

Flock Together this Thanksgiving



■ 5K START AT 2013 TROY TURKEY TROT.

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JOIN THE Most Popular Strutting Day!

By Laura Clark

What I enjoy most about Thanksgiving is that it is a relaxed, all-American holiday. And what is more American than our plucky, ungainly turkey? Granted, although Ben Franklin lost his bid to elevate our native species to national symbol status, the turkey gets the last cackle. For when was the last time you celebrated eagle day?

In a wishbone world, Thanksgiving gives the least offense. Sure, it is a worry for turkeys but a trade-off if you consider all the free publicity. While slightly distasteful for vegetarians, there are all those yummy sides and desserts to consider. Best of all is the emphasis on family members, from toms to hens to the littlest turklings (think ducklings). Our nationwide obsession with turkey trots is ample evidence. While there are always some competitors whose main goal is to run fast enough to dodge the bullet, most are content to relax and herd the remainder of the extended flock. Even the renowned Saratoga Streaks have been spotted uncharacteristically back in the pack.

As our coaches are wont to insist, successful races require an adequate warmup. Pre-Turkey Trot, then, consider joining Fleet Feet Albany's **24-Hour Fight Against Hunger** from 3pm on Friday, November 16 to 3pm on Saturday, November 17. The route consists of one-mile loops and you are welcome to do as many as you like. Some stay the entire time, enjoying a happy hour presented by Shmaltz Brewery, a Via Fresca pasta dinner, and a breakfast from Mizuno.

Others run Friday, travel back home to sleep and return again Saturday morning. Each lap earns you one raffle ticket and an opportunity for some great prizes. Friends and family relay

teams are encouraged and die-hards are invited to try for the individual 50K option. Proceeds benefit the Regional Food Bank of Northeastern New York, enabling them to ensure a bountiful Thanksgiving for everyone. (fleetfeetalbany.com)

On Thanksgiving Day, Thursday, November 22, get ready for the most popular running day of the whole year. Sample one of these six races in our area.

While most trots cater to the 5K crowd, perfect for strollers, aspiring turklings and elders, the premiere 71st annual **Troy Turkey Trot** is the only area race where it is still possible to double your dinner capacity with an out-and-back 10K run, along with the traditional 5K. For an early kitchen turnaround choose from a flat 5K, the Grade School Mile or the Turkey Walk.

Harkening back to ragamuffin days of old when children in Brooklyn and Queens neighborhoods dressed up and begged door to door, all Thanksgiving events encourage costumed runners and make perfect entertainment as you pass turkeys, pilgrims, superheroes and the occasional healthy choice banana. Troy, however, has a more formal contest, with dollar greens for the winners. To further enhance the feel-good vibe, there are opportunities to form family running teams like mother/daughter, brother/brother, husband/wife, etc.

With all these events, and with the estimated 8,000 runners from 37 states descending on the Collar City it makes sense that trotters seriously consider the early farm-to-table packet pickup, although there is day-of registration, unusual for such a large race. Participants



■ CORN STALK RUNNER AT 2017 TROY TURKEY TROT.

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SKIING & BOARDING



Get Ready for SKI SEASON!

By Collin Parsons

With the temperatures dropping and the last few leaves falling from the trees, the downhill ski season begins in just a few weeks. Downhill skiing is a favorite winter activity of many in upstate New York and there is no shortage of ski areas to choose from when the weather gets cold and the snow falls. Since last spring the ski areas of the Adirondacks and Capital Region have been busy with improvements to make the 2018-2019 winter season even better.

Whiteface, the tallest resort east of the Rockies has a tall order of capital projects being completed. They have invested significantly in their snowmaking capabilities, acquiring 180 new low energy snow guns, and replacing five miles of pre-Olympic pipe. These improvements will ensure system reliability and will allow Whiteface to make more snow in a shorter amount of time. Other on-mountain improvements include a new winch groomer, widening of several trails, and new conveyor lifts at Bear Den that feature bubble covers.

Off the mountain, significant investments were also made at the Bear Den Lodge. The expansion has been completed, including a new 6,400 square foot cafeteria called Growlers Grill, complete with amazing views of the mountain. The expanded lodge and revamped learning area will make Bear Den Mountain the perfect place to learn to ski and ride. Combined with the improvements to the main base lodge last year, Whiteface will offer a more comfortable experience to guests when they are away from the slopes.

Gore Mountain, New York's largest resort has a similarly long list of improvements. They have completed the most significant snowmaking upgrade since the Hudson River was tapped. Pumping capacity was increased by 2,000 gallons per minute, and over 300 new snow guns were added to the fleet, many of which feature automation technology. This 42% increase in capacity will allow for more terrain to open sooner, and for better snow conditions on open terrain. Improvements were also made at the end of the Ruby Run trail to smooth out the entrance into The Saddle, and two new snow cats were added to the fleet.

The Gore base lodge received significant upgrades as well. A new two-level addition was added to the building to double the size of the Tannery Pub. The lower level of this addition will serve as a new headquarters for the Mountain Adventure seasonal program and more seasonal lockers. Improvements have also been made to the parking and drop off areas. With all these upgrades, Gore will offer an improved experience both on and off mountain.

While Gore and Whiteface are certainly the most well-known ski areas in the Adirondacks, they are most certainly not the only ones. Located in Queensbury and visible from the Northway, **West Mountain** also has a list of upgrades to be completed for the season. The Face chairlift was replaced with a new quad chair, allowing for a higher capacity, and easier loading and unloading. A loading conveyor was added to the West Express lift to allow the lift to operate at a higher speed. West is no exception to the many ski areas investing in snowmaking with the addition of 140 new snow guns and increased pumping capacity.



GREENWICH SKIERS
AT WILLARD, 2015.

Moving further south, "New York's Coolest Little Ski Area," **Willard Mountain** offers an affordable, family friendly ski experience a 30-minute drive from the Capital-Saratoga Region. Willard offers terrain for all abilities from first-time beginners, to those seeking a big mountain feel on their advanced terrain. They will be starting the season with once again, more snowmaking improvements, and a new terrain park with five new jib features planned to be located near the upper meadow picnic area. The ski area is planning to open in early December weather permitting.

Moving southwest, **Maple Ski Ridge** is located 20 miles from Albany and six miles from Schenectady. The area has a vertical drop of 270 feet, six trails and two chairlifts. They are known as one of the top locations to learn to ski or snowboard in the Capital Region and their even an official Burton Learn to Ride center. New for this year, the snow sports school is a registered member of Professional Ski Instructors Association and American Academy of Snowboard Instructors.

Back in the Adirondacks, **McCauley Mountain** offers 633 vertical feet of skiing on 21 trails overlooking the village of Old Forge. With an average annual snowfall of 281 inches, McCauley has one of the highest annual snowfalls in New York.

Oak Mountain is located in Speculator in the southern Adirondacks and has terrain to suit everyone's needs at an affordable rate. Skiing is on 650 vertical feet with 22 trails. The resort also has 21 features in the terrain park, an outstanding ski and snowboard school, snow tubing, and miles of snowshoe trails.

Malone's **Titus Mountain** received a Best in Snow award from Liftopia for number one family friendly ski area in North America. The resort features 50 trails and 10 lifts across three mountains. New for this year, Titus passholders receive \$15 off lift tickets at Whiteface, Gore and Belleayre.

Now's the time to get your equipment and clothing ready so visit your local ski shop for their expertise, gear selection and tech services: Alpine Sport Shop, High Adventure, Inside Edge, Play It Again Sports and Sports Page.



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LOOKOUT BELOW
AT WHITEFACE.
COLLIN PARSONS

GET FIT – Before the snow hits the slopes, prepare physically for ski season. If being fit is a part of your daily routine, then getting ready might seem redundant, but here are five areas to focus on during your workouts to prepare.

■ **Quads** – They come into play when you hold a sitting chair posture so simply holding this pose is a great way to begin. You can also do lunges and jump squats without weight. If you want to add weight there are lots of exercises at the gym you can do such as squats and leg extensions.

■ **Calves** – It's important to have flexible ankles and strong calves that are not prone to cramping. Find a staircase and stand on the edge of a stair holding a railing. Then raise your body up and down to get a stretch on those calves. Do this once a day and you'll be great.

■ **Hamstrings** – The best thing you can do to isolate your hamstring is stretching. Spread your legs and bend down, walking your hands from one leg to another. You can do burpees (squat thrusts) which are a great overall body workout. Also, try barbell dead lifts, but just be careful of your back.

■ **Abs** – Having strong abs will make you a stronger athlete in whatever sport you do. One of the best ways is to do planks. Just hold a push-up position for as long as you can. You can move from one hand to another, twisting your body and reaching toward the ceiling to work your side abs, or transition into similar side planks.

■ **Running** – Skiing can be hard work but it often comes in spurts so you're going to need lung strength especially at higher elevations. Regular running is one of the best ways to increase the heart rate and perform your best on the mountain.

With so many great options for skiing in and around the area, there's no excuse to spend all winter cooped up indoors. Get outside and enjoy all that the winter has to offer! 🌲

Collin Parsons is a Civil Engineering student at Clarkson University and an avid skier, getting out over 60 times last season. His home mountain is Whiteface, but he has been to mountains all over the Northeast. View photos and write-ups from his trips on his Facebook page, "Collin's Northeast Skiing."



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Adaptive Winter Sports Instructors Needed at Double H Ranch

LAKE LUZERNE - The 21st season of the Adaptive Winter Sports Program at the Double H Ranch will kick-off with instructor training beginning on Saturday, Nov. 17. Each year, the AWSP is made possible by nearly 200 volunteer ski and snowboard instructors who provide a 1:1 support ratio for winter students.

Double H is currently accepting applications for new instructors. Previous teaching experience is not required, but the skier or snowboarder must be skilled at an intermediate or above level. "If you like to smile and have fun and are ready to make a difference in the life of a child living with a serious illness, we can teach you the rest!" says Jimmer Hayes, AWSP Director.

The Adaptive Winter Sports Program began in 1998 and offers children ages 6-16 living with life-threatening and chronic illnesses the opportunity to participate in winter recreation activities in the Adirondacks. Activities include alpine skiing and boarding instruction. Children with the following medical diagnoses fill the slopes with joy and laughter each winter: cancer, sickle cell anemia, hemophilia/bleeding disorders, HIV/immune disorders, collagen vascular disease, inflammatory bowel disease, neuromuscular disorders, mitochondrial disorders, visual impairments, and children on the autism spectrum.

Each winter, the AWSP serves approximately 200 qualifying students, providing nearly 600 lessons over the course of the season and an additional 650 lessons to parents and siblings through the Family Weekend Programs. This program is made possible through the efforts of more than 200 volunteer instructors, National Ski Patrol members, and other winter volunteers. A full equipment room, double chairlift, Mary's Way conveyor lift, and two trails allow students to enjoy the thrill of winter sports. Family Sleepover Weekends are offered during this program, allowing the entire family to experience this winter retreat together. All necessary equipment and instruction is provided free of charge to students and families.

The Double H Ranch, founded by Charles R. Wood and Paul Newman, provides specialized programs and year-round support for children and their families dealing with life-threatening illnesses. All programs are free of charge and capture the magic of the Adirondacks. For more info or to volunteer, visit doublehbranch.org.

Cycle Adirondacks Features New Routes

SARANAC LAKE - Cycle Adirondacks' flagship event is the Ultimate Cycling Vacation. Registration includes meals, hot showers, parking, yoga class, bike mechanic and more. The tour delivers a weeklong cycling adventure designed to connect riders with the stunning, diverse Adirondack landscape and the incredible communities that make it special. The ride directly supports the education and conservation efforts of Adirondack Mountain Club and community generated projects in each of the overnight communities thanks to the CycleADK Gives program. The 2019 Ultimate Cycling Vacation will feature Ticonderoga, Wilmington and Westport as overnight communities with new routes and amazing views of the Adirondacks from both sides of Lake Champlain. The out-and-back days in Ticonderoga and Westport will feature routes into Vermont via the Crown Point Bridge and Essex and Ticonderoga ferries. Out-and-back rides from Wilmington and an optional Whiteface Highway hill climb are included. Off the bike, participants can explore Fort Ticonderoga, fish the Ausable River, and enjoy an afternoon hike of one of the Champlain Area Trails. Additional tours offered by Cycle Adirondacks in 2019 include the Weekender on June 28-30 hosted at Paul Smith's College; Ride for the River on July 21 along the Ausable River; and Harvester on October 13 in the St. Lawrence Valley. Learn more at cycleadirondacks.com.

Introducing Ticonderoga Triathlon Festival

TICONDEROGA - Coach Mark Wilson is launching the Ticonderoga Triathlon Festival, formerly the Hague Endurance Festival, on Saturday-Sunday, June 22-23. Only five miles north from Hague to Black Point Beach in Ticonderoga, the course is athlete friendly, safe and beautiful. Triathlons include a sprint, Olympic and aquabike for both distances. Saturday kicks off the festival with live music, food and fun with the races followed by a kids' triathlon. Individuals or relay teams will love the new course layout with a start in Lake George, and then scenic routes for both the bike and run, hugging the lake shorelines. Sunday is a sprint duathlon. Overachievers can check out new race categories: Double Tri, Combo Olympic Tri/Duathlon and Triple Tri. Relay teams of 2-3 people are welcome to join the sprint and Olympic races and teams of two for the duathlon. Wilson Endurance Sports focuses on grassroots racing and produces 26 events across NYS. For details, visit coachmarkwilson.com.

DEC and ORDA Open Mt. Van Hoevenberg East Trail

LAKE PLACID - The new Mt. Van Hoevenberg East Trail, the newest trail in the Adirondacks, is now open for public use. The 1.7-mile trail climbs 920 feet to the 2,940-foot summit. The trailhead is located in the Olympic Sports Complex, while the summit is located in the High Peaks Wilderness. Hikers will have a safe place to park while they enjoy a trail that can withstand considerable use and provides a beautiful view of the High Peaks. It was designed and built to withstand heavier use with little impact, while providing an enjoyable experience for hikers. The design employs bench cuts to allow water to cross and not run down the trail length. Heavy turnpike construction and tread hardening also are used to combat erosion. The route also avoids extremely steep sections, making it less strenuous.

Mirror Lake Weather Station Funds Raised

LAKE PLACID - A significant portion of downtown Lake Placid sits within the Mirror Lake watershed, and Main Street runs along the lake's western shore. This proximity poses significant challenges to maintaining the lake's water quality. The primary challenge facing Mirror Lake are high levels of chloride and sodium and low oxygen in the deep waters. Mirror Lake has higher levels of chloride and sodium than 97% of lakes surveyed as part of the Adirondack Lake Assessment Program. These pollutants enter the lake via the application of road salt to roads, parking lots and sidewalks. Increasing concentrations of these pollutants threaten the ability of the lake to support healthy fish populations and other aquatic life. The reduced oxygen in the lake bottom may be a natural phenomenon that is being exacerbated by development, road salt runoff and climate change.

The Ausable River Association raised \$2,630 in October to add a weather station along the shores of Mirror Lake to help better understand and monitor the lake. The weather station will provide critically important data to the mathematical models that inform how road salt is impeding the natural turnover of the lake. The weather station will also have the added benefit of providing real-time accurate weather data to the public, including the surface water temperature of the lake. The data will be paired with an already running livestream of the lake (sponsored by the Golden Arrow Lakeside Resort) to provide researchers and the public with a real-time look at the lake and surrounding environment. Finally, they'll allow an understanding of how global climate change is affecting Mirror Lake and its watershed, including changes in precipitation, wind, and water temperature and lake ice. For more info, go to adirondackgives.org.



Adirondack Powder Skier Develops Touring Trail Standards

KEENE VALLEY - The Adirondack Powder Skier Association is a not-for-profit corporation formed to study, protect, promote, and enhance low-impact human powered snow sports on public lands in the Adirondacks. The APSA has been meeting with the APA and DEC as well as governmental and environmental leaders to develop standards for ski touring trails within naturally occurring openings under a mature canopy on pitches that would require a minimal amount of maintenance to create safe and reasonable access.

The APSA believes that by utilizing carefully planned criteria for site selection and route designs, which integrate the natural terrain features and contours while avoiding areas of specific environmental concern, resource protection can be achieved in both Wilderness and Wild Forest areas of the preserve. Low impact ski touring trails selectively located throughout the Adirondacks would help to sustain local communities through ecotourism opportunities while providing a healthy wilderness activity for all to enjoy. Support the effort by joining APSA at adkpowderskier.com or on Facebook.



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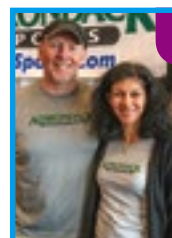
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FROM THE PUBLISHERS

Inspired and Thankful

As a sports and fitness magazine, we pay particularly close attention to athletes, near and far, and their accomplishments. So many of these adventures are filled with life's challenges, and we are amazed and inspired by these everyday heroes.

As we step outside daily, we're thankful for all that we have. Let's do our best to make a positive difference in this world. Even though there is so much bad news lately, we must stay optimistic - there are lots of good people making things happen! Happy Thanksgiving!

Darryl and Mona

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Calendar of Events

November 2018 - January 2019*

NOVEMBER 2018							DECEMBER 2018							JANUARY 2019										
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11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19				
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26				
25	26	27	28	29	30	23 ³⁰	24 ³¹	25	26	27	28	29	27	28	29	30	31							

*Events beyond this range are advertisers in this issue.

ALPINE SKIING & SNOWBOARDING

NOVEMBER

9-10 Warren Miller's "Face of Winter" Ski Movie. 7pm. Palace Theater, Albany. Schenectady Winter Club. swcweb.org.

9-11 Used Equipment Sale. Willard, Greenwich. 518-692-7337. willardmountain.com.

9-11 Ski Swap. West, Queensbury. 518-636-3699. westmtn.net.

15-25 Annual Sale. Alpine Sport Shop, Saratoga Springs. 518-584-6290. alpinesportshop.com.

23-25 Killington Cup. FIS Race. Killington Resort, Killington, VT. killington.com.

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, North Creek. 518-251-2411. goremountain.com.

14-16 Alpine Touring & Telemark Demo Weekend. Fri, 4-7pm: HPC Open House. Sat, 9am-3pm: Free demo gear rentals at HPC. Sat, 4-6pm: HPC Open House. Sun, 9am-4pm: Free demos & ski clinics at Whiteface. High Peaks Cyclery, Lake Placid. 518-523-3764. highpeakscyclery.com.

15 Warren Miller's "Face of Winter" Ski Movie. 7pm. Center for the Arts, Lake Placid. lakeplacidarts.org.

26-28 Christmas Holiday Camp. Ages: 4-12. Gore, North Creek. 518-251-2411. goremountain.com.

JANUARY

5 NE Rando/SkiMo Series Race: The Magic. 9:30am. Magic, Londonderry, VT. nerandorace.blogspot.com.

7-13 Take Your Kids to Gore Week. Gore, North Creek. 518-251-2411. goremountain.com.

15 Fire on the Mountain. 7pm-12am. West, Queensbury. westmtn.net.

19 NE Rando/SkiMo Series Race: The Beast. 9:30am. Berkshire East, Charlemont, MA. nerandorace.blogspot.com.

19-20 MLK Kids Ski Camp. Gore, North Creek. 518-251-2411. goremountain.com.

26-27 Alpine Skiing & Boarding Clinics. 8:30am. Gore, North Creek. 518-251-2411. goremountain.com.

FEBRUARY

8 "Chicks on Sticks" Benefit Ski Bus Trip. 7:15am. Bromley, Peru, VT. Alpine Sport Shop, Saratoga Springs. 518-584-6290. alpinesportshop.com.

BICYCLING: ROAD & OFF-ROAD ONGOING

Tu/Th Spinning Class. 6pm. Tomhannock Bicycles, Pittstown. 518-663-0083. tomhannockbicycles.com.

Sa/Su Spinning Class. Sat: 8am. Sun: 9am. Tomhannock Bicycles, Pittstown. 518-663-0083. tomhannockbicycles.com.

NOVEMBER

10-11 Northampton International Cyclocross. Look Park, Northampton, MA. nohocx.com.

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

15 R-Cubed Composite Team: 2019 NICA NY Mtn Biking Season Meeting. 6pm. New/returning riders/parents welcome. Bountiful Bread, Albany. Rich Tortorici: rcubednica@gmail.com. rcubednica.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 12th Cranksgiving Race/Ride. 7pm. To benefit South End Café. Washington Park, Albany. Details: facebook.com or deerintheheadlights@rocketmail.com.

17 Something Wicked: Six Hours of Cathedral Pines Endurance Race. 9am. Cathedral Pines Co Park, Middle Island. bikereg.com.

DECEMBER

1-2 UCI NBX Grand Prix of Cyclocross. Goddard SP, Warwick, RI. nbxbikes.com.

9 Last Century Bike Ride. 100M & 50M. 8am. Schuylerville. 518-583-3708. adkultracycling.com.

15 Grey Ghost 6th Anniversary Party & Janey's Ride Fundraiser. 5-10pm. Grey Ghost Bicycles, Glens Falls. greyghostbicycles.com.

JANUARY

12 1st Gurney Lane Fat Bike & Snowshoe Races. 10am: 5K snowshoe race. 1pm: 5M & 10M fat tire races. Demos available. Gurney Lane Recreation Area, Queensbury. Bob Underwood: 518-796-5908. recreation.queensbury.net.

13 First Century Bike Ride. 100M. 8am. Schuylerville. 518-583-3708. adkultracycling.com.

13 73rd Stowe Derby: Downhill XC Ski Race. New: Fatbike Race. Stowe, VT. teammmsc.org.

FEBRUARY

2 BonkWerx Fat Bike Race. 9am. Benefit for Clear Path for Veterans. Chittenango. bikereg.com.

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CROSS COUNTRY SKIING & NORDIC SPORTS
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. hurtnordicskiing.com.

DECEMBER

- 1-2 **Ski Season Open House & Brewfest (12/1).** Ski sale, season pass deals. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
 7-9 **Gore Nordic Skiing Fest.** Fri, 5-8pm: Snowcross Ski Party. Sat, 9am: NYSSRA Classic 10K Race. Sun, 9am: 1.5K Sprint Race. All welcome. Gore Ski Bowl, North Creek. skireg.com.
 8 **Learn To Cross Country Ski Day.** Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.
 8-9 **Lapland Lake Open House.** 9am-4:30pm. Sales, cookies, hot chocolate, hiking, season pass deals. Lapland Lake, Northville. laplandlake.com.
 12 **Lapland Ladies Love to Ski Clinic.** 9:30am-2:30pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
 15 **Orienteering Event.** 10am-12pm. Lapland Lake, Northville. empo.us.orienteering.org.
 15-16 **Craftsbury Sprint Double-Header Ski Race.** 1.5K. Craftsbury, Craftsbury Common, VT. craftsbury.com.
 16 **Glenville Hills Nordic Fun-Do!** Maple Ski Ridge, Schenectady. 518-381-4700. mapleskiridge.com.
 22 **Osceola Christmas Pie XC Ski Race.** 5K classic. 11am. Osceola Tug Hill, Camden. 315-939-2341. nyssranordic.org.
 22 **Full Moon Ski Party.** 8pm. Ski, bonfire, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.
 29 **Horse Drawn Sleigh Rides.** Lapland Lake, Northville. 518-863-4974. laplandlake.com.
 30 **Old Forge Sprint XC Ski Race.** McCauley, Old Forge. nyssranordic.org.

JANUARY

- 3-8 **2019 US Cross Country Ski Championships.** Craftsbury, Craftsbury Common, VT. craftsburnationals.com.
 5 **Shenendehowa Classic XC Ski Race.** 10K & 5K: 10am. All welcome. Saratoga Biathlon Club, Hadley. Eric Hamilton: 518-371-7548. skireg.com.
 6 **ADK Vauhti XC Skiathon Race.** 10am. 5K classic, then 5K skate. Saratoga Biathlon Club, Hadley. nyssranordic.com.
 12 **HURT Mega-Relay Ski Race.** 6hrs: 10am. Teams of 3-8 skiers. Garnet Hill Lodge, North River. 518-893-7605. hurtnordicskiing.com.
 13 **73rd Stowe Derby: Downhill XC Ski Race.** New: Fatbike Race. Stowe, VT. teammmssc.org.
 19 **Full Moon Ski Party.** 8pm. Ski, bonfire, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.
 19 **Horse Drawn Sleigh Rides.** Lapland Lake, Northville. 518-863-4974. laplandlake.com.

- 19 **Moonlight Guided Evening Snowshoe Tour.** 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
 19-20 **Gore JNQ Ski Races.** Sat: Classic. Sun: Skate (new). Gore Ski Bowl, North Creek. hurtnordic.org.

FEBRUARY

- 1-3 **38th Craftsbury Marathon Ski Festival.** Sat: Classic. Sun: Freestyle. Craftsbury Outdoor Center, Craftsbury Common, VT. craftsbury-marathon.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.

DECEMBER

- 8 **Back in Balance: Holiday Open House.** 11am-4pm. Back in Balance Therapeutic Massage, Halfmoon. 518-371-6332. bibtherapeuticmassage.com.
 9 **Girlnetic Grrlsplay Afrobeat Fit/Dance.** The Hot Yoga Spot, Albany. girlnetic.com.

JANUARY

- 19 **USA Powerlifting Northeast Ironbeast Winter Classic.** 7am. ABC Sports & Fitness, Latham. lift-ny.com.

HIKING, CLIMBING & SNOWSHOEING

NOVEMBER

- 10 **Orienteering Event.** 11am-1pm. Dwaas Kill & Kinns Road Park, Clifton Park. empo.us.orienteering.org.
 23 **Full Moon Hike.** 6pm. Moreau Lake SP, Gansevoort. 518-793-0511. parks.ny.gov.


DECEMBER

- 1-2 **Wilderness First Aid.** 8am. Wiezel Trails Cabin, Lake Placid. 518-523-3480. ADK: adk.org.
 8-12 **Five-Day Wilderness First Aid Responder.** 518-523-3480. ADK: adk.org.
 15 **Winter 46 Workshop.** 9am. ADK Education Yurt Village, Lake Placid. 518-523-3480. ADK: adk.org.
 15-16 **Wilderness First Aid.** 8am. Wiezel Trails Cabin, Lake Placid. 518-523-3480. ADK: adk.org.

JANUARY

- 5 **Map & Compass Fundamentals.** 9am. ADK Education Yurt Village, Lake Placid. 518-523-3480. ADK: adk.org.
 12-13 **Winter Survival 101.** 9am. Backcountry preparedness, snowshoeing basics, avalanche awareness, more. Heart Lake Program Center, Lake Placid. 518-523-3480. ADK: adk.org.
 26 **Winter 46 Workshop.** 9am. ADK Education Yurt Village, Lake Placid. 518-523-3480. ADK: adk.org.

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4-Mile Road Race at 9:35am
 1M Children's Fun Run 9:10am
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ICE SKATING & SPEEDSKATING ONGOING

Tu/Th Learn-To-Skate: Speedskating Training Sessions. Nov. 6, 8, 13, 15 & 27. 6-7pm. Ice Rink, Saratoga Springs. 518-951-0702. saratogawinterclub.com.

DECEMBER

4 Free Try-It Speedskating Sessions. Ice Rink, Saratoga Springs. 518-951-0702. saratogawinterclub.com.

15-16 North American Challenge Speedskating Marathon. Olympic Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

18 Free Try-It Speedskating Sessions. Ice Rink, Saratoga Springs. 518-951-0702. saratogawinterclub.com.

JANUARY

5-6 Irving Jaffee Championships. Olympic Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

15 Free Try-It Speedskating Sessions. Ice Rink, Saratoga Springs. 518-951-0702. saratogawinterclub.com.

MULTISPORT: TRIATHLON & SWIMMING DECEMBER

9 Greenbush YMCA Indoor Triathlon. 7-11am. 10min swim, 30min bike, 20min run. Greenbush YMCA, East Greenbush. 518-477-2570. cdyymca.org.

OTHER EVENTS NOVEMBER

23-25 Adirondack Christmas on Main Street. Candy cane hunt, tree lighting, Santa's Village, pet parade. Inlet. 315-357-5501. adkchristmasonmain.com.

DECEMBER

7-9 Snodeo. Snowmobile show, Santa & Mrs. Claus, activities, raffles. Old Forge. 315-369-6983. snodeo.com.

14-16 Viessmann World Cup Luge. Olympic Sliding Complex, Lake Placid. whiteface.com.

29 Feeling Long Lakey Polar Plunge. 1pm. Town Beach, Long Lake. 518-624-3077. mylonglake.com.

JANUARY

6-11 8th International Children's Winter Games. Invitational competition for ages 12-15. Lake Placid. lakeplacid2019.com.

19 Winter Carnival. Cardboard box derby race, snowball golf, ladies frying pan toss. Mt. Sabattis Geiger Arena, Long Lake. mylonglake.com.

26 Winter Wonderland Family Open House. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdyymca.org.

FEBRUARY

1-4 39th Empire State Winter Games. 30 winter sports & 2,000 athletes. Lake Placid. empirestatewintergames.com.

PADDLING: KAYAK, CANOE, SUP & ROW NOVEMBER

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

RUNNING, WALKING & SNOWSHOE RACING NOVEMBER

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 1st New Paltz Challenge River-to-Ridge 5K. 9am. River to Ridge Trail, New Paltz. newpaltzchallenge.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. Shenendehowa HS Track, Clifton Park. shenrunners.com.

14 FFRC Glow Run w/Nathan Reflective Wear. 3.5M: 6pm. Free demos. Fleet Feet, Albany. 518-459-3338. fleetfeetalbany.com.

16 Sisters Night. 5:30-7pm. Snacks, giveaways, sales benefit Wellspring of Saratoga. iRun Local, Saratoga Springs. irunlocal.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 Frostbite 5K Run/Walk. 10am. Mayfield HS, Mayfield. mayfieldcsd.org.

17 Castle to the River Run. 50K/13.1M/5K/1M. Garrison. salomonnytrailseries.com.

17 Hobbie Gobble Prediction Run/Walk. 11:15am. West Potsdam Bingo Hall, Potsdam. northernrunner.org.

17 NYC 60K Ultra Run. 8am. Central Park, New York. nyrr.org.

18 Turkey Raffle Hour Run. 10am. Tawasentha Park, Guilderland. hmrrc.com.

18 After the Leaves Have Fallen Half Marathon. 11am. Mohonk Preserve, Marletown. shawangunkrunners.com.

18 Fred Lebow Cross Country Championships. 5K. 11am. Van Cortlandt Park, Bronx. nyrr.org.


21 FFRC Cider Run/Walk w/Saucony & Cider Belly Donuts. 6pm. Nine Pin Cider Works, Albany. 518-459-3338. fleetfeetalbany.com.

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 Race. 9am. 2M Wellness Walk: 8am. Duck Pond 1M Fun Run: 10am. Central Park, Schenectady. cardiacclassic.org.

Thursday, November 22 Thanksgiving Day
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17TH ANNUAL TURKEY TROT

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5K Fun Run/Walk
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OurTowneBethlehem.com

- 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.** 9am. Wed, 7pm: Fireworks. Bethlehem MS, Delmar. 518-598-3434. ourtownebethlehem.com.
- 22 **23rd BKVR Running of the Turkeys.** 5K Run/Walk: 9am. Kids' 1K Fun Run: 8:40am. 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 Run & 1.5K Walk. 9am. Shuttleworth Park, Amsterdam. runsignup.com.
- 22 Adirondack Health Turkey Trot 5K Run/Walk. 8:30am. Olympic Speedskating Oval, Lake Placid. 518-897-2271. adirondackhealth.org.
- 22 8th Blue Mountain Turkey Trot 5K Fun Run. 9am. Grant Morse School, Saugerties. 845-246-0008. onteorarrunners.org.
- 22 6th Kingston Turkey Trot 5K. 9am. Dietz Stadium, Kingston. turkeytrotkingston.com.
- 22 New Paltz Turkey Trot 5K. 8:11am. Water Street Market, New Paltz. newpaltzturkeytrot.com.
- 22 Thanksgiving Day "Run for the Hall" 3.5M/6M Runs. 8:30am. Sports Hall of Fame, Rome. romanrunners.com.
- 22 Watertown Family YMCA Turkey Day 5K Run. 9am. Plus, 2.2M Walk. Watertown. watertownymca.org.
- 22 Heuvelton Gobbler Gallop 5K. 9:15am. Heuvelton Volunteer FD, Heuvelton. facebook.com.
- 22 St Edward School Thanksgiving 5K Run/Walk. 9am. St. Stephen-St. Edward School, Warwick. runsignup.com.
- 22 42nd Turkey Trot 5K. 10am. Kids' Run Fun: 9:45am. UVM Gutterson Field House, Burlington, VT. gmaa.net.
- 24 Run Off That Turkey Trot 5K & 2M Walk. 9am. Voorheesville HS, Voorheesville. 518-861-6350. zippyreg.com.
- 24 Rogers Rangers Ramble Run. 3.3M. 10:30am. Bicentennial Park, Ticonderoga. lachute.us.
- 24 Jingle Jog 5K & Shopper's Stroll. 8am. Clinton. runsignup.com
- 24 8th Phoenicia Turkey Trot. 2.4M Run: 10am. Parish Hall, Phoenicia. runreg.com.

DECEMBER

- 1 Jingle Bell 5K Run. 11am. Reindeer Dash: 10:45am. 1M Walk: 11:10am. Halfmoon Town Park, Halfmoon. arthritis.org.
- 1 Pete Sanfilippo Holiday 5M Run. 10:15am. Plus, Kids' 1M Race. Knights of Columbus, Wappingers Falls. mhrrc.org.
- 2 **4M Reindeer Run & Jr Reindeer Run.** 4M Road Race: 9:35am. 1M Kids' Fun Run: 9:10am. SUNY Adirondack, Queensbury. active.com.
- 2 35th Reindeer Ramble 5K Race/Walk. 1pm. YMCA Kingston & Ulster, Kingston. ymcaulster.org.
- 2 Utica Ugly Sweater 5K Run/Walk. 11am. Utica. 315-663-5539. runsignup.com.
- 8 Albany Last Run 5K. 5pm. Empire State Plaza, Albany. albanyevents.org.
- 8 ARE Adventure Race. 4-8M. 10:15am. Dippikill Wilderness Retreat, Warrensburg. zippyreg.com.

- 8 Adirondack Health Jingle Bell Run. 8:30am. Mirror Lake Beach, Lake Placid. active.com.
- 8 Santa Sprint 5K Run. 9:30am. Plus, Jingle Jam Kids' Run. Hudson Valley Fit Body, New Windsor. 845-787-2348. facebook.com.
- 8 Tinsel Trot 5K Run & Walk. 10am. Rock Hill. runsignup.com.
- 9 **HMRRRC Doug Bowden Winter Series #1: 3M & 15K.** 10am. University at Albany, Albany. hmrrc.com.
- 12 **Cider Run/Walk w/Nine Pin.** 6pm. Nine Pin Cider Works, Albany. 518-459-3338. fleetfeetalbany.com.
- 15 **Gore Mountain 5K Snowshoe Race.** 2pm. Gore Ski Bowl, North Creek. goremountain.com.
- 15 Holiday Classic 5K. 10am. Voorheesville HS, Voorheesville. 518-861-6350. zippyreg.com.
- 15 13th Santa Speedo Sprint. 10am. Lark Street, Albany. albanycommunity.org.
- 31 **21st Saratoga Arts First Night 5K.** 5:30pm. Skidmore College, Saratoga Springs. saratoga-arts.org.
- 31 Midnight Run. 4M. 11:59pm. Central Park, New York. nyrr.org.

JANUARY

- 1 **HMRRRC Winter Series #2: 43rd Hangover Half-Marathon & Bill Hogan 3.5M Run/Walk.** 12pm. University at Albany, Albany. hmrrc.com.
- 1 Resolution 5K Run & 2.5M Walk. 11am. Kids' Run: 11:30am. Bicentennial Park, Ticonderoga. lachute.us.
- 6 **Komen Snowshoe for the Cure.** 3K Race, 3K & 5K Walks & Kids' Dash. 9am. Stratton, Stratton Mountain, VT. komennewengland.org/snowshoe.
- 12 **33rd Winter Wimp 4.4M & 2.2M Road Race.** 1pm. Hagaman Fire House, Hagaman. Rick Vertucci: 518-857-9025. zippyreg.com.
- 12 **1st Gurney Lane Snowshoe & Fat Bike Races.** 10am: 5K snowshoe race. 1pm: 5M & 10M fat tire races. Demos available. Gurney Lane Recreation Area, Queensbury. Bob Underwood: 518-796-5908. recreation.queensbury.net.
- 13 **Winter Magic 5K Snowshoe Race.** Magic, Londonderry, VT. dionwmacsnow.com.
- 13 **HMRRRC Winter Series #3: 3M, 10K, 25K.** 10am. University at Albany, Albany. hmrrc.com.
- 19 **Hoot Toot & Whistle 5K Snowshoe Race.** 10:30am. Readsboro, VT. dionwmacsnowshoe.com.
- 20 **Cock-A-Doodle-Shoe 5K & 10K Snowshoe Races.** 10:30am. Kids' 0.5M Snowshoe Scramble: 10am. New Land Trust, Saranac. 518-376-1809. cockadoodleshoe.com.
- 27 **HMRRRC Winter Series #4: 3M, 15K, 30K.** 10am. University at Albany, Albany. hmrrc.com.

FEBRUARY

- 2 Polar Cap 4M Run. 10am. Sacred Heart Parish, Lake George. adirondackrunners.org.

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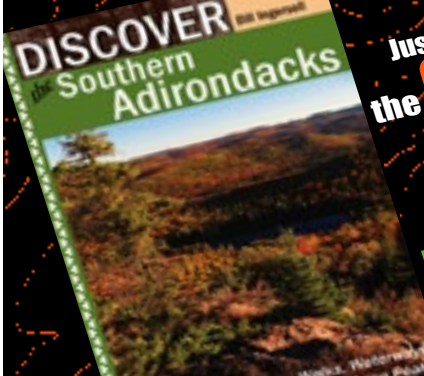


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HIKING & CAMPING

West Stony Creek



THE NEWLY BUILT LEAN-TO MAKES A NICE DESTINATION FOR A WEEKEND HIKE. PHOTOS BY BILL INGERSOLL

Well-Suited for Late Fall/Early Winter

By Bill Ingersoll

For many years, West Stony Creek was an unknown landmark. It flowed for several miles through a secluded valley near Benson, in the southernmost corner of Hamilton County, without drawing too much attention to itself. It was peaceful, unvisited and perfectly wild.

In 2015 the Adirondack Mountain Club realized its long-term goal of rerouting portions of the 130-mile-long Northville Placid Trail. One priority was replacing an unpopular walk along Benson Road with a new trail to the south, in the Shaker Mountain Wild Forest. Inevitably, that trail led straight to West Stony, which has now become one of the through-trail's scenic highlights – and at some times of the year, one of its more notorious obstacles.

There is no bridge across West Stony. The creek is simply too wide, and its banks too low, for trail stewards to build anything but some mammoth suspension bridge. Currently, the only way to cross it is to take your boots off and ford – which at this time of year is apt to be a cold and uncomfortable proposition.

But you don't need to ford West Stony to enjoy it as a hiking and camping destination. In 2018 the state built a lean-to on its north bank, making this an enticing destination for a weekend hike, and not just a route for through-hikers. Since it sits in the woods sheltered by hills on both sides of the creek, it seems particularly well-suited for a late fall or winter campout if you're inclined to try such an adventure. But the hike to the West Stony Creek lean-to from Benson is so nice that you'll enjoy this as a day trip, too.

Fording the creek in cold weather is in no way recommended, and in my observation the waterway doesn't freeze well enough in the winter to walk across. Therefore the best approach is from the north, at a popular trailhead on Benson Road. From here it is a 3.9-mile hike to the lean-to. There are hills in both directions, but the most notable is the 540-foot descent from the last height-of-land into the valley.

Getting There

Follow NY Route 30 north from Northville for 3.3 miles to the start of Benson Road, a county highway that leads west through its namesake town. Follow it for 4.6 miles to the popular Northville-Placid Trail parking area, located on the left side of the road.



The Trail

The trail to West Stony Creek begins at the east end of the parking area, dipping immediately through a hemlock-shaded glen. But then it climbs to the southeast, zig-zagging about 200 vertical feet up the side of a hill, and then contouring along it. There are hardwoods at first, and then glorious stands of hemlocks. In character, this area is essentially a southward extension of the Silver Lake Wilderness to the north, with forests just as grand and open. But if the forest pest known as the hemlock woolly adelgid ever finds its way to Benson, the effects could be catastrophic.

There really are no landmarks to watch for along this hike. Just enjoy the subtle changes in forest cover, the small hills, the tiny streams, and the rock outcrops. If you are following along on your map, you may notice that the trail is contouring along the first hill south of Benson Road, keeping to high ground until it descends and begins to traverse the broad plateau north of the creek. The forest is alternately shady hemlocks and open hardwoods. The latter sections feature some nice specimens of ash trees. These are currently healthy, but like the hemlocks they face the potential for extirpation as another invasive pest, the emerald ash borer, creeps its way closer to the Adirondacks.

At 2.4 miles the N-P Trail curves around a small swamp that is apt to be partially flooded this time of year. The trail keeps clear of

the wetness, swinging right around the little woodland pond, then left, and then right to begin an ascent of another hill. Like the first ascent you encountered, the purpose of this one is to get you onto high ground, not to climb to the highest point.

There is a distinct forest change after passing the swamp. The soil seems shallower and rockier, and the hardwoods are less grand. Instead of northern hardwoods like maple and yellow birch, there are now more poplars and red oaks. These will accompany you all the way to West Stony. The combination of the rocks and the forest cover change suggest that a long-ago wildfire swept through this area, perhaps originating at one of Benson's old farms and extending southward until encountering the creek, a natural fire break.

At 2.9 miles the trail passes a rocky knoll that almost offers a view of the valley toward which you are walking. I say "almost" because the knoll is not bare, although in the fall and winter when the leaves are gone, you can sense the distant hills.

The final descent begins slowly at first, almost imperceptibly. The trail heads east, but then at 3.3 miles it makes a sharp turn to the right, south. Now you are like a plane coming in for a landing, making a long approach into the valley. The way is never steep, but the trail is rockier here than at any other point since leaving Benson. It drops over 300 feet in the final 0.6-mile, reaching

the creek at 3.9 miles. On average, it takes 1-1/2 to 2 hours to reach this spot.

West Stony Creek is not very deep. In summer you can step across the exposed cobbles without ever getting your feet wet, but it is remarkably wide; the continuing trail on the south bank is about 150 feet away. The north bank is almost entirely forested with hardwoods, particularly beech, oak and poplar. The south bank is a wall of evergreens, mostly hemlocks. Long, narrow meadows grace each bank, kept clear of tree saplings by the build-up of ice every winter. The best time to view these meadows is late summer, when they are ablaze with wildflowers.

A sign points left, east, to the lean-to. As of October 2018, the path to the shelter was not very well defined, but this will certainly change over time. The lean-to stands about 300 feet off the main trail and 200 feet back from the water. There is no view but it is a fine place to take shelter from the cold weather. It has the potential to be a prime winter campsite, with one caveat: when West Stony freezes, there are no other nearby source of running water. 🌲

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

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 **ATHLETE PROFILE**


Jen Ferriss

AGE: 46**FAMILY:** Husband, Chris (49); Son, Ivan (26); and four cats**RESIDENCE:** Wilton**OCCUPATION:** Librarian at the Saratoga Springs Public Library**PRIMARY SPORTS:** Hiking, Trail Running, Snowshoeing**SECONDARY SPORTS:** Biking, Yoga


"Not all those who wander are lost" – J.R.R. Tolkien.




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CHRIS AND JEN.



AMPERSAND WITH DONNA OLSON, JEN, MAUREEN ROBERTS, JOAN IDE AND KAREN PROVENCHER, 2017.



"RUNNING" IN 1975.

By Maureen E. Roberts

While Jennifer Ferriss is very grounded and intentional, she has extreme wanderlust and wants to see everything and travel the world. She just likes to be in the moment, experience new things, learn from others, and see where her feet take her. Jen adds, "Plus, I'm a librarian and Tolkien is a good read!"

Jen has spent many weekends wandering the remote trails of the Adirondacks these past few years, and on October 6, 2018, she summited Phelps Mountain, her 46th peak, adding her name to an elite group of athletes and becoming an Adirondack 46'er. Her friends hiking with her watched as she received her coveted 46'er patch, after many hugs and high fives! Jen says, "I like being outside," and credits her parents with instilling in her a love of the outdoors and nature as a child in Michigan and western New York. She recalls family nature walks and small hikes in local parks, and summer trips to Maine, where they'd be outside all day, thanks to no television. They also went on family trips to the zoo, sparking a love of animals that still exists today.

Before she began hiking, Jen became an avid trail runner, helped in part by crossing paths at work with Laura Clark, a well-known trail runner and snowshoer. She encouraged Jen to give trail running a try, and after her first 5K trail race at the Wilton Wildlife Preserve & Park in the summer of 2009, she was hooked! She made it to all five races that summer, and then joined the Saratoga Stryders. This led to friendships with some seasoned female hikers, who took her to Goodnow Mountain for her first foray into the Adirondack woods. She climbed to the top of the fire tower, savoring the gorgeous fall foliage below. She credits these ladies with teaching her what to bring in her pack, including duct tape around your Nalgene bottle in case you need it if something breaks, extra socks, and two plastic bags to prevent wet, cold feet. These women then invited Jen to join them on their Wild Women Winter Weekends, and they hiked sections of the Northville-Placid Trail, and did overnights in Merck Forest in southern Vermont. These trips lit a spark in Jen, leading her to think she wanted to do more.

That "more" became her first High Peaks, Dix and Hough, in 2012, a hiking farewell party for two British runners who had been in the Stryder family for a few years. Jen asked if she could do it in trail runners, and was informed she needed to get a pair of boots! The hike was made more difficult due to blowdown from the recent Hurricane Irene, and Jen found it "intimidating." There were no mishaps, the views were incredible, and she learned "what an Adirondack mile is." The feeling of accomplishment stayed with her, and she joined the Adirondack Mountain Club six months later at the Adirondack Sports Expo in Saratoga. She had just gone on a work trip to Seattle all by herself, so she had no problems signing up to hike "solo" with ADK.

She took the plunge in spring 2013, hiking the formidable Santanonis, fearful that she would not be able to keep up with the group, but finding out she was fine – in "the middle of the pack." On this hike she crossed paths with Joe Babcock, a frequent ADK hike leader, and in time their friendship would grow and he would be present on many of her future hikes! She knew after conquering the Santanonis that she wanted to become a 46'er, saying of herself, "I'm an overachiever." Jen then began to sign up for many ADK hikes, often with the Saratoga-Glens Falls Chapter, and found that her love of hiking grew steadily. She stated that if she had a free weekend and wasn't trail running, she'd hike. Luckily, she'd also found a regular group of people that she enjoyed hiking with and learned from. She felt safe with them and trusted their skills, and the pace was good, as they often prescreened hikers before accepting them on the trip.

Her first winter hike was in 2015, when she climbed Colvin and Blake in very harsh conditions. She states the hike was "horrible," and she needed several boosts up in some difficult spots. She found that the hiking served as excellent cross-training for other adventures, such as a 50K ultra trail race in Pennsylvania in fall 2015, and trail marathons such as Nipmuck in western Massachusetts. The long hikes built up her endurance and the elevation changes strengthened her legs. She continued to hike in all seasons, having no specific timetable as to when she'd finish her 46'er. She never thought she'd get hurt hiking, but was a little

nervous on a snowy hike up Gray, Skylight and Marcy, as she thought of a Stryder friend who'd been stranded overnight on Marcy one February.

Her only mishap involved her wedding ring in November 2015. She was hiking with the ADK Albany Chapter and tackling the Seward range, describing the conditions as "frosty mud." Her fingers often swell while hiking, so she put her wedding ring in her pocket. Her pants didn't fit well, and kept falling down, exacerbated by "icy mud balls" on the bottom hem. The group finished in the dark, soaked and exhausted, and it wasn't until the next morning, while sorting through her gear, that she noticed her ring was missing! Emails to the leader and other folks on the trip yielded no results. Over a year later, in 2017, she was getting ready to hike Dial and Nippletop with her usual group, when the leader, Wayne Richter said, "Am I missing anything?" Jen responded, "I'm still missing my wedding band." That statement prompted Mike Fuller to respond that he had found a wedding ring in the parking lot for the Swards, and sure enough it was Jen's! Mike then set up a "wedding ceremony" on a later hike up Street and Nye to return the ring to Jen!

Jen's favorite peak was Haystack due to the beautiful views. Her worst hikes were Colvin and Blake, due to the difficult conditions, and Allen and the Swards. When she did Allen, there was no bridge yet, and she describes herself as a muddy, wet mess after wading across. What's next for this accomplished athlete, who finished the 46 at the age of 46?

She plans on continuing to hike, for exercise and camaraderie, stating, "There's never a bad day in the woods." There is the Adirondack/Catskill Firetower Challenge, finishing the Vermont high peaks, and hiking Mount Washington in New Hampshire. She misses trail running, and looks forward to getting back to that and perhaps competing in the Wakely Dam Ultra, a 55K self-supported run on the Northville-Placid Trail. She'd also like to hike a portion of the

Appalachian Trail in each state, and maybe tackle a 14,000-footer out in Colorado.

In the near future, she'll run the After the Leaves Have Fallen trail half-marathon in the Catskills on November 18, and then gear up for snowshoe running this winter. Jen enjoys being part of the "Green Team" at the Saratoga Springs Public Library. She is passionate about the environment and doing what she can locally to tackle climate change and raise awareness of this issue.

Her husband and son, Chris and Ivan, have absolutely nothing to do with Jen's hiking or running but both enjoy nature and animals. Chris supports Jen by letting her take off for a full day every weekend and Ivan enjoys the outdoors by kayaking, hiking and biking. Ivan and Jen have hiked in Singapore and Cambodia together, and the family enjoys family jaunts in the Finger Lakes, and at local parks and preserves.

Jen enjoys taking pictures of her adventures, and hopes one day to get an ultralight camera to bring to the mountains. She also loves animals and states she has a "bucket list" of animals she'd like to see, such as a bear, moose, bobcat and pine marten. It's clear that Jen's many interests should keep her busy for years to come! 🌲

Maureen Roberts (maureenroberts@hotmail.com) is a physician living in Saratoga Springs who enjoys running, hiking, biking, skiing, and tennis in her spare time.

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Having Fun on Skinny Skis!

By Chris Yarsevich

After the great winter last year, with skiing until April or even May, depending on your willingness to travel, you might be considering taking up cross country (Nordic) skiing for the first-time or reacquainting yourself after years away from the sport. Upstate New York is a great place for all types of cross country skiing, with lots of different activities going on throughout the season. Let's take a look at all the different ways to enjoy winter on skinny skis!

Youth Programs

There are several youth, learn to ski programs throughout the Capital Region. These programs fall under the national Bill Koch Youth Ski League and encourage children in grades Kindergarten to 8th grade to get out, enjoy winter, and learn to cross country ski. Children do not need any experience cross country skiing to join these programs. Skiing will be taught through the use of games, technique drills, and play on skis. Equipment is also available, free of charge, on a first-come, first-served basis, so sign up early!

Local programs can be found in Clifton Park, through the Shenendehowa Nordic Club and Greenfield and Queensbury through Hudson United Racing Team. For more info on Shenendehowa, contact Eric Hamilton (ejh.bkh@juno.com). For Greenfield contact me (cyarsev@gmail.com) and for Queensbury contact Bob Underwood (underwoodu@aol.com). Farther afield, there are also youth programs in Old Forge (Polar Bear), Saranac Lake (Dewey Mountain), and Mt. Van Hoevenberg.

This year, the annual Mid-Atlantic Bill Koch Youth Ski Festival will be hosted locally by HURT Nordic and the Town of Greenfield at Brookhaven Golf Course on March 9-10, 2019. The weekend will feature fun events, covering all things Nordic. There will be fun, low-key races, a scavenger hunt on skis, and dinner Saturday night, followed by a bonfire. Come out and enjoy a weekend of skiing with the whole family, at a nearby, convenient location!

Ok, maybe you're not a kid anymore, and you're not joining the local Bill Koch club. You can still learn to ski by taking a lesson or two at one of the great local touring centers in the area. Lapland Lake in Northville, Garnet Hill Lodge in North River, and Mt. Van Hoevenberg in Lake Placid are great skis centers, that do a fabulous job with trail grooming and offer fully certified ski instructors. Cascade in Lake Placid and Pineridge,



SARATOGA'S HANNAH HERTIK
AT THE 2018 SECTION II
CHAMPIONSHIPS AT GORE.
ERICA MILLER/DAILY GAZETTE



SHEN NORDIC'S BILL KOCHERS
HAD FUN SKIING AND CRASHING
IN THE SNOW, 2018.
CARRIE BUETOW

east of Troy, also offer groomed trails and lessons on appointment. Osceola Tug Hill, northwest of Utica, offers groomed trails, ski rentals, and lake effect snow!

You will be amazed how quickly the ski centers competent instructors will have you gliding down the trail. In a weekend or two you can learn and master the basic skills necessary to have fun sliding on snow, both up and down hills. These ski centers also offer full rental gear in both classic and skate technique (Pineridge rentals are classic only), so all you need is a positive attitude and a willingness to try and learn something new.

Skiing Lifestyle

If you are already an avid cross country skier and enjoy the sport, now is the time to think about season passes and trip planning. Many touring centers offer discounts on season passes if purchased before December. They often will include free, or heavily discounted children passes, with two adult passes purchased. This is a great way to save money and make family skiing truly affordable. For the price of one weekend of family skiing at a downhill resort, you can often purchase season passes at a Nordic center for the entire family, and enjoy months of skiing!

Now is a great time to also bookmark a few weekends and pencil in a classic ski tour in the Adirondacks. For an easy introduction to backcountry touring, consider skiing

into Great Camp Santanoni in Newcomb. If you are an intermediate skier, sections of the Jackrabbit Trail between Saranac Lake and Keene are great skiing. Finally, if you are a strong intermediate skier, a ski into Avalanche Lake in the High Peaks is one of the best ski tours in the Northeast! Now that you're out skiing every weekend and really enjoying yourself, you may be interested in stepping it up a notch or two and trying a local NYSSRA race this winter...

NYSSRA Racing

New York State Ski Racing Association is a grassroots organization that organizes and runs races throughout the state, all winter long. Races vary from five to 50 kilometers, in both skate and classic techniques. Many of the races are fun, low pressure events, that see a wide variety of skill levels participate. Give one a try, they are fun, and can be addicting.

Check out the annual HURT Mega Relay for a great introduction to racing. The Mega Relay is a six-hour relay race at Garnet Hill. Bring a team of three to eight people, ski a lap, or two, or thirty, and enjoy a fun day of skiing!

High School Racing

Did you know that many of our local high schools have cross country skiing as a varsity sport? And some middle/junior high schools now offer modified teams. In fact,

some of the best varsity teams in the state are from the Capital Region and southern Adirondacks. Races are fast and fun to watch, especially at the premier racing venue in all of the Northeast. Gore Mountain has invested heavily into cross country skiing and they now have a fully certified World Cup caliber course at the Gore Ski Bowl in North Creek.

The Gore trails feature full snowmaking capability, lights for night skiing, and a stadium type atmosphere that makes it easy to see the racers throughout the three-kilometer lap. Racing at this venue is a sight to behold and really has to be seen to be believed. Local high schools will typically all race together with 10 to 12 schools present, and hundreds of racers skiing. High school racing takes place weekly, between December and February. Non-racers can also enjoy these awesome trails, with rentals and lesson programs available. The snowmaking capability is an added bonus in times of poor snow conditions, when you still want to get out and ski.

Equipment

Equipment can vary dramatically depending on skate vs. classic technique, touring vs. racing vs. backcountry use. Luckily, our area has some great ski shops to help with all the decisions. The Sports Page and Inside Edge, both in Queensbury are local retailers specializing in cross country ski gear. Lake Placid also has High Peaks Cyclery and Cascade Cross Country Ski Center with great equipment selections. Alpine Sport Shop in Saratoga and Play It Again Sports also offer cross country ski gear. Berkshire Outfitters in Adams, Mass. focuses on Nordic ski gear. Finally, Garnet Hill, Lapland Lake and Osceola ski centers operate lodge-based ski shops.

The shops carry equipment for all types of skiing and can help you decide what you need. In general, beginners will typically start with a light touring ski and expand from there. Bigger, wider, and heavier gear is useful for backcountry skiing (deeper snow and steeper terrain), while lighter, faster gear is used for racing or training. Whatever equipment you decide on, get out there and enjoy the snow! 🌲

Chris Yarsevich (cyarsev@gmail.com) is a founding member of the Hudson United Racing Team. You can find him racing almost every winter weekend with the team and when the snow is gone he enjoys running, cycling and hiking.

RACE RESULTS

7TH ANNUAL 18.12 CHALLENGE, HALF MARATHON & 5K RUN

August 26, 2018 • 1812 Battlefield, Sackets Harbor

18.12 MILES			
MALE OVERALL			
1 Sam Morse	34	Camden	1:36:53
2 Sean Nestor	27	Evans Mills	1:48:22
3 Colin Charpentier	25	Evans Mills	1:51:35
FEMALE OVERALL			
1 Karen Bertasso	34	Albany	1:55:51
2 Bethany Hudson	25	Liverpool	2:10:52
3 Carolyn Gaulke	33	Syracuse	2:15:54
MALE AGE GROUP: 1 - 18			
1 Joshua St. Onge	17	Sackets Harbor	3:00:33
FEMALE AGE GROUP: 1 - 18			
1 Hunter Czajkowski	17	Calcium	3:36:25
MALE AGE GROUP: 19 - 24			
1 Wilson Suzuki	24	Watertown	2:28:49
2 David Tomaich	22	Watertown	3:08:10
3 Tyler Busa	20	Fort Drum	3:08:58
FEMALE AGE GROUP: 19 - 24			
1 Anna Platz	23	Lowville	2:38:38
2 Carrie Shuler	24	Fort Drum	2:49:31
3 Meghan Oram	22	Sackets Harbor	2:52:38
MALE AGE GROUP: 25 - 29			
1 Le Mar Baliwag	26	Sackets Harbor	1:55:37
2 John Evans	29	Calcium	2:01:51
3 Jason Richmond	29	Fort Drum	2:09:48
FEMALE AGE GROUP: 25 - 29			
1 Ashlee Johnson	25	Watertown	2:23:29
2 Anne Russell	28	Philadelphia, PA	2:24:18
3 Amanda Loitsch	29	Gilbertsville	2:35:40
MALE AGE GROUP: 30 - 34			
1 Nate Lull	33	Gilbertsville	2:08:57
2 Jason Rudd	33	Rodman	2:10:06
3 Ryan Dague	34	Syracuse	2:10:20
FEMALE AGE GROUP: 30 - 34			
1 Jessica Lister	33	Watertown	2:31:44
2 Elissa Sinensky	33	Hoboken, NJ	2:47:58
3 Soheila Yaddow	31	Liverpool	2:48:13
MALE AGE GROUP: 35 - 39			
1 Raymond Clark	36	Syracuse	2:04:42
2 Jason Lukins	37	Elbridge	2:09:34
3 Jason Stevens	37	Boonville	2:31:20
FEMALE AGE GROUP: 35 - 39			
1 Danielle Clark	37	West Monroe	2:17:36
2 Sarah Piper	38	Fort Edward	2:24:02
3 Jenny Fasulo	35	Liverpool	2:29:41
MALE AGE GROUP: 40 - 44			
1 Paul Graham	41	Canton	2:09:55
2 Tyler Trumble	43	Fayetteville	2:19:00
3 Chad Tyson	42	Watertown	2:23:02
FEMALE AGE GROUP: 40 - 44			
1 Alyson Tighe	42	Pulaski	2:29:46
2 Elizabeth Stevens	43	Watertown	2:36:15
3 Nicole Goodeve	40	Liverpool	2:36:31
MALE AGE GROUP: 45 - 49			
1 Patrick Dennie	48	Ontario	2:08:56
2 Kevin Tupper	48	Canton	2:30:13
3 Calum Stewart	47	Syracuse	2:30:39
FEMALE AGE GROUP: 45 - 49			
1 Margaret Barclay	48	Pulaski	2:38:52
2 Kimberley Cozzo	48	Webster	2:46:41
3 Grace Andres	48	Endicott	2:58:42
MALE AGE GROUP: 50 - 54			
1 James Brady	51	Carthage	1:54:01
2 Peter Leimeister	54	Vineland, NJ	2:20:38
3 Norris Pearson	52	Troy	2:53:33
FEMALE AGE GROUP: 50 - 54			
1 Ingrid Koenig	51	Ottawa, ON	2:27:51
2 Rosemary Angotti	50	Liverpool	3:01:14
3 Diantha Velasquez	51	Dexter	3:03:33
MALE AGE GROUP: 55 - 59			
1 Steven Challis	59	Liverpool	2:32:04
2 Mike Halloran	59	Theresa	2:37:13
3 Rick Davis	56	Evans Mills	2:46:42
FEMALE AGE GROUP: 55 - 59			
1 Marcia Lyman	57	Henderson Harbor	2:41:26
2 Debra Smith	56	Mexico	2:44:28
3 Patricia Prosser	59	Oswego	2:58:20
MALE AGE GROUP: 60 - 64			
1 John Monroe	64	Mexico	2:33:32
2 Dana Brewer	63	Mohawk	2:41:00
3 Bruce Carter	64	Albany	2:55:33
FEMALE AGE GROUP: 60 - 64			
1 Linda Owens	60	Liverpool	3:01:51
2 Katherine Allott	63	Potsdam	3:16:05
3 Diane Covell	62	Watertown	3:30:59
MALE AGE GROUP: 65 - 69			
1 Daniel Campbell	65	Camillus	3:17:13
2 Tom Carr	68	Hillsborough, NC	3:28:28
FEMALE AGE GROUP: 65 - 69			
1 Penny Noll	66	Cazenovia	3:32:35

HALF MARATHON - 13.1 MILES			
MALE OVERALL			
1 Travis Kuhl	43	Lowville	1:19:29
2 Christopher Alvarez	40	East Syracuse	1:28:20
3 Jarrod Radley	35	Cape Vincent	1:32:10
FEMALE OVERALL			
1 Tricia Murray	40	Sackets Harbor	1:34:45
2 Amber Kendall	35	Ogdensburg	1:35:38
3 Phyllis Clookey	52	Plattsburgh	1:39:11

5K RUN			
FEMALE OVERALL			
1 Kerri Crandall	41	Rochester	23:43
2 Carley Worden	10	Rodman	24:28
3 Hannah Bartling	26	Factoryville, PA	24:43
MALE OVERALL			
1 Woody Woodworth	64	Chittenango	23:58
2 Joshua Korthas	35	Syracuse	24:17
3 Tim Renzi	13	Watertown	24:19
AGE GROUPS			
1 Trey Atseff	M1-18	Rochester	24:31
1 Abby Flint	F1-18	Adams Center	26:03
1 Sarah Miles	F19-24	Watertown	29:10
1 Kim Palmowski	F25-29	Constableville	26:34
1 Evan Leibelsperger	M30-34	Constableville	25:20
1 Jody Nicholas	F30-34	Watertown	25:15
1 Aaron Oliver	M35-39	Sackets Harbor	29:32
1 Jillian Goodrich	F35-39	Sackets Harbor	24:53
1 Dana Aikins	M40-44	Chamont	49:48
1 Erin Desarra	F40-44	Webster	36:33
1 David Renzi	M45-49	Watertown	30:36
1 Sarah Dodds	F45-49	Gouverneur	26:55
1 Laurence Longacre	M50-54	Theresa	34:28
1 Kelly Bessel	F50-54	Watertown	30:20
1 James Egan	M55-59	Oakville, ON	27:47
1 Sandy Schulze	F55-59	Fort Drum	29:54
1 Michael Lynch	M60-64	Henderson Harbor	27:44
1 Janet Quinn	F60-64	Sackets Harbor	31:34

Courtesy of 18.12 Challenge

9TH ANNUAL 5K RUN FOR THE HORSES continued

FEMALE AGE GROUP: 30 - 39			
1 Stacey MacDonald	30	Porter Corners	24:36
2 Lindsay Barrett	39	New York	24:47
3 Heather Prendergast	36	Moreland Hills, OH	25:50
4 Courtney Hill	34	Clifton Park	27:40
5 Laura Gallery	33	Schenectady	28:17
MALE AGE GROUP: 40 - 49			
1 Jonathan Peck	40	Glenville	19:01
2 Greg Ethier	45	Clifton Park	19:35
3 Brian Bennett	47	Schenectady	22:20
4 David Shumpert	47	Clifton Park	22:21
5 Jason Peters	44	Schenectady	23:03
FEMALE AGE GROUP: 40 - 49			
1 CC Lerner	43	Winooski, VT	23:16
2 Eunice Gambino	44	Clifton Park	24:03
3 Karen Heath	49	Saratoga Springs	26:21
4 Kathleen Tersigni	47	Burnt Hills	29:50
5 Nicole Bull	41	Petersburg	30:00
MALE AGE GROUP: 50 - 59			
1 Kevin Higgins	58	Stillwater	20:06
2 Sam Mercado	55	Albany	21:10
3 Jamie Casline	59	Ballston Lake	21:38
4 Brent Bashaw	52	Saratoga Springs	23:27
5 Adam Newman	57	Charlotte, NC	23:48
FEMALE AGE GROUP: 50 - 59			
1 Elizabeth Randell	51	Buffalo	22:25
2 Linda Myers	50	Vestal	24:49
3 Lisa Pleban	54	Gansevoort	25:22
4 Donna Ruppel	54	Argyle	25:26
5 Kelly Armer	51	Ballston Spa	27:01
MALE AGE GROUP: 60 - 69			
1 Christopher Kunkel	61	Oradell, NJ	23:47
2 Michael Bradley	63	Saratoga Springs	26:09
3 John Webber	63	Ballston Spa	26:12
4 Edward Solomon	69	Saratoga Springs	27:22
5 Kevin Hoehn	64	Rome	28:48
FEMALE AGE GROUP: 60 - 69			
1 Joan Williams	65	Wading River	27:26
2 Elizabeth Gormley	60	Porter Corners	27:56
3 Adele Pace	64	Clifton Park	27:58
4 Marie Kaye	63	Altamont	28:54
5 Kathleen Hutson	61	Clifton Park	31:58
MALE AGE GROUP: 70 - 79			
1 Jim Callahan	73	Saratoga Springs	29:15
2 Howard Jones	75	Clifton Park	30:53
3 Donald Gallagher	75	Albany	34:10
4 Barry Ostrager	71	New York	34:18
5 Stanley McGaughey	74	Shushan	36:01
FEMALE AGE GROUP: 70 - 79			
1 Nancy Johnston	72	Ballston Lake	45:33
2 Charlene Sullivan	70	Albany	47:20
3 Connie Rosa	75	Stoneham, MA	56:27

Courtesy of Green Leaf Racing

13TH ANNUAL LAKE GEORGE TRIATHLON FESTIVAL

September 1-2, 2018 • Battlefield Park, Lake George

LAKE GEORGE TRIATHLON			
Olympic - 0.9M Swim, 24.8M Bike, 6.2M Run			
Age Group Winners & Eastern/Central Upstate Finishers			
MALE OVERALL			
1 Darren Brown/30-34	East Weymouth, MA	2:06:16	
2 Brian Lovett/40-44	Allentown, PA	2:06:16	
3 Donald Guest/20-24	Saranac Lake	2:09:30	
FEMALE OVERALL			
1 Isabelle Dickens/40-44	South Glens Falls	2:23:18	
2 Brooke Kelley/15-19	Plattsburgh	2:23:58	
3 Madeline Nagy/50-54	Hatfield, MA	2:24:04	
MALE AGE GROUP: 15-19			
1 Hyrum Balog	Saratoga Springs	2:24:23	
3 Robert Quillan	Northville	2:52:18	
4 Evan Flint	Clifton Park	3:08:38	
5 Michael Scarafie	Clifton Park	3:09:59	
6 Adolfo Arana	Clifton Park	4:02:36	
FEMALE AGE GROUP: 15-19			
1 Ruby Slyer	Averill Park	3:43:28	
2 Avery Besch	Averill Park	3:55:01	
MALE AGE GROUP: 20-24			
1 Chris Halsey	Clark Mills	2:11:08	
5 Tanner Sax	Queensbury	2:40:36	
6 Victor Karstendiek	Ballston Spa	2:41:30	
7 Jackson Donnelly	Lake George	2:48:11	
8 Matthew Walls	Whitesboro	2:52:36	
10 Nicholas Bedore	Ballston Lake	3:18:11	
FEMALE AGE GROUP: 20-24			
1 Sarah Kelly	Vestal	2:35:36	
2 Julia Jesse	Oswego	2:54:14	
6 Kaitlyn Hansen	South Glens Falls	3:11:52	
7 Isabella Winston	Queensbury	3:12:41	
8 Kara Carman	Schenectady	3:21:02	
MALE AGE GROUP: 25-29			
1 Conor Bollinger	Saratoga Springs	2:13:27	
3 Anthony Canino	Vestal	2:24:29	
5 Benjamin Cohen	Saratoga Springs	2:27:52	
12 Bobby Sousa	Ballston Lake	2:40:03	
17 Richard Valentine	Esopus	2:50:36	
18 Hugh Kelleigh	Middle Grove	2:50:56	
19 Dennis Daly	Middletown	2:52:04	
24 Raymond Amato	Schenectady	3:05:56	
25 Jason Sivsek	Hague	3:12:17	
26 Connor Emmert	Monroe	3:12:46	
FEMALE AGE GROUP: 25-29			
1 Jenna Hauffer	Brooklyn	2:31:55	
2 Kendra Kline	Saratoga Springs	2:33:50	
3 Rebecca Miller	Binghamton	2:37:25	
7 Carly Samach	Glens Falls	2:49:56	
8 Jessica Lamendola	Troy	2:57:37	
10 Taylor Slone	Saratoga Springs	2:58:59	
MALE AGE GROUP: 30-34			
1 Liam McCarthy	Ballston Spa	2:11:24	
3 Robert Ordish	Albany	2:17:10	
4 Jon Lindenauer	Albany	2:19:44	
6 Ryan Keller	Selkirk	2:26:57	
9 Brian Lusignan	Delmar	2:40:21	
13 Chris Mitchell	Oswego	2:46:39	
17 Christopher Zeitler	Albany	2:57:58	
18 Andrew Stercho	Troy	3:00:23	
19 Liam Redmond	Clifton Park	3:00:46	
22 Nicholas Lanzillo	Wynantskill	3:05:09	
25 Eric Schauble	Clifton Park	3:15:53	
26 Kyle Phelix	Saratoga Springs	3:17:18	
28 Ryan Boisvert	Watervliet	3:20:56	
29 Matthew Sabini	Gardiner	3:23:56	
FEMALE AGE GROUP: 30-34			
1 Rachel Waller	Burnt Hills	2:28:55	
5 Jill Archambault	Ballston Spa	2:54:10	
7 Braelin Thornton	Saratoga Springs	3:07:11	
8 Tara Whalen	New Paltz	3:07:20	
9 Mariola Moeyaert	Albany	3:14:36	
11 Nicole Fountain	Glens Falls	3:37:04	
MALE AGE GROUP: 35-39			
1 Kenrick Smith	Schnecksville, PA	2:11:22	
3 Michael Cooley	Delmar	2:18:17	
4 Jeremy McNamara	Albany	2:20:11	
5 Charles Lester IV	Saratoga Springs	2:20:13	
8 David Newman	Albany	2:34:11	
9 Max Corbett	Altamont	2:41:57	
10 Collin Grady	Saratoga Springs	2:44:48	
11 Geoffrey Hill	Ballston Spa	2:45:31	
13 Svitazar Fokshy	Troy	2:46:09	
14 Louis Vidal Jr.	Albany	2:47:49	
16 Zoltan Balazs	Delmar	2:50:59	
19 James Christian	Albany	2:54:39	
20 Peter Jones	Schenectady	2:55:27	
21 Kyle Camp	Watervliet	2:55:34	
23 Aaron Cowieson	Saratoga Springs	3:00:12	
24 Daniel Gordon	Gansevoort	3:07:49	
FEMALE AGE GROUP: 35-39			
1 Ann Marie Moskal	Ballston Spa	2:34:22	
10 Amanda Keyser	Schenectady	2:39:36	
MALE AGE GROUP: 40-44			
1 Gary Dennis	Winhall, VT	2:25:48	
2 Gregory Rashford	Schenectady	2:26:39	
6 Chris Cueman	Niskayuna	2:41:31	
10 Gregory Bentley	Albany	2:48:40	
12 Justin DiVirgilio	Albany	2:50:02	
13 Jason Hare	Gansevoort	2:51:58	

13TH ANNUAL LAKE GEORGE TRIATHLON FESTIVAL *continued*

FEMALE AGE GROUP: 60-64			
1	Deborra Zaiser	Mars, PA	2:50:15
2	Kathleen Meany	Altamont	2:57:53
3	Valerie Kilcoun	Middletown	3:05:28
MALE AGE GROUP: 65-69			
1	Howard Herrington	Cambridge	2:35:32
2	Roy Kline	Queensbury	2:48:11
3	Jeffrey Ruiz	New Paltz	2:50:22
4	Rob Wray	Plattsburgh	3:19:23
FEMALE AGE GROUP: 65-69			
1	Sonja Martinson	Fairlee, VT	4:25:50
MALE AGE GROUP: 70-74			
1	Roger Salmons	Fairport	2:58:20
2	David Dibelius	Lake George	3:07:48
3	Jim Adams	Altona	3:15:43
FEMALE AGE GROUP: 70-74			
1	Christine McKnight	Gansevoort	3:34:22
MALE AGE GROUP: 75-79			
1	Steph Mitchell	Ballston Spa	3:49:44
2	Raymond Lee Jr	Halfmoon	4:30:22
CLYDESDALE: 39 & UNDER			
1	Jeff Cornick	Ballston Spa	2:46:35
2	Charles Walck	Syracuse	2:47:56
3	Dan Kirkpatrick	Burnt Hills	2:52:13
CLYDESDALE: 40 & OVER			
1	Martin Gordinier	Delmar	2:38:58
2	Mark Keeling	Guilderland	2:51:04
3	Jim Brown	Greenwich	3:14:16
6	Dan O'Brien	Warwick	3:32:06
ATHENA: 39 & UNDER			
1	Amy Haley	Fort Edward	2:57:58
ATHENA: 40 & OVER			
1	Kimberly Van Orman	Ballston Spa	4:28:12
NOVICE: MALE			
1	Joe Corbett	Philadelphia, PA	2:52:18
3	Joseph Arzoumanian	Queensbury	3:17:14
5	Max Marwin	Newburgh	3:34:34
6	Craig Williams	East Greenbush	4:02:33
NOVICE: FEMALE			
1	Madelyn Cannone	Westfield, NJ	3:32:39
2	Emily Mildner	Pine Bush	3:34:34
3	Katherine Eberhardt	Valatie	3:50:50
5	Maureen Galusha	Bakers Mills	4:16:11
TWO-PERSON RELAY: COED			
1	Flying Valentines	West Newton, MA	2:27:24
2	Beast Mode	Saratoga Springs	2:50:05
3	Let the Wookiee Win	Clifton Park	2:51:45
5	Ryhs Perry	Glens Falls	2:57:57
6	Tri Us	Clifton Park	3:38:20
TWO-PERSON RELAY: FEMALE			
1	Glen Lakers	Queensbury	3:28:57
THREE-PERSON RELAY: COED			
1	Frank I	Albany	2:29:29
2	Team Union	Schenectady	2:35:02
6	Mark2	Bolton Landing	2:47:12
8	Taa Tri Trio	Rensselaer	2:59:47
9	Toasted Coconuts	Stillwater	3:01:13
10	The Giffords	Schenectady	3:04:28
11	Three Is Company	Ballston Lake	3:07:36
THREE-PERSON RELAY: MALE			
1	Thunderstruck	Glens Falls	2:29:18
2	The Walking Dad	Queensbury	2:49:59
THREE-PERSON RELAY: FEMALE			
1	Team Worksmart	Queensbury	2:53:09
2	Gnarly Garvey Girls	Diamond Point	3:11:37
AQUABIKE - MALE			
1	Jim Fischer/55-59	Wilmingon, NC	1:49:52
4	Eugene Emmert/55-59	Monroe	1:54:19
5	Mike Ostrander/50-54	Ballston Lake	1:54:32
6	Brian Zeppetelli/40-44	Saratoga Springs	1:56:12
7	Brian Stratton/60-64	Cohoes	2:04:53
8	Javier Bajana/40-44	New Windsor	2:11:21
9	Leonard Kershaw/75-79	Chestertown	2:38:12
AQUABIKE - FEMALE			
1	Amanda Williams/25-29	Kinderhook	1:49:59
2	Alison Edwards/55-59	Clifton Park	2:14:02
3	Belinda Mulpeter/55-59	Red Hook	2:14:38
4	Robin Davey/60-64	Rexford	2:16:35
5	Diane Wagner/70-74	Chestertown	3:36:23
NORTHEAST COLLEGIATE TRIATHLON CONFERENCE			
MALE OVERALL			
1	Matthew Guenter	Reading, PA	1:58:14
2	Julius Shepard	West Point	2:09:41
3	Alexandre Pelletier	Amherst, MA	2:12:27
4	Gabriel Fuhrman	West Point	2:13:34
5	Wolfgang Drake	West Point	2:14:49
6	Graham King	West Point	2:14:50
7	Hunter Cochran	West Point	2:17:30
11	Blake Rhymes	West Point	2:19:20
13	John Boase	West Point	2:22:09
14	Evan Ward	West Point	2:22:47
17	Thomas Batt	West Point	2:25:33
18	Jason Hunt	West Point	2:26:10
27	Nolan Pearce	West Point	2:32:53
FEMALE OVERALL			
1	Hannah White	West Point	2:28:45
2	Leah Narkevich	Mc Kees Rocks, PA	2:30:59
3	Stephanie Lie	Jamaica Plain, MA	2:32:16
4	Payton Boylston	West Point	2:32:22
5	Madeline Margevicius	State College, PA	2:32:34
6	Kathryn Harris	West Point	2:37:28
8	Sarah Martin	West Point	2:39:32
10	Hailey Conger	West Point	2:42:58
17	Jacqueline Hogan	Glens Falls	2:50:53
19	Olivia Johnson	West Point	2:52:01
21	Rylie Fry	West Point	2:55:19
27	Emily Loucks	Oneonta	3:19:51
BIG GEORGE TRIATHLON			
<i>Half Iron - 1.2M Swim, 56M Bike, 13.1M Run</i>			
<i>Age Group Winners & Eastern/Central Upstate Finishers</i>			
MALE OVERALL			
1	Gregory Binns/35-39	New York	4:15:42
2	Patrick Dwyer/45-49	Arlington, MA	4:28:46
3	Kevin Long/30-34	Queensbury	4:30:41
FEMALE OVERALL			
1	Marie-France Roy/30-34	St-Jean-Sur-Richelieu, QC	4:55:54
2	Laura Greene/30-34	Cary, NC	4:58:25
3	Abby Fisher/20-24	Wilmington, NC	5:20:41
MALE AGE GROUP: 20 - 24			
1	Alexandre Pelletier	Amherst, MA	4:52:34
FEMALE AGE GROUP: 20 - 24			
1	Courtney Miedema	Berne	5:26:49
MALE AGE GROUP: 25 - 29			
1	Matthew Kurz	Schenectady	4:41:21
6	Alexander Davis	Saratoga Springs	5:23:11
FEMALE AGE GROUP: 25 - 29			
1	Victoria Lederer	Canton	5:26:15
6	Alison Snyder	Clifton Park	6:32:33
7	Elizabeth Boyer	Saratoga Springs	6:41:28

MALE AGE GROUP: 30 - 34				
1	Kevin Long	Queensbury	4:30:41	
2	Robert Ordish	Albany	4:49:43	
5	Timothy Herrick	Saratoga Springs	5:51:56	
6	Joshua Halse	Watervliet	5:56:35	
8	Daniel Halbig	Ballston Lake	6:09:48	
11	Nicholas Lanzillo	Wynantskill	6:57:45	
12	Matt Mason	Albany	7:00:22	
FEMALE AGE GROUP: 30 - 34				
1	Kelsey Miller	Portsmouth, RI	5:38:36	
3	Brett Harris	Albany	6:13:43	
MALE AGE GROUP: 35 - 39				
1	Matthew Berk	Belmont, MA	4:59:29	
2	David Newman	Albany	5:14:12	
4	Nicholas Lobosco	Ballston Spa	5:29:09	
FEMALE AGE GROUP: 35 - 39				
1	Melissa Mizwa	Chicago, IL	5:47:39	
2	Erika Martin	Albany	5:48:40	
4	Suzanne Beltz	Rome	6:01:38	
6	Erin Freeh	Troy	6:19:34	
7	Leigh Parker	Glenmont	6:26:20	
8	Heather Siegel-Sawma	Hudson Falls	6:58:05	
9	Danielle Freeborn	Greenfield Center	6:59:51	
10	Majken Mashaw	Mexico	7:10:38	
MALE AGE GROUP: 40 - 44				
1	Simon Sansregret	Saint-Boniface, QC	4:56:46	
2	Daniel Forgett	Albany	5:11:03	
10	Todd Bishop	Saratoga Springs	6:40:30	
13	Chris Nelson	Queensbury	6:46:00	
14	Todd Balog	Saratoga Springs	7:06:05	
16	Shamus & Shaun Evans	Middle Grove	7:31:28	
FEMALE AGE GROUP: 40 - 44				
1	Michelle Query	Cornwall	5:41:21	
3	Jodi Plante	Saratoga Springs	5:55:55	
11	Michelle Aleva	Glens Falls	6:56:33	
12	Amy Balog	Saratoga Springs	6:58:05	
MALE AGE GROUP: 45 - 49				
1	Scott Moylan	Williston, VT	4:48:53	
4	Eric Bergin	Albany	5:22:29	
6	Chris Thompson	Delmar	5:29:32	
9	Steve Gillian	Poughkeepsie	5:32:38	
15	Hamish Kerr	Schenectady	6:30:00	
16	Christopher Fernando	Albany	6:48:48	
17	Jeffrey Marx	Castleton-on-Hudson	6:55:38	
FEMALE AGE GROUP: 45 - 49				
1	Gayle Galletta	Shrewsbury, MA	5:33:17	
6	Suzanne Gillian	Poughkeepsie	6:10:08	
7	Michelle Richardson	Stuyvesant Falls	6:11:20	
8	Justine Dobert	Bolton Landing	6:29:03	
9	Karen Viger	Gansevoort	6:33:46	
11	Christine Walley	Gansevoort	6:57:59	
13	Joanne VanHorne	Corinth	7:21:14	
MALE AGE GROUP: 50 - 54				
1	Chris Cover	Richmond, VT	4:56:02	
2	Donald Thurston	Pine Bush	5:08:16	
5	Andrew Hill	Sloansville	5:29:08	
10	Michael Burby	Altamont	6:14:02	
12	William O'Brien	Argyle	6:23:20	
13	Eric Zalesky	Ballston Spa	6:24:06	
17	Michael Weiler	Glenmont	7:24:29	
FEMALE AGE GROUP: 50 - 54				
1	Deborah Battaglia	Centre Hall, PA	5:35:47	
MALE AGE GROUP: 55 - 59				
1	Luis Herran	Oyster Bay	4:53:53	
3	Matthew Bell	Wynantskill	5:31:10	
4	David Marchetti	Burnt Hills	5:44:01	
5	James Dillenberger	Au Sable Forks	6:02:47	
FEMALE AGE GROUP: 55 - 59				
1	Alison Phillips	Needham, MA	6:09:52	
5	Abby Thurston	Pine Bush	8:10:58	
MALE AGE GROUP: 60 - 64				
1	Thomas McGee	Ottawa, ON	4:55:21	
2	Frank Lanzillo	Troy	5:47:24	
4	Stuart Mesinger	South Glens Falls	6:11:34	
MALE AGE GROUP: 65 - 69				
1	David Olsen	Schenectady	6:51:25	
FEMALE AGE GROUP: 65 - 69				
1	Margaret Phillips	East Schodack	6:46:44	
CLYDESDALE: 39 & UNDER				
1	John Cornwall	Delanson	6:25:45	
CLYDESDALE: 40 & OVER				
1	Avi Smith-Rapaport	West Hartford, CT	6:29:45	
ATHENA: 39 & UNDER				
1	Gloria Martinez	East Meadow	7:12:17	
ATHENA: 40 & OVER				
1	Angie Brown	Bloomfield, NJ	7:13:33	
TWO-PERSON RELAY: MALE				
1	Sofa King Fast	Sparta, NJ	4:06:55	
3	Wood Boys	Saratoga Springs	6:27:46	
THREE-PERSON RELAY: COED				
1	We Tri Relay Hard	New York	5:06:06	
THREE-PERSON RELAY: MALE				
1	Tres Amigos	Castleton-on-Hudson	7:06:25	
THREE-PERSON RELAY: FEMALE				
1	No Limits	Delmar	4:57:53	
AQUABIKE - MALE				
1	Paul DiCaprio/50-54	Queensbury	3:22:13	
2	Gerald Parkes/50-54	Schenectady	3:22:32	
3	Greg Hewlett/50-54	Queensbury	3:24:32	
9	Bradley Damschen/45-49	Campbell Hall	4:02:41	
10	Michael Keegan/55-59	Schenectady	4:09:05	
11	Chris Boldstiron/55-59	Albany	4:22:20	
12	John Keegan/20-24	Albany	4:41:45	
13	Raymond Lee Jr/75-79	Halfmoon	5:17:17	
AQUABIKE - FEMALE				
1	Madeline Nagy/50-54	Hatfield, MA	3:19:38	
5	Lisa Woolfe/45-49	Saratoga Springs	4:11:35	
7	Celicia Bigler/35-39	Ballston Spa	4:16:00	
14	Tamara Brummer/50-54	Stephentown	4:56:03	
KING GEORGE - OLYMPIC & HALF IRON				
MALE OVERALL				
1	Alexandre Pelletier	21	Amherst, MA	7:05:01
2	Robert Ordish	33	Albany	7:06:53
6	David Newman	38	Albany	7:48:23
8	Steve Gillian	49	Poughkeepsie	8:10:10
13	Nicholas Lanzillo	31	Wynantskill	10:02:54
14	Shamus & Shaun Evans	12/40	Middle Grove	10:45:44
FEMALE OVERALL				
1	Deborah Battaglia	51	Centre Hall, PA	8:13:33
2	Jodi Plante	44	Saratoga Springs	8:43:25
3	Suzanne Gillian	48	Poughkeepsie	9:06:34
PRINCE GEORGE - OLYMPIC & HALF IRON AQUABIKE				
MALE OVERALL				
1	Jason Linn	35	Danbury, CT	6:57:13
2	Raymond Lee Jr	76	Halfmoon	9:47:39
FEMALE OVERALL				
1	Madeline Nagy	51	Hatfield, MA	5:43:42
4	Tamara Brummer	54	Stephentown	9:16:34

Courtesy of Adirondack Race Management

30TH ANNUAL HMRRCL LABOR DAY 5K RACE
September 3, 2018 • Harriman State Office Campus, Albany

MALE OVERALL				
1	Anthony Giuliano	39	Niskayuna	16:04
2	Shaun Donegan	31	Malta	16:39
3	Chuck Terry	36	Albany	16:47
FEMALE OVERALL				
1	Karen Bertasso	34	Albany	18:13
2	Courtney Breiner	21	Troy	18:52
3	Jennifer Richardson	38	Albany	20:31
MALE AGE GROUP: 1 - 19				
1	Conor O'Grady	17	Slingerlands	26:52
2	Theodore O'Grady	15	Slingerlands	32:45
3	Jiorroni Simon	18	Troy	36:54
FEMALE AGE GROUP: 1 - 19				
1	Lync Jones	15	Albany	44:51
2	Julianne Pickreign	17	Albany	50:30
3	Madison Morse	16	Albany	52:56
MALE AGE GROUP: 20 - 24				
1	Allijah Gibbs	20	Wynantskill	36:17
FEMALE AGE GROUP: 20 - 24				
1	Margaux Seche	20	Kingston	27:28
MALE AGE GROUP: 25 - 29				
1	Pete Rowell	29	Albany	17:31
2	Tim Russell	29	Ballston Spa	17:54

RACE RESULTS

9TH ANNUAL MALTA 5K RUN

September 8, 2018 • HVCC's TEC-SMART Campus, Malta

MALE OVERALL

1 Alexander Benway	28	Queensbury	15:39
2 Louis DiNuzzo	36	Saratoga Springs	16:08
3 Aaron Lozier	30	Albany	16:18

FEMALE OVERALL

1 Danielle Winslow	25	Latham	17:45
2 Jessy Montrose	32	Ballston Lake	18:53
3 Allison Sawyer	29	Clifton Park	19:13

MALE AGE GROUP: 1 - 14

1 Julian Stedman	13	Glens Falls	20:14
2 Jacob Armer	13	Ballston Spa	21:46
3 Jasper Travis	11	East Greenbush	22:53

FEMALE AGE GROUP: 1 - 14

1 Amber Travis	9	East Greenbush	24:37
2 Cate Fox	12	Greenfield Center	25:09
3 Ava Panagedes	9	Ballston Spa	28:55

MALE AGE GROUP: 15 - 19

1 Elijah Dionne	17	Porter Corners	20:43
2 Peter Fogarty	15	Saranac Lake	22:28
3 Andrew Fogarty	15	Saranac Lake	22:28

FEMALE AGE GROUP: 15 - 19

1 Abigale Brooks	15	Malta	30:31
2 Meredith Milman	15	Ballston Spa	30:32
3 Sarah Insull	16	Rensselaer	34:28

MALE AGE GROUP: 20 - 24

1 Jack Vite	21	Clifton Park	16:36
2 Ivo Otto	22	Carlisle, PA	20:07
3 Willem Kurdziel	22	Saratoga Springs	20:58

FEMALE AGE GROUP: 20 - 24

1 Kendall Cietek	24	Latham	22:03
2 Elizabeth Eckhardt	22	Watervliet	30:50
3 Brittanie Clickner	22	Watervliet	30:50

MALE AGE GROUP: 25 - 29

1 Michael Snyder	28	Clifton Park	19:44
2 Eric Young	26	Latham	21:25
3 Seth Engel	29	Round Lake	21:52

FEMALE AGE GROUP: 25 - 29

1 Brittany Winslow	25	Latham	19:41
2 Brooke Morrissey	28	Ballston Spa	20:30
3 Brittany Iles	28	Albany	21:12

MALE AGE GROUP: 30 - 34

1 Greg Hart	30	Saratoga Springs	18:42
2 Joseph Murphy	34	Waterford	19:35
3 David O'Neill	31	Malta	20:00

FEMALE AGE GROUP: 30 - 34

1 Tatiana Hart	31	Ballston Lake	23:36
2 Alexandra Larosa	30	Wilton	26:40
3 Rachel Hargraves	32	Malta	28:05

MALE AGE GROUP: 35 - 39

1 Keith Donegan	35	Saratoga Springs	18:22
2 Liam Harrison	39	Ballston Spa	18:43
3 Ryan Legere	35	Clifton Park	19:25

FEMALE AGE GROUP: 35 - 39

1 Crystal Perno	37	Clifton Park	20:15
2 Dana Wivczar	37	Malta	21:33
3 Ashley Crosby	37	Glenville	22:54

MALE AGE GROUP: 40 - 44

1 Ramon Dominguez	41	Saratoga Springs	17:36
2 Joshua Cupp	44	Saratoga Springs	18:56
3 Daniel Fariello	42	Clifton Park	20:45

FEMALE AGE GROUP: 40 - 44

1 Jaime Farone	42	Saratoga Springs	21:37
2 Lee Briggs	40	Ballston Spa	23:40
3 Meghan Stiebler	44	Ballston Spa	24:10

MALE AGE GROUP: 45 - 49

1 Volker Burkowski	46	Wilton	17:55
2 Andrew Reed	47	Niskayuna	18:23
3 Rick Zachgo	48	Rexford	19:33

FEMALE AGE GROUP: 45 - 49

1 Courtney Moriarta	49	Greenwich	25:57
2 Kathi Caruso	45	Ballston Spa	26:16
3 Bonne Barr	49	Malta	28:58

MALE AGE GROUP: 50 - 54

1 Tim Van Orden	50	Bennington, VT	16:42
2 Scott McNamara	50	Ballston Spa	19:43
3 John Williams-Searle	50	Albany	20:37

FEMALE AGE GROUP: 50 - 54

1 Michelle Dannenhoff	51	Clifton Park	21:46
2 Bridgett Enderle	51	Sand Lake	23:47
3 Deborah Czech	54	Saratoga Springs	24:06

MALE AGE GROUP: 55 - 59

1 Samuel Mercado Jr	55	East Greenbush	20:04
2 Christopher Buckley	57	Burnt Hills	20:18
3 Dave Roecker	59	Charlton	20:22

FEMALE AGE GROUP: 55 - 59

1 Nancy Nicholson	56	Queensbury	23:37
2 Kimberly Goodwin	55	Glenville	26:07
3 Joyce Poulin	57	Amsterdam	26:09

MALE AGE GROUP: 60 - 64

1 Thomas Dalton	60	Schenectady	19:10
2 Vladimir Ilin	60	Albany	19:48
3 Dominick Audi	64	Ballston Spa	21:08

FEMALE AGE GROUP: 60 - 64

1 Elizabeth Gormley	60	Porter Corners	27:28
2 Marie Kaye	63	Altamont	27:56
3 Jean Loewenstein	60	Malta	28:07

MALE AGE GROUP: 65 - 69

1 Joe Aliberti	68	Voorheesville	23:19
2 Jim Goodspeed	67	Queensbury	23:23
3 David Spina	69	Glenville	27:07

FEMALE AGE GROUP: 65 - 69

1 Claire Henderson	69	Saratoga Springs	26:13
2 Elaine Morris	65	East Greenbush	30:07
3 Cathy Lanese	68	Troy	31:58

MALE AGE GROUP: 70 - 74

1 Dave Glass	72	Glenville	21:54
2 Thomas Hunter	73	Troy	26:53
3 Richard Baluch	73	Delanson	27:15

FEMALE AGE GROUP: 70 - 74

1 Nancy Johnston	72	Ballston Lake	43:37
2 Bonnie Hause	70	Malta	44:56
3 Barbara Martin	74	Gansevoort	53:44

MALE AGE GROUP: 75 - 79

1 Jim Moore	78	Niskayuna	28:49
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Courtesy of Roundabout Runners Club

17TH ANNUAL TEAL RIBBON 5K RUN continued

FEMALE AGE GROUP: 15 - 19

1 Molly Kane	17	Rensselaer	21:42
2 Deme Burns	15	Queensbury	22:51
3 Madeline Durant	16	Schenectady	23:45
4 Skylar Pettit	15	Earlton	23:59
5 Emma Walters	16	Rensselaer	24:17

MALE AGE GROUP: 20 - 29

1 Travis Fairlee	22	Delanson	16:56
2 Matt Russo	26	Albany	23:06
3 Sean Stanley	27	East Greenbush	23:29
4 Joseph Mosso	23	Amsterdam	23:29
5 Sean Whitty	27	Albany	23:47

FEMALE AGE GROUP: 20 - 29

1 Kat Mainello	24	Troy	23:09
2 Amber Coppola	29	Ballston Spa	23:43
3 Rachel Dykstra	25	Voorheesville	24:10
4 Jazmin Kukla	25	East Greenbush	24:16
5 Taylor Teal	26	Delmar	25:18

MALE AGE GROUP: 30 - 39

1 Charles Griffith	38	Washington, DC	18:24
2 Josh Gregg	36	West Sand Lake	18:29
3 Stephen Siebrecht	39	Delmar	18:55
4 Michael Ruger	37	East Greenbush	20:01
5 Kyle Mahar	30	Amsterdam	20:34

FEMALE AGE GROUP: 30 - 39

1 Trista Griffith	36	Washington, DC	21:54
2 Marisha Gennett	37	Amsterdam	22:41
3 Melissa C.	31	Albany	22:49
4 Tetreault Nicole	32	Clifton Park	23:04
5 Shannon Vachon	30	Flamouth, ME	24:21

MALE AGE GROUP: 40 - 49

1 David Tromp	43	Glenmont	19:22
2 Brett Fajen	47	Nassau	20:17
3 Matthew Lindemann	49	East Greenbush	20:36
4 Gintaras Urmilevici	45	East Greenbush	20:51
5 Joel Shapiro	42	Schenectady	21:48

FEMALE AGE GROUP: 40 - 49

1 Rachel Toolan	42	Rensselaer	23:05
2 Joanne Burns	44	Queensbury	23:28
3 Kathleen Ring	44	Castleton-on-Hudson	24:12
4 Heather Juha	47	East Greenbush	24:14
5 Melanie Giuliano	44	Niskayuna	24:24

MALE AGE GROUP: 50 - 59

1 Michael Stalker	55	Ballston Spa	19:46
2 George Burke	52	Troy	21:00
3 Gary Longhi	54	Albany	21:30
4 AJ Carrier	56	Rexford	21:53
5 Mark Halpin	51	Ghent	22:49

FEMALE AGE GROUP: 50 - 59

1 Judy Guzzo	51	Schenectady	21:15
2 Andrea Betts	53	Clifton Park	26:03
3 Valerie Kline	56	Amsterdam	26:43
4 Linda Dedominicis	50	Albany	26:50
5 Mary Keane	53	Rensselaer	26:50

MALE AGE GROUP: 60 - 69

1 Gerard Finin	61	Slingerlands	22:56
2 James Costello	63	Valatie	24:52
3 Chuck Mohlmann	61	Schenectady	25:22
4 Michael Wright	64	Albany	25:32
5 Fran Vachon	61	Schenectady	27:58

FEMALE AGE GROUP: 60 - 69

1 Carolyn George	64	Albany	26:49
2 Maureen Kirsch	62	East Greenbush	27:07
3 Joyce Goodrich	60	Ballston Lake	27:30
4 Cathleen Abel	62	Johnstown	33:09
5 Cynthia Kilgallon	63	Mechanicville	33:37

MALE AGE GROUP: 70 - 79

1 John Longacker	72	Clifton Park	26:59
2 Kenneth Tracy	74	Greenwich	31:10
3 Jim Hotaling	78	Valatie	32:54

Courtesy of Caring Together NY

2ND ANNUAL IRONMAN 70.3 LAKE PLACID

September 9, 2018 • Olympic Speedsking Oval, Lake Placid

1.2-MILE SWIM, 56-MILE BIKE, 13.1-MILE RUN

169 Alan Ng	39	Albany	06:49:50
172 Jim Higgins	38	Broadalbin	06:53:43
174 Aditya Arya	39	Beacon	06:55:23
176 Bryan English	38	Syracuse	06:55:37
189 Bret Phillips	39	Glenmont	07:05:23
208 Michael O'Donnell	36	Central Valley	07:30:40

MALE OVERALL

1 Scott Hansen	36	Brooklyn	04:30:15
2 Colin Martin	32	Wappingers Falls	04:31:54
3 Ryan MacDonald	25	Greenhill, NS	04:32:04

FEMALE OVERALL

1 Samantha Snukis	32	Pottstown, PA	04:57:25
2 Michelle Barnes	39	Esterhazy, SK	05:00:14
3 Ginny Cataldi	43	Phoenixville, PA	05:03:17

MALE 18-24

1 Jeremy Gouin	24	Montreal, QC	04:42:36
10 Michael Gingras	22	Ithaca	05:21:22
11 Eric Ostrander	23	Saratoga Springs	05:21:51
20 Paul Ford	23	Au Sable Forks	05:41:49
26 Ben Sitts	20	Gouverneur	05:57:40
32 Patrick Nieto	24	Watertown	06:09:44
38 Adam Lewis	23	West Stockholm	06:20:38
49 Dalton Pierce	23	Saratoga Springs	06:37:30
59 Sean Higgins	24	Albany	07:14:03

FEMALE 18-24

1 Fabia Maramotti	23	Albinea, ITA	05:25:15
19 Katie Liebowitz	23	Lake Placid	07:45:46

MALE 25-29

1 Roby Jordan	28	Minneapolis, MN	04:34:31
7 Sean Davis	27	Willsboro	04:50:00
23 Colin Delaney	27	Lake Placid	05:16:14
24 Andrew Catalano	27	Kingston	05:16:35
36 Jeff Jones	28	Canton	05:36:04
52 Zachary Myers	25	Norwich	05:46:43
57 Matthew Slocum	26	Watertown	05:50:19
93 Nathan Barbour	25	Lake Placid	06:14:28
106 Russell Seidel	27	Binghamton	06:23:13
129 Steven Morrow	27	Ogdensburg	06:49:05
135 Joseph Abed El Latif	27	Saratoga Springs	06:55:27
150 Eric Phillips	28	Rome	07:24:22

FEMALE 25-29

1 Brittany Dunbar	27	Stouffville, ON	05:10:35
5 Elizabeth Izzo	26	Lake Placid	05:32:15
9 Allison Kondewich	28	Albany	05:43:12
12 Maddie Leopold	25	Pawling	05:51:41
13 Carrie Stevens	28	Cazenovia	05:58:25
18 Amanda Williams	28	Kinderhook	06:06:00
31 Kaleigh Moore	27	Wilmington	06:31:52
39 Jennifer Lachell	25	Waterford	06:45:16
49 Claire Bruce	24	Lake Placid	07:18:51
51 Kristin Waldron	28	Windsor	07:19:48
52 Margaret Tracy	25	Lake Placid	07:24:06
5			

RACE RESULTS

THE SARATOGA PALIO: MELANIE MEROLA O'DONNELL MEMORIAL RACE continued

MALE AGE GROUP: 30 - 34
1 Matt Becker 33 South Glens Falls 19:30
2 Mark McCoy 30 Framingham, MA 20:15
3 Paul Gordon 30 Scotia 20:46
FEMALE AGE GROUP: 30 - 34
1 Stephanie Wilkinson 30 Albany 21:32
2 Tracey Clark 32 Clifton Park 23:21
3 Erin Rightmyer 34 Delmar 23:33
MALE AGE GROUP: 35 - 39
1 John Scranton 36 Greenfield Center 22:51
2 Michael Wood 35 Chesapeake, VA 24:16
3 Greg Goldstein 39 Arlington, VA 25:29
FEMALE AGE GROUP: 35 - 39
1 Katie MacNaughton 36 Saratoga Springs 24:09
2 Patty Bassett 36 Cambridge 25:28
3 Jessica Deconno 37 Gansevoort 26:27
MALE AGE GROUP: 40 - 44
1 John Umphlett 44 Shaftsbury, VT 19:18
2 Bryan Lawrence 40 Malta 23:46
3 Phillip White 42 Malta 24:05
FEMALE AGE GROUP: 40 - 44
1 Hollie Nirsberger 41 Saratoga Springs 23:40
2 Zoe Devito 44 Gansevoort 24:01
3 Eunice Gambino 44 Clifton Park 24:12
MALE AGE GROUP: 45 - 49
1 Brian Bennett 47 Schenectady 21:17
2 David Shumpert 47 Clifton Park 21:51
3 Tim Roberts 47 Saratoga Springs 21:54
FEMALE AGE GROUP: 45 - 49
1 Lynn Prehn 46 Saratoga Springs 24:48
2 Sarah Vogel 48 Slingerlands 25:58
3 Shannon Britten 47 Saratoga Springs 26:07
MALE AGE GROUP: 50 - 54
1 Tom Denham 51 Delmar 22:24
2 Doug Kotelly 52 Saratoga Springs 22:48
3 Brent Bashaw 52 Schenectady 22:59
FEMALE AGE GROUP: 50 - 54
1 Kelly Armer 51 Saratoga Springs 26:08
2 Marla Sheffer 51 Clifton Park 26:48
3 Kristen Santos 51 Clifton Park 26:48

MALE AGE GROUP: 55 - 59
1 Samuel Mercado Jr 55 East Greenbush 20:15
2 Chris Thomas 57 Saratoga Springs 20:58
3 John Locoponi 55 Saratoga Springs 22:18
FEMALE AGE GROUP: 55 - 59
1 Kathleen Beeman 57 Niskayuna 43:44
2 Janet Cody 55 Clifton Park 29:38
3 Susan McNamara 57 Gloversville 29:45
MALE AGE GROUP: 60 - 64
1 Frank Lombardo 62 Saratoga Springs 23:38
2 William Martin 62 Gansevoort 25:28
3 David Barnes 61 Saratoga Springs 25:25
FEMALE AGE GROUP: 60 - 64
1 Carolyn George 64 Albany 27:09
2 Joan Brown 60 Niskayuna 27:44
3 Erica Doyle 60 Metuchen, NJ 29:55
MALE AGE GROUP: 65 - 69
1 Paul Sutherland 68 Saratoga Springs 38:30
2 Garry Buckley 66 Mechanicville 39:16
3 John Vavasour 69 Albany 41:43
FEMALE AGE GROUP: 65 - 69
1 Mary Ann Macri 66 Albany 32:54
2 Maureen Buckley 69 Ballston Spa 44:20
3 Suzanne Murphy 69 Wappingers Falls 1:01:09
MALE AGE GROUP: 70 - 74
1 Joseph Scaringe 72 Latham 28:07
2 Joseph Miranda 70 Ballston Spa 29:19
3 Jim Cunningham 73 Ticonderoga 30:45
FEMALE AGE GROUP: 70 - 74
1 Beverlee Patterson 73 Ballston Spa 44:24
2 Cathy Goldstein 70 Syracuse 50:07
MALE AGE GROUP: 75 - 79
1 Gerald Ferris 78 Middle Grove 1:01:25
2 Don Murphy 76 Wappingers Falls 1:01:25
3 David Scaccia 78 Gansevoort 1:06:00
FEMALE AGE GROUP: 75 - 79
1 Geraldine Ferris 76 Middle Grove 54:42
2 Mary Fien 78 Gansevoort 1:06:01
Courtesy of The Melanie Foundation

THE DUNKIN' RUN: 5K, 10K & 15K
September 16, 2018 • Sidney Albert Jewish Community Center, Albany

5K RUN
MALE OVERALL
1 Aaron Lozier 30 Albany 17:04
2 Shane Fiust-Klink 22 Albany 18:04
3 Michael Austin 36 Delmar 18:41
FEMALE OVERALL
1 Allison Konderwich 28 Valatie 18:52
2 Jessy Montrose 32 Ballston Lake 19:00
3 Michelle Dannenhoffer 51 Clifton Park 21:50
MALE AGE GROUP: 1 - 14
1 Prince Ndygamie 14 Albany 21:45
2 Thaddeus Mangione 12 Loudonville 23:28
3 Jack Mangione 14 Loudonville 23:30
FEMALE AGE GROUP: 1 - 14
1 Alexa Davos 9 Albany 26:46
2 Ava Day 12 Ballston Lake 29:59
3 Catherine Wasula 13 Troy 30:13
MALE AGE GROUP: 15 - 19
1 Jason Eveleth 17 Albany 19:10
2 Hayden Day 15 Ballston Lake 24:08
3 Jack Criscione 15 Valatie 31:48
FEMALE AGE GROUP: 15 - 19
1 Dalia Levy 15 Albany 22:13
2 Brianna Dollar 15 Albany 22:16
3 Ana Gold 16 Malta 26:31
MALE AGE GROUP: 20 - 24
1 Andy Breton 20 Albany 21:40
2 Lavinia Garland 24 Albany 22:45
3 Taylor Cunningham 23 Albany 27:08
FEMALE AGE GROUP: 20 - 24
1 Abigail Brown 24 Menands 24:30
2 Courtney Lane 21 Loudonville 26:06
3 Dainia Gilchrist 24 Latham 28:13
MALE AGE GROUP: 25 - 29
1 David Streitman 25 Menands 21:47
2 Benjamin Reeves 29 Albany 23:42
3 Garion Urbanek 25 Portsmouth, VA 24:59
FEMALE AGE GROUP: 25 - 29
1 Amy Pedlow 29 Albany 28:01
2 Ajeena Joy 28 Schenectady 28:19
3 Jacquelin Rezey 26 Green Island 28:50
MALE AGE GROUP: 30 - 34
1 Ryan Wilkinson 30 Malta 18:49
2 David Martinsen 32 Castleton-on-Hudson 23:33
3 Craig Alfred 31 Albany 25:22
FEMALE AGE GROUP: 30 - 34
1 Samantha Minkler 30 St. Paul, MN 23:38
2 Jennifer Vogt 33 Rotterdam 23:51
3 Kim Peckowitz 32 Waterford 24:29
MALE AGE GROUP: 35 - 39
1 Jakob Irwin 37 Troy 20:15
2 Tyler Kenning 39 Schenectady 21:39
3 Michael Wiewicz 39 Malta 26:43
FEMALE AGE GROUP: 35 - 39
1 Shannon Omeara 36 Rensselaer 22:19
2 Rebecca Tennyson 36 Troy 22:26
3 Katie Gifford 37 Gloversville 24:18
MALE AGE GROUP: 40 - 44
1 Joshua Farrell 43 Albany 19:54
2 Milo Gifford 41 Gloversville 22:44
3 Jeffrey Shubert 42 Albany 26:29
FEMALE AGE GROUP: 40 - 44
1 Estelle Burns 43 Troy 22:05
2 Wendy Colonno 42 Glenmont 24:26
3 Coraline Falco 40 Albany 24:27
MALE AGE GROUP: 45 - 49
1 Mark Lucas 47 Cohoes 22:36
2 Andre Patnode 47 Ballston Lake 22:53
3 Randy Johnson 48 Clifton Park 23:08
FEMALE AGE GROUP: 45 - 49
1 Mary Cole-Hampshire 47 Troy 27:18
2 Terri Bills 49 Waterford 28:30
3 Linda Borges 47 Altamont 28:58
MALE AGE GROUP: 50 - 54
1 Vincent Fiori 52 Clifton Park 25:00
2 Jack Jessop 52 Auburn, ME 26:02
3 Gene Martin 51 Delmar 28:46
FEMALE AGE GROUP: 50 - 54
1 Julie Jessop 50 Auburn, ME 26:01
2 Kristine Clarke 53 Niskayuna 27:45
3 Joanne Criscione 53 Valatie 29:08
MALE AGE GROUP: 55 - 59
1 Al Bills 56 Waterford 22:39
2 Todd Lasher 55 Albany 23:23
3 Frank Woods 57 Rensselaer 23:37

10K RUN
MALE OVERALL
1 Joshua Korn 22 Troy 35:31
2 Aaron Knobloch 42 Niskayuna 36:35
3 Derrick Staley 59 Ballston Spa 38:10
FEMALE OVERALL
1 Crystal Perno 37 Clifton Park 42:52
2 Jessica Chapman 41 Bennington, VT 43:37
3 Jaime Faronne 42 Saratoga Springs 44:15
MALE AGE GROUP: 1 - 19
1 Jacob Gilson 13 Niskayuna 46:42
2 Nicholas Vanranken 15 Rensselaer 47:34
FEMALE AGE GROUP: 1 - 19
1 Olivia Leonard 19 Waterford 46:23
2 Vanessa Gurrola 18 East Palo Alto, CA 52:26
MALE AGE GROUP: 20 - 29
1 William Sorel 28 Albany 50:47
2 Sean Waclawik 22 Amherst, NH 51:25
3 Daniel Rossi 27 Schenectady 1:00:24
FEMALE AGE GROUP: 20 - 29
1 Justine Rabideau 24 East Greenbush 53:29
2 Rayne Rappazzo 25 Cohoes 54:38
3 Katie Venuto 26 Menands 55:09
MALE AGE GROUP: 30 - 39
1 Zoctan Balazs 39 Delmar 41:41
2 Ryan Fisher 38 Ballston Spa 42:05
3 David Steckman 38 Delmar 46:11
FEMALE AGE GROUP: 30 - 39
1 Jodi Hess 34 Clifton Park 48:32
2 Rachael Austin 34 Delmar 49:50
3 Sarah Samascott 36 Ballston Spa 54:22
MALE AGE GROUP: 40 - 49
1 Jonathan Guthan 41 Scotia 41:17
2 Daniel Skelton 46 Albany 46:00
3 Vasil Koleci 42 Albany 46:40
FEMALE AGE GROUP: 40 - 49
1 Melissa Maguire 45 Loudonville 49:08
2 Katie Yezzi 47 Delmar 54:23
3 Teresa Grant 46 Glenville 55:53
MALE AGE GROUP: 50 - 59
1 William May 50 Gansevoort 45:30
2 Chris Boyle 56 West Sand Lake 46:53
3 Jim Buhnmaster 50 Glenmont 47:08
FEMALE AGE GROUP: 50 - 59
1 Wendy Rescott 58 West Sand Lake 47:08
2 Ruth Sadinsky 51 Albany 53:13
3 Darlene Shattuck 50 Porter Corners 56:25
MALE AGE GROUP: 60 - 69
1 Roy Mowrey 60 Gloversville 53:38
2 William Roberts 64 Clifton Park 1:01:42
3 Eric Parker 62 Johnston 1:03:50
FEMALE AGE GROUP: 60 - 69
1 Marie Kaye 63 Altamont 59:21
2 Maryse Folmsbee 61 Chatham 1:07:15
3 Debra Rappazzo 60 Cohoes 1:08:35
MALE AGE GROUP: 70 - 79
1 Margaret Trowe 70 Albany 1:10:09
continued

THE DUNKIN' RUN: 5K, 10K & 15K continued

15K RUN
MALE OVERALL
1 Jake Shoemaker 28 Stow, MA 49:25
2 Jon Lindenauer 30 Albany 51:23
3 Richard Messineo 29 Schenectady 58:42
FEMALE OVERALL
1 Brooke Morrissey 28 Ballston Spa 1:06:23
2 Renee Wing 38 Troy 1:06:58
3 Dana Wiewicz 37 Malta 1:08:20
MALE AGE GROUP: 1 - 19
1 Nicholas Funk 19 Kinderhook 1:12:39
2 Devin Hendricks 13 Albany 1:18:36
MALE AGE GROUP: 20 - 29
1 Peter Barth 26 New York 1:07:58
2 Dan Zauski 27 Glenmont 1:27:57
3 Joseph Barra 29 Delmar 1:33:41
FEMALE AGE GROUP: 20 - 29
1 Kristie Pageau 28 Rensselaer 1:08:48
2 Piktung Cheung 25 Albany 1:25:42
3 Nicole Kaczor 23 Glenmont 1:27:56
MALE AGE GROUP: 30 - 39
1 David Harwood 32 Troy 58:53
2 Saturnino Fernandez 38 Slingerlands 1:00:34
3 Jonathan Knickerbocker 31 Albany 1:06:11

FEMALE AGE GROUP: 30 - 39
1 Casey Kohler 32 Albany 1:09:18
2 Jennifer Richardson 38 Albany 1:13:37
3 Kelly Grace 31 East Greenbush 1:19:20
MALE AGE GROUP: 40 - 49
1 Derek Bruening 41 Troy 1:08:45
2 Paul Nelson 48 Albany 1:09:46
3 Manish Singh 41 West Sand Lake 1:11:01
FEMALE AGE GROUP: 40 - 49
1 Barbara Cutler 43 Troy 1:16:38
2 Kristi Kemmer 40 Slingerlands 1:19:33
3 Elisha Lyons 43 Hoosick Falls 1:19:39
MALE AGE GROUP: 50 - 59
1 Michael Cebula 51 Mechanicville 1:16:55
2 Steve Morse 55 Albany 1:17:05
3 Robert Piccirillo 54 Schenectady 1:19:17
FEMALE AGE GROUP: 50 - 59
1 Kim Eisler 51 Ballston Spa 1:29:20
2 Medaalsa Beharry 59 Albany 1:40:11
MALE AGE GROUP: 60 - 69
1 James Fairchild 69 Albany 1:15:04
2 Mike Hickey 60 Pittsfield, MA 1:24:32
3 Jim Allen 68 Millbrook 1:41:07
FEMALE AGE GROUP: 60 - 69
1 Anne Laroche 66 Venice, FL 1:44:21
Courtesy of Sidney Albert Albany Jewish Community Center

8TH ANNUAL MOREAU LAKE 15K & 5K TRAIL RUNS
September 16, 2018 • Moreau Lake State Park, Gansevoort

15K TRAIL RUN
MALE OVERALL
1 Paul Fronhofer 40 Fort Edward 1:36:02
2 Zach Stufflebeam 25 Schenectady 1:38:11
3 Hugh Davis 58 Saratoga Springs 1:47:35
FEMALE OVERALL
1 Lenka Halamkova 43 Averill Park 1:58:50
2 Julie Urbanski 49 Stillwater 2:14:27
3 Kim Seabury 51 Old Chatham 2:17:35
MALE AGE GROUP: 20 - 29
1 Mike Konderwich 27 Valatie 1:52:01
2 Adam Burn 29 Guilderland 2:05:18
3 Cody Vincent 27 Albany 2:33:08
FEMALE AGE GROUP: 20 - 29
1 Christa Kanellis 28 Greenwich 2:33:18
2 Tung Maltsev 24 Cohoes 3:51:11
MALE AGE GROUP: 30 - 39
1 Tim Hanlon 33 Lake George 1:52:13
2 Tom Tiberio 33 Scotia 2:00:28
3 Paul Howard 34 Gansevoort 2:17:53
4 David Cittadino 32 Ilion 2:19:02
5 Christopher Edick 34 New York Mills 2:19:29
6 Rock Travis 36 Clifton Park 2:20:20
7 Trevor Diefendorf 32 Ballston Spa 2:30:05
8 Kyle Simmons 33 Albany 2:30:51
9 Jeff Miller 34 Schenectady 2:30:54
10 Jeffrey Arnold 31 Averill Park 2:30:58
FEMALE AGE GROUP: 30 - 39
1 Kelly Kolnick 34 Ballston Spa 2:28:24
2 Jenny Kurnit 31 Albany 2:44:03
3 Rebecca Evansky 39 Hudson Falls 2:52:33
4 Ariel Dickson 37 Schuylerville 2:52:33

MALE AGE GROUP: 40 - 49
1 Brian Dillenbeck 47 Alplaus 1:54:00
2 Andrew Kos 45 Gansevoort 2:08:02
3 John Evansky 40 Hudson Falls 2:13:37
4 Mike Bowman 46 Schenectady 2:15:19
5 Michael Breslin 42 Albany 2:29:40
6 Jeremy Kergel 43 Schenectady 2:35:02
7 Bill Sims 45 Schenectady 3:16:06
FEMALE AGE GROUP: 40 - 49
1 Tracy Podnorszki 43 Fort Edward 2:47:17
MALE AGE GROUP: 50 - 59
1 Steve Seabury 50 Old Chatham 1:54:40
2 Jim Amell 59 Gansevoort 1:59:16
3 Timothy Lippert 57 Berne 2:12:40
FEMALE AGE GROUP: 50 - 59
1 Dennis Humphrey 62 Delmar 2:03:29
2 Steve Sweeney 63 Delanson 2:18:02
3 Jeff Clark 60 Glenmont 2:35:12
4 Vincent Kirby 61 Mechanicville 2:52:04
FEMALE AGE GROUP: 60 - 69
1 Laura Clark 71 Saratoga Springs 3:41:19
5K TRAIL RUN
MALE OVERALL
1 Ian Cutting 23 Glenville 30:02
2 Honza Halamek 13 Averill Park 37:51
3 Scott Gullie 49 Ballston Lake 38:08
4 Russell Matteson 34 Salem 40:36
5 Connor Danz 14 Rensselaer 1:00:25
FEMALE OVERALL
1 Erin Turnock 33 Schenectady 38:39
2 Kelly Caskey 60 Ilion 1:37:22
Courtesy of Green Leaf Racing

GORE MOUNTAIN LEAF CRUNCHER 5K TRAIL RUN
September 16, 2018 • Gore Mountain, North Creek

MALE OVERALL
1 Greg Barshied 28 Averill Park 22:10
2 David Hettrich 52 Delmar 24:00
3 Michael McGann 39 Philadelphia, PA 26:46
FEMALE OVERALL
1 Alison Gridley 34 Cherry Valley 29:01
2 Christine Natalie 32 Arlington, VT 29:39
3 Jessica Madsen 20 Spencertown 30:30
MALE AGE GROUP: 1 - 12
1 Bailey Durofchalk 12 Annville, PA 30:37
2 Robert Hill 10 36:34
3 Tienzen Plumley 7 Brant Lake 43:18
4 Kiernan Gorman 11 Latham 50:18
MALE AGE GROUP: 13 - 19
1 Michael Gorman 14 Latham 35:45
FEMALE AGE GROUP: 13 - 19
1 Macey Durofchalk 13 Annville, PA 33:03
2 Emily Fifield 13 55:14
MALE AGE GROUP: 20 - 29
1 Devin Ashine 25 Greenfield Center 31:10
FEMALE AGE GROUP: 20 - 29
1 Peggy Hodges 29 Latham 43:24
MALE AGE GROUP: 30 - 39
1 Art Perryman 39 Wevertown 32:54
2 Matt Plumley 37 Brant Lake 47:12
FEMALE AGE GROUP: 30 - 39
1 Rebecca Pless 38 Olmstedville 39:31
2 Meghan Perryman 39 Wevertown 53:36

MALE AGE GROUP: 40 - 49
1 Rick Durofchalk 49 Annville, PA 33:08
FEMALE AGE GROUP: 40 - 49
1 Jennifer Miller 42 Hudson Falls 38:17
2 Amy Gorman 45 Latham 44:36
3 Jennifer Fifield 42 55:25
MALE AGE GROUP: 50 - 59
1 Will McGivney 56 Diamond Point 28:30
2 John Seigle 51 Cold Brook 31:24
3 Peter Sturm 52 Fort Edward 31:41
4 Matthew Pearsall 57 32:22
5 Gary Heyer 57 39:10
FEMALE AGE GROUP: 50 - 59
1 Amy Walker 51 Fort Edward 36:43
2 Michele Pearsall 57 37:01
3 Lisa Seigle 51 Cold Brook 39:47
MALE AGE GROUP: 60 - 69
1 Joseph Sporko 62 Pittstown, NJ 33:14
2 John Burgess 66 39:05
FEMALE AGE GROUP: 60 - 69
1 Evelyng Strifler 63 47:09
2 Patricia Darmetko 69 Cohoes 50:40
MALE AGE GROUP: 70 - 79
1 Eduardo Munoz Jr 75 Olmstedville 39:55
Courtesy of Gore Mountain

DUTCHESS COUNTY CLASSIC HALF MARATHON
September 16, 2018 • Lagrange Middle School, Lagrange

MALE OVERALL
1 Nick Cruz 22 Washingtonville 1:11:51
2 Dietrich Mosel 22 Manhasset 1:12:14
3 Jamie Stroffolino 32 Stormville 1:15:16

FEMALE OVERALL
1 Allison Davis 22 Westtown 1:26:29
2 Lisa Deguzman 46 Walkkill 1:27:44
3 Catherine Herne 45 New Paltz 1:28:16
Courtesy of Mid-Hudson Road Runners Club

42ND ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON
September 16, 2018 • Airport, Great Barrington, MA to Tanglewood, Lenox, MA

27M BIKE, 5M PADDLE, 6M RUN
ALL BERKSHIRE - 4-PERSON TEAM
1 Josh Itch 2:28:50
Brian Rabuse, Sue Purdy, Kurt Kuehnel, Stephen Foley
2 Vehicle Voltron 2:44:34
Andy Clark, Tim Barrett, Eddie Barrett, Joe Barrett
3 Snakes in the Wood Pile 2:53:00
Jarrett Robitaille, Dominic Cimini, Matthew Cimini
MALES 39 & UNDER - 4-PERSON TEAM
1 Allen Heights Veterinary 2:17:08
Josh Lipka, Tom Keefe, Ben Pigott, Steve Monsulick
2 Boss's Mainely Massive Men 2:29:18
Andrew Piper, Kevin Boss, Dave Vadorpe, Lee Brown
3 Minkler Insurance II 2:36:58
John Bazcek, Andrew Minkler, Tim Allen
MALES 40 & OVER - 4-PERSON TEAM
1 Not Those Guys 2:34:18
Damon LeCompte, John Berry, Matt King, Mike Zani
2 Irresistable Balding Men 2:40:56
Steve Malin, Thom Whaley, Tom Ingersoll, Matt Cortier
3 Bone Tats & Beer Nerves 3:17:01
Robert Trask, Steve Mack, Sean Raymer, Ben Simmons

ALL FEMALE - 4-PERSON TEAM
1 Berkshire Bike & Board 2:49:37
Liz Chambers, Laura Walton, Gloria Wesley, Lori Kingsley
2 One Non-Blood 2:59:38
Jessica Bosworth, Kristen Warner, Karen Febey, Katie Boudreau
3 Henshaw Heroes 3:22:45
Fran O'Donoghue, Sallie Batchelor, Kristen Kelly
MASTERS 50 & OVER - 4-PERSON TEAM
1 SEKS 2:39:49
Steve Meisl, Ed Paquette, Scott Dias, Matt Kinnaman
2 Dr Al & the Pacemakers 2:54:24
Al Bravo, Lawrence Bravo, Bruce Duquette, Kack Moore
3 Arnie's Army 2:54:46
David Martin, Kevin Loehr, Michele Loehr, Bob Archey
GRAND MASTERS: 60 & OVER - 4-PERSON TEAM
1 Solanum Tuberosum 2:49:09
Bill Wooldridge, Phil Dowling, Bob Allen, Jeff Mish
2 Hawaii60 2:58:14
Peter Greer, Tom Warner, Peter Heed, Bob Dion
3 Still Going 3:02:17
Steve Bronstein, Jack Lareau, John Marona, Al Hyde
continued

42ND ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON *continued*

MIXED 39 & UNDER - 3-4 PERSON TEAM			
1 Thank You Richmond!	2:44:30	2 Team Flex	2:50:07
2 William Caligari, Patty Spector, Charlie Zuber, Sam Darby		Jacob Morris-Siegel, Adam Beyer, Dean Kennedy	
3 Joly Rogers	3:02:05	3 Whose Leg Is It Anyways?	2:53:41
MIXED 40 & OVER - 3-4 PERSON TEAM		Austin Cooney, Jackson Alberti, Chris Girard	
1 PJM Management Services	2:57:22	MALES 40 & OVER - 3-4-PERSON TEAM	
2 Dave Boyce, Dianne Mele, Patrick Mele, Mark DiNicola	2:59:34	1 Team Leviathan	2:35:50
3 Breaking 60	3:19:21	2 The Brodyer In-Laws	2:37:55
TWO-PERSON MALE		3 2 Crazyes and a Loon	3:02:22
1 The Berkshire with a Trout	3:00:04	4 Kevin Murphy, Skip Ciccarelli, Garrett Deane	
2 Berkshire Backcountry	3:08:14	ALL FEMALE - 3-4-PERSON TEAM	
3 Of Muscle and Men	3:11:23	1 It's All About the T-Shirt	2:55:48
TWO-PERSON FEMALE		2 Kathy Timpone, Andrea Goodman, Kim Gero	
1 All Day Femme Fierce	3:05:51	3 Vermont Vixens	2:58:37
2 Nematocysts	4:10:58	4 Oonagh McHugh-Dillon, Andrea Vogl, Katharine Kimball	
TWO-PERSON MIXED		5 B.A.D. Girls	3:07:40
1 If We Only Had a Heart	3:01:48	MIXED 39 & UNDER - 3-4-PERSON TEAM	
2 Bruce Townsend, Diana Wall	3:13:05	1 Just Postal	2:46:57
3 Mama and Papa Loaf	3:25:00	2 Berkshire West	2:47:28
RECREATIONAL - 4-PERSON TEAM		3 Greg Babich, Stephanie Ambrose, Joe Geurds	
1 Spare the Paddle, Spoil the Child	3:00:54	4 Berkshire Real Estate	2:49:12
2 Rooting for Rob	3:06:46	5 Steven Ray, Steve Ray Sr, Stephanie Taylor	
3 Luke Kaplan, Michael Kaplan, David Lyon, Nick Sirianno	3:09:53	MIXED 40 & OVER - 3-4-PERSON TEAM	
IRONMAN		1 Conversational Outlaws	3:06:18
1 Jake Martin	3:07:03	2 Michael Andelman, Tiffany Roberts, Pegg-Jeanne Flood	
2 David Lee	3:24:40	3 Trunk Monkey	3:16:44
3 William Mitchell	3:56:35	4 Dan Hippy, Roberta Townsend, Phillip Townsend, Bill Eagan	
IRONPERSON - 40 & OVER		5 NoMugs'ere	3:17:28
1 Chad Staubach	3:47:15	6 Monique Blake, Laurie Gallagher, Lance Palmer	
2 Christian Auclair	3:52:55	MASTERS 50 & OVER - 3-4-PERSON TEAM	
IRONPERSON - 50 & OVER		1 Random Greatness	2:48:20
1 Robert Benner	3:18:44	2 Rich Shade, Michael Blair, John Bourgeois	
2 John Keenan	3:33:25	3 The Good, the Bad & the Ugly	2:51:24
IRONWOMAN		4 Jim Cooney, Bill Tatro, Jake Eberwein	
1 Heather Mumford	4:04:12	5 All in 3D	3:03:27
VETERANS - 70 & OVER 4-PERSON TEAM		6 Ken Dyer, Donald Chaffee, Darrell Carlson	
1 Just Joshin'	3:32:37	GRAND MASTERS 60 & OVER	
2 Dennis Pollock, Toddy Munson, Doug Munson, Bernie Mack	4:07:54	1 Where's Bonnie?	3:01:35
3 L Cohen, Eric White, Tom Hyde, Jeff Parkman		2 Stephen Pagnotta, Mike Lahey, Timothy Morey	
TWENTY & UNDER		3 Ninth Time's the Charm	3:29:56
1 Team Bleach	3:07:33	4 David Goehring, Bill Tatsapough, Mike Pytko	
2 Kirk on High	3:19:52	5 The Elder Statesmen	3:30:04
3 Sam Schroeder, Abigail Wade, Jack Smith		RECREATIONAL - 3-4-PERSON TEAM	
4 Murica'	4:11:31	1 Taconic 2.0	3:09:43
FAMILY - 4-PERSON TEAM		2 Daniel Moon, Rick Penna, Paul Phelps	
1 Berkshire Brothers	2:41:41	3 Flash, Splash and Dash	3:10:24
2 Josh Hopmans, Tim Kowalczyk, Dan Hopmans		4 John Severin, Larry Johnson, Nathan Johnson	
3 Bacon Brethren	2:44:17	5 Two Guys and a Gaul	3:19:10
4 Nathaniel Bossi, Adrian Bossi, Jason Dengler, Matthias Bossi		6 Kyle Bailey, Zachary Wilton, Casey Gaul	
5 Robbins Shred Fest	2:44:19	TWO-PERSON MALE	
6 Jay Robbins, Chris Robbins, Shawn Robbins, Todd Robbins		1 I'm Dirty Dan / Chris Wall, Daniel Brooks, Chris Wall	3:00:34
CORPORATE		2 IronMiners / Jeff Pratt, David Pratt, Jeff Pratt	3:15:03
1 Team Pfizer	2:48:02	3 Lambrampant / David Lamb, Robin Lamb, David Lamb	3:26:40
2 Zane Wenzel, Dennis Girard, Robert Smith, Donald Tyszkiewicz		TWO-PERSON FEMALE	
3 MD&A Champions	2:52:21	1 W.T.F...Where's the Finish?	3:12:30
4 Andres Rodriguez, David Hicks, David Fernandes, Jorge Rodriguez		2 Mary Sheean, Nicole Shepardson	
5 PACC Pistols	3:03:59	3 We Just Wanna Finish and Drink BEER	3:25:48
6 Greg Rossolimo, Kerry Klein, Brenda Loguidice, Greg Rossolimo		4 Miranda Gajda, Erica Morin	
THREE-FEMALE & 1-MALE		5 For the Show	3:54:43
1 Canyon Ranch Outdoor Sports	3:26:06	6 Sue Stack, Mickie Barry	
2 Dan Brinton, Jeanne Snacrenburg, Ginny Akabane, Monica Saunders		TWO-PERSON MIXED	
3 Three and a Half Women	3:34:05	1 Just Dooley It / Mike Dooley, Tara Dooley	2:38:05
4 Jeffrey Lee, Bonnie Eichorn, Kate Gleason, Kendall Winston		2 Trying To Stay Upright / Kurt Singer, Sue Joyner	3:09:40
5 The Minnows	3:50:34	3 Lost in Pace / Peter Merwin, Shenna Burke	3:18:46
6 Haden Minifie, Ben Minifie, Hannah Minifie, Kate Venne		IRONMAN	
IRONMAN - 60 & OVER		1 Kent Lemme	2:34:38
1 Fred Tilden	3:26:54	2 Trent Koopman	2:44:26
2 Dean Conrad	3:50:14	3 Jaryn Pierson	2:47:26
3 Stephen Berghash	4:02:19	IRONPERSON 40 & OVER	
IRONWOMAN - 60 & OVER		1 Christopher Weaver	2:55:05
1 Me, Myself and I / Joanna Ezinga	3:43:13	2 Scott Samuel	2:56:37
ALL BERKSHIRE - 3-4-PERSON TEAM		3 Bryan McCarthy	3:03:18
1 IPAs All Around!	2:36:34	IRONPERSON 50 & OVER	
2 Jason Candee, Paul Monachina, Nick Corelop, Megan Anello		1 Ben Lawry	2:40:14
3 B-Frank	2:48:31	2 Ned Kennedy	2:55:03
4 Brian Ketchen, Jason Cross, Jesse Carter		3 Rich Victor	3:12:54
5 Movin' Groovin'	2:51:06	IRONWOMAN	
6 Bob Geller, Christopher King, Stefan Ogle		1 Joanna Wang	2:58:19
DOUBLE KAYAK - OVER 16-FOOT IN LENGTH		2 Teresa Warner Maiuri	3:21:06
1 Vermont Sports Connection	2:39:02	3 Lara Denmark	3:26:57
2 Kevin Bessett, Mike Malley, Clyde Yarnell, Megan Anello		TEAM PADDLEBOARD	
3 Spin Splash Sprint	2:52:21	1 Love is Like Measles	2:35:38
4 Anthony Guarino, Phil Warner, Stephen Korczyk, Steve Kerzy		2 William Thompson, Timothy Hudynia, David Dodge	3:02:45
MALES 39 & UNDER - 3-4-PERSON TEAM		3 Movers and Shakers	
1 H.A. George Propane	2:45:22	4 Frank Contenta, Gary Miller, Tonio Palmer	
2 Tom Kolodziejczyk, Bob Fachini, Joel Pekosz		5 Monterey Flyers	3:53:26
		6 Douglas Neu	
		MIXED TEAM PADDLEBOARD	
		1 Uncle Ezek's Express	2:52:08
		2 Jaden Kifer, Jenifer Kreamer, Tami Grady	
		3 Moulton Family Racing	3:00:24
		4 James Moulton, Michael Moulton, Sara Moulton	
		5 Janeredale	3:15:44
		6 Geoffrey House, Craig Walton, Ellen House	
		IRONMAN PADDLEBOARD	
		1 Logan Wilson	3:04:26
		2 David Wilson	3:20:43
		3 Matthew Crow	3:27:19
		IRONWOMAN PADDLEBOARD	
		1 Rebecca Cushing	3:25:22
		2 Lise Rok	4:08:25
		3 Christine Haley	4:21:50

Courtesy of Josh Billings RunAground

25TH ANNUAL FAM 5K "FUND" RUN *continued*

MALE AGE GROUP: 30 - 34			
1 Tom Kaczmarek	34	Scotia	18:25
2 Matt Narode	32	Glenmont	18:34
3 Michael Franke	31	Schenectady	19:37
FEMALE AGE GROUP: 30 - 34			
1 Teddi Wilcox	33	Scotia	25:09
2 Debra Hamilton	32	Oneonta	25:18
3 Lindsey Hoyt	31	Albany	31:03
MALE AGE GROUP: 35 - 39			
1 Aaron Major	39	Pattersonville	17:27
2 Joshua McCann	37	Cobleskill	22:12
3 George Knapp	35	Oneonta	23:19
FEMALE AGE GROUP: 35 - 39			
1 Katie Gifford	37	Gloversville	24:32
2 Tracy Yurkewicz	39	Fultonville	25:33
3 Amber De Vries	39	Schoharie	29:51
MALE AGE GROUP: 40 - 44			
1 Milo Gifford	41	Gloversville	23:06
2 Jason Gaunt	43	Andover, MA	23:21
3 George Spohn	42	Cobleskill	26:14
FEMALE AGE GROUP: 40 - 44			
1 Sara Eaton Gaunt	41	Andover, MA	25:20
2 Meagan Sullivan	41	Wappingers Falls	25:48
3 Jennifer Regelski-Rotman	43	Cobleskill	30:01
MALE AGE GROUP: 45 - 49			
1 Andy Burke	45	Ballston Spa	21:35
2 Joe Kenyon	45	Cobleskill	22:47
3 Rich Miller	48	Cobleskill	24:52
FEMALE AGE GROUP: 45 - 49			
1 Barb Vazquez	48	Saugerties	24:06
2 Stacey Frazier	48	Unadilla	25:37
3 Lisa Rowe	45	Rotterdam	27:51
MALE AGE GROUP: 50 - 54			
1 Mark Stephenson	54	Esperance	18:53
2 Peter Pochly	51	Jefferson	22:04
3 Mike Langevin	53	Albany	22:15
FEMALE AGE GROUP: 50 - 54			
1 Cathy Needleman	52	Middleburgh	23:28
2 Anne Hay	53	Cobleskill	25:27
3 Gail Fairbairn	52	Summit	26:38
MALE AGE GROUP: 55 - 59			
1 Laurid Maxwell	58	Schenectady	21:57
2 Ronald Filmer	58	Cobleskill	24:16
3 Christopher Campbell	55	Clifton Park	24:20

Courtesy of Fenimore Asset Management

ADIRONDACK MARATHON DISTANCE FESTIVAL

20th Annual Helpers Fund 5K & 10K • September 22, 2018 • Town Hall, Chestertown

5K RUN			
MALE OVERALL			
1 Philippe Lasnier	47	St-Jean-Sur-Richelie, QC	22:11
2 Antoine Lasnier	10	St-Jean-Sur-Richelie, QC	24:10
3 Yves Latour	44	St-Jean-Sur-Richelie, QC	24:10
FEMALE OVERALL			
1 Maria Montague	31	Natick, MA	24:35
2 Christine Ntalie	32	Arlington, VT	24:51
3 Susannah Denham	14	Glenville	27:14
MALE AGE GROUP: 1 - 19			
1 Graham Choi	6	Fairfield, CT	32:25
FEMALE AGE GROUP: 1 - 19			
1 Elizabeth Lasnier	19	St-Jean-Sur-Richelie, QC	28:18
2 Eliza Choi	9	Fairfield, CT	32:25
3 Raphaela Latour	11	St-Jean-Sur-Richelie, QC	32:39
MALE AGE GROUP: 20 - 29			
1 Devin Ashine	25	Greenfield Center	26:31
2 Craig Dreger	24	Pottersville	34:21
3 Dan Zale	22	Lagrangeville	39:12
FEMALE AGE GROUP: 20 - 29			
1 Isabelle Cantanucci	29	Troy	30:42
2 Larissa Swartz	28	Maybrook	32:54
3 Brittany Todeschini	26	Seaforth	46:42
MALE AGE GROUP: 30 - 39			
1 James Ares	33	Shrewsbury, MA	26:12
2 Art Perryman	39	Wevertown	27:42
3 Liam Coughlin	31	Castelton	30:10
FEMALE AGE GROUP: 30 - 39			
1 Julia Mackeprang	33	Fairfield, CT	32:53
2 Rebecca Pless	38	Olmstedville	35:59
3 Jodi Klinedinst	38	North Creek	38:48
MALE AGE GROUP: 40 - 49			
1 Ryan McNeill	44	Newton MA	31:03
2 Mark Sanford	46	Campbellsville, KY	31:19
3 Larry Strianese	42	Clifton Park	31:29
FEMALE AGE GROUP: 40 - 49			
1 Stacy Collins	42	Dobbs Ferry	29:18
2 Kate McNeill	42	Newton, MA	31:03
3 Sharon Sanford	45	Campbellsville, KY	31:19
MALE AGE GROUP: 50 - 59			
1 Stuart Cartwright	58	Wayland, MA	25:05
2 Larry Lannino	58	Chestertown	25:14
3 Arthur Lowe	56	North Hudson	27:10
FEMALE AGE GROUP: 50 - 59			
1 Esther Denham	54	Glenville	27:54
2 Rose Smith	54	Bear, DE	30:35
3 Hayley Killon	55	Olmstedville	35:05
MALE AGE GROUP: 60 - 69			
1 Jim Connors	62	Blauvelt	24:46
2 Mark Carpenter	60	Adirondack	33:15
3 David Reeves	68	Peru	57:29
FEMALE AGE GROUP: 60 - 69			
1 Karen Costello	63	Hague	30:20
2 Deborah Zale	60	Lagrangeville	31:29
3 Susan Milstein	62	Menands	31:47
MALE AGE GROUP: 70 - 79			
1 James Hutchins	72	North Creek	31:31
2 George Dutcher	76	Castelton	38:39
3 Eduardo Munoz	75	Olmstedville	46:14
70 - 79			
1 Nancy Nicholson	56	Queensbury	23:52
2 Fran Pilato	59	Rensselaer	26:48
3 Lynn Lisy-Macan	55	Howes Cave	31:33
MALE AGE GROUP: 60 - 64			
1 David Roy	63	Schoharie	20:54
2 Steven Sweeney	63	Sloansville	21:22
3 Steven Palmer	61	Bainbridge	22:48
FEMALE AGE GROUP: 60 - 64			
1 Marie Kaye	63	Altamont	27:59
2 Linda Russell	60	Fort Myers, FL	35:37
3 Mary Cool	62	Fort Plain	35:50
MALE AGE GROUP: 65 - 69			
1 James Pashley	69	Oxford, CT	24:39
2 Bob Mead	69	East Greenbush	25:09
3 McKenzie Davis	67	Cobleskill	27:02
FEMALE AGE GROUP: 65 - 69			
1 Erika Oesterle	67	Stamford	25:51
2 Carol Eaton	66	Ormond Beach, FL	28:02
3 Bev Putnam	67	Warnerville	30:03
MALE AGE GROUP: 70 - 74			
1 Jim Cochran	70	Rensselaer	28:10
2 Gary Bivins	71	Wappingers Falls	31:11
3 Ron Macan	73	Howes Cave	31:33
FEMALE AGE GROUP: 70 - 74			
1 Mary Farley	71	Summit	39:47
2 Charlotte Eaton	70	Scotia	49:53
3 Linda Champlin	70	Cobleskill	52:31
MALE AGE GROUP: 75 - 79			
1 Leo McAllister	75	Cobleskill	31:25
2 Hank Reed	79	Barneveld	45:46
FEMALE AGE GROUP: 75 - 79			
1 Marge Rajczewski	78	Ballston Lake	32:46
2 Marcia Fletcher	77	Schoharie	44:36
3 Betty Langevin	78	Cobleskill	52:32
MALE AGE GROUP: 80 - 84			
1 Christopher Rush	82	Schenectady	32:06
2 Frank Masterson Jr	80	Sharon Springs	39:53
3 Kenn Hotopp	84	Howes Cave	46:42
FEMALE AGE GROUP: 80 - 84			</

RACE RESULTS

ADIRONDACK MARATHON DISTANCE FESTIVAL *continued*

MALE AGE GROUP: 40 - 44			
1	3:10:55	Matthew Tornaiainen	43 Fultonville
2	3:22:38	Paul Graham	41 Canton
3	3:27:39	Eric Benoit	41 Granby, QC
4	3:37:30	Daniel Roberto	43 Fishkill
5	3:45:48	Seth Blumerman	44 Albany
FEMALE AGE GROUP: 40 - 44			
1	3:44:20	Amy Jelen	41 Burlington, VT
2	5:16:02	Jennifer Fatone	40 Orange, CT
MALE AGE GROUP: 45 - 49			
1	3:44:20	Gerald Tabios	49 Elmhurst
2	4:09:12	Pavel Beliakov	48 Hoboken, NJ
3	4:17:05	Chris Coyne	48 North Creek
4	4:51:23	Mike Marrone	48 Howell, NJ
FEMALE AGE GROUP: 45 - 49			
1	4:07:01	Tina Roese	48 Redding, CT
2	4:37:10	Karensa Derstine	45 Northville
3	4:42:36	Maura McNamara	46 Saratoga Springs
4	5:29:38	Jo Blackmore	49 Ardenia
5	5:39:28	Michele Iannuzzi	46 Marlboro
MALE AGE GROUP: 50 - 54			
1	3:46:57	Steve Chaffee	54 Wellsville
2	3:47:14	Mark Madigan	54 Glenville
3	3:54:32	Steven Scicutella	50 Lindenhurst
4	3:59:38	Rick Morris	53 Salisbury, VT
5	4:23:01	David Walker	50 Salt Point
FEMALE AGE GROUP: 50 - 54			
1	4:31:43	Carrie Fenn	53 Charlotte, VT
2	4:34:33	Michelle Pelton	51 Lake Elmore, VT
3	4:46:11	Michelle Bosco	50 Wethersfield, CT
4	5:29:39	Stephanie Ruzicka	53 Florham Park, NJ
MALE AGE GROUP: 55 - 59			
1	3:50:16	Mark Carow	59 Wellfleet, MA
2	3:59:22	Duane Gilmour	55 Sherrill
3	4:03:17	JD Dewar	56 Gloucester, ON
4	4:37:24	Michael Bushey	58 Plattsburgh
5	4:56:04	Donald Proulx	57 Saratoga Springs
FEMALE AGE GROUP: 55 - 59			
1	4:37:08	Donna Horton	58 Cambridge
2	4:50:26	Kathleen Walker	59 Hyde Park
3	4:53:14	Patricia Clark	58 Worcester, MA
4	4:58:47	Laura Scarpinato	55 Milton, VT
5	5:13:17	Elizabeth Spiers	58 Perkasia, PA
MALE AGE GROUP: 60 - 64			
1	4:12:08	Steven Benway	64 Willsboro
2	4:23:36	Brien Dodd	62 Orange, CA
3	4:35:00	Steve Sansola	63 Rhinebeck
4	4:45:03	Dan Oh	63 Leonia, NJ
5	4:50:48	Larry Young	60 Metuchen, NJ
FEMALE AGE GROUP: 60 - 64			
1	4:35:01	Cheryl Healy	62 Fairhaven, MA
2	5:04:04	Cathy Probst	60 Menands
3	6:00:30	Debbie Tirrito	63 South Hero, VT
4	6:41:53	Anne Lambert	60 Pittsford
MALE AGE GROUP: 65 - 69			
1	5:00:29	Barry Fitz-James	67 Lake Placid
2	5:13:10	John Carboni	65 Schenectady
MALE AGE GROUP: 70 - 79			
1	5:21:04	Michael Lafontaine	76 Champlain
HALF MARATHON: 13.1 MILES			
MALE OVERALL			
1	1:10:57	Eric Macknight	29 Ballston Spa
2	1:12:21	Alexander Benway	28 Queensbury
3	1:15:41	Joshua Korn	22 Troy
FEMALE OVERALL			
1	1:19:50	Karen Bertasso	34 Albany
2	1:28:01	Tricia Wardwell	28 Troy
3	1:31:30	Lori Kingsley	52 Wysox, PA
MALE AGE GROUP: 1 - 29			
1	1:17:55	Matthew Ninneman	25 Albany
2	1:35:02	Trevor Tuplin	24 Weymouth MA
3	1:37:52	Joe Flynn	27 Buffalo
4	1:39:31	Corey Smith	29 Harriman
5	1:39:34	Charlie Richter	17 Albany
FEMALE AGE GROUP: 1 - 29			
1	1:33:20	Jessica Andre	25 Waldwick, NJ
2	1:43:06	Valerie Moore	26 Tewksbury, MA
3	1:57:18	Jillian Smith	29 Cobleskill
4	1:57:30	Anna Sand	24 Woodstock, VT
5	1:58:21	Marisa Mariotti	21 Ticonderoga
MALE AGE GROUP: 30 - 34			
1	1:16:38	Thomas O'Grady	33 Slingerlands
2	1:25:13	Greg Hart	30 Saratoga Springs
3	1:33:24	Tony Gabriel	33 Lake Peekskill
4	1:36:57	Andreas Schneider	34 Hudson
5	1:48:57	Matthew Wood	30 Chatham
FEMALE AGE GROUP: 30 - 34			
1	1:38:47	Cassandra Conety	30 Shushan
2	1:42:41	Ariana Nilsson	34 Hudson
3	1:46:34	Katherine Sargent	33 Cicero
4	1:48:25	Johanna Tripler	31 Lehighton, PA
5	1:50:54	Courtney Raehl	33 Grand Rapids, MI
MALE AGE GROUP: 35 - 39			
1	1:39:16	Christian Volney	36 New York
2	1:47:14	Greg Smitkin	39 Altamont
3	1:47:41	Ryan Venter	37 Glenmont
4	1:48:27	Matthew Berry	38 Rexford
5	1:50:09	Benjamin Anderson	35 Astoria
FEMALE AGE GROUP: 35 - 39			
1	1:32:54	Erin Lopez	37 Saratoga Springs
2	1:38:49	Heather Bailey	36 Otego
3	1:39:32	Lauren Gim	35 White Plains
4	1:44:30	Cheryl Sarjeant	38 Averill Park
5	1:46:10	Corey Burdick	38 South Burlington, VT
MALE AGE GROUP: 40 - 44			
1	1:18:34	Kell Griffin	40 Shrewsbury, VT
2	1:22:51	Tucker Chrapowitzky	40 Slingerlands
3	1:29:24	Steve Lisa	43 Mahwah, NJ
4	1:31:01	Bryan Carnahan	43 Salem, NH
5	1:44:35	David Corson	41 Porter Corners
FEMALE AGE GROUP: 40 - 44			
1	1:52:16	Karen Maciariello	42 Moreau
2	2:03:05	Alicia Barton	41 Ballston Spa
3	2:05:04	Nikki Hopp	41 Verona, WI
4	2:06:19	Erika Ries	42 Menands
5	2:08:54	Diana Obser	43 Pt. Pleasant, NJ
MALE AGE GROUP: 45 - 49			
1	1:29:33	John Genevich	49 Saratoga Springs
2	1:30:04	Randall Cannell	46 Broadalbin
3	1:36:08	David Farrington	49 Park Ridge, NJ
4	1:43:45	Rob Sheftel	49 Troy
5	1:47:50	Todd Williams	45 Altamont
FEMALE AGE GROUP: 45 - 49			
1	1:38:54	Sally Drake	45 Albany
2	1:41:20	Virginia Larner	46 Malta
3	1:43:00	Kim Scott	49 Malta
4	1:50:55	Ann Glackin	46 Ballston Lake
5	2:02:16	Gina Heid	48 Ballston Spa
MALE AGE GROUP: 50 - 54			
1	1:19:58	Ryan Mitchell	52 Troy
2	1:30:18	Kevin Creagan	53 Albany
3	1:49:17	Philip Griffiths	52 Ballston Spa
4	1:53:52	Oscar Letona	50 Yonkers
5	1:59:24	Barry Blumenfeld	51 Redding, CT
FEMALE AGE GROUP: 50 - 54			
1	1:39:02	Lisa Nieradka	53 Clifton Park
2	1:44:16	Kristen Hislop	54 Halfmoon
3	1:44:40	Mary Fenton	53 Ballston Spa
4	1:46:28	Kathryn Lang	51 Glenmont
5	1:51:37	Robin Murray	50 Clifton Park
MALE AGE GROUP: 55 - 59			
1	1:28:14	John Noonan	59 Ballston Spa
2	1:35:32	Brian Borden	55 Altamont
3	1:40:43	Peter Adams	59 Stamford, CT
4	1:42:35	John Sestito	55 Johnsonville
5	1:49:11	Anthony Lupo	55 Ballston Spa
FEMALE AGE GROUP: 55 - 59			
1	1:41:44	Colleen Brackett	57 Albany
2	1:42:46	Judy Caswell	59 Belmont, NC
3	1:54:24	Alison Muse	57 Saratoga Springs
4	1:56:42	Erika Emigh	56 Walkkill
5	1:57:42	Sandy Adams	58 Shushan
MALE AGE GROUP: 60 - 64			
1	1:41:24	Christopher Kunkel	61 Oradell, NJ
2	1:42:30	Steve Vnuk	62 Delmar
3	1:47:07	George Baranuskas	64 Scotia
4	1:53:30	Steve Meunier	64 Essex, VT
5	1:55:21	Matthew Jones	64 Saratoga Springs
FEMALE AGE GROUP: 60 - 64			
1	1:53:16	Carlie Krolick	63 Charlotte, VT
2	2:04:09	Elizabeth Craig	62 Wilton, CT
3	2:07:21	Valerie Tremblay	62 Alma, QC
4	2:35:39	Shelley Dixon-Williams	60 Schroon Lake
5	2:36:09	Becky Thayer	61 Watervliet
MALE AGE GROUP: 65 - 69			
1	2:04:50	Jim Gilroy	67 Falls Church, VA
2	2:15:56	Donald Vanwely	68 Adirondack
FEMALE AGE GROUP: 65 - 69			
1	1:53:07	Martha DeGrazia	67 Slingerlands
2	2:31:02	Carol Morman	65 North Caldwell, NJ
3	3:34:25	Kathleen Izzo	65 Jacksonville, FL
4	3:34:47	Terry Huff	65 Norfolk
5	3:34:53	Kimberly Bouchard	65 Potsdam
MALE AGE GROUP: 70 - 74			
1	2:02:47	Ginny Pezzula	72 Albany
FEMALE AGE GROUP: 75 - 79			
1	2:50:03	Patrick Bivona	77 Clifton, NJ
2	3:09:11	Raymond Lee Jr	76 Halfmoon
MARATHON RELAY			
MALE 2-PERSON TEAM			
1	3:34:58	Gregory Smith/Rusty Michalak	
2	3:50:53	Matvey Sirotkin/Vladimir Sirotkin	
3	3:57:11	John Kirby/Tim Kirby	
FEMALE 2-PERSON TEAM			
1	4:25:02	Marie Arnold/Suzanne Reavy	
2	4:57:51	Michele Bourgeois/Maryellen Torrisi	
3	5:16:03	Dawn Jenci/Melissa Costantini	
MIXED 2-PERSON TEAM			
1	3:31:21	Leigh Parker/Brendan Miller	
2	4:34:25	Alexander Cooley/Alexandra Darling	
MALE OPEN 4-PERSON TEAM			
1	3:18:23	Robert Brown/Alfred Brassard/Jeremy Scott/Michael Flaherty	
2	3:22:11	Eric Courcelle/Michael Campbell/Heath Miner/Thomas Willette	
3	3:36:09	Joseph Grudecki/Phil Hurst/Jack Clancy/Brian Worthington	
FEMALE OPEN 4-PERSON TEAM			
1	4:01:42	Melanie Arnold/Patti Trabucco/Rose Rafferty/Karen Burns	
2	4:28:03	Rebekah Elmer/Samantha Lawrence/Sarah Casey/Rachel McCarthy	
3	5:06:15	Noelle Short/Elizabeth Moeller/Stephanie Gysel/Mary Wightman	
MIXED OPEN 4-PERSON TEAM			
1	3:33:39	Emily Rosenfeld/Tom Chiantia/Bill Rosenfeld/Caitrin Herdic	
2	3:39:06	Katie Howard/Richard Loud/Matthew Beecher/Maggie Healy	
3	3:46:39	Tim Cavenee/Steve Prenoveau/Angie Dickerson/Erin Flaherty	

Courtesy of Adirondack Marathon Distance Festival

2ND ANNUAL GARNET HILL GRIT MOUNTAIN BIKE RACE *continued*

September 23, 2018 • Garnet Hill Lodge, North River

EXPERT - 12 MILES			
MALE OVERALL			
1	Cameron Gardner-Lewis/20-39	Queensbury	53:55
2	Jordan Sirtoli/20-39	New Hartford	53:55
3	Alex Trumper/20-39	Peru	58:24
FEMALE OVERALL			
1	Wei-Fang Lin/20-39	Clinton	1:17:52
MALE AGE GROUP: 1 - 19			
1	Andrew Summers	Queensbury	1:23:08
MALE AGE GROUP: 20 - 39			
1	Aaron Sirtoli	Hamilton	1:00:21
2	Jason Remington	Clinton	1:01:07
3	Josh Misecvis	Catskill	1:03:39
4	Nicholas Seleni	Saranac Lake	1:07:04
MALE AGE GROUP: 40 - 59			
1	Chris Rose	Peru	1:01:37
2	Terry Blanchet	East Greenbush	1:05:37
3	Gabor Bobok	Niskayuna	1:06:40
4	Thomas Moffett	Peru	1:06:53
5	Edward Ehrichs	Ballston Lake	1:09:38
6	Brian Campbell	Rome	1:12:45
7	Brian White	Plattsburgh	1:13:53
8	Christopher Yates	Saratoga Springs	1:15:08
9	Matt Pearsall	North Creek	1:19:44
10	Jason Rivers	Glen Falls	1:22:22
11	Justin Ferrara	Gansevoort	1:26:28
12	John Ormsby	Vernon	1:28:40
13	Phillip Warren	Poland	1:30:11
MALE AGE GROUP: 60 & OVER			
1	Ed Orr	Brant Lake	1:26:26
FAT BIKE			
1	Andrew Gracey	Verona	59:15
SPORT - 6 MILES			
OVERALL MALE			
1	Chad Wells	Saratoga Springs	39:02
2	Justin Page	Warrensburg	39:40
3	Matthew Karkoski	Ticonderoga	40:30

continued

2ND ANNUAL GARNET HILL GRIT MOUNTAIN BIKE RACE *continued*

OVERALL FEMALE			
1	Michelle Pearsall	North Creek	52:15
2	Julia West	North River	53:47
3	Liz Detweiler	Albany	57:16
MALE AGE GROUP: 1 - 19			
1	Sean Rose	Peru	52:44
2	Jonah Seleni	Saranac Lake	55:39
MALE AGE GROUP: 20 - 39			
1	Justin Page	Warrensburg	39:40
2	Ian Cutting	Glenville	44:57
3	Matthew Strickland	Warrensburg	46:03
4	William Ryan	Saratoga Springs	57:01
MALE AGE GROUP: 40 - 59			
1	Chad Wells	Saratoga Springs	39:02
2	Matthew Karkoski	Ticonderoga	40:30
3	Jared Snyder	Loudonville	42:35
4	Ritch Anthony	Schenectady	43:18
5	John David	Ballston Lake	50:23
6	Shawn Krutz	Gloversville	51:24
7	David Graziano	Flemington, NJ	52:45
8	Jeffrey Lasek	Troy	54:06
9	Derick Hanchet	Warrensburg	1:04:18
FEMALE AGE GROUP: 40 - 59			
1	Heidi Karkoski	Ticonderoga	58:38
MALE AGE GROUP: 60 & OVER			
1	Richard Carlson	North River	54:20
2	Don Potter	North River	1:00:50

Courtesy of Garnet Hill Lodge

44TH ANNUAL FALLING LEAVES ROAD RACE

September 23, 2018 • Radisson Hotel, Utica

5K RACE			
MALE OVERALL			
1	William Hoyne	36 Clay	16:21
2	Andrew Yacobucci	18 Canajoharie	17:29
3	Josh Belisle	35 New Hartford	18:08
FEMALE OVERALL			
1	Samantha Lee	24 New York Mills	20:26
2	Amy Roberson	35 Sauquoit	20:38
3	Jade Denning	15 Remsen	20:38
MALE MASTERS			
1	Eric Kasper	51 Clark Mills	21:05
2	Michael Flack	49 Sauquoit	21:20
3	Rich Karaz	57 New Hartford	21:20
FEMALE MASTERS			
1	Heather Devitt	44 Herkimer	23:00
2	Stephanie Raymond	50 Guilford	23:37
3	Joann Jech	50 Southbury, CT	23:39
MALE AGE GROUP: 1 - 12			
1	Charles Howe	12 Holland Patent	22:06
2	Patrick Monahan	12 New Hartford	23:51
3	Raymond Lux, V	12 Utica	23:59
FEMALE AGE GROUP: 1 - 12			
1	McCartney Becraft	12 Utica	24:30
2	Emma Szarek	9 Rome	25:06
3	Julia Dening	12 Remsen	25:42
MALE AGE GROUP: 13 - 17			
1	Samuel Butcher	14 Clinton	21:04
2	Gary Grabinski	15 Little Falls	22:08
3	Geoffrey Grace	17 Little Falls	22:42
FEMALE AGE GROUP: 13 - 17			
1	Brynnie Myers	17 Remsen	20:46
2	Abigail Polus	13 Herkimer	24:35
3	Emma Skermont	14 Remsen	25:42
MALE AGE GROUP: 18 - 24			
1	Cody Simmons	19 New York Mills	20:44
2	Kyler Ford	20 Herkimer	21:04
3	Matthew Cross	19 Utica	22:21
FEMALE AGE GROUP: 18 - 24			
1	Chelsea Scheuerman	23 Clark Mills	23:25
2	Hermina Garic	21 Utica	24:01
3	Cassandra Grippe	21 Ilion	25:58
MALE AGE GROUP: 25 - 29			
1	Paul Brockett	25 Clinton	19:39
2	Joe Betar	27 Utica	20:11
3	Matthew Zawisza	28 Rome	20:13
FEMALE AGE GROUP: 25 - 29			
1			

RUNNING continued from page 1



■ AINSLEY'S ANGELS START THE 2017 CHRISTOPHER DAILEY TURKEY TROT. CLIFFORD FARRELL

are also encouraged to donate online to the Regional Food Bank of Northeastern New York and Joseph's House & Shelter.

The Troy Turkey Trot, begun in 1916 with six participants, endured a few gap years, but can still boast that is our country's 12th and the world's 64th oldest road race – as well as the 11th largest turkey gathering in the nation. Come be part of history! (troyturkeytrot.com)

If you are a seasoned runner and yearn for more challenging terrain with which to stockpile your calorie deficit, sample downtown Saratoga Springs' 17th annual **Christopher Dailey Turkey Trot 5K Run/Walk** which circles Skidmore College's hills, ending with a leg-turning Broadway downhill. As with all other Thanksgiving races, the early bird catches the worm motto applies, and the estimated 3,500 trotters can anticipate an early start time, leaving ample room for parades, eating and football scrimmages. Once more, Ainsley's Angels riders and pushers will start off the festivities with a one-minute head start.

Here, costumes are less about the day itself, so feel free to recycle your turkling's Halloween favorites. The event honors Christopher Dailey, a sports-loving eight-year-old, and as such has a wider spread of youth age groups than most 5Ks with 11 and under, 12-14 and 15-19. The first few years funded a youth gym and since then other youth activities have been designated recipients. In the spirit of the day, the assemblage commences with a non-denominational blessing of thanks by a priest from St. Clements and a heartfelt rendition of the Star Spangled Banner. (christopherdailey-foundation.com)

Our second oldest Thanksgiving event is the 37th annual **Ellis Medicine's Cardiac Classic 5K** which benefits the Visiting Nurse Service of Northeastern NY. Perfect for city turkeys who wish to vary the pavement with a green loop around Duck Pond, the Classic starts from Central Park in Schenectady and offers a sentimental reminder of summer-time picnics and playground dates, the perfect fattening-up season. Unlike other trots, the 5K is reserved exclusively for the fittest birds, although occasional Galloway-style walking breaks are permitted.

Those with a more leisurely approach gravitate toward the free Two-Mile Wellness Walk and turklings are encouraged to target the One-Mile Duck Pond Fun Run – and



■ FRIENDS FLOCK TOGETHER AT THE 2017 ELLIS MEDICINE CARDIAC CLASSIC 5K. MARC SCHULTZ/DAILY GAZETTE



■ 2017 ELLIS MEDICINE CARDIAC CLASSIC 5K. MARC SCHULTZ/DAILY GAZETTE

check out the resident ducklings. As with most social animals, turklings feel more confident running in tandem with another group member, so parents or older siblings are encouraged to provide herding expertise. (ellismedicine.org/cardiac-classic)

For an even more laid-back attitude, sample the **Our Towne Turkey Trot 5K** where "the only time that will matter is the good time that you'll have, while helping to support our Bethlehem Food Pantry." Starting out at the Bethlehem Middle School in Delmar, the 5K is a mixed breed, self-timed event where crowded beak-to-beak starts are optional.

In this era when price tags for large groups frequently outpace the cost of a bag of feed, turklings 10 and under are free, providing the makings for an affordable family event. As a special incentive to turkeys who have hesitated to step up to the plate, there is procrastination registration the evening before at the middle school, accompanied by fireworks guaranteed to fluff feathers and inspire hearty gobbles. (ourtownebethlehem.com)

Another race with a small town feel is the seventh annual **St. George's Turkey Trot 5K Family Run/Walk**. Intended for southern Saratoga County residents who wish to think local and avoid traveling to the bigger venues, the Tony Lauria Memorial Race benefits the St. George's Scholarship Fund.

The flat route is based from the St. George's School in Clifton Park, which is perfect for a family and stroller-friendly run or walk. Additionally, there is a Kid's Fun Run, with a \$1 day-of fee. (finishright.com)



■ GRADE SCHOOL MILERS AT 2016 TROY TURKEY TROT.

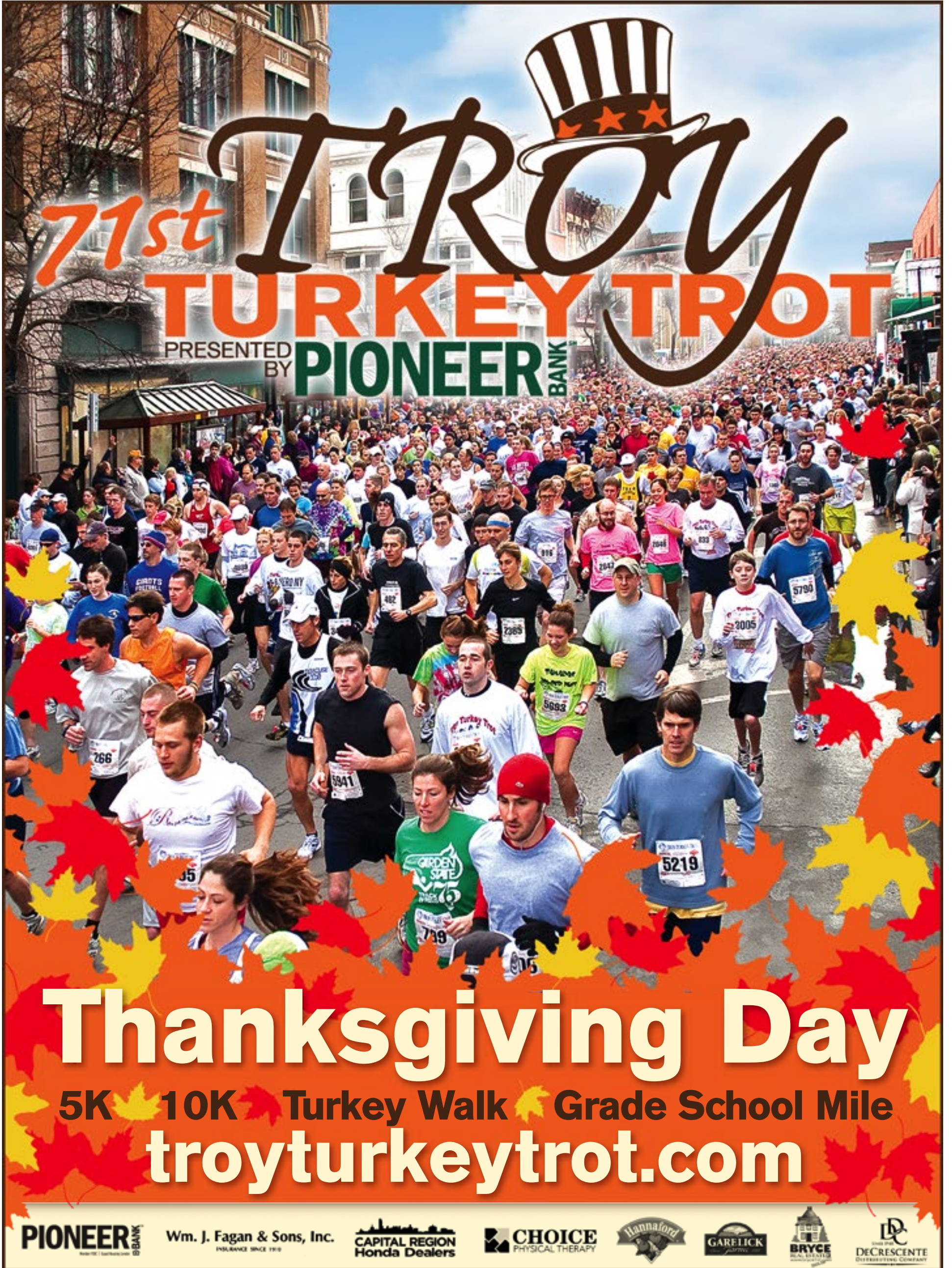
If you long for a city turkey/country turkey twist, then exercise your navigational skills by flying to the 22nd annual **Running of the Turkeys 5K Run/Walk** launching from the Fisher Elementary School in just over the border Arlington, Vt. The scenic country roads will challenge even turkeys in their prime with real Vermont hills a-plenty.

Those who bring treats to share will be entered into a raffle and all participants will receive turkeyware to help identify their flock. An unusual feature of this race is that there

are separate prizes for runners and walkers alike. (runningoftheturkeys.itsyourrace.com)

So shorten your roosting time, groom your feathers, and follow the crowd to join the most popular strutting day in the entire United States. Sides, anyone? 🦃

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71st

TROY

TURKEY TROT

PRESENTED BY PIONEER BANK

Thanksgiving Day

5K 10K Turkey Walk Grade School Mile

troyturkeytrot.com

