

## An Outstanding Day Hike in the Adirondacks



MOXHAM TRAIL UPHILL  
FROM THE TRAILHEAD. DAVE  
KRAUS/KRAUSGRAFIK.COM

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## Moxham Mountain

By Dave Kraus

When upstate New Yorkers hear the name North Creek, they usually think of only one peak near this hamlet in the central Adirondacks. Gore Mountain and its ski area, southwest of town, have been associated with the area for many years.

But there's another mountain nearby that is worth looking for on the map. Moxham Mountain and its long ridgeline are easily visible to the north, but often blend into the overall landscape, and escape notice from travelers heading along the Hudson on NY Route 28 towards Indian Lake.

To find Moxham and the 2.7-mile trail that leads to its summit, go north about seven miles on NY Route 28N from North Creek to Minerva. On the way, as you are about to reach the turnoff to Olmstedville, the view to your left is dominated by the craggy open rock slopes of Moxham Point – towering over marshy Moxham Pond.

Continue west on Route 28N, then turn left on 14th Road. After a few miles the pavement will end, and look on the left for the small parking area for this relatively new trail, which was built in 2012.

After you sign-in at the trail register, head gently uphill on the trail that's well-marked with yellow DEC trail disks. After about a half-mile, the forest opens up along the top of a small ridge and you get your first viewpoint – a taste of what's to come. There are mountains in the distance to the west, but the ridge across from you blocks a view to the Hudson River.

As you continue, the trail heads back into the deeper woods, then trends downward and follows the contours of the land to a stream crossing. The stream drains the swampy beaver meadow to your left. Check it out if you wish, but it's a soggy bushwhack.

Cross the stream and the trail begins heading upward again, curving around the south side of the marsh, crossing another small stream. Then, it heads upward toward the ridge that will lead you eventually to the summit. On the way you will see a giant glacial erratic boulder on your left, one of many scattered through the forest.



MOXHAM RIDGELINE FROM ROUTE 28N. DAVE KRAUS/KRAUSGRAFIK.COM

At 1.3 miles, you begin to encounter open spots in the tree cover, which start to show you the views toward Gore Mountain to the south. As you go through the forest to each open spot, the scenery just gets better.

If you have small children, stopping to turnaround at one of these open spots can make a great hike by itself. The view lets you promise the kids a reward without hiking all the way to the summit, and the trip down gives them a good sampling of changing terrain and vegetation.

As you walk from one open spot to the next along the gradually ascending ridge, a huge number of landmarks come into view. Just below you at the foot of the ridge are a series of ponds: Mud, Long, Clear, Fuller and others. All are on a shelf across the Hudson River to the north of Route 28, so the casual highway driver would never even know they are there.

The Hudson River itself is not visible down below the lip of the shelf. But across the valley, the slopes of Gore Mountain quickly head up to its summit, where the tiny points of some ski area structures are barely visible. In the fall, when the foliage is near peak, it makes a breathtaking panorama. Take a headlamp for

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**Online Registration**  
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**Walk-up Registration**  
Saturday, November 3 10am–4pm  
Fleet Feet (Wolf Road, Albany)  
Friday, November 9 4–7 pm  
Schenectady YMCA

**Packet Pickup**  
Saturday, November 10 10am–4pm  
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Race Day (Sunday, November 11) 7:00–8:15 am  
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## RUNNING & WALKING



JOYFUL FINISH AT 2017 GIRLS ON THE RUN 5K.



ISLAND SPOUTER AND GEYSER CREEK AT THE 2017 FALL BACK 5.



START OF THE 2017 SHENENDEHOWA VETERANS DAY DASH.

# Stay Fit at These Early November Races

By Mona Caron

The races sandwiched between Halloween and Turkey Trots recognize our military veterans, get you out on the fall trails, and inspired with Girls on the Run! With heat and humidity long gone, the cool air is a runner's dream! In addition to the popular Stockade-athon 15K on November 11 in Schenectady, here are some must-do races for early November.

Support and honor our nation's military veterans at two races that benefit and recognize their service and sacrifice. On Saturday, November 3, the seventh annual **Revolutionary Run for Veterans 5K Run/Walk** will start at Fort Hardy Park in Schuylerville and traverse the historic towpath north and across the canal to Hudson Crossing Park. Following a gentle loop around the Hudson Crossing Park field, the course then enters the nature path along the Hudson River. The course takes you past the Champlain Canal Lock C5 in the Hudson Crossing Park. In 1777, British General John Burgoyne led several thousand British and German soldiers across the river at this location to engage American forces on his quest south to conquer Albany.

The return is again on the towpath, ending with awards at the park. Participants can then enjoy refreshments, hamburgers and hotdogs, provided by the Saratoga County American Legion Posts. There will be a kids' fun run directly following the 5K. Proceeds benefit the Saratoga County Veterans Trust and Agency Fund, which are utilized to assist veterans with training, education, healthcare, housing and essential services. (finishright.com)

On Monday, November 12, school is out and for some it's a work holiday so come out to honor our vets at the



CAROLINE SAVITZ (CENTER) FOUNDED STRIDES AGAINST SARCOMA IN 2015.

11th annual **Shenendehowa Veterans Day Dash 5K Run/Walk**. Starting and finishing at the Shenendehowa High School track, this race takes you through the school campus and back to finish at the track. The course is flat and closed to traffic. The Shen Runners come together to support the race and all Capital Region runners/walkers are encouraged to participate!

Military veterans race for free. Partial proceeds benefit STRIDE Adaptive Sports and the Shen Track Booster Club. A Kids' Fun Run precedes the 5K. Unique awards and refreshments are at the post-race gathering inside the school gym. (shenrunners.com)

Set your clocks back an hour, and with that extra hour of sleep, run this trail race refreshed and ready to go! Try the 12th annual **"Fall Back 5" 5-Mile Trail Race** on Sunday, November 4 at the Saratoga Spa State Park. This will be the fourth year that the fall classic will be hosted by the Saratoga Stryders running club. Participants will traverse the multi-terrain course that will take them

from the starting line on level grass on "The Quad" to the park's well-known and not-so-well-known landmarks, such as the Island Spouter Geyser and the Orenda tufa, while running along the Geyser Creek. Climb and descend steep trails with hairpin turns, and pass over the lesser traveled Wetlands Overlook Trail. The race is described as nature's original obstacle course at its finest.

Gather for food, beverages and raffle prizes afterwards at the park administration building's Gideon Putnam Room. This year's event once again promises to provide a challenging, but doable experience for both first-time and experienced trail runners alike, and for the third year in a row the first 150 entrants will receive a commemorative running cap. (zippyreg.com)

On Saturday, November 10, the fourth annual **Strides Against Sarcoma** is a 3.5-mile point-to-point trail race from the Rush Pond Trail to the Queensbury XC Trails at the school campus. The first two miles consist of hard packed cinder with rolling hills.

There is a short singletrack section leading to the Queensbury trails.

This year's run/walk supports Kristen Shinebarger, a junior at Saratoga Springs High School, who is battling sarcoma. Run or walk to increase awareness, improve quality of life for hospital patients, raise funds for research towards effective treatments, and a cure for all types of sarcoma. Awards and refreshments follow. (itsyourrace.com)

Finally, support school-age girls' running at the **Girls on the Run 5K** on Saturday, November 17. The starting and finishing line is at a new location this year, the Mohawk Harbor in Schenectady! The certified 5K runs on the bike path along the Mohawk River and around the new river complex. Runners or walkers are welcome and can register as part of a team or create a team. The race is not just for girls; men and boys are welcome.

It is a celebration of and for the girls who are completing a ten-week season of Girls on the Run programming. By the day of the 5K, the enthusiasm is so unbridled that they are running around before the race even starts! The positive energy in the air is contagious as the girls dance to warm-up music, paint their faces, and hold hands with their teammates as they head to the starting line. Girls on the Run Capital Region was founded in 2013 as an independent council of Girls on the Run International. The group has served nearly 500 girls at local schools and is growing. More than 200 volunteers each season offer their time and talents to make this program a success. Join them and get inspired! (gotrcr.org) 🍀

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# News Briefs

## Troy Turkey Trot Training Challenge

TROY - The Troy Turkey Trot, the Capital Region's largest Thanksgiving road race, launched their 10-week Training Challenge on Sept. 17 to prepare beginner, intermediate and advanced runners for the 71st edition of the race. The co-ed program follows a gradually increasing training plan that is designed to complete a 5K or 10K. It's a comprehensive program and includes injury prevention, as well as nutritional and flexibility elements.

There will be two group options in the 5K training, beginner and intermediate. The 5K is designed for novice runners and those seeking to run a faster 5K time. The 10K, which will feature just one training group, is for those wishing to move up from the 5K to the longer distance. The 10K participants should be currently running 3-4 days a week with at least one run a week of up to three miles. The advanced option is for participants seeking to better their 10K times.

Participants will begin each week with a 6pm Monday exercise session involving walking, jogging and/or running at Prospect Park in Troy, followed by Saturday morning runs at



8am at Knickerbacker Park in Lansingburgh. They're expected to complete a third workout on their own at a time during the week that is most convenient for them. Registration for the program is open. All participants receive a high-performance Troy Turkey Trot Training Challenge T-shirt. Weekly emails will outline the week's workout plan, as well as nutritional, injury-prevention and running and stretching tips.

The Troy Turkey Trot is the nation's 12th oldest road race, as well as the 11th largest Turkey Trot in the nation. The event, which draws 8,000 participants from 37 states and features a 5K, 10K, Grade School Mile and Turkey Walk, is designed to celebrate fitness, families and tradition against a backdrop of some of Troy's most historic neighborhoods, as well as raise funds for the Regional Food Bank of NENY and Joseph's House and Shelter. (troyturkeytrot.com) 🌲

## Saratoga Cross Country Classic

SARATOGA SPRINGS - The Saratoga Cross Country Classic 5K on Sunday, October 28 is open to ALL runners and walkers. It's presented by USATF Adirondack, but no USATF membership is required. Race events also include a 2K and 3K Youth Development run at 9am and 9:20am respectively, the 5K XC Race at 10am, and awards ceremony at 11am.



Never run cross country before? The XC Classic is NOT a technical trail run; it's a gentle course and novice/road runners are welcome. This is the same legendary course used by Saratoga Springs and other XC high school races. It has also been used as the USATF National 5K XC Championship multiple times, most recently in 2015. Starting in the open grass field just north of the Hall of Springs, the course winds through the beautiful Saratoga Spa State Park. The surface is a combination of grass, asphalt, macadam, gravel and dirt. The vast majority of the footing is quite even. Join in this unique and enjoyable event! (saratogaxcclassic.com) 🌲

## Brant Lake Bike Park Season Send-Off Party

BRANT LAKE - The Hub and Brant Lake Bike Park is ending their first season with a bang! Join in for a Strava race, group ride with trailside refreshments, photo/video contest, activities, prizes, and live music on Sunday, October 21 at The Hub.

The Hub is donating all proceeds to Brant Lake Bike Park for future trail development at the park and to keep it free and open to the public. Get one last ride in at BLBP, help build more trails and have a blast. Events include a Strava race at 11am; Group ride at 12pm; Warren County Mountain Biking presentation at 2:30pm; Photo/video contest judging at 4pm; and live music with Fenimore Blues from 3-6pm. The Hub is a cafe, bar, and bike shop serving breakfast, lunch, and dinner with espresso and nine taps of strictly local craft beer and cider. (thehubadk.com) 🌲



## MHCC Hosts its First Gravel Gobbler Rides

NASSAU - Grinding gravel in November for a great cause? Now that's a winning combo! Join Mohawk Hudson Cycling Club for their inaugural Gravel Gobbler ride on Saturday, November 17. All proceeds benefit the Regional Food Bank of Northeastern New York. With gravel rides of 22 and 38 miles, plus a road route of 31 miles, you're sure to find the perfect distance. Pedal through the rolling countryside around Nassau and cruise quiet roads past farms, scenic vistas and country estates.



Start and finish your ride at S&S Farm Brewery in Nassau. All rides will have a group leader and the groups will stay together and regroup frequently. Gravel ride pace is 11-13 mph and the road pace is 13-15 mph. Check-in begins at 12pm. After you finish, enjoy a craft beer and great food selections from Gourmeli's Taste food truck. Remember to bring some extra cash for your beer and food. Registration is \$25 per rider and is tax deductible. Plus S&S Farm Brewery also will also donate a portion of the day's receipts to the food bank. (bikereg.com) 🌲

**ADIRONDACK SPORTS EXPO**

**MOHAWK HUDSON RIVER MARATHON HALF MARATHON PACKET PICK-UP**

**Saturday, October 6 10am-5pm**

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**FREE Admission! All welcome!**

On Sunday, October 7, the Capital Region's only marathon and most popular half marathon will bring runners from all over our region, neighboring states and Canada to the Albany area. The Mohawk Hudson River Marathon and Hannaford Half Marathon will bring about 2,500 runners on race day. *Runner's World*, the leading running magazine, has highlighted the race and says, "The Mohawk Hudson provides all the amenities of a major marathon and none of the hassles."

One of the race amenities is the Expo and Packet Pick-Up on Saturday, October 6 from 10am-5pm. Once again, the expo will be at the Albany Capital Center. The free admission expo is the only packet pick up opportunity for runners and it's also open to the public. The show has been expanded to allow for more vendors and more options for runners and their families to shop, learn, sample from a variety of running, health, fitness and summer/winter sports vendors.

The bright, open convention space is an inviting venue for enjoying the camaraderie with fellow runners, visiting the exhibitors, purchasing gear/clothing and sampling food. Exhibitor categories include running, health, fitness, nutrition, travel, skiing, snowshoeing and green living. The expo is open to all runners, their family and friends and all are welcome. GreenLayer Sports will be selling race merchandise, such as shirts, jackets and race branded items. IllumiNITE will be selling their reflective clothing and accessories for runners, cyclists and triathletes. Tomhannock Bicycles will have two models of their ElliptiGO stand-up bikes for you to try before you buy. Other vendors include the Ottawa Race Weekend, Bondi Band, Power House Athletics, Dion and NeviTrek Snowshoes, TT-Pin! muscle therapy and Back in Balance's Normatec recovery treatments. New this year are RunLites accessories, Run 26.2, My Soxy Feet and more. Sign up for races such as the Peak to Brew Relay, CF Stair Climb, Troy Turkey Trot, Stockade-athon, and Shen Vets Day Dash.

Bring your lightly worn running shoes to the expo. Drop off bins will be available at the entrance. All shoes will be donated to Dunk Your Kicks, a fundraising program of The Max Cure Foundation. The foundation collects gently used sneakers and recycles them as affordable footwear in developing nations to raise money for families battling pediatric cancer. MCF receives payment from the recycler up to \$1 per pair based on the quality of the sneakers collected.

We will also collect non-perishable food items for the Food Pantries for the Capital District at the expo. Please bring cans or boxes of non-perishable food to help the hungry in our region. The Food Pantries is a coalition of more than 60 food pantries in Albany, Rensselaer, Saratoga, and Schenectady counties. They provide funding, delivery, coordination of services and food drives, and education and training to member food pantries.

### 2018 Exhibitors

<p>Run 26.2 - <a href="http://www.run262.com">www.run262.com</a></p> <p>Adirondack Sports - <a href="http://www.adksports.com">www.adksports.com</a></p> <p>AREEP - <a href="http://www.areep.com">www.areep.com</a></p> <p>Arbonne International - <a href="http://www.arbonne.com">www.arbonne.com</a></p> <p>Back in Balance Therapeutic Massage - <a href="http://www.bibtherapeuticmassage.com">www.bibtherapeuticmassage.com</a></p> <p>Bondi Band - <a href="http://www.bondiband.com">www.bondiband.com</a></p> <p>Capital District YMCA - <a href="http://www.cdyymca.org">www.cdyymca.org</a></p> <p>Cystic Fibrosis Foundation - <a href="http://www.neny.cff.org">www.neny.cff.org</a></p> <p>Dion Snowshoes - <a href="http://www.dionsnowshoes.com">www.dionsnowshoes.com</a></p> <p>Dunk Your Kicks/Max Cures - <a href="http://www.maxcurefoundation.org">www.maxcurefoundation.org</a></p> <p>Food Pantries for the Capital District - <a href="http://www.foodpantries.org">www.foodpantries.org</a></p> <p>Freihofer's Run for Women - <a href="http://www.freihoferstrun.com">www.freihoferstrun.com</a></p> <p>Greenlayer Sports - <a href="http://www.greenlayersports.com">www.greenlayersports.com</a></p> <p>Hannaford Supermarkets - <a href="http://www.hannaford.com">www.hannaford.com</a></p> <p>Hudson-Mohawk Road Runners Club - <a href="http://www.hmrrc.com">www.hmrrc.com</a></p> <p>Illuminite/BackAtcha Apparel - <a href="http://www.illuminate.com">www.illuminate.com</a></p> <p>LasikPlus - <a href="http://www.lca.com">www.lca.com</a></p> <p>Mohawk Towpath Scenic Byway - <a href="http://www.mohawktowpath.org">www.mohawktowpath.org</a></p>	<p>Mohawk Hudson Marathon Pace Team - <a href="http://www.mohawkhudsonmarathon.com">www.mohawkhudsonmarathon.com</a></p> <p>My Soxy Feet - <a href="http://www.mysoxyfeet.com">www.mysoxyfeet.com</a></p> <p>Nark Running Strategies - <a href="http://www.narkmovementstrategies.com">www.narkmovementstrategies.com</a></p> <p>NeviTREK Snowshoes - <a href="http://www.nevitrek.com">www.nevitrek.com</a></p> <p>Ottawa Race Weekend - <a href="http://www.runottawa.ca">www.runottawa.ca</a></p> <p>Peak to Brew Relay - <a href="http://www.p2brelay.com">www.p2brelay.com</a></p> <p>Power House Athletics &amp; Power Surge Nut Butters - <a href="http://www.powerhouseathleticsny.com">www.powerhouseathleticsny.com</a></p> <p>Radiance Hot Yoga - <a href="http://www.radianceyoga.com">www.radianceyoga.com</a></p> <p>RunLites - <a href="http://www.gorunlites.com">www.gorunlites.com</a></p> <p>Saratoga Photobooth - <a href="http://www.saratogaphotobooth.com">www.saratogaphotobooth.com</a></p> <p>Shen Runners/Vets Day Dash - <a href="http://www.shenrunners.teampages.com">www.shenrunners.teampages.com</a></p> <p>SunCommon - <a href="http://www.suncommon.com">www.suncommon.com</a></p> <p>Tomhannock Bicycles/ElliptiGO Bikes - <a href="http://www.tomhannockbicycles.com">www.tomhannockbicycles.com</a></p> <p>T-Pin! Muscle Therapy - <a href="http://www.tpinmuscletherapy.com">www.tpinmuscletherapy.com</a></p> <p>Troy Turkey Trot - <a href="http://www.troyturkeytrot.com">www.troyturkeytrot.com</a></p> <p>Willard Mountain - <a href="http://www.willardmountain.com">www.willardmountain.com</a></p> <p>Young Living Essential Oils - <a href="http://www.myy.com/teresaalger">www.myy.com/teresaalger</a></p>
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## FROM THE PUBLISHERS

**F**all is an ideal time to road and mountain bike and if you're shopping, our advertisers are having great end of season clearance sales! There are fewer organized rides and races, and fewer riders on the trails, but check the Calendar and you find some good events - plus, MHCC leads rides well into November. With the temps getting cooler, you can extend the season by investing in a quality jacket, vest, long-sleeve jersey, lights, full-fingered gloves, tights, headwear, socks and shoe covers. Exercise, it's good for your mind - especially with foliage, apples, cider, donuts and beer in the mix!

Thanks for reading us!

*Darryl and Mona*

## MOHAWK TOWPATH BYWAY DUATHLON

**Riverview Orchards**  
660 Riverview Rd, Rexford  
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# Calendar of Events

## October-December 2018\*

OCTOBER 2018							NOVEMBER 2018							DECEMBER 2018						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3							1	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
28	29	30	31	25	26	27	28	29	30	23 <sup>30</sup>	24 <sup>31</sup>	25	26	27	28	29				

\*Events beyond this range are advertisers in this issue.

### ALPINE SKIING & RIDING

#### OCTOBER

27 **Used Ski Equipment Sale.** 10am-4pm. Willard Mountain, Greenwich. 518-692-7337. willardmountain.com

#### NOVEMBER

- 2-4 Northeast Ski & Craft Beer Showcase. Albany Capital Center, Albany. northeastkishow.com.
- 3 **Warren Miller's "Face of Winter" Ski & Snowboard Movie.** 7pm. Great gifts, Sugarbush vouchers, more. Proceeds to Saratoga HS Nordic Team & Double H Ranch Winter Adaptive Sports. Maple Avenue MS, Saratoga Springs. Tickets: Alpine Sport Shop. 518-584-6290. alpinesportshop.com.
- 9-10 Warren Miller's "Face of Winter" Ski Movie. 7pm. Palace Theater, Albany. Schenectady Winter Sports Club. swcweb.org.
- 9-11 West Mountain Ski Swap. West Mountain, Queensbury. 518-636-3699. westmntn.net.

#### DECEMBER

- 6 Warren Miller's "Face of Winter" Ski Movie. 7pm. Strand Center for the Arts, Plattsburgh. 518-563-7245. strandcenter.org.
- 9-15 **Passholder Appreciation Week.** Gore Mountain, North Creek. 518-251-2411. goremountain.com.
- 15 Warren Miller's "Face of Winter" Ski Movie. 7pm. Center for the Arts, Lake Placid. lakeplacidarts.org.
- 15-16 **Alpine Touring & Telemark Demo Weekend.** High Peaks Cyclery, Lake Placid & Whiteface, Wilmington. highpeakscyclery.com.
- 26-28 **Christmas Holiday Camp.** Ages: 4-12. Gore, North Creek. 518-251-2411. goremountain.com.

### BICYCLING: ROAD (PAVED)

#### OCTOBER

- 14 **Farm to Fork Fondo: Garden State.** 80/50/30/10M rides, food, tastings, music. Whitesbog Historic Village, Browns Mills, NJ. farmforkfondo.com.
- 14 Tinney's Hill Climb Challenge Race/Ride. 11am. 5M up Lake Desolation Rd. Tinney's Tavern, Middle Grove. facebook.com.
- 20 Octoberfest 40K Bike & Half Marathon, 10K & 5K Runs. Music, food, beer. Peru FD, Peru. runoctoberfest.com.
- 27-28 **Haunted Hundred Overnight Century.** 49/65/104M. 6pm. Schuylerville. 518-583-3708. adkultracycling.com.

#### NOVEMBER

- 11 **Rivers & Lakes Century.** 104/81M. 8am. Schuylerville. 518-583-3708. adkultracycling.com.

- 17 **1st MHCC "Gravel Gobbler" Gravel Grinder & Road Rides.** Gravel: 22 & 38M. Road: 31M. 1pm. Post-ride craft beer & gourmet food. Benefits Regional Food Bank of NENY. S&S Farm Brewery, Nassau. bikereg.com.

### BICYCLING: OFF-ROAD (UNPAVED)

#### OCTOBER

- 6-7 Uncle Sam Cyclocross Grand Prix. NYCROSS Series #2. Prospect Park, Troy. nycross.com.
- 13 Finger Lakes Cyclocross Race. Everest Park, Auburn. tiogavelo.com.
- 13 Fall Foliage Gravel Grinder. 35/60M. Canterbury Farm Nordic Center, Becket, MA. berkshirecycling.org.
- 14 Dave Panella Memorial Cyclocross Race. Lions Park, Greene. bikereg.com.
- 14 Erie 80 MTB Race & Festival. 12/25/50M. Watershed Trails, Port Jervis. bikereg.com.
- 21 **Brant Lake Bike Park Season Send-Off Party.** 11am: Strava race. 12pm: group ride w/trailside refreshments. 2:30pm: Warren Co MTB presentation. Photo/video contest (4pm judging). 3-6pm: Live music w/Fenimore Blues. All proceeds to BLBP. The Hub, Brant Lake. thehubadk.com.
- 21 HTC Wildcat Enduro Lite. 9M. 12pm. Tannersville MTB Park, Tannersville. bikereg.com.
- 21 Wadhams Cross. Bouchard-Hall House, Wadhams. Kevin Bouchard-Hall: 518-312-6001. wadhamsxc.com.
- 21-22 Salt City Cyclocross Spectacular. Long Branch Park, Liverpool. onondagacyclingclub.org.
- 28 Wicked Creepy Cyclocross. NYCROSS Series #3. Willow Park, Bennington, VT. nycross.com.
- 28 Halloween Cross: NYS Cyclocross Championships. YMCA Camp Arrowhead, Pittsford. parkavebike.com.

#### NOVEMBER

- 3 CiderCross Race. Beak & Skiff Orchard, Lafayette. cidercross.com.
- 4 Bethlehem Cyclocross. NYCROSS Series #4. Elm Avenue Park, Delmar. nycross.com.
- 10-11 Northampton International Cyclocross. Look Park, Northampton, MA. nohocx.com.
- 16-18 UCI Rockland County Supercross Cup Weekend. Rockland Community College, Suffern. bikereg.com.
- 17 **1st MHCC "Gravel Gobbler" Gravel Grinder & Road Rides.** Gravel: 22 & 38M. Road: 31M. 1pm. Post-ride craft beer & gourmet food. Benefits Regional Food Bank of NENY. S&S Farm Brewery, Nassau. bikereg.com.
- 17 Something Wicked - Six Hours of Cathedral Pines. Cathedral Pines County Park, Middle Island. bikereg.com.

### CROSS COUNTRY SKIING & NORDIC SPORTS

#### OCTOBER

- 13 NENSA Fall Rollerski Classic. 5K/10K. Camp Ethan Allen, Jericho, VT. nensa.net.

#### NOVEMBER

- 23-12/2 **40th Thanksgiving 10-Day Ski & Snowshoe Sale.** Cascade XC Ski Center, Lake Placid. 518-523-9605. cascadeski.com.
- 24-25 **HURT Thanksgiving Junior Training Camp.** Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.

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**DECEMBER**

- 7-9 **Nordic Skiing Fest.** Gore Ski Bowl, North Creek. 518-251-2411. [goremountain.com](http://goremountain.com).
- 8 **Learn To Cross-Country Ski Day.** Gore Ski Bowl, North Creek. 518-251-2411. [goremountain.com](http://goremountain.com).
- 8-9 **Lapland Lake Open House.** 9am-4:30pm. Sales, cookies, hot chocolate, hiking, season pass deals. Lapland Lake Nordic Vacation Center, Northville. [laplandlake.com](http://laplandlake.com).

**HEALTH & FITNESS ONGOING**

- Daily **Rock Your Fitness: Total Body Training.** Six-week sessions: 10/22-12/1 & 12/3-1/12. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. [rockyourfitnessny.com](http://rockyourfitnessny.com).
- 19-21 **Namaste in Nature: Adirondacks.** Yoga, paddling, hiking, biking. Garnet Hill Lodge, North River. 518-251-2444. [garnet-hill.com](http://garnet-hill.com).

**HIKING, CLIMBING & SNOWSHOEING OCTOBER**

- 6 **Esther Mtn Guided Hike.** 6.6M. 8:30am. Ausable River Two-Fly Shop, Wilmington. ADK: 518-523-3441. [adk.org](http://adk.org).
- 6 **Cider & Donut Hike.** 9am. Sullivan Road, The Docksider, Queensbury. Robin Wadleigh: 518-418-5263. [facebook.com/qlcny](http://facebook.com/qlcny).
- 7 **Table Top Guided Hike.** 9.8M. Adirondak Loj, Lake Placid. ADK: 518-523-3441. [adk.org](http://adk.org).
- 8 **Street & Nye Guided Hike.** 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. [adk.org](http://adk.org).
- 13 **Family Rock Climbing Day.** 9am-4pm. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 13 **2nd Triad Challenge: Mt Arab, Coney & Goodman.** 7.6M. 9am. Big Tupper Brewing, Tupper Lake. 518-359-6350. [tupperlake.com](http://tupperlake.com).
- 13 **Rensselaer Plat-O Traverse.** Pineridge XC Ski, Poestenkill to Grafton Lakes SP, Grafton. [emp.us.orienteering.org](http://emp.us.orienteering.org).
- 20 **Guided Day Hikes: East Branch Sacandaga River or Hour Pond.** 8am-5pm. Garnet Hill Outdoor Center, North River. 518-251-2444. [garnet-hill.com](http://garnet-hill.com).
- 20 **Outdoor Leadership 101.** 9am-4:30pm. Adirondak Loj, Lake Placid. ADK: 518-523-3441. [adk.org](http://adk.org).
- 20 **Orange Crush Bouldering Competition.** Youth/Open: 12pm. Citizens: 4pm. Finals: 6:30pm. The Edge, Halfmoon. 518-982-5545. [theedgehalfmoon.com](http://theedgehalfmoon.com).
- 21 **Map & Compass Fundamentals.** 9am-4:30pm. Adirondak Loj, Lake Placid. ADK: 518-523-3441. [adk.org](http://adk.org).
- 26-28 **ADK Fall Outing.** Finger Lakes Region. [adk-nfc.org](http://adk-nfc.org).

**ICE SKATING & SPEEDSKATING OCTOBER**

- 17-21 **North Atlantic Regional Figure Skating Championships.** Olympic Center, Lake Placid. [whiteface.com](http://whiteface.com).

**NOVEMBER**

- 3 **Northeast Short Track Racing Series #1.** 9am-5pm. Saratoga Winter Club, Saratoga. [saratogawinterclub.com](http://saratogawinterclub.com).

**DECEMBER**

- 15-16 **North American Challenge Speedskating Marathon.** Olympic Oval, Lake Placid. [lakeplacidspeedskating.wildapricot.org](http://lakeplacidspeedskating.wildapricot.org).

**MULTISPORT: TRIATHLON, DUATHLON & SWIMMING OCTOBER**

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

**NOVEMBER**

- 4 **Prospect Park Duathlon.** 2.1M run, 10M bike, 2.1M run. Prospect Park, Brooklyn. [nytri.org](http://nytri.org).

**OTHER EVENTS OCTOBER**

- 6 **Adirondack Kids Day.** Fun family activities. Arrowhead Park & Downtown Inlet. 315-357-5501. [inletny.com](http://inletny.com).
- 6 **Curling Open House.** 10am-4pm. Albany Curling Club, Albany. 518-456-6272. [albanycurlingclub.net](http://albanycurlingclub.net).
- 6 **Maple Ski Ridge Fall Fest.** 10am-4pm. Crafts, car/truck show, chairlift rides, food, raffles. Maple Ski Ridge, Schenectady. 518-381-4700. [mapleskiridge.com](http://mapleskiridge.com).
- 6 **Harvest Craft Fair.** 10am-4pm. Town Hall, Long Lake. 518-624-3077. [mylonglake.com](http://mylonglake.com).
- 6 **Fall Family Festival.** Adirondack Experience, Blue Mountain Lake. 518-352-7311. [adkx.org](http://adkx.org).
- 6-7 **Gore Harvest Fest.** 10am-4pm. Mtn biking, hiking, live music, gondola rides, artisan vendors, kids' activities, climbing & bungee, mini/disc golf, fall food/drink. Gore, North Creek. 518-251-2411. [goremountain.com](http://goremountain.com).
- 6-7 **Flaming Leaves Festival.** 9am-4pm. US Cup ski jumping competition & Nordic combined race. Live music, paint/sip, demos, craft vendors, kids' activities & Adirondack food/drink. Olympic Jumping Complex, Lake Placid. [whiteface.com](http://whiteface.com).
- 14 **Willard Fall Fest.** 11am-4pm. Chairlift rides, activities, food/drink. Willard, Greenwich. 518-692-7337. [willardmountain.com](http://willardmountain.com).
- 27 **Camp Chingachgook Fall Festival.** 10am-4pm. Free camp activities & lunch for the family. Camp Chingachgook, Kattskill Bay. 518-656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

**NOVEMBER**

- 23-25 **Adirondack Christmas on Main Street.** Candy cane hunt, tree lighting, Santa's Village, pet parade. Inlet. 315-357-5501. [adkchristmasonmain.com](http://adkchristmasonmain.com).

**DECEMBER**

- 7-9 **Snodeo.** Snowmobile show, Santa & Mrs. Claus, activities, raffles. Old Forge. 315-369-6983. [snodeo.com](http://snodeo.com).
- 14-16 **Viessmann World Cup Luge.** Olympic Complex, Lake Placid. [whiteface.com](http://whiteface.com).

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Kid's Fun Run following races

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\$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](http://www.saratogabridges.org)  
More information: 518.587.0723

To benefit



saratoga bridges  
Enriching lives by creating opportunities and partnerships



**Thanksgiving Day**  
**NOVEMBER 22**  
Central Park, Schenectady

37TH ANNUAL  
**CARDIAC CLASSIC 5K**



PROCEEDS TO BENEFIT THE VISITING NURSE SERVICE OF NORTHEASTERN NY, AN AFFILIATE OF ELLIS MEDICINE.

**Run. Walk. And Support Our Community.**

**3 GREAT EVENTS**

**2M Wellness Walk** .....8:00am  
(day of event registration until 7:45 am)

**5K Road Race-Runners Only**.....9:00am  
(pre-register only, no day of registration)

**1M Duck Pond Fun Run-FREE**..10:00am  
(day of event registration until 9:45 am)

Register @ [www.ellismedicine.org/cardiac-classic](http://www.ellismedicine.org/cardiac-classic)  
Online registration closes:  
Tuesday, November 20 at midnight.  
You can also register by mail, fax or in person. Call 243.4600 for details.

SPONSORED BY:



**CAPITAL DISTRICT YMCA**  
**TRICK-OR-TREK 5K**  
**RUN/WALK**  
Sat., October 27 • 9 — 11AM  
Oakwood Cemetery, Troy



the **Y** **REGISTER TODAY!**  
ZIPPYREG.com

**OUR PLATINUM PARTNER**



BlueShield of Northeastern New York  
TR9.18

**Fall Back 5**  
TRAIL RACE  
**Sunday, Nov. 4 • 10am**  
SARATOGA SPA STATE PARK, SARATOGA SPRINGS

Five miles on varied paths  
Capped at 200 runners • Racing cap to first 150 registered  
Age-group & Trail Blazer awards, raffle prizes  
**Register: ZippyReg.com**  
Save! \$25 online to 11/1 at 10am  
\$30 at iRun LOCAL on Sat, 11/3, 12-2pm  
Race day: Admin building, 8:30am



2ND ANNUAL  
Brookhaven  
**Oktoberfest 5K Trail Run**  
**Saturday, October 27 – 10am**  
Brookhaven Golf Course, 333 Alpine Meadows Rd  
Porter Corners (10M north of Saratoga Springs)  
Kids' 1K Fun Run: 11am • Oktoberfest Party to follow!  
Custom logo T-shirt to all preregistered by 10/1

All Proceeds Go Towards Expanding Nordic Skiing at Brookhaven's Trail System

**REGISTER: SkiReg.com**

**PADDLING: KAYAK, CANOE, SUP & ROW**  
**OCTOBER**

**13 Moose River Whitewater Race: Lyons Falls.** Short/long boats & freestyle. Mountainman Outdoors, Old Forge. facebook.com/emperorsc.

**NOVEMBER**

**1-12/15 Placid Boatworks Fall Sale.** Placid Boatworks, Lake Placid. 518-524-2949. placidboats.com.

**RUNNING, WALKING & SNOWSHOE RACING**  
**OCTOBER**

**6 12th Falling Leaves 5K Run/Walk & Fun Run.** 10am. Kids' 0.5M fun run: 11am. William Kelley Park, Ballston Spa. ballstonspaumchurch.org.

**6 24th BH-BL Rotary Apple Run.** 5K run/walk: 9am. Kids' 1M fun run: 9:45am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 518-399-2225. zippyreg.com.

**6 24th Komen Race for the Cure.** 5K run & 2M family walk: 9:45am. Kids' dash: 8:30am. Honoring Survivors ceremony: 9:30am. Empire State Plaza, Albany. info-komen.org.

**6 Fort Hunter Smokin' 5K.** 9am. Fort Hunter FD, Guilderland. forthunterfd.org.

**6 Fit for Duty 5K Run/Walk & Kids' Fun Run.** 9am. Greenwich Firehouse, Greenwich. active.com.

**6 Slate Valley Brew Run.** 10K: 8:30am. 5K: 10am. 1M Kids Run. Veterans Park, Granville. thehayneshouseofhope.org.

**6 Lake Placid Classic Half Marathon & 10K.** Olympic Speed Skating Oval, Lake Placid. lakeplacidclassic.com.

**6 Pond Sprint Run/Hike.** 12.5M. Pok-O-McCready Conference Center, Long Pond, Willsboro. pondsprint.weebly.com.

**6 Vintage Half Marathon, 5K & Wine Festival.** 10am. Bethel. vintageruns.com.

**6 Run For Your Knives 5K.** 9am. Culinary Institute, Hyde Park. 845-905-4279. cialumninetwork.com.

**6 Clark 6-Hour Classic Ultra.** Clark Reservation, Jamesville. saltcitytrailrunning.com.

**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.

**7 Burgoyne's Bridge 5K Family Fun Run/Walk.** 10am. Hudson Crossing Park, Schuylerville. hudsoncrossingpark.org.

**13 Great Pumpkin Challenge.** 5K Run/Walk & 10K Run: 9:30am. 1M Kids' Fun Run: 10:45am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. 518-587-0723. saratogabridges.org.

**13 Escape the Undead Run.** 5K. 10am. YMCA Adventure Camp, Guilderland. runsignup.com.

**13 Run/Walk for Domestic Violence Awareness.** 5K. 9:30am. Jennings Landing, Albany. zippyreg.com.

**13 St Catherine's Running SCCared 5K.** 10:30am. Crossings Park, Colonie. st-cath.org.

**13 Jean Forti Run for Education 5K & Kids' Fun Run.** 9am. East Berne. zippyreg.com.

**13 Livingston Manor Half & 5K.** 13.1M: 10:30am, Mongaup Pond Campsites. 5K: 10:45am, Catskill Brewery. runsignup.com.

**13 Upper Union Street 5K.** 9am. Dean & Woodlawn Streets, Schenectady. upperunionstreet.com.

**13 Spud Run 5K & 1M Run.** 10am. Plus, five-alarm chili. Hartford Central School, Hartford. Phil Jessen: 518-632-5922. adirondackrunners.org.

**13 Shelburne Farms 5K.** 9am. Shelburne, VT. racevermont.com.

**13 Water Gap 50K Trail Run.** Milford, PA. salomonnytrailseries.com.

**14 Rensselaer Runs United 5K & Kids' Fun Run.** 10am. RPI Tech Park, North Greenbush. 518-276-4305. unitedwaycgr.org.

**14 Fall Foliage Half Marathon & 5K.** 10am. Dutchess Co Fairgrounds, Rhinebeck. fallfoliagehalf.com.

**14 Skeleton Runs & Fall Festival.** 5K & 3K Community Run. 10am. Town Park, Deerfield. uticaroadrunners.org.

**14 Greene Mountain Marathon & Half.** 8:30am. Folsom School, South Hero, VT. gmaa.net.

**19-20 "Project Zero Breast Cancer" w/Mizuno.** Fri, 7:15-9pm: Ladies cocktail hour. Sat, 8am: Club run & breakfast. Demo BCRF WAVEKNIT R2 running shoes (M/F) to benefit Breast Cancer Research Foundation. Fleet Feet, Albany. 518-459-3338. fleetfeetalbany.com.

**19-21 WTF 100 Ultra Trail Run.** Four 25M loops: 70% off-trail & mostly unmarked. 12 peaks/loop, 9000ft gain/loop. 12hr/loop cutoff (48hr race). Limited to 40; Barkley a plus. West Kill Brewery, West Kill. Apply: gunksfatass@gmail.com.

**20 Great Sacandaga Road Race 5K & 10K.** 10:30am. Sport Island Pub, Northville. 518-863-8046. fmrrc.org.

**20 Running Down Strokes 5K.** 10am. Survivor Stroll: 10:15am. Crossings Park, Colonie. stepsforstroke.com.

**20 Race for Cerebral Palsy 5K.** 9am. Elks Lodge #81, Queensbury. active.com.

**20 Octoberfest Half Marathon, 10K/5K Runs & 40K Bike.** Music, food, beer. Peru FD, Peru. runoctoberfest.com.

**21 Hairy Gorilla Half Marathon & Squirrely Six Mile Trail Runs.** 9:30am. Gorilla chase kids' run (800m): 9am. Save \$5 with ADKCOCT18 (thru 10/19). Thacher SP, Voorheesville. hairygorillahalf.com.

**21 Heady Trotter 4M Run.** 10am. Music/beer fest: 10am-2pm. Alchemist Brewery, Stowe VT. iraceforbeer.com.

**21 Town of New Scotland 7.1-Miler.** 10am. New Scotland Town Park, Voorheesville. hmrrc.com.

**21 Ghostly Gallop 5K Run/Walk.** 11:30am. Hudson HS, Hudson. ghostlygallop.info.

**21 3rd Lyme Away 5K & 1M Walk.** 10am. Coles Woods, Glens Falls. lymeactionnetwork.org.

**21 Dewey Mtn Trail Running Camp w/Sarah Keyes & Hilary McCloy.** 8am-3pm. Breakfast, lunch, swag. Dewey Mtn, Saranac Lake. 518-891-7450. deweymountain.com.

**27 CDYMCA Trick-Or-Trek 5K Run/Walk.** 9-11am. Historic 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 Harvest Hustle 5K Run/Family Walk.** 10:30am. Colonie Town Park, Colonie. nightoutforyou.org.

**27 Dan Provost Memorial 1.5M Walk for Awareness & Recovery.** 11am. Skidmore College, Saratoga Springs. zippyreg.com.

**27 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.

**Turkey Trot 2018**

Thanksgiving Day  
**5K Fun Run/Walk**  
Bethlehem Middle School | 332 Kenwood Ave. Delmar  
Benefits the Bethlehem Food Pantry  
REGISTER AT:  
**OurTowneBethlehem.com**

Upcoming ARE Event Productions Events

**Hairy Gorilla Half Marathon and Squirrely Six Mile**

"Best Costume Trail Race in America"  
(Runner's World "The Trail" magazine, April 2012)

**Register NOW!** **Sunday, October 21** **SAVE \$5 WITH CODE ADKCOCT18**

Thacher State Park—HairyGorillaHalf.com

Race Timing, Logistics, and Entertainment [www.AREEP.com](http://www.AREEP.com)





**Saturday, Nov. 17**  
**10am New Location!**  
**Mohawk Harbor**  
**Schenectady, NY**  
**GOTRCR.org/5K**

*Join our girls • Get inspired*  
 Adults: \$25 thru 10/31 | \$30 after  
 Under 16: \$15 | \$20  
 Discounts for teams of 4 or more



**Shenendehowa Veterans Day Dash**  
**5K RUN/WALK**  
**Monday, Nov 12 • 10am**  
 Shen High School Track, Clifton Park

Flat/fast course • T-shirts to first 350 runners  
 Open to all runners & walkers • USATF sanctioned  
 Veterans run free • Kids' Fun Run: 9am  
 Prizes to top M/F, top M/F vets & age groups

**Register & Entry Form: ShenRunners.com**  
 Partial proceeds to STRIDE Adaptive Sports  
 & Shen Track Booster Club



**7th Annual St. George's Turkey Trot**  
**5K Family Run/Walk**  
 Tony Lauria Memorial

**Thursday, Nov. 22 • 8am**  
 St. George's School & Episcopal Church  
 912 Rte 146, Clifton Park

Enter by 11/15 for T-shirt  
 Register: **FinishRight.com**  
 ENTRY FORM: **stgeorgeschoolcp.org**  
 • Kids' Fun Run - 9am

Benefits St. George's School



**Sunday, October 28th**

USATF Adirondack Presents

# Saratoga Cross Country Classic

Saratoga Spa State Park  
 Saratoga Springs, NY

## 5k Cross Country Race - 10am

*Open to ALL runners & walkers!  
 No USATF membership required  
 Novice/road runners welcome*  
 Gentle course; not a technical trail run  
 USATF Adirondack 5k XC Championship

## Kids' 2k and 3k Developmental Cross Country Runs - 9am

**Register Online! ZippyReg.com**  
**saratogaxcclassic.com**

- 27 Scarecrow Scuttle 5K & Family Fun Run/Walk. 10am. Old McDonald's Farm, Sackets Harbor. lightboxreg.com.
- 27 Rylie J's Boo & Brew 5K. 3pm. Geneva. ryliejsbooandbrew5k.com.
- 28 Saratoga Cross Country Classic 5K Run/Walk.** Gentle course, novice/roadies welcome. Kids' 2K & 3K XC runs: 9am. Saratoga Spa SP, Saratoga Springs. saratogaxcclassic.com.
- 31 "Spoocoony" Halloween Run.** 6pm. Fleet Feet Albany. 518-459-3338. fleetfeetalbany.com.

**NOVEMBER**

- 3 7th Saratoga Revolutionary Run for Veterans 5K.** 10am. Plus, kids' nature run. Fort Hardy Park, Schuylerville. 518-884-4115. finishright.com.
- 3 Black Rock Trail Races. Ten summits 25K & White Oak 12K. Cornwall. blackrockraces.com.
- 3 Mendon Trail Run. 50/30/20/10K. Mendon Ponds Park, Rochester. roc.us.orienteering.org/mtr.
- 3 BART Howl-Weenie & Half-Weenie. 26.2M, 13.1M, 8hrs, 5K. Greylock Glen, Adams, MA. ultrasignup.com.
- 3 Stone Cat Trail Races. 50M/26.2M. Willowdale SF, Ipswich, MA. ultrasignup.com.
- 4 12th "Fall Back 5" 5M Trail Race.** 10am. Admin Building, Saratoga Spa SP, Saratoga Springs. zippyreg.com.
- 4 Mike Nolan 5K Run/Walk & Family Fun Run. 9:30am. South Glens Falls HS, South Glens Falls. active.com.
- 4 Fall Back into the Trails 10K & 15K. Redwing Rec Area, Lagrangeville. ultrasignup.com.
- 4 Fall 5K/10K & Half. Shelburne Fieldhouse, Shelburne, VT. racevermont.com.
- 4 New York City Marathon. 26.2M. 8:30am. Staten Island to Central Park, New York. nyrr.org.
- 10 Strides Against Sarcoma 3.5M Trail Run/Walk.** 10am. Rush Pond Trail to Queensbury School, Queensbury. 518-656-3127. itsyourrace.com.
- 10 13th Valatie Veterans 5K Run. 10am. Glynn Square, Valatie. active.com.
- 11 MVP Health Care Stockade-athon 15K.** 8:30am. MVP Stockade Cup Relay (5K legs): business, vets/active & casual teams. Kids' 0.5M run: 10:45am. Veterans Park, Schenectady. stockadeathon.com.
- 11 Fall Harvest Races. 7.5M: 8:30am. 5K: 9am. Storm King Engine, Cornwall. 845-591-4558. lionsfallharvestrace.com.
- 12 11th Shenendehowa Veterans Day Dash 5K Run/Walk.** 10am. Kids' fun run: 9am. Shen HS Track, Clifton Park. shenrunners.com.
- 16-17 24-Hour Fight Against Hunger.** 3pm-3pm. Run, prizes, happy hour, food. Food/monetary donations. Fleet Feet, Albany. 518-459-3338. fleetfeetalbany.com.
- 17 Girls on the Run 5K Run/Walk.** 10am. New location! Mohawk Harbor, Schenectady. gotrcr.org/5k.
- 17 Castle to the River Run. 50K, 13.1M, 5K, 1M. Garrison. salomonnytrailseries.com.
- 17 Hobble Gobble Prediction Run/Walk. 11:15am. West Potsdam Bingo Hall, Potsdam. northernrunner.org.
- 18 Turkey Raffle Hour Run. 10am. Tawasentha Park, Guilderland. hmrrc.com.
- 18 Frostbite 5K Run/Walk. 10am. Mayfield HS, Mayfield. fmrrc.com.
- 18 After the Leaves Have Fallen Half Marathon. 11am. Mohonk Preserve, Marbletown. shawangunkrunners.com.

- 18 Fred Lebow Cross Country Championships. 5K. 11am. Van Cortlandt Park, Bronx. nyrr.org.
- 22 71st Troy Turkey Trot. 10K:** 8am. Grade school mile: 9:30am. Turkey walk 1M: 9:35am. 5K: 10am. Troy Atrium, Troy. troyturkeytrot.com.
- 22 17th Christopher Dailey Turkey Trot.** 5K run/walk: 8:30am. Saratoga Hilton, Saratoga Springs. 518-581-1328. zippyreg.com.
- 22 37th Cardiac Classic 5K.** 9am. 2M wellness walk: 8am. Duck Pond 1M fun run: 10am. Central Park, Schenectady. cardiacclassic.org.
- 22 6th St George's Turkey Trot.** 5K family run/walk: 8am. Kids' fun run: 9:05am. St. George's School & Church, Clifton Park. stgeorgesschoolcp.com.
- 22 9th Our Towne Turkey Trot 5K.** Bethlehem MS, Delmar. 518-598-3434. ourtownebethlehem.com.
- 22 23rd BKVR Running of the Turkeys.** 5K run/walk & kids' fun run: 9am. Fisher ES, Arlington, VT. bkvr.net.
- 22 Cohoes Turkey Trot 3.5M Run/Walk. 9am. City Hall, Cohoes. 518-233-2121. zippyreg.com.
- 22 James Hinchliffe 5K Run/Walk for ALS. 8:30am. GF Civic Center, Glens Falls. jphals5k.com.
- 22 4th Amsterdam Thanks4giving 5K & 1.5K Walk. 9am. Shuttleworth Park, Amsterdam. runsignup.com.
- 22 Adirondack Health Turkey Trot 5K. 8:30am. Olympic Speed Skating Oval, Lake Placid. 518-897-2271. adirondackhealth.org.
- 22 Heuvelton Gobbler Gallop 5K. 9:15am. Heuvelton Volunteer FD, Heuvelton. facebook.com.
- 22 New Paltz Turkey Trot 5K. 8:11am. Water Street Market, New Paltz. newpaltzturkeytrot.com.
- 22 Watertown Family YMCA Turkey Day Run 5K & 2.2M. 9am. Watertown. watertownymca.org.
- 24 Run Off That Turkey Trot 5K & 2M Walk. 9am. Voorheesville HS, Voorheesville. Phil Carducci: 518-861-6350. zippyreg.com.

**DECEMBER**

- 1 Pete Sanfilippo Holiday Run 5M & Kids 1M Race. 10:15am. Knights of Columbus, Wappingers Falls. mhrrc.org.
- 2 4M Reindeer Run & Jr Reindeer Run.** 4M: 9:35am. 1M fun run: 9:10am. SUNY Adirondack, Queensbury. adirondackrunners.org.
- 2 Utica Ugly Sweater 5K. 11am. Utica. 315-663-5539. runsignup.com.
- 8 Albany Last Run 5K. 5pm. Empire State Plaza, Albany. albanyevents.org.
- 8 Adirondack Health Jingle Bell Run. 8:30am. Mirror Lake Beach, Lake Placid. active.com.
- 8 Santa Sprint 5K & Jingle Jam Kids Run. 9:30am. Hudson Valley Fit Body, New Windsor. 845-787-2348. facebook.com.
- 9 HMRRC Doug Bowden Winter Series #1: 3M & 15K. 10am. University at Albany, Albany. hmrrc.com.
- 15 Holiday Classic 5K. 10am. Voorheesville HS, Voorheesville. Phil Carducci: 518-861-6350. zippyreg.com.
- 15 Gore Mountain 5K Snowshoe Race.** 2pm. Gore Ski Bowl, North Creek. goremountain.com.
- 31 21st Saratoga Arts: First Night 5K.** 5:30pm. Williamson Sports Center, Skidmore College, Saratoga Springs. saratoga-arts.org. ■

**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.

**Thursday, November 22**  
**Thanksgiving Day**  
 The Saratoga Hilton  
 Saratoga Springs



**5K Run/Walk**

**PACKET PICK UP**  
 The Saratoga Hilton  
 Wednesday, November 21  
 4pm - 8pm OR  
 Thursday, November 22  
 6:30am - 8am

Last chance to register in person  
 Wednesday, November 21  
 4pm - 8pm at The Saratoga Hilton

**NO DAY OF REGISTRATION**  
 Online Registration closes at  
 Noon on Tuesday, November 20

**REGISTER:**  
**zippyreg.com?event=1137**  
 or christopherdaileyfoundation.com

**7TH ANNUAL**  
**Saratoga County**  
**Revolutionary**  
**Run for**  
**Veterans 5K**

**Saturday, Nov. 3 • 10am**  
**Fort Hardy Park,**  
**Schuylerville**

*5K Run/Walk on the Historic Champlain Canal and Towpath*


Flat & fast course!  
 Run/walk for vets - a great cause!  
 T-shirt to all registered  
 Free Kids' Fun Nature Run  
 Hamburgers, hotdogs & drinks

**Register:**  
**FinishRight.com**

More info: (518) 884-4115  
 veterans@saratogacountyNY.gov

All proceeds benefit Saratoga County Veterans Trust and Agency Fund

4th annual



# Strides Against Sarcoma

**3.5-Mile Trail Race for Runners/Walkers**  
**Saturday, November 10 at 10:00am**  
 Point to Point race from  
 Rush Pond Trail to Queensbury School

Registration/Package Pickup: Queensbury Elementary School  
 431 Aviation Rd, Queensbury

*Please come out and run/walk to support Kristen Shinebarger a junior at Saratoga High School who is battling sarcoma*

Awards & refreshments • Long-sleeve shirt to first 100 registered

**Preregister at ItsYourRace.com**

More info: Bob Underwood (underdogracetiming@gmail.com) or Heidi Underwood (518-796-5908)

Batten Kill Valley Runners  
 23rd annual



# Running of the Turkeys

**5K Run/Walk & Kids Fun Run**  
**Thursday, Nov 22 • 9am**  
 Fisher Elementary School • Arlington, VT

Beautiful course & friendly competition  
 Turkeyware to first 300 entered  
 1K Kids Fun Run • 8:40am

**Register: ItsYourRace.com**  
**More Info & Entry Form: BKVR.net**  
 Ruth Jones: ruthbolster23@hotmail.com



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**Cold Water Kills!**

**NYS Navigation Law:**  
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Smart paddlers wear their life jackets if the water is less than 60°F



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[WearItNewYork.com](http://WearItNewYork.com)

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[nysparks.com](http://nysparks.com)



## PADDLING & HIKING



TIVOLI NORTH BAY WITH THE CATSKILLS BEYOND.



BOAT LAUNCH ON TIVOLI NORTH BAY.

# Hudson River's Tivoli Bays



TIVOLI NORTH BAY NEAR STONY CREEK.



EXPLORING NORTH TIVOLI BAY.

PHOTOS BY RICH MACHA

*By Rich Macha*

**B**y mid-October, the leaves have dropped in the Adirondacks, fall foliage is peaking in the Capital Region, and leaf-peeping time is well on its way in the Mid-Hudson Valley.

South of the village of Tivoli, about 45 miles downriver from Albany, are two bays on the river's east shore. The bays bear little resemblance to each other and are worth exploring by canoe or kayak or on foot. Tivoli North Bay is a freshwater intertidal marsh, while Tivoli South Bay is shallow and muddy at low tide and is infested with invasive water chestnut throughout the summer. However, the water chestnut breaks up in October and reveals open water suitable for canoe or kayak exploration. There are three launch sites on or nearby the bays.

The Tivoli Bays Wildlife Management Area is accessed from Kidd Road, from which a 0.7-mile dirt road leads south to the North Bay (map and directions: [dec.ny.gov/lands/92370.html](http://dec.ny.gov/lands/92370.html)). This is a good spot to start a hike with views of the bays. Unfortunately, as of mid-September, the canoe/kayak launch was being refurbished and a completion date was unknown. When the launch is operational, you still have to carry your boat down 66 steps to get to the floating dock – this could be a problem if you have a heavy canoe or kayak and lack assistance, especially on the way out.

Launch an hour or two before high tide for Tivoli and you will have plenty of time to explore all the channels of the North Bay – the difference between low and high tide is over four feet. I have spent over three hours wandering about the cattails and observing great blue herons, mergansers and other ducks, as well as red-tailed hawks flying overhead.

In the village of Tivoli, I have accessed the Hudson River at Diana Street where there is a gravel beach. This requires driving across the railroad tracks so look carefully each way before crossing. Amtrak has threatened to fence in some portions of their tracks alongside the Hudson River so I'm not

sure how long we will be able to continue to use this launch spot. Start about three hours before high tide and you will have plenty of water to explore both bays. It's best to avoid paddling on the Hudson on any days that have strong north or south winds unless you enjoy paddling in choppy waters.

One-mile south of Tivoli you reach rocky Magdalen Island. East of the island, you can paddle under the railroad bridge and into the North Bay well before high tide. The current will still be flowing into the bay. At high tide, you will find very little room between water and the underside of any of the railroad bridges.

After you have had your fill of the marshes, you can go back out to the river via another bridge further south, which brings you out near the north end of Cruger Island. Cruger Island is attached to the mainland and so is not really an island. As you continue south alongside the island, look up in the treetops for bald eagles that may be eyeing you as you pass by below. Depending on tide level, you may be able to find a good place to stop for a break.

Inside the south end of Cruger Island is another bridge under the railroad that allows entry into the shallow but open waters of South Bay. Every time I've paddled in here I've seen mute swans – up to 14 of them! The east shore is owned by Bard College. In mid to late October, the oaks on higher land display a variety of lovely hues of yellow, bronze and shades of red. A few maples add to the colorful mix. The Saw Kill enters the southeast part of the bay. Paddle up as far as you can, beach your boat, and walk up a short distance to view a very impressive waterfall.

Skillpot (Dutch for "turtle") Island sits alone in the south part of the bay. You can exit the bay via a bridge to the west of the island and swing north past Cruger and Magdalen islands back to your launch spot.

Another good place to launch from is the boat launch at Glasco Mini Park (south of Saugerties) on the west side of the

Hudson River. Look out for motorboats and barges as you cross the boating channel and, again, avoid days with strong north or south winds. Aim for Magdalen Island as you cross and continue as above.

For hiking purposes, the blue trail travels along the edge of both bays over undulating terrain as it works its way around several small ravines. There are good viewpoints along the way, most notably at the canoe/kayak launch, at the junction with the Overlook Trail (red) – and a short spur that juts out into the South Bay. The Catskills can be seen across the bay and river, and you can pick out North Point, Kaaterskill High Peak, and the fire tower on Overlook Mountain.

The old road to Cruger Island is under water at high tide (you may be able to paddle over it from South Bay), but although a bit muddy it can be walked at mid to low tide. Access to Cruger is only allowed from October through December. An unmarked path goes around the island's north end and down along its west shore with views of the river and the west shore.

Keep an eye out for wildlife during your visit. In addition to the sightings already mentioned, over several trips here I have seen wood duck, common loon, long-tailed duck, ruddy duck, American coot and great egret. As is customary these days, after your visit, check yourself for ticks.

Judging by the number of "blinds" seen in the marshes of the Hudson River, a moderate amount of duck hunting takes place. To avoid being shot at, there is a break in the duck hunting season this year from October 15 through November 9 which makes it a perfect time to visit.

An excellent map can be found at: [dutchessny.gov/CountyGov/Departments/DPW-Parks/tmstivolibays.pdf](http://dutchessny.gov/CountyGov/Departments/DPW-Parks/tmstivolibays.pdf). 🗺️

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

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**ATHLETE PROFILE**

# Beth Ruiz

**RESIDENCE:** Delmar  
**AGE:** 45  
**CAREER:** School Psychologist, Ichabod Crane High School, Valatie  
**FAMILY:** Husband, Andy Ruiz, and Cats, Osa and Rio  
**PRIMARY SPORT:** Triathlon  
**HOBBIES:** Gardening, handler for therapy dog (Willow), spending time / vacations with family, hiking, snowshoeing, fat biking and anything outdoors!

WITH HER HUSBAND, ANDY, AT NYC'S BREW HOP 5K.

## By Fran Vincent

I had heard about Beth Ruiz before I ever met her – an intensely competitive and successful road cyclist, who quickly worked her way to becoming a Category 1 elite bike racer, and a local cycling legend. During my first encounter with Beth, in the fall of 2011, she lived up to that reputation. She was doing recovery rides and I was doing my best just to stay on her wheel. She was quiet, intense, focused, and... completely intimidating. As I tried to mimic every gear change and cadence adjustment she made, I considered starting a conversation. Would she engage? Would I disrupt her focus? Or would she get annoyed and leave me in her dust. I saw her as a fierce competitor, an absolute expert, a machine.

Fast forward to May 2017 and I'm encountering a completely different version of Beth. She's wearing a borrowed wetsuit that's at least one size too big and getting ready for an open water swim session with the Bethlehem Triathlon Club. "I don't swim very well," she informs me in a humble but unapologetic way. I doubt her at first, but this turns out to be an honest and accurate assessment. I watch her navigate to the first buoy and know that she has some work to do. I see her as a humble beginner and an eager student, very much human, and not at all machine-like.

In the worlds of triathlon and cycling, where so many of us are hyper-competitive, Type A data-lovers, it is rare to find someone like Beth who is so comfortable with such strikingly different roles. She has the discipline, intensity and competitiveness required of great winners, as well as the patience, openness, and humility required of great students. When you combine the ability to balance these qualities with a sweet, honest, and down-to-earth personality, you get the Beth Ruiz who I have come to know over several years of training rides, drives to swim practice, and kitchen table conversations. You also get the Beth Ruiz who is quickly making a name for herself in the world of triathlon!

It was Beth's openness and ability to be honest with herself that prompted the need for change. She admits that her love for riding never diminished, however, she was starting to feel the grind of over ten years of weekend travel from March to September, and needed some space to enjoy her summers and life. Her initial decision was to take a short break from bike racing, which led her to enter some local duathlon (run/bike/run) competitions. With a robust aerobic engine,

strong climbing legs and a fierce competitive nature, it wasn't long before ability and drive took over and Beth found herself on top of a new podium.

Beth appreciated the individual aspect of duathlon, which is very different than the tactical team strategies of bike racing that didn't always come naturally to her. She also relished that she could race in a specific age-group category, as opposed to competing against an open field of women. She had found her new hobby, except for the fact that there was a strong drive from within to master something new. Enter triathlon!

For most beginner triathletes, learning to swim in open water with thrashing bodies swimming over, under and around you can be a daunting task. This was Beth's biggest challenge, as well. She credits most of her swim improvement to the instruction she's received through Excel Aquatics in Albany. Knowing that the swim was her biggest limiter, she diligently attended challenging training and swim sessions throughout the winter months. She makes it look easy, but I can attest to the frustration and anxiety she sometimes brought onto the pool deck with her. It's through hours of stroke drills, numerous open water swim practices, and meaningful mental pep talks from coaches and fellow triathletes that have gotten her where she is today.

On September 9 at Ironman 70.3 Lake Placid, she qualified for the 2019 Ironman 70.3 World Championships in Nice, France. She proudly broke her forty-minute mental barrier for the 1.2-mile swim in Mirror Lake, by finishing it in 39:25!

When I asked Beth what keeps her motivated, she quickly responded that "It's the benefits I get from working out! Exercise has become part of my core. It keeps me sane and happy." With Beth, I truly think that's where the magic lies. While she does use a heart rate monitor and a power meter during workouts and races, she admits that she rarely looks at a download, and doesn't always save her data. With the help of her husband, Andy Ruiz of Ruiz Racing, she challenges her body with quality workout sessions that will benefit her the most, including recovery. A typical training week isn't measured in hours and "training stress scores," it's more a matter of trust and intuition.

Regarding diet and nutrition, Beth eats a clean, healthy diet with few restrictions.



BIKE AND RUN AT THE 2018 IRONMAN 70.3 LAKE PLACID.



FIRST OPEN WATER 'SWIM' IN 2016 WITH THE AUTHOR.



On long rides she's more likely to have a peanut butter and jelly sandwich in her back jersey pocket than powders and gels. During races, she listens for her body to tell her what it needs, and doesn't use a formal fueling plan.

One of the many things Beth enjoys most about triathlon is the camaraderie among the triathlon community. During her first race, she was shocked by the encouragement and support she received from fellow competitors. "Am I supposed to do that?" she asked. It was a completely different culture than what she had experienced in bike racing. In addition, she appreciates all the advice and inspiration she's received from local triathletes, who help her to navigate through a sport that was completely foreign to her. Her advice to anyone starting out is to ask questions, seek help with your limiters, and to get as much guidance and support from others as you possibly can.

There are many moving parts in the sport of triathlon, and this strategy might not work well for the beginner who is trying to master three sports, while striking a balance between work and family commitments. Beth's approach to training, however, can be a good example for us all. Perhaps if we follow our intuition a little more and try not to get so caught up in numbers and

structured workout plans, we too might find a healthy balance between the fitness benefits of triathlon, and the rest that life has to offer. Her approach to training combines the perfect combination of humility, intuition and intensity.

It will be interesting and fun to see what the future holds for Beth. For now, she is hoping to have a good race at the Ironman 70.3 World Championships in Nice, France next September. Beth says she has no immediate desire to complete a full Ironman anytime soon, but I'm going to keep my eyes open for the next time this sweet, honest and humble triathlete decides she has the hidden drive to try something new! 🌟

*Fran Vincent (vincentmultisport@gmail.com) is a retired middle school health and physical education teacher, USA Triathlon Level I coach, certified personal trainer, spin instructor, triathlete, and owner of Vincent Multisport Personal Training.*

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## ■ RUNNING ■



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Fall is refreshing and rewarding, winter is gorgeous and repairing, spring is welcoming and new, and summer is amusing and eventful. Each of these seasons have a purpose and facilitate balance and growth. Just as nature has a yearly rhythmic cycle so should runner's training.

### SEASONS

Most runners split their training into two categories, in-season and off-season. In-season training includes specific quality workouts geared toward accomplishing certain goals or race performances. During this training many runners are focused on their objectives which often contain racing. Another category of training is labeled off-season training. Off-season training usually consists of regularly running and cross training, but the season objective does not include racing. Each of these seasons are vital and balance each other, providing support for upward growth.

Identify the last and most often important race of the year, marking it as the end of your in-season training. After crossing your last finish line of the year, take two weeks off from running, and exchange it with cross training activities in order to foster muscle recovery and overall body regeneration. Next comes the off-season phase of approximately two months where the focus is on activities to support the next in-season. Consider being a part-time runner during the off-season, allowing development as a whole athlete by participating part-time in another sport. With this type of scheduling, less overuse injuries, and more enjoyment will occur.

### CELEBRATE

Upon the conclusion of the in-season, take a moment and delight in the accomplishments. Declare the words, "I did it." A tremendous amount of hard work and devotion to training and racing occurred, therefore give due credit. For those runners who surprised themselves with a personal record or finished an especially long race, soak it in. These moments come only a few times in life. If a race performance was not as envisioned, don't deny this moment of acknowledgement. The motivation to take on the training challenge and hard work performed is just as honorable. Value the hard work whether the performance goals were met or not. Don't deny the deserved praise of a season's positives, causing less desire to strive forward in the future, and weakening confidence.

### EVALUATE

Take a moment and evaluate previous in-season training. As a runner and racer, be honest about strengths and weaknesses. What worked well for you? What do you want to improve upon? What resources are available to you? What are appropriate goals or expectations for your next racing season?

Ask training partners for advice on improvements. Outline the needed changes and tease out steps to take during the off-season to help turn weaknesses into strengths. Seek out guidance to create a more efficient, faster or injury-free body.

### EXPERIENCE

Experience a new sport or return to a past love. During the off-season find another sport to learn or cultivate. This offers numerous opportunities for growth and development as an athlete, including reducing the potential for overuse injuries by cross training.

Last winter I slid into the sport of Nordic skiing, specifically the skate style. Boy, was I a beginner and a mess. It was fearsome because

## In- and Off-Season Training

By Shelly Binsfeld



FAMILY SKIING AT  
GARNSEY PARK IN  
CLIFTON PARK, 2017.  
DARRYL CARON

I had to learn a whole new set of skills on slippery snow. However, since I didn't have performance expectations, it was refreshing and amusing. Any improvement was a win! Exploring the snow covered trails exposed stunning white forest views. I met new people and learned the language of skiers.

By the end of the winter season I had found my groove and could clearly see my growth as a skier. Skiing taught my body balance, improved my leg strength and grew my mental toughness, all of which will be used during my in-season training.

Three years ago I swam with other master swimmers at the Southern Saratoga YMCA

and gained stronger mental toughness from the repeated intervals in the pool. It was helpful to know that there was another sport I could use as a backup, in case I needed to reduce my running volume, but still receive the recovery aid of activity.

The key to adding a second sport is to train part-time in both sports. Keep up with several easy paced run of usual distances each week. This will allow the sustained base fitness needed when returning to the in-season. Use caution when starting or returning to a new sport. Be realistic and start at the body's current level of sport specific fitness. Skill, knowledge from past

seasons is a bonus, but the body needs time to build up strength and endurance. Winter part-time sports for runners could include skiing, snowshoeing, swimming and indoor biking. Summer part-time sports are often outdoor biking, hiking and rowing. During the fall season, look for teams of ultimate frisbee and soccer.

### DEVELOP

Develop strength and flexibility while practicing discipline and devotion outside of running. Pull out those saved articles on supplementary exercises or attend the class at the local gym that will help improve strength in the legs, core, and upper body posture. It is critical that women actively seek to gain muscle strength to oppose the aging effect on muscle deterioration. "A progressive loss of muscle mass occurs from approximately 40 years of age. This loss has been estimated at about 8% per decade until the age of 70 years, after which the loss increases to 15% per decade" (The Aging Muscle. *Clinical Physiology*, 1983). Develop a good habit of building muscles and a higher level of muscle mass before the time of loss of muscle mass starts to occur.

Diving into a solid habitual strength and flexibility training during the off-season can help a runner feel confident and comfortable with the routine when moving into the in-season training. Find the joy by becoming stronger in Pilates classes, weight rooms, or on the yoga mat. Put motivation and the extra time into developing a more athletic body and train to be a whole athlete, not just a runner. Off-season training can set a runner up for success during the next in-season. It is critical that runners are actively seeking to gain muscle strength to oppose the aging effect on muscle deterioration.

### REFRESH

Refresh relationships and workout schedules by seeking out new running friends and routes. These will help to ease of the mind of past training stress and broaden a runner's community. By changing up the when and where of the running schedule, a new friend or an adventure may be waiting around the corner. Get out of the ruts and be refreshed by a new experience.

Take the extra time that was used for running and invest it in others. Cheering and serving other runners at training events or races through volunteering can impact others and encourage them during difficult times. In turn, their inspiring actions and stories will refresh a worn-out runner.

### PLAY

In-season training and racing can often lead to serious devotion and little straying from the workout objectives. To balance the scale be playful during the off-season. Snatch a break from easy-paced running by throwing in fartleks or speed play, where the pace alters between landmarks, with no specific pace or distance. A fartlek workout has no right or wrong methods. Just be playful. In addition, plan destination runs where the run ends by meeting family or friends at a favorite restaurant or scenic park for a picnic.

Off-season allows more time to spend with family and friends. Take an interest in your favorite activity and be their biggest fan, cheering them all the way to the finish line. 🌱

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

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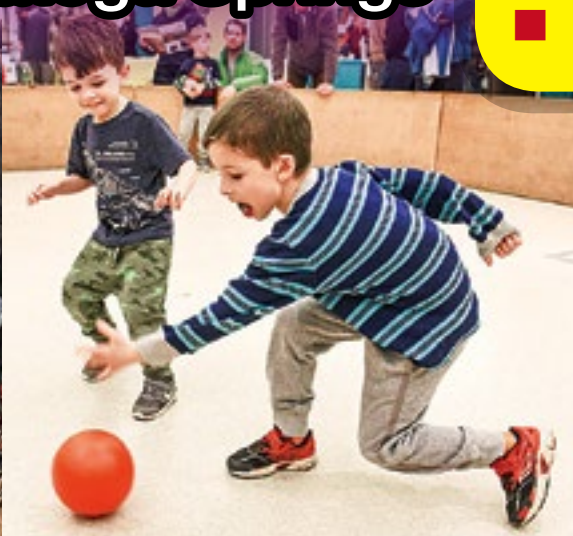
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● **HIKING** *continued from page 1*

the return trip, stay until dark, and watch the lights of North Creek click on in the gathering dusk.

Continue along the ridgeline, enjoying each viewpoint as you climb toward the summit. And more peaks come into view. Off in the southeast is Crane Mountain, which hosts its own spectacular view. For more info on Crane, see September 2017, "The High Peak of the Southern Adirondacks" by Bill Ingersoll. Off to the southwest are the peaks of the Siamese Ponds Wilderness.

If you know where to look, you can also pick out the bare spot on a hillside that marks the garnet mine in North River, and Snowy and Blue mountains off to the west. As you get closer to the summit, you are able to get glimpses of the Hudson downstream from North Creek as it flows toward Riparius.

Once you reach the summit, enjoy this finest view of all, with the landscape spread out in all directions. On a clear day, every landmark you've seen one by one on the hike upwards comes into view all in one spectacular panorama. Plan to spend a while on top of the world here, enjoying your accomplishment. To return, just go back the way you came, and grab the second chance to see each vista.

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*Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer, and writer who is using this year's foliage season to find some new adventures. Visit his website at KrausGrafik.com.*



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### RACE #1 - JUNE 25

<b>MALE OVERALL</b>			
1 Ryan Tober/18-29	Malone	54:01	
2 Donald Guest/18-29	Saranac Lake	57:44	
3 Randy Kelly/40-49	Plattsburgh	1:01:47	
<b>FEMALE OVERALL</b>			
1 Brooke Kelly/18-29	Plattsburgh	1:07:10	
2 Erica Dean/30-39	Leeds, MA	1:14:36	
3 Angela Trumbower/18-29	Saranac Lake	1:07:59	
<b>AGE GROUPS</b>			
1 Tristan Faville/F18-29	Rutland, VT	1:26:40	
1 Michael Martineua/M18-29	Lake Placid	1:16:02	
1 Michael Trumbower/M30-39	Saranac Lake	1:04:45	
1 Christina Roberts/F40-49	Macungie, PA	1:23:48	
1 Jay Fogarty/M40-49	Holderness, NH	1:07:20	
1 Mike Zerrahn/M50-59	Plattsburgh	1:16:05	
1 Bob Morganson/M60-69	Lake Placid	1:18:32	
<b>TEAMS</b>			
1 Colleen Porter/Loring Porter/Jason Amoriell		1:00:44	

### RACE #2 - JULY 2

<b>MALE OVERALL</b>			
1 Brian Woods/30-39	Albany	54:36	
2 Jason Amoriell/40-49	Peru	58:49	
3 Jay Niederbuhl/30-39	Saranac Lake	59:27	
<b>FEMALE OVERALL</b>			
1 Brooke Kelly/18-29	Plattsburgh	1:02:10	
2 Veronica Byers/40-49	Lake Placid	1:10:49	
3 Kristin Green/30-39	Albany	1:12:09	
<b>AGE GROUPS</b>			
1 Nick Cyganik/M13-14	Cherry Hill, NJ	1:30:38	
1 Colton Perham/M15-17		1:12:22	
1 Erin Ward/F18-29		1:16:12	
1 Nathan Barbour/M18-29	Lake Placid	1:02:45	
1 Julia DeJoseph/F30-39	Philadelphia, PA	1:18:52	
1 Tucker Green/M30-39	Albany	1:29:14	
1 Nancy Schmeiler/F40-49	Toronto, ON	1:19:51	
1 Scott Provost/M40-49	Plattsburgh	1:01:15	
1 Gail Johnson/F50-59	Flower Mound, TX	1:34:37	
1 Mark Heit/M50-59		1:04:18	
1 Eileen Weinpress/F60-69	Spencerport	1:16:47	
1 Mike Weinpress/M60-69	Spencerport	1:12:33	
<b>TEAMS</b>			
1 Randy Kelly/Alexis Kelley		1:01:46	

### RACE #3 - JULY 9

<b>MALE OVERALL</b>			
1 Everett Sapp/18-29	Morrisonville	59:58	
1 Jay Niederbuhl/30-39	Saranac Lake	1:02:23	
3 Jason Amoriell/40-49	Peru	1:03:36	
<b>FEMALE OVERALL</b>			
1 Brooke Kelly/18-29	Plattsburgh	1:04:54	
2 Veronica Byers/40-49	Lake Placid	1:15:24	
3 Sandra Izzo/50-59	Lake Placid	1:16:19	
<b>AGE GROUPS</b>			
1 Nicholas Mandato/M15-17		1:08:41	
1 Michael Martineua/M18-29	Lake Placid	1:15:57	
1 Matthew Medeiros/F30-39	Saranac Lake	1:07:17	
1 Kimberly Case/F40-49	Ossining	1:18:22	
1 Jay Fogarty/M40-49	Holderness, NH	1:08:12	
1 Kirt Eling/M50-59	Lake Placid	1:17:18	
1 Brian Snell/M50-59	Morrisonville	1:11:30	
1 Cathy Venture-Merkel/F60-69	Shant Lake	1:20:01	
1 Tom Deluca/M60-69	Agawam, MA	1:12:02	
<b>TEAMS</b>			
1 Randy Kelly/Scott Provost		1:00:09	

### RACE #4 - JULY 16

<b>MALE OVERALL</b>			
1 Jay Niederbuhl/30-39	Saranac Lake	1:01:52	
2 Scott Provost/40-49	Plattsburgh	1:04:17	
3 Randy Kubasiak/40-49	South Wales	1:04:56	
<b>FEMALE OVERALL</b>			
1 Dieder Loftus/50-59	Lake Placid	1:16:30	
2 Sandra Izzo/18-29	Lake Placid	1:15:13	
3 Kirt Eling/50-59	Lake Placid	1:16:53	
<b>AGE GROUPS</b>			
1 Andrew Podles/M13-14		1:33:15	
1 Nicholas Mandato/M15-17		1:06:57	
1 Claire Podles/F18-29		1:25:32	
1 Nathaniel Chung/M18-29	Wyckoff, NJ	1:14:27	
1 Amy Hollister/F30-39	Massena	1:19:46	
1 Matthew Medeiros/M30-39	Saranac Lake	1:10:19	
1 Diana Leblanc/F40-49	Wilmington	1:26:13	
1 Jay Fogarty/M40-49	Holderness, NH	1:07:41	
1 Brian White/M50-59	Plattsburgh	1:11:14	
1 Nancy Battaglia/F60-69	Lake Placid	1:28:26	
1 Bill Izzo/M60-69	Lake Placid	1:21:54	
<b>TEAMS</b>			
1 Brooke Kelly/Sandra Izzo/Deena Kastor		1:14:35	

### RACE #5 - JULY 23

<b>MALE OVERALL</b>			
1 DJ Racette/30-39		1:03:28	
2 Jay Niederbuhl/18-29	Saranac Lake	1:00:39	
3 Snow Sean/50-59	Dunbarton, NH	1:00:50	
<b>FEMALE OVERALL</b>			
1 Dieder Loftus/18-29	Lake Placid	1:18:53	
2 Jenni Hume/30-39		1:19:10	
3 Cathy Venture-Merkel/60-69	Brant Lake	1:20:39	
<b>AGE GROUPS</b>			
1 Nicholas Mandato/M15-17		1:08:36	
1 Rodney Moiser/M18-29	Ionia, MI	1:20:01	
1 Keith Kogut/M30-39		1:08:10	
1 Jay Fogarty/M40-49	Holderness, NH	1:08:42	

1 Karen Worthing/F50-59	New York	1:29:09
1 Brian White/M50-59	Plattsburgh	1:10:20
1 James Sweet/M60-69		1:19:16

### RACE #6 - JULY 30

<b>MALE OVERALL</b>			
1 Rich Burke/50-59	Saranac Lake	59:48	
2 Jay Niederbuhl/30-39	Saranac Lake	1:00:14	
3 Curtis Howard/30-39		1:03:34	
<b>FEMALE OVERALL</b>			
1 Linda Shepard/50-59		1:16:33	
2 Kathy Maalouf/50-59	Washington, NJ	1:16:38	
3 Nancy Battaglia/60-69	Lake Placid	1:27:35	
<b>AGE GROUPS</b>			
1 Taylor Rose/F01-12	Lake Placid	1:42:23	
1 LuElla Lawrence/F13-14	Malone	1:35:38	
1 Kieleye Rose/F15-17	Lake Placid	1:41:52	
1 Lucas Rivera/M15-17	Lake Placid	1:41:52	
1 Jacob Phaneuf/M18-29	Plattsburgh	1:04:58	
1 Brian Wilson/M30-39	Dannemora	1:08:27	
1 Matthew Medeiros/M30-39	Saranac Lake	1:07:45	
1 Guylaine Filion/F40-49	Rosemere, QC	1:32:47	
1 Jason Amoriell/40-49	Peru	1:04:31	
1 April Montgomery/F50-59	Cambridge	1:29:26	
1 Mike Zerrahn/M50-59	Plattsburgh	1:17:32	
1 Nancy Bryant/F60-69	Wilmington	1:34:40	
1 Kirk Fasking/M60-69		1:15:01	
<b>TEAMS</b>			
1 Earl Kearney/Sarah Kearney		1:55:13	

### RACE #7 - AUGUST 6

<b>MALE OVERALL</b>			
1 Everett Sapp/18-29	Morrisonville	58:44	
2 Rich Burke/50-59	Saranac Lake	59:04	
3 Colin Delaney/18-29	Lake Placid	59:22	
<b>FEMALE OVERALL</b>			
1 Brooke Kelly/18-29	Plattsburgh	1:05:40	
2 Linda Shepard/50-59		1:15:03	
3 Kirt Eling/50-59	Lake Placid	1:17:49	
<b>AGE GROUPS</b>			
1 Salvatore Icvara/M13-14	Washington	1:20:55	
1 Ryan Greguski/M15-17	New Milford, CT	1:12:16	
1 Natalie Lo/F18-29	Columbus, OH	1:29:54	
1 Jacob Phaneuf/M18-29	Plattsburgh	1:07:16	
1 Karen Stauffer/F30-39	Nicholville	1:23:09	
1 Jay Niederbuhl/M30-39	Saranac Lake	1:00:52	
1 Jeff Rushby/M40-49	Keeseville	1:04:49	
1 Brian White/M50-59	Plattsburgh	1:09:28	
1 Nancy Bryant/F60-69	Wilmington	1:34:52	
1 Kirk Fasking/M60-69		1:14:32	
<b>TEAMS</b>			
1 Chris Morgan/Jeff Gelfand/Jake Gelfand		1:05:10	

### RACE #8 - AUGUST 13

<b>MALE OVERALL</b>			
1 Will Morris/30-39	Wilmington	57:27	
2 Colin Delaney/18-29	Lake Placid	58:10	
3 Jay Niederbuhl/30-39	Saranac Lake	1:00:14	
<b>FEMALE OVERALL</b>			
1 Brooke Kelly/18-29	Plattsburgh	1:04:40	
2 Megan Gardiner/18-29	Jay	1:11:30	
3 Linda Shepard/50-59	Shant Lake	1:13:50	
<b>AGE GROUPS</b>			
1 Aurelia Simpson-Santoro/F13-14		1:28:14	
1 Ryan Greguski/M15-17	New Milford, CT	1:08:34	
1 Anna Izzo/F18-29	Lake Placid	1:14:38	
1 Nathaniel Chung/M18-29	Wyckoff, NJ	1:13:25	
1 Deanne Morris/F30-39	Plymouth Meeting, PA	1:15:27	
1 Brian Wilson/M30-39	Dannemora	1:07:10	
1 Marc Galvin/M40-49	Lake Placid	1:04:19	
1 Sandra Izzo/F50-59	Lake Placid	1:14:21	
1 Brian White/M50-59	Plattsburgh	1:08:29	
1 Cathy Venture-Merkel/F60-69	Brant Lake	1:18:57	
1 Mike Weinpress/M60-69	Spencerport	1:18:29	
<b>TEAMS</b>			
1 Sean Davis/Elizabeth Izzo		1:01:57	

### KIDS' MINI-TRI - AUGUST 13

<b>SHORT COURSE - MALE OVERALL</b>		
1 Luca Petrocci/5-6		7:59
2 Connor Beatty/5-6		8:07
3 Tyler Erenstone/5-6		8:30
<b>SHORT COURSE - FEMALE OVERALL</b>		
1 Nora Petrocci/7-8		7:54
<b>SHORT COURSE - AGE GROUPS</b>		
1 Oliver Beatty/M3-4		13:33
1 Grant Hayes/M5-6		10:44
<b>LONG COURSE - MALE OVERALL</b>		
1 Noah Guarrera/11-12		18:35
2 Emmett Fox/7-8		19:40
3 Duncan Van Dorn/9-10		20:22
<b>LONG COURSE - FEMALE OVERALL</b>		
1 Abigail Van Dorn/11-12		18:52
2 Holly Erenstone/9-10		22:45
3 Sophie Yonker/9-10		23:30
<b>LONG COURSE - AGE GROUPS</b>		
1 Charlie Fox/M7-8		21:08
2 Christian Yonker/M7-8		23:48
3 Jackson Hayes/M7-8		27:05
1 Amani Logan/M9-10		21:05
2 Jonas Guarrera/M9-10		21:15
1 Brian Brady/M11-12		27:07

Courtesy of High Peaks Cyclery

## 8TH ANNUAL LAKE GEORGE OPEN WATER SWIM

August 18, 2018 • Hague Town Beach, Hague

<b>10K NON-WETSUIT</b>			
<b>MALE OVERALL</b>			
1 Patrick Foley	Brandon, VT	2:49:32	
2 Andrew Allison	New York	2:53:27	
3 Oliver Cordoba	Outremont, QC	3:02:07	
<b>FEMALE OVERALL</b>			
1 Charlotte Tate	Middlebury, VT	3:24:39	
2 Nicole Champagne	Ile-Perrot, QC	3:24:40	
3 Danielle Caron	Worcester, MA	3:26:50	
<b>MALE AGE GROUP: 25 - 29</b>			
1 Craig Mitchell	Worcester, MA	3:26:48	
2 Mark Vanacore	Arlington, MA	3:27:16	
<b>FEMALE AGE GROUP: 25 - 29</b>			
1 Miye Jacques	Trenton, NJ	4:11:37	
<b>MALE AGE GROUP: 30 - 34</b>			
1 Anael Astic	Brooklyn	3:15:32	
<b>FEMALE AGE GROUP: 30 - 34</b>			
1 Ruth Gilgenbach	Lawrence	3:51:34	
2 Karianne Bail	New York	4:08:38	
<b>MALE AGE GROUP: 35 - 39</b>			
1 Alan Washington	Brooklyn	4:08:30	

<b>MALE AGE GROUP: 40 - 44</b>			
1 Andre Landini	Pointe-Claire, QC	3:06:40	
2 Brent Wasser	Gardiner	3:22:27	
3 Ryan Hawker	Quincy, MA	3:43:38	
<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Danielle Coleman	Rochester	3:35:24	
<b>MALE AGE GROUP: 45 - 49</b>			
1 Jonah Meyer	Saugerties	3:26:06	
2 Andras Pataki	Little Falls, NJ	3:58:26	
<b>FEMALE AGE GROUP: 45 - 49</b>			
1 Jessica Holmes	Cornwall, VT	3:34:18	
<b>MALE AGE GROUP: 50 - 54</b>			
1 Drew Derosé	Boston, MA	4:08:31	
2 Marc Mansour	Boston, MA	4:08:55	
<b>FEMALE AGE GROUP: 50 - 54</b>			
1 Hope Mao Oehler	Elkridge, MD	4:08:17	
<b>FEMALE AGE GROUP: 55 - 59</b>			
1 Ali Hall	San Francisco, CA	3:27:47	
<b>MALE AGE GROUP: 60 - 64</b>			
1 Chris Zeoli	Middlebury, VT	3:20:41	
2 Brian McLaughlin	Nashua, NH	3:39:22	

## 8TH ANNUAL LAKE GEORGE OPEN WATER SWIM continued

### 10K WETSUIT

<b>MALE OVERALL</b>			
1 Sean O'Dea	Long Island City	2:38:36	
2 Robert Valentin	Rego Park	2:56:02	
3 Arthur Boyko	Poughkeepsie	2:58:21	
<b>FEMALE OVERALL</b>			
1 Catherine Goineau	Montréal, QC	2:51:12	

### 5K NON-WETSUIT

<b>MALE OVERALL</b>			
1 Jesse Haraden	Ballston Spa	1:12:12	
2 Luther Gordon	Clifton Park	1:12:22	
3 Mark Loftis	Seattle, WA	1:15:12	
<b>FEMALE OVERALL</b>			
1 Emma McElrath	Albany	1:16:30	
2 Brooke Kelley	Plattsburgh	1:24:31	
3 Anastasia Graf	Brooklyn	1:25:26	
<b>MALE AGE GROUP: 18 - 24</b>			
1 Dylan Haraden	Ballston Spa	1:17:48	
2 Jason Boyko	Poughkeepsie	1:31:16	
<b>FEMALE AGE GROUP: 18 - 24</b>			
1 Blair Williams	Ballston Spa	1:30:24	
2 Alison Canjura	Gansevoort	1:30:37	
<b>MALE AGE GROUP: 25 - 29</b>			
1 Mark Wild	Holden		

NON-MEDICATED LIFE

# Benefits of Intermittent Fasting

By Paul E. Lemanski, MD, MS, FACP



**Editor's Note:** This is the 85th 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.



**M**edicines 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 84 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. An informed lifestyle is one that avoids unnecessary health risks and promotes healthy behaviors including adequate rest and daily exercise.

An informed diet is one with a special, defined composition and caloric content. However, it is not only the number and the composition of those calories that prove critical to health. More recently, the timing of when you eat and don't eat (fasts) may also be shown to contribute significant benefit. Indeed, intermittent fasting and a variation called early time restricted feeding may aid in weight reduction, improve insulin resistance, and lower both blood sugar and blood pressure.

Fasting can be defined as a voluntary restriction of all caloric intake for a specified time. Water and non-caloric liquids such as tea may be consumed during the fast in order to maintain adequate hydration. Fasting has been used for thousands of years in certain religious practices. More recently fasting has been promoted as a means of rapid weight loss for individuals who are overweight or obese. However, all fasts are not the same. For the reasons described below, fasts of different lengths differ in benefits and drawbacks, when compared with simply reducing caloric intake during the same time period.

Fasting is conceptually simple to implement and the weight loss is rapid. Moreover, after 72 hours of fasting, appetite is suppressed and the fast actually becomes easier to maintain. The liver can store 8-12 hours of glucose in a form combined with water called glycogen. While we sleep, this glycogen is broke down and supplied to the blood stream as glucose, which is the main energy source used by the brain. When we awaken in the morning we break the fast and eat to resupply liver stores. However, if we do not eat and extend the fast beyond 8-12 hours, certain biochemical changes begin to occur elsewhere in the body. Glycogen is also stored in muscles, and as depletion of liver glycogen progresses, blood sugar levels fall and muscle glycogen is broken down to supply glucose to the brain. The reduced blood sugar lowers insulin levels, and in those with diabetes or pre-diabetes helps reverse insulin resistance, which is the root cause of diabetes.

The problems with fasting, however, extend beyond the initial feelings of hunger, stomach discomfort and weakness, with which most of us are familiar. As the fast progresses to about 72 hours, muscle glycogen in turn becomes depleted, and fat is used as the main energy source. The brain switches its primary energy source from glucose to breakdown products of fat metabolism in a process called starvation ketosis. Additionally, some glucose may be produced from breakdown of the body's protein reserves. Thus, one unfortunate consequence of fasting is loss of muscle. Indeed, during a prolonged fast for every two pounds of weight loss, one pound comes from fat and one pound comes from your own muscle – certainly not a desirable outcome.

Loss of muscle mass may be reduced, while still allowing weight loss and lower insulin and blood sugar levels, by the practice of intermittent fasting (IF). One example of IF is alternate day fasting during, which no calories are consumed on fasting days that alternate with unrestricted caloric intake on feeding days. In animal models, such an approach was equivalent to simple caloric restriction in reducing body weight, insulin levels and blood sugar. Studies in humans confirmed the efficacy, but the length of fasting was insufficient to reduce hunger, and



thus alternate day fasting at least as a long term practical strategy is difficult to maintain. However, another variant of IF called early time restricted feeding (ETRF) may be both effective and practical long term.

Early time restricted feeding is a strategy of restricting all caloric intake for a 24-hour day to a limited period of the day. In addition, the timing of intake is also linked to the body's normal circadian rhythm. In one ETRF study of rats fed a high fat diet, restricting calories to eight hours protected against obesity, fatty liver, and increased insulin levels – as compared to animals fed the same diet without time restriction.

In one ETRF study in pre-diabetic men, participants were randomized to receive all meals during an eight-hour period, either from 7am to 3pm or a 12-hour period from 7am to 7pm. Both groups were fed sufficient calories to maintain weight. Interestingly, those confining calories to an eight-hour period had lower insulin levels, improved insulin sensitivity, lower blood pressure, and a reduced appetite. Other human studies employing ETRF found that simply a prolonged duration of nighttime fasting, without a restriction in calories, resulted in 2-4% lower body weight. Because of these significant effects, those with diabetes (especially those taking medications) who are interested in trying ETRF, before starting should

discuss planned implementation with their personal physician and a registered dietitian or certified diabetes educator.

In summary, it is becoming increasingly clear that information about the composition and the caloric content of the diet are not the only ways to make diets healthier. Indeed, the timing of food consumption, together with a prolonged daily period of fasting appears to be important as well. By practicing a variant of IF known as ETRF and restricting caloric intake to an 8-10 hour period, individuals may lose modest weight without hunger, lower blood sugar, improve insulin sensitivity, and lower blood pressure – all without restricting total calories. In this way, informed diet with intermittent fast may be shown to contribute significantly to living the *Non-Medicated Life*. 🌱

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

**CAPITAL DISTRICT YMCA HUMP DAY 5K continued**

**MALE AGE GROUP: 35 - 39**

1 Andrew Barber	35	Mechanicville	22:06
2 Aaron Direm	39	Saratoga Springs	26:05

**FEMALE AGE GROUP: 35 - 39**

1 Melissa Grandjean	39	Glenville	23:33
2 Kim Donegan	37	Malta	26:15
3 Heidi Nark	37	Clifton Park	27:46

**MALE AGE GROUP: 40 - 44**

1 Patrick Dugan	40	Rexford	23:18
2 Anthony Mantello	41	Latham	35:46
3 Joseph Monahan	42	Mechanicville	37:30

**FEMALE AGE GROUP: 40 - 44**

1 Melissa Smolen	40	Clifton Park	25:18
2 Kristyn Smith	41	Clifton Park	29:29
3 Brenda Episcopo	43	Cohoes	34:21

**FEMALE AGE GROUP: 45 - 49**

1 Claudia Greco	45	Clifton Park	25:33
2 Aimee Bishop	45	Troy	34:17
3 Christa Kerin	46	Clifton Park	35:28

**MALE AGE GROUP: 50 - 54**

1 John Sestito	54	Johnsonville	20:14
2 Vincent Fiori	52	Clifton Park	25:28
3 Adolfo Arana	51	Clifton Park	26:36

**FEMALE AGE GROUP: 50 - 54**

1 Mary Buck	54	Mechanicville	23:32
2 Annette Romano	53	Clifton Park	24:55
3 Kimberly Henes	51	Mechanicville	27:07

**MALE AGE GROUP: 55 - 59**

1 Samuel Mercado Jr.	55	Albany	20:49
2 Scott Simonson	59	Clifton Park	25:45

**MALE AGE GROUP: 60 - 64**

1 Paul Salerni	62	Little Neck	22:12
2 George Baranuskas	64	Scotia	22:32
3 Al Smith	64	Clifton Park	30:36

**MALE AGE GROUP: 65 - 69**

1 Mike Chovonec	68	Baltimore, MD	27:06
2 Richard Bennett	66	Clifton Park	28:59

**FEMALE AGE GROUP: 65 - 69**

1 Darlene Cardillo	65	Delmar	28:36
2 Kris Thorne	68	Clifton Park	30:37
3 Cathy Lanesey	68	Troy	34:26

**MALE AGE GROUP: 70 - 74**

1 Jimmy Kennedy	71	Wurtsboro	26:48
2 John Longacker	72	Clifton Park	28:07

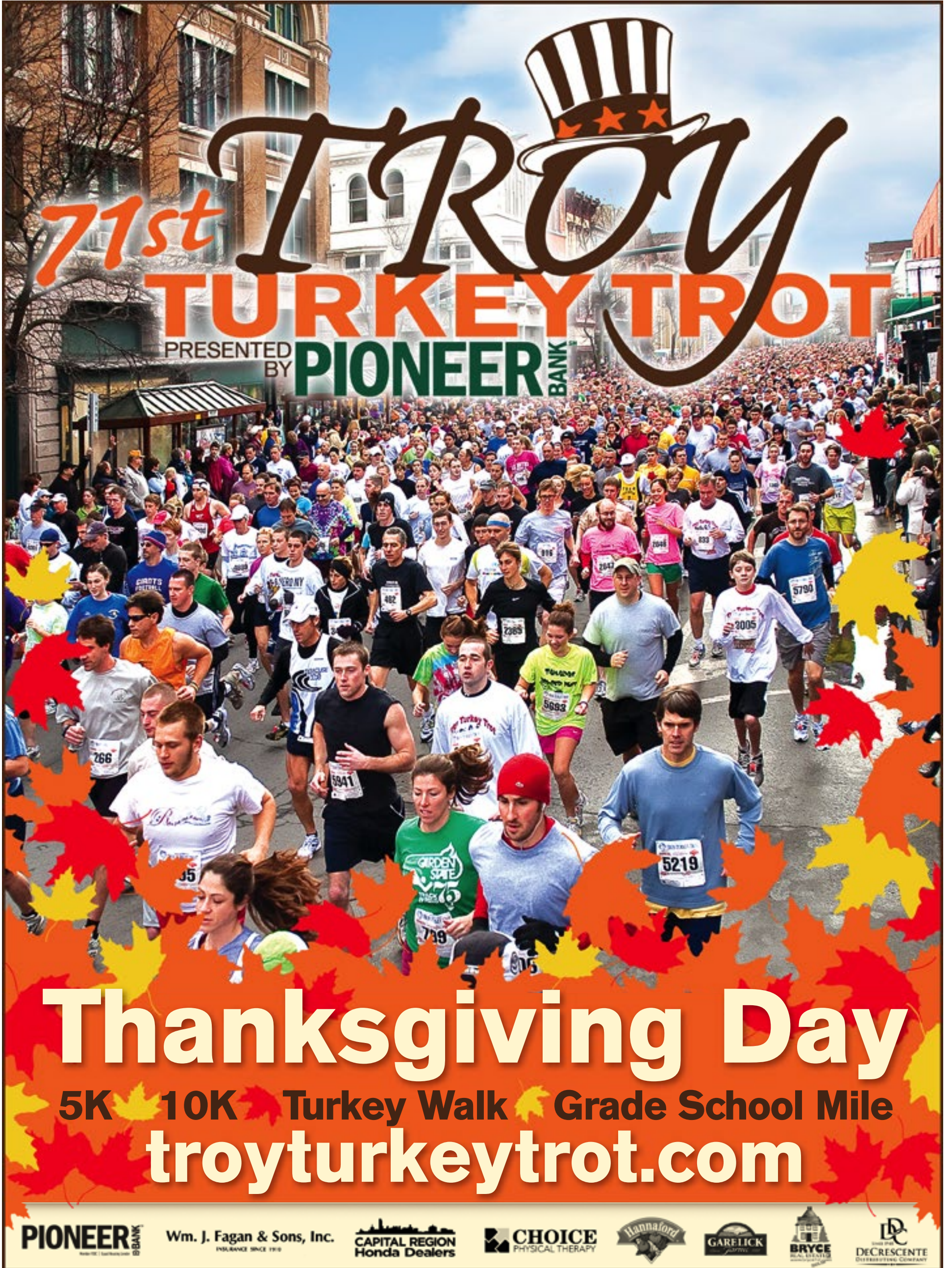
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