

Summer Madness Triathlons



AN OLYMPIC SWIM WAVE STARTS AT THE 2016 LAKE GEORGE TRIATHLON FESTIVAL. PAT HENDRICK PHOTOGRAPHY

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Results for 12 Races

By Mona Caron

The heart of triathlon season is here so it's time to register for these two popular races now!

The 12th annual **Lake George Triathlon Festival** is the weekend of September 2-3 at Battlefield Park in the village of Lake George. Choose from a menu of distances this Labor Day weekend.

On Saturday, the *Lake George Triathlon*, is the Olympic distance race that has been taking place since 2006 and covers a 0.9-mile swim, 24.8-mile bike and 10K run, in and around beautiful Lake George. This race draws individuals and teams from around the region and it's a Northeast Collegiate Triathlon Conference event for men's and women's teams.

On Sunday, the *Big George Triathlon*, since 2010, is the half-iron distance which includes a 1.2-mile swim, 56-mile bike and 13.1-mile run. Also on Sunday is the half-iron Aquabike race.

For the hardcore, the "King George" category combines racing in the Olympic on Saturday and the Big George on Sunday. Next up, the "Prince George" is for athletes completing the Olympic on Saturday and half-iron Aquabike on Sunday. Last year roughly 25 people took on these two challenges. So no one feels left out, the kids' "Splash and Dash" takes place on Saturday afternoon.

According to race director Randy Rath, "Our Big George half iron race is well ahead of last year even with Ironman 70.3 in Lake Placid a week later. The Aquabike race is also becoming more popular." With the increasing numbers, this year's Aquabike will award the top three males and females, rather than just overall. Aquabike racers will race in the same wave and not in their age groups as in years past.

Part of the continuing success of race weekend is the collaboration with the local towns, Warren County Sheriff's Office, NYS Police and fire departments who assist with traffic control and road/lane closures. The volunteers are also very dedicated to making sure race day is smooth for the racers.

You'll finish with Lake George as your backdrop, then relax and celebrate post-race at the food and beer tent. For more info and to register, visit: adkracemgmt.com.

The 17th annual **Crystal Lake Triathlon** is on Saturday, August 19 at Crystal Cove in Averill Park. The race is a USAT sanctioned sprint distance and is one of the most scenic races in the area. Beginning at the Crystal Cove beach, the swim features a single loop of a half-mile. Transitioning into the bike leg racers set out on a gorgeous out/back 18-mile bike course. After biking around the far side of the lake, the first descent brings you into rolling hills that pass through the beautiful countryside of Rensselaer County. Finally, the three-mile run finishes on a mostly flat run course around Crystal Lake.

The Aquabike race will be back this year. Co-race director Kenny Hart adds, "The club is proud to announce the addition of two new categories: a male/female division for active/veteran military and male/female division for first responders (police/fire/EMS)."

Packet pickup on Friday night will be at Power House Athletics in Albany or on race day morning prior to the first wave starting at 8am. Billed as one of the toughest sprint bike courses in the area, organizers strongly recommend previewing the course on Tuesday Night weekly training with the Capital District Triathlon Club. For details and registration, go to: cdtriclub.org.

Signup to race, train properly, and join in on the summer madness festivities! 🌊



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● KAYAKING, CANOEING & SUP



PADDLING Northern Lake George

By Alan Mapes

Lake George is a top pick for paddling in eastern New York, but the waters there are often rocking and rolling with motor boat traffic all summer. To escape some of the power boats and the ruckus they create, two friends and I recently chose to paddle the north end of the lake. We launched from the beach at Hague in late June. The north end is usually quieter, and it boasts some of the most spectacular scenery you can view anywhere from the seat of a hand-powered boat.

The launch ramp was not yet open for the season on a Wednesday morning, so we carried our gear across the lawn to a spot next to the swimming beach. We planned a route looping to the north, hitting some of the highlights on that stretch of lake. We started out along the shore, working our way past the hamlet of Hague waterfront and to a small group of beautiful islands not far away. I've heard this island group referred to as the "Waltonians," though I'm not sure that's an official name. In any case, Waltonian Island is one of them, along with Temple Knoll Island, Flirtation Island and several others. The three I've named have state campsites on them - a total of 10 sites. They are the furthest north of the many state island campsites.

Passing by the islands, we rounded Friends Point and set a straight course for Rogers Rock State Campground and Day Use Area, two miles away. My companions Julie Elson and Michael Kalin, both from Albany, know this stretch of the paddle well. They had volunteered with a swim event from Hague to Rogers Rock, serving as safety and support paddlers. For this kind of distance swim event, each swimmer has a kayaker accompany them.

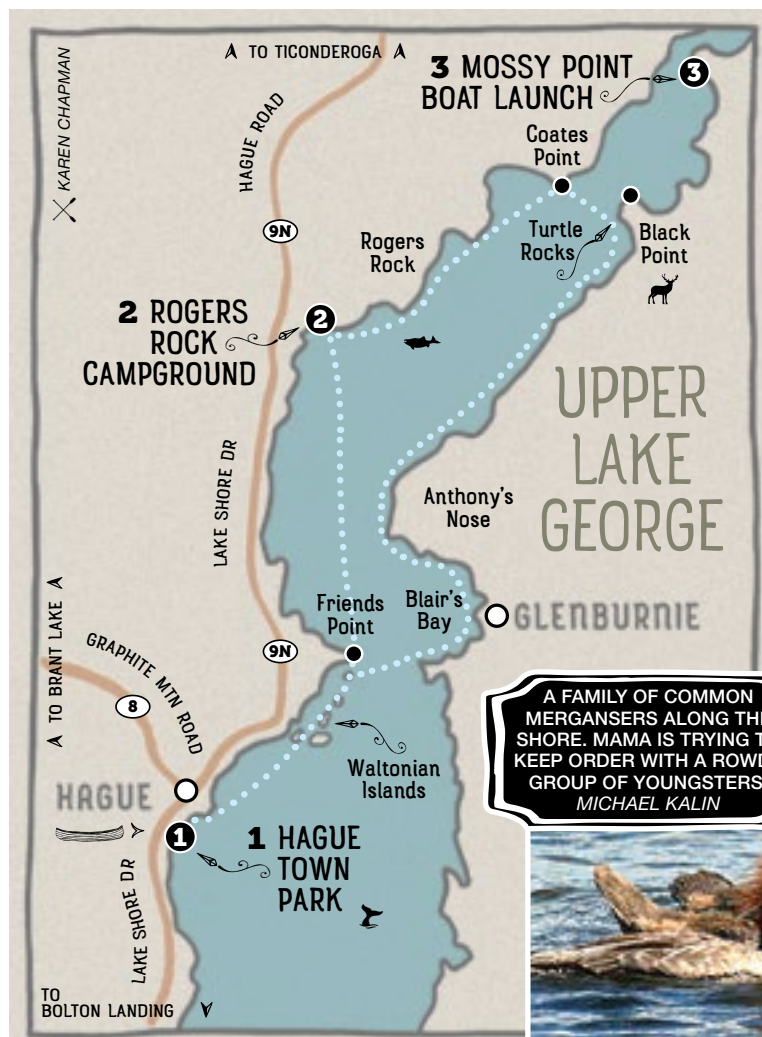
Landing at Rogers Rock, we heard a chittering from above and saw two merlin birds chasing each other through the tops of the huge white pines. My guess is we were seeing an adult and a young one, recently out of the nest. These small falcons are superb fliers and have become a fairly common nester in New York State over the past 30 years. Before that, none nested in the state.

After a stretch and rest stop at the campground, we continued north past the cliffs of Rogers Rock, then past the steep slide face of the mountain. That smooth rock face slopes dramatically right down to the water. With a southwest wind pushing us along for these first four miles of the paddle, we knew we should think about turning back south and into the wind before too long. A tailwind like this makes paddling so easy that it lulls you into going too far. Then you have to fight your way back home against the breeze.

We could see some white-capped waves popping up in the center of the lake, so we crossed the narrow

part from Coates Point over to Black Point. The Ticonderoga Black Point Beach near Turtle Rocks offered another good landing and stretch spot. We found no turtles on the rocks, but they were covered with ring-billed gulls, their chests showing bright white in the sunlight.

Launching again and working our way south along the east shore, we paddled along another pretty rock face and approached the point at Anthony's Nose. The waves and wind were the strongest of the trip at that spot, and the waves seemed to be coming from two directions and combining in unpredictable ways. It was hard to anticipate which way your boat would be pushed next. This often happens where waves hit a hard vertical shore. In this case it was a natural rock wall, but the same effect applies with a manmade bulkhead. Waves reflect back off the hard surface, interacting with new waves coming in and creating confused water. I actually seek out these spots, using them to practice my rough water skills.



A FAMILY OF COMMON MERGANSERS ALONG THE SHORE. MAMA IS TRYING TO KEEP ORDER WITH A ROWDY GROUP OF YOUNGSTERS. MICHAEL KALIN



THE AUTHOR DRESSED FOR SUN PROTECTION, LANDING AT ROGERS ROCK CAMPGROUND. MICHAEL KALIN



JULIE ELSON AND MICHAEL KALIN OF ALBANY PASS THE FACE OF ROGERS ROCK. ALAN MAPES



JULIE PASSES WINDMILL POINT ON THE LAKE'S WEST SHORE. ALAN MAPES



Rounding the point, we swung into Blair's Bay and followed the shore past a nice group of shoreline camps at Glenburnie. From the point at the south end of Blair's Bay, we took a straight shot back across the lake to Flirtation Island. From there, it was just a grind back against the wind to Hague beach. As we approached the landing, I was really feeling my lack of paddling this spring. It was my first paddle longer than six miles for the season. I usually paddle for a solid month down south in the late winter, but it did not happen this year. Julie and Michael on the other hand, had been paddling several times a week since March. I managed to keep up, but felt it in my shoulders and legs the next day - actually, the next two days.

Our trip totaled about 14 miles, longer than many people may want to undertake. Further, you must respect the power of the big lake, making open crossings only if you have the proper skills and experience. Serious waves can blow up in a hurry on Lake George, and weather predictions anywhere in the North Country are very subject to change.

If You Go - Three public launches serve the northern end of the lake: 1) Hague Town Park has a nice boat launch next to their swimming beach. Kayak, canoe and paddleboard launching is free, as is parking. The visitor center here has restrooms. A short walk brings you to the wonderful Hague Market, with beverages, snacks, sandwiches, and other takeout food; 2) Rogers Rock State Campground, on the west shore north of Hague, offers motor and hand launching for a nominal day-use fee; and 3) Mossy Point State Boat Launch on the northeast corner of the lake, south of the hamlet of Ticonderoga.

Happily, you have a number of shorter paddle options for the north end of the lake. Following the shore from Hague to Rogers Rock Campground and back will cover 8-10 miles. Starting at the campground will allow for much shorter paddles, but some of the same spectacular scenery. Give the north end of Lake George a try! 🚣

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

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Lake George TRIATHLON Festival

Olympic Race
Saturday
September 2nd

Half Iron Race
Sunday
September 3rd

Half Iron AquaBike Race
Sunday
September 3rd

KING GEORGE: Olympic Race and Half Iron Race
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News Briefs

Fleet Feet Distance Project Training Begins

ALBANY & MALTA – Fleet Feet Sports is offering several running programs for any distance, from their two store locations. The 12-week programs are available for 5K, 10K/15K, Half Marathon and Marathon training, starting on July 6 – late comers welcome. The 5K beginners program is for those new to running or anyone entering after a hiatus, and emphasizes form, strength and nutrition while building endurance. The advanced 5K program is for runners looking to improve their time through speed work. The 10K/15K, half-marathon and marathon groups each help develop speed, stamina, and confidence for performance and to achieve your goals. For 5K, contact Patti Clark at pclarkfleetfeet@gmail.com or 400-1213. For distances, contact Jon Catlett at ffdistanceproject@gmail.com or 459-3338. Visit: fleetfeetalbany.com. 🌲

Ironman Lake Placid Returns on July 23

LAKE PLACID – The 19th annual Ironman Lake Placid, the longest-running American event aside from the Ironman World Championship in Kailua-Kona, Hawaii, returns on Sunday, July 23. It's an accessible but challenging race that sold out in November 2016. Athletes begin with a two-loop, 2.4-mile swim in Mirror Lake, with the underwater cable to guide them. Transitioning to the bike in the Olympic Speed Skating Oval, scenic views highlight the hilly two-loop, 112-mile ride. Returning to the oval, they begin a two-loop, 26.2-mile rolling run through town, along the river, and back to the finish!

IMLP did well on a 2016 athlete survey of 40 Ironman events globally: fifth in overall satisfaction, first in bike, sixth in run, and third in best race venue experience. For this year, there are a few last-minute changes: bike

course Wilmington out/back on Haselton Road is eliminated and replaced by Lake Placid OSC/MVH out/back on REPAVED Bob Run Lane before the Keene downhill; bike time cutoff in Wilmington (aid station 5) at 5:00pm; and bike special needs is now along Olympic Center sidewalk overlooking the oval/transition. IMLP offers 40 qualifying slots for the 2017 World Champs in October. The inaugural Ironman Lake Placid 70.3 is sold out and will take place on Sunday, Sept. 10. Volunteers are still needed for both events. Visit: ironman.com. 🌲

Shaun and Shamus Evans: New Ainsley's Angels Journey

GALWAY – Over the course of 60 days during summer 2015, then nine-year-old Shamus Evans, who has cerebral palsy, and his father Shaun, ran 3,200 miles from Seattle to New York City on behalf of Ainsley's Angels of America. They were supported by mother/wife Nichole, and younger brother, Simon. Along the way the Evans family presented more than 30 running chairs to children so that they too may have the opportunity to roll with the wind. The mission was called Ainsley's Angels "Power to Push." Team Evans started a new journey rolling down the Mississippi River during July 2017. Although the distance is shorter, 1700 miles from Moorhead, Minn. to Lake Charles, La.), the mission remains the same to provide the gift of mobility to children and families along the route by donating racing chariots, promoting inclusion and inspiring others to dream big. Follow their progress: ainsleysangels.org/powertopush. 🌲

Adirondack Open Water Swimming Events

LAKE PLACID & LAKE GEORGE – Swimmers from near and far will have two opportunities to compete in open water swimming contests this August. Both races are presented by Green Leaf Racing of Malta and are US Masters Swimming sanctioned. On Saturday,

August 12, the Betsy Owens Memorial Lake Swim at Mirror Lake in Lake Placid will have a one-mile and two-mile cable swim. In the mile event, swimmers will complete two loops, each consisting of swimming out one side of a quarter-mile, underwater cable marked with buoys, and returning on the other side. The two-mile swim will be four loops around the quarter-mile cable. Times for both races are eligible for USMS long-distance national records.

On Saturday, August 26, the Lake George Open Water Swim will start at Hague Town

Park beach, with distances of 2.5K, 5K and 10K, with wetsuit and non-wetsuit categories. There are time constraints for all three distances and those entering the 5K and 10K swims must submit evidence of having completed a swim of two-thirds the distance of the chosen event. Whether you're a competitive or recreational swimmer or triathlete, these are don't miss events in beautiful lakes for swimming, with a mix of great athletes from across the Northeast – so register today. For more info on both events: greenleafracing.com. 🌲

USATF Adirondack Trail Running Series

ALBANY – So you've run a road race? What about a race on trails! Sure, hiking is something that all of us are familiar with, but have you ever thought about lacing up and dancing on the dirt? Whether you know it yet or not, the Capital-Saratoga Region is home to a variety of trail running events ranging vastly in both distance and terrain.

Participating in a trail race not only means that you'll get to experience plenty of rocks, roots and mud, but you'll also get to be a part of the trail running community. It's a community that tends to put more emphasis on the best battle scar over the fastest finish time, a community that gives labels to sections of courses with names such as the "The Outback," and one that rarely cares for fancy medals or awards – just as long as there is an ice cold beverage at the finish.

To highlight some of the unique and challenging terrain that our area has to offer, USA Track & Field Adirondack invites you to join the community by participating in its 2017 Trail Running Series. This inaugural series will feature the following four races:

- **Indian Ladder Trail Run 15K** on Sunday, July 23 – Held at Thacher State Park, near Voorheesville, the ILTR is one of the oldest trail running events in the region. The 15K features all of the favorites: rocks, roots and mud.
- **Tawasentha XC 5K** on Monday, August 7 – 'The toughest 5K you'll ever run,' at least that's what the race director says. But seriously, you probably won't be setting a PR here. Held at Tawasentha Park in Guilderland, this course features some serious hills and a water crossing. So prepare to get muddy.
- **Thacher Trail Running Festival 10K** on Sunday, August 27 – Part of a larger day of trail running events with races from the 5K to the 50K, this 10K at Thacher State Park provides beautiful views of the valley, downtown Albany and distant mountains.
- **Saratoga XC Classic 5K** on Sunday, October 29 – The title of this event says it all. It's a classic. Held in the fall when the leaves are changing, this 5K at Saratoga Spa State Park provides all of the feelings of a classic cross-country race.

Finishing three of the four races means you will be considered a series finisher and earn a trail themed finisher apparel piece, made possible with a grant from Hudson-Mohawk Road Runners Club. Additionally, you'll get to spend the summer and fall running with new and old friends. You'll begin to recognize the familiar faces and I assure you, while you might not recognize them in their work clothes or at the grocery store, you will remember them when you see them at a future race. For series details and rules, visit adirondack.usatf.org.

–Michelle Pratt of Albany is a trail/ultra runner and race director. She currently serves on the USATF Adirondack Association Board.



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FROM THE PUBLISHERS



Make it Happen This Summer

Summers in upstate New York are the best! We encourage you to take advantage of it – do more, see more and live fully! Destinations and events are abundantly available so be active. If you're thinking about going longer, further or faster, do something about it now. Train and register or prepare and plan for an event, race or goal you've been longing to do. If you've never been on a particular hike or waterway, make plans with your family or friends now. Embrace the challenge and achieve your goals for 2017.

We hope you enjoy the July issue. It's full of call-to-action examples that will help make the most of yourself. Our Athlete Profile, TJ Sherwin, whose determination and enthusiasm to overcome his challenges is truly inspiring. Our Living on Earth column is an every other month feature and it's making its second appearance with "Adirondacks in the Bull's Eye." Our regular features on running, hiking, biking, paddling, triathlon, and the Calendar of Events all provide great ideas to make the most of your summer.

We look forward to hearing from you and reader contributions are always welcome. We'll see you out there – thank you!

Darryl and Mona

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Publisher/Editor: Mona Caron
Art Director: Karen Chapman
Contributing Writers: Christine Bishop, Laura Clark, Bill Ingersoll, Elias Ingraham, Dave Kraus, Steven Leibo, Alan Mapes, Michelle Pratt, Mike Scheur
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Calendar of Events

July - September 2017*

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

*Events beyond this range are advertisers in this issue.

BICYCLING: ROAD (PAVED)

ONGOING

- Daily MHCC Club Rides.** 300 rides/year. Albany-Saratoga Region. mohawkhudsoncyclingclub.org.
- Daily King of the Mountain Rides: 6/1-8/31.** Self-directed: Lake Desolation Rd, Prospect Mtn Rd, Spier Falls Rd. Saratoga Tri Club. bikereg.com/stc-kom.
- M, W, S/S Group Road Rides. Mon: Beginner/Intro to Group Road Riding: 20M. Wed: Intermediate: 25-40M. Sat or Sun: 25-50M. April-Oct. Saratoga Springs. 518-584-8707. saratogacyclingclub.com.
- Wed Wacky Wed Group Ride.** 35M. 5:30am. Chango ES, Malta. 518-482-3902. mohawkhudsoncyclingclub.org.
- Thu GGB Adventure Ride.** A/B/C group, no-drop. 6pm. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Sat GGB Morning Ride.** 30M high intensity. 8am. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

JULY

- 8-9 Saratoga 12/24 Hour Race.** 8am. 40M course. Van Raalte Mill Building, Saratoga Springs. John Ceceri: 583-3708. adkultracycling.com.
- 9 2nd Donut 100 Bike Ride.** 100M. 7:30am. Challenging w/dirt & climbing. Donuts in Cambridge & Manchester, VT. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- 9-16 19th Cycle the Erie Canal Bike Tour. 400M. Erie Canalway Trail, Buffalo to Albany. 434-1583. ptny.org.
- 15 16th Capital Region Road Race.** 20M loop. 10:30am. Ravena-Coeymans-Selkirk HS, Ravena. Beth Ruiz: 334-6058. cbrcc.com.
- 16 Farm to Fork Fondo: Vermont.** 9am. A farm fresh feast from the seat of your favorite bicycle. Riverside Farm, Pittsfield, VT. 662-0211. farmtoforkfondo.com.
- 16 Ride for the River. 63M/30M/5M. 8am. Post ride music/food: 1pm. Benefits Ausable River Assn. Hungry Trout Resort, Wilmington. 637-6859. ausableriver.org.
- 22 The Rock Crit. 9:30am. Mount Morris. ridelcc.com.
- 22-30 Finger Lakes Tandem Tour.** Watkins Glen. Rich & Lindy: 354-3102. gtgtandems.com.
- 23 Elks Bike Ride for Vets. 64M & 31M. 7am. Saratoga-Wilton Elks Lodge, Saratoga Springs. bikereg.com.
- 23-29 17th Great Big FANY Ride. 500M across NY. Niagara Falls to Saratoga Springs. 461-7646. fanyride.com.
- 29 Farm to Fork Fondo: Pennsylvania Dutch.** 9am. A farm fresh feast from the seat of your favorite bicycle. The County Barn, Lancaster, PA. 662-0211. farmtoforkfondo.com.

AUGUST

- 29 Irreverent Road Ride - IRR 6.0. 80M/125M. Richmond, VT. 802-391-0747. shorthandedshovel.com.
- 30 12th Ididaride Adirondack Bicycle Tour.** 75M: 8:30am. 20M & Shuttle: 12pm. Gore Ski Bowl Park Pavilion, North Creek. adk.org.
- 4-6 Montreal Double Double.** 400M. Two doubles w/rest day in Montreal. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
- 5 10th Tour of the Catskills. 23M/54M/80M. Tannersville. tourofthecatskills.com.
- 5 Tour de Loop. 30M/50M. 9am. Rudy's Lakeside Drive-in, Oswego. bikereg.com.
- 6 Christine Nicole Perry Memorial Bike Ride & Lunch.** 40M: 9am; 15M: 10am. The Hub, Brant Lake. 518-644-3020. chrissysfund.com.
- 12 Harpoon Point to Point. Road: 100M/50M/25M. MTB: 20M at Ascutney. Harpoon Brewery, Windsor, VT. harpoonpointtopoint.com.
- 19-25 Cycle Adirondacks. Schroon Lake, Keene Valley, Saranac Lake. 315-525-9554. cycleadironacks.com.
- 19 D2R2 - Deerfield Dirt Road Randonnee. Rides for the land: 180K, 160K, 115K, 100K, Mystery Rides, 40M, 12M. Deerfield, MA. franklinlandtrust.org.
- 20 Lake George Bike/Boat Ride.** Bike 40M to Ticonderoga. 12:15pm: Ride Mohican Boat to Lake George. 668-5777. Rain date: 8/27. lakegeorgesteambo.com.
- 20 Rensselaerville Ride: From Hill to Hollow.** 10M/24M/44M/64M. Music, BBQ, swimming. Carey Institute for Global Good, Rensselaerville. 518-797-5100. bikereg.com/rensselaerville.
- 26 17th Pat Stratton Memorial Century Ride.** 100M/50M/25M & Kids' Ride. 8am. Picnic, music, poker ride w/prizes. Mount Pisgah Lodge, Saranac Lake. Bob Sheefer: 518-891-5873. active.com.
- 27 Farm to Fork Fondo: Maine.** 9am. A farm fresh feast from the seat of your favorite bicycle. Wolfe's Neck Farm, Freeport, ME. 518-662-0211. farmtoforkfondo.com.

SEPTEMBER

- 1-4 Green Mountain Stage Races. 65-226M. ITT, Circuit, Road Race, Crit. Waitsfield, VT. gmsr.info.
- 3 Catskill Mountain Cycling Challenge.** 29M-99M. Road & gravel grinder. Catskill Recreation Center, Arkville. 845-586-6250. catskillrecreationcenter.org.
- 9 Camp Challenge 30M Bike Ride.** Also: 5K Trail Run/Walk. Double H Ranch, Lake Luzerne. doublehranch.org.
- 9 MHCC Century Ride Weekend.** 100M: 8am; 62M: 9am; 50M: 10am; 25M: 11am. Family Ride: all day. Carlsbad Pavilion, Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- 9 Bike MS: ROC the Ride.** Genesee Valley Park, Rochester. bikems.org.
- 9 12th Kelly Brush Ride. 100M: 7:30am; 50M: 8:30am; 20M: 9:30am. Middlebury College, Middlebury, VT. kellybrushfoundation.org.
- 10 Tour de Daggett Lake.** 65M: 8am; 20M: 9am. Daggett Lake Water Ski Club & Water Ski School, Warrensburg. daggettlake.net.
- 10 Cycle for Life.** 62M/32M/17M. Saratoga Polo, Greenfield Center. Kate Quinn: 518-453-3583. fightcf.cff.org.
- 15 NYS Bike Summit. Hearst Media Center, Times Union, Colonie. nybc.net.
- 15-17 ADK 540 Race/Ride.** 136-544M. 8AM. Alpine Inn, Wilmington. John Ceceri: 518-583-3708. adkultracycling.com.
- 16 Bike MS: Hudson River Ramble.** Thacher State Park, Voorheesville. bikems.org.
- 17 10th Lance Gregson 1-Eye Classic Ride & Picnic.** 45M+: 8:30am. 26M: 9:30am. 10-15M: 10:30am. 3M: 11am. Town Park, Schroon Lake. 321-6203. schroonlakecycling.com.

CATSKILL MOUNTAIN CYCLING CHALLENGE

Sunday Sept. 3
Catskill Recreation Center
Arkville, NY

Enjoy the beautiful Western Catskills
Six routes (29 - 100 miles)
53 - Mile Gravel Grinder (5986' Gain)

Free lunch, t-shirt, and use
of all CRC facilities
Proceeds to increase recreational
programming for all ages

Register: bikereg.com/cat-skill-mountain-cycling-challenge
Info: catskillrecreationcenter.org/catskill-mountain-cycling-challenge

Sunday, Sept. 10

Scenic Rides
65 miles - 8am
20 miles - 9am

Daggett Lake
Water Ski Club & Water Ski School

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

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 Sundays, 1-4pm, \$5pp/day
 7/9, 8/6, 8/20, 9/3, 9/17

ATTENTION BICYCLISTS!
 Lake George
 Bike/Boat Ride
 Sunday, August 20
 Early AM: Bike 40M Lake George to Ticonderoga
 1:00PM: Ride Mohican Boat to Lake George
 Reservations: (518) 668-5777
 www.LakeGeorgeSteamboat.com
 Rain date: 8/27

ROC THE RIDE
 Genesee Valley Park | Rochester | SEPTEMBER 9, 2017
HUDSON RIVER RAMBLE
 Thacher Park | Albany | SEPTEMBER 16, 2017
 IT'S MORE than a ride
 REGISTER > BIKEMS.ORG
 Don't just ride, Bike MS
 NATIONAL SPONSORS **Bicycling** PRIMAL

- 23 **4th Harry Elkes Ride.** 50M/32M: 9:30am. 16M/15M: 10:30am. The Hub, Brant Lake. 518-796-2397. bikewarrenco.org.
- 24 **Farm to Fork Fondo: Berkshires.** 9am. A farm fresh feast from the seat of your favorite bicycle. Hancock Shaker Village, Pittsfield, MA. 518-662-0211. farmtoforkfondo.com.
- 30 Drops To Hops Bike Race/Ride. 43M/25M. Beer, food. Brewery Ommegang, Cooperstown. 607-547-2800. clarksportscenter.com.

BICYCLING: OFF-ROAD ONGOING

- Tue GGB MTB Ride.** Odd Tue: 6pm from shop. Even Tue: 6:30pm Gurney Lane. Grey Ghost Bicycles, Glens Falls. 518-223-0148. greyghostbicycles.com.
- Th-Su West Mtn MTB.** Hours vary. West Mtn, Queensbury. westmtn.net.
- Sun Poor Man's Downhill Shuttles:** 7/9, 8/6, 8/20, 9/3, 9/17. 1-4pm. Up A Creek Restaurant, Wilmington. bikewilmingtonny.com.

JULY

- 9 Six Hours of Power. 10am. Holiday Valley Ski Resort, Ellicottville. 716-574-0888. heartrateup.com.
- 9 Point Peter Pounder. 2-4 laps. 1pm. Port Jervis. 520-548-9727. bikereg.com.
- 15-16 Eastern Grind MTB Race. XC Pro, Marathon, Kenda Cup East. Williston, VT. 802-377-1584. easterngrind.com.
- 16 **MTB Skills Clinic w/Grey Ghost Bicycles.** 2pm. Beginner & intermediate clinics & group rides. All welcome. Gurney Lane Recreation Park, Queensbury. 223-0148. greyghostbicycles.com.
- 16 Gravel Grinder Vermont Dirt Ride. 40M. 8am. Killington, VT. endurancecommunity.org.
- 22-23 Hardcore 24. 24 hours. 12pm. Ontario County Park, Naples. 585-381-3080. thehardcore24.com.
- 28 Williams Lake Classic. 9:30am. Williams Lake, Rosendale. 845-658-7832. trtbicycles.com.

AUGUST

- 5-6 **4th Churney Gurney Mountain Bike & Trail Run Races.** Sat, 9am: 5M Trail Running Race - new! 12-4pm: MTB demos, group rides & family contests. Sun, 9am: MTB Races. 9am-3pm: MTB demo rides. 1pm: Kids' MTB Races. Gurney Lane Rec Park, Queensbury. churneygurney.com.
- 11-13 VT3. MTB Stage Race. Craftsbury Common, VT. 802-586-7767. thevt3.com.
- 12-13 Windham Race the World: 66/Pro XCT MTB Races. Windham MTB Park, Windham. windhammountain.com.
- 19 **Over the Top 10K Mountain Bike Duathlon & 5K Trail Run.** Solo/2-person teams. West Mountain, Queensbury. 518-636-3699. westmtn.net.
- 20 Bellayre Mountain All-Terrain Challenge MTB Race. Bellayre Mountain, Highland. nysmtbseries.com.
- 20 2017 Suicide Six MTB Race. 10am. Harriet Hollister Spencer Recreation Area, Springwater. 585-657-7777 x223. thehardcore24.com/S6.html.
- 26 Peak 6-Hour MTB Challenge. Green Mountain Trails, Pittsfield, VT. peak.com.
- 26-27 **ADK 80K Mountain Bike & Trail Running Races.** 20K loop. Sat: Trail Run & Relay. Sun: MTB Race. HPC MTB Center at Mt. Van Hoevenberg, Lake Placid. 518-523-3764. adk80k.com.

SEPTEMBER

- 8 Adirondack Trail MTB Race. 550M MTB Ultra. Northville.

- 10 Riedlbauer's Round Top Rally MTB Race. Round Top. rtmba.com.
- 10 Rocky Point 50M. 9am. Rocky Point Preserve, Rocky Point. 631-944-1733. bikereg.com.

OCTOBER

- 1 Best Cyclist in the Universe Race. 5K enduro, 30K road race, 15K MTB. Solo/teams. Windham Mountain, Windham. bikereg.com.

HEALTH & FITNESS ONGOING

- Mo-Sa Rock Your Fitness: Total Body Training.** 6wk Sessions: 6/12-7/22. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 518-522-9765. rockyourfitnessny.com.
- Daily True North Yoga.** True North Yoga, Schroon Lake. 518-810-7871. Schedule: truenorthyogaonline.com.

HIKING, ROCK CLIMBING & WILDERNESS SKILLS ONGOING

- Daily Summer Adventure Trips, Sleep-Away Camp & Day Camp.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

JULY

- 15 Complete Hiker: Fun & Safety in the Wildlands. Becoming an Outdoors Woman Series. Kelly Stang: 402-8862. dec.ny.gov/education.
- 21-23 **Trailless Backpacking: Dix Range.** 19M. 523-3441. adk.org.
- 24 **Table Top Mountain Hike.** 10M. 8:30am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.
- 28-30 Poke-O-Moonshine Fire Tower Centennial Celebration Hike. Art exhibit, party at Ausable Brewing Co, Keeseville. pokeomoonshine.org.
- 30 **Women's Day Hike: Macintyre Range.** 10.8M. 523-3441. adk.org.
- 31 **Esther Mountain Hike.** 6.6M. 8:30am. Ausable River Two-Fly Shop, Wilmington. ADK: 523-3441. adk.org.

AUGUST

- 7 **Dix & Hough Hike.** 13.7M. ADK: 518-523-3441. adk.org.
- 14 **Street & Nye Hike.** 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

SEPTEMBER

- 3 **Mt Marshall Hike.** 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 4 **Donaldson & Emmons Hike.** 14.6M. 7:30 am. Coreys. ADK: 518-523-3441. adk.org.
- 11 **Seward Mountain Hike.** 14M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.
- 15-17 **Seward Range Backpacking Trip.** 27M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.
- 21-24 **Thru-Hiking 101: Long-Distance, Lightweight Backpacking.** Northville-Placid Trail. 9am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 25 **Mt Marshall Hike.** 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 28 **Seymour Mountain Hike.** 14.4M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.
- 29-10/1 **Allen Mountain Backpacking Trip.** 19M. 12pm. Exit 29. ADK: 518-523-3441. adk.org.

15TH ANNUAL

Christine Nicole Perry Memorial Bike Ride
Sunday, August 6
THE HUB
 27 Market St, Brant Lake
 9am - 40 miles along Schroon River and Loon, Friends, Brant lakes
 10am - 15 miles along Schroon River and Brant Lake
 Rain or shine • Post-ride lunch included
 Preregistration Appreciated:
BikeReg.com
 Day of registration: begins at 8am
 More Info: 518-644-3020 or info@chrissyfund.com
 Proceeds benefit Christine Nicole Perry Memorial Trust
ChrissyFund.com

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Challenge Yourself
 Change the life of a child
30-MILE BIKE RIDE OR 5K TRAIL RUN
 All proceeds to benefit the Double H Ranch
Camp Challenge
 Saturday, September 9
 at the Double H Ranch in Lake Luzerne, New York
 Register at www.doublehbranch.org

"Better than a sharp stick in the eye!" - Lance Gregson
10th Annual 1-Eye Classic
Cycling Rides & Picnic
Sunday, Sept. 17
 Town Park/Beach, Schroon Lake
 Easy Does It (3 miles): 11am
 Scenic Route (10-15 miles): 10:30am
 Lance's Loop (26 miles around lake): 9:30am
 Cyclist's Dream (45+ miles): 8:30am
 Info at SchroonLakeCycling.com or Facebook.com/SchroonLakeCycling
 518-321-6203 • Rain or shine
 Music, raffles, potluck picnic, giveaways & more!!!

HIGH PEAKS CYCLERY
ADK 80K RACE WEEKEND
August 26 & 27

Saturday
 – Trail Running Race & Relay
 Sunday
 – Mountain Bike Races

ADK 80K
2017

Running – 80K and 40K trail races, and 80K relay with 2 or 4 runners per team. The 20K loop is ideal for first-time ultra runners.
 Biking – 80K and 40K solo MTB races with cyclocross and fat bike divisions, and 80K relay with 2 or 4 bikers per team.

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

HIGH PEAKS CYCLERY

32nd Annual PISECO LAKE TRIATHLON
 July 15th 2017

Saturday, July 15 • 9am
Piseco Airport, Piseco
 0.5M Swim, 11.5M Bike, 3M Run
 Individuals or 3 Person Teams
 Professional timing & register online!
www.speculatorchamber.com
Entry fee: \$50 per person
 Adirondacks Speculator Region Chamber of Commerce
 More info: (518) 548-4521

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Comfortable village home near attractions

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41ST ANNUAL 2017
JOSH BILLINGS
 RUNAROUND TRIATHLON

Sunday, September 17
 THROUGH 5 TOWNS IN THE BEAUTIFUL BERKSHIRES
 Bike • Canoe/Kayak/SUP • Run
 Team & Iron Categories

New! We've partnered with

 – the best way to raise money for social causes

active.com • triereg.com
joshbillings.com

CAPITAL DISTRICT YMCA
PINE BUSH TRIATHLON
 Sunday, July 23 • 8AM
 Guilderland YMCA

Photo Credit: Daniel Roberts - Times Union

REGISTER TODAY!
www.ACTIVE.com

OUR PLATINUM PARTNER

MULTISPORT: TRIATHLON/DUATHLON & SWIMMING ONGOING

Mon 33rd High Peaks Cyclery Mini-Tri Series: 6/19-8/14. 400yd swim, 12M bike, 3M run. 6:30pm. Mirror Lake Beach, Lake Placid. HPC: 518-523-3764. 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: 7/12, 8/9, 9/6. 5:45pm. Wilson SP, Mount Tremper. 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. Warners Lake, East Berne. bethlehemtriclub.com.

JULY

3-8/4 13th SkyHigh Youth Multisport Adventure Camp. Five weeks. Averill Park. John & Kathy Slyer: 518-674-0369. skyhighadventures.com.

8 HITS Hudson Valley Triathlon. Sprint, Olympic, Half, Full. 7am. Williams Lake, Kingston. Sarah Hanaburgh: 845-247-7275. hitsendurance.com.

8 Basin Harbor Sprint Triathlon. 500yd swim, 12.2M bike, 5K run. Basin Harbor Resort & Boat Club, Vergennes, VT. active.com.

15 18th XTERRA SkyHigh Off-Road Triathlon. 1K swim, 20K MTB, 6K trail run. 7am. Grafton Lakes SP, Grafton. 674-0369. skyhighadventures.com.

15 18th SkyHigh Kids' Off-Road Triathlon. 100m swim, 5K MTB, 1K trail run. 11am. Grafton Lakes SP, Grafton. 674-0369. skyhighadventures.com.

15 32nd Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M run. 9am. Teams welcome. Food, awards, raffles. Piseco Lake. 548-4521. speculatorchamber.com.

15 Delta Lake Triathlon. Sprint/Intermediate. 7:30am. Delta Lake SP, Rome. atcendurance.com.

15-16 Musselman Triathlons, Relay & Kids' Tri. 1.2M swim, 56M, 13.1M run. 7am. Lakefront Park, Geneva. musselmantri.com.

16 Vermont Sun Triathlon. 600yd swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.

16 New York City Triathlon. 1.5K swim, 24.9M bike, 10K run. 6am. Riverside Park, New York. 212-691-2200. nyctri.com.

23 Pine Bush Triathlon. 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to Guilderland YMCA, Guilderland. 456-3634. active.com.

23 19th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 6:30am. Olympic Speedskating Oval, Lake Placid. ironman.com.

30 30th Central Park Triathlon. 0.25M pool swim, 12M bike, 3M run. 8am. Lasker Pool, Central Park, New York. nytc.org.

30 34th Pedal 'n' Plod. 4.2M run, 22M bike. 8:30am. Center Street, Adams, MA. 413-822-1613. berkshirerunningcenter.com. 3dcartstores.com.

AUGUST

5 Maple City Triathlon. 750m Swim, 20K bike, 5K Run. 8am. Ogdensburg. runsignup.com.

5 Basin Harbor Aqua Race & Duathlon. Basin Harbor Resort & Boat Club, Vergennes, VT. active.com.

6 Iron Girl Syracuse Women's Triathlon. 600m swim, 18.6M bike, 5K run. Du: 18.6M bike, 5K run. Oneida Shores Park, Brewerton. irongirl.com.

6 Cayuga Lake Triathlon: Sprint, Intermediate, Youth. 8am. Taughanock Falls SP, Trumansburg. cayugalaketriathlon.org.

6 Staten Island Tri/Duathlon. Tri: 0.25M swim. Du: 1M run, 12M bike, 3M run. 8am. Midland Beach, Staten Island. nytri.org.

6 Monster Classic 10K & 5K. 8:45am Broadway & Frasier Ave, Monticello. 845-239-2107. sullivanstriders.org.

12 Ken Hummel Memorial Duathlon, 5K & Kids' 1M. 9am. Stuyvesant. stuyvesantny.us.

12 Betsy Owens Memorial Swim. 1M/2M cable swims. Mirror Lake, Lake Placid. 518-727-1586. greenleafacing.com.

13 Old Forge Triathlon. Intermediate: 1000m swim, 22M bike, 4M run. 7:50am. Lakeview Ave, Old Forge. atcendurance.com.

13 Vermont Sun Triathlon. 600yd swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.

13 Lake Dunmore Triathlon. 1600yd swim, 28M bike, 6.2M run. 8am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.

19 17th Crystal Lake Triathlon. 8am. 0.5M swim, 18M bike, 3M run. Aquabike: 0.5M swim, 18M bike. Crystal Cove, Averill Park. cdtriclub.org.

20 West Point Triathlon. 0.5M swim, 12M bike, 5K run. Camp Buckner, West Point. usma.edu.

20 Peasantman Steel Distance Triathlons. Full, half, intermediate, aquabike. Indian Pines Park, Penn Yan. peasantman.com.

26 Rochester Triathlon. Intermediate, Aqua, Sprint. 7:30am. Durand Eastman Park, Rochester. rochestertriathletes.com.

26 Lake George Open Water Swim. 2.5K: 7:45am; 5K: 9am; 10K: 7:55am. Town Beach, Hague. lakegeorgeswim.com.

26 Duanesburg Sprint Triathlon. 9am. Duanesburg, YMCA, Duanesburg. 895-9500. active.com.

SEPTEMBER

2-3 12th Lake George Triathlon Festival. Sat, 7am: Olympic (0.9M swim, 24.8M bike, 6.2M run). Sun, 6:45am: Half Iron (1.2M swim, 56M bike, 13.1M run) & Aquabike (1.2M swim, 56M bike). King George: Olympic/Half Iron. Prince George: Olympic/Aquabike. Battlefield Park, Lake George. adkracemgmt.com.

9 5th Greene County Y Tri. 350yd swim, 11.5M bike, 5K run. 8am. Teams welcome. Sleepy Hollow Lake, Athens. cdymca.org.

10 Ironman Lake Placid 70.3. 1.2M swim, 56M bike, 13.1M run. Lake Placid. ironman.com.

10 Incredoubleman Triathlons. Half, Olympic, Aqua. Westcott Beach SP, Sackets Harbor. incredoubleman.com.

10 Survival of the Shawangunks (SOS) Triathlon. Minnewaska SP, New Paltz. sostriathlon.com.

17 41st Josh Billings Runaround Triathlon. 27M bike, 5M paddle, 6M run. Teams/solo. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.

OCTOBER

8 6th Glens Falls Lions Club Duathlon. 5K run, 30K bike, 5K run. 9am. 1/2/3-person teams welcome. SUNY Adirondack, Glens Falls. glensfallslions.org.

OTHER EVENTS

We & Sun Summer Jumping Series. 1-2pm. Olympic Jumping Complex, Lake Placid. 518-302-5326. whiteface.com.

Thu Meet an Olympian: 7/6, 13, 20, 27 & 8/3. Times vary. Olympic Museum, Lake Placid. 518-302-5326. whiteface.com.

JULY

8-9 Tupper Lake Woodsmen's Days. Lumberjacking festival w/demos, games, contests. Municipal Park, Tupper Lake. tupperlake.com.

SIXTH ANNUAL DUATHLON
5K RUN • 30K BIKE • 5K RUN
Sunday, October 8 • 9am
SUNY Adirondack, Queensbury

• Chip timed • Participant only raffles
 • Free micro-mesh t-shirt to first 100 entrants
 • One, two and three person teams
 • Corporate teams of three welcome

Register at www.RunSignUp.com/Race/NY/Queensbury/GlensFallsDu
www.glensfallslions.org • Like us on Facebook

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11TH ANNUAL
Falling Leaves 5K & Fun Run
Saturday, October 7 at 10am
 William Kelley Park on Ralph St, Ballston Spa

All 5K participants can win a gift certificate from local businesses

Scenic course within historic village of Ballston Spa!
Great Drawings – All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, pizzerias, Fleet Feet Sports, etc. Must be present to win.

Info & Register: ballstonspaumchurch.org/falling-leaves-5k-run
 \$25 by 10/4 or \$30 race day • Long-sleeve Sport-Tek T-shirt to first 200
Kids' 0.5M Fun Run (10 & under): 11am – Free
 Stan Lockwood: (518) 885-6886 or fallingleaves5k@albany.twcbc.com
 Benefits Veterans & Community Housing Coalition – Vet House & Guardian House for Homeless Veterans

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

4TH ANNUAL
CHURNEY GURNEY
Trail Run & Mountain Bike Race
 Saturday-Sunday, August 5-6
 Gurney Lane Recreation Park
 118 Gurney Ln (Exit 20), Queensbury

SAT, 9AM – 5M Trail Running Race
 12-4pm: MTB demos & rides – Family contests
SUN, 9AM Mountain Bike Races
 NYS MTB Race Series – Cat 1/2/3, open/pro, fat, single speed
 9am-3pm: MTB demo rides
 1pm: Kids races

Now a Two-Day Festival!

More Info & Register: ChurneyGurney.com
 Updates: Facebook.com/Churney-Gurney
 Benefits Under the Woods Foundation and Camp Under the Woods for kids on the autism spectrum

AUGUST

8 33rd Authors' Night. 7-9pm. Hoss' Country Store, Long Lake. mylonglake.com.

SEPTEMBER

1-4 Family Camp Weekend. Arcade Theme. YMCA Camp Chingachgook, Kattskill Bay. camp.cdymca.org.
30-10/1 Oktoberfest. Food, beer, music. Whiteface, Wilmington. whiteface.com.

PADDLING: KAYAK, CANOE, SUP & ROW ONGOING

Wed Canoe Time Trials: 5/3-9/20. 6pm. Canoe, kayak, SUP, sculls. Aqueduct Park, Niskayuna. Northern NY Paddlers. Alec Davis: 321-6820. swcweb.org.
Wed Paddling Duathlons: 7/19, 8/16. 6:30pm. Little River Boat Launch, Canton. slvpaddlers.org.
Thu SUP PaddleFit Class. 8:30-9:30am. Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.
Sun SUP Yoga. 8-9:30am. Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.

JULY

8 Battle of the Boquet 5K Trail Run & 2.5K Kayak Race. 8am. Boquet River, Willsboro. adirondackcoastevents.com.
13-16 Adirondack Canoe Symposium. Canoe instruction to improve paddling & precision solo/tandem boat control skills for all levels. Paul Smith's College, Paul Smiths. Robyn Lowenthal: 201-287-1970. freestylcanoing.com.
15 Poker Paddle: Adirondack Challenge Weekend. 12-4pm. Town Beach, Indian Lake. Indian Lake Chamber: 648-5112. indian-lake.com.
 15 Electric City Regatta. 12M/3M/1M Fun Race. 10am. Erie Canal Lock 9, Rotterdam Junction. 421-2947. eleccityrace.org.
 16 Barge Chaser Canoe/Kayak Race. 10M/3M. 11am. Kiwanis Park, Rotterdam. 393-9201. nymcra.org.
 16 Cranberry Lake Boat Club Cardboard Boat Race. 1pm. Public Beach, Cranberry Lake. cranberrylakeboat.club.
30 "You Gotta" Regatta. 10am. 6M/2M/1M. Whittaker Park Boat Launch, Waddington. 315-388-4510. slvpaddlers.org.
 30 BluMouLA-BuFuRa Canoe/Kay Race. 14M/7M/1.5M. 10:30am. Blue Mountain Lake. 978-562-2805. bmlbuoyrace.com.

AUGUST

19-20 Wells Bridge Canoe & Kayak Races. 8M/10M/13M. Wells Bridge. 607-783-2880.
 26 Nineveh Nine Canoe & Kayak Race. 9M/3M. 10am. Enchanted Gardens, Nineveh. 607-765-9237. nymcra.org.
 26-27 Thistle Lumberjack Regatta. Sat: 12pm. Sun: 10am. Big Tupper Lake. 518-359-3328. tupperlake.com.

SEPTEMBER

2 Remington II. 6M. 10am. Rensselaer Falls, Oswegatchie River to Heuvelton. slvpaddlers.org.
 8-10 Adirondack Canoe Classic: The 90-Miler. 8am. Old Forge to Saranac Lake. Brian McDonnell: 518-891-2744. macscanoe.com.
 9 Kayaking4Meso on the Hudson. 8M. 9am. Admiral's Marina, Stillwater to Lighthouse Park, Halfmoon. kayaking4meso.org.
 16 21st Rochester River Challenge. 300m sprint races. Genesee Waterways Center, Rochester. 292-6107. adaptivecanoing.org.

17 Women's Kayaking Day. YMCA Camp Chingachgook, Kattskill Bay. camp.cdymca.org.
 23 Long Lake Long Boat Regatta. 10M. 11am. Town Beach, Long Lake. 518-891-2744. macscanoe.com.
 24 St Regis Canoe Classic. 5M/7M/11M. 10am. Paul Smith's College, Paul Smiths. 315-720-5446. paulsmiths.edu.

OCTOBER

1 Seneca Monster Regatta. 13M. 11am. Seneca Lake/Canal, Seneca Lake SP, Geneva. 347-464-8338. senecamonster.com.
14 Women's Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. camp.cdymca.org.

RUNNING, TRAIL RUNNING & WALKING ONGOING

Daily Obstacle Course Training. All Welcome. Open: May-Nov. Sunny Hill Resort, Greenville. 518-634-7642. sunnyhill.com.
Tue Tuesday Night Summer Track Program: 7/11, 7/18, 7/25, 8/1. 6pm. Colonie HS, Colonie. 869-9333. hmrrc.com.
We/Sa Fleet Feet Running Club. Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 518-459-3338. fleetfeetalbany.com.
Thu ARE Summer Trail Run Series: 6/1-8/31. 6pm. Various locations. albanyrunningexchange.org.

JULY

6 HMRRRC Summer Track Series #2: Two-Person Relay. 6:15pm. Colonie HS, Colonie. hmrrc.com.
8 Battle of the Boquet 5K Trail Run & 2.5K Kayak Race. 8am. Boquet River, Willsboro. adirondackcoastevents.com.
 8 ParkFest 5K Run/Walk. 9am. Gavin Park, Wilton. 365-9256. wiltonparkfest.com.
 8 Turtle Trot Walk Run. 3.4M. 9am. Whalen Park, Massena. 315-764-1289. wilsonhillassoc.com.
 8 NYRR 1 for You, 1 for Youth 4M Run. 8am. Central Park, New York. nyrr.org.
 8 Dirty Girl Mud Run. Wave starts. Killington Resort, Killington, VT. godirtygirl.com.
 8-9 Whiteface Sky Races. Sat, 10am: VK Race (3200ft in 2.4M). Sat, 11am: Kids Sky Climber. Sun, 8am: Sky Race (7500ft in 15.5M). Whiteface, Wilmington. rednewtracing.com.
9 Saratoga Springs "Strong To Serve" Half Marathon, Two-Person Relay & 5K Run/Walk. 13.1M: 7:30am. 5K: 8am. Peerless Pool, Saratoga Spa SP, Saratoga Springs. saratogaspringshm.com.
 9 40th Boilermaker Road Race. 15K: 8am. 5K: 7:15am. 3M Walk: 10:30am. Utica. 315-797-5838. boilermaker.com.
 9 Paul Luther Memorial 5K Run. 7:30am. Talmadge Park, Mechanicville. runsignup.com.
10 Camp Saratoga 5K Trail Run Series. 6:15pm. Wilton Wildlife Preserve, Gansevoort. saratogastryders.org.
13 HMRRRC Summer Track Series #3: Hour Run. 6:15pm. Colonie HS, Colonie. hmrrc.com.
 13 16th Tour De Potsdam Wellness 5K Run/Walk. 6:30pm. Community Bank, Potsdam. 315-386-1102. tourdepotsdam.com.
15 Run the Ridge 5K Mud Run. Fun, challenging obstacles. Heats Start: 8:45am. Family Fun Run: 11:30am. Benefits Special Olympics. Maple Ski Ridge, Schenectady. runtheridge.net.
 15 Warrior 4M Obstacle Run. 10am. Big Tupper Ski Area, Tupper Lake. 518-359-3328. tupperlake.com.
16 Froggy 5-Mile Trail Race. 9am. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.

15TH ANNUAL
Ty Yandon Memorial 5K Run/Walk
Sunday, September 10 • 9am
 Newcomb Overlook, Newcomb

Part of **Teddy Roosevelt Celebration**
 Sept. 15-17 in Newcomb
 Visit: newcombny.com

Registration (\$15) begins 7:45am
Info: adkpa@aol.com or Kevin Bolan: (518) 582-2991

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CAPITAL DISTRICT YMCA
DUANESBURG TRIATHLON
 Saturday, August 26 • 9AM
 Duanesburg YMCA

REGISTER TODAY!
 www.ACTIVE.com

OUR PLATINUM PARTNER
BlueShield of Northeastern New York
 ASE.7.17



SEFCU
29TH ANNUAL
LABOR DAY 5K
New day! Saturday, Sept. 2
Directed by **HMRRRC**

5K Race/Walk • 9:00am
New location! SEFCU Arena
University at Albany

NEW SEFCU Fitness Challenge!
Details to come

\$15 HMRRRC or SEFCU members by 8/29, 6pm
\$20 for all others by 8/29, 6pm • \$25 day of race
SEFCU 5k T-shirts to all

Medals to top 3 M/F age group finishers
Trophies to top 3 M/F and SEFCU members
Kids' 1-Mile Run: 10am (\$1 day of race)

Register online (no fee):
HMRRRC.com



SUNNY HILL RESORT
Viking Obstacle Race
Sunday, July 30
Greenville (30 min south of Albany)
35+ OBSTACLES
5.5 MILES
\$1,000 prize money to top three male/female elite racers
Registration includes: Viking T-shirt, finisher medal, lunch, beer/beverage ticket, digital downloads, after-party
NO spectator or parking fees.
Train on the course before the race or anytime!
Info & Register:
SunnyHill.com
518.634.7642
Discount Code: ASF17 for 10% off registration



8TH ANNUAL
RUN FOR the horses
5K

5K RUN/WALK • LABOR DAY WEEKEND
Saturday, Sept. 2

8:30am • Orenda Pavilion
Saratoga Spa State Park, Saratoga Springs

USATF certified course • T-shirts and prizes
Walkers & canine companions welcome
Pre-Reg \$25 – Day of \$30

Kids' 1/2 Mile Fun Run (8am): \$5
Meet retired racehorses

Register:
RunForTheHorses5k.com



SARATOGA RACEHORSE
AFTERCARE CHARITABLE ENDEAVORS
Benefits Saratoga-based retired racehorse programs



HUDSON HEADWATERS CARE FOR KIDS
5K Run & Fitness Walk
Sunday, July 30 – 9am
2431 Schroon River Rd, Chestertown to YMCA Adirondack Center, Brant Lake
- Free shuttle from finish line to start - \$25 or \$30 after 7/24
Quality T-shirt to first 400 entrants
Entry form at www.hhhn.org
Info: Jackie Harrington 761-0300 x31315
Proceeds benefit pediatric health care at HHHN



Race the Train 15th Annual
SATURDAY, AUGUST 5
NORTH CREEK DEPOT, MAIN ST, NORTH CREEK
8am: Free 8.4 mile train ride for first 200 registered!
9am: Runners "race the train" back! Spectators can also ride the train (fee)
T-shirts to first 200 preregistered
Post race fun run, raffle & food
Proceeds benefit Johnsburg Dollars for Scholars
Register: Active.com
Application: AdirondackRunners.org
Info: Tracy Watson (518) 251-0107



Sunday August 6
Lake Pleasant to Speculator
"Toughest 10K in the Adirondacks!"
REGISTRATION:
9am at Speculator Ball Field
REGISTER ONLINE:
LightBoxReg.com
REGISTER BY PHONE:
(518) 548-4521
RACE START: 10am
• Scenic route follows south shore of Lake Pleasant
• Professional timing
Adirondack Speculator Region Chamber of Commerce

- 16 Helderberg 5K: Domestic Violence Awareness Run/Walk. 9am. Voorheesville HS, Voorheesville. zippyreg.com.
 - 20 **HMRRRC Summer Track Series #4: Pentathlon.** 6:15pm. Colonie HS, Colonie. hmrrc.com.
 - 22 **21st Silks & Satins 5K.** 8am. Jeff Clark Memorial Race. Teams welcome. Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.
 - 22 1st Peniel Bible 5K Run. 9am. Peniel Bible Conference, Lake Luzerne. 696-4038. penielbibleconference.org.
 - 23 **23rd Indian Ladder Trail Run.** 15K/3.5M Trail Races. 9am. 15K = USATF Adk Trail Run Series. 10:30am: 1M Kids' Run. Hailes Cave Picnic Area, Thacher SP, Voorheesville. hmrrc.com.
 - 24 **Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. saratogastryders.org.
 - 29 Run for the River 5K/10K. 9am. Frink Park, Clayton. savetheriver.org.
 - 29 3rd RPW Ram Run/Walk 5K. 9am. Rensselaer HS, Rensselaer. zippyreg.com.
 - 29 Color Me Blue 5K Walk/Run for Autism. 8:30am. Tri-Town Community Center, Brasher Falls. 315-842-1835. thepuzzlepiecefoundation.org.
 - 29 38th Round Church Women's Run. 5K/10K. 8:30am. Round Church, Richmond. gmaa.net.
 - 30 **Viking Obstacle Race.** 5.5M, 35+ obstacles. Lunch, beer, after party. Discount code for 10% off: ASF17. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
 - 30 **Hudson Headwaters "Care for Kids" 5K Run & Fitness Walk.** 9am. Chestertown to Brant Lake. hhhn.org.
 - 30 Escarpment Trail Run. 30K (18.6M). 9am. Windham to Haines Falls. escarpmenttrail.com.
 - 30 11th Maria Sergi Memorial Fun Run/Walk. 5K. 9am. Remington Recreational Trail, Canton. 315-386-1009. northernrunner.org.
- AUGUST**
- 1 **Colonie Summer Track.** 6pm. Colonie HS, Colonie. Frank Myers: 518-869-9333. hmrrc.com.
 - 5 **15th Race the Train.** 8am: train to start. 9am: Race the train 8.4M back. Kids Fun Run: post-race. Train Depot, North Creek. Tracy Watson: 518-251-0107. active.com.
 - 5 **39th Dynamic Duo Pursuit Race.** 3M per person. 8:30am. Colonie Town Park, Colonie. Frank Myers: 518-869-9333. hmrrc.com.
 - 5 **Fox Creek 5K Run/Walk.** 9am. Berne Town Park, Berne. 518-225-4925. active.com.
 - 5 **Bald Eagle Half Marathon & 10K.** 8am. Ridgeback Sports, Callicoon. 617-459-6099.
 - 5-6 **4th Churney Gurney Trail Run & Mountain Bike Races.** Sat, 9am: 5M Trail Running Race - new! 12-4pm: MTB demos, group rides & family contests. Sun, 9am: MTB Races. 9am-3pm: MTB demo rides. 1pm: Kids' MTB Races. Gurney Lane Rec Park, Queensbury. churneygurney.com.
 - 6 **39th Lane 10K Lake Run.** 9am. Lake Pleasant. Donna Benkovich: 518-548-4521. speculatorchamber.com.
 - 6 38th Monster Classic 10K & Monster 5K. 8:45am. Broadway & Frasier Ave, Monticello. 845-239-2107. raceroster.com.
 - 7 **Tawasentha 5KXC Series #1.** 6:30pm. USATF Adk Trail Run Series. Tawasentha Park, Gunderland. hmrrc.com.
 - 7 **Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.
 - 11-12 **3rd Peak to Brew Relay.** 220M. Six & 12 runner teams. The ultimate relay experience. Summit of Whiteface, Wilmington to Saranac Brewing, Utica. p2brelay.com.
 - 12 **9th Camp Chingachgook Challenge Half Marathon & 10K.** 13.1M: 8am at Lake George ES, Lake George. 10K: 9am at YMCA Camp Chingachgook. Post-race BBQ. Kattskill Bay. lakegeorgehalfmarathon.com.
 - 12 Ken Hummel Memorial 5K, Duathlon & Kids' 1M. 9am. Stuyvesant.
 - 12 Kiwanis Clove 10M, 5K & 1M Runs. 8am. Castleton-on-Hudson. Christopher Chartrand: 732-2940.
 - 13 Blue Mountain Sizzler 5K. 8:30am. Blue Mountain Lake. 518-352-7364. bluemsizzler.com.
 - 13 Run For Roses 5K, Walk & Fun Run. 9am. Grafton Lakes SP, Grafton. 518-279-1386. runsignup.com.
 - 13 25th Catskill Mountain 100K Road Race & Relay. 5:30am. Phoenicia. todjen.wixsite.com.
 - 14 **5th Monday Night Mile.** 5:30pm. Saratoga Casino Hotel & Raceway, Saratoga Springs. 518-796-8878. saratogahistory.org.
 - 14 **Tawasentha XC 5K Series #2.** 6:30pm. Tawasentha Park, Gunderland. hmrrc.com.
 - 19 **15th Jailhouse Rock 5K.** 8:30am. Brookside Museum, Ballston Spa. brooksidemuseum.org.
 - 19 **Over the Top 5K Trail Run & 10K MTB Race.** Teams, BBQ, beer tastings. West Mountain, Queensbury. westmtn.net.
 - 19 Sarcoma Strong 5K. 9am. University at Albany, Albany. Courtney Hill: 518-262-2875. sarcomastrong.com.
 - 19 20th Olga Memorial Footrace. 10K/5K Run & 5K Walk. Run, 5K Run, 5K Walk. 9:30am. Berkeley Green, Saranac Lake. Aleacia Landon: 518-891-5846.
 - 19 Landis Arboretum 5K Forest Run. 9am. Landis Arboretum, Esperance. landisarboretum.org.
 - 19 Twisted Branch 100K Trail Run. 5am. Ontario County Park, Naples. twistedbranchtrail.com.
 - 20 **Tour de Force Charity Run: Half Marathon, 10K, 5K & 1M Walk.** 8am. Mooney Bay Marina, Plattsburgh. runsignup.com.
 - 20 33rd Tony Luciano 5K Road Race. 9am. Community Pool, Hudson Falls. active.com.
 - 21 **Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.
 - 21 **Tawasentha 5KXC Series #3.** 6:30pm. USATF Adk Trail Run Series. Tawasentha Park, Gunderland. hmrrc.com.
 - 26 **20th Altamont 5K Run & Walk.** 9am. Altamont Mile: 10:15am. Live music festival: 10am-6pm. Bozenkill Park, Altamont. Altamont5k.org.
 - 26 Fishy Frolic: Mackerel Mile Walk, Fishy 5K & Trout 10K. 9:30am. Corning Preserve, Albany. 518-705-7592. zippyreg.com.
 - 26 DeerFly 5K/10K Trail Run/Walk & Extreme Duo (5K&10K). 10K: 9am. 5K: 10:30am. Winona Forest Recreation Area, Mannsville. winonaforest.com.
 - 26 Run for Jon. 2.5M. 1M Walk & Fun Run. Forrence Orchards, Peru. runforjon.com.
 - 26 Best Dam Run/Walk. 13.1M. 9am. Great River Hydro, Whitingham, VT. eventbrite.com.
 - 27 **4th Thacher Park Trail Running Festival.** 5K, 10K, 13.1M, 26.2M, 50K. 10K = USATF Adk Trail Run Series. Thacher State Park, Voorheesville. thacherparkrunningfestival.com.
 - 27 **ADK 80K Trail Running & Mountain Bike Races.** 20K loop. Sat: Trail Run & Relay. Sun: MTB Race. Mt Van Hoevenberg, Lake Placid. 518-523-3764. adk80k.com.
 - 27 **6th 1812 Challenge & Half Marathon.** 18.12M & 13.1M road races. Watertown to 1812 Battlefield, Sackets Harbor. 1812challenge.com.
 - 27 Run for Home 5K. 8:45am. Kids' race: 8am. Van Wyck Trailhead, Wappinger Falls. mhrrc.com.
 - 27 Moreau "Give Back Playground" Color Run. 9am. Moreau Recreation Park, South Glens Falls. runsignup.com.



Challenge Yourself
Change the Life of a Child
Saturday, September 9
Camp Challenge
5K TRAIL RUN/WALK or 30-MILE BIKE RIDE at the Double H Ranch in Lake Luzerne, NY
Register at **www.doublehbranch.org**
Presented by Adirondack Partners
All proceeds to benefit the Double H Ranch



FOURTH ANNUAL
Thacher Park Trail Running Festival
5K • 10K • 13.1M • 26.2M • 50K
Sunday, August 27
John Boyd Thacher State Park, Voorheesville
Join AREEP for the Fest - Held in conjunction with ARE Club Day!
Commemorative giveaway, ample food and party atmosphere at start/finish area
8:30am (all races) • All abilities welcome and encouraged to participate
Register early and save! **ThacherParkRunningFestival.com**

5th Annual Saratoga Casino and Raceway Monday August 14
A one-mile footrace on the harness track
 Heats begin 5:30pm & end 6:45pm
 Awards: Top 3 Overall M/F and Top 3 M/F in Age Divisions • T-shirts • \$20 entry by 8/8
 New: Free Kids' 1/4-mile Fun Run!
Register: finishright.com
 facebook.com/themondaynightmile
 Benefits Saratoga Springs History Museum

15TH ANNUAL
JAILHOUSE ROCK 5K
 Saratoga County Historical Society
Sat, Aug 19
 8:30am • Ballston Spa
 Fast, fun to the jailhouse & back • USATF Certified
 Chip timing • Walkers welcome
 T-shirts guaranteed with 8/1 registration
Register: itsyourrace.com
 \$25 by 8/17 or \$30 after Under 18 & over 80 free*
 *for a limited time
 Jen Ferriss: ferrissj@gmail.com
 Benefits The Saratoga County Historical Society
 @ Brookside Museum

9TH ANNUAL
Camp Chingachgook Challenge Half-Marathon & 10K Race on Lake George
Saturday, August 12
Half: 8am start at Lake George – Fast course along scenic east shore of Lake George to the camp
10K: 9am start at Camp Chingachgook – Out and back course with start and finish at the camp
 After race cookout lunch at the camp's beautiful waterfront (bring suit/towel)
 Also, runners/guests have access to use the lakeside bathhouse.
OUR PLATINUM PARTNER
 BlueShield of Northeastern New York
Register, application or more info: www.LakeGeorgeHalfMarathon.com
 Half: \$30 by 7/11 or \$40 after • 10K: \$25 by 7/11 or \$35 after • T-shirts to runners registered by 7/12 • Proceeds help send kids to camp!

27 25th Scholarship Trail Race. 5K. 8:30am. Red Rocks Park, South Burlington, VT. gmaa.net.

SEPTEMBER

- 2 **SEFCU Foundation Labor Day 5K.** 9am. New Fitness Challenge. SEFCU Arena, University at Albany, Albany. hmrrc.com.
- 2 **8th Run for the Horses 5K.** 8:30am. Kids' Fun Run: 8am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. runforthehorses5k.com.
- 2 **CM5K Walk/Run.** 9:30am. Waterfront Park, Northville. 518-883-8904. runsignup.com.
- 3 49th Archie Post 5-Miler. 8am. Gutterson Field House, UVM, Burlington, VT. Kids' 1/4M: 9am. Russ Cooke: 802-846-5635. gmaa.net.
- 9 **Camp Challenge 5K Trail Run/Walk or 30M Bike Ride.** Double H Ranch, Lake Luzerne. doubleh ranch.org.
- 9 **8th Malta 5K.** 8:30am. HVCC Tec-Smart Complex, Malta. Paul Loomis: 518-472-4807. malta5k.com.
- 9 Glens Falls Hospital 5K. 8am. Great Escape, Queensbury. 518-792-3500.
- 9 Old Forge Marathon, Half Marathon & 5K. 8:30am. Hildebrandt Rec Center, Old Forge. 315-663-5538. willowhwc.com.
- 9 Sky Run Vertical 5K/10K. 9am. Mad River Glen, Waitsfield, VT. 802-540-5225. endurancecommunity.org.
- 10 **16th Teal Ribbon 5K Run & Walk.** 5K: 9:10am. 1M Walk: 9am. Lake House, Washington Park, Albany. caringtogetherny.org.
- 10 **15th Ty Yandon Memorial 5K Run/Walk.** 8am. Health Center, Newcomb. Kevin Bolan: 518-582-2991.
- 10 BiteBack Against Lyme 5K Run & 1.5M Walk. 11am. Crossings Park, Colonie. 518-470-0497. globallymealliance.org.
- 15-17 Rochester Marathon, Half, Relay & 5K. Maplewood Park, Rochester. rochestermarathon.com.
- 16 **Upper Union Street Scholarship 5K.** 8:30am. Woodland Avenue, Central Park, Schenectady. upperunionstreet.com.
- 16 **ADK 5K.** 10am. Adirondack Pub & Brewery, Lake George. greatamericanbreweryruns.com.
- 16 **Great Cow Harbor 10K Race.** 8:30am. 2K Run/Walk: 8:45am. Laurel Ave School, Northport. cowharborrace.com.
- 16 3rd Backpack Run 5K/10K. 9am. Theresa Primary School, Theresa. 315-439-4938. thebackpackrun.com.
- 16 14th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. 802-878-4385. gmaa.net.
- 17 **Saratoga Palio Half Marathon & 5K Run/Walk.** 13.1M: 7:45am. 5K: 8am. Melanie Merola O'Donnell Memorial Race. Hampton Inn & Saratoga City Center, Saratoga Springs. themelaniefoundation.com.
- 17 **Moreau Lake 15K & 5K Trail Races.** 9am. Moreau Lake SP, Gansevoort. greenleafacing.com.
- 17 **Dunkin' Run 5K, 10K & 15K.** 8:20am. AJCC, Albany. Tom Wachunas: 518-438-6651. albanyjcc.org.
- 17 **HMRRC Anniversary Races: 2.95M/5.9M.** 9am. UAlbany, Albany. hmrrc.com.
- 17 **Course the Wall Trail Runs.** 9K: 10:45am. 5K: 11am. 1K Fun Trail Run: 11:05am. Lapland Lake Nordic Center, Northville. 518-863-4974. laplandlake.com.
- 22-23 Ragnar Relay Adirondacks. 200M. Saratoga Springs to Lake Placid. 877-837-3529. runragnar.com.
- 23 **24th FAM 5K "Fund" Run/Walk for Charity.** 10am. Kids' Run: 11am. Brooks BBQ, music. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- 23 **Adirondack Marathon Distance Festival: Helpers Fund 5K & 10K (9:30am) in Chestertown & Kids' 1K Fun Run (2pm) & Expo/Packet Pickup (10am-5pm) in Schroon Lake.** 518-532-7675. adirondackmarathon.org.
- 23 kLaVoy Donate Life 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. zippyreg.com.

- 23 Hero Walk & 5K Run for Autism. 9am. Central Park, Schenectady. albanyautism.org.
- 23 Color Me Remington 5K Walk/Run. 10am. Dobisky Visitors Center, Ogdensburg. 315-355-1363. fredericremington.org.
- 24 **Adirondack Marathon Distance Festival: Marathon (9am), Half Marathon (10am), Two- & Four-Person Relays (9am).** Schroon Lake. 518-532-7675. adirondackmarathon.org.
- 24 **Nick's Run to Be Healed: 5K Run, Nick's Dash & Nick's Mile, 2M walk, Zumba warm-up, Carnival, prizes, music.** Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- 24 **Crossings 5K Challenge & Kids' Runs.** 10am. Ciccotti Family Rec Center, Albany. Colonie Youth Center: 518-438-9596. colonieyouthcenter.org.
- 24 **Vermont Sun Half Marathon, 10K & 5K.** 10am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.
- 24 **42nd Falling Leaves 5K & 14K.** 9am. Radisson Hotel, Utica. uticaroadrunners.org.
- 24 **Watervliet Arsenal City 5K Run.** 10am. City Hall, Watervliet. watervliet.com.
- 24 Maddie's Mark 5K, Walk & Kids' Run. 9am. Central Park, Schenectady. 518-527-7904. maddiesmark.org.
- 24 Muddy Sneakers 5K Trail Run. 9am. Indian Meadows Park, Glenville. Allison Reinhardt: 518-371-2139. cdymca.org.
- 24 Albany Booster Club Falcon 5K. 9:30am. Washington Park, Albany. zippyreg.com.
- 24 Pfalz Point Trail Challenge. 10M. 9am. Springfarm Trailhead, Mohonk Preserve, New Paltz. mohonkpreserve.org.
- 30 **Oktoberfest 5K Run.** 10:30am. Wolff's Biergarten, Albany. Patrick Lynskey: 518-677-2768. greenleafacing.com.
- 30 **Leaf Cruncher 5K Trail Run.** 10am. Gondola ride, awesome prizes. Gore Mountain, North Creek. goremountain.com.
- 30 Race for Hope 5K. 10am. New Scotland Road, Slingerlands. 518-439-4326. capitalregionsspecialsurgery.com.
- 30 Island Eagle Run 4M. 8:30am. Schodack Island SP, Castleton-on-Hudson. 518-732-2940.

OCTOBER

- 7 **Falling Leaves 5K & Kids Fun Run.** Kelly Park, Ballston Spa. ballstonspaumchurch.org.
- 7 **Adirondack Sports Expo & Mohawk Hudson River Marathon/Half Marathon Packet Pickup.** 10am-5pm. 100 exhibitors, 6000 attendees. Summer & winter sports, health, fitness, destinations, events. Albany Capital Center, Albany. 518-877-8788. adksports.com.
- 8 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. 26.2M: Central Park, Schenectady to Corning Preserve, Albany. Boston qualifier. 13.1M: Town Park, Colonie to Corning Preserve, Albany. mohawkhudsonmarathon.com.

NOVEMBER

- 12 **MVP Health Care Stockade-athon 15K.** 8:30am. New: Stockade Cup relay for businesses (three 5K legs). Schenectady YMCA, Schenectady. stockadeathon.com.

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

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

"Course the Wall" Trail Run
 Lapland Lake Nordic Vacation Center, Northville
Sunday Sept. 17
5K and 9K Trail Run on our trail system Fun 1K Trail Run/Walk for kids and adults.
Post-Race Bar-B-Q • Live Music by Durey Creek Bluegrass Band & The Doghouse Carpenters
9K-10:45am • 5K-11am • 1K-11:05am
Trophy rocks awarded • Past winners must bring and carry their trophy rocks!
 Info: LaplandLake.com • 518-863-4974
Registration (closes 9/15):
RegRun.com

Sunday, Sept 24
5K RUN/WALK
 The Crossings 5k Challenge & Kids Runs
Ciccotti Center
 30 Aviation Road, Colonie
MUSIC • FOOD • AWARDS • FUN!
5K Challenge Run/Walk - 10am
 Dri-fit long-sleeve shirt to all registered by 9/1 Flat, fast course through Crossings Park Chip timing by AREEP • Walkers welcome
Kids 1/4M Fun Run* (free) - 10:45am
 Must be registered - For ages 13-under
Kids 1M Competitive Run* (\$10) - 10:45am
 Chip-timed for 13-under with shirt and awards
 *All registered kids runners get a medal and are entered to win a Ciccotti pool party for 20!
Register online: ZippyReg.com
Info & Entry Form: ColonieYouthCenter.org
Early Registration Ends 9/20!
 TO BENEFIT COLONIE YOUTH CENTER, INC.

Fox Creek 5K RUN/WALK
Saturday, August 5 • 9am
 Berne Town Park, Berne
 -Race #1 of Hilltown Triple Crown 5K Series-
 T-shirts for first 150 entered, raffles, live music
Awards: top 3 M/F, 5-year M/F age groups
 \$18 pre-race (\$15 70+) or \$25 race day
Register online: Active.com
 More info: 225-4925 or foxcreek5k@gmail.com

Caring Together 16th Annual
Teal Ribbon 5K Run & 1-Mile Walk
 Fighting Ovarian Cancer One Step at a Time
Sunday, Sept. 10 • 9am
 Washington Park, Albany
 T-shirts to all registered online by 8/31
 Chip timing for all runners
 Individuals: \$17 by 8/31, \$25 after
 Team Members: \$15 by 8/31, \$25 after
 Children: \$5 ages 10-under
Register & Donate:
 runsignup.com/Race/Events/NY/Albany/TealRibbonRunWalk

UPPER Union Street SCHOLARSHIP 5K
Saturday, Sept. 16, 8:30am
 Parking lot on Woodland Ave, Schenectady (Between Union Street and Eastern Parkway)
 USATF certified course in tree-lined neighborhood with Central Park loop
 Packet Pickup/Registration: 7-8am
Info & Register: www.UpperUnionStreet.com
 Gregg Kelly: greggk@nefj.com


7TH ANNUAL MOREAU LAKE 15K & 5K TRAIL RUN *The toughest 15K in NY is BACK!*

Trail runs mixed in with lots of '80s music and unforgettable '80s fashion!

Sunday, Sept. 17 at 8am
Moreau Lake State Park
 605 Old Saratoga Rd, Gansevoort

- Low-key event with limited swag
- Overall awards for top 3 M&F runners
- Registration includes Park entry and an optional post race BBQ
- Giveaways! • T-shirts to first 200

Registration, maps and playlists: GreenLeafacing.com
 The beach offers bathrooms, showers, changing areas, picnic tables, BBQ.



VERMONT SUN HALF MARATHON *Around beautiful, scenic Lake Dunmore, Vermont* **plus 5k & 10k**

Sunday, September 24 • 10am

90% shaded course • 35% dirt roads • aid every 1.5 miles
 custom awards to top 5 overall and top 3 in each age group
 FREE professional photos • awesome raffle giveaways
 free food and post race refreshments, and much more!

REGISTER: vermontsun.com



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 September 23, 2017
 Chestertown, New York

Kids Fun Run
 September 23, 2017
 Schroon Lake, New York

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 SARATOGA SPRINGS, NY **JEFF CLARK MEMORIAL RACE**



Saturday, July 22
8am Start
Fasig-Tipton Pavilion
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Register at silksandsatins5k.com
 \$25 by 7/21 or \$30 race day

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- B-tag timed
- USATF certified 5K course

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- Teams competition
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JEAN D'ANDREA GRIFFIN PHOTOGRAPHY

2016 MOHAWK HUDSON RIVER MARATHON. BILL MEEHAN

for the Long Haul

By Laura Clark

While some can jump into any distance and post a credible performance, most need to pay their dues – and perhaps reap a greater reward. Sure it is hot now and tempting to take the short-term approach, but for those of us who relish longer events, the time to start double-knotting your sneakers is NOW!

Tell yourself to think about how hot it is after you have completed your workout, but don't let weather or wishful thinking define your goals. I adopted this strategy while living in the Marshall Islands (85° with 90% humidity) and discovered I could defer discomfort to the back burner. At least I got to run. With so many premiere longer distance events looming on the horizon, it would be a shame to miss out altogether, or turn what should have been a fun experience into a survivor shuffle.

A good place to practice this strategy is at the 15th annual **Race the Train** on Saturday, August 5. While the weather could be uncomfortable, the moderate 8.4-mile distance is a perfect warmup for longer miles ahead. Plus, there is the distraction of trying to beat "Train" to the finish. Participants board the train at North Creek Depot at 8am and travel to Riparius for the 9am start. The first 200 registrants are guaranteed a seat; all others will be bussed to the start. A limited number of spectator tickets are available as well, making this a great family excursion.

Runners travel River Road, a hilly, dirt road roughly paralleling the tracks. At selected points, the train will pause allowing spectators to watch the event as it unfolds. Highlights include special-colored medal ribbons for those who beat Train, hand-crafted awards, and homemade post-race refreshments. Visit: adirondackrunners.org.

The fourth annual **Thacher Park Trail Running Festival** on Sunday, August 27 is the perfect way to log some guilt-free miles, while other family members are having their own good time at the Albany Running Exchange's Club Day with a kids' race, egg toss, "holey" water bucket challenge, and hula hoop walk. Music plays throughout the day and I must confess as I am heading out on yet another loop, I am always tempted to stop and join in the fun. Distance options range from 5K, 10K, 13.1M, 26.2M and 50K – with the 10K being part of the first-ever USATF Adirondack Trail Running Series.

Race director Josh Merlis is proud that "the race is held at a gorgeous venue with some of the best views to be had in the greater Capital District." Trails are a mix of

wide paths and shaded singletrack, hilly and perhaps muddy at times, utilizing portions of Indian Ladder and Hairy Gorilla race courses – as well as less-familiar portions of the park. This is a perfect venue for those contemplating their first 50K, as those who cannot make the 2:30pm cutoff for the final 4.9 miles will be automatically switched to the marathon, instead of facing the dreaded DNF. This is one race where you might actually gain weight, as your entry fee includes morning pancakes and afternoon BBQ! Go to: thacherparkrunningfestival.com.

Now a traditional fixture of Saratoga's fall distance scene, the **Saratoga Palio Half Marathon & 5K Run/Walk** on Sunday, September 17. Presented by the Melanie Foundation, it honors the life of Melanie Merola O'Donnell with a scholarship to a post-graduate student seeking to pursue a career in mental health, and also provides funds for the support services of the Saratoga Senior Center. The 13.1-miler wends down Broadway, tours Saratoga Spa State Park, and concludes at Congress Park.

There's also a kids' race, Druthers Brewery and Restaurant post-race celebration at Canfield Casino, and cash awards for the first three male and female finishers. This is a perfect way for out-of-town guests to tour the city and state park, and experience all Saratoga has to offer. To help the family budget, kids 12-and-under can enter the 5K at half-price. Check out: themelaniefoundation.com.

Also on September 17, trail beasts can head out to Moreau Lake State Park for the **Moreau Lake 15K – and new 5K – Trail Runs**. Billed as "the toughest 15K trail race in New York," Jennifer Ferriss, an *Adirondack Sports* contributor, states on the Saratoga Stryders' Facebook page, "This is the reason we run the Camp Saratoga 5K Trail Series, to get in shape for Moreau." Harkening back to simpler times, Moreau offers a low-key, minimum swag experience, with registration fee granting you free entrance to the park and beach facilities afterwards.

While the trails are well-marked, the narrow, twisty route preys on the unaware, so if you plan a fast pace it is best to partner up with a friend and a map. The highlight comes at the two-mile mark with the dreaded climb up the Staircase of Death. New this year is a 5K on a mildly challenging route. Whichever you choose, you will feel as if you have entered a primitive wilderness area, far removed from the nearby Northway. While there is a water stop, travel with extra food and drink, as you will be out there longer than your normal 15K trail time. Visit: greenleafacing.com.

Spend the weekend of September 23-24 at the **Adirondack Marathon Distance Festival** in picture-postcard hamlet of Schroon Lake. On Sunday, if you like the excitement and commitment that comes from running on a team? Then sign up for a two- or four-person marathon relay team. Eager to go the 26.2-mile distance but not sure if you can make the time cutoff? Then opt for the Early Bird Marathon start. Want to run the marathon with your club teammates? Then enter the first-ever Adirondack Cup Challenge, with the winning club retaining the cup until the following year. Have a Boston Qualifier or PR in mind? Then hook up with the appropriate "Pace Bear" at the start line and leave the thinking to him or her.

If you're tired of big city marathon hassles, crowded streets and paid parking, this is as close to a scenic, wooded trail race as you will ever get on the road – the reward is a run around crystal clear Schroon Lake! Looking for a 5K or 10K? Then head to Chestertown on Saturday for the Helpers Fund races. The Saturday pre-race pasta dinner is Adirondack friendly and the post-run buffet at Schroon Lake Beach even includes ice cream! Go to: adirondackmarathon.org

Just over the border, the **Vermont Sun Half Marathon** around beautiful, scenic Lake Dunmore is on Sunday, September 24. Nestled in the Green Mountains, the race starts/finishes at Branbury State Park, taking runners on a 90% shaded rolling course, with 35% dirt roads, and aid every 1.5 miles. There are custom awards, free professional photos by Pat Hendrick Photography, awesome raffles, and post-race food and refreshments.

For family or friends not up to 13.1 miles, a 5K and 10K are also offered. Admission to the state park for the day is included for runners, with a minimal for spectators, so bring the family to enjoy the lake, beach and mountains. Visit: vermontsun.com.

Enjoy prime fall colors as you run on paved bike paths alongside the scenic Mohawk and Hudson rivers at the **Mohawk Hudson River Marathon** – from Schenectady to Albany – on Sunday, October 8. Then veer off for a road tour of the Watervliet Arsenal, an 1813 canon/mortar factory that's still in operation today, and then last stretch along the Hudson River bike path before finishing at Jennings Landing near downtown Albany. The **Hannaford Half Marathon** utilizes the second half of the course, starting at the Colonie Mohawk River Park. The half is already sold out, however there are limited charity spots available.

The race website has a handy online Spectator's Guide to help your cheering squad



2016 ADIRONDACK HALF MARATHON WINNER, CHRISTINE COUGHLIN OF LATHAM, WITH HER HAND-CARVED ADIRONDACK BEAR.

negotiate the city streets, as well as a step-by-step video of both routes, so you can acquaint yourself with the course. With a net elevation loss of 370 feet, the marathon has a national reputation as a go-to Boston Qualifier, with 25% of the field qualifying last year. Top three male and female finishers in both events are awarded cash prizes. The marathon is still open, so it's not too late to sign up, and start your marathon training now. Check out: mohawkudsonmarathon.com.

Pick up your race number and shirt at Saturday's expanded *Adirondack Sports Expo & Mohawk Hudson River Marathon/Half Packet Pick-Up*. The show has expanded and moved to the brand new Albany Capital Center, now featuring 100 running, summer/winter sports, health/fitness and travel exhibitors! Expo admission is free, so even if you're not running, attend for great sales, demos, activities, seminars and prizes! Run, Forrest, Run! 🐻

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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**Betsy Owens Memorial
 LAKE SWIM**

Saturday, August 12, 9:30am

Mirror Lake in Lake Placid

2-Mile: 9:30am • 1-Mile: 11:15am • Open to all swimmers 18 & older
 Register by 8/7 (no race day): **GreenLeafRacing.com**



**NICK'S RUN
 5K
 2017
 TO BE HEALED**
WWW.FIGHTTOBEHEALED.ORG



SUNDAY, SEPTEMBER 24, 2017

Clifton Commons, Clifton Park Register by September 8th for a Dri-fit T-shirt

Prizes Music Carnival 11:00am: Nick's Dash Form a team,
 Bouncy Bounce 11:15am: Luke's Mile have more fun!

11:45am: Zumba Warm-up
 12:00pm: 2 Mile Walk
 1:00pm: 5k Run

**In Honor of
 Lucas Santoro**

**For more info & register
 go to fighttobehealed.org** Day of race registration
 begins at 10:00 am

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 1600 yd. swim, 28 mi. bike, 6.2 mi. run...
 June 24 & August 13

VERMONT SUN HALF MARATHON
 10k, 5k run... September 24

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Registration open to individuals & teams • 802-388-6888 • vermontsun.com

Hudson-Mohawk Road Runners Club
 23rd Annual

**Indian Ladder
 Trail Runs**

Sunday, July 23
 15K and 3.5 Mile Trail Races
 & 1 Mile Kids' Run

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

9am: 15K and 3.5 mile
10:30am: 1 mile kids' run (free)
 Note: 15K and 3.5M run simultaneously

**No Fee Online Registration
 & Entry Form: HMRRC.com**

- First 250 registrants receive ILTR T-shirt • Pre-Registration (by July 4): \$20 HMRRC or \$25 non-member. July 5 to Day of Race: \$25 all. Fee includes state park entry and post-race refreshments
- Course: Marked course with water/aid stations • 15K – Loop, 97% natural surface, hike/ski trails, wood roads and two challenging hills
- 3.5M – Loop, 99% natural surface, rolling terrain and demanding hills

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

**Questions: Mark Vermilyea at
alwaysbusy47@gmail.com**




ATHLETE PROFILE



TJ Sherwin

No Is Not an Option

By Christine Bishop

TJ WITH GUIDE CHRIS BROWER. DARRYL CARON (2)

CROSSFIT TRAINING.

CHRISTINE BISHOP (2)

AGE: 31

FAMILY: Mother, two sisters, three nephews and a niece

RESIDENCE: Colonie

OCCUPATION: FedEx Package Handler

PRIMARY SPORTS: Bicycling and CrossFit

SECONDARY SPORTS: Running

▲ KIVORT STEEL TEAM MEMBERS, INCLUDING HOWARD KATZ AND ROBERT KIVORT (BOTH RIGHT OF GUIDE) CONGRATULATE TJ AND CHRIS ON THEIR CENTURY RIDE. KATHY CASEY (2)

with all such contests. For clarification, Special Olympics are only for people with cognitive disabilities; the Deaflympics for hearing impaired; and the Paralympics for impaired people in ten categories. There is no Paralympic category for both blind and deaf persons, so TJ would compete with the vision impaired. The Paralympic games take place immediately after the Olympics and are held in the same venue. Like the Olympics, medals are given to the top three competitors in each competition.



TJ AND JOHN CASEY AT TOUR DE CURE.

TJ Sherwin has run numerous races from 5Ks to Tough Mudders, and recently completed a 100-mile bike ride at the Saratoga Tour de Cure, but these accomplishments are not what set him apart from other athletes. TJ is a talented athlete who is also deaf and legally blind. However, he does not let these disabilities get in his way or color his attitude. Most of his friends view him as the embodiment of the American Ninja Warrior up to any challenge while radiating infectious enthusiasm.

When he was two years old, TJ's hearing and vision deteriorated for unknown reasons. Many conditions and syndromes can cause this combined loss, but none were assessed as being causative at the time. TJ learned to live with these and became quite independent. When he went to school, physical education was the only area where he was segregated. He either was with a few kids or by himself with a coach. Although he found this discouraging, it did not diminish his love of athleticism. He took up gymnastics and later boxing. For years, he went to a local gym to work out but ultimately found it not sufficiently challenging. Then he found CrossFit.

CrossFit is a discipline made up of high intensity workouts that are constantly varied. It combines many aspects of fitness that are designed to prepare people for occupations that demand physical prowess such as the military or police. TJ loved it. The challenges were thrilling as was the interaction with other people unlike in school where he was isolated. On the Albany CrossFit website it states, "TJ hits every workout like it's his last, and he has turned into quite the fire-breather. His gymnastic movements are through the roof, and his power to weight ratio is one of the best in the gym." If you go to YouTube and do the following search, "TJ Crushes the WOD," you will be in absolute awe of his skills and understand why he's so sculpted.

TJ is very independent. He is a homeowner who takes care of himself. To get to work at FedEx, he takes Star, a special program run by the CDTA for people with disabilities. For everything else, he rides his bike going from four to 20 miles a day, whether it's 90 degrees outside or minus one. The travel can be difficult since he can't clearly see crosswalks or intersections until he is close to them, and

he cannot hear oncoming traffic. About riding by himself on the road he's said, "It's also really tricky when I am in busy roads with no shoulder. I don't like to ride too close to the edge. I feel like I might lose my balance and fall off the road. So I usually ride on the white line or in the road a bit."

You would never know to look at him that he has any trouble riding his bike on the road, just as you would not know that is legally blind when you see him coolly navigate the gym, and goes running outside with others. His daily training has helped him to reach the next stage of his life: the conquest of cycling.

TJ recently became a member of the Kivort Steel Cycling Team, having been recruited by John and Kathy Casey of Watervliet. John had this to say about TJ, "Nothing holds him back. He's a real go-getter. You throw something at him, he says, 'Sure, why not?' - and his power to weight ratio is out of this world so he's a great hill climber."

When John enlisted TJ, the team was preparing for the annual American Diabetes Association's Tour de Cure held June 4 in Saratoga Springs. The ride is a prominent part of the war on diabetes raising thousands of dollars. In 2005, Robert Kivort, owner of Kivort Steel, biked the ride for the pure joy of cycling, but later realized that since his brother had Type 1 diabetes, he could help him and countless others by forming a team to raise funds, with team co-captain, Howard Katz of Clifton Park. This year the Kivort Steel team was so successful that they were again the number one fundraising team in New York, and fourth in the United States, raising \$125,000! Since the team's inception nine years ago they have raised over \$900,000 and are closing in on the million-dollar mark!

To begin preparations for the ride, TJ was advised by Kim SeEVERS, a close friend from the Albany CrossFit gym, who is program development and grants director at the Adaptive Sports Foundation in Windham. She contacted her coworker, Chris Brower, the building and equipment supervisor, to ask if he would be a guide for TJ. For years, Kim has acted as a mentor and guide for visually impaired skiers who want to participate in the Paralympics, so she knows the ins and outs well. Her last protégé competed

in the Paralympic skiing events at the Winter Olympics in Sochi.

Kim realized that Chris was an ideal fit for TJ, since he's an avid cyclist with years of experience, and former teacher familiar with all types of settings and students. Chris welcomed the challenge of working with TJ to prepare him for the Tour de Cure and looks forward to helping him to realize his dream of competing in the Paralympics in 2020.

For the ride, Chris and TJ had to work around TJ's strengths and limitations. TJ can see colors and a small field in front of him if the light is strong enough. He can read if a font is magnified. He can hear slight sound, but not enough to help in a bike ride, or in daily activities. The usual way to talk to TJ is through email or texting but this cannot be done while biking. TJ knows how to read lips and can use sign language, which most people do not know.

So Chris and TJ devised a communication system using a bike handlebar bell. When Chris gives a signal, TJ gives an acknowledging ring. If TJ rings the bell a lot, it's trouble time. The bike speed has to be kept at no higher than 15 miles an hour to keep TJ safe. That means that the speed riders gain on the downhill, or momentum approaching a hills is lost, making the 100 miles a longer, more challenging ride. TJ thought it best that they start last in the group ride, this way he could "see" Chris, and not confuse him with other cyclists. Chris wore an orange bib saying "Guide" and TJ an orange bib saying, "Deaf, Blind Rider."

Despite the challenges, they made it anyway, much to the joy of the members of the Kivort team, who were cheering triumphantly when they crossed the finish line - nine hours later! Everyone had tears of joy for the wondrous accomplishment followed by the reflex, "Where's the food?"

TJ's goal is to take part in the 2020 US Paralympics Summer cycling competition in Tokyo. To do so he must attend a qualifying meet in Colorado Springs this October, where emerging talent is identified. If TJ is chosen, he - and Chris, as his guide - will receive the much needed funding to train and compete.

The world of these events for people with disabilities is not understood by the general population who conflate Special Olympics

Kim thinks that TJ and Chris have a good shot to be selected at the Olympic Talent Identification Camp in Colorado Springs. TJ has the strength, agility, mental focus and definitely the attitude to successfully compete. "He is an amazing athlete." She says that Chris has the coaching skills and love of the sport to make this happen. To do so, TJ and Chris must learn to ride together on a specially designed tandem bike. The team borrowed a tandem bike for TJ and Chris to practice on, but the size turned out to be too small. This did not dampen TJ's enthusiasm, who mentioned that the 50-mile ride was exhilarating, even though a mite uncomfortable. Both could see they were a step closer to achieving their goal. A tandem bike is costly, so members of the Kivort team have set up a GoFundMe.com website, where contributions can turn their dream into a reality. All donations are appreciated.

The journey to the Paralympics has been a thrilling one for TJ. He loves the interactions with other members of "Team Kivort" and being part of a team. He modestly says that his deeds are "not that great," but his ability to motivate others is undeniable.

The Kivort team's motto sums up TJ's outlook on life and what he has done for others. "Success isn't just about what you accomplish in your life, it's about what you inspire others to do." The adventure for him has been awesome - keep on cycling, TJ! 🚴

Christine Bishop (cbishop2ny@gmail.com) of Schenectady is a retired media specialist who loves running, photography and bird watching.

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◀ GARRICK DARDANI OF STEINER'S SKI & BIKE IN VALATIE DEMONSTRATING A TREK CONDUIT E-BIKE THAT THEY SELL IN TWO DIFFERENT MODELS. PHOTOS BY DAVE KRAUS

By Dave Kraus

Do those hills seem to just keep getting steeper as you get older? Would you like to be able to keep up with your spouse or partner who always drops you like a stone when you ride together? Would you like to get the exercise benefits of cycling by commuting, but don't want to arrive at the office bathed in sweat? Do you have a physical disability that limits your ability to exercise?

If you answered "yes" to any of the above questions, then you could benefit from the expanding selection of electric-assisted bikes – or "e-bikes" – that are available from a variety of manufacturers. If you have heard about e-bikes and thought using one is like cheating for a "serious" cyclist like you, then maybe it's time to learn more.

E-bikes have been a legal category of transportation since 2002, when federal law was amended to distinguish them from other two-wheeled vehicles, such as motorcycles and mopeds. Electric bikes are divided into three classes:

Class 1 – Pedal-assisted and only add power if the rider is actively pedaling. They provide up to 75% of the exercise benefit of a completely human powered bike, and are limited to 20 miles per hour top speed. Class 1 e-bikes are the only type currently approved for sale in New York State.

Class 2 – Can't go faster than 20 mph, but can have throttle assist. In other words, you can pedal, but you don't have to.

Class 3 – Pedal-assisted like class 1 bikes, but can go up to 28 mph.

Though federal law legalizing e-bikes was adopted in 2002, the NYS legislature never passed legislation to adopt the federal standard. So while it's legal to sell e-bikes in the state, the NYS Department of Motor Vehicles considers them to be "low-powered motorcycles," even though they look like and operate like regular bicycles. It's technically illegal to operate them on roads, though it's extremely unlikely that that local law police officers will ticket riders. E-bikes look so much like regular bikes that it's doubtful local officers will even realize you are riding one.

But that legal status will change very soon, if electric bike advocates are successful in their campaign to get legislation passed that legalizes e-bikes on the road, and creates a process for regulating them.

Paul Winkeller, executive director of the New York Bicycling Coalition (nybc.net), is leading the organization's campaign to legalize e-bikes. They have national back-

ing from the Bicycle Products Suppliers Association (bpsa.org) and People For Bikes (peopleforbikes.org), a non-profit cycling advocacy organization that has made New York and California its two top priority states for passing e-bike legislation.

This national effort resulted in a California law legalizing e-bikes in 2015, but New York has proven to be a tougher situation, Paul says. In each of the past three years, the state Senate has passed a bill legalizing class 1 e-bikes, but a companion bill in the Assembly has never made it out of the Transportation Committee to a vote in the full Assembly, but he is hopeful that a bill legalizing e-bikes will pass next year. The goal is to introduce a three-class system that will allow local communities to opt out of allowing any of the three classes of bikes they feel are not appropriate for their locality. "It gives locals much more ability to regulate, and also gives them the authority to regulate which classes can go where," Paul says. But he is also realistic about NYS politics. "We'd be thrilled with class 1 bikes – in a perfect universe that would be a great start."

Local bike shops are already selling class 1 e-bikes, which include models from most of the larger bike companies, and some smaller players in the new product class. Garrick Dardani, co-owner of Steiner's Ski & Bike in Valatie and Glenmont (steinersskibike.com), has been selling e-bikes since 2013, and currently carries several models from Trek. He says sales of the bikes have improved a lot this year, as word spreads about their advantages, and the technology improves. "Older e-bikes had motors in the wheel hubs, but the newer crank based systems from Shimano and Bosch make it feel like a normal bike," he says. "It feels nimble, light, and it doesn't feel any different pedaling."

But "talking about e-bikes is a hard conversation sometimes," he adds. "Often the first thing that comes out of someone's mouth is 'it's a cheater bike.' But once you get across the fact that an e-bike is giving access, where's the harm there? Then the walls start breaking down a little bit."

Garrick says his typical e-bike buyers in the Glenmont store are commuters who want to ride into work in the Capital Region without sweating a lot, and in the Valatie store its "older folks who want to ride in Columbia County and have more access to different terrain." He also says he hasn't heard of any local riders who have been hassled for riding their e-bike on the street.

Tim Bonnier, owner of Tomhannock Bicycles, also has not heard of any legal

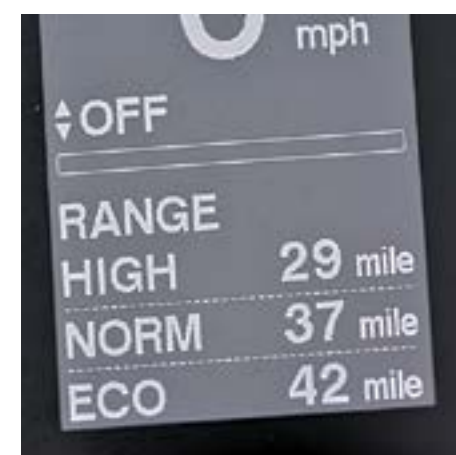


issues for riders, and agrees that commuters and older riders are his two big customers. He is in his fourth season of selling e-bikes from his store in Pittstown, just east of Troy. Tim says that the utility and comfort factors are important considerations for his customers, and he is planning on adding several more brands to his selection.

The riding experience is a bit different, he says, since the bike does weigh more than a regular bike. The battery and motor can add up to 25 pounds to the total weight. But with the power assistance, owners are more accepting of that, and most models have wider tires, which means a more comfortable ride.

Tim says prospective owners should keep in mind that an e-bike needs two to three hours to fully recharge, and will generally get 25 to 40 miles of power depending on how much assistance the rider uses. "But even if you lose your battery, it's still a functional bike with all the gears."

Tim also adds that that e-bikes are certain to keep increasing in popularity for customers who can benefit from their unique features, and new uses that will appear, such as mountain biking. "There's a lot of older



guys who used to ride mountain bikes back in the day and they're not as able to get out in the terrain any more. But guess what, now there's a motor that will help them get back out there and have a great time!" 🏔️

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime Capital Region cyclist, photographer and journalist who is, um, shocked by the popularity of e-bikes – but is learning more. Visit his website at krausgrafik.com.

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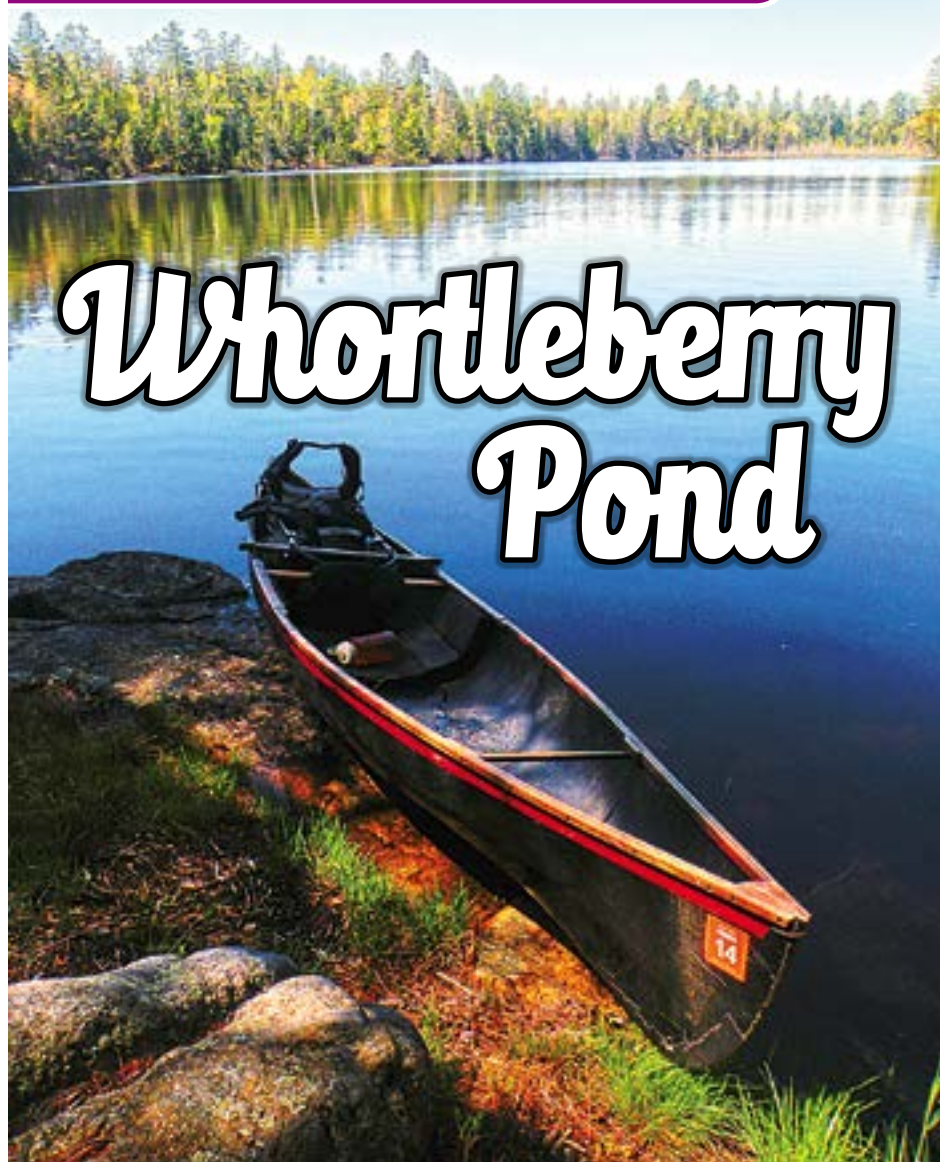
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● HIKING, PADDLING & BACKPACKING



Whortleberry Pond

By Bill Ingersoll

Years ago, the branching trail network to Ross, Whortleberry, and Big Bad Luck ponds near Indian Lake was one of my first hiking and writing assignments for Barbara McMartin. At that time, this was a newly designated trail, as yet unknown to most people. The camping and fishing possibilities at each of the ponds made this an attractive place to visit, in addition to the scenic qualities of the area. Judging by the traffic at the trailhead parking area, the trio of backcountry ponds enjoyed a modest following over the following years.

Then in 2014 the state cut a new trail to OK Slip Falls, connecting this same trailhead to one of the recently acquired Finch Pruyn parcels. The waterfall – described in the May 2015 edition of *Adirondack Sports* – has proven to be so popular that the trailhead itself has been rebranded as the OK Slip Falls Trailhead. The ponds, it seems, have been forgotten.

Recently, I had an opportunity to revisit Whortleberry Pond, the remotest of the three. I carried my pack canoe and spent the weekend paddling and camping. Whortleberry is not a very big pond, and the surrounding topography does little to block traffic sounds from NY Route 28, despite the distance. But the little campsite perched on the rock ledge at the east end of the pond is one of the prettiest I have seen, and this is certainly a place worth revisiting.

GETTING THERE

The trailhead parking area can be found on Route 28, 7.8 miles east of the intersection with NY Route 30 in Indian Lake, at a fork with an unnamed side road. You will need to walk westward along the shoulder of the highway for 0.2-mile to find the sign for the start of the trail.

THE TRAIL

The trail to Ross, Whortleberry, and Big Bad Luck ponds shares a common trailhead

with the route to OK Slip Falls. Begin by following that trail down from the highway and through a short muddy area, intercepting an old road within minutes. Bear right and follow the marked foot trail for 0.7-mile, over a small hill to a junction where the new blue-marked trail to OK Slip bears right.

The trail up to this point has become a well-worn route ever since the OK Slip purchase. The old trail to the left seems like a faint wilderness track by comparison, although it is marked and relatively easy to follow. It follows the trace of an old roadbed north and downhill into the valley of Bell Mountain Brook. This stream, which you reach at 1.1 miles, does not have a legitimate bridge but is easy enough to cross. On my spring visit, I kept my boots dry by stepping on an assortment of small logs placed in a bridge-like position.

The trail then embarks on its longest climb, rising 220 feet in 0.4-mile to a rugged little notch with rock outcrops. A prolonged descent follows, with the trail passing close to beaver meadows that appear forlorn and muddy with their dams in disrepair. The trail circles through a muddy area with a few stepping stones erratically placed, and at 2.2 miles you reach the junction with the side trail to Ross Pond.

Continuing northwest, you dip through a glen and reach the side trail to Big Bad Luck Pond at 2.6 miles. Still following the main trail to Whortleberry, watch for a right turn 0.1-mile later; the trail is arcing northeast through a coniferous forest, but an unmarked trail continues straight, enticing you to stray in the wrong direction. Trail markers are notably scarce.

The rest of the hike passes through a thick forest of spruce, balsam and pine, with the marked trail ending at 2.9 miles at a campsite in a rocky clearing. You are very close to Whortleberry Pond at this point, although you can barely see it from here.



“The little campsite perched on the rock ledge at the east end of the pond is one of the prettiest I have seen, and this is certainly a place worth revisiting.”

There are two ways to proceed. The shortest route to the shoreline is an unmarked path that leads northwest and downhill for about 250 feet to the pond’s southern shore. This area is wooded and boggy, and the view of the pond will entice you to seek out something better. If you carried a pack canoe like I did, this is a good place to launch.

The better option used to be to follow another unmarked trail leading north-east from the campsite for 0.2-mile. I speak in the past tense because beaver flooding has effectively cut off easy foot access to the scenic campsite where I stayed. The path led toward the outlet of the pond, crossed it, and then hooked west to reach the campsite. Northern Frontier, the nearby youth camp on OK Slip Pond, keeps a small fleet of boats stashed on the south bank of the outlet, presumably to make this crossing easier.

The site is shaded with hemlocks and features two scenic ledges. One is located high off the water, and the other dips down to its edge. A herd path leads into the pine-filled woods along the northern shore. Whortleberry is not a large pond, and you can see just about all of it from the campsite. Nor is it quite as remote as it might seem; loud trucks on the highway, and activity at Northern Frontier, can occasionally be heard.

With a canoe, you can more easily explore the rock formations on the south shore, as well as an inlet to the east. There are also several additional ponds to explore, well beyond the end of the marked trail, including a few that were opened to the public as part of the Finch Pruyn acquisition. The promise of additional explorations will be enough to entice me back someday, I’m sure. 🌲

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



Lexie If you’ve been reading my books and following my articles in *Adirondack Sports*, you’ve no doubt seen the pictures of Lexie posted all over them. I adopted this pit bull mix in 2003, and she joined me on adventures of all kinds ever since. On June 19, Lexie passed away peacefully at the age of 16. She is already missed. 🐾



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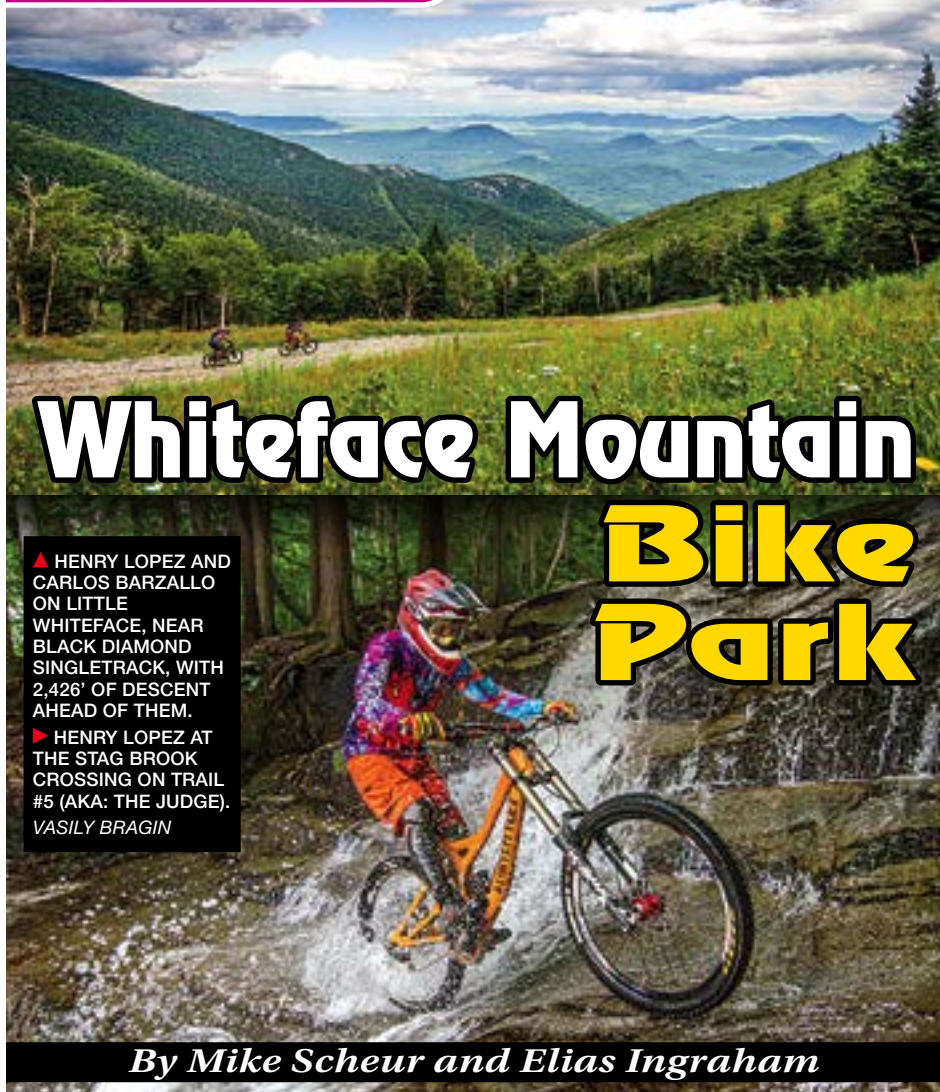

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● MOUNTAIN BIKING



▲ HENRY LOPEZ AND CARLOS BARZALLO ON LITTLE WHITEFACE, NEAR BLACK DIAMOND SINGLETRACK, WITH 2,426' OF DESCENT AHEAD OF THEM.
▶ HENRY LOPEZ AT THE STAG BROOK CROSSING ON TRAIL #5 (AKA: THE JUDGE).
VASILY BRAGIN

By Mike Scheur and Elias Ingraham

When many riders think of cycling in the Lake Placid and Whiteface region in the summer they think of High Peaks Cyclery. They've been operating both the cross-country mountain bike center at Mount Van Hoevenberg and the downhill mountain bike park at Whiteface Mountain for nearly 20 years. With HPC's expertise in road and cross-country mountain bikes, they brought on the team of "Downhill Mike" and "Evil Elias" to run the Whiteface Mountain Bike Park.

Do not worry if you are not an expert mountain biker! Most of the trails at the bike park are also accessed by shuttle vehicles and are very user friendly. With the shuttle vehicle's you have the choice of easy, intermediate or expert trails, as the Cloudsplitter Gondola accesses expert trails only. Lift passes are good for unlimited runs from the gondola and shuttles, so we always recommend starting off on the shuttles, then hit the top only when you are ready.

We pride ourselves on customer service offering trail suggestions before and after each run. With a total of 27 different trails (see map at adksports.com/2017-07-mtn-biking), we hope you ride them all as each trail has its own unique character. Trails are well-marked using the same difficulty rating used in the winter for skiing and snowboarding with green circles, blue squares or black diamonds. Most of the trails are hand-built singletrack, but we are using some ski trails and service roads to connect. Expect to be riding in the woods between your favorite ski trails. Some of the trails cross rivers and streams and go in-between waterfalls.

If you do not have your own bike, you will find a full shop with rentals, service and sales. All bikes have 27.5" wheels and hydraulic disc brakes. Rental bike packages also include a full-face helmet, knee/shin pads, elbow forearm pads and your lift pass.

One of the trail choices from the shuttle is the new flow trail, True Blue. It's a machine-built trail for all ability levels. Packed with berms and table-top jumps, the trail has already become a new local favorite.

A phrase sticks out as people come here to ride each summer, "It looks weird without snow." Questions from non-biking visitors on the summit, such as "How long did it take you to ride up here?" can also add to your Whiteface Mountain Bike Park experience.

With mountain bikes getting more capable each year, it really is amazing where your bike can take you. If Whiteface has been on your bucket list, there is no reason to wait any longer. Come visit and experience the mountain on two wheels this summer or fall. With disc golf, the Adventure Zone or 4x4 Alpine Expedition, there is an adventure for everyone in your family or group. Hours are daily from 10am-5pm. You can learn more at downhillmike.com, facebook.com/downhill.mike.9, or (518) 524-9805. It's time to ride! 📌



GREAT FUN FOR FAMILIES AS THIS GRANDFATHER RIDES DOWN ONE OF THE EASIER TRAILS WITH HIS GRANDSON.
JAKE SPORN

Downhill Mike Scheur (info@downhillmike.com) and Evil Elias Ingraham live and breathe downhill, and have been running the bike park for High Peaks Cyclery for 14 years. In the winter months they live in Boulder City, Nev., and run the DVO Winter Gravity Series at Bootleg Canyon.

● MOUNTAIN BIKING & TRAIL RUNNING



Churney Gurney & ADK 80K Race Festivals for Competition and Fun

2016 CHURNEY GURNEY KIDS' RACE.

By Darryl Caron

You can mix up the dirt in August at two super mountain bike races, both with trail running races, and each will have a festival-like atmosphere for the entire family!

The fourth annual Churney Gurney Trail Run & Mountain Bike Race - now a two-day festival - will be held on August 5-6 at Gurney Lane Recreation Park (near Exit 20) in Queensbury.

On Saturday, there will be a new Churney Gurney Five-Mile Trail Running Race at 9am, followed by mountain bike demos, scheduled group rides, and games and contests for the entire family. This is a great course that will showcase many of the Gurney Lane trails, including lots of singletrack and ups and downs.

On Sunday, the Churney Gurney Mountain Bike Races - now part of the NYS Mountain Bike Race Series - with 9am start for Category 2 and 3 (two minutes between age groups), and 11am start for Category 1 and Open/Pro divisions. There will also be fat bike, single-speed and unicycle categories. The course will have machine and hand built flow singletrack trails with rollers, banks, drops and rocks, with distances covering 6, 12 or 18 miles depending on the category. Mountain bike demos will be available from 9am-3pm and free kids' mountain bike races at 1pm.

Churney Gurney grew out of Bob and Heidi Underwood's love of mountain biking and running, and the need to fundraise for their Under the Woods Foundation's Summer Camp for children on the autism spectrum. Their goal is to provide a true outdoor summer camp experience for these kids. Camp Under the Woods is in its 10th year and it would not be possible without support from fundraising.

Bike demos from Grey Ghost Bicycles and other local shops include Niner, Cannondale, Felt and more. Gurney Lane offers a swimming pool with day passes available (racers swim free), playground, fishing pond, hiking/walking trails, and a large picnic area. The family-friendly festival will also include music, barbeque, food/drink vendor and Common Roots beer, so come out to enjoy the park. For more info and to register, go to churneygurney.com.

The fifth annual ADK 80K Race Weekend on August 26-27, with trail running and mountain biking races and relays, will take place at the High Peaks Mountain Bike Center at Mt. Van Hoevenberg in Lake Placid.

On Saturday at 5:30am, the ADK 80K Trail Running Races being contested are 80K and 50K solo ultra marathons, and an 80K relay with two or four runners per team. The 20K loop course makes it ideal for first-time ultra runners.

On Sunday at 8am, the ADK 80K Mountain Bike Races are 80K and 40K solo mountain bike races with separate divisions for cyclocross and fat bikes (tires over 3" wide), and an 80K relay with two or four riders per team.

The races are on 20K loops on and in between the trails used for the 1980 Winter Olympics. The off-road course is a 50/50 mix of singletrack and double-track (cross-country ski) trails with just over 1,000' of climbing per lap. The figure-eight layout has competitors coming

through the race village twice per lap, allowing for refueling and cheering. There are also water/energy-gel stations on each half of the lap, so you hit them at 4.5K, 6.5K, 14K and 16.5K. The 50K run will complete two laps, then the first half of the lap to finish. In the race village, you can enjoy the Adirondacks with barbecue, beverages, bonfire, free kids races, music and great views.

If you're tough enough for an Adirondack challenge - 40K run on Saturday and 40K bike on Sunday - sign up for the ADK 80K Ultra Duathlon! For details and to register, visit adk80k.com.

There you go, two homegrown bike and run festivals in our backyard... Signup, train as needed, bring the family/friends, and make summer memories! 📌



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Adirondacks in the Bull's-Eye



By Steven Leibo Ph.D.

Back in 2009, as the world community was gathering in Copenhagen to address the growing destabilization of the Earth's climate, a result of two centuries of humanity's prolific burning of fossil fuels that has thickened the sweater like solar heat retaining greenhouse gasses within our atmosphere, ABC News produced its own complementary film *Earth 2100*.

The documentary consisted of a fascinating combination of interviews and a very creative animated speculation on the future. The effort was accomplished through the device of having a woman at the end of the 21st century recount her life as she had experienced the unfolding drama of a destabilized climate. Indeed, as the producers explained the entire concept was based on the premise that in order to address the future, humanity had to be able to imagine it.

Nevertheless, if back in 2009 it was harder for many in the American Northeast to appreciate the dangers of having destabilized the global hydrological cycle, in the years since, those of us who lived through hurricanes, Lee, Irene and Sandy don't need reminding. Of course, the science of global warming has advanced considerably since 2009. And that includes a better understanding not only of how much faster temperatures are rising, even as the threat of encroaching coastal waters is increasingly appreciated. Not forgetting the extraordinary efforts like that of Jerry C. Jenkins' in his magisterial *Climate Change in the Adirondacks: The Path to Sustainability* to focus more specifically on how climate change is likely to impact both the ecology and the economy of the Adirondacks.

No, if the *Earth 2100* is a bit dated these days. It is the film's last moments when the fictional narrator, whose story we have followed from her childhood in Florida, young adult years in San Diego and middle years in New York City, finally settles in upstate New York to a much more basic existence, exhausted by the drama of the century she has just experienced. Therein lies the core of the challenge to the Adirondacks, a threat that too few have yet to appreciate.

True, the impact of a warming atmosphere on the climate, human civilization evolved within over the last ten thousand years is global in its nature, but how it is playing out from Bangladesh to Siberia, from Alaska to New Jersey is of course quite different. Generally, the American Northeast is experiencing a significantly greater rise in temperatures than the rest of the U.S., while the damage caused by ever more common storm surges along the coast are becoming increasingly familiar. Not forgetting the reality that the reduction of lengthy ice freezes across the Northern Hemisphere is stirring infestations of insects from the mountain pine beetle to the hemlock woolly adelgid that are threatening trees, and making fires more common from Alaska and Colorado to upstate New York. While the progressive reduction of seasonal snow and ice has the potential to gut the Adirondack economy that has in long measure been organized around winter sporting activities.

Still, the greatest threat to the Adirondacks is likely to come from an entirely different quarter, from the nature of America's population distribution along the Northeastern part of the United States; in short from the enormous pressure that the arrival of potentially millions fleeing coastal areas looking to relocate are likely to bring to bear on the Adirondacks.

The fact of the matter is, as anyone who has driven across the United States knows, much of the country is empty. Indeed, significant percentages of the population live along the coasts, people who will increasingly over the next few decades or so be forced to move inland away from rising sea levels. While others, from further south will be likely to wish to avoid rising temperatures and the greater threat of diseases carried by invasive tropical species as the tropics themselves expand from the equator.

Future human migrations of that sort, are perhaps as predictable as the chemistry and physics of methane and CO₂ that drive global warming, and will almost certainly see the larger cities of our region, cities like Albany grow significantly. But, that is hardly likely to resolve the threat to the Adirondacks. Indeed, as the New York's Capital Region grows toward the north an enormous pres-

sure is likely to build toward expanding the regional residential areas and commercial complexes into the Adirondack region, a development that will no doubt be facilitated by the 21st century's communication revolution that has made telecommuting so much easier. In short, as climate change makes living in the enormous coastal cities more difficult, the internet is making it less necessary to do so.

Some of course might argue that there are enough legal protections legislative and constitutional in place to protect the Adirondacks, but while the unthinkable, massive development in the Adirondacks might seem absurd in normal times, during times of crisis the unthinkable often seems like the altogether logical path. Indeed, the political pressure that could be brought to bear on the Adirondack Park's protections from those in the especially threatened but also influential coastal zones is enormous. And that is without even mentioning their likely support from those within the Adirondacks who have long fought for greater development and would be even more anxious to do so as the more traditional tourist economy of the Adirondacks falters.

True, the argument will most certainly be made that tearing down a massive forest full of trees that preserve CO₂ within themselves is a stupid way to address a crisis caused by too much CO₂ in the atmosphere. But cold scientific facts rarely hold sway in normal times, let alone periods of mass anxiety of the sort that is likely to grow over the new few decades. And, of course, the environmental community is not likely to be all that helpful given how many are themselves likely to facing their own existential threat.

Then of course, there is the likely international dimensions of the challenge. More than likely, the flow of climate refugees will provoke the sort of protectionist nationalism we have already seen Syria's refugees, themselves in part climate refugees, provoke from Europe to the United States. And in that context, even as population movements away from rising coastlines, and ever more common storm surges of water impact public opinion, we are likely to see more calls for Canadian border protections. Add that likely scenario to the fact that few Americans will want to leave the

assumed protections their citizenship offers will make the Adirondacks one of the most northerly and inward areas of New York State a person, like that fictional character in *Earth 2100* chose to seek safe haven within.

So what does all this mean for those of us who wish to preserve the Adirondacks for future generations? Well, like that for people everywhere attempting to reduce our carbon footprint is vitally important. Happily, there are an enormous range of organizations available to facilitate getting involved in the political struggle to get the situation under control, from the Citizens Climate Lobby and 350.org to the Climate Reality Project, as well a huge number of websites that offer advice on lowering personal carbon footprint such as ClimateCare's "Fifty Ways to Shrink Your Footprint" being only one example.

Nevertheless, while we might be ultimately able to get the atmospheric damage under control and a foot-high sea rise is certainly better than three or more, the most critical points have already passed. In short, we are already in the era of what some have called the age of consequences, in this case, climatic. Thus, for those who cherish the Adirondacks, the time for decisions is at hand. And those decisions include not only dealing with the most immediate and predictable impacts, such as tree forest death and growing fires, but real consideration of how to address the arrival of climate refugees that are already disrupting life in Europe as we speak.

That requires the opening of a dialogue among both the residents and lovers of the Adirondacks, which needs to be done at every level of the admittedly much decentralized nature of the region's institutions of civil society and government. After all, the first step in dealing with any problem, even one of these enormous dimensions, is recognizing that it exists. 🌲

Steven Leibo is a Professor of Modern World Civilization at the Sage Colleges an International Affairs Commentator for WAMC Northeast Public Radio and an associate in research at Harvard. He blogs at "Leibo's World Watch" sagethoughts.wordpress.com.

RACE RESULTS

GLENS FALLS URBAN ASSAULT 3.5-MILE OBSTACLE RACE

May 20, 2017 • Grey Ghost Bicycles, Glens Falls

MALE OVERALL	28 Williston	26:19	8 Jack Rath	14 Ballston Spa	31:04
1 John Cooney	28 Glens Falls	26:25	9 Zachary Eldib	13 Lake George	31:11
2 Karl Davis	22 Lake Katrine	27:21	10 Logan Gregory	13 Glen Falls	31:37
3 Rogger Gutierrez					
FEMALE OVERALL			FEMALE AGE GROUP: 13 - 18		
1 Ciara Hirsch	11 Glens Falls	26:47	1 Brigid Duffy	13 Queensbury	29:21
2 Annalise Beyerbach	13 Queensbury	28:57	2 Cate Barclay	13 Glens Falls	32:26
3 Maggie Borgos	17 Queensbury	28:57	3 Kate Culliton	14 Glens Falls	32:56
			4 Kaylee Frank	14 Glens Falls	33:14
MALE AGE GROUP: 1 - 12			5 Sarah Burton	17 Glens Falls	33:15
1 Adam Avery	9 Glens Falls	31:06	6 Melissa Wilkinson	17 Argyle	34:37
2 Cameron Shaver	11 Queensbury	32:13	7 Stephanie Dickenson-Frevola	13 Queensbury	36:38
3 Timmy Mottis	10 Queensbury	33:15	8 Maya Bruno	14 Queensbury	36:56
4 Landon Becker	10 Gansevoort	33:31	9 Deme Burns	14 Queensbury	37:04
5 Eric Stetson	12 Queensbury	33:37	10 Alice Fox	13 Queensbury	37:04
6 Aidan Murphy	3 Glens Falls	34:16			
7 Benjamin Heyman	11 Glens Falls	34:31	MALE AGE GROUP: 19 & OVER		
8 Liam Burgess	11 Queensbury	34:32	1 Billy Gill	31 Cambridge	30:02
9 Tillman Philo	12 South Glens Falls	34:37	2 Kory Darfler	27 Greenwich	30:06
10 Landon Dorvee	7 Queensbury	34:43	3 Jerry Blackbird	42 Glens Falls	30:11
			4 Tim Cox	26 Cambridge	30:21
FEMALE AGE GROUP: 1 - 12			5 Jacob Trinkle	28 Buskirk	30:25
1 Clara Avery	12 Glens Falls	30:38	6 Josh Lyons	26 Glens Falls	30:29
2 Sylvia Guillet	12 Glens Falls	32:32	7 Stephen Palmer	49 Granville	30:38
3 Hady Duffy	9 Queensbury	32:48	8 Alan Brassard	35 Mineville	31:05
4 Bayley Duffy	11 Queensbury	32:58	9 Thomas Walkup	26 Hudson Falls	31:52
5 Katherine Lieberth	12 Glens Falls	34:59	10 OC West	31 Fort Ann	32:20
6 Danielle Fish	11 Gansevoort	37:30			
7 Parker Welch	9 Queensbury	37:38	FEMALE AGE GROUP: 19 & OVER		
8 Caroline Lieberth	10 Glens Falls	37:46	1 Sarah Frasier	37 Glens Falls	30:56
9 Mary Giblin	8 Glens Falls	40:03	2 Sara Davis	25 Glens Falls	31:56
10 Julia Westfall	8 Glens Falls	40:15	3 Sara Emery	26 Queensbury	33:24
			4 Cory Heyman	48 Glens Falls	34:32
MALE AGE GROUP: 13 - 18			5 Sarah Gorthey	37 Hudson Falls	34:35
1 Ethan Hill	14 Queensbury	28:15	6 Paige Edwards	21 Lake George	35:56
2 Freddy Weidner	14 Queensbury	28:30	7 Jessica Walton	32 Hudson Falls	36:27
3 Carson Geroux	13 Cambridge	29:35	8 Jessica Oviatt	25 Cambridge	37:03
4 Bryce Beyerbach	15 Queensbury	30:15	9 Katrina Teal	22 Mechanicville	37:20
5 Alex Fragomeni	16 Saratoga Springs	30:16	10 Courtney Natal	21 Watertown	37:37
6 Brendan Duffy	15 Queensbury	30:52			
7 Hunter Montgomery	15 Queensbury	30:57			

Courtesy of Adirondack Race Management

2ND ANNUAL SCOTTIES STAMPEDE 5K FOR EDUCATION

May 20, 2017 • Ballston Spa Middle School, Ballston Spa

MALE OVERALL	16 Malta	18:00	FEMALE AGE GROUP: 35 - 39		
1 Joe Vesic	35 Saratoga Springs	18:29	1 Maryann Ashworth	39 Ballston Spa	26:03
2 Tyson Evensen	14 Malta	20:09	2 Crystal Horn	35 Greenfield Center	26:30
3 Vincent Mascardi III			3 Lisa Perrone	38 Rock City Falls	26:31
FEMALE OVERALL			MALE AGE GROUP: 40 - 44		
1 Gabby Schreffler	23 Bethel, ME	21:48	1 Bill Williams	44 Ballston Spa	22:50
2 Dana Wicwacz	41 Malta	22:44	2 Michael Tower	43 Ballston Spa	23:00
3 Katherine Quinn	20 Niskayuna	23:03	3 Sean O'Leary	40 Ballston Spa	25:29
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 40 - 44		
1 Justin Layer	14 Malta	20:56	1 Laura Layer	41 Malta	26:39
2 Ryan Hathaway	11 Ballston Spa	22:37	2 Ankie Meuwissen	41 Ballston Spa	27:38
3 Riley Walz	14 Ballston Spa	23:18	3 Amanda Bywater	42 Malta	28:17
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 45 - 49		
1 Jenna Urbanski	14 Stillwater	23:08	1 Kyle Fitzpatrick	47 Saratoga Spa	30:19
2 Catherine Whitfield	14 Ballston Spa	23:43	2 Tim Walz	47 Ballston Spa	34:57
3 Isabella O'Leary	9 Ballston Spa	25:29			
			FEMALE AGE GROUP: 45 - 49		
MALE AGE GROUP: 15 - 19			1 Renee Damico	45 Ballston Spa	23:18
1 Tyler Beverly	15 Rock City Falls	25:42	2 Julie Urbanski	48 Stillwater	26:06
2 TJ Van Buren	15 Ballston Spa	25:42	3 Heather Vroman	46 Queensbury	30:37
3 Zachary Williams	19 Ballston Spa	26:33			
			MALE AGE GROUP: 50 - 54		
FEMALE AGE GROUP: 15 - 19			1 Vinent Fiori	51 Clifton Park	25:06
1 Katelyn Lunman	16 Malta	28:35	2 Dennis Quinn	52 Niskayuna	26:33
2 Katelyn Wheeler	17 Mechanicville	29:18	3 Mark Donnelly	54 Ballston Spa	31:56
3 Jordan Fitzpatrick	15 Saratoga Springs	39:26			
			FEMALE AGE GROUP: 50 - 54		
MALE AGE GROUP: 20 - 24			1 Jacqui Evola	50 Ballston Spa	26:02
1 Mike Joslyn	22 Schenectady	39:42	2 Cristi Shuhart	52 Ballston Spa	26:16
			3 Laurie Amodeo	50 Mechanicville	31:00
FEMALE AGE GROUP: 20 - 24					
1 Sam Crisifulli	24 Clifton Park	28:51	MALE AGE GROUP: 55 - 59		
2 Andrea Lees	23 Saratoga Springs	33:06	1 Derek Miller	55 Ballston Spa	39:42
3 Emily Frantz	23 Saratoga Springs	33:41	2 Donald Smith	56 Malta	50:54
MALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 55 - 59		
1 Matthew Stewart	27 Ballston Spa	20:38	1 Liz Dolinger	58 Morriston, FL	28:02
2 Andrew Krupski	27 Ballston Spa	23:37	2 Susan Ritchie	56 Ballston Spa	45:52
3 Keith Reilly	29 Ballston Lake	25:43	3 Doreen Smith	58 Malta	51:37
FEMALE AGE GROUP: 25 - 29			MALE AGE GROUP: 60 - 64		
1 Erin Norris	27 Clifton Park	28:50	1 Lou Notarangelo	61 Ballston Spa	1:06:01
2 Sarah Hunter	29 Ballston Spa	33:57			
3 Kylie Bissell	27 Ballston Spa	35:09	FEMALE AGE GROUP: 60 - 64		
			1 Sherry Demers	62 Malta	46:06
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 65 - 69		
1 Kevin Keith	32 Cambridge	24:21	1 Jeff Ashworth	68 Quincy, MA	35:28
2 Jeff Jiron	33 Clifton Park	25:01	2 Thomas Hemans	65 Ballston Spa	45:08
3 Daniel Seymour	32 Burnt Hills	28:43			
			MALE AGE GROUP: 80 - 84		
FEMALE AGE GROUP: 30 - 34			1 Richard Schumacher	83 Hoosick Falls	42:06
1 Kelly Seymour	31 Burnt Hills	24:11			
2 Sarah Halbig	30 Ballston Lake	25:43			
3 Jessica Valente	34 Mechanicville	27:03			
MALE AGE GROUP: 35 - 39					
1 Mark Flusche	39 Ballston Spa	20:31			
2 Kevin Flores	36 Cohoes	22:19			
3 Anders Rasmussen	38 Clifton Park	24:15			

Courtesy of the Ballston Spa Central School District

7TH ANNUAL KERRY BLUE HUSTLE 5K • May 20, 2017 • SMSA School, Glens Falls

MALE OVERALL	35 Queensbury	19:23	FEMALE AGE GROUP: 20 - 29		
1 Tom Portuese	39 Queensbury	19:25	1 Alexandra Campbell	22 Glens Falls	29:05
2 Lance Purvis	36 Queensbury	19:32	2 Paige Humphrey	25 Queensbury	31:47
3 Derek Basile			3 Breanne Taylor	29 Queensbury	32:16
FEMALE OVERALL			MALE AGE GROUP: 30 - 39		
1 Beth Morrissey	42 Glens Falls	21:33	1 Travis Cayea	38 Cadyville	24:11
2 Jaclyn Stedman	37 Glens Falls	22:48	2 Keith Basile	34 Cheshire, CT	27:16
3 Vanessa Przybylo	22 Queensbury	23:53	3 Joshua Pedersen	39 Cohoes	36:36
MALE AGE GROUP: 1 - 9			FEMALE AGE GROUP: 30 - 39		
1 William Davidson	9 Queensbury	21:13	1 Jennifer Graves	39 Hudson Falls	25:19
2 Ronan Westfall	8 Glens Falls	25:09	2 Beth Vernold	37 Hudson Falls	26:12
3 Kiernan Davidson	7 Queensbury	26:11	3 Kristine Wheeler	39 Queensbury	27:19
FEMALE AGE GROUP: 1 - 9			MALE AGE GROUP: 40 - 49		
1 Loganne Morrissey	8 Glens Falls	27:39	1 Dan Anderson	45 Burnt Hills	22:17
2 Ava Sanchez	9 Hudson Falls	30:42	2 James Zumpano	47 Indian Lake	27:44
3 Finley Purvis	9 Queensbury	31:58	3 Jamie Burleigh	42 South Glens Falls	36:30
MALE AGE GROUP: 10 - 12			FEMALE AGE GROUP: 40 - 49		
1 Jackson Danton	11 Gansevoort	21:15	1 Jessica Purvis	40 Queensbury	25:24
2 Julian Stedman	11 Glens Falls	22:33	2 Robin Della Bella	45 Queensbury	25:38
3 Gabriel Cayea	11 Cadyville	24:08	3 Jenee Culligan	45 Moreau	26:49
FEMALE AGE GROUP: 10 - 12			MALE AGE GROUP: 50 - 59		
1 Emily Guidetti	11 Lake George	27:25	1 Paul Stevens	56 Saratoga Springs	21:47
2 Sophia Nadi	12 Gansevoort	31:52	2 Michael Trackey	51 Queensbury	24:23
3 Julia Powell	10 Queensbury	32:06			
			FEMALE AGE GROUP: 50 - 59		
MALE AGE GROUP: 13 - 14			1 Denise Przybylo	53 Queensbury	32:44
1 Evan Powell	14 Queensbury	20:13	2 Diana Trackey	50 Queensbury	35:53
2 Trachey Paul	14 Glens Falls	20:28	3 Kathy Arcuri	58 Queensbury	36:16
3 Will Denton	14 Fort Edward	22:04			
			MALE AGE GROUP: 60 - 69		
FEMALE AGE GROUP: 13 - 14			1 Michael Rozell	60 Queensbury	25:51
1 Lauren Trackey	14 Queensbury	28:12	2 John Bavaro	64 Hudson Falls	34:12
2 Aeryn Brewer	13 Corinth	30:39	3 Jesse Peterson	64 Harwinton, CT	44:04
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 60 - 69		
1 William Brewer	17 Corinth	20:17	1 Patty Anderson	66 Fort Edward	43:22
			2 Mary Tully	62 Saratoga Springs	49:17
FEMALE AGE GROUP: 15 - 19			3 Florence Nolan	63 Glens Falls	50:53
1 Ella Campopiano	15 Queensbury	27:56			
2 Meghan Bethel	18 Queensbury	29:45	MALE AGE GROUP: 70 - 79		
3 Victoria Moore	19 Indian Lake	29:45	1 Bob Stedman	71 Glens Falls	57:42
MALE AGE GROUP: 20 - 29					
1 Gabriel Alagna	22 Glens Falls	24:08			
2 Tom Wendling	22 East Freetown, MA	28:25			
3 Kyle Kilts	29 Albany	36:35			

Courtesy of St. Mary's-St. Alphonsus Regional Catholic School

13TH ANNUAL SARATOGA LIONS DUATHLON

May 28, 2017 • Saratoga Casino, Hotel & Raceway, Saratoga Springs

5K RUN, 30K BIKE, 5K RUN	42 Nicholas Verdile	1:57:36	6 John Davidson	58	1:52:51
MALE OVERALL	14 James Jordan	2:01:16	7 Bill Blake	57	2:09:06
1 Tim Russell	28	1:23:03			
2 Kristofer Johnson	45	1:25:09	FEMALE AGE GROUP: 55 - 59		
3 Todd Shatynski	41	1:26:21	1 Bridgett Frary	57	1:51:38
			2 Deborah Curtis	57	2:07:42
FEMALE OVERALL			3 Tricia Johnston	56	2:22:57
1 Jenelle Glover	35	1:37:28	4 Valerie Huot	56	2:30:17
2 Beth Stalker	58	1:41:49			
3 Kim Morrison	38	1:45:52	MALE AGE GROUP: 60 - 64		
MALE AGE GROUP: 1 - 19			1 Dominick Audi	63	1:42:43
1 Trevor Dzikowicz	14	1:40:31	2 Steve Vnuk	62	1:47:06
2 Kevin Cronin	18	1:42:03	3 George Baranauskas	64	2:01:28
3 Ryan Baker	15	1:51:04	4 Howard Kohn	64	2:08:37
4 Keegan Reyna	13	2:55:45	5 John Prybylowski	60	2:20:49
			6 Matt Jones	63	2:33:53
MALE AGE GROUP: 20 - 24			7 Stephen Mastaitis	63	2:36:56
1 Eric Ostrander	22	1:45:55			
MALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 60 - 64		
1 Ryan Keller	29	1:38:18	1 Patricia Driscoll	62	1:53:48
2 Lucas Rogers	28	2:06:56	2 Maryanne McNamara	64	2:18:41
			MALE AGE GROUP: 65 - 69		
FEMALE AGE GROUP: 25 - 29			1 Keith Woodward	66	1:36:54
1 Kelsey Allen	28	1:57:58	2 Ward King	66	1:55:51
2 Hannah Westfall	27	2:06:37	3 John Martin	66	1:58:37
3 Amanda Williams	28	2:07:38	4 Alan Leake	65	2:44:48
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 70 - 74		
1 Lyman Tinc	33	1:41:13			

39TH ANNUAL FREIHOFFER'S RUN FOR WOMEN 5K, JUNIOR 3K & USATF 5K RACE WALK CHAMPIONSHIPS
 June 3 & 4, 2017 • NYS Capitol, Albany City Hall & Jennings Landing, Albany

WOMEN'S 5K RUN		
TOP 10 OVERALL		
1 15:49	Sara Hall	34 Redding, CA
2 15:51	Alphine Tuliamuk	28 Santa Fe, NM
3 16:10	Lindsey Scherf	30 Scarsdale
4 16:15	Becky Wade	28 Louisville, CO
5 16:19	Katie Matthews	26 Brighton, MA
6 16:26	Jamie Cheever	30 Seattle, WA
7 16:29	Renee Metivier	35 Bend, OR
8 16:31	Meghan Peyton	31 Bloomington, MN
9 16:41	Kelsey Chmiel	15 Greenfield Center
10 16:47	Ashley Higginson	28 Morristown, NJ
TOP 5 MASTERS		
1 17:14	Jen Rhines	42 Boston, MA
2 17:32	Amy Bevilacqua	43 Southbury, CT
3 17:57	Sara Dunham	40 Plattsburgh
4 18:06	Christy Peterson	42 Chicago, IL
5 18:30	Heather Webster	43 Honeoye Falls
AGE GROUP: 1 - 14		
1 19:43	Rylee Davis	11 Delmar
2 20:37	Luccabella Hotaling	12 Ballston Lake
3 20:59	Katie Vandyck	14 Middle Grove
4 21:35	Mya June	13 Schenectady
5 21:53	Kiley Matthews	12 Rensselaer
6 22:04	Emily Johnson	14 Richmondville
7 22:09	Charlotte O'Meara	9 Delmar
8 22:09	Madelyn Barzee	14 Ballston Spa
9 22:17	Cassie McLaughlin	13 Mechanicville
10 22:30	Angelina Pusateri	11 Castleton-on-Hudson
AGE GROUP: 15 - 19		
1 17:41	Eva Scott	18 Burnt Hills
2 18:21	Hannah Reinhardt	19 Albany
3 18:22	Abigail Gugel	19 Jordan
4 18:28	Kathryn Tenney	15 Albany
5 18:39	Shannen Kerin	18 Albany
6 18:41	Rachel Hodge	15 Delmar
7 19:02	Samantha Vetter	17 Greenfield Center
8 19:31	Hunter Von Ahn	16 Saratoga Springs
9 19:33	Madeline Tooker	17 Saratoga Springs
10 19:50	Loren Norfleet	17 Albany
AGE GROUP: 20 - 24		
1 18:24	Maddie Dery	21 Putnam Valley
2 18:46	Courtney Breiner	20 Troy
3 18:48	Christie Macfarlane	22 Delmar
4 18:52	Brittany Winslow	23 Malta
5 18:55	Olivia Beltrani	23 Pleasant Valley
6 18:57	Felicia Sciortino	21 Schenectady
7 19:11	Madeline Harris	24 Albany
8 19:36	Leila Mantilla	22 Penfield
9 19:49	Christine Coughlin	24 Latham
10 19:50	Amanda Perri	23 Albany
AGE GROUP: 25 - 29		
1 17:08	Kathryn Potter	28 Honeoye Falls
2 17:09	Nicole Dimercurio	26 Blowing Rock, NC
3 17:16	Amy Van Alstine	29 Flagstaff, AZ
4 17:23	Maegan Krifchin	29 Silver Spring, MD
5 17:54	Ashley Nevol	27 Andover
6 18:05	Brittany Griffin	28 Norwich, CT
7 18:21	Nicole Soblosky	29 Albany
8 18:22	Hannah Brooker	26 Albany
9 18:38	Emily Layden	28 Albany
10 18:48	Rachel Cackett	26 Rochester
AGE GROUP: 30 - 34		
1 17:37	Trisha Byler	33 Honeoye Falls
2 17:55	Karen Bertasso	32 Albany
3 18:09	Sylvie Lloyd	30 Clifton Park
4 18:34	Donna Langerfeld	31 Port Byron
5 19:32	Meghan Mortensen	31 Glenville
6 20:01	Amy Roberson	33 Sauquoit
7 20:20	Elizabeth Chauhan	32 Albany
8 20:53	Erin Rightmyer	33 Delmar
9 21:26	Samantha McBee	31 Saratoga Springs
10 21:46	Jessica Bizzarro	32 Gansevoort
AGE GROUP: 35 - 39		
1 17:28	Mollie Turner	37 Averill Park
2 17:56	Erin Lopez	36 Saratoga Springs
3 19:25	Meg Versteegen	38 Schenectady
4 19:38	Shelly Binsfeld	37 Clifton Park
5 21:12	Diana Tobon-Knobloch	36 Niskayuna
6 21:26	Amanda Susser	35 Albany
7 21:35	Lindsay Larose	35 Liverpool
8 21:40	Danielle Maslowsky	38 Ballston Lake
9 21:45	Elizabeth Lis	39 Gansevoort
10 21:53	Emily Bocklet	36 Katonah
AGE GROUP: 40 - 44		
1 18:43	Erin Corcoran	43 Schenectady
2 20:22	Tina Greene	43 Schenectady
3 20:27	Michelle Lavigne	42 Albany
4 21:05	Erin Gregory	40 Clifton Park
5 21:59	Melissa Maguire	44 Albany
6 22:15	Sally Drake	44 Albany
7 22:26	Stephanie Monteau	43 East Greenbush
8 22:31	Lisa May	41 Green Island
9 22:43	Kate Thies	40 Albany
10 22:47	Linda Lockrow	44 Troy
AGE GROUP: 45 - 49		
1 19:01	Mary Pardi	47 Falmouth, ME
2 19:46	Emily Bryans	49 Delanson
3 20:37	Shanley Alber	45 Clifton Park
4 21:44	Virginia Lerner	45 Ballston Spa
5 21:55	Katie Hodge	45 Delmar
6 22:06	Kim Seabury	49 Old Chatham
7 22:32	Judy Dore	47 Saratoga Springs
8 22:35	Connie Smith	49 Ballston Lake
9 22:48	Lara Stelmaszyk	47 Albany
10 22:52	Teresa Garrett	45 Pleasant Valley
AGE GROUP: 50 - 54		
1 20:32	Chalotte Rizzo	54 Bronville
2 20:55	Anne Benson	52 Clifton Park
3 21:44	Alyssa Risko	51 Schenectady
4 22:02	Kelly Dworak	54 Carlisle, PA
5 22:40	Mary Fenton	51 Ballston Spa
6 22:50	Mary Buck	53 Mechanicville
7 23:03	Karen Hickey	51 Waterford
8 23:06	Brenda Hacker	53 Loudonville
9 23:20	Suzanne Wallace	53 Canandaigua
10 23:40	Beth Whipple	50 Nashua, NH
AGE GROUP: 55 - 59		
1 19:55	Carmen Ayala Troncoso	58 Austin, TX
2 22:49	Estela Medina	56 Miami, FL
3 22:58	Nancy Nicholson	55 Queensbury
4 23:08	Bridgett Fray	56 Schenectady
5 23:17	Wendy Rescott	56 West Sand Lake
6 23:29	Judy Rubin	58 White Plains
7 23:52	Mary Weeks	55 Lagrangeville
8 24:56	Nancy Dorn	58 Plymouth, MA
9 25:11	Karen Gerstenberger	59 Albany
10 25:40	Mary Dery	55 Putnam Valley
AGE GROUP: 60 - 64		
1 19:24	Joan Benoit Samuelson	60 Freeport, ME
2 24:33	Karen Dott	61 Albany
3 24:36	Denise Herman	61 Saratoga Springs

4 24:41	Mary Smith	60 Westford, VT
5 24:42	Sharon Desrochers	62 Ballston Lake
6 24:43	Jean Quattrocchi	60 Albany
7 26:05	Carolyn George	63 Albany
8 27:05	Maureen Kirsch	61 East Greenbush
9 27:09	Mary Ann Serian	62 Richmond, MD
10 27:13	Lisa Barley	61 Albany
AGE GROUP: 65 - 69		
1 21:41	Edie Stevenson	67 Boulder, CO
2 25:10	Erika Oesterle	65 Stamford
3 25:17	Martha DeGrazia	66 Slingerlands
4 26:55	Nancy Hodge	69 Delmar
5 27:20	Claire Henderson	68 Saratoga Springs
6 28:13	Emily Ettlinger	68 Troy
7 29:31	Anne Tyrrell	67 Albany
8 30:22	Beverly Putnam	66 Warnerville
9 31:04	Pamela Kash	67 East Greenbush
10 31:06	Kris Thorne	67 Clifton Park
AGE GROUP: 70 - 74		
1 29:22	Kathleen Frable	71 Ivins, UT
2 32:00	Louise Quattrocchi	70 Albany
3 33:08	Laura Clark	70 Saratoga Springs
4 33:28	Rosann Graziano	70 Utica
5 36:16	Rosemary Hillengas	70 Rensselaer
6 36:57	Sherry Dixon	70 Mayfield
7 38:13	Barbara Altrock	70 Rensselaer
8 40:09	Ann Kieler	72 Delmar
9 42:19	Linda Strassel	71 Dalton, MA
10 42:54	Linda Hecker	70 Canandaigua
AGE GROUP: 75 - 79		
1 34:42	Laddie Toney	75 Warrensburg
2 35:49	Catherine Roberts	77 Pittsford, MA
3 49:55	Carole Rasmussen	79 Lansdale, PA
4 52:38	Alice Green	76 Albany
5 53:50	Carol Bodner	75 Clifton Park
6 58:43	Yvonne Rothenberg	75 Albany
7 1:03:02	Nancy Rose Siegel	78 East Greenbush
8 1:07:14	Linda Moskowitz	75 Chicago IL
AGE GROUP: 80 - 84		
1 26:57	Libby James	80 Fort Collins, CO
2 40:53	Anny Stockman	84 Rensselaer
3 42:57	Eiko Bogue	80 Schaghticoke
4 53:09	Mary Nagle	82 Boynton Beach, FL
5 56:00	Nora Dietz	81 Yorktown Heights
6 56:00	Mary Dennigan	84 Hoboken NJ
AGE GROUP: 85 - 89		
1 59:12	Gisela Choi	85 Schenectady
2 1:12:48	Nancy Gerstenberger	87 Albany
FAB FOUR - Run All 38 Years of Race		
1 24:36	Denise Herman	61 Saratoga Springs
2 38:07	Linda Campbell	63 Kissimmee, FL
3 38:10	Bernadette Lamanna	66 Albany
4 50:00	Cindy Kelly	67 Albany
MOTHER/DAUGHTER TEAMS		
1 Bevilacqua Girls / Amy Bevilacqua, Emily Bevilacqua	40:46	
2 Sunatawal / Natalie Wallace, Suzanne Wallace	43:21	
3 M&M's / Maddie Dery, Mary Dery	43:53	
4 Garrett Girls / Madeline Garrett, Teresa Garrett	44:00	
5 Seabury Fliers / Kim Seabury, Maris Seabury	46:28	
SISTER/SISTER TEAMS		
1 Versteegwin / Meg Versteegen, Betsy Gwin	45:08	
2 Rybinski Sisters - Anne Benson, Mary Smith	45:29	
3 Purple Podlaski Power	45:38	
4 Meaghan Podlaski, Lindsey Podlaski	45:38	
5 Team Hampston / Emma Hampston, Katie Hampston	48:26	
6 Jerm Ferkenstern / Elizabeth Gross, Eileen McElroy	50:44	
GRANDMOTHER/MOTHER/DAUGHTER TEAMS		
1 Team Hodge	1:07:06	
2 Rachel Hodge, Katie Hodge, Nancy Hodge	1:26:05	
3 Team Awesome	1:26:12	
4 Debra Seelye, Anna Nassivera, Jennifer Nassivera	1:26:12	
5 Erika Irwin, Kim Irwin, Teresa Wuerdeman	1:33:55	
6 KO's	1:33:55	
7 Jennifer Oertel, Molly Kelly, Emma Oertel	1:34:31	
8 Clark/Suarez	1:34:31	
9 Elena Suarez, Laura Clark, Julie Suarez	1:34:31	
GREAT-GRANDMOTHER/GRANDMOTHER/MOTHER/DAUGHTER TEAMS		
1 Eve Wheatley 9, Colleen Morrissey 43, Carey Morrissey 64, Louann Danaher 61, Nancy Morrissey 85	3:17:34	
FRIENDS/FAMILY TEAMS		
1 The Impalas	1:06:33	
2 Eva Scott, Marielle Scott, Alexis Scott	1:06:33	
3 Tmrice Ladies	1:09:30	
4 Julie Robinson, Heather Senecal, Jennifer Nechamen	1:09:30	
5 Nicholson Sisters	1:11:17	
6 Nancy Nicholson, Jessica Dzialo, Tina Dzialo	1:11:17	
7 NAMASLAY 5K	1:19:15	
8 Michela Mosso, Molly Serafini, Rachelle Stepowski	1:19:15	
9 WHMS	1:24:15	
10 Jodi Selzer, Christine Caruso, Margaret Schmonsky	1:24:15	
HIGH SCHOOL TEAMS		
1 Saratoga HS A	56:22	
2 Kelsey Chmiel, Hunter Von Ahn, Megan Morin	56:22	
3 Colony HS A	58:37	
4 Kathryn Tenney, Loren Norfleet, Lexi Dibernardo	1:01:05	
5 Saratoga HS B	1:01:05	
6 Samantha Vetter, Carley Vetter, Madelyn Barzee	1:01:05	
7 Legacy	1:03:11	
8 Hannah Belleville, Luccabella Hotaling, Cassie McLaughlin	1:03:11	
9 Colonia HS B	1:11:56	
10 Emma Gepfert, Miranda Van Ness, Madison Clarke	1:11:56	
CORPORATE TEAMS		
1 Oiselle	1:04:04	
2 Erin Gregory, Meghan Yi, Meghan Loudon, Tiffany Wysocki, Kristen Garzone, Rachael Austin, Gretchen Roesch	1:04:04	
3 OTF Ladies!	1:07:20	
4 Lauren Bruno, Dayna Newton, Beth Whiteside, Christine Dzimiera, Alexandra Hart	1:07:20	
5 KPMG	1:14:10	
6 Amanda Susser, Allison Steckel, Brittany Langley	1:14:10	
7 Ellis Medicine	1:19:22	
8 Lisa Scaringe, Mona Guerrero, Randi Zier	1:19:22	
9 Junior League of Albany	1:20:22	
10 Frances Pickles, Taylor Vogt, Kendall Sale	1:20:22	
USATF CLUB TEAMS: OPEN		
1 Genesee Valley Harriers	52:39	
2 Kathryn Potter, Trisha Byler, Ashley Nevol, Heather Webster	52:39	
3 Willow Street A	53:19	
4 Mollie Turner, Karen Bertasso, Erin Lopez, Meghan Mortensen	53:19	
5 Albany Running Exchange A	56:27	
6 Nicole Soblosky, Olivia Beltrani, Madeline Harris, Christine Coughlin	56:27	
7 Willow Street B	56:52	
8 Hannah Brooker, Brittany Winslow, Shelly Binsfeld	56:52	
9 Genesee Valley Harriers B	56:58	
10 Donna Langerfeld, Rachel Cackett, Leila Mantilla	56:58	
USATF CLUB TEAMS: MASTERS 40+		
1 Albany Running Exchange	59:42	
2 Erin Corcoran, Tina Greene, Shanley Alber	59:42	
3 Saratoga Stryders	1:06:59	
4 Virginia Lerner, Connie Smith, Mary Fenton, Lauren Herbs	1:06:59	

39TH ANNUAL FREIHOFFER'S RUN FOR WOMEN 5K, JUNIOR 3K & USATF 5K RACE WALK CHAMPIONSHIPS continued

USATF CLUB TEAMS: SENIORS 50+				
1 Westchester Trackclub	1:06:50	3 15:13	Tatiana Seaver	10 Schenectady
2 Chalotte Rizzo, Estela Medina, Judy Rubin	1:06:50	4 15:23	Julia Gorevich	10 Albany
3 Saratoga Stryders	1:27:03	5 16:11	Molly Engelhardt	10 Coeymans
4 Claire Henderson, Ronni Travers, Debbie Tierney	1:27:03	MALE AGE GROUP: 10 - 11		
JUNIOR 3K RUN				
MALE OVERALL				
1 11:49	Graham Richard	12 Albany		
2 12:19	Carter Norton	11 East Greenbush		
3 12:26	Logan Doll	11 Ballston Lake		
FEMALE OVERALL				
1 14:14	Seana Weerakoon	12 Rensselaer		
2 14:28	Morgan Johnson	11 Richmondville		
3 14:36	Kaley Donovan	10 East Greenbush		
FEMALE AGE GROUP: 1 - 9				
1 14:58	Megan Baumeister	8 West Sand Lake		
2 15:46	Allison Hutton	8 Castleton-on-Hudson		
3 16:18	Mariah Andrade	8 Clifton Park		
4 17:00	Brianna Simmons	8 Middleburgh		
5 17:20	Autumn Pniewski	9 Schuylerville		
MALE AGE GROUP: 1 - 9				
1 13:16	Keiran McNay	8 Glenmont		
2 13:58	Connor Baumeister	8 West Sand Lake		
3 13:58	Andrew Searing-Burke	9 Leeds		
4 14:32	Yash Mansharamani	9 East Greenbush		
5 14:43	Mason Wagner	9 East Greenbush		
FEMALE AGE GROUP: 10 - 11				
1 14:28	Morgan Johnson	11 Richmondville		
2 14:36	Kaley Donovan	10 East Greenbush		

20TH ANNUAL CHARLTON HERITAGE 5K RUN
 June 3, 2017 • Old School House, Charlton

MALE OVERALL		
1 Evan Brennan	16 Ballston Lake	16:08
2 Aidan Gillooley	16 Glenville	16:14
3 David Metacarpa	15 Charlton	16:34
FEMALE OVERALL		
1 Alyssa Drapeau	23 Glenville	18:43
2 Megan James	28 Charlton	19:12
3 Beth Stalker	57 Burnt Hills	20:51
MALE AGE GROUP: 1 - 14		
1 Holden Decker	14 Ballston Spa	19:43
2 Will Marchant	14 Glenville	20:15
3 Kayden Graves	13 Scotia	21:53
FEMALE AGE GROUP: 1 - 14		
1 Jamisen Vendetti	13 Glenville	21:58
2 Alexis Patrick	13 Charlton	22:40
3 Mia Paolino	11 Burnt Hills	23:24
MALE AGE GROUP: 15 - 19		
1 Kevin Gideon	19 Ballston Spa	16:53
2 Nick Hunziker	15 Glenville	17:39
3 Luke Gobel	18 Ballston Spa	18:24
FEMALE AGE GROUP: 15 - 19		
1 Rory Graham	16 Burnt Hills	21:58
2 Lily Digman	16 Ballston Spa	21:58

RACE RESULTS

8TH ANNUAL RAIL TRAIL TO THE FOOTBRIDGE 5K TRAIL RACE *continued*

MALE AGE GROUP: 55 - 59				FEMALE AGE GROUP: 65 - 69					
1	Brian Teague	58	Glens Falls	23:51	1	Suzanne Nealon	67	Glens Falls	32:14
2	Robert Phillips	58	Bantam, CT	27:50	2	Maria Phillips	65	Bantam, CT	40:30
3	Bryan Fish	56	Glens Falls	47:05	3	Christine Rollwagen	67	Granville	1:03:43
FEMALE AGE GROUP: 55 - 59				MALE AGE GROUP: 70 - 74					
1	Mary Ann Macura	57	Granville	27:29	1	David Rutkowski	71	Ticonderoga	29:54
2	Kathy Chambers	56	Salem	35:39	2	Bud Davies	73	Granville	47:29
3	Gail Mead	58	Granville	49:37	FEMALE AGE GROUP: 70 - 74				
MALE AGE GROUP: 60 - 64				1 Candi Schermerhorn 70 Diamond Point 32:11					
1	Mark Schachner	62	Lake George	25:30	2	Donna Crocker	74	Granville	36:43
2	Bryan Corwin	61	Ticonderoga	27:37	3	Margaret Davies	72	Granville	47:29
3	Eugene Colburn	60	Granville	29:45	MALE AGE GROUP: 75 - 79				
FEMALE AGE GROUP: 60 - 64				1 Norman Stevens 75 Moreau 27:55					
1	Linda Ellingsworth	64	Granville	31:20	KIDS 1K FUN RUN				
2	Margery Pote	62	Hague	41:43	MALE OVERALL				
MALE AGE GROUP: 65 - 69				1 Burnham Owen 14 3:56					
1	Mark Sager	66	Glens Falls	23:10	2	Ben Bishop	15		4:19
2	Jim Goodspeed	66	Queensbury	24:12	3	Noah Berard	7		5:42
3	Don Van Wely	67	Adirondack	28:38	FEMALE OVERALL				

Courtesy of Rail Trail to the Footbridge

TUFF ENUFF 5K OBSTACLE COURSE CHALLENGE

June 4, 2017 • BOCES Campus, Saratoga Springs

MALE OVERALL				MALE AGE GROUP: 35 - 39					
1	Chase Collins	19	Saratoga Springs	23:00	1	Chris Cornisky	36	Queensbury	33:56
2	Tom Portuese	35	Queensbury	23:24	2	Marshall Stevens	37	Gansevoort	39:37
3	Elijah Dionne	15	Ballston Spa	24:35	3	Cory Taliaferro	39	Clifton Park	46:49
FEMALE OVERALL				FEMALE AGE GROUP: 35 - 39					
1	Ashley Watson	18	Ballston Spa	24:36	1	Kathryn Roden	35	Saratoga Springs	29:29
2	Emily Dweck	15	Saratoga Springs	27:29	2	Sarah Piper	37	Fort Edward	34:04
3	Jessica Barrett	38	Saratoga Springs	28:45	3	Suzanne Carpenter	35	Saratoga Springs	35:29
MALE AGE GROUP: 1 - 14				MALE AGE GROUP: 40 - 44					
1	Ryan Bush	13	Saratoga Springs	25:24	1	Jason Ellnor	44	Wilton	32:10
2	Grant Sperling	13	Saratoga Springs	26:33	2	Brian Langdon	41	Saratoga Springs	43:46
3	Noah Capello	14	Gansevoort	27:04	3	Anson Piper III	40	Fort Edward	46:46
FEMALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 40 - 44					
1	Jenna Urbanski	14	Stillwater	31:18	1	Jennifer D'Addio	44	Saratoga Springs	40:38
2	Keira Rogan	10	Saratoga Springs	33:19	2	Beth Novik	43	Saratoga Springs	42:36
3	Hannah Hurteau	11	Saratoga Springs	34:04	3	Carly Hamilton-Jones	44	Saratoga Springs	42:49
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 45 - 49					
1	Sam Cirenza	15	Gansevoort	25:02	1	Manny Cirenza	49	Gansevoort	28:51
2	Silas Dionne	16	Ballston Spa	25:28	2	Greg Grieco	49	Saratoga Springs	39:33
3	Max Boivin	18	Saratoga Springs	26:02	3	John Hamilton	47	Somers	39:37
FEMALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 45 - 49					
1	Orion Goodemote	15	Saratoga Springs	28:58	1	Julie Urbanski	48	Stillwater	33:00
2	Rain Davis	15	Saratoga Springs	31:45	2	Julie Pike	45	Fort Ann	43:11
3	Cassidy Henderson	18	Saratoga Springs	31:47	3	Lisa Jankowski	46	Saratoga Springs	43:57
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 50 - 54					
1	Garrette Szafran	24	Saratoga Springs	31:31	1	George Bartholomeau	51	Greenwich	37:13
2	Adam Zielnicki	23	Mechanicville	35:02	2	Row Kinnins	51	Pittsfield, MA	39:37
3	Brandon Hart	22	Ballston Lake	37:58	3	Joe Moore	53	Saratoga Springs	41:28
FEMALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 50 - 54					
1	Hannah Rosen	24	Saratoga Springs	37:33	1	Kerstin King	51	Saratoga Springs	47:08
2	Emma Bennett	21	Saratoga Springs	40:40	2	Elizabeth Green	50	Saratoga Springs	48:49
3	Kala Mariotti	23	Saratoga Springs	46:48	3	Sara Mannix	50	Queensbury	49:49
MALE AGE GROUP: 25 - 29				MALE AGE GROUP: 55 - 59					
1	Joey Moore	26	Saratoga Springs	30:54	1	Christopher Martin	57	Gansevoort	46:49
2	William Heritage	28	Ballston Spa	36:57	2	Jim Provost	58	Schenectady	46:56
3	Tyler Heyenga	26	Saratoga Springs	43:43	FEMALE AGE GROUP: 55 - 59				
FEMALE AGE GROUP: 25 - 29				1 Deneen Hornberger 58 Clifton Park 45:52					
1	Laura Cary	29	Schaghticoke	33:12	2	Maureen Provost	58	Saratoga Springs	54:50
2	Kylee Bassett	28	Gansevoort	43:04	MALE AGE GROUP: 60 - 64				
3	Kara James	25	Gansevoort	43:05	1	Ronald Poppel	61	Saratoga Springs	52:02
MALE AGE GROUP: 30 - 34				2 Brent Ricks 62 Ballston Lake 57:52					
1	Matthew Frasier	34	Ballston Spa	38:47	FEMALE AGE GROUP: 60 - 64				
2	Chris Orapello	31	Saratoga Springs	42:57	1	Karen Kowalski	61	Glens Falls	48:43
3	Renee Morgan	34	Saratoga Springs	46:38	2	Carol Gregg	60	Schenectady	54:49
FEMALE AGE GROUP: 30 - 34				MALE AGE GROUP: 70 - 74					
1	Kirsten Brunswick	34	Saratoga Springs	38:27	1	Mal Provost	71	Burnt Hills	45:03
2	Amber Mathias	32	Galway	42:26	<i>Courtesy of The Prevention Council</i>				
3	Ashleigh Ferguson	30	Galway	42:39					

7TH ANNUAL COOPERSTOWN TRIATHLON

June 3, 2017 • Glimmerglass State Park, Cooperstown

800M SWIM, 18M BIKE, 3M RUN				FEMALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 50 - 54			
MALE OVERALL				1 1:21:43 Barrett Celecki/20-24				1 1:50:46 Nancy McMahon			
2 1:24:33 Shawn Parkhurst/25-29				2 1:44:00 Logan Robinson				2 1:55:16 Annie Rinaldi			
3 1:28:56 Charles Lester IV/35-39				3 1:44:23 Rachel Waller				3 2:01:45 Stephanie Planka			
FEMALE OVERALL				MALE AGE GROUP: 35 - 39				MALE AGE GROUP: 55 - 59			
1 1:35:39 Murphee Hayes/40-44				1 1:34:37 Matt Price				1 1:36:08 Howard Iseri			
2 1:36:00 Linda Demma/40-44				2 1:34:59 Greg Rashford				2 1:47:43 Paul Fostini			
3 1:37:33 Lea Warden/40-44				3 1:39:07 Michael Farber				3 1:55:58 Thomas Sisson			
FEMALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 55 - 59			
1 1:46:49 Chyanna Paige Bernier				1 1:41:33 Maureen Mannal				1 1:58:56 Eileen Clinton			
2 2:09:59 Emily Loucks				2 1:49:40 Jenny Hanmer				2 2:02:47 Mary Houck			
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 40 - 44				MALE AGE GROUP: 60 - 64			
1 1:29:22 Philip Fess				1 1:33:25 Victor Brown				1 2:03:48 Michael Weinpress			
2 1:35:12 Forrest Sears				2 1:35:39 William Underwood				2 2:20:09 Dave Hall			
3 1:36:01 Sam Mackie				3 1:41:40 Geoffrey Brown				FEMALE AGE GROUP: 60 - 64			
FEMALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 40 - 44				1 1:42:58 Susan Kreplin-Michaels			
1 1:49:51 Lauren Rabideau				1 1:51:42 Kara Bisaccia				2 2:05:04 Victoria Pedersen			
2 1:55:11 Molly Mason				2 1:56:44 Christy Larkin				MALE AGE GROUP: 65 - 69			
3 1:58:46 Taylor MacFarland				3 2:17:18 Jamie Riordan				1 2:09:08 Richard Gardner			
MALE AGE GROUP: 25 - 29				MALE AGE GROUP: 45 - 49				2 3:00:08 Nathan Batalion			
1 1:29:21 Johnathan Duddleston				1 1:31:59 Joseph Wheeler				FEMALE AGE GROUP: 65 - 69			
2 1:36:58 Matt Mason				2 1:39:50 Paul Bisaccia				1 3:03:42 Ginny Burton			
3 1:37:20 Ben Cohen				3 1:40:55 Greg Derick				MALE AGE GROUP: 70 - 74			
FEMALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 45 - 49				1 2:00:50 David Dibelius			
1 1:38:33 Kara Gorgos				1 1:52:39 Megan Rodriguez				RELAY TEAMS			
2 1:46:07 Caitlin Joyce				2 1:54:31 Patrice Back				1 1:28:57 Team CHBS			
3 1:48:16 Katie Kurtessis				3 1:56:44 Jennifer Dunlap				2 1:58:13 Onarocka			
MALE AGE GROUP: 30 - 34				MALE AGE GROUP: 50 - 54				3 2:11:14 BFFs			
1 1:31:24 Thomas Ruane				1 1:37:50 Dale Seaton				AQUABIKE			
2 1:32:09 Chad Penoyer				2 1:46:39 Randy Shepard				1 1:40:08 Christina Barker			
3 1:35:45 Sean Smith				3 1:47:48 Martin Callahan				2 1:45:28 Ted Ayoub			
								3 2:06:34 Marylou Plante			

Courtesy of ATC Endurance

WILMINGTON WHITEFACE 100K & 50K MOUNTAIN BIKE RACE

Leadville Race Series - Leadville Trail 100 MTB Qualifier
June 3, 2017 • Whiteface, Wilmington

SOLO 100K				MALE AGE GROUP: 20 - 29			
<i>Top 3 Overall, Top 1 Division & NY Finishers</i>				1 Andy Scott Merrimac, MA 4:11:50			
MALE OVERALL				2 Mike Jaworski Greenwich 4:20:03			
1	Kevin Bouchard-Hall	Westport	4:04:39	11	Jake Hoover	Hurley	4:52:42
2	Mathieu Belanger-Barrette	Quebec, QC	4:09:36	14	Stephen Sloan	Sidney	5:08:58
3	Dolzani Samuel	Boulder, CO	4:09:54	17	John Baker	Brooklyn	5:29:45
FEMALE OVERALL				20 Andrew Romanazzi Saratoga Springs 6:07:59			
1	Veronique Fortin	Gatineau, QC	4:37:55	FEMALE AGE GROUP: 20 - 29			
2	Regina Legge	Salem, NH	5:01:01	1	Diane Mattingly	Philadelphia, PA	5:45:27
3	Susan Lynch	Dorset, VT	5:05:24	MALE AGE GROUP: 30 - 39			
MALE AGE GROUP: 1 - 19				1 Zachary Dolzani Denver, CO 4:10:14			
1	Mackenzie King	Narberth, PA	4:53:58	4	Paul Fronhofer	Fort Edward	4:20:30

continued

WILMINGTON WHITEFACE 100K & 50K MOUNTAIN BIKE RACE *continued*

5	Brian White	Altamont	4:23:42	13	Bob Ketchell	Wilmington	6:39:42
9	Dan Fronhofer	Saratoga Springs	4:29:41	14	Brian Delaney	Lake Placid	7:01:22
11	Bill Frazer	Lake Placid	4:31:02	SINGLESPEED			
20	Jonathan Favata	Mechanicville	4:49:20	1	Stephen Chapman	Ottawa, ON	4:18:19
24	Aaron Girard	Albany	5:00:47	3	Corey DuBois	Unadilla	5:21:59
28	James Keyzer	Gansevoort	5:07:24	TANDEM 100K			
30	James Neu	Brooklyn	5:13:41	1	Quiring Cycles	Free Soil, MI	5:03:30
34	Luke DeBrito	Saratoga Springs	5:22:32	SOLO 50K			
39	Joel Nashett	Au Sable Forks	5:33:07	<i>Top 3 Overall, Top 1 Division & NY Finishers</i>			
47	Bill Tyler	Rochester	6:03:20	MALE OVERALL			
49	Craig Zarzycki	Saratoga Springs	6:12:44	1	Patrick Carey/30-39	Keene	1:48:07
55	Kiel VanWagner	Saratoga Springs	6:23:29	2	Karl Schulz/1-19	Lake Placid	1:49:49
56	Rafael Campbell	Jackson Heights	6:39:58	3	Keith Watkins/40-49	Hamilton	1:56:14
59	Michael Thompson	Oneida	7:01:33	FEMALE OVERALL			
60	John Evansky	Hudson Falls	7:27:59	1	Tara Geraghty-Moats/20-29	Fairlee, VT	2:06:22
FEMALE AGE GROUP: 30 - 39				2	Sheray Tario/30-39	Ballston Spa	2:15:39
1	Jennifer Ketchell	Au Sable Forks	5:52:31	3	Emily Molden/30-39	Nantucket, MA	2:24:16
2	Anna Laloe	Saratoga Springs	6:01:40	MALE AGE GROUP: 1 - 19			
8	Rebecca Evansky	Hudson Falls	6:30:36	1	Magnus Rorapough	Pittsford	2:18:33
MALE AGE GROUP: 40 - 49				2	Zachary Lawrence	Wilmington	3:00:52
1	Palo Samko	Stone Ridge	4:20:33	FEMALE AGE GROUP: 1 - 19			
12	Tim O'Shea	Cazenovia	4:38:32	1	Mitchek Colley	Leadville, CO	2:53:27
21	Joshua Arvidson	Fayetteville	4:43:33	MALE AGE GROUP: 20 - 29			
24	Tien Ho So	Westhampton Beach	4:45:26	1	Alex Goff	Lake Placid	2:22:57
41	Chris Colt	Middletown	5:00:35	2	Zachary Carey	Rosendale	2:27:30
46	Scott Lawrence	Wilmington	5:05:37	MALE AGE GROUP: 30 - 39			
52	Gregory Donovan	New York	5:12:20	1	Jon Tobin	Newton, MA	2:08:20
53	Thomas Gorman	Yorktown Heights	5:13:02	3	Jacob Nashett	Saranac Lake	2:12:39
61	Jamie Campbell	Oneida	5:19:28	6	Ben Freer	Syracuse	2:25:35
64	Corey DuBois	Unadilla	5:21:59	7	Andrew Mack	Albany	2:27:08
69	Jeff Erenstone	Lake Placid	5:27:21	9	Charles McGrath	Homer	2:35:34
91	Mario Claussnitzer	Jackson Heights	6:01:49	12	Dewey Lawrence	Rochester	3:09:55
92	Robert Szkotak	Phoenix	6:04:44	FEMALE AGE GROUP: 30 - 39			
93	Scott Fritscher	Mattituck	6:05:46	1	Erin Rector	East Granby, CT	2:50:31
96	Loren Graham	Franklin	6:13:37	2	Rachel Morgan	Saratoga Springs	2:54:03
100	Brian Murphy	Katonah	6:16:19	MALE AGE GROUP: 40 - 49			
101	Chris Mulford	Schenectady	6:18:27	1	Paul Komanecky	Skaneateles	2:01:23
FEMALE AGE GROUP: 40 - 49				3	Eric Gregoire	Phoenix	2:15:14
1	Jill Vale	Collingwood, ON	5:07:28	5	William Solt	Elmira	2:16:09
7	Helene Schmid	Fayetteville	5:52:47	7	Scott Erb	Honeoye Falls	2:20:48
8	Rosanne VanDorn	Lake Placid	5:59:07	8	Dale Twardokus	Victor	2:20:50
MALE AGE GROUP: 50 - 59				9	Eric Rorapough	Pittsford	2:21:29
1	Sean Wright	Ottawa, ON	4:27:19	13	Ricky Adragna	Wilmington	2:36:26
2	Carl Reglar	Mount Vernon	4:28:26	15	David Lawrence	Wilmington	3:00:57
6	Tom O'Neill	Cortlandt Manor	4:51:25				

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Reflections Band Aug 9
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Lightning Rods Aug 30

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