

Getting Started Kayaking



◀ FORWARD STROKE.

PADDLER MIKE CAVANAUGH OF SLINGERLANDS, APRIL 28, ON FISH CREEK IN SARATOGA SPRINGS.

Basic Strokes and Connecting with Paddlers

By Alan Mapes

If you are new to kayaking, or are just getting back into the sport, here are the basic strokes to move your boat with grace and efficiency. A smooth, efficient paddle stroke will make you look great on the water! We will also check out two local paddling groups that you can join to learn more about the sport and find like-minded paddlers.

Go Straight with a Forward Stroke – It seems so simple, doesn't it? Put the paddle in the water and pull back. But there is more to it. As a beginner, I bet your arms get tired quickly. Your back may hurt and your hands may cramp. There are a dozen things you can do to make your forward paddling more efficient, graceful and effective. You will go farther and faster, with less effort. Here are a few ideas to start with, but first a definition. The "wet hand" is the one near the blade that's in the water at the moment; the "dry hand" is the one near the blade that's up in the air.

- Keep your arms out almost straight, with just a comfortable bend at the elbow.
- Reach forward and put a blade in the water by your toes.
- Pull the blade out as your hand gets back near your hip. "Feet to seat" as we like to say.
- Push with the dry hand as much as you pull with the wet hand. Combined with your fairly straight arms, this puts the big muscles of the torso to work.
- Follow the line of the bow wave with your paddle blade. It starts right next to the boat at your toes and angles out a little as the blade moves to the rear.



PHOTOS BY ALAN MAPES

▲ SWEEP STROKE.

- Move the dry hand across the boat during the stroke. It starts over the near edge of the boat (gunnel) and ends over the far gunnel.
 - Keep your head up and look at something far away – this will help keep you going straight.
 - Add a bit more force to the stroke on one side to bring the bow back to center.
 - **Turn Better with a Sweep Stroke** – You can turn by just doing forward strokes on one side of the kayak; strokes on the right side will turn you left. But to turn quicker and more easily, do a sweep stroke.
 - Start at the toes, but with the paddle shaft more horizontal – the dry hand down low and blade just under the water surface.
 - Carve a big semicircle, reaching out far to the side.
 - Carry the stroke farther back, as close to the back of the boat as is comfortable.
 - Put the paddle all the way in the water – you paid for the whole paddle, use it all! This goes for all the strokes.
- With the forward stroke, we want most of the force carrying us straight forward; paddle blade close to the boat. When turning, we want the force moving the bow to the side; blade reaching farther out to the side of the boat.

CONTENTS

1	Paddling <i>Getting Started Kayaking</i>
3	Running & Walking <i>Races to Remember</i>
5	News Briefs & From the Publishers
6-11	CALENDAR OF EVENTS <i>May to July Events</i>
13	Bicycling <i>Best Bike and Fit For You</i>
15	Athlete Profile <i>Freihofer's Run Friendship: Crossing the Line Since '79</i>
17	Hiking & Backpacking <i>Puffer Pond: A Wild Setting to Visit Year-Round</i>
19	Triathlon <i>Open Water Swimming Tips</i>
21	Mountain Biking <i>Tech Tips to Get You Dialed for the Season</i>
23	Running <i>Obstacles, Mud, Hills... And an Ultimate Relay!</i>
26-27	RACE RESULTS <i>Results for 15 Races</i>

Awesome Events... And a Great Time!

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3.5 Mile Obstacle Race
Saturday, May 26th
5pm Start

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Race day registration is available.
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New Obstacles!
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FINEST 5K MEMORIAL RUN
Lake George
June 17th
8:30am Race Start

Part of Law Enforcement Officers Weekend in Lake George, this run/walk is to honor those who have served. A portion of the proceeds benefits this not for profit event.

Online registration ends **June 13th**

Sign up by June 1st to be guaranteed a T-shirt!

Lake George Triathlon Festival

Registration Open! Online registration ends - August 28th

Lake George Tri Olympic Race
Saturday, Sept. 1st

Big George Tri Half Iron Race
Sunday, Sept. 2nd

AquaBike Half Iron Race
Sunday, Sept. 2nd

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AquaBike = Swim/Bike (Half Only)

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"I'm coming back and I'm bringing all my friends!"
- Recent Competitors

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● RUNNING & WALKING

Races to Remember

By Laura Clark

These days we tend to get so caught up in our to-do lists that even our recreational pursuits become one more checkpoint on our Fitbit, Facebook page or Strava entry. Before summer activities peak, step back a bit and thoughtfully participate in some of the late spring events outlined below, where the focus reaches beyond our personal world to recognize veterans and enforcement officers or reflect on our New York State heritage. Who knows, by concentrating on something beyond yourself, you might just relax enough to achieve a new personal record!

Highlighting the Memorial Day weekend is the 14th annual **Saratoga Lions 5K Run/Walk** on Sunday, May 27. According to race director Tony Catalano, the 5K was added to the 14th annual Saratoga Lions Duathlon, "To make it possible for more individuals to do something fun and meaningful," with net proceeds donated to various patriotic organizations such as Saratoga WarHorse Foundation. Additionally, you may purchase American flags to be displayed throughout the city to honor a particular veteran. Launching from the grounds of the Saratoga Casino Hotel in Saratoga Springs, the individual 5K race will start twenty minutes after the duathlon to prevent congestion. Active duty and wounded warriors receive a half-price discount for all events. Wear your red, white and blue to honor these heroes and bring purpose to this three day weekend! saratogalionsduathlon.com

This year's 40th anniversary **Freihofer's Run for Women 5K** in Albany on Saturday, June 2 underscores a major milestone in the history of women's running. In 1979 there were few female runners and those that were running often felt intimidated in male-dominated events. Enter the Freihofer's "Run for Life" where women were celebrated and encouraged to display their athleticism. Forty years later, we can now form mother/daughter/granddaughter teams to celebrate our achievements, as well as enjoy age group awards through 90+!

Six years ago organizers created the Freihofer's Training Challenge for women of all abilities who want to run the race. Led by coaches and experienced mentors, women can enjoy the camaraderie of training together at 12 different Capital Region locations throughout the week. Three years ago, the course was moved to accommodate nearby construction. Though there have been changes throughout the race's history, one thing remains - it's a race for women! To commemorate the 40th, there will be a new T-shirt design, expanded expo with runner's panel, and a special finisher's charm. freihoferstrun.com

If you are a guy or simply aren't up for Freihofer's, consider the 21st annual **Charlton Heritage 5K Run/Walk** on the same date. Race director Bill Herkenham describes it as "a place for the guys to run while the gals run Freihofer's." Nowadays, though, in keeping with the general trend, women are the majority in the 500-runner field. While you can expect a rolling hills along the town of Charlton's scenic back roads, you will find yourself handily tackling the inclines when you spy the Ainsley's Angels pushers and riders, facing the challenge with steady determination! After you savor a slice of finishers' apple pie, stick around for Charlton Founder's weekend. Tour the one-room Old Red School House at the start and 200-year-old St. Paul's Church



▲ **DRAGON DASHERS AT 2017 DRAGON THE DASH 5K IN SARATOGA SPRINGS.** ERICA MILLER/DAILY GAZETTE

▶ **USABLE FLASK (2.2OZ) FINISHER'S MEDAL AT THE 2018 WHISKEY RUN 10K IN WILMINGTON.** KAREN PETERS

▼ **YOGA WARMUP PRIOR TO THE 2017 GOOD KARMA 5K RUN/WALK IN COLONIE.**



at the finish area, knowing that your race fees help to preserve these and other historic sites. charlton5k.org

Now that you are on a history/mystery roll, plan on Saturday, June 9 for the 20th anniversary of the **Kinderhook Bank OK-5K** in Kinderhook. Before you sign up visit the website for a must-see interactive course tour featuring local heroes Rip Van Winkle, Ichabod Crane and the Headless Horseman, General Burgoyne and Benedict Arnold. And of course native son, Martin Van Buren, founder of the Democratic Party, whose "Old Kinderhook" nickname election logo was inevitably shortened to the ubiquitous "OK" - now echoed round the world. You can see from the video that the streets are pancake flat, perfect for beginners or pros seeking a record pace. In addition to the "OK 1" Kids' one-mile run, under-fives can choose the Reading Ramble, a 50-yard and 100-yard dash to the library to receive a well-earned book to kick off the Summer Reading Program. ok5krace.org

In the Mid-Hudson Valley, the second annual **Run For Heroes 5K & 10K Run or Ruck** is June 9 on the Dutchess Rail Trail in LaGrange. The run will honor all first responders, military service members and

their families. All finishers receive military dog tags. It's also an opportunity to meet co-race director and World Marathon Challenge winner and World Record holder (7 marathons on 7 continents in 7 days), Captain Daniel Cartica. mhrrc.org.

Another opportunity to focus completely on others presents itself with the American Diabetes Association's new **Tour de Cure 5K Run/Walk** on Sunday, June 10 in Ballston Spa. Just as in the Saratoga Lions event, tour director Laura Greenaway comments, "Not everyone owns or rides a bike, but hopefully anyone can run or walk a 5K and experience the celebration that is the Tour de Cure." Runners and walkers have their own scenic route in the village of Ballston Spa. The Tour de Cure is ADA's only fundraiser so runners and walkers are required to raise \$200, which earns you lots of fun and a great postrace party with Mazzone Catering gourmet lunch, New Belgium Beer Garden and live music. Or volunteer and join the party as well! diabetes.org/capitalregion

Soak up some international flair at the fourth annual **Good Karma 5K Run/Walk** on Saturday, June 16 at Crossings Park in Colonie. Participants and friends can do a pre-race yoga warmup and afterwards

can savor Indian street food and get inked with a temporary henna tattoo. The course is flat, fast and located entirely within park grounds, so the run/walk is an excellent option for families or kids excited to try their first independent 5K. Younger children can test themselves on a free half-mile fun run. Proceeds benefit the Albany Chapter of AIM for Seva, which raises funds for education, food and lodging for rural K-12 children in India. Noteworthy is the fact that the students' passing rate holds steady at 95%. goodkarma5k.itsyourrace.com

With a nod to the resurging interest in craft spirits, the second annual **Wilmington-Whiteface Whiskey Run 10K**, also on June 16, is the real deal - you will be running the town roads and hills covered by prohibition rum runners and moonshiners! Traveling further back through time, during the War of 1812's Battle of Plattsburgh, residents made sure American troops enjoyed a steady flow of courage-inducing rye whiskey. Today, the tradition continues as Wilmington is home to US Barrel, the oldest whiskey barrel co-perage in the Northeast.

Runners are treated lavishly with gender-specific T-shirts, a swag bag filled with local goodies, and a unique 2.2-ounce flask finisher's medal. This alone is worth the price of admission as it is a working model, perfect for stashing in your emergency hiking pack. Afterwards, sample whiskey, view barrel-making demos, visit with the Battle of Plattsburgh reenactors and join a speak-easy. The run is a benefit for the Wilmington Historical Society. adkwhiskeyrun.com

Also on June 16, Greenfield Elementary School will hold its 10th annual "**Dragon the Dads' Father's Day 5K**, Kid's Mile, and "Dragon Dash" at Saratoga Spa State Park. A fun-filled family event to celebrate Father's Day weekend, the 5K run will feature wicking T-shirts for runners registered by May 24. Run with your dad, run because you're a dad, run to honor a dad, or in memory of your dad. In addition to top finisher and age group gift card awards, local business gift cards will be awarded to randomly drawn bib numbers who register by May 24. Dragon the Dads benefits the HSA, a nonprofit group of parent volunteers that provide cultural and educational enrichment for students of Greenfield Elementary School. finishright.com

The first ever **Finest 5K Memorial Run** on Sunday, June 17, is part of Law Enforcement Officers Weekend in Lake George. As such, you will be matching your running skills with police officers and their families from across the nation who have come to the conference. After a level beginning, the course climbs up Fort George Road, descends down NY Route 9L, and then finishes flat and fast in Wood Park. This is a great way to get in your exercise before a traditional Father's Day picnic! Sign up by June 1 to be guaranteed a T-shirt. A portion of proceeds benefit this not for profit LEOW event. adkracemgmt.com

There are many unique events in this selection to fill your month with a mixture of history, patriotism, caring for others, and a renewed respect for our forefathers. Enjoy! 🌲

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

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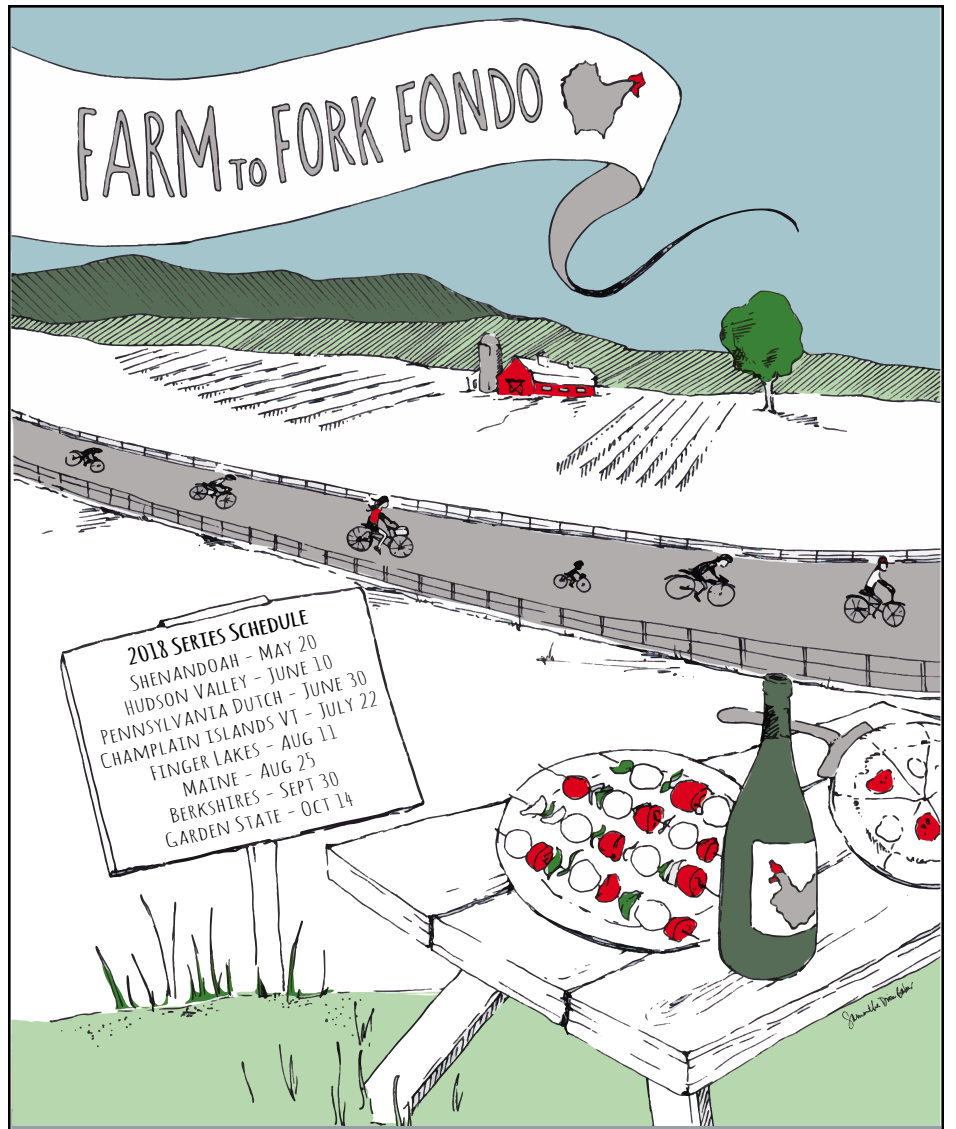
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Celebrate Paddling in the Adirondacks

By Rivka Cilley



For the past three years, Northern Forest Canoe Trail, Adirondack Lakes and Trails Outfitters, and St. Regis Canoe Outfitters have coordinated to bring special paddling events in June to celebrate paddling in the Adirondacks. This year this group is expanding their venue to include other organizations and events, including Mac's Canoe Livery, Paul Smith's College VIC, Raquette River Outfitters and local private guides. Every day in June they will offer at least one paddling related event. Celebrate Paddling ADK offers everything from instruction workshops to guided trips to presentations. There is something for everyone from the beginner to the more experienced paddler to whet appetites for the new paddling season.

Paddlesports have always been an important part of the Saranac Lake region. As soon as the ice goes out, people dust off their canoes, kayaks and paddleboards to get on the water. The greater Saranac Lake area offers a plethora of recreational and racing opportunities. Celebrate Paddling Adk offers a great lineup of guided paddling tours: day and evening trips ranging from outings in downtown Saranac Lake on the Saranac River, to places as far out as Barnum Pond, the Seven Carries or the Raquette River.

Instructor's Day on Saturday, June 9 is the coordination of numerous local instructors' talents with workshops for every level of interest. Mac's Canoe Livery is offering two-person canoe (C-2) paddling clinics designed for people preparing to paddle the Adirondack Canoe Classic ("90-Miler"), as well as a Team Paddling Clinic on Lower Saranac Lake. St. Regis Canoe Outfitters is offering a Moving Water Clinic on Saturday, June 23 on the Saranac River to help paddlers become more confident with moving water. On Friday, June 22, fine tune your forward stroke at a workshop with paddling guru, Danny Mongo, sponsored by Northern Forest Canoe Trail.

Anyone can have fun at the three-day Adirondack SUP Festival at Lake Colby on Friday-Sunday, June 15-17, sponsored by Adirondack Lakes and Trails Outfitters. Raquette River Outfitters is also offering a SUP evening paddle at Long Lake on Thursday, June 21. Throughout June, each of the participating outfitters are offering a chance to tryout various kayaks and canoes.

Presentations include events such as Brian McDonnell's talk on the history of the 90-Miler. On Friday, June 29, St. Regis Outfitters will have a ribbon cutting for their newly renovated canoe/kayak launch on the Saranac River. Later in the evening at St. Regis Outfitters, Laurie Chandler, the first woman to solo paddle the Northern Forest Canoe Trail and author of "Upward," will offer a book signing and presentation about her 740-mile trip.

Additional presentations will be at Bitters & Bones Restaurant in Saranac Lake to hear about a trip circumnavigating the Scottish Highlands on Wednesday, June 6 or plan to participate in the Adirondack Paddlesports Trivia Night on Tuesday, June 19. And, don't forget karma... join the Raquette River Cleanup on Sunday, June 10 and/or the Saranac River Cleanup on Sunday, June 24. For more info, go to celebratepaddlingadk.com. 🌲

Rivka Cilley (rivka@canoeoutfitters.com) is co-owner of St. Regis Canoe Outfitters in Saranac Lake.

ADK Prepared for High Peaks Hiking Season

LAKE GEORGE - Adirondack Mountain Club is prepared to educate and assist in the stewardship of the Adirondack High Peaks Wilderness this hiking season. The Canadian Victoria Day holiday weekend, May 19-21, marks the start of the busy hiking season. The High Peaks has received a significant increase in recreational use over the past seven years, something that ADK has been monitoring and experiencing for many years. A recently released study (adirondackcouncil.org, see News, Press Releases) shows the need for management efforts to help address the high use of the High Peaks Wilderness.



BRENDAN WILTSE/ADK

"For 90 years we have been a steward of NY's wild lands and waters by doing trail maintenance, monitoring lakes and forests for invasive pests, educating recreationists in Leave No Trace skills and ethics, and advocating for public land protections," says Wes Lampman, ADK's chief operating officer.

The club owns and operates property adjacent to one of the busiest trailheads in the High Peaks - the main access point for Algonquin and Mt. Marcy, where 200 parking spaces fill to capacity almost every weekend. ADK's High Peaks Summit Stewards have seen a 65% increase in the number of people they have been interacting with over the past five years. The club is continuing its efforts to alleviate pressures and is trying new strategies to instill an outdoor ethic within a new wave of visitors. "We have a great opportunity to educate and inspire them to be stewards and advocates for public lands here and where they live," says Julia Goren, ADK's education director.

Over the winter, ADK staff participated in NYS DEC focus groups on managing the High Peaks and the influx in use. They advocated for better educational tools and resources for trail maintenance. "DEC took protective measures in the 1998 High Peaks UMP by adopting group size limits and a ban on fires. Addressing this increase in recreational use 20 years later will take new measures," said Neil Woodworth, ADK's executive director. The club continues to advocate for more funding for DEC Forest Rangers, along with increasing NY's Environmental Protection Fund for stewardship and land protection.

Last year, ADK hired an additional full-time educator to increase Leave No Trace skills and ethics by reaching 137,000 people, an increase from 47,000 people the year before. Programs for public, camp and college groups continue in the summer and fall to help users recreate responsibly. This spring, the Professional Trail Crew is spending four weeks working on trails in the Eastern High Peaks. Their work will be focused on Big Slide Mountain to protect the natural resources in heavily used corridors. They will patrol 50 miles of trails by clearing down tree debris and cleaning trail water drainage structures.

The club is completing its multiyear \$1 million infrastructure work on its Heart Lake Program Center this year to better serve users. Renovations to the High Peaks Information Center include: improved visitor education, new washhouse and septic system, new campground loop, and new yurt village for educational programs. The club piloted a HPIC host program last August, where volunteers helped staff educate hikers in the parking lot before they set out. With forty Adirondack 46er Cascade Trailhead volunteers recently trained, the program will continue this year. A new volunteer stewardship program was initiated this spring that uses social media to inspire outdoor enthusiasts to recreate responsibly. ADK has 30,000 members in 27 chapters. For more info, visit adk.org. 🌲

Fleet Feet Sports Summer Programs

ALBANY & MALTA - Registration is now open for Fleet Feet's summer training programs in the Albany and Saratoga areas. Programs for 5K through marathon distances are coached by local experts. For details and to register, go to fleetfeetalbany.com or contact Patty Clark at pclarkfleetfeet@gmail.com.

Firecracker 4 practice runs, sponsored by Fleet Feet, will be held on Tuesdays from May 29 to June 26 at 6pm. Training runs are free, open to the public, and held at The Barrelhouse, except for 6/26 at Farmer's Hardware - both in Saratoga Springs. A complimentary post-run beverage will be available. If questions, contact the Malta store at 518-400-1213.

Fleet Feet will celebrate Global Running Day on Wednesday, June 6 at 5:45pm at the Legislative Office Building in Albany. Join Fleet Feet, NYS Legislature, New York Road Runners, and New Balance to celebrate the joy of running. Free Global Running Day shirts are guaranteed to the first 100 runners. A post-run happy hour will be at the Public House 42, compliments of NYRR. Register at facebook.com/fleetfeetsportsalbany/events. 🌲

Pickleball Summerfest Clinics on June 1-3

GLENS FALLS - Pickleball is a refreshing break from conventional sports, combining elements of tennis, ping pong and badminton. The Summerfest is on Friday-Sunday, June 1-3, at Glens Falls Recreation Ice Center and Ridge/Jenkinsville Park, Queensbury. The fest will give players and newbies a chance to play games, hone or learn skills, make friends, and raise funds for younger players. It will feature open play, play with the pros and training clinics - and all are welcome.

Pickleball is played with a solid, wooden or composite paddle. The ball is made of perforated polymer and resembles a whiffle ball, which is struck or driven over a net. The court dimensions are 30'x60', about half the size of a tennis court, with the net lowered to 34" in the center. "The Pickleball Summerfest is ideal for all ages and abilities to take lessons and clinics from pro players," said Robin Vernava of All About Pickleball, Adk Juniors Pickleball and USAPA. For more info, visit pbsummerfest.com. 🌲

FROM THE PUBLISHER

A Nature-Rich Life

"Getting outside not only changes your perspective, it could actually alter the way your brain works," according to a small new study. Reading the previous line reminds me of the funny "I don't know it for a fact... I just know it's true" segment on HBO's Real Time with Bill Maher.

I love science but some things are obvious, like these words from Richard Louv, author of the bestseller Last Child in the Woods: "The future will belong to the nature-smart - those individuals, families, businesses, and political leaders who develop a deeper understanding of the transformative power of the natural world and who balance the virtual with the real. The more high-tech we become, the more nature we need."

I recommend his new book, Vitamin N (for "nature"), a practical handbook for the family and community with 500 ways to engage with the natural world. Enjoy the issue, get outside and be a force for change!

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Calendar of Events

May - July 2018*

MAY 2018							JUNE 2018							JULY 2018						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
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27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

*Events beyond this range are advertisers in this issue.

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BICYCLING: ROAD (PAVED) ONGOING

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

Wed Placid Planet Time Trial Series. 5/2-30. 8M. 6:30pm. River Rd, Lake Placid. 518-523-4128. placidplanet.com.

MAY

- 12 **MHCC Spring Kick-Off Rides.** 33M/17M. 10:30am. Indian Ladder Farm, Voorheesville. mohawkhudsoncyclingclub.org.
- 12 **Adirondack Ultra Fondo.** 270M. 4am. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
- 13 **Janey's Ride.** 62M: 8:30am. 30M: 10:30am. 15M: 11am. Common Roots Brewing, South Glens Falls. 518-223-0148. bikereg.com.
- 16 **Ride of Silence.** 6pm: Riverfront Park/Rowing Center, Albany. 6:30pm: Capital Park/State Ed Bldg, Albany. albanybicyclecoalition.com.
- 18 **Bike to Work Day.** Capital Region. cdctmpo.org.
- 19 **3rd Pedal to Plate Culinary Bike Tour.** 55M. 10am. 3 lakes, 5 communities, 13 eateries, 2 ice cream stands, 1 brewery. The Hub, Brant Lake. bikereg.com.
- 19 **Pucks & Pedals Bike Tour.** 20/40M. 9am. Fundraiser to keep GF hockey. Kids' activities. GF Civic Center, Glens Falls. echlthunder.com/pucksandpedals.
- 19 **Berkshire Brevet BashBish 300K.** 6am. Westfield, MA. berkshirebrevets.com.
- 19 **Rochester Twilight Criterium & Rochester Mile Race.** 5pm. Blue Cross Arena, Rochester. rochestercrit.com.
- 20 **14th Team Billy Ride & Walk for Research.** 10/25/50M bike: 8:30am. 3M walk: 9am. After-party: Henry St Taproom. High Rock Park, Saratoga Springs. teambilly.org.
- 20 **Farm to Fork Fondo: Shenandoah.** 8:30am. 80/50/35/10M rides, food, tastings, music. Belle Grove Plantation, Middletown, VA. farmtoforkfondo.com.
- 20 **Gran Fondo New York.** 50/100M. New York. gfnyc.com.
- 20 **GVCC Bloomfield Classic.** Bloomfield. gvccracing.com.
- 28 **Killington Stage Race.** Killington, VT. killingtonstagerace.com.

JUNE

- 1 **Whiteface Uphill Bike Race.** 11M. 5:30pm. Whiteface Mountain Veterans Memorial Highway, Wilmington. wilmingtonny.com.
- 2 **Ride the Ridge Bike Challenge.** 30/50/80M. High Meadow School, Stone Ridge. ridetheridge.org.
- 3 **Tour de Freedom Bike Rides.** 50M/17M/7M rides to benefit Freedom Machines to provide recovering addicts w/bikes. 989 Route 9, Queensbury. Chris Collins: 347-221-9895. bikereg.com.
- 3 **Sweat N' Summer Century.** 100M. 9am. Parkwood Plaza, Clifton Park. 518-847-2419. bikereg.com.
- 3 **Biking for Bach Ride.** 3pm. Albany Symphony's American Music Fest bike>About. Monument Square, Troy. 518-465-4755 x151. albanyphilharmonic.com.
- 9 **Vermont Epic.** 40/134M road & 73M gravel grinder. Okemo Resort, Ludlow, VT. vtepic.com.

- 10 **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 beer garden & live music. Saratoga Co Fairgrounds, Ballston Spa. 518-218-1755 x3606. diabetes.org/capitalregion.
- 10 **Farm to Fork Fondo: Hudson Valley.** 80/50/35/10M rides, food, tastings, music. Warwick Valley Winery, Warwick. farmforkfondo.com.
- 15-17 **Saranac Lake Tandem Rally.** Gear-To-Go Tandems: 518-891-1869. ggtandems.com.
- 16 **5th HHHN Ride for the Well of It.** 50M: 9am. 30M: 10am. 17M: 10:30am. Family-friendly 1.5M hike & kids' activities. Food/drink. The Hub, Brant Lake. 518-494-4822. bikereg.com.
- 16 **ADK 540 Gran Fondo Ride.** 136M. 7am. Alpine Country Inn, Wilmington. John Ceceri: 518-583-3708. adkultracycling.com.
- 16 **Bike the Bluff Ride.** 12/18/30M. 8:30am. Penn Yan. bikereg.com.
- 16 **Bike for the Lake.** 100/80/60/30M. Knight Point SP, Grand Isle, VT. 802-524-1769. northernlakechamplain.org.
- 23 **Long Trail Century Ride.** 20/40/60/100M road & 40M MTB. Killington, VT. longtrailcenturyride.com.
- 23-24 **Ride for Mental Health.** 14/25/50/100M. 8:30am. Hasbrouck Park, New Paltz. rideformentalhealth.org.
- 24 **Tour de Kingston.** 50/25/18/10/5M road & 18M gravel grinder. Forsyth Park, Kingston. tourdekingston.com.
- 29-7/1 **Weekender Bike Tour.** Paul Smith's College, Paul Smiths. cycleadironacks.com.
- 30 **Farm to Fork Fondo: Pennsylvania Dutch.** 80/50/30/10M rides, food, tastings, music. Wyebrook Farm, Honey Brook, PA. farmforkfondo.com.
- 30 **Vermont Gran Fondo.** 39-114M. Bristol, VT. 802-377-7871. vermontgranfondo.com.

JULY

- 1 **Tour of Putnam Bike Ride.** 14/26/62M. 10am. Carmel Hamlet. pawlingcycle.com.
- 7 **Seneca Circuit Race.** 22/33M. Oswego. bikerace.com.
- 7-8 **Saratoga 12 & 24 Hour Race/Ride.** 7:30am. Van Raalte Mill, Saratoga Springs. John Ceceri: 518-583-3708. adkultracycling.com.
- 8-15 **PTNY's Cycle the Erie Canal.** 400M. Buffalo to Albany. ptny.org.
- 14 **17th Capital Region Road Race.** 10:30am. Ravenna-Coeymans-Selkirk HS, Ravenna. Beth Ruiz: 518-334-6058. cbrc.cc.
- 15 **Ride for the River.** 10/30/60M. Benefits Ausable River Assn. Hungry Trout Resort, Wilmington. cycleadironacks.com.
- 15 **NYS Time Trial Championships.** 10/20/40K. 10am. Tioga Center. nysbra.com.
- 15 **Champ's Challenge for Cystic Fibrosis.** 8/80M. Basin Harbor Club, Vergennes VT. 802-310-5983. champschallenge.org.
- 21 **Tour de Keuka Bike Rides.** 16/45/60/100M. Fire Dept, Hammondsport. foodbankst.org.
- 21-28 **Bon Ton Roulet.** 50 or 75M per day festival on wheels around the Finger Lakes. Cortland. bontonroulet.com.
- 21-29 **Thousand Islands Tandem Tour.** Gear-To-Go Tandems: 518-891-1869. ggtandems.com.
- 22 **Farm to Fork Fondo: Champlain Islands.** 85/55/30/7M rides, food, tastings, music. Snow Farm Vineyard, South Hero, VT. farmforkfondo.com.
- 22 **The Rock Gran Fondo.** 25/50/80M. 8:15am. Avon. bikereg.com.
- 28 **Tour de Thompson Bike Tour.** 15/30/62M. 8am. Onanda Park, Canandaigua. bikereg.com.
- 28-29 **Syracuse Race Weekend.** TT, Crit, RR. Syracuse. onondagacyclingclub.org.
- 29 **13th Ididaride: Adirondack Bike Tour.** 75M road: 8:30am. New: 23M gravel grinder: 12pm. Gore Ski Bowl Park, North Creek. ADK: 800-395-8080 x42. adk.org.
- 29 **Elks Ride for Vets.** 32/64M. 7am. Elks Lodge, Saratoga Springs. bikereg.com.
- 29-8/4 **Great Big FANY Ride.** 500M across NYS. East Aurora to Saratoga Springs. fanyride.com.
- 29-8/4 **Empire State Ride to End Cancer.** 500M from NYC to Niagara Falls. empirestateride.com.

AUGUST

- 4-12 **Chautauqua Tandem Tour.** Gear-To-Go Tandems: 518-891-1869. ggtandems.com.

5TH ANNUAL

CHURNEY GURNEY

Trail Run & Mountain Bike Race

Saturday-Sunday, August 4-5
Gurney Lane Recreation Park
118 Gurney Ln (Exit 20), Queensbury

SAT, 9AM - 5M Trail Running Race
12-4pm: MTB demos & rides

SUN, 9AM Mountain Bike Races
NYS MTB Race Series - Cat 1/2/3, open/pro, fat, single speed
9am-3pm: MTB demo rides
1:30pm: Kids races

Two-Day Festival!

More Info & Register:
ChurneyGurney.com
Updates: Facebook.com/Churney-Gurney
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5th annual

Ride for the Well of It

Saturday, June 16 - The Hub, Brant Lake
Family-friendly fitness with something for everyone!

BIKE - 50mi (9am), 30mi (10am), 17mi (10:30am)
HIKE (free) - The Hub's 1.5mi round-trip trail or the Chester Challenge

Food/drink for purchase • Free activities for kids

Register & More Info: Bikereg.com/hhhn

Presented by The Hub (518-494-4822) to benefit Hudson Headwaters Health Network

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



3rd annual

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
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518 494 4822
theHubAdk.com

- 5 **16th Christine Nicole Perry Memorial Bike Ride.** 40M: 9am. 15M: 10am. Post-ride lunch. The Hub, Brant Lake. 518-644-3020. bikereg.com.
- 10-12 **Montreal Double Double Bike Ride.** 400M w/Montreal rest day. Schuylerville to Montreal to Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
- 11 **Farm to Fork Fondo: Finger Lakes.** 85/50/40/7M rides, food, tastings, music. Atwater Estate Vineyards, Burdett. farmforkfondo.com.
- 25 **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.
- 25 **Farm to Fork Fondo: Maine.** 85/55/35/10M rides, food, tastings, music. Pineland Farm, New Gloucester, ME. farmforkfondo.com.

SEPTEMBER

- 8-9 **MHCC Albany Century Weekend.** 100/62/50/25M. Altamont Fairgrounds, Altamont. mohawkhudsoncyclingclub.org.
- 14-16 **ADK 540 Ultra Cycling Ride.** 136/272/408/540M. Alpine Country Inn, Wilmington. John Ceceri: 518-583-3708. adkultracycling.com.
- 30 **Farm to Fork Fondo: Berkshires.** 80/50/30/10M rides, food, tastings, music. Hancock Shaker Village, Pittsfield, MA. farmforkfondo.com.

OCTOBER

- 14 **Farm to Fork Fondo: Garden State.** 80/50/30/10M rides, food, tastings, music. Whitesbog Historic Village, Browns Mills, NJ. farmforkfondo.com.
- 27-28 **Haunted Hundred Overnight Century.** 49/65/104M. 6pm. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

BICYCLING: OFF-ROAD (UNPAVED) ONGOING

- Sun **"Poor Man's Downhill" Summer Shuttles.** 6/17, 7/1, 7/15, 8/5, 8/19, 9/2, 9/16. 1-4pm. Up A Creek Restaurant & Leapoff Cycles, Wilmington. bikewilmingtonny.com.
- Tue Rensselaer Plateau MTB Rides. 6/5, 6/19, 7/10. 6pm. Rensselaer County. renselaerplateau.org.

MAY

- 19 MACHO MTB Race. Stillwell Woods Preserve, Woodbury. raceawesome.com.
- 20 **Farmer's Daughter Gravel Grinder.** 65M dirt/paved roads & trails. 9am. After party w/music, dinner, beer. Crellin Park, Chatham. farmersdaughtergravelgrinder.com.
- 26 Blue Hill Cabin Challenge Ride. 60M. 8am. New Paltz to Claryville. 845-750-0125. cabinchallenge.com.
- 27 Williams Lake Classic MTB Race. Williams Lake Road, Kingston. 845-658-7832. trtbicycles.com.

JUNE

- 2 Wilmington Whiteface 100K MTB Race. Leadville 100 qualifier. Whiteface, Wilmington. leadvillerraceseries.com.
- 3 Stewart State Forest MTB Tour. 8-10M: 9:30am. 19M: 8:30am. Rock Tavern. 845-564-3018. bikereg.com.
- 3 Tour de Heifer Dirt Road Rides. 15/30/60M. Lilac Ridge Farm, West Brattleboro, VT. bikereg.com.
- 9 **23rd Black Fly Challenge: Adirondack Gravel Grinder.** 40M in Moose River Recreation Area. 10:30am. Arrowhead Park, Inlet to Indian Lake CS, Indian Lake. blackflychallenge.com.
- 9 VTMonster Gravel Grinder. 73M. 9am. Okemo, Ludlow, VT. 617-515-5929. vtepic.com.
- 10 Westchester Fat Tire Festival. 10am-4pm. Blue Mtn Reservation, Peekskill. wmba.org.
- 10 Southern Tier Enduro MTB Race. Jones Park, Vestal. bikereg.com.
- 16 Getting Happy in the Valley Gravel Race. 35M. 10am. Happy Valley Game Preserve, Williamstown. bikereg.com.
- 16 Stewart Poison Ivy Mousetrap MTB Race. H2H series. Stewart SF, Rock Tavern. h2hrace.com.
- 22-23 NEMBA Fest. Group rides, camping, more. Kingdom Trails, Lyndonville, VT. nembafest.com.

- 30 RAS Gravel Adventure. 42M. 9am. Wild Wings XC Ski Center. Peru, VT. bikereg.com.

JULY

- 22 Glacier Grinder Vermont Dirt Ride. 40M. Killington, VT. endurancesociety.org.
- 28-29 Hardcore 24 MTB Race. 24 hours. 12pm. Ontario Co Park, Naples. bikereg.com.
- 29 **13th Ididaride: Adirondack Bike Tour.** New: 23M gravel grinder: 12pm. 75M road: 8:30am. Gore Ski Bowl Park, North Creek. ADK: 800-395-8080 x42. adk.org.

AUGUST

- 4-5 **5th Churney Gurney MTB Race & 5M Trail Run.** MTB race: Sun, 9am. Trail run: Sat, 9am. Sat/Sun: MTB demos & rides. Sun, 1:30pm: Kids' MTB races. Gurney Lane Recreation Park, Queensbury. churneygurney.com.
- 25-26 **ADK 80K Race Weekend.** Sat: 80/40K trail run race. Sun: 80/40K MTB race. Mount Van Hoevenberg, Lake Placid. High Peaks Cyclery: 518-523-3764. highpeakscyclery.com.

HEALTH & FITNESS ONGOING

- Mo-Sa **Rock Your Fitness: Total Body Training.** Six-weeks: 4/23-6/2 & 6/11-7/21. M/W/F: 5:15, 6:30 & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.com.
- Sun HCC Yoga Classes. 9-10:30am. Hindu Community Center, Albany. hindutemplealbany.org.

HIKING, CLIMBING & WILDERNESS SKILLS MAY

- 19-20 **Map & Compass Bushwhack.** 9am. Adirondack Loj, Lake Placid. ADK: 518-523-3441. adk.org.

JUNE

- 16 **The 46 High Peaks Workshop.** 3M hike. 9am. Adirondack Loj, Lake Placid. ADK: 518-523-3441. adk.org.


JULY

- 2 Iroquois Mtn Guided Hike. 9.4M. 7:30am. Adirondack Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 5 Lake George Hike-A-Thon & Paddle-A-Thon. Multiple locations, Lake George. Info/register/volunteer: lakegeorgehikeathon.org.
- 7 Map & Compass Fundamentals. Adirondack Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 7 Mount Marshall Guided Hike. 17M. Adirondack Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 9 Esther Mtn Guided Hike. 6.6M. 8:30am. Ausable River Two Fly Shop, Wilmington. ADK: 518-523-3441. adk.org.
- 16 Street & Nye Guided Hikes. 9M. 8:30am. Adirondack Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 28 MacIntyre Range Women's Day Hike. 10.8M. 7:30am. Adirondack Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 30 Seward Mtn Guided Hike. 14M. 7:30am. Coreys Road, Coreys. ADK: 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 **Hudson Valley Triathlon Club Summer 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.

23RD ANNUAL **CAPPED AT 1,000 RACERS!**



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Bike 18mi out & back (Newly paved!)
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USA Triathlon sanctioned event



Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 18, 8am
Limited to 300 racers
Register early for best price
Register by 7/15 for awesome swag!
Register & Info: **cdtriclub.org**

WELCOME ALL
2018 MEMBERSHIP NOW OPEN!



Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 5 – August 28
Details: www.cdtriclub.org

Wed St Lawrence Valley Paddlers Duathlon Series. 5/16, 6/20, 7/18, 8/15. 1.25M run, 2M paddle, 1.25M run. 6:30pm. Little River, Canton. slvpaddlers.org.

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

MAY

12 Southern Tier Duathlon Series #2. Randolph. 914-466-9214. coachmarkwilson.com.

19 Catskill Spring Rush Triathlon. 2.2M run, 10M bike, 1.2M paddle. Catskill HS, Catskill. active.com.

19 Rat Snake Triathlon & 18K Trail Run. 8am. Gilbert Lake SP, Laurens. theratsnake.com.

19 Harryman Triathlon: Half Iron & Olympic. 9am. Harriman SP, Lake Welch Beach, Stony Point. genesiadventures.com.

20 Lake Welch Tri & Du. 0.25M swim, 11.5M bike, 5K run. 2M run, 11.5M bike, 5K run. Harriman SP, Stony Point. nytri.org.

20 American Zofingen Duathlon. Long: 5M run, 84M bike, 15M run. Chris Gleason Memorial: 5M run, 29M bike, 5M run, 29M bike, 5M run. Short: 5M run, 29M bike, 5M run. 7am. Stone Ridge. 914-466-9214. coachmarkwilson.com.

25-28 Lake Placid Triathlon Camp. Train on IMLP course. 914-466-9214. coachmarkwilson.com.

27 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

2 Cooperstown Sprint Triathlon & Aquabike. 0.5M swim, 18M bike, 3M run. Glimmerglass SP, Cooperstown. atcendurance.com.

2 Pawling Sprint Triathlon. 0.33M swim, 12M bike, 3M run. Lakeside Park, Pawling. nytri.org.

9 Syracuse YMCA Triathlon & Aquabike. 800m swim, 13M bike, 5K run. 8am. Jamesville Co Park, Jamesville. syracuseymcaraceweekend.org.

10 9th Hudson Crossing Triathlon. 500yd swim, 12M bike, 5K run. 8am. Swim clinic: Sat, 6/9: 1 & 2pm. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com.

10 Keuka Lake Triathlon. Intermediate, short & kids. 7:30am. Keuka Park, Penn Yan. score-this.com.

16 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. Sacandaga Bible Conf. Ctr., Broadalbin. greatsacandagachallenge.com.

16 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.

17 Ironman Syracuse 70.3. 1.2M swim, 56M bike, 13.1M run. 6am. Jamesville Beach Park, Jamesville. ironman.com.

17 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.

23 36th Tupper Lake Tinman. 8am. Tinman & Aquabike: 1.2M swim, 56M bike, 13.1M run. Olympic: 0.93M swim, 26M bike, 6.2M run. Sprint: 0.5M swim, 12.6M bike, 3.1M run. Save 10% w/code: ADKSPORTMAY10 (exp. 5/31). Municipal Park, Tupper Lake. tupperlaketinman.com.

23 Vermont Sun Triathlon. Sprint: 600m swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.

23 Lake Dunmore Triathlon. Olympic: 0.9M swim, 28M bike, 10K run. 8am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.

24 Iron Girl Syracuse. Sprint, Aquabike, Bike-Run. Oneida Shores, Brewerton. irongirl.com.

30 Stissing Triathlon. 0.5M swim, 16M bike, 3.3M run. 9am. Age 12-17: 200m swim, 3M bike, 1M run. Age 4-11: 100yd swim, 3M bike, 1M run. Save 10% w/code: ASSE10. Stissing Lake, Pine Plains. coachmarkwilson.com.

30 Broome County Parks Triathlon. Sprint, Du, Aqua, Kids. Dorchester Park, Whitney Point. runsignup.com.

JULY

2-8/10 SkyHigh Youth Multisport Adventure Camps. 6 week day camps. Averill Park. John/Kathy Slyer: 518-674-0369. skyhighadventures.com.

7 HITS Triathlon Hudson Valley. Iron, aqua, half, Olympic, sprint, mini sprint. Williams Lake, Kingston. hittriatlonthseries.com.

7 Basin Harbor Sprint Triathlon I. 500yd swim, 12.2M bike, 5K run. 8am. Vergennes, VT. 802-316-7142. racevermont.com.

13-15 Musselman Triathlon. Half, Sprint, Kids, Supersprint, Aquabike, Relays. USAT NYS high school championship. Seneca Lake SP, Geneva. musselmantri.com.

14 19th XTERRA SkyHigh Off-Road Triathlon. 1K swim, 20K bike, 6K run: 7am. Kids' triathlon (100m swim, 5K bike, 1K run): 11am. Grafton Lakes SP, Grafton. John/Kathy Slyer: 518-674-0369. skyhighadventures.com.

14 Delta Lake Triathlon. Double, sprint, Olympic, aquabike. 7:30am. Delta Lake SP, Rome. atcendurance.com.

14 Vermont's Toughest Triathlon. 2.4M swim, 112M bike, 26.2M bike. 5:30am. Lake Willoughby to Burke Mountain, East Burke, VT. ironcowboyracing.com.

15 Vermont Sun Triathlon. Sprint: 600m swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.

15 Branbury Classic Paddle Triathlon. 1.5M paddle (kayak/canoe/SUP), 14M bike, 3.1M run. Branbury SP, Lake Dunmore, VT. 802-388-6888. vermontsun.com.

15 Gillie Girl Sprint Triathlon. 0.5M swim, 14M bike, 5K run. 8am. Gillie Lake, Vets Memorial Park, Camillus. gilliegirltri.com.

21 33rd Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. speculatorchamber.com.

22 Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speed Skating Oval, Lake Placid. ironman.com.

28 Duanesburg YMCA Triathlon. 325yd swim, 10M bike, 5K run. 9am. Mariaville Lake, Duanesburg. zippyreg.com.

29 Central Park Sprint Triathlon. 0.25M swim, 12M bike, 3M run. 7:30am. Central Park, New York. nytc.org.

AUGUST

12 Vermont Sun Triathlon. Sprint: 600m swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.

12 Lake Dunmore Triathlon. Olympic: 0.9M swim, 28M bike, 10K run. 8am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.

18 18th Crystal Lake Triathlon & Aquabike. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.

18 Cassadaga Kids' Triathlon. Cassadaga. 914-466-9214. coachmarkwilson.com.

SEPTEMBER

1-2 Lake George Triathlon Festival. Sat, 7am: 13th Lake George Tri: 0.9M swim, 24.8M bike, 6.2M run. Sun, 6:45am: 8th Big George Tri & Aquabike: 1.2M swim, 56M bike, 13.1M run. Battlefield Park, Lake George. adkracegmt.com.

OCTOBER

6 Hudson Valley Duathlon Series #3. Mt. Tremper. 914-466-9214. coachmarkwilson.com.

13 Southern Tier Duathlon Series #3. Randolph. 914-466-9214. coachmarkwilson.com.

20 Kayak, Bike, Run Triathlon. Cassadaga. 914-466-9214. coachmarkwilson.com.

OTHER EVENTS

MAY

18-20 Women's Getaway Weekend. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

21 Christopher Dailey Golf Tournament. McGregor Links, Wilton. christopherdaileyfoundation.com.

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Sunday, May 27 at 8am

Saratoga Casino Hotel, Saratoga Springs
5K Run, 30K Bike, 5K Run - Individuals & Teams

Race information and online registration:
SaratogaLionsDuathlon.com

Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club

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• 100 yd swim
• 3.1 mi bike
• 1 mi run

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• Individual & Team
• 750m swim
• 20K bike
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25-28 **Memorial Day Weekend Family Camp.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

JUNE

1-3 Pickleball Summer Fest. GF Rec Ice Center, Glens Falls & Ridge/Jenkinsville Park, Queensbury. pbsummerfest.com.

AUGUST

4 **Indian Lake Golf Tournament.** Indian Lake. 800-328-5253. indian-lake.com.

SEPTEMBER

12-16 **Adirondack Mountains Antiques Show.** Indian Lake. 800-328-5253. indian-lake.com.

22-23 **Great Adirondack Moose Festival.** Indian Lake. 800-328-5253. indian-lake.com.

PADDLING: KAYAK, CANOE, SUP & ROW ONGOING

- Daily Saratoga Rowing Summer Camps.** Sculling, Learn-To-Row; Kindersculs. Fish Creek, Saratoga Springs. saratogarowing.com.
- Mon "Paddle the Saranac" Team Paddling Clinics.** 6/11, 6/18, 6/25. 6:30-8pm. 4 or 8 person canoe. Multiple locations, Saranac Lake area. RSVP to Mac's Canoe Livery: 518-891-1176. macscanoe.com.
- Tue C-2 Stock Paddling Clinic w/90-Miler's Brian McDonnell.** 6/12, 6/19, 6/26. 6:30-8pm. Lake Flower Boat Launch, Saranac Lake. Mac's Canoe Livery: 518-891-1176. macscanoe.com.
- Wed NNYP Canoe/Kayak/SUP Time Trials.** 4M. 6:30pm. Aqueduct Park, Rexford. swcweb.org.
- Thu Evening Kayak Tour.** 5:15pm. Rentals available. Adk Lakes & Trails Outfitters, Saranac Lake. 518-891-7450. adirondackoutfitters.com.
- Sa/Su Barnum Pond Guided Paddling Tours.** 6/17-18, 6/24-25, 6/27-30 (We-Sa). 10am-12pm. Paul Smith's College VIC, Paul Smiths. Register: 518-327-6241. paulsmiths.edu/vic.

MAY

- 12 'Round the Mountain Canoe/Kayak Races. 10.5M. 11am. Ampersand Bay, Lower Saranac Lake. macscanoe.com.
- 12-13 **Canoe, Kayak & SUP Demo Days.** Lake Colby beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 518-891-7450. adirondackoutfitters.com.
- 18-20 **Adirondack Paddlefest & Outdoor Expo.** Mountainman Outdoor Supply Company, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 19 Ed Wessels Canoe Regatta. 32M. 10am. Otego to Sidney. 607-433-0333. nymcra.org.
- 25-28 General Clinton Canoe Regatta. 70M. Cooperstown to Bainbridge. 607-237-6008. canoeregatta.org.
- 26 **8th "Battenkill Runs Through It" River Festival.** 12-5pm. Free. Family-friendly river activities, canoeing, kayaking, fly fishing, music, food. Town Beach, Greenwich. battenkillconservancy.org.

JUNE

- 2 **Get to Know Swift Lightweight Canoes/Kayaks.** 10am-3pm. Free. Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 518-891-7450. adirondackoutfitters.com.
- 2 Feeder Canal Canoe/Kayak Race. 5M. 10am. Feeder Canal, Queensbury. feederchannel.org.
- 2 Tupper Lake 8-Miler Canoe/Kayak Race. 11am. Tupper Lake, Simon Pond & Raquette River. nymcra.org.
- 9 **Celebrate Paddlesports ADK: Instructor Day Clinics.** 9-11am & 1-3pm. Outfitters & guides host clinics in Saranac Lake. celebratopaddlingadk.com.
- 9 **Lake George Adult Kayak Excursion.** 9am-4pm. Includes lunch, short hike, instruction & gear. Camp Chingachgook, Kattskill Bay. lakegeorgecamp.org.
- 9 Wild Goose Chase Canoe/Kayak/SUP Race. 9M. 11am. Housatonic River, Lenox, MA. neckra.org.
- 9-10 **Madrid Canoe/Kayak Regatta.** Pro, amateur & recreation races. Grasse River, Madrid. 315-386-2577. slvpaddlers.org.

10 **Raquette River Cleanup.** 1:30pm. Cleanup between Simon Pond & Moody Marsh. Canoes provided. After gathering: Raquette River Brewery. Raquette River Outfitters, Tupper Lake. 518-359-3228. raquetteriveroutfitters.com.

13 **Guided Paddle.** 4-7pm. Stoney Creek & Raquette River. RSVP to Mac's Canoe Livery: 518-891-1176. macscanoe.com.

15-17 **7th Adirondack SUP Fest.** Fri: demos (3-5:30pm) & SUP for kids (4-5pm). Sat: 6M race (9:45am), 3M race (10:15am), demos (11am-4pm), SUP intro clinic (12:30pm), races (2:30pm). Sun: SUP guided tour on Lower Saranac Lake (9-11am). Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 518-891-7450. adirondackoutfitters.com.

15 Adirondack Guide Olympics. 12-9pm. Waterfront Park, Hudson River, North Creek. 516-263-6764. facebook.com.

16 **Guided Paddle on the Saranac River.** 1-3pm. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. canoeoutfitters.com.

21 **Evening SUP.** 5pm. Rentals available. Raquette River Outfitters, Long Lake. 518-359-3228. raquetteriveroutfitters.com.

21 **Canoe/Kayak Sampler.** 5-7pm. Try out canoes/kayaks on Saranac River. Free. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. canoeoutfitters.com.

21 Donald Patenaude Memorial Towpath Regatta. 4.5M. 6:30pm. Gateway Landing Park, Schenectady. swcweb.org.

22 **Forward Stroke for Kayakers w/Danny Mongno.** 6:30-8:30pm. Advanced beginner to intermediate skill req. Proceeds to Northern Forest Canoe Trail. Limit 12. Rentals available. Lake Flower, Saranac Lake. celebratopaddlingadk.com.

23 **Moving Water Clinic on Saranac River.** 10am-2pm. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. canoeoutfitters.com.

24 **Saranac River Cleanup.** 1-5:30pm. SRCO, ALTO, NFCT & Wiley's Flies. Canoes provided. BBQ following. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. canoeoutfitters.com.

24 Canoe the Creek. 1-4pm. Schodack Island SP, Schodack. Fran Martino: 518-828-1330. rensselaerplateau.org.

27 **Guided Trip on Seven Carries Route.** 4-7pm. RSVP w/Mac's Canoe Livery: 518-891-1176. macscanoe.com.

27 **Guided Trip from Middle to Lower Saranac Lake.** 9am-3pm. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. canoeoutfitters.com.

30 **Guided trip on the Saranac River.** 1-3pm. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. canoeoutfitters.com.

JULY

5 **Lake George Hike-A-Thon & Paddle-A-Thon.** Multiple locations, Lake George. Info/register/volunteer: lakegeorgehikeathon.org.

7 Armond Bassett Canoe/Kayak Race. 10/3M. 11am. Genesee Waterways Center, Rochester. 585-733-4043. nymcra.org.

14 Electric City Canoe/Kayak Regatta. 12/3/1M. 10am. Lock 9, Rotterdam Junction. 518-421-2947. eleccityrace.org.

15 Barge Chaser Canoe/Kayak Race. 10/3M. 10am. Kiwanis Park, Rotterdam. 518-393-9201. nymcra.org.

21 **Poker Paddle.** Check-in starts: 10:30am. Paddle/collect cards: 12-4pm. Explore shores/bays of Indian Lake by canoe, kayak, SUP or anything that floats. All welcome. Cash prizes for best poker hands. Food/music. Limited to first 200 registered. Byron Park on Adirondack Lake, Indian Lake. 518-648-5112. indian-lake.com.

29 BluMouLa-BuFuRa. 14/7/1.5M. 10:30am. Town Beach, Blue Mountain Lake. 978-618-2256. nymcra.org.

RUNNING, TRAIL RUNNING & WALKING ONGOING

Mon ARE Spring Trail Run Series. 4/2-5/28. 3.5M. 6pm. Tawasentha Park, Guilderland. albanyrunningexchange.org.

Tue **Firecracker 4: Practice Pub Runs.** 6pm. Free. Barrelhouse: 5/29-6/19. Farmer's Hardware: 6/26. Fleet Feet Sports: 518-400-1213. fleetfeetalbany.com.

Tue **50th Colonie Summer Track Series.** 6/13-7/31. Free. Colonie HS, Colonie. Frank Myers: 518-869-9333. hmrrc.com.

Thu ARE Summer Trail Run Series. 5/24-8/30. 6:30pm. Multiple locations, Capital Region. albanyrunningexchange.org.

Daily Viking Obstacle Course. Train on 35 challenging obstacles. Sunny Hill Resort, Greenville. sunnyhill.com.

19TH ANNUAL **SKYHIGHadventures**

XTRERA OFF-ROAD TRIATHLON

Saturday, July 14, 7am
Grafton Lakes State Park
Swim 1K, Bike 20K, Run 6K

SKYHIGH Kids Triathlon
11am • Swim 100m, Bike 5K, Run 1K

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Six Weeks - July 2 to August 10 • Averill Park

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Branbury Classic JULY 15
Paddle 1.5M
Bike 14M
Run 3.1M

LAKE DUNMORE TRIATHLON

Swim 1600 yds • Bike 28M • Run 6.2M
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5K Trail Race/Fun Walk & 1K Kids' Fun Run
Saturday, June 2 • 9am
Slate Valley Museum, Granville
Mixed scenic trail and road race • Unique local prizes
Kids activities during 5K at museum
Register by 5/15 to save!
railtrailtothefootbridge5k.com

Run with your Dad.
Run because you're a Dad.
Run to honor a Dad.
Run in memory of your Dad.

DRAGON THE DADS 5K
Greenfield HSA

Saturday, June 16 • 9am
Warming Hut, Saratoga Spa State Park
10am: Kids Mile & Dragon Dash
Register by 5/24 for custom wicking T-shirt & random prizes • USATF sanctioned
Stewart's gift cards to top M/F in age groups
Gennaro's Pizza gift cards to top M/F overall
Register: FinishRight.com
Proceeds benefit Greenfield Elementary School HSA

20th Annual Kinderhook Bank

OK 5K

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
kinderhookok5k@gmail.com

WHIPPLE CITY
5K • 10K

Saturday, June 16 8:30am
Greenwich Middle School
Gray Ave, Greenwich, NY

Beautiful village & countryside course!
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.org
More info: **518-692-7979**
Benefits Chamber Scholarship at Greenwich CSD

Jog for Jugs

Half-Marathon & 5K Run/Walk
Saturday, May 19 • 9am
COLONIE TOWN PARK, LATHAM

AREEP timing
Music
Great food

New flat, fast location!

Register by 4/27 for dry fit shirt
Register/Info:
PowerHouseAthleticsNY.com
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WILMINGTON WHITEFACE
WHISKEY RUN

Run the Roads of Prohibition!
Whiskey Tastings!

SATURDAY JUNE 16 • 9:30AM
FESTIVAL FIELD, 2 CUNNINGHAM LN, WILMINGTON

10K RACE • WHISKEY TASTING LOCAL DISTILLERS • FOOD BARREL MAKING • FUN!

A benefit for the Wilmington Historical Society
Shirt, swag, medal, whiskey tastings, awards
Register/Info: AdkWhiskeyRun.com

MAY

2 **3rd Summer Smith 5K Addiction Awareness Memorial Run/Walk.** 9:45am. Guilderland HS, Guilderland Center. 518-275-6027. summersmith5k.com.

2 **29th Prospect Mountain Road Race.** 5.67M. 9am. Lake George Forum, Lake George. adironackrunners.org.

12 **12th CCRC 5K Run/Walk.** 3pm. 1K kids' run: 4pm. CCRC, Clifton Park. 518-852-5578. ccrc-cpny.org.

13 HMRRRC Mother's Day 5K bRUNch 9:30am. Central Park, Schenectady. hmrrc.com.

13 Kelly's Angels Mother-Lovin' 5K. 9:15am. Saratoga Spa SP, Saratoga Springs. kellysangelsinc.org.

17 CDPHP Workforce Team Challenge. 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwtc.com.

19 **Jog for Jugs Half Marathon & 5K Run/Walk.** 9am. Colonie Town Park, Latham. Jessica Mitchell: 518-209-4190. powerhouseathleticsny.com.

19 **8th SMSA Kerry Blue Hustle 5K.** 9am. Kid's dash: 10am. SMSA School, Glens Falls. Renee Cartier: 518-955-2022. active.com.

19 **Johnson Jog 5K Run/Walk.** 9am. Triple Crown Series #2. Johnson Hall Historic Site, Johnstown. zippyreg.com.

19 Color Me Smart 5K Run/Walk. 10am. Kids' run: 9:30am. St. Jude the Apostle, Wynantskill. colormesmartrun.com.

19 Scotties Stampede 5K for Education. 9am. Ballston Spa CSD, Ballston Spa. scottiesstampede.org.

19 Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 518-583-9767. zippyreg.com.

19 Randy's 5M Run & Murphy's Mile. 9am. Lake George ES, Lake George. 518-668-5452. randysrun.siplay.com.

19 Champlain Bridge 5K Run/Walk. 10am. Crown Point Historic Site, Crown Point. lachute.us.

19 MHRRC Women's Run 10K/5K. 8am. Van Wyck Trailhead, Wappingers Falls. mhrrc.com.

19 Rat Snake 18K Trail Run & Triathlon. 8am. Gilbert Lake SP, Laurens. theratsnake.com.

20 **Team Billy Walk & Bicycle for Research.** 3M walk: 9am. 10/25/50M bike: 8:30am. After party: Henry St Taproom. High Rock Park, Saratoga Springs. teambilly.org.

20 Anderson Center for Autism 5K. 9am. The Crossings, Colonie. 518-588-9611. andersoncenterforautism.org.

20 Erie Canal Half Marathon & 5K. 8am. Adirondack Bank Center, Utica. uticaroadrunners.org.

20 Ellenville Run Like The Wind 5K/10K. 9:30am. Liberty Square, Ellenville. ellenvillerunlikethewind.com.

20 Shires of Vermont Marathon & Half. 9am. Bennington, VT. 218-790-0504. bkvr.net.

26 **Glens Falls Urban Assault 3.5M Obstacle Race.** 5pm. 20+ obstacles. Costumes & teams welcome. 206 Glen St (Bullen Tavern), Glens Falls. adkracemgmt.com.

26 Voorheesville Races. 15K: 12:15pm. 3.2K run/walk: 12:25pm. Kids' races: 11am. American Legion, Voorheesville. hmrrc.com.

26 Tyner 5K Trail Run/Walk. 8:30am. Cole's Woods, Glens Falls. 518-791-7910. active.com.

26 Crown Point Memorial Day 10K/5K Runs & 1M Walk. 9am. Crown Point Park, Crown Point. active.com.

26 Cooter 5K Walk/Run. 9:30am. Tri-Town Arena, Brasher Falls. 315-389-4831.

26 Hercules Fitness Challenge 5K Obstacle Run. 28 obstacles. Middletown. herculesfitnesschallenge.com.

27 **14th Saratoga Lions 5K Run/Walk & Duathlon.** 5K: 8:20am. Du: 8am. Saratoga Casino Hotel, Saratoga Springs. saratogalionsduathlon.com.

27 Woodstock Memorial Weekend 5K/15K. 8am. Woodstock. 845-249-0152. onteorarunners.org.

JUNE

2 **40th Freihofer's Run for Women 5K.** 9am. USATF Adk Grand Prix 5K. Junior 3K Run (age 7-14) & Kids' Run: 11am. Women's Running Panel w/past winners: 5/31 (6:30pm) & Health/Fitness Expo: 5/31 (4-8pm) & 6/1 (12-7pm): Armory, Sage College, Albany. Race: East Capitol Park, Albany. freihoferstrun.com.

2 **21st Charlton Heritage 5K Run/Walk.** 10am. Kids' 1M fun run: 11am. Old Red School House, Charlton. 518-399-3797. charlton5k.org.

2 **7th Tuff eNuff 5K Obstacle Course Challenge.** Teens/adult: 9:15am. 1M kids' run: 8:30am. BOCES, Saratoga Springs. Prevention Council: 518-581-1230. finishright.com.

2 **9th Rail Trail to the Footbridge 5K Trail Race/Fun Walk & 1K Kids' Fun Run.** 9am. Slate Valley Museum, Granville. railtrailtothefootbridge5k.com.

3 Cantina Kids' Fun Run. 9am. 1M: age 8-12. 0.25M: age 1-7. Congress Park, Saratoga Springs. 518-583-8765. cantinakidsfunrun.org.

3 Peach Hill Park 5K Run/Walk. 9am. Peach Hill Park, Poughkeepsie. peach-hill-park.org.

6 **Global Running Day 3.5M Fun Run.** 5:45pm. Shirts to first 100. Kids' run: Empire State Plaza. Post-run happy hour: Public House 42. Legislative Office Bldg, Albany. fleetfeetalbany.com.

7 Route 50 Mile. 6:50pm. USATF Adk Grand Prix 1M. Kingsley & Route 50, Burnt Hills. captaincares.org.

9 **20th Kinderhook Bank OK-5K Run/Walk.** 9am. OK-1 kids' 1M: 8:15am. Village Square, Kinderhook. ok5k.com.

9 **Lexington 5K Run/Walk.** 9am. Triple Crown Series #3. Perry St, Johnstown. zippyreg.com.

9 **2nd MHRRC Run for Heroes 5K/10K Run/Ruck.** 8am. 1M kids' run: 7:30am. Dutchess Rail Trail, Gold's Gym, Poughkeepsie. mhrrc.org.

9 **14th Great Adirondack Trail Run.** 11.5M mountain run: 9am. 3.5M fun run: 10am. Music, food/beer. The Mountaineer, Keene Valley. 518-576-2281. mountaineer.com.

9 **5th Race the Lake Marathon, Half & 5K.** 26.2M: 8am. 13.1M: 9am. 5K: 10am. Glimmerglass SP, Cooperstown. 607-547-2800. clarksportscenter.com.

9 LifeSong Dash 5K Run/Walk. 10am. Kids' run: 9:30am. Town Park, Halfmoon. lifesongdash.com.

9 PRIDE 5K Rainbow Run. 9am. Corning Preserve, Albany. zippyreg.com.

9 Lions Ramble 10K & 2M Run/Walk. 5:30pm. Haslett Park, Fort Plain. 518-568-7509. kkickers.com.

9 Sasquatch Half Marathon & 5K. 8am. Whitehall Athletic Club, Whitehall. 518-260-2392. active.com.

9 Patriot Day 10K Run & 5K Run/Walk/Roll & 2M Walk. 9am. Wingate by Wyndham, Rome. romanrunners.com.

9 NY Mini 10K Women's Race. 8am. Central Park, New York. nyrr.org.

10 **"Run for Help" 5K Run/Walk Against Domestic Violence.** 10am. Kids' run: 9:30am. Goff MS, East Greenbush. zippyreg.com.

10 **1st ADA Tour de Cure 5K Run/Walk.** Also, 10/30/50/62/100M bike rides. Party w/Mazzone catered lunch, New Belgium beer garden & live music. Saratoga Co Fairgrounds, Ballston Spa. 518-218-1755 x3613. diabetes.org/capitalregion.

10 HMRRRC Distinguished Service 8M Run. 9am. Phys Ed Building, UAlbany, Albany. hmrrc.com.

10 Mr Polidore 5K Run/Walk. 9am. Tanglewood School, South Glens Falls. 518-361-6532. itsyourrace.com.

10 Northeast Kidney Foundation Walk/Run. 8am. Central Park, Schenectady. 518-527-6236. healthykidneys.org.

10 RFFR Color Run. 8am. Rensselaer Falls Fire/Rescue, Rensselaer Falls. 315-528-3793. rensselaerfallsny.com.

16 **4th Good Karma 5K Run/Walk.** 9:30am. Yoga warmup: 9am. Post-race: Indian food, henna tattoos. Crossings Park, Colonie. Mona Caron: 518-429-9068. goodkarma5k.itsyourrace.com.

16 **2nd Wilmington Whiteface Whiskey Run 10K.** 9:30am. Whiskey tasting, local distillers, food, barrel making, family fun. Festival Field, Wilmington. 518-524-1023. adkwhiskeyrun.com.

16 **3rd Spring into Summer 5K Run/Walk.** 8:30am. Coxsackie-Athens HS, Coxsackie. Greene Co YMCA: 518-731-7529. cdymca.org/spring-into-summer-5k.

16 **Whipple City 5K Run/Walk & 10K Run.** 8:30am. 1K kids' fun run: 9:30am. Greenwich MS, Greenwich. 518-692-7979. finishright.com.

16 **10th "Dragon the Dads" Father's Day Family 5K Run/Walk.** 9am. Kids' Mile & Dragon Dash: 10am. Warming Hut, Saratoga Spa SP, Saratoga Springs. finishright.com.

16 **ValleyCats Father's Day Home Run 5K.** 9am. Four tix to each runner. Bruno Stadium, HVCC, Troy. John Haley: 518-456-3682. hmrrc.com.

16 Rensselaerville Ramble 2M/5M/8M Trail Run/Walk. 9am. Huyck Preserve, Rensselaerville. 518-797-3440. huyckpreserve.org.

21ST ANNUAL
CHARLTON HERITAGE 5K RUN/WALK
Sat, June 2, 10am
Old Red School House, Maple Ave, Charlton

USATF certified • Rolling hills & flats with downhill finish
Chip timing by ARE • Awards to 5-year age groups
Runner bag & shirt to first 400 • \$25 by 5/22 or \$30 after
Kids' 1-Mile Fun Run (\$10) at 11am with shirt & medal
Register: ZippyReg.com • Info/Form: Charlton5k.org
518-399-3797 or CharltonHeritage5k@gmail.com
Proceeds to Charlton Historical Society

4TH ANNUAL
Good Karma 5K RUN/WALK

Saturday, June 16 • 9am
The Crossings (South Pavilion)
580 Albany Shaker Rd, Colonie

5K USATF certified course • Flat, fast & entirely within the park
T-shirts to first 300 entrants • 9am: yoga warm-up • 9:30am: 5K • 11am: Free Half Mile Kids' Fun Run
Post-race food/drink • Indian street-food • henna tattoos • Bollywood music
Awards to top three M/F overall & five-year age groups
REGISTER/INFO: goodkarma5k.itsyourrace.com
\$25 by 6/8 or \$30 after • Mona Caron: 518-429-9068 or goodkarma5k@gmail.com
Proceeds go to AIM for Seva (aimforseva.org) - Making education accessible to children in rural/tribal India by housing children near public schools to increase literacy and decrease dropouts.

14th Annual
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 3.5 mile Baxter Mountain fun run
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Join The Families of Liza, Nikki, Amber and Jamie
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 6/7 or \$35 race day
 Register:
ZippyReg.com?event=1077
 Info: **RememberingLiza.org**
 or **UnityHouseNY.org**
 In memory of Liza Ellen Warner & Nikki L. Hart

FATHER'S DAY
ValleyCats HOME RUN 5K
Saturday, June 16 - 9:00am
 Joe Bruno Stadium at HVCC, Troy
 T-shirts for the first 275 registered
4 free tickets to each runner for any ValleyCats regular season game (excluding July 4th)
 Top 3 M/F in 5-year age groups (age 5 & up)
 Top 3 Father/Daughter & Father/Son Teams
Register: Active.com
 Application: HMRRC.com - No race day registration
 John Haley - 518-456-3682 or J.Haley36@yahoo.com

- 16 Piece by Piece 5K. 8:45am. Remington Recreation Trail, Canton. 315-267-6183. runsignup.com.
- 16 Swamp Rat Runs: Christopher Taddeo Memorial Run 5K & 10K. 9am. 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.
- 17 Summer Sizzle 5M Road Race. 9am. SUNY Poly, Marcy. 315-895-7471. uticaroadrunners.org.
- 17 New Paltz Challenge Half Marathon & 5K. 7:30am. New Paltz. 845-255-0243. newpaltzchamber.org.
- 17 FMRRRC Mule Haul 8K Foot Race. 9am. Fort Hunter Firehouse, Fort Hunter. fmrrc.org.
- 20 Summer Solstice 14K Trail Run. 6:30pm. Minnewaska SP Preserve, Gardiner. shawangunkrunners.com.
- 21 **iRun Local Summer Scavenger Run.** 5-6:30pm. Free. Family-friendly. iRun Local, Saratoga Springs. irunlocal.com.
- 23 Kick it for Kashius 5K Run/Walk. 10:30am. Kids' run: 9:30am. Crossings Park, Colonie. zippyreg.com.
- 24 Northeast Kidney Foundation Walk/Run. 8am. Central Park, Schenectady. healthykidneys.org.
- 25 **Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.
- 26 **HMRRC Colonie Mile.** 6pm. Free. Colonie HS, Colonie. Ken Skinner: 518-489-5311. hmrrc.com.
- 30 **1st Adirondack 15K Race to the Lakes.** 8am. Sold out. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. adirondackrunners.org.
- 30 Strides 4 STRIDE 5K Run/Roll. 9am. 2K walk: 10:30am. Jennings Landing, Albany. 518-598-1279. stride.org/s4s.
- 30 Finger Lakes 50s Trail Races. 50M/50K: 6:30am. 25K: 8am. Finger Lakes NF, Hector. fingerlakesrunners.org.
- 30 Terrain Race. Wave Starts: 8am. Gotham Mountain, Monticello. active.com.

JULY

- 4 **12th "Firecracker 4" 4-Mile Road Race.** 9am. USATF Adk GP 4M. Practice Pub Runs: Tue, 6pm from Barrelhouse (5/29-6/19) & Farmer's Hardware (6/26). Kids' Sparkler Run, live music, BBQ, parade. Run Your Colors teams for charity. Saratoga City Center, Saratoga Springs. firecracker4.com.
- 4 Montcalm Mile Road Race. 1:45pm. Wicker St & Race Track Rd, Ticonderoga. 518-569-0947. lachute.us.
- 7 Wilton Park Fest 5K & 1K Kids' Fun Run. 8am. Gavin Park, Wilton. runsignup.com.
- 8 **Saratoga Springs Half Marathon, Two-Person Relay & 5K Run/Walk.** Benefits Strong to Serve. Saratoga Spa SP, Saratoga Springs. saratogaspringshalf.com.
- 8 Boilermaker Road Race. 15K run: 8am. 15K wheelchair: 7:45am. 5K run/walk: 7:15am. Kids' run: 7/7, 8:15am. FX Matt Brewing party: 8am-12pm. Utica. boilermaker.com.
- 8 Paul Luther Memorial 5K & 800m Kids' Run. 10:30am. Park Place, Mechanicville. runsignup.com.
- 9 **Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.
- 12 Tour de Potsdam. 6pm. Community Bank, Potsdam. 315-386-1102. slccdp.org.
- 12-15 AREEP Trail Running Camp. 21+. Running, yoga, activities. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.
- 14 **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 runreg.com/rtr18.
- 14 Louisville Turtle Trot Walk-Run. 3.4M. 9am. Whalen Park, Massena. 315-764-1289. wilsonhillassoc.com.
- 14 Turtle Trot 10K & 10K Relay. 7:30am. Liberty Square, Ellenville. 845-701-9054. catskillstiming.com.
- 14 NYRR Retro 4-Miler. 8am. Central Park, New York. nyrr.org.
- 15 Dippikill Froggy 5-Miler Trail Run. 9am. Dippikill Wilderness Retreat, Warrensburg. areep.com.

- 21 **22nd Silks & Satins 5K.** 8am. Jeff Clark Memorial Race. Race track free admission is back! Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.
- 22 **23rd Indian Ladder Trail Runs.** 15K/3.5M: 9am. 1M kids' run: 10:30am. Thacher SP, Voorheesville. Mark Vermilyea: 518-477-0985. hmrrc.com.
- 23 **Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.
- 28 Run for the River 5K/10K. 9am. Frink Park, Clayton. savetheriver.org.
- 29 **HHHN Care for Kids 5K.** 9am. Chestertown to Brant Lake. 518-761-0300. hhhn.org.
- 29 Sunday Morning Mile. 1M Races. 8am. Harness Track, Saratoga Springs. runsignup.com.
- 28 **Randolph ToyMaker 5K.** Randolph. 914-466-9214. coachmarkwilson.com.

AUGUST

- 4 **"Dynamic Duo" Road Pursuit Race.** 3M per person. 8:30am. Colonie Town Park, Latham. hmrrc.com.
- 4 **Fox Creek 5K Run/Walk.** 9am. Hilltown series #1. Berne Town Park, Berne. 518-225-4925. active.com.
- 4 **1st Monster Mountain 10K.** 9am. Johnsbury CS to Gore Base Lodge & back! North Creek. active.com.
- 4-5 **5th Churney Gurney 5M Trail Run & MTB Race.** 5M trail run: Sat, 9am. MTB race: Sun: 9am. Gurney Lane Recreation Park, Queensbury. churneygurney.com.
- 6 **Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.
- 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.
- 11 **Camp Chingachgook Challenge Half Marathon & 10K.** 13.1M: 8am. 10K: 9am. YMCA Camp Chingachgook, Kattskill Bay. areep.com.
- 20 **Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.
- 25-26 **ADK 80K Race Weekend.** Sat: 80/40K trail run race. Sun: 80/40K MTB race. Mount Van Hoevenberg, Lake Placid. High Peaks Cyclery: 518-523-3764. highpeakscyclery.com.
- 26 **1812 Challenge & Half Marathon.** 18.12M: 7:30am. 13.1M: 7:45am. 5K run/walk: 8am. Historic 1812 Battlefield, Sackets Harbor. 1812challenge.com.


SEPTEMBER

- 15 **ADK 5K Run/Walk.** 10am. Music & Beer Fest: 10am-2pm. Adirondack Pub & Brewery, Lake George. Carl Ewald: 484-716-8331. iraceforbeer.com.
- 16 **The Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half marathon: 7:45am. 5K run/walk: 8am. Kids' fun run: 9:15am. Druthers Brewing after party: 10am. Saratoga City Center to Congress Park, Saratoga Springs. themelaniefoundation.com.
- 23 **Vermont Sun Half Marathon, 10K & 5K.** 10am. Branbury SP, Lake Dunmore, VT. 802-388-6888. vermontsun.com.
- 29 **Amish Country Running Festival.** Randolph. 914-466-9214. coachmarkwilson.com.

OCTOBER

- 7 **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.
- 21 **Heady Trotter 4-Mile Run/Walk.** 10am. Music & Beer Fest: 10am-2pm. Alchemist Brewery, Stowe VT. iraceforbeer.com.

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

GREENE COUNTY YMCA
Spring into Summer 5K
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
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REGISTER TODAY!
<http://cdymca.org/spring-into-summer-5k/>

22ND ANNUAL
Silks & Satins
 SARATOGA SPRINGS, NY **5K**
JEFF CLARK MEMORIAL RACE

Saturday, July 21 • 8am Start
Fasig-Tipton Pavilion
 415 East Avenue
 Register at **silksandsatins5k.com**
 \$25 by 7/20 or \$30 race day

- Join 1,200 runners & walkers
- Race Track free admission is back!
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10TH ANNIVERSARY **Camp Chingachgook Challenge**
Half-Marathon & 10K Race
on Lake George
Saturday, August 11

Half: 8am start at Lake George –
 Fast course along scenic east shore of Lake George to the camp
10K: 9am start at Camp Chingachgook –
 Out and back course with start and finish at the camp
 After race cookout lunch at the camp's beautiful waterfront (bring suit/towel)
 Also, runners/guests have access to use the lakeside bathhouse.
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Register, application or more info: www.LakeGeorgeHalf.com
Half: \$30 by 7/10 or \$40 after • **10K:** \$25 by 7/10 or \$35 after • T-shirts to runners registered by 7/11 • Proceeds help send kids to camp!

18.12 **Challenge** **& HALF MARATHON**
 * 7TH ANNUAL *
Sunday, August 26
18.12 Mile, 13.1 Mile & 5K Run/Walk
A one-of-a-kind event!
 Starting and finishing on historic 1812 Battlefield in Sackets Harbor, NY – overlooking spectacular Lake Ontario
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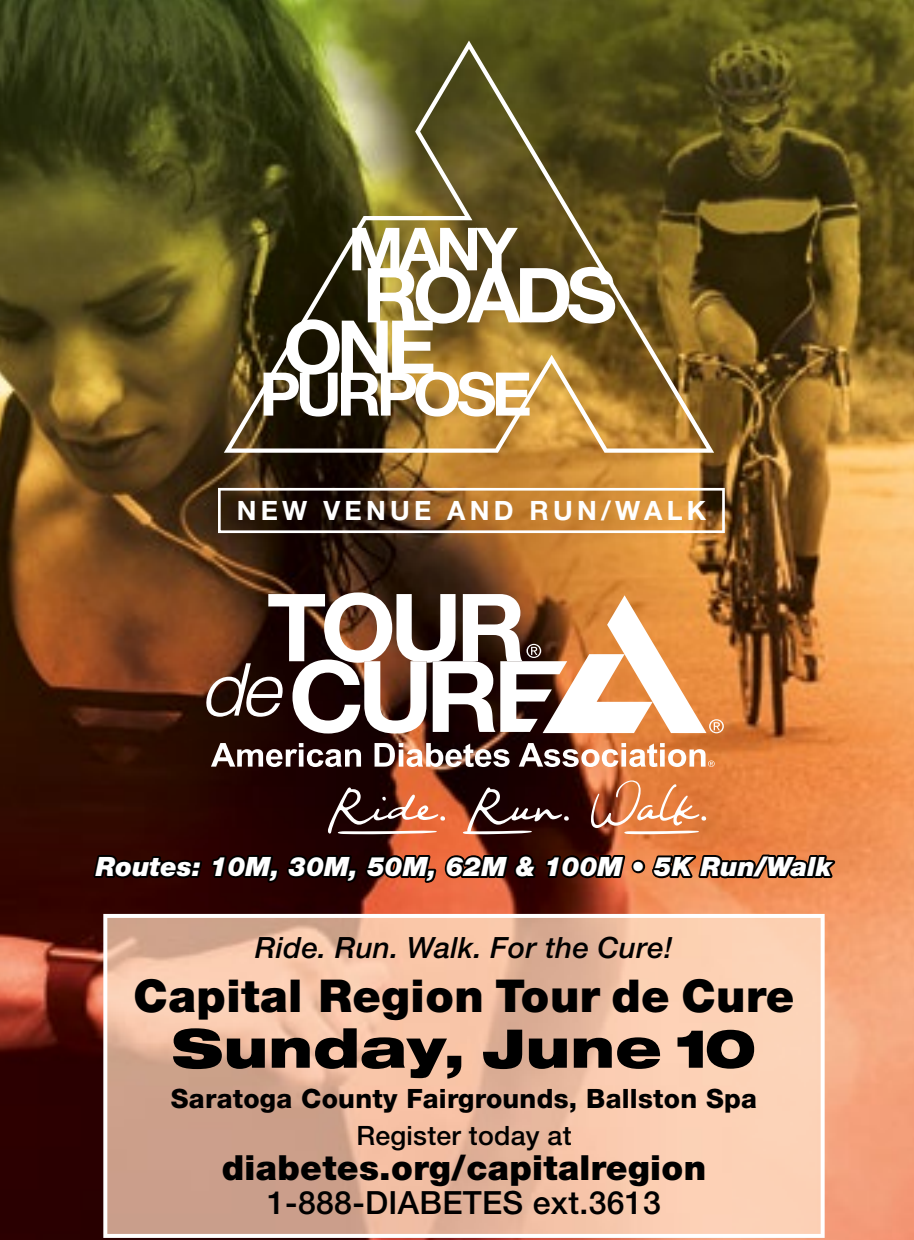
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BICYCLING

Best Bike and Fit for You

By Skip Holmes

What bike did you ride this past winter, a fat bike perhaps? What bike will you be riding this spring, summer and fall, a road, gravel, cyclocross, triathlon... or, a mountain bike with 29-inch or 650b wheels, or are you still riding 26-inch wheels? Perhaps you are going to do some serious bike touring. Do you want to ride with someone on a tandem bicycle? Have you considered a recumbent model?

So you just picked one out and now what size will you get? Nothing worse than spending some serious dollars only to find out that the bike of your dreams does not really fit you. Famous last words, 'It was on sale and too good to pass up.' How about we provide some assistance to guide the selection of your next bike and advice about having it fit you. I have been on many rides answering questions about the bike I am riding or what bike would be my next one. My best advice has always been, buy the one that fits you.

The conversation among cyclists eventually gets to the question of how many bikes should you have and the answer is N+1. One more than you currently have. Well that does not have to be the case any longer. There are new bikes on the market that can fulfill many of your requirements. The new models have disc brakes, either mechanical or hydraulic. They have wider forks and chain stays that will allow wider tires with slicks or other varieties with minimal or maximum tread similar to mountain bike tires. They can have flat or drop handlebars.

They come in a choice of frame materials, such as steel, aluminum or carbon fiber. Some models have mounting points on the fork and frame for racks to support packs or panniers. The wheels come in different widths to accommodate various tires. The hubs for the wheels now come with thru axles instead of quick releases which offer greater strength but are not as easy to remove from the bike as a quick release. Gearing now can be a single speed, a single chain ring up front or a double or a triple chain ring. With so many possible choices it may be difficult to make a decision. So now it may understandable why some cyclists have more than one bike.

Wait did I forget something? Of course, there is even more to consider. How about adding an electric motor assist to that bike. Electric bikes are allowed in some states but not all. There are many choices today so whether it is your first bike or your third, the type of riding you are doing certainly delineates the choices.

Yet there is another consideration in choosing a new bike. How do you determine if the bike fits you? We are talking about more than what size bike shorts or helmet you wear. Just standing over the bike to see if your legs touch the ground or that the seat feels comfortable is insufficient. Matching the bike size and its comfort parameters to your body will greatly benefit your cycling experience.

A bike should feel comfortable and allow you to be efficient on it. Everyone's body is different. Some of us have long legs and short torsos; some people have broad shoulders and require a wider handlebar; some people may pedal a little bit differently than others; maybe you have one leg that is slightly longer than the other and you never even knew it! In addition to our bodies being the way they are, injuries or personal goals can affect how your bike should be set up to maximize comfort, efficiency and power. Fortunately, bicycles are machines with many adjustable parts. In fact, every point on the bike that your body touches can be changed out, altered or moved to fit you better. The idea is to make adjustments to the bike's components with these goals in mind. Enhancing rider comfort is the priority. Whether it's a ride around the block or a 100-mile ride you need to feel comfortable. You do not want to have your hands go numb, get saddle sores, or have knee pain while riding.

A good local bike shop that does a bike fitting will ask you



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what kind of riding you plan to do and if you have any previous injuries or physical issues that they need to accommodate. You may need a different handlebar or stem to adjust your reach to the handlebar to easily reach the shifters or brake handles. The stock seat on the bike may look comfortable but after sitting on it for an hour or two it may become unbearable. There are many choices of seats to accommodate the physical difference between men and women. It may be that a narrower seat will fit you better, believe it or not.

Finding the correct seat height is critical to improving your performance on the bike as well as your sit comfort and preventing knee pain. Bikes have three points of contact: your hands, your seat and your feet. When you change one of the contact points it will affect the other two. Think of it as a triangle. Even the length of the crank arms is a variable. As bike frame sizes increase the crank arm length will generally increase as well. That does not mean it is right for you. For years I used a crank arm length of 175mm. After having some knee pain and getting a bike fit I changed to a 172.5mm length. Who would have thought that 2.5mm (one-inch) would have made a difference? A longer length is not going to give you more power. Think about how many thousand times you will be turning those pedals; having the right length will be more efficient and effective.

There are a number of bike shops in the region that sell bikes and also provide fitting services. Consider the investment you are about to make on your next bike and how adding a fit to the purchase will provide a positive return on your investment. Many bike manufacturers provide specific models for women, but this doesn't mean that they will easily fit every woman. Some manufacturers are discontinuing



frames with female-specific dimensions and instead creating frames with performance geometry specific to the category the rider self-identifies with, like endurance, hill, gravel, etc. This accommodates gender-specific components, like saddle, handlebar and crank length. Women may get the same frame as men, but all of the touch points would be dialed in for a women rider of that size.

When purchasing a bike for children insure that they can put their feet on the ground when stopping. Do not purchase a child's bike thinking they will grow into it. Some of the regional bike shops that perform a fitting and advertise with us, include: Bike Barn, Gear-To-Go Tandems, Grey Ghost Bicycles, High Adventure Ski & Bike, High Peaks Cyclery, Placid Planet Bicycles, Rick's Bike Shop, Tomhannock Bicycles and Berkshire Outfitters.

When you see me out riding up some hill and I am smiling, it is due to several reasons: I really enjoy climbing and my bike fits me! Enjoy that new bike and make sure it fits you. If you have one that doesn't fit, just put it up for sale and I know of several cyclists who will buy it from you at half price... So make sure it fits! 🌲

Skip Holmes (serottaskip@gmail.com) of Delmar teaches Sustainable Design at RPI. He is a member of Mohawk-Hudson Cycling Club and Capital Bicycle Racing Club. He can be found road and mountain biking, kayaking, hiking or Nordic skiing.



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FREIHOFFER'S RUN FOR WOMEN

By Christine Bishop

On Saturday, June 2, four women – for the 40th consecutive year – will be on the starting line of the Freihofer's Run for Women 5K road race. Linda Campbell, Bernadette LaManna, Cindy Kelly, and Denise Herman have been "Crossing the line since '79" as it says on their T-shirts. Little did they realize when they first ran the race that they would be making history in an event that has particular meaning to all of them since it was one of the first races to honor women's running. That was the reason they all individually decided to do the race, and why they have continued running it. They were strangers in the beginning of this journey and through the recognition, they have formed a friendship and bond that continues today.

Before the inaugural Freihofer's Run, in the 1960s there was an opinion that women's bodies were unable to take the stress of endurance running and that they were better suited for caring for children, cooking dinner, and doing other domestic tasks. Pursuing sports was thought to be the domain of men. That attitude gradually began to change in the late '60s with the rise of the feminist movement. The Boston Marathon was breached in 1966, when Bobbi Gibbs jumped out of some bushes near the beginning of the race and finished the Boston Marathon wearing nursing shoes, since there were no women's running shoes.

A year later, Kathrine Switzer officially entered the Boston Marathon using her initials for her first name, and not identifying her gender. When officials realized that she was a female they frantically ran after her and tried to tackle her but her boyfriend beat them off. Kathrine was able to finish the marathon much to the chagrin of the male organizers! In 1972 the ground breaking Title IX legislation was first passed, allowing women to compete in more sports, including marathons – and in that year both the Boston and New York City marathons opened their racing gates to women. However, the first women's Olympic marathon did not occur until 1984 with Joan Benoit-Samuels of Maine winning the marathon in Los Angeles. Joan is an inspiring ambassador at the Freihofer's Run every year!

Since the Freihofer's Run for Women began in 1979, these women have seen many changes, with the increase in numbers being the most obvious. In the early races the numbers were in the hundreds and now are hovering around 3,500. Cindy Kelly noted that for the first 20 years, the race was more competitive. As it progressed, it seemed as if two races within one had formed, with the elite runners doing "their thing and the rest of us in the back of the pack."

She now sees lots of runners and walkers of all abilities enjoying the race. Cindy herself is walking now due to injuries, but would not miss it for the world. As the race grew, so did the prize money and the media coverage. The course itself has changed along with the dates. Linda Campbell noted the progression of the race dates from March to April and then to the current first Saturday after Memorial Day. She says the new date is much easier to prepare for in advance, especially for those who are out of town, and need to plan vacation time. Bernadette LaManna noted that a sad sign of the recent times was the addition of armed security.

Denise Herman, who is known by the group as the "true elite" has won the Freihofer's Race two times, in 1984 in 18:06 and 1987 in 17:16. She came in second in 1985 and 1986 and third in 1988. Her time last year at age 61 was 24:36! However, all four are proud of the growth in size and popularity while always remaining a women-only race.

The group has run many other races but none consecutively. Cindy ran the Corporate Challenge (now Workforce Team Challenge) every year until she retired. Linda ran the Troy Turkey Trot from 1978 to 1994 until she moved to Florida. They have run other women's races together, like the Legs Mini-Marathon in NYC and Bonne Bell Mini-Marathon (now Tufts 10K) in Boston, and delighted in the atmosphere of being in women's races. Also, they have branched out to other races like the Mohawk Hudson River Marathon, Disney World races, and even sprint triathlons. All are still athletic and participate in a variety of sports from running, walking, kickboxing, tennis, Zumba and biking.

The group used to be called the Fab Five, a term they don't like to use any longer after member Ellen Picotte of Albany passed away from cancer in 2017. Earlier in the year, the cancer that Ellen thought she had beaten, returned. She finished her final radiation treatment two weeks before the 2016 race, and being a trooper, she entered with a determination to finish it one more time. These four friends walked with her to the finish line. Ellen carried a sign saying "We love you!" and Bernadette held an umbrella to shade Ellen from the sun. True to her fighting spirit, she finished the race. She died in March 2017. Linda has said that this year's race without Ellen will be their second. "We will be missing her dearly as we take to the streets of Albany for the 40th time. Ellen will, however, be right there with each of us in spirit as we continue our tradition of "Crossing the line since '79."

So how do they view the changes during the past 40 years in women's running? They love seeing the great numbers participating in races and also in other sports. Cindy noted that when she first started running there were so few women competing that they all knew each other by name, but not anymore. Linda said, "It's wonderful to see all the women runners, especially when they beat the men. Just seeing everyone, at all different levels of competitiveness, achieve a PR or getting together with family and friends for a 5K, is simply wonderful."

The women have had people come up to them and congratulate them on their accomplishment, including much to their surprise, Joan Benoit-Samuels, who is a frequent runner at the Freihofer's race. As Linda noted, "It makes you think that, in some small way, you have had an impact on those women that chose to join you in your favorite race the Saturday after Memorial Day on the streets of Albany, New York!"

As part of the 40th anniversary, several past winners are coming back for a panel discussion on "Women's running from the 1980s to the present, running as a masters runner, and their Freihofer's Run experiences." It will be held on Thursday, May 31, 6:30pm at The

LINDA CAMPBELL	64	Kissimmee, Fla.
DENISE HERMAN	62	Saratoga Springs
CINDY KELLY	68	Albany
BERNADETTE LAMANNA	67	Albany

Armory at Sage College of Albany – it's free, all are welcome. These amazing women will also be running the race!

Panelists include Jackie Gareau (1982 winner), Regina Joyce (1983 winner), Elva Dryer (1997 winner), Cheri Goddard Kenah (1999 winner, from Saratoga Springs), Carmen Troncoco (multiple masters winner and coach), Joan Benoit Samuelson (masters winner and 1984 Olympic Marathon winner). Learn about the history of this great event and women's distance running through the experiences of a few iconic female distance runners in the US, sign up at facebook.com/events/602996353396756 or email runninginfo@freihoferstrun.com.

The 5K starts at 9am in front of Albany's City Hall. The Junior 3K Run (ages 7-11) and Kids' Run (ages 3-11) are at 11am – both are open to boys and girls. The Health & Fitness Expo, which includes packet pick up and complimentary Freihofer's cookies for runners, raffles and exhibitor booths is on Thursday, May 31 from 4-8pm and Friday, June 1 from 12-7pm, at The Armory at Sage Colleges in Albany. It's free and open to the public.

Family teams of grandmother-mother-daughter, sister-sister and more, truly make this a family event. Teams of high school runners and members of the Freihofer's Training Challenge celebrate runners of all ages and abilities. Registration for the 5K, 3K and Kid's Run is open. For more info and to register, visit freihoferstrun.com.

Looking ahead, how will today's women in their teens and 20s help shape the next 40 years of running? Let Linda, Denise, Cindy, Bernadette and Ellen's story motivate you to be a part of history and the future of this special race! 🌟

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

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Puffer Pond

A Wild Setting to Visit Year-Round

By *Bill Ingersoll*

Puffer Pond is a favorite destination for many hikers, from those looking for a rugged day hike to those looking for a reasonably easy backpacking destination. It is not the biggest or the best place in the Adirondacks, but this attractive little body of water nestled at the foot of its own namesake mountain rarely fails to please.

Part of its appeal is its wild setting in the Siamese Pond Wilderness. The hike involves a creek crossing and a bit of climbing, and once you descend into Puffer Pond's isolated basin you certainly feel as if you have traveled a much longer distance. The enfolding mountains effectively keep out most outside sounds. There are two lean-tos, either of which serves well for an overnight stay or a brief picnic lunch.

I have enjoyed Puffer Pond numerous times over the years, in all four seasons. My girlfriend and I recently enjoyed a winter campout at the western lean-to, when we had the opportunity to sled down a nearby bank, and walk around the entire perimeter of the frozen pond. A few summers ago I carried my canoe over the mountain to paddle its waters, and one Thanksgiving Day I visited Puffer just as its surface had solidified into a glassy sheet of ice.

There is no reason not to visit in the spring, either. The one stream crossing along the way generally tends to not be an obstacle, and the trail has no other defects that would prevent a springtime recommendation. In fact, you can seek out a small waterfall on the outlet stream if you're so inclined.

Getting There

The Kings Flow trailhead is located eight miles south of the hamlet of Indian Lake. From NY Route 30, about 0.5-mile south of the intersection with NY Route 28, turn southeast onto Big Brook Road, also marked as County Route 4. This is a twisting country road, with a scenic causeway across the width of Lake Abanakee at 1.4 miles. Big Brook Road makes a hard right turn at 5.4 miles, but otherwise stay with it all the way past the end of the pavement, and the Kings Flow dam to the public parking area at the center of the Cabins at Chimney Mountain campus. The landowner charges a daily fee of \$2 per car for parking, which can be deposited into a toolbox attached to a nearby signpost.

The Trail

Two state trails begin to the east of the parking area: one to Puffer Pond, which bears right, and one to Chimney, which begins at the farthest end of the clearing. Signs point the way. Heading southeast, the trail to Puffer quickly leaves the clearing behind and clings to the side of a hill. Within minutes you pass into state land, and after a gradual uphill you begin to see wetlands off to your right. These in turn lead toward the large vly that surrounds Carroll Brook, which you first approach at 0.8-mile.

The trail once crossed this creek without the aid of a footbridge. The beaver dam that made the crossing possible eventually washed away, making this an awkward crossing. More recently, however, the trail was rerouted to follow the north side of the vly upstream, east, to a new stream crossing at 1.1 miles. There is no bridge here either, but Carroll Brook is a smaller stream at this location with more rocks to step on. The crossing is therefore more manageable.

Across the brook, the trail keeps to its side briefly before angling southeast and uphill, reaching a junction at 1.4 miles. The blue-marked trail to the left leads toward John Pond, and was created as an alternate route to Puffer Pond, at a time when public access to the Kings Flow trailhead was not guaranteed. It is rarely used today.



PHOTOS BY
BILL INGERSOLL

The trail to Puffer Pond bears right, continuing the climb to the southeast. The grade is moderate, but before it's done you will ascend nearly 475 feet from Carroll Brook. The trail leads through a notch in the ridge, which is an extension of Bullhead Mountain. Once through the saddle, the descent to the pond begins. The drop is less than 200 feet to the first of the two Puffer Pond lean-tos, this one located on the right at 2.2 miles. The structure is relatively new, located in the open hardwoods about 150 feet from the shoreline. It is easy to walk past the site of the former lean-to to access the water.

Near the lean-to, the marked trail bends left to follow the pond's north shore. This is perhaps the best part of the hike, with several opportunities to step off the trail and view the water. Just 0.3-mile from the first lean-to, or 2.5 miles overall, you should see the second lean-to near the head of the pond. This is the more scenic of the two shelters, but it is also older, leakier and more exposed. Wind often blows west-to-east across the pond and straight into the shelter, making it less desirable in cold weather. Many hikers prefer it anyway because of its better view.

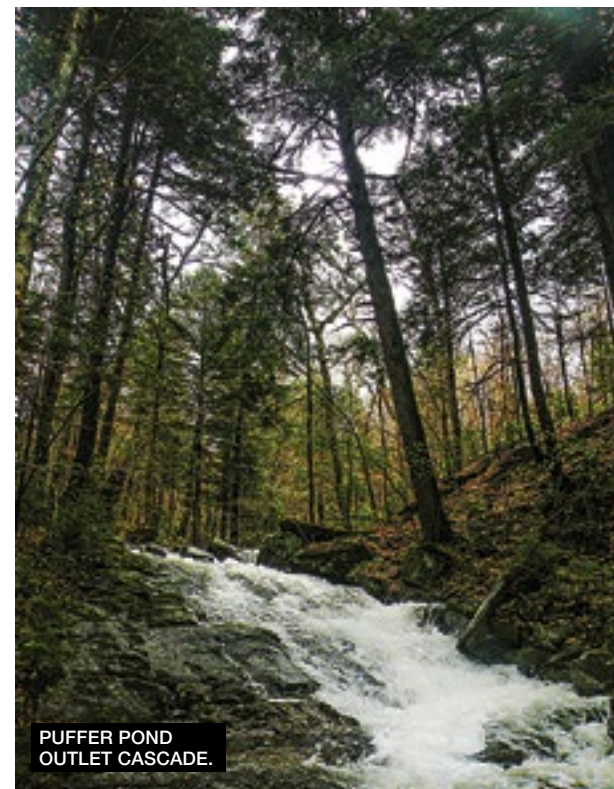
The trail continues east past Puffer Pond, allowing hikers to go all the way to Hour Pond and Thirteenth Lake.

Changes may be in store soon for Puffer Pond. In 2017, the Department of Environmental Conservation issued an amendment to the management plan for this area, authorizing the relocation and replacement of the second (eastern) lean-to. Also, the long-distance North Country National Scenic Trail may pass along the northern shore of the pond as it traverses the Adirondack Park from Forestport to Crown Point.

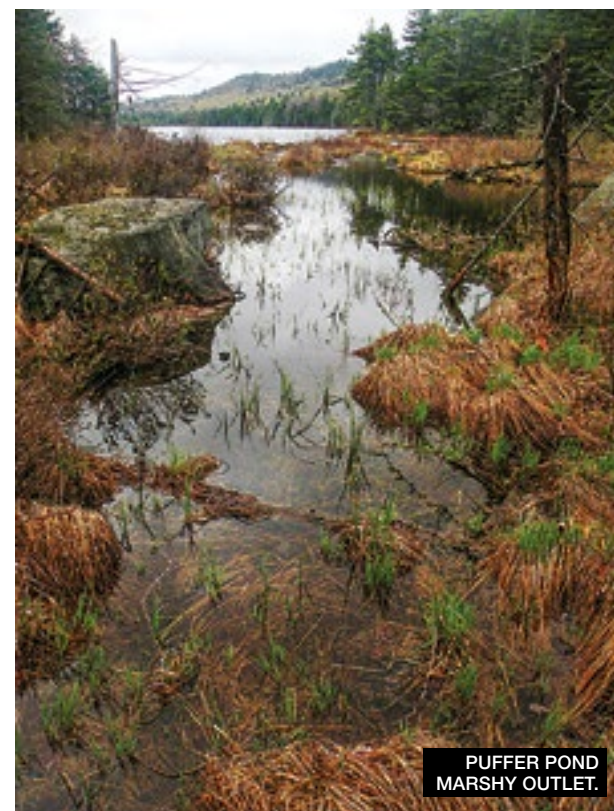
Neither of these changes has been implemented as of the spring of 2018, but you can preview a portion of the North Country Trail to seek out the small cascade on Puffer's outlet stream. From the western lean-to, head west along the pond's shoreline. The herd path in this area will not be immediately apparent, but if you keep the water in sight it will appear long before you reach the point where the pond narrows into a marshy outlet at its western end.

The path is narrow, but it follows the bed of an ancient roadway down through the valley west of the pond, generally parallel to the outlet stream. The cascade, located roughly 1.3 miles from the lean-to, is not visible from the trail - but you will hear it. The unmarked trail continues toward Kings Flow and Round Pond as described in *Discover the South Central Adirondacks*, but don't be surprised if these secretive herd paths become official state trails in the near future, as proposed in DEC's management plan. 🌲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondack's guidebook series (hiketheadironodacks.com). For more information on this region, consult Discover the South Central Adirondacks.



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Open Water Swimming Tips

By Meisha Rosenberg

You're about to take a breath in the middle of a lake during a race when a wave hits you; suddenly you've got a mouthful of water. Or your goggles fill up with water. What should you do? Well, you could panic or you could prepare for this situation and many others by training your body and mind for open water swimming. As a Masters swimmer who's competed in open water races, I know one of the best teachers is experience. At the same time, you should learn from as many of the pros as you can. I will share some things I've learned both from trial and error and from the wonderful coaching I've had right in the Capital Region.

Training, Training and More Training

- In an ideal world, you'd be able to swim your race distance multiple times at the site before race day. Since not all lakes or beaches allow access, that can be difficult, but the more you practice in open water AND in the pool, the better. Take advantage of the many weekly practice swims we are lucky to have through area triathlon clubs: Capital District, Bethlehem, Saratoga, Adirondack and Hudson Valley.

Kristen Hislop, a certified multisport coach, gives swim clinics both in the pool and outdoors. She reports that many triathletes haven't thought much about the swim. She says, "I always start with being efficient and comfortable in the water. So that's what we do in the pool before you even go into open water."

In a pool, you can learn to streamline, count and tame your stroke rate, and breathe properly. Many open water swimmers use bilateral breathing, which means taking a breath every third stroke by alternating left and right sides. Once you've learned how to breathe without messing up your streamline, you can go on to learn things like how to sight, which is raising your eyes just enough to see buoys and landmarks without throwing off your rhythm.

It all comes down to training your mind in tandem with your muscles. This means having a plan for each segment of the race, including how you will start. Kevin Kearney at Excel Aquatics, says that at starts, "People like to bunch up in the middle because they think that's the straightest line to the buoy, but a lot of times you can go off to the side and get cleaner water." Once you're cruising along, though, you have an advantage if you know how to pass someone else. You can learn passing and drafting, among other techniques. If you draft, make sure the swimmer in front knows where they're going! When you've practiced these techniques, you're less likely to be spooked if another swimmer drafts off or passes you.

Most importantly, through interval train-

ing, that is doing timed repeats of specified distances in a pool or open water, you'll gain control over your exertion and speed the same way bikers do by using gears. Any good coach will have you do this. Learn about pacing because there's nothing worse than going into a longer race, overextending yourself the first couple of minutes and hitting the wall for the remainder of the swim. Beginners often go too fast too soon because they let the adrenaline do the talking.

On the other hand, experienced swimmers may want to start fast before settling into a better pace. Just as the ancient Greeks said it: swimmer, know thyself. Are you regularly putting in 3,000 yards of training so that one-mile will be a cinch? Or, is this your first race and you dislike crowds? The more you know, whether it's how much your body heats up, or what side you favor, the more tools you'll have on race day.

Mind Over Water - Regardless of experience, many swimmers feel anxiety or panic in open water. There are lots of unknowns; and often you can't see or hear too well. It helps to identify exactly what you are afraid of, and either think through how you can handle it if it happens (i.e. you can stop and tread water if you get a bad cramp), or realize it's irrational (there is NO Loch Ness monster in Warner Lake!). One great thing about water is that floating promotes relaxation.

Triathlon coach and race director Mark Wilson says, "One of the keys to surviving the swim start in triathlon is to WARM UP in the water BEFORE your wave begins. This will help your body/skin acclimate to water's temperature prior to the start of the race. This will assist in keeping your heart rate down, and anxiety levels lower, ensuring a positive beginning to a long race."

Kevin says, "Listen to your body, and know if you do feel the elevated heart rate, you can flip on your back and float - or grab onto a kayak. Don't wait until you're in trouble to ask for help." Kristen will have swimmers fill up their goggles with water in the middle of a pool to simulate a real predicament. It's also important to have some good self-talk lined up for when you're out there in the waves. I often mentally hear my coaches' favorite exhortations.

Gearheads, Unite - An open water swimmer must be part sports psychologist, part numbers cruncher, part meteorologist and part gearhead. But don't pick race day to try out a new pair of goggles. Do get goggles with tinting, possibly mirrored or polarized. You may want a lighter backup pair in the event that it's overcast. Decide as much ahead of time as you can. Will you wear goggles under your cap where they're less likely to move around or over so it's easier to adjust? Some



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swimmers wear two caps, especially if it's going to be cold. Conditions will determine some of what you need to do. Then definitely bring ample pre- and post-race cover-ups. There could be gravel or hot asphalt in the transition, so you'll need flip-flops. Don't forget sunscreen, caps, towels, and any other items you may need, like glasses, an inhaler, or eye drops. Many triathletes use a wetsuit, and it's great to try out models at a pool or lake demo - coaches and triathlon clubs can tell you how. Practice wearing it and peeling it off for the transition.

Location, Location, Location - Not all lakes or beaches allow open water swimming days before a race, but take advantage of the many practice swims we are lucky to have regionally. Also, talk to swimmers who've done the course. There are many variables to consider. Many triathlon races start around sunrise. So where is the light coming from? Is it coming in front of you or when you breathe? What's the horizon like around the lake? Are there lots of trees and you can pick one out and sight? Or is there just a flat lake so you really are just look-

ing for the marks? Be aware of any rocks. When should you stand up to exit? Kristen, who has seen athletes fall down on exiting an incline, recommends that, if you're not kicking a lot which can happen especially in a wetsuit, "Start kicking before you get out, to get the blood flowing again, because it's a big change from lying horizontally to getting up vertically and then GO."

Have a strategy ahead of time, planning how hard or easy you're going to swim the first quarter, second quarter, and so on - and then be ready to adjust. No open water swim is exactly like any other, and water teaches us to go with the flow. But the more you practice, the more you'll improve and enjoy any swim! 🌟

Meisha Rosenberg (meisharose@gmail.com) is an award-winning writer, avid swimmer and mother to a budding nine-year-old triathlete. She's competed in the Lake George Open Water Swim; Against the Tide in Brewster (Cape Cod); and Betsy Owens Memorial Lake Swim at Lake Placid.

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● MOUNTAIN BIKING



THE AUTHOR'S SON, EWAN, CHECKS HIS HANDLEBAR BOLTS, CHAIN RING BOLTS, AND CRANK ARM BOLTS.
JIM MACNAUGHTON

Tech Tips to Get You Dialed for the Season

By Jim MacNaughton

Early spring is a time of rebirth, not only for the earth, but also for your mountain bike. It's time to get it prepped and ready to ride after its long winter's nap. This is aimed at getting you riding and much of this work can be done from home. Many excellent tutorials are also available online and in various reference guides. If you feel uncertain about doing any of these repairs yourself, please consult your local trusted bicycle mechanic.

TOP 10 EARLY SEASON TECH TIPS

■ **1) Tire Pressure Check** - All bike tubes or tubeless tires systems will lose air over time. If you don't have one already, get a good floor pump with a pressure gauge and follow the inflation specifications listed on your tire's sidewalls.

■ **2) Tire Tread Check** - Check your tires treads for wear and replace if necessary. If your bike runs the same tires front and back, it is possible to do a "replacement rotation" - replace your front tire with a new tread and rotate your older front tire to the back. Traction from the front tire is your first line of defense when turning and cornering. Also, check for tears in your tire's sidewalls and replace if you find any. If you run tubeless tires, check your tire sealant at least semi-annually to make sure that it hasn't dried up. The hotter and drier the conditions you ride in, the more often you should check to make sure that your sealant hasn't dried up. This, of course, may not be an issue with us Northeasterners and our typical wet spring weather!

■ **3) "Touch Points" Check** - The "touch points" are where you personally come into contact with your bike - the grips, saddle and pedals. Do your grips look like worn out pencil erasers? Is your saddle ripped? Are the rails under the saddle straight? Do your pedals have any side-to-side play? If so, it might be time to replace some of these touch points. If you ride with clipless pedals, check your cleats for wear and replace them if need be. Remember to grease the threads on the cleat bolts when reinstalling. This can save you time and effort for your next cleat change.

■ **4) Wheels Part I** - Check both wheels to make sure they are straight and round - straight in that there is little side to side wobble and round in that there is no "hop" in the rim. Check the spokes so make sure that none are loose. A home truing stand, a set of spoke wrenches, and a variety of video tutorials come in handy for this job, especially if you have to maintain a fleet of bikes as we do in our own home. Remember, turn left to tighten and right to loosen, working in quarter turns, and checking your work frequently. Check your hubs to make sure that there is no side-to-side play - that you do not feel looseness when attempting to move the wheel from one side to another. Hub play might indicate either a minor adjustment with a set of cone wrenches at best or a bearing replacement at worst.

■ **5) Wheels Part II** - Make sure that your quick release or thru axles for your wheels are secure. Even experienced riders such as myself have accidentally bypassed this small but important detail. In a hurry to ride a newly built BMX bike, I once forgot to fully tighten the front wheel, and it nearly came off mid-air. Lesson learned.

■ **6) Front to Back Nut and Bolt Check** - Starting from the front of your bike and working to the back, check all bolts to make sure that they are secure. Be careful not to overtighten, however. Many components helpfully now list torque specifications, and I recommend that you invest in a torque wrench that can be set in inch pounds (or Newton meters) as most bike parts work in that lighter range. There are many low cost preset torque wrenches available. These wrenches are generally set for five Newton meters, which makes them perfect for correctly tightening your stems, handlebars and seat post clamps. Prior to owning one of these tools, I have personally snapped a many fancy stem plate due to over tightening. Like many others, I am not a great gauge at tightening bolts and tend to overdo it a bit!

■ **7) Brake Check** - Most mountain bikes run some form of hydraulic disc brakes today. A quick brake check includes the following. First, eye your rotors to ensure that

they are true - that there is no side to side wobble that hits the brake caliper, therefore interfering with the wheels ability to freely spin. Second, check that the brake calipers are centered over the rotor. If it is not centered, the rotor will rub on one side or the other of the caliper. A quick fix to this is to slightly loosen the caliper bolts, squeeze the brake lever and then tighten the caliper bolts lightly, alternating between the top and bottom bolts.

Third, check your pad wear, especially in your rear brake caliper. You can do this by eyeing the amount of pad remaining. The general recommendation is that they should be changed when there is less than three millimeters of pad left. Most brand-specific disc pad replacements come with excellent instructions. Last, check your caliper "feel." If the brake lever feels "mushy" or if it rebounds slowly after being squeezed, your brakes will need to be bled, replacing the system with new brake fluid. If you have not bled brakes before, I recommend that you work with a local bike shop as there are many variables and fluid types involved in this process.

■ **8) Frame Check** - Brush off and lightly wash or wipe down your frame. Spraying it with a hose may introduce water where you do not want it, namely in pivots and bearings. When done, check for any cracks in your frame. Better to find it now than when "just riding along!"

■ **9) Suspension Check** - It's a safe bet to say that almost all mountain bikes come with front suspension forks today and that dual suspension bikes are steadily becoming the new norm. A quick suspension check should include the following. First, check and reset your air pressure if you have air sprung suspension. Many forks nowadays have recommended air pressure charts listed on their fork legs or in the instruction manual. You will need an air shock pump for this job.

Second, wipe down and inspect your fork seals. The seal is the rubber ring between the lower and upper part of your fork. Wipe away that ring of grime and oil there from last season by using a Q-Tip. If you have rear suspension, do the same on that shock. If you find oil running down the shock from the

seal, please have your suspension serviced at a local bike shop. A word of caution: Don't use lubricants like Tri-Flow on your seals as it contains solvents. Over time, those chemicals will degrade the quality of the rubber in your seals.

■ **10) Drive Train Check** - Your drive train consists of the parts that keep you moving forward - the chain, gears, shifters and cranks. First, degrease and clean your chain, cassette and front chain rings. Scrub it with an eco-friendly citrus degreaser, rinse lightly with water, then dry before lightly lubricating your chain. Next, check the shifting. In a bike stand, run your gears up and down your rear cassette, adjusting the barrel on your derailleur (if Shimano) or on the barrel adjuster of your shifting pod (if SRAM) in the direction of the movement of the chain up or down the cassette. Shift happens, let's make sure that they're intentional while you're riding!

Last, check your bottom bracket for side-to-side play. With the bike out of the stand, check for play by holding a crank in each arm and wiggling them side to side. Retighten your crank arm bolts if you find any play. If it remains after retightening, consult with your local shop. You may need to replace your bottom bracket, which are the bearings that support your crankset in the frame.

■ **Bonus Tip: Check Your Head** - Check your helmet's replacement recommendation. If you have crashed and hit your helmet, replace it immediately - no ifs, and or buts. I replace my helmet every season. You can always replace your exoskeleton, but not your head. 📌

Jim MacNaughton (jimmac66@nycap.rr.com) of Albany has been riding bikes in the dirt since 1979.



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● RUNNING

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▼ GLEN STREET ACTION AT THE 2017 GLENS FALLS URBAN ASSAULT. ADIRONDACK RACE MANAGEMENT



▼ GETTING DIRTY AT THE 2017 RUN THE RIDGE 5K MUD RUN. MAPLE SKI RIDGE

Obstacles, Mud, Hills... and an Ultimate Relay!

By Mona Caron

How do you turn an individual sport such as running into a team event? Team running races are perfect opportunities to run with runners of varying speeds and abilities. Gather a group of family, friends or coworkers and sign up for these local events for a fun, bonding experience. The inside jokes, funny mishaps and friendly competition will make lasting memories for all!

First up, is the **Glens Falls Urban Assault** on Saturday, May 26, a 3.5-mile obstacle race in downtown Glens Falls. With over 20 obstacles, this is a running, endurance and strength test. Participants will encounter ropes, stairs, a slip-n-slide, climbing walls and more, as they make their way through the course. Prizes will be awarded to the best dressed team and individual male and female overall. With both the start and finish on Glen Street, downtown will be a festive scene. The event organizers, Adirondack Race Management, encourage everyone to try the obstacles. However if a participant cannot do an obstacle, a modification will be offered such as push-ups or squat thrusts. The obstacles are not difficult as this is meant to be a fun, family-friendly event.

Gather your group, get your errands done early, and let loose for the 5pm start time. Afterwards head over for happy hour and relive your fun evening! A portion of race proceeds go to benefit the Crandall Park Beautification Committee. adkracemgmt.com

Dig out an old pair of running shoes and prepare to get dirty at the **Tuff eNuff Obstacle Course Challenge!** The Prevention Council will hold its seventh annual 5K for teens/adults and one-mile kids run on Saturday, June 2 in Saratoga Springs. The affordably priced challenge is open to teams, which is a fun way to show what you're made of, all while supporting a great organization where 100% of the proceeds stay local. The BOCES Campus on Henning Road is transformed for a day into a mud covered obstacle course with hurdles to jump over, crawl under and shuffle through. The terrain features some new obstacles that will push participants to their limits.

Last year the challenge attracted 550 participants and 1,000 spectators. All participants are encouraged to be silly and dress up in costumes to make the challenge even crazier!

The kids' fun run goes first and the 5K waves start at 9:15, 9:20 and 9:25am. Afterwards enjoy the awards ceremony while caked in mud! finishright.com

If you're looking for something with hills, fun and challenging obstacles, the **Run the Ridge 5K Mud Run** on Saturday, July 14 at Maple Ski Ridge in Schenectady is the answer! Over the summer this ski area is transformed into a mud covered paradise for all to enjoy. Designed by Maple Ski Ridge staff, the features consist of natural terrain and manmade builds to test endurance and skill. Challenges are added and redesigned so participants can have a new experience each year.

Run through mud, water, ledges, tires, hills, fire and many other obstacles to climb over, under and get covered in. This race also has heats that start at 8:45am and family fun runs at 11:30am and 12pm. Run the Ridge proceeds benefit Special Olympics, and you can register as an individual or a team of 10 runners. A new cash prize of \$1,000 will be given to the first team to finish together if all obstacles are completed. runtheridge.net

Live out of a van for two days with your teammates at the fourth annual **Peak to Brew Relay** on August 10-11. Starting from the top of Whiteface Mountain Veterans Memorial Highway in Wilmington, your team of 12 or six ultra runners will traverse 220 miles of the Adirondacks to reach the Saranac Brewery in Utica.

The Peak to Brew Relay is the Northeast's longest, most scenic overnight, team supported relay race. Teams of six or 12 runners and one or two support vans will cover 42 unique legs of varying distance and difficulty. The course will take runners through the beauty of the Adirondack Park starting on Friday, August 10 and overnight for a fun celebration at the historic brewery on Saturday, August 11. The post-race party includes a free beer, food, live music, and the celebratory mood of having completed a truly a unique and challenging relay race!

For those not familiar with the relay concept, 12 runners typically split up equally between two vans to complete the course. The group of six people each take turns running their distance

and handing off the wrist strap "baton" to the next runner. The van drops off and picks up runners from the designated minor exchange areas. The first six runners comprise van #1 who start off the relay. Once Van #1 has completed their legs (or distances), the next six runners - aka Van #2 - take over at the major exchange areas. In the Peak to Brew Relay, van #1 runners each complete four distances while van #2 completes three legs. Individual legs will range from two to 12 miles in length, for a total average distance of 20 miles for van #1 runners, and 15 miles each for van #2 runners. This set up is perfect for a large group of runners with different abilities due to the varying distances and terrain.

For an overnight relay, race organizers take safety very seriously, and require all runners to have appropriate nighttime running gear - such as reflective vests, headlamps and flashlights, flashing taillights - and they must follow rules of the road. New this year is the improved team communication and tracking. So grab some friends, register by the June 30th deadline, and rent a few vans for the ULTIMATE relay experience! p2brelay.com

Have a sweaty, dirty summer! 🔥



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● **PADDLING** continued from page 1



▲ DRAW STROKE.

Move Sideways with a Draw Stroke – Your paddling partner, sitting eight feet away on the water, has the last granola bar. You can paddle a big circle to come around next to them and get your half, but it’s probably gone by the time you get there. Get there quicker by doing some draw strokes.

- Turn your shoulders to face the side of the boat.
- Reach out with the paddle blade facing you; parallel to the boat.
- Put the blade all the way in the water, and move it to your hip; think of shoving water under the boat.
- Very important: pull the blade out of the water before it hits the boat. Why? To find out, try letting the blade hit the side of the boat. Hint: do this when the water is warm, you are in a safe shallow spot, and your life jacket is securely fastened.
- Done well, the draw stroke will pull your boat sideways, right to the dock – or the granola bar.

Stop and Reverse – Putting on the brakes and backing up can be a good thing, especially if you are about to hit a rock, or you’ve come to a tree laying across a narrow creek.

- To stop while underway, place a blade in the water by your hip and push toward the bow of the boat.
- Do it again on the other side, and again on the first side, then again on the other side.
- If you are moving with good speed, the water pressure on the paddle is intense. Make it easier by starting with the blade at an angle; top edge leaning forward toward the bow, so the blade is nearly flat to the water.
- As you push forward, rotate the paddle so the blade is straight up and down against the water.
- Keep doing this, and you will stop, then start to go backward.



▲ STOP & REVERSE.

PHOTOS BY ALAN MAPES

PADDLING WITH A GROUP

Although I sometimes enjoy paddling alone, it’s not the safest way to go. Paddling with like-minded folks can be lots of fun. It gives you a big edge on safety, and the chance to learn from other paddlers. As I struggle with my 40-year quest to get beyond the beginner stage at playing guitar, people always tell me I’ll learn the most by playing with folks who are better than me. The same goes for paddling. I’ve learned a lot from better paddlers about boat handling technique and about on-water safety. I’ve also discovered many great places to paddle.

To connect with other kayakers and canoeists, I recommend two groups in our region – the Adirondack Mountain Club and the Capital District Kayakers Meetup. Both groups are full of friendly people who enjoy nothing more than helping out a beginner.

My first outings with a paddling group were with the *Albany Chapter of Adirondack Mountain Club (ADK)*. This group conducts a Tuesday evening paddle every week from late April through October. The location rotates each week, but the launching places are mostly on the Mohawk and Hudson rivers. The group meets after work and pad-

dles for about two hours. They split into two groups each time – a “relaxed” group and a “moderate” group. The relaxed folks go no faster than the slowest paddler. The moderate group goes as fast as the fastest paddler – a joke, but the moderates certainly go farther and faster. On a typical evening, you will find both canoeists and kayakers.

An optional “paddler’s committee meeting” is held after each outing and involves some time at a local restaurant. We talk paddling, of course, over a bite to eat and a little something for rehydration. Contact the ADK Albany Chapter paddlers through albany-adk.org. Most participants are ADK members, but new folks are welcome as guests. Also with ADK, the Schenectady Chapter (adk-schenectady.org) has a very active whitewater paddling group and the Glens Falls-Saratoga Chapter (adk-gfs.org) offers some nice paddle outings.

Capital District Kayakers is one of the many groups that organize their outings by using the “Meetup” system on the web. If you want to start a group for, say “walking backwards while singing Irish songs” or any other activity, Meetup is a convenient way to do it.



A CAPITAL DISTRICT KAYAKERS OUTING ON APRIL 21 AT RENSSELAER LAKE IN ALBANY. ALAN MAPES

Paddle trips are posted by individual members, open to others who are interested. You can check out these trips by going to meetup.com/capital-district-kayakers. If you sign up on the system, you will get a notice as each new trip is posted. At the time I write this, the group has whopping 1,144 people signed up! Obviously, not a big percentage of the members attend any given outing. We had 16 people on the first trip this year, a lazy paddle on Lake Rensselaer in Albany. This group is free to join – they ask for a donation to help cover the cost of using the Meetup system, but emphasize that it’s

purely voluntary. My kayak instructing partner, Mike Cavanaugh, and I always post a few classes on the meetup, including basic kayaking skills and kayak safety and rescue.

The paddling season is here, finally. Go learn some new skills and find new friends for a fun time on the water! 📌

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

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RACE RESULTS

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February 24-25, 2018 • Saratoga Biathlon Center, Hadley

20K SKATE

MALE OVERALL			
1 David Paalberg-Kvam/30-39	HURT Nordic	1:10:18	
2 Brian Halligan/20-29	HURT Nordic	1:12:36	
3 Chris Rose/40-49	Peru Nordic	1:13:46	

FEMALE OVERALL			
1 Deb Nordyke/50-59	Saratoga Biathlon	1:22:51	
2 Gabriella Frittelli/50-59	Saratoga Biathlon	1:29:03	
3 Amanda Zullo/30-39	Peru Nordic	1:35:23	

MALE AGE GROUP: 30 - 39			
1 Chris Yarsevich	HURT Nordic	1:15:00	
2 Eric Seyse	Glenville Hills/ADK Vauhti	1:15:02	

MALE AGE GROUP: 40 - 49			
1 Steve Crafts	Peru Nordic	1:17:18	

MALE AGE GROUP: 50 - 59			
1 Patrick Jansen	Glenville Hills/ADK Vauhti	1:15:14	
2 Jim Miller	Glenville Hills/ADK Vauhti	1:19:44	
3 Edward Lis	Peru Nordic	1:21:43	

MALE AGE GROUP: 60 - 69			
1 Mark Paprocki	Rochester XC Ski	1:20:52	
2 Mark Chmielewicz	Glenville Hills/ADK Vauhti	1:26:07	
3 Darwin Roosa	Saratoga Biathlon	1:36:38	

FEMALE AGE GROUP: 60 - 69			
1 Audrey Balandier	Cayuga Nordic	1:47:09	
2 Bernadette O'Brien	HURT Nordic	1:51:02	

12K SKATE - YOUTH

MALE OVERALL			
1 Adam Jansen/14-15	Glenville Hills/ADK Vauhti	41:16	
2 Gauge Buhrmaster/12-13	Glenville Hills/ADK Vauhti	42:00	
3 Nathan Collinsworth/16-17	Cayuga Nordic	59:20	

12K SKATE - GRAND MASTERS

FEMALE OVERALL			
1 Sherry Dixon/70-79	HURT Nordic	1:10:17	

MALE OVERALL			
1 Alec Davis/70-79	HURT Nordic	1:02:50	
2 Richard Dixon/70-79	HURT Nordic	1:08:33	
3 Eric Hamilton/70-79	HURT Nordic	1:20:07	

BIATHLON - 7.5K SPRINT

MALE OVERALL			
1 Brian Halligan/20-29	HURT Nordic	27:12	
2 Sean Halligan/50-59	Saratoga Biathlon	29:07	
3 Gary Brackett/50-59	Saratoga Biathlon	31:18	

FEMALE OVERALL			
1 Gabriella Frittelli/50-59	Saratoga Biathlon	37:19	
2 Stina Bridgeman/40-49	Syracuse Biathlon	41:00	
3 Magali Haas/50-59	Saratoga Biathlon	42:37	

MALE AGE GROUP: 20 - 29			
1 Eric Seyse	Glenville Hills/ADK Vauhti	33:29	

MALE AGE GROUP: 40 - 49			
1 Tom Moffett	Saratoga Biathlon	32:07	
2 Brian Burr	Saratoga Biathlon	33:04	
3 Andrew Lerner		39:38	

MALE AGE GROUP: 50 - 59			
1 Douglas Diehl	Saratoga Biathlon	32:20	
2 Brian Wiegand	Saratoga Biathlon	34:47	
3 Patrick Jansen	Glenville Hills/ADK Vauhti	35:05	

MALE AGE GROUP: 60 - 69			
1 Darwin Roosa	Saratoga Biathlon	38:15	
2 Gary Maslanka	Syracuse Biathlon	41:05	
3 Mark Chmielewicz	Glenville Hills/ADK Vauhti	46:18	

MALE AGE GROUP: 70 - 79			
1 Eric Hamilton	Shenendehowa Nordic	55:48	

BIATHLON - 6K SPRINT

MALE OVERALL			
1 Owen Burr	Coles Woods	27:25	
2 Noah Kenyon	Saratoga Biathlon	28:34	
3 Nathan Collinsworth	Cayuga Nordic	29:24	

Courtesy of NYSSRA Nordic

15TH ANNUAL CELEBRATE LIFE HALF MARATHON

March 11, 2018 • Sullivan Event Center, Rock Hill

MALE OVERALL			
1 Rob Albano/27		1:12:29	
2 Bobby Asher/32		1:16:34	
3 Matthew Johnson/25		1:17:18	

FEMALE OVERALL			
1 Kate Pallardy/32		1:21:34	
2 Hannah Schmitt/24		1:30:53	
3 Susan Moore/41		1:35:18	

MALE AGE GROUP: 1 - 19			
1 Brandon Mancroni		1:32:06	
2 John Amenta		1:35:49	
3 Harrison Isaac		1:40:59	

FEMALE AGE GROUP: 1 - 19			
1 Dana Lynch		1:38:11	
2 Marissa Lombardi		1:55:54	
3 Katherine Tardo		2:10:01	

MALE AGE GROUP: 20 - 29			
1 Andriy Postolovskiy		1:19:19	
2 Evan Oustrich		1:21:07	
3 Chris Souleris		1:28:41	

FEMALE AGE GROUP: 20 - 29			
1 Kassie Albano		1:37:37	
2 Heidi Proper		1:43:44	
3 Joanna Goldfarb		1:45:10	

MALE AGE GROUP: 30 - 39

1 Jeff Bachak	1:22:36
2 Michael Oliva	1:24:10
3 Douglas Haines	1:25:00

FEMALE AGE GROUP: 30 - 39

1 Charlene Aquilina	1:39:27
2 Miri Goldberg	1:40:41
3 Maureen Cawley	1:41:27

MALE AGE GROUP: 40 - 49

1 Mike Slinsky	1:21:59
2 Ricky Snyder	1:25:44
3 Andy Vogel	1:30:59

FEMALE AGE GROUP: 40 - 49

1 Lisa Ospitale	1:44:05
2 Carolyn Hehir	1:44:55
3 Shari Nichols	1:45:03

MALE AGE GROUP: 50 - 59

1 Donald Thurston	1:33:09
2 Sean Moore	1:35:17
3 Paul Dubetsky	1:41:17

FEMALE AGE GROUP: 50 - 59

1 Christine Varley	1:45:30
2 Mary Ann Lawrenson	1:46:35
3 Elaine Gilmartin	1:47:28

MALE AGE GROUP: 60 - 69

1 Yong Kim	1:38:30
2 Benigno Veraz	1:43:32
3 Leo Turissini	1:47:15

FEMALE AGE GROUP: 60 - 69

1 Douglas Carter	1:46:55
2 Kim Law	1:49:37
3 Patti Turissini	1:53:45

MALE AGE GROUP: 70 - 79

1 Edward Leydon	1:57:48
2 Jimmy Kennedy	2:02:43
3 Lorne MacDonald	2:09:12

FEMALE AGE GROUP: 70 - 79

1 Ginny Pezzula	2:06:23
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MALE AGE GROUP: 80 - 89

1 Tony Cerminaro	2:06:29
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Courtesy of Celebrate Life Half Marathon

9TH ANNUAL SCHENECTADY FIREFIGHTERS' RUN 4 YOUR LIFE 5K

March 24, 2018 • Central Park, Schenectady

MALE OVERALL			
1 Dan Jorjy	34 Schenectady	16:57	
2 Oswaldo Rodriguez	39 Mechanicville	18:35	
3 Jonathan Guthan	41 Scotia	19:28	

FEMALE OVERALL			
1 Diana Tobon-Knobloch	36 Niskayuna	19:40	
2 Elaine Atanasora	17 Delanson	20:02	
3 Kim McBride	25 Troy	20:26	

MALE AGE GROUP: 1 - 14			
1 Reed Douglass	14 Canajoharie	20:36	
2 Jacob Gilson	12 Niskayuna	21:23	
3 Braden Evens-Grensl	13 Canajoharie	21:42	

FEMALE AGE GROUP: 1 - 14			
1 Giana Marie Murphy	12 Johnstown	25:53	
2 Kiera Macintosh	8 Scotia	28:26	
3 Juliet Percenti	9 Glenville	28:27	

MALE AGE GROUP: 15 - 19			
1 Drew Douglass	16 Canajoharie	22:23	
2 Sean Jenks	17 Schenectady	22:49	
3 George Atanasora	15 Delanson	23:33	

FEMALE AGE GROUP: 15 - 19			
1 Rebecca Cropsey	17 Schenectady	23:06	
2 Avery Hebert	15 Clifton Park	25:31	
3 Jennifer Weingarten	19 Warnerville	29:29	

MALE AGE GROUP: 20 - 24			
1 John Murray	24 Rotterdam	20:36	
2 Michael Lineback	20 Schenectady	24:02	
3 Nicholas Perkins	24 Schenectady	24:33	

FEMALE AGE GROUP: 20 - 24			
1 Larissa Melendez	24 Amsterdam	23:44	
2 Elizabeth Hildebran	22 Glenville	25:10	
3 Kathen Kotag	22 Glenville	25:37	

MALE AGE GROUP: 25 - 29			
1 Christopher Young	29 Schenectady	23:42	
2 Logan Schuppe	27 Rotterdam	26:11	
3 Trevor Wadsworth	26 Schenectady	29:45	

FEMALE AGE GROUP: 25 - 29			
1 Allison Sawyer	29 Clifton Park	20:32	
2 Katelyn Rhymestine	28 Herkimer	21:57	
3 Amy Gettig	25 Troy	24:42	

MALE AGE GROUP: 30 - 34			
1 Joe Sgarlata	31 Niskayuna	21:12	
2 Stephen Harris	30 Clifton Park	21:49	
3 Christopher Jordan	30 Schenectady	23:53	

FEMALE AGE GROUP: 30 - 34			
1 Lindsay Miller	33 Schenectady	23:26	
2 Sarah Moorfoot	32 Clifton Park	23:34	
3 Elizabeth Moore	34 Rexford	24:13	

MALE AGE GROUP: 35 - 39			
1 Greg Rashford	39 Niskayuna	21:05	
2 Daniel Marino	36 Glenville	21:29	
3 Jim Monlea	35 Schenectady	22:43	

FEMALE AGE GROUP: 35 - 39			
1 Rachael Morrissey	35 Selkirk	23:17	
2 Katie Gifford	36 Gloversville	25:02	
3 Evelyn Rice	38 Nassau	25:14	

MALE AGE GROUP: 40 - 44			
1 Paul Cirillo	42 Mohawk	20:56	
2 Tim Fioretti	42 Gloversville	24:51	
3 Neil Tyrrell	42 Saratoga Springs	24:58	

FEMALE AGE GROUP: 40 - 44			
1 Erin Huth	40 Niskayuna	25:02	
2 Robyn Kaminski	40 Rensselaer	25:26	
3 Corine Bonitatibus	41 Schenectady	25:57	

MALE AGE GROUP: 45 - 49			
1 Scott Braun	49 Fultonville	22:15	
2 Patrick Douglass	48 Canajoharie	22:16	
3 Jim Reed	46 Schenectady	23:19	

FEMALE AGE GROUP: 45 - 49			
1 Gabriel Kristal	46 Mechanicville	22:37	
2 Stacie Hebert	47 Niskayuna	25:05	
3 Patricia Gundlach	45 Scotia	26:18	

MALE AGE GROUP: 50 - 54			
1 Ed Menis	53 Schenectady	19:34	
2 Jon Atwell	52 Loudonville	22:44	
3 Daniel Cropsey	54 Schenectady	23:40	

FEMALE AGE GROUP: 50 - 54			
1 Kimberly Goodwin	54 Ballston Lake	26:45	
2 Jean Lange	52 Schenectady	29:14	
3 Amy Jessup	52 Glenville	29:24	

MALE AGE GROUP: 55 - 59			
1 Sam Mercado	55 Albany	20:44	
2 Michael Murtagh	58 Scotia	21:16	
3 Bob Kanarkiewicz	58 Delanson	21:54	

FEMALE AGE GROUP: 55 - 59			
1 Janice Phoenix	56 Schenectady	25:32	
2 Pamela Yunginger	55 Clifton Park	27:13	
3 Carol Shatley	58 Schenectady	30:04	

MALE AGE GROUP: 60 - 64			
1 John Parisella	60 Ballston Lake	21:06	
2 Richard Kelly	61 Schenectady	23:11	
3 Christopher Johnson	60 Pittsfield, MA	24:27	

FEMALE AGE GROUP: 60 - 64			
1 Joan Celentano	64 Schenectady	30:39	
2 Susan Milstein	62 Menands	31:55	
3 Cynthia Jenness	61 Rochester, NH	31:56	

MALE AGE GROUP: 65 - 69			
1 Martin Touhey	65 Albany	25:41	
2 Jim Pepin	67 Glenmont	25:44	
3 George Schwab	67 Schenectady	28:58	

FEMALE AGE GROUP: 65 - 69			
1 Alice Carpenter	67 Delmar	38:11	
2 Diane Kenific	68 Albany	45:05	
3 Theresa Portelli	66 Albany	45:49	

MALE AGE GROUP: 70 - 74			
1 Joseph Scaringe	71 Latham	28:16	
2 Richard Theissen	74 Round Lake	34:43	

FEMALE AGE GROUP: 70 - 74			
1 Nancy Johnston	72 Ballston Lake	46:24	

MALE AGE GROUP: 75 - 79			
1 Raymond Lee Jr.	76 Halfmoon	44:33	

39TH ANNUAL APRIL FOOL'S RACE continued

MALE AGE GROUP: 60 - 69, FEMALE AGE GROUP: 60 - 69, MALE AGE GROUP: 70 - 79, FEMALE AGE GROUP: 70 - 79, 1-MILE CHILDREN'S RACE, MALE OVERALL

Courtesy of April Fool's Race Committee

4TH ANNUAL CODE BLUE NEEDS YOU! 8K RUN

April 14, 2018 • High Rock Park, Saratoga Springs

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1 - 14, FEMALE AGE GROUP: 1 - 14, MALE AGE GROUP: 15 - 19, FEMALE AGE GROUP: 15 - 19, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 60 - 64, MALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 65 - 69, MALE AGE GROUP: 70 - 74, FEMALE AGE GROUP: 70 - 74, MALE AGE GROUP: 75 - 79, FEMALE AGE GROUP: 75 - 79

Courtesy of Code Blue Saratoga Emergency Homeless Shelter

6TH ANNUAL BACON HILL BONANZA 5K & 10K RACES

April 20, 2018 • Bacon Hill Reformed Church, Schuylerville

10K RUN, MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1 - 14, FEMALE AGE GROUP: 1 - 14, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 60 - 64, MALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 65 - 69, MALE AGE GROUP: 70 - 74, FEMALE AGE GROUP: 70 - 74, MALE AGE GROUP: 75 - 79, FEMALE AGE GROUP: 75 - 79, MALE AGE GROUP: 80 - 84, FEMALE AGE GROUP: 80 - 84

6TH ANNUAL BACON HILL BONANZA 5K & 10K RACES continued

FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 60 - 64, MALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 65 - 69, MALE AGE GROUP: 70 - 74, FEMALE AGE GROUP: 70 - 74, MALE AGE GROUP: 75 - 79, FEMALE AGE GROUP: 75 - 79

Courtesy of Bacon Hill Bonanza

HUDSON VALLEY DUATHLON SERIES #1

April 21, 2018 • Kenneth Wilson State Park, Mount Tremper

2-MILE RUN, 12-MILE BIKE, 2-MILE RUN, MALE OVERALL, FEMALE OVERALL

Courtesy of Coach Mark Wilson

2ND ANNUAL SASHA'S SUPERHERO RUN 5K

April 22, 2018 • Talmadge Park, Mechanicville

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1 - 11, FEMALE AGE GROUP: 1 - 11, MALE AGE GROUP: 12 - 15, FEMALE AGE GROUP: 12 - 15, MALE AGE GROUP: 16 - 19, FEMALE AGE GROUP: 16 - 19, MALE AGE GROUP: 20 - 29, FEMALE AGE GROUP: 20 - 29, MALE AGE GROUP: 30 - 39, FEMALE AGE GROUP: 30 - 39, MALE AGE GROUP: 40 - 49, FEMALE AGE GROUP: 40 - 49, MALE AGE GROUP: 50 - 59, FEMALE AGE GROUP: 50 - 59, MALE AGE GROUP: 60 - 69, FEMALE AGE GROUP: 60 - 69, MALE AGE GROUP: 70 - 79, FEMALE AGE GROUP: 70 - 79, MALE AGE GROUP: 80 - 89, FEMALE AGE GROUP: 80 - 89

Courtesy of Olya Prevo-White and Chris White

38TH ANNUAL HMRR BILL ROBINSON MASTERS 10K

April 29, 2018 • Guiderland High School, Guiderland Center

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 60 - 64, MALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 65 - 69, MALE AGE GROUP: 70 - 74, FEMALE AGE GROUP: 70 - 74, MALE AGE GROUP: 75 - 79, FEMALE AGE GROUP: 75 - 79, MALE AGE GROUP: 80 - 84, FEMALE AGE GROUP: 80 - 84

Courtesy of Hudson-Mohawk Road Runners Club

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