COVERING UPSTATE NY SINCE 2000

FREE! **AUGUST** 2017



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RACE RESULTS

Top Finishers in 30 Events

AdkSports.com Facebook.com/AdirondackSports

By Laura Clark

or runners, fall means big-time marathons with Adirondack, Hudson Mohawk, New York City and Philadelphia issuing their siren calls. But what if work, vacations and hot weather derail your plans? Or what if you are simply unwilling to commit to lengthy training schedules? Then sample some of the following September 5Ks. You can dislodge your summer doldrums, reap the rewards of the crisp air, and aim for an energized 5K experience!

Labor Day celebrates American workers and what better way than to honor our four-legged partners as well? On Saturday, September 2, pay tribute to track horses at the Run for the Horses 5K Run/Walk, which benefits Saratoga-based non-profits that rescue and provide second chances for retired racehorses. You can meet and greet retired race horses who, being athletes themselves, may take a personal interest in your race. Walkers and canine companions are welcome as well, and there is a Kid's Half-Mile Fun Run prior to the main event.

The USATF certified course is based from Saratoga Spa State Park's Orenda Pavilion - following the same route as Kelly's Angels Mother-Lovin' Day 5K - over flat and rolling park paths and roads - a pleasant break from the usual Warming Hut or Columbia Pavilion-based 5Ks! Hot Tip: For speedsters wishing to challenge the horses, note that the route is twisty in places, necessitating a corner-to-corner strategy. (runforthehorses5k.com)

Also on September 2, is the classic SEFCU Labor Day 5K Race/Walk at University at Albany's SEFCU Arena - note new day and location! The 5K course is being firmed up shortly, but will be a modification of the basically flat three-mile course utilized at the HMRRC Winter Series races. As Josh Merlis of Albany

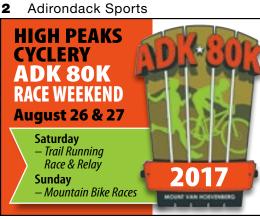
Running Exchange reflects, "There's something exciting about running on a course that I typically venture on when the ground is covered in snow and every inch of my body is covered in clothing." Hot Tip: Fitness fanatics, save energy for the SEFCU Team Strength & Conditioning Team Challenge (eventbrite.com), from 7am-4pm at the NCAA track & field. (hmrrc.com)

No matter what your running group, the Malta 5K on Saturday, September 9 fits the bill. It is part of the USATF Adirondack Grand Prix Series, Fleet Feet Championship Race, and Saratoga Stryders Grand Prix, so test yourself against top level competitors aiming for grand prix points as well as cash prizes. New this year, there is a "friendly business challenge" team competition among employees of major sponsors with top teams winning a donation to their favorite charity. Rock Your Fitness of Malta has been the perennial top three team for the past few years.

The fast course begins at HVCC's Tec Smart, winds through the Luther Forest Campus, past the Malta ballfields and onto a one-mile tour of Global Foundries. In a moving 9/11 tribute, all participants finish under a giant American flag hoisted by the Round Lake Fire Department. Proceeds benefit local first responders and VETHELP for homeless veterans. Hot Tip: HVCC TEC Smart is offering morning tours. (malta5k.com)

Also on September 9, consider the **Camp Challenge 5K Trail** Run/Walk (or 30-mile Bike Ride) with 100% of profits sending children coping with a serious illness to attend Double H Ranch free of charge. This is your chance to help a child who might otherwise not have the opportunity to experience the outdoor freedom we sometimes take for granted.

See RUNNING & WALKING 21



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













First on the list... On Sunday, August 6, is the 15th annual **Christine Nicole Perry Memorial Bike Ride**, starting at The Hub in Brant Lake. The event raises funds for a variety of North Country charities and celebrates the lives of Christine Perry, who was killed at age 18 in an automobile crash in 2003, and her father, Mark, who died unexpectedly in 2014. The scenic rides offers two different routes of approximately 15 and 40 miles, and registration includes lunch at The Hub after the ride and other extras. Preregistration is appreciated at bikereg.com.

Sunday, August 20, offers two distinctly different events for area cyclists. The first is the second annual **Rensselaerville Ride: From Hill to Hollow**, at the Carey Institute for Global Good in Rensselaerville. With four different, fully supported routes through the hills and hollows of the Helderbergs in Albany County, this event has something for everybody! Rides include the Rensselaerville (10 miles), Berne (24 miles), Westerlo (44 miles), and Potter Hollow (64 miles) challenge that dips into northern Greene County. Registration includes a T-shirt, and family-friendly post-ride festival with live music from the Lustre Kings, BBQ lunch from Carriage House Restaurant, craft beer and cider from Helderberg Brewery, and swimming in Lake Myosotis. Check-out bikereg.com for more information and registration.

Farther north also on August 20, the **Lake George Bike/Boat Ride** starts in the morning from Lake George Steamboat. Carry a change of clothes or stash a bag on the Mohican tour boat, then pedal north 40 miles to the dock in Ticonderoga, where the Mohican will pick you and your bike up, and take you on the 2.5-hour cruise back south. A later 1pm boat departure gives you more time to enjoy the bike ride north! With a snack bar, beer and wine, and the incomparable scenery of Lake George, it's a great workout (especially Tongue Mountain), then unwind on the Queen of American Lakes. To celebrate Lake George Steamboat's 200th anniversary, ask about special discount pricing. Visit lakegeorgesteamboat. com for details and to buy tickets.

Give yourself a week to recover, then head north to Saranac Lake where the 17th annual **Pat Stratton Memorial Century Ride** will treat you to more beautiful Adirondack scenery on Saturday, August 26. The event winds through the region on wide-shouldered highways and quiet back roads, sticking to valleys and easier grades to give the mountain views without the mountain climbs. Proceeds from this event benefit the

Saranac Lake Kiwanis, and the fully supported routes of 25, 50 and 100 miles take you past a host of Adirondack villages and lakes including Gabriels, Paul Smiths, Mecham Lake, St. Regis Falls and Lake Clear. Registration is free for active duty military and law enforcement members. All rides start and end at Mt. Pisgah Ski Lodge in Saranac Lake, where riders will enjoy BBQ, music, sports shirt, prizes and homemade pies after the finish. To register, go to active.com.

On Sunday, September 3, the Catskill Mountain Cycling Challenge heads out of the Catskill Recreation Center in Arkville, with routes that will show you the scenic beauty of the western Catskills. The Cycling Challenge brings you six road routes – five of them new – from 29 to 99 miles, plus a challenging 53-mile gravel grinder (5,986-foot gain) to test your fitness. The road rides offer varying degrees of difficulty so you will have a suitable route available no matter what your fitness level. Entry fees will help increase affordable recreational programming for all ages at the Catskill Recreation Center, a non-profit "go-to place" for fitness. You will find rest stops along the routes, commemorative T-shirt, free lunch and use of all CRC facilities on your return to Arkville. Learn more and register at bikereg.com.

The weekend after Labor Day is always chock full of great cycling events from which to choose, and this year is no different. On Saturday, September 9, the **Camp Challenge Bike Ride** (and 5K Trail Run/Walk) returns to the Double H Ranch in Lake Luzerne. You can ride through the southern Adirondack woods on the 30-mile road ride route, or choose the 5K trail run/walk, and 100% of your proceeds will go toward sending a child living with a serious illness to the Double H Ranch, free of charge. After you finish the ride or run, don't forget to stay for the food and live entertainment. For more information, registration, and to set up your personal fundraising page, go to doublehranch.org.

On September 9-10, the 47th annual MHCC Saratoga Century Weekend, with new routes of 25, 50, 62 and 100 miles, starts and finishes at Saratoga Spa State Park in

Saratoga Springs. This is the Mohawk Hudson Cycling Club's largest event and all are welcome as it attracts hundreds of riders from across the region every year. It's a great chance to meet new friends and get to know the quiet backroads of Saratoga County on fully supported rides that follow well-researched routes. One registration fee lets you ride both days, so if you've ever wanted to ride two fully supported centuries in one weekend, this is your chance... The century rides start at 8am, and an included catered lunch and craft beer awaits finishing riders! Get more info and register at bikereg.com.

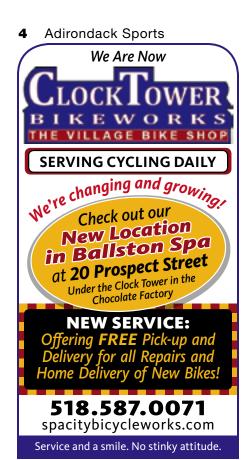
CYCLISTS START THE 2016 CAMP CHALLENGE RIDE 30-MILER IN LAKE LUZERNE. DOUBLE H RANCH

Also on Sunday, September 10, the **Tour de Daggett Lake** will again be hosted by Daggett Lake Campsites near Warrensburg, with scenic rides of 20 and 65 miles through the southern Adirondack countryside west of Lake George. The 20-mile ride is supported by a rest stop, and 65-mile riders stop at the Adirondack General Store in the hamlet of Adirondack, on the eastern shore of Schroon Lake. Proceeds from the ride support Rosie's Love, a local charity for children with cancer. Riders get a T-shirt and you can find details at daggettlake.net.

The fourth big cycling event of the weekend is the Cystic Fibrosis Foundation's **Cycle for Life** at Saratoga Polo Association in Saratoga Springs on Sunday, September 10. Cycle for Life offers routes of 17, 32 or 62 miles at your own pace. There's also breakfast before the ride, a post-ride party, and plenty of sag and mechanical support along the roads. For particulars and to register, visit fightcf.cff.org.

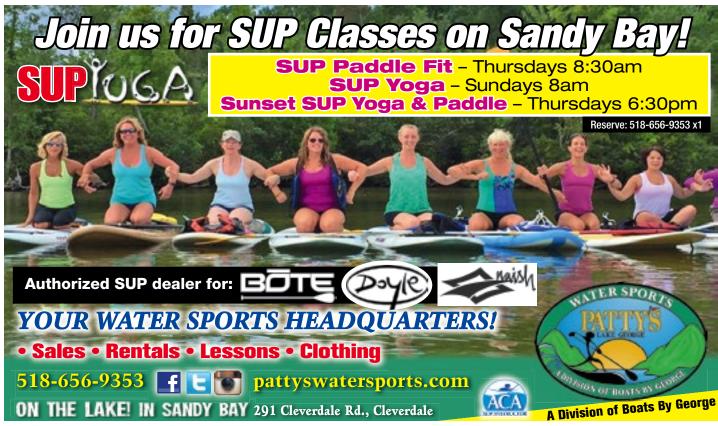
No matter which weekend you want to get out and enjoy riding as summer heads toward fall in upstate New York, there are many excellent organized events. Don't worry, the cycling season's not over – we'll be previewing more fantastic rides in the September issue!

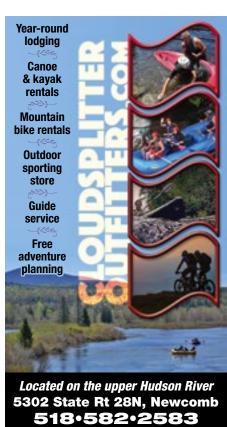
Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer, writer, and a veteran of many bike/boat rides and century weekends. Visit his website at krausgrafik.com.













AROUND THE REGION

News Briefs

NYS Bike Summit in **Albany on September 15**

ALBANY - The New York Bicycling Coalition will host the inaugural New York State Bike Summit at the Hearst Media Center (Times Union building) in Colonie on Friday, Sept. 15. The inaugural Bike Summit is an effort to bring together all entities who play a role in making New York a more bike and walk friendly state. Government officials, advocacy leaders, bicycle clubs, educators, engineers and planners are welcome to attend to present, network and strategize to transform the state into a leader in safe, active transportation.

"In putting together the wide ranging content for this event - workshops, plenaries and roundtable discussions - it is clear there is tremendous pent-up interest in the summit, which is long overdue," says NYBC executive director, Paul Winkeller. "We are eager to draw from the experience and recommendation all of summit attendees as we craft a strategy for creating opportunities for more, and much safer, bicycling in New York."

Individuals who work in the bicycle industry, nonprofits, government, law enforcement. or those who bike and walk for fun, transportation or sport are welcome to attend. Topics will include bike share, advocacy, bike equity, Vision Zero, education and safety, public health, ecotourism and green transportation. data and technology, trails, mountain biking, electric bikes, mass transit, bridges and funding. Registration and the schedule of events can be found at newyorkbicyclingcoalition2017.sched.com.

"Running the Long Path" **New Release by Kenneth Posner**

ALBANY - Inspired by Walt Whitman's poem Song of the Open Road, the Long Path's creators first conceived it as an unmarked trail to connect New York City to the Adirondacks. Today, the 350-mile hiking trail stretches from the 175th Street Subway to Thacher State Park near Voorheesville. Ultrarunner Kenneth Posner completed the trek in record-setting time in 2013. His recently-released book, Running the Long Path: A 350-mile Journey of Discovery in New York's Hudson Valley, is the story of his incredible endurance feat and a celebration of the historical significance of the Hudson Valley. Published by SUNY Press, go to: sunypress.edu. 📥

Avalanche Lake Trail Closed 8/15-25

LAKE GEORGE - The trail around Avalanche Lake will be closed from August 15 to 25. There will be no through access. During this time the NYS Department of Environmental Conservation and the Student Conservation Association Adirondack Corps will be working on the Hitch-Up Matildas, and hikers will not be able to pass through Avalanche Lake. Access through Avalanche Pass to the head of the lake and from Lake Colden to the outlet will be possible. Signage will be posted at Avalanche Camps and Lake Colden, as well as Upper Works, Adirondak Loj and South Meadows.

Please plan ahead for trips during this time period. Also note that the trail from Feldspar to Lake Arnold has some flooded portions of the trail that are worsened with rain.

-Seth Jones, ADK's education programs coordinator.

Gore Improvements for 2017-18

NORTH CREEK - At the top of Adirondack Express II, the Saddle Lodge will be completely updated for a new mid-mountain experience. The size of the space is more than doubling, providing plenty of room to enjoy the fresh features of a completely updated lodge. Between runs, skiers will have a choice of a full-service or food court style meal, and dine in front of a spectacular showcase of the Adirondack High Peaks.

Gore is also undergoing a complete renovation of the original 1967 gondola unloading station with an all-new area for warming up, restrooms and socializing. The Northwoods Lodge is getting an addition too - look for a rental and repair shop and the children's Mountain Adventure Center. Go to: goremountain.com. 📥

New Golf FORE Diabetes Tournament

CLIFTON PARK - The Kivort Steel Diabetes Revolution has expanded its dedication in supporting the American Diabetes Association with the Capital District Golf "FORE" Diabetes Tournament on Wednesday, Sept. 13 at Van Patten Golf Club in Clifton Park. Presently, diabetes is the single greatest chronic disease threat to global health. As the global authority on diabetes, the ADA supports advocacy, education, and research that will hopefully, one day, result in a cure for this terrible disease. In the interim, the ADA has made monumental steps in improving the quality of life of those afflicted with diabetes.

Show your support by becoming a sponsor or player. Several sponsorship levels include player teams and individuals, and non-player opportunities. Special contests include longest drive, closest to the pin, and "fun fun fun" putting. Visit: golfforediabetes.com.

Whiteface Summer 2017 Projects

WILMINGTON - Whiteface is getting a facelift this summer. The Main Base Lodge stairway and installation of an elevator will improve accessibility and traffic flow. Additional bathrooms will be installed in the Base Lodge on the second level across from J.LOHR. Also, a remodel of the interior and exterior of the Cloudspin Bar and Grill. The Bear Den Lodge will undergo an expansion of the learn-to-ski facility, much of which will be completed by the 2017-18 ski season. The expansion includes the addition of a lounge adjacent to the current Black Bear Café with a bird's eye view of the slopes, where parents can relax and watch their budding powder hounds learn to ski and ride.

Snowmaking and grooming upgrades include a new snowcat for this upcoming season. New upgrades to the main pump house, which will be the foundation for significant snowmaking upgrades at the mountain. Up at the Summit. Whiteface will continue the Castle and roundhouse work for summer Memorial Highway visitors, and the elevator will also be replaced at the end of this summer to be ready for the following spring in 2018.

The crew is working hard this summer to restore Porcupine Lodge at the top of Lookout Mountain, which will serve as a warming hut for skiers and riders this upcoming winter. Check it out: whiteface.com.

Gore and Whiteface: Lowest Season Pass Prices through August 11

LAKE PLACID - Get your season pass to Gore, Whiteface and Belleavre before August 11 for the best pricing. Most passes now include SKI3 access to all three mountains. The pass includes a built-in bonus ticket for sharing with a friend or family member and more passholder perks and discounts. Financing options are available for season pass purchases. M.A.X. Pass add-on for full season passes and passes can be preloaded with money or linked to your credit card for easy on-mountain purchasing. Visit: goremountain.com or whiteface.com.

FROM THE **PUBLISHERS**

It Takes A Team

he sports we cover are individual in nature, however it takes a team to accomplish our competitive, health or fitness goals. Whether you join a club, hire a coach, training group, or have a support system of family and friends, it creates synergy - the creation of a whole that is greater than the simple sum of its parts.

Next time you consider signing up for an event or race, remember that it takes a team to organize it, from the director to the organizers to the volunteers. Show your support for the event, race, organization

and cause! Check out the Calendar of Events listings for things to do in upstate New York this summer and fall. Whether it's running races, bike rides, hiking treks, multisport events or paddling trips, there's a lot of offerings.

Teamwork and synergy are the key components in the sweaty, dirty sports we enjoy pursuing. Check out our athlete profile, Zach Boivin, whose story captures the theme perfectly. This month's Non-Medicated Life column on "lifestyle medicine" shows that diet, exercise and behavior can improve the health of our population and help hold down the cost of health care - an approach whose time has come.

Enjoy the 200th issue of Adirondack Sports magazine! As always, please support our advertisers and let them know where you

sawtheir ad. From our team to yours,

thanks for reading us!



Publisher/Editor/Founder: Darryl Caron

Publisher/Editor: Mona Caron

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Saturday, October 7 - 10am-5pm **ALBANY CAPITAL CENTER** 55 Eagle Street, Albany



Our sixth annual Mohawk Hudson River Marathon Expo held in 2016 was a success! More than 50 companies and organizations connected with 4,000 runners and outdoor enthusiasts.

The show has grown to become the Adirondack Sports **Expo & Mohawk Hudson River Marathon/Half** Marathon Packet Pickup with 100 exhibitors and 6,000 attendees expected (free admission).

We've moved to the brand new Albany Capital Center with an expanded floor plan including summer and winter sports, health and fitness, and destinations and events.

We are now accepting applications for exhibitors. Join us to make sales, launch new products, build brand

Please visit **AdkSports.com/adk-sports-expo** to read the media kit and complete the contract. Learn how we are earning the title of "Albany's Ultimate Sports and Fitness Event!"

awareness, and grow your clientele.

Contact Darryl or Mona Caron today to secure your space.

(518) 877-8788 or Info@AdkSports.com

Race directed by Hudson Mohawk Road Runners Club

Bicycles

Blackbog

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

Sunday Sept. 3

Catskill Recreation Center

Arkville, NY

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

 $\textbf{Register:} \ bikereg.com/catskill-mountain-cycling-challenge \textit{Info:} \ catskillrecreationcenter.org/catskill-mountain-cycling-challenge$



Early AM: Bike 40M Lake George to Ticonderoga 1:00PM: Ride Mohican Boat to Lake George Reservations: (518) 668-5777 www.LakeGeorgeSteamboat.com



Best Ride in the Adirondacks!
Saturday, August 26, 8am
Mt. Pisgah Lodge, Saranac Lake

100mi, 50mi, 25mi & kids' ride Rides for all ages & abilities ● Rain date: 8/27 T-shirt, picnic, music, poker ride w/prizes!

Register: Active.com

Info: Bob Scheefer (518) 891-5873 adkbuild@roadrunner.com Benefits Kiwanis Club of Saranac Lake youth programs

Saratoga Century Weekend

SATURDAY-SUNDAY SEPTEMBER 9-10

CARLSBAD PAVILIONSaratoga Spa State Park, Saratoga Springs

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

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am, Family Ride all day
- SAG, marked routes, rest stops, cue sheets
- Post-ride catered lunch and craft beer (age 21+) included!

Mohawk Hudson Cycling Club



Info/Register: BikeReg.com or MohawkHudsonCyclingClub.org \$40 member, \$50 non-member – All welcome! Registration is good for both days! Volunteer and ride for free!

RENSSELAERVILLE RIDEs from hill to hollow Sunday, August 20, 2017 Four Fully Supported Rides 10mi - 24mi - 44mi - 64mi Post Ride Festival with Music, BBQ & Beer hosted by Carey Institute for Global Good and Helderberg Brewery Rensselaerville, NY

Calendar of Events Cugust-October 2017*

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

*Events beyond this range are advertisers in this issue.

ALPINE & CROSS COUNTRY SKIING

AUGUST

- 1-31 Ski Clearance Sale. High Adventure Ski & Bike, Latham. 518-785-0501. highadventuresbp.com.
- **17-20 Ski & Snowboard Preseason Sale.** The Alpine Sport Shop, Saratoga Springs. 518-584-6290. alpinesportshop.com.

OCTOBER

7 Adirondack Sports Expo & Mohawk Hudson River Marathon/ Half Marathon Packet Pickup. 10am-5pm. 100 exhibitors, 6,000 attendees. Summer & winter sports, health, fitness, destinations, events. Albany Capital Center, Albany. 518-877-8788. adksports.com.

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.
- Tue Adk Spokes Time Trials: 6/6-8/21. 10M. 6:30pm. West River Rd, Fort Edward. 793-5676. insideedgeskiandbike.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.

AUGUST

- 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.

- West-Woodward Memorial Time Trial & NYS TT Champs. 9am-1pm. 18M/10M. Fire Station. Upper Jav. 518-637-6590.
- 12 HooRWA's Hoosic River Ride. 100M/75M/50M/30M. Hoosac School, Hoosick. 413-458-2742. bikereg.com.
- Harpoon Point to Point. Road: 100M/50M/25M. MTB: 20M at Ascutney. Harpoon Brewery, Windsor, VT. harpoonpoint.com.
- 19-25 Cycle Adirondacks. Schroon Lake, Keene Valley, Saranac Lake. 315-525-9554. cycleadirondacks.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. 1pm: Ride Mohican Boat to Lake George. 518-668-5777. Rain date: 8/27. lakegeorgesteamboat.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/rensselaervilleride.
- 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

- 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 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.
- 9-10 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.
- 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.
- 10 NYC Century. 100M/75M/55M/35M/15M. New York. 212-629-8080. transalt.org.
- **14-17 JDRF Ride to Cure Diabetes.** Multiple routes: 32-100M. Saratoga Springs. 477-2873. jdrf.org.
- 15 NYS Bike Summit. 8am-7:30pm. Topics: Bike share, safety, ecotourism, trails, mass transit, more. Hearst Media Center, Times Union, Colonie. newyorkbicyclingcoalition2017.sched.com.
- 15-17 ADK 540 Race/Ride. 136M/272M/408M/540M. 8AM. Alpine Inn, Wilmington. John Ceceri: 518-583-3708. adkultracycling.com.
- 16 Bike MS: Hudson River Ramble. Thacher State Park, Voorheesville. bikems.org.
- Brown's Brewing Covered Bridge Tour. 50M: 10am. 30M: 10:30am. 20M: 11am. Wallomsac Tap Room, Hoosick. 413-314-3478. bikereg.com.
- 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.
- 17 Tour de Vine. 20M. 10:30am. Easton. bikereg.com.
- **23 4th Harry Elkes Ride**. 50M/32M: 9:30am. 16M/15M: 10:30am. The Hub, Brant Lake. 518-796-2397. bikewarrenco.org.

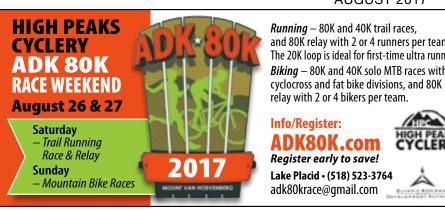


Register at









Runnina – 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. **Bikina** – 80K and 40K solo MTB races with cyclocross and fat bike divisions, and 80K relay with 2 or 4 bikers per team.

ADK80K.com

Lake Placid • (518) 523-3764



- 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.
- Columbia County Rotary Ride. Multiple distances. 7:30am. Fire House, Niverville. ktvrotary.org.
- Drops To Hops Bike Race/Ride. 43M/25M. Beer, food. Brewery Ommegang, Cooperstown. 607-547-2800. clarksportscenter.com.

OCTOBER

28-29 Haunted Hundred Overnight Century. 100M. Schuylerville. John Ceceri: 518-583-3708. adirondackultracycling.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: 8/6, 8/20, 9/3, 9/17. 1-4pm. Up A Creek Restaurant & Leepoff Cycles, Wilmington. bikewilmingtonny.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.
- Over the Top 10K Mountain Bike Duathlon & 5K Trail Run. Solo/2-person teams. West Mountain, Queensbury. 518-636-3699. westmtn.net.
- Bellayre Mountain All-Terrain Challenge MTB Race. Bellayre Mountain, Highland. nysmtbseries.com.
- 2017 Suicide Six MTB Race. 10am. Harriet Hollister Spencer Recreation 20 Area, Springwater. 585-657-7777 x223. thehardcore24.com/S6.html.
- Peak 6-Hour MTB Challenge. Green Mountain Trails, Pittsfield, VT. 26 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

- 1-3 Wilmington-Whiteface Bike Fest. Group rides, music. Wilmington. wilmingtonmtbfestival.com.
- Adirondack Trail MTB Race. 550M MTB Ultra. Northville. bikepacking.com.
- Kirkland Cyclocross Race. Kirkland Town Park, Clinton. 10 nvcross.com.
- Riedlbauer's Round Top Rally MTB Race. Round Top. rtmba.com. 10
- Rocky Point 50M. 9am. Rocky Point Preserve, Rocky Point. 10 631-944-1733. bikereg.com.
- Garnet Hill Grit Mountain Bike Race. 6M. 10am. Garnet Hill Lodge, North River. underdogtiming.com.

OCTOBER

- Best Cyclist in the Universe Race. 5K enduro, 30K road race, 15K MTB. Solo/teams. Windham Mountain, Windham. bikereg.com.
- Cross Out Child Abuse Race. Scriba Park, Oswego. rideoswegocounty.bike.
- Uncle Sam Cyclocross GP Race. Prospect Park, Troy. nycross.com.
- Ellicottville Fall Festival Mountain Bike Race. 5-15M. 10am. Holiday Valley Resort, Ellicottville. heartrateup.com.
- CircumBurke Challenge MTB. Sherburne Lodge, East Burke, VT. circumburke.org.
- Erie 80K MTB. 25M/50M. 10am. Pike/Front Streets, Port Jervis. discoverportjervis.com.
- Wicked Creepy Cyclocross Race. Willow Park, Bennington, VT. nvcross.com.

NOVEMBER

Bethlehem Cup Cyclocross. Elm Ave Park, Bethlehem. nvcross.com.

HEALTH & FITNESS

ONGOING

Mo-Sa Rock Your Fitness: Total Body Training. Four-week session, 6am only: 7/31-8/26. Six-week session: 9/11-10/21. 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.

SEPTEMBER

SEFCU Team Strength & Conditioning Challenge. 7am-4pm. University at Albany, Albany. eventbrite.com.

OCTOBER

Adirondack Wellness Project Fall Retreat. Yoga, hiking, kayaking, healthy meals. Lapland Lake Vacation Center, Northville. lynn@yogalynn.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.

AUGUST

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

SEPTEMBER

- Mt Marshall Hike. 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- Donaldson & Emmons Hike. 14.6M. 7:30 am. Coreys. ADK: 518-523-3441. adk.org.
- 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.











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

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- 21-24 Thru-Hiking 101: Long-Distance, Lightweight Backpacking. Northville-Placid Trail. 9am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- Mt Marshall Hike. 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 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.
- 30-10/1 Map & Compass Bushwhack Skills Workshop. Heart Lake, Lake Placid. ADK: 518-523-3441. adk.org.

OCTOBER

- Dix & Hough Hike. 13.7M. ADK: 518-523-3441. adk.org.
- Seymour Mountain Hike. 14.4M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.
- Street & Nye Hike. 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- Donaldson & Emmons Hike. 14.6M. 7:30 am. Coreys. ADK: 518-523-3441. adk.org.
- Outdoor Leadership 101. 9am-4:30pm. Adirondak Loj Dining Room, Lake Placid. ADK: 518-523-3441. adk.org.

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: 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.

AUGUST

- Maple City Triathlon. 750m Swim, 20K bike, 5K Run. 8am. Ogdensburg. runsignup.com.
- Basin Harbor Aqua Race & Duathlon. Basin Harbor Resort & Boat Club, Vergennes, VT. active.com.
- 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.
- Cayuga Lake Triathlon: Sprint, Intermediate, Youth. 8am. Taughannock Falls SP, Trumansburg. cayugalaketriathlon.org.
- Staten Island Tri/Duathlon. Tri: 0.25M swim. Du: 1M run, 12M bike, 3M run. 8am. Midland Beach, Staten Island. nytri.org.
- Monster Classic 10K & 5K. 8:45am Broadway & Frasier Ave, Monticello. 845-239-2107. sullivanstriders.org. Betsy Owens Memorial Swim. 1M/2M cable swims. Mirror Lake,
- Lake Placid. 518-727-1586. greenleafracing.com. Ken Hummel Memorial Duathlon, 5K & Kids'1M. 9am. Stuyvesant.
- stuvvesantnv.us. Old Forge Triathlon. Intermediate: 1000m swim, 22M bike, 4M
- run. 7:50am. Lakeview Ave, Old Forge. atcendurance.com. Vermont Sun Triathlon. 600yd swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.
- Lake Dunmore Triathlon. 1600yd swim, 28M bike, 6.2M run. 8am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.

- SLVP Paddling Duathlon. 6:30pm. Little River Boat Launch, Canton. St. Lawrence Valley Paddlers: slvpaddlers.org.
- 17th Crystal Lake Triathlon. 8am. 0.5M swim, 18M bike, 3M run. Aquabike: 0.5M swim, 18M bike. Crystal Cove, Averill Park. cdtriclub.org.
- West Point Triathlon. 0.5M swim, 12M bike, 5K run. Camp Buckner, West Point, usma.edu.
- Peasantman Steel Distance Triathlons, Full, half, intermediate, aquabike. Indian Pines Park, Penn Yan. peasantman.com.
- Duanesburg Sprint Triathlon. 9am. Duanesburg, YMCA, Duanesburg. 895-9500. active.com.
- Rochester Triathlon. Intermediate, Aqua, Sprint. 7:30am. Durand Eastman Park, Rochester. rochestertriathletes.com.
- Lake George Open Water Swim. 2.5K: 7:45am; 5K: 9am; 10K: 7:55am. Town Beach, Hague. lakegeorgeswim.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.
- 5th Greene County Y Tri. 350yd swim, 11.5M bike, 5K run. 8am. Teams welcome. Sleepy Hollow Lake, Athens. runsignup.com.
- Ironman Lake Placid 70.3. 1.2M swim, 56M bike, 13.1M run. Lake Placid, ironman.com.
- Incredoubleman Triathlons. Half, Olympic, Aqua. Westcott Beach SP, Sackets Harbor, incredoubleman.com.
- Survival of the Shawangunks (SOS) Triathlon. Minnewaska SP, New Paltz. sostriathlon.com.
- 41st Josh Billings Runaground Triathlon. 27M bike, 5M paddle, 6M run. Teams/solo. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
- Scott Woodward Memorial Duathlon. 2.5M run, 12M bike, 2.5M run. 9am. Lapham Mills Park, Peru. adirondackcoastevents.com.

OCTOBER

- 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.
- 15th Mohawk Towpath Duathlon. 2M run, 17M bike, 2M run. 8:30am. Riverview Orchards, Rexford. mohawktowpath.org.
- Central Park Duathlon. 2M run, 12M bike, 2M run. Boathouse, Central Park, New York. nytc.org.

OTHER EVENTS

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

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.
- Wilmington Festival of the Colors. Wilmington. whiteface.com.
- Golf "FORE" Diabetes Tournament. Van Patten Golf Club, Clifton Park. golfforediabetes.com.
- Lake Placid Brew Fest. Olympic Center, Lake Placid. whiteface.com.

Betsy Owens Memorial LAKE SWI



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









23-24 8th Adirondack Moose Festival. Trail hikes, rafting, contests, vendors, Indian Lake, 518-648-5636, indian-lake.com.

 $\textbf{30-10/1} \quad \textbf{Oktoberfest.} \ Food, beer, music. \ White face, Wilmington.$ whiteface.com.

OCTOBER

- 7-8 Harvest Fest. 10am-4pm. Food, music, gondola rides, trampoline, disc golf. Gore Mtn, North Creek. 518-251-2411. goremountain.com.
- 7-8 Flaming Leaves Festival & US Ski Jump Champs. 10am-4pm. Food, music, games, vendors. Olympic Jumping Complex, Lake Placid. 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.
- 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.

AUGUST

- 12th Lake Champlain Dragon Festival. Release the Dragons. 8am-5pm. 6 Waterfront Park, Burlington, VT. 802-999-5478. ridethedragon.org.
- SLVP Paddling Duathlon. 6:30pm. Little River Boat Launch, Canton. St. Lawrence Valley Paddlers: slvpaddlers.org.
- 19-20 Wells Bridge Canoe & Kayak Races. 8M/10M/13M. Wells Bridge. 607-783-2880.
- 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

- 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.
- Kayaking4Meso on the Hudson, 8M, 9am, Admiral's Marina, Stillwater to Lighthouse Park, Halfmoon. kayaking4meso.org.
- 13th Hudson Crossing Cardboard Boat Race in memory of Alexander "Sam" Aldrich. Fort Hardy Park Beach, Hudson Crossing Park. hudsoncrossingpark.org.
- 21st Rochester River Challenge. 300m sprint races. Genesee Waterways Center, Rochester. 292-6107. adaptivecanoeing.org.
- Women's Kayaking Day. YMCA Camp Chingachgook, Kattskill 17 Bay. camp.cdymca.org.
- Long Lake Long Boat Regatta. 10M. 11am. Town Beach, Long Lake. 518-891-2744. macscanoe.com.
- St Regis Canoe Classic. 5M/7M/11M. 10am. Paul Smith's College, Paul Smiths. 315-720-5446. paulsmiths.edu.

OCTOBER

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

RUNNING, TRAIL RUNNING & WALKING

ONGOING

Daily Obstacle Course Training. All Welcome. Open: May-Nov. Sunny Hill Resort, Greenville. 518-634-7642. sunnyhill.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.

AUGUST

- $\textbf{Colonie Summer Track.} \ 6 pm. \ Colonie \ HS, \ Colonie. \ Frank \ Myers:$ 518-869-9333, hmrrc.com.
- 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.
- 39th Dynamic Duo Pursuit Race. 3M per person. 8:30am. Colonie Town Park, Colonie. Frank Myers: 518-869-9333. hmrrc.com.
- Fox Creek 5K Run/Walk. 9am. Berne Town Park, Berne. 518-225-4925. active.com.
- Bald Eagle Half Marathon & 10K. 8am. Ridgeback Sports, Callicoon. 617-459-6099.
- 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.
- 39th Lane 10K Lake Run. 9am. Lake Pleasant. Donna Benkovich: $518\hbox{-}548\hbox{-}4521. speculator chamber.com.}$
- 38th Monster Classic 10K & Monster 5K. 8:45am. Broadway & Frasier Ave, Monticello. 845-239-2107. raceroster.com.
- 12th SOS 5K. 11am. 1892 Schoolhouse, Star Lake. 315-848-5326. adirondackexhibitcenter.org.
- 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. 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.
- Ken Hummel Memorial 5K, Duathlon & Kids' 1M. 9am. Stuyvesant.
- Kiwanis Clove 10M, 5K & 1M Runs, 8am, Castleton-on-Hudson, Christopher Chartrand: 732-2940.
- Cerveza Shuffle. 5K/10K: 9am. Family Run/Walk: 10:30am. Warming $Hut, Saratoga\ Spa\ SP, Saratoga\ Springs.\ gfmmf.org.$
- Blue Mountain Sizzler 5K. 8:30am. Blue Mountain Lake. 518-352-7364. bluemtsizzler.com.
- $Run\ For\ Roses\ 5K,\ Walk\ \&\ Fun\ Run.\ 9am.\ Grafton\ Lakes\ SP,\ Grafton.$ $518\hbox{-}279\hbox{-}1386. \ runsignup.com.$
- 25th Catskill Mountain 100K Road Race & Relay. 5:30am. Phoenicia. todjen.wixsite.com.
- 5th Monday Night Mile. 5:30pm. Saratoga Casino Hotel & Raceway, Saratoga Springs. 518-796-8878. saratogahistory.org.
- Tawasentha XC 5K. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.
- 15th Jailhouse Rock 5K. 8:30am. Brookside Museum, Ballston Spa. brooksidemuseum.org.





Sunday, September 17

THROUGH 5 TOWNS IN THE **BEAUTIFUL BERKSHIRES**

Bike • Canoe/Kavak/SUP • Run Team & Iron Categories

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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/quests have access to use

Register, application or more info: www.LakeGeorgeHalfMarathon.com If: \$30 by 7/11 or \$40 after • 10K: \$25 by 7/11 or \$35 after • T-shirts to re









\$15 HMRRC 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): **HMRRC.com**

Course the Wall" 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):

RunReg.com

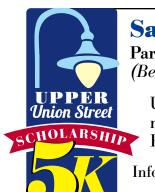
- Over the Top 5K Trail Run & 10K MTB Race. Teams, BBQ, beer tastings. West Mountain, Queensbury, westmtn.net.
- Sarcoma Strong 5K. 9am. University at Albany, Albany. Courtney Hill: 518-262-2875. sarcomastrong.com.
- 20th Olga Memorial Footrace. 10K/5K Run & 5K Walk. 9:30am. Berkeley Green, Saranac Lake. Aleacia Landon: 518-891-5846. saranaclakeyouth@gmail.com.
- Landis Arboretum 5K Forest Run. 9am. Landis Arboretum, Esperance. landisarboretum.org.
- Twisted Branch 100K Trail Run. 5am. Ontario County Park, Naples. twistedbranchtrail.com.
- Willow Bay 5K Run & Fitness Walk for Women. 9am. 315-638-9662. syracusechargers.org.
- 19-20 New Balance XC Weekend. 20% off all New Balance. Fleet Feet Sports Albany: 518-459-3338. Malta: 518-400-1213. fleetfeetalbany.com.
- Tour de Force Charity Run: Half Marathon, 10K, 5K & 1M Walk. 8am. Mooney Bay Marina, Plattsburgh. runsignup.com.
- 33rd Tony Luciano 5K Road Race. 9am. Community Pool, Hudson Falls. active.com.
- Erin Shanley Memorial 5K & 1M Walk. 9am. Lion's Club Pavilion, Pine 20 Plains, 845-214-7801.
- Camp Saratoga 5K Trail Run Series, 6:15pm, Wilton Wildlife Preserve, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.
- Tawasentha XC 5K. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.
- 20th Altamont 5K Run & Walk. 9am. Altamont Mile: 10:15am. Live music festival: 10am-6pm. Bozenkill Park, Altamont. Altamont5k.org.
- Fishy Frolic: Mackerel Mile Walk, Fishy 5K & Trout 10K. 9:30am.
- Corning Preserve, Albany. 518-705-7592. zippyreg.com. DeerFly 5K/10K Trail Run/Walk & Extreme Duo (5K&10K). 10K: 9am. 5K:
- 10:30am. Winona Forest Recreation Area, Mannsville. winonaforest.com. Run for Jon. 2.5M. 1M Walk & Fun Run. Forrence Orchards, Peru.
- runforjon.com. Best Dam Run/Walk. 13.1M. 9am. Great River Hydro, Whitingham, VT.
- March on for Brain Injury 5K & Family Walk. 8am. Walkway Over the Hudson, Poughkeepsie. 518-459-7911. bianys.org
- **26-27 Nike XC Weekend.** 20% off all Nike. Fleet Feet Sports Albany: 518-459-3338. Malta: 518-400-1213. fleetfeetalbany.com.
- $\textbf{ADK 80K Trail Running \& Mountain Bike Races.}\ 20 K \ loop.\ Sat:$ Trail Run & Relay. Sun: MTB Race. Mt Van Hoevenberg, Lake Placid. 518-523-3764. adk80k.com.
- 6th 1812 Challenge & Half Marathon. 18.12M & 13.1M road races. Watertown to 1812 Battlefield, Sackets Harbor. 1812challenge.com
- Run for Home 5K. 8:45am. Kids' race: 8am. Van Wyck Trailhead, Wappinger Falls. mhrrc.com.
- Moreau "Give Back Playground" Color Run. 9am. Moreau Recreation Park, South Glens Falls. runsignup.com.
- 25th Scholarship Trail Race. 5K. 8:30am. Red Rocks Park, South Burlington, VT. gmaa.net.

SEPTEMBER

- 29th SEFCU Foundation Labor Day 5K, 9am, New Fitness Challenge, SEFCU Arena, University at Albany, Albany, hmrrc.com.
- 8th Run for the Horses 5K. 8:30am. Kids' Fun Run: 8am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. runforthehorses5k.com.
- CM5K Walk/Run. 9:30am. Waterfront Park, Northville. 518-883-8904. runsignup.com.
- Saucony XC Weekend. 20% off all Saucony. Fleet Feet Sports Albany: 518-459-3338. Malta: 518-400-1213. fleetfeetalbany.com.
- 49th Archie Post 5-Miler. 8am. Gutterson Field House, UVM, Burlington, VT. Kids' 1/4M: 9am. Russ Cooke: 802-846-5635. gmaa.net.

- Camp Challenge 5K Trail Run/Walk or 30M Bike Ride. Double H Ranch, Lake Luzerne. doublehranch.org.
- 8th Malta 5K. 8:30am. HVCC Tec-Smart Complex, Malta. Paul Loomis: 518-472-4807. malta5k.com.
- Glens Falls Hospital 5K. 8am. Great Escape, Queensbury. 518-792-3500.
- Old Forge Marathon, Half Marathon & 5K. 8:30am. Hiltebrant Rec Center, Old Forge. 315-663-5538. willowhwc.com.
- Sky Run Vertical 5K/10K. 9am. Mad River Glen, Waitsfield, VT. 802-540-5225. endurancesociety.org.
- 16th Teal Ribbon 5K Run & Walk. 5K: 9:10am. 1M Walk: 9am. Lake House, Washington Park, Albany. caringtogetherny.org.
- BiteBack Against Lyme 5K Run & 1.5M Walk. 11am. Crossings Park, Colonie. 518-470-0497. globallymealliance.org.
- 10th Anne's Quest 5K. 8am. Warming Hut, Saratoga Spa SP, Saratoga Springs. annesquest.org.
- 15th Ty Yandon Memorial 5K Run/Walk. 8am. Health Center, Newcomb. 518-582-2991.
- 10th Barry Hopkins Run at Olana 6K. 9:30am. Olana State Historic Site. 818-731-7697. olana.org.
- Tugboat Chug 5K & Kids' Run. 10am. Village/Peebles Island SP, Waterford. albanyrunningexchange.org.
- New Balance Fifth Avenue Mile. 1M. 8am. Fifth Ave, New York. nyrr.org.
- Glow Back To School 5K. 7pm. Stillwater Area Comm Center, Stillwater. stillwaterareacommunitycenter.org.
- Rochester Marathon, Half, Relay & 5K. Maplewood Park, Rochester. rochestermarathon.com.
- Upper Union Street Scholarship 5K. 8:30am. Refreshments, DJ. Woodland Avenue, Central Park, Schenectady. upperunionstreet.com.
- ADK 5K, 10am, Beer, music, lawn games: 10am-2pm, Adirondack Pub & Brewery, Lake George. greatamericanbreweryruns.com.
- Great Cow Harbor 10K Race. 8:30am. 2K Run/Walk: 8:45am. Laurel Ave School, Northport. cowharborrace.com.
- 3rd Backpack Run 5K/10K. 9am. Theresa Primary School, Theresa.
- 315-439-4938. thebackpackrun.com. 14th Common to Common 30K. 8:30am. Memorial Hall, Essex Center,
- VT. 802-878-4385. gmaa.net. 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. Moreau Lake 15K & 5K Trail Races. 9am. Moreau Lake SP,
- Gansevoort. greenleafracing.com. Dunkin' Run 5K, 10K & 15K. 8:20am. AJCC, Albany. Tom
- Wachunas: 518-438-6651. albanyjcc.org.
- HMRRC Anniversary Races: 2.95M/5.9M. 9am. UAlbany, Albany.
- Course the Wall Trail Runs. 9K: 10:45am. 5K: 11am. 1K Fun Trail Run: 11:05am. BBQ, music. Lapland Lake Nordic Center, Northville. 518-863-4974. runreg.com.
- Stephen Siller Tunnel to Towers Stair Climb. 8am. Corning Tower, Albany. tunnel2towers.org.
- Garden Share Fight Hunger 5K. 1pm. Remington Trail, Canton. gardenshare.org.
- 22-23 Ragnar Relay Adirondacks. 200M. Saratoga Springs to Lake Placid. 877-837-3529. runragnar.com.
- 24th FAM 5K "Fund" Run/Walk for Charity. 10am. Kids' Run: 11am. Brooks BBO, music. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5K.com.
- 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.





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







- kLaVoy Donate Life 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs, zippyreg.com.
- Hero Walk & 5K Run for Autism. 9am. Central Park, Schenectady. 23 albanyautism.org.
- Walk to End Alzheimer's. 10am. Siena College, Loudonville. 800-272-3900. Alzheimer's Association. alz.org.
- Color Me Remington 5K Walk/Run. 10am. Dobisky Visitors Center, Ogdensburg. 315-355-1363. fredericremington.org.
- Adirondack Marathon Distance Festival: Marathon (9am), Half Marathon (10am), Two- & Four-Person Relays (9am). Schroon Lake. 518-532-7675. adirondackmarathon.org.
- 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.
- 14th Crossings 5K Challenge Run/Walk & Kids' Runs. 10am. Ciccotti Family Rec Center, Albany. Colonie Youth Center: 518-438-9596. colonieyouthcenter.org.
- Vermont Sun Half Marathon, 10K & 5K. 10am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.
- 42nd Falling Leaves 5K & 14K. 9am. Radisson Hotel, Utica. uticaroadrunners.org.
- 36th Watervliet Arsenal City 5K Run & USATF-Adk Masters Champs. 10am. 1M Fun Run/Walk: 9:30am. City Hall, Watervliet. zippyreg.com.
- Muddy Sneakers 5K Trail Run. 9am. Indian Meadows Park, Glenville. Allison Reinhardt: 518-371-2139. cdymca.org.
- Albany Booster Club Falcon 5K. 9:30am. Washington Park, Albany. zippyreg.com.
- Maddie's Mark 5K, Walk & Kids' Run. 9am. Central Park, Schenectady. 518-527-7904. maddiesmark.org.
- Pfalz Point Trail Challenge. 10M. 9am. Springfarm Trailhead, Mohonk Preserve, New Paltz. mohonkpreserve.org.
- Towpath 6K Run. 9:15am. Walk: 9am. Community Center, Accord.
- Oktoberfest 5K Run. 10:30am. Wolff's Biergarten, Albany. Patrick Lynskey: 518-677-2768. greenleafracing.com.
- Leaf Cruncher 5K Trail Run. 10am. Gondola rides for all, on-course treasure hunt, awesome prizes. Gore Mountain, North Creek. goremountain.com.
- Race for Hope 5K. 10am. New Scotland Road, Slingerlands. 518-439-4326. capitalregionspecialsurgery.com.
- Island Eagle Run 4M. 8:30am. Schodack Island SP, Castleton-on-30 Hudson, 518-732-2940.

OCTOBER

- **Beat Beethoven!** 5K Run/Walk to 5th Symphony. 9:20am. Central Park, Schenectady. 518-372-2500. schenectadysymphony.org.
- Voorheesville 7.1M. 10am. New Scotland Town Park, Voorheesville, hmrrc.com.
- North Country Out of the Darkness Walk. Walk to fight suicide. Olympic Speedskating Oval, Lake Placid. 518-962-2077. afsp.org/northcountry.
- Rensselaer Runs United 5K. 10am. Rensselaer Tech Park, North Greenbush. 518-276-4305.
- Syracuse Festival of Races. Men's 5K, Women's 5K, 3K Fitness Run, Walk. 8:50am. East Colvin St/Coyne Stadium, Syracuse. Dave Oja: 315-446-6285. festivalofraces.com.
- 23rd Burnt Hills Rotary Apple Run 5K Run. 9am. 1M Kids' Run: 9:45am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 518-399-2225.
- 11th Falling Leaves 5K & Kids Fun Run. 10am. Kelley Park, Ballston Spa. 518-885-6886. ballstonspaumchurch.org.

- Komen Race for the Cure. 5K Run/Walk & 2K Family Walk: 9:30am, Kids Dash: 8:45am, Empire State Plaza, Albany, 518-250-5379. komenneny.org.
- Adirondack Sports Expo & Mohawk Hudson River Marathon/ Half Marathon Packet Pickup. 10am-5pm. 100 exhibitors, 6,000 attendees. Summer & winter sports, health, fitness, destinations, events. Albany Capital Center, Albany. 518-877-8788. adksports.com.
- **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.
- Trek For Hope 5K Run/Walk. 9:30am. Village Park, Granville. 1M Kids Run: 9am. 518-321-9640. thehayneshouseofhope.org.
- 9th Race Away Stigma 5K Race & Fun Walk. 10am. Hudson Valley Comm College Student Pavilion, Troy. Larry Ellis: 518-629-7175.
- Cure for IBD 5K, Fun Run & Walk for Crohn's & Colitis, Burlington, VT. cureforibd.net.
- 17th Great Pumpkin Challenge 5K, 10K, & 1M Fun Run. 9:30am. Saratoga Spa SP, Saratoga Springs. 518-587-0723. saratogabridges.org.
- $\textbf{4th St.} \ Catherine's \ Running \ SCCC \ ared \ Family \ 5K. \ 9:30 am. \ The$ Crossings, Colonie. 518-453-6756. st-cath.org.
- Monster Scramble 5K/10K. 9am. Costumes, prizes. Liberty Ridge Farm, Schaghticoke. 518-464-0112. nationalmssociety.org.
- Lake George Land Conservancy Trail Race. 5M. Amy's Park, Bolton Landing. lglc.com.
- Fall Foliage Half Marathon & 5K. 10:20am. Dutchess County Fairgrounds, Rhinebeck. fallfoliagehalf.com.
- 18th Great Sacandaga 10K Race. 10:30am. Sport Island Pub, Northville. Ann Kenvon: 775-1877.
- 7th Oktoberfest Half Marathon, 10K, 5K & 40K Bike. Peru. adirondackcoastevents.com.
- Wandering Witch Trail Races. 5K/10K. 9:30am. Christ The King Conf Center, Greenwich, bkyr.net.
- 17th Ghostly Gallop 5K. 11:30am. Hudson HS, Hudson. ghostlygallop.info.
- Marine Corp Marathon. 26.2M. Washington DC. marinemarathon.com.
- Goblin Gallop 5K & Halloween Hop. 9:30am. Abraham Wing School, Glens Falls. adirondackrunners.org.
- Brookhaven Oktoberfest 5K Trail Run. 10am. Kids' 1K Run: 11am. Brookhaven Golf Course, Porter Corners. 518-893-7605. skireg.com.
- Hairy Gorilla Half Marathon & Squirrelly Six Miler. 9:30am. Thacher State Park, Voorheesville. albanyrunningexchange.org.
- Saratoga Cross Country Classic. 5K: 10am. 2K/3K Development Runs: 9am. Saratoga Spa SP, Saratoga Springs. saratogaxcclassic.com.

NOVEMBER

MVP Health Care Stockade-athon 15K Road Race. 8:30am. New: Stockade Cup Relay for business/org teams w/three 5K legs. Kids' 0.5M Run: 10:30am. 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



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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

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Saturday, October 14, 2017 Saratoga Spa State Park Columbia Pavilion

5K & 10K Walk/Run 9:30a.m. Kid's Fun Run following races

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5K & 10K Fees: \$25 (by 10/1); \$28 (by 10/11 at 10a.m.); \$30 (before 6p.m. on 10/13) Kids Fun Run Fee: \$5 (12 & under)

Register Online: www.saratogabridges.org More information: 518.587.0723



















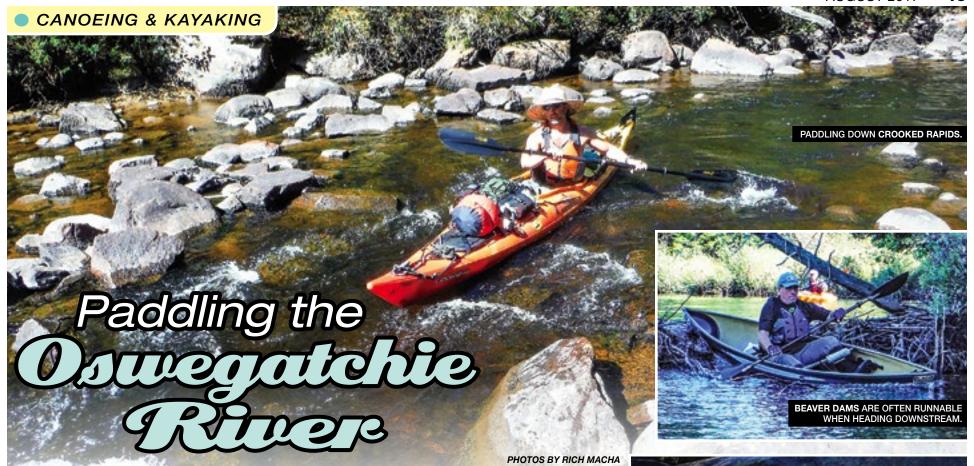












By Rich Macha

he East or Main Branch of the Oswegatchie River is regarded by many seasoned trippers as one of the Northeast's premier wilderness paddling destinations. Before the Oswegatchie flows into Cranberry Lake at Wanakena, it winds its way seemingly aimlessly for 20 miles through the Five Ponds Wilderness Area. While paddlers can get a taste of the river on a day trip, it is best explored over three or more days, especially if you plan to add-in some hiking along the way.

From NY Route 3 west of Cranberry Lake hamlet, it is a 3.2-mile drive on dirt Sunny Lake and Inlet roads to Inlet, which nowadays is just a grassy clearing where once a hotel stood. This Inlet is not to be confused with the Town of Inlet which is further south near Old Forge. From this hotel, guides would take their customers upriver to fish for trout, which were more plentiful then than they are now. In the early 1900s, there was much logging in the area and a railroad ran for a few miles upriver - the route of the old railroad is now a hiking trail. For some background of those times, read Man of the Woods by Herbert F. Keith, a colorful memoir of a young lad's trip up the river with guide Wilfred Morrison.

If you arrive at Inlet late in the day, you can camp at the edge of the clearing, and get an early start the next morning. If you have an hour or two to paddle you can get to some very nice campsites on the river. In the 12 miles from Inlet to High Falls there are over 30 campsites including four lean-tos; some of the campsites are more desirable than others.

Above Inlet, the river is fairly wide for a while, meandering through boreal marsh and alder swamp, but slowly narrows as you get further upstream where the coniferous forest closes in. You can expect to have to go over some beaver dams, push or wade up some short class I rapids, and perhaps get past a log jam or two. Your experience can vary at different water levels.

Bee Bee Rapid is the first of the "rapids." To avoid the rocks I find it best to stay to the right. Soon after, the paddler encounters the first beaver dam which is often breached and can be paddled in either direction. Early on, the river's turns are gentle, but after making a left at Sam's Curve the bends are sharper and more frequent. Straight of the Woods is the only really straight section before Griffin Rapids.

High Rock and campsite #41 are reached at 3.6 miles. There is a nice view from atop the rock, 25 feet above the river. After another 1.5 miles you reach Griffin Rapids. There may be a shallow rock or two but no real rapids. A lean-to (campsite #38) sits high up on the right bank.

If I have time and the lean-to is unoccupied, I like to stop and read the log book, hoping for some interesting tales written by previous adventurers. The Cage Lake Springhole Lean-To (aka Buck Brook Lean-To) is reached at 6.7miles. It is a lovely piney site. It is worth seeing how far up the brook you can paddle.

Continuing upriver, alders close in for a while before the shores become high and dry again. Tall white pines push upwards above mixed woods. You might have to paddle a bit harder to get up Ross Rapids, while watching out for rocks. The old logging railroad (now a hiking trail), came close to the left shore – guides used to pick up their mail here.

Wolf Pond Outlet is another feeder stream that can be paddled up a ways. Round Hill Rapids are reached at about the 10-mile mark. Consider yourself lucky, or good, if you can paddle up the swift current. You have the option to line-up (make sure you always have a few feet of rope tied to the bow of your canoe or kayak), carry past campsite #23, or pole up. The Oswegatchie lends itself well to the art of poling. I always forget to bring a pole and find that pushing off on rocks with a paddle is not very good for the paddle. Make sure you bring along a spare paddle. I've seen unfortunate folks go by with makeshift ones!

The trail to Five Ponds crosses the river via a footbridge at the top of Round Hill Rapids. I like to camp in this area so that I can take a hike to the ponds and beyond. It is a two-mile hike to the lean-to at Big Shallow Pond. The first mile experienced a lot of blowdown during the windstorm of 1995 - I did hike it shortly after the storm before the trail was cleared. Clambering over and under downed trees, and trying to keep track of the trail, was quite challenging. An esker blocked the wind over the second mile of trail and there was very little blowdown. I once saw a bear when I explored an unmarked path that leads to Wolf Creek - it quickly ran across the creek and disappeared in the woods once it detected me.

Campsite #22 is unusually flat as it once was the site of Walter Moore's (lumber)

Camp. A spring can be found nearby. High Falls is two more miles upriver. Crooked Rapids may have to be lined up and there are likely some beaver dams to lift over en route. Moss Rock is seen on the right as it rises over 10 feet above a bend in the river.

High Falls drops just 15 feet, but does so in a fairly spectacular fashion over a large rocky area. You will want to linger here awhile. Folks who are continuing upriver will carry 350 yards on the left. The

lean-to on this side of the river is very popular, as it can also be reached by hikers, as well as paddlers. The lean-to on the other side of the river is most easily reached by boat and thus sees less use. The river and falls cannot be seen from either lean-to.

Intrepid paddlers who continue past High Falls will encounter many beaver dams and some blockages. Camp Johnny (#11) is a desirable campsite, despite some artifacts that lie about the vicinity. Deer Camp gets some use, but other designated campsites are growing in due to lack of use. The Headwaters Carry is reached at about five miles above High Falls, at a spot named amusingly Beaverdam – this is the three-mile carry between the Oswegatchie and Lows Lake via Big Deer Pond. On a couple of occasions, I've gone about two miles above Beaverdam to where it is unclear where the river is, and into an area where beaver dams

create ponds above them. You do get the feeling that you're in the middle of nowhere!

In high water, I have done the trip downstream from High Falls to Inlet in less than four hours, but most times I take my time to make some stops and detours along the way. The Five Ponds Wilderness is about as remote an area as you will find in New York State. One negative is that on many days the peacefulness is disturbed by an hour or two of the sound of military training flights overhead. The positives, however, far outweigh the negatives and the Oswegatchie will continue to offer its delights to the wilderness paddler.

O SPEND SOME TIME.

A lover of wild places, Rich Macha (adkpaddle@yahoo.com) of Schenectady has led many trips for the Adirondack Mountain Club and has spent 20 years in the paddlesport business.













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KRISTEN HISI OP

2.4-mile swim, 112-mile bike and a 26.2-mile run. Ironman says "anything is possible," but how many people really believe that 140.6 miles in one day can be done? On Sunday, July 23, I asked just that question of spectators and volunteers on the Ironman Lake Placid course. The majority said, 'I couldn't do it.' Gigi Hatch of Boonton, NJ has been volunteering for the past four years in run special needs. Arriving at 4:30am she gets the run bags from nervous athletes and then sticks around cheering until the midnight hour. Even after watching her sister, Nanette Hatch of Waterford, cross the finish line twice, it still is a reach in her mind.

So what gets people to say, I can and I will? For Zach Boivin it was watching a good friend compete an Ironman for the fifth time in 2015. The cheering squad was at mile 100 of the bike, and Zach noticed the majority of athletes were smiling. Pondering how someone could smile after a 2.4-mile swim and 100 miles on the bike, they headed to watch the marathon. "I didn't go into the day with any thoughts of my life being changed, or having an awakening, or anything of that nature," Zach said. "I went into that day as a 330+pound guy, there to cheer on some amazing people who decided to take this thing on."

After watching their friends on the run course, they headed into the Olympic Speed Skating Oval to see the finish. Very often it is life changing and in this case it certainly was a huge turning point. "I'd never experienced something so electrifying. It's an entire bouquet of emotions. Laughs, smiles, tears. You watch some athletes collapse after crossing the line, while others decide to cartwheel across it. You hear race announcer, Mike Reilly, calling everyone in. That's what changed me. The ring of 'YOU ARE AN IRONMAN!' I knew I needed to experience that at some point in my life. I needed to see if I could push my body to that distance without breaking down. I wanted to transform myself from the overweight, out of shape guy I was, into an Ironman. Looking at my wife standing by my side, and my then three-year-old daughter who was riding on my shoulders, I already had all the inspiration I needed."

Armed with the daunting goal and garnering the support of his wife, Jennifer, and daughter, Jacquelyn, he signed up for Ironman Syracuse 70.3 in 2016. As happens to many athletes who get the bug, that first event is a raw shock. A triathlon is so much more than just swim, bike and run. At about halfway on the Syracuse run, Zach started questioning his ability to finish. He voiced his concern to his wife and Jennifer's response was "then you better start running faster." That was all he needed to get across the line.

Those thoughts of the finish line were still in his mind when he signed up for the 2017 Ironman Lake Placid. Through nutrition and activity changes, he had already lost over 100 pounds, and had hired a coach to help guide him through his journey. Then he saw an email about the Beachbody Performance nutritional supplements "Make Me an Ironman" contest. Race entry, coaching, a Roka wetsuit, a Quintana Roo tri bike, Hoka One One run shoes and more, would go to six regional winners who would each race a local Ironman event. Zach reflects, "The questions they asked seemed tailor-made for my experience at Lake Placid and my goals going forward. I also knew that my story of weight loss and determination has been told a million times, so I told it with as much passion and emotion as I could." It worked as Zach was chosen as one of the six winners out of 2,000 entries.

One requirement was to use an "Ironman U" certified coach, which is how we got connected in late January. As soon as I talked to Zach I knew this would be a fun journey. He was focused, determined, ready to learn and eager to work. The big goal was IMLP, but we put in some races to get ready including the Cooperstown Triathlon in early June. With additional training and a

little more knowledge under his shrinking belt, Zach was now thinking about competing, versus just finishing. We analyzed prior year Cooperstown results, and set the goal of winning the Clydesdale division, as long as he didn't lose more weight!

Zach remembers, "The fears dissipated at the race start. After some panic in the swim I was far behind where I wanted to be, and so cold. I knew my only chance of warming up on the bike was to ride as fast as I could over the 19 miles. I made up a lot of time, riding much faster than I thought I could. At mile two of the run, I could finally feel my feet again and the sun came out just in time to cross the finish line. I felt great after the race! It's so rewarding to see months and months of training pay off!" And he won the Clydesdale division.

After Cooperstown the training ramped up and Zach embraced every long swim, ride and run. He credits communication with his wife Jennifer as a key to successful training. They would plan out the week to create a workable plan. Some training was done together to help prepare Jennifer for the Iron Girl Syracuse triathlon in August. Zach's daughter loves watching Daddy race and train. She came along for the filming of a news piece on WNYT-TV in Albany, and loved being on camera cheering for her Dad.

Heading into the Lake Placid weekend, Zach was calm and focused. The fact that he is an air traffic controller helps in his ability to manage stress. The day before leaving he said to me, "I've come so far. It's time to trust my training and perform as well as I can – it's time to become an Ironman."

It is tough to stay calm and in the moment when you arrive in Lake Placid. The nervous energy level is off the charts. I found Zach headed into bike check-in on Saturday at 2:45 – it closed at 3pm. The Beachbody public relations rep, Laura Beechy, wanted to meet him in the transition area for photos. While waiting for her, we talked through the flow of race day, along with a few other athletes who were racking their bikes. Laura took some shots of Zach racking his bike and did short interviews with each of us. Then she asked to take pictures of Zach's gear. She unloaded all of his packed run and bike bags! Most athletes would have lost it right there, but not Zach. He went with the flow and was even game enough for a fun photo pose. We packed up his gear again and he headed to a pre-race dinner with family and friends.

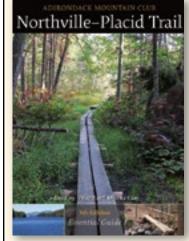
On Sunday morning he was in transition at 4:30am and ready to go. We got a quick photo with Mike Reilly, the voice of Ironman, and he headed over to the swim. He'll never say it was an easy day. He had a stuck zipper, so had to change kits, then his back seized up on the bike into the run, had blisters on his feet, and a nasty sunburn.

But he is ready to do it again. As a coach, my goal is to have athletes cross the finish line with a smile, feel good the next day, and want to race again. So those who think they can't do an Ironman, should chat with Zach as he says with a smile that won't leave his face, "I genuinely had a blast racing. I turned into a whole different person. I was hyping up other athletes and the crowd."

Zach continued, "Right before I turned into the oval, I looked at a group of spectators and yelled at them, "I'M ABOUT TO BECOME AN IRONMAN!" I had no idea who I was for those 15+ hours, but it was so much fun. I felt in control the whole race. I never had a doubt of finishing."

Kristen Hislop (hislopcoaching@gmail. com) of Clifton Park is a certified multisport coach who wants everyone to 'Do, Believe and Achieve.'





Northville—Placid Trail

ADK's essential guide describes this 138-mile trail, which winds through hamlets, villages, and some of the wildest and most remote parts of the Adirondack Park.

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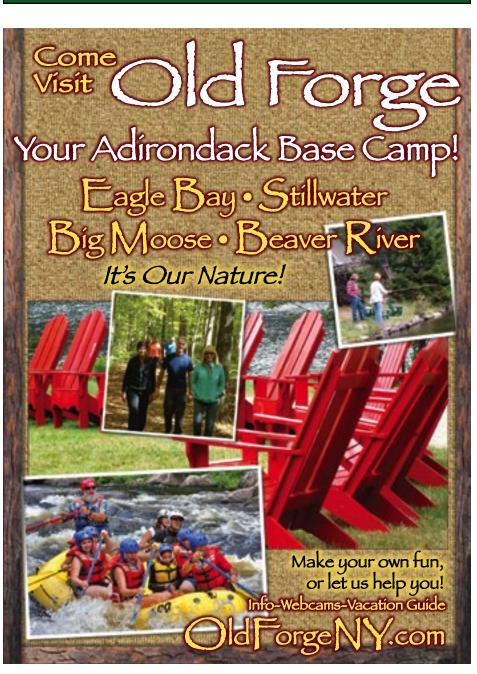
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& Nick Gulli

t The Mountaineer, we've been assisting people with planning their trips into the High Peaks of the Adirondacks and beyond since 1975. In that time, the team has developed a good understanding of the best practices of spending time in the wilderness. Below are 10 hiking tips, right from the front counter and staff to make vour next trip into the Adirondack Mountains a more enjoyable one.

1 ■ Trip Planning - This is an easy skill to learn and one that makes the trip, once in the field, more stress free. We are always willing to share advice and suggestions, but taking some time at home with a High Peaks guidebook, map, a cup of coffee, and your ambitions can go a long way. We generally try to make it clear that the trails here are steep and rugged. This will slow your average hiking pace down, and combined with the amount of elevation gain and loss, can make for a longer than expected jaunt. A two miles-per-hour pace has proved to be common, knowing that you will most likely go a little faster in some places, but far slower in others. The trails here are old and steep, so err on the side of caution when it comes to time and trip planning. Take that two mph pace, divide that into your total trip mileage, and then add an hour. Three or more people? Add more "extra time," up to two hours.

There are many maps and books that can help you with this planning, including the "Discover the Adirondacks" series by Bill Ingersoll, and "Adirondack Trails" series by Adirondack Mountain Club. As a starting point, the "Adirondack Great Walks & Day Hikes Guide" is an informative and intuitive brochure (visitadirondacks.com).

the Facilities

- Well, there really aren't that many facilities around in the High Peaks and on Wild Forest land in the Adirondacks,

so you need to be comfortable with doing your business outside. You'll need some toilet paper (that will need to be packed out) and a trowel to dig a make-shift privy 80 steps away from trail or water source. As with your entire impact while here in the Adirondacks, please practice a "Leave No Trace" seven principles mantra by leaving an area, after you have visited it, in the same shape as it was when you arrived (Int.org). Many of the more popular trailheads, such as Cascade and Giant mountains, have porta-potties - PLEASE use them...

- **3 Bear Canisters** This is REQUIRED in the Eastern High Peaks region and has been for a long time. All your food, waste, toothpaste, toothbrushes, deodorant, etc. goes in there and gets stored on the ground 100 feet away from your cook site and tent. Do not hang your food or toiletries, the bears will get into them. This protocol is working as bears have begun to realize they can't get into these canisters. Please make sure you own one of these or rent one for your trip.
- 4 Weather Check. Re-check. Check again. Weather in the mountains can be very-localized, meaning in one valley to the next it can be quite different, and storms can move in quickly. Weather can be exacerbated by the high terrain, peaks and valleys, with strong winds, and dramatic changes in temperature. Just because it is sunny and 65 degrees in town, doesn't mean it will necessarily be that way up higher. Plan ahead. Be prepared. You don't have to be a meteorol-

what the potential is for changcan go a long way. ing weather during your outing. Make sure to stay off summits and high points if thunder and lighting is present or expected!

> **5** • Phones - Don't rely on your phone. Cell coverage is spotty even in towns throughout the Adirondacks, so do not rely on your phone as your primary source for navigation or as a guaranteed call-out for help or rescue. Take responsibility for yourself and your group, and again, plan your trip ahead! Carry a good map, have a compass, and know the basics of how it works, as well as have your trip plan written-down so there is no question as to what the goals are for the day. It's not a bad idea for everyone in your group to have a map!

> **6** ■ **Food** – For an adult, your body can only really consume about up to 200 calories per hour when you are moving based on your physiology, weight, etc. The idea of grazing is better than stopping at lunchtime to eat a huge meal and then continuing your hike. Many packs have convenient nutrition storage pockets on hip belts for just that purpose. Little bits of nutrition for the duration of your hike and your body will more easily assimilate the calories. Good Old Raisins and Peanuts ("GORP") is still a favorite for salty sweet grazing.

> **7** • **Hydration** – Same thing. Sip water, don't guzzle down your Nalgene bottle in four stops. Your body needs to easily absorb calories and hydration, so take sips throughout the hike. Also, there is such a thing as too much water, and once vou've started your hike you are always depleting your calorie and hydration reserves. The idea is

depletion of these vital resources. Electrolyte replacement can be key as well and everyone is different in how deep in debt they can go here, but there are numerous nutritional solutions for this. Electrolyte tablets from Hammer Nutrition and electrolyte additives from Nuun or Hammer Nutrition can be a lifesaver on hot and humid days.

8 • Clothing – There are lots of great options out there to keep you comfortable. Make sure you take the time to understand your own personal "climate." Meaning, do you run warm, cold, sweaty, etc. Don't just buy what the gear reviewer said was amazing. This can help, but know yourself and be honest about your abilities when talking to a shop professional, as they have the experience to help get you into what you need, not iust what's in stock.

9 ■ **Footwear** – Take the time to get this right. When budgeting your gear allowance for hiking, climbing or skiing, do not skimp on your footwear. This can make or break your trip, so plan to sit-down with a good shoe or boot fitter, and find exactly what works best for your needs - and your feet!

10 ■ **Smile** – You're doing this to relax and have fun, so smile. Take a few in-trek precautions and your time spent exploring the wilderness and mountains can be hugely rewarding. Always make smart decisions.

That's it... Well, there are always more things you can learn, but these are some of the key points to enjoy your next trip! 📥

Mike Kazmierczak, Nick Gulli and the team at The Mountaineer in Keene Valley, purveyors of outdoor, fly fishing and mountaineering equipment. For questions or comments, contact them at mountaineer@mountaineer.com.















NON-MEDICATED LIFE

The Role of

Lifestyle Medicine in Reducing Healthcare Cost

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 78th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.





edicines are a mainstay of American life and the healthcare system

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

In the first 77 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals most of the benefits of medications in the treatment of chronic medical conditions such as hypertension, high cholesterol, diabetes and heart disease. As a medical intervention, lifestyle may accomplish such benefits with fewer side effects, may reduce the number and amount of medication, and may allow actual discontinuation of medication. It seems self-evident that decreasing reliance on medications needed to treat chronic conditions has the potential to reduce healthcare costs.

What is becoming increasingly apparent is the power of lifestyle, not only to treat existing medical conditions, but also to prevent their development. In this way, lifestyle as a medical intervention may be an effective strategy to prevent the development of conditions, such as coronary heart disease, that typically require high cost procedures in their management. In a time in our history when the cost of healthcare has become central to the delivery of that care, a review of the role of lifestyle as medical intervention, and the conditions that can be prevented and treated in an increasingly cost effective manner is in order.

I will use the term "lifestyle medicine" to indicate lifestyle as medical intervention

including the use of diet, exercise, and certain behaviors to prevent and treat medical conditions that result in human disease. Lifestyle medicine as a concept had its foundation in the work of Michael McGinnis and others, who identified and quantified the major non-genetic factors that contributed to death in the United States during the 1980s. They suggested that disease was not a root cause of death in the United States, but rather a consequence of chronic conditions contributed to by behavioral factors. Indeed, three of those factors: tobacco use, dietary pattern and physical activity, accounted for 80% of chronic diseases.

Later, in an epidemiological study, Daniel Ford and others showed that individuals who ate well, exercised, avoided tobacco and controlled body weight had an 80% lower probability of developing chronic disease than those who did not.

Lifestyle medicine clinical trials further supported the epidemiological studies. In his seminal 1991 Lifestyle Heart Trial, Dean Ornish, MD, showed for the first time that lifestyle alone through diet, exercise and relaxation techniques could slow, stop and on average reduce cholesterol plaques in arteries of individuals with coronary heart disease. In 2001, the Lyon Diet Heart Study showed that a high omega-3 Mediterranean diet could reduce cardiac death and nonfatal heart attack by 70%. Up to this time, the accepted approach in the treatment of coronary artery disease was bypass surgery. coronary stents, or powerful cholesterol lowering drugs. With the current cost of surgery and stents amounting to \$28 billion per year using lower cost lifestyle medicine to prevent and treat heart disease would seem cost effective.

In 2006, the Diabetes Prevention Study proved that in overweight/obese pre-diabetic individuals a lifestyle medicine intervention resulting in the loss of just 5-7% of bodyweight could decrease conversion from pre-diabetes to diabetes by 57%. This has profound implications on the cost of care. Currently there are about 25 million Americans with diabetes and about 65 million with pre-diabetes. Those with pre-diabetes are converting to diabetes at the rate of 11% per year. Without intervention. within 9-10 years, 90 million Americans will suffer from diabetes - less the ones who die.

Moreover, at least 68% of those over 65 with diabetes will die from heart disease and a majority will be treated with the high $cost\,procedures\,described\,above\,to\,improve$ their quality of life. Preventing diabetes with lower cost lifestyle medicine would again seem cost effective.

In addition to preventing and treating heart disease and diabetes, lifestyle medicine may be used to effectively treat elevated blood pressure, elevated cholesterol, gastroesophageal reflux, sleep apnea and obesity, all without medication or high cost procedures. For example:

- Systolic blood pressure (e.g., for a blood pressure of 140/90 the 140 is the systolic pressure) may be lowered 4.5 mmHg with 10 pounds of weight loss, 4 mmHg by reducing sodium to 2 grams per day, 10 mmHg on the DASH diet, 4-9 mmHg with regular aerobic exercise, 5 mmHg by reducing alcohol intake, and 10 mmHg with programmed isometric hand exercises, with reductions additive.
- LDL (bad) cholesterol may be decreased 11-15% on a low saturated fat diet (generally less than 15 grams of saturated fat per day) and up to 20-30% on a vegan diet.
- Reducing caffeine, alcohol and chocolate, along with modest weight loss may

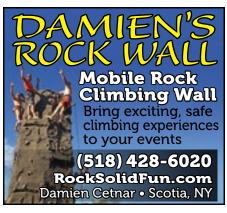
resolve reflux symptoms and allow discontinuation of powerful, expensive reflux medications

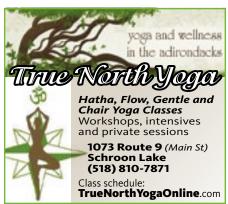
- Moderate weight loss, reductions in alcohol, and changes in sleep position may resolve sleep appea.
- Avoiding processed foods, slowing the eating process, decreasing the caloric density of foods consumed, and eating a predominately plant-based diet - while getting daily exercise - can reduce and maintain a healthy bodyweight.
- Finally, the lifestyle intervention of smoking cessation and tobacco use prevention will dramatically reduce the rate of heart attack, stroke, emphysema, head and neck cancer, lung cancer, cervical cancer and bladder cancer.

In summary, lifestyle medicine defined as the use of diet, exercise and behavior to prevent and treat medical conditions that result in disease, can be shown to be a cost effective intervention, compared to the cost of medication and high tech procedures.

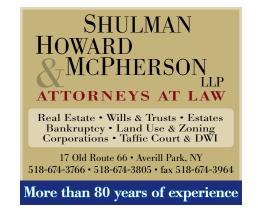
Moreover, lifestyle medicine may duplicate the benefits of medication without the side effects. Lifestyle medicine holds the promise of holding down the cost of heath care while improving the health of our population. It is an approach whose time has come.

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









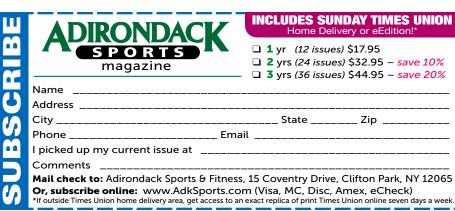
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HAVING FUN AT THE 2016 CAMP CHALLENGE

5K TRAIL RUN/WALK

RUNNING & WALKING continued from 1

The race site is at the Double H Camp at Lake Luzerne in the southern Adirondacks, so race director TJ Roode warns you to expect a few hills in the 5K, which concludes on the camp's ski hill. There's a fundraising requirement for the Camp Challenge Ride but not for the trail run. Hot Tin: Pretend you are back at summer camp because afterwards all guests are invited to participate in a fun "Float for Hope" on Lake Vanare where an attempt will be made to set a Guinness record for the most attached floats! (doublehranch.org)

Head on out to Schenectady on Saturday, September 16 for the Upper Union Street Scholarship 5K Run to raise funds for scholarships for Notre Dame-Bishop Gibbons, Schenectady and Niskayuna high school students. The USATF sanctioned race begins behind the Trustco Bank branch on Union Street, then runs along tree-line residential streets to a loop course through scenic Central Park. Stick around for refreshments, a DJ and post-race fun. Hot Tip: If you have kids, they can expend some of their energy on the new playground, and cool down watching the ducks swim on the pond. (upperunionstreet.com)

The following day, you can run in another nice community at the 38th annual Dunkin' Run, hosted by the Sidney Albert Albany JCC. On Sunday, September 17, you can choose between a 5K, 10K or 15K through the tree-lined streets and sidewalks of the lovely Whitehall neighborhood of Albany, starting and finishing at the JCC. The Munchkin Run kids' half-miler takes place soon after the main events.

The Dunkin Run attracts nearly 1,000 runners and is a vital fundraiser for the JCC and benefits its programs for seniors, kids, camps and more. Starting July 19, the JCC is holding free training runs on Wednesdays at 6:15pm, starting at their pavilion - all welcome. Hot Tip: Plenty of bagels, coffee and donuts after the race! (albanyjcc.org)

Looking for a county fair and strong community atmosphere without spending big bucks? Then enter the FAM 5K "Fund" Run/Walk on Saturday, September 23. Launching from the Cobleskill Fairgrounds, located 30 minutes southwest of Schenectady, just off I-88. There is plenty of post-race food, drinks, massages, community booths, and kids' activities to keep you entertained. Race director Frank Privitera proudly asserts that "As far as we know, we are the only race in the country that awards mutual fund shares to the top female and male overall finishers, as well as the top finishers in age categories - all the way through 80-plus!"

FAM also stands for families, with a pre-registered family discount, and a free kids' race (for ages six and under) to include a child-sized T-shirt. The course winds up and down McArthur Avenue, where you can cheer on those ahead and behind you, and then takes a rolling route around the SUNY Cobleskill campus. There is a strong contingent of walkers, which also make this a family-friendly excursion, providing excellent support for the Catholic Charities of Delaware, Otsego and Schoharie counties who are this year's beneficiaries of race proceeds. Hot Tip: Stick around for the generous raffle prizes and the heavenly Brooks BBQ chicken picnic! (fam5k.com)

RUNNING IN THE WHITEHALL NEIGHBORHOOD AT ALBANY'S 2016 DUNKIN' RUN. If you want a nice town park setting, sign up for the Crossings 5K Challenge Run/Walk on Sunday, September 24 at the Ciccotti Center in Colonie. The 5K is a flat, fast course through the 130-acre Crossings Park, with chip timing by AREEP - and walkers are welcome. Kids ages 13 and under get to choose between the one-mile chip-timed competitive run or free quarter-mile fun run. All registered kids receive a medal and are entered to win a Ciccotti pool party for 20 guests! The race benefits the Colonie Youth Center. Hot Tip: Post-race celebration includes music, food and awards, so

for the Nick's 5K Run to be Healed in Clifton Park. There's also a Family Carnival, a special day for everyone affected by cancer to join together and make a difference in a child's life. In 2016, Nick's Fight to be Healed Foundation granted over \$100,000 to The Melodies Center at the Bernard &

don't leave early. (colonieyouthcenter.org)

Millie Duker Children's Hospital at Albany Medical Center, and to local families struggling to heal their children. This year's run/walk and festival honors five-year old Lucas Santoro who was diagnosed with leukemia when he was two years old.

There is something for everyone with Nick's Dash

(ages six and under), Luke's Mile (ages seven to 10), Zumba Warm-Up, Two-Mile Walk, and 5K Run/ Walk. The Zumba warm-up is quite a sight with the entire community participating in a fun dance routine. Massages and even a chiropractor will await you at the finish line. Dogs and strollers are permitted for the two-mile walk but not for the 5K run. Hot Tip: You

get to sleep in as the festivities start at 10am and the finale $5\mbox{K}$ race kicks off at 1pm. (fighttobehealed.org)

Short and sweet may be the game-changing approach you are looking for this season. And with less of a time commitment, you can target several of these races unhampered by a lengthy recovery period. 📤

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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RACE RESULTS

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	Scott Stewart	33	Cicero	1:58:26	9	Jim Lonergan Jim Belknap	65 60	Woodstock East Freetown	3:00:37 3:04:02
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	Jennifer Harvey Nancy Bailey	56 53	Niskayuna Manlius	2:31:34 2:48:10	9 10	John Stegeman James Tsardakas	42 42	Syracuse Mexico	2:31:20 2:31:36
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	Donald Massonne	60	Niskayuna	2:29:51	1	Scott Paine	55	Greenfield Center	2:12:51
	Joe Catalano Phil Neisser	65 60	Allegany	2:36:39	2	Richard Shade Andrew Jillings	52 51	Schenectady Clinton	2:15:38
	MALE AGE GROUP: 60 - 69		Canton	2:37:11	4	Fred Bulken	57	Syracuse	2:22:48
	Lilynn Graves	60	Ithaca	2:25:14	5	Peter Zulch	51	Sherrill	2:30:08
ЛΔ	MOUNTAIN BIK LLE AGE GROUP: 19 - 29	E – (OMPETITIVE		6 7	Kurt Schmidt David Vanwie	50 51	Baldwinsville Manlius	2:31:35 2:33:33
	Jordan Sirtoli	25	New Hartford	2:05:47	8	Bill Toran	54	Hadley	2:34:46
	Daniel Fallon Conor Tarbell	27 27	Liverpool Highland	2:06:34 2:15:22	9 10	Tim Palmer Derek Porter	51 50	Manlius Ancramdale	2:34:54 2:35:49
	Kyle Curry	22	Blue Mountain Lake		FE	MALE AGE GROUP: 50 - 5	9		
	Nick Bouton Tucker Weaver	21 24	St. George, VT Burlington, VT	2:21:51 2:23:45	1 2	Cheryl Tracy Susan Anton	51 50	Slingerlands Trumansburg	2:41:04 2:53:17
	Ryan Recchia	23	Keeseville	2:26:50	3	Michelle Schmidt	51	Baldwinsville	3:00:26
	Elias Glesmann	24 25	Remsen	2:31:40 2:40:03	4 5	Sue Mcintyre Laura Lawson	51 58	Mount Upton Syracuse	3:14:05 5:03:39
	Morgan Donovan Adam Scholten	25 28	Charlottesville, VA Baldwinsville	2:40:03	M	ALE AGE GROUP: 60 - 69		,	
Εľ	MALE AGE GROUP: 19 - 29				1	John Leach Charlie Reller	67 61	Old Forge Manlius	2:25:26
	Erin Simmons LLE AGE GROUP: 30 - 39	22	Oneida	3:05:19	3	Alan Lock	60	Syracuse	2:34:35
	Dan Fronhofer	35	Saratoga Springs	2:02:21	4	Bill Down	60	Scotia	2:35:42
	Aaron Sirtoli Jonathan Favata	31 36	Hamilton Mechanicville	2:05:03 2:05:27	5 6	Jim Gordon Michael Goodfellow	61 61	Flanders, NJ Jamesville	2:43:16 2:43:34
	Aaron Girard	30	Albany	2:06:52	7	Brian Callegari	61	Oneida	2:52:36
	David Warburton Q. Jones	34 39	Medusa Richmondville	2:10:31 2:11:26	8 9	Paul Poling John Bock	65 61	Sherrill Cazenovia	2:53:17 2:53:44
	Joel Nashett	34	Au Sable Forks	2:15:11	10	Alan Anton	61	Trumansburg	2:53:47
	Andrew Gracey	38	Verona Groonfield Contar	2:18:25	M /	ALE AGE GROUP: 70 - 79 Albert Kumnick	71	Acton, MA	2:59:17
	Celestino Williams Charles Lobosco	38 39	Greenfield Center Halfmoon	2:19:04 2:23:46	2	Sandy Hackney	73	Valley Falls	3:07:14
Εľ	MALE AGE GROUP: 30 - 39	9				MOUNTAIN BIK	E – RE		
	Jennifer Dean Wei-Fang Lin	39 34	Rensselaer Clinton	2:33:50 2:36:33	M /	ALE AGE GROUP: 19 - 29 AJ Beers	20	Central Square	2:16:18
	Rebecca Evansky	37	Hudson Falls	2:46:33	2	Eric Turberg	24	Webster	2:36:39
	Alison Desieno Sarah Hoffman	32 39	Glenville Hoosick Falls	2:49:38 3:08:00	3 4	Glen Cappozzo Kevin Sabine	29 26	Cherry Valley Jamesville	2:37:07
ΛA	LE AGE GROUP: 40 - 49				5	Josh Mahoney	26	Boston, MA	2:40:07
	Richard Tortorici II Brent Findlay	40 43	Clifton Park Little Rock, AR	2:04:08 2:07:36	6 7	Sean Doran Evan Newbold	27 23	Rochester Charlottesville, VA	2:45:45 2:48:46
	Shannon Brown	45	Memphis	2:09:23	8	Brian Guntharp	21	Cohoes	2:48:48
ļ	Raymond Willard	49	Oneida	2:12:23	9	Stephen Schappert	24	Bethlehem, PA	2:53:47
	Chris Conklin Christian Waddington	49 42	Fulton Fairport	2:13:34 2:15:05		Joe Ortiz MALE AGE GROUP: 19 - 2	29 ! 9	Broadalbin	2:59:0
,	Jason Selwitz	40	Rensselaer	2:16:32	1	Stacy Horth	28	Waterville	2:41:4
	Ryan Fiddler Gabor Bobok	41 47	Cortland Niskayuna	2:24:30 2:28:00	2	Emilee Hazelden Jen Steller	24 22	Bloomingdale Hoosick Falls	3:22:17 3:25:38
	Aaron Austin	49	Oswego	2:29:56	4	Mary Chu	29	Cicero	3:29:05
0	MALE AGE GROUP: 40 - 49			7.75.21	5	Jessica Setter	20	Ballston Lake	3:36:48
0 E l	Helene Schmid Kristen Mucitelli-Heath	46 41	Fayetteville Brewerton	2:25:31 2:48:09	6 7	Trixie Wessel Erin Dippold	21 21	Sunderland, MA Jackson, NJ	3:39:49 4:01:24
0 EI			Babylon	3:03:07	8	Stephanie Rios	26	Billerica, MA Broadalbin	4:11:15
0 EF	Andrea Vantucci				ч	Helen Rebisz	75	- m mannin	/h:15
10 FEI 1 2 VIA	ILE AGE GROUP: 50 - 59 Robert Douglas	51	Lake Placid	2:01:02		Gabriella Spain	29	Troy	
10 FET 1 2 3 MA	LE AGE GROUP: 50 - 59	51 53 50	East Greenbush	2:01:02 2:03:51 2:04:36	10				4:26:15 4:32:26 2:07:17

22	ND ANNUAL EPIC	BL	ACK FLY CHA	LLENGE	ΑD	IRONDACK GRAV	EL (GRINDER cont	inued
3	Brendan Obrien	37	Haines Falls	2:28:37	3	Don McCarty	61	Harbor Springs, MI	2:37:59
4	James Porambo	31	Troy	2:30:24	4	Jim Lewis	61	Worcester	2:41:26
5	Dylan Reeves	36	Malta	2:30:43	5	Ronald Kingsley	60		2:42:36
6	Matthew Nentarz	37	Pittsford	2:37:07	6	Robert McNamara	60	Honeoye Falls	2:44:09
7	Benjamin Freer	33	Syracuse	2:40:05	7	Andrew Lake	61	Chenango Bridge	2:45:23
8	Adam Carr	38	Southborough, MA	2:40:14	8	Steve Empie	61	Melrose	2:52:30
9	Wayne Plumadore	33	Plattsburgh	2:43:01	9	William Sheldon	69	Woodstock	2:55:24
	Tyler Chenel	39	Voorheesville	2:44:18	-	Dennis Uhlig	63	Sidney	2:56:44
FE	MALE AGE GROUP: 30 - 3	9				MALE AGE GROUP: 60 - 6		Siuriey	2.30.44
1	Jessica Blake	33	Brewerton	2:59:08	1	Mary Lake	60	Chenango Bridge	3:06:40
2	Devin Dacosta	30	New City	3:04:55	2		61	, ,	3:07:06
3	Amy Thornton	35	Syracuse	3:05:44		Carolyn Snook-Hart		Oswego	
4	Brittany Bullard	32		3:07:21	3	Janis Hansen	62	Liverpool	3:27:49
5	Tamara Casella	38	New Hartford	3:09:13	4	Wendy Mierek	61	Sherrill	3:32:33
6	Megan Miles	33	Ballston Lake	3:22:07	5	Eileen Weinpress	63	Spencerport	3:46:12
7	Ann Flower Stitt	31	Mechanicville	3:29:05	6	Jody Dixon	62	Northville	3:53:33
8	Jane Lobosco	39	Halfmoon	3:47:58	7	Marcia MacDonald	60	Old Forge	4:00:24
9	Sarah Benedict	32	Turin	4:09:23	8	Joanne Cwikla	60	Port Kent	4:06:03
	ALE AGE GROUP: 40 - 49	47	Class Falls	2-15-10	9	Jane Quinn	60	Old Forge	4:08:38
1	Jason Gardner	47 41	Glens Falls Greenwich	2:15:19 2:19:58	10	Sheryl Mills	64	Jefferson Towns, PA	4:14:11
3	Rodrigo Solar	47	Lake Placid		M	ALE AGE GROUP: 70 - 79			
4	David Smith Gordon Webster	47	Ballston Lake	2:21:35 2:34:10	1	Tony Mangano	70	Saratoga Springs	3:29:00
5	Todd Eicher	40		2:34:10	2	George Peck	74	Worchester	3:34:08
6		44	Queensbury Delmar		3	Dick Gloo	70	Little Falls	3:34:18
7	J Wozniak Jon Kosich	40	Rensselaerville	2:40:58 2:41:26	4	Jim Vidmar	71	Chesterland, OH	3:53:11
8	Christian Augliera	43	Schenectady	2:43:35	5	William Cole	70	Niskayuna	4:20:46
9	Thomas Tryon	46	Cohoes	2:44:12					4.20.40
	Peter Wicik	44	East Patchoque	2:45:14		CYCLOCR	055 -	- JUNIOK	
	MALE AGE GROUP: 40 - 4		Last ratchogue	2.43.14		ALE AGE GROUP: 9 - 18	40		20452
1	Andrea Drews	40	Oswego	2:56:49	1	Christopher Welch	18	Barneveld	2:04:52
2	Shannon Thomarie	40	Northville	3:02:55	2	Samuel Lasher	14	Cobleskill	2:26:46
3	Jennifer Bloss	41	Oneida	3:12:59	3	Dylan Anton	14	Trumansburg	2:41:37
4	Vicki Rawlins	44	West Henrietta	3:12:59	4	Benjamin Mulvey	16	Rochester	2:48:11
5	Tracy Downey	48	West Chazy	3:18:36	5	Sam Wilcox	12	Cazenovia	2:55:51
6	Jolene Hale	46	Fayetteville	3:34:23	6	Evan Kott	18	Piscataway	3:00:41
7	Stacie Beccaria	41	Ray Brook	3:37:36	7	Ethan Debrucque	14	Canastota	3:49:00
8	Staci Evans	41	Farmington	3:38:20	FE	MALE AGE GROUP: 9 - 18	3		
9	Anne Brewer	46	Lake Placid	3:38:39	1	Madeline Smith	15	Colton	2:27:58
10	Allison Gubala	42	Saratoga Springs	3:47:58		MOUNTAIN	BIKE		
M	ALE AGE GROUP: 50 - 59				М	ALE AGE GROUP: 9 - 18	-71111	- JOHION	
1	Joe Paterson	56	Lake George	2:16:28	1	Harrison Dubois	17	Earlville	2:36:36
2	David Thornton	53	Erie, PA	2:23:45	2	Michael Lamare	16	Wolcott, VT	2:52:44
3	James Putnam	50	Glens Falls	2:29:19	3		17		
4	Steve Rousseau	51	East Rochester	2:30:30	-	David Decola		Whitesboro	3:03:51
5	James Sabatino	50	Southwick, MA	2:33:39	4	Jonah Robertson	17	Earlville	3:06:34
6	Mike Fenlon	58	Baldwinsville	2:33:52	5	Alexander Tooker	14	Oneida	3:08:04
7	Brian White	50	Plattsburgh	2:38:11	6	William Douglas	13	Lake Placid	3:15:27
8	Jeffrey Mahoney	55	Old Forge	2:40:29	7	Wyatt Dubois	12	Earlville	3:17:41
9	Rich Armstrong	55	Princeton, MA	2:41:25	8	Adam Yerden	17	Redfield	3:17:43
	Paul Hogan	52	Cohoes	2:43:15	9	Schuyler Thomas	16	Saratoga Springs	3:20:16
	MALE AGE GROUP: 50 - 5					Sammy Debrucque	16	Canastota	3:25:40
1	Kim Kilmartin	57	Williston, VT	2:58:58	FE	MALE AGE GROUP: 9 - 18	3		
2	Christine Sowalskie	58	Utica	3:03:59	1	Ruth Hallstead	18	Onalaska, WI	2:57:08
3	Stacy Maziejka	54	Ballston Lake	3:18:36	2	Emily Greene	16	Old Forge	3:36:48
4	Holly Donnan	54	Mayfield	3:20:16	3	Laura Levi	16	Inlet	3:36:49
5	Beth MacNeil	51	Canandaigua	3:20:16	4	Emily Cheney	18	Redfield	3:39:32
6	Jeryl Simpson	59	Mechanicville	3:21:32	5	Rebecca Sherwood	16	Fayetteville	3:56:09
7	Michele Pearsall	56	North Creek	3:24:32	-	OUNTAIN BIKE - TANDEM		. ayetterme	5.50.05
8	Tammy Newbold	55	Martinsville, NJ	3:34:07	1	Christine Johnson	•	Nanlos	2-25-40
9	Lauren Beach	52	Old Forge	3:35:10				Naples	2:35:40
	Sally Peck	52	Northville	3:35:41	2	Mikeeli Hanson		Cooperstown	2:47:10
	ALE AGE GROUP: 60 - 69				3	Carroll & Gardner		Rochester	2:56:39
1	Shane Wohlrabe	62	Erie, PA	2:30:58	4	Steve Lang		Skaneateles	3:28:51
2	Mark Harmon	61	Milford	2:36:24		Courtesy of Adirondack	Mou	ıntain Bike Associatio	on

19 T	H /	MNIIAI KIN	DERHO	OOK BANK OK-5K RACE	
151				Square, Kinderhook	
			viiiage	•	
USATF ADIROND	ACK (GRAND PRIX 5K		MALE AGE GROUP: 50 - 54	
MALE OVERALL	22	T	15.20		16:14
1 Jacob Andrews 2 Aaron Lozier	23 28	Troy Albany	15:20 15:29		17:14 18:19
3 Jake Stookey	41	Clifton Park	15:52	3 Mark Stephenson 53 Esperance FEMALE AGE GROUP: 50 - 54	18:19
FEMALE OVERALL	71	Cirtorraik	15.52		19:22
1 Mollie Turner	37	Averill Park	17:23		21:42
2 Karen Bertasso	33	Albany	17:36		26:17
3 Diane Ryan	35	Malta	17:46	MALE AGE GROUP: 55 - 59	
MALE AGE GROUP: 1 - 14	14	Calcada da Landina	18:47		17:59
1 Trevor Cavagnaro 2 Noah Bonesteel	14	Schodack Landing Averill Park	18:47	2 John Noonan 57 Ballston Spa	18:22
3 Nathan Conklin	13	Martville	20:37		19:33
FEMALE AGE GROUP: 1 - 14		TVIGI CVIIIC	20.57	FEMALE AGE GROUP: 55 - 59	
1 Abigail Dolge	12	Valatie	20:12	3	22:12
2 Kiley Matthews	12	Rensselaer	21:06		23:10
3 Angelina Pusateri	11	Castleton	21:10		24:59
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 60 - 64	24.40
1 Marcus O'Leary	16	Old Chatham	16:35		21:18
Dermot Coughlin Andrew Balogh	19 17	Castleton-on-Hudson Averill Park	17:34 18:32		24:06
FEMALE AGE GROUP: 15 - 1		Averiii Park	18.32	3 James Louison 62 Amsterdam 2 FEMALE AGE GROUP: 60 - 64	24:46
1 Meghan Curtin	19	Cohocton	21:04		25:20
2 Rebecca Cropsey	16	Conocion	22:52		25:47
3 Emily Wall	15	Stuyvesant	23:09		28:47
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 65 - 69	20.17
1 Garrett Davis	22	Albany	16:03		23:32
2 Simon Powhida	20	Delmar	16:23		23:46
3 Niall Coughlin	21	Castleton	16:43		27:36
FEMALE AGE GROUP: 20 - 2 1 Kelly Pasko	21	Castleton	17:58	FEMALE AGE GROUP: 65 - 69	
2 Amy Babeu	24	Guilderland	19:40		24:53
3 Amanda Perri	23	Albany	19:52		30:13
MALE AGE GROUP: 25 - 29		,			30:49
1 Nick Webster	28	Albany	16:21	MALE AGE GROUP: 70 - 74	
2 Eric Young	25	Latham	16:51		22:05
3 Nicholas Curelop	28	Housatonic, MA	17:05		33:52
FEMALE AGE GROUP: 25 - 2		A lle e e	10.20		37:22
Nicole Soblosky Erin Hatton	29 27	Albany Troy	18:26 18:52	MALE AGE GROUP: 75 - 79 1 George Dutcher 75 Castleton :	20.07
3 Allison Konderwich	27	Albany	18:53	3	38:07 43:41
MALE AGE GROUP: 30 - 34		,	10.55		44:28
1 Dave Vona	34	Valatie	15:54	MALE AGE GROUP: 80 - 84	11.20
2 Bradley Lewis	30	Troy	16:26		33:04
3 Sean Gavaghan	30	Wynantskill	17:00		36:53
FEMALE AGE GROUP: 30 - 3		Frank Consortium	24.54	3 Joe Kelly 83 Albany 4	40:45
1 Stephanie Viloria 2 Katherine Guilfoyle	34 31	East Greenbush Mechanicville	21:51 22:21	FEMALE AGE GROUP: 85 - 89	
2 Katherine Guilfoyle 3 Angela Kolewe	33	Chatham	23:31	1 Anny Stockman 85 Rensselaer	40:25
MALE AGE GROUP: 35 - 39	55	Chatham	25.51	CHRIS VOLNEY ONE-MILE RUN	
1 Chuck Terry	35	Albany	16:15	MALE OVERALL	
2 Brandon Viloria	36	East Greenbush	19:12	1 Alexander Chudy 11 Chatham	6:17
3 Jeffrey Mullen	35	Ballston Lake	20:15	FEMALE OVERALL	
FEMALE AGE GROUP: 35 - 3				1 Karina Lezama 9 Ghent	7:11
1 Erin Lopez 2 Diana Tobon-Knobloch	36 36	Saratoga Springs	18:03 20:48	AGE GROUPS 1 Brooke Wilson F4 Valatie	10.26
2 Diana Tobon-Knobloch3 Kari Deer	38	Niskayuna Slingerlands	20:48	1 Brooke Wilson F4 Valatie 1 Gavin DiOrio M5 Valatie	10:36 9:29
MALE AGE GROUP: 40 - 44	50	Jilligerialias	22.55	1 Mia Viloria F5 East Greenbush	9:29
1 James O'Connor	43	Troy	16:30	1 Theodore Grout M6 Ghent	9:09 8:49
2 Robert Irwin	44	Guilderland	17:03		10:40
3 Paul Archambault	40	Troy	17:08	1 Brayden Skoda M7 Craryville	8:20
FEMALE AGE GROUP: 40 - 4				1 Grace Kalisz F7 Canaan	8:50
1 Erin Corcoran	43	Schenectady	18:31	1 Daniel Abbott M8 Schenectady	9:15
2 Renee Tolan 3 Tina Greene	42 43	Clifton Park Scotia	18:46 20:03	1 Ariana Davis F8 Malden Bridge	7:27
MALE AGE GROUP: 45 - 49	43	COULD	20.03	1 Joseph Meyer M9 Valatie	7:09
1 Volker Burkowski	45	Gansevoort	17:12	1 Jared Bruns M10 East Nassau	6:39
2 Andy Reed	45	Niskayuna	17:55	1 Bella Pesce F10 Valatie	8:54
3 Rick Zachgo	46	Rexford	18:34	1 Gabriel Kalisz M11 Canaan	6:44
FEMALE AGE GROUP: 45 - 4	19			1 Grace Landry F11 Valatie	8:14
1 Shanley Alber	45	Clifton Park	20:21	1 Colin Braswell M12	8:02
2 Lara Stelmaszyk 3 Kim Scott	47 48	Albany	22:36		12:35
3 Kim Scott	48	Malta	22:56	Courtesy of Kinderhook Runners Club	

13TH ANNUAL GREAT ADIRONDACK TRAIL RUN June 12, 2017 • The Mountaineer, Keene Valley 11.5M, 3200FT VERTICAL MOUNT MALE OVERALL 1 Bryce Murdick 2 2 Liam Davis 2 3 Colin Rodgers 3 NTAIN RUN Brian Dunn 2:57:39 MALE AGE GROUP: 14 - 19 Erick Rowley Marc Scrivener Jason Campopiano Dan Forbes 2:59:16 3:19:26 3:25:13 3:35:20 40:35 7 Erick Rowley 44 8 Marc Scrivener 47 9 Jason Campopiano 44 10 Dan Forbes 40 FEMALE AGE GROUP: 40 - 49 1-45-53 FEMALE AGE GROUP: 14 - 19 1:49:58 FEMALE OVERALL MALE AGE GROUP: 20 - 29 MALE OVERALL Sophie McClelland Janey McClelland Julianne Stemp Jennifer Donahue Lura Johnson 2:24:24 2:24:24 2:24:24 2:30:43 2:39:59 Ryan Davis Samuel Murphy Morgan Ryan Becky Johnson 42 41 38:34 41:20 2:41:34 Justyna Babcock Amy Campopiano Crystal Neskey 2:57:38 FEMALE AGE GROUP: 20 - 29 43 3:25:12 28:29 3 Lura Johnson 16 MALE AGE GROUP: 1 - 19 1 Karl Schulz 19 2 Kai Frantz 14 3 Joseph Wilson 16 4 Van Ledger 14 5 Forest Ledger 19 4:12:43 Kris Boettcher Bethany Moser 27 MALE AGE GROUP: 50 - 59 36:22 36:47 1:55:07 2:07:14 2:12:55 2:18:21 2:26:19 Bill Hoffman John Servin Mark Youndt Neil Wheelwright Kent Murck 50 50 51 59 52 53 2.12.21 2:17:40 2:35:20 3:06:44 3:14:51 MALE AGE GROUP: 30 - 39 27:50 Keith Kogut Otto Gabrielsen 39 37 31:10 31:52 FEMALE AGE GROUP: 30 - 39 1:56:51 1:59:06 2:02:03 2:04:10 2:22:26 2:54:22 Aaron Woolf 3:34:50 Lissa Goldstein Kate Whitney Theodora Hein 34:59 3:53:10 FEMALE AGE GROUP: 50 - 59 EMALE AGE GROUI Laura Nardelli Hillary Ryan-Rusch Elizabeth Trachte Wendy Carlson Kimberlee Bliek Bekkie Wright 42:27 2:40:14 MALE AGE GROUP: 40 - 49 3:11:31 3:25:30 3:29:01 3:43:18 3:52:52 53 30:39 37:48 43:27 2 Hilliary Kyan-Rusch 53 3 Elizabeth Trachte 52 4 Wendy Carlson 59 5 Kimberlee Bliek 53 6 Bekkie Wright 54 MALE AGE GROUP: 60 - 69 Ben Frantz John Flanigan FEMALE AGE GROUP: 20 - 29 2:51:08 2:57:41 3:36:03 FEMALE AGE GROUP: 40 - 49 1 Kaori Marina 46 2 Caroline Belair 42 Savannah Woods Katie Hoar 36:30 39:13 2:34:05 Robbie Barnett Philip Maynard Chris Rodgers Mark Whalen 65 2 John Kane 3:15:53 MALE AGE GROUP: 50 - 59 2:10:07 2:13:41 2:18:16 2:26:11 2:28:14 2:51:52 3:18:43 3:56:24 Charles Eaton 64 64 3:33:07 3:52:54 Robert Scharges Tim Singer 29:12 4 Joseph Poliquin 58 Drew Haas Andrew Lavin Jim Pergolizzi Sam Stytzer 3.5M BAXTER MOUNTAIN FUN RUN MALE OVERALL 38:13 FEMALE AGE GROUP: 50 - 59 Noah El Rimawi-Fine Joe Merrihew 42:58 30 35 25:52 26:46 53 54:15 Ryan Joseph Dwight Stevenson MALE AGE GROUP: 60 - 69 **FEMALE OVERALL** Robert Van Slyke Clark Hayward Peter Pendergrass 43:09 52:26 10 Jeremy Neskey 38 **FEMALE AGE GROUP: 30 - 39** 4:12:44 Lucy Hochschartner Sophie Nardelli 19 16 26:06 2:42:29 26:22 3 Peter Pendergrass 0.5 FEMALE AGE GROUP: 60 - 68 1 Nancy Battaglia 63 2 Karyn Van Slyke 63 3 Karen Murphy 64 Willow Davis Emily Keddie Heather Fey 27:13 30 36 2:50:43 MALE AGE GROUP: 1 - 13 39:17 2:58:48 3:07:03 1 Max Flanigan 2 Tate Frantz 30:13 30:13 43:26 43:05 1:02:42 MALE AGE GROUP: 40 - 49 1:54:13 2:11:33 2:21:50 MALE AGE GROUP: 70 - 79 Brian Robinson Christian Belair FEMALE AGE GROUP: 1 42:18 FEMALE AGE GROUP: 70 - 79 40 41 47 Kyle Smith Amelia Ellis Zoe LaVallee 4 Robert McCann 5 Ian Callan 41:45 2:25:41 2:41:44 14 12 45:51 Courtesy of The Mountaineer 3 Haylie Buysse 48:59

5K TRIPLE CROWN SERIES

Glove Cities Rotary 5K, Mountain Valley Hospice 5K & Lexington 5K

May 6 May 21 & June 10, 2017 • Partner's Pub. FMCC & Lexington Center, Jol

	iviay 6, iviay 21 8	June	10, 2017	Partner's I	PUD,	, FIVICC & Lexingt	on C	enter, Jonn	stown
		ES – AW	ARDS		M	ALE AGE GROUP: 40 - 4	9		
M	ALE OVERALL				1	Jian Shen	46	Loudonville	1:03:31
1	Cody Russell	24	Amsterdam	55:58	2	Jamie Spraker	48	Gloversville	1:04:47
2	Cory Russell	28	Amsterdam	57:48	3	Milo Gifford	40	Gloversville	1:12:15
3	Ron Green	58	Gloversville	59:17	_	MALE AGE GROUP: 40		dioversine	
1	MALE OVERALL	20	Faut Diain	1.00.10	1	Teresa Nare	46	Fonda	1:22:43
1	Stacy Merchant Katie Romano	38 15	Fort Plain Johnstown	1:09:18 1:14:43	1				
2	Kaitlyn Lyons	22	Dolgeville	1:15:10	2		49	Gloversville	1:27:17
o M	ALE AGE GROUP: 1 - 15		Doigeville	1.15.10	3	Jackie Nulty	48	Hagaman	2:21:00
1	Christopher Murphy	11	Johnstown	1:12:09	M	ALE AGE GROUP: 50 - 5	9		
FF	MALE AGE GROUP: 1 -		JOHNSTOWN	1.12.03	1	Mike Kwiatkowski	52	Fort Plain	1:44:14
1	Katie Romano	15	Johnstown	1:14:43	FE	MALE AGE GROUP: 50	- 59		
M	ALE AGE GROUP: 20 - 2	29			1	Diana Schwartz	52	Fort Plain	1:25:13
1	Aidan Simonds	20	Fonda	1:07:16	2	Kelli McCoski	56	Amsterdam	1:26:30
FE	MALE AGE GROUP: 20				3	Carm Anagnostopulos	52	Johnstown	1:30:12
1	Kristen Lansburg	23	St. Johnsville	1:15:12	м	ALE AGE GROUP: 60 - 6		3011113101111	1.50.12
2	Jennifer Hulbert	26	Sprakers	1:35:44	1			Classical III.	1.20.20
IVI	ALE AGE GROUP: 30 - 3		Laboratorius	1.00.15	- 1	Charles Hagelgans	66	Gloversville	1:39:38
1	Jeff Klingbeil	36	Johnstown	1:00:15	M	ALE AGE GROUP: 70 - 7	9		
2	John Valovic MALE AGE GROUP: 30	33	Johnstown	1:11:51	1	Robert Fairman	70	Johnstown	1:30:58
1	Jessica Brosat	- 39 31	Gloversville	1:18:14	FE	MALE AGE GROUP: 70	- 79		
2	Rene Dutcher	33	Gloversville	1:18:39	1	Marilyn Fairman	70	Johnstown	1:49:10
3	Katie Gifford	36	Gloversville	1:25:47		Courtesy of St. Mai	rv's Hea	Ithcare Amsterd	

3RD ANNUAL WALKWAY OVER THE HUDSON MARATHON, HALF MARATHON & 5K

		June 11, 201	7 • Marist	Coll	ege, Poughkeepsi	е	
	MARATH	ON - 26.2 MILES		M	ALE AGE GROUP: 50 - 59		
М	ALE OVERALL			1	Chong-Hwan Son	Latham	3:36:37
1	Spencer Johnson	Bristol, CT	2:39:32	2	Michael Moccia	Yorktown Heights	3:40:21
2	Brendan Mulvey	Boston, MA	2:57:35	3	John McKee	Poughkeepsie	3:43:30
3	Adam Rau	Rocky Point	3:00:29	FE	MALE AGE GROUP: 50 - !	59	
FE	MALE OVERALL	,		1	Laurie Kimsal	Mount Kisco	4:06:34
1	Rachel Darling	Highland	3:08:51	2	Leslie Gersho	Short Hills, NJ	4:29:23
2	Deirdre Dwyer	Poughkeepsie	3:22:02	3	Michele Staroba Rodriguez	Philadelphia, PA	4:52:13
3	Kate Wahlmann	Cary, NC	3:25:49	M	ALE AGE GROUP: 60 - 69		
W	HEELCHAIR: MALE			1	Keith Straw	Malvern, PA	3:30:48
1	Peter Gagliardo	Poughquag	2:17:35	2	Peter Tagge	Belmont, MA	3:54:3
2	Patrick Dewey	Cooperstown	4:23:21	3	Steve Miura	Hopewell Junction	3:54:34
W	HEELCHAIR: FEMALE	·		FE	MALE AGE GROUP: 60 - (69	
1	Maria Bournias	Tenafly, NJ	3:24:47	1	Lynn Jaffee	State College, PA	5:46:53
М	ALE AGE GROUP: 1 - 18			2	Helen Choi	Fort Lee, NJ	6:09:16
1	Naftali Pudell	Teaneck, NJ	5:30:09	M	ALE AGE GROUP: 70 - 79		
FE	MALE AGE GROUP: 1 -	18		1	Yi-Joo Kwon	Palisades Park, NJ	5:31:32
1	Zoditu Schwind	Clementon, NJ	4:17:01	2	Howard Choi	Fort Lee, NJ	6:09:1
2	Joanne Kaiser	West Point	4:37:43		HALF MARAT	HON – 13.1 MILES	
M	ALE AGE GROUP: 19 - 2	9		м	ALE OVERALL		
1	Richard Brooman	Philadelphia, PA	3:24:32	1	Ruslan Kramariuk	Kitsman, UKR	1:15:39
2	Andrew Wong	Bethesda, MD	3:49:26	2	Sergii Bashurin	Chernivtsi, UKR	1:15:39
3	Joe Wells	White Plains	3:51:30	3	Aaron Pritchard	Patterson	1:17:36
FE	MALE AGE GROUP: 19	· 29		FE	MALE OVERALL		
1	Diana Dearden	Philadelphia, PA	3:29:16	1	Kristen Gregory	New York	1:31:28
2	Christine Griffin	New York	3:59:36	2	Catherine Herne	New Paltz	1:32:46
3	Sarah Shasberger	Greenwich, CT	4:06:54	3	Christine Coughlin	Latham	1:34:16
М	ALE AGE GROUP: 30 - 3	9		М	ALE AGE GROUP: 1 - 18		
1	Bryan Davis	New York	3:28:25	1	Chris Rivas	Brookfield, CT	1:19:26
2	Derek Somerville	Port Jervis	3:33:44	2	Marcus Cabibbo	Rutherford, NJ	1:31:39
3	Taylor Smith	Rochester	3:40:01	3	Zackary Heraghty	Poughkeepsie	1:34:28
FE	MÁLE AGE GROUP: 30 -	· 39		FE	MALE AGE GROUP: 1 - 1		
1	Ritanne Duszak	Philadelphia, PA	3:29:13	1	Susannah Ruotolo	Katonah	1:44:4
2	Rebecca Roper-Eckstein	Glenham	3:47:32	2	Nadia Cathcart	Poughkeepsie	1:48:1
3	Juliene Bell-Smith	Peekskill	3:47:33	3	Anna-Mae Nellis	Poughkeepsie	1:56:19
м	ALE AGE GROUP: 40 - 4	9		М	ALE AGE GROUP: 19 - 29		
1	Doron Gutstadt	Scarsdale	3:13:47	1	Dietrich Mosel	Manhasset	1:17:5!
2	Henry Pratt	Highland	3:19:44	2	Alex Hogue	Scottsville	1:18:09
3	David Swift	Poughkeepsie	3:28:52	3	Luke Shane	Astoria	1:18:3
FE	MALE AGE GROUP: 40			FE	MALE AGE GROUP: 19 - 2		
1	Amy Paige	Pomfret, CT	3:35:24	1		Stormville	1:34:1
2	Gabriela Olivera	Kingston	3:38:27	2	Julie Robinson	Cary, NC	1:36:10
3	Mie Sawanda	New York	3:58:24	3	Giovanna Velardo	White Plains	1:36:39
							continu

3RD ANNUAL WA	LKWAY OVER THE	HUDSON N	MARATHON, HALF MA	ARATHON & 5K co	ontinued
MALE AGE GROUP: 30	· 39		FEMALE AGE GROUP: 1 -	18	
1 Pete Longo	Cambridge, MA	1:31:30	1 Emily Pinheiro	Lagrangeville	20:22
2 Allan Co	Salt Point	1:32:26	2 Gillian Prater-Lee	Poughkeepsie	21:15
3 Cory Scofield	Clinton Corners	1:40:57	3 Boushra Belkhir	Victor	21:28
FEMALE AGE GROUP: 3	0 - 39		MALE AGE GROUP: 19 - 2		21.20
1 Laura-Beth Jordan	Poughkeepsie	1:44:18	1 Nick Webster	Albany	16:28
2 Jamie Szapka	Warwick	1:44:53			16:39
3 Brenda McRae	Sandy Hook, CT	1:46:22	,	Wappingers Falls	
MALE AGE GROUP: 40			3 Jacob Bertrand Janczyk	Washington, DC	17:02
1 Michel Joseph	Poughkeepsie	1:33:10	FEMALE AGE GROUP: 19		
2 Michael Fernandez	Farmingdale	1:34:27	1 Kayla Sullivan	Poughkeepsie	20:16
3 Andy Bay	New York	1:36:00	2 Caitlin Holahan	Chester	20:56
FEMALE AGE GROUP: 4	0 - 49		3 Victoria Barthel	Woodstock	21:11
1 Dawn Delrose	Wappingers Falls	1:47:24	MALE AGE GROUP: 30 - 3	39	
2 Johanna Kosofsky	New Paltz	1:49:21	1 Brian Halling	Poughkeepsie	17:52
3 Cindy Petrovits	Pleasant Valley	1:49:41	2 Mike Giudice	Pleasant Valley	17:54
MALE AGE GROUP: 50			3 Paul Jackson	Newbiggin by the Sea,	ENG 18:03
1 Anthony Ferreri	Hyde Park	1:32:48	FEMALE AGE GROUP: 30		
2 Jeffrey Feinsod	New Paltz	1:38:32	1 Kerry Thompson	Bristol, CT	23:04
3 Brent Sverdloff	Rhinebeck	1:46:07	Nicole Siniscalchi	Hyde Park	24:23
FEMALE AGE GROUP: 5		1.10.07	3 Dana Quinn	Harriman	24.23
1 Michelle Azukas	Lagrangeville	1:49:18			24.50
Barbara Demczar	Hyde Park	1:50:01	MALE AGE GROUP: 40 - 4		
3 Lydia Tilsley	Orange, CT	1:54:44	1 David Osterhoudt	Hyde Park	18:43
MALE AGE GROUP: 60		1.54.44	2 Gerry Sullivan	White Plains	19:45
1 Tom Ventre	Gansevoort	1:47:18	3 Orande Daring	Middletown	20:24
2 Alan Heblack	New York	1:47:55	FEMALE AGE GROUP: 40	- 49	
3 Paul Horstmann	Pleasant Valley	1:49:54	1 Connie Seigh	Pleasant Valley	20:28
FEMALE AGE GROUP: 6		1.45.54	2 Laurie Tirums	Poughkeepsie	23:53
1 Deborah Alm	Wilbraham	2:08:03	3 Mary Harding	Chatham	25:29
2 Joanna Dowey	Pound Ridge	2:21:13	MALE AGE GROUP: 50 - !	59	
3 Susan Brofman	Danbury, CT	2:23:50	1 David Nohara	Poughkeepsie	21:14
MALE AGE GROUP: 70		2.23.30	2 Brian Noble	Lagrangeville	21:22
1 James Freiband	Highland Mills	2:04:56	3 Jed Eastman	Lagrangeville	22:46
2 Edward Dillon	Lackawaxen, PA	2:05:49	FEMALE AGE GROUP: 50		22.40
3 Michael Yorio	Bronx	2:29:41			26.41
FEMALE AGE GROUP: 7		2.25.41	1 Janice Esposito	Poughkeepsie	26:41
1 Lorna Thompson	Poughkeepsie	2:43:39	2 Beverly Chamberlain	Pleasant Valley	27:23
2 Sharon Geltner	Stratford, CT	3:44:35	3 Tracey Amenta	Fishkill	27:58
		3.44.33	MALE AGE GROUP: 60 - 0	69	
	GE TO COLLEGE 5K		1 Steve McGarril	Hyde Park	23:37
MALE OVERALL			2 Bill Neiman	Poughkeepsie	23:44
1 Stefan Morton	Emerson, NJ	14:59	3 Alfonso Naranjo	Beacon	24:18
2 Steven Rizzo	Wappingers Falls	15:13	FEMALE AGE GROUP: 60	- 69	
3 Jesse Capellaro	Millerton	15:23	1 Ann Crowley	Poughkeepsie	31:17
FEMALE OVERALL	- "		2 Pamela Edington	Poughkeepsie	33:38
1 Nicki Nesi	Pelham	18:05	3 Sue Lastowski	Fishkill	33:43
2 Alexandra Bartolotta	Hudson	18:36	FEMALE AGE GROUP: 70		۷۵.4۵
3 Jordan Casey	Ballston Lake	18:38	1 Erika Abraham	Cornwall	35:49
MALE AGE GROUP: 1 -					
1 Colin Waters	Poughquag	16:02	2 Veronica Reid	Poughkeepsie	42:34
2 Eamonn Sullivan	White Plains	18:18	3 Susan Hanson	Fabius	45:35
3 Matt Todaro	Middletown, NJ	18:46	Courtesy of Walkway Ov	er the Hudson & Dutches	s Tourism

8TH ANNUAL HUDSON CROSSING TRIATHLON June 11, 2017 • Hudson Crossing Park, Schuylerville

			,		mason cross.	9	u.,, 50.	,.	c. vc		
50	0-YARD SWIM, 12-MIL	E BIKE,	5K RUN	FE	MALE AGE GROUP: 3	0 - 34		FE	MALE AGE GROUP:	55 - 59	
M	ALE OVERALL			1	Billie Jo Smith	34	1:23:45	1	Kirsten Elling	55	1:27:24
1	Michael Cooley	38	59:43	2	Alexandra Besso	31	1:26:07	2	Lisa Joyce	56	1:28:22
2	Conor Bollinger	26	1:00:56	3	Ashley Crandall	31	1:29:57	3	Deborah Curtis	57	1:29:46
3	Stefano Fontana	29	1:02:53	M	ALE AGE GROUP: 35 -			-	ALE AGE GROUP: 60		1.23.40
FE	MALE OVERALL			1	Jeremy McNamara	38	1:06:43	1	Steve Vnuk	62	1:14:36
1	Erin Gregory	41	1:12:55	2	Daniel Forgett	39	1:09:47				
2	Ashley Wheeler	26	1:14:14	3	Hank Tripp	39	1:12:01	2	Leo Schowalter	64	1:22:35
3	Jacquelyn Buckley	36	1:15:31	FE	MALE AGE GROUP: 3			3	Michael Mroz	60	1:34:35
	MALE AGE GROUP:			1	Jennifer Flanagan	39	1:15:45	FE	MALE AGE GROUP:	60 - 64	
1	Jillian Richards	13	1:33:41	2	Heather Siegel-Sawma	37	1:25:55	1	Trish Roeser	63	1:45:38
2		14	1:41:55	3	Cilicia Bigler	37	1:33:29	2	Colleen Jamison	64	2:01:01
	ALE AGE GROUP: 15				ALE AGE GROUP: 40 -			м	ALE AGE GROUP: 65	- 69	
1	Kevin Gideon	19	1:09:11	1	Matt Ryan	44	1:09:18	1	John Scarano	65	1:27:13
2	Colin Leonard	17	1:09:49	2	Jonathan Igoe	43	1:10:59	1		65	
3	Colin Fitzgerald	15	1:25:04	3	Justin Pendergrast	44	1:11:35	2	David Olsen		1:30:16
	MALE AGE GROUP:				MALE AGE GROUP: 4			3	James Sheehan	65	1:39:14
1	Jordyn Sommo	17	1:21:33	1	Jodi Plante	43	1:16:23	FE	MALE AGE GROUP:	65 - 69	1
2	Corinne Pepper	15	1:32:56	2	Kerri Thomas	42	1:16:40	1	Christine Corson	66	1:46:36
3	Meghan Liuzzo	19	1:37:52	3	Julie Pendergrast	43	1:17:49	M	ALE AGE GROUP: 70	- 74	
	ALE AGE GROUP: 20 Robert Mullen		1:03:24		ALE AGE GROUP: 45 - Christian Gee		1.07.24	1	Hugh Dunseath	74	1:26:57
1		24	1:03:24	1		45 47	1:07:24 1:08:48	M	ALE AGE GROUP: 75	- 79	
2	Chris Heckman Drew Scott	24 21	1:11:21	3	Martin Gordinier David Travis	45	1:00:46	1	Stephen Mitchell	76	1:46:42
_	MALE AGE GROUP:			_	MALE AGE GROUP: 4						1.40.42
		2 0 - 24 22	1:16:01	1	Sarah Voqel	3 - 49 48	1:17:45	IV	ALE AGE GROUP: 80		
1	Jessica Harper	24	1:24:39	2	Dina St. Claire	48	1:17:45	1	Armand Langevin	80	2:09:09
2	Alison Snyder Paige Waechter	24	1:52:23	3	Karen Viger	48	1:10:24	CI	YDESDALE		
_	ALE AGE GROUP: 25		1.32.23	_	ALE AGE GROUP: 50 -		1.27.43	1	Lucian D'Acchille	19	1:15:16
1	Sean Parnett	- 29 27	1:07:46	1	Carl Regenauer	52	1:03:04	2	Dan Shyne	50	1:16:14
2	Benjamin Cohen	27	1:10:56	2	Joe Place	54	1:11:26	3	Frank Fiorello	55	1:25:44
3	Noah Monge	27	1:12:13	3	Chris McNally	52	1:14:30	-	THENA	33	1.23.11
_	MALE AGE GROUP:			_	MALE AGE GROUP: 5			1	Catherine Bologna	49	1:46:43
1	Katie Kurtessis	2 3 - 23 28	1:19:19	1	Kristen Hislop	53	1:17:32	1	,		
2	Carly Samach	26	1:22:30	2	Nanette Hatch	52	1:23:46	2	Laurie Bortscheller	49	2:13:03
3	Lindsay Brown	27	1:34:00	3	April Montgomery	54	1:31:09	3	Lina Smith	40	2:36:15
_	ALE AGE GROUP: 30		1.54.00	_	ALE AGE GROUP: 55 -		1.51.05	T۱	NO-PERSON RELAY T	EAMS	
1	Sean Smith	34	1:08:33	1	Leroy Brace	55	1:16:42	1	Sprecher		1:21:08
2	Nathan Rieger	34	1:11:18	2	Brian Wiersma	58	1:20:10	2	Shake N Bake		1:27:57
3		32	1:15:09	3	Howard Kreitsek	57	1:24:00	_	Courtesy of Green L	eaf Rad	
,	p Gacitain	32		,	KICIOCK	٥,	24.00		country or dieen L	.car nat	9

14TH ANNUAL LAKE PLACID MARATHON & HALF MARATHON June 11, 2017 • Olympic Speedskating Oval, Lake Placid

		MARATHON - 26	, 2 MII	ES .	FF	MALE AG	E GROUP: 25 - 29		
м	ALE OVER				1	4:25:13	Cecilia Bahamon	27	Medford, MA
1	3:07:28	Anthony Uzwiak	58	Killingworth, CT	2	4:52:21	Alyse Wheelock	28	Arlington, MA
2	3:13:09	Pierre-Olivier Jacques	28	Grand-Mere, QC	3	5:01:03	Melissa Abbuhl	27	Rochester
3	3:15:13	Mike Skutt	42	Lake Placid	4	5:10:43	Lisa Woolridge	29	Fort Drum
4	3:20:27	Christopher Mosconi	23	Oneonta	5	5:33:38	Thanh Thu Ngo	29	Boston, MA
5	3:21:59	Matthew Torniainen	41	Fultonville	м		GROUP: 30 - 34		
FE	MALE OVI	ERALL			1	3:25:21	Josh Fox	32	Webster
1	3:15:29	Maddie Dery	21	Putnam Valley	2	3:45:00	Robert Ordish	31	Albany
2	3:42:55	Jenny Hoffman	39	Cambridge, MA	3	4:10:22	Bernhard Firner	33	East Brunswick, NJ
3	3:43:57	Micailah Adee	25	Chicago, IL	4	4:10:56	Mateusz Patrowski	32	Mahopac
4	3:45:14	Angela Neal	39	Sudbury, MA	5	4:18:46	Peter Schick	33	Rochester
5	3:45:39	Nicolette Domkowski	37	Amsterdam	FE	MALE AG	E GROUP: 30 - 34		
М		GROUP: 18 - 24			1	4:09:12	Katie Sturek	34	Binghamton
1	3:24:47	Ross Henry	22	Chagrin Falls, OH	2	4:15:46	Meg Martin	32	Poughkeepsie
2	3:34:58	Alan MacDougall	20	Branford	3	4:17:00	Kristina Solberg	32	St. Paul, MN
3	3:40:47	Stuart Baird	18	Lake Placid	4	4:56:10	Ashley Grealish	30	Liverpool
4	3:49:52	Paul Ford	21	Au Sable Forks	5	4:57:15	Chantal Pinard	33	Arlington, VA
5	4:21:08	Drew Hasbrouck	22	Saratoga Springs	_		GROUP: 35 - 39	55	7 tillington, v/t
FE		E GROUP: 18 - 24		_	1	3:30:15	Chris Harwood	38	Short Hills, NJ
1	3:57:42	Laura Hough	23	Troy	2	3:32:23	Adam Endres	39	Spencerport
2	3:58:09	Christine Myers	19	Altamont	3	3:37:37	Zack Bishop	37	Holland, PA
3	4:15:35	Clare O'Grady	24	Sea Cliff	4	3:51:07	Bryan Brodock	37	Clinton
4	4:25:38	Rachel Knuth	23	Warwick	5	3:51:20	Norman Bradley	38	Hoboken, NJ
5	4:34:54	Taylor Kennard	19	Burdett			E GROUP: 35 - 39	20	HODOKEH, NJ
M	3:47:25	ROUP: 25 - 29	28	Node NI	1	4:15:54	Leslie Adams	35	Jamaica Plain, MA
1	4:07:47	John Rose Jared Connell	28 28	Nutley, NJ	2	4:15:54	Lindsey Martin	36	Jamaica Plain, MA
3	4:07:47	August Johnson	28 27	East Syracuse Oneonta	3	4:18:46	Jean Musolino	35	Randolph, NJ
4	4:13:33	Serge Zenisek	29	New York	4	4:42:09	Kellie Tyler	39	Hurley
5	4:18:36	Zachary Simek	25	Lake Placid	5	4:42:09	Jen Ketchell	36	Au Sable Forks
5	4.20.00	Zacijary Silliek	23	Lake Flacid	5	4.43.47	Jen Kettilell	٥٥	continued

VIALE AGE G 3:22:21	ROUP: 40 - 44 Patrice Iseli	42	Terrebonne, QC		1ALE AG 1:44:47	E GROUP: 25 - 29 Meghan Yi	26	Albany
3:25:12	Jacob Hadden	42	Lake Placid		1:45:13	Chantal Gagnon	28	New York
3:30:43	Greg Ethier	43	Clifton Park		1:47:45	Shannon Flaherty	25	Scotia
3:34:53	Steve Favreau	44	Laval, QC		1:49:08	Meg Olson	29	Wauwatosa, WI
3:45:02	Steven Nicoll GROUP: 40 - 44	43	Schenectady		1:49:52 LE AGE (Julianne Grandal GROUP: 30 - 34	26	Cranford, NJ
4:04:01	Tara Murray	40	State College, PA		LE AGE (1:29:05	Stanton Cady	30	Somerville, MA
4:16:17	Amy Tatem	41	Randolph, NJ		1:30:49	Stephen Gnoza	31	New York
5:02:28	Kimberly Cass	41	Baldwinsville		1:38:46	Anthony Demarco	34	Troy
5:04:18	Lisanne Gadoury	43	Montreal, QC		1:38:48	Matthew Lamonica	32	Hoboken, NJ
5:33:26	Elena Caffentzis	44	Dobbs Ferry		1:45:48	Phil Monthie E GROUP: 30 - 34	30	Clifton Park
3:30:15	Phil Oldham	49	Lincoln, VT		1:39:08	Janne Rand	32	Lake Placid
3:48:26	Paul Kell	45	Durham, NH		1:41:02	Rachel Waller	31	Burnt Hills
4:11:45	Michael Hinds	46	Avon		1:46:35	Nicole Rowland	32	Nesconset
4:19:02 4:20:25	Paul Callery	48	Bellingham, MA		1:48:06	Kimberly Pommer	33	Schenectady
	Howard Pine GROUP: 45 - 49	48	Wayne, NJ		1:51:45 LE AGE (Brett Harris GROUP: 35 - 39	32	Albany
3:53:31	Dorothee Fuller	47	Clinton, CT		1:34:48	Topher Zebrowski	37	Jersey City, NJ
4:03:37	Hellen Scharff	48	Cincinnati		1:38:26	Sidney Nazario	39	Danbury, CT
4:17:15	Kristin Olmstead	45	Hudson Falls		1:39:11	Hidai Bar-Mor	38	Tel-Aviv, ISR
4:17:15	Shondel Boyden	47	Colton		1:40:05	David Clevenstine	36	Panton, VT
5:17:41	Catherine Forbes ROUP: 50 - 54	48	Hyde Park		1:45:06 TALE AG	Christopher Sanner E GROUP: 35 - 39	39	Melcroft, PA
3:29:28	David Padula	51	Niskayuna		1:36:48	Kelly Hadiaris	37	Stowe, VT
4:06:36	Doug Hough	50	Latham		1:40:45	Amanda Susser	35	Albany
4:15:13	Frederick Abbuhl	52	Delmar		1:42:17	Cassie Baillargeon	35	Keene
4:44:13	Jean Tiegom	52	Jersey City, NJ		1:43:18	Kathleen McGowan	36	New York
4:58:28 FMALE AGE	Brad Schrock GROUP: 50 - 54	52	Westfield, IN		1:48:11 LE AGE (Marcia Daher	35	Cedar Knolls, NJ
4:09:18	Cheryl Feder	52	Malta		LE AGE (1:30:09	GROUP: 40 - 44 Michael Bragdell	44	Colora, MD
4:09:18 4:13:58	Lisa Lapointe Strom	50	Norwich, CT		1:30:09	Joshua Brockner	44	Dryden
4:24:54	Carrie Lavigne	53	Massena		1:45:14	Patrick Campeau	43	Cornwall
5:31:35	Debora Goodhines	50	Manlius	4	1:49:06	Michael Alexander	40	New York
	Jo Sutton	54	Riverview, FL		1:49:44	Parmi Cheema	42	Livingston, NJ
1ALE AGE G 4:43:37	iROUP: 55 - 59 John Abbuhl	59	Slingerlands		1ALE AG 1:48:08	E GROUP: 40 - 44 Erica Feller	42	Brewster
4:43:37 4:47:01	Robert Waltersdorf	59 59	Cohoes		1:48:08	Colleen Thompson	42	Saint James
4:52:32	James Langmead	59	Delmar		1:49:37	Tina Cukrovany	40	Clifton Park
4:53:20	Kurt Lozier	58	Loudonville		1:52:59	Josiane Hamelin	43	Laval, QC
4:55:46	Michael Sanderson	57	Deansboro		1:54:42	Valerie Mauffette	41	Gatineau, QC
	GROUP: 55 - 59	55	Canyon Lako TV			GROUP: 45 - 49	40	Chaudalaan OC
4:58:15	Jan Broyles FROUP: 60 - 64	22	Canyon Lake, TX		1:39:01 1:44:11	Alain Delisle Kevin Bigelman	49 46	Shawinigan, QC West Point
3:50:41	Jim Henry	60	Chagrin Falls, OH		1:44:23	Patrick Johnson	46	West Chester, PA
4:15:49	Paul Salerni	60	Little Neck		1:44:46	Karl Peterson	45	Fayetteville, GA
4:17:00	Stefan Tunguz	60	Larchmont		1:46:37	Aaron Kwittken	46	Armonk
4:38:43 4:42:03	Jeff Rose	62 60	Honeoye Falls			E GROUP: 45 - 49	4.5	Bardelan CO
	Gregory Mazman GROUP: 60 - 64	OU	Wenham, MA		1:47:58 1:52:41	Jennifer Geraghty Mary Norelli	45 49	Boulder, CO Franklin Lakes, NJ
4:45:47	Debbie Ketchell	61	Leadville, CO		1:53:06	Mary Klee	48	Syracuse
	ROUP: 65 - 69	٠.	ecourine, co		1:55:30	Paula Hough	47	Latham
4:14:19	Myron Sidloski	66	Dallas, PA		1:55:30	Sharon Fisher	48	Norwich, CT
4:57:58	Curtis Lintvedt	69	Exeter, NH			GROUP: 50 - 54		
5:00:45 5:14:30	John Kaeding	69	Worcester, VT		1:40:34	David Balestrini	52	Lake Placid
5:14:30	Barry Fitz-James Wendell Lafave	66 67	Lake Placid Williamstown		1:42:36 1:44:54	Tom Gavin David Baggs	52 50	Lake Placid Ottawa, ON
	GROUP: 65 - 69	0,	vviiiidi115tovvii		1:45:34	Marc Lamothe	54	Victoriaville
5:41:03	Roseanne Svihra	66	Gillette, NJ		1:45:47	John Camele	50	Plymouth, MI
	ROUP: 75 - 79					E GROUP: 50 - 54		
5:17:32	Michael Lafontaine	75	Champlain		1:58:41	Elizabeth Bianchi	50	West Chesterfield,
IALE OVER	HALF MARATHON	- 13.1	MILES		1:59:56 2:01:40	Margit MacDougall Stephanie Pianka	51 51	Branford, CT New York
1:18:29	Joseph Norton	32	Cherry Hill, NJ		2:09:31	Colleen Breen	53	Latham
1:20:53	Dylan Cohen	45	Jersey City, NJ		2:10:47	Sarah Reed-Esper	51	Slingerlands
1:23:39	Bryce Hartman	18	Saranac Lake	MA	LE AGE (GROUP: 55 - 59		3
1:24:19	Max Hoffman	16	Clifton Park		1:37:14	Daniel Edelstein	59	Saranac Lake
1:28:05	Sean Davis	26	Lake Placid		1:41:27	James West	57	Riverside, CT
EMALE OVE 1:23:26	RALL Lesley Paterson	36	San Diego, CA		1:43:53 1:44:53	Kirk Fasking Sergio Giron	59 56	Lake Placid Bayside
1:23:26	Elizabeth Izzo	36 25	Lake Placid		1:44:53	Terry Ingram	50 57	Hattiesburg, MS
	Stephanie Lajoie	42	Mirabel, QC	FEN	IALE AG	E GRÓUP: 55 - 59		•
1:33:10	Cassie Whittington	34	Columbus, OH	1	1:46:01	Mary White	57	Syracuse
1:34:34	Victoria Jablonski	28	Peru		1:58:43	Joanne Reynolds	57	Mohawk
1:34:34 1:36:21					2:00:04 2:02:55	Kathleen Crowley Anne Tasciotti	58 55	Ossining Poughkeepsie
1:34:34 1:36:21 IALE AGE G	ROUP: 1 - 19	17	Mountain Tan DA		2:02:55 2:04:47	Judy Caswell	55 58	Belmont, NC
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1:34:34 1:36:21 IALE AGE G 1:34:10 1:40:16	ROUP: 1 - 19 Justin Glowacki Jonathon Miller	17 18 16	Oneonta		LE AGE (GROUP: 60 - 64		
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1:34:34 1:36:21 IALE AGE G 1:34:10 1:40:16 1:42:56 1:49:43 1:52:41	Justin Glowacki Jonathon Miller Jacob Alberga Adam Hesseltine Hyrum Balog	18 16	Oneonta Saranac Lake	MA 1 2	1:53:38 1:58:43	GROÚP: 60 - 64 George Baranauskas Robert Morganson	60	Lake Placid
1:34:34 1:36:21 IALE AGE G 1:34:10 1:40:16 1:42:56 1:49:43 1:52:41 EMALE AGE	Justin Glowacki Jonathon Miller Jacob Alberga Adam Hesseltine Hyrum Balog	18 16 16 15	Oneonta Saranac Lake Saranac Lake Saratoga Springs	MA 1 2 3	1:53:38 1:58:43 1:59:20	GROÚP: 60 - 64 George Baranauskas Robert Morganson Peter Jones	60 62	Lake Placid Rainbow Lake
1:34:34 1:36:21 IALE AGE G 1:34:10 1:40:16 1:42:56 1:49:43 1:52:41 EMALE AGE 1:42:41	Justin Glowacki Jonathon Miller Jacob Alberga Adam Hesseltine Hyrum Balog GROUP: 1 - 19 Madelyn Bell	18 16 16 15	Oneonta Saranac Lake Saranac Lake Saratoga Springs Saratoga Springs	MA 1 2 3 4	1:53:38 1:58:43 1:59:20 2:01:16	GROÚP: 60 - 64 George Baranauskas Robert Morganson Peter Jones Stephan Von Schenk	60 62 62	Lake Placid Rainbow Lake Diamond Point
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1:34:34 1:36:21 IALE AGE G 1:34:10 1:40:16 1:42:56 1:49:43 1:52:41 EMALE AGE 1:42:41 1:45:20 1:54:53 2:08:17	Justin Glowacki Jonathon Miller Jacob Alberga Adam Hesseltine Hyrum Balog GROUP: 1 - 19 Madelyn Bell Autumn Spyhalsky	18 16 16 15 18 18	Oneonta Saranac Lake Saranac Lake Saratoga Springs Saratoga Springs Kingston	MA 1 2 3 4 5 FEN 1 2	1:53:38 1:58:43 1:59:20 2:01:16 2:05:07 1ALE AG 2:32:46 2:34:07	GROÚP: 60 - 64 George Baranauskas Robert Morganson Peter Jones Stephan Von Schenk Mark Regan E GROUP: 60 - 64 Valerie Pezzula Debi Cormier	60 62 62 61 62 61	Lake Placid Rainbow Lake Diamond Point Queensbury Albany East Longmeadow,
1:34:34 1:36:21 IALE AGE G 1:34:10 1:40:16 1:42:56 1:49:43 1:52:41 EMALE AGE 1:42:41 1:45:20 1:54:53 2:08:17 2:14:37 IALE AGE G	ROUP: 1 - 19 Justin Glowacki Jonathon Miller Jacob Alberga Adam Hesseltine Hyrum Balog GROUP: 1 - 19 Madelyn Bell Autumn Spyhalsky Rachel Pine Elisabeth Ashley Amanda Ring ROUP: 20 - 24	18 16 16 15 18 18 19 18	Oneonta Saranac Lake Saranac Lake Saratoga Springs Saratoga Springs Kingston Hoosick Falls Wilmington Bridgewater, NJ	MA 1 2 3 4 5 FEN 1 2 3	1:53:38 1:58:43 1:59:20 2:01:16 2:05:07 IALE AG 2:32:46 2:34:07 2:37:53	GROUP: 60 - 64 George Baranauskas Robert Morganson Peter Jones Stephan Von Schenk Mark Regan E GROUP: 60 - 64 Valerie Pezzula Debi Cormier Becky Thayer	60 62 62 61 62 61 60	Lake Placid Rainbow Lake Diamond Point Queensbury Albany East Longmeadow, Watervliet
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1:34:34 1:36:21 1:34:10 1:40:16 1:42:56 1:42:54 1:52:41 1:45:20 1:54:37 1:41:45:20 1:54:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:34:37 1:41:45:20 1:41:45:45:20 1:41:45:45:45:45 1:41:45:45 1:41:45:45 1:41:45:45 1:41:45:45 1:41:45:45 1:41:45 1	Justin Glowacki Jonathon Miller Jacob Alberga Adam Hesseltine Hyrum Balog Group: 1 - 19 Madelyn Bell Autumn Spyhalsky Rachel Pine Elisabeth Ashley Ramanda Ring ROUP: 20 - 24 Alexander Carlson Chris Soufleris Joe Becker Timothy Love Alexander Dejohn GROUP: 20 - 24 Brenna Lindsey Taylor Alix Tara Seigle Megan Gardiner Paige Radney ROUP: 25 - 29	18 16 16 15 18 18 19 18 16 20 22 24 24 20 20 20 21 23	Oneonta Saranac Lake Saranac Lake Saranac Lake Saratoga Springs Kingston Hoosick Falls Wilmington Bridgewater, NJ Delmar Albany Voorheesville Boston, MA Albany Laramie, WY Cohoes Cold Brook Jay Fairlee, VT	MA 1 2 3 4 5 FEN 1 2 3 4 5 MA 1 2 3 4 5 FEN 1 2 3 4 5 FEN 1 2 MA	1:53:38 1:58:43 1:59:20 2:01:16 2:05:07 IALE AG 2:32:46 2:33:46 2:34:07 2:37:53 2:47:26 LE AGE (1:48:32 2:13:02 2:29:36 IALE AG 2:12:08 3:24:08 IALE AGE (1:48:32 IALE	GROUP: 60 - 64 George Baranauskas Robert Morganson Peter Jones Stephan Von Schenk Mark Regan E GROUP: 60 - 64 Valerie Pezzula Debi Cormier Becky Thayer Sheila Lafave Mary Byrnes GROUP: 65 - 69 Stephen Lee David Brongo John Shoemaker Alan Lokey Anthony Demott E GROUP: 65 - 69 Deborah McCullough Diane Brundage GROUP: 70 - 74	60 62 62 61 62 61 60 64 60 65 65 66 65 65	Lake Placid Rainbow Lake Diamond Point Queensbury Albany East Longmeadow, Watervliet Williamstown Laramie, WY Laval, QC Geneseo Scotia Towson, MD Staten Island Cazenovia Manlius
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1:34:34 1:34:10 1:40:16 1:40:16 1:49:43 1:52:41 1:45:20 1:54:53 2:08:17 2:14:37 13LE AGE G 1:38:45 1:38:46 1:3	Justin Glowacki Jonathon Miller Jacob Alberga Adam Hesseltine Hyrum Balog Group: 1 - 19 Madelyn Bell Autumn Spyhalsky Rachel Pine Elisabeth Ashley Ramanda Ring ROUP: 20 - 24 Alexander Carlson Chris Soufleris Joe Becker Timothy Love Alexander Dejohn GROUP: 20 - 24 Brenna Lindsey Taylor Alix Tara Seigle Megan Gardiner Paige Radney ROUP: 25 - 29	18 16 16 15 18 18 19 18 16 20 22 24 24 20 20 20 21 23	Oneonta Saranac Lake Saranac Lake Saranac Lake Saratoga Springs Kingston Hoosick Falls Wilmington Bridgewater, NJ Delmar Albany Voorheesville Boston, MA Albany Laramie, WY Cohoes Cold Brook Jay Fairlee, VT	MA 1 2 3 4 5 FEN 1 2 3 4 5 MA 1 2 3 4 5 FEN 1 2 MA 1 2 MA	1:53:38 1:58:43 1:59:20 2:01:16 2:05:07 TALE AG 2:32:46 2:32:46 2:34:07 2:37:53 2:43:55 2:47:26 LE AGE (1:48:32 2:13:02 2:29:36 TALE AG 1:48:32 2:13:02 2:29:36 TALE AG 2:21:08 TALE AG 2:21:09 TALE AG 2:24:07 LE AGE (2:24:07 LE AGE (GROUP: 60 - 64 George Baranauskas Robert Morganson Peter Jones Stephan Von Schenk Mark Regan E GROUP: 60 - 64 Valerie Pezzula Debi Cormier Becky Thayer Sheila Lafave Mary Byrnes GROUP: 65 - 69 Stephen Lee David Brongo John Shoemaker Alan Lokey Anthony Demott E GROUP: 65 - 69 Deborah McCullough Diane Brundage GROUP: 70 - 74	60 62 62 61 62 61 60 64 60 65 65 66 65 65	Lake Placid Rainbow Lake Diamond Point Queensbury Albany East Longmeadow, Watervliet Williamstown Laramie, WY Laval, QC Geneseo Scotia Towson, MD Staten Island Cazenovia Manlius
1:34:34 1:34:10 1:40:16 1:42:56 1:49:43 1:52:41 1:45:20 1:54:53 2:08:17 2:14:37 13LE AGE G 1:38:45 1:38:46 1:3	Justin Glowacki Jonathon Miller Jacob Alberga Adam Hesseltine Hyrum Balog GROUP: 1-19 Madelyn Bell Autumn Spyhalsky Rachel Pine Elisabeth Ashley Amanda Ring IROUP: 20 - 24 Alexander Carlson Chris Soufleris Joe Becker Timothy Love Alexander Dejohn GROUP: 20 - 24 Brenna Lindsey Taylor Alix Tara Seigle Megan Gardiner Paige Radney ROUP: 25 - 29 Arthur Chin Connor Harvey	18 16 16 15 18 18 19 18 16 20 22 24 24 24 20 20 21 23 29 28	Oneonta Saranac Lake Saranac Lake Saranac Lake Saratoga Springs Singston Hoosick Falls Wilmington Bridgewater, NJ Delmar Albany Voorheesville Boston, MA Albany Laramie, WY Cohoes Cold Brook Jay Fairlee, VT Rye Coram	MA 1 2 3 4 5 FEN 1 2 3 4 5 MA 1 2 3 4 5 FEN 1 2 MA 1 2 FEN	1:53:38 1:58:43 1:59:20 2:01:16 2:05:07 TALE AG 2:32:46 2:32:46 2:34:07 2:37:53 2:43:55 2:47:26 LE AGE (1:48:32 2:13:02 2:29:36 TALE AG 1:48:32 2:13:02 2:29:36 TALE AG 2:21:08 TALE AG 2:21:09 TALE AG 2:24:07 LE AGE (2:24:07 LE AGE (GROUP: 60 - 64 George Baranauskas Robert Morganson Peter Jones Stephan Von Schenk Mark Regan E GROUP: 60 - 64 Valerie Pezzula Debi Cormier Becky Thayer Sheila Lafave Mary Byrnes GROUP: 65 - 69 Stephen Lee David Brongo John Shoemaker Alan Lokey Anthony Demott E GROUP: 65 - 69 Deborah McCullough Diane Brundage SROUP: 70 - 74 David Bradford Vincent Spagnoletti	60 62 62 61 62 61 60 64 60 65 65 66 67 66 65	Lake Placid Rainbow Lake Diamond Point Queensbury Albany East Longmeadow, Watervliet Williamstown Laramie, WY Laval, QC Geneseo Scotia Towson, MD Staten Island Cazenovia Manlius Lewes, DE

	DUME	OP I	UELD EV. DI	IN AC	AINST DOMES	TIC VIO	LENCE	
	KUN				le School, East G			
м	ALE OVERALL	June	11,2017	on maa	FEMALE AGE GROU		•	
1	Liam Danaher	16	East Greenbush	18:18	1 Kaitlyn Berkery	23	Green Island	32:38
2	Michael Ruger	36	East Greenbush	20:01	2 Jessica Hart	22	Castleton	35:3
3	Jesse Boni	24	Castleton	20:09	3 Kiana Cooke	24	Glenville	36:3
FE	MALE OVERALL				MALE AGE GROUP:		Cleriville	30.3
1	Melissa Maguire	44	Loudonville	22:28			D le	22.2
2	Corie Noel	35	Castleton	22:30	1 Anthony Pasqualin		Rensselaer	22:2
3	Danielle Maslowsky	38	Ballston Lake	22:57	2 Adam Hulett	25	Castleton	25:5
VI.	ALE AGE GROUP: 1 - 14	1			FEMALE AGE GROU	P: 25 - 29		
1	Logan Ploss	14	East Greenbush	20:36	1 Sarah Ward	25	Castleton	24:2
2	Chase Hausler	11	East Greenbush	27:56	2 Kathleen Blanchard	1 28	East Greenbush	29:0
3	Brady Lee	8	Castleton	28:40	3 Kisha Estelow	29	Albany	30:2
FE	MALE AGE GROUP: 1 -				MALE AGE GROUP:	30 - 34	,	
1	Emma Chaney	12	Delmar	32:23	1 Rob Mangold	30	Fast Greenbush	20:5
2	Alyssa Hess	12	Rensselaer	33:35	2 Eric Shierly	30	Castleton	26:5
3_	Sophie Desantis	10	Rensselaer	37:53	3 Mike N	32		28:3
VI.	ALE AGE GROUP: 15 - 1		Contleton	22.57			Albany	28.3
1	Michael Iula Nicholas Iula	16 16	Castleton Castleton	23:57 23:59	FEMALE AGE GROU			
2		19		36:07	1 Cynthia Carter	34	Rensselaer	25:4
3 F F	Barry Caster MALE AGE GROUP: 15		Albany	30.07	2 Mary Shierly	30	Castleton	26:5
г с 1	Molly Kane	16	Rensselaer	24:03	3 Megan Baldwin	33	Albany	29:4
2	Fiona Shea	19	Fast Greenbush	27:39	MALE AGE GROUP:	35 - 39		
2	Maddie Hart	18	Castleton	36:06	1 Matthew Flannery	38	Wynantskill	23:0
М.	ALE AGE GROUP: 20 - 2		Castictori	50.00	2 James Addeo	38	Albany	28:2
1	EJ Hart	24	Castleton	25:59	3 Emmanuel Korode	35	East Greenbush	29:2

	RUN FOR HE	LP	5K: RUN	AGAINST	D	OMESTIC VIOLE	N	CE continued	
FE	MALE AGE GROUP: 35 - 39	•			FEI	MALE AGE GROUP: 55 - 5	9		
1	Sarah Flannery	39	Wynantskill	25:25	1	Michelle D	56	Troy	33:25
2	Tracian G	39	Schenectady	28:53	2	Kathryn Henson	58	East Greenbush	35:15
3	Karina Black	37	Delmar	30:49	3	Mary Signorelli	55	Castleton-on-Hudson	38:20
M	ALE AGE GROUP: 40 - 44				M/	ALE AGE GROUP: 60 - 64			
1	Chad Ploss	44	East Greenbush	23:52	1	Tom Grant	60	Rensselaer	50:02
2	Scott Galarneau	40	East Greenbush	27:31	2	Bob Simoni	62	Fast Greenbush	50:43
3	David Burns	41	Castleton	28:51	FEI	MALE AGE GROUP: 60 - 6	4		
FE	MALE AGE GROUP: 40 - 44	ı			1	Debra Pelletier	60	Trov	27:37
1	Jamie Christensen	42	Poestenkill	27:37	2	Darlene Cardillo	64	Delmar	28:19
2	Julie Ploss	42	East Greenbush	27:56	3	Diane Cleveland	61	Rensselaer	30:12
3	Melissa Desantis	42	Rensselaer	32:21	M	ALE AGE GROUP: 65 - 69			
M	ALE AGE GROUP: 45 - 49				1	Stephen Chenette	67	East Greenbush	37:15
1	Todd McAuley	48	Colonie	20:46	2	Fred Root	68	Fast Greenbush	50:20
2	Todd Robert	45	Nassau	22:54	3	Ken Galanneau	68	Loudonville	54:29
3	Mark Hamel	48	East Greenbush	26:33	_	MALE AGE GROUP: 65 - 6		Loudonvinc	54.25
FE	MALE AGE GROUP: 45 - 49	9			1	Mary Wakeman	68	Albany	49:54
1	Lonnie Halusic	48	Niskayuna	29:41	2	lean Probst	69	Fast Greenbush	53:47
2	Karen Tracey	48	East Greenbush	31:58	3	Judy Lynch	67	Castleton	58:07
3	Holly Lockrow	45	Troy	33:25	,	, ,	S RU		30.07
M	ALE AGE GROUP: 50 - 54				ВО.	YS OVERALL	S RU	JN	
1	Tom Mack	52	Wynantskill	24:00	BU		4.4	Allegan	4:17
2	Eric Hart	54	Castleton	50:43	1	Patrick McNaughton	11 8	Albany Castleton	4:17 4:33
FE	MALE AGE GROUP: 50 - 54	-			2	Brady Lee	-		
1	Courtney Mahar	52	Rensselaer	24:49	3	Zackery Trindade	9	East Greenbush	4:40
2	Lisa Root	51	East Greenbush	26:11	GII	RLS OVERALL	_	Cartlatan	4.46
3	Karen Brady	52	Castleton	28:28	1	Kierstin Lee	9	Castleton	4:46
	ALE AGE GROUP: 55 - 59				2	Ava Noel	8	Castleton	5:13
1	Frank Woods	55	Rensselaer	25:16	3	Caroline Dubuque	9	East Greenbush	6:02
2	Patrick Boni	58	Castleton	49:20	Со	urtesy of Family/Friends of	Liza	Ellen Warner and Nikk	ı Hart

2 Patrick Boni	58	Castleton	49:20	Courtesy of Family/Friends of	Liza I	Ellen Warner and Ni	kki Hart
2DD AN	NIIIA	LODEATO	A C A NID	AGA CHALLENGE	TD	ATULON	
				AGA CHALLENGE Conference Center, B			
			-		ıva	иагын	
ADULT SPRINT – 750 MALE OVERALL	M SWII	M, 20K BIKE, 5K RU	JN	MALE AGE GROUP: 70 - 74 1 Jim Cunningham	72	Ticonderoga	1:32:10
1 Tim Russell	27	Bennington, VT	1:01:22	2 Douglas Kabat	71	Schenectady	1:56:52
2 Michael Cooley	37	Delmar	1:04:35	TEAMS			
3 Stefano Fontana FEMALE OVERALL	29	Troy	1:08:10	Team Leviathan Splash Flash and Dash			1:01:35 1:15:31
1 Kim Morrison	37	Wynantskill	1:21:47	3 Y Guys			1:17:02
2 Kelsey Allen	27	Round Lake Rensselaer	1:23:39	YOUTH - 100YD SV	VIM,	5K BIKE, 1M RUN	
3 Elizabeth Benjamin MALE AGE GROUP: 1 - 14	44	Kensselaer	1:24:27	MALE OVERALL	4.0	B.II	20.44
1 Trevor Dzikowicz	14	Amsterdam	1:11:16	Trevor Goodwill Dillon Goodwill	10 11	Ballston Lake Ballston Lake	20:41 20:51
Jeffrey Koeferl Charlie Gutch	14 13	Ballston Lake Pelham	1:22:37 1:40:48	3 Carter Sgambato	13	Broadalbin	21:45
FEMALE AGE GROUP: 1 -		remain	1.40.40	FEMALE OVERALL	12	Dellaton Laka	22.12
1 Leila Paltrowitz	13	New York	1:24:50	Amanda Curtis Alexandra Reed	12 14	Ballston Lake Clifton Park	22:13 22:24
2 Rachel Love 3 Vania Sih	12 13	Greenfield Center Saratoga Springs	1:32:39 1:33:26	3 Samantha Reed	12	Clifton Park	25:07
MALE AGE GROUP: 15 - 1	9			MALE AGE GROUP: 7 - 8	8	Dellaton Coo	20.14
1 Max Marwin 2 Joseph Terry	18 16	Newburgh	1:21:36 1:27:30	1 Loic Goffioul 2 Brady Varian	8	Ballston Spa Broadalbin	28:14 28:21
Joseph Terry Michael Ardito	17	Saratoga Springs Schenectady	1:27:30	3 Seeley Harvey	8	Amsterdam	29:45
FEMALE AGE GROUP: 15		,		4 Eliel Aleman-Rivera 5 Roman Dutcher	8	Amsterdam	32:39
Alexandra Koeferl Jordyn Sommo	16 17	Ballston Lake Guilderland	1:26:53 1:27:45	5 Roman Dutcher FEMALE AGE GROUP: 7 - 8	8	Amsterdam	34:10
3 Emily Barno	18	Ballston Spa	1:29:05	1 Abigail Powers	8	Gloversville	29:15
MALE AGE GROUP: 20 - 2				2 Lilian Chamberlain	8	Northville	30:16
1 Ian Thane 2 Chris Yvars	24 23	Amsterdam Gloversville	1:15:53 1:28:47	3 Isabelle Downey 4 Abby Horesco	8	Saratoga Springs Glastonbury, CT	30:53 31:00
FEMALE AGE GROUP: 20		GIOVEISVIIIE	1.20.47	5 Macey Chamberlain	7	Northville	31:59
1 Taylor MacFarland	23	Manlius	1:30:42	6 Eleora Goodbread	8	Broadalbin	36:42
MALE AGE GROUP: 25 - 2 1 Sean Parnett	. 9 26	Albany	1:13:52	7 Lilly Whitbeck MALE AGE GROUP: 9 - 10	7	Gansevoort	39:27
2 Daniel Halbig	29	Ballston Lake	1:20:51	1 Gabriel Wettig	10	Ballston Spa	24:44
3 Jonathan Peffley FEMALE AGE GROUP: 25	29 - 20	Saratoga Springs	1:23:20	2 Otter Dannible	9	Galway	26:55
1 Mariola Moeyaert	- 29 29	Albany	1:28:54	3 Anthony O'Leary 4 Jake Morin	9 10	Ballston Spa Broadalbin	27:19 27:38
2 Kelsey Jones	27	Saratoga Springs	1:37:36	5 Connor Varian	10	Broadalbin	27:44
3 Meaghan Leary MALE AGE GROUP: 30 - 3	25 4	Albany	1:39:48	6 Elijah Montague	9	Galway	27:49
1 Daniel Finnin	31	Saratoga Springs	1:14:43	7 Andrew Cheely 8 Owen Compani	10 10	Schenectady Amsterdam	27:54 31:48
2 Tom Tiberio	32	Scotia	1:16:48	9 Logan Lazier	10	Amsterdam	32:54
3 Charlie Gauthier FEMALE AGE GROUP: 30	31 - 34	Schenectady	1:18:18	10 Fisher Dannible	10	Galway	33:55
1 Billie Jo Smith	34	Latham	1:28:06	FEMALE AGE GROUP: 9 - 10 1 Hanna Pokines	9	Amsterdam	25:59
2 Kate Penn	32	Schenectady	1:28:24	2 Natasha Hurff	10	Greenfield Center	27:13
3 Melissa Tiberio MALE AGE GROUP: 35 - 3	30 1 9	Scotia	1:31:46	3 Tali Horesco	9	Glastonbury, CT	27:13
1 Jeffrey Andritz	36	Altamont	1:08:16	4 Taylor Rose 5 Laurel Mitchell	10 9	Clifton Park Broadalbin	27:23 27:30
2 Nicholas Lobosco 3 Kyle Youlen	35 37	Ballston Spa Burnt Hills	1:18:36 1:21:36	6 Emelia Murphy	9	Broadalbin	27:38
3 Kyle Youlen FEMALE AGE GROUP: 35		DUITIL MIIIS	1.21.30	7 Julia McKinley	10	Ballston Spa	27:46
1 Beth Blaha	35	Gloversville	1:27:33	8 Hannah Nolett 9 Isalbella O'l earv	10	Gloversville	27:48
2 Beth Harvey 3 Emily Bocklet	38 36	Amsterdam Katonah	1:29:32 1:34:40	9 Isalbella O'Leary 10 Jillian Sanford	9 10	Ballston Spa Broadalbin	28:46 29:17
MALE AGE GROUP: 40 - 4		Katullali	1.34.40	11 Claire Nolett	10	Gloversville	29:53
1 Brenden Rillahan	44	South Glens Falls	1:08:33	12 Magdalene Ann Trautn	10	Saratoga Springs	30:05
2 Randall Cannell 3 Ian Morrison	44 40	Broadalbin Wynantskill	1:17:09 1:18:48	13 Clara Goffioul 14 Anela Whitbeck	10 9	Ballston Spa Gansevoort	31:02 32:27
FEMALE AGE GROUP: 40		vvyriaritskiii	1.10.40	15 Emma Sellnow	9	Schenectady	33:25
1 Joanna Sheinfeld	42	New York	1:35:12	16 Rylee Brown	10	Amsterdam	35:06
2 Joanne Vanhorne3 Shelly Coffin	44 41	Corinth Northville	1:43:08 1:53:42	17 Olivia Carulli MALE AGE GROUP: 11 - 12	10	Saratoga Springs	35:42
MALE AGE GROUP: 45 - 4		Northville	1.33.42	1 Evan Krenav	11	Delanson	23:13
1 Pat Sommo	49	Guilderland	1:12:45	2 Colin Schager	12	Schenectady	24:38
2 Jay Zimmerman 3 Mike Gutch	47 47	Saratoga Springs Pelham	1:28:09 1:30:54	Adrian Nolett Liam Callahan Brittain	11 12	Gloversville St. Johnsville	25:09 26:52
FEMALE AGE GROUP: 45	- 49			5 Cooper Rose	12	Clifton Park	29:56
1 Lonnie Halusic	49	Schenectady Malta	1:26:10	6 Jack Revitt	11	Schenectady	34:59
2 Kim Scott 3 Suzanne Pitts	48 46	Malta Ballston Spa	1:36:05 1:36:17	7 Noah Montague	11 11	Galway	39:39
MALE AGE GROUP: 50 - 5	4			8 Logan Aery FEMALE AGE GROUP: 11 - 1		Broadalbin	40:13
1 Joe Place 2 Paul DiCaprio	54 52	Saratoga Springs Queensbury	1:16:43	1 Nikki Stark	11	Saratoga Springs	26:08
2 Paul DiCaprio 3 Martin Callahan	52 50	St. Johnsville	1:18:23 1:23:16	2 Abigail Sellnow	11	Schenectady	26:13
FEMALE AGE GROUP: 50	- 54			Abigail Nelson Olivia Zebrowski	12 11	Delanson Gansevoort	26:13 27:07
1 Roberta Vogt 2 Ursula Platz	52 54	Rexford Hopewell Junction	1:27:55 1:39:11	5 Elisabeth Erb	12	Saratoga Springs	27:26
3 Denise Sorsby	53	Albany	1:39:23	6 Alexandra Brown	11	Amsterdam	28:11
MALE AGE GROUP: 55 - 5		•		7 Kierra Schager 8 Abigail Ernst	12 11	Schenectady Saratoga Springs	29:26 29:58
1 Kevin Platz 2 Christian Vandervort	57 56	Hopewell Junction Voorheesville	1:19:31 1:39:50	9 Madison Thompson	11	Porter Corners	31:09
3 Stephen Maher	55	Slingerlands	1:40:27	10 Haley Tomlinson	11	Gloversville	33:12
FEMALE AGE GROUP: 55			4.20 55	11 Ailani Aleman-Rivera 12 Jenna Bryson	11 12	Amsterdam Greenfield Center	33:25 34:57
1 Jeryl Simpson 2 Mary Hanna	59 59	Mechanicville Saratoga Springs	1:29:50 1:39:30	FEMALE AGE GROUP: 13 - 1		Greenileiu Centel	J4.J/
3 Cheryl Dunkelbarger	57	Ballston Spa	1:56:06	1 Evelyn Currier	13	Waterford	25:59
MALE AGE GROUP: 60 - 6		Caratoga Carinas	1.24.20	2 Abby Dicocco 3 Kiely Rose	14 14	Clifton Park Clifton Park	28:36 29:02
1 Peter Canzone FEMALE AGE GROUP: 60	64 - 64	Saratoga Springs	1:34:36	3 Kiely Rose MALE AGE GROUP: 15 - 16	14	CIIILOII FAIK	29:02
1 Jean Quattrocchi	60	Albany	1:32:47	1 Eli Collins		Saratoga Springs	30:28
2 Donna Lustenhouwer	63	Altamont	1:42:22	Courtesy of Sa	acano	iaga Tri Club	



RACE RESULTS

JILD AITHOA	- 000	D KANIVIA	JIC INOI	• June 17, 2017 • The (crossings, cor	01110
MALE OVERALL				MALE AGE GROUP: 40 - 44		
1 Jay Madan	16	Clifton Park	19:37	1 Lonnie Griffin	Albany	22
2 Justin Caron	18	Clifton Park	19:51	2 Jim Reed	Schenectady	24
3 Todd McAuley	48	Colonie	20:10	3 Nikhil Koratkar	Halfmoon	25
FEMALE OVERALL	40	Colorne	20.10	FEMALE AGE GROUP: 40 - 44	Haiiiiiooii	23
	10	A I le e eu .	20.57		Delleten Con-	20
1 Leonni Griffin	10	Albany	20:57	1 Andrea Buengener	Ballston Spa	26
2 Sally Drake	44	Albany	22:22	2 Corine Bonitatibus	Schenectady	28
3 Eve Schoen	16	Clifton Park	23:02	3 Bethany MaCauley	Shushan	29
3 Anna Wiedmann	16	Clifton Park	23:02	MALE AGE GROUP: 45 - 49		
MALE AGE GROUP: 1 - 1	4			1 Johnny Furgele	Glenmont	20
1 Thomas Wiedmann		Clifton Park	23:01	2 Sivakumaran Appanah	Ballston Spa	2
2 Anuraag Sharma		Ballston Spa	24:21			
3 Jack Hislop		Clifton Park	24:40	3 Anand Arunakumar	Ballston Spa	26
FEMALE AGE GROUP: 1	44	CIIILOITTAIK	24.40	FEMALE AGE GROUP: 45 - 49		
	- 14	CUT D. I	27.47	1 Jennifer Ferriss	Saratoga Springs	25
1 Iris Wiedmann		Clifton Park	27:47	2 Michelle Bacenes	Niskayuna	28
2 Alexandra Crisafulli		Albany	31:20	3 M. Bulet	,	30
B Dharini Madadi		Latham	35:31	MALE AGE GROUP: 50 - 54		٠.
MALE AGE GROUP: 15 -	19			1 Arvind Salgam	Albany	4
1 Gautham Salgam	-	Albany	22:18			
2 Joseph Archambeault		Schenectady	25:35	2 Christoper Greagan	Selkirk	5
				3 Thiyagarajan Subramanian	Glenville	1:0
3 Nitin Obla		Latham	28:15	FEMALE AGE GROUP: 50 - 54		
FEMALE AGE GROUP: 1	5 - 19			1 Kristen Hislop	Clifton Park	24
1 Meghana Caron		Clifton Park	23:15	2 Julie Novkov	Loudonville	2
2 Emily Pingelski		Clifton Park	29:58	3 Hilary Claggett		2
3 Sharanya Ganesh		Pittsfield, MA	33:55		Saratoga Springs	20
MALE AGE GROUP: 20 -	24			MALE AGE GROUP: 55 - 59		
1 Mike Taggart		Pittsfield, MA	34:58	1 Terry Langlois	Niskayuna	2.
	0 24	ritisiieiu, iviA	34.36	2 David Brickman	Albany	2
FEMALE AGE GROUP: 20	J - 24		27.40	3 John Murphy		2
1 Emily Lorman		Amsterdam	27:18	FEMALE AGE GROUP: 55 - 59		
2 Paige Hughes		Albany	31:03	1 Maureen Fitzgerald	Clifton Park	2
3 Mary Greagan		Selkirk	35:26			
MALE ÁGE GROUP: 25 -	29			2 Hope Plavin	Malta	21
1 Cody Netzband		Trov	20:55	3 Teri Hutson	Clifton Park	3:
2 Shawn Waldon		Clifton Park	31:01	MALE AGE GROUP: 60 - 64		
3 John Teevan		Delmar	47:33	1 Mark Regan	Saratoga Springs	2
		Delillal	47.33	2 Geoff Moore		2
FEMALE AGE GROUP: 2	5 - 29			3 Howard Kohn	Niskayuna	21
1 Amanda Sumner		Menands	25:27	5 Howard Rollin	iviskayuria	21
2 Katie Gorham		Troy	28:16	FEMALE AGE GROUP: 60 - 64	CIII D. I	-
3 Jenny Chen		Rotterdam	30:39	1 Kathy Hutson	Clifton Park	3
MALE AGE GROUP: 30 -	34			2 Rekha Mahajai		4
1 Andrew White		Albany	22:13	3 Rebecca Frament	East Greenbush	49
2 Patrick O'Shea		Menands	25:32	MALE AGE GROUP: 65 - 69		
				1 Richard Bennett	Clifton Park	3
3 Nicholas Salvi		Albany	28:33		CIIILOITTAIK	٥.
FEMALE AGE GROUP: 30	0 - 34			FEMALE AGE GROUP: 65 - 69		-
1 Lisa Strain		Clifton Park	26:11	1 Anubhe Gupta		4
2 Anna LaJoie		Latham	34:33	2 Sheela Kulkarni	Latham	1:0
3 Priyameena Manoharan		Mechanicville	35:49	MALE AGE GROUP: 70 - 74		
MALE AGE GROUP: 35 -			333	1 Ashok Gupta		49
		Palleton Cna	20:59	FEMALE AGE GROUP: 70 - 74		٠.
		Ballston Spa			Cohoes	1.04
2 Eric Davenport			25:24	1 Mangaiyarkarasi Thiruvengadam	COLIDER	1:06
3 Ed Pollack		Albany	25:49	MALE AGE GROUP: 75 - 79		
FEMALE AGE GROUP: 3!	5 - 39			1 Sudhir Kulkarni	Latham	1:0
1 Claire Davenport			25:17	FEMALE AGE GROUP: 75 - 79		
2 Olya Prevo		Mechanicville	29:15	1 Kokila Mehta	Loudonville	1:04
3 Stacy Hine		Ballston Spa	33:46	Courtesy of Good Karm		
J JUICY I III IC		שמוטנטוו שאם	JJ.40	Courtesy or Good Karin	a nace committee	

	5K RUN	N		FEMALE AGE GROUP: 4			
MALE OVERALL				1 Sarah Wade	41	Greenwich	30:
Cheyne Hoag	28	Greenwich	18:30	2 Carrie Hughes	41	Greenwich	34
2 Sam Grimmke	16	Greenwich	19:41	3 Brandii Baker	44	Greenwich	39
B Thomas Ford Jr.	30	Mechanicville	19:47	MALE AGE GROUP: 45 -	49		
EMALE OVERALL				 Michael White 	45	Greenwich	25
Emily Skiff	13	Greenwich	21:12	2 Joe Lanfear	48	Saratoga Springs	26
2 Megan Harrington	32	Cambridge	21:52	 Alex Chiopecki 	45	Greenwich	34
B Morgan Hulbert	19	Cadyville	24:03	FEMALE AGE GROUP: 4	5 - 49		
MALE AGE GROUP: 1				1 Olie Loche	45	Greenwich	27
I Cody Belden	14	Greenwich	22:27	 Christine Belden 	47	Greenwich	32
2 Declan Kelleher	12	Greenwich	22:40	3 Kelly Fosmire	49	Ft Edward	38
B Miguel Gonzalez	10	Greenwich	23:03	MALE AGE GROUP: 50 -	54		
EMALE AGE GROUP:				1 Thomas Ford	53	Stillwater	26
Danielle Boyea	12	Greenwich	30:11	2 Michael Germain	53	Greenwich	38
2 Alexandria Lanfear	13	Saratoga Springs	31:19	3 Gold William	53	Mechanicville	43
Anna Belden		Greenwich	31:39	FEMALE AGE GROUP: 5	- 54		
MALE AGE GROUP: 15	- 19			1 Jacqueline Orr	54	Albany	29
Matt Keyes	19	Salem	21:33	2 Carol Johnson	52	Porter Corners	32
Michael Lanfear	15	Saratoga Springs	21:38	3 Theresa Shaw	54	North Granville	39
Garrett Haynes	16	Greenwich	23:58	MALE AGE GROUP: 55 -		North Granvine	5.
EMALE AGE GROUP:	15 - 19			1 David Holck	56	Argyle	27
Blythe Kelleher	18	Greenwich	31:13	2 Brian Hatnes	59	Greenwich	53
! Janeloe Fosmire	16	Argyle	35:29	FEMALE AGE GROUP: 5		Greenwich	5.
Madison Taylor	15	Salem	45:21	1 Kellee Hoag	55	Densville	24
VIALE AGE GROUP: 20	- 24				58		42
Casey Brown	20	Saratoga Springs	20:45			Cambridge	
EMALE AGE GROUP:	20 - 24			3 Wes Clark	65	Argyle	30
Rachel Albrecht	23	Greenwich	25:37	FEMALE AGE GROUP: 6		17-II F-II-	2-
Brittany Drake	20	Gouverneur	27:48	1 Hollys Kozlowski	62	Valley Falls	27
MALE AGE GROUP: 2	5 - 29			2 Darlene Cardillo	64	Delmar	27
Adam Ostrander	27	Queensbury	24:45	MALE AGE GROUP: 70 -			
Jacob Hughes	26	Schuvlerville	27:19	1 Stanley McGaughey	72	Shushan	37
Curtis Anderson	29	Fort Ann	27:22		10K RU	N	
EMALE AGE GROUP:	25 - 29			MALE OVERALL			
Jaime Hoag	28	Greenwich	25:53	1 Ryan Burch	22	Greenwich	40
2 Ashley McCaskill	27	Stillwater	27:00	2 Phil Spezio	52	Greenwich	43
Emily Hughes	25	Greenwich	54:45	3 Sam Mercado	54	Albany	45
MALE AGE GROUP: 30		O.C.C.IIII.C.I	55	FEMALE OVERALL			
Devin Anderson	33	Greenwich	24:23	 Daniele Cherniak 	55	Cohoes	50
2 Mark Kapitan	34	Cambridge	27:56	2 Angela Sickles	31	Waterford	54
Stephan Burhly	34	Greenwich	32:05	3 Dawn Slater	46	Greenwich	56
EMALE AGE GROUP:		GICCHWICH	32.03	MALE AGE GROUP: 1 - 1	9		
Diana Sustar	32	Fort Ann	30:11	1 Ethan Zerbe	15	Granville	48
! Honesty Adamson	33	Greenwich	39:00	FEMALE AGE GROUP: 1	- 19		
Ashleigh Bronn	33	Greenwich	48:26	1 Becker Laurel	19	Greenwich	1:06
MALE AGE GROUP: 35		Greenwich	40.20	FEMALE AGE GROUP: 3			
Tim Perry	39	Eagle Bridge	21:24	1 Jaime Parent	36	Hoosick Falls	1:12
Emiliano Gonzalez	38	Greenwich	21:24	MALE AGE GROUP: 40 -		cosick runs	1.12
Tim Clark	35	Fort Edward	28:28	1 Brian Zerbe	42	Granville	49
EMALE AGE GROUP:		TOTE EUWAIU	20.20	2 Ryan Gardner	40	Greenwich	59
		Cebundan ille	27.20	FEMALE AGE GROUP: 4		GIECHWICH	35
Tricia Pasos	38	Schuylerville	27:26	1 Gail Todd	49	Greenwich	1:01
Logan Bouchard	37	Greenwich	27:40			GIEEHWICH	1.0
Nichole Cootware	37	Greenwich	31:46	MALE AGE GROUP: 50 -		Fort Falcional	53
MALE AGE GROUP: 40		6 11	20.20	1 Wayne Fosmire	50	Fort Edward	5.
Scott Stewart	41	Greenwich	20:30	FEMALE AGE GROUP: 5		C	
2 Todd Masterson	41	Mechanicville	26:44	1 Maureen Keyes		Greenwich	1:05
3 Jeff Fosmire	44	Argyle	35:57	Courtesy of Greater G	reenwich	n Chamber of Comm	nerce

		1ST	ANNUAL D	RAGO	THE DADS 5K RUN						
	June 17, 2017 • Saratoga Spa State Park, Saratoga Springs										
		C 17,	2017 - Jaiatt	oga spa							
FE	MALE OVERALL				MALE AGE GROUP: 1 - 10						
1	Connie Smith	49	Ballston Lake	22:31	1 Christopher Leanza 10 Greenfield Cer	ter 28:20					
2	Virginia Larner	45	Malta	22:40	2 Ethan Pone 9 Porter Corners	29:34					
3	Kelly Christy	37	Greenfield Center	23:45	3 Daniel Gray 7 Saratoga Sprin	as 32:37					
M	ALE OVERALL				FEMALE AGE GROUP: 11 - 12	5					
1	Chris Yarsevivch	38	Greenfield Center	18:36	1 Jillian Ferrie 11 Middle Grove	25:32					
2	Jon Weilbaker	58	Saratoga Springs	21:23	2 Keely Dahl 11 Greenfield Cei						
3	Jeff Vanvolkenburg	50	Livonia	21:53	,	itei 37.11					
FE	MALE AGE GROUP: 1 - 1	10			MALE AGE GROUP: 11 - 12						
1	Abby Edwards	10	Greenfield Center	29:34	1 Tristan Butler 11 Porter Corners	29:21					
2	Cecilia Keller	10	Greenfield Center	29:35	2 Mason Cartier 11 Greenfield Cer	ter 32:42					
3	Minna Nix	7	Middle Grove	33:14	3 Alex Edwards 12 Greenfield Cer	ter 35:31 continued					

	1ST ANNUAL DRAGON THE DADS 5K RUN continued									
М	ALE AGE GROUP: 13 - 1	5			M	ALE AGE GROUP: 40 - 49				
1	Nicholas Leanza	14	Greenfield Center	23:35	1	Gregory Sanda	40	Greenfield Center	25:00	
2	Stephen Beebe	13	Saratoga Springs	23:56	2	Phillip White	41	Malta	25:18	
3	Sam Edwards	15	Greenfield Center	25:33	3	David Corson	40	Porter Corners	26:25	
FE	MALE AGE GROUP: 20	- 29			FE	MALE AGE GROUP: 50 -				
1	Tara Englehart	29	Saratoga Springs	25:20	1	Mary Linney	51	West Chesterfield, NH	27:54	
2	Erica Rescott	26	Gansevoort	31:53	2	Lucia O'Leary	57	Fort Edward	28:17	
М	ALE AGE GROUP: 20 - 2	9			3	Carla Ward	53	Clifton Park	29:59	
1	Candido Merino	29	Saratoga Springs	23:58	M	ALE AGE GROUP: 50 - 59				
2	Tyler Veglia	29	Gansevoort	31:43	1	Andrew Yin	56	Greenwich, CT	23:07	
3	Chaz Senecal	29	Greenfield Center	35:17	2	Charles Maurer	51	Saratoga Springs	23:09	
FE	MALE AGE GROUP: 30	- 39			3_	Mark Gonnelly	50	Ballston Spa	23:59	
1	Nina Butler	34	Porter Corners	24:31	FE	MALE AGE GROUP: 60 -				
2	Aaren Harris	39	Greenfield Center	26:41	1	Susan Rogers	62	Brattleboro, VT	31:00	
3	Melissa Cartier	37	Greenfield Center	28:38	2	Sue Ochse	61	Porter Corners	42:20	
-	ALE AGE GROUP: 30 - 3		diceilled center	20.50	M	ALE AGE GROUP: 60 - 69				
1	Chris Curtis	38	Saratoga Springs	22:13	1	Dennis Fillmore	65	Ballston Spa	24:06	
2	Mike Ricupera	36	Wilton	24:17	2	Douglas Rogers	61	Brattleboro, VT	28:08	
3	Brent Cooley	39	Clifton Park	24:17	3	Jim Sheehan	65	Cohoes	29:44	
-	MALE AGE GROUP: 40		CIIILOII Faik	24.55	M	ALE AGE GROUP: 70 - 79		T	27.06	
FE			6 6116	24.00	1	Nick Nichols	73	Tallahassee, FL	27:06	
1	Marny Mansfield	45	Greenfield Center	24:08	M	ALE AGE GROUP: 80 - 89				
2	Dawn Smith	41	Rexford	25:40	1	Richard Schumacher	84	Hoosick Falls	42:01	
3	Rachael Yarsevich	40	Greenfield Center	28:38		Courtesy of Greenfie	ld Ele	mentary School HSA		

				S DAY HOME RUN 5K	
	Ju	ne 17, 2017 •	Joe Brui	no Stadium, HVCC, Troy	
MALE OVERALL	20	A.C. 1	46.27	FEMALE AGE GROUP: 40 - 44	
Anthony Giuliano Noah Valvo	38 18	Niskayuna Delanson	16:37 17:32	1 Melissa Maguire 44 Loudonville 2 Libbie Craft 41 Selkirk	22:16
3 Robert Irwin	44	Guilderland	17:35	2 Libbie Craft 41 Selkirk 3 Tracy Breslin 42 Niskayuna	23:14 28:00
FEMALE OVERALL	44	dulideriaria	17.55	MALE AGE GROUP: 45 - 49	20.00
1 Allison Konderwich	27	Albany	19:33	1 Jonathan Bright 47 Guilderland	19:13
2 Brina Seguine	27	Rensselaer	20:24	2 Russell Thielke 48 Clifton Park	21:47
3 Payton Čzupil	18		20:40	3 Michael Brennan 47 Valatie	24:17
MALE AGE GROUP: 1 - 9				FEMALE AGE GROUP: 45 - 49	24.17
1 Charlie Tobin	9	Slingerlands	28:07	1 Beth Rice 45 Voorheesville	25:54
2 Connor McCullen	9	Averill Park	28:55	2 Stacey Rattner 48 Castleton	28:32
3 Tyler St. Cyr	9	Delmar	37:16	3 Kim Irwin 49 Guilderland	28:58
FEMALE AGE GROUP: 1 -	9 9		26.57	MALE AGE GROUP: 50 - 54	
1 Lizzie Hansen 2 Rilev Salvi	6	Watervliet	26:57 34:31	1 John Sestito 53 Johnsonville	19:15
2 Riley Salvi 3 Brynne Crewell	7	Troy	34:37	2 George Burke 51 Troy	20:49
MALE AGE GROUP: 10 - 1		поу	34.37	3 Blaine Freedman 53	21:16
1 Gavin Ethier	13	Clifton Park	19:35	FEMALE AGE GROUP: 50 - 54	
2 David Thielke	14	Clifton Park	19:39	1 Bonnie Bauer 54 Castleton	26:03
3 Colin Hansen	13	Cinton rank	22:59	2 Anne Hurley 54 Delmar	27:27
FEMALE AGE GROUP: 10				3 Cristina Bishop 51 Clifton Park	27:40
1 Teagan Wright	12	Greenwich	21:31	MALE AGE GROUP: 55 - 59	
2 Brenna McLaughlin	13	Glenville	24:48	1 Randy Jerreld 57 Scotia	22:44
3 Beth Irwin	13	Guilderland	25:37	2 Jack Connor 57 Hudson	24:49
MALE AGE GROUP: 15 - 1				3 John Sheehy 59 Menands	26:18
1 Jeremy Gundrum	16	West Sand Lake	18:01	FEMALE AGE GROUP: 55 - 59	
2 Kyle Jerreld	18	Scotia	18:21	1 Janice Phoenix 56 Schenectady	25:40
3 Nicholas Chakmakas	19	Cohoes	20:11	2 Linda Brown 55 Schenectady	26:05
FEMALE AGE GROUP: 15 1 Maya Ellis	- 19	Trace	27:41	3 Fran Pilato 58 Rensselaer	26:52
. Iriaja Ems		Troy	27:41	MALE AGE GROUP: 60 - 64	
Paige Alaxanian Kristin Connolly	17 19	Troy Troy	31:01	1 Ed Brown 60 Schenectady	24:34
MALE AGE GROUP: 20 - 2		поу	31.01	2 Martin Touhey 64 Albany	27:31
1 Sean Duffey	22	Watervliet	20:35	3 Richard Phillips 62 Kinderhook	27:46
2 Adam Migirditch	22	Trov	25:57	FEMALE AGE GROUP: 60 - 64	
3 Peter Fiorentino	23	Green Island	32:37	1 Tanah Corelli 60 Latham	30:29
FEMALE AGE GROUP: 20				2 Debbie Kelley 64 Colonie	31:03
1 Erin Czupil	23		24:18	3 Maryse Folmsbee 60 Chatham	31:26
2 Lauren Duffey	21	Watervliet	27:50	MALE AGE GROUP: 65 - 69	
3 Samantha Carobine	21	Ridgway, PA	30:14	1 Juergen Reher 67 Wynantskill	22:38
MALE AGE GROUP: 25 - 2				2 Rich Tanchyk 65 Saratoga Springs	26:38
1 Stephan Moessner	28	Troy	20:13	3 Jim Cochran 68 Rensselaer	26:51
2 Michael Neal	25	Slingerlands	20:38	FEMALE AGE GROUP: 65 - 69	22.02
3 Kevin Paulsen	26	Troy	23:55	1 Betty Bellino 67 East Greenbush	32:03
FEMALE AGE GROUP: 25		T	24:25	2 Alice Carpenter 67 Delmar	35:54
Aubrey Clements Jessica Vennard	28 25	Troy Albany	24:35 24:45	3 Jacqueline Tremont 66 Averill Park	38:50
3 Julie Naboz	25	Troy	25:00	MALE AGE GROUP: 70 - 74	22.24
MALE AGE GROUP: 30 - 3		поу	23.00	1 Dave Glass 70 Glenville	22:24
1 Greg Potestio	31	Delmar	18:49	2 Mark Berger 72 Nassau 3 William Gilhooly 71 Fredericksburg, VA	36:38 45:15
2 Rich Moorfoot	31	Clifton Park	19:52	,	45.15
3 Andrew Pavlou	30	Troy	19:54	MALE AGE GROUP: 75 - 79 1 James McGuinness 78 Watervliet	31:04
FEMALE AGE GROUP: 30		.,		2 Robert Dannenhoffer 76 Mechanicville	35:51
1 Stephanie Viloria	34	East Greenbush	22:34	MALE AGE GROUP: 80 - 84	33:31
2 Kristen Garzone	30	Troy	24:00	1 Joe Kelly 83 Menands	39:30
3 Kristin St. Denis	34	Coĥoes	24:56	2 Bob McFarland 84 Schenectady	39:30 40:13
MALE AGE GROUP: 35 - 3				FEMALE AGE GROUP: 80 - 84 Schenectady	4U.13
1 Jonathan Peck	38	Glenville	18:53		42:44
2 Mike Giulian	38		19:34	1 Eiko Bogue 80 Schaghticoke FATHER/SON TEAMS	42.44
3 Brandon Viloria	36	East Greenbush	19:36		39:08
FEMALE AGE GROUP: 35		c 1 c=	24	Greg Ethier & Gavin Ethier Kyle Jerreld & Randy Jerreld	41:05
1 Aubrey Schulz	39	Granby, CT	24:50	3 David Thielke & Russell Thielke	41:05
2 Stephanie Bruhn	35	Voorheesville	24:50	FATHER/DAUGHTER TEAMS	41.20
3 Kristi Kemmer	38	Voorheesville	25:38	1 Robert Irwin & Beth Irwin	43:12
MALE AGE GROUP: 40 - 4 1 Michael DiNicola		Albany	10.50	Robert Irwin & Beth Irwin Allison Konderwich & Jack Connor	43:12 44:22
Michael DiNicola Jim Eaton	42 41	Albany	18:59 19:09	3 Robert Irwin & Erika Irwin	44:22
3 Greg Ethier	41	Clifton Park	19:09	Courtesy of Hudson-Mohawk Road Runners Club	
5 Greg Editer		Ctorr runk	15.55	Courtesy of Fludson-Worldwik Road Rufflers Club	

1	IST ANNUAL W				ACE WHISKEY p House, Wilmin		I 10K RA	CE
EEMALE	OVERALL	-			ALE AGE GROUP: 30 - 3	_		
	OVERALL Dunham 40	Plattsburgh	39:05	1	Matthew Muttillo	31	Rome	44:13
	ine Van Dorn 43	Lake Placid	44:11	ו	Todd Dowling	31	Lake Placid	44.13 47:54
	a McClelland 27	Keene Valley	44:47	2	Will Allen	33	Somerville	54:25
MALE O		receive valley		3	Will Allen MALE AGE GROUP: 35		Somerville	54:25
1 Andre	ew Lavin 38	Wilmington	39:56					45.54
2 Brian	Wilson 34	Dannemora	40:30	1	Jecinda Wilson	36	Saranac Lake	45:51
3 Jason	Amoriell 47	Peru	42:06	2	Cassie Baillargeon	35	Keene	46:03
FEMALE	AGE GROUP: 1 - 14			3	Jessica Hatfield	35	Saranac	47:48
	Baggett 14	Plattsburgh	55:36	М	ALE AGE GROUP: 35 - 3	-		
MALE A	GE GROUP: 1 - 14			1	John Fagan	39	Lake Placid	52:25
	ry Gavin 13	Lake Placid	1:05:41	2	Marcin Kosz	37	Athol	56:29
	AGE GROUP: 15 - 19			3	Jason Morgan	35	Willsboro	58:39
	ah Wilson 17	Peru	51:06	FE	MALE AGE GROUP: 40	- 44		
2 Sage I		Wilmington	1:14:50	1	Aisha Young	41	Dobbs Ferry	46:17
	n Lopez 16	Jay	1:22:25	2	Kate Motsiff	43	Queensbury	46:19
	AGE GROUP: 20 - 24		45.24	3	Allison Bradley	41	Albany	48:06
	n Jelinek 24	Holmes	45:21	М	ALE AGE GROUP: 40 - 4	14	,	
	ea Cook 23	Keene Lake Placid	52:02 55:01	1	Kevin Prickett	44	Wilmington	44:21
	O'Grady 24	Lake Placid	55:01	2	James Morris	42	Hinesburg	49:55
	GE GROUP: 20 - 24 ord 21	Au Sable Forks	42:35	3	Shane McIntosh	41	Lake Clear	50:35
	Lawrence 22		1:03:22	_	MALE AGE GROUP: 45		Lake Clear	30.33
	AGE GROUP: 25 - 29	Jay	1:03:22	1	Darci LaFave	49	Lake Placid	51:55
	al Rush 27	Denver, CO	47:24	2		49	Waterford	52:38
	n Skufca 25	Wilmington	47:55		Amy Drag	46		52.36 59:37
	ra McDonald 28	Albany	48:47	3	Amy Quinn		Lake Placid	59:37
	GE GROUP: 25 - 29	7 tibuliy	40.47		ALE AGE GROUP: 45 - 4			
	McDonald 29	Albany	45:28	1	David Smith	47	Lake Placid	46:49
	d Stanton 29	Lake Placid	50:24	2	Scott Lawrence	49	Wilmington	49:42
3 Nick k		Lake Placid	53:07	3	Rick Hoff	46	Cadyville	50:05
FEMALE	AGE GROUP: 30 - 34			FE	MALE AGE GROUP: 50			
1 Samai	ntha Davies 33	Tupper Lake	49:20	1	Bonnie Galvin	50	Ballston Spa	51:39
2 Liz Ma	artin 30	Somerville	53:03	2	Connie Prickett	51	Wilmington	51:44
3 Anna	Reynolds 31	Mineville	59:23	3	Heidi Karkoski	50	Ticonderoga	58:09 continued

1	ST ANNUAL	WILM	INGTON	WHITEFAC	E V	VHISKEY RUI	N 10I	K RACE co	ntinued
М	ALE AGE GROUP: 50) - 54			MAI	LE AGE GROUP: 60 - 6	4		
1	Thomas Gavin	52	Lake Placid	43:39	1 [Donnie Armstrong	64	Plattsburgh	46:25
2	David Balestrini	52	Lake Placid	45:26		Bob Morganson	60		52:11
3	Timothy Landis	53	Clifton Park	52:14		Philip Martin	62	Moira	1:04:45
FE	MALE AGE GROUP:							IVIOII d	1.04.45
1	Heidi Holderied	55	Saranac Lake	49:01	FEM	IALE AGE GROUP: 65	- 69		
2	Dawn Abar	55	Plattsburg	56:43	1 k	Kathy DeFina	68	Jay	58:40
3	Rhonda O'Hagan	58	Chazy	58:10		LE AGE GROUP: 65 - 6	:a	,	
M	ALE AGE GROUP: 55	5 - 59					-		
1	Matthew Karkoski	55	Ticonderoga	43:50	1 L	_ee Torrance	67	Jay	1:01:29
2	Louis Recchia	57	Latham	47:57	2 E	Ed Burke	67	Wilmington	1:05:04
3	Tim Cavenee	56	Schuyler Falls	49:55	3 1	Michael Fitzsimmons	65	Au Sable Forks	1:07:02
FE	MALE AGE GROUP:	60 - 64			BAAI	LE AGE GROUP: 70 - 7	14		
1	Caryn Etherington	60	Middlebury	53:12			-		
2	Gail Joseph	62	Lake Placid	1:09:08	1 [Denis Chagnon	70	Lake Placid	1:07:25
3	Debra Stanton	60	Lake Placid	1:10:25		Courtesy of Wilr	nington	Historical Society	′

	MALE AGE GROUP: 60 - 6		53:12	MALE AGE GROUP: 70 - 74	DO AU SADIE FOIKS	1:07:0
2	Caryn Etherington Gail Joseph	62 Lake Placid	1:09:08	1 Denis Chagnon	70 Lake Placid	1:07:2
-	Debra Stanton	60 Lake Placid	1:10:25	Courtesy of Wilmin	gton Historical Society	
				AKE TINMAN TRIA		
		e <i>24, 2017 • Tupp</i> и, 56м віке, 13.1м run		Municipal Park, Tuppe	<i>r Lake</i> IM, 24M BIKE, 6.2M RUN	V
	LE OVERALL			FEMALE OVERALL		
	Michael Espejo / 30-34 Greg Binns / 35-39	Brighton, MA New York	4:21:55 4:27:01	1 Lenny Ramsey / 30-39 2 Dot Martin / 50-59	Waukesha, WI Montpelier, VT	2:26: 2:44:
3	Martin Lamontagne Lacasse	/ 40-44 Sherbrooke, QC	4:28:59	3 Rachel Waller / 30-39	Burnt Hills	2:45:
	MALE OVERALL Kerzia Marchant / 25-29	Liverpool	4:41:02	MALE OVERALL 1 Simon Bourget / 30-39	Montreal, QC	2:18:4
	Sharon Gallant-Pierce / 40-4	4 Hamilton, ON Manlius	5:02:29	2 Tim Snow / 40-49	South Easton, MA	2:24:
	Eri Spaulding / 40-44 LE AGE GROUP: 1 - 17	IVIdTIIIUS	5:05:00	3 Turner Boone / 40-49 FEMALE AGE GROUP: 1 - 19	Geneseo	2:27:
	Vincent Vuskalns LE AGE GROUP: 18 - 19	Long Valley, NJ	6:18:18	1 Emily Loucks	Oneonta	3:46:2
	Ben Sitts	Gouverneur	6:37:53	MALE AGE GROUP: 20 - 29 1 Sean Parnett	Albany	2:30:
	/IALE AGE GROUP: 18 - 1 Alexandra Heinemann	9 Potsdam	7:05:09	2 Mike Konderwich3 Max Maguire	Albany Montreal, QC	2:38:
2	Mary Machniak	El Cajon, CA	7:17:06	FEMALE AGE GROUP: 20 - 2		2.43
	LE AGE GROUP: 20 - 24 Jacob Loughman	Beverly, MA	6:26:27	 Valerie Grand'Maison Maddie Leopold 	Montreal, QC Pawling	2:47: 2:49:
	Jonah Adeson	Queensbury	6:42:43	3 Ashley Wheeler	Schenectady	2:55:
	Nathan Bracci Kurtz 1ALE AGE GROUP: 20 - 2	Depew 24	6:48:29	MALE AGE GROUP: 30 - 39 1 Matthew Drowne	Montreal, QC	2:35:
	Nicole Kingsley	Athens	5:47:59	2 Adam Ruszkowski	Phoenix	2:43:
	Molly Mason Emma Washo	Glens Falls Montrose, PA	6:30:47 6:32:17	3 Patrick Bowen FEMALE AGE GROUP: 30 - 3	Carlisle, PA	2:48:
ΛA	LE AGE GROUP: 25 - 29			1 Abby McKie	Peabody, MA	3:05:
	Steven Vargo Kevin Long	Merrimack, NH Queensbury	4:33:27 4:35:20	2 Monique Delisle3 Emma Brackett	St. Lambert, QC Canton	3:26:4
	Sean Davis	Lake Placid	4:37:14	MALE AGE GROUP: 40 - 49	Canton	3:30:0
	/IALE AGE GROUP: 25 - 2 Elizabeth Izzo	. 9 Lake Placid	5:12:22	Jeff Erenstone Gary Hammond	Lake Placid	2:36:
	Corinne Hamberger	Grovetown, GA	5:48:41	2 Gary Hammond 3 Michael Robertson	Ogdensburg Red Hook	2:47:
	Alexis Mason LE AGE GROUP: 30 - 34	Hudson, MA	5:49:53	FEMALE AGE GROUP: 40 - 4 1 Maria Murphy	19 West Nyack	3:00:4
	Julien Biboud	Sherbrooke	4:29:56	2 Colleen Ouwendyk	Shallow Lake, ON	3:02:
	Jean-Mathieu Tardif Herve Lauwerier	Levis, QC Montreal, QC	4:39:03 4:55:13	3 Micheline Turnau	Ottawa, ON	3:06:
E۱	MALE AGE GROUP: 30 - 3	4		MALE AGE GROUP: 50 - 59 1 Michael Stalker	Burnt Hills	2:38:
	Saudy Tejada Krstin Su	Bronx Longmeadow, MA	5:09:57 5:11:17	2 Michael McKie	Peabody, MA	2:51:
	Carley Kenwell	Nepean, ON	5:12:59	3 Pete Joachim FEMALE AGE GROUP: 50 - 5	Basking Ridge, NJ 59	2:55:
	LE AGE GROUP: 35 - 39 Douglas MacLean	Tyngsboro	4:32:01	1 Ingrid Hylkema	Athens	2:55:
	David Bradshaw	Palmyra	4:44:54	Marie Bosman Karen Curtis	Schenectady Bethel, ME	3:02: 3:06:
	Jeremy McNamara /IALE AGE GROUP: 35 - 3	Albany 19	4:50:38	MALE AGE GROUP: 60 - 69	OH ON	2.27
	Karen Finnerty	Midland Park, NJ	5:28:01	1 Edward Delaplante 2 Dave Morton	Ottawa, ON Kanata, ON	2:37:0
	Rebecca Evansky Valerie Michalk	Hudson Falls Montreal, QC	5:32:46 5:43:31	3 Robert Lepak	Saranac Lake	4:09:
ΛA	LE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 60 - 6 1 Kathleen Meany	Altamont	3:10:0
	Nicolai Siggel JF Gosselin	Montreal, QC Magog, QC	4:35:04 4:39:03	2 Jean Quattrocchi	Albany	3:14:0
	Kevin Woodley	Ottawa, ON	4:53:43	3 Deb Goedeke MALE AGE GROUP: 70 - 79	Delmar	3:32:4
	/IALE AGE GROUP: 40 - 4 Beth Ruiz	Delmar	5:13:14	1 David Dibelius	Lake George	3:23:2
	Sarah Newsome	Palmyra	5:24:48	SPRINT – 0.6M SWIM MALE OVERALL	, 12.4M BIKE, 3.1M RUN	
	Joanne Murray LE AGE GROUP: 45 - 49	Kanata, ON	5:39:27	1 Ryan Marchant / 20-29	Liverpool	1:19:0
	Dylan Cohen	Jersey City, NJ	4:37:46	 Ken Pakula / 50-59 Robert Reeves / 20-29 	Alexandria, VA Liverpool	1:23:0
	David Kimelberg Patrick Faille	Buffalo Montreal, QC	4:50:18 4:55:22	FEMALE OVERALL	Liverpoor	
E۱	/IALE AGE GROUP: 45 - 4	19		 Audrey Friedrichsen / 40-49 Heidi Underwood / 40-49 	Beacon Kattskill Bay	1:24:
	Therese Boghossian Jennifer El-Sherif	Saint Hyacinthe, QC Salem, MA	5:55:02 6:15:44	3 Isabelle Dickens / 40-49	South Glens Falls	1:25:
	Patricia Merkel	Lynn, MA	6:50:23	MALE AGE GROUP: 1 - 19 1 Ian Wissick	Macedon	1:45:
	LE AGE GROUP: 50 - 54 Dave Burger	Old Forge	4:29:47	2 Riley Gillis	Tupper Lake	1:45:2
	Thomas Newton	Arlington, MA	4:48:47	FEMALE AGE GROUP: 1 - 19		2.20.
	Chris Cover 1ALE AGE GROUP: 50 - 5	Richmond, VT	5:02:32	1 Alanna Viscosi MALE AGE GROUP: 20 - 29	Macedon	2:30:
	Maryjo Reinhart	Jamesville	5:29:15	1 Max Littlefield	Brookline, MA	1:37:
	Lauren Warren Cheryl Tracy	Rosendale Slingerlands	5:43:41 6:02:14	2 Daniel Bebernitz3 Eli Littlefield	Burlington, VT Tupper Lake	1:51:0 1:56:
VΙΑ	LE AGE GROUP: 55 - 59	•		FEMALE AGE GROUP: 20 - 2	.9	1.22
	Michael Davis Sylvain Brossard	Willsboro Candiac, QC	5:16:58 5:18:13	Rachael Markoe Hannah Van Wetter	Lagrangeville Brookline, MA	1:33: 1:34:
	Bryan Morris	Ottawa, ON	5:43:28	3 Hannah Simkin	New York	1:43:
	/IALE AGE GROUP: 55 - 5 Beth Stalker	i9 Burnt Hills	5:28:39	MALE AGE GROUP: 30 - 39 1 Jack Morrison	West Chester, PA	1:34:
2	France Saint-Denis	Ottawa, ON	6:16:54	2 Kevin DeCatrel	Brooklyn	1:36:
	Lorie Cross LE AGE GROUP: 60 - 64	Cohoes	7:59:00	3 Jaime Bayona FEMALE AGE GROUP: 30 - 3	Jamaica 19	1:45:
	Francois Lacombe	Shawinigan, QC	5:14:39	1 Samantha Davies	Tupper Lake	1:32:
	Claude Skeene Edward Sparkowski	Orford, QC Simsbury, CT	5:17:54 5:21:42	Abby Delia Molinari Deborah Erenstone	Oswego Lake Placid	1:34: 1:39:
	MALE AGE GROUP: 60 - 6		3.21.42	MALE AGE GROUP: 40 - 49		
	Peggy Byram LE AGE GROUP: 65 - 69	Glastonbury, CT	8:24:15	1 John Coleman 2 Erick Lemyre	Saratoga Springs St. Basile Le Grand	1:28: 1:37:
	Robert Bishin	Montreal, QC	6:45:18	3 Michael Óuwendyk	Shallow Lake, ON	1:41:
	Richard Gardner Daniel Callahan	Syracuse Toronto, ON	7:07:40 7:18:58	FEMALE AGE GROUP: 40 - 4 1 Mandy Lawson	19 Ottawa, ON	1:41:
	LE AGE GROUP: 70 - 74	ioronto, on	7.10.36	2 Clover Lewis	Florence, MA	1:41:
	Robert Tebo Jim Adams	Tupper Lake Altona	5:52:28 8:13:20	3 Nunia Mafi Silver MALE AGE GROUP: 50 - 59	Florence, MA	1:42:
ΕN	MALE AGE GROUP: 75 - 7	9		1 Dale Seaton	Utica	1:25:
	Maryann Galietta	Doylestown, PA	7:58:17	2 Carl DesJardins3 Stephen Hinton	Doallard Des Ormeaux, QC Kingston, ON	1:26:
ΛA	AQUABIKE – 1.2 LE OVERALL	M SWIM, 56M BIKE		FEMALE AGE GROUP: 50 - 5		1.50
	Johan Bosman / 55-59	Schenectady	3:15:33	1 Jane O'Connor	Red Hook	1:46:
	Michael Casciaro / 35-39 Richard Ptakowski / 45-49	Gansevoort Arlington, VA	3:21:37 3:28:42	2 Jennifer Warren3 Lynne Hunter	Beacon Lake Placid	1:53: 1:53:
2	ALE OVERALL	-		MALE AGE GROUP: 60 - 69		
ΕN		Handeley CO	3:02:29	1 Mike Mason 2 John Martin	Northfield, VT	1:32:
EN	Angela Naeth / 35-39	Boulder, CO 9 Shawinigan	3:23:44	2 John Martin	Montpelier, VT	
2 3 FEN 1 2 3	Angela Naeth / 35-39 Marie-Claude Ayotte / 35-39 Molly Geuss / 30-34	Shawinigan Rhinebeck	3:23:44 3:38:41	3 Karl Zaunbrecher	Saranac Lake	
2 FEN 1 2 TE <i>P</i>	Angela Naeth / 35-39 Marie-Claude Ayotte / 35-39 Molly Geuss / 30-34 IM RELAY – 1.2M SWIM,	9 Shawinigan Rhinebeck 56M BIKE, 13.1M RUN	3:38:41	3 Karl Zaunbrecher FEMALE AGE GROUP: 60 - 6	Saranac Lake	1:43:
2 3 FEN 1 2 3 TEA	Angela Naeth / 35-39 Marie-Claude Ayotte / 35-39 Molly Geuss / 30-34	Shawinigan Rhinebeck		3 Karl Zaunbrecher FEMALE AGE GROUP: 60 - 6	Saranac Lake	1:4:

VERMONT SUN (SPRINT) & LAKE DUNMORE (OLYMPIC) TRIATHLONS

June 24,	, 2017 • Branbury	State Par	k on Lake Dunmore, Brandon, VT	•
	WIM, 14M BIKE, 3.1M RUI		FEMALE AGE GROUP: 55 - 59	
MALE OVERALL			1 Elizabeth Jennison Morristown, NJ	1:23
1 Eric Florio / 30	East Williston	1:01:22	2 Michele Morris Jericho, VT	1:34
2 Sean Flemming / 34	Charlotte, VT	1:04:50	3 Sarah Gardner Williamstown, N	IA 1:34
3 Shawn Berry / 36	Saint Albans, VT	1:06:05	MALE AGE GROUP: 60 - 64	
Peter Dodds / 48	Burlington, VT	1:06:13	1 Jeffrey Schumann Salisbury, VT	1:11
Zack Silver / 24	Short Hills, NJ		,	
	SHOLL HIIIS, INJ	1:07:40	2 Matthew McCoy Poultney, VT	1:45
EMALE OVERALL	Charlette VII	1.10.22	FEMALE AGE GROUP: 60 - 64	4.25
Julia Schofield / 35	Charlotte, VT	1:10:22	1 Wendie Puls Bristol, VT	1:35
Sara Lombardi / 29	Boston MA	1:16:07	2 Anne Magnavita South Glastonbu	ry, CT 1:36
Karen Newman / 56	South Burlington, VT	1:18:40	3 Andrea Halnon Bristol, VT	1:51
Kaitlin Koshurba / 29	Montreal, QC	1:19:06	FEMALE AGE GROUP: 65 - 69	
Jillian Dreyer / 29	Boston, MA	1:21:30	1 Ellen Wolfson Burlington, VT	1:54
ALE AGE GROUP: 10 - 1			MIXED TEAM	1.54
Seph Niguette	Williston, VT	1:25:18		1.20
			1 Paul Boyz Starksboro, VT	1:30
	Lasalle, QC	1:42:11	OLYMPIC – 1600YD SWIM, 28M BIKE, 6	.2M RUN
EMALE AGE GROUP: 10			MALE OVERALL	
Kate Kogut	Charlotte, VT	1:43:53	 Eric Cochran / 36 Grand Isle, VT 	2:21
Celeste Moyer	Essex Junction, VT	1:49:40	2 Carl Regenauer / 52 Saratoga Springs	
MALE AGE GROUP: 15 - 1	9		3 , 3	
Anthony Minickiello	Swanzey, NH	1:07:43	3 Charles Lester IV / 35 Saratoga Springs	
EMALE AGE GROUP: 20			4 Steve Hare / 60 Middlebury, VT	2:35
		1.50.40	5 Jeff Reed / 63 Norwich, VT	2:35
	Essex Junction, VT	1:50:48	FEMALE OVERALL	
Lily Monbouquette	New York	1:52:35	 Jodie Casarico / 42 Shelburne, VT 	2:41
IALE AGE GROUP: 25 - 2			2 Lauren Waterman / 39 Keene, NH	2:43
Jesse Gourevitch	Burlington, VT	1:22:46	3 Ariane Alexandre / 39 Montreal, QC	2:47
Mike Lombardi	Boston, MA	1:25:12	4 Aimee Cochran / 36 Grand Isle, VT	2:47
Ling Zhou	New York	1:25:48		
EMALE AGE GROUP: 25		-	5 Sandrine Bruneau / 29 Sutton, QC	2:51
Elizabeth Magnavita	South Glastonbury, CT	1:22:46	MALE AGE GROUP: 20 - 24	
~	Williamstown, MA	1:23:29	 Frederick Cote-Verville Essex Junction, V 	T 2:55
			2 Sean Stencel Burlington, VT	3:14
Molly McKeon	Burlington, VT	1:29:44	3 Henry Rabinowitz New York	3:48
1ALE AGE GROUP: 30 - 3			MALE AGE GROUP: 25 - 29	5.10
Eugene Korsunskiy	Hinesburg, VT	1:13:33		VT 2.44
Brent Hopkins	Montreal, QC	1:16:42	1 Sean Riordan South Londonde	
Brent Hopkins Christopher Darby	East Arlington, VT	1:19:22	2 Bobby Sousa Ballston Lake	2:46
EMALE AGE GROUP: 30			3 Patrick O'Callaghan Rye	2:47
		1.26.10	FEMALE AGE GROUP: 25 - 29	
	Boston, MA	1:26:19	1 Heidi Robbins Waterbury, VT	3:06
Molly Abgarian	Boston, MA	1:30:50	MALE AGE GROUP: 30 - 34	
Jessica Lemoine	Boston, MA	1:34:05	1 Francis Menard Montreal, QC	2:35
/IALE AGE GROUP: 35 - 3	19			
Peter Essele	Boston, MA	1:26:29	2 Kyle Flack New Haven, VT	2:40
l Josh Dalmer	Swanton, VT	1:28:59	3 Daniel Norwood Middlebury, VT	2:44
Josh Plosker	Boston, MA	1:32:33	MALE AGE GROUP: 35 - 39	
EMALE AGE GROUP: 35		1.52.55	1 Matthew Becker Montreal, QC	2:41
		1.21.25	2 Sylvain Lefevre Sherbrooke, QC	2:45
Mara Urban	Bristol, VT	1:21:35	3 Joseph Stofega Brooklyn	2:47
Annie Rossiter	Bristol, VT	1:22:08	FEMALE AGE GROUP: 35 - 39	2
Jaime Robinson	South Glens Falls	1:29:36		2.02
/IALE AGE GROUP: 40 - 4	14		1 Catherine Auger Montreal, QC	3:02
Gabriel Rosenbaum	Montreal, QC	1:12:59	MALE AGE GROUP: 40 - 44	
Chris Lenox	Cambridge, VT	1:19:18	1 Leo Gibson Shoreham, VT	3:19
EMALE AGE GROUP: 40			FEMALE AGE GROUP: 40 - 44	
		1.72.27	1 Erin Bellomo Rutland, VT	3:15
,,	Essex Junction, VT	1:23:32	2 Michelle Gaffney Keene, NH	3:16
	Randolph, VT	1:32:40		
Alison Conaway	Albany	1:45:46		3.20
MALE AGE GROUP: 45 - 4	19		MALE AGE GROUP: 45 - 49	
Shawn Magoon	Charlotte, VT	1:18:48	1 Eric Bunter Lasalle, QC	3:13
Tyler Bergmeier	Hanover, NH	1:18:57	2 Andreas Ruediger Saint Bruno, QC	3:19
Eric Bergin	Schaghticoke1:24:04		3 Agam Sheth Milton, VT	3:36
EMALE AGE GROUP: 45			FEMALE AGE GROUP: 45 - 49	
		1.20.05	1 Sandra Chaplin Keene, NH	2:53
Erica Sherrod Sandra Chicoine	Essex Junction, VT	1:30:05		
Sandra Chicoine	Leicester, VT	1:31:34	2 Kristen Leach Keene, NH	3:34
Shanna Moyer	Essex Junction, VT	1:34:30	MALE AGE GROUP: 50 - 54	_
IALE AGE GROUP: 50 - 5	54		1 Jeff Dodge Plattsburgh	2:38
Joe Place	Saratoga Springs	1:14:42	2 Michael Doubleday Hatfield, MA	2:56
Chris Westling	Norwich, VT	1:26:06	3 Steve Fitz Montreal, QC	2:58
Richard First	Richmond, VT	1:27:09	MALE AGE GROUP: 55 - 59	
		1.47.03	1 John Braun Charlotte, VT	2:47
EMALE AGE GROUP: 50		1.22.10		
Tracey Delaney	Queensbury	1:23:48	2 Paul Menichelli Underhill, VT	3:01
Heidi Higgins-Cutler	Waterbury, VT	1:31:48	MALE AGE GROUP: 60 - 64	
Jennifer Williams	Norwich, VT	1:37:48	1 Doug Robinson Brandon, VT	2:58
Melinda Fry	Saratoga Springs	1:40:34	FEMALE TEAM	
ALE AGE GROUP: 55 - 5			1 The Fats & the Furious Montreal, QC	3:47
		1.21.02		5.47
Bill Zalan	Bedminster, NJ	1:21:02	MALE TEAM	2 42
Charles Cummings	Edgewater, MD Elmira	1:27:06 1:27:37	1 This Ain't Easy, But We Are! Montreal, QC Courtesy of Vermont Sun Run & Triathle	3:42
Tom Boman				n Lariac

41ST ANNUAL ADIRONDACK DISTANCE RUN 10-MILERJune 25, 2017 • Lake George Village to Bolton Landing

MALE OVERAIL	116.475.45355	D 4 617 -			1	Thomas Kallas	71	Calcanantant	1.40.40
Lake Sullivan		DACK 1	UM CHAMPIONSHIP		1	Thomas Kollar	71	Schenectady	1:48:46
Luke Shane		20	A lle e e	F0.07					
Sean Note Sulfware 24 Ballston Spa 1:01:19 1 1 1 1 1 1 1 1 1									
FEMALE OVERALL									
Emily Franko		24	Baliston Spa	1:01:19					
2 Jean Norton		21	Cohoos	1.07.10					
MALE MASTERS Mike Slinskey									2:35:53
Mart Bust					FE	MALE: FIRST PLACE F	OR EVE	RY AGE	
Mike Slinskey		30	Queensbury	1.12.23	1	Elena Pasek	12	Saratoga Springs	1:42:21
Peggy McKeown 59		10	Honowoll Junction	1.01.52	1	Meara Bury	13	Ballston Lake	1:36:59
Moreau		40	Hopewell Juliculon	1.01.32	1	Katelyn Lyons	14	Ballston Lake	1:36:59
Tyler Greene 12 Scotia 1.22-41 Laison Brockett 24 Hannacroix 1.27-40 Levan Feldman 13 Short Hills, NJ 1.14:55 1 Regina Baker 26 Diamond Point 1.25:29 Levan Feldman 13 Short Hills, NJ 1.14:55 1 Regina Baker 26 Diamond Point 1.25:29 Levan Feldman 13 Short Hills, NJ 1.14:55 1 Regina Baker 27 Diamond Point 1.25:29 Levan Feldman 23 Sorango, SWI 1.17:48 1 Lessica Tracy 27 Queensbury 1.33:46 Levan Feldman 23 Sorango, SWI 1.17:48 1 Lessica Tracy 27 Norwalk, CT 1.31:43 Levan Feldman 23 Sorango, SWI 1.17:48 1 Lessica Tracy 27 Norwalk, CT 1.31:43 Levan Feldman 23 Sorango, SWI 1.17:48 1 Lessica Tracy 27 Norwalk, CT 1.31:43 Levan Feldman 23 Washington, DC 1.14:17 Ryan Stratton 25 Poughkeepsie 1.18:36 1 Christina Blot 34 Altamont 1.43:26 Levan Feldman 1.33:44 Levan Feldman 1.33:45 Levan Feldman 1.33:45		50	Morozu	1.15.50	1		23		
Figure Ference 12 Scotia 1:22:41 1 Kathleen McFadden 25 Somerville, MA 1:23:29 1 Evan Feldman 13 Short Hills, NJ 1:14:55 1 Regina Baker 26 Diamond Point 1:25:29 1 Tim Maggs 17 Glerville 1:11:41 1 Jessica Tracy 27 Queensbury 1:33:46 Nathree 22 Cliffton Park 1:32:34 1 Samantha Mech 29 Norwalk, CT 1:31:43 1 Samantha Mech 29 Queensbury 1:20:02 Saratoga Springs 1:8:36 Christina Blot 34 Altamont 1:43:26 Matthew Konecnik 26 Saratoga Springs 1:18:36 Matthew Konecnik 26 Saratoga Springs 1:19:02 1 Kristin Quinn 35 Latham 1:33:04 Matthew Smith 29 Glens Falls 1:24:15 Megan Wordelmann 36 Granville 1:29:06 Matthew Smith 29 Glens Falls 1:24:15 Megan Wordelmann 36 Granville 1:24:29 Eddie Sanger 33 Salisbury Mills 1:32:01 Megan Turnbull 38 Ithaca 1:16:37 Meghan O'Brien 42 Maplewood, NJ 1:21:35 James Harig 39 Burlington, VT 1:20:07 Naimh Cody 43 Vestal 1:19:31 James Harig 39 Burlington, VT 1:20:07 Naimh Cody 43 Vestal 1:19:31 James Harig 39 Burlington, VT 1:20:07 Naimh Cody 43 Vestal 1:19:31 James Harig 39 Burlington, VT 1:20:07 Naimh Cody 43 Vestal 1:19:31 James Harig 39 Burlington, VT 1:20:07 Naimh Cody 43 Vestal 1:19:31 James Harig 49 Port Ann 1:24:32 Meghan O'Brien 40 Maplewood, NJ 1:21:35 James Harig 49 Fort Ann 1:27:46 Marigh Pricket 41 Lake George 1:18:34 Jana Shen 45 Queensbury				1.15.50	1		24	Hannacroix	1:27:40
Fear Feldman				1.22.41	1		25		
Tim Maggs									
Aaron Lefinire 22 Clifton Park 1:32:34 1 Samantha Mech 29 Norwalk, CT 1:31:43									
Riker Jordan									
Christopher Herbs									
Repair Figure F									
Matthew Konecnik 26 Saratoga Springs 1:13:02 Christina Bilot 34 Allaffort 1:43:2.04 Nicholas Devries 27 Saratoga Springs 1:07:01 1 Megan Wordelmann 36 Granville 1:29:06 Matthew Smith 29 Glens Falls 1:24:15 1 Megan Wordelmann 36 Granville 1:29:06 Thomas Myers 31 Castleton 1:24:57 1 Rebecca Evansky 37 Hudson Falls 1:24:29 Eddie Sanger 33 Sailsbury Mills 1:32:01 Megan Turnbull 38 Ithaca 1:16:37 Ambrose Schaffer 34 Canajoharie 1:03:15 1 Caryn Burton 39 Albany 1:30:36 Dan Murphy 36 Saratoga Springs 1:34:27 1 Holli Mulholland 40 Saratoga Springs 1:20:32 Marcin Kosz 37 Athol 1:24:32 1 Melissa St. John 41 Queensbury 1:39:24 Douglas Turnbull 38 Ithaca 1:16:37 1 Meghan O'Brien 42 Maplewood, NJ 1:21:35 James Harig 39 Burlington, VT 1:20:07 1 Naimh Cody 43 Vestal 1:19:31 Colin Crowley 40 Ballston Spa 1:05:03 1 Christy Alexander 44 Queensbury 1:21:48 Brian Vogel 41 Albany 1:37:45 1 Lisa Hindson-Jenkin 45 Queensbury 1:21:48 Loe Genter 42 Saratoga Springs 1:17:38 1 Lisa Hindson-Jenkin 45 Queensbury 1:22:26 Jain Shen 46 Albany 1:39:35 1 Tracey Watson 47 Albany 1:23:35 1 Tracey Watson 47 Albany 1:23:35 1 Tracey Watson 47 John Seburg 1:43:42 1 Christine Cifone-Clohossey 48 Glens Falls 1:37:52 1 Gregg Falk 50 Chestertown 1:09:33 1 Jennifer Casey 52 Ballston Lake 1:28:50 1 John Sestito 53 John Sonville 1:08:18 1 Erin Maggi 55 Cliffton Park 1:33:31 John Cardinale 52 Queensbury 1:21:07 Frann Flatley 54 Queensbury 1:45:11 John Cardinale 52 Queensbury 1:21:07 Frann Flatley 54 Queensbury 1:45:51 John Sestito 53 Johnsonville 1:08:18 1 Erin Maggi 55 Cliffton Park 1:33:31 Maryon Frequon 59 Middle Grove 1:14:41 1 Katherine Ambrosio 62 Jo									
Nicholas Devries	,								
1 Matthew Smith 29 Glens Falls 1.24:15 Megan Wordelmann 36 Granwille 1:29:10 1 Thomas Myers 31 Castleton 1:24:57 1 Rebecca Evansky 37 Hudson Falls 1:24:29 1 Eddie Sanger 33 Salisbury Mills 1:32:01 1 Megan Turnbull 38 Ithaca 1:16:37 1 Dan Murphy 36 Saratoga Springs 1:34:27 1 Holli Mulholland 40 Saratoga Springs 1:20:32 1 Marcin Kosz 37 Athol 1:24:32 1 Melissa St. John 41 Queensbury 1:39:24 1 James Harig 39 Burlington, VT 1:20:07 1 Naimh Cody 43 Vestal 1:19:31 1 Colin Crowley 40 Ballston Spa 1:05:03 1 Christy Alexander 44 Queensbury 1:21:35 1 Doug Genter 42 Saratoga Springs 1:17:38 1 Lisa Hindson-Jenkin 45 Queensbury 1:22:48 1 Jain Shen 46 </td <td>i matther monethin</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	i matther monethin								
Thomas Myers 31 Castleton 1;24;57 1 Rebecca Evansky 37 Hudson Falls 1;24;29 1 Eddie Sanger 33 Salisbury Mills 1;32:01 1 Megan Turnbull 38 Ithaca 1;16:37 1 Ambrose Schaffer 34 Canajoharie 1:33:15 1 Caryn Burton 39 Albany 1:30:36 Saratoga Springs 1;34;27 1 Holli Mulholland 40 Saratoga Springs 1;20:32 Marcin Kosz 37 Athol 1;24:32 1 Melissa St. John 41 Queensbury 1:39:24 1 Douglas Turnbull 38 Ithaca 1:16:37 1 Meghan O'Brien 42 Queensbury 1:21:35 Vestal 1:19:31 Vestal	1 Triciloido Detritos								
Eddie Sanger 33					1	Rebecca Evansky	37	Hudson Falls	1:24:29
1 Ambross Schaffer 34 Canajofárie 1.30:3:5 1 Cary Murbon 39 Albany 1:30:36 1 Dan Murphy 36 Saratoga Springs 1:34:27 1 Holli Mulholland 40 Saratoga Springs 1:20:32 1 Marcin Kosz 37 Athol 1:24:32 1 Melissa St. John 41 Queensbury 1:39:24 1 Douglas Turnbull 38 Ithaca 1:16:37 1 Meghan O'Brien 42 Maplewood, NJ 1:21:35 1 Colin Crowley 40 Ballston Spa 1:05:03 1 Christy Alexander 44 Queensbury 1:21:48 1 Brian Vogel 41 Albany 1:37:45 1 Lisa Hindson-Jenkin 45 Queensbury 1:22:46 1 Joe Genter 42 Saratoga Springs 1:17:38 1 Jen Pasek 46 Saratoga Springs 1:33:45 1 Cory Melter 44 Halfmoon 1:20:50 1 Tracey Watson 47 Johnsburg 1:43:42 1 Richard Bourgeois 47 Albany 1:18:49 1 Kim Johnson 49 Queensbury 1:31:02 1 Rodney Paige 49 Fort Ann 1:27:46 1 Marilyn Pickett 51 Clifton Park 1:39:31 1 John Cardinale 52 Q					1	Megan Turnbull	38	Ithaca	1:16:37
Dan Murphy					1	Caryn Burton	39	Albany	1:30:36
Marcin Kosz					1	Holli Mulholland	40	Saratoga Springs	1:20:32
Douglas Turnbull 38					1	Melissa St. John	41		1:39:24
James Harig 39 Burlington, VT 1:20:07 1 Naimh Cody 43 Vestal 1:19:31					1		42		
1									
Brian Vogel									
1 Joe Genter									
Cory Melter		42							
1	1 Corv Melter	44							
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FRIDAY SEPTEMBER15 8:00am - 7:30pm

Hearst Media Center 645 Albany Shaker Road Loudonville NY

Join us in transforming New York into the leading state for bicycling!

17 UNIQUE SESSIONS! HIGHLIGHTS INCLUDE:

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