

Women in Cyclocross



KATINA SAYERS OF TULLY LEADS THE WOMEN'S ELITE FIELD AT THE 2017 UNCLE SAM GP OF CYCLOCROSS HELD IN PROSPECT PARK, TROY. KERI JONES

New Women's Race Clinics

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Top Finishers in 20+ Events

By Shylah Weber

I remember my first cyclocross race like it was yesterday, though it was nearly five years ago. I had heard about the sport from friends and teammates I met through triathlon and it sounded like a lot of fun: mud, cowbells, and lots of friends on two wheels. I figured my summer fitness from running and triathlon would easily translate. So, when the first race of the season came up, I decided to give it a go. I went out and bought the first used bike I could find in my size, slapped on pedals that someone else had thrown away, and signed up for Adirondack Cyclocross, which was the first race in the NYCROSS series at the time.

I showed up to the race without a clue of what I was getting myself into. As I looked around the grounds, I saw yellow caution tape strung up marking the course as far as I could see. I located the barriers that I had heard about, where I would have to quickly jump off my bike and carry it while running, and hurdle over the obstacles. Then there was the run up, where I would again have to dismount my bike and run up a steep hill, carrying it on my shoulder. I could see that there were some trails through the woods, though most of the course was on the grass, where everyone could see the action. There was a great section of chicanes, where I knew I'd have to smoothly navigate some tight turns on a downhill.

I pumped my tires up to 100 psi, because that's what I knew from riding on the road. I lined up on the pavement to start and I took off as fast as I could when the whistle blew. I took the first corner quickly and realized that I would soon have to navigate a big mud pit, which proved nearly impossible with my total lack of bike handling skills and my excessive tire pressure. I ended up toppling over my handlebars, landing flat on my back in the mud, in front of the entire field of racers and a few lucky spectators. "What have I gotten myself into?" I thought. I hopped back on and finished the race, albeit a few minutes behind the winner. I was embarrassed at my lack of knowledge and skill, but everyone along the way was incredibly friendly and encouraging.

When I finished what amounted to four laps of the course in about 30 minutes, despite all of the trials I had throughout the race, I couldn't help but smile. There was something intoxicatingly fun about the environment, about having both new and familiar faces cheering you on at every turn, and about learning something new. Andy Ruiz of Delmar, who is now my coach, walked up to me after the race and pressed on my tires, wondering what I was doing with so much air in them. That day I was taught that a much lower tire pressure, closer to 30 psi at my weight, is necessary when riding off-road or you will have a serious lack of control.

Over the last five years I have learned a lot of lessons about cyclocross the hard way, starting with that lesson about tire pressure. I have vastly improved my skills and equipment choices by learning from many friends and teammates who have offered a helping hand. I've suffered flats because of roots and rocks. I've crashed taking a corner too fast, more times than I'd like to admit.

Along the way, I've made so many friends and helped to get new faces involved in the sport. I've watched the pros race at the Northeast Cyclocross Series (necyclocross.com) and been in awe of the women out there executing the course with perfection. Each course is different and offers its own challenges and rewards, and the courses change not just each year, but even throughout the day as more racers cut lines into the terrain. Most race days consist of five or more events throughout the day, so everyone really rallies to support each other after finishing their own races. Cyclocross certainly hasn't always been easy, but it's always been fun.

That's why when I joined NYCROSS (nycross.com), I wanted to work with the team to facilitate more female participation in the sport. Last year, we modified the schedule to ensure that the elite women's field got to race on the course alone, without being disrupted by men's fields.

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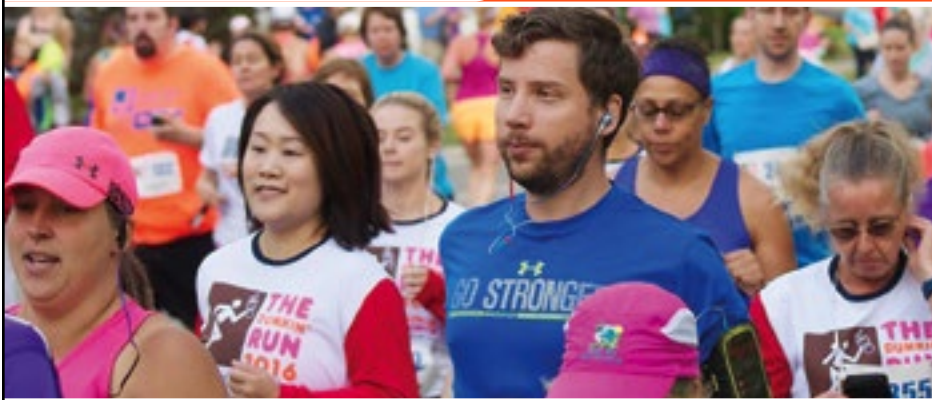
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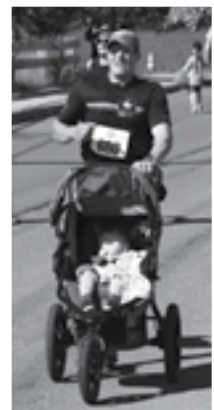
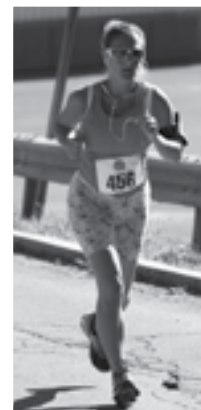
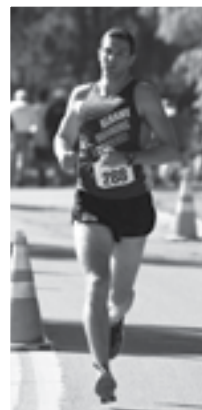
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RUNNING & WALKING



Balancing Act Between Summer and Fall Races

By Laura Clark

This time of year there is a certain amount of give and take. It is still technically summer, but relentless back-to-school sales remind us that we are living on borrowed time. Even Mother Nature seems confused. While some September days suggest fall has truly arrived, others boast soaring temperatures. It is difficult to know when to target that fast fall 5K. Fortunately, the late August and September racing scene offers a fast and furious array of weekly 5Ks, so you can be flexible in the timing of your goals.

Reviving the old Stroehmann Run, the first annual **Southern Saratoga YMCA Hump Day 5K** is on Wednesday, August 22, with its 6:15pm start. This ensures that the heat of the day will be on its way out, guaranteeing a fast time on this PR course. Beginning at the YMCA, runners travel on Clifton Park Center Road onto Moe Road, pass Clifton Park-Halfmoon Public Library, and return on a beautiful wooded path.

Mid-week status also promotes a more relaxed atmosphere, as there will be no pressure from the myriad weekend activities that overwhelm our lives. Race director Allison Reinhardt urges you to bring the family to enjoy the Y's playground, bounce house, trail system, post-race goodies, and even take a swim in the pool – guaranteeing a sound night's sleep for all! Proceeds support the Y's Healthy Living programs. (zippyreg.com)

Just over the September border, but technically still the final weekend of summer, is the ninth annual **5K Run for the Horses** on Saturday, September 1 at the Orenda Pavilion in Saratoga Spa State Park. The event is summer-themed as runners and walkers will support fellow retired athletes – thoroughbred race horses who can expect to live 20-25 years past retirement. Along the winding, gently hilly park paths, participants will be cheered on by some of those retired horses – joined also by still-working police horses.

This race is all-inclusive, with a half-mile Kids' Fun Run, awards for top 5K runners and walkers, and even a Canine Companion division! This is one of the few events in the area where our doggie family members are encouraged to participate on an equal footing – so take advantage of the opportunity. In keeping with the horse theme, just a reminder that this final weekend is the most relaxing time to visit the track to view race horses in action – Travers is history, the tourists have fled, and we locals can experience the track ambience in a hassle-free atmosphere. (runforthehorses5k.com)



For another opportunity to improve your 2018 summer PR, head over to the Albany Harriman State Office Campus on Monday, September 3 for the 30th annual **HMRRC Labor Day 5K Race/Walk**. With the start and finish on the Patroon Creek Boulevard, the route consists of inner and outer loops, giving slower runners the possibility of seeing the faster athletes in action. While the second mile is downhill and flat, save something for the final stretch, which race director John Parisella terms “challenging.”

You can expect a competitive crowd as this event is part of the HMRRC's Grand Prix Series, which offers cash prizes to overall and age group winners. Not being a faster runner I figured I had no chance last year and only by accident accumulated the requisite number of series races. But amazingly, I ended up scoring a Fleet Feet gift card. So it is definitely a goal worth targeting. Labor Day 5K is runner-friendly, with age groups extending to 85+. Proceeds benefit HMRRC's Just Run youth program, scholarship fund, and running-related grants. (hmrrc.com)

Taking that first tentative step into fall on Saturday, September 8 is the ninth annual **Malta 5K Run/Walk**, with its traditional flat, fast route around the Luther Forest Tech Park and past Global Foundries. To add spice to the competition, race director Paul Loomis states that, “Team competition is a huge component,” as teams with the most members receive a sizeable donation to their charity of choice as well as free entries to next year's race.

And this is not the end of the goodies: Fleet Feet provides over \$1,000 worth of prize money to overall and masters champions, and Treepad hands out day passes for all youngsters 12 and under. Even if you

have no chance of scoring prize money, chasing all those top athletes will inspire your fall PR. The Malta 5K is presented by Roundabout Runners Club, a new Malta/Ballston Spa kids' running organization that will be volunteering, and proceeds again benefit local VetHelp and EMS first responders. (malta5k.com)

The second annual **ADK5K Run/Walk** scheduled for Saturday, September 15 treads the line between summer and fall just after the peak summer tourist season and before the leaf peepers invade. Based from Lake George's Adirondack Pub & Brewery, it offers food trucks, beer samples, music and lawn games – similar to their Shmaltz “Chosen One” 5K. The course runs along the beach and loops through Fort George Park with a sweeping view of the lake. Incredibly, this route minimizes the hills, with the largest a 60-foot climb on Beach Road.

As an added bonus, teams of ten or more runners will receive an ADK5K growler. All finishers receive a free modern pilsner glass and custom metal coaster. Race director Carl Ewald claims his event is “the perfect excuse to spend a weekend in the village,” with a Hemmings Motor News collector car event, Jazz at the Lake festival, and Lake George In-Water Boat Show on tap. Race proceeds benefit the Lake George Association, dedicated to promoting water quality. Get \$5 off with code ADKSPORTS through 8/31. (adk5k.com)

The Albany JCC's **Dunkin' Run** on Sunday, September 16, with its 5K Run/Walk, 10K and 15K options, forces runners to make a difficult choice. Which race to run? Stick with the flat 5K loop course for a fall PR or branch out into longer distances with

(TOP LEFT) 2017 FAM 5K “FUND” RUN ON SUNY COBLESKILL CAMPUS. JOE MULONE PHOTOGRAPHY

(TOP RIGHT) START OF THE 2017 MALTA 5K. DARRYL CARON

◀ IT'S A PARTY AT THE 2017 ADK5K. CARL EWALD

multiple loops, keeping in mind training for November's Stockade-athon 15K. A tough decision as there aren't many opportunities to practice the 15K distance. Approximately 900 runners will join this community-organized event.

Some runners are enticed by the cash prizes offered to the men's and women's top three open and overall masters in each event. Abundant 10-year age group awards extend through 80+, with the younger crowd enjoying their own half-mile Munchkin Run. And did we mention the donuts? And the collector's brightly colored Dunkin' Tees? Proceeds support the programs of the Sidney Albert Albany Jewish Community Center. (albanyjcc.org)

Wrap up your early fall season and enjoy a fair atmosphere with the 25th anniversary celebration of the **FAM 5K “Fund” Run/Walk** at the Cobleskill Fairgrounds on Saturday, September 22. Enjoy a party atmosphere with more than 800 participants, barn displays, clowns and raffles. Post-race, splurge for some world-famous, sweet and tangy Brooks Bar-B-Q chicken to enjoy at one of the picnic tables or to take home for a fuss-free supper. The route circles the SUNY Cobleskill campus, with some gentle hills and an encouraging out-and-back view of fellow runners.

As a bonus, there is a free Fun Run for the six-and-under set, T-shirts included, as well as a pre-registered family rate to help keep it affordable. Overall and first-place age group winners receive FAM Value Fund shares of stock! FAM 5K is the fall classic for charity, as each year the race proceeds are donated to one of five local charities on a rotating basis. This year benefits the Cobleskill Regional Hospital. (fam5k.com)

Target several of these convenient, local options to perfect your 5K skills, and be ready for whatever surprises the weather dishes out. Whatever the outcome, enjoy a fun time at these family-friendly events! 🌲

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

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News Briefs

Local Group Recruiting Fit & Athletic Women For Ovarian Cancer Awareness

ALBANY - Ovarian cancer is one of the less common cancers. When diagnosed early, the prognosis is good, but the survival rate is low when diagnosed in later stages. There is no screening test for ovarian cancer, and the symptoms are a vague suite of symptoms, often missed by women and their health care providers. Symptoms, known as "BEAT" which includes persistent Bloating, Eating issues (early satiation, nausea), Abdominal issues including low back pain, and "Toilet" issues such as diarrhea or constipation and urinary urgency/frequency; and changes in menstruation can also be a symptom.

Ovarian Cancer Awareness Month in September has inspired a local ovarian cancer survivor from Rexford; Caring Together, a local ovarian cancer organization (caringtogether.org); and a young videographer, Katie Amo to produce a video, "Yes, Fit Women Can Get Ovarian Cancer, Too," to raise awareness of ovarian cancer symptoms among fit and athletic women.

The group is recruiting fit and athletic women diagnosed with ovarian cancer willing to share their stories for the video. Sharing stories is critical to helping someone else detect the early warning signs. If you or someone you know is a fit or athletic woman diagnosed with or a survivor of ovarian cancer and willing to participate, email Meg Wilkinson at citsci4ovca@gmail.com or call 518-813-8165 by September 1. For more info, go to citizenscienceforovariancancer.org.

New Website Helps Prevent Spread of Invasive Species in the Adirondacks

KEENE VALLEY - Before heading out for a day of hiking, camping, boating or other Adirondack recreational activities, The Nature Conservancy's Adirondack Park Invasive Plant Program has launched KeepInvasiveSpeciesOut.com. The site offers an overview of the invasive species problem and simple steps anyone can take to limit the likelihood of unintentionally spreading an invasive. Tips are given for specific outdoor activities, including hiking, camping, boating, fishing, hunting, mountain biking, horseback riding, gardening/landscaping and farming. The site is designed to provide information quickly and easily, and serves as a complement to APIPP's longstanding website, adkinvasives.com.

Invasive species are plants, insects, animals and other organisms that are non-native to the ecosystem and cause significant economic or environmental harm, or harm to human health. Among the lengthy and diverse list of potential impacts: invasive species can reduce native species biodiversity, hamper recreational use, reduce property values and spread diseases.

APIPP is a partnership program of The Nature Conservancy, NYS Dept. of Environmental Conservation, NYS Dept. of Transportation, and the Adirondack Park Agency - and is housed under the Adirondack Chapter of The Nature Conservancy. Since its founding, APIPP has grown to include more than 30 cooperating partner organizations, and over 700 volunteers. For more info, visit keepinvasivespeciesout.com.

PROTECT YOUR ADIRONDACKS
**KEEP
INVASIVE
SPECIES
OUT**

KeepInvasiveSpeciesOut.com

Rollerski Race Weekend in the Adirondacks

LAKE PLACID & WILMINGTON - The New York Ski Educational Foundation, the New England Nordic Ski Association, and the Olympic Regional Development Authority invite athletes to a rollerski race weekend, September 15-16 in the Adirondacks.

On Saturday, September 15, there will be a Lake Placid Doubleday consisting of a 3K freestyle prologue rollerski with an interval start followed by a 1.5K freestyle preliminary sprint. The Doubleday will take place at 9am at the rollerski loop located at the Lake Placid Olympic Ski Jump. On Sunday, September 16, the Climb to the Castle Skate Race will begin at 8am. The course will start at the Whiteface Toll Booth, climbing for five miles with an average 8% grade up the Memorial Highway to the summit of Whiteface Mountain, New York's fifth highest peak with an elevation of 4,867 feet.

Following the race events there will be a brief award ceremony for Junior, Senior and Masters Classes. Participate, volunteer and/or cheer on Nordic athletes from around the country. To register or volunteer, go to nysef.org/news.

Correction to "Getting Kids into Mountain Bike Riding and Racing" Article - Due to a production error, the last four paragraphs of the Mountain Biking article in the July 2018 issue were omitted. Here is the correct text:

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 team members. 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 are 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).

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FROM THE PUBLISHERS

Late Summer Fun

You know summer is coming to a close when the "back to school" sales start popping up - and Halloween candy is displayed? Before summer is over, this issue provides some great ideas for late summer recreational or competitive outdoor adventures, great buys and quality services.

AdkSports.com is also a free, searchable resource for back issues and previously featured articles by our great contributing writers, whether you're looking for a hiking or paddling destination, Non-Medicated Life column or inspiration from an Athlete Profile. Enjoy those last days of summer!

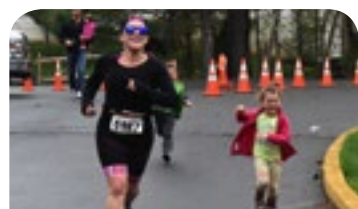
Darryl and Mona

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Calendar of Events

August–November 2018*

AUGUST 2018							SEPTEMBER 2018							OCTOBER 2018									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
			1	2	3	4						1											
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13			
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26	27	28	29	30	31	23 ³⁰	24	25	26	27	28	29	28	29	30	31							

*Events beyond this range are advertisers in this issue.

- 25 **Farm to Fork Fondo: Maine.** 85/55/35/10M rides, food, tastings, music. Pineland Farm, New Gloucester, ME. farmforkfondo.com.
- 26 **Canandaigua Bike Rally.** 25M/12M. Richard Outhouse Memorial Park, Canandaigua. active.com.
- 31-9/3 **Green Mountain Stage Race.** ITTT, Circuit Race, Road Race, Criterium. Waitsfield & Burlington, VT. gmsr.info.

SEPTEMBER

- 2 **Catskill Mountain Cycling Challenge.** 29M: 9am. 57M: 8:30am. 99M: 8am. Catskill Recreation Center, Arkville. catskillrecreationcenter.org.
- 7 **Muffin to Muffin Ride.** 14M. Exit 11 Park & Ride, Malta. Alison Zoske: 518-899-4031. albany-adk.org.
- 8 **Pedal the Creek.** 14M/28M/50M. 9am. Brookhaven, Greenfield. 518-937-8632. kayadecross.org.
- 8-9 **MHCC Albany Century Weekend.** Sat & Sun. 100M 8am. 62M 9am. 50M 9:30am. 25M 10am. Catered lunch & craft beer included. New location: Altamont Fairgrounds, Altamont. mohawkhudsoncyclingclub.org.
- 9 **Tour de Daggett Lake.** 65M: 8am. 20M: 9am. Daggett Lake Campsites, Warrensburg. daggettlake.net.
- 13-16 **JDRF Ride to Cure Diabetes.** 100/60/25M. Saratoga City Center, Saratoga Springs. jdrf.org.
- 14-16 **ADK 540 Ultra Cycling Ride.** 136/272/408/540M. Alpine Country Inn, Wilmington. John Ceceri: 518-583-3708. adkultracycling.com.
- 22 **5th Harry Elkes Ride.** 50M & 32M: 9:30am. 15M family ride: 10am. Schroom & Brant Lake rides with post-ride food & beverages. The Hub, Brant Lake. Lloyd Mott: 518-792-7988. bikereg.com.
- 22 **Collar City Ramble.** 10am-12pm. Troy. transporttroy.com.
- 23 **5th Tour de Salem Flame Fighters Bike Rides.** 62M 8am. 25M 8:30am. 16M 9am. 10M 9am. Salem FD Carnival Grounds, Salem. 518-321-9430. tourdesalemflamefighters.com.
- 27 **CycleNation: Ride the Revolution.** 5:30pm. Relay stationary bike. Revolution Hall, Brown's Brewing, Troy. Jessica Pettengill: 518-626-8768. cyclenation.org.
- 27-29 **2018 New York State Bike Summit.** Insider updates on advancing NYS biking (road, mountain, e-bike) and education. NYSERDA training, panels, workshops, rides, food, beverages. Gideon Putnam Hotel, Saratoga Springs. nybc.net/action/bike-summit.
- 29 **Drops to Hops.** 43M race & 23M citizens' fun race/ride. Brewery Ommegang, Cooperstown. clarksportscenter.com.
- 30 **Farm to Fork Fondo: Berkshires.** 80/50/30/10M rides, food, tastings, music. Hancock Shaker Village, Pittsfield, MA. farmforkfondo.com.
- 30 **Bike the Barns Bicycle Tour.** 13, 25, 45, 75M w/farm stops. Asgaard Farm & Dairy, Au Sable Forks. ANCA: adirondack.org.
- 30 **46-Mile Ride for Childhood Cancer Awareness.** 46M. Strive4 Strength Gym, Syracuse. runsignup.com.
- 30 **Just Bike! Justice for Kids.** 20M/11M/5M family ride. 2.5M Walk. Village School, North Bennington, VT. 802-442-5107. bccac.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.
- 27-28 **Haunted Hundred Overnight Century.** 49/65/104M. 6pm. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.



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Saturday, August 25, 8am
Mt. Pisgah Lodge, Saranac Lake
Century, Half Century, 25 mile rides and a Free Kid's Ride!

Prizes - Food - Music!

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

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Maps & more: StrattonRide.com

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Sundays, 1-4pm, \$5pp/day
8/19, 9/2, 9/16

CATSKILL MOUNTAIN CYCLING CHALLENGE

SUNDAY SEPT. 2
Catskill Recreation Center
Arkville, NY

Carries forth the long tradition of recreational road cycling in the Western Catskills

Pepacton Short: 29M, 9am • Pepacton Long: 57M, 8:30am
Century Challenge: 99M, 8am

Free lunch, t-shirt, and use of all CRC facilities
Proceeds to increase recreational programming for all ages

Register: bikereg.com/catskill-mountain-cycling-challenge
Info: catskillrecreationcenter.org/catskill-mountain-cycling-challenge

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BICYCLING: OFF-ROAD (UNPAVED) ONGOING

Sun "Poor Man's Downhill" Summer Shuttles. 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.

AUGUST

11 Mountain Bike Skills Development Camp. Gore Mountain, North Creek. 518-251-2411. goremountain.com.

10-12 VT3 Three-Day MTB Stage Race. Craftsbury Outdoor Center, Craftsbury Common, VT. bikereg.com.

12 H2H Point Peter Pounder XC MTB Race. Brox-Elks Park, Port Jervis. bikereg.com.

18 D2R2: Deerfield Dirt Road Randonnee. 100K-180K ride for the land. Plus: tour, family & new mystery ride. Deerfield, MA. franklinlandtrust.org.

18 PEAK Woodsplitter Six-Hour MTB Race. Leadville qualifier. Green Mountain Trails, Pittsfield, VT. bikereg.com.

25-26 Syracuse Bicycle Cyclocross Festival. Empire Farm Brewery, Cazenovia. syracusebicycle.com.

26 Vermont Overland Gravel Grinder. 45M. 9am. Reading, VT. 802-291-2419. vermontoverland.com.

31-9/2 Wilmington Mountain Bike Festival. On-site camping, live music, local food & beer, bike demos, group rides on 25M of Adirondack-style singletrack for all abilities, shuttles, kids' MTB race. Wilmington. wilmingtonmtbfestival.com.

SEPTEMBER

2 BonkWerx Cyclocross Race. Chittenango. bikereg.com.

8 Rocky Point 50-Miler MTB Race. 9am. Rocky Point MTB Trail, Rocky Point. bikereg.com.

8-9 Rochester Cyclocross Races. UCI C1/C2. Genesee Valley Park, Rochester. rochestercyclocross.com.

9 Reidelbauer's Round Top Rally XC MTB Race. Round Top. nysmtbseries.com.

14 The Adirondack Trail Ride (TATR). 550+M solo, self-supported bikepacking adventure through the Adirondack Mountains. Northville. theadironacktrailride.com.

16 Battle of Plattsburgh XC MTB Race. 6-18M. 10am. Ausable Chasm, Keeseville. bikereg.com.

22 Mountain Bike Skills Development Camp. 9am. Gore Mountain, North Creek. 518-251-2411. goremountain.com.

23 2nd Garnet Hill Grit XC MTB Race. 6M sport & 12M expert classes. Finish line food, prizes & live music. Garnet Hill Outdoor Center, North River. 518-251-2444. garnet-hill.com/events.

23 Kirkland Cyclocross Race. NYCROSS Race Series #1. Kirkland Town Park, Clinton. nycross.com.

27-29 2018 New York State Bike Summit. Insider updates on advancing NYS biking (road, mountain, e-bike) and education. NYSERDA training, panels, workshops, rides, food, beverages. Gideon Putnam Hotel, Saratoga Springs. nybc.net/action/bike-summit.

30 Vermont 50 MTB Race. Also: Trail Run Race. Brownsville, VT. vermont50.com.

OCTOBER

6-7 Uncle Sam Cyclocross Grand Prix. NYCROSS Race Series #2. Prospect Park, Troy. nycross.com.

13 Finger Lakes Cyclocross Race. Auburn. bikereg.com.

13 CircumBurke MTB Trail Challenge. 27-50M. Also: Marathon Trail Run. Kingdom Trails, East Burke, VT. bikereg.com.

14 Dave Panella Memorial Cyclocross Race. Lions Park, Greene. bikereg.com.

14 Erie 80K MTB Race & Festival. Watershed Trails, Port Jervis. bikereg.com.

28 Wicked Creepy Cyclocross. NYCROSS Race Series #3. Willow Park, Bennington, VT. nycross.com.

NOVEMBER

4 Bethlehem Cyclocross. NYCROSS Race Series #4. Elm Avenue Park, Delmar. nycross.com.

4 Beak & Skiff CiderCross Race. Beak & Skiff Orchard, Lafayette. cidercross.com.

CROSS COUNTRY (NORDIC) SKIING

SEPTEMBER

15-16 Adirondack Rollerski Race Weekend. Freestyle/skate. Sat: Doubleday 3K Prologue & 1.5K Sprint at Olympic Ski Jumps, Lake Placid. Sun: Climb to the Castle 5M at Whiteface Toll Booth, Wilmington. NYSEF: 518-946-7001. nysef.org/news.

HEALTH & FITNESS

ONGOING

Mo-Sa Rock Your Fitness: Total Body Training. 4-week Summer Sessions. 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.

AUGUST

25 Mountaintop Yoga. Beginner Class: 1pm, Vinyasa Power Class: 2pm. Gore Mountain, North Creek. goremountain.com.

HIKING, CLIMBING & WILDERNESS SKILLS

ONGOING

Daily Mt Jo Guided Hike w/ADK Naturalist. 2M. 9am. Adirondack 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.

AUGUST

12 Lower Wolfjaw Women's Day Hike. 11.2M. 7am. Marcy Field Trailhead, Keene. ADK: 518-523-3441. adk.org.

13 Mount Marshall Guided Hike. 17M. Adirondack Loj, Lake Placid. ADK: 518-523-3441. adk.org.

27 Table Top Guided Hike. 9.8M. Adirondack Loj, Lake Placid. ADK: 518-523-3441. adk.org.

31 Dix & Hough Guided Hike. 13.7M. 7:30am. I-87, Exit 29, North Hudson. ADK: 518-523-3441. adk.org.

5th annual Tour de Salem Flame Fighters Bike Rides
SUNDAY SEPT 23
Salem, Washington County
Salem FD Carnival Grounds, Archibald St.
Hosted by Salem Volunteer Fire Dept.

- 62 Miles: 8am
- 25 Miles: 8:30am
- 16 Miles: 9am
- 10 Miles: 9am

\$35 individual or \$40 family
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5th annual Harry Elkes Ride
Saturday, September 22 – The Hub, Brant Lake

Ride with us to celebrate 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

9:30am: 50- & 32-mile Schroon, Loon and Brant Lake rides
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
Or day of ride: 8:30-10am
Warren Co. Safe/Quality Cycling Organization (BikeWarrenCo.org)



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SEPTEMBER

1 Seymour Day Hike. 14.4M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.

2 Street & Nye Guided Hike. 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

3 Esther Mtn Guided Hike. 6.6M. 8:30am. Ausable River Two-Fly Shop, Wilmington. ADK: 518-523-3441. adk.org.

9 SheJumps Wild Skills Adventure. Girls ages 6-12. 9am-2pm. Maple Ski Ridge, Schenectady. 518-243-9751. eventbrite.com.

10 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.

24 Donald & Emmons Day Hikes. 14.6M. ADK: 518-523-3441. adk.org.

29 Pharaoh Lake Wilderness & Ponds Loop. 8.7M. Putnam Pond Campground. Phil Seward: 518-527-1851. albany-adk.org.

OCTOBER

6 Esther Mtn Guided Hike. 6.6M. 8:30am. Ausable River Two-Fly Shop, Wilmington. ADK: 518-523-3441. adk.org.

6 South Central Triple: Kane, Jockeybush Lake trail, Panther Mtn to Echo Cliffs. 5M. Robert Priest: 518-489-7472. albany-adk.org.

7 Table Top Guided Hike. 9.8M. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

8 Street & Nye Guided Hike. 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

20 Outdoor Leadership 101. 9am-4:30pm. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

21 Map & Compass Fundamentals. 9am-4:30pm. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

MULTISPORT: TRIATHLON, DUATHLON & SWIMMING ONGOING

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.

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

AUGUST

11 Betsy Owens & Terry Laughlin Memorial Swims. 1M: 11:15am. 2M: 9:30am. Mirror Lake, Lake Placid. 518-677-2768. runsignup.com.

11 Ken Hummel Memorial 5K Run/Walk & Duathlon. Plus: Kids' 1M Fun Run. 9am. Stuyvesant. zippyreg.com.

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

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

12 XTERRA Syracuse Off-Road Triathlon. 1K swim, 20K MTB, 10K trail run. Green Lakes SP, Fayetteville. register-this.com.

13 34th HPC Mini-Tri Series Finale. 400yd swim, 12M bike, 3M run. Adults: 6:30pm. Kids' Mini-Tri Finale: 3pm. Mirror Lake beach, Lake Placid. 518-523-3764. highpeakscyclery.com.

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

15 St Lawrence Valley Paddlers Duathlon Series Finale. 1.25M run, 2M paddle, 1.25M run. 6:30pm. Little River, Canton. slvpaddlers.org.

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

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

18 Lake George Open Water Swims. 2.5K 7:45am. 10K 7:55am. 5K 9:30am. Hague Town Park, Hague. 518-677-2768. lakegeorgeswim.com.

18 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 West Point Triathlon. Sprint & Youth. Camp Buckner, West Point. active.com.

19 Peasantman Steel Distance Triathlons. Half, Olympic, Sprint, Aqua, Relays. Indian Pines Park, Penn Yan. peasantman.com.

21 Norwood Beach Duathlon. 6:30pm. Norwood Beach, Norwood. 315-262-6774. northernrunner.org.

25 Saratoga Mountain Bike Biathlon. 10am. Newbies welcome. Post-race picnic. Saratoga Biathlon Club, Hadley. saratogabiathlon.com.

25 Rochester Triathlons: Sprint & Olympic. Durand Eastman Beach, Rochester. rochestertriathletes.com.

26 Saratoga Running Biathlon. 10am. Newbies welcome. Post-race picnic. Saratoga Biathlon Club, Hadley. saratogabiathlon.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.

5 Southern Tier Tri Club: Summer Series Finale. 400yd swim, 13M bike, 2M run. 5:45pm. Cassadaga. 914-466-9214. coachmarkwilson.com.

8 Greene County YMCA Triathlon. 350-yard swim, 11.5M bike, 5K run. 8am. Sleepy Hollow Lake, Athens. runsignup.com.

8 Finger Lakes Triathlon. Olympic & sprint. 7:15am. Kershaw Park, Canandaigua. runsignup.com.

9 Ironman 70.3 Lake Placid. 1.2M swim, 56M bike, 13.1M run. 6am. Olympic Speedskating Oval, Lake Placid. ironman.com.

9 Survival of the Shawangunks (SOS) Triathlon. 30M bike, 4.5M run, 1.1M swim, 5.5M run, 0.5M swim, 8M run, 0.5M swim, 0.7M run. Ulster County Fairgrounds, New Paltz. sostriathlon.com.

9 Sri Chinmoy Swim/Run Aquathlon. 1K swim, 10K run. Lake Welch, Harriman State Park, Stony Point. 516-710-8084. us.srichinmoyraces.org.

12 Hudson Valley Triathlon Club Summer Series Finale. 400yd swim, 12M bike, 2M run. 5:45pm. Kenneth Wilson SP, Mt. Tremper. 914-466-9214. coachmarkwilson.com.

15 Tyathlon. Sprint Triathlon. 0.25M swim, 10.1M bike, 5K run. 7am. Mahopac. 845-200-7486. superty.org.

16 42nd Josh Billings RunAground Triathlon. 27M bike, 5M paddle, 6M run. 9:30am. Great Barrington, MA. Patty Spector: 413-344-7919. joshbillings.com.

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- 16 Toughman Triathlon. 1.2M swim, 56M bike, 13.1M run. Aquabike: 1.2M swim, 56M bike, 100yd run. Stony Point. toughmantri.com.
- 22 Zoot Westchester Triathlon. Super Sprint, Olympic, Kids. Town Park, Rye. westchestertriathlon.org.
- 23 New York City Sprint Duathlon. 2M run, 12M bike, 2M run. Central Park Boathouse, New York. nytri.org.

OCTOBER

- 6 Hudson Valley Duathlon Series #3. Mt. Tremper. 914-466-9214. coachmarkwilson.com.
- 6 Rochester Autumn Classic Duathlon. 2M run, 10M bike, 2M run. Stewart Lodge, Mendon Ponds Park, Mendon. runsignup.com.
- 13 Southern Tier Duathlon Series #3. Randolph. 914-466-9214. coachmarkwilson.com.
- 14 Mohawk Towpath Byway Duathlon. 2M run, 17M bike, 2M run. 8:30am. Solo/teams. New: Scholastic & Grandmaster waves. Riverview Orchards, Rexford. mohawktowpath.org.
- 20 Kayak, Bike, Run Triathlon. Cassadaga Beach, Cassadaga. 914-466-9214. coachmarkwilson.com.
- 21 Central Park Sprint Duathlon. 2.2M run, 12M bike, 2.2M run. Central Park, New York. nytri.org.

OTHER EVENTS 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.

OCTOBER

- 6-7 Gore Mountain Harvest Fest. Music, food, gondola rides, MTB, hiking. Gore Mountain, North Creek. 518-251-2411. goremountain.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.

AUGUST

- 9-12 US Canoe Association's 2018 Canoe & Kayak National Championships. Thu: opening ceremony, youth sprints. Fri: C1, K1 women, C2, K1 men. Saturday: C2, K2 woman, C1, K1 men. Sunday: C2, K2 mixed, SUP men, SUP woman. Onondaga Lake & Seneca River, 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 Canoe/Kayak Race. 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.
- 15 Paddle for the Cure. 2M canoe/kayak on Moose River. Mountainman Outdoors, Old Forge. Janice Sell: 315-415-3157. mountainmanoutdoors.com.
- 15 St Lawrence Valley Paddlers Duathlon Series Finale. 1.25M run, 2M paddle, 1.25M run. 6:30pm. Little River, Canton. slvpaddlers.org.
- 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.

RUNNING, TRAIL RUNNING & WALKING ONGOING

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

AUGUST

- 10-11 Peak to Brew Relay. Teams of 6-12 runners, 1-2 support vans, 220M over 42 legs. Whiteface Mountain, Wilmington to Saranac Brewery, Utica. p2brelay.com.
- 11 10th Camp Chingachgook Challenge Half Marathon & 10K. 13.1M: 8am. 10K: 9am. YMCA Camp Chingachgook, Kattskill Bay. lakegeorgehalf.com.
- 11 New Balance Demo Run. 8am. New Balance 1080 & Vongo. Fleet Feet, Malta. fleetfeetalbany.com.
- 11 Brushton Fun to Run 5K/10K & 1M Walk. 9am. Brushton-Moira HS, Brushton. 518-319-5568. brushtonfunTORun.com.
- 11 Ken Hummel Memorial 5K Run/Walk & Duathlon. Plus: Kids' 1M Fun Run. 9am. Stuyvesant. zippyreg.com.
- 11 Bridge of Flowers Classic 8K. 9am. 3K: Run/Walk. Historic 1890 Iron Bridge, Shelburne, MA. shelburnefalls.com.
- 12 Run for the Roses 5K Run/Walk & Fun Run. 9am. Grafton Lake SP, Grafton. graftoncommunitylibrary.org.
- 15 Hoka Clifton 5 Demo Run & S'mores. 3M. 6pm. Fleet Feet, Albany. fleetfeetalbany.com.
- 18 16th Jailhouse Rock 5K Run/Walk. 8:18am. Brookside Museum, Ballston Spa. 518-885-4000. jailhouserock5k. itsyourrace.com.
- 18 Olga Memorial Footrace. 5K Run/Walk & 10K Run. 9:30am. Berkeley Green, Saranac Lake. 518-891-5846. facebook.com.
- 18 Sarcoma Strong 5K Run/Walk. 9am. UAlbany, Albany. 518-489-2666. sarcomastrong.com.

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4 WEEK SUMMER SESSION Aug 6-31
• MWF 6am & 9:30am •

NEXT 6 WEEK SESSION Sep 10-Oct 20
MWF 5:15am, 6:30am & 9:30am • Sat 7:30am

Saratoga-Wilton Soccer Club (formerly Charboneau)
2381 Route 9, Malta
REGISTER: BeckyRock@nycap.rr.com
or call/text 518-522-9765

16TH ANNUAL
Saratoga County Historical Society
JAILHOUSE ROCK 5K
Sat, Aug 18
8:18am • Ballston Spa
Fast, fun to the jailhouse & back • USATF Certified
Chip timing • Walkers welcome
T-shirts guaranteed with 8/1 registration
Register: jailhouserock5k.itsyourrace.com
\$25 by 8/16 or \$30 after
Youth run teams & clubs: discount available!
Jen Ferriss: ferrissj@gmail.com
Benefits: The Saratoga County Historical Society
© Brookside Museum

37th Annual Watervliet
Arsenal City Run
2018 Sunday Sept 23
5K Road Race • 10am
Info/Register: Arsenal5k.com
Call Chris at 518-270-3815 and mention this ad for \$5 off registration fee • T-shirts to all preregistered
Free 1-Mile Fun Run/Walk (all ages): 9:30am
Family Festivities: 10am-1pm
Food, drinks, live music, activities for all
Benefits Watervliet Adopt-a-Family program

8TH ANNUAL
MOREAU LAKE 15K & 5K TRAIL RUN
The toughest 15K in NY is BACK!
Trail runs mixed in with lots of '80s music and unforgettable '80s fashion!
Sunday, Sept. 16 at 8am
Moreau Lake State Park
605 Old Saratoga Rd, Gansevoort
15K Trail Run – a challenging run up the 'Staircase of Death' to start, leading into miles of rollers and creeks, before making your way back down the ridge to the beach
• Low-key event with limited swag
• Overall awards for top 3 M&F runners
• Registration includes Park entry and an optional post race BBQ
• Giveaways! • T-shirts to first 200
Registration, maps and playlists: GreenLeafacing.com
The beach offers bathrooms, showers, changing areas, picnic tables, BBQ.

30TH ANNUAL
HMRRC
LABOR DAY 5K
Monday, Sept. 3
5K Race/Walk • 9:00am
Patroon Creek Blvd, Albany on Harriman State Office Campus
\$15 HMRRC members by 8/31
\$20 for others by 8/31 • \$25 race day
T-shirts to first 250 registered
Medals to top 3 M/F overall and top 3 M/F age groups
Snacks, fruit and drinks at finish
Register online (no fee):
HMRRC.com

Sunday, Sept 30
15th Annual
The Crossings 5K Challenge
& KIDS Runs
5K RUN/WALK
Ciccotti Center
30 Aviation Road, Colonie
MUSIC • FOOD • AWARDS • FUN!
5K Challenge Run/Walk - 9:30am
Dri-fit long-sleeve shirt to all registered by 9/3
Flat, fast course through Crossings Park
Chip timing by AREEP • Walkers welcome
Kids 1/4M Fun Run* (free) - 10:15am
Must be registered - For ages 13-under
Kids 1M Competitive Run* (\$10) - 10:15am
Chip-timed for 13-under with shirt and awards
*All registered kids runners get a medal
Register online: ZippyReg.com
Info & Entry Form: ColonieYouthCenter.org
Early Registration Ends 9/26!
TO BENEFIT COLONIE YOUTH CENTER, INC.

- 18 Voorheesville 5K Run & 2M Walk. 9am. Hilltown Triple Crown Race #2. Voorheesville HS, Voorheesville. 518-861-6350. zippyreg.com.
- 18 Clove Run 10-Miler, 5K & Family Fun Run. 8am. Castleton-on-Hudson 518-312-1054. runsignup.com.
- 18 Willow Bay 5K Run & Fitness Walk for Women. Onondaga Lake Park, Liverpool. syracusechargers.org.
- 18 Tough Mudder Hudson Valley. 5M or 10M + 20 obstacles. Winston Farms, Saugerties. toughmudder.com.
- 19 Thacher Park Trail Running Festival. 10K, 13.1M, 26.2M & 50K. 8:30am. Thacher SP, Voorheesville. thacherparkrunningfestival.com.
- 19 Corkscrew Rail Trail Race. 4.2M. Stephentown. Bruce Shenker: 518-781-4525. celebratesthewentown.com.
- 19 Tour de Force Charity Run Half Marathon, 10K, 5K & 1M Walk. 8am. Mooney Bay Marina, Plattsburgh. runsignup.com.
- 19 France Run 8K. 9:30am. Central Park, New York. nyrr.org.
- 20 Camp Saratoga 5K Trail Run: Series Finale. 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.
- 22 Hump Day 5K Run/Walk. 6:15pm. Southern Saratoga YMCA, Clifton Park. 518-371-2139. cdymca.org.
- 22 New Balance & Fleet Feet Running Club Demo Run. Fleet Feet Albany. fleetfeetalbany.com.
- 23 Sri Chinmoy Marathon. 7am. Rockland Lake SP, Congers. us.srichinmoyraces.org.
- 24 Boiling Pot 5K & Kids' Fun Run. 6pm. 20 Mohawk St, Canajoharie. canajoharieryc.org.
- 25 Altamont 5K Run/Walk. 9am. Hilltown Triple Crown Race #3. Crupe Bozenkill Park, Altamont. 518-861-6350. altamont5k.org.
- 25 Fishy Frolic. Mackerel Mile Walk, Fishy 5K & Trout 10K. 9am. Jennings Landing, Albany. 518-705-7591 hdsa.donordrive.com.
- 25 Perry Sutton 5K Run/Walk. 8:30am. St. Nicholas Park, Harlem, New York. nyrr.org.
- 25-26 XC Spike Weekend. Also: On the Right Track: Informative & Inspirational Talk w/Nicole Blood, AJ Saucy & Naseem Haje. Sat, 2pm: Albany. Sun, 12pm: Malta. Fleet Feet, Albany & Malta. fleetfeetalbany.com.
- 26 7th 1812 Challenge & Half Marathon. 18.12M: 7:30am. 13.1M: 7:45am. 5K run/walk: 8am. Historic Battlefield Park, Sackets Harbor. 1812challenge.com.
- 26 Green River Marathon. 7am. Marlboro College, VT to Greenfield Community College, MA. newenglandgreenrivermarathon.com.
- 29 Nine Pin Cider Run w/Fleet Feet Running Club. 6pm. Nine Pin Cider, Albany. fleetfeetalbany.com.
- SEPTEMBER**
- 1 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.
- 1 Groovy Heuvy Hustle. 4M. 8:45am. Old McCadam Cheese Bldg, Heuvelton. northernrunner.org.
- 1 Run For the Fall Colors 5K. 10am. Stebbin Creek Farm, Carthage. 315-486-6209. northernrunner.org.
- 1 CM5K Race. 5K. 9:30am. Waterfront Park, Northville. cm5krace.com.
- 2 Star of the North 3K, 10K, Half, Marathon & Relay. 9am. Malone Civic Center, Malone. 315-212-2464. mtessier96.wixsite.com.
- 3 30th HMRRC Labor Day 5K Race/Walk. 9am. Patroon Creek Blvd at Harriman Office Campus, Albany. hmrrc.com.
- 8 9th Malta 5K Run/Walk. 8:30am. Luther Forest Tech Campus, Malta. Paul Loomis: 518-290-7202. malta5k.com.
- 8 Old Forge Marathon. 8:30am. Old Forge. 315-663-5539. willowhwc.com.
- 8 Survivor's 8K Run. 8am. Village Senior Center, Montgomery. survivors8k.org.
- 8 Run for Recovery 5K & 10K. 9am. Watertown. zippyreg.com.
- 8 Charlotte Covered Bridge 5K, 10K & Half Marathon. 8am. Shelburne Beach, Shelburne, VT. racevermont.com.
- 9 17th Teal Ribbon 5K Run & 1M Walk. 9am. Washington Park, Albany. caringtogetherny.org.
- 9 Tugboat Chug 5K Run. 9am. Waterford. 518-935-7720. tugboatchug.com.
- 9 Rooster Relay. 1.2M loops. 7am. Teams/solo. City Hall Place, Plattsburgh. 518-324-4786. kineticrunning.net.
- 9 6th Sparrow's Nest Superhero 5K. 9am. Kids' Fun Run: 10am. James Baird Park, Pleasant Valley. sparrowsnestcharity.org.
- 14-15 Shawangunk Ridge Trail Runs. 70M/50M/30M/13.1M. Rondout Creek, Rosendale. longpathraces.com.
- 15 ADK 5K Run/Walk. 10am. Music & Beer Fest: 10am-2pm. Adirondack Pub & Brewery, Lake George. Carl Ewald: 484-716-8331. Save \$5 w/code through 8/31: ADKSPORTS.adk5k.com.
- 15 41st Great Cow Harbor 10K Run. 8:30am. RRCA 10K Championship Race. Northport. cowharborrace.com.
- 15 Backpack Run 5K/10K. 9am. Theresa Primary School, Theresa. 315-439-4938. thebackpackrun.com.
- 16 The Saratoga Palio: Melanie Merola O'Donnell Memorial Race. Half marathon: 7:45am. 5K run/walk: 8am. Kids' Fun Run: 9:15am. Druthers Brewing after party: 10am. Saratoga City Center to Congress Park, Saratoga Springs. themelaniefoundation.com.
- 16 40th Dutchess County Classic. Half Marathon, 5K & Kids' Run. 8:30am. Lagrange MS, Lagrange. Keith Axelrod: 914-456-0708. dclassic.com.
- 16 Dunkin' Run. 15K 8:20am. 10K 8:30am. 5K Run/Walk 8:30am. 0.5M Munchkin Run (12-under) 10am. Sidney Albert Jewish Community Center, Albany. Tom Wachunas: 518-438-6651. albanyjcc.org.
- 16 8th Moreau Lake 15K & 5K Trail Races. 8am. Moreau Lake SP, Gansevoort. greenleafacing.com.
- 16 Gore Mountain Leaf Cruncher 5K Trail Race/Walk. 10am. Gore Mountain, North Creek. 518-251-2411. goremountain.com.
- 16 HMRRC Anniversary Races. 2.95M & 5.9M. 9am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- 22 25th FAM 5K "Fund" Run/Walk. 10am. Refreshments, entertainment, Brooks Bar-B-Q chicken. Free 0.5M Kids' Fun Run (6-under): 9:15am. Cobleskill Fairgrounds, Cobleskill. Frank Privitera: 518-823-1257. fam5k.com.
- 22 Adirondack Marathon Distance Festival. Helpers Fund 5K & 10K: 9:30am. Chestertown. Also: Kids' Fun Run 2pm in Schroon Lake. adirondackmarathon.org.
- 22 kLaVoy Donate Life 5K Run/Walk. 9am. Saratoga Spa SP, Saratoga Springs. zippyreg.com.
- 23 37th Arsenal City 5K Run. 10am. 1M Fun Run: 9:30am. Call Chris at 518-270-3815 & mention this ad for \$5 off registration fee. City Hall, Watervliet. arsenal5k.com.
- 23 Adirondack Marathon Distance Festival. Marathon & 2/4-Person Relays: 9am. Half Marathon: 10am. Schroon Lake. Sat, 9/22: Expo at Schroon Lake CS, Schroon Lake. adirondackmarathon.org.

12TH ANNUAL
Falling Leaves 5K & Fun Run
Saturday, October 6 at 10am
William Kelley Park on Ralph St, Ballston Spa
All 5K participants can win a gift certificate from local businesses
Scenic course within historic village of Ballston Spa!
Great Drawings – All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, pizzerias, Fleet Feet Sports, etc. Must be present to win.
Info & Register: ballstonspaumchurch.org/falling-leaves-5k-run
\$25 by 10/3 or \$30 race day • Long-sleeve moisture wicking T-shirt to first 200
Kids' 0.5M Fun Run (10 & under): 11am – Free
Stan Lockwood: (518) 885-6886 or fallingleaves5k@albany.twcbc.com
Benefits Veterans & Community Housing Coalition – Vet House & Guardian House for Homeless Veterans

ADK5K
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run beer relax

Caring Together 17th Annual
Teal Ribbon 5K Run & 1-Mile Walk
 Fighting Ovarian Cancer
 One Step at a Time
Sunday, Sept. 9 • 9am
Washington Park, Albany
 T-shirts to all registered online by 8/31
 Chip timing for all runners
 Individuals: \$17 by 8/31, \$25 after
 Team Members: \$15 by 8/31, \$25 after
 Children: \$5 ages 10-under
Register & Donate:
CaringTogetherNY.org

44TH ANNUAL

Falling Leaves ROAD RACE
Sunday, September 23
RADISSON HOTEL, UTICA
5K Run/Walk/Wheelchair & Scenic 14K Run - 9am
 Register early for CNY Racing 1/4-zip long-sleeve tech shirt
 Info/Register: **UticaRoadrunners.org**
 or **RunSignUp.com**


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10TH ANNUAL
Race Away Stigma 5K Race & Fun Walk
 Help "Race Away" the stigma that surrounds mental illness

Sunday, Sept. 23 • 10am
HVCC Student Pavilion, Troy
 \$17 HMRRRC, \$25 non-members, free HVCC students, \$30 day of race
T-shirt while they last, awards, raffles
 Larry Ellis 518-629-7175, l.ellis@hvcc.edu
 Register: **hvcc.edu/cct/race**

- 23 **Vermont Sun Half Marathon, 10K & 5K.** 10am. Branbury SP, Lake Dunmore, VT. 802-388-6888. vermontsun.com.
- 23 **Glenville YMCA Muddy Sneaker 5K Run.** 9am. Indian Meadows Park, Glenville. cdympca.org.
- 23 **10th Race Away Stigma 5K Race & Fun Walk.** 10am. HVCC Student Pavilion, Troy. Larry Ellis: 518-629-7175. hvcc.edu/cct/race.
- 23 **44th Falling Leaves Road Race.** 5K & 14K: 9am. 5K Wheelchair: 8:55am. Kids' Run: 8:15am. Genesee St, Utica. uticaroadrunners.org.
- 23 **Back to School Falcon 5K & Fun Run.** 9:30am. Washington Park, Albany. albanyboosterclub.org.
- 23 **Rochester Marathon, Half, Relay & 5K.** 7:30am. Maplewood Park, Rochester. rochestermarathon.com.
- 23 **Mindful Mile & Fight Hunger 5K.** 9am. Oneonta. zippyreg.com.
- 29 **4th Oktoberfest Albany 5K.** 10:15am. Albany Oktoberfest: 11am-7pm. Wolff's Biergarten, Albany. oktoberfestalbany5k.com.
- 29 **Flashlight 5K Night Run & Walk.** 7:30pm. Best costume prizes. Cole's Woods, Glens Falls. adkracemgmt.com.
- 29 **2nd Amy's Adventure Race for the Lake.** 8K Trail Run. 9am. Amy's Park Preserve, North Bolton. 518-644-9673. lgcl.org.
- 29 **Amish Country Running Festival.** Randolph. 914-466-9214. coachmarkwilson.com.
- 29 **7th Maddie's Mark Best Run Ever.** 5K & 5K Family Walk: 10am. Kids' Run: 9am. Central Park, Schenectady. runsignup.com.
- 29 **Cure SMA 5K & 1M Walk n' Roll.** 10:20am. Colonie/Mohawk River Town Park Colonie. events.curesma.org.
- 29 **Chasm 5K Trail Run.** 8am. Ausable Chasm Recreation Center, Keeseville. 518-324-4786. runsignup.com.
- 30 **Nick's Run to Be Healed 5K Run/Walk.** 5K 1pm. 2M Walk 12pm. Luke's Mile Kids' Run 11:15am. Nick's Dash 11am. Clifton Commons, Clifton Park. Elizabeth Fox: 631-645-4801. fighttobehealed.org.
- 30 **15th Crossings 5K Challenge & Kids' Runs.** 10am. Ciccotti Family Recreation Center, Colonie. Donna Cramer-Sharer: 518-438-9596. colonieyouthcenter.org.
- 30 **Running of the Bulldogs 5K.** 9am. South Glens Falls HS, South Glens Falls. active.com.
- 30 **Andrew Izzo Memorial 5K Run/Walk.** 9am. Galway HS, Galway. fund4andrew.org.
- 30 **Roosa Gap Roller Coaster Runs.** 11.5M & 5K Run/Walk. D & H Canal Towpath, Wurtsboro. sullivanstridersclub.org.
- 7 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. Sat, 10/6, 10am-5pm: Adk Sports Expo & MHR Marathon/Half Packet Pickup, Albany Capital Center. Full: Schenectady to Albany. Half: Colonie to Albany. mohawkhudsonmarathon.com.
- 13 **Great Pumpkin Challenge.** 5K & 10K Run/Walk: 9:30am. 1M Kids' Fun Run: 10:45am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. 518-587-0723. saratogabridges.org.
- 13 **Run/Walk for Domestic Violence Awareness.** 5K. 9:30am. Jennings Landing, Albany. zippyreg.com.
- 13 **St Catherine's Running SCCCared Family 5K.** 10:30am. Crossings Park, Colonie. st-cath.org.
- 13 **Jean Forti Run for Education 5K & Kids' Fun Run.** 9am. East Berne. zippyreg.com.
- 14 **Rensselaer Runs United 5K & Kids' Fun Run.** 10am. RPI Tech Park, North Greenbush. 518-276-4305. unitedwaygcr.org.
- 14 **Staten Island Half Marathon.** 8am. Staten Island, New York. nyrr.org.
- 20 **Running Down Strokes 5K.** 10am. Survivor Stroll: 10:15am. Crossings Park, Colonie. stepsforstroke.com.
- 21 **Hairy Gorilla Half Marathon & Squirrelly Six Miler.** 9:30am. Thacher SP, Voorheesville. hairygorillahalf.com.
- 21 **Town of New Scotland 7.1M.** 10am. New Scotland Town Park, Voorheesville. hmrrc.com.
- 21 **18th Ghostly Gallop 5K Run/Walk.** 11:30am. Hudson HS, Hudson. ghostlygallop.info.
- 21 **Heady Trotter 4-Mile Run/Walk.** 10am. Music & Beer Fest: 10am-2pm. Alchemist Brewery, Stowe VT. iraceforbeer.com.
- 27 **CDYMCA Trick or Trek 5K Run.** 9-11am. Oakwood Cemetery, Troy. zippyreg.com.
- 27 **2nd Brookhaven Oktoberfest 5K Trail Run.** 10am. Kids' 1K Fun Run: 11am. Brookhaven Golf Course, Porter Corners. skireg.com.
- 27 **9th UlsterCorps Zombie Escape 5K.** 10am. Williams Lake, Rosendale. 845-481-0331. ulstercorps.org.
- 27 **Tina's 5K Run/Walk.** 9am. Pleasantville HS, Pleasantville. tinagambino.org.
- 27 **Scarecrow Scuttle 5K & Family Fun Run/Walk.** 10am. Old McDonald's Farm, Sackets Harbor. 315-836-1364. lightboxreg.com.
- 27 **Rylie J's Boo & Brew 5K.** 3pm. Geneva. 315-651-0205. ryliejsbooandbrew5k.com.
- 28 **Saratoga Cross Country Classic 5K.** 9am. Also: 2K/3K Developmental Races. Saratoga Spa SP, Saratoga Springs. saratogaxclassic.com.

The Melanie Foundation presents
THE SARATOGA PALIO

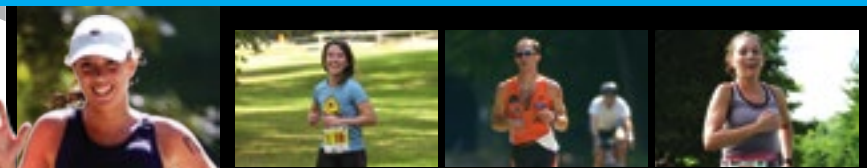
 Melanie Merola O'Donnell Memorial Race
Half Marathon & 5K Run/Walk
SUNDAY, SEPTEMBER 16
TheMelanieFoundation.com

- OCTOBER**
- 6 **12th Falling Leaves 5K & Fun Run.** 10am. William Kelley Park, Ballston Spa. ballstonspaumchurch.org.
 - 6 **BHBL Rotary Apple Run 5K.** Run/Walk: 9am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 518-399-2225. zippyreg.com.
 - 6 **Komen Race for the Cure 5K.** 9am. Kids' Dash: 8:45am. Empire State Plaza, Albany. info-komen.org.
 - 6 **Fort Hunter Smokin' 5K.** 9am. Fort Hunter FD, Guilderland. forthunterfd.org.
 - 6 **Slate Valley Brew Run.** 10K: 8:30am. 5K: 10am. 1M Kids Run. Veterans Park, Granville. Peter O'Brien: 518-321-9640. thehayneshouseofhope.org.
 - 6 **Lake Placid Classic Half Marathon & 10K.** Olympic Oval, Lake Placid. lakeplacidclassic.com.
 - 6 **Vintage Half Marathon, 5K & Wine Festival.** 10am. Bethel. vintageruns.com.
- NOVEMBER**
- 3 **7th Revolutionary Run for Veterans 5K.** Run/Walk: 10am. Free Kids' Fun Nature Run. Fort Hardy Park, Schuylerville. 518-884-4115. finishright.com.
 - 4 **12th Fall Back 5-Mile Trail Race.** 10am. Saratoga Spa SP, Saratoga Springs. saratogastryders.org.
 - 11 **MVP Health Care Stockade-athon 15K.** 8:30am. MVP Stockade Cup Relay (5K legs): business, vets/active & casual teams. Kids' 0.5M Run, City Hall: 10:45am. Packet Pickup at Fleet Feet Albany: Sat, 10am-4pm. Veterans Park, Schenectady. stockadeathon.com.
 - 12 **11th Shenendehowa Veteran's Day Dash 5K Run/Walk.** 10am. Kids' Fun Run: 9am. Shen HS Track, Clifton Park. shenrunners.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.

 **Saturday, October 13, 2018**
 Saratoga Spa State Park
 Columbia Pavilion
 5K & 10K Walk/Run 9:30a.m.
 Kid's Fun Run following races
 Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that register for the 5 & 10K by 10/11
****IMPORTANT****
 Course maps & info. available online
 Race Limited to 2,000 Registrants
 NO DAY OF Registration
 5K & 10K Fees: \$25 (by 10/1);
 \$28 (by 10/10 at 10a.m.); \$30 (before 6p.m. on 10/12)
Kids Fun Run Fee: \$5 (12 & under)
Register Online:
www.saratogabridges.org
More information: 518.587.0723
 To benefit

 Erecting lives by creating opportunities and partnerships


VERMONT SUN HALF MARATHON : SEPT. 23 : 10K 5K RUN



Vermont Sun Triathlon
 600 yd. swim, 14 mi. bike, 3.1 mi. run • Aug. 12

Lake Dunmore Triathlon
 1600 yd. swim, 28 mi. bike, 6.2 mi. run • Aug. 12

VERMONT SUN.COM • 802-388-6888

24th Annual Burnt Hills-Ballston Lake Rotary

THE 2018 APPLE RUN
5K Run and Walk
Saturday, Oct. 6 • 9am
O'Rourke Middle School, Burnt Hills
 Kids Mile Fun Run • 9:45am
 USATF Certified Course • Chip Timing
 Shirts for the first 300 participants
 \$25 by 9/22 (\$30 after) • Kids Mile Fun Run: \$10
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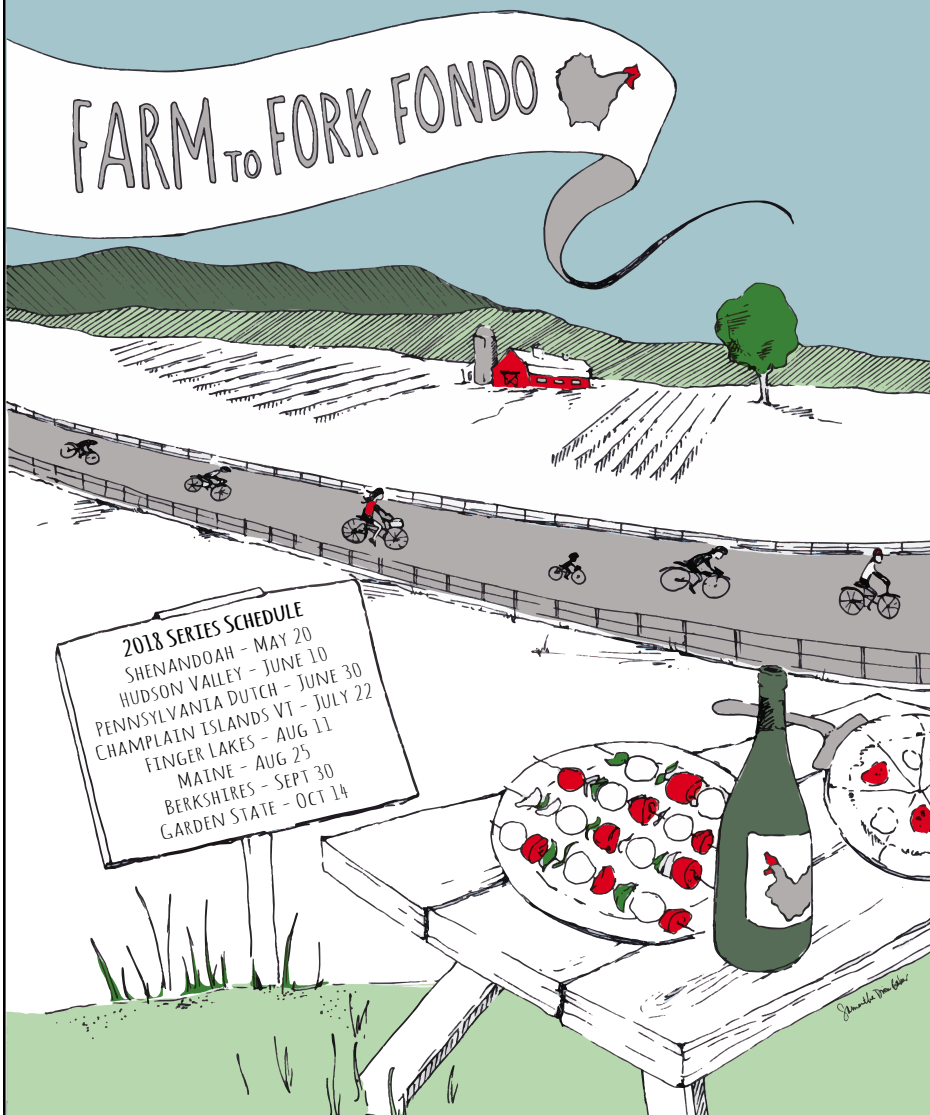
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Late Summer Rides

MHCC Century Moves to Altamont

By Dave Kraus

Late summer rides are the best rides! You're in shape, the weather is perfect, and there's no shortage of cycling friends with similar peak fitness. But what if you want to meet someone new? Explore some new routes with a wingman in case you get lost?

That's where organized late summer and early fall events come in! There's no shortage of events happening upstate that will offer new routes, new people, and all the ingredients to make a satisfying day of riding.

The biggest event of the late season is undoubtedly the Mohawk Hudson Cycling Club's annual **Century Weekend** on Saturday-Sunday, September 8-9. MHCC is the largest club in upstate New York, and already offers over 300 different organized rides each year. Next year they will be celebrating their 50th anniversary. After 17 years based out of Saratoga Spa State Park, this year the club's signature event moves south to the Altamont Fairgrounds' Old Dutch Barn, where riders will have new routes, abundant parking, overnight camping space if needed, and full on the road support including pavement markings, maps, cue sheets, and sag and mechanical support.

Minor repairs and bike adjustments will be available on Saturday and Sunday by the Capital Region's new mobile bike shop van service, Velofix, and the club will also be collecting both bike and parts donations for the areas bike rescue charities.

The catered meals from Four Corners Luncheonette in Delmar will offer refueling with grilled chicken, hamburgers, veggie burgers, an omelet station and salads. Riders of legal age also receive a post-ride beer from local craft brewers, Brown's Brewing Company.

According to Century Weekend co-chair Bill Little, the new routes from 25 to 100 miles offer a wide variety for hard charging enthusiasts, weekend warriors or newbies. There are also seven-mile and 12-mile routes designed, so you can make the day a family affair.

Bill says the change in location is in response to rider feedback. "We've been thinking about holding this event in this terrific area. There's some great backroads with lakes, reservoirs, back county roads and farm roads. There's very little traffic. It's a great combination of views and rolling hills. We're excited to showcase these roads to Capital Region cyclists." For complete information and a link to registration to ride or volunteer, go to mohawkhudsoncyclingclub.org. The club is currently running an offer for early registrants to get a free T-shirt highlighting the event, and sign up before ride day to save \$10 off the registration fee. Watch the club's Facebook page for more event news and other special offers for early registration and, like all MHCC club rides, helmets are absolutely required for all riders.

Later, on Saturday, September 22, the Warren County Safe & Quality Bicycling Organization will be hosting their fifth annual **Harry Elkes Ride**, starting and ending at The Hub in Brant Lake. This relatively new event with 15, 32, and 50 miles rides is named for famous area racer Harry Elkes, who was from Glens Falls. The routes wind along the quiet, well-maintained roads in the countryside near The Hub and showcase the northern Warren County's beautiful scenery.

After receiving a bicycle at age 15, young Harry quickly realized his gift for cycling and began a racing career that included many awards, including national and world records. He became one of the leading professional cyclists in the world during an era when bike racing was as big as professional baseball. Tragically, he was killed at age 25 in a racing collision in Boston. Elkes is buried in Glens Falls, where a granite monument calls out his accomplishments in cycling.

After this year's ride, participants can enjoy post ride lunch and refreshments at The Hub for a nominal cost, and you can get more information on the event at bikewarrenco.org. Click on the News & Events/Current Events pages.

The next day, Sunday, September 23, the fifth annual **Tour de Salem Flame Fighters** will take riders on one of four great routes winding through the fall scenery of Washington County and Vermont! The 10, 16, 25, and 62-mile routes all begin and end at the Salem Fire Department's carnival grounds in Salem, with the 62-mile ride rolling out at 8am.

The rides feature T-shirt to all preregistered, fully stocked rest stops, an on-site mechanic, full sag support, post-ride food, and some great views. For registration information and links to maps of all the routes, go to tourdesalemflamefighters.com.

Earlier in the month on Sunday, September 2, the **Catskill Mountain Cycling Challenge** will start at the Catskill Recreation Center in Arkville. There are three distances to choose from: Pepacton Short of 29 miles; Pepacton Long of 57 miles, and a Century Challenge of 99 miles. The challenge carries forth the long tradition of recreational road cycling in the Western Catskills!

Afterwards enjoy a free lunch, T-shirt, and use of the rec center facilities. The ride benefits recreational programming at the center. Register at bikereg.com and for info go to catskillrecreationcenter.org.

On Sunday, September 9, the **Tour de Daggett Lake** will roll out of the Daggett Lake Campsites on Glen Athol Road in Warrensburg to offer participants both 65- and 20-mile rides in the beautiful surrounding countryside of the southern Adirondacks. The 20-mile ride has a staffed rest stop, and the 65-mile ride includes a stop at the Adirondack General Store.

This annual event is a fundraiser for Rosie's Love, a charity for children with cancer. The organization specifically benefits Camp Hakuna Matata, where cancer patients, their siblings, and parents can enjoy a comfortable break from the



▶ HAPPY RIDERS ALONG SCHROON LAKE AT 2017 HARRY ELKES RIDE. JOAN JENKIN

hospital treatment environment and be together as a family. For more information and registration, go to daggettlake.net.

If you're a particularly ambitious rider, then the **Adirondack 540** from Friday-Sunday, September 14-16, may be the ride for you. The centerpiece of the event is the 135-mile loop course that winds through the Adirondacks, including the High Peaks region and Lake Champlain.

Whether you're looking for some long climbs, speedy descents, or just loads of spectacular scenery, then sign up to do either one, two, three, or four laps of the 135-mile course. For more information go to adkulttracycling.com. Don't forget to charge up your headlight for this one!

Also, on Sunday, September 30, Hancock Shaker Village in Pittsfield, Mass., will host the **Farm to Fork Fondo: Berkshires**, which combine breathtaking scenery with supporting the farm to table movement that involves farms and other producers in the local area.

Choose from rides of 10, 30, 50, and 80 miles through the scenic countryside of eastern New York and western Massachusetts. The ride format for the Farm to Fork series also means each rest stop offers a different selection of local culinary expertise, which make for an exciting cycling experience that includes more than the ride itself. There's also a post-ride barbecue and on the road mechanical and sag support. For more information and registration, check out farmtoforkfondo.com.

Finally, don't forget to mark your calendar for the second annual **NYBC Bike Summit** to be held this year on Thursday-Saturday, September 27-29 at the Gideon Putnam Resort and Spa in Saratoga Spa State Park. This year's summit has something for everyone with attendees ranging from cycling enthusiasts to representatives from government, advocacy groups, and the statewide business community. For more information on the wide range of activities and to purchase tickets, visit nybc.net/action/bike-summit. 🚲

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer, and writer. Visit his website at krausgrafik.com.



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● **ATHLETE PROFILE**

Inge Aiken

AGE: 56
OCCUPATION: Mechanical Engineer
FAMILY: Carl, 57; Daughters, Greta, 31 (Joaquin), and Leslie, 29 (Matthew); Grandson, Joaquin, 2
HOME: East Greenbush

By Skip Holmes

How is it that someone trained as an engineer, who understands that perpetual motion is not possible, can in fact be an example of perpetual motion! Inge was raised in East Greenbush by parents who were runners – Wade and Anny Stockman (*Athlete Profile*, Sept. 2004) – and still run while now in their 80s. In fact, Inge's Mom, affectionately called Oma, just set the national record in her age group for the 5, 8 10 and 15K events! Inge ran track at Columbia High School. Then continued to run track while attending Union College and studying to become a mechanical engineer, graduating in 1984. She absolutely loved to run and was able to consistently to do sub-five-minute miles. During the early years of her running career she set many personal records and won numerous races.

After college, Inge moved to Connecticut to work at Electric Boat, and then moved to Idaho for another position. Running was still her only sport after college and while working. In 1986, she married Carl Aiken whom she met while at Union College. They moved to the Albany area, where their first daughter Greta was born. Inge continued to run after Greta was born and Oma agreed to babysit Greta while Inge was running. So Inge just kept on running, it's starting to sound like a Forest Gump movie.

Shortly before a major race Inge developed an intestinal ailment and was forced to stop running for a while. One of her friends suggested that she should try to do something else and loaned Inge a bike. Well that started a whole new chapter in her life. Inge went out for a ride and discovered how much faster she could go on a bike versus running. Not long after that fateful bike ride Inge watched her first bike race, the Collar City Criterion in Troy, which launched her bike racing career. Soon afterwards, she entered the Killington Circuit race, and she was absolutely hooked on bike racing. She joined the Bruegger's Bagels Cycling team in 1994 and quickly went from a Category 4 to Cat 1, and was racing the pro 1/2 races all over the United States. In 1996 she attempted to make the US Olympic road bike racing trials.

Her favorite bike race was the 11-day stage race known as the Idaho Woman's Challenge. Eleven days of racing in an area of the country that hardly has a flat stretch of road. Inge bike raced most of the cycling season, except when the kids were out of school, so that she could be home with her family. The family had grown with a second daughter, Leslie. While all this road cycling was occurring, Inge was also riding a mountain bike to train in the winter. That led to competing in mountain bike races, where Inge was very successful and had many first place finishes.



■ LESLIE, JOAQUIN & GRETA.

Inge made a decision to retire from road bike racing in 2000 so that she could spend more time with her family. Inge's husband, Carl, was a downhill ski racer and also a ski instructor so he got Inge and the kids started on downhill skiing. The perpetual motion lady was now downhill skiing with her family at Jiminy Peak and other nearby mountains in the winter. They usually skied three nights a week and at least one day on the weekends.

Inge continued to enjoy road and mountain biking on a recreational level. While cycling with a friend who complained that he could not keep up with her, she learned that he had been hiking in the High Peaks the previous day. She asked if she could tag along on his next hiking trip. They arranged a trip to hike Giant Mountain and Rocky Peak Ridge. For those who have hiked this trail you know it is not one of the easier hikes in the High Peaks. And by now you might guess that Inge was off on another outdoor adventure. She says that she fell in love with being in the mountains. Now consider this: A woman who loves to trail run, loves to cycle up mountains such as the Whiteface Memorial Highway, has discovered the beauty of being on top of mountains!

This started a set of most remarkable achievements. Inge has 1,300 Adirondack High Peak summits in her rucksack, yielding 22 rounds of the ADK 46, and has hiked all of the Catskill Mountain 3500. Inge is the first and only woman to complete the ADK 100



■ BLACK FLY CHALLENGE.



■ CARL AND INGE.

peaks in the winter. Many of these mountains have no established trails and require serious navigation skills. She has also done 10 rounds of the ADK 46 High Peaks in the winter. Her husband, Carl, has also completed the ADK 46 in both summer and winter. Since she enjoyed spending so much time in the mountains, Inge took the time to become a NYS licensed outdoor guide. She described that program as being beneficial to her when spending so much time in the wilderness. This is truly a person in perpetual motion!

So what does someone like Inge do next? Well she hooked up with one of her cycling and running friends to do some trail running across the Northeastern states. They have run or mountain biked across all of Connecticut, Massachusetts and Rhode Island. They are planning to mountain bike across New Hampshire in the future. Inge attempted to ride solo across New York last summer, starting in Buffalo, but after two days of rain decided to try again in 2019.

Last year she was out for an open water swim and someone commented on her swimming technique. Inge was not putting her head in the water, and as she described it to me, she was swimming like someone who was about to drown. She took some advice and started swimming lessons. After a winter of lessons in the pool she entered an open water swim across Lake Champlain. She laughed as she told me it was only the narrow part of the lake. When her girls were younger and they went to a

beach, Inge did not like to swim, so she took up wind surfing so she would not have to just sit on the beach. Recently we were discussing early season open water swims and water temperature. Her comment to me was that she forgot to measure the water temperature and if she had done so she might not have gone in.

I have known Inge for many years, and her response about it only being the narrow part of the lake, is a remarkable characteristic of her down-to-earth personality. She is incredibly unassuming, even though she has had so many remarkable achievements. Years ago Inge would occasionally show up at my MHCC "Terrible Tuesday" road bike rides in Albany County. One evening we had a route that was going to take us up and over Cass Hill, which is a rather difficult climb with a maximum grade approaching 18 percent, and is over a mile long. There was a large group of guys jockeying for position at the base of the climb. Inge looked at all the guys, shifted up a gear while staying seated, and promptly rode away from all of them. When the pack got to the top gasping for air, she was circling around patiently waiting for all of us to arrive at the top of the climb.

Inge and Carl decided to build a house in the Adirondacks since they spent so much time up there hiking, biking and downhill skiing. She described that project as one where she honed her masonry skills. I think it was more about building up her core strength lifting all those rocks. Their home in the Adirondacks provides them with a base camp, from which they can enjoy the serenity of the Adirondacks, and spend less time driving back and forth on the Northway. Recently their grandson, Joaquin, who lives in California, visited them. They took him up Whiteface Mountain, and their young grandson walked from the castle to the summit of Whiteface, his first High Peak!

Many readers of this magazine engage in a number of outdoor activities: road cycling, mountain biking, hiking, trail running, downhill skiing, snowboarding, windsurfing, kayaking and swimming. You are likely to encounter Inge out there and you will quickly know who she is by her positive attitude, genuine smile, and ability to make you laugh. 🌲

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



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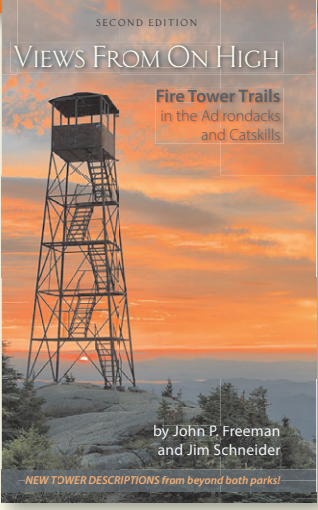
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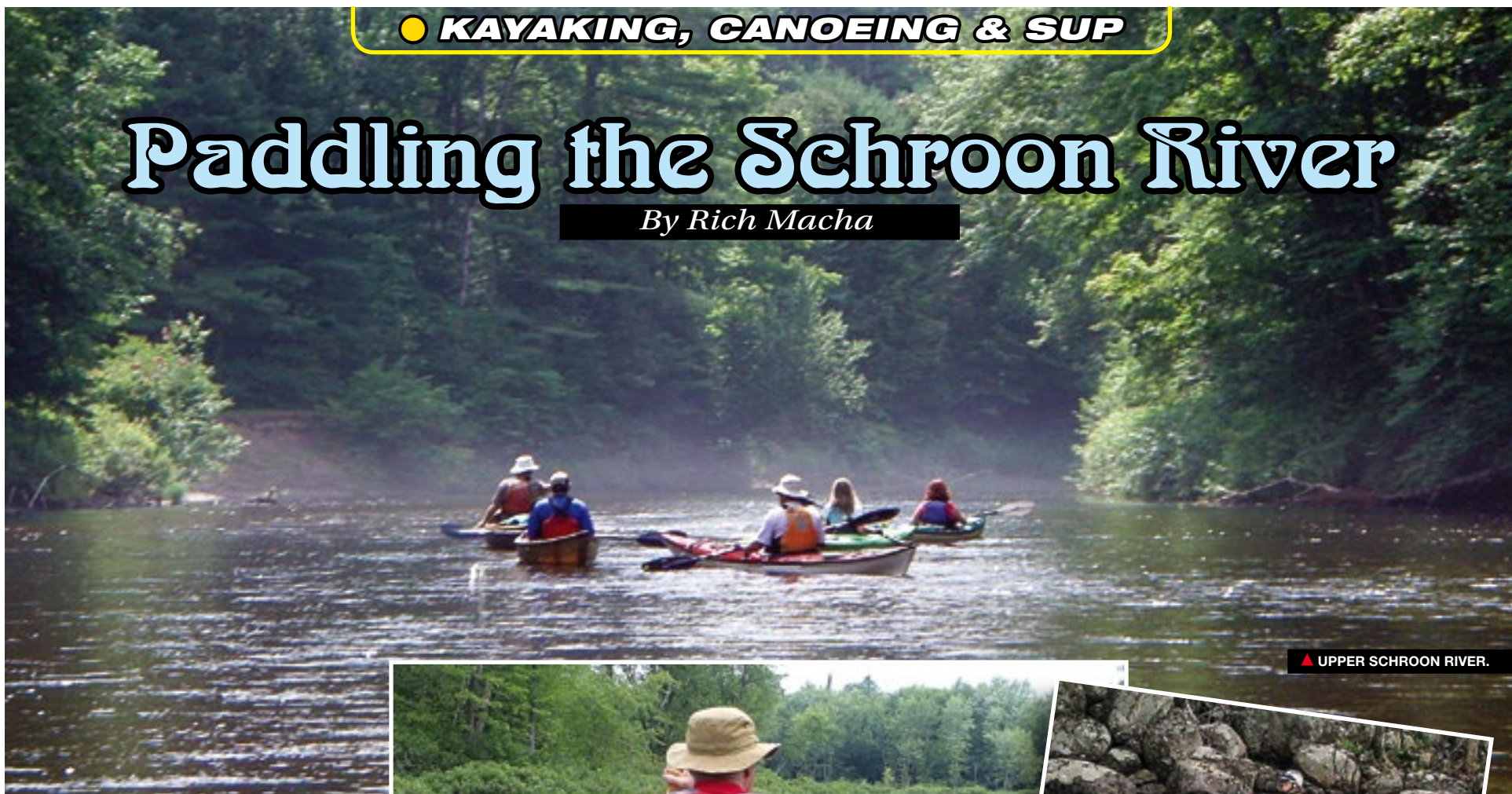
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Paddling the Schroon River

By Rich Macha



▲ UPPER SCHROON RIVER.

From a purely paddling standpoint, the Schroon River has something for everyone. You can find sections of flatwater, slow-moving water and pure whitewater - and for the angler, there is also some good trout fishing along the way.

The Schroon River winds its way for 68 miles, flowing south through the eastern Adirondacks and eventually emptying into the Hudson River near Warrensburg. The river's proximity to the Adirondack Northway (I-87) makes for relatively easy access; because of this, at times, a little road noise is to be tolerated while enjoying the river's charms.

Schroon Falls to Schroon Lake

Due to some current, this nine-mile section is best done as a one-way downstream trip with shuttle. Leave a vehicle (or bike) near the town swimming beach in the hamlet of Schroon Lake, then drive north on NY Route 9 for 4.5 miles. After crossing a bridge over the river, take a right on River Road and park. A 100-yard path leads to the put-in below Schroon Falls, a Class 3 drop - the river quickly mellows out below the falls and has a slight to moderate current.

The river is about 50 to 100 feet wide in this section and is usually fairly shallow in summer, its sand and pebble bottom is easily seen. You soon pass a couple of campgrounds and some cottages and then go under NY Route 74, 2.7 miles from the start.

Hoffman Mountain is often seen to the west - the river turns back on itself several times so that the mountain is, at times, in front of you, and sometimes behind you. The river maintains a relatively wild feel and there are many inviting sandy banks that make for great spots to take a break or lay out a picnic lunch.

Along the way, you may observe broods of common mergansers, wood ducks, black ducks and kingfishers flying from tree to tree, as well as hear the calls of pileated woodpeckers and white-throated sparrows.

The river passes under Alder Meadow Road at the five-mile mark and continues its sinewy path. At 6.5 miles, Alder Creek enters from the left, or east, and makes for an interesting detour. You may have to pull



▲ EXPLORING ALDER CREEK.

over a beaver dam or two to get up into the creek. The creek then snakes its way through colorful aquatic plants such as purple pickerelweed, yellow swamp candles, pond lilies, pink swamp rose mallow and Joe-Pye weed.

Back on the river, you reach the north end of Schroon Lake at the eight-mile mark - there is no development on the river between Alder Meadow Road and the lake. The lake is shallow here and a south wind can conjure up some moderate chop in this vicinity. After passing Lockwood Bay and Schroon Lake Marina within its confines, the paddler can then hug the west shore to the take-out.

Nine-mile-long Schroon Lake sees a lot of motorboat traffic on summer weekends and I don't recommend it for the paddler except after Labor Day when things are quieter.

South of Schroon Lake

At the south end of Schroon Lake is the Horicon state boat launch - you can put in here or across the road (CR 62, East Schroon River Road) from a sandy beach on the river.

For over five miles, the Schroon River is backed up behind the dam at Starbuckville and has very little discernible current. The river is, however, deep and traveled by motorboats - when I paddled here, all the motorboats moved slowly and the boaters greeted us with a friendly wave of the hand.

Some houses are seen along the way. The most interesting section comes at Jenks Swamp, where you can look past the water lilies to a variety of aquatic plants - beyond, there are mountain views.

After a down and back trip of about up to 10 miles, the sandy beach on the river back near the south end of Schroon Lake can tempt the paddler to go for a swim, especially on a hot summer's day.

Whitewater

Below the dam at Starbuckville, the river begins to lose some elevation. This next exciting seven-mile section of the river is for the experienced whitewater paddler with proper gear. Rapids range from Class 2 through 3+. The river has some signs of civilization but shores are mostly forested.

"Racecourse" is a long Class 2+ wave-train and "The Big Drop" is Class 3+, which can be run down the middle or a more technical sneak route on the right. The Big Drop can be scouted or portaged along a rocky area on the east (river left) shore.

The take-out is on river left on East Schroon River Road, north of CR 11 in Riverbank, not far from I-87 Exit 24. This section is best run when the gage at Riverbank reads at least four feet.



▲ THE BIG DROP.

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▲ GETTING READY TO PUT IN BELOW SCHROON FALLS. PHOTOS BY RICH MACHA

The Schroon River is also runnable above Schroon Falls and below Riverbank. I have never paddled either of these sections but other folks have; higher water levels may be needed and each section may have some flatwater, but also some rapids.

The Schroon River has much to offer - enjoy the paddle! 🌲

A lover of wild places, Rich Macha, has led many trips for the Adirondack Mountain Club and has spent 20 years in the paddlesport business. More of Rich's adventures can be found at northeastwild.blogspot.com.

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TRANS ADIRONDACK ROUTE

240 Miles of Backcountry Bliss

By Erik Schlimmer



AVALANCHE LAKE, HIGH PEAKS SECTION.

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The Adirondack Park is big. Or as a millennial might put it, “The Adirondack Park is, like, totally literally big.” No matter your understanding of grammar, “big” certainly defines a park that exceeds the combined acreage of Acadia, Bryce Canyon, Congaree, Glacier, Grand Canyon, Great Smoky Mountains, Yellowstone, Yosemite, and Zion national parks. With such a big park comes big adventures, and the biggest of them all is the Trans Adirondack Route.

Established in 2013, this primitive pathway stretches 239 miles from the northern Blue Line in downtown Ellenburg to the southern Blue Line near the hamlet of Lassellville by connecting approximately 185 miles of trails, 50 miles of roads, and five miles of trackless woods. The route is further broken into seven sections – Far North, Northern Mountains, High Peaks, Cold River Country, Lake Country, Big Wilderness and Foothills – each about 35 miles in length. Other numbers make the route just as inviting.

During a thru-hike, backpackers will explore three settlements, five wilderness areas, five ecological life zones, eight wild forests, 50 bodies of water, and hundreds of streams. At the end of each day, they’ll pick from among 50 shelters and scores of campsites for the night, or they can stay at any of the four campgrounds on or near the route. A thru-hike demands no fees, no permits, and backpackers can camp nearly anywhere they would like as long as their campsite is on

state land and is at least 150 feet from trails, roads and water sources. The only unique regulation is that bear-resistant food canisters must be used when camping in the Eastern Zone of High Peaks Wilderness Area. This section of the route is approximately ten miles long. To avoid carrying a canister, simply pass through this zone in one day.

Regarding food resupply, packages can be mailed general delivery to any of the nine post offices on or near the route, or hikers can stop at any of the four grocery stores on or near the route. A great plan for southbound thru-hikers is to hike 130 miles from the northern Blue Line to Long Lake’s Northern Borne grocery store, and then tackle the remaining 110 miles to the southern Blue Line. Thru-hikes are best attempted during May, August, September and October. June and July seem too buggy (two failed thru-hikes took place during these two months), November through March too cold (no one has completed a winter traverse), and April too unpredictable (chalk up one failed thru-hike to deep spring snow and two others to torrential rain).

Overall, only 13 people have successfully thru-hiked the route, though at least 20 have tried. By comparison, the Vermont’s Long Trail sees about 150 thru-hikers a year, and the Appalachian Trail about 800. When Trans Adirondack Route thru-hikers number two, three and four – a trio fresh off an Appalachian Trail thru-hike – were asked what they liked best about the route, they gave

a two-word answer, which says a lot about their Adirondack experience: “It’s wild.”

Yet “wild” isn’t always synonymous with “difficult.” Though prospective thru-hikers aren’t guaranteed a successful traverse of the Adirondack Park, the route does climb less than 25,000 vertical feet end-to-end, which isn’t much by Northeast standards. After all, the Long Trail is only 30 miles longer but climbs nearly triple the amount of vertical feet. Hopping from pond to lake to river to stream, the Trans Adirondack Route is content crossing just three summits: Catamount Mountain, Whiteface Mountain, and Mount Van Hoevenberg.

It may all sound good, yet the Trans Adirondack Route isn’t for everyone. If you are a backpacker who is described by others as timid and inexperienced, and lacks rock-solid environmental ethics and off-trail travel skills, then this route is not for you. On the other hand, if you are a backpacker who is described by others as independent, experienced, and Leave No Trace savvy, and who possesses strong off-trail travel skills, then the Trans Adirondack Route and you should get along quite well. It’s never a matter of if you’re tough enough – it’s a matter of if you and the Trans Adirondack Route are a good fit. But such is the spirit of this long-distance path and the Adirondack Mountains themselves – to be rugged, wild and pure. To be backcountry bliss when it’s all a good fit.

- **Trans Adirondack Route Commandments** – 1) Thou shalt not rely on technological gizmos, 2) Thou shalt not carry a heavy pack, 3) Thou shalt not become lost, 4) Thou shalt not disrespect the woods, 5) Thou shalt not follow incompetent leaders, 6) Thou shalt not exceed one’s abilities, 7) Thou shalt follow Leave No Trace principles, 8) Thou shalt be nice, 9) Thou shalt stay dry, and 10) Thou shalt have fun.

- **Trans Adirondack Route Sampler Highlights** – 1) Whiteface Mountain – fifth highest peak in New York, 2) Cold River – remote and scenic camping, 3) Cedar Lakes – lakeside lean-tos, 4) Avalanche Lake – highest body of water on the route, and 5) Catamount Mtn. – outstanding view.

- **Don’t leave home without it** – 1) Lightweight shelter during summer, 2) Guidebook and map set, 3) Compass and the skill to use it, 4) Calorie-dense, durable foodstuffs, 5) Lightweight pack, 6) Lightweight sleeping bag, 7) Camera, 8) Rain gear, 9) Synthetic layers, and 10) Headlamp. 🏠

Erik Schlimmer is founding member of Friends of the Trans Adirondack Route and the author of a handful of Adirondack books, including Blue Line to Blue Line: Official Guide to the Trans Adirondack Route. More on the route: transadk.com.

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Friday, June 15–Wednesday, November 7
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Friday, November 9 4–7 pm
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Packet Pickup
Saturday, November 10 10 am–4 pm
Fleet Feet (Wolf Road, Albany)
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NON-MEDICATED LIFE



Remission of Type 2 Diabetes

PART TWO

By Paul E. Lemanski, MD, MS, FACP



Editor's Note: This is the 84th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 83 installments of the *Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. Moreover, as a medical intervention they may accomplish such benefits with fewer side effects, may reduce the number and amount of medication, and may allow actual discontinuation of medication. However, in some cases, informed diet and lifestyle prove superior to medication. This is especially true for the prevention and remission of Type 2 diabetes mellitus. Part One (see *Non-Medicated Life*, June 2018) addressed the PREVENTION of Type 2 diabetes. Part Two, will address REMISSION of Type 2 diabetes.

As outlined in Part One, Type 2 diabetes is a disease characterized not by an insufficient amount of the hormone insulin, but by a resistance of body cells to its effects. One of the effects of insulin is to activate a pump on the surface of cells to transport sugar from the blood stream into body cells. In those with genetic predisposition to diabetes, (e.g., a blood relative with diabetes) and excess body weight, a condition called insulin resistance may develop and more insulin is required to transport sugar from the blood stream into cells. The cells in the pancreas

that produce insulin, called islet cells, cannot increase their number to deal with the excess demand. Rather the increased insulin production taxes the existing islet cell population to work at greater than 100% capacity.

Over years, this excess insulin production overworks the islet cells causing them to burn out and die. By the time a diagnosis of Type 2 diabetes is made – by an elevated fasting blood sugar or elevated hemoglobin (HbA1c) – 50-70% of the islet cells may be lost to such burnout. Unfortunately, islet cells, once lost, cannot be replaced. What then is the evidence that diet and lifestyle may result in the remission of Type 2 diabetes and how may it work?

First, it is important to establish that Type 2 diabetes mellitus cannot be “cured” with informed diet, lifestyle, or for that matter, currently, by any other available means. Medications may control blood sugar and thus substantially reduce the consequences of Type 2 diabetes such as kidney failure, blindness, neuropathy, limb loss, heart attacks and strokes. Bariatric surgery (either roux en Y gastric bypass or gastric sleeve) may improve control of blood sugar, reduce reliance on medication, and may even get patients off of medications, but it does not result in an increase of pancreatic islet cell number.

Rather than a “cure” of diabetes, one speaks of a “remission” of diabetes, in which fewer pancreatic islet cells are able to produce sufficient insulin to control blood sugar, primarily because of dramatically reduced insulin resistance. Ostensibly, this reduced insulin resistance is a result of sufficient weight loss, although other hormonal factors may contribute – such as dietary composition and the physiological effects of exercise.

In 2009, the American Diabetes Association defined “complete remission” of

diabetes as the condition achieved in individuals with a history of diabetes, who maintain normal glucose levels for at least one-year without medication. The ADA defined “partial remission” as glucose levels above normal, but below the threshold for diabetes for at least one-year without medication. In the DiRECT study, 24% of patients randomized to a weight management program maintained a weight loss of 33 pounds for one-year, although 46% were able to achieve remission. This included a few people with less than 10 pounds of weight loss, suggesting that weight loss alone is not always necessary to reduce insulin resistance.

Increasingly, short term use of a low carbohydrate diet (the so-called ketogenic diet), may rapidly lower blood sugar levels, as well as contribute to weight loss and sustained reductions in blood sugar in those with Type 2 diabetes, while reducing hunger. Such blood sugar reductions may require rapid reduction in diabetes medications, and in some, discontinuation. For those not interested in a ketogenic diet, a whole food, plant-based diet, emphasizing lower carbohydrate vegetables, may accomplish significant weight loss, lower insulin resistance, and also require reduction or discontinuation of medication.

It is important that those people with diabetes, who wish to try a low carbohydrate diet or a whole food, plant-based diet, first speak with their primary care physician or endocrinologist about medication adjustment – and the need for close monitoring to avoid the dangers of very low blood sugar or hypoglycemia. The help of a registered dietitian, who is a certified diabetes educator, is also critical to a safe and effective attempt at remission.

To date, while the most compelling data on diabetes remission is seen with bariatric

surgery, the improvement in blood sugar in patients after surgery also is observed to occur before significant weight loss has been achieved. These results suggest, as with informed diet and lifestyle change, that it is correction of underlying insulin resistance, which leads to remission. Informed diet and lifestyle change is lower risk than surgery in the short term, and is decidedly less costly. For those interested in remission, the approach described above should be considered first.

In summary, the underlying cause of Type 2 diabetes is insulin resistance. Remission of diabetes, by either bariatric surgery or informed diet and lifestyle, may be achieved by reducing insulin resistance. A reduction in medication and actual discontinuation of medication is possible, but does require physician and dietitian oversight, and close monitoring. The longer the insulin resistant process goes on, the more islet cells are lost, and the less likely to achieve remission by any means.

This would argue for early intervention with diet and lifestyle to slow islet cell loss, both to prevent diabetes (as was shown in Part One), slow its progression and bring about remission (as has been shown in Part Two). In this way, informed diet and lifestyle as part of a *Non-Medicated Life* may be shown to prevent and treat one of the most significant threats to a healthy and quality life. 🌱

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



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GARNET HILL LODGE

CYCLOCROSS continued from page 1

This year, we have an even more exciting addition: a (free!) Women's Race Clinic for first-time racers, where you can learn basics from UCI racer Rhys Niesen before you race at any of the NYCROSS Series Races. If you're interested in trying out any of the races in the NYCROSS Series (see schedule below), you can also sign up for the women's clinic when you checkout, even if you don't have a bike. Thanks to the Jaybird Fleet from Bike Loft East, we will have a limited number of loaner bikes you that you can reserve when you sign up. Rhys will teach skills like mounting and dismounting, shouldering the bike for run-ups, and cornering as well as lead the group on laps of the course prior to the race. If you've ever wondered what all the hype is about, this is a great way to learn in a safe, women-only space, without having to make all the mistakes I made.

In the NYCROSS Series, there are also categories for junior girls (under 19 years old) and cub girls (under 15 years old) as well as free kids' races for little ones. If you'd like to get involved and try it out before the season starts, there are also practices at Elm Avenue Park in Bethlehem at 6pm on Monday nights starting in August. You can learn skills and ride with some of the local teams, including Capital Bicycle Racing Club and NYCROSS. All are welcome to attend these free practice sessions.

Here's the 2018 NYCROSS Series schedule: Kirkland Cyclocross in Clinton on Sunday, September 23; Uncle Sam Cyclocross Grand Prix in Troy on Saturday-Sunday, October 6 and 7; Wicked Creepy Cyclocross in Bennington, Vt. on Sunday, October 28; and Bethlehem Cup Cyclocross in Delmar on Sunday, November 4. See you out there! 🍄

Shylah Weber (shylahw@gmail.com) is from Troy and works as a Senior Software Development Manager at Auto/Mate Dealership Systems. She is the Director Sportif of NYCROSS and a member of the race team. Shylah also races for the Cork Monkey women's road cycling team. Follow her on Instagram @shylahw.



AUTHOR SHYLAH WEBER
NEGOTIATING THE BARRIERS
AT LAST YEAR'S CYCLE-SMART
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RACE RESULTS

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MALE OVERALL		
1 Anthony Giuliano	29	Niskayuna 16:01
2 Mark Rabasco	33	Pittsfield, MA 16:33
3 Chuck Terry	36	Albany 16:54
FEMALE OVERALL		
1 Nicole Soblosky	30	Albany 18:04
2 Mackenzie Oglesby	37	Troy 18:55
3 Rachel Preusser	25	Craryville 19:13
MALE AGE GROUP: 1 - 14		
1 Eli Russo	12	Chatham 19:09
2 Nathan Conklin	14	Martville 19:57
3 Tobiah Gieser	14	Castleton-on-Hudson 20:05
FEMALE AGE GROUP: 1 - 14		
1 Angelina Pusateri	12	Castleton 20:31
2 Skyler Misiaszek	14	Castleton-on-Hudson 23:43
3 Macy Laporta	11	Castleton-on-Hudson 24:00
MALE AGE GROUP: 15 - 19		
1 Trevor Cavagnaro	15	Schodack Landing 18:30
2 Jason Hart	18	Delmar 18:47
3 Austin Valliere	18	Stuyvesant 18:50
FEMALE AGE GROUP: 15 - 19		
1 Olivia Oligny-Legge	16	Valatie 22:04
2 Sierra Garrison	15	Valatie 28:38
3 Sydney Putnam	17	Ghent 32:31
MALE AGE GROUP: 20 - 24		
1 Dermot Coughlin	20	Castleton-on-Hudson 18:28
2 Stephen Naegeli	20	Stuyvesant 23:40
3 Zachary Bult	20	Albany 24:51
FEMALE AGE GROUP: 20 - 24		
1 Kailey Castellano	24	Valatie 23:01
2 Abigail Kilcer	20	Hudson 23:13
3 Cassandra Laforest	21	Albany 25:17
MALE AGE GROUP: 25 - 29		
1 Ben Heller	29	Troy 17:51
2 Stephan Moessner	29	Troy 18:52
3 Andy Gilchrist	26	Cropseyville 20:39
FEMALE AGE GROUP: 25 - 29		
1 Katlin Mock	27	Albany 19:37
2 Kristie Pageau	27	Rensselaer 20:00
3 Julie Nabozny	28	Troy 23:05
MALE AGE GROUP: 30 - 34		
1 Joel Patrie	34	Schenectady 18:10
2 Brad Gawron	34	Valatie 18:16
3 Andreas Schneider	34	Hudson 19:34
FEMALE AGE GROUP: 30 - 34		
1 Emily Russell	34	North Bennington, VT 20:48
2 Ariana Nilsson	33	Hudson 22:03
3 Mackenzie Calhoun	34	Valatie 23:44
MALE AGE GROUP: 35 - 39		
1 Dave Vona	35	Valatie 17:25
2 Oswaldo Rodriguez	39	Mechanicville 17:58
3 Christian Volney	35	New York 19:59
FEMALE AGE GROUP: 35 - 39		
1 Diana Tobon-Knobloch	37	Niskayuna 19:39
2 Christina Jordy	36	Glenville 20:00
3 Courtney Labarge	39	Cobleskill 22:31
MALE AGE GROUP: 40 - 44		
1 Aaron Knobloch	42	Niskayuna 17:13
2 Brian Northan	43	Guilderland 19:10
3 Andrew Scharoun	41	Valatie 19:58
FEMALE AGE GROUP: 40 - 44		
1 Jessica Northan	42	Guilderland 22:27
2 Rebecca Armsby	42	East Greenbush 24:19
3 Tahnee Bickerton	43	Valatie 25:58
MALE AGE GROUP: 45 - 49		
1 Andy Reed	46	Niskayuna 17:57
2 Ben Greenberg	49	Slingerlands 17:59
3 Tom Fraser	45	Schodack Landing 19:19
FEMALE AGE GROUP: 45 - 49		
1 Lara Stelmazyk	48	Albany 23:06
2 Meka Osterhoudt	46	Cobleskill 23:10
3 Stephanie Selmer	45	Castleton 23:12
MALE AGE GROUP: 50 - 54		
1 Malcolm Gladwell	54	New York 18:14
2 John Sestito	54	Johnsonville 19:28
3 John Pusateri	50	Castleton 20:31
FEMALE AGE GROUP: 50 - 54		
1 Kim Seabury	51	Old Chatham 22:07
2 Cathy Needleman	52	Middleburgh 23:09
3 Bridget Enderle	51	Sand Lake 24:09
MALE AGE GROUP: 55 - 59		
1 Richard Joyce	58	Wynantskill 19:39
2 David Hart	57	Delmar 21:55
3 Randy Gibbs	59	Rhinebeck 22:16
FEMALE AGE GROUP: 55 - 59		
1 Ave Marie Horst	55	Chatham 26:52
2 Pamela Younginger	55	Clifton Park 27:25
3 Laura Dellehunt	58	Kinderhook 30:01
MALE AGE GROUP: 60 - 64		
1 John Parisella	60	Ballston Lake 21:05
2 Christopher Johnson	60	Pittsfield, MA 25:05
3 Vince Juliano	61	Delanson 25:20
FEMALE AGE GROUP: 60 - 64		
1 Karen Gerstenberger	60	Colonie 27:27
2 Marie Kaye	63	Altamont 28:39
3 Theresa Girvin	60	Castleton 28:52
MALE AGE GROUP: 65 - 69		
1 Joe Aliberti	68	Voorheesville 23:25
2 Martin Touhey	65	Albany 24:54
3 Jim Allen	67	Millbrook 26:22
FEMALE AGE GROUP: 65 - 69		
1 Martha DeGrazia	67	Slingerlands 24:32
2 Erika Oesterle	66	Stamford 24:54
3 Judy Lynch	68	Castleton-on-Hudson 30:22
MALE AGE GROUP: 70 - 74		
1 Jim Conklin	70	Walworth 32:18
2 James Israel	73	Brooklyn 38:50
3 Bob Ricketson	72	Coxsackie 40:48
FEMALE AGE GROUP: 70 - 74		
1 Willow Davis	34	2:32:10
2 Sophie Nardelli	17	27:08
3 Jackie Odell-Fey	19	29:46
MALE AGE GROUP: 75 - 79		
1 Jim Hotaling	77	Valatie 31:20
2 George Dutcher	76	Castleton-on-Hudson 39:15
FEMALE AGE GROUP: 75 - 79		
1 Jayne Zinke	75	Valatie 29:11
MALE AGE GROUP: 80 - 84		
1 Wade Stockman	83	Rensselaer 37:21
2 Ed Simonsen	81	Valatie 41:03
3 Joe Kelly	84	Albany 41:49
MALE AGE GROUP: 85 - 89		
1 Ken Orner	88	Albany 55:36
2 Richard Schumacher	85	Hoosick Falls 56:45
FEMALE AGE GROUP: 85 - 89		
1 Anny Stockman	85	Rensselaer 42:17

Courtesy of Kinderhook Runners Club

2ND ANNUAL RUN FOR HEROES 10K & 5K RUN/RUCK June 9, 2018 • Rail Trail at Gold's Gym, Poughkeepsie

10K RUN/RUCK		
MALE OVERALL		
1 Billy Posch	27	Hyde Park 36:08
2 Thomas Cain	53	Lagrangeville 39:51
3 Austin Cekuta	14	Fishkill 42:15
FEMALE OVERALL		
1 Rose Tullo	43	Wappingers Falls 43:14
2 Christina Dolphin	29	New Paltz 46:52
3 Megan Elliott	31	East Brunswick, NJ 48:41
MALE AGE GROUP: 1 - 13		
1 Hunter Micucci	12	Fishkill 56:12
FEMALE AGE GROUP: 1 - 13		
1 Taylor Bodo	13	Fishkill 1:11:45
MALE AGE GROUP: 14 - 19		
1 Joseph Barto	18	Fleischmanns 48:36
2 Tylor Barto	18	Fleischmanns 56:05
3 Sam Perez	15	Fishkill 56:25
FEMALE AGE GROUP: 14 - 19		
1 Lyndsey Tiedemann	14	Fishkill 55:58
2 Rebecca Castellanos	17	Fishkill 1:02:35
3 Sanlys Sanchez	17	Poughkeepsie 1:05:52
MALE AGE GROUP: 20 - 29		
1 Robert Greco Jr.	23	Wappingers Falls 42:19
2 Stephen Piperis	27	Mahopac 52:07
FEMALE AGE GROUP: 20 - 29		
1 Elizabeth Castro	28	Poughkeepsie 48:53
2 Kathryn Veltre	28	Poughkeepsie 50:03
3 Jenna Depue	26	Highland 53:14
MALE AGE GROUP: 30 - 39		
1 Christopher Regan	38	Wappingers Falls 44:16
2 Chris Coughlin	33	Valley Cottage 47:40
3 Christopher Mastroeni	31	Hyde Park 50:23
FEMALE AGE GROUP: 30 - 39		
1 Kristy Alvarado	38	Beacon 49:30
2 Kacie Vassari	30	Hopewell 51:46
3 Elizabeth Fitzpatrick	37	Poughkeepsie 52:20
MALE AGE GROUP: 40 - 49		
1 Warren Jee	42	Fishkill 42:55
2 PJ Darcy	43	Poughkeepsie 47:37
3 Armil Deguzman	48	Poughkeepsie 48:52
FEMALE AGE GROUP: 40 - 49		
1 Deanne Archibald	42	Pleasant Valley 50:48
2 Colleen Axelrod	48	Lagrangeville 54:19
3 Beth Schmidt	48	Milton 56:14
MALE AGE GROUP: 50 - 59		
1 Edward Fitzmaurice	57	Hyde Park 42:57
2 Manuel Treus	51	Fishkill 44:39
3 David Nohara	51	Poughkeepsie 45:01
FEMALE AGE GROUP: 50 - 59		
1 Michelle Azukas	52	Lagrangeville 49:04
2 Judith Fox	51	Lagrangeville 53:09
3 Ann Marie Quartironi	55	Lagrangeville 58:31
MALE AGE GROUP: 60 - 69		
1 Vinnie Farese	60	Pleasant Valley 50:08
2 William Anderson	65	Poughkeepsie 54:13
3 Roger Billings	62	Brewster 56:56
FEMALE AGE GROUP: 60 - 69		
1 Chris Lollo	64	Brewster 58:49
5K RUN/RUCK		
MALE OVERALL		
1 Colin Waters	17	Poughquag 15:56
2 Connor Stack	19	Poughkeepsie 16:12
3 John Amenta	16	Fishkill 18:19
FEMALE OVERALL		
1 Meghan Slinsky	20	Fishkill 20:10
2 Krysta Weiss	39	Poughkeepsie 21:42
3 Caitlin Holahan	25	Chester 22:11
MALE AGE GROUP: 1 - 13		
1 Frank Kennealy	13	Hopewell 23:48
2 Jack Handman	11	Poughkeepsie 24:39
3 Logan Commerford	10	Poughkeepsie 26:26
FEMALE AGE GROUP: 1 - 13		
1 Kaitlyn Nervegna	12	Pleasant Valley 24:42
2 Ella Hertzog	12	Poughkeepsie 24:43
3 Emma Jarvis	12	Fishkill 25:39
MALE AGE GROUP: 14 - 19		
1 Alex Badia	17	Pawling 20:28
2 Andrew Kraemer	19	Poughkeepsie 21:01
3 Nick Esposito	19	Clifton Park 21:06
FEMALE AGE GROUP: 14 - 19		
1 Emily Keene	18	Pleasant Valley 25:31
2 Alexandra Hufnagel	14	Hopewell 28:31
3 Katie Covell	18	Fishkill 29:28
MALE AGE GROUP: 20 - 29		
1 Alex Russell	25	Poughkeepsie 18:42
2 Eugene Valoy	21	Hyde Park 20:57
3 Zachary Valckenaere	20	Wappingers Falls 20:58
FEMALE AGE GROUP: 20 - 29		
1 Danielle Axelrod	23	Lagrangeville 22:16
2 Alycia Cartica	25	Pleasant Valley 22:38
3 Melissa Gallardy	28	Nottingham, PA 25:18
MALE AGE GROUP: 30 - 39		
1 Matthew Flanagan	37	Walden 23:50
2 Matt Ferra	32	Rockville, MD 25:03
3 Edward Valle	31	Washingtonville 28:30
FEMALE AGE GROUP: 30 - 39		
1 Jamie Dwyer	31	Poughkeepsie 23:19
2 Niki Siniscalchi	33	Hyde Park 25:10
3 Sheri Aceto	37	Poughkeepsie 25:29
MALE AGE GROUP: 40 - 49		
1 Jim Nicosia	40	Statsburgh 21:09
2 Jon Handman	49	Poughkeepsie 23:55
3 John Kroohs	40	Hopewell 24:41
FEMALE AGE GROUP: 40 - 49		
1 Nicole Smaldone	42	Red Hook 26:23
2 Kelly Crawford Herrmann	49	Pleasant Valley 27:44
3 Kristin Kennealy	49	Hopewell 28:11
MALE AGE GROUP: 50 - 59		
1 Mikko Manner	52	Poughkeepsie 20:46
2 Pat A D'Imperio	55	Hopewell 23:04
3 Robert Mazzyk	56	Cold Spring 24:42
FEMALE AGE GROUP: 50 - 59		
1 Cheryl Lange	54	Wappingers Falls 26:19
2 Silvia Christen	56	Hopewell 27:17
3 Jeanne Lipscomb	57	Poughkeepsie 27:22
MALE AGE GROUP: 60 - 69		
1 Krzysztof Wasielewski	64	Dover Plains 23:02
2 Gil Anderson	63	Hyde Park 23:13
3 Michael Murphy	69	Millbrook 24:04
FEMALE AGE GROUP: 60 - 69		
1 Sue Lastowski	60	Newburgh 34:50
2 Grace Martin	60	Wappingers Falls 35:38
3 Sally Weglinski	61	Hyde Park 37:55
MALE AGE GROUP: 70 - 79		
1 Dennis Moore	71	New Paltz 24:17
2 Norman Goluskin	79	New Paltz 27:17
3 Bill Rosenberg	77	Walkkill 28:38
FEMALE AGE GROUP: 70 - 79		
1 Rebecca Withers	70	Walkkill 30:23
MALE AGE GROUP: 80 - 89		
1 Erika Abraham	80	Cornwall 36:48

Courtesy of Mid-Hudson Road Runners Club

14TH ANNUAL GREAT ADIRONDACK TRAIL RUN June 9, 2018 • The Mountaineer, Keene Valley

11.5-MILE, 3200FT VERTICAL MOUNTAIN RUN		
MALE OVERALL		
1 Josh Ferenc	36	1:36:15
2 Bryce Murdick	21	1:39:00
3 Liam Davis	24	1:40:54
FEMALE OVERALL		
1 Sarah Keyes	35	1:54:57
2 Janey McClelland	27	2:02:49
3 Molly Coseno	40	2:05:53
MALE AGE GROUP: 1 - 19		
1 Henry McGrew	19	1:41:54
2 Kai Frantz	15	2:17:51
3 Tate Frantz	13	2:19:43
4 Jameson Fiegl	15	2:40:43
5 Seamus Ober	19	2:47:22
MALE AGE GROUP: 20 - 29		
1 Sean Davis	27	2:01:11
2 Samuel Greenberg	20	2:02:34
3 Kolby Ziemendorf	26	2:09:16
4 Alex Terry	25	2:28:55
FEMALE AGE GROUP: 20 - 29		
1 Laura Tuttle	29	2:27:20
2 Danika Frisbie	27	2:28:28
3 Catherine Ziemendorf	25	2:31:19
4 Katie Hoar	29	2:43:48
5 Savannah Woods	26	3:17:28
6 Amy Smith	25	3:24:46
MALE AGE GROUP: 30 - 39		
1 Nathan Smith	35	2:04:22
2 Andy Hawkey	32	2:05:48
3 Jared Whalen	33	2:07:41
4 Adam Waickman	32	2:23:45
5 Tyler Nichols	31	2:24:46
6 Zac Wasielewski	31	2:29:26
7 Dennis Kramer	38	2:36:52
8 Woodrow Snell	31	2:54:45
9 Zach Benson	38	3:02:04
FEMALE AGE GROUP: 30 - 39		
1 Willow Davis	34	2:32:10
2 Sophie Nardelli	17	27:08
3 Jackie Odell-Fey	19	29:46
4 Laura Smith	36	3:04:19
5 Erin Thompson	34	3:06:38
6 Mel Frazer	36	3:16:57
7 Samantha Brady	30	3:25:13
MALE AGE GROUP: 40 - 49		
1 Jeremy Drowne	40	1:50:42
2 Patrick Hamel	44	1:55:49
3 Chris Fey	40	2:05:55
4 Jeff Dengate	41	2:20:04
5 Matt Cook	40	2:20:28
6 Chris Belair	43	2:21:55
7 Robert McCann	43	2:34:04
8 Jason Fiegl	44	2:40:45
9 Brian Murphy	46	2:46:38
10 Ben Frantz	48	3:06:08
11 Brian Dunn	48	3:23:18
FEMALE AGE GROUP: 40 - 49		
1 Caroline Belair	43	2:39:49
2 Carol Grant	48	3:02:04
3 Justyna Babcock	45	3:02:19
4 Christie Murphy	49	3:04:09
5 Brenda Marchewka	48	3:31:41
MALE AGE GROUP: 50 - 59		
1 Rob Scharges	52	2:14:31
2 Bill Hoffman	51	2:17:46
3 Nick Yardley	53	2:39:46
4 David Greenberg	50	2:41:51
5 John Ober	51	2:47:46
6 Kent Murdick	53	2:48:28
7 Hal Coghill	57	3:01:51
8 Brian Mann	52	3:50:34
FEMALE AGE GROUP: 50 - 59		
1 Laura Nardelli	58	2:34:09
MALE AGE GROUP: 60 - 69		
1 Neil Wheelwright	60	3:02:58
9.5-MILE BAXTER MOUNTAIN FUN RUN		
MALE OVERALL		
1 Lauchlan Cheney-Seymour	18	24:26
2 Dylan Cohen	46	25:44
3 Keith Kogut	33	26:21
FEMALE OVERALL		
1 Lucy Hochschartner	20	26:53
2 Sophie Nardelli	17	27:08
3 Jackie Odell-Fey	19	29:46
MALE AGE GROUP: 1 - 13		
1 Emma Graham	9	51:59
2 Zarela Gulli	11	56:05
3 Anya Kazmierczak	13	57:02
MALE AGE GROUP: 14 - 19		
1 Colter Cheney-Seymour	15	29:40
2 Will Tansey	15	31:50
MALE AGE GROUP: 20 - 29		
1 David Mierzwa	26	27:32
2 Kristopher Boettcher	29	28:37
3 Sam Auch	24	30:38
FEMALE AGE GROUP: 20 - 29		
1 Jenna Lute	28	33:32
2 Alanna Winchell	26	35:22
3 Gabriella Quinn	25	42:27
MALE AGE GROUP: 30 - 39		
1 Dylan Braan	31	28:01
2 Ryan Cunningham	38	34:06
3 Nick Dodge	32	38:36
FEMALE AGE GROUP: 30 - 39		
1 Lisa Hawkey	33	33:20

THE RUN FOR HELP 5K RUN AGAINST DOMESTIC VIOLENCE *continued*

MALE AGE GROUP: 25 - 29			
1	EJ Hart	25	Castleton 23:28
FEMALE AGE GROUP: 25 - 29			
1	Sarah Ward	26	Castleton 23:35
2	Lauren Walsh	25	Troy 29:21
3	Kaitlyn B.	25	Troy 35:45
MALE AGE GROUP: 30 - 34			
1	Rob Mangold	31	East Greenbush 24:22
2	Dino Orciuoli	31	Troy 24:36
FEMALE AGE GROUP: 30 - 34			
1	Jordan Mangold	30	East Greenbush 24:52
2	Brittany Harrison	31	East Greenbush 28:37
3	Jennifer B.	32	Troy 32:13
MALE AGE GROUP: 35 - 39			
1	Matthew Flannery	39	Wynantskill 23:02
2	Emmanuel Korode	36	East Greenbush 26:41
FEMALE AGE GROUP: 35 - 39			
1	Carolyn Purnomo	37	Loudonville 26:21
2	Kelly Cronkhitte	39	Rensselaer 32:20
3	Mindy Fisher	38	East Greenbush 33:07
MALE AGE GROUP: 40 - 44			
1	Scott Galareau	41	East Greenbush 31:13
FEMALE AGE GROUP: 40 - 44			
1	Tracian G.	41	Schenectady 25:18
2	Julie Ploss	43	East Greenbush 27:43
3	Lauren Jones	41	Altamont 29:21
MALE AGE GROUP: 45 - 49			
1	Jeffrey Marx	46	Castleton 25:20
2	Dan Zibro	47	Castleton 32:40
3	James Terry	46	Troy 35:13
FEMALE AGE GROUP: 45 - 49			
1	Karen Tracey	49	East Greenbush 31:09
2	Stephanie O'Leary	45	Rensselaer 31:44
3	Deanna Geesler	46	Slingerlands 32:13
MALE AGE GROUP: 50 - 54			
1	Robert Dodge	50	Selkirk 27:11
FEMALE AGE GROUP: 50 - 54			
1	Angela Culligan	54	East Greenbush 29:50
2	Dina Paretta	51	East Greenbush 31:52
3	Cheryl Koenitzer	52	Voorheesville 34:56
MALE AGE GROUP: 55 - 59			
1	Steve Obermayer	56	Burnt Hills 28:42
FEMALE AGE GROUP: 55 - 59			
1	Dianne Hart	59	East Greenbush 32:26
2	Dale B.	56	Schenectady 59:22
3	Brenda Fitting	55	Albany 1:04:31
MALE AGE GROUP: 60 - 64			
1	Douglas Tucker	63	Rensselaer 30:15
2	Tom Grant	61	Rensselaer 50:03
FEMALE AGE GROUP: 60 - 64			
1	Susan Milstein	62	Menands 32:23
2	Kim Law	60	Rensselaer 33:59
3	Daryl M.	60	50:31
MALE AGE GROUP: 65 - 69			
1	Mary Wakeman	69	Albany 44:06
FEMALE AGE GROUP: 65 - 69			
1	Jean Probst	70	East Greenbush 56:13

Courtesy of FamilyFriends of Liza Warner and Nikki Hart

4TH ANNUAL GREAT SACANDAGA CHALLENGE TRIATHLON
June 16, 2018 • Sacandaga Bible Conference Center, Broadalbin

ADULT SPRINT - 750M SWIM, 20K BIKE, 5K RUN			
MALE OVERALL			
1	Tim Russell	28	Bennington, VT 1:01:29
2	Stefano Fontana	30	Round Lake 1:09:35
3	Trevor Dzikowicz	15	Amsterdam 1:12:07
FEMALE OVERALL			
1	Isabelle Dickens	41	South Glens Falls 1:18:22
2	Heidi Underwood	48	Kattskill Bay 1:20:21
3	Lonnie Halusic	50	Niskayuna 1:25:25
MALE AGE GROUP: 1 - 14			
1	Jacob Gilson	13	Niskayuna 1:32:49
2	Jacob Paltowitz	12	New York 1:35:04
3	Nicholas Giambrone	13	Queensbury 1:50:29
FEMALE AGE GROUP: 1 - 14			
1	Jillian Richards	13	Corinth 1:33:53
2	Lilian Mitchell	14	Broadalbin 1:35:11
3	Samantha Murphy	14	Amsterdam 1:42:34
4	Vania Sih	14	Saratoga Springs 1:48:28
MALE AGE GROUP: 15 - 19			
1	Lucas Parzych	18	Niskayuna 1:25:45
2	Robert Quillan	15	Northville 1:28:58
3	Riley Martin	19	Amsterdam 1:30:08
4	Win Tongtawee	15	Saratoga Springs 1:43:37
5	Jason Zheng	15	Saratoga Springs 1:53:39
FEMALE AGE GROUP: 15 - 19			
1	Madison Whittaker	16	Northville 1:33:12
2	Annie Christopher	19	Manlius 1:43:27
3	Ivy Derwin	15	Broadalbin 1:53:05
4	Victoria Breslin	18	Gansevoort 2:01:24
5	Veronica Sih	16	Saratoga Springs 2:04:05
MALE AGE GROUP: 20 - 24			
1	Chase Collins	20	Saratoga Springs 1:21:17
2	Benjamin Raff	23	Brooklyn 1:27:47
3	Andrew Hart	20	St. Johnsville 1:37:48
FEMALE AGE GROUP: 20 - 24			
1	McKenzie Hanks	21	Saratoga Springs 1:55:13
2	Claudia Howes	20	Troy 1:56:50
MALE AGE GROUP: 25 - 29			
1	Tyler Burse	25	New York 1:28:45
2	Ryan Zielinski	26	Schenectady 1:31:23
FEMALE AGE GROUP: 25 - 29			
1	Emily Blakeslee	28	Troy 1:44:14
2	Kelsey Jones	28	Saratoga Springs 1:48:59
3	Jessica Fiore	27	Delmar 1:52:15
4	Stephanie Dobert	28	Troy 1:57:10
MALE AGE GROUP: 30 - 34			
1	Daniel Halbig	30	Ballston Lake 1:23:10
2	Jonathan Peffley	30	Saratoga Springs 1:27:09
3	Tyler Place	30	Saratoga Springs 1:27:21
4	Nate Hunt	30	Albany 1:28:02
5	Brian Dionne	31	Johnstown 1:28:13
FEMALE AGE GROUP: 30 - 34			
1	Kate Penn	33	Schenectady 1:30:32
2	Angel Whitbeck	34	Gansevoort 1:33:13
3	Mariola Moeyaert	30	Albany 1:35:15
4	Carly Norton	32	Binghamton 1:38:40
5	Colby Brown	32	Lake George 1:39:26
MALE AGE GROUP: 35 - 39			
1	Todd Gundersen	39	Larchmont 1:16:03
2	Marc Miranda	35	Clifton Park 1:16:03
3	Andrew Barker	35	Mechanicville 1:17:51
4	Brad Fisher	39	Saratoga Springs 1:18:05
5	Nicholas Lobosco	36	Ballston Spa 1:20:29
FEMALE AGE GROUP: 35 - 39			
1	Beth Harvey	39	Amsterdam 1:32:23
2	Erin Freeh	37	Troy 1:36:26
3	Danielle Freebern	37	Greenfield Center 1:41:10
4	Jocelyn Walker	37	Gansevoort 1:41:15
5	Kate Mullin-Phalen	39	Saratoga Springs 1:42:40
MALE AGE GROUP: 40 - 44			
1	Oswaldo Rodriguez	40	Mechanicville 1:17:33
2	Dan Cusack	44	Fultonville 1:17:59
3	Chris Cushman	43	Niskayuna 1:22:14
4	Robert Frisbie	42	Ballston Spa 1:22:30
5	Jason Capogna	43	Nassau 1:26:45
FEMALE AGE GROUP: 40 - 44			
1	Jodi Plante	44	Saratoga Springs 1:28:34
2	Deanne Webster	42	Albany 1:29:26
3	Jodi Werner	42	Ballston Spa 1:35:55
4	Joanna Scheinfeld	43	New York 1:40:39
5	Judy Wettig	41	Ballston Spa 1:49:10
MALE AGE GROUP: 45 - 49			
1	Kenneth Sluti	45	Fonda 1:23:50
2	Michael Barnum	46	Ballston Lake 1:24:36
3	Christopher Fess	46	Clifton Park 1:25:12
4	Christopher Fernando	47	Albany 1:33:55
5	Darryl Bray	45	Niskayuna 1:34:10
FEMALE AGE GROUP: 45 - 49			
1	Sarah Vogel	48	Slingerlands 1:27:39
2	Karen Viger	48	Gansevoort 1:34:28
3	Rachel Harvey	45	Saratoga Springs 1:36:15
4	Sharon Dagostino	47	Ballston Spa 1:38:36
5	Sharon Bryan	47	Round Lake 1:39:05
MALE AGE GROUP: 50 - 54			
1	Pat Sommo	50	Guilderland 1:13:09
2	Todd Digrigoli	51	Niverville 1:23:46
3	Tom Denham	51	Delmar 1:26:59
4	Andy Heck	51	Amsterdam 1:28:38
5	Gary Grace	53	Delmar 1:33:54
FEMALE AGE GROUP: 50 - 54			
1	Kelly Gillen	51	Altamont 1:45:05
2	Joyce Rice	52	Ballston Spa 1:45:35
3	Kimberly Henes	51	Mechanicville 1:45:43
4	Melissa Bridges	50	St. Johnsbury, VT 1:52:00
5	Darlene Kusaywa	54	Clifton Park 1:52:25
MALE AGE GROUP: 55 - 59			
1	Joseph Place	55	Saratoga Springs 1:17:23
2	Ulrich Weil	55	Ballston Spa 1:35:00
3	Roland Ramonowski	56	Fort Johnson 1:35:46
4	John Bishop	58	Saratoga Springs 1:37:18
5	Uli Weil	56	Ballston Spa 1:37:59
FEMALE AGE GROUP: 55 - 59			
1	Lisa Joyce	57	Ballston Spa 1:32:35
2	Penny Manly	55	Glenville 1:59:34
3	Sandra Stoquert	56	Camden 2:05:10
4	Mary Healt	57	Forestport 2:06:31
5	Cathy Sheehan	58	Cohoes 2:14:28
MALE AGE GROUP: 60 - 64			
1	David Leith	63	West Charlton 1:58:36
FEMALE AGE GROUP: 60 - 64			
1	Maryanne Reidy	63	Scotia 2:02:11
MALE AGE GROUP: 65 - 69			
1	Peter Canzone	65	Saratoga Springs 1:35:47
2	David Olsen	66	Niskayuna 1:36:02
3	Jim Sheehan	66	Cohoes 1:51:42
MALE AGE GROUP: 70 - 74			
1	Jim Cunningham	73	Ticonderoga 1:40:34
TEAMS			
1	Team Leviathan		1:01:12
2	Berserker		1:06:37
3	The Y Guys		1:17:58
YOUTH - 100YD SWIM, 5K BIKE, 1M RUN			
MALE OVERALL			
1	Trevor Goodwill	11	Ballston Lake 20:37
2	Gabriel Wettig	11	Ballston Spa 25:40
3	Connor Varian	11	Broadalbin 26:02
FEMALE OVERALL			
1	Amanda Curtis	13	Ballston Lake 21:19
2	Grace Wall	12	Greenfield Center 23:39
3	Haley Tomlinson	12	Broadalbin 27:20
MALE AGE GROUP: 1 - 6			
1	Kilian Whittaker	6	Northville 34:44
2	Reed Thornton	3	Saratoga Springs 54:27
FEMALE AGE GROUP: 1 - 6			
1	Sydney Torres	4	Saratoga Springs 52:03
MALE AGE GROUP: 7 - 8			
1	Magnus Lohse	8	Greenfield Center 32:09
2	Noah Frisbie	8	Ballston Spa 34:13
3	Thomas Goffioul	7	Ballston Spa 38:11
FEMALE AGE GROUP: 7 - 8			
1	Macey Chamberlain	7	Northville 31:13
2	Lilly Whitbeck	8	Schuylerville 32:31
3	Maya Gecewicz	8	Gansevoort 33:42
MALE AGE GROUP: 9 - 10			
1	Charles Lobosco III	10	Mechanicville 26:09
2	Otter Dannible	10	Galway 27:39
3	Seeley Harvey	9	Amsterdam 27:49
FEMALE AGE GROUP: 9 - 10			
1	Ariana Yuret	10	Mayfield 27:54
2	Isabelle Downey	9	Saratoga Springs 28:42
3	Laurel Mitchell	10	Broadalbin 28:54
MALE AGE GROUP: 11 - 12			
1	Eli Collins	11	Saratoga Springs 28:36
2	Hannes Lohse	12	Greenfield Center 29:32
3	Evan Bray	12	Niskayuna 29:49
FEMALE AGE GROUP: 11 - 12			
1	Nikki Stark	12	Saratoga Springs 27:31
2	Hannah Nolett	11	Gloversville 29:11
3	Clara Goffioul	11	Ballston Spa 29:34
MALE AGE GROUP: 13 - 14			
1	Drake Brown	13	Niskayuna 30:16
FEMALE AGE GROUP: 13 - 14			
1	Skyler Knott	13	Saratoga Springs 27:31

Courtesy of Sacandaga Tri Club

4TH ANNUAL GOOD KARMA 5K RUN

June 10, 2018 • Crossings Park, Colonie

MALE OVERALL			
1	Alex Hislop	17	18:02
2	Jay Madan	15	19:33
3	Vishal Hada	16	19:43
FEMALE OVERALL			
1	Kristen Hislop	53	21:28
2	Meghana Caron	17	21:40
3	Johanna Whitney	36	24:10
MALE AGE GROUP: 1 - 14			
1	Anuraag Sharma	14	23:29
2	Ishan Khambete	12	23:58
3	William Davitt	11	25:15
4	Saurav Bavdekar	13	25:44
5	Anish Baladrishnan	13	26:59
FEMALE AGE GROUP: 1 - 14			
1	Dharini Madadi	12	28:15
2	Taarak Ramamurthy	10	28:30
3	Praaghya Meyyan	14	31:53
4	Rajit Ramasamy	14	35:46
5	Vinishasres Thumilan	13	37:17
MALE AGE GROUP: 15 - 19			
1	Jack Hislop	15	20:20
2	Gautham Salgam	17	24:34
3	Vasanth Ravichandran	15	25:29
4	Matthew Nemeth	18	27:34
5	Cyrus Whitney	17	30:25
FEMALE AGE GROUP: 15 - 19			
1	Delaney Hughes	19	31:17
2	Shrutthi Nattanmai	18	31:43
3	Aneesha Achar	18	34:18
4	Kavipriya Kovai-Palanivel	17	41:34
5	Shrutthi Kannaathaal	16	42:54
MALE AGE GROUP: 20 - 24			
1	Andrew Travis	21	34:00
FEMALE AGE GROUP: 20 - 24			
1	Sanchi Saitia	20	29:20
2	Ari Abram	24	29:59
3	Paige Hughes	24	31:18
4	Amanda Griffiths	21	33:59
5	Sharanya Ganesh	20	35:19
MALE AGE GROUP: 25 - 29			
1	Cody Netzband	29	21:06
2	Maxwell Ferris	25	23:50
3	Ryan Knaupp	27	25:41
FEMALE AGE GROUP: 25 - 29			
1	Natasha Malchak	25	28:53
2	Sandra Reed	26	31:33
3	Alexandra Sa	26	35:48
4	Desiree Knaupp	29	36:36

RACE RESULTS

WHIPPLE CITY 5K & 10K RUN *continued*

FEMALE AGE GROUP: 1 - 14				MALE AGE GROUP: 60 - 69					
1	Danielle Boyea	13	Greenwich	27:15	1	Craig Roods	69	Greenwich	29:36
2	Sarah Sievers	9	Greenwich	33:46	2	Wes Clark	66	Argyle	30:55
3	Ciarrah Hebert	14	Greenwich	34:45	10K RUN				
MALE AGE GROUP: 1 - 14				FEMALE OVERALL					
1	Declan Kelleher	13	Greenwich	22:25	1	Elisha Lyons	43	Hoosick Falls	50:33
2	Marcus Littell	12	Greenwich	22:54	2	Joan Anderson	35	Greenwich	51:25
3	Jacob Ziehm	13	Greenwich	23:15	3	Kelley Throop	48	Norwalk, CT	52:05
MALE AGE GROUP: 15 - 19				MALE OVERALL					
1	Lars Conway	17	Schuylerville	20:00	1	Bob Radloff	53	Stillwater	41:24
2	Cody Belden	15	Greenwich	22:08	2	William Henke	44	Gansevoort	46:39
FEMALE AGE GROUP: 20 - 29				MALE AGE GROUP: 1 - 14					
1	Olivia Parrott	26	Greenwich	24:42	1	Matt Bink	14	Greenwich	57:47
2	Bailey Charon	26	Hartford	30:40	2	Aaron Stutzman Jr.	11	Silverdale, WA	1:18:31
3	Sofie Hoerning	20	Greenwich	33:47	FEMALE AGE GROUP: 20 - 29				
MALE AGE GROUP: 20 - 29				MALE OVERALL					
1	Dylan Galagan	20	Greenwich	19:52	1	Chelsea Skarka	29	Schuylerville	52:45
FEMALE AGE GROUP: 30 - 39				MALE AGE GROUP: 20 - 29					
1	Meghan Homicz	32	Gansevoort	29:09	1	Erika Vanaernam	28	Saratoga Springs	53:23
2	Sharra Hammer	31	Saratoga Springs	29:10	3	Erica McCarthy	27	Valley Falls	1:06:57
3	Jaime Parent	37	Hoosick Falls	32:51	FEMALE AGE GROUP: 30 - 39				
MALE AGE GROUP: 30 - 39				MALE OVERALL					
1	Devin Anderson	34	Greenwich	23:20	1	Hallie Bernstein	32	Argyle	55:02
2	Emiliano Gonzalez Ortiz	38	Greenwich	24:42	2	Erika Ryan	37	Greenwich	58:57
3	Mark Kapitan	35	Cambridge	27:35	3	Jenny O'Keefe	39	Gansevoort	1:05:59
FEMALE AGE GROUP: 40 - 49				MALE AGE GROUP: 30 - 39					
1	Courtney Moriarta	49	Greenwich	26:34	1	Timmy Stratton	33	Hoosick Falls	59:37
2	Olie Quilop-Locke	46	Whitehall	27:25	2	Martin O'Toole	37	Saratoga Springs	1:04:50
3	Megan Adams	40	Salem	27:38	3	John Fogarty	36	Rochester	1:18:31
MALE AGE GROUP: 40 - 49				FEMALE AGE GROUP: 40 - 49					
1	Robert Lane	46	Hudson Falls	37:46	1	Gail Todd	47	Greenwich	59:58
2	Dave McWhorter	48	Austin, TX	40:54	2	Tricia Lockwood	40	Hudson Falls	1:09:13
FEMALE AGE GROUP: 50 - 59				MALE AGE GROUP: 40 - 49					
1	Jacqueline Orr	55	Albany	30:27	1	Frank Coronado	29	11	1:09:13
2	Polly Lebaron	50	Housatonic, MA	30:43	2	Paula Larocche	47	Bennington, VT	1:19:37
3	Mary Ann Spiezio	50	Greenwich	34:00	MALE AGE GROUP: 50 - 59				
MALE AGE GROUP: 50 - 59				FEMALE AGE GROUP: 50 - 59					
1	Bryan Crosier	53	Argyle	22:33	1	Matthew Ryan	40	Greenwich	50:13
2	John Boyce	52	Schaghticoke	27:51	2	Michael Fosmire	49	Fort Edward	51:53
3	Rod Hughes	55	Greenwich	41:27	FEMALE AGE GROUP: 50 - 59				
FEMALE AGE GROUP: 60 - 69				MALE AGE GROUP: 50 - 59					
1	Hollys Kozlowski	63	Valley Falls	28:33	1	Kim Eiser	51	Ballston Spa	59:12
2	Darlene Barry	65	Bennington, VT	37:18	2	Kelly Armer	51	Ballston Spa	1:00:52
3	Belinda Bradley	64	Glens Falls	41:35	3	Becky Darling	51	Pownal, VT	1:19:36
				MALE AGE GROUP: 60 - 69					
				1 Scott Porter 54 Ballston Spa 50:29					
				2 Tom Throop 53 Norwalk, CT 57:53					
				FEMALE AGE GROUP: 60 - 69					
				1 Suzanne Nealon 68 Glens Falls 1:09:31					

Courtesy of Greater Greenwich Chamber of Commerce

2ND ANNUAL WILMINGTON WHITEFACE WHISKEY RUN 10K *continued*

FEMALE AGE GROUP: 55 - 59				MALE AGE GROUP: 65 - 69					
1	Kay Pauquette	57	Tupper Lake	50:49	1	Michael Thumann	69	Chatham	49:46
2	Michelle Spees	56	Wilmington	52:27	2	Don Van Wely	68		59:46
3	Dawn Abar	56	Plattsburgh	53:51	3	Barry Fitz-James	67	Lake Placid	1:01:43
MALE AGE GROUP: 60 - 64				FEMALE AGE GROUP: 65 - 69					
1	Dave Black	61	Peru	50:10	1	Donna Jerdo	66	Moriah	1:16:54
2	Bob Morganson	61	Lake Placid	52:59	MALE AGE GROUP: 70 - 74				
3	Robert H	60	Binghamton	55:58	1	Denis Chagnon	71	Lake Placid	1:11:01
FEMALE AGE GROUP: 60 - 64				FEMALE AGE GROUP: 70 - 74					
1	Caryn Etherington	61	Middlebury	51:56	1	Sheila Dumont	70	Plattsburgh	1:22:25
2	Nancy Cobb-Zoll	60	Lake George	57:13	<i>Courtesy of Wilmington Historical Society</i>				
3	Debra Stanton	61	Lake Placid	1:01:07					

CAPITAL DISTRICT YMCA SPRING INTO SUMMER 5K

June 16, 2018 • Cocksackie-Athens High School, Cocksackie

MALE OVERALL				MALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 50 - 54							
1	Andrew Sawicki/20	22:38	1	Mark Patterson	24:12	1	Minna Horowitz	30:24	2	Crystal Langdon	31:00				
2	Paul Savino/32	22:54	2	Joseph McGiffert	57:39	3	Kristen Cherry	34:03	MALE AGE GROUP: 55 - 59						
3	Fred Hinrichsen/48	24:02	FEMALE AGE GROUP: 30 - 34				1	Henrik Ullnef	34:53	FEMALE AGE GROUP: 55 - 59					
FEMALE OVERALL				MALE AGE GROUP: 35 - 39				MALE AGE GROUP: 60 - 64							
1	Michele Brown/44	22:34	1	Colleen Schumacher	27:10	1	Rob O'Connell	33:03	1	Becky O'Connell	27:33	MALE AGE GROUP: 65 - 69			
2	Judith Wines/41	23:19	2	Andrea Denio	30:20	2	Eileen West	29:26	2	Eileen West	29:26	MALE AGE GROUP: 70 - 74			
3	Stacey Sawicki/46	25:34	3	Amanda Solomon	37:43	3	Johna Palmer	30:59	3	Johna Palmer	30:59	MALE AGE GROUP: 75 - 79			
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 40 - 44				MALE AGE GROUP: 75 - 79							
1	Gavin Quigley	29:25	1	Ann Hinrichsen	35:09	1	Slade Cargill	39:04	<i>Courtesy of Capital District YMCA</i>						
2	Ryker Cox	30:19	2	Brandy Van Erp	40:49										
3	Hudson Seakamp	31:29	MALE AGE GROUP: 45 - 49												
FEMALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 45 - 49											
1	Ava Hubert	25:38	1	Michael Vizzie	31:24										
2	Grace Bartels	29:30	2	Dan Sawicki	32:08										
3	Ryan Carroll	29:30	FEMALE AGE GROUP: 45 - 49												
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 50 - 54											
1	Frank Coronado	29:11	1	Maureen Squier	33:27										
FEMALE AGE GROUP: 15 - 19				MALE AGE GROUP: 55 - 59											
1	Addison Vola	34:55	1	Jen Seekamp	33:28										
2	Sophia Coronado	35:30	2	Holly Lipias	35:31										
3	Allison Wallace	57:40	FEMALE AGE GROUP: 50 - 54												
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 55 - 59											
1	Peter Kaulfuss	24:45	1	Eric Holsopple	29:15										
2	Nathanael Savasta	26:16	2	Frank Coronado	41:32										
3	James Squier	28:59	3	Gary Weinstock	55:05										
FEMALE AGE GROUP: 25 - 29															
1	Haley Richter	28:30													
2	Anna Nemier	29:47													
3	Alivia Richter	34:18													

1ST ANNUAL "DO THE Q!" INDIAN LAKE QUADRATHLON

June 16, 2018 • Indian Lake

0.5M SWIM, 4M PADDLE, 18.6M BIKE, 3.1M RUN				FEMALE OVERALL					
MALE OVERALL				1 Teresa Creedon 2:54:56					
1	Greg Hewlett	2:32:02	2	Janet Davignon	3:15:40	3	Susan Browne	3:38:54	
2	Dominick Mercurio	2:33:56	4	Cristina Roblee	4:09:25	<i>Courtesy of Indian Lake Chamber of Commerce</i>			
3	Philip Borgese	2:45:32							
4	Nick LaScala	3:04:19							
5	John Perry	3:10:41							

2ND ANNUAL DRAGON THE DADS 5K RUN

June 16, 2018 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL				FEMALE AGE GROUP: 20 - 29					
1	Chris Yarsevich	39	Greenfield Center	19:54	1	Ellen Nevins	23	Clifton Park	24:00
2	Gabe Anderson	41	Saratoga Springs	20:18	2	Melanie Melewski	25	New Baltimore	28:05
3	Zachary Williams	31	Ballston Spa	20:36	3	Emily Peltier	23	Ballston Lake	28:41
FEMALE OVERALL				MALE AGE GROUP: 30 - 39					
1	Hannah Hertik	18	Greenfield Center	20:01	1	Michael Marchese	32	Gansevoort	20:43
2	Sintija Grisule	25	Gansevoort	20:52	2	Chris Curtis	39	Saratoga Springs	21:32
3	Stacey MacDonald	29	Porter Corners	22:22	3	AJ Goertzen	31	Porter Corners	22:09
MALE AGE GROUP: 1 - 10				FEMALE AGE GROUP: 30 - 39					
1	Ethan Pone	10	Porter Corners	26:17	1	Kelly Christy	38	Greenfield Center	23:35
2	Ian Ackley	8	Porter Corners	28:53	2	Jean Berry	34	Delmar	26:44
3	Connor Pone	9	Porter Corners	29:31	3	Karalee Nix	33	Middle Grove	35:09
FEMALE AGE GROUP: 1 - 10				MALE AGE GROUP: 40 - 49					
1	Talia Hodgson	9	Middle Grove	31:23	1	Kenneth Hausam	44	Middle Grove	21:08
2	Claire Christy	10	Greenfield Center	31:47	2	Brent Cooley	40	Clifton Park	24:29
3	Grace Kogut	8	Glenville	35:00	3	Gregory Sanda	41	Greenfield Center	24:30
MALE AGE GROUP: 11 - 12				FEMALE AGE GROUP: 40 - 49					
1	Christopher Leanza	11	Greenfield Center	26:09	1	Laura Foehser	42	Saratoga Springs	26:44
2	Owen Mansfield	12	Greenfield Center	34:51	2	Amy Mangiaracina	43	Greenfield Center	35:24
FEMALE AGE GROUP: 11 - 12				MALE AGE GROUP: 50 - 59					
1	Jillian Ferrie	12	Middle Grove	22:23	1	Jamie Casline	58	Ballston Lake	21:58
2	Cecilia Keller	11	Greenfield Center	26:19	2	Joe Tyler	51	Saratoga Springs	22:59
3	Abigail Edwards	11	Greenfield Center	26:35	3	Matthew Riker	50	Saratoga Springs	24:51
MALE AGE GROUP: 13 - 15				FEMALE AGE GROUP: 50 - 59					
1	Nicholas Leanza	15	Greenfield Center	21:46	1	Gina Scavone	59	Saratoga Springs	29:35
2	Nick Wojcik	14	Round Lake	33:04	2	Marisol Letona	50	Yonkers	34:55
3	Kellen Hanifan	13	Greenfield Center	34:22	3	Kate Edwards	56	Greenfield Center	40:03
FEMALE AGE GROUP: 13 - 15				MALE AGE GROUP: 60 - 69					
1	Delanie Mellon	13	Rock Hill, SC	23:56	1	Daniel Berry	68	Delmar	29:23
2	Allison Marion	14	Round Lake	28:08	2	Michael Mansir	61	Ballston Spa	30:02
MALE AGE GROUP: 16 - 19				FEMALE AGE GROUP: 60 - 69					
1	Timothy Boucher	18	Ballston Spa	28:02	1	Catherine Gagnon	60	Gansevoort	30:35
MALE AGE GROUP: 20 - 29				MALE AGE GROUP: 60 - 69					
1	Nicholas Alley	29	Porter Corners	23:40	2	Sue Ochse	62	Porter Corners	51:44
2	Malachi Price	22	Schuylerville	29:32	<i>Courtesy of Greenfield Elementary School HSA</i>				

2ND ANNUAL WILMINGTON WHITEFACE WHISKEY RUN 10K

June 16, 2018 • Pourman's Tap House, Wilmington

MALE OVERALL				FEMALE AGE GROUP: 30 - 34					
1	Brian Wilson	35	Dannemora	38:51	1	Samantha Davies	34	Tupper Lake	43:13
2	Jason Amoriel	48	Peru	39:51	2	Stacie Minchoff	34	Plattsburgh	46:43
3	Kevin Prickett	45	Wilmington	40:36	3	Kristen Strange	34	Wildwood, MO	50:17
FEMALE OVERALL				MALE AGE GROUP: 35 - 39					
1	Mary Kate Curran	35	Canton	41:10	1	Mitchell Morizio	37	Watertown	43:59
2	Megan Valentine	39	Jericho, VT	41:16	2	Phil Goodman	38	Horseheads	56:49
3	Lily Potthast	15	Westport	42:25	3	Jason Morgan	36	Wilmington	1:00:11
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 35 - 39					
1	Zachary Gavin	14	Lake Placid	46:20	1	Jessica Hatfield	36	Saranac	44:31
FEMALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 40 - 44					
1	Piper Cartier	14	Schenectady	1:00:42	1	Jecinda Wilson	37	Saranac Lake	46:59
2	Haylie Buysse	13	Keene Valley	1:05:48	2	Jill Demers	39	Chazy	47:22
3	Dakota Cartier	14	Schenectady	1:30:06	MALE AGE GROUP: 45 - 49				
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 45 - 49					
1	Zachery Davis	19	Burke	44:50	1	Michael Baker	43	Ballston Spa	42:06
FEMALE AGE GROUP: 15 - 19				MALE AGE GROUP: 50 - 54					
1	Hannah Wilson	18	Peru	50:44	1	Shane McIntosh	42	Lake Clear	46:35
2	Kenzie Osborne	19	Kingston, ON	52:09	3	John Fagan	40	Lake Placid	47:38
3	Ingrid Baggett	15	Plattsburgh	58:07	FEMALE AGE GROUP: 40 - 44				
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 40 - 					

1ST ANNUAL HAGUE ENDURANCE FESTIVAL *continued*

OLYMPIC - 0.94M SWIM, 24M BIKE, 6.2M RUN			SPRINT - 0.6M SWIM, 12.4M BIKE, 3.1M RUN				
MALE OVERALL							
1	Andrew Keenan / 20-29	Watertown	2:04:45	1	Patrick Williams / 30-39	Roanoke, VA	1:18:00
2	Sean Robbins / 40-49	Dallas, PA	2:17:52	2	Edward Sparkowski / 60-69	Simsbury, CT	1:20:04
3	Turgut Aytur / 40-49	Los Angeles, CA	2:22:23	3	Tom Dils / 20-29	New York	1:22:16
FEMALE OVERALL							
1	Kerzia Marchant / 20-29	Liverpool	2:17:46	1	Samantha Davies / 30-39	Tupper Lake	1:21:57
2	Victoria Lederer / 20-29	Canton	2:42:39	2	Laura Cedergren / 40-49	Gilbertsville, PA	1:26:34
3	Maddie Leopold / 20-29	Pawling	2:45:22	3	Suzanne Englot / 20-29	Cambridge, MA	1:28:27
MALE AGE GROUP: 20 - 29							
1	Shawn Parkhurst	Oswego	2:30:26	1	Michael Huizenga	Long Valley, NJ	1:25:07
2	Brett Palmer	Plattsburgh	2:57:19	FEMALE AGE GROUP: 1 - 19			
3	Juan Sarria	Stanhope, NJ	3:04:41	1	Jullian Richards	Corinth	1:39:34
FEMALE AGE GROUP: 20 - 29							
1	Chelsea Halsor	Waltham, MA	3:06:40	2	Isabella Santana	Bronx	3:27:19
2	Sakeenah Saleem	New York	3:25:00	MALE AGE GROUP: 20 - 29			
3	Allison Robson	Fairport	3:28:46	1	Jacob Anastasia	Buffalo	1:24:03
MALE AGE GROUP: 30 - 39							
1	Sebastien Sasseville	Quebec, QC	2:36:48	2	Robert Reeves	Liverpool	1:36:18
2	Jay Niederbuhl	Saranac Lake	2:38:14	3	Mitchell Joseph	Litchfield, CT	1:37:55
3	Paul Broude	Medway, MA	3:02:45	FEMALE AGE GROUP: 20 - 29			
FEMALE AGE GROUP: 30 - 39							
1	Rebecca Evansky	Hudson Falls	2:47:25	1	Gigi Gadenne	Marblehead, MA	1:40:38
2	Kylie King	Plattsburgh	2:49:33	2	Jessica Steciuk	Lake George	1:46:03
3	Kristy Jackson	New York	2:56:01	3	Anna Stone	Burlington, VT	1:51:25
MALE AGE GROUP: 40 - 49							
1	Joe Hatfield	Oneida	2:32:03	MALE AGE GROUP: 30 - 39			
2	Hank Tripp	Glenmont	2:32:20	1	Caleb Bergon	Watertown	1:25:01
3	Daniel Forgett	Albany	2:34:07	2	Michael Guanciale	Syracuse	1:42:11
FEMALE AGE GROUP: 40 - 49							
1	Lauren Forster	Morris Plains, NJ	2:46:51	3	Justin Mazzone	Schenectady	1:43:47
2	Erika Beardesley	Castleton-on-Hudson	3:00:03	FEMALE AGE GROUP: 30 - 39			
3	Lori Bortolot	Pompton Lakes, NJ	3:00:36	1	Genevieve Gauthier	Montreal, QC	1:29:32
MALE AGE GROUP: 50 - 59							
1	Jeff Dodge	Plattsburgh	2:35:04	2	Amy Nazimiec	Stamford, CT	1:41:27
2	John McLean	Ottawa, ON	2:43:50	3	Julie Smyth	Brooklyn	1:46:01
3	Mike Kirk	Downingtown, PA	2:44:25	MALE AGE GROUP: 40 - 49			
FEMALE AGE GROUP: 50 - 59							
1	Kathy Maalouf	Washington, NJ	3:03:52	1	Jake Zier	West Chester, PA	1:26:23
2	Judy Guzzo	Schenectady	3:05:29	2	Scott Hochwald	Gabriels	1:38:35
3	Kathleen Iacobucci	Phoenixville, PA	3:58:45	3	Lewis Whitehead	Swampscott, MA	1:43:54
MALE AGE GROUP: 60 - 69							
1	Michael Iacobucci	Phoenixville, PA	2:36:51	FEMALE AGE GROUP: 40 - 49			
2	Ed McFadden	Bridgewater, NJ	3:07:00	1	Rebecca Manning	Arlington, VA	1:31:50
3	Eric Winn	Wakefield, RI	3:17:36	2	Kiersten Kotronis	Wilmingon	1:35:40
FEMALE AGE GROUP: 60 - 69							
1	Renee Harvey	Bridgewater, NJ	3:29:22	3	Jasmil Davila	Birmingham	2:45:20
MALE AGE GROUP: 70 - 79							
1	Jim Adams	Altona	3:38:38	MALE AGE GROUP: 50 - 59			
2	Richard Erenstone	Lake Placid	3:56:45	1	Ken Pakula	Alexandria, VA	1:23:18
				2	Dale Seaton	Utica	1:23:47
				3	Pat Goodell	Plattsburgh	1:32:40
				FEMALE AGE GROUP: 50 - 59			
				1	Jeanne Powers	Liverpool	1:41:11
				2	Sonia Verdy	Montreal, QC	1:59:02
				3	Donna Matthews	Seneca Falls	2:00:02
				MALE AGE GROUP: 60 - 69			
				1	Karl Zaunbrecher	Saranac Lake	1:42:54
				2	Dan Zier	Wilmington, DE	1:49:02
				3	Michael Mangini	Dryden	2:08:15
				FEMALE AGE GROUP: 60 - 69			
				1	Susan Rohrey	Long Lake	1:48:02
				2	Mary Jane Phillips	Kingston, ON	2:09:05
				3	Theresa Fields	Warwick	2:09:21

Courtesy of Tupper Lake Chamber of Commerce

VERMONT SUN (SPRINT) & LAKE DUNMORE (OLYMPIC) TRIATHLONS

June 23, 2018 • Branbury State Park on Lake Dunmore, Brandon, VT

SPRINT - 600YD SWIM, 14M BIKE, 3.1M RUN					
MALE OVERALL					
1	Zack Silver	Short Hills, NJ	25	1:07:42	
2	Gabriel Robles	West Hartford, CT	26	1:11:20	
3	Joe Place	Saratoga Springs	55	1:13:27	
FEMALE OVERALL					
1	Michelle Rosowsky	South Burlington, VT	51	1:16:00	
2	Wendy Mehaffey	Essex Junction, VT	41	1:17:17	
3	Shana Schaberg	Essex Junction, VT	40	1:17:35	
MALE AGE GROUP: 1 - 19					
1	Daniel Cochran	Grand Isle, VT	10	1:43:42	
2	Ezra Potter	Brooklyn	18	1:49:46	
FEMALE AGE GROUP: 1 - 19					
1	Kate Kogut	Charlotte, VT	12	1:30:08	
2	Celeste Moyer	Essex Junction, VT	15	1:53:07	
MALE AGE GROUP: 20 - 29					
1	Tom Proctor	Burlington, VT	29	1:20:59	
2	Maxime Tauvry	Montreal, QC	28	1:23:59	
3	Ian Dechow	Maple City, MI	25	1:33:07	
FEMALE AGE GROUP: 20 - 29					
1	Ingrid Klinkenber	Burlington, VT	21	1:19:34	
2	Anna Gilman	Short Hills, NJ	26	1:28:57	
3	Caroline Huber	New York	23	1:32:07	
MALE AGE GROUP: 30 - 39					
1	Will McNulty	North Ferrisburgh, VT	32	1:17:55	
2	Andrew McCormick	Jeffersonville, VT	33	1:18:52	
3	Clement Rubeaud	Arlington, MA	33	1:21:15	
FEMALE AGE GROUP: 30 - 39					
1	Heather Dow	Williamstown, MA	30	1:19:48	
2	Anne Rossier	Bristol, VT	39	1:23:35	
3	Tiffany Esslinger	Rutland, VT	38	1:28:30	
MALE AGE GROUP: 40 - 49					
1	James Beliveau	Springfield, VT	40	1:13:49	
2	Scott Durgin	Dorset, VT	46	1:15:40	
3	Tyler Bergmeier	Hanover, NH	47	1:18:00	
FEMALE AGE GROUP: 40 - 49					
1	Karen Rotach	Williston, VT	42	1:27:47	
2	Michelle Gaffney	Keene, NH	42	1:29:06	
3	Cristine Maloney	Randolph, VT	45	1:29:47	
MALE AGE GROUP: 50 - 59					
1	John Maunders	Mont-Tremblant, QC	55	1:14:49	
2	Craig Westling	Norwich, VT	51	1:24:54	
3	Chris Fields	White River Junction, VT	53	1:25:41	
FEMALE AGE GROUP: 50 - 59					
1	Karen Newman	South Burlington, VT	57	1:20:48	
2	Heidi Higgins-Cutler	Waterbury, VT	52	1:33:04	
3	Michele Morris	Jericho, VT	56	1:33:14	
MALE AGE GROUP: 60 - 69					
1	Tom Boman	Elmira	60	1:29:08	
2	John Valentine	Roxbury, VT	69	1:26:35	
3	Bob Bergman	Shaftsbury, VT	66	1:33:20	
FEMALE AGE GROUP: 60 - 69					
1	Brian Watts		2:32:32		
2	Chris Galaty		2:36:10		
3	Travis Moore		2:36:28		
4	Steve Gillian		2:42:06		
5	Matt Kowalewski		2:46:32		
6	Matthew Dawber		2:49:02		
7	Jason Hare		3:04:08		
8	Andreas Ruediger		3:16:04		
MALE AGE GROUP: 40 - 49					
1	Julie Cuneo		3:06:50		
2	Katie Devir		3:07:17		
3	Christine Walley		3:18:32		
4	Toni Patnode		3:39:01		
5	Tava Foster		3:41:49		
MALE AGE GROUP: 50 - 59					
1	Bob Hess		2:30:38		
FEMALE AGE GROUP: 50 - 59					
1	Ann Huntington-Lozis		3:41:49		
2	Janice Cragolin		3:51:02		
FEMALE AGE GROUP: 70 - 79					
1	Christine McKnight		3:56:12		
AQUABIKE - MALE					
1	Michael Stalker		1:48:12		
2	Scott Ferguson		1:55:18		
AQUABIKE - FEMALE					
1	Molly Geuss		1:50:12		
RELAY TEAMS - FEMALE					
1	Endieveri/Carruthers/Duell		3:09:50		
TRIATHLON - SPRINT					
MALE OVERALL					
1	Michael Vance		1:14:57		
2	Daniel Gaidasz		1:18:37		
3	Jeff Ledwick		1:20:01		

Courtesy of Vermont Sun Run & Triathlon Series

1ST ANNUAL ADIRONDACK 15K RACE TO THE LAKES

June 30, 2018 • SUNY Adirondack, Queensbury to Battlefield Park, Lake George

MALE OVERALL					
1	Thomas Williams	34	Albany	1:03:10	
2	Bob Radliff	53	Stillwater	1:03:13	
3	Randall Cannell	45	Broadalbin	1:03:17	
FEMALE OVERALL					
1	Jacqueline Parsons	33	Crumpler, NC	1:05:51	
2	Isabelle Dickens	41	South Glens Falls	1:08:34	
3	Emily Bryans	50	Delanson	1:10:06	
MALE AGE GROUP: 1 - 19					
1	Michael Olmoz	16	Gardiner	1:48:46	
FEMALE AGE GROUP: 1 - 19					
1	Jenna Urbanski	15	Stillwater	1:24:06	
2	Meghan Bethel	19	Queensbury	2:02:41	
FEMALE AGE GROUP: 20 - 24					
1	Rachael Shine	22	Clifton Park	1:10:13	
2	Victoria Perciballi	24	Altamont	1:36:10	
3	Sara Brown	24	Fort Ann	2:05:29	
MALE AGE GROUP: 25 - 29					
1	Matthew Brush	29	Ballston Spa	1:22:18	
2	Russell Brown	29	Ballston Spa	1:36:18	
3	Robert Brown	28	Burnt Hills	1:37:31	
FEMALE AGE GROUP: 25 - 29					
1	Regina Baker	27	Diamond Point	1:21:01	
2	Kristen Melleon	28	South Glens Falls	1:26:53	
3	Amy Branchini	26	Mamaroneck	1:28:55	
MALE AGE GROUP: 30 - 34					
1	Christopher Rusc	33	Saratoga Springs	1:09:33	
2	David Reed	33	North Massapequa	1:13:09	
3	Graeme Dinneen	34	Malta	1:19:44	
FEMALE AGE GROUP: 30 - 34					
1	Sandra Cris Carneir	34	Saratoga Springs	1:17:22	
2	Hillary Johnson	32	Albany	1:19:02	
3	Justine Mosher	33	Queensbury	1:20:15	
MALE AGE GROUP: 35 - 39					
1	Eric Bott	36	Warrensburg	1:14:47	
2	Tyler Mockry	37	Cohoes	1:18:06	
3	Matthew Fryer	38	Clifton Park	1:18:25	
FEMALE AGE GROUP: 35 - 39					
1	Sarah Piper	38	Fort Edward	1:12:12	
2	Cheryl Sarjeant	38	Averill Park	1:15:57	
3	Pamela Brumley	39	Gansevoort	1:19:18	
MALE AGE GROUP: 40 - 44					
1	Joshua Farrell	43	Albany	1:09:03	
2	James Harig	40	Burlington, VT	1:15:11	
3	Neil Tyrrell	42	Saratoga Springs	1:18:31	
FEMALE AGE GROUP: 40 - 44					
1	Joy Stallmer	41	Waterford	1:19:20	
2	Melissa Kwaswienski	41	Fort Edward	1:20:20	
3	Tammy Cumo	40	Slingerlands	1:20:33	
MALE AGE GROUP: 45 - 49					
1	David Rihimaki	45	Corinth	1:06:46	
2	Gary Harper	49	Fort Edward	1:07:19	
3	Andrew Eyer	46	Gansevoort	1:07:34	
MALE AGE GROUP: 50 - 59					
1	Mark Wilson			59:08	
2	Troy Weaver			1:06:50	
3	Martin Hanehan			1:17:30	
4	Mark Lucier			1:18:07	
5	Stewart Cartwright			1:18:07	
FEMALE AGE GROUP: 50 - 59					
1	Cathy Haneham			1:25:52	
FEMALE AGE GROUP: 60 - 69					
1	Wendy Chase			1:28:53	
MALE AGE GROUP: 70 - 79					
1	Jim Cunningham			1:22:54	
RELAY TEAMS					
1	Team Rodriguez			1	



2018 NEW YORK STATE BIKE SUMMIT

September 27-29, 2018
Saratoga Springs, NY



2018 NEW YORK STATE BIKE SUMMIT

Bike Education: Beyond Rules of the Road

The New York Bike Summit is the premier NYS event for advancing bicycling across the state.

Join us in Saratoga Springs to get an insider update on the 750-mile Empire State Trail (and its possible extension to Long Island), the new Shared Use Path on the Mario M. Cuomo Bridge, e-bikes, mountain biking, bike share, and bicycle tourism.

THREE DAYS OF EVENTS:

9/27

New NYSEDA training; Bikes & Beer evening welcome event, with Adventure Cycling.

9/28

Full day Summit of panels, roundtables, and workshops. Lunch provided.

9/29

National *Bike Your Park Day* - guided rides with the local bike clubs; NYBC sponsored LCI refresher course.

MORE INFORMATION AND TO REGISTER:

WWW.NYBC.NET/ACTION/BIKE-SUMMIT

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To request financial assistance, please email us at summit@nybc.net.

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\$299	JUNIOR PASS	\$75
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