



YOUNG MEMBERS GROUP ON GRACE PEAK.
PHOTO BY STEPHANIE GRAUDONS

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By Stephanie Graudons

“I just moved here and want to explore the area,” and “I’m interested in getting more into hiking and want to go with a group.” These are the kinds of things I hear on a regular basis, being both an employee and active volunteer for the Adirondack Mountain Club (ADK).

Several years ago, I graduated from college and found myself in a small town in the Adirondacks. I tried dragging some non-hiker friends up a few peaks, so I wouldn’t have to go alone, until a coworker suggested joining ADK. He said that chapters offer year-round volunteer-led outings all over New York State, and even sometimes into surrounding states. Activities like hiking, backpacking, paddling, cycling, cross-country skiing, and snowshoeing were common on the calendar, so I decided to join and try it.

I was nervous signing up for that first outing. I didn’t know anyone, and we were going somewhere I’d never been... in winter. What would the pace be like? Am I in shape enough for this? Do I have the right gear? Will I look silly and unprepared? What if I don’t like the other participants, or what if they don’t like me? Only one way to find out!

Looking back at photos, perhaps I did look silly and unprepared. I didn’t even own any waterproof attire at that time. Despite my anxiety, no one put me down, and I never felt judged or excluded. Instead, I was welcomed by a group of people who expressed genuine interest in getting to know me and helping me grow. I met men and women of all ages and experience levels, each with their own interesting backgrounds and skill sets, eager to share their knowledge with others. ADK leaders and members provided endless encouragement and opportunities

to learn and ask questions, until eventually I felt comfortable leading trips of my own. Every outing is an adventure, and I’ve met all my best friends through the club.

Adirondack Mountain Club is a nonprofit organization focused on the conservation, preservation, and responsible recreational use of the New York State Forest Preserve and other parks, wild lands and waters. Mission-based programs include promoting land stewardship and working for access to recreational opportunities, maintaining trails, advocating for wilderness protection, providing outdoor skills and education and protecting New York’s alpine ecosystem.

ADK is made up of 27 chapters across New York, and each provides a warm, welcoming community for the geographic region it serves. The Capital District area includes the Albany, Schenectady, and Glens Falls-Saratoga chapters, who all offer opportunities to recreate, socialize, learn, and to give back through trail work and volunteerism.

You can whitewater paddle with Schenectady, or enjoy free monthly presentations and educational sessions with the Albany and Glens Falls-Saratoga chapters. If you like collecting patches, the Schenectady chapter offers one for completing the Northville-Placid Trail, and Glens Falls-Saratoga offers one for the Fire Tower Challenge.

Young adults and families can connect with peers through “Young Member” outings, aimed at those in their 20s to 40s. There’s even a big young members’ weekend happening at ADK’s John’s Brook Lodge on Saturday-Monday, June 24-26, with opportunities to hike in the High Peaks!

Perhaps you’re more into cycling? On Sunday, July 30, “Ididaride!” bike tour riders will take in the gorgeous Adirondack views along a 75-mile loop from North Creek to Speculator to

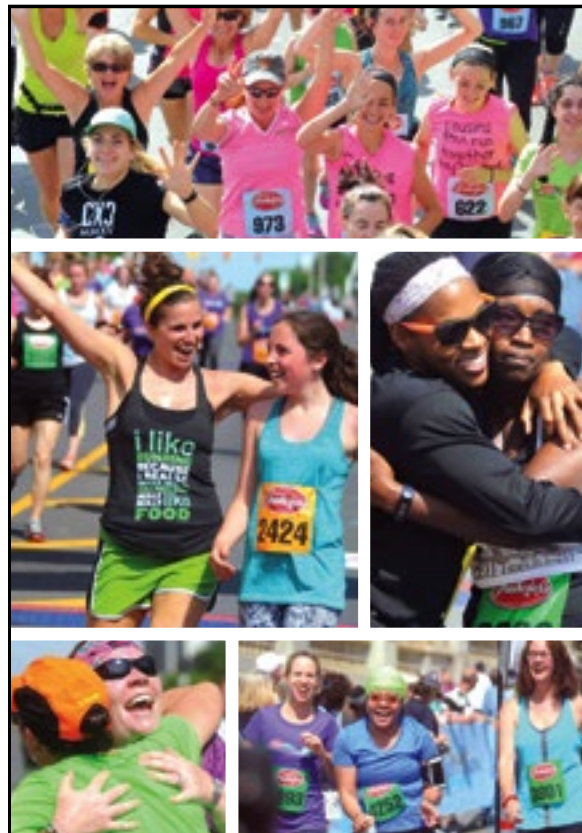
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WALKWAY MARATHON PARTICIPANTS RUNNING ACROSS WALKWAY STATE HISTORIC PARK (VIEW FROM THE SOUTH). BOB KOPAC



TACKLING OBSTACLES AT THE GLENS FALLS URBAN ASSAULT.



LAKE PLACID MARATHON AND HALF STARTS ON MAIN STREET. ROOST



Capture Your Perfect Spring Distance

By Laura Clark

Eeny, Meenie, Miney, Mo, Catch a Race by the Toe...

The spring racing season is underway and there are multiple options available for your running pleasure. With the comfortably warm weather, this is the perfect time to test your legs at a favorite distance or perhaps venture into the unknown. Ranging from one-mile up to the marathon, the following possibilities guarantee something for everybody.

ONE MILE

The shortest distance is the **Glens Falls Memorial Mile** on Monday, May 29. Shorter does not necessarily mean easier. Training requires military precision, with extended warm-ups, and lengthy cooldowns to calm twitchy muscles. And then there is the middle section, the no-holds-barred dash to the finish. But as race director Randy Rath brags, this “flattest and fastest mile just north of the Hudson” functions as the opening act for the Glens Falls Memorial Day Parade, and as such features a ready-made spectator base. You will feel like a hero powering to the applause of those awaiting the parade. New this year, the race has been voted part of the 2017 USATF Adirondack Grand Prix series, so you can expect a competitive crowd. (adkracemgmt.com)

5Ks

While **Sean's Run Weekend** on April 29-30 is a festival of bike rides, Zumbathons, gourmet after-event eating sprees, musical performances and a prevention expo, the Sunday flagship event is the 5K where an anticipated 1,400 will wend their way through the historic town of Chatham – just 30 miles southeast of Albany. Embedded within is the Firefighter 5K Challenge featuring friendly competition among regional departments. Preceding is Meghan's Mile for children 12-and-under and walkers, who aren't ready to tackle three miles. Noteworthy is Saturday's Jaime's Race for People with Special Needs, which provides a shortened route with full 5K amenities for challenged individuals. Proceeds provide grants to youth groups and schools to combat underage drinking. (seansrun.com)

Everyone is a winner at the **CCRC 5K** on Saturday, May 6 at the Christ Community Reformed Church in Clifton Park. Because the race begins at 3pm, kids still get to attend

their soccer games, and with a free BBQ for all registrants, parents don't have to rush home to fix supper. Everyone scores a raffle prize, with items placed on tables so the winners can select whatever strikes their fancy – from gift certificates to restaurants and athletic stores to stuffed animals. Even the littlest 1K participants receive their own medal and ice cream certificate. Race director, Pat Glover, stresses that “The 5K emphasis is on participation more than performance,” with friendly two-person family teams adding to the fun. Proceeds this year support local Girl and Boy Scouts with their community-based projects. (ccrc-cpny.org)

Continuing the prevention theme is the **Summer Smith Addiction Awareness 5K** on Saturday, May 13 at Guilderland High School, with proceeds benefitting the Addiction Care Center of Albany and Schenectady YWCA to help with housing needs of women in recovery. When the organizers state that this is a family event, they really mean it, as leashed dogs are welcome to participate along with their people. Children ages 6-and-under and 7-12 will also enjoy their own fun run. (runsignup.com)

Spice up your 5K with some adventure at the **Glens Falls Urban Assault 3.5-Mile Obstacle Run** around the city of Glens Falls on Saturday, May 20. As with the CCRC 5K, the 5pm afternoon start allows much-appreciated time for Saturday obligations. This year, the event partners with the Law Enforcement Officers' Weekend, with the officers leading the first few waves. Important to note is that runners select their waves at signup, so if you wish to participate as a team, be sure to register early. The venue features more than 20 obstacles like ropes, stairs, slip-n-slides, and some trail challenges in Crandall Park. Expect a few new surprises to keep things fresh. Those who wish to bypass a particular obstacle will have alternatives like pushups, but as race director Randy Rath emphasizes, “The fun is doing all of the obstacles and not trying to skip them to win the race.” Expect a colorful crowd as there are prizes for best-dressed individuals and teams. (adkracemgmt.com)

The premier event is the **Freihofer's Run for Women 5K** on Saturday, June 3. Launching from the NYS State Capitol Park, this venue provides a more spacious start and an amazing downhill finish. With the longtime race director George Regan taking a step back,

there are some changes to this year's race made by co-race directors Kristen Hislop and Patrick Lynskey. Most importantly, the 5K begins 30 minutes earlier at 9am, a welcome bonus on a potentially warm summer morning. To facilitate early packet pick up, the expanded Expo will now be held at the Sage College Armory on Thursday, 4-8pm and Friday, 12-7pm. This location offers a central location and great parking.

Kristen states, “There will also be a renewed focus on the Kids' Run for girls/boys age 4-11, and Junior 3K for girls/boys age 8-14, with a competition among schools for the greatest percentage of 3K registrations.” There are also some day of race perks on tap. Patrick adds “We will be continuing to build on our traditions of the last 38 years, while adding some features we think our participants will love. There are also some great volunteer opportunities to raise funds for your group through the Charitable Partners Program.” Finally, in the 5K women and girls will have the opportunity to participate in a national class event with all the excitement of running with professional athletes. (freihoferstrun.com)

LONGER DISTANCES

Carpooling with friends? Then mark your calendar for the **Spring Has Sprung Distance Festival** on Sunday, May 7 at the Southern Saratoga YMCA in Clifton Park. With a 5K, 10-Mile and Half Marathon (13.1-mile) races, kids' run, and the popular Anyone Can Triathlon, there is something for everyone. The triathlon, with its 350-yard swim, 11-mile bike and 5K run, has long been the launching pad for beginning triathletes or more experienced athletes easing into the season. Particularly friendly is the warmer water and wave-free environment of the pool swim. Kids up to 13 years enjoy their own shortened versions. Running routes are flat, fast and safe on town bike trails and neighborhood streets – a perfect spot for your first 5K or your first attempt to move up in distance. The 10-mile distance is fairly unique and is an excellent tune-up for the considerably hillier Adirondack Distance Run in Lake George this June. (cdymca.org)

Awed by the photos of runners crossing NYC Marathon's Verrazano-Narrows Bridge, but unlucky with the lottery to get in? The highlight of the **Walkway Marathon, Half**

Marathon, and College to College 5K in Poughkeepsie on Saturday-Sunday, June 10-11 is the crossing of the Walkway Over the Hudson, a 19th century former railroad bridge transformed into the world's longest linear park. (Note that the 5K does not cross the bridge). Rising 212 feet over the Hudson, the views are spectacular, so make sure to tote your iPhone to post a selfie! This year the course has been changed to position the Walkway crossing in the cooler hours while runners are still fresh. And in all three races the steep road hill leading to the riverfront has been replaced by a scenic loop through Marist College. As before, several shaded rail trails will also be utilized.

On Saturday, the “ThinkDIFFERENTLY Dash” is a one-mile run/walk celebrating individuals in the community with special abilities. The Walkway Over the Hudson, in partnership with Dutchess County Government and City of Poughkeepsie, are proud to host this event, and encourage all to get involved either as a participant or as a supportive race buddy. Proceeds from all races benefit the Walkway Over the Hudson State Historic Park. (walkwaymarathon.org)

Also on Sunday, June 11 is the **Lake Placid Marathon & Half-Marathon**. The good news is that the marathon is now a sanctioned Boston qualifier, and rest assured that if you can conquer the Adirondacks, Heartbreak Hill will lose a lot of its notoriety. Both events begin simultaneously in the shadow of the Olympic Speedskating Oval, with the marathoners tackling two loops of an occasionally flat, mostly rolling course punctuated by a few hills and scenic views. Be advised that the two steepest are approximately 3/10 of a mile long, with the final hill positioned near the finish. Still, you can take inspiration from the fact that you are privileged to run in the area where Olympic history has been made and where many future Olympians train. (lakeplacidmarathon.com)

It is truly amazing all the varied outdoor options we have right here in our own backyard – be sure to take advantage! 🌲

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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**Peak to Brew Relay
Registration Underway**

UTICA—After two successful runnings, the 2017 Peak to Brew Relay has a new route and new legs to the 220-mile race that blend running with teamwork, the beauty of the Adirondacks and Central New York, and a post-race party with beer, finisher medals and camaraderie at the finish. The relay consists of teams of 12 runners each, with support vans and exchanges at events along the way. This year, Van 1 runners will have four legs each, while Van 2 will run three legs each. This change allows teammates from both vans to celebrate their accomplishment together. Relay legs vary in length from just under two miles to 12 miles. The race will begin at the summit of Whiteface Mountain on Whiteface Mountain Veterans Memorial Highway on the morning of Friday, August 11 and end the next day with a post-race festival at F.X. Matt Brewing in Utica. Among the long-distance running relays nationally, Peak to Brew is the longest.

The course will take runners through some of New York's beautiful landscape. "We've always been the participants in relay races like this before, and we've always believed we could create one that was better than all the rest," said Jason Croniser, president and cofounder of Bark Eater Events. Co-founders/race directors Tim Skjellerup and Jason are both natives and current Central New York residents. Registration and info: p2brelay.com. 🌲

**Whiskey Run 10K to Benefit
Wilmington Historical Society**

WILMINGTON—The town of Wilmington, area businesses and the Wilmington Historical Society are teaming up to organize the Wilmington Whiteface Whiskey Run 10K on Saturday, June 17 with proceeds to benefit the historical society.

The area has a storied history with whiskey, sometimes checkered, sometimes not, but pervasive and significant. During the War of 1812, the Wilmington

area, then part of Jay, was well-known for the rye whiskey it supplied to the American troops as part of their daily ration. In the next century, being a small, quiet Northern village close to the Canadian border, Wilmington became a safe haven for moonshiners, bootleggers, and rum runners transporting illicit spirits across the border during Prohibition. Today, Wilmington is home to US Barrel, the oldest whiskey barrel cooperage in the Northeast. With a checkered history, natural beauty, and a penchant for athletic events, athletes and spectators can join in the inaugural Whiskey Run.

The 10K run will begin and end at Pourman's Tap House on Whiteface Highway in Wilmington. Following the race will be an awards ceremony with lunch, along with free whiskey tasting by area distilleries, raffles, and a demonstration of barrel making by US Barrel. Preregistration and info: adkwhiskey-run.com. 🌲

**60th Hudson River Whitewater
Derby Celebration**

NORTH CREEK—Don't miss the 60th annual Hudson River Whitewater Derby in North Creek. The area's longest running whitewater derby including slalom race, giant slalom race, music, awards and more. Returning this year is the "Not-So-Whitewater" race, designed for boaters just starting out or those who already did it but maybe a few years ago. The "Not-So-Whitewater" race course is 2.5 miles of moving water on the Hudson River just a bit downriver of the traditional slalom races in North River. If you've ever thought about giving downriver racing a try, it's the perfect race to get your feet wet!

The schedule includes slalom races, Not-So-Whitewater race and party, prizes and awards on Saturday, May 6. On Sunday, May 7, the Whitewater Derby Downriver Race begins at the Hudson River Pavilion in North Creek and awards ceremony. For info: 518-251-2005 or go to whitewaterderby.com. 🌲

**ATHLETE PROFILE
FOLLOW UP****Birkebeiner with
Bill Parks**

I want to thank Adirondack Sports and writer Alex Kochon for my very comprehensive Athlete Profile in your February issue. I thought I ought to report briefly on my trip with Darwin Roosa of Altamont to do the **Norwegian Birkeweinerrennet** (aka Birkebeiner) - the mother of all cross-country ski marathons - 54K from Rena to Lillehammer, Norway on March 18 with 17,000 racers.

Darwin and I arrived in Oslo on March 8 and skied the next two days on the massive trail network above the city of Nordmarka. The weekend was to be loaded with big events. Ski jumping and two World Cup races were on Saturday and Sunday at Holmenkollen. During the events, I got sick Saturday while watching a bit of ski jumping and about eight kilometers of the men's 50K. I felt lousy, returned to the apartment and slept. I had a week until my race and I spent the first four of those seven days conked out in the apartment trying to rest, get some sleep and recover.

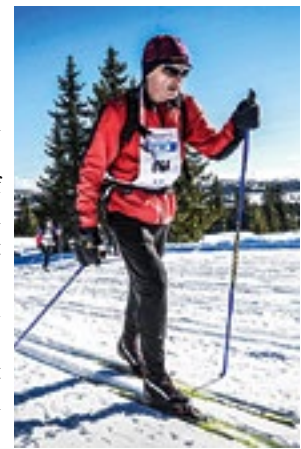
On the fifth day Darwin and I joined a group of about 50 other skiers Europe and North America who went by bus to Lillehammer to do the Birkebeiner. Thursday and Friday I finally skied again. I felt pretty good except on uphill where I felt the effects of my cold and lack of sleep.

On Saturday at 4:15am we climbed on the bus to Rena and the start. Our required 7.7-pound backpacks were weighed and we got on the start line. At 7:30am the gun went off and so did the "venerable" wave. Within a kilometer my goal had become to just finish.

And that was a real concern. I could feel the negative effects of my cold and the resultant lack of sleep.

The final powder snow on the mountaintops, and my waxed skis were slow, where I had hoped to make up time. As a result, I arrived a little late for my goal of "lunch in Lillehammer." I had hoped for an arrival at 12:30pm but was about an hour late! Despite imperfect wax, Darwin finished almost 50 minutes before me! It was disappointing to miss the wax and be under the weather. I had felt well prepared and was interested to see what I could do.

At 73 years old, if the Norwegian Birkebeiner proves to be my last race, it will have been a great way to finish. It was a beautiful day; I was in the company of thousands of people who share my enthusiasm for cross country skiing; and I got to fairly successfully face a challenge that proved alternately daunting and fun. The last 13K of mostly crazy-fast downhill was worth the price of admission! Finally, it has been gratifying to use my adventure to encourage people to support The Friends of Cole's Woods in Glens Falls, and the good work they do to provide a unique recreation area in our community. To donate or purchase a \$25 membership, go to coleswoods.weebly.com. 🌲

**FROM THE PUBLISHERS**

Thank you to all the attendees, exhibitors, presenters and volunteers for contributing to a successful Summer Expo on March 18-19! It was fantastic, high-energy gathering filled with athletes, enthusiasts and newbies, along with businesses, events, professionals, clubs, non-profits and destinations. A great representation of upstate New York's sweaty, dirty sports and active, healthy living community - all under one roof! We want to thank the businesses and organizations who donated prizes and giveaways. Enjoy this new issue with inspiring stories of perseverance, tradition, combined with great advice to help you achieve your goals. Let's get ready for a great spring and summer season of sports, health, fitness, travel and fun!

Cheers!

Darryl, Mona and Karen

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PRIZES & WINNERS

- 3C Race Productions** - 2 Entries into Saratoga Springs HM, 2 Entries into Lake George HM, \$240 - *Michael Jordan, Ballston Spa & Michelyn Little, Voorheesville*
9 Miles East - Meal Mixer for one week delivery, \$60 - *Jack DiLorenzo, Clifton Park*
Adirondack Marathon Distance Festival - 2 entries into any race, \$190 - *Roderick Layug, Malta & Donna Horton, Cambridge*
Adirondack Mountain Club - Free membership and book, \$60 - *Bob Barr, Saratoga Springs*
Adirondack Sports - Three-year subscription, shirt, hat & car magnet, \$70 - *Tim Lesar, Mechanicville*
Adirondack Ultra Cycling - One entry to Saratoga 12/24 & one entry for ADK 540, \$550 - *Zachary Lewer, Athens, GA & Mike Heves, Glens Falls*
Ainsley's Angels of America - T-shirt, hat, water bottle & kid's book, \$60 - *Tim Gyurovits, Voorheesville*
Andrea Henkel Burke - aeroscan® endurance test, \$150 - *Virginia Touhey, Clifton Park*
Arbonne International - Gift Certificate, \$50 - *Holly Curcio, Malta*
Battenkill Conservancy - Pre-publication copy of "Untold Stories of the Battenkill," \$25 - *Bill Wemple, Glenville*
Capital District Tri Club - CDTC visor & triathlon mat, \$50 - *Mike Pickering, Malta*
Capital District YMCA/Southern Saratoga - One entry to Anyone Can Tri Triathlon and one entry to Spring Has Sprung 10-Miler, \$100 - 10M: *Scott Castelli, Ballston Lake & Tri: Freida Miller, Saratoga Springs*
Capital Region Disc Golf Club (DisCap) - Beginner's set of disc golf discs, \$30 - *Jill Richardson, Saratoga*
Chosen Run 5K/Schmaltz - Two race entries, \$90 - *Cate Walling, Schenectady*
Cystic Fibrosis Foundation - One Cycle for Life entry, t-shirt & water bottle, \$55 - *David Shermeldine, Mechanicville*
Discover the Adirondacks/Wild River Press - 4 books from the Discover series, \$70 - *Lisa Lashway, Glens Falls*
Elk Lake Lodge - 1-night stay for two, \$444 - *Donna Coseo, Saratoga Springs*
Farm to Fork Fondo - One entry to Hudson event, \$150 - *Alison Edwards, Clifton Park*
Fleet Feet Sports - Two Gift Certificates, \$100 - *Joseph Favat, Saratoga Springs & Dede Lent, Unadilla*
Freihofers Run For Women - Pair of race entries, \$60 - *Bethany Kralovic, Latham*
Garnet Hill Lodge - One Season Ski Pass, \$200 - *Krista Klock, Fort Edward*
Good Karma 5K - Two race entries, \$50 - *Amanda Sumner, Albany*
Hudson Crossing Park - Cardboard Boat Race Entry (5 sailors), \$35 - *Tim Gyurovits, Voorheesville*
Hudson Crossing Triathlon - Race entry, \$65 - *Cori Houry, Galway*
iRun Local - CamelBak H2O bottle, \$30 - *Eddy Berthiaume, Stillwater*
Komen Race for the Cure - Two race entries, \$80 - *Kendra Folsom, West Chazy*
- Lake George Land Conservancy** - "Hike Lake George" ChicoBag & Hike-a-Thon Nalgene bottle, \$25 - *Joseph Marasco, Queensbury*
Malta 5K - Pair of race entries into Malta 5K, \$50 - *Mike Langevin, Colonia*
Mohawk Hudson River Marathon/Half Marathon - Two race entries, \$150 - *Heather Kosnick, Charlton & Brian Hassett*
Mohawk Towpath Scenic Byway Coalition - One entry into Mohawk Towpath Byway Duathlon, \$56 - *Ray Lee, Halfmoon*
Mountainman Outdoors Supply Co - Gift card, \$50 - *Patty Kilgore, Malta*
NYS Parks - "Wear It!" Gift bag w/ shirt, hat, emergency light, whistle, \$50 - *Kim Smith, Porter Corners*
Oktoberfest - Pair of entries Oktoberfest 5K, \$60 - *Megan Boucher, Ballston Lake*
Peak to Brew Relay - 50% off Team Entry Certificate, \$800 - *Nick Lamando, Queensbury*
PowerHouse Athletics - Gift basket of nut butters & one week unlimited classes, \$100 *Matt Caddell, Saratoga*
Rollga - Three foam rollers, \$120 - *Dyle Henning, Clifton Park, Steven Philbrick, Cobleskill, John Rich, Saratoga*
Regional Food Bank of NENY - CSA Vegetable Share, \$260 - *Sarah DiSiena*
Saratoga Rowing Association - Learn to Row Adult/Child gift certificate, \$250 - *Maureen Kane, Saratoga*
Saratoga Tackle & Archery - Bow string & cable set-up and tune-up, \$129 - *Heather McDowell, Saratoga*
Schroon Lake Chamber - Schroon Lake Weekend Getaway, \$300 - *Mark Osterlitz, Ballston Lake*
Sean's Run Weekend - 2 Race Entries, \$50 - *Noelle Bruneau, Chatham*
Seguin's Scuba Center - Open water class, \$475 - *Jonas Bashaw, Cambridge*
Southern Adirondack Audubon Society/Feeder Canal Alliance - Gift Bag w/guidebook, hat, bird feeders, cardinal sculpture, and more, \$100 - *Kim Schultz, Granville*
Sports PT - Draw-string bag with t-shirt, biofreeze and stretch out strap - *Lindsey Waters, Clifton Park*
Tour de Force Charity Run - Pair of Half Marathon entries & Pair of 10K entries, \$180 -
Tri-City BMX - New rider package, membership & coaching, \$310 - *Jennifer McClure, Clifton Park*
TUFF eNUFF Challenge - T-shirt, water bottle & entry into 2017 race, \$35 - *Lisa Woelfe*
USATF Adirondack - Membership, \$30 - *Bob Barr, Saratoga*
Walkway Marathon & Half Marathon - Two entries to either full or half marathon, \$130 - *Wendy Yeaton, Hudson Falls & Sherry Ringwood*
West Mountain - Ski tuning package & shirt, \$100 - *Heidi Krueger, Wilton*
The Wild Center - Four admission tickets, \$68 - *Chip Cerlew, Queensbury*
YMCA Camp Chingachgook - Crazy Creek sports chair, \$35 - *Chloe Jasper, Saratoga Springs*

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Calendar of Events

April-June 2017*

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

*Events beyond this range are advertisers in this issue.

ALPINE SKIING

APRIL

15 2nd Outdoor Gear Swap. 9am-5pm. Bikes, kayaks, skis, outdoor gear. West Mountain, Queensbury. westmntn.net.

BICYCLING: ROAD (PAVED)

ONGOING

Daily MHCC Club Rides. 300 rides/year. Capital-Saratoga Region. mohawkhudsoncyclingclub.com.

APRIL

- 15 Trooper David Brinkerhoff Memorial Race Series #2. 12M loops. 11am. Coxsackie-Athens HS, Coxsackie. Tom: 506-6905. cbrcc.com.
- 21 Ten Mile Ride Columbia County Ride. 10M. 3pm. Copake Auction, Copake. 329-1142. copakeauction.com.
- 21-22 26th Vintage Bicycle Swap Meet & Auction. Sat: 11am-5pm. Sun: 8-9am. Copake. copakeauction.com.
- 22 **Spring Sale Celebration.** 10am-5pm. Sale, raffle, reps. Tomhannock Bicycles: 663-0083. tomhannockbicycles.com.
- 22 Earth Day Ride. Casual 7M. 10:30am. Lake House, Washington Park, Albany. albanybicyclecoalition.com.
- 22 Tour of the Battenkill: Spring Preview Ride. 68M. 10am. Washington County Fairgrounds, Greenwich. 413-331-3478. tourofthebattenkill.com.
- 23 Monson Road Race. 56-80M. Monson HS, Monson, MA. 413-267-5259. bikereg.com.
- 23 7th Tour de Staten Island. 35M/50M. 8am. Flagship Brewery, Staten Island. transalt.org.
- 26 Albany Smart Cycling Class. 4/26, 5/3, 5/10. 6-9pm. UAlbany Downtown Campus, Albany. Len Crandall: 335-3931. nybc.net.
- 29 **Sean's Ride.** 50M County Tour: 7:30am. 20M Fun Ride: 10am. 10M Casual Ride: 10:30am. Sean's Run Weekend. Chatham Fairgrounds, Chatham. Mark French: 392-5483. seansrun.com.

MAY

- 6 Women's Woodstock Cycling Grand Prix. 33-62M. 8am. Woodstock. 845-612-1672. womenswoodstockcycling.com.
- 7 Hollenbeck's Spring Classic Road Race. 22-66M. 10am. Hollenbeck's Cider Mill, Virgil. flcycling.org.
- 13 Adirondack Ultra Fondo. 270M. 4am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

- 13 Wawarsink Spring Klassic. 10M. 10am. Lippman Park, Wawarsing. renegadesmtb.com.
- 14 **Bike the Bridge.** 1-4pm. New bike repair station. Hudson Crossing Park, Schuylerville. Cindy Wian: 350-7275. hudsoncrossingpark.org.
- 17 **Ride of Silence.** 12M. 6pm: Corning Preserve, Albany. 6:30pm: Capitol Park/Wash Ave. rideofsilence.org.
- 17 **Ride of Silence.** 8M. 6pm: Dietz Stadium, Kingston. rideofsilence.org.
- 19 **Bike to Work Day.** Capital District Transportation Committee: 458-2161cdtcmpo.org.
- 20 **2nd Fork to Fork: Ride to Eat, Eat to Ride.** 55M. 10am. The Hub, Brant Lake. bikereg.com/f2f.
- 20 13th Tour of the Battenkill. 75M/26M. 10:45am. Greenwich. 413-331-3478. tourofthebattenkill.com.
- 21 **13th Team Billy: Ride & Walk for Research.** 50M/25M/10M: 8:30am. Walk: 9:30am. High Rock Park, Saratoga Springs. teambilly.org.

JUNE

- 20 Tour of the Battenkill UCI Pro Race. Men: 124M. Women: 62M. 75M/26M. 10:45am. Greenwich. 413-331-3478. tourofthebattenkill.com.
- 4 **ADA Tour de Cure.** 100M: 7am. 62M: 7:30am. 50M: 8am. 28M: 9am. 10M: 10am. Outdoor festival lunch, live music. New location: Saratoga Spa SP, Saratoga Springs. Laura Greenaway: 218-1755 x3606. diabetes.org/saratoga.
- 4 **16th Whiteface Uphill Bike Race.** 11M, 3,500ft up. 8am. Whiteface Mountain Ski Center, Wilmington. whitefacerace.com.
- 11 Farm to Fork Fondo Hudson Valley. 9am. Bike, post ride farm dinner, music. Pennings Farm, Warwick. farmtoforkfondo.com.
- 17 Adirondack 540 Gran Fondo. 136M. 7am. Alpine Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- 25 **The Donut 100 Bike Ride.** 100M. 7:30am. Challenging w/dirt & climbing. Donuts in Cambridge & Manchester, VT. Free; unsupported. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- 25 Farm to Fork Fondo Finger Lakes. 9am. Atwater Estate Vineyards, Burdett. farmtoforkfondo.com.
- 25 12th Tour De Kingston-Ulster. 5M/10-18M/25M/50M. Forsyth Park, Kingston. tourdekingston.com.

JULY

- 1 Vermont Gran Fondo. 108M/78M/67M/39M. Woodchuck Cider House, Middlebury, VT. Sue Hoxie: 802-388-7951. vermontgranfondo.com.
- 30 **12th Iddaride Adirondack Bicycle Tour.** 75M: 8:30am. 20M & Shuttle: 12pm. Ski Bowl Park Pavilion, North Creek. adk.org.

BICYCLING: OFF-ROAD

APRIL

- 15 Easter MTB Race. 11am. Central Park, Schenectady. 847-2419. hrrtonline.com.
- 22 2nd Finger Lakes Gravel Challenge. 22-33M. 10am. Harriet Holister Spencer SP, Springwater. 585-869-1836. teamtowpathroadracing.com.
- 22 Rasputitsa Spring Classic Gravel Road Race. 40M. 9am. East Burke, VT. 802-673-5494. rasputitsagravel.com.

OPENING DAY
Saturday May 6

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Sunday, May 21st at 9:00am
New location! Crellin Park, Chatham
 A 100K non-competitive ride on scenic dirt roads and trails of Columbia County
 Fully supported with great aid stations
 Food, drink and live music at the finish
Details and Registration:
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Saturday, May 6th • 10am-2pm
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 (518) 382-BMX1 or tricitybmxinfo@gmail.com
 Tri-City BMX is a place where families can go to build healthy friendships and memories

- 23 NICA MTB Race. Lippman Timber Ridge XC, Lippman Park, Wawarsing. newyorkmtb.org.
- 29 Ossian Giant Gravel Grinder. 32M. 10am. Swain Resort, Swain. bikereg.com.

MAY

- 6 **Tri-City BMX Open House.** Free Practice: 10am-2pm. All welcome! Tri-City BMX, Schenectady. Jon Tanzman: 248-8752. tri-citybmx.org.
- 7 The Chain Stretcher #1 MTB Race. 9am. Blue Mountain Reservation, Peekskill. wmba.org.
- 13 Prattsburgh Gravel Classic. 17M & 35M. 9am. Prattsburgh. ridelcc.com.
- 13 Wawarsink Spring Klassic MTB Race. 10M. 10am. Lippman Park, Wawarsing. renegadesmtb.com.
- 18 HRRT May Flowers MTB Race. 6pm. 2-3 laps. Central Park, Schenectady. hrrtonline.com.
- 19-21 **3rd Adirondack Pedalfest.** Mountainman Outdoors, Old Forge. mountainmanoutdoors.com.
- 21 **3rd Farmer's Daughter Gravel Grinder.** 100K non-competitive ride on scenic dirt roads & trails of Columbia County. 9am. Crellin Park, Chatham. farmersdaughtergravelgrinder.com.
- 21 NICA MTB Race. Walnut Mountain XC, Walnut Mountain, Liberty. newyorkmtb.org.
- 21 2017 Singlespeed-A-Palooza MTB. 28M. 9am. Stewart SF, Montgomery. darkhorsecycles.com.

JUNE

- 3 **Wilmington Whiteface 100K MTB Race.** Leadville Qualifier. Whiteface Mtn, Wilmington. wilmingtonwhitefacemtb.com.
- 4 NICA MTB NY Championship. Thacher SP, Voorheesville. newyorkmtb.org.
- 10 **22nd Black Fly Challenge: Gravel Grinder.** 40M. 10:30am. Indian Lake to Inlet. blackflychallenge.com.
- 11 Southern Tier Enduro MTB Race. 10am. Jones Park, Vestal. 570-396-4423. bikereg.com.

JULY

- 8-9 Whiteface Sky Races. Sat- VK Race: 10am. Kids Sky Climber: 11am. Sun- Sky Race: 8am. Whiteface Mtn, Wilmington. rednewtracing.com.
- 16 Gravel Grinder Vermont Dirt Ride. 40M. 8am. Killington, VT. 802-540-5225. endurancesociety.org.

AUGUST

- 26 **17th Pat Stratton Memorial Century Ride.** 100M/50M/25M/ Kids' Ride. 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

SEPTEMBER

- 9 **Camp Challenge Bike Ride.** 30M Ride or 5K Trail Run. Double H Ranch, Lake Luzerne. doublehbranch.org.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness: Total Body Training.** 6wk Sessions: 4/24-6/3. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.

Daily True North Yoga. True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.

MAY

19-21 Regional CrossFit Games. 9am-6pm. Times Union Center, Albany. games.crossfit.com.

HIKING, ROCK CLIMBING & WILDERNESS SKILLS

APRIL

8-9 **Wilderness First Aid.** Heart Lake Center, Lake Placid. ADK: 523-3441. adk.org.

JUNE

16-18 **Beginner Backpacking.** Heart Lake Center, Lake Placid. ADK: 523-3441. adk.org.

23-35 **Beginner Backpacking.** Heart Lake Center, Lake Placid. ADK: 523-3441. adk.org.

23-25 **Trailless Peak Backpacking: Seward Range Hike.** 27M. ADK: 523-3441. adk.org.

26 **Dix & Hough Hike.** 13.7M. ADK: 523-3441. adk.org.

30 **Mt. Marshall Hike.** 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

JULY

3 **Street & Nye Hike.** 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

5 **Lake George Land Conservancy Hike-A-Thon.** Hiking, paddling. Free, registration opened 3/1. Lake George. lakegeorgehikeathon.org.

MULTISPORT: TRIATHLON/DUATHLON & SWIMMING

ONGOING

Mon **33rd High Peaks Mini-Tri Series: 6/19-8/14.** 400-yd swim, 12M bike, 3M run. 6:30pm. Mirror Lake Beach, Lake Placid. highpeakscyclery.com.

Tue **CDTC Summer Training Sessions on Crystal Lake Triathlon course.** 6/6-8/29. 6pm. Crystal Cove, Averill Park. cdtriclub.org.

Wed Hudson Valley Summer Tri Series. Sprint races: 6/7, 7/12, 8/9, 9/6. 5:45pm. Wilson SP, Mt. Tremper. Hudson Valley Triathlon Club. hvtc.net.

Thu **STC Open Water Swims.** 6/1-8/31. 6pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.

Thu **BTC Summer Training Sessions.** 5/25-9/7. 6pm. Warner Lake, East Berne. bethlehemtriclub.org.

Sat CPTC Strength & Speed Training Camp. 3/25-5/6. All athletes welcome. Clifton Park Tri Club. 396-8234. sgoodwill@nycap.rr.com.

APRIL

23 **MightyMan Triathlon.** 400m swim, 6M bike, 2M run. Eisenhower Park, East Meadow.

29 **Rochester River Challenge Duathlon & Paddle Tri.** Genesee Waterways Center, Rochester. flowercitychallenge.com.

30 **6th Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Avenue Town Park, Bethlehem. delmardu.com.

22ND ANNUAL **CAPPED AT 1,000 RACERS!**



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 100mi, 50mi, 25mi & kids' ride
 Rides for all ages & abilities • Rain date: 8/27
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 Info: Bob Scheefer (518) 891-5873
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 500yd Swim, 12M Bike, 5K Run
 Limited to 300 - Register Early!
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 Sunday, July 23 • 8AM
 Guilderland YMCA

Photo Credit: Daniel Roberts - Times Union

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www.active.com

MAY	
6	Central Park Spring Relay Triathlon. 2.2M run, 12M bike, 0.75M row. 7:30am. Central Park, New York. 845-247-0271. nytc.org .
7	3rd Spring Has Sprung Distance Festival. 23rd Anyone Can Tri Triathlon: 7:30am. 350yd pool swim, 11M bike, 5K run. Kids' Triathlon: 11:30am. Plus, Spring Has Sprung 5K Run/Walk, 10M Run & 13.1M Run: 9am. 1M Kids' Fun Run: 10am. Southern Saratoga YMCA, Clifton Park. Allison Reinhardt: 371-2139. cdymca.org .
13	Colton Country Classic Duathlon. 3M run, 24M bike, 1M run. Higley Flow SP, South Colton. 315-262-2810. coltoncountryclassic.wordpress.com .
13	Pedal-Paddle-Run. 8am. Niskayuna. schenectadycountry.com .
20	HarryMan Triathlon: Half & Olympic. 9am. Harriman SP, Stony Point. genesiadventures.com .
20	Rat Snake Triathlon & 18K Trail Run. 8am. Gilbert Lake SP, Laurens. theratsnake.com .
21	American Zofingen Ultra Duathlon. 5M run, 29M bike, 5M run. Spring Farm Trailhead, Stone Ridge. active.com .
28	13th Saratoga Lions Duathlon. 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. saratogalionsduathlon.com .
JUNE	
3	7th Cooperstown Sprint Triathlon. 800m swim, 18M bike, 3M run. 8am. Glimmerglass SP, Cooperstown. atcendurance.com .
11	8th Hudson Crossing Triathlon. 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com .
11	Keuka Lake Triathlon. Olympic, sprint, aquabike. Keuka Lake College, Penn Yan. keukalaketri.com .
17	Great Sacandaga Challenge Triathlon. Adult sprint: 750m swim, 20K bike, 5K run. 8am. Youth tri: 100yd swim, 3.1M bike, 1M run. Plus, Kids' Splash & Dash. SBCC, Broadalbin. greatsacandagachallenge.com .
20	Norwood Beach Duathlon. 6:30pm. Norwood Beach, Norwood. 315-262-6774.
24	35th Tupper Lake Tinman Triathlon. 1.2M swim, 56M bike, 13.1M run. Plus, Aquabike, Relay, Olympic, Sprint. Tupper Lake. tupperlaketinman.com .
24	HITS Triathlon North Country. Full, Half, Aquabike. Hague Beach Park, Hague. 845-247-7275. hitstriathlonseries.com .
24	Vermont Sun Triathlon. 600yard swim, 14M bike, 5K run. 8:30am. Branbury SP, Salisbury, VT. 802-877-2030. vermontsuntriathlonseries.com .
24	Lake Dunmore Triathlon. .9M swim, 28M bike, 10K run. 8am. Branbury SP, Salisbury, VT. 802-877-2030. vermontsuntriathlonseries.com .
JULY	
8	HITS Hudson Valley Triathlons. Sprint, Olympic, Half, Full. Williams Lake, Kingston. Sarah Hanaburgh: 845-247-7275. hitsendurance.com .
15	Delta Lake Triathlon. Sprint/Intermediate. 7:30am. Lake Delta SP, Rome. atcendurance.com .
18	IronMan 70.3 Syracuse. 1.2M swim, 56M bike, 13.1M run. Jamesville Beach Park, Syracuse. ironman.com .
23	Pine Bush Triathlon. 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to Guilderland YMCA, Guilderland. 456-3634. cdymca.org .
AUGUST	
13	Old Forge Triathlon. Intermediate: 1000m swim, 22M bike, 4M run. 7:50am. Lakeview Ave, Old Forge. atcendurance.com .
19	17th Crystal Lake Triathlon. 0.5M swim, 18M bike, 3M run. Aquabike: 0.5M swim, 18M bike. 8am. Crystal Cove, Averill Park. cdtriclub.org .
SEPTEMBER	
2-3	Lake George Triathlon Festival. Sat: Olympic Race. Sun: Half Iron Race & Half Iron Aquabike Race. Lake George. adkracemgmt.com .
OTHER EVENTS	
APRIL	
15	2nd Outdoor Gear Swap. 9am-5pm. Bikes, kayaks, skis, outdoor gear. West Mountain, Queensbury. westmtn.net .
21-23	Earth Day Canal Clean Sweep. Volunteer clean up of Erie Canalway & Mohawk-Hudson Bike-Hike Trails, Corning Riverfront Park to Amsterdam. ptny.org .
22	Earth Day Healthy Fair. 8:30am-12pm. Camp Saratoga, Wilton Wildlife Preserve, Gansevoort. 8:30am: 5K Run/Walk; 9am: 1M Walk; 10am: Conservation Project, crafts, fire tower; 11am: Scavenger hunt. 450-0321. wiltonpreserve.org .
29-30	Festival for Change for Natural Health, Wellness. 10am-6pm. Gideon Putnam, Saratoga Spa SP, Saratoga Springs. festivalforchange.com .
MAY	
6	6th Love My Park Day. NY state parks - various locations. nysparks.com .
12-14	Girlfriends Getaway Weekend. Sagamore Resort, Bolton Landing. 644-3831. girlfriendsgetawaybolton.com .
JUNE	
17	Over The Edge: Rappel for a Cause. Queensbury Hotel, Glens Falls. 518-793-3136. otecwe.com/glensfalls .
24-25	3rd Adirondack Wine & Food Festival. 80+ vendors. Lake George. 518-668-9463 x15. adirondackwineandfoodfestival.com .
PADDLING: KAYAK, CANOE, SUP & ROWING	
ONGOING	
Wed	Paddling Duathlons: 5/17, 6/21, 7/19, 8/16. 6:30pm. Little River Boat Launch, Canton. slvpaddlers.org .
APRIL	
22	Creek-Tenders' Paddle on Kayaderosseras Creek. 9am. Gray's Crossing, Northline Rd, Ballston Spa. kayaderosseras.org .
23	Little River Ramble. Canoe/kayak races. Little River, St. Lawrence University, Canton. slvpaddlers.org .

13th Annual
SARATOGA LIONS DUATHLON
Du-It for Sight and Hearing
 Sunday, May 28 at 8am
 Saratoga Casino and Raceway, Saratoga Springs
 5K Run, 30K Bike, 5K Run - Individuals & Teams
 Race information and online registration:
SaratogaLionsDuathlon.com

Micro-mesh T-shirts to first 300 registrants

Premier Sponsor: SARATOGA CASINO AND RACEWAY
 Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club

BETHLEHEM TRI CLUB
Hello Triathletes!
 It's Going to be an Awesome 2017!
 Join the BTC. You'll love it! We do!
 (And it's the best value in town!)
 REGISTER TODAY AT...
bethlehemtriclub.com
 then select "Register Online"

17TH ANNUAL
CRYSTAL LAKE TRIATHLON

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

Aquabike is Back!
 Crystal Cove
 38 Old Rte 66, Averill Park
Saturday, August 19, 8am
 Limited to 300 racers • NEW SWAG!
 Register early for best price
 Register & Info: cdtriclub.org

Red Door Cottage
Sleeps Eight

Lake Placid Vacation Rental

On Ironman course – come train this spring!

Comfortable village home near attractions

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11TH ANNUAL
CCRC 5K Run/Walk/BBQ and 1K Kids' Run

Saturday, May 6 • 3pm
Christ Community Reformed Church, 1010 Route 146, Clifton Park

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

- USATF Sanctioned 5K Race
- Family Team Competition
- 1K Kids' Run – 4:15pm
- BBQ chicken dinner – 4:30pm
- Huge prize drawing for all participants
- T-shirt to first 125 entrants
- Convenient afternoon start

Form: www.ccrc-cpny.org • Pat Glover: 518-852-5578 • pjglove@aol.com

MAY

- 6-7 **New York Paddlefest & Outdoor Expo.** Mountainman Outdoors on Fish Creek, Saratoga Springs. Plus, Kayak Fishing Tournament. 584-0600. mountainmanoutdoors.com.
- 6-7 **60th Hudson River Whitewater Derby.** Sat, 11am: Giant Slalom, Sprint & Not-So-Whitewater Races. Sun, 11am: Downriver Race. North Creek, North River & Riparius. whitewaterderby.com.
- 6-7 **56th Canton Canoe Weekend.** Sat: Modern Rushton, Pro/Am Marathon. Sun: C2 Pro/Am Marathon & Relays. Grasse River, Taylor Park, Canton. slvpaddlers.org.
- 13 **'Round the Mountain Canoe and Kayak Race.** 10.5M. 11am. Saranac Lake. macscanoe.com.
- 13-14 **Canoe, Kayak & SUP Demo Days.** Saranac Lake. 1-800-491-0414. adironackoutfitters.com.
- 17 **Run-Paddle-Run Duathlon.** 1.25M run, 1.25M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. slvpaddlers.org.
- 19-21 **New York Paddlefest & Outdoor Expo.** Mountainman Outdoors on Moose River, Old Forge. Plus, Kayak Fishing Tournament. 315-369-6672. mountainmanoutdoors.com.
- 26-29 55th General Clinton Canoe Regatta. 70M. Novice-pro races. Brookwood Point, Otsego Lake, Bainbridge. canoeregatta.org.

JUNE

- 10-11 **Madrid Canoe Regatta.** Sat: Amateur Marathon, 9M, C1 Pro, Madrid Mile. Sun: Recreation Race, 3M/6M, C2 Pro. slvpaddlers.org.

JULY

- 5 **Lake George Land Conservancy Hike-A-Thon.** Hiking, paddling. Free, registration opened 3/1. Lake George. lakegeorgehikeathon.org.
- 13-16 **Adirondack Canoe Symposium.** Paul Smith's College, Paul Smith's. Lynn Filarecki: 674-2125. freestylecanoeing.com.
- 15 **Poker Paddle: Adirondack Challenge Weekend.** 12-4pm. Town Beach, Indian Lake. Indian Lake Chamber: 648-5112. indian-lake.com.

RUNNING, TRAIL RUNNING & WALKING ONGOING

- Mon **Camp Saratoga 5K Trail Series:** 6/26, 7/10, 7/24, 8/7, 8/21. 6:30pm. Wilton Wildlife Preserve, Gansevoort. saratogastryders.org.
- We/Sa **Fleet Feet Running Club.** Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- Tue **Colonie Summer Track Series:** 6/20-8/1. Colonie HS, Colonie. hmrrc.com.
- Wed **Adirondack Runners Trail Run Series:** 5/2-5/30. 6pm. YMCA, Coles Woods, Glens Falls. adironackrunners.org.
- Wed **Catskill Mtn Spring Series:** 5/10, 5/24, 6/7. Locations vary. 678-3293. onteorunners.org.

APRIL

- 15 **3rd Blue Needs You 8K Run.** 8:30am. High Rock Park, Saratoga Springs. Rosemary Riedhammer: 581-1097. codeblueneedsyou.org.
- 15 **23rd Rabbit Ramble 4M Run & 2M Walk.** 9am. Guilderland HS, Guilderland Center. Phil Carducci: 861-6350.

- 15 **Mindful Mile & Fight Hunger 5K.** 9am: 5K. 9:30: 1M. University at Albany, Albany. ualbanydining.com.
- 15 **Rotary 5K & Corporate Challenge.** 10am. SUNY Adirondack, Queensbury. glensfallsrotary.com.
- 22 **18th HMRRC Bill Robinson Masters 10K Championship.** 9am. For runners 40 years & older. Guilderland HS, Guilderland. Jim Tierney: 869-5597. hmrrc.com.
- 22 **14th Miles of Hope Family Breast Cancer Foundation 5K Walk/Run.** 10am. Tymor Park, LaGrangeville. milessofhope.org.
- 22 **The Maple Run: Half Marathon & 5K.** 8:30am. Taylor Park Road, Canton. themaplerun.com.
- 22 **4th Blue Ribbon Run/Walk 5K Against Child Abuse.** 10am. Shuttleworth Park, Amsterdam. NYS Children's Foundation. active.com.
- 22 **39th Rollin Irish Half Marathon.** 13.1M. 9am. Memorial Hall, Essex Center, VT. gmaa.net.
- 23 **3rd Lake George "Strong To Serve" Half Marathon & 5K Run/Walk.** 13.1M: 9am. 5K: 9:15am. Fort William Henry Resort, Lake George. Michael Amarello: 603-429-8879. lakegeorgehm.com.
- 23 **Kiwanis Kingston Classic 10K & 2M.** 1pm. Gallo Park, Kingston. kiwaniskingstonclassic.com.
- 29 **28th Prospect Mountain Road Race.** 5.67M, 1,601ft up. 9am. Lake George Forum, Lake George. adironackrunners.org.
- 29 **1st Sasha's Run Along the Hudson 5K Run/Walk.** 10am. Kids' Run: 9:30am. Talmadge Park, Mechanicville. runsignup.com.
- 29 **Adirondack Fox Trot.** 5K & 10K: 9am. Kids' Fun Run: 8:30am. Betar Byway, South Glens Falls. Megan Pliscosky: 321-5639. michaeljfox.org.
- 29 **Together We Shall 5K: Ainsley's Angels Race Series.** 9am. Galway. ainsleysangels.org.
- 29 **Peppertree Rescue Furry Fun 5K Run/Walk.** 9:15am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 518-435-7425. peppertree.org.
- 29 **14th St. John's/St. Ann's Spring Runoff 5K/10K.** 9am. Corning Preserve, Albany. Brian Dollard: 925-1260. springrunoff.org.
- 29 **1st Arlington Education Foundation 5K Run/Walk.** 5K: 9am. Arlington HS, Lagrangeville. hmrrc.org.
- 29-30 **16th Sean's Run Weekend.** Sat: Sean's (Bike) Ride (50/20/10M), Run for Special Needs Kids, Zumbathon. Sun: 5K Run & Walk, Meghan's Mile Youth Race, Battle of the Belts. Chatham HS, Chatham. Mark French: 392-5483. seansrun.com.
- 30 **9th Cherry Blossom 5K Race.** 10:15am. Plus, 1.5M Walk for ALS: 11:30am. Part of Cherry Blossom Festival. Congregation Gates of Heaven, Niskayuna. 5kraceforals.com.
- 30 **Swinging for the Fences 5K Run/Walk.** 9:30am. Eastern Ave, Ballston Spa. 432-8914. bearcats5k.com.
- 30 **Rick Raspante Memorial 5K Walk/Run for Kidneys.** 10am. SUNY Adirondack, Queensbury. 533-7880. healthykidneys.org.
- 30 **SHAPE Women's Half Marathon.** 13.1M. 8am. Central Park, New York. nyrr.org.
- 30 **21st Mutt Strutt 3M Race.** Dogs & owners. Little River SP, Waterbury, VT. cvrunners.org.
- 30 **2nd Pets Alive 5K Run/Walk.** 9am. Fancher-Davidge Park, Middletown. petsalive.org.

37TH ANNUAL HMRRC
BILL ROBINSON
Masters 10K Championship

For runners 40 years and older
Saturday, April 22 • 9am
Guilderland High School
Meadowdale Rd, Guilderland Ctr
Register @ hmrrc.com

\$17 HMRRC, \$22 non-members, \$25 race day
Top 3 in 5-year age groups to 80+ • HMRRC GP race
Commemorative gift to first 75 registered
Post-race refreshments • Certified course
Jim Tierney: 869-5597 or runnerjmt@aol.com

9th Annual
CHERRY BLOSSOM
5K RACE & 1.5M WALK FOR ALS

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

Chip Timing by AREEP • Teams welcome
T-shirts to all registered by 4/12
Stay for the 25th Annual Cherry Blossom Festival

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

Proactive Chiropractic, PLLC
Dr. Christopher Bath
Dr. Michael Missenis
Dr. Cheyne Ashline

Certified in:

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

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

28th Annual
Prospect Mountain ROAD RACE

Saturday, April 29 • 9:00am Start
Lake George Forum, 2200 Route 9, Lake George

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

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

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

10th annual

Joan Nicole Prince Home
5K Run & 1 Mile Walk
Saturday, May 6 – 10am
Pavilion at Central Park, Schenectady

A family-friendly 5K run and 1 mile walk in scenic Central Park!

All proceeds support this care residence for terminally ill patients in need of a home in their final days. This Scotia Home is primarily staffed by volunteers and relies solely on community support for funding.

- Register by 5/6 for guaranteed race T-shirt
- Race photos posted for viewing and free download
- Shutterfly gift certificates to 5K age group and raffle winners • Live music & BBQ

Register: Active.com
or run/walk day: 8:30-9:30am
More Info/Entry Form:
Joannicoleprincehome.org
or (518) 346-5471
\$20 by 5/6 or \$25 after 5/6,
student/youth \$15, family (1 adult/kids) \$30

2nd annual
**Summer Smith 5K
 Addiction Awareness Run**
Run the race... Stop the Stigma!

Saturday, May 13 at 9:30am • Guilderland High School, 8 School Rd

Memory Ceremony at 8:50am • Certified course • Walkers welcome
 Chicken Barbecue Fundraiser at 11am: Tickets available at RunSignUp.com
 T-shirts to first 250 registered • Kids' Fun Run to follow • Bounce house

Register now: **RunSignUp.com**

Proceeds benefit Addictions Care Center of Albany, Schenectady YWCA, FOR-NY and GRASP (Grief Recovery After Substance Passing)

20TH ANNIVERSARY!
**Charlton Heritage
 5K Run/Walk**
**Saturday, June 3
 10 am**

Historic Village of Charlton, Saratoga Co.
Old School House, Maple Ave/Charlton Rd
 Rolling hills with 3/4-mile downhill finish
 USATF certified – Chip timing by ARE
 \$25 by 5/22 or \$30 after – Tech shirts to first 500

Kids' 1-Mile Fun Run (\$10), 11am
 Fun runners receive T-shirt & medal

Register: **ZippyReg.com**
 Entry Form/Info: **charlton5k.org**
 Bill Herkenham: (518) 384-0065

7TH ANNUAL
**SMSA Kerry Blue
 5K Hustle**

Saturday, May 20 @ 9am
 SMSA School, Church St, Glens Falls

\$25 in advance, \$30 race day
 Kids' Half-Mile Dash @ 10am – Free!

Register at active.com
 Donations appreciated for St. Mary's Food Pantry

The Second Annual
SCOTTIES STAMPEDE
Saturday, May 20

5K
 For Education

Ballston Spa Middle School
 On-site Registration 8:00 AM
 Race Starts 9:00 AM

Pre-register: scottiestampede.org
Pre-registration price:
Adults \$20 | Students \$10

First 500 receive a free moisture-wicking shirt | Bib-tag timed race

8th Annual

**5K Trail Race/Fun Walk
 & 1K Kids' Fun Run**
Saturday, June 3 • 9am
 Slate Valley Museum, Granville

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

Register by 5/15 to save!
railtrailtothefootbridge5k.com

5K TRIPLE CROWN
 Presented by St. Mary's Healthcare Amsterdam

**Three Races ~ Three Causes
 ONE CHAMPION**

Glove Cities Rotary
 "Run For The Roses" • May 6
 Mountain Valley Hospice 5K • May 21
 Lexington 5K • June 10

Register Online:
5ktriplecrown.racewire.com

All 3 Races for only \$50!
 If registered by May 3. Individual races \$20 each.

CASH PRIZES to Triple Crown winners (M/F)
 in age groups: 20-39; 40-59; 60+

**ALL TRIPLE CROWN ENTRIES
 ENTERED TO WIN RAFFLES!**
 ENTER BY APRIL 21 TO RESERVE YOUR SHIRT

MAY	
6	5th Mastodon Challenge 15K & 5K Run/Walk. 15K: 9am. 5K: 9:15am. Kids' Run: 8am. Craner Park, Cohoes. mastodonchallenge.com.
6	1st Chosen Run 5K. 10am. Live music/beer fest w/food trucks: 10am-2pm. Adk Sports: \$5 off with ADKVIP code by 3/19. Schmaltz Brewing, Clifton Park. schmaltz5k.com.
6	11th CCRC 5K Run/Walk. 3pm. 1K Kids' Run: 4:15pm. BBQ included: 4:30pm. Christ Community Reformed Church, Clifton Park. Pat Glover: 852-5578. ccrc-cpny.org.
6	Joan Nicole Prince Home 5K & Mile Run. 10am. Central Park, Schenectady. Patti Nicoletta: 878-7745. joannicoleprincehome.org.
6	Run for the Roses 5K: Triple Crown Series. 9am. Partner's Pub, Johnstown. 770-7584. 5ktriplecrown.racewire.com.
6	JDRF One Walk. 3M. 11am. Jennings Landing, Albany. 477-2873. jdrf.org.
6	Rock The Ridge 50 Mile Challenge. 6am. Mohonk Preserve, New Paltz. rocktheridge50.org.
6	3rd Demon Dash 5K Run/Walk. 9:30am. Hermon-DeKalb Central School, DeKalb Junction. Kelly Fountain: 315-347-3711. hdcsk12.org.
7	3rd Spring Has Sprung Distance Festival. Spring Has Sprung 5K Run/Walk, 10M Run & 13.1M Run: 9am. 1M Kids' Fun Run: 10am. Plus, Anyone Can Tri Triathlon (7:30am) & Kids' Triathlon (11:30am). Southern Saratoga YMCA, Clifton Park. Allison Reinhardt: 371-2139. cdyymca.org.
7	Literacy Run 5K Run/Walk. 10am. Plus, 1.5M Guided Nature Walk, Story Walk & Youth Mile. New location: Schodack Island SP, Schodack Landing. 274-8526. lvorc.org.
7	Plattsburgh Half Marathon, Relay & 10K. 8am. Oval, City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.
7	Middlebury Maple Run: Sweetest Half, Relay & 3M Fun Run. MREMS, Middlebury, VT. Sue Hoxie: 802-388-7951. middleburymaplerun.com.
7	39th Bennington Road Race. 3.8M & 10K: 10am. Kid's Run: 9:30am. Park-McCullough House, North Bennington, VT. 802-447-9732. runreg.com/zembenn
7	27th Champlain Classic. 5K, 10K, 1M Kids' Run. 9am. Shelburne Town Hall, Shelburne, VT. champlainclassic.com.
7	Book It 2017. 5K. 9am. Churchtown Firehouse, Churchtown. active.com.
7	Great Strides Walk. Fonda-Fultonville School, Fonda. 453-3583. cff.org/neny.
8	City of Cohoes Run Day. 6pm. Cohoes. ci.cohoes.ny.us.
11	Loudonville PTA Lion Dash Family Fun Run .5M & 1M. 5:55pm. Loudonville. northcolonie.org.
13	2nd Summer Smith 5K Addiction Awareness Run. 9:30am. Walkers welcome. Plus, kids' fun run. Chicken BBQ: 11am. Guilderland HS, Guilderland. Kristen Hoin: 275-6027. runsignup.com.
13	Home Away From Home 5K/Half Marathon/Marathon. 9am. Brittonkill Central School, Troy. Lillian Porteus: 495-5506. active.com.
13	2nd Women's Right to Run 19K & 5K. Seneca Falls. 315-568-1163. righttorun19k.org.
13	29th Towpath Trail Run. 5:30pm. St. Johnsville. John Geesler: 568-7509.
13	Heather Freeman Run to the Sun 5K, 10K, Half Marathon. 8am. Davidson Nissan, Watertown. 315-778-5482. heatherafreemanfoundation.com.
13	Racing to Save Lives 5K & 10M. 8:30am. Kids' 1M: 8am. Long Dock Park, Beacon. mhrrc.com.
13	Johnson Jog. 9am. Johnson Hall State Historic Site, Johnstown. 762-4459. fmrrc.org.
14	Mother's Day 5K bRUNch & Kids' Fun Run. 9:30am. Central Park, Schenectady. hmrrc.com.
14	Wally Waddle 5K & Kids' 1M. 5K: 9:30am. Vassar Farms, Poughkeepsie. mhrrc.com.
18	CDPHP Workforce Team Challenge 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwtc.com.
20	7th Kerry Blue Hustle 5K Run/Walk. 9am. Free Kids' Half-Mile Dash: 10am. SMSA School, Glens Falls. active.com.
20	Glens Falls Urban Assault 3.5M Obstacle Race. 5:15pm. 20 obstacles. Solo/Teams. Glen Street, Glens Falls. adkracemgmt.com.
20	Scotties Stampede: The Ballston Spa 5K for Education. 9am. Ballston Spa School District, Ballston Spa. Madeleine Petraglia: 884-7195. bcsd.org.
20	Champlain Bridge 5K. Crown Point State Historic Site, Crown Point. 597-3754. lachute.us.
20	Ryan's Run. 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. curemiop.org.
20	Wood Memorial 5K and 1M Fun Run. 9am. Main Street Gazebo, Hoosick Falls. 686-4504.
20	Spring Sprint to a Cure. 5K. 9:45am. Hudson Crossing Park, Schuylerville. 527-6478. walk-run@bdaneny.org.
20	Women's Run 5K & 10K. 8am. Dutchess Rail Trail, Van Wyck Trailhead, Poughkeepsie. mhrrc.com.
20	Great Strides Walk. Crossings Park, Colonie & Crandall Park, Glens Falls. 453-3583. cff.org/neny.
21	13th Team Billy: Ride & Walk for Research. 50M/25M/10M: 8:30am. Walk: 9:30am. High Rock Park, Saratoga Springs. teambilly.org.
21	Mountain Valley Hospice 5K: Triple Crown Series. 9am. Fulton-Montgomery CC, Johnstown. 770-7584. 5ktriplecrown.racewire.com.
21	SPAC Rock n Run Half Marathon, 10K & 5K. Saratoga Performing Arts Center, Saratoga Springs. spac.org.
21	12th Spartan Sprint 5K & 1M Family Fun Run. Queensbury ES, Queensbury. 761-8216. recreation.queensbury.net.
21	6th Shires of Vermont Marathon. 26.2M. 8am. Bennington to Manchester, VT. 802-440-2962. bkvr.net.
21	Run to the Hills. 5K/10K. 10am. Sawkill Fire House, Sawkill. onteorarunners.org.
21	Nassau Rural Run. 10am. Nassau Transfer Station, East Nassau. 766-9417.
21	Erie Canal Half Marathon, Half Relay & 5K. 8am. Genessee Street, Utica. uticaroadrunners.org.
21	Great Strides Walk. Grafton Lake SP, Grafton & Penfield Park, Plattsburgh. 453-3583. cff.org/neny.
27	2nd Running Down Strokes 5K. 9am. Stroke Survivor Stroll: 9:30am. The Crossings, Colonie. runningdownstrokes5k.com.
27	Infinitus Rugged Trail Races. 8K, 26.2M, 88K, 100M, 250M, 888K. Blueberry Hill Inn & Ski Center, Goshen, VT. 802-540-5225. endurancesociety.org.
29	Glens Falls Memorial Mile. 1M flat/fast. 9:55am – before the parade! Bullpen Tavern, Glens Falls. adkracemgmt.com.

Literacy 5K Run/Walk
Sunday, May 7 • 10am
 Schodack Island State Park
 1 Schodack Island Way, Schodack Landing
Register: ZippyReg.com
 \$30 registration; \$35 race day
 Guided Nature Walk- 8:15 am;
 Story Walk - 9:00 am • Youth Mile - 9:30 am
 Run today. Tutor tomorrow.

Literacy Volunteers of Rensselaer County
(518) 274-8526 • Ivorc.org

*New Location!
 New Events!
 New Activities!*

ADIRONDACK RUNNERS
 41st Annual
Adirondack Distance Run
Lake George Village to Bolton Landing
Sunday, June 25 at 7:30am

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- Long-sleeve T-shirts for first 400 entrants (register by 5/31 to guarantee size)
- USATF Adirondack Association 10-Mile Championship

Info & Application: AdirondackRunners.org
Registration: 41stadkdistanacerun.itsyourrace.com (closes 6/22 midnight)
 Late Registration: June 24, 5-7pm at Lake George Fire Dept, 179 Ottawa St • No race day or telephone registration • Benefits Big Brothers Big Sisters & Adirondack Runners Club Scholarship

19th Annual
Kinderhook Bank
 OK 5K

Saturday, June 10 • 9:00am
Village Square, Kinderhook
 USATF Adk Grand Prix Event! • Walkers welcome
 \$18 by 5/31 (\$15 students); \$25 all after 5/31
OK 1 Run (Kid's One-Miler)
 Sponsored by Kinderhook Runners Club
 Ages 4-12 • \$2 • 8:15am
Register & Info: OK5Krace.org
 kinderhookok5kbrace@gmail.com

WHIPPLE CITY
5K • 10K

Saturday, June 17
8:30am
 Greenwich Middle School
 Gray Ave, Greenwich, NY

Beautiful village & countryside course!

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

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

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

RUN THE RIDGE 5K Mud Run with Fun,
 Challenging Obstacles!
Saturday, July 15 **Maple Ski Ridge**
 2725 Mariaville Rd, Schenectady

Heats start at 8:45 • Family fun run at 11:30

RunTheRidge.net • RunReg.com/rtr17

Benefits the Special Olympics

JUNE

- 2 Run for Christi 5K & 3K Fun Run/Walk. 6:15pm. Helderberg Hudson Rail Trail, Slingerlands. 859-6533. finishright.com.
- 2 Relay For Life Massena/Louisville 5K Color Walk/Run. 6pm. Community Center, Louisville. 315-250-4591.
- 3 **39th Freihofer's Run for Women 5K.** 9am. City Hall, Albany. Expo & Packet Pick-Up: Thu: 4-8pm, Fri: 12-7pm. The Armory, Sage College. Kids' races, Junior 3K, Community Walk. 407-5640. freihoferstrun.com.
- 3 **Charlton 5K Run/Walk.** 10am. Old Red School House, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 3 **6th Tuff eNuff Obstacle Course Challenge.** 5K: 9:15am. Kids' 1M Run: 8:30am. BOCES Campus, Saratoga Springs. 581-1230. finishright.com.
- 3 **8th Rail Trail to the Footbridge 5K & Kids 1K.** 9am. Slate Valley Museum, Granville. 424-7683. railtrailtothefootbridge5k.com.
- 3 Dragon's Pride Run 5K & 1M Kids' Run. 5K: 9:30am. Kids' Run: 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 516-650-3536. zippyreg.com.
- 3 Delhi Covered Bridge Run, 5K & 10K. 9am. Page Avenue, Delhi. 607-353-2234.
- 3 40th Joseph McDonald/Bill Crusie Races. 5K: 8am. 10K: 8:45am. Mesier Park, Wappingers. mhrrc.com.
- 3 Piece by Piece 5K. 8:45am. Remington Recreation Trail, Canton. Travis DiPalma: 315-267-6456. runsignup.com
- 4 10th Cantina Kids Fun Run 1/4 Mile & 1M Run. 9am. Congress Park, Saratoga Springs. saratogahospital.org.
- 4 NYRR Retro Run. 5M. 9am. Central Park, New York. nyrr.com.
- 8 The Route 50 Mile. 1M. Burnt Hills. 399-1419. chsn.org.
- 10 **Walkway Marathon. Sat, 10am on Main St: Think Differently Dash 1M Run/Walk - Celebrating individuals with special abilities. Sun, 7am at Marist College: Walkway Marathon, Half Marathon & College to College 5K. Poughkeepsie.** walkwaymarathon.org.
- 10 **19th Kinderhook Bank OK-5K.** 9am. OK 1 Run: 8:15am. Village Square, Kinderhook. Dan Curtin: 758-9480. ok5kbrace.com.
- 10 **Lexington 5K: Triple Crown Series.** 9am. Lexington, Johnstown. 770-7584. 5ktriplecrown.racewire.com.
- 10 22nd Lions Ramble. 5:30pm. Fort Plain. John Geesler: 568-7509.
- 10 NYRR Mini 10K for Women. 8am. Central Park, New York. nyrr.org.
- 10 Race The Lake Marathon & Half. Glimmerglass SP, Cooperstown. 607-547-2800. racethelake.itsyourrace.com.
- 10 GTA Flag Day Run/Walk. 5K run/walk, 10K run, 1M kids run. 10am. Gouverneur CS, Gouverneur. gcsk12.org.
- 11 **13th Lake Placid Marathon & Half Marathon.** 26.2M/13.1M. 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 11 **Run for Help 5K: Help Stop Domestic Violence.** 9:30am. East Greenbush. rememberingliza.org.
- 11 Distinguished Service 8M Race. 9am. University at Albany, Albany. hmrrc.com.
- 11 Albany Walk & Run 5K/10K for Kidneys. 9am. University at Albany, Albany. healthykidneys.org.
- 11 1st RFFR 5K Color Run. 8am. Fire Department, Rensselaer Falls. 315-528-3793.
- 11 Betar Byway 5K/Moreau Mile. 9am: 5K. 10am: 1M. 9am. Betar Byway, South Glens Falls. adirondackrunners.org.

- 12 Kermit Cadrette 5M/5K Run & 2M Walk. 9am. Henry Smith Post, Rome. romanrunners.com.
- 17 **3rd Good Karma 5K Run/Walk.** 9:30am. 9am: Yoga Warmup. 11am: Free 1/2M Kid's Fun Run. Indian food, henna, music. The Crossings, Colonie. Mona Caron: 877-6634. triciany.org.
- 17 **Wilmington Whiteface Whiskey 10K Run.** 9:30am. Pourman's Tap House, Wilmington. Karen Peters: 524-1023. adkwhiskeyrun.com.
- 17 **SeanStrong 5K.** 9am: 5K. 8:30am: Kids' Mile. 8:15am: Kids' Sprint. Goff Middle School, East Greenbush. zippyreg.com.
- 17 **Whipple City 5K/10K & Kids' Run.** 8:30am. Food, festival. Greenwich MS, Greenwich. 692-7979. greenwichchamber.org.
- 17 Dragon the Dads Father's Day 5K. 9am. 10am: 1M kids' run. Saratoga Performing Arts Center, Saratoga Springs. 258-3215. finishright.com.
- 17 Run for the Ages. 5K. 9am. Tackett Chiropractic Center, Queensbury. tackettchiropractic.com.
- 17-18 Manitou's Revenge. 54M mountain trail run. Windham. 732-690-3118. manitousrevengeultra.com.
- 18 Mt Greylock Trail Races. Half Marathon & 5K. Greylock Glen, Adams, MA. Ed Saharczewski: 413-344-3968. runwmac.com.
- 18 7th Equinox Trail Races. 5K/10K. 9:30am. North Pasture Lane, Charlotte. 802-363-2384. gmaa.net.
- 24 Louisville Turtle Mud Run. 5K w/15+ obstacles. 9am. Louisville Arena, Chase Mills. 315-705-7935.
- 24-25 Tough Mudder New England. 12M + 20 obstacles. Mount Snow, West Dover, VT. toughmudder.com.
- 25 **41st Adirondack Distance Run.** 10M. 7:30am. Lake George Firehouse to Bolton Landing. adirondackrunners.org.
- 25 Move and Groove 5K. 9am. National Dance Museum, Saratoga Springs. dancemuseum.org.
- 26 Camp Saratoga 5K Trail Run. 6:15pm. Wilton Wildlife Preserve, Gansevoort. saratogastryders.org.

JULY

- 4 **11th Firecracker 4.** 9am. 4M road race. Vendors, music, more. Saratoga Springs City Center, Saratoga Springs. firecracker4.com.
- 4 31th Montcalm Mile. 1M. 1:45pm. Ticonderoga. lachute.us.
- 9 40th Boilermaker Road Race. 15K: 8am. 5K: 7:15am. 3M Walk: 10:30am. Utica. 315-797-5838. boilermaker.com.
- 15 **Run the Ridge 5K Mud Run with Fun, Challenging Obstacles.** 8:45am: Heats Start. 11:30am: Family Fun Run. Benefits Special Olympics. Maple Ski Ridge, Schenectady. runtheridge.net.

AUGUST

- 11-12 **3rd Peak to Brew Relay.** 220M. 6-12 runner teams. Route/Leg Changes! Whiteface Summit, Wilmington to Saranac Brewing, Utica. p2brelay.com.

SEPTEMBER

- 9 **Camp Challenge 5K Trail Run or 30M Ride.** Double H Ranch, Lake Luzerne. doublehbranch.org.

OCTOBER

- 8 **Mohawk Hudson River Marathon & Half Marathon.** 8am. 26.2M: Central Park, Schenectady to Corning Preserve, Albany. 13.1M: Town Park, Colonie to Corning Preserve, Albany. Registration Opens: 3/8. mohawkhudsonmarathon.com.

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Info: RememberingLiza.org
or UnityHouseNY.org
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ATHLETE PROFILE

Dr. Daniel Larson



ENJOYING A GAME WITH VICTORIA



TURKEY TROT/THANKSGIVING 2016: ADAM, SUNNY, NELL, BRANT AND DAN.



A HALF MILE FROM THE START OF THE 1978 BOSTON MARATHON



BOSTON 2013



NYC 2006 AT THE 19 MILE MARK

By Jennifer Ferriss

It's a rite of spring. Patriot's Day, a state holiday for Massachusetts and Maine, is the third Monday in April commemorating the battles of Lexington and Concord in 1775. Spring break begins for school-aged children. At 11:05 a.m. the Red Sox play their traditional home game, and just prior to the first pitch being thrown, at 10:25 am, Dan Larson will begin his 48th start at the 121st Boston Marathon, in the second wave, last corral, a privilege earned as a Quarter Century Club member.

The Quarter Century Club was formed by Ronald Kmiec (ranked fourth in consecutive finishes) in 2001 to honor the achievements of John A. Kelly, a legendary runner who has set the standard for all those in the Quarter Century Club, who had completed at least 24 consecutive Bostons. Dan is currently ranked an impressive sixth in the club for 41 consecutive runs and 46 cumulative finishes. A one-year gap in his streak was early on in 1975. In 1975 after a weeklong illness and just breaking a high fever the night before, Dan spotted his girlfriend at mile 15.6. She asked how was he feeling and noted that he did not look good. She offered him a ride to the finish, and Dan accepted the invitation. If he walked (or crawled) to the finish line he would hold the second longest streak, just below Bennet Beach who currently holds the record for the longest streak at 49 finishes.

Dan decided to run his first 26.2 miler in 1969 during his senior year at Scotia-Glenville High School. The Holyoke Marathon, now called the Walter Childs Marathon after the founder who died in 1991, continues to be a Boston qualifier and is America's 10th oldest marathon - now in its 55th running. The summer race was a learning experience for Dan, who had never run farther than five miles. He ended with blisters, chafing, and a desire to try another one, in Boston, 1970.

Dan headed off to Yale that fall and was

coached by Bob Giegengack, who was the head coach of the 1964 U.S. Olympic team after serving as an assistant Olympic coach in 1956. He told "Gieg" that he wanted to run the Boston Marathon and in response, was told it would ruin his track season. Despite the warning, Dan laced up his shoes and toed the line with his Yale teammate Jeff Godwin. April 20th proved to be challenging, with a headwind and freezing rain, hypothermic conditions set in for Jeff, and the race most certainly "ruined" Dan's track season.

Dan has since qualified for most of his Bostons through competing in the marathon and no longer has to race in local favorites, like the Mohawk Hudson Marathon in the fall. Up to this point in time, he has qualified for every one of those without ever needing any kind of exemption from the qualifying times. After a serious illness this past fall that resulted in three months off from training, Dan is facing the reality that his qualifying record may come to an end this year.

You would get the sense that someone who is dedicated to continuing a streak would also be a stickler for a training plan, but training for Dan is a bit unconventional compared to most marathon runners. At the writing of this article, Dan was planning his first run over 12 miles, he thinks. Dan does not run with a GPS or with any particular time in mind. He knows his routes and based on others he runs with, he has an idea about the distance. Dan enjoys the freedom of running and not the regimen. He prefers to run on trails and dirt roads and many of his long distance workouts are done on cross country skis. Nordic skiing is a sport that is shared

by his entire family. Victoria and Dan head to the province of Quebec during the winter for amazing ski conditions, when locally we are wondering what winter will bring. Sunny and Nell both competed on the Nordic ski team at Queensbury High School and joined the club team at Yale.

It's a matter of course. Since 1978, Dan has had a pre-race dinner of white rice and butter, staying for the past 34 years with the same group of friends. "The nicest" elderly lady has provided access to a kitchen and bathroom in Hopkinton, just 100 yards from the start line for many years. Every year since 1971, Dan has a reunion with a college friend at mile four. He knows the theme songs, who is playing, the Wellesley girls never disappoint, and the ethnic neighborhoods of Framingham stand out as a favorite part of his run. In the end he still gets a burst of adrenaline as he turns right at Hereford Street and left on Boylston. Post-race, you can find Dan hanging out with his running friends Paul and Jim Forbes from Niskayuna and family at the Boston Park Plaza.

Victoria has been to at least 39 marathons, even with Sunny and Nell in tow. Growing up, their daughters spent every Patriot's Day weekend in Boston right through most of their college education. They all stand at mile 12.8, right after Wellesley, with their Danish friends, waving their Danish flags. Victoria enjoys driving Dan to the start, taking the backroads to avoid traffic, and looks forward to the message that Dan has crossed the finish - easier now with electronic tracking and devices. Dan looks forward to his reunion with Victoria at the Woodland T-Station in Newton.

Boston is not the only streak Dan holds - he has been running the Troy Turkey Trot for 51 consecutive years, 50 of those with his high school cross country rival, Mark

AGE: 65

FAMILY: Wife, Victoria Wirth; daughters, Nell and Sunny; son-in-law, Adam Silbert; and grandsons, Brant and Beckett Silbert

RESIDENCE: Queensbury

OCCUPATION: M.D. Family Practice, Chief Medical Officer for Hudson Headwaters Health Network

PRIMARY SPORT: Running

SECONDARY SPORTS: Cross Country Skiing (Loppets) and Cycling

Mindel from Niskayuna. Mark knows Dan has one more year than him and looks for Dan to break his streak so he can gain the title. Records die hard. Victoria recalled the year that their daughter Sunny had a change in plans for Thanksgiving and would not be heading to Queensbury. This was an opportunity to break tradition and celebrate the holiday in Utah with their daughter Nell. Victoria left early to help prepare the meal. Dan ran the Turkey Trot then hopped on the last Southwest Airlines flight to Salt Lake City soon after he crossed the finish line.

All good things eventually come to an end. Dan knows that luck has played a big part in his streak - having no significant illness or injury. He would like to see at least 50 finishes. Asked what they will do once the marathon streak has ended? Victoria wants to go to Paris; Dan wants to volunteer at the race.


"It's like Fiddler on the Roof - it's about the importance of traditions..." "There's a shared joy doing these races. It makes you feel connected. And there is a little bit of pride that you've toughed through things." -Jason Franchuk, "Longtime Turkey trotters form friendly rivalry." Times Union, Nov. 25, 2014. Timesunion.com, April 2, 2017.

Look for Dan wearing bib number 15565 online or on the course. He won't be breaking his best time of 2:27, but he plans on keeping his streak going, for at least another year. 🌲

Jennifer Ferriss (ferrissj@gmail.com) of Saratoga Springs leads an active outdoor lifestyle. Once the weather warms up, she will commute to her librarian gig on her 1980s Japanese Bianchi, with a backpack that carries more than meets the eye. Always on the search for a new adventure, she will run her first international race this May in Singapore.

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Goal Setting for Success



TOUR OF THE BATTENKILL CHALLENGES RIDERS ON THE HILLY, PARTIALLY DIRT COURSE IN WASHINGTON COUNTY.

PHOTOS BY DAVE KRAUS/KRAUSGRAFIK.COM

By Dave Kraus

Early spring in Upstate NY is the time many cyclists dust off their road or mountain bikes, give them a tune-up, and start thinking about the season ahead. What rides haven't been done yet that I need to put on the calendar? Which past ones were so enjoyable I want to do them again? And perhaps the most popular question: How can I improve this year?

Whether you're a cyclist or other athlete, it's time to set some goals. But that's often far easier to say than to do. It's important to keep in mind the elements of successful goal setting, and how to tailor goals to your own unique desires and abilities.

SET THE RIGHT GOAL

"A goal should be realistic, measurable and time-oriented," says Joe Friel, who has trained endurance athletes since 1980 and is the author of 10 books, including the popular *Cyclist's Training Bible*. By realistic, he means the goal should stretch your abilities but still be achievable.

"If you set a goal at the start of the season and know you can achieve it even before setting out to train for it, then it wasn't much of a goal, was it?"

Joe also cautions against confusing goals with wishes. Riding your first century this season is a goal. Riding a century every weekend this season is a wish. A goal needs to be personally challenging, and while someone else may suggest a goal to you, you must make the final decision of what is a reasonable goal and not just a wish.

COMMIT TO THE GOAL

For most cyclists, committing to a plan to reach their goal involves committing the effort *and* time needed to follow their plan for reaching it. Achievement of your goal is close-

ly connected to how much commitment you are willing to make, according to Capital Region cycling coach, Andy Ruiz. Andy has been a competitive cyclist for over 30 years, and now runs his own coaching practice, Ruiz Racing.

He says that considering a prospective client's commitment and available time are both vitally important in his coaching business. It's a question that you must ask yourself honestly before starting out toward your chosen goal, he adds.

"It's very important that upfront I speak with a client on what goals they have - what their time is like, what their lifestyle is like. If they're not 100% willing to commit, then they're just setting themselves up for failure, and I don't know if I want to get in that coaching relationship."

MAKE A PLAN

Once you have a goal, Joe says, the next step is to decide how you will get there. It's time to make a training plan and put it into action. That usually calls for increasing the training load on a schedule while keeping it realistic. If you've never followed a training plan before, then you should talk with someone who has the experience to help you succeed. That could be a paid coach, or riders in your own club, or group of friends who have already succeeded in their own goals.

Andy, meanwhile, stresses the importance of keeping in mind hours vs. intensity as you plan your training. He feels time is the real key to remember for most recreational cyclists, who most often will be setting goals based on riding more hours, and not adding enough intensity or recovery. It's easy to end up overtraining.

"Time is really the way to go because your body doesn't really know miles. It knows intensity and time," he says.

STICK TO YOUR PLAN

Once you do have a training plan to reach your goal, it makes your progress measurable. Today there are more ways than ever to record, manage and analyze your training, including Strava and various training websites, in addition to the tried and true written training diary.

Andy feels that creating a training path to your goal - and staying on that path - are crucial ingredients for achievement.

"If you're going to do it yourself, then you *have* to be true to yourself. Make a plan and try your best to follow it. If the plan calls for endurance that day, don't go out and ride yourself into the ground with your friends."

BE ACCOUNTABLE

Be accountable to your goals by letting your friends, family, and riding buddies know what your goal is. Their positive support and encouragement can help you stay on track with your plan.

Joe suggests linking goals to organized events to help enforce accountability, and enlisting a training partner if possible.

"A training partner is the best motivator there is for getting to the starting line and then the finish line," he says, "and choosing an organized century ride is likely to keep you on schedule. Doing a self-administered, non-organized century is a sure bet to result in a failed goal from constant rescheduling of your goal ride."

REWARD YOURSELF FOR VICTORY

Rewards for achieving both sub-goals and your ultimate goal can be an important motivator. Did you achieve or exceed your mileage, training time, or speed goals for this week's training segment? Then a massage session or that extra beer with your personal supporters can be particularly satisfying.

For completing that weeklong tour, winning the race, or flying across the finish line with more energy than you ever thought you'd have, a more substantial reward can help get you there - and contribute to your future achievements. New bike, anyone?

But the most satisfying reward may be the knowledge that you set the right goal, made the right plan, stuck to it, and are now standing atop your own personal podium. *Congratulations!* 🎉

> **Joe Friel** is active in business as a founder of Training Peaks (trainingpeaks.com), a web-based software company, and TrainingBible Coaching (trainingbible.com). Contact him at jfriel@trainingbible.com.

> **Andy Ruiz** is a Capital Region-based USA Cycling certified cycling coach who has been a cyclist and racer for over 30 years. Reach him at aruiz@nycap.rr.com.

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime cyclist, photographer and journalist. Visit his website at krausgrafik.com.

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Paddling Forked Lake

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VIEW OF BLUE MOUNTAIN FROM FORKED LAKE. PHOTOS BY RICH MACHA



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THE FENCE ACROSS THE CHANNEL BETWEEN FORKED AND LITTLE FORKED LAKES.



PADDLE HARD AND YOU MIGHT BE ABLE TO GET UP AND OVER THIS BEAVER DAM ON BRANDRETH LAKE OUTLET.

By Rich Macha

Despite one Memorial Day weekend when I truly believed that Forked Lake just had to be black fly HQ, I have fond memories of several outings on this moderately-sized body of water in the central Adirondacks. I have paddled Forked (pronounced fork-ed) as early as April 28, when nearby Blue Mountain Lake still had some ice on it, and as late as November 15. Ease of access, miles of undeveloped shoreline, and minimal motorized use make Forked Lake an attractive destination for both the day paddler as well as the canoe or kayak camper.

Shaped sort of like an upside down T, the main length of the 4.5-mile-long lake averages about a quarter mile in width. The northern arm extends another two miles. The Raquette River enters the lake from the south, and exits the lake's east end, where a dam maintains the water level here and at Little Forked Lake. Forked Lake State Campground is located around this eastern end.

The campsites at the state campground can be reserved ahead of time and each has a fire pit, a picnic table, an outhouse, and a metal bear-proof container for storing food items. Most campsites have paddle-in or walk-in access. For many years the campground was well-known for its scavenging bears, but the reputation has since been diminished somewhat since the installation of these bear-proof containers.

For the 2017 season, Forked Lake Campground is open from May 19 through September 17, however the access road leading to the boat launching area is open before and after those dates – but not in winter. The boat launch is only conducive to the launching of small boats and hence you see very few motorboats out on the lake, usually just folks out fishing for brook trout, largemouth bass, smallmouth bass, bullhead, yellow perch or pan fish. For the purposes of this article, we will begin our journey here, circumnavigating the lake in a clockwise direction. Expect to pay a day use fee if you are not camping here.

Exiting the launch area, you have to keep an eye out for shallow rocks, and a mild current might be felt as water funnels toward the dam. Paddling along the south shore, several numbered campsites are passed, the last one being #63. After about 1.5 miles there is a lean-to, which is outside the confines of the state campground, and is available on a first-come first-served basis. Primitive camping rules apply – a stay of more than three nights and groups of over nine people, regardless of length of stay, must obtain a permit from the ranger.

Soon after the lean-to, the Raquette River enters from the south. The river is fairly wide but slowly narrows as you paddle upstream. In under one-mile, the paddler encounters a minefield of rocks, and the current becomes noticeable. Whether you continue around the next couple of bends depends on your skill, and your desire to reach a scenic spot at the foot of rocky rapids.

Returning to the lake, we continue west along the cedar-lined shore – perhaps, if you are lucky like I was, you will spot a large snapping turtle sunning itself on a rock. In summer, families of common mergansers are often seen near shore; in spring, the handsome males stand out in their breeding plumage. Hooded merganser males are also more noticeable in spring. About three miles from the boat launch you will see an old concrete dock and sandy beach, which is the only other access point on the lake. It also functions as the half-mile carry between Raquette and Forked lakes, part of the Northern Forest Canoe Trail that stretches from Old Forge in New York to Fort Kent in Maine.

I find the west end of the lake the most interesting. A few primitive campsites are found on state land on the south and north shores. Brandreth Lake Outlet enters the lake amidst a wide boggy area and a paddle upstream is highly recommended. Look for northern harriers (marsh hawks) patrolling the wetlands by day and whitetail deer bounding through at dusk. After a few bends you will undoubtedly reach a beaver dam or two that might need to be lifted over. Last

time through, I also encountered a small log jam that I had to portage 20 feet to get past. The stream narrows and shores are drier as you push upstream. Pilgrim Mountain stands out to the north and old-growth white pines tower above the valley.

When water levels cooperated, I have made it up Brandreth Lake Outlet for two miles as-the-crow-flies – perhaps over three river miles – turning around at an old logging bridge below the foot of a rocky area. This journey includes a 50-foot carry around a small rapid, plus more beaver dam lift-overs.

Back at the lake and now heading east, there are several primitive campsites along the north shore – stop here and hope to watch loons dive for their sustenance. If you camp, make sure you hang up your food in a bear-bag, 15 feet above the ground, or use a bear-proof canister. This is the only place I have ever encountered a bear in camp – one of my fellow campers had left a bag of chips in a cooler, and the bear eyed it for a few minutes before our pot-banging discouraged it, and it sauntered off. A few minutes later, the folks at the next campsite were heard banging their pots and pans!

State land ends just east of the primitive campsites. In fact, most of the north shore as well as all of the northern arm of the lake have private shores, so landing is not permissible. After rounding Squirrel Point, there is an interesting bay to explore – I once saw a bear walking the shoreline of this bay – are you noticing a certain theme here?

Before my first-ever visit to Forked Lake, I studied the maps and the thought of going up the channel, and into Little Forked Lake was enticing. Unfortunately, the reality is that all of Little Forked, and some of Forked are within the private Whitney Park – the channel between the lakes is blocked with a fence and “No Trespassing” signs are abundant. On a recent mid-November paddle, a family of otters “guarded” the channel entrance ahead of the fence. The loons we saw were in winter plumage. Loons nest in this area, so please keep your distance and

observe from afar – binoculars are useful if you desire a closer look.

On the east side of the northern arm are some Adirondack-style camps, Whitney Park's Camp Deerland and Camp Killoquish, the only development on the lake outside of the state campground.

Blue Mountain comes into view after we round a point, and paddle east on the main part of the lake. The shoreline is private for two more miles until you reach the east side of Plumley Bay, and campsite #62 of the state campground, although you might find it worth your while to poke into some coves or circumnavigate an island along the way. After passing several more campsites you can paddle into North Bay – the island campsites you pass are very desirable and are likely to be reserved well in advance – I had no trouble getting one in late April though. Actually, my friend and I pretty much had the whole lake to ourselves for two days during that time.

North Bay Stream enters the bay at its northern end and is worth exploration – I slid over a beaver dam and lifted over another before turning back. Look for the fire tower on Owl's Head as you are heading upstream. From North Bay it is not far back to the boat launch. If you have traveled all of the above then you have gone over 20 miles!

Forked Lake Campground can be reached by leaving state routes 28N and 30 at Deerland and driving southwest on County Roads 3 (North Point Rd) and 20 (Forked Lake Campsite Lane) to the east shore of Forked Lake. For the alternate put-in on the south shore, drive 8.7 miles down North Point Road, then take a right on a gravel road and drive to its end. 🌲

Rich Macha (adkpaddle@yahoo.com) is an avid backcountry skier and paddler who enjoys exploring the wild places of New York State. Rich has spent many years in the outdoors business and has led many trips for the Adirondack Mountain Club's Albany Chapter.

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Ten Sure-Fire Steps for Aspiring Triathletes

By Christine McKnight

Let's say you're an experienced cyclist or runner, but you've been feeling a little stale lately. Or, maybe you've been on-again, off-again about fitness in recent years, and now you're ready for a firmer commitment. Is it time to challenge yourself in ways that, until now, you've only dreamed of?

Whatever your reasons, completing a triathlon or duathlon is very doable with a little preparation. And it offers a feeling of accomplishment like no other.

But it can all be a little intimidating to the newbie or the novice. So here are some guidelines on how to get started. If you embrace them, you're likely to have a rewarding experience training and racing, and it will lay the foundation for years of smiles and success.

■ Above All, Find a Mentor

Many years ago, when I was contemplating making the transition from road racing to triathlon, I was fortunate enough to be mentored by Bill and Cathy Taylor of Gansevoort, two of the area's pioneering multisport athletes who together had completed many Ironman races around the world. They tucked me under their wings and gave me savvy, down-to-earth advice on everything from wetsuits to nutrition to goal setting. They let me tag along on their training rides and patiently waited while I struggled to keep up. They explained about goggles, tires, and speed laces for shoes. We raced the Vermont Sun triathlons together for many years, often sharing the ride to the Lake Dunmore venue in Vermont. Every trip was a mini-tutorial in triathlon. Seek out a mentor!

■ Join a Triathlon Club or Training Group

The most likely place to find a mentor is a triathlon club. The ones in the greater Capital Region are all excellent, and include the Capital District Triathlon Club, Adirondack Triathlon Club, Saratoga Triathlon Club, Bethlehem Triathlon Club, and Sacandaga Triathlon Club. Each is unique, but they all welcome newbies, and offer structured training opportunities in safe environments. If a club is not your thing, consider attaching yourself to a masters swim class or a running or riding group that will challenge and support you. Get connected!

■ Make a Plan

What races would you like to do? How much time are you willing and able to train? What else is going on in your life that will

affect your level of commitment? One of the most common mistakes I see is athletes who drift into the season with only a vague idea about races. Your mentor and training buddies can give you invaluable guidance here, and will hold you accountable.

It's great to have a one-year plan. It's even smarter to embrace a two-year plan or, if you are truly hooked, a five-year plan, with some really big "pie in the sky" goals. If you can dream it, you can do it!

■ Set Realistic, Achievable Goals

Ideally, you should think about your goals in late fall or winter, and begin putting together a modest race calendar by early in the year. A good goal for your first event might be to simply finish with a smile and to have a good time. Go ahead and settle on a finish time, but don't let that alone define whether your day is successful. Some other yardsticks for measuring success might be finishing in the top-half in your age group, posting the fastest transition time in your age group, or running the second loop of a two-loop run course faster than the first loop.

A good race calendar for a first-year triathlete might feature three sprints, spread out over the season, perhaps concluding with a more challenging "stretch" race - or time goal at the end of the summer. Be sure to pick some races your friends are doing. It's more fun to share that finish line experience with them.

■ Assess Your Strengths and Weaknesses

What are your limiters? Do you love to swim, but dread the bike? Or maybe you love to ride, but struggle on the run. Do you need more upper body flexibility? Focus on your weaknesses, not your strengths. Above all, be a year-round triathlete, and create a lifestyle that places a premium on fitness and good nutritional habits every day.

■ Assemble Your Team

While triathlon is a sport of individual achievement, the most successful triathletes I know are those who are able to assemble a team of positive-thinking supporters around them. My team starts with my family and close friends, followed by my coach, my personal trainer and my massage therapist. From time to time, my team may also include a nutritionist, physical therapist or podiatrist.

Do you need a coach? I'm a big fan of coaches. They can help an average athlete achieve exceptional goals. But you may not need a coach in your first year or two of multisport. Get some experience under



KNOW YOUR BIKE: AN IMPROMPTU TIRE CHANGING CLINIC AFTER THE SARATOGA TRI CLUB SWIM. ALLISON GUBALA/STC

your belt, determine how serious you are, and then decide as part of your five-year plan. Ask your triathlon friends about their experiences with coaches.

■ Create a Budget

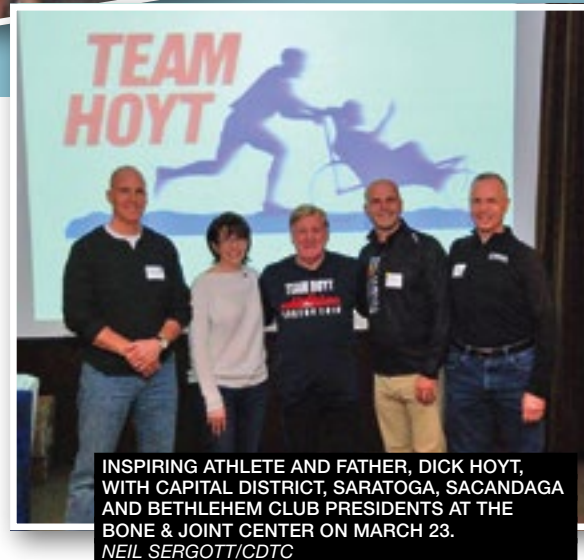
It may shock you. Let's start with race fees, which even for sprints or duathlons typically run in the \$60 to \$100 range. Olympic races are often \$130-\$150. A typical Ironman race these days runs around \$800. Add apparel and gear like a wetsuit, goggles and nutrition. Are you traveling to and staying overnight at a venue or two during the season? Write down every expense you anticipate. Then decide what's possible and what's not. You'll have the hard, cold numbers in front of you.

■ Resist the Urge to Spend Ridiculous Amounts of Money on Equipment and Gear You Don't Need

Spend your triathlon budget wisely. Ride the bike you have for a season or two, or more. Or you can borrow a bike from a fellow triathlete or a cycling friend. In the meantime, ask other triathletes about the bikes they are riding and why they selected that model. Wetsuit? If you are only doing one or two triathlons your first year, renting a wetsuit at about \$45 per event makes sense. Do your homework when it comes to triathlon toys.

■ Make Friends with Your Bike

There's no substitute for knowing how to clean your chain, check your tire pressure,



INSPIRING ATHLETE AND FATHER, DICK HOYT, WITH CAPITAL DISTRICT, SARATOGA, SACANDAGA AND BETHLEHEM CLUB PRESIDENTS AT THE BONE & JOINT CENTER ON MARCH 23. NEIL SERGOTT/CDTC

and change your tire. You should be able to do these basics without breaking a sweat. Ask a member of your triathlon or cycling club. For more complicated stuff, cultivate the mechanics at your local bicycle shop. They are a wealth of knowledge. They can help you head off problems you never saw coming. Be good to your bike, and it will be good to you.

■ Educate Yourself

The most definitive guide on the market is *The Triathlete's Training Bible* by Joe Friel. An excellent new book about fueling and nutrition is *The Endurance Training Diet and Cookbook* by Jesse Kropelnicki.

Remember: *if you can dream it, you can achieve it!* 🍓

Christine McKnight (trichris@nycap.rr.com) has completed more than 100 triathlons, from sprints to the Ironman World Championship in Kona. She lives in Gansevoort.

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Preventing Falls in Older Adults

By Paul E. Lemanski, MD, MS, FACP



Editor's Note: This is the 76th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 75 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. Moreover, as a medical intervention they may accomplish such benefits with fewer side effects, may reduce the number and amount of medication, and may allow actual discontinuation of medication.

The benefits of informed diet and lifestyle, importantly, also include a reduction in falls in older individuals. Reducing or eliminating medication that may adversely impact blood pressure, coordination, and balance has been shown to decrease fall risk and resulting serious medical problems in seniors. Moreover, the healthy lifestyle habits and exercise practiced to prevent falls may not only help to improve strength, coordination and balance, but also allow seniors a more active, engaged and independent life.

Falls are a serious medical problem for seniors. They are also all too common. In those over 65 years old, 27,000 die each year as a consequence of falls and 2.8 million are treated in emergency rooms. A fall resulting in a broken hip or brain injury may not simply involve a longer, more complicated recovery in a senior. It may rob them of their mobility, independence, and even require placement in a nursing home – at huge personal, family and societal cost.

Being able to identify those at higher risk for falling is an important first step in preventing falls. Those who have already fallen may be at highest risk and should bring any history of falls to the attention of their primary care physician. As seniors age muscle mass and muscle strength, especially in the legs generally becomes less. This loss together with arthritis limits the range of motion of joints and alters balance, coordination and gait. With age, vision may also become compromised, and cognition and judgment may degrade.

Finally, as seniors age, the number of medications prescribed generally increases. The use of four or more medications has been associated with an increased risk for falling. Additionally, certain classes of medications individually have been shown to increase the risk of falling. These include anti-hypertensive agents, diuretics, sedatives and hypnotics (including sleep medications), antidepressants, neuroleptics, benzodiazepines and narcotics. A discussion with your primary care physician, and a simple exam can help identify a senior at risk, and the degree of that risk.

Being able to identify living conditions that may contribute to falls is also an important step in fall prevention. For example, as outlined by the Centers for Disease Control and Prevention (cdc.gov/steady), insuring a clear floor path for walking in each room is essential. Furniture may need to be moved; throw rugs may need to be removed or taped to the floor; books, papers, magazines, boxes and other floor objects need to be removed; lamp cords, telephone cords, extension cords may need to be rerouted; stairs should be cleared of all objects, should be in good repair, should be well lighted, and handrails should be present on both sides of the stairs; tubs should have a non-slip rubber mat and grab bars should be installed next to and inside the tub and next to the toilet; bedrooms should have lighting next to the bed and the path from bed to bathroom should be illuminated by night lights.

Once your primary care physician has assessed fall risk, she/he can make recommendations for interventions and risk reduction. As suggested by the CDC, low risk individuals will require education, vitamin

D supplementation, if low, and possibly a referral for strength and balancing exercises in a program available in one's community. The ancient Chinese exercise practice of Tai Chi may help in this regard. For those at moderate risk for falling, education and possible vitamin D supplementation remains important. Additionally, a review of medications and possible modifications should be made. A referral to physical therapy to improve gait, strength and balance would help, as would referral to a community-based fall prevention program.

Those determined to be at high fall risk, especially if there was a history of multiple falls, should undergo a more extensive physical exam. This will determine blood pressure changes with change in position and an assessment of visual acuity, cognition and adequacy of existing footwear for identified foot disorders. A detailed medication risk/benefit assessment should be made and a plan of care outlined.

Following CDC recommendations, high fall risk individuals should then undergo education, and vitamin D supplementation, as appropriate. They should be referred to physical therapy to improve gait, strength and balance, and should have modifications of and substitution for their current medication, as appropriate, to reduce fall risk. Foot disorders should be addressed and improved footwear/orthotics proposed. Finally, vision and home safety should be optimized and mobility aids (cane or quad cane, walker) ordered, as appropriate. High fall risk individuals should optimally follow up with their primary care physician within 30 days of initial evaluation to review the plan of care, have their physician assess and encourage fall risk mitigating behaviors, and discuss and address any barriers to adherence to the plan of care.

In clinical studies using approaches like the CDC, balance and gait training, and muscle strengthening may reduce the fall risk by as much as 27%. Discontinuing high fall risk medications may reduce risk by up to 39%. Comprehensive risk assessment with targeted management may reduce fall risk by as much as 39%.

In summary, the risk of falling is a serious and common medical problem for seniors. Falling may result in fracture of the hip that may have a profound impact on subsequent quality of life, mobility and independence. It may even require placement in a nursing home. By being aware of the consequences of falls, reporting falls to your physician, and undergoing an assessment, seniors may begin a process of fall risk mitigation. Simple clinically proven lifestyle interventions including strength and balance training, appropriate medication discontinuation, and home safety optimization – faithfully executed – may prevent falls and also allow seniors a more active, engaged and independent life. 🌱

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1.

SCREEN

Screen for fall risk using these 3 questions:

- Have you fallen in the past year?
- Do you feel unsteady when standing or walking?
- Do you worry about falling?

2.

REVIEW

Review and manage medications linked to falls.

3.

RECOMMEND

Recommend vitamin D for improved bone, muscle, and nerve health.

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HIKING & BACKPACKING from Page 1MEGAN MCLAUGHLIN
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SUMMER HIKE TO BLACK MOUNTAIN.HEADING INTO THE CLOUDS ON GOTHICS.
ALL PHOTOS BY STEPHANIE GRAUDONS

Indian Lake, ending back at the North Creek Ski Bowl Park. If 75 miles sounds like a lot to you, don't worry, there's a 20-mile option as well!

In addition to recreation, ADK keeps members updated on what's happening with conservation issues, and makes it easy for you to become an advocate for protecting state land and minimizing the impact of invasive species.

If you like getting out of the house, you can volunteer as a citizen scientist, summit steward, campground host, or naturalist, with training available so you'll feel comfortable and confident.

Like using your muscles to make a difference? There's a long list of trail projects for both teens and all ages happening all summer long. ADK's National Trails Day event is Saturday, June 3 at the Adirondak Loj in Lake Placid, offering 10 different trail projects to choose from. If you're new to doing trail work, this is the perfect opportunity to see what it's all about.

As an ADK member, you'll not only have opportunities to explore New York and meet new people, you'll also receive a host of other benefits! Who doesn't love a discount? Members get 20% off ADK's maps, guidebooks, calendars, and other publications, and receive a subscription to Adirondac magazine, as well as 10% off any ADK logo merchandise. ADK's Heart Lake Program Center offers guided hikes, skills workshops, and educational programs at 10% off. Whether you're looking for an intro course or building upon your current skill set, there's something for everyone. The Adirondak Loj, Johns Brook Lodge, and the Wilderness Campground at Heart Lake are excellent base camps for your year-round trips to the mountains, and members receive 10% off all lodging, too.

You'll also feel good knowing your membership helps maintain trails statewide and ensures that wild lands and waters across New York are protected for generations to come. (adk.org) 🌲

Stephanie Graudons (stephanie@adk.org) of Mayfield is ADK's Young Member Outreach Coordinator. She is an Adirondack Winter 46er, NYS Licensed Hiking Guide and adventure photographer. Follow at greatrangeframes.com.

OTHER AREA HIKING CLUBS

By Mona Caron

The **Appalachian Mountain Club** is a large national club with chapters across the eastern U.S. from the Maine Woods, Berkshires, Catskills, and down to the Shenandoah Valley. The club's mission promotes outdoor activities, such as hiking, paddling, cycling, climbing, plus offers discounts on lodging and camping and offers skills and leadership, conservation and youth programs.

Their Conservation Action Center allows members to stay informed on the most pressing issues on topics such as the Land and Water Conservation Fund, Environmental Protection Agency, the Department of Interior, the National Park Service funding and more. (outdoors.org)

While AMC has 12 main chapters, within our reach we have the Mohawk Hudson chapter, formed in 1998, making it the youngest chapter in the club. It has over 700 members located in the 11 county region of eastern New York State comprising of Albany, Columbia, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington counties.

A number of hiking, biking, and kayaking trips are scheduled regularly, many in the Taconic, Berkshire and Catskill regions, as well as in the Adirondacks, the Green Mountains and White Mountains. These include day, weekday and weekend trips. The chapter is active in trail maintenance, addressing conservation issues, and encouraging outdoor activities. (amcmohawkhudson.org)

The **Taconic Hiking Club** is locally based and sponsors outings throughout the Capital Region and beyond, with an emphasis on the Taconic Crest Trail. The club's primary responsibility is to maintain the 37-mile long Taconic Crest Trail, working with NYS DEC and Massachusetts' Department of Recreation and Forests. The club is the sole agency able to patrol and maintain the entire length of the trail and report conditions to other agencies.

The trail, which crosses back and forth through New York, Massachusetts and Vermont, has since become a formal, state-recognized feature along the MA-NY-VT state border in the Taconic Mountain Range. Berlin Mountain and the Snow Hole are just two of its features. In addition, the club posts a full schedule of outings throughout the Capital Region, including some in conjunction with ADK Mountain Club. Finally, conservation efforts are taken on as needed to protect and maintain important recreation areas. (taconichikingclub.org)

Relatively new on the scene is the **Catskill Mountain Club**, founded in 2004, it is an all-volunteer grassroots organization of outdoor enthusiasts dedicated to providing a wide range of non-motorized outdoor group activities throughout the Catskill Park and the larger Catskill Mountain region, including hiking, camping, cycling, snowshoeing, kayaking and canoeing.

The club promotes good stewardship of our environment through safe, sustainable and responsible activities, including building and maintaining trails on newly opened New York City watershed lands and on NYS park lands and offering informative events about the natural and human histories and resources of the Catskills. They also promote safe, sustainable and responsible enjoyment of our pristine streams and reservoirs, while protecting the surrounding environment. (catskillmountainclub.org) 🌲

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