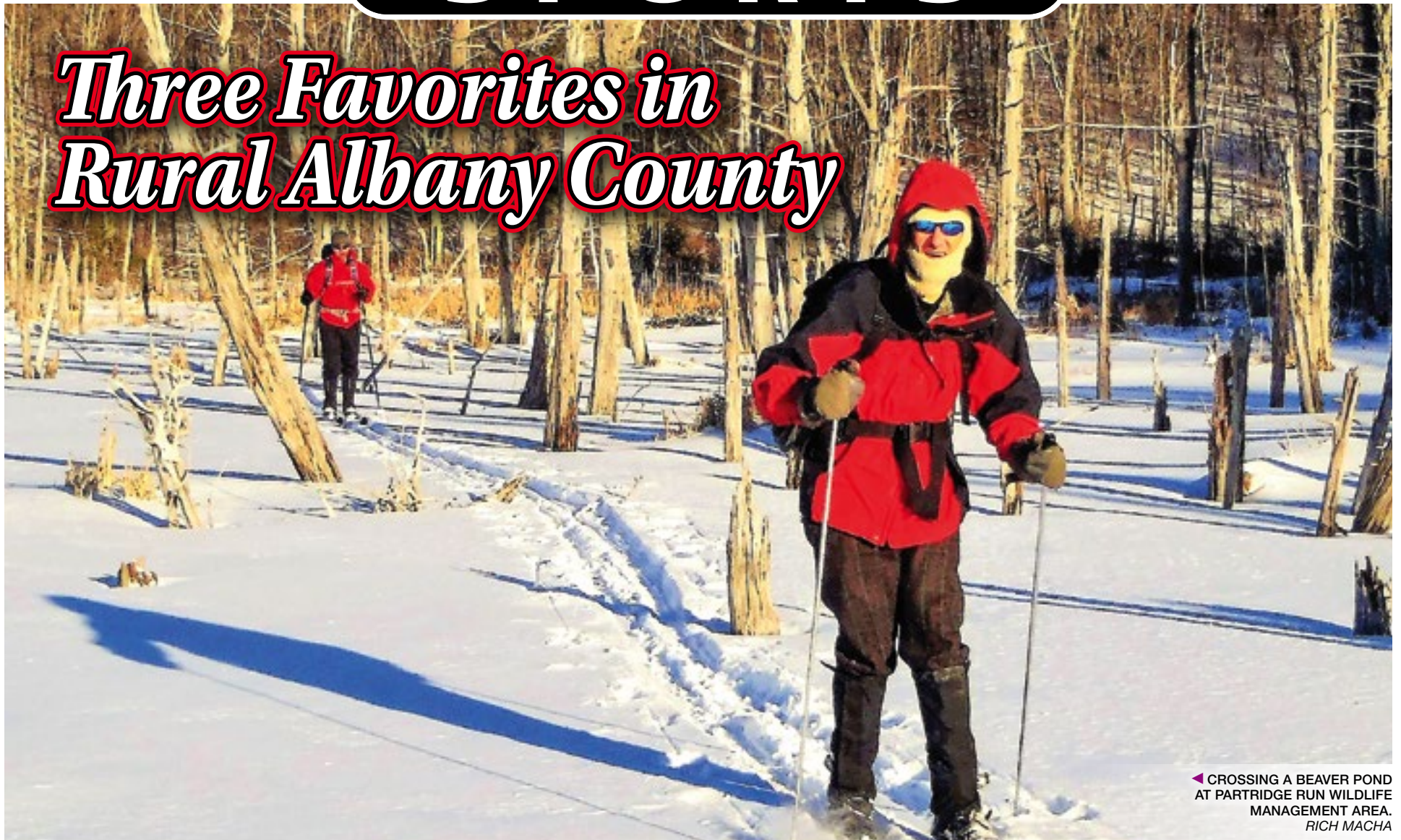


Three Favorites in Rural Albany County



◀ CROSSING A BEAVER POND
AT PARTRIDGE RUN WILDLIFE
MANAGEMENT AREA.
RICH MACHA

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Wilder, Ungroomed Natural Areas for Novice to Intermediate Skiers and Snowshoers

By Rich Macha

The Helderberg Hilltowns of Knox, Berne, Rensselaerville and Westerlo comprise 40% of Albany County's geographical area, yet they harbor less than 4% of its population. The Helderberg Escarpment is the major physical divide between the Hilltowns in the western part of the county and the "Flatlanders" living "below the hill" in the Hudson and Mohawk valleys.

Albany County elevations range from sea level down by the Hudson River up to over 2,100 feet in the Helderberg Mountains. While the shores of the Hudson River will receive a fair amount of snow throughout the winter, the higher elevations will receive and, more importantly to the cross country skier, retain more snow for a longer period of time. Thankfully, there are numerous natural areas within the county, many of which are appropriate for exploration on skis.

Here are three of my favorite wilder, ungroomed destinations suitable for the novice to intermediate skier as well as the snowshoer. Parking areas mentioned are often plowed soon after snowstorms.

WOLF CREEK FALLS PRESERVE

Situated below the escarpment at elevations in the 700 to 800 feet range, the Wolf Creek Falls Preserve is owned by the Mohawk Hudson Land Conservancy. This 135-acre preserve lies on both sides of Bozenkill Road (CR 253) in the Town of Knox, about four miles west of Altamont. Opened in the fall of 2007, the preserve was a gift of Steve Brown, a retired SUNY professor.

Maps can be found at the kiosk in the parking area and on the MHLC website: mohawkhudson.org. Visitors will find over three miles of trails here.

The parking area is on the south side of Bozenkill Road and the trails on this side are mostly easy skiing. The trails north of the road offer more scenic variety and more interesting skiing. I usually take the red trail down to the crossing of Wolf Creek. It would be nice to have a bridge here because the creek is usually not well-frozen over. You must look around for the best way across - the nearby railroad bed downstream may be the safest option. Once on the other side, take a left on the blue trail that follows the creek upstream.

When the blue trail climbs steeply away from the creek, you can follow the stream off-trail, up to the scenic 15-foot falls. The far wall of this mini gorge below the falls rises impressively 50 feet above the creek. When you are done with the falls, head back up the blue trail - note that skiing the blue trail in the other direction (downhill) is best for advanced skiers only.

West of the falls, there are several loop options and some fun hills to ski. These trails tend to be fairly wide and smooth and do not need a lot of snow to be skiable - I've skied here on six inches of snow. If you still want to ski more when done with this preserve, you can find more skiable trails at the nearby Bozen Kill Preserve, another one of MHLC's preserves.

See **NORDIC SKIING & SNOWSHOEING** 17 ▶



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NEW YORK STATE


 SNOW & ICE

Create Your Own Winter Olympics

By Darryl Caron

The Winter Olympics only comes around every four years, and as you start watching the Pyeongchang Olympics on TV you're going to get an itch to get out and demonstrate your own skills. This is why I've created a special Winter Olympics Fever itinerary for those who want to have a playful competition among family or friends in upstate New York.

Alpine Skiing and Snowboarding – Hitting the downhill slopes is one of the best choices that best reflects the Olympics. Download an app, such as Ski Tracks, to record your entire day on the hill and compare your mountain experiences with your friends. Visit Whiteface to get a firsthand view of the ski trails used in the slalom, giant slalom, and downhill events during the 1980 Olympic Winter Games.

At Gore Mountain, you can explore New York's biggest ski resort, and ski and ride 110 trails – on nine sides of four unique peaks! For cool ski areas, go to Willard, Maple Ski Ridge or McCauley, for outstanding ski schools, affordable programs, great snow-making, night skiing and rentals.

Freestyle Snowboarding or Skiing – The ski resorts offer a wide range of jibs, jumps, half pipes and other features in the terrain parks – and with all this new snow there's lots to do! Gore has nine different park areas, so discover what's best for your ability and work your way up. Check out the half pipe, Upper and Lower Sleighride, Wild Air, Pot Luck, Jibland and their freestyle glades – Forever Wild and The Trench!

For ages 10 and under, Gore has a Mini-Shredders Jibfest on Feb. 11 for some great ride-on features to get kids warmed up for the big parks. Gore's boarder/Skiercross is open to the public to play on at the Ski Bowl from Thursday to Sunday. Their next USASA Boarder/Skiercross event is Feb. 19, so participate or spectate. Create a friendly competition that demonstrates different ways to approach and execute tricks on these features.

The Whiteface park features terrain for all levels looking for a little airtime, but concentrates on their high level intermediate and lower level park users. For the first time, they offer the Bronze trail at Kids Kampus with a mini halfpipe and a couple of wide flat boxes to test the water. Ski/boardercross riders should head over to Wolf and Wolf Run to see their mini park and cross course that's designed for all abilities with options for advanced riders and rollover features for newbies. Their biggest jumps and longest rails are on Broadway and Brookside. The Whiteface Airbag allows enthusiasts to practice their tricks before taking them to the park.

Nordic Skiing – Many Americans have some trouble grasping the different types of Nordic Skiing. Maybe it's because "Nordic" skiing is an umbrella term for the disciplines of cross country, biathlon, ski jumping and Nordic combined. If you're an Adirondack Sports reader, you're probably comfortable

with the metric system and spandex onesies – so pay attention because we have good chances to win some medals!

In our backyard, you can cross country ski at Nordic centers and enjoy the peacefulness of quiet forest setting. Visit Garnet Hill, Lapland Lake, Mt. Van Hoevenberg, Gore, Dewey, Cascade, Pineridge, Osceola Tug Hill for daily groomed, track-set trails, warming lodges, rentals, sales, lessons – all family-friendly affordable. Ski up and downhill, skate or classic, for a super aerobic workout. NYSSRA Nordic offers racing options statewide for all ages and abilities.

Biathlon, "the one with the gun," combines skiing and target shooting. Discover biathlon is offered at Mt. Van Hoevenberg – one of the few places you can learn about it and experience being a biathlete. You can take a ski lesson or just join them on the range to zero in your shooting skills on the Olympic Biathlon Range. Saratoga Biathlon Center is another option for instruction.

Speed Skating – The 1932 Lake Placid Olympics saw the first female skaters (demonstration only); after WWII they were withdrawn again, until a full return in 1960. The Sheffield Speed Skating Oval in Lake Placid is most famous as the site of Eric Heiden's legendary five gold medal performance at the 1980 Games. The oval is open the season for speed and ice skating, citizen races are regularly scheduled, and rentals are available so get up there.

Short Track is the sister sport to Long Track speed skating with 4 to 6 skaters on an ice hockey rink. It was a demo sport at the 1988 Calgary Olympics and full Olympic in 1992. The Saratoga Winter Club offers free Learn to Skate training sessions on Feb. 13 and 15. SWC will host the 2018 Short Track Age Group National Championships in Saratoga Springs on March 23-25. It's the largest U.S. competition, and an opportunity to meet US Olympic short track speed skaters – fresh from South Korea!

Curling – Born on the frozen bogs of Scotland 500 years ago, curling is now attracting followers worldwide with a simple appeal: it's the rare Olympic event that anyone can imagine becoming good at. Want to know how it feels to throw 42 pounds of granite down a sheet of ice? You can be a rock star and try curling during two Winter Olympic open houses in Albany and Schenectady.

The Albany Curling Club open house is Friday, Feb. 16 from 6-9pm, Saturday, Feb. 17 from 10am-4pm, and Sunday, Feb. 18 from 10am-4pm. The Schenectady Curling Club open house is Friday, Feb. 23 from 6-9pm and Saturday, Feb. 24 from 9am-4pm. The open houses include all equipment, on and off ice instruction, so wear gloves, wear warm, comfortable clothing (think layers) and bring clean, rubber-soled athletic shoes. Advanced registration is recommended but walk-ins are welcome as space permits. They're open to ages five to adult. Olympic leagues are forming.

Bobsled – If you've ever wondered what it feels like to be an Olympic slider, the Lake Placid Bobsled Experience is the place to start. Led by a professional driver and brakeman, you'll begin at the half-mile point on the track and wind through turns known by sliders around the world. Feel the rumble of the sled thundering down the track, speed through one turn, bank high on the next one, and pick up speed on the straightaway. The experience includes a bobsled lapel pin, team photo and T-shirt.

Not Olympic Sports, But Fun Anyway

Fat Biking – You've seen them on trails, equipped with 4" and 5" wide tires; fat bikes

certainly make an impression. In snowy conditions with low tire pressure they float on surfaces where normal mountain bike, cross or road tires would sink. And fat biking helps keep you in great riding shape all winter long. For rentals and sales, check out High Peaks Cyclery, Placid Planet Bicycles, Grey Ghost Bicycles, Rick's Bike Shop, Tomhannock Bicycles, Bike Barn and Berkshire Outfitters.

The fat bike scene is one of the most welcoming. Take the fourth annual Saratoga Fat Bike Rally on Feb. 10 with guided rides, races, challenges, and rentals from Grey Ghost Bicycles. All, at Spa Park's warming hut, with a nice fire and food/drink. The Farmer's Fatty Rally on Feb. 17 has rides, short course race, demos from Steiner's Ski & Bike, and includes lunch/beverage – held at Indian Ladder Farms in Altamont.

The Garnet Hill Fat Bike Festival is on Feb. 25 in North River with tours, fun contests, delicious lunch, and demos by Grey Ghost Bicycles. Events include Rogers Road and 13th Lake guided tours, plus a Downhill Challenge that will zig zag through a groomed trail and Hill Climb Challenge – all ages welcome with great prizes! The day will end with live music, bonfire, soup and chili.

Snowshoeing – If you can walk or run, you can snowshoe! To get prepared, visit Adirondack Mountain Club in Lake George or Lake Placid, or outfitters including Mountainman Outdoors, High Peaks Cyclery and others for rentals and sales. ADK offers guided hikes in the Adirondacks or visit a nearby state park while there's snow on the ground. Area cross country ski centers also offer wonderful, dedicated snowshoe trails, including Lapland Lake, Garnet Hill, Mt. Van Hoevenberg, Cascade, Pineridge, Osceola Tug Hill – with rentals or sales available. NeviTREK has handmade snowshoes that are great for hiking, plus running and walking.

There are a number of terrific, welcoming snowshoe races on the calendar, which welcome runners and walkers. Highlights include Camp Saratoga 8K, Natural Stone

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Bridge Caveman 6K, Brave the Blizzard, Woodford Whiteout 10K, Garnet Hill 10K – and the US Snowshoe Champs. The Adirondack Snowshoe Fest, hosted by Dewey Mountain and Paul Smith's College VIC – one year after hosting the World Snowshoe Champs, will be on Feb. 24-25 with weekend offerings for runners, walkers, tourers – plus bonfires, hot chocolate, and food/drink offerings. Dion Snowshoes, with loaners available at many races, are probably used by more runners than all the others combined.

Tubing or Tobogganing – Even though tubing is not an Olympic sport, it is one of the more exciting offerings for kids – and adults – at Maple Ski Ridge and Willard. For kids, tubing birthday parties and groups gatherings are popular, especially during the President's Week school holiday.

The Lake Placid Toboggan Chute has been in operation since the 1960s. The newly replaced 30 feet high slide sends toboggans with two to four people down ice covered chutes onto frozen Mirror Lake. Depending on conditions, toboggans can travel over 1,000 feet on the lake surface. Families often say their visit to the chute was a highlight of their winter weekend or vacation.

While in Lake Placid, visit the Olympic Museum to learn more about the Olympics and the region's rich winter sports history, including the 1980 "Miracle on Ice" hockey game.

Spectator Sports – If you are not into actually doing or competing, but want to see some live action up close, then check out organized games or races every weekend. See our Calendar of Events listings for scheduled competitions.

Enjoy the hoopla surrounding the Pyeongchang Olympics, and the passion and devotion of the athletes from around the world, but since you're a sports enthusiast yourself get outside and go for your own winter glory! ❄️



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US National Snowshoe Championships

WOODFORD, VT – The U.S. National Snowshoe Championships have rotated back to Woodford, Vt. for the weekend of March 9-11, once more with race director Tim VanOrden. The venue at the Prospect Mountain Nordic Ski Center, just outside of Bennington, lies in a magical Brigadoon where snow falls early and often. The original 2014 course has been completely redesigned, featuring a mix of groomed trails, wooded singletrack and spectator sections.

Saturday includes a Kids' Kilo, a combined Junior Men's and Women's National Championship 5K and Citizen's 5K, and a separate Senior Women's and Senior Men's Championship 10K. This separation will mean that women and men will know that everyone in their 10K is a person to beat, guaranteeing an additional level of excitement and effort.

Sunday features a first-ever Snowshoe Marathon and a Half Marathon National Championship, as well as the customary four x 2.5K team relay – offering a unique opportunity for spectators to view three events at the same time. Tim VanOrden is especially proud of his new routes, "I've cut some beautiful new singletrack for the half marathon and marathon courses, that will let people feel 'lost in the woods,' without climbing up the mountain." That is definitely good news for those of us who are intrigued by these unique snowshoe distances, but are reluctant to commit to a total uphill/downhill experience the day after a 10K – a perfect answer to Disney's Goofy Challenge.

All competitors in the National Championships must hold current USSSA memberships. This is not required for the Kilo, Citizen's events or the relay. Go to snowshoeracing.com to join USSSA, register, and for details. New this year, racers need not gamble on iffy local snow conditions as there is no longer a prequalification requirement. Be aware that registration is on a sliding scale and prices increase as March draws closer. There is day-of registration for all events, making it possible for Sunday procrastinators to jump into a last-minute relay with new friends, or assess their ability to pull a double.

Nationals pose an exciting opportunity to meet athletes from all over the country, share stories and create new friendships. Competitors should seriously consider entering the Woodford Whiteout Snowshoe Race on Feb. 25, for an exact tracing of the 10K course. For more info, visit dionwmacsnowshoe.com.

Join fellow participants on Friday afternoon, March 9 for a course preview, and then head out to a reception at Bennington Museum. On Saturday, the awards ceremony at race headquarters in downtown Bennington will be followed by a night on the town. With so many events, it is no longer a pipe dream to win at Nationals. Age group awards are especially generous with 10K recognition extending into 85+ and Marathon and Half into 70+. There truly is something for everybody, whether racing or hiking, shopping in classic Vermont shops, enjoying local restaurants or simply relaxing by the fire at the ski center. –Laura Clark

Review: Pretty Rugged Blanket

LATHAM – I just unwrapped my new Pretty Rugged Blanket and laid it out picnic-style, by the fire this evening. It feels decadent, like I am in an après ski lodge in Aspen shooting a commercial

featuring mountain town luxury. This is not your "brand names for less" faux fur throw. It looks and feels more like

something you would covet in a luxury boutique store in Saratoga Springs or in The Sagamore Resort gift shop – they actually carry them.

The blanket and concept was created out of a personal wish for owner, Tracy Slocum. An avid boater, she was looking for something to keep her incredibly warm on damp, cool fall days on the lake; like the furs of old-day explorers, but also hold up to the elements and a modern day lifestyle. Tracy sourced her own material with strict requirements for silky smooth and genuinely soft material, not synthetic. The result is a density so full that it is impossible to get your fingers to the base. On the back-side of the blanket, is a RuggedTex™ layer that is windproof, waterproof and spill-proof. This is the side that would lay on the lawn for a SPAC concert picnic. Alternately, if I were to wrap myself up to watch one of my boy's Nordic ski races, fur side in, weatherproof side out, I would be cozy.

The 4'x6' blanket comes in three colors: frost gray, Arctic blue and glacial white. Each has a zippered pocket to keep personal items safe and dry, come in a satin duster for easy storage, and include a carrying strap. It may not be something busy soccer mom's will run out to invest in for themselves, but it should certainly be at the top of their Valentine's or Mother's Day gift list as it will make all those field-side days feel totally indulgent. For more info or to order, go to: prettyruggedgear.com. –Mim Frantz

New Adirondack 15K Race to the Lakes

QUEENSBURY – The Adirondack Distance Run, a much loved, 41-year-old road race, had its final run in June 2017. Safety concerns for the runners and volunteers on an increasingly busy NY Route 9N prompted the discussions and eventual dissolution. The Adirondack Runners Club is excited to announce a new race, scheduled for Saturday, June 30 with a start time of 8am from SUNY Adirondack on Bay Road in Queensbury. The 15K wends its way from the college, along wide shouldered and smooth roads, up and down a few hills, and onto the Warren County Bike Path, past Glen Lake, to the finish line at majestic Lake George in Battlefield Park.

Parking is available at the start and busing provided by the Lake George School District will take runners from the finish back to the start, between 10am and noon. Water stops along the route and refreshments at the finish line will be available. Proceeds from the race will benefit the Lake George Association's Floating Classroom. The race is limited to 300 runners, and strollers and dogs are not allowed. Registration is available at active.com. Awards will be given to the top three overall males and females, and top three males and females in five-year age groups. Gender specific, technical shirts are guaranteed to all those registered by May 1. adirondackrunners.org.

Tour de Cure – New Venue and Run/Walk

ALBANY – Nearly one in 11 individuals currently live with diabetes, with someone new being diagnosed every 21 seconds. The Tour de Cure Capital Region (formerly Saratoga Springs) is one of the top five Tour de Cure events in the US and the top fundraising event in the Albany area – and more importantly the only annual fundraising event for the American Diabetes Association's mission. The Tour celebrates individuals of all ages living with

diabetes and spreads diabetes awareness. Last year the event raised \$860,000 with 1,500 participants towards the fight to find a cure for diabetes.

The ADA is excited to announce a new venue and run/walk. The Tour de Cure will be held on Sunday, June 10 at the Saratoga County Fairgrounds in Ballston Spa. There will be five new cycling routes available for cyclists, including rides of 10, 30, 50, 62 and 100 miles. New this year, the Tour now offers a 5K Run/Walk. All riders, runners and walkers will be treated to a fantastic post-ride and run/walk party for all to enjoy, including catered lunch by Mazzone Hospitality, beer garden by New Belgium Brewing, and live music by New York Players. Join ADA in their fight against diabetes and sign up today as a team or individual. Learn more at: diabetes.org/capitalregion.

CF Stair Climb on Feb. 24

ALBANY – The 30th annual CF Stair Climb to benefit the Cystic Fibrosis Foundation of Northeastern New York will take place on Saturday, Feb. 24 at the Corning Tower – Albany's tallest building. Race up 42 floors (809 steps) either individually, as a first responder, or on a four-person relay team. First Responders climb in full gear and in appreciation of their service, only pay a flat \$10 fee to participate. Once you register, there is a minimal \$150 fundraising effort required.

Whether climbing to improve your time or simply cross the finish line, this event is a great way to spend the day with family or friends while helping people with cystic fibrosis. Once considered exclusively a childhood disease, approximately half of all people living with CF today are over the age of 18. Entrants can save \$5 off the registration fee by using code: ADKSPORTS. To register and for more info: fight.cff.org/albanyclimb or call 518-453-3583.

Hague Endurance Fest & Stissing Tri

RANDOLPH – Wilson Endurance Sports announces two great opportunities to compete this June. Both races have been long-standing events in their respective communities, and are now under new management – and ready to welcome you! Come and experience these athlete-centered races that bring you back to the grassroots of the sport.

The Hague Endurance Festival will be held on Saturday-Sunday, June 23-24 in the Lake George community of Hague. Sprint and Olympic triathlons, Sprint and Olympic Aquabike, Kids' Triathlon, and a Duathlon will make this the event for any athlete or relay team that love multisport. Food, live music, local beverages, activities and more will make this a weekend of fun for every age.

The Stissing Triathlon will take place on Saturday, June 30 in Pine Plains, which is on the border of Dutchess and Columbia counties. This Sprint Triathlon (1/2-mile Stissing Lake swim, 16.5-mile rolling bike, and 3.3-mile run around the lake) and Kids Triathlon (two distances), mixed with BBQ, music and fun make this a day you won't want to miss. Both are great for beginners and competitive triathletes as well as relay teams.

Both events are USA Triathlon sanctioned. Overall, relay team, and age-group awards will be presented. Wilson Endurance Sports is owned by Coach Mark Wilson; owner and operator of the Hudson Valley Triathlon Club, longtime triathlete and triathlon coach. Learn more at coachmarkwilson.com. 🌲



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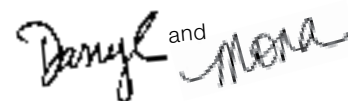
Happy Trails, Warren Miller

Legendary filmmaker Warren Miller died at 93 on January 24. Through his funny narration, awe-inspiring films and love for life, he lured generations of skiers and snowboarders to the slopes. When this famous ski bum started out in 1949, there were about ten chairlifts in America. Urged on by his advice to take up the sport – "If you don't do it this year, you'll be one year older when you do" – there are now so many skiers that the U.S. has 480 resorts.

He put out 58 features and the yearly releases became a tradition to kick-off the season. In addition to daredevil feats, he showed the fun to be had by everyday adventurers looking for powder, chairlift dismount fails, or silly spring fests. He reminded us that life ought to be lived on the hill, "Don't take life too seriously, because you can't come out of it alive."

Seeing Warren Miller's films growing up helped fuel the sports enthusiasts we became. While Darryl was a Vail ski bum in 1988-89, he was fortunate to meet Warren and his family. His number one thing was if you can get out there and have a good time, you're winning... It's not about being awesome, but putting a smile on your face and having the wind in your hair!

We should remember his advice. The thing to do, whether on a big mountain or the local park, is get out there with friends and family and do the things you enjoy!




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Calendar of Events
 February - April 2018*

FEBRUARY 2018							MARCH 2018							APRIL 2018						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3					1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28				25	26	27	28	29	30	31	29	30					

*Events beyond this range are advertisers in this issue.

ALPINE, BACKCOUNTRY & TELEMAR SKIING
FEBRUARY

10-11 Master the Mountain Ski & Snowboard Clinics. Gore, North Creek. 518-251-2411. goremountain.com.

11 Mini-Shredders Jibfest. 11am. Freestyle competition for ages 10-under. Free registration. Gore, North Creek. 518-251-2411. goremountain.com.

16 Fire on the Mountain. 7pm-12am. Fireworks, torchlight parade, bonfire, music. West, Queensbury. westmtn.net.

17-18 Presidents' Weekend Holiday Camp. Age 4-12. Gore, North Creek. 518-251-2411. goremountain.com.

18 USASA Rail Jam. West, Queensbury. usasa.org.

18 Camel's Hump Challenge Wilderness Ski Tour. Camel's Hump Nordic Center, Huntington, VT. 719-684-3284. act.alz.org.

19 USASA Boarder/Skier Cross. USASA Race. Gore Ski Bowl, North Creek. usasa.org.

19-23 Winter Camp Maple. 9am-4pm. Vacation week winter sports. Maple Ski Ridge, Rotterdam. 518-381-4700. mapleskiridge.com.

20-22 Presidents' Week Holiday Camp. Gore, North Creek. 518-251-2411. goremountain.com.

22 Warren Miller's "Line of Descent." 5pm. Base Lodge, Gore, North Creek. Robin Jay: 518-251-3338. goremountain.com.

24 NE Rando Race: "The Bolt" @ Mt Greylock. Mt. Greylock, Adams, MA. nerandoseries.blogspot.com.

24 Gore Mountain Olympic Challenge. Race for your favorite country or family's origin. Gore, North Creek. 518-251-2411. goremountain.com.

24 Kunjamuck Giant Slalom Race. 9:30am. Oak, Speculator. 518-548-3606. oakmountainski.com.

24-25 Women Only Ski & Snowboard Clinics. 18-plus. Gore, North Creek. 518-251-2411. goremountain.com.

24-25 33rd Kare Andersen Telemark Festival. Clinics. Sun: Classic race. Bromley, Peru, VT. bromley.com.

25 73rd Stowe Derby. Oldest downhill XC ski race (& now fat bike race) in North America. Stowe, VT. teammmsc.org.

MARCH

3-4 Glades & Glory Ski & Snowboard Clinics. 8:30am. Age 18-plus. Gore, North Creek. 518-251-2411. goremountain.com.

3-4 Trees & Steeps Advanced Telemark Clinic. 8:30am. Gore, North Creek. 518-251-2411. goremountain.com.

3-4 Skiercross/Boardercross & Slopestyle. USASA Event. Whiteface, Wilmington. usasa.org.

4 Gore Ski Bowl Freestyle Ski Competition. Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.

10 Represent & Ride Free. Juniors wear Gore, receive free junior ticket. Gore, North Creek. 518-251-2411. goremountain.com.

17 Magical Leprechaun Race. Dual slalom w/a Leprechaun. 10am. Gore, North Creek. 518-251-2411. goremountain.com.

17 NE Rando Race: "The Sun" @ Bromley. Bromley, Peru, VT. nerandorace.blogspot.com.

24 USASA Slopestyle Event. Titus, Malone. usasa.org.

24 Maple Day. Live music, ticket specials & maple fare. Gore, North Creek. 518-251-2411. goremountain.com.

APRIL

1 Sunrise Easter Service & Brunch. Gore, North Creek. 518-251-2411. goremountain.com.

BICYCLING: ROAD & OFF-ROAD ONGOING

T/T/S/S Spin Class. Tue/Thu: 6pm. Sat: 8am. Sun: 9am. Tomhannock Bicycles, Johnsonville. 518-663-0083. tomhannockbicycles.com.

FEBRUARY

10 4th Saratoga Fat Bike Rally. Guided rides, races, challenges, rentals, food, drink. Warming Hut, Saratoga Spa SP, Saratoga Springs. bikereg.com.

17 1st Farmer's Fatty Fat Bike Rally. 10am. Rides, demos, food, drink. Indian Ladder Farms, Altamont. 518-495-6058. bikereg.com.

17 3rd Snowy Springside Slammer Fat Bike Race. 12:30pm. 12M expert. 4M novice. Springside Park, Pittsfield, MA. berkshirermtb.com.

18 Snowball Express & Snowflake Local Road Ride. 100M/52M. 8am. Schuylerville. John Ceceri: 518-583-3708. adkulttracycling.com.

19 Abe-BERM-hams Fat Bike Slalom. 1pm. Suicide Six, Pomfret, VT. bikereg.com.

24 Cazenovia Fat Bike Race. 11am. Empire Farm Brewery, Cazenovia. 315-446-6816. syracusebicycle.com.

24 FATSTOCK Race/Ride. 10am. 12M. Woodstock Country Club, Woodstock, VT. vermontoverland.com.

25 Garnet Hill Fat Bike Festival. 9am-7pm. Guided rides, contests (down/uphill challenges), demos w/Grey Ghost Bicycles, food, live music. Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.

28 1st BonkWerx Fat Bike Race. 10am. Chittenango. bikereg.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.

18 3rd Snowball's Chance Fat Bike Race. 20M race. 12M ride. 10am. Port Jervis. 520-548-9727. starcrawf.com.

25 Saratoga 200K Brevet Road Ride. 7am. Schuylerville. John Ceceri: 518-583-3708. adkulttracycling.com.

25 Berkshire Brevet Spring 200K. 7am. Westfield, MA. 413-562-5237. berkshirebrevets.com.

25 Vermont Overland Maple Adventure Ride. 24M. 10am. West Windsor, VT. vermontoverland.com.

APRIL

7 Trooper David Brinkerhoff Memorial Race #1. 11am. Cossackie. 518-506-6905. cbrc.cc.

7 Massochistah (aka Dirty Hurty) Gravel Grinder. 50M. 9am. Ashfield, MA. bikereg.com.

8 GVCC Strade Verde Race. 33/49M. Chili MS, Chili. gvccracing.com.

14 Trooper David Brinkerhoff Memorial Race #2. 11am. Cossackie. 518-506-6905. cbrc.cc.

14 Ossian Giant Gravel Grinder Race/Ride w/Jeremy Powers. Swain Resort, Swain. ridellc.com.

21 Rasputitsa Spring Classic Gravel Grinder. 40M. East Burke, VT. rasputitsagravel.com.

28 Sean's Ride. Sat: 50M Half Fondo, 20M Mini Fondo & 10M Intro Fondo. Also, Sun: Sean's Run 5K & Meghan's Mile. Chatham HS, Chatham. seansrun.com.

28 14th Tour of the Battenkill Road Race. 75M Gran Fondo: 9am. 40M Medio Fondo: 8am. Washington Co Fairgrounds, Greenwich. tourofthebattenkill.com.

28 3rd Cross Mountain Crusher. 55M gravel/road ride. 8:30am. Margaretville. catskillrecreationcenter.org.

28 Check Your Legs Road Race. New Lisbon. centralnycycling.com.



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- 28 Prattsburgh Gravel Classic. 17M/35M/55M. 11am. Prattsburgh CS, Prattsburgh. 716-307-5753. ridelcc.com.
- 29 Saratoga 300K Brevet Road Ride. 4am. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

JUNE

- 10 **ADA Tour de Cure Ride.** 10/30/50/62/100M bike rides. Also, Tour de Cure 5K run/walk. Party w/catered lunch, beer garden by New Belgium Brewing, live music. Saratoga Co Fairgrounds, Ballston Spa. 518-218-1755 x3613. diabetes.org/capitalregion.

CROSS COUNTRY SKIING & NORDIC SPORTS ONGOING

- Sa-Su Discover Biathlon.** 10am & 1pm. Age 13-plus. Mt. Van Hovenberg, Lake Placid. Reserve: 518-523-4436. mtvanhovenberg.com.
- Mo-Tu Nordic Skiing Nights.** 4-7pm. Maple Ski Ridge, Rotterdam. 518-381-4700. mapleskiridge.com.
- Tue Youth XC Ski Races: 1/2-3/6.** 5:30pm. Dewey, Saranac Lake. deweymountain.com.
- Tue Soup-er Seniors Ski & Snowshoe Day.** Non-holiday, 1/11-3/22. Age 65+. Discounted ticket & free soup. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- Sun Guided Backcountry Ski Tour.** Garnet Hill Lodge, North River. garnet-hill.com.

FEBRUARY

- 9 **Friday Night Ski Jam.** 7-9pm. Free skiing on lighted trails, plus food & music. Dewey, Saranac Lake. 518-891-7450. 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 **Shenendehowa Nordic Club's Candlelight XC Ski & Snowshoe.** 6pm. Groomed trails, bonfire, s'mores. No-snow date: 2/17. Garnsey Park, Clifton Park. facebook.com.
- 10 **Citizen Ski Challenge & Community Club Day.** 9am-4pm. Mt. Van Hovenberg, Lake Placid. 518-523-2811. mtvanhoevenberg.com.
- 10 Winona Forest Tourathon Classic XC Ski Race. 12.5K & 25K: 8:30am. 50K: 8am. CCC Camp, Mannsville. 315-767-6668. winonaforest.com.
- 10 Glenville Hills Classic XC Ski Race. 6K & 10K: 10am. Rain date: 2/17. Glenville Hills Nordic, Scotia. 518-723-0337. skireg.com.
- 11 Barkeater Chocolates HURT-athon XC Ski Race. 5K & 15K freestyle. 9am. Cole's Woods, Glens Falls. 585-944-1610. hurtNordicSkiing.com.
- 13 **Gore Citizen's XC Ski & Snowshoe Races.** 6:30pm. 1.5, 3 or 4.5K classic/skate ski or snowshoe. Lighted trails, music or bonfire. Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.
- 17-18 **North American Cup Biathlon.** Sat, 10am: sprint. Sun, 10am: pursuit. Spectators free. MVH Biathlon Center, Lake Placid. whiteface.com.
- 17-18 ESWG Ski-Orienteeing Competition (Rescheduled). Sat: Dewey Mountain, Saranac Lake. Sun: Mt. Van Hovenberg, Lake Placid. skio.nyssranordic.org.
- 17-19 Camp Santanoni Winter Weekend Open House. 10M XC ski or snowshoe. Camp Santanoni, Newcomb. 518-834-9328. aarch.org.
- 18 **Shenendehowa Classic XC Ski Race.** 10K & 5K (U16): 11am. 1K (U13): 12:30pm. Saratoga Biathlon, Hadley. Eric Hamilton: 518-371-7548. nyssranordic.org.
- 18 **Ski Patrol Benefit BBQ.** 12-2pm. Burgers, raffles. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 18 Cayuga Nordic Classic Race. Swan Cycles, Freeville. 8K: 10:30am. Kids' races: 10am. skireg.com.
- 20 **Gore Citizen's XC Ski & Snowshoe Races.** 6:30pm. 1.5, 3 or 4.5K classic/skate ski or snowshoe. Lighted trails, music or bonfire. Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.
- 23 **Friday Night Ski Jam.** 7-9pm. Free skiing on lighted trails, plus food & music. Dewey, Saranac Lake. 518-891-7450. deweymountain.com.

- 24-25 NYSSRA XC Ski, Biathlon & Ski-O Championships. Sat: 10am, Biathlon Sprint; 11am-1pm, Ski-O (Garnet Hill, North River); 1pm, XC 21K freestyle. Sun: 10am, Biathlon 3x6K relay; 1pm, XC 3x5K freestyle relay. Saratoga Biathlon Center, Hadley. 518-696-5495. skireg.com.
- 25 73rd Stowe Derby. Oldest downhill XC ski race (& now fat bike race) in North America. Stowe, VT. teammmsc.org.

MARCH

- 2-4 **Enliven "Last Glimpse of Winter Retreat."** Yoga, meditation, ski, snowshoe & fun weekend. Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.
- 3 **Full Moon Ski Party.** 8pm. XC Ski, snowshoe, bonfire, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.
- 6-10 Ski Orienteering World Cup & World Masters Championship. Craftsbury Outdoor Center, Craftsbury Common, VT. craftsbury.com.
- 9-11 New England Nordic Ski Association U16 Championships. Fri: 12-5pm. Sat: 9:30am-3pm. Sun: 10-11am. Gore Ski Bowl, North Creek. 207-688-6505. nensa.net.
- 10-11 Camp Santanoni Winter Weekend Open House. 10M XC ski or snowshoe. Camp Santanoni, Newcomb. 518-834-9328. aarch.org.
- 11 Bread Loaf Citizen's Race. 10:30am: Classic, 11am: Skate. Rikert, Ripton, VT. rikertnordic.com.
- 17 **Lake Placid Loppet & Nordic Festival.** 50K & 25K classic: 9am. 50K & 25K freestyle: 10:30am. 12.5K, 6.25K & 3K citizens challenge races: 1pm. Mt. Van Hovenberg, Lake Placid. 518-302-5312. mtvanhoevenberg.com.
- 17 **NordiX XC Ski Race.** 1.5K: 10am. Maple Ski Ridge, Rotterdam. 518-723-0337. skireg.com.

HEALTH & FITNESS ONGOING

- Mo-Sa **Rock Your Fitness: Total Body Training.** Six-week sessions: 3/5-4/21 & 4/23-6/2. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.com.

MARCH

- 2-4 **Enliven "Last Glimpse of Winter Retreat."** Yoga, meditation, ski, snowshoe & fun weekend. Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.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.

HIKING, CLIMBING, SNOWSHOEING, SKILLS FEBRUARY

- 7 **"Reel Rock 12" Film.** 7pm. Mountainman Outdoors, Saratoga Springs. 518-584-3500. mountainmanoutdoors.com.
- 11 **ADK Esther Mtn Guided Hike.** 6.6M. 8am. Adirondack Chocolates, Wilmington. Register: 518-523-3441 or adk.org.
- 17 **ADK Street & Nye Guided Hike.** 9M. 8am. Full: 518-523-3441 or adk.org.
- 18 **ADK Table Top Mtn Guided Hike.** 9.8M. 8am. Adirondack Loj, Lake Placid. Register: 518-523-3441 or 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.
- 24 **ADK Lake Placid Community Hike.** 1-2M. 2pm. Heaven Hill Trails, Lake Placid. Register: 518-523-3441. adk.org.

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.
- 18 **ADK Phelps Mtn Guided Hike.** 8.8M. 8am. Adirondack Loj, Lake Placid. Register: 518-523-3441 or adk.org.

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- 24 ADK Lake Placid Community Hike.** 1-2M. 2pm. Heaven Hill Trails, Lake Placid. Register: 518-523-3441 or adk.org.
3/31-4/1 ADK Wilderness First Aid. Adirondack Loj, Lake Placid. Register: 518-523-3441 or adk.org.

APRIL

- 7-8 ADK Wilderness First Aid.** Adirondack Loj, Lake Placid. Register: 518-523-3441 or adk.org.

ICE SKATING & SPEEDSKATING FEBRUARY

- 7-8 Saratoga Winter Club Learn-To-Skate.** 6-7pm. Free. Saratoga Ice Rink, Saratoga Springs. 518-587-943. saratogawinterclub.com.
 10-11 Charles Jewtraw Allround Champs. 8am. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.
13 Saratoga Winter Club Learn-To-Skate: Feb 7, 8, 13, 15. 6-7pm. Free. Saratoga Ice Rink, Saratoga Springs. 518-587-943. saratogawinterclub.com.
15 Saratoga Winter Club Learn-To-Skate: Feb 7, 8, 13, 15. 6-7pm. Free. Saratoga Ice Rink, Saratoga Springs. 518-587-943. saratogawinterclub.com.
 23-25 Lake Placid Ice Marathon Finale. 10K/21K/42K. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

MARCH

- 23-25 2018 US Speedskating Short Track Age Group Nationals & America Cup race #3.** Fri: 8am-5:30pm. Sat: 11am-7:30pm (500m final @ 6pm), meet US Olympians & food truck fest. Sun: 9am-2:30pm. Saratoga Ice Rink, Saratoga Springs. 518-587-943. saratogawinterclub.com.

MULTISPORT: TRIATHLON & SWIMMING ONGOING

- Tue CDTC Crystal Lake Training: 6/5-8/28.** 6pm. 0.5M swim, 18M bike, 3M run. Crystal Cove, Averill Park. cdtriclub.org.
Thu BTC Warner Lake Training: 5/24-9/6. 6pm. Swim, bike, run. Warner Lake, Berne. bethlehemtriclub.com.

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.
 18 Brooklyn Spring Duathlon: Classic & Sprint. 10am. Prospect Park, Brooklyn. citytri.com.
 24 Berkshire Highlands Pentathlon. 10am. Run, ride, paddle, obstacle run, summit hike, ski/board descent. Berkshire East, Charlemont, MA. berkshirehighlandsevents.com.
 25 March Madness Duathlon. 2.2M run, 12M bike, 2.2M run. 8am. Central Park Boathouse, New York. nytri.org.

APRIL

- 21 Rochester River Challenge Duathlon & Paddle Triathlon. 7am. Genesee Waterways Center, Rochester. flowercitychallenge.com.
29 7th Delmar Duathlon. 2M run, 10M bike, 2M run. 8am. Elm Ave Park, Delmar. delmardu.com.

MAY

- 6 24th Anyone Can Tri Triathlon.** 350yd pool swim, 11M bike, 5K run. 7:30am. Southern Saratoga YMCA, Clifton Park. 518-371-2139. cdymca.org.

JUNE

- 23-24 Hague Endurance Festival.** 8am. Olympic, sprint, aquabike, duathlon, kids. Town Beach, Hague. coachmarkwilson.com.
30 Stissing Triathlon. 9am. 2M swim, 16M bike, 3.3M run & kids' triathlon. Stissing Lake, Pine Plains. coachmarkwilson.com.

OTHER EVENTS FEBRUARY

- 9-11 McCauley Mountain Winter Carnival.** Snowshoe race, ice skating, torchlight skiing, parade, fireworks. Old Forge. mccauleyny.com.
9-11 Women's Wellness Weekend. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
17 Family Day: Winter Wonderland. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
 17 Krazy Downhill Derby. 10am. Teams & solo compete on homemade contraptions for fastest, most creative & funniest sleds. Dynamite Hill, Chestertown. 518-494-2722. northwarren.com.
17-18 Family Day: Fishing Derby. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
17-18 Lake Placid Freestyle Nor-Ams. 11am-4pm. Olympic Jumping Complex, Lake Placid. whiteface.com.
18 Raquette Lake Winter Carnival. 12-4pm. 6:30pm: fireworks. Broomball, sled races, ice skating, frying pan toss, tug of war, kids' activities. Mt. Sabattis Geiger Arena, Long Lake. 518-624-3077. mylonglake.com.
19-20 US Cup Ski Jumping. 90 & 120 meters. Mon: 6pm. Tue: 12-3pm. Olympic Jumping Complex, Lake Placid. whiteface.com.
 17-19 Adirondack Whiteout Weekend. Curling, snowshoe hikes, snow croquet, kids' activities. Star Lake, Cranberry Lake & Wanakona. adkwow.webs.com.
18 Horse Drawn Sleigh Rides. 1-5pm. Lapland Lake, Northville. Register: 518-863-4974. laplandlake.com.
20-22 Winter Camp for Teens. Ages 8-14. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
24 Frozen Fire & Lights. 10am: Cardboard sled race (1pm), ice skating, XC skiing at Fern Park. 5pm: Bonfire, food & fireworks at Arrowhead Park. Inlet. 315-357-5501. inletny.com.
24 Family Day: Winter Wonderland. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

MARCH

- 2-4 13th Great Upstate Boat Show.** Fri: 11am-8pm. Sat: 10am-7pm. Sun: 10am-5pm. Largest boat show from NYC to Montreal. Adirondack Sports Complex, Queensbury. thegreatupstateboatshow.com.

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.
25 45th Tenandeho Whitewater Derby. 12pm. Tenandeho Creek, Stillwater to Mechanicville. John Casey: 518-810-7579 or canoer57@gmail.com. tenandeho.org.

APRIL


- 22 Little River Ramble. 2M/6M. 1pm. Boat Launch, Little River, Canton. slvpaddlers.org.
28-29 Saratoga Paddlefest & Outdoor Expo. Mountainman Outdoors on Fish Creek & Broadway, Saratoga Springs. 518-584-3500. mountainmanoutdoors.com.

MAY


- 18-20 Adirondack Paddlefest & Outdoor Expo.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

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 Start/finish: Salem High School
10K race: 9am • 5K race/walk: 10:30am
 1M children's race (14 & under): 10am
 Application: AprilFoolsRace.com
 Registration: Dan Sheldon
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 drswhf@yahoo.com
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Register Online: ZippyReg.com
 More Info & Entry Form:
NeverFightAlone.org
 info@r4yl.org

FEBRUARY

- 10 **15th Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion WMAC Snowshoe Series. Wilton Wildlife Preserve & Park, Wilton. active.com.
- 11 **Capital Hills 5K Snowshoe Race.** Dion WMAC Snowshoe Series. Capital Hills Golf Course, Albany. capitalregionnordicalliance.org.
- 13 **Gore Citizen's XC Ski & Snowshoe Races.** 6:30pm. 1.5, 3 or 4.5K classic/skate ski or snowshoe. Lighted trails, music or bonfire. Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.
- 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.
- 17 **Nordicfest 10K Snowshoe Race.** 10am. Cumming Nature Center, Naples. roadsarepoison.com.
- 18 **HMRRC Winter Series #5:** 20M: 9am; 4.5M/10M: 10am. Phys Ed Building, UAlbany, Albany. hmrrc.com.
- 18 **45th HMRRC Winter Marathon.** 26.2M. 9am. Weather Date: 2/25. Phys Ed Building, UAlbany, Albany. hmrrc.com.
- 20 **Gore Citizen's XC Ski & Snowshoe Races.** 6:30pm. 1.5, 3 or 4.5K classic/skate ski or snowshoe. Lighted trails, music or bonfire. Gore Ski Bowl, North Creek. 518-251-2411. goremountain.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.
- 24 **Adirondack Snowshoe Fest.** Sat: Guided snowshoe tour, 10am; Shoe-Be-Doo 5K family fun run/walk, 1pm; 10K snowshoe race, 2pm. Dewey Mountain, Saranac Lake. adksnowshoefest.com.
- 24 **Brave the Blizzard 5K & 5.5M Snowshoe Races.** 10am. Dion WMAC Snowshoe Series. Tawasentha Park, Guilderland. areep.com.
- 25 **Adirondack Snowshoe Fest.** Sun: 5K snowshoe race, 10:30am; 15K snowshoe race, 10:30am; Guided snowshoe tour, 11am. Paul Smith's College VIC, Paul Smiths. adksnowshoefest.com.
- 25 **Woodford Whiteout 10K Snowshoe Race.** Dion WMAC Snowshoe Series. Prospect Nordic Ski Center, Woodford, VT. dionwmacsnowshoe.com.

- 8 **Skunk Cabbage 10K/Half Marathon.** Barton Hall, Cornell University, Ithaca. fingerlakesrunners.org.
- 14 **4th "Blue Needs You" 8K Run!** 8:30am. Benefits Code Blue Saratoga. High Rock Park, Saratoga Springs. codeblueneedsyou.org.
- 14 **Mindful Mile & Fight Hunger 5K.** 9am. University at Albany, Albany. ualbanydining.com.
- 14 **Slippery Slope 5K Run/Walk Series.** 10am. Lake Placid HS, Lake Placid. active.com.
- 15 **Delmar Dash.** 5M. 9am. USATF Adk Grand Prix. Bethlehem MS, Delmar. hmrrc.com.
- 15 **15th SHAPE Women's Half Marathon.** 13.1M. 8am. Central Park, New York. nyrr.org.
- 21 **6th Bacon Hill Bonanza 5K Race/Walk & 10K Race.** 10am. Bacon Hill Reformed Church, Schuylerville. baconhillbonanza.com.
- 21 **Home Away From Home 5K, Half Marathon & Marathon.** 9am. Brittonkill School, Brunswick. 518-495-5506. active.com.
- 21 **Glens Falls Rotary 5K & Corporate Challenge.** 10am. SUNY Adirondack, Queensbury. active.com.
- 21 **Flower City Half Marathon & Wegmans Family 5K.** 7:30am. Rochester. flowercitychallenge.com.
- 21 **40th Rollin Irish Half Marathon.** 13.1M. 9am. Memorial Hall, Essex Center, VT. gmaa.net.
- 22 **2nd Sasha's Superhero Run/Walk.** 10am. Kids' Superhero Run: 9:30am. Talmadge Park, Mechanicville. runsignup.com.
- 22 **36th Kiwanis Kingston Classic.** 10K: 1pm. 2.1M: 1:30pm. Gallo Park, Kingston. kiwaniskingstonclassic.com.
- 22 **Fox Trot 5K & 10K.** Betar Trails, South Glens Falls. adirondackrunners.org.
- 22 **Save Our Switchbacks.** 7.5K. 9am. Parkway Ski Chalet, Utica. uticaroadrunners.org.
- 28 **38th HMRRC Bill Robinson Masters 10K Championship.** 9am. Age 40-plus. Guilderland HS, Guilderland Center. Jim Tierney: 518-869-5597. hmrrc.com.
- 28 **St John's/St Ann's Spring Runoff 5K & 10K.** Hudson River Way, Albany. 518-257-3087. areep.com.
- 29 **Sean's Run.** Sun: 5K, Meghan's Mile & Firefighter's 5K Challenge. Also, Sat, 2/28: 50/20/10M Gran Fondo rides. Chatham HS, Chatham. seansrun.com.
- 29 **10th Cherry Blossom 5K Race & 1.5M Walk for ALS.** Run: 10:15am. Walk: 11:30am. Congregation Gates of Heaven, Niskayuna. 5kraceforals.com.

MAY

- 3 **Garnet Hill Lodge 10K Snowshoe Race.** 10am. Dion WMAC Snowshoe Series. Running & great food/drink. Garnet Hill Lodge, North River. garnet-hill.com.
- 10-11 **US Snowshoe National Championships.** Sat: 10K adults & 5K juniors. Sun: Relays, half & full marathon. Dion WMAC Snowshoe Series. Prospect Nordic Ski Center, Woodford, VT. dionwmacsnowshoe.com.
- 11 **15th Celebrate Life Half Marathon & Lucia Rein Two-Person Relay.** 10am. Rock Hill. celebratelifehalfmarathon.com.
- 17 **Runnin' of the Green.** 4M. 9am. USATF Adk Grand Prix. Schalmont HS, Rotterdam. hmrrc.com.
- 17 **7th Sap Run 5K.** 10am. Town Hall, Knox. saprun5k.org.
- 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.
- 18 **NYC Half Marathon.** 13.1M. 7:30am. Prospect Park, New York. nyrr.org.
- 24 **9th Run 4 Your Life 5K Run/Walk & Chowderfest.** 9:30am. Kids' Fun Run: 10:30am. Central Park, Schenectady. zippyreg.com.
- 24 **38th Doc Lopez Run for Health.** 13.1M: 9am. Keene to Elizabethtown. 5K/1M: 10am. Elizabethtown. doclopezrun.com.
- 25 **32nd Shamrock Shuffle 5M Run/Walk.** 11am. Kids' 1M fun run: 10am. Glens Falls HS, Glens Falls. adirondackrunners.org.
- 25 **Mudders and Grunters 8K.** FDR Park, Lot 1, Yorktown Heights. runner.org.
- 31 **39th Salem April Fool's Race.** 10K race: 9am. 5K race/walk: 10:30am. 1M kids' race: 10am. Salem HS, Salem. Dan Sheldon: 518-854-9262. aprilfoolsrace.com.
- 31 **24th Rabbit Ramble 4M Run & 2M Walk.** 9am. Guilderland HS, Guilderland Center. zippyreg.com.
- 31 **Ice Breaker Challenge 5K.** 9am. Corning Preserve, Albany. albanyrowingcenter.org.

- 6 **9th Plattsburgh Half Marathon, 2-Person Relay, 10K & new 5K.** 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.

JUNE

- 10 **1st ADA Tour de Cure 5K Run/Walk.** Also, 10/30/50/62/100M bike rides. Party w/catered lunch, beer garden, live music. Saratoga Co Fairgrounds, Ballston Spa. 518-218-1755 x3613. diabetes.org/capitalregion.
- 30 **1st Adirondack 15K Race to the Lakes.** 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. adirondackrunners.org.

JULY

- 4 **12th "Firecracker 4" 4M Race.** 9am. Live music & more. Run Your Colors teams for charity. Saratoga City Center, Saratoga Springs. firecracker4.com.

OCTOBER

- 7 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. Adk Sports & Marathon Expo: 10/6, Albany Capital Center. Schenectady to Albany & Colonie to Albany. mohawkhudsonmarathon.com.

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

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ATHLETE PROFILE

Jen Hathaway

AGE: 46**RESIDENCE:** Halfmoon**FAMILY:** Mother, Janice; younger sister, Karen; and nieces Kayla, Bailey, Aidyn, and nephew Grady, and Murphy, a six-year-old golden retriever**OCCUPATION:** Owner of Back in Balance Therapeutic Massage, Halfmoon; teacher of sports massage at Center for Natural Wellness School of Massage Therapy, Albany; sports massage therapist at University at Albany**PRIMARY SPORT:** Road cycling

By Dave Kraus

Jen Hathaway's fitness journey has taken some sharp turns over the years, and now it's on an upward curve with no end in sight. But it took a tragic personal loss to bring a life changing focus to her efforts.

In May of 2015, Jen lost her father, Howie, to cancer, and his death capped a stormy period in her life when she lost touch with her love of athletics – even as she pursued a career catering to athletes.

As she grew up in Holliston, Mass., Jen was a competitor herself in high school softball, volleyball and basketball. At Russell Sage College in Troy, she continued playing softball and volleyball. After graduating in 1993 with a degree in Athletic Training, she obtained her certification in Sports Massage, and worked several jobs before landing at the Southern Saratoga YMCA as Fitness Center Coordinator.

At the Y she taught strength training, youth fitness classes, and started the sports massage program before leaving in 2001 to realize her goal of opening her own massage practice, which became Back in Balance Therapeutic Massage.

Over the following years her health and fitness career flourished even as she gradually lost touch with the personal satisfaction she got out of exercise. She worked with players from the Albany Firebirds arena football team, elite athletes at Freihofer's Run for Women, and Can-Am Rugby Tournament in Saranac Lake/Lake Placid. She also provided post-ride massage services at Tour de Cure, and in 2005 began supplying massage therapy services to sports teams at UAlbany. She also became a regular volunteer and Massage Tent co-captain at Ironman Lake Placid.

But the hectic schedule, recurring knee injuries, and "life getting in the way" led to inactivity and weight gain. "I would work out here and there, but I certainly fell off the fitness wagon for some time," she remembers.

Then, in January 2014, her father was diagnosed with cancer, and her focus shifted even farther away from fitness as she traveled back and forth to Massachusetts to

support her parents. "I wanted to spend as much time with my dad as I could," she said. "I would work Monday through Friday, and as soon as I was done on Friday, Murphy and I would get in the car and head home, spend time with my dad, help my mom, then come back Sunday and first thing Monday morning to start all over again." The hectic schedule, high stress, and lack of exercise took its toll while she made family her priority, so she lost fitness and gained weight.

"When I had time to eat, it was whatever was quick, fast and easy. I was medicating with food. But when my dad was diagnosed I told myself I would spend as much time with him as possible so no regrets." When Howie passed away in May 2015, she found herself at a painful crossroads. "I hadn't ever lost a family member before. It destroys you. I was at rock bottom, probably the lowest I'd ever been. Also, the heaviest I'd ever been in my life. I knew I had to make some changes."

Gradually Jen "started coming out of the fog" and decided to do something in honor of her father. Howie had been treated at Dana-Farber Cancer Institute in Boston, and while searching for info about the institute she discovered the Pan-Mass Challenge (pmc.org).

The annual ride across Massachusetts attracts riders and volunteers from more than 40 states who have raised almost \$600 million to support Dana-Farber since 1980. Riders can choose from different ride routes, from 25 miles in one day to 192-miles in the two day eastward route from Sturbridge to Provincetown. Many riders participate in honor of family members or friends fighting the disease, and the event is known for its vocal public support from communities along the route.

"I said to myself right then and there, 'I'm gonna do this,'" she remembers. "I told my mom. When I got back home I signed up

for spinning." Jen knew nothing about cycling and had taken exactly one spinning class before. She knew how to prepare for softball or basketball, but not this.

"I had a bike, but I think the furthest I'd ever gone was 12 miles casually. I was sweating as I registered, because it's a non-refundable deposit. I was like, 'This just got real.'" She set her sights on the 80-mile second day ride from Bourne to Provincetown for August 2016. Then she started spinning two days a week, doing strength training workout videos and cardio, and taking long walks with Murphy. The positive results started quickly.

"I was just kind of taking care of myself again, and the more I did, the better I felt. Mentally, I had a better outlook, more focused, better mental clarity. The better I felt on the outside, the better I was feeling on the inside." The weight also started coming off, and between May of 2015 and August 2016 she shed 50 pounds. She went down four clothing sizes and had to constantly buy smaller sizes.

In March 2016, Jen bought a new bike and started riding outside in April, posting the training schedule supplied by the PMC organization on her fridge and following it exactly. Her schedule became simple; outside riding and indoor spinning classes. That's all there was time for. When August came, she arrived in Bourne at her start line and marveled at the scene.

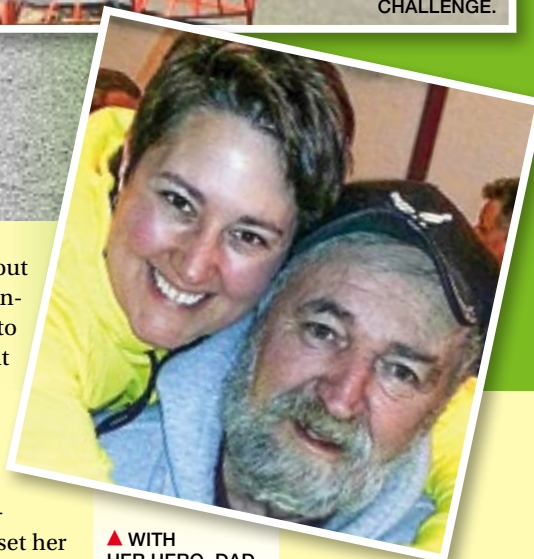
"It was amazing. It was such an emotional high. With my profession I've volunteered at events and I've always been on the other side. This was bigger than anything I've ever seen. As I'm getting there, riders from day one were coming in and it was surreal, it was very emotional."



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She started her own ride, and people stood cheering all along the route, and each aid station had its own party in progress. At one point, she passed a woman playing bagpipes and thought of her father, who had always loved them. Over seven hours after the start, she triumphantly crossed the finish line in Provincetown.

In 2017 she rode again, and this time added cardio and functional strength classes at the local Orangetheory Fitness to her preparations. She ended up cutting an hour off her 2016 time, and she plans to keep riding the Pan-Mass Challenge every year.

"It keeps me connected to my dad, and it's also my way of giving back. Plus it keeps me honest, I can't just go out one day and do it, I have to train." Jen is also looking for new challenges that will help her continue her fitness journey, including triathlons and other charity events like the PMC. But whatever she does, her improved fitness has given her options she never thought she would have.

"It feels amazing to not feel scared and say I couldn't do that. It's so cool to now say 'I'll do that' because now I can." 🌱

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer, and writer who is looking forward to warm spring riding. Visit his website at KrausGrafik.com.

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Make 2018 a Year to Remember

Race Options and Consistency

By Shelly Binsfeld

To register or not, that is the question. This goal or that goal, which one should I do? The options are swirling around. One training group is running the Philly Marathon this year, another one is going for casual 5Ks, you are stuck in between not knowing which to choose.

All the while your heart has been yearning to try a mountain trail race. Indecision can cripple your actions and fill you with regret. Press the pause button and evaluate your options with a new set of criteria. These questions will lead you through your passions, secret wishes, and abilities, hopefully revealing the set of races that will make 2018 a year to remember.

QUESTIONS TO FORMULATE A RACE SCHEDULE

- 1 Which do you love – distance or speed? And what race would highlight that love?
- 2 Which do you need – distance or speed? And what race would help you focus on your need to train in that area of running?
- 3 What race will encourage you to train at 5am or stay out on the trails after work?
- 4 Will training for this race or distance prepare you to accomplish your lifetime running goals?
- 5 Does your coach or experienced training partner agree that your top choice is within reach?
- 6 What race will be a beneficial stepping stone to another important race that you have already listed?
- 7 What race would you go out of your way to participate?
- 8 What race can you give back to the running community through volunteering?
- 9 Who is a beginner runner that you know and in which race could you participate together?
- 10 If this was your last chance to race, what event would you participate in?

Take your new list of races and put them in order from most important to least important. Eliminate any race over the 5K distance that overlaps within a month of another more important race.

With your list of races written down, look for an overarching theme. Decide on your 2018 training or racing goal by basing it off the theme. These themes usually entail a specific race time or distance. I would suggest targeting the process versus the outcome, therefore selecting an injury free season over a personal record. Often a consistent injury free training season leads to a finish line time you have never seen before. When selecting a goal that includes a longer distance than you have trained in the past, give yourself extra time to prepare and more accountability. Both are needed in order for you to reach your intended target.

Perhaps, think beyond a performance themed large goal to an impact-oriented themed large goal. How can you give, share, and encourage running to those near and far? Look for opportunities to support other runners in their endeavors. Whether it be one entire season or one run a week, your perspective on running can be renewed and deepened through seeing the impact of running in other people's lives.

Continue reviewing your list of races in order to identify three small goals that provide the steps of improvement or opportunities needed to achieve the larger goal. Most runners would benefit from improved strength or mobility in order to keep uninjured. Selecting a new yoga, Pilates, or personal training session as one of your small goals can help to support your larger goal. Or, deciding on a 1:1 ratio of participating to

volunteering in races will add to your circle of friends, and give you the chance to witness other's inspiring triumphs. Make these small goals new and intriguing, creating an adventure to embark upon.

Through answering these questions and evaluating your list, you can discover the races to register for and the goals to keep you focused, setting you up for an experience to remember. Put your heart into it each and every day, whether it be through hard work or rest.

HOW TO PREPARE

Since consistency is the key to a successful season, what is the key to consistency? Consistency lies in the balance of smart caution and motivation.

When a runner only runs and runs beyond what the body can recuperate from, then it has to stop and take extra time to mend, therefore throwing off the rhythm of training and resting. Consistency will happen when you rest appropriately. If running higher mileage just puts you into a deficit, then run a medium level of mileage, and cross-train using a sport that will strengthen your body in an alternative manner. Resting within your training schedule does not just include "no run days," but also an appropriate amount of sleeping hours. When training for a half-marathon or marathon, schedule an additional hour of sleep per night. Under-recovered is just as harmful to your body as overtrained.

Consistency also needs motivation; a reason to break through the excuses or tiredness, and put in the work needed to improve. Aligning your actions with your purpose in the sport will help you find motivation. If the reason you run is for the social

interaction, prioritize attending group runs. For some, the purpose of running is fitness. If that's the case, vary your runs which will result in adaption and growing stronger. The positive results will fuel you with more motivation.

Over the years, my training logs are marked by the struggle of balance. This season has been filled with the intention of running three days and Nordic skate skiing the other days of the week. However, either the cold wind has kept my running to the minimum or the warm temps have tempted me to ski all weeklong. Running and skiing together day after day, or only performing one sport all week, wears my body down to the level of exhaustion. My need for rest clobbers my desires and I am hunkered down until I can recuperate.

Seek to balance motivation and rest. When you balance these two elements of training, you will find a symbiotic rhythm. Therefore, training and resting in the right portion. During this winter season, holding back my eagerness and excitement for skiing or running, and allowing them to take turns will help my winter season training be consistent. In the spring, I will need to allow for more recovery runs between intense workouts, as the excitement of the season fuels my motivation – and shades my smart caution.

What combinations have helped you be consistent during the different seasons? Look through your training logs to see where you had a good rhythm going, and tap back into that combination in order to have consistency in your 2018 training! 🌱

Shelly Binsfeld (runcoachshelly@gmail.com) of Elk River, Minn. is a competitive runner, wife, and mother of four children. Her running joy is to guide others through their training as a USATF coach and Pilates instructor.

THE 7 MIGHTY MOMS TEAM AT THE "SENECA7" RACE IN GENEVA FROM APRIL 2017, WITH THE AUTHOR IN THE CENTER.





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NON-MEDICATED LIFE

Role of a Whole Food, Plant-Based Diet in Preventing Disease

PART ONE

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 81st in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 80 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 prevention and treatment of chronic medical conditions – such as hypertension, high cholesterol, diabetes and heart disease. With respect to diet, increasingly, nutritional research supports a predominately whole food, plant-based diet as optimal.

What constitutes such a diet and what is the evidence for its use is addressed below, in *Part One*. How you most easily may incorporate this approach into your daily way of eating will be addressed in the next installment of the Non-Medicated Life, as *Part Two* (April 2018 issue).

Quite simply, a plant-based diet means the majority of your caloric intake comes from plants: the leaves and stems of plants, the roots of plants, and the seeds of plants, including the seed bearing structure or what is commonly referred to as fruit. Further qualifying this by specifying the use of whole food emphasizes minimal, if any, processing. For example, minimally processing a wheat plant would include retaining the wheat germ by stone grinding whole wheat.

The evidence for the healthful benefits of this approach continues to accumulate and includes in vitro studies (test tube), in vivo studies including animal studies, and human population-based studies, observational studies, meta-analyses (a type of statistical comparison of similar studies), and randomized, controlled clinical trials.

For example, population-based studies, such as the Seven Countries Study, established lower rates of chronic disease in Mediterranean countries, with some of the lowest rates observed in Crete. While it

was suspected that a predominantly plant-based diet played a major role in this observation, causation had to be established with a randomized clinical trial in which individuals were randomly assigned to eat a specified diet or a control diet, and were followed over time.

The Lyon Diet Heart Study established that a predominantly plant-based, so called “Mediterranean diet” as eaten in Crete, with higher amounts of omega-3 fats, reduced fatal and non-fatal heart attack by 70% – as compared to the prudent Western control diet. There were also lower rates of certain cancers noted during the five years of the study.

Over 20 years ago, the Lifestyle Heart Trial showed that in individuals with established coronary artery disease a whole food, plant-based diet, along with modest exercise and stress reduction could actually shrink cholesterol plaques in the walls of the heart arteries. Thus, plant-based eating not only can prevent disease, but it can also be instrumental in the treatment and, indeed, reversal of disease.

Population-based studies also have established extreme long, disease-free life in Okinawa, Japan; Sardinia, Italy; and Loma Linda California – examples of so called blue zones. Common to these diverse locations and genetically dissimilar inhabitants is a predominantly plant-based diet.

You may speculate why plant-based eating lead to lower rates of chronic disease as well as longer life. Certainly, humans evolved under circumstances of continual scarcity of food. On the basis of the structure of human teeth and our inability to synthesize vitamin B-12, humans are obligate omnivores rather than carnivores or herbivores. That said, it certainly is easier to find, kill, and eat a plant than to try to hunt down, kill, and then eat an animal. As a consequence, human biochemistry became adapted primarily to metabolizing plants.

Animal protein consumption as the predominant calorie source may be a relatively recent phenomena for the majority of humans. Admittedly, some humans who eat meat predominantly may have genetically adapted to animal protein over thousands of years. Inuit people from Arctic regions

come to mind as healthy, predominantly meat eaters, who may have evolved a distinctly different biochemistry in order to cope with large amounts of animal protein. While a determination of whether any given individual may safely eat large amounts of animal protein is difficult to make, without perhaps genomic testing, the safe bet is that plant-based appears to be safer for most.

Recent studies such as the China Study suggest that as the amount of animal protein consumed increases, so does the cardiovascular mortality. Significant increases in animal protein consumption, especially with increases in saturated fat, have resulted in increases in serum LDL or “bad” cholesterol, the accelerated development of cholesterol plaque, and increases in the rates of premature coronary artery disease and stroke.

Plants are generally very low in saturated fat, and have relatively low calories for the volume consumed. Eating predominantly plants minimizes saturated fat intake. The larger volume consumed per calorie activates stretch receptors in the wall of the stomach, contributing to a feeling of fullness, and achieving satiety at lower total caloric intake. When we avoid consuming excess calories in this way, we also are more likely to avoid increases in body weight that contribute to co-morbid conditions such as diabetes, hypertension and sleep apnea – each of which may also increase cardiovascular risk.

The China Study also suggests that rates of cancer rise with increased consumption of animal protein. The precise mechanism for this increase is not clear, but it has been known for over 30 years that high temperature cooking – baking, broiling, grilling and frying of fish, chicken and red meat – produces carcinogens called heterocyclic aromatic amines (HCA) shown to cause cancer in laboratory animals.

Moreover, in humans, cancer rates are known to be higher in those who cook their

meat, chicken and fish to well done, thereby maximizing exposure to HCAs. High temperature cooking of plants does not produce HCAs.

While diet alone cannot cure cancer, cancer patients consuming a predominantly whole food, plant-based diet can slow cancer progression and improve the quality of their life. In a recent study of men with less aggressive prostate cancer opting for “watchful waiting” (through serial biopsies of their prostates), those on a whole food, plant-based diet showed decreased progression to more aggressive cancer, with fewer requiring early aggressive treatment with surgery or radiation.

In summary, a predominantly whole food, plant-based diet requires that the majority of calories consumed come from a variety of plants and include, as appropriate, leaves, stems, roots, seeds and fruit. It requires, where possible the use of the whole plant minimally processed or, when not possible, to minimally process those parts which are used.

A predominantly whole food, plant-based diet may help to effectively prevent and treat both cardiovascular disease and cancer, and as such provide a firm foundation upon which to live a Non-Medicated Life. To find out how to easily incorporate this approach into your daily way of eating, stay tuned for Part Two. 🌱

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

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▲ SKIERS ADMIRE THE FALLS AT WOLF CREEK FALLS PRESERVE.
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EDMUND NILES HUYCK PRESERVE

The Huyck Preserve is a non-profit research organization located in the scenic hamlet of Rensselaerville. The preserve's 12 miles of trails are spread out over 2,055 acres and lie between 1,600 to 1,900 feet in elevation. An excellent map can be found on huyckpreserve.org or picked up at the visitor center on weekdays.

The best starting-off point for the skier is at a small parking area and kiosk on Pond Hill Road across the street from Lincoln Pond. From there, it is a short walk to the beginning of the Wheeler-Watson Trail, which climbs away from the road, and soon reaches a 19th century cemetery. On a clear day, you may get a view to the Catskills before reaching the flat Race Track, an old horse-racing oval.

The Partridge Path's three loops are the preserve's newest trails and are ideal for skiing with plenty of ups and downs through open hardwoods with little understory. I especially love skiing the glade on the southwest side of Loop 2. The drop down the connector to Loop 3 can seem steep to some folks but there is plenty of space between trees to run out or cheat on the downhill run - advanced skiers may want to execute some Telemark turns through here. After crossing Ten Mile Creek on a good bridge, Loop 3 follows a scenic tributary for a time, crosses a power line and passes another possible access point. In winter, park at the junction of Peasley and Wood roads and ski 200 yards on unplowed Wood Road to the trailhead.

If you do all three loops, you will likely travel over eight miles on the day. Whitetail deer are often seen bounding through the trees; I've also seen otter tracks and spring-tails (snow fleas) on warmer days.

Another option from the Pond Hill Road parking area is to ski the West Lake Trail, which will take you down the west side of Lake Myosotis. This is novice terrain as long as there is more than a foot of snow to cover up some rough spots. A 0.3-mile spur trail will take you to the lake's rock dam and

spillway. The Falls Trail will get you to the top - the Waldron Overlook - and foot of the spectacular Rensselaerville Falls. It's ideal for snowshoeing, but the skiing is very steep in spots and not recommended, except for expert skiers in the best conditions when there is more than a foot of snow. The 60-foot falls are a must-see but it is best to approach them from the visitor center on NY Route 85 by foot - or snowshoes if there is six inches or more of snow - before or after your ski tour.

PARTRIDGE RUN

Partridge Run State Forest and Partridge Run Wildlife Management Area contain a combined 48 miles of trails over an area of 5,525 acres in the Town of Berne. Snowmobiles are allowed on many of the trails, but a few miles are dedicated as non-motorized ski trails. Elevations are in the 1,600 to 2,000 foot range.

I normally start skiing from the junction of Sickie Hill Road (CR 13) and unplowed Beaver Road - make sure you are not blocking a private driveway when you park here. Ski down Beaver Road for 0.3 miles, and take a right past a gate onto the designated ski trail, which has yellow ski trail markers as well as blue foot trail markers. Pass through a field and you will soon see Hidden Pond on the right. After a long but easy downhill the trail makes a right turn - Becker Pond can be seen through the trees. The next section can have some wet spots if the weather has been on the warm side in recent days. The trail then climbs moderately. At the top of the climb, a spur trail to the right leads to a parking area on Bradt Hollow Road. Bearing left, the ski loop continues to a "T" intersection. Taking a left here brings you back down to Beaver Road for a round-trip distance of about 4.5 miles. Take a right if you desire a longer trip.

After taking the right turn, you soon arrive at an old cemetery on Bradt Hollow Road; the headstones make for some interesting reading. The ski trail crosses the road and runs concurrently with a snowmobile

trail down a hill, but you will likely be going too fast to notice the Long Path joining your route down. After a climb, take a right following Long Path markers through conifer woods. A beaver pond is seen on the left. It may be easier and more scenic to ski out onto the beaver pond - if the ice is safe - and then pick-up the trail again at the far end of the pond. The trail then crosses High Point Road and makes a loop. After that, you can head back toward the start, following your tracks back to Bradt Hollow Road, and the trails beyond. Note that there has been some recent logging where the ski trail approaches Beaver Road (north of Woods Pond), and you may experience some "speed bumps" due to debris and waterbars.

A map of the area can be found at dec.ny.gov/outdoor/86068.html. On the map, the ski trail west of Beaver Road is shown as an "Administrative Road - Controlled Access" but don't worry, it's still a ski trail.

Let's hope for a snowy second half of winter and for some enjoyable spring skiing!

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



▲ PASSING BY THE OLD CEMETERY ON THE WHEELER-WATSON TRAIL AT THE HUYCK PRESERVE.
RICH MACHA



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2 Emily Cromie	30:32	
MALE AGE GROUP: 20 - 29		
1 Keegan Cummings	29:59	
2 Adam Karges	31:22	
FEMALE AGE GROUP: 20 - 29		
1 Adi Toof	32:43	
MALE AGE GROUP: 30 - 39		
1 Paul Allison	21:25	
2 Chris Yarsevich	24:52	
3 Eric Seyse	25:14	
MALE AGE GROUP: 40 - 49		
1 Chris Rose	26:32	
2 Brian Gill	30:59	
3 Jack Miller	31:09	
FEMALE AGE GROUP: 40 - 49		
1 Hilary Greene	30:40	
MALE AGE GROUP: 50 - 59		
1 Robert Douglas	23:36	
2 Stan Hatch	27:11	
3 Brian White	31:49	
FEMALE AGE GROUP: 50 - 59		
1 Connie Pickett	35:18	
2 Pam Fitzgerald	39:49	
MALE AGE GROUP: 60 - 69		
1 David Burt	36:16	
MALE AGE GROUP: 70 - 79		
1 Chris Beaty	37:38	
1.5K SPRINT		
MALE OVERALL		
1 Scott Schulz	2:25	
2 Brian Beyerbach	2:27	
3 Andrew Doherty	2:28	
4 Brian Halligan	2:30	
5 Kai Franz	2:36	
6 James Flanigan	2:38	
FEMALE OVERALL		
1 Marli Damp	3:12	
2 Anya Morgan	3:17	
3 Emily Cromie	3:18	
4 Ava Anderson	3:26	
5 Annalise Beyerbach	3:36	
6 Sheridan Millington	3:37	

Courtesy of NYSSRA Nordic & HURT Nordic

2ND ANNUAL GORE MOUNTAIN SNOWSHOE RACE

December 16, 2017 • Gore Mountain Nordic Center, North Creek

5K SNOWSHOE RACE		
MALE OVERALL		
1 Brian Northan	42	24:55
2 Thomas McGlade	53	26:52
3 Dan DeGennaro	52	35:29
FEMALE OVERALL		
1 Jamie Woolsey	34	27:18
2 Jessica Northan	42	31:18
3 Karen McGlade	49	33:49
MALE AGE GROUP: 40 - 49		
1 Matthew Miczek	45	36:14
FEMALE AGE GROUP: 40 - 49		
1 Jen Ferriss	46	35:19
MALE AGE GROUP: 50 - 59		
1 David Wilbur	58	38:03
2 Jamie Howard	52	49:19
FEMALE AGE GROUP: 50 - 59		
1 Maureen Roberts	59	37:10
2 Jen Kuzmich	59	38:54
3 Joan Keil	57	43:08
MALE AGE GROUP: 60 - 69		
1 Don Vanwely	68	39:58
2 Jim Sheehan	65	42:52
3 David Heyward	64	43:21
FEMALE AGE GROUP: 60 - 69		
1 Karen Provencher	63	33:58
MALE AGE GROUP: 70 - 79		
1 Laura Clark	70	42:59
2.5K SNOWSHOE RACE		
FEMALE OVERALL		
1 Alexandra Fylypovich	25	24:17
2 Cathy Sheehan	57	35:28

Courtesy of Gore Mountain

OSCEOLA PIE NORDIC SKI RACE

December 16, 2017 • Osceola Tug Hill XC Ski Center, Camden

MALE OVERALL		
1 Eric Seyse/30-34	GHN/ADK Vauhti	48:03
2 Ed Luban/65-69	HURT Nordic	52:08
3 Jim Miller/50-54		52:50
FEMALE OVERALL		
1 Madison Relyea/16-17	Mayfield Nordic	52:13
2 Audrey Balander/60-64	Cayuga Nordic	57:12
MALE AGE GROUP: 14 - 15		
1 Vonden Sleight		57:05
MALE AGE GROUP: 16 - 17		
1 Antonio Mannion		53:15
2 Owen	Camden Nordic	52:31
MALE AGE GROUP: 50 - 59		
1 Mitch Collinsworth	Cayuga Nordic	52:02
2 Jeffrey Lintz	Shawangunk	52:25
3 Ernie Boyles	Cayuga Nordic	53:03
MALE AGE GROUP: 60 - 69		
1 Darwin Roosa	Saratoga Biathlon	53:20
2 John Rueckheim	Cayuga Nordic	54:53
3 Mark Chmielewicz	GHN/ADK Vauhti	53:03
MALE AGE GROUP: 80 - 89		
1 Dan Karig	Cayuga Nordic	53:48

Courtesy of NYSSRA Nordic

20TH ANNUAL FIRST NIGHT SARATOGA 5K RUN

December 31, 2017 • Skidmore College, Saratoga Springs

MALE OVERALL		
1 Lukas Motschmann	23	15:52
2 Sean O'Connor	20	15:56
3 Brady Bobbitt	21	16:05
FEMALE OVERALL		
1 Kelsey Chmiel	16	17:39
2 Carley Vetter	17	19:14
3 Keelny Cummings	17	19:44
MALE AGE GROUP: 1 - 14		
1 Evan Barthelmas	13	22:07
2 Micah Day-O'Connell	14	23:04
3 Jackson Ellnor	14	23:06
FEMALE AGE GROUP: 1 - 14		
1 McKinley Wheeler	12	20:25
2 Sheridan Wheeler	12	20:28
3 Ella Kurto	13	20:50
MALE AGE GROUP: 15 - 19		
1 Will Howe	18	16:56
2 Michael Bashant	18	19:35
3 Aidan Waite	16	20:08
FEMALE AGE GROUP: 15 - 19		
1 Samantha Vetter	17	19:47
2 Ciara Knott	16	20:21
3 Lindsay McGrath	17	21:10
MALE AGE GROUP: 20 - 24		
1 Alex Carter	21	16:12
2 Ross Wightman	22	16:40
3 Travis Briggs	22	16:44
FEMALE AGE GROUP: 20 - 24		
1 Olivia Popovitch	22	21:01
2 Danielle Eckler	24	23:19
3 Katie Bashant	24	23:53
MALE AGE GROUP: 25 - 29		
1 Pat Carroll	26	16:14
2 Alex Benway	27	17:08
3 Kenneth Hammond	27	18:33
FEMALE AGE GROUP: 25 - 29		
1 Meghan Yi	27	21:54
2 Brooke Morrissey	27	22:52
3 Mary McAfee	28	25:44
MALE AGE GROUP: 30 - 34		
1 Daniel Dick	30	19:35
2 Matthew Jerauld	31	20:10
3 Ping Wong	30	20:25
FEMALE AGE GROUP: 30 - 34		
1 Sarah Gardner	32	21:46
2 Rachel Norton	33	21:58
3 Christie Ivancic	31	24:20
MALE AGE GROUP: 35 - 39		
1 Jonathan Favata	37	21:15
2 Matthew Cosoe	38	21:27
3 Ryan Fisher	37	22:34
FEMALE AGE GROUP: 35 - 39		
1 Lee Briggs	39	26:08
2 Sarah Piper	37	26:47
3 Alyssa Greer	36	27:12
MALE AGE GROUP: 40 - 44		
1 Colin Crowley	40	19:01
2 Greg Ethier	44	19:35
3 Joshua Katzman	41	20:25
FEMALE AGE GROUP: 40 - 44		
1 Michelle Lavigne	42	21:39
2 Kerni Wojtowecz	44	25:07
3 Jane Labombard	44	26:03
MALE AGE GROUP: 45 - 49		
1 Rick Zachgo	47	20:46
2 Jonathan Maxson	45	21:15
3 Arthur Picard	48	21:50
FEMALE AGE GROUP: 45 - 49		
1 Gail Rubinstein	49	27:28
2 Jennifer Schannault	45	27:35
3 Stephanie Winkelhake	45	29:43
MALE AGE GROUP: 50 - 54		
1 Jon Gurney	54	21:50
2 Gary Longhi	53	22:02
3 David Smith	52	22:13
FEMALE AGE GROUP: 50 - 54		
1 Concetta Smith	50	23:39
2 Lauren Rhatigan	54	25:23
3 Shannon Hungerford	51	26:19
MALE AGE GROUP: 55 - 59		
1 Ron Green	59	22:19
2 David Fernekes	59	24:38
3 Joe Lynch	56	25:04
FEMALE AGE GROUP: 55 - 59		
1 Marcia Cooper	57	26:17
2 Linda Ferguson	56	26:46
3 Teresa Bashant	56	28:32
MALE AGE GROUP: 60 - 64		
1 Stephen Jones	63	21:58
2 Paul Salerni	61	22:12
3 George Baranauskas	64	23:13
FEMALE AGE GROUP: 60 - 64		
1 Margaret McKeown	60	24:04
2 Elizabeth Rovers	61	28:18
3 Joyce Goodrich	60	28:51
MALE AGE GROUP: 65 - 69		
1 Joe Aliberti	67	24:47
2 Rich Elton	65	24:56
3 Mark Sager	67	25:19
FEMALE AGE GROUP: 65 - 69		
1 Martha DeGrazia	66	27:34
2 Jill Pederson	67	32:23
3 Katherine Frederick	68	33:52
MALE AGE GROUP: 70 - 74		
1 David Dibelius	71	30:24
2 Ronald Bagnoli	71	31:23
3 Michael Morgan	70	32:03
FEMALE AGE GROUP: 70 - 74		
1 Laura Clark	70	36:57
2 Margaret Mangano	71	40:56
3 Nancy Johnston	71	47:09
MALE AGE GROUP: 75 - 79		
1 Michael Stawarz	75	38:30
2 Edward Lamby	75	38:32
3 Bob Cheney	76	38:38
FEMALE AGE GROUP: 80 - 84		
1 Priscilla Mueller	81	46:04

Courtesy of Saratoga Arts

WINTER MAGIC 3.5-MILE SNOWSHOE RACE

January 7, 2018 • Lowell Lake State Park, Londonderry, VT

MALE OVERALL		
1 Josh Ferenc	27:49	
2 Tim Van Orden	28:29	
3 Shawn Donegan	29:27	
4 Brian Northan	32:57	
5 Jeff Andritz	34:06	
6 Thomas McGlade	34:17	
7 Jason Larochele	36:43	
FEMALE OVERALL		
1 Jamie Woolsey	34:13	
2 Jessica Northan	40:32	
3 Karen Provencher	41:23	
4 Chris Natalie	43:17	
5 Jen Ferriss	47:47	
6 Maureen Roberts	49:03	
7 Denise Dion	49:51	
8 Jenn Sharp	50:02	
9 Laura Clark	54:36	
10 Jessica Bruno	57:06	

Courtesy of Dion WMAC Snowshoe Series

32ND ANNUAL WINTER WIMP FOOT RACE

January 13, 2018 • Hagaman Fire House, Hagaman

4.4 MILES		
MALE OVERALL		
1 Jim Sweeney	36	26:47
2 Andrew Yacobucci	18	27:15
3 Brendan VanVlack	18	27:34
FEMALE OVERALL		
1 Andrea Scribner	35	33:45
2 Leah Schaffer	33	34:28
3 Jaime Hoag	28	39:22
MALE AGE GROUP: 15 - 19		
1 Michael Hoffman	17	31:46
FEMALE AGE GROUP: 20 - 29		
1 Kacie Edwards	25	42:51
2 Alysia Craig	24	44:56
3 Ashley Mettler	22	44:57
MALE AGE GROUP: 30 - 39		
1 Joel Patrie	33	28:21
2 Ambrose Schaffer	35	29:24
3 Andrew Pavlou	30	31:29
FEMALE AGE GROUP: 30 - 39		
1 Katie Gifford	36	40:29
2 Kristen Mirocki	34	45:13
MALE AGE GROUP: 40 - 49		
1 Greg Ethier	44	28:35
2 Dennis VanVlack	45	29:00
3 Jonathan Guthan	40	30:48
FEMALE AGE GROUP: 40 - 49		
1 Tina Vogel	41	42:56
2 Valerie Charpentier	45	51:39
MALE AGE GROUP: 50 - 59		
1 Sam Mercado	54	32:51
2 Brian Teague	59	33:07
3 Ron Green	59	33:14
FEMALE AGE GROUP: 50 - 59		
1 Mary Bagwell	50	48:54
2 Kathleen Goldberg	59	49:25
MALE AGE GROUP: 60 - 69		
1 Steve Sweeney	62	33:29
2 Joe Yavonditte	68	43:35
3 Eric Parker	61	45:05
FEMALE AGE GROUP: 60 - 69		
1 Jill Pederson	67	45:24
2 Sue Nealon	67	51:41
MALE AGE GROUP: 70 - 79		
1 Richard Wolgemuth	70	44:49
2 Richard Theissen	74	1:02:40
3 Ray Lee	75	1:09:23
2.2 MILES		
MALE OVERALL		
1 Roy Mowrey	59	17:51
2 John Bledsoe	66	18:39
3 Reece Bledsoe	16	19:43
FEMALE OVERALL		
1 Megan Loomis	9	20:38
2 Valerie Kline	55	21:28
3 Sarah Hill	28	21:42
FEMALE AGE GROUP: 20 - 29		
1 Cecilia Karutis	26	23:52
MALE AGE GROUP: 40 - 49		
1 Paul Loomis	45	20:40
FEMALE AGE GROUP: 40 - 49		
1 Erin Fioretti	40	25:31
FEMALE AGE GROUP: 50 - 59		
1 Jean Karutis	57	24:22
MALE AGE GROUP: 60 - 69		
1 John Vavasour	68	32:36

Courtesy of Fulmont Roadrunners Club



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