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CONTENTS

Bicycling - Fall Payoff RidesRunning & Walking Kaleidoscope of Fall Trail Races

News Briefs & From the Publishers

6-9 CALENDAR OF EVENTS
September to November Events

5

11 Kayaking & Canoeing
Raquette and Seventh Lakes:
Paddling and Camping

Hiking & Backpacking
Crane Mountain: High Peak
of the Southern Adirondacks

Athlete Profile
Running Down a Dream:
Karen Bertasso

Running & WalkingPeak Foliage, Peak Performance!

19 Bicycling & Mountain Biking Jump into Cyclocross!

20 Running Stockade-athon 15K: New Prize Structure, Team Relay

Living On Earth
Are You Thirsty Now?

PACE RESULTS
Results for 30+ Races

AdkSports.com
Facebook.com/AdirondackSports

Fitness, Foliage and Fabulous Events

By Dave Kraus

Ah, fall! The weather cools, you're in shape from an entire summer of cycling, and the expanding palette of fall color turns every ride into a new explosion of stunning scenery.

Fortunately the Capital Region and North Country offer a host of organized fall riding events, starting with the weekend of September 15-17, when there are no less than four different events with a selection of routes and terrain to suit every cyclist.

But first you may need some inspiration to ride, or just want to learn the latest about the growing bike movement across New York State. For that, you can attend the **New York State Bike Summit** kicking off the weekend on Friday, September 15 at the Hearst Media Center in the Times Union Building in Colonie. Adirondack Sports is helping sponsor this event, presented by the New York State Bicycling Coalition, to bring together many organizations and constituencies leading the growing bike movement across New York State with the goal of making New York the most bicycle friendly state in the country.

The daylong schedule of workshops and social opportunities will cover the entire cycling spectrum, from funding and improving cycling infrastructure to cycling safety, rider education, bike-based tourism, bike share programs and much more. Speakers will include representatives from government, the cycling industry, and advocacy organizations that are working to expand cycling opportunities across New York State – and all are welcome to attend. For full information, go to newyorkbicyclingcoalition2017.sched.com.

Moving to the riding events, the **Adirondack 540**, starting on Friday, Sept. 15, is arguably one of the most challenging cycling events in the country. The race headquarters is the Alpine Country Inn & Suites in Wilmington. The route winds around

a 136-mile loop that travels through the High Peaks, eastern Adirondacks, and along Lake Champlain.

Route options range from the one-lap 136-mile "Bronze Blast," two-lap 272-mile "Silver Sojourn," three-lap 408-mile "Golden Gallop," to the mind boggling 540-mile four lap marathon that is the centerpiece of the Adirondack Ultra Cup series. The ride is open to individuals and teams. If you have what it takes to conquer this ultra cycling challenge, get learn more at adkultracycling.com.

On Saturday, September 16, the annual **Bike MS: Hudson River Ramble**, will start at Thacher State Park, near Albany, with available distances of 10, 30, 62 and 100 miles. The two shorter rides stay up on the Helderberg plateau, but the routes of 62 and 100 miles descend and then climb back up to the park, offering a bigger challenge for cyclists.

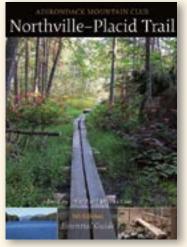
The fully-supported event is a fundraiser to support Multiple Sclerosis research and services for victims of this debilitating disease. For details, go to bikems.org and search for Hudson River Ramble.

Meanwhile, Sunday, September 17 will be the tenth anniversary of the **1-Eye Classic Rides and Picnic**. This relaxed pace, wonderful event starts at the town beach/park in Schroon Lake, commemorating local stonemason Lance Gregson, who lost an eye in a chainsaw accident, but didn't let that stop him from cycling all over the area. The event offers routes from the "Cyclist's Dream" of 45-56 miles; "Lance's Loop" of 26 miles around Schroon Lake; "Scenic Route" of 10-15 miles; and the "Easy Does It" ride of 3-8 miles.

The "registration fee" is simply a contribution to the post-

See BICYCLING 18





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.

The book includes logistics and planning info, sample itineraries, and the companionable advice only veteran hikers can supply. It breaks the trail into ten manageable sections, with maps and photos, and details the long-awaited reroute of its southern approach.

Softcover, 5" x 7", \$19.95

Member discounts apply

www.adk.org | 800-395-8080









TRAIL RUNNING & WALKING



By Laura Clark

emember playing with a kaleidoscope when you were a kid? The shifting display of colors and patterns teased countless hours of wonderment. You had control of the turning mechanism, but still there was no way to predict the outcome. This autumn's offering of trail races is like that glimpse into a magical world where brilliant leaves and twisty trail generate both focus and wonderment.

First on the docket is the second annual "Course/Curse the Wall" 5K & 9K Trail Run held on Sunday, September 17 at Lapland Lake Nordic Ski Center in Northville. As with all XC ski routes, you can expect rolling hills and flats, interspersed with some moderately steep inclines. One particular slope, affectionately nicknamed "The Wall," occurs just 1K before the finish, so save some energy to surmount it! There is a round-about option for the vertically challenged, but in the tradition of obstacle races, it requires added distance. This year a shorter 1K sampler version has been added as a noncompetitive, less extreme experience. Competition is intense for hand-painted Trophy Rock turtles and ladybugs and past winners are required to carry their pet rock with them. Registration includes T-shirt, BBQ and live music. (runreg.com)

For a kaleidoscope of shifting trails be sure to check out the seventh annual **Moreau Lake 15K & 5K Trail Run** also on Sunday, September 17 at Moreau Lake State Park. Billed as "Toughest 15K trail run in New York," this year's edition includes a shorter 5K. While the route is well-marked, if you are not paying attention it is easy to gain few bonus miles. I have learned it is best to download a color map for speedy consultation. Also, don't step on the red newts – there is an ongoing contest to see whoever can spot the most! See the July issue for more details. (greenleafracing.com)

The following week on Sunday, September 24, treat your tired legs to the **Muddy Sneaker 5K Trail Run**, at Indian Meadows Park in Glenville. According to race director Allison Reinhardt of the Glenville YMCA, the course is a nice mix, weighing in on the flattish side. "There is a gorgeous section that takes runners by a little brook, beautiful woods and through open fields that will make you remember your high school cross country running days." This is a quintessential family event, welcoming to walkers and runners alike, ending with a bounce house for the real kids, and a free sundae courtesy of Stewart's Shops for all young at heart. (zippyreg.com)

Gore Mountain's Leaf Cruncher 5K Trail Run/Walk on Saturday, September 30, long a staple in the trail running community, is known for its eclectic mix of award categories and generous fall-themed raffle prizes including lift tickets, mums, school supplies, Barkeater Chocolates and outdoor gear. "Everyone's a winner" certainly does apply as runners can choose to barrel through the rolling, cross-country trail or take their time treasure-hunting for Halloween goodies redeemable for extra prizes. As such, this makes for a great family outing! Afterwards, your race bib will earn you a free ride aboard the Northwoods Gondola where you will be treated to an impressive array of fall colors from a totally different angle. (goremountain.com)

Envious of folks who have maintained a longtime streak in a particular event? Well, the first annual Amy's Adventure: 8K Trail Race for the Lake on Saturday, October 14 is your opportunity for a streak of your own. The race showcases Amy's Park, a stunning mix of ponds, marshes and forests in the uplands of Bolton Landing, with proceeds benefitting Lake George Land Conservancy. According to race director Michele DeRossi you can expect five miles of rugged trail, expertly designed by land steward Alex Novick and Under Armour "running ambassador" Regina Baker. Top three in each age group receive handmade wooden medals from Adirondack Etching. Register early as the first 50 will receive a free Under Armour race shirt, with the option to purchase additional shirts onsite. Afterwards, join the party at Bolton Landing Brewing Company. (lglc.org)



Get into the Halloween spirit on Sunday, October 22 at the Wandering Witch 5K and 10K Trail Races held at Christ the King Conference Center in Greenwich. Rolling trails are fairly wide and are intersected by an open jaunt around the barnyard where sheep dogs herd their charges. As the race benefits the Greenwich School running programs, you can expect to see tweens and teens showing off their stuff. The atmosphere is casual and enjoyment of the fall countryside is key. At the finish, homemade soups and treats await. Register early as festive witch T-shirts are limited to the first 50 entries. (active.com)

Another first-time streak opportunity is the first annual Brookhaven Oktoberfest 5K Trail Race on Saturday, October 28 at the Brookhaven Golf Course in Porter Corners (ten miles north of Saratoga Springs). In winter, Brookhaven is appreciated by a growing cadre of dedicated cross-country skiers for its reliable snow and groomed trails, when the rest of Saratoga County may be depressingly brown. All proceeds will go to expand and improve Nordic skiing at Brookhaven, which currently offers free classic ski trails. They are looking to bring high school and citizen ski races in the upcoming year and upgrade their grooming equipment. According to race director Chris Yarsevich, "The course is a mix of cart paths through the golf course, double track trails in the woods, and a fast finish on a paved road. There are two decent hills, but the trails are not too rooty or technical. producing a good beginner's trail race." Afterwards, there's a kids 1K fun run and the town of Greenfield's Oktoberfest party with food and family entertainment. (skireg.com)

For me, the quintessential autumn experience is the 13th annual Hairy Gorilla Half Marathon and Squirrelly Six Trail Races on Sunday, October 29 at Thacher State Park near Albany. Begin on the stunning Indian Ladder Trail where runners frequently forget they are racing and cannot resist the urge to pause and take selfies. In fact, a glance at the website reveals that the two most frequently used words are "beautiful" and "food" - a combo that appeals to every runner's basic instincts. There are costumed characters offering treats along the way, a full buffet afterwards and yummy frosted age group cookies. And, of course plenty of bananas and nuts. Beware the chain saw guy ready to jump out at you when you least expect it. If you have pre-registered, be on the lookout for your own tombstone! With over half the participants dressing up, this event has been recognized by Runners' World as the "Best costume trail race in America" and also recently ranked one of the 'Top 50 theme races' in the country. Adirondack Sports readers can save \$5 with code "ADKSP917" until Sept. 30. (hairygorillahalf.com)

The Saratoga Cross Country Classic 5K Race is also on Sunday, October 29, at the Saratoga Spa State Park. It will veer slightly from the iconic route due to Peerless Pool upgrades, but it will be on similar quality XC running trails. Craig Evans has taken over directorship duties from Pat Glover, who rescued the event when sponsorship was lost after 2011. Watching the Kids' 2K and 3K Developmental Runs is an inspirational experience, where literally hundreds of new recruits take to the trails. Monetary prizes are awarded to the top two USATF Adirondack clubs with most members finishing and the top three youth clubs. The Saratoga XC Classic is the final event in the inaugural USATF-Adirondack Trail Running Series. But as Craig states, "The one message I would like to get across is for people who have never run this race to not be intimidated by the fact that is XC/trail racing." The trails are mostly wide with a minimum of technical difficulty as compared to other events in the series. (saratogaxcclassic.com)

Your final local opportunity to experience fall colors is fittingly, at the Saratoga Stryders' "Fall Back" 5-Mile Trail Race on Sunday, November 5, the morning after the clocks revert to winter time, giving all racers the added bonus of an extra hour's sleep. A far cry from the mild XC nature of the Classic, this race showcases mostly singletrack, but non-technical trails through forests, near wetlands, and areas of the park you may never have seen before, with a tour around the Geyser Island Spouter, and a dash up the quad-busting staircase behind SPAC. There is a pleasant grassland/path break roughly halfway through for you to catch your breath and regroup for the final push – just be prepared to duck as it circles around the new Disc Golf course. (saratogastryders.org)

Soon glittery, rainbow fairy snowflakes will fall and your autumn familiarity with these trails will ease the transition to snowshoeing and Nordic skiing through an icy kaleidoscope of winter colors!

Laura Clark is (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.















AROUND THE REGION

News Briefs

First annual Garnet Hill Grit Mountain Bike Race

NORTH RIVER – The Garnet Hill Grit Mountain Bike Race will take place on the beautiful Garnet Hill trails on Saturday, September 23. Starting at the ski shop and finishing on the front lawn of the Garnet Hill log house, with great views of Thirteenth Lake, two races of six miles and 12 miles will begin simultaneously at 10am. After-race activities include a hearty meal, beverages, race T-shirt and great awards for sport and expert categories along with three age groups. Race timing and organizing will be led by Underdog Race Timing. For more info, visit garnet-hill.com.

Climb to the Castle Roller Ski Race

WILMINGTON – Climb to the top of the Whiteface on Sunday, Sept. 24 on roller skis for beautiful, panoramic views of the Adirondacks, Vermont and Canada. The five-mile, freestyle-technique hill climb with an average 8% grade up the Whiteface Mountain Veterans Memorial Highway is the perfect opportunity to train for the Nordic season and one of only a few roller ski races in the area. Women will start out at 8am and the men will follow 10 minutes later. The course will be closed to the public during the race. Awards will follow at 10am at the Whiteface Castle. For more info, visit nysef. org or to register go to skireg.com.

Flashlight 5K is Back, Now in Cole's Woods

GLENS FALLS – Bring a flashlight, headlamp or lights of any kind and run the trails in Cole's Woods in Glens Falls at the Flashlight 5K Run/Walk on Saturday, Sept. 30 at 7:30pm. The fun run is organized by Adirondack Race

Management – the Lake George Triathlon Festival folks. Each participant will receive a glow stick necklace and bracelet and if registered by Sept. 10, a T-shirt with glow-in-the-dark ink is guaranteed. Age group awards and best costume prizes will be given out. A portion of the proceeds will benefit the YMCA Strong Kids Campaign and Friends of Cole's Woods. To register, go to adkracemgmt.com or itsyourrace.com.

Fall Duathlons: Glens Falls and Mohawk Towpath Byway

GLENS FALLS & CLIFTON PARK - The Glens Falls Lions Club will host its sixth duathlon (5K run, 30K bike, 5K run) on Sunday, Oct. 8 at SUNY Adirondack in Glens Falls. This race route starts and finishes at the college, while winding through parts of Warren and Washington counties. The funds raised from this race enable the Lions Club to continue providing sight and hearing assistance and preservation. Last vear's duathlon had about 150 racers and volunteers who participated in the event. Awards are given to the first three finishers in each five-year age group, male and female. Awards are also given to the top three teams and corporate teams. The King Lions award was given to the fastest male and female finisher. For more info, check out glensfallslions.org.

The following weekend, on Sunday, Oct. 15, the Mohawk Towpath Byway Duathlon attracts top regional multi-sport athletes, as well as recreational runners and bikers for the 2M run, 17M bike and 2M run. The start, exchange area, and finish are all at Riverview Orchards and the courses are through rural fall foliage lined landscapes along the Mohawk Towpath Scenic Byway. New this year is a knit cap with a full color embroidered byway logo for the first 100 registered participants. All

racers and volunteers receive a Giffy's BBQ chicken dinner post-race. Two person teams are welcome. Awards will be given for overall male and female first place, and top three male and female in 10-year-age groups, and for first place male, female and mixed teams. New this year is are Scholastic and Grandmaster classes. Participants age 16 and under and age 70 or older may elect to do a 2M run, shorter 10M bike, and 2M run. Go to mohawktowpath.org for more info.

Turkey Trot Running Programs with Fleet Feet Sports

ALBANY & MALTA – Fleet Feet Sports will launch its popular fall 5K and 10K training programs in September, which are open to participants of any fitness level and with little or no running experience. Sponsored by adidas, the programs combine twice-weekly coached group sessions supplemented by individual daily training activities. The goal race for all 5K program participants is a November Turkey Trot run of their choosing.

The programs kick off with in-store instructional clinics, to be held at the Albany store on Tuesday, Sept. 12 at 7pm and at the Malta store on Thursday, Sept. 14 at 7pm. Training begins in Albany (5K distance) on Monday, Sept. 18 at 5:45pm at the Ciccotti Recreation Center in Colonie. Workouts will be Mondays and Thursdays at 5:45 pm. In Saratoga County, the first workout (5K and 10K) is Thursday, Sept. 21 at 5:45pm in the Saratoga Spa State Park. Regular group runs will be held on Thursdays at 5:45pm and Sunday mornings at 8am until Thanksgiving. Registration is open online and at Albany and Malta stores. Program fee includes special adidas discounts, coached training, daily running plans, and exclusive in-store clinics. For more info, go to fleetfeetalbany.com or call 518-400-1213 (Malta) or 518-459-3338 (Albany). 📥

Tour of the Battenkill Acquired

CAMBRIDGE - The Tour of the Battenkill has been acquired by Rugged Races LLC, a Mark Cuban supported company that produces 55 events across North America, with big plans to make this classic event even better. This 2018 event has been moved to April 28. The ride through Washington County is grueling, beautiful, and can be muddy. The views of the Green Mountains, covered bridges, and pastoral farmland make it a scenic race, while the 5,000 feet of elevation change and 19 miles of dirt roads make it the most challenging. The course is fine as is, but there will be improvements made to the rider experience, both on course and off. Registration will come with an all-inclusive after party with food and beer, a quality T-shirt, custom cycling socks, and a Specialized water bottle.

Two rides will be offered, a 75-mile Gran Fondo and a 42-mile Medio Fondo. Both events will feature a mass start with neutral roll out and a rolling road closure for the first seven miles. Full neutral/SAG support, police officers and course marshals at every major turn and intersection will continue. The festival area in the Washington County Fairgrounds will be energized. For more info, visit ruggedmaniac.com.

Hague Endurance Festival Replaces Hague Triathlon

HAGUE - The Hague triathlon will be back on, since it was canceled by HITS for 2017. Wilson Endurance Sports, LLC is re-creating it as the Hague Endurance Festival for June 23-24, 2018, Husband and wife team and long-time triathlon coach and race director, Mark Wilson and Tonia Wilson-Hall, will be organizing the event. On Saturday, there will be sprint and Olympic distance triathlons, sprint and Olympic aquabikes, followed by a kids' triathlon and old-timers race. Sunday will offer a duathlon (2M run, 10M bike, 2M run). Individuals and relay teams are welcome both days. The family-friendly weekend will include food and live music. For more info, go to coachmarkwilson.com. 📤



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Race directed by Hudson Mohawk Road Runners Club

FROM THE PUBLISHERS 1t's September



Back to school, shorter days, new routines, and an end to the relaxed days of summer. It sounds depressing but there's a lot to look forward to! Fall brings PR races, cool rides, fall festivals, costumes and... less humidity. Plus, an opportunity to discover activities specific to the season, like cyclocross, fall themed races and roller skiing.

In our world, the new season also bring powerful weather. Some say now is not the time to be talking about climate change. Now is definitely the time to heed the warning that science models and evidence have predicted for years. In the southeast, warmer ocean water has helped create more dangerous hurricanes that are hitting the Caribbean, Texas and Florida. Out west, there are wildfires from the extreme drought and record breaking temperatures from Phoenix to San Francisco to Montana. Of course, recovery and rebuilding need to take immediate priority, but we can't ignore the effects of manmade changes to our planet. Every other issue tackles a different topic on our environment and what we can do in our own backyard. Please read "Are You Thirsty Now?" by Skip Holmes for an informative piece on the quality of our water.

This issue also brings you fun destinations by foot or boat, info on expertly organized races, outings and events, and a committed athlete, Karen Bertasso who's

working hard towards her Olympic dream. Thanks for reading us – enjoy the issue!

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ISSUE #201

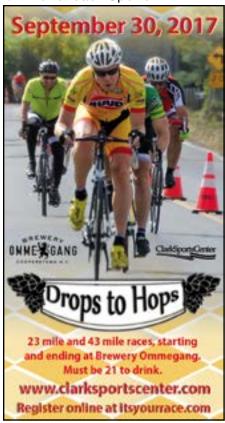
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Publisher/Editor/Founder: Darryl Caron
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Dave Kraus, Alan Mapes

Contributing Photographers: Peter Barber, Jennifer Harvey, Skip Holmes, Bill Ingersoll, Brendan Kennedy, Dave Kraus, Jess Lyons, Alan Mapes, Don Massone, Shaun Ondak, Mary Zawacki Circulation: Alan Blond, Sheela Kulkarni,

Sudhir Kulkarni, Dan Olden, Abigail Radliff Adirondack Sports is published 12 times per year with a monthly circulation of 20,000 copies. © 2017 Adirondack Sports & Fitness, LLC. All rights reserved. Please recycle.





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15th Annual **Riverview Orchards** 660 Riverview Rd, Rexford 2M run, 17M bike, 2M run

Sunday, October 15 • 8:30am Open to individuals & 2-person teams Register: mohawktowpath.org
USAT sanctioned • Embroidered crew hat to first 100
Giffy's Bar-B-Q included
Benefits Mohawk Towpath Scenic Byway



Calendar of Events

September-November 2017

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NOVEMBER 2017 MTWTFS 1 2 3 4 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

*Events beyond this range are advertisers in this issue

ALPINE & CROSS COUNTRY SKIING

SEPTEMBER

NYSEF Whiteface Climb to the Castle Rollerski Race. 5M. 8am. Whiteface Mt Vets Memorial Highway, Wilmington. nysef.org.

OCTOBER

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.

NOVEMBER

25-26 Women's Alpine Skiing World Cup, Killington Resort, Killington, VT. killington.com.

BICYCLING: ROAD (PAVED)

ONGOING

Daily MHCC Club Rides. 300 rides/year. Albany-Saratoga Region. mohawkhudsoncyclingclub.org.

SEPTEMBER

- **Bike MS: ROC the Ride.** Genesee Valley Park, Rochester. bikems.org. Kelly Brush Ride. 100M/50M/20M. 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.
- Tour de Daggett Lake. 65M: 8am; 20M: 9am. Daggett Lake Water Ski Club & Water Ski School, Warrensburg. daggettlake.net.
- Cycle for Life. 62M/32M/17M. Saratoga Polo, Greenfield Center. Kate Quinn: 518-453-3583. fightcf.cff.org. NYC Century. 100M/75M/55M/35M/15M. New York. 212-629-8080.
- IDRF Ride to Cure Diabetes. Multiple routes: 32-100M. Saratoga Springs. 477-2873. jdrf.org.

 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.
- 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. 10th Lance Gregson 1-Eye Classic Ride & Picnic. 45M+: 8:30am. 26M: 9:30am. 10-15M: 10:30am. 3M: 11am. Town Park, Schroon Lake.

- Tour de Vine Bike Ride, 20M, 10:30am, Easton, bikereg.com,
- 4th Harry Elkes Ride. 50M/32M: 9:30am. 16M/15M: 10:30am. The
- Hub, Brant Lake. 518-796-2397. bikewarrenco.org.
 7th Columbia County Rotary Ride. 54M gravel grinder (road bikes fine): 8:30am. 38M road ride: 10am. 10M fun ride: 11am. Support by Steiner's Ski & Bike. Benefits CYCLE Kids program at Ichabod Crane ES & more. Niverville Fire Dept, Niverville. bikereg.com.
- Farm to Fork Fondo: Berkshires. 9am. Farm fresh feast from your bicycle. Hancock Shaker Village, Pittsfield, MA. 518-662-0211. farmtoforkfondo.com.
- Tour de Salem Flame Fighters. 10-63M. 8am. Salem. 518-321-9430. tourdesalemflamefighters.com.
- **Drops To Hops.** 43M/25M bike races/rides. Beer, food. Brewery Ommegang, Cooperstown. 607-547-2800. clarksportscenter.com.
- Bill Denman Memorial River Ride. 50M. 9am. Payne Park, Bainbridge. 607-222-9345. rotaryriverrides.weebly.com.

OCTOBER

28-29 Haunted Hundred Overnight Century, 100M. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

NOVEMBER

Rivers & Lakes Century. 100M. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

BICYCLING: OFF-ROAD

ONGOING

Sa-Su High Peaks Mountain Bike Center. Open weekends through 9. Mt. Van Ho, Lake Placid. 518-523-3764. highpeakscyclery.com.

Dirt Camps. Thru 10/7: 10am-4pm. Learn skills to really ride your bike. Includes Giant full suspension bike. Mt. Van Ho, Lake Placid. 518-523-3764. highpeakscyclery.com.

SEPTEMBER

- Adirondack Trail MTB Race. 550M self-supported ultra. Northville. bikepacking.com.
- Kirkland Cyclocross Race. Kirkland Town Park, Clinton. nycross.com.
- Riedlbauer's Round Top Rally MTB Race. Round Top. rtmba.com. Swandrome CX. Swan Cycles, Freeville. flcycling.org.
- Poor Man's Downhill Shuttles. 1-4pm. Up A Creek Restaurant & Leepoff Cycles, Wilmington. bikewilmingtonny.com.
- Garnet Hill Grit Mountain Bike Race. Sport: 6M. Expert: 12M. 10am. Great prizes, views, food, beer, live music. Garnet Hill Lodge, North River. garnet-hill.com or bikereg.com.
- Eastern States Cup Enduro Finals. MTB finals. Killington, Killington, VT. killington.com.
- Webster Cyclocross. Webster Park, Rochester. fullmoonvista.com.

OCTOBER

- Best Cyclist in the Universe Race. 5K enduro, 30K road race, 15K MTB. Solo/ $\,$ teams. Windham Resort, Windham. bikereg.com.
- Cross Out Child Abuse Cyclocross Race. Scriba Park, Oswego rideoswegocounty.bike.
- **Uncle Sam Cyclocross GP Race.** Prospect Park, Troy. nycross.com. Ellicottville Fall Festival MTB Race. 5-15M. 10am. Holiday Valley Resort,
- Ellicottville. heartrateup.com. Parma Cross Race. Parma. 585-546-4030. fullmoonvista.com.
- CircumBurke Challenge MTB. Sherburne Lodge, East Burke, VT. circumburke.org. Finger Lakes Cyclocross Race. 9am. Everest Park, Auburn. bikereg.com.
- Erie 80K MTB Race. 25M/50M. 10am. Pike/Front Streets, Port Jervis. discoverportiervis.com.
- Ossian Giant Gravel Grinder Fall Preview Ride. 17M/35M. 1pm. Swain. ridelcc com
- 21-22 Syracuse GP Power Cross Races. 9am. Long Branch Park, Liverpool.



321-6203. schroonlakecycling.com.







- 28 Saratoga Spa Cyclocross Race, 9am, Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. bikereg.com.
- Wicked Creepy Cyclocross Race. Willow Park, Bennington, VT. nycross.com.
- Halloween Cyclocross Race. YMCA Camp Arrowhead, Pittsford. 29 585-381-3080, parkayebike.com.

NOVEMBER

- 19 $\textbf{Bethlehem Cup Cyclocross.} \ Elm \ Ave \ Park, Bethlehem. \ nycross.com.$
- Placid Planet Cyclocross. Wadhams. Kevin Bouchard-Hall: krboucha@ gmail.com. teamplacidplanet.org.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness: Total Body Training. Six-week session: 9/11-10/21. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 518-522-9765. rockyourfitnessny.com.
- True North Yoga. True North Yoga, Schroon Lake. 518-810-7871. Schedule: truenorthyogaonline.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

SEPTEMBER

- Seward Mountain Hike. 14M. 7:30am. Corevs. ADK: 518-523-3441. adk.org.
- 15-17 Seward Range Backpacking Trip. 27M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.
- Farm-to-Fest Hike, 9am, Essex County Fairgrounds, Westport, 16 champlainraetrails.com.
- 21-24 Thru-Hiking 101: Long-distance, lightweight **backpacking.** Northville-Placid Trail. 9am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- Orienteering Meet. 10am-12pm. Saratoga Spa SP, Saratoga Springs. empo. us.orienteering.org.
- Mount Marshall Hike. 17M. 7:30am. Adirondak Loj, Lake Placid. 25 ADK: 518-523-3441. adk.org.
- Seymour Mountain Hike. 14.4M. 7:30am. Coreys. ADK: 28 518-523-3441. 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.
- Orienteering Meet. 10am-12pm. Switzkill Farm, Berne. empo. us.orienteering.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.
- 22 Orienteering Meet. 11am-1pm. Thacher SP, Voorheesville. empo. us.orienteering.org.
- Outdoor Leadership 101. 9am-4:30pm. Adirondak Loj, Lake Placid. 28 ADK: 518-523-3441. adk.org.

MULTISPORT: TRIATHLON/DUATHLON & SWIMMING

SEPTEMBER

- 5th Greene County Y Tri. 350vd 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.
- $Incredouble man\ Triathlons.\ Half,\ Olympic,\ Aquabike.\ Sackets\ Harbor.$ incredoubleman.com.
- Survival of the Shawangunks (SOS) Triathlon. Minnewaska SP, New Paltz. sostriathlon.com.
- Toughteen Super Sprint Triathlon. 200yd swim, 6M bike, 2M run. Lake Welch, Harriman SP, Stony Point. toughmantri.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.
- 23-24 Westchester Triathlons: Olympic & super sprints. Town Park, Rye. westchestertriathlon.org.
- Finger Lakes Open Water Swim Festival. 10.5M/2M/1M/0.5M. Seneca Lake. fingerlakesopenwaterswimming.com

OCTOBER

- 6th Glens Falls Lions Club Duathlon, 5K run, 30K bike, 5K run. 9am. Solo/teams. SUNY Adirondack, Glens Falls. glensfallslions.org.
- 15th Mohawk Towpath Duathlon. 2M run, 17M bike, 2M run. 8:30am. Solo/teams. Riverview Orchards, Rexford. mohawktowpath.org.
- Central Park Duathlon. 2M run, 12M bike, 2M run. Central Park, New York. 22 nytc.org.

OTHER EVENTS

SEPTEMBER

- Wilmington Festival of the Colors. Wilmington. whiteface.com.
- 13 Golf "FORE" Diabetes Tournament. Van Patten Golf Club, Clifton Park, golfforediabetes.com.
- Women's Weekend: British Invasion. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org.
- NatureFest. 10am-4pm. Moreau Lake SP, Gansevoort. Crafts, pumpkin painting, wagon rides. 518-793-0511. friendsofmoreaulake.org.
- Vermont Light the Night, 5:30pm, Church Street, Burlington, VT. 802-233-0014. lightthenight.org/uny.
- 23 Lake Placid Brew Fest. Olympic Center, Lake Placid. whiteface.com. 23-24 8th Adirondack Moose Festival. Trail hikes, rafting, contests,
- vendors. Indian Lake. 518-648-5636. indian-lake.com North Country Great Outdoors Show. West Mtn, Queensbury 518-615-1012. froggy1003.com.
- **30-10/1 Oktoberfest.** Food, beer, music. Whiteface, Wilmington. whiteface.com.

OCTOBER

- Fall Festival. West Mountain, Queensbury. Kailey Wolin: 518-636-3699.
- **Harvest Fest.** 10am-4pm. Food, music, gondola rides, trampoline, disc golf. Gore, North Creek. 518-251-2411. goremountain.com.
- Flaming Leaves Festival & US Ski Jump Champs. 10am-4pm. Food, music, games, vendors. Olympic Jumping Complex, Lake Placid.
- **Albany Light the Night.** 5:30pm. Siena College, Loudonville. 518-438-3583. lightthenight.org/uny.
- Upper Hudson Valley Light the Night. 5:30pm. Walkway Over the Hudson, Poughkeepsie. 518-438-3583. lightthenight.org/uny. Fall Festival. YMCA Camp Chingachgook, Kattskill Bay.
- 518-656-9462. camp.cdymca.org.
 Fall Work Weekend. YMCA Camp Chingachgook, Kattskill Bay.
- 4-5 518-656-9462. camp.cdymca.org.



518 494 4822



12th Annual! Don't miss New York's most fun cross series!

Sept 10 - Kirkland Cyclocross Kirkland Town Park, Clinton

Oct 7-8 - Uncle Sam Cyclocross GP Prospect Park, Troy

Oct 29 - Wicked Creepy Cyclocross Willow Park, Bennington, VT

Nov 19 - Bethlehem Cup Cyclocross Elm Avenue Park, Bethlehem







Sunday, October 8 • 9am **SUNY Adirondack, Queensbury**

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

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



GLENS FALLS

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



coffee shops, restaurants, pizzerias, Fleet Feet Sports, etc. Must be present to win. Info & Register: ballstonspaumchurch.org/falling-leaves-5k-run

Kids' 0.5M Fun Run (10 & under): 11am - Free

Stan Lockwood: (518) 885-6886 or fallingleaves5k@albany.twcbc.com Benefits Veterans & Community Housing Coalition – Vet House & Guardian House for Homeless Veterans



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

ngs 5k Challenge & Kids Runs

Ciccotti Center

30 Aviation Road, Colonie

MUSIC • FOOD • AWARDS • FUN!

5K Challenge Run/Walk – 10am Dri-fit long-sleeve shirt to all registered by 9/1

Flat, fast course through Crossings Park Chip timing by AREEP • Walkers welcome

Kids 1/4M Fun Run* (free) – 10:45am Must be registered – For ages 13-under

Kids 1M Competitive Run* (\$10) - 10:45am Chip-timed for 13-under with shirt and awards

*All registered kids runners get a medal and are entered to win a Ciccotti pool party for 20! Register online: ZippyReg.com

Info & Entry Form: Colonie Youth Center.org
Early Registration Ends 9/20!
TO BENEFIT COLONIE YOUTH CENTER, INC.

PADDLING: KAYAK, CANOE & SUP

SEPTEMBER

- 8-10 Adirondack Canoe Classic: The 90-Miler, 8am, Old Forge to Saranac Lake, Brian McDonnell: 518-891-2744. macscanoe.com.
- Kayaking 4 Meso 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.
- Women's Kayaking Day. YMCA Camp Chingachgook, Kattskill Bay.
- 518-656-9462. 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. 518-656-9462. camp.cdymca.org.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

We/Sa Fleet Feet Running Club. Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 518-459-3338. fleetfeetalbany.com.

SEPTEMBER

- 8th Malta 5K Run/Walk. 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.
- Insane Inflatable 5K Run. Ellms Family Farm, Ballston Spa. 518-884-8168. insaneinflatable5k.com.
- 4th Cops & Joggers 5K. 10am. Riverlink Park, Amsterdam.
- copsandjoggers5k.racedirector.com Old Forge Marathon, Half Marathon & 5K. 8:30am. Hiltebrant Rec Center, Old Forge. 315-663-5538. willowhwc.com.
- Maple Leaf Half Marathon & Kotler 5K. 8am. Manchester Center, VT. 802-864-9393. manchestervtmapleleaf.com.
- 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. Tugboat Chug 5K & Kids' Run. 10am. Lock 2/Peebles Island SP, Waterford.
- 518-935-7720. Red Apple 5K Orchard Run. 9am. Kids Run: 10am. Samascott Orchard,
- Kinderhook. 518-758-9321. valatielibrary.net.
- 10th Anne's Quest 5K. 8am. Saratoga Spa ŚP, Saratoga Springs. annesquest.org. 15th Ty Yandon Memorial 5K Run/Walk. 8am. Health Center, Newcomb.
- 518-582-2991. 10th Barry Hopkins 6K Run at Olana. 9:30am. Olana SHS, Hudson.
- 818-731-7697. olana.org. New Balance Fifth Avenue Mile, 8am, Fifth Ave. New York, nyrr.org
- Fall Fleet Feet Distance Project Kick-Off. 7pm. Fleet Feet Sports, Albany. 518-459-3338. fleetfeetalbany.com
- Fall Fleet Feet Distance Project Kick-Off. 7pm. Fleet Feet Sports. Malta. 518-400-1213. fleetfeetalbany.com.
- $Glow\ Back\ To\ School\ 5K.\ 7pm.\ Community\ Center,\ Stillwater.$ 518-664-2515. stillwaterareacommunitycenter.org. Rochester Marathon, Half, Relay & 5K. Maplewood Park, Rochester.
- rochestermarathon.com. **Upper Union Street Scholarship 5K.** 8:30am. Refreshments, DJ.
- Woodland Ave, Central Park, Schenectady. upperunionstreet.com.
- ADK 5K Run. 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.
- Dunkin' Run 5K, 10K & 15K. 8:20am. AJCC, Albany. Tom Wachunas: 518-438-6651. albanyjcc.org.
- 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.
- "Course (or Curse) 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.
- HMRRC Anniversary Races: 2.95M/5.9M. 9am. UAlbany, Albany. hmrrc.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.
- **Troy Turkey Trot Training Challenge: 9/18-11/18.** 5K/10K training. Mon: 6pm, Prospect Park, Troy. Sat: 8am, Knickerbacker Park, Troy. tttrainingchallenge.com.
- 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 BBQ, 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. kLaVoy Donate Life 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. zippyreg.com.
- Hero Walk & 5K Run for Autism. 9am. Central Park, Schenectady.
- albanyautism.org. Walk to End Alzheimer's. 10am. Siena College, Loudonville.
- 800-272-3900. Alzheimer's Association. alz.org. Pumpkin Patch Mud Run. 5K. Pick-A-Pumpkin Patch, Esperence.
- pumpkinpatchmudrun.com. 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.
- 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. **42nd Falling Leaves 5K & 14K**. 9am. Radisson Hotel, Utica. uticaroadrunners.or
- Vermont Sun Half Marathon, 10K & 5K. 10am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.
- 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.



register: vermontsun.com

23rd Annual Burnt Hills-Ballston Lake Rotary

5K Run and Walk Saturday, Oct. 7 • 9am

O'Rourke Middle School, Burnt Hills

Kids Mile Fun Run • 9:45am **USATF** Certified Course · Chip Timing Shirts for the first 300 participants \$25 by 9/27 (\$30 after) • Kids Mile Fun Run: \$10

Register: ZippyReg.com More info: bhblrotary.org or Paul Lewandowski (518) 399-2225





- 24 Towpath 6K Run. 9:15am, Walk: 9am, Community Center, Accord. runsignup.com.
- Vermont 50. 50M run, 50K run, 50M relay, 50M bike. Mount Ascutney Resort, West Windsor, VT. vermont50.com. 24
- Pat Glover Beer Mile Benefit. 6-8:30pm. Shmaltz Brewing, Clifton 27 Park. fleetfeetalbanv.com.
- Oktoberfest 5K Run & Celebration. 10:15am. Wolff's Biergarten,
- Albany. Patrick Lynskey: 518-677-2768. oktoberfestalbany5k.com.

 Gore Leaf Cruncher 5K Trail Run. 10am. Awesome prizes, gondola rides for all participants, on-course treasure hunt. Gore Mountain, North Creek. goremountain.com.
- Flashlight 5K Run/Walk. 7:30pm. 5K night run bring flashlight, headlamp or lights. Receive glow stick necklace/bracelet. Best costume prizes. Cole's Woods, Glens Falls. adkracemgmt.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-Hudson. 518-732-2940. racethread.com.

OCTOBER

- Voorheesville 7.1M. 10am. New Scotland Town Park, Voorheesville.
- Beat Beethoven! 5K Run/Walk to 5th Symphony. Central Park, Schenectady.
- 518-372-2500. schenectadysymphony.org. North Country Out of the Darkness Walk. Walk to fight suicide. Speed Skating Oval, Lake Placid. 518-962-2077. afsp.org/northcountry.
- Rensselaer Runs United 5K. 10am. Rensselaer Tech Park, North Greenbush.
- 518-276-4305. rpi5k.org. Phoenix Feeder Four Mile Run/Walk. 10am. Fire Station, Hudson Falls.
- adirondackrunners.org. Syracuse Festival of Races, Men's 5K, Women's 5K, 3K Fitness Run/ Walk. 8:50am. East Colvin St/Coyne Stadium, Syracuse. 315-446-6285.
- festivalofraces.com. Color Me Rad 5K Run. 9am. Saratoga Spa SP, Saratoga Springs. colormerad.com. Leaf Peepers Half Marathon & 5K. 11am. Waterbury, VT.
- leafpeepershalfmarathon.org.

 11th Falling Leaves 5K & Kids Fun Run. 10am. Kelley Park, Ballston Spa. 518-885-6886. ballstonspaumchurch.org.
- 23rd Burnt Hills Rotary Apple Run 5K Run. 9am. 1M Kids' Run: 9:45am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 518-399-2225. bhblrotary.org.
- Komen Race for the Cure. 5K Run/Walk & 2K Family Walk: 9:30am. Kids Dash: 8:45am. Save \$5 w/code: ADKMAG2017. Empire State Plaza,
- Albany. 518-250-5379. komenupstateny.org.
 GFD Fit for Duty 5K Run/Walk. 9:30am. Fire Dept, Greenwich. active.com.
- Vintage Runs Half Marathon & 5K. 13.1M: 10am. 5K: 11:30am. Bethel Woods, Woodstock. 845-866-1345. vintageruns.com. 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.
- 9th Race Away Stigma 5K Race & Fun Walk. 10am. Hudson Valley Community College Student Pavilion, Troy. Larry Ellis: 518-629-7175. hvcc.edu.
- Blessed Sacrament School 5K Walk/Run. 2pm. The Crossings, Colonie. Mimi Baseel: 518-438-5854.
- Burgoyne's Bridge 5K. 11am. Hudson Crossing Park, Stillwater. runsignup.com. Trek for Hope 5K Run/Walk. 9:30am. Village Park, Granville. 1M Kids Run: 9am. 518-321-9640. thehayneshouseofhope.org. Staten Island Half Marathon. 13.1M. 8am. Staten Island, New York. nyrr.org.
- 17th Great Pumpkin Challenge 5K, 10K, & 1M Fun Run. 9:30am. Saratoga Spa SP, Saratoga Springs. 518-587-0723. 14
- saratogabridges.org.

 1st Amy's Adventure: 8K Race for the Lake. 5M trail run. Amy's Park, Bolton Landing. Lake George Land Conservancy: lglc.org.

- Monster Scramble 5K/10K. 7:30am. 1M Family Run: 9am. Costumes, prizes. Liberty Ridge Farm, Schaghticoke. 518-464-0112.
- nationalmssociety.org.
 4th St Catherine's Running SCCCared Family 5K. 9:30am. The Crossings, Colonie. 518-453-6756. st-cath.org. Color Run/Walk. 9am. SUNY Adirondack, Queensbury. sunyacc.edu.
- Fall Foliage Half Marathon & 5K. 10:20am. Fairgrounds, Rhinebeck. fallfoliagehalf.com.
- RunDead Treasure Hunt/Geocache. 2pm. Saratoga Spa SP, Saratoga
- Springs. events.nyso.org.
 18th Great Sacandaga 10K Race. 10:30am. Sport Island Pub, Northville. Ann Kenyon: 775-1877.
- 7th Oktoberfest Half Marathon, 10K, 5K & 40K Bike. Peru. adirondackcoastevents.com.
- Wandering Witch Trail Races. 5K run/walk & 10K run. 9:30am. Christ the King Conference Center, Greenwich. Jen Kuzmich: 518-692-2801, active.com.
- 17th Ghostly Gallop 5K Run/Walk & 1M Walk. 11:30am. Hudson HS,
- Hudson. ghostlygallop.info.

 1st Brookhaven Oktoberfest 5K Trail Run. 10am. Kids' 1K Run: 11am. Brookhaven Golf Course, Porter Corners. Chris Yarsevich:
- **518-893-7605. skireg.com.**Goblin Gallop 5K & Halloween Hop. 9:30am. Abraham Wing School, Glens
- Falls. adirondackrunners.org. Little Falls 10K Run & 2K Walk for Kidneys. 10am. Western Park, Little Falls. healthykidneys.org.
- $\textbf{Hairy Gorilla Half Marathon \& Squirrelly Six Miler. 9:30am. Save \$5\,w/}$ code: ADKSP917. Thacher SP, Voorheesville. hairygorillahalf.com.
- Saratoga Cross Country Classic. 5K: 10am. 2K/3K Development Runs: 9am. Saratoga Spa SP, Saratoga Springs. Craig Evans: 518-232-6554. saratogaxcclassic.com.

NOVEMBER

- 11th Fall Back 5 Trail Race. 5M. 10am. Admin Building, Saratoga Spa SP, Saratoga Springs. saratogastryders.org.
 New York City Marathon. 26.2M. Staten Island to Central Park, New York. nyrr.org.
- 10th Shenendehowa Veteran's Day Dash 5K Run/Walk. 10am. Kids' Fun Run: 9am. Shen HS Track, Clifton Park. shenrunners.com.
- 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. Syracuse Half Marathon. 13.1M. 7:45am. County Building, Syracuse.
- syracusehalf.com.
- 47th Green Mountain Marathon & Half Marathon, 26.2M/13.1M, 8:30am, Folsom School, South Hero, VT. gmaa.net.
- Operation Santa Run 5K/10K. 10am. Hudson Falls MS, Hudson Falls.
- adirondackrunners.org. NYC 60K Ultramarathon. 8am. Central Park, New York. nyrr.org.
- Turkey Raffle Run. 1hr. 10am. Tawasentha Park, Guilderland. 19 hmrrc.com.
- 70th Troy Turkey Trot. 10K: 8am. Walk: 9:35am. 5K: 10am. Troy Atrium, Troy. troyturkeytrot.com.

 16th Christopher Dailey Turkey Trot. 5K Run/Walk. 8:30am.
- Hilton, Saratoga Springs. 581-1328. christopherdaileyfoundation.com
- 15th Cardiac Classic 5K. 9am. 2M Wellness Walk: 8am. Duck Pond 1M Fun Run: 10am. Central Park, Schenectady. ellismedicine.org
- 8th Our Towne Turkey Trot. 5K. Bethlehem MS, Delmar. John Guastella: 598-3434, ourtownebethlehem.com. 6th St. George's Turkey Trot. 5K Family Run/Walk. 8am. Kids' Fun
- Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. stgeorgesschoolcp.org.
- **22nd Running of the Turkeys.** 5K Run/Walk. 9am. 1K Kids' Fun Run: 9:30am. Fisher ES, Arlington, VT. bkvr.net.

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





Info/Register: Utica Roadrunners.org or RunSignUp.com





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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IMPORTANT

Course maps & info. available online Race Limited to 2,000 Registrants NO DAY OF Registration

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











Saratoga Spa State Park Saratoga Springs, NY

5k Cross Country Race - 10am

Open to ALL runners & walkers! **USATF Adirondack Trail GP Race** USATF Adirondack 5k XC Championship

ds' 2k and 3k Developmental Cross Country Runs - 9am

USATF Adirondack 5k Race Walk Championship – 8am

Walk info: (518) 577-1333 or walk2agoal@gmail.com

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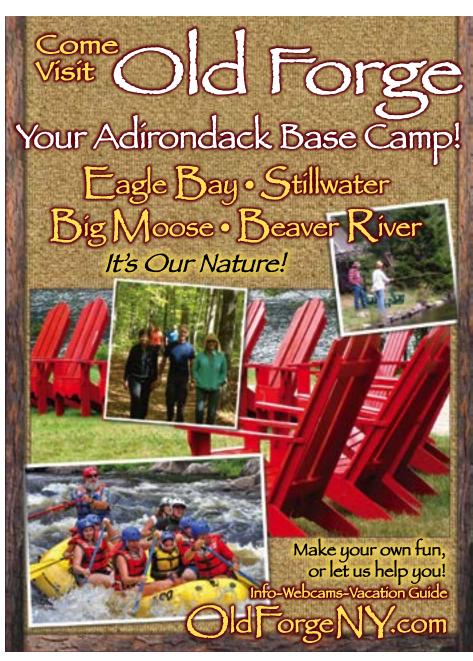














Our first challenge cropped up right away. The day was breezy, with the west wind sweeping across the open lake, starting soon after dawn. As we launched from the sandy beach where our kayaks were staged, we learned that the new girlfriend was paddling a kayak for the very first time! She was a trooper and did well, except for the waves and wind on the initial crossing of the bay. The fellow who brought her wound up rafting up their two boats and I towed them across the bay. As a kayak guide, I always have the tow line handy.

Once in the shelter of the inlet, we were fine. The inlet runs for about two miles before coming to a beautiful small falls. The broad rocks at the falls made a great lunch stop and turn-around spot. We agreed to split the group as we came back out of the inlet, some returning to camp, and the rest of us paddling to the western shore of the lake and hamlet of Raquette Lake. Ice cream was our objective, but a stop at this tiny village also offers a taste of history. The railroad from Utica used to end here, providing access for wealthy and not so wealthy camp owners on the lake. Many of the camps still have no road access - boat and snowmobile $only.\,Several\,small\,steam\,boats\,were\,docked$ at the village, and we later saw others on the water - a group of steam enthusiasts meet on

Days two and three involved exploraand biology classes.

Our visits to the historic St. Williams ular. Our last night on the lake was a dinner of the hamlet of Raquette Lake, this tour is

not to be missed. They do general tours of the lake, lunch cruises, and dinner cruises (great food). Any of these trips will give you a great peek at the history of the lake, its people and places.



This year, we met friends Carol and Pete at the Eighth Lake State Campground for two days of paddling. Pete is fairly new to kayaking, and had along his new (to him) Romany kayak, which I found for him this spring. Carol's Romany has been with her for many years - these are 16' British-made fiberglass boats from Sea Kayaking UK. Char had her wooden Pygmy Arctic Tern 14' that I built over 10 years ago and I brought my old Dagger Meridian.

Eighth Lake has bigger, more level sites than Golden Beach, and it spans the land between Seventh and Eighth lakes. There are launching sites on both lakes from right inside the campground. We chose the Seventh Lake end of the facility and our campsites within walking distance of the launch.

Our first day's paddle got off to a leisurely (late) start, and we found the perfect spot for lunch after only a bit more than one mile. A sandy spit on an island in the lake offered a nice landing and a picnic table, so we decided on an early stop. Afterward, we had a nice time exploring the shoreline in a clockwise direction. The western end of the lake has a number of nice camps and a sea plane base. We had almost no motor boat traffic, but kept an eye out for landing and takeoff runs from the float planes.

The north shore of the three-mile-long lake has two state lean-to camping sites. We stopped at one for a stretch break - the other one had canoe campers in residence. As we progressed back to the eastern end and near the campground, I paddled near shore and looked down into the tannin-filled brown waters, looking for an old memory.

My one other experience with Seventh Lake was in the 1980s, a canoe outing with my wife and my parents. I have a picture in my head of big sunken logs, crisscrossed like match sticks in the shallow waters. Judging from the huge old stumps in the water along the shores, the water level must have been



PHOTOS BY ALAN MAPES

ISLANDS ON RAQUETTE LAKE.

raised in the distant past, flooding the timber along the shores. I found a spot with logs underwater, not quite matching my old memory, but mental pictures tend to grow over the years, eh?

In any case, the stumps and upturned roots along the shores made wonderful log sculptures and great photographic subjects. I got so involved with the camera that I got turned around in my directions. Carol pointed out that we were approaching our sandy beach lunch spot, going the wrong way! My wrong turn added about a half-mile to the trip, and we came out at about 7.5 miles for the day.

Seven miles can be a long or a short paddle, depending on your physical condition. Two people in our group were still recovering from some serious medical issues. and for them it was on the long side. Day two, we decided to go back on Seventh for a shorter paddle, exploring the very eastern end that we missed the day before. Though it was a short four-mile paddle, we found lots to photograph. Several floating logs had virtual gardens growing on them - bog plants like we saw along the inlet to Raquette Lake, but in a miniature community. At the east end of the lake, a small creek leads to Eighth Lake, flowing under a foot bridge on the trail to Bug Lake.

The waters of Raquette and Seventh lakes are only part of the Adirondacks' rich paddling story, but they have a lot going for them. The state campgrounds on each of these lakes make perfect places to base your future explorations. We hope to return next year and spend some time on Eighth Lake. 🌲

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

don't know what to try first. If you are deciding what to try next, one area I recommend highly is the central/western region between Blue Mountain Lake, Inlet and Old Forge. This area includes the Fulton Chain of Lakes, Raquette Lake and the Eckford

or a paddler, the Adirondack Park is

a giant candy store – sometimes you

Chain, plus numerous small lakes, ponds and slow wandering streams. This summer and last, we took two trips to the area, concentrating on Raquette Lake and Seventh Lake. We car camped at New York State Campgrounds located right on each lake and took day-paddle trips.

Raquette Lake is one of the largest in the park, with 99 miles of shore line - the total boosted by its many arms, bays and islands. You could spend a week or more exploring every creek, bay and shoreline on Raquette - we had three days to sample its treasures.

Setting up camp at Golden Beach State Campground, our group of 12 came from far-flung areas of New York, New Jersey and Virginia. Most of us knew each other through involvement with either the Adirondack Mountain Club or the Atlantic Kayak Tours company. Three people were new to the group - a new girlfriend, a new boyfriend, and the third just a paddling friend.

Golden Beach seems to be one of the older state campgrounds, with many of the sites a bit small and some not so level. The location. though, is right on the lake, with a broad $sandy\,beach\,for\,launching\,kayaks\,and\,canoes.$

As a large lake, Raquette can be challenging, with frequent afternoon winds out of the west or south west. We were paddling kayaks that ranged from 14 to 18 feet long, and most of us were experienced with wind and waves. Our first day's paddle was to South Inlet, accessed just across South Bay from the campground. The Inlet is a beautiful stream, with slow current and a wide, twisting form. The shores are mostly bog - a floating mat of sphagnum moss with other bog-adapted plants growing on the mat. I love this community of plants that include insect-eating pitcher plants and sundews. Black spruce and tamarack trees with their wispy branches form a mood-setting backdrop to the bog mat; towering white pines line the edge of the sky.

the lake for a week each summer.

tions of other parts of the southern half of the lake. We paddled past many beautiful historic camps, including one considered the original Adirondack "Great Camp," Camp Pine Knot that was built by William West Durant in the late 1800s. Railroad magnate Collis P. Huntington later owned the camp, and his family gave it to SUNY Cortland. It is used for many of the college outdoor recreation

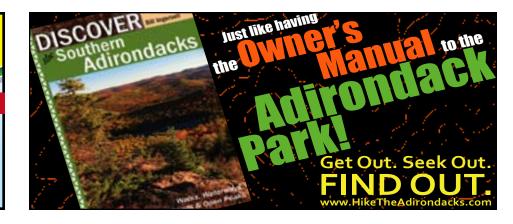
Church and to Beaver Brook were spectaccruise on the vessel W.W. Durant. Sailing out Sunday, Sept. 17 at 8am Moreau Lake State Park 605 Old Saratoga Rd, Gansevoort

15K Trail Run — a challenging run up the **Staircase of Death**' to start, leading into back down the ridge to the be

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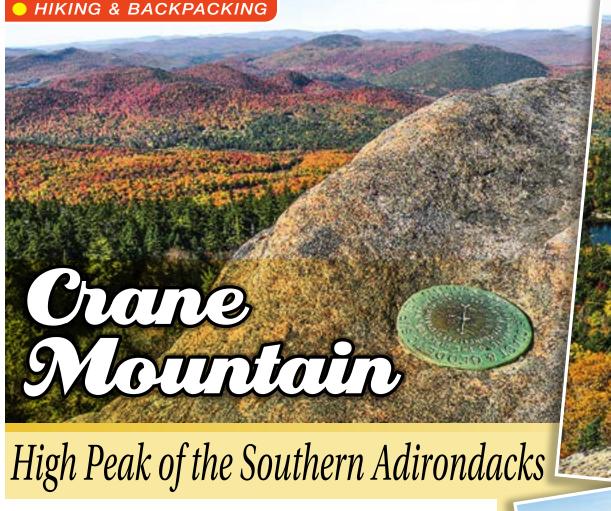




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CRANE MOUNTAIN POND.



By Bill Ingersoll

Ithough its summit elevation of 3,254 feet falls well short of the Adirondacks' highest peaks, few mountains present a profile as stunning as Crane Mountain. It rises over 1,900 feet above the nearby hamlet of Thurman, with steep, rocky slopes on its southeastern and southwestern faces. Except for Huckleberry Mountain, which huddles nearby like a child following close behind its mother, this peak stands apart from all of its closest neighbors. The combination of exposure, ruggedness, and natural beauty distinguishes Crane and earns it the reputation of being "the high peak of the southern Adirondacks."

The mountain was named Crain's Mountain in 1772 in honor of the surveyor Moses Crain, although according to lore its aboriginal name was Moos-pot-ten-wa-cho, or "thunder's nest." For well over a century it was presumed to be the highest peak in Warren County, until Verplanck Colvin determined that Gore Mountain was several hundred feet higher in 1877.

In 1911 the Conservation Commission – an early forerunner to today's Department of Environmental Conservation – placed an observation station on the summit of Crane, with a telephone line that connected it to the central office in North Creek. Rather than a tower, the station consisted of two camps: one at the pond where the observer stayed at night, and one on the summit. The materials for these camps, as well as the insulated copper wire used for the four-mile-long telephone line, were carried up the mountain on the backs of men. A few years later, in 1919, a 35-foot steel tower was erected on the summit.

The fire tower is gone, but Crane Mountain is easily one of the most enjoyable peaks in the entire Adirondack Park. Its trails scale some of the steepest slopes on the mountain, which rise imposingly above you as you drive toward them but this steepness has always been a part of the Crane experience. The terrain is rugged, but the miles are short, and so all of the best features remain within reach for many people.

Getting There

The state trailhead for Crane is located at the end of Ski Hi Road near the south end of the mountain. Follow NY Route 8 to Johnsburg, and then turn south onto South Johnsburg Road. At the tiny hamlet of Thurman, turn right onto Garnet Lake Road. Ski Hi Road (pronounced "Sky High") turns right at 1.3 miles and climbs 760 feet to an elevation of 2080 feet above sea level. The parking area is located at the very end of the road.

The Trail

The most direct route to the summit of Crane Mountain from the Ski Hi Road trailhead is almost all uphill. Called the Ranger's Trail during the days when the fire tower was manned, it is a steep route that requires the use of two ladders on its upper slopes. Level interludes are few, but they are welcome when they occur. When seen from afar, it seems impossible that there could be a hiking trail on such a precipitous, rock-scarred slope. Nevertheless, the Ranger's Trail uncannily finds a feasible route to the summit through a wooded corridor, and it is hiked by many people every year.

From the DEC parking area at the end of Ski Hi Road, the foot trail leads almost due north to the foot of the mountain - and within moments you are starting to climb. White pines and red oaks distinguish the lower woods, and occasionally there are window-like views across the valley by which you can gauge your progress. The trail is very rocky, a fact that frustrates snowshoers when the snow cover is lean. Despite the cliff-like appearance of the slopes from afar, the trail stays in the woods for most of the ascent; the first patch of open rock that you encounter is followed a moment later by a trail junction in the coniferous woods at 0.5-mile, 780 vertical feet above the trailhead. The trail to the left is the Crossover Trail to Crane Mountain Pond.

Bearing right, northeast, the trail leads through balsamic woods to a steep ledge that you must scramble up or around, and then to a small ladder that is only a little more than 500 feet beyond the junction. The ladder leans against an angled ledge, above which the trail pauses in the ferocity of its ascent as it heads a little south of east below the main summit; you have brief views of the

(TOP) CRANE MOUNTAIN SURVEY MARKER. PHOTOS BY BILL INGERSOLL

imposing cliffs to your left. You turn more northerly again and reach the foot of a second ladder at 0.9-mile. This one is about 25 feet tall and leans against a craggy rock wall; from its top you must take a step to the left to return to solid ground. In winter, when snow obscures the footholds, this can seem like a leap of faith. There are few good handholds. This is no place for young children, dogs, or

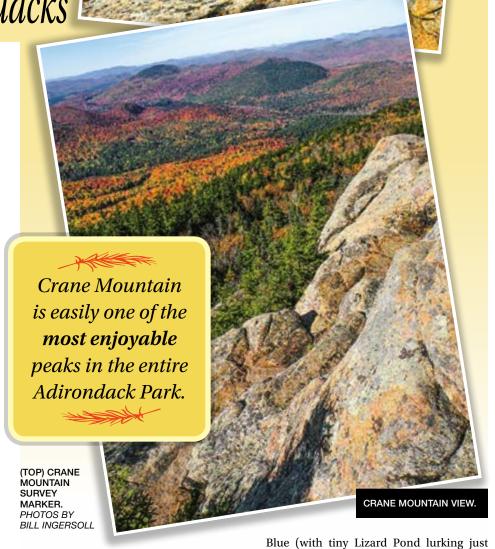
However, once you safely exit the ladder you are less than 300 feet from the summit. Nearly all of the remaining distance involves rock ledges, until finally you step onto the bald spot where the fire tower stood, one mile from the trailhead and 1,170 vertical feet above it. The view is phenomenal! The centerpiece is Garnet Lake at the foot of Mount

anyone with vertigo.

beyond), but your field of vision ranges from a distant Hadley Mountain to the south, to Kettle Mountain to the west, with too many other mountains in between to count – they extend all the way to Hamilton County. Trees block views to the north and east.

The footprint of the fire tower, which was removed in 1987, is clearly visible on the summit rock, and a well-used path leads down behind the knob about 75 feet to the site of the observer's cabin, located in a small clearing. A herd path leads eastward from this spot to an off-trail ledge that extends the main view more to the southeast.

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirondacks.com). For more information on this region, consult



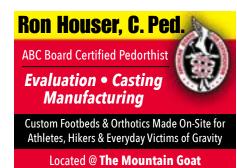




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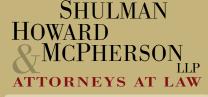
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By Christine Bishop

anything in the water!

"If you can dream it, you can do it," said Walt Disney, but it's not as easy as it sounds. In reality it takes commitment, hard work and sacrifice, and if anyone knows that, it is Karen Bertasso, a magical runner with a big dream: to race in the United States Olympic Marathon Trials. The possibility for this arose at the NU Hartford Marathon on October 11, 2014, when she came in third in a PR of 2:45:45, just 45 seconds short of the necessary Olympic time.

The next year she focused on qualifying. So in 2015 she began to train seriously for the London Marathon, which is an incredible spectacle. It is the largest fundraising event on the planet and is almost at the \$1 billion mark. Many charities and runners compete to get into the Guinness Book of World Records giving the race a carnival atmosphere with thousands of runners in zany costumes. That year a woman set the world record for the fastest marathon in high heels. Karen was placed with the subelites and shared running space with Paula Radcliffe who in 2002 at the Chicago Marathon set the women's world record with a sizzling time of 2:17:18 that has yet to be bested.

Seeing the Ethiopians and Kenyans warm up further energized her. Her sister, Nicole, lives in London so it became a family affair with her mother and father flying in. She saw them all wave at her several times as her sister is a pro at navigating the crowded streets of London. The excitement of the event carried her too fast down the roads as she clocked several below 6-minute miles. It had rained the night before and there were puddles everywhere, which helped to contribute to a dynamite blister on her foot. Still, Karen finished as the first American and 37th overall in a World Major Marathon event in a time of 2:48

After London, Karen decided she would go back to Hartford that October 2015 to achieve her Olympic Trials Qualifier. She felt she was in the best shape of her life that summer and ran personal bests in the 5K and half mara-

thon in August. However, a knee injury prevented her from running Hartford. She came back in December after a condensed training block to finish short at California International Marathon and then again six weeks later in Houston, running 2:46 in both marathons.

2017 RUNNIN' OF THE GREEN.

She realized she needed a break so she went on a cruise with the Albany Running Exchange club members. After returning, she slowly got back into her running routine and decided that 2016 was about recovery since there was no reason to run high mileage. When 2017 rolled around she started to get ready again as the 2020 Olympic Trials window would open on September 1.

Karen came to running through soccer and played competitively through high school at Scotia-Glenville. She grew up in Scotia and also attended Union College where she continued to play soccer, but also joined the indoor and outdoor track teams. In graduate school at Boston University School of Medicine she met runners who did marathons and half marathons. When she started running with them, she increased her distance substantially. Her first marathon was the Breast Cancer Marathon in Jacksonville, Fla., in 2008, in honor of her aunt who had died of the disease. Her only goals in her first marathon were to finish and fundraise. She achieved both in three hours and 57 minutes!

Shortly after, she joined the Albany Running Exchange and attended numerous events where she made many new running friends. Several months later she joined the Hudson-Mohawk Road Runners Club. She eventually qualified for the Boston Marathon during her second marathon in 2008 and ran 3:27. From there she progressed to a 3:19, 3:13, 3:12, 3:08, 3:07, 2:59, 2:50, and eventually to a 2:45 marathon. She co-captains the women's section of the Willow Street Athletic Club, and has shared many happy times with them, racing and socializing. She sees women in all age categories who are great role models, while balancing jobs, family life and running. Certain members like Emily Bryans of Delanson are great resources who help to advise her. Also, there is always someone to run with from both the men's and women's teams.

Karen's favorite distances are the half-marathon and marathon. As she noted, "You can't do that many marathons in a short time, unlike the half where you can recover quickly." Karen has also done ultras. She did the JFK 50 Miler in 2009 and enjoyed it even though she couldn't walk down stairs for a week. She feels she will delve into ultras again when marathons are no longer her focus.

Other highlights include three-time winner of Adirondack Distance Run in Lake George, two-time champion at Bridge of Flowers 10K in Shelburne Falls, Mass., and two-time champion at Troy Turkey Trot 10K. Her PRs include 5K in 17:29, 5M in 28:58, 10K in 36:18, half in 1:17:45, and marathon in 2:45:45.

Karen works as a physician assistant in orthopedics at St. Peter's Hospital. She spends most days in the operating room, which can be pretty exhausting. Most days she runs before and after work; once she has her daily latte she is good to go. Her coworkers understand her prerace ritual of trying to avoid standing in the operating room the day before a big race, and do other work in the hospital to try to rest her legs as much as possible.

When she's not running, Karen enjoys spending time on the lake where her parents live, either kayaking, boating or swimming with her family and her dog. Spare time activities include dining out and exploring all ice cream and brunch options in the area with her friends.

the CDPHP Workforce Team Challenge in Albany and the Mastodon Challenge 15K in Cohoes. On May 18, the Workforce Team Challenge race began with temperatures above 90 degrees, later to be followed by gusting winds, lightning then torrential rain. The extreme weather threw out all her expectations for the race taking away any ideas of PRs. She thought that she would just have to suffer along with everyone else and run for the fun of it. Well, lo and behold, she did her best time ever for the race and won the women's title for the second time. She was shocked. She had been in Arizona the month before and thought that maybe that helped her.

As for the Mastodon Challenge 15K on May 6, which is infamous for its wicked and numerous hills, she went into it with the attitude that this is so crazy, just run with no pressure, and enjoy. Again, she loved running up and down those mountain like hills and most amazingly set the women's course record.

To achieve her Olympic dream, she is setting up her running program to ensure that she does not get involved in a crazy tight schedule of races to qualify again. The window opens on September 1, and on September 24, she will run the Berlin Marathon that's well known for its fast times and usually pleasant autumn weather.

In August, she went to Colorado to train in high altitudes for strength. Karen previously lived in Colorado and loves running in the Fort Collins area, which is a maze of bike paths that connect one breathtaking park to another, sometimes going underneath roads so that people exercising never have to go on a main road. Animals also use these paths and one day she saw a bobcat. Every day she ran miles with friends and sometimes doubles. One day she did a workout in Breckenridge, a town in the Rocky Mountains at an elevation of 9,600 feet. The training seems to have paid off since when she returned she did the 18.12 Challenge - an 18.12-mile race on August 23 in Watertown that ends on the historic 1812 Battlefield in Sackets Harbor - in a course record time of 1:53.

We end, wishing her fulfillment in her dream and citing a relevant quote by Langston Hughes, "Hold fast to dreams, for if dreams die, life is a broken-wing bird that cannot fly." Berlin, here she comes!

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



Sunday, Oct. 8 • 10am **HVCC Student Pavilion, Troy**

\$17 HMRRC, \$25 non-members, free HVCC students, \$30 day of race T-shirt while they last, awards, raffles Larry Ellis 518-629-7175, l.ellis@hvcc.edu Register: hvcc.edu/cct/race







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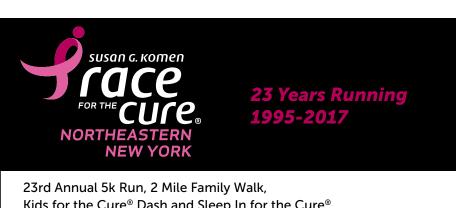
Register & Entry Form: ShenRunners.com

Partial proceeds to STRIDE Adaptive Sports, Shen Track Booster Club & Clifton Park Track Club







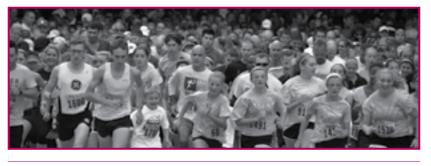


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Peak Foliage, Peak Performance!

By Mona Caron

s summer starts to wane, we have foliage and race performances at their peak! Autumn always delivers colorful leaves, crisp apples, pumpkins, fun festivals, and some great racing opportunities to take advantage of your summer running fitness.

On Saturday, September 30, at the third annual **Oktoberfest 5K** at Wolff's Biergarten in Albany, sign up early and you'll receive a commemorative beer stein and a free beer for those 21 and over, refreshments, and free admission to the North Albany Oktoberfest (11am-7pm, \$20 value). The course is a flat, out and back on North Pearl and Broadway. It's a fun atmosphere so gather your family and friends! A portion of proceeds will go to Ronald McDonald House of the Capital Region, Center for Disability Services and Epilepsy Foundation of Northeastern New York. (oktoberfestalbany5k.com)





On Saturday, October 7, you'll have your choice of good causes, apples and gift certificates. In downtown Albany, the 23rd annual Susan G. Komen Race for the Cure 5K Run is at the Empire State Plaza. Starting and finishing at the NYS Museum, the course takes runners to beautiful Washington Park and back. Join local honorary chair. Benita Zahn of WNYT NewsChannel 13, who encourages you to sign up today to support breast cancer research, and screening and treatment of breast cancer in upstate New York and nationally. If you can't run, participate by registering for the Two-Mile Family Walk, Kids for the Cure Dash, or Sleep in for the Cure. To save \$5 off registration, use code "ADKMAG2017" through Sept. 29. (komenupstateny.org)

Also on October 7, the 11th annual **Falling Leaves 5K Run & Fun Run** at William Kelley Park in Ballston Spa is for runners and walkers alike. Enjoy the scenic course through historic and charming village of Ballston Spa. Afterwards, there are great drawings where 5Kers can win gift certificates to Fleet Feet Sports, local restaurants and local businesses. The first 200 to register will receive a long sleeve technical shirt. The run benefits good, local causes including the Veterans & Community Housing Coalition, Vet House, and Guardian House for Homeless Veterans. (ballstonspaumchurch.org)

Also on October 7, the 23rd annual **Burnt Hills-Ballston Lake Rotary Apple Run 5K** is a long-time staple of the fall road racing calendar. The run is a great community event enjoyed by all levels of runners and walkers. It's a fast and flat certified 5K loop starting and finishing at O'Rourke Middle School in Burnt

guaranteed to the first 300 registrants. There is also a Kids' Mile Fun Run directly after the race to let kids aged 4-8 participate and win prizes too. The run benefits programs of the Burnt Hills-Ballston Lake Rotary. (zippyreg.com)

On Sunday, October 8, the ninth annual Race Away Stigma 5K Race & Fun Walk at Hudson Valley Community College in Troy will help "race away" the stigma that surrounds mental illness. Mental health issues affect more than one in every five Americans

every year. The college years are the most common ages for mental health concerns to arise with depression and anxiety being increasingly common among students. HVCC's Project Aware and the Equinox Insight Program recognize that the stigma associated with mental health can prevent students from seeking the help they need. The 5K race and fun walk starts and finishes at the HVCC Student Pavilion, runners will run through the adjacent treelined housing neighborhood, and finish back on campus. It's a fast, flat course that's perfect for runners and walkers of all abilities. There will be overall and age group awards and great raffles, so register early for a T-shirt while they last. (hvcc.edu/cct/race)

The following weekend, pumpkins will make their debut at the 17th annual **Great Pumpkin Challenge 5K & 10K Run/Walk** on Saturday, October 14 at the Columbia

GREAT PUMPKIN CHALLENGE IN SARATOGA SPRINGS, 2013. Pavilion in Saratoga Spa State Park, Saratoga Springs. The 5K and 10K races start simultaneously at the Columbia Pavilion, featuring relatively flat, fast and paved courses - with a few gentle hills on the 10K. The Great Pumpkin Challenge is limited to 2,000 registrants and there's no day of race entry, so signup soon. Register by October 1 to receive a long-sleeve, moisture-wicking shirt, and free raffle tickets for prizes. The Kids' Fun Run follows the races, along with a pumpkin decorating contest, costume contest, and goodie bags for the kids. Enjoy the community feel and homemade treats after the race. Proceeds benefit Saratoga Bridges who provides quality professional services to people with developmental and intel-

lectual disabilities and their families. (sara-

togabridges.org)

Finally, there's the **Monster Scramble 5K Run/Walk, 10K Run and 1-Mile Trick**

or Treat Walk, also on October 14. It's a Halloween-themed, chip-timed run through spooky Liberty Ridge Farm in Schaghticoke. It's sure to make your heart and feet race. If running isn't your speed, you can stroll along the one-mile trick or treat walk route, collecting Halloween goodies along the way. All participants are encouraged to dress up because prizes are awarded for best adult, child and group costumes. The first 750 runners to preregister receive a free Monster Scramble commemorative T-shirt and finishing medal. Proceeds benefit the National MS Society Upstate New York Chapter. (nationalmssociety.org)

Fall may be the best time of year for racing and training, so enjoy the cooler weather to crush your PR or try a new race. Make the most of it!

ride potluck picnic. In fact, you don't even have to ride. Just bring some food and enjoy the picnic! For updates, go to schroonlakecycling.com or facebook. com/schroonlakecycling.

On Thursday-Sunday, September 14-17, the Juvenile Diabetes Research Foundation sponsors the **JDRF Ride to Cure Diabetes** that is based at the Saratoga Springs City Center and offers multiple distance options on a mostly flat to rolling routes from 25, 60 and 100 miles.

Type 1 "Juvenile" Diabetes was once thought to be only a childhood disease, hence the name. But now it's known that the disease can strike victims of any age, and this ride raises funds to specifically target research to cure the disease. The event offers full on the road support for riders and a variety of activities through the entire weekend. For more information, go to jdrf.org.

On Saturday, September 23, the fourth annual **Harry Elkes Ride** will start at The Hub in Brant Lake and wind through the beautiful North Warren County area scenery just as the foliage is beginning to turn. The ride offers options of 15, 32 and 50 miles, with lunch and drinks available at nominal cost at The Hub after the ride.

This event, presented by the Warren County Safe and Quality Bicycling Organization, is named for nationally known bike racer Harry Elkes, who lived in Glens Falls and is buried there. In a cycling career that last from 1897 until his death in a racing crash in 1903, Harry set a variety of cycling records, including many motor-paced track events that were popular in that era. For details, go to bikewarrenco.org or bikereg.com.

The next day, Sunday, September 24, Hancock Shaker Village in Pittsfield, Mass,





2014 BIKE MS TOUR. DAVE KRAUS

will host the first **Farm to Fork Fondo: Berkshires**, that offers routes of 10, 31, 59 and 98 miles through the scenic countryside of eastern New York and Western Massachusetts. This series of Farm to Fork Fondo events, originated by former cycling pro Tyler Wren, combines breathtaking scenery in a variety of northeast locations with supporting the farm to table movement that involves farms and other producers in the local area of each ride.

The ride format also means each rest stop offers a different selection of local culinary expertise, which make for an exciting cycling experience that includes more than the ride itself. There's also a post-ride barbecue and on the road mechanical and sag support. For more info, check out farmtoforkfondo.com.

Also on Sunday, September 24, the seventh annual **Columbia County Rotary Ride**, which has moved to the Niverville Fire Department in Niverville. The fully-supported event has a 10-mile fun ride for everyone, 38-mile road ride around the historic Kinderhook area, and 54-mile gravel grinder

ride (road bikes fine) on dirt/paved roads in scenic Columbia County.

The Kinderhook Tri-Village Rotary Club and Steiner's Ski & Bike, invite you and your family to join them in a fun event that raises funds to benefit the CYCLE Kids program at Ichabod Crane Elementary School. CYCLE Kids promotes healthy lifestyle choices by introducing them to the joys of cycling, and educating them on safety and nutrition – empowering them with active lifelong habits. For details, go to bikereg.com.

Finally, there's the **Drops to Hops Race** on Saturday, September 30, organized by the Clark Sports Center in Cooperstown and starting at Brewery Ommegang, five miles south of town. This race/ride through the beautiful rolling scenery around Cooperstown, offers a 43-mile "A" ride for experienced men and women, and the 23-mile "B" ride Citizen's Fun ride.

If you've never raced before, but think you might be interested, choose the "B" ride. If you decide racing is not quite your cup of tea, remember that it's just a ride so enjoy



it! Brewery Ommegang will host a party at the finish line for cyclists and their families. Learn more at clarksportscenter.com or itsyourrace.com.

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime cyclist, photographer, and writer, who has no desire whatsoever to ride 540 miles – but wishes good luck to those who do! Visit his website at KrausGrafik.com.







#crossiscoming - As I write this in late August, about every other image in my Instagram feed is currently labeled as such. That strange and beautiful thing called cyclocross is upon us.

By Scott Birdsey

'Cross is labeled a niche sport, and understandably so. The average American, no matter how athletically-inclined, is unlikely to have a reference point. We're working on it. For a convert like myself, there's no shortage of imagery I can share: bright lycra skinsuits dulled by spatterings of mud, the snaking geometry of course tape through a park, the mad ravings of course announcers calling the action, all saturated in that romantically crisp bliss of Northeast autumn air. And the adrenaline of the race. Oh man, the adrenaline.

Let's all get on the same page: 'cross happens in a park, where a course has been constructed out of staked race tape, creating a three-mile loop about the width of a lane of road. Grass, dirt, sand, ruts, off-camber, hairpin turns, and if it rains there's mud. Later there's snow. I won't soon forget the experience of racing a bike in lycra in 25-degree weather at CX Nationals in Hartford, Conn., last year. It all happens with your heart pumping at an unreasonable speed, and a crowd of spectators urging you to go faster, and catch the wheel ahead of you. It's weird, it's fun, it's communal and it's addictive. The whole race day is a big party, where you can relax and enjoy food and beverages with friends after your race. You need to see it for yourself - good thing there's YouTube! I highly recommend looking up the 2017 Elite Women's World Championship in Bieles, Luxembourg.

You know what's awesome? In upstate New York, we're in a hotbed of American cross, and 2017 is going to be bigger than ever, with races of every size happening almost every weekend. Get on bikereg.com and see for yourself! If you're new to the sport and wanting to dip a toe in, most local cycling clubs will have a connection to a local practice or clinic going on.

Grassroots races are the lifeblood of cyclocross, and happen all over our region. Expect most of the fields to peak at about 20 to 30 racers, but expect no shortness of quality or passion in the experience. In the Capital Region and surrounding area, we run the NYCROSS Race Series that's in its 12th year. The series stretches over the course of the fall: *Kirkland Cyclocross* on September 9 in Clinton (near Utica); *Uncle Sam Cyclocross* GP on October 7-8 in Troy; Wicked Creepy Cross on October 29 in Bennington, Vt.; and *Bethlehem Cup* on November 19 in Delmar. For details, visit nycross.com.

With the western New York scene on one side and the masses of New England racers on the other, the NYCROSS races tend to get a nice mash-up of different regional crowds. Each of our courses are like a fine wine, having been aged and perfected over the years, and we couldn't be prouder of them!

But those central and western New Yorkers are doing big things too, and you'll find no shortage of races from Syracuse to Buffalo. In fact, Rochester is the site of the very first American UCI race on September 9-10 at Genesee Valley Park, and will feature several of the biggest domestic names at the pro level. There's nothing like watching the pros race on the very same course that you raced on earlier in the day. Go to rochester-cyclocross com

Cider Cross, which is held outside Syracuse on an apple orchard – what's more bucolic than that! – will host New York's annual Cyclocross Championship on November 5 at the Beak & Skiff Apple Orchard, where the coveted NYS Champion jerseys will be awarded for various racing categories by the New York Bicycle Racing Association (nysbra.com). Check out cidercross.com.

Which brings us to New England. I personally will be driving over the Berkshires several times this season to get my legs ripped off by the unbridled talent that comprises New England bike racing culture. Arguably the cradle of American CX, Massachusetts and Connecticut have some major events happening this year that are helping to take the American movement to even greater heights.

First up is the KMC Cross Fest on the September 28 to October 1 weekend at the Thompson Speedway in Thompson, Conn. It's a four-day festival that features Gran Fondo New England, races for everyone, and big vendor presence, KMC is now one of four races selected to be part of a brand new US Cyclocross Cup supported by USA Cycling. This series offers major cash and prestige, so expect pro races for men and women at KMC to be lit! Remember - this isn't a road race because it's on a closed course, spectating a cross race is honestly almost as exhilarating as racing yourself. It hurts a whole lot less, but don't expect to have much of a speaking voice leftover if it's a tight race. See kmccrossfest.com.

The real gran-daddy of them all is Adam Myerson's Vittoria Northeast Cyclocross Series, a four-event series that takes athletes to Gloucester, Mass. on October 14-15; Northampton, Mass. on November 11-12; Suffern, NY on November 18-19; and Warwick, RI on December 2-3. The series has been one of the standard-bearers stateside for years. Learn more at necyclocross.com. With major sponsors onboard, these races will feel like scaled-up versions of their grassroots brethren - the same communal passion, but more of everything - race fields swell to over 100 in a field, courses are more varied, and everyone brings their best legs. Visit necvclocross.com.

Cyclocross is unparalleled in localism and inclusiveness, qualities that are indispensable in this brave new world of fake news and fidget spinners! It's happening near you in a public park, where you can watch the race unfold all around you. Bring your dogs, bring your kids, and bring some cash for a tasty post-race treat from the local food truck.

There are hopeful amateurs that treat each race with the seriousness of a moon launch (guilty), and there are characters donning costumes to heckle friends so bring on the LOLs. And hey, riding around on grass means slower speeds than races of the road variety, which means that it's for all ages, and all levels of sanity. Crashing out in a race hurts substantially less on grass at 10 mph than on pavement at 25 mph – ask me how I know!

Scott Birdsey (scottybirdsey@gmail.com) is an Albany bike racer and web designer. He holds 2017 NYS Champion titles in gravel and criterium racing, and is the race director for the 2017 Uncle Sam Grand Prix, part of the NYCROSS Series. Visit his website at scottbirdsey.com.



Stockade-athon 15K

New Prize Structure and Team Relay

By Ray Newkirk

The 42nd running of the MVP Health Care Stockade-athon 15K takes place on Sunday, November 12 at 8:30am in Schenectady. This year's race will have some positive changes in store. It's still a Hudson-Mohawk Road Runners Club event. It will run through the beautiful Stockade Historic District in Schenectady. The age-group awards will still be unique, locally-made pottery. Food and drinks will be ample. The entry fees are the same. And the sponsors – MVP Health Care, Fleet Feet Sports, and the Schenectady Y – are still on board.

But some things have changed. The new race directors are myself, Ed Neiles, Brian and Jessica Northan and Jon Rocco.

While prize money is still available – \$7,500 in total, with \$5,250 going to male and female open, masters, and age-graded runners and \$2,250 to male and female open and masters teams – the winners will need to be "local" to cash in. According to co-race director, Brian Northan, "local" is broadly defined. To be eligible for cash prizes, runners will need to live in specified New York counties (Albany, Schenectady, Rensselaer, Fulton, Greene, Columbia, Schoharie, Montgomery, Saratoga, Warren, or Washington) or in Berkshire County, Mass., or Bennington County, Vt. HMRRC members are eligible regardless of residence, but will have to have been members before June 1.

"We want to support our local runners with this change," noted Brian. "We have some very competitive local athletes in all age groups. Keeping prize money local recognizes these athletes' year-round contributions to the local running scene. And, of course, we want to highlight the benefits of being an HMRRC member." Five-year age-group awards are not restricted by geography.

A second change is the introduction of a team relay, the MVP Stockade Cup. Teams must be composed of full-time employees of business organizations, including not-for-profits. Each team will consist of three members, each of whom runs a 5K leg. Cups will be awarded to both male and female teams, with no co-ed teams. Relay runners will get individual times for their legs, and there is a prize structure for the fastest relay runners.

"The relay is something we're experimenting with and I think it's a great idea," Brian added. In 2017, we're limiting participation to 100 teams, with no more than six teams coming from any one employer. We want to make sure we have the logistics worked out. Buses will be transporting runners to and from the 5K and 10K points in the race, so it's a bit tricky. If runners and their employers like it, and everything works as planned, we may expand the relay in 2018."

Providing shirts to runners isn't new. But the Stockade-athon hopes that its commemorative shirt, available to the first 1,500 registrants, will stand out. A five-color design will make 2017's gender-specific long-sleeve tech shirt distinctive, something runners will want to wear. Relay participants will also get a five-color shirt, but with a different design and in a different color.

The Children's One-Half Mile Run is 11am at City Hall, presented by MVP Health Care and Schenectady YMCA. This is a non-competitive run for ages 12 and younger. Kids run entry is free but all participants must be registered prior to race day.

Registration is open for individuals, team relay and children's run at stockadeathon.com. Register early to save money.

Ray Newkirk (rnewkirk5144@gmail.com) is president of Hudson-Mohawk Road Runners Club in Albany.



FLEET FEET GAZETTE









By Skip Holmes

ver 71% of the Earth's surface is covered by water and the oceans hold about 97% of all the Earth's water. So it would seem there should be plenty of clean, healthy water for us all. Sadly that is a false assumption.

Much of this water is undrinkable as it is sea water. The remainder is in lakes, reservoirs, rivers, streams or underground. So where does the water you drink come from? Frequently we turn on the tap at the sink and take it for granted. Or do you purchase bottled water or some version of 'enhanced' water?

If you live where there is a municipal water supply system, then your tap water is supposed to meet specified water quality standards. Sometimes the standards are being met, yet there are contaminants present that we do not test for. A recent example was in Hoosick Falls, where a contaminant was discovered that was a potential carcinogen. Only through the work of a concerned citizen did this become known, the public alerted, and corrective action taken.

Municipal systems obtain water from reservoirs, rivers, and from underground wells. The problem in Hoosick Falls was from a system utilizing wells. Contaminants can travel a considerable distance from a pollution source and find their way into underground wells.

There are underground springs that emerge from rock formations and they are used as a source of drinking water. Those of us who have been hiking or paddling in the Adirondacks and the Catskills used to consider taking water from a running stream. However, given the potential for contaminated water, it is no longer an acceptable approach. Does the term 'beaver fever' mean anything to you?! Several years ago there was a group of cyclists out on a long ride to Mount Graylock and they ran out of water. They knew of a spring where they had obtained water in the past so stopped to fill up their water bottles. About a week later they stopped showing up for group rides. Many of them contracted giardia and were quite ill for a week. Trusting an unknown source of water is no longer a smart decision. Many of these springs have become contaminated by animal waste and other pollutants.

Okay, you might be getting the idea that we should give some thought to where our water comes from. Many of you might now be thinking, "Bottled water is for me." Well perhaps not! Where does the bottled water come from? Did you ever read the label on the plastic bottle? Turns out that some bottled water comes from municipal water supply systems. The bottled water industry will use municipal water, filter it, sanitize it with ultraviolet light and bottle it. Some even add trace minerals back in after they have filtered it to provide some taste and then charge as much as a bottle of soda for it.

The NYS Department of Health is responsible for the standards of water we drink. They also have a set of definitions for types of bottled water. There is distilled water, spring water, mineral water, etc. Mineral water is available from several springs in Saratoga Springs.

What about the plastic bottles that hold all this water? Over 50 billion bottles of water are consumed in the US each year. We athletes do get thirsty! We should consider what happens to all those plastic bottles. National statistics say that only 20% of these bottles get recycled. Do the math; 40 billion bottles a year end up in a landfill or worse, the lakes, rivers and the oceans. These bottles only represent a small percentage of the contaminants that end up in our water ecosystem.

Many of us like to participate in winter sports and we frequently travel to locations after a fresh snowfall. Consider that the roads that we travel on have been salted and sanded to allow us to travel at highway speeds. In 1941, about 5,000 tons of road salt was used in the US. We now use 10 to 20 million tons of road salt each year depending on weather conditions. Lake Champlain has seen a 30% increase in salinity over the past 10 years. Runoff from the roads into the Lake Champlain watershed is largely responsible for this increase.

Many lakes in the Adirondacks are under duress from all the development built on their shoreline. The lakes are receiving increasing amounts of phosphorus from lawn fertilizer. The waste disposal systems are contributing bacteria to the water ecosystem. Remember the closing of the Million Dollar Beach at Lake George this summer or in previous years as well? Coliform bacteria from human waste disposal systems are the culprit. There are 100 bodies of water in New York that cannot be used or enjoyed according to a NYS DEC report. Do you recall the NYC Triathlon that was supposed to have contestants swimming in the Hudson River? There was significant discussion about that amongst contestants. As clean as the Hudson River is now compared to the 1960s, I would

Well how about you kayakers and canoe paddlers? You might not swim or drink the water you paddle on, but there is another concern. We tend to visit numerous bodies of water for our paddling experiences. How many of you are checking your kayak or canoe for aquatic invasive species? You may have noticed the motor boat inspection and wash stations at many boat launch sites. There are now about 40 of them in New York. These stations perform inspections and wash boats as necessary to insure that

not consider swimming in it. Would you?

the aquatic invasive species do not get transferred to other bodies of water. Those of us with kayaks, canoes and even SUPs should be checking the surfaces of our watercraft to insure we are not transporting these species into other bodies of water. You should wash them at home after a paddling trip to comply with the rules.

This is only the tip of the iceberg or glacier when it comes to the issues for the water on our planet. And there are fewer glaciers today given the current warming of our Earth. Take time to consider your footprint and as many of us ADK'ers say, leave no trace, or at least a smaller footprint.

If we want the Adirondacks to continue to provide us with the outdoor experiences and connection to nature we will need to advocate for environmental protection laws and insist that our local, state and federal representatives address climate change.

Skip (Oliver) Holmes (serottaskip@gmail.com) is a professional engineer, a Leadership in Energy and Environment Design (LEED) professional, and teaches Sustainable Design courses at the RPI School of Architecture. He is an outdoor enthusiast who also is a cyclist, Nordic skier, paddler and hiker.













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4TH ANNUAL NATIONAL MUSEUM OF DANCE MOVE & GROOVE 5K June 25, 2017 • National Museum of Dance, Saratoga Springs MALE OVERALL FEMALE AGE GROUP: 35 - 39 36 Niskayuna Diana Tobon-Knobloch Craig Coon Louie Dinuzzo 35 Saratoga Springs 31 Malta 2 Mary Kate Coseo 37 16:33 16:36 Wilton 24:08 36 Hoosick Falls 33:39 FEMALE OVERALL MALE AGE GROUP: 40 - 44 Diane Ryan Erin Lopez Aaron Knobloch Phillip White 41 Niskavuna 36 Saratoga Springs 49 New York 18:48 19:20 41 Malta 24:51 FEMALE AGE GROUP: 40 - 44 MALE AGE GROUP: 1 - 14 Melissa DiCaprio 42 Amy Sorbera 43 Joann Potszuski-Cassidy 42 42 Queensbury 43 Ballston Spa 33.09 1 Mensal 2 Amy Sorbera 3 Joann Potszuski-Cassidy 42 MALE AGE GROUP: 45 - 49 Inhn Modoski 49 Amsterdam 48 Clifton Park 10 Queensbury 33:09 36:10 37:35 I MATT DICAPRIO FEMALE AGE GROUP: 1 - 14 10 Watervliet 22.18 25:51 27:52 MALE AGE GROUP: 15 - 19 15 Hanover PΔ 19-12 Agler Bringinger Douglas McAuliffe 45 West Sand Lake 16 Ballston Spa 15 Glenville Jill Filuta Melissa Currier 34:33 45 Troy48 Saratoga Springs 29:35 32:44 FEMALE AGE GROUP: 15 - 19 15 Saratoga Springs 15 Corinth 15 Rock City Falls FEMALE AGE GROUP: 50 - 54 26:54 26:55 31:37 37:35 Elisa Schneider 2 Anita Decianni-Brown 51 Green Island 53 Albany 35:41 MALE AGE GROUP: 20 - 24 36:47 20 Merrick MALE AGE GROUP: 55 - 59 22 Albany John Murphy James Chicoine Mark DiCaprio 57 Niskayuna 20:15 27:52 FEMALE AGE GROUP: 20 - 24 22 Syracuse 31:49 59 Queensbury 32:41 MALE AGE GROUP: 25 - 29 FEMALE AGE GROUP: 55 - 59 27 Queensbury 29 Saratoga Springs 27 Ballston Spa 56 Malta 58 Clifton Park Alex Benway Jonathan Peffley Patty Kilgore 1 Michael Coccoma 64 Saratoga Springs 2 Tom Tobin 63 Brooklyn FEMALE AGE GROUP: 60 - 64 1 Ellen Coccoma 64 Saratoga Springs 2 Adriana Collins 63 San Francisco, CA MALE AGE GROUP: 65 - 69 1 Greg Rickes 67 Lovi 21:38 3 Joryeundres Cunaoyu 2 FEMALE AGE GROUP: 25 - 29 Jennifer Izykowski 28 Saratoga Springs Poce Donski 27 Skaneateles 27 Ballston Spa 21:29 39:23 42:12 MALE AGE GROUP: 30 - 34 47:20 Karl Zukauskas Sean Smith 31 Amherst, MA 34 Latham 34 Latham 67 Latham 67 Green Island 20:12 27:00 31:35 48:40 ph Liotta FEMALE AGE GROUP: 30 - 34 30 Poestenk 34 Latham 33 Troy FEMALE AGE GROUP: 65 - 69 Lily Calderwood Billie Jo Smith MALE AGE GROUP: 70 - 74 Richard King 50:42 27:14 31:24 70 Albany MALE AGE GROUP: 35 - 39 33:14 38 Wilton 35 Saratoga Springs 38 Saratoga Springs 18:59 20:36 25:13 FEMALE AGE GROUP: 70 - 74 Nancy Johnston 71 Ballston Lake Courtesy of National Museum of Dance 71 - Rallston Lake 38:44

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| M | ALE OVERALL | | | | FE | MALE AGE GROUP: 30 | - 34 | |
| 1 | John Busque | 25 | Manchester, CT | 19:13 | 1 | Alexandra Mindel | 31 | Arlington, MA |
| 2 | Ricardo Estremera | 31 | Tallahassee, FL | 19:23 | 2 | Melissa Donais | 33 | North Andover, I |
| 3 | Ben Fazio | 22 | East Greenwich, RI | 19:26 | 3 | Meghan Mortensen | 31 | Glenville |

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| | ALE OVERALL | | | | | MALE AGE GROUP: 30 - | | | |
|----|------------------------------------|------------|--------------------|-------|--------|---|----------|--------------------------|-----------------|
| 1 | John Busque | 25 | Manchester, CT | 19:13 | 1 | Alexandra Mindel | 31 | Arlington, MA | 24:59 |
| 2 | Ricardo Estremera | 31 | Tallahassee, FL | 19:23 | 2 | Melissa Donais | 33 | North Andover, MA | 25:04 |
| 3 | Ben Fazio | 22 | East Greenwich, RI | 19:26 | 3 | Meghan Mortensen | 31 | Glenville | 25:12 |
| 4 | Omar Boulama | 23 | Rochester | 19:46 | 4 | Kathryn Baker | 30 | Saratoga Springs | 26:48 |
| 5 | Scott Mindel | 30 | Arlington, MA | 20:06 | 5 | Elizabeth Chauhan | 32 | Albany | 27:10 |
| 6 | Nate Jenkins | 36 | North Andover, MA | 20:08 | | ALE AGE GROUP: 35 - 39 | | • 11 | 24.57 |
| 7 | Sean O'Connor | 20 | Stamford | 20:10 | 1 | Josh Merlis | 35 | Albany | 21:57 |
| 8 | Shea Weilbaker | 16 | Saratoga Springs | 20:19 | 2 | Kevin London | 36 | Lake George | 24:56 |
| 9 | Patrick Carroll | 26 | Schenectady | 20:22 | 3 | Matthew Coseo | 38 | Gansevoort | 25:09 |
| 10 | Cole Sanseverino | 29 | Albany | 20:25 | 4 | Korwyn Kolewe | 36 | Chatham | 25:13 |
| FE | MALE OVERALL | | | | 5 | Dallas Devries | 39 | Cohoes | 25:33 |
| 1 | Kelsey Chmiel | 15 | Greenfield Center | 22:04 | | MALE AGE GROUP: 35 - | | Delever | 26.40 |
| 2 | Diane Ryan | 35 | Ballston Spa | 23:03 | 1 | Emily Miller | 37 | Delmar | 26:40 |
| 3 | Mollie Turner | 37 | Averill Park | 23:24 | 2 | Diana Tobon-Knobloch | 36 | Niskayuna | 27:09 |
| 4 | Karen Bertasso | 33 | Albany | 23:47 | 3 4 | Jessica Chapman | 39 | Bennington, VT | 28:08 |
| 5 | Erin Lopez | 36 | Saratoga Springs | 23:49 | | Danielle Maslowsky | 38 | Ballston Lake | 28:25 |
| 6 | Megan Kellogg | 21 | Queensbury | 24:14 | 5 | Elizabeth Lis | 39 | Gansevoort | 28:47 |
| 7 | Nicole Soblosky | 30 | Albany | 24:23 | 1 | ALE AGE GROUP: 40 - 44 | 41 | Clifton Park | 21.22 |
| 8 | Renee Tolan | 42 | Clifton Park | 24:41 | 2 | Jake Stookey | 41 | | 21:22 |
| 9 | Hannah Brooker | 26 | Albany | 24:44 | 3 | James O'Connor | 44 | Troy Guilderland | 22:05 |
| 10 | Shannon Fitzpatrick | 19 | Albany | 24:51 | 4 | Robert Irwin | 40 | | 22:32 |
| | ALE AGE GROUP: 1 - 14 | | , | | 5 | Paul Archambault | | Troy | 22:43 |
| 1 | Brady Tooker | 14 | Saratoga Springs | 24:36 | - | Aaron Knobloch | 41 | Niskayuna | 22:47 |
| 2 | Maxwell Fredette | 13 | Saratoga Springs | 24:56 | | MALE AGE GROUP: 40 - | | Calcananta di . | 25.40 |
| 3 | Logan Drake | 13 | Latham | 25:12 | 1 | Erin Corcoran | 43 | Schenectady | 25:48 |
| 4 | Dawson Tooker | 14 | Saratoga Springs | 26:33 | 2 | Kathy West | 43 | Bethlehem, PA | 26:31 |
| 5 | Andrew Eisler | 13 | Ballston Spa | 28:07 | 3 | Tina Greene | 43 | Schenectady | 26:35 |
| | MALE AGE GROUP: 1 - 14 | | builston spu | 20.07 | 4 | Erin Gregory | 41 | Clifton Park | 27:42 |
| 1 | Katie Vandyck | 14 | Middle Grove | 27:45 | 5 | Jessica Nash | 42 | Troy | 29:02 |
| 2 | Olivia Skylstad | 14 | Ballston Spa | 28:12 | | ALE AGE GROUP: 45 - 49 Volker Burkowski | | Canania | 22.27 |
| 3 | Luccabella Hotaling | 12 | Ballston Lake | 28:19 | 1 2 | | 45 | Gansevoort | 22:37 23:10 |
| 4 | Leonni Griffin | 10 | Watervliet | 29:09 | | Michael Slinskey | 48 | Hopewell Junction | |
| 5 | Amalia Culpepper-Wehr | 14 | Saratoga Springs | 29:50 | 3 | Dennis Vanvlack | 45 46 | Duanesburg Rexford | 23:49 |
| | ALE AGE GROUP: 15 - 19 | 14 | Saratoga Springs | 25.30 | 5 | Rick Zachgo | | | 24:30 |
| 1 | | 19 | Clifton Park | 21:06 | - | Ken Tarullo | 48 | Delmar | 25:07 |
| | Mitchell Halpern Charlie Ragone | 19 | Schenectady | | 1 | MALE AGE GROUP: 45 - | | Countries Coulons | 20.41 |
| 2 | 2 | | | 21:15 | | Sara Gregory | 47 | Saratoga Springs | 26:41 |
| 3 | Geoff Howles | 15 | Saratoga Springs | 21:22 | 2 | Emily Bryans | 49 | Delanson Clifton Book | 26:57 |
| 4 | Aidan Gillooley | 16 | Glenville | 21:54 | 3 | Shanley Alber | 45 | Clifton Park | 27:52 |
| 5 | David Metacarpa | 15 | Ballston Lake | 22:18 | 4 | Virginia Larner | 45 | Ballston Spa | 28:27 |
| | MALE AGE GROUP: 15 - 1 | | A.II. | 25.47 | 5 | Connie Smith | 49 | Ballston Lake | 29:19 |
| 1 | Shannen Kerin | 18 | Albany | 25:17 | | ALE AGE GROUP: 50 - 54 | | Cliffred Deals | 22.56 |
| 2 | Hunter Von Ahn | 16 | Saratoga Springs | 25:40 | 1 | John Stadlander | 51 | Clifton Park | 22:56 |
| 3 | Caroline Driscoll | 19 | Bernard, ME | 25:50 | 2 | Mark Stephenson | 53 | Esperance | 23:38 |
| 4 | Samantha Vetter | 17 | Greenfield Center | 25:55 | 3 | Thomas Kracker | 52 | Delmar | 23:40 |
| 5 | Carley Vetter | 17 | Greenfield Center | 26:14 | 4 | John Sestito | 53 | Johnsonville | 24:24 |
| M | ALE AGE GROUP: 20 - 24 | | | | 5 | Bob Radliff | 52 | Stillwater | 24:50 |
| 1 | Matt Lange | 21 | Schenectady | 20:37 | | MALE AGE GROUP: 50 - | | MA many DA | 24.52 |
| 2 | Devin Akerley | 20 | Corinth | 21:10 | 1 | Lori Kingsley | 51 | Wysox, PA | 24:53 |
| 3 | Garrett Davis | 22 | Albany | 21:13 | 2 | Mary Fenton | 51 | Ballston Spa | 29:47 |
| 4 | Matthew Jenkens | 20 | South Glens Falls | 21:14 | 3 | Kristen Hislop | 52 | Clifton Park | 31:01 |
| 5 | Cameron Czerapk | 20 | Feeding Hills, MA | 21:41 | 4 | Gail Doering | 52 | Loudonville | 31:30 |
| FE | MALE AGE GROUP: 20 - 2 | 4 | | | 5 | Laurie Walsh | 51 | Albany | 32:52 |
| 1 | Sara Buckley | 23 | Slingerlands | 24:58 | | ALE AGE GROUP: 55 - 59 | | Dellatera Labor | 22.50 |
| 2 | Janelle Rothacker | 20 | Ballston Spa | 25:20 | 1 | Derrick Staley | 58 | Ballston Lake | 22:59 |
| 3 | Madeline Harris | 24 | Albany | 26:01 | 2 | John Noonan | 57 | Malta | 24:14 |
| 4 | Rachel Preusser | 24 | Wappingers Falls | 26:05 | 3 | Thomas Dalton | 59 | Schenectady | 24:43 |
| 5 | Paige Sears | 23 | Ballston Spa | 28:36 | 4 | Christopher Buckley | 55 | Burnt Hills | 26:37 |
| | ALE AGE GROUP: 25 - 29 | | ballstorr spa | 20.50 | 5 | Jim Allott | 57 | Potsdam | 27:12 |
| 1 | Aaron Lozier | 28 | Albany | 20:37 | | MALE AGE GROUP: 55 - | | | |
| 2 | Eric MacKnight | 28 | Ballston Spa | 21:21 | 1 | Margaret McKeown | 59 | Moreau | 28:35 |
| 3 | Alex Benway | 27 | Queensbury | 21:32 | 2 | Colleen Brackett | 56 | Albany | 28:43 |
| 4 | Matt Brooker | 26 | | 21:32 | 3 | Stephanie Landy | 57 | Malta | 29:34 |
| 5 | Nick Webster | | Albany | 21:41 | | Bridgett Frary | 56 | Schenectady | 30:51 |
| | MALE AGE GROUP: 25 - 2 | | , abuily | 41.41 | | Carol Healey | 57 | Troy | 31:20 |
| 1 | Megan James | 2 8 | Charlton | 25:54 | | ALE AGE GROUP: 60 - 64 | | Chile No. d | 27.20 |
| 2 | Michelle Pratt | 28 | Albany | | 1 | Paul Salerni | 60 | Little Neck | 27:20 |
| | | | | 26:01 | 2 | Richard Kelly | 60 | Schenectady | 28:55 |
| 3 | Julie Robinson | 25 | Troy | 26:30 | 3 | Patrick Whelly | 64 | Tribes Hill | 29:01 |
| 4 | Michelle Davis | 28 | Schenectady | 27:04 | 4 | Steve Vnuk | 61 | Delmar | 29:03 |
| 5 | Amanda Ryan | 25 | Troy | 27:17 | 5 | George Baranauskas | 63 | Scotia | 29:07 |
| | ALE AGE GROUP: 30 - 34 | 2. | Delleter C | 20.50 | | MALE AGE GROUP: 60 - | | | |
| 1 | Shaun Donegan | 31 | Ballston Spa | 20:59 | 1 | Anne Lytwynec | 63 | Delmar | 34:26 |
| 2 | Dan Jordy | 33 | Schenectady | 21:41 | 2 | Adele Pace | 63 | Clifton Park | 35:00 |
| 3 | Brad Lewis | 30 | Troy | 21:57 | 3 | Vickie Shatley | 62 | Schenectady | 36:10 |
| 4 | Michael Camarota | 34 | Latham | 24:02 | 4 | Hollys Kozlowski | 62 | Valley Falls | 36:53 |
| 5 | Chase Baker | 31 | Saratoga Springs | 24:51 | 5 | Carolyn George | 63 | Albany | 37:18 continued |

11TH ANNUAL "FIRECRACKER 4" 4-MILE RACE continued MALE AGE GROUP: 65 - 69 MALE: PUBLIC SAFETY Clifton Park 25:11 Mike Fazioli James Larkin Greg Ethier Sam Mercado 26:08 50 Clifton Park Joseph Aliberti Voorheesville 30:55 26:59 John Fitzgerald 66 Troy 65 Ballston Spa **FEMALE: PUBLIC SAFETY** 46 Castleton-on-Hudson 32:32 Sheila Couch Giuliana Iannuzzi 31:39 FEMALE AGE GROUP: 65 - 69 Albany 66 Slingerlands 65 Stamford 32:23 48 Stillwater Martha DeGrazia Erika Oesterle 34:16 MALE: MILITARY Claire Henderson Saratoga Springs 1 Luke Sullivan 2 Dennis Vanvlack 3 Ken Tarullo FEMALE: MILITARY 24 South Bend, IN45 Duanesburg48 Delmar 22:21 23:49 25:07 35:59 Cheryl Kirkendall Latham 66 67 41:36 41:53 Troy 5 Cathy Lanesey MALE AGE GROUP: 70 - 74 70 27:55 Dave Glass John Leary Nina Butler Angela Kolewe Cortland Clifton Park 33 Chatham 32:38 Howard Jones 33:13 Mechanicville 34:56 Jim Callahan 72 Saratoga Springs 71 Ballston Spa 37:08 37:51 TEAM: USATF ADIRONDACK OPEN MEN Willow Street Athletic Club 21:27 Patrick Carroll, Alex Benway, Matt Brooker, Dan Jordy, Brad Lewis 21:27 FEMALE AGE GROUP: 70 - 74 70 Saratoga Springs70 Saratoga Springs71 Ballston Lake 42:36 47:07 Laura Clark Margaret Mangano TEAM: USATF ADIRONDACK OPEN WOMEN Willow Street Athletic Club "A" Mollie Turner, Karen Bertasso, Erin Lopez, Hannah Brooker, Nancy Johnston 53:01 Cathy Biss Norma Shaffer 70 Queensbury70 Hudson Falls 1:00:02 TEAM: USATF ADIRONDACK MASTERS MEN MALE AGE GROUP: 75 - 79 77 Schenectady Willow Street Athletic Club Jake Stookey, Robert Irwin, Volker Burkowski TEAM: USATF ADIRONDACK MASTERS WOMEN 38:31 Jim Moore Patrick Bivona 76 Clifton, NJ 76 Mechanicville 43:22 Ralph Santos 43:32 Albany Running Exchange Renee Tolan, Erin Corcoran, Tina Greene TEAM: SCHOLASTIC MALE Vic Laport 77 Clarksburg, MA 76 Clifton Park 51:44 MALE AGE GROUP: 80 - 84 81 Schenectady 84 Schenectady Christopher Rush Bob McFarland 40:04 Racing City Shea Weilbaker, Geoff Howles, Ezra Ruggles, Aidan Waite, 22:18 54:23 **FEMALE AGE GROUP: 80 - 84** Tucker Wurtmann 80 Stillwater Courtesy of Green Leaf Racing Priscilla Mueller 58:03

| | | SA | ARATOGA 12 | 2/24 BI | CYCLE ROAD RACE | |
|----|--------------------|----------|----------------------|----------|--|-------|
| | | July | 8-9, 2017 • Va | an Raali | te Mill, Saratoga Springs | |
| SA | RATOGA CHALLENGE | (24 HOL | JRS) – MEN | | HUDSON RIVER RAMBLE (12 HOURS) – WOMEN | |
| 1 | Dany Bonneville | 52 | Mont St. Hilaire, QC | 416M | 1 Julie Edwards 54 Toronto, ON 18 | 1M |
| 2 | Jason Shuker | 47 | Toronto, ON | 382M | 2 Clare Brown 53 Toronto, ON 17- | 4M |
| 3 | Cuneyt Eviner | 41 | Brooklyn | 381M | 3 Vaune Davis 58 Toronto, ON 4. | 3M |
| 4 | Niklas Anderson | 43 | New York | 275M | TWO-PERSON TEAM (12 HOURS) – MALE | J |
| 5 | Dennis Desmarais | 44 | Glastonbury, CT | 235M | • • • | E N 4 |
| 6 | Mario Claussnitzer | 43 | Jackson Heights | 196M | 3 | 5M |
| HU | JDSON RIVER RAMBL | E (12 HO | URS) – MEN | | FIVE-PERSON TEAM (12 HOURS) – MIXED | |
| 1 | Peter Oyler | 47 | Toronto, ON | 243M | 1 Union Cyclists 18 | 4M |
| 2 | Fredrik Akesson | 44 | New York | 242M | Aaron Cass 46 Schenectady | |
| 3 | Bruce Farenwald | 63 | Hopkinton, NH | 209M | Andrea Cass 45 Schenectady | |
| 4 | Kerry Pike | 59 | Round Top | 187M | Gail Golderman 61 Albany | |
| 5 | Henry Weis | 23 | Montegue, MA | 185M | John Rieffel 41 Ballston Lake | |
| 6 | Neil Prince | 60 | Allenhurst, NJ | 184M | Jeffrey Warner 53 Duanesburg | |
| 7 | Dan McLean | | Clear Lake | 179M | , | |
| 8 | Shawn Kaufman | 43 | Mount Vernon | 117M | NIGHTHAWK (12 HOURS) – MALE | |
| 9 | Ken DeLong | 60 | Gloversville | 110M | 1 Chris Grant 58 Lake Placid 17 | 0M |
| 10 | Brian Buurma | 47 | Flemington, NJ | 39M | Courtesy of Adirondack Ultra Cycling | |
| | | | | | | |

4TH ANNUAL SARATOGA SPRINGS "STRONG TO SERVE" HALF MARATHON & 5K July 9, 2017 • Saratoga Spa State Park, Saratoga Springs

| | 13.1-MILE RUN | | FE | EMALE AGE GROUP: 40 | - 49 | 5K RUN | |
|---|---------------------------------------|---------|---------|----------------------------|--------------------|---|--------------|
| м | ALE OVERALL | | 1 | Laurel McIntyre | 1:47:59 | MALE OVERALL | _ |
| 1 | James Faraci/1-19 | 1:22:24 | 2 | Anne Faraher | 1:50:46 | | 9:16 |
| 2 | Andrew Reed/40-49 | 1:23:09 | 3 | Barbara Krush | 1:52:34 | | 9:57 |
| 3 | | 1:26:21 | 4 | Dawn Becker | 1:55:05 | 3 Jim Allott/50-59 20 | 0:21 |
| _ | MALE OVERALL | 1.20.21 | 5 | Tova Markowitz | 1:55:26 | FEMALE OVERALL | |
| 1 | Rachel Trotter/20-29 | 1:32:20 | _ | IALE AGE GROUP: 50 - 5 | | | 5:23 |
| 2 | Rebecca Verrone/20-29 | 1:33:09 | 1 | Larry Clevenger | 1:30:38 | | 5:11 |
| 3 | Samatha Cocca/20-29 | 1:35:09 | 2 | Nelson Lee | 1:48:52 | | 5:16 |
| _ | ALE AGE GROUP: 1 - 19 | 1.22.62 | 3 | Charles Maurer | 1:49:08 | MALE AGE GROUP: 1 - 19 | .1. |
| 1 | TI Randall | 1:27:59 | 4 | Jim Murray | 1:49:57 | | 1:14 |
| 2 | Matthew Simkulet | 1:27:59 | 5 | Joseph Davila | 1:56:23 | | 2:18 |
| 3 | Eric Dumas | 1:45:18 | | EMALE AGE GROUP: 50 | | 3 Kayden Graves 22 FEMALE AGE GROUP: 1 - 19 | 2:43 |
| 4 | Steven Decrescenzo | 1:45:18 | 1 | Leigh Anne Clevenger | 1:51:17 | | 5:23 |
| 5 | Rvan Farrar | 1:45:53 | 2 | Jill Kralovanec | 1:56:32 | | 1:22 |
| | куап ғатғат :MALE AGE GROUP: 1 - 1 | | 3 | Lisa Pleban | 1:50:32 | | 3:23 |
| 1 | Emily Satin | 1:51:20 | 4 | Maureen Fitzgerald | 1:58:30 | MALE AGE GROUP: 20 - 29 | |
| 2 | Julia Howland | 1:51:20 | 5 | Mary Hayden-Cook | 1:59:41 | | 2:20 |
| 3 | Anna Ricci | 2:10:17 | | IALE AGE GROUP: 60 - 6 | | 2 Ross Miner 23 | 3:38 |
| 4 | Anna Ricci Alice Wu | 2:10:17 | 1VI | Richard Kelly | 1:47:39 | | 5:36 |
| 5 | Alice Wu Rose Parisi | | 2 | John Webber | | FEMALE AGE GROUP: 20 - 29 | |
| - | ROSE PARISI ALE AGE GROUP: 20 - 29 | 2:19:10 | 3 | John Webber Ira Thomsen | 2:01:49 | | 9:26 |
| | | | 3 4 | Gerard Falotico | 2:06:56 2:17:29 | | 1:23 |
| 1 | Zachary Godfrey | 1:27:18 | | | | | 1:23 |
| 2 | Jack Reisman | 1:30:14 | 5 EE | Rick Flanders | 2:35:22 | MALE AGE GROUP: 30 - 39 | |
| 3 | Dominick Allen | 1:31:49 | | EMALE AGE GROUP: 60 | | | 5:24 |
| 4 | Nate Windon | 1:32:20 | 1 | Thomas Stanziola | 2:10:02 | | 7:16 |
| 5 | Daniel Burke | 1:33:19 | 2 | Terry Cornick | 2:10:19 | 3 Ian Senecal 32 FEMALE AGE GROUP: 30 - 39 | 2:50 |
| | MALE AGE GROUP: 20 - | | 3 | Joan Celentano | 2:10:59 | | 7:40 |
| 1 | Victoria Jablonski | 1:36:46 | 4 | Katherine Allott | 2:15:16 | | 7:40 7:40 |
| 2 | Kelli Wegner | 1:38:34 | 5 | Beth Bullock | 2:26:37 | | 9:00 |
| 3 | Taryn Pena | 1:39:37 | | IALE AGE GROUP: 70 - 7 | | MALE AGE GROUP: 40 - 49 | |
| 4 | Caitlin Maher | 1:40:19 | 1 | Jesse Dinkin | 2:29:28 | | 0:14 |
| 5 | Meghan Hampton | 1:41:24 | 2 | Patrick Bivona | 2:39:19 | | 0:36 |
| | ALE AGE GROUP: 30 - 39 | | 3 | Michael Wolly | 2:58:46 | | 4:02 |
| 1 | Colin O'Donnell | 1:29:28 | | ELAY - MALE | | FEMALE AGE GROUP: 40 - 49 | |
| 2 | Anthony Demarco | 1:30:53 | 1 | Yurschak/Yurschak | 1:50:59 | 1 Julie Lafontaine 28 | 3:55 |
| 3 | Noah White | 1:32:12 | 2 | Shaw/Graney | 1:56:23 | 2 Leigh Greiner 32 | 2:09 |
| 4 | Matthew Igler | 1:33:07 | 3 | Bullock/Bullock | 2:15:54 | | 5:10 |
| 5 | Joseph Vinciquerra | 1:34:44 | 4 | Cummings/Gaughan | 2:28:04 | MALE AGE GROUP: 50 - 59 | |
| | MALE AGE GROUP: 30 - | | | ELAY – FEMALE | | | 2:50 |
| 1 | Lauren Stanco | 1:44:08 | 1 | Rizzo/Rizzo | 1:58:20 | | 5:32 |
| 2 | Tammy Cumo | 1:45:42 | 2 | Pomainville/Roberts | 2:01:42 | | 5:54 |
| 3 | Jessica Harris | 1:49:30 | 3 | Buss/Buss | 2:09:03 | FEMALE AGE GROUP: 50 - 59 1 Simi Matera 27 | 7:12 |
| 4 | Jenna Depeaux | 1:50:51 | 4 | Satin/Satin | 2:12:52 | | 7:12 3:51 |
| 5 | Theresa Pospisil | 1:54:06 | 5 | Fox/Fox | 2:13:35 | | 3:51 9:06 |
| M | ALE AGE GROUP: 40 - 49 |) | RE | ELAY – MIXED | | FEMALE AGE GROUP: 60 - 69 | 0 |
| 1 | Chris Derkovitz | 1:28:16 | 1 | Dietrich/Dombrowsky | 1:39:51 | | 2:12 |
| 2 | Armondo Urbina | 1:30:54 | 2 | Muller/Hakes | 1:55:20 | | 2:05 |
| _ | Greg Ethier | 1:32:28 | 3 | Roberts/Roberts | 1:55:35 | MALE AGE GROUP: 70 - 79 | |
| 3 | | | 4 | | 1:56:34 | | 7:12 |
| 4 | Gary Harper | 1:33:09 | 4 | Murray/Dixon | 1.50.54 | 1 Joseph Scaringe 27 | 1.12 |

18TH ANNUAL SKYHIGH ADVENTURES XTERRA OFF-ROAD & KIDS' TRIATHLONS July 15, 2017 • Grafton Lakes State Park, Grafton

| | | TRIATHLON Bike, 6K Trail Run | | MALE AGE GROUP: 15 - 1 1 Luke Tanner | 17 | Schenectady | 1:44:49 |
|---|----------------|---------------------------------|--------------------|---|-------------------------|--|--|
| MALE OVERALL 1 Rob Ricard 2 Daryl Weaver | 41 44 | Berwick, ME Lititz, PA | 1:29:14 1:29:41 | MALE AGE GROUP: 20 - 2 1 Jacob Slife 2 Spencer Ralston FEMALE AGE GROUP: 20 | 20 22 | Hebron, CT | 1:46:36 1:48:59 |
| 3 Colin Cook FEMALE OVERALL 1 Stephanie Landy | 35 58 | Brookline, NH Ballston Spa | 1:39:31 | 1 Hunter Ralston MALE AGE GROUP: 25 - 2 | 24 | Hebron, CT | 2:15:49 |
| 2 Celeste St. Pierre 3 Anna Laloe | 53 39 | Lincoln, NH Saratoga Springs | 2:05:09 2:07:18 | 1 James Scott 2 Steve Croucher FEMALE AGE GROUP: 30 | 25 28 - 34 | Miller Place Randolph, VT | 1:48:10 2:01:20 |
| MALE AGE GROUP: 1 - 1 Trevor Dzikowicz 2 Jacob Gilson | 14 14 12 | Amsterdam Niskayuna | 1:49:27 3:06:28 | 1 Susy Garcia-Romero 2 Amie Thomas 3 Leah Royer | 35 33 34 | Rensselaer Schuylerville Ballston Lake | 2:23:20 2:31:57 3:28:33 continued |

| M | ALE AGE GROUP: 35 - 3 | 19 | | | TEAMS | |
|-----|-----------------------|------|-------------------|---------|---|---------------|
| 1 | Doug Welling | 38 | Portland, ME | 1:46:43 | 1 Shac Attack | 2:06:37 |
| 2 | Luke Alexander | 36 | Sterling, VA | 2:00:05 | Caroline Slyer, Connor Price, Sean Harrington | |
| 3 | Celestino Williams | 39 | Greenfield Center | 2:02:23 | 2 Team Rhodes | 2:09:2 |
| M | ALE AGE GROUP: 40 - 4 | 4 | | | Matt Rhodes, Brian Miller, Brent Pollak | |
| 1 | Bob Horn | 41 | Lenox, MA | 1:40:38 | 3 Team Default | 2:35:3 |
| 2 | David Gilson | 43 | Niskayuna | 3:12:39 | Phill Warren, Tommy Carlson, Phillip Tanner | |
| E | MALE AGE GROUP: 40 | - 44 | , | | SKYHIGH KIDS' TRIATHLON | |
| | Christine Lieggi | 41 | New York | 2:31:00 | 100m Swim, 5K Mountain Bike, 1K Trail Ru | ın |
| VI. | ALE AGE GROUP: 45 - 4 | 19 | | | MALE OVERALL | |
| 1 | Trent Koopman | 48 | Whitinsville, MA | 1:42:26 | 1 Micah Suh 12 | 20:4 |
| 2 | Steve Sadler | 48 | West Hartford, CT | 1:45:30 | 2 Hunter Doolittle 9 Averill Park | 21:5 |
| 3 | Frank Mohr | 47 | New York | 1:53:13 | 3 Elijah loffe 11 | 22:0 |
| Έ | MALE AGE GROUP: 45 | - 49 | | | FEMALE OVERALL | 22.0 |
| | Kim Chemacki | 46 | Madison, CT | 2:18:52 | 1 Charlotte O'Meara 9 | 22:0 |
| | Catherine Bologna | 49 | Rexford | 3:40:05 | 2 Lindsay Agro 10 Wynantskill | 22:0 |
| VI. | ALE AGE GROUP: 50 - 5 | | | | 3 Riley Chismark 10 Slingerlands | 23:0 |
| | Tad Norton | 52 | Canandaigua | 1:55:27 | MALE AGE GROUP: 5 - 6 | 23.0 |
| 2 | Matthew Stundtner | 54 | Templeton, MA | 2:15:09 | 1 Chris Livingston 6 | 22:4 |
| 3 | Timothy Blanchfield | 52 | New York | 2:18:57 | FEMALE AGE GROUP: 5 - 6 | 22.4 |
| VI. | ALE AGE GROUP: 55 - 5 | | | | | 23:4 |
| | George Lester | 59 | Medfield, MA | 1:56:43 | 1 Cora Welling 6 MALE AGE GROUP: 7 - 8 | 23:4 |
| 2 | Howard Kreitsek | 57 | Clifton Park | 2:36:25 | 1 Altan Cakir 8 | 25:4 |
| VI. | ALE AGE GROUP: 60 - 6 | | | | 2 Daniel McAlanie 8 | 25:4 25:5 |
| | Doug Usher | 62 | Upton, MA | 2:21:09 | FEMALE AGE GROUP: 9 - 10 | 20.0 |
| 2 | George Baird | 62 | Rensselaer | 2:32:11 | | 24.4 |
| 3 | Karl Zaunbrecher | 64 | Saranac Lake | 3:07:20 | 1 Remmi loffe 9 | 24:4 |
| Έ | MALE AGE GROUP: 60 | | | | 2 Charlize Delair 10 Wynantskill 3 Isabella Doolittle 9 Averill Park | 25:0. 26:2 |
| | Kim Cole | 60 | Kennebunk, ME | 2:21:56 | | 26:2 |
| | ALE AGE GROUP: 65 - 6 | - | | | MALE AGE GROUP: 11 - 12 1 Jackson Doolittle 11 Averill Park | 22.2 |
| 1 | James Clark | 67 | North Haven, CT | 2:16:17 | | 22:2 |
| | Russell Clark | 66 | | 2:34:27 | FEMALE AGE GROUP: 11 - 12 | |
| | MALE AGE GROUP: 65 | | | | 1 Hannah Bowman 11 Schenectady | 23:2 |
| | Linda Usher | 68 | Upton, MA | 2:59:16 | FEMALE AGE GROUP: 13 - 14 | |
| | ALE AGE GROUP: 70 - 7 | - | | | 1 Jessie Norton 13 | 24:30 |
| 1 | Stuart Christie | 71 | Dedham, MA | 3:00:10 | Courtesy of SkyHigh Adventures | |

| | 6TH ANN | | | | | MUD RUN WIT | | BSTACLES | |
|-----|-----------------------------|----------|-----------------|-----------------------------|------|-----------------------|----------|-----------------------------|------|
| | | Ju | uly 15, 2017 | Maple S | ki F | idge, Schenectad | dy | | |
| M | ALE OVERALL | | | | м | ALE AGE GROUP: 35 - 3 | 9 | | |
| 1 | Eric Seyse | 33 | Scotia | 32:50 | 1 | Anthony Gordon | 36 | Belleville, NJ | 3 |
| 2 | Craig Tynan | 47 | Schenectady | 33:13 | 2 | Timothy Shannon | 39 | Schenectady | 4 |
| 3 | Taylor Epting | 20 | Esperance | 33:26 | 3 | Charlie Bryson | 35 | Alplaus | 4 |
| | MALE OVERALL | | Esperance | 55.20 | | MALE AGE GROUP: 35 | | 7 upidas | |
| _ | Marina Pacilio | 34 | Schenectady | 42:13 | 1 | Gina Dickerson | 39 | Greenfield Center | 5 |
| | Jessica Bonfey | 34 | Altamont | 42:36 | 2 | Tara Nimmo | 38 | Middle Grove | 1:0 |
| | Angela Suflita | 28 | Schenectady | 44:14 | 3 | Lisa LaFond | 39 | Albany | 1:0 |
| | ALE AGE GROUP: 1 - 1 | | Schenectady | 44.14 | _ | ALE AGE GROUP: 40 - 4 | | Albany | 1.0 |
| " | Collin Mesick | 14 | Cohoes | 43:09 | 1 | Jonathan Guthan | 40 | Scotia | 3 |
| | | 14 | Amsterdam | 43:46 | 2 | | 41 | Glenville | 4 |
| | Daniel Dylong | 14 | Mechanicville | 47:12 | 3 | Steve Roney | 40 | | 4 |
| _ | Troy Bisaillon | | iviechanicville | 47:12 | - | Steve Elson | | Niskayuna | 4 |
| | MALE AGE GROUP: 1 | | Mielieruse | FC-01 | | MALE AGE GROUP: 40 | | Clifton Park | 1:0 |
| | Sarah Vernooy | 13 | Niskayuna | 56:01 | 1 | Joanna Reader | 44 | | |
| | Emma Mather | 14 | Clifton Park | 57:44 | 2 | Katie Padalino | 43 | Averill Park | 1:0 |
| | Marina Mulyca | 14 | Rotterdam | 1:06:01 | 3 | Melissa Dobson | 41 | Niskayuna | 1:2 |
| | ALE AGE GROUP: 15 - | | | | | ALE AGE GROUP: 45 - 4 | | | |
| | lan Bernooy | 15 | Niskayuna | 40:32 | 1 | Todd Bisaillon | 49 | Mechanicville | 4 |
| | Jack Rutland | 15 | Glenville | 45:48 | 2 | Tom Dickerson | 45 | Greenfield Center | 4 |
| | Richie Quinn | 15 | Niskayuna | 49:40 | 3 | Dave Vernooy | 45 | Niskayuna | 5 |
| | MALE AGE GROUP: 15 | | | | | MALE AGE GROUP: 45 | | | |
| | Molly Kane | 16 | Rensselaer | 50:52 | 1 | Nancy Mancini | 49 | Gloversville | 4 |
| | Lauren Skrandel | 16 | Malta | 1:19:07 | 2 | Kim Kilduff | 46 | Bedford | 5 |
| | Izzy Lasky | 15 | Cobleskill | 1:29:37 | 3 | Julie Pike | 45 | Fort Ann | 5 |
| /// | ALE AGE GROUP: 20 - | 24 | | | M | ALE AGE GROUP: 50 - 5 | 4 | | |
| | Zachary Meszler | 22 | Altamont | 48:32 | 1 | Todd Mesick | 50 | Cohoes | 4 |
| | Joseph Cardin | 21 | Ballston Spa | 50:12 | 2 | Lawrence Farrelly | 52 | Niskayuna | 5 |
| | James Prezioso | 20 | Burnt Hills | 56:51 | 3 | Michael Prezioso | 54 | Burnt Hills | 5 |
| E | MALE AGE GROUP: 20 |) - 24 | | | FE | MALE AGE GROUP: 50 | - 54 | | |
| | Gabrielle Danthine | 20 | Sloansville | 53:53 | 1 | Tracy Persons | 51 | Amsterdam | 1:1 |
| | Katherine Quinn | 20 | Niskayuna | 54:05 | 2 | Rhonda Hamel | 50 | East Greenbush | 1:2 |
| | Alison Bryson | 24 | Alplaus | 55:00 | 3 | Stephanie Rockmacher | 51 | Niskayuna | 1:2 |
| Λ/ | ALE AGE GROUP: 25 - | 29 | | | м | ALE AGE GROUP: 55 - 5 | 9 | , | |
| | Dan Robert | 29 | Middleburgh | 47:05 | 1 | Frank Woods | 56 | Rensselaer | 5 |
| | Kvle Mau | 25 | Niskavuna | 56:07 | 2 | John Izzo | 55 | Ballston Spa | - |
| | Kris Baskiewicz | 29 | Selkirk | 56:16 | 3 | Steve Henk | 57 | Ballston Lake | 1:0 |
| | MALE AGE GROUP: 25 | | Semino | 50.10 | | MALE AGE GROUP: 55 | | Buildin Edite | |
| _ | Michelle Davis | 28 | Watervliet | 47:38 | 1 | Christine Metch | 55 | Bainbridge | 1:1 |
| | Jessica Cardin | 25 | Ballston Spa | 51:44 | 2 | Suzanne Baumgarten | 56 | Ballston Spa | 1:1 |
| | Daniell Milano | 28 | Gansevoort | 58:05 | 3 | Jill Reynolds-Cadieux | 56 | Scotia | 1:3 |
| | ALE AGE GROUP: 30 - | | Garisevoort | 36.03 | | ALE AGE GROUP: 60 - 6 | | SCOtta | 1.3 |
| ••• | Corey Swartz | 32 | Thornton, NH | 36:01 | 1 | Lenny Blond | 62 | Scotia | 1:1 |
| | | 32 32 | Delanson | 37:07 | | MALE AGE GROUP: 60 | | Scolid | 11.1 |
| | Ryan Walter Rich Sheward | 32 32 | | 37:07 38:51 | 1 | Judith Kane | | Caroga Lako | 1:3 |
| | | | Burlington, VT | 38:31 | | | 62 60 | Caroga Lake Gloversville | |
| | MALE AGE GROUP: 30 | | Halfmann | F0.00 | | Laurie Close | | Gioversville | 2:2 |
| | Christa Watson | 33 | Halfmoon | 58:00 | | ALE AGE GROUP: 65 - 6 | | Classiffs | 4.7 |
| | Tamara Shear | 33 | Duanesburg | 1:01:43 | 1 | | | Glenville | 1:2 |
| 3 | Randi Cowper | 33 | Galway | 1:02:05 | | Courtesy o | ot Mapl | e Ski Ridge | |

| | | TH ANNUAL CAPIT | | | | | |
|--|---|---|---|---|---|--|--|
| N/ | | • | cocymai | | • | | |
| 1 2 3 3 4 4 5 5 M 1 1 2 2 3 3 4 4 5 5 M 1 1 2 2 3 3 4 4 5 5 M M 1 1 2 2 3 3 4 4 5 5 M M 1 1 2 1 3 4 4 5 5 M M 1 1 2 1 3 3 4 4 5 5 M M 1 1 2 1 3 4 4 5 5 M M 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | IEN CAT 1/2/3 – 63 N Chris Strumolo David Hoyle Will Gleason David Shuck Sean Meyer IEN CAT 1/2/3/4 MAS David Freifelder Roger Aspholm Gregg Galletta Shane Moran Andreas Runggatsch IEN CAT 1/2/3/4 MAS Tim Wern Carl Reglar Alan Potter Hank Pfeifle Jay Trojan IEN CAT 1/2/3/4 MAS Richard Sorenson Doug O'Neill James Laird Richard Kazimir Philip Beliveau IEN CAT 3/4 – 63 MI William Downing | CRCA/Lupus Racing Team CT Cycling Advancement Team Errace CRCA/Rockstar Games Nalgene/Borah Teamwear STERS 40+ - 63 MILES Westwood Velo Finkraft Cycling Team CRCA/Rockstar Games ZenBerryMix.com er Finkraft Cycling Team STERS 50+ - 63 MILES CVC/Hartford Healthcare Verge Sport/Test Pilot Team Fit Werx Downeast Racing ARC En Ceil Racing Team STERS 60+ - 63 MILES Peak Racing/Valley Bike & Ski CRCA/Deno's Wonder Wheel Peak Racing Century Road Club of America 11/2GO Coffee LES CRCA/Foundation | 3:32:36 3:32:37 3:32:38 3:32:38 3:32:38 2:46:31 2:46:31 2:46:32 2:46:33 2:48:25 2:48:25 2:48:25 2:48:25 2:51:59 2:51:59 2:52:06 2:03:46 2:03:49 2:03:50 2:03:50 2:03:50 2:03:52 2:47:38 | M 1 2 3 4 5 M 1 2 3 4 5 W 1 2 3 4 5 W 1 2 3 4 5 W 1 2 3 4 5 W 1 2 3 | EN CAT 4 – 43 MILE Palo Samko Christophe Palazzi AJ Camelio Richard Russomano Daniel Tompkins EN CAT 5 – 43 MILE Quintin Chiapperino Kyle Konopnicki Meyer Jonathan Peter Burgos Ryan Wiley EN JUNIOR 15-18 – 4 Xander Jones Nick Koleszar Lucas Huesman Luke Sedor Protti Johnny Meyerle OMEN CAT 1/2/3 – 6 Cheryl Clark Lucie Vagnerova Erica Adelberg Rachel Pikus Lane Marder OMEN CAT 4 – 43 M Rachel Uccellini Aurora Lamperette Paula Valderrama | I wanarokytova@yahoo.com CRCA Echelon Cycles CCB Racing Century Road Club of America Century Road Club of America Century Road Club of America S Mineola Bicycle Racing Team Unattached Unattached Unattached Unattached Unattached Unattached TC Cycling Advancement CCAP/Sherpa Cycling CT Cycling Advancement NCC CT Cycling Advancement NCC CT Cycling Advancement S S Unattached CRCA/Rockstar Games CRCA/Radical Media Cyclewerx of Rochester B2C2/JRA Cycles IILES Unattached Unattached Unattached Unattached Unattached | 2:01:20 2:03:16 2:03:36 2:03:45 2:03:45 2:01:11 2:01:11 2:01:12 2:01:17 2:01:18 2:01:14 2:01:16 2:05:07 2:19:49 3:06:51 3:15:13 3:15:14 3:15:17 3:15:20 2:11:18 |
| 2 3 4 | David Leibowitz Andrew Nicholas Chris Ballard | Tarmac Cycling/Iron Bridge Rensselaer Polytechnic Institute CRCA/GF Capital/H&E | 2:47:38 2:48:29 2:50:22 | 4 5 6 | Susie Martin Tatyana Rozental Tracy Perry | Sherpa Unattached HRRT | 2:30:00 2:32:30 2:38:15 |
| 5 | Jonathan Guiza | Sherpa | 2:50:22 | | Courtesy of | Capital Bicycle Racing Club | |

| 32ND ANNUAL | 32ND ANNUAL PISECO LAKE TRIATHLON • July 15, 2017 • Piseco Airport, Piseco | | | | | | | | | | | | |
|---|--|----------------------------------|--|----|---|-------------------------------|--|--|--|--|--|--|--|
| 325-YARD SWIM, 11. | 5-MILE BIKE, 3.25-MILE | RUN | FEMALE OVERALL | | | | | | | | | | |
| MALE OVERALL 1 Michael Cooley 2 Nils Engel 3 Kevin Platz | 37 Delmar 46 Highland 57 Hopewell Junctio | 1:03:26 1:11:27 on 1:16:20 | Judy Guzzo Alexandra Mustardo Maura Ludlow | 26 | Schenectady Honeoye Falls Diamond Point | 1:19:21 1:25:38 1:27:27 | | | | | | | |

| 32NI | D A | NNUAL PIS | ECO L | AKE TRIATHLON continued |
|-------------------------------------|-----|----------------------|---------|--|
| MALE AGE GROUP: 1 - 15 | | | | FEMALE AGE GROUP: 40 - 44 |
| 1 Nicholas Giambrone | 13 | Queensbury | 1:48:00 | 1 Michelle Aleva 42 Glens Falls 1:30:21 |
| FEMALE AGE GROUP: 1 - 15 | ; | . , | | 2 Elizabeth Mahon 40 Johnstown 1:38:08 |
| 1 Jillian Richards | 12 | Corinth | 1:43:27 | 3 Holly Demar 40 Fulton 1:39:15 |
| FEMALE AGE GROUP: 16 - 1 | 9 | | | MALE AGE GROUP: 45 - 49 |
| 1 Morgan Fordyce | 17 | Northville | 1:50:05 | 1 Peter Guzzo 49 Schenectady 1:17:15 |
| MALE AGE GROUP: 20 - 24 | | | | FEMALE AGE GROUP: 45 - 49 |
| 1 Jacob Dworkin | 24 | Amherst, NH | 1:34:43 | 1 Valerie Nolan 48 Pittsford 1:27:40 |
| FEMALE AGE GROUP: 20 - 2 | 4 | | | MALE AGE GROUP: 50 - 54 |
| 1 Nicole Turner | 20 | South Burlington, VT | 1:45:58 | 1 David McCaffery 54 Summit, NJ 1:20:34 |
| MALE AGE GROUP: 25 - 29 | | | | 2 Tom Denham 50 Delmar 1:21:04 |
| 1 Matthew Kaiser | 26 | Towaco, NJ | 1:28:31 | 3 Mark Burns 53 Essex Junction, VT 1:25:12 |
| 2 Ryan Layman | 26 | Ilion | 1:43:58 | FEMALE AGE GROUP: 50 - 54 |
| 3 Roman Gray | 25 | Shelton, CT | 1:46:53 | 1 Ursula Platz 54 Hopewell Junction 1:31:42 |
| FEMALE AGE GROUP: 25 - 2 | 9 | | | 2 Trisha Serth-Allen 53 Portland, ME 1:44:31 |
| 1 Breanna Douglas | 26 | Little Falls | 1:44:45 | MALE AGE GROUP: 55 - 59 |
| Jackie Isabella | 25 | Sandy Hook, CT | 1:46:50 | |
| MALE AGE GROUP: 30 - 34 | | | | |
| 1 Jeffrey Ryan | 30 | Elmira | 1:25:59 | |
| FEMALE AGE GROUP: 30 - 3 | 4 | | | 3 Andy Adcock 59 East Amherst 1:46:12 MALE AGE GROUP: 60 - 64 |
| 1 Sarah Stimson | 31 | New York | 1:34:35 | |
| 2 Christine Willis | 34 | Medford, MA | 1:44:02 | 1 Bob Webber 61 Fayetteville 1:20:22 |
| 3 Christine Larsen | 31 | Greene | 2:06:16 | 2 Scott Todd 62 Little Falls 1:36:22 |
| MALE AGE GROUP: 35 - 39 | | | | FEMALE AGE GROUP: 60 - 64 |
| 1 Jim Higgins | 37 | Broadalbin | 1:20:09 | 1 Jean Quattrocchi 60 Albany 1:28:34 |
| Jonathan Laird | 38 | Johnstown | 1:24:40 | MALE AGE GROUP: 70 - 74 |
| 3 Ryan Powers | 39 | South Weymouth | 2:15:16 | 1 Hiram Dale 73 Cooperstown 1:45:49 |
| FEMALE AGE GROUP: 35 - 3 | 9 | | | THREE-PERSON RELAY: MIXED |
| 1 Jackie Evans | 35 | New York | 1:34:25 | 1 Piseco Panthers Schenectady 1:20:43 |
| 2 Nicole Martin | 38 | Newport | 1:35:21 | 2 SIGGY Delanson 1:24:15 |
| 3 Suzanne Johnson | 39 | Glenville | 1:36:18 | 3 Newlyweds Hoboken, NJ 1:32:56 |
| MALE AGE GROUP: 40 - 44 | | | | Courtesy of Adirondacks Speculator Region |
| 1 Lee Gibson | 41 | Shoreham, VT | 1:40:32 | Chamber of Commerce |
| | | | | |

| | | nnual delta laki | | | |
|---|--------------------|---|--------------------|---|--------------------|
| | July 15 | 5, 2017 • Delta Lake Sta | ite Park, | Rome | |
| INTERMEDIATE - 1500M S | WIM | FEMALE AGE GROUP: 60 - 64 | 1 | MALE AGE GROUP: 45 - 49 | |
| INTERMEDIATE – 1500M S 24M BIKE, 5.8M RUN | , | 1 Jeryl Simpson | 2:48:04 | 1 Paul Bisaccia | 1:11:30 |
| MALE OVERALL | | 2 Eileen Weinpress | 2:51:17 | 2 Greg Derick | 1:15:29 |
| 1 John Noonan/55-59 | 2:08:25 | 3 Margaret Perkins | 2:51:51 | 3 Richard Weber | 1:18:21 |
| 2 Christopher Celecki/15-19 3 Chad Penoyer/30-34 | 2:08:56 2:11:00 | MALE AGE GROUP: 65 - 59 | 2 44 50 | FEMALE AGE GROUP: 45 - 4 | 9 |
| FEMALE OVERALL | 2.11.00 | 1 John Skopek | 2:44:58 | Molly Haverbusch | 1:18:29 |
| 1 Rachel Wasserman/35-39 | 2:18:01 | ATHENA 1 Debra Green | 3:57:47 | 2 Beth Lancer | 1:24:04 |
| 2 Beth Stalker/55-59 | 2:25:03 | RELAY TEAMS | 3.37.47 | 3 Lisa Mackenzie | 1:27:54 |
| 3 Kimberly Pedrotti/20-24 | 2:31:38 | 1 Scrapple | 2:10:55 | MALE AGE GROUP: 50 - 54 | |
| MALE AGE GROUP: 20 - 24 | | 2 The Good, Bac & Ugly | 2:14:11 | 1 Samuel Sampere | 1:11:49 |
| 1 Chris Heckman | 2:21:30 | 3 Fred & Ginger | 2:33:21 | Patrick McQueen Dale Seaton | 1:05:59 |
| 2 Josiah Henry FEMALE AGE GROUP: 20 - 24 | 3:28:27 | AQUABIKE – INTERMEDIA | ATE | 3 Dale Seaton FEMALE AGE GROUP: 50 - 5 | 1:15:39 |
| 1 Jessica Harper | 2:33:50 | MALE OVERALL | | 1 Lorie Ann Voight | 1:17:45 |
| 2 Taylor MacFarland | 2:50:03 | 1 John Hartpence/45-49 | 1:28:47 | 2 Kara Rusch | 1:17:43 |
| 3 Jordyn Dunlap | 2:52:59 | 2 Terry Hart/55-59 3 Kevin Maier/60-64 | 1:32:50 | 3 Mary Alley | 1:26:16 |
| MALE AGE GROUP: 25 - 29 | | 3 Kevin Maier/60-64 FEMALE OVERALL | 1:32:55 | MALE AGE GROUP: 55 - 59 | |
| 1 Philip Fess | 2:12:42 | 1 Jessica Eckerlin/35-39 | 1:47:13 | 1 William Zwerger | 1:17:14 |
| 2 Sean Laubenstein | 2:14:46 | 2 Karen Riley/45-49 | 2:17:51 | 2 Brian Roemer | 1:29:53 |
| 3 Christopher Lamothe FEMALE AGE GROUP: 25 - 29 | 2:27:07 a | 3 Erin Christensen/20-24 | 2:36:51 | 3 Stephen Maher | 1:33:35 |
| 1 Suzanne Achorn | 2:51:00 | SPRINT – 800M SWIM, 12M | BIKE, | FEMALE AGE GROUP: 55 - 5 | 9 |
| 2 Grace Teubl | 3:00:29 | 2.9M RUN | | 1 Jackie Egle-Capella | 1:24:39 |
| 3 Carrie Simoncic | 3:21:38 | MALE OVERALL 1 Andrew Keenan/20-24 | 1:00:06 | 2 Joan Kane | 1:24:46 |
| MALE AGE GROUP: 30 - 34 | | 1 Andrew Keenan/20-24 2 Carl Regenauer/50-54 | 1:00:06 | 3 Molly English-Bowers | 1:28:23 |
| 1 Jacob Steria | 2:22:13 | 3 Barry McMaster/45-49 | 1:05:01 | MALE AGE GROUP: 60 - 64 | |
| 2 Colt Brumm | 2:48:23 | FEMALE OVERALL | 1.05.01 | 1 Bryce Button | 1:21:37 |
| 3 Stephen Harris FEMALE AGE GROUP: 30 - 34 | 3:05:35 | 1 Reem Jishi/45-49 | 1:12:50 | 2 Ed McDonald | 1:23:14 |
| 1 Wei-Fang Lin | 2:35:10 | 2 Melanie Perrin/30-34 | 1:15:29 | 3 Gordon Fesenger FEMALE AGE GROUP: 60 - 6 | 1:24:41 |
| 2 Laura Miller | 2:42:03 | 3 Susan Kreplin-Michaels/60-64 | 1:15:49 | 1 Nancy Smith | 1:37:25 |
| 3 Billie Jo Smith | 2:44:22 | MALE AGE GROUP: 15 - 19 | | 2 Audrey Turner | 1:39:34 |
| MALE AGE GROUP: 35 - 39 | | 1 Alex Smith | 1:18:37 | 3 Susan Schafer | 1:57:53 |
| 1 Michael Farber | 2:22:37 | FEMALE AGE GROUP: 15 - 19 1 Chyanna Bernier | 1:18:09 | MALE AGE GROUP: 65 - 69 | 1.57.55 |
| 2 Doug Dinero | 2:37:00 | 2 Anna Docteur | 1:29:58 | 1 Tim Reardon | 1:14:39 |
| 3 Bradley Fischer | 2:44:38 | MALE AGE GROUP: 20 - 24 | 1.23.30 | 2 Leo Berman | 1:26:04 |
| FEMALE AGE GROUP: 35 - 39 1 Tiffany Barrett | 2:44:23 | 1 Oliver Crain | 1:13:49 | 3 Nathan Batalion | 2:07:00 |
| 1 Tiffany Barrett 2 Christine Elizabeth Waldron | 3:05:45 | 2 Greg Romanov | 1:14:22 | FEMALE AGE GROUP: 65 - 6 | 9 |
| 3 Rachel Dinero | 3:09:16 | 3 Aaron Griffith | 1:18:11 | 1 Sally Berry | 1:31:43 |
| MALE AGE GROUP: 40 - 44 | | FEMALE AGE GROUP: 20 - 24 | | 2 Ginny Robbins | 1:52:52 |
| 1 Aaron Carey | 2:25:40 | 1 Abigail Capella | 1:23:42 | 3 Ginny Burton | 1:57:35 |
| 2 Chris Thompson | 2:26:00 | Lyndsey Spangel Nichole Shene | 1:36:23 1:39:05 | MALE AGE GROUP: 70 - 74 | |
| 3 Brian Matthew Connery | 2:30:54 | MALE AGE GROUP: 25 - 29 | 1.55.05 | 1 Jim Cunningham | 1:28:07 |
| FEMALE AGE GROUP: 40 - 44 | | 1 Johnathan Duddleston | 1:10:01 | FEMALE AGE GROUP: 70 - 7 | |
| 1 Laura Bond 2 Jennifer Hughes | 2:41:29 2:45:36 | 2 Mike Konderwich | 1:10:08 | 1 Ruth Ripley | 1:36:03 |
| 3 Roxanne Carrier | 2:58:47 | 3 Hank Church | 1:17:49 | CLYDESDALE 1 Jeffrev Rowe | 1.22.20 |
| MALE AGE GROUP: 45 - 49 | | FEMALE AGE GROUP: 25 - 29 | | 1 Jeffrey Rowe 2 Jeff Halusic | 1:22:39 1:29:33 |
| 1 Michael Centore | 2:19:12 | 1 Emily Delaura | 1:21:35 | 3 Mark Thomas | 1:39:03 |
| 2 Michael Stout | 2:23:06 | 2 Kayla Schmidt | 1:24:55 | ATHENA | 1.33.03 |
| 3 Garrett Esposito | 2:34:32 | 3 Claire Maxey MALE AGE GROUP: 30 - 34 | 1:33:06 | 1 Kristen Szarek | 1:31:21 |
| FEMALE AGE GROUP: 45 - 49 | | 1 Tom Tiberio | 1:11:07 | 2 Michelle Saunders | 1:38:04 |
| Jolene Casatelli Jennifer Kresge | 2:33:31 | 2 Mark Walczyk | 1:16:12 | 3 Allison LaBarge | 1:40:28 |
| Jennifer Kresge Lonnie Halusic | 2:33:58 2:36:44 | 3 Gregory Zablocki | 1:22:00 | AQUABIKE - SPRINT | |
| MALE AGE GROUP: 50 - 54 | 2.30.44 | FEMALE AGE GROUP: 30 - 34 | | MALE OVERALL | |
| 1 James Brady | 2:12:44 | 1 Katey Wilhelm | 1:18:27 | 1 John Hartpence/45-49 | 44:39 |
| 2 Eric Virkler | 2:14:06 | 2 Molly Kane | 1:20:59 | 2 Andrew D'Agati/35-39 | 48:39 |
| 3 Todd Fox | 2:23:57 | 3 Abigail Costello | 1:21:14 | 3 John Alley/50-54 | 54:14 |
| FEMALE AGE GROUP: 50 - 54 | | MALE AGE GROUP: 35 - 39 | | FEMALE OVERALL | |
| 1 Nanette Hatch | 2:56:05 | 1 Timothy Thomas | 1:13:23 | 1 Kimberly Myers-Celecki/55-5 | 9 57:22 |
| 2 Pam Gavenda | 3:11:27 | Brendan McGinn Jason Livingston | 1:15:01 1:19:50 | 2 Kathleen Weber/45-49 | 1:01:46 |
| 3 Diana Phillips | 3:13:26 | FEMALE AGE GROUP: 35 - 39 | | 3 Eileen Tarsel/60-64 | 1:02:42 |
| MALE AGE GROUP: 55 - 59 1 Michael Stalker | 2:16:13 | 1 Jenny Hanmer | 1:18:33 | DELTA DOUBLE – INTERME | DIATE |
| 2 Howard Iseri | 2:16:21 | 2 Mandy Howard | 1:20:35 | & SPRINT | |
| 3 Steve Winslow | 2:20:37 | 3 Monica Gnyp | 1:23:37 | MALE OVERALL | 2.00.12 |
| FEMALE AGE GROUP: 55 - 59 | | MALE AGE GROUP: 40 - 44 | | 1 Brett Long/34 | 3:09:12 |
| 1 Betsy Nicol | 2:32:13 | 1 Scott Mathys | 1:18:51 | 2 Dave Burger/50 | 3:12:06 |
| 2 Eileen Clinton | 2:47:46 | 2 Tim Aaron Mullinnex | 1:19:29 | 3 Sean Dillon/27 FEMALE OVERALL | 3:31:57 |
| 3 Mary Houck | 2:57:51 | 3 Steve Gates | 1:19:37 | 1 Kerzia Marchant/28 | 2-12-21 |
| MALE AGE GROUP: 60 - 64 1 Jeff Perkins | 2:39:38 | FEMALE AGE GROUP: 40 - 44 1 Susan Large | | 2 Linda Demma/41 | 3:12:31 3:42:05 |
| 1 Jeff Perkins 2 Michael Weinpress | 2:39:38 | 2 Carrie Raymond | 1:20:40 1:31:01 | 3 Leslie Neff/40 | 3:50:04 |
| 3 Glenn Prince | 3:13:53 | Jennifer Lynn Rossi | 1:40:34 | Courtesy of ATC Endura | |
| | 55.55 | _ 50c. 25111 110351 | | coa. cosy of Air C Eriddia | |

| | July 16, 2 | | | IN TRIATHLON rk on Lake Dunmore, Brandon, VT |
|-----------------------|---|---|--|---|
| 1 2 3 4 5 | IALE OVERALL Eric Florio Chris Coffey Corey Robinson Eric Cochran | IM, 14M BIKE, 3.1M RU East Williston Monkton, VT Brandon, VT Grand Isle, VT Hinesburg, VT | 59:45 1:02:31 1:02:59 1:04:21 1:05:39 | MALE AGE GROUP: 10 - 14 1 Seph Niquette Williston, VT 1:22:32 2 Charlie Cochran Grand Isle, VT 2:10:23 FEMALE AGE GROUP: 10 - 14 1 Kate Kogut Charlotte, VT 1:43:03 2 Celeste Moyer Essex Junction, VT 1:49:40 MALE AGE GROUP: 15 - 19 Watertown, MA 1:31:27 |
| 1 2 3 4 5 | ISABELE OVERALL ISabelle Dickens Heidi Underwood Courtney Kutler Jodie Casarico Karen Newman IALE AGE GROUP: 1 - 9 Daniel Cochran | South Glens Falls Kattskill Bay South Burlington, VT Shelburne, VT South Burlington, VT Grand Isle, VT | 1:12:30 1:14:23 1:15:27 1:16:13 1:17:45 2:05:10 | 1.00 1.00 |

RACE RESULTS

| | 1 F A CF CDOUD 25 | 20 | | | HLON continue | | |
|----|--|-----------------------|---------|----|----------------------|----------------------------|-------|
| | LE AGE GROUP: 25 - | | | | ALE AGE GROUP: 50 - | | |
| | Stefano Fontana | Round Lake | 1:08:33 | 1 | Joe Place | Saratoga Springs | 1:14: |
| | MALE AGE GROUP: 25 Eva Fillion | | 1:39:51 | 2 | Joe Hall | Queensbury | 1:20: |
| | | Middlebury, VT | 1:59:51 | 3 | Steve Lambrecht | Williston, VT | 1:28: |
| | Kristina Martin NLE AGE GROUP: 30 - | Burlington, VT | 1:51:55 | FE | MALE AGE GROUP: 50 | - 54 | |
| | Scott Silverstein | Richmond, VT | 1:16:56 | 1 | Heidi Higgins-Cutler | Waterbury, VT | 1:34: |
| | Christopher Darby | East Arlington, VT | 1:17:04 | 2 | Darlene Kusaywa | Clifton Park | 1:38: |
| | Will McNulty | North Ferrisburgh, VT | 1:17:53 | 3 | Julie Durbin | Newton, MA | 1:39 |
| | MALE AGE GROUP: 30 | | 1.17.55 | м | ALE AGE GROUP: 55 - | | |
| | Mariana Wingood | Waterbury, VT | 1:19:48 | 1 | Mark Mulder | Burlington, VT | 1:09: |
| | Haley Koperski | Colchester, VT | 1:25:06 | 2 | Tim Parent | Danby, VT | 1:14 |
| | Erin Crowley | Colchester, VT | 1:34:46 | 3 | John Davidson | Queensbury | 1:22 |
| | LE AGE GROUP: 35 - | | | - | | . , | 1.22 |
| | Bryan Wilkinson | Colchester, VT | 1:14:34 | | MALE AGE GROUP: 55 | | 4 20 |
| 2 | Derek Basile | Queensbury | 1:20:45 | 1 | Gail McGurn | Bennington, VT | 1:39 |
| 3 | Alexander Gombos | LaSalle, QC | 1:21:42 | 2 | | Windsor, VT | 2:03 |
| ΕN | MALE AGE GROUP: 35 | 5 - 39 | | M | ALE AGE GROUP: 60 - | 64 | |
| | Lauren Waterman | Keene, NH | 1:22:24 | 1 | Jeffrey Schumann | Salisbury, VT | 1:09: |
| | Adrielle Houweling | Lasalle, QC | 1:26:38 | 2 | Steve Hare | Middlebury, VT | 1:10: |
| | Hazel Kreider | Burlington, VT | 1:29:14 | 3 | Doug Robinson | Brandon, VT | 1:21: |
| | LE AGE GROUP: 40 - | | | FE | MALE AGE GROUP: 60 | | |
| | Brendan Rillahan | South Glens Falls | 1:05:48 | 1 | Wendie Puls | Bristol, VT | 1:33 |
| | Ryan Cavales | Williston, VT | 1:09:28 | 2 | Kathy McNeil | Old Saybrook, CT | 1:42 |
| | Jarlath O'Neil-Dunne | Burlington, VT | 1:10:21 | 3 | Andrea Halnon | Bristol, VT | 1:51: |
| | MALE AGE GROUP: 40 | | | - | Alle AGE GROUP: 65 - | | 1.51 |
| | Christine Maloney | Randolph, VT | 1:28:23 | | | | 4.22 |
| - | Karen Rotach | Williston, VT | 1:29:54 | 1 | John Martin | Montpelier, VT | 1:22: |
| | Catherine Ryan | Hinesburg, VT | 1:33:10 | FE | MALE AGE GROUP: 65 | | |
| | LE AGE GROUP: 45 - | Glens Falls | 1:08:25 | 1 | Margaret Wallace | Queensbury | 1:48 |
| | Jason Gardner | | 1:08:25 | 2 | Sue Nealon | Glens Falls | 1:55 |
| | Ryan Phillips Todd Ficher | South Burlington, VT | 1:15:18 | 3 | Lee Khan | Randolph Center, VT | 2:08 |
| | IODO EICHER MALE AGE GROUP: 45 | Queensbury | 1:16:24 | М | IXED TEAM | ' ' | |
| | Sandra Chaplin | Keene, NH | 1:28:38 | 1 | Holmgrens | Williamstown, MA | 1:25 |
| | Sandra Chapiin Sandra Chicoine | Leicester, VT | 1:32:26 | 2 | Rosowskys | South Burlington, VT | 1:26 |
| | Laura McClure | Williston, VT | 1:32:26 | 2 | | nt Sun Run & Triathlon Ser | |

| | June 2 | | | | RACK SERIES e High School, (| Coloni | 'e | |
|-----------------------|--------|-------------------|-------|----|---------------------------------|----------|-------------------|--------|
| | | MILE – JUNE 28 | | | ALE AGE GROUP: 80 - | | | |
| MALE OVERALL | | | | 1 | Chris Rush | 81 | Schenectady | 8:08 |
| 1 Shaun Donegan | 31 | Malta | 4:35 | FE | MALE AGE GROUP: 80 | 0 - 89 | , | |
| 2 Dan Jordy | 33 | Glenville | 4:39 | 1 | Anny Stockman | 85 | Rensselaer | 12:08 |
| 3 David Metacarpa | 15 | Charlton | 4:44 | | , | | RELAY - JULY 6 | 12.00 |
| FEMALE OVERALL | | | | | | | st Paired | |
| 1 Karen Bertasso | 33 | Albany | 5:20 | | | | st raileu | 20:24 |
| 2 Nicole Soblosky | 30 | Albany | 5:35 | 1 | Bob Irwin/44 & Shea Fol | | | 38:24 |
| 3 Alexa Thompson | 17 | Guilderland | 5:36 | 2 | Edison Chipalo/30 & Jim | | | 38:38 |
| MALE AGE GROUP: 1 - 1 | | | | 3 | Emily Layden/28 & Regir | | • | 38:49 |
| 1 Aidan Galland | 11 | Latham | 6:20 | | RACE #3: | HOUR RL | IN – JULY 13 | |
| 2 Tanner Litts | 11 | Schenectady | 7:45 | | Miles Co | vered in | One Hour | |
| FEMALE AGE GROUP: 1 | | | | M | ALE OVERALL | | | |
| 1 Sarah Abramson | 12 | Clifton Park | 8:03 | 1 | Anthony Giuliano | 38 | Niskayuna | 10.62 |
| MALE AGE GROUP: 15 - | | | 5.46 | 2 | Robert Irwin | 44 | Guilderland | 9.82 |
| 1 Zach Soden | 15 | Waterford | 5:16 | 3 | Ryan Moon | 17 | Colonie | 9.23 |
| MALE AGE GROUP: 20 - | | | | 4 | Brian Northan | 42 | Guilderland | 8.88 |
| 1 Nick Webster | 28 | Albany | 4:51 | 5 | Nick Andrade | 18 | Albany | 8.56 |
| 2 Daniel Phillips | 23 | Latham | 5:08 | _ | | | , | |
| 3 Ben Heller | 28 | Albany | 5:18 | 6 | Todd McAuley | 49 | Colonie | 8.42 |
| FEMALE AGE GROUP: 20 | | | | 7 | David Rowell | 65 | Albany | 7.11 |
| 1 Michelle Pratt | 28 | Albany | 5:38 | 8 | Peter Newkirk | 70 | Albany | 6.46 |
| 2 Michelle Davis | 28 | Watervliet | 5:59 | 9 | Edwin Litts | 67 | Schenectady | 5.98 |
| 3 Katie Kurtessis | 28 | Albany | 7:31 | 10 | Wade Stockman | 82 | Rensselaer | 5.63 |
| MALE AGE GROUP: 30 - | | | | 11 | Bob Perry | 60 | Niskayuna | 5.47 |
| 1 Josh Merlis | 35 | Albany | 4:51 | 12 | Ralph Feinstein | 63 | Scotia | 5.22 |
| 2 Jim Sweeney | 36 | Albany | 5:08 | | MALE OVERALL | | | |
| 3 Dallas DeVries | 39 | Cohoes | 5:29 | 1 | Kathleen Beeman | 56 | Niskayuna | 7.52 |
| FEMALE AGE GROUP: 30 | | | | 2 | Martha DeGrazia | 66 | Slingerlands | 6.49 |
| 1 Elizabeth Chauhan | 32 | Albany | 5:57 | | | 57 | - | |
| 2 Larissa Bates | 36 | W. Sand Lake | 6:36 | 3 | Kathy Perry | | Niskayuna | 5.16 |
| MALE AGE GROUP: 40 - | | auc 1 | | 4 | Anny Stockman | 85 | Rensselaer | 4.85 |
| 1 Jake Stookey | 41 | Clifton Park | 4:46 | 5 | Eiko Bogue | 80 | Schaghticoke | 4.63 |
| 2 Robert Irwin | 44 | Guilderland | 5:03 | | RACE #4: P | ENTATHL | ON – JULY 21 | |
| 3 Dennis VanVlack | 45 | Duanesburg | 5:39 | | 5000m/800m/3200m/4 | 400m/160 | 00m – Ranked by F | Points |
| FEMALE AGE GROUP: 40 | | | | M | ALE OVERALL | | • | |
| 1 Lara Stelmaszyk | 47 | Albany | 7:04 | 1 | Michael Bashant | 18 | 4077 | |
| 2 Becky Abramson | 42 | Clifton Park | 8:09 | 2 | Eli Bashant | 19 | 4062 | |
| MALE AGE GROUP: 50 - | | D. II | - 06 | 3 | Edison Chipalo | 29 | 3952 | |
| 1 Derrick Staley | 58 | Ballston Lake | 5:06 | 4 | Christian Lietzau | 54 | 3345 | |
| 2 Mark Stephenson | 53 | Esperance | 5:17 | | | ٠. | | |
| 3 Richard Lynch | 59 | Saratoga Springs | 6:40 | 5 | Brian Northan | 42 | 2981 | |
| FEMALE AGE GROUP: 50 | | 0 1 | 6.40 | 6 | Justin Peabody | 20 | 2712 | |
| 1 Sue Thompson | 50 | Queensbury | 6:42 | 7 | John Williams-Searle | 49 | 2371 | |
| 2 Peggy McKeown | 59 | Moreau | 6:48 | 8 | Simon O'Connor | 13 | 2073 | |
| 3 Donna Charlebois | 59 | East Berne | 9:38 | 9 | Jay O'Connor | 49 | 1917 | |
| MALE AGE GROUP: 60 - | | Donate a 211 c | F: 40 | 10 | Mike Thumann | 68 | 1423 | |
| 1 Rick Munson | 60 | Prattsville | 5:48 | 11 | Randy Jeneld | 57 | 1356 | |
| 2 Richard Clark | 63 | Feeding Hills, MA | 6:04 | | Chris Newak | 42 | 1322 | |
| 3 David Roy | 62 | Schoharie | 6:05 | | MALE OVERALL | | | |
| FEMALE AGE GROUP: 60 | | Calcula | 7.05 | 1 | Elizabeth Moran | 27 | 1392 | |
| 1 Karen Dott | 61 | Colonie | 7:25 | | | | | |
| 2 Martha DeGrazia | 66 | Slingerlands | 8:00 | 2 | Mary Kate Moran | 22 | 1070 | |
| 3 Jill Mehan | 62 | Troy | 8:41 | | Courtesy of Hudsor | n-Mohaw | rk Koad Runners C | lub |

| | | iuiy Z | z, 2017 • rasig | g-ripton | Pal | ilion, Saratoga S | pring | <i>j</i> s | |
|----|----------------------|--------|------------------|----------|-----|-----------------------|-------|------------------|---------------|
| M | ALE OVERALL | • | | • | FE | MALE AGE GROUP: 20 | - 24 | | |
| 1 | Aaron Lozier | 28 | Albany | 15:41 | 1 | Rachel Preusser | 24 | Wappingers Falls | 19:4 |
| 2 | Ethan Carey | 18 | Queensbury | 15:46 | 2 | Stephanie Popovitch | 20 | Saratoga Springs | 19: |
| 3 | Alex Benway | 27 | Queensbury | 15:50 | 3 | Sarah Popovitch | 24 | Saratoga Springs | 19: |
| FE | MALE OVERALL | | | | M | ALE AGE GROUP: 25 - 2 | 29 | | |
| 1 | Megan Kellogg | 21 | Queensbury | 17:54 | 1 | Richard Messineo | 28 | Nassau | 16: |
| 2 | Samantha Godfrey | 22 | Fort Edward | 18:16 | 2 | Eric Young | 25 | Latham | 17: |
| 3 | Dana Bush | 38 | Saratoga Springs | 18:23 | 3 | Jonathan Peffley | 29 | Saratoga Springs | 17: |
| M. | ALE AGE GROUP: 1 - 1 | 4 | | | FE | MALE AGE GROUP: 25 | - 29 | | |
| 1 | Brady Tooker | 14 | Saratoga Springs | 18:11 | 1 | Heidi Stears | 25 | Amsterdam | 20: |
| 2 | Ryan Bush | 13 | Saratoga Springs | 18:33 | 2 | Brianna Thompson | 26 | Rensselaer | 20: |
| 3 | Dawson Tooker | 14 | Saratoga Springs | 19:24 | 3 | Michelle Riley | 25 | Brookline, MA | 21: |
| FE | MALE AGE GROUP: 1 | - 14 | | | M | ALE AGE GROUP: 30 - 3 | 34 | | |
| 1 | Luccabella Hotaling | 13 | Ballston Lake | 20:12 | 1 | Joel Patrie | 33 | Scotia | 18: |
| 2 | Katie Vandyck | 14 | Middle Grove | 21:09 | 2 | Chase Baker | 31 | Saratoga Springs | 18: |
| 3 | Emily Bush | 10 | Saratoga Springs | 21:15 | 3 | Paul Tabeek | 30 | Schenectady | 18: |
| M. | ALE AGE GROUP: 15 - | 19 | | | FE | MALE AGE GROUP: 30 | - 34 | | |
| 1 | Marty Dolan | 15 | Schenectady | 16:00 | 1 | Jessy Montrose | 31 | Ballston Lake | 18: |
| 2 | Will Howe | 18 | Ballston Spa | 16:27 | 2 | Jessica Bashaw | 34 | Cambridge | 18: |
| 3 | Alex Hislop | 16 | Clifton Park | 16:34 | 3 | Meghan Mortensen | 32 | Schenectady | 19: |
| FE | MALE AGE GROUP: 15 | - 19 | | | M | ALE AGE GROUP: 35 - 3 | 39 | | |
| 1 | Caroline Driscoll | 19 | Bernard, ME | 18:47 | 1 | Anthony Giuliano | 38 | Niskayuna | 15: |
| 2 | Kathryn Tenney | 15 | Albany | 19:07 | 2 | Nathan McBee | 39 | Torrance, CA | 21: |
| 3 | Shannen Kerin | 18 | Albany | 19:11 | 3 | Matthew Fryer | 37 | Clifton Park | 21: |
| M | ALE AGE GROUP: 20 - | 24 | | | FE | MALE AGE GROUP: 35 | - 39 | | |
| 1 | Jack Vite | 20 | Clifton Park | 16:39 | 1 | Jessica Chapman | 39 | Bennington, VT | 21: |
| 2 | Fletch Starnes | 21 | Saratoga Springs | 17:14 | 2 | Danielle Maslowsky | 38 | Ballston Lake | 21: |
| 3 | Bruin Smith | 20 | Cohoes | 19:00 | 3 | Jessica Deconno | 35 | Gansevoort | 22: contin |

| | 21 | IST A | ANNUAL SILK | (S & S | ATI | NS 5K RUN co | ntinu | ıed | |
|----|-----------------------|-------|----------------------|--------|-----|----------------------|---------|---------------------|-------|
| м | ALE AGE GROUP: 40 - 4 | 14 | | | FEM | IALE AGE GROUP: 60 | - 64 | | |
| 1 | Rick Bush | 40 | Saratoga Springs | 17:08 | 1 \ | Vickie Shatley | 62 | Schenectady | 27:02 |
| 2 | Bob Irwin | 44 | Guilderland | 17:15 | | Maryanne McNamara | 63 | Gansevoort | 27:22 |
| 3 | Michael Dinicola | 42 | Albany | 18:19 | | Darlene Cardillo | 64 | Delmar | 27:37 |
| FE | MALE AGE GROUP: 40 | - 44 | , | | MAI | LE AGE GROUP: 65 - 6 | 9 | | |
| 1 | Michelle Lavigne | 42 | Albany | 20:02 | 1 N | Mike Fazioli | 66 | Wynantskill | 21:27 |
| 2 | Lynn Hansen | 43 | Wynantskill | 22:07 | 2 J | lames Larkin | 69 | Clifton Park | 22:42 |
| 3 | Lisa May | 41 | Green Island | 22:11 | 3 J | loe Aliberti | 67 | Voorheesville | 23:22 |
| M | ALE AGE GROUP: 45 - 4 | 19 | | | FEM | IALE AGE GROUP: 65 | - 69 | | |
| 1 | Gary Harper | 48 | Fort Edward | 19:40 | 1 E | Erika Oesterie | 65 | Stamford | 25:05 |
| 2 | John Furgele | 49 | Glenmont | 19:56 | 2 J | ludy Lynch | 68 | Castleton-on-Hudson | 29:01 |
| 3 | Carmelo Piazza | 47 | Gloversville | 20:41 | | Kathryn Brennan | 65 | Queensbury | 30:39 |
| FE | MALE AGE GROUP: 45 | - 49 | | | | LE AGE GROUP: 70 - 7 | 4 | | |
| 1 | Shanley Alber | 45 | Clifton Park | 20:53 | 1 [| Dave Glass | 70 | Glenville | 21:04 |
| 2 | Connie Smith | 49 | Ballston Lake | 22:08 | | rank Myers | 71 | Albany | 26:20 |
| 3 | Regina McGarvey | 47 | Castleton-on-Hudson | 22:19 | | Terry Smith | 70 | Galway | 26:31 |
| М | ALE AGE GROUP: 50 - 5 | 54 | | | | IALE AGE GROUP: 70 | | | |
| 1 | Joe Regan | 54 | Marlborough, MA | 18:51 | | _aura Clark | 70 | Saratoga Springs | 31:49 |
| 2 | John Sestito | 53 | Johnsonville | 18:58 | | Nancy Johnston | 71 | Ballston Lake | 41:07 |
| 3 | Todd Mesick | 50 | Cohoes | 19:22 | | LE AGE GROUP: 75 - 7 | | | |
| FE | MALE AGE GROUP: 50 | | | | | √ic Laport | 77 | Clarksburg, MA | 30:58 |
| 1 | Mary Fenton | 51 | Ballston Spa | 22:32 | | Beryl Frank | 76 | Albany | 39:53 |
| 2 | Barbara Lebarron | 53 | Ballston Spa | 24:17 | | Ron Nadeau | 76 | Cohoes | 43:14 |
| 3 | Susan Coyner | 53 | Glens Falls | 24:55 | | IALE AGE GROUP: 75 | | | |
| М | ALE AGE GROUP: 55 - 5 | 59 | | | | Marva Nadeau | 75 | Cohoes | 43:14 |
| 1 | Thomas Dalton | 59 | Schenectady | 18:51 | | ludy Savitt | 77 | Bridgeport, CT | 44:15 |
| 2 | Jon Weilbaker | 58 | Saratoga Springs | 20:26 | | Ann Marie McDonald | 79 | East Weymouth, MA | 47:40 |
| 3 | Rich Flaherty | 55 | Saratoga Springs | 21:42 | | LE AGE GROUP: 80 - 8 | - | | |
| FE | MALE AGE GROUP: 55 | | | | | Robert McFarland | 84 | Schenectady | 38:54 |
| 1 | Margaret McKeown | 59 | Moreau | 22:26 | | Richard Schumacher | 84 | Hoosick Falls | 42:29 |
| 2 | Nancy Stevens | 57 | Latham | 25:52 | | lames Owens | 82 | Latham | 43:25 |
| 3 | Leslie Addison | 55 | North Bennington, VT | 26:00 | | IALE AGE GROUP: 80 | | | |
| | ALE AGE GROUP: 60 - 6 | | | | | Priscilla Mueller | 80 | Stillwater | 44:07 |
| 1 | John Crawford | 63 | Queensbury | 20:17 | | LE AGE GROUP: 85 - 8 | | | |
| 2 | Bill Foley | 63 | Wappingers Falls | 21:47 | 1 k | Ken Orner | 87 | Delray Beach, FL | 43:37 |
| 3 | Frank Lombardo | 61 | Saratoga Springs | 22:14 | | Courtesy of | f Green | leaf Racing | |
| | | | | | | | | | |

| | | | luly 23, 2017 • | | | - | | | |
|-----------|--|----------------|-------------------------------------|----------------------|-----------------|--------------------------------------|--------------------|-------------------------------|------------------|
| | | | ILE BIKE, 26.2-MILE R | | 53 | Megan Nelson | 34 | Manlius | 14:36: |
| IA | Brent McMahon | 8 UP: 37 | STATE (PRO) FINISHE Victoria, BC | 8:13:53 | 60 61 | Nicky Jennings Merle Cortellucci | 34 33 | Syracuse Buffalo | 15:48: 15:50: |
| | Andy Potts | 41 | Colorado Springs, CO | 8:37:46 | | LE AGE GROUP: 35 - | | Dunaio | 15.50. |
| | Justin Daerr | 36 | Boulder, CO | 8:45:40 | 1 | Jimmy Sosinski | 35 | Haymarket, VA | 9:23: |
| ļ | Scott Bradley | 34 | Rochester | 9:38:39 | 4 | Paul Fronhofer II | 39 | Cossayuna | 9:41: |
| IV | IALE (AGE GROUP) | | | | 5 | John Gleeson | 39 | Rexford | 9:47: |
| | Amy Farrell | 40 | Tupper Lake | 9:46:00 | 9 | Christopher McCloske | | Glenmont | 10:05: |
| | Jacqui Giuliano | 31 | Cary, IL | 10:02:41 | 52 | Jonathan Benner | 35 | Clayton | 11:37: |
| | Robyn Hardage LE (PHYSICALLY CHA | 36 Alle | Ottawa, ON | 10:02:50 | 75 88 | Joshua Gregg Josef Mejido | 35 38 | West Sand Lake Churchville | 12:04: 12:19: |
| _ | Keiron McCammon | 46 | New York | 14:00:39 | 100 | Randy Neiswonger | 39 | East Amherst | 12:34: |
| | | | & UPSTATE FINISHE | | 102 | Evan Lynch | 35 | Pulaski | 12:35: |
| Α | LE AGE GROUP: 18 - | | | | 115 | Toby Beahan | 38 | Lancaster | 12:48: |
| | Alexander Rossetti | 24 | Fairfield, CT | 9:34:41 | 121 | Stephen Heath | 39 | Beacon | 12:52: |
| | Sean Harrington | 19 | Averill Park | 10:54:13 | 122 | Patrick Shores | 36 | Rochester | 12:52: |
| 3 | John Gabor | 18 | Cazenovia | 12:30:39 | 123 | Cory Gregg | 37 | Schenectady | 12:53: |
|) | Marshall Klee | 23 | East Greenbush | 12:37:36 | 131 | Peter Boyer | 37 | Victor | 13:07: |
| , | Adam Obenberger | 24 | Queensbury | 12:52:10 | 136 138 | Ross Kirschenheiter Marc Miranda | 35 35 | Kingston Clifton Park | 13:12: 13:14: |
|) | Zane Henderson Antonio Los Cavio | 19 21 | Clayton Norwich | 13:13:50 | 154 | Bill Ackendorf | 37 | Buffalo | 13:14. |
| | Edward Kane | 22 | Lake Placid | 13:16:29 13:36:28 | | Jacob Dutcher | 35 | Amsterdam | 13:38: |
| 3 | Zach Myers | 24 | Ithaca | 15:02:53 | 161 | Jeffery Maher | 36 | Baldwinsville | 13:46: |
| | ALE AGE GROUP: 1 | | | 13.02.33 | 173 | Felipe Pulido | 36 | Goshen | 14:05: |
| | Julia Slyer | 21 | Averill Park | 10:47:42 | 174 | Scott Desrosiers | 38 | Pennellville | 14:07: |
| | Brittany Friedrich | 24 | Keeseville | 11:42:53 | | Eric Kossen | 35 | Red Hook | 14:26: |
| | Emma Andrew | 24 | Newark | 13:48:05 | 192 | Bob Manley | 35 | Buffalo | 14:39: |
| | Kayla Ruttan | 19 | Philadelphia | 14:14:45 | 193 | | | Orchard Park | 14:39: |
| | Audra Kowalczyk | 24 | Schenectady | 14:46:24 | 206 210 | Jeff Cornick | 38 38 | Ballston Spa | 15:09: 15:12: |
| | Bridgette Deeney | 19 | Wilmington | 15:41:15 | | Roman Lopez Matthew Rariden | 38 | Syracuse Schenectady | 15:12: |
| A | LE AGE GROUP: 25 - Daniel Szajta | 29 | Richmond, VA | 9:37:37 | | Steve Peters | 39 | Peru | 15:38: |
| | Kevin Long | 29 | Queensbury | 10:13:03 | | ALE AGE GROUP: 3 | | | . 5.50. |
| | Colin Delaney | 26 | Lake Placid | 10:15:36 | 1 | Jana Richtrova | 37 | Watertown, MA | 10:08: |
| | David Dallesandro | 29 | Rochester | 10:30:48 | 33 | Rebecca Evansky | 38 | Hudson Falls | 12:06: |
| | Sean Davis | 27 | Lake Placid | 10:46:31 | 40 | Kristin Mullally | 37 | Manlius | 12:21: |
|) | Miles Mischke | 25 | Nichols | 11:01:15 | 55 | Jennifer Ketchell | 37 | Au Sable Forks | 13:09: |
| | Thomas Garby | 28 | Warwick | 11:23:30 | 63 | Jade Mills | 38 | Syracuse | 13:22: |
| 3 | Joseph Currie | 29 | Lake Placid | 12:38:45 | 64 | Kristen Sutton | 35 | Ogdensburg | 13:28: |
| 3 | Jacob Painter | 28 | Keeseville | 12:53:37 | 69 74 | Hilda Meixueiro Erin Reep | 39 37 | Clifton Park Athens | 13:36: 13:48: |
| ļ ļ | Jace Dendor Russell Sullivan | 25 28 | Buffalo Buffalo | 12:58:42 13:15:25 | 77 | Jennifer Flanagan | 39 | Schenectady | 13:52: |
| 5 | Dylan Stufflebeam | 25 | Mechanicville | 13:19:03 | 79 | Kristin Kandiel | 37 | Mechanicville | 13:53: |
| 7 | Michael Morrow | 28 | Plattsburgh | 13:20:10 | 84 | Elizabeth Sweet | 38 | East Greenbush | 14:10: |
| 1 | Adrian Vanhall | 25 | Endicott | 14:02:15 | 89 | Jenny Debellis | 39 | Albany | 14:16: |
| 3 | Richard Valentine | 28 | Esopus | 15:15:38 | 90 | Karla Sommers | 37 | Lockport | 14:17: |
| IV | IALE AGE GROUP: 2 | | | | 100 | Lisa Rariden | 37 | Schenectady | 14:47: |
| | Kristen Doster | 27 | Bedford Hills | 10:37:18 | 107 | Jessica Desrosiers | 36 | Pennellville | 15:07: |
| | Megan Leubner | 29 | Skaneateles | 10:55:19 | 110 | Heather Lester | 36 | Arcade | 15:19: |
|) | Caitlin Skufca | 26 | Wilmington | 11:34:48 | 116 | Valerie Battelle Sara Buske | 39 38 | Oswego | 15:51: 16:00: |
| 3 | Kara Gorgos Moira Hilt | 29 25 | Binghamton Albany | 12:35:17 13:04:44 | | Kristen Szarek | 38 | Oswego Rome | 16:00. |
| , ļ | Kelsey Allen | 28 | Clifton Park | 13:38:34 | | Kim Kedenburg | 35 | Syracuse | 16:53: |
| 3 | Jenn Spitzer | 26 | Fairport | 13:52:51 | | LE AGE GROUP: 40 - | | -, | |
| | Abigail Copenhaver | 28 | Stanley | 14:04:42 | 1 | Sam Gyde | 42 | Destelbergen, BEL | 9:13: |
| ļ | Stephanie MacArthur | 29 | Greenwich | 14:24:37 | 8 | Jamie Hoyt | 41 | Binghamton | 10:08: |
| ļ | Tiffany Smith | 29 | Fulton | 16:13:07 | 26 | Daniel Johnson | 44 | Ithaca | 10:48: |
| A | LE AGE GROUP: 30 - | | | | 41 | Randall Howard | 43 | Rochester | 11:08: |
| | Clay Emge | 33 | Tyler, TX | 9:01:34 | 57 | Christopher Stoj | 40 | Buffalo | 11:29: |
| 1 | Jeff Dugan | 34 | Syracuse | 10:31:29 | 64 66 | Dan Crandell | 41 42 | Glenford Penfield | 11:33: |
| , | Matthew Winning Matthew Lensing | 34 32 | Cobleskill West Point | 10:55:56 10:57:52 | 87 | Joel Mcfarland Glenn Muckley | 42 | Rochester | 11:35: 12:00: |
| | Bob Halpin | 33 | Syracuse | 11:05:52 | 90 | Jamie Campbell | 42 | Oneida | 12:00: |
|) | Tom Emmerich | 30 | Watertown | 11:12:38 | 92 | Joe Rorick | 40 | Spencer | 12:04: |
| | Matthew Higgins | 31 | Liverpool | 11:15:48 | 105 | PJ Rakoski | 41 | Hamburg | 12:16: |
| | Michael Russo | 34 | Adams | 11:16:49 | | Chad Althiser | 41 | Manlius | 13:00: |
| | Tim Reed | 33 | Syracuse | 11:19:46 | 137 | Christopher Brown | 42 | Troy | 13:00: |
| | Arthur Sullivan | 31 | Sanborn | 11:22:53 | 139 | Toby Heath | 40 | Brewerton | 13:02: |
| 1 | Guy Bucey | 33 | Castleton-on-Hudson | 11:42:26 | 140 159 | Gerard Lavelle | 44 42 | Ballston Spa | 13:02: |
| ; | Jim Gazzale Ian McGrew | 30 30 | Troy Kingston | 11:55:53 12:13:36 | 163 | Christopher Nadelen Ethan Sasiela | 42 | Fairport Buffalo | 13:19: 13:25: |
| | Neal Norton Jr | 34 | Schenectady | 12:13:36 | | David Vallese | 41 | Rochester | 13:25: |
| , | Adam Clark | 31 | West Henrietta | 12:55:28 | 183 | | 44 | Troy | 13:47: |
| , | Brian Mulvey | 33 | Clifton Park | 13:04:27 | | Brian Sheen | 43 | Calcium | 14:05: |
| 3 | Philip Guerrant | 32 | Schenectady | 13:05:17 | 201 | Josh O'Neil | 43 | Albany | 14:07: |
| 1 | Gregory Baker | 34 | Fishkill | 13:07:47 | | Brian Rheude | 42 | Canandaigua | 14:26: |
| | Jeff Nutting | 32 | Fairport | 13:31:38 | 221 | Dillon Kircher | 42 | Albany | 14:43: |
| | James Seiter | 32 | Rexford | 14:30:28 | 224 | David Miranda | 44 | Baldwinsville | 14:48: |
| | Bruce Knickerbocker | 34 | Poughkeepsie | 14:45:12 | 227 | | 43 44 | Liverpool Eairport | 14:51: |
| 19 | Richard Tamburrino Nathan Bureau | 33 34 | Pleasant Valley Pulaski | 14:45:14 14:45:18 | | Dave Garritano Matt Nafus | 44 | Fairport Schenectady | 15:24: 15:26: |
| | Scott Lewis | 33 | Syracuse | 15:32:09 | | Greg Butryn | 40 | Middletown | 15:26. |
| | Zachary Boivin | 31 | Castleton-on-Hudson | 15:34:19 | 259 | David Desmonie | 43 | Valatie | 15:52: |
| 1 | IALE AGE GROUP: 3 | | | | 262 | Craig Proietti | 40 | Syracuse | 15:58: |
| | Christina Lauer | 33 | Indianapolis, IN | 10:40:29 | 266 | Daniel Murch | 43 | Corning | 16:07: |
| | Rachel Waller | 31 | Burnt Hills | 11:43:34 | | Todd Balog | 41 | Saratoga Springs | 16:26: |
| IV | | 30 | Manlius | 11:59:03 | | Stephen Poppe | 40 | Cicero | 16:35: |
| | Emily Zipprich | | | 12.12.20 | 277 | Colin Massulik | 43 | Liverpool | 16:37: |
| | Emily Zipprich Jenna Bernhardt | 32 | Albany | 13:12:29 | | | | | 10.57. |
| | Emily Zipprich Jenna Bernhardt Jamie Dougherty | 32 32 | Rochester | 13:22:14 | FEM | ALE AGE GROUP: 4 | 0 - 4 | 4 | |
|) | Emily Zipprich Jenna Bernhardt Jamie Dougherty Daria Bakina | 32 32 32 | Rochester Syracuse | 13:22:14 13:31:08 | FEN 1 | ALE AGE GROUP: 4 Alison Davies | 0 - 4 42 | Toronto, ON | 10:41: |
| | Emily Zipprich Jenna Bernhardt Jamie Dougherty | 32 32 | Rochester | 13:22:14 | FEM | ALE AGE GROUP: 4 | 0 - 4 | 4 | |

| 39 Becky Rheude 42 43 Mollie Hutton 40 46 Kristin Klodzen 42 54 Kristen Mucitelli-Heath 41 | H ANNUAL | IRONMAN | LA | KE PLACID | on | tinued | |
|--|---|---|---|--|--|--|---|
| 43 Mollie Hutton 40 46 Kristin Klodzen 42 | | 13:06:25 | | Angelo Carrasquillo | 52 | Poughquag | 13:20:2 |
| 46 Kristin Klodzen 42 | Lockport | 13:16:11 | 119 | Brian Donohue | 50 | Queensbury | 13:24:0 |
| | Camillus | 13:30:29 | | Timothy Dodge | 52 | Baldwinsville | 13:24:0 |
| | Brewerton | 13:43:33 | 144 | Kenneth Lane | 52 | Castleton-on-Hudson | 13:43:3 |
| 57 Kara Bisaccia 43 | New Hartford | 13:57:58 | 147 | Jeffrey Hetrick | 51 | Amsterdam | 13:48:1 |
| 60 Coraline Falco 40 | Syracuse | 14:03:33 | | , | | Clifton Park | |
| 63 Laura Bond 40 | Oswego | 14:13:59 | 167 | Juan Rivelo | 54 | | 14:17:3 |
| 64 Melissa Gruver-Lapolt 44 | | 14:14:20 | | Mike Sciore | 53 | Syracuse | 14:29:4 |
| 69 Marie Arnold 42 | Rhinebeck | 14:36:39 | | Andrew Cunningham | | LaFayette | 14:30:1 |
| 75 Jessica Cronin 42 | Hudson Falls | 14:58:03 | | Andrew Heck | 51 | Amsterdam | 14:50:1 |
| 76 Jenny Pfaffenbach-Hicks | | 14:58:29 | 183 | Robert Woods | 53 | Liberty | 14:53:3 |
| 83 Veronica Byers 40 | Lake Placid | 15:07:28 | | John Reinholz | 52 | Orchard Park | 14:55:4 |
| 87 Jennifer Kazmierczak 44 | Keene Valley | 15:18:40 | 192 | Eric Vanzandt | 51 | Athens | 15:13:5 |
| | | | 197 | Daniel DeGennaro | 52 | Waterford | 15:19:0 |
| | | 15:25:16 | 198 | Patrick Walsh | 51 | East Amherst | 15:26:0 |
| 101 Jennifer Bloss 41 | Oneida | 16:12:03 | 205 | Jeff Casillo | 50 | Arcade | 15:41:4 |
| 103 Joan Anderson 43 | Schenectady | 16:24:09 | 206 | Joseph Muczynski | 54 | Rochester | 15:43:3 |
| 106 Ellen Sheen 44 | Calcium | 16:26:16 | 211 | David Lucht | 50 | Potsdam | 15:51:0 |
| 107 Amy Balog 41 | Saratoga Springs | 16:26:18 | | Richard Fess | 52 | Fayetteville | 16:31:4 |
| 108 Heather Moses 43 | Syracuse | 16:27:05 | | Anthony Crasa | 50 | Goshen | 16:33:3 |
| 111 Stephanie Sherwood 41 | Calcium | 16:33:12 | | ALE AGE GROUP: 5 | | | 10.55 |
| MALE AGE GROUP: 45 - 49 | | | 1 | Line Ste-Marie | 52 52 | | 11.72.5 |
| Mitch West 47 | Wilton, CT | 9:51:35 | | | | Dollard-des-Ormeaux, QC | |
| 22 Ofer Leshed 46 | Ithaca | 11:07:20 | 7 | Cassie Winter | 50 | Taberg | 12:23:2 |
| 34 Michael Robertson 45 | Clifton Park | 11:23:01 | 8 | Lynn Cunningham | 52 | LaFayette | 12:36:1 |
| 16 Anthony Hay 47 | Ithaca | 11:44:15 | 19 | Sharon Winiewicz | 54 | Elma | 13:35:3 |
| 73 Fernando Vargas de la Ros | sa 46 Inlet | 12:21:03 | 20 | Kimberly Burton | 54 | Liverpool | 13:47:2 |
| 34 Gary Hammond 49 | | 12:34:12 | 31 | Kerry Miller | 53 | Catskill | 14:35:1 |
| 37 Brian Dillenbeck 47 | Alplaus | 12:36:22 | 32 | Rachael Angelini | 52 | Rensselaer | 14:45:1 |
| 95 Robert Vandevelde 48 | East Amherst | 12:42:48 | 34 | Patricia Bennett | 52 | Syracuse | 14:52:3 |
| 96 James Simko 47 | Jordan | 12:45:15 | 38 | Ann Cunningham | 50 | Delmar | 15:11: |
| 11 Peter Arquette 49 | Victor | 12:45:15 | 49 | Cindi Byrne | 52 | Liverpool | 15:32: |
| | | | 52 | Varinya Sheppard | 54 | | |
| 15 Joseph Bartlett 46 24 Fric Martin 48 | | 13:01:48 | | | | New Hartford | 15:44: |
| | Goshen | 13:11:48 | 53 | Gabriella Rood | 53 | Scottsville | 15:46:2 |
| 26 James Hall 49 | Buffalo | 13:12:30 | 56 | Diane Timms | 52 | Victor | 15:55: |
| 29 Richard Szczesniak 45 | - | 13:16:24 | 63 | Denise Salmons | 53 | Lockport | 16:26:2 |
| 139 Rowan Prior 45 | Cazenovia | 13:24:37 | 66 | Kathy Ward | 52 | Camden | 16:32:4 |
| 60 Andrew Spiridigloizzi 48 | | 13:39:40 | 69 | Sandi Vigliotti | 50 | Brewerton | 16:50: |
| 70 Alan Lonsberry 48 | Silver Springs | 13:53:22 | 70 | Donna Griffith | 54 | Latham | 16:51:0 |
| 95 Christopher Sanzo 49 | Allegany | 14:25:10 | MAL | E AGE GROUP: 55 - | 59 | | |
| 96 Thomas Lawson 48 | Cazenovia | 14:25:16 | 1 | Peter Buehlow | 57 | Bright, ON | 10:28:2 |
| 197 Dennis Gleason 47 | East Durham | 14:25:49 | 2 | Peter Lautenslager | 56 | Victor | 10:34:3 |
| 203 Mike Gee 47 | Cicero | 14:30:21 | 11 | | 59 | Greenwich | |
| 05 Craig Weidman 47 | Selkirk | 14:33:15 | | John Kenny | | | 12:12: |
| 206 Gary Ethier 49 | Cohoes | 14:34:01 | 20 | Lars Liebmann | 55 | Mechanicville | 12:37:4 |
| 215 Kevin Connelly 47 | Chester | 14:37:42 | 47 | Sean Tonzi | 57 | Skaneateles | 13:37:0 |
| | | | 49 | Tom Toole | 55 | Ogdensburg | 13:41:0 |
| | Ballston Spa | 14:48:36 | 51 | Terry Spooner | 55 | Mechanicville | 13:42:2 |
| 232 Kevin King 46 | Queensbury | 15:00:46 | 57 | Daniel Giblin | 55 | Rochester | 13:55:2 |
| 235 Ed Hamilton 49 | Kinderhook | 15:07:01 | 67 | David Murad | 57 | Utica | 14:19: |
| :36 Brett Balzer 46 | Saratoga Springs | 15:07:06 | 76 | Brian Wiersma | 58 | Schenectady | 14:32: |
| .46 Jim Brown 49 | Greenwich | 15:20:36 | 82 | David Marchetti | 57 | Burnt Hills | 14:54: |
| 254 Peter Sichak III 47 | Spencerport | 15:33:54 | 83 | | 56 | | |
| 62 Jonathan Sherwood 49 | Rochester | 15:58:29 | | Daniel Kinney | | Freeville | 15:01:4 |
| 65 Christopher Moore 48 | Springwater | 15:59:48 | 84 | Michael Robinson | 55 | Queensbury | 15:04: |
| | Clifton Park | 16:02:31 | 104 | Steven Kimble | 55 | Corning | 15:50: |
| 76 Mike Guenther 48 | Binghamton | 16:20:25 | 107 | Larry Raike | 57 | Ballston Spa | 16:00: |
| EMALE AGE GROUP: 45 - 4 | | | 113 | Richard Donnelly | 55 | Tuxedo Park | 16:25: |
| Becky Paige 46 | | 10:44:57 | 116 | Christopher Marks | 55 | Mendon | 16:34: |
| 0 Karen Dunford 45 | Nedrow | 12:46:29 | 117 | Bill Thompson | 57 | Saugerties | 16:40: |
| | | 13:03:12 | | John Schwarz | 56 | Albany | 16:41: |
| 8 Marty Osterhaudt 46 | | | | ALE AGE GROUP: 5 | | | 10.41. |
| 12 Iolono Casatalli 12 | New Hartford | 13:16:19 | | | | | 11-15- |
| | Cazenovia | 13:32:34 | 1 | lina Kader | 55 | Montreal, QC | 11:15: |
| 39 Heather Ketcham 45 | Whitehall | 13:42:22 | 16 | Alicia Chase | 58 | Cadyville | 14:16:0 |
| Heather Ketcham 45 Dina St. Claire 49 | | | | | | Schenectady | |
| 9 Heather Ketcham 45 0 Dina St. Claire 49 2 Wendie Bishop 48 | Morrisonville | 13:45:42 | 22 | Andrea Rowe | 57 | | |
| 9 Heather Ketcham 45 0 Dina St. Claire 49 2 Wendie Bishop 48 5 Christine Giess 49 | Morrisonville Victor | 13:59:17 | 22 25 | Beverly Whalen | 59 | Millbrook | 15:10: |
| 9 Heather Ketcham 45 0 Dina St. Claire 49 2 Wendie Bishop 48 5 Christine Giess 49 8 Stacey Lautenslager 49 | Morrisonville Victor Victor | 13:59:17 14:01:03 | 22 25 27 | Beverly Whalen Ann Marie Faughnan | 59 56 | Binghamton | 15:10: 15:24: |
| 9 Heather Ketcham 45 0 Dina St. Claire 49 2 Wendie Bishop 48 5 Christine Giess 49 8 Stacey Lautenslager 49 0 Julie Cuneo 45 | Morrisonville Victor Victor Saratoga Springs | 13:59:17 14:01:03 14:03:28 | 22 25 | Beverly Whalen | 59 | | 15:10: 15:24: |
| 9 Heather Ketcham 45 0 Dina St. Claire 49 2 Wendie Bishop 48 5 Christine Giess 49 8 Stacey Lautenslager 49 0 Julie Cuneo 45 9 Molly Whittaker 45 | Morrisonville Victor Victor Saratoga Springs Northville | 13:59:17 14:01:03 14:03:28 14:30:33 | 22 25 27 | Beverly Whalen Ann Marie Faughnan | 59 56 | Binghamton | 15:10: 15:24: 15:48: |
| 19 Heather Ketcham 45 10 Dina St. Claire 49 10 Wendie Bishop 48 10 Christine Giess 48 10 Christine Giess 49 10 Julie Cuneo 45 10 Molly Whittaker 45 | Morrisonville Victor Victor Saratoga Springs Northville | 13:59:17 14:01:03 14:03:28 | 22 25 27 31 | Beverly Whalen Ann Marie Faughnan Deborah Curtis | 59 56 57 | Binghamton Greenfield Center | 15:10:3 15:24:2 15:48:4 16:09:0 |
| 9 Heather Ketcham 45 0 Dina St. Claire 49 2 Wendie Bishop 48 5 Christine Giess 49 8 Stacey Lautenslager 49 0 Julie Cuneo 45 9 Molly Whittaker 45 10 Debbie O'Connor 49 | Morrisonville Victor Victor Saratoga Springs Northville Cicero | 13:59:17 14:01:03 14:03:28 14:30:33 | 22 25 27 31 37 39 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok | 59 56 57 57 55 | Binghamton Greenfield Center Watertown | 15:10:: 15:24:: 15:48: 16:09: |
| 19 Heather Ketcham 45 30 Dina St. Claire 49 2 Wendie Bishop 48 55 Christine Giess 49 68 Stacey Lautenslager 49 50 Julie Cuneo 45 60 Molly Whittaker 45 71 Debbie O'Connor 49 79 Patricia Gutchess 45 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 | 22 25 27 31 37 39 MAI | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok LE AGE GROUP: 60 - | 59 56 57 57 55 64 | Binghamton Greenfield Center Watertown Cleveland | 15:10:2 15:24:2 15:48:4 16:09:0 16:38:2 |
| 9 Heather Ketcham 45 10 Dina St. Claire 49 2 Wendie Bishop 48 5 Christine Giess 49 8 Stacey Lautenslager 49 10 Julie Cuneo 45 10 Debbie O'Connor 49 10 Patricia Gutches 45 11 Bridget Baumer 45 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 | 22 25 27 31 37 39 MAI 1 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok LE AGE GROUP: 60 - Bernard Vallee | 59 56 57 57 55 64 60 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC | 15:10: 15:24: 15:48:4 16:09:0 16:38: |
| 99 Heather Ketcham 45 00 Dina St. Claire 49 2 Wendie Bishop 48 5 Christine Giess 49 8 Stacey Lautenslager 49 9 Molly Whittaker 45 10 Debbie O'Connor 49 Patricia Gutchess 45 18 Bridget Baumer 45 Colleen Dolan-Vanzandt47 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 | 22 25 27 31 37 39 MAI 1 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok .E AGE GROUP: 60 - Bernard Vallee Michael Parker | 59 56 57 57 55 64 60 61 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles | 15:10: 15:24: 15:48:4 16:09:0 16:38: 11:12: 11:40: |
| 19 Heather Ketcham 45 30 Dina St. Claire 49 20 Wendie Bishop 48 55 Christine Giess 49 38 Stacey Lautenslager 49 30 Julie Cuneo 45 39 Molly Whittaker 45 10 Debbie O'Connor 49 29 Patricia Gutchess 45 31 Tolleen Dolan-Vanzandt47 32 Colleen Dolan-Vanzandt47 33 Lauren Mcindoo 47 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 | 22 25 27 31 37 39 MAI 1 4 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E. AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins | 59 56 57 57 55 64 60 61 60 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville | 15:10:3 15:24:2 15:48:4 16:09:0 16:38:2 11:12:1 11:40:5 12:32:4 |
| 9 Heather Ketcham 45 10 Dina St. Claire 49 2 Wendie Bishop 48 5 Christine Giess 49 8 Stacey Lautenslager 49 9 Julie Cuneo 45 10 Debbie O'Connor 49 10 Patricia Gutchess 45 11 Bridget Baumer 45 13 Colleen Dolan-Vanzandt47 5 Lauren Mcindoo 47 18 Jacquelyn Bentley 49 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 | 22 25 27 31 37 39 MAI 1 4 13 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter | 59 56 57 57 55 64 60 61 60 62 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester | 15:10:: 15:24:: 15:48:: 16:09:: 16:38:: 11:12: 11:40:: 12:32:: 12:49:: |
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| 19 Heather Ketcham 45 30 Dina St. Claire 49 2 Wendie Bishop 48 55 Christine Giess 49 48 Stacey Lautenslager 49 49 Julie Cuneo 45 50 Molly Whittaker 45 61 Debbie O'Connor 49 79 Patricia Gutchess 45 18 Bidget Baumer 45 13 Colleen Dolan-Vanzandt47 15 Lauren Mcindoo 47 48 Jacquelyn Bentley 49 9 Amanda Dilella 46 9 Amanda Dilella 46 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E. AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking | 59 56 57 57 55 64 60 61 60 62 60 60 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid | 15:10: 15:24: 15:48: 16:09: 16:38: 11:12: 11:40: 12:32: 12:49: 12:55: 13:15: |
| Heather Ketcham 45 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E. AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney | 59 56 57 57 55 64 60 61 60 62 60 60 62 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid | 15:10:: 15:24:2 15:48:4 16:09:0 16:38:2 11:12:: 11:40:! 12:32:4 12:49:1 12:55:0 13:15:: 14:00:! |
| 99 Heather Ketcham 45 00 Dinia St. Claire 49 01 Wendie Bishop 48 55 Christine Giess 49 8 Stacey Lautenslager 49 90 Julie Cuneo 45 19 Pebbie O'Connor 49 10 Debbie O'Connor 49 11 Debbie O'Connor 49 12 Patricia Gutchess 45 13 Colleen Dolan-Vanzandt47 14 Lauren Mcindoo 47 15 Lauren Mcindoo 47 16 Jacquelyn Bentley 49 17 Amanda Dilella 46 18 Bonnie Mace 49 19 Christine Brown 45 10 Christine Brown 45 10 Christine Brown 45 10 Christine Brown 45 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis 5 48 Hornell | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 | Beverly Whalen Ann Marie Faughan Deborah Curtis Denise Burleigh Judy Bablok Er AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev | 59 56 57 57 55 64 60 61 60 62 60 62 60 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam | 15:10: 15:24: 15:48: 16:09: 16:38: 11:12: 11:40: 12:32: 12:49: 12:55: 13:15: 14:00: 14:14: |
| Heather Ketcham | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis 48 Hornell Claverack | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E. AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney | 59 56 57 57 55 64 60 61 60 62 60 60 62 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid | 15:10:: 15:24:: 15:48:4 16:09:0 16:38:: 11:12: 11:40:! 12:32:4 12:55:0 13:15:: 14:00:! 14:14:! |
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| Heather Ketcham 45 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E. AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price | 59 56 57 57 55 64 60 61 60 62 60 60 62 60 61 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca | 15:10:2 15:24:2 15:48:4 16:09:0 16:38:2 11:12:1 11:40:5 12:32:4 12:49:3 12:55:0 13:15:3 14:00:5 14:14:5 15:19:5 |
| 19 Heather Ketcham 45 30 Dina St. Claire 49 20 Wendie Bishop 48 55 Christine Giess 49 58 Stacey Lautenslager 49 59 Molly Whittaker 45 60 Julie Cuneo 45 61 Debbie O'Connor 49 70 Harticia Gutchess 45 81 Bridget Baumer 45 83 Colleen Dolan-Vanzandt47 84 Jacquelyn Bentley 49 94 Amanda Dilella 46 93 Bonnie Mace 49 90 Christine Brown 40 00 Christine Brown 45 14 Tracyalison Ruggiero 45 15 Renee Sossong-Brady 45 MALE AGE GROUP: 50 54 David Burger 50 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis 48 Hornell Claverack Lockport Pennellville | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 | Beverly Whalen Ann Marie Faughan Deborah Curtis Denise Burleigh Judy Bablok Er AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt | 59 56 57 57 55 64 60 62 60 60 62 60 61 64 61 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherry Valley Albany | 15:10:: 15:24:2 15:48:4 16:09:0 16:38:2 11:12: 11:40:! 12:32:4 12:55:0 13:15:: 14:00:! 14:14:! 14:20:: 15:19:! 16:30: |
| Heather Ketcham 45 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis 5 48 Hornell Claverack Lockport Pennellville Skaneateles | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 64 61 60 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherry Valley Albany Latham | 15:01:5 15:10:3 15:24:2 15:48:4 16:09:2 16:38:2 11:12:7 11:40:5 12:32:4 12:49:3 12:55:0 13:15:3 14:00:5 14:14:5 16:30:1 16:51:0 |
| Heather Ketcham 45 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport Pennellville Skaneateles Derby | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E. AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 0 62 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Lake Placid Hhaca Cherry Valley Albany Latham | 15:10:3 15:24:2 15:48:4 16:09:0 16:38:2 11:12:1 11:40:5 12:32:4 12:55:0 13:15:3 14:00:5 14:14:5 14:20:3 16:51:0 |
| Heather Ketcham 45 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport Pennellville Skaneateles Derby | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 | Beverly Whalen Ann Marie Faughan Deborah Curtis Denise Burleigh Judy Bablok Er AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Macleod | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 0 -6 60 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherry Valley Albany Latham | 15:10:: 15:24:2 15:48:4 16:09:0 16:38:2 11:12:: 11:40:! 12:32:4 12:55:0 13:15:: 14:00:! 14:14:1 14:20:: 15:19:! 16:30:: 16:51:0 |
| 19 Heather Ketcham 45 30 Dina St. Claire 49 20 Wendie Bishop 48 55 Christine Giess 49 58 Stacey Lautenslager 49 59 Molly Whittaker 45 69 Patricia Gutchess 45 61 Bridget Baumer 45 51 Bridget Baumer 45 52 Colleen Dolan-Vanzandt47 53 Lauren Mcindoo 47 69 Amanda Dilella 46 60 Christine Brown 49 60 Christine Brown 45 60 Kathleen Labarron-Roberts 45 7 Renee Sosson-Brady 45 8 Renee Sosson-Brady 45 8 Male Group: 50 54 David Burger 50 10 John Longtin 52 9 David Melohusky 54 7 Sect Seas 50 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 MAI | Beverly Whalen Ann Marie Faughan Deborah Curtis Denise Burleigh Judy Bablok E AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Macleod Le AGE GROUP: 65 - | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 0 - 6 60 6 - 6 60 6 - 6 60 6 - 6 60 6 - 6 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherny Valley Albany Latham Windsor, ON | 15:10:: 15:24:: 15:48:: 16:09:0 16:38:: 11:12:: 11:40:! 12:32:: 12:55:0 13:15:: 14:00:! 14:14:! 16:30:: 16:51:0 11:50:: |
| Heather Ketcham 45 | Morrisonville Victor Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 | Beverly Whalen Ann Marie Faughan Deborah Curtis Denise Burleigh Judy Bablok Er AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Macleod | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 0 - 6 60 6 - 6 60 60 61 60 60 61 60 60 61 60 60 60 61 60 60 60 60 60 60 60 60 60 60 60 60 60 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Lake Placid Lake Placid Lake Placid Windsor, ON Greenwich, CT | 15:10:: 15:24:: 15:48:: 16:09:0 16:38:: 11:12:: 11:40:! 12:32:: 12:55:0 13:15:: 14:00:! 14:14:! 16:30:: 16:51:0 11:50:: |
| Heather Ketcham | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park Endicott | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 11:44:56 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 MAI | Beverly Whalen Ann Marie Faughan Deborah Curtis Denise Burleigh Judy Bablok E AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Macleod Le AGE GROUP: 65 - | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 0 - 6 60 6 - 6 60 6 - 6 60 6 - 6 60 6 - 6 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherny Valley Albany Latham Windsor, ON | 15:10:24:15:24:15:24:15:24:15:24:15:24:16:09:16:38:25:16:38:25:16:38:25:25:25:25:25:25:25:25:25:25:25:25:25: |
| Heather Ketcham | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park Earsville | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 11:44:56 11:51:17 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 MAI 1 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Madeod E AGE GROUP: 65 - Bruce Cook | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 0 - 6 60 61 60 62 60 61 60 61 60 61 60 61 60 61 60 61 60 61 60 61 60 61 60 61 61 61 61 61 61 61 61 61 61 61 61 61 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherry Valley Albany Latham Windsor, ON Greenwich, CT Greenville | 15:10: 15:24: 15:48: 16:09: 16:38: 11:12: 11:40: 12:32: 12:49: 12:55: 14:00: 14:14: 14:20: 15:19: 16:30: 16:51: 11:50: |
| Heather Ketcham | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park Endicott Bearsville Akron | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 11:44:56 11:51:17 12:00:04 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 MAI 1 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E. AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Macleod E. AGE GROUP: 65 - Bruce Cook David Dietrich | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 0 - 6 60 61 60 62 60 61 60 61 60 61 60 61 60 61 60 61 60 61 60 61 60 61 60 61 61 61 61 61 61 61 61 61 61 61 61 61 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherry Valley Albany Latham Windsor, ON Greenwich, CT Greenville | 15:10::15:24::15:24::15:24::15:24::16:09::16:38::16:09::16:38::11:12::11:140::12:32:49::12:35::13::15::14:00::14:14::14::20::15::19::16:51::15:19::16:51::15:19::16:51::11:50::11:144:26::11:50::11:144:26::11:50::11:44::11:50::11:44::11:44::11:50::11:44::11:11 |
| Heather Ketcham | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis 5 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park Endicott Bearsville Akron Central Square | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 11:44:56 11:51:17 12:00:04 12:01:34 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 MAI 1 1 1 2 12 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 6: Bruce Cook David Dietrich ALE AGE GROUP: 6: ALE AGE GROUP: 6: ALE AGE GROUP: 6: Mary Houbolt | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 0 - 6 60 6 9 65 66 5 - 6 67 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid | 15:10::15:24::15:24::15:24::15:24::16:09::16:38::16:09::16:38::11:12::11:140::12:32:49::12:35::13::15::14:00::14:14::14::20::15::19::16:51::15:19::16:51::15:19::16:51::11:50::11:144:26::11:50::11:144:26::11:50::11:44::11:50::11:44::11:44::11:50::11:44::11:11 |
| 19 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park Endicott Bearsville Akron Central Square Canastota | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 11:44:56 11:51:17 12:00:04 12:01:34 12:12:54 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 27 29 38 48 1 MAI 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 65 - Bruce Cook David Dietrich ALE AGE GROUP: 65 Mary Houbolt LE AGE GROUP: 67 Mary Houbolt LE AGE GROUP: 67 Mary Houbolt LE AGE GROUP: 70 - | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 65 65 65 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherry Valley Albany Latham Windsor, ON Greenwich, CT Greenville Plymouth, MA | 15:10:: 15:24:: 16:09:0: 16:38:: 11:12: 11:40:0: 12:52: 12:49: 12:55: 14:00: 14:14: 14:20: 16:51: 11:50: 11:50: 11:44: 16:26: 13:46: |
| Heather Ketcham | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park Endicott Bearsville Akron Central Square Canastota Victor | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 11:44:56 11:51:17 12:00:04 12:01:34 12:12:54 12:19:51 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 12 FEM 1 1 1 1 1 | Beverly Whalen Ann Marie Faughan Deborah Curtis Denise Burleigh Judy Bablok E AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Macleod E AGE GROUP: 65 Bruce Cook David Dietrich ALE AGE GROUP: 66 Mary Houbolt E AGE GROUP: 70 - Robert Tebo | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 69 65 66 5 67 74 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherry Valley Albany Latham 4 Windsor, ON Greenwich, CT Greenville Plymouth, MA Tupper Lake | 15:10:: 15:24:: 16:09:0: 16:38:: 11:12: 11:40:0: 12:52: 12:49: 12:55: 14:00: 14:14: 14:20: 16:51: 11:50: 11:50: 11:44: 16:26: 13:46: |
| Heather Ketcham | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis 5 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park Endicott Bearsville Akron Central Square Canastota Victor Lake George | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 11:44:56 11:51:17 12:00:04 12:01:34 12:12:54 12:19:51 12:21:02 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 12 FEM 1 MAI 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | Beverly Whalen Ann Marie Faughan Deborah Curtis Denise Burleigh Judy Bablok E- AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Macleod E- AGE GROUP: 65 - Bruce Cook David Dietrich ALE AGE GROUP: 65 Mary Houbolt E- AGE GROUP: 70 - Robert Tebo ALE AGE GROUP: 70 | 59 56 57 57 55 64 60 60 62 60 60 62 60 61 64 61 60 69 65 69 65 67 74 70 0 - 76 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Lake Placid Lake Placid Lake Placid Windsor, ON Greenwich, CT Greenwich, CT Greenwille J Plymouth, MA Tupper Lake | 15:10:2 15:242:4 16:09:0 16:38:2 11:12:7 11:40:9 12:32:4 12:43:2 12:43:2 14:100:9 14:14:2 15:19:1 16:30:0 11:44:2 11:50:2 11:44:2 11:50:2 11:44:2 11:4 11:4 |
| 19 | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park Endicott Bearsville Akron Central Square Canastota Victor Lake George New Hartford | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 11:44:56 11:51:17 12:00:04 12:01:34 12:12:54 12:19:51 12:21:02 12:36:51 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 1 1 1 MAI 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | Beverly Whalen Ann Marie Faughnan Deborah Curtis Denise Burleigh Judy Bablok E AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Macleod E AGE GROUP: 65 Bruce Cook David Dietrich Mary Houbolt E AGE GROUP: 70 Robert Tebo ALE AGE GROUP: 71 Christine McKnight | 59 56 57 57 55 64 60 60 62 60 60 62 60 61 64 61 60 69 65 65 67 74 70 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherry Valley Albany Latham 4 Windsor, ON Greenwich, CT Greenville Plymouth, MA Tupper Lake | 15:10:2 15:24:2 16:09:0 16:38:2 11:12:7 11:40:9 12:55:2 12:49:3 14:14:3 14:20:3 14:14:3 16:26:2 11:54:2 11:50:2 11:44:3 16:26:2 13:46:1 |
| Heather Ketcham | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park Endicott Bearsville Akron Central Square Canastota Victor Lake George New Hartford Wynantskill | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 11:44:56 11:51:17 12:00:04 12:01:34 12:12:54 12:19:51 12:21:02 12:36:51 13:03:10 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 12 FEM 1 1 MAI 1 1 MAI 1 | Beverly Whalen Ann Marie Faughan Deborah Curtis Denise Burleigh Judy Bablok E- AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Macleod E- AGE GROUP: 65 Bruce Cook David Detrich ALE AGE GROUP: 70 Robert Tebo ALE AGE GROUP: 70 Robert Tebo ALE AGE GROUP: 75 ROBER GROUP: 75 Christine McKnight E- AGE GROUP: 77 Christine McMight E- AGE GROUP: 77 Christine Mc | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 62 60 67 74 70 79 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Amsterdam Ithaca Cherry Valley Albany Latham Windsor, ON Greenwich, CT Greenville Plymouth, MA Tupper Lake Gansevoort | 15:10:2 15:24:3 16:09:0 16:38:2 11:12:1 11:40:1 11:40:1 11:40:1 12:32:2 12:49:2 12:49:2 12:49:2 12:49:2 12:49:2 12:49:2 13:15:3 14:10:2 15:19:9 16:30:1 16:30:1 11:50:3 11:44:1 16:26:2 13:46:1 12:56:0 16:16:3 |
| Heather Ketcham | Morrisonville Victor Victor Saratoga Springs Northville Cicero Skaneateles Buffalo 7 Athens Liverpool Wilmington Holley Fairport Memphis s 48 Hornell Claverack Lockport Pennellville Skaneateles Derby Clay Averill Park Endicott Bearsville Akron Central Square Canastota Victor Lake George New Hartford | 13:59:17 14:01:03 14:03:28 14:30:33 14:33:39 14:53:28 15:02:23 15:11:21 15:30:49 15:37:55 15:41:08 15:50:50 16:15:15 16:18:09 16:56:20 16:57:01 9:49:47 10:42:48 11:18:37 11:29:24 11:39:36 11:44:56 11:51:17 12:00:04 12:01:34 12:12:54 12:19:51 12:21:02 12:36:51 | 22 25 27 31 37 39 MAI 1 4 13 14 16 18 24 27 29 38 48 52 FEM 1 1 1 1 MAI 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | Beverly Whalen Ann Marie Faughan Deborah Curtis Denise Burleigh Judy Bablok E- AGE GROUP: 60 - Bernard Vallee Michael Parker David Goins Rod Potter Jeremy Haefner Kirk Fasking Brian Delaney Vadim Obertyshev David Price Dominic Coppolo Lee Hilt Mark Marshall ALE AGE GROUP: 61 Jane Macleod Le AGE GROUP: 65 Bruce Cook David Dietrich ALE AGE GROUP: 70 ALE AGE GROUP: 70 Christine McKnight E- AGE GROUP: 75 Christine McKnight E- AGE GROUP: 75 Milos Kostic Milos Kostic | 59 56 57 57 55 64 60 61 60 62 60 61 64 61 60 0 - 66 65 65 67 74 70 79 | Binghamton Greenfield Center Watertown Cleveland Nicolet, QC Skaneateles Dansville Rochester Rochester Lake Placid Lake Placid Lake Placid Lake Placid Lake Placid Windsor, ON Greenwich, CT Greenwich, CT Greenwille J Plymouth, MA Tupper Lake | 15:10:2 15:242:4 16:09:0 16:38:2 11:12:7 11:40:9 12:32:4 12:43:2 12:43:2 14:100:9 14:14:2 15:19:1 16:30:0 11:44:2 11:50:2 11:44:2 11:50:2 11:44:2 11:4 11:4 |

| 17TH ANNUAL | PINE BUSH TRIATHLON | |
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| | Albany to Guilderland VMCA | Guildarland |

| July 23, 20 | 7/• K | kensselaer La | ke, Albai | ny t | o Guilderland YN | ΛCA, | Guilderland | |
|------------------------|---------|--------------------|-----------|------|-------------------------------------|-------------------|----------------------------|----------------------|
| 325-YARD SWIM, 11 | .5-MILE | BIKE, 3.25-MILE R | UN | M | ALE AGE GROUP: 30 - 3 | 34 | | |
| MALE OVERALL | | | | 1 | Charlie Gauthier | 31 | Niskayuna | 1:04:08 |
| 1 Michael Cooley | 37 | Delmar | 54:39 | 2 | Blake Wynia | 34 | Delmar | 1:10:01 |
| 2 Matthew Crave | 40 | Schenectady | 58:16 | 3 | Joshua Halse | 32 | Watervliet | 1:13:45 |
| 3 Donald Guest | 22 | Saranac Lake | 58:39 | FE | MALE AGE GROUP: 30 | - 34 | | |
| FEMALE OVERALL | | | | 1 | Susy Garcia-Romero | 34 | Rensselaer | 1:13:35 |
| 1 Jodi Plante | 43 | Saratoga Springs | 1:09:47 | 2 | Katharine Neer | 30 | Saratoga Springs | 1:20:29 |
| 2 Evan Kujawski | 39 | Albany | 1:10:45 | 3 | Jackie Scovello | 34 | Albany | 1:22:02 |
| 3 Tracey Delaney | 52 | Queensbury | 1:11:11 | M | ALE AGE GROUP: 35 - 3 | | | |
| MALE AGE GROUP: 1 - 1 | 4 | . , | | 1 | Dan Cummings | 36 | Westfield, NJ | 59:20 |
| 1 Bryce Henkel | 14 | Voorheesville | 1:07:54 | 2 | Hank Tripp | 38 | Glenmont | 1:04:32 |
| MALÉ AGE GROUP: 15 - | 19 | | | 3 | Bradley Fischer | 37 | Saratoga Springs | 1:07:37 |
| 1 Jack Huber | 16 | Delmar | 1:03:24 | FE | MALE AGE GROUP: 35 | | | |
| 2 Colin Leonard | 16 | Slingerlands | 1:04:47 | 1 | Melissa Kalvestrand | 38 | Ballston Spa | 1:19:01 |
| 3 Benjamin Drzymala | 16 | Altamont | 1:07:58 | 2 | Colleen Zeliph | 36 | Voorheesville | 1:20:46 |
| FEMALE AGE GROUP: 15 | - 19 | | | 3 | Marta Dauphinee | 39 | Glenville | 1:21:23 |
| 1 Alexis Anagnstpulos | 15 | | 1:15:07 | M | ALE AGE GROUP: 40 - 4 | | Dalara | 1.02.20 |
| 2 Jordyn Sommo | 17 | Guilderland | 1:15:58 | 1 | Daniel Murphy | 42 | Delmar | 1:02:38 |
| 3 Adina Klingerman | 15 | Albany | 1:35:18 | 2 | Hamish Kerr | 44 | Schenectady | 1:08:32 |
| MALE AGE GROUP: 20 - | 24 | , | | _ | Jonathan Demers MALE AGE GROUP: 40 | 41 | Queensbury | 1:09:52 |
| 1 John Battistelli | 24 | Dix Hills | 59:21 | 1 | Nicole Smith | - 44 43 | Carataga Carings | 1:19:37 |
| 2 Jonathon Feil | 20 | Schenectady | 1:05:13 | 2 | Alicia Beeman | 40 | Saratoga Springs Albany | 1:21:14 |
| 3 Alex White | 22 | Unadilla | 1:07:53 | 3 | Laura Briscoe | 43 | Saratoga Springs | 1:30:31 |
| FEMALE AGE GROUP: 20 | - 24 | | | | ALE AGE GROUP: 45 - 4 | | saratoga springs | 1.30.31 |
| 1 Julia Jesse | 21 | Highlands Ranch, C | 0 1:15:00 | 1 | Martin Gordinier | 46 | Delmar | 59:38 |
| 2 Micaila Dean | 22 | Green Island | 1:42:22 | 2 | Pat Sommo | 49 | Guilderland | 1:00:37 |
| 3 Alexandra Eisenbarth | 20 | Ballston Lake | 2:08:23 | 3 | Eric Zalewsky | 48 | Malta | 1:17:46 |
| MALE AGE GROUP: 25 - | 29 | | | | MALE AGE GROUP: 45 | | marca | 1.17.10 |
| 1 Charles Walck | 28 | North Syracuse | 1:04:19 | 1 | Sarah Vogel | 47 | Slingerlands | 1:12:04 |
| 2 Jon Terry | 26 | Albany | 1:19:46 | 2 | Alicia Gillen | 47 | Altamont | 1:22:28 |
| 3 Daniel Harris | 26 | Schenectady | 1:25:20 | 3 | Sandy Malloy | 48 | Feura Bush | 1:22:32 |
| FEMALE AGE GROUP: 25 | - 29 | • | | M | ALE AGE GROUP: 50 - 5 | 54 | | |
| 1 Chloe Williams | 25 | Saratoga Springs | 1:21:02 | 1 | Douglas Miller | 53 | Rochester | 1:09:51 |
| 2 MacKenzie Halse | 29 | Watervliet | 1:21:58 | 2 | Christopher McNally | 51 | Ballston Spa | 1:10:05 |
| 3 Alexandra Hart | 26 | Colonie | 1:32:29 | 3 | Steven String | 53 | Gloversville | 1:15:33 continued |

| 17TI | H ANNUAL P | INE BUS | SH TRIATHLON co | ntinu | ed | |
|--|--|--|--|--|---|--|
| FEMALE AGE GROUP: 50 - 54 1 Susan Madagan 2 Dianna Langdon 3 Darlene Kusaywa MALE AGE GROUP: 55 - 59 1 Robert Wither 2 Chris Boldiston 3 Christian Vandervort FEMALE AGE GROUP: 55 - 59 1 Emma Dean MALE AGE GROUP: 60 - 64 1 Alan Rickard 2 John Mounteer | 54 Hilton Head, SC 55 Altamont 53 Clifton Park 56 Niskayuna 57 Albany Voorheesville 58 Southington, CT 60 Chantilly, VA 63 Altamont 60 Southington, CT | 1:16:20 1:19:22 1:20:08 1:07:07 1:15:26 1:18:45 1:21:09 1:08:06 1:16:45 1:18:42 | FEMALE AGE GROUP: 60 1 Penelope Tallman 2 Barbara Hoffman 3 Nancy Coseo MALE AGE GROUP: 65 - 1 David Olsen 2 Michael Pastel FEMALE AGE GROUP: 69 1 Christine Corson MALE AGE GROUP: 70 - 1 Douglas Kabat | 61 64 61 69 65 65 65 67 71 | Loudonville Slingerlands Bennington, VT Niskayuna Highland Mills Delmar Niskayuna | 1:34:07 1:47:53 1:49:10 1:20:01 1:46:45 1:30:05 |

| | July | <i>r</i> 23, 2017 • 1 | nacner S | tate Park, Voorheesville | |
|--|----------|-----------------------|--------------------|---|----------|
| 15K | TRAIL F | RACE | | MALE AGE GROUP: 65 - 69 | |
| MALE OVERALL | | | | 1 Mark Sager 66 Glens Falls | 1:40 |
| 1 Shaun Donegan | 31 | Malta | 59:51 | 2 Leo DiPierro 67 Cherry Plain | 1:48 |
| 2 Jim Sweeney | 36 | Albany | 59:55 | 3 Glenn Schaef 67 Glens Falls | 2:17 |
| 3 Josh Merlis | 35 | Albany | 1:01:25 | MALE AGE GROUP: 75 - 79 1 James McGuinness 78 Watervliet | 2.22 |
| FEMALE OVERALL | | | | | 2:22 |
| 1 Michelle Pratt | 28 | Albany | 1:08:09 | 2 Ray Lee Jr. 75 Halfmoon FEMALE AGE GROUP: 70 - 74 | 2:37 |
| 2 Holly Machabee | 18 | Delmar | 1:15:47 | 1 Laura Clark 70 Saratoga Springs | 1:58 |
| 3 Amy Luke | 23 | Delmar | 1:19:45 | 3 | 1.30 |
| MALE AGE GROUP: 1 - 19 | | | | 3.5M TRAIL RACE MALE OVERALL | |
| 1 Noah Valvo | 18 | Delanson | 1:03:35 | 1 Will Quackenbush 17 Slingerlands | 25 |
| 2 Henry Manley | 16 | Delmar | 1:03:41 | 2 Jeremy Gundrum 16 West Sand Lake | 25 |
| 3 Max Heller | 17 | Albany | 1:15:16 | 3 Williamhene Cusato 13 Schenectady | 27 |
| FEMALE AGE GROUP: 1 - | 19 | | | FEMALE OVERALL | |
| 1 Tierney Bisaillon | 17 | Mechanicville | 2:03:57 | 1 Celia Seigers 27 Oneonta | 27 |
| MALE AGE GROUP: 20 - 2 | 4 | | | 2 Tiffany Zarrella 30 Albany | 31 |
| 1 Keith Machabee | 20 | Delmar | 1:01:32 | 3 Amy Shatsoff 36 Slingerlands | 31 |
| 2 Ben Fishbein | 21 | Delmar | 1:06:30 | MALE AGE GROUP: 1 - 19 | |
| FEMALE AGE GROUP: 20 | - 24 | | | 1 Eliot Merritt 8 Rensselaer | 41 |
| 1 Kristen Jovanelly | 22 | Chatham | 1:21:25 | 2 Brendan Creaser 11 Slingerlands | 48 |
| 2 Chloe Meltz | 24 | Columbiaville | 1:32:23 | FEMALE AGE GROUP: 1 - 19 | |
| MALE AGE GROUP: 25 - 2 | 9 | | | 1 Jamila Beesley 17 Delmar | 34 |
| 1 Alan Finder | 28 | Albany | 1:07:32 | 2 Lydia Reimer 13 Newport | 35 |
| 2 Cody Vincent | 26 | Albany | 1:41:33 | 3 Gillian Reimer 13 Newport | 36 |
| FEMALE AGE GROUP: 25 | | • | | FEMALE AGE GROUP: 25 - 29 | |
| 1 Leanne Dombrowsky | 26 | Troy | 1:21:59 | 1 Terra Snow 29 Watervliet | 39 |
| 2 Katlin Mock | 26 | Albany | 1:31:36 | 2 Zoe Epstein 25 Schenectady | 43 |
| 3 Jackie Chromczak | 29 | Rensselaer | 1:32:10 | MALE AGE GROUP: 30 - 34 | |
| MALE AGE GROUP: 30 - 3 | | | | 1 Alex McCoy 34 Tampa, FL | 33 |
| 1 Daniel Seigers | 34 | Oneonta | 1:01:42 | 2 Mike Baldi 31 New Windsor | 47 |
| 2 Paul Notar | 31 | Albany | 1:19:15 | FEMALE AGE GROUP: 30 - 34 | |
| 3 Charles Dietrich | 30 | Troy | 1:23:06 | 1 Elena McCoy 32 Tampa, FL | 32 |
| FEMALE AGE GROUP: 30 | | lioy | 1.25.00 | 2 Christine Natalle 31 Arlington, VT | 34 |
| 1 Melissa C. | 30 | Albany | 1:25:38 | 3 Laura Gallery 32 Niskayuna | 36 |
| 2 Rebecca Hondt | 33 | Albany | 1:56:19 | MALE AGE GROUP: 35 - 39 | |
| MALE AGE GROUP: 35 - 3 | | Albany | 1.50.15 | 1 Timothy Stewart 37 Albany | 33 |
| 1 Addan Sentz | 38 | Massau | 1.12.10 | 2 David Ostrander 38 Slingerlands | 36 |
| 2 Rick Gloo | 36 | Nassau Mohawk | 1:13:10 1:13:51 | FEMALE AGE GROUP: 35 - 39 | 2. |
| | 37 | | | 1 Karen Cutler 36 Castleton | 34 |
| 3 Michael Farber FEMALE AGE GROUP: 35 - | | Little Falls | 1:14:53 | 2 Katie Gifford 36 Gloversville 3 Kristin Oliver 39 New York | 34 |
| | | Clinanalanda | 1,26,24 | | 35 |
| 1 Sara Brenner | 37 | Slingerlands | 1:26:24 | MALE AGE GROUP: 40 - 44 1 Milo Gifford 40 Gloversville | 20 |
| 2 Krista Rarwick | 37 | Mohawk | 1:37:50 | i itilio diriord | 29 31 |
| 3 Amanda Keyser | 35 | Schenectady | 2:12:19 | | 31 |
| MALE AGE GROUP: 40 - 4 | | Collaboration | 1.00.25 | 3 Saleem Naina 42 Slingerlands FEMALE AGE GROUP: 40 - 44 | اد |
| 1 Brian Northan | 42 | Guilderland | 1:09:25 | 1 Tara Murray 43 Delmar | 35 |
| 2 Joshua Katzman | 41 | Clifton Park | 1:14:39 | 2 Katie DiPierro 41 Schenectady | 47 |
| 3 Jim Peters | 40 | llion | 1:26:48 | 3 Jennifer Torgersen 41 Albany | 1:05 |
| FEMALE AGE GROUP: 40 | | | | MALE AGE GROUP: 45 - 49 | 1.02 |
| 1 Rachel Toolan | 41 | Rensselaer | 1:28:38 | 1 Brian Kearns 46 Fultonville | 29 |
| 2 Allana Moss | 40 | Valatie | 1:31:34 | 2 Eric Gundrum 48 West Sand Lake | 44 |
| 3 Melissa Kwasniewski | 40 | Fort Edward | 1:32:44 | FEMALE AGE GROUP: 45 - 49 | -1-1 |
| MALE AGE GROUP: 45 - 4 | | | | 1 Maura Whalen 49 Slingerlands | 48 |
| 1 Dennis VanVlack | 45 | Duanesburgh | 1:07:36 | 2 Marie Timberlin 47 Watervliet | 1:06 |
| 2 Todd McAuley | 49 | Colonie | 1:16:22 | MALE AGE GROUP: 50 - 54 | |
| 3 Todd Bisaillon | 49 | Mechanicville | 1:21:24 | 1 Christopher Campbell 54 Clifton Park | 33 |
| FEMALE AGE GROUP: 45 | | | | 2 Denis Hurley 54 Delmar | 35 |
| 1 Heather Machabee | 48 | Delmar | 1:29:48 | 3 Eric Clark 53 Waterford | 37 |
| 2 Jennifer Ferriss | 45 | Saratoga Springs | 1:42:28 | FEMALE AGE GROUP: 50 - 54 | |
| 3 Karen Cusato | 49 | Schenectady | 1:51:45 | 1 Anne Hurley 54 Delmar | 36 |
| MALE AGE GROUP: 50 - 5 | 4 | • | | 2 Lara Comithier 50 Greenville | 37 |
| 1 Tom Kracker | | Delmar | 1:09:07 | 3 Cathy DeWitt 51 Middleburgh | 38 |
| 2 Mark Stephenson | | Experance | 1:13:18 | MALE AGE GROUP: 55 - 59 | |
| Patrick Jansen | 53 | Scotia | 1:15:31 | 1 Chuck Quackenbush 56 Slingerlands | 30 |
| FEMALE AGE GROUP: 50 | | | | 2 Chris Terzian 55 Albany | 37 |
| 1 Alice Thomas | 54 | Westerlo | 1:27:01 | FEMALE AGE GROUP: 55 - 59 | |
| 2 Gabrishka Banicki | 51 | Gansevoort | 1:34:21 | 1 Uzma Qureshi 55 Slingerlands | 51 |
| Rebecca O'Connell | 54 | Coxsackie | 1:51:30 | MALE AGE GROUP: 60 - 64 | |
| MALE AGE GROUP: 55 - 5 | | - 57.5000110 | | 1 Mike Irving 62 Middleburgh | 45 |
| 1 John Parisella | 5 | Ballston Lake | 1:22:51 | FEMALE AGE GROUP: 60 - 64 | |
| 2 Chuck Racey | 55 | Voorheesville | 1:24:20 | 1 Valerie Marre 64 Albany | 44 |
| Z Chuck Racey 3 Tom Pierson | 55 | | | 2 Patricia DiPierro 63 Cherry Plain | 54 |
| | | Latham | 1:26:35 | MALE AGE GROUP: 65 - 69 | |
| FEMALE AGE GROUP: 55 | | Mediana | 1.56.34 | 1 Pete Cowie 69 Schenectady | 34 |
| 1 Joan Brown | 59 | Niskayuna | 1:56:34 | 2 Jack Wilson 67 Voorheesville | 35 |
| MALE AGE GROUP: 60 - 6 | | 5.1 | | 3 Peter Thomas 69 Delmar | 38 |
| 1 Steven Sweeney | 62 | Delanson | 1:17:30 | FEMALE AGE GROUP: 65 - 69 | |
| 2 Paul Salerni | 61 | Little Neck | 1:24:48 | 1 Anne Tyrrell 67 Albany | 40 |
| 3 Scott Bradley | 62 | Pittsfield | 1:33:43 | 2 Gail Hein 65 Altamont | 47 |
| FEMALE AGE GROUP: 60 | - 64 | | | 3 Margaret Trowe 69 Albany | 48 |
| | | | | | |

| 4TH / | | | | ORT VIKING OF | | CE | |
|--------------------------------------|-----------------------|------|---------|-----------------------------------|------------------|----------|---------|
| | July 30, 1 | 2017 | • Sunny | Hill Resort, Greenv | rille | | |
| 35+ | OBSTACLES - 5.5 MILES | | | FEMALE AGE GROUP: 2 | 25 - 29 | | |
| MALE OVERALL | | | | Nicole Aleles | Lyndhurst, NJ | 29 | 1:38:45 |
| Jarrett Newby | Binghamton | 30 | 1:00:13 | 2 Jenny Lawler | Wevmouth, MA | 28 | 1:41:10 |
| 2 Travis Rawson | Brandon, VT | 31 | 1:04:10 | 3 Bonnie Estrom | Durham, CT | 26 | 1:57:21 |
| 3 Matthew Carroll | Bristol, PA | 20 | 1:05:45 | MALE AGE GROUP: 30 | | | |
| FEMALE OVERALL | | | | 1 Mark Jones | Jericho, VT | 34 | 1:08:49 |
| 1 Cassandra Ohman | Kingston, MA | 26 | 1:19:00 | Michael Molinski | Crarvville | 33 | 1:15:13 |
| 2 Laura Cummings | Bay Shore | 29 | 1:29:27 | | Schaghticoke | 33 31 | 1:16:21 |
| 3 Tara Cioppa | Beacon | 45 | 1:29:46 | | | 31 | 1:10:21 |
| MALE AGE GROUP: | 10 - 14 | | | FEMALE AGE GROUP: | | | |
| 1 TJ Bisaillon | Mechanicville | 14 | 1:54:08 | 1 Megan Julian | Ithaca | 31 | 1:36:56 |
| MALE AGE GROUP: | 15 - 19 | | | 2 Kristin Martin | Little Neck | 32 | 1:41:43 |
| 1 Aidan Basal | Delmar | 15 | 1:41:53 | 3 Kiersten Higgins | Millerton | 32 | 1:42:26 |
| 2 Connor Bohn | Delmar | 15 | 1:47:00 | MALE AGE GROUP: 35 | - 39 | | |
| 3 Liam Day | Wappingers Falls | 15 | 1:54:23 | Ron Zastocki | Keyport, NJ | 36 | 1:18:48 |
| FEMALE AGE GROU | | | | 2 Jamie Scott | Smithville Flats | 35 | 1:20:42 |
| Kaela Wigley | Red Hook | 15 | 2:08:30 | 3 Patrick Duffv | Brooklyn | 39 | 1:22:33 |
| 2 Tierney Bisaillon | Mechanicville | 17 | 2:26:32 | FEMALE AGE GROUP: | | | |
| MALE AGE GROUP: | 20 - 24 | | | 1 Rommy Fuller | Poultney, VT | 38 | 1:48:24 |
| Ridge Sulkey | Cairo | 20 | 1:28:35 | 2 Kathleen Packard | Keene, NH | 38 | 2:00:14 |
| 2 Owen Purdy | Oxford | 20 | 1:37:03 | 3 Dylan Bramblett | Albany | 37 | 2:21:31 |
| 3 Tyler Kelaher | Hunter | 23 | 1:43:15 | MALE AGE GROUP: 40 | , | 37 | 2.21.31 |
| FEMALE AGE GROU | P: 20 - 24 | | | | | 40 | 1.05.11 |
| Jerine Klingberg | Endicott | 23 | 2:03:28 | 1 Garth Brennan | Gansevoort | 40 | 1:25:11 |
| 2 Gayle Woods | Rensselaer | 20 | 2:06:53 | 2 Daniel Blenis | Ravena | 41 | 1:30:01 |
| 3 Kaleigh Ricks | Cohoes | 24 | 2:14:28 | 3 Brian Labore | Delmar | 41 | 1:30:22 |
| MALE AGE GROUP: | 25 - 29 | | | FEMALE AGE GROUP: 4 | | | |
| 1 Jonathan Wilgus | Ravena | 28 | 1:14:37 | Jennifer Reis | Binghamton | 40 | 2:09:45 |
| 2 Joe Rucco | Woonsocket, RI | 26 | 1:17:35 | 2 Elizabeth Britton | Rensselaerville | 42 | 2:35:48 |
| 3 Ouinn Kelly | Greenville | 25 | 1:29:26 | 3 Jennifer Franklin | Troy | 42 | 3:15:44 |

| | 4TH ANNUAI | SUNNY I | HILL | RESORT | VII | KING OBSTA | CLE RACE cor | ntinu | ed | | |
|----|-----------------------|------------------|------|---------|---------------------------|--------------------|--------------------------|--------|---------|--|--|
| М | ALE AGE GROUP: 45 - 4 | 9 | | | FE | MALE AGE GROUP: ! | 55 - 59 | | | | |
| 1 | Todd Bisaillon | Mechanicville | 49 | 1:42:49 | 1 | Marlene Layman | Belchertown, MA | 55 | 2:38:27 | | |
| 2 | Joseph Sansone | Hawthorne | 49 | 2:02:43 | 2 | Alison Smith | Cobleskill | 59 | 3:19:31 | | |
| 3 | Paul Sikorski | Rochester | 45 | 2:16:56 | 3 | Patricia Kelaher | Hunter | 59 | 3:23:09 | | |
| FE | MALE AGE GROUP: 45 | - 49 | | | М | ALE AGE GROUP: 60 | - 64 | | | | |
| 1 | Laura Glass | Delmar | 46 | 2:18:36 | 1 | Franz Edlinger | Fleischmanns | 62 | 1:39:18 | | |
| 2 | Leah Gaetano | Delmar | 48 | 2:33:30 | 2 | Marshall Breite | Poughkeepsie | 64 | 2:08:24 | | |
| 3 | Nancy Seeman | Danbury, CT | 45 | 2:34:31 | 3 | Brent Ricks | Ballston Lake | 62 | 3:09:48 | | |
| M | ALE AGE GROUP: 50 - 5 | - | | | FEMALE AGE GROUP: 60 - 64 | | | | | | |
| 1 | Dougie Fresh Gerhardt | Saratoga Springs | | 1:43:31 | 1 | Kathryn Pinto | Port Ewen | 62 | 3:18:57 | | |
| 2 | John Guastella | Delmar | 51 | 2:01:38 | 2 | Beverly Baranowski | Port Ewen | 62 | 3:18:56 | | |
| 3 | Michael Murphy | Stony Brook | 52 | 2:14:09 | 2 | , | | 02 | 3:18:50 | | |
| FE | MALE AGE GROUP: 50 | - 54 | | | VIKING DOUBLE | | | | | | |
| 1 | Cheryl Debow | Danbury, CT | 52 | 2:45:58 | М | ALE OVERALL | | | | | |
| M | ALE AGE GROUP: 55 - 5 | 9 | | | 1 | Frank Auletti | Deer Park | 26 | 3:02:36 | | |
| 1 | Scott Abar | Plattsburgh | 59 | 1:51:58 | 2 | David Olson | Keene, NH | 34 | 3:11:39 | | |
| 2 | Frank Woods | Rensselaer | 56 | 2:06:53 | 3 | Jose Tecson | Corona | 31 | 3:22:02 | | |
| 3 | Mike Connolly | Burlington, MA | 56 | 2:21:24 | | Courtesy of Sur | nny Hill Resort & Golf (| Course | | | |

| | Iuly 30, 2017 • 24 | 131 S | chroon River | Rd, Ches | tertown to YMCA Adirondack, Brant | Lake |
|-----|-----------------------|------------------|---------------------|----------|--|------|
| | ALE OVERALL | | | , | FEMALE AGE GROUP: 30 - 34 | |
| | Griffin Day | 16 | Ballston Lake | 19:40 | 1 Alex Kochon 30 Glens Falls | 24 |
| | Grant Sperling | 14 | Saratoga Springs | 20:20 | 2 Andrea King 30 New York | 27 |
| | Nick Sapienza | 20 | Chestertown | 20:59 | 3 Jazmin Gutierrez 31 Brant Lake Camp | 28 |
| | MALE OVERALL | 20 | Chestertown | 20.55 | MALE AGE GROUP: 35 - 39 | 20 |
| | Jenna Deangelo | 22 | Garden City | 21:49 | | 2.1 |
| | Rachel Milim | 34 | Brant Lake Camp | 22:23 | | 21 |
| | Toni Dacosta | 15 | Brant Lake Camp | 23:00 | 2 30.000 | 23 |
| | MALE AGE GROUP: 1 - 8 | | brant take Camp | 23.00 | 3 Ryan Venter 35 Glenmont | 23 |
| EI | | 8 | Daint Of Dines Comm | 20.15 | FEMALE AGE GROUP: 35 - 39 | |
| | Sophie Blieden | _ | Point O'Pines Camp | 36:15 | 1 Beth Magee 36 Olmstedville | 28 |
| | Samantha Woltman | 8 | Point O'Pines Camp | 37:35 | 2 Christina Reitmann 38 Aberdeen | 37 |
| | Annabel Blitzer | 8 | Point O'Pines Camp | 38:05 | 3 Serena Lafayette 36 Glens Falls | 39 |
| | ALE AGE GROUP: 9 - 10 | | | | MALE AGE GROUP: 40 - 44 | |
| | Robert Hill | 9 | Brant Lake | 28:51 | 1 Tim Smith 43 New York | 27 |
| | Dylan Brown | 9 | Greenwich | 29:28 | 2 Jason Carmel 44 Mamaroneck | 2 |
| | Forrest Slingerland | 10 | Glens Falls | 41:05 | 3 Eugene Gorfin 44 Cresskill, NJ | 3 |
| EI | MALE AGE GROUP: 9 - | 10 | | | FEMALE AGE GROUP: 40 - 44 | ٥. |
| | Ava Rosenstein | 9 | Point O'Pines Camp | 28:20 | | - |
| | Phoebe Carmel | 10 | Brant Lake | 28:30 | 1 Rebecca Shapiro 44 New York | 2 |
| | Laurel Aronian | 10 | Point O'Pines Camp | 29:13 | 2 Kirsten Carmel 42 Mamaroneck | 2 |
| | ALE AGE GROUP: 11 - 1 | | roint o rines cump | 23.13 | 3 Billie Brown 41 Minerva | 2 |
| | Alex Califano | 11 | Killington, VT | 23:29 | MALE AGE GROUP: 45 - 49 | |
| | Matt Califano | 11 | Killington, VT | 23:29 | 1 Richard Califano 45 Killington, VT | 2 |
| | | | Killington, VI | 23.33 | 2 Kerry Armstrong 48 Cohoes | 2 |
| ĿI | MALE AGE GROUP: 11 | | D : + O/D: - C | 27.50 | 3 Matthew Metzger 47 New Paltz | 2 |
| | Alexandra Simon | 12 | Point O'Pines Camp | 27:59 | FEMALE AGE GROUP: 45 - 49 | |
| | Mariel Espinosa | 12 | Point O'Pines Camp | 28:06 | | 2 |
| | Karenna Birns | 12 | Point O'Pines Camp | 28:09 | . This cangitality Transcribing | 2 |
| N/ | ALE AGE GROUP: 13 - 1 | 4 | | | 2 Angela Busacco 49 Fairport | 2 |
| | Gavin Smith | 13 | Chestertown | 21:00 | 3 Jeanette Quintois 47 South Glens Falls | 2 |
| | Spencer Goldberg | 14 | Brant Lake Camp | 21:17 | MALE AGE GROUP: 50 - 54 | |
| | Matt Milman | 14 | Brant Lake Camp | 21:28 | 1 Mark Busacco 50 Fairport | 2 |
| FI | MALE AGE GROUP: 13 | | | | 2 Gerald Parkes 52 Schenectady | 2 |
| | Catherine Lyon | 14 | Point O'Pines Camp | 24:09 | 3 Mike Nass 51 New York | 5 |
| | Makayla Laguerre | 13 | Chestertown | 24:17 | FEMALE AGE GROUP: 50 - 54 | |
| | | 13 | | | | 2 |
| | Madeleine Shapiro | | Point O'Pines Camp | 26:11 | | |
| N.F | ALE AGE GROUP: 15 - 1 | | | | 2 Sherry Carlson 52 Ferrisburgh, VT | 2 |
| | Spencer Dickman | 16 | Brant Lake Camp | 22:01 | 3 Kristen Santos 50 Clifton Park | 2 |
| | Erik Stolen | 15 | Ferrisburgh, VT | 22:22 | MALE AGE GROUP: 55 - 59 | |
| | Kyle Kogan | 15 | Brant Lake Camp | 22:59 | 1 Mike Dolan 58 Pottersville | 2 |
| ΕI | MALE AGE GROUP: 15 | - 16 | | | 2 Gary Kolakowski 59 Sparta, NJ | 2 |
| | Liza Katz | 15 | Brant Lake Camp | 24:33 | 3 Michael Fuller 55 South Glens Falls | 3 |
| | Sam Powell | 16 | Brant Lake Camp | 24:37 | FEMALE AGE GROUP: 55 - 59 | , |
| | Molly Guertin | 16 | Brant Lake Camp | 30:55 | | _ |
| | ALE AGE GROUP: 17 - 1 | | brant take Camp | 30.33 | 1 Kathryn Perry 57 Niskayuna | 3 |
| | | | Minkeyman | 22.10 | 2 Ellen Metzger 55 Warwick | 3 |
| | Lucas Parzych | 17 | Niskayuna | 22:10 | 3 Joan Carroll 58 Madison, WV | 4 |
| | Christopher Defranc | 19 | Chestertown | 26:37 | MALE AGE GROUP: 60 - 64 | |
| | Evan Josephs | 19 | Brant Lake Camp | 1:00:07 | 1 Kevin Kolakowski 61 Stafford, VA | 2 |
| ΕI | MALE AGE GROUP: 17 - | | | | 2 Robert Perry 61 Niskayuna | 3 |
| | Erin Metzger | 17 | New Paltz | 23:30 | 3 John Metzger 61 Warwick | 3 |
| | Cailey Maynes | 17 | Brant Lake Camp | 24:36 | FEMALE AGE GROUP: 60 - 64 | |
| | Ashley McCormick | 17 | Queensbury | 27:01 | 1 Cathy Ventura-Merkel 62 Brant Lake | 2 |
| N/ | ALE AGE GROUP: 20 - 2 | 4 | | | | |
| | Adam Krol | 21 | Point O'Pines Camp | 21:14 | 2 Marianne Castillo 60 Bolton Landing | 1:0 |
| | Gabe Ravitz | 22 | Brant Lake Camp | 23:52 | MALE AGE GROUP: 65 - 69 | |
| | Caleb Hayes | 24 | Brant Lake Camp | 23:57 | 1 Jerry Merkel 65 Brant Lake | 2 |
| | MALE AGE GROUP: 20 - | 24 | brant take Camp | 23.37 | 2 Jim Goodspeed 66 Queensbury | 2 |
| | | | D : + O/D: | 24.00 | 3 Daniel Larson 66 Queensbury | 2 |
| | Frances Clayden | 23 | Point O'Pines Camp | 24:08 | FEMALE AGE GROUP: 65 - 69 | _ |
| | Jennie Gottardo | 20 | Point O'Pines Camp | 24:09 | 1 Melissa Goodspeed 65 Queensbury | 3 |
| | Gabriele Fialova | 24 | Point O'Pines Camp | 25:58 | | |
| 1/ | ALE AGE GROUP: 25 - 2 | 9 | | | | 4 |
| | Jacob Crollo | 26 | Brant Lake Camp | 21:42 | 3 Victoria Palermo 65 Queensbury | 5 |
| | Joseph Metzger | 27 | Albany | 25:59 | MALE AGE GROUP: 70 - 74 | |
| | Ryan Metzger | 26 | Hermosa Beach, CA | 37:39 | 1 Dan Curtin 70 Adirondack | 3 |
| | MALE AGE GROUP: 25 | | beach, ert | | 2 Galen Miller 72 Madison, WV | 3 |
| E1 | Samantha Seeley | 2 9 27 | Warrensburg | 28:01 | 3 Frank Doberman 71 Chestertown | 3 |
| | | | | | FEMALE AGE GROUP: 70 - 74 | , |
| | Kaitlin Meck | 25 | Chestertown | 28:45 | | 1.0 |
| | Laura Dacey | 25 | Point O'Pines Camp | 29:03 | . Harrier Singer 72 Brane Lake | 1:0 |
| 1/ | ALE AGE GROUP: 30 - 3 | | | | MALE AGE GROUP: 75 - 79 | |
| | Adrian Neves | 31 | Hoboken | 21:10 | 1 Norman Stevens 75 Moreau | 2 |
| | Omar Aldrete | 30 | Brant Lake Camp | 23:52 | 2 George Dutcher 75 Castleton | 3 |
| | | | | | Courtesy of Hudson Headwaters Health Netwo | |

| | | | | | | TRAIN 8.4-M | | | |
|----|----------------------|--------|--------------------|---------|-----|-----------------------------------|---------------------|---------------------------|----------------------|
| | | Aug | just 5, 2017 • | worth C | | k Depot, North C | | | |
| M | ALE OVERALL | | | | M | ALE AGE GROUP: 20 - | | | |
| 1 | Mitch Ryan | 22 | Plattsburgh | 46:27 | 1 | Matt Tuohy | 20 | Oakland, NJ | 51:03 |
| 2 | Paul Allison | 30 | North Creek | 46:45 | 2 | lan Thane | 24 | Amsterdam | 56:28 |
| 3 | Justin Hoelzl | 19 | Wilton, CT | 47:26 | 3 | Peter Tuohy | 23 | Mahwah, NJ | 58:10 |
| FE | MALE OVERALL | | | | FE | MALE AGE GROUP: 25 | | | |
| 1 | Beth Stalker | 57 | Burnt Hills | 1:00:56 | 1 | Celeste Hoelzl | 25 | Wilton, CT | 1:04:53 |
| 2 | Paris Hughs | 21 | Mahwah, NJ | 1:01:17 | 2 | Jane Parks | 28 | Hagaman | 1:08:50 |
| 3 | Elizabeth Emblidge | 32 | Lake George | 1:02:09 | 3 | Makayla Byrne | 25 | Lake George | 1:18:23 |
| TF | RAIN OVERALL | | , | | IVI | ALE AGE GROUP: 25 - | | Day of these | 54.54 |
| 1 | The Train | | North Creek | 1:07:17 | 1 | Greg Barshied | 27 | Brooklyn Granville | 54:51 |
| FF | MALE AGE GROUP: 1 | - 15 | | | 2 | Jedidiah Mead | 27 | Altamont | 59:17 1:08:13 |
| 1 | Grace Beach | 14 | Red Hook | 1:14:42 | 3 | Nick Giesse MALE AGE GROUP: 30 | 28 | Altamont | 1:08:13 |
| 2 | Taylor Laubacher | 15 | Spencerport | 1:16:23 | 1 | Justine Mosher | 7 - 34 32 | 0 | 1:07:00 |
| 3 | Sheridan Millington | 15 | North River | 1:23:49 | 2 | Colby Brown | 31 | Queensbury Lake George | 1:24:51 |
| | ALE AGE GROUP: 1 - 1 | | North tive | 1.23.43 | 3 | Rebecca D'Hondt | 33 | Albany | 1:26:22 |
| 1 | Ken Mulvey | 15 | Bakers Mills | 1:00:50 | | ALE AGE GROUP: 30 - | | Albany | 1.20.22 |
| 2 | Daniel Zhang | 15 | Blue Mountain Lake | 1:13:37 | 1 | Kevin Emblidge | 33 | Lake George | 52:28 |
| 3 | Gabe Smith | 15 | Wevertown | 1:16:33 | 2 | Charles Dietrich | 30 | Trov | 1:06:11 |
| - | MALE AGE GROUP: 16 | | vvevertown | 1:10:33 | 3 | Christopher Rusc | 33 | Saratoga Springs | 1:07:48 |
| FE | | | 6 34.4 | 4.05.40 | | MALE AGE GROUP: 35 | | Saratoga Springs | 1.07.40 |
| 1 | Eliza Nichols | 19 | Smithtown | 1:05:40 | 1 | Lisa Lauritsen | 35 | Little Falls | 1:15:05 |
| 2 | Eliza Blood | 18 | Queensbury | 1:07:58 | 2 | Maryann Ashworth | 39 | Ballston Spa | 1:17:11 |
| 3 | Sierra Kegler | 17 | Spencerport | 1:16:22 | 3 | Marisa Gaddor | 36 | Mineville | 1:19:53 |
| | ALE AGE GROUP: 16 - | | | | М | ALE AGE GROUP: 35 - | 39 | | |
| 1 | Levi Williams | 18 | Schroon Lake | 54:42 | 1 | Joseph Sullivan | 38 | Schenectady | 53:50 |
| 2 | Zabion Powell | 16 | Pittsfield, MA | 59:06 | 2 | Matt Barshied | 35 | New York | 54:52 |
| 3 | Seamus Tomb | 17 | North Creek | 1:01:01 | 3 | Lou Pauguette | 36 | Granville | 55:13 |
| FE | MALE AGE GROUP: 20 |) - 24 | | | FE | MALE AGE GROUP: 40 | - 44 | | |
| 1 | Lucy Peschel | 21 | Wayne, NJ | 1:03:43 | 1 | Rachel Toolan | 41 | Rensselaer | 1:08:21 |
| 2 | Emily Davis | 23 | North Creek | 1:18:42 | 2 | Amy Secor | 41 | Wevertown | 1:34:59 |
| 3 | Emily Smith | 24 | North River | 1:22:51 | 3 | Kathy Heiner | 40 | Glenville | 1:35:37 continued |

| | 15T | H AN | INUAL RA | CE THE 1 | TRAIN 8.4-MILER | conti | nued | |
|-----|------------------------------------|----------|--------------------------|--------------------|------------------------|--------|------------------|---------|
| М | ALE AGE GROUP: 40 - | 44 | | | FEMALE AGE GROUP: 60 | - 64 | | |
| 1 | Randall Cannell | 44 | Broadalbin | 56:33 | 1 Elizabeth Herkenham | 60 | Charlton | 1:17:48 |
| 2 | Robert Richard | 41 | Little Falls | 57:35 | 2 Judy Beers | 64 | Lake George | 1:25:38 |
| 3 | Jonathan Guthan | 40 | Scotia | 59:30 | 3 Darlene Cardillo | 64 | Delmar | 1:28:27 |
| FE | MALE AGE GROUP: 45 | | | | MALE AGE GROUP: 60 - 0 | 54 | | |
| 1 | Kim Scott | 48 | Malta | 1:08:47 | 1 John Crawford | 63 | Queensbury | 1:02:57 |
| 2 | Julie Urbanski | 48 | Stillwater | 1:15:53 | 2 Paul Salerni | 61 | Little Neck | 1:05:00 |
| 3 | Gina Heid | 46 | Ballston Spa | 1:17:17 | 3 Christopher Kunkel | 60 | Oradell, NJ | 1:09:30 |
| IVI | ALE AGE GROUP: 45 - | | _ | 5430 | | | Oracell, NJ | 1.09.50 |
| 1 | Richard Terpening | 46 | Syracuse | 54:29 | FEMALE AGE GROUP: 65 | | | |
| 2 | Joe Forbes | 48 | Hudson Falls | 1:04:20 | 1 Donna Jerdo | 65 | Moriah | 1:31:11 |
| 3 | William Stuart MALE AGE GROUP: 50 | 48 | Marcellus | 1:04:20 | 2 Jill Pederson | 66 | Lake George | 1:31:19 |
| 1 | | | Deleven | 1.06.06 | 3 Sue Nealon | 67 | Glens Falls | 1:40:27 |
| 1 | Eileen Leavitt | 52 | Delmar | 1:06:06 | MALE AGE GROUP: 65 - 0 | 59 | | |
| 3 | Jacqueline Schiffer Laura Pratt | 52 50 | Olivebridge Paoli, PA | 1:09:00 1:10:20 | 1 Mark Sager | 66 | Glens Falls | 1:09:35 |
| _ | ALE AGE GROUP: 50 - ! | | Paoli, PA | 1:10:20 | 2 Paul Monroe | 68 | Richmond, VA | 1:27:23 |
| 1 | Michael Stalker | 54 54 | Burnt Hills | 57:41 | 3 George Oswald | 65 | Old Forge | 1:29:02 |
| 2 | Mark Chamberlain | 50 | New York | 1:04:31 | MALE AGE GROUP: 70 - 7 | | Old Forge | 1.23.02 |
| 3 | Mark Purcell | 51 | Bedford Hills | 1:05:25 | 1 Edwardo Munoz | 74 | Olmstedville | 1:26:57 |
| | MALE AGE GROUP: 55 | | Dearora Tillis | 1.05.25 | 2 James Callahan | | | 1:28:04 |
| 1 | Danielle Cherniak | 55 | Cohoes | 1:05:54 | | 72 | Saratoga Springs | |
| 2 | Judy Caswell | 58 | Belmont, NC | 1:12:22 | 3 James Hutchins | 70 | North Creek | 1:29:26 |
| 3 | Sandy Adams | 57 | Shushan | 1:15:58 | FEMALE AGE GROUP: 70 | - 74 | | |
| М | ALE AGE GROUP: 55 - | 59 | | | 1 Laura Clark | 70 | Saratoga Springs | 1:35:36 |
| 1 | William Venner | 58 | Granville | 55:14 | MALE AGE GROUP: 75 - 7 | 79 | | |
| 2 | Bruce Hoelzl | 57 | Wilton, CT | 1:06:34 | 1 Jim Moore | 77 | Niskayuna | 1:28:00 |
| 3 | Will McGivney | 55 | Diamond Point | 1:07:56 | Courtesy of | Adiron | dack Runners | |

| | | | | V CDEE | / EI/ BIIII | | | |
|----------|------------------------------------|-------------------|---------------|----------------|------------------------|------------|-------------------|-------|
| | | | | | K 5K RUN | | | |
| | | | August 5, 2 | 017 • Beri | ne Town Park, Berne | 9 | | |
| М | ALE OVERALL | | | | MALE AGE GROUP: 40 - 4 | 49 | | |
| 1 | Noah Valvo | 18 | Delanson | 18:02 | 1 Ryan McCann | 42 | Albany | 19:50 |
| 2 | Erik Koenitzer | 40 | Fultonville | 19:24 | 2 Jonathan Golden | 44 | Slingerlands | 19:53 |
| 3 | Lukus Becker | 20 | Berne | 19:42 | 3 Andy Pris | 41 | Altamont | 20:25 |
| FE | MALE OVERALL | | | | FEMALE AGE GROUP: 40 | - 49 | | |
| 1 | Erin Murphy | 37 | Albany | 22:24 | 1 Stacia Smith | 47 | Niskayuna | 24:51 |
| 2 | Dana Peterson | 46 | Voorheesville | 22:27 | 2 Kacey Sornberger | 42 | Albany | 25:35 |
| 3 | Meaghan Rohan | 17 | East Durham | 23:27 | 3 Cindy Shafer | 47 | Guilderland | 25:35 |
| М | ALE AGE GROUP: 1 - 12 | | | | MALE AGE GROUP: 50 - | | Gallacitatia | 23.33 |
| 1 | Carter Mack | 8 | Berne | 35:28 | 1 Kevin Kilmer | 52 | Schoharie | 21:02 |
| | MALE AGE GROUP: 1 - | | | | 2 Fd Fllis | 56 | Hannacroix | 24:22 |
| 1 | Lexi Pris | 12 | Altamont | 33:42 | 3 Richard Smith | 59 | Charlton | 25:10 |
| | ALE AGE GROUP: 13 - 1 | - | | | FEMALE AGE GROUP: 50 | | Chanton | 25.10 |
| 1 | Alexander Allen | 17 | Guilderland | 19:46 | | | Character Cardena | 20:12 |
| 2 | Daron Lasher | 17 | Cairo | 20:18 | 1 Sherri Pignetti | 54 | Sharon Springs | 28:13 |
| 3 | Connor Smith | 15 | Voorheesville | 25:13 | 2 Barbara Coryell | 50 | Ravena | 38:25 |
| FE | MALE AGE GROUP: 13 | | | | MALE AGE GROUP: 60 - | | | |
| 1 | Michelle Puzulis | 13 | East Berne | 24:41 | 1 David Roy | 62 | Schoharie | 20:23 |
| 2 | Sarah Martin | 19 | Berne | 29:35 | 2 Martin Patrick | 63 | East Greenbush | 24:20 |
| 3 | Olivia Simpson | 14 | Altamont | 36:16 | 3 Don Miller | 62 | Voorheesville | 25:58 |
| M | ALE AGE GROUP: 20 - 2 | | 61.1.1 | 20.44 | FEMALE AGE GROUP: 60 | - 69 | | |
| 1 | Stephen Roy | 28 | Schoharie | 20:14 | 1 Susan Milstein | 61 | Menands | 30:28 |
| 2 | Daniel Kelleher | 20 | Purling | 21:58 23:34 | 2 Valerie Marre | 64 | Albany | 31:14 |
| 3 | Chris Fleshman MALE AGE GROUP: 20 | 27 | Waterford | 23:34 | 3 Marie Kaye | 62 | Altamont | 31:20 |
| 1 | Deirdre Henderson | - 29 25 | Lindenhurst | 32:06 | MALE AGE GROUP: 70 - 1 | 79 | | |
| , 84 | ALE AGE GROUP: 30 - 3 | | Lindennurst | 32:00 | 1 Jim Hotaling | 77 | Niverville | 32:11 |
| IVI 1 | | - | Delmar | 23:07 | 2 James Israel | 72 | Brooklyn | 37:59 |
| 2 | Ryan Harrison Dan Lacitignola | 36 32 | Leeds | 23:07 | 3 Edward Mack | 77 | Berne | 40:20 |
| 3 | Fvan Mack | 36 | Berne | 23:29 | FEMALE AGE GROUP: 70 | 1 - 79 | | |
| | EMALE AGE GROUP: 30 | | berne | 27:43 | 1 Nancy Johnston | 71 | Ballston Lake | 41:20 |
| 1 | Jenna Depeaux | - 39 32 | Schenectady | 23:47 | MALE AGE GROUP: 80 - | | | 25 |
| 2 | Katie Gifford | 36 | Gloversville | 27:29 | 1 Joe Kelly | | Menands | 41:45 |
| 3 | Melissa Washco | 33 | Waterford | 27:53 | | | n of Berne | 71.75 |
| 5 | IVICIIJJU VVUJITCO | در | vvaterioru | 21.33 | Courtesy | . J. 10001 | , o, berne | |

4TH ANNUAL CHURNEY GURNEY TRAIL RUN & MOUNTAIN BIKE RACE August 5-6, 2017 • Gurney Lane Recreation Park, Queensbury TRAIL RUNNING RACE - 5 MILES 2 Heather Wentworth 42 2:23:39 58 Malta MALE OVERALL 2:25:33 Alex Benway Mike Morrissey 27 Oueensbury 37:03 MALE AGE GROUP: 1 - 18 53 Queensbury 36 Saratoga Springs 40:43 15 1:58:34 1:59:08 41:00 16 FEMALE OVERALL MALE AGE GROUP: 30 - 49 Kevin Ballou Yohsuke Takakura Brad Stratton 1 Susy Garcia-Rome 2 Rebecca Evansky 38 39 39 35 Rensselaer 37 Hudson Fal 48:00 Saratoga Springs 1:55:57 Albany Middleburgh 51:28 55:49 1:56:48 1:56:50 46 Hudson Falls MALE AGE GROUP: 1 - 19 Scott Hock Charley Kachigia 13 Queensbury 58:55 Kingston 2:16:58 MALE AGE GROUP: 20 - 29 WOMEN AGE GROUP: 40 - 49 29 Queensbury 43:21 48 Shandaken 2:28:55 MALE AGE GROUP: 40 - 49 MALE AGE GROUP: 30 - 39 1 Steve Fairchild 2 Zack Vogel 3 Jon Rowe 4 Rodrigo Solar 5 Alex Roskin 1:53:21 1:55:29 1:55:51 1:55:51 1:58:58 36 Lexington, SC 1:01:04 41 Queensbury FEMALE AGE GROUP: 30 - 39 Alex Kochon 30 Glens Falls Christina Natalie 31 Arlington, VT Kelly Lendrum 38 Westerlo 46 42 45 FEMALE AGE GROUP: 40 - 49 1 Jane Labombard 44 Glens Falls 2 Christina Nash 42 Poultney, VT MALE AGE GROUP: 50 - 59 51 Locust Valley 1:53:37 Richard Mascolo Ken Welch Brad Young Terry Blanchet Hopewell Junction Porter Corners East Greenbush Ballston Lake 57 59 54 52 1:55:03 1:58:53 57 Stillwater 50 Granville 55 Queensbury 50 Granville 43:56 44:12 44:13 47:01 2:01:05 2:04:09 5 Robert Cosgriff MALE AGE GROUP: 60 - 69 4 Timothy Thomas 50 Grands FEMALE AGE GROUP: 50 - 59 Tab Mares 57 Saratoga Springs 61 2:16:54 1 Mark Bettinger SINGLESPEED: MALE 1:59:58 1:10:23 Kenny Reynolds Gary Werner MALE AGE GROUP: 60 - 69 Hicksville 2:03:07 63 Manchester, NH62 Queensbury64 Hudson Falls 1:01:03 Thomas Getz David Matthews John Bavaro 3 Cima Bue 4 Jason Selwitz 2:07:46 2:11:09 1:06:33 1:16:35 — CATEGORY 2 – 12 MILES — MALE OVERALL MOUNTAIN BIKE RACES - PRO/OPEN - 18 MILES - Palo Samko Kyle Konopnicki 1:16:14 MALE OVERALL 32 39 Richmondville 1:17:41 1:18:17 Mike Jaworski Niles Gagnon 1:44:03 FEMALE OVERALL 29 South Glens Falls 26 New Hartford 1:45:34 1:40:49 38 Danvers 1:46:11 1 Lauren Coscia 2 Alison Desieno FEMALE OVERALL 33 47 1:44:58 Kimberly Milton Angela Webster Michelle Milton 35 Clifton Park42 Kitchener, ONT35 Danvers, MA Saratoga Springs 1:47:21 2:01:31 MALE AGE GROUP: 12 - 18 Logan Misiaszek Gregory Kotlyasky Axel Roberts Owen Speulstra 2:06:17 14 Waterville 1:26:11 MALE AGE GROUP: 30 - 39 1:30:52 32 Keene 31 Queensbury 34 Queensbury 32 Hamilton 32 Kingston 14 15 15 Patrick Carey Cameron Gardner-Lewis 1:48:23 1:48:23 1:32:08 1:32:29 Rexford Brian White Aaron Sirtoli Martin Schlee 1:51:12 1:51:12 1:53:27 1:35:11 MALE AGE GROUP: 19 - 29 Cerid Ricks Andrew Romanazi 22 Ballston Lake 1:25:24 1:26:10 MALE AGE GROUP: 40 - 49 David McCutcher Richard Tortorici III Matt Boobar 43 New Hartford 1:47:10 Max Edgdorf 40 Clifton Park 45 Stratton, VT Queensbury 1:49:50 1:53:51 1.33.32 1:35:11 5 Dylan Gilgallon MALE AGE GROUP: 30 - 39 1 Anderson Franco 2 Jared Stritsman 3 Charles Lobosco 4 Paul Bradley 5 James Kevzer FEMALE AGE GROUP: 40 - 49 1 Wendi Sehastian-Takakura 41 Albany 2:15:07 35 1.19.32 r wendi Sebastian-Takakura 41 Alba **FEMALE AGE GROUP: 50 - 59**1 Katina Walker 50 Tully 1:19:32 1:20:23 1:22:21 1:22:51 1:23:12 2:13:55 — CATEGORY 1 – 18 MILES — MALE OVERALL 1 Jonathan Favata 2 Erich Gutbier 3 Steven Ellinghaus FEMALE OVERALL 1 Anna Laloe 37 Mechanicville 1.52.02 FEMALE AGE GROUP: 30 52 Arlington, VT 33 Farmingdale Hudson Falls Queensbury 1:48:12 1:51:52 1:55:28 2:01:57 continued Rebecca Evansky Jess Lendrum Melinda White Allison Studley

Schenectady

39 Saratoga Springs

36

CHRM

OEVT

OEVT

CHRM

BUMS

FEMALE AGE GROUP: 30 - 34

MALE AGE GROUP: 35 - 39

FEMALE AGE GROUP: 35 - 39

FEMALE AGE GROUP: 40 - 44

FEMALE AGE GROUP: 45 - 49

Katie Dorian Ann Thiel

27:02

29:16 46:09

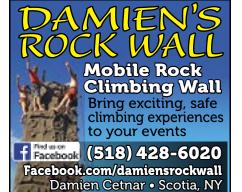
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| • | 'H ANNUAL CHU | ,,,,, | EI GOMILEI | IIIAIL | NO | A WIOOMIAII | 4 DIII | L NACE CON | unu |
|--------|------------------------|-------|---------------------|---------|----|-----------------------|----------|------------------|------|
| | ALE AGE GROUP: 40 - 49 | | | | 3 | Kimberly London | 36 | | 1:14 |
| 1 | Felipe Freire | 41 | | 1:20:39 | 4 | Mirabela Rusa | 35 | | 1:29 |
| 2 | Gabor Bobok | 48 | Niskayuna | 1:26:55 | | ALE AGE GROUP: 40 - 4 | | | |
| 3 | David Schwartz | 48 | Mahwah | 1:27:50 | 1 | Thomas Moffett | 43 | Peru | 45 |
| 4 | Todd Shapiro | 44 | Ballston Spa | 1:31:11 | 2 | Amon Emeka | 49 | | 45 |
| 5 | Ron Bennett | 48 | Westhampton Beach | 1:31:35 | 3 | Greg Herzhauser | 42 | Claverack | 46 |
| M | ALE AGE GROUP: 50 - 59 | | | | 4 | Tarrence Lasher | 48 | Cobleskill | 46 |
| 1 | Richard Olson | 50 | Wantagh | 1:22:47 | 5 | Lawrence Wells | 49 | Warrensburg | 48 |
| 2 | Jim Catalano | 55 | Hurley | 1:23:49 | | MALE AGE GROUP: 40 | | | |
| 3 | Joe Paterson | 57 | Lake George | 1:25:07 | 1 | Becky Bednarek | 40 | Amsterdam | 1:01 |
| 4 | Steven Jones | 56 | Glenville | 1:28:44 | 2 | Lisa Albright | 49 | Scotia | 1:03 |
| 5 | Boris Tritinovic | 52 | | 1:32:51 | М | ALE AGE GROUP: 50 - ! | | | |
| M | ALE AGE GROUP: 60 - 69 | | | | 1 | Scott Markle | 50 | | 45 |
| 1 | Eugene Gallagher | 60 | Walnutport | 1:33:48 | 2 | Jeff Kahabka | 56 | Mechanicville | 47 |
| 2 | Ed Orr | 66 | Brant Lake | 1:41:17 | 3 | Dana Rackliffe | 51 | Glenville | 48 |
| 3 | Seth Glasser | 66 | Nyack | 1:50:06 | 4 | Richard Porta | 53 | | 48 |
| 4 | Michael Martel | 61 | Queensbury | 1:51:45 | 5 | Edward Ehrichs | 53 | Ballston Lake | 49 |
| SII | NGLESPEED: MALE | | . , | | FE | MALE AGE GROUP: 50 | - 59 | | |
| 1 | Paul Isbester | 45 | Castleton on Hudson | 1:26:31 | 1 | Diane Cosgrove | 56 | | 57 |
| 2 | David Taylor | 45 | Saratoga Springs | 1:38:24 | M | ALE AGE GROUP: 60 - (| 59 | | |
| 3 | Cameron Asay | 32 | 3 1 3 | 1:43:45 | 1 | Mike Wolfson | 60 | Baldwinsville | 59 |
| FΑ | T BIKES: MALE | | | | 2 | Karl Zaunbrecher | 64 | Saranac Lake | 1:03 |
| 1 | Andrew Gracey | 39 | Verona | 1:24:13 | 3 | Paul Salerni | 61 | Little Neck | 1:09 |
| 2 | Sean Thibeault | 44 | Brantford | 1:24:41 | M | ALE AGE GROUP: 70 - 7 | 75 | | |
| 3 | Shawn Kelly | 46 | Albany | 1:31:32 | 1 | Jack Labombard | 75 | Queensbury | 1:57 |
| 4 | James Porambo | 32 | , | 1:38:52 | U | NICYCLE – MALE | | | |
| 5 | Eric Lendrum | 33 | Queensbury | 1:41:47 | 1 | Robert Detweiler | 40 | Albany | 1:17 |
| _ | CATEGOI | | | | 2 | Thomas Baker | 51 | Queensbury | 1:58 |
| M | ALE OVERALL | | | | U | NICYCLE – FEMALE | | | |
| 1 | Jacob Williams | 16 | Gardiner | 42:44 | 1 | Elizabeth Detweiler | 39 | Albany | 1:58 |
| 2 | Jason Sarubbi | 44 | New Paltz | 42:58 | | К | IDS' RA | CE | |
| 3 | Tim Algozzine | 36 | Watervliet | 45:05 | м | ALE OVERALL | | | |
| | MALE OVERALL | 50 | VVaterviiet | 45.05 | 1 | Aleek Isbester | 11 | | 8 |
| 1 | Shari O'Shea | 47 | | 51:51 | 2 | Charles Coboso | 10 | Halfmoon | Ċ |
| 2 | Wi-Fang Lin | 34 | Clinton | 52:50 | 3 | Luke Moffett | 12 | Peru | |
| 3 | Fiona Taylor | 14 | Saratoga Springs | 55:05 | 4 | Patrick Lendrum | 9 | Westerlo | 10 |
| | ALE AGE GROUP: 12 - 18 | 14 | Saratoga Springs | 33.03 | 5 | Gian Canale | 12 | Queensbury | 10 |
| 1 | Ben Williams | 18 | Gardiner | 46:11 | 6 | Max Fronhofer | 8 | Moreau | 15 |
| 2 | Jack Samko | 12 | Garaniei | 48:08 | 7 | Kaiden Logan | 12 | Queensbury | 16 |
| 3 | Brendan Kelly | 15 | Albany | 48:41 | | MALE OVERALL | 12 | Queensbury | - 10 |
| э 4 | Samuel Lasher | 15 | Cobleskill | 49:29 | 1 | Trinity Taylor | 13 | Saratoga Springs | 1 |
| 5 | Colin Hanson | 14 | Conieskili | 51:23 | 2 | Kameron Logan | 10 | Queensbury | 13 |
| | MALE AGE GROUP: 12 - | | | 31.23 | | | | | 1. |
| | | | Mielierume | 1.01.20 | | | S' MINI | RACE | |
| 1 | Cameron Brownsey | 16 | Niskayuna | 1:01:39 | | ALE OVERALL | _ | | |
| 2_ | Hailey Logan | 15 | Queensbury | 1:01:56 | 1 | Connor Laurenty | 8 | Scotia | |
| | ALE AGE GROUP: 19 - 29 | | | 40.54 | 2 | Asher Hock | 5 | Johnstown | |
| 1 | James Rose | 27 | | 49:51 | 3 | Oscar London | 1 | Saratoga Springs | |
| | MALE AGE GROUP: 19 - | | _ | | 4 | Alex Southwick | 4 | Rensselaer | 2 |
| 1 | Ann Flowers Stitt | 31 | Queensbury | 1:00:12 | 5 | Mace London | 3 | Saratoga Springs | 3 |
| | ALE AGE GROUP: 30 - 39 | | | | | MALE OVERALL | | | |
| 1 | Chris Benson | 37 | | 45:29 | 1 | Soria Hock | 9 | Johnstown | |
| 2 | Peter Bednarek | 39 | Amsterdam | 47:43 | 2 | Shelby Fronhofer | 8 | Moreau | 1 |
| 3 | Tom Rutkowski | 31 | White Plains | 52:55 | 3 | Anne Bednarek | 6 | Amsterdam | 2 |
| 4 | Jared Lendrum | 36 | Queensbury | 53:07 | 4 | Briar Wells | 8 | Scotia | 2 |
| FE | MALE AGE GROUP: 30 - | 39 | | | 5 | Josie Favata | 4 | Mechanicville | 3 |
| 1 | Kellie Tyler | 39 | Hurley | 57:23 | 6 | Sasha Jones | 3 | Richmondville | 7 |
| 2 | Kimberly Dedenburg | 35 | • | 58:27 | | Courtosy of Und | or the M | Voods Foundation | |

| | 16TH | | | | | MEMORIAL LA Lake, Lake Placio | | VIM | |
|---------|--------------------|----|------|---------|----|----------------------------------|-----------------|------|---------------------|
| | TWO-MILE O | | • | | | MALE AGE GROUP: 40 | | | |
| MALE | OVERALL | | | | 1 | Keele Kozak | 41 | OFVT | 1:00:43 |
| 1 Rvar | n Baker | 20 | UC10 | 42:23 | 2 | Jennifer Jones | 40 | BUMS | 1:08:27 |
| 2 Mar | k Loftis | 57 | AGUA | 42:26 | 3 | Frin Preston | 42 | OFVT | 1:18:34 |
| 3 And | lrew Schaefer | 34 | BUMS | 45:18 | _ | ALE AGE GROUP: 45 - 4 | | OLVI | 1.10.54 |
| FEMAL | .E OVERALL | | | | 1 | Christopher Bishop | . 45 | BUMS | 49:27 |
| 1 Jenr | ny Cook | 59 | UC06 | 51:36 | 1 | Todd Wilev | 45 | OFVT | 51:49 |
| 2 Kare | en Byer | 57 | ADMS | 53:18 | | | | OEVI | 51:49 |
| 3 Lynn | n Festa | 51 | NEM | 53:36 | FE | MALE AGE GROUP: 45 | | | |
| MALE | AGE GROUP: 18 - 24 | 4 | | | 1 | Sarah Majercik | 46 | UC34 | 58:04 |
| 1 Gred | gory Stoffa | 23 | BUMS | 45:19 | 2 | Laura Bishop | 45 | BUMS | 1:04:18 |
| MALE | AGE GROUP: 30 - 34 | 4 | | | 3 | Meisha Rosenberg | 47 | ADMS | 1:05:36 |
| 1 Mar | k Fedorchak | 30 | BUMS | 50:19 | 4 | Kristen Labatt-Simon | 45 | OEVT | 1:07:11 |
| 2 Brian | n Khouri | 32 | BUMS | 57:02 | M | ALE AGE GROUP: 50 - 5 | 4 | | |
| 3 Jorg | e De La Fuente | 31 | BUMS | 1:08:49 | 1 | Daniel Canty | 50 | OEVT | 48:48 |
| FEMAL | E AGE GROUP: 30 - | 34 | | | 2 | Daniel McIntosh | 52 | NFM | 50:18 |
| 1 Kati | e Dorian | 30 | CHRM | 54:53 | 3 | Keith Wiley | 50 | CBFY | 51:20 |
| 2 Ann | Thiel | 32 | CHRM | 58:11 | 4 | Rich Starace | 54 | ADMS | 53:42 |
| MALE | AGE GROUP: 35 - 39 | 9 | | | 5 | Bill Pribis | 51 | UC02 | 53:50 |
| 1 Davi | id Werner | 39 | BUMS | 48:35 | _ | MALE AGE GROUP: 50 | | 0002 | 33.30 |
| 2 Ryar | n McGrath | 36 | OEVT | 1:06:13 | FE | | | 05.5 | 50.44 |
| FEMAL | E AGE GROUP: 35 - | 39 | | | 1 | Julie Rodgers | 53 | OEVT | 58:14 |
| 1 Kati | e Ginalski | 38 | OEVT | 1:08:47 | 2 | Susanna Van Sant | 50 | OEVT | 58:15 |
| MALE | AGE GROUP: 40 - 44 | 4 | | | 3 | Hope Mao Oehler | 51 | MARY | 58:46 |
| 1 Blak | e Hargis | 43 | ADMS | 1:00:37 | 4 | Kim Edgar | 53 | BUMS | 1:13:16 |
| 2 Rob | ert Davis | 44 | BUMS | 1:05:33 | 5 | Bridget Simpson | 50 | ADMS | 1:15:42 continue |





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16TH ANNUAL BETSY OWENS MEMORIAL LAKE SWIM continued

1:00:31

59:04 59:17

1:24:27

NIAG CHRM BERK BUMS

SCYM

BUMS

OEVT

MALE AGE GROUP: 55 - 59

FEMALE AGE GROUP: 55 - 59

Jeffrey Stuart Jerry Firlik David Hoskins Matt Lefkowitz

Lori Freeland Rita Caldon

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Melissa Woods



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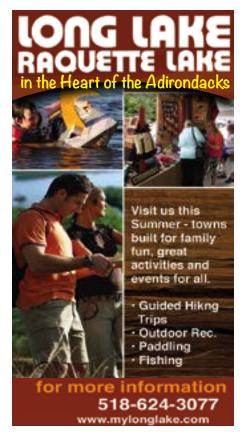
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- 38-mile Road Ride at 10am around historic Kinderhook area
- **54-mile Gravel Grinder Ride*** at 8:30am on dirt/paved roads (road bikes fine) in scenic Columbia County

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