Barn, Burnt Hills. Sheray Tario: 321-6679. hrtonline.com.

7 **Women's Woodstock Cycling Grand Prix.** 8am. Woodstock. womenswoodstockcycling.com.

8 **CRCA Bear Mountain Classic.** 1-3 laps. Lake Welch, Harriman SP, Stony Point. crca.net.

14 **Prattsburgh Gravel Classic.** 20M/30M. 11am. Prattsburgh. 716-307-5753. ridelcc.com.

15 **2nd Farmer's Daughter Gravel Grinder.** 65M. 9am. Columbia County Fairgrounds. Chatham. farmersdaughtergravelgrinder.com.

15 **12th Team Billy Ride & Walk for Research.** 10, 25, 50M rides: 8:30am. 3M walk: 9am. High Rock Park, Saratoga Springs. Cherie Grey: 587-7211. teambilly.org.

15 **Bristol Mountain Road Race.** 11-51M. Levi Corser Memorial Park, Canandaigua. 585-414-7425. bristolmountainroadrace.com.

15 **6th Campagnolo Gran Fondo New York.** 100M/50M. George Washington Bridge, NYC to Bear Mtn. 212-933-4033. gfnyc.com.

18 **Ride of Silence.** 12M. 6pm: Boat Launch, Corning Preserve, Albany. 6:30pm. Washington Ave. & State St., Albany. rideofsilence.org.

21 **Tour of the Battenkill.** Pro-Am/Gran Fondo. 68M. Greenwich. 413-314-DIRT. tourofthebattenkill.com.

21 **Fork to Fork Ride.** 55M Culinary Bike Tour. 10am. The Hub, Brant Lake. Drew Cappabianca: 494-4822. thehubadk.com.

23-28 **Adirondack Brevet Week.** 200-1600K. Alpine Country Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.

28-30 **Killington Stage Race.** 128-106M. Killington, VT. killingtonstagerace.com.

29 **Ride For Life.** 26.2M. 7am. NYSG Stadium, Binghamton. 607-272-4098. bikereg.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.

4 **15th Uphill Bike Race.** 11M. 8am. Whiteface Mountain, Wilmington. 888-944-8332. whitefaceace.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.

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. mohawktopath.org.

5 **5th White Plains Downtown Criterium & NYS Criterium Champs.** Downtown White Plains. 914-471-7073. 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 Shaunessy: 617-729-3109. vtepic.com.

11 **Get Your Guts in Gear: Ride for Crohn's & Colitis.** 62.5M. Hudson Valley. 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.

12 **2nd Henry Street Bike Party.** 12-4pm. Adult big wheel race, kids' parade, bike rodeo, food music. Henry Street, Saratoga Springs. henrystreetbikeparty.com.

17-19 **Tandem Rally.** Gear-To-Go Tandems, Saranac Lake. Rich Shapiro & Lindy Ellis: 354-3102. gtgtandems.com.

17-26 **Adirondack Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. Rich Shapiro & Lindy Ellis: 354-3102. gtgtandems.com.

18 **Adirondack 540 Gran Fondo.** 136M. 7am. Alpine Country Inn, Wilmington. John Ceceri: 583-3708. 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.

25 **Okemo Bike Climb 2016.** 5.8M. 10:30am. Okemo Mt Resort, Ludlow, VT. 802-738-5557. okemobikeclimb.com.

26 **Farm to Fork Fondo: Hudson Valley.** 10-100M. Gourmet aid stations, local farms, live music, family activities. Hudson Valley. farmforkfondo.com.

JULY

2-3 **Gran Fondo Forillon.** 50-160K. Gaspé, QC. 581-887-1150. granfondoforillon.com.

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

9 **15th NY Capital Region Road Race.** 43-83M. 10:30am. Ravena-Coeymans-Selkirk HS, Ravena. cbrc.cc.

9-10 **Saratoga 12-Hour & 24-Hour Bicycle Road Race.** 40M loop. Van Raalte Mill, Saratoga Springs. John Ceceri: 583-3708. adkultracycling.com.

10-17 **Cycle the Erie Canal Annual Bike Tour.** 8, 4 & 2 day options. Buffalo to Albany. Parks & Trails NY. 434-1583. ptny.org.

16 **JAM Fund Grand Fondo.** 38-88M. 9:30am. Black Birch Vineyards, Southampton, MA. 860-705-4496. jamcycling.org/grand-fundo.

16-24 **French Canada Tandem Tour.** Gear-To-Go Tandems. Rich Shapiro & Lindy Ellis: 354-3102. gtgtandems.com.

17 **Farm to Fork Fondo: Vermont.** 10-100M. Gourmet aid stations, local farms, live music, family activities. Vermont. farmforkfondo.com.

30-31 **Plan2Peak 2 Days of Buffalo: TT, Circuit, Criterium.** Niagara Square, Buffalo. 716-934-8669. earacingclub.com.

31 **11th ididaride! 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

6 **Gear Up For Lyme Mt. Equinox Uphill Bike Climb.** 5.4M. 8am. Manchester Center, VT. 802-430-1608. gearupforlyme.com.

6 **9th Tour of the Catskills.** 80M race & 80M, 50M, 25M rides. 80M race/ride incl. Devil's Kitchen. Tannersville. 413-314-3478. tourofthecatskills.com.

13-21 **Hudson Valley Tandem Tour.** Gear-To-Go Tandems. Rich Shapiro & Lindy Ellis: 354-3102. gtgtandems.com.

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.

SEPTEMBER

10-11 **MHCC Saratoga Century Weekend.** 100M, 62M, 50M, 25M. Saratoga Spa SP, Saratoga Springs. mohawkudsoncyclingclub.org.

25 **1st Let It Shine Charity Ride.** 35M & 10M. 10am. Tomhannock Bicycles, Pittstown. 867-1559. gabbyroccoFOUNDATION.org.




NOW OPEN FOR THE SEASON

THE HUB
27 MARKET ST. BRANT LAKE, NY

BICYCLE REPAIR CAFE
CRAFT BEER ON TAP
WINE LIST
ICE CREAM

518 494 4822
theHubAdk.com

SATURDAY MAY 21, 2016 10:00AM
Ride Starts at The Hub
27 Market St. Brant Lake, NY



55 MILE CULINARY BIKE TOUR
3 Beautiful Lakes
5 Adk Communities
Samples at 13 Eateries
2 Ice Cream Stands and a Brewery

FOR MORE INFORMATION AND TO PURCHASE TICKETS GO TO WWW.BIKEREG.COM/F2F
Presented by The Hub, The Tri-Lakes Business Alliance, and the North Warren Chamber of Commerce

SARATOGA
1 2 / 2 4
JULY 9TH-10TH, 2016
SARATOGA SPRINGS, NY

THE NORTHEAST'S LEADING 24-HOUR ROAD RACE

WWW.ADKULTRACYCLING.COM



**Rick's
BIKE
SHOP**

Mountain, Road, Hybrid, Kids, BMX
**TREK • SPECIALIZED
EASTERN • STOLEN**
Expert Repair Work on All Brands
Corner of Quaker Rd and Ridge Rd
Queensbury
ricksbikeshop.com • 518-793-8986

Challenge Yourself
Change the Life of a Child

30-MILE BIKE RIDE OR 5K TRAIL RUN

All proceeds to benefit the



Double H Ranch
a serious fun camp

**Camp
Challenge**

Saturday, September 10
at the **Double H Ranch in Lake Luzerne, New York**

Register at www.doublehbranch.org

Camp Challenge Ride Sponsored by:
Neil and Jane Golub
Victor and Yvette Hershaft
Dan and Jan Lewis
Vince and Patty Riggi
Ron and Michele Riggi
The Yulman Family

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



**BLACK FLY
CHALLENGE**

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,
Beginner, Junior, Cyclocross

Registration & Information:
BlackFlyChallenge.com

Pedals & Petals: 315-357-3281
Produced by Adirondack Mountain Bike Association

BICYCLING: OFF ROAD

ONGOING

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

MAY

- 7 Hike-a-Bike MTB Race. 8-20M. 10am. Lippman Park, Wawarsing. 845-626-7230. renegadesmtb.com.
- 14 Bike Prospect Mtn. Highway. 5.5M. 5.5% grade. Prospect Mountain, Lake George. Don Berens: 783-1302. adk-albany.org.
- 14 Bicycle Planet MACHO MTB Race. 5-15M. Stillwell Woods Preserve, Woodbury. 516-442-0117. 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 SF, Montgomery. 845-787-0412. darkhorsecycles.com.
- 28 Blue Hill Cabin Challenge. 60M. 7:30am. New Paltz. 845-750-0125. cabinchallenge.weebly.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 MTB Race.** Whiteface Mountain, Wilmington. wilmingtonwhitefacemt看.com.
- 5 Stewart State Forest Bike Tour. 9-21M. 9am. Stewart SF, New Windsor. 845-564-3018.
- 5 Tour de Heifer 15M/3M/60M Vermont Dirt Road Rides. Lilac Ridge Farm, West Brattleboro, VT. 802-380-0226. strollingoftheheifers.com.
- 11 **SMBA Grafton Rocks Mountain Bike Festival.** 10am-4pm. Rides, demos, raffles, kids activities, food. Grafton Lakes SP, Grafton. saratogamt看.org.
- 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.
- 21 **Summer Solstice Salsa Bike Demo Day.** 11am-5pm. 5:30pm: Group ride on Lussi Trails. 7pm: BBQ & movie. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- 17-19 NEMBAfest on Kingdom Trails. Lyndonville, VT. nembafest.com.
- 30 Arrowhead MTB Race #5. 5:45pm. YMCA Camp Arrowhead, Pittsford. 585-381-3080. parkavebike.com.

JULY

- 10 6 Hours of Power. 10am. Holiday Valley Resort, Ellicottville. 716-574-0888. heartrateup.com.
- 10 H2H Race #7, Taconic 909 Challenge, Pleasant Valley. 845-505-1211. espraces.com.
- 10 RidgeCross. 11am. Maple Ridge Ski, Schenectady. 847-2419. hrrtonline.com.
- 16 Valcour Brewing Century. 25M/50M/100M. 8:30am. Plattsburgh. 578-5417. active.com.
- 30 IRR 5.0- Irreverent Road Ride. 120M. 7:30am. Huntington, VT. 802-391-0747. shorthandedshovel.com.
- 31 **5th Ride for the River.** 45M, 30M, 10M road & 3M MTB. Hungry Trout, Wilmington. 637-6859. ausableriver.org.

AUGUST

- 13 **Great Gravel Grinder.** 70M epic adventure ride. 9am. BBQ & drink. Willard Mountain, Greenwich. 413-314-3478. greatamericancycling.com.
- 27 **ADK 80K Race Weekend.** Sat, 5:30am: Running - 80K/50K solo ultra trail marathons & 80K relay w/2 or 4 bikers. Sun, 8am: Biking - 80K/40K solo MTB races w/cyclocross & fat, plus 80K relay w/2 or 4 members. Mt. Van Hoevenberg, Lake Placid. High Peaks Cyclery: 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: 6/6-7/23 & 8/1-27. 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.

MAY

- 25 **National Senior Day Health & Business Fair.** 9am-12pm. Southern Saratoga YMCA, Clifton Park. 371-2139. cdymca.org.

JUNE

- 3-5 Tai Chi Gala: Chinese Healing Arts & Martial Arts Convention. Best Western Airport Inn, Albany. 973-202-9409. taichigala.com.

HIKING & CLIMBING

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.

JULY

- 1-3 **Trailless Backpacking: Seward Range.** Adk Mountain Club: 523-3441. adk.org.
- 4-9 **Advanced Teen Backpacking.** Ages 15-17. 45M. Northville-Placid Trail. Heart Lake, Lake Placid. Adk Mountain Club: 523-3441. adk.org.
- 10 **Street & Nye Hike.** 9M. 8am. Adirondack Loj, Lake Placid. Adk Mountain Club: 523-3441. adk.org.
- 18 **Seward Hike.** 14M. 7:30am. Adk Mountain Club: 523-3441. adk.org.
- 23-26 **Johns Brook Valley Teen Adventure.** Ages 14-17. Adirondack Loj, Lake Placid. Adk Mountain Club: 523-3441. adk.org.
- 25 **Esther Mt Hike.** 8:30am. Candyman Shop, Wilmington. Adk Mountain Club: 523-3441. adk.org.
- 29-31 **Trailless Backpacking: Dix Range.** 8am. 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.

**Outliers
Boys Distance
Running Camp**

Grades 3-6 (5 weeks, M-W-F): 6/27-7/29
Grades 7-12 (8 weeks, M-F): 6/20-8/12
Clifton Commons, Clifton Park
Lance Jordan, Shen varsity boys XC/track coach
Students from all area schools welcome
Includes: Outliers shirt, training log, race strategy,
distance/tempo/hill training, plyometric/core training
ShenRunners.com
518-791-1063 • Ljrdn24@gmail.com



**Mohawk-Hudson
Cycling Club**

join or renew online:
MohawkHudsonCyclingClub.org

all levels of ability welcome
more than 300 rides per year

**31ST ANNUAL
Piseco Lake Triathlon**

Saturday, July 16 • 9am
Piseco Airport, Piseco

0.5M Swim, 11.5M Bike, 3M Run
Individuals or 3 Person Teams

Professional timing & register online!
www.speculatorchamber.com
Entry fee: \$50

Adirondacks Speculator Region Chamber of Commerce
More info: (518) 548-4521

**Saratoga
Century
Weekend**

**SATURDAY-SUNDAY
SEPTEMBER 10-11**

CARLSBAD PAVILION
Saratoga Spa State Park
Saratoga Springs

Fun recreational bicycle rides on quiet
back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am,
Half/50M 10am, Quarter/25M 11am
- SAG, marked routes, rest stops, cue sheets
- Post-ride catered lunch provided


**Mohawk
Hudson
Cycling
Club**




HELMETS ARE REQUIRED

MohawkHudsonCyclingClub.org

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



Register Today!
www.active.com



TOUGHMAN
TUPPER LAKE TINMAN
SATURDAY, JUNE 25, 2016



TRIATHLON
 OLYMPIC
 SPRINT
 AQUABIKE
 RELAY

WWW.TUPPERLAKETINMAN.COM

Back in Balance
THERAPEUTIC MASSAGE
Advanced Training & Experience
Make All the Difference!

Enjoy \$10 OFF
 your first 60 minute, 90 minute or Hot Stone Massage Session.

Proudly Serving the Capital District Since 1996

Call us Today to Schedule Your Session!
518-371-6332
 Open 7 Days a Week • 1427 Route 9 • Clifton Park
BIBTherapeuticMassage.com

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: 

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

HUDSON CROSSING TRIATHLON



Sunday, June 12
 500yd Swim, 12M Bike, 5K Run
 Limited to 300 - Register Early!
www.hudsoncrossingtri.com

MULTISPORT: TRIATHLON & DUATHLON ONGOING

Mon 32nd High Peaks Cyclery Mini Tris: 6/20-8/15. 400-yd swim, 12M bike, 3M run. 6:30pm. Solo/teams. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.

Tue Capital District Triathlon Club Open Water Swimming. Plus, biking & running on the Crystal Lake Triathlon course. 6/7-8/30: 6pm. Crystal Lake, Averill Park. cdtriclub.org.

Wed Multi-Sport Life Tri Club/Crystal Lake Open Water Swimming: 6/1-8/20. Crystal Lake, Averill Park. skyhighadventures.com.

Thu Bethlehem Tri Club Open Water Swimming. Warner's Lake, East Berne. bethlehemtriclub.com.

MAY

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. schenectadycounty.com.

7 Spring Dual Against Cystic Fibrosis. Du: 2M run, 12M bike, 2M run. 8:30am. New Paltz Reformed Church, New Paltz. 845-863-9595. springdualagainstcf.com.

7 28th Central Park Spring Couples Relay. 12M bike, 2M run, 0.75M row. 7:30am. Central Park, New York. 845-247-0271. nytc.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. Little River Boat Launch, 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.

21 The Rat Snake Reverse Triathlon. 18K Trail Run, 29M bike, 26yd swim. Plus, 18K Trail Run & 3K Run/Walk: 11am. Gilbert Lake SP, Laurens. theratsnake.com.

29 12th Saratoga Lions Duathlon. 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. saratogaspringslions.com.

JUNE

4 6th Cooperstown Triathlon. Sprint: 800m swim, 18M bike, 3M run. 8am. Glimmerglass SP, Cooperstown. atcendurance.com.

4-5 Rev3 Quassy Triathlon. Sat: Olympic. Sun: half, aquabike, Relay. Quassy Amusement Park, Middlebury, CT. rev3tri.com.

5 Orange County Triathlon. 1.5K swim, 22.5K bike, 5K run. 7:30am. Regal Bag Crew Dock, Newburgh. orangecountytri.com.

11 37th Green Lakes Triathlon. 800m swim, 20K bike, 5K run. 8:30am. Green Lakes SP, Fayetteville. syracuseymca.org.

11 The Steelman Triathlon. Olympic, sprint, aquabike, du, kids. 8am. Darien Lakes SP, Darien Center. eclipsemultisport.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. 0.9M swim, 28M bike, 10K run. Branbury SP, Lake Dunmore, Vermont. 802-388-6888. vermontsuntriathlonseries.com.

JUNE 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

9 HITS Triathlon Series: Hudson Valley-Kingston. Sat, 7am: full/half. Sun, 7am: sprint; 7:40am: Olympic. 12:30pm: open. Williams Lake, Kingston. 845-247-7275. hitstriathlonseries.com.

9 25th Henderson Harbor Triathlon. Olympic & Sprint. Henderson Harbor Boat Launch, Henderson. active.com.

16 7th Delta Lake Triathlon. Sprint: 7:30am. 750m swim, 12M bike, 2.9M run. Intermediate: 9am. 1.5K swim, 24M bike, 5.8M run. Delta Lake SP, Rome. atcendurance.com.

16 31st Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.

16 Battle of the Boquet. 3.52M trail run & 2M kayak race on Boquet River. Gilliland & Noblewood parks, Willsboro. townofwillsboro.com.

16 Nickel City Triathlon: Olympic, sprint, aquabike, duathlon. Gallagher Beach, Buffalo. eclipsemultisport.com.

17 Pine Bush Triathlon. Sprint: 325yd swim, 11.5M bike, 3.25M run. 8am. Six Mile Waterworks Park, Albany to Guilderland YMCA, Guilderland. active.com.

24 Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. Mirror Lake, Lake Placid. ironman.com.

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.

14 5th Old Forge Triathlon. Intermediate: 1K swim, 22M bike, 4M run. 7:50am. Lakeview Ave, Old Forge. atcendurance.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.

ORIENTEERING & BIATHLON

MAY

14 Orienteering Meet. 10am-12pm. Vischer Ferry Preserve, Clifton Park. Eric Hamilton: 371-7548. empo.us.orienteering.org.

JUNE

26 Orienteering Meet. 11am-1pm. Lock 7 Park, Niskayuna. empo.us.orienteering.org.

OTHER EVENTS

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. Saratoga Mountain Bike Association. saratogamtb.org.

7 I Love My Park Day. 9am-3pm. Grafton Lake SP, Grafton. Saratoga Mountain Bike Association. saratogamtb.org.

7 3rd Apple Blossom Festival. Family fun on Mohawk Towpath Scenic Byway. Free. Riverview Orchards, Clifton Park. 371-7548. mohawktowpath.org.

SACANDAGA TRICLUB PRESENTS
THE GREAT SACANDAGA CHALLENGE TRIATHLON
JUNE 18TH BROADALBIN, NY
KIDS & ADULT TRIATHLONS

EXCITING FAMILY EVENT!

READY. SET. GO!

Kids Splash & Dash:
 • Free Registration
 • No minimum age
 • Fun short swim
 • Fun short run

Youth Triathlon:
 • Minimum age: 7 years old
 • 100 yd swim
 • 3.1 mi bike
 • 1 mi run

Adult Sprint Triathlon:
 • Individual & Team
 • 750m swim
 • 20K bike
 • 5K run

FOR MORE INFORMATION OR TO REGISTER, VISIT:
SACANDAGA TRICLUB

WELCOME ALL



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



BETHLEHEM TRI CLUB
Hello Triathletes!
 It's Going to be an Awesome 2016!
 Join the BTC. You'll love it! We do!
 (And it's the best value in town!)
 REGISTER TODAY AT...
bethlehemtriclub.com
 then select "Register Online"

18.12 Challenge & HALF MARATHON

Sunday, September 4

18.12 Mile and 13.1 Mile Road Races
A one-of-a-kind event!

Starting in Watertown, NY and ending on historic 1812 Battlefield in Sackets Harbor, NY – overlooking spectacular Lake Ontario
 Dri-fit shirts and medals for finishers and \$1812 in cash awards

Info & Registration: 1812challenge.com and LightboxReg.com • Limited to 1000 runners
 Sponsored by Car-Freshner Corporation and Watertown Savings Bank

Proactive Chiropractic, PLLC

Dr. Christopher Bath
Dr. Michael Missenis
Dr. Cheyne Ashline



Certified in:

- Active Release Technique
- Titleist Performance Institute
- Kinesiotaping Association International
- RockTape
- SFMA (Selective Functional Movement Assessment)
- Sport Science and Human Performance



1539 Crescent Road, Clifton Park, NY 12065
 518.373.9999 • ProactiveChiropracticPLLC.com

- 14 **Waterford Riverspark Canal Festival.** Family fun on the Erie Canal. Waterford. 371-7548. mohawktowpath.org.
- 14 **Family Spring Fling Day.** Hikes, archery, games, 10am-4pm. YMCA Camp Chingachook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 14-15 **Winter Raptor Festival.** Washington County Fairgrounds, Greenwich. Laurie LaFond: 796-6003. ibafriends.org.
- 15 **Bethlehem YMCA Masters Swim Meet.** Bethlehem YMCA, Delmar. cdyymca.org.
- 18 **Disc Golf Beginners Clinic.** Free. 6pm. DisCap Tent, Hole 1, Central Park Disc Golf Course, Schenectady. Kenji Cline: 836-9557. discap.net.

JUNE

- 4 **National Trails Day.** Various events/locations. nationaltrailsday.americanhiking.org.
- 16 **Team In Training Fall Season Kick-Off & Social.** Lions Park, Niskayuna. Liz Spaide: 438-3583. ils.org.

JULY

- 14-16 **HURT Nordic Ski Summer Training: Beginner Camp.** Camp Meadowbrook, Queensbury. hurtnordicskiing.com.
- 16-21 **HURT Nordic Ski Summer Training: Performance Camp.** Camp Meadowbrook, Queensbury. hurtnordicskiing.com.

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.

MAY

- 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.
- 8 Schodack Island Paddle. 9am. Schodack Island SP, Schodack. Dave Pisaneschi: 459-5969. adk-albany.org.
- 14 'Round the Mountain Canoe & Kayak Race. 10.5M. 11am. Ampersand Bay Resort, Lower Saranac Lake to Lake Flower, Saranac Lake. macscanoe.com.
- 14 **Upper Hudson River Conservation Paddle.** 8:30am. Exit 29, I-87, North Hudson. Adk Mountain Club: 523-3441. adk.org.
- 14-15 **Canoe, Kayak & SUP Demo Days.** Sales. Riverside Park, Saranac Lake. Adk Lakes & Trails Outfitters, Saranac Lake: 1-800-491-0414. adirondackoutfitters.com.
- 18 St. Lawrence Valley Paddlers Duathlon. 6pm. Little River Boat Launch, Canton. Mary Kelly: 315-344-7716. slvpaddlers.org.
- 20-22 **Adirondack Paddlefest & Outdoor Expo.** On-water sale, demos, music. Fri: 12-6pm, Sat: 9am-6pm, Sun: 9am-5pm. Mountainman Outdoor Supply Co., Old Forge. 315-369-6672. mountainmanoutdoors.com.

JUNE

- 1 Evening Paddle. 6:30pm. Boat Launch, Round Lake. Alison Saville: 899-4031. adk-albany.org.
- 10-11 Northern Forest Canoe Trail's Paddlers Freshet Fest. Guided trips, clinics, presentations. Saranac Lake. northernforestcanoetrail.org.
- 11 Learn to Row Day. 9am-12pm. Burnt Hills Rowing, Alplaus. 428-4941. bhrow.com.
- 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.com.
- 15 Evening Paddle. 6:30pm. Schodack Island SP, Coeymans. Alan Mapes: 817-1512. adk-albany.org.
- 17-19 **5th Adirondack SUP Festival.** Long/short course races, SUP demos/sales, on-water clinics, SUP fitness/yoga, pooch race, guided tours, kids SUP session. Saranac Lake. Adk Lakes & Trails Outfitters: 800-491-0414. adirondackoutfitters.com.
- 21 Evening Paddle. 6:30pm. Hudson & Mohawk. Waterford Boat Launch, Waterford. Lynn Filarecki: 674-2125. adk-albany.com.
- 20-24 **ACA Combined Canoe & Kayak Instructor Certification Workshop.** ADK Mountain Club: 523-3441. adk.org.

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

JULY

- 14 Adirondack Canoe Symposium. Paul Smiths College, Paul Smiths. 201-314-4462. freestylecanoing.com.
- 16 **Battle of the Boquet.** 3.52M trail run & 2M kayak race on Boquet River. Gilliland & Noblewood parks, Willsboro. townofwillsboro.com.
- 16 Indian Lake Poker Paddle. 3M paddle. 12pm. 5 stops/5 cards & cash prize. Chain of Lake Road, Abanakee Lake, Indian Lake. Darrin Harr: 648-5112. indian-lake.com.
- 23-23 **Paddling Outing.** Paul Smiths College, Paul Smiths. Marilyn Gillespie: 891-2626. ADK Mountain Club. adk.org.
- 24 Feed The Dragon Dragon Boat Festival. 8am-3pm. Mohawk Valley Marine, Alplaus. Sheila Platt: 669-3033. dragonsalive.org.

RUNNING & WALKING

ONGOING

- Daily Fleet Feet Running Club & Distance Project.** Fleet Feet Sports, Albany: 459-3338. Malta: 400-1213. fleetfeetalbany.com.
- Daily Obstacle Course Training Facility.** Viking Obstacle Course at Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- Mon-Fri Outliers Boys Distance Running Camp.** Grades 3-6 (M-W-F): 6/27-7/29. Grades 7-12 (M-F): 6/20-8/12. Clifton Commons, Clifton Park. Lance Jordan: 791-1063. shenrunners.com.
- Mon Saratoga Stryders' Summer 5K Trail Series: 6/27, 7/11, 7/25, 8/8, 8/22.** 6:15pm. Camp Saratoga, Wilton. 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.
- We/Sa Fleet Feet Running Club.** Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.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.

MAY

- 7 **5th Mastodon Challenge 15K, 5K & Fun Run.** 9am. Craner Park, Cohoes. Lisa Osorio: 281-3253. mastodonchallenge.com.
- 7 **Rotary Run for the Roses: Triple Crown Series.** 9am. Partner's Pub, Johnstown. Jessica: Smrtic: 770-7584. 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.
- 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 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. 802-223-2733. cvrunners.org.
- 7 Run 4 the Hills 4M Run/Walk. Sharon Springs. Garth Roberts: 928-6998.
- 7 2nd Iron Horse 5K Trail Run, Walk, Trot, Cantor. 10am. Kimberly Farms, Shaftsbury, VT. galloptosuccess.org.
- 7 Women's Right to Run 5K & 19K. Seneca Falls. righttorun19k.org.
- 7 19th Ted Moore 5K Run & 2M Walk. 9am. MVCC, Utica. mvcc.edu.
- 8 **4th Fleet Feet Sports 10K Classic.** 8:30am. Kids' Mile: 8am. Bethlehem HS, Delmar. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
- 8 36th Mother's Day 5K bRUNch. 9:30am. Central Park, Schenectady. hmrrc.com.
- 8 Kelly's Angels Mother Lovin' Day 5K. 9:15am. Saratoga Spa SP, Saratoga Springs. kellysangelsinc.org.
- 8 38th Steve Zemianek Bennington Road Race. 10K/3.9K: 10am. Kids' 1K: 9:30am. Park McCullough House, North Bennington, VT. 802-688-7807. runreg.com.
- 8 Tulips For Mom 5K & 10K. 9am. Corning Preserve, Albany. 463-3060. planaheadevents.com.
- 8 Wally Waddle 5K & Kids' 1M. 9:30am. Vassar Farms, Poughkeepsie. wallywaddle.org.

10TH ANNUAL FRONHOFER TOOL TRIATHLON



OLYMPIC RACE: INDIVIDUAL, PARTNER, RELAY TEAM

SATURDAY, AUGUST 6

LAKE LAUDERDALE PARK, CAMBRIDGE, NY

TO REGISTER: FRONHOFERTOOLTRIATHLON.COM

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

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

CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water
 Bike 18mi out & back
 Run 3mi lake loop

USA Triathlon sanctioned event

New! Aquabike Race!

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**

Move it for the Music

5K Run/Walk
 & 1-Mile Beaver Dam Short Course
Saturday, July 9 • 8am
 203 Lake Tour Rd, Lake Luzerne

6th annual

Join us in support of Luzerne Music Center's Scholarship Fund!
 Enjoy performances from our talented students throughout the course as it circles beautiful Lake Luzerne.
 Light breakfast will be served immediately following the race.

First 100 registered receive T-shirt & goodie bag
Info/Register: luzernemusic.org
 (518) 696-2771
 events@luzernemusic.org

To benefit Luzerne Music Center's Scholarship Fund

LUZERNE MUSIC CENTER
 www.luzernemusic.org

SUNNY HILL RESORT

Viking Obstacle Race

Sunday, July 10
 Greenville (30 min south of Albany)

35+ OBSTACLES
5.5 MILES

\$1,000 prize money to top three male/female elite racers

Registration includes:
 Viking T-shirt, finisher medal, lunch, beer/beverage ticket, digital downloads, after-party

NO spectator or parking fees.

Train on the course before the race or anytime!

Info & Register:
SunnyHill.com
518.634.7642

Discount Code: ASF16 for 10% off registration

Obstacle Course Challenge
STUFF NUFF
 To Benefit The Prevention Council

Saturday, June 4
 Kids Run (1 Mile) @ 8:30 a.m.
 Teens/Adults (5K) @ 9:15 a.m.
Mud and Fun Guaranteed!

BOCES Campus
 Henning Road
 Saratoga Springs



The PREVENTION COUNCIL
 Helping youth navigate life's challenges

Register at: finishright.com

8TH ANNUAL
Sparky's Run
 5K Run/Walk

Sunday, June 12th • 10am
Lions Park, Niskayuna
 T-shirt to all registered by 5/26
 8am race day registration
 Register: sparkysrun.weebly.com
 Info: captainlouw@gmail.com
(518) 339-8661
 In memory of Crystal Wilkinson
 To benefit Cancer Research

TAYLOR'S
HEROS
XTREME
 BOOT CAMP CHALLENGE
5K Fun Run
 at the Saratoga Regional
 290 West Ave
 Saratoga Springs

Saturday June 18 9am

PRIZES FOR BEST TEAM COSTUMES!
REGISTER NOW! taylorsheroes.org

MONDAY, JULY 4 • 9am
Saratoga Springs, NY



4-Mile Race • Bib-tag timed
 \$7000 in prizes • 400 medals
Saratoga Springs City Center
 Vendors & band at start/finish
 Entertainment along course

Presented by **FLEET FEET Sports**

asics performance mesh shirt for all runners

\$7000 in cash prizes • 100s of medals/prizes
 Awards: Top 10 M/F Overall, Top 3 M/F 5-yr,
 Top 3 M/F Military and Fire/Police/EMS
 USATF Adk Team Championship & Grand Prix event

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

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

- 10 Team In Training Summer Info Sessions.** 4-6pm. Vent Fitness, Latham. Leukemia & Lymphoma Society: 438-3583. teamintraining.org/uny.
- 12 Team In Training Summer Info Sessions.** 4-6pm. Vent Fitness, Niskayuna. Leukemia & Lymphoma Society: 438-3583. teamintraining.org/uny.
- 13 Peak Ultra Trail Run.** 15, 30, 50, 100, 200 & 500 miles. Riverside Farm, Pittsfield, VT. peak.com.
- 14 7th Jog for Jugs Half Marathon & 5K.** 9am. Duanesburg Town Park, Duanesburg. powerhouseathleticsny.com.
- 14 6th Kerry Blue Hustle 5K Race/Walk.** 9am. St Mary's-St Alphonsus, Glens Falls. smsaschool.org.
- 14 9th Joan Nicole Prince Home 5K Run, 1M Walk & BBQ.** 10am. Pavilion Central Park, Schenectady. 346-5471. 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.
- 14 Home Away From Home Half Marathon/5K/Kid's Run.** 9am. Brittonkill School, Troy. Stevie Rodriguez: 495-5506.
- 14 Rhythm Run 5K Color Run & 2.5K Walk.** 9am. Shuttleworth Park, Amsterdam. Misty Nichols: 542-5345.
- 14 MHRRRC Women's Run 5K/10K.** 8am. Rail Trail, Van Wyck Trailhead, Wappingers Falls. mhrrc.org.
- 14 Johnson Jog 5K Run/Walk.** 9am. Johnstown. 762-4459. fmrrc.org.
- 14 Diocesan 5K Dash.** 9am. The Crossings, Colonie. Sharon Boehlke: 393-3131. nd-bg.org.
- 14 kLaVoy 5k.** 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. zippyreg.com.
- 14 No One Left Behind 5K.** 10am. Grafton Lakes SP, Grafton. mhpcinc.org.
- 14 Stampede 5K/10K.** 10am. Dobisky Visitors Center, Ogdensburg. 315-393-2425. fredericremington.org.
- 14 Rhinebeck Hudson Valley Marathon & Half.** 26.2M: 8am. 13.1M: 8:30am. Dutchess County Fairgrounds, Rhinebeck. 845-233-0146. fitfeetadventures.com.
- 14 Strides for James 5K/10K.** 10am. Miner Institute, Chazy. 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.
- 15 Run To The Hills 10K, 5K, 1M.** 10am. Sawkill Firehouse, Kingston. 845-481-3043. onteorarunners.org.
- 15 8th Hudson Valley 15K.** 9am. Blooming Grove. John Finnigan: 845-496-1578. orangerunnersclub.org.
- 17 Team In Training Summer Info Sessions.** 4-6pm. Vent Fitness, Guilderland. Leukemia & Lymphoma Society: 438-3583. teamintraining.org/uny.
- 19 CDPHP Workforce Team Challenge.** 3.5M. 6:25pm. Empire State Plaza, Albany. hmrrc.com.
- 21 31st Wood Memorial 5K & Fun Run.** 9am. Hoosick Falls. Rosemarie Smith: 686-4504. hoosickfcu.com.
- 21 1st Scotties Stampede 5K Run/Walk for Education.** Ballston Spa CSD, Ballston Spa. 884-7195. scottiesstampede.org.
- 21 Ryan's Run.** 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 288-6062. zippyreg.com.
- 21 NY/VT Champlain Bridge 5K.** 10am. Crown Point HS, Crown Point. 597-3754. lachute.us.
- 21 Warrior Dash 5K Obstacle Run.** Camp Warwick, Warwick. warriordash.com.
- 21 Run for Wine 5K.** 12pm. Vesco Ridge Vineyards, West Chazy. 846-8544. vescoridge.com.
- 21 The Rat Snake Trail Run & Reverse Triathlon.** 18K Trail Run & 3K Run/Walk: 11am. Gilbert Lake SP, Laurens. theratsnake.com.
- 22 Mountain Valley Hospice 5K: Triple Crown Series.** 9am. Fulton Montgomery CC, Johnstown. Jessica Smrtic: 770-7584. 5ktriplecrown.racewire.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.
- 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 Memorial Day Trail Race.** Marathon, Half, 10K & 5K. Ski Butternut, Great Barrington, MA. memorialdayraces.com.
- 28 Running Down Strokes 5K.** 8am. The Crossings, Colonie. runningdownstrokes5k.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.
- 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.

JUNE

- 1 Global Running Day.** Pledge to run/National events. globalrunningday.org.
- 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 Heritage 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.** 5K: 9:15am. Kids' 1M Obstacle Course Run: 8:30am. BOCES Campus, Saratoga Springs. Janine Stuchin: 581-1230. preventioncouncil.org.
- 4 2nd Piece by Piece 5K Walk/Run.** 8:45am. Remington Rec Trail, Canton. 315-267-6456. northernrunner.org.
- 4 21st Delhi Covered Bridge Run 5K Run/Walk & 10K.** 9am. Main Street, Delhi. clasiladies.com.
- 4 Cayuga Trail 50 & Marathon.** 50M: 6am. 26.2M: 8am. Treman SP, Ithaca. rednewtracing.com.
- 4 H.E.R.O. 5K.** 10am. University at Albany, Albany.
- 4 Phoenicia Ridge to Valley Trail Race.** 13.1M. 10am. Downtown Phoenicia. storeyhousesny.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 Pride 5K & Rainbow Fun Run.** 10am. Corning Preserve, Albany. capitalpridecenter.org.
- 5 NYRR Retro 4-Miler.** 8am. Central Park, New York. nyrr.org.
- 9 The Route 50 Mile.** 1M 6:50pm. Burnt Hills. Peter Sheridan: 399-1419.
- 9 Turtle Trot Walk-Run.** 3.4M. 9am. Whalen Park, Massena. Nancy Foster: 315-764-1289. wilsonhillassoc.com.
- 10 6th Ella Grace Chiari Foundation 5K.** 6:30pm. Village Commons, Nassau. Deb Ladue: 766-7224. defeatchiari.com.
- 10 Onteora Mile.** 1M. 6:15pm. Deitz Stadium, Kingston. 845-339-5474. onteorarunners.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! Post-race: Free kids' fun run & Whipple City Festival. Greenwich MS, Greenwich. 692-7979. greenwichchamber.org.
- 11 7th Strides 4 STRIDE 5K Run, 2K Walk, Walk N Roll.** 5K: 9am. 2K: 10:15am. Kids' Run: 11am. Riverfront Park/Jennings Landing, Albany. 598-1279. stride.org.
- 11 Lexington 5K: Triple Crown Series.** 9am. Lexington Center, Johnstown. Jessica Smrtic: 770-7584. 5ktriplecrown.racewire.com.
- 11 12th Great Adirondack Trail Run.** 11.5M, 3200ft vertical mountain run. 3.2M Baxter Mtn fun run. Music, prizes, raffles, food/drink. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 11 Greene County YMCAs Spring Into Summer 5K Run/Walk.** 9am. Cocksackie-Athens HS, Cocksackie. cdymca.org.
- 11 21st Lions Ramble 10K & 2M.** 5:30pm. Fort Plain. John Geesler: 568-7509. fmrrc.org.
- 11 Daffodil Dash 5K Run/Walk.** 10am. Halfmoon Town Park, Halfmoon. daffodildash.com.

Saturday, June 11th
 Albany Corning Preserve
Strides 4 STRIDE



RUN • WALK • ROLL

Join us for this fun, family-friendly
 event benefiting
STRIDE Adaptive Sports!

9AM 5K RACE USATF Certified & Sanctioned
 USATF Cert. Code NY15018JG

10:15AM 2K AWARENESS WALK 'N ROLL

11AM TOT RUN
 Support equal opportunity in sports regardless of disability!

Register Today at www.stride.org
 (518)598-1279 or jwhiston@stride.org

Thank you to our sponsors!



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
 \$25 by 6/11 or \$30 day of race • 518-383-3722 • goodkarma5k@gmail.com
 Benefits AIM for Seva (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 500
Kids' 1-Mile Fun Run (\$10), 11am
 Fun runners receive T-shirt & medal
Register: ZippyReg.com
Entry Form/Info: charlton5k.org
 Bill Herkenham: (518) 384-0065

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
Info: RememberingLiza.org
or UnityHouseNY.org
 In memory of Liza Ellen Warner & Nikki L. Hart
 Not affiliated with Liza's Legacy Foundation

Race the Train

14th Annual

SATURDAY, AUGUST 6
NORTH CREEK DEPOT,
MAIN ST, NORTH CREEK

8am: Free, scenic 8.4mi train ride
9am: Runners "race the train" back! Spectators can also ride the train (fee)
All runners receive finisher medals
T-shirts to first 275 preregistered
Post race fun run, raffle & food

Proceeds benefit Johnsburg Dollars for Scholars

Register: Active.com
Application: AdirondackRunners.org
Info: Tracy Watson (518) 251-0107

12th Annual

The Great Adirondack Trail Run

JUNE 11
Keene Valley, NY

11.5 mile 3200 ft. vertical mountain run
3.2 mile Baxter Mountain fun run

- Music • Prizes • Raffles
- Food & Good Cheer

The Mountaineer

patagonia SALOMON www.mountaineer.com

REGISTRATION LIMITED • Preregistration Strongly Suggested
1866 NYS Rte. 73 • Keene Valley, NY • 518-576-2281
Environmental Benefit Event for Ausable & Boquet River Associations

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
- Long-sleeve T-shirts for first 500 entrants
- USATF Adirondack Association 10-Mile Championship

Info & Application: AdirondackRunners.org
Registration: 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

- | | |
|---|---|
| <p>11 Race The Lake Marathon & Half Marathon. 8am. Cooperstown. racethelake.itsyourrace.com.</p> <p>11 39th Capital City Stampede. 10K. 9am. Onion River Sports, Montpelier, VT. 802-485-3777. cvrunners.org.</p> <p>11 NYRR New York Mini 10K. 8am. Central Park West, New York. nyrr.org.</p> <p>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.</p> <p>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.</p> <p>12 The Run for Help 5K Run/Walk Against Domestic Violence. 10am. Goff MS, East Greenbush. unityhousesny.org.</p> <p>12 8th Sparky's Run 5K Run/Walk. 10am. Lions Park, Niskayuna. 339-8661. sparkysrun.weebly.com.</p> <p>12 12th Lake Placid Marathon & Half Marathon. 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidmarathon.com.</p> <p>12 7th Equinox Trail Races. 5K & 10K. 9:30am. Charlotte, VT. Martha Keenan: 802-363-2384. gmaa.net.</p> <p>12 7@7 Trail Run. 7.77M. 7am. Green Lakes SP, Fayetteville. syracuse.ymca.org.</p> <p>18 Taylor's Heroes 5K Xtreme Boot Camp Challenge & 1K Kids' Run. 9am. Mud, water guns, cargo net, agility tires, costumes. Saratoga Regional YMCA, Saratoga Springs. Suzanne Diorio: 894-1658. taylorsheroes.org.</p> <p>18 3rd County Line 5K Run/Walk. 8am. To benefit Speed-The-Light. 9191 Paddock Circle, Rotterdam. bethellfullgospel.com/5k.</p> <p>18 Tri-City Valley Cats Father's Day Home Run 5K. 9am. HVCC Stadium, Troy. 456-3682. hmrc.com.</p> <p>18 Gorges Ithaca Half Marathon. 13.1M. 7:30am. Ithaca Commons, Ithaca. runsignup.com.</p> <p>18 CancerCrushers 5K & 1M Walk. 9am. Nathaniel Adams Blanchard Post, American Legion, Delmar. runsignup.com.</p> <p>18 6th Ron Jankowski Memorial Fund Father's Day 5K. 8am. Law Park, Briarcliff Manor. ronjmemorialfund.org.</p> <p>18 Rensselaerville Ramble Trail Run & Walk. 2M, 5M, 8M. 8am. Huyck Preserve, Rensselaerville. raceentry.com.</p> <p>18 5th Vietnam Veterans of America Patriot Run 5K/10K. Griffiss Air Base, Rome. romanrunners.com.</p> <p>19 Mule Haul Foot Race 8K. 9am. Firehouse, Fort Hunter. Bill Platt: 866-1319. fmrc.org.</p> <p>19 7th New Paltz Challenge Half Marathon, 5K & Kids 1M Race. 7:30am. Gilded Otter Brewery, New Paltz. newpaltzchamber.org.</p> <p>19 13th Tanglefoot Trail Runs. 10K/20K. 10am. Tanglewood Nature Center, Elmira. tanglewoodnaturecenter.com.</p> <p>22 Summer Solstice Run. Race: 6:30pm. Minnewaska SP, Kerhonkson. shawangunkrunners.com.</p> <p>26 40th Adirondack Distance Run. 10M. 7:30am. LG Fire Dept, Lake George to Rogers Park, Bolton Landing. Marcy Dreimiller: 480-1279. adirondackrunners.org.</p> <p>26 Montezuma Half Marathon & 5K. 8:15am. Montezuma Audubon Center, Savannah. Michael Samoraj: 315-663-5539. willowhwc.com.</p> <p>26 Catamount Ultra Marathon. 50K/25K Trail Run. Trapp Family Lodge, Stowe, VT. catamountultra.com.</p> <p>26 13th Walk/Run for Kidneys 2016. 2M walk & 5K/10K runs. 9am. Dutch Quad, University at Albany, Albany. Carol LaFleur: 533-7880. healthykidneys.org.</p> <p>26 Move and Groove 5K. 10am. National Museum of Dance, Saratoga Springs. dancemuseum.org.</p> <p>29 5th Children's Home 4K. 6pm. Children's Home of Kingston, Kingston. 845-331-1448. chkingston.org.</p> | <p>9 2nd ParkFest 5K Run/Walk. 8am. Gavin Park, Wilton. 290-6702. finishright.com.</p> <p>10 3rd Saratoga Springs "Strong To Serve" Half Marathon & 5K Run/Walk. 13.1M: 7:30am. 5K: 8am. Also: Two-person half marathon relay. Saratoga Spa SP, Saratoga Springs. 603-429-8879. saratogaspingshm.com.</p> <p>10 Viking Obstacle Race. 35+ obstacles, 5.5M. Lunch, after-party. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.</p> <p>10 Whiteface Sky Race. 19M. 7am. Whiteface Mountain, Wilmington. rednewtracing.com.</p> <p>16 Battle of the Boquet. 3.52M trail run & 2M kayak race on Boquet River. Gilliland & Noblewood parks, Willsboro. townofwillsboro.com. 434-951-8572. rollercoasterrace.com.</p> <p>17 Helderberg 5K for Women: Domestic Violence Awareness Run. 9am. Voorheesville HS, Voorheesville. Phil Carducci: 861-6350. active.com.</p> <p>17 Dippikill Froggy 5 Miler. 9am. Dippikill Wilderness Retreat, Warrensburg. areep.com.</p> <p>17 28th Forest Frolic 7K & 15K Trail Runs. 9am. Hauck Hill Campsite, Virgil. fingerlakesrunners.org.</p> <p>23 20th Silks & Satins 5K Run/Walk. 8am. Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.</p> <p>29-31 Battle of Bristol Mountain Trail Runs: Vertical K, 5K/10K/50K, 10M/20M, Half Marathon. Bristol Mtn Resort, Canandaigua. yellowjacketracing.com.</p> <p>30 Sherrill Centennial 5K. 8am. Sherrill Comm Center, Sherrill. sherrillny.org.</p> <p>30 Run for the River 5K/10K. 10am. Frink Park, Clayton. savetheriver.org.</p> <p>30 2nd Annual RPW Ram Run/Walk 5K. 9am. Rensselaer HS, Rensselaer. ramrun2016.weebly.com.</p> <p>30 Half Full Races: Half Marathon, 10K, 5K. 7:30am. Downtown, Springfield, MA. halffullraces.com.</p> <p>31 22nd Indian Ladder Trail Run 15K & 3.5 Miler. 9am. Thacher SP, Voorheesville. Mike Kelly: 439-5822. hmrc.com.</p> |
|---|---|

AUGUST

- | | |
|--|--|
| <p>6 14th Race the Train. 8am: train ride. 9am: 8.4M run. North Creek Depot, North Creek. 251-0107. adirondackrunners.org.</p> <p>12-13 Peak to Brew Relay. Full Relay (237M): Whiteface Mtn., Wilmington to Saranac Brewery, Utica. Half Relay (115M): McCauley Mt, Old Forge to Saranac Brewery, Utica. peak2brew@p2brelay.com. p2brelay.com.</p> <p>13 Camp Chingachgook Challenge Half Marathon & 10K Race. 13.1M: 8am at Lake George. 10K: 9am at Camp Chingachgook, Katskill Bay. lakegeorgehalfmarathon.com.</p> <p>27 ADK 80K Race Weekend. Sat, 5:30am: Running - 80K/50K solo ultra trail marathons & 80K relay w/2 or 4 bikers. Sun, 8am: Biking - 80K/40K solo MTB races w/cyclocross & fat, plus 80K relay w/2 or 4 members. Mt. Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.</p> | <p>4 18.12 Challenge & Half Marathon Races. Watertown to Sackets Harbor. 1812challenge.com.</p> <p>10 7th Malta 5K Run. 8:30am. Luther Forest Tech Park, Malta. Paul Loomis: 472-4807. malta5k.com.</p> <p>10 Double H Camp Challenge. 5K trail run/walk or 30M bike ride. Double H Ranch, Lake Luzerne. doublehranch.org.</p> <p>18 The Saratoga Padio: Melanie Merola O'Donnell Memorial Race. Half marathon: 7:45am. 5K run/walk: 8am. Fun Run: 10am. Saratoga Springs. Maria Maurer: 917-656-2821. themelaniefoundation.com.</p> <p>24-25 20th Adirondack Marathon Distance Festival. Sat: 5K/10K in Chestertown. Sun: Marathon, Relay & Half-Marathon, Schroon Lake. adirondackmarathon.org.</p> |
|--|--|

SEPTEMBER

- | | |
|---|---|
| <p>2 28th Finger Lakes 50s Trail Races: 50 Mi, 50K, 25K. 6am. Finger Lakes National Park, Hector. fingerlakesrunners.org.</p> <p>4 10th Firecracker 4 Road Race. 4M. 9am. Kids' Fun Run: 8:30am. Saratoga Springs City Center, Saratoga Springs. Bob Vanderminden: 744-5646. firecracker4.com.</p> <p>9 6th Move it for the Music 5K Run/Walk & 1M. 8am. Luzerne Music Center, Lake Luzerne. 696-2771. luzernemusic.org.</p> <p>9 Run the Ridge. 5K Mud, obstacle run. Wave starts: 8:45am. Maple Ski Ridge, Schenectady. runtheridge.com.</p> <p>9 Whiteface Vertical K. 3M. 10am. Whiteface Mtn, Wilmington. rednewtracing.com.</p> | <p>9 34th Mohawk Hudson River Marathon & Hannaford Half Marathon. 8am. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. mohawkhudsonmarathon.com.</p> |
|---|---|

OCTOBER

- Bold listing** = Advertiser in current issue of *Adirondack Sports & Fitness*. All area codes 518 unless indicated.
- Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.*



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
or www.active.com

info@lakeplacidmarathon.com

20TH ANNIVERSARY

Silks & Satins

SARATOGA SPRINGS, NY **5K**

JEFF CLARK MEMORIAL RACE

Saturday, July 23 • 8am Start

Register at silksandsatins5k.com
\$25 by 7/22 or \$30 race day

Fasig-Tipton Pavilion
415 East Avenue

- Join 1,500+ runners & walkers
- B-tag timed
- USATF certified 5K course

Benefits:

- Shirts to first 1,500 registered
- Many individual awards categories
- Teams competition
- Fast and flat course thru East Side neighborhoods

Presented by **FLEET FEET Sports** 10th Anniversary
performance mesh shirt for all runners
Managed by FC4, Inc.

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

7th Annual



5K Trail Race/Fun Walk & 1K Kids' Fun Run
Saturday, June 4 • 9am
Slate Valley Museum, Granville

Mixed scenic trail and road race
Supervised kids activities during 5K at museum
Unique local prizes

Register by 5/15 to save! active.com
Info: railtrailtothefootbridge5k.com

18th Annual

Kinderhook Bank
OK 5K

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
kinderhookok5kace@gmail.com

Challenge Yourself
Change the Life of a Child

Saturday, September 10

at the
Double H Ranch
in Lake Luzerne,
New York

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

Register at
www.doublehbranch.org
Presented by Adirondack Partners

DISCOVER
Adirondack
High Peaks

COMING 2016
HIKETHEADIRONDAKS.COM

Hike • Paddle • Climb • Volunteer

hike a-thon

JULY 5
FREE! ↑ 14 SITES AROUND LAKE GEORGE
REGISTER BY JUNE 24
VOLUNTEERS NEEDED TOO!

Register at LakeGeorgeHikeAThon.org

SPRING IS IN THE AIR

New styles arriving weekly!
Patagonia, Arc'Teryx, Mountain Hardwear,
Ibex, Prana, and More!

the Mountain Goat
Outdoor Clothing & Gear
Manchester, Vermont
Since 1987

4886 Main Street ~ 802-362-5159 ~ mountaingoat.com ~ Open Daily at 10am

St. Regis Canoe Outfitters

- Guided Trips – Day and Overnight
- Outfitting – By the Piece or Package
- Camping & Backpacking Rentals
- Retail Paddlesports Shop
- New & Used Canoes, Kayaks & Gear
- Adk Paddler's Map – South

73 Dorsey Street • Saranac Lake
518-891-1838
www.canoeoutfitters.com

70 MILE GRAVEL GRINDER 132 MILE ROAD RIDE

THE VERMONT EPIC
JUNE 11 2016

NEW ENGLAND'S TOUGHEST CYCLING WEEKEND
VTEPIC.COM

#ITSOKEMOTIME OKEMO.COM

OKEMO
MOUNTAIN RESORT

Join Now!

Adirondack ADK Mountain Club

- hiking
- climbing
- paddling
- biking
- fitness
- backpacking
- camping
- outdoor adventure
- the Adirondacks
- the Catskills

www.ADK.org

LONG LAKE RAQUETTE LAKE
in the Heart of the Adirondacks

Visit us this Summer - towns built for family fun, great activities and events for all.

- Guided Hiking Trips
- Outdoor Rec.
- Paddling
- Fishing

for more information
518-624-3077
www.mylonglake.com

OLD FORGE
Central Adirondacks

Start Point:
90-Miler Adk Canoe Classic Route
Northern Forest Canoe Trail

Spring: Whitewater **Moose River**
Summer: Canoe & Kayak
(return by train)

Family Friendly Waters

McCauley Mountain Summer Scenic Chairlift

Views to the High Peaks

Hiking Trails
Mt. Biking
Picnic Areas

Go To: OldForgeNY.com
Free Guide/Trip Planner

HIKING & BACKPACKING

◀ EASTERN LEDGE VIEW OF DESOLATE BROOK AND PHARAOH MOUNTAIN.

▼ SUCKER BROOK BEAVER POND FORMED BY PROMINENT DAMS.

A Perfect 10 on Number 8 Hill

By Bill Ingersoll

PHOTOS BY BILL INGERSOLL

Number 8 Hill is a small mountain in the southwestern corner of the Pharaoh Lake Wilderness. Like many other summits in this highly scenic area, this one was burned at some point in its history, and the result is a mostly bare summit. What makes this particular summit so distinctive, in a region with many memorable small mountains, is its location relative to Pharaoh Mountain: few other vantage points provide such a stunning vista of that mountain's craggy cliffs.

As climbs go, this one is not especially difficult. You have to bushwhack to reach the summit, but the off-trail portion of the hike is only about 0.3-mile or so, with a vertical ascent of roughly 600 feet. However, Number 8 Hill is somewhat remote, so getting there and back occupies the better part of the day.

Its numerical name is easy to explain: this hill is the highest point in Lot 8 of the Schroon Tract, acquired in 1908 as part of a bulk purchase of land that added most of what is now the western Pharaoh Lake Wilderness to the NYS Forest Preserve. But this area was not always an unpeopled wilderness; there were once several farms at the foot of these hills, and the trail that will bring you to the foot of Number 8 was once the main road for this community. That makes this an interesting hike not only for its scenery, but for its human history as well.

Getting There

The trailhead is located near the hamlet of Adirondack on the east shore of Schroon Lake. From US Route 9 in Pottersville, follow County Road 62 around the southern tip of the lake, and then bear left onto CR 15. This winding route leads to Adirondack and bears right once you reach the middle of town. Continue east through town until reaching Blair Road, which leads north for 0.6-mile to the parking area at the state land boundary.

The Trail

The foot trail leading into the wilderness is essentially a continuation of Blair Road. Whereas the southern portion of the road

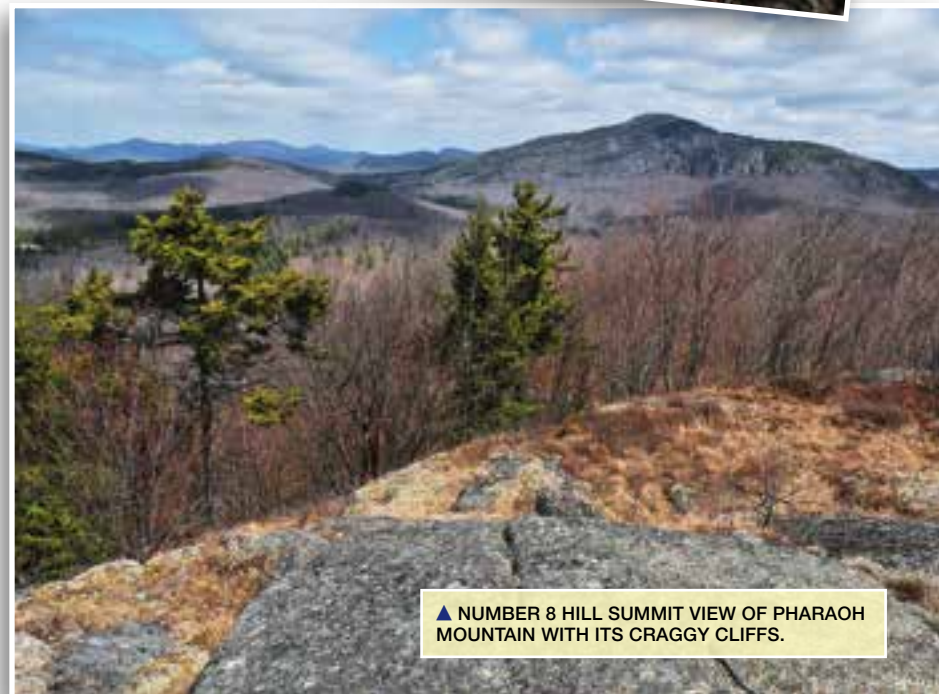
was widened and hardened for use by automobiles, the portion that you are about to hike was never modernized. It is wider than the typical trail, but much wetter than you might expect of a road.

It leads northerly through a tall forest with a few stands of nonnative Norway spruce trees and sections of stone walls to the right and left. You have to look closely to find the foundations and cellar holes, but there are several located very close to the road. These farms fell within the bounds of Essex County, but they were geographically closer to Warren County. They do not appear on the 19th century gazetteer maps of either county, however, so I cannot say which families lived at which sites.

After passing the foot of Pine Hill the old road swings east, although the turn is so gradual you may not notice it. You draw closer to Sucker Brook, with several small wetlands visible at the foot of Spectacle Pond Hill. In addition to the stone walls and foundations, there are numerous lumpish piles of rock at seemingly random places. It was customary for pioneering farmers to make these piles as they cleared their land, and they can be found in many places throughout the Adirondacks that were once cleared for agriculture.

The abandoned road comes to an end at 2.5 miles, where a sign points right to the continuing foot trail. It exits a small clearing and embarks on a rolling course up and over several small hills, generally parallel to Sucker Brook. You are presently at the foot of Number 7 Hill, passing through a forest of mostly hardwoods.

As you hike through the valley it may be difficult to tell where exactly you are in relation to the surrounding landmarks. The best clue that you have reached the foot of Number 8 Hill is a prominent beaver dam to the left, near the head of Sucker Brook at 3.6 miles. The pond is small, but it is formed by a large dam within sight of the trail – so many gallons of water held in place by such a crude mound of mud and sticks!



▲ NUMBER 8 HILL SUMMIT VIEW OF PHARAOH MOUNTAIN WITH ITS CRAGGY CLIFFS.

From this point the hiking trail climbs to a height-of-land between Number 8 Hill and Coffee Pond before dropping down to Desolate Brook; it ultimately leads all the way to the outlet of Pharaoh Lake. Any point between the beaver pond and height-of-land is a good place to begin the bushwhack. Number 8 Hill is located to the south of the trail, no more than 0.3- to 0.4-mile away. Most of its slopes are moderate in grade and unencumbered by thick woods, until you reach the mountain's highest point. Here a crown of cliffs and ledges will send you circling around the summit for a way up; the best route might be a spot on the north face where a break in the cliffs serves as a steep ramp to the open rock on top.

Someday the summit of Number 8 Hill might fill back in with trees, but for the immediate future it offers near 360-degree views. You can see a long portion of Schroon Lake, a sliver of Brant Lake, and a broad swath of the High Peaks from Rocky Peak Ridge on the right to Mount Marcy on the left; Hoffman Mountain cuts off the view

to the west of Marcy. But perhaps the most distinctive feature are the dark cliffs on the southwestern flank of Pharaoh Mountain, two miles away; this vantage point offers a full-on view of the largest mountain in the neighborhood.

The summit view is the most inclusive of Number 8's vistas, but there is another opening that might be more photogenic. You'll find it on the easternmost shoulder of the mountain, about 0.3-mile from the summit. A steep ledge hangs high above the valley of Desolate Brook, which worms its way through a wetland that is picturesquely arranged between Number 8 and Pharaoh. You'll recognize this ledge by its precipitous drop-off, unobstructed view and vertical thumb of rock. 🌲

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

**Law Office of
Eric K. Schillinger**
Providing quality, affordable legal services to individuals in upstate New York

Practice areas: DWI & Criminal Defense • Divorce
Estate Planning • Contract Review • Real Estate
Traffic Tickets • Bicycle Accidents • Legal Seminars

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

573 Columbia Turnpike • East Greenbush

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

Ron Houser, C. Ped.
ABC Board Certified Pedorthist

**Evaluation • Casting
Manufacturing**

Custom Footbeds & Orthotics Made On-Site for Athletes, Hikers & Everyday Victims of Gravity

Located @ **The Mountain Goat**
Manchester Center, VT

802-362-5159 • mgoat@comcast.net

**Tomhannock
BICYCLES**
Sales & Service

**Giant • Felt • Bianchi
Look • Cervelo • Co-Motion**
The only Bianchi dealer in the Capital Region

Come see the 2016 lineup!
Road – Mountain – Triathlon
Tandem – BMX – Kids
Bike & triathlon clothing, Louis Garneau, Gizmo
Yakima racks & accessories

**EXPERT TUNE-UPS & BEST SERVICE
PRICES IN THE AREA!**

3149 Route 7, Pittstown • 10 minutes east of Troy
(518) 663-0083 • TomhannockBicycles.com
M/Tu/W/F 10-6, Th 10-7, Sat 10-5, Sun 11-3



LAKESIDE FARM'S
COUNTRY STORE • RESTAURANT • GIFT SHOPPE

Serving Breakfast and Lunch Daily

- Open 7 Days a week 7:30am-6pm
- Home Baked Pies
- Unique Gifts

336 Schaubert Road
Ballston Lake
399.8359
LakesideFarmsCiderMill.com

OPEN FOR THE SEASON!

CALL TODAY FOR YOUR FREE TOUR!

Camp Chingachgook on Lake George

REGISTER NOW FOR AN UNFORGETTABLE SUMMER 2016!

- Adventure Trips
- Sleep-Away Camp
- Day Camp

www.LakeGeorgeCamp.org
518.656.9462

COOPERSTOWN ■ DELTA LAKE ■ OLD FORGE
SPRINT, JUNE 4 SPRINT/INT., JULY 16 INTERMEDIATE, AUG. 14

Support Your Local Grassroots Tri with the Best Deal in All of Triathlon Racing

Registration is open for Central NY's largest tri series. Get into the Cooperstown, Delta Lake or Old Forge triathlons for **only \$65**. Or register for our best deal; all three races for **only \$180!!** Use code "ADKSF" to save!

Don't miss out on all that ATC Endurance offers athletes

- FREE High Quality Shirt from Atayne 100% made in the USA with recycled material
- FREE Photo Downloads
- FREE Ommegang at Cooperstown and Delta Lake
- More Surprises To Be Announced!

Fantastic race venues, family and spectator friendly courses, and great host towns await you in 2016

For complete info visit **atcendurance.com**

ADK ADIRONDACK MOUNTAIN CLUB presents

11th Annual ididaride!
Adirondack Bike Tour — Sunday, July 31st

Registration is Open • Deadline July 22
www.adk.org • call (800) 395-8080, ext. 42
Early Bird Special (\$15 off) Register by June 1st

i-did-a-lot challenge EARN YOUR SHIRT
Complete **pedalpower** (pedalpower.com) and **ADK's 75-mile ididaride**
Learn more at **adk.org**

75-mile loop or 20-mile option w/ shuttle • \$75 ADK member / \$85 non-member
• Beautiful Adirondack Scenery • Van support • Après-Ride Party
All proceeds will go to ADK education, internship and advocacy programs.

Thanks! to our Premier Sponsors:

DAVIDSON BROS. GARVEY MOHAWK Honda JAGGER & FLINN ASSOCIATES, INC.

Thanks Riders!
for making all 4 stores:

plaine and son **NEW YORK BICYCLE CO**
plaineandson.com

BROADWAY BICYCLE CO. **COLLAMER HOUSE BIKE AND SKI**

Every Wednesday is All Clubs Day!
10% OFF to All Club Members!
YES - Discounts apply to bikes and sale items!

Extensive Offering of Cycling Apparel on Sale
PEARL Izumi GIANT Enduro • Road • Mountain Bike

TIRE SOURCE
THE WORLD'S BEST TIRES AT THE WORLD'S BEST PRICES
Continental Specialized Schwalbe

Bike Service Done Right
When you want it! Fast turnaround and open customer repair stand. The service is friendly and the advice is free.

We Need Your Used Bike!
Top dollar for your trade in

Plaine and Son
1816 State St, Schenectady
(518) 346-1433 • Plaineandson.com
Specialized, Schwinn Signature

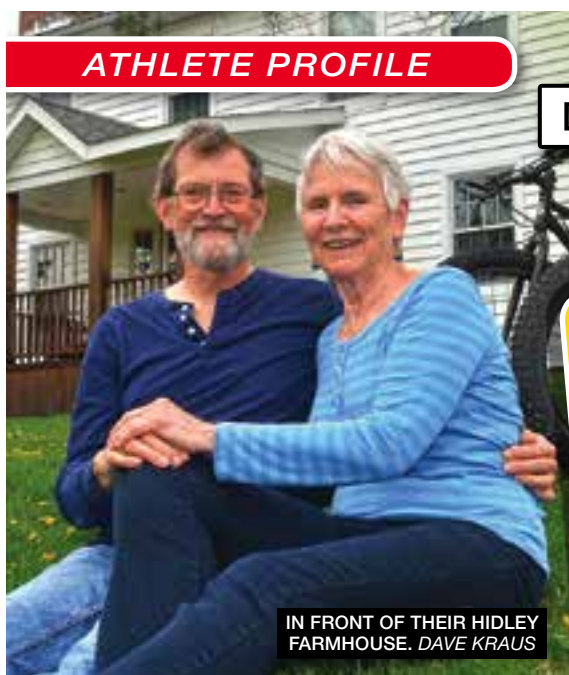
New York Bicycle Co.
524 Congress St, Schenectady
(518) 377-2453 • Newyorkbicycleco.com
Giant, Cannondale, Liv

Broadway Bicycle Co.
1205 Broadway, Albany
(518) 451-9400 • Broadwaybicycleco.com
Specialized, Schwinn Signature

Collamer House Bike & Ski
450 East High St, Malta
(518) 871-1213 • Collamerhouse.com
Specialized, Schwinn Signature

ATHLETE PROFILE

Dick & Shari Gibbs



IN FRONT OF THEIR HIDLEY FARMHOUSE. DAVE KRAUS

AGE: 72 years young
RESIDENCE: On 130 acre farm in North Greenbush
FAMILY: Two daughters: Jennifer, son-in-law Ken Block, Sam (13) and Anna (12) of Barrington, R.I., and Rachel, son-in-law Paul Shapiro, Lila (11) and Arlo (6) of Manhattan.
OCCUPATION: Retired. Dick was a Research Scientist and Director of Mobile Sources with the NYS DEC, and Shari was a reading specialist in the East Greenbush Central Schools.
PRIMARY SPORTS: Cycling (road, mountain biking, tandem, and newly purchased fat bike)
SECONDARY SPORTS: Skiing, Hiking, Walking



ON KOKOPELLI TRAIL IN COLORADO, 2005.

By Dave Kraus

Dick and Shari Gibbs arrived in the Capital Region in 1966 from Minnesota, almost penniless and married for all of three days. Dick was going to RPI for his PhD in chemical engineering, and Shari, having interviewed over the phone, had a teaching job waiting for her in Cohoes.

It was an uncertain start. But over the next 50 years they have forged deep connections: with each other, with family, with a large circle of friends, with cycling, and with their home and farm near the Rensselaer Plateau.

The two met in sixth grade when Shari moved to Minnesota from Iowa. Dick can still describe the dress she was wearing the first time he saw her. Both came from large families; Dick one of seven children and Shari one of six. Farm life dominated their childhoods. Both rode horses and cycled, but nothing near a fitness level. Dick had a balloon tire bike, and remembers riding it mile after mile in Minnesota's hot summer sun, with no hat or shoes, selling buttons as a fundraiser for "Ag Days" in their home town of Dodge Center.

Although they knew each other as classmates, they didn't start dating until after high school. Romance blossomed through letters between Dick at the University of Minnesota and Shari at Wheaton College in Chicago. They married soon after graduation, and then to Troy.

Shari started her teaching job and Dick his studies at RPI. He also worked odd jobs, lasting only two days at \$1.37 an hour unloading cages of chickens to go into Campbell's Soup, before getting a job with a company that salvaged copper phone wires. That took him to the fire tower at Grafton, and after seeing the beauty of the countryside, he and Shari started hiking. They climbed Berlin Mountain weekly; gaining a love for the rural scenery, open spaces, and outdoor fitness pursuits. "We fell in love with the mountains, nature, trees," he remembers. "It was a big awakening for us."

In 1971, the couple bought an historic, run-down 1787 farmhouse on Hidley Road, the birthplace of noted early American painter Joseph Hidley. They recall, "It wasn't in good shape. The roof leaked, the well ran dry, and we could see the Rensselaer County dirt through the gaps in the kitchen floorboards."

But they persevered, and today they still live in the totally renovated home. They have also restored the old Hidley family cemetery on top of the hill, a scenic setting for weddings, memorials, and baby naming ceremonies. It is part of what Shari calls "an enduring 'sense of place' that gives us a deep appreciation for the land and its people: our friends and neighbors."



SPORTING THEIR MHCC JERSEYS.

In 1976 Dick bought a used ten-speed bike to commute the 11 miles to his work. "The first day I rode the bike to work, I got there, and thought I'd died. I don't think I got a lick of work done." But by the end of that summer he was commuting every day, including climbing the 10% grade on Morrison Avenue in Troy.

Shari's early riding was on a three-speed Sturmey Archer. Dick remembers, "Shari would stuff our daughter Jennifer into a blue backpack sort of thing, and ride from North Troy up through Oakwood Cemetery to RPI, to meet me for lunch."

But life, as often happens, threw a few curveballs at them. When they were 32 years old in 1976, Dick was diagnosed with Type 1 diabetes and became dependent on insulin, and Shari's health also deteriorated with a mysterious, undiagnosed illness. Dick recalls, "She spent much of January to March in hospitals, having tests, spinal surgery, a splenectomy, and exploratory surgery that revealed an inoperable mass on her pancreas. Nobody knew what to do. She was dying, down to skin and bones."

Shari interrupted, "Let's make a long story short. I looked in the mirror one April day and I was gray. I had watched Dick's mother die with cancer and I knew that color gray. I had to act! So I called the doctor who, despite uncertain test results, had first suspected that I had lymphoma. He immediately began a ten-month chemotherapy

protocol. Voila! Here I am today, a survivor!"

Back in good health and looking for new activities, the couple discovered the Mohawk Hudson Wheelmen in the mid-1980s, but it was not love at first sight for Dick, who admits he was a bit frightened by all the serious cyclists. "I mean, we were just riders," he said. "There's always a little hump of fear to overcome when you move out of your comfort zone and become involved with a group that could challenge your abilities."

But soon they were deeply involved in the organization known today as the Mohawk Hudson Cycling Club (mohawkhudson-cyclingclub.org). They lost some of their interest in renovating the house and redirected their energy toward cycling. There was so much energy, in fact, that their daughters limited their parents to no more than five minutes of "bike talk" during dinner.

They led MHCC road rides, organized the club century, and the club's first mountain bike festival at Grafton Lakes State Park. For somewhere near 25 years - they don't keep track - Shari led a weekly Tuesday Night Rensselaer County road ride, and an annual Mount Greylock ride (70 miles with shorter options), followed by a potluck dinner at the Gibbs' farm. They held a Monday night mountain bike skills clinic in their dooryard; friends continue to ride (and ski or snowshoe) the trails on their farm; with many of them showing up in November for "Thanksgiving under the Hemlocks."

Between them they probably led 40 rides a year for over ten years. Names like the "Stephentown Stomp" in Rensselaer County, and "Best Ride by a Dam Site" (Gilboa Dam) in Schoharie County, were added to MHCC's monthly ride calendar. Dick led the first mountain bike traverse of the Rensselaer Plateau; Shari has likely led as many club rides as anyone, her favorite being the challenge of the 45-mile "Cycle the Rensselaer Plateau."

Today the couple still rides when they get the chance, though they admit their days of five-hour century rides are over. Thirty contemplative miles through the Rensselaer countryside is just fine by them. "We don't have electronic gadgets on our bikes, nor keep track of miles. We just ride," says Dick. Shari adds that getting outdoors is the important thing. Whether it's on a bike ride or a snowshoe hike is irrelevant.

Dick and Shari have passed their joy and knowledge of mountain biking onto their four grandkids. According to Shari, "Sam, our oldest is getting quite good; the girls, Anna and Lila enjoy going out to be with the family; and Arlo, the youngest at six, is learning."

They also keep busy with other commitments: Dick consults for NYSEERDA; both belong to the New York Forest Owners Association, the Friends of Grafton Lakes and Cherry Plain State Parks, and successfully led the effort for the restoration of the 1924 Dickenson Hill Fire Tower - just east of Grafton Lakes State Park. However, their major volunteer focus is the Rensselaer Plateau Alliance (rensselaerplateau.org), a community-based group of volunteers committed to conserving the area's working forests and sustaining the resources the plateau provides for trails, meditation, wildlife habitat, water and air quality, and a landscape ripe for human reconnection with nature.

They are joyful in the friends they have made and proud of the people they have helped to enjoy riding. Helping others is their great reward. Cycling holds a special place in their lives, and Dick observed, "It's lucky for us and our 50-year marriage that we both ride at about the same level and that we love to ride together. We truly enjoy cycling together. How many 72-year-olds can say that?" 🌲

Dave Kraus (info@krausgrafik.com) of Schenectady is a longtime area cyclist, photographer and writer who hopes he can also ride for 50 years.

8TH ANNUAL



Camp Chingachgook Challenge Half-Marathon & 10K Race on Lake George

Saturday, August 13

Half: 8am start at Lake George –
Fast course along scenic east shore of Lake George to the camp

10K: 9am start at Camp Chingachgook –
Out and back course with start and finish at the camp

After race cookout lunch at the camp's beautiful waterfront (bring suit/towel)
Also, runners/guests have access to use the lakeside bathhouse.

Register, application or more info: www.LakeGeorgeHalfMarathon.com

Half: \$30 by 7/9 or \$40 after • 10K: \$25 by 7/9 or \$35 after • T-shirts to runners registered by 7/9 • Proceeds help send kids to camp!




the **FALLEN ARCH**

The **ONLY** Full Service Running Store in the Adirondacks

Offering Personalized Service You Can't Buy Online



2538 Main Street • Lake Placid • 518-523-5310 • thefallenarch.com



**More than just a bike shop.
The start of a true cycling community.**

GREY GHOST BICYCLES

EXPERT SALES & SERVICE | PROFESSIONAL FITTING
MTB, ROAD & TRIATHLON SPECIALISTS

206 Glen Street ■ Glens Falls, NY ■ 518.223.0148
greyghostbicycles.com ■ facebook.com/greyghostbicycles

Battle of the Boquet

☆ Downtown Celebration ☆
3.52-Mile Trail Run & 2M Kayak Race on Boquet River

Saturday July 16, 8am
Historic Downtown Willsboro



Run: Gilliland Park to Noblewood Park
Paddle: Noblewood Park to Gilliland Park
Register: townofwillsboro.com
Day of Registration: Willsboro Bandstand

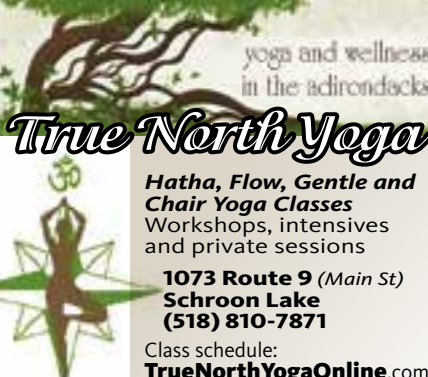
True North Yoga

yoga and wellness in the Adirondacks

Hatha, Flow, Gentle and Chair Yoga Classes
Workshops, intensives and private sessions

1073 Route 9 (Main St)
Schroon Lake
(518) 810-7871

Class schedule:
TrueNorthYogaOnline.com




HITS TRIATHLON SERIES

Designed by Athletes. Designed for You. HITS Endurance.

NORTH COUNTRY TRIATHLON - HAGUE, NY | JUNE 18-19
HUDSON VALLEY AT WILLIAMS LAKE, NY | JULY 9

>OPEN >SPRINT >HALF >OLYMPIC >FULL

NOW OPEN for Athletes, Vendors & Volunteers at HITSTriathlonSeries.com
19 Main St., Saugerties, NY 12477 | 845.247.7275

FIND CURES TODAY

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

LEUKEMIA & LYMPHOMA SOCIETY®

TEAM IN TRAINING®

FREE TNT Registration at teamintraining.org/ny
Use the Following Coupon Codes:
TNT Your Way – ADK50
Bloomin' Metric Ride – ADKRIDES
Seattle Rock 'n' Roll – ADKSEATTLE

Placid Planet BICYCLES

VOTED NORTHERN NEW YORK'S #1 BIKE SHOP

CERVELO - KONA - CANNONDALE - TREK
SANTA CRUZ - FELT - SPECIALIZED - S WORKS - SHINOLA



incredible selection - fabulous service
honest repairs - helpful and knowledgeable staff

2242 SARANAC AVENUE ~ LAKE PLACID NY ~ 518.523.4128
WWW.PLACIDPLANET.COM





SWIMMERS ENTER PRISTINE WATERS OF LAKE GEORGE AT 2015 HITS NORTH COUNTRY TRIATHLON IN HAGUE.
© PAT HENDRICK PHOTOGRAPHY

Go For It!

Triathlon Distances for Every Athlete

By Christine McKnight

The **Tupper Lake Tinman** on Saturday, June 25 is steeped in tradition and offers a spectacular venue in the heart of the Adirondacks.

The first time Amy Farrell raced the Tupper Lake Tinman, it was 2001 and she was 23 years old. She was the second woman to cross the finish line, trashing the course in a time of 4:34:39. She's looking to improve upon her record this year, a goal she feels is realistic - never mind that she's now 39, has a fulltime job as a teacher, is the mom of a 12-year-old daughter, and helps run the family motel, which is located on the bike course.

The Tupper Lake Tinman is special to Amy. "It has always been such a well done race," she said. "It offers a much more personal experience than the bigger Ironman races. They are always looking for ways to make it a better experience for the athletes, and the volunteers are the best."

First staged in 1983, the Tinman (tupperlaketinman.com) is one of the oldest half-Ironman distance races in the nation. Its spectacular setting in the heart of the Adirondacks is unmatched.

Amy has gone on to a stellar career in triathlon, highlighted by winning the 2014 Ironman World Championships in the 35-39 age group in Kona. But she keeps returning to the Tupper Lake venue, competing mostly in the sprint or as a relay team member.

Even as they welcome Amy back to the starting line of the full-distance Tinman on June 25, race organizers are continuing to look for ways to make the experience of athletes better than ever. The race, now part of the Toughman Triathlon Series, added an aquabike division in 2014, and this year will offer two shorter races on the same day: a true sprint featuring a half-mile swim, 12.5-mile bike, and 5K run; and a traditional Olympic distance race offering a 0.9-mile swim, 26-mile out-and-back bike on NY Route 3, and a 10K run. The new Tinman and sprint courses will send runners along a newly completed, spectator-friendly, crushed stone path with more shade.

First-year race director Wendy Peroza expects registrations to top out at around 500. "It's such a beautiful course, and the

entire community turns out to make the athletes' experience memorable," she said.

Now 40, Wendy has been a part of the Tupper Lake Tinman since 2002, when she paddled a kayak on the swim course for her father-in-law, Jim Maynard, who was captaining swim-course volunteers. One thing led to another, and this year Wendy is directing the race while Jim is assistant director.

When it comes to mid-season multisport adventures in the region, there's a distance for everyone, regardless of ability, focus and experience.

Perhaps no race organization better exemplifies that than HITS, which offers five distances in one weekend at two different events: the **HITS North Country** races at Hague on Saturday-Sunday, June 18-19, and the **HITS Hudson Valley** races on Saturday, July 9 at a new venue at Williams Lake outside Kingston. The HITS events (hitstriathlonseries.com) offer "a distance for everyone," including sprint, Olympic, half and full Ironman courses, and an open category for newbies featuring a 100-meter swim, three-mile bike, and one-mile run. This special category "is designed for first-timers who never thought that completing a triathlon was even possible," said HITS vice president John Eickman.

He noted that the Hague race is one week earlier this year at the request of town of Hague officials. The half and full-distance bike courses at Hague will be changed slightly to accommodate construction, making for a slightly flatter course. The Olympic and sprint bike routes will remain unchanged - and still very challenging. The Williams Lake run is all on rail trails featuring a more forgiving crushed-stone surface.

Two other events, one in the Adirondacks and other in the Mohawk Valley, are the **Piseco Lake Triathlon** (speculatorchamber.com), a sprint race, and the **Delta Lake Triathlon** (atcendurance.com) at Delta Lake State Park near Rome, offering both a sprint and Olympic distance. Both Piseco Lake Triathlon and Delta Lake Triathlon are on the same day - Saturday, July 16 - so athletes have a couple of nice choices here.

Piseco Lake, now in its 31st year, is a family-friendly event sponsored by the Adirondacks Speculator Region Chamber of Commerce. It is ideal for less experienced



triathletes who want to test their mettle in a low-key environment, and features two different transition areas. The course offers an 800-meter out-and-back swim, an 11.5-mile ride around the lake, and a 5K run - all in a beautiful setting. The price is right too - only \$50 - and you can register day of race.

With both a sprint and Olympic distance courses that are flat and fast, and a calm-water swim, the Delta Lake Triathlon also appeals to first-timers. But it also attracts a strong contingent of more competitive triathletes, many of whom are looking to post personal bests at the longer distance (1,500-meter swim, 24-mile bike, 5.9-mile run). For the hard-core, there is the "Delta Double" - if you finish the sprint in 1:25 or better, you can jump into the intermediate distance as well. Race director Mike Brych said he expects registrations to once again exceed 300.

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

The kids' race offers a 100-yard swim, 3.1-mile bike, and a one-mile run. "Our goal is to get as many families involved as possible," said Stephen. "It's a family-friendly

2015 TUPPER LAKE TOUGHMAN TINMAN COMPETITORS ENJOY CHALLENGING TERRAIN IN A BEAUTIFUL SETTING.
ROOST/ADIRONDACKSUSA.COM

course, especially a kid-friendly course." The race last year drew a total of about 200. As for water temps? Be sure to pack your wetsuit. Last year the temps were in the low to mid-60s, but should be warmer this year with the mild winter (sacandagatriclub.com).

The **Pine Bush Triathlon** (cdymca.org/pine-bush-triathlon) on Sunday, July 17 is another long-running, family-friendly event that attracts a strong beginner contingent. It starts at Rensselaer Lake in Albany and finishes at the Guelderland YMCA, with a 325-yard swim, 11.5-mile bike, and a 3.25-mile run. You can register as an individual or a member of a team. Special awards go to the team with the highest cumulative age (Scrub Oak Award) and the lowest cumulative age (Acorn Award).

If you're set to sprint soon, don't forget these events that were previewed in the March 2016 issue: *Saratoga Lions Duathlon* on May 29 (saratogalionsduathlon.com); *Cooperstown Triathlon* on June 4 (atcendurance.com); *Hudson Crossing Triathlon* on June 12 (hudsoncrossingtri.com); and *Great Sacandaga Challenge Triathlon* on June 18 (sacandagatriclub.com). 📍

Christine McKnight (trichris@nycap.rr.com) is a veteran of more than 100 triathlons and lives in Gansevoort.



Why do we vacuum infuse our hulls? To make the lightest, toughest, most greenly produced boats. Read more at www.placidboats.com/laminate.html See why USA Luge has us build its sleds.

263 Station St, Lake Placid 518-524-2949 placidboats@roadrunner.com

The Right Tools & Gear for the Journey

Cockpit Covers & Sprayskirts in stock to fit most quality kayaks

Canoes & Kayaks
Thule & Yakima Car Racks
Great Selection of Accessories
Sales - Lessons - Rentals - Tours

2123 Central Ave (Rte 5), Colonie
4.25 miles west of Northway Exit 2W
(518) 346-3180 • OneWithWater.com



CANOE, KAYAK, & SUP DEMO DAYS MAY 14TH & 15TH - SARANAC LAKE, NY

FREE DEMOS

Best Seat In The House

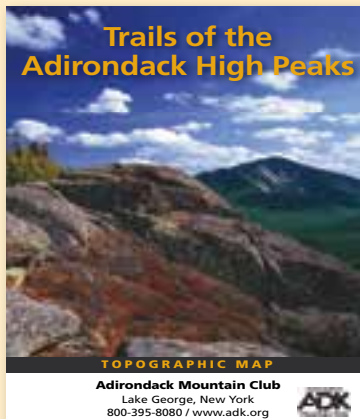
SALE PRICES ON ALL BOATS, BOARDS, & ACCESORIES



541 Lake Flower Ave Saranac Lake NY
1-800-491-0414
www.adirondackoutfitters.com

**Pocket size. Countless applications.
Waterproof. And no batteries.**

Trails of the Adirondack High Peaks



37" w x 23" h; 4 1/4" w x 6" h folded

ADK's new High Peaks map

- Expanded coverage
- All trail revisions and updates
- Campsite locations and unmarked paths
- Durable and tear resistant
- Corresponds to ADK's High Peaks Trails guide
- 14th Edition, \$9.95

ADK offers books, maps, workshops, lodging, and licensed guides

Member discounts apply.



800-395-8080 www.adk.org

Monomoy Island Excursions

Seal, Seabird and Harbor Cruises Cape Cod, MA



Monomoy Island tours with an onboard guide

702 Route 28 • Harwichport (opposite Brax Landing) • Reservations Recommended!
508-430-7772 • www.monomoysealcruise.com

DISCOVER INLET

And all the Beauty That Surrounds Us

For maps & more:
INLET AREA INFORMATION OFFICE
1-866-GO-INLET
www.inletny.com



- 👍 Kayaks, Canoes and Stand-Up Paddleboards
- 👍 Sales - Every Day is Demo Day
- 👍 Carefully Selected Inventory - Since 1997
- 👍 Experienced & Knowledgeable Staff

www.lakegeorgekayak.com • (518) 644-9366 • Bolton Landing, NY

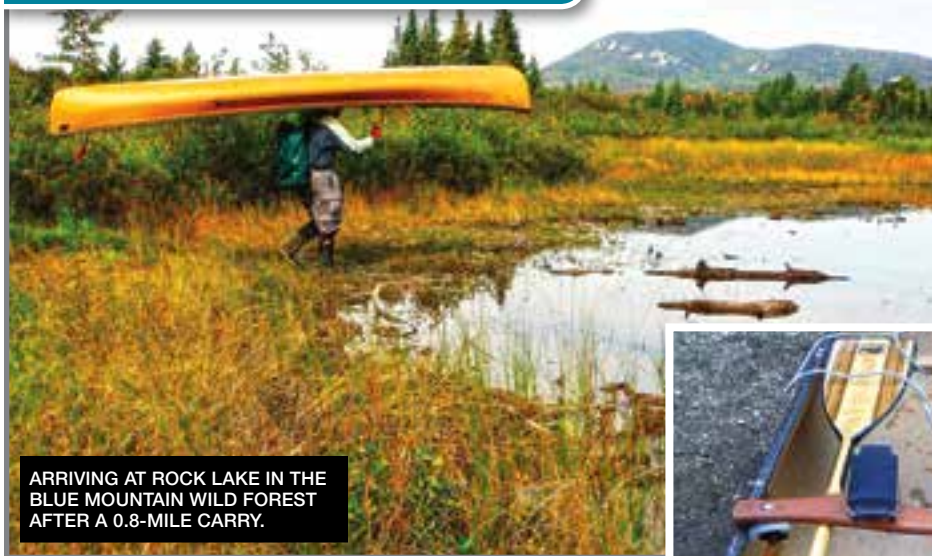


JUNE 17, 18, & 19 - SARANAC LAKE, NY

RACES - SUP DEMOS & SALES - ON-WATER CLINICS
SUP FITNESS & YOGA - POOCH RACE - GUIDED TOURS
KIDS SUP SESSION - LONG & SHORT COURSE RACES

WWW.ADIRONDACKSUPFESTIVAL.COM

CANOEING & KAYAKING



ARRIVING AT ROCK LAKE IN THE BLUE MOUNTAIN WILD FOREST AFTER A 0.8-MILE CARRY.



BLOWDOWN ON THE MARION RIVER CARRY TRAIL WITH THE CART ATTACHED.



MY PREFERRED SOLO CANOE CARRY SET-UP WITH PADDED CLAMP-ON YOKE.

Marion River and the Art of the Carry



By Rich Macha

PHOTOS BY RICH MACHA

A SHOULDER CARRY ON THE 0.3-MILE CARRY TO THE HUDSON RIVER AT POLARIS BRIDGE IN THE ESSEX CHAIN LAKES.



PADDLING ON THE MARION RIVER.

Spring arrived early this year and I was anxious to get out and paddle in the Adirondacks before blackflies made their presence known. I chose to start out on Utowana Lake, then carry 0.4 miles on a trail to the Marion River.

In most of North America, the act of carrying a water craft over land, either between two bodies of water or around an obstacle in a river, is referred to as a “portage;” in the Adirondacks it is simply called a “carry.”

From a gravel pull-off on NY Route 28, between the hamlets of Raquette and Blue Mountain lakes, I shouldered the canoe and walked about 200 feet on a path, which led past a huge boulder to the shore of Utowana Lake. I do not like to carry a canoe, even a lightweight one, for longer distances on my shoulder because the gunwales tend to dig into the shoulder and hip bones.

Not long after I pushed off from shore, a pair of loons swam nonchalantly past before diving out of sight. The lean-to on the north shore was, unsurprisingly in late April, unoccupied; most of the rest of the Utowana’s shoreline is private, yet there is very little development on the lake.

After paddling 0.6 miles, I reached the west end of the lake, and the start of the 0.4-mile carry to the Marion River. From 1899 to 1929, over the same route as today’s carry, a 0.85-mile railroad carried vacationers who were traveling on steamships that arrived from Raquette Lake and the Marion River to the west, and Blue Mountain Lake and Eagle Lake to the east. The carry trail is perhaps one of the easiest in the Adirondacks, with minimal elevation change and fairly smooth surface.

I seldom use a cart to wheel my canoe along Adirondack trails – most trails are just too rough and bumpy, often with roots, rocks and mud along the way. I would, however,

consider using a cart on a relatively smooth road-like trail. For instance, I have wheeled a canoe four miles on a dirt road to Newcomb Lake a couple of times, reaching the lake with canoe and camping gear in two hours. Folks have also been wheeling canoes and kayaks into Third Lake in the Essex Chain Lakes Complex by skipping Deer Pond and staying on the dirt road.

Carts should have either wide tires (wheels at least 10” in diameter) or taller bicycle-style wheels (at least 15” in diameter) to help smooth out the ride. The wheels should be fairly wide apart, to prevent a tip-over when one wheel hits a rock, and there should be good ground clearance between the wheels.

I attached my canoe to my fat-wheeled cart making sure the canoe and cart were aligned properly and the canoe was centered over the cart. One strap went around the front thwart of the canoe and another strap around the rear thwart to prevent any shifting. Paddles and pack were left in the canoe and off I went enjoying the view to my left of the Marion River cascading over rocks. Things went smoothly until I arrived at two trees that had fallen across the trail, and I had to lift the canoe high enough so that the wheels would clear this dead-fall. Soon after, I reached the end of the carry.

My cart folds down and is stored easily in the canoe. Sometimes I have just hidden the cart in the woods and picked it up on my return – kayakers might want to use this strategy if there is little storage space available in or on the kayak.

The Marion River here was fairly shallow and had a little current. As the river wound its way for four miles toward Raquette Lake, it grew wider and deeper, and the current became less noticeable. A hill to the north-

east had rocky cliffs and I made a mental note that maybe next time I should climb to the cliffs for a view. The river meandered through an expansive marshy area. There was also some cedar swamp and a variety of conifers on drier land.

Three whitetail deer swam across the river well ahead of me; then my illusion of wilderness was interrupted by a small motorboat coming in slowly from Raquette Lake. The boat was soon out of earshot; serenity returned, and I was back in my wilderness. At the lake I turned around and headed back enjoying some views of Blue Mountain in the distance. A handful of blackflies greeted me back at the carry but these “early-birds” were, thankfully, not biting.

For a comparison of carry styles, I had also brought along my usual carry set-up: a removable clamp-on yoke. Most tandem canoes have a permanently-installed carry yoke but solo canoes, including pack canoes, do not come with yokes because the paddler sits close to the center of the canoe. A wooden yoke is usually sufficient for a short carry, but on longer carries some sort of padding is desirable, even on the deep-dish contoured yokes often found on better tandem canoes. There are several yoke pad styles commercially available – I’ve happily been using CVCA pads for years.

After clamping the yoke at or near the balance point of the canoe (slightly stern-heavy is good), I tuck my paddles between front and rear thwarts and the yoke without the need to tie them in – Velcro or shock cord could be used to tie the paddles in, if needed. My life jacket and any other loose items get attached to my dry pack, then I hoist the canoe up onto my shoulders and go. I wrap my bow painter rope around the thwart in front of me, and hold on to the dangling end

to keep the canoe balanced overhead; some folks use a rope that goes from front to back, and hold onto it at their hip.

Packs made for the canoeist do not rise above the shoulders like ones made for backpacking – this keeps the pack from interfering with the yoke on a portage. If the pack has a hip belt I leave it unattached so as to keep the pack below shoulder level. My day dry pack is about 35 liters in capacity and my overnight dry pack is over 100 liters.

Carrying the canoe and all the gear in one trip is referred to as “singling” the carry. I’m usually in no rush to get anywhere so I sometimes will “double” the carry, making two trips. On the first trip, I might carry the pack and paddles to scout the route, then go back for the canoe. On this walk back, I can take more time to enjoy my surroundings, since visibility is compromised somewhat when there is a canoe over your head.

In the case of two paddlers in a tandem canoe, the ideal is to have one person carry the canoe and a small pack, while the other person carries a large pack with shared items like stove, cookware, tent, etc., plus the paddles. In many cases, especially when using a heavy canoe and/or bringing the kitchen sink, doubling the carry might make more sense to avoid injury.

Stepping over the downed trees was easy. Back at Utowana Lake I removed the yoke, detached the cart from my pack, and got on my way back to the put-in. It was a very enjoyable and scenic spring paddle. 🌲

Rich Macha is owner of Adirondack Paddle’n’Pole, a paddlesport specialty store in Colonie (onewithwater.com). When Rich is not helping customers or instructing, he is out there in a canoe or kayak testing the gear, and exploring the region’s waters.



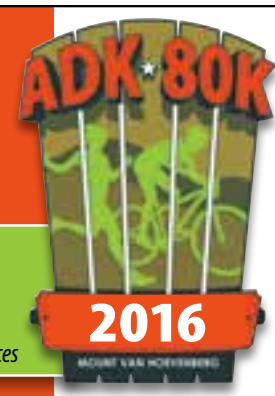
STAND UP PADDLE BOARDS
Sales, Rentals and Lessons Available

It's Always Summer at Patty's!

BOAT, DOYLE AND NAISH BOARDS
O'Brien Tubes, Skis and More

PattysWaterSports.com • 518-656-9353 or 793-5452

HIGH PEAKS CYCLERY
ADK 80K RACE WEEKEND
August 27 & 28



Saturday 5:30 am
– Ultra Trail Run & Relay Races

Sunday 8 am
– MTB & Cyclocross Races

Running – 80K and 50K solo ultra marathons, and 80K relay with 2 or 4 runners per team.
Biking – 80K and 40K solo MTB races with cyclocross and fat bike divisions, and 80K relay with 2 or 4 bikers per team.

NEW FOR 2016! The ultra 80K duathlon. 40K Run Saturday, 40K Mountain Bike Sunday. All finishers will receive a special branded prize.

Kids & Families – 1k trail run and MTB races, live music, and barbecue.

Info/Register: ADK80K.com
Register early to save!
Lake Placid • (518) 523-3764
adk80krace@gmail.com

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

Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more.

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

518-548-4521 • speculatorchamber.com

ADIRONDACKS SPECULATOR REGION

Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

STAY UP TO DATE WITH ADIRONDACK SPORTS

Enjoy everything you love about the magazine

- anytime •
- on any device •

ADIRONDACK SPORTS
adksports.com

- ▶ CURRENT ISSUE & ARTICLES
- ▶ CALENDAR
- ▶ SUBMIT EVENTS
- ▶ NEWS BRIEFS
- ▶ PAST ISSUES
- ▶ EXPO
- ▶ ASF GEAR
- ▶ SUBSCRIBE



SUMMER TRAINING CAMP
– HURT –

Beginner Camp
JULY 14-16
Camp Meadowbrook, Queensbury, NY

Performance Camp
Camp Meadowbrook, Queensbury, NY
JULY 16-21

Nordic Ski Camp for beginning high school skiers and modified skiers 13-17 years old (going into 8th grade through 11th grade). Camp will be specifically focused on getting athletes comfortable with beginning nordic training skills and rollerskiing.

Nordic Ski camp for high school skiers 15-18 yrs old (going into 10th grade through just-graduated seniors). This camp is intended for varsity level skiers and skiers seeking qualification for NY State Championships, Eastern High School Championships, and the Mid-A Junior National team.

info at: hurtnordicskiing.com/events

HPC HIGH PEAKS CYCLERY

ADVENTURE HEADQUARTERS

BIKE • PADDLE • HIKE • CLIMB • SUP • FISH • RUN
RENTALS • LESSONS • SERVICE • SHUTTLES

CYCLING • RUNNING • TRIATHLON
KAYAKING • CANOEING • SUP
HIKING • CLIMBING • CAMPING

SALES
Giant
Scott
Salsa
Quintana Roo
Salomon
Patagonia
Arc'teryx
Petzl + BD
La Sportiva

RENTALS
Bicycles
Kayaks, Canoes & SUPs
Camping
Climbing Gear

SERVICE
Repairs on all models of bikes
Bike Fit Studio

YOGA, FITNESS & CLIMBING GYM

Rentals
Licenses
Tackle
Fish Mirror Lake!

Salsa ADVENTURE BY BIKE

Salsa Adventure Bike Headquarters
SALSA FAT BIKE SALE!
Bike Touring & Packing Gear Source

Jet Boil, MSR, Marmot, Mt Hardware & more

Gravel Road & Road Bike Tours
Get off the beaten path!

HIGH PEAKS MOUNTAIN BIKE CENTERS

Open Daily June - Oct.

Ride the Olympic Trails
Mt. Van Ho, Rt. 73

Great singletrack and XC trails for all levels
Dirt Camps & Adults/Kids Clinics

Downhill, freeride & pump track for all levels.

GUIDE SERVICE

- Rock Climbing
- Backpacking
- Hiking
- Canoeing
- Kayaking
- SUP

HALF, FULL & MULTI-DAY ADVENTURES
Groups, Families & Private Guiding

Lake Placid

518-523-3764 • 2733 MAIN STREET, LAKE PLACID
CHECK OUT OUR WEBSITE FOR DETAILS AND MORE INFORMATION
www.HIGHPEAKSCYCLERY.com

15th Annual Uphill Bike Race

2016

Saturday, June 4th
WhitefaceRace.com

6th Annual Wilmington Whiteface 100k

Sunday, June 5th
WilmingtonWhiteface.MTB.com

WILMINGTON WHITEFACE

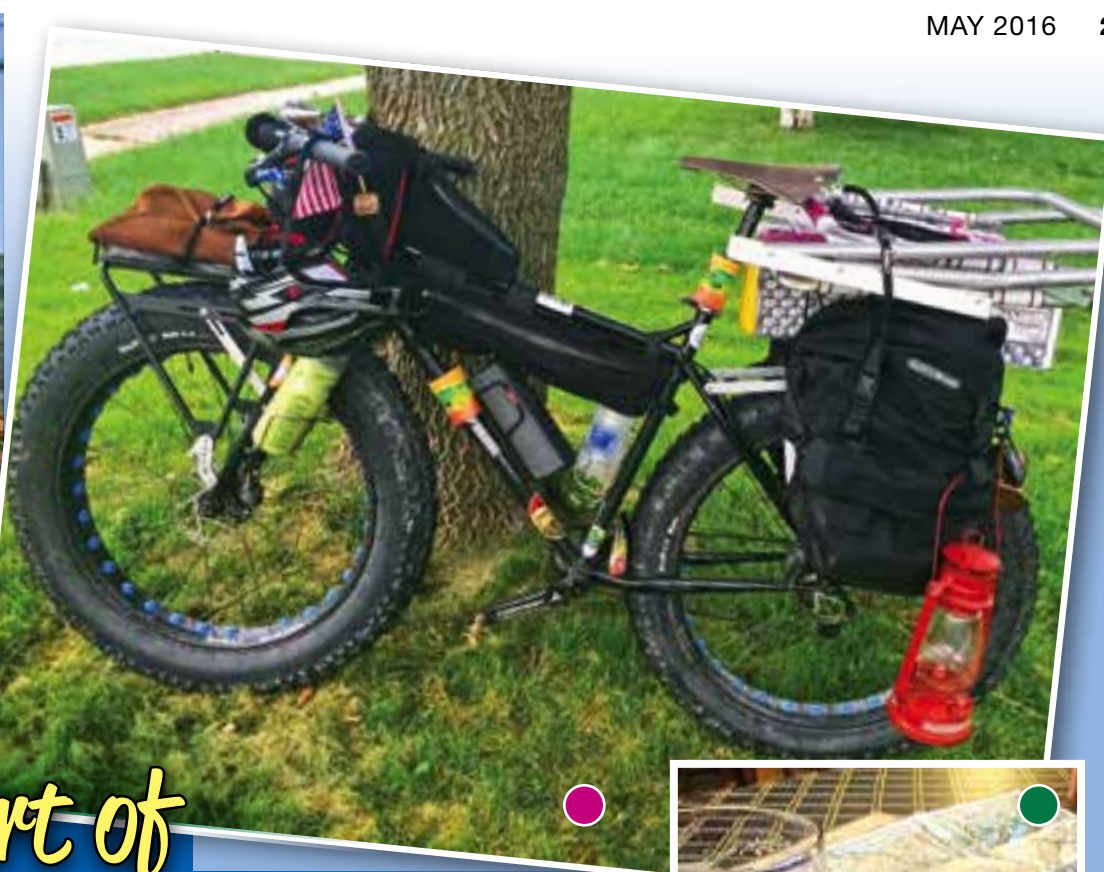
BIKE FEST

JUNE 3-5 7TH ANNUAL WILMINGTON WHITEFACE BIKE FEST

UPHILL BIKE RACE
100K MTB RACE
JUMP JAM STUNT SHOW
BEST CALVES CONTEST
PODS MAN & WOMAN
BEACH PARTY
LIVE MUSIC

For more information go to www.BikeWilmingtonNY.com

BICYCLING & MOUNTAIN BIKING



The Art of Bikepacking

By Shawne Camp

Bikepacking is a chance to explore the world by bicycle utilizing gravel and dirt roads or trails. Picture loading your bicycle with your camping gear and heading off into the wild for a night or longer.

Bikepacking comes in many forms. You have your "touring" rider. This rider might have more food and gear strapped to their bike than you can haul in your car. This sort of riding is about comfort not speed! They're on a journey to explore places off the beaten path most would never see while meeting awesome people along the way. The rider may be riding across the state or across the country.

On the opposite end of this are the "ultralight" race setups. These riders race hundreds if not thousands of miles self-supported, utilizing dirt and gravel, as opposed to pavement. A perfect example of this is the "Tour Divide," which is a 2,745-mile route that starts in Banff, Canada and ends in Antelope Wells, New Mexico. Services are far apart so racers need to be strategic on how they will replenish food and water.

Lastly we have what I'll refer to as the "weekend warrior." This is the rider who cuts out of work early on a Friday and sets off on their bike into the wild blue yonder for a night or two of camping under the stars. They may have only ridden 20 miles from home, but it's not how far you've gone, it's about what you experienced along the way – and what you take away after you're done. Imagine the "weekend warriors" conversation around the water cooler on Monday when people ask, "What'd you do this weekend?"

So what bike should you use? Ah, this is a trick question! Don't run out and buy a new bike because you think you want to try bikepacking. Simply start out with the one you currently have and see if it's something you even like. There are many bikes that are designed with bike pack touring/expedition or ultralight racing in mind. When you're ready, I encourage you to visit your local bike shop and see what bike best fits your needs and budget.

For gear you'll need a minimum of the basics such as food, shelter, water, and the basics for trailside bike repair. Tent, bivy sack or hammock for my shelter? This really depends on the person and season, but using an ultralight tent is my favorite out of the three. Other items that may vary are sleeping bag, stove, meals, a water filter, solar power, bear spray, headlamp, etc.

There are many factors that go into planning what you will need. Some considerations would be how far are you traveling? What services are along the way where you can replenish or get your bike repaired? What is the usual weather for that area? Does the route have a lot of lakes and streams or is it the desert southwest? Carefully planning your route or travelling a known existing route will help you make educated decisions on what you will need.

Are pannier bags and racks cool to use for bikepacking? The simple answer is "yes!" Pannier bags and racks are great for the touring or weekend warrior. They provide a great way to securely carry a lot of gear – sometimes too much. If you are using a front rack, it's best if the rack can carry your pannier bag both low and high. This allows you to elevate the bag on the rack if you get into rocky sections that the bags may otherwise hit. All racks are not equal! If you're going to be carrying a lot of gear across rugged terrain the same rack that works great for bike commuting may not hold up. Again check with your local bike shop and find out what's the best option for you.

The other very popular option is "frame bags." A number of companies are creating lightweight and sometimes waterproof bags that attach to your bike frame, seat post, handlebars and top tube. These bags are designed to streamline the bike, while forcing the rider to think more about what they will actually need on the trip, as opposed to what they want. If you go with the frame bag option, make sure the bag is waterproof. You do not want to ride through rain all day and arrive at camp with a wet sleeping bag. If the bag is not waterproof, consider bringing dry bags or garbage bags that can be utilized inside the bag.

Once you have your system of carrying your stuff and your gear sorted out, I strongly encourage you to take your bike out a few times loaded up and check for durability, stability and weight displacement. What looks good and ready in your garage may be a different story on the trail.

This leads me into route planning, which I find to be the most fun. Sitting down in front of maps, and sorting through my gear is all part of the experience, and may take months or longer to plan. National Geographic has waterproof topographic maps, which are very detailed and broken into sections, so depending on where you're travelling to you may need a lot more than one.

The important thing to note here is that if you are designing your own off-road trip "Is this route legal?" Many areas are not legal for bike use or may be private property. There are many resources and maps for routes online. The people who created these routes already did their homework and legwork with the NYS DEC (or similar group) or land owners. One of my personal favorites for information is bikepacking.com. Here you can basically find information on everything you need to know.

The Adventure Cycling Association also has a wealth of information related to bicycle travel and they also have cycling maps (adventurecycling.org). These maps detail a specific route that already shows you where to find camping, hotels, food and bike shops along the way. A great resource for bikepacking in the Adirondacks is theadirondack-trailride.com, which is also the site for the second annual Adirondack Trail Ride, a 550-mile self-supported ride/race on Sept. 9 that starts and finishes in Northville. Carrying a GPS is smart, but it uses power so you must have a way to recharge it. Pairing a GPS with a map is a great way to travel!

Clothing is a critical item to consider and it could be the difference between life and death. No matter what time of the year it is I prefer to wear wool. Wool keeps you warm, even if it gets wet, and you can wear wool for days without odor. The weather forecast looks sunny for my two day trip, so no need for rain gear? Wrong answer! Carrying a simple raincoat and pants could save you from



- SHAWNE SOAKING IN NATURE'S BEAUTY BEFORE THE 2015 ADIRONDACK TRAIL RIDE.
- EVERYTHING BUT THE KITCHEN SINK ON SHAWNE'S FAT BIKE AT RAGBRAI IN IOWA.
- TAKING TIME TO REFUEL AND PLAN THE STOPPING POINT FOR A NIGHT OF CAMPING.

PHOTOS BY JANAY CAMP

a miserable trip and possible hypothermia.

I cannot emphasize safety enough! Bikepacking is fun and adventurous, but it comes with inherent risks, which is probably why so many are drawn to it. You could have a crash, get sick, get stranded in extremely bad weather, or have a mechanical issue rendering your bike useless. Letting people know your plans and route in advance is critical. Having a way to keep your phone charged along the way gives you that peace of mind, but remember cell coverage isn't everywhere. I carry a SPOT, which is a battery powered satellite tracking system that allows you to get 911 help, and let people know where you are. People can literally see your real time position on a map, which makes it fun as well for anyone spectating your trip or race.

A first aid kit can come in handy, along with basic knowledge of bike repair. Carrying a spare tube, patch kit and an extra master link for your chain, could be the difference between riding with a smile and pushing your bike with a frown... Take a few simple steps to be prepared for the unknown. Get outside and explore more by bike! 🌲

Shawne Camp (shawnecamp@mac.com) of Malta is a passionate cyclist and enjoys exploring by bicycle. Shawne is a certified bicycle mechanic and married to his favorite cycling partner, Janay Camp.

DISC GOLF cont from page 1



golf, you play your disc from where it lands and the person who takes the least amount of throws to hit the baskets is the winner. Your group may decide to give children, newbies or challenged individuals a few extra handicap throws. Or in the spirit of adventure, award anyone who finds an errant disc an extra throw. Individual or team play is up to you. Ultimately, as stated on the Disc Golf Association website (discgolf.com), "The one who has the most fun wins!"

If you can throw a frisbee, it should follow that you can sink a disc. Yes and no. In a frisbee toss, your partner moves to accommodate your throw. Inanimate baskets stare at you and laugh. Timothy DeFranco, a Capital Region Disc Golf Club (aka DisCap) member (discap.net) from Saratoga Springs, recommends the old adage, "Drive for show, put for dough." He explains, "Be a great putter before you develop a great (short) approach game, and be a great short-gamer before you try to be a great driver off the tee."

Expect a learning curve. Experiment with disc molds that cater to your particular style. For example, if you throw right-hand-back-hand as most folks do, does your long-range disc always curve to the left? If so, then you should probably throw a disc with a lower rated speed. YouTube is a reliable source for throwing tips. If you feel the urge for more personalized tutelage, there are any number of free Wednesday Beginner Clinics at 6pm, all hosted by DisCap - the Capital-Saratoga Region non-profit disc golf club: May 18, Central Park, Schenectady; June 15, Saratoga Spa State Park, Saratoga Springs; July 16, Central Park, Schenectady; and August 17, Blatnick Park, Niskayuna.

The DisCap club also advocates for disc golf gym classes,

maintains and improves all Capital District and surrounding area courses, and was instrumental in bringing the sport to the Spa Park.

For the math-challenged, there are a number of apps to record your group's play or to keep a running tally if you decide to play for further incentives, like a round of beer. Tim DeFranco prefers the discgolfcoursereview.com app for scorekeeping, but there are multiple choices out there, each with their own pros and cons.

Say you've circumnavigated the beginner-friendly Spa Park course, or Thacher State Park layout near Voorheesville, and now are looking for a weekend change of scenery. Discap.net is the best source for Capital Region options, while discgolf-coursereview.com covers the entire United States plus foreign countries. The local club supports at least a half dozen PDGA sanctioned tournaments in the Capital District. There are doubles leagues virtually each day of the week and monthly singles events.

You will discover that each of these venues have their own particular flavor, from the beginner Spa and Thacher state parks, to the urban Schenectady Central Park, to Hunter Mountain's ski slopes to the marathon Joralemon Park. My personal preference, just because I happen to favor quirky, is the Providence Hyzer Creek private course in Middle Grove - where the woods are rough and the hills keep coming! It's free, but there's a donation box toward upkeep. World Champion Eric McCabe has designated this course one of his top five favorites!

- AL PETERSON AND BRIAN WELLS LOOK ON AS JAMIN TOTINO'S DRIVE SAILS OFF ONE OF THE TWO TEES ON HOLE 2 AT SARATOGA SPA STATE PARK. ANTHONY AQUINO PHOTOGRAPHY
- JAMIN TOTINO GOES FOR 'BIRDIE' ON THE (LEFT-HAND, BACKHAND THROWER FRIENDLY) HOLE 5 AT SARATOGA SPA STATE PARK. ANTHONY AQUINO PHOTOGRAPHY
- A TYPICAL DISC GOLFERS BAG WILL INCLUDE DRIVERS, MIDRANGES AND PUTTERS. EACH FLY DIFFERENT DISTANCES, SPEEDS AND LINES TO ALLOW OPTIONS TO GET FROM TEE TO BASKET. GOLFERS OFTEN CARRY 10-20 DISCS IN VARYING STABILITIES: "UNDERSTABLE" DISCS GO RIGHT, STABLE DISCS GO STRAIGHT, AND "OVERSTABLE" DISCS GO LEFT FROM A RIGHT-HANDED BACKHAND THROW. KENJI CLINE

Venture out of the immediate area and you will have all manner of weekend excursions, complete with accompanying shopping, swimming, restaurant sampling, whatever you enjoy. And all this 'no reservation, no wait time' fun can be had for the price of a \$10 disc, and a spirit of adventure! 🌲

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.

◆ Wakeboarding ◆ Waterskiing
◆ Kneeboarding ◆ Tubing
◆ Beginner to Advanced Lessons
◆ Two boats for more water time!

Inverted Wakeboard & Waterski School
@ Loon Lake Marina

518-744-9826
call or text for appointment
invertedschool.com

Battenkill Valley OUTDOORS

1414 Route 313
Cambridge, NY
Call for reservations
518-677-3311
866-677-3311

☀ Rentals of canoes, kayaks, rafts, tubes, and bicycles
☀ Shuttles and customized trips
☀ Sales of canoes, kayaks, and gear
☀ Area hiking options
☀ Vacation getaway lodging
☀ Pet friendly

battenkillvalleyoutdoors.com

DAMIEN'S ROCK WALL

Mobile Rock Climbing Wall
Bring exciting, safe climbing experiences to your events

(518) 428-6020
RockSolidFun.com
Damien Cetnar • Scotia, NY

THE Boat House
Sales, Rentals & Repairs

CANOE • KAYAK
ROOF RACKS • ACCESSORIES

Old Town • Wenonah • Perception • Hurricane

On the Mohawk River
Try our Boats on the Water!

2855 Aqueduct Rd (at Balltown Rd), Schenectady
393-5711 • BoatHouseCanoesKayaks.com

CapitalCare Medical Group

CENTER FOR PREVENTIVE MEDICINE

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

Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

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

CapitalCare Medical Group • Center For Preventive Medicine
501 New Karner Road, Albany • 518-640-3260

CenterforPreventiveMedicine.com • NorthCountryAcupuncture.com • CapCare.com

ADIRONDACK SPORTS magazine

INCLUDES SUNDAY TIMES UNION
Home Delivery or eEdition!*

1 yr (12 issues) \$17.95
 2 yrs (24 issues) \$32.95 - save 10%
 3 yrs (36 issues) \$44.95 - save 20%

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____

I picked up my current issue at _____

Comments _____

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

Yoga Body, Yoga Brain

CLASS AT YOGA MANDALI IN SARATOGA SPRINGS. KAREN SCORE

By Heather Dacus, DO, MPH

As a Naval medical officer assigned to a marine squadron in Okinawa, Japan, I was used to running, spin classes and weight training. Yoga? Not so much. Another officer invited me to a class one night. She didn't want to go alone. I begrudgingly joined her... and hated it. Not my thing.

Still, wanting to be a good friend, I agreed to go again the following week. Same room, same teacher. But it felt completely different. I left class feeling more open, energized and grounded than I had in a long while. Fourteen years later, I practice yoga regularly and teach twice each week.

FIT TO BE UN-TIED

I still run, walk and hike, all while juggling a fulltime professional career. My yoga practice balances me. After returning home from a long walk or run, poses like Warrior I and Warrior II, stretch my hips and lengthen the muscles in my arms and legs. Downward Dog opens my chest, lengthens the muscles along my arms, legs and spine, and stretches my overworked calf muscles. I always finish with a seated forward fold to stretch my lower back, hamstrings and calves.

I like to take 10 to 15 minutes to move and breathe through various yoga poses after I've done other exercise, or my body feels tight and constricted. Moreover, when I am able to practice yoga for 30 to 60 minutes most days each week – or participate in 90-minute classes, my body feels more open, and my mind is calmer.

Most of us define fitness based on what we see in the mirror. A “good” body is one in good physical condition, usually due to exercise and a healthy diet. Good health is defined as being free of disease and illness.

However, as a doctor, I know that being fit and healthy does not always go hand-in-hand. I've seen that divergence in many patients, but my own life serves as a good example. Before yoga, I considered myself a fit and healthy person – I was on active duty in the U.S. Navy! In the intervening years, and through yoga, I began to appreciate what my osteopathic medical training had

been trying to teach me: Health is not just the absence of disease, but a state of balance in the physical, mental, emotional and spiritual aspects of ourselves. Yoga is a means for achieving balance on all these levels.

Realistically, for most people, it's the physical practice of yoga that serves as the gateway to all those benefits. That's fine! It's a perfect place to start.

UNLOCK IT

Increased flexibility is the most obvious, and often the first-noticed, benefit of yoga. Newer students say they are developing, or regaining, a range of motion and mobility in areas that they had given up on – or just never thought about much. It's logical. Today's common exercises work and rework the same muscle groups. Run or bike long distances, and you can attest to how fast muscles tighten up soon after you're done, and how, over time, flexibility becomes limited. Add in a job where you spend a lot of time at your computer or in your car, and physical imbalances multiply.

It's possible to be in top shape aerobically, yet experience restrictions and compression, which cause discomfort and pain – and make injury much more likely. Yoga is the perfect prescription: A regular practice of standing poses, backbends, twists and forward folds can undo the damage. And even improve the other exercise you do, bringing you closer to your fitness goals. Not to mention just making you a lot more comfortable.

STRONG BY DESIGN

Yoga makes you strong. It's counterintuitive in Western culture. Many think yoga is about already-flexible people bending like pretzels. Take a class at a local gym or studio. New students quickly find that sessions demand significant strength and endurance and practice. A lot has to do with holding yourself up in poses against gravity. Basics like those I've mentioned, Warrior I and II, build leg strength. Boat pose tightens the core. Crow pose builds both arm and core strength. For the already fit, poses like these leave sweat marks on the yoga mat.

BALANCING ACT

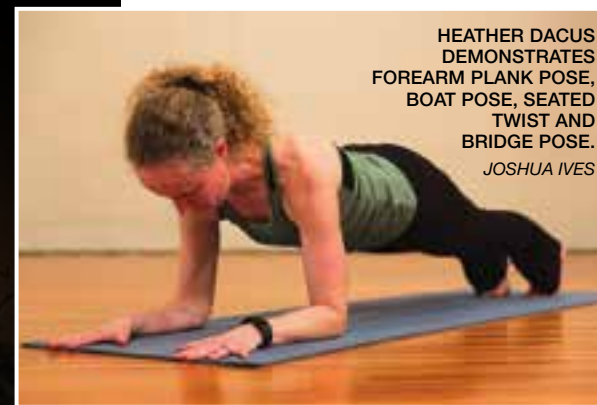
How's your balance? Most people never think about it. However, age makes all of us lose our ability to notice whether we feel balanced between both sides of our body. This can lead to serious falls. Yoga gives us a chance to practice balance at any age. Tree pose requires standing on one leg – and the brain, nerves, eyes, inner ears, muscles, ligaments and bones all have a conversation to keep the body upright.

Balancing postures can be humbling and frustrating at first – sometimes more so for those of us who think we're in great shape. As with anything, improvements come with practice. Add in calm, smooth and lengthened breathing, and that's a recipe for building a balanced mind and attitude as well.

READY, SET, BREATHE

Let's face it: Yoga starts with an emphasis on the body. But it's a holistic practice. Tremendous emphasis is given to the breath. That attention to the breath differentiates a physical yoga practice from mere stretching. When teaching, I always begin by asking students to turn attention to their breath. Once everyone is tuned in to the sound and feeling of a lengthened inhale and exhale, students are naturally reminded throughout the class to make the breath the priority, whether holding a pose or flowing in and out of one.

The emphasis on breathing expands lung capacity and often taps into an internal energy reserve. It quiets the mind and increases concentration. Many of the mental and emotional benefits of yoga – improved mood, reduced anxiety, better sleep and a calmer state of mind – are attributed to a focus on the breath. Little by little, breathing engenders a meditative aspect to the practice.



HEATHER DACUS DEMONSTRATES FOREARM PLANK POSE, BOAT POSE, SEATED TWIST AND BRIDGE POSE. JOSHUA IVES



BE A JOINER

Yoga literally means to join, or to bring union. Students often hear teachers say it's about joining the body, mind and spirit together. I believe it. I see it. I experience it. BKS Iyengar, a famous yogi who is often credited with bringing yoga to the West, wrote “Most people feel that they are healthy if they are not suffering from illness or pain, not aware of the imbalances that exist in their bodies and minds that ultimately lead to disease.” Why would any of us want to be partially healthy instead of completely healthy? Try yoga. If you hate it the first time, go again. Try a different teacher or studio – or just stick it out for one more class. Maybe you'll become a believer like me! 🙏

Dr. Heather Dacus, DO, MPH came to the upstate New York area as a U.S. Navy medical officer and now heads the Bureau of Cancer Prevention and Control at the NYS Department of Health. She is a certified yoga instructor and teaches at Yoga Mandali in Saratoga Springs.



kinetic running

518-324-IRUN (4786)
89 Bridge St., Plattsburgh, NY 12901
www.kineticrunning.net

Plattsburgh's only locally owned and operated specialty running store. From the novice to the experienced runner, we have something for everyone.



PLAY IT AGAIN SPORTS

New & Used Summer Gear is Here!

- Bikes
- Baseball/Softball
- Lax
- Soccer
- Inlines
- Disc Golf
- Watersports
- Longboards
- Golf
- Skateboards
- Yard Games

952 Troy-Schenectady Rd, Latham • Peter Harris Plaza, 1.6M west of I-87
(518) 785-6587 • PlayItAgainSportsLatham.com
Monday-Saturday: 10am-9pm & Sunday: 11am-5pm



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

CALL TODAY 842.2200

DR. DAVID LAMBARSKI, NORTHEAST FOOT CARE BOARD CERTIFIED PODIATRIST & FOOT SURGEON
1770 ROUTE 9, CLIFTON PARK
www.northeastfootcare.com

WALKWAY MARATHON
IN PARTNERSHIP WITH DUTCHESS COUNTY GOVERNMENT
HUDSON VALLEY 06.12.2016 NEW YORK



REGISTER NOW

FULL, HALF, 5K, Think Differently Dash
USATF Certified (Guaranteed Accurate) #NY15103JG & #NY15102JG

BECOME A SPONSOR



WALKWAYMARATHON.ORG

Rock

Becky Weyrauch, certified personal trainer

Motivation for ALL Fitness Levels
As a personal trainer, I will teach you how to use battling ropes, TRX, slam balls and more!

Join a Session at Any Time!

6-Week Session: June 6 - July 23
4-Week Summer Session: August 1-27
M/W/F 5:15am or 6:30am
Tu/Th 9:30am & Sat 7:30am

Saratoga-Wilton Soccer Club (formerly Charboneau)
2381 Route 9, Malta
522-9765
REGISTER: RockYourFitnessNY.com

TBT = total body training
★ 1st class is FREE ★
Your Success Is Our Goal

Gear up for Your Next Challenge!

SCREEN PRINTING
EMBROIDERY
PROMO ITEMS
SIGNS & BANNERS
AWARDS & INCENTIVES

518.452.1500
screendesignsinc.com

ScreenDesignsInc screendesignsinc



GLENS FALLS Urban Assault

3.5 Mile Obstacle Race
Saturday, May 28th
5:30pm Start

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!

Presented by **NATIONAL GUARD**

DAVIDSON BROS. North Country Subaru

ARM
AdkRaceMgmt.com

Over 20 Obstacles!

Flattest and Fastest Mile North of the Hudson

Let Us Never Forget

GLENS FALLS MEMORIAL MILE

To Benefit Veteran Organizations

USATF Adirondack Grand Prix Series Race

Monday, May 30th
9:40am Race Start • Before the Parade!

ARM
Register online at AdkRaceMgmt.com

12 Keys to a Successful Season

By Shelly Binsfeld



■ SCENIC TRAIL RUNNING AT THE PAUL SMITH'S COLLEGE VISITOR INTERPRETIVE CENTER. PAUL SMITH'S COLLEGE

Ruth has run races for the past 20 years. She has great workouts and motivation however, she has gotten comfortable with the usual that surrounds her: Wednesdays with the running club, long run on Saturday, and comfortable paces at the local races. The routines are supportive and helpful, but she wants to have a great season, and a faster half-marathon in her 50s. Pausing to look through her planned training season will greatly benefit her desired results.

Jeff seems to always suffer from an injury each spring as his excitement for the triathlon season gets into full swing. It causes him to reduce his training and worry all season if he will make it to his "A" race. The emotional toil that he goes through each season causes him more pain than the injury. He doesn't understand why it is always him that struggles through the season and not his training partners who seem to sail through.

The desire of all athletes is to perform at our optimal level. Whether it be hiking the Adirondack peaks or capturing our best 5K time, we hope to gain from our training and perform well. With many different aspects of the body to consider, it is advantageous to step back and look over your planned training to see how you can safeguard it, and boost your performance this season.

Here are 12 Training Keys to a Successful Racing Season:

Purpose - The first question to ask yourself is, "What is the purpose of this workout?" If the exercise is for technical improvement, rest is a vital element. Continuing to do the activity during a state of fatigue will only cause poor neuromuscular training. In another instance, you may desire to work at a high level of intensity but the workout's purpose is endurance. In order to fulfill the purpose of this workout and achieve desired training benefits, stay in an aerobic state with a lower heart rate. With a vision of what needs to be accomplished, you can rid yourself of guilt and indecisiveness, staying on the right path to your goals.

Base Phase - Many athletes want to jump right into hard workouts once they have set their competition goals. However, a strong base of body preparation can reduce injury and heighten the enjoyment of the sport. For runners, I recommend four to six weeks of easy paced base mileage.

Quality One Workouts - Perform one workout each week that is of the highest priority. You may be able to get in a second or third quality workout, if your schedule

and body will allow, but that "Quality One Workout" is of importance. Schedule it on a Monday or Tuesday as long as you didn't have a competition the Sunday before. If you do have a competition on the weekend before and are resting up from intense activity, plan your Quality One Workout for Wednesday or Thursday. The key is to keep your focus on completing the workout at your best ability.

Training Partner's Workout - Everyone is individual and unique. Use caution when training with others who are faster or slower than you. Your body needs you to perform the workouts slightly above your current level of fitness. Working at a different level can cause a high amount of stress and quickly lead to injury or overtraining.

Long Activity - A slow and easy paced movement within your sport, over a long period of time, builds the base fitness your body needs to withstand the stress of workouts. It is important to plan extra hours of recovery immediately following a long workout. For runners, I recommend a one-to-one ratio of time running to time resting.

Monthly Competition - Competition needs to be practiced. Keeping your mental abilities strong, through periodic use, will sharpen your competitive skills. When tackling competitions often, pacing and problem solving become familiar. Practice using your mental strategies to dig deep and finish off the race with a strong push.

Flexibility and Strengthening Routine - The key to flexibility and strength is routine. Frequency and consistency pay off in the long run. Often athletes will perform yoga or Pilates exercises weekly to help complement the work they do in their sport. Bodyweight strengthening often found in Pilates exercises will balance the muscles and reduce injury. Using plyometric jump exercises for the experienced athlete can give them the needed strength to excel in their sport. Foam rolling daily and a deep tissue massage help to keep the muscles flexible and encourage a healthy range of motion. Most of all, the consistency of flexibility and strengthening exercises - not the high degree or amount - will balance the athlete's body.

Overtraining or Under Recovering - Listen to your body and value the signals it gives you. If you are extra tired, look at your training log, and see if there is a reason for it. Have you logged more miles or added an extra workload? Letting your body have the needed rest can result in recovery and a lasting desire to participate. According to



■ "FASTER FARTHER" 10K/15K TRAINING WITH FLEET FEET SPORTS AT SKIDMORE COLLEGE. FLEET FEET ALBANY & MALTA

"The Athlete's Guide to Recovery" by Sage Rountree, know the signs of overtraining: loss of interest or focus in training, loss of appetite, disturbed sleep, clumsiness, bad mood, irritability, heavy legs, weight loss, thirst, raised resting heart rate, frequent illness, slow healing or amenorrhea. If you recognize these symptoms, you could be overtraining with too intense or too many workouts, or under recovering with a lack of sleep and poor nutrition. It is critical to schedule extra sleep hours when adding in workouts to your weekly training.

Valuing Rest and Recovery - It is during rest that you become stronger. Allowing the body an opportunity to adapt and prepare itself for the next challenge is the physiological basis of fitness. Rest sometimes means naps, reading books, or playing board games. Other times it means a gentle walk with stretching to circulate the blood and help the body to refresh.

Tapering or Peaking - Tapering or peaking is when athletes reduce their training volume, therefore capitalizing on the overcompensation of the training effect. At the end of a training season, you should feel rested and ready to take on the world. For those who routinely practice their sport, the art of peaking during the last month of the season can be lost. They don't want to miss out on their usual activity with friends or they fear loss of fitness. However, leaving your training group in order to reduce your training volume can result in successful peaking, and your best competition performance. I suggest get-

ting guidance or mentorship in this area. The accountability of having a guide to help you reduce the activity load to appropriate amounts, can give you the needed rest, and confidence before competition.

Sleep and Nutrition - Guard your sleep time and count it as precious and integral to your training. Value the food you put into your body, seeing food as nutritionally significant. Will it help to build and repair your systems or is it a wasted opportunity?

Coach or Mentor - Trusting an experienced coach or mentor who will take the time to listen and provide input will be the glue that helps keep it all together. It is easier to see an optimal path from above the forest than from within the forest. Allow a coach or mentor to understand your desires and guide you. You will learn an immense amount about yourself through their expertise.

Look over your training schedule and goals, and decide if you are addressing each of these areas. Applying these keys to your training will increase your enjoyment and success this season. The 12 keys to a successful season are not additional workouts, but ways to shore up the great training you have planned. 🍀

Shelly Binsfeld (runcoachshelly@gmail.com) of Clifton Park is a competitive runner, wife, and mother of four children. Her running joy is to guide others through their training as a USATF coach and Pilates instructor.

3rd

ANNUAL

COUNTY LINE 5K

SATURDAY, JUNE 18 @ 8:00AM

ENTRANCE FEE: \$30 (ALL PROCEEDS TO BENEFIT SPEED-THE-LIGHT)

TO REGISTER VISIT WWW.BETHEFULLGOSPEL.COM/5K

YOU'RE INVITED TO COME JOIN US!



ON-SITE REGISTRATION / CHECK-IN STARTS AT 6:30AM

Parking & Registration: 9101 Paddock Circle, Rotterdam, NY 12306



COURSE: DOWN COUNTY LINE RD., U-TURN, LEFT ON STEEPLE WAY, U-TURN BACK & THEN RIGHT TO FINISH ON PADDOCK CR.



Register Now! Join us September 24-25 at the 20th annual Adirondack Marathon Distance Festival — one of the nation's most scenic road races!

Our award-winning event features distances for every type of runner or walker, including:

- A marathon and two- and four-person marathon relays
- A half-marathon voted the top 13.1-mile race in the Northeast region by readers of Competitor.com
- 5K, 10K and kids 1K fun run
- Hand-carved bear statues for overall winners
- A public beach for chilling out post-event
- The Town of Schroon Lake's hometown hospitality!



There's plenty of time to train, so sign up now and get going!

For more information and to register, visit adirondackmarathon.org

FULL RELAY: WHITEFACE MT. > SARANAC BREWERY

THE ULTIMATE RELAY EXPERIENCE

12-13 AUG > P2Brelay.com



HALF RELAY: MCCAULEY MT. > SARANAC BREWERY

WILMINGTON

BLUEPRINT FOR ATHLETES

WHITEFACE

LEADVILLE RACE SERIES

JUNE 05
50K OR 100K



LEADVILLERACESERIES.COM

©2016 LIFE TIME FITNESS, INC. All rights reserved. EVMG60725