COVERING
UPSTATE NY
SINCE 2000

ADIRONDACK CONTRACTOR OF THE SECOND ACKNOWN AND ADDRESS OF THE SECOND ACKN

FREE! **JULY** 2018



Get Excited to

CONTENTS

1 Triathlon & Aquabike

Amazing Races

Summer Rides for All

Trail Running
Shady Summer Races

News Briefs & From the Pubs

6-11 CALENDAR OF EVENTS

July to September Events

13 Running & Jogging

Great Distance Races **Athlete Profile**

Adventurous Skyler Johnson

Paddling

Favorite Paddling Places, Pt 1

Hiking

Woodhull Mtn & Remsen Falls

Mountain Biking

Riding & Racing for Kids

Living On Earth

Indoor Air Quality

PACE RESULTSResults for 20 Races

AdkSports.com Facebook.com/AdirondackSports By Darryl Caron

riathlon may be the coolest participation sport...

Three sports in one, cool bikes, relays, body markings, challenged athletes, craziness factor, friendly volunteers, courses and venues, competitors, camaraderie, and the finish line!

On Sunday, July 22, the 20th annual **Ironman Lake Placid** will test the limits of 3,000 triathletes from around the world at the High Peaks village of Lake Placid. A favorite race among competitors, IMLP is the second oldest Ironman, on one of the sport's most beautiful and iconic courses. The 140.6-mile race begins with athletes entering pristine Mirror Lake for a 2.4-mile swim, followed by a demanding 112-mile bike leg, and then a challenging 26.2-mile marathon that ends at the Olympic Speed Skating Oval with the legendary Mike Reilly announcing "You are an Ironman!"

As one competitor said, "I loved the whole atmosphere. The positive energy and excitement was palpable. The volunteers and spectator support is amazing and the finish line is incredible." Congrats to the five who have raced annually since 1999: Brian Delaney, Richard Donnelly, Woody Freese, Andrew Fried and Jeff Gura. The second annual **Ironman 70.3 Lake Placid** takes place on Sunday, September 9 on an identical course, but with just one loop of each discipline. (ironman.com)

On September 1-2, the **Lake George Triathlon Festival** at Battlefield Park in the village of Lake George features the Lake George Tri, BIG George Tri, Aquabike, team relays – and, of course, Prince and King George! Saturday's 13th annual *Lake George Triathlon* is an Olympic distance with a 0.9-mile swim, 24.8-mile bike and 6.2-mile run. Sunday's ninth annual *BIG George Triathlon* is a half Iron distance with a 1.2-mile swim,



56-mile bike and 13.1-mile run. At the same time on Sunday, the *Aquabike* is a 1.2-mile swim and 56-mile bike – yes, you get to skip the run! If a group effort is your path to glory, there are Olympic and Half distance two- and three-person team relays. Register early for great swag.

Now, welcome to the crazies... If you're feeling strong, Prince George is completing the Olympic on Saturday and Aquabike on Sunday. If you're feeling *really* strong, complete the Olympic on Saturday and Half on Sunday. If you're up to the challenge, you get something extra and a growler to fill at Adirondack Pub & Brewery. The LGTF is produced by Adirondack Race Management, a small group of local business pros and athletes who are passionate about hosting fun and challenging events for all ages and experience levels. As one competitor said, "I'm coming back and bringing all my friends!" (adkracemgmt.com)

EIGHT GREAT RACES IN AMAZING PLACES

XTERRA SKYHIGH Off-Road Triathlon – The 19th annual race is on Saturday, July 14 at Grafton Lakes State Park. The course will challenge novice and expert alike with a 1K lake swim, 20K mountain bike with a mix of technical and fast sections, and "famous" 6K trail run with a grueling climb up to the fire tower, before finishing on the beach. It's followed by the popular SKYHIGH Kids' Triathlon, which is a 100m





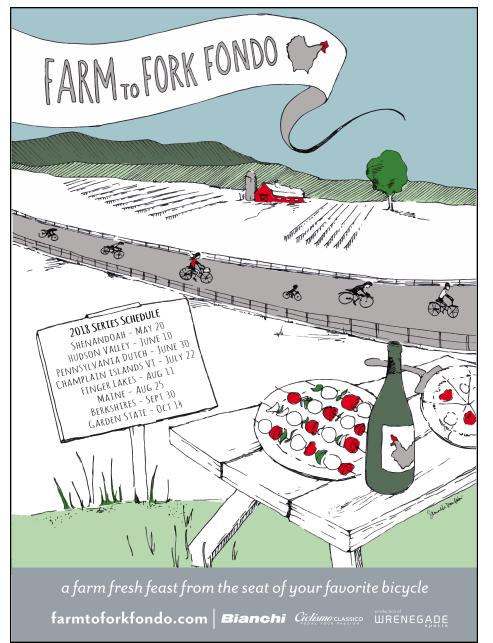
- Selling and buying single family homes
- Homes in transition: divorce, downsizing, estates, relocations
- Preparing home improvement plans for selling your home in 2018-2019
- Social media sales strategies executed to sell homes to today's tech savvy buyers

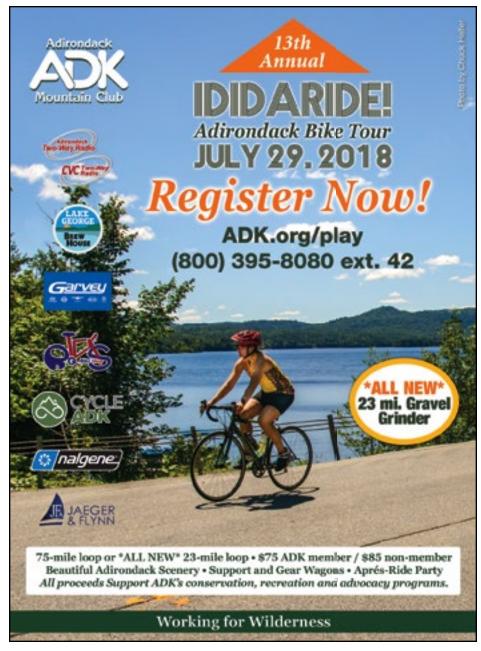


Associate Broker Accredited Buyer Representative Senior Real Estate Specialist

Your resident realtor® proud to call Clifton Park "home! www.GoSeeBethG.com | 518-877-5929 | GoSeeBethG@kw.com







July and August are the perfect months to go out for a big ride every weekend. Luckily, upstate New York and the surrounding area have a plethora of organized events to fill your schedule!

The Adirondack Mountain Club's 13th annual IDIDARIDE! Adirondack Bike Tour on Sunday, July 29 at the Gore Ski Bowl Town Park in North Creek. Riders can choose from the 75-mile loop or the new 23-mile gravel grinder.

The 75-mile ride is all on road, wide shoulders for much of the route. Riding



the Rensselaerville (10 miles), Berne (24 miles), Westerlo (44 miles), and Potter Hollow (64 miles) – a challenge that dips into northern Greene County. Registration includes a T-shirt, and family-friendly post-ride festival with live music from the Lustre Kings, BBQ lunch from Carriage House Restaurant, craft beer and cider from Helderberg Brewery, and swimming in Lake Myosotis. (bikereg.com)

Champlain Canalway Bike or Bike/ Cruise Tour - Also on August 19 is the

Summer Rides for All

By Darryl Caron

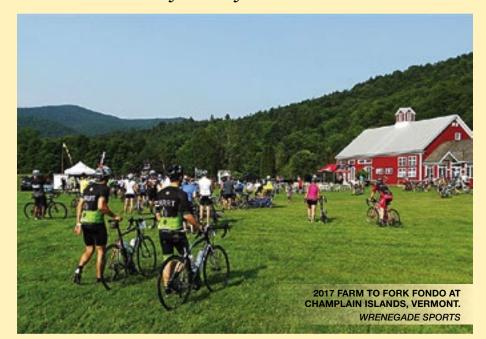
through some of the most beautiful scenery – cutting right through the central Adirondack Mountains, most of which is public NYS Forest Preserve land. Cycle through the towns and hamlets of Bakers Mills, Wells, Speculator, Sabael, Indian Lake, North River, and back to North Creek – and alongside Mason, Lewey and Indian lakes. A long descent begins in the hamlet of Indian Lake, and meets the Hudson River in the hamlet of North River, with a relatively easy ride into North Creek. The distance along NY Route 30 and 28 to North Creek is designed for strong riders, with designated bike routes marked on the wide road shoulders.

ADK is excited to announce a new 23-mile gravel grinder route. It's ideal for mountain, cross, fat and gravel-grinder bikes. For those who prefer being in the woods and a little closer to nature, rather than sharing the pavement along the traditional road course, they've replaced the short road bike ride from Indian Lake with this super-scenic tour loop. Some highlights include biking along North Creek, crossing both Straight and Chatiemac brooks and their waterfalls (familiar trail names to Gore Mountain skiers), biking along Mill Brook, passing tiny Riparius and its historic train depot, biking along rural sections of the mighty Hudson River as it flows through the village of North Creek to Riparius. And finally, biking on the cool suspended boardwalk trail that crosses under Route 28, bringing riders back to the Ski Bowl.

For the 75-miler, the elevation change is 3,460 feet. Half of that is uphill and half is down, you decide which is more fun. For the gravel grinder, it's estimated that this new route is about 60% dirt road, 20% dirt and rock trail, and 20% paved road. On the 75-miler there are four rest stops with snacks and water provided. SAG wagon and mobile mechanical support is provided. Register by 7/13 for guaranteed T-shirt and size. All registrants can enjoy the après-ride party food, drinks and fun. Proceeds support ADK's conservation, recreation and advocacy programs. (adk.org)

NINE MORE RIDES AROUND THE REGION

■ Capital Region Road Race – The Capital Bicycle Racing Club's 17th annual race is on Saturday, July 14 at Ravena-Coeymans-Selkirk High School in the village of Ravena – 10 miles south of



Albany. The race, directed by Beth Ruiz, is on a rolling 20-mile course with several short and steep climbs, with distances of 43, 63 and 83 miles depending on the category. There are races by category for men, women, masters, citizens and juniors, with equal cash prizes for men and women. Juniors may race by category for only \$10. (bikereg.com)

- Gear-To-Go Tandem Tours Take a tandem vacation through tandem-friendly countryside, combining nice views, roads and sights along the way. The Thousand Islands Tandem Tour is from July 21-29 in New York and Canada. The Chautauqua Tandem Tour is August 4-12 along the shoreline of Lake Erie. (gtgtandems.com)
- Farm to Fork Fondo "A farm fresh feast from the seat of your favorite bicycle" is a series of rides from Wrenegade Sports. The second half of the 2018 series schedule includes Champlain Islands (VT) on Sunday, July 22, Finger Lakes on Saturday, August 11, Maine on Saturday, August 25, Berkshires on Sunday, September 30, and Garden State on Sunday, October 14. The events promote local farmers and food products, while giving riders challenging, rewarding rides through great scenery. Each route in the series includes some climbs that will challenge you, with aid stations where participants can sample chef-prepared items made from local

ingredients, as well as on the road support, a post-ride party and prize raffles. (farmtoforkfondo.com)

- Christine Nicole Perry Memorial Bike Ride On Sunday, August 5, the 16th annual ride starts at The Hub in Brant Lake. The event raises funds for a variety of North Country charities and celebrates the lives of Christine Perry, who was killed at age 18 in an automobile crash in 2003, and her father, Mark, who died unexpectedly in 2014. The scenic rides offers two different routes of 40 and 15 miles, and registration includes postride lunch at The Hub. (bikereg.com)
- Montreal Double Double On August 10-12 the weekend will consist of a double century from Schuylerville to Montreal on Friday, a leisurely rest day in Montreal on Saturday, then another double century back to Schuylerville on Sunday. Entry includes rest stops, SAG support, and overnight accommodations in Montreal. Limited to 16 riders and the entry deadline is 7/31. (adkultracycling.com)
- Rensselaerville Ride: From Hill to Hollow On Sunday, August 19, is the third annual Rensselaerville Ride at the Carey Institute for Global Good. With four different, fully supported routes through the hills and hollows of the Helderbergs in Albany County, this has something for everybody. Rides include

seventh annual ride at Hudson Crossing Park in Schuylerville. It heads north to Fort Edward, and continues along the Canalway and Feeder Canal trails to Hudson Falls, Glens Falls and Lake George, before returning to the park. The tour offers four options: 22-mile ride to Hudson Falls and Fort Edward with Mohawk Maiden Cruise back; 34-mile ride to Hudson Falls and back: 49-mile ride to Lake George and Fort Edward with cruise back; or a 64-mile ride to Lake George and back. The routes are easy to rolling with a few moderate climbs; for experienced cyclists the 64- and 49-mile rides are more of a challenge. The 22and 34-milers include a few historical info stops. Lunch at Forged Restaurant in Hudson Falls is included and the first 50 registrants receive a T-shirt. SAG support will be provided by Inside Edge Ski

- & Bike. (adkultracycling.com) Lake George Bike/Boat Ride - Again on August 19, is the bike/boat ride with Lake George Steamboat. Carry a change of clothes or stash a bag on the Mohican tour boat, then pedal north 40 miles to the dock in Ticonderoga, where the Mohican will pick you and your bike up, and take you on the 2.5-hour cruise back south. A 1pm boat departure gives you time to enjoy the bike ride north. With a snack bar, beer/wine, and the Lake George scenery, it's a great workout (especially Tongue Mountain) - then unwind on the Queen of American Lakes. (lakegeorgesteamboat.com)
- Pat Stratton Memorial Century Ride -On Saturday, August 25, head north to Saranac Lake for the "Best Ride in the Adirondacks." The 18th annual event features fully supported rides of 100, 50 and 25 miles - on all new routes! The routes are wide-shouldered state roads and quiet backroads, sticking to valleys and easier grades, to give the mountain views without the climbs. Proceeds benefit the Saranac Lake Kiwanis. Registration is free for active duty military and law enforcement members. All rides start/end at Mt. Pisgah Ski Lodge, where riders will enjoy great prizes, a nice sports T-shirt and homemade pies! (active.com)

May the wind be at your back and the sun upon your face!















By Laura Clark

While most folks associate trail running with quintessential autumn cross country meets, summer is perhaps a more practical time to log your miles. No sun radiating overhead or reflecting off hot, sticky pavement. Just cool breezes fanning the leaves and occasional birdsong, leaving you alone with your thoughts, free to concentrate on your workout. As an end goal to this scenario, select a few regional trail races to motivate your resolve and reward your hassle-free training.

For a casual, low-key approach, try the Saratoga Stryders' **Camp Saratoga 5K Trail Run Series** held every other Monday evening at Wilton Wildlife Preserve: July 9, 23 and Aug. 6, 20. (saratogastryders.org)

HMRRC's **Indian Ladder Trail Run 5K** and **15K** on Sunday, July 22 at Thacher State Park, reviewed in June's *Adirondack Sports*. A move to the Green House Picnic Area features revamped routes of a "something old, something new" nature. Anticipate a more difficult 5K and an easier 15K romp. (hmrrc.com)

Follow your adventure on Saturday, August 4 with Underdog Racing's Churney Gurney 5-Mile Trail Run in Queensbury, the main fundraiser for Camp Under the Woods for children ages three to 15 on the autism spectrum. You will meet many of these happy campers and their families in volunteer positions onsite. According to race director Bob Underwood, "There is a great mix of rolling single-track trails with lots of twists and turns. The trails are smooth and well-manicured, but still have some technical areas." These same trails will be utilized for the mountain bike races the following

day. Afterwards, enjoy great food, mountain bike demos, a playground and free swimming. (churneygurney.com)

Avoid the hot pavement at the ADK **80K Trail Runs** at Mt. Van Hoevenberg in Lake Placid on Saturday, August 25. Run a challenging, hilly 50/50 mix of single- and double-track snowshoe and cross country ski trails on a figure-eight 20K (12.4-mile) loop on and between trails used for the 1980 Winter Olympics. This brings you through the race village twice per lap, allowing for family support and logistics-free drop bags. Runners can choose from the full 80K, a 50K or a two- or four-person teams. High Peaks Cyclery organizers offer valuable raffle prizes for the run events, as well as for the mountain bike and cross/fat bike races, held the following day. (adk80k.com)

Hesitating on the border into fall is the Moreau Lake 15K & 5K Trail Run on Sunday, September 16 at Moreau Lake State Park. Expect an old fashioned, no-frills event with minimum swag, but cool shirts to the first 200 registrants and a \$5 BBQ after. The 15K is a tough, twisty, mostly single-track rocky route leading up the "Staircase of Death" to some scenic overlooks. The course is well-marked, but because of the difficulty of the trail, you must pay attention. Billed "The toughest 15K in New York," it is one of my favorites. The 5K takes the easier ridgeline, returning on the beach-side carriage trails. Registration includes the park's entry fee. (greenleafracing.com) Happy Trails!

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.

FROM THE **PUBLISHERS**

Cool Ideas for a Hot Summer

You could spend the sultry days of summer dashing from one air-conditioned spot to another. You could pass the time sipping iced tea by the poolside. Or, you can explore our region with *Adirondack Sports* magazine!

To get started or keep moving, check out this issue for encouragement.

Whether it's biking, running, paddling, hiking, triathlon, our *Athlete Profile* Skyler Johnson – or *Living On Earth*, it's what you need to be active

and healthy. So get out there, sweat more, and expand your boundaries!



ADIRONDACK SPORTS

Locally Owned & Independent

Adirondack Sports & Fitness, LLC 15 Coventry Drive, Clifton Park, NY 12065 (518) 877-8788 • Fax (518) 877-0619 info@AdkSports.com

ISSUE #211

AdkSports.com

Facebook.com/AdirondackSports

Publisher/Editor/Founder: Darryl Caron Publisher/Editor: Mona Caron Art Director: Karen Chapman Contributing Writers: Will Archino, Laura Clark,

Contributing Writers: Will Archino, Laura Clarl Bill Ingersoll, Dave Kraus, Jim MacNaughton, Alan Mapes, Cliff VanGuilder

Contributing Photographers: Brad Crosby, Jean D'Andrea Griffen, Neil Goldberg, Pat Hendrick, Brad Herder, Bill Ingersoll, Alan Mapes, Nils Nilsen, Bob Underwood Circulation: Alan Blond, Sheela Kulkarni,

Sudhir Kulkarni, Dan Olden, Abigail Radliff Adirondack Sports is published 12 times per year with a monthly circulation of 18,000 copies. © 2018 Adirondack Sports & Fitness, LLC. All rights reserved. 🚱 Please recycle.

News Briefs

Adirondack Open Water Swim Races in August

LAKE PLACID & LAKE GEORGE – Two open water swims in two beautiful Adirondack lakes this summer! The **Betsy Owens & Terry Laughlin Memorial Cable Swims** will be on Saturday, August 11 in Lake Placid. The Betsy Owens One-Mile Swim is two laps around the cable, while the Terry Laughlin Two-Mile Swim is four laps around the cable. Swimmers will be seeded from fastest to slowest in heats every 20-30 seconds. Both events will be contested in the same direction, which will be decided by a coin toss during course set-up on Friday. All swimmers must be registered with US Masters Swimming (or the equivalent FINA organization for foreign swimmers). Swimmers have the option to purchase a one-event registration during the entry process. Category II suits, including wetsuits are allowed but swimmers wearing other than Category I suits will not be eligible for individual or relay national records. Registration closes on August 6 with no race day entries accepted. For more info, go to greenleafracing.com.

The following week, the **Lake George Open Water Swim** with 2.5K, 5K and 10K distances will take place on Saturday, August 18 at the Hague Public Beach. There will be wetsuit and non-wetsuit divisions. Sanctioned by USMS and supported by the town of Hague, this is a beautiful venue for open water swimming. All participants will receive a race shirt and become eligible for overall or age-group awards. The races benefit organizations involved in the event: Hague Volunteer Fire Dept and Lake George Coast Guard Auxiliary. In addition, the Dragons Alive organization provides paddling support and fundraises for cancer research. The groups along with volunteer kayakers, provide support for the swimmers. For details, visit lakegeorgeswim.com.

Garnet Hill Outdoor Center's New Offerings

NORTH CREEK – Garnet Hill Outdoor Center is offering a new program called *Summer Weekend Tours*. These fun and informative outings are a great way to learn some local history and discover new ways to take advantage of Garnet Hill Lodge. Tours are led by Garnet Hill's own, Patrick Murray. It's free for guests and non-guests. On Saturdays starting July 7, Patrick will lead the hiking tours to Hooper Mine, an intermediate level hike, at 10am throughout the summer season. Groups meet at the Outdoor Center to discover the history of abandoned Hooper mine, adjacent to the Garnet Hill property, and learn about the connections between the mine and Garnet Hill Lodge. Along the way, hikers can expect to see the ruins of miners' shacks, garnet stone within the rocks and boulders, and plenty of Adirondack wildlife.

Also on Saturdays, a kayak tour will start at 1pm from the Outdoor Center for a two-hour intermediate paddle onto beautiful Thirteenth Lake. Kayakers can learn about the loons, beavers and other wildlife that call the lake home.

On Sundays at 10am, Garnet Hill offers a 2.5-hour hike on Hooper Loop, an intermediate trip. The hike is filled with information on the mine and its connection to the historic lodge. The walk starts from the ski shop up to the rim of Hooper Mine and continue to William Blake Pond. For more info and to register, contact the Outdoor Center at 518-251-2150 or visit garnet-hill.com.

ADK Free Summer Naturalist Series

LAKE PLACID – Adirondack Mountain Club offers free programming hosted by their Naturalist Interns each summer. Explore the natural world of the Adirondacks through hands-on activities by attending these Naturalist led interpretive programs, which will run through August. All programs are free and open to the public. These programs began on June 24 at the Heart Lake Program Center at Adirondak Loj.

Nature Museum – The Heart Lake Nature Museum makes a great introduction to the natural world of the High Peaks, for kids and adults. An ADK naturalist is always on hand to answer questions and foster your curiosity. Check out the interactive exhibits, check out the touch table or simply browse through field guides. Museum is open daily from 9am to 5pm. Mt. Jo Guided Hike – Take a hike up Mt. Jo with an ADK Naturalist and discover some of the secrets of the history, ecology, and geology of Mt. Jo. The hike is one-mile to the top (one way), with a 700-foot elevation gain. Mt. Jo hikes start at 9am outside the Adirondak Loj daily.

Mt. Jo Summit Host – Every day from 10am to 4pm, an ADK naturalist will be atop Mt Jo to answer questions and enhance your experience from one of the best hikes in the Adirondacks. *Naturalist Guided Walks* – Join an ADK Naturalist and learn about the natural history of the Adirondacks both on land and water. Interpretive walks and paddling programs run at 9am and 1pm through August.

Wednesday Evening Campfire – Unrequited love, a devastating forest fire and narrow escape: Heart Lake is steeped in the romance and tragedy of days gone by. Relive a tradition started by Henry Van Hoevenberg in 1878 by joining us around the campfire. Shows run from 8:30pm to 9:30pm every Wednesday at the Adirondak Loj amphitheater. Friday Night Hike – Dusk and nighttime are a wonderful time to explore the natural world. Don't fear the dark; join an ADK Naturalist for a night adventure. Night walks held from 8:30 p.m. to 9:30 p.m. every Friday. Meet outside the Adirondak Loj.

Sunday Kids Program – Every Sunday at 10am join an ADK naturalist for one hour of exploration and activities specifically for kids. Meet at the Nature Museum and be prepared for an hour of fun. Saturday Naturalist Talks – ADK offers a one-hour presentation every Saturday night at the Adirondak Loj amphitheater (High Peaks Info Center if raining). Topics range from natural and cultural history to adventure travel and live music. Lectures start at 8pm.

All free and open to the public. For more info, call 518-523-3441 or go to adk.org.

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

Prizes - Food - Music!

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

eeds Benefit Youth Programs of Kiwanis Club of Saranac Lake Maps & more: StrattonRide.co



HUGE SELECTION OF 2018 BIKES IN STOCK

Come see why we are the area's top rated bike shop

FREE SPRING LAYAWAY ON ALL BIKES

KHS • Marin • Devinci • Haro Masi • Ritchey • Del Sol • Faraday We also stock a large selection of BMX bikes

109 Remsen St, Cohoes 518.238.BIKE (2453) bikebarncycles.com



ALTAMONT FAIRGROUNDS

Fun recreational bicycle rides on scenic back roads in southern Albany County

- Century/100M 8am, Metric/62M 9am, Half/50M 9:30am, Quarter/25M 10am, Piccolo/12M 10:30am, Family/7M all day
- Vehicle support, marked routes, rest stops,
- Post-ride catered lunch and craft beer



Info/Register: BikeReg.com or MohawkHudsonCyclingClub.org

\$45 member, \$55 non-member – All wel-Registration is good for <u>both</u> days! Volunteer and ride for free!





Calendar of Events July-September 2018

JULY 2018 AUGUST 2018 SEPTEMBER 2018 MTWTFS MTWTFS SMTWTFS 3 4 5 6 7 2 3 4 10 11 12 13 14 7 8 9 10 11 2 15 16 17 18 19 20 21 12 13 14 15 16 17 18 9 10 11 12 13 14 15 22 23 24 25 26 27 28 19 20 21 22 23 24 25 16 17 18 19 20 21 22 29 30 31 26 27 28 29 30 31 ²³/₃₀ 24 25 26 27 28 29

*Events beyond this range are advertisers in this issue

BICYCLING: ROAD (PAVED) ONGOING

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

Wed Gears & Beers Ride. 6:30pm. Common Roots Brewing, South Glens Falls. greyghostbicycles.com.

JULY

8-15 Cycle the Erie Canal. 400M. Buffalo to Albany. ptny.org.

- 17th Capital Region Road Race. 10:30am. Ravena-Coeymans-Selkirk HS. Ravena. Beth Ruiz: 518-334-6058. cbrc.cc.
- Ride for the River. 10/30/60M. Benefits Ausable River Assn. Hungry Trout Resort, Wilmington. cycleadirondacks.com.
- NYS Time Trial Championships. 10/20/40K. 10am. Tioga Center. nysbra.com.
- Champ's Challenge for Cystic Fibrosis. 8/80M. Basin Harbor Club, Vergennes VT. 802-310-5983. champschallenge.org.
- Tour de Keuka Bike Rides. 16/45/60/100M. Fire Dept, Hammondsport. foodbankst.org.
- $21\mbox{-}28\,$ 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. gtgtandems.com.
- Farm to Fork Fondo: Champlain Islands. 85/55/30/7M rides, food, tastings, music. Snow Farm Vineyard, South Hero, VT. farmforkfondo.com.
- The Rock Gran Fondo. 25/50/80M. 8:15am. Avon. bikereg.com.
- 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.
- 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.
- Elks Ride for Vets. 32/64M. 7am. Elks Lodge, Saratoga Springs.
- 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

- Tour of the Catskills. 75M/55M/25M. 10am. Municipal Lot, Tannersville. tourofthecatskills.com.
- Mt Ascutney Bicycle Hillclimb. 3.7M. 9:30am. Mt. Ascutney SP, Windsor, VT. 978-846-3885. bikereg.com.
- 4-12 Chautaugua Tandem Tour. Gear-To-Go Tandems: 518-891-1869. gtgtandems.com.
- 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.
- Pain in the Mass Tour 150. 100M/150M. 6am. UMass, Amherst, MA. paininthemass.org.
- T-Burg Crit. 1M loops. Atlas Bowl, Trumansburg. 607-387-3252. mainstreetbikeshop.com.
- Rensselaerville Ride: From Hill to Hollow. 10M/24M/44M/64M. Music, BBQ. Carey Institute for Global Good, Renselaerville. 518-797-5100. bikereg.com.
- Lake George Bike/Boat Ride. Bike 40M or 49M to Ticonderoga. 1pm: Ride Mohican Boat to Lake George. 518-668-5777. lakegeorgesteamboat.com.
- Champlain Canalway Tour. 100M: 8:30am. 34M: 9am. Bike & Boat: 53M/22M: 9am. Hudson Crossing Park, Schuylerville. adkultracycling.com.
- Syracuse Road Race Classic. 33M/58M. 9am. Tully. 315-263-3712. onondagacyclingclub.org.
- 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.
- Canandaigua Bike Rally. 25M/12M. Richard Outhouse Memorial Park, Canandaigua. active.com.
- The Overland. 45M. 9am. Reading, VT. 802-291-2419. vermontoverland.com.

SEPTEMBER

- Pedal the Creek. 14M/28M/50M. 9am. Brookhaven, Greenfield. 518-937-8632. kayadeross.org.
- MHCC Albany Century Weekend. 100/62/50/25M. Altamont Fairgrounds, Altamont. mohawkhudsoncyclingclub.org.
- Tour de Daggett Lake. 65M: 8am. 20M: 9am. Daggett Lake Campsites, Warrensburg. daggettlake.net.













MohawkHudsonCvclingClub.org

all levels of ability welcome more than 300 rides per year

- 14-16 ADK 540 Ultra Cycling Ride, 136/272/408/540M, Alpine Country Inn, Wilmington. John Ceceri: 518-583-3708. adkultracycling.com.
- 5th Harry Elkes Ride. 50M/32M: 9:30am, Schroon & Brant Lake rides. 15M: 10am, Brant Lake family ride. The Hub, Brant Lake, bikereg.com.
- Collar City Ramble. 10am-12pm. transporttroy.com.
- 27-29 New York State Bicycle Coalition Bike Summit. "Beyond Rules of the Road." Gideon Putnam Hotel, Saratoga Springs. eventbrite.com, nvbc.net.
- Farm to Fork Fondo: Berkshires. 80/50/30/10M rides, food, tastings, music. Hancock Shaker Village, Pittsfield, MA. farmforkfondo.com.
- Bike the Barns Bicycle Tour. 13, 25, 45, 75M w/farm stops. Asgaard Farm & Dairy, Au Sable Forks. ANCA: adirondack.org.

OCTOBER

- 14 Farm to Fork Fondo: Garden State. 80/50/30/10M rides, food, tastings, music. Whitesbog Historic Village, Browns Mills, NJ. farmforkfondo.com.
- 5th Harry Elkes Ride. 50M/32M: 9:30am. 15M: 10am. The Hub, Brant Lake. Lloyd Mott: 518-792-7988. bikereg.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. 7/15, 8/5, 8/19, 9/2, 9/16. 1-4pm. Up A Creek Restaurant & Leepoff Cycles, Wilmington. bikewilmingtonny.com.

Tue Mountain Bike Ride. Even Tues: 6:30pm. Gurney Lane. Odd Tues: 6pm. Grey Ghost Bike Shop, Glens Falls.

JULY

- Rensselaer Plateau MTB Ride. 6pm. Rensselaer County. 10 rensselaerplateau.org
- Glacier Grinder Vermont Dirt Ride. 40M. Killington, VT. 22 endurancesociety.org.
- 28-29 Hardcore 24 MTB Race. 24 hours. 12pm. Ontario Co Park, Naples. bikereg.com.
- 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. ${\it Queensbury.}\ churney gurney.com.$
- 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.

SEPTEMBER

23 2nd Garnet Hill Grit Bike Race. 6M sport class; 12M expert class. Garnet Hill Outdoor Center, North River. 518-251-2444. garnet-hill.com

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness: Total Body Training. 4-week Summer Sessions. 7/9-8/3 & 8/6-8/31. M/W/F: 6 & 9:30am. 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

ONGOING

- Daily Mt. Jo Guided Hike w/ADK Naturalist. 2M. 9am. Adirondak Loj, Lake Placid. adk.org.
- Sat Hiking & Kayak Tours. Hike Hooper Mine: 10-11:30am. Kayak 13 Lake: 1pm. Garnet Hill Outdoor Center, North River. 518-251-2444. garnet-hill.com.
- Sun Hiking Tour: Hooper Loop. 10am-12:30pm. Intermediate. Garnet Hill Outdoor Center, North River, 518-251-2444. garnet-hill.com.

JULY

- Esther Mtn Guided Hike. 6.6M. 8:30am. Ausable River Two-Fly Shop, Wilmington. ADK: 518-523-3441. adk.org.
- Street & Nye Guided Hikes. 9M. 8:30am. Adirondak Loj, Lake Placid, ADK: 518-523-3441, adk.org
- 26-29 Johns Brook Valley Teen Adventure Hiking/Camping/ Skills. ADK: 518-523-3441. adk.org.
- $\textbf{MacIntyre Range Women's Day Hike}.\ 10.8M.\ 7:30am.$ Adirondak Loi, Lake Placid, ADK: 518-523-3441, adk.org.
- Jane Neale Memorial Hike. Poke-O-Moonshine Observers Trail. 5M. ADK: 518-891-2750. adk.org.
- Seward Mtn Guided Hike. 14M. 7:30am. Coreys Road, Coreys. ADK: 518-523-3441. adk.org.

AUGUST

- $\textbf{3-5} \quad \textbf{Cliff \& Red field Trailless Backpacking.} \ 19.8 M. \ 12 pm.$ Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- Macomb, South Dix & Grace. 12.3M. 7:30am. Exit 29, I-87, North Hudson. ADK: 518-523-3441. adk.org.
- Lower Wolfjaw Women's Day Hike. 11.2M. 7am. Marcy Field Trailhead, Keene, ADK: 518-523-3441, adk.org.
- Mount Marshall Guided Hike. 17M. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- Table Top Guided Hike, 9.8M, Adirondak Loi, Lake Placid. ADK: 518-523-3441. adk.org.
- Dix & Hough Guided Hike. 13.7M. 7:30am. I-87, Exit 29, North Hudson. ADK: 518-523-3441. adk.org.





Sunday, August 5 THE HUB

27 Market St, Brant Lake

9am – 40 miles along Schroon River and Loon, Friends, Brant lakes 10am - 15 miles along Schroon River and Brant Lake Rain or shine • Post-ride lunch included

Preregistration Appreciated: BikeReg.com

Day of registration: begins at 8am More Info: 518-644-3020 or info@chrissysfund.com



518 494 4822





the legacy of Harry Elkes, 1900s world-class bike racer and Glens Falls native

Choose from three routes, meet other cyclists, ride along scenic lakes and roads in fall color season

10am: 15-mile Brant Lake family ride Only \$20 with ride T-shirt • Enjoy lunch/drinks at *The Hub* for a nominal cost • Watch video on Harry Elkes' life and challenges

Register: BikeReg.com

Warren Co. Safe/Quality Bicycling Organization (BikeWarrenCo.org)



- On the Ironman course - come and train
- Comfortable village home - walk to town
- Airbnb and VRBO (#870834)
- Sleeps eight

518-524-5482

www.adkreddoor.com•adkreddoor@gmail.com







We Can Fix Your Computer Problems!

Old Computers Need Replacing? Computer Servers Need Updating? Virus/Spyware Removal • Data Backup/Recovery

Your Business or Home IT Department at Affordable Prices!

Contact Mike Kaplan at 518.796.6951 or Mike@ITRNY.com

SERVING THE ALBANY, SARATOGA, GLENS FALLS AND ADIRONDACK REGION



Swim 0.5mi in calm water Bike 18mi out & back (Newly paved!) **Run** 3mi lake loop Aquabike USA Triathlon sanctioned event is Back!

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



Sunday, Sept. 16

THROUGH 5 TOWNS IN THE **BEAUTIFUL BERKSHIRES**

Bike • Canoe/Kayak/SUP • Run **Team & Iron Categories**

active.com • trireq.com joshbillings.com

SEPTEMBER

- Seymour Day Hike. 14.4M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.
- Esther Mtn Guided Hike. 6.6M. 8:30am. Ausable River Two-Fly Shop, Wilmington. ADK: 518-523-3441. adk.org.
- Iroquois Day Hike. 9.4M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 14-16 Dix & Hough Guided Hike. 13.7M. 7:30am. I-87, Exit 29, North Hudson. ADK: 518-523-3441. adk.org.
- **Donald & Emmons Day Hikes.** 14.6M. ADK: 518-523-3441. adk.org.

MULTISPORT: TRIATHLON, DUATHLON & SWIMMING ONGOING

Mon 34th High Peaks Cyclery Mini-Tri Series. 6/18-8/13. 400vd 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, 7/18, 8/15. 9/12. 400yd swim, 12M bike, 2M run. 5:45pm. Kenneth Wilson SP, Mt. Tremper. 914-466-9214. coachmarkwilson.com.

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

Wed Southern Tier Triathlon Club: Summer Series. 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.

JULY

- 2-8/10~SKYHIGH~Youth~Multisport~Adventure~Camps.~6~weekday camps. Averill Park. John/Kathy Slyer: 518-674-0369. skyhighadventures.com.
- 13-15 Musselman Triathlon. Half, Sprint, Kids, Supersprint, Aquabike, Relays. USAT NYS high school championship. Seneca Lake SP. Geneva, musselmantri.com.
- 19th XTERRA SKYHIGH Off-Road Triathlon. 1K swim, 20K bike, 6K run: 7am, SKYHIGH Kids' Triathlon (100m swim, 5K bike, 1K run): 11am. Grafton Lakes SP, Grafton. John/Kathy Slyer: 518-674-0369. skyhighadventures.com.
- Delta Lake Triathlon. Double, sprint, Olympic, aquabike. 7:30am. Delta Lake SP, Rome. atcendurance.com.
- Vermont's Toughest Triathlon. 2.4M swim, 112M bike, 26.2M bike, 5:30am, Lake Willoughby to Burke Mountain, East Burke, VT. ironcowboyracing.com.
- Vermont Sun Triathlon. Sprint: 600m swim. 14M bike. 3.1M run. 8:30am. Branbury SP, Lake Dunmore, VT. 802-388-6888

- 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.
- Gillie Girl Sprint Triathlon, 0.5M swim, 14M bike, 5K run, 8am. Gillie Lake, Vets Memorial Park, Camillus. gilliegirltri.com.
- 33rd Piseco Lake Triathlon, 0.5M swim, 11.5M bike. 3M run. 9am. Piseco Airport, Piseco. 518-548-4521. speculatorchamber.com.
- 22 Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speed Skating Oval, Lake Placid. ironman.com.
- **Duanesburg YMCA Triathlon**. 325yd swim, 10M bike, 5K run. 9am. Mariaville Lake, Duanesburg. 518-895-9500. zippyreg.com.
- Central Park Sprint Triathlon. 0.25M swim, 12M bike, 3M run. 7:30am. Central Park, New York. nytc.org.

AUGUST

- Cayuga Lake Triathlons: Olympic, Sprint, Kids. Cayuga Lake, Trumansburg. cayugalaketriathlon.org.
- Betsy Owens & Terry Laughlin Memorial Swims. 1M: 11:15am. 2M: 9:30am. Mirror Lake, Lake Placid. 518-677-2768. runsignup.com.
- Vermont Sun Triathlon, Sprint: 600m swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Lake Dunmore, VT. 802-388-6888
- 12 Lake Dunmore Triathlon. Olympic: 0.9M swim, 28M bike, 10K run. 8am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.
- XTERRA Syracuse Off-Road Triathlon. 1K swim, 20K MTB, 10K trail run. Green Lakes SP, Fayetteville. register-this.com.
- 18th Crystal Lake Triathlon & Aquabike. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- Cassadaga Kids' Triathlon. Cassadaga. 914-466-9214. coachmarkwilson.com.
- Lake George Open Water Swims. 2.5K, 5K, 10K. Public Beach, Hague. 518 677-2768. lakegeorgeswim.com.
- Basin Harbor Sprint Triathlon II. 500yd swim, 12.2M bike, 5K run. 8am. Basin Harbor Club, Vergennes, VT. 802-316-7142. racevermont.com.
- 18-19 28th West Point Triathlon. Sprint & Youth. Camp Buckner, West Point, active.com.
- Peasantman Steel Distance Triathlons, Half, Olympic, Sprint, Aqua, Relays. Indian Pines Park, Penn Yan. peasantman.com.
- Norwood Beach Duathlon, 6:30pm, Norwood Beach, Norwood, 315-262-6774. northernrunner.org.
- 8th Rochester Triathlons: Sprint & Olympic. Durand Eastman Beach, Rochester. rochestertriathletes.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. adkracemgmt.com.



TBT = total body training ★ 1st class is FREE ★ **Your Success Is Our Goal**

Motivation for ALL Fitness Levels Battling Ropes, TRX. Slam Balls and More! **4 WEEK SUMMER SESSIONS ARE BACK!**

or call/text

MWF 6am & 9:30am Saratoga-Wilton Soccer Club (formerly Charboneau)
2381 Route 9, Malta
REGISTER: BeckyRock@nycap.rr.com

STAY UP TO DATE WITH ADK SPORTS

Enjoy everything you love about the magazine anytime on any device

DIRONDAC adksports.com **CURRENT ISSUE ARTICLES & PDF**

CALENDAR SUBMIT EVENTS

NEWS BRIEFS

► PAST ISSUES

EXPO

► ASF GEAR **SUBSCRIBE**











- Greene County Triathlon. 350-yard swim, 11.5M bike, 5K run.8am. Sleepy Hollow Lake, Athens. runsignup.com.
- 8 16th Finger Lakes Triathlon. Olympic & sprint. 7:15am. Kershaw Park, Canandaigua. runsignup.com.
- 9 Survival of the Shawangunks (SOS) Triathlon. 30M bike, 4.5M run, 1.1M swim, 5.5M run, 0.5M swim, 8M run, .5M swim, .7M run. Ulster County Fairgrounds, New Paltz. sostriathlon.com.
- 9 Ironman 70.3 Lake Placid. 1.2M swim, 56M bike, 13.1M run. 6am. Mirror Lake, Lake Placid. ironman.com.
- 9 Sri Chinmoy Swim/Run Aquathlon. 1K swim, 10K run. Lake Welch, Harriman State Park, Stony Point. 516-710-8084. us.srichinmoyraces.org.
- 15 6th Tyathlon. Sprint Triathlon. .25M swim, 10.1M bike, 5K run. 7am. Mahopac. 845-200-7486. superty.org.
- **16 42nd Josh Billings RunAground Triathlon**. 5M paddle, 27M bike, 6M run. 9:30am. Great Barrington, MA. Patty Spector: 413-344-7919. joshbillings.com.
- Toughman Triathlon. 1.2M swim, 56M bike, 13.1M run. Aquabike: 1.2M swim, 56M bike, 100 yd run. Stony Point.
- 22 Zoot Westchester Triathlons Super Sprint, Olympic, Kids. Town Park, Rye. westchestertriathlon.org.

OCTOBER

- **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

AUGUST

- 4 Indian Lake Golf Tournament. Indian Lake. 800-328-5253. indian-lake.com.
- 6 Teeing Off for Kids CD YMCA Golf Tournament. Edison Club, Rexford. cdymca.org.

SEPTEMBER

- **8/31-9/2 Family Retreat Weekend: Pre-Historic Theme.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.com.
- **12-16 Adirondack Mountains Antiques Show.** Indian Lake. 800-328-5253. indian-lake.com.
- 14-16 Women's Adventure Weekend. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.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; Kindersculls. Fish Creek, Saratoga Springs. saratogarowing.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. celebratepaddlingadk.com.
- Sat Kayak & Hiking Tours. Hike Hooper Mine: 10-11:30am. Kayak 13 Lake: 1pm. Garnet Hill Outdoor Center, North River. Dwayne Spitzer: 518-251-2444. garnet-hill.com.

JULY

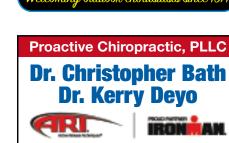
- 14 Electric City Canoe/Kayak Regatta. 12/3/1M. 10am. Lock 9, Rotterdam Junction. 518-421-2947. eleccityrace.org.
- 15 Barge Chaser Canoe/Kayak Race. 10/3M. 10am. Kiwanis Park, Rotterdam. 518-393-9201. nymcra.org.
- 14 Group Paddle on Kayaderosseras Creek. 10am. Blodgett Park to Saratoga Lake. kayadeross.org.
- 19-22 Adirondack Canoe Symposium. Instruction, trips. Paul Smith's College, Paul Smiths. freestylecanoeing.com.
- 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.

AUGUST

- 9-12 USCA Canoe & Kayak Nationals. Syracuse. 518-573-3284. cnynationals.org.
- 18 Wells Bridge Canoe & Kayak Races. 6M/9M. 9:30am & 1pm. Wells Bridge. nymcra.org.

SEPTEMBER

- 1 30th Remington II. 6M. 10am. Rensselaer Falls to Heuvelton. slvpaddlers.org.
- 7-9 Adirondack Canoe Classic. 90M. 8am. Old Forge to Saranac Lake. 518-891-2744. macscanoe.com.
- 22 Long Lake Long Boat Regatta. 10M. 11am. Long Lake. 518-891-2744. macscanoe.com.
- 23 St. Regis Canoe Classic. 5M/9M/11M. 11am. Paul Smith's College, Paul Smiths. paulsmithsbobcats.com.
- 30 Seneca Monster. 13M. 11am. Waterloo. senecamonster.com.



- Certified in:
 Active Release
- Technique

 Titleist Performance
- Institute
 Kinesiotaping
 Association
- RockTape
- SFMA (Selective Functional Movement
 Assessment)
- Sport Science and Human Performant



1539 Crescent Road, Clifton Park, NY 12065 518.373.9999 • ProactiveChiropracticPLLC.com









Quality T-shirt to first 400 entrants

Sign up at RunSignUp.com
Info: Jackie Harrington 761-0300 x31315
Proceeds benefit pediatric health care at HHHN











RUNNING, TRAIL RUNNING & WALKING

ONGOING

Tue 50th Colonie Tuesday Night Summer Track Series. 6/12-7/31. Free. Colonie HS, Colonie. Frank Myers: 518-869-9333.

- 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.

JULY

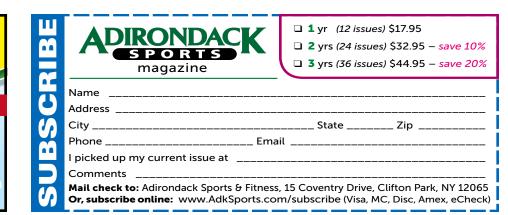
- Camp Saratoga 5K Trail Run Series. 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.
- Tour de Potsdam 5K Run/Walk. 6pm. Community Bank, Potsdam. 315-386-1102. slccdp.org.
- 12-15 AREEP Trail Running Camp. Running, yoga, activities. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- Run the Ridge: 5K Mud Run w/Fun. Challenging Obstacles. Heats start: 8:45am. Family Fun Runs: 11:30am & 12pm. Maple Ski Ridge, Schenectady. 518-381-4700. runtheridge.net or runreg.com/rtr18.
- Louisville Turtle Trot Walk-Run. 3.4M. 9am. Whalen Park, Massena. 315-764-1289. wilsonhillassoc.com.
- Turtle Trot 10K & 10K Relay. 7:30am. Liberty Square, Ellenville. 845-701-9054. catskillstiming.com.
- NYRR Retro 4-Miler. 8am. Central Park, New York. nyrr.org.
- 30th Forest Frolic Registration. 7K & 15K. 9am. Kennedy State Forest, Virgil. fingerlakesrunners.org.
- Dippikill Froggy 5-Miler Trail Run. 9am. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 22nd Silks & Satins 5K, 8am, Jeff Clark Memorial Race, Race track free admission. Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.
- 24th Indian Ladder Trail Runs. 15K/5K: 9am. 1M kids' run: 10:30am. Green House Picnic Area, Thacher SP, Voorheesville. Mark Vermilyea: 518-477-0985. hmrrc.com.
- Camp Saratoga 5K Trail Run Series. 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.
- Randolph Toymaker 5K. Randolph. 914-466-9214. coachmarkwilson.com.
- Run for the River 5K/10K. 9am. Frink Park, Clayton. savetheriver.org.
- Colton Butterfield Memorial 5K Run. 9am. Butler Park, Averill Park. Phil Carducci: 518-861-6350. zippyreg.com.
- Color Me Blue 5K Run/Walk for Autism. 8:30am. Tri-Town Arena, Brasher Falls. thepuzzlepiecefoundation.org.
- Round Church Women's Run 5K/10K. 8:30am. Round Church, Richmond, VT. gmaa.net.
- HHHN Care for Kids 5K. 9am. Chestertown to Brant Lake. 518-761-0300. hhhn.org.

29 Sunday Morning Mile. 1M Races, 8am, Kids 1/4M Fun Run. Harness Track, Saratoga Springs. runsignup.com.

AUGUST

- Forge the Gorgeous Trail Runs. 3.5M & 7M. Fillmore Glen SP, Moravia. fingerlakesrunners.org.
- "Dynamic Duo" Road Pursuit Race. 3M per person. 8:30am. Colonie Town Park, Latham. hmrrc.com.
- Fox Creek 5K Run/Walk. 9am. Hilltown Series #1. Berne Town Park, Berne. 518-225-4925. 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.
- 40th Lane 10K Lake Run & 1 Mile Fun Run/Walk.10am. Lake Pleasant Firehouse, Speculator. 518-548-4521. speculatorchamber.com.
- Hilltopper Half Marathon. 13.1M. 7:30am. Millbrook School, Millbrook. lustgarten.org.
- Camp Saratoga 5K Trail Run Series. 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.
- 4th Friends of Wilton Parkfest 5K Run/Walk. 8am. Gavin Park, Wilton, 518-588-5717.
- 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 10th Camp Chingachgook Challenge Half Marathon & 10K. 13.1M: 8am. 10K: 9am. YMCA Camp Chingachgook, Kattskill Bay. lakegeorgehalf.com.
- 5th Brushton Fun To Run 5K/10K & 1M Walk. 9am. Brushton-Moira HS, Brushton. 518-319-5568. brushtonfuntorun.com.
- Ken Hummel Memorial Duathlon, 5K & Kids' 1M. 9am. Stuvvesant.
- 16th Jailhouse Rock 5K. 8:18am. Brookside Museum, Ballston Spa. Jen Ferriss: 518-885-4000. jailhouserock5k.itsyourrace.com.
- 21st Olga Memorial Footrace. 5K/10K Run & 5K Walk. 9:30am. Berkeley Green, Saranac Lake. 518-891-5846. facebook.com/ olgamemorial footrace.
- 5th Sarcoma Strong 5K Run/Walk. 9am. UAlbany, Albany. 518-489-2666. sarcomastrong.com.
- Voorheesville 5K: Hilltown Triple Crown Race #2. 9am. Voorheesville HS, Voorheesville, Phil Carducci: 518-861-6350.
- Clove Run 10-Miler, 5K & Family Fun Run. 8am. Castleton-On-Hudson. 518-312-1054. runsignup.com.
- Willow Bay 5K Run & Fitness Walk for Women. Onondaga Lake Park, Liverpool. syracusechargers.org.
- Tough Mudder Hudson Valley. 5M or 10M + 20 obstacles. Winston Farms, Saugerties. toughmudder.com.
- Thacher Park Trail Running Festival. 10K, 13.1M, 26.2M & 50K. 8:30am, Thacher SP, Voorheesville, thacherparkrunningfestival.com.
- Tour De Force Charity Run Half Marathon, 10K, 5K &1M walk. 8am. Mooney Bay Marina, Plattsburgh. runsignup.com.
- France Run 8K. 9:30am. Central Park, New York. nyrr.org.









REGISTER ONLINE: LightBoxReg.com **REGISTER BY PHONE:** (518) 548-4521

RACE START: 10am Scenic route follows sou shore of Lake Pleasant

Sunday

• Professional timing New 1-Mile Fun

roceeds to Alzheimer's A ion in memory of Dean Land



- Camp Saratoga 5K Trail Run Series. 6:15pm. Wilton 20 Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.
- Hump Day 5K, 6:15pm, Southern Saratoga YMCA, Clifton Park. Allison Reinhardt: 518-371-2139. cdymca.org.
- Sri Chinmoy Marathon. 26.2M. 7am. Rockland Lake SP, 23 Congers. us.srichinmoyraces.org.
- Boiling Pot 5K & Kids Fun Run. 6pm. 20 Mohawk St, 24 Canajoharie. canajohariecyc.org.
- 21st Altamont 5K Run/Walk. 9am. Crupe Bozenkill Park, 25 Altamont, 518-861-6350, altamont5k.org.
- Fishy Frolic, Mackerel Mile Walk, Fishy 5K, Trout 10K. 9am. 25 Jennings Landing, Albany. 518-705-7591 hdsa.donordrive.com.
- Perry Sutton 5K Run/Walk. 8:30am. St. Nicholas Park, Harlem, 25 New York, nvrr.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.
- 7th 1812 Challenge & Half Marathon. 18.12M: 7:30am. 13.1M: 7:45am. 5K run/walk: 8am. Historic Battlefield Park, Sackets Harbor. 1812challenge.com.

SEPTEMBER

- 9th Run for the Horses 5K Run, 8:30am, Walkers & canine companions welcome. Kids' 0.5M Fun Run: 8am. Meet retired racehorses. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. runforthehorses5k.com.
- Star of the North 3K, 10K, Half, Marathon & Relay. 9am. Malone Civic Center, Malone. 315-212-2464. mtessier96.wixsite.com/ starofthenorthraces.
- Labor Day 5K. 9am. Harriman Office Campus, Albany. hmrrc.com.
- 9th Malta 5K Run/Walk. 8:30am. Luther Forest Tech Campus, Malta. Paul Loomis: 518-290-7202. malta5k.com.
- Old Forge Marathon. 26.2M. 8:30am. Old Forge. 315-663-5539.
- Run for Recovery 5K & 10K. 9am. Watertown. zippyreg.com.
- 17th Teal Ribbon 5K Run & 1M Walk. 9am. Washington Park, Albany. caringtogetherny.org.
- Tugboat Chug 5K Run. 9am. Waterford. 518-935-7720. tugboatchug.com.
- Rooster Relay. 1.2M loops. 7am. Teams/solo. City Hall Place, Plattsburgh. 518-324-4786. kineticrunning.net.
- ADK 5K Run/Walk. 10am. Music & Beer Fest: 10am-2pm. Adirondack Pub & Brewery, Lake George. Carl Ewald: 484-716-8331. iraceforbeer.com.
- 41st Great Cow Harbor 10K Run. 8:30am. RRCA 10K Championship Race, Northport, cowharborrace.com.
- 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.

- 16 40th Dutchess County Classic, Half Marathon, 5K & Kids' Run. 8:30am. Lagrange MS, Lagrange. Keith Axelrod: 914-456-0708. dcclassic.com.
- HMRRC Anniversary Races. 2.95M & 5.9M. 9am. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- Dunkin' Run 5K, 10K & 15K. Sidney Albert Jewish Community Center, Albany. Tom Wachunas: 518-438-6651. albanyjcc.org.
- 8th Moreau Lake 15K & 5K Trail Races. 8am. Moreau Lake SP, Gansevoort. greenleafracing.com.
- Adirondack Marathon Distance Festival Helpers Fund 5K/10K: 9:30am in Chestertown & Kids Fun Run: 2pm in Schroon Lake, adirondackmarathon.org.
- FAM Fund 5K Run/Walk. 10am. Cobleskill Fairgrounds, Cobleskill, Frank Privitera: 518-823-1257, famfunds.com.
- kLaVoy Donate Life 5K. 9am. Saratoga Springs. zippyreg.com.
- Adirondack Marathon Distance Festival: Marathon, Half, 2 & 4 Person Relays. Half: 8:40am. 9am: Marathon & Relays. Schroon Lake CS, Schroon Lake CS, Schroon Lake. adirondackmarathon.org.
- Vermont Sun Half Marathon, 10K & 5K. 10am. Branbury SP, Lake Dunmore, VT. 802-388-6888. vermontsun.com.
- Rochester Marathon, Half, Relay & 5K. 7:30am. Maplewood Park, Rochester, rochestermarathon.com.
- Glenville YMCA Muddy Sneaker 5K Run. 9am. Glenville. cdymca.org.
- Mindful Mile & Fight Hunger 5K. 9am. Oneonta. Zippyreg.com.
- 4th Oktoberfest Albany 5K. 10:15am. Wolff's Biergarten, Albany. oktoberfestalbany5k.com.
- $\textbf{Amish Country Running Festival}. \ Randolph.\ 914-466-9214.$ coachmarkwilson.com.
- Chasm 5K Trail Run. 8am. Ausable Chasm Recreation Center, Ausable Chasm. 518-324-4786. runsignup.com.
- Nick's Run to Be Healed 5K Run/Walk. Clifton Commons Clifton Park. Elizabeth Fox: 631-645-4801. fighttobehealed.org.
- 15th Crossings 5K Challenge & Kids Runs. 10am. Ciccotti Family Recreation Center, Colonie. Donna Cramer-Sharer: 518-438-9596. colonievouthcenter.org.

OCTOBER

- 12th Falling Leaves 5K & Fun Run. 10am. William Kelley Park, Ballston Spa. ballstonspaumchurch.org.
- Burnt Hills Rotary Apple Run 5K. 9am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 518-399-2225. zippyreg.com.
- Mohawk Hudson River Marathon & Hannaford Half Marathon. 8am. Sat, 10/6: Adk Sports & MHR Marathon/Half Expo, Albany Capital Center. Full: Schenectady to Albany. Half: Colonie to Albany. mohawkhudsonmarathon.com.
- Heady Trotter 4-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







SPONSORED BY Hudson-Mohawk Road Runners Club

50TH SEASON

June 12, 19, 26 July 10, 17, 24 (Ribbon Night), 31

'Dynamic Duo" Road Pursuit Race Saturday, August 4 • 8:30am 3M per person • Colonie Town Park

FREE OF CHARGE

6pm • Colonie High School 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

ORDER OF EVENTS

- 1-Mile Race Walk 400-Meter Dash
- Hurdles
- 800-Meter Run ■ 200-Meter Dash
- 50-Meter Dash
- Two-Mile Run
- Relays

■ 100-Meter Dash ■ Field Events

Program Info: Frank Myers 869-9333 or flyingbb45@aol.com





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





Silks & Satins

saratoga springs, ny 5 K

JEFF CLARK MEMORIAL RACE



- Join I,200 runners & walkers
- Race Track free admission is back!
- USATF certified 5K course

Benefits:

Special Olympics New York

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

Beat The Heat! WITH FLEET FEET

Locally owned and committed

to the running commmunity

- Expert Shoe Fitting
- Apparel for the Heat
- Hydration Gear & Nutrition
- Performance Sunglasses



The Sports Bra Run & Fitting Event!
July 14, 2018 • 8AM • Fleet Feet Albany



26 miles, 385 yards you will

ever run!

Fleet Feet Albany 155 Wolf Road | 518-459-3338

Fleet Feet Malta Rte 9 Shops of Malta Plaza | 518-400-1213 www.fleetfeetalbany.com





Warren County occupancy tax money regranted by the towns of Horicon and Chester"



ate summer and early fall may seem further away right now but if you have some distance goals in mind, it's time to register and commit to your training now! If you're new to distance, plan now to go farther or faster than you've gone before. If you're a seasoned distance runner, sign up for one of these races you've never experienced or run a favorite again. Whether these races are the end goal or a means to reach a bigger goal, they are worth doing!

Depending on your goals, there are training programs to get you to the distance or the speed you desire. The Fleet Feet Running Club training starts again in July for all abilities, based in Albany and Malta. An experienced coach leads workouts for all levels, whether you're a beginner 5K, advanced 5K or 10K, half or full marathon runner. Each week provides a gradually increasing distance and/or speed for each participant.

The local YMCA branches also have running and marathon training groups for members and non-members alike. Contact your local branch for more information. Running clubs are also a resource for runners who are looking for training companions and speed and/or distance workouts. Private gyms and coaches also promote their services as well.

If a fall marathon is your goal, completing a half about eight weeks prior to the race is suggested by many coaches. It's also a great psychological hurdle to do half the distance.

Celebrating its 10th anniversary, the Camp Chingachgook Challenge Half Marathon and 10K on the eastern shore of Lake George is on Saturday, August 11. Starting from the Lake George Elementary School, the course takes half marathon runners north along the east shore of the lake. While there are no steep hills, there are several rolling hills making it a doable challenge. The scenery is a beautiful distraction while you run up to YMCA Camp Chingachgook at Kattskill Bay.

Since it's a point-to-point race, a free shuttle will transport your bag to the finish area and you back to your car after the race. Camp Chingachgook is hosting a post-race cookout for all runners and their families and the waterfront is open for swimming – and have access to the bathhouse. Family and friends can run the out-and-back 10K with start/finish at the camp. (lakegeorgehalf.com)

For a one-of-a-kind distance and beautiful location, try the **18.12 Challenge, Half Marathon and 5K** on Sunday, August 26 in Sackets Harbor on Lake Ontario. Both the 18.12-mile and half marathon courses start and end at the same spot. This year race organizers are introducing a new course that starts and finishes at the Sackets Harbor Battlefield State Historic Site. Both routes are mostly flat with some rolling hills spread out throughout the course. Cash awards totaling \$1,812 will also be given to the top male and female finishers in both races.

The 1812 Battlefield overlooks gorgeous Lake Ontario. The breathtaking view of the park, the lake and sailboats along

DISTANCE RACES

Get Registered and Start Training!

By Mona Caron



the shoreline make for a rewarding finish line. Family and friends can enjoy the park and also run in this year's inaugural 5K. (1812challenge.com)

On Sunday, September 16, The Saratoga Palio Melanie Merola O'Donnell Memorial Race, has become a signature half marathon and 5K in Saratoga Springs each fall. Both races start on North Broadway and end at historic Congress Park. The half course runs through the beautiful Saratoga Spa State Park and eventually finishes by joining the 5K course, which spans through Saratoga's south side before turning into Congress Park – where there's also a kids' fun run. There will be cash prizes for the half marathon.

After the race, enjoy the Druthers Brewing after-party with great food, beverages and live music just a few blocks from the finish. All participants will receive a coupon for a free beverage and food item. The Melanie Foundation's most significant fundraiser, it awards a scholarship each year to an outstanding post-graduate student in the field of mental health. In 2018, they'll also be donating to support the Latino Community Advocacy Program, which provides interpreting, advocacy and educational programming to Latino immigrants in Saratoga County. (thesaratogapalio.com)

Farther south, the 40th annual **Dutchess County Classic Half Marathon and 5K** will be on Sunday, September 16 at Lagrange Middle School in Lagrangeville. To celebrate 40 years, you can meet champion runner Bill Rodgers, winner of the 1978 Boston and NYC marathons, who will run the DC Classic this year.

There are new courses this year, with the half being almost identical to the original

Classic course. This half is "mostly flat with a few gentle rolling, very small hills," a common theme among many of these races so be sure to include a few rollers in your training! The 5K route is flat and fast. The kids' one-mile race is out-and-back – ideal for lots of cheering for the kids. (dcclassic.com)

START OF THE 2017 VERMONT SUI

HALF MARATHON AT BRANBURY

STATE PARK AT LAKE DUNMORE.

There are a lot of races at the Adirondack Marathon Distance Festival in Schroon Lake and Chestertown on Saturday-Sunday, September 22-23. Sunday's marathon, starts and finishes in the town of Schroon Lake, with one full loop around Schroon Lake on paved roadways, except for a half-mile stretch of gravel road in mile three. The first four miles are rolling or flat, miles four to 12 feature short, but steep hills while miles 13 to 18 are flat, along the east shore. Some gradual hills lead you to the finish at the spectacular Schroon Lake Public Beach. The "Pace Bears" will help you meet your marathon goals.

Sunday's half marathon is one of the most scenic races in the Northeast, and it's part of the 2018 USATF Adirondack Grand Prix. It starts in the hamlet of Adirondack on the east short and follows the second half of the full marathon course. The marathon offers two- and four-person relays. The two-person teams each run 13.1 miles and the four-person relayers can choose legs of 4.4, 8.7, 5.1 and 8 miles. Saturday's 5K and 10K races, organized by the Helpers

Fund, are held in nearby Chestertown, and the Kids'1K Fun Run is in Schroon Lake. (adirondackmarathon.org)

Nestled against the Green Mountains, the **Vermont Sun Half Marathon, 10K and 5K** is on Sunday, September 23 at Branbury State Park in Brandon, Vt. The lake region of central Vermont is a most spectacular and pristine place to run and runners will enjoy the beautiful foliage while starting on the shore on Lake Dunmore.

According to race director Steve Hare, "the half marathon is mostly flat with a few hills and gorgeous. It's an out-and-back course, a combination of paved and dirt roads, and 90% of the route is shaded with very little traffic." Runners will enjoy plenty of support with aid stations at every mile and a half. Branbury State Park is race central with the accompanying 5K and 10K races starting and finishing in the same spots. The

races are organized by the same people who direct the Vermont Sun Triathlon Series. (vermontsun.com)

The grand finale of the region is the Mohawk Hudson River Marathon and Hannaford Half Marathon on Sunday, October 7. Both point-to-point races are fast, flat and have an elevation decline, so your PR awaits. According to Runner's World magazine, the marathon is "simple, understated and stunning," an event with "all the amenities of a major marathon with none of the hassles. The marathon starts at Schenectady's Central Park and makes its way to the Mohawk Hudson Bike-Hike Trail at mile four. For 14 miles, you can enjoy the river views along the Mohawk and Hudson. There's 3.5 miles of Watervliet city streets, before you're back onto the bike path for a strong finish and a cheering crowd in downtown Albany. The marathon attracts some of the best runners in the Northeast, so there's no better place to test your mental and physical strength than this course.

The half marathon starts at the Colonie Mohawk River Park and proceeds to the bike trail. The half is the second half of the full marathon. The very popular half recently sold out, however there's still room in the full. Last year, the Adirondack Sports Expo & MHR Marathon/Half Packet Pickup moved to the Albany Capital Center, and was expanded with more vendors, activities and attendees. The Hudson-Mohawk Road Runners Club organizes these well-run, super-supported races with a lot of volunteer and community support. (mohawkhudsonmarathon.com)

Think about accomplishing one of the challenges of your life, the marathon, or the half marathon – half the distance, all the bragging rights. Get registered and start training... You've got this!

















FIRST-DAY OF TOUR DIVIDE WITH DAD.

Then, when she was 11, the family moved back to her Dad's hometown of Adirondack, a small hamlet on the east shore of Schroon Lake. The village is only a stone's throw from the Pharaoh Mountain Wilderness, and she says her outdoor sports life truly started with the move north. Since then she has taken up hiking, running, kayaking, and cycling in the summer. In winter, it's snowboarding and

Her outdoors adventures started with hiking with her grandparents, and she remembers that she was not an instant fan. "At that time I really did not like hiking, but I've gone back to some of the places they took me and re-hiked them, and they were the coolest places ever so I wonder how I didn't like it."

could do up here, I've tried," she said.

But she eventually warmed up to the wealth of possibilities to get outside in the mountains. Her parents took the girls snowboarding at Gore Mountain, and in warmer weather they would go out with their father on his daily morning run.

But eventually it was time to head off to college, and she enrolled in equine studies at Cazenovia College, a small private school near Syracuse. She was there for a year, and then went to several other schools before graduating from Florida State with a degree

It was just after graduation, in August 2015, that her outdoors pursuits shifted into high gear. Her dad called to congratulate her, and during the conversation he mentioned, "I saw this race out west." It was the Tour Divide, an annual ultra-mountain biking challenge along the Great Divide route that hugs the Continental Divide. Starting in Banff, Alberta, riders head south along dirt roads, jeep tracks, and off-road trails to

finish in Antelope Wells, NM, after nearly 2,750 miles and almost 200,000 vertical feet

They made it a family affair, with Skyler and Brian riding, while Tracy drove the family van and met them at campgrounds. They started in September, and the adventures started on the very first day. "We got in ten miles and hit blizzard conditions," she remembered. "We ended up hiding out in an outhouse until our toes thawed out, but then we had to keep going because we were only 14 miles in."

In the four weeks that followed they made it 1,900 miles into New Mexico, hitting repeated snowstorms and finally deciding to head home. Despite the hardships, the trip whetted her appetite for more. So she set her sights on tackling the Pacific Crest Trail, a 2,650-mile hiking trail that winds from Mexico to Canada through California, Oregon and Washington. "I really liked being on the road, but I kind of wanted to do it alone, and do it a different way. I love biking, but there was something about hiking, and carrying everything on your back that appealed to me so much more."

A winter spent bartending in Florida netted her enough savings to fund the trip, and in April 2016, she and her best friend Melissa headed north with full packs from Campo, Calif. In the first six weeks, they put over 400 miles under their boots before Melissa headed home, leaving Skyler to forge ahead, sometimes accompanied by the various friends she had made along the trail.

Things went well until just south of Bishop, Calif., where she contracted giardiasis, a parasitic infection that causes diarrhea, dehydration, fatigue and cramps. But she continued on with help from several other hikers, finally reaching Lone Pine, after hiking a 45-mile stretch of trail that varied from 4,000 to 12,000 feet elevation. "I lost a lot of weight," she remembered. "One car came by. It was a dad and his son and they gave me a ride down to Lone Pine, and we did not see a single person on the way down there. It was NOT a good situation. I was really lucky. I made it down to Lone Pine and it was really nice to have a bed!"

After a week of rest and recovery, she hiked to Mammoth, before taking the first of several breaks to make side trips. Eventually she ended up at Yosemite National Park, where she ended her adventure with new wisdom. "I learned that I really cannot sit still very long. I'm very capable of taking care of myself, and I've never really been a people person. But I met so many good people when there weren't many, it showed me that I need to open my eyes a little bit, because there are so many good people in the world."

Back in the Adirondacks, it didn't take long for Skyler to start thinking about another adventure by becoming a 46'er in one season. In April 2017, she and her friend Annie began bagging peaks between days working construction for her dad and bartending part-time. "When I wasn't working we were usually hiking," she said, and eventually they were on the trail three times a week.

They eventually finished their challenge on the summit of Mount Marcy in November after some hard days, including one weekend spent on the Great Range Traverse, which includes Lower and Upper Wolf Jaw, Armstrong, Gothics, Saddleback, Basin, Haystack and Sawteeth. "That was a VERY tough weekend," she remembered.

So far in 2018, Skyler has finished a five-country trip to Europe and a threeweek rafting expedition through the Grand Canyon with a group of fellow rafters from the Adirondacks. She said the trips left her awestruck by the beauty of the world, and with many new friends.

What's next? By the time this story is published, she will be in New Hampshire with her dad, hiking the Appalachian Mountain Club's list of the state's 48 peaks above 4,000 feet. Skyler said her fitness adventures have brought her maturity, new friends, and the knowledge that there is so much more ahead, "It makes me feel a little bit more alive. I have a hard time sitting still. It's not about the outcome. It's about having something to focus on and enjoying it." 📥

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer, and writer who wishes he had half of Skyler's energy. Visit his website at krausgrafik.com.









More than 80 years of experience

Boat House

■ Sales, Rentals & Repairs **■**

CANOES • KAYAKS ROOF RACKS • ACCESSORIES

On the Mohawk River
Try our Boats on the Water!

2855 Aqueduct Rd (at Balltown Rd), Schenectady **393-5711** • BoatHouseCanoesKayaks.com





Where Nature and Culture Collide

Whitewater Rafting Capital of New York!

Whitewater Rafting all season

Poker Paddle – July 21



Golf Tournament – August 4

Adirondack Mountains Antiques Show – September 12-16

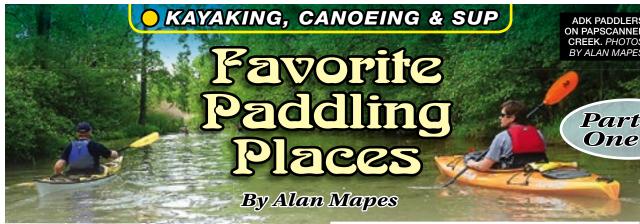
Great Adirondack Moose Festival – September 22-23

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

Town of Indian Lake Chamber of Commerce PO Box 724, Indian Lake, NY 12842 Phone: 1-800-328-LAKE (5253) Email: indianlakechamber@frontiernet.net

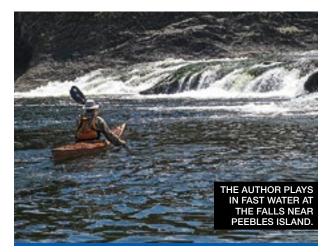






ne of my greatest joys in paddling is exploring new paddling waters. We are blessed with many great places for canoeing and kayaking around the Greater Capital Region. There are too many for just one article. For this first installment, let's go north to south along the Hudson River with my personal favorites. I'm sure that I've left out favorites of some other paddlers and I hope to hear some suggestions from readers. I will leave it to your own resourcefulness to look up specific directions to these launches.

As always, a word of caution is in order. The Hudson is a big river, with power boats ranging from jet skis to ocean-going freighters. Winds, waves and currents can present a challenge, and the tide range of four feet and more will dry out paddling areas at times. Always wear your life jacket, and paddle with some knowledgeable people if you are not familiar with river conditions.



Waterford – The Mohawk and Hudson rivers meet right at the launch on the south end of First Street in Waterford. Or at least a main channel of the Mohawk meets there. Poking around this area with paddle in hand, you will find that the Mohawk splits into three channels near its end. The Waterford launch sits at the end of the northern channel, and is the entrance to the Erie Canal. In fact, one paddling route here is to take your kayak or canoe through the Waterford Flight of locks – the eastern end of the Erie Canal. I've done it and it's interesting, but it involves a lot of sitting and waiting for locks to fill and open. Going through five locks in just over a mile, you rise by 165 feet, the greatest lift for the shortest distance of any lock system in the world. A landing at Flight Lock Road, just west of the locks, is a convenient take out spot for this trip.

From Waterford launch, I like to head south around the nearby tip of Peebles Island State Park (0.2 miles away), and into the middle channel of the Mohawk. This channel winds through calm waters along the steep shore of the park, and to a pool and waterfall. The brave can play in the fast water at the base of the falls, if the flow is not too strong. Back on the Hudson and a mile or so further south, you will find the southern channel of the Mohawk and you can take a nice paddle up that one until you run out of water depth. Two other routes are fun here - paddling about three miles north from the launch, you can paddle around Campbell Island, just below $Lock\,One\,of\,the\,Champlain\,Canal.\,Watch\,for\,shallows\,and\,fast$ currents at the north end of the island. You can also paddle south from the launch, staying on the main river for about two miles, where you will come to the Troy Dam and the Federal Lock that marks the northern end of the tidal Hudson River.

Bethlehem Town Park – When my wife and I started kayaking back in 2000, this park (also known as Henry Hudson Park) was our first go-to paddling spot. More recently, the state has placed a nice boat launch at the north end, good for both trailered power boats and our hand launched boats. Two years ago, the town also installed a special kayak launch, just inside the mouth of the Vlomankill stream on the



south end of the park. From the park, you can paddle north on the river to Van Wie's Point and the port of Albany, or south to the NYS Thruway Berkshire Spur bridge, Schodack Island State Park and Coeymans Landing.

Our favorite is to go straight across the river and paddle up the Papscanee Creek. The creek and its wetlands are said to be the largest tidal wetland area on the Hudson Estuary, and you can paddle nearly two miles up that creek. Caution: playing the tides here is tricky. To avoid the old break wall at the entrance to the creek, it's best to go near the time of high tide. The pitfall, though, is the second bridge you come to on the creek. The first bridge is the railroad and has lots of head room for paddlers. The second bridge is just the steel beams and pilings from an old access road, and the head room to paddle under it can disappear at the highest part of the tide. If you find the head room is minimal and water is still flowing into the wetland, don't go further. You may not have clearance to get out again until the tide falls an hour or two later (don't ask how I know). At Papscanee, look for a bald eagle's nest near the mouth, marsh wrens nesting in the cattails, and six foot-tall plumes of wild rice growing along the waterway.



Coeymans Landing – Getting my favorite lady out paddling requires the promise of good food afterword. Coeymans is the perfect location, with the marvelous Yanni's Too waterfront dining establishment right next to the boat launch. From this launch, we like to paddle south, entering the bay about a half-mile on the right, and going up the Hannacroix Creek as far as the high tide will allow. Continuing south along the western shore, we watch out for the concrete breakwater as we exit the bay.

Next is the Shady Harbor Marina with its huge cabin cruisers tied up at docks and another waterfront restaurant with wonderful views from their deck. Paddling a little further, you find a takeout at Cornell Park in New Baltimore village. Go another mile south and you can cross to the southern tip of Schodack Island and a small sandy beach just around the backside of the island. That backside bay goes north about five miles to a kayak landing at the Schodack Island State Park (the bay dries out at low tide). We usually return back north along the shore on the river side of the island.



Coxsackie –This launch and the next one both put you in the area dubbed "eagle central" by a friend. From the State Park launch at the town of Coxsackie you can go either north or south, both directions giving you islands, bays and creeks to explore. At least four bald eagle nest sites are found within a five mile stretch of river here. Going north, explore Coxsackie and Rattlesnake islands and Coxsackie Creek along the west shore. Crossing to the east shore, you find Mill Creek, Stuyvesant village (with a landing and café), and Nutton Hook State Unique Area. The largest ice house on the Hudson was located there and the massive brick chimney from the steam plant is a landmark.

Going south, we usually cross to the eastern shore of the river to explore Little Nutton Hook wetland, the landing at Hudson Islands State Park (with boat access campsites), and Stockport Middleground Island.



Four Mile Point – This short dead-end road south of Coxsackie offers a Scenic Hudson park, the Vosburgh Swamp State Wildlife Area, and a beach where you can launch kayaks. Directly across the river is Stockport Middleground Island and the mouth of Stockport Creek – with a landing and launch. Going south, you find Stockport Flats State Wetland Preserve on the east side and opposite that, the West Flats Wetlands. Both provide interesting paddling at high tide.

For any of these paddle trips except Waterford, you should consult the tide chart. Why? The direction of flow in the river changes about every six hours. Remember that the Hudson River from Troy to the Atlantic Ocean is a large estuary – a tidal arm of the sea. As tide goes up and down in the ocean, it affects the current direction and the level of water for about 150 miles inland, all the way to the Troy Dam. The currents in the Hudson are not very fast, usually not more than 1.5 miles per hour in the areas covered in this article. You can successfully paddle against the current, but it's more work. Add a strong head wind to the current, and it can spell trouble. I check the tides with an internet search on "Hudson River Tide Chart" and the name of a nearby river town, like "Hudson River Tide Chart Coxsackie."

To learn about safe paddling on big waters like the Hudson, I recommend taking a few trips with a group like the Adirondack Mountain Club (adk.org) or a reputable paddle tour company. Watch for part two of my favorite spots in the September issue.

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.

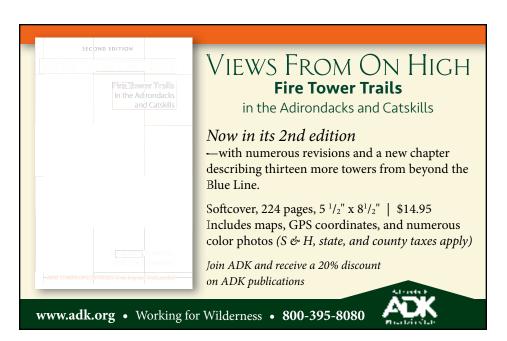


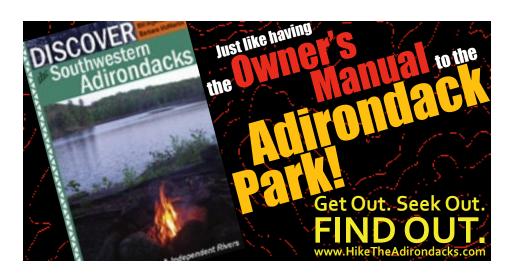
518-583-9452 One hundred thousand welcomes from our clan to yours.

Whether you're Irish or just wish you were, visit us for the finest Celtic gifts, Music, Books, Food, Jewelry, Flasks, Mullingar Pewter, Belleek China, Custom Bodhrans, Tin Whistles, Guinness Collectibles, Galway Crystal, Tea and more.



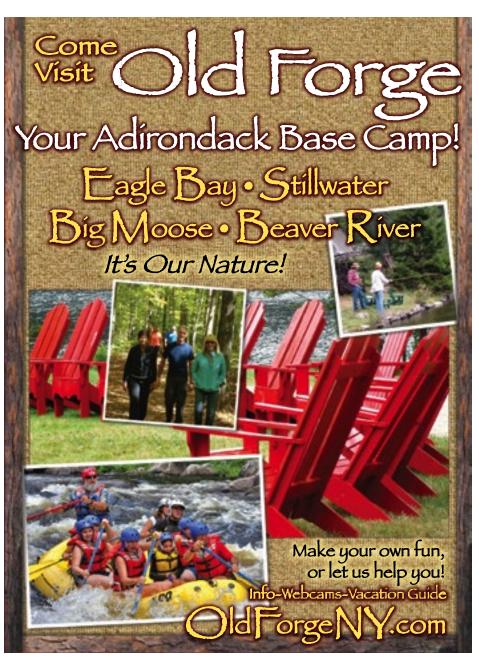
Visit our Irish and Celtic Web store on-line at www.celtict WE SHIP ANYWHERE IN THE US AND CANADA

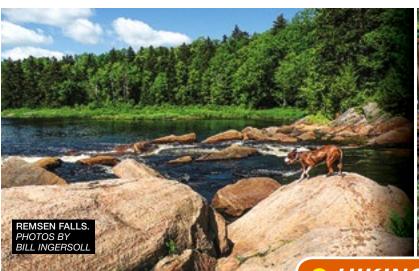
















Woodhull Mountain and Remsen Falls

By Bill Ingersoll

It's fair to say that Woodhull Mountain is no one's favorite hike. The length of the trail is very disproportionate to the height of the summit, and once you get there you'll be disappointed by the limited views. But with the resurgence of interest in fire towers has come a renewed interest in this trail, which I had the opportunity to revisit recently. While this is not the most exciting hike you'll find in the Adirondacks, it does offer a fun adventure for those willing to make the trek.

Woodhull Mountain is a 2,362-foot summit located in a remote corner of the Black River Wild Forest. The elevation gain from its foot is only about 750 feet, but getting there entails a minimum hike of 4.6 miles, or 9.2 miles round-trip. The summit is completely forested, so there is no view without the fire tower, and unfortunately the tower's cab houses communication equipment and is therefore locked. The public must settle for the partial views available from the topmost landing.

It may seem like I am down on Woodhull, but we did have a fun time on the mountain. We capped our hike with a visit to nearby Remsen Falls on the South Branch Moose River, which only added 0.8-mile round-trip to the day's itinerary. This part of the Adirondacks may be a realm of understated beauty, but it is certainly worth seeing.

Getting There

To find the trailhead, turn onto McKeever Road from NY Route 28, about 10.8 miles southwest of Old Forge. This residential road begins south of the Moose River bridge, and north of the hamlet of Otter Lake, and leads into the site of McKeever – once a small mill town but now a quiet residential neighborhood. McKeever Road loops left and deadends, but Wolf Lake Landing Road – the main access into state land – veers right near the old train station 0.2-mile from the highway.

This gravel lane crosses the train tracks and reaches a parking area at 0.5-mile. Veer right and follow Wolf Lake Landing Road for a total of 3.6 miles to a pull-off on the left where signs mark the start of the trail to Remsen Falls.

The Trail

The hike to Woodhull Mountain begins by following the trail to Remsen Falls, which is gated to the general public, but is maintained as a motor vehicle trail for disabled access. In just 0.2-mile you reach a prominent four-way intersection. Straight ahead leads to Remsen Falls (see below) and left leads back to McKeever. To reach the mountain, bear right.

You are now on an old truck trail that parallels the South Branch Moose River without ever once coming within sight of it. The route to Woodhull Mountain follows this truck trail for 2.5 miles, and during that entire distance it is nearly level to a fault. You glimpse an old manmade pond to the north of the trail at 0.6-mile, where an old logging railroad once ended, and at 1.7 miles you skirt the edge of a small fen. The second site is apt to be the muddiest spot on the old roadbed, which is otherwise wide and easy to follow.

At 2.7 miles, the truck trail enters a small

clearing and comes to an end, with a footbridge marking the start of the next phase in the hike. Across the stream, the trail is now a narrow footpath. It begins by winding through a stand of Norway spruce, almost certainly one of several planted in this region by the former owner, John A. Dix, a lumberman and mill owner who believed in planting new trees after a harvest. Dix also served a term as governor and helped create the Conservation Commission, forerunner to today's Department of Environmental Conservation. The state acquired this tract in 1918, and it has been protected as part of the Forest Preserve ever since.

The ascent of the mountain is slow and gradual at first, and quite a bit of time may pass before you realize you are making any vertical progress. The actual ascent, once it begins, is very easy and the trail is never steep. Were it not so remote, this would rank among the easiest climbs in the Adirondacks. Most of the mountainside is forested with hardwoods, with conifers not making a strong showing until you reach the summit, 4.6 miles from the trailhead on Wolf Lake Landing Road.

The fire tower stands in a rocky clearing surrounded by trees; a continuing trail leads into the adjacent Adirondack League Club, where there is no public access. The tower can be climbed, but some people will find the lack of fencing along the wooden stairs to be unnerving, this is no place for small children, pets, or anyone with a fear of heights. You can climb all the way to the landing just below the observation cab, which is locked. From this height you are just about eye level with

the treetops, meaning you can glimpse the surrounding landscape without finding any unencumbered vistas. Woodhull Lake is the most prominent landmark to the southwest, with the League Club's Little Moose Lake to the northeast. Just a little bit more elevation would make this a very attractive view.

Remsen Falls

After retracing your steps down the truck trail to the four-way intersection near the trailhead, a side trip to Remsen Falls is a great way to cap the day. The "falls" are merely a set of minor rapids on the South Branch Moose River, but the site is a great place to enjoy some sunshine and maybe cool off in the water.

From the four-way intersection, turn north and follow the disabled access trail for 0.4-mile to a modified campsite on the bank of the river. The falls are just 0.1-mile downstream, and they feature a collection of boulders that are fun to explore in the summer when the water is low. The site is historically significant because the original "road" to what is now Old Forge crossed the river here. That route, which was probably just a glorified trail by modern standards, originated in Remsen and was called the Remsen Road – hence the name of the cascade.

From Remsen Falls, it is just 0.6-mile south back to your waiting car.

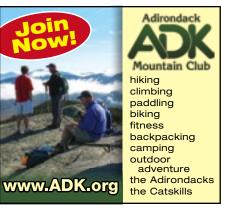
Bill Ingersoll of Barneveld is publisher of the Discover the Adirondack's guidebook series (hiketheadirondacks.com). For more information on this region, consult Discover the Southwestern Adirondacks.















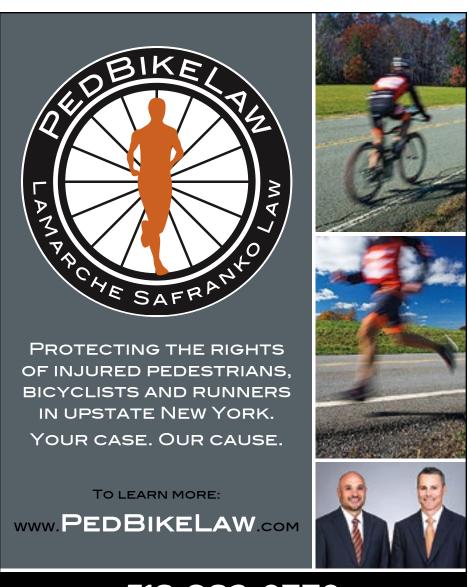












518-982-0770

1539 CRESCENT RD, CLIFTON PARK SATELLITE OFFICES IN ALBANY AND PLATTSBURGH

Getting Kids into Riding and Racing

By Jim MacNaughton

or those of us who love riding two wheels in the dirt and who also have young family members, it feels natural to try to pull them into that same passion. I remember as a child experiencing the freedom that riding a bike brought me as I cruised throughout my neighborhood with friends, but I especially recall the excitement and mystery that I felt when my friends and I took those same bikes into the woods. I spent many summers afterwards in those same woods riding trails on my Schwinn Stingray (banana seat and all), visiting ponds full of snapping turtles, and later building jumps to emulate the motocross tracks in my vicinity. This experience led me to race BMX throughout my 'tween' and teen years, later falling in love with the sport of mountain biking. You could never fully wash all the dirt off my hands, and I hope now to get my sons hands just as dirty!

Here are some resources and info on organizations that can help get your kids into the dirt and competing if they are so inclined. In a rapidly growing digital world, we could all use a little more dirt under our fingernails.

Aside from getting our kids to ride with us on a local trail ride, along with the parental coaching usually involved, we are lucky to live in a time when youth bicycle riding and racing organizations exist to help with the two-wheeled journey. Organizations such as USA BMX with its affiliated tracks and the National Interscholastic Cycling Association (NICA) with its state leagues and teams are here for this purpose.

USA BMX is the national organization that sanctions local BMX (bicycle motocross) tracks, their races and their newly-founded coaching programs. Riders at local tracks can start as young as two. Many tracks have specific practice/race nights and at times run specific courses for young children on balance bikes. BMX racetracks are typically a one-time closed circuit set up with several jumps/obstacles and banked turns to help keep the speed going, running from around 900 to 1,300 feet in length. As mentioned, the separate practice night is often a great way to try it out and talk to other parents and kids involved in the sport. Many tracks also offer free one-day tryout programs and group or individual USA BMX certified coaching sessions.

Spending time riding on or racing at a BMX track can have enormous benefits for a young

rider. It is an excellent way to learn standing pedaling, which helps to develop core strength and sprinting ability. Learning to "pump" over the backside of jumps helps kids to develop timing and the ability to pick up speed without pedaling. The closest Capital Region BMX tracks are Tri-City in Schenectady and Catamount in Bennington, Vt. Other area BMX tracks include Kingston Point in Kingston, New Paltz in New Paltz, CNY in Bridgewater, and Grippen Park in Endicott.

Moving from BMX to MTB, NICA began in 2009 with a mission to coach high school age mountain bike race teams in California. Since then, they expanded their mission to develop interscholastic mountain biking programs for student athletes across the United States. According to their mission statement, NICA provides leadership, services and governance for regional leagues to produce quality mountain bike events, and supports every student athlete to develop a strong mind, body and character through interscholastic cycling. NICA was instrumental in setting a successful model for league development, including a coaches training and licensing program that has been replicated at the state and local club level.

With this framework in place, the New York Interscholastic Cycling League was born in 2012. Their mission is to establish and maintain safe, quality high school mountain bike programs. The New York league achieves this through coaching, fostering a sense of camaraderie and friendship through the teams, helping student athletes develop physical skills *and* skills of character such as mutual respect, empathy and good sportsmanship.

According to Jason Cairo, executive director of the New York Interscholastic Cycling League, its affiliated teams are really a youth development program - using mountain bike riding and racing to help young people to develop mind, body and character. All students from grades six to 12 are welcome to join a local team without the need for a tryout. Students are not required to race, but it is expected that they make a contribution to the team - and to the community and environment. Many teams also assist local land managers in trail maintenance and building. Upcoming events include the NYS Leaders' Summit at Windham Mountain on Sept. 15-16, and the expansion of riding and racing programs, to get more young women into mountain biking.



There are four NY NICA affiliated teams in the Capital Region: R-Cubed Composite, Niskayuna High School, Mohawk Composite, and Grey Ghost Bicycles Composite. Composite simply means they're open to all and not a school-based team. The R-Cubed team started with one team member in 2013 and they currently have 19. The coaches emphasize the inspiration that members get while working with each other. Besides the physical skills, they see the development of "larger life" skills, such as dealing with events out of your control, perseverance and maintaining a positive attitude.

The Niskayuna High School club team includes middle and high school students from the school district. The Mohawk Composite team (formerly HRRT) has students from the surrounding area. The two teams share a head coach and have five to six assistant coaches. Indoor training starts in January and in season training takes place along the bike trail for fitness and off-road at North Bethlehem Park, Central Park, Lock 7 and Luther Forest. Two-thirds of riders are boys, but there's an increasing number of girls joining, and the teams developing more beginner trails access for new riders.

The Grey Ghost Bicycles Composite team started 2018 with 12 team members and ended with 18. The team emphasizes the friendships gaining when riding and racing together. Coaching helps the athletes develop and achieve their goals, whether it's competing or learning better bike handling skills. In the spring, the team practices weekly at Gurney Lane Bike Park. The NICA NY Race Series is every other Sunday from mid-April until early-June.

Between now and January is an excellent time to join or start teams. They can use more help from adult volunteers, whether it's coaching, building berms or teaching skills. To learn more, email jason@newyorkmtb.org or contact: USA BMX (usabmx.com); Tri-City BMX (usabmx.com/tracks/1889); National Interscholastic Cycling Association (nationalmtb.org); New York Interscholastic Cycling League (newyorkmtb. org); R-Cubed (rcubednica.com); Niskayuna and Mohawk (facebook.com); and Grey Ghost Bicycles (greyghostbicycles.com).

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











CENTER FOR PREVENTIVE MEDICINE

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

Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

- diabetes prevention
- · weight management heart healthy diets
- natural methods to reduce heart disease risk

Capital Care Medical Group • Center For Preventive Medicine 501 New Karner Road, Albany • 518-640-3260

CenterforPreventiveMedicine.com • NorthCountryAcupuncture.com • CommunityCare.com

CLASSIFIEDS

BRAND NEW SHORT-TERM SUITES Station St, Lake Placid. (1) 900+ sf, 2 BR/4person. (1) 1100+ sf, 2 BR/6-person. Walk to great restaurants. On park just off Ironman course. millpondpartners@roadrunner.com. (518) 524-2949.

REPUBLICANS - Hello, we're informing citizens of Special Counsel Mueller's investigation into Donald Trump's campaign! Rod Rosenstein appointed Mueller illegally. Rev. Michael has testified against Andrew McCabe! Read: muellertrumpnow.bravesites.com. bedfordpostledger. wordpress.com, andyonlyone2020.blogspot.com.

LAKE PLACID VACATION RENTAL: RED DOOR COTTAGE - Clean, comfortable village home with large deck and enclosed yard. Sleeps eight with 3 bedrooms and 1 bathroom. Short walk to Main St and on Ironman course. Play park and fishing close by. adkreddoor@gmail.com. <

DEMOCRATS – Greetings to you all, we are informing every Democrat of Special Counsel Mueller's investigation! Rod Rosenstein appointed Mueller illegally. Please read: hillarynewsblog.bravesites.com, muellertrumpnow.bravesites.com, bedfordpostledger.wordpress.com, andyonlyone2020.blogspot.com.

Is the air in your house making you sick?

Poor Indoor Air Quality Can Affect Health

ARCH ENVIRONMENTAL

COMPLIANCE SERVICE ASSOCIATES, LLC

Specializes in Mold and Indoor Air Quality

We provide excellent service in:

- Mold Inspection
- Mold **Assessment**
 - **Air Quality**
- Water Quality Sampling
- Radon Gas Sampling

Home Inspections

Serving the community for 7 years: Licensed Mold Assessors, Licensed Home Inspectors and Professional Engineers on staff. Check out our excellent reviews on www.homeadvisor.com

518.698.9832 • archenvir@gmail.com 333 Kingsley Road, Burnt Hills, NY

Have a Problem with Your Home?

Planning an Addition or Designing a New Home?

VAN GUILDER ENGINEERING PLLC

Specializes in Structural, Environmental and Forensic Engineering PARTNER

We provide excellent service in:

- Residential Design and Engineering

 Additions and Renova
- Boof and Water Damage Inspections for Insurance Claims

OMPAN

- Chemical Engineering Consulting and Design
- Environmental Compliance
- Septic System Design
- Hazardous Material Management, Consulting, and Inspection and oil spills

Licensed Professional Engineer with over 40 years of experience. Staff includes structural, civil, and chemical engineers. Fully Insured.

518.491.3287 • vanguildereng@gmail.com 333 Kingsley Road, Burnt Hills, NY











BIKING = TRIATHLON = PADDLING = HIKING ALPINE & NORDIC SKIING - SNOWSHOEING HEALTH = FITNESS = TRAVEL = GREEN LIVING

Vendor Registration Now Open!



- 80 exhibitor spaces and 5,000 sports/health enthusiasts including 3,500 runners with friends and family.
- One-day, free admission Expo kicks off the marathon/half marathon weekend and is open to the public
- Runners are required to attend to pick-up their race packets and they spend time visiting the exhibitors.
- Great opportunity for sales and to promote your company, organization, destination or event



Book Your Space Today!

- 1 Complete contract (adksports.com/adk-sports-expo-exhibitors)
- 2 Email, fax or mail contract to us
- 3 Payment accepted by check (mail) or credit (phone)

Booth fee: \$295 or non-profit: \$195. Includes: 8'x10' booth with 8' back drape, covered/skirted table, two chairs and Wi-Fi

(518) 877-8788 or Info@AdkSports.com

AdkSports.com • Facebook.com/AdirondackSports



Adirondack Sports & Fitness, LLC • 15 Coventry Drive, Clifton Park, NY 12065
Race directed by Hudson Mohawk Road Runners Club



Experts Corner

to mold growth.



By Will Archino & Cliff VanGuilder

ost of us live in homes with indoor air pollution, which may prompt those with health issues to ask, "Is something in my house making me sick?" The government regulates air quality at manufacturing sites and air emissions from factories, but there are no regulations protecting homeowners from living in a house with any type or level of air pollutants inside. Since every individual is different and reacts to pollutants in different ways, government agencies struggle to set guidelines on acceptable indoor air pollutant levels.

While we all care about air quality for outdoor sports and recreation, indoor air is just as important for good health when sleeping, eating, and spending time inside your home or office. Indoor air quality experts continually respond to calls from homeowners expressing concern about a funny smell in their home, or to investigate whether a health problem is due to or being exacerbated by pollutants in their home, or they know they have chemical sensitivities and they want to be sure their home supports their well-being.

There are both short and long term problems associated with indoor air pollution. According to the US EPA, short term effects can include irritation of the eyes, nose and throat, headaches, dizziness and fatigue, In most cases, whether a person reacts to a pollutant depends on individual sensitivity, which varies tremendously. Some people can become sensitized to biological or chemical pollutants after repeated or high level exposures.

Certain immediate health effects are often similar to those from colds or other viral diseases, so it is difficult to determine if the symptoms are a result of exposure to indoor air pollution or not. For this reason, it is important to pay attention to the time and place symptoms occur. For example, if the symptoms fade or disappear when a person is away from the area, an effort should be made to identify possible causes. Some effects may be made worse by an inadequate supply of outdoor air coming indoors, or by complication due to heating and cool-

Some sources of indoor air pollution include Volatile Organic Compounds (VOCs) and formaldehydes, which "offgas" from building materials, furniture, cabinetry, air fresheners, solvents etc. Even sealed cans can offgas so don't store excess chemicals in the home. New homes in particular are susceptible to air pollution due to a combination of inadequate ventilation. cumulative offgassing of building materials, and problems such as improperly cured

Long term effects can show up years after exposure has occurred or only after long or repeated periods of exposure. These long term effects, which include some respiratory diseases, heart disease, immune system complications and cancer, can be severely debilitating or even fatal. Therefore it is prudent to try to improve the air quality in your home even if symptoms are not noticeable or severe.

Indoor Mold

Mold can be found growing anywhere in a building where conditions are available and conducive to growth. This is most commonly thought of as water-damaged areas from a leak or flooding event. However, elevated levels of relative humidity, differing microclimates within a home, and varying dew points cause far more mold issues in buildings than direct leaks and water contact.

Molds reproduce by releasing spores into the air, where they drift on air currents until they land on surfaces. If they find hospitable conditions and take root, they begin propagating a new colony. All mold requires to grow is moisture and a nutrient, no sunlight is needed. Molds don't just produce mold spores as they grow, but they also give off volatile organic compounds or Mold VOCs (MVOCs), and produce mycotoxins that are known to cause serious illnesses and inflammatory reactions in mold-sensitive people. The VOCs are mixtures of alcohols, aldehydes, acids, ethers, esters, ketones, terpenes and thiols, and are responsible for the characteristic moldy odors associated with

home as they reach their respective dew points. This condensation then absorbs into the materials or sits on the surface of non-porous materials creating conditions conducive to mold growth. Homeowners are often surprised when they are guided to see the mold that has been overlooked on window panes, grow-

Water damage also allows for higher levels of evaporation of moisture into the air. This in turn raises the relative humidity in the home. This elevated relative humidity allows condensation to form on various surfaces throughout the

Mold growth in the home can be caused by water damage,

which creates direct water contact and/or elevated relative humidity levels in a space. The direct water contact saturates

or semi-saturates the materials it comes into contact with. As a material dries out it passes through declining levels of saturation. The amount of saturation is referred to as the water activity level. Water activity is the measure of the free water in a system. A system is defined as each individual water damaged material. As these materials move from being 100% saturated to lower levels of water activity, conditions conducive to mold growth become present. Mold growth and activity continues to occur or potentially occur until the materials are dried to a level of water activity that is not conducive

> ing on clothes in the back of closets, on wrapping paper stored in the basement, or on the back of wood furniture. Some more stealthy locations include behind wallpaper or paneling, under carpet, in little-used attic or crawl spaces, and under vinyl floor tiles.

> In New York, a relatively new law (Article 32 of NYS Labor Law), was passed in January 2016. This law requires that individuals and companies that assess, remediate, or abate mold on any project be licensed by the NYS Dept. of Labor. This consumer protection law requires that any mold over 10 square feet of contiguous growth that is to be professionally remediated has to be completely remediated by a licensed company or individual. This remediation can only happen after a licensed mold assessor has inspected the mold growth and has issued a mold assessment report regarding the remediation to be done. Then after the mold remediation is completed, a mold assessor has to return to the project, and inspect the work to determine if it was done properly. If the remediation was completed to industry standards then a clearance report is issued.

> Before hiring a mold assessor or mold remediation company, make sure they are licensed and properly insured, and check several references regarding the quality of their work. 📥

> Will Archino and Cliff VanGuilder are principles at Arch Environmental Compliance Service Associates, LLC and VanGuilder Engineering, LLC of Burnt Hills.

ing systems, or by overly humid conditions. spray foam insulation or a malfunctioning damp indoor spaces.





friends will cheer the athletes in at the finish line. (skyhighadventres.com)

- Vermont Sun Triathlon Series On Sunday, July 15, the 33rd annual Vermont Sun Triathlon has a 600-yard swim, 14-mile bike and 3.1-mile run. On the same day, the inaugural Branbury Classic is a 1.5-mile paddle, 14-mile bike and 3.1-mile run - perfect for the non-swimmer! Based at Branbury State Park on Lake Dunmore, the events are in the Green Mountains of central Vermont. On Sunday, August 8, the Vermont Sun Triathlon happens again. On the same day, it's accompanied by the Lake Dunmore Triathlon with a 1600-yard swim, 28-mile bike and 6.2-mile run. The races are open to individuals and teams, and all offer an Aquabike option. (vermontsun.com)
- Piseco Lake Triathlon The 33rd annual sprint triathlon is on Saturday, July 21 at the small community of Piseco, in the southern the Adirondacks. The 0.5-mile Piseco Lake swim starts on the beach at

the historic Irondequoit Inn, followed by an 11.5-mile bike around the scenic lake to the Piseco School, and then a three-mile run to the finish at Piseco Airport. The race is open to individuals and two- or three-person teams. (speculatorchamber.com)

- **Duanesburg Triathlon** On Saturday, July 28 the Duanesburg YMCA's triathlon is open to everyone - an event the whole family can enjoy. It's based at the Mariaville Bed & Breakfast and Duanesburg YMCA. The 325-yard outand-back swim is in beautiful Mariaville Lake, a 10-mile bike winds around the lake, and the 3.1-mile run leg finishes in front of the Y. It's open to individuals and three-person teams. (cdymca.org)
- Crystal Lake Triathlon The 18th annual race will be on Saturday, August 18 at Crystal Cove in Averill Park. The 0.5mile swim is in the calm water of Crystal Lake, 18-mile bike is an out-and-back

on newly paved roads, and three-mile run is a mostly-flat loop around the lake. The Aquabike option is back. The USA Triathlon-sanctioned event is limited to 300 racers, with discounted fees for youth entry, so register early for awesome swag. It's the toughest sprint bike course in the area and you can preview it every Tuesday night at CDTC's Crystal Lake Training Series. Hosted by Capital District Triathlon Club, one of the largest multisport clubs in the Northeast, that's been promoting a healthy lifestyle since 1993. (cdtriclub.org)

- Cassadaga Kids' Triathlon Also on August 18, at the village of Cassadaga in western New York, they're calling all active kids that want to join in a fun competition, stay fit and learn new skills. Athletes swim in Cassadaga Lake, cycle around the lake, and run next to the lake. Ages 11-under: 100m swim, three-mile bike, one-mile run. Ages 12-17: 200m swim, six-mile bike, one-mile run. Free training days are held at the race site on July 7, 14, 21 and August 4. (coachmarkwilson.com)
- Greene County Triathlon On Saturday. September 8, the Greene County YMCA's triathlon is held at Sleepy Hollow Lake in Athens - a planned recreational lake

and residential community in between the Taconic and Catskill mountains. It's a great event for first-timers and seasoned triathletes, with a 350-yard swim, 11.5mile scenic country bike ride, and $5 \mathrm{K}\,\mathrm{run}$ through the community. The race is open to individuals and two- or three-person teams. (runsignup.com)

CANOES, KAYAKS AND SUPS PADDLING GALORE AT 2017 JOSH BILLINGS TRIATHLON.

Josh Billings Triathlon - "The Josh" is on Sunday, September 16 in the Berkshires of western Massachusetts, celebrating 42 years. Five-hundred teams start in Great Barrington and bike 27 miles through five towns of scenic roads to Stockbridge Bowl in Stockbridge to handoff the wristband to paddlers. Canoeists, kayakers and SUPs sprint five miles around the lake ending at Camp Mah-Kee-Nac where the wristband is tossed to runners. Runners go six miles around the lake and finish at Tanglewood Music Festival in Lenox where friends, family and fans cheer on the finishers. Everyone joins the after party and there's a free kid's race. There are 43 categories for teams and iron-persons with separate divisions for canoes, kayaks and SUPs. (joshbillings.com)

Bring the family, bust your lungs, and test your resolve... Now get registered, train well and race smart!



SUNDAY, SEPTEMBER 30, 2018

Clifton Commons. Clifton Park

TO BE HEALED

Prizes • Music • Carnival Bouncy Bounce

In Honor of Ali Bawla

Register by September 7th for a Dri-fit T-shirt

- 11:00 am: Nick's Dash
- 11:15 am: Luke's Mile
- 11:45 am: Zumba Warm-up
- 12:00 pm: 2 Mile Walk1:00 pm: 5K Run

Form a team, have more fun

For more info & register go to **fighttobehealed.org**

Day of race registration begins at 10:00 am

NFTBH is a 501(c) 3 organization supporting local pediatric cancer patients





(518) 409-6993 www.acunirvana.com

More than just a bike shop A true cycling community BICYCLES **EXPERT SALES & SERVICE PROFESSIONAL FITTING** MTB, ROAD & TRI SPECIALISTS 206 Glen Street • Glens Falls, NY 518.223.0148 greyghostbicycles.com

facebook.com/greyghostbicycles

RACE RESULTS

9TH ANNUAL JOG FOR JUGS HALF MARATHON & 5K RUN

May	10	2018	Colon	ie Tow	n Park	Latham

		-	• Coloni	e ic	own Park, Lathan			
	-MILE	RUN				5K RUN	ı	
MALE OVERALL	20	Clin and and	1.10.01	M	ALE OVERALL			
1 Noah White	39	Slingerlands	1:18:01	1	Matt Kawala	54	Latham	20:4
2 Robert Ordish	32	Albany	1:23:37	2	Joseph Altabello	39	Green Island	20:5
3 Bob Radliff	53	Stillwater	1:25:39	3	Peter Bellino	51	Niskayuna	23:44
FEMALE OVERALL					MALE OVERALL	٥.	Miskayana	23
1 Julia Eddy	20	Alcove	1:39:27	1		50	Sand Lake	22.5
Christine Varley	54	Albany	1:42:11		Bridget Enderle			23:50
3 Charity McManaman	41	Colonie	1:42:48	2	Melissa Carroll	34	Albany	24:52
FEMALE AGE GROUP: 20 -		_		3	Kelli Donohue	35	Troy	25:0
1 Danielle Eckler	24	Troy	1:51:22	M	ALE AGE GROUP: 1 - 14			
FEMALE AGE GROUP: 25 -				1	Max Classen	7	Albany	31:32
1 Stefanie Fresenius	26	Saratoga Springs	1:46:05	FF	MALE AGE GROUP: 1 -	14	,	
2 Emily Moore	26	Saratoga Springs	1:46:05	1	Raegan Merritt	13	Ballston Lake	46:2
3 Jenny Bogda	27	Ballston Spa	1:49:56		ALE AGE GROUP: 15 - 1		Dalistori Lake	40.2
FEMALE AGE GROUP: 30 -							CUO D I	F2 2
1 Nicole Viscusi	33	Scotia	1:43:53	1	Liam Cunningham	17	Clifton Park	52:2
2 Amber Hooper	33	Glenville	1:51:48	FE	MALE AGE GROUP: 15	- 19		
3 Jennifer Kehn	31	Albany	1:54:02	1	Kacie Simzer	16	Clinton	37:52
MALE AGE GROUP: 35 - 3				М	ALE AGE GROUP: 20 - 2	9		
1 Jonathan Peck	39	Glenville	1:27:29	1	Keith Bateman	28	Albany	53:22
2 Ryan Nix	38	Guilderland	1:34:16		MALE AGE GROUP: 20 -		, abarry	33.2.
3 Anthony Lucier	39	Schenectady	1:41:33	1		29	Rensselaer	29:4
FEMALE AGE GROUP: 35 -					Taegen Pottenburgh			
1 Joy McManaman	39	Schenectady	1:42:48	2	Emily Garavelli	25	Valatie	31:43
2 Katrina Melei	37	Glenmont	1:56:21	3	McKayla Martin	28	Duanesburg	33:42
3 Emilie Castiglione	38	Glenmont	1:56:51	M	ALE AGE GROUP: 30 - 3	9		
MALE AGE GROUP: 40 - 44				1	Kenneth Shelley	35	Cohoes	26:30
1 Greg Ethier	44	Clifton Park	1:27:58	2	Daniel McConnelee	38	Schenectady	26:54
2 Steve Nicoll	44	Schenectady	1:30:59	3	Ryan Jennings	36	Cohoes	27:48
3 Anthony Luciano	42	Gloversville	1:46:15				Conoes	27.40
FEMALE AGE GROUP: 40 -					MALE AGE GROUP: 30			
1 Holli Mulholland	41	Saratoga Springs	1:47:14	1	Jessica Zaloga	36	Watervliet	26:28
2 Sara Lyskawa	44	Cohoes	1:49:00	2	Alicia Cosh	35	Delanson	26:29
3 Joy Stallmer	41	Waterford	1:50:31	3	Shannon Conwall	36	Delanson	26:3
MALE AGE GROUP: 45 - 49				М	ALE AGE GROUP: 40 - 4	9		
1 Shane Squires	49	Clifton Park	1:54:59	1	Edward Classen	41	Albany	31:33
2 John Lawrence	49	Clifton Park	2:02:31	2	Mark Donohue	40	Albany	46:2
3 Mike Ostrander	49	Clifton Park	2:16:11				Albally	40.2
FEMALE AGE GROUP: 45 -	49				MALE AGE GROUP: 40			
1 Lonnie Halusic	49	Niskayuna	1:57:26	1	Linda Borges	47	Altamont	28:09
2 Lisa Rufo	48	Buskirk	2:00:16	2	Ana Callaghan	40	Schenectady	28:42
3 Kathy Viggiano	49	Delmar	2:03:42	3	Ruphence Kichinda	41	Albany	29:52
MALE AGE GROUP: 50 - 54				М	ALE AGE GROUP: 50 - 5	9		
1 David Troischt	51	Mechanicville	1:31:44	1	Randy Goldberg	59	Schenectady	28:33
2 John Butler	51	Latham	1:43:59		MALE AGE GROUP: 50			
3 John Paniccia	51	Clifton Park	1:57:57				Calana a ata al	20.2
FEMALE AGE GROUP: 50 -				1	Kathleen Goldberg	59	Schenectady	28:33
1 Kristen Hislop	53	Clifton Park	1:43:04	2	Beth McIntyre	52	Albany	30:13
2 Jennifer Casey	53	Ballston Lake	1:57:58	3	Julie Johnson	55	Schenectady	30:30
3 Stephanie Languell	52	Scotia	2:02:30	M	ALE AGE GROUP: 60 - 6	9		
MALE AGE GROUP: 55 - 59				1	Martin Touhey	65	Albany	24:53
1 Timothy Lippert	57	Berne	1:49:35	2	John Sheehy	60	Menands	26:23
2 Steve Janack	55	Glenville	1:53:01	3	Patrick Kilpeck	62	Richmondville	30:00
3 Ed Ellis	57	Hannacroix	1:57:21				MEMIORIUVIIIE	الا.ناد
FEMALE AGE GROUP: 55 -	59				MALE AGE GROUP: 60			
1 Linda Ferguson	57	Middle Grove	1:53:02	1	Barbara Lisosky	60	Castleton	28:4
2 Jenny Lee	58	Selkirk	2:09:54	2	Judy Lynch	68	Castleton-on-Hudson	29:53
3 Michelle Ching	57	Clifton Park	2:35:17	3	Diane Ward	65	Albany	30:20
MALE AGE GROUP: 60 - 64				М	ALE AGE GROUP: 70 - 7	9		
1 Myron Ferguson	60	Middle Grove	1:41:02	1	Joseph Scaringe	72	Latham	27:16
FEMALE AGE GROUP: 60 -	64			2	Daniel Rickmyre	71	Schenectady	33:4
1 Joanne Underwood	60	South Glens Falls	2:55:30		,		,	
MALE AGE GROUP: 65 - 69	9			3	William Vanhoesen	75	Schenectady	50:12
			1.50.40	FF	BARLE ACE CROUD, 70	. 79		
 Joe Yavonditte 	69	Schenectady	1:59:43		MALE AGE GROUP: 70			
1 Joe Yavonditte FEMALE AGE GROUP: 65 -		Schenectady	1:59:43	1	Carol Joslyn	75	Richmondville	45:0

GLENS FALLS URBAN ASSAULT 3.5-MILE OBSTACLE RACE May 26, 2018 • Bullpen Tavern, Glens Falls

		IVIA	/ 26, 2018 • Bul	ipen ia	avern, Glens Fal	IS	
M	ALE OVERALL			FE	MALE OVERALL		
1	Cameron Giordano	23:45	Queensbury	1	Gina Davis	26:12	Glens Falls
2	Karl Davis	26:11	Glens Falls	2	Clara Avery	29:45	Glens Falls
3	Jack Hicks	26:52	Queensbury	3	Jessica Hatfield	31:31	Saranac
4	Lucas Jenkin	26:55	Queensbury	4	Katherine Lieberth	32:17	Glens Falls
5	Liam Burgess	27:30	Queensbury	5	Justin Devillar	32:54	South Glens Falls
6	Parker Stafford	27:36	Glens Falls	6	Erica Babson	34:22	Fort Edward
7	Brian Donlon	27:52	Glens Falls	7	Kara Hammond	34:25	Gansevoort
8	Nathan Difiore	28:01	Queensbury	8	Marissa Colvin	34:41	South Glens Falls
9	Aidan Taylor	28:20	South Glens Falls	9	Sylvia Guillet	35:07	Glens Falls
	Cameron Shaver	28:27	Queensbury	10	Dianne Petteys	35:08	South Glens Falls
11	Cyrus Guillet	28:38	Glens Falls	11	Amanda Mauer	35:23	Queensbury
	Eric Stetson	28:49	Queensbury	12	Kate Crandall	35:46	Glens Falls
	Owen Kress	29:30	Glens Falls	13	Lily Mulholland	35:47	Glens Falls
	Andrew Pollock	29:30	Hudson Falls	14	Ava Pirozzolo	35:47	Glens Falls
	Andrew Fisler	29:40	Ballston Spa	15	Morrison Northrop	35:47	Glens Falls
	Max Buckbee-Selleck	29:41	Glens Falls	16	Kayla Quirk	35:47	Glens Falls
	Jacob Revell	29:42	South Glens Falls	17	Jeanette Quintois	35:49	South Glens Falls
	Ryan Healy	29:44	Glens Falls	18	Rachel Seaman	36:17	Fort Edward
	Shawn Lovelace	29:49	Queensbury	19	Paige Edwards	36:42	Lake George
	Ben Jenkin	30:01	Queensbury		Mia Rath	37:16	Ballston Spa
	Tyler Zehr	30:08	Queensbury		Morgan Oliver	37:19	Queensbury
	Connor Wescott	30:15	Saratoga Springs		Madelyn Oliver	37:19	Queensbury
	Joshua Defavette	30:13	Oueensbury	23		37:32	Glens Falls
	Benny Heyman	30:36	Glens Falls		Kirsten Lunder	37:32	Queensbury
	Brayden Dock	30:50	Queensbury	25	,	38:17	Wilton
	Andrew Wescott	31:15	Saratoga Springs		Kristine Wheeler	38:27	Queensbury
	Aaron Mattoon	31:16	Albany		Maya Bruno	38:37	Queensbury
	Samuel Murphy	31:32	Albany		Jody Sheldon	38:43	Porter Corners
	Dylan Davies	31:38	South Glens Falls		Cara Harrington	38:55	Glens Falls
	Brayden Bennett	31:48	lake Luzerne	30	. ,	38:58	Wynantskill
	Cyrus Pichler	31:51	Glens Falls		Taylor McLarty	39:00	Lake George
	Aidan Harrington	32:09	Glens Falls		Eloise Ring	39:00	Cropseyville
	Kurtis Naatz	33:04	Queensbury		Sarah Wolfstich	39:05	Glens Falls
	Thomas Gosselin	33:32	Glens Falls		Erin Harrington	39:05	Glens Falls
	Everett McLarty	34:09	Queensbury	35		39:10	Cohoes
	Kevin Defayette	34:19	Plattsburgh		Laura Perez	39:21	Saratoga Springs
	Matthew Defayette	34:19	Queensbury		Mae Tallon	39:34	Glens Falls
	Adam Avery	34:13	Glens Falls		Frances McTiernan	39:34	Glens Falls
	Parker Mija	34:25	Queensbury		Kendall Gross	39:41	Glens Falls
	Owen Burr	34:29	Queensbury		Elaine Thurber	39:49	Hudson Falls
	John Tallon	34:40	Glens Falls		Allie Mija	40:08	Queensbury
	Steven Endieveri	34:46	Glens Falls		Caroline Lieberth	40:10	Glens Falls
	Zachary Bruno	34:46	Queensbury		Sarah Mija Kerri Brennan	40:11 40:12	Queensbury Gansevoort
	Cooper Brennan	34:46	Gansevoort		CJ Lunt	40:12	Queensbury
	Nicholas Mattison	34:49	Queensbury		Jamie Benway	40:21	. ,
	Al Swears	35:00	South Glens Falls		Rashna Meunier	40:32 40:40	Queensbury
	Garth Brennan	35:00	Gansevoort		Diana Sustar	41:09	Saratoga Springs Fort Ann
	Ayden Grieve	35:07	Glens Falls		Alley Eisler	41:09	Ballston Spa
49	,	35:25	Queensbury		Taylor Patton	41:27	Glens Falls
	Landon Becker	35:25 35:28	Gansevoort	30	Courtesy of Adi		
50	Editaoli Deckei	33.20	Garisevoort		country of Aun	S. Juck Hate H	agement

14TH ANNUAL SARATOGA LIONS DUATHLON & 5K RUN

	May 27, 2018 • Saratoga Casino Hotel, Saratoga Springs											
	5K RUN, 30K BIKE,				E AGE GROU				GROUP: 60 - 64			
м	ALE OVERALL	7,110			nica Byers	41	1:53:36	1 John No		1:31:18		
1	Nick Marcantonio	25	1:18:49		perly Kilby	41	1:58:10	2 Ron Gre				
2	Tim Russell	29	1:20:37		AGE GROUP:		1.50.10					
3	Charles Lester IV	36	1:31:10		n Amoriell	49	1:34:04	3 Paul Sale				
FE	MALE OVERALL				nond Rogers-F			4 Vincent	,			
1	Ann Marie Moskal	38	1:37:47	. ,	Coleman	45	1:39:02		Norganson 61			
2	Beth Stalker	59	1:44:32		Moore	48	1:40:06	6 Matt Jor	ies 64	2:09:45		
3	Darci Lafave	51	1:52:02		dy Swift	46	1:40:55	7 Stephen	Mastaitis 64	2:29:25		
M	ALE AGE GROUP: 1 -	19			k Lefebre	49	1:49:13	MALE AGE	GROUP: 65 - 69			
1	Trevor Dzikowicz	15	1:39:28		n Butler	48	1:51:25	1 Ward Kii	ng 67	1:54:27		
2	Brandon Gohl	17	1:56:15		t Mahoney	48	2:03:48	2 John Ma	rtin 67	1:56:59		
	ALE AGE GROUP: 25				E AGE GROU		2.03.40		GROUP: 70 - 74			
1	Ben Cohen	28	1:44:03		Cuneo	46	2:01:53	1 Nick Me		1:51:33		
2	Ryan Jones	26	1:45:11		n Viger	49	2:02:03		72 GE GROUP: 70 - 74			
	MALE AGE GROUP: 2				Heid	48	2:14:37					
1	Jess Zlotnick	27	1:59:47		tal Ayers	46	2:17:42		McKnight 71			
2	Mya Domenico	25	2:13:19	- , .	AGE GROUP:		2.17.42		ON FEMALE RELA			
1 1	ALE AGE GROUP: 30 - Ben Jordan	- 34 31	1:31:54		Regenauer	53	1:32:10	1 Hislop &		1:41:11		
2	Ryan Keller	30	1:31:54		g Girling	53 52	1:32:10	2 Wine No		2:30:37		
	Kyan Keller MALE AGE GROUP: 3		1.57.24		g Girling Emmendorfer	52 53	1:33:08	TWO-PERS	ON MALE RELAY	ГЕАМ		
1	Abbie Abbale	34	1:55:42		mmendorrer McAuley	53 50	1:37:35	1 Hot Club	Racing	1:22:14		
2	Katharine Neer	32	1:57:19		Thomas	50 51	1:44:26	2 Petersen	& Steele	1:43:44		
3	Alexandra Besso	32	1:58:40		s McNally	53	1:44:26	3 O'Conno		1:46:30		
4	Justine Lobosco	34	2:03:29			52	1:49:19	4 ARPY		1:55:32		
	ALE AGE GROUP: 35	٠.	2.03.23		l Digregry Denham	52 52	1:51:28		ON MIXED RELAY			
1	Bradley Fischer	39	1:33:43		ey Halusic	51	1:57:02	1 Team Slo		ILAW		
2	James Powell	35	1:48:43			52	1:57:10			.) 1.22.44		
3	Matthew Buonanno	36	1:58:22		ald Richards	52 50	2:00:09		ast isn't good enougl			
4	Nicholas Lobosco	37	2:03:29		ey Schwartz			2 Seyfried	'	1:50:55		
5	Matt Dickson	37	2:08:36		miah Wood	50	2:23:24	3 Jimmy Le	eg .	2:05:59		
FE	MALE AGE GROUP: 3	5 - 39			E AGE GROU		2.05.22	THREE-PER	SON FEMALE REL	AY TEAM		
1	Danielle Freebern	37	2:10:45		Pleban AGE GROUP:	54	2:05:22	1 Bad Mor	ns	2:03:14		
	ALE AGE GROUP: 40						1.20.20	THREE-PER	SON MALE RELAY	TEAM		
1	John Bonetsky	43	1:36:09		nael Stalker Blake	56 58	1:38:36 2:06:34	1 Spoke 'r	' Hustle	2:08:24		
2	Robert Demarco	44	1:39:51			55	2:06:48	THREE-PER	SON MIXED RELA	Y TEAM		
3	Brian Ilardi	42	1:54:43		Sanborn	55 56	2:40:51		ndurance	1:28:14		
4	Nicholas Verdile	43	2:00:43		am Whitney E AGE GROU		2:40:51	2 Mom &		1:42:57		
5	Chet Tetreault	43	2:02:17				1.50.50		e or Mine	2:00:34		
6	James Schertzer	43	2:05:12		gett Frary	58 59	1:58:59					
7	Neil Tyrrell	43	2:06:06	2 Amy	Perillo	59	2:18:22	4 Scramble	ea Eggs	2:27:11		
		EK B				NAALE A	GE GROUP	. FO FO				
	ALE OVERALL	5K R	UN					50 - 39	Consolinant	24.20		
1	Andrew Eisler	1	4 Ballston	Sna	21:45		uel Cirenza		Gansevoort	24:29		
2	Michael Hornfeck		2 Brooklin		21:56		Kegler	51	Saratoga Springs	28:49		
3	Barry Ostrager	-	1 New Yo		23:09			UP: 50 - 59	D. II	27.27		
	MALE OVERALL	/	i ivevv to	r.	23.03	1 Kim E		52	Ballston Spa	27:37		
1	Melissa Grandjean	Δ	0 Glenville		22:46		Cannella	54	Avon	29:18		
2	Megan Walsh			a Springs	24:30		ne Catalano	55	Saratoga Springs	30:52		
3	Lauren Farley			a Springs	25:31		GE GROUP					
-	ALE AGE GROUP: 1 -		Juiutogi	2 2pinigs	23.31		rt Farley	64	Saratoga Springs	25:34		
1	Samuel Wood		5 Saratog	a Springs	26:41			UP: 60 - 69		20.00		
M	ALE AGE GROUP: 20			15-			Scavone	60	Saratoga Springs	29:01		
1	Joseph Wagner		5 Gansevo	ort	24:56		Tedesco	61	Saratoga Springs	58:52		
FEI	MALE AGE GROUP: 3						GE GROUP					
1	Amanda Wing		4 Ballston	Spa	32:06		Vavasour	70	Albany	39:26		
FE	MALE AGE GROUP: 4	0 - 49					rd Brewer	76	Cohoes	41:41		
1	Maria Geizer	4	8 Saratog	a Springs	28:24			UP: 70 - 79				
2	Katie Gifford		2 Ballston		30:36	1 Barba	ra Martin	74	Gansevoort	58:52		
3	Vae Champagne	4	5 Fairfield		33:37		Courtesy	of Saratoga S	orings Lions Club			

17TH ANNUAL WHITEFACE MOUNTAIN UPHILL BIKE RACE

Ju	ine 1, 201	8•	Whiteface Mou	ntain Ve	terar	ns Memorial I	High	vay, Wilmington)
	11 M	III 4	, 8% GRADE		FE	MALE AGE GROUP	P: 40 - 4	9	
			Groups & NY Finishers		1	Julie Audet	40	Gatineau, QC	1:11:48
MALE OVE		.5-			2	Silvana Ferrara	44	Chateauguay, QC	1:19:02
1 Sjaan G		36	Ottawa, ON	51:13	3	Helene Fauvelle	45	Gatineau, QC	1:23:17
	McNicoll	34	Montreal, QC	51:42	4	Heather Anthony	48	Schenectady	1:31:00
	chwartz	18	Lachine, QC	53:24	M	ALE AGE GROUP: 5	50 - 59	,	
FEMALE O			zacimie, qe	33.2 .	1	Michael Johnson	57	Honesdale, PA	1:01:43
1 Abbie S		21	Canandaigua	1:05:55	2	Barry Smith	54	Greely, ON	1:02:38
2 Jodi We		36	Ottawa, ON	1:05:56	3	William McGreevy	54	Wilmington	1:03:06
	h Pellerin	31	Drummondville, QC	1:11:07	4	Michael Sloan	52	Millbrook	1:03:19
UNICYCLE		51	Diaminonaviile, QC	1.11.07	10	Richard Karaz	57	Remsen	1:08:00
1 Steven F		55	Delmar	1:35:02	21	Pat Doner	52	Syracuse	1:14:39
	Ottaway	54	Albany	1:48:03	22	Jim Basil	53	Schenectady	1:15:28
	Detweiler	40	Albany	1:50:24	23	Stephen McAlpine	57	Saratoga Springs	1:16:27
	- FEMALE	40	Albany	1.30.24	25	Stan Letarte	55	Rush	1:17:57
	/iedmann	17	Clifton Park	1:44:01	29	David Petrie	53	New York	1:20:07
			CIIIION Park	1:44:01	32	Paul Labrie	57	Monroe	1:21:40
	E GROUP: 1 - 1		Dame I d	FF-02	37	Michael Colello	55	Watertown	1:26:04
	oher Welch	19	Barneveld	55:02	39	William Krisher	53	Schenectady	1:27:34
2 Jacob St		17	Champlain	57:29	42	David Martel	53	Watertown	1:28:08
3 Evan Nic		14	Lyme, NH	1:07:15	44	David Torrey	58	Ballston Spa	1:29:05
5 Joseph I		17	Rush	1:31:51	50	Dan Harrison	51	Albany	1:34:17
	GE GROUP: 1				54	Mark Lurz	51	Clifton Park	1:41:34
1 Mitchek		13	Leadville North, CO	2:04:18	56	Kevin Hill	58	Palmyra	1:53:19
	E GROUP: 20 -				FE	MALE AGE GROUP	P: 50 - 5	i9 [*]	
	ı Belanger-Barre	tte	28 Quebec, QC	56:37	1	Colette Martel	59 S	teAgathe-Des-Monts, QC	1:16:56
	n Meyer	20	Waterbury Center, VT	56:53	2	Melanie Ryals	53	Newton, MA	1:19:00
3 Julian La	acasse	25	Mirabel, QC	57:57	3	Sylvie Sanschagrin	59	Montreal, QC	1:25:46
7 Kalen Su	ullivan	23	Elmsford	1:04:28	M	ALE AGE GROUP: 6	60 - 69		
8 AJ Beers	5	21	Central Square	1:10:49	1	Kevin Williams	60	Schenectady	1:06:43
9 Luis Figu	ueroa	27	New York	1:13:01	2	Alberto Padilla	60	Ottawa, ON	1:07:43
10 Ian Leta	rte	20	Rush	1:13:27	3	Charles Martel	65	Hinchinbrooke, QC	1:12:55
12 Jared Sh	nort	21	Ballston Spa	1:18:01	8	Douglas Allen	61	Middletown	1:18:55
14 Jake Erd	lman	22	Potsdam	1:25:46	9	Phillip Darmstadt	60	Fleischmanns	1:18:57
FEMALE A	GE GROUP: 2	0 - 2	29		10	Peter Gerardi	66	Glenville	1:20:11
	hilippe Bernard		StFaustin-Lac-Carr, QC	1:26:57	11	Robert Kirshoff	62	Melville	1:20:15
2 Erin Ras		29	Plattsburgh	1:29:00	13	Robert Harrington	64	Huntington	1:24:52
3 Kelly Let		23	Rush	1:56:47	14	James Holler	63	Jamestown	1:27:04
. , .	E GROUP: 30 -		Nasii	1.50.47	19	Chris Amato	62	Delmar	1:35:57
	sushima	38	Fort Lee, NJ	57:06	21	Stephen Berghash	60	Scottsville	1:47:23
,	afontaine	39	Gatineau, QC	57:39	22	Eric Leskovec	61	Fort Edward	1:50:46
3 Philippe		33	Montreal, QC	58:12	FE	MALE AGE GROUP	P: 60 - 6	9	
14 Daniel R		33	Hudson	1:06:18	1	Andrea Gerardi	60	Glenville	1:34:27
21 Scott M		38	Saranac Lake	1:11:28	M	ALE AGE GROUP: 7	70 - 79		
					1	Jeremy Coleman	70	Shelburne Falls, MA	1:16:46
28 Patrick I		30	Baldwinsville	1:18:20	2	Irvin Gordon	71	Contoocook, NH	1:43:47
	GE GROUP: 3			4 45 50	3	Richard Erenstone	70	Lake Placid	1:55:33
1 Melissa		38	Saint-Sauveur, QC	1:15:53	CL	YDESDALE - MALI	E		
2 Alexis R		37	Jericho, VT	1:16:36	1	Scott Nichols	46	Lyme, NH	1:09:57
	laude Nadeau		Montreal, QC	1:21:28	2	Michael Sajewicz	36	Westfield, MA	1:15:42
	E GROUP: 40 -				3	Adam Ford	35	Waymart, PA	1:16:23
	s Fanaras	42	Amesbury, MA	58:58	6	Scott Sargent	52	Center Valley	1:24:51
	Tremblay	41	Gatineau, QC	1:00:56	8	Shawn Kelly	46	Albany	1:33:00
	Sepulveda	47	Bogota, COL	1:01:26	9	Josh Stokes	42	Massena	1:34:01
10 Toshiki N	Manabe	41	New York	1:07:45	10	Steven Empie	62	Melrose	1:37:2
15 Marek S		47	Cortlandt Manor	1:11:09		John Potash	50	Ballston Spa	1:38:4
17 Makoto	Kawaguchi	44	Brooklyn	1:11:23		Edward Rosenberg	52	Glenville	1:42:3
18 Michael		45	Saratoga Springs	1:12:46		Mark Gobel	63	Oneonta	1:46:38
19 Arin Sim		46	Queensbury	1:17:22		HENA - FEMALE	0.5	2	+0.50
23 Christon		45	Troy	1:24:29	1	Kiersten Kotronis	40	Wilmington	1:38:28
26 Jonatha		47	Mechanicville	1:27:35	2	Laurie Krzywda	52	Augusta, ME	1:54:49
31 Gregory		48	Canandaigua	2:00:51				ntain Regional Visitors I	
Gregory		.0			,				uu

		40TH AI		I <mark>AL FREIHOFE</mark> une 2, 2018 • Cap				5K	
		WOMEN'S 5K			4 23:2		Elizabeth St. Clair	59	Williamstown, MA
	OP 10 OV				5 23:2		Bridgett Frary	57	Schenectady
1 2		Sarah Pagano Steph Bruce	26 34	Brighton, MA Flagstaff, AZ	6 23:2 7 23:3		Michelle Neal Nancy Nicholson	56 56	Seattle, WA Queensbury
3	15:56	Diane Nukuri	33	Flagstaff, AZ	8 23:4	45	Lynne Delesky	57	Caroga Lake
4		Allie Kieffer	30	Buffalo	9 24:1 10 24:1		Kim Baker	56 55	Pittsfield, MA
5 6		Jessica Tonn Emma Bates	26 25	Concord, MA Boise, ID			Therese Jordan P: 60 - 64	22	Clifton Park
7	7 16:28	Lindsay Flanagan	27	Louisville, CO	1 19:	51	Joan Samuelson	61	Freeport, ME
8 9		Kaitlin Goodman	31 16	Providence, RI	2 21:3 3 22:2		Regina Joyce Nancy Briskie	61 60	Seattle, WA Schenectady
	10.44	Kelsey Chmiel Kristin Heckert	31	Greenfield Center Bolinbrook, NJ	4 24:3		Robin Avery	62	Adams, MA
	OP 5 MAS				5 24:3	38	Denise Herman	62	Saratoga Springs
1		Jen Rhines	43	San Diego, CA	6 24:4		Karen Dott	62	Albany
2		Cassandra Henkiel Christy Peterson	48 43	Austin, TX North Wales, PA	7 26:0 8 26:4		Karen Gillespie Carolyn George	61 64	Boxborough, MA Albany
4		Mary Pardi	48	Falmouth, ME	9 27:2		Lisa Barley	62	Albany
5		Marisa Sutera Strange	54	Pleasant Valley	10 27:3		Maureen Kirsch	62	East Greenbush
1	AGE GROU 18:35	JP: 1 - 14 Ella Kurto	13	Ballston Spa	1 24:5		P: 65 - 69 Martha DeGrazia	67	Slingerlands
2		McKinley Wheeler	13	Saratoga Springs	2 25:3		Erika Oesterle	66	Stamford
3		Sheridan Wheeler	13	Saratoga Springs	3 25:3		Jacqueline Gareau	65	Quebec, QC
4 5		Abigail Moxon Mya June	12 14	Nassau Schenectady	4 27:4 5 27:1		Darlene Cardillo Joan Williams	65 65	Delmar Clifton Park
6		Angelina Pusateri	12	Castleton-on-Hudson	6 28:4		Jan Bradley	66	Windsor, MA
7		Kiley Matthews	13	Rensselaer	7 28:		Debra Kelley	65	Albany
8	3 21:14 9 21:16	Payton McGeough-Gam Lillian Moran	ache 12	12 Albany Albany	8 30:4 9 30:1		Vickie Jarvis Lynn Marchetto	65 66	Delanson Easton, PA
	0 22:04	Bianca Greco	14	North Falmouth, MA	10 31:0		Kristine Thorne	68	Clifton Park
,	AGE GROU	JP: 15 - 19			AGE G	ROU	P: 70 - 74		
1		Julia Zachgo	19	Rexford	1 28:		Nancy Hodge	70 70	Delmar Clifton Book
3		Ciara Knott Kathryn Tenney	16 16	Saratoga Springs Albany	2 30:0 3 31:0		E. Silva Rosemary Hillengas	70 71	Clifton Park Rensselaer
4	19:20	Natalie Penna	16	Albany	4 31:2	21	Louise Quattrocchi	71	Albany
5		Rachel Hodge	16	Delmar	5 31:5		Laura Clark	71	Saratoga Springs
6 7		Sophia Bisognano Eva Scott	15 19	Albany Burnt Hills	6 32:3 7 33:2		Cathy Stone Kathy Yasenchak	70 70	Albany Saratoga Springs
8		Sophie Tesla	17	Greenfield Center	8 33:	53	Rosann Graziano	71	Utica
9	20:11	Hunter Von Ahn	17	Saratoga Springs	9 35:2	27	Margaret Trowe	70	Albany
	10 20:18	Megan Morin JP: 20 - 24	16	Greenfield Center	10 38:3		Betsy Osborn P: 75 - 79	71	Rensselaer
1		Hannah Reinhardt	20	Albany	1 30:3		Jayne Zinke	75	Valatie
2		Christine Myers	20	Altamont	2 33:4		Laddie Toney	76	Warrensburg
3		Olivia Beltrani	24	Troy	3 36:		Catherine Roberts	78	Pittsfield, MA
4 5		Christie MacFarlane Elizabeth Predmore	23 24	Delmar Ballston Lake	4 40:5 5 53:2		Liz Milo Alice Green	77 77	Schenectady Albany
6		Courtney Breiner	21	Troy	6 56:4		Carol Bodner	76	Clifton Park
7		Keeley Hogan	20	Delmar	7 56:4		Margie Morrell	75	Round Lake
8	3 20:01 9 20:34	Claire Gomba Gina Pardi	21 20	Saratoga Springs Falmouth, ME	8 57:0 AGE G		Yvonne Tasker Rothenbe P: 80 - 84	rg/6	Slingerlands
	0 20:37	Katie Guilbo	21	Rensselaer	1 26:4		Libby James	81	Fort Collins, CO
		JP: 25 - 29			2 42:4		Eiko Bogue	81	Schaghticoke
1 2		Rose Mascoli Claire Collison	27 28	Conshohocken, PA Albany	3 48:0 4 57:0		Marcia Hanson Carol Delorenzo	82 80	Albany Ballston Lake
3		Kelly McShea	25	Lisle, IL	5 60:4		Nora Dietz	82	Yorktown Heights
4	19:19	Erin Hatton	28	Troy	AGE G	ROU	P: 85 - 89		
5		Allison Sawyer	29	Clifton Park	1 43:2 2 61:0		Anny Stockman	85	Rensselaer
6 7		Jennifer Ryan Brina Seguine	29 28	Troy Rensselaer	2 61:0 3 71:		Mary Dennigan Nancy Gerstenberger	85 88	Hoboken, NJ Albany
8	19:59	Hannah Brooker	27	Albany	MOTH	ER/D	AUGHTER TEAMS		
9	9 20:08 10 20:12	Julie Robinson	26 25	Troy		n Par			39:25
		Amy Babeu JP: 30 - 34	25	Cohoes		y Par ataw	di 48, Gina Pardi 20 al		45:26
1	16:45	Kristin Heckert	31	Bolinbrook, NJ		alie V	Vallace 25, Suzanne Walla	ce 54	
2		Maegan Krifchin	32	Bellmore			Demars Duo	42	47:34
3 4		Nicole Soblosky Francesca Delucia	30 30	Albany New York			nars 16, Elizabeth Demars FER TEAMS	42	
5		Megan Anello	33	Windsor, MA			utter Miceli Time		42:15
6		Jill Nava	34	Delanson			Miceli 20, Erin Miceli 17		45.45
7 8		Katie Rossettini Sarah Thomas	30 30	Ballston Spa Berne	2 Soa Emi		swans cklet 37, Clare Disanto 33		45:15
	20:48	Meghan Louden	32	Clifton Park		steeg			45:24
	0 20:57	Erin Wrightson	32	Albany			steegen 39, Betsy Gwin 34		
1		JP: 35 - 39 Diane Ryan	36	Ballston Spa		o MO n Ho	THER/MOTHER/DAUGH	ITER T	EAMS 1:11:11
2		Jennifer Mortimer	36	Bedford, NH			uge odge 16, Katie Hodge 46,	Nancv	
3	18:26	Erin Lopez	37	Saratoga Springs	2 Clar	k/Sua	arez	,	1:41:20
4		Meg Versteegen	39	Schenectady			ark 71, Julie Suarez 45, Em	iilia Sua	
5 6		Diana Tobon-Knobloch Anya Rozanova	37 37	Schenectady Albany	3 3 G Jess		itions rall 26, Carol Bodner 76, S	andra (2:45:16 Crall 53
7	7 21:05	Jennifer Richardson	37	Albany	FRIENI	OS/F/	AMILY TEAMS	uiu	
8		Tantra O'Neil	35	Fonda			rything for Another	6 - P	1:03:32
	9 21:25 10 21:27	Danielle Maslowsky Kari Deer	39 39	Ballston Lake Slingerlands			Prudden, Paulina Pascual, Running Center/MTM	ullann	a Buck 1:05:23
		JP: 40 - 44					nello, Christine Arace, Eliz	abeth :	
1	20:55	Katina Reynolds-Greene	11	Scotia	3 TMI	RCF I			1:08:50
				11 Clingardand	4 12			mir.	
2 3	21:57	Colleen Ottalagano-McO		41 Slingerlands Clifton Park		Rob	upstate inson, Anya Rozanova, Jer IOL TEAMS	nnifer N	lechamen
2 3 4	2 21:57 3 22:02 1 22:19	Colleen Ottalagano-McC Erin Gregory Deanne Webster	3arry 41 42	Clifton Park Albany	HIGH S 1 Sara	Rob CHC atoga	inson, Anya Rozanova, Jer POL TEAMS Springs High School A		54:24
2 3 4 5	2 21:57 3 22:02 4 22:19 5 22:37	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies	41 42 41	Clifton Park Albany Albany	HIGH S 1 Sara Kels	Rob CHC atoga sey Cl	inson, Anya Rozanova, Jer D OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley		54:24 ler
2 3 4 5 6	2 21:57 3 22:02 4 22:19 5 22:37 5 23:00	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May	41 42 41 42 41 42	Clifton Park Albany Albany Brunswick	HIGH S 1 Sara Kels 2 Sara	Rob CHC atoga sey Cl atoga	inson, Anya Rozanova, Jer DOL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B	/ Whee	54:24 ler 59:01
2 3 4 5 6	2 21:57 3 22:02 4 22:19 5 22:37 6 23:00 7 23:08	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies	41 42 41	Clifton Park Albany Albany	HIGH S 1 Sara Kels 2 Sara Ciar	Rob CHC atoga sey Cl atoga ra Kn	inson, Anya Rozanova, Jer D OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley	/ Whee	54:24 ler 59:01
2 3 4 5 6 7 8 9	2 21:57 3 22:02 4 22:19 5 22:37 5 23:00 7 23:08 3 23:19 9 23:35	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci	41 42 41 42 42 42 42 42	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park	HIGH S 1 Sara Kels 2 Sara Ciar 3 Colo	e Rob SCHC atoga sey Cl atoga ra Kno onie I hryn	inson, Anya Rozanova, Jer OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg High School A Tenney, Sophia Bisognano,	/ Whee an Moi	54:24 ler 59:01 rin 59:08
2 3 4 5 6 7 8 9	2 21:57 3 22:02 4 22:19 5 22:37 5 23:00 7 23:08 3 23:19 9 23:35 10 23:36	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt	41 42 41 42 41 42 42 42	Clifton Park Albany Albany Brunswick Rensselaer Selkirk	HIGH S 1 Sara Kels 2 Sara Ciar 3 Colo Katl	e Rob GCHC atoga atoga ra Knonie I hryn	inson, Anya Rozanova, Jer POL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg High School A	/ Whee an Moi	54:24 ler 59:01 rin 59:08 htha Pellegrini
2 3 4 5 6 7 8 9	2 21:57 3 22:02 4 22:19 5 22:37 5 23:00 7 23:08 3 23:19 9 23:35 10 23:36 AGE GROU	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci	41 42 41 42 42 42 42 42	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park	HIGH S 1 Sara Kels 2 Sara Ciai 3 Colo Katl CORPO 1 Oise	Rob SCHO atoga atoga ra Knonie I hryn DRAT	inson, Anya Rozanova, Jer OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg High School A Tenney, Sophia Bisognano,	/ Whee an Moi Samar	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34
2 3 4 5 6 7 8 9 1 1 2	2 21:57 3 22:02 4 22:19 5 22:37 5 23:00 7 23:08 32:19 9 23:35 10 23:36 AGE GROU 1 19:41 2 21:14	Colleen Öttalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber	41 42 41 42 42 42 42 40 42 46 46	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park	HIGH S 1 Sara Kels 2 Sara Cian 3 Colo Katl CORPO 1 Oise Mee 2 Reg	e Rob GCHC atoga atoga a Knonie I hryn DRAT elle ghan enerce	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg High School A Telenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on	whee an Mor Samar Sebecca	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34 Tennyson 1:04:30
2 3 4 5 6 7 8 9 1 1 2 3	2 21:57 3 22:02 4 22:19 5 22:37 5 23:00 7 23:08 3 23:19 9 23:35 10 23:36 AGE GROU 1 19:41 2 21:14 3 21:44	Colleen Öttalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Brit IP: 45 - 49 Elwa Dryer Shanley Alber Sally Drake	41 42 41 42 42 42 42 40 42 46 46 45	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany	HIGH S 1 Sara Kels 2 Sara Ciar 3 Colo Katl CORPC 1 Oise Mee 2 Reg Am.	e Rob GCHC atoga atoga ra Kno onie I hryn DRAT elle ghan enercanda	inson, Anya Rozanova, Jei OL TEAMS Springs High School A nmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg High School A Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F	whee an Mor Samar Sebecca	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34 t Tennyson 1:04:30
2 3 4 5 6 7 8 9 1 1 2 3	2 21:57 3 22:02 4 22:19 5 23:00 7 23:08 3 23:19 9 23:35 10 23:36 AGE GROU 1 19:41 2 21:14 4 22:15	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace	41 42 41 42 42 42 42 40 42 46 46	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA	HIGH S 1 Sara Kels 2 Sara Cian 3 Cole Kattl CORPC 1 Oise Mee 2 Reg Am. 3 KPN	e Rob GCHC atoga ra Knonie I hryn DRAT elle ghan enero anda MG	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg -ligh School A Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on Ryan, Kelley Heffner, Amy	whee an Mor Samar Bebecca	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34 t Tennyson 1:04:30 sson 1:24:03
2 3 4 5 6 6 7 8 8 9 1 1 1 2 2 3 4 4 5 6 6 6 6 6 6 6 7 7 8 8 8 9 8 9 8 9 8 8 9 8 8 8 8 9 8 8 8 8 9 8	2 21:57 3 22:02 4 22:19 5 22:37 5 23:00 7 23:08 8 23:19 9 23:35 10 23:35 10 23:35 10 24:44 4 22:15 5 22:48 5 22:51	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elwa Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Arny Rodak	41 42 41 42 42 42 40 42 46 46 45 45 45	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa	HIGH S 1 Sara Kels 2 Sara Ciar 3 Cole Katl CORPO 1 Oise Mee 2 Reg Am. 3 KPN Allis USATF	e Rob GCHC atoga ato	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg High School A lenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN	whee an Mor Samar Bebecca	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34 Tennyson 1:04:30 nson 1:24:03
2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 7	2 21:57 3 22:02 4 22:02 5 22:37 5 23:00 7 23:08 8 23:35 10 23:36 AGE GROU 19:41 2 21:14 4 22:15 5 22:51 7 22:55	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Amy Rodak Virginia Larner	41 42 41 42 42 42 42 40 42 46 46 45 45 45 45	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Ballston Spa	HIGH S 1 Sarak Kels 2 Sarak Colar 3 Color Katl CORPC 1 Oise Mee 2 Reg Am 3 KPN Allis USATF 1 Albi	e Robs CHC atoga dey Cl atoga da Knonie I hryn DRAT elle ghan enerco anda MG CLU CLU	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg ligh School A Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies	whee an Mor Samar Sebecca Hoskir arie Zim	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34 Tennyson 1:04:30 sson 1:24:03 merman 54:34
2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8	2 21:57 3 22:02 4 22:19 5 22:37 5 23:00 7 23:08 3 23:19 0 23:35 0 23:35 0 23:35 0 23:36 AGE GROU 19:41 2 21:14 4 22:15 6 22:48 6 22:55 6 22:58	Colleen Öttalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Amy Rodak Virginia Larner Judith Dore	41 42 41 42 42 42 42 40 42 46 46 45 45 45 45 46 48	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Ballston Spa Saratoga Springs	HIGH S 1 Sara Kels 2 Sara Ciai 3 Colo Katt CORPC 1 Oise Me(2 Reg Am 3 KPN Allis USATF 1 Albib Diai	e Robs SCHC Atoga sey Cl Intoga ra Kno ra Kno PRAT PRAT PRAT Elle Ighan enerco anda MG CLU CLU The Ry MG Son Si CLU	inson, Anya Rozanova, Jei OL TEAMS Springs High School A Inniel, Ella Kurto, McKinley Springs High School B Ott, Hunter Von Ahn, Meg High School A Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F On Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire on CLEAMS (Claire OLITICAL STANCE)	whee an Mor Samar Sebecca Hoskir arie Zim	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34 I Tennyson 1:04:30 nson 1:24:03 merman 54:34 nn
2 3 3 4 4 5 5 6 6 6 7 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 7 8 8 9 9 1 1	2 21:57 3 22:02 4 22:19 5 22:37 5 23:00 7 23:08 8 23:19 9 23:35 10 23:36 AGE GROU 19:41 2 21:14 4 22:15 5 22:48 5 22:48 6 22:51 7 22:55 8 22:51 7 22:55 8 22:50 8 22:30 8 23:19 9 23:36	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Arny Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire	41 42 41 42 42 42 42 40 42 46 46 45 45 45 45	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Ballston Spa	HIGH S 1 Sara Kels 2 Sara Ciai 3 Colo Katt CORPC 1 Oise Mee 2 Reg Am. 3 KPN Allis USATF 1 Albi Diar 2 Will Erin	e Robs GCHC GCHC Gatoga gatoga gatoga gatoga gatoga gatoga gatoga GCHC GC	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg ligh School A Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A z, Elizabeth Predmore, Ha z, Elizabeth Predmore, Ha	whee an Mor Samar Sebecca Hoskir Arie Zim	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34 .Tennyson 1:04:30 asson 1:24:03 merman 54:34 in 57:35 rooker
2 3 3 4 4 5 5 6 6 6 7 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 6 7 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 6 7 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 6 6 7 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 6 6 7 7 7 8 8 9 9 1 1 4 4 4 5 1 5 1 1 1 1 1 1 1 1 1 1	2 21:57 3 22:02 3 22:09 4 22:19 5 22:37 6 23:00 7 23:08 8 23:19 9 23:35 0 23:35 0 23:35 19:41 2 21:14 4 22:15 6 22:48 6 22:48 6 22:55 8 21:44 9 22:55 8 21:44 9 22:55 9 23:32 0 23:32 0 23:32	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Amy Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54	41 42 41 42 42 42 42 40 42 46 46 45 45 45 45 45 46 48 48 48	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Saratoga Springs Castleton-on-Hudson Albany	HIGH S 1 Sara Kelel 2 Sara Ciai 3 Colo Katl CORPC 1 Oise Am. 3 KPN Allis USATF 1 Allis Diar 2 Will Erin 3 Allis	e Rob GCHC atoga atoga atoga ata Knoonie I hnryn DRAT BRAT	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg ligh School A Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A exet, Elizabeth Predmore, I-a unning Exchange Dames	y Whee an Mon Samar Bebecca Hoskir Hoskir arie Zim Collisc nnah B	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34 t Tennyson 1:04:30 hson 1:24:03 merman 54:34 on 57:35 rooker 58:17
2 3 3 4 4 5 5 6 6 7 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 7 8 8 9 9 1 1 4 4 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2 21:57 3 22:02 3 22:03 4 22:19 5 22:37 6 23:00 7 23:08 9 23:35 10 23:36 AGE GROU 19:41 2 21:14 4 22:15 5 22:48 5 22:48 6 22:58 9 23:08 10 23:32 10	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Arny Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54 Terri Artese	41 42 41 42 42 42 42 40 42 46 46 45 45 45 45 45 45 45	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Ballston Spa Saratoga Springs Castleton-on-Hudson Albany Scotia	HIGH S 1 Sara Relei 2 Sara Ciai 3 Cole Katt CORPC 1 Oise Mete 2 Reg Am. 3 KPN Alliai USATF 1 Alb. Diai 2 Will Erin 3 Alb. Coc	e Rob GCHC atoga atoga ata Kni consistent bright bright consistent co	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg High School B lenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A tz, Elizabeth Predmore, Ha unning Exchange Dames / Breiner, Erin Hatton, Diar	v Whee an Moi Samar tebecca Hoskir Collisc nnah B	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34 t Tennyson 1:04:30 hson 1:24:03 merman 54:34 on 57:35 rooker 58:17
2 3 3 4 4 5 5 6 6 6 7 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 6 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 6 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 6 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 6 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 6 7 7 8 8 9 9 1 1 4 4 4 5 5 6 6 6 7 7 8 8 9 9 1 1 4 4 5 5 6 6 6 7 7 8 8 9 9 9 1 1 4 4 4 5 5 6 6 6 7 7 8 8 9 9 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2 21:57 3 22:02 3 22:03 4 22:19 5 22:37 6 23:00 7 23:08 3 23:19 9 23:35 10 23:36 AGE GROU 19:41 2 21:14 4 22:15 5 22:51 7 22:55 3 22:58 10 23:22 AGE GROU 10 23:22 23:40 10 23:25 10 23:	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elwa Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Arny Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54 Terri Artese Alyssa Risko	41 42 41 42 42 42 42 40 42 46 46 45 45 45 45 45 46 48 48 48	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Saratoga Springs Castleton-on-Hudson Albany	HIGH S 1 Sara Kelel 2 Sara Ciat Sara Ciat Sara Corr 1 Oiss Mee 2 Reg Am 3 KPN Allid Diat 2 Will Erin 3 Alb Cot USATF	e Rob GCHC	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg digh School A fenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F or Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A tez, Elizabeth Predmore, Ha unning Exchange Dames y Breiner, Erin Hatton, Dian B TEAMS: MASTERS 44	v Whee an Moi Samar tebecca Hoskir Collisc nnah B	54:24 ler 59:01 rin 59:08 htha Pellegrini 1:03:34 Tennyson 1:04:30 nson 1:24:03 merman 57:35 rooker 58:17 n-Knobloch
2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 F F F F F F F F F F	2 21:57 3 22:09 4 22:19 5 22:37 5 23:00 7 23:08 9 23:35 10 23:35 10 23:35 10 23:36 10 23:36 10 23:25 10	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Amy Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54 Terri Artese Alyssa Risko Lisa Nieradka Alison Heaphy	41 42 41 42 42 42 42 40 42 46 46 45 45 45 45 45 45 45 52 52 53 51	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Ballston Spa Saratoga Springs Castleton-on-Hudson Albany Scotia Schenectady Clifton Park Nassau	HIGH S 1 Sara Kelels 2 Sara Ciai 3 Cole Kati CORPC 1 Oise Mete 2 Reg Am 3 KPH Allis USATF 1 Albo Diai 2 Will Erin 3 Albo Cou USATF 1 Albo Kati Kati Kati Kati Kati Kati Kati Kati	e Rob CHO Atoga Sey Cl Atoga Ato	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg digh School A Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A ezz, Elizabeth Predmore, Ha unning Exchange Dames y Breiner, Erin Hatton, Diar B TEAMS: MASTERS 4I unning Exchange Dames y Breiner, Erin Hatton, Diar B TEAMS: MASTERS 4I unning Exchange Dames y Breiner, Erin Hatton, Diar B TEAMS: MASTERS 4I unning Exchange Dames y Breiner, Erin Hatton, Diar B TEAMS: MASTERS 4I unning Exchange Schanley A expression of the Company of the Company of the Company uning Exchange Schanley A expression of the Company of the Company of the Company uning Exchange Schanley A expression of the Company of the Company uning Exchange, Shanley A expression of the Company of the Company uning Exchange, Shanley A expression of the Company of the Company of the Company uning Exchange, Shanley A expression of the Company of the Company uning Exchange, Shanley A expression of the Company of the Company of the Company uning Exchange, Shanley A expression of the Company of the Company of the Company uning Exchange, Shanley A expression of the Company of the Company of the Company of the Company uning Exchange, Shanley A expression of the Company of the C	w Whee an Moo Samar Hoskir Hoskir Collisc Innah B	54:24 ler 59:01 in 59:08 htha Pellegrini 1:03:34 i Tennyson 1:04:30 merman 54:34 in 57:35 rooker 58:17 n-Knobloch 1:05:00 lelissa Lombard
2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 5	2 21:57 3 22:02 3 22:03 4 22:19 5 22:37 6 23:00 7 23:08 8 23:19 9 23:35 10 23:36 AGE GROU 19:41 2 21:14 4 22:15 5 22:51 7 22:55 3 22:58 10 23:22 AGE GROU 10 23:26 10	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elwa Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Arny Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54 Terri Artese Alyssa Risko Lisa Nieradka Alison Heaphy Kim Seabury	41 42 41 42 42 42 40 42 46 46 45 45 45 45 45 45 52 52 53 51 50	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Ballston Spa Saratoga Springs Castleton-on-Hudson Albany Scotia Schenectady Clifton Park Nassau Old Chatham	HIGH S 1 Sara Kelel 2 Sara Ciat Sara Ciat Sara Ciat CORPC 1 Oiss Met 2 Reg Am 3 KPN Allid Diat 2 Will Erin 3 Alb Cot USATF 1 Alb Katt 4 Katt 2 Will 5 Cot USATF 2 Will 6 Katt 4 Cot Cot USATF 1 Alb Katt 2 Will 6 Cot	e Rob GCHC	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg digh School A fenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F or Ryan, Kelley Heffner, Amy Reckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A tz, Elizabeth Predmore, Ha unning Exchange Dames y Breiner, Erin Hatton, Diar B TEAMS: MASTERS 4i unning Exchange Breams: MASTERS 4i unning Exchange Arthetic Club A treet Athletic Club A treet Athletic Club A	samar Samar Hoskir Collisc nnah B Ia Tobo	54:24 ler
22 33 44 55 66 77 88 99 11 11 22 33 44 55 66	2 21:57 3 22:02 4 22:19 5 22:37 6 23:00 7 23:08 8 23:19 9 23:35 10 23:36 10 23:36 10 23:36 10 23:36 10 23:35 10 2	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Amy Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54 Terri Artese Alyssa Risko Lisa Nieradka Alison Heaphy Kim Seabury Mary Buck	41 42 41 42 42 42 40 42 46 46 45 45 45 45 45 45 52 52 53 51 50 54	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Ballston Spa Saratoga Springs Castleton-on-Hudson Albany Scotia Schenectady Clifton Park Nassau Old Chatham Mechanicville	HIGH S 1 Sara Ciai Colai Cola	e Rob CHC Attoga At	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg ligh School A Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Mi B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A tz, Elizabeth Predmore, Ha unning Exchange Dames 'Breiner, Erin Hatton, Diar B TEAMS: MASTERS 4t unning Exchange A unning Exchange A treet Athletic Club A ke, Colleen Ottalagano-M ke, Colleen Ottalagano-M	samar Samar Hoskir Collisc nnah B Ia Tobo	54:24 ler
2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 5	2 21:57 3 22:02 3 22:03 4 22:19 5 22:37 5 23:00 7 23:08 9 23:35 19:41 19:41 2 21:14 2 21:14 4 22:15 5 22:48 6 22:55 8 22:58 9 23:08 10 23:32 AGE GROU 10 23:22 AGE GROU 10 23:25 10 23:2	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Amy Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54 Terri Artese Alyssa Risko Lisa Nieradka Alison Heaphy Kim Seabury Mary Buck Concetta Smith	41 42 41 42 42 42 40 42 46 46 45 45 45 45 45 45 52 52 53 51 50	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Saratoga Springs Castleton-on-Hudson Albany Scotia Schenectady Clifton Park Nassau Old Chatham Mechanicville Ballston Lake	HIGH S 1 Sara Kelel 2 Sara Ciai 3 Colo Katl CORPC 1 Oise Am 3 KP Allis USATF 1 Albi Diai 2 Will Cou USATF 1 Albi Cou Salv 3 Salv 3 Salv 3 Salv 3 Salv	Robbsch Robbsc	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg ligh School A Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F D Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A eur, Elizabeth Predmore, Ha unning Exchange Dames y Breiner, Erin Hatton, Diar B TEAMS: MASTERS 4I unning Exchange unning Exchange eurolds-Greene, Shanley A treet Athletic Club A kee, Colleen Ottalagano-M Stryders	v Whee an Mor Samar Hoskir Hoskir Collisc Unnah B an Tobo O+ Unliber, M	1:03:34 1:Tennyson 1:04:30 1:05:00 1:04:30 1:04:30 1:04:30 1:04:30 1:04:30 1:04:30 1:05:00 1:05:30 1:05:43 1:05:00 1:05:43 1:05:43 1:05:43 1:05:43 1:05:43 1:05:43 1:05:43
2 3 3 4 4 5 5 6 6 7 7 7 8 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 9	2 21:57 3 22:02 3 22:03 5 22:37 5 23:00 7 23:08 3 23:19 9 23:35 10 22:55 3 22:55 3 22:55 3 22:55 10 22:30 10 23:35 10 23:35 10 23:35 10 22:35 10 23:35 10 23:35 10 23:35 10 22:35 10 23:35 10 23:3	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Arny Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54 Terri Artese Alyssa Risko Lisa Nieradka Alison Heaphy Kim Seabury Mary Buck Concetta Smith Judy Guzzo Mary Fenton	5arry 41 42 42 42 42 42 44 40 42 45 45 45 45 52 53 51 50 54 50 51 52	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Bailston Spa Saratoga Springs Castleton-on-Hudson Albany Clifton Park Nassau Old Chatham Mechanicville Ballston Lake Niskayuna Ballston Spa Ballston Spa	HIGH S 1 Sara Ciai Colai Cola	Robbsch Charles Robbsch Charle	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg ligh School A Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Me B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A tz, Elizabeth Predmore, Ha unning Exchange Dames y Breiner, Erin Hatton, Diar B TEAMS: MASTERS 4! unning Exchange Pymolds-Greene, Shanley A treet Athletic Club A ke, Colleen Ottalagano-M Stryders Larner, Regina McGarvey, J B TEAMS: SENIORS 50	v Whee an Moi Samar Lebecca Hoskir Collisc nnah B Tobo The Liber, M CcGarry, ane Lal	54:24 ler
2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2 21:57 3 22:02 3 22:03 4 22:19 5 22:37 6 23:00 7 23:08 2 23:19 9 23:35 10 23	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Amy Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54 Terri Artese Alysa Risko Lisa Nieradka Alison Heaphy Kim Seabury Mary Buck Concetta Smith Judy Guzzo Mary Fenton Shiobbean Lemme	55 51 50 51	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Ballston Spa Saratoga Springs Castleton-on-Hudson Albany Scotia Schenectady Clifton Park Nassau Old Chatham Mechanicville Ballston Lake Niskayuna	HIGH S 1 Sara Ciai Ciai Ciai ConPic Relei	Robbsch Character Robbsch Char	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg - High School B ott, Hunter Von Ahn, Meg - High School B Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F D D Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A tay, Elizabeth Fredmore, Ha unning Exchange Dames 'B Freiner, Erin Hatton, Diar B TEAMS: MASTERS 4i unning Exchange Amere, Frein Hatton, Diar B TEAMS: MASTERS 4i unning Exchange Dames 'B reiner, Erin Hatton, Diar B TEAMS: Analey A treet Athletic Club A ke, Colleen Ottalagano-M Stryders arner, Regina McGarvey, J B TEAMS: SENIORS 50 treet Athletic Club	v Whee an Mor Samar Hoskir Elmonton Bara Tobo D+ cGarry, anane Lal	1:03:34 1:Tennyson 1:04:30 1:05:00 1:04:30 1:04:30 1:04:30 1:04:30 1:04:30 1:04:30 1:05:00 1:05:30 1:05:43 1:05:00 1:05:43 1:05:43 1:05:43 1:05:43 1:05:43 1:05:43 1:05:43
2 3 3 4 4 5 5 6 6 7 7 8 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 6 6 7 7 8 8 8 9 9 1 1 4 4 5 6 6 7 7 8 8 9 9 1 1 4 4 5 6 6 6 7 7 8 8 8 9 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2 21:57 3 22:02 3 22:03 4 22:19 5 22:37 6 23:00 7 23:08 2 23:19 9 23:35 10 23	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elva Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Arny Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54 Terri Artese Alyssa Risko Lisa Nieradka Alison Heaphy Kim Seabury Mary Buck Concetta Smith Judy Guzzo Mary Fenton	5arry 41 42 42 42 42 42 44 40 42 45 45 45 45 52 53 51 50 54 50 51 52	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Bailston Spa Saratoga Springs Castleton-on-Hudson Albany Clifton Park Nassau Old Chatham Mechanicville Ballston Lake Niskayuna Ballston Spa Ballston Spa	HIGH S 1 Sara Keles 2 Sara Ciai 3 Cole Kata CORPC 1 Oise Mete 2 Reg Am. 3 KPI Allis USATF 1 Alba Cou USATF 1 Alba Cou USATF 1 Alba Sally Sally Sally Sally Sara Urg USATF 1 Will Bett	Robsection Roberts Rob	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg digh School B tott, Hunter Von Ahn, Meg digh School A lenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F on Ryan, Kelley Heffner, Amy Ryan, Kelley Heffner, Amy Ryan, Kelley Heffner, Amy Reteckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A tez, Elizabeth Predmore, Ha unning Exchange Dames Vereiner, Erin Hatton, Diar B TEAMS: MASTERS 4i unning Exchange B TEAMS: SENIORS 50 treet Athletic Club A ke, Colleen Ottalagano-M Stryders Larner, Regina McGarvey, J B TEAMS: SENIORS 50 treet Athletic Club Ker, Nancy Briskie, Mary B	v Whee an Mor Samar Hoskir Elmonton Bara Tobo D+ cGarry, anane Lal	54:24 ler
2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 1 1 2 2 3 3 4 4 4 5 5 6 6 6 7 7 8 8 9 9 1 1 2 2 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 1 1 2 2 2 3 3 3 4 4 5 7 8 8 9 9 1 1 2 2 2 3 3 3 4 5 7 8 8 9 9 1 1 2 2 2 3 3 3 4 5 7 8 8 9 9 1 1 2 2 2 3 3 3 4 5 7 8 8 9 9 1 1 2 2 2 3 3 3 4 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 9 9 1 1 2 2 2 3 3 3 3 5 7 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	2 21:57 3 22:02 3 22:02 3 22:03 5 22:37 5 23:08 3 23:19 9 23:35 0 23:36 0 23:36 0 23:36 0 23:36 0 23:36 0 23:36 0 23:36 0 23:36 0 23:32 0 23:35 0 23:36	Colleen Ottalagano-McC Erin Gregory Deanne Webster Kathleen Thies Lisa May Rachel Toolan Libbie Craft Cheryl Marinucci Carrie Britt IP: 45 - 49 Elwa Dryer Shanley Alber Sally Drake Christine Arace Melissa Lombard Army Rodak Virginia Larner Judith Dore Regina McGarvey Melissa Maguire IP: 50 - 54 Terri Artese Alyssa Risko Lisa Nieradka Alison Heaphy Kim Seabury Mary Buck Concetta Smith Judy Guzzo Mary Fenton Shiobbean Lemme IP: 55 - 59	41 42 42 42 42 40 42 46 46 45 45 45 45 45 52 52 53 51 50 51 52 50	Clifton Park Albany Albany Brunswick Rensselaer Selkirk Clifton Park Schenectady Freeport, MA Clifton Park Albany Pittsfield, MA Antrim, NH Ballston Spa Ballston Spa Saratoga Springs Castleton-on-Hudson Albany Scotia Schenectady Clifton Park Nassau Old Chatham Mechanicville Ballston Spa Pittsfield, MA	HIGH S 1 Sara Ciai Correct Sara Ciai Correct	Robbsch Children Robbsc	inson, Anya Rozanova, Jei OL TEAMS Springs High School A hmiel, Ella Kurto, McKinley Springs High School B ott, Hunter Von Ahn, Meg - High School B ott, Hunter Von Ahn, Meg - High School B Tenney, Sophia Bisognano, E TEAMS Louden, Erin Wrightson, F D D Ryan, Kelley Heffner, Amy teckel, Sonia Frederick, Ma B TEAMS: OPEN unning Exchange Ladies an, Nicole Soblosky, Claire treet Athletic Club A tay, Elizabeth Fredmore, Ha unning Exchange Dames 'B Freiner, Erin Hatton, Diar B TEAMS: MASTERS 4i unning Exchange Amere, Frein Hatton, Diar B TEAMS: MASTERS 4i unning Exchange Dames 'B reiner, Erin Hatton, Diar B TEAMS: Analey A treet Athletic Club A ke, Colleen Ottalagano-M Stryders arner, Regina McGarvey, J B TEAMS: SENIORS 50 treet Athletic Club	v Whee an Moi Samar Samar Hoskir Hoskir Collisc nnah B aa Tobo D+ Liber, M cGarry, anne Lal + uuck ren Her	54:24 ler

Don't see your race results published? Ask your race director to advertise with us!

ALE OVERALL				FEMALE AGE GROUP: 40	- 44		
David Metacarpa	16	Charlton	16:15	1 Marta Dauphinee	40	Glenville	21:1
Joe Girard Jr.	23	Glenville	16:36	2 Rebecca Bednarek	41	Amsterdam	22:0
Brad Lewis	31	Troy	16:55	3 Tristen Hotaling	41	Charlton	23:4
EMALE OVERALL		•		MALE AGE GROUP: 45 - 4			
Alyssa Drapeau	24	Glenville	19:25	1 Craig Todd	46	Burnt Hills	25:1
Liz Ried	28	Saratoga Springs	20:52	2 John Calhoun	48	Patternsonville	26:0
Mia Paolino	12	Burnt Hills	20:59	3 Steve Marchant	46	Glenville	26:0
MALE AGE GROUP: 1 - 14	ı			FEMALE AGE GROUP: 45		Gleriville	20.0
Keller Casey	12	Charlton	20:02	1 Ronda Poirier	48	Ballston Spa	24:3
Christopher Maher	12	West Charlton	21:27	2 Jill Gobel	48	Ballston Spa	25:4
Shayne Vaccaro	14	Clifton Park	23:23		45	Clifton Park	
EMALE AGE GROUP: 1 -	14					CIIILON Park	32:5
Mattingly O'Rourke	13	Glenville	22:25	MALE AGE GROUP: 50 - !			20.
Stephanie James	13	Scotia	23:05	1 John Sestito	54	Johnsonville	20:1
Madison Whited	14	Glenville	23:06	2 Patrick Jansen	54	Scotia	20:4
MALE AGE GROUP: 15 - 1	19			3 John Modoski	50	Amsterdam	22:4
Gabriel Winters-Bon	16	Glenville	17:51	FEMALE AGE GROUP: 50			
Mikhail Troyan	16	Charlton	17:54	1 Kristen Short	50	Charlton	25:
Logan Short	17	Charlton	18:06	2 Theresa Rousseau	51	Clifton Park	26:0
EMALE AGE GROUP: 15	- 19			3 Esther Denham	54	Glenville	27:0
Elizabeth Darling	19	Scotia	22:52	MALE AGE GROUP: 55 - !	59		
Kristin McAlonen	18	Burnt Hills	23:06	1 Woody Clark	57	Charlton	22:0
Anna LeClair	16	Ballston Spa	23:06	2 Bill Bean	58	Scotia	22:3
/IALE AGE GROUP: 20 - 2	24			3 Daniel Cropsey	55	Schenectady	23:2
Kevin Gideon	20	Ballston Spa	17:20	FEMALE AGE GROUP: 55			
Jared Short	21	Charlton	18:19	1 Mary Hoey	57	Charlton	24:0
Gavin Vlainich	20	Glenville	20:09	2 Kimberly Goodwin	55	Ballston Lake	26:2
EMALE AGE GROUP: 20	- 24			3 Maureen Florio	55	Rotterdam Junction	28:
Jen Keefer	22	Glenville	23:43	MALE AGE GROUP: 60 - 0		Noticidani Junction	20.
Nicole Drapeau	20	Glenville	27:22			C	22.
Kaita Albanese	23	Charlton	30:29	1 George Baranauskas	64 60	Scotia	22:
MALE AGE GROUP: 25 - 2	29			2 Roy Mowrey		Gloversville	23:4
Colin Meagher	29	Ballston Lake	18:32	3 David Leith	63	West Charlton	24:4
Daniel Cassidy	28	Albany	23:16	FEMALE AGE GROUP: 60			
Seth Engel	29	Round Lake	24:16	1 Joan Suda	61	Charlton	42:2
EMALE AGE GROUP: 25				2 Connie Stitt	63	Boonville	42:
Heidi Stears	26	Amsterdam	21:49	3 Ellen Engels	63	Albany	48:0
Molly Wellman	29	Clifton Park	25:48	MALE AGE GROUP: 65 - 0			
Sara Verga	28	Glenville	26:13	1 David Spina	68	Glenville	27:
MALE AGE GROUP: 30 - 3				2 Michael Holley	66	Ballston Lake	28:2
Greg Stevens	33	Charlton	20:23	3 Joseph Miranda	69	Ballston Spa	30:
Erik Mueller	30	Rotterdam	24:36	FEMALE AGE GROUP: 65	- 69		
Michael Suda	30	Charlton	26:19	1 Alice Carpenter	67	Delmar	37:0
EMALE AGE GROUP: 30				2 Cathy Lanesey	68	Troy	38:0
Sara Lanesey	31	Gansevoort	22:44	3 Diana Graziano	65	Ballston Lake	42:
Kelly Seymour	32	Burnt Hills	24:59	MALE AGE GROUP: 70 - 7			
Amber Hooper	33	Glenville	26:47	1 Richard Baluch	72	Delanson	27:
/IALE AGE GROUP: 35 - 3				2 Richard Theissen	74	Round Lake	34:0
Jonathan Peck	39	Glenville	19:04	FEMALE AGE GROUP: 70		Nousia Earc	J-#.(
Daniel Marino	36	Schenectady	20:56	1 Nancy Johnston	72	Ballston Lake	45:5
Jim Monlea	36	Schenectady	22:29	2 Edith St. John	72	Scotia	49:2
EMALE AGE GROUP: 35				3 Bernadette Wilson	72	Charlton	54:4
Melissa Grandjean	39	Glenville	22:46			CHAIILUII	54.4
Becky Mancuso	39	Glenville	24:19	MALE AGE GROUP: 75 - 7		Cantin	22.6
Julie Ross	39	Ballston Spa	25:25	1 Edward Lamby	76	Scotia	32:0
IALE AGE GROUP: 40 - 4 Grea Ethier				2 Sherm Dawson	75	Ballston Spa	36:
Greg Ethier	44	Clifton Park	19:17	MALE AGE GROUP: 80 - 8			
Jonathan Guthan	41	Scotia	19:29	1 Paul Koelbel		Greenfield	43:3
Steve Blasi	42	Glenville	20:14	Courtesy of Ch	arlton H	listorical Society	

	TU					COURSE CHAI		GE	
		Jur	ne 2, 2018 • B	OCES Ca	mpı	us, Saratoga Spr	ings		
M	ALE OVERALL				М	ALE AGE GROUP: 35 -	39		
1	Harry Hawortt	13	Saratoga Springs	19:48	1	Michael Maber	38	Saratoga Springs	25
2	Tom Portuese	36	Queensbury	20:45	2	Tony Oehler	39	Saratoga Springs	27
3	Chase Collins	20	Saratoga Springs	20:45	3	Martin O'Toole	37	Saratoga Springs	27
FE	MALE OVERALL		3 , 3		FE	MALE AGE GROUP: 35	5 - 39		
1	Jillian Ferrie	12	Middle Grove	24:31	1	Beth Portuese	36	Queensbury	28
2	Keira Rogan	11	Saratoga Springs	26:15	2	Andrea Masterson	37	Saratoga Springs	29
3	Katherine Munn	18	Saratoga Springs	27:40	3	Megan Hakewill	37	Saratoga Springs	31
M	ALE AGE GROUP: 1 - 14				м	ALE AGE GROUP: 40 -	44		-
1	Ouinn Frank	14	Saratoga Springs	22:27	1	Theo Palladino	40	Saratoga Springs	28
2	Andrew Furze	12	Ballston Spa	23:25	2	James Brooks	44	Fort Edward	32
3	Evan Hallett	13	Saratoga Springs	23:46	3	Benj Gleeksman	44	Saratoga Springs	33
	MALE AGE GROUP: 1 -		Saratoga Springs	25.40		MALE AGE GROUP: 40		Surutogu Springs	5.
1	Mazie Neville	12	Saratoga Springs	27:43	1	Tammy Brooks	41	Fort Edward	32
2	Mary Masterson	12	Saratoga Springs	28:41	2	Sarah Best	42	Burnt Hills	35
3	Hannah Hurteau	12	Saratoga Springs	29:20	3	Kristie Burr	43	Cambridge	35
_	ALE AGE GROUP: 15 - 1		Jaratoga Jpririgs	23.20	-	ALE AGE GROUP: 45 -		Cambridge	5.
1	Quentin Grieco	16	Saratoga Springs	22:22	1	Dan Munn	49	Saratoga Springs	23
2	Jackson Ellnor	15	Wilton	23:13	2	Jason Ellnor	45	Gansevoort	27
3	Christian Davidson	15	Ballston Spa	24:11	3	John Eldridge	47	Saratoga Springs	27
	MALE AGE GROUP: 15		palistori spa	24.11		MALE AGE GROUP: 4!		saratoga springs	21
ге 1		16	Gansevoort	20.20	1			Countries Continue	33
2	Jenna Watson Maria Generoso	18	Gansevoort	29:28 32:23	2	Sophia Damiano Yvette Dorr	46	Saratoga Springs	35
2					_		46	Saratoga Springs	
_	Gabriella Tallman	15	Schenectady	32:40	3	Jennifer Waldek	49	Clifton Park	37
	ALE AGE GROUP: 20 - 2		D. II	25.00		ALE AGE GROUP: 50 -			2.
1	Coleman Perella	20	Ballston Spa	25:00	1	Todd Bisaillon	50	Mechanicville	23
2	Malachi Price	22	Schuylerville	27:21	2	Manny Cirenza	50	Gansevoort	26
3_	Michael Myette	23	Glens Falls	33:38	3	Rosario Sanfilippo	50	Saratoga Springs	30
	MALE AGE GROUP: 20					MALE AGE GROUP: 50			
1	Cassie Varney	24	Queensbury	35:09	1	Jesse Evnst	50	Saratoga Springs	29
2	Aydin O'Hearn	24	Saratoga Springs	36:18	2	Liz MacMurray	53	Stillwater	36
3	Amy Resue	22	Ballston Spa	36:28	3	Rhonda Hamel	51	East Greenbush	37
	ALE AGE GROUP: 25 - 2					ALE AGE GROUP: 55 -			
1	Pierrick Thomas	29	Saratoga Springs	22:06	1	Chris Thomas	57	Saratoga Springs	22
2	Garrett Szafman	25	Saratoga Springs	25:29	2	Tom Lane	56	Queensbury	30
3	Will Heritage	29	Ballston Spa	26:04	3	Kerry Jameson	56	Greenfield Center	40
FE	MALE AGE GROUP: 25 -	- 29			FE	MALE AGE GROUP: 5!	5 - 59		
1	Kyle Loefer	26	Rensselaer	29:24	1	Maureen Provost	59	Saratoga Springs	46
2	Kaitlin Demary	28	Greenwich	31:29	2	Maggie Fronk	58	Saratoga Springs	54
3	Hannah Rosen	25	Saratoga Springs	33:31	3	Pamela Ostrander	58	Fort Edward	55
M	ALE AGE GROUP: 30 - 3	4			M	ALE AGE GROUP: 60 -	64		
1	Andy Akins	34	Schuylerville	20:46	1	Bob Farley	63	Saratoga Springs	31
2	Eric Grabowski	34	Saratoga Springs	30:09	FE	MALE AGE GROUP: 60	0 - 64		
3	Mark Schou	31	Ballston Spa	37:33	1	Claudia Pfaff	60	Colchester, VT	36
FE	MALE AGE GROUP: 30 -	- 34	•		2	Carol Gregg	61	Schenectady	46
	Laura Cary	30	Schaghticoke	30:27	FE	MALE AGE GROUP: 65	5 - 69	,	
1									
1	Heather Cunningham	34	Saratoga Springs	31:05	1	Linda Plante	69	Middle Grove	49

9TH AN	NUAL	RAIL TRA	IL TO TH	E FOOTBRIDGE	5K TR	AIL RACE	
	Ju	ine 2, 2018	• Slate Val	ley Museum, Granv	/ille		
MALE OVERALL				MALE AGE GROUP: 11 -	14		
1 William Venner	59	Granville	19:43	1 Evan Kwasniewski	13	Fort Edward	24:18
2 John Ehntholt	51	Granville	20:34	2 Quinn Johnson	12	Granville	25:17
3 Jedidiah Mead	28	Granville	20:36	3 Carter Powell	11	Whitehall	26:36
FEMALE OVERALL				FEMALE AGE GROUP: 1	1 - 14		
1 Teagan Wright	13	Greenwich	20:28	1 Etta Surething	10	Granville	54:51
2 Brianna Getty	19	Granville	22:38	FEMALE AGE GROUP: 1	5 - 19		
3 Susan Keely	53	Glens Falls	23:27	1 Emily Lanzillo	18	Rutland, VT	30:59
MALE AGE GROUP: 1 -	· 10			FEMALE AGE GROUP: 2	0 - 24		
1 Noah Bernard	8	Granville	25:39	1 Danielle Milanese	24	Granville	28:05
2 Parker Cornwall	9	Pawlet, VT	31:36	2 Sara Brown	24	Fort Ann	41:56
3 Rhye Moore	7	Hampton	41:43	3 Nicole LaPlante	22	Granville	50:55
FEMALE AGE GROUP:	1 - 10			MALE AGE GROUP: 25 -	29		
1 Cali Powell	8	Whitehall	39:20	1 Josh Lyons	27	Glens Falls	29:09
2 Maddie Williams	9	Wells, VT	39:20	2 Josh Kirk	29	Hudson Falls	59:12

FEMALE AGE GROUP: 25	- 29			EE	MALE AGE GROUP: 50	- 54		
1 Michelle Parbus	29	Granville	25:43	1	Heather Loomis	50	Hampton	29
2 Melissa Miller	29	Hudson Falls	58:56	2	Judi Brown	52	Granville	29
MALE AGE GROUP: 30 - 3		ridasori ralis	30.30	3	Terry Farkas	51	Manchester, VT	29
1 Richard Eckrote	34	Poultney, VT	25:46		ALE AGE GROUP: 55 - 5		ivianchester, vi	2.3
FEMALE AGE GROUP: 30	- 34			1	Brian Teague	59 59	Glens Falls	22
1 Chris Natalie	32	Arlington, VT	26:01	1	Todd Ricks	55	Granville	24
2 Kara Gutowski	34	Granville	28:16	2				_
3 Sarah Ellis	31	Granville	30:10	3	Matthew Mead	59	Granville	47
MALE AGE GROUP: 35 - 3	39				MALE AGE GROUP: 55			
1 Adam Vandermirder	35	Pawlet, VT	21:36	1	Gail Mead	59	Granville	4
2 Matt Hall	37	Glens Falls	22:56	2	Valerie Rathbun	58	Granville	5
3 Sarek Raeburn	35	Ballston Spa	26:46	3	Connie Kirk	55	Granville	5
FEMALE AGE GROUP: 35	- 39			M	ALE AGE GROUP: 60 - 6	4		
1 Kimberly Wildman	38	Danby, VT	37:19	1	Mark Schachner	63	Lake George	2
2 Gerianne Sanok	36	South Glens Falls	39:31	2	Eugene Colburn	61	Granville	2
3 Jennifer Powell	39	Whitehall	41:43	FE	MALE AGE GROUP: 60	- 64		
MALE AGE GROUP: 40 - 4	44			1	Caryn Etherington	61	Middlebury, VT	2
1 Jason Mashtare	40	Granville	29:00	2	Mary Ellen Kunis	60	Lindenhurst	3
2 Kyle Brownell	42	Granville	31:55	3	Julie Brown	60	Queensbury	5
3 JJ Jenkins	43	Hudson Falls	33:07	м	ALE AGE GROUP: 65 - 6	9	(,	_
FEMALE AGE GROUP: 40	- 44			1	Don VanWely	68	Adirondack	2
1 Laura Cornwall	40	Pawlet, VT	24:23	2	Stephen Raeburn	66	Ballston Spa	3
2 Melissa Kwasniewski	41	Fort Edward	24:33	3	John Vavasour	69	Albany	4:
3 Brooke Morgan	41	Granville	26:26	_	MALE AGE GROUP: 65		Albally	4.
MALE AGE GROUP: 45 - 4	49			1		- 65	Granville	3
1 Keith Williams	49	Wells, VT	37:09	1	Linda Ellingsworth			_
FEMALE AGE GROUP: 45	- 49			2	Roxanne Jenkins	65	Argyle	5
1 Lara Sheehan	47	Hudson Falls	24:28		ALE AGE GROUP: 70 - 7	-		
2 Karen Linendoll	47	Hudson Falls	25:32	1	Bud Davies	74	Granville	47
3 Dody Dupre	46	Granville	27:32	FE	MALE AGE GROUP: 70			
MALE AGE GROUP: 50 - !	54			1	Candi Schermerhron	71	Diamond Point	40
1 John Sheehan	52	Hudson Falls	29:51	2	Margaret Davies	73	Granville	47
2 Dana Rackliffe	52	Glenville	58:43		Courtesy of Rai	l Trail to	the Footbridge	

John Sheehan Dana Rackliffe	52 52	Hudson Falls Glenville	29:51 58:43	2	Margaret Davies Courtesy of Rail		Granville the Footbridge	•
23RD ANNUAL	RI A	VCK EIV CH	ΔΙΙΕΝ	GF	ADIRONDACK	GR	AVEL GRIN	DF
				Re	reation Area, Inl	et to		
CYCLOCRO IALE OVERALL	SS – C	ATEGORY 1		FE 1	MALE AGE GROUP: 19 - Samantha Fanion	29 19	Cooperstown	2::
Kevin Bouchard-Hall	36	Westport	1:49:37	2	Emily Delaura	26	Alder Creek	2:
Christopher Welch	19	Barneveld	1:49:38	3	Emilee Hazelden	25	Wilmington	2:
Kevan Edwards	44	Syracuse	1:49:48	4	Jean Phillips	26	Canandaigua	3:0
EMALE OVERALL Bryna Blanchard	44	East Greenbush	2:04:51		ALE AGE GROUP: 30 - 39		0	1.1
Liz Lukowski	40	Albany	2:04.51	1	Cameron Gardner-Lewis Patrick Carey	31 33	Queensbury Keene	1::
Ruth Sherman	59	Spencer	2:11:11	3	Andrew Gracey	39	Verona	2:0
EMALE AGE GROUP: 19		•		4	Aaron Girard	31	Albany	2:0
Nicole Kingsley	22	Athens	2:15:47	5	Ryan O'Donnell	36	Troy	2:
IALE AGE GROUP: 19 - 2 Karst Kingsley	. 9 23	Athens	1:54:17	6	Jason Remington	34	Clinton	2:
Daniel Dubois	27	Oneida	2:09:18	7 8	William Potter Joel Nashett	39 35	Ilion Ausable Forks	2:
Everett Sapp	19	Morrisonville	2:09:35	9	Brendan O'Brien	38	Haines Falls	2:
Scott Woodnorth	29	Burlington, VT	2:22:03	10	Michael Thompson	36	Oneida	2:
Tucker Weaver	25	Burlington, VT	2:22:58	FE	MALE AGE GROUP: 30 -	39		
Paul Nolan Daniel Ruoff	27 28	Pennellville Fulton	2:24:47 2:32:36	1	Wei-Fang Lin	35	Clinton	2::
Hunter Battin	25	South New Berlin	2:55:07	2	Jennifer Ketchell Heather Link	37 35	Ausable Forks	2:
IALE AGE GROUP: 30 - 3					Heather Link ALE AGE GROUP: 40 - 49		Chittenango	3:
Dan Timmerman	37	Trumansburg	1:50:09	1	Richard Tortorici III	41	Clifton Park	1:5
Andrew Meunier	32	Saratoga Springs	1:54:59	2	Shannon Brown	46	Memphis	1:5
Aaron Sirtoli Adam Kellerson	32 33	Hamilton Ithaca	1:56:06 1:56:12	3	James Davall	47	Marcy	2:0
Christopher Battles	30	Oswego	1:58:37	4	Justin Deming	40	Ballston Spa	2:0
Jeff Krywanczyk	32	Rensselaer	1:58:41	5	Ken Juster	42	Brookline, MA	2:
Nate Molinari	35	Oswego	1:58:58	6 7	Q. Jones Jim Wallace	40 40	Richmondville Central Square	2: 2:
Scott Stewart	35	Cicero	1:59:46	8	Jamie Campbell	43	Oneida	2:
Jonathan Favata Nicholas Groll	37 31	Mechanicville	1:59:52	9	Toby Heath	40	Brewerton	2:
MALE AGE GROUP: 30		Albany	1:59:55		Corey Dubois	47	Unadilla	2:
Anna Laloe	39	Middle Grove	2:19:34		MALE AGE GROUP: 40 -			_
Julie Shulsky	35	Hastings	2:33:28	1	Helene Schmid	47	Fayetteville	2:
Jessica Blake	34	Brewerton	2:34:49	2	Kristen Mucitelli-Heath Elizabeth Washburn	42 45	Brewerton Forestport	2: 2:
ALE AGE GROUP: 40 - 4	. 9 44	Daabaataa	1,52,21		ALE AGE GROUP: 50 - 59		Totestport	۷.
Jack Peltz John Cullinan	44	Rochester Kingston	1:52:31 1:54:01	1	Brian Campbell	52	Rome	2:
Andy Newsom	43	Albany	1:55:58	2	Robert Cosgriff	52	Ballston Lake	2:
Scott Hannan	44	Trumansburg	1:55:59	3	Dave Burger	50	Old Forge	2:
Cory Kuhns	40	Victor	1:56:03	4	Tad Norton	52	Canandaigua	2:
Zack Vogel	47	Saratoga Springs	1:59:46	5 6	Norman Cognetto Chris Conklin	52 50	New Hartford Fulton	2: 2:
Brent Findlay	44 48	Little Rock, AR Camillus	1:59:56 1:59:56	7	Michael Mascarenhas	54	Berkeley, CA	2:
Tom Long Lance Law	49	Ballston Lake	1:59:57	8	Ed Ledda	55	West Winfield	2:
) Matthew DeLisa	44	Ithaca	2:00:00	9	Michael Collins	54	Clark Mills	2:
MALE AGE GROUP: 40	- 49				Craig Deats	52	Churchville	2:
Aurora Lamperetta	45	Pin f	2:18:06		MALE AGE GROUP: 50 -		Adhana	2.
Anne August	46 44	Pittsford	2:19:33	1	Ingrid Hylkema	54 54	Athens	2: 2:
Jeanina Lewis Andrea Drews	44	Clinton Oswego	2:33:03 2:37:15	2	Leigh Bacher Stephanie Landy	58	Oswego Ballston Spa	2:
Christina Botting	46	Oswego	2:40:20	4	Kim Kilmartin	58	Williston, VT	2:
ALE AGE GROUP: 50 - 5	9			M	ALE AGE GROUP: 60 - 69	9	•	
Erik Grimm	52	Pittsford	1:52:27	1	Chris Welch	63	Barneveld	2:
Andy August James Stafford	52 53	Pittsford	1:54:58 1:56:12	2	Michael Hodgman	61	Fly Creek	2:
Steven Jones	56	High Falls Glenville	1:59:54	3 4	Ronald Kingsley Bob Gramling	61 62	Columbia Cross Red Hook	2: 2:
David Hansen	50	Elmira	1:59:54	5	David Karl	62	Cooperstown	2:
Bill McGreevy	54	Wilmington	1:59:58	6	Bryce Button	63	Canastota	2:
Jim Nicholson	52	Fulton	2:00:00	7	Andrew Lake	62	Chenango Bridge	2:
Robert Dietrick	50	Farmington	2:00:08	8	David Sauter	62	Canandaigua	2:
Robert Love	54	Greenfield Center	2:00:09	9	Ed Orr	67	Brant Lake	2:
Richard Karaz EMALE AGE GROUP: 50	57 - 59	Remsen	2:04:45		Dan Mahany	60	Penfield	3:
Nancy Bailey	- 55	Manlius	2:19:34	1	MALE AGE GROUP: 60 - Carolyn Snook-Hart	69 62	Oswego	2:
Denise Watson	51	Mendon	2:20:11	2	Jody Dixon	62	Northville	3:
Cheryl Tracy	52	Saratoga Springs	2:30:25	Ē	CYCLOCRO			٥.
ALE AGE GROUP: 60 - 6 Gene Primomo	. 9 60	Delmar	1.50.51	М	ALE OVERALL			
James Laird	64	Kingston, ON	1:59:51 1:59:55	1	Paul Ford	52	Johnsonville	2:
Kevin Williams	60	Scotia	2:04:51	2	Andy Laird	42	Ulverston, UK	2:
Dave Wall	60	Kingston, ON	2:15:46	3 EE	Sean Doran MALE OVERALL	28	Rochester	2:
Dave Hovey	60	Baldwinsville	2:15:46	1	Genevieve Jeanson	36	Outremont, QC	2:
John Leach Raymond Carlson	68	Old Forge	2:22:34	2	Elsie Roberts	41	Ulverston, UK	2:
Daniel Defrees	63 63	Hamilton Chittenango	2:25:07 2:26:28	3	Susan Anton	51	Trumansburg	2:
Art Goedeke	66	Delmar	2:27:29		ALE AGE GROUP: 19 - 29			
Dennis Williams	60	Manlius	2:32:07	1	Karl Rogler	29	Cambridge, MA	2:
MALE AGE GROUP: 60				2	Adam Karges	29	Rochester	2:
Lilynn Graves	61	Ithaca	2:20:38	3 4	Dave Giokas Bryan Bobo	28 28	Scotia Rensselaer	2: 2:
MOUNTAIN	BIKE -	CATEGORY 1		5	Mills Manuel	28	Sunderland, MA	2:
ALE OVERALL	39	Cancoracet	1.53.30	6	Sean O'Neill	26	Washington, DC	2:
Doug Gowen Palo Samko	39 43	Gansevoort Brooklyn	1:52:29 1:52:32	7	Shane Matesic	21	Webster	2:
Jordan Sirtoli	26	New Hartford	1:52:39	8	Rayne Russell	27	Latham	3:
MALE OVERALL				9	Evan Kott	19	Piscataway, NJ	3:
Kimberly Milton	36	Clifton Park	2:14:48		Thor Phillips	22	Fulton	4:
Mara Fronhofer	51	Moreau	2:21:12	FE 1	MALE AGE GROUP: 19 - Trixie Wessel	29 22	Sunderland, MA	3:
Jennifer Dean	40	Rensselaer	2:21:43		ALE AGE GROUP: 30 - 39		Surfueriariu, IVIA	٥.
ALE AGE GROUP: 19 - 2 Hoel Wiesner	. 9 25	Troy	1:52:41	1	Scott Prior	34	Rochester	2:
Nick Bouton	22	St. George, VT	2:05:13	2	David Klosner	34	Massapequa	2:
	28	Fayetteville	2:10:50	3	Jon Pence	36	Syracuse	2:
Tom Garby	21	Manlius	2:14:45	4	Dylan Reeves	37	Malta	2:
Evan Carr		Central Square	2:17:15	5	Kirby Haizmann	35	Cohoes	2:
Evan Carr AJ Beers	21					32	Farmingdale	2:
Evan Carr AJ Beers Conor Tarbell	28	Hyde Park	2:19:36	6	Matt Campbell			
Evan Carr AJ Beers Conor Tarbell Daniel Fallon	28 28	Hyde Park Baldwinsville	2:20:54	7	Michael Reda	38	Webster	2:
Evan Carr AJ Beers Conor Tarbell	28	Hyde Park						2: 2: 2:

BLACK FLY CHALLENGE ADIRONDACK GRAVEL GRINDER continued											
FEMALE AGE GROUP: 30 - 3 1 Sonva Kingslev	9 37	Philadolphia PA	2-55-41	6	Joe Trimarchi	45	Lowis Contor OH	2:32:03 2:32:46			
1 Sonya Kingsley MALE AGE GROUP: 40 - 49	3/	Philadelphia, PA	2:55:41	7 8	Matt Simpson Peter Wicik	46 45	Lewis Center, OH East Patchogue	2:32:46			
1 Eric Abbale	40	Saratoga Springs	2:09:34	9	James Barranco	43	Fairport	2:35:34			
2 William Solt 3 Paul Hillier	45 46	Elmira Outremont, QC	2:10:56 2:11:42	10		40	Mechanicville	2:37:26			
4 Justin Frontuto	41	Elmira	2:11:51	1	EMALE AGE GROUP: 40 - 49 Tristan Burton	9 41		2:51:56			
5 Aaron Russel	48	Ithaca	2:16:19	2	Valerie Battelle	40	Oswego	2:54:18			
6 Robert Szkotak 7 Samuel Dana	44 40	Phoenix	2:21:03	3	Colleen Farrell	47	Syracuse	2:55:13			
7 Samuel Dana 8 Ben Gates	47	Syracuse	2:21:03 2:23:54	4 5	Kelly Nugent Angie Leppo	42 42	Clinton Spring Grove, PA	2:55:42 3:11:50			
9 Michael Dengler	48	South Kortright	2:24:53	6	Tracy Downey	49	West Chazy	3:16:52			
10 James Tsardakas FEMALE AGE GROUP: 40 - 4	43	Mexico	2:25:43	7	Staci Evans	42	Farmington	3:28:55			
1 Allison Gubala	4 3	Saratoga Springs	3:03:45	8	Ursula Williams Lynee Sauer	46 41	Remsen Oswego	3:31:26 3:31:45			
2 Nicole Garofalo	45	Liverpool	3:16:06	-) Amy Sauer	41	Eagle Bay	3:35:27			
3 Theresa Denney MALE AGE GROUP: 50 - 59	45	Livonia	5:06:53		IALE AGE GROUP: 50 - 59						
1 Don Davis	51	Victor	2:10:58	1	David Grieves Richard Lewis	57 50	Baldwinsville Huntersville, NC	2:18:13 2:23:05			
2 Joe Paterson	57	Lake George	2:13:47	3	Robert Fisk	55	Pennellville	2:26:28			
Marc Bibsby Mike Fenlon	50 59	Rochester Baldwinsville	2:18:56 2:27:06	4	Steve Rousseau	52	East Rochester	2:28:02			
5 Bill Toran	55	Hadley	2:27:45	5 6	Paul Hogan Michael Kane	53 58	Cohoes Binghamton	2:28:39 2:31:59			
6 David Meemken	57	Averill Park	2:29:07	7	David Fanion	56	Cooperstown	2:33:19			
7 David Olivares 8 Peter Zulch	57 52	Saratoga Springs Sherrill	2:29:23 2:31:37	8	James Sabatino	51	Southwick, MA	2:33:24			
9 Andrew Legg	50	Essex Junction, VT	2:31:41	9	Scott Campbell	59 51	Reeders, PA	2:34:09 2:34:24			
10 Gary Leavitt	55	Manlius	2:35:17) Scott Markle EMALE AGE GROUP: 50 - 5			2.34.24			
FEMALE AGE GROUP: 50 - 5 1 Kate Stewart	9 55	Cazenovia	2:36:06	1	Christine Sowalskie	59	Utica	2:55:21			
2 Heather Field	55	Valatie	2:39:35	2	Darci Lafave	50	Lake Placid	3:02:52			
3 Trish Welsh	50	Syracuse	2:52:55	3 4	Debra Donohue Holly Donnan	55 55	Jamesville Mayfield	3:03:04 3:03:09			
4 Eileen Mazzo 5 Lisa Baker	53	Webster	2:53:41	5	Diane Timms	52	Victor	3:17:17			
5 Lisa Baker 6 Sue McIntyre	50 51	Cazenovia Mount Upton	2:56:53 3:11:37	6	Annette Fentress	51	Brewerton	3:21:16			
MALE AGE GROUP: 60 - 69		·		7 8	Mona Shaevel Carla Fitzgerald	58 53	Binghamton Oneida	3:25:58 3:26:50			
Phillip Darmstadt David Vanwie	60 52	Fleischmanns Manlius	2:20:46 2:23:10	9	Barbara Luthi	56	Gloversville	3:28:58			
3 James Gordon	62	Flanders, NJ	2:23:10) Sally Peck	53	Northville	3:30:17			
4 Michael Cashin	66	Albany	2:43:56	M	IALE AGE GROUP: 60 - 69	63	Curacuca	2-10-11			
5 Alan Anton	62	Trumansburg	2:44:41	2	Steve Young Kirby Van Vleet	63	Syracuse Queensbury	2:19:11 2:38:03			
6 Gary Toth 7 Joe Rodriguez	64 62	Stephentown Norwalk, CT	2:47:52 2:47:52	3	Ted Volkomer	69	Oswego	2:41:02			
8 Charles Esposito	65	Cazenovia	2:55:23	4	Andy Frelick	60	Tampa, FL	2:41:53			
9 John Ders	68	South Otselic New York	3:01:42	5 6	Frederick Jaquish Don McCarty	60 62	Addison, VT Harbor Springs, MI	2:42:03 2:42:57			
10 Kieran O'Connor FEMALE AGE GROUP: 60 - 6	61 9	New York	3:02:44	7	Shane Wohlrabe	63	Erie, PA	2:43:33			
1 Nancy Phelps	60	Walden	3:59:00	8	Brian Landenberger	61	Warrensburg	2:43:56			
MALE AGE GROUP: 80 - 89	01	Old Forgo	4.E4.DE	9	William Jerome Douglas Burns	60 61	Syracuse Niskayuna	2:47:54 2:48:37			
1 Bruce Prendergast MOUNTAIN BII	81 (E –	Old Forge	4:54:35		EMALE AGE GROUP: 60 - 6		rviskayana	2.40.57			
MALE OVERALL				1	Robin McCarthy	62 61	Harbor Springs	3:03:59			
1 Robert Anderson 2 David Thornton	37 54	Scotia Erio PA	2:14:43 2:17:03	3	Mary Lake Janet Ohlsen	61	Chenango Bridge Erieville	3:09:30 3:28:45			
3 Craig Riegler	52	Erie, PA Taberg	2:17:48	4	Janis Hansen	63	Liverpool	3:35:37			
FEMALE OVERALL		•		5	Jane Quinn	61	Old Forge	3:46:07			
1 Shannon Thomarie	41 34	Northville	2:42:50	6 7	Wendy Mierek Karen Zingermann	62 64	Sherrill/Inlet Jefferson Towns, PA	3:46:18 3:59:21			
2 Kimberly Maguire 3 Erin Simmons	23	Cicero Oneida	2:44:40 2:47:41	8	Sheryl Mills	65	Jefferson Towns, PA				
MALE AGE GROUP: 19 - 29				9	Marcia MacDonald	61	Old Forge	4:10:11			
Jeremey Frye Evan Newbold	29 24	South Glens Falls Charlottesville, VA	2:28:49 2:41:03	1 1	IALE AGE GROUP: 70 - 79 Roger Gocking	74	Saranac Lake	2:58:19			
3 Ben Burris	24	Liverpool	2:43:24	2	Grover Cook	70	Bainbridge	3:15:45			
4 Mitch Nielsen	27	Brick, NJ	2:45:45	3	George Peck	75	Worchester	3:18:40			
5 Adam Hahnel 6 Zacharias Smith	28 26	West Henrietta Manlius	2:50:04 2:51:04	4 5	Dick Gloo Richard Huntley	71 74	Little Falls Ontario	3:20:46 3:23:37			
7 Douglas Morgan	29	Oswego	2:55:24		CYCLOCRO			5.25.57			
8 Nicolo Amari	22	•	2:58:29	М	IALE OVERALL						
9 Noah Pine	20	Indian Lake	3:07:19	1	Trevor August	15	Pittsford	1:57:08			
10 Jared Pazienza FEMALE AGE GROUP: 19 - 2	28 9	Kingston	3:11:36	2	Brock Alexander Owen August	16 15	Pittsford	1:57:55 2:02:50			
1 Savannah Doviak	24	Lake Placid	3:14:58		IALE AGE GROUP: 9 - 18						
2 Emily Cheney 3 Emilie O'Neill	19 28	Redfield New Haven, CT	3:18:29 3:26:34	1	AJ August	12	Pittsford Victor	2:08:09			
4 Erin Dippold	22	Jackson, NJ	3:40:11	2	Cooper Davis Samuel Lasher	16 15	Victor Cobleskill	2:09:32 2:09:34			
5 Tori Strock	23	Saratoga Springs	3:40:50	4	Dylan Anton	15	Trumansburg	2:26:14			
6 Kaitlin Magee 7 Lisa Mierek	26 27	Brewerton Rotterdam	3:52:16 4:04:21	5	Jacob Tarbay	18	Altamont	2:30:24			
8 Hannah Garty	20	Syracuse	4:16:06	6 7	Sam Wilcox Benjamin Mulvey	13 17	Cazenovia Rochester	2:43:01 2:55:41			
9 Sarah Soto	29		4:32:55		MOUNTAIN			2.55.71			
MALE AGE GROUP: 30 - 39 1 Benjamin Freer	34	Syracuse	2:27:29		IALE OVERALL						
2 Nicholas Lobosco	36	Ballston Spa	2:31:51	1	Stanton Baker	17 15	Oneida	2:30:02 2:39:33			
3 Adam Carr	39	Southborough, MA	2:33:38	3	Alexander Tooker Daniel Scholl	15	Oneida Sherburne	2:39:33 2:40:26			
4 Derek Graham 5 George Wagner	36 32	Saratoga Springs Oneida	2:34:23 2:34:35	FE	EMALE OVERALL						
6 Collin Blackmore	30	Earlville	2:34:37	1	Rebecca Sherwood IALE AGE GROUP: 9 - 18	17	Fayetteville	3:55:49			
7 Thomas Hall	35	Pennellville	2:42:04	1 1	Drew Busa	15	Chittenango	2:42:16			
8 Brian Carpenter 9 Alan McFee	30 33	Central Square Bainbridge	2:42:40 2:42:56	2	Joseph Terry	17	Saratoga Springs	2:47:54			
10 Chris Ogden	38	Pine Bush	2:44:09	3 4	Harrison Dubois	18 15	Earlville Albany	2:50:08			
FEMALE AGE GROUP: 30 - 3		Syracusa	2-40-25	5	Brendan Kelly Tylar Stanley	15	Walpole, NH	2:50:59 2:53:28			
1 Amy Thornton 2 Jen Morrissette	36 39	Syracuse Clinton	2:48:35 2:57:22	6	Koki Goda	17	Indian Lake	2:59:41			
3 Jenna Shephard	31	Kenosha, WI	3:05:30	7	Wyatt Dubois	13	Earlville	3:00:35			
4 Krista Harwick 5 Laura Wallace	38 34	Mohawk	3:08:18	8 9	Owen Edwards Drew Loughran	15 18	Bellows Falls, VT Denville, NJ	3:12:34 3:14:29			
6 Crystal Burrows	37	Central Square Mexico	3:13:54 3:36:05) Kyle Loughran	18	Denville, NJ	3:15:29			
MALE AGE GROUP: 40 - 49					MOUNTAIN E			2.25.45			
1 Jason Clipse 2 Rob Walsh	47 42	Gahanna, OH Wethersfield, CT	2:18:12	1	Paul Fronhofer & Max Fronho C. Johnson & M. Johnson N		Moreau	2:25:13 2:25:41			
3 Jeff Waasdorp	42	Wethersfield, CT Rochester	2:22:46 2:30:13	3	E. Hanson & T. Hanson Coo			2:33:06			
4 Christian Augliera	44	Schenectady	2:30:28	4	J. Seleni & N. Seleni Sara	nac l	_ake	2:40:25			
5 Tyler Chenel	40	Voorheesville	2:31:16		Courtesy of Adirondack	ivlou	ntain Bike Associatio	n			

5K TRIPLE CROWN SERIES
Glove Cities Rotary "Run for the Roses" 5K, Johnson Jog 5K & Lexington 5K
May 5, May 19 & June 9, 2018 • Partner's Pub, Johnson Hall & Lexington Center, Johnstown

	SERIES – AWARDS				FEMALE AGE GROUP: 30 - 39	
M	ALE OVERALL				1 Katie Gifford 37 Gloversville	1:12:39
1	Cody Russell	25	Amsterdam	55:23	2 Amanda Wilson 34 Broadalbin	1:12:40
2	Reed Douglass	14	Canajoharie	57:53	3 Lisa VanSlyke 34 Johnstown	1:15:24
3	Jian Shen	47	Loudonville	1:00:12	MALE AGE GROUP: 40 - 49	
FE	FEMALE OVERALL				1 Jamie Spraker 49 Gloversville	1:02:22
1	Kimberly Miseno	47	Amsterdam	1:04:05	2 Justin Thalheimer 45 Fort Plain	1:04:39
2	Stacy Merchant	39	Fort Plain	1:07:39	3 Scott Braun 49 Fultonville	1:05:20
3	Lorraine Skibo	60	Saratoga Springs	1:10:23	FEMALE AGE GROUP: 40 - 49	
М	MALE AGE GROUP: 1 - 15				1 Julie LaFontaine 46 Gloversville	1:19:09
1	Christopher Murphy	12	Johnstown	1:14:02	2 Ann Marie Murphy 45 Johnstown	1:19:16
2	Will Douglass	12	Canajoharie	1:16:33	3 Tammy Patrick 47 Johnstown	1:24:54
FE	FEMALE AGE GROUP: 1 - 15				MALE AGE GROUP: 50 - 59	4.00.50
1	Giana Marie Murphy	12	Johnstown	1:22:11	1 Ron Green 59 Gloversville	1:00:58
м	MALE AGE GROUP: 20 - 29				2 Bill Rowback 52 Gloversville	1:06:04
1	Adam Caputo	22	Johnstown	1:09:51	3 Shawn Krutz 53 Gloversville FEMALE AGE GROUP: 50 - 59	1:09:24
2	Vincent Sobkowich	24	Fort Johnson	1:12:38		1:28:27
3	Matthew Sheehan	26	Wilton, CT	1:14:52		1:48:44
FF	FEMALE AGE GROUP: 20 - 29				2 Jennifer Ligon 52 Gloversville MALE AGE GROUP: 60 - 69	1.48.44
1	Leah Ketchen	21	Johnstown	1:16:13	1 Roy Mowrey 60 Gloversville	1:09:55
2	Danielle Schroeder	25	Fort Johnson	1:19:42	2 John Newell 65 Amsterdam	1:47:16
3	Jennifer Hulbert	28	Sprakers	1:35:35	MALE AGE GROUP: 70 - 79	1.47.10
м	ALE AGE GROUP: 30 - 39		Sprakers	1.55.55	1 Terry Smith 70 Galway	1:21:31
1	Scott Jeffers	34	Johnstown	1:17:15	FEMALE AGE GROUP: 70 - 79	1.21.31
2	Gregory Kollar	38	Johnstown	1:43:41	1 Marilyn Fairman 71 Johnstown	1:52:24
3	Jarred Aldi	36	Johnstown	2:08:18	Courtesy of St. Mary's Healthcare Amsterda	
,	Julica / IIai	50	301113104411	2.00.10	courtesy of 5t. Mary's Healthcare Amsterdar	**

