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2016

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SPORTS

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UPSTATE NY
SINCE 2000



THE AUTHOR AND STEPHEN ROMARO OF SARATOGA SPRINGS ON DRAGON'S BACK. DREW ROGINSKI

THE TRAIL REMAINS THE SAME

Daniel's Road State Forest

CONTENTS

- 1 Mountain Biking
Daniel's Road State Forest
- 3 Running & Walking
Upstate Race-cation!
- 5 Around the Region News Briefs
- 5 From the Publisher & Editor
- 6-11 CALENDAR OF EVENTS
June, July & August Things to Do
- 13 Canoeing, Kayaking & SUP
Three New Launching Spots
- 15 Athlete Profile
Swimming with Nicholas Hooper
- 17 Triathlon & Duathlon
Summer Triathlons
- 19 Hiking, Running & Cycling
Champlain Area Trails for All
- 21 Bicycling
Riding Your First Century
- 23 Paddling
Inside the "90" – A Solo Perspective
- 25 Non-Medicated Life
Gastro-Esophageal Reflux Disease
- 26-27 Race Results
Top Finishers in 10 Events

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By Drew Roginski

There's a reason it's called: "Broken Wrist Rock." That was fair warning being offered by someone showing me around at what was then the Saratoga Mountain Bike Association trails. It's a drop of about four feet down a sloping boulder with a narrow ramp in the middle. Stay on the ramp and your bike rolls. Miss it and you might get a rock named after you.

For years these were the main mountain bike trails in the Saratoga Springs area. People would travel to ride there because the trails are extensive and demanding. At the end of 2014, the land was sold to the state as part of the recent state land acquisition in the Adirondacks, and became Daniel's Road State Forest. This left many of us wondering about the future of riding in Saratoga Springs. Would we still have access? Would the trails change – maybe being dumbed-down and becoming less interesting?

First, let's talk about a little history. As with so many trail systems, it all started with a bunch of mountain bikers poking around on whatever trails were near town. Prior to 2001, the land was leased by the Finch Pruyn paper company under a hunting lease, but mountain bikers were riding the existing trails and developing new ones. The local riders, including Chris Pitts (owner of Elevate Cycles) learned that the lease was going to be given up, and were worried about losing access. Chris leased the land and started selling memberships. For years, the trail system was known as SMBA or "The Stables" due to the Skidmore College Van Lennep Riding Center near the entrance. You were required to be a SMBA member (or be with one) to ride there,

and the dues were enough to cover the lease, tools and gas for trail days, insurance, etc.

While trails pop-up on lots of bits of unmanaged forest, this is a pretty special trail system. For one thing, the topography consists of a number of granite ridges fairly well filled-in with dirt. It's hard to notice this on the southern end because the forest is fairly dense. Many of the trails climb to the spine of a ridge, and follow it until dropping back down, and heading for the next one. At the north of the property, the Upper and Lower Canyon trails are divided by a short but impressive canyon, known as The Devil's Den. The tree cover is also less dense here so you can see the terrain and the ridges are more obvious. This topography makes for a ride with lots of little climbs and descents and offers many opportunities to take advantage of the rock features.

These rock features are the defining characteristic of rides here. The people who designed these trails said, "I bet we could ride up that boulder, across that spine and drop down the other side." Sometimes the rises and drops are smooth, sometimes they're rough. I asked Chris about that. He said in the early 2000s, riders were transitioning from everyone being a cross-country rider, to people riding more technical terrain. Of course changes in equipment helped. Before 2001, most people rode hard-tails with 80mm or less of travel and there were only a few fully suspended designs that worked well. Nearly all bikes had 26-inch wheels. Longer travel, more efficient designs, and bigger wheels made the difficult lines more accessible – and more riders were up to the challenge.

See **MOUNTAIN BIKING**, 24 ►

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Half 8am, 10K 8:15am,
5K 8:30am, 1M 8:45am

Point Au Roche State Park
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Hudson-Mohawk Road Runners Club
22nd Annual

Indian Ladder Trail Run

Sunday, July 31
15K and 3.5 Mile Trail Races & 1 Mile Kids' Run

9am: 15K and 3.5 mile
10:30am: 1 mile kids' run
Note: 15K and 3.5M races will be run simultaneously

John Boyd Thacher State Park
15 miles SW of Albany near Voorheesville
Haile's Cave Picnic Area –
Enter at Park Office, park in Pool lot

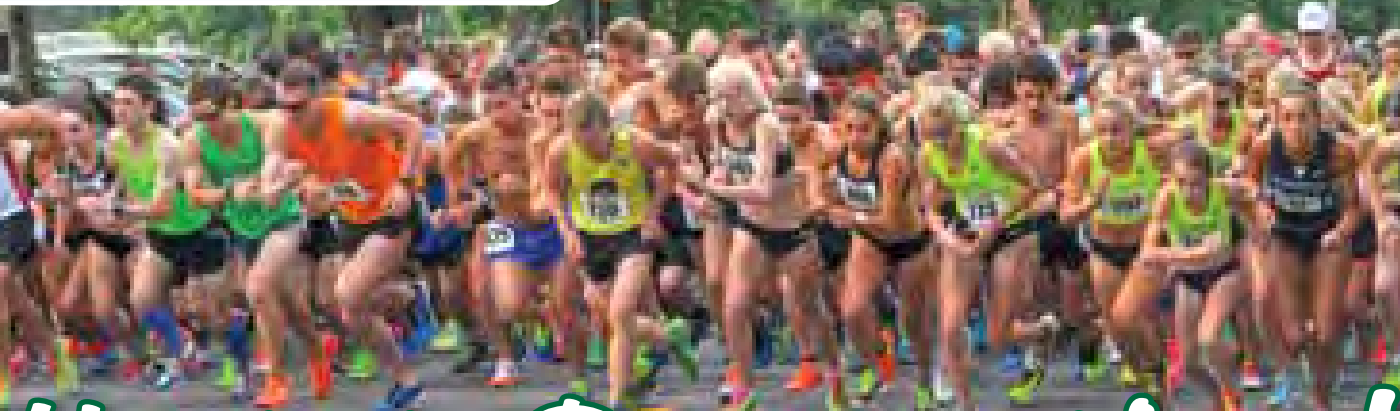
No Fee Online Registration & Entry Form: HMRRC.com

- First 250 registrants receive ILTR T-shirt • Pre-Registration (by July 15): \$20 HMRRC or \$25 non-member. July 16 to Day of Race: \$25 all. Fee includes state park entry and post-race refreshments

Course: Marked course with water/aid stations • 15K – Loop, 97% natural surface, hike/ski trails, wood roads and two challenging hills
• 3.5M – Loop, 99% natural surface, rolling terrain and demanding hills

Awards for 15K & 3.5M Races: Overall male/female winners and five-year age-group winners (two deep) • No awards mailed and no duplication

Questions: mjk3ny@gmail.com



Upstate Race-cations!

By Laura Clark

If I ever go looking for my heart's desire again, I won't look any further than my own backyard.

-Dorothy, *The Wizard of Oz*

Dorothy has the right idea: vacations do not always live up to expectations. July is an opportune time to ditch the hassle, and trade a destination race for one in your vicinity, since the upstate New York is hosting premier events that have become weekend visitor getaways. And while you are "buying local," enhance your day by becoming a visitor in your own backyard. Visit that restaurant, swim in that lake, and take a playground excursion with the kids. Don't be like the city slickers who are too busy cruising to the Bahamas to visit their own Empire State Building!

If you are seeking the three ring circus atmosphere of a major happening, look no further than downtown Saratoga's **Firecracker 4** four-mile race, celebrating its 10th anniversary on Monday, July 4. Under the relentless direction of Peter Goutos and Bob Vanderminden, this event is expected to crest the 4,000 runner mark. Starting from the Saratoga Springs City Center, athletes take a window shopping tour of Broadway and then travel the historic streets on the East Side, encouraged along the route by more than 20 curbside entertainment groups - as well as local residents armed with garden hoses.

Ever mindful of the patriotic aspect of the day, this year the Veteran's Business Council (of the Saratoga County Chamber of Commerce) has organized, as Peter puts it, "an event within an event," with a joint-service military formation starting front and center, singing cadence, and running in step for the first half-mile down Broadway. All will finish their Independence Day tribute under the furls of a giant American flag hoisted by the Saratoga Springs and Greenfield fire departments. Afterwards, be sure to stick around to cheer the future at the new "Firecracker Sparkler" kids' half-mile fun run, and then enjoy the town-wide parade, barbeque, music and fireworks at this all-day affair.

Not sure you are up to the challenge? Then join Fleet Feet Sports for five Wednesday evening training sessions to set your race day strategy and master the final killer hill. Afterwards, cement new friendships at Peabody's Sports Bar to earn Asics swag, a chance at head-to-toe Asics gear, or a weekend getaway at The Sagamore Resort on Lake George. And if you have no chance of snagging a top monetary race prize, you can recruit runners for the "Run Your Colors" Team Competition. Teams with the most

registered runners earn money for their favorite charity. Visit: firecracker4.com.

At the next Saratoga Staycation stop, you can leave the urban setting at the **Saratoga Springs "Strong to Serve" Half Marathon, Relay and 5K**, held entirely within the boundaries of the Saratoga Spa State Park on Sunday, July 10. The route is relatively flat, fast, mercifully shaded, and limited to snail's pace vehicular traffic. The race book-ends The Saratoga Palio half marathon on Sept. 18, which travels partially in the park, so Saratoga now boasts two premier halves! If you don't feel ready for the "whole" half, there is a 6.6-mile and 6.5-mile two-person relay option, providing a nice progression from Firecracker's four miles. And with the accompanying 5K run/walk, family and friends are not relegated to the sidelines.

Beforehand, enjoy the unique pack-your-own goodie bag station and afterwards take a well-deserved soak in one of the state park's two pools. Bring along a picnic lunch, take a nap, and then try your hand at the free disc golf course (see May 2016 issue). Go to: saratogaspringshm.com.

On Saturday, July 23, take inspiration from the thoroughbreds and assemble at Fastig Tipton Pavilion to test your own mettle on a flat and fast route. The 20th anniversary **Jeff Clark Memorial Silks & Satins 5K**, commemorating my husband Jeff who worked so tirelessly on its behalf, honors the extraordinary efforts of all our Special Olympians who have gained in poise and confidence through this sports program.

The Special Olympics New York logo, which at first glance appears to be a circle of friends, is layered with meaning, as I learned from athlete ambassador, Nate Gerharz. The stick figure's three sets of arms - lowered, horizontal and raised - symbolize the downward pull of prejudice, the equality of sport, and the rush of accomplishment. This is a figure that could be anyone of us, challenged or not. For major local sponsor, Fleet Feet Sports, and for the first-time, the major international sponsor, Brooks Running, this community of athletes is the real deal.

My favorite part of the event is not the actual race itself, but greeting all the folks who return year after year, to make this a true celebration of the human spirit. I like to imagine myself joined with the horses sprinting through their morning workout on the adjacent Oklahoma Training Track. Afterwards, forget your sense of propriety and become a wide-eyed visitor. Stroll down Broadway, then head to the Saratoga Race Course. Let loose, place a few dollar bets, and cheer on your favorites! And don't forget to show your appreciation to the backstretch workers who care for these equine athletes by donating your gently used running tees at the registration area. Learn more: silksandsatins5k.com.

▲ AND THEY'RE OFF! RUNNERS BEGIN THE 2015 SILKS & SATINS 5K, A FAST AND FLAT COURSE THROUGH THE EAST SIDE NEIGHBORHOOD OF SARATOGA SPRINGS. GAIL STEIN

▶ IN THE SPIRIT OF INDEPENDENCE DAY, MANY FIRECRACKER 4 PARTICIPANTS WEAR PATRIOTIC COLORS AND SOME CARRY FLAGS AS THEY RUN THE COURSE. DAVE HARMON



▶ 2015 SARATOGA SPRINGS "STRONG TO SERVE" HALF MARATHON. © PAT HENDRICK PHOTOGRAPHY

After you have enjoyed the local bands at the Firecracker 4, what better way than to ensure the music tradition continues than by supporting the Luzerne Music Center's sixth annual **Move it for the Music 5K Run/Walk** on Saturday, July 9 in Lake Luzerne - located just 10 miles southwest of Lake George (Northway Exit 21). Families and runners will enjoy a gently sloping, paved road around picturesque Lake Luzerne, serenaded all the while by performances by LMC's passionate classical musician campers!

A light breakfast will be served immediately following the race. All proceeds go directly to the Luzerne Music Center scholarship fund, making it possible for talented students to attend camp each summer. Check out: luzernemusic.org.

Join the visitors who flock to the northern Catskills each summer, and test yourself at the **Viking Obstacle Race** at Sunny Hill Resort in Greenville on Sunday, July 10. As this is an Obstacle Course Racing World Qualifier, plan on arriving early and seeing the elites in action. Not for the faint-hearted, expect at least 35 obstacles carved into the 5.5-mile course. Registration includes Viking T-shirt, finisher medal, lunch, beer/beverage, digital photo downloads, and an after-party.

Everyday athletes can choose team or open competition, and all can expect a 25 burpee penalty for not completing an obstacle - true Vikings can double. This is your opportunity to take a mini-vacation by overnighting at the resort and strolling to your event. Or take a day trip to test out the lay of the land beforehand since most obstacles are permanently set up - in fact,

you can train on the course before the race or anytime! Visit: sunnyhill.com.

Journey back in time along the Helderberg Escarpment, the site of HMRRC's 22nd annual **Indian Ladder Trail Runs**, with 15K and 3.5-Mile trail races on Sunday, July 31. Located in the John Boyd Thacher State Park, 15 miles southwest of Albany near Voorheesville. The trail follows the route Native Americans traced from their Schoharie Valley homes to the Albany trading post. Indian ladders were built to summit the cliffs viewed at the start of the race, where on a clear day you can see the Adirondacks, Taconics and Green Mountains. But do this viewing before or after you run as the course has its fair share of hills, rocks and roots.

The courses have water/aid stations and are mostly run on a natural surface loop with a few challenging hills. There's also a One-Mile Kids' Run, held post-race. Afterwards take the time for a picnic in the Haile's Cave Picnic Area pavilion, and then explore at a slower pace the multitude of trails that beckon hikers, mountain bikers and rock climbers. If you are lucky, you might find a cave or a fossil embedded in the ancient rock. Go to: hmrrc.com.

With these events, there is no pressure - you can have your race and relaxation all at the same venue! ↓

Laura Clark (snowshoegal33@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.

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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!



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AROUND THE REGION

News Briefs


Peak to Brew Relay, August 12-13

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

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

Brewery, the Peak to Brew Relay is a unique and challenging event.

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

Bark Eater Events and the Peak to Brew Relay were born while hiking The Great Range trail in the Adirondacks. Local northern New York residents and cofounders, Jason Croniser and Tim Skjellerup, have developed a unique event to connect runners, local communities, and the outdoors in a challenging two-day overnight adventure. Registration ends July 1, so if you're interested sign up now! For more info, go to: p2brelay.com. 

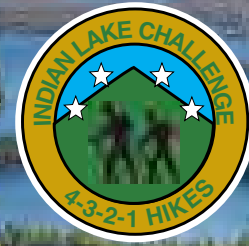
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Indian Lake

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FROM THE PUBLISHER & EDITOR

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Skyline Dr, Manchester, VT

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Lake George TRIATHLON Festival

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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)



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- 2015 Competitors



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14th ANNUAL



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33 miles along Schroon River and Loon, Friends, Brant lakes
14 miles along Schroon River and Brant Lake
Rain or shine • Post-ride lunch included
Preregistration Appreciated:
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Day of registration: 8-8:45am
More Info: 518-644-3020
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Proceeds benefit Christine Nicole Perry Memorial Trust

Saratoga Century Weekend

SATURDAY-SUNDAY
SEPTEMBER 10-11

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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
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Mohawk Hudson Cycling Club



HELMETS ARE REQUIRED

MohawkHudsonCyclingClub.org

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Lake George Bike/Boat Ride
Sunday, August 21



Early AM: Bike Lake George to Ticonderoga
11:15AM: Ride Mohican Boat to Lake George
Reservations: (518) 668-5777
www.LakeGeorgeSteamboat.com

Rain date: 8/28

Capital Bicycle Racing Club's 15th annual

Capital Region Road Race

Saturday, July 9 • 10:30am
Ravena-Coeymans-Selkirk High School,
Ravena (10 miles south of Albany)

Rolling 20-mile loop with steep climbs
All men, women & junior categories
Equal cash prizes for men & women

Register: **BikeReg.com**
Race map & guide: **cbrc.cc**
Beth Ruiz: 518-334-6058; bmler17@nycap.rr.com

9th Annual

Lance Gregson 1-Eye Classic
Cycling Rides & Picnic

Sunday, Sept. 18
Town Park/Beach, Schroon Lake

Easy Does It (3+ miles): 11am
Scenic Route (12 miles): 10:30am
Lance's Loop (26 miles around lake): 9:45am
Cyclist's Dream (40+ miles): 8:30am
Lance's Challenge (60 miles): 8am
Post-ride live music, picnic, raffle

SchroonLakeCycling.com
518-532-9479 • Rain or shine

Calendar of Events
June - August 2016*

JUNE 2016							JULY 2016							AUGUST 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					1	2	1	2	3	4	5	6		
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24 ³¹	25	26	27	28	29	30	28	29	30	31			

*Events beyond this range are advertisers in this issue.

BICYCLING: ROAD (PAVED)
ONGOING

Wed All Clubs Day. Plaine & Son, Schenectady. New York Bicycle, Schenectady. Broadway Bicycle, Albany. Collamer House, Malta. 346-1433. plaineandson.com.

JUNE

- 11 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.
- 11 "Ride with the Vets"** Bicycle Ride. 30M. Town Hall, Chestertown to Crandall Park, Glens Falls. Steve Dean: 812-8760. bikereg.com.
- 12 2nd Tour de Salem Flame Fighters Bike Rides.** 61M: 8am. 25M: 8:30am. 16M: 9am. 10M: 9:30am. Salem F.D., Salem. 321-9430. tourdesalemflamefighters.com.
- 12 2nd Henry Street Bike Party.** 12-4pm. Kids' parade, bike rodeo, adult big wheel race, food, music. Henry Street, Saratoga Springs. henrystreetbikeparty.com.
- 12 1st Parkinson's Disease Bike Ride.** 9am. Birch Hill, Schodack. 428-0056. hopesoars.org.
- 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.
- 18 Switchback Bike for the Lake.** 30M/60M/80M/100M. Knights Point S.P., North Hero, VT. Denise Smith: 802-355-0694. imathlete.com.
- 18 Finger Lakes Circuit Race.** Race Track, Watkins Glen. gvccracing.com.
- 18 Bike the Bluff.** 30M, 18M, 12M rides. Keuka Park. bikereg.com.
- 21 Summer Solstice Salsa Demo Day.** 11am-5pm. 5:30pm: Group ride on Lussi Trails. 7pm: Pizza & movie. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.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.
- 25 Ride for the WELL of It.** 50M 9am; 30M 10am; 17M 10:30am. The Hub, Brant Lake. bikereg.com.
- 26 Farm to Fork Fondo: Hudson Valley.** 10-100M. Gourmet aid stations, local farms, live music, family activities. Hudson Valley. farmforkfondo.com.
- 26 11th Tour De Kingston-Ulster.** 5M-50M. BBQ. Dietz Stadium, Kingston. 845-338-3810. tourdeulster.com.
- 26 Discover Hudson Valley Ride.** Five routes up to 100M. Waryas Park, Poughkeepsie. bike.nyc.

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.
- 8-10 Syracuse Race Weekend.** TT, Crit, RR. Syracuse. Todd Relyea: 315-263-3712. onondagacyclingclub.org.
- 9 15th NY Capital Region Road Race.** 20M loop/43-83M. 10:30am. Ravena-Coeymans-Selkirk HS, Ravena. Beth Ruiz: 334-6058. bikereg.com.
- 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. ptyny.org.
- 16 Ride for Abe!** 63M 9am; 40M 9:30am; 20M 9:30am. Supports Abe Studler who's on US Freestyle Ski Team. The Hub, Brant Lake. 494-4822. bikereg.com.
- 16 3rd Dry Dock & Valcour Brewery 100.** 100M 8:30am; 50M 8:30am; 25M 11:30am. Ohio Ave, Plattsburgh. 726-0231. bikereg.com.
- 16 JAM Fund Grand Fondo.** 38-88M. 9:30am. Black Birch Vineyards, Southampton, MA. 860-705-4496. jamcycling.org.
- 16-17 The Rock Criterium & Gran Fondo.** 100M. Mount Morris. 716-307-5753. ridelcc.com.
- 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. Pittsfield, VT. farmforkfondo.com.
- 17 10th Champ's Challenge for CF.** 40M/8M ride & 5K run/walk. Basin Harbor Club, Vergennes, VT. Erin Evans: 802-310-3176. cff.org/champs-challenge-cf.
- 30 Tour de Thompson.** 62M, 30M, 15M. 7am. Canandaigua. thompsonhealth.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. ADK: 668-4447. adk.org.
- 31 5th Ride for the River.** 45M, 30M, 10M road & 3M MTB. Hungry Trout, Wilmington. 637-6859. ausableriver.org.

AUGUST

- 5-7 Montreal Double Double.** 400M. Schuylerville to Montreal. John Ceceri: 583-3708. adkultracycling.com.
- 6 9th Tour of the Catskills.** 80M race & 80M, 50M, 25M rides. 80M race/ride incl. Devil's Kitchen. Tannersville. 413-314-3478. tourofthecatsskills.com.
- 6 Gear Up For Lyme: Mt Equinox Uphill Bike Climb.** 5.4M race/ride, 3248' up, 12% grade. 8am. Skyline Dr., Manchester, VT. 802-430-1608. gearupforlyme.com.
- 6 Tour de Loop Road Race.** 50-30M. Oswego. bikereg.com.
- 7 14th Christine Nicole Perry Memorial Bike Ride.** 33M/14M. 9am. The Hub, Brant Lake. 644-3020. chrissysfund.com.
- 7 NYS Time Trial Championships.** Tioga Center. tiogavelo.com.
- 11-14 Vermont Challenge Bicycle Tour.** Manchester & Stratton Mtn, VT. vtchallenge.com.
- 13-21 Hudson Valley Tandem Tour.** Gear-To-Go Tandems. Rich Shapiro & Lindy Ellis: 354-3102. gtgtandems.com.
- 13 HoorWA's Hoosic River Ride.** 100M, 75M, 50M, 30M, 7M. Hoosac School, Hoosick. 413-458-2742. hoorwa.org.
- 13 Rochester Criterium.** Rochester. Scott Paige: 585-546-4030. rochestercrit.com.
- 21 Lake George Bike/Boat Ride.** Bike Lake George to Ticonderoga. 11:15am: Boat Departs: Mohican to Lake George. Rain Date: 8/28. 668-5777. lakegeorgesteamboat.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.
- 27-28 Chris Thater Memorial Bike Races.** Binghamton. Chris Marion: 607-778-2056. gobroomecounty.com.

SEPTEMBER

- 4 Catskill Mountain Cycling Challenge.** 100M/62M, Gravel Grinder, Reservoir Loop. Catskill Rec Center, Arkville. 845-586-6250. catskillrecreationcenter.org.

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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



Sunday, Sept. 11
 Scenic Rides
 65 miles - 8am
 20 miles - 9am

Daggett Lake Water Ski Club & Water Ski School

WWW.DAGGETTLAKE.NET
 Daggett Lake Campsites: 518-623-2198
 660 Glen Athol Rd, Warrensburg



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3RD ANNUAL
CHURNEY GURNEY MOUNTAIN BIKE RACE & FESTIVAL

Gurney Lane Mountain Bike Park
 118 Gurney Ln (near Exit 20), Queensbury

Sunday, August 7
 Race Starts: 9-11am

Bring your family for a fun day at the park!
 Racers get free entry to Gurney Lane Pool!
 Bike races for all levels of experience!

Beginner, Sport, Expert/Pro & Fat Classes
 Free Kids' Race: Ages 12 & under
 CASH to top 3 M/F in pro/open race
 Awards to top 3 M/F in each category

Demo Bikes: Niner, Cannondale, Felt
 Bike Support, BBQ & Raffles

More info & to REGISTER:
BikeReg.com/churney-gurney
 All proceeds benefit Under the Woods Foundation
 a summer camp for children on the autism spectrum

- 10 **Camp Challenge Ride for Double H Ranch.** 30M. 9am. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921. doublehbranch.org.
- 10-11 **MHCC Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Carlsbad Pavilion, Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- 11 **Tour de Daggett Lake Ride for Rosie's Love.** 65M: 8am. 20M: 9am. Daggett Lake Campsites, Warrensburg. 623-2198. daggettlake.net.
- 17 Bike MS: Hudson River Ramble. 10-100M. 8am. Birch Hill, Schodack. Valerie Hoak: 800-344-4867. main.nationalmssociety.org.
- 18 **9th Lance Gregson 1-Eye Classic Ride & Picnic.** Town Park/Beach, Schroon Lake. 3M: 11am. 12M: 10:30am. 26M: 9:45am. 40M: 8:30am. 60M: 8am. 532-9479. schroonlakecycling.com.
- 25 **6th Columbia County Rotary Ride.** 10M, 30M & 100K gravel grinder routes. Benefits Cycle Kids at Ichabod Crane E.S. Volunteer's Park, Valatie. Steiner's Ski & Bike: 784-3663. bikereg.com.
- 25 **1st Let It Shine Charity Ride.** 35M & 10M. 10am. Tomhannock Bicycles, Pittstown. 867-1559. gabbyroccoFOUNDATION.org.

- 13 **Great Gravel Grinder.** 70M epic adventure ride. 9am. BBQ & drink. Willard Mountain, Greenwich. 413-314-3478. greatamericacycling.com.
- 13 Windham Mountain Pro XCT Race. Windham Resort, Windham. nysmtbseries.com.
- 20 Deerfield Dirt Road Randonnee (D2R2). 180K, 160K, 115K, 100K, 40M Green River Tour, 20M family ride. franklinlandtrust.org.
- 21 Belleayre All-Terrain Challenge. Belleayre Resort, Highmount. nysmtbseries.com.
- 21 Suicide Six Endurance MTB Race. Six hours. Harriet Hollister Spencer S.P., Springwater. thehardcore24.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.
- 28 Vermont Overland Adventure Ride. Suicide Six Ski Area, Pomfret, VT. vermontoverland.com.

BICYCLING: OFF ROAD ONGOING

- Sun **"Poor Man's Downhill" Trail MTB Shuttles.** 7/3, 17, 31; 8/14, 28; 9/11, 25. 1-4pm. Up a Creek Restaurant, Wilmington. Leepoff Cycles: 576-9581. bikewilmingtonny.com.
- Fri Friday Night BMX Races: 5/6-8/26. 7pm. Tri-City BMX, Rotterdam. 248-8752. tri-citybmx.org.

JUNE

- 11 **SMBA Grafton Rocks Mountain Bike Festival.** 10am-4pm. Rides, demos, raffles, kids activities, food. Grafton Lakes SP, Grafton. saratogamt.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.
- 12 WMBA Fat Tire Festival. Blue Mountain Reservation, Peekskill. nysmtbseries.com.
- 17-19 NEMBAfest on Kingdom Trails. Lyndonville, VT. nembafest.com.
- 19 Round Top Enduro Fundraiser. Round Top. nysmtbseries.com.
- 19 Raccoon Rally XC MTB Race. Salamanca. heartrateup.com.
- 21 **Summer Solstice Salsa Demo Day.** 11am-5pm. 5:30pm: Group ride on Lussi Trails. 7pm: Pizza & movie. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- 25 Wildcat MTB Races. 100M, 100K, 50M, 25M. Wawarsing. wildcatepic.com.
- 25-26 Plattekill Championship DH MTB. Plattekill, Roxbury. plattekill.com.
- 26 The Taconic 150 Adventure Ride. Ancramdale. nyvelo.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.
- 17 2nd Stewart 45M MTB Race. 9am. Montgomery. mtbnj.com.
- 23-24 9th Hardcore 24-Hour MTB Race. 12pm. Ontario Co. Park, Naples. thehardcore24.com.
- 30 IRR 5.0- Irreverent Road Ride. 120M. 7:30am. Huntington, VT. 802-391-0747. shorthandledshovel.com.
- 31 **5th Ride for the River.** 45M, 30M, 10M road & 3M MTB. Hungry Trout, Wilmington. 637-6859. ausableriver.org.
- 31 SOS Stewart XC MTB Challenge. Stewart S.F., Newburgh. nysmtbseries.com.

AUGUST

- 6 Vermont Epic. Craftsbury Outdoor Center, Craftsbury Common, VT. efta.com.
- 6-7 Tour the Towpath. 36M supported ride along Old Erie Canal. Wegman's, DeWitt to Canalfest, Rome. facebook.com.
- 7 **3rd Churney Gurney MTB Race & Festival.** Beginner, Sport, Expert/Pro & Fat. 9am. Gurney Lane Mtn Bike Park, Queensbury. bikereg.com/churney-gurney.

CROSS COUNTRY SKIING JUNE

- 18-21 **Summer Solstice Winter Sale.** 50% Nordic & alpine touring gear. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.

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.

HEALTH & FITNESS ONGOING

- Daily Yoga Classes & Workshops.** True North Yoga, Schroon Lake. 810-7871. truenorthyogaonline.com.
- Mo-Sa Rock Your Fitness.** Next Sessions: 6/6-7/23 & 8/1-27. M/W/F: 5:15am or 6:30am. M/W: 6:30pm. Tu/Th: 9:30am. Sat: 7:30am. M/W: 6:30pm. 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.

JUNE

- 18 Salute the Sun: Vinyasa Flow w/Meg Horan. Free. 9-10am. Athleta, Crossgates, Albany. 452-2190. athleta.com.

JULY

- 9 Yoga for Athletes w/Karli Taylor. Free. 9-10am. Athleta, Crossgates, Albany. 452-2190. athleta.com.
- 15 **Yoga Paddlenic.** Yoga instruction w/Zaidee Bliss of Align Again Yoga (Greenwich), full-day of Battenkill paddling w/Battenkill Valley Outdoors boats & scrumptious lunch. Perfect harmony: yoga, swim, relax, Battenkill, connect. Battenkill Valley Outdoors, Cambridge. 677-3311. battenkillvalleyoutdoors.com.

HIKING & CLIMBING JUNE

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



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OLYMPIC RACE: INDIVIDUAL, PARTNER, RELAY TEAM

SATURDAY, AUGUST 6

LAKE LAUDERDALE PARK, CAMBRIDGE, NY

TO REGISTER: FRONHOFFERTOOLTRIATHLON.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

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

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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

CAPITAL DISTRICT YMCA

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



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Sunday, September 18

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active.com and treg.com
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- JULY**
- 1-3 **Trailless Backpacking: Seward Range.** ADK: 523-3441. adk.org.
 - 4 **Table Top Hike.** 10M. 8:30am. Adk Loj, Lake Placid. ADK: 523-3441. adk.org.
 - 4-9 **Advanced Teen Backpacking.** Ages 15-17. 45M. Northville-Placid Trail. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
 - 10 **Street & Nye Hike.** 9M. 8am. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
 - 18 **Seward Hike.** 14M. 7:30am. ADK: 523-3441. adk.org.
 - 23-26 **Johns Brook Valley Teen Adventure.** Ages 14-17. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
 - 25 **Esther Mt Hike.** 8:30am. Candyman Shop, Wilmington. ADK: 523-3441. adk.org.
 - 29-31 **Trailless Backpacking: Dix Range.** 8am. ADK: 523-3441. adk.org.
- AUGUST**
- 12-14 **Trailless Backpacking: Seward Range.** ADK: 523-3441. adk.org.
 - 15 **Dix & Hough Hikes.** 13.7M. 7:30am. Exit 29, North Hudson. ADK: 523-3441. adk.org.
 - 15 **Gothics Hike: Women's Hike.** 13.6M. 7am. Garden Parking Lot, Lake Placid. ADK: 523-3441. adk.org.
 - 22 **Table Top Hike.** 10M. 8:30am. Adk Loj, Lake Placid. ADK: 523-3441. adk.org.
 - 29 **Macomb, South Dix & Grace Hike.** 12.3M. 7:30am. Exit 29, North Hudson. ADK: 523-3441. adk.org.

MULTISPORT: TRIATHLON & DUATHLON ONGOING

- Mon** **31st High Peaks Cyclery Mini Triathlon Series: 6/20-8/15.** 400-yd swim, 12M bike, 3M run. 6pm. Kids Races: 7/18 & 8/15 at 3pm. 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: Open Water Swimming.** 6/1-8/20. 5:45pm. Crystal Lake, Averill Park. skyhighadventures.com.
- Thu** **Bethlehem Tri Club: Open Water Swimming.** Warner's Lake, East Berne. bethlehemtriclub.com.
- Thu **Saratoga Triathlon Club: Open Water Swimming.** 6/2-9/1. 6pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.
- M-F** **SkyHigh Adventures Summer Day Camp: 7/5-8/19.** Averill Park. John Slyer: 281-6480. skyhighadventures.com.

- JUNE**
- 11 37th Green Lakes Triathlon. 800m swim, 20K bike, 5K run. 8:30am. Green Lakes SP, Fayetteville. syracuse.ymca.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 **T3 Open Water Swim Clinic w/ Kevin Crossman.** 8-10am. Moreau Lake SP, Gansevoort. t3coaching.net.
 - 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.
 - 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 **Father's Day Super Sprint Triathlon.** 0.25M swim, 7M bike, 2M run. 1pm. Crystal Cove, Averill Park. John Slyer: 281-6480. skyhighadventures.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**
- 2 A Tri in the Buff Triathlon. Sprint & Intermediate Tri, Try-A-Tri, Duathlon, Aquabike, Kids Tri. 8am. Evangola SP, Buffalo. score-this.com.
 - 8-10 **Musselman Triathlon.** Half, Sprint, Kids, Supersprint, Aquabike, Relays. Seneca Lake SP, Geneva. musselmantri.com.
 - 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 **31st Piseco Lake Triathlon.** 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. Adks Speculator Chamber: 548-4521. speculatorchamber.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 **Battle of the Boquet.** 3.52M trail run & 2M kayak race on Boquet River. Gilliland & Noblewood parks, Willsboro. townofwillsboro.com.
 - 16 **XTERRA SkyHigh Off-Road Triathlon.** 1K swim, 20K bike, 6K run. 7am. Kids' Triathlon: 100m swim, 5K bike, 1K run. 11am. Grafton Lakes SP, Grafton. John Slyer: 281-6480. skyhighadventures.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 18th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speed Skating Oval, 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. fronhofertooltriathlon.com.
 - 6 Maple City Triathlon. 750m swim, 20K bike, 5K run. 8am. Dobisky Center, Ogdensburg. runsignup.com.
 - 7 8th Iron Girl Syracuse Women's Triathlon. 600m swim, 19M bike, 5K run. Onieda Shores Park, Brewerton. 813-868-4747. irongirl.com.
 - 7 Tri-State Triathlon. 600m swim, 10M bike, 5K run. 7:30am. Port Jervis. tri-statetriathlon.com.
 - 13 Love & Sprockets Summer Sizzler Tri. Formula 1 Tri, Sprint Triathlon, Sprint Relay, Duathlon. 7am. Beaver Island SP, Grand Island. score-this.com.
 - 14 **5th Old Forge Triathlon.** Intermediate: 1K swim, 22M bike, 4M run. 7:50am. Lakeview Ave, Old Forge. atcendurance.com.
 - 14 27th West Point Triathlon. 0.5M swim, 12M bike, 5K run. Sat: ToughKids Triathlon. Camp Buckner, West Point. usma.edu.
 - 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.
 - 21 Peasantman Triathlon. Full, Half, Relay, Aquabike, Intermediate, Sprint races. 7am. Indian Pines Park, Penn Yan. peasantman.com.
 - 27 **ADK 80K Mountain Bike, Trail Run & Duathlon.** 80K/50K solo divisions. 80K 2 or 4 person teams. 20K trail loop. Solo races: 5:30am. Relays: 7am. Mt Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.
 - 27 Rochester Triathlon. Sprint, Olympic, Relay. 8am. Durand Eastman Beach, Irondequoit. rochestertriathletes.com.
 - 28 Tri Dunkirk. Intermediate, Sprint, Relay, Aquabike. 7am. Dunkirk. tridunkirk.com.

- SEPTEMBER**
- 3-4 **11th Lake George Triathlon Festival.** Sat, 7am: Lake George Triathlon (Olympic). Sun, 7am: Big George Triathlon (Half Iron) & Half Iron Aquabike. King George: Olympic & Half Iron. Prince George: Olympic & Half Iron Aquabike. Battlefield Park, Lake George. adkracegmt.com.
 - 18 **40th Josh Billings RunAground Triathlon.** 27M bike, 5M paddle, 6M run. Great Barrington to Tanglewood, Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.

LAKE GEORGE



OPEN WATER SWIM

Saturday, August 27

2.5k, 5k and 10k swims

A beautiful open water venue • USMS sanctioned Wetsuit and non-wetsuit divisions • Registration is Open!
www.lakegeorgeswim.com
Hague Beach on Lake George

WELCOME ALL



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

NATIONAL MUSEUM OF DANCE

move and groove

5K

SUNDAY • JUNE 26TH • 10AM

FOR ONLINE REGISTRATION LINK VISIT DANCEMUSEUM.ORG

Run for the Ages 5K



Saturday, June 18, 9:15am
Tackett Chiropractic,
 19 Homer Ave, Queensbury

Benefits Big Brothers/Sisters & GF Senior Center
 Runners & walkers welcome
 T-shirts to first 150 entrants

An Adirondack Runners grand prix race

Register: Run4Ages.com or race day
 More Info: Dr. Tackett at (518) 798-4322

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

SKYHIGH adventures

MULTI-SPORT LIFE Triathlon Club – Open water swim training and instruction for all ages and abilities. Every Wednesday from 6/1-8/10 at 6pm (arrive by 5:45pm) at Crystal Cove, Averill Park

MULTI-SPORT LIFE Super Sprint Triathlon – Swim 0.25M, Bike 7M, Run 2M Sunday, June 19 • Crystal Cove, Averill Park

XTERRA SKYHIGH Off-Road Triathlon – Swim 1K, Bike 20K, Run 6K
SKYHIGH Kids Triathlon – Swim 100m, Bike 5K, Run 1K
 Saturday, 7/16 (XTERRA: 7am, Kids: 11am) • Grafton Lakes State Park, Grafton

SUMMER ADVENTURE Day Camps – 7/5-8/19 in Averill Park

Register & Info: SKYHIGHadventures.com – USA Triathlon sanctioned
 More info: John & Kathy Slyer at (518) 281-6480 or info@skyhighadventures.com

OTHER EVENTS & SWIMMING

ONGOING

Tu-Su "The Dancing Athlete" Exhibit. National Museum of Dance, Saratoga Springs. 584-2225. dancemuseum.org.

JUNE

- 16 Team In Training Fall Season Kick-Off & Social.** Lions Park, Niskayuna. Liz Spaide: 438-3583. lls.org.
- 18 T3 Open Water Swim Clinic w/ Kevin Crossman.** 8-10am. Moreau Lake SP, Gansevoort. t3coaching.net.
- 22 Beginner Disc Golf Clinic.** Free. 6pm. Saratoga Spa SP, Saratoga Springs. Kenji Cline: 836-9557. discap.net.
- 26 Orienteering Meet.** 11am-1pm. Lock 7 Park, Niskayuna. empou.us. orienteering.org.

JULY

- 13 Beginner Disc Golf Clinic.** Free. 6pm. Central Park, Schenectady. Kenji Cline: 836-9557. discap.net.
- 22-24 Open Water Swim Camp w/Terry Laughlin.** Williams Lake, Rosendale. totalimmersion.net.

AUGUST

- 6 Swim a Mile for Hospice.** 8am. 1M or .5M swim. Postwood Park, Hannawa Falls. Kellie Hitchman: 315-265-3105. hospiceslv.org.
- 17 Beginner Disc Golf Clinic.** Free. 6pm. Blatnick Park, Niskayuna. Kenji Cline: 836-9557. discap.net.
- 27 Lake George Open Water Swim.** 2.5K, 5K, 10K. Hague Beach, Lake George. Chris Bowcutt: 290-0457. lakegeorgeswim.com.

SEPTEMBER

- 17-18 Lake George Marathon Swim.** 32M. Sat, 4pm. Solo/teams. Lake George, Ticonderoga to Lake George Village. Bob Singer: 791-1295. lakegeorgeswim.com.

PADDLING & ROWING

ONGOING

- Sun/Tue SUP Yoga w/Tobey Gifford.** 8am. Sandy Bay, Cleverdale. Patty's Water Sports: 656-9353. pattyswatersports.com.
- Wed Canoe Time Trials:** 5/4-9/21. 6pm. Canoe, kayak, SUP, sculls. Aqueduct Park, Niskayuna. Northern New York Paddlers. Alec Davis: 321-6820.
- Thu SUP Fit Class.** 9am. Sandy Bay, Cleverdale. Patty's Water Sports: 656-9353. pattyswatersports.com.

JUNE

- 10 Fundamentals of Kayaking I.** 6:30-8pm. Includes rental. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 10-11 Northern Forest Canoe Trail's Paddlers Freshet Fest.** Guided trips, clinics, presentations. Saranac Lake. northernforestcanoe.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.org.
- 15 Duathlon Races.** 1.25M, 2M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. 315-386-2577. slvpaddlers.org.
- 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.
- 17 Kayak Rescue & Recovery.** 6:30-8pm. Includes rental. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 18 Swift Demo Day.** 10am-4pm. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 19 Swift Demo Day.** 12-5pm. Mountainman Outdoors, Saratoga Springs. 518-584-0600. mountainmanoutdoors.com.

20-24 ACA Combined Canoe & Kayak Instructor Certification Workshop. ADK: 523-3441. adk.org.

- 21 Evening Paddle.** 6:30pm. Hudson & Mohawk. Waterford Boat Launch, Waterford. Lynn Filarecki: 674-2125. adk-albany.com.
- 25 Essex Chain Lakes Conservation Paddle.** 8:30am. Exit 29, I-87, North Hudson. ADK Mountain Club: 523-3441. adk.org.
- 25 Corrugated Cup Cardboard Boat Race.** Saranac Lake. Adk Lakes & Trails Outfitters: 800-491-0414. adirondackoutfitters.com.
- 25 SUP Demo Day.** 10am-4pm. Sandy Bay, Cleverdale. Patty's Water Sports: 656-9353. pattyswatersports.com.
- 25 7th Kiwanis Old Forge Paddle Classic.** 6M: Old Forge Lakefront to Treasure Island. 12M: Old Forge Lakefront to Alger Island. 9am. Old Forge. 315-369-3872. oldforgeny.com.
- 26 Black River Challenge Canoe/Kayak Race.** 23M. 9am. DEC Boat Launch, Glenfield to Castorland. Jerry Haenlin: 315-489-0368. lewiscountychamber.org.
- 29 Kayak Rescue & Recovery.** 6:30-8pm. Includes rental. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

JULY

- 1 Fundamentals of Kayaking III.** 6:30-8pm. Includes rental. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 1 Intro to Moving Water.** 6:30-8pm. Includes rental. Peebles Island, Waterford. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 5 Fundamentals of Canoeing.** 6:30-8pm. Includes rental. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 14 Adirondack Canoe Symposium.** Paul Smiths College, Paul Smiths. 201-314-4462. freestylecanoeing.com.
- 15 Yoga Paddlenic.** Yoga instruction w/Zaidee Bliss of Align Again Yoga (Greenwich), full-day of Battenkill paddling w/Battenkill Valley Outdoors boats & scrumptious lunch. Perfect harmony: yoga, swim, relax, Battenkill, connect. Battenkill Valley Outdoors, Cambridge. 677-3311. battenkillvalleyoutdoors.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 & collect cards: 12-4pm. 5 stops/5 cards & cash prizes. Celebration/awards: 5pm. Open to all ages/skills. Canoe, kayak, SUP, etc. A flatwater poker run on Lake Abanakee, Indian Lake. Indian Lake Chamber: 648-5112. indian-lake.com.
- 20 Duathlon Race.** 1.25M, 2M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. 315-386-2577. slvpaddlers.org.
- 23-28 Paddling Outing.** Paul Smiths College, Paul Smiths. Marilyn Gillespie: 891-2626. adk.org.
- 24 Feed The Dragon Dragon Boat Festival.** 8am-3pm. Mohawk Valley Marine, Alplaus. Sheila Platt: 669-3033. dragonsalive.org.
- 30 "You Gotta" Regatta.** 6M/2M/1M. 10am. Whittaker Park Boat Launch, Waddington. 315-388-4510. slvpaddlers.org.

AUGUST

- 6 27th Lewis County RiverFest.** 11.3M. Reg: 8-10am. Lewis County. adirondackstughill.com.
- 7 Higley Round the Islands.** 10am. Higley Flow. Judy Fuhr: 315-262-2362. higleyflow.com.
- 17 Duathlon Race.** 1.25M run, 2M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. 315-386-2577. slvpaddlers.org.

SEPTEMBER

- 9-11 34th Adirondack Canoe Classic: The 90-Miler.** Old Forge to Saranac Lake. macscanoe.com.

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.
- Daily Fall Half/Full Marathon Training Program.** Nark Running Strategies. Mat Nark: 470-8659. Narkrunningstrategies.com.

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

TUESDAY NIGHT SUMMER TRACK PROGRAM

SPONSORED BY
 Hudson-Mohawk Road Runners Club
 ~ 48TH SEASON ~

June 14, 21, 28
July 5, 12, 19, 26 (Ribbon Night)
August 2

Dynamic Duo Pursuit Race:
Saturday, August 6

FREE OF CHARGE
 6pm • Colonie High School
 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

ORDER OF EVENTS

- 1-Mile Race Walk
- Hurdles
- 1-Mile Run
- 50-Meter Dash (Kids)
- 100-Meter Dash
- 400-Meter Dash
- 800-Meter Run
- 200-Meter Dash
- Two-Mile Run
- Relays
- Field Events

Program Info: Frank Myers
 869-9333 or flyingbb45@aol.com

TAYLOR'S HEROES

EXTREME 5K Fun Run

Saturday June 18 9am

290 West Ave Saratoga Springs

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

Challenge Yourself
 Change the life of a child

Saturday, September 10

at the
Double H Ranch
 in Lake Luzerne,
 New York

Camp Challenge

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

All proceeds benefit the

Register at
www.doublehranch.org
 Presented by Adirondack Partners

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

5K Run/Walk

Saturday, July 9th at 8am

Registration to open at 7am
203 Lake Tour Road, Lake Luzerne




Please join us for LMC's sixth annual "Move It for the Music" 5K Run/Walk. Enjoy performances by our passionate campers as the course circles picturesque Lake Luzerne. Light breakfast to be served immediately following the race.

To benefit Luzerne Music Center Scholarships



LUZERNE MUSIC CENTER

www.luzernemusic.org

First 100 registered receive a T-shirt
To register: Please visit
www.active.com and search
"Lake Luzerne" in New York.

38TH ANNUAL Lane 10K Lake Run

Sunday August 7

Lake Pleasant
to Speculator



"Toughest 10K in
the Adirondacks!"

REGISTRATION:
9am at Speculator
Ball Field

RACE START: 10am

- Scenic route follows south shore of Lake Pleasant
- Professional timing

REGISTER ONLINE:
speculatorchamber.com

REGISTER BY PHONE:
(518) 548-4521

Adirondack Speculator
Region Chamber of
Commerce

FIRST ANNUAL HELDERBERG 5K for WOMEN

Domestic Violence Awareness Run

Sunday, July 17 at 9am

Voorheesville High School
432 New Salem Rd, Voorheesville

Awards to all finishers • Walk division
T-shirts for first 200 pre-registered
Top 5 overall & Top 3 5-year age groups

Register: ZippyReg.com

Info: (518) 861-6350 or alta5k@yahoo.com

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

- Mon** Saratoga Stryders' Summer 5K Trail Series: 6/27, 7/11, 7/25, 8/8, 8/22. 6:15pm. Camp Saratoga, Wilton. saratogastryders.org.
- Mo/Th** Malta 5K Training Program. Workouts: 5:45pm. The Crossings, Colonie. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
- Mo-Fr** 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.
- 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.
- Tu/Th** Malta 5K Training Program. Workouts: 5:45pm. Saratoga Spa SP, Saratoga Springs. Fleet Feet Sports: 400-1213. fleetfeetalbany.com.
- We/Sa** Fleet Feet Running Club. Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- Thu** Summer Trail Run Series. 5/26. Schodack Island SP, Schodack.

JUNE

- 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. ok5kcrace.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. Cxsackie-Athens HS, Cxsackie. cdymca.org.
- 11 Daffodil Dash 5K Run/Walk. 10am. Halfmoon Town Park, Halfmoon. daffodildash.com.
- 11 21st Lions Ramble 10K & 2M. 5:30pm. Fort Plain. John Geesler: 568-7509. fmrrc.org.
- 11 Race The Lake Marathon & Half Marathon. 8am. Cooperstown. racethelake.itsyourrace.com.
- 11 39th Capital City Stampede. 10K. 9am. Onion River Sports, Montpelier, VT. 802-485-3777. cvrunners.org.
- 11 NYRR New York Mini 10K. 8am. Central Park West, New York. nyrr.org.
- 11-12 2nd Walkway Marathon. Sat: Think Differently Dash (1M run for people w/special abilities) & Expo/Package Pickup. Sun: Walkway Marathon & Half Marathon & MHRRC "Treetops to Rooftops" 5K. Walkway SHP, Poughkeepsie. 845-834-2867. walkwaymarathon.org.
- 12 2nd Good Karma 5K Run/Walk. 5K: 9:30am. Yoga warmup: 9am. Indian food, henna, music. South Pavilion, The Crossings, Colonie. 383-3722. goodkarma5k.eventbrite.com.
- 12 The Run for Help 5K Run/Walk Against Domestic Violence. 10am. Goff MS, East Greenbush. unityhouseny.org.
- 12 8th Sparky's Run 5K Run/Walk. 10am. Lions Park, Niskayuna. 339-8661. sparkysrun.weebly.com.
- 12 12th Lake Placid Marathon & Half Marathon. 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidmarathon.com.
- 12 5th Move Beyond Parkinson's 5K Run/Walk. 10am. Birch Hill, Schodack. 428-0056. hopesoars.org.
- 12 7@7 Trail Run. 7.77M. 7am. Green Lakes SP, Fayetteville. syracuseymca.org.
- 12 7th Equinox Trail Races. 5K & 10K. 9:30am. Charlotte, VT. 802-363-2384. gmaa.net.
- 13 Malta 5K Training Program Info Session. 7:30pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 15 Firecracker 4 Training Run. 6pm. Saratoga HS Track, Saratoga Springs. Fleet Feet Sports: 400-1213. fleetfeetalbany.com.
- 16 Malta 5K Training Program Info Session. 7:30pm. Fleet Feet Sports, Malta. 400-1213. fleetfeetalbany.com.
- 16 Team In Training Fall Season Kick-Off & Social. Lions Park, Niskayuna. Liz Spaide: 438-3583. lls.org.
- 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.

- 18 3rd County Line 5K Run/Walk. 8am. To benefit Speed-The-Light. 9191 Paddock Circle, Rotterdam. bethelfullgospel.com/5k.
- 18 Run for the Ages 5K Run/Walk. 9:15am. Adk Runners GP race. Tackett Chiropractic, Queensbury. Dr. Bill Tackett: 798-4322. run4ages.com.
- 18 Tri-City Valley Cats Father's Day Home Run 5K. 9am. HVCC Stadium, Troy. 456-3682. hmrrc.com.
- 18 CancerCrushers 5K & 1M Walk. 9am. Nathaniel Adams Blanchard Post, American Legion, Delmar. runsignup.com.
- 18 Rensselaerville Ramble Trail Run & Walk. 2M, 5M, 8M. 8am. Huyck Preserve, Rensselaerville. raceentry.com.
- 18 6th Ron Jankowski Memorial Fund Father's Day 5K. 8am. Law Park, Briarcliff Manor. ronjankowski.org.
- 18 Patriot's Run. 5K/10K. 8:30am. 5K: Wingate Hotel; 10K: Rome Cemetery, Rome. romanrunners.com.
- 18 5th Vietnam Veterans of America Patriot Run 5K/10K. Griffiss Air Base, Rome. romanrunners.com.
- 18 Gorges Ithaca Half Marathon. 13.1M. 7:30am. Ithaca Commons, Ithaca. runsignup.com.
- 19 Mule Haul Foot Race 8K. 9am. Firehouse, Fort Hunter. Bill Platt: 866-1319. fmrrc.org.
- 19 7th New Paltz Challenge Half Marathon, 5K & Kids 1M Race. 7:30am. Gilded Otter Brewery, New Paltz. newpaltzchamber.org.
- 19 13th Tanglefoot Trail Runs. 10K/20K. 10am. Tanglewood NC, Elmira. tanglewoodnaturecenter.com.
- 22 Firecracker 4 Training Run. 6pm. Saratoga HS Track, Saratoga Springs. Fleet Feet Sports: 400-1213. fleetfeetalbany.com.
- 22 Summer Solstice Run. Race: 6:30pm. Minnewaska SP, Kerhonkson. shawgunkrunners.com.
- 26 40th Adirondack Distance Run. 10M. 7:30am. LG Fire Dept, Lake George to Rogers Park, Bolton Landing. Marcy Dreimiller: 480-1279. adironackrunners.org.
- 26 Move and Groove 5K Run/Walk. 10am. National Museum of Dance, Saratoga Springs. 584-2225. dancemuseum.org.
- 26 Wild Thing 5K/10K Trail Race. 9am. Pleasant Valley WS, Lenox, MA. Patty Spector: 413-637-0320. massaudubon.org/pleasantvalley.
- 26 iRun Local Scavenger Hunt. 3pm. iRun Local, Saratoga Springs. irunlocal.com.
- 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.
- 26 Montezuma Half Marathon & 5K. 8:15am. Montezuma Audubon Center, Savannah. 315-663-5539. willowhwc.com.
- 26 Catamount Ultra Marathon. 50K/25K Trail Run. Trapp Family Lodge, Stowe, VT. catamountultra.com.
- 28 Colonie Mile: HMRRC Summer Track Series. 6pm. Colonie HS, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 29 Firecracker 4 Training Run. 6pm. Peabody's Sports Bar, Saratoga Springs. Fleet Feet Sports: 400-1213. fleetfeetalbany.com.
- 29 5th Children's Home 4K. 6pm. Children's Home of Kingston, Kingston. 845-331-1448. chkingston.org.

JULY

- 2 Summer Sizzler 5K Race. 8am. Boat Launch, Rouses Point. adironackcoastevents.com.
- 2 32nd Rotary Great American Weekend 5K & 10K. 8am. Goshen. 845-294-9447. sullivanstriders.org.
- 2 28th Finger Lakes 50s Trail Races: 50M, 50K, 25K. 6am. Finger Lakes NF, Hector. fingerlakesrunners.org.
- 4 10th "Firecracker 4" 4M Road Race. 9am. New: "Firecracker Sparkler" Kids' 0.5M Fun Run at 11am. Saratoga Springs City Center, Saratoga Springs. Bob Vanderminde: 744-5646. firecracker4.com.
- 4 Red, White & Blue Relay Run/Walk. 4pm. City Hall Place, Plattsburgh. adironackcoastevents.com.
- 4 Four on the Fourth Run/Walk. 4M. Hunter Park, Manchester, VT. bkvr.net.
- 7 Two-Person Relay: HMRRC Summer Track Series. 6:15pm. Colonie HS, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 9 6th Move it for the Music 5K Run/Walk & 1M. 8am. Luzerne Music Center, Lake Luzerne. 696-2771. luzernemusic.org.
- 9 2nd ParkFest 5K Run/Walk. 8am. Gavin Park, Wilton. friendsofwiltonrec.com.
- 9 Run the Ridge. 5K Mud, obstacle run. Wave starts: 8:45am. Maple Ski Ridge, Schenectady. runtheridge.com.
- 9 Whiteface Vertical 1K Trail Run. 3M. 10am. Whiteface Mountain, Wilmington. rednewtracing.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.

4TH ANNUAL ZOMBIE 5K GAUNTLET

Saturday, July 23 at 10am



Off-road course!
Can you survive the zombie hoard?
Lose the flags on your belt and you have been killed.
Come out with flags and YOU SURVIVED!

To benefit Johnathan R. Vasiliou Foundation – and to raise sepsis awareness

Queensbury School Trails, 429 Aviation Rd (just off Exit 19), Queensbury

Register: Eventbrite.com • Info: jrvfoundation.org
\$25 to race day or \$30 day of race • Includes Touch A Truck Teams of 5, \$100 • T-shirts till 7/6

NEW! Family fun!
Register: \$15 family or \$5 person

Race the Train

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

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

Proceeds benefit Johnsbury Dollars for Scholars

Fox Creek 5K RUN/WALK

Saturday, August 6 • 9am

Berne Town Park, Berne

–Race #1 of Hilltown Triple Crown 5K Series–

T-shirts for first 150 entered, raffles, live music
Awards: top 3 M/F, 5-year M/F age groups
\$16 pre-race (\$12 70+) or \$20 race day

Register online: Active.com

More info: 225-4925 or foxcreek5k@gmail.com

CARE FOR KIDS
5K Run & Fitness Walk
Sunday, July 31 - 9am
 2431 Schroom River Rd, Chestertown to Suzie Q's Sunshine Café, Brant Lake
 - Free shuttle from finish line to start - \$25 or \$30 after 7/25
 Quality T-shirt to first 400 entrants
Entry form at www.hhnn.org
 Info: Howard Nelson: 761-0300 x31112
 Proceeds benefit pediatric health care at HHNN

THIRD ANNUAL Thacher Park Trail Running Festival
 5K • 10K • 13.1M • 26.2M • 50K
Sunday, August 28
 John Boyd Thacher State Park, Voorheesville

Join AREEP for the Fest - Held in conjunction with ARE Club Day!
 Commemorative giveaway, ample food and party atmosphere at start/finish area
 8:30am (all races) • All abilities welcome and encouraged to participate

Register early and save! ThacherParkRunningFestival.com

MONDAY, JULY 4 • 9am
Saratoga Springs, NY

10th Annual Firecracker 4

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 3rd Saratoga Springs "Strong To Serve" Half Marathon & 5K Run/Walk.** 13.1M: 7:30am. 5K: 8am. Also: 2-person half relay. Saratoga Spa SP, Saratoga Springs. 603-429-8879. saratogaspringshm.com.
- 10 Viking Obstacle Race.** 35+ obstacles, 5.5M. Lunch, after-party. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- 10 Whiteface Sky Race.** 19M. 7am. Whiteface Mountain, Wilmington. rednewtracing.com.
- 14 Hour Run: HMRRRC Summer Track Series.** 6:15pm. Colonie HS, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 16 Battle of the Boquet.** 3.52M trail run & 2M kayak race on Boquet River. Gilliland & Noblewood parks, Willsboro. townofwillsboro.com.
- 16 Roller Coaster Race.** 5K/10K. 7:30am. The Great Escape, Queensbury. 434-951-8572. rollercoasterrace.com.
- 16 5th Tupper Lake Warrior Run.** 3.5M. 10am. Big Tupper Ski Area, Tupper Lake. 359-3328. tupperlake.com.
- 17 Helderberg 5K for Women: Domestic Violence Awareness Run.** 9am. Voorheesville HS, Voorheesville. Phil Carducci: 861-6350. active.com.
- 17 Dippikill Froggy 5 Miler.** 9am. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 17 28th Forest Frolic 7K & 15K Trail Runs.** 9am. Hauck Hill Campsite, Virgil. fingerlakesrunners.org.
- 21 Pentathlon: HMRRRC Summer Track Series.** 6:15pm. Colonie HS, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 23 20th Silks & Satins 5K Run/Walk.** 8am. Jeff Clark memorial race. Benefits Special Olympics NY. Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.
- 23 4th Zombie Gauntlet 5K Trail Run for Sepsis Awareness.** 10am. New: "Touch A Truck" family-fun for kids. Queensbury School Trails, Queensbury. jrvfoundation.org.
- 23 38th Bear Swamp Run.** 5.7M. 9am. Rumney School, Middlesex, VT. 802-223-6216. crrunners.org.
- 29-31 Battle of Bristol Mountain Trail Runs:** Vertical K, 5K/10K/50K, 10M/20M, Half Marathon. Bristol Mtn Resort, Canandaigua. yellowjacketracing.com.
- 30 2nd Annual RPW Ram Run/Walk 5K.** 9am. Rensselaer HS, Rensselaer. ramrun2016.weebly.com.
- 30 Sherrill Centennial 5K.** 8am. Sherrill Comm Center, Sherrill. sherrillny.org.
- 30 Run for the River 5K/10K.** 10am. Frink Park, Clayton. savetheriver.org.
- 30 "Color Me Blue" 5K Walk/Run for Autism.** 8am. Tri-Town Recreation Center, Brasher Falls. 704-728-6309. thepuzzlepiecefoundation.org.
- 30 Half Full Races.** Half Marathon, 10K, 5K. 7:30am. Springfield, MA. halffullraces.com.
- 31 22nd Indian Ladder Trail Runs.** 15K & 3.5M. 9am. Kids' 1M Run: 10:30am. Haile's Cave, Thacher SP, Voorheesville. Mike Kelly: 439-5822. hmrrc.com.
- 31 Hudson Headwaters Care For Kids 5K & Fitness Walk.** 9am. Chestertown to Brant Lake w/shuttle. Hudson Headwaters: 761-0300. hhnn.org.

AUGUST

- 6 14th Race the Train.** 8am: train ride to Riparian. 9am: 8.4M run back to Train Depot, North Creek. 251-0107. adirondackrunners.org.
- 6 Fox Creek 5K Run/Walk: Hilltown Triple Crown Series #1.** 9am. Berne Town Park, Berne. 225-4925. active.com.
- 6 Waddington Homecoming 5K.** 9am. Waddington. Kevin Sharlow: 315-276-9040.
- 6 Sweltering Summer 8-Hour & Marathon.** 7am. Pittsfield, MA. 435-5590.
- 7 38th Lane 10K Lake Run.** 9am. Tough, beautiful 10K in Adks. Speculator Ball Field, Speculator w/shuttle. Adks Speculator Chamber: 548-4521. speculatorchamber.com.
- 12-13 Peak to Brew Relay.** Full Relay (237M): Whiteface Mountain, Wilmington to Saranac Brewery, Utica. Half Relay (115M): McCauley Mountain, Old Forge to Saranac Brewery, Utica. peak2brew@p2brelay.com.
- 13 8th Camp Chingachgook Challenge Half Marathon & 10K Race.** 13.1M: 8am at Lake George. 10K: 9am at Camp Chingachgook. Cookout lunch. Kattskill Bay. lakegeorgehalfmarathon.com.
- 13 6th Schenectady ARC 5K Challenge.** 9:30am. A great race for a great cause. Central Park, Schenectady. Schenectady ARC: 688-8276. arc5kchallenge.com.
- 13 DanRan 5K Run/Walk.** 9am. Stevens E.S., Burnt Hills. Michael Hale: 399-4846. danran.weebly.com.
- 14 31st Run for the Roses.** 9am. Grafton Lakes SP, Grafton. Leanna Sweet: 279-0580. graftoncommunitylibrary.org.
- 13 Clove Run 10M, 5K, & 1Mile Fun Run.** 9am. Castleton ES, Castleton-on-Hudson. vanrenselaerdivision.org.

- 13 Landis Arboretum 5K Forest Run.** 9am. Landis Arboretum, Esperance. David Roy: 295-7166. landisarboretum.org.
- 15 4th Monday Night Mile.** 1M footrace on harness track. 5:30pm. New: Monday Mile & Jailhouse 5K Challenge. Saratoga Casino & Raceway, Saratoga Springs. finishright.com.
- 20 14th Jailhouse Rock 5K Race.** 8:30am. Walkers welcome. New: Monday Mile & Jailhouse 5K Challenge. Brookside Museum, Ballston Spa. 885-4000. brooksidemuseum.org.
- 20 Voorheesville 5K Run & 2M Walk: Hilltown Triple Crown Series #2.** 9am. Voorheesville HS, Voorheesville. Phil Carducci: 861-6350. active.com.
- 20 3rd Team Sarcoma 5K.** 9am. Saratoga Spa SP, Saratoga Springs. Courtney Hill: 262-2875. sarcomastrong.com.
- 20 Run 4 DOWNTOWN 4M Run/Walk.** 9am. Middletown. Valerie Kilcoin: 845-527-8601. run4downtown.org.
- 21 Tour de Force Charity Run.** Half Marathon 8am; 10K run 8:15am; 5K run 8:30am; 1M run/walk 8:45am. Point Au Roche S.P., Plattsburgh. Thomas Brown: 563-3825. adirondackcoastevents.com.
- 21 Tony Luciano 5K Run/Walk.** 9am. Community Pool, Hudson Falls. active.com.
- 21 Storm King Run 10K, 5K, 1M kids run.** 9am. Washington Gate, West Point. John Willis: 845-446-4106. rotary-wphf.org.
- 26 Boiling Pot 5K.** 9am. Youth Center, Canajoharie. Tim Shepard: 321-6578. canajohariecyc.org.
- 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 Cycleray: 523-3764. adk80k.com.
- 27 Fishy Frolic for Huntington's Disease.** 5K, 10K & 1M walk. 8:45am. Corning Preserve, Albany. Brenda King: 527-7904. albwmassvt.hdsa.org.
- 27 Mamas & Papas 4K: Age 60+.** 8:15am. Mesier Park, Wappingers Falls. 845-297-7950. mhrrc.org.
- 27 North Country Challenge.** 10am. 4M obstacle & 2M fun run/walk. Oswegatchie FFA Camp, Croghan. northcountrychallenge.itsyourrace.com.
- 28 3rd AREEP Thacher Park Trail Running Festival.** 5K, 10K, 13.1M, 26.2M, 50K. 8:30am. Also: ARE Club Day. JB Thacher S.P., Voorheesville. thacherparkrunningfestival.com.
- 28 19th Altamont 5K Run/Walk: Hilltown Triple Crown #3.** 9am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. active.com.

SEPTEMBER

- 4 18.12 Challenge & Half Marathon.** 18.12M & 13.1M road races. 7am. Watertown to 1812 Battlefield, Sackets Harbor. 1812challenge.com.
- 10 7th Malta 5K Run/Walk.** 8:30am. Luther Forest Tech Park, Malta. Paul Loomis: 472-4807. malta5k.com.
- 10 Double H Camp Challenge.** 5K trail run/walk or 30M bike ride. Double H Ranch, Lake Luzerne. doublehranch.org.
- 18 The Saratoga Palio: 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.
- 24 FAM 5K "Fund" Run/Walk.** 10am. Free Kids' Run (11am). Brooks BBQ, massage, music. Cobleskill Fairgrounds, Cobleskill. fam5k.com.
- 24-25 20th Adirondack Marathon Distance Festival.** Sat: Helpers Fund 5K/10K (9am) in Chestertown & Expo/Kids' Run (2pm) in Schroom Lake. Sun: Marathon 9am & Relay in Schroom Lake. Half-Marathon (10am) in Adirondack. 532-7675. adirondackmarathon.org.
- 25 Nick's 5K Run To Be Healed.** 1pm. In honor of Isabella Caruso. Nick's Dash 11am; Luke's Mile 11:15am; Zumba warm-up 11:45am; 2M Walk 12pm. Clifton Common, Clifton Park. fighttobehealed.org.

OCTOBER

- 1 Susan G Komen Race for the Cure 5K.** Empire State Plaza, Albany. komenneny.org.
- 9 34th Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. 8/8: Expo/Package Pickup. mohawkhudsonmarathon.com.

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

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

Voorheesville 5K Run & 2-Mile Walk
Saturday, August 20 • 9am
 Voorheesville High School, Voorheesville
Race #2 of Hilltown Triple Crown 5K Series
 T-shirts for first 150 preregistered
 Awards: top 3, 5-year age groups & top 15 walk
 \$18 pre-race (\$15 70+) or \$25 race day

Register online: Active.com
 More info: 861-6350 or foxcreek5k@gmail.com

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

2016 HMRC SUMMER TRACK SERIES

FUN & CHALLENGING!
 Low-key track runs - instead of road runs in the summer heat!

Colonie High School Track
 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

Race #1: COLONIE MILE
 Tuesday, June 28 at 6:00pm • Free entry

Race #2: TWO-PERSON RELAY
 Thursday, July 7 at 6:15pm
 Free HMRRRC members, \$5 non-members
 Each person estimates their mile pace, then is paired with another based on fastest/slowest times, and partners alternate running miles until team runs six miles.

Race #3: HOUR RUN
 Thursday, July 14 at 6:15pm
 Free HMRRRC members, \$5 non-members
 Participants run on track for one hour

Race #4: PENTATHLON
 Thursday, July 21 at 6:15pm
 Free HMRRRC members, \$5 non-members
 Participants run five distances in this order: 5000m, 800m, 3200m, 400m, 1600m

For more info, Ken Skinner:
 (518) 489-5311 • kennyskin@earthlink.net

Hudson-Mohawk Road Runners Club
hmrrc.com

19th Annual Altamont 5K

Run & Walk

Sunday, August 28 • 9am
Bozenkill Park, Altamont
 Gun Club Rd (10mi west of Albany)
10:15am: Altamont Mile & Other Kids' Races

T-shirt to first 300 pre-registered
 Awards to top 3 M/F 5K & 5-year age groups
 Live music on course & live band after race • 100 Raffle Prizes

Hilltown Triple Crown Series!
 #1 Fox Creek 5K in Berne, 8/6
 #2 Voorheesville 5K in Voorheesville, 8/20
 #3 Altamont 5K, 8/28
 Sign-up: foxcreek5k@gmail.com

Register: Active.com (fee)
Altamont5K.org (no fee)
 Phil Carducci (518) 861-6350

*To benefit Altamont Food Pantry
 Bring unexpired dry goods*

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OPEN FOR THE SEASON!

SUP Your Way Into Summer!

SUP YOGA Tues. & Sun. Mornings at 8am
New SUP FIT Class on Thurs!

Classes Start the Week of 6/20, Sign Up Today!

Take a 90-minute SUP Yoga class with yogi Tobey Gifford of Lemon Tree Yoga Studio

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20th Adirondack MARATHON DISTANCE FESTIVAL

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!

BEST of COMPETITOR HALF MARATHON

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

For more information and to register, visit adirondackmarathon.org

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Three New Launching Spots



LOG JAM NEAR THE MOUTH OF THE KAYADEROSSERAS CREEK, PASSABLE ON THE LEFT.

By Alan Mapes

PHOTOS BY ALAN MAPES

Public access to waters is always an issue for paddlers. If Saratoga Lake is your destination, access has been very limited for a long time. Now there is good news! I have three new launch spots to tell you about, two of them on Saratoga Lake, and one on nearby Round Lake. I checked out all three spots recently, and can report that two of them are great for paddlers, the other one not so much.

Saratoga Lake

For a long time, your only choice for access on the lake was the NYS Parks boat launch at the north end of the lake, where the parking fee is a hefty \$8 per car. Now we have two new launches for human-powered boats, one on the north end of the lake and one on the south end. Both are free of charge!

Brown's Beach - On the south end along NY Route 9P, Brown's offers a very nice swimming beach, a restaurant/tavern, and a hand launch for kayaks and canoes. The property was bought by the town of Stillwater and the beach opened in May 2015. There is plenty of parking and although I did not paddle there, the launch looks very good, with a shallow sandy shoreline.

Most of the lake is heavily developed with homes, but you could do a nice circuit of the shoreline from this location - that trip would total around nine miles. Afterward, the swimming beach is a nice way to cool off, and Dock Brown's Lakeside Tavern right next door offers food and beverages.

Waterfront Park - On the north end of Saratoga Lake, this new park is just a bit west of the NYS Park's boat launch. The former site of a restaurant, it was purchased by the city of Saratoga Springs and a major renovation was completed in 2015. This was my favorite of the three new launches, and I took a nice half-day paddle from here in mid-May.

The lower level of the park offers nine parking slots plus one handicapped spot, bathrooms (locked up when I visited), a port-a-john, and a short path to the launch. A small sandy "beach" offers sunbathing, but no swimming.

The launch is a small bit of sandy shore and a short dock. The dock is a bit high for kayak launching, but would be fine for canoes. I used the "wet feet, straddle the boat and sit" launch method. Power boat traffic

can be busy here on nice summer weekends, but paddlers can stay safely close to shore.

Paddling to the left from the launch, you would pass under the Route 9P bridge, and enter the Fish Creek outlet. You can paddle downstream for a distance of four miles or so before coming to a dam. The current is very mild at first, but quickens as you get near the dam. Two miles or so down the creek is Stafford's Bridge, where you find Mountainman Outdoor Supply Company, Kayak Shak boat rentals, and Harvest & Hearth wood fired pizza restaurant (open 4:30pm) - not to be missed.

I paddled to the right instead, going one-mile southwest along the shore to the mouth of the Kayaderosses Creek - usually shortened to Kaydeross. The creek entrance is in the back of a bay, just before a point covered with trees, and that area offers a nice bit of undeveloped shoreline. This winding creek offers a quiet, wild feel and great paddling for several miles upstream. The trick is getting through the usual log jam a few hundred yards from the mouth.

I made it through the big jam by sliding over one big submerged log - not too bad. The jam was covered with large map turtles, sunning themselves - I estimated 40 of them. The real challenge was the next barrier, a tall silver maple freshly fallen right across the creek. I made it through the upper branches on the left by wading in knee deep chilly water and pulling my boat through. I'm sure that a nice paddler will soon arrive with a pruning saw open a paddling channel through those branches.

From there, the way was clear and easy. I followed the Kaydeross for 1.3 miles to the Lake Lonely outlet stream and paddled up that stream to the lovely small lake. Great blue herons were nesting in a colony of seven nests along the protected wetlands bordering Lake Lonely. My round-trip paddle, including going up the Kaydeross for another half-mile beyond the Lake Lonely outlet, totaled a little over 11 miles. A tip: In summer, go south from the mouth of the Kaydeross and around the point to Manning Cove, where you can find Grog's Snack Boat. The owner of this pontoon boat serves up hot dogs, hamburgers, chips and cold beverages - you can paddle right up and place your order.



A MAP TURTLE WARMING ITSELF IN THE SUN ALONG THE KAYADEROSSERAS CREEK.



THE NEW LAUNCH AREA AT WATERFRONT PARK ON SARATOGA LAKE.



THE LAUNCHING DOCK AT THE END OF THE BOARDWALK ON THE ANTHONY KILL, ROUND LAKE PRESERVE.

To find Waterfront Park, leave the Northway (I-87) at Exit 14 and go left on NY Route 9P/Union Ave toward Saratoga Lake. At 1.5 miles, turn right on Crescent Avenue, and continue a half-mile to Waterfront Park on your left. Go straight down the hill to the lower level where there are nine parking spots there, plus one handicapped slot. The launch is about 50 yards from the parking.

Round Lake

Our third new launch is at the **Round Lake Preserve**, a 90-acre property purchased by the town of Malta and Saratoga PLAN (Preserving Land and Nature). The preserve has hayfields and forest, plus frontage on the Anthony Kill, the outlet stream of the lake. Round Lake is a wonderful paddling spot and has two other public launches on the west side, off NY Route 9. This new one saves you the paddle across the lake to reach the beautiful wetlands along the Anthony Kill. It is about one-mile from the lake down the twisty stream before you hit some shallows and sometimes a beaver dam.

The new launch involves carrying your boat the length of a 100-yard boardwalk. At the end is a low dock for launching, right on the stream. You can park to offload at the beginning of the boardwalk, but then are instructed to park 250 yards away at a picnic area. There are only four regular parking spots there. One handicapped parking spot is right by the boardwalk.

My paddle around the shores of Round Lake and down the Anthony Kill totaled about five miles. You could add another half-mile or more by including a circuit of Little Round Lake, connected to the main lake on the north.

The layout of the Preserve was done by a professional design firm, but it looks like the actual work was done by an intern - with no paddling experience! People are already parking along the field by the boardwalk and I hope the site managers will provide formal parking there in the future. My assessment - the Preserve is a great spot to picnic, bird-watch, fish and hike the trails. If you want to paddle, my first choice is the small launch on the inlet creek at the west end of Maltaville Road (near Route 9). The main launch on Route 9 is good, too, when it's not too busy.

Explore these new launches - and express your appreciation to the officials and organizations who are working hard to bring more public access to our waters. 📌

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

For maps showing two areas covered in Alan's article visit adksports.com/2016-06-paddling

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ATHLETE PROFILE

Nicholas Hooper

AGE: 20
 HOMETOWN: Clifton Park
 SCHOOL: University at Buffalo
 FAMILY: Parents, Charlotte and George Hooper; Sister, Aimee
 PRIMARY SPORT: Swimming
 SECONDARY SPORTS: Open Water Swimming, Running, Biking, Triathlon



By Kristen Hislop

Many kids dream of ‘playing’ their sport at a Division I level. Out of eight-million high school athletes, only 480,000 will participate at NCAA sports. In swimming, a mere 2.8% of high school athletes go on to swim Division I. But who looks at the odds when you are passionate.

While starting at the age of six with lessons at the Albany Y, Nick Hooper says his love for swimming really intensified at age 15. His early successes before the age of 12 were often and big, with many records set. Then at age 12, intense migraines, as many as 20 a month, almost sidelined Nick. But his Albany Starfish Swim Club coach, “Lucky” Foreman, supported and helped Nick as he learned how to push through the pain. Pain so bad he would have to take injectable medicine or vomit mid-workout. “Being able to learn to push through the pain really showed me how great and rewarding the sport can be, and I fell in love with it,” says Nick.

Nick grew up in a swimming family with a strong emphasis on education. His dad, George, coached many top swimmers in the area with Rensselaer Polytechnic Institute, Albany Starfish, and now the Clifton Park-Halfmoon Piranhas. His older sister, Aimee, who just graduated from James Madison University, swam all four years. Nick sees his family as great role models and credits his grandfather with being an academic inspiration. At Shenendehowa High School, Nick began the college search process, looking at academic institutions where he could pursue his athletic endeavors. As a top student he had many options, but as a sophomore his times weren’t quite the caliber Division I colleges wanted. Junior year he made a tough decision. Most swimmers will stay with their clubs teams and forgo the high school team to better prepare for college.

Nick decided to join the Shenendehowa Plainsman and swim under Coach Chuck Dunham for his senior year in addition to his club team. Nick says Coach Dunham “believed that I could achieve my goals and pushed me to my breaking point every day to achieve them.” It paid off with Nick swimming 4:35 in the 500 freestyle, breaking the Shen school record, and hitting the Division I schools radar screens. Coach Dunham notes, “Nick has the tremendous ability to bring the most out of himself each and every day. This is the kind of internal drive you want from any athlete. He demands so much that he often pushes himself to his absolute limit, both physically and mentally. He’s the Shen record holder in the 500 freestyle, the longest and most demanding event in high school swimming, and this is a great testament to his hard work.”



◀ THE HOOPER FAMILY.

Nick chose Old Dominion University over Williams, Johns Hopkins and Villanova. Then during his freshman year, he had another roadblock. While training in Florida over January break, Nick had severe pain and vomiting. After nine months of exploratory scopes, MRIs and a colonoscopy, he was diagnosed with Crohn’s disease in August of 2014. He redshirted at ODU that fall to understand the diagnosis and figure out how to live with it. After a bad reaction to the medication Humira the doctors looked for other causes of Nick’s symptoms. Roadblock number three was a positive test for Lyme disease, caused by a bite when he was 14. The doctors prescribed a high dose of antibiotics. Nick transferred to the University of Buffalo in August 2015, and the severe fatigue and pain persisted. In January 2016 he made the decision to come home. Treatment for chronic fatigue syndrome helped, but in April he was definitively diagnosed with Crohn’s disease.

Coming home from college, taking the semester off to spend time at a doctor’s office; this is not the ideal life of a 20-year-old. Yet when I met Nick at the Southern Saratoga YMCA pool, I found him to be an upbeat and energetic young man. He joined our noontime masters swim group and over a couple of weeks we learned his story. Never once does he feel sorry for himself. He was more interested in helping us getting ready for our masters swim meet. He stayed after practice to help with starts and turns and obliged our “come on we want to see you go under 50 [seconds] for 100 [meters].” After practice with us, he spends a few hours in the pool with the Piranhas swim club. A break at the doctor’s office and then to the weight room. He supplements his training with the water polo group. What does he do when he can’t swim? Study for the MCATs, of course? This young man can’t be held back from his goals including medical school and pediatric neurology!

He will head back to the University of Buffalo this fall to swim and complete his degree. He says, “I am approaching it the same as any other year. I do not let fear of the unknown dictate my life. I know I have this

disease but I hope to be in remission by the start of school. Even if I am not 100% healthy by August, I still plan to work hard both academically and in swimming to achieve my goals. I know I just need to be more aware of my body, knowing when I can push, and when I have to back off a little bit.” Many people would have given up, but not Nick.

As a kid in college it is tough to find the right resources. A close group of friends know what he is going through, and he is connecting with others who live with Crohn’s disease. He’ll work with his UB coaches, but always draws on what coaches Foreman and Dunham taught him about himself. He says, “I have become very independent. When I am going through my worst times and severe pain I keep to myself. Being so sick for a while now has caused me to mature faster than most people my age. In doing so I’ve realized what I want to achieve. I’ve learned that swimming is important to me, by trying to swim through sickness. Sitting in classes feeling lousy and sleeping 16-plus hours a day makes it hard to do well, but I do my best. Swimming, school, and my close relationships are the most important to me.”

Nick continued, “A huge take away is that you are much stronger than you think you are. When you get a bad grade on a test it seems like the end of the world, but those things can be minuscule in the big picture. Putting things into perspective is important, and if something bad does happen you can always find the strength to carry on, even if it seems dim. Throughout all of this the most important medical knowledge I have gained is how doctor’s listen and work with patients. A lot of the information surrounding the disease I’ve learned from working on my biology degree, but the first-hand experience really is going to help me in my long-term goal of becoming a doctor.” Children will be lucky to have him as their doctor!

Since the odds are against him continuing to be a Division I athlete, I also asked Nick about that experience. As you might



imagine, the competition is at a completely different level, and you’re expected to maintain the academic workload. The practice and class schedules leave little time for homework and sleep. He cautions young aspiring Division I athletes, “Make sure you love whatever sport you play. If you really love the sport, then you will be willing to push yourself, and work as hard as possible to achieve the goal of playing in college – because college athletics will push you to your limits.”

The Hoopers knew Nick would learn dedication, persistence, and the value of hard work through the sport of swimming. I am sure they wish daily that he didn’t have to deal with his roadblocks, but certainly his family, his sport and his desire to succeed have created one successful young man. May all of us live life with such passion and determination! 📌

Kristen Hislop (hislopcoaching@gmail.com) of Clifton Park is a certified multisport coach who wants everyone to do, believe and achieve.



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TRIATHLON & DUATHLON



SUMMER TRIATHLONS

Fronhofer, Musselman, XTERRA, Old Forge, Crystal Lake

By Christine McKnight

Have you ever competed in the **Fronhofer Tool Triathlon**? If not, this will need to be the year. Mark your calendars for Saturday, August 6. After a ten-year run, this season's staging will be the finale for the event, which is known for its great athletes' swag, hometown atmosphere, and beautiful setting at Lake Lauderdale – just north of Cambridge in Washington County.

The reason is simple: the FTT's co-directors, Bridget Fronhofer Crossman and her husband, Kevin Crossman of Fort Edward, have decided it's time to turn the page on this chapter of their lives and focus more on family. Besides that, the Fronhofer Tool Triathlon has achieved its major fundraising goal in support of children's literacy.

Since its inception, this gem of a race has raised an impressive \$100,000 for children's literacy in Warren, Washington and northern Saratoga counties. Net proceeds every year are earmarked for two organizations dedicated to children's literacy, B.O.O.K.S. (Books Offer Opportunity, Kids Succeed), serving children in northern Saratoga, Warren and Washington counties, and Books in Kids Hands, serving Salem and the surrounding area. The goal is to top out this year at a total of \$120,000 raised over 10 years.

"A successful run of 10 years is a great run for anything, but in the end, it all came down to family," said Bridget, a librarian at Lake George Elementary School and head of B.O.O.K.S. She and her aunt, Karen Fronhofer, a librarian with the Salem School District and the leader of Books in Kids Hands, came up with the idea of the triathlon. It has succeeded both as a fundraiser and as a first-rate triathlon.

To mark the finale, the Crossmans are planning a number of special things, still under wraps, for triathletes and volunteers alike. Registration, which typically tops out at just under 200, is running way ahead of last year.

The Olympic distance FTT on Saturday morning will once again be preceded by a shorter kids' triathlon Friday night. This event has introduced hundreds of boys and girls to triathlon over the years. Visit: fronhofertooltriathlon.com.

Enjoy the beautiful Finger Lakes region on Friday-Sunday, July 8-10 at the **Musselman Triathlon** at Seneca Lake State Park in Geneva, a little slice of heaven. There are a multitude of races to choose from – including half, sprint, kids and super-sprint – so the whole family can join in.

There's the DoubleMussel (sprint and half or aquabike), Musselman Half, AquaMussel (swim/bike), Mussel Relay (new for 2016), miniMussel, miniAqua, miniMussel Relay or Musselkids. The "Mussel" races include 1.2-mile swims, 56-mile bike, and a 13.1-mile run. The "mini" events consist of a 750-meter swim, 16-mile bike, and 3-mile run. Registration is open so sign up and show your mussel! It's also the designated "club race" for the Saratoga Tri Club. Go to: musselmantri.com.

The **Multi-Sport Life Supersprint Triathlon** (0.25-mile swim, 7-mile bike, 2-mile swim) on Sunday, June 19 – Father's Day – is a great way to kick off the season for new and experienced triathletes. It's staged at Crystal Lake near Averill Park in Rensselaer County and draws a strong contingent of kids, many of them competing alongside a parent. "Any youngster who can ride a bike can do a triathlon," said SkyHigh

Adventure's John Slyer, a science teacher at Shaker Junior High School in Latham.

They also organize the oldest continuously run off-road tri in the country, the **SkyHigh XTERRA Off-Road Triathlon** at Grafton Lakes State Park on Saturday, July 16. The event, which dates to 2000, attracts some out-of-state and Canadian athletes who are looking for points to help them qualify for XTERRA national and world championships. The popular **SkyHigh Kids' Triathlon** (100-meter swim, 5K bike, 1K run) takes place later that morning. Learn more: skyhighadventures.com.

Two other popular August triathlons are the Old Forge Triathlon and the Crystal Lake Triathlon. On Sunday, August 14, the **Old Forge Triathlon**, presented by Enchanted Forest Water Safari, is an intermediate distance race in the Adirondacks that offers a 1,000-meter swim, 22-mile bike with rolling hills, and four-mile, flat and fast run. The run course will follow the new Tobie Trail and rural roads in the town of Webb.

Produced by ATC Endurance (Cooperstown and Delta Lake), the Old Forge Triathlon, now in its fifth year, is also a great bargain. If you register by July 31, it's \$75 with the bonus of a family pass to Enchanted Forest Water Safari. Visit: atcendurance.com.

The 16th annual **Crystal Lake Triathlon** on Saturday, August 20, is staged by the Capital District Triathlon Club, and is offering an aquabike option for the first time this year. Participants who register by July 8 will receive a sweatshirt with a newly designed race logo. The race often sells out at around 300, or nearly sells out. If it does not sell out this year, same-day registration will be offered for the first time in several years, according to first-year race director Antoinette Rose.

The Crystal Lake Tri, at Crystal Lake in Averill Park, is unquestionably the hardest sprint bike course in the region, contested over 18 miles of hill after grueling hill. The swim is an 800-meter rectangular course, and the run is 5K of flat to rolling hills around the lake. "If you're looking for a challenging, shorter race, this is it," said Antoinette, who joined the club four years ago, and has completed this race herself several times.

Another reason the Crystal Lake race is so popular, Antoinette explained, is that it is the weekly Tuesday night training venue for the Capital District Triathlon Club, making race day less stressful for many competitors. Under a reciprocal swim program initiated by club president Kenny Hart in 2015, the club's open water swims are now available to members of other triathlon clubs in the area, affording triathletes more opportunities for safe, lifeguard-supported open water swimming, as well as for socializing and training with members of other clubs.

"The race appeals to those who train on the course on a regular basis, as a confirmation that the training has paid off," said Antoinette. "When you see a personal best time in any of the three legs on race day, you know the work has been done." Go to: cdtriclub.org.

Christine McKnight (trichris@nycap.rr.com) is a Wilton resident who has completed more than 100 triathlons.



- 1 ATHLETES REPRESENTING VARIOUS CLUBS HEADING OUT ON THE BIKE COURSE OF THE 2014 CRYSTAL LAKE TRIATHLON. CAPITAL DISTRICT TRI CLUB
- 2 SWIMMERS EXITING LAKE LAUDERDALE AT THE 2015 FRONHOFFER TOOL TRIATHLON. BRIDGET CROSSMAN
- 3 PETER RADOSTA OF ERIEVILLE ON HIS WAY TO THE 2015 FRONHOFFER TOOL TRIATHLON FINISH. BRIDGET CROSSMAN
- 4 SINCE 2009, MUSSELMAN TRIATHLON HAS AWARDED FINISHER MEDALS CRAFTED FROM USED BICYCLE COGS, A MORE SUSTAINABLE CHOICE THAN TRADITIONAL RACE MEDALS. MUSSELMAN TRIATHLON

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▶ CATS WILDWAY OVERLOOK TRAIL PROVIDES SPECTACULAR VIEWS AFTER A SHORT WALK. JILL PIPER

By Chris Maron

Imagine being in a part of the Adirondacks where there are fabulous views of sparkling blue water, lush forests, and rolling farm fields but hardly any hiking trails. Pretty sad, right? Well, welcome to the Champlain Valley ten years ago, just before Champlain Area Trails began making trails.

Back then, you could hike up the Adirondack Land Trust's Coon Mountain in Westport to see a vista stretching from Vermont to the High Peaks. Or go a few miles north to New York's Split Rock Wild Forest in Essex, the largest protected land along Lake Champlain and hike trails going to the lake and a couple overlooks. But that was about it.

Then, in 2006, Steven Kellogg and Bruce Klink, of Essex, were in the Charlotte, N.C. airport and realized they were reading the same book, *Wandering Home* by Bill McKibben. Subtitled, "A Long Walk Across America's Most Hopeful Landscape," Bill describes walking from his home in Ripton, Vt. to his Adirondack home in Johnsbury.

Steven and Bruce liked his description of walking through the Essex and Westport countryside before climbing into the Adirondack foothills. It inspired them to gather friends and local conservationists together to explore the idea of making trails in the Champlain Valley that would connect the valley's communities.

It turns out their idea aligned with a goal articulated in a 1993 report from the U.S. / U.K. Exchange, where representatives from both countries visited selected areas in each others' countries and made recommendations. After observing that the Champlain Valley resembled places in England where people hike from pub to pub across the countryside, they suggested that a trail system be established here. That idea remained just an idea until Steven and Bruce returned to Essex and held the first meeting about making some local trails.

The group, which I was happy to be part of, quickly realized that the reason the Champlain Valley had so few trails was because it was the last addition to the Adirondack Park; thus it mostly private property with little public land. The solution to this problem was to do something new - to create a network of hiking trails on private lands to link the valley's communities, connect people with nature, and promote economic vitality. As we considered names for a new organization to take on this task, John Davis, who then worked for the Adirondack Council and is a wildlife enthu-

siast, said "How about 'Champlain Area Trails? Its acronym can be 'CATS.'" Thus began the first steps down a new trail.

At that time, I worked for The Nature Conservancy and Adirondack Land Trust promoting community conservation and chaired the meetings where we noted that the 2,500 acres of Eddy Foundation lands on Boquet Mountain could be the beginning of a trail corridor connecting Essex and Westport. Its president, Jamie Phillips, was part of our group and encouraged the creation of trails there.

We, the CATS founders, hiked on the land and soon agreed upon trail routes running about six miles from Essex toward Wadhams. We organized volunteer work projects, publicized by attractive posters created by naturalist/artist Sheri Amsel of Elizabethtown and Steven Kellogg, who is also well-known children's book illustrator.

By 2008, we realized CATS should become a formal organization and thanks to another founder, David Reuther who filed the paperwork, Champlain Area Trails became a non-profit corporation. It was about this time that The Nature Conservancy reacted to the economic recession and cancelled its Champlain Valley Conservation Program, which I directed. I seamlessly moved into the leadership role at CATS becoming its first executive director. CATS also saw a need to continue the land conservation work TNC/ALT had established, and became the local land trust with a mission of conserving natural areas, farmland, clean water and scenic vistas.

As CATS embarked on making trails and saving land, it also worked to raise the funds needed to operate a new non-profit organization. Financial support from the Klipper Fund for the Champlain Valley, the JC Kellogg Foundation, the Arnhold Foundation, and hundreds of individual donors fostered early growth of the organization. Key grants from NYS Conservation Partnership Program, funded by the Environmental Protection Fund and administered by the Land Trust Alliance, enabled the new organization to add needed staff.

As CATS enters into its eighth official year of operation, it has created over 29 new trails covering over 42 miles. It publishes an updated CATS Trail Map every year that includes its trails and other trails in the area, including those at Coon Mountain, Split Rock Wild Forest and Rattlesnake Mountain. Selected trails and dirt roads are indicated on the map for mountain, cross or



▲ MANY CATS TRAILS ARE GREAT FOR CROSS-COUNTRY SKIING. CHRIS MARON



▲ CATS HAS REGULARLY SCHEDULED VOLUNTEER PROJECTS TO MAKE AND MAINTAIN ITS TRAILS. CHRIS MARON



▲ CATS OFFERS NUMEROUS OUTDOOR EDUCATION HIKES THROUGHOUT THE YEAR. CHRIS MARON

gravel-grinder biking. The map even includes the Champlain Bridge, which has a multiuse path - the most obvious example of how CATS trails provide relatively easy walks, runs or bikes, which people of all ages and abilities can enjoy.

CATS' most popular events are the "Grand Hikes," which are hamlet-to-hamlet hikes where as many as 250 people have joined in walking from town to town on trails, back roads, farm lanes, and short sections of busier roads. CATS is now promoting the phrase "Hike the lake on hamlet-to-hamlet trails around Lake Champlain" to create an identity that will attract people from near and far who want to walk from town to town through the beautiful, authentic Champlain Valley landscape.

Most of CATS trails are now in the central Champlain Valley part of Essex County, which has a more "forgiving" landscape than what hikers find in the Adirondack High Peaks. According to the Regional Office of Sustainable Tourism in Lake Placid, CATS trails address many visitors' desire to have relatively short, one to three hour hikes on easy terrain.

CATS provides a great variety of experiences. People can hike up to spectacular vistas, like you'll find at the Wildway Overlook Trail in Essex, and Cheney Mountain in Moriah. Or you can take pleasant walks by beaver ponds, rock walls, and biologically rich forest communities on the Bobcat or Homestead trails in Essex.

CATS stewardship coordinator, Bill Amadon, talked with someone in May who said he had a hard time walking on uneven surfaces, so Bill directed him to the Champlain Bridge. It's a wonderful "hike" across the lake on a local "sidewalk" trail that New York and Vermont built. We feature it and many other nearby trails on the CATS Trail Map.

One of the newer CATS trails is in Crown Point at the Penfield History Museum.

"Several years ago, I had some boy scouts create a trail along Penfield Pond," said Penfield Museum board member Dave Hall. "But it fell into disrepair so I contacted CATS who improved the trail route, held some volunteer projects to fix it up and place new signs, added to their trail map, and now many more people are using it."

CATS trails provide superb hiking, running, skiing and snowshoeing opportunities throughout the year. The trail map and website (champlainareatrails.com) show the trail routes and have brief descriptions so you can plan your trek. Some people already talk about hiking all the CATS trails, much like 46'ers hike all the High Peaks. Yet with CATS trails, you constantly have new challenges because there are new trails every year. Imagine that! 📌

Chris Maron (cmaron@champlainareatrails.com) is the executive director of Champlain Area Trails, based in Westport. He and his family recently hiked 207 miles from town-to-town in southern France which inspired many innovative ideas for the CATS trail system.

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2015 CATSKILL MOUNTAIN CYCLING CHALLENGE IN ARKVILLE. CATSKILL RECREATION CENTER

By Andy Ruiz

Now fully in to the summer season, it's time to enjoy the outdoors! With the relatively mild winter, hopefully many got a jump on their fitness - whether spinning indoors or taking advantage of the milder weather to get some miles in outside.

Fast forward to June, most have been training outdoors for several weeks, and some may aim to complete their first long-distance cycling event by summer's end. A 100-mile ride is a milestone nearly every cyclist strives to reach. For most however, finding the time to train when there are only so many hours in the day, between work, family and other obligations, is difficult.

For most riders, a century will take between five and eight hours to complete. A varied training plan of riding a minimum of four days per week, complete with long rides, steady rides and speed work will have you ready in no time! Whether an organized century, or individual rider's goal, effective training and preparation can be the difference in finishing the distance feeling fresh and accomplished, or defeated and depleted.

That said, finishing a century involves more than just pedaling, but making the best choices before, and then during all 100 miles. The key is to start slow, gradually building your conditioning, and easing in to the increasing physical and nutritional demands training for a long-distance event brings.

Depending on your time spent riding up to now, the duration of an endurance ride can be between two and five hours - 25 to 90 miles. Riders should start at the low end, building mileage - and time - progressively each week. Though most cyclists find that the weekend works best for their long rides, it doesn't matter which day, as long as the ride gets done.

Long rides should be about 70 to 75% of your maximum heart rate - a steady, but not taxing pace. At least once per week, riders should complete a steady "tempo" ride, aiming for 80 to 85% of maximum heart rate for two to four longer efforts - 10 to 30 minutes in length with a minimum of 10 minutes of easy pedaling in between. These one-and-a-half to two hour rides train your body to ride more comfortably under pressure, so you finish 100 miles faster and feeling fresher - with less exertion.

A common misconception is that "volume" alone helps you to go long. Incorporating speed work into your training plan improves endurance, so you can ride faster and longer. At least once per week, riders should aim to do four to six very hard or max efforts ranging from 30 seconds to two minutes at 85 to 90% of maximum heart rate, with easy spinning in-between for at least the length of the interval. With warm-up and cool-down, these rides can be one hour to one-and-a-half hours in length.

Lastly, make all of your training count. On the day of the event, eat a breakfast of carbohydrates, protein, and a little fat a few hours before the ride. Carry enough nutrition in order to ingest 200 to 300 calories every hour thereafter. Sports drinks with electrolytes and a few carbohydrates can be helpful for both nutrition and hydration needs. Plan to drink at least one bottle each hour; more if it's hot.

If it's an organized ride, take advantage of every rest stop, and refuel with food and liquids. Stretch and replenish, but don't linger. A stop that last more than a few minutes will cause your legs to stiffen up and make it harder to get going again.

Ride YOUR century at a comfortable pace for you. Avoid getting drawn into rid-

ing too fast early on and going into the red, only to crack later. If you've got it, save riding hard for the last quarter, when you know you're almost done and confident that your goal will be reached. Avoid aches and pains in your back or neck by standing out of the saddle to stretch or change hand position.

Three Great Centuries:

On Saturday, August 27, the 16th annual **Pat Stratton Memorial Century Ride** puts wheels down in Saranac Lake offering rides of 100, 50 and 25 miles and a kids' fun ride. The event winds through the northern Adirondacks on wide-shouldered highways and quiet back roads. The route sticks to valleys and easier grades to give the mountain views - without the climbs and passes - through Paul Smiths, Meacham Lake, Lake Clear, Gabriels, and St. Regis Falls.

Feed stations and sag support are available, and finishers enjoy BBQ, T-shirts, music, and homemade pies! Proceeds support Kiwanis community programs in Saranac Lake, including the annual bike rodeo and helmet distribution that has given away 1,000 lids to area youth. For details, go to active.com - and active duty military and law enforcement ride for free.

On Sunday, September 4, riders head to the second annual **Catskill Mountain Cycling Challenge** that's based at the Catskill Recreation Center in Arkville. It's sponsored by the recreation center, Overlook Mountain Bikes, and Catskill Mountain Cycling Club. There are five different routes for riders at every skill level, covering 100, 76, 55, 29 and 11 miles - all in the beautiful western Catskills.

The routes of 100, 76 and 55 miles cater to more advanced cyclists, with some challenging climbs mixed in with the stunning scenery of the area. Participants receive a T-shirt, lunch, and a pass to the recreation

center for access to the swimming pool. To learn more, visit catskillrecreationcenter.org or bikereg.com.

On Saturday-Sunday, September 10-11, is the 46th annual **MHCC Century Weekend**, where one registration fee gets you two days of riding, based at Saratoga Spa State Park in Saratoga Springs. This is the Mohawk-Hudson Cycling Club's main riding and fundraising event for the year, and all cyclists are welcome. Last year over 350 riders from six states participated in this event put on by the Capital Region's largest cycling club, with over 700 members.

The ride is well supported with stocked rest stops, sag and mechanical support, and fully marked routes with maps and cue sheets. The courses are on quiet back roads in scenic Saratoga County, and there's also a post-ride catered lunch provided. Participants can choose from routes of 100, 62, 50, and 25 miles - yes, that means you can ride two centuries in two days!! For info, go to: mohawkhudsoncyclingclub.org or bikereg.com.

Most importantly, have fun and be safe on your century. It's likely that your first century will not be your last one! 📌

Andy Ruiz (aruiz@nycap.rr.com), owner of Ruiz Racing, is a USAC certified cycling coach, specializing in power. He has been a competitive cyclist at the national and regional level for more than 30 years, and has also competed in running, duathlon and adventure races. In addition to coaching cyclists and triathletes, Andy has been the director of an elite women's cycling team, and currently serves as vice president of the Capital Bicycle Racing Club.



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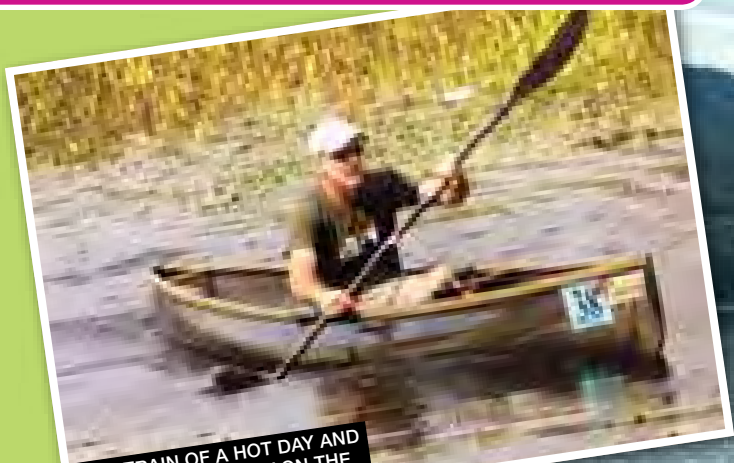


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Inside the "90"

A Solo Perspective

By Joe Moore



THE STRAIN OF A HOT DAY AND CLOSE RACING SHOW ON THE AUTHOR'S FACE. MARK KURTZ



RACING THROUGH THE CHANNEL IN INLET, DAY 1. JAN FAILING

FIVE MINUTES INTO DAY 2, LONG LAKE. MARK KURTZ



RELAXING AFTER THE FINISH. JAN FAILING



LEAVING THE TWISTS AND TURNS OF BROWN'S TRACT AND HEADING FOR RAQUETTE LAKE. MARK KURTZ

Driving to Old Forge along the highways that roughly parallel the course of the annual Adirondack Canoe Classic - aka "The 90-Miler" - I can't help looking at the GPS and odometer and mentally clicking off intermediate time goals. NY Routes 28, 30 and 3 more or less follow the course from Old Forge to Saranac Lake; the task of figuring times and distance made only slightly more difficult by the fact that I'm traveling in reverse direction of the race. I enjoy the mental distraction.

In the 10 years that I've participated in the race, I've seen many picture perfect days. I've also been snowed on, poured on, baked in 90-degree temperatures, blown sideways down Long Lake, and had to bash into unrelenting headwinds and huge waves on Upper Saranac Lake. The one constant? It's going to hurt. Not exploding lungs kind of hurt; more of a persistent tooth-ache, full-body-crimp kind of hurt.

So why do we do it? That's easy.

The three-day stage event for competitive and touring canoers, kayakers and SUPs is open to solo paddlers, tandem boats and four-person canoes, and voyager canoe paddlers. The course traverses some of the most scenically stunning paddling country on the planet as it follows the original highways of the Adirondacks. It offers a mix of lake and river flatwater paddling with several carries (aka portages) totaling 5.25 miles.

Day 1 - 35 miles including four carries totaling 3.5 miles - starts in Old Forge and ends in Blue Mountain Lake.

Day 2 - 30 miles including one mountainous 1.25 mile carry around Raquette Falls - picks up at the south end of Long Lake, and finishes at the state boat launch on Route 3 outside of Tupper Lake, known as The Crusher.

Day 3 - 25 miles including three short carries totaling 0.5 miles, including the Bartlett Carry between Upper and Middle Saranac Lakes - is the shortest day, beginning at Fish Creek Campground, and ending in the park on Lake Flower in Saranac Lake.

The Adirondack Canoe Classic has grown from 50 boats and 75 paddlers in its first running in 1983, to 275 boats (recently bumped up from 250), and nearly 1,000 paddlers from around the world expected to participate in the 34th edition on September 9-11, 2016.

Our small category is Solo Recreation. The class was originally set-up for recreational kayakers, but a few years ago, was opened up to include pack canoes - small, indigenous open boats paddled with a double-blade, that first appeared in the Adirondacks in the mid-1800s. The class has become quite popular and competitive, with winning times in some age groups typically less than 15 hours.

A great pit crew is essential for getting gear from start to finish each day, to hand up food and water during carries, and to move vehicles. My wife, Jan, as well as several friends and neighbors, help out with this along the way. A cold water bottle - whether to drink or just pour on your head at the start of a carry on a hot day - can be a huge morale booster.

As start time approaches, I get my gear - hydration bags, food, PFD and GPS - situated in the boat, and wait until the last possible second to get in. Not much need for extensive warm-ups when you have almost six hours ahead of you. A lot of paddling time in the boat prior to the race is the key to happiness - or at least less discomfort.

Several of us paddle our 16-foot Placid Boatworks Shadows and 15-foot Rapidfires in the race. We train together on occasion - alone a lot - and the tactics employed are much like those in cycling.

We are called to the line, the starter counts us down, and we're off. Five-minute pull, drop off the front (to draft), grab food and drink, tag onto the back, fall into the rhythm of the race. We pass through the numbered lakes of the Fulton Chain, and hit the cheering crowd at Inlet's Arrowhead Park, and on the bridge over the channel between Fourth and Fifth Lakes.

The first carry is short between Fifth and Sixth lakes, but an uphill leg burner. Friends hand me an open bottle at the start, most of which ends up on my head on a hot day. After a careful reentry from the elevated wall along Sixth, we paddle through Seventh Lake, and a stumpy, shallow channel (aka "suckwater," because it feels as if your boat

is being suctioned to the bottom) to the Eighth Lake Campground - a long, but level carry on good surfaces. I switch out an empty hydration pack for a full one and jump back into the boat to cross Eighth Lake.

Then it's the feared Brown's Tract Carry (narrow, roots, rocks, up, down), to the boardwalk and put-in at Brown's Tract, a thin, weedy, sinuous stretch of river that confounds long, straight-keeled boats and the inexperienced. For us, it's not bad as our boats carve turns well. I get some food and fluids in and actually make time on many. At the end is the Raquette Lake bridge and a huge, boisterous crowd.

Then, it's several miles of the vastness of Raquette Lake and the wide-open, hypnotic Marion River, which funnels down and actually flows hard against you for a few hundred yards, before the takeout at the Marion River Carry.

Through the half-mile carry and you're in the homestretch - an hour or so to go. Blue Mountain beckons in the distance. First, it's the long, narrow Utowana Lake, through a short channel to Eagle Lake, across it to another short channel, and into Blue Mountain Lake for the last few miles. You can see the finish from a long way out and you can empty the tank for the last five minutes - provided there's anything left in it. Eat, drink, sleep, repeat.

Long Lake to the Route 3 Boat Launch can be brutal. Sore muscles warm to the task quickly, but this is a long day in the boat with a mountain climb of a carry in the middle. Wind, waves, low water, and rain have all visited here before. Hit the cheering crowds at Axton Landing and you still have an hour to go... Ugh.

New York State Canoe and Kayak Racing

New York Marathon Canoe Racing Association (nymcra.org) - full schedule of events for the entire season.

Adirondack Watershed Alliance (macscanoe.com) - info on the Adirondack Canoe Classic and schedule for other AWA races. Entry forms for the 90-Miler are mailed in mid-June and the entry deadline is July 20. To get on the list email/call with name, address and phone **ASAP**: (518) 891-2744 or macscanoe@gmail.com.

The final day is usually relaxed - if the weather behaves. It's still several hours of racing, but it's the shortest stage, and the mood is light. Nothing beats coming around the final corner at Lake Flower and seeing - and hearing - the crowd at the finish. Let the celebration begin! 🏆

Joe Moore (placidboats@gmail.com) is the owner of Placid Boatworks. The company manufactures lightweight carbon/Kevlar canoes and has a full-service paddling shop on Station Street in Lake Placid.

MOUNTAIN BIKING cont from page 1

On the down side, there are no beginner trails. There are sections that flow but they typically connect obstacles. If you're new to mountain biking or you're looking for smooth, sit-and-pedal singletrack, there are now other trail systems a short drive away that have easier trails. But at Daniel's there are intermediate trails - with some expert features you can walk if you choose to - and expert trails with a few features I've never even been tempted to ride.

The first time I rode the Dragon's Back it wasn't even intentional. I was new to the area and hooked-up with a group of guys who invited me to tag-along on a night ride. At one point I was tight on the wheel of a guy on the Putnam Dam Trail, and could only see him and the few feet of trail between us in my lights. Suddenly he rode up the side of a boulder and onto a ridge of granite. I managed to ride up the boulder and stay on his wheel, but now the rock was dropping out of sight on both sides of me. Again, he rode up a ledge with a rock placed like a ramp in front of it. I tried not to tense-up, lifted my front wheel, and kept pedaling until the granite brought me back to dirt.

I didn't ride the Dragon's Back for at least a year after that. In the day time, when you're not stupidly stuck to a stranger's wheel, you can see that it rises 10 or so feet from the forest floor, and is sloped enough on either side that you're not likely to die if you fall off. I can attest to that since I've fallen off both sides! But in the dark, lifting over ledges with nowhere to put your feet if you have to dab can have an impact. I've ridden it many times since, but only when I'm "on" and the tires are sticking. Also the moon has to be aligned with Venus, I need to have sprinkled chicken blood over white candles, etc.

For some of us, these challenges are a big part of why we ride. I'm glad to say that the trails remain bony and technical. As well, the DEC has built a proper parking lot at the clearing, and resolved an access road dispute with a neighboring land owner. SMBA remains as official DEC trail stewards to maintain and potentially build in the forest. The Daniel's Road trails are the same and now there's better access. I'll call that a win-win!

Saratoga Mountain Bike Association also stewards the Pittstown State Forest trails, and the Poestenkill Community Forest trails are being established by the Rensselaer Plateau Alliance (teamed with SMBA) - both trail systems are about 15 miles east of Troy. SMBA membership dues have been reduced, since we no longer have to pay a lease and riders are no longer required to buy a membership to ride the trails - although we still have expenses so please do buy a membership at saratogamtb.org. Join us for SMBA's **Grafton Rocks Mountain Bike Festival** on Saturday, June 11 at Grafton Lakes State Park in Grafton with group rides, demo bikes, activities, food vendors and raffles. 🍷

Drew Roginski (drew_roginski@yahoo.com) is a stay-at-home Dad/trophy husband in Saratoga Springs. He is also currently the SMBA Vice President North.



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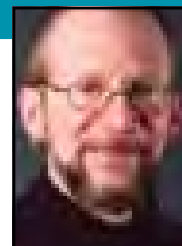
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NON-MEDICATED LIFE



Choosing the Appropriate Treatment for GERD

By Paul E. Lemanski, MD, MS, FACP



Editor's Note: This is the 71st in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 70 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. When implemented by an individual, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects, and may reduce the number and amount of medications – and may allow actual discontinuation of medication.

The benefits of a lifestyle approach over a drug approach are exemplified in the treatment of gastro-esophageal reflux disease (GERD) with proton pump inhibitors (PPIs), which while widely used have recently been shown to be associated with serious side effects with long term use.

GERD is a very common disorder in which acid moves from the stomach toward the mouth through the esophagus, the muscular tube which connects the two. Normally, such a movement of acid is prevented, in part, by a tight ring of muscle, called a sphincter at the base of the esophagus. This muscular ring temporarily relaxes to allow food moving down the esophagus to enter the stomach, only to quickly retighten. There are conditions, however, when this normal process is compromised.

If the sphincter is relaxed, then acid from the stomach may reflux back into the esophagus causing symptoms of heartburn, difficul-

ty and pain on swallowing, and even chronic cough. Ingested substances which may relax the sphincter include caffeine, alcohol, and chocolate. Additionally, increased pressure in the abdomen may force acid retrograde through a normally tightened sphincter, or through a sphincter partially relaxed by even modest consumption of such substances. Increased abdominal pressure occurs with increased body weight, and especially with obesity, and the use of tight garments and overly restrictive belts. Further, increased stomach acid will also increase the probability that some of the increased volume of acid will reflux back into the esophagus. Finally, associated conditions such as hiatal hernia may exacerbate reflux.

PPIs (e.g., esomeprazole, lansoprazole, omeprazole, pantoprazole and rabeprazole) are drugs which work to reduce GERD by inhibiting an enzyme in the stomach wall central to acid production. Indeed, they work effectively to treat any condition related to stomach acid, including the healing of gastro-duodenal ulcers, the prevention of gastro-duodenal ulcers associated with non-steroidal anti-inflammatory drugs, the eradication of the ulcer producing bacterium *H. pylori*, and the healing of inflammation and ulcers of the esophagus. They are especially useful in the treatment of a pre-malignant condition of the esophagus, called Barrett's esophagus, in which uncontrolled GERD may actually lead to cancer of the esophagus.

Unfortunately, PPIs, as with most medications, have side effects. Moreover, the side effects are increased by the typical long-term use of the drugs. Recently, three main concerns with the long term use of PPIs have received attention: possible infections, disturbances of blood minerals such as calcium and magnesium, and metabolic bone disease.

Gastric acid is normally beneficial in that it helps to kill bad bacteria that are ingested with food. PPI use has been associated with diarrhea caused by the bacteria *clostridia*

difficile (*c. diff*), even in those not taking antibiotics, which normally predispose to its growth in the bowels. As a consequence, the FDA has issued a safety alert to consider *c. diff* associated disease in those using PPIs who have persistent unexplained diarrhea. FDA is also recommending practitioners prescribe the lowest dose and the shortest duration of therapy for conditions treated with PPIs. Additionally, the decrease in gastric acid in the stomach from PPI use may allow bad bacteria to colonize the upper gastrointestinal tract, and may increase the risk of pneumonia – an issue of potential concern for those with chronic obstructive pulmonary disease.

Gastric acid is also beneficial in the absorption of minerals, including magnesium and calcium. The significant reduction of stomach acid occurring with PPIs has been associated with reduced absorption of these minerals when used long term – generally more than one year. The FDA has suggested that practitioners consider measuring magnesium levels prior to starting PPIs and periodically in those expected to remain on a drug long-term. Low magnesium may increase the risk for heart arrhythmias. Because of possible reduced calcium absorption and possible adverse impact on bone density, the FDA is also suggesting the lowest dose and shortest course of PPI use that is appropriate.

Given these concerns, a non-medicated approach to GERD should be implemented both to decrease the dose used, and to possibly discontinue use when possible and appropriate. Patients should always first discuss the risk and benefits of decreasing and discontinuing PPI treatment with their primary care physician before implementing. Conditions such as Barrett's esophagus, which may increase the risk of cancer of the esophagus, generally, would preclude discontinuation.

The non-medicated approach to GERD includes a reduction of substances which relax

the lower esophageal sphincter, a reduction in substances that increase stomach acid, and a reduction of abdominal pressure. Reducing and/or eliminating caffeine consumption by switching to decaffeinated coffee and tea is generally helpful. So is reducing and/or eliminating alcohol consumption. Both caffeine and alcohol both relax the sphincter and increase acid produced by the stomach. Chocolate consumption should be minimized or eliminated if possible. For those who use tobacco a reduction in cigarette use, e-cigarettes, cigars, pipe tobacco, and chewing tobacco will help reduce stomach acid and decrease GERD.

A reduction in body weight will decrease abdominal pressure and as little as five to seven pounds of weight loss may decrease GERD, especially when combined with the dietary changes mentioned above. Avoidance of restrictive garments and bending over after a meal will help decrease reflux. Ensuring that the evening meal is consumed at least four to five hours prior to bedtime will also decrease the probability of reflux occurring. Finally, elevating the head of the bed with four- to six-inch blocks may also decrease abdominal pressure, and thereby reduce the chance of reflux.

In summary, GERD is a significant medical condition causing symptoms of heartburn, difficulty and pain on swallowing and cough. It may, when inadequately treated, lead to a condition called Barrett's esophagus, and even esophageal cancer. PPIs have proven to be an effective treatment for GERD. Nevertheless, PPI are strong medications with some significant side effects including possible increased risk of bowel infections, pneumonia, and malabsorption of minerals such as calcium and magnesium, leading to bone thinning and possible heart arrhythmias.

Implementation of a non-medicated approach to GERD may allow reduction in the dose of PPI and may allow discontinuation of PPI when not absolutely necessary. As such, diet and lifestyle may avoid the proverbial bottle of pills in the treatment of one of our most widespread and significant medical problems. ▬

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

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RACE RESULTS

7TH ANNUAL PLATTSBURGH HALF MARATHON, RELAY & 10K RUN
May 1, 2016 • City Recreation Center, Plattsburgh
HALF MARATHON - 13.1 MILES
MALE OVERALL
1 Jeremy Drowne 38 West Chazy 1:14:26
2 Sean Davis 25 Lake Placid 1:18:32
3 Kevin Bouchard-Hall 34 Wadhams 1:18:49
FEMALE OVERALL
1 Erin Lopez 35 Saratoga Springs 1:23:13
2 Sarah Waterman Mann 32 Burlington, VT 1:26:44
3 Lindsay Douglas 26 Plattsburgh 1:28:51
MALE AGE GROUP: 1 - 14
1 Morgan Phelix 14 Bombay 1:58:01
2 Kade Sellars 9 Plattsburgh 2:00:36
3 Myles Madill 14 Mineville 2:02:36
FEMALE AGE GROUP: 1 - 14
1 Nora Graves 12 Plattsburgh 2:19:16
MALE AGE GROUP: 15 - 19
1 Anthony Pelella 18 Highland Falls 1:21:52
2 John Weed 18 Rochester 1:21:57
3 Christopher Cruz 19 Potsdam 1:29:29
FEMALE AGE GROUP: 15 - 19
1 Carrie Pomainville 19 Malone 1:34:51
2 Elysha O'Connell 17 Dannemora 1:36:34
3 Lindsey Gonyea 17 Plattsburgh 1:44:17
MALE AGE GROUP: 20 - 24
1 Brendan Connor 23 Hudson 1:20:09
2 Benjamin Ru Shelton 20 Rochester 1:23:22
3 Kevin Johnson 22 Camden 1:23:22
FEMALE AGE GROUP: 20 - 24
1 Michaela Von Elbe 24 Plattsburgh 1:48:20
2 Brittany Friddrich 23 Plattsburgh 1:49:01
3 Kimberley Dragoon 24 Mooers 1:50:51
MALE AGE GROUP: 25 - 29
1 Abe Armani-Munn 27 Plattsburgh 1:22:53
2 Jonathan Gooch 29 Geneva 1:32:31
3 Kyle Devins 26 Plattsburgh 1:34:05
FEMALE AGE GROUP: 25 - 29
1 Andrea Maynard 25 Plattsburgh 1:36:13
2 Tara Williams 25 Albany 1:42:41
3 Hilary Therrien 29 Saint Albans, VT 1:42:57
MALE AGE GROUP: 30 - 34
1 Brian Wilson 33 Dannemora 1:23:47
2 Chris Schudde 31 Plattsburgh 1:26:24
3 Peter Hurd 33 Essex Junction, VT 1:29:49
FEMALE AGE GROUP: 30 - 34
1 Constance Hammaker 31 Plattsburgh 1:38:28
2 Jennifer Lund 34 Alburgh, VT 1:38:49
3 Sara Arnold 33 Plattsburgh 1:50:08
MALE AGE GROUP: 35 - 39
1 Philip Lynch 36 Saranac 1:22:43
2 Thomas Roberts 37 Plattsburgh 1:24:20
3 Joreh Parotte 39 Plattsburgh 1:26:09
FEMALE AGE GROUP: 35 - 39
1 Cassie Sellars 39 Plattsburgh 1:32:57
2 Jill Kanaly-Demers 37 Chazy 1:37:00
3 Frances Ness 35 Schenectady 1:40:53
MALE AGE GROUP: 40 - 44
1 Tim Richmond 41 Milton, VT 1:28:31
2 Owen Kelso 42 New Windsor 1:35:00
3 Anthony Betrus 44 Potsdam 1:46:20
FEMALE AGE GROUP: 40 - 44
1 Kristen Betrus 43 Potsdam 1:32:29
2 Christy Giambruno 43 Queensbury 1:39:49
3 Stephanie Gradson 40 Candiak, QC 1:45:40
MALE AGE GROUP: 45 - 49
1 Jeffrey Jodoin 47 Milton, VT 1:29:39
2 Jeffrey Burdo 49 Morrisville 1:36:26
3 Fred Tardif 47 Mercier, QC 1:38:21
FEMALE AGE GROUP: 45 - 49
1 Debbie Pomainville 47 Malone 1:37:40
2 Lauren Cady 47 South Burlington, VT 1:53:23
3 Tanya Selvaag 46 Plattsburgh 1:57:48
MALE AGE GROUP: 50 - 54
1 Stanley Hatch 54 Cadyville 1:29:19
2 Russell Coombe 53 Malone 1:33:52
3 Jeff Dodge 51 Plattsburgh 1:35:24
FEMALE AGE GROUP: 50 - 54
1 Linda Shepard 52 Plattsburgh 1:46:40
2 Lori Hennessey 52 Hinesburg, VT 1:53:19
3 Leanne Macey 52 Champlain 1:54:26
MALE AGE GROUP: 55 - 59
1 Robert Morganson 58 Lake Placid 1:48:45
2 Kevin Radigan 56 Burnt Hills 1:51:07
3 Bob Durocher 55 Plattsburgh 1:52:21
FEMALE AGE GROUP: 55 - 59
1 Alicia Chase 56 Cadyville 1:48:00
2 Lynne Glenn 57 Plattsburgh 2:20:45
3 Sylvie Frisbie 58 South Burlington, VT 2:22:05
MALE AGE GROUP: 60 - 64
1 Donnie Armstrong 63 Plattsburgh 1:38:50
2 Michael Burtleigh 60 Saranac 1:49:48
3 Tony Searing 61 Morrisville 1:52:55
FEMALE AGE GROUP: 60 - 64
1 Sandy Rasco 64 Cadyville 1:58:14
2 Ellen Wolfson 63 Burlington, VT 2:21:59
3 Carol Thayer 60 Burlington, VT 2:33:04
MALE AGE GROUP: 65 - 69
1 Barry Fitz-James 65 Lake Placid 2:05:22
2 William Ames 69 Homer 2:12:20
3 John Paro 66 Richmond, VT 2:45:43
FEMALE AGE GROUP: 65 - 69
1 Gail Stewart-Parson 69 Plattsburgh 2:40:31
2 Anna D'Angelo 67 Peru 2:56:42
3 Sheila Dumont 68 Plattsburgh 2:59:24
MALE AGE GROUP: 70 - 74
1 Michael Lafontaine 74 Champlain 2:13:45
HALF MARATHON: TWO-PERSON RELAY
1 biggie SMALLS 1:14:57
Matthew Medeiros/Sara Dunham
2 Team Strangers 1:33:38
Laura Haley/Brandon Darrah
3 Team TNT 1:39:39
Thomas Webb/Tiffany Berry
MALE TEAMS
1 Placid Planet Bicycles 1:29:15
Jason Amorelli/David Smith
2 Fallen Arch 1:30:05
Bob Tysen/Kyle Smith
3 Young Ryan & Mikey D 1:33:08
Ryan Davis/Michael Davis
FEMALE TEAMS
1 Scrambled Legs & Achin 1:48:42
Katie Macey/Anna Wallis
2 No Wheels 1:51:20
Shannon Drowne/Gretchen Lefevre
3 2FB 1:52:08
Alison Provost/Brooke Kelley
10K RUN
MALE OVERALL
1 Peter Gordon 50 Burke 41:57
2 Daniel Edelstein 58 Saranac Lake 42:08
3 Jim Allott 30 Plattsburgh 42:12
FEMALE OVERALL
1 Marne Pike 24 Plattsburgh 47:39
2 Elizabeth Lawliss 28 Rochester 53:05
3 Kristie Kagan 33 Plattsburgh 53:30
MALE AGE GROUP: 1 - 14
1 Max Favro 11 Rouses Point 58:12
2 Nathaniel Lambert 7 Plattsburgh 1:00:57
FEMALE AGE GROUP: 15 - 19
1 Abbey Favro 15 Rouses Point 1:17:27
MALE AGE GROUP: 20 - 24
1 Maureen Pellerin 23 Ellenburg Depot 1:10:01
2 Bethany Strand 24 Fairfax, VT 1:14:00
3 Nicole Annis 24 Morrisville 1:14:00
MALE AGE GROUP: 25 - 29
1 Brady Therrien 28 Saint Albans, VT 47:56
2 Drew Bombard 25 Plattsburgh 54:18
3 Seth Boone 28 Saratoga Springs 1:00:33
FEMALE AGE GROUP: 25 - 29
1 Amanda Goodfellow 26 Cadyville 55:05
2 Kelsey Harvey 25 Chazy 59:20
3 Hayden Courneene 27 Saratoga Springs 1:00:33
MALE AGE GROUP: 30 - 34
1 Andrew Cheney 30 Swanton, VT 57:29
2 Stephen Didomenico 30 Plattsburgh 57:58
FEMALE AGE GROUP: 30 - 34
1 Lauren Luck 31 Morrisville 53:31
2 Anna Millea 32 Saratoga Springs 56:38

7TH ANNUAL PLATTSBURGH HALF MARATHON, RELAY & 10K RUN continued
3 Sabrina Paine 34 Morrisonville 58:40
1 Michael Flaherty 37 Plattsburgh 46:20
2 Robert Brown 39 Cadyville 52:49
FEMALE AGE GROUP: 35 - 39
1 Christina Sisto 37 Bombay 58:06
2 Sarah Wojtaszek 39 Lyon Mountain 59:42
3 Nakina Clark 36 Pincourt, QC 1:02:36
MALE AGE GROUP: 40 - 44
1 Robert Pilles 42 Middle Grove 47:46
2 Dave Clark 41 Pincourt, QC 58:12
3 Benjamin Favro 41 Rouses Point 58:22
FEMALE AGE GROUP: 40 - 44
1 Carmen Chroback 44 Plattsburgh 55:16
2 Sonya Lambert 43 Plattsburgh 1:00:56
3 Michelle Reynolds 42 Plattsburgh 1:02:30
MALE AGE GROUP: 45 - 49
1 Ted Dominy 46 Parishville 47:44
2 Tremblay Stephane 47 Longueuil, QC 54:38
3 Gary Kroll 46 Plattsburgh 56:36
FEMALE AGE GROUP: 45 - 49
1 Susan Dodds 46 Parishville 54:18
2 Emily McKernan 48 Dickinson Center 58:24
3 Donna Kavanaugh 48 Rouses Point 1:00:08
FEMALE AGE GROUP: 50 - 54
1 Jane Foley-Graeff 52 Saratoga Springs 1:00:43
2 Kimberly Lashway 50 Altona 1:14:20
3 Lori Poirier 51 Moira 1:14:21
MALE AGE GROUP: 55 - 59
1 John Farrell 59 Cadyville 1:14:12
2 Lawrence Reynolds 59 Massena 1:39:04
FEMALE AGE GROUP: 55 - 59
1 Wendy Bezio 55 Plattsburgh 1:04:56
MALE AGE GROUP: 60 - 64
1 Patrick Remillard 61 Plattsburgh 53:36
2 John Remillard 62 Plattsburgh 56:11
FEMALE AGE GROUP: 60 - 64
1 Brenda Drowne 62 Plattsburgh 1:26:58
MALE AGE GROUP: 65 - 69
1 Jay Frank 66 Keeseville 1:21:03
Courtesy of City of Plattsburgh Recreation Department

8TH ANNUAL MIDDLEBURY MAPLE RUN: HALF MARATHON & RELAY
May 1, 2016 • Porter Hospital, Middlebury, VT
HALF MARATHON - 13.1 MILES
MALE OVERALL
1 Lee Berube 25 Syracuse 1:13:47
2 Quinn Parker 22 Hampton, NH 1:22:34
3 Julian Billings 21 Middlebury, VT 1:23:37
FEMALE OVERALL
1 Phoebe Novello 22 West Windsor, VT 1:21:18
2 Jessica Bashaw 33 Cambridge 1:25:48
3 Kaitlin Sheedy 33 Cambridge, MA 1:26:25
MALE MASTER OVERALL
1 Jason Shugart 40 Vergennes, VT 1:23:52
FEMALE MASTER OVERALL
1 Kerri Thomas 40 Middle Granville 1:36:04
MALE AGE GROUP: 15 & UNDER
1 Gabriel Cason 13 Middlebury, VT 2:00:00
FEMALE AGE GROUP: 15 & UNDER
1 Lila Carleton 13 Huntington, VT 1:56:30
MALE AGE GROUP: 16 - 19
1 Sohan Tyner 16 Leverett, ME 1:24:31
FEMALE AGE GROUP: 16 - 19
1 Christina Wulff 19 Hanover, NH 1:34:35
MALE AGE GROUP: 20 - 29
1 Varun Gopinath 24 Manchester, NH 1:24:45
FEMALE AGE GROUP: 20 - 29
1 Carolyn Stocker 23 Westfield, MA 1:32:39
MALE AGE GROUP: 30 - 39
1 James Ebberson 30 Seattle, WA 1:25:28
FEMALE AGE GROUP: 30 - 39
1 Lindsay Simpson 39 Waterbury, VT 1:28:42
MALE AGE GROUP: 40 - 49
1 Bertram Johnson 43 Burlington, VT 1:27:18
FEMALE AGE GROUP: 40 - 49
1 Tiffany Teaford 49 Peru, VT 1:41:41
MALE AGE GROUP: 50 - 59
1 John Berling 58 Burlington, VT 1:34:42
FEMALE AGE GROUP: 50 - 59
1 Dot Martin 55 Montpelier, VT 1:36:57
MALE AGE GROUP: 60 - 69
1 John Lent 61 Waltham, VT 1:42:19
FEMALE AGE GROUP: 60 - 69
1 Carlie Krolchik 61 Charlotte, VT 1:53:16
RELAY TEAM: MALE
1 Fastwalkers/Joshua Walker/Brett Walker 1:22:14
RELAY TEAM: FEMALE
1 The Brattlebabes/Susannah Poland/Ryanne Fujita-Conrads 1:31:17
RELAY TEAM: MIXED
1 Madtom/Tom Dils/Maddie Leopold 1:31:09
Courtesy of Addison County Chamber of Commerce

SPRING HAS SPRUNG DISTANCE FESTIVAL:
22ND ANNUAL ANYONE CAN TRI TRIATHLON & KIDS' CAN TRI TOO
May 1, 2016 • Southern Saratoga YMCA, Clifton Park
350-YARD SWIM, 11-MILE BIKE, 5K RUN
MALE OVERALL
1 Stefano Fontana 27 Troy 57:06
2 Pat Sommo 48 Guilderland 58:06
3 Mike Rosa 39 Clifton Park 59:18
FEMALE OVERALL
1 Sarah Evans 25 Clifton Park 1:04:12
2 Caitlin Joyce 25 Clifton Park 1:09:30
3 Cara Gleason Krebs 41 Burlington, VT 1:10:08
FEMALE AGE GROUP: 1 - 14
1 Susanna Price 13 Clifton Park 1:26:23
2 Jillian Richards 11 Corinth 1:34:49
MALE AGE GROUP: 15 - 19
1 Colin Leonard 15 Slingerlands 1:17:14
2 Adolfo Arana Jr. 15 Clifton Park 1:56:54
FEMALE AGE GROUP: 15 - 19
1 Jordyn Sommo 16 Guilderland 1:11:38
FEMALE AGE GROUP: 25 - 29
1 Colleen Dolnik 29 Schenectady 1:46:44
MALE AGE GROUP: 30 - 34
1 Charlie Dolnik 31 Albany 1:02:02
2 Brian Lusignan 31 Delmar 1:06:45
3 Christopher Tocin 34 Albany 1:07:59
FEMALE AGE GROUP: 30 - 34
1 Jessica Miller 32 Burnt Hills 1:13:32
2 Jessie Sangster 34 Queensbury 1:18:21
3 Anna Castelli 34 Ballston Lake 1:38:23
MALE AGE GROUP: 35 - 39
1 Greg Antolick 39 Wynantskill 1:09:13
2 Charles Trombley 37 Athens 1:13:53
3 David Rick Is 37 Clifton Park 1:16:09
FEMALE AGE GROUP: 35 - 39
1 Erin Reep 35 Athens 1:20:40
2 April Russell 35 Ballston Lake 1:39:51
3 Colleen Laven 39 Troy 2:04:02
MALE AGE GROUP: 40 - 44
1 Matt Turek 43 Burnt Hills 59:23
2 Bernie Landa 44 Clifton Park 1:03:05
3 Scott Castelli 41 Ballston Lake 1:06:54
FEMALE AGE GROUP: 40 - 44
1 Lori Antolick 41 Wynantskill 1:12:08
2 Shelly Price 41 Clifton Park 1:29:39
3 Lori Langdon 40 Saratoga Springs 1:49:12
MALE AGE GROUP: 45 - 49
1 Todd Davenport 45 Delmar 1:15:20
2 Robert Kennedy 47 Ballston Lake 1:25:56
3 Adolfo Arana 49 Clifton Park 1:30:38
FEMALE AGE GROUP: 45 - 49
1 Tammy Halpern 49 Clifton Park 1:13:28
2 Rebecca Phillips 48 Schenectady 1:30:26
3 Dayna Manciccia 47 Albany 1:34:20
MALE AGE GROUP: 50 - 54
1 Lars Liebmann 53 Mechanicville 1:03:20
2 Timothy Landis 51 Clifton Park 1:10:06
3 Michael Radaelli 50 Ballston Lake 1:29:26
FEMALE AGE GROUP: 50 - 54
1 Lori Smith 54 Albany 1:31:30
MALE AGE GROUP: 55 - 59
1 Thomas Dalton 57 Schenectady 1:04:36
2 Michael Boskin 58 Albany 1:19:02
3 Yossi Koren-Roth 57 Delmar 1:26:22
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22ND ANNUAL ANYONE CAN TRI TRIATHLON & KIDS' CAN TRI TOO continued

Table with race results for Female Age Group: 55-59, Male Age Group: 60-64, Female Age Group: 60-64, Female Age Group: 65-69, Male Age Group: 75-79, Male Age Group: 80-84, Relay Teams, Kids' Tri Too: Ages 8 & Under, Male Overall, Female Overall, Male Age Group: 5-6, Female Age Group: 7-8, Male Age Group: 9-10, Female Age Group: 9-10.

SPRING HAS SPRUNG DISTANCE FESTIVAL: 3RD ANNUAL SPRING HAS SPRUNG 10-MILE RUN & 5K RUN May 1, 2016 • Southern Saratoga YMCA, Clifton Park

Table with race results for 10-Mile Run (Male Overall, Female Overall, Male Age Group: 25-29, Female Age Group: 25-29, Male Age Group: 30-34, Female Age Group: 30-34, Male Age Group: 35-39, Female Age Group: 35-39, Male Age Group: 40-44, Female Age Group: 40-44, Male Age Group: 45-49, Female Age Group: 45-49) and 5K Run (Male Overall, Female Overall, Male Age Group: 1-14, Female Age Group: 1-14).

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3RD ANNUAL SPRING HAS SPRUNG 10-MILE RUN & 5K RUN continued

Table with race results for Female Age Group: 20-24, Female Age Group: 25-29, Female Age Group: 30-34, Male Age Group: 35-39, Female Age Group: 35-39, Male Age Group: 40-44, Female Age Group: 40-44, Female Age Group: 45-49, Male Age Group: 45-49.

8TH ANNUAL CHERRY BLOSSOM 5K RACE FOR ALS May 1, 2016 • Congregation Gates of Heaven, Niskayuna

Table with race results for Male Overall, Female Overall, Male Age Group: 1-14, Female Age Group: 1-14, Male Age Group: 15-19, Female Age Group: 15-19, Male Age Group: 20-24, Female Age Group: 20-24, Male Age Group: 25-29, Female Age Group: 25-29, Male Age Group: 30-34, Female Age Group: 30-34, Male Age Group: 35-39, Female Age Group: 35-39, Male Age Group: 40-44, Female Age Group: 40-44, Male Age Group: 45-49, Female Age Group: 45-49.

Advertisement for Shulman Howard & McPherson LLP Attorneys at Law, featuring text: 'SHULMAN HOWARD & MCPHERSON LLP ATTORNEYS AT LAW', 'Real Estate • Wills & Trusts • Estates Bankruptcy • Land Use & Zoning Corporations • Traffic Court & DWI'.

Advertisement for Ron Houser, C. Ped., featuring text: 'Ron Houser, C. Ped.', 'ABC Board Certified Pedorthist', 'Evaluation • Casting Manufacturing', 'Custom Footbeds & Orthotics Made On-Site for Athletes, Hikers & Everyday Victims of Gravity'.

Advertisement for Expo & Packet Pick-up for the Hudson Mohawk Road Runners Club Marathon and Half Marathon, featuring text: 'EXPO & PACKET PICK-UP Saturday, October 8 • 10am-6pm • Hilton Albany, Albany', 'DON'T MISS THIS EXHIBITOR OPPORTUNITY!', '2,500 registered runners of the MHR Marathon and Half Marathon will come to the Expo to pick-up their registration materials'.

Advertisement for Adirondack Sports, featuring text: 'ADIRONDACK SPORTS', 'Get Your Adirondack Sports Gear!', 'Gender-specific tech or cotton shirts \$10', 'Black or white running hats \$10', 'Car magnets \$2', 'Order at adksports.com or call (518) 877-8788'.

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