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Rides to Get Your Legs Pumping

By Dave Kraus

f you're a dedicated upstate cyclist, then seeing clean, dry pavement outside starts the cycling juices flowing into your legs as surely as the sap rises in area maple trees. And just as surely as the sap leads to sweet maple syrup, warm spring weather will lead to a full menu of spring rides to get those legs pumping.

Here's a sampling of some of the events coming up that are sure to get your 2018 cycling season off to a sprinting start.

A triple option ride on Saturday, April 28 at the Sean's Ride is available with rides of 50, 20 and 10 miles, which are part of the Sean's Run Weekend events on April 28-29, based out of the Chatham Fairgrounds in Columbia County. The 10-mile route covers roads close in to the village of Chatham, while the longer rides venture farther out onto scenic country roads surrounding the village. The weekend raises funds in memory of local teen Sean French, who was killed in 2002 by a drunk driver. Sunday includes a 5K run, Meghan's Mile, and Firefighter's 5K Challenge. The Saturday rides feature on-road support, multiple rest stops, and post-ride refreshments. For more info, check out seansrun.com.

On Sunday, May 13, Janey's Ride at Common Roots Brewing in Glens Falls is a road ride to benefit Breast Cancer Care & Research Fund at Glens Falls Hospital. The routes of 62, 30 and 15 miles through the farm fields and hills in the surrounding area. The Mother's Day ride is named for Janey Fairchild, a local breast cancer survivor whose husband Steve manages Grey Ghost Bicycles. The Common Roots Brewing 1pm after-party will feature a food truck, beer, raffles, and a silent auction. To save 10% on registration, use code GGBADK10. For details, visit bikereg.com.

The third annual Pedal to Plate Culinary Bike Tour is on Saturday, May 19 at The Hub in Brant Lake. The 55-mile "ride to eat, eat to ride" bike tour is on mostly quiet, scenic roads with some hills, taking you to three beautiful lakes and five Adirondack communities. While there you sample eats at 13 restaurants, a brewery and two ice cream stands, before finishing at The Hub. For more info, see bikereg.com.

Team Billy Ride & Walk for Research is on Sunday, May 20, and it's a memorial to Billy Grey, who died of a rare form of brain cancer in 2001. This ride with 50, 25 and 10 mile options travels through Saratoga County, and there's a three-mile walk - both raise funds for brain tumor research through the National Brain Tumor Society. Rides roll out at 8:30am from the Saratoga Farmer's Market on High Rock Avenue and head east into the countryside toward the Hudson River. The shorter rides are near Saratoga Lake, while the 50-mile route includes a circuit of the loop road in Saratoga National Historical Park. There's also a post-ride gathering at the Henry Street Taproom for food and drinks, with a percentage of the proceeds donated to Team Billy. For more info, check out teambilly.org.

The Farmer's Daughter Gravel Grinder on Sunday, May 20 is named after Chatham Brewing's "Farmer's Daughter" Rye IPA, brewed right in town. It's a very challenging early season ride, winding for 65 miles through Columbia County on scenic dirt and paved roads and off-road trails, with 6,100 feet of climbing. Organizers provide maps and cue sheets, as well as two fully stocked rest stops along the course. When you finish at Crellin











LET'S CELEBRATE 40 YEARS OF WOMEN'S RUNNING!

The Freihofer's® Run for Women – the Capital Region's premier all-women's 5K road race – turns 40 on Saturday, June 2 and we want you to be part of our festivities!

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Something Old, Something New — Full Spring Ahead

By Laura Clark

warm-up races completed, it is time to get down to business and select events to facilitate your racing goals. As a race director myself, I enjoy a yearly tweaking process, delivering a better experience for the runners and walkers. Some of these are obvious, while some, such as my resolution to require emergency contact information, are less so. The same holds true for this month's highlights, a few with in-your-face alterations and others of the fine-tuning variety.

We kick off from Mechanicville's Talmadge Park with Sasha's Superhero 5K Run/Walk on Sunday, April 22. This year, according to Olya Prevo-White who founded Sasha's Run last year to honor the loss of her baby, the event has now achieved superhero status "...to honor other children gone too soon, as it takes superhero powers to go on without them." Proceeds are donated to the Albany Ronald McDonald House to also recognize other parents whose world is turned upside down. Olya anticipates that kids who choose the free 100-yard or 1/4-mile events would be especially thrilled to don superhero capes. For any of the races, adults and kids are encouraged to wear their superhero attire. The 5K route is flat and fast with echoes of Mechanicville's old Firecracker course, but without all those 90 degree turns and their potential for off-course detours. This is a family-friendly event, with strollers permitted on the course, entertainment, face painting and a bounce house. (sashasrun.com)

Launching from Chatham High School, Sean's Run Weekend on April 28 and 29 promises, three-ring circus style, something for everyone. Saturday is Sean's Ride with 50, 20 and 10 mile road bike rides and Jaime's Race (run/walk/roll) for people with special needs. Sunday is Meghan's Mile youth race and the flagship Sean's Run 5K, which honors Sean French, a high school student killed in a drunk driving incident. There is intense competition among the Firefighter's 5K division with companies running in turnout gear. New this year is the warm-up music of the Berkshire Bateria drummers, an expanded food court, and the Artists for Sean's Run exhibit. A perennial favorite is the lively interscholastic World Championship Battle of the Belts "buckle-up" competition. Proceeds fund youth programs to combat impaired driving. (seansrun.com)



For a different experience on Sunday, April 29, sample the 10th annual Cherry Blossom 5K Race and 1.5 Mile Walk for ALS at Niskayuna's Congregation Gates of Heaven. Race proceeds benefit the St. Peter's Regional ALS Center. Amyotrophic Lateral Sclerosis, also called Lou Gehrig's disease, is a degenerative neuromuscular disease affecting motor nerve cells in the brain and spinal cord. The 5K runs through "Old Niskayuna" and is relatively flat, while the walk features a loop around Schenectady's Central Park. New this year is a Happy Hour Party from 2-6pm at Wolff's Biergarten in Schenectady where you can relive and perhaps elaborate upon your exploits. Discounted drafts for all participants and walk-ins are welcome with \$10 ALS donation. (5kraceforals.com)

When is a race more like a party? Or, conversely, when is a party more like a race? The answer, of course, is when it's the second annual **Shmaltz Brewing Chosen Run 5K** at the Clifton Park brewery on Saturday, May 5. First, a bit of history. Shmaltz holds the distinction of being one of the few kosher breweries, the He'Brew of the Chosen People, hence Chosen Beer. Plus, they earn the clever marketing ploy of displaying in both the beer and the kosher section of local markets.

Race director Carl Ewald notes that despite having added 500 more entries, they will yet again sell out way before race day. Adding to the immediacy, in only its second year on the circuit, this event has been chosen as both a USATF Adirondack and Saratoga Stryders Grand Prix race and the 2018 USATF Adirondack men's 5K championship (women's 5K championship is Freihofer's Run). Proceeds support Helping Hands which delivers preschool services for special needs children. Afterwards, enjoy the Lawn Game Zone, beer specials and food truck festival. Runners who register at the same time for the ADK 5K on Sept. 15 at Adirondack

Brewery in Lake George receive discounted entries. (iraceforbeer.com)

For a run today, tutor tomorrow approach try the ${\bf Literacy\,5K\,Run/Walk}$ on Sunday, May 6 at the Schodack Island State Park, with proceeds furnishing free tutoring to adults, children, out-of-school teens, and English language learners by Literacy Volunteers of Rensselaer County. The main 5K Run/Walk features wide, fairly level trails in the beautiful park. The Youth Mile is a spectator-friendly circle around the park's oval and alongside the Hudson River and Schodack Creek, where you might get lucky and spot an eagle. Beforehand, register for the Guided Nature Walk with a park naturalist, and the Story Walk led by a Castleton Public Library staff member. Make your plans now, as all pre-registered runners get free park entry! Afterwards, you are encouraged to enjoy the kayak launch, volleyball and horseshoe setups and the picnic areas. (lvorc.org)

While Guilderland High School's third annual Summer Smith 5K Addiction Awareness Memorial Run/Walk on Saturday morning, May 12 is basically the same as last year, the cause, addiction awareness, has taken on a new life with the current push against heroin and opioid abuse. Proceeds benefit Addictions Care Center of Albany, Schenectady YWCA, FOR-NY and Greif Recovery After Substance Passing. This is a family-friendly event, with a free Kids' 1/4-Mile Fun Run and activities, Zumba warmup, and one of the few area races where friendly, leashed dogs are permitted to run or walk alongside their owners. A chicken BBQ fundraiser, bounce house and pre-race memory ceremony round out the event. (summersmith5k.com)

The 29th annual **Prospect Mountain Road Race** is on Saturday morning, May 12 in Lake George, directed by Adirondack Runners. There's just one hill – 5.67 miles, 1,601 feet up Prospect Mountain with 200 other runners! This classic race benefits the Michelle Lafontaine SUNY Adirondack nurs-

ing scholarship fund and Under the Woods foundation. (adirondackrunners.org)

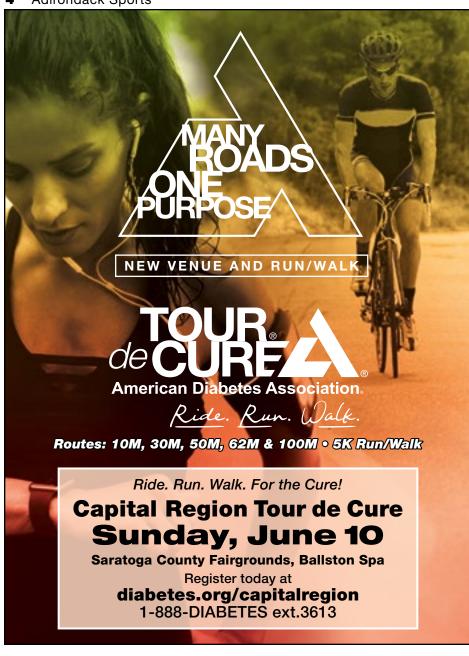
The 12th annual CCRC 5K Run/Walk/ BBQ, once more under Pat Glover's dedicated leadership, is slated for Saturday, May 12 at 3pm. An unusual time for an event, but one that allows for the normal Saturday errands and kids' sports activities. Technically, you could pull a double, Summer Smith 5K or Prospect Mountain Road Race in the morning, and then retreating to a pancake flat environment in the afternoon. The Christ Community Reformed Church in Clifton Park furnishes the venue as well as many volunteers and prizes, but proceeds are earmarked for Bob and Heidi Underwood's Camp Under the Woods in Queensbury, for ages 3-8 who are on the Autism Spectrum, or have other disabilities that impact social development.

In recognition of Mother's Day on Sunday, all moms will receive flowers. But really, as a mother of three, I know that with the late start and the included BBQ dinner afterward, this event is already mother-friendly – with no need to pull together a last-minute dinner! Kids have their own 1K run and there are so many raffle prizes that no one goes away empty handed. Similar to the Freihofer's Run, there is also a family team competition to get everyone involved. (ccrc-cpny.org)

Finally, building up to a longer effort, is the Jog for Jugs Half Marathon and 5K Run/Walk at the Colonie Town Park in Latham on Saturday, May 19. New location?! What about those dreaded Duanesburg hills? In adding something new, this event dared to switch locations to a more centralized area with a more beginner-friendly route. Anticipate a flat, fast route along the Mohawk Hudson Bike Trail, with great music and post-race food options. Strollers are permitted in the 5K. Jog for Jugs is organized by Project HEAL (Healthy Educated Active Lifestyles) to raise money for local breast cancer survivors and their families. This year the race will honor breast cancer survivors, Robin O'Dea and Angelica Pica. (powerhouseathleticsny.com)

If you are anything like me, I tend to fall into a rut when selecting my races, hesitating to banish an old favorite in favor of something new and untried. But with this season's selection of events, you can have it both ways!

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.







News Briefs



Hudson Valley Triathlon Club: 18 Years of Training and Racing

MT. TREMPER - The Hudson Valley Triathlon Club, or HVTC as it is locally referred to, began in 2000 due to the need for a larger, consistent and more frequent training for triathletes in the area. Founded by triathlete and coach, Mark Wilson, HVTC has made Kenneth Wilson State Park in Mount Tremper (near Woodstock) its home.

HVTC hosts the Summer Tri Series as a sprint with a 400-yard out and back swim, a 12- mile

hilly loop leaving the park and making six right hand turns back to the park, finishing with a twomile run inside the state park. The Wilson State Park location is sleepy, quiet, rustic and gorgeous. As a result of the club's presence in the park there have been major upgrades and the park won Best Middle Size Park" in the New York State's park system. It's tucked away in the foothills of the Catskill Mountains so the bike course is "bumpy."

The club is roughly 50 members on average and boasts more than 20% USA Triathlon All-American status every year, which means that they finish within the top 10% of their respective age groups in the nation. Every year there are "newbies" that visit the club and race with them; and, they are treated like royalty and given tips, advice, instruction and support throughout their

Mark is most proud of the humility that rings true through the hearts of this group. He says, "You would never know how awesome they were in triathlon, because they wouldn't even think of hinting about their individual accomplishments in the sport, until the gun goes off and the race starts. Even while being passed by one of the superstars, a pat on the back or thumbs up or "nice

The Summer Tri Series races are held one Wednesday evening per month; transition opens at 4pm and the races start at 5:45pm. Open to beginners on up, these races are completely do-able with a little training and a super speed workout for the more advanced. To extend the season, HVTC has added the New York Duathlon Series at this venue. The 2018 races are held on Saturday mornings: April 21, May 5 and October 6. There are three more races held on Saturday's in Cassadaga in western New York's Southern Tier.

They are also directing the Hague Endurance Festival on Saturday-Sunday, June 23-24 in Hague – formerly home of North Country and HITS triathlon events. The fest includes Olympic, sprint and kids triathlons, a duathlon and aquabike. And, the Stissing Triathlon on Saturday, June 30 in Pine Plains (near Columbia/Dutchess county border) with sprint and kids tri races. For more

info, call 914-466-9214 or visit coachmarkwilson.com.



NORTH CREEK - The area's longest running whitewater derby, the 61st annual Hudson River Whitewater Derby will be on Saturday-Sunday, May 5-6. Based in North Creek, Saturday's derby features giant slalom and sprint races at 11am, and the "Not-So-Whitewater" River Race immediately following. On Sunday, the Downriver Race from takes place. Both days feature awards celebrations with live music, food/drinks and more. The "Not-So-Whitewater" River Race is a 2.5-mile "moving water" paddle that's enjoyable and safe for beginner and intermediate canoers and kayakers. Saturday's award celebration is 4pm at Tannery Pond Community Center. Sunday is the Downriver Race from North Creek to



Riparius. Registration and packet pick-up is 9am at the Hudson River Pavilion, next to the North Creek Train Station. The race starts at 11am. Awards will be presented at Riverside Station Park in Riparius, near the finish line, immediately following the races.

New to this year's giant slalom and downriver races are the addition of team challenges for high/prep school, college and corporate teams! Paddlers will compete as individual entries in all classes (no family or masters) as single or double paddlers. Teams may enter up to five different boats and the three best finishers will be computed toward the team score - and the Whitewater Derby Challenge Trophy. Individual racers are eligible to receive individual awards as well for each class. Learn more at whitewaterderby.com.

Indian Lake to Host First-Ever U.S. Quadrathlon

INDIAN LAKE - The Adirondack town of Indian Lake will be the first venue in the United States to host a quadrath-lon on Saturday, June 16. The "Do the Q" Quadrathlon consists of a half-mile swim, four-mile kayak paddle, 18.2-mile bike ride and a 6.2-mile run, in accordance with World Quadrathlon Federation guidelines. First-year registration is limited to 50 participants who will do all events (no relay teams). The race is presented by the Indian Lake Chamber of Commerce and America's Quadrathlon Association.

The routes for each leg are still being established, but all will be in the Indian Lake region. According to Len Carbonara, vice president of the Indian Lake Chamber of Commerce and founder of the American Quadrathlon Association, "Quadrathlons are increasing in popularity in Europe so we wanted to launch this multisport event in beautiful Indian Lake and provide athletes with a unique race experience." To learn about the sport, visit wqf. quadrathlon.com. For more info on the event, contact Len Carbonara at 518-648-0821 or dotheQ1@yahoo.com.

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Canton Canoe Weekend on the Grasse River

CANTON - The 57th annual Canton Canoe Weekend, a tradition in J.H. Rushton's honor, will take place on the Grasse River in Canton, on Friday-Sunday, May 4-6. The weekend event opens with the Rushton Tour, a four-mile downstream paddle along the historic racecourse Friday evening, and continues Saturday and Sunday with a variety of recreational, amateur and pro races, featuring the St. Lawrence Health Systems C-1 Pro World Championship on Saturday afternoon.

The paddling race draws competitors from across the US and Canada. The event is open to professional to casual paddlers, and there's a place for everyone in the Canton Canoe

Weekend lineup. Races vary in length from one to 14 miles. The family-friendly event held at Taylor Park features a chicken barbeque, hosted by Future Farmers of America on Saturday afternoon to support the local youth organization. Live music will be provided by DJ Double Dutch on Saturday and Sunday.

Canton was home to John Henry Rushton and his famous boat works, founded in 1875, along the banks of the Grasse River. In his honor, this historic event began in 1962, and was originally known as the "Rushton Memorial Canoe Race." For more info, visit slvpaddlers.org, Canton Canoe Weekend's Facebook page, or call 315-323-0946.

Countryman Challenge 5K Obstacle Race on April 21

QUEENSBURY – West Mountain Ski Area presents the Countryman Challenge 5K Obstacle Race on Saturday, April 21 at 10am. The obstacle course includes snow, ski and water features, and registration (age 7+) is open to individuals and teams of four. The race-fee includes an after-race BBQ ticket, beer ticket (21+) and T-shirt to the first 100 competitors. For ages 7-12, there's a Kids' Fun Race with a short course at 9:15am. For more details, visit westmtn.net and register at active.com. 🖡



Join Saratoga Rowing for Spring and Summer Camps

SARATOGA SPRINGS - Saratoga Rowing Association is offering spring and summer rowing camps on Fish Creek, the northern outlet of Saratoga Lake. The camps are open to ages four to 90, all are welcome, and no experience is required. The camps include: Spring Sculling (age 9-13); Summer Sculling (age 9-13) with seven sessions available; Summer Learn-to-Row (rising 7th grade or higher); Summer Learn-to-Row for Adults (21+); and Kindersculls (age 4-9) with one-week (AM/ PM) sessions at the end of August. Get additional info at 518-587-6697, info@saratogarowing.com or saratogarowing.com.

Viking Obstacle Race May 6 at Sunny Hill

GREENVILLE - The Viking Obstacle Race will take place on Sunday, May 6 at Sunny Hill Resort in Greenville, 30 minutes south of Albany. The race includes 35 obstacles on the 5.5-mile course. There is \$1,000 of prize money to the top three male and female elite racers. If you'd like to practice, a cool thing is you can training on the course before the race or anytime during spring, summer or fall! Registration includes Viking T-shirt, finisher medal, lunch, beer/beverage ticket, digital photo downloads and after-party. Save 10% off registration with the "ASF18" discount code. For more info and to register, call 518-634-7642 or go to sunnyhill.com. 📥



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SATURDAY, APRIL 28 CHATHAM, NEW YORK

Gran Fondo Style Rides

The 50-Mile Half Fondo, the 20-Mile Mini Fondo and the 10-Mile Intro Fondo all include scenic, well-marked routes on open, paved roads with festive rest stops, on-course support and a spread of gourmet refreshments at the finish line. Each rider will be individually chip-timed (start to finish) and the first 250 to register will get a souvenir Sean's Ride long-sleeve t-shirt.

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for online and mail-in forms, course maps, directions, and additional information.



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Calendar of Events

april-June 2018

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

*Events beyond this range are advertisers in this issue.

ALPINE SKIING

APRIL

Whiteface Pond Skimming Contest. 12pm. Costumes encouraged. Live music. Whiteface, Wilmington. whiteface.com.

BICYCLING: ROAD (PAVED)

ONGOING

Daily Mohawk Hudson Cycling Club. Group rides for all levels of riders. Capital-Saratoga Region. Upcoming rides: mohawkhudsoncyclingclub.org.

APRIL

- 20-21 Copake Bicycle Auction & Swap Meet. Copake. copakeauction.com.
- Spring Sale Celebration! 10am-5pm. 2018 & 2017 bikes on sale, meet reps, enter bike raffle, more. Tomhannock Bicycles, Pittstown. 518-663-0083. tomhannockbicycles.com.
- Sean's Ride. Sat: 50M Half Fondo (8:30am), 20M Mini Fondo (10am) & 10M Intro Fondo (10:30am). Sun: Sean's Run 5K (12pm) & Meghan's Mile (11:30am) at Chatham HS. Chatham Fairgrounds, Chatham. seansrun.com.
- 14th Tour of the Battenkill Road Race. 75M Gran Fondo: 9am. 40M Medio Fondo: 8am. Washington Co Fairgrounds, Greenwich. tourofthebattenkill.com.
- Check Your Legs Road Race. New Lisbon. centralnycycling.com.
- Saratoga 300K Brevet Road Ride. 4am. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

MAY

- 10 th Cazenovia Hillbender Cycling Festival. 9am. 38M race or 19 Mride. Chittenango Falls SP, Cazenovia. cazenoviahillbender.com
- Women's Woodstock Cycling Grand Prix. Fri: time trial. Sat: road race. Woodstock. womenswoodstockcycling.com.
- 39th Hollenbeck's Spring Classic Road Race. 10am. Virgil. bikereg.com.
- Adirondack Ultra Fondo. 270M. 4am. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
- Bear Mountain Spring Classic. Harriman. nysbra.com.
- Wawarsink Spring Klassic. MTB. 10am. Lippman Park, Wawarsing. 845-626-7230. renegadesmtb.com.
- Janey's Ride. 62M: 8:30am. 30M: 10:30am. 15M: 11am. Benefits Breast Cancer Care & Research Fund at GF Hospital. After party at 1pm w/food truck, beer, raffles, silent auction. Save 10% w/code: GGBADK10 (expires 4/29). Common Roots Brewing, South Glens Falls. 518-223-0148. bikereg.com/janeysride.
- 25th Bristol Mountain Road Race in Memory of Mike Coyle. 47M. 10am. Canandaigua. 585-414-7425. bristolmountainroadrace.com.

- 3rd Pedal to Plate Culinary Bike Tour. 55M. 10am. Three lakes, five communities, 13 eatery samples, two ice cream stands and a brewery. The Hub, Brant Lake. bikereg.com/pedaltoplate.
- Berkshire Brevet BashBish 300K. 6am. Westfield, MA
- 14th Team Billy Ride & Walk for Research. 10M/25M/50Mbike: 8:30am. 3M walk: 9:30am. Post-race gathering at Henry Street Taproom. High Rock Park, Saratoga Springs. teambilly.org.
- Farm to Fork Fondo: Shenandoah. 8:30am. 80/50/35/10M rides, food, tastings, music. Belle Grove Plantation, Middletown, VA. farmtoforkfondo.com.
 - GVCC Bloomfield Classic. Bloomfied. gvccracing.com.
- Killington Stage Race. Killington, VT. killingtonstagerace.com.

JUNE

- Whiteface Uphill Bike Race. 11M. 5:30pm. Whiteface Mountain Veteran's Memorial Highway, Wilmington. wilmingtonny.com.
- Tour de Freedom Bike Rides. 50M/17M/7M rides to benefit Freedom Machines to provide recovering addicts with bikes. 989 Route 9, Queensbury. Chris Collins: 347-221-9895. bikereg.com.
- Sweat N' Summer Century. 100M. 9am. Parkwood Plaza, Clifton Park. 518-847-2419.
- American Diabetes Association Tour de Cure. 100M (7am), 62M (7:30am), 50M (8am), 30M (9am), 10M (10am). New: 5K Run/Walk (9:30am). After party w/Mazzone catered lunch, New Belgium Brewing beer garden & live music. Saratoga County Fairgrounds, Ballston Spa. 518-218-1755 x3606. diabetes.org/
- Farm to Fork Fondo: Hudson Valley. 80/50/35/10M rides, food, tastings, music. Warwick Valley Winery, Warwick. farmforkfondo.com.
- Ride for the Well of It. 17M/30M/50M. 9:30am. The Hub, Brant Lake. bikereg.com.
- Bike for the Lake. 100M/80M/60M/30M. 7am-5pm. Knight Point SP, Grand Isle, VT. 802-524-1769. northernlakechamplain.org.
- Adirondack 540 Gran Fondo. 136M. 7am. Alpine Country Inn,
- Wilmington. 518-583-3708. adkultracycling.com. 13th Tour de Kingston. 50/25/18/10/5M road & 18M gravel grinder. Forsyth Park, Kingston. tourdekingston.com.
- Farm to Fork Fondo: Pennsylvania Dutch. 80/50/30/10M rides, food, tastings, music. Wyebrook Farm, Honey Brook, PA. farmforkfondo.com.
- Vermont Gran Fondo. 39M-114M. Bristol, VT. 802-377-7871. vermontgranfondo.com.

JULY

- 13th Ididaride: Adirondack Bike Tour. 75M: 8:30am. New: 23M gravel grinder: 12pm. Gore Ski Bowl Park, North Creek. Adirondack Mountain Club: 800-395-8080x42. adk.org. Farm to Fork Fondo: Champlain Islands. 85/55/30/7M rides,
- food, tastings, music. Snow Farm Vineyard, South Hero, VT. farmforkfondo.com.

AUGUST

- Farm to Fork Fondo: Finger Lakes. 85/50/40/7M rides, food, tastings, music. Atwater Estate Vineyards, Burdett. farmforkfondo.com.
- 18th Pat Stratton Memorial Ride, 100M; 8am, 50M; 10:30am. 25M: 11:30am. Kids' Ride: 2pm. BBQ, prizes, music, pies. Mt. Pisgah Ski Area, Saranac Lake. strattonride.com or active.com.
- Farm to Fork Fondo: Maine, 85/55/35/10M rides, food, tastings. music. Pineland Farm, New Gloucester, ME. farmforkfondo.com.

SEPTEMBER

Farm to Fork Fondo: Berkshires. 80/50/30/10M rides, food, tastings, music. Hancock Shaker Village, Pittsfield, MA. farmforkfondo.com.



join or renew online: MohawkHudsonCyclingClub.org

all levels of ability welcome more than 300 rides per year

3rd annual **SATURDAY MAY 19** 10:00AM **Ride Starts** at The Hub 27 Market St. Brant Lake, NY

55-MILE **CULINARY BIKE TOUR**

> 3 Beautiful Lakes 5 Adk Communities Samples at 13 Eateries 2 Ice Cream Stands and a Brewery

FOR MORE INFO AND TO PURCHASE TICKETS: BIKEREG.COM/PEDALTOPLATE

1 Dahinda Rd, Saranac Lake

518-891-1869 • gtgtandems.com







14 Farm to Fork Fondo: Garden State. 80/50/30/10M rides, food, tastings, music. Whitesbog Historic Village, Browns Mills, NJ. farmforkfondo.com.

BICYCLING: OFF-ROAD (UNPAVED)

ONGOING

Tue Mountain Bike Rides. 6/5, 6/19, 7/10. 6pm. Various locations in Rensselaer County. rensselaerplateau.org.

APRIL

- 21 Spring Sale Celebration! 10am-5pm. 2018 & 2017 bikes on sale, meet reps, enter bike raffle, more. Tomhannock Bicycles, Pittstown. 518-663-0083. tomhannockbicycles.com.
- 21 Rasputitsa Spring Classic Gravel Grinder. 40M. East Burke, VT. rasputitsagravel.com.
- 22 NY Interscholastic MTB Race #2: Timber Ridge XC. Lippman Park, Wawarsing. newyorkmtb.org.
- 28 3rd Cross Mountain Crusher. 55M gravel/road ride. 8:30am. Margaretville. catskillrecreationcenter.org.
- 28 Prattsburgh Gravel Classic. 17M/35M/55M. 11am. Prattsburgh CS, Prattsburgh. 716-307-5753. ridelcc.com.

MAY

- 5 Tri-City BMX Open House. 10am-2pm. Free BMX practice & new riders welcome! New parent clinics, mock racing, member signups. 518-382-BMX1. tri-citybmx.org.
- 6 NY Interscholastic MTB Race #3: Hill Climber XC. Walnut Mountain, Liberty. newyorkmtb.org.
- 12 Finger Lakes Gravel Challenge. 55M/33M/22M. 11am. Harriet Hollister Spencer Park, Springwater. teamtowpathroadracing.com.
- 12 Wawarsink Spring Klassic. 10M/20M. 10am. Lippman Park, Wawarsing. 845-626-7230. renegadesmtb.com.
- 12 Stewart 4-Hour Endurance & Stewart XC Races. Montgomery. h2hrace.com.
- 20 Farmer's Daughter Gravel Grinder. 65M on scenic dirt/paved roads an off-road trails. 9am. After party w/live music, dinner, beer. Crellin Park, Chatham. farmersdaughtergravelgrinder.com.
- 26 Cabin Challenge. 60M. 8:30am. New Paltz to Claryville. 845-750-0125. cabinchallenge.com.
- 27 Williams Lake Classic. 5M laps. 9:30am/12:30pm.Williams Lake Road, Kingston. 845-658-7832. trtbicycles.com.

JUNE

- Wilmington Whiteface 100K Mountain Bike Race. Leadville 100 qualifier. Whiteface, Wilmington. leadvilleraceseries.com.
- 9 23rd Black Fly Challenge: Adirondack Gravel Grinder. 40M in Moose River Recreation Area. 10:30am. Arrowhead Park, Inlet to Indian Lake Central School, Indian Lake. blackflychallenge.com.

JULY

29 13th Ididaride: Adirondack Bike Tour. 75M road ride: 8:30am. New: 23M Gravel Grinder: 12pm. Gore Ski Bowl Park, North Creek. Adirondack Mountain Club: 800-395-8080x42. adk.org.

HEALTH & FITNESS

ONGOING

Mo-Sa Rock Your Fitness: Total Body Training. Six-week sessions: 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.

Your Success Is Our Goal

MAY

6 RevCon: A Revolution of Consciousness Lifestyle Event. 9am-5pm. Tickets promo code: RevConADK18. The Desmond Hotel, Albany. Tarah Warner: 401-589-1321. revconevents.com.

HIKING, CLIMBING & WILDERNESS SKILLS

MAY

- 10-13 ADK Thru-Hiking 101. Northville-Placid Trail, Lake Placid to Long Lake. Register: 518-523-3441 or adk.org.
- 12 Taconic Hiking Club End to End Challenge. 5:30am. 29M endurance hike. Pittsfield SF, Pittsfield, MA. taconichikingclub.org.
- 19-20 Map & Compass Bushwhack. 9am. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 518-523-3441. adk.org.

JUNE

16 The 46 High Peaks Workshop. 3M Hike. 9am. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 518-523-3441. adk.org.

JULY

- 5 Lake George Hike-a-thon. Various sites, Lake George. lakegeorgehikeathon.org.
- 7 Map & Compass Fundamentals. Adirondak Loj, Lake Placid. Adk Mountain Club: 518-523-3441. adk.org.

MULTISPORT: TRIATHLON, DUATHLON & SWIMMING

ONGOING

Su/We Triathlon Training Program: 4/15-8/1. Guilderland YMCA, Guilderland. 518-456-3634. cdymca.org.

Mon 34th High Peaks Cyclery Mini-Tri Series. 6/18-8/13. 400yd swim, 12M bike, 3M run. 6:30pm. Kids' Mini-Tri Races: 7/16 & 8/14. Mirror Lake beach, Lake Placid. 518-523-3764. highpeakscyclery.com.

Tue Capital District Triathlon Club: Crystal Lake Training. 6/5-8/28. 6pm. 0.5M swim, 18M bike, 3M run. Crystal Cove, Averill Park. cdtriclub.org.

Wed Southern Tier Triathlon Club: Summer Tri Series. 6/6, 7/11, 8/8, 9/5. 400yd, swim, 13M bike, 2M run. 5:45pm. Cassadaga. 914-466-9214. coachmarkwilson.com.

Wed Hudson Valley Triathlon Club: Summer Tri Series. 6/13, 7/18, 8/15, 9/12. 400yd swim, 12M bike, 2M run. 5:45pm. Kenneth Wilson SP, Mt. Tremper. 914-466-9214. coachmarkwilson.com.

Thu Bethlehem Tri Club: Warner Lake Training. 5/24-9/6. 6pm. Swim, bike, run. Warner Lake, Berne. bethlehemtriclub.com.

APRIL

- 21 Hudson Valley Duathlon Series #1.2M run, 12M bike, 2M run. Kenneth Wilson SP, Mt. Tremper. 914-466-9214. coachmarkwilson.com.
- 21 Rochester River Challenge Duathlon & Paddle Triathlon. 7am. Genesee Waterways Center, Rochester. flowercitychallenge.com.
- 28 Southern Tier Duathlon Series #1. Randolph. 914-466-9214. coachmarkwilson.com.
- **29 7th Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Ave Park, Delmar. townofbethlehem.org & zippyreg.com.
- 29 Open Walter & Triathlon Swim Prep Clinic: How to Prepare in the Pool. 3:30-5pm. Saratoga Regional YMCA, Saratoga Springs. Info: annb48@earthlink.net. Preregister: 518-583-9622 or srymca.org.

MAY

5 Hudson Valley Duathlon Series #2. Mt. Tremper. 914-466-9214. coachmarkwilson.com.



REGISTER: RockYourFitnessNY.com





Saturday, June 9
Inlet to Indian Lake

40 miles through the Moose River Recreation Area The Adirondacks' Greatest Race Over \$14,000 in cash & prizes Categories: MTB • CX • Juniors Tandem • Fatbike Challenge

Registration & Information: BlackFlyChallenge.com

Pedals & Petals: 315-357-3281

Produced by Adirondack Mountain Bike Association



JOIN IN THE 18TH ANNUAL

Pat Stratton

518.238.BIKE (2453)

bikebarncycles.com



Saturday, August 25, 8am

Mt. Pisgah Lodge, Saranac Lake Century, Half Century, 25 mile rides and a Free Kid's Ride!

Prizes - Food - Music!

Register: Active.com Info: adkbuild@roadrunner.com

Proceeds Benefit Youth Programs of Kiwanis Club of Saranac Lake

Maps & more: StrattonRice.com

Details: www.cdtriclub.org





SOUTHERN SARATOGA YMCA 24TH ANNUAL ANYONE CAN TRI In Memory Of Chris Gleason

Sunday, May 6

- 8_{AM} Anyone Can Tri **Outdoor Triathlon**
- 11AM Kids Can Tri Too! Kids Triathlon





REGISTER TODAY! www.ZIPPYREG.com



Run 2M - Cycle 10M - Run 2M Sunday, April 29 – 8am Elm Avenue Park • Delmar, NY Fee: \$55 • Two-Person Team: \$70 Limited to 300 & Age 18 or older

TownofBethlehem.org/ 307/Special-Events





- 24th Anvone Can Tri Triathlon. 350vd pool swim. 11M bike. 5K run. 8am. Kids Can Tri Too: 11am. Age 8-under: 25yd swim, 0.5M bike, 0.25M run. Age 9-13: 50yd swim, 1M bike, 0.5M run. Southern Saratoga YMCA, Clifton Park. 518-371-2139. zippyreg.com.
- Southern Tier Duathlon Series #2. Randolph. 914-466-9214. coachmarkwilson.com.
- Pedal-Paddle-Run. 7M bike, 2M paddle, 5K run. Teams, individuals. 8am. Aqueduct Park, Niskayuna. 518-388-4603. schenectadycounty.com.
- Spring Dual Against CF. 2M run, 12M bike, 2M run. New Paltz Church, New Paltz. springdualagainstcf.com.
- Central Park Spring Relay Triathlon: 2.2M run, 12M bike, 3/4M row. Central Park, New York. nytri.org.
- The Rat Snake Triathlon & 18K Trail Run. 8am. Gilbert Lake SP, Laurens, theratsnake.com.
- Catskill Spring Rush Triathlon. $2.25 \mathrm{M} \, \mathrm{run}$, $10 \mathrm{M} \, \mathrm{bike}$, $1.25 \mathrm{M} \, \mathrm{paddle}$. Catskill HS, Catskill. active.com.
- Harryman Triathlons: Half Iron & Olympic. 9am. Harriman SP, Lake Welch Beach, Stony Point. genesisadventures.com.
- Lake Welch Triathlon & Duathlon. .25M swim, 11.5M bike, 5K run. Du: 2M run, 11.5M bike, 5K run. Harriman SP, Stony Point, nytri.org.
- American Zofingen Duathlon. Long course: 5M trail run, 84M road bike, 15M trail run. Chris Gleason Memorial Duathlon: 5M trail run, 29M road bike, 5M trail run. 29M road bike, 5M trail run. Short course: 5M trail run, 29M road bike, 5M trail run. 7am. Stone Ridge. 914-466-9214. coachmarkwilson.com.
- 25-28 Lake Placid Triathlon Camp. Swim, bike, run training on IMLP course. 914-466-9214. coachmarkwilson.com.
- 14th Saratoga Lions Duathlon & 5K Run/Walk. 8am. 5K run, 30K bike, 5K run. New 5K Run/Walk: 8:20am. Saratoga Casino Hotel, Saratoga Springs. saratogalionsduathlon.com.

JUNE

- 31st Pawling Sprint Triathlon. 1/3M swim, 12M bike, 3M run. Lakeside Park, Pawling. nytri.org. Cooperstown Sprint Triathlon. 1/2M swim, 18M bike, 3M run.
- Aquabike: 1/2M swim, 18M bike. Glimmerglass SP, Cooperstown. atcendurance.com.
- Syracuse YMCA Triathlon. Sprint: 800m swim, 13M bike, 5K run. Aquabike. 8am. Jamesville Co Park, Jamesville. syracuseymcaraceweekend.org.
- 9th Hudson Crossing Triathlon. 500yd swim, 12M bike, 5K run. 8am. Prerace swim clinic: Sat, 6/9, 1 & 2pm. Hudson Crossing Park. Schuylerville. hudsoncrossingtri.com.
- 4th Great Sacandaga Challenge Triathlon. Adult, 9:30am: 750m swim, 20K bike, 5K run. Youth, 8am: 100yd swim, 3.1M bike, 1M run. Kids Splash & Dash, 11:30am (free): fun short swim & run. Sacandaga Bible Conference Center, Broadalbin. greatsacandagachallenge.com.
- 1st "Do the Q" Quadrathlon. 0.5M swim, 4M kayak, 18.2M bike, 6.2M run. Indian Lake. Len Carbona: 518-648-0821 or dotheq1@ yahoo.com.
- Ironman Syracuse 70.3, 1.2M swim, 56M bike, 13.1M run, 6am, Jamesville Beach Park, Jamesville. ironman.com.
- Steelman Triathlon, Aquabike & Duathlon. 8am. Darien Lakes SP, Darien Center. eclipsemultisport.com.
- 23-24 Hague Endurance Festival. Sat, 8am: Sprint & Olympic triathlons, Sprint & Olympic aquabike & kids' triathlon. Sun, 8am: Duathlon (2M run, 10M bike, 2M run). Save 10% w/code ASSE10. Town Beach, Hague. coachmarkwilson.com.
- 36th Tupper Lake Tinman. 8am. Tinman: Individual & Relay: 1.2M swim, 56M bike, 13.1M run. Aquabike: 1.2M swim, 56M bike. Olympic: 0.93M swim, 26M bike, 6.2M run, Sprint: 0.5M swim, 12.6M bike, 3.1M run. Save 10% w/code ADKSPORTAPR10 (expires 4/30). Tupper Lake Municipal Park, Tupper Lake. tupperlaketinman.com.

- Iron Girl Syracuse: Sprint, Aquabike, Bike-Run. Oneida Shores, Brewerton. irongirl.com.
- Stissing Triathlon. 0.5M swim, 16M bike, 3.3M run. 9am. Kids' Triathlons, 11-under: 100yd swim, 3M bike, 1M run & 12-17: 200m swim, 3M bike, 1M run. Save 10% w/code ASSE10. Stissing Lake, Pine Plains. coachmarkwilson.com.

AUGUST

- 18th Crystal Lake Triathlon & Aquabike. .5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- Cassadaga Kids' Triathlon. Cassadaga. 914-466-9214. coachmarkwilson.com.

SEPTEMBER

1-2 LAKE GEORGE TRIATHLON FESTIVAL. Sat, 7am: 13th Lake George Triathlon. Olympic: 0.9M swim, 24.8M bike, 6.2M run. Sun, 6:45am: 8th Big George Triathlon. Half Iron: 1.2M swim, 56M bike, 13.1M run & Aquabike: 1.2M swim, 56M bike. Battlefield Park, Lake George. adkracemgmt.com.

OCTOBER

- **Hudson Valley Duathlon Series #3.** Mt. Tremper. 914-466-9214. coachmarkwilson.com.
- Southern Tier Duathlon Series #3. Randolph. 914-466-9214. coachmarkwilson.com.
- Kayak, Bike, Run Triathlon. Cassadaga. 914-466-9214. coachmarkwilson.com

OTHER EVENTS

MAY

- "Racing Extinction" Documentary Film by Oceanic Preservation Society. 6pm. Efforts of scientists, activists & journalists to document extinction. Saratoga Public Library, Saratoga Springs. racingextinction.com.
- Mother Daughter Weekend. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
- Fly Fishing 101. 9am. Adirondak Loj, Lake Placid. Adirondack Mountain Club. 518-523-3480. adk.org.
- -13 Scouting Weekend. Badge work, activities. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
- 18-20 Women's Getaway Weekend. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
- 17th Christopher Dailey Golf Tournament. McGregor Links Country Club, Wilton. 518-581-1328. christopherdaileyfoundation.com.
- 28 Memorial Day Weekend. Theme: Willy Wonka. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

PADDLING: KAYAK, CANOE, SUP & ROW ONGOING

Wed SLVP Duathlon Series. 5/16, 6/20, 7/18, 8/15. 1.25M run, 2M paddle, 1.25M run. 6:30pm. Teams, solo. Little River Boat Launch, Canton. slvpaddlers.org.

Daily Saratoga Rowing Spring & Summer Camps. All ages welcome. Spring Sculling (age 9-12); Summer Sculling (age 9-13); Summer Learn-To-Row (rising 7th grade or higher); Summer Learn-To-Row (adult); Kindersculls (age 4-9). Saratoga Rowing Association on Fish Creek, Saratoga Springs. 518-587-6697. saratogarowing.com.

APRIL

Upper Susquehanna Pedarers & Paddlers Spring Race. 12M/18M. 11am. Tre 205 Bridge, Oneonta. 607-988-7898.









SACANDAGA

FOR MORE INFORMATION OR TO REGISTER, VISIT:

KIDS & ADULT TRIATHLONS

Iteracy 5K Run/Walk

Sunday, May 6 • 10am

Schodack Island State Park 1 Schodack Island Way, Schodack Landing Register: ZippyReg.com

\$30 registration; \$35 race day **Guided Nature Walk** - 8:15 am; **Story Walk** - 9:00 am • Youth Mile - 9:30 am *Run today. Tutor tomorrow.*

Literacy Volunteers of Rensselaer County

(518) 274-8526 • Ivorc.org





Homemade Pies to Age Group Winners! First 300 receive short-sleeve performance shirt Chip timing • USATF sanctioned Kids' 1M Fun Run: 9:30am

Register & More Info: baconhillbonanza.com Proceeds to Schuylerville Sharing & Caring Program



- Middleburgh Sloughter Canoe/Kayak Regatta. 5M. Fultonham Park/Ride, Middleburgh. 11am. 518-231-6870. middleburghrotaryny.org.
- Little River Ramble. 2M/6M. 1pm. Boat Launch, Little River, Canton. slvpaddlers.org.
- Wappingers Creek Water Derby. 8M. 8am. Pleasant Valley Rec Center, Pleasant Valley to Greenvale Park, Poughkeepsie. aquaticexplorers.org.
- 28-29 Saratoga Paddlefest & Outdoor Expo. On-water canoe, kayak & SUP sale. Mountainman Outdoors on Fish Creek & Broadway, Saratoga Springs. 518-584-0600. mountainmanoutdoors.com.

MAY

- 4-6 56th Canton Canoe Weekend. Taylor Park, Grasse River, Canton. slvpaddlers.org.
- 61st Hudson River Whitewater Derby. Sat, 11am: Giant Slalom, Sprint & Not-So-Whitewater Races. Sun, 11am: Downriver Race. New high/prep school, college & corporate team challenges in Giant Slalom & Downriver races! Hudson River, North Creek. whitewaterderby.com.
- 'Round the Mountain Canoe & Kayak Races. 10.5M. 11am. Ampersand Bay, Lower Saranac Lake. Brian McDonnell: 518-891-2744. macscanoe.com.
- 12-13 ALTO Canoe, Kayak & SUP Demo Days. Try, learn & sale. Sat, 5/12: Intro to Paddling (free, preregistration req.). Lake Colby beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 518-891-7450. adirondackoutfitters.com.
- 18-20 Adirondack Paddlefest & Outdoor Expo. On-water canoe, kayak & SUP sale. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- Ed Wessels Canoe Regatta. 32M. 10am. Otego Boat Launch, Otego to Keith Clark Park, Sidney. 607-433-0333. nymcra.org.
- 25-28 General Clinton Canoe Regatta. 5-70M. Cooperstown to Bainbridge. 607-237-6008. canoeregatta.org.

JUNE

- 1-30 Celebrate Paddling ADK. Full slate of paddling events & activities w/ALTO, Mac's, NFCT & SRCO. Saranac Lake. Schedule: celebratepaddlingadk.com.
- Get To Know Swift Lightweight Boats w/ALTO and Swift Canoe & Kayak. 10am-3pm. Free. Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 518-891-7450. adirondackoutfitters.com.
- Tupper Lake 8-Miler. 11am. Tupper Lake Boat Launch, Simon Pond & Raquette River. nymcra.org. Feeder Canal Canoe & Kayak Race. 5M. 10am. Feeder Dam,
- Queensbury, feedercanal.org.
- Celebrate Paddlesports Instructor Day. Lake Colby beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 518-891-7450. adirondackoutfitters.com. St. Regis Canoe Outfitters: 518-891-1838. canoeoutfitters.com.
- Wild Goose Chase Canoe/Kayak/SUP Race. 9M. 11am. Housatonic River, Lenox, MA. neckra.org.
- 9-10 Madrid Canoe Regatta. Pro, amateur, recreational races. Grasse River, Madrid Municipal Park, Madrid. 315-386-2577. slvpaddlers.org.
- 15-17 7th Adirondack SUP Fest. Fri: On-water demos (3-5:30pm) & Kids' SUP (4-5pm). Sat: 6M race (9:45am), 3M race (10:15am), On-water demos (11am-4pm), Intro to SUP clinic (12:30pm), Afternoon races (2:30pm). Sun: Guided SUP tour on Lower Saranac Lake (9-11am). Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 518-891-7450. adirondackoutfitters.com.
- 4th Adirondack Guide Olympics. 12-9pm. Hudson River & Waterfront Park, North Creek. Rob Rezin: 516-263-6764. facebook. com/adirondackguideolympics.
- Poker Paddle. Indian Lake. 800-328-5253. indian-lake.com.

- Donald Patenaude Memorial Towpath Regatta, 4.5M, 6:30pm. Gateway Landing Park, Schenectady. swcweb.org.
- Canoe the Creek. 1-4pm. Schodack Island SP, Schodack. Fran Martino: 518-828-1330. rensselaerplateau.org.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

Daily Train on Viking Obstacle Race Course. 35 obstacles. Sunny Hill Resort, Greenville. runsignup.com.

APRIL

- **20-22 Fleet Feet 12th Anniversary Sale.** 20% Apparel sale. Fleet Feet Sports, Albany: 518-459-3338. Malta: 518-400-1213. fleetfeetalbany.com.
- 6th Bacon Hill Bonanza 5K Race/Walk & 10K Race. 10am. Kids' 1M Fun Run: 9:30am. Bacon Hill Reformed Church, Schuylerville. baconhillbonanza.com.
- Countryman Challenge 5K Obstacle Race. 10am. Ages 7+. Obstacle course w/snow, ski & water features. Kids' Fun Race w/ Short Course (ages 7-12): 9:15am. After-race BBO & beer. West Mountain Ski Area, Queensbury. 518-636-3699. westmtn.net or active.com.
- Home Away From Home 5K, Half Marathon & Marathon. 9am. Brittonkill School, Brunswick. 518-495-5506. active.com.
- Glens Falls Rotary 5K & Corporate Challenge. 10am. SUNY Adirondack, Queensbury. active.com.
- Flower City Half Marathon & Wegmans Family 5K. 7:30am. Rochester. flowercitychallenge.com.
- 40th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center, VT. gmaa.net.
- 2nd Deers Head Mile. 1M. Elizabethtown School, Elizabethtown. runsignup.com.
- Main Street Mile Kickoff. 1M. 11am. Downtown Castleton-on-
- Hudson. 518-732-1652. castletonmainstreet.org. **2nd Sasha's Superhero 5K Run/Walk**. 10am. Wear superhero inspired attire! Kids' 100yd or 0.25M fun run (free): 9:30am. Talmadge Park, Mechanicville. sashasrun.com.
- Earth Day Run. 9:30am. Wilton Wildlife Preserve, Gansevoort.
- wiltonpreserve.org. 36th Kiwanis Kingston Classic. 10K: 1pm. 2.1M: 1:30pm. Gallo Park, Kingston. kiwaniskingstonclassic.com.
- Fox Trot 5K & 10K. Betar Trails, South Glens Falls.
- adirondackrunners.org. 3rd Earth Day 7K Trail Run & Walk. 10am. Wachtmeister Field 22 Station, Canton. natureupnorth.org.
- Save Our Switchbacks. 7.5K. 9am. Parkway Ski Chalet, Utica. uticaroadrunners.org.
- 38th HMRRC Bill Robinson Masters 10K, 9am, Age 40-plus. Guilderland HS, Guilderland Center. Jim Tierney: 518-869-5597.
- 15 th Spring Runoff 5K & 10 K. Riverfront Park, Albany. 518-512-3577. springrunoff.org. 28
- Joseph Manupella Memorial 5K Run. 9:30am. Lansingburgh Boys & Girls Club, Troy. lbgcfundraisers.org.
- Miles of Hope Breast Cancer Foundation 5K. 10:30am. 1M Kids' Run: 10am. LaGrangeville. 845-452-2049. milesofhope.org. Together We Shall 5K. 9am. Galway Central School, Galway.
- Nichole Evans: 518-727-4615. ainsleysangels.org. 10th Grace 5K Race/Walk. 10am. Music, BBQ. 490 Ecker Hollow Rd, Schoharie. 518-301-5621. the fields of grace.org.
- 5th Blue Ribbon Run Against Child Abuse. 5K run/1M walk.10am. Shuttleworth Park, Amsterdam. fmrrc.org.
- 28 Star of the North 10K, Half Marathon & Marathon 10 K/13.1 M/26.2 M.~9 am.~Civic Center, Malone.~315-212-2464.mtessier96.wixsite.com/starofthenorthraces.





SUNDAY, APRIL 29 CHATHAM, NEW YORK

Voted the Best Community Event-Spring in Columbia County 3 years running!

Come join our 5k, Meghan's Mile, or the return of the Firefighter's 5k Challenge. Long sleeve T-shirts to first 1200 entrants, music, USATF-Certified Course, and awards. Also returning this year: Expanded food court, and Berkshire Bateria Brazilian Drummers.

REGISTER TODAY! SEANSRUN.COM

for online and mail-in forms, directions, and additional



A family-friendly 5K run and 1 mile walk in scenic Central Park!

All proceeds support this care residence for terminally ill patients in need of a home in their final days. This Scotia Home is primarily staffed by volunteers and relies solely on community support for funding.

• Register by 4/20 for guaranteed race T-shirt

• Race photos posted for viewing and free download

• Shutterfly gift certificates to 5K age group, two raffle baskets and 50/50 drawing

- Register: Active.com

or run/walk day: 7:30-8:30am More Info/Entry Form: Joannicoleprincehome.org or (518) 346-5471 \$20 by 4/20 or \$25 after 4/20, student/youth \$15, family (1 adult/kids) \$30



Saturday, May 12 at 9:45am • Guilderland High School, 8 School Rd

Memory Ceremony at 9:00am • Certified course • Walkers welcome Post-race Chicken BBQ Fundraiser: at 11am: Tickets available at RunSignUp.com T-shirts to first 250 registered • Kids' 1/4M Fun Run: 9:30am • Bounce house

Register now: SummerSmith5k.com

Proceeds benefit Addictions e Center of Albany, Schenectady YWCA, FOR-NY and GRASP (Grief Recovery After Substance Passing)

38TH ANNUAL HMRRC ROBINSON Masters 10K

For runners 40 years and older Saturday, April 28 • 9am

Guilderland High School Meadowdale Rd, Guilderland Ctr

Register @ hmrrc.com

\$17 HMRRC, \$22 non-members, \$25 race day Top 3 in 5-year age groups to 80+ • HMRRC GP race Commemorative gift to first 75 registered Post-race refreshments • Certified course Jim Tierney: 869-5597 or runnerjmt@aol.com







\$25 in advance, \$30 race day Kids' Half-Mile Dash @ 10am - Free!

Register at active.com

ns appreciated for St. Mary's Food Pantry



Jessica@PowerHouseAthleticsNY.com Organized by Project HEAL to benefit local breast cancer survivors

TRIPLE CROWN

St. Mary's Healthcare

Glove Cities Rotary

"Run For The Roses 5K Run/Walk" • May 5

Johnson Jog

5K Run/Walk • May 19

Lexington

5K Run/Walk • June 9

Register Online:

zippyreg.com?event=1066

All 3 Races for only \$50!

If registered by May 2. Individual races \$20 each.

CASH PRIZES to Triple Crown winners (M/F)
in age groups: 20-39; 40-59; 60+

ALL TRIPLE CROWN ENTRIES
ENTERED TO WIN RAFFLES!
ENTER BY APRIL 20 TO RESERVE YOUR SHIRT

ONE



- Sean's Run 5K & Firefighters' Challenge. 12pm. Meghan's Mile: 11:30am. Sat, 4/28: 50/20/10M Gran Fondo bike rides at Chatham Fairgrounds, Chatham HS, Chatham, seansrun.com.
- 10th Cherry Blossom 5K Race & 1.5M Walk for ALS. Run: 29 10:15am. Walk: 11:30am. Post-race party at Wolff's Biergarten, Schenectady: 2-6pm. Congregation Gates of Heaven, Niskayuna. 5kraceforals.com.
- Storybook Stampede. 9am. 10M race & 2M fun run/walk. Belleville HS, Adams. zippyreg.com.
- 24th Ray's Run. 4M Run & 2M Walk. 12:30pm. Dietz Stadium, 29 Kingston. shawangunkrunners.com.

MAY

- **2nd Shmaltz Brewing Chosen Run 5K.** 10am. USATF Adk Grand Prix. Shmaltz Brewing, Clifton Park. Carl Ewald: 484-716-8331. shmaltz5k.com.
- 11th Joan Nicole Prince Home 5K Run & 1M Walk. 9am. Pavilion at Central Park, Schenectady. 518-346-5471. joannicoleprincehome.org or active.com.
- 5 Glove Cities Rotary "Run for the Roses" 5K Run/Walk: Triple **Crown Series**. 9am. Partner's Pub, Johnstown. 518-332-2862 zippyreg.com.
- 4th Demon Dash 5K Run/Walk. 9:30am. Hermon-Dekalb School, Dekalb Junction. 315-347-3442. hdcsk12.org.
- Run 4 the Hills for First Responders. 4M. Sharon Springs. 518-928-6998. herofundamerica.org.
- **Literacy 5K Run/Walk.** 10am. Guided Nature Walk: 8:15am. Story Walk: 9am. Youth Mile: 9:30am. Schodack Island SP, Schodack Landing. 518-244-4650. lvorc.org.
- ${\bf 9th\ Plattsburgh\ Half\ Marathon, 2-Person\ Relay, 10K}$ & new 5K. 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.
- Viking Obstacle Race. 5.5M & 35 obstacles. Lunch, beer beverage, after party. Save 10% w/code: ASF18. Sunny Hill Resort, Greenville. runsignup.com.
- 40th Mountain Goat Run & Two-Person Relay. 10M: 9:15am. Kids' 0.5M Fun Run: 8:50am. Post-race party: 11am. Saltine Warrior, Syracuse, mountaingoatrun.com.
- Greater Binghamton Bridge Run Half Marathon & 5K. 7:30am. NYSEG Stadium, Binghamton. binghamtonbridgerun.org.
- Middlebury Maple Run. Half-marathon, relay & 3M fun run. Middlebury Regional EMS, Middlebury, VT. 802-349-4696. middleburymaplerun.com.
- Steve Zemianek Bennington Road Race 3.8M/10K. 10am. Bennington, VT. bkvr.net.
- City of Cohoes Run Day. 10am. Cohoes. ci.cohoes.ny.us.
- Loudonville PTA Lion Dash Family Fun Run .5M/1M. 6pm. Loudonville ES, Loudonville.
- 3rd Summer Smith 5K Addition Awareness Memorial Run/ **Walk.** 9:45am. Memory Ceremony: 9am. Kids' 0.25M Fun Run: 9:30am. Chicken BBQ post-race fundraiser. Guilderland HS, Guilderland Center. Kristin Hoin: 518-275-6027. summersmith5k.com.
- 29th Prospect Mountain Road Race. 5.67M (1,601 feet). 9am. Lake George Forum, Lake George. adirondackrunners.org or active.com
- 12th CCRC 5K Run/Walk. 3pm. 1K Kids' Run: 4pm. BBQ chicken dinner (included): 4:15pm. All moms receive flowers. CCRC, Clifton Park. Pat Glover: 518-852-5578. ccrc-cpny.org.
- Lake Champlain Maritime Museum Half Marathon. 13.1M 8am, Basin Harbor Club & Resort, Vergennes, VT, 802-316-7142.
- Schoharie 5K Run/Walk. 5pm. Schoharie Co. Office, Schoharie 518-295-7166.
- Towpath Trail Run. 5:30pm. St. Johnsville. John Geesler: 518-568-7509. fmrrc.org.

- Allyson Whitney Run for Love 5K. 10am. Kauneonga Lake. 845-796-8046. allysonwhitney.org.
- Rhinebeck Hudson Valley Full & Half Marathon. 26.2M/13.1M. 8am. Dutchess County Fairgrounds, Rhinebeck. active.com.
- Heather Freeman Run to the Sun 5K, 10K, Half Marathon. 8am. Davidson Nissan, Watertown. heatherafreemanfoundation.com.
- Mother's Day 5K bRUNch 9:30am. Central Park, Schenectady. hmrrc.com.
- Mother-Lovin' 5K. 9:15am. Saratoga Spa SP, Saratoga Springs. 13 518-265-0962. kellysangelsinc.org.
- CDPHP Workforce Team Challenge 3.5M. 6:25pm. Empire State 17 Plaza, Albany. cdphpwtc.com.
- Jog for Jugs Half Marathon & 5K Run/Walk. 9am. New location! Colonie Town Park, Latham. Jessica Mitchell: 518-209-4190. powerhouseathleticsny.com.
- 8th SMSA Kerry Blue Hustle 5K. 9am. Kid's Dash: 10am. SMSA School, Glens Falls. Renee Cartier: 518-955-2022. active.com.
- Johnson Jog 5K Run/Walk: Triple Crown Series. 9am. Johnson Hall Historic Site, Johnstown. zippyreg.com.
- Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 518-583-9767. zippyreg.com.
- MHRRC Women's Run 10K/5K. 8am. Van Wyck Trailhead, Wappingers Falls. mhrrc.com.
- 3rd Scotties Stampede: 5K for Education. 9am. Ballston Spa School District, Ballston Spa. scottiesstampede.org.
- Champlain Bridge 5K. 10am. Historic Site, Crown Point. lachute.us.
- **Team Billy Bicycle Ride & Walk for Research.** 3M Walk: 9:30am. 10M/25M/50M Bike: 8:30am. After party at Henry Street Taproom. High Rock Park, Saratoga Springs. teambilly.org.
- Anderson Center for Autism 5K. 9am. The Crossings, Colonie. Victoria Guzek: 518-588-9611. andersoncenterforautism.org.
- Erie Canal Half Marathon. 8am. 5K: 8:10am. Adirondack Bank 20 Center, Utica. uticaroadrunners.org.
- Shires of Vermont Full & Half Marathon. 9am. Bennington, VT. 218-790-0504, bkyr.net.
- 35th Run Like The Wind Races. 5K Run/Walk: 9:30am. 10K: 9:45am. Liberty Square, Ellenville. 845-647-3000. ellenvillerunlikethewind.com.
- Glens Falls Urban Assault 3.5M Obstacle Race. 5pm. More than 20 obstacles. Costumes & teams welcome. 206 Glen Street (near $Bullpen\ Tavern),\ Glens\ Falls.\ adkracemgmt.com.$
- Crown Point Memorial Day 10K/5K/1M. 9am. Crown Point State Park, Crown Point. 518-597-9297. facebook.com.
- 3rd Tyner Trail Run. 8:30am. Cole's Woods, Glens Falls. 518-791-7910. active.com.
- ${\bf Cooter\, 5K\, Walk/Run.\, 9:30am.\, Tri-Town\, Arena,\, Brasher\, Falls.\, 315-389-4831.}$
- Hercules Fitness Challenge Obstacle 5K Run. 28 obstacles. Ring 26 Homestead Camp, Middletown. herculesfitnesschallenge.com.
- $\textbf{14th Saratoga Lions 5} K\, \textbf{Run/Walk \& Duathlon}. \, \textbf{New 5} K \textbf{:}$ 8:20am. Du: 8am. Saratoga Casino Hotel, Saratoga Springs. saratogalionsduathlon.com.
- Woodstock Memorial Weekend 5K/15K. 8am. Woodstock. 845-249-0152. onteorarunners.org

JUNE

- 40th Freihofer's Run for Women 5K. 9am. USATF Adk Grand Prix women's 5K. Junior 3K Run (age 7-14) & Kids' Run: 11am. Health & Fitness Expo: 5/31 (4-8pm) & 6/1 (12-7pm), The Armory at Sage Colleges. East Capitol Park, Albany. freihofersrun.com.
- **21st Charlton Heritage 5K Run/Walk**. 10am. Kids' 1M Fun Run: 11am. Old Red School House, Charlton. 518-399-3797. charlton5k.org.
- Rail Trail to the Footbridge 5K Trail Race/Fun Walk & 1K Kids' Fun Run. 9am. Slate Valley Museum, Granville. railtrailtothefootbridge5k.com.







Saturday, June 9 • 9:00am Village Square, Kinderhook

Certified 5K chip timed • Walkers welcome \$18 by 5/31 (\$15 students); \$25 all after 5/31

OK 1 Run (Kid's One-Miler) Sponsored by Kinderhook Runners Club Ages 4-12 • \$2 • 8:15am

Register & Info: OK5Krace.org kinderhookok5krace@gmail.com



5K \$25 by 5/28, \$30 after • 10K \$35 by 5/28, \$40 after Dri-fit shirts to first 200 registered Free Kids' 1K Fun Run: approx. 9:30am Stay for Whipple City Festival (free) with food, beer, live music, family activities, exhibits

Register online: FinishRight.com Entry form/info: GreenwichChamber.

More info: **518-692-7979** Benefits Chamber Scholarship at Greenwich CSD Join The Families of Liza, Nikki, Amber and Gamie The Run for Help 5K Run/Walk Against Domestic Violence

To benefit Unity House

Sunday, June 10 • 10am

Goff Middle School, East Greenbush
T-shirts to first 300 • Kids' Run: 9:30am
\$30 by 67 or \$35 race day

Register:
ZippyReg.com?event=1077
Info: RememberingLiza.org
or UnityHouseNY.org
In memory of Liza Ellen Warner & Nikki L. Hart

1ST ANNUAL dirondack 15K Race to the Lakes Saturday, June 30 – 8am SUNY Adirondack, Queensbury to Warren Co. Bike Path to finish at Battlefield Park, Lake George! Limited to 300 runners • Active.co Technical, gender-specific shirts to all by 5/1. Buses back to SUNY Adk starting at 10am. Benefits LGA's Floatina Classroom

- 11th Cantina Kids Fun Run. 9am. 1M: ages 8-12; 1/4M: ages 7-under. Congress Park, Saratoga Springs. 518-583-8765. cantinakidsfunrun.org.
- Peach Hill Park 5K Run/Walk. 9am. Peach Hill Park, Poughkeepsie. peach-hill-park.org.
- Route 50 Mile. 6:50pm. USATF Adk Grand Prix One-Mile. Kingsley & Route 50, Burnt Hills, captaincares.org.
- 20th Kinderhook Bank OK-5K Run/Walk. 9am. OK-1 Kids' One-Miler: 8:15am. Village Square, Kinderhook. ok5krace.org.
- Lexington 5K Run: Triple Crown Series. 9am. Perry St, Johnstown. zippyreg.com.
- Race the Lake Marathon & Half Marathon. Glimmerglass SP, Cooperstown. 607-547-2800. clarksportscenter.com.
- Lions Ramble. 5:30pm. St. Johnsville. John Geesler: 518-568-7509. fmrrc.org. Sasquatch Half Marathon. 13.1M. 8am. Whitehall Athletic Club,
- Whitehall. 518-260-2392. facebook.com.
- Lifesong Dash 5K. 10am. Kids' Run: 9:30am. Town Park, Halfmoon. lifesongdash.com.
- 11th PRIDE 5K Rainbow Run. 9am. Corning Preserve, Albany.
- Run for Heroes 5K & 10K Run/Ruck & Kids Run. 8am. Rail Trail at Gold's Gym, Poughkeepsie. mhrrc.org.
- Patriot Day 10K/5K & 2M Walk. 9am. Wingate by Wyndham, Rome. romanrunners.com.
- 47th NY Mini 10K Women's Race, 8am, Central Park, New York, nyrr.org.
- "The Run for Help" 5K Run/Walk Against Domestic 10 Violence. 10am. Kids' Run: 9:30am. Goff MS, East Greenbush. rememberingliza.org or zippyreg.com.
- 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 County Fairgrounds, Ballston Spa. 518-218-1755 x3613. diabetes.org/capitalregion.
- Distinguished Service Run 8M. 9am. Phys Ed Building, UAlbany, Albany. hmrrc.com.
- 10 Northeast Kidney Foundation Walk/Run. 8am. Central Park, Schenectady. 518-527-6236. healthykidneys.org.
- 2nd RFFR Color Run. 8am. Fire Dept, Rensselaer Falls. 10 315-528-3793.
- 4th Good Karma 5K Run/Walk. 9:30am. 9am: Yoga Warmup. 16 Post-race: Indian food, henna tattoos. Crossings Park, Colonie. Mona Caron: 518-429-9068. facebook.com/goodkarmarun.
- Wilmington Whiteface Whiskey Run 10K. 9:30am. Whiskey tasting (included), local distillers, food, barrel making, fun. Festival Field, Wilmington. 518-524-1023. adkwhiskeyrun.com.
- 3rd Spring into Summer 5K Run/Walk. 8:30am. Coxsackie-Athens HS, Coxsackie. Greene County YMCA: 518-731-7529. cdymca.org/spring-into-summer-5k.
- Whipple City 5K Run/Walk & 10K Run. 8:30am. Kids' 1K Fun Run (free): 9:30am. Greenwich MS, Greenwich. 518-692-7979. greenwichchamber.org or finishright.com.
- "Drag'n the Dads" Father's Day Family 5K. 9am. Kids' Mile Run & Dragon Dash: 10am. Warming Hut, Saratoga Spa SP, Saratoga Springs. finishright.com.
- $\textbf{Tri-City ValleyCats Father's Day Home Run 5K.}\ Joe\ Bruno$ Stadium, HVCC, Troy. 518-456-3682. hmrrc.com.
- 16 Rensselaerville Ramble Trail Run & Walk. 9am. Rensselaerville. 518-797-3440. huyckpreserve.org.
- 4th Piece by Piece 5K. 8:45am. Remington Recreation Trail, Canton. 315-267-6183. runsignup.com.
- 38th Swamp Rat Runs: 5K Christopher Taddeo Memorial Run & 16 10K. 9am. Bartell Road, Brewerton, syracusechargers.org.

- 17 1st Finest 5K Memorial Run. 8:30am. Part of LG's Law Enforcement Officers' weekend. West Brook Rd, Lake George. adkracemgmt.com.
- Summer Sizzle 5-Mile Road Race. 9am. SUNY Poly, Marcy. 315-895-7471. uticaroadrunners.org.
- New Paltz Challenge Half Marathon & 5K. 7:30am. New Paltz. 845-255-0243. newpaltzchamber.org.
- Summer Solstice 14K Trail Run. 6:30pm. Minnewaska SP Preserve, Gardiner. shawangunkrunners.com.
- Northeast Kidney Foundation Walk/Run. 8am. Central Park, Schenectady. healthykidneys.org.
- Saratoga Stryders Trail Run Series #1. 6:15pm. Wilton Wildlife Preserve & Park, Gansevoort. saratogastryders.org.
- 1st Adirondack 15K Race to the Lakes. 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. adirondackrunners.org.
- Finger Lakes 50s Trail Races. 50M/50K/25K. 6:30am. Hector. fingerlakesrunners.org.
- Strides 4 STRIDE 5K. 9am. 2K Walk: 10:30am. Jennings Landing, Albany. 518-598-1279. stride.org/s4s.

JULY

- 12th "Firecracker 4" 4-Mile Road Race. 9am. USATF Adk Grand Prix 4-Miler. Practice Runs from local pubs: Tue, 6pm from 5/29-6/26. Kids' Sparkler Race, live music & more. Run Your Colors teams for charity. Saratoga City Center, Saratoga Springs. firecracker4.com.
- Saratoga Springs Half Marathon, Two-Person Relay & 5K Run/Walk. Benefits Strong to Serve. Saratoga Spa SP, Saratoga Springs. saratogaspringshalf.com.
- Run the Ridge: 5K Mud Run w/Fun, Challenging Obstacles. Heats start: 8:45am. Family Fun Runs: 11:30am & 12pm. Maple Ski Ridge, Schenectady. 518-381-4700. runtheridge.net or
- 22nd Silks & Satins 5K. 8am. Jeff Clark Memorial Race. Race track free admission is back! Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.
- Randolph Toymaker 5K. Randolph. 914-466-9214. coachmarkwilson.com.

AUGUST

10-11 Peak to Brew Relay. Teams of 6-12 runners, 1-2 support vans, 220M over 42 legs. Whiteface Mountain, Wilmington to Saranac Brewery, Utica. p2brelay.com.

SEPTEMBER

- ADK 5K at Adirondack Brewery. Lake George. Carl Ewald: 484-716-8331. adk5k.com.
- Amish Country Running Festival. Randolph. 914-466-9214. coachmarkwilson.com

OCTOBER

- Mohawk Hudson River Marathon & Hannaford Half Marathon. 8am. Sat, 10/6: Adk Sports & MHR Marathon/Half Expo, Albany Capital Center. Full: Schenectady to Albany. Half: Colonie to Albany, mohawkhudsonmarathon.com.
- **Heady Trotter 4-Miler.** The Alchemist Brewery, Stowe VT. iraceforbeer.com





SATURDAY, JUNE 16

Where: Coxsackie-Athens High School

Time: 7:30am • Registration 8:30am • 5K Run/Walk

Cost: \$20 Pre-registration \$25 Day of Registration



Greene County YMCA 518.731.7529 tocarroll@CDYMCA.org

OUR PLATINUM PARTNER



of Northeastern New York

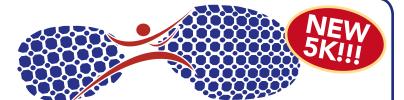


Bold listing = Advertiser in current issue of Adirondack Sports & Fitness.

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







HALF MARATHON | RELAY | 10K | 5K

SUNDAY, MAY 6 • 8AM

CITY RECREATION CENTER • 52 US OVAL, PLATTSBURGH

PlattsburghHalfMarathon.com

Registration is Open to the First 1000 Entrants Half Marathon, Two-Person Relay, 10K Run - and new 5K Run!

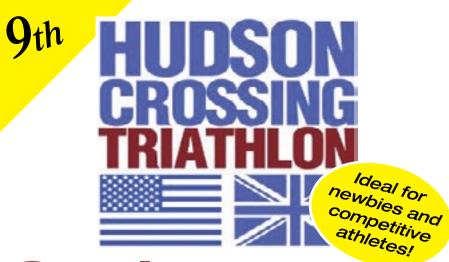
- All Runners Receive T-Shirts and Finisher Medals
- Scenic Course USATF Certified Chip Timing
- Post-Race Party Free Post-Race Massage

Daniel Lennon (1:09:52) and Carrie Pomainville (1:31:44)

TEAMFOX FOR PARKINSON'S RESEARCH

Proceeds to benefit Team Fox for Parkinson's Research

Presented by Skechers & Kinetic Running Sponsored by Mold-Rite Plastics, /arren Tire Service Center and City of Plattsburgh Recreation Dept



Sunday, June 10

Hudson Crossing Park, Schuylerville 500yd Swim, 12M Bike, 5K Run Limited to 300 - Register Early!

HudsonCrossingTri.com

A portion of proceeds benefit historic Hudson Crossing Park

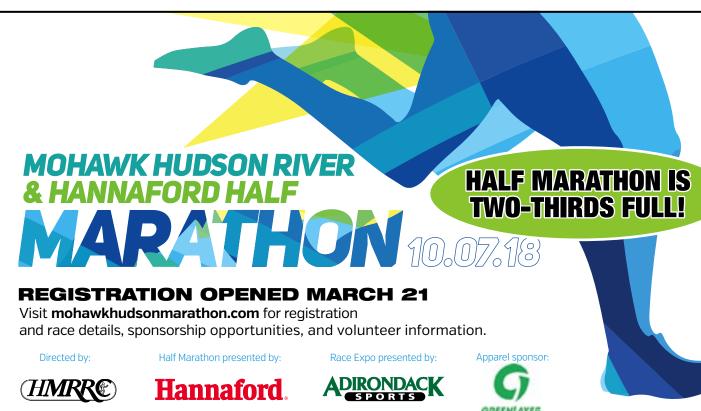
Proactive Chiropractic, PLLC

Dr. Christopher Bath Dr. Kerry Deyo



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- Active Release Technique
- Titleist Performance
- Kinesiotaping Association
- RockTape
- SFMA (Selective Functional Movement
- Sport Science and





GREENLAYER



IEFF CLARK MEMORIAL RACE



Saturday, July 21 0 8am Start

Fasig-Tipton Pavilion 415 East Avenue

Join I,200 runners & walkers

- Race Track free admission is back!
- USATF certified 5K course

Special Olympics New York

- Shirts to first 1,100 registered
- Many individual awards categories
- Teams competition
- Fast and flat course thru
 East Side neighborhoods



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SUNDAY • MAY 6, 2018

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Race Smarter to the Finish Line

By Shelly Binsfeld

more strategies to positively position yourself within the race helps to outwit competitors or even yourself. The racing experience becomes deeper and more intriguing when race strategies are employed. After 16 training years and over 250 races ranging from 400 meters to half marathons, I have gathered a few gems to share with you. When asked to imagine a calming location, often people place themselves on an ocean's beach. I place myself on the center turf of an outdoor track meet with the hot sun shining down on me as I stretch and listen to the fans cheer.

Uphill – Uphills are an opportunity to mentally outwit competition. Always run over the top of the hill. So many runners slow down once they reach the highest point of the hill, thinking they need a break. However, at the top of a hill where there is no increase in elevation, the body receives the break it needs all the while continuing at race pace. Additionally, a downhill is likely on the upcoming portion of the course where an extra recovery is gained since gravity helps pull a runner down the hill.

Tangents – If a GPS watch calculates a distance of 3.2 or more on a USATF certified 5K course, you are probably not running the tangents. Make the course as short as legally possible by running straight lines from corner to corner. Use caution when you are elbow to elbow with other runners; the racing crowd becomes broad and not aware of the tangents within a race course. Those meters added by taking the corners too wide, or not running a straight line through a windy road can impact the over distance, making the race longer than needed. Reduce these occurrences by viewing the course beforehand.

Half-Mile Secret – Increase the effort when a half-mile from the finish, in order to perform the last stage of the race well. Many runners will not have the mental strength to give their last push until they can see the finish line. But a runner doesn't need to see the finish line to know it is coming. During the warm-up, run the course in the opposite direction to a half mile from the finish line. Note a landmark that can signal an initiation to increase effort, which will result in the speed to pass unprepared competitors.

Thirds - Break the 5K and 15K race distances up into thirds. In the first third of the race, hold back the adrenaline rush and get a good even rhythm going. For the second third of the race, run with a hard effort, pushing the body. Then compete with the strength of the heart for the last third of the race, remembering goals and desires. You can do the same with a 10K.





Change Gears – When having a bad race and not in the groove, try alternating into a different gear. A runner can first run faster to see if that lessens the pain or involves them in the dynamics of the race. If that doesn't work, they haven't lost anything and can try running slower. Sometimes a different pace is all that is needed. It is similar to driving a stick shift car. Getting into the right gear can help the engine purr.

Every Second – Every second counts. Runners I have worked with have come back with the comment that they frequently hear my voice repeat this truth. It is so true. Danielle Maslowsky of Ballston Lake and I ran a race several years ago, and as we

got within 400 meters of the finish, I knew we would be so close to her goal of running under 19 minutes. Her finish time was 18:59:50. The computer system then rounds the time to 19:00. One-half second off of her goal. One step faster, one small push within the middle of the race, or a tighter tangent kept her from running a 5K under 19 minutes. Never forget how much a second can matter. Treat each second in a race as valuable.

Two-Mile Race – When racing a 5K earlier in the training season, race to the two-mile mark, making it the finish line of hard effort. Often the thought of hard effort for a full three miles is discouraging and prevents

racing. Treat the race as a two-mile workout. Don't worry about the third mile. At the two-mile marker choose whether to slow down slightly, and finish the race out knowing that a strong workout was accomplished, or stay in the race trying to beat the person ahead. In a Labor Day race several years ago I employed this strategy. I ended up at the second mile marker alongside another runner. We had been fighting to stay in front of each other during the previous mile. One more mile didn't seem so daunting since I was invested in the outcome.

Nerves - Experienced racers still get nervous, often hating the night before jitters and stressful morning car rides to the race course. However, the reaction is completely natural and signals the body to release the hormones needed to encourage performance. Knowing that fact helps you accept the discomfort and remember the rewarding feelings of postrace moments. Often once a racer starts the warm-up routine, their mind calms down and they enjoy the process. Don't let nervous feelings cause more nervousness.

Without A Watch – Don't look at the watch. Just run. Does it really matter what the time is at the mile markers? What matters is if you're in the groove and seeking to pass other runners.

Hold Back – Hold back on the first mile of a race. If you take a season just practicing the pace that is appropriate on the first mile, you will find great dividends. Practice this during your training by running at 90% race pace effort within a few workout sessions.

Smile - Run with a smile. I know you doubt me on this one, but I have had too many great races when I have run with a smile on my face. Number one, it takes less energy to smile than grit my teeth or frown. Second, the positive thoughts accompanying smiling help keep me believing in my ambitions and keep me running with gratitude. Third, this posture helps the upper body stay relaxed and moving in sync with the lower body.

Lastly, avoid disqualifying race results by immediately expecting to be faster the next race. My fastest 5K ever was surprising and an absolute thrill. The next morning on my recovery run I immediately created an expectation to run my next 5K faster. Looking back on that morning I wish I would have just reveled in the accomplishment and not expected more of myself, accepting it as a great time, worthy of being my best ever time.

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.





















couple of weeks ago, while skiing on a quiet backcountry trail near a beautiful pond that houses an enormous beaver lodge as well as an old heron rookery, we suddenly heard voices in the woods. We looked, and crashing through a thick hemlock stand, a couple of guys on skis appeared. My first thought was – what in the world are they doing in there? The guy in front, as he was stomping down the twigs and ducking under branches, called out happily, "This is not the way to go!"

Meet Larry Wilke, who at 86 years old was on a backcountry outing with his grandson, showing him this special place called The Vly, and trying to find a shortcut off of the pond back to the trail.

I hadn't seen Larry in a while, not even at the local meeting place – the post office. I was delighted and not at all surprised to see him tromping through the trees. If you're looking for Larry, that's where you'll likely find him. He will either be paddling something, hunting something or sliding on something, just as he has been doing since he was a small child in the 1930s.

The timing couldn't have been more perfect when I was asked to write an athlete profile about Larry. When we spoke on the phone and I asked about coming to meet with him and Sally, his wife of almost 65 years, he remarked, "They said something about an athlete profile, but I'm not an athlete or anything." I chuckled, and told Larry that if he wasn't an athlete, I'm not sure who is! Larry is an athlete in the true Adirondack sense. Though he didn't make a life of competing in races, a life spent being active outdoors in one sense can put those of us who work our desk jobs and manage to get an hour or two a day outside, pursuing our fitness goals, right in our place.

Larry started skiing when he was about six (let's see, that's 1938), and though we couldn't find it, somewhere there is a photo of him as a tiny boy, next to his skis. At this point in our conversation, Larry held his hand up over his head as far as he could reach to indicate the height of those first skis. He started skiing at the North Creek Ski Bowl, where Carl Schaefer built the first ski tow in 1935, using the engine of a 1929 Buick. He also carved turns into the 1940s on Schaefer's property nearby, to where that original lift was moved, and where the remnants still remain.

AGE: 86

RESIDENCE: North River

FAMILY: Wife, Sally; Children, Barbara,

Patty, Mike, Rich; Numerous Grandchildren and

An Adirondack Athle

Great-Grandchildren

occupation: Retired from Remington Arms,

Herkimer and Examiner for Professional Ski Instructors

of America

PRIMARY SPORTS:

Skiing: Alpine, Telemark, Cross-Country, Backcountry,

and Paddling

OTHER: Sailing, Woodworking, Hunting

Growing up in Schenectady, Larry was a neighbor of Carl Schaefer, an accomplished stonemason who hired him as a teenager to do stone work. Carl also was a Boy Scout leader, taking boys into the Adirondacks to "keep them out of trouble." Carl had a strong influence on Larry's formative years; hard work and outdoor recreation became Larry's life.

As a high school student, Larry raced with the Mount Pleasant High School Ski Team. One of his coaches took a few of the skiers to the famous Tuckerman Ravine on Mount Washington in N.H., so Larry made his first trip there in the late '40s. Thus started a regular tradition of Memorial Day weekend Tuckerman trips that lasted many years.

After Larry became smitten with Sally in college, she accompanied him to Tuckerman. Sally recalls, "He told me to 'sit on that rock. If you hear someone yell "ice," get under it.' The fog was so thick that I just sat there all day. I heard skiers going by, but couldn't see them." She added, "You've been up there, right? Oh my gosh – there's a picture of me crying..." Nevertheless, they kept going back. When each of their four children became 10, they were allowed to go. Except for Rich, the youngest, who wouldn't be left behind, and first skied Tuckerman at seven years old.

Let's back up a bit. During Larry's last year of high school, he studied ski instruction with the Schenectady Wintersports Club, and received his first teaching certification. He then went on to college at SUNY College of Environmental Science and Forestry (ESF). He continued to teach skiing all through college with the Syracuse University ski program, where he was put in charge of training the teachers. "I got 50 cents an hour for being a patrolman if I wore my belt, and probably \$1 an hour for teaching - big money!" You could tell where Larry's priorities lay as he added, "I nearly flunked out!" Well, he didn't of course, and graduated with a degree in Wood Products Engineering.

Larry continued teaching skiing after joining Professional Ski Instructors of America (PSIA), where he was on the educational staff for 35 years. I met Larry in 1992 when I started working at Garnet Hill Lodge Ski Center. Larry was my mentor and the ski school director there, starting me off on what is now over

25 years of teaching skiing. Do I dare say Larry taught me everything I know? He certainly was a strong influence.

Larry's working career started with Standard Furniture in Herkimer, followed by GE, and then 19 years at Remington Arms, where he was a Senior Process Engineer. His specialty was gunstocks made of walnut. Larry's proficiency as a woodworker and builder is evident if you visit his beautiful home, which he and Sally built themselves. That was after they built the camp to live-in while they built the barn! "You have to have somewhere to store the boats!" says Larry.

The boats are another huge part of Wilke family life. Larry made his first trip down the Hudson River Gorge in a wood/canvas canoe in 1959 with his friend Charlie, on a trip that included many swims, and ended with a wrecked canoe and a 12-mile hike out. Local writer, founder of Hudson Headwaters Health Network, and longtime Hudson River Whitewater Derby paddler, John Rugge Jr. and his father were with them in a separate canoe, and they continued down the rest of the river for a clean run.

Never one to back off from adventure, Larry has continued to take part in the annual Hudson River White Water Derby, which will turn 60 this year. The Wilke family has been in the derby just about all of those years, and in 2017, four generations of Wilkes competed! I suggested that if it wasn't for the Wilkes, we would have no derby. "Yeah," Sally chuckled. Larry and Sally continue to strive to keep the derby alive and thriving. Keep an eye out there on May 5-6 for the Wilke family!

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GRANDDAUGHTER SARAH DAY,
GREAT-GRANDDAUGHTER OLIVIA
DAY, DAUGHTER IN-LAW TRISHA
WILKE AND LARRY.



Do you think all of this makes Larry an athlete? If not, perhaps we should add that Larry is an avid deer hunter, hiking all over his steep property, and the state land behind it. And he taps 90 trees every year for maple syrup on that same steep hillside. He and Sally are also sailors – more boats for the barn! When I was struggling to make my first Telemark turns about 20 years ago, I would gawk as Larry carved graceful arcs on his tele skis on The Rumor, the steepest double black diamond trail at Gore Mountain.

For the past 25 years, Larry has been an inspiration to me, and has been to many others for much longer. So if you run into this Adirondack athlete in the woods, take some time to hear a few stories – you won't regret it!

Julia West (spiritsong@frontiernet.net) of North River is a high school science teacher for Oak Meadow, an avid skier, instructor and coach for the Johnsburg School Nordic Ski Team and whitewater guide. She enjoys biking, hiking, gardening and everything outdoors!





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ast month we covered why you should join a tri club. Now it's time to sign up for some early season races, get your training miles completed, and be ready for these wonderful events. They are perfect races for those entering the world of multisport or great speed workouts for veterans to gauge their early season fitness.

Get yourself ready with the Hudson Valley Duathlon Series of three races, which are on Saturdays, April 21 and May 5, and the end of the season on October 6, at Kenneth Wilson State Park in Mt. Tremper (near Woodstock). A two-mile rolling run within the park, is followed by a 12-mile challenging bike route that circles the park, before running the same course. Register at coachmarkwilson.com.

The seventh annual Delmar Duathlon is on Sunday, April 29 at 8am from the Elm Avenue Park in Delmar. It's a two-mile run, 10-mile bike and two-mile run that's open to individuals and two-person teams. The run is a mix of roads and trails within Elm Avenue Park and the bike course is a clockwise loop. There's a spirit of camaraderie at this flat and fast event, and it's a good test of your fitness at the beginning of the season. Registration is open to age 18 or older. The event is cosponsored by Bethlehem Area YMCA and Town of Bethlehem. Register at zippyreg.com.

On Sunday, May 6 at 8am, the 24th annual Anyone Can Tri Triathlon will take place at the Southern Saratoga YMCA in Clifton Park. It's the oldest triathlon in the area, featuring a 350-yard pool swim, 11-mile relatively flat bike loop, and 5K neighborhood run, ideal for beginners. The popular Kids Can Tri Too! Triathlon is at 11am for ages 8 and under with a 25-yard swim, half-mile bike and quarter-mile run, and ages 9-13 with a 50-vard swim, one-mile bike and halfmile run - start them early! Bring the family as there will be a DJ, games, food and fun for all. The race honors Clifton Park native and Ironman Chris Gleason who passed away at the age of 40 after completing the 2011 Philadelphia Marathon. Preregister by May 3 at 3pm as there's no race day entry for the adult tri. Register at zippyreg.com.

The Lake Placid Triathlon Camp on Friday-Monday, May 25-28, is an opportunity to spend a weekend training on the Ironman Lake Placid course with eighttime IMLP finisher, Mark Wilson. If you're doing or considering IMLP, learn the ins and outs of training and the swim, bike, run on this famous and most-loved triathlon venue. A buy two, get one free offer applies to this camp. For more info, visit coachmarkwilson.com.

The 14th annual Saratoga Lions Duathlon is on Sunday, May 27 at 8am from the Saratoga Casino Hotel in Saratoga Springs. The popular race features a 5K twoloop run, 30K three-loop bike, and another 5K run. The duathlon is open to individuals and teams of two or three. Runners beware, there's a new, separate Saratoga Lions 5K Run/Walk at 8:20am - a great option for non-cyclists. Being on Memorial Day Weekend, there's a special emphasis on honoring our military, with registration fees for active military and wounded warriors cut in half. All net proceeds go to the Lions Club mission of sight, hearing, diabetes, youth and community! Finally, get in on the action with \$5,000 of raffle prizes! Register at saratogalionsduathlon.com.

On Sunday, June 10 at 8am, the ninth annual Hudson Crossing Triathlon is based at the historic Hudson Crossing Park in Schuylerville. The sprint distance course features 500-yard swim in the clean, still water of Champlain Canal, 12-mile bike in the Northumberland farm country, and 5K run with a mix of road and trail - highlighted by a section along the Champlain Canal towpath. Hudson Crossing is open to individuals and teams or two or three. To help you prepare, there will be a pre-race swim clinic on Saturday, June 9 at 1 and 2pm, led by USAT coach Kristen Hislop. A portion of proceeds benefit the Hudson Crossing Park. Register at hudsoncrossingtri.com.

The Hudson Valley Triathlon Club's Summer Tri Series of four races, which are on Wednesdays, June 13, July 18, August 15 and September 12 at Kenneth Wilson State Park in Mt. Tremper. The 5:45pm races consist of a 400-vard swim. 12-mile hilly bike and two-mile run, in a fun, friendly atmosphere to get your feet wet or get a speed workout. Register at coachmarkwilson.com.

On Saturday, June 16, the fourth annual Great Sacandaga Challenge Triathlon is at Sacandaga Bible Conference Center in Broadalbin on Great Sacandaga Lake. It's an exciting family event featuring the

Adult Sprint Triathlon at 9:30am, with a 750-meter shoreline swim, 20K bike course north of the village, and relatively flat 5K run - open to individuals age 12 and up and teams of two or three. At 8am, the Youth Triathlon includes a 100-yard swim, 3.1-mile bike and one-mile run with a minimum age of 7, and at 11:30am the free Kids Splash & Dash made up of a fun short swim and run with no minimum age. There will be plenty of other activities to keep kids entertained, including a bounce house, mini golf and face painting. Proceeds support the Fulton County Sheriff's Office in their recreational safety efforts. Register at greats a can dag a challeng e.com.

The inaugural "Do the Q" Quadrathlon will take place on Saturday, June 16 at Indian Lake. The quadrathlon consists of a half-mile swim, four-mile kayak, 18.2mile bike and a 6.2-mile run, in accordance with World Quadrathlon Federation (wqf. quadrathlon.com) guidelines. First-year registration is limited to 50 participants who will do all events; there will be no relay teams. The scenic routes will be near Indian Lake in the central Adirondacks. According to race director, Len Carbonara, "Quadrathlons are increasing in popularity in Europe so we wanted to host this race locally to provide athletes with a unique experience." For more info, contact Len at 518-648-0821 or dotheQ1@yahoo.com.

The High Peaks Cyclery Mini-Triathlon Race Series begins its 34th year of introducing the sport of triathlon to the North Country. Races run on Monday nights from June 18 to August 13. Registration starts at 5:30pm near the Mirror Lake beach and racing starts at 6:30pm. The series is open to individuals or teams of three and bike rentals are available. The course is a 400vard Mirror Lake swim, 12-mile bike out to River Road and back, and three-mile run on Mirror Lake Drive and Whitney Road, and entrants vary from first-time triathletes to world-class athletes! There are also two Kids' Triathlon Races on July 16 and August 14 with 2:30pm registration and 3pm start. More info at highpeakscyclery.com.

On Saturday, June 23 at 8am, join the 36th annual Tupper Lake Tinman to "Race the Adirondacks" and see why the Tinman is one of the longest running triathlons in the U.S. From Tupper Lake Municipal Park,

you can choose from five races: Tinman with 1.2-mile swim, 56-mile bike, 13.1-mile run: Aquabike with 1.2-mile swim, 56-mile bike; Relay (same distances as Tinman); Olympic with 0.93-mile swim, 26-mile bike, 6.2-mile run; or Sprint with 0.5-mile swim, 12.6-mile bike, 3.1-mile run. Entry includes T-shirt, carbo-dinner voucher, post-race BBQ, and two draft beer pints (21+). To save 10%, use promo code ADKSPORTAPR10 (expires April 30). Register at tupperlaketinman.com.

The inaugural Hague Endurance Festival is on Saturday-Sunday, June 23-24 at 8am at the Town Beach in Hague, on beautiful Lake George - formerly home of North Country and HITS triathlons. Saturday's races include the Sprint and Olympic distance triathlons, and Sprint and Olympic aquabike races, followed by the Kids' triathlon. Sunday features the Duathlon with a two-mile run, 10-mile bike, two-mile run for individuals and relay teams. The bike routes head north toward Ticonderoga and back (avoiding NY Route 8 Graphite Mountain climb), and the run courses head south toward Silver Bay and back. Athletes who enter Sprint or Olympic triathlon on Saturday and Duathlon on Sunday will be eligible for special awards. It's a family-friendly festival with live music, food/ drink and beach. To save 10%, use code ASSE10. Register at coachmarkwilson.com.

On Saturday, June 30 at 9am, the Stissing Sprint Triathlon is on a beautiful race course that encompasses a small town, rolling hills and Stissing Lake in Dutchess County, near the Columbia County border. It's a welcoming event for adults with a 0.5mile swim, 16-mile rolling bike, and 3.3-mile run around the lake, and kids with races for age 11 and under (swim 100 yards, bike three miles, run one-mile) and ages 12-17 (swim 200 meters, bike six miles, run onemile). Following the race, there's BBQ, music and fun. The race benefits the Pine Plains Recreation program. To save 10%, use code ASSE10. Register at coachmarkwilson.com.

All of these races are volunteer-driven, so please sign-up to support in any way you can, and still have time to cheer on your athlete. You will feel even closer to the event, you'll make some new friends, and the race directors will thank you. Let's make it a fun, $competitive\ and\ safe\ multisport\ season-see$ you out there! 📥

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By Rich Macha

n early May 2013, I was hoping to go to Cedar River Flow for an overnighter but I found out that the unpaved Cedar River Road was closed for at least a few more days so I decided to head to Little Tupper Lake instead. We had gorgeous sunny weather with temperatures in the mid-70s and we had our pick of campsites. There were a few blackflies about but there really was no need for protection from them - they don't usually become a problem until the second half of May. A couple of us went swimming from the campsite - a shallow lake such as Little Tupper warms up faster than a deep lake and so the surface water was surprisingly warmer than normal for this time of year.

One week later, three of us headed for Lake Lila. The gate at the beginning of the 5.7-mile access road had just been opened a few days earlier. Chilly winds gusted up to 30mph on both days and the waves rose up to two feet. We managed to reach a very desirable island campsite by making short dashes across open water and by ducking behind islands and points of land where we would take a breather and survey the situation before making our next dash. Freshly-fallen snow coated the ground as we exited our tents on Monday morning and ice pellet showers fell by day as we explored Shingle Shanty Brook - we did occasionally see the sun though. We saw no bugs and no other people for the two days - it was a memorable trip and what a difference from the week before!

Such are the vagaries of spring weather in the Adirondacks so it is wise to keep your winter clothes handy. Frankly, I still enjoy touring the Adirondacks on skis during the month of April but my thoughts do dwell on that first canoe or kayak camping trip of the season which usually ends up taking place in late April. Here are some things that need to be considered before heading out.

ICE-OUT

For hikers, spring means mud; for paddlers, spring brings open water. Ice-out on lakes and ponds in the Adirondacks usually occurs around mid to late April - I have seen ice on Blue Mountain Lake in early May. The ice tends to leave the streams and rivers sooner than on the lakes and ponds, so a river trip such as on the Raquette River becomes a good early option - there are lots of nice campsites and lean-tos in the stretch between Raquette Falls and Tupper Lake and there are good put-ins at "The Crusher" and Axton Landing. In the southern Adirondacks, Fall Stream is an excellent early season option.

ACCESS ROADS

Destinations that require driving on gated unimproved roads may not be reachable until sometime in May. Examples include the Essex Chain Lakes, Lake Lila, Bog River Flow and Boreas Ponds. My best guesses as to when these will be opened up are: late May for the Essex Chain, early May for Boreas Ponds and Lows Lower Dam on the Bog River, and before Mother's Day for Lake Lila. You can check NYSDEC's website (dec.ny.gov/outdoor/7865.html) to see if specific gates have been opened. This site is updated by late Thursday on a weekly basis. Higher spring water levels make an alternate access to the Bog River, the outlet of Horseshoe Lake, a worthy and fun option.

CAMPING

Backcountry campsites in the Adirondacks are available year-round. Most DEC campgrounds open on May 18 and this year before that date you can camp for free at places like Indian Lake and the Saranac Lakes. A trip through Middle Saranac Lake to Weller and Little Weller Ponds is an old favorite. Motorized lakes are much more peaceful in the spring so I may consider paddling some lakes that I might normally avoid in summer.



COLD WATER

SHINGLE SHANTY BROO

Are you prepared for a possible capsize in 40-degree water? Incapacitation and death can come rapidly if you fall in so, at a minimum, wear a PFD (personal flotation device, aka life vest) and avoid wearing cotton clothing. New York State law requires that paddlers wear a PFD from November 1through May 1 as water temperatures in May are still very low. I believe that period should be extended through at least June 1. Wearing a drysuit or wetsuit can add an extra level of safety and always make sure you have a warm change of clothes in a dry bag with you, just in case.

It is best to avoid larger lakes on windy days and to stay close to shore even if it means going the long way around a body of water. There is always more to see near shore anyways. The ponds of the St. Regis Canoe Area, as well as Fish Creek and the ponds south of Floodwood Road, make for good springtime paddling destinations.

FAUNA AND FLORA

One of the good reasons to be out in the woods in springtime is to observe the emergence of spring ephemerals, wildflowers such as trilliums, trout lilies and spring beauties. The bell-like flowers of leatherleaf can often be seen along the shores of streams. Shrubs and trees like hobblebush and shadblow produce lovely white flowers

and flowering maples add a subtle red hue to the woods. Emergent light green leaves of deciduous trees contrast with the darker green of the conifers on the mountainsides.

Loons wail while white-throated sparrows whistle their "Old Sam Peabody Peabody Peabody" along the shoreline. The symphony continues with the sounds of grouse drumming, woodpeckers tapping and spring peepers chirping as if in a minimalist composition. Male mergansers, both common and hooded, look handsome in their breeding plumage. It is easier to spot a deer, a bear or even a moose in the leafless spring woods. Last year, on Garnet Lake, I got to watch a mink repeatedly go in and out of the water at the edge of my campsite. I just sat there just 20 feet away and enjoyed

When it comes to spring paddling, cold water and potentially cool air temperatures are the cons but these are greatly outweighed by the pros: fewer people, no bad bugs and the vibrancy of nature coming alive - so enjoy it while you can and let's be thankful that New York State has many quiet waters for us to explore. 📥

A lover of wild places, Rich Macha has led many trips for the Adirondack Mountain Club and has spent 20 years in the paddlesport business.



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NON-MEDICATED LIFE

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

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 82nd in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

edicines are a mainstay of American Medicines are a line. 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 81 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 was addressed in Part One (February 2018 issue). How one most easily may incorporate this approach into one's daily way of eating is addressed here, in Part Two.

Embracing a predominantly whole food, plant-based diet starts with Part One by reviewing the benefits, specifically as it relates to your own health and your own health risks. Such a review may increase the motivation to change and provide a focus. In part, the benefit will be realized by avoidance of foods and means of preparation that increase your own health risks. In part, the benefit will be realized by foods that specifically lower the risk of diseases you either currently have or at risk for developing because of predictive tests or family history.

For example, if you have had a heart attack or have a close family member who has had a heart attack at a young age, your concern would be to find ways to avoid a

The consumption of large amounts of animal protein is associated with increased cardiovascular mortality, in part, because increases in saturated fat contribute to the elevation of serum LDL or the "bad" cholesterol. In turn, this can lead to the accelerated development of cholesterol plaques within artery walls increasing the rates of coronary artery disease and stroke.

Decreasing the amount and frequency of animal protein consumption and choosing those types which contains less saturated fat will help reduce LDL cholesterol and risk. Emphasizing fish or chicken breast over red meat or choosing the leaner cuts of red meat (filet, eye of the round, flank steak, London broil) will help; avoiding fried food will also decrease saturated fat intake.

Vegetables and legumes are naturally very low in saturated fat. Increasing vegetables and legumes in the diet helps with the limitation of animal protein because vegetables have low caloric density, that is, markedly increased volume for calories consumed. Vegetables distend the stomach and activate stretch receptors located in the stomach wall increasing satiety, thereby limiting the drive to eat more meat.

The Mediterranean way of eating is an example of a predominately whole food, plant-based diet that limits animal protein. In those with heart disease, emphasizing whole food, plant-based only meals the majority of the week, if not completely, will both significantly reduce LDL cholesterol and dramatically increase antioxidants that can help to reduce the inflammation in arteries that causes cholesterol plaques to rupture, leading to heart attacks and strokes.

Increasing vegetables, legumes and fruit in your diet, however, need not start with the acceptance of a totally new way of eating all at once. If you simply begin to eat lunch consisting of a large leafy green salad (mixed greens, arugula, baby spinach or kale) and add raw veggies including tomatoes, cucumbers, carrots, onions, and legumes, then vegetable intake can increase with minimum fuss. Using balsamic vinegar based dressing without oil or with small amounts of olive oil will also reduce saturated fat intake. Adding a large salad of similar composition before dinner will also help to limit the portion size of the entrée consumed, reducing saturated fat and total calories.

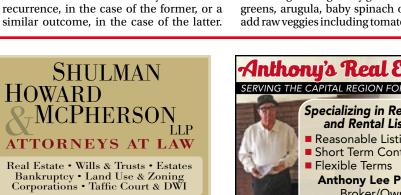
Salad ingredients may be purchased on the weekend, cut up, and stored in individual plastic bags, and refrigerated, keeping everything fresh and speeding evening weekday meal preparation considerably. Stocking a plant-based pantry with low sodium canned beans, whole wheat and lentil flour pasta, walnuts, almonds, low sodium canned tomatoes, salsa, and balsamic vinegar will speed meal preparation. Hummus and salsa are excellent accompaniments to cut up raw vegetables. Low sugar containing fresh fruits such as apples, pears and berries are satisfying for dessert, contain anti-inflammatory antioxidants, and help avoid more highly caloric and saturated fat laden alternatives.

It is also reasonable to follow a threestep approach used at Kaiser Permanente, one of the largest, most successful HMOs in the country. First, identify whole food, plant-based meals that you already enjoy to incorporate into your weekly meal planning. Black bean burritos, whole-wheat pasta dishes with marinara, or minestrone or lentil soups are good places to start. Second, identify a favorite recipe that may be adapted to a whole food, plant-based approach that could serve as another meatless evening meal. For

example, vegetarian chili may be an acceptable substitute for its meat filled counterpart. Finally, once whole food, plant-based meals become a part of your repertoire, new recipes can be tried to extend the repertoire. Web sites such as plantrician project.org may help ease the transition.

In summary, a predominantly whole food, plant-based diet is easy to incorporate into your daily eating style and may be eased into slowly. Increasing vegetables and legumes may be as easy as consuming a large salad for lunch and eating a large salad before dinner. Beginning with plant-based meals already enjoyed, and then adapting some easy to convert meat based meals to a plant-based alternative and finally exploring new plant-based options has proved to be a useful three-step approach. As presented in Part One and Part Two, a predominately whole food, plant-based diet may be eased into and may help to effectively prevent and treat both cardiovascular disease and cancer and provide a firm foundation upon which to live a Non-Medicated Life. 📥

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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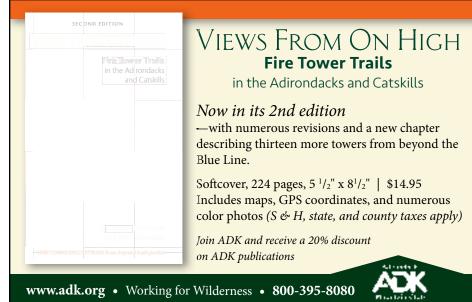
■ Paul Lemanski, MD, FACP

- Laurie Burton-Grego, MS, RD, CDE
- Alan Betit, NP
- Angela Stritt, L.Ac, Dipl.Ac

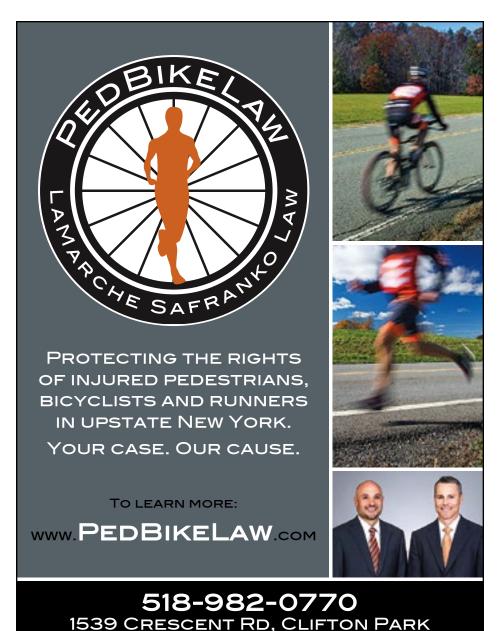
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SATELLITE OFFICES IN ALBANY AND PLATTSBURGH



BICYCLING continued from page 1

Park in Chatham, enjoy the after party with live music, a full dinner with vegetarian and vegan offerings, and pick up a free beer. Bring your early season fitness, along with your favorite off-road bike. For details, go to farmersdaughter-gravelgrinder.com.

Want to ride 11 miles up the Whiteface Mountain Memorial Highway, with its 3,500 feet of vertical climbing? Of course you do! Then the Whiteface Uphill Bike Race & Ride on Friday, June 1 at 5:30pm is ideal for you. When you reach the Whiteface summit, you'll be rewarded with a spectacular 360-degree view from New York's fifth highest peak. The Uphill Bike Race is part of the Adirondack Bike Race Weekend, which includes the Wilmington-Whiteface 100K Mountain Bike Race on Saturday – the only northeast qualifier for the Leadville 100! For more info, click on bike-wilmingtonny.com.

The **Tour de Freedom Bike Ride** in Queensbury on Sunday, June 3 is a fundraiser to support Freedom Machines, a non-profit that provides free bikes to people in recovery from drugs or alcohol. Riders can choose from 50, 17, and 7 mile options that include cruising the easy Warren County Bikeway from Glens Falls to Lake George, and then heading out into the surrounding scenic countryside for the longer ride options. For details, go to bikereg.com.

On Sunday, June 10, **Tour de Cure** is a fundraiser for the American Diabetes Association and one of the largest annual charity events of any kind in the Capital Region, with more than 1,500 cyclists riding the roads of Saratoga County to support diabetes research, programming and advocacy efforts. Riders can choose from 100, 62, 50, 30 and 10 mile routes with available maps, fully stocked rest stops and on road support, and an after party with Mazzone Catering lunch, beer garden and live music.

This year there's a new venue at the Saratoga County Fairgrounds in Ballston Spa, and the new start location means new routes on the paved roads north and west of Ballston Spa and into the foothills of the Adirondacks. New this year is a 5K Run/Walk so your non-cycling friends can participate and join you at the party! Learn more at diabetes.org/capitalregion.



The **Farm to Fork Fondo** is "a farm fresh feast from the seat of your favorite bicycle" is a series of rides from Wrenegade Sports. The 2018 series schedule includes Shenandoah (Va.) on May 20, Hudson Valley on June 10, Pennsylvania Dutch on June 30, Champlain Islands (Vt.) on July 22, Finger Lakes on Aug. 11, Maine on Aug. 25, Berkshires on Sept. 30, and Garden State on Oct. 14.

On Sunday, June 10 the Hudson Valley ride from Warwick Valley Winery offers routes of 83, 50, 35 and 10 miles. The event promotes local farmers and food products, while giving riders challenging, rewarding rides through great scenery. Each route in the series includes some climbs that will challenge you, with aid stations where participants can sample chef-prepared items made from local ingredients, as well as on the road support, a post-ride party and prize raffles. For info, go to farmtoforkfondo.com.

Finally, from April through October, the **Mohawk Hudson Cycling Club** offers group rides suited to all types of riders and riding. MHCC is the largest cycling club between New York City and Canada with over 700 members. Their schedule of over 375 rides features start locations and scenic routes all over the Capital-Saratoga Region and beyond, with a distance and pace to fit every fitness level. According to club president, Andy Swartz, this year's club goal is to expand the social dimension in the club's events with more post-ride gatherings to allow members to get to know each other better. See membership and ride info at mohawkhudsoncyclingclub.org.

Dave Kraus (dbkgrafik@gmail.com) of Schenectady is a longtime area cyclist, photographer, and writer who is looking forward to another spectacular season of riding in the Capital Region, Adirondacks, Catskills and beyond. Visit his website at krausgrafik.com.







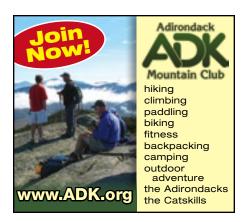




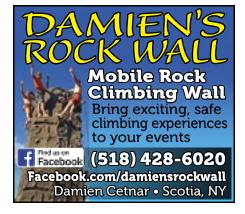


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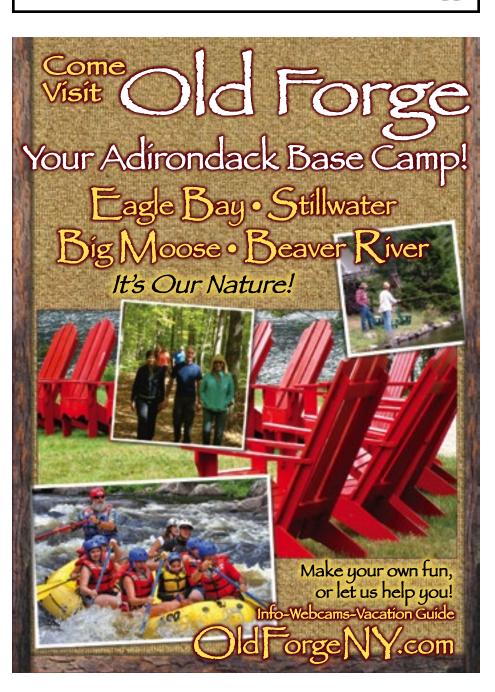
Adirondack Mountains Antiques Show – September 12-16

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For more information and to join our 4-3-2-1 Hiking Challenge, please see our web site: www.indian-lake.com

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Normatec Pulse Recovery Session, River Kerns. Beef Jerky Outlet, Lake George - Gift Certificate, Scott Campbell. Blue Needs You! 8K Run - Race entry, Danielle Freebern and Jessica McHugh-Green. Capital District Triathlon Club - Race entry to Crystal Lake Triathlon, Jennifer Kehn. Chosen Run 5K/Shmaltz Brewing - 2 race entries, *Brian Fitzpatrick*. Coach Mark Wilson — 3 entries into Hague Endurance Triathlon/Duathlon, Stissing Triathlon, or Amish Country Running Festival, *Jodi* Plante, Eric Berthiaume, and Jeff Cornick. DisCap Discmania Lite Pro Basket, Sheilah Newcity. Discover the Adirondacks/Wild River Press Four books from Discover series, *Tim Landis*. Elk Lake Lodge - One-night stay for two in Main Lodge, Joanne Morrison. Farm to Fork Fondo -Entry to Hudson Valley event, Timothy Taylor. Fleet Feet Sports - Gift Certificate, Susan Visconti. Firecracker 4 - Race entry, Debbie Berkun. Freihofer's Run for Women 5K - 2 team race entries, Frank Lombardo, Race entry & FRW swag, Senthil Dhechinamoorthy. Friends of the IBA -4 Winter Raptor Fest VIP Passes, Linda MacFarland. Garnet Hill - One 2018-19 Season Ski Pass, Chris Hedges. Good Karma 5K Run/Walk - 2 race entries, Lisa W Lorman. Great American Brewery Runs Race entry to any race, Arrabal Armendia. Hornbeck Boats - Life jacket and water bottle, Holly Arras. Hudson Crossing Triathlon - Race entry, Jessie Sangster. Jog for Jugs Half Marathon - Race entry, Jessie China Chi Jesus Chirinos. Jog for Jugs 5K - Race entry, Beth McIntyre. Lake George Land Conservancy 4 etched pint glasses, Wayne Bunn. Malta 5K Pair of race entries into Malta 5K, Sue Campbell. Mohawk Hudson Cycling Club - 1-year individual membership and Century Ride registration, Scott

Gift card, Todd Bradley. New York Bicycling Coalition - 3-Foot Safe Passing Cycling Jersey, Jerry Carroll. NYS Parks: Marine - "Wear It!" Gift bag with shirt, hat, emergency light, whistle, Jana Wynnik. North Warren Chamber - Pass for 2 to Natural Stone Bridge & Caves, Dave Middleton, Art MacAloney, Stephen Graham and Maureen Adamek. Oktoberfest 5K - Race entry, John Morton. Pampered Chef - 3 Party in a Bag & Season's Best Cook Book, Karen Kaufman-Wachs, Anna Goltz and Bob Werthmuller. Peak to Brew Relay - 50% off Team Entry Certificate, Deb Foley. Powerhouse Athletics - Gift basket of nut butters, Robert Frisk. Regional Food Bank - CSA Vegetable Share, Jen Fitzpatrick. Revolution Rail Co - Quad Railbike Ride, Mary Ellen Peek. Rollga - Foam roller, Emily Franzen.
Run for the Horses 5K - Race entry, Shawn Hayes. Saratoga Rowing Association - Learn to Row Adult/Child gift certificate, Diane Hurtt. Saratoga Stryders - Race entry for Camp Saratoga Fun Run Trail Series, Pamela DelSignore. Sasha's Superhero 5K Run/Walk - Race entry & Hoodie, Mike Langevin. Schroon Lake Chamber - Schroon Lake Merchandise, Jeff Ferrucci. Silks & Satins 5K - Race entry, Alison Muse. T-Pin Muscle Therapy - Vector Roller, BrieAnne Wilson. TUFF eNUFF Challenge 2 race entries, *Tom Portuese*, **USA Track & Field** Adirondack – Umbrella, John Sestito. Velofix Albany - Hat, Water Bottle, Towel, Buff, Jogwire Cable & Housing Set, Fred Alber. The Wild Center -4 passes, Julia Farenell. WildPlay Element Park -2 passes for Thacher State Park Classic Course, Dan Finkle. YMCA Camp Chingachgook - Crazy Creek sports chair, John Crawford. Yosher Bike Rack Trunk Guard – Thule Bike Rack, Mitch Glass

GARNET HILL	PURSUIT NORDIC S	KI RACE	• January 27, 2018 • (Garnet Hill Lodge, No	rth River
4.5K	CLASSIC & 4.5K SKATE		MALE AGE GROUP: 50	- 59	
MALE OVERALL			1 Matt Pearsall	55	38:12
1 Chris Rose	47 Peru Nordic	26:49	 Jerry Truppelli MALE AGE GROUP: 70 	52 Stratton, VT	41:47
2 Richard Starace	50	34:04	1 Eric Hamilton	Shen Nordic	47:53
3 David Burt	65 Peru Nordic	34:36	Courtesy of HU	RT Nordic & Garnet Hill Lodg	ge

TEAM AVER	AGE & TOP 3 TIMES		4	Tannery Pub	North Creek	20.
Beck's Tavern	North Creek	16.90		Frank Frasier	Indian Lake	19
Matt Byrne	North Creek	16.57		Ron Arena	Webster	19
Francis Conroy	Bolton Landing	16.87		Juliet Cassidy	Branchburg	20
David Brandriss	Ballston Spa	17.25	5	O.P. Frederick's	Chestertown	22
Basil & Wick's	North Creek	18.01	_	Craig Kennedy	Chestertown	21
lan Landenburger	North Creek	17.31		George Stannard	North Creek	2:
Bob Yandon	Newcomb	17.83	6	Sticks & Stones	Schroon Lake	23
Frank Dorsey	Argyle	18.88	0			
Garnet Hill Lodge	North River	18.96		Payton Tromblee	Schroon Lake	20
Jessica Hayle	North River	17.87		Mary Egan	Schroon Lake	23
Thomas Staves	Tupper Lake	18.33		Nancy Belluscio	Schroon Lake	25
Greg Schaefer	North River	20.67		Courtesv	of Gore Mountain	

	SARATOGA WINTERFEST 5K ALMOST-SNOWSHOE (TRAIL) RACE February 4, 2018 • Saratoga Spa State Park, Saratoga Springs									
м	ALE OVERALL	,	,	FEMALE AGE GROUP: 40 - 49						
1	Shaun Donegan	32	Malta	18:45	1 Carrin Thal 43 Glenmont	30:54				
2	Tim Van Orden	49	Bennington, VT	19:58	2 Julie Urbanski 49 Stillwater	33:39				
3	Jonathan Guthan	41	Scotia	23:27	3 Maribeth Maccica 49 Stillwater	46:55				
FI	MALE OVERALL				MALE AGE GROUP: 50 - 59					
1	Peggy McKeown	60	Moreau	27:57	1 Nick Lamando 59 Queensbury	26:57				
2	Christine Natalie	32	Arlington, VT	29:21	2 Bill Blake 57 Albany	31:12				
3	Megan Boyak	33	Burnt Hills	29:53	3 Tom Mack 53 Wynantskill	33:34				
	MALE AGE GROUP: 1 -		Duittetiiis	25.55	MALE AGE GROUP: 60 - 69	20.52				
1	Jenna Urbanski	15	Stillwater	33:22	1 Chris Johnson 60 Pittsfield, MA	30:52				
1					2 Jeff Clark 60 Glenmont	31:04				
2	Solitaire Niles	12	Shaftsbury, VT	41:44	3 Vincent Kirby 61 Mechanicville	32:42				
IV	ALE AGE GROUP: 30 - 3				FEMALE AGE GROUP: 60 - 69 1 Karen Provencher 63 Glens Falls	20.17				
1	Jean-Baptiste Laloe	36	Saratoga Springs	23:47		30:17				
2	Jordi Verges Batalier	34	Olot Girona, ESP	26:36	2 Maureen Roberts 60 Saratoga Springs 3 Claire Henderson 69 Saratoga Springs					
3	Nate Alexander	37	River Vale, NJ	39:39	3 Claire Henderson 69 Saratoga Springs MALE AGE GROUP: 70 - 79	40:06				
FI	MALE AGE GROUP: 30	- 39				36:12				
1	Jamie Alexander	34	River Vale, NJ	39:39	1 Charles Brockett 72 Dolgeville 2 Steve Mitchell 76 Malta	30:12 41:52				
M	ALE AGE GROUP: 40 - 4	49				59:56				
1	Albert Fisas	44	Saratoga Springs	27:45	3 Ray Lee Jr. 75 Halfmoon FEMALE AGE GROUP: 70 - 79	39.30				
2	Lance Decker	47	South Glens Falls	29:20		40:06				
3	Jim Schertzer	47	Ballston Lake	29:37						
	Jiiii Schertzel	42	Dalistori Lake	29.37	Courtesy of Saratoga Stryders & Dion WMAC Snow	silve series				

				TOGA 8K SNOWSHOE RACE life Preserve & Park, Gansevoort	
MALE OVERALL				MALE AGE GROUP: 50 - 54	
1 Shaun Donegan	32	Malta	46:48	1 Donald Kielleren 52 Williamstown, MA	51:31
2 Tim Van Orden	49	Bennington, VT	46:50	2 William Kittler 53 Pittsfield, MA	1:05:44
3 Sam Peckham	24	Ballston Spa	48:17	3 Jamie Howard 52 Albany	1:34:16
FEMALE OVERALL				FEMALE AGE GROUP: 50 - 54	1.54.10
1 Jamie Woolsey	34	Oneida	56:40	1 Kathleen Ryan 53 Clifton Park	1:21:31
2 Jessica Northan	42	Guilderland	1:04:05	MALE AGE GROUP: 55 - 59	1.21.31
3 Peggy McKeown	60	Moreau	1:06:28	1 David Peterson 59 Saratoga Springs	1:01:20
MALE AGE GROUP: 1 - 1	9			2 Jan Rancatti 57 Readsboro, VT	1:12:52
1 Ezra Hulbert	19	Mexico	54:22		1:17:27
FEMALE AGE GROUP: 25	- 29				1:17:27
1 Jess Zlotnick	26	Albany	1:17:31	FEMALE AGE GROUP: 55 - 59	4 42 22
MALE AGE GROUP: 30 - 1	34	,		1 Snow Fahl 57 Pittsfield, MA	1:13:23
1 Jordi Verges	34	Ballston Spa	1:01:49	2 Denise Dion 59 Readsboro, VT	1:15:54
FEMALE AĞE GROUP: 30	- 34			3 Jen Sharp 59 Greenwich	1:19:10
 Christine Natalie 	32	Arlington, VT	1:06:44	MALE AGE GROUP: 60 - 64	
2 Megan Boyak	33	Burnt Hills	1:21:33	1 Jeff Clark 60 Glenmont	1:09:48
MALE AGE GROUP: 35 - 1	39			2 Tom Tift 60 West Sand Lake	1:11:54
 Jean-Baptiste Laloe 	36	Saratoga Springs	56:48	3 Bob Dion 62 Readsboro, VT	1:12:26
2 Martin O'Toole	37	Saratoga Springs	1:09:15	FEMALE AGE GROUP: 60 - 64	
FEMALE AGE GROUP: 35	- 39			1 Karen Provencher 63 Glens Falls	1:07:31
 Madeleine Bonneville 	36	Saratoga Springs	1:09:18	2 Maureen Roberts 60 Saratoga Springs	1:18:45
2 Lisa Winters	38	Malone	1:13:27	MALE AGE GROUP: 65 - 69	
3 Cheryl Cook	38	North Syracuse	1:26:54	1 Alan Bates 69 Pittsfield, MA	58:41
MALE AGE GROUP: 40 -				2 James Miner 69 Dryden	1:05:45
1 Brian Northan	42	Guilderland	51:26	3 Jeff Hattem 66 Natick, MA	1:15:40
Jonathan Guthan	41	Scotia	55:26	FEMALE AGE GROUP: 65 - 69	
3 Dillon Kirchner	42	Albany	56:54	1 Kathleen Furlani 69 Broad Brook, CT	1:16:13
FEMALE AGE GROUP: 40				MALE AGE GROUP: 70 - 74	1.10.15
1 Jessica Bruno	41	Jacksonville, VT	1:30:20	1 Charles Brockett 72 Dolgeville	1:20:58
2 Erin Fioretti	40	Gloversville	1:31:12	FEMALE AGE GROUP: 70 - 74	1.20.50
MALE AGE GROUP: 45 -				1 Laura Clark 70 Saratoga Springs	1:21:22
1 Lance Decker	47	South Glens Falls	1:08:19	MALE AGE GROUP: 75 - 79	1.21.22
2 Joan Mateos	45	Saratoga Springs	1:16:18	1 Steve Mitchell 76 Malta	1:33:03
3 Jason Butler	47	Tupper Lake	1:16:59		1:43:53
FEMALE AGE GROUP: 45			4 42 56	,	1:43:53
1 Dawn O'Shaughnessy	48	Mexico	1:12:56	MALE AGE GROUP: 80 - 84	1.52.27
2 Karen Viger	48	Albany	1:14:33	1 Jules Seltzer 82 Pittsfield, MA	1:52:37
3 Sarah Dzikowicz	47	Amsterdam	1:18:31	Courtesy of Saratoga Stryders & Dion WMAC Snowsh	oe Series

February 17, 2018 • Natural Stone Bridge & Caves, Pottersville 15K RACE Brian Northan/M40-49 1:51:08 FEMALE OVERALL: 47:25 49:30 52:52 Dawn O'Shaughnessy/F40-49 2:36:52 MALE OVERALL Sam Peckham/24 1:24:56 David Peterson/M50-59 1:40:06 Lynne Matte/F50-59 Allan Bates/M60-69 2:15:37 1:57:08 Tim Van Orden/50 Kevin Corbusier/M20-29 Caitlin Houle/F20-29 Craig Emlaw/M30-39 40:02 1:26:29 1:41:31 1:37:36 Matt Westerlund/45 FEMALE OVERALL Karen Provencher/F60-69 2:14:10 Jamie Woolsey/35 Jessica Northan/42 Craig Emlaw/M30-39 Cheryl Cook/F30-39 Jason Pare/M40-49 Jen Ferriss/F40-49 Gary Guilfoyle/M50-59 Denise Dion/F50-59 Bob Dion/60-69 1.47.53 Laura Clark/F70-79 3:24:02 1:04:35 39:52 56:19 48:15 55:32 50:53 e Series 2:00:45 2:10:04 6K RACE MALE OVERALL: Tracy Westerlund/47 Christopher O'Sullivan/27 34:21 AGE GROUPS John Williams/M20-29 1.53.25 J Matthew Medeiros/33 36.39 Courtesy of Dion WMAC Snowsho 1 Christine Natalie/F39-39 2:28:16 3 Dusty Solis/26 39:13

STONE BRIDGE CAVEMAN 6K & 15K SNOWSHOE RACE

	OPEN & MASTERS	- 10K CLASSIC		M	IALE AGE GROUP: 70 -79	9		
MA	ALE OVERALL			1	Matti Torniainen	Adk Vauhti	48:02	
1	Chris Yarsevich/30-39	HURT Nordic	37:07	2	Alec Davis	HURT Nordic	52:44	
2	Greg Stevens/30-39	HURT Nordic	37:37	3	Eric Hamilton	Shen Nordic	1:12:00	
3	Chris Rose/40-49	Peru Nordic	41:12		SCHOLAST	IC - 10K CLASSIC		
	MALE OVERALL			M	ALE AGE GROUP: UNDE			
	Sherry Dixon/70-79	HURT Nordic	1:02:00	IVI			44.10	
MA	ALE AGE GROUP: 18 - 29			1	Erik Schreiner	Saratoga Biathlon	41:19	
1	Aaron Huneck	HURT Nordic	42:06	2	Aidan Dempsey	Adk Vauhti	50:03	
M/	ALE AGE GROUP: 50 - 59			3	Tyler Koziol	HURT Nordic	1:24:00	
1	Richard Starace		45:55		SCHOLAS	TIC – 5K CLASSIC		
2	Darrell Rikert	Saratoga Biathlon	48:53	м	ALE AGE GROUP: UNDE	R-16		
3	Tim Huneck	HURT Nordic	49:13	1	Zachary Cramer	Shen Nordic	25:46	
MA	ALE AGE GROUP: 60 - 69			2	Jacob Cramer	Shen Nordic	28:45	
1	Mark Chmielewicz	Adk Vauhti	44:47	2				
2	Darwin Roosa	Saratoga Biathlon	49:40	3	Adam Jansen	ADK Vauhti	41:18	
3	David Burt	Peru Nordic	50:19		Courtesy of Shenendehowa Nordic Club			

30TH ANNUAL CYSTIC FIBROSIS STAIR CLIMB February 24, 2018 • Corning Tower (42 Floors), Empire State Plaza, Albany MALE AGE GROUP: 50 - 54 1 William Layton 2 Tenana Moag 3 John Bianchi INDIVIDUAL 7:10 7:29 8:27 MALE OVERALL David Iromp Stephen Marsalese Liam Fuller 52 Rye Brook 15 Schenectady 5:22 6:37 FEMALE AGE GROUP: 50 - 54 FEMALE OVERALL 52 Malta 1 Cathy King 2 Dorine Phelan 28 Albany 53 Altamont 54 Griswold Vanessa Wade Moira Hilt 25 34 Albany Troy 8:02 8:03 14:05 3 Leia Nardacci MALE AGE GROUP: 1 - 14 MALE AGE GROUP: 55 - 59 59 Niskayuna 7:26 8 Albany 7:30 FEMALE AGE GROUP: 55 - 59 FEMALE AGE GROUP: 1 - 14 56 Waterford 12:02 14 Plattsburgh 13:46 MALE AGE GROUP: 60 - 64 MALE AGE 63 Sarat 1 Rick Babson 63 Sarat 2 Rocco Granato 61 Rens MALE AGE GROUP: 65 - 69 69 Delm **FEMALE AGE GROUP: 15 - 19** 63 Saratoga Springs 61 Rensselaer 17 Schenectady 18 Albany 12:33 10:06 FEMALE AGE GROUP: 20 - 24 8:44 1 Frederick Eames 69 Delmar FIREFIGHTER'S CHALLENGE MALE OVERALL Akina Ngu Kiera Oliva 10:08 18:04 25 Schenectady MALE AGE GROUP: 25 - 29 Michael Badger Ben Maron 26 Albany 6:52 Sudbury 10:23 10:37 3 George Genthner MALE AGE GROUP: 15 - 19 41 Troy FEMALE AGE GROUP: 25 - 29 Sarah Hebert Paula Jacobson 26 Schenectady 10:11 16 18 13:58 20:44 1 Jack Backman-Grotto 2 Patrick Ethier MALE AGE GROUP: 20 - 24 27 Menand 25 Albany 10:27 10:31 Watervliet 3 Meghan Morrissey MALE AGE GROUP: 30 - 34 22 Troy 24 Plattsburgh 30 Albany 30 East Greenbush 34 Albany 10:42 14:39 1 Thane Reilly 2 Kristopher Minogue MALE AGE GROUP: 25 - 29 John Kalamaras Griffin Hotaling 8:04 8:42 27 Albany 28 Troy 26 Albany 11:23 12:55 13:23 FEMALE AGE GROUP: 30 - 34 1 Joe Lisa 2 Jarred Collins 3 Justin Brady 8:52 9:06 9:24 30 Schenectady 32 Rensselaer Nicole Cardarelli Nina Harmon 34 East Schodack MALE AGE GROUP: 35 - 39 38 Troy 36 Troy 37 Williamstown, MA MALE AGE GROUP: 35 - 39 11:38 23:57 37 Latham 8:57 Dan Townsend Josh Udell 35 Scotia 35 Albany 9:41 9:55 MALE AGE GROUP: 50 - 54 51 Albany 11:59 Gregory Coons Drew Anderson 35 Albany 35 Albany 36 Mary Beth Murnan Brittany Burnham 13:48 RELAY TEAMS MALE TEAMS MALE AGE GROUP: 40 - 44 3:46 43 Altamont Michael McNeany Ron Hallett COED TEAMS 44 Castleton 40 Clifton Park 9:44 10:14 1 CF Blows Team #2 2 Homestead Funding Team #2 3 JuJu Jumpers FEMALE AGE GROUP: 40 - 44 44 Sand Lake 42 40 Plattsburgh 6:51 Michele Gamache Stefanie Martinovich

BRAVE THE BLIZZARD 5K & 5.5M SNOWSHOE (TRAIL) RACES February 24, 2018 • Tawasentha Park, Guilderland 5K TRAIL RUN 5.5-MILE TRAIL RUN MALE OVERALL MALE OVERALL Fred Brooks/38 Steve Janack/55 Bennington, VT 36:38 44:22 Tim Van Orden Jonathan Guthan Glenville 29:44 Glenville 30:02 38 Guilderland 46:37 FEMALE OVERALL **FEMALE OVERALL** Burnt Hills 30:01 24 Albany Greenwich 57:16 Megan Boyak/33 Rebecca Woodruff/40 Jen Sharp Amsterdam 34:41 59 70 Saratoga Springs Albany 35:56 1:18:52 AGE GROUPS AGE GROUPS Gliver Winch/M1-14 Thomas Bennett/M30-39 Lindsey Klinge/F30-39 Michele Quintero/F40-49 Kevin Shatley/M50-59 Carol Shatley/F50-59 Chris Johnson/60-69 GE GROUPS Ezra Rosenberg/M1-14New Leb. Seth Engel/M20-29 Jeff Andritz/30-39 Neil Tyrrell/M40-49 John Butler/M50-59 Tom Tift/M60-69 Courtesy of Dion WMA Hudson Altamont 1:17:11 46:41 Round Lake Altamont Saratoga Springs Latham New Lebanon 56:02 51:08 56:37 58:46 58:18 Troy Middleburgh Schenectady Schenectady Pittsfield, MA Courtesy of Dion WMAC Snowshoe Series

ADIRONDACK SNOWSHOE FEST 10K & 5K RACES

13:02 13:55

10:11 12:09 19:17

47 Ridgebury, PA 49 East Greenbus 47

45 Wynantskill 48 Schenectady 49 Delmar

MALE AGE GROUP: 45 - 49

FEMALE AGE GROUP: 45 - 49

Deonna Bernard Katie Fuller

Allison Provenzano

FEMALE TEAMS

Selkirk Fire Delmar Fire

Delmar FireLatham Fire

Mother Stronger Mother Stronger #3

FIREFIGHTER'S CHALLENGE RELAY

Courtesy of Cystic Fibrosis Foundation

6:41

6:41

7:00

10:19

	February 24-25, 2018 • Dewey Mountain Recreation Center, Saranac Lake & Paul Smith's College VIC, Paul Smiths									
	DEWEY MOU	JNTAIN 5K		MALE AGE GROUP: 50 - 59						
М	ALE OVERALL			1 Doug Hazelden	Bloomingdale	48:09				
1	Michael Wert/1-19	Paul Smiths	22:30	2 Sal Genovese	Marblehead	51:01				
2	Jeremy Evans/40-49	Saranac Lake	23:32	3 Patrick Smith	Salem, MA	52:09				
3	Todd Drake/40-49	Saranac Lake	25:34	FEMALE AGE GROUP: 50 - 59						
-	MALE OVERALL	Sarariae Laite	23.3	1 Stephanie Cooper	Salem, MA	1:11:12				
1	Brenda Smith/50-59	Lake Placid	39:29	PSC VIO	C 5K					
2		Tupper Lake	45:21	MALE OVERALL						
	ALE AGE GROUP: 20 - 29	rapper zane	13.21	1 Patrick Smith/50-59	Salem, MA	30:02				
1		Paul Smiths	30:31	2 Thomas Firkins/20-29	Paul Smiths	37:24				
	ALE AGE GROUP: 50 - 59	radi Sililais	30.51	3 Michael Cantwell/40-49 FEMALE OVERALL	Wilmington	41:25				
1	Doug Roode	Lake Placid	26:46	1 Adaiah Bauer/20-29	Paul Smiths	40:47				
	ALE AGE GROUP: 70 - 79	Lake Hacia	20.40	2 Margret Montag/1-19	Paul Smiths	40:47				
6	William Roode	Webster	37:10	3 Bekkie Wright/50-59	Saranac Lake	42:30				
U			37.10	FEMALE AGE GROUP: 50 - 59	Sarariae Lane	12.50				
	DEWEY MOU	NIAIN 10K		1 Bruce the Spruce	Saranac Lake	48:46				
	ALE OVERALL	Manager & St.	20:10	MALE AGE GROUP: 60 - 69						
1	Bob Bolton/50-59	Vermontville	38:18	1 Joseph Poliquin	Saranac Lake	42:31				
2	Chris Choi/30-39	New York	40:18	PSC VIC	15K					
3	Jay Niederbuhl/30-39	Bloomingdale	41:02	MALE OVERALL						
	MALE OVERALL			1 Chris Choi/30-39	New York	1:11:39				
1	Jessica Northan/40-49	Guilderland	51:49	2 Robert Bolton/50-59	Vermontville	1:11:52				
2	Christine Natalie/30-39	Arlington, VT	59:04	3 Brian Northan/40-49	Guilderland	1:17:32				
3	Tessa White/20-29	Paul Smiths	1:01:13	FEMALE OVERALL						
М	ALE AGE GROUP: 20 - 29			1 Jessica Northan/40-49	Guilderland	1:38:08				
1	Ezra Hylebert	Mexico	42:51	MALE AGE GROUP: 20 - 29 1 Ezrah Hulbert	Mexico	1.21.20				
2	Isaac Leach	Paul Smiths	49:47	2 Matthew Frye	Paul Smiths	1:21:36 1:34:56				
3	James Neary	Paul Smiths	1:11:38	3 Isaac Leach	Paul Smiths	1:34:56				
М	ALE AGE GROUP: 40 - 49			MALE AGE GROUP: 30 - 39	rdui Silliuis	1.34.37				
1	Brian Northan	Guilderland	43:48	1 Jay Niederbuhl	Bloomingdale	1:19:45				
2	John Kutner	Hoboken	46:34	MALE AGE GROUP: 50 - 59	bioorningdaic	1.15.45				
FE	MALE AGE GROUP: 40 - 49			1 David Peterson	Saratoga Springs	1:32:04				
1	Michele Campbell	Salem, MA	1:14:02	2 Doug Hazelden	Bloomingdale	1:33:26				
2	Jessica Bruno	Jacksonville, VT	1:17:08	3 Sal Genovese	Marblehead, MA	1:44:38				
3	Christina Mueller	Jersey City, NJ	1:18:33	Courtesy of Adironda	ck Snowshoe Fest					

	March 3, 2018 • Garnet Hill Lodge & Nordic Ski Center, North River									
	10K RACE		M	IALE AGE GROUP: 1 - 99		3.5K RACE				
	ALE OVERALL Tim Van Orden/49	50:33	1	Jules Seltzer/82	2:42:23	MALE OVERALL 1 Jim Rucker/56 27:17				
	Brian Northan/43 Matthew Miczek/46	56:48 1:29:32	FE	EMALE AGE GROUP: 1 - 99		FEMALE OVERALL 1 Emily Stanton/40 33:26				
_	MALE OVERALL	1.23.32	1	Maureen Roberts/60	1:31:27	2 Yana Kinblom/19 36:20				
	Jessica Northan/42 Christine Natalie/32	1:15:02 1:18:33	2	Laura Clark/70	1:49:49	3 Susanne Hayden/48 42:03 Courtesy of Garnet Hill Lodge				
3	Jennifer Ferriss/46	1:27:26	3	Meghan Perryman/38	2:08:13	& Dion WMAC Snowshoe Series				

GARNET HILL 10K & 3.5K SNOWSHOE RACES

DION SNOWSHOES U.S. NATIONAL SNOWSHOE CHAMPIONSHIPS March 10, 2018 • Prospect Mountain, Woodford, VT 10K NATIONAL CHAMPIONSHIP MALE AGE GROUP: 45 - 49 Jason Matuelwicz Michael Owens West Wardsboro, VT Eric Hartmark Jeffrey Quednow Matt Lipsey Christopher O'Sullivan Ogema, WI Harrisburg, PA 1:03:15 49 Rochester 1:44:50 FEMALE AGE GROUP: 45 - 49 27 Havertown, PA 1:07:1130 Manitou Springs, CO 1:08:56 48 Lacona 1:55:59 47 Rochester 47 Saratoga Springs 5 Zach Miller FEMALE NATIONAL TEAM Albuquerque, NM MALE AGE GROUP: 50 - 54 **Emily Renner** 29 Westminster, CO 1:26:09 50 Providence, RI 1:17:25 Steve Brightman Sarah Canney 36 36 Farmington, NH 1:28:22 2 Peter Keeney 52 Bar Harbor, ME 1:19:34 Amber Ferreira Concord, NH 53 Williamstown, MA 1:20:05 Oneida 1:31:47 FEMALE AGE GROUP: 50 - 54 MALE NATIONAL MASTERS TEAM Karen McGlade Elizabeth Trachte 50 Kent 54 Lake Placid 54 Islesboro, ME 1:46:07 43 Westbo 41 Ithaca Westborough, MA 1:09:55 Eric Sambolec 1:47:30 1:54:11 Bennington, VT 1:10:40 MALE AGE GROUP: 55 - 59 FEMALE NATIONAL MASTERS TEAM 55 Chepachet, RI 1:31:54 1:29:46 Jennifer Vandongen Nicole Finstad Warren Angell Craig Mulhinch 56 Troy, MI 56 Salem, MA 1:34:21 1:40:12 3 Patrick Smith 30 Salem, Mod FEMALE AGE GROUP: 55 - 59 55 1 Patty Higgins 55 York, ME 2 Kari Sharry 55 Ridgewood, NJ 3 Mary Ryan 56 North Syracuse 40 Duluth, MN 1.00.31 1:56:27 Eric Hartmark Jeffrey Quednow Matt Lipsey Ogema, WI Harrisburg, PA 2:15:59 MALE AGE GROUP: 60 - 64 61 Cushing, WI 60 Vernon, CT Michelle Hummel Emily Renner 1.20.51 Ned Kennedy 29 Westminster, CO36 Farmington, NH 1:26:09 1:28:22 1-27-38 **MALE MILITARY** 35 Sandgate, VT 1:37:29 32 Hanscom AFB, MA 1:42:13 64 Glens Falls 1:49:12 Karen Provencher Nancy Johnston 63 Guilford, VT 1:54:58 MALE INTERNATIONAL 60 Readsboro, VT 2:01:33 26 Saint-Hyacinthe, QC 1:01:07 Julien Pinsonneault Xavier Chiriboga MALE AGE GROUP: 65 - 69 67 Stowe, VT 1:36:14 38 Cambridge, ON Keith Woodward Edward Myers 1:26:55 FEMALE INTERNATIONAL 38 Cambridge, ON 69 Contoocook, NH 1:31:17 1:53:08 MALE AGE GROUP: 20 - 24 FEMALE AGE GROUP: 65 - 69 20 Mexico 1:25:57 66 Breezv Point, MN Caroline Ruud Bonnie Hallinan 1:54:22 Isaac Leach 20 Paul Smiths22 Paul Smiths 69 Danvers, MA 2.33.02 1:46:59 MALE AGE GROUP: 70 - 74 **FEMALE AGE GROUP: 20 - 24** Allan Bates James Miner 70 Pittsfield, MA 1:35:32 23 West Lehanon NH 1:34:24 Dryden 24 North Attleboro, MA 2:22:24 74 Lake Elmo, MN 1:55:15 Jim Graupner MALE AGE GROUP: 25 - 29 FEMALE AGE GROUP: 70 - 74 29 Woodford, VT 29 Clifton, NJ 27 Ithaca Kathleen Furlani 70 Broad Brook, CT 2:12:28 2 Laura Clark3 Chary Griffin FEMALE AGE GROUP: 25 - 29 1 Lianne Dusek 29 Arlington, MA MALE AGE GROUP: 30 - 34 MALE AGE GROUP: 75 - 79 77 Malta 2:29:03 30 Princeton, NJ 1:11:12 76 Halfmoon 2:59:07 Cole Crosby Nick Scalfone MALÉ AGE GROUP: 80 - 84 FEMALE AGE GROUP: 30 - 34 Wassigk 33 Bennington, VT 83 Pittsfield, MA 3:23:12 SK JUNIOR NATIONAL CHAMPIONSHIP MALE NATIONAL TEAM 1:43:26 16 Dillon, CO Christine Natalie 28:28 32 Arlington, VT32 Somerville, MA 1:50:50 Jeremiah Vaille 2:05:52 Andrew Lepage Morrisonville 28:34 MALE AGE GROUP: 35 - 39 18 Williamstown, MA 32:08 37 Athens, VT 1:15:39 FEMALE NATIONAL TEAM 15 Brentwood, NH 16 Green Bay, WI Jason Kudron 38 East Haven, CT Violet Sullivan Kaylee Kornowski 39 Brisbane, CA 1:31:27 FEMALE AGE GROUP: 35 - 39 Williamstown, MA 3 Lilliana Wells 38:31 39 South Deerfield, MA 1:34:03 5K CITIZENS RACE Frika Zazzara 39 37 MALE OVERALL Newtonville, MA 1:52:12 33:01 MALE AGE GROUP: 40 - 44 Steve Adams Michael Farber 39 Little Falls 55 Ogema, WI 41 Alstead, NH 1:11:55 Chesterfield NH 35:27 West Chazy 1:13:45 **FEMALE OVERALL** FEMALE AGE GROUP: 40 - 44 Elena Betke-Brunswick 34 Florence, MA 34:58 44 Green Bay, WI 43 Guilderland 40 Brisbane, CA Laure Van Den Broec 1:36:28 41 Greenfield, MA 16 Pittsfield MA 40.26 Laure van Den Block Megan Francoeur 16 Pittsfield, MA Courtesy of Dion WMAC Snowshoe Series

36TH ANNUAL LAKE PLACID LOPPET & NORDIC FESTIVAL
March 17, 2018 • Mt. Van Hoevenberg, Lake Placid

MALE AGE GROUP: 30 - 39

1 Cameron Cogburn

2 Jake Hollenbach

3 Joel Bradley

4 David Paarlberg-Kvam

5 Michael Bazylewicz

6 Vadym Roiko

7 Christopher Lamothe

8 Matt Perkins

9 Peter Pedrotty Arlington, MA Richmond, VT Norwich, VT Manchester, VT Shelburne, VT Princeton, NJ East Syracuse San Francisco, CA Greenfield Center Philadelphia, PA Richmond, VT South Burlington, V 50K CLASSIC 2·30·02 MALE OVERALL

1 Jonathan Ignatowski/20-29 3:09:27
2 Arthur Mathisen/40-49 3:18:52
3 Stanley Hatch/50-59 3:25:38
FEMALE OVERALL
1 Jacinthe LeMay/40-49 4:08:12 Potsdam Elmore, VT Cadyville MALE AGE GROUP: 40 - 49

1 Marc Galvin 4:07:12 Marc Galvin Peter Mandy New Hope, PA Malta 3 Justin Lefco

MALE AGE GROUP: 50 - 59

Randy Kirk
2 Jose-Manuel Jimenez
3 Tom Chappell
4 Robert Dadekian
5 Glenn Mohler
6 Willie Janeway
7 Rolfe Radcliffe
8 Todd Morgan
9 Mark Guilmette
10 Francis Gallagher
11 Tony Macula 2:53:47 3:04:43 3:06:18 3:07:00 3:15:33 3:18:23 3:25:41 3:25:55 4:00:16 Matt Cook Dave Kingdon Matthew Hobbs St.-Jerome, QC Val David, QC Burlington, VT Wallingford, VT Sand Lake Rutland, VT Upper Jay Barton, VT Wilson Geneseo 4:06:46 4:11:42 11 Tom Geisler FEMALE AGE GROUP: 40 - 49 1 Rosanne Van Dorn 3:20:14 MALE AGE GROUP: 60 - 69

1 Randy Young MALE AGE GROUP: 50 - 59 1.08.16 3.01.24 Litchfield CT

 z
 Eric Westergard
 5:14:54

 MALE AGE GROUP: 70 & OVER
 4:53:30

 1
 Matti Tornainen
 4:53:30

 2
 James Meier
 5:37:01

 Pittsford
Brooklyn
Pittsford, VT
Wilmette, IL
Sunapee, NH
Plattsburgh
New Canaan, CT
Middletown Kurt Gustafssor Stephen Wood David Patchin David Wilhide Brian White Mark Griffin 50K SKATE MALE OVERALL

1 Karl Saidla/40-49

2 Ryan Atkins/30-39 Chelsea, QC 2:34:21 2:36:07 FEMALE AGE GROUP: 50 - 59 FEMALE OVERALL Veronique Fortin/30-39 Megan McTavish/40-49 Flissa Rradlov/20-30 4:29:41 Bradford. VT MALE AGE GROUP: 60 - 69 2:52:43 2:54:35 Chelsea, QC Norwich, VT 3.14.29 Wilson WY Wilson, WY East Moriches Durham, NH Cohasset, MA Windsor, MA Grafton, VT Colebrook, NH Jericho, VT Timothy Cunningham David Harvey Seth Richardson Georges Mills, NH Rob Simms Bruce Townend Jud Hartmann MALE AGE GROUP: 20 - 29 Bruce Katz Robert Cochran Brian Chrzan Lukas Adamowicz Tim Dunn Kristofer Rhude Burlington, VT Penfield Somerville, MA 25K CLASSIC 1:18:28

FEMALE AGE GROUP: 20 - 29

1 Dana Hatton 3:03:18 Cape Elizabeth

				, 11 I IIL	2010 21
36TH ANNUA	AL LAK	E PLACID LOPPE	T & NORDIC FES MALE AGE GROUP: 10 - 13	TIVAL	continued
1 Heather Mooney/20-29	1:30:45	Keene Valley	1 Fin Bailey	1:30:51	Peru, VT
2 Erin Hatton/20-29 3 Hannah Cole/20-29	1:36:25 1:39:06	Troy Bozeman, MT	2 Chip Freeman3 Wyatt Teaford	1:30:53 1:30:54	Peru, VT Peru, VT
MALE AGE GROUP: 7 - 9 1 Nicolas-Tam Audette	2:14:14	Gatineau, QC	4 Tate Frantz 5 Max Flanigan	1:44:32 1:47:59	Lake Placid Lake Placid
MALE AGE GROUP: 10 - 13 1 Zach Wilkerson	1:47:13	Middlebury, VT	6 Galen Halasz MALE AGE GROUP: 14 - 19	2:07:48	Saranac Lake
FEMALE AGE GROUP: 10 - 1	13		1 Gavin Blauch	1:20:36	South Londonderry, VT
1 Madelyn Stowe 2 Eve-Luan Audette	2:05:20 2:29:14	Weybridge, VT Gatineau, QC	2 Ty Willoughby 3 Neil Guy	1:20:39	Stratton, VT Lincoln, VT
MALE AGE GROUP: 14 - 19 1 Kurt Huebner	1:53:40	Ithaca	4 Tony Mathie 5 Elvis McIntosh	1:22:15	Edinboro, PA Middlebury, VT
FEMALE AGE GROUP: 14 - 1 1 Ursula Volz	1:41:00	Orono, ME	6 Dakota Amblo7 Danya Boudreau-Golfman	1:23:47 1:25:05	Fairfax, VT Londonderry, VT
2 Eliza Thomas 3 Phoebe Hussey	1:54:30 1:58:47	Canton Ripton, VT	8 Kent Yoshikawa 9 Adrian Hayden	1:27:19 1:35:20	Faribanks, AK Saranac Lake
4 Maia Gallaghér	2:23:22	Wilson	10 Danny Gardner	1:39:06 1:52:10	Saratoga Springs
MALE AGE GROUP: 20 - 29 1 Noah Shephard 2 Jap McCuiro	1:45:07	Cazenovia	11 Keegan Vannier 12 William Adams	1:59:28	Clifton Park Westport, CT
2 Ian McGuire 3 Mackenzie Wollert	1:45:56 1:48:06	Vernon, CT Brighton	1 Amelia St. John	1:41:29	New Paltz
4 Karl Frohlich 5 Carey Metcalfe	1:54:30 2:46:10	Westford, MA Ottawa, ON	2 Mehana Koch3 Ellen Adams	1:42:22 2:21:03	Peru, VT Chaska, MN
FEMALE AGE GROUP: 20 - 2 1 Sophia Hodges		Cornwall, VT	MALE AGE GROUP: 20 - 29 1 Adam Karges	1:34:29	Rochester
2 Anna Izzo 3 Caroline Dodd	1:52:27 1:59:39	Lake Placid Saranac Lake	FEMALE AGE GROUP: 20 - 2 1 Alyssa Devlin		Lake Placid
4 Jennifer Jubin	2:00:44	Lake Placid	2 Heidi Niskanen	2:54:10	Troy
5 Jennifer Rutkowski 6 Emily Layden	2:05:11 2:09:08	Marlboro Albany	MALE AGE GROUP: 30 - 39 1 Bill Frazer	1:25:04	Lake Placid
7 Madeline Montague 8 Michal Lieberman	2:11:27 2:23:00	Queensbury Ithaca	2 Patrick Merrett 3 Scott McKim	1:29:27 1:38:34	Montreal, QC Saranac Lake
9 Emily Follett 10 Rachael Metcalfe	2:34:58 2:46:12	Cumberland, ME Ottawa, ON	4 Brian Woods 5 Peter Vile	1:38:56 1:39:42	Albany Essex Junction, VT
MALE AGE GROUP: 30 - 39			6 Timothy Magner	1:47:55	Somerville, MA
1 Francis Michaud 2 Nathan Sedgewick	1:42:19 1:45:20	Gatineau, QC Towson, MD	7 Chris Kvam FEMALE AGE GROUP: 30 - 3		Rochester
3 Martin Saidla4 Juan Saldivar	1:46:06 2:02:31	Ottawa, ON Newfield	Margaret Maher Taylor Leach	1:38:50 1:55:36	Lake Placid Troy
5 Andrew Julow FEMALE AGE GROUP: 30 - 3	2:04:17	North Hero, VT	3 Molly Abgarian 4 Allison Nagel	1:55:39 2:08:17	Brighton, MA Fairport
1 Amanda Zullo MALE AGE GROUP: 40 - 49	2:03:15	Saranac Lake	5 Daria Vashchylenko MALE AGE GROUP: 40 - 49	3:00:01	Princeton, NJ
1 Lasse Graves	1:32:35	Gatineau, QC	1 Sean Mannion	1:23:36	Carmel
2 Vladimir Sirotkin 3 Michael Palm	1:45:07 2:01:37	Manlius Burlington, VT	2 Chris Rose 3 Benjamin DuHays	1:25:22	Peru Hampstead, QC
4 Sebastien Rodrigue 5 Mark Venturi	2:01:47 2:05:42	Montreal, QC Toronto, ON	4 Laurent Martel 5 Kevin Prickett	1:29:23 1:38:08	Gatineau, QC Wilmington
6 Barney Hodges 7 John Flanigan	2:19:28 2:25:55	Cornwall, VT Lake Placid	6 Blair Carroll 7 Sylvain Laprade	1:42:16 1:44:55	Kanata Gatineau, QC
8 Sebastien Audette	2:29:12	Gatineau, QC	8 Bernie Landa 9 Brett Adams	1:54:46 1:57:01	Clifton Park Westport, CT
9 Ken Tappen 10 Jonathan Whalen	2:42:07 3:06:04	Metuchen, NJ Slingerlands	10 Steve Halasz	2:07:47	Saranac Lake
11 Esward Holtz FEMALE AGE GROUP: 40 - 4		South Burlington, VT	11 Daniel Kowalik 12 Ben Frantz	2:08:54 2:09:22	Orchard Park Lake Placid
 Erika Kahkonen Diana Grabsch 	1:54:54 2:07:14	Lake Placid Meriden, CT	13 Phillip Belena 14 Patrick Keegan	2:12:40 2:13:57	New York New York
MALE AGE GROUP: 50 - 59 1 Karl Volz	1:36:21	Orono, ME	15 Eric Adams 16 Mike Kelly	2:21:03 2:21:32	Chaska, MN Selkirk
2 Paul Miller	1:42:57	Orleans, ONT	17 Matt Thomson	2:25:36	Jericho, VT
3 Bill McKibben 4 Rob Labonte	1:47:59 1:48:54	Ripton, VT Colchester, CT	18 Jeremy Colgan FEMALE AGE GROUP: 40 - 4		New York
5 Bruce Ingersoll6 Sean Scanlan	1:49:36 1:52:21	Middlebury, VT Brooklyn	Melanie Gauthier Karen Febey	1:38:40 1:42:46	Gatineau, QC Silver Spring, MD
7 John Witmer 8 Robert Hawk	1:52:37 1:58:20	Williston, VT Whittier, NC	3 Emily Heath 4 Jennifer Perry	1:44:31 1:56:25	Ottawa Gabriels
9 Jerry Truppelli 10 Stephen Henry	2:16:31 2:25:43	Ringoes, NJ	5 Ruth Klatt 6 Heidi Kretser	2:09:08 2:12:57	Milton, ON Saranac Lake
11 Daniel Henry	2:27:27	Mont St. Hilaire, QC Morin-Heights, QC	7 Christina Hayden	2:24:17	Saranac Lake
12 Peter Libre 13 Stephen Cater	2:27:42 2:28:25	Norwalk, CT Scarborough, ON	MALE AGE GROUP: 50 - 59	2:30:29	Saranac Lake
14 Tom Bednar 15 Tom Flanagan	2:30:23 2:31:16	Richmond, VT Manlius	1 Len Amblo 2 Dan Greenleaf	1:26:44 1:27:01	Fairfax, VT Waterbury Center, VT
16 Fred Dunaway 17 William Dougherty	2:33:49 2:37:53	Constable Crestwood	3 Patrick Jansen 4 Alan Cote	1:29:29 1:32:57	Scotia Williston, VT
18 Johan Henriksson	2:47:00	Rye	5 Michael Tucker 6 James Willsey	1:32:58 1:35:45	Dalton, MA Hinesburg, VT
19 Len Cater 20 Achilles Kogiantis	2:49:57 3:00:19	Barrie, ON New York	7 Edward Lis	1:36:03	Lake Placid
21 Mike Wollert 22 Bill Izzo	3:12:14 3:25:12	West Hartford, CT Lake Placid	8 Bill Mathie 9 Craig Mallery	1:40:46 1:49:43	Edinboro, PA Webster
23 Randy Kirk FEMALE AGE GROUP: 50 - 5	3:36:33 i9	Avon, CT	10 Tim Weaver 11 Thomas McGowan	1:50:15 1:52:52	Lake Placid Montgomery
1 Anne Benson 2 Gabriella Frittelli	1:55:45 1:58:52	Clifton Park Gansevoort	12 Richard Starace 13 Sam Hewitt	1:54:26 1:56:24	Greenfield Center Essex Junction, VT
3 Tamra Mooney	1:59:35	Peru, VT	14 Vonden Sleight 15 Reuben Smith	2:07:09 2:12:33	Fayetteville Chestertown
4 Lisa Korzenecki 5 Karen Alence	2:02:59 2:14:03	Westfield, MA South Burlington, VT	16 Michael Brown	2:22:07	Northport
6 Ellie Bouffard7 Dorine Peregrim	2:18:34 2:23:23	Colchester, VT Lake Placid	1 Ellen Mallery	1:49:42	Webster
8 Shelley Reynolds 9 Mary Ellen Bednar	2:24:37 2:39:36	Lake Placid Richmond, VT	2 Emily Bryans3 Celia Evans	2:21:33 2:31:52	Delanson Paul Smiths
10 Debora Hatton 11 Noreen Verdoliva	2:44:16 2:53:34	Cape Elizabeth, ME Mexico	4 Petra Barth MALE AGE GROUP: 60 - 69	2:41:18	Alexandria, VA
MALE AGE GROUP: 60 - 69			1 Jim Fredericks	1:33:21	Underhill, VT Millinocket, ME
1 Brian Delaney 2 Justin Gabreski	1:43:33 1:45:23	Lake Placid Orchard Park	3 Joe Korzenecki	1:44:44	Millinocket, ME Lake Placid
3 David Birrell4 John Crawford	1:54:43 1:59:00	Adams, MA Queensbury	4 Greg Dennin 5 Claus Hamann	1:57:20 1:57:47	Lake Placid Orland, ME
5 Jack Burke 6 David Burt	2:02:32 2:14:11	Paul Smiths Queensbury	6 Jonathan Nagel7 Steven Mitchell	1:59:48 2:06:16	Brooklyn Portland, ME
7 Charles Riccio	2:20:21	Glenmont	FEMALE AGE GROUP: 60 - 6 1 Peggy Wiltberger		Saranac Lake
9 Archibald Perkins	2:20:22 2:22:49	Ottawa, ON Pittsford	2 Karen Parker	2:20:24	Williamstown, MA
10 Chas Billingsley 11 Rich Shapiro	2:23:34 2:53:10	Lake Clear Saranac Lake	3 Bernadette O'Brien MALE AGE GROUP: 70 & O'		Round Lake
FEMALE AGE GROUP: 60 - 6 1 Joann Hanowski	1:40:07	Underhill Center, VT	1 Bob Arnot 12.5K N	2:24:25 ORDIC FES	Stowe, VT
2 Karen Delaney 3 Mary Smith	2:10:00 2:12:13	Lake Placid Westford, VT	MALE OVERALL 1 Jaime Gonzalez/17	29:06	Ripton, VT
4 Lindy Ellis	2:53:11	Saranac Lake	2 Joe Graziadei/9	45:43	Lincoln, VT
5 Beth Maher 6 Alana Forcier	2:54:08 2:58:25	North River Westport	3 James Drinane/32 FEMALE OVERALL	47:55	Albany
MALE AGE GROUP: 70 & OV 1 Chris Beattie	/ER 1:59:01	Lake Placid	1 Laura McIntosh/49 2 Sophia McClelland/28	31:19 45:22	Ripton, VT Keene Valley
2 Roy Keats 3 Richard Erenstone	2:13:43 2:25:12	Schenectady Lake Placid	3 Jocelyn Belena/13	58:56 ORDIC FES	New York
4 Vic Laport	2:25:36 2:31:47	Clarksburg, MA Ballston Lake	MALE OVERALL		
6 Jim Adams	2:43:47	Altona	1 Jack Boynton/18 2 Reuben Bernstein/14	19:03 25:13	Charlotte, VT
7 Richard Dixon 8 Richard Swank	2:50:06 3:09:45	Mayfield Eden	3 Trey Frantz/12 FEMALE OVERALL	25:28	Lake Placid
FEMALE AGE GROUP: 70 & 1 Sherry Dixon	OVER 2:54:49	Mayfield	1 Lily Rother/12 2 Ellie Evans/12	25:31 29:09	Oswego
2 Carol Gates	4:01:35 SKATE	Lake Placid	3 Sydney Lawrence/13	29:10 RDIC FEST	<u> </u>
MALE OVERALL		Lako Diacid	MALE OVERALL		Common Labor
1 Karl Schulz/20-29 2 Mathias Boudreau-Golfman	1:15:55 /14-19	Lake Placid 1:18:06	1 Daven Linck/11 2 River Gray/9	12:40 15:16	Saranac Lake Lake Placid
Londonderry, VT 3 Erik Lindahl/14-19	1:19:05	Thetford Center, VT	3 Spencer Griswold/22 FEMALE OVERALL	18:01	
FEMALE OVERALL 1 Elizabeth Izzo/20-29	1:22:07	Lake Placid	1 Deidre Keegan/9 2 Marie Munger/36	10:41 24:45	New York Val-David, QC
2 Kim Douglas/40-49 3 Tiffany Teaford/50-59	1:32:22 1:36:14	Lake Placid	3 Seamus Keegan/11 Courtesy of Olympic Regi	25:38	New York
5 many leaforwoo-33	1.50.14	Peru, VT	courtesy or Orympic negi	טיים היים	opment Additionly

