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2017



## Dashing Through the Snow!

▲ MATTHEW MICZEK AND JENNIFER FERRISS,  
BOTH OF SARATOGA SPRINGS, ENJOYING THE  
SNOW AT THE 2017 CAMP SARATOGA SNOWSHOE  
RACE AT WILTON WILDLIFE PRESERVE & PARK.

BRIAN TEAGUE

### CONTENTS

- 1** **Snowshoe Running**  
*Dashing Through the Snow!*
- 3** **Cross Country Skiing**  
*Nordic Skiing = Winter Fun!*
- 5** **News Briefs &  
From the Publishers**
- 6-9** **CALENDAR OF EVENTS**  
*December to February Events*
- 11** **Hiking & Trail Running**  
*'Long Path' between  
NYC & 'Daks!*
- 12** **Alpine Skiing**  
*Make Your Skiing More Fun*
- 13** **Athlete Profile**  
*Rucking with John Bulmer*
- 15** **Backcountry Skiing**  
*Three Central  
Adirondack Tours*
- 17** **Non-Medicated Life**  
*Gut Microbes in  
Preventing Disease*
- 18-23** **RACE RESULTS**  
*Results for 25+ Races*

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## The Long and Short of It

By Laura Clark

Last season, one of the original Western Mass Athletic Club snowshoers, Bob Worsham reflected, "I miss the longer races we used to have." Well, Bob, this is your year, as we look forward to offerings ranging from 5Ks, 10Ks and 15Ks, all the way up through the half and full marathon - with a team relay thrown in for good measure. Thankfully, though, the first two races on tap are all 5Ks, designed for an early season introduction, and an opportunity to practice clothing choices and strategy.

But why wait for the snow to fall? The season is but a brief shining moment and conditioning is crucial. Aaron Robertson, who came out of seemingly nowhere - Rouses Point, to be exact - to win Snowshoe Nationals a few years back, attributes his success to superman hip flexors developed from single leg stationary bike pedaling drills. Saratoga Stryders member, Maureen Roberts, who doubles as our doctor on-call, has already begun her single leg squats and walking lunges hefting ten-pound handweights. I swear by my twice-weekly lunchtime stair running sessions to develop high knee lift and climbing power.

It also helps to cultivate a shrug-your-shoulders "whatever" attitude. Snow can be fickle and courses are sometimes altered to accommodate that fact; some are approached as mud excursions, others are rescheduled and occasionally even relocated. Updates from race directors are posted weekly on [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com) and on Facebook (search: Dion WMAC Snowshoe Series) to include other regional events. Most races

will have a limited supply of Dion Snowshoe rentals, so email the race director if you need to reserve a pair.

The season begins with a pre-holiday race, the **Gore Ski Bowl 5K** on December 16 in North Creek. ([upperhudsontrails.org](http://upperhudsontrails.org)) With manmade snow, there will be plenty of white stuff on the Nordic trails at the Ski Bowl. The race begins at 2pm to allow for morning cross-country skiing. Last year, we circled the ski bowl area, but a trip into the woods is in the offing if the snow cooperates.

This year, the **Cock-A-Doodle-Shoe** race on January 14 at New Land Trust in Saranac is the **WSSF (World Snowshoe Federation) North American Snowshoe Championship**, with separate 10K adult and 5K junior races. Bear in mind that the town of Saranac (Clinton County) is different than the village of Saranac Lake (Franklin County). It is tough facing a championship so early in the season, but the wooded trails are level, punctuated by some rollers to keep you honest. At least you won't be climbing a mountain! The Kid's Snowshoe Scramble half-miler, one of the few snowshoe races designed specifically for youngsters, will start first. Expect a family-friendly event with an international and collegiate crowd and fabulous raffle prizes. ([cockadoodleshoe.com](http://cockadoodleshoe.com))

Sometimes just getting to the race is part of the adventure, as with the **Winter Magic 3.5-Miler** on January 7, and **Hoot Toot & Whistle 5K** on January 20. ([dionwmacsnowshoe.com](http://dionwmacsnowshoe.com)) Remote

See **SNOWSHOE RUNNING 16** ▶

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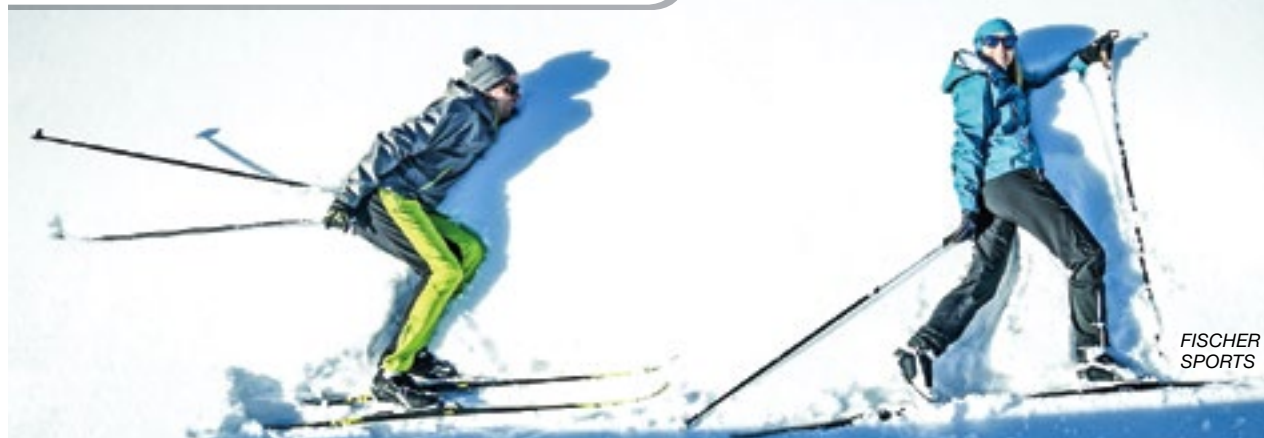
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## CROSS COUNTRY SKIING



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# Add Nordic Skiing to Your Winter Fun!

By Richard Carlson

Cross country skiing is set to become your new winter season passion! Hey, skiing is skiing, the curly end goes to the front and you slide around on snow. Cross country skiing is sport and fresh air fitness, and it's a connection with the natural world in winter. If you're a competent alpine skier you can easily make the switch. All the turning and stopping techniques of going downhill on skis readily translates into XC. Even beginner alpine skiers fare better with cross country ski technique than never-ever skiers.

First off, cross country skiing is a lot of different types of skiing. There's skiing on groomed trails at a ski center – light touring or classic skiing and skate skiing fit in here. Get off the groomed trails and it's backcountry skiing, lots of choices here: heavier systems bindings, light metal edge skis, lighter Telemark-style boots, bindings and skis. If you still want the benefit of an alpine-style setup consider alpine touring. AT is generally a lightweight metal edge ski with a rigid boot, a unique binding that allows free heel touring uphill, and a locked heel for downhill running. If you've seen skiers skiing uphill at an alpine ski area – they're probably using climbing skins on AT gear.

**No Crowds** – Sure there can be some crowded XC ski trails but it's never like the alpine ski venues with their mega football-field-sized parking lots, lines for tickets, food or lifts. Even a crowded parking lot at a cross country ski center doesn't translate into busy ski trails. Typically, 80% of the skiers ski 20% of the trails. Spread out and you'll have miles of skiing to yourself. But, to really distance yourself from the crowds, get into the backcountry. There are so many choices in the Adirondacks, Catskills and surrounding areas that you'll be torn between destinations on a good ski day.

### Just Do It

**Top Fitness Activity** – Cross country ski racers are the fittest athletes in the world! It's a full body exercise using legs, arms, shoulders and stomach muscles. Exercise physiologists have measured elite cross country ski racers with a VO<sub>2</sub> max (a standard measure of oxygen utilization) at 96, elite cyclists might be high 80s, Olympic swimmers a mere 70. It's no wonder that gym machines like elliptical trainers and ski machines mimic the actions of cross country skiing. The large Scandinavian ski races – and the America Birkebeiner in Wisconsin – regularly have finishers in the 80-plus age groups skiing up to 50 miles!



ONE OF THE AUTHOR'S MANY BACKCOUNTRY ADVENTURES WITH FRIENDS.

**Relatively Inexpensive** – Sure you need to purchase skis, boots and poles, and maybe multiple sets for light touring and backcountry skiing if you're into both, but it's still cheaper than an alpine skiing setup. Groomed cross country ski trails may set you back \$10-\$20 for a day of skiing, with season passes around \$100-\$150.

**New No-Wax Skis** – Most manufacturers have added a "skin ski" to their lineup of classic ski models. This revolution in skis is worth a look for no-wax fitness or recreational skiing – just step in and go! Instead of a "fishscale" pattern (noisy, slow) that replaced the sometimes tricky wax skis, the kick-zone grip is now provided by mohair (silk-like) strips. They offer bombproof grip and they're really fast! The only drawback may be some possible icing in wet or near freezing conditions, so keep some glide product handy to add to the skin section of the ski – and you'll be all set.

**The Adventure** – Not only is there a seemingly endless supply of Adirondack and Catskill backcountry trails and ski routes, but advances in electronic navigation have made some bushwhack skiing routes very attractive. With smart phones and tablets, map applications and satellite imagery (check out the hardwoods vs. the thicker pine forests), skiers can traverse frozen ponds and swamps in winter that would be impossible in the warm months.

**Social and Family Friendly** – Shared ski adventures with friends and family are the best winter fun! The entire family can cross country ski – even toddlers can be pulled in pulk sleds (usually available to rent at ski area). Many ski centers will have organized clubs or activities for children and seniors with weekly ski or snowshoe events.

### Getting Started

**Ski Centers** – The best place to begin cross country skiing is at a groomed cross country

ski center. They will have a warming lodge, rental equipment, ski lessons, food service, and even overnight lodging. Many areas also sell XC ski equipment, so you can try different types of gear right on the snow, and decide on what's best for the skiing you plan on doing. Lessons are invaluable in making a switch, and ski centers will usually have a discounted first-timer package with rental, trail fee and a lesson. Ski centers are often the best sources for information on nearby backcountry ski routes, snow and trail conditions. For a directory of New York groomed ski centers, visit [crosscountryskiing.com](http://crosscountryskiing.com).

**Snowmaking** – ORDA has been making snow for years at Gore and Whiteface, and for races at the Olympic Ski Jumping Complex. Starting last year, Mt. Van Hoevenberg and the Gore Ski Bowl both have snowmaking on one to two miles of Nordic skiing trails. The Gore Ski Bowl trails are also lighted for night skiing. Both were open Thanksgiving weekend and are now open for the season.

**Weather, Ski and Snow Reports** – With this era of climate change, snow and ski conditions can change rapidly. Start with [snocountry.com](http://snocountry.com) and also the I LOVE NY Snow Phone: 800-CALL-NYS (800-225-5697, option 3). For the absolute latest ski reports, call the ski center directly. Facebook has become a great resource for ski reports, just "Like" your favorite ski center for updated posts right in your newsfeed. Weather reports and forecasts are almost everywhere online; try Weather Underground for location-specific, hourly forecasts – great info for ski waxing.

**Backcountry Skiing** – Aside from equipment, ski technique, route finding and map reading, being prepared with a well-equipped daypack is lifesaving. Always carry a headlight, extra clothes, matches, the map for the area you're in, extra socks, ski and binding repair tools, food and water (you may have to keep it insulated from freezing).

Someone in your group should have a first aid kit. Cell phones can help in an emergency, if you have service; keep them warm to preserve battery life. A good number to add to your phone is the NYS DEC Ranger Dispatch in Ray Brook: 518-891-0235. Any higher angle tours (steep slopes) can be avalanche prone and skiers have died – yes, even in the Adirondacks. Don't stumble onto an unfamiliar slope or trail unprepared or above your ability and knowledge.

**Clothing** – You probably already have some ski clothing, but ditch the heavy jackets and insulated pants. Lighter weight synthetic clothing is best – non-cotton long underwear, fleece and windproof shells, and shell pants are good choices. Don't forget a hat, quality lightweight gloves and sunglasses.

**Snowshoeing** – This is also a great way to get out in winter, and enjoy the benefits of trails and fitness, without any of the technique and equipment requirements of skiing. XC ski centers are the best place to get started snowshoeing with rentals, helpful hints and dedicated snowshoe trails.

**Resources** – For a listing of groomed cross country ski centers, snow conditions and ski reports, visit [crosscountryskiing.com](http://crosscountryskiing.com).

For the best backcountry knowledge, equipment rentals and local maps, visit the full-service ski centers with ski shops – Garnet Hill Lodge in North River, Lapland Lake in Northville, and Cascade in Lake Placid – plus, High Peaks Cyclery & Ski Shop in Lake Placid. For backcountry, also consider these shops: The Mountaineer in Keene Valley, High Adventure in Latham, Sports Page and Inside Edge in Queensbury, Alpine Sport Shop in Saratoga Springs, and Mountainman Outdoors in Saratoga Springs and Old Forge. Other quality ski centers include Mt. Van Hoevenberg in Lake Placid, Dewey Mountain in Saranac Lake, Osceola Tug Hill in Camden, and Pineridge in East Poestenkill.

Want to find a great backcountry ski adventure? Check out these classic books for trail descriptions and maps: *Ski and Snowshoe Trails in the Adirondacks (ADK)* by Tony Goodwin, and of course, the *Discover the Adirondacks* (Wild River Press) book series for year-round use by Bill Ingersoll. Bill has also authored *Snowshoe Routes: Adirondacks & Catskills* (Mountaineers). Rich Macha also has backcountry skiing contributions to this magazine, including on page 15 of this issue – also see Back Issues on [adksports.com](http://adksports.com). Visit your local bookstore, outfitter or [adk.org](http://adk.org), [hiketheadironclacks.com](http://hiketheadironclacks.com) or [mountaineersbooks.com](http://mountaineersbooks.com).

Strap on your skis or snowshoes and discover the Empire State's winter playground! 🌲

**Richard Carlson** ([diccarlson@frontiernet.net](mailto:diccarlson@frontiernet.net)) of North River is president of Cross Country Ski Areas of New York and Upper Hudson Trails Alliance.

  
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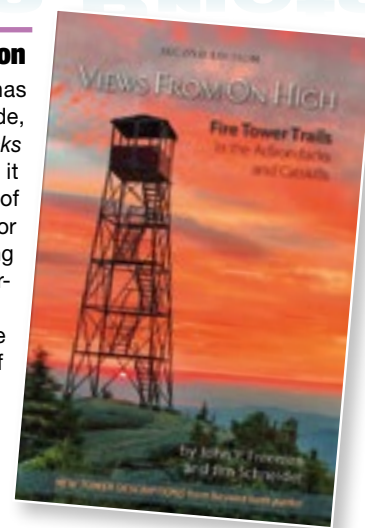
**Fire Tower Guide Released in a Second Edition**

LAKE GEORGE – The Adirondack Mountain Club has released the second edition of its popular hiking guide, *Views from on High: Fire Tower Trails in the Adirondacks and Catskills*. Extensively revised and redesigned, it includes a new chapter describing fire towers outside of both parks. The intervening years have seen what coauthor Jim Schneider refers to as “fire tower fever,” a sweeping enthusiasm that has helped prompt restoration of numerous towers and their trails.

Written by Jack Freeman and Jim Schneider, the guide enables hikers, history buffs, and others fond of Adirondack and Catskill trails to visit and learn about 30 historic fire towers. Detailed trail descriptions are accompanied by numerous photographs and maps as well as an essay about these structures written by historic preservationist Wesley Haynes. The new chapter, *Beyond the Blue Line*, by tower aficionado Jacob Wilde, describes 13 additional fire towers, three of them demonstration towers.

When ADK first published the guide in 2001, all five Catskill Park fire towers had been restored, but Adirondack towers were another matter. Author Jack Freeman divided them into two categories: Towers with a Bright Future and Towers That May Not Last. The latter category involved five fire towers on private land, and those NYS DEC had identified as “nonconforming structures,” and thus slated for removal. Today, all five towers on Mt. Adams, Hurricane, Lyon, Spruce, and St. Regis mountains have been restored and opened to the public. During the same interval, other park fire towers were rehabilitated.

*Views from on High* also provides insight on the role fire towers have served in environmental education. The observers who once staffed these towers came to be recognized for their impressive work as backcountry educators. To complement *Views*, the ADK Fire Tower Challenge requires hikers to ascend and document at least 23 of 30 fire tower summits found in the Adirondacks and Catskills. For more info or to order the book, go to [adk.org](http://adk.org).



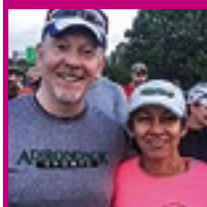
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**FROM THE PUBLISHERS**

*Enjoy a Safe and Happy Holiday Season*



As we close out the year, we want to wish you a safe, healthy and happy holiday season! When you're outside enjoying your sport, on your way to training indoors, or simply routine driving, be safe out there. Daylight hours are shorter; weather, road and traffic conditions change quickly, and people are more distracted than ever so it's important to always be alert - whether you're driving or sharing the road on your feet or bike!

If you're on the trails, more of us are enjoying the mountains than ever before, which is a great thing! However with that comes the responsibility to be educated and prepared for potentially dangerous situations.

Our Athlete Profile, John Bulmer, a wilderness search and rescue volunteer, will attest to the importance of preparedness.

Our final issue of the year also packs in a lot of destinations and events. Check out the preview of snowshoe races, Nordic skiing, downhill skiing and much more... Think snow!

*Thank you, Darryl and Mona*

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# Calendar of Events

## December 2017 - February 2018\*

DECEMBER 2017							JANUARY 2018							FEBRUARY 2018							
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3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
24 <sup>31</sup>	25	26	27	28	29	30	28	29	30	31	25	26	27	28							

\*Events beyond this range are advertisers in this issue.

### ALPINE, BACKCOUNTRY & TELEMAR SKIING ONGOING

**We or Th Midweek Adult Programs: 1/3-3/1.** Wed: Ladies Escape. Thu: Co-Ed Secret Society. Gore, North Creek. 518-251-2411. goremountain.com.  
**Sa or Su Children's Mountain Adventures: 1/6-2/25.** Ages 4-12. Morning-only or full-day. Gore, North Creek. 518-251-2411. goremountain.com.

### DECEMBER

- 10 Santas Ski Free & Toy/Coat Drive.** 8:30am. Whiteface, Wilmington. whiteface.com.
- 16 HPC: Intro to Backcountry Ski Tour w/Free Alpine Touring & Telemark Demo Gear Rentals.** 9am-4pm. Gear, lessons. Open House w/sale, snacks, beer: 4-6pm. High Peaks Cyclery, Lake Placid. 518-523-3764. highpeakscyclery.com.
- 17 HPC: Free Demos of Alpine Touring & Telemark Skis-Boots w/Free AT & Tele Ski Clinics.** 9am-4pm. Whiteface, Wilmington. High Peaks Cyclery: 518-523-3764. highpeakscyclery.com.
- 17 NE Rando SkiMo Race Series: Winter Wild "Multi-Glisse" Race.** 2.5M ascent/descent. 7am. Magic, Londonderry, VT. 603-998-7917. winterwild.com.
- 23-24 Ski with Santa.** Willard, Greenwich. 518-692-7337. willardmountain.com.
- 26-29 Winter Camp.** 9am-4pm. Maple Ski Ridge, Rotterdam. 518-381-4700. mapleskiridge.com.
- 27-29 Christmas Holiday Camp.** 8:30am-3:30pm. Mountain Adventure. Gore, North Creek. 518-251-2411. goremountain.com.

### JANUARY

- 2 Ski Lesson Programs Start.** Maple Ski Ridge, Rotterdam. 518-381-4700. mapleskiridge.com.
- 6 NE Rando SkiMo Race.** Magic, Londonderry, VT. nerandorace.blogspot.com.
- 13-14 MLK Holiday Camp for Kids.** Gore, North Creek. 518-251-2411. goremountain.com.
- 15 Night Skiing on Playmate.** Après ski party, skiing. McCauley, Old Forge. mccauleyny.com.
- 6 Rail Jam.** USASA Event. Titus, Malone. usasa.org.
- 14 Rail Jam.** USASA Event. West, Queensbury. usasa.org.
- 15 Skiercross/Boardercross.** USASA Race. 12:30pm. Gore, North Creek. usasa.org.
- 20 NE Rando SkiMo Race.** Berkshire East, MA. nerandorace.blogspot.com.
- 20-21 Alpine Skiing/Riding Clinics for Women.** Gore, North Creek. 518-251-2411. goremountain.com.
- 20-26 Take Your Kids to Gore Week.** Ages 19-under. Gore, North Creek. 518-251-2411. goremountain.com.
- 25-27 Telemark World Cup.** Classic, sprint, parallel races. Sugarbush, Warren, VT. sugarbush.com.
- 26 Tubapalooza Tubing Party!** Music. 6-9pm. Willard, Greenwich. 518-692-7337. willardmountain.com.

- 27-28 Skiercross/Boardercross & Slopestyle.** USASA Race. Whiteface, Wilmington. usasa.org.
- 27-28 Master the Mountain: Alpine Skiing/Riding Clinics.** Gore, North Creek. 518-251-2411. goremountain.com.
- 27-28 Intro to Telemark Skiing Clinic.** Gore, North Creek. 518-251-2411. goremountain.com.

### FEBRUARY

- 1-4 38th Empire State Winter Games.** Alpine skiing, snowboarding, adaptive, cross, rail jam, moguls. Lake Placid Region. 518-523-2445. empirestatewintergames.com.
- 2 Chicks on Sticks Ski Bus Trip.** Lift ticket, bus, dinner. Bromley, Peru, VT. Alpine Sport Shop: 518-584-6290. alpinestopsportshop.com.
- 10-11 Master the Mountain Ski & Snowboard Clinics.** 8:30am. Gore, North Creek. 518-251-2411. goremountain.com.
- 11 Mini-Shredders Jibfest.** Ages 10& Under. Gore, North Creek. 518-251-2411. goremountain.com.
- 18 Rail Jam.** USASA Event. West, Queensbury. usasa.org.
- 19 Skiercross/Boardercross.** USASA Race. Gore, North Creek. usasa.org.
- 20-22 Presidents Week Holiday Camp.** Gore, North Creek. 518-251-2411. goremountain.com.
- 24 NE Rando SkiMo Race.** Mt. Greylock, MA. nerandorace.blogspot.com.
- 24 Olympic Challenge.** Gore, North Creek. 518-251-2411. goremountain.com.
- 24 Kunjamuck Giant Slalom Race.** 9:30am. Oak, Speculator. 518-548-3606. oakmountainski.com.
- 24-25 33rd Kare Andersen Telemark Festival.** Clinics. Sun: Classic race. Bromley, Peru, VT. bromley.com.

### MARCH

- 3-4 Glades & Glory Skiing & Boarding Clinics.** 8:30am. Gore, North Creek. 518-251-2411. goremountain.com.
- 3-4 Trees & Steeps Telemark Clinic.** 8:30am. Gore, North Creek. 518-251-2411. goremountain.com.
- 17 Irish Spirit Race: Race a Leprechaun.** 10am. Gore, North Creek. 518-251-2411. goremountain.com.
- 24-25 Alpine Skiing/Riding Clinics for Women.** Gore, North Creek. 518-251-2411. goremountain.com.

### BICYCLING: ROAD & OFF-ROAD

### DECEMBER

- 17 Indoor Holiday Trainer-thon:** Benefit for food pantries & bike rescue. Indoor cycling w/John Cecer. 10am-6pm. Inside Edge Ski & Bike, Glens Falls. 518-793-5676. insideedgeskiandbike.com.

### JANUARY

- 7 First Century & Fifty Road Ride.** 100M/52M. 8am. Schuylerville. John Cecer. 518-583-3708. adkultracycling.com.
- 7 Uberwinter Fat Bike Festival.** Rides, demos, brews. Stowe, VT. eventbrite.com.
- 18 Lady's Night Out.** 6-8pm. Grey Ghost Bicycles, Glens Falls. 518-223-0148. greyghostbicycles.com.
- 21 Snow Fest Fat Bike Races.** 10K/15K/20K. Plus, Break N Skiff 5K Snowshoe Race & 3K Hike. 10am. Break N Skiff Orchards, LaFayette. 315-558-3727. instridesports.com.

### FEBRUARY

- 1-4 38th Empire State Winter Games.** Winter biking. Lake Placid Region. 518-523-2445. empirestatewintergames.com.
- 18 Snowball Express & Snowflake Local Road Ride.** 100M/52M. 8am. Schuylerville. John Cecer. 518-583-3708. adkultracycling.com.

### MARCH

- 3 Winona IdidaFAT Bike Race.** 7.5M, 15.5M, 31M. 8am. Sun: "SnoFatShu" Duathlon. CCC Camp, Winona Forest, Mannsville. 315-315-430-3889. 315-430-3889. ididafat.com.
- 17-18 Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors, clinics, activities, prizes. Free. Saratoga City Center, Saratoga Springs. 518-877-8788. adksports.com.



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**CROSS COUNTRY SKIING & NORDIC SPORTS ONGOING**

**Mo-Tu Nordic Skiing Nights.** 4-7pm. Maple Ski Ridge, Rotterdam. 518-381-4700. mapleskiridge.com.  
**Tue Gore Citizen's XC Ski & Snowshoe Race Series: 1/9-2/6.** Gore Ski Bowl, North Creek. goremountain.com.  
**Tue Youth XC Ski Races: 1/2-3/6/18.** 5:30pm. Dewey, Saranac Lake. deweymountain.com.

**DECEMBER**

**1-17 Thanksgiving Sale Extended.** Cascade, Lake Placid. 518-523-1111. cascadeski.com.  
**8 Snowcross.** 1.25K loops. 5-8pm. Gore Ski Bowl, North Creek. visitnorthcreek.com.  
**9 Gore Nordic Festival: 10K Classic Race.** 9am. Gore Ski Bowl, North Creek. skireg.com.  
**9-10 Open House.** 9am-4:30pm. Season pass & gear/clothing sale, food/drinks, prizes. Lapland Lake, Northville. 518-863-4974. laplandlake.com.  
**9-10 Open House.** 9am-5pm. Season pass & gear/clothing sale, food/drinks, live music. Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.  
**10 Gore Nordic Festival: 1.5K Freestyle Sprint Race.** 11am. Gore Ski Bowl, North Creek. skireg.com.  
 16 World Famous Osceola Christmas Pie XC Ski Race. 5K classic: 11am. Osceola Tug Hill, Camden. 315-939-2341. skireg.com.  
 17 NYSEF Season Opener XC Ski Race. 5K skate: 11am. 10K skate: 11:30am. Mt. Van Hoevenberg, Lake Placid. 518-637-9590. skireg.com.  
 27 NYSEF Nordic Skiing Holiday Camp. Grades 8-12. Mt. Van Hoevenberg & Olympic Jumping Complex, Lake Placid. nysef.org.  
**28 Family Moonlight Ski.** 7pm. Whipple Bridge, Vischer Ferry Preserve, Rexford. cliftonpark.org.  
 31 Polar Bear New Year's Eve XC Ski Race. 5K & 10K skate: 12pm. McCauley, Old Forge. 315-369-5240. skireg.com.  
 31 New Year's Eve Biathlon Sprint Race. 7.5K: 10am. McCauley, Old Forge. 315-369-3624. skireg.com.

**JANUARY**

**6 Lapland Ladies Love to Ski Clinic w/Lunch.** 9:30am-2:30pm. Beginner & intermediate: classic technique. Lapland Lake, Northville. Register: 518-863-4974. laplandlake.com.  
**6-7 Gore Nordic & HURT JNQ XC Ski Race.** Sat, 9am: classic. Sun, 9am: skate. Gore Ski Bowl, North Creek. hurtnordicskiing.com.  
**13 Shenendehowa Classic XC Ski Race.** 10K classic: 11am. Saratoga Biathlon, Hadley. Eric Hamilton: 518-371-7548. nyssranordic.org.  
 13 10th Catamount Ladies Nordic Ski Expo. Demos, clinics. Rikert Nordic Center, Ripton, VT. catamounttrail.org.  
 13-14 Rikert Eastern Cup Weekend #2. 8:30am. Rikert, Ripton, VT. rikertnordic.com.  
 14 GHN-ADK Vauhti 10K XC Skiathlon Race. 5K classic, followed by 5K skate: 10am. Saratoga Biathlon, Hadley. 10Kskireg.com.  
 20 HURT Mega-Relay XC Ski Race. 10am. Six-hour relay w/3-8 skiers: 10am. Fun day of skiing. Garnet Hill Lodge, North River. 585-944-1610. hurtnordicskiing.com.  
 20-21 Harry Eldridge NYSEF JNQ XC Ski Race. 5K & 10K. Sat: classic. Sun: skate. Mt. Van Hoevenberg, Lake Placid. 518-637-9590. skireg.com.  
**21 Lapland Sprints XC Ski Race.** 1.5K: 10am. Lapland Lake, Northville. 518-723-0337. skireg.com.  
 21 Polar Bear & Syracuse Biathlon Modified Pursuit Race. 7.5K & 10K: 10am. McCauley, Old Forge. 315-369-3624. polarbearbiathlon.com.  
 27 37th Craftsbury Marathon & U.S. Ski and Snowboard SuperTour Festival. 48K, 33K, 16K. Craftsbury Outdoor Center, Craftsbury, VT. craftsbury.com.  
**25 Family Moonlight Ski.** 7pm. Whipple Bridge, Vischer Ferry Preserve, Rexford. cliftonpark.org.  
 27 Garnet Hill Continuous Pursuit XC Ski Race. 4.5K classic/4.5K skate. 9:30am. Free Try-It 3K Citizens Race: 10:30am. Garnet Hill Lodge, North River. 518-796-5908. hurtnordicskiing.com.

**FEBRUARY**

1-4 38th Empire State Winter Games. Biathlon, XC skiing, adaptive, Nordic combined, orienteering. Lake Placid Region. 518-523-2445. empirestatewintergames.com.  
**3 Full Moon Ski Party.** 8pm. Ski, bonfire, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.  
**4 Adirondack Youth Paintball Biathlon.** 9am. Dewey, Saranac Lake. deweymountain.com.  
 9-11 Canadian Ski Marathon. 100M. Mont Tremblant to LaChute, Quebec. skimarathon.ca.  
**10 Lapland Ladies Love to Ski Clinic w/Lunch.** 9:30am-2:30pm. Beginner & intermediate: classic technique. Lapland Lake, Northville. 518-863-4974. laplandlake.com.  
 10 Winona Forest Tourathon Classic XC Ski Race. 12.5K & 25K: 8:30am. 50K: 8am. CCC Camp, Mannsville. 315-767-6668. winonaforest.com.  
 11 Barkeater Chocolates HURT-athon XC Ski Race. 5K & 15K freestyle. 9am. Cole's Woods, Glens Falls. 585-944-1610. hurtnordicskiing.com.  
 17 Glenville Hills Classic XC Ski Race. 6K & 10K: 10am. Glenville Hills Nordic, Scotia. 518-723-0337. skireg.com.  
 24-25 NYSSRA XC Ski & Biathlon Championships. Sat, 10am: Biathlon Sprint. Sat, 1pm: XC 21K freestyle. Sun, 10am: Biathlon 3x6K relay. Sun, 1pm: XC 3x5K freestyle relay. Saratoga Biathlon, Hadley. 518-696-5495. skireg.com.

**MARCH**

**3 Full Moon Ski Party.** 8pm. Ski, bonfire, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.  
**17 Lake Placid Loppet & Nordic Festival.** 50K & 25K classic: 9am. 50K & 25K freestyle: 10:30am. 6.25K, 12.5K & 3K races: 1pm. Mt. Van Hoevenberg, Lake Placid. 518-302-5312. whiteface.com.

**HEALTH & FITNESS ONGOING**

**Mo-Sa Rock Your Fitness: Total Body Training.** Six-week sessions: 12/4-1/20. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.com.  
 Daily True North Yoga. True North Yoga, Schroon Lake & Keene Valley. 518-810-7871. truenorthyogaonline.com.

**DECEMBER**

**15 Open House w/Balanced Bodywork & Massage.** Yoga, massage, sale, snacks, beer. 4-7pm. High Peaks Cyclery, Lake Placid. 518-523-3764. highpeakscyclery.com.

**MARCH**

**17-18 Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors, clinics, activities, prizes. Free. Saratoga City Center, Saratoga Springs. 518-877-8788. adksports.com.

**HIKING, CLIMBING, SNOWSHOEING, SKILLS DECEMBER**

**9 Winter Preparation for Hiking in the Adk High Peaks.** Session 1: Sat, 12/9 11am-2pm. Session 2: Sat, 1/6 11am-2pm. Mountainman Outdoors, Old Forge. 315-292-3632. mountainmanoutdoors.com.  
**16-17 Wilderness First Aid w/WMA.** 8am-5pm. Heart Lake, Lake Placid. ADK: 518-523-3480. adk.org.  
**JANUARY**  
**6 The Winter 46.** 9am-4:30pm. Adirondack Loj, Lake Placid. ADK: 518-523-3480. adk.org.  
**7 Map & Compass Fundamentals.** Adk Loj, Lake Placid. ADK: 518-523-3480. adk.org.  
**12-15 Ice Climbing, Mountaineering & Snowshoeing Programs.** High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.  
 12-15 22nd Adirondack International Mountaineering Festival. Ice climbing, mountaineering, snowshoeing & avalanche awareness w/guests, clinics, demos, raffles. Mountaineer, Keene Valley & Adk Rock/River, Keene. 518-576-2281. mountaineer.com.

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**SaratogaWinterClub.com or Facebook.com/SaratogaWinterClub**  
Saratoga Springs Ice Rink on Weibel Avenue  
SWC hosting Short Track Age Group Nationals @ American Cup 3 (the largest nationally attended meet) on March 22-25



**19th annual Saratoga Winterfest 5K**  
Sunday, February 4 at 11am  
Saratoga Spa State Park Saratoga Springs

**15th annual Camp Saratoga 8K**  
Saturday, February 10 at 10:30am  
Wilton Wildlife Preserve & Park, Wilton

**Register Online: Active.com** \$15 preregistered or \$20 day of race  
Pre-registered only: Free for age 65-over & 12-under • Free lunch for all  
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**More info: Laura Clark • laura@saratogastryders.org or 518-581-1278**



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**www.hmrrc.com**

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Info/Entry Form: **www.fmrrc.org**  
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- 13 Esther Mtn Guided Hike.** 9.5M. 8am. Adirondack Chocolates, Wilmington. ADK: 518-523-3480. adk.org.
- 13-15 Winter Teen Adventure Trip.** Adirondack Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 14 Table Top Guided Hike.** 10M. 8am. Adirondack Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 19-21 ADK Tug Hill Winter Outing.** 315-298-7424. adk.org.
- 20-21 Winter Survival 101.** Heart Lake, Lake Placid. ADK: 518-523-3480. adk.org.
- 21 Komen Snowshoe for the Cure.** 3K race, 3K/5K walk & kids' dash. 9am. Use code ADK18 for \$5 off. Sun Bowl, Stratton Mountain, VT. 802-362-2733. komennewengland.org.
- 25-31 Winter Mountaineering School.** Hiking, meals. ADK: 518-523-3441. winterschool.org.
- 26-28 Smuggs Ice Bash.** Demos, clinics, presentations, party, prizes. The Barn, Smugglers' Notch, Jeffersonville, VT. smuggsicebash.com.
- 27 Snowshoe by the Light of the Moon Guided Tour.** 5:30-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.

**FEBRUARY**

- 11 Esther Mtn Guided Hike.** 9.5M. 8am. Adirondack Chocolates, Wilmington. ADK: 518-523-3480. adk.org.
- 17 Street & Nye Guided Hike.** 9M. 8am. ADK: 518-523-3480. adk.org.
- 18 Table Top Mtn Guided Hike.** 10M. 8am. Adirondack Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 24 Snowshoe by the Light of the Moon Guided Tour.** 5:30-9pm. Chili, cornbread, campfire w/snack & drink. Age 18+. Headlamp recommended. Lapland Lake, Northville. Register: 518-863-4974. laplandlake.com.

**MARCH**

- 17-18 Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors, clinics, activities, prizes. Free. Saratoga City Center, Saratoga Springs. 518-877-8788. adksports.com.

**ICE SKATING & SPEEDSKATING ONGOING**

- Tu/Th Saratoga Winter Club Learn-To-Skate: Feb 16, 8, 13, 15, 27.** 6-7pm. Free. Saratoga Ice Rink, Saratoga Springs. 518-587-943. saratogawinterclub.com.

**JANUARY**

- 6-7 1st Lake Placid NA Challenge Marathon Skating. 5K/21K/42K. 9am. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.
- 20-21 Jack Shea Sprints Speedskating Meet. 8am. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.
- 27-28 Irving Jaffee Single Distance Champs. 8am. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.
- 30 Memphremagog Skate Marathon. 1K/5K/21K/42K. Newport, VT. kingdomgames.co.

**FEBRUARY**

- 1-4 38th Empire State Winter Games. Speedskating. Lake Placid Region. 518-523-2445. empirestatewintergames.com.
- 10-11 Charles Jewtraw Allround Champs. 8am. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.
- 23-25 Lake Placid Ice Marathon Finale. 10K/21K/42K. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

**MARCH**

- 22-25 Short Track Age Group Nationals & America Cup #3 Races.** Saratoga Ice Rink, Saratoga Springs. 518-587-943. saratogawinterclub.com.

**MULTISPORT: TRIATHLON & SWIMMING**

**JANUARY**

- 20 Happy New Year Masters Swim Meet. 1:30pm. Mohonasen HS, Rotterdam. 518-356-8240. adms.org.

**MARCH**

- 4 "ShoFatShu" Winter Duathlon. 5K snowshoe run, 12K fat bike, 5K snowshoe run. 9am. Solo/teams. Sat: IdidaFAT Bike Race. CCC Camp, Mannsville. 315-430-3889. winonaforest.com.
- 17-18 Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors, clinics, activities, prizes. Free. Saratoga City Center, Saratoga Springs. 518-877-8788. adksports.com.

**JUNE**

- 23-24 Hague Endurance Festival: Olympic, sprint, kids, duathlon, aquabike.** 8am. Hague Beach, Hague. coachmarkwilson.com.
- 30 Stissing Triathlon.** Sprint & kids. 9am. Stissing Lake, Pine Plains. coachmarkwilson.com.

**OTHER EVENTS DECEMBER**

- 15-16 Viessmann World Cup Luge.** Olympic Sports Complex, Lake Placid. 518-523-8820. whiteface.com.
- 16 Curling & Cocktails. 6pm. Schenectady Curling Club, Schenectady. schenectadycurlingclub.us.

**JANUARY**

- 13 Horse Drawn Sleigh Rides.** 1-5pm. Lapland Lake, Northville. Register: 518-863-4974. laplandlake.com.
- 13 Winter Carnival & Fireworks.** 12-4pm. 6:30pm: fireworks. Broomball, sled races, ice skating, food. Mt. Sabattis Geiger Arena, Long Lake. mylonglake.com.

**FEBRUARY**

- 3 Adirondack Landscape Photography Workshop w/Brendan Wiltse.** 9am-5pm. Adirondack Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 9-11 Winter Carnival.** McCauley, Old Forge. mccauleyny.com.
- 17 Family Day: Winter Wonderland.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
- 17-18 Family Day: Fishing Derby.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
- 18 Winter Carnival & Fireworks.** 12-4pm. 6:30pm: fireworks. Broomball, sled races, ice skating, food. Mt. Sabattis Geiger Arena, Long Lake. mylonglake.com.
- 20-22 Winter Camp for Teens.** Ages 8-14. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
- 24 Winter Carnival.** Cardboard sled race: 1pm. Prizes, food, fireworks. Fern Park & Arrowhead Park, Inlet. adirondackexperience.com.
- 24 Family Day: Winter Wonderland.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

**PADDLING: KAYAK, CANOE, SUP & ROW MARCH**

- 17-18 Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors, clinics, activities, prizes. Free. Saratoga City Center, Saratoga Springs. 518-877-8788. adksports.com.

**RUNNING, WALKING & SNOWSHOE RUNNING ONGOING**

- Tue Gore Citizen's Snowshoe & XC Ski Race Series: 1/9-2/6.** Gore Ski Bowl, North Creek. goremountain.com.

**DECEMBER**

- 9 ARE Adventure Run. 4-8M. 10:15am. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 9 Jingle Bell 5K Snowshoe Race. 1pm. Paul Smith's College VIC, Paul Smiths. paulsmiths.edu.
- 9 21st Albany Last Run 5K. 5pm. Empire State Plaza, Albany. 518-434-2032. albanyevents.org.



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\$150 Fundraising Minimum

Register/Info: [fightcf.cff.org/albanyclimb](http://fightcf.cff.org/albanyclimb)  
518.453.3583 • [srichards@cff.org](mailto:srichards@cff.org)



- 9 Jingle Bell Run/Walk. 2.5M. 8:30am. Public Beach, Lake Placid. 518-523-2445. [holidayvillagestroll.com](http://holidayvillagestroll.com).
- 16 **Gore 5K Snowshoe Race.** 2pm. Dion WMAC Snowshoe Series. Gore Ski Bowl, North Creek. [skireg.com](http://skireg.com).
- 16 21st Holiday Classic 5K Run/Walk. 10am. Voorheesville HS, Voorheesville. [zippyreg.com](http://zippyreg.com).
- 16 12th Santa Speedo Sprint. 800m. 2pm. Dunkin Donuts, Lark Street, Albany. [albanypeedosprint.com](http://albanypeedosprint.com).
- 17 Last Chance Trail Run & Pancake Breakfast. 8am. Highland Forest, Fabius. [syracusechargers.org](http://syracusechargers.org).
- 31 **20th First Night Saratoga 5K Run/Walk.** 5:30pm. Skidmore College, Saratoga Springs. 518-584-4132. [saratoga-arts.org](http://saratoga-arts.org).
- 31 NYRR Midnight Run. 4M. 11:59pm. Central Park, New York. [nyrr.org](http://nyrr.org).

**JANUARY**

- 1 **HMRRRC Winter Series #2: 42nd Hangover Half Marathon & Bill Hogan 3.5M Run/Walk.** 12pm. Phys Ed Building, UAlbany, Albany. [hmrrc.com](http://hmrrc.com).
- 1 Resolution Run. 5K & 2.5M Walk. 11am. Heritage Museum, Ticonderoga. [lachute.us](http://lachute.us).
- 1 8th Big A's 5K Run. 10am. Kids' Fun Run: 11am. Queensbury MS, Queensbury. 518-798-0345. [adironackrunners.org](http://adironackrunners.org).
- 1 First Run 2018. 5K. 11am. Champlain Valley Expo, Essex Junction, VT. [adironackcoastevents.com](http://adironackcoastevents.com).
- 1 Hang Over Run 5K/10K. North Country Toe Path Trekkers. Boonville. [lewisfirst.com/toepathtrekkers](http://lewisfirst.com/toepathtrekkers).
- 6 Frozen Assets 5K Snowshoe Race. 10am. Harriet Hollister Spencer Rec Area, Springwater. [roadsarepoison.com](http://roadsarepoison.com).
- 7 **Winter Magic 3.5M Snowshoe Race.** 10:30am. Dion WMAC Snowshoe Series. Magic Mountain, Londonderry, VT. 845-978-9705. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 11 **Fleet Feet Distance Project: Kickoff.** 7pm. Good Form running clinic, demos. Fleet Feet Sports, Albany. 518-459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 13 **32nd Winter Wimp Foot Race.** 4.4M or 2.2M. 1pm. Hagaman Fire House, Hagaman. Rick Vertucci: 518-857-9025. [zippyreg.com](http://zippyreg.com).
- 14 **2018 WSSF North American 10K Snowshoe Championship (Cock-A-Doodle-Shoe) & Junior 5K Snowshoe Championship (Nicolas Pendl).** 10K: 12pm. 5K: 10:30am. Kid's Snowshoe Scramble 0.5M: 10am. Dion WMAC Snowshoe Series. New Land Trust, Town of Saranac. Jeremy Drowne: 518-324-4786. [cockadoodleshoe.com](http://cockadoodleshoe.com).
- 14 HMRRRC Winter Series #3: 3M/10K/25K. 10am. Phys Ed Building, UAlbany, Albany. [hmrrc.com](http://hmrrc.com).
- 14 Winterfest 8K Snowshoe Race. 10am. Mendon Ponds Park, Honeoye Falls. [roadsarepoison.com](http://roadsarepoison.com).
- 20 **Hoot Toot & Whistle 5K Snowshoe Race.** 10:30am. Dion WMAC Snowshoe Series. Readsboro, VT. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 21 **Oak Runner 5K & 10K Snowshoe Races.** 10am. Oak Mountain, Speculator. 518-548-3606. [oakmountainski.com](http://oakmountainski.com).
- 21 Break N Skiff 5K Snowshoe Race, 3K Hike & Snow Fest 10K/15K/20K Fat Bike Races. Run/hike: 10am. Bike: 12pm. Break N Skiff Orchards, LaFayette. [instridesports.com](http://instridesports.com).
- 21 **Komen Snowshoe for the Cure.** 3K race, 3K/5K walk & kids' dash. 9am. Use code ADK18 for \$5 off. Sun Bowl, Stratton Mountain, VT. 802-362-2733. [komennewengland.org](http://komennewengland.org).
- 21 Fred Lebow Half Marathon. 13.1M. 8am. Central Park, NY. [nyrr.org](http://nyrr.org).
- 27 **Western Mass Snowshoe Scramble Race.** 5K or 10K. 10am. Dion WMAC Snowshoe Series. Mt. Tom SRA, Holyoke. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 28 HMRRRC Winter Series #4: 3M/15K/30K. 10am. Phys Ed Building, UAlbany, Albany. [hmrrc.com](http://hmrrc.com).
- 28 Stone Wall 5K Run/Walk & Empire State Championship 10K Snowshoe Race. 5K: 10:30am. 10K: 10am. CCC Camp, Mannsville. [winonaforest.com](http://winonaforest.com).

**FEBRUARY**

- 1 **Fleet Feet Distance Project: Kickoff.** 7pm. Good Form running clinic, demos. 518-400-1213. Fleet Feet Sports, Malta. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 1-4 38th Empire State Winter Games. Snowshoe racing. Lake Placid Region. 518-523-2445. [empirestatewintergames.com](http://empirestatewintergames.com).

- 3 **6th Polar Bear Challenge: 8-Hour Winter Obstacle Race.** 10K w/70 obstacles/lap. 7:30am. Shale Hill Adventure Farm, Benson, VT. 802-537-3561. [shalehilladventure.com](http://shalehilladventure.com).
- 3 Polar Cap 4-Mile Run. 10am. Lake George. Craig Bramley: 518-761-3377. [adironackrunners.org](http://adironackrunners.org).
- 3 Saranac Lake Winter Carnival 4M Fun Run. 10am. Ice Palace, Saranac Lake. 518-304-5041. [saranacklakewintercarnival.com](http://saranacklakewintercarnival.com).
- 3 Cast a Shadow 6-Hour Snowshoe Race. Solo/teams: 1pm. 4M snowshoe race: 10:30am. Black Creek Park, North Chili. [roadsarepoison.com](http://roadsarepoison.com).
- 3 Super Frosty Loomis 10K & 5K Snowshoe Races. 10am. Hammond Hill SF, Dryden. [fingerlakesrunners.org](http://fingerlakesrunners.org).
- 4 **19th Saratoga Winterfest 5K Snowshoe Race/Walk.** 11am. Dion WMAC Snowshoe Series. Saratoga Spa SP, Saratoga Springs. [active.com](http://active.com).
- 4 Selkirk Shores 5K Snowshoe Race. 11am. Selkirk Shores SP, Pulaski. [shelly.wilmott@parks.ny.gov](mailto:shelly.wilmott@parks.ny.gov).
- 4 Gridiron 4M & Longest Football Throw. 4M. 9am. Central Park, New York. [nyrr.org](http://nyrr.org).
- 10 **15th Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion WMAC Snowshoe Series. Wilton Wildlife Preserve & Park, Wilton. [active.com](http://active.com).
- 11 **Capital Hills 5K Snowshoe Race.** Dion WMAC Snowshoe Series. Capital Hills Golf Course, Albany. [capitalregionnordicalliance.org](http://capitalregionnordicalliance.org).
- 17 **Stone Bridge Caveman 6K & Caveman Extreme Snowshoe Races.** 10:30am. Dion WMAC Snowshoe Series. Natural Stone Bridge/Caves, Pottersville. 518-494-2283. [stonebridgeandcaves.com](http://stonebridgeandcaves.com).
- 17 Nordicfest 10K Snowshoe Race. 10am. Cumming Nature Center, Naples. [roadsarepoison.com](http://roadsarepoison.com).
- 18 HMRRRC Winter Series #5: 20M: 9am; 4.5M/10M: 10am. Phys Ed Building, UAlbany, Albany. [hmrrc.com](http://hmrrc.com).
- 18 45th HMRRRC Winter Marathon. 26.2M. 9am. Weather Date: 2/25. Phys Ed Building, UAlbany, Albany. [hmrrc.com](http://hmrrc.com).
- 24 **Brave the Blizzard 5K & 5.5M Snowshoe Races.** 10am. Dion WMAC Snowshoe Series. Tawasentha Park, Guilderland. [areep.com](http://areep.com).
- 24 **30th CF Stair Climb.** Race up 42 floors. First responders (solo/relay): 8:30am. Team relay: 9:30am. Individual: 10:30am. Corning Tower, Albany. 518-453-3583. [fightcf.cff.org/albanyclimb](http://fightcf.cff.org/albanyclimb).
- 24 **Adirondack Snowshoe Fest.** Guided snowshoe tour: 10am. Shoe-Be-Doo 5K fun run/walk: 1pm. 10K snowshoe race: 2pm. Dewey Mountain, Saranac Lake. [saranacklake.com](http://saranacklake.com).
- 25 **Woodford Whiteout 10K Snowshoe Race.** Dion WMAC Snowshoe Series. Prospect Mountain, Woodford, VT. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 25 **Adirondack Snowshoe Fest.** 5K snowshoe race: 10:30am. 15K snowshoe race: 10:30am. Guided snowshoe tour: 11am. Paul Smith's College VIC, Paul Smiths. [saranacklake.com](http://saranacklake.com).

**MARCH**

- 3 **Garnet Hill 10K Snowshoe Race.** Dion WMAC Snowshoe Series. Garnet Hill Lodge, North River. [runreg.com](http://runreg.com).
- 10-11 **US Snowshoe National Championships.** Sat: 10K Adults & 5K Juniors. Sun: Relays, Half & Full Marathon. Dion WMAC Snowshoe Series. Prospect Mountain, Woodford, VT. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 17-18 **Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors, clinics, activities, prizes. Free. Saratoga City Center, Saratoga Springs. 518-877-8788. [adksports.com](http://adksports.com).
- 24 **9th Run 4 Your Life 5K Run/Walk & Chowderfest.** 9:30am. Kids' Fun Run: 10:30am. Central Park, Schenectady. [zippyreg.com](http://zippyreg.com).

Bold listing = Advertiser in current issue of Adirondack Sports & Fitness. Calendar of Events listings are free. Submit your event online at [AdkSports.com](http://AdkSports.com). We reserve the right to publish/edit as appropriate.





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## ● HIKING & TRAIL RUNNING

1



2

# There's a 'Long Path'

## between NYC and the 'Daks!

By Kenneth A. Posner

Imagine stepping off the subway at the 175th Street Station in Manhattan and the next thing you know, you're setting foot in the Adirondacks. Fantasy? Not quite, for there is in fact a direct connection between these two sites – although admittedly it's no short cut – rather it's the "Long Path," one of New York's signature long-distance hiking trails.

Originally conceived in the 1930s as a wilderness corridor that would link New York City to the High Peaks, the trail has been developing over many years, a labor of love on the part of volunteers of the New York-New Jersey Trail Conference. Today, it reaches 358 miles from that subway station all the way to the John Boyd Thacher State Park just west of Albany. For now, that's the northern terminus, although a preliminary route to the Adirondacks has been blazed.

Those first 358 miles are worth checking out, because they pass through some of the most gorgeous natural areas in the Hudson Valley. After you leave the subway station, the Long Path takes you over the Hudson River on the George Washington Bridge and then follows a dirt path atop massive granite cliffs with panoramic river views. A few miles further north, you'll find yourself in Harriman State Park, New York's second largest state park with 47,000 acres and over 200 miles of trails. Here the Long Path passes right next to Big Hill Lean-To, a great place to camp for the night, and admire Manhattan's proud spires some 30 miles south, glowing in the darkness.

The Long Path got its name from the opening stanza of Walt Whitman's Song of the Open Road: "A long brown path leading wherever I choose." At some point the word "brown" was dropped from the trail's official name, but here and there you might still find an ancient blaze labeled "The Long Brown Path." Whitman was a great lover of New York City and its crowds, but he also loved to take long walks through nature. A statue of this great poet – whom some critics regard as on par with William Shakespeare – stands in Harriman not far from the Long Path, and it would seem that his spirit watches over the trail, and perhaps inspires the current generation of saunterers.

After weaving through the quiet glacial valleys of Harriman, the Long Path scrambles up the purple puddingstone conglomerate of Schunemunk Mountain – indeed,

the Long Path is a study in contrasts, with seemingly no two miles alike – for the next thing you know you're walking along a rail trail through the Wallkill River Valley past quaint towns and the rich black dirt of local farms. And then it's into the rare pitch pine barrens of the Shawangunk Mountains and onto gleaming white glacially-scoured rock faces on top of the ridge, where you can see for over 100 miles.

The New York-New Jersey Trail Conference is a not-for-profit organization founded in 1931, whose volunteers today are responsible for over 2,100 miles of trails in the broader New York City area. About 250 volunteers are involved with the Long Path, headed up by Long Path chair Andy Garrison, who fell in love with the trail while thru-hiking it with his son. Under Andy's leadership, the Long Path has been significantly improved: land parcels acquired, sections moved off-road, stone steps built into steep sections of the trail, and new bridges installed. If you have questions about the Long Path, or need help while thru-hiking, you can connect with Andy and other volunteers through a Facebook discussion group called "Friends of the Long Path." The Trail Conference makes an interactive map and extensive notes available through its website ([nynjtc.org/region/long-path](http://nynjtc.org/region/long-path)).

From the Shawangunks, the Long Path jumps to the southern Catskills, once the tramping ground for the famous East Coast nature writer John Burroughs, who wrote "I go to nature to be soothed and healed, and to have my mind put in tune once more." In 1885, Burroughs climbed Slide Mountain, the Catskills' highest peak (4,190'), bushwhacking up the side of the mountain through dense groves of fir and spruce.

Today, the Long Path takes you past a plaque affixed to the sandstone slab on Slide's summit commemorating Burroughs' life and works. From there, the town of Phoenicia offers a brief respite, but then it's onto the Devil's Path, a rugged hiking trail with a fearsome reputation – although nothing that would frighten away tough Adirondack hikers. By the time you're done with the Catskills, you'll have summited eight of the region's 35 high peaks (above 3,500 feet).

Are you, like me, someone who's long been intrigued by the Appalachian Trail but never figured out how to take off for three,



3

**1** THE LONG PATH STARTS AT 175TH STREET SUBWAY STATION AND IMMEDIATELY CROSSES THE GEORGE WASHINGTON BRIDGE.

**2** SLIDE MOUNTAIN, HIGHEST PEAK IN THE CATSKILLS, AND LONG PATH HIGH POINT.

**3** CROSSING SHAWANGUNK MOUNTAINS WITH VIEWS OF THE CATSKILLS.

**4** VIEW OF ALBANY FROM THE HELDERBERG ESCARPMENT IN THACHER STATE PARK, CURRENT NORTHERN TERMINUS OF THE LONG PATH.

PHOTOS COURTESY OF STEVE AARON PHOTOGRAPHY



4

four, five months? In this case the Long Path might be a great alternative: it's an epic thru-hike experience that doesn't require you to quit your job and leave family behind. It's also very feasible to section hike the Long Path, since the NYS Thruway (I-87 component) will get you close to most sections. As of 2017, 146 people have completed the Long Path... Maybe you could be the 147th?

After the Catskills, the Long Path takes you into the Schoharie Valley, which is full of curious sites: a large reservoir, fossilized trees from Earth's first forest, a protuberance called Vroman's Nose (recently donated to the state), the town of Middleburgh, and other nice surprises. When you reach the path's northern terminus in Thacher State

Park, you'll find yourself standing on the edge of the Helderberg Escarpment, and looking out at the foothills of the Adirondacks – 50 miles to the north. And in due course, the Long Path will take you all the way there. 🌲

*Kenneth Posner ([posnerk@gmail.com](mailto:posnerk@gmail.com)) of New York City is a volunteer and board member with the New York-New Jersey Trail Conference. In 2013, he completed the Long Path in nine days, setting the current speed record, and wrote about the experience in "Running the Long Path: A Journey of Discovery in New York's Hudson Valley." He blogs about running and hiking at [thelongbrownpath.com](http://thelongbrownpath.com).*

ALPINE SKIING



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By Gail Setlock

Today's ski gear has made it easier to ski a variety of conditions and terrain. The rockered technology makes a ski more versatile in a variety of snow conditions for all levels of skiers. And to take your skiing to the next level, be more versatile in your tactical approach, technique and style. Your skis, boots and poles are your connection with the snow.

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**Keep Your Skis Tuned** - Edges can dull quickly, even if you are skiing on packed powder. Keep your skis tuned so they will perform consistently each time you ski. Your local ski shop can tune them for you, as well as the shop at your mountain. Or, if you choose to tune them yourself, there are great hand tools available - be sure to have someone show you how to use the tools correctly if you choose to tune your own skis.

**Get Your Boots Fitted Properly** - Properly fitted boots are the most important part of all your gear as they are your connection to your skis. A good fitting boot allows your movements to trans-

fer directly to the ski. For example when you tip your feet in a properly fitted boot, your result will be better edging skills. Your local shop can adjust your foot bed, cuff, and/or your boot sole to achieve better alignment. And wear only one pair of wool ski socks. Wearing two pairs of socks can cause bunching and pressure points in your boots, making your fit uncomfortable.

**Check the Length of Your Ski Poles** - The swing and touch of your poles is critical to promote good timing and rhythm of your turns. Poles that are too short may cause you to bend too much; poles that are too long may cause you to stand too tall. A guide to a good pole size: when standing indoors hold your pole by the grip, keeping the pole vertical with the point of the pole on the floor. Your forearm should be parallel to the floor, or slightly lower than parallel.

LET'S HIT THE SLOPES!

Skiing is fun and exciting for all levels of skiers. You don't have to ski the steep black diamond trails to have some challenge and excitement.

**Take a New Tactical Approach** - Making good tactical decisions can make any trail more challenging and fun. The mountain is your playground, so explore it in a variety of playful ways. Quite often people ski the same type turn regardless of the trail pitch or snow conditions.

For example, some people prefer to ski longer turns, while others like short turns. Some folks ski on the edge of the trail, while others go back and forth across the trail from treeline to treeline. Next time you go skiing try something different. Ski turns of a different size and shape than you usually do. Or shake it up a bit by skiing three long turns, three short turns, three long and three short, while maintaining a rhythm and flow - don't stall or traverse in between the size changes. This allows you to be more versatile and playful on the trails.

Another tactical challenge is to add more shape to your turn. Often, people don't finish their turns, thus picking up speed with each turn. Add more shape - ski a more rounded turn - making sure to finish your turn to help control your speed. This can be especially helpful on steeper terrain.

Another fun tactic is skiing in synchronization with another skier, which is not only fun, but makes you ski to another person's rhythm and turn shape. There are many different patterns you can do with two or more people. One of the easiest synchro styles is to have one person ski in front of you. You will mirror them by turning the same direction at the same time. Key in on their pole swing - as soon as they swing that left pole, you do the same, and make the same left turn size and shape they are in the same direction. And get ready for the next turn by watching and making your right pole swing and touch when they do, then making your right-hand turn mirroring them. Keep watching their pole swing as that is an easy indicator of when they are going to make the next turn.

Another fun synchro style is skiing side-by-side, with both of you turning the same direction at the same time. You may need to adjust your turn shape, making either shallow or more rounded turns in order to maintain the same speed as your partner, while maintaining the

same cadence and rhythm - and turning in the same direction at the same time. One of the great outcomes of synchro skiing is that you turn on demand - turn to the other person's rhythm and timing - and you may turn in places on the hill that you normally might avoid.

Making different tactical choices in your skiing is not only fun, but will take your skiing skills to the next level. It allows you to challenge yourself without pushing yourself into the "yikes zone" of fear.

**Take a Ski Lesson** - Lessons are fun, and you can work on a variety of things that will help you enjoy your ski day. An instructor can help you with technique, or maybe show you some of the tactile options mentioned above. Skiing with an instructor will not only give you a good visual image to copy, but will allow you to talk with them about what your personal goals are and how to achieve them. Many instructors are certified with the Professional Ski Instructors of America, which means they have studied, practiced, and challenged themselves to achieve a professional level of certification.

And make time to practice what you've learned. It's fun to challenge yourself. You'll find that you will get out of your skiing what you put into it! Having good equipment that fits you well, along with changing some tactics in your skiing will take you to the next level.

Check with your favorite mountain to learn more about lessons, programs, and clinics that fit your needs. In addition to the typical one- or two-hour lessons that mountains provide, many offer multi-week programs - as well as weekend clinics that focus on your goals. 📌

*Gail Setlock (gail@goremountain.com) is the Director of the Gore Mountain Snow Sports School. A 38-year member of PSIA, Gail is level 3 certified and is an alpine examiner for PSIA. In the off-season, she is an avid mountain biker and says the two sports complement each other with rhythm, timing and making tactical decisions.*



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 **ATHLETE PROFILE**

# John Bulmer

**AGE:** 45**LIVES:** Halfmoon**FAMILY:** Wife Kristen and daughter Ava, 10**OCCUPATION:** Photographer/filmmaker, John Bulmer Photography and Nor'Easter Films**PRIMARY SPORTS:** Running, hiking, rucking**SECONDARY SPORTS:** Mountain biking

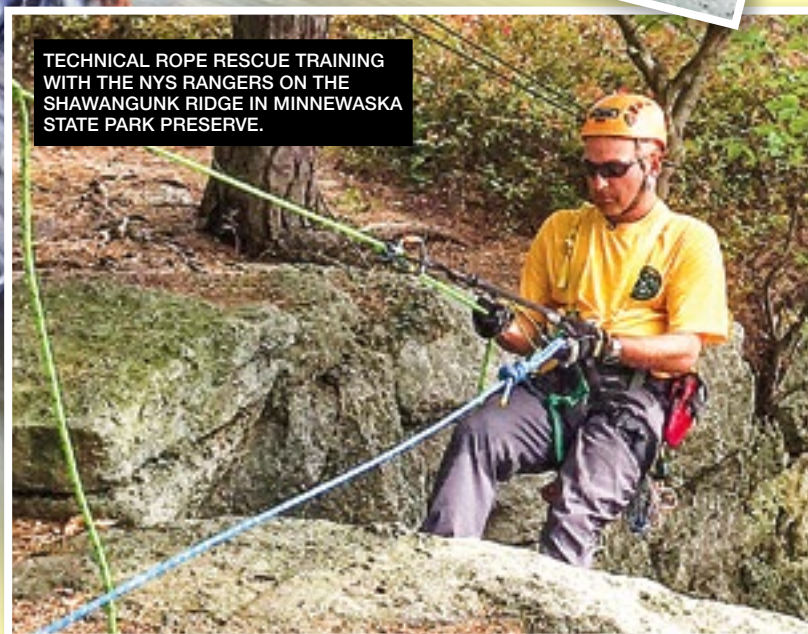
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## By Dave Kraus

Whether at work or play, John Bulmer's life rotates around the outdoors. The Troy native often mixes his fitness pursuits with his work as both a photographer and filmmaker. His latest fitness passion, rucking, keeps him in shape for both of those jobs and his volunteer work with an outdoor rescue group, Adirondack Mountain Rescue.

Rucking is hiking with a backpack filled with weight plates instead of outdoor gear. Fill up your backpack with outdoor gear, head to the mountains and you're hiking. Stay in an urban setting and wilderness hiking becomes rucking, with a pack loaded with weights to build core and aerobic strength. "I find it incredibly convenient because I can get in shape without having to drive three hours to the Adirondacks. I go find stairs or a hill to train on. It's great preparation for most outdoor activities. It helps me enjoy the mountains more."

John's fitness career started out on wheels in 1992, when he got his first bike, a "terrible neon green" Scott mountain bike. He immediately entered an "adventure race" in the Bronx, where the sport in its infancy included some unusual challenges, including riding mountain bikes on the shoulder of the four-lane Whitestone Parkway, and an obstacle where racers were required to disassemble their bikes, pass them piece-by-piece through the center of a tractor tire, then reassemble them before continuing the race.

After that unorthodox introduction, he spent the next decade riding while going

to school for art, history, photography and graphic design, and working as a commercial artist. "I would ride five days a week, both mountain and road. I was one of the first people I knew to buy a spin bike. I was in my early 20s with zero responsibility, so I spent a lot of time on the bike."

That changed in 2004 after a couple of close calls. The first happened on Route 7 in the Sycaway neighborhood of Troy where he grew up. An elderly woman passed him, then turned in front of him in a maneuver cyclists call a right hook. "Wow, I really got hit," he remembers thinking as he slid across her car hood, ripping off the rear view mirror, and a large patch of skin on his leg. The woman stopped, apologized, and handed him the mirror, telling him "Here's the light for your bike."

He went home, put on an undamaged new wheel, and then continued his 40-mile ride. It was only a short time later that a second close call on a group ride in Washington County made up his mind that a change was needed. He was making a left turn and "all I saw was a purple Neon, heard a screech and smelled burned rubber. People were telling me 'You have NO idea how close that person came to you.' It would have been the end of me."

It was only three weeks before his wedding to wife Kristen, and obvious to John that the "zero responsibility" time of his life would be changing. So he switched to running, attacking the sport like he had attacked cycling. He started with 5K races, and then worked up to longer runs, heading up obstacles like Mt. Greylock near North Adams, and Monument Mountain in Great Barrington. He dropped weight and became more agile. "You take my bike away and I was using the same routes and hills. I would run

from Albany to Brunswick, along the river through Troy, and up the hill. To be doing that as a cyclist was eye-opening to me. I'd never thought of myself as a runner. It was a completely different fitness for me."

In 2014 another sea change came after he tore a tendon on the inside of his foot. During his eight-month recovery period, he was forced to work slower to build up his feet and core, and it was the end of his running career on hard surfaces.

For his new endurance-paced, off-road cardio workouts, John added rucking to the option list, and now it has become his primary fitness activity. While the rucking community in the Capital Region is growing, it's still small, with no organized group in the area. He often trains on the 147 steps of the Approach, a staircase connecting the Rensselaer Polytechnic Institute campus to downtown Troy, which he says he must have climbed "thousands of times."

He has found that the sport fits in perfectly with his work with Adirondack Mountain Rescue, a 20-member volunteer unit that assists NYS Forest Rangers with wilderness search and rescue. Everyone in the group has to maintain a high level of fitness, and the roster is filled with avid hikers, runners and outdoor enthusiasts.

The group may be called to respond at any time to help with searches where more trained personnel are needed, requiring John to carry 30-40 pounds of gear. "There has to be a certain level of trust in the people coming in. You don't want people going out there to help who are going to have to be rescued themselves. When you're in search and rescue and you're carrying technical gear you sometimes don't have the convenience of going lightweight. I can't choose to leave that gear at home. It's part of the foundation of why I started doing this."

John's last deployment was near Margaretville in the Catskills in early

August, but another call could come at any moment, and he must be ready, especially in winter. "This is becoming the busy season because of the increased number of people in the wilderness. Every year there are more and more search operations needed in the state because people are accessing the wilderness."

The sport also benefits his job as a photographer and filmmaker, where getting the best visuals often requires dealing with remote locations and challenging weather. "I do a lot of environmental and wilderness stuff, extreme weather, and it falls back to the rucking. You've got 40 pounds of plastic and glass on your back and you have to move that around."


Today, fitness for life is his main focus, and he doesn't follow any specific training program. His daughter, Ava, has inherited his love of the outdoors and sometimes goes with him on training outings, especially hiking. As a self-employed entrepreneur his schedule is always variable, allowing them to spend time together on outdoor adventures. John's wife, Kristen, has her own fitness routine. "She's in shape and goes to the gym, but she's not really an outdoor person. She lets me do my things," he says with a smile.

"I'm just training, and the big fitness thing for me at 45 now is to maintain myself, not get injured, and build on that. I'm stronger now in some ways than I was ten years ago."

For more on Adirondack Mountain Rescue, go to [adirondackmountainrescue.org](http://adirondackmountainrescue.org). To learn more about rucking, visit [goruck.com/how-to-ruck](http://goruck.com/how-to-ruck). 🏔️

*Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer, and writer who had no idea what rucking was before writing this story. Visit his website at [krausgrafik.com](http://krausgrafik.com).*


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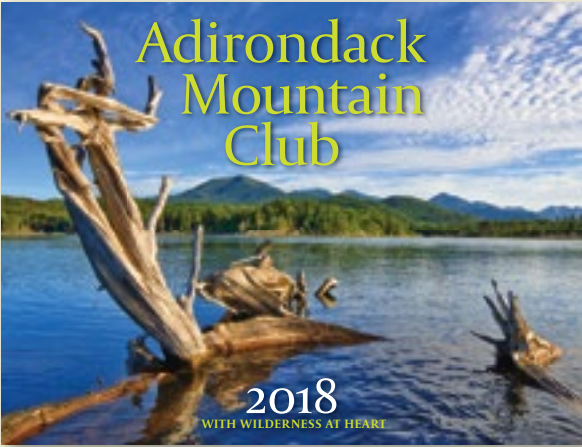




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## ● BACKCOUNTRY SKIING

# Skiing in the Central Adirondacks

An Old Favorite, Something Different but Scenic and Somewhat New

By Rich Macha

In most winters you can bet that the Blue Mountain Lake and Indian Lake areas of the Adirondack Park have good snow depths and above average skiing conditions. The Blue Mountain Lake area usually has a few inches more snow than Indian Lake, benefiting a little more from lake-effect snows. Here are three ideas for five to ten-mile backcountry tours in that region.

#### STEPHENS AND CASCADE PONDS

Starting from a pull-out on NY Routes 28/30 a little west of the entrance to Lake Durant State Campground, ski south on the Northville-Placid Trail and soon cross the outlet of Lake Durant. The trail proceeds on campground roads passing the new restroom/showers facility – wouldn't it be nice if it was open and heated in mid-winter? The NPT soon veers left and starts looking more trail-like as you pass a gate and the sign-in register, now entering the Blue Ridge Wilderness Area.

The trail slowly gains elevation then levels out for a time. Two miles from the start you can leave the NPT and bushwhack south-southwest for a quarter-mile to the north end of Stephens Pond – you may find some flagging along the route to help you stay on track. Assuming we continue on the blue-marked NPT, the trail goes generally uphill to the junction with the Cascade Pond Trail. Bearing right here, and leaving the NPT, it's about a mile to the pond. Look for the lean-to on the left. This is a very nice spot for a break.

If you continue on the trail past the lean-to, you will soon arrive at the pond's outlet. A narrow log bridge spans the brook above a small falls, and I find it easier and less scary to ski out onto the lake from the lean-to, and well away from the outlet if I desire to continue past the outlet. The ice is usually safe in winter, but less so near inlets and outlets, and by skiing to the south part of the lake you get a good view to the northeast of Blue Mountain with its rocky scars. A few winters back, I paused near the outlet and observed an otter feeding, repeatedly going down into a hole in the ice, and coming back up onto a rock next to the hole.

You can continue on the Cascade Pond Trail down to the west end of Lake Durant, then ski across the lake to loop back to the start, but that part of the trail has a couple of steeper sections that are best for advanced level ski tourers. So, from Cascade Lake, we ski back to the junction with the NPT and follow that south 0.6 miles, down to Stephens Pond. There could be some open streamlets at the bottom of some hills, so ski under control. Look for the lean-to on the left. The lake is not visible from the lean-to so I usually find a nice spot nearby at lakeside to take a break.

If you decide to ski out onto the lake look to the southwest for a view of Blue Ridge and beware of thin ice to the east side of the island in the south part of the pond. You now have the option to return via the NPT, with some uphill sections at first, but some nice downhill sections back to the campground. Or, from the north end of Stephens Pond, you can take the off-trail route north-northeast and regain your tracks on the NPT. Either way, you would have skied seven to nine miles with elevations in the 1,800-2,200 foot range – and enjoyed some nice scenery!

#### INDIAN LAKE AND JOHN MACK POND

Long crossings over lakes usually don't appeal to me, but this one has some excellent views along the way. Some snowmobile traffic may be encountered, especially on weekends. Look for a plowed pull-out on the east side of NY Route 30, a short distance north of the boat launch entrance. Ski down through the woods and you are soon at the shoreline of Indian Lake's southwest arm.

Head northeast past Poplar Point, then cross over to the east shore. Pass south of Long Island, then around another point, and turn southeast into John Mack Bay. On a clear day, from the east side of Long Island, there are great views north to the distant High Peaks. In John Mack Bay, look for campsite #27 in a cove on the northeast shore. The trail to John Mack Pond starts behind this campsite. You are now in the Siamese Ponds Wilderness Area and shouldn't see any snowmobiles. The 1.6-mile ski to the pond is best for intermediate skiers as the trail gains 200 feet at first then drops 100 feet to the secluded pond. To the northeast, Kunjamuk Mountain rises steeply 1,200 feet above the pond.

On the ski back, the views of Snowy Mountain, rising over 2,200 feet above the lake, are awesome. The round-trip should be close to nine miles.

#### JOHN AND CLEAR PONDS

I've skied the trail to John Pond several times. It has always made for a good easy warm-up trip early in the season and does not need a lot of snow to make it skiable. Now there is a new 1.3 mile section of trail linking John Pond to the Clear Pond trail.

From Wilderness Lane in the town of Indian Lake, the yellow trail to John Pond in the Siamese Ponds Wilderness Area follows an old road, and is fairly easy skiing. A short side-trip leads to the graves of two children that died of diphtheria in the late 1800s; you also get a view of Bullhead Mountain. At the 2.2-mile mark, a red trail goes straight another 0.1 miles to John Pond and its lean-to. A ridge with rocky ledges rises almost 500 feet up from the pond's west shore.

Go back to the junction, take a left and continue on the new yellow trail going over rolling terrain. After 1.1 miles the new trail parallels the southwest shore of Clear Pond, then reaches a red-marked spur to the right, which soon leads to a rocky area next to the pond's outlet. You can continue looping on the yellow trail reaching Wilderness Lane in about a mile – this section drops 200 feet and is very rocky, needing well over a foot of snow to make for good skiing. It is then a brief ski along the edge of Wilderness Lane to your car, for a round-trip of about five miles. If there is less than a foot of snow, you could ski to Clear Pond and return via John Pond the way you came, and enjoy skiing in your tracks back to the car for a trip of over seven miles.

Let's hope for a snowy winter! ❄️

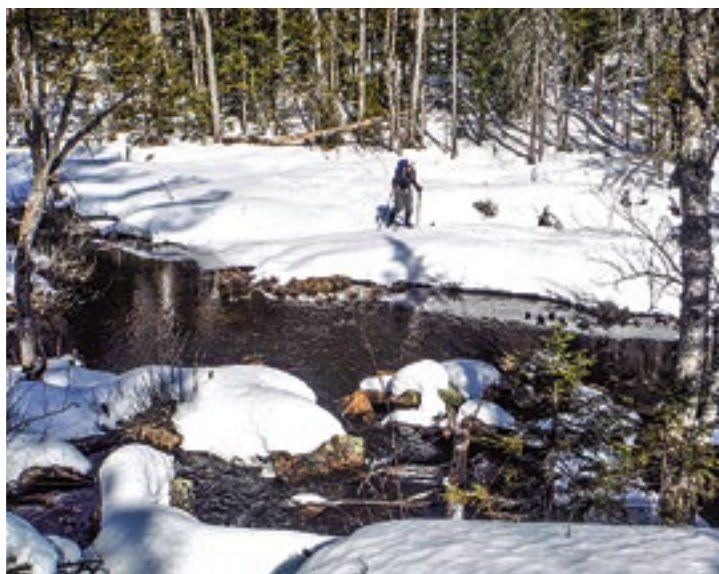
*Rich Macha (adkpaddle@yahoo.com) of Albany is an avid wilderness cross country skier and paddler. He has spent 20 years in the XC ski and paddlesports business and has led many ski trips for the Albany Chapter of the Adirondack Mountain Club.*

SNOWY MOUNTAIN AS SEEN FROM INDIAN LAKE.  
PHOTOS BY RICH MACHA



▲ CASCADE POND WITH BLUE MOUNTAIN IN THE BACKGROUND.

▼ SKIING ALONG THE OUTLET OF CASCADE POND.



● SNOWSHOE RUNNING cont from 1

events, located where it actually pays to read the directions ahead of time. Both races feature bussing to the start, where narrow trailheads preclude parking access. For the first, you will need to time your registration at home base at the Black Line Tavern at Magic Mountain Ski Area for the trek to Lowell Lake State Park, near Londonderry, Vt. before the last bus leaves at 10:45am. Ditto for Hoot Toot & Whistle, headquartered at the Readsboro School in southern Vermont, where registration ends at 10am, before the ride to the start. Expect no-frills conditions at both race sites, and be prepared to store dry clothes in a waterproof bag. Lowell Lake will introduce you to some real Vermont hills, while Hoot Toot is relentlessly rolling as it traces the path of the Hoosac Tunnel and Wilmington narrow-gauge railbed.

In the Saratoga region, plan on the "twins" - **Winterfest 5K** at the Saratoga Spa State Park on February 4, followed by the **Camp Saratoga 8K** on February 10 at Wilton Wildlife Preserve. The Winterfest is a great introductory course, with some hills and a mix of wide and single track, while Camp Saratoga is more a difficult tour of groomed and natural trails. This year, we hope to reroute a bit to utilize some newer trails and restore the route to its advertised 8K length. And if you missed Camp Saratoga last year, know that the facilities now boast heated bathrooms! Both are famous for their bounteous potluck lunches afterwards. Pre-registrants enjoy a significant discount if they register for both events. (saratogastryders.org)

Near Albany, Capital Hills Golf Course is the new home of Capital Region Nordic Alliance, so you can expect some rolling hills typical of a cross country experience at the **Capital Hills 5K** on February 11 (capitalregionnordicalliance.org).

Many of the WMAC Series races present both shorter and longer options: **Western Mass Snowshoe Scramble 5K and 10K** on January 27 at Mt. Tom Reservation in Holyoke, Mass; **Stone Bridge Caveman 5K, 10K and 15K Extreme Caveman** on February 17 in Pottersville; and **Brave the Blizzard 5K and 5.5-Miler** on February 24 in Tawasentha Park in Guilderland. The

Scramble features a rolling 5K on scenic Mt. Tom trails, with the 10K folks either on a separate course or circling two loops depending on snow conditions. Afterwards, bring a dish to share at the potluck. (dionwmacsnowshoe.com)

Outside of the series, but in the lake effected, snowy southern Adirondacks, the **Oak Runner 5K and 10K** will be held January 21 at Oak Mountain Ski Center in Speculator. (oakmountainski.com) Also on January 21, the **Komen New England Snowshoe for the Cure - Vermont**, will return to the Nordic trails of Stratton Mountain's Sun Bowl area. It will feature a 3K snowshoe race,

3K and 5K snowshoe walk and kids' snowshoe dash. Demo shoes will be available from event partner, Tubbs Snowshoes, while supplies last. (komennewengland.org)

One year after hosting the 2017 World Snowshoe Championships, Saranac Lake will leverage their international experience to host a new snowshoe weekend, the **Adirondack Snowshoe Fest**, set for February 24-25. Organizers are planning a series of races for all skill levels plus entertainment. Included in the mix will be a 15K, 10K, Shoe-be-doo 5K, guided snowshoe tour, and awards at Dewey Mountain Recreation Center and Paul Smith's College VIC. (saranalake.com)

Whatever option you choose at Stone Bridge, you can expect a scenic, challenging course on a mix of single track and wider trails. Last year was the Bridge's debut year and I was really grateful to take advantage of race director Lance Decker's enthusiastic offer to lead expeditions on non-racing weekends. My knowledge of the course helped me to squeak past several competitors because I knew the end was near! Keep this in mind if we have a no-snow weekend, because chances are good there will be snow in Pottersville, in the south central Adirondacks. Afterwards, enjoy the outdoor



▲ START OF THE 2016 GORE SKI BOWL SNOWSHOE RACE. GORE MOUNTAIN

fire pit and leave time for the short hike to the ice-encrusted cave, guarded by the giant caveman! (stonebridgeandcaves.com)

At the Brave the Blizzard, celebrating his third year at Tawasentha Park, Frosty the Snowman has hopefully found his permanent home in this hilly venue. Like the Scramble, Winterfest and Camp races, Albany Running Exchange typically holds a trail race if conditions are not suitable for shoeing. If that is the case this year, donning spikes will help you dig into those steep, muddy hills. Afterwards, receive a high-five from the snowman himself, and get warm in the hut where all manner of pancakes await. (areep.com)

**Garnet Hill Snowshoe 10K** on March 3 in North River (just north of Gore) has hosted snowshoe races in the very distant past, and is now ready to get back into the action. Their trails are a continuous up and down "over the mountain and through the woods" experience. We will have a beautiful lodge to recover in and contemplate a run on their exciting cross country ski trails. (garnet-hill.com) This race, as well as **Woodford Whiteout 10K** at Prospect Mountain in Woodford, Vt. on February 25, will have you ready to tackle the Nationals 10K challenge. Woodford, of course, will go one further

being a literal dress-rehearsal for nationals. Take this opportunity to scope out the route and plan your race strategy as you will be competing against mountain runners from all over the US!

And now, drumroll please... the **US Snowshoe National Championships** return once more to snowy Prospect Mountain the weekend of March 10-11. Saturday features the junior 5K, separate men's and women's 10K, kids' 1K and a citizens' 5K. Expect big climbs on the 10K; this is a mountain, after all. Award ceremonies and dinner follow at 6pm. On tap for Sunday is the Team Relay, a Half Marathon, and a Full Marathon! A 7K loop, different from the 10K course, will be run three times for the half and six for the full - with an eight-hour cutoff. According to race director Tim Van Orden, "the marathon loop will be a lot like the North American Championship course - rolling, with small climbs and lots of Nordic trail." (snowshoeracing.com) Think snow!!!

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

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## NON-MEDICATED LIFE

# Role of Gut Microbes in Preventing Disease

By Paul E. Lemanski, MD, MS, FACP

**Editor's Note:** This is the 80th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 79 installments of the *Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals most of the benefits of medications in the treatment of chronic medical conditions – such as hypertension, high cholesterol, diabetes and heart disease. Emerging research suggests that the non-medicated approach to maintaining health and preventing diseases may also depend on the types of microorganisms that inhabit our gut.

Our gut is home to trillions of bacteria – the gut microbiome – that up to the last several years were not suspected of playing a role in diseases, apart from certain infectious diarrheas. More recently, however, the gut microbiome composition has been associated with disease states including obesity, diabetes, inflammatory bowel disease, cancer, and even cardiovascular disease.

This association does not only imply harm in being colonized by gut pathological species. The gut microbiome also provides established benefit, including protection from the invasion of such pathogens. For example, the probiotic use of yogurt containing lactobacillus species concomitant with the use antibiotics, helps avoid diarrhea caused by the overgrowth of intestinal pathogens.

Beneficial bacteria alter the acid base balance of the small intestine, and produce volatile fatty acids that kill pathogenic bacteria. Benefits also include regulation of gut motility, the production of vitamins, enhanced absorption of minerals, and the destruction of toxins and substances, which can cause mutations of host DNA. The gut

microbiome transforms the lignans in foods such as flaxseed, cruciferous vegetables and strawberries into enterolignans, the biologically active compounds that may reduce the risk of cardiovascular disease – as well as hormone sensitive cancers such as breast and prostate cancer.

The gut microbiome plays an important role in the metabolism of the isoflavones (contained in soy products) into active metabolites, which provide a plant-based modulation of estrogen stimulation, that may both reduce menopausal symptoms and breast cancer risk.

Additionally, growing evidence suggests that obesity may be, in part, due to a reduction in the diversity of the species making up the gut microbiome. Obese individuals have up to 40% less diversity in the gut microbiome. This may, in turn, lead to alterations in the absorption of food that could affect weight. Studies in mice suggest that transferring the gut microbes from obese mice into lean mice causes the lean to gain weight. Conversely, transferring gut microbes from lean mice to obese mice causes the obese mice to lose weight.

Probably the most interesting association between the gut microbiome and disease involves cardiovascular disease. It is well established that saturated fat and cholesterol in meat contributes to elevated serum cholesterol, which is the first condition required for the deposition of that cholesterol into the walls of arteries in the body. This deposition involves the formation of a cholesterol plaque in the wall of an artery, in a process called atherosclerosis. This deposition is the underlying condition responsible for heart attacks and strokes.

Improving the ability to predict if an individual with high cholesterol will have a heart attack or stroke has led medical researchers to look for additional ways to determine or stratify risk. Recently, a substance called *trimethylamine-N oxide* or TMAO has been found, which increases risk for heart attacks and strokes – probably by damaging the endothelial cells that line the arteries. Importantly, the gut microbiome is involved in its production.



Moreover, in a study of patients with heart disease, those having the highest levels of TMAO had a 250% increased risk of heart attack, stroke or death – compared to those with lower TMAO levels. Most significantly, this difference was independent of the traditional cardiovascular risk factors.

In an unfortunate one-two punch, the meat or animal products we consume do not just contain saturated fat and cholesterol, which could contribute to cardiovascular disease. They also contain choline and phosphatidyl choline, both substances that the gut microbiome, under the proper conditions may convert to TMAO.

Studies of the microbiome of vegans and omnivores suggest that the bacteria in your gut are determined by what you eat. Individuals who eat meat and meat products have a gut microbiome that produces large amounts of TMAO. Individuals who eat a plant-based diet such as vegans produce almost no TMAO. While this suggests that to reduce cardiovascular risk maximally you need to be a vegan, this may not be rigorously true.

In a study of vegans and omnivores fed a meat meal, the vegans produced no TMAO and the omnivores produced large amounts, suggesting that the gut microbiome of those consistently on a plant-based diet could tolerate smaller portions of meat eaten less frequently, without an adverse impact on cardiovascular risk.

The question then becomes how to create such a plant-based microbiome. Taking probiotics, while a reasonable first step, cannot encourage the appropriate diversity that is the hallmark of a healthy microbiome. Certainly the consumption of a plant-based diet is an important step. Simply eat more vegetables.

But additionally, there is evidence that not all vegetables are equally effective in the feeding and cultivation of a healthy

gut microbiome. Gut bacteria need the fiber including the type of fiber folks tend to avoid, that found in the hard to chew ends of asparagus or in the stalks of broccoli. The gut microbiome needs a prebiotic fiber called fructans and the consumption of fructan-rich foods should be a priority.

Fructan rich foods include leeks, Jerusalem artichokes, white onions, legumes, artichokes, asparagus, whole grains, and fruits such as nectarines and raspberries. Obviously the increase in fiber from these sources should be gradual to avoid excess gas and bloating. In conjunction with this increase in fructans, you should decrease not only the amount of meat, cheese, eggs and animal products, but also the frequency of consumption.

In summary, the gut microbiome is associated with multiple diseases and their prevention. Creation of a healthy gut microbiome may include the use of probiotics, but also the consumption of prebiotic fiber, especially that contained in fructan-rich foods. Consuming such foods as part of a predominately plant-based diet may allow the consumption of reduced portions of meat at a reduced frequency, and still ensure optimal health. As such, the cultivation of a healthy gut microbiome is an essential part of the non-medicated life. 🌱

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

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# RACE RESULTS

## 3RD ANNUAL OKTOBERFEST ALBANY 5K September 30, 2017 • Wolff's Biergarten, Albany

### FEMALE OVERALL

1	Nicole Soblosky	30	Albany	17:59
2	Erin Lopez	36	Saratoga Springs	18:08
3	Hannah Brooker	26	Albany	18:31

### MALE OVERALL

1	Ricardo Estremera	31	Albany	14:55
2	Eric MacKnight	28	Ballston Spa	15:17
3	Aaron Lozier	29	Albany	15:19

### FEMALE AGE GROUP: 1 - 14

1	Ava Giagni	13	Schenectady	21:56
2	Camryn Eaton	8	East Greenbush	28:33
3	Shayna Heimroth	9	Albany	31:07

### MALE AGE GROUP: 1 - 14

1	Nathaniel Desany	14	East Greenbush	21:47
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### FEMALE AGE GROUP: 15 - 19

1	Sara Munson	19	West Chazy	28:20
2	Mary Markle	19	Greensburg, PA	28:20

### MALE AGE GROUP: 15 - 19

1	Paul Criscione	16	Albany	20:08
2	Joseph Archambeault	16	Clifton Park	24:16
3	Adam Sanchez	17	Delmar	24:49

### FEMALE AGE GROUP: 20 - 24

1	Brittany Winslow	24	Malta	19:07
2	Amanda Perri	23	Troy	20:37
3	Michelyn Little	23	Voorheesville	22:05

### MALE AGE GROUP: 20 - 24

1	Shane Fiust-Klink	21	Albany	17:26
2	Maxwell Drexler	22	Roosevelt, NJ	18:28
3	Scott Pisall	21	North Branch	19:05

### FEMALE AGE GROUP: 25 - 29

1	Kelly Powell	29	Clifton Park	19:54
2	Michelle Davis	28	Schenectady	19:58
3	Katlin Mock	27	Albany	20:00

### MALE AGE GROUP: 25 - 29

1	Alex Benway	27	Queensbury	15:34
2	Samson Dikeman	28	Albany	17:32
3	Luke Popolizio	26	Clifton Park	17:35

### FEMALE AGE GROUP: 30 - 34

1	Erin Wrightson	31	Albany	19:47
2	Samantha McBee	31	Saratoga Springs	20:39
3	Molly Casey	33	Albany	22:01

### MALE AGE GROUP: 30 - 34

1	Shaun Donegan	31	Ballston Spa	15:57
2	Matt Sikora	32	Albany	17:01
3	Brad Lewis	30	Troy	17:13

### FEMALE AGE GROUP: 35 - 39

1	Diana Tobon-Knobloch	36	Schenectady	19:50
2	Rebecca Chapman	36	West Sand Lake	21:56
3	Heather Senecal	36	Albany	22:12

### MALE AGE GROUP: 35 - 39

1	Anthony Giuliano	38	Niskayuna	15:49
2	Louie DiNuzzo	35	Saratoga Springs	15:53
3	Ryan Fisher	37	Ballston Spa	20:10

### FEMALE AGE GROUP: 40 - 44

1	Jessica Northan	41	Guilderland	21:52
2	Jamie Levy	40	Albany	21:52
3	Carol Ferber	40	Altamont	23:49

### MALE AGE GROUP: 40 - 44

1	Brian Northan	42	Guilderland	18:38
2	Bob Eckels	41	Slingerlands	20:53
3	Sean Kibbey	44	Selkirk	24:40

### FEMALE AGE GROUP: 45 - 49

1	Kelly Giagni	49	Schenectady	23:22
2	Dora Anderson	47	Albany	26:25
3	Linda Dedominicis	49	Albany	26:29

### MALE AGE GROUP: 45 - 49

1	Carmelo Piazza	47	Gloversville	20:20
2	Eric Bergin	45	Schaghticoke	21:05
3	Scott Kelly	45	Delmar	21:30

### FEMALE AGE GROUP: 50 - 54

1	Michelle Dannenhoff	50	Clifton Park	24:05
2	Natalie Lopasic	52	Rexford	26:39
3	Michelle Golonka	50	Delmar	26:46

### MALE AGE GROUP: 50 - 54

1	Todd Mesick	50	Cohoes	19:16
2	Brian Borden	54	Altamont	19:49
3	John Sestito	54	Johnsonville	20:00

### FEMALE AGE GROUP: 55 - 59

1	Nancy Meyer	55	Gansevoort	19:34
2	Valerie Kline	55	Amsterdam	26:29
3	Kathy Case	55	Delmar	26:42

### MALE AGE GROUP: 55 - 59

1	Derrick Staley	59	Ballston Lake	17:55
2	James Langmead	59	Delmar	21:21
3	Bill Blake	57	Albany	24:03

### FEMALE AGE GROUP: 60 - 64

1	Carolyn George	63	Albany	25:24
2	Mary Karen Noonan	61	Albany	27:35
3	Marie Kaye	62	Altamont	27:43

### MALE AGE GROUP: 60 - 64

1	Steve Jones	63	Averill Park	20:47
2	Mike Carbino	60	Ballston Spa	23:06
3	Chris Johnson	60	Pittsfield, MA	24:57

### FEMALE AGE GROUP: 65 - 69

1	Theresa Portelli	65	Albany	41:24
2	Debbie Rickes	66	Latham	48:02

### MALE AGE GROUP: 65 - 69

1	Tom Benoit	69	Schenectady	28:48
2	Joseph Liotta	68	Green Island	30:36
3	Greg Rickes	67	Latham	30:46

Courtesy of Wolff's Biergarten North Albany Oktoberfest

## DROPS TO HOPS BICYCLE ROAD RACES/RIDES September 30, 2017 • Brewery Ommegang, Cooperstown

### "A" RACE - 43 MILES

1	Christopher Welch	18	Barneveld	1:48:18
2	Preston Staudt	38	Chappaqua	1:48:23
3	Hoel Wiesner	24	Rensselaer	1:48:25

### FEMALE OVERALL

1	Shylah Weber	29	Rensselaer	1:58:39
2	Linda Demma	41	Fly Creek	2:18:38
3	Marina Mann	22	Ithaca	2:23:23

### MALE AGE GROUP: 15 - 19

1	Julius Stroock	16	Ithaca	1:58:59
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### MALE AGE GROUP: 20 - 29

1	Joshua Graves	29	Baldwinsville	1:51:07
2	Karst Kingsley	23	Athens	1:51:20
3	Kevin Long	29	Queensbury	1:53:03

### MALE AGE GROUP: 30 - 39

1	Phillip Maynard	33	Montrose, PA	1:53:04
2	Jeff Krywanczyk	32	Rensselaer	1:54:35
3	Rosario Gallo	35	South Glens Falls	1:55:42

### MALE AGE GROUP: 40 - 49

1	Simon Western	49	Chappaqua	1:53:13
2	Ben Savoie	45	Cooperstown	1:57:00
3	Brian Wood	47	Glenmont	1:57:05

### MALE AGE GROUP: 50 - 59

1	Tim Wern	50	Canton, CT	1:51:17
2	James Stafford	53	Stone Ridge	1:55:03
3	Richard Karaz	56	Remsen	1:55:42

### MALE AGE GROUP: 60 - 64

1	Bob Meikle	60	Sayre, PA	1:55:44
2	Bill Rowe	61	Niskayuna	2:05:09
3	Raymond Carlson	62	Hamilton	2:08:53

### FEMALE AGE GROUP: 60 - 64

1	Karla Eisch	61	Vestal	2:32:49
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### MALE AGE GROUP: 65 - 69

1	Tim Riley	66	Whitesboro	2:22:25
2	Stuart Joseph	67	Cassville	2:45:56
3	Dan Fox	67	Coxsackie	3:18:11

### FEMALE AGE GROUP: 65 - 69

1	Barbara Padula	67	Clinton	2:48:35
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### "B" RACE/RIDE - 25 MILES

1	Keith Toombs	26		1:06:29
2	Gary Toombs	60	Oneonta	1:06:31
3	Brian Suba	48	Waterville	1:08:10

### FEMALE OVERALL

1	Kristy Race	41	Selkirk	1:14:52
2	Sherrie Kingsley	58	Cooperstown	1:15:31
3	Megan Powers	36	Ithaca	1:19:49

### MALE AGE GROUP: 15 - 19

1	Elija Eggleston	18	Cooperstown	2:37:53
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### MALE AGE GROUP: 20 - 29

1	Keith Toombs	26		1:06:29
2	Isaiah Keator	26	Norwich	1:13:05
3	Robert Prody	28	Clinton	1:23:22

### FEMALE AGE GROUP: 20 - 29

1	Amanda Sumner	29	Albany	1:30:27
2	Megan Fuller	28	Albany	1:51:23

### MALE AGE GROUP: 30 - 39

1	Ryan Dubas	31	Susquehanna, PA	1:10:45
2	Matt Rudnitski	30		1:11:49
3	Jorge de la Fuente	31	Endicott	1:20:26

### FEMALE AGE GROUP: 30 - 39

1	Darcie Harris	38	Richfield Springs	1:27:17
2	Katharine Neer	30	Saratoga Springs	1:31:19

### MALE AGE GROUP: 40 - 49

1	Michael Travinski	45	Saratoga Springs	1:08:20
2	John Kwasnik	48	Sherburne	1:09:48
3	Dale Beckwith	42		1:09:50

### FEMALE AGE GROUP: 40 - 49

1	Monica Wolfe	44	Richfield Springs	1:37:04
2	Sarah Rogers	40	Franklin	1:45:45
3	Leah Bridgers	41	Oneonta	1:48:09

### MALE AGE GROUP: 50 - 59

1	Edward Curley	55	Sidney	1:08:16
2	Michael Rossiter	55	Binghamton	1:11:26
3	Paul Brady	56	Schoharie	1:11:33

### FEMALE AGE GROUP: 50 - 59

1	Jeanne O'Connor	56		1:23:18
2	Susan Whitney	58		1:25:31
3	Carla Fitzgerald	52	Oneida	1:26:40

### MALE AGE GROUP: 60 - 65

1	Edward Lorenz	62	Oneonta	1:23:01
2	John Debes	65	Chatham Center	1:23:46
3	John Storey	63	Valatie	1:23:59

### FEMALE AGE GROUP: 60 - 65

1	Lynda Toombs	60	Oneonta	1:24:45
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### MALE AGE GROUP: 66 - 69

1	James Dix	68	Endicott	1:09:50
2	Christopher Carey	68	Delhi	1:22:36
3	Mark Schutte	69	Maryland	1:35:26

### MALE AGE GROUP: 70 - 75

1	Philip Thompson	73	Clinton	1:34:38
2	Lynn Harris	70	Richfield Springs	1:51:39

Courtesy of Clark Sports Center

## FLASHLIGHT 5K NIGHT RUN IN COLE'S WOODS continued

### MALE AGE GROUP: 30 - 39

1	Bart Ripley	38		25:25
2	David Demers	33	Alexandria, VA	28:51
3	Jeffrey Killenberger	32	Hoosick Falls	30:34

### FEMALE AGE GROUP: 30 - 39

1	Jessica Lavin	37	Granville	34:14
2	Megan Killenberger	31	Hoosick Falls	35:29
3	Colby Brown	31	Lake George	40:07

### MALE AGE GROUP: 40 - 49

1	Ben Pisani	42		27:32
2	Adam Murray	44	Queensbury	29:13
3	Geno Raimo	42	Hudson Falls	32:23

### FEMALE AGE GROUP: 40 - 49

1	Jane Labombard	44	Glens Falls	27:01
2	Michelle Christie	44	Glens Falls	29:39
3	Melissa Reed	41	Queensbury	32:13

### MALE AGE GROUP: 50 - 59

1	Keith Lashway	51		30:11
2	Walter Bishop	54	Granville	32:53
3	Steven Sax	55		35:19

### FEMALE AGE GROUP: 50 - 59

**35TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 15TH ANNUAL HANNAFORD MOHAWK HUDSON RIVER HALF MARATHON**  
 October 8, 2017 • Central Park, Schenectady & Town Park, Colonie to Riverfront Park, Albany

**MARATHON - 26.2 MILES**

**MALE OVERALL**

1	Matt Rand	26	Valley Stream	2:27:25
2	Phil Harris	22	Plymouth, MA	2:31:13
3	Ryan Shanley	35	Brooklyn	2:40:41

**FEMALE OVERALL**

1	Alanna Poretta	25	New York	2:59:46
2	Rebecca Trachsel	42	Winchester, MA	3:04:43
3	Dana Bush	39	Saratoga Springs	3:09:02

**MALE AGE GROUP: 15 - 19**

1	Matthew Rose	16	Schaghticoke	3:39:56
2	Bryce Barber	18	Albany	4:09:12
3	Mark Smith	17	Clifton Park	4:14:39
4	Colin Liscord	19	Wayne, ME	4:19:36
5	Derek Cipolla	16	Schaghticoke	4:24:54
6	Jared Dybas	17	Latham	5:01:40

**FEMALE AGE GROUP: 15 - 19**

1	Carolyn Burnell	16	Melrose	3:44:48
2	Melissa Stuart	19	Niskayuna	3:46:03
3	Rebecca Viall	17	Schaghticoke	4:24:53

**MALE AGE GROUP: 20 - 24**

1	Evan Vadenais	23	Arlington, MA	2:44:07
2	Arthur Smith III	22	Howell, NJ	2:52:28
3	Joshua Korn	21	Albany	2:56:44
4	Justin Zorn	22	Somers	2:56:48
5	Rupak Mehta	22	Howell, NJ	3:10:48
6	Anthony Malatesta	23	Chatham, NJ	3:12:02
7	Thomas Dean	23	Chelsea, MA	3:13:22
8	Ian Thane	24	Amsterdam	3:29:16
9	Ethan Rambacher	20	Littleton, MA	3:29:18
10	Cody Stinson	23	South Kortright	3:31:52

**FEMALE AGE GROUP: 20 - 24**

1	Madeline Harris	24	Albany	3:11:15
2	Olivia Beltrani	23	Pleasant Valley	3:13:14
3	Bianca Toledo	21	Bergenfield, NJ	3:14:01
4	Michelle Eckler	24	Troy	3:36:46
5	Samantha Crisafulli	24	Clifton Park	3:41:27
6	Irene Somerville	24	Wynantskill	3:41:51
7	Tayla Poretta	23	Newburyport, MA	3:44:54
8	Lea Cure	23	Newport, RI	3:49:41
9	Alyssa Drapeau	23	Glenville	3:54:39
10	Samantha Lee	23	New York Mills	3:55:19

**MALE AGE GROUP: 25 - 29**

1	Chris Johnson	26	Morristown, NJ	2:43:15
2	Andrew Dionne	29	Syracuse	2:53:47
3	Taisuk Kim	29	Fresh Meadows	3:09:16
4	Tim Craig	29	New York	3:10:09
5	Peter Rowell	28	Albany	3:16:49
6	Cory Chrysgelos	29	Rensselaer	3:22:16
7	Ben Heller	28	Troy	3:26:20
8	Peter Conboy	28	Albany	3:29:37
9	Tyler Mulcahy	27	Peru	3:52:24
10	Alexander Rohr	27	Rexford	4:04:28

**FEMALE AGE GROUP: 25 - 29**

1	Katie Mutter	27	Marcellus	3:10:13
2	Lauren Ashby	27	Washington, DC	3:16:14
3	Alexandra Ellis	27	Shreveport, LA	3:32:31
4	Kelley Bahn	25	Pensacola, FL	3:32:31
5	Jacey Peers	25	Elmsford	3:32:47
6	Eliza Flint Flint	25	New York	3:33:07
7	Lauren Bruno	25	Schenectady	3:33:10
8	Emily Miller	26	Brookline, MA	3:37:32
9	Rena Deitz	29	Brooklyn	3:49:27
10	Michelle Pratt	28	Minneapolis, MN	3:55:00

**MALE AGE GROUP: 30 - 34**

1	Andrew Foxenberg	33	Kirkville	2:59:25
2	Garrett Gatzemeyer	32	Highland Falls	3:08:32
3	Thomas Dansereau	30	Troy	3:08:39
4	Paul Kendall	34	Wilton	3:10:04
5	Jonathan Hoseney	33	Brooklyn	3:12:01
6	Ryan Gallagher	31	Saratoga Springs	3:12:05
7	Steve Ondrejcek	33	East Windsor, NJ	3:12:43
8	Chris Anderson	32	Providence, RI	3:14:04
9	Keith Donegan	34	Saratoga Springs	3:14:32
10	Lance Morin	32	Charlton, MA	3:18:48

**FEMALE AGE GROUP: 30 - 34**

1	Janne Rand	32	Saratoga Springs	3:18:59
2	Katherine Dey	31	Pittsford	3:30:02
3	Naomi Nakai	31	Bloomfield, NJ	3:36:58
4	Susan Creighton	31	New York	3:40:44
5	Kim Pommer	33	Schenectady	3:42:46
6	Brett Harris	32	Albany	3:42:48
7	Janna Neitzel	30	Altamont	3:43:06
8	Meg Mosher	34	Schenectady	3:44:20
9	Sage Ruth	31	Malden, MA	3:50:16
10	Jacqueline James	34	Montclair, NJ	3:50:18

**MALE AGE GROUP: 35 - 39**

1	Marco Berardi	37	Baie d'Urfe, QC	2:48:03
2	Christopher Chidley	35	Somerville, MA	2:50:12
3	Noah White	38	Slingerlands	2:56:03
4	Gregoire Vallee	37	Saint-Bruno, QC	2:59:55
5	Dave Vona	35	Valatie	3:01:44
6	Shawn Bubany	39	Delhi	3:07:04
7	Liam Harrison	38	Chappaqua	3:07:17
8	Patrick Beauchemin	35	Levis, QC	3:07:39
9	Andrew MacNeill	36	Litzitz, PA	3:08:37
10	Michael Austin	35	Delmar	3:10:33

**FEMALE AGE GROUP: 35 - 39**

1	Tara Soraghan	35	Lancaster, NH	3:14:30
2	Jazmin Abraham	35	Nutley, NJ	3:19:51
3	Jennifer McHale	38	Southampton, CT	3:20:47
4	Pia Lopresti	36	Montclair, NJ	3:37:44
5	Farrar Golgoski	35	Kingston	3:39:12
6	Charity Smith	38	Avon, CT	3:40:54
7	Karla Villarreal	35	Elmhurst	3:49:08
8	Courtney Labarge	38	Cobleskill	3:52:06
9	Erin Murphy	37	Albany	3:55:12
10	Elizabeth Lis	39	Wilton	3:56:01

**MALE AGE GROUP: 40 - 44**

1	Robert Etien	43	Schenectady	3:10:56
2	Samuel David	41	Brooklyn	3:13:14
3	Jason Rotenberg	41	Ridgefield, CT	3:14:14
4	Seth Kean	43	Brooklyn	3:15:40
5	Michael Schmutzer	44	Yorktown Heights	3:17:12
6	Tom Fraser	44	Schodack Landing	3:19:40
7	Brian Forget	41	Saint-Lazare, QC	3:20:12
8	Richard Jones	44	Montclair, NJ	3:20:15
9	Greg Ethier	44	Clifton Park	3:20:55
10	Jisk Hoogma	41	Hastings-on-Hudson	3:22:00

**FEMALE AGE GROUP: 40 - 44**

1	Cathy Desgagnés	41	Quebec, QC	3:19:54
2	Aya Leitz	40	Jersey City, NJ	3:28:27
3	Elizabeth Maiuolo	42	New York	3:33:12
4	Karine Dumont	42	Sainte-Julie, QC	3:41:04
5	Julie Pineault	40	Saint-Basile-Le-Grand, QC	3:42:00
6	Valerie Doucet	40	Saint-Basile-Le-Grand, QC	3:42:47
7	Christine Antonini	43	Hilton	3:45:54
8	Gail Cirlin-Lazerus	42	Valley Cottage	3:48:34
9	Stephanie Monteau	44	East Greenbush	3:48:49
10	Christine Gwitt	41	Bloomfield, NJ	3:49:38

**MALE AGE GROUP: 45 - 49**

1	Taylor Troischt	46	Morgantown, WV	3:01:14
2	Tom Eaton	47	Glen Ridge, NJ	3:07:54
3	Yuriy Benderskiy	45	Ballston Lake	3:08:00
4	Ronald Cannell	45	Broaddalbin	3:09:00
5	Bryn Geffert	49	Amherst, MA	3:13:34
6	Andy Reed	46	Niskayuna	3:17:07
7	Ryan Askeland	45	Stuart, FL	3:25:18
8	Eric Clouatre	49	Quebec, QC	3:26:48
9	David Edry	48	Manchester Center, VT	3:27:40
10	Paul Nelson	47	Albany	3:28:55

**FEMALE AGE GROUP: 45 - 49**

1	Fernanda Scalera	47	Lakewood Ranch, FL	3:26:22
2	Karen Dolge	47	Valatie	3:39:14
3	Cynthia Zebede	48	Canton	3:40:53
4	Kristine Vogt	45	Florida	3:43:56
5	Noriko Nagamoto	48	Forest Hills	3:52:46
6	Trudy Boulia	45	Delanson	3:52:56
7	Kim Scott	48	Malta	3:54:26
8	Phoebe Yager	47	Lexington, MA	3:54:36
9	Kirsten Healey	46	Winchester, MA	4:01:32
10	Annick De Carufel	47	Sainte-Julie, QC	4:02:12

**MALE AGE GROUP: 50 - 54**

1	Michael McGinn	50	Austin, TX	2:52:45
2	Craig Dubois	50	Sprakers	3:06:09
3	David Troischt	50	Mechanicville	3:16:30
4	John Verret	54	Quebec, QC	3:19:54
5	Randy Poterski	52	Lutz, FL	3:20:31
6	Dan Zimmerman	52	Montclair, NJ	3:24:09
7	Chris Duve	53	Clifton Park	3:29:39
8	Stephen Forrest	53	Belchertown, MA	3:32:07
9	Don Kjelleren	51	Williamstown, MA	3:33:19
10	Dave Kleckner	54	New York	3:33:59

**FEMALE AGE GROUP: 50 - 54**

1	Tracy Drozynski	51	Norwich, CT	3:41:22
2	Monika Kern	54	Chelsea, QC	3:44:11
3	Marie-Josée Gaboriault	53	St-Hyacinthe, QC	4:02:53
4	Mawd Kempton	54	Medford, NJ	4:07:54
5	Dominique Hamel	53	Ridgewood, NJ	4:08:46
6	Josee Prevost	52	Otterburn Park, QC	4:09:06
7	Gail Ryan	51	Hopkinton, MA	4:09:10
8	Karen Meadows	54	Inlet Beach, FL	4:21:44
9	Lisa Pleban	53	Gansevoort	4:24:44
10	Margaret Burke	54	Schenectady	4:25:45

**MALE AGE GROUP: 55 - 59**

1	Jack Megran	57	Greenfield Park, QC	3:25:42
2	David Hart	56	Delmar	3:31:57
3	Timothy Beach	57	Prospect, CT	3:34:01
4	Clement Tanaka	55	Auburn, AL	3:36:37
5	Bill Kosina	57	Richfield Springs	3:38:22
6	Scott Holmes	55	Middlebury, CT	3:44:31
7	Steven Ehmman	56	Long Valley, NJ	3:44:37
8	Ralph Letner	58	Natick, MA	3:44:59
9	Edgardo Villagomez	58	Lodi, NJ	3:45:04
10	Douglas Ehmman	55	Geneseo	3:46:09

**FEMALE AGE GROUP: 55 - 59**

1	Gordon Bakoulis	56	New York	3:24:11
2	Jennifer Darnell	55	Pelham	3:33:34
3	Kathleen Champagne	55	Brockport	3:43:25
4	Margaret McKeown	59	Morreau	3:48:23
5	Emma Dean	58	Southampton, CT	4:15:25
6	Kathleen Beeman	56	Niskayuna	4:23:34
7	Barbara Graf	58	Leeds, MA	4:23:53
8	Elizabeth Reeves	59	Washington, NJ	4:33:08
9	Rebecca O'Connell	55	Coxsackie	4:37:09
10	Anne Getman	55	Barneveld	4:39:37

**MALE AGE GROUP: 60 - 64**

1	Craig Van Dorem	61	Verona, NJ	3:52:09
2	John Hummel	60	Lansing	3:56:19
3	Kyung Lee	61	Little Ferry, NJ	3:58:35
4	Clifford Collins	60	Piscataway, NJ	3:59:15
5	Tom Horn	62	Loudonville	4:09:38
6	Peter Butryn	60	Schenectady	4:11:00
7	Shin Kang	62	New York	4:17:46
8	Phillip King	60	Hamden, CT	4:17:55
9	John Abbate	62	Yorktown Heights	4:18:31
10	Richard Kelly	61	Schenectady	4:19:24

**FEMALE AGE GROUP: 60 - 64**

1	Kim Solomine	60	Syosset	3:57:31
2	Cheryl Albert	60	Belchertown, MA	4:07:30
3	Joan Celestano	64	Schenectady	4:43:11
4	Adria Schorer	61	Manchester Center, VT	4:48:30
5	Elizabeth Herkenham	60	Charlton	4:50:41
6	Beverly Long	63	Auburn, AL	5:00:27
7	Patti Dietrich	61	Greenville	5:11:45
8	Sarah Kim	61	Hicksville	5:54:39
9	Cindy Lassonde	60	Altamont	5:57:23

**MALE AGE GROUP: 65 - 69**

1	Joseph Kvilihaug	67	Taunton, MA	4:05:35
2	Roy Christini	66	State College, PA	4:05:50
3	Michael Close	66	Little Falls, NJ	4:18:20
4	Joe Yavonditte	68	Schenectady	4:27:19
5	Seamus Hodgkinson	68	Delmar	4:32:43
6	Randy Williams	65	Arlington, TX	4:54:12
7	Leo Dipiero	67	Cherry Plain	5:04:19
8	Michael Touloumtzis	66	Mansfield, MA	5:08:16
9	Rich Tanchyk	65	Saratoga Springs	5:18:05
10	Daniel Dietrich	66	Greenville	5:18:09

**FEMALE AGE GROUP: 65 - 69**

1	Paula Fitch	67	Brackney, PA	4:09:30
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**MALE AGE GROUP: 70 - 74**

1	Jungsi Suh	72	Muttontown	3:49:25
2	Peter Yu	74	Brooklyn	4:55:13
3	John Hagin	74	Fort Collins, CO	5:21:47
4	Arnie James	73	Somerville, MA	5:39:42
5	Manjin Yoon	70	Cresskill, NJ	5:47:37

**HALF MARATHON - 13.1 MILES**

**MALE OVERALL**

1	Tyler Andrews	27	Arlington, VA	1:07:33
2	Louis Serafini	26	Brighton, MA	1:08:53
3	Julius Mbugua	34	Boulder, CO	1:11:58

**FEMALE OVERALL**

1	Karen Auteri	36	Belvidere, NJ	1:25:33
2	Danielle Klein	25	Boston, MA	1:26:20
3	Nicole Soblosky	30	Albany	1:27:00

**MALE AGE GROUP: 1 - 14**

1	Aidan McNay	14	Glenmont	1:31:57
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**MALE AGE GROUP: 15 - 19**

1	Nick Janowski	15	Castleton	1:54:51
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**FEMALE AGE GROUP: 15 - 19**

1	Olivia Crouch	18	Stephentown	2:13:46
2	Caroline Berg-Love	17	Loudonville	2:48:35

**MALE AGE GROUP: 20 - 24**

1	Sam Peckham	23	Ballston Spa	1:14:21
2	Christopher Herbs	24	Rexford	

# RACE RESULTS

## 23RD ANNUAL BURNT HILLS-BALLSTON LAKE ROTARY APPLE RUN 5K

October 7, 2017 • O'Rourke Middle School, Burnt Hills

<b>MALE OVERALL</b>			
1	Jonathan Peck	39	Glenville 17:53
2	Paul Mueller	33	Delmar 18:39
3	Sam Mercado	54	Albany 20:06
<b>FEMALE OVERALL</b>			
1	Brittany Winslow	24	Malta 19:23
2	Heidi Stears	25	Amsterdam 20:04
3	Erin Rhythmyer	33	Delmar 20:35
<b>MALE AGE GROUP: 1 - 14</b>			
1	Dane Tatro	11	Ballston Spa 21:13
2	Aidan Giacinto	14	Ballston Spa 21:29
3	Thomas Kotkoskie	10	Burnt Hills 22:24
<b>FEMALE AGE GROUP: 1 - 14</b>			
1	Jamison Vendetti	13	Glenville 21:56
2	Marykate Lescault	12	Ballston Spa 22:16
3	Mia Paolino	11	Burnt Hills 22:27
<b>MALE AGE GROUP: 15 - 19</b>			
1	Billie McClosky	15	Glenville 23:14
2	Isabella Fantauzzi	16	Burnt Hills 27:26
3	Rachel Kampfla	16	Burnt Hills 29:57
<b>MALE AGE GROUP: 20 - 24</b>			
1	Dylan Staats	24	Portland, ME 22:19
2	Matthew Oil	20	Glenville 35:34
<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Allison Carrier	23	Portland, ME 24:57
2	Paige Gruener	22	Ballston Spa 31:04
3	Daniella Pedone	24	Clifton Park 34:09
<b>MALE AGE GROUP: 25 - 29</b>			
1	Corey Spruiel	29	Ballston Spa 43:52
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Katelyn Mennella	27	Halfmoon 24:12
2	Kellie Rossner	29	Ballston Spa 33:52
3	Brandi Klein	29	Schenectady 37:13
<b>MALE AGE GROUP: 30 - 34</b>			
1	Ben Sears	33	Albany 20:09
2	Richard Orlicz	34	Niskayuna 22:07
3	Scott Kelly	33	Saratoga Springs 23:16
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Rachel Waller	31	Burnt Hills 22:32
2	Kelly Seymour	31	Burnt Hills 23:41
3	Karoline Sears	32	Albany 29:05
<b>MALE AGE GROUP: 35 - 39</b>			
1	Christopher Curtis	38	Saratoga Springs 21:20
2	Christopher Holley	36	Glenville 21:21
3	Gregg Kelly	36	Charlton 22:01
<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Christina Jody	35	Glenville 20:39
2	Marta Dauphinee	39	Glenville 21:42
3	Cristina Caraballo	36	Amsterdam 23:27
<b>MALE AGE GROUP: 40 - 44</b>			
1	Chad Wallimann	44	Burnt Hills 22:31
2	Justin Dauphinee	43	Glenville 24:00
3	Daniel Tatro	42	Ballston Spa 27:06

<b>FEMALE AGE GROUP: 40 - 44</b>			
1	Colleen Murray	43	Slingerlands 21:02
2	Nicola MacNeil	43	Rotterdam Junction 23:33
3	Tina Greene	44	Scotia 25:51
<b>MALE AGE GROUP: 45 - 49</b>			
1	Craig Todd	45	Burnt Hills 23:20
2	Michael Muller	46	Ballston Spa 25:07
3	Jeevarashna Permal	45	Albany 26:35
<b>FEMALE AGE GROUP: 45 - 49</b>			
1	Brittani Hester	48	Schenectady 30:38
2	Kelly Vroomoan	47	Charlton 31:51
3	Cathy Todd	45	Burnt Hills 31:51
<b>MALE AGE GROUP: 50 - 54</b>			
1	Richard Cummings	50	Schenectady 20:26
2	Daniel Cropsey	54	Schenectady 22:39
3	Tom Denham	51	Delmar 22:57
<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Lisa Nieradka	52	Clifton Park 21:09
2	Paddy Kelley	51	Saratoga Springs 23:28
3	Carolyn Litynski	52	Burnt Hills 25:47
<b>MALE AGE GROUP: 55 - 59</b>			
1	Gary Neumann	55	Burnt Hills 20:36
2	Bill Bean	57	Scotia 22:22
3	Cliff Mango	57	Charlton 22:43
<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Beth Stalker	58	Burnt Hills 20:45
2	Mary Hoey	56	Charlton 23:51
3	Tricia Johnston	56	Ballston Lake 29:06
<b>MALE AGE GROUP: 60 - 64</b>			
1	Jeff Taft	62	Scotia 25:14
2	Dave Billings	64	New Hampton 27:18
3	Stu Burton	62	Scotia 27:50
<b>FEMALE AGE GROUP: 60 - 64</b>			
1	Darlene Cardillo	64	Delmar 27:29
2	Elizabeth Herkenham	60	Charlton 28:04
3	Margaret Pinchuk	63	Niskayuna 30:18
<b>MALE AGE GROUP: 65 - 69</b>			
1	Michael Holley	66	Ballston Lake 29:04
2	George Schwab	66	Schenectady 30:19
3	Jim Sheehan	65	Cohoes 35:48
<b>FEMALE AGE GROUP: 65 - 69</b>			
1	Susan Lohnas	65	Niskayuna 29:37
2	Stephanie Holley	65	Ballston Lake 33:45
<b>MALE AGE GROUP: 70 - 74</b>			
1	Edward Luberdia	71	Glenville 31:36
2	Don Marshall	70	Ballston Lake 31:43
<b>MALE AGE GROUP: 80 - 84</b>			
1	Richard Schumacher	84	Hoosick Falls 39:20
2	Joe Kelly	84	Menands 39:35
3	Bob McFarland	84	Schenectady 40:05

Courtesy of Burnt Hills-Ballston Lake Rotary

## 9TH ANNUAL RACE AWAY STIGMA 5K RACE

October 8, 2017 • Hudson Valley Community College, Troy

<b>MALE OVERALL</b>			
1	Jeremy Gundrum	17	West Sand Lake 18:33
2	Sam Morrett	22	Cohoes 18:53
3	Hunter Share	26	Watervliet 20:05
<b>FEMALE OVERALL</b>			
1	In Cheih Chen	36	Gansevoort 24:54
2	Maya Ellis	16	Troy 25:18
3	Katie Weeks	25	Bethlehem 26:10
<b>MALE AGE GROUP: 1 - 19</b>			
1	Spencer Daley	15	Troy 20:09
2	Dave Flansburg	19	Cohoes 20:46
3	Alexander Rollo	18	Schenectady 22:09
4	Joseph Marchese	18	Watervliet 25:22
5	Aidan Creamer	9	Albany 26:29
<b>FEMALE AGE GROUP: 1 - 19</b>			
1	Samantha Savage	18	Ballston Lake 36:08
2	Raelyn Ireland	18	Troy 39:30
3	Natalie Stewart	18	Rensselaer 42:13
4	Samantha Christian	18	Poestenkill 49:26
5	Alexandra Peasley	18	Rensselaer 50:37
<b>MALE AGE GROUP: 20 - 29</b>			
1	Cole Alaxanian	25	Waterford 22:14
2	Collin D'Arcy	26	Bethlehem 25:34
3	Andrew Edwards	29	Ballston Lake 27:38
4	John Menzie	24	Rochester 28:44
5	Dan Jason	28	Schenectady 30:37
<b>FEMALE AGE GROUP: 20 - 29</b>			
1	Monica Blanchard	20	Latham 29:23
2	Sydney Dennisson	20	Queensbury 29:30
3	McKenzie Barrett	26	Albany 30:36
4	Skylar Aviza	27	Schenectady 30:36
5	Brooke Bucinell	23	Ithaca 32:39

<b>MALE AGE GROUP: 30 - 39</b>			
1	JJ Sawicki	39	Gansevoort 26:54
2	Jared Cechnicki	32	Scotia 35:07
3	Tim Simmons	38	Schoharie 49:49
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Jackie Carmen	32	Albany 27:40
2	Kat Aviza	30	Albany 36:09
3	Caroline Brancatelli	37	Delmar 38:20
<b>MALE AGE GROUP: 40 - 49</b>			
1	Eric Gundrum	49	West Sand Lake 32:10
2	Larry Ellis	46	Troy 42:59
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Jamie Christensen	42	Poestenkill 26:21
2	Trish Rollo	46	Albany 26:41
3	Victoria Chamberlai	40	Warnerville 27:06
4	Margaret Mann	45	Rensselaer 31:54
5	Kathleen Gundrum	49	West Sand Lake 34:26
<b>MALE AGE GROUP: 50 - 59</b>			
1	Geri Stewart	55	Rensselaer 42:15
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Lisa Dennison	52	Queensbury 29:29
2	Lori Francesoni	56	Waterford 30:00
3	Beth Muller	55	Troy 38:33
4	Ann Marie Tracey	53	Troy 1:02:04
5	MaryAnn Wilson	59	Cropseyville 1:02:05
<b>MALE AGE GROUP: 60 - 69</b>			
1	Dave Heyward	63	Wyantskill 31:49
<b>FEMALE AGE GROUP: 60 - 69</b>			
1	Karen Simmons	65	Schoharie 49:51
2	Alice Malavasic	62	Watervliet 57:07

Courtesy of HVCC Center for Counseling and Transfer

## 17TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K

October 14, 2017 - Saratoga Spa State Park, Saratoga Springs

<b>5K RUN</b>			
<b>MALE OVERALL</b>			
1	Chase Baker	31	Saratoga Springs 18:22
2	Greg Hart	29	Saratoga Springs 18:30
3	Evan Blumberg	40	Cragmoor 18:34
<b>FEMALE OVERALL</b>			
1	Elizabeth Predmore	23	Ballston Lake 18:50
2	Diana Tobon-Knobloch	36	Niskayuna 19:55
3	Lisa Nieradka	52	Clifton Park 20:36
<b>MALE AGE GROUP: 1 - 14</b>			
1	Zachary Colangelo	14	Saratoga Springs 20:55
2	Jacob Slagle	11	Ballston Spa 25:30
3	Zachary Simpson	14	Ballston Lake 25:37
<b>FEMALE AGE GROUP: 1 - 14</b>			
1	Norah Dempsey	14	Saratoga Springs 21:07
2	Hannah Meredith	14	Kinderhook 25:06
3	Kathryn Smith	9	Scotia 28:47
<b>MALE AGE GROUP: 15 - 19</b>			
1	Jamison Friauf	17	Gansevoort 24:11
2	Christian Thomas	16	Saratoga Springs 24:49
3	Timothy Boucher	17	Ballston Spa 28:07
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Maris Seabury	15	Old Chatham 24:18
2	Samantha Kubow	15	Valatie 24:35
3	Emma Zlomek	17	Ghent 24:55
<b>MALE AGE GROUP: 20 - 24</b>			
1	Sam Pellino	23	Waterford 24:29
2	Stephen Carpenito	23	Porter Corners 26:29
3	Jason Leslie	23	Syracuse 28:14
<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Natalie Wallace	24	Albany 20:43
2	Rachel Mack	23	Troy 26:32
3	Jacqueline Merchant	22	Stillwater 26:44
<b>MALE AGE GROUP: 25 - 29</b>			
1	Pierrick Thomas	28	Saratoga Springs 19:48
2	Nick Prock	29	Saratoga Springs 21:45
3	Phillip Spiezio	29	Ballston Lake 22:16
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Brienna Christiano	27	South Glens Falls 24:12
2	Sarah Carpenito	26	Porter Corners 25:24
3	Meghan Harrington	25	Averill Park 27:07
<b>MALE AGE GROUP: 30 - 34</b>			
1	James Sieja	30	Canton 19:50
2	Michael Sebast	34	Watervliet 21:35
3	Jonathan Steinbiss	32	Gansevoort 22:57
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Cadie Pangie	33	Castleton-on-Hudson 21:00
2	Amy Pinckney	31	Saratoga Springs 22:03
3	Abigail Carnevale	31	Saratoga Springs 22:12
<b>MALE AGE GROUP: 35 - 39</b>			
1	Chris Renzi	35	Malta 22:47
2	Bryan Shults	39	Schenectady 23:17
3	Wesley Skeffington	37	Ballston Lake 25:24
<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Holley Bedell	38	Chestertown 24:01
2	Christie Weir Calder	37	Albany 26:03
3	Katy Moore	39	Wilton 26:10
<b>MALE AGE GROUP: 40 - 44</b>			
1	Greg Ethier	44	Clifton Park 18:45
2	Seth Cagle	40	Albany 22:10
3	Phillip White	41	Malta 22:15
<b>FEMALE AGE GROUP: 40 - 44</b>			
1	Jeanne Ortiz	40	Scotia 23:22
2	Cheryl Marinucci	40	Clifton Park 25:10
3	Dawn Smith	41	Rexford 25:52
<b>MALE AGE GROUP: 45 - 49</b>			
1	Brian Griffin	49	Clifton Park 21:06
2	Chad Wallimann	45	Burnt Hills 22:42
3	Joe Nicol	49	Saratoga Springs 22:51
<b>FEMALE AGE GROUP: 45 - 49</b>			
1	Connie Smith	49	Ballston Lake 21:37
2	Patricia Gundlach	45	Scotia 24:10
3	Danielle Shea	45	Ballston Spa 25:26
<b>MALE AGE GROUP: 50 - 54</b>			
1	Joe Place	54	Saratoga Springs 20:30
2	Joseph Callan	54	Schenectady 22:27
3	Mark Sumner	54	Clifton Park 22:33
<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Paddy Kelley	51	Saratoga Springs 23:55
2	Theresa Hance	54	Ballston Lake 24:15
3	Dawn Harrington	51	Averill Park 25:14
<b>MALE AGE GROUP: 55 - 59</b>			
1	Chris Thomas	56	Saratoga Springs 20:07
2	John Deguardi	57	Ballston Spa 22:40
3	Jim Brundige	55	Saratoga Springs 24:28
<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Ellen Predmore	59	Ballston Lake 21:59
2	Maureen Fitzgerald	59	Clifton Park 23:32
3	Valerie Kline	55	Amsterdam 26:13
<b>MALE AGE GROUP: 60 - 64</b>			
1	Mark Nunez	61	Ballston Lake 21:02
2	Frank Lombardo	61	Saratoga Springs 21:52
3	Robert Farley	63	Saratoga Springs 27:18
<b>FEMALE AGE GROUP: 60 - 64</b>			
1	Hollys Kozlowski	62	Valley Falls 27:35
2	Bob Radloff	64	Albany 27:47
3	Terry Begly	62	Warrensburg 28:12

<b>MALE AGE GROUP: 65 - 69</b>			
1	Joe Aliberti	67	Voorheesville 22:25
2	Ross Barber	67	Middle Grove 23:49
3	Steve Johnston	66	Niskayuna 28:59
<b>FEMALE AGE GROUP: 65 - 69</b>			
1	Elaine Graceffo	65	Auburn 30:18
2	Mary Ann Macri	65	Albany 31:53
3	Alice Dean	65	Saratoga Springs 32:17
<b>MALE AGE GROUP: 70 - 74</b>			
1	Joseph Scaringe	71	Latham 27:47
2	Daniel Rickmyre	71	Schenectady 37:01
3	Frederick Lieber	71	Fort Plain 37:54
<b>FEMALE AGE GROUP: 70 - 74</b>			
1</			

**17TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K *continued***

<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Mary Fenton	52	Ballston Spa 48:18
2	Bonnie Galvin	50	Ballston Spa 49:12
3	Bridget Enderle	50	Sand Lake 51:45
<b>MALE AGE GROUP: 55 - 59</b>			
1	Laudric Maxwell	57	Schenectady 45:52
2	Richard Lynch	59	Saratoga Springs 48:57
3	Peter Fish	58	Castleton 49:52
<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Lauren Herbs	55	Rexford 52:17
2	Kelley Vite	57	Clifton Park 53:29
3	Laura Bauer	59	Troy 59:44
<b>MALE AGE GROUP: 60 - 64</b>			
1	George Baranauskas	64	Scotia 46:11
2	Michael Wright	63	Albany 51:36
3	John Webber	62	Ballston Spa 52:32
<b>FEMALE AGE GROUP: 60 - 64</b>			
1	Anne Lytwynec	63	Delmar 53:14
2	Adele Pace	64	Clifton Park 53:21
3	Carolyn Bur George	63	Albany 53:25
<b>MALE AGE GROUP: 65 - 69</b>			
1	Joe Yavonditte	68	Schenectady 54:01
2	Hal Starnes	65	Saratoga Springs 54:41
3	Joseph Miranda	69	Ballston Spa 59:09
<b>FEMALE AGE GROUP: 65 - 69</b>			
1	Claire Henderson	68	Saratoga Springs 56:32
2	Anne Tyrrell	67	Albany 59:49
3	Cathy Lanesev	67	Troy 1:05:23
<b>MALE AGE GROUP: 70 - 74</b>			
1	Howard Jones	74	Clifton Park 53:10
2	Jim Callahan	72	Saratoga Springs 58:52
<b>MALE AGE GROUP: 80 - 99</b>			
1	John Platt	86	Dallas, PA 1:38:42

*Courtesy of Saratoga Bridges*

**MULTIPLE SCLEROSIS MONSTER SCRAMBLE 5K & 10K**  
*October 14, 2017 • Liberty Ridge Farm, Schaghticoke*

<b>5K RUN</b>			
<b>MALE OVERALL</b>			
1	Abdul Sanni-Adam	21	Albany 21:41
2	Nicholas Ferraro	21	Schenectady 31:11
3	Brian Lotito	39	Troy 31:50
<b>FEMALE OVERALL</b>			
1	Christine Natalie	31	Arlington, VT 23:54
2	Antonietta Rarick	43	Delmar 30:33
3	Fran Losee	48	Selkirk 30:50
<b>MALE AGE GROUP: 1 - 19</b>			
1	Preston Hodson	18	Latham 31:55
<b>FEMALE AGE GROUP: 1 - 19</b>			
1	Carly Cross	18	Selkirk 31:24
2	Laura Swierczewski	15	Latham 32:25
3	Tia Stefanik	15	Albany 35:10
<b>MALE AGE GROUP: 20 - 29</b>			
1	Joshua Welch	27	Greenwich 31:59
2	Joey Abis	25	Arlington, VT 34:03
3	Daniel Burns	29	Hartford 40:41
<b>FEMALE AGE GROUP: 20 - 29</b>			
1	Emily Hughes	25	Greenwich 33:10
2	Lacey Campbell	24	Hudson Falls 33:19
3	Cameron Cross	20	Selkirk 33:51
<b>MALE AGE GROUP: 30 - 39</b>			
1	Dennis Dudley	39	Cohoes 32:44
2	Ron Moore	32	Menands 34:06
3	David Jeannotte	36	Glenville 53:02
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Heather Lotito	38	Troy 31:49
2	Elizabeth Townsend	32	Bennington, VT 31:55
3	Erin Losee	38	Clifton Park 32:31
<b>MALE AGE GROUP: 40 - 49</b>			
1	Daniel Pollay	47	Delanson 33:20
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Terri Bills	49	Waterford 31:51
2	Lisa Hunter	45	Valley Falls 32:13
3	Michelle Contrans	40	Glenville 34:43
<b>MALE AGE GROUP: 50 - 59</b>			
1	Adrian Swierczewski	50	Latham 32:09
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Patti-Jo Ferraro	56	Schenectady 31:33
2	Kathy Kennedy	52	Troy 33:24
3	Carol Gallagher	58	Delmar 35:54
<b>FEMALE AGE GROUP: 60 - 69</b>			
1	Lorrie Dudley	62	Stephentown 38:27
2	Nancy Cashman	60	East Greenbush 52:05
<b>10K RUN</b>			
<b>MALE OVERALL</b>			
1	Paul Salerni	61	Little Neck 40:26
2	Andrew Tanzillo	49	Hudson 54:17
3	Patrick Orecki	26	Wynantskill 54:51
<b>FEMALE OVERALL</b>			
1	Kayla Orecki	30	Rensselaer 54:04
2	Kasia Dillon	20	Saratoga Springs 54:55
3	Alexis Cashman	22	East Greenbush 58:57

*Courtesy of National Multiple Sclerosis Society*

**1ST ANNUAL AMY'S ADVENTURE 5-MILE TRAIL RUN FOR THE LAKE**  
*October 14, 2017 • Amy's Park, Bolton Landing*

<b>MALE OVERALL</b>			
1	Shaun Donegan	31	Malta 37:30
2	Alexander Benway	27	Queensbury 39:31
3	Kevin London	36	45:04
<b>FEMALE OVERALL</b>			
1	Caitlin Napoleoni	28	Plattsburgh 51:03
2	Kaley Bell	33	New York 51:05
3	Tracey Delaney	53	Queensbury 52:47
<b>MALE AGE GROUP: 20 - 29</b>			
1	Ken Johnston	24	49:02
2	Joseph Vidarte	25	57:42
3	Joseph Knapp	25	1:02:37
4	Harry Caldwell	25	1:16:14
<b>FEMALE AGE GROUP: 20 - 29</b>			
1	Beth Pietrangolo	28	Queensbury 52:54
2	Regina Baker	25	58:32
3	Annamary Baker	22	Rochester 58:33
4	Alyssa Stock	25	Morris Plains, NJ 1:01:37
5	Katie Lewis	28	1:05:16
<b>MALE AGE GROUP: 30 - 39</b>			
1	Marcin Kosz	37	58:39
2	Nick Mangino	30	1:02:13
3	Jamie Y.	32	1:25:56
4	Eli Joseph Totengco	33	Bergenfield, NJ 1:34:06
5	Alex Dunn	30	1:35:31
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Yuliana Cummings	37	Bolton Landing 1:02:12
2	Mariel Zeccola	36	Redford 1:05:02
3	Megan Adams	39	Salem 1:08:31
4	Amanda Scheidegger	31	Diamond Point 1:08:49
5	Michele Bromley	36	Argyle 1:11:18
<b>MALE AGE GROUP: 40 - 49</b>			
1	Jonathan Demers	43	Queensbury 58:09
2	Jonathan Crouch	43	Glens Falls 58:11
3	AJ Lomnes	42	Ballston Spa 1:02:20
4	Michael White	46	Greenwich 1:02:22
5	Ken Reynolds	43	Queensbury 1:06:05
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Jennifer Ferriss	46	Saratoga Springs 1:01:25
2	Jane Labombard	44	Queensbury 1:06:23
3	Ann Marie Somma	40	Bolton Landing 1:06:40
4	Heidi Whitney	44	Granville 1:31:51
5	Lori Langdon	42	Saratoga Springs 1:32:42
<b>MALE AGE GROUP: 50 - 59</b>			
1	Matthew Karkoski	55	Ticonderoga 47:11
2	Edward Drebitko	55	San Marcos, CA 54:58
3	Jamie Howard	52	Albany 1:39:06
4	Tom Glacy	54	1:46:14
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Heidi Teriele	51	Ticonderoga 1:00:37
2	Sandy Adams	58	Shushan 1:00:40
3	Jackie White	51	Greenwich 1:16:47
<b>MALE AGE GROUP: 60 - 69</b>			
1	Mark Regan	61	Saratoga Springs 59:42
2	Mark Sager	67	Glens Falls 59:43
3	Wayne Clermont	66	Rexford 1:12:10
4	Todd Baker	61	Rochester 1:19:31
5	James Summma	62	1:28:56
<b>FEMALE AGE GROUP: 60 - 69</b>			
1	Karen Provencher	63	Glens Falls 1:00:35
2	Diane Zeccola	66	Redford 1:43:02
<b>FEMALE AGE GROUP: 70 - 79</b>			
1	Laura Clark	70	Saratoga Springs 1:16:36

*Courtesy of the Lake George Land Conservancy*

**15TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON**  
*October 15, 2017 • Riverview Orchards, Rexford/Clifton Park*

<b>2-MILE RUN, 17-MILE BIKE, 2-MILE RUN</b>			
<b>MALE OVERALL</b>			
1	Matthew Purdy	39	1:08:15
2	Andy Ruiz	53	1:08:35
3	Craig Tynan	47	1:09:42
<b>FEMALE OVERALL</b>			
1	Beth Ruiz	44	1:13:19
2	Kerriane Sanicole	28	1:22:39
3	Kerri Thomas	41	1:24:24
<b>MALE AGE GROUP: 20 - 29</b>			
1	Benjamin Cohen	27	1:20:03
2	Greg Hart	29	1:29:10
3	Kyle Reyell	25	1:37:24
<b>FEMALE AGE GROUP: 20 - 29</b>			
1	Larisa Arens	25	1:36:25
2	Kelly Speer	28	1:37:50
<b>MALE AGE GROUP: 30 - 39</b>			
1	Michael Cooley	37	1:11:03
2	Tom Tiberio	32	1:15:29
3	Liam Redmond	30	1:26:36
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Amanda Montello	30	1:27:31
2	Jessica Hanna	38	1:29:16
3	Jessica Corwin	31	1:30:30
<b>MALE AGE GROUP: 40 - 49</b>			
1	Bill Hamel	46	1:18:14
2	Ian Morrison	41	1:19:23
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Kelli Schuhl	45	1:26:29
2	Theresa Votano	48	1:28:38
<b>MALE AGE GROUP: 50 - 59</b>			
1	Michael Cebula	50	1:22:26
2	Robert Vara	53	1:23:22
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Denise Sorsby	53	1:42:59
2	Amy Perillo	57	1:43:57
3	Carol Henry	58	1:44:59
<b>MALE AGE GROUP: 60 - 69</b>			
1	Dominick Audi	63	1:18:47
2	Steve Vnuk	61	1:23:54
3	Benny Armon	63	1:29:26
<b>FEMALE AGE GROUP: 60 - 69</b>			
1	Kathleen Meany	61	1:38:00
2	Cindy Novak	60	1:41:54
<b>MALE AGE GROUP: 70 - 79</b>			
1	Dominic Miercurio	71	1:24:06
2	Ronald Bagnoli	70	1:34:23
3	Raymond Lee Jr.	75	2:14:06
<b>SCHOLASTIC OVERALL</b>			
1	Brandon Gohl	14	1:08:26
2	Anuraag Sharma	2	1:08:53
3	Lance Risler	3	1:10:32
<b>GRANDMASTER OVERALL</b>			
1	Marge Rajczewski	1	1:27:29
2	Eric Hamilton	2	1:31:16
<b>TEAMS - MALE</b>			
1	Love Thugs	1	1:20:24
<b>TEAMS - MIXED</b>			
1	Crisamac	1	1:15:54
2	Team Commssoft	2	1:25:35
<b>TEAMS - FEMALE</b>			
1	Between a Walk and a Hard Pace	1	1:27:18

*Courtesy of Mohawk Towpath Scenic Byway*

**1ST ANNUAL BROOKHAVEN OKTOBERFEST 5K TRAIL RUN**  
*October 28, 2017 • Brookhaven Golf Course, Porter Corners*

<b>OVERALL MALE</b>			
1	Kevin Cronin	18	Greenfield 17:45
2	David Paarlberg-Kvam	35	Arlington, VT 18:21
3	Chris Yarsevich	39	Greenfield Center 18:43
<b>OVERALL FEMALE</b>			
1	Tara Peck	23	Saratoga Springs 21:20
2	Hannah Hertik	18	Greenfield Center 22:27
3	Tracey Delaney	53	Queensbury 23:18
<b>MALE AGE GROUP: 1 - 19</b>			
1	Hunter Shanahan	10	Corinth 22:06
2	Ethan Pone	10	Porter Corners 31:05
<b>FEMALE AGE GROUP: 1 - 19</b>			
1	Casey Reeder	17	Saratoga Springs 28:18
<b>MALE AGE GROUP: 20 - 29</b>			
1	Nicholas Prock	29	Saratoga Springs 22:52
<b>FEMALE AGE GROUP: 20 - 29</b>			
1	Kristen Burke	26	Corinth 34:32
<b>MALE AGE GROUP: 30 - 39</b>			
1	Greg Stevens	33	Charlton 20:04
2	Mike McGuire	35	Fort Edward 21:27
3	Chris Curtis	38	Saratoga 22:17
4	John Scranton	35	Greenfield Center 22:56
5	Joseph Spencer	31	Hagaman 27:07
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Bri Shanahan	33	Corinth 24:17
2	Alyssa Sparrow	32	Saratoga Springs 25:45

*continued*

**1ST ANNUAL BROOKHAVEN OKTOBERFEST 5K TRAIL RUN *continued***

<b>MALE AGE GROUP: 50 - 59</b>			
1	Bruce Cranston	50	Saratoga Springs 22:55
2	Bill Blood	59	Queensbury 25:34
3	Mark Schachner	59	Lake George 25:41
4	Mark Hachenski	50	Greenfield 25:47
5	Richard Starace	54	Greenfield Center 25:50
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Gabrisika Banicki	51	Gansevoort 27:16
2	Sue Blood	57	Queensbury 28:34
3	Lisa Nagle	52	Saratoga Springs 28:36
4	Tina Peck	53	Saratoga Springs 29:30
5	Elizabeth Gormley	59	Porters Corners 29:59

*Courtesy of HURT Nordic, Town of Greenfield & Brookhaven Golf Course*

**CAPITAL DISTRICT YMCA TRICK-OR-TREK 5K RUN**  
*October 28, 2017 • Oakwood Cemetery, Troy*

<b>MALE OVERALL</b>			
1	Chris Sohn	44	Troy 20:25
2	TJ McMahon	31	Petersburgh 20:27
3	George Burke	51	Troy 21:23
<b>FEMALE OVERALL</b>			
1	Gabrielle Skiba	15	Troy 23:10
2	Jennifer Adams	34	Selkirk 24:04
3	Aschley Perez	27	Selkirk 24:04
<b>MALE AGE GROUP: 1 - 19</b>			
1	Dave Le Blang	18	Troy 25:32
2	William Connors	14	Selkirk 49:36
<b>FEMALE AGE GROUP: 1 - 19</b>			
1	Julia Skiba	14	Troy 24:41
2	Courtney Lewis	18	Port Jefferson 26:46
3	Kayla Cleary	19	Schenectady 28:33
4	Kristin Young	18	Dexter, MI 28:37
5	Sierra Carr	18	Salem, NH 31:05
<b>MALE AGE GROUP: 20 - 29</b>			
1	Nick Bedore	22	Ballston Lake 24:42
2	Christopher Snyder	28	Allentown 25:23
3	EJ Huang	29	Schenectady 26:07
<b>FEMALE AGE GROUP: 20 - 29</b>			
1	Sarah Malsch	24	Troy 25:02
2	Jess		

# RACE RESULTS

## 13TH ANNUAL HAIRY GORILLA HALF MARATHON & SQUIRRELY SIX MILE TRAIL RACES *continued*

### FEMALE AGE GROUP: 50 - 59

1 Doris Torchia	50	Hudson	1:03:23
2 Anne Hurley	54	Delmar	1:04:49
3 Lara Comthier	50	Greenville	1:06:00
4 Michelle Huckins	50	Delmar	1:06:36
5 Mayumi Tsutsui	59	Rensselaer	1:08:22

### MALE AGE GROUP: 60 - 69

1 Dennis Hymphrey	62	Delmar	51:59
2 Vincent Kirby	61	Mechanicville	57:55
3 Chris Johnson	60	Pittsfield, MA	58:29
4 Dave Nagengast	63	Rensselaer	1:01:20
5 Joe Yavonditte	68	Schenectady	1:07:52

### FEMALE AGE GROUP: 60 - 69

1 Barbara Sorrell	60	Delmar	1:18:17
2 Nancy Botting	64	Johnson City	1:19:28
3 Theresa Hughes	62	Ballston Spa	1:42:09
4 Lucille Heidelberg	65	East Greenbush	2:07:16

### MALE AGE GROUP: 70 - 79

1 Vic Laport	77	Clarksburg, MA	1:13:30
2 Ray Lee Jr.	75	Halfmoon	1:31:06
3 Greg Taylor	71	Delmar	1:35:16

*Courtesy of ARE Event Productions*

## SARATOGA CROSS COUNTRY CLASSIC

October 29, 2017 • Saratoga Spa State Park, Saratoga Springs

### 5K CROSS COUNTRY RACE

#### MALE OVERALL

1 Mitch Ryan	22	Plattsburgh	15:26
2 Eric MacKnight	28	Ballston Spa	15:33
3 Jacob Andrews	24	Troy	16:26

#### FEMALE OVERALL

1 Mollie Turner	37	Averill Park	17:53
2 Nicole Soblosky	30	Albany	18:06
3 Karen Bertasso	33	Albany	18:14

#### MALE AGE GROUP: 1 - 14

1 Tobias Jeralds	13	Canaan	18:24
2 Jonah Stewart	14	Greenwich	18:54
3 Timothy Jeralds	12	Canaan	19:06

#### FEMALE AGE GROUP: 1 - 14

1 Juliette Salazar	11	Cornwall	18:30
2 Isabel Slippin	12	Cornwall	19:38
3 Brianna Carter	12	Cornwall	19:43

#### MALE AGE GROUP: 15 - 19

1 Nolan Defreitas	16	Cornwall	17:03
2 Jeremy Gundrum	17	West Sand Lake	18:55
3 Riley Walz	15	Ballston Spa	20:56

#### FEMALE AGE GROUP: 15 - 19

1 Olivia Skylstad	15	Ballston Spa	20:02
2 Guaiem Bonsa	15	New Lebanon	25:11

#### MALE AGE GROUP: 20 - 24

1 Joshua Korn	21	Albany	16:52
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#### FEMALE AGE GROUP: 20 - 24

1 Kelly Cucolo	23	Greenville	27:52
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#### MALE AGE GROUP: 25 - 29

1 Alan Finder	29	Albany	18:00
2 Jeremy Beaudette	29	Willisboro	18:51
3 Greg Hart	29	Saratoga Springs	18:53

#### FEMALE AGE GROUP: 25 - 29

1 Megan James	28	Charlton	19:12
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#### MALE AGE GROUP: 30 - 34

1 Andrew Allin	30	Troy	20:56
2 Sukeshwar Kannan	31	Malta	28:59

#### FEMALE AGE GROUP: 30 - 34

1 Katherine Guilfoyle	31	Mechanicville	21:48
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#### MALE AGE GROUP: 35 - 39

1 John Deer	35	Slingerlands	19:21
2 Pete Turner	35	Averill Park	22:09
3 Kevin Newman	36	Latham	22:32

#### FEMALE AGE GROUP: 35 - 39

1 Kari Deer	38	Slingerlands	22:33
2 Molly Goodrich	36	New Lebanon	23:51
3 Lee Briggs	39	Ballston Spa	25:22

#### MALE AGE GROUP: 40 - 44

1 Robert Irwin	44	Guiderland	16:57
2 Chris Mulford	40	Schenectady	17:40
3 Mark Flusche	40	Ballston Spa	19:47

#### FEMALE AGE GROUP: 40 - 44

1 Colleen Ottalagano-McGarry	40	Slingerlands	21:54
2 Jaime Farone	41	Saratoga Springs	22:34

#### MALE AGE GROUP: 45 - 49

1 Volker Burkowski	46	Gansevoort	17:34
2 Andy Reed	46	Niskayuna	18:26
3 Rick Zachgo	47	Rexford	18:56

#### FEMALE AGE GROUP: 45 - 49

1 Virginia Larner	45	Malta	22:19
2 Concetta Smith	49	Ballston Lake	22:19
3 Regina McGarvey	47	Castleton	23:45

#### MALE AGE GROUP: 50 - 54

1 John Stadlander	52	Clifton Park	17:41
2 Mark Stephenson	53	Esperance	18:18
3 Paul Partridge	53	Delmar	18:59

#### FEMALE AGE GROUP: 50 - 54

1 Anne Benson	52	Clifton Park	21:20
2 Mary Buck	54	Mechanicville	22:20
3 Gabriella Frittelli	51	Gansevoort	22:21

#### MALE AGE GROUP: 55 - 59

1 Thomas Dalton	59	Schenectady	18:45
2 Bill Douglas	56	Rensselaer	22:59
3 Louis Recchia	58	Latham	23:14

### FEMALE AGE GROUP: 55 - 59

1 Gwen Williams	59	Scotia	24:50
2 Lauren Herbs	55	Rexford	25:25

### MALE AGE GROUP: 60 - 64

1 Richard Clark	63	Feeding Hills, MA	21:39
2 John Webber	62	Ballston Spa	25:09
3 Martin Patrick	63	East Greenbush	25:58

### FEMALE AGE GROUP: 60 - 64

1 Ronni Travers	60	Greenville	29:56
2 Kathleen Hutson	60	Clifton Park	32:53

### MALE AGE GROUP: 65 - 69

1 Bob Giambaluo	68	Delhi	19:47
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### FEMALE AGE GROUP: 65 - 69

1 Martha DeGrazia	66	Slingerlands	25:14
2 Claire Henderson	68	Saratoga Springs	26:38

### MALE AGE GROUP: 70 - 74

1 James Larkin	70	Clifton Park	24:04
2 Charles Brockett	71	Dolgeville	31:31

### MALE AGE GROUP: 80 - 84

1 Christopher Rush	81	Schenectady	30:53
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### KIDS' 3K XC RUN

#### MALE OVERALL

1 Gordon Su	13	Delmar	11:38
2 Andrew Wade	13	Ballston Spa	11:59
3 Cade Allen	12	Delmar	12:19

#### FEMALE OVERALL

1 Rihanna Defreitas	11	Cornwall	11:50
2 Emily Bush	10	Saratoga Springs	12:16
3 Isabelle Serrano	13	High Falls	12:28

#### MALE AGE GROUP: 8 - 10

1 Hunter Doolittle	9	Averill Park	14:20
2 Jack O'Connor	9	Sand Lake	14:35
3 Miles Flusche	9	Ballston Spa	15:09

#### FEMALE AGE GROUP: 8 - 10

1 Lilian Ballard	9	Schoharie	13:51
2 Claire Serrano	9	High Falls	14:48
3 Alexa Ruppe	9	Troy	16:05

#### MALE AGE GROUP: 10 - 13

1 Valen Beckmann	11	Schenectady	12:40
2 Jackson Doolittle	11	Averill Park	13:01
3 Jackson Barnett	12	Delmar	13:04

#### FEMALE AGE GROUP: 10 - 13

1 Charlotte O'Meara	10	Delmar	12:42
2 Brynn Bernard	11	Boonville	13:10
3 Julia Gorevich	10	Albany	13:59

### KIDS' 2K XC RUN

#### MALE OVERALL

1 Gianni Simpson	9	Cornwall	8:14
2 Jermaine Carter	10	Cornwall	8:18
3 Giordano Simpson	8	Cornwall	8:34

#### FEMALE OVERALL

1 Anna Chrapowitzky	8	Delmar	8:47
2 Ruby O'Meara	8	Delmar	8:57
3 Rachel Chen	10	Clifton Park	9:20

#### MALE AGE GROUP: 1 - 7

1 Jackson Brewer	7	Delmar	9:26
2 Jack Deer	7	Delmar	10:23
3 Marcus Flusche	7	Ballston Spa	10:42

#### FEMALE AGE GROUP: 1 - 7

1 Grace Crosby	7	East Nassau	11:38
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#### MALE AGE GROUP: 8 - 12

1 Cameron Mair	9	Cornwall	8:45
2 Conner Carpenter	8	Constableville	9:45
3 Brendan McNaughton	12	Albany	10:06

#### FEMALE AGE GROUP: 8 - 12

1 Mae Walston	8	Delmar	9:33
2 Elizabeth Lindow	8	West Sand Lake	9:36
3 Lauren Brodeur	8	Delmar	9:54

*Courtesy of USA Track & Field Adirondack*

## WICKED CREEPY CYCLOCROSS RACE - NYCROSS SERIES

October 29, 2017 • Willow Park, Bennington, VT

### MEN: ELITE CATEGORY 1/2/3

1 Andrew Borden	X-Men	58:50
2 Alec Donahue		1:00:36
3 Andrew Nicholas	Rensselaer Polytechnic Institute	1:00:59
4 Niles Gagnon	Grey Ghost Bicycles	1:01:50
5 Jamie Belchak	Squadra Flying Tigers	1:02:09
6 Matthew Owens	University of Vermont Cycling	1:02:38
7 Travis Wold	Worcester Polytechnic Institute	1:03:34
8 Sam Dries	No. 22 CX Team	1:03:39
9 Ethan Call	Dartmouth College	1:04:03
10 Andrew Piper	Minuteman Road Club	1:04:55

### WOMEN: ELITE CATEGORY 1/2/3

1 Meghan Owens	University of Vermont Cycling	45:55
2 Bryna Blanchard	BMB Racing	46:09
3 Paige Williams		46:33
4 Kimberly Milton	R-Cubed	47:18
5 Alli Mrugal		48:30
6 Jennifer Harvey		50:14
7 Katherine Rusch	Rensselaer Polytechnic Institute	51:55
8 Stacy Beneke	DaHANGER	52:21
9 Lizzie Wright	Rhode Island School of Design	53:12

### MEN: CATEGORY 3/4

1 Tomny Servetas	NYCROSS/Craft	40:39
2 Connor Singh	NYCROSS/Craft	40:48
3 Cole Ellison	Middlebury College	40:56
4 Ian O'Neil	University of Massachusetts Bike Club	ST
5 Charley Kachigian	Slappers	41:36
6 Tyler Zierer	HRRT	ST
7 Alexander Zierer	HRRT	42:09
8 Sam Veggeberg	University of Massachusetts Bike Club	42:16
9 Tyler Samson	Competitive Edge Cycling	42:49
10 Richard Tortorici	R-Cubed	43:08

### MEN: CATEGORY 4/5

1 William Haig	Stratton Mountain School	42:05
2 John Ricardi	Competitive Edge Cycling	42:35
3 Nicholas Brocato	Worcester Polytechnic Institute	42:58
4 Arturo Johnson	Killington Mtn School Cycling	43:06
5 Ryan Walker		43:15
6 Messen Timothy	Dartmouth College	43:41
7 Hanjuro Kawai	Berkshire Cycling Assn/Linen	43:52
8 Aaron Girard	NYCROSS/Craft	43:55
9 Nicholas Groll	R-Cubed	44:03
10 Raymond Stockwell		44:16

### WOMEN: CATEGORY 4/5

1 Katie Aman	Middlebury College	24:11
2 Maggie Payne	NYCROSS/Craft	24:44
3 Loren Launen	Monadnock Cycling Club	25:37
4 Debbie Livingston	Team Horst Sports	25:54
5 Karen Lynn	Keep It Tight	26:07
6 Kathy Timpane		26:53
7 Anne Van Heuven		27:11
8 Sophia Konanc	Middlebury College	27:40
9 Maya Cannon	Rhode Island School of Design	29:48
10 Pat Rosier		30:48

### MEN: CATEGORY 5

1 Wyatt McKibben		27:11
2 Messen Timothy	Dartmouth College	28:00
3 John Ricardi	Competitive Edge Cycling	28:32
4 Matthew Albert		30:11
5 Jared Newell	Grey Ghost Bicycles	30:30
6 Phil Sturgeon	KruisCX	30:38
7 Kevin Killay	PMBR	30:52
8 Robert Underwood	Grey Ghost Bicycles	31:08
9 Brian Wood	Capital Bicycle Racing Club	31:20
10 Duncan Wardle	Hilltop Bicycles	31:47

*continued*

## WICKED CREEPY CYCLOCROSS RACE - NYCROSS SERIES *continued*

### MEN: 35+

1 Ryan Conley	NYCROSS/Craft	47:49
2 Brad Stratton	NYCROSS/Craft	48:48
3 Jonathan Favata	TRT Bicycles	49:23
4 Matt Zarotny		49:33
5 John Cullinan	Bicycle Depot	ST
6 Scott Hock	No. 22 CX Team	50:43
7 Peter Dinolfo	North American Velo	51:47
8 Todd Shapiro	North American Velo	-1

### MEN: 45+ (CATEGORY 1/2/3/4)

1 Jurgen Beneke	DaHANGER	46:49
2 Scott Livingston	Team Horst Sports	47:49
3 Jeff Seaton	Hellgate Cyclery/Kent Bros Auto	48:06
4 Bret Young	No. 22 CX Team	48:18
5 Bryan Zierrhoff	Stage 1/Airline Cycles	51:28
6 Arthur Roti	Team Horst Sports	51:40
7 David Carmona	Hammer Nutrition	51:51
8 John Buser	Putney/West Hill	52:07

**"FALL BACK 5" 5-MILE TRAIL RACE**  
November 5, 2017 • Saratoga Spa State Park, Saratoga Springs

<b>MALE OVERALL</b>		
1	Shaun Donegan	30:13
2	Paul Mueller	33:09
3	Todd McAuley	34:09
<b>FEMALE OVERALL</b>		
1	Erin Lopez	33:30
2	Caroline Starace	37:28
3	Jenna Urbanski	38:25
<b>MALE AGE GROUP: 1 - 14</b>		
1	Noah Capello	37:06
<b>MALE AGE GROUP: 15 - 19</b>		
1	Conor Murphy	52:04
<b>FEMALE AGE GROUP: 15 - 19</b>		
1	Jillian Zick	40:06
<b>MALE AGE GROUP: 20 - 24</b>		
1	Kevin Montano	52:51
<b>MALE AGE GROUP: 25 - 29</b>		
1	Jeff Feliszak	42:05
2	Jason Chicoine	44:49
3	Ryan Slobin	44:49
<b>FEMALE AGE GROUP: 25 - 29</b>		
1	Stacey Kindelan	42:05
2	Vicky Tiberia	44:30
3	Jillian Smith	45:59
<b>MALE AGE GROUP: 30 - 34</b>		
1	Loren Thomas	37:48
2	Bryan Shephard	38:19
3	Andrew Bonelli	42:29
<b>FEMALE AGE GROUP: 30 - 34</b>		
1	Christine Natalie	42:43
2	Kelly Seymour	43:21
3	Sandra Raimundo	43:54
<b>MALE AGE GROUP: 35 - 39</b>		
1	Colin Klepetar	35:42
2	Kevin Newman	39:48
3	Casey Holzworth	39:58
<b>FEMALE AGE GROUP: 35 - 39</b>		
1	Melissa Grandjean	42:25
2	Lee Briggs	46:07
3	Megan Adams	46:22
<b>MALE AGE GROUP: 40 - 44</b>		
1	Mike Bracken	34:56
2	Gabe Anderson	35:31
3	Jonathan Guthan	35:39
<b>FEMALE AGE GROUP: 40 - 44</b>		
1	Nicola MacNeil	41:38
2	Allison Grove	43:33
3	Michelle Pendergast	44:59
<b>MALE AGE GROUP: 45 - 49</b>		
1	Zack Vogel	36:37
2	Carmelo Piazza	37:33
3	Lance Decker	39:48
<b>FEMALE AGE GROUP: 45 - 49</b>		
1	Yoshi Shinohara	42:52
2	Gayle Russell	43:35
3	Julie Urbanski	44:42
<b>MALE AGE GROUP: 50 - 54</b>		
1	Joe Place	36:08
2	Samuel Mercado Jr.	37:16
3	Tom Mack	42:15
<b>FEMALE AGE GROUP: 50 - 54</b>		
1	Tracey Delaney	40:26
2	Cheryl Tracy	42:32
3	Donna Ruppel	43:15
<b>MALE AGE GROUP: 55 - 59</b>		
1	Tim Hartman Sr.	35:55
2	Larry Toole	36:49
3	Eric Feder	36:51
<b>FEMALE AGE GROUP: 55 - 59</b>		
1	Gwen Williams	43:25
2	Sandy Adams	45:14
3	Lauren Herbs	45:46
<b>MALE AGE GROUP: 60 - 64</b>		
1	Mark Nunez	36:45
2	Mark Regan	40:47
3	Armon Benny	41:29
<b>FEMALE AGE GROUP: 60 - 64</b>		
1	Mary Jo Benny	48:14
2	Evelyn S.	1:11:08
<b>MALE AGE GROUP: 65 - 69</b>		
1	Leo Dipiero	46:32
2	Mark Mindel	59:06
3	Jan Roth	1:08:57
<b>FEMALE AGE GROUP: 65 - 69</b>		
1	Claire Henderson	46:00
<b>FEMALE AGE GROUP: 70 - 74</b>		
1	Laura Clark	56:13
<b>MALE AGE GROUP: 75 - 79</b>		
1	Vic Laport	53:52
2	Raymond Lee Jr.	1:12:22

Courtesy of Saratoga Stryders

**42ND ANNUAL MVP HEALTH CARE STOCKADE-ATHON 15K ROAD RACE continued**

<b>FEMALE AGE GROUP: 50 - 54</b>		
1	Sue Thompson	1:06:00
2	Lisa Nieradka	1:07:30
3	Darci Lafave	1:09:42
4	Alyssa Risko	1:09:53
5	Mary Buck	1:10:22
6	Christine Varley	1:11:44
7	Alison Heaphy	1:12:13
8	Mary Fenton	1:13:33
9	Teresa Warner Maiuri	1:14:34
10	Shiobean Lemme	1:15:05
<b>MALE AGE GROUP: 55 - 59</b>		
1	Thomas Dalton	1:00:01
2	Michael Stalker	1:01:32
3	Charles Stewart	1:04:45
4	Steven Philbrick	1:05:34
5	Jamie Casline	1:06:20
6	Russell Lauer	1:06:47
7	Mark Weidner	1:07:32
8	Jay Seney	1:07:41
9	Joseph Sullivan	1:08:19
10	Tom Pierson	1:08:45
<b>FEMALE AGE GROUP: 55 - 59</b>		
1	Beth Stalker	1:04:38
2	Colleen Brackett	1:09:15
3	Margaret McKeown	1:10:20
4	Linnea VanTassel	1:12:40
5	Marcy Dreimiller	1:16:39
6	Marcia Cooper	1:17:43
7	Lauren Herbs	1:20:05
8	Kelley Vite	1:20:21
9	Hope Plavin	1:21:51
10	Lisajo Kay	1:23:24
<b>MALE AGE GROUP: 60 - 64</b>		
1	James Forbes	1:07:54
2	Rick Munson	1:08:11
3	Dominick Audi	1:08:17
4	Myron Ferguson	1:08:19
5	Stephen Jones	1:08:21
6	George Baranuskas	1:08:53
7	Richard Clark	1:09:12
8	Tom White	1:10:25
9	Daniel Doak	1:10:39
10	Richard Kelly	1:11:23
<b>FEMALE AGE GROUP: 60 - 64</b>		
1	Karen Dott	1:17:37
2	Robin Avery	1:17:44
3	Kim Sack	1:18:54
4	Elizabeth Herkenham	1:21:23
5	Sharon Desrochers	1:21:34
6	Carolyn George	1:24:20
7	Mary Jo Benny	1:25:54
8	Joan Williams	1:27:38
9	Deb Goedeke	1:27:45
10	Elayne Livote	1:32:17
<b>MALE AGE GROUP: 65 - 69</b>		
1	Tim Haley	1:06:52
2	Tom McGuire	1:12:28
3	Chip Button	1:19:40
4	Michael Thumann	1:20:27
5	David Olsen	1:22:22
6	Daniel Larson	1:22:51
7	Pete Cowie	1:23:07
8	Leo DiPiero	1:23:16
9	Seamus Hodgkinson	1:23:34
10	George Jackson	1:23:41
<b>FEMALE AGE GROUP: 65 - 69</b>		
1	Martha DeGrazia	1:18:26
2	Erika Oesterle	1:19:18
3	Jill Pederson	1:31:52
4	Katherine Ambrosio	1:35:24
5	Ellen Tomczak	1:35:38
6	Kristine Thorne	1:41:20
7	Mary Ann Macri	1:52:42
8	Jan Pryor	1:54:37
9	Suzanne Forbes	1:54:38
10	Linda Kolnick	1:56:33
<b>MALE AGE GROUP: 70 - 74</b>		
1	Dave Glass	1:05:50
2	James Larkin	1:16:12
3	Dennis Moore	1:19:38
4	Peter Newkirk	1:26:23
5	David Dibelius	1:28:16
6	Peter Thomas	1:29:10
7	Richard Baluch	1:35:01
8	Jesse Dinkin	1:35:54
9	Eric Hamilton	1:43:00
10	Rich Daley	1:53:30
<b>FEMALE AGE GROUP: 70 - 74</b>		
1	Susan Wong	1:32:30
2	Christine McKnight	1:43:20
3	Laura Clark	1:44:06
<b>MALE AGE GROUP: 75 - 79</b>		
1	Edward Bown	1:26:27
2	Norman Goluskin	1:30:28
3	Joseph Silva	1:47:28
4	Joseph Richardson	2:02:19
5	Raymond Lee Jr.	2:09:22
<b>FEMALE AGE GROUP: 80 - 84</b>		
1	Eiko Bogue	2:19:24
<b>FEMALE AGE GROUP: 85 - 89</b>		
1	Anny Stockman	2:10:51
<b>TEAM: OPEN MALE</b>		
1	ARE Racing Team	4:14:07
Ricardo Estremera, Jacob Andrews, Shaun Donegan, Aaron Lozier, Joshua Korn		
2	Willow Street Athletic Club	4:16:22
Matt Brooker, Steve Soprano, Patrick Carroll, Thijs Kolet, Daniel Jordy		
<b>TEAM: OPEN FEMALE</b>		
1	ARE Racing Team A	3:57:54
Claire Collison, Olivia Beltrani, Renee Tolan, Nicole Slobosky		
2	ARE Racing Team B	4:11:51
Erin Hatton, Amy Babeu, Diana Tobon-Knobloch, Amanda Perri		
3	Willow Street Athletic Club	4:25:25
Mollie Turner, Megan James, Danielle Maslowsky, Kari Deer		
<b>TEAM: MASTER MALE</b>		
1	Willow Street Athletic Club	3:44:49
Robert Irwin, Volker Burkowski, John Stadlander, Andy Reed		
2	Adirondack Athletic Club A	3:58:18
Mark Stephenson, Thomas Kracker, Thomas Dalton, Ken Tarullo		
3	Adirondack Athletic Club B	4:01:21
Bill Hamel, Rick Zachgo, Todd McAuley, Michael Stalker		
<b>TEAM: MASTER FEMALE</b>		
1	Willow Street Athletic Club	4:31:45
Beth Stalker, Lisa Nieradka, Colleen Brackett, Mary Buck		
2	Saratoga Stryders	5:17:34
Margaret McKeown, Lauren Herbs, Hope Plavin, Maureen Roberts		
<b>TEAM: STOCKADE CUP (THREE 5K LEGS)</b>		
1	NYS DEC	58:37
David Tromp, Sean Madden, Ben Sears		
2	Fast Feet Beech-Nut Elite	1:13:10
Michael Maloney, Nick Giesse, Christopher Rusc		
3	Easier Said Than Run	1:19:19
Erika Ozols, Kelly Spencer, Dana Donnelly		
Courtesy of Hudson-Mohawk Road Runners Club		

continued

**10TH ANNUAL SHENENDEHOWA VETERANS DAY DASH 5K RUN**  
November 10, 2017 • Shenendehowa High School, Clifton Park

<b>MALE OVERALL</b>		
1	Alex Hislop	16:36
2	Gregory Langone	16:59
3	Jakob Quail	17:16
<b>FEMALE OVERALL</b>		
1	Sarah Popovics	20:51
2	Renee Tolan	22:00
3	Jennifer Bennice	22:10
<b>MALE AGE GROUP: 1 - 14</b>		
1	David Thielke	18:48
2	Gavin Ethier	19:07
3	Jack Christopher	19:14
<b>FEMALE AGE GROUP: 1 - 14</b>		
1	Sofia Contursi	23:03
2	Kara Sinnott	23:21
3	Ashley O'Hara	24:13
<b>MALE AGE GROUP: 15 - 19</b>		
1	Liam Hickey	17:34
2	Matthew Vigilante	17:37
3	Kyle Gronau	18:15
<b>FEMALE AGE GROUP: 15 - 19</b>		
1	Meghana Caron	22:32
2	Kalynne Green	24:52
3	Anna Hogan	25:03
<b>MALE AGE GROUP: 20 - 24</b>		
1	Michael Woods	23:33
<b>FEMALE AGE GROUP: 20 - 24</b>		
1	Emily Haig	26:18
2	Megan Rzeszuto	34:55
<b>MALE AGE GROUP: 25 - 29</b>		
1	Tim Ela	18:50
2	Anthony Pasqualino	21:01
3	Joe Bussmann	28:52
<b>FEMALE AGE GROUP: 25 - 29</b>		
1	Lauren James	29:36
2	Erica Bater	34:56
3	Kirsten Cruz	48:58
<b>MALE AGE GROUP: 30 - 34</b>		
1	Richard Orlicz	21:33
2	Ryan Milton	21:46
<b>FEMALE AGE GROUP: 30 - 34</b>		
1	Grace Kelly	23:52
2	Amanda Lambert	27:15
3	Neil Curran	29:11
<b>MALE AGE GROUP: 35 - 39</b>		
1	Nick Whaley	19:09
2	Robert Ryan	23:17
3	Matthew Fryer	26:18
<b>FEMALE AGE GROUP: 35 - 39</b>		
1	Julie Sawyer	26:53
2	Angela Parrisi	27:17
3	Laura Ryan	29:56
<b>MALE AGE GROUP: 40 - 44</b>		
1	Greg Ethier	18:53
2	Kevin Reedy	22:01
3	Sean O'Leary	23:58
<b>FEMALE AGE GROUP: 40 - 44</b>		
1	Heather Brunell	25:37
2	Amy Seagroatt	25:55
3	Sheila Snyder	27:25
<b>MALE AGE GROUP: 45 - 49</b>		
1	Rick Zachgo	19:23
2	Dan Pierson	20:40
3	Russell Thielke	21:48
<b>FEMALE AGE GROUP: 45 - 49</b>		
1	Heather McKenna	22:16
2	Ann Glackin	23:03
3	Terri Bills	29:28
<b>MALE AGE GROUP: 50 - 54</b>		
1	Bill Hoffman	20:26
2	Mike Martin	21:41
3	David Domatelli	21:59
<b>FEMALE AGE GROUP: 50 - 54</b>		
1	Karen Hickey	22:45
2	Michelle Dannenhoffer	24:19
3	Christine Hollmer	25:52
<b>MALE AGE GROUP: 55 - 59</b>		
1	Derrick Staley	17:58
2	Frank Woods	23:35
3	James Fenton	30:45
<b>FEMALE AGE GROUP: 55 - 59</b>		
1	Mary Kirsten	37:34
<b>MALE AGE GROUP: 60 - 64</b>		
1	Vincent Kirby	24:56
2	Dale Broomhead	27:38
3	Brendan Quinn	30:06
<b>FEMALE AGE GROUP: 60 - 64</b>		
1	Holly Kozlowski	28:39
2	Benita Zahn	33:27
<b>MALE AGE GROUP: 65 - 69</b>		
1	Joseph Hein	35:12
2	Marc Misericordia	39:42
3	Jack Berkery	47:48
<b>FEMALE AGE GROUP: 65 - 69</b>		
1	Pat McCully	45:24
<b>MALE AGE GROUP: 70 - 74</b>		
1	Ed Luberda	31:50
2	Richard Theissen	33:54
3	Phil Stoughton	45:25
<b>MALE AGE GROUP: 80 - 84</b>		
1	Joe Kelly	40:35

Courtesy of Shen Track Booster Club & Clifton Park Track Club

**42ND ANNUAL MVP HEALTH CARE STOCKADE-ATHON 15K ROAD RACE**  
November 12, 2017 • Veterans Park to City Hall, Schenectady

<b>MALE OVERALL</b>		
1	Ricardo Estremera	47:47
2	Matt Brooker	48:04
3	Steve Soprano	49:05
4	Scott Mindel	49:20
<b>FEMALE OVERALL</b>		
1	Mollie Turner	56:44
2	Christie Macfarlane	58:45
3	Claire Collison	58:48
4	Elizabeth Izzo	59:17
<b>MALE AGE GROUP: 1 - 14</b>		
1	Alexander Tebano	1:04:30
2	Noah Greski	1:04:31
3	Noah Capello	1:08:37
4	Christopher Murphy	1:15:01
5	Ethan Hodge	1:15:33
6	Nicholas VanVranken	1:15:39
7	John Burke	1:17:58
8	Jack McKenna	1:30:54
9		

# Get Outside...Enjoy Winter! Cross Country Ski!

Gore Mt. Nordic & Garnet Hill XC-Ski  
*(Lights and Snowmaking!)*

## Upcoming Events

**Ski Bowl Nordic 5K Snowshoe Race**

Sat. Dec 16, DION - WMAC. Start 2PM

**Gore Mt. Nordic - HURT Junior Nat. Qualifier & Queensbury HS Invite**

Sat. Jan 6 & Sun Jan 7

**Garnet Hill XC-Ski Races, Pursuit & Free Try-it Race, Bill Koch Kids Race**

Jan. 27, 2018, Garnet Hill XC-Ski

**Ski Bowl Nordic Citizens Series Snowshoe and XC-Ski Race**

Tuesday, Jan. 9th: Runs for 5 consecutive Tues, ending Feb 6

**Garnet Hill Snowshoe Race 10K**

March 3, 2018

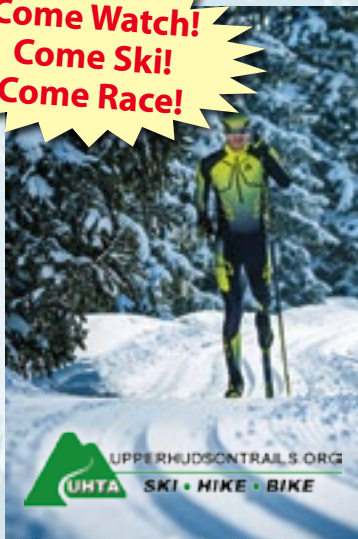
**NENSA U16 Eastern Championships**

Gore Mt. Nordic March 9-11

Town of  
Johnsburg, NY



**Come Watch!  
Come Ski!  
Come Race!**



More Events, Info and Registration Links:

- [www.visitnorthcreek.org](http://www.visitnorthcreek.org)
- [www.upperhudsontrails.org](http://www.upperhudsontrails.org)
- [www.goremountain.com](http://www.goremountain.com)
- [www.hurt nordic skiing.com](http://www.hurt nordic skiing.com)
- [www.garnet-hill.com](http://www.garnet-hill.com)
- [www.underdogtiming.com](http://www.underdogtiming.com)

## 6-WEEK PROGRAMS

**CHILDREN'S MOUNTAIN ADVENTURES**  
Saturdays OR Sundays, January 6-February 25

Ages 4-12 join the same group of friends and coaches each week! Includes lift tickets. Choose from morning-only or full day options.

**MIDWEEK ADULT PROGRAMS**  
Wednesday OR Thursday, January 3-March 1

Build skill and confidence with our very best coaches, in a group of your same age and ability. Ladies' Escape meets Wednesdays, and the co-ed Secret Society meets Thursdays.

North Creek, NY | (518) 251-2411  
[GOREMOUNTAIN.COM](http://GOREMOUNTAIN.COM)

# Old Forge Adirondack Base Camp

**McCauley Mt Ski Area**

*New York's Best Family Mountain*

*It's Our Nature*

Info & Webcams: [OldForgeNY.com](http://OldForgeNY.com)

**Businesses, Organizations, Destinations & Events...**

**Last Chance to SAVE 10%**

13<sup>TH</sup> ANNUAL **ADIRONDACK SPORTS SUMMER EXPO**

**Register by Wednesday, December 20**  
**Act NOW for Best Booth Location!**  
Complete the contract and email/fax/mail back ASAP. Pay by Check/Mail or Credit/Phone

**Get Face to Face with 8,000 Sports, Fitness & Travel Enthusiasts!**

- Promote/sell your products/services at the start of the season
- Stay ahead of your competition!

**Maximize Your Exposure**

- Showcase your products/services to an active audience
- Advertise in Attendee Guide for more exposure (*March 2018 issue*)
- Reach 50,000 enthusiasts via our magazine, social media and email
- Sponsorship opportunities available

**MARCH 17 & 18**  
Saturday 10-5 • Sunday 10-4  
*Free Attendee Admission*

**SARATOGA SPRINGS CITY CENTER**  
522 Broadway, Saratoga Springs

ERICA MILLER/DAILY GAZETTE

**The Expo will Sell Out in Advance – Register Now!**  
Contact Darryl & Mona Caron: 518-877-8788 • [Info@AdkSports.com](mailto:Info@AdkSports.com)  
More info, media kit and contract: [AdkSports.com](http://AdkSports.com)