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**ADIRONDACK
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**WINTER
EXPO**

NOVEMBER 19 & 20
Saratoga Springs City Center • 522 Broadway

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Winter is Making a Comeback!

SARATOGA SPRINGS - Winter is making a comeback at the sixth annual Adirondack Sports Winter Expo, which returns to the Saratoga Springs City Center on Saturday-Sunday, November 19-20. The show features 100 exhibitors covering ALL winter sports and everything attendees need for alpine skiing, cross country skiing, snowshoeing, plus winter health, fitness, travel and much more!

There will be great sales on alpine gear and clothing from Steiner's Ski & Bike; Nordic gear from XC ski shops; outdoor gear, clothing and footwear from Mountainman Outdoors; plus, demos, seminars and fun family activities. Attendees will be eligible to win \$5,000 in prizes to ski resorts, outdoor shops, winter/summer races, health professionals, fitness centers, and travel destinations.

With winter barely making an appearance last year, optimism for a great season is in the air! On the alpine side, reps from Gore, West, Whiteface, Willard and more, plus ski shops will be on hand to help you get ready for winter adventures.

The Adirondack Sports expo will have a nice mix of retailers, businesses and organizations selling and presenting their products and services. This includes Garnet Hill Lodge, High Peaks Cyclery, Dion Snowshoes and more. Many outdoor sports clubs in the area will be represented, including Out of Control Ski Club, Shen Nordic Club, Saratoga Stryders, HURT Nordic, and Metroland Ski Club.

You can learn more about what's new - World Snowshoe Racing Championships in Saranac Lake, Gore's Ski Bowl Nordic Center, Rikert Nordic Center, New York Museum of Skiing and Hall of Fame, NeviTrek Snowshoes, Majestic Heli Ski Alaska,

Adirondack Wilderness Advocates, Upper Hudson Trails Alliance, Wilderness Water & Woods, and JDRF's Ride to Cure Diabetes coming to Saratoga Springs.

If you're not in love with winter, but more into healthy living, summer sports or protecting our environment, we've also got a lot for you: 9 Miles East, Apex Solar Power, St. George's Turkey Trot, Arbonne, The Crux Climbing Center, Northeast Foot Care, Proactive Chiropractic, Rodan + Fields, Real Time Pain Relief, Rollga, US Sherpa and more.

Fun activities for adults and families include Damien's Rock Wall, and the interactive Health, Fitness and Recovery Zone. The Regional Food Bank of Northeastern New York will be on hand to collect food and monetary donations over the weekend. Attendees with Food Bank donations receive additional tickets to increase their chances of winning prizes!

The Adirondack Sports Winter Expo takes place on Saturday-Sunday, November 19-20 at the Saratoga Springs City Center. Admission is \$5 for adults, 18-under is free. Hours are Saturday from 10am-5pm and Sunday from 10am-4pm.

The Winter Expo brings Adirondack Sports magazine to life! Based in Clifton Park, the free distribution magazine covers individual aerobic sports, fitness and travel since 2000, with a monthly circulation of 20,000 copies and complete issues online at www.AdkSports.com. It has been the Capital-Adirondack region's guide for outdoor sports and fitness enthusiasts since 2000. For more info, call (518) 877-8788, visit www.AdkSports.com, or go to www.Facebook.com/AdirondackSports.

See **WINTER EXPO GUIDE** 14 ►

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What's New on the Slopes!



WEST MOUNTAIN

By Jeff Farbaniec

After last year's dud of a winter, things can only get better for snow lovers this winter. The official start of the ski season is still a few weeks away, but snow has already fallen in the mountains and die-hards have been earning turns on the Whiteface auto road since as early as October 22. Here's a look at what's new at ski areas across the region.

For the Olympic Region Development Authority, which operates Gore Mountain and Whiteface in the Adirondacks and Belleayre Mountain in the Catskills, energy and environmental initiatives are at the forefront. All three ski mountains have committed to using solar and other renewable energy sources to power their snowmaking and ski lift operations.

At Gore, a newly completed 20-acre solar facility will offset 85% of the ski area's annual electricity consumption. At Whiteface, 100% of last winter's operations were powered by renewable energy, and a new solar facility currently under construction will further their commitment to renewable energy.

Skiers may not notice the switch to renewable energy, but they're sure to notice the impact of snowmaking upgrades this season. Gore has added 66 new high-efficiency snow guns to their fleet, and Whiteface has added 55 new high-efficiency guns. The new guns produce more snow at a fraction of the energy consumption of the guns they replace. Between Gore and Whiteface nearly 500 of the high-efficiency guns have been purchased over the past five years.

Gore's environmental efforts were recognized this past summer with a prestigious Golden Eagle Award for Overall Environmental Excellence. The award recognizes not only Gore's new solar power purchasing plans and snowmaking efficiency upgrades, but also more service of locally-sourced foods, environmental education efforts around the mountain, and various recycling and other energy reduction efforts.

Nordic skiers have plenty to get excited about at Gore too. A new 4.3K network of six looped trails has been constructed at the Ski Bowl, Gore's "second hub" at the foot of Little Gore Mountain. Four of the Nordic trails will be equipped with lights and snowmaking. Access to the trail system is included with all day tickets and season passes.

Just outside the Adirondack Park, West Mountain in Queensbury has seen more than its fair share of improvements under new ownership that has been in place since 2013. Last year saw the debut of the new West Express triple chairlift and the Gnar Wall, a black diamond trail that follows the lift line of the West Express. Plans are in place for replacement of the Northwest triple chair, but that project will have to wait until at least 2017-18 for completion. Crews have renovated the long dormant lodge at the Northwest base area for this winter, and the plan is to offer limited food and beverage service there. West's rental shop has purchased a new \$350,000 fleet of rental skis as well as a new automatic tuning machine.

Willard Mountain, located just outside Greenwich, is well-known for their popular learning programs. Willard's six-week Little Colonel program for ages four to seven often fills by early December, so call soon to enroll.

Maple Ski Ridge, located in Rotterdam, is also well-known for their popular learning programs. Maple Ridge's weekend and after-school learning programs fill up early so act fast. Enroll before November 30 to take advantage of pre-season discounts. Maple Ski Ridge is now going to offer Nordic skiing on Monday nights.

McCauley Mountain in Old Forge is targeting December 10 for their first day of operations this winter, earlier if Mother Nature cooperates. Located in the snowbelt of the western Adirondacks, McCauley offers a variety of skiing on more than 600 feet of vertical.

Royal Mountain, in Caroga Lake, is a local favorite among Capital District skiers. Two new fan guns have been added to the snowmaking plant this year, bring their five-year total investment in snowmaking improvements to more than a half-million dollars.

Oak Mountain, in Speculator, has widened the Kunjamuk trail, run timing cables and made other improvements so that Kunjamuk is now a USSA-sanctioned racing slope. Snowmaking improvements continue with a new fan gun to be used around the base area and bunny hill.

Mother Nature was not kind to Hickory Ski Center in Warrensburg and Big Tupper in Tupper Lake last winter. Both ski areas rely 100% on natural snow, and were unable to open. As of this writing, Big Tupper's plans



GORE MOUNTAIN



MAPLE SKI RIDGE

for this winter are on hold, but Hickory is planning to operate on weekends and holidays if conditions allow, offering skiers and riders some of the most challenging natural snow terrain in the east as well as groomed slopes for beginners and intermediates.

Titus Mountain, located near Malone, continues to make snowmaking upgrades. A park groomer was purchased near the end of last season and should pay big dividends in terms of snow conditions in Titus' terrain parks this winter. Titus is shooting to open as early as Thanksgiving weekend if conditions allow.

Snow Ridge, located in the Tug Hill region, is another snowbelt favorite among skiers. Boasting some of the highest annual snowfall totals east of the Rockies, Snow Ridge's new owners are looking forward to even more powder days this winter.

Another popular learning area is Woods Valley, about two hours west of Albany, near Rome. Woods Valley has upgraded their snowmaking plant with 20 new guns and 4,000 feet of new snowmaking pipe for this winter. There's also a new tubing park with its own snowmaking, magic carpet lift, and dedicated tubing lanes.

Down in the Catskills, things are hopping at Windham Mountain. There's a new demo center, a renovated rental shop and an enhanced learn to ski program. Snowmaking improvements continue as well, along with a new groomer.

Hunter Mountain saw big upgrades last year, with over \$1.2 million invested in snowmaking improvements. The snowmaking upgrades continue this year as well. Also new is Hunter Mountain's ownership. Now part of Peak Resorts, Peak Pass holders enjoy access to Hunter, Mount Snow and five other resorts.

Crews have been busy at Plattekill Mountain, located just outside Roxbury, as well. Snowmaking has been added to the Buckle Up and Crossover trails, and Crossover has been widened. Back at the lodge there's a new deck. Also new this year is their participation in the Freedom Pass, where season



WILLARD MOUNTAIN

passholders receive three complimentary lift tickets at 12 partner mountains from Maine to Alaska, including Vermont's Magic Mountain and Bolton Valley.

At Belleayre Mountain, crews have expanded the beginner terrain surrounding Discovery Lodge, nearly doubling it in size. Crews have also been expanding Belleayre's glades, including the new Dreamcatcher Glade. Belleayre is often the first Catskill ski resort to open, so check for upcoming opening day announcements.

Whether you ski in the Adirondacks, Capital Region or Catskills, it's time to get your gear together, make sure you've got snow tires on your car, clear your weekend schedule, and get ready to hit the slopes. The best time of year is right around the corner! ❄️

Jeff Farbaniec of Saratoga Springs is an avid telemark skier and Adirondack 46er who writes *The Saratoga Skier & Hiker* (saratogaskier.blogspot.com), a blog of his primarily Adirondack outdoor adventures.

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Girls on the Run 5K

ALBANY – The Girls on the Run 5K will be on Saturday, November 19 at the Corning Preserve Boat Launch in Albany. The 5K is fundraiser for Girls on the Run Capital Region chapter. Over a period of ten weeks, girls in the third through fifth grades participated in an after-school program. “Girls on Track” is a middle school program for girls in sixth through eighth grade to help girls sort through conflicting messages about their worth, their abilities and their value.

The non-profit Girls on the Run Capital Region chapter aims to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Long-sleeve tech shirt will be given to all pre-registered runners. For more info go to: gotrcr.org. 🌲

HURT Nordic Promotes Healthy Lifestyles

GREENFIELD CENTER & QUEENSBURY – The Hudson United Racing Team is a non-profit foundation that works to encourage active lifestyles through the lifelong sport of Nordic or cross country skiing. The mission of the organization is to get kids outside and loving winter, introduce junior skiers to high school level racing, and provide coaching, training and race support for them.

HURT Nordic encourages the entire family to enjoy Nordic skiing through Masters level racing, casual family skis and events, and fun group training. The Hudson United Race Team aims to be the premier Nordic ski club in New York and works to host ski races around the state to build a connected community of skiers that boosts participation in Nordic sports. To learn more about HURT Nordic and the community, visit hurtnordicskiing.com. 🌲

SKI3 Season Pass Deadline Extended to November 28

LAKE PLACID, NORTH CREEK & HIGHMOUNT – Three New York ski areas, Gore, Whiteface and Belleayre mountains have extended their season pass deadline until November 28. As a season pass holder, you will have access to the extraordinary perks program that includes perks and specials at all three ski areas.

Additional specials may be added throughout the year and might include event tickets, special bring a friend days, discounts on hotel stays and more. SKI3 Frequent Skier Card holders receive their first and every sixth day free, in addition to savings on lift tickets every time you ski. The card can be purchased from the resort you expect to ski first or consider your home mountain. For more info, visit nyski3.com. 🌲

Audi FIS Ski World Cup November 26-27

KILLINGTON, VT – On Thanksgiving weekend, Killington Resort will host the Audi FIS Ski World Cup. This World Cup event will include the women’s giant slalom and slalom races and is expected to bring U.S. Ski Team superstars Julia Mancuso, Mikaela Shiffrin and Lindsey Vonn to compete against the best women’s technical alpine skiers in the world.

Free standing room access near the base of the Superstar trail with a jumbo screen for viewing the course will be available. Free parking served by expanded shuttle service will also be available for the entire World Cup weekend. For more information, visit killington.com. 🌲

FROM THE PUBLISHER & EDITOR



See You at the Winter Expo!

Winter is coming and it will be at the Saratoga Springs City Center on Saturday-Sunday, November 19-20! We’re bringing back the Winter Expo after a short absence. Coming off a rough non-winter last year, we wanted to get everyone excited about snow and the sports we love to do on snow, ice and in the cold!

We’re also bringing it back because many of you have asked for a fall show similar to our Summer Expo. We hope to see you there enjoying the activities and variety of exhibitors representing outdoor sports, fitness, clubs, clean energy and healthy living. See the Winter Expo Attendee Guide on pages 14-15 for a list of exhibitors. *Think Snow!*

Darryl and Mona

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Calendar of Events
November 2016 - January 2017*

NOVEMBER 2016							DECEMBER 2016							JANUARY 2017						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5				1	2	3	1	2	3	4	5	6	7	
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30	31				

*Events beyond this range are advertisers in this issue.

ALPINE SKIING & SNOWBOARDING
NOVEMBER

- 11-12 Warren Miller "Here There & Everywhere" Movie. 7pm. Palace Theater, Albany. skinet.com.
- 17-20 **Alpine Sports Shop Ski Festival.** Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.
- 19 Warren Miller "Here There & Everywhere" Movie. 7:30pm. Lake Placid Center for the Arts, Lake Placid. 523-2512. lakeplacidarts.org.
- 19-20 **Adirondack Sports Winter Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 25 **Opening Day.** Gore Mountain, North Creek. goremountain.com.

- 26-27 **Snow Sports Instructor Training Course.** PSIA. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 26-27 Audi FIS Ski World Cup. Women's giant slalom & slalom races w/best women's alpine skiers in the world. Killington Resort, Killington, VT. killington.com.

DECEMBER

- 11 **Never Summer & Sims Snowboard Demo Day.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 11 **Santas Ski Free Day.** 8:30am. Santa costume ski free. Whiteface Mountain, Wilmington. whiteface.com.
- 26-30 **Ski Camp.** 9am-4pm. Maple Ski Ridge, Schenectady. 381-4700. mapleskiridge.com.
- 27-29 **Holiday Camps for Kids.** Gore Mountain, North Creek. 251-2411. goremountain.com.

JANUARY

- 15 **Torchlight Parade & Fireworks.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 16 **USASA Skier/BoarderX Race.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 20-23 **FIS Super G Race.** Gore Mountain, North Creek. 251-2411. goremountain.com.

- 21-22 **Women's Ski Clinic.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21-27 **Take Your Kids to Gore Week.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 28-29 **Master the Mountain Ski/Intro to Telemark Clinics.** Gore Mountain, North Creek. 251-2411. goremountain.com.

BICYCLING, MOUNTAIN BIKING & CYCLOCROSS

NOVEMBER

- 13 **Spa:Cx Cyclocross Race.** NYCROSS Race Series. Saratoga Spa S.P., Saratoga Springs. nycross.com.
- 13 Rivers & Lakes Century. 100M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 14 **Map Creation on Ride with GPS Training w/Frank Kelly.** 7-9pm. Bethlehem Public Library, Delmar. Frank: fkelly12054@gmail.com. mohawkhudsoncyclingclub.org.
- 19 10th Albany Cranksgiving. 6:30pm. Benefits Homeless Action Network of Albany. Soldiers Monument, Washington Park, Albany.
- 19-20 **Adirondack Sports Winter Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 19-20 Super Cross Cup. Eisenhower Park, East Meadow. bikereg.com.
- 20 Crossstock Festival. 7am. 1528 Hermance Rd, Galway. hrrtonline.com.

DECEMBER

- 11 Last Century. 100M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 14 FatBike Roundup. Rikert Nordic Center, Ripton, VT. 802-443-2744. rikertnordic.com.

CROSS COUNTRY (NORDIC) SKIING
ONGOING

- Tue Tuesday Night Rollerski: 11/8-12/13. 6pm. Saratoga Spa SP, Saratoga Springs. hurtnordicskiing.com.
- Thu Family Moonlight XC Ski. 12/8, 1/5, 2/9, 3/9. 7pm. Garnsey Park, Clifton Park. 371-6667. parksrec.cliftonpark.org.

NOVEMBER

- 13 Orienteering Meet. 11am-1pm. Moreau Lake SP, Gansevoort. empo.us.orienteeing.org.
- 19-20 **Adirondack Sports Winter Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 25-12/4 **Thanksgiving 10-Day Ski & Snowshoe Sale.** Cascade Cross Country Ski Center, Lake Placid. 523-1111. cascadeski.com.
- 27 **Craftsbury Season Opener Race.** Craftsbury, Craftsbury Common, VT. 802-586-7767. craftsbury.com.

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**WINTER
EXPO**
**NOVEMBER
19 & 20**
Saturday 10-5 • Sunday 10-4
SARATOGA SPRINGS CITY CENTER
522 Broadway, Saratoga Springs • \$5 (18-under free)

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DECEMBER

- 3-4 1st Garnet Hill Steep & Deep Hop Fest.** 11am-5pm. Live music, local breweries & wineries, grilled food, sales. Ski Shop, Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.
- 10 Learn to Cross-Country Ski Day.** Ski Bowl, North Creek. Gore Mountain: 251-2411. goremountain.com.
- 10-11 Lapland Lake Open House.** 9am-4:30pm. Wax clinic, prizes. Lapland Lake Nordic Center, Northville. Paul Zahray: 863-4974. laplandlake.com.
- 16-18 Nordic Fest!** Fri: 5-8pm, Snow Cross. 1.25M loops. Sat: 9am, NYSSRA Classic 5K. 11am, Johnsbury Invitational 5K Section 2 HS Race. 2pm, 5K Snowshoe Race. 3:30pm, Apre Ski Party, Copperfield Inn, North Creek. Sun: 9am, NYSSRA Sprint Race 1.5K. Gore/North Creek Ski Bowl, North Creek. goremountain.com.
- 17-18 NENSA Eastern Cup Opener Weekend.** Craftsbury, VT. craftsbury.com.
- 18 Ski Orienteering.** 1pm. Lapland Lake Nordic Center, Northville. Empire Orienteering Club. Eric Hamilton: 371-7548. nyssranordic.org.

JANUARY

- 7-8 Gore Mountain JNQ Races.** 5K. Sat: Classic, Sun: Skate. Gore/North Creek Ski Bowl, North Creek. goremountain.com.
- 14 HURT Mega-Relay.** 10am. Garnet Hill, North River. hurtnordic skiing.com.
- 21 Lapland Ladies Love to Ski: Classic.** 9:30am-2:30pm. First timer-intermediate. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.
- 28-29 Eastern Cup Weekend #3.** Rikert Nordic Center, Middlebury, VT. 802-443-2744. rikertnordic.com.

FEBRUARY

- 3-5 Empire State Games.** Lake Placid. empirestatewintergames.org.
- 4 Nordic Rendezvous & Back to the Barn Tour.** Ski, fatbike, snowshoe. Ripton, VT. 802-443-2744. rikertnordic.com.
- 11 Lapland Ladies Love to Ski: Classic.** 9:30am-2:30pm. First timer-intermediate. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.
- 12 HURTathon XC Ski Races.** 5-15K. 9am. Gore Mountain Ski Bowl, North Creek. hurtnordic skiing.com.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness.** 6wk Sessions: 11/7-12/17, 1/2-2/11. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. M/W: 6:30pm. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- M/W/F Fit Flow Yoga.** Begins 11/28. 8-9am. Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.
- Tu/Th Bodie Synergy w/Ivy Mulligan.** Begins 12/1. 8am. Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.

HIKING, SNOWSHOEING & CLIMBING

NOVEMBER

- 19-20 Adirondack Sports Winter Expo.** Sat 10am-5pm. Sun 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

DECEMBER

- 13 Moonlight Snowshoe to Elizabeth Point w/wine, cheese & drinks.** Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.

JANUARY

- 14 Esther Mtn Hike.** 6.6M. 8am. ADK Mountain Club: 523-3441. adk.org.

FEBRUARY

- 19 Street & Nye Mtn Hike.** 9M. 8am. Adk Loj, Lake Placid. ADK Mountain Club: 523-3441. adk.org.
- 20 Tabletop Hike.** 9.8M. 8am. Adk Loj, Lake Placid. ADK Mountain Club: 523-3441. adk.org.

ICE & SPEED SKATING

December

- 10 Adirondack All Around Speedskating Championship.** Olympic Oval, Lake Placid. Tom Miller: 304-3039. adirondackssc@gmail.com.
- 16-18 Lake Placid Ice Marathon.** Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

JANUARY

- 7-8 Jack Shea Sprints.** 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.
- 21-22 Irving Jaffee Single Distance Championships.** 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

FEBRUARY

- 18-19 Charles Jewtraw Allround Championships.** 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

MOUNTAINEERING & WILDERNESS SKILLS

ONGOING

- Sat Outdoor Leadership School.** Begins 12/3. 12:30-1:30pm. Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.

DECEMBER

- 3-4 Wilderness First Aid.** Heart Lake Center, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 10-11 Wilderness First Aid.** Heart Lake Center, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

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Kinetic Running (Plattsburgh)
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DionSnowshoes.com
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5th Annual **St. George's Turkey Trot**
5K Family Run/Walk
 Tony Lauria Memorial

Thursday, Nov. 24 • 8am
 St. George's School & Episcopal Church
 912 Rte 146, Clifton Park

Register: FinishRight.com
 ENTRY FORM: stgeorgeschoolcp.org
 ● Kids' Fun Run - 9:05am

Benefits St. George's School

Girls on the Run 5K

Saturday, Nov. 19
 10:00am
 Corning Preserve
 Boat Launch
 Albany, NY

Register @ GOTRCR.org
 Adults: \$25 thru 10/31 | \$30 after | \$35 day of
 Under 16: \$15 | \$20 | \$25
 Teams of 4 or more get \$2 off per runner
 Long-sleeve tech t-shirts to all pre-registered runners
 Chip timing by AREEP
Guaranteed to put a smile on your face

Turkey Trot 2016

Thanksgiving Day
5K Fun Run/Walk
 Bethlehem Middle School | 332 Kenwood Ave. Delmar
 Benefits the Bethlehem Food Pantry
 REGISTER AT:
OurTowneBethlehem.com

Thursday, November 24
Thanksgiving Day
 The Saratoga Hilton
 Saratoga Springs

the christopher dailey foundation

15TH ANNUAL TURKEY TROT

5K Run/Walk

PACKET PICK UP
 The Saratoga Hilton
 Wednesday, November 23
 4pm - 8pm OR
 Thursday, November 24
 6:30am - 8am

Last chance to register in person
 Wednesday, November 23
 4pm - 8pm at The Saratoga Hilton

NO DAY OF REGISTRATION
 Online Registration closes at
 Noon on Tuesday, November 22

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MULTISPORT: TRIATHLON & SWIMMING

NOVEMBER

13 Brooklyn Fall Duathlon & 10K Run. Prospect Park, Brooklyn. citytri.com.

26 Burn Off the Bird Swim Meet. 9:30am. Catskill Rec Center, Arkville. adms.org.

DECEMBER

11 New Paltz Masters Meet. SUNY, New Paltz. adms.org.

JANUARY

21 Happy New Year Masters Meet. Mohonasen HS, Schenectady. Bill Mottola: 356-8240. mohonasen.org.

OTHER EVENTS

NOVEMBER

19-20 Adirondack Sports Winter Expo. Sat 10am-5pm. Sun 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

DECEMBER

2-8 Saratoga Springs Restaurant Week. Saratoga Convention & Bureau. 584-1531. discoversaratoga.org.

3-4 1st Garnet Hill Steep & Deep Hop Fest. 11am-5pm. Live music, local breweries & wineries, grilled food, sales. Ski Shop, Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.

MARCH

18-19 12th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

RUNNING, WALKING & SNOWSHOE RACING

ONGOING

We/Sa Fleet Feet Running Club. Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.

Wed Saratoga Brewery Runs: 11/2-3/29. 3, 5 or 7M. 6:15pm. Old Saratoga Brewing Co, Saratoga Springs. saratogastryders.org.

NOVEMBER

12 2nd Strides Against Sarcoma. 3.5M Trail Race. 10am. Queensbury ES, Queensbury. Heidi Underwood: 656-3127. itsyourrace.com.

12 Rogers Rangers Ramble Run. 5K. 11am. Ticonderoga Golf Course, Ticonderoga. lachute.us.

13 41st Stockade-athon 15K Road Race. 8:30am. Kids' 1M Run, City Hall: 11am. Veterans Park, Schenectady. Vince Juliano: 859-1052. stockadeathon.com.

13 Eagle Challenge 5K. 10am. Burden Lake Country Club, Averill Park. racetoeagle.com.

13 After the Leaves Have Fallen Half Marathon Trail Race. Minnewaska SP, Gardiner. Steve: 845-339-5474. shawangunkrunners.com.

13 The Burn Run. 5K: 9am. 10K: 10am. East Syracuse Fire Dept, East Syracuse. theburnrun.org.

18-19 4th 24-Hour Fight Against Hunger. 1M loops. Fri: 3pm. Prizes, giveaways. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

19 Girls on the Run 5K. 10am. Corning Preserve, Albany. LuAnn McCormick: 635-0828. gotrcr.org.

19 Turkey Raffle Run. 1M loops. 9am. Roosevelt Bath Lot, Saratoga Spa S.P., Saratoga Springs. saratogastryders.org.

19 Frostbite 5K Run/Walk. Mayfield H.S., Mayfield. mayfieldcsd.org.

19 Operation Santa Run 5K & 10K. 11:00am. 1M Elf Run: 10am. Hudson Falls MS, Hudson Falls. Karen Linendoll: 222-8460.

19 Hobble Gobble Prediction Run/Walk. 11:15am. West Potsdam Bingo Hall, Potsdam. northernrunner.org.

19 Gobbler Gallop. 10K/5K Run. 1K Walk. 10am. Gouverneur Central School, Gouverneur. gcsk12.org.

19 NYC 60K Ultramarathon. 8am. Central Park, New York. nyrr.org.

19-20 Adirondack Sports Winter Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

20 HMRRC Turkey Raffle Run 1 Hour Run. 10am. Tawasentha Park, Guilderland. Jon Rocco: 489-1040. hmrrc.com.

20 25th Fair St 5K. Fair Street Reform Church, Kingston. Jack Ziwich: 845-658-8141.

24 69th Troy Turkey Trot. 10K: 8am. Grade School Mile: 9:30am. 1M Walk: 9:35am. 5K: 10am. Troy Atrium, Troy. USATF-Adirondack: 273-5552. troyturkeytrot.com.

24 15th Christopher Dailey Turkey Trot. 5K Run/Walk. 8:30am. Hilton, Saratoga Springs. 581-1328. christopherdaileyfoundation.com.

24 14th Cardiac Classic 5K. 9am. 2M Wellness Walk: 8am, Duck Pond 1M Fun Run: 10am. Central Park, Schenectady. 243.4600. ellismedicine.org.

24 7th Our Towne Turkey Trot. 5K. Bethlehem M.S., Delmar. John Guastella: 598-3434. ourtownebethlehem.com.

24 5th St George's Turkey Trot. 5K Family Run/Walk: 8am. Kids' Fun Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. stgeorgeschoolcp.org.

24 21st Running of the Turkeys. 5K Run/Walk. 9am. 1K Kids' Fun Run: 9:30am. Fisher ES, Arlington, VT. Anita Gabalski: 677-8333. bkvr.net.

24 52nd Cohoes Turkey Trot. 9am. City Hall, Cohoes. 233-2121. ci.cohoes.ny.us.

24 6th James Hinchliffe 5K Run/Walk for ALS. 5K. 8:30am. Civic Center, Glens Falls. Dannica Campbell: 480-3186. jphals5k.com.

24 Thanks4giving Run 5K Run/Walk. 9am. Shuttleworth Park, Amsterdam. Robin Sise: 843-7127. amsterdamrunforcharity@gmail.com.

6TH ANNUAL
ADIRONDACK SPORTS

WINTER EXPO
NOVEMBER 19 & 20

Saturday 10-5 • Sunday 10-4
 SARATOGA SPRINGS CITY CENTER
 522 Broadway, Saratoga Springs • \$5 (18-under free)

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20TH ANNUAL
Holiday Classic 5K Run/Walk

Saturday, Dec. 17 at 10am
 Columbia-Greene Community College
 4400 Route 23, Hudson

Run along country roads
 Running gloves to first 125 preregistered
 5yr age groups, refreshments, door prizes

Register online and save:
ZippyReg.com
 Phil Carducci (518) 861-6350
holidayclassic@nycap.rr.com

The Adirondack Runners present...
4-Mile Reindeer Run & Jr. Reindeer Run
 Sunday, December 4th
 SUNY Adirondack, Queensbury

4-Mile Road Race at 9am
 1M Children's Fun Run following race

Long-sleeve shirt to first 150 4-mile entrants
Same Great Course!

Register online at Active.com
 Entry Form at AdirondackRunners.org
 All proceeds benefit Cindy's Comfort Camp • CindysComfortCamp.com

Batten Kill Valley Runners
 21st annual
Running of the Turkeys

5K Run/Walk & Kids Fun Run
 Thursday, Nov 24 • 9am
 Fisher Elementary School • Arlington, VT

Beautiful course & friendly competition
 Turkeyware to first 300 entered • 1K Kids Fun Run • 9:30am
 Long-sleeved shirt (\$10) if ordered by 11/5

Register: ItsYourRace.com
More Info & Entry Form: BKVR.net
 Anita Gabalski: (518) 677-8333

9th Annual
Run Off That Turkey Trot 5K

Saturday, November 26 • 9am
 Altamont Elementary School, Altamont

Out and back thru scenic country/village roads
 Running gloves to all preregistered
 Door prizes, refreshments, more...

Register: ZippyReg.com
 Phil Carducci: (518) 861-6350 • turkeyrun5k@gmail.com
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- 24 Canajoharie Turkey Trot. 5K. 9am. Canajoharie H.S., Canajoharie. fmrrc.org.
- 24 Turkey Trot. 25K/5M/Kids1M/2M run. Arlington H.S., Poughkeepsie. mhrrc.com.
- 24 40th Turkey Trot 5K. 11am. 1/4M Kids' Run: 10:45am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.
- 24 Watertown Family YMCA Turkey Day Run. 10am. Watertown. watertownymca.org.
- 24 Heuvelton Gobbler Gallop. 5K Run/Walk. 9:45am. Heuvelton Fire Dept, Heuvelton. Jacqueline Bill: jdanis4@twcny.rr.com.
- 24 Turkey Trot. 5K. Lake Placid. Richard Preston: 897-2685. adirondackhealth.com.
- 25-27 Holiday Kick-Off Weekend.** 459-3338. fleetfeetalbany.com.
- 26 9th Run Off That Turkey Trot 5K.** 9am. Altamont E.S., Altamont. Phil Carducci: 861-6350. zippyreg.com.

DECEMBER

- 3 ARE Adventure Race. 4-8M. 10:30am. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.
- 3 Jingle Bell Run. 9am. Halfmoon Town Park, Halfmoon. arthritis.org.
- 3 37th Knights of Columbus Holiday Run. 5M: 10:30am. Kids' 1M: 10am. Knights of Columbus Hall, Wappingers Falls. mhrrc.com.
- 3 Miles for Meals Jingle Bell 5K & 1M Walk. Rome Family YMCA, Rome. romanrunners.com.
- 3 CTA 5K Run-Walk for a Claus. 9am. Catskill. catskillcsd.org.
- 4 4-Mile Reindeer Run. 9am. 1M Reindeer Run Jr Kids' Fun Run: 10:15am.** SUNY Adirondack, Queensbury. adirondackrunners.org.
- 4 Doug Bowden Winter Series Race #1: 15K & 3M. 10am. University at Albany, Albany. hmrrc.com.
- 4 33rd YMCA Reindeer Ramble 5K Run/Walk. 1pm. YMCA, Kingston. 845-338-3810. ymcaulster.org.
- 4 NYRR Pete McArdle Cross Country 15K Trail Race. 9am. Van Cortlandt Park, Bronx. nyrr.org.
- 10 20th Albany Last Run 5K. 5pm. Empire State Plaza, Albany. 434-2032. albanyevents.org.
- 10 Jingle Bell Run 5K. Lake Placid. Richard Preston: 897-2685. adirondackhealth.com.
- 11 Jingle Jog 7K. Run: 10am. Walk: 9:30am. Middletown Elks Lodge, Middletown. orangerunnersclub.org.
- 17 20th Holiday Classic 5K.** 10am. Columbia-Greene CC, Hudson. Phil Carducci: 861-6350.
- 18 Ski Bowl Nordic Festival 5K Snowshoe Race.** 2pm. Run/walk on manmade snow. Make-up: 1/2/17. WMAC Snowshoe Series. Plus, Nordic ski races. 3:30pm, Apre Ski Party, Copperfield Inn, North Creek. Gore/North Creek Ski Bowl, North Creek. Steve Tomb: 338-5259. skireg.com/northcreek.
- 18 Hilltop Orchard 5K. 1pm. Richmond, MA. capitalregionnordicalliance.com.

- 19 Frostbite 5K Run/Walk. Mayfield HS, Mayfield. Ryan Bornt: mayfieldcsd.org.
- 31 19th First Night Saratoga 5K.** 5:30pm. Skidmore College Athletic Complex, Saratoga Springs. saratoga-arts.org.
- 31 New Year's Resolution Run.** 5K & Fireworks. 5:30pm. 365 Fit, Delmar. eventbrite.com.
- 31 New Year's Eve 5K. 2pm. Pavilion State Office Building, Montpelier, VT. cvrunners.org.
- 31 NYRR Midnight Run. 4M. 11:59pm. Central Park, New York. nyrr.org.

JANUARY

- 1 HMRRC Winter Series #2: Hangover Half & Bill Hogan 3.5M.** 12pm. University at Albany, Albany. hmrrc.com.
- 1 Resolution Run. 5K & 2.5M Walk. 11am. Heritage Museum, Ticonderoga. lachute.us.
- 7 31st Winter Wimp. 2.2M/4.4M. 1pm. Hagaman. Rick Vertucci: 857-9025. fmrrc.com.
- 15 HMRRC Winter Series #3: 3M, 10K, 25K.** 10am. University at Albany, Albany. hmrrc.com.
- 15 Cock-a-Doodle Shoe. 5K/10K. New Land Trust, Saranac Lake. Jeremy Drowne: 376-1809. cockadoodleshoe.com.
- 21 Hoot Toot & Whistle 5K Snowshoe Race.** 10:30am. Readsboro, VT. dionsnowshoes.com.
- 22 Mt. Tom Snowshoe Race. 10am. Holyoke, MA. Carolyn Stocker: 111cas92@gmail.com. runwmac.com.
- 28 The Stone Wall 5K & 10K. Winona SF, CCC Camp, Mannsville. winonaforest.com.
- 29 Curly's Record Snowshoe Run.** 4M. Pittsfield State Forest, MA. dionsnowshoes.com.
- 29 HMRRC Winter Series #4: 3M, 15K, 30K.** 10am. University at Albany, Albany. hmrrc.com.

FEBRUARY

- 4 Polar Cap 4M.** 10am. Sacred Heart Parish Hall, Lake George. adirondackrunners.org.
- 5 Saratoga Winterfest 5K Snowshoe Race.** 11am. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. saratogastryders.org.
- 11 Natural Stone Bridge Snowshoe Race. 3-4M. 10:30am. Pottersville. stonebridgeandcaves.com.
- 18 Camp Saratoga 8K.** 10:30am. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- 19 Brave the Blizzard Snowshoe Race. 4M. Guilderland ES, Guilderland. albanyrunningexchange.org.
- 25 World Snowshoe Championships.** 11am: 10K Championship Race. 1pm: 5K Citizen & Junior Race. Saranac Lake. saranaclake.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.

Thanksgiving Day
NOVEMBER 24
 Central Park, Schenectady

35TH ANNUAL
CARDIAC CLASSIC 5K

PROCEEDS TO BENEFIT ELLIS MEDICINE'S WRIGHT HEART CENTER.
Run. Walk. And Support Cardiac Care for Our Community.

- 3 GREAT EVENTS**
- 2M Wellness Walk**8:00am (day of event registration until 7:45 am)
 - 5K Road Race-Runners Only**.....9:00am (pre-register only, no day of registration)
 - 1M Duck Pond Fun Run-FREE!** 10:00am (day of event registration until 9:45 am)

Register online @ www.cardiacclassic.org
 Online registration closes: Tuesday, November 22 at midnight.
 You can also register by mail, fax or in person. Call 243.4600 for details.



Lake Placid Marathon & Half
 13th Annual

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MARATHON HALF MARATHON

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Now a Boston Qualifier!
 Registration via www.lakeplacidmarathon.com
info@lakeplacidmarathon.com

New Years Eve Resolution Run
5K Rail Trail Fun Run
 365 Fit | 10 Hallwood Rd. Delmar

Run in the New Year with a fun out and back 5k on the Rail Trail

Run starts at 5pm from 365Fit
 Headlamps are encouraged

Join us for Fireworks at 6:30pm from the Four Corners

Register at: **365Fit.info**

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11AM Johnsbury Invitational 5km
2 Laps of 2.5km. Section 2 High School Race - Open to all teams







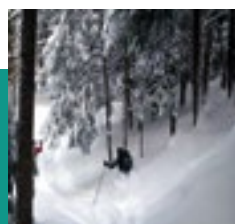
2PM Snowshoe Race 5km
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Sunday Dec. 18
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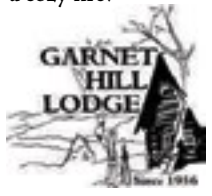
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Dismal Winter Produces Nifty New Venue

A look at the newly homologated Ski Bowl

► **By Bill McKibben**

Reprinted with permission from *FasterSkier.com*.
Alex Kochon contributed.

Last winter was, one fears, a taste of what we will see more of as the planet warms: record global temperatures translated into an eastern season where brown was the dominant color. The parking lots at Breadloaf, Craftsbury and the few other venues capable of making snow filled with cars from around the region, and diehards got used to skiing the same few kilometers.

The parking lot at North Creek's Ski Bowl started filling up, too – and the result, beginning this year, will be an unexpected but very welcome treat for Eastern skiers: a new homologated race course, with full-on snowmaking, not to mention lights. From last year's disastrous washout, in other words, may have sprung one of the nation's most exciting new courses.

The Ski Bowl is historic skiing territory. Back in the 1930s, North Creek was one of the country's first ski "areas." Skiers arriving by train from Grand Central would climb into the pack of pickups, and locals would drive them to the top of a nearby ridge, where they'd plunge down woody trails and end up in the Bowl, where trucks waited to carry them back up.

The "Ride Up Slide Down" system ended when the state opened big Gore Mountain adjacent to the Ski Bowl in the 1960s – along with Lake Placid's Whiteface Mountain, it's one of the Adirondack's two premier, state-run alpine areas. The big new area, however, effectively orphaned the old Ski Bowl, which over the years has seen rope tows, chair lifts, even a tubing park, but never really recovered its old glory.

Until last winter, when the snow drought meant that high schoolers across the region had no place to race. Gore Mountain boss Mike Pratt, who'd been making limited snow for high school and masters racers at the Bowl – which has had lights and snowmaking since 2002, doubled down and opened the area for nine high school races. The Bowl became a scene: bonfires and cheering crowds of spectators following the buses from high schools two and three hours away.

Impressed by the enthusiasm, Mike and his team set to work over the summer homologating a 2.5K sprint loop, and a 3.3K race loop. "The Nordic network benefited from our decision to suspend our tubing and use that terrain to expand our Nordic system," Mike explained. "We invested close to \$12,000 in regarding and modifying our trail network."

While the work is complete, the grand opening will line up with the opening day of Gore Mountain. "... Right before or the

day after Thanksgiving, as long as we have the temperatures to make snow," Mike said. Nordic day passes are \$16.

Water for snowmaking won't be a problem – the Hudson River flows nearby, providing essentially unlimited quantities, and Gore has won a series of environmental awards for its efficient pumps and guns.

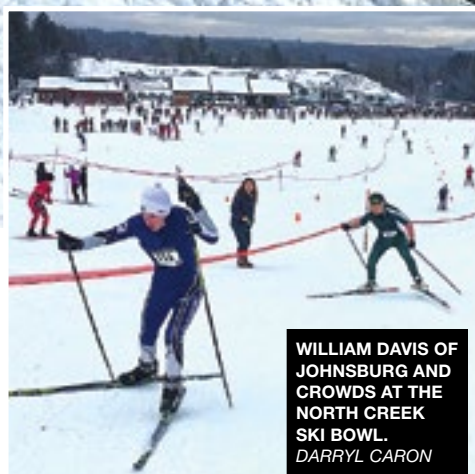
When skiers arrive they'll find what amounts to a Nordic skiing playground, says Steve Tomb, head coach of the Johnsbury High School Nordic team, and one of the real movers behind the new area. Gore will present Nordic Fest at the Ski Bowl on Friday-Sunday, Dec. 16-18 with high school, masters and NYSSRA-Nordic ski races, 5K Snowshoe Race and post-race party. "It's going to be like Friday Night Lights here," Steve says, including the lights, installed when the area was being used for tubing in recent years. In fact, the area is so wired that he says there will soon be dedicated Wi-Fi cameras installed throughout the loop.

And it's not just his Johnsbury team that's excited about the development. "We are psyched in NYSPHSAA Section 2!" Steve wrote in an email, "With homologated International Ski Federation 2.5K and 1.5K sprint courses, as well as a Nordic cross loop; all with lights, snowmaking and Piston Bully grooming, we finally have a venue where we know that we can train and race." The irony for the team and Section 2 skiers is that they don't know yet how incredible this is for them, the sport, and the future of Nordic skiing in New York.

Allan Serrano, event director for the American Birkebeiner, is also a FIS homologator for Eastern areas, and he arrived at the Ski Bowl in early autumn to oversee final plans. Several things impressed him, he said, including the equipment and expertise that the Gore crew brought to bear. Nordic ski areas rarely have easy access to bulldozers, or to highly-developed sandy slopes that can be easily regraded for a perfect ski course. "It's a unique circumstance," he said, and the result is a course that will be nine meters wide in many places with powerfully banked turns, and almost all of it visible to spectators at the bottom.

"One of the issues we have in this sport is tough barriers to entry," Allan said. "And they're breaking them almost all down here. As much as those of us who have grown up skiing like going through the woods, working the challenge of snow conditions – as much as we're used in New England to narrower, tighter, turnier trails – that's a challenge for those who are new. These trails are wide, and there's

▲ ADAM CHRZAN OF SHENENDEHOWA AT THE 2016 SECTION 2 CHAMPIONSHIPS AT THE SKI BOWL. MONA CARON



WILLIAM DAVIS OF JOHNSBURG AND CROWDS AT THE NORTH CREEK SKI BOWL. DARRYL CARON

a variety of terrain, but there's not the narrow, steeper type of trails that can be an impediment to grooming firmer tracks. It definitely has a different feel than most East Coast stuff."

The course meets FIS standards so Steve and others are already dreaming of luring national and even international races. Allan added, "It will be a pretty challenging course" for top-level junior competitors, though not as tough as the most intimidating European courses. "As far as terrain and difficulty it's right where it should be, right in the middle range. The climbs aren't too easy, but they're not super difficult either. It has some technical downhill – and it also has some places where you can groom some cutoffs."

The main A-climb, Allan says, is "almost out of the textbook." It goes up the old tow rope, cuts across a short level patch, and then surges up a steep wall. "That's where you'll really see the separation," Allan predicts. And

at the top of the hill, there's a section of rolling flat instead of an immediate flat, so there will be no chance for instant recovery.

Location means that the area will offer skiers the best of all worlds. For those looking for some of the prettiest old-school trails in the northeast, Garnet Hill Lodge with 55K of ski trails is just a few miles drive away. In recent years locals have rehabilitated the original North Creek trails that spill out in the Ski Bowl, if you want a day of sublime telemarking. The Bowl's other advantage, however, is that it's closer to civilization than most cross-country ski areas: the town of North Creek is a few hundred yards away, full of taverns and restaurants including barVino, the classy but downhome eatery whose stools were the site of much of the planning for the new area.

"I think the setting is really something," Allan says. "It's very European there, the way the Bowl is located so close to the village. It's really got that European resort feel to it. I think it will do well as the total package." 🌲

Bill McKibben (bill.mckibben@gmail.com) is an author, educator, environmentalist and founder of 350.org. He resides in Ripton, Vt. and Johnsbury, where he spends as much time as possible outdoors.



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LAST YEAR'S FIRST NIGHT 5K IN SARATOGA SPRINGS. JENNIFER CUBELL

Relax *and* Run these Holiday Races

By Laura Clark

After November's Turkey Trots many runners wisely use the frenetic holiday season to give their achy bodies a well-deserved break, a hiatus which can be sabotaged by tempting December goodies. So this year why not counteract temptation by chilling out at some laid-back seasonal events? December is a transitional month: from daylight to darkness, from frost to snow, and from serious competition to relaxed fun. You don't have to be in your best shape ever; you just need to get out there and do it!

Reindeer are just warming up for their strenuous midnight run, so the Adirondack Runners' 4-Mile Reindeer Run & Jr. Reindeer Run offers an opportunity to run with the reindeer before they are in full flight mode. Launching from the SUNY Adirondack campus in Queensbury on Sunday, Dec. 4, it uses the same great four-mile course as last year, appropriate for reindeer-in-training and those who have had their fall fill of speedy 5Ks.

According to race director, Lance Decker, the big hill at the start in 2014 is now a downhill. "The first two miles are fairly flat; the next 1.25 miles register a slight uphill grade with only 50 feet of elevation climb." Stretch your legs on the downhill to the finish and claim your long-sleeved reindeer tee, perfect for holiday relaxing. In a thoughtful concession to Old St. Nick, five-year age groups run all the way through 79 and then march onward to 80+. The Jr. Reindeer Run kids' fun one-miler follows the race. (adirondackrunners.org)

Making a smooth transition from his Run Off That Turkey 5K to the 20th annual **Holiday Classic 5K** on Saturday, Dec. 17, Phil Carducci confirms that November turkeys can morph into December snowmen. The first 125 pre-registered runners receive customized running gloves to encourage future winter forays and, like the Reindeer Run, age groups stretch into infinity. Additionally, 70+ entrants are honored with a discounted pre-registration fee!

There is even a walking division with the

top five male and female combined receiving awards. The course is an out and back route from the Columbia Greene Community College. After you crest the steep hill in the first half-mile you can begin your celebration as the course levels out. Participants are encouraged to bring an unexpired dry good for those less fortunate. (zippyreg.com)

First Night 5Ks complement the laid back holiday atmosphere, and at the same time, they balance on the edge of January makeovers. Their moon glow start challenges our runner's up-and-at-'em mentality, removing us from our comfort zone. Potential street hazards are blotted out and the imagination is given free rein. The atmosphere is magical with glittery snow and frosty breath.

The staple event is the 19th annual **First Night Saratoga 5K** on Saturday, Dec. 31 – New Year's Eve – in Saratoga Springs. The course circles rolling hills of the Skidmore College campus, continues onto Greenfield Avenue, and climbs gradually up North Broadway, back to the campus for a fast finish. It is well-lit with supplementary portable lighting and the Skidmore staff do an excellent job of clearing ice and snow. All runners receive a cotton long-sleeve shirt for after race comfort, and there's a fun indoor gathering for the awards and goodies post-race.

This popular event is limited to 1,500 runners and walkers, and will sell out in advance so register early. Registration online with no additional fees or download and application. And while you're online, take advantage of one of the evening's best bargains: First Night buttons can be ordered at a \$5 savings per button. After the race, shower at the complex, don your souvenir long-sleeved tee sporting the First Night logo, and head out for a night on the town. Logistics are even easier this year with a free shuttle running to and from Congress Park. (saratoga-arts.org)

Reflecting the somewhat serious side of the year's turning point is Bethlehem's first annual **Resolution Run 5K**, also on Saturday, Dec. 13. The race name shifts our focus toward our New Year's fitness pledges. Another Turkey Trot offspring, this event is directed by John Guastella and his family who also bring us the Our Towne Turkey Trot



REINDEER RUN 4-MILER IN QUEENSBURY. PATRICIA CORWIN



START OF THE HANGOVER HALF-MARATHON. COURTESY OF HMRRRC

5K. Could it be that January diets and gym memberships will spawn the second most popular day in United States racing activity? One thing is for sure, John's extended family will now know where they will be every Thanksgiving and New Year's Eve!

The route is a double out-and-back along Bethlehem's section of the Albany County Rail Trail. The doubling not only gives you the opportunity to cheer for your friends, but also insures that John and his plow can readily clear the way in case of snow. Headlamps and glow sticks are encouraged as there is no lighting along the trail. For me, the best part of any zero dark thirty ultra trail race is experiencing glowing light streamers illuminating the path like so many fireflies. And this time you don't even have to run long! The tone is casual, suited to ease the way into a resolution-filled New Year's, with a race clock display for self-timing purposes only.

Afterwards, enjoy the fireworks that herald the start of Bethlehem's initial foray into First Night productions. And tired runners can rest secure in the knowledge that festivities end at 10pm, allowing a reasonable bedtime, and an opportunity to tackle HMRRRC's Hangover Half without a hangover! (eventbrite.com)

According to race director Jon Rocco, "...many like to end the year with a First

Night race and start the year off with a race." HMRRRC's 41st annual **Hangover Half-Marathon & Bill Hogan 3.5-Mile Run/Walk** both offer a forgiving opportunity on Sunday, Jan. 1, with a noon start for those who really need to sleep in. Circling around the familiar University at Albany campus venue is filled with an encouraging throng of volunteers. The series is free to HMRRRC members and \$5 for everyone else.

This race and the Winter Series are also a good test of determination and willpower as sign up is day-of race only, so you have to be truly motivated to throw off the covers – a dress rehearsal for all those before-work early morning training runs. Last year there were a total of 600 finishers, with 303 in the 13.1-miler and 266 in the 3.5-mile, so you can be assured of plenty of company. (hmrrc.com)

Let "Don't hibernate, recreate" be your motto! 📌

Laura Clark (snowshoegal133@gmail.com) of Saratoga Springs is an avid trail runner, ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.

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Cystic Fibrosis Foundation of Northeastern NY – Finding a cure for all people with CF is our mission. Learn more about our Corning Tower Stair Climb, our Great Strides walk campaign and our Cycle for Life. Your participation in our fun events will help us achieve our mission! Saratoga Springs • 453-3583 • cff.org

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HURT Nordic – A local ski club promoting healthy outdoor lifestyles by getting kids outside and loving winter. We introduce junior skiers to high level racing and provide coaching, training, and race support. We also participate in Masters level racing, casual family skis, and full group training. Greenfield Center • 518-893-7605 • hurtnordicskiing.com

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NY Museum of Skiing and Skiing Hall of Fame – Did you know there are 54 operating commercial ski areas in NY - more than any other state? The people and places of NY skiing are a great story. The museum will follow the development of skiing in NY, celebrate its successful champions and innovators, and highlight ski areas throughout the state. Stop by our booth and learn how to help get the museum up and running. North Creek • 518-251-3739

New York State Outdoor Guides Association – Member licensed NYS guides will present information about services offered by members in a variety of outdoor activities, how to become a guide, benefits of membership in NYSOGA and the profession of guiding in general. Lake Placid • 866-469-7642 • nysoga.org

Northeast Foot Care – Providing information on foot and ankle injuries. Focusing on regenerative medicine and advanced healing options. Clifton Park & Amsterdam • 518-842-2200 • northeastfootcare.com

Out of Control Ski Club – Our club promotes snow sports including downhill skiing and snowboarding, Nordic skiing and racing. The Club offers weekday and weekend bus trips at great discount rates. Group trips are scheduled throughout the snow season. Albany • 518-372-7487 • ocskiclub.org

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Real Time Pain Relief – Real Time Pain Relief is a topical analgesic lotion, great for pain relief from arthritis, muscle cramps, any type of aches. Sold in tubes to people of all ages. Cabot, AR • 877-787-7180 • rtpr.com

Regional Food Bank of NENY – We will be accepting monetary and food donations to feed the hungry in our 23-county service area. For each dollar we receive, we can distribute \$10 worth of food. Earn extra prize tickets for food donations! Latham • 518-786-3691 x296 • regionalfoodbank.net

Renewal by Anderson/Huff N Puff – We are the smart choice for homeowners who want the very best in replacement gutters, doors and replacement windows. Schenectady • 518-356-3026 • rbaeasternny.com

Rikert Nordic Center – Offering opportunities for XC skiing, fatbiking and snowshoeing, and equipment rental for all. Learn more about our area of the Green Mountains. Middlebury, VT • 802-443-2744 • rikertnordic.com

Rodan + Fields – Life-changing skincare with something for every skin condition. Made by two world-renowned dermatologists, Rodan + Fields is the #1 anti-aging skincare on the market. Rexford • 518-256-8992 • lcarr3.myrandf.com

Rollga – Premium contoured foam roller - the most effective & comfortable foam roller you'll ever use guaranteed! Wilton • 630-809-7099 • rollga.com/tiffany

St. George's Turkey Trot – This is a fun event held in Clifton Park. If you want to avoid the crowds at Saratoga and Troy then this race is for you! Our race is family and stroller friendly. A special visit will be made by the infamous St. George's Turkey. Clifton Park • stgeorgeschoolcp.org

Saratoga Springs High School Nordic Team Booster Club – We will be raffling two pairs of Fischer Carbonlite skis to raise money for grooming expenses. Greenfield Center • 518-951-6623



Saratoga Stryders/Dion Snowshoes Race Series – Saratoga Stryders is a club for runners/walkers. New members are welcome! Learn more about the Dion Snowshoe Series Northeast including North Creek Ski Bowl 5K, Saratoga Winterfest 5K and Camp Saratoga 8K snowshoe races. Saratoga Springs • 518-581-1278 • saratogastryders.org • runwmac.com

Shenendehowa Nordic Club – As part of the Shenendehowa Athletic Department, we aim to develop life-long student athletes who strive for self-improvement, high level performance and good sportsmanship. We teach all aspects of Nordic skiing and racing from the Bill Koch Youth Ski, the Shen High School team and adults. Clifton Park • shennordic.weebly.com

Steiner's Ski & Bike – Visit the "store" at the Winter Expo where we'll have big discounts for winter gear. The Winter Sale includes 30 to 50% off Rossignol, Volk & Head skis; 30 to 50% off Nordica & Rossignol boots; 30 to 40% off Killtec, Karbon & Dare2b skiwear, and 40% off Oakley goggles. Glenmont • 518-427-2406 • Hudson: 518 828-5063 • Valatie: 518 784-3663 • steinersskibike.com

Upper Hudson Trails Alliance – Say hello to Upper Hudson Trails Alliance-builders of bike, hike, & ski trails out of Ski Bowl Park in North Creek. 16K available and 84K more to go. Come see where you can go today and what tomorrow holds with your support. Participate in our first Nordic Fest on December 16-18, 2016. North River • 518-251-0829 • upperhudsontrails.org

US Sherpa – Handcrafted accessories that are natural, fair trade and sustainable, suited for people who enjoy an active lifestyle. Wool headwear/handwear, wool and cotton scarves/shawls/bags, singing bowls, prayer flags, journals and jewelry/mala beads. Essex Junction, VT • 802-318-6953 • ussherpa.com

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Wilderness, Water & Woods Trading – We are your local supplier of quality outdoor survival and bushcraft gear. All gear is handpicked - it's what we would carry in any outbound situation. Reliable, Dependable and Rugged. Equipment we would depend our life on. We provide you the tools, it's your job to survive. Clifton Park • 518-557-2641 • happyjackotter.com

Willard Mountain – Now's the time! You know WINTER is coming! Get your Season's Pass for 10% by December 1. Come buy a Learn to Ski or Ride package for a terrific rate before November 25. Can't wait to see you on the slopes! Greenwich • 518-692-7337 • willardmountain.com

Wilton Wildlife Preserve/Park – We're a nonprofit organization whose mission is to conserve ecological systems and natural settings while providing opportunities for environmental education and outdoor recreation. Gansevoort • 518-450-0321 • wiltonpreserve.org

World Snowshoe Championships/Saranac Lake – Race the coolest courses in the Adirondacks! The 2017 event will be unique, utilizing both new and known course routes. The new course will run through the Saranac Lake village streets, then the track will move onto the well-known Dewey Mt. course. Saranac Lake • 518-891-4150 • saranaclakeny.gov

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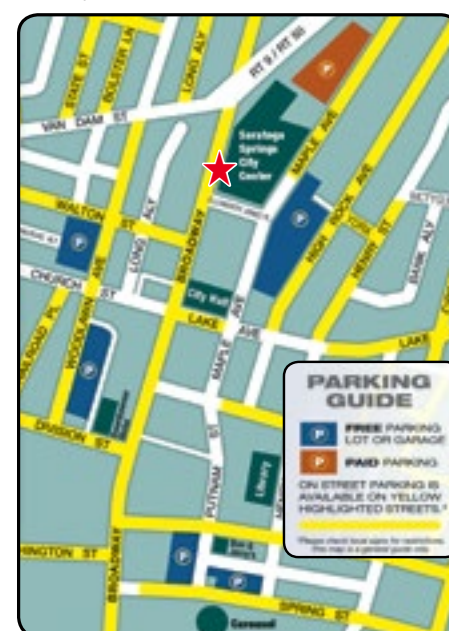
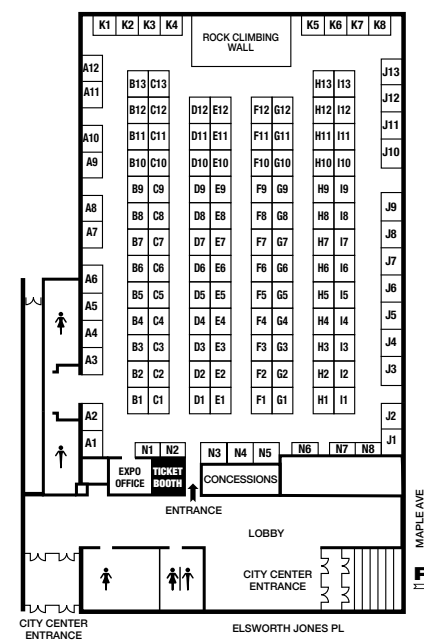
Collect your gently used gear, clean it up and bring it to the Saratoga Springs City Center on Friday, November 18 from 4-8pm and Saturday, November 19 between 7-10am. Items can include skis, poles, roller skis, clothing and accessories. We'll issue you a consigner number that goes on your price tags at drop off. You will keep 70% of the price of the items you sell. The remaining funds go to support the Shen Nordic Club. You may also opt to donate all of the proceeds from your equipment sale. You may pick up unsold items that you don't want thrown away on Sunday, November 20 between 2-4pm. Unclaimed items will be considered a donation.

You will be issued a consigner number that goes on the price tags for your items. Use the supplied tags and be sure they are sturdily attached. Items cannot be sold and money cannot be paid without a tag.

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ATHLETE PROFILE

Maddie Phaneuf

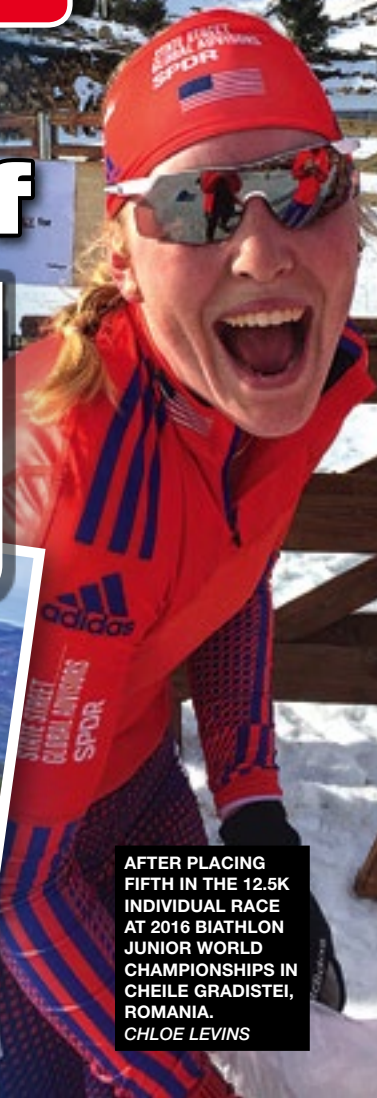
AGE: 21

FAMILY: Janine and Joe (parents),
Matt (25), Sam (24), Olivia (18)

RESIDENCE: Lake Placid

OCCUPATION: Professional Biathlete

PRIMARY SPORT: Biathlon

SECONDARY
SPORT: Rock ClimbingUS BIATHLON 'A'
TEAM MEMBER
MADDIE PHANEUF
HIKING IN THE
ADIRONDACKS
THIS FALL.AFTER PLACING
FIFTH IN THE 12.5K
INDIVIDUAL RACE
AT 2016 BIATHLON
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CHEILE GRADISTEI,
ROMANIA.
CLAIRE WAICHLER

By Alex Kochon

There's a running theme when you talk to Madeleine (Maddie) Phaneuf, a 21-year-old US Biathlon 'A' team member, about her ski career so far. It grew out of her desire to never want to lose, it fueled her to fourth place in her first international race two years ago, and three top ten finishes at Junior World Championships last January.

She caught the bug as an eighth grader on the varsity Nordic team in Old Forge. Maddie recalled being one of the two best skiers on the high school circuit that year. The other was a senior. "I just remember having so much motivation to want to beat the senior because she was so much older than me," she said. That year, in eighth grade, Maddie won her first sectional title. "That was motivation to want to never be beat again in our high school circuit," she said.

She racked up four more Section 3 titles in grades 9, 10, 11 and 12, and never lost another race until her senior year. "That's when I was like, 'Man, skiing is really awesome when you can win!'" she said with a laugh. "I was just so competitive, I didn't want to lose."

Soon after trying biathlon at age 15, she realized that the lower level of participation in that sport - which combines cross country skiing with target shooting - improved her chances of winning. But shooting gave her some trouble. "I actually kind of hated it because I was so bad," she said. "My very first biathlon race I missed, like, 18 out of 20 shots, so I had to do 18 penalty loops and I was dead last, and I just remember being so sad that I was at the end of the results rather than the top."

Rather than quit, she committed to working her way back up. "By the time I was a senior in high school, I was mostly focused on biathlon races," she explained. "I was trying to qualify for the Biathlon Junior World Championships that year and then I didn't make the team. I missed it by only 1% back, so that's when the motivation kicked in even

more to want to make that team, because I just didn't like to be the one who doesn't make her goal."

Maddie wasn't necessarily born with an aptitude for winter sports. Born in Virginia, she spent most of her early childhood in South Carolina, where her parents moved to get away from the hustle and bustle of the Washington D.C. area. When she was eight, her family, including her two older brothers and younger sister, moved north to Old Forge in the Adirondacks. The Phaneufs wanted their children to experience four seasons. "In South Carolina, it snowed once when I was there and it was maybe, like, half an inch," Maddie recalled.

Her dad, Joe, took a job with the Northeastern Loggers' Association, where he still works as executive director. Her mom, Janine, is a teacher's aide at the elementary and high schools, town crossing guard, and local Bill Koch You Ski League coach.

Thinking back to her first winter in Old Forge, Maddie remembered an incredible amount of snow. "In a photo of one of my first Bill Koch races, I'm wearing snow pants, huge puffy coat, hat, buff, mittens, just like totally bundled and probably freezing," she said with a laugh. "But I remember being so in awe of the snow; there's so much of this stuff."

Snow would become her livelihood, as Maddie made the jump to skiing full-time upon graduating high school in 2013. She moved to the northeastern tip of Maine to join the Maine Winter Sports Center elite biathlon team. "I didn't want to give up on that goal of mine," she said of her resolution to reach the Biathlon World Championships.

To do so, Maddie decided to drop everything but biathlon. She was a three-season athlete, competing in cross country running, soccer, cross country skiing, biathlon, and track in high school - and she worked in the summer. Maddie was unsure what to study in college, so she hoped a year of concentrating on one sport would help her realize her potential. "I figured that was the perfect time to see where I was at with biathlon, and

if I actually put 100% of my energy towards it," she said.

In her first season with the MWSC, she qualified for 2014 Youth World Championships at her "home" course in Presque Isle, Maine. There, she placed fourth with perfect shooting, hitting ten of ten targets in the 6K sprint. "It's so crazy, that was my very first international race and I shot clean for the very first time in an event," she recalled. "Coming into the Youth/Junior World Championships I was definitely nervous and also really excited, and I remember being like, 'OK, this is your first race. No one is expecting you to win... Just do what you know you can do.'"

She started by hitting all five targets on her first shooting stage - prone, where racers lie on their stomach and aim at five targets 50 meters away. Great, she thought, 'I'm going to have a good race because I can't really mess up that much.' One lap later, she was back in the range for the standing stage, where she faced windy conditions. After a few deep breaths and positive self-talk, she hit all five targets again. "I thought, 'Oh my, that's awesome! I don't think I've ever done that before,'" she laughed. On the final lap, her coaches and teammates called out that she was in third place. She couldn't believe it. Maddie finished fourth, and her result stood.

To this day, it's her career best at a youth or junior world championship - she's been to three, total. "Everyone was hugging me and taking my photo. All the local news sources were interviewing me. I was like, 'Oh my God, what is happening?'" she said. "I was so nervous to talk to people, like, 'Yeah, it was a really good race, I just didn't want to get last place!'"

Following those world championship races, Maddie sat down with her parents. Up to that point, she hadn't been sure about continuing biathlon. "My parents were like, 'Look, obviously you did really well. We're really happy for you. If this is something you want to keep doing and pursue, that's totally fine, we'll support you,'" she recalled. "You don't have to rush into college if you don't know what you want to study. You just do what you want to do; you're never going to have this opportunity again."

In the months that followed, Maddie was named to US Biathlon's brand-new 'X' team, a development group. She stuck with the MWSC while living and training with the national team at the Olympic Training Center in Lake Placid. "That was definitely a turning point, just realizing where biathlon

could take me and having all these opportunities," she said. "It was a really interesting first-year as a biathlete."

After two years on the 'X' team, Maddie was named to the US Biathlon's 'A' team this spring. "My season went surprisingly well," she said of last winter. As a second-year junior, she notched her best International Biathlon Union Cup results - one tier below the World Cup: 14th, 19th and 21st. She qualified for 2016 Junior World Championships in Romania, where she placed fifth, seventh and ninth.

"I definitely expected to be named to the national team again. I just assumed I'd be named to the 'X' team for a third year," said Maddie, now a first-year senior. "But when I saw I was named to the 'A' team, I was so surprised and also pretty happy... Just having more opportunities to train with the 'A' team women and more chances to go to cool camps... It was definitely a really exciting difference this season!"

Maddie's coaching and team affiliations have changed slightly since her beginnings in the sport. After starting with Old Forge's Polar Bear Biathlon Club, becoming a professional racer with the MWSC, and spending the last three years in Lake Placid, she will once again represent the Polar Bears when she's not wearing the colors of Team USA - the MWSC changed its name and shifted its focus away from its elite ski teams.

US Biathlon development coach, Jean Paquet, and women's coach, Jonne Kähkönen, are currently her main coaches. She credits her success in skiing to them as well as her first ski coach, Marie Birtle; high school coaches Bill Brooker and John Leach; Carl Klossner of the Polar Bear Biathlon Club; and elite-level coaches Art Stegan and Algis Shalna. This summer, she spent three weeks at an 'A' team training camp in Germany, and as a member of that team, she has her room and board paid for in Lake Placid.

Looking ahead to this season, Maddie is focused on reaching the World Cup. She made her debut last year in Presque Isle, placing 65th in a sprint. "I really want to make a pursuit this year on the World Cup, because last year in Presque Isle I was so close. I was 65th and they take the top 60 to the pursuit," she explained. "My goal is to race more World Cups, try to make my first pursuit, and prove to myself that I'm a good part of the team to be sent to the World Championships."

Beyond her first senior World Championships, which will be held February in Hochfilzen, Austria, Maddie is eyeing late-season World Cups in places like Pyeongchang, South Korea, the host of the 2018 Winter Olympics. "I'm not sure where it's going to take me yet, but I definitely want to be a 2018 Olympian," she said of biathlon. "That's the number one goal right now. Then kind of just see where I'm at, whether I need to take a little break, do something new, or just keep going with it."

For more about Maddie, follow her online: maddiephaneuf.wix.com/maddie-biathlon. 🌲

Alex Kochon (alexkochon@gmail.com) of *Gansevoort* is the managing editor at *FasterSkier.com* and to most people's surprise, not a guy. When she's not writing or editing, she's chasing her one-year-old, and in her spare time, adventuring in the Adirondacks.

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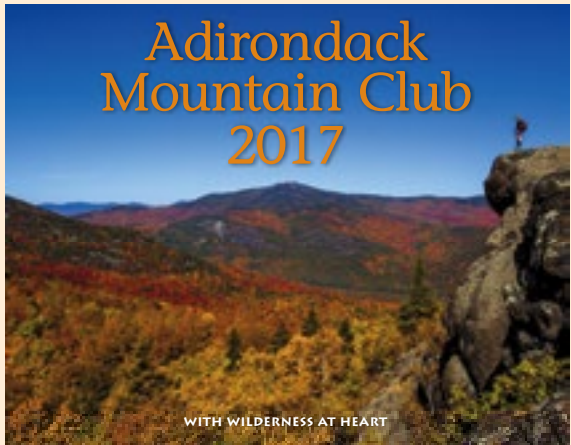
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Slim and Bear Ponds

A Short, Adventurous Hike near Raquette Lake

By Bill Ingersoll

Despite its central location within the Adirondack Park, the Blue Ridge Wilderness is often overlooked by hikers and backpackers. Even the team of park planners who proposed the first wilderness areas in 1962 overlooked it at first; it was not added to the list until ten years later. But this low-key nature is perhaps one of the Blue Ridge Wilderness Area's best assets, for solitude is usually a very good possibility.

The western half of the wilderness falls predominantly in Township 6 of the Totten and Crossfield Purchase. William West Durant acquired the township in 1888 and sold most of it to the state a few years later. It had never been logged. The tract contained many thousands of acres of broad valleys forested with dark, boreal stands of balsam fir and red spruce, with enormous white pines that were often double the size of their neighbors.

This remained one of the largest stands of virgin timber in the Adirondacks until 1950, when a November hurricane devastated the North Country, and leveled many of these noble stands. In a controversial decision, the state attorney general authorized the Conservation Department to conduct salvage operations on the Forest Preserve to remove the fallen timber, citing the fire hazard it posed to the remaining forests and surrounding communities. This action created a network of logging roads in an area that had once been roadless.

You can sample this curious history by following the route to secluded Slim Pond, which follows parts of those old logging roads. Slim is a small trout pond, and like many of the ponds in the Blue Ridge Wilderness it comes with a view of Blue Ridge. Bear Pond, which lies to the southeast, is just a short bushwhack away. Fishermen may be their primary clientele, but even so I rarely see other cars parked at this trailhead other than my own, when I'm looking for a quick but challenging escape into nature.

Late fall and winter have always been one of my favorite times to visit these two little woodland teardrops. My first (successful) winter camping trip occurred here, as well as another memorable overnight when it seemed as though I was sharing the woods only with a pack of gleeful, howling coyotes. Most recently I had the opportunity to paddle Bear in the unusually mild month of December 2015 as far as I can remember, the latest I've ever been in an Adirondack canoe.



BEAR POND.
BILL INGERSOLL

Getting There

The trailhead is a small parking turnout on NY Route 28 that is 8.3 miles west of Blue Mountain Lake, or just one-mile east of the Golden Beach Campground entrance. The turnout is plowed in winter, and the route is well-suited for snowshoeing. Look for the start of the path near the southwest end of the parking area; there are no signs or markers.

The Trail

I should stress that this is an old and established trail, but not one that is easy to follow. There has been a proposal on the books for several years to mark this as an official DEC hiking trail, but so far this plan has not been realized. The route follows a medley of narrow singletrack and wide old roads, with one section in the middle that has been overgrown with hobblebush as long as I've been hiking here. Portions of the trail, especially the road sections, can be very muddy. This is why I call this hike an "adventure," because you always need

to be alert to where you are walking. This is not a place to turn your brain off and passively enjoy the scenery.

If you are not able to identify the start of the path from the highway parking area, then you are not likely to enjoy the rest of the trail. The route is narrow at first until it intercepts the first of the old roads. It curves southeast and east through the flats surrounding Death Brook. At 0.6-mile, just 15 minutes from the start, the path bears right to cross the brook on a small bridge.

You are now in a deeply shaded conifer forest, one of many that enrich the Blue Ridge Wilderness, but as the path swings to the south you quickly leave the conifer forest behind. The old road has many wet sections here, where water simply cannot drain away from the tread; you will find that you need to make several detours along the higher ground beside the trail. It is almost a relief when the road ends and the path continues on its southerly course as a narrow, dry trail.

A long but gentle ascent begins as the faint path climbs generally southeast to a height-of-land, and then turns to end at the northwest corner of Slim Pond at 2.1 miles. If all goes well you'll be here in an hour, but more likely your pace will be slowed by the need to carefully pick out the route of the trail. There is a continuous tread, but this can be easily obfuscated by new growth and fallen trees. If you have been following your progress on a map, projecting the course of the trail is not hard. Think of this as a linear puzzle to be solved by the application of some backwoods logic.

You will often find a rowboat stored near the end of the trail, and depending on the season of your visit this may be the preferred mode for getting around. Otherwise you can bushwhack around Slim Pond; just keep to the open woods north of the small pond, and avoid the conifers near the shoreline.

There is a good campsite hidden near the southeast corner of Slim, and from there you may find a second footpath leading southeast and downhill to Bear Pond, which seems to sit in an isolated amphitheater where a number of tall white pines still survive. 🌲

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

SLIM POND. BILL INGERSOLL

CROSS COUNTRY SKIING



Training on Rollerskis

By Brian Halligan

In the world of competitive outdoor athletics, you will often hear a coach say “there is no substitute for [the sport].” What is meant by this is, the best way to see improvement in ability is to do that sport. The best way to improve as a golfer, is to golf. The best way to improve as a runner, is to run. But what do you do if your sport is dependent on the weather? Cross country skiers in the Northeast are limited to four months of skiing on snow. Running and biking in the warmer months are suitable cross training activities, but there is no substitute for the real thing. So how do cross country skiers train in the summer? Rollerskiing!

Just as it sounds, rollerskiing is an activity that closely mimics the technique used by skiers in the winter. A typical rollerski is just under two feet long and has a rubber wheel on each end. Skiers use the same boots and binding system as with their snow skis. Skate rollerskiing is the most common technique used, and classic technique skis can mimic the “kick” action with a ratchet in one of the wheels. Some skis have brakes and/or speed reducers that can help a skier maintain control, but generally control is reliant on the skier’s awareness while on the road. Safety is key though, so it is important to always ski with a helmet and wear protective gloves and high visibility clothing.

Rollerskiing has been around for decades. The 1980 US Olympic Biathlon coach, Art Stegen, recalls the first time he saw rollerskis in the 1970s, “Rollerskis were actually Jarvinen [snow] skis with three wheels. One in the center of the ski through a “cut-out hole” near the tip, and two others near the tail, that were mounted on a ratchet, with the wheels on each side of the ski. They weren’t very effective because if you kicked hard, the tip would scrape the ground in front of you. They were also heavy. You couldn’t do much more than double pole... His teammate, Charlie Kellogg, got an idea how to make them better. He cut off the tip of the ski and the tail behind the wheels. That helped, but everyone thought it ruined the ski!

Since those early skis, rollerskis have advanced with technology to give the skier a more “on snow” feel. In fact, today’s rollerskis imitate the feeling of snow skiing so well that in the late 1990s, the US Biathlon Association began hosting World Cup rollerski trail races in October, to decide which athletes would represent the nation in early winter World Cups.

Today, rollerskiing is an essential part of a skier’s training repertoire. Not only can it be used for long distance workouts, but also for improving technique. It’s common for novice rollerskiers to have reservations when approaching big downhills or sharp turns. Obviously falling on asphalt at high speeds can result in some pretty ugly wounds. But once skiers are able to move past this fear of road rash, they unlock a valuable tool that elite skiers use daily. Conquering this fear often comes down to time spent on skis.

According to Queensbury High School skier, Brian Beyerbach, “You just have to send it.” And his brother Bryce supports his claim, “Falling is falling. Sometime you just have to go for it, get it out of the way, and that’s how you get better.” Their teammate, Dan Manzella elaborates, “Falling hurts... but not as bad as losing because you didn’t train over the summer.” When I was training as a full-time biathlete in pursuit of qualifying for Junior World Championships, I trained roughly 350 hours of my 650 hour year plan on rollerskis.

If you are a bit timid on rollerskis one of the best ways to get the most out of each training session is to do “ski specific strength.” A 20-minute double pole (keeping the hands together and using your core to push yourself down the trail) can give your core a better workout than 45 minutes in the gym. Another specific strength workout is the no pole ski. Like roller blading, this activity works everything below the waist and helps improve balance.

My personal favorite strength-specific workout is the “Left Pole-Right Pole.” This is accomplished by dropping a pole and skiing roughly 15 minutes with only one pole. This drill forces the body to work in order to ski with symmetrical and balanced technique. After 15 minutes, switch arms and begin again. The body will naturally want to bend and flop to compensate for the asemantic application of propulsion, so it is important to keep the shoulders and hips square.

Although most skiers dread the thought of putting the snow skis away and having to dust off the rollerskis every spring, many prefer a rollerski training session over a run or bike. When asked which she prefers, Shenendehowa High School skier, Sohyun Park, explained, “Definitely rollerskiing! I like to climb big hills and get going really fast on the way down.” When asked how she stops on the skis, she responds laughing, “I don’t.”

Despite the inability to stop on a dime at high speeds, rollerskiing is fairly safe. Skiers who pick up an uncomfortable amount of speed can bring themselves to a halt by shifting their weight back and aiming for the grass. But they must be sure to keep their weight back! Or they will go flying forward head first.

Once the technique is dialed in, the next thing rollerskiers have to watch out for are poor road conditions. One rock or patch of sand can send a skier to the ground. While broken bones or sprains are possible, most of the injuries I’ve seen throughout my career are minor scrapes, cuts and bruises.

The most dangerous part of rollerskiing is traffic. Distracted and unpredictable drivers are too often the cause of the worst rollerskiing accidents. Although it is not common, every once in a while news spreads throughout the Nordic community of promising career cut short. If a paved bike path is unavailable it is critically important for rollerskiers to always be aware, stay to



(TOP LEFT) • 2016 ROLLERSKI BIATHLON NATIONAL CHAMPIONSHIPS IN JERICHO, VT. KATRINA HOWE

(TOP RIGHT) • BRIAN HALLIGAN COMPETING IN A ROLLERSKI BIATHLON RACE. SEAN HALLIGAN

(MIDDLE) • AUSTIN HUNECK OF REXFORD. SETH HUBBARD

(BOTTOM) • BRENDAN CYR OF CARIBOU, ME. AND BRIAN HALLIGAN. SEAN HALLIGAN

the side of the road, ski single file, and follow rules of the road. Rollerskiers lose the battle against a car, every time. Speaking as an athlete who trains on roads frequently, while driving please be alert and mindful of all who use the roads.

Skiers should not let the danger deter them though, because rollerskiing is a great way to stay or get in shape. Avid skiers looking to ski in the off-season or an active individual looking for a new healthy activity can contact the Hudson United Racing Team at hurt nordic skiing.com. Executive director Dave Paarlberg-Kvam or I can help you get started. We can provide information regarding where to buy rollerskis and also direct

you to local clubs in your area. Team HURT offers coaching and education for skiers of all ages and abilities. Don’t be dependent on the snow, get out and ski year-round! 🌲

Brian Halligan of Saratoga Springs is the development coach for HURT Nordic, and assistant coach for the Queensbury High School Nordic team. As a junior biathlete, he represented the U.S. at multiple events such as the Junior World Championships and European Championships. Brian also has a podcast about the Nordic Lifestyle called “Word on the Trail” which can be found on iTunes, Sound Cloud and Kickzonemedia.com.

RACE RESULTS

5TH ANNUAL 18.12 CHALLENGE & HALF MARATHON September 4, 2016 • Watertown to Sackets Harbor

18.12 MILES				13.1 MILES					
MALE OVERALL				MALE OVERALL					
1	Colin Charpentier	23	Evans Mills	1:50:57	25	Sheffield	1:09:10		
2	James Brady	49	Carthage	1:53:15	26	Toronto, ON	1:18:08		
3	Richard Russell	30	Lyndhurst, NJ	1:55:32	38	Chittenango	1:26:06		
FEMALE OVERALL				FEMALE OVERALL					
1	Meredith Kennedy	29	New York	2:12:22	1	Kelly Smith	33	Toronto, ON	1:30:17
2	Jenny Frank	22	Skaneateles	2:16:01	2	Grace Berg	32	Hinsdale, IL	1:35:16
3	Coraline Falco	38	Syracuse	2:22:28	3	Samantha McBee	30	Saratoga Springs	1:36:47
MALE AGE GROUP: 1 - 18				MALE AGE GROUP: 1 - 18					
1	Ryan Sauer	15	Glenfield	2:44:16	1	Matthew Sullivan	16	Adams	1:32:38
2	Jacob Medley	16	Watertown	3:18:46	2	Garnet Pfeffer	17	Evans Mills	1:37:20
FEMALE AGE GROUP: 1 - 18				FEMALE AGE GROUP: 1 - 18					
1	Ericka Alves	18	Liverpool	3:15:45	1	Caitlin Rose	22	Hinsdale, IL	1:46:02
2	Kayla Ruttan	17	Philadelphia	3:21:30	2	Abigail Flint	16	Rodman	2:13:51
3	Carmen Jones	13	Watertown	4:11:57	3	Samantha McBee	30	Saratoga Springs	1:36:47
MALE AGE GROUP: 19 - 24				MALE AGE GROUP: 19 - 24					
1	Zachary Thibidoux	22	Fort Drum	2:35:14	1	Kyle Steele	23	Adams	1:37:16
2	Robert Marshall	23		2:36:36.12	2	Bill Roy	24	Watertown	1:51:20
3	Rodrigo Espana	20	Fort Drum	2:42:46	3	John Jados	23	Watertown	1:54:29
FEMALE AGE GROUP: 19 - 24				FEMALE AGE GROUP: 19 - 24					
1	Maureen Hall	23	Brewerton	2:49:34	1	Jamie Wallace	21	Central Square	2:03:38
2	Esha Chebolu	22	Watertown	2:55:13	2	Nola Pominville	20	Watertown	2:09:08
3	Alexis Coomey	24	Chittenango	2:56:17	3	Laurie Culkin	24	Baltimore, MD	2:10:32
MALE AGE GROUP: 25 - 29				MALE AGE GROUP: 25 - 29					
1	Joshua Phillips	25	Fort Drum	2:00:12	1	Zachary Goldman	26	Sackets Harbor	1:34:40
2	Michael Brennan	29	Watertown	2:10:44	2	Tim Clark	28	Adams	1:37:16
3	Harrison Fletcher	25	Sackets Harbor	2:11:11	3	Justin Crossway	29	Adams Center	1:39:09
FEMALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 25 - 29					
1	Jules Sheehan	28	Fort Drum	2:23:43	1	Amanda Cannon	26	Watertown	1:48:24
2	Krysta Adkins	25	Fort Drum	2:23:44	2	Cari Turner	28	Lyndhurst, NJ	1:48:36
3	Betsy Bubnack	29	Syracuse	2:28:21	3	Haley Grant	27	Mannsville	1:48:41
MALE AGE GROUP: 30 - 34				MALE AGE GROUP: 30 - 34					
1	Cory Burns	33	Watertown	1:55:34	1	Bryce Lyons	30	Fort Drum	1:31:39
2	Frederick Crimmins	30	Oswego	2:09:48	2	Paul Carey	34	Carthage	1:34:34
3	Richard Passero	30	Pennellville	2:10:34	3	John Northrop	31	Watertown	1:35:56
FEMALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 30 - 34					
1	Abby Volbrecht	33	Carthage	2:29:47	1	Leslie Whitton	32	Richville	1:38:53
2	Jennifer Palumbo	32	Rochester	2:29:57	2	Meagan Hunter	34	Ogdensburg	1:48:37
3	Annamarie Licatase	31	Oswego	2:33:50	3	Chelsea Nohle	32	Mannsville	1:50:32
MALE AGE GROUP: 35 - 39				MALE AGE GROUP: 35 - 39					
1	Ed Babulski	37	Wooster, OH	2:08:08	1	Gwyn Monnat	39	Carthage	1:28:26
2	Devin Wilber	36	Sackets Harbor	2:08:45	2	Justin Casey	36	Watertown	1:35:40
3	Tristan Stewart	38	Centerburg, OH	2:09:34	3	David Smith	36	Watertown	1:38:29
FEMALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 35 - 39					
1	Kendra Moran	37	Ogdensburg	2:24:39	1	Tricia Murray	38	Sackets Harbor	1:39:41
2	Karen Mathews	37	Ogdensburg	2:24:39	2	Rachel Paragon	35	Barneveld	1:46:15
3	Joan Caruso	36	Ogdensburg	2:31:45	3	Erin Gates	38	Gouverneur	1:47:12
MALE AGE GROUP: 40 - 44				MALE AGE GROUP: 40 - 44					
1	Michael Behnkendorf	40	Carthage	2:02:58	1	Randy Lehman	42	Castorland	1:31:18
2	Patrick Sylvester	43	North Las Vegas, NV	2:05:55	2	Jim Pelton	41	Mannsville	1:40:06
3	Andrew Stevens	41	Watertown	2:10:34	3	Brian Moore	40	Dexter	1:43:21
FEMALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 40 - 44					
1	Kelly Salinas	41	Liverpool	2:26:44	1	Wendy Carguello	44	Pulaski	1:48:06
2	Megan Lane-Kent	43	Lisbon	2:30:35	2	Michele Moore	40	Castorland	1:50:08
3	Jacinta Ramirez	41	Buffalo	2:30:43	3	Nicole Becker	41	Great Bend	1:53:45
MALE AGE GROUP: 45 - 49				MALE AGE GROUP: 45 - 49					
1	Mike Conn	48	Rochester	2:02:08	1	Patrick Dennie	46	Ontario	1:31:44
2	Mike Stout	46	Pulaski	2:13:00	2	David Hughes	49	Pittsford	1:33:13
3	Razvan Lazareanu	46	Toronto, ON	2:13:40	3	Brian Murray	47	Sackets Harbor	1:39:41
FEMALE AGE GROUP: 45 - 49				FEMALE AGE GROUP: 45 - 49					
1	Margaret Barclay	46	Pulaski	2:32:59	1	Jennifer Pelton	45	Adams	2:01:23
2	Amy Voorhees	47	Dryden	2:42:26	2	Jennie Brown	46	Syracuse	2:01:25
3	Grace Andres	46	Endwell	2:46:09	3	Carrie Taylor	48	Henderson	2:02:00
MALE AGE GROUP: 50 - 54				MALE AGE GROUP: 50 - 54					
1	Ed Farney	52		2:18:16	1	PJ Banazek	50	Watertown	1:29:37
2	Jim Mitchell	52	Binghamton	2:28:50	2	Mark Rusch	52	Watertown	1:35:19
3	Tom Toole	54	Ogdensburg	2:29:52	3	Ron Tyler	52	Martville	1:37:28
FEMALE AGE GROUP: 50 - 54				FEMALE AGE GROUP: 50 - 54					
1	Debra Smith	54	Mexico	2:37:39	1	Deborah Wallace	50	Central Square	1:52:57
2	Teresa Mech	50	Mexico	2:45:08	2	Julie Sawyer	51	Watertown	1:56:38
3	Amanda Rubert	50	Towanda, PA	2:49:28	3	Tammy Davis	54	Watertown	2:02:07
MALE AGE GROUP: 55 - 59				MALE AGE GROUP: 55 - 59					
1	Andrew Kampnich	55	Watertown	2:13:33	1	Mike Halloran	57	Theresa, NC	1:47:20
2	Bob Seigart	59	Syracuse	2:14:57	2	Ian Piggott	57	Pittsford, NJ	1:47:37
3	Robert Haas	56	Red Creek	2:20:01	3	Stan Cosper	56	Watertown	1:53:17
FEMALE AGE GROUP: 55 - 59				FEMALE AGE GROUP: 55 - 59					
1	Patricia Prosser	57	Oswego	2:52:24	1	Sherry Gilbert	59	Dexter	1:57:18
2	Linda Owens	58	Liverpool	3:02:33	2	Kelly Waldron	55	Lebanon, PA	2:05:10
3	Ellen Brunet	55	Parish	3:13:03	3	Cindy Cooper	57	Copenhagen	2:09:27
MALE AGE GROUP: 60 - 64				MALE AGE GROUP: 60 - 64					
1	William Baynes	60	Rome	2:19:41	1	Woody Woodworth	62	Chittenango	1:48:20
2	Gary Tarolli	63	East Syracuse	2:23:29	1	Margaret Osborn	61	Tipp City, OH	2:03:52
3	Robert Eggleston	60	Sherrill	2:33:53	2	Paula Nelson	62	Cumberland, WI	2:04:04
FEMALE AGE GROUP: 60 - 64				FEMALE AGE GROUP: 60 - 64					
1	Katherine Allott	61	Potsdam	2:53:00	3	Janet Quinn	60	Sackets Harbor	2:13:24
2	Paula Iannello	61	Verona	3:00:24	MALE AGE GROUP: 65 - 69				
3	Cheryl Cronin	61	Tully	3:15:04	1	Jim Henneberger	66	Tampa, FL	1:43:20
MALE AGE GROUP: 65 - 69				MALE AGE GROUP: 65 - 69					
1	Patrick Purdy	65	Sackets Harbor	2:42:06	2	Mark Phillips	68	Sackets Harbor	1:49:47
2	Dave Mcadoo	66	Ogdensburg	3:16:26	3	Reggie Purington	66	Carthage	2:19:26
3	TJ Trujillo	66	Carthage	3:42:45	FEMALE AGE GROUP: 65 - 69				
FEMALE AGE GROUP: 65 - 69				FEMALE AGE GROUP: 65 - 69					
1	Jessica Leifer	65	Manlius	3:18:13	1	Valerie Sestir	65	Gouverneur	2:29:58
2	Dorothy Massinger	65	Herkimer	3:53:29	2	Brenda Wood	65	Watertown	2:33:29
3	Judith Carroll	65	Central Square	4:11:12	3	Margie Garella	66	Lakeland, TN	2:57:32

Courtesy of 18.12 Challenge

11TH ANNUAL LAKE GEORGE TRIATHLON FESTIVAL September 4-5, 2016 • Battlefield Park, Lake George

OLYMPIC: 0.9M SWIM, 24.8M BIKE, 6.2M RUN			
MALE OVERALL			
1	David Kane/45-49	New York	2:10:14
2	William Schumann/50-54	West Hartford, CT	2:11:00
3	Thomas McGee/55-59	Ottawa, ON	2:14:37
FEMALE OVERALL			
1	Michelle Rosowsky/45-49	South Burlington, VT	2:24:47
2	Katie Greenham/30-34	Etna, NH	2:27:17
3	Kathleen Hayden/50-54	Rochester	2:27:22
MALE AGE GROUP: 15 - 19			
1	Kevin Bouyca	Queensbury	2:32:13
2	Colin Leonard	Slingerlands	2:33:04
3	Daniel Dickson	Culebra, PR	2:35:38
FEMALE AGE GROUP: 15 - 19			
1	Paige Mager	Hudson Falls	2:58:12
2	Lauren Szcapaniak	Burnt Hills	3:43:49
3	Jordyn Backman	Ellington, CT	4:06:32
MALE AGE GROUP: 20 - 24			
1	Chris Mulhall	Middlebury, CT	2:21:18
2	Norman Van Diest	Glens Falls	2:32:05
3	Donald Guest	Middleburgh	2:35:50
4	James Ferguson	Berwyn, PA	2:36:34
5	Gavin Cumming	Clifton Park	2:44:36
FEMALE AGE GROUP: 20 - 24			
1	Dana Ceroni	Sharon, PA	2:36:02
2	Maddie Leopold	Middlebury, VT	2:39:56
3	Hunter Ralston	Hebron, CT	2:51:25
4	Brittany Friedrich	Keeseville	2:54:20
5	Rachael Markoe	Lagrangeville	3:00:25
MALE AGE GROUP: 25 - 29			
1	Steven Vargo	Merrimack, NH	2:15:09
2	Aaron Birch	Park Ridge, NJ	2:19:14
3	Mark Harousseau	Scarsdale	2:21:43
4	Sean Macpherson	Wilmington, MA	2:31:40
5	Chris Vonier	San Francisco, CA	2:32:04
FEMALE AGE GROUP: 25 - 29			
1	Caitlin Joyce	Niskayuna	2:47:41
2	Samantha Weinberg	New York	2:50:10
3	Kristen Ebert	Brooklyn	2:52:08
4	Kalyn Weber	Boston, MA	2:59:23
5	Kimberly Tracey	Sleepy Hollow	3:00:12
MALE AGE GROUP: 30 - 34			
1	Matthew McClellan	Saegertown, PA	2:19:55
2	William Watkins	Slatington, PA	2:20:54
3	Charles Lester IV	Saratoga Springs	2:29:31
4	Tim Miller	Oneonta	2:34:32
5	Sean Langdown	Kingston, ON	2:34:42
FEMALE AGE GROUP: 30 - 34			
1	Katie Greenham	Etna, NH	2:27:17
2	Laura Miller	Oneonta	2:40:20

11TH ANNUAL LAKE GEORGE TRIATHLON FESTIVAL continued

3	Kaley Bell	New York	2:42:07	FEMALE AGE GROUP: 20 - 24			
4	Chelsea Bovey	Kingston, ON	2:42:23	1	Nicole Kingsley	Athens	5:31:02
5	Alisa Sterna	New York	2:49:06	2	Maira Hilt	Albany	5:31:58
MALE AGE GROUP: 35 - 39				3	Kimberly Allen	Middletown	5:36:45
1	Michael Cooley	Delmar	2:14:44	4	Brittany Friedrich	Keeseville	5:53:11
2	Jeffrey Andritz	Altamont	2:26:25	5	Fiona Recchia	Ballston Spa	6:15:12
3	Brian Skorney	New York	2:35:08	MALE AGE GROUP: 25 - 29			
4	Noah Brodsky	Nyack	2:35:55	1	Sean Davis	Lake Placid	4:44:32
5	Andrew Chiu	Bedford, MA	2:38:09	2	Alex Baker	Syracuse	4:56:53
FEMALE AGE GROUP: 35 - 39				3	Mathieu Vachon	Granby, QC	5:00:54
1	Sheila Monaghan	Hoboken, NJ	2:32:51	4	Matthew Francis Gawors	Middletown	5:07:31
2	Ann Moskal	Ballston Spa	2:35:05	5	Jared Newell	Queensbury	5:11:18
3	Laura Zima	Albany	2:43:15	FEMALE AGE GROUP: 25 - 29			
4	Kristin Kandiel	Mechanicville	2:50:07	1	Kerriane Sanicola	Miramar Beach, FL	5:19:28
5	Brianne Vogan	Saegertown, PA	2:54:07	2	Erin Kelly	Westwood, NJ	5:22:14
MALE AGE GROUP: 40 - 44				3	Claire Weiss	New York	5:35:28
1	Dylan Cohen	Keene Valley	2:19:51	4	Kerri Whelan	Katonah	5:54:43
2	Vincent Cooper	Gansevoort	2:24:01	5	Alison Whelan	Katonah	5:54:43
3	James Harnish	Essex Junction, VT	2:25:48	MALE AGE GROUP: 30 - 34			
4	John Ratzan	New York	2:27:29	1	Matt Toporowski	Saugerties	4:45:35
5	Randy Swift	Saratoga Springs	2:30:26	2	Robert Ordish	Glennmont	4:47:49
FEMALE AGE GROUP: 40 - 44				3	Owen Graham	Niskayuna	5:02:33
1	Mandy Lovett	Allentown, PA	2:40:28	4	William Watkins	Slatington, PA	5:20:48
2	Kerri Thomas	Middle Granville	2:40:32	5	Abraham Cohen	Lansing, MI	5:25:07
3	Tammy Richards	Williamsville, VT	2:40:55	FEMALE AGE GROUP: 30 - 34			
4	Tara Rawluk	Stirling, NJ	2:40:58	1	Rachel Waller	Burnt Hills	5:29:28
5	Veronique Sigu	Princeton, NJ	2:48:53	2	Christine Kupillas	Alburtis, PA	5:53:59
MALE AGE GROUP: 45 - 49				3	Kayla Boisvert	Northampton, MA	5:57:34
1	David Kane	New York	2:10:14	4	Kyle Erickson	Brooktondale	6:22:55
2							

11TH ANNUAL LAKE GEORGE TRIATHLON FESTIVAL *continued*

PRINCE GEORGE – OLYMPIC & AQUABIKE			
8	Juan Ravelo	53	8:38:27
9	John Thompson	56	9:13:25
10	Douglas Dorado	39	9:23:53
11	Matthew Andrusis Mette	59	9:25:16
12	Dean Westcott	55	9:25:45
13	Rob Backman	45	9:46:29
14	Steve Valois	42	10:16:16
15	Hugo Safar	53	10:39:47
16	John Perry	54	11:10:10
17	William Richards	35	11:29:43
18	Ray Lee	74	12:43:21
FEMALE OVERALL			
1	Blaine Wilkes	44	8:40:58
2	Jodi Plante	42	8:45:40
3	Brittany Friedrich	23	8:47:31
4	Gloria Safar	51	9:36:22
5	Alicia Olmos	43	10:12:25
6	Devon Jameson	31	10:40:15
7	Rachel Cochran	26	10:55:51
8	Joy Bostick	46	10:59:37

1	Jason Gardner	46	5:28:22
2	Randy Kelley	47	5:32:26
3	Jeffrey Andritz	35	4:43:24
4	Peter Fetzter	29	6:15:52
5	Berk Wheeler	62	6:20:29
6	Jimmy Stevens	48	6:32:17
7	William Curran	68	6:48:52
8	Carey Cunningham	50	6:48:52
9	Jason Felton	42	7:01:08
10	David Conway	30	7:41:15
FEMALE OVERALL			
1	Susan Stevens	46	6:16:42
2	Lauren Karstens	34	7:06:04
3	Bridget Alois	27	7:20:51
4	Margaret McGuinness	40	7:26:18
5	Diane Berry	37	8:25:16

Courtesy of Adirondack Race Management

28TH ANNUAL SEFCU FOUNDATION LABOR DAY 5K
September 5, 2016 • SEFCU Headquarters, Albany

MALE OVERALL			
1	Anthony Giuliano	37	Niskayuna 16:05
2	Chuck Terry	34	Albany 16:21
3	Richard Messineo	27	Nassau 16:43
FEMALE OVERALL			
1	Karen Bertasso	32	Albany 17:44
2	Mollie Turner	36	Averill Park 17:57
3	Jessy Montrose	30	19:26
MALE AGE GROUP: 14 & UNDER			
1	Tanner Litts	10	27:13
2	Dillon Wood	8	29:15
3	Tanner Wood	12	30:48
FEMALE AGE GROUP: 14 & UNDER			
1	Jessica Quinn	13	Schenectady 24:36
2	Julia Gorevich	9	Albany 28:22
MALE AGE GROUP: 15 - 19			
1	Ethan McKnight	19	Albany 18:58
2	Colin Leonard	16	Slingerlands 21:16
3	William Salavantis	16	Niskayuna 22:05
FEMALE AGE GROUP: 15 - 19			
1	Payton Czupil	17	Watervliet 20:31
2	Liliana Matala	17	Schenectady 23:34
3	Kelsey Roberts	18	Guiderland 27:45
MALE AGE GROUP: 20 - 24			
1	Eric Young	24	Latham 16:48
2	Robert Rosenblatt	20	Astoria 19:32
3	Ben Grace	23	Delmar 20:31
FEMALE AGE GROUP: 20 - 24			
1	Irene Somerville	23	Wynantskill 19:49
2	Pam Eistertz	24	Albany 27:21
MALE AGE GROUP: 25 - 29			
1	Ken Little	29	Ballston Lake 16:59
2	Ben Heller	26	Albany 17:59
3	Seth Engel	27	Round Lake 24:32
FEMALE AGE GROUP: 25 - 29			
1	Michelle Davis	27	Watervliet 20:31
2	Rachel Cardillo	28	Mechanicville 22:28
3	Clare Browne	27	Delmar 23:06
MALE AGE GROUP: 30 - 34			
1	Ben Sears	32	Albany 19:17
2	Sean Hannon	33	Guiderland 20:16
3	Carl Brewer	33	Albany 21:29
FEMALE AGE GROUP: 30 - 34			
1	Diana Davis	31	Williamstown, MA 20:06
2	Janne Rand	31	Saratoga 20:36
3	Elizabeth Chauhan	31	Albany 21:21
MALE AGE GROUP: 35 - 39			
1	Peter Flynn	39	Delmar 17:56
2	Stephen Siebrecht	37	Delmar 18:00
3	Saturnino Fernandez	36	Slingerlands 19:20
FEMALE AGE GROUP: 35 - 39			
1	Charity McManaman	39	Colonie 22:38
2	Erica Pisano	37	Ballston Lake 25:33
3	Abigail Schoonover	38	Albany 26:08
MALE AGE GROUP: 40 - 44			
1	Jake Stookey	40	Clifton Park 16:49
2	Aaron Knobloch	40	Niskayuna 17:43
3	Sean Madden	42	Albany 18:29
FEMALE AGE GROUP: 40 - 44			
1	Jessica Northan	40	Guiderland 23:47
2	Amy Amoroso	40	Rotterdam 26:17
3	Rachel Grimm	41	Albany 27:27

MALE AGE GROUP: 45 - 49			
1	Paul Nelson	46	Albany 20:07
2	Richard Bourgeois	46	Albany 22:27
3	Karl Higby	47	Schenectady 24:43
FEMALE AGE GROUP: 45 - 49			
1	Kimberly Miseno-Bowles	46	Amsterdam 22:49
2	Ruth Sadinsky	49	Albany 24:14
3	Julie Burke	48	Troy 26:41
MALE AGE GROUP: 50 - 54			
1	John Stadlander	50	Clifton Park 16:51
2	Jack Arnold	53	Latham 18:41
3	Kevin Creagan	51	Albany 20:04
FEMALE AGE GROUP: 50 - 54			
1	Gail Doering	51	24:39
2	Kirsten Leblanc	52	26:35
3	Jacqueline Orr	54	Loudonville 29:17
MALE AGE GROUP: 55 - 59			
1	Arthur Reilly	55	Lenox Dale, MA 19:32
2	Richard Munson	59	20:28
3	Chris Kurkjian	56	Ballston Lake 21:47
FEMALE AGE GROUP: 55 - 59			
1	Colleen Brackett	55	Albany 21:28
2	Nancy Taormina	57	Albany 23:10
3	Karen Gerstenberger	59	Albany 25:01
MALE AGE GROUP: 60 - 64			
1	David Roy	61	Schoharie 19:50
2	Tom McGuire	64	Slingerlands 21:47
3	George Baranaukas	62	Scotia 22:12
FEMALE AGE GROUP: 60 - 64			
1	Darlene Cardillo	63	Delmar 28:34
2	Hollys Kozlowski	61	Valley Falls 28:51
3	Denise Greene	60	Latham 30:15
MALE AGE GROUP: 65 - 69			
1	Bob Giambalvo	67	Delhi 19:41
2	Juergen Reher	66	Wynantskill 21:54
3	David Rabinowitz	65	New York 22:29
FEMALE AGE GROUP: 65 - 69			
1	Erika Oesterle	65	Stamford, CT 24:39
2	Martha DeGrazia	65	24:55
3	Katherine Ambrosio	66	Delmar 28:43
MALE AGE GROUP: 70 - 74			
1	Dave Glass	70	Glenville 21:06
2	Tom McClure	71	Geneva 28:50
3	Frank Klose	73	29:40
MALE AGE GROUP: 75 - 79			
1	Jim Moore	76	28:20
2	Kenneth Skinner	76	Albany 35:11
3	Robert Knouse	76	Voorheesville 36:49
FEMALE AGE GROUP: 75 - 79			
1	Eiko Bogue	79	Schaghticoke 42:04
MALE AGE GROUP: 80 & OVER			
1	Christopher Rush	80	Schenectady 29:35
2	Wade Stockman	81	Rensselaer 30:55
3	Sorell Chesin	84	Slingerlands 37:30
FEMALE AGE GROUP: 80 & OVER			
1	Anne Stockman	84	Rensselaer 39:26

Courtesy of Hudson-Mohawk Road Runners Club

2ND ANNUAL ADIRONDACK TRAIL RIDE
570-mile solo, self-supported bikepacking adventure
September 9, 2016 • Inn at the Bridge, Northville

1	Rob Cook	4:12:02:00	4	Jeff Mullen	6:08:55:00	7	Ralph Pruitt	8:09:07:00
2	Chris Yates	6:04:35:00	5	Mike Feldman	7:08:06:00	8	Jody Dixon	16:08:26:00
3	Gant Ginter	6:04:36:00	6	Curt Cess	8:09:06:00			

Courtesy of The Adirondack Trail Ride

34TH ANNUAL ADIRONDACK CANOE CLASSIC – THE 90-MILER
Day 3 cancelled due to high winds/rough water so shortened to 65 miles
September 9-10, 2016 • Old Forge to Long Lake to Saranac Lake

OPEN TOURING – TOP 10 FINISHERS			
1	Jon Vermilyea, Paul Repak, Mike Trump, Matt Trump		11:10:26
2	C. Yarnell, C. Yarnell, J. Goss, M. Malley		11:23:16
3	Joe Garso, David Funk	Saranac Lake/Lebanon, PA	11:26:29
4	St. Joe's Team: Meagan, Joe, Jeremy, Kyle	Saranac Lake	11:30:50
5	Jack Semler, Bill Webster, Thomas Conroy, John Conroy	Williamsville/Buffalo/Guilford, CT/Holliston, MA	11:40:23
6	Ed Evans, Andrew Hughes		11:41:10
7	Denise Bilsback, Richard Bilsback, Craig Mallery, Ellen Mallery		11:44:36
8	Dan Snyder, Donna Snyder, Jake Snyder, Kelly Snyder		11:49:13
9	Brian Donovan, Caren Donovan	Wanakena	11:50:46
10	Larry Sweeney, Brian Finn, Tom Tracey, Ron Hamilin		11:53:29
ONE PERSON GUIDEBOAT MEN			
1	Ben Rochon	Pointe Claire, QC	12:03:19
2	Diego Campo	Laval, QC	12:52:16
3	Gerhard Munger	Lowville	13:10:35
ONE PERSON GUIDEBOAT WOMEN			
1	Stephanie Bennett	Leavenworth, WA	15:13:31
TWO PERSON GUIDEBOAT MEN			
1	Michael Dunn, Randy Blakeman	Rochester/Malta	12:20:17
2	Rick Marchant, Ryan Marchant	Cazenovia/Liverpool	13:13:20
3	Brian Van Delinder, Kevin Birtle	Needham, MA/Old Forge	13:45:35
TWO PERSON GUIDEBOAT MIXED			
1	Rich Furstoss, Angela Schuerch	Mendon/Naples	13:21:25
2	Jennifer Okonuk, Chris Dicitino		13:50:01
VOYAGEUR CANOES			
1	Viking Moose: Tera Siegfried, Will Siegfried, Jeff Firling, Hildrea Francis, John Edwards, Sajan Lama, Gregory Lowry	Indian Lake	9:41:47
2	Dog Breath: Roger Henry, Patrick Madden, Alec Davis, Kevin Berl, Ed Greiner, Richard Butts, Gary McInain	Rexford	9:56:36
3	Scajaquada Canoe Club: Anthony Chungbin, Chris Chungbin, Peggy Bush, Jared Callahan, Christine Kogotowski, Fran Wagner, Mark Kogotowski		11:17:38
TWO PERSON CANOE RECREATION			
1	William Shea, Mike Champagne		12:17:23
2	Windsor Locks, CT/East Windsor, CT		12:40:15
3	Daniel Sillick, Nick Carleton	Hilton/Rochester	12:58:29
4	Dan Heneka/William Heneka	Clayton/Plattsburgh	12:58:29
SOLO REC MEN OPEN			
1	Morgan Hoven	Clifton Springs	11:06:13
2	Marco Migliaro	S. Plainfield, NJ	14:43:35
SOLO REC MEN MASTERS			
1	Joe Moore	Lake Placid	10:59:36
2	Dennis Barrett	South Padre Island, TX	13:11:23
3	Robert Hayes	Albany	13:50:59
SOLO REC MEN'S VETERANS			
1	James Townsend	Vermontville	13:42:54
SOLO REC WOMEN			
1	Anna Mowatt	Hamilton College	14:31:07
ONE PERSON CANOE STOCK MEN OPEN			
1	Royal McDonnell	Paul Smiths	12:53:23
2	Eric Socash	Old Forge	14:20:28
3	Alex Hunkins	Thendara	14:37:21
ONE PERSON CANOE STOCK MEN			
1	Bill Jimison	Potsdam	14:04:33
2	Jim Minnie	Saranac Lake	14:04:28
3	Kerry Newell	Heuvelton	16:25:14

continued

34TH ANNUAL ADIRONDACK CANOE CLASSIC – THE 90-MILER *continued*

ONE PERSON CANOE STOCK WOMEN			
1	Amy Beckwith	Richmond, VT	14:32:50
ONE PERSON CANOE AMATEUR MEN			
1	Chuck Braman	Greene	11:50:51
2	Dan Donovan	Rochester	12:20:53
3	David Pasakarmis	Varna, IL	15:44:45
TOURING KAYAK WOMEN			
1	Ellen Visser	Potsdam	12:01:41
2	Peggy Braman	Unadilla	13:47:40
TOURING KAYAK MEN OPEN			
1	Leif Lovig	Bedford	13:45:59
2	Nicholas Garty	Milton	13:52:03
3	Jim Resig	Fayetteville	14:39:09
TOURING KAYAK MEN MASTERS			
1	Shawn Urban	Sarnia, ON	10:47:46
2	Todd Furstoss	Rochester	11:03:24
3	Eric Young	Mooers Forks	11:03:50
TOURING KAYAK MEN VETERANS			
1	John Marona	Granby, CT	11:29:12
2	Roger Gocking	Saranac Lake	11:52:26
3	John Meise	Baltimore, MD	13:08:47
TOURING KAYAK SUPER VETERANS			
1	David Walters	Walworth	17:19:45
FOUR PERSON CANOE STOCK MEN			
1	Nick Hindley, Pete McConville, Mark Winter, Randy Young		10:05:24
2	Honesdale, PA/Paul Smiths/Bloomingdale/Saranac Lake		10:59:55
3	Saul Licona, Sebastian Arze, Gilberto Goti, Jose Chi	PAN	11:17:21
4	Josh Olney, John McMahon, Austin Olney, Gary Semo	Rome/White Plains/Saranac Lake	
FOUR PERSON CANOE STOCK MIXED			
1	Jeff Shults, Bob Wise, Josh Schlafer, Melissa Swislosky		9:24:20
2	Otego/Oneonta/Amston, CT		
3	Gloria Wesley, Gary Aprea, Steve Miller, Andy Hall		9:45:44
4	Pittsfield, MA/Groton, MA/Arlington, MA		
5	Ben Hanson, Amanda Castignetti, Phil Millsbaugh, Emma Mills		10:39:48
6	Big Flats/Niskayuna/Farmington/Schenectady		
FOUR PERSON CANOE STOCK WOMEN			
1	Lauraellen Kopta, Sylvie Nadeau, Anne Armstrong, Betsy Ray		10:51:08
2	Clymer/Tinton Falls, NJ/Philadelphia, PA/New York		
3	Grace McDonnell, Celia Evans, Tiffany Kivlen, Kathleen Brannon	Adirondacks	11:52:05
4	Heidi Kretser, Chrissy Hayden, Janet Stein, Beth Donnelly	Saranac Lake	12:08:21
FOUR PERSON CANOE OPEN			
1	Joanne Olney, Paul Olney, Mark Olney, Michael Fries		9:22:13
2	Westernville		9:26:38
3	Del Cummings, Vicki Cummings, David Hunter, Michael Fairchild	Meriden, CT/Lake Placid/Brattleboro, VT	9:26:38
4	David Thomas, Gene Newman, Jon Santor, Kirsten Domas	Watertown/Canton	9:46:00
TWO PERSON CANOE AMATEUR MEN			
1	Peter Ross, Tim Henning	Ontario/Marion	10:44:37
2	Michael Pocchiarri, Michael Kean	Ava/Rome	11:36:42
3	Ken Gerg, Laverne Young	Emporium, PA/Niceville, FL	12:42:54
TWO PERSON CANOE AMATEUR MIXED			
1	Ann Flower Stitt, Brian Stitt	Mechanicville	11:59:59

RACE RESULTS

37TH ANNUAL DUNKIN' RUN

September 11, 2016 • Sidney Albert Jewish Community Center, Albany

5K RUN			
MALE OVERALL			
1	Dylan Lowry	24	Buffalo 16:18
2	Leo Rosenblum	15	Delmar 18:45
3	Mathew Nark	43	Bennington, VT 18:56
FEMALE OVERALL			
1	Mollie Turner	36	Averill Park 17:59
2	Jamie Woolsey	33	Oneida 19:14
3	Nicole Soblosky	29	Albany 19:24
MALE AGE GROUP: 1 - 14			
1	Mihir Randive	14	Niskayuna 21:56
2	Jaden Miller	13	Cobleskill 22:36
3	John Weidman	12	Schenectady 23:12
FEMALE AGE GROUP: 1 - 14			
1	Alexandra Benderskaya	13	Ballston Lake 25:53
2	Sarah Tessier	14	Niskayuna 27:05
3	Johanna Dicerbo	14	Niskayuna 27:41
MALE AGE GROUP: 15 - 19			
1	Griffin Day	15	Ballston Lake 19:39
2	William Bolmer	15	Albany 21:45
3	Niall Rodgers	16	Troy 25:29
FEMALE AGE GROUP: 15 - 19			
1	Courtney Lane	19	Loudonville 27:43
2	Jaina George	17	Troy 30:25
3	Paige Alaxanian	16	Troy 32:26
MALE AGE GROUP: 20 - 24			
1	Andrew Fishinger	23	Albany 21:21
2	David Marinstein	24	Slingerlands 26:15
3	Taylor Powell	21	White Plains 27:45
FEMALE AGE GROUP: 20 - 24			
1	Brandy Egan	24	Albany 26:11
2	Noelle Gilchrist	24	Albany 30:46
3	Hannah Nelson	23	Rensselaer 31:35
MALE AGE GROUP: 25 - 29			
1	Nick Cogan	25	Rensselaer 19:48
FEMALE AGE GROUP: 25 - 29			
1	Janine Guido	28	Albany 26:13
2	Mandee Morales	26	Rensselaer 29:14
3	Amy Thomas	27	Albany 30:05
MALE AGE GROUP: 30 - 34			
1	Tom Tiberio	31	Scotia 19:51
2	Cory McWilliams	32	Albany 24:52
3	Gregory Cramer	31	Delmar 25:25
FEMALE AGE GROUP: 30 - 34			
1	Molly Casey	32	Albany 20:50
2	Casey Kohler	30	Albany 21:42
3	Emily Russell	33	North Benningto, VT 21:56
MALE AGE GROUP: 35 - 39			
1	Christopher Gerard	37	Albany 21:56
2	Conor Donnelly	38	Albany 23:18
3	Alan Ng	37	Albany 23:23
FEMALE AGE GROUP: 35 - 39			
1	Nicole Pulcino	35	Albany 24:51
2	Tara Benziger	36	Bennington, NJ 28:06
3	Sara Shor	37	Albany 29:46
MALE AGE GROUP: 40 - 44			
1	Vasil Koleci	40	Albany 26:55
2	Jason Towers	41	Duanesburg 26:56
3	Robert Cardona	40	Schenectady 28:14
FEMALE AGE GROUP: 40 - 44			
1	Melissa Maguire	43	Loudonville 22:08
2	Cara Wolff	41	Niskayuna 28:26
3	Jill Wolski	40	Troy 29:24
MALE AGE GROUP: 45 - 49			
1	Lane Rodgers	49	Troy 22:43
2	Michael Dinsmore	45	Queensbury 24:43
3	Andre' Patnode	45	Ballston Lake 25:01
FEMALE AGE GROUP: 45 - 49			
1	Kim Eisler	49	Ballston Spa 25:24
2	Eileen Lee	45	Troy 27:20
3	Ilana Kovach	46	Albany 29:24
MALE AGE GROUP: 50 - 54			
1	Jack Arnold	53	Latham 19:06
2	Blaine Freadman	52	Pittsfield, MA 20:37
3	Steve Roberts	51	Dalton, MA 21:38
FEMALE AGE GROUP: 50 - 54			
1	Alyssa Risko	50	Schenectady 21:49
2	Leslie Feinman	52	Slingerlands 27:39
3	Teresa O'Connor	51	Troy 28:26
MALE AGE GROUP: 55 - 59			
1	David Brickman	58	Albany 26:43
2	Hugh Johnson	58	Albany 27:27
3	Vincent Lubrano III	58	Albany 28:32
FEMALE AGE GROUP: 55 - 59			
1	Deborah Mehm	58	Albany 26:47
2	Paula Martinez	59	Albany 28:45
3	Maryse Folmsbee	59	Chatham 29:48
MALE AGE GROUP: 60 - 64			
1	Kevin Harrigan	60	Schenectady 27:48
2	Michael Maguire	61	Ballston Lake 29:55
3	Martin Touhey	63	Albany 33:08
FEMALE AGE GROUP: 60 - 64			
1	Susan Klim	61	Altamont 32:07
2	Susan Milstein	60	Albany 32:53
3	Marie Arrao	60	Clifton Park 34:35
MALE AGE GROUP: 65 - 69			
1	Joseph Hein	66	Altamont 42:20
FEMALE AGE GROUP: 65 - 69			
1	Gloria Drofitz	65	Wappingers Fall 40:45
MALE AGE GROUP: 70 - 74			
1	Donald Smith	73	Albany 25:09
2	Douglas Fox	71	Loudonville 33:10
MALE AGE GROUP: 80 - 99			
1	Sorrell Chesin	84	Slingerlands 36:18
2	Joe Kelly	83	Menands 39:29
3	Ken Orner	86	Albany 44:54
10K RUN			
MALE OVERALL			
1	Aaron Lozier	28	Albany 34:17
2	Tim Van Orden	48	Bennington, VT 34:23
3	Nick Webster	27	Albany 35:39
FEMALE OVERALL			
1	Karen Bertasso	32	Albany 37:49
2	Christine Coughlin	23	Latham 39:11
3	Erin Corcoran	42	Schenectady 39:58
FEMALE AGE GROUP: 1 - 14			
1	Adelaide Leung	13	Albany 1:01:18
MALE AGE GROUP: 15 - 19			
1	Connor Williams	18	Clifton Park 55:30
MALE AGE GROUP: 20 - 24			
1	Chris O'Brien	20	Delmar 43:12
2	Christopher Soufliens	22	Albany 49:26
FEMALE AGE GROUP: 20 - 24			
1	Liz McCarty	23	Rensselaer 58:07
2	Jenna Crupi	24	Albany 59:06
3	Eileen Spath	24	Delmar 1:04:49
MALE AGE GROUP: 25 - 29			
1	Nicholas Curelop	28	Housatonic, MA 35:52
2	Mike Kondervich	25	Albany 43:46
3	Ryan Sullivan	26	Albany 44:12

Courtesy of Sidney Albert Albany JCC

15TH ANNUAL TEAL RIBBON 5K RUN FOR OVARIAN CANCER AWARENESS & RESEARCH

September 11, 2016 • Washington Park, Albany

MALE OVERALL			
1	Louie Dinuzzo	34	Colonie 16:00
2	Matthew Flint	26	16:11
3	Brendan Connor	23	17:13
FEMALE OVERALL			
1	Beth Stalker	57	Burnt Hills 20:51
2	Trista Griffith	34	Washington DC 21:46
3	Rachel Toolan	40	Rensselaer 21:47
MALE AGE GROUP: 1 - 14			
1	Matthew Beattie	13	Rensselaer 21:21
2	Nathan Davis	12	East Greenbush 21:48
3	Joshua Mann	14	East Greenbush 21:56
FEMALE AGE GROUP: 1 - 14			
1	Olivia Furman	14	Vernon 24:31
2	Deme Burns	13	Queensbury 25:01
3	Makayla Stoutenburg	14	Rensselaer 25:20
MALE AGE GROUP: 15 - 19			
1	Liam Danaher	15	18:32
2	Ethan Samarja	17	Castleton On Hudson 19:35
3	Ryan Doyle	15	East Greenbush 19:48
FEMALE AGE GROUP: 15 - 19			
1	Lindsay Mannion	19	Albany 23:16
2	Julia Marino	18	East Greenbush 23:47
3	Molly Rae Kane	15	Rensselaer 24:19
MALE AGE GROUP: 20 - 24			
1	Matthew Curtin	23	East Greenbush 19:40
2	Warren Pearson	22	Brooklyn 21:25
3	Nicholas Ferraro	20	Schenectady 22:44
FEMALE AGE GROUP: 20 - 24			
1	Jessica Balthazar	21	Riverhead 22:40
2	Jamere Shelby	24	Albany 25:46
3	Dara Miller	24	Albany 26:42
MALE AGE GROUP: 25 - 29			
1	Evan Chamberas	26	Cohoes 21:46
2	Oliver Holecek	25	Troy 22:23
3	Kyle Mahar	28	Ballston Lake 22:36
FEMALE AGE GROUP: 25 - 29			
1	Madysen Chamberas	27	Cohoes 24:05
2	Ashley Bye	28	Albany 24:08
3	Cyrilla Suker	29	Rensselaer 27:07
MALE AGE GROUP: 30 - 34			
1	Joshua Gregg	34	West Sand Lake 17:40
2	David Skoney	33	Albany 21:55
3	Josh Hogan	33	Troy 23:11
FEMALE AGE GROUP: 30 - 34			
1	Stephanie Arango	31	Castleton On Hudson 22:15
2	Traci Hendricks	32	Amsterdam 22:59
3	Allison Milazzo	31	Delmar 24:04
MALE AGE GROUP: 35 - 39			
1	Peter Flynn	39	Delmar 17:35
2	Stephen Siebrecht	37	Delmar 17:43
3	Charles Griffith	36	21:21
FEMALE AGE GROUP: 35 - 39			
1	Nicole McCutcheon	36	Altamont 22:32
2	Sarah Flannery	38	Wynantskill 24:51
3	Wendy Quinn-Decatur	39	Schenectady 25:15
MALE AGE GROUP: 40 - 44			
1	Eric Bergin	44	Schaghticoke 20:30
2	Joel Shapiro	40	Schenectady 21:40
3	Pat Russell	40	Queensbury 21:53
FEMALE AGE GROUP: 40 - 44			
1	Joanne Burns	42	Queensbury 23:06
2	Stephanie Monteau	42	East Greenbush 23:22
3	Lisa Carney	41	24:33
MALE AGE GROUP: 45 - 49			
1	Brett Fajen	45	Nassau 20:03
2	Matt Lindemann	47	East Greenbush 21:05
3	James Davis	48	East Greenbush 22:04
FEMALE AGE GROUP: 45 - 49			
1	Bridget Cotugno	49	Ballston Spa 24:57
2	Jodi Selzer	49	Rensselaer 25:28
3	Lynne Hryhorenko	46	Albany 25:42
MALE AGE GROUP: 50 - 54			
1	Michael Stalker	53	Burnt Hills 19:00
2	Derrick Feder	54	21:18
3	Robert Mysliwicz	53	Cohoes 22:53
FEMALE AGE GROUP: 50 - 54			
1	Cheryl Tracy	51	24:13
2	Patricia Robison	53	Clifton Park 26:39
3	Sandra Nista	51	East Greenbush 26:45
MALE AGE GROUP: 55 - 59			
1	Mark Howe	55	East Greenbush 25:56
2	Glenn Simsek	57	Albany 29:14
3	Jack Curtin	55	East Greenbush 39:50
FEMALE AGE GROUP: 55 - 59			
1	Karen Gerstenberger	59	Albany 25:27
2	Sharon Mahoney	59	Troy 28:35
3	Joanne Nolette	55	Rensselaer 28:39
MALE AGE GROUP: 60 - 64			
1	James Costello	61	Valatie 24:09
2	Mike Ki	64	24:55
3	Michael Wright	62	Albany 25:09
FEMALE AGE GROUP: 60 - 64			
1	Jane Weitzel	61	Cohoes 26:08
2	Susan Phillips	62	Troy 26:11
3	Carolyn George	62	Albany 26:59
MALE AGE GROUP: 65 - 69			
1	Terry Tamer	68	Albany 32:23
2	Dante Cianfarani	67	Ballston Spa 32:40
3	Robert Lahue	67	Guilderland 34:01
FEMALE AGE GROUP: 65 - 69			
1	Kathy Johnas	67	Troy 26:11
2	Frances Brown	66	East Greenbush 37:34
3	Linda Meier	68	Schenectady 40:30
MALE AGE GROUP: 70 - 74			
1	John Longacker	70	Clifton Park 27:12
2	Kenneth Tracy	72	Greenwich 31:31
FEMALE AGE GROUP: 70 - 74			
1	Carolyn Pfaffenbach	72	38:33
MALE AGE GROUP: 75 - 79			
1	Jim Hotaling	76	Niverville 29:01

Courtesy of Caring Together

MOREAU LAKE 15K TRAIL RUN - TOUGHEST 15K IN NEW YORK

September 11, 2016 • Moreau Lake State Park, Gansevoort

MALE OVERALL			
1	Shaun Donegan	30	Ballston Spa 1:22:17
2	Jake Stookey	40	Clifton Park 1:24:57
3	Timothy Ela	26	Clifton Park 1:33:59
FEMALE OVERALL			
1	Sue Thompson	50	Queensbury 1:53:55
2	Jessica North	40	Guilderland 2:07:10
3	Gabriella Frittelli	50	Gansevoort 2:07:49
MALE AGE GROUP: 20 - 29			
1	Kiligh Chapman	25	Glens Falls 2:16:03
FEMALE AGE GROUP: 20 - 29			
1	Eric Kidwell	27	Gloversville 2:01:55
2	Phillip Pennings	28	Gloversville 2:05:21
3	Griffin White	25	Albany 2:19:33
MALE AGE GROUP: 30 - 39			
1	Melissa Kwasniewski	39	Fort Edward 2:13:47
2	Lillian Porteus	30	Troy 2:19:17
3	Arian Zollinger	37	Ballston Lake 2:49:18
MALE AGE GROUP: 40 - 49			
1	Thomas Ford Jr	30	Mechanicville 1:48:02
2	Ryan Nix	37	Guilderland 1:59:00
3	Chris Perrone	37	Rock City Falls 2:01:36
FEMALE AGE GROUP: 40 - 49			
1	Chieko Vititow	49	Schenectady 2:46:06
2	Maggie Healy	40	Ballston Spa 2:49:40
3	Jennifer Ferriss	44	Saratoga Springs 3:02:23
3	Mona Caron	47	Clifton Park 3:02:23
MALE AGE GROUP: 50 - 59			
1	Volker Burkowski	44	Gansevoort 1:35:25
2	Gary Harper	47	Fort Edward 1:47:47
3	Bill Hoffman	49	Clifton Park 1:48:27
FEMALE AGE GROUP: 50 - 59			
1	Jan Mares	56	Saratoga Springs 2:56:28
2	Jane Foley-Graeff	52	Saratoga Springs 3:25:35
MALE AGE GROUP: 60 - 69			
1	Jim Maney	58	Slingerlands 2:01:50
2	Jeff Clark	58	Glenmont 2:04:48
3	Richard Loud	51	Ballston Spa 2:11:16
FEMALE AGE GROUP: 60 - 69			

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