

## Snowshoe Racing



START OF THE 2018  
CAMP SARATOGA 8K  
SNOWSHOE RACE  
AT WILTON WILDLIFE  
PRESERVE & PARK.  
BRIAN TEAGUE

## Something for Everybody!

By Laura Clark

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While it is nearly impossible to please all of the people all of the time, the 2018-19 Dion WMAC Snowshoe Series comes pretty darn close. Whether you prefer a clearly-defined ski area, the wooded trails of state parks and preserves, reconverted rail trails or extreme challenges, there will be an event to your liking. And those featuring more bang for your buck invariably offer a shorter companion version, so as to include everyone in your carpool.

For me, the best thing about snowshoe racing is snubbing your nose at icy roads and enjoying nature with a bunch of like-minded friends. You will encounter national class runners, competitive locals and first-timers, all with the single goal of enjoying the day. Events are casual with some featuring raffles and pot lucks, and a few offering T-shirts and age-group awards. Gone is the single-minded focus on minutes-per-mile, replaced by a more realistic expectation based on snow/trail conditions.

If you are a first-timer, know that snowshoeing is quite strenuous and only the folks who expect to win will be running the entire time. A limited number of Dion Snowshoe rentals are available, just be sure to sign up ahead. And check the website ([dionwmacsnowshoe.com](http://dionwmacsnowshoe.com)) as well as the individual race site - or the series Facebook page - before heading out, as conditions vary from one region to another. Races may get cancelled, relocated or reconformed into trail (mud) races as condition warrant, so flexibility is key!

Ski areas begin the season with North Creek's **Gore Mountain 5K** on Saturday, December 15, featuring guaran-

teed snow from its snowmaking system. The past two years we stuck closely to the high school racing Nordic ski route, so expect the ups and downs that make such a course exciting. If natural snow is in the offing, Gore Nordic Center director Paul Allison, also plans to incorporate the area's wooded paths. Note that the race begins at 2pm and registration includes a Nordic ticket, so bring your skis. If you'd prefer a shorter distance, register for the fun 2.5K recreational event with no timing. Gore is the perfect opportunity to test your gear and write your Christmas list to Santa! ([skireg.com](http://skireg.com))

"Take the road less traveled" at **Winter Magic 5K+** on Sunday, January 13, where you can experience the down-home feel of the laid-back Magic Mountain Resort in Londonderry, Vt., and finish up with a craft beer from Black Line Tavern. Entry is \$20 day-of only. Mike Owens of MORunning Systems promises a few steep hills to vary last year's 3.5-mile route. You'll know you're in Vermont once you sample their UnTapped pure Vermont maple syrup energy gels. Last year I grabbed a few extra and enjoyed a Laura Ingalls Wilder maple sugar snow break on some of my training runs! ([facebook.com](http://facebook.com))

At the opposite end of the season is the **Garnet Hill Lodge 5K** on Saturday, March 2 in North River. Debuting last year, manager Dwayne Spitzer designed a tough 5K loop course which surveyed woods, some hills and rustic cabins. There's a great mix of single and double track trails and after the races stay to enjoy some great food and drink! Garnet Hill Lodge has recent-



## Nordic, Alpine Touring & Telemark Demo Weekend

### December 15 & 16, 2018

**Saturday, Dec. 15<sup>th</sup>**

10am-3pm Nordic Day at Mt. Van Hoevenberg  
*Learn to Nordic Ski on the Olympic trails! Demos of this year's ski equipment will be available.*

4-6pm Open House at HPC  
*Free beer and fun at your favorite local gear shop!*

7:30 pm Warren Miller's Face of Winter at LPCA

**Sunday, Dec. 16<sup>th</sup>**

9am-4pm AT & Telemark Day at Whiteface Mountain  
*Try out the latest and greatest in Alpine Touring & Telemark gear at Whiteface. Free demos of boots, skis and clinics throughout the day!*  
*\*Participants must have a valid lift ticket.*



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photo by Robert Cohen

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## CROSS COUNTRY SKIING &amp; SNOWSHOEING

LOOKOUT ON THE TACONIC CREST TRAIL NEAR THE SNOW HOLE.  
PHOTOS BY RICH MACHA



TOM MCGUIRE OF DELMAR AND STEVE BURKE OF ALBANY ENJOY THEMSELVES ON THE TACONIC CREST TRAIL NEAR THE SNOW HOLE.

## Rensselaer County and the Border Country

By Rich Macha

The western border of Rensselaer County, alongside the Hudson River, where we find the cities of Troy and Rensselaer, is at sea level. You only have to go 12 miles to the east to find elevations above 1,500 feet on the Rensselaer Plateau. And go less than 25 miles to the Taconic Range at the Massachusetts border where Berlin Mountain tops out at an elevation of 2,818 feet; not only is it the highest point in the county but also the highest summit in New York State outside of the Adirondacks and Catskills. Generally, the higher elevations receive more snow than the lower elevations throughout the winter. Rensselaer County offers a variety of opportunities for the cross country skier and snowshoer.

Schodack Island State Park - Tucked into the county's southwest corner, on the eastern shore of the Hudson River, is Schodack Island State Park. The park offers 8 miles of flat, easy trails. Traveling on the shores of the Hudson in winter is a novel experience - shipping does not stop over the colder months so there is a chance that you may see larger boats or witness an ice-breaking cutter making a channel through the ice allowing for ships to sail between the Port of Albany and the sea.

Grafton Lakes State Park - The popular Grafton Lakes State Park is located on the Rensselaer Plateau at an elevation of over 1,500 feet. Winter access is from Long Pond Road which goes north from NY Route 2 in the town of Grafton. The park's Welcome Center is open throughout the winter every day except Tuesdays - stop in here to get a trail map or to warm up. Snowshoe rentals are available.

Many of the trails are open to snowmobiles but several are motor-free. The 2.5-mile-long Spruce Bog Trail leaves the Mill Pond parking area, and soon passes an old graveyard, then climbs away into the woods. You can loop back on the 0.6-mile Spruce Ridge Trail.

The trails around the shores of Long Pond and Shaver Pond are also good options - just make sure there is over a foot of snow to cover up all the rocks. Most trails at Grafton are suitable for the novice to intermediate skier.

Dyken Pond Environmental Education Center - Not far south of Grafton is the Dyken Pond Environmental Education Center ([dykenpond.org](http://dykenpond.org)), owned and operated by the county. The area is away from main roads and all trails are motorless so the feeling of solitude is enhanced. I often ski a long loop on their Long Trail and Spring Trail - highlights include The Sentinels, a grouping of glacial erratics, as well as open beech/maple woods, a spruce/fir swamp, beaver meadows and ponds, plus a lean-to. South of the lean-to, a boardwalk crosses Dustin Swamp - part of the boardwalk is often under water in warmer months so make sure the water has frozen up solidly before venturing across. Most of the trails are best for intermediate skiers. The trail to Newcomb Pond, a recent acquisition, is relatively flat. Dyken Pond itself has a fair number of houses on it and is of little interest in winter.

Petersburg Pass - Route 2 climbs steadily to Petersburg Pass and tops out at close to 2,100 feet at the Massachusetts border. There is a large parking area on the south side of the road. The 37-mile-long Taconic Crest Trail crosses the road at the pass.



ENJOYING THE VIEW FROM SMITH HILL OFF THE TACONIC CREST TRAIL.



Some folks come here to ski the trails of an old ski area that closed in 1980 - most of the trails are still fairly visible. The TCT goes along the west side of Mount Raimor and continues in a southerly direction to Berlin Mountain - a skiable route but best for advanced skiers.

To the north of Route 2, adventurers make their way to the Snow Hole, where there is often snow or ice - even in summer. The route is mostly in New York but enters Vermont for a short distance. The TCT makes a quick, steep climb to a kiosk and register at the edge of Williams College's Hopkins Memorial Forest ([hmf.williams.edu](http://hmf.williams.edu)) - sometimes there are maps available here.

At 0.4 miles, after a fairly steep climb, the TCT levels out somewhat and meets the Shepherd's Well Trail. A right turn on the SWT soon leads past a weather station, and joins the RRR Brooks Trail, which plummets down into Massachusetts and to the Taconic Trail State Park's Sara Tenney Trail. The STT can be more easily reached by driving 1.8 miles east of Petersburg Pass to a parking turnout - cross the highway and enter the undeveloped "park" through a gate. After crossing an open field with a view, you can pick up Bob's Ski Loop and the Hunter Family Loop Trail, which are good for the intermediate skier.

Continuing north on the TCT, you can go a little off-trail to the east, and reach the brushy summit of Smith Hill - the view to Mount Greylock from here is special. The TCT then reaches the junction with the Birch Brook Trail, one-mile from Route 2. The BBT drops down into Massachusetts, losing 1,100 feet in 1.5 miles, then drops another 500 feet on the Upper and Lower Loop Trails above Williams College's Rosenberg Center - this is one of my favorite routes in deep snow conditions. By spotting a car at the Rosenberg Center better skiers can fully enjoy the mostly downhill run from Petersburg Pass without much uphill effort - the car shuttle

between start and end points takes just a few minutes. The 4.2-mile hilly figure-8-route of the Upper and Lower Loop Trails is good for intermediate skiers - on the Lower Loop look for an interesting 75-foot-high catwalk in the treetops that is used for research.

Back on the TCT, at the two-mile mark is a cleared area that has been created to maintain flora and fauna that appeared in the area many years ago. At 2.5 miles, there is a wonderful viewpoint - Petersburg Pass can be seen, and on a clear day you can gaze across the plateau and pick out the mountains of the Catskills. After a nice downhill, the TCT reaches the marked spur trail to the Snow Hole, a grotto-like opening into the side of a hill.

Other Places - The Rensselaer Plateau Alliance has several natural areas that are worthy of a visit; check out their website for locations and directions ([rensselaerplateau.org](http://rensselaerplateau.org)).

For those who like to ski on groomed trails, Pineridge Cross Country Ski Area has 35K of trails high up on the plateau in East Poestenkill ([pineridgexc.com](http://pineridgexc.com)).

Etiquette - Whenever a trail is wide enough, it would make skiers happy if snowshoers would make their own tracks and not walk in ski tracks. That being said, skiers should break trail to one side of wide trails so as to not tempt walkers from ruining the tracks. Of course, on narrow single-track trails, snowshoers and skiers would have no option and would have to share.

Whichever your mode of snow travel, get out and enjoy the snow! ❄️

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

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**Dion 5 Km Snowshoe Race**  
 Ski Bowl Nordic, Sat. Dec 15, 2PM  
 Garnet Hill XC, Sat. March 2, 2019

**Garnet Hill Mega-HURT Relay 1/12**  
**Garnet Hill Pursuit Race 1/26**

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# News Briefs

## New Year Races

BOOM! 2019 is just a few weeks away... It's time to run these last/first of the year races that offer a fun, low-key way to enjoy the kinship of running, keep fit and get outside! At 5:30pm on New Year's Eve, the 21st annual **Saratoga Arts' First Night 5K** is at Skidmore College. Runner perks include discounted buttons for First Night Saratoga. Entry also includes long-sleeve shirts, a commemorative medal, food (yes, pizza!), refreshments and a toast. The rolling, lighted course circles the campus perimeter road, zig-zags through the North Broadway neighborhood, and returns for a lively finish line gathering. The 5K is capped at 1,500 and there's no race day registration, so sign up soon. (sarotoga-arts.org)

On New Year's Day, start 2019 off right with a long run at the **Hangover Half Marathon**. Funny thing, a number of people run both First Night and Hangover Half! If a shorter run or walk is for you, try the **Bill**

**Hogan 3.5-Miler**. The 43rd annual run, hosted by Hudson-Mohawk Road Runners Club, starts/finishes at the University at Albany. You have time to sleep-in because it starts at noon. The relatively flat course includes a few loops around the State Office Campus outer and inner roads. Water stations and course marshals support the runners along the way. (hmrrc.com)

The 33rd annual **Winter Wimp Foot Race** is on Saturday, January 12 in the village of Haganan - just northeast of Amsterdam. Starting out at the fire house, this 1pm race is truly a community affair. Last year, hardy runners came out in frigid weather and wind to run the 4.4- and 2.2-mile races, held snow or shine! Special race souvenirs go to the first 150 registrants. Afterwards enjoy the BBQ and refreshments. Organized by Fulmont Roadrunners Club, a portion of race proceeds benefit the James Dern Memorial Scholarship Fund. (zippyreg.com) 🌲

## First Day Hikes

ALBANY - The New Year's First Day Hike is back and the NYS DEC encourages you to join in the fun. These guided walks and hikes are led by volunteers, and range from one to five miles. In eastern NY, First Day Hikes are scheduled in Lake George, Delmar, Chesterfield and Mt. Tremper. RSVP recommended. Go to DEC (dec.ny.gov/education) or OPRHP (parks.ny.gov). 🌲

## Empire Pass Online

ALBANY - The NYS OPRHP has introduced online renewals for the 2019 Empire Pass through March 31. The pass provides unlimited day-use vehicle entry to state parks, boat launches, and park/forest preserves. The card can be shared within a household and shifts valid dates to the calendar year. Existing pass-holders can "keep the card" and renew online, saving \$10 off the \$80 price. The savings offer is good through March 31, and applies to single-, three- and five-year passes.

New customers can purchase Empire Passes for \$80 online or at (518) 474-0458. Three- and five-year Empire Passes and Lifetime Passports are also available. New York's seniors age 62 and older can take advantage of the Golden Park program for free entry into state parks on weekdays. (parks.ny.gov) 🌲

## Correction

To the Editor: Your November issue article, "Get Ready for Ski Season" by Collin Parsons states, "Whiteface is the tallest resort east of the Rockies." The tallest east of the Rockies is Beech Mountain Resort in North Carolina with a peak elevation of 5,506 feet; 641 higher than Whiteface. Beech's base elevation is 4,675 feet, a vertical rise of 830 feet. Western North Carolina has more than 40 peaks over 6,000 feet with Mt. Mitchell at 6,684 feet, highest in the east. Have Fun Skiing, *John Harrill* 🌲

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## FROM THE PUBLISHERS

### Merry Christmas & Happy Holidays!

With family gatherings, gift-giving and goodwill, the holidays are on our minds. Images of snow-covered hills, crisp evenings, and candle-lit windows exemplify the spirit. Now, more than ever, wishes like protecting the planet and sharing our blessings with others should be the reality.

We hope that Adirondack Sports and your active sports participation is a healthy escape from life's frenzied pace. These things remind us that this world is a diverse and fascinating place.

Cheers to health and happiness!

*Darryl and Mona*



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### LOPET JUNIORS

A program for ages 12-17 to support a life-long love for cross country skiing and Biathlon. Skiers develop sport skills and fitness toward enjoyment and proficiency in cross country skiing.

### CITIZEN RACE SERIES

A once a month fun "race" series with a supportive environment, aimed for those new to racing or experienced skiers, that will culminate with the Lake Placid Nordic Fest and Loppet on March 16.

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**Calendar of Events**  
 December 2018 - February 2019\*

DECEMBER 2018							JANUARY 2019							FEBRUARY 2019							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1			1	2	3	4	5							1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
23 <sup>30</sup>	24 <sup>31</sup>	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28			

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

**ALPINE SKIING & RIDING**  
**DECEMBER**

9-15 **Passholder Appreciation Week.** Gore, North Creek. 518-251-2411. goremountain.com.  
 14-16 **Alpine Touring & Telemark Demo Weekend.** Saturday: Nordic Day at Mt. Van Ho: 10am-3pm & HPC Open House: 4-6pm. Sunday: AT & Telemark Day, free demos & ski clinics at Whiteface: 9am-4pm. 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.  
 24-25 **Christmas Specials & Kids Activities.** West, Queensbury. westmtn.net.  
 26-28 **Christmas Holiday Camp.** Ages: 4-12. Gore, North Creek. 518-251-2411. goremountain.com.  
 29 **Adirondacker's Log Jam.** Freestyle. 10:30am. 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.  
 18-19 **World Cup Freestyle.** Whiteface Mountain, Wilmington & Olympic Jumping Complex, Lake Placid. whiteface.com.  
 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.  
 21 **USASA Boarder/Skiercross.** Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.  
 26 **iHeartRadio Winterfest.** West, Queensbury. westmtn.net.  
 26-27 **Women's Alpine Skiing & Boarding Clinics.** 8:30am. Gore, North Creek. 518-251-2411. goremountain.com.

**FEBRUARY**

2-3 **Master the Mountain Alpine Skiing/Snowboarding Clinics.** Gore, North Creek. 518-251-2411. goremountain.com.  
 8 **"Chicks on Sticks" Benefit Ski Bus Trip.** 7:15am. Bromley, Peru, VT. Alpine Sport Shop, Saratoga Springs. 518-584-6290. alpinesportshop.com.  
 9-10 **Glades & Glory Skiing/Snowboarding Clinics.** Gore, North Creek. 518-251-2411. goremountain.com.  
 9-10 **Trees & Steeps Telemark Clinic.** Gore, North Creek. 518-251-2411. goremountain.com.

15 **Fire on the Mountain.** 7pm-12am. West, Queensbury. westmtn.net.  
 18 **USASA Boarder/Skiercross.** Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.  
 23-24 **Women's Alpine Skiing/Snowboarding Clinics.** Gore, North Creek. 518-251-2411. goremountain.com.

**MARCH**

2-3 **Master the Mountain Alpine Skiing/Snowboarding Clinics.** Gore, North Creek. 518-251-2411. goremountain.com.  
 9 **Represent & Ride Free: Skiing & Snowboarding (Ages 7-12).** Gore, North Creek. 518-251-2411. goremountain.com.  
 9-10 **Glades & Glory Skiing/Snowboarding Clinics.** Gore, North Creek. 518-251-2411. goremountain.com.  
 17 **Leprechaun Race.** Race as or against a leprechaun. 10am. The Arena, Gore, North Creek. 518-251-2411. goremountain.com.

**BICYCLING: ROAD & OFF-ROAD**  
**ONGOING**

Tu/Th **Spinning Class.** 6pm. Tomhannock Bicycles, Pittstown. 518-663-0083. tomhannockbicycles.com.  
 Sat **Weekly Winter Workout.** 8-9:30am. Bring bike & trainer. Grey Ghost Bicycles: 518-223-0148. greyghostbicycles.com.  
 Sa/Su **Spinning Class.** Sat: 8am. Sun: 9am. Tomhannock Bicycles, Pittstown. 518-663-0083. tomhannockbicycles.com.

**DECEMBER**

15 **Grey Ghost 6th Anniversary Party & Janey's Ride Fundraiser.** 5-10pm. Grey Ghost Bicycles, Glens Falls. greyghostbicycles.com.  
 19 **Middle/High School Mountain Biking: NICA NY Niskayuna & Mohawk Teams Winter Info Meeting.** 6pm. Rm 205, Iroquois MS, Niskayuna. Andrew Rizzi: arizzi5@yahoo.com.

**JANUARY**

9 **Middle/High School Mountain Biking: NICA NY GGB Intro Meeting.** 6:30pm. Grades 6-12. Grey Ghost Bicycles, Glens Falls. 518-223-0148. greyghostbicycles.com.  
 12 **1st Gurney Lane Fat Tire Bike Day & Snowshoe Races.** 10am: 5K snowshoe race. 12pm: Group Ride (no drop). 1pm: 5M & 10M fat tire races. 2:30pm: Frozen Ring Donut Race. Demos available w/Grey Ghost Bicycles. Gurney Lane Recreation Area, Queensbury. runreg.com & bikereg.com.  
 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.  
 9 **Saratoga Fat Bike Rally.** 8:30am. Races, rides, raffles, bikepacker's challenge. Warming Hut, Saratoga Spa SP, Saratoga Springs. bikereg.com.  
 23 **Garnet Hill Fat Bike Day.** Races, prizes, food. Garnet Hill XC Ski Center, North River. garnet-hill.com.

**MARCH**

16-17 **14th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.

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**CROSS COUNTRY SKIING & NORDIC SPORTS ONGOING**

- Sun Garnet Hill Intro Guided Backcountry Ski Tours w/Dick Carlson.** Begins: 12/23. Garnet Hill XC Center, North River. 518-251-2150. [garnet-hill.com](http://garnet-hill.com).
- Tue Nordic Citizen Races: XC & Snowshoe.** 5 weeks: 1/22-2/19. Gore Ski Bowl, North Creek. 518-251-2411. [goremountain.com](http://goremountain.com).
- Tue Dewey Tuesday Night Races.** 5:30pm. Dewey Mountain, Saranac Lake. [deweymountain.com](http://deweymountain.com).
- Sat Apres Ski.** 4-6:30pm. Food, beer, entertainment. New Bobcat Bar & Grill, Garnet Hill Lodge, North River. 518-251-2150. [garnet-hill.com](http://garnet-hill.com).

**DECEMBER**

- 15 Orienteering Event. 10am-12pm. Lapland Lake, Northville. [empo.us/orienteering.org](http://empo.us/orienteering.org).
- 14-16 Alpine Touring & Telemark Demo Weekend.** Saturday: Nordic Day at Mt. Van Ho: 10am-3pm & HPC Open House: 4-6pm. Sunday: AT & Telemark Day, free demos & ski clinics at Whiteface: 9am-4pm. High Peaks Cyclery, Lake Placid. 518-523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).
- 15-16 Craftsbury Sprint Double-Header Ski Race. 1.5K. Craftsbury, Craftsbury Common, VT. [craftsbury.com](http://craftsbury.com).
- 16 Glenville Hills Nordic Fun-Do! Maple Ski Ridge, Schenectady. 518-381-4700. [mapleskiridge.com](http://mapleskiridge.com).
- 22 Mt Van Ho Citizens Races.** 11am. 1K/3K/6K loops. Mt. Van Hoevenberg, Lake Placid. [skivanho.com](http://skivanho.com).
- 22 Osceola Christmas Pie XC Ski Race.** 5K classic. 11am. Osceola Tug Hill, Camden. 315-939-2341. [nyssranordic.org](http://nyssranordic.org).
- 22 Full Moon Ski Party.** 8pm. Ski, bonfire, music. Cascade, Lake Placid. 518-523-1111. [cascadeski.com](http://cascadeski.com).
- 29 Horse Drawn Sleigh Rides.** Lapland Lake, Northville. 518-863-4974. [laplandlake.com](http://laplandlake.com).
- 29 Dewey Youth Ski League & Lil' Shufflers Ski League: Open House.** 3-5pm. Dewey Mountain, Saranac Lake. [deweymountain.com](http://deweymountain.com).
- 30 Old Forge Sprint XC Ski Race. McCauley, Old Forge. [nyssranordic.org](http://nyssranordic.org).

**JANUARY**

- 3-8 2019 US Cross Country Ski Championships. Craftsbury, Craftsbury Common, VT. [craftsburynationals.com](http://craftsburynationals.com).
- 5 Shenendehowa Classic XC Ski Race.** 10K & 5K: 10am. All welcome. Saratoga Biathlon Club, Hadley. Eric Hamilton: 518-371-7548. [skireg.com](http://skireg.com).
- 6 ADK Vauhti XC Skiathlon Race. 10am. 5K classic, then 5K skate. Saratoga Biathlon Club, Hadley. [nyssranordic.org](http://nyssranordic.org).
- 11 Dewey Friday Ski Jam.** 7-9pm. Dewey Mountain, Saranac Lake. [deweymountain.com](http://deweymountain.com).
- 12 Lapland Ladies Love to Ski Clinic.** 9:30am-2:30pm. Lapland Lake, Northville. 518-863-4974. [laplandlake.com](http://laplandlake.com).
- 12 HURT Mega-Relay Ski Race.** 6hrs: 10am. Teams of 3-8 skiers. Garnet Hill Lodge, North River. 518-893-7605. [hurt nordicskiing.com](http://hurt nordicskiing.com).
- 13 73rd Stowe Derby: Downhill XC Ski Race. New: Fatbike Race. Stowe, VT. [teammmsc.org](http://teammmsc.org).
- 18-20 Enliven Retreat.** Yoga, skiing, Garnet Hill Lodge, North River. 518-251-2150. [garnet-hill.com](http://garnet-hill.com).
- 19 Mt Van Ho Citizens Races.** 11am. 1K/3K/6K loops. Mt. Van Hoevenberg, Lake Placid. [skivanho.com](http://skivanho.com).

- 19 Full Moon Ski Party.** 8pm. Ski, bonfire, music. Cascade, Lake Placid. 518-523-1111. [cascadeski.com](http://cascadeski.com).
- 19 Horse Drawn Sleigh Rides.** Lapland Lake, Northville. 518-863-4974. [laplandlake.com](http://laplandlake.com).
- 19 Moonlight Guided Evening Snowshoe Tour.** 5:45-9pm. Lapland Lake, Northville. 518-863-4974. [laplandlake.com](http://laplandlake.com).
- 19-20 Gore JNQ Ski Races.** Sat: Classic. Sun: Skate (new). Gore Ski Bowl, North Creek. [hurt nordicskiing.com](http://hurt nordicskiing.com).
- 25 Dewey Friday Ski Jam.** 7-9pm. Dewey Mountain, Saranac Lake. [deweymountain.com](http://deweymountain.com).
- 26 Garnet Hill Pursuit Race.** Garnet Hill Lodge, North River. 518-251-2150. [garnet-hill.com](http://garnet-hill.com).

**FEBRUARY**

- 1-3 38th Craftsbury Marathon Ski Festival. Sat: Classic. Sun: Freestyle. Craftsbury Outdoor Center, Craftsbury Common, VT. [craftsbury-marathon.com](http://craftsbury-marathon.com).
- 9 Lapland Ladies Love to Ski Clinic.** 9:30am-2:30pm. Classic technique. Lapland Lake, Northville. 518-863-4974. [laplandlake.com](http://laplandlake.com).
- 10 Nino Manzella Memorial Hurt-athon. 5K/10K freestyle races. 9am. Gore Ski Bowl, North Creek. [hurt nordicskiing.com](http://hurt nordicskiing.com).
- 23 Mt Van Ho Citizens Races.** 11am. 1K/3K/6K loops. Mt. Van Hoevenberg, Lake Placid. [skivanho.com](http://skivanho.com).

**MARCH**

- 9 Lapland Ladies Love to Ski Clinic.** 9:30am-2:30pm. Skate technique. Lapland Lake, Northville. 518-863-4974. [laplandlake.com](http://laplandlake.com).
- 9-10 Bill Koch Youth Ski Festival.** 2K, 5K races, scavenger hunt. Ages 14 & under. Sat: 12-7pm; Sun: 9am-1pm. Brookhaven Nordic Trails, Porters Corners. [skireg.com](http://skireg.com).
- 16 Lake Placid Nordic Festival.** Loppet: 25K & 50K classic & skate races. 12.5K, 6.25K & 3K citizen challenge races. Mt. Van Hoevenberg, Lake Placid. [mtvanhoevenberg.com](http://mtvanhoevenberg.com).

**HEALTH & FITNESS ONGOING**

**Daily Rock Your Fitness: Total Body Training.** Six-week sessions: 10/22-12/1 & 12/3-1/12. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. [rockyourfitnessny.com](http://rockyourfitnessny.com).

**DECEMBER**

- 12 Nutrition Seminar with SENS Fitness.** 7pm. Free. Tomhannock Bicycles, Johnsonville. RSVP: 518-663-0083. [tomhannockbicycles.com](http://tomhannockbicycles.com).

**JANUARY**

- 19 USA Powerlifting Northeast Ironbeast Winter Classic. 7am. ABC Sports & Fitness, Latham. [lift-ny.com](http://lift-ny.com).

**MARCH**

- 16-17 14th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. [adksports.com](http://adksports.com).

**HIKING, SNOWSHOEING, CLIMBING, ORIENTEERING**

**DECEMBER**

- 15 Winter 46 Workshop.** 9am. ADK Education Yurt Village, Lake Placid. 518-523-3480. ADK: [adk.org](http://adk.org).

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- 15 Ski Orienteering. 10am. Lapland Lake XC Center, Northville. [empo.us.orienteeing.org](http://empo.us.orienteeing.org).
- 15-16 **Wilderness First Aid**. 8am. Wiezel Trails Cabin, Lake Placid. 518-523-3480. ADK: [adk.org](http://adk.org).
- 22 Family Fun: Fur, Fluff & Fun Hike. 2pm. Five Rivers EEC, Delmar. 518-475-0291. [dec.ny.gov/education](http://dec.ny.gov/education).
- 29 Try-It Ski-Orienteeing. Mt. Van Hoevenberg, Lake Placid. [skio.nyssranordic.org](http://skio.nyssranordic.org).

**JANUARY**

- 1 First Day Hike. 10am. Prospect Mountain, Lake George. RSVP: 518-623-1268. [dec.ny.gov/education](http://dec.ny.gov/education)
- 1 First Day Hike. 9-11am. Five Rivers Environmental Education Center, Delmar. RSVP: 518-475-0291. [dec.ny.gov/education](http://dec.ny.gov/education).
- 1 First Day Hike. 10am. Poke-O Moonshine Fire Tower. Taylor Pond Wild Forest, Chesterfield. RSVP: 518-897-1276. [dec.ny.gov/education](http://dec.ny.gov/education).
- 1 First Day Hike. 3-5pm. Maurice Hinchey Catskill Interpretive Center, Mt. Tremper. 845-688-3369. [catskillcenter.org](http://catskillcenter.org).
- 5 **Map & Compass Fundamentals**. 9am. ADK Education Yurt Village, Lake Placid. 518-523-3480. ADK: [adk.org](http://adk.org).
- 6 **Esther Mtn Trailless Day Hike**. 6.6M. 8am. Ausable River Two Fly Shop, Wilmington. 518-523-3480. ADK: [adk.org](http://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](http://adk.org).
- 13 Try-It Ski-Orienteeing. Mt. Van Hoevenberg, Lake Placid. [skio.nyssranordic.org](http://skio.nyssranordic.org).
- 18-20 **ADK Tug Hill Winter Outing**. XC ski & snowshoe. Dave White: 315-853-1070 or [ccswhite@juno.com](mailto:ccswhite@juno.com). [adk.org](http://adk.org).
- 19 **Lapland Moonlight Guided Snowshoe Tours**. 5:45-9pm. Lapland Lake, Northville. 518-863-4974. [laplandlake.com](http://laplandlake.com).
- 26 **Winter 46 Workshop**. 9am. ADK Education Yurt Village, Lake Placid. 518-523-3480. ADK: [adk.org](http://adk.org).
- 27 **Sawteeth Mtn Guided Day Hike**. 11.8M. 8am. St. Huberts Public Hiker Parking Area, Keene Valley. ADK: 518-523-3480. [adk.org](http://adk.org).

**FEBRUARY**

- 9 **Lapland Moonlight Guided Snowshoe Tours**. 5:45-9pm. Lapland Lake, Northville. 518-863-4974. [laplandlake.com](http://laplandlake.com).
- 10 **Hurricane Mtn Fire Tower Snowshoe Hike**. 6.8M. 8am. Trailhead, Route 9N between Keene & Elizabethtown. ADK: 518-523-3480. [adk.org](http://adk.org).
- 16 **Street & Nye Guided Day Hike**. 9M. 8am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. [adk.org](http://adk.org).
- 16 **Lapland Moonlight Guided Snowshoe Tours**. 5:45-9pm. Lapland Lake, Northville. 518-863-4974. [laplandlake.com](http://laplandlake.com).
- 17 **Phelps Day Guided Day Hike**. 8.2M. 8am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. [adk.org](http://adk.org).

**MARCH**

- 16-17 **14th Adirondack Sports Summer Expo**. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. [adksports.com](http://adksports.com).

**ICE SKATING & SPEEDSKATING**

**DECEMBER**

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

- 18 **Free Try-It Speedskating Sessions**. Ice Rink, Saratoga Springs. 518-951-0702. [saratogawinterclub.com](http://saratogawinterclub.com).

**JANUARY**

- 5-6 Irving Jaffee Championships. Olympic Speedskating Oval, Lake Placid. [lakeplacidsskating.wildapricot.org](http://lakeplacidsskating.wildapricot.org).
- 15 **Free Try-It Speedskating Sessions**. Ice Rink, Saratoga Springs. 518-951-0702. [saratogawinterclub.com](http://saratogawinterclub.com).
- 26-27 Charles Jewtraw All Around. Olympic Speedskating Oval, Lake Placid. [lakeplacidsskating.wildapricot.org](http://lakeplacidsskating.wildapricot.org).

**FEBRUARY**

- 9-10 Inaugural Metric Meet. Olympic Speedskating Oval, Lake Placid. [lakeplacidsskating.wildapricot.org](http://lakeplacidsskating.wildapricot.org).

**MULTISPORT: TRIATHLON & SWIMMING ONGOING**

- Sun Swim Clinics w/Hislop Coaching. 8-9:30am. 12/16, 23; 1/13, 20, 27; 2/10; 3/3, 10, 17, 31. Niskayuna HS, Niskayuna. 518-577-5889. [hislopcoaching.com](http://hislopcoaching.com).
- Tue/Thu Spin Classes w/Andy Ruiz. 1/3-2/28. 6:15-7:45pm. Free for CDTC members. Bethlehem MS, Delmar. [cdtriclub.org](http://cdtriclub.org).

**DECEMBER**

- 12 **Nutrition Seminar with SENS Fitness**. 7pm. Free. Tomhannock Bicycles, Johnsonville. RSVP: 518-663-0083. [tomhannockbicycles.com](http://tomhannockbicycles.com).

**MARCH**

- 16-17 **14th Adirondack Sports Summer Expo**. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. [adksports.com](http://adksports.com).

**JUNE**

- 1 **Cooperstown Triathlon**. 8am. Sprint, aquabike & relay. Glimmerglass SP, Cooperstown. 914-466-9214. [coachmarkwilson.com](http://coachmarkwilson.com).
- 22 **Ticonderoga Triathlon Festival (formerly Hague)**. 7:30am. Sprint, Olympic, kids. Black Point Beach, Ticonderoga. 914-466-9214. [coachmarkwilson.com](http://coachmarkwilson.com).
- 29 **Stissing Triathlon**. 8am. Sprint & kids. Stissing Lake, Pine Plains. 914-466-9214. [coachmarkwilson.com](http://coachmarkwilson.com).
- 20 **Delta Lake Triathlon**. 7:30am. Sprint, Olympic & double. Delta Lake SP, Rome. 914-466-9214. [coachmarkwilson.com](http://coachmarkwilson.com).

**JULY**

**OTHER EVENTS**

**DECEMBER**

- 14-16 **Viessmann World Cup Luge**. Olympic Sliding Complex, Lake Placid. [whiteface.com](http://whiteface.com).
- 29 **Feeling Long Lake Polar Plunge**. 1pm. Town Beach, Long Lake. 518-624-3077. [mylonglake.com](http://mylonglake.com).

**JANUARY**

- 6-11 **8th International Children's Winter Games**. Invitational competition for ages 12-15. Lake Placid. [lakeplacid2019.com](http://lakeplacid2019.com).
- 19 **Winter Carnival**. Cardboard box derby race, snowball golf, ladies frying pan toss. Mt. Sabattis Geiger Arena, Long Lake. [mylonglake.com](http://mylonglake.com).

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1:00 pm  
4.4 or 2.2 miles • Snow or Shine!  
Hagaman Fire House,  
126 S. Pawling St, Hagaman  
(just north of Amsterdam)  
Register online: [zippyreg.com](http://zippyreg.com)  
Info/Entry Form: [www.fmrrc.org](http://www.fmrrc.org)  
Day of race registration: 11am to 12:30pm  
Special race souvenirs to first 150 registered  
Questions? Rick Vertucci 518-857-9025  
Portion of entry fee to James Dem Memorial Scholarship Fund.

**26 Winter Wonderland Family Open House.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdymca.org](http://camp.cdymca.org).

**FEBRUARY**

**1-4 39th Empire State Winter Games.** 30 winter sports & 2,000 athletes. Lake Placid. [empirestatewintergames.com](http://empirestatewintergames.com).  
**15-16 World Cup Bobsled & Skeleton.** Olympic Sports Complex, Lake Placid. [whiteface.com](http://whiteface.com).

**PADDLING & ROWING**  
**DECEMBER**

**1-15 Fall Sale.** Placid Boatworks, Lake Placid. 518-524-2949. [placidboats.com](http://placidboats.com).

**MARCH**

**16-17 14th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. [adksports.com](http://adksports.com).

**RUNNING, WALKING & SNOWSHOE RACING**  
**DECEMBER**

**12 Cider Run/Walk w/Nine Pin.** 6pm. Nine Pin Cider Works, Albany. 518-459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
**15 Gore Mountain 5K Snowshoe Race.** 2pm. Gore Nordic Center, North Creek. [goremountain.com](http://goremountain.com).  
15 Holiday Classic 5K. 10am. Voorheesville HS, Voorheesville. 518-861-6350. [zippyreg.com](http://zippyreg.com).  
15 13th Santa Speedo Sprint. 10am. Lark Street, Albany. [albanycommunity.org](http://albanycommunity.org).  
**31 21st Saratoga Arts First Night 5K.** 5:30pm. Skidmore College, Saratoga Springs. [saratoga-arts.org](http://saratoga-arts.org).  
31 Midnight Run. 4M. 11:59pm. Central Park, New York. [nyrr.org](http://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](http://hmrrc.com).  
1 Resolution 5K Run & 2.5M Walk. 11am. Kids' Run: 11:30am. Bicentennial Park, Ticonderoga. [lachute.us](http://lachute.us).  
1 9th Big A's 5K. 10am. Glens Falls HS, Glens Falls. 518-798-0345. [active.com](http://active.com).  
**2 Resolution Run.** 6pm. Fleet Feet, Albany. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
5 NYRR Joe Kleinerman 10K. 8am. Central Park, New York. [nyrr.org](http://nyrr.org).  
5 Recover from the Holidays 50K. 8am. Norrie Point, Norrie SP, Staatsburg. [mhrrc.org](http://mhrrc.org).  
6 Komen Snowshoe for the Cure. 3K Race, 3K & 5K Walks & Kids' Dash. 9am. Stratton Mountain, VT. [komentnewengland.org/snowshoe](http://komentnewengland.org/snowshoe).  
**12 33rd Winter Wimp 4.4M & 2.2M Road Race.** 1pm. Hagaman Fire House, Hagaman. Rick Vertucci: 518-857-9025. [zippyreg.com](http://zippyreg.com).  
**12 1st Gurney Lane Snowshoe Race & Fat Tire Bike Day.** 10am: 5K snowshoe race. 12pm: Group Ride (no drop). 1pm: 5M & 10M fat tire races. 2:30pm: Frozen Ring Donut Race. Demos available w/Grey Ghost Bicycles. Gurney Lane Recreation Area, Queensbury. [runreg.com](http://runreg.com) & [bikereg.com](http://bikereg.com).  
**13 Winter Magic 5K+ Snowshoe Race.** Magic Mountain, Londonderry, VT. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).  
**13 HMRRRC Winter Series #3: 3M, 10K, 25K.** 10am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).

**19 Hoot Toot & Whistle 5K Snowshoe Race.** 10:30am. Readsboro, VT. [dionwmacsnowshoe.com](http://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](http://cockadoodleshoe.com).  
20 NYRR Fred Lebow Half Marathon. 8am. Central Park, New York. [nyrr.org](http://nyrr.org).  
**27 HMRRRC Winter Series #4: 3M, 15K, 30K.** 10am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).

**FEBRUARY**

2 Polar Cap 4M Run. 10am. Sacred Heart Parish, Lake George. [adirondackrunners.org](http://adirondackrunners.org).  
2 Winter Carnival 4M Fun Run. 10am. Free. Ice Palace, Saranac Lake. 518-304-5041. [saranaclakewintercarnival.com](http://saranaclakewintercarnival.com).  
**3 Winterfest 5K Snowshoe Race.** 11am. Saratoga Spa SP, Saratoga Springs. [saratogastryders.org](http://saratogastryders.org).  
**6 Winter Carnival Snowshoe Races.** Dewey Mountain, Saranac Lake. [deweymountain.com](http://deweymountain.com).  
**9 Camp Saratoga 8K Snowshoe Race.** 10:30am. Wilton Wildlife Preserve & Park, Gansevoort. [saratogastryders.org](http://saratogastryders.org).  
**16 Stone Bridge Caveman 6K & Extreme Caveman 15K Snowshoe Races.** 10am. Natural Stone Bridge & Caves, Pottersville. [stonebridgeandcaves.com](http://stonebridgeandcaves.com).  
**17 HMRRRC Winter Series #5: 4.5M, 10M: 10am. 20M: 9am.** University at Albany, Albany. [hmrrc.com](http://hmrrc.com).  
**23 Frigus 5K/15K/26M Snowshoe Festival.** Cortina Inn, Killington, VT. [endurancesociety.org](http://endurancesociety.org).  
**23 31st CF Stair Climb.** 8:30am. 42 floors & 809 steps. Corning Tower, Albany. Cystic Fibrosis Foundation: 518-453-3583. [fightcf.cff.org](http://fightcf.cff.org).  
**24 15th Brave the Blizzard Snowshoe Race.** 5K/5.5M. 10am. Tawasentha Park, Guilderland. [zippyreg.com](http://zippyreg.com).

**MARCH**

**2 Garnet Hill 5K Snowshoe Race.** Garnet Hill Lodge, North River. 518-251-2150. [garnet-hill.com](http://garnet-hill.com).  
**9 Runnin' of the Green.** 4M. 10am. Shalmon HS, Rotterdam. [hmrrc.com](http://hmrrc.com).  
**16-17 14th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. [adksports.com](http://adksports.com).  
24 40th Kaynor's Sap Run 10K. 11am. Westford School, Westford. 802-324-0919. [gmaa.net](http://gmaa.net).  
**30 Schenectady Firefighters Run 4 Your Life 5K.** 9:30am. Kids' Run: 10:30am. Chowderfest. Central Park, Schenectady. [neverfightalone.org](http://neverfightalone.org).  
30 Ice Breaker Challenge. 5K. Corning Preserve, Albany. [albanyrowingcenter.org](http://albanyrowingcenter.org).

**OCTOBER**

**13 Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. 26.2M: Central Park, Schenectady to Corning Preserve, Albany. 13.1M: Town Park, Colonie to Corning Preserve, Albany. [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com).

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



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Wilton Wildlife Preserve & Park, Wilton


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To benefit the Cystic Fibrosis Foundation of Northeastern New York  
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First Responders: Individual & Relay - 8:30 AM  
Team Relay - 9:30 AM  
Individuals - 10:30 AM  
Check-in one hour to race time  
\$150 Fundraising Minimum

Register/Info: [fightcf.cff.org/albanyclimb2019](http://fightcf.cff.org/albanyclimb2019)  
518.453.3583  
[scullihan@cff.org](mailto:scullihan@cff.org)

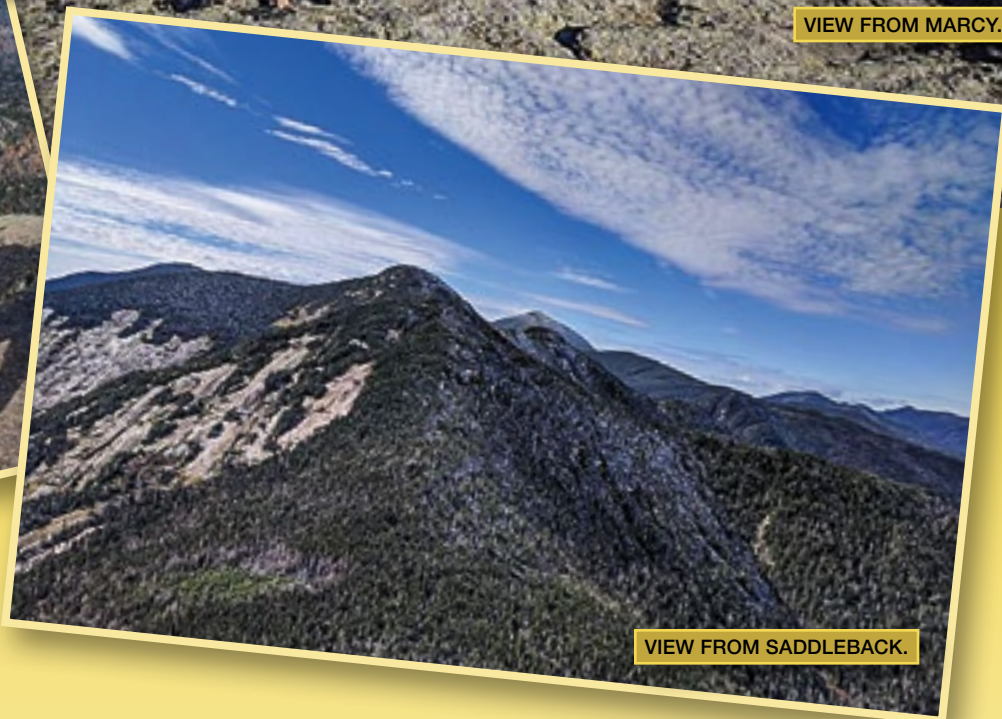
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# Great Range Traverse



BILL HOFFMAN,  
VOLKER BURKOWSKI  
AND TOM O'GRADY  
ON ARMSTRONG.



VIEW FROM MARCY.

By Tom O'Grady

On my earliest adventures in the Adirondacks I went armed with my father's 1985 Adirondack Mountain Club guidebook. It took me to 19 of the 46 High Peaks and earned its keep as I navigated with my girlfriend (now wife) safely on the correct trail through our earliest outings together. Over the past year I've bought several guidebooks of different regions for the first time. Because the High Peaks book was well worn and so many trails have been updated it was time to purchase the latest edition.

This purchase coincided with my recent training for the JFK 50 Mile ultramarathon in November. I was planning a long distance trail run in the High Peaks. As I scanned through my updated book to decide on my next adventure, a classic challenge captured my attention. **Mount Marcy from Keene Valley via the Complete Great Range** stood out in boldface type. The description states a traverse over the complete Great Range to Mount Marcy has served as a premier challenge to hikers in the Adirondacks for over 100 years. Others have taken note of this warning as a Great Range Traverse has been ranked among the toughest day trips in the United States by many trail and backpacking magazines and clubs.

As an aspiring 46'er I have put some consideration into which mountains I may want to summit last and then have worked to around these on previous outings. Two peaks in the Great Range were on my list to avoid until the end. The tallest peak in New York, Mount Marcy is very popular to complete early in one's adventure. I had purposefully waited on climbing Marcy up until this point, thinking that a final ascent here would offer great views of the other peaks I had climbed along the way. Haystack Mountain is another I had mentally noted as keeping until the end because it is often noted as having some of the best views.

As with anything, timing is important. This trip that would test me physically and mentally for my upcoming ultra. The views of peak Adirondack foliage from the bald summits of Marcy and Haystack would be breathtaking. Last but not least, I had convinced two other individuals to tackle this adventure with me. For a hike that reads as a descriptor of difficult from the get go does not make it easy to talk others into joining. With all these things lining up there was no question that now was the perfect time to complete a Great Range Traverse.

**Getting There** - This most common way to complete a Great Range Traverse is by starting at the Rooster Comb trailhead off of NY Route 73 in Keene Valley. Individuals beginning their journey at this trailhead will finish by exiting the trails at the Adirondack Garden trailhead, located at the end of Johns Brook Lane. Parking one car at each trailhead saves approximately two miles by foot on the roads after completing the hike. An option for those who wish to avoid walking, but without two cars, is to bring a bike and store it at the ADK Garden for use after exiting the woods. Using a bike makes an easy two-mile ride that is all flat or downhill to your car.

**The Trail** - Follow a boardwalk across a small pond where you will sign-in at a trailhead register. Continue into the woods where you'll be met with a moderate climb that is made easier by a series of steps. A junction is met after 0.7-mile with the Sachs and Rooster Comb trails. Stay right as the trail climbs at a moderate but steady rate over the next 1.3 miles to another junction. Enjoy the surrounding woodlands in this area. Each season will have its own unique features. We enjoyed a close-up view of fall foliage. Leaf coverage made it important to pay attention for trail markers on trees.

At 2.0 miles a slight detour to the right takes you 0.5-mile to Rooster Comb, your first peak at elevation 2,788 feet. The short trip is foreboding of what's to come as you'll pass under a massive boulder, a few short but very steep sections, and a beautiful broad open ledge summit. Bare rock, steep sections, and open ledges will be encountered frequently. Take in the view before heading back to the junction and continuing on the yellow marked trail to Hedgehog Mountain at 4.1 miles and 3,369 feet elevation. Take opportunities at the few spots that allow a glimpse at the surrounding High Peaks, back down at Rooster Comb from where you came, and up ahead towards the Wolf Jaws where you are heading all at the same time.

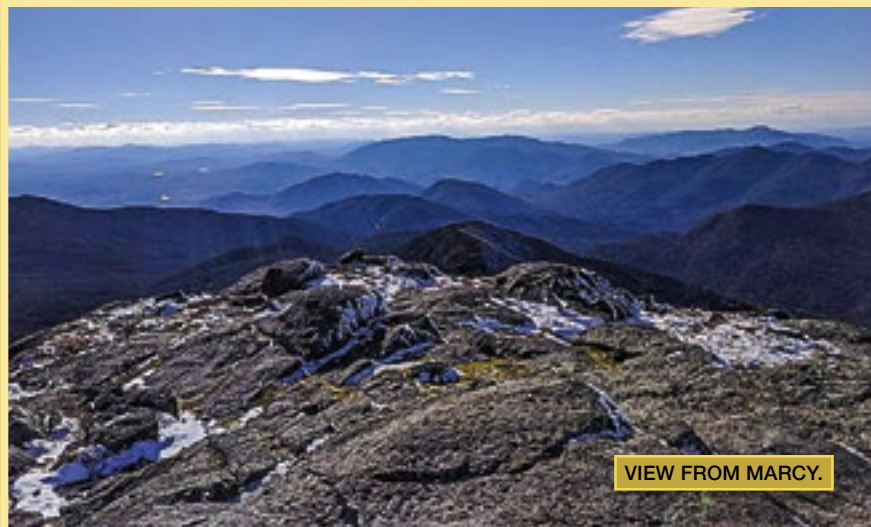
After a half-mile, continue on the yellow marked W.A. White Trail. Climbing relents in this section until reaching "Wolf's Chin." The trail then drops into a col, before climbing very steeply on switchbacks and over ledges to the summit of Lower Wolf Jaw, at 6.0 miles and 4,175 feet. Congratulate yourself on summiting your first High Peak of the trip. This is a good place to take a quick stop to refuel and enjoy the views before heading on.

From Lower Wolf Jaw, the next 3.1-mile section of trail culminates by summiting Gothics, after visiting Upper Wolf Jaw and Armstrong Mountain. The climb that follows is also steep and includes sharp switchbacks and climbing up onto ledges. If the weather is clear remember to take in a great view of Big Slide and Whiteface from this vantage point. After reaching the lesser summit of Upper Wolf Jaw, the trail relents and you have a gradual dip and rise in elevation, prior to summiting Upper Wolf Jaw at 7.4 miles and 4,185 feet. You have climbed a total of 4,500 feet since leaving Rooster Comb. The best is still ahead.

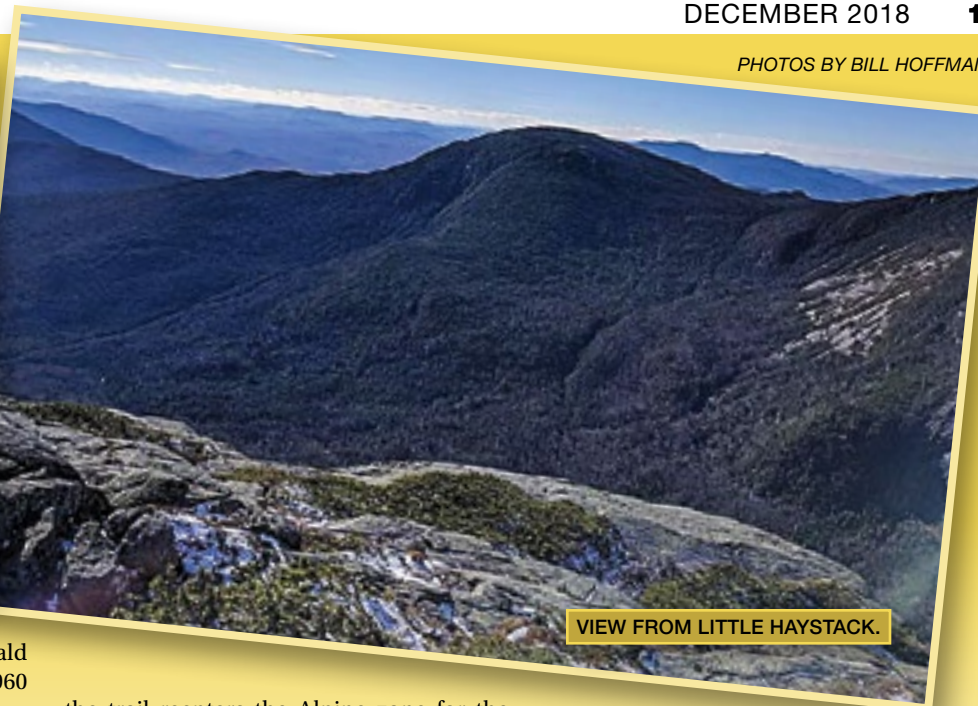
The short respite in the trail's ruggedness continues for a half-mile until reaching a very steep climb that utilizes a ladder. The trail remains steep to the summit of Armstrong at 8.2 miles and 4,400 feet. You have summited five mountains so far and the five that lay ahead continue to get bigger. It is here we meet a party about to finish their 46th peak. After snapping a picture they will also continue onto Gothics and claim their final High Peak. After congratulating them, they recognize Bill and me from a previous Adirondack Sports article, chronicling Bill's epic race at Leadville ([adksports.com/2018-09-athlete-profile](http://adksports.com/2018-09-athlete-profile)). It's nice to be recognized on the trails for a previous adventure!

We wish the fellow hikers good luck and continue down the trail to a col. The trail meets a junction with a blue marked trail Beaver Meadow Trail. Stay on the yellow trail and climb a short but steep section to the eastern peak of Gothics. At this point you have entered the alpine zone of the Adirondack region for the first time of the trip. This area occurs above an elevation of 4,500 feet and represents a rare Arctic-alpine ecosystem. The trail to the summit of Gothics is moderate and mostly on bare rock. The formidable summit of Gothics is reached at 9.1 miles and 4,736 feet. Gothics offers unobstructed views of approximately 30 other peaks, and another fantastic view of both what you have completed so far, and what lays ahead. Proceed down the ridge to the open western face of Gothics.

It is here you will pick up the Adirondack Range Trail. This section can be dicey and we encountered patches of ice and snow on our trip. The going was considerably slowed for safety reasons. For those who fear heights be warned that this section requires focus and remaining calm. There are cables bolted



VIEW FROM MARCY.



VIEW FROM LITTLE HAYSTACK.

into the side of the mountain to assist with the descent to the base of Saddleback. The climb up to Saddleback remains incredibly steep and contains sections with a grade greater than 50%. Saddleback is reached at 10.4 miles and sits at 4,515 feet. A shorter but equally steep 0.9-mile section descends to a col and then climbs steeply. The summit of Basin is at 11.3 miles and 4,827 feet. At this point, you still have more than half your journey in mileage ahead of you. Stay motivated by rejoicing in the fact that two of the most majestic mountains in the Adirondacks remain ahead.

Take the State Range Trail from Basin approximately 1.2 miles to a junction. Follow signs here for Haystack Mountain. Haystack protrudes south from the primary trail approximately 0.75 miles. The first part requires a steep quarter-mile climb and descent over Little Haystack. Even if you know the false summit is coming up it can be deceiving until you see Haystack

proper looming ahead. Scramble to the bald summit of Haystack at 12.7 miles and 4,960 feet. This entire section is part of the alpine zone noted earlier. This exposed rock is well-marked with cairns and yellow paint blazes. Take some quick breaks to look around as you go. The view from the summit Haystack is one of the best I've encountered. After summiting Haystack, retrace your steps back over Little Haystack to the State Range Trail.

At 13.5 miles the State Range Trail joins with the Phelps Trail. The focus required to safely navigate the previous steep and icy sections had taken their toll mentally and physically on all three in our party. This was an opportunity to take a short break and discuss the options for continuing. We were tired but well-prepared and decided it was worth continuing onto Mount Marcy despite our considerable earlier delay.

After 0.5-mile the Phelps Trail continues onto the Van Hoevenberg Trail. The markers are blue in this section. After a short distance

the trail reenters the Alpine zone for the last time. The trail remains well-marked by cairns and yellow paint blazes. Most sections are easily navigated but individuals should remain alert and be prepared to scramble along a few steeper portions. Finally, a plaque commemorating the first ascent of Marcy greets you at 14.7 miles and 5,344 feet.

The Great Range Traverse has now been completed with 10 summits, including eight High Peaks, and over 9,000 feet in the process. Enjoy the view and a sense of accomplishment from the highest point in New York State!

The trip back to the Adirondack Garden trailhead follows the Phelps Trail. From the summit of Marcy to the Garden adds 9.0 miles and another 2,000 feet of climbing. The final trip comes to 23.6 miles and 11,500 feet of climbing. Our delay earlier in the trip and the shortening days meant that our last

several miles were in the dark. This was not a problem as we continued on with the help of headlamps. After arriving back at the Garden we made our way over to the popular Noon Mark Diner to rest and replenish.

For more info - Link to Strava ([strava.com/activities/1905668263](https://www.strava.com/activities/1905668263)) and Relive video ([relive.cc/view/1905668263](https://www.relive.cc/view/1905668263)). Finally, this is a very tough day hike, but it is feasible and worthwhile to do in multiple parts. 🏔️

*Tom O'Grady, PhD, MPH (thomas.james.ogrady@gmail.com) of Slingerlands is an avid runner, hiker and lover of the outdoors. He is an epidemiologist with NYS DOH. With a lifetime of racing experience, Tom also obtained his NYS DOE coaching license, and is USATTF level 1 and Jack Daniels certified to coach distance runners and endurance athletes.*

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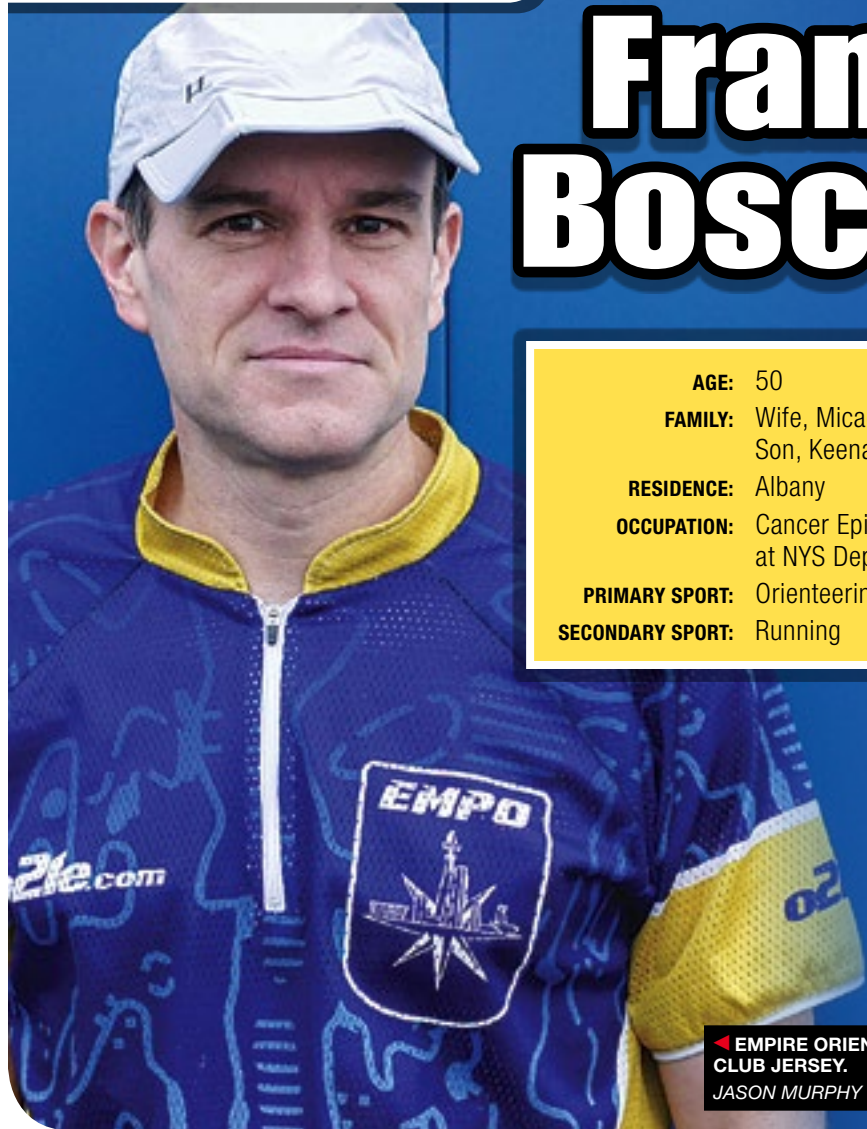
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 **ATHLETE PROFILE**

# Frank Boscoe



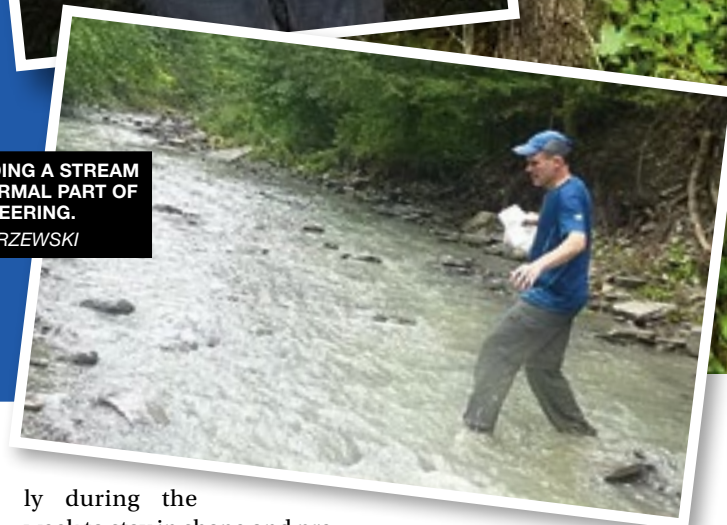
**AGE:** 50  
**FAMILY:** Wife, Micaela (50); Son, Keenan (21)  
**RESIDENCE:** Albany  
**OCCUPATION:** Cancer Epidemiologist at NYS Dept of Health  
**PRIMARY SPORT:** Orienteering  
**SECONDARY SPORT:** Running



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JASON MURPHY

**By Tom O'Grady**

For much of the eight years that I've known Frank Boscoe, he has dropped hints that I should give orienteering a try. Last fall I took the bait and met Frank for a local Empire Orienteering (EMPO) event at Thacher State Park. In orienteering a participant must find a series of controls which are placed with varying degrees of difficulty throughout areas such as state parks and forest preserves. For the uninitiated, a control is an orange and white flag that is put in place with an electronic time stamp to verify an individual has in fact visited a specific checkpoint on the map. The standard format for orienteering is to sequentially find as many controls as possible in a specific time period. Participants typically have anywhere from one to four hours to find these controls. Frank won the more advanced red 5.3K course. My two sons and I were promptly disqualified for following the incorrect format after completing the easier 1.7K white course.

Many of our previous discussions about orienteering surrounded Frank's involvement in "rogaine" events. Unlike the standard format, the primary difference in Rogaine events is that controls can be found in any order. This adds an additional element of strategy to the sport. The rogaine format also typically involves events ranging from six to 24 hours in duration. People may make a connection here to rogaine's similarity to ultra-distance running events. The event at Thacher served as a great primer to the sport.

I met Frank once again in January 2018 at the Partridge Run Wildlife Management Area in Berne for a snow orienteering event. It was brutally cold for this outing and there was fresh snow and ice on the course. Frank was the top finisher during this outing in the boot category. Participants were allowed four hours to find as many of the controls as possible and had the option to compete with skis. The elements proved to be too

much for my kids and our team packed it in after 40 minutes and finding a single control. The first two outings may not have been fruitful for me from a competitive standpoint but the events got me outside in the wilderness with my children, gave me additional respect for Frank and his competitive pursuits, and piqued my interest in the sport of orienteering.

Frank's background in geography may have provided a priming for competition in a sport that requires evaluating maps on the fly but it was not the motivating factor. Frank explains that he moved to the area in 1999 when he started a position at the NYS Cancer Registry. He first picked up running as a way to stay in shape. It was during this time that Frank diligently followed training plans geared towards improving his running times. Frank competed in popular area road races in the early 2000s. Several years of following training plans did not improve his times in events such as the 5K by more than 10-15 seconds.

It was then around 2007 that he began to look for alternative sports and stumbled upon orienteering. After taking part in several events Frank realized that orienteering was a good fit. Frank has not looked back since making the switch and I was surprised to hear him say he has not participated in an organized road race since 2010. Orienteering utilizes a person's skills in many areas beyond fitness including navigation, strategy, time management, outdoor awareness, organization and more. Frank realized that he could build expertise in each of these skills over time, allowing him to compete at a high level, and gain mastery in a variety of areas.

This part of the conversation deserves additional highlighting. Frank was a perfect candidate for orienteering but discovered it later in life through trial and error. Running was fun and he still runs frequent-

ly during the week to stay in shape and prepare for events. Frank also runs as a social outlet outside of orienteering. Frank regularly meets weekly with a group of triathletes for a morning run. This helps Frank stay well rounded from a fitness standpoint. However, where running offered diminishing returns in other areas Frank saw unlimited potential in orienteering.

I ask why more people do not participate in orienteering. Frank notes that many of the people involved in orienteering are in the process of aging out. Orienteering enjoys its greatest popularity in Australia, Russia, Estonia, Finland, Sweden and Norway. Orienteering events are actually televised in these countries. A fact that is made easier now by the use of drones. Frank speculates that in the US individuals come to events like the ones I attended and simply fail to see all of the potential positive aspects of orienteering.

There can be little argument that orienteering offers a great workout. To complete a competition a participant must complete between two and five kilometers "as the crow flies." This means they will actually be covering greater distances. Controls are often off the beaten path and individuals routinely walk by them and need to backtrack. In the rogaine events, which are Frank's favorite, the distances covered can be considerable. Frank notes the furthest distance he has covered during one of these events over the course of 24 hours is 100K (62 miles). It's not hard to imagine how covering this type of distance over varying terrain in the wilderness could keep you physical fit and be incredibly rewarding.

Frank notes the recovery time for these events is much quicker than for long-distance running. The distance is covered at an easier pace and is not on punishing concrete the way road races are staged. Another thing

Frank enjoys is wandering for long periods of time with virtually no feedback on how he is doing until the very end. This aspect starkly contrasts with running as an individual has an eye on their competition for the entire race. Frank finds this aspect of orienteering surprisingly satisfying because, "you are simply doing your best until the finish."

Many events that Frank participates in require travel. The larger regional events that he focuses on are in New York, Ohio, Pennsylvania and Virginia. In addition to competing in over forty rogaine events in the US, he has also competed in orienteering events in Canada, Estonia and Italy. Frank mentions that although he did travel to New Zealand a few years ago he did not make it to Australia where orienteering perhaps enjoys the most popularity. Sometimes he's found an event that lined up with a family vacation, but most of the time he traveled alone or with a teammate. When his son Keenan went to Siena, Italy for a semester, he traveled with him to get settled and then found a race in the area the next day. Frank points out that he has incorporated orienteering into these travel plans because the adventures offer a different perspective of the place he is visiting.

His wife Micaela doesn't participate in orienteering, however when Keenan was a teenager, he occasionally would accompany Frank but he would insist on bringing his camera. While they were never competitive, the sport took them to places few people have seen because they are off-trail, including waterfalls, cliffs, cemeteries and interesting ruins.

We discussed the individual aspect of the sport, but also note than many events allow for team competitions or groups. Several of the longer events Frank has done are team



▶ **START OF A 24 HOUR RACE IN TUSCANY, ITALY.**  
ALEXIS RZEWSKI



▼ **FRANK AND MICAELA AT AUSABLE CHASM.**

events. Partners provide an additional element of safety for those with concerns about being in the wilderness for long periods of time without contact with the outside world. The two events I participated in allowed me to form a beginner team with my two sons. Frank notes that the events he participates in are not cancelled for any reason including inclement weather. As a result Frank has participated in all types of weather.

The worst Frank remembers is an event that took place in the northeast during

Hurricane Irene. Although the event was not cancelled almost everyone decided at some point to come back to base camp due to the weather. He remembers the weather being so bad that trees were literally collapsing around him in the woods and he'll never subject himself to those elements again. Orienteering reminds me of Boy Scouts and Frank agrees, saying it enjoys popularity among scouts as it lives up to the motto of always being prepared. Individuals learn about fitness, the wilderness, navigating, communicating with a team member, outdoorsman ship, camping, sound safety

judgement, and a multitude of other skills. Orienteering is also popular among the US military. The US Military Academy in West Point has an official club sport for orienteering, and Frank notes that their teams are often very good. I ask about the popularity among other service academies and Frank notes he has seen other club teams, including the US Coast Guard, compete at events.

We discuss the type of gear that is necessary to participate. Basic gear includes a compass, map, and outdoor athletic attire. Much of the same gear individuals who run or hike already have. Many events rent out compasses and sell a course map for a nom-

inal cost. Appropriate gear can be accumulated over time.

Frank and I also discuss his future goals, which include working on his skills and maintaining fitness. In longer events with the appropriate teammate, he could combine his skill with their fitness, and place well as a team. I have the perfect partner if I'd like to learn more. Frank's favorite trip was the August 2016 Rogaine XII event held by Central New York Orienteering at Letchworth State Park. This is the most prestigious orienteering event that he's won to date. His adventure could take up its own article so I encourage readers to ask Frank about it.

Frank mentions that most people probably use similar excuses for orienteering that they use for learning a language or instrument. Something along the lines of, "Well I've never done it and I am not good at it, so I guess it's just not something for me." Frank encourages everyone to try it. For those interested in learning more about orienteering, a good local group to explore is Empire Orienteering. A website offering extensive information on the sport is Orienteering USA ([orienteeringusa.org](http://orienteeringusa.org)). 📌

*Tom O'Grady, PhD, MPH (thomas.james.ogrady@gmail.com) of Slingerlands is an avid runner, hiker and lover of the outdoors. He is an epidemiologist with NYS DOH. With a lifetime of racing experience, Tom also obtained his NYS DOE coaching license, and is USATTF level 1 and Jack Daniels certified to coach distance runners and endurance athletes.*

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## NON-MEDICATED LIFE

# Preventing and Treating Gout

By Paul E. Lemanski, MD, MS, FACP



**Editor's Note:** This is the 86th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 85 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. Moreover, as a medical intervention they may accomplish such benefits with fewer side effects, may reduce the number and amount of medication, and may allow actual discontinuation of medication. This is true in the prevention and treatment of gout.

Gout is a condition caused by an increase in uric acid in the blood leading to the deposition of uric acid crystals in joints, kidney, skin and bones. In joints the uric acid crystals may cause inflammation of the joint with swelling, redness and severe pain. In those with such inflammation involving the big toe, called podagra, the pain can be so severe that the weight of the top sheet resting on the toe becomes unbearable. In those with persistently elevated uric acid, crystals may form a discolored mass-like collection called a tophus. When a tophus involves the joint, then bony destruction may ensue. When it involves the kidney, this collection may cause a kidney stone. And, when it involves the skin, it may appear as yellowish-white chalky nodules in the center of an area of localized redness and swelling.

Gout requires a genetic predisposition to either overproduce uric acid or

an inability of the kidneys to efficiently excrete uric acid. As a consequence, uric acid builds up in the bloodstream causing a condition called hyperuricemia. Individuals may have hyperuricemia but not of a sufficient degree to cause the precipitation of uric acid crystals and a symptom. In most individuals an additional factor involving diet and/or lifestyle or medication is needed.

Diets high in purines are associated with gout. Purines are contained in most foods but are particularly high in meat and fish. Since the time of Hippocrates, gout has been associated with the consumption of meat and fish, and was referred to as "the disease of kings" because it appeared more prevalent in those wealthy enough to afford such food in excess. Additionally, gout is more prevalent in those who are overweight or obese and in those who consume alcohol to excess. Finally, gout is more prevalent in those who take certain types of diuretics.

In order to prevent gout, it is useful to know the risk factors for hyperuricemia and gout. The presence of hypertension, chronic kidney disease, cardiovascular disease, or metabolic syndrome (pre-diabetes) increases risk. The presence of an increased body weight, a diet high in meats, fish and alcohol, and a family history of gout may also increase risk. The more numerous the risk factors the greater the risk. Multiple risk factor individuals may want to consider a blood test to measure uric acid and should discuss this with their primary care physician. The presence of unexplained joint swelling, redness, and pain in a multiple risk factor individual should certainly prompt such a discussion.

If uric acid is elevated in an asymptomatic individual lifestyle, dietary and medication changes may help prevent the development of a new case of symptomatic gout. Once gout is established such changes may help but may not be sufficient to avoid medication. The



exceptions to this include the intervention of weight loss in those overweight and obese, the avoidance of sugar sweetened beverages, the moderation of alcohol intake, and the use of whole diet approaches such as the DASH diet. These interventions seem to work both in preventing new cases of gout and reducing the symptoms and flares in those with established gout.

In a 12-year study of 47,000 health professionals, the risk of new onset gout was higher in those with a BMI  $\geq 25$  (overweight) with the risk rising with BMI. In a prospective trial involving 4,000 obese patients without a history of gout undergoing bariatric surgery (compared to a control group treated non-surgically), bariatric surgery resulted in a 17% lower BMI (with the BMI of the control group increasing by 2%), and a statistically significant reduction in new onset gout compared to control. In a study of 99 morbidly obese patients with established gout, flares of gout were higher in the first post-operative month, but then decreased from 24% to 8% during months one to 13.

With regard to alcohol consumption, the risk of new gout was increased with the use of beer or liquor, but not wine. Compared to no beer intake, drinking two or more beers a day increased the risk for new onset gout 2.5 fold. However, eight ounces of wine did not increase the risk of new cases of gout. By contrast, beer, liquor and wine increased the

risk of a flare of gout equally in those with a history of gout.

Dietary composition, specifically increased meat and seafood, increases the risk of new cases of gout, but in clinical trials does not seem to have adverse impact on patients with established gout, despite the recommendation of published guidelines to reduce their consumption. Low-fat dairy has been shown to decrease new cases of gout but not exacerbations of those with a history of gout. Finally, whole food (predominately plant-based) diets like the DASH diet that emphasize fruits, vegetables and low-fat dairy with a reduction in high saturated fat containing meat, reduce new cases of gout as well as flares in those with established gout.

In summary, diet and lifestyle may help to prevent new cases of gout, and may help in the treatment of those with established gout. Specifically, weight loss in those overweight or obese, the avoidance of sugar sweetened drinks, moderation of alcohol intake, and the use of whole diet approaches that emphasize a predominately plant-based diet have been shown to be of greatest benefit. Utilizing such interventions may allow the prevention of gout in those at risk and reduce the need for medication in those with established disease. 🌱

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

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# RACE RESULTS

## MALE OVERALL

1	Chuck Terry	36	Albany	17:18
2	Derrick Staley	59	Ballston Lake	18:20
3	Ben Heller	29	Troy	18:28

## FEMALE OVERALL

1	Allison Kondorovich	28	Valatie	19:20
2	Melissa Hine	28	Holyoke, MA	20:07
3	Emily Russell	35	North Bennington, VT	20:22

## FEMALE AGE GROUP: 1 - 14

1	Ella Laboisserie	9	Watervliet	40:16
2	Kendall Hoefler	8	Watervliet	40:16

## FEMALE AGE GROUP: 15 - 19

1	Lillith Bessette	17	Watervliet	26:25
2	Keeley Frazier	15	Watervliet	26:33
3	Eden Nestler	16	Cohoes	29:36

## MALE AGE GROUP: 20 - 24

1	Roman Tarbay	23	Watervliet	26:58
2	Patrick Ebenhoch	24	Watervliet	28:04
3	Thomas Urbanski	24	Rensselaer	28:28

## FEMALE AGE GROUP: 20 - 24

1	April Sagan	23	Troy	25:24
2	Lauren Duffey	22	Watervliet	28:39
3	Brittanie Clickner	22	Watervliet	29:15

## MALE AGE GROUP: 25 - 29

1	Andy Gilchrist	26	Cropseyville	21:39
2	Griffin Kelly	25	Watervliet	21:57
3	Andrew Krupski	28	Ballston Spa	22:20

## FEMALE AGE GROUP: 25 - 29

1	Kaleigh McGrouty	29	Watervliet	26:42
2	Katie Urbanski	27	Concord, NH	28:30
3	Dana Spiak	27	Watervliet	29:40

## MALE AGE GROUP: 30 - 34

1	Tom Harnett	30	Schenectady	21:16
2	Bill McNeff	31	Watervliet	23:17
3	Steven Walsh	30	Troy	25:25

## FEMALE AGE GROUP: 30 - 34

1	Mary Flagg	34	Glenmont	27:44
2	Jamie Davenport	33	Guiderland	27:50
3	Allison Moore	31	Menands	29:11

## MALE AGE GROUP: 35 - 39

1	Sean Smith	35	Latham	19:55
2	Budy Callejas	38	Albany	24:25
3	Dan La Rose	37	Latham	24:57

## FEMALE AGE GROUP: 35 - 39

1	Melissa Grandjean	39	Glenville	22:27
2	Rebecca Tennyson	35	Troy	22:33
3	Kristyn Brozowski	37	Selkirk	24:10

## MALE AGE GROUP: 40 - 44

1	Dallas Devries	41	Cohoes	18:50
2	Philip White	42	Malta	23:54
3	William Majer	44	Watervliet	28:55

## FEMALE AGE GROUP: 40 - 44

1	Angela Stritt	40	Delmar	23:46
2	Shannon Frazier	43	Watervliet	24:59
3	Heather Dibasi	43	Clifton Park	25:39

## MALE AGE GROUP: 45 - 49

1	Matthew Nark	45	Clifton Park	20:23
2	Michael Brennan	48	Valatie	23:22
3	Pete Murray	46	Saratoga Springs	27:40

## FEMALE AGE GROUP: 45 - 49

1	Tina Greene	45	Scotia	20:56
2	Jennifer O'Neill	45	Troy	25:56
3	Mary Cole-Hampshire	47	Troy	27:17

## MALE AGE GROUP: 50 - 54

1	Kerry Armstrong	50	Cohoes	23:12
2	Tom Mack	53	Wynantskill	23:50
3	Elton Dise	54	Troy	23:58

## FEMALE AGE GROUP: 50 - 54

1	Nikki Hogan	50	West Sand Lake	25:01
2	Jean Lange	52	Schenectady	30:17
3	Tina Shufeh	50	Latham	31:19

## MALE AGE GROUP: 55 - 59

1	Bill Bean	58	Scotia	21:47
2	Michael Bromm	58	Valley Falls	25:25
3	Joseph Tarbay	57	Watervliet	29:52

## FEMALE AGE GROUP: 55 - 59

1	Yu Kashiwado	56	Rensselaer	34:47
2	Elizabeth Kelly	55	Watervliet	35:20
3	Amy Patton	57	Latham	39:59

## MALE AGE GROUP: 60 - 64

1	Jon Weilbacher	60	Saratoga Springs	20:49
2	Richard Kelly	61	Schenectady	23:43
3	James Costello	63	Valatie	24:31

## FEMALE AGE GROUP: 60 - 64

1	Lisa Barley	62	Loudonville	26:32
2	Carolyn George	64	Albany	27:11
3	Kim Bonomo	61	Cohoes	30:49

## MALE AGE GROUP: 65 - 69

1	Juergen Reher	68	Wynantskill	22:37
2	Loe Dipierro	68	Cherry Plain	26:36
3	Greg Rickes	68	Latham	29:15

## FEMALE AGE GROUP: 65 - 69

1	Alice Carpenter	68	Delmar	38:00
2	Jacqueline Tremont	67	Averill Park	40:05
3	Debbie Rickes	67	Latham	53:27

## FEMALE AGE GROUP: 70 - 74

1	Nancy Johnston	72	Ballston Lake	43:09
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## MALE AGE GROUP: 75 - 79

1	James McGuinness	79	Watervliet	35:05
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Courtesy of City of Watervliet

## MALE OVERALL

1	Jonathan Guthan	41	Scotia	21:27
2	Jutin Peabody	21	Ballston Lake	21:29
3	Aaron Hernandez	15	Ballston Lake	24:21

## FEMALE OVERALL

1	Nikki Stark	12	Saratoga Springs	26:55
2	Nicole Constantino	36	Glenville	27:23
3	Rachel Batter	27	Scotia	28:53

## MALE AGE GROUP: 1 - 14

1	Ben Smith	12	Schenectady	24:49
2	Carter Schermerhorn	9	Burnt Hills	26:30
3	Jonathon Salyer	9	Schenectady	28:54

## MALE AGE GROUP: 15 - 19

1	Jack Taylor	15	Ballston Lake	26:28
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## FEMALE AGE GROUP: 20 - 29

1	Kathleen Helman	26	Waterford	30:04
2	Juliana Klein	22	Mechanicville	30:04
3	Karen Marcelli	27	Schenectady	43:50

## MALE AGE GROUP: 30 - 39

1	Joel Font	35	Glenville	35:40
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## FEMALE AGE GROUP: 30 - 39

1	Norah Capron	30	Glenville	30:15
2	Elisabeth Farone	35	Ballston Lake	30:18
3	Katherine Percenti	39	Glenville	32:45

## MALE AGE GROUP: 40 - 49

1	Thomas Taylor	48	Ballston Lake	26:31
2	Brett McQuown	45	Burnt Hills	29:32
3	Clay Schermerhorn	46	Burnt Hills	29:43

## FEMALE AGE GROUP: 40 - 49

1	Michelle Hernandez	47	Ballston Lake	32:20
2	Jennifer Masula	41	East Nassau	40:11
3	Carrie Buetow	42	Glenville	45:22

## MALE AGE GROUP: 50 - 59

1	Frank Woods	57	Rensselaer	25:03
2	Mark Percenti	50	Glenville	28:27
3	David Hennel	52	Glenville	30:50

## FEMALE AGE GROUP: 50 - 59

1	Kitty Moran	58	Glenville	40:22
2	Mary Jo Vlainich	55	Scotia	44:26
3	Beth Gregory	54	Glenville	50:55

## MALE AGE GROUP: 60 - 69

1	Chris Trow	67	Glenville	32:59
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## MALE AGE GROUP: 70 - 79

1	Ed Lubardo	72	Glenville	33:41
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Courtesy of the Capital District YMCA

## MALE OVERALL

1	Corey Robinson/20-29	Brandon, VT	1:25:21
2	Matthew Jerauld/30-39	Round Lake	1:29:15
3	Mikhail Sevriuk/20-29	Manchester, NH	1:32:45

## FEMALE OVERALL

1	Isabelle Dickens/40-49	South Glens Falls	1:33:22
2	Siobhan Donegan/50-59	Burlington, VT	1:44:03
3	Nicole Meredith/20-29	New York	1:47:19

## 10K RUN

1	Scott Moylan/45-49	Williston, VT	42:24
2	Adam Burn/25-29	Guiderland	43:14
3	Jason Grant/30-34	Middlebury, VT	51:50

## FEMALE OVERALL

1	Danuta Wiazowski/45-49	Knowlton, QC	52:04
2	Wendy Hollander/55-59	Middlebury, VT	57:03
3	Lyndsie Kennett/25-29	Salisbury, VT	59:45

## 5K RUN

1	Chris Mitchell/30-34	Brandon, VT	26:17
2	David Cobb/70-74	Sudbury, VT	29:07
3	Bob Howe/70-74	Barre, VT	29:39

## FEMALE OVERALL

1	Amanda Bodette/30-34	New Haven, VT	19:59
2	Chris Natalie/30-34	Arlington, VT	23:43
3	Molly Estabrook/25-29	Burlington, VT	27:03

Courtesy of Vermont Sun Run & Triathlon Series

## MALE OVERALL

1	Matt Brooker	28	Albany	14:49
2	Eric Macknight	29	Saratoga Springs	15:25
3	Aaron Lozier	30	Albany	15:31

## FEMALE OVERALL

1	Emily Layden	29	Albany	18:45
2	Roxanne Wegman	31	El Paso, TX	19:56
3	Emily Taft	28	Albany	20:45

## MALE AGE GROUP: 1 - 19

1	Nicholas Funk	19	Kinderhook	21:38
2	Nathaniel Desany	15	East Greenbush	23:40
3	Bryce Phelps	19	Somerset, KY	30:13

## FEMALE AGE GROUP: 20 - 29

1	Dorothea Letner	27	Albany	21:20
2	Sarah Child	28	Albany	22:26
3	Margaret McDonough	23	Albany	23:06

## MALE AGE GROUP: 20 - 29

1	Peter Rowell	29	Albany	16:41
2	Michael Poole	27	Albany	16:46
3	Michael Zampi	29	Albany	17:44

## FEMALE AGE GROUP: 30 - 39

1	Jenna Bernhardt	33	Albany	21:20
2	Sarah Gardner	32	Clifton Park	21:31
3	Jenna Depeaux	33	Niskayuna	22:58

## MALE AGE GROUP: 30 - 39

1	Louie Dinuzzo	36	Saratoga Springs	15:37
2	Anthony Giuliano	39	Niskayuna	15:38
3	Shaun Donegan	32	Ballston Spa	16:03

## FEMALE AGE GROUP: 40 - 49

1	Jon Lindenaue	30	Albany	16:06
2	Dan Jordy	35	Schenectady	16:26

## MALE AGE GROUP: 40 - 49

1	Eileen Culliton	41	Wynantskill	20:40
2	Jessica Northan	42	Guiderland	22:04
3	Moiria Fitzgerald Ryan	41	Clifton Park	22:45

## MALE AGE GROUP: 50 - 59

1	Aaron Knobloch	42	Niskayuna	17:26
2	Brian Northan	43	Guiderland	18:55
3	Eric Ciocca	40	Northampton, MA	19:03

## FEMALE AGE GROUP: 60 - 69

1	Todd Weiss	40	Watervliet	20:23
2	Josh Heimroth	40	Albany	20:39

## MALE AGE GROUP: 50 - 59

1	Margaret Burke	55	Schenectady	24:11
2	Kimberly Goodwin	55	Schenectady	25:46
3	Linda Dedominicis	50	Albany	27:15

## MALE AGE GROUP: 50 - 59

1	
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**NICK'S FIGHT TO BE HEALED 5K RUN**  
September 30, 2018 • Clifton Commons, Clifton Park

<b>MALE OVERALL</b>			
1	Abdallah Elmi	18	Clifton Park 17:47
2	Nick Whaley	38	Clifton Park 18:05
3	Greg Ethier	45	Clifton Park 18:48
<b>FEMALE OVERALL</b>			
1	Leigh O'Connor	36	Cohoes 21:28
2	Kimberly Peckowitz	32	Waterford 23:08
3	Annette Romano	54	Clifton Park 23:11
<b>MALE AGE GROUP: 1 - 14</b>			
1	Colin Campbell	14	Clifton Park 19:59
2	Jason Colindres	13	Clifton Park 21:16
3	Ananth Pai	14	Clifton Park 22:15
4	Nolan Rybak	10	Ballston Lake 22:21
5	Andrew Winkler	13	Waterford 23:00
<b>FEMALE AGE GROUP: 1 - 14</b>			
1	Antonia Schillaci	12	Rome 24:29
2	Alyssa Daiuto	12	Rome 24:36
3	Kyle Cukrouany	11	Clifton Park 25:29
4	Sara Bawla	13	Albany 25:38
5	Samantha Digman	14	Rensselaer 25:40
<b>MALE AGE GROUP: 15 - 19</b>			
1	Matt Van Der Veer	19	Clifton Park 19:09
2	Austin Dabiere	16	Rexford 19:19
3	Ahmed Mozawalla	16	Albany 20:33
4	Burhanulhaq Brula	15	Schenectady 24:52
5	Zachary Simpson	15	Clifton Park 25:29
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Asma Bawla	17	Albany 29:32
2	Lilly Fox	16	Clifton Park 29:56
3	Madison Shumpert	16	Clifton Park 31:10
4	Rachel Liu	15	Ballston Lake 36:29
<b>MALE AGE GROUP: 20 - 29</b>			
1	Sean Parnett	27	Albany 19:27
2	Ian Cutting	23	Glenville 19:48
3	Ahmad Abu-Hakme	28	Troy 23:27
4	Adam Badger	28	Clifton Park 25:45
5	Afzal Nuazam	21	Waterford 26:12
<b>FEMALE AGE GROUP: 20 - 29</b>			
1	Emily Gray	22	Schenectady 25:37
2	Brenna Buscher	27	Cohoes 26:02
3	Erin Carroll	29	Albany 26:57
4	Kristen Gorczynski	26	East Greenbush 27:25
5	Taylor Rao	25	Rexford 27:29
<b>MALE AGE GROUP: 30 - 39</b>			
1	Fred Brocks	39	Halfmoon 21:41
2	Michael Condor	36	New York 22:12
3	John Vandish	35	Clifton Park 22:35
4	Griffin Clark	30	Troy 23:01
5	Dave Martin	30	Waterford 23:42
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Nicole Travis	32	Clifton Park 23:31
2	Amanda Vitti	39	Waterford 24:10
3	Meghan Halley	31	Clifton Park 24:41
4	McKenzie Robillard	37	Cohoes 25:03
5	Laura McMillen	31	Ballston Lake 25:45
<b>MALE AGE GROUP: 40 - 49</b>			
1	Greg Ethier	45	Clifton Park 18:48
2	Brent Elford	47	Round Lake 19:16
3	David Shumpert	47	Clifton Park 21:13
4	Mathew Cantore	43	Clifton Park 22:50
5	Bill Balfoort	43	Ballston Lake 22:54
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Theresa Deloneyo	40	Clifton Park 23:52
2	Jennifer Fredricks	47	Schenectady 25:32
3	Kim Fahey	40	Clifton Park 26:04
4	Liz Carr	43	Rexford 26:05
5	Christine Feit	41	Clifton Park 27:14
<b>MALE AGE GROUP: 50 - 59</b>			
1	Christopher Coons	53	Johnsontown 20:49
2	Thomas Rest	58	Clifton Park 22:41
3	Daniel Cropsey	55	Niskayuna 22:56
4	Dan Clemens	52	Galway 23:15
5	Paul Nichols	50	Latham 24:57
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Fran Matson	52	Clifton Park 24:33
2	Tracy Bayley	53	Clifton Park 25:43
3	Sheryl Campbell	51	Clifton Park 25:50
4	Karen Patchell	53	Waterford 25:51
5	Rachel Moore	56	Schenectady 26:35
<b>MALE AGE GROUP: 60 - 69</b>			
1	Bob Wilson	60	Ballston Lake 22:34
2	Richard Bennett	66	Clifton Park 27:06
3	Ken Polubinski	62	Ballston Spa 31:45
4	Larry Peleggi	61	Colonie 34:19
<b>FEMALE AGE GROUP: 60 - 69</b>			
1	Susan Milstein	62	Menands 30:42
2	Ashley Malik	60	Latham 51:22
<b>MALE AGE GROUP: 70 - 79</b>			
1	James Larkin	70	Clifton Park 25:52
2	Ralph Santos	77	Mechanicville 32:05
3	Bruce Hosley	71	Nassau 33:51

Courtesy of Nick's Fight to be Healed Foundation

**12TH ANNUAL FALLING LEAVES 5K RUN continued**

<b>MALE AGE GROUP: 30 - 39</b>			
1	Andrew Sheridan	38	Ballston Spa 20:25
2	Matthew Murrisky	35	Saratoga Springs 21:41
3	Nicholas Prock	30	Saratoga Springs 21:48
<b>FEMALE AGE GROUP: 30 - 39</b>			
1	Jennifer Bernard	31	Hyde Park 25:58
2	Ashley Kerker	31	Ballston Spa 26:34
3	Tatiana Hart	31	Ballston Spa 26:45
<b>MALE AGE GROUP: 40 - 49</b>			
1	Brent Elford	47	Round Lake 19:49
2	Rick Zachgo	48	Rexford 20:04
3	Adam Zawilinski	46	Schenectady 21:16
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Marbeth Serencsics	49	Ballston Spa 27:58
2	Christine Higgins	45	Ballston Spa 28:06
3	Stacy Collins	42	Dobbs Ferry 28:37
<b>MALE AGE GROUP: 50 - 59</b>			
1	Sam Mercado	55	Newark, NJ 19:36
2	Rich Straight	56	Ballston Spa 23:02
3	Peter Sturm	53	Fort Edward 24:49
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Kim Eisler	51	Ballston Spa 26:01
2	Esther Denham	54	Glenville 26:56
3	Amy Walker	51	Fort Edward 27:06
<b>MALE AGE GROUP: 60 - 69</b>			
1	Bill Maynard	67	Shokan 26:59
2	Glenn Levison	62	East Rockaway 27:03
3	Rich Tanchyk	66	Saratoga Springs 28:11
<b>FEMALE AGE GROUP: 60 - 69</b>			
1	Sheri Steele	60	Ballston Spa 29:02
2	Susan Milstein	62	Menands 31:27
<b>MALE AGE GROUP: 70 - 79</b>			
1	Edward Lamby	76	Scotia 32:41
<b>FEMALE AGE GROUP: 70 - 79</b>			
1	Janet Balderston	70	Little Falls 30:00

Courtesy of Ballston Spa United Methodist Church

**24TH ANNUAL BURNT HILLS-BALLSTON LAKE ROTARY APPLE RUN 5K**  
October 6, 2018 • O'Rourke Middle School, Burnt Hills

<b>MALE OVERALL</b>			
1	Shaun Evans	40	Middle Grove 17:04
2	Colin Meagher	30	Burnt Hills 17:36
3	Jonathan Peck	40	Glenville 18:09
<b>FEMALE OVERALL</b>			
1	Brittany Winslow	25	Malta 19:46
2	Tina Greene	45	Scotia 20:07
3	Christina Jordy	36	Glenville 20:13
<b>MALE AGE GROUP: 1 - 14</b>			
1	Dane Tatro	12	Ballston Spa 21:01
2	Lance Risler	14	Rexford 21:07
3	Benjamin Smith	12	Glenville 21:44
<b>FEMALE AGE GROUP: 1 - 14</b>			
1	Amelia Cataldo	14	Ballston Spa 21:16
2	Julia Gorevich	11	Albany 21:36
3	Cassidy Rabieno	12	Burnt Hills 23:32
<b>MALE AGE GROUP: 15 - 19</b>			
1	Troy Prehn	16	Saratoga Springs 18:44
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Lucia Gil	15	Ballston Lake 28:52
2	Rachel Kampilla	17	Burnt Hills 31:40
3	Lianna Sullivan	15	Burnt Hills 31:40
<b>MALE AGE GROUP: 20 - 24</b>			
1	Bryan Schulte	20	Burnt Hills 29:09
<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Morgan Irish	20	Pug, CA 20:59
2	Stephanie Carrier	22	Rexford 21:54
3	Allison Carrier	24	Scarborough, ME 24:50
<b>MALE AGE GROUP: 25 - 29</b>			
1	John Murray	25	Schenectady 19:48
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Aubrey Clements	29	Troy 23:00
2	Sara Verga	29	Glenville 23:20
3	Bridgett Morella	27	Malta 27:55
<b>MALE AGE GROUP: 30 - 34</b>			
1	Ben Sears	34	Albany 19:01
2	Bill Paley	33	Burnt Hills 20:16
3	Andrew Jahn	34	Glenville 21:23
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Abby Burchett	33	Burnt Hills 26:33
2	Mary Flagg	34	Glenmont 26:46
3	Karoline Sears	33	Albany 27:12
<b>MALE AGE GROUP: 35 - 39</b>			
1	Jeff Nastke	37	Troy 19:44
2	Kevin Simpson	36	Burnt Hills 22:20
3	Steve Aldi	39	Burnt Hills 22:22
<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Melissa Grandjean	39	Glenville 22:46
2	Sarah Pendergast	37	Delmar 24:42
3	Tara Malizia	37	Glenville 25:55
<b>MALE AGE GROUP: 40 - 44</b>			
1	Brian Watts	44	Clifton Park 21:04
2	Louis Malizia	40	Glenville 22:28
3	Phillip White	42	Malta 23:15
<b>FEMALE AGE GROUP: 40 - 44</b>			
1	Marta Dauphinee	40	Glenville 20:23
2	Nicola MacNeil	44	Rotterdam 23:20
3	Jodi Cataldo	44	Ballston Spa 24:04
<b>MALE AGE GROUP: 45 - 49</b>			
1	Chad Wallimann	46	Burnt Hills 22:59
2	TJ Taylor	48	Ballston Lake 23:33
3	Daniel Kammerer	45	Ballston Lake 26:48
<b>FEMALE AGE GROUP: 45 - 49</b>			
1	Lynn Prehn	46	Saratoga Springs 25:09
2	Kimberly Nuzzi	45	Glenville 27:26
3	Brittani Hester	49	Schenectady 28:32
<b>MALE AGE GROUP: 50 - 54</b>			
1	Todd Meszik	51	Cohoes 19:35
2	Richard Cummings	50	Schenectady 20:23
3	William Drapeau	51	Glenville 20:32
<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Carolyn Litynski	53	Burnt Hills 25:29
2	Mariola Pratt	52	Valatie 38:04
3	Christina Longo	53	Glenville 41:43
<b>MALE AGE GROUP: 55 - 59</b>			
1	Derrick Staley	59	Ballston Lake 18:20
2	Chris Buckley	57	Burnt Hills 19:44
3	Michael Stalker	55	Ballston Spa 19:51
<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Beth Stalker	59	Ballston Spa 20:44
2	Janice Phoenix	57	Schenectady 25:21
3	Tricia Johnston	57	Ballston Lake 30:09
<b>MALE AGE GROUP: 60 - 64</b>			
1	Thomas Dalton	60	Schenectady 19:22
2	Jeff Many	60	Saratoga Springs 25:16
3	Robert Williams	62	Burnt Hills 27:14
<b>FEMALE AGE GROUP: 60 - 64</b>			
1	Maureen Fitzgerald	60	Clifton Park 24:47
2	Joyce Goodrich	60	Ballston Lake 26:29
3	Jean Smith	60	Ballston Lake 34:43
<b>MALE AGE GROUP: 65 - 69</b>			
1	Denny Fillmore	66	Ballston Spa 28:17
2	Christopher Trow	67	Glenville 29:51
3	Rick Reynolds	68	Burnt Hills 35:41
<b>FEMALE AGE GROUP: 65 - 69</b>			
1	Susan Niefeld	66	Rexford 30:12
2	Susan Lohnas	66	Niskayuna 30:41
3	Diana Graziano	66	Ballston Lake 38:01
<b>MALE AGE GROUP: 70 - 74</b>			
1	Ed Luberda	72	Glenville 28:58
2	Thomas Clements	70	Gansevoort 30:31
3	Richard Theissen	74	Round Lake 33:28
<b>FEMALE AGE GROUP: 70 - 74</b>			
1	Pamela Spaulding	70	North Bangor 34:10
2	Ise Martin	74	Fairfield, CT 37:04
3	Nancy Johnston	72	Ballston Lake 45:11
<b>MALE AGE GROUP: 75 - 79</b>			
1	Richard Brewen	76	Cohoes 37:59
<b>MALE AGE GROUP: 80 - 89</b>			
1	Joe Kelly	85	Menands 43:34
2	Richard Schumacher	85	Hoosick Falls 53:13

Courtesy of Burnt Hills-Ballston Lake Rotary

**15TH ANNUAL CROSSINGS 5K CHALLENGE**  
September 30, 2018 • Ciccotti Center, Colonie

<b>MALE OVERALL</b>			
1	Chris Garretson	16	Albany 18:38
2	Jack Mangione	14	Loudonville 19:29
3	Gaven Richard	44	Albany 19:50
<b>FEMALE OVERALL</b>			
1	Meg Versteegen	39	Schenectady 19:07
2	Gianna Mirabile	18	Albany 21:37
3	Loren Norfleet	19	Albany 22:01
<b>MALE AGE GROUP: 1 - 14</b>			
1	Thaddeus Mangione	12	Loudonville 21:46
2	Nate Murnan	8	Albany 24:02
3	Micah Colling	13	Albany 24:32
<b>FEMALE AGE GROUP: 1 - 14</b>			
1	Lexi O'Keefe	14	Schenectady 26:22
2	Abigail Battle	11	Clifton Park 27:48
3	Ashley Pechulis	12	Niskayuna 29:17
<b>MALE AGE GROUP: 15 - 19</b>			
1	Michael Kablan	17	Latham 20:43
2	John Sweeney	19	Latham 22:21
3	Ethan Ehrlich	15	Clifton Park 22:36
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Gabby O'Keefe	17	Schenectady 38:45
<b>MALE AGE GROUP: 20 - 24</b>			
1	Brett McNeff	24	Troy 21:57
2	David Maloney	21	Cohoes 24:25
<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Mary Greagan	22	Selkirk 29:37
2	Valerie Burger	22	Guiderland 31:14
3	Brooke Demarest	23	Albany 39:34
<b>MALE AGE GROUP: 25 - 29</b>			
1	Kevin Ghizzoni	27	Schenectady 22:19
2	Nick Giesse	29	Schenectady 22:42
3	Joseph Disanto	25	Cohoes 24:25
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Alexandra Scoville	26	Valley Falls 24:30
2	Ellie Maloney	29	Albany 25:01
3	Deanna Kremzier	25	Scotia 29:30
<b>MALE AGE GROUP: 30 - 34</b>			
1	Michael Maloney	30	Albany 22:59
2	Elliott Haase	34	Albany 23:58
3	Andrew Taran	31	Renss

# RACE RESULTS

## 24TH ANNUAL SUSAN G. KOMEN RACE FOR THE CURE 5K RUN *continued*

<b>MALE AGE GROUP: 65 - 69</b>			
1 Paul Boucher	65	Merritt Island, FL	28:04
2 William McCullough	66	Schenectady	38:59
<b>FEMALE AGE GROUP: 65 - 69</b>			
1 Martha DeGrazia	67	Schenectady	25:37
2 Carole Bieber	67	Slingerlands	32:48
3 Diane Salvi	65	Waterford	34:58
<b>MALE AGE GROUP: 70 - 74</b>			
1 Brian Walton	73	Schenectady	34:39
2 Daniel Lewicki	70	Albany	41:21
<b>FEMALE AGE GROUP: 75 - 79</b>			
1 Judy Beer	78	Ballston Spa	38:45.4
<b>MALE AGE GROUP: 80 - 84</b>			
1 Jim Owens	83	Latham	46:39
2 Greene Hiram	82		1:04:43
<b>FEMALE AGE GROUP: 80 - 84</b>			
1 Mary Nagle	83	Boynton Beach, FL	51:20.5
<b>FEMALE AGE GROUP: 95 - 99</b>			
1 Joslyn McArdle	99	Wynantskill	43:54.9

*Courtesy of Susan G. Komen Northeastern New York*

## 36TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 16TH ANNUAL HANNAFORD HALF MARATHON

October 7, 2018 • Central Park, Schenectady & Town Park, Colonie to Riverfront Park, Albany

<b>MARATHON - 26.2 MILES</b>			
<i>Top 3 Overall, Age Group Winners &amp; Eastern Upstate Finishers</i>			
<b>MALE OVERALL</b>			
1 Nicholas Lemon	26	Brighton, MA	2:25:28
2 Kyle Smith	30	Linden, MI	2:25:57
3 Jarred Iacovelli	25	Brookline, MA	2:28:15
<b>FEMALE OVERALL</b>			
1 Joy Miller	30	Lexington, SC	2:51:48
2 Karen Auteri	37	Belvidere, NJ	2:59:26
3 Dana Bush	40	Saratoga Springs	3:00:04
<b>MALE AGE GROUP: 15 - 19</b>			
1 Wiley Shaw	17	Tully	4:01:21
2 Jared Dybas	18	Latham	5:08:57
<b>FEMALE AGE GROUP: 15 - 19</b>			
1 Olivia Crouch	19	Stephentown	4:53:16
<b>MALE AGE GROUP: 20 - 24</b>			
1 Mark Alves	20	Kearny, NJ	2:47:50
2 Eric Brower	23	Mayfield	2:53:59
3 Jonah Williams	24	Saratoga Springs	3:11:47
4 Chase Collins	20	Saratoga Springs	3:19:08
5 Austin Salkind	21	Troy	3:31:52
6 Tyler Morrissey	21	Clifton Park	3:34:51
7 Richard Homenick	24	Schenectady	3:35:39
8 Ryan Fleischer	21	Delmar	3:40:48
9 Cortlandt Tisch	22	Albany	3:42:23
10 Randy Gray	22	Albany	3:48:37
11 Andrew Burkhardt	23	Albany	4:23:32
12 Anthony Dinallo	20	Clifton Park	4:24:05
13 Nicolas Graham	22	South Glens Falls	4:40:02
<b>FEMALE AGE GROUP: 20 - 24</b>			
1 Christie Macfarlane	24	Delmar	3:25:04
2 Shelby Iapoco	24	Schenectady	3:41:46
3 Samantha Lee	24	New York Mills	3:58:04
4 Ellie Quinlan	23	Red Hook	4:10:20
5 Victoria Bernardo	21	Glenmont	4:13:28
6 Heidi Pearson	22	Richmondville	4:18:41
7 Abigail Butler	21	Latham	4:48:15
8 Zuzanna Rybicka	23	Rome	5:09:14
9 Claudia Howes	20	Troy	5:14:15
10 April Sagan	23	Troy	5:27:45
<b>MALE AGE GROUP: 25 - 29</b>			
1 Chris McCabe	28	Carlisle, PA	2:37:34
2 Geoffrey Hale	28	Rome	3:00:17
3 Evan Oustrich	27	Red Hook	3:00:28
4 Michael Zampi	29	Albany	3:04:58
5 Christopher Herbs	25	Rexford	3:36:42
6 Samuel Chabot	25	Troy	3:42:08
7 Justin Heinz	26	Albany	3:45:21
8 Robert Hamlin	28	Glenville	3:46:39
9 Galen Heins	28	Albany	3:57:46
10 Logan Steyer	26	Saugerties	4:00:21
11 Michael Beyer	25	Clifton Park	4:15:10
12 Zackary Nieffer	26	Saugerties	4:35:38
13 Matthew Solo	28	Albany	4:42:15
14 Kyle Lochner	27	Scotia	4:54:56
15 Frank Vanca	26	Albany	5:25:00
16 Nicholas Machin	28	Highland	5:27:40
<b>FEMALE AGE GROUP: 25 - 29</b>			
1 Elizabeth Campbell	28	Stamford, CT	3:11:15
2 Michelle Eckler	25	Troy	3:23:43
3 Kim McBride	26	Troy	3:24:53
4 Katelyn Rhymestine	29	Herkimer	3:30:19
5 Brooke Morrissey	28	Ballston Spa	3:37:39
6 Katherine Rich	29	Saratoga Springs	3:40:12
7 Gina Davis	27	Glens Falls	3:41:08
8 Christine Oustrich	26	Red Hook	3:45:25
9 Catherine Ehmann	25	Saratoga Springs	3:47:31
10 Madysen Chamberas	29	Cohoes	3:56:48
11 Caitlin Logan	29	Kerhonkson	4:00:45
12 Ashley Schaible	28	Clifton Park	4:10:35
13 Mya Domenico	25	Ballston Spa	4:10:42
14 Jessalyn Meehan	26	Albany	4:17:25
15 Katherine Purcell	26	Albany	4:25:12
16 Elizabeth Veglia	28	Saratoga Springs	4:27:44
17 Brianna Samson	28	Slingerlands	4:27:50
18 Emma Grynner	26	Valatie	4:29:21
19 Bailey Tetrault	25	Cohoes	4:29:42
20 Sophie Ackoff	29	Kingston	4:42:05
21 Sandy McKenzie	28	Schenectady	4:56:34
22 Pam Eiertz	26	Castleton-on-Hudson	4:56:37
23 Alexandra Scoville	26	Valley Falls	5:07:56
24 Maria Casile	26	Albany	5:18:58
25 Susan Falotico	27	Delmar	5:20:10
26 Laura Nicoletti	27	Chester	5:22:03
27 Elizabeth Bush	28	Albany	5:25:30
28 Samantha Slattery	27	Beacon	5:43:32
<b>MALE AGE GROUP: 30 - 34</b>			
1 Bryan Morseman	33	Bath	2:33:49
2 Thomas O'Grady	33	Slingerlands	2:45:44
3 David Harwood	32	Troy	3:05:34
4 Jamie Stroppolo	33	Stormville	3:09:42
5 Chad Penoyer	32	Brewerton	3:10:49
6 Peter Katlic	32	Schenectady	3:16:54
7 Tom Kaczmarek	34	Scotia	3:33:16
8 Neil Cary	32	Troy	3:33:36
9 Christopher Parks	32	Scotia	3:36:18
10 David Murphy	32	Mohawk	3:40:08
11 Gregory Puerto	31	Schenectady	3:41:03
12 Christopher Leavitt	30	Schenectady	3:46:26
13 Jonathan Dadekian	31	Niskayuna	3:46:53
14 John Burke	31	Saratoga Springs	3:47:25
15 Max Buckbee-Selleck	33	Glens Falls	3:51:05
16 Ryan Nowicki	33	Schenectady	3:53:49
17 Alex Glazebrook	31	Sand Lake	3:54:04
18 Justin Kupinski	31	Rotterdam	4:00:34
19 Nicholas Reisman	33	Clifton Park	4:16:06
20 Robert Magee	34	Albany	4:17:58
21 Richard Newkirk	31	Slingerlands	4:33:25
22 David Hansen	34	Melrose	4:38:38
23 Jason Reed	30	Delanson	4:42:11
24 Jason Paiko	30	Albany	4:42:59
25 Zachary Williams	31	Ballston Spa	4:43:48
26 Louis Solano	33	Niskayuna	5:22:51
27 James Garnett	34	Scotia	5:28:21
28 Subramanyam Bommaraju	34	Schenectady	6:03:02
<b>FEMALE AGE GROUP: 30 - 34</b>			
1 Lauren Domermuth	32	Niskayuna	3:18:02
2 Elizabeth Chauhan	34	Albany	3:22:30
3 Sarah Popovics	30	Altamont	3:28:56
4 Stacie Minchoff	34	Plattsburgh	3:37:27
5 Laurie Hennessy	30	Marcy	3:38:03
6 Brett Harris	33	Albany	3:40:01
7 Janne Rand	33	Saratoga	3:41:48
8 Bethany Hawke	32	East Syracuse	3:43:42
9 Julie Scherer	33	Rexford	3:47:10
10 Shelby Sayre	33	Selkirk	3:47:49
11 Kelda Moriarty	30	Queensbury	3:50:11
12 Allison Fitzgerald	30	Middletown	4:02:03
13 Elizabeth Pfendler	30	Remsen	4:11:25
14 Kelly Piscitelli	30	Albany	4:20:56
15 Molly Casey	34	Albany	4:28:24
16 Laura Murray	34	Melrose	4:28:37
17 Sarah Woods	30	Ballston Lake	4:35:00
18 Erin Goodale	32	Glenmont	4:36:41
19 Jackie Chromczak	31	Rensselaer	4:42:45
20 Kate Sauer-Jones	34	Wewertown	4:53:02
21 Laura Doe	31	Poughkeepsie	4:54:33
22 Kelly Grace	31	Troy	5:01:28
23 Erin Porambo	31	Troy	5:02:09
24 Megan Phillips	30	Albany	5:06:34
25 Chelsea Bolles	33	Saratoga Springs	5:17:59
26 Rebecca Cain	33	Albany	5:25:04
27 Alyson Courain	31	Schenectady	5:52:55
<b>MALE AGE GROUP: 35 - 39</b>			
1 Michael Dixon	35	Highland Park, NJ	2:35:38
2 Noah White	39	Slingerlands	2:49:16
3 Andrew Lavin	39	Wilmington	3:00:50
4 George Saint John	35	Latham	3:09:20
5 Keith Weiss	36	Loudonville	3:24:23
6 Gerard Colling	37	Schodack	3:29:40
7 Derek Somerville	35	Goshen	3:29:57
8 Keith Donegan	35	Saratoga Springs	3:33:14
9 Matthew Downs	36	Utica	3:33:50
10 Anthony Demarco	35	Troy	3:33:59
11 John Walsh	38	Lagrangeville	3:36:50
12 Dale Berlin	36	Kinderhook	3:40:12
13 Jonathan Hentrich	38	Albany	3:43:06
14 CJ Minchoff	35	Plattsburgh	3:44:31
15 Steven Longden	37	Ravena	3:46:56
16 Eli Rabinowitz	37	Albany	3:51:56
17 Dibao Zhou	36	Mechanicville	3:52:23
18 Joe Audino	38	Schenectady	3:58:14
19 Danusz Kaczmarek	39	Ballston Lake	3:58:36
20 Christopher Edwards	37	Troy	4:01:47
21 Stephen Hallgren	38	Albany	4:06:26
22 Arunas Tuzikas	35	Troy	4:12:33
23 Greg Sherwood	36	Nassau	4:19:37
24 Nick Matthews	39	Niskayuna	4:21:41
25 Peter Willis	38	Scotia	4:25:35
26 Nick Mosher	39	Albany	4:25:50
27 Ian MacCallum	39	Albany	4:36:40
28 Bill Baird	37	Kingston	4:37:04
29 Jonathan Earle	38	Burnt Hills	4:37:53
30 John Heaphy	38	Cohoes	4:48:27
31 Charles Tempest	38	Ballston Spa	4:54:04
32 John Kosowicz	37	Washingtonville	4:56:02
33 Chris Halpin	37	Albany	4:56:31
34 James Kavanagh	38	Troy	5:09:47
35 Kevin Newman	37	Latham	5:12:29
36 Alexander Diccico	35	Poughkeepsie	5:17:20
37 Kevin Karoglanic	39	Syracuse	5:20:55
38 Krzysztof Trafalski	35	Albany	5:25:10
39 Jason Russell	35	Latham	5:25:24
40 Kevin Beatley	39	Ballston Spa	5:29:48
41 Scott Newton	36	Albany	5:33:13
<b>FEMALE AGE GROUP: 35 - 39</b>			
1 Jazmin Abraham	36	Upper Saddle River, NJ	3:09:22
2 Meg Versteegen	39	Schenectady	3:17:06
3 Dana Wiwczar	37	Malta	3:37:39
4 Andrea Vandecar	38	Cohoes	3:49:09
5 Jessica Hatfield	36	Saranac	3:50:05
6 Germaine Dougherty	38	Saugerties	3:52:47
7 Meghan Sahr	37	Albany	3:53:34
8 Leah Jachym	39	Albany	3:58:04
9 Kate Whitney	39	Keene Valley	4:05:55
10 Jennifer Adams	35	Selkirk	4:06:09
11 Lindsey Callahan	36	Whitesboro	4:07:23
12 Kelly Christy	39	Greenfield Center	4:17:40
13 Allie Harling	37	Rensselaer	4:25:48
14 Kari Deer	39	Slingerlands	4:29:01
15 Jessica Sagendorph	36	Feura Bush	4:29:20
16 Melissa Sacco	35	Tribes Hill	4:35:13
17 Stephanie Baird	37	Kingston	4:35:21
18 Erin Brennan	35	Plattsburgh	4:44:18
19 Heather Hogle	37	Troy	4:52:12
20 Amy Vanapeldoorn	37	Clinton	4:55:33
21 Jessica Zaloga	37	Waterliet	5:00:10
22 Meagan Monfort	36	Saratoga Springs	5:17:14
23 Amy Russell	37	Queensbury	5:19:24
24 Ronda Morris	37	Wewertown	5:43:11
25 Katie Yost	37	Saratoga Springs	5:58:26
<b>MALE AGE GROUP: 40 - 44</b>			
1 Marcel Suurmond	42	Vlissingen, NL	2:47:20
2 Dallas Devries	41	Cohoes	3:13:55
3 Adam Klingbeil	40	Ballston Lake	3:23:03
4 Ryan Dunham	44	Voorheesville	3:24:47
5 Jeffrey Blazek	44	Croton-on-Hudson	3:25:52
6 Todd Robertson	43	Syracuse	3:32:51
7 Gabriel McGarry	42	Slingerlands	3:38:34
8 Drew Meka	40	Canojoharie	3:42:11
9 Erik Koentzer	42	Delanson	3:44:25
10 David Chatt	41	Saratoga Springs	3:44:37
11 Brian Melanson	43	Schenectady	3:48:28
12 Haigou Huang	44	Rexford	3:52:23
13 David Czarnecki	42	Clifton Park	3:52:25
14 Michael Letzing	41	Schuylerville	4:00:32
15 Matt Sorbero	40	Ballston Spa	4:16:40
16 Steven Yeager	41	Ballston Spa	4:19:34
<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Julia Snyder	41	East Syracuse	3:08:11
2 Gretchen Klingbeil	41	Ballston Lake	3:26:47
3 Sarah McCarty	43	Plattsburgh	3:53:59
4 Mindy Lund	43	Tully	4:01:21
5 Stacy Patterson	43	Troy	4:08:30
6 Jamie Coy	40	Whitesboro	4:16:47
7 Carrie Britt	43	Schenectady	4:20:28
8 Vicky Sauve	44	Ellenburg Depot	4:37:02
9 Karen Randall	40	Utica	4:38:40
10 Jennifer Bachelder	41	New Hartford	4:38:40
11 Jenni Ramie	44	Cicero	4:41:09
12 Tammy Carroll	44	Clifton Park	4:41:30
13 Keri Gill-Smith	40	Hudson	4:42:51</

**36TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 16TH ANNUAL HANNAFORD HALF MARATHON continued**

<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Katie Caddell	31 Broadalbin	1:37:39
2	Erin Rightmyer	34 Delmar	1:39:56
3	Stephanie Wilkinson	30 Albany	1:40:00
4	Meghan Mortensen	33 Glenville	1:40:24
5	Aimee Kroll-Desrosiers	32 West Springfield, MA	1:43:33
6	Casey Kohler	32 Albany	1:44:04
7	Justine Lobosco	34 Ballston Spa	1:46:00
8	Nicole Viscusi	33 Scotia	1:47:47
9	Elizabeth Tamburello	31 Malta	1:48:07
10	Ashley Cahill	30 Voorheesville	1:48:53
<b>MALE AGE GROUP: 35 - 39</b>			
1	Anthony Giuliano	39 Niskayuna	1:14:53
2	Nick Whaley	38 Clifton Park	1:27:59
3	Christian Klueg	37 Northville	1:33:07
4	John Duro	35 Latham	1:35:31
5	Josh Santarcangelo	36 Melrose	1:38:56
6	Andrew Babitts	37 Albany	1:39:05
7	Nicholas Lobosco	36 Ballston Spa	1:46:01
8	Kevin Kraus	36 Albany	1:47:23
9	Jakob Irwin	38 Troy	1:47:51
10	Mike Colleton	39 Albany	1:49:46
<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Jessica Bashaw	35 Cambridge	1:26:20
2	Kim Morrison	39 Castleton	1:35:02
3	Jennifer Richardson	38 Albany	1:41:35
4	Leigh O'Connor	36 Cohoes	1:42:02
5	Kara Defeo	38 Rensselaer	1:45:10
6	Jennifer Reeves	38 Clifton Park	1:45:17
7	Jaclyn Stedman	39 Glens Falls	1:47:05
8	Emily Field	35 Delmar	1:48:27
9	Courtney Labarge	39 Cobleskill	1:49:29
10	Jennifer Bergeron	38 Delmar	1:49:56
<b>MALE AGE GROUP: 40 - 44</b>			
1	Colin Crowley	41 Ballston Spa	1:22:43
2	Rob Van Der Kar	43 Averill Park	1:30:14
3	Joshua Cupp	44 Saratoga Springs	1:33:51
4	Daniel Brady	41 Cohoes	1:35:15
5	Paul Cirillo	42 Mohawk	1:37:56
6	Brendan Barry	44 Clifton Park	1:38:51
7	Todd Smith	44 Voorheesville	1:39:29
8	Ian Morrison	41 Castleton	1:40:50
9	Greg Rashford	40 Niskayuna	1:40:52
10	Bob Miller	44 Scotia	1:44:11
<b>FEMALE AGE GROUP: 40 - 44</b>			
1	Carly Shea	40 Lewisburg, PA	1:22:17
2	Jessica Chapman	41 Bennington, VT	1:39:58
3	Colleen Ottalagano-McGarry	41 Slingerlands	1:40:46
4	Ramona Moore	40 Dudley, MA	1:42:00
5	Coraline Falco	41 Albany	1:42:59
6	Sandra Goff	42 Saratoga Springs	1:46:07
7	Erin Gregory	42 Clifton Park	1:46:31
8	Rebecca Corso	44 Albany	1:48:05
9	Meka Osterhoudt	40 Cobleskill	1:51:11
10	Liz Carr	43 Rexford	1:53:31
<b>MALE AGE GROUP: 45 - 49</b>			
1	Peter Heimgartner	49 Bronxville	1:24:39
2	Jonathan Bright	48 Guiderland	1:35:06
3	Kevin Beattie	47 Niskayuna	1:36:41
4	Travis Moore	46 Ballston Lake	1:40:33
5	Dennis Beardsley	46 Castleton	1:40:50
6	Rob Whittaker	46 Northville	1:43:18
7	Brett Fajen	47 Nassau	1:43:18
8	Brian Hogan	45 Rensselaer	1:44:59
9	Daniel Skelton	46 Albany	1:46:03
10	Steve Nathans-Kelly	49 Ithaca	1:47:19
<b>FEMALE AGE GROUP: 45 - 49</b>			
1	Trudy Boulia	46 Delanson	1:43:00
2	Karen Linendoll	47 Hudson Falls	1:44:42
3	Regina McGarvey	48 Castleton-on-Hudson	1:45:51
4	Amy Drag	47 Waterford	1:48:49
5	Cheng-hua Lee	48 Albany	1:50:17
6	Julianne Claydon	48 Albany	1:51:24
7	Kim Olson	47 Naples, FL	1:51:40
8	Lara Stelmazyk	49 Altamont	1:51:40
9	Carolann Koleci	46 Albany	1:57:30
10	Ronda Poirier	48 Ballston Spa	1:58:30
<b>MALE AGE GROUP: 50 - 54</b>			
1	Hernan Lopez	53 Delmar	1:29:39
2	Kevin Curley	51 Cohoes	1:40:17
3	Christopher Royer	53 Harvad, MA	1:40:20
4	Tomo Miyama	53 Valatie	1:43:16
5	Qin Jiang	54 Latham	1:44:37
6	Tom Jablonowski	50 Voorheesville	1:45:17
7	Gene Terwilliger	51 Glenville	1:47:25
8	Peter Guzzo	50 Niskayuna	1:48:29
9	Christopher Miceli	51 Slingerlands	1:48:51
10	Robert Piccirillo	54 Schenectady	1:51:33
<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Alison Heaphy	51 Troy	1:39:16
2	Alyssa Risko	52 Schenectady	1:40:25
3	Judy Guzzo	51 Niskayuna	1:43:07
4	Christine Varley	54 Albany	1:43:53
5	Kerry Rodgers	50 Silver Spring, MD	1:44:06
6	Marie-Claud Leblond	52 Outremont, QC	1:44:25
7	Yuko Kosugi	52 New York	1:44:51
8	Kathryn Lang	51 Glenmont	1:47:34
9	Connie Smith	50 Ballston Lake	1:47:44
10	Denise Mormino	53 Slingerlands	1:51:06
<b>MALE AGE GROUP: 55 - 59</b>			
1	John Verret	55 Quebec, QC	1:32:41
2	Russell Lauer	56 Troy	1:33:43
3	Dominic Tocco	57 Waterford	1:34:48
4	Brian Borden	55 Altamont	1:38:15
5	Chuck Heaphy	55 Brooklyn	1:40:53
6	Russ Hoyer	58 Voorheesville	1:41:53
7	Jacob Reider	55 Slingerlands	1:44:05
8	Tom Pierson	56 Latham	1:44:05
9	Brian Teague	59 Glens Falls	1:44:34
10	Daryl Baker	57 Littleton, MA	1:49:39
<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Linnea Vantassel	58 Valatie	1:42:45
2	Mary Buck	55 Mechanicville	1:45:44
3	Margaret Burke	55 Schenectady	1:55:58
4	Donna Roberts	55 Queensbury	2:10:02
5	Frances Pilato	59 Rensselaer	2:10:34
6	Jean Bourque	56 Delmar	2:15:47
7	Nicole Dodge	57 Bennington, VT	2:18:33
8	Laura Spencer	57 East Greenbush	2:18:39
9	Sharon Cacciola	58 Cobleskill	2:18:47
10	Carol Knight	59 West Kingston, RI	2:21:44
<b>MALE AGE GROUP: 60 - 64</b>			
1	Andrew Campbell	61 Albany	1:48:05
2	Daniel Doak	61 Albany	1:54:19
3	Richard Kelly	62 Schenectady	1:54:26
4	David Roller	60 South Royalton, VT	1:55:14
5	William Hull	61 Madrid	1:57:49
6	Bryce Button	63 Canastota	1:59:25
7	Charles Winchell	62 Stratford, CT	2:01:36
8	Geoffrey Moore	61 Loudonville	2:04:53
9	Jack Rightmyer	60 Burnt Hills	2:06:36
10	Timothy O'Connor	60 Loudonville	2:07:20
<b>FEMALE AGE GROUP: 60 - 64</b>			
1	Karen Dott	62 Colonie	1:56:23
2	Lisa Armstrong	61 North Adams, MA	2:05:07
3	Theresa Girvin	61 Castleton	2:19:48
4	Judith Bethon	61 Watervliet	2:19:55
5	Kathy Hutson	61 Clifton Park	2:23:32
6	Valerie Pezulla	63 Albany	2:25:28
7	Jeanne Masterson	61 Voorheesville	2:28:10
8	Kathleen Delaney	60 Menands	2:32:04
9	Diane Thompson	64 Cohoes	2:37:37
10	Debra Rappazzo	60 Cohoes	2:43:44
<b>MALE AGE GROUP: 65 - 69</b>			
1	George Jackson	69 Schenectady	1:58:00
2	Curt Woodcock	65 Johnstown	2:08:49
3	Hal Starnes	66 Saratoga Springs	2:10:45
4	Michael Cooper	66 Wolfeboro, NH	2:12:21
5	Steve Johnston	67 Niskayuna	2:31:42
6	Don Wood	67 Northville	2:39:11
7	Ted Close	67 Wynantskill	2:45:15
8	Russell Newkirk	68 Hudson, FL	2:53:57
9	Peter Hussey	68 Averill Park	3:10:13
10	David Durkin	69 Rensselaer	3:21:15
<b>FEMALE AGE GROUP: 65 - 69</b>			
1	Erika Oesterle	67 Stamford	1:59:29
2	Stephanie Edwards	65 Morristown, NJ	2:18:18
3	Suzanne Nealon	68 Glens Falls	2:27:34
4	Katherine Ambrosio	68 Delmar	2:28:13
5	Susan Sabol	69 Islip	2:31:49
6	Kris Thorne	68 Clifton Park	2:32:56
7	Cynthia Gallagher	66 Schenectady	2:38:19
8	Anne Laroche	66 Venice, FL	2:51:12
9	Holly Caristo	67 Wellington, FL	3:14:20
<b>MALE AGE GROUP: 70 - 74</b>			
1	Alex Silverman	73 Northampton, MA	1:53:51
2	Martin Rowley	70 Latham	2:21:54
3	James Cochran	70 Rensselaer	2:25:30
4	Phillippe Cuillerier	71 Brossard, QC	2:57:17
5	John Mitchell	71 Altamont Springs, FL	3:00:31
6	Jim Nicholas	74 Schenectady	3:10:59
7	Quang Nguyen-Luu	74 Brossard, QC	3:13:37
8	Bob Ricketson	73 Coxsackie	3:15:09
9	Jim Whelan	72 Slingerlands	3:18:24
<b>MALE AGE GROUP: 75 - 79</b>			
1	Raymond Lee Jr.	76 Halfmoon	3:07:05
2	Ron Nadeau	78 Cohoes	3:38:10
<b>FEMALE AGE GROUP: 75 - 79</b>			
1	Marva Nadeau	76 Cohoes	3:38:10
2	Yeong Sook Kim	78 Delmar	3:43:27

Courtesy of Hudson-Mohawk Road Runners Club

**18TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K continued**

<b>MALE AGE GROUP: 50 - 54</b>			
1	Carl Regenauer	53 Saratoga Springs	18:55
2	Brian Griffin	50 Clifton Park	20:44
3	Raymond Brown	52 Saratoga Springs	22:35
<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Angela Spensieri	50 Saratoga Springs	24:49
2	Kelly Armer	51 Ballston Spa	26:43
3	Ann Byer	53 Stillwater	26:47
<b>MALE AGE GROUP: 55 - 59</b>			
1	Kevin Higgins	58 Stillwater	18:55
2	Chris Hunsinger	58 Lake George	23:04
3	Randy Jerrelid	58 Scotia	23:23
<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Nancy Nicholson	56 Queensbury	23:06
2	Connie Garrity	58 Scottsdale, AZ	23:55
3	Heidi Glazier	56 Slingerlands	27:03
<b>MALE AGE GROUP: 60 - 64</b>			
1	Mark Nunez	62 Ballston Lake	21:31
2	Hugh Johnson	60 Albany	27:02
3	David Brickman	60 Albany	27:22
<b>FEMALE AGE GROUP: 60 - 64</b>			
1	Ellen Predmore	60 Ballston Lake	22:29
2	Sharon Desrochers	63 Ballston Lake	25:46
3	Susan Kiley	60 Saratoga Springs	27:52
<b>MALE AGE GROUP: 65 - 69</b>			
1	Joe Alberti	68 Voorheesville	22:57
2	Dennis Fillmore	66 Ballston Spa	26:13
3	Donald Holmes	66 Glens Falls	32:17
<b>FEMALE AGE GROUP: 65 - 69</b>			
1	Debra Kelley	65 Albany	28:56
2	Judy Lynch	69 Castleton	31:00
3	Elaine Graceffo	66 Auburn	31:07
<b>MALE AGE GROUP: 70 - 74</b>			
1	Jim Fiore	71 Latham	28:39
2	Kenneth Tracy	74 Greenwich	32:11
3	Daniel Kirkmyre	72 Schenectady	34:42
<b>FEMALE AGE GROUP: 70 - 74</b>			
1	Laura Clark	71 Saratoga Springs	37:35
2	Nancy Burke	71 Saratoga Springs	48:00
3	Linda Stella	70 Melrose	58:30
<b>MALE AGE GROUP: 75 - 79</b>			
1	Ralph Santos	77 Mechanicville	31:43
2	Matthew Rogers	77 Troy	51:37
<b>FEMALE AGE GROUP: 75 - 79</b>			
1	Monica Rogers	76 Troy	51:16
2	Betty Langevin	78 Vero Beach, FL	56:15
<b>MALE AGE GROUP: 80 - 99</b>			
1	Armand Langevin	81 Vero Beach, FL	50:26
<b>10K RUN</b>			
<b>MALE OVERALL</b>			
1	Jack Vite	22 Clifton Park	34:16
2	Colin Crowley	41 Ballston Spa	37:12
3	Brett Schlesier	24 Rensselaer	37:55
<b>FEMALE OVERALL</b>			
1	Brittany Pfaff	26 Saratoga Springs	41:51
2	Meghan Loudon	32 Clifton Park	41:51
3	Melissa Patneude	38 Glenville	42:30
<b>MALE AGE GROUP: 15 - 19</b>			
1	Troy Pehrn	16 Saratoga Springs	39:58
2	Tom Pris	15 Altamont	55:59
3	Sean Connolly	18 Watervliet	1:00:14
<b>MALE AGE GROUP: 20 - 24</b>			
1	Mitchell Beyer	24 Clifton Park	57:04
2	Christopher Connolly	20 Watervliet	1:07:37
<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Alicia Clark	24 Wells, VT	45:38
2	Abby Brown	24 Menands	49:41
3	Gayle Woods	22 Rensselaer	50:33
<b>MALE AGE GROUP: 25 - 29</b>			
1	Andy Gilchrist	26 Cropseyville	42:41
2	Adam Karges	29 Rochester	43:36
3	Dan Stevens	27 Ballston Lake	43:56
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Katherine Cummings	26 Saratoga Springs	44:37
2	Christine Hebert	29 Mechanicville	48:24
3	Kendra Kline	28 Saratoga Springs	49:58
<b>MALE AGE GROUP: 30 - 34</b>			
1	Jonathan Loudon	34 Clifton Park	40:29
2	Loren Thomas	34 Schenectady	43:26
3	Ryan Ventre	33 Saratoga Springs	45:08
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Erica Goodman	34 Saratoga Springs	44:10
2	Justine Lobosco	34 Ballston Spa	47:02
3	Stephanie Marotta	33 Saratoga Springs	49:03
<b>MALE AGE GROUP: 35 - 39</b>			
1	Jordi Verges	35 Ballston Spa	38:13
2	Michael Silvagnoli	38 Ballston Lake	47:00
3	Nicholas Lobosco	36 Ballston Spa	47:02
<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Danielle Druzynski	35 Ballston Lake	43:23
2	Alba Fort Pinto	37 Ballston Spa	49:52
3	Carin Perkins	39 Clifton Park	51:37
<b>MALE AGE GROUP: 40 - 44</b>			

# RACE RESULTS

## 10TH ANNUAL RACE AWAY STIGMA 5K RUN *continued*

<b>MALE AGE GROUP: 40 - 49</b>			
1	Phillip White	42	Malta 23:55
<b>FEMALE AGE GROUP: 40 - 49</b>			
1	Jamie Christensen	43	Poestenkill 27:25
2	Margaret Mann	46	Rensselaer 31:40
3	Kristan Pelletier	40	Green Island 32:25
4	Stephanie Simon	47	Ballston Spa 33:04
5	Laurie Nadal	49	Clifton Park 35:22
6	Karen Darfler	40	Saratoga Springs 50:39
<b>MALE AGE GROUP: 50 - 59</b>			
1	Eric Houghtaling	58	Delmar 28:49
2	Luis Leon	54	Albany 31:07
<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Kathleen Sanford	52	Clifton Park 34:32
2	Kathryn Henson	59	East Greenbush 38:06
3	Glenda Milam	56	Troy 46:47
4	Nancy Pullen	55	Wynantskill 1:35:36
<b>MALE AGE GROUP: 60 - 69</b>			
1	Willie Terry	68	Troy 33:47
2	Joseph Hein	69	Altamont 38:48
3	Cliff Darfler	65	Porter Corners 50:41
<b>FEMALE AGE GROUP: 60 - 69</b>			
1	Jacqueline Tremont	67	Averill Park 39:41
2	Alice Malavasic	63	Watervliet 1:00:00
<b>MALE AGE GROUP: 70 - 79</b>			
1	Charlie Matlock	73	Averill Park 51:44

*Courtesy of HVCC Center for Counseling and Transfer*

## 14TH ANNUAL HAIRY GORILLA HALF MARATHON & SQUIRRELLY SIX MILE TRAIL RACES

October 21, 2018 • Thacher State Park, Voorheesville

HAIRY GORILLA - 13.1 MILES				SQUIRRELLY SIX - 6 MILES			
<b>MALE OVERALL</b>				<b>MALE OVERALL</b>			
1	Guy Delaunier	44	Niskayuna 1:36:06	1	Aaron Major	39	Pattersonville 40:54
2	James Eaton	43	Castleton 1:40:45	2	Arunas Tazika	35	Troy 41:39
3	Daniel Rogers	22	Rensselaer 1:41:07	3	Joshua Tallent	40	Altamont 41:57
<b>FEMALE OVERALL</b>				<b>FEMALE OVERALL</b>			
1	Lauren Carnahan	35	Latham 1:43:14	1	Brenda Bukowiecki	25	Morris Plains, NJ 46:36
2	Julie Robinson	26	Troy 1:43:40	2	Jessica Nash	43	Troy 51:12
3	Kim Morrison	39	Castleton 1:44:55	3	Kim Seabury	51	Old Chatham 52:26
<b>MALE AGE GROUP: 15 - 19</b>				<b>MALE AGE GROUP: 1 - 14</b>			
1	Kevin Morrison	18	Portland, TX 1:54:19	1	Sam Demeritt	9	Malta 1:06:27
2	Conrad Becker	16	Slingerlands 2:13:07	2	Justin Knoll	14	Albany 2:27:04
3	William Ford	18	Brewster 2:22:01	<b>FEMALE AGE GROUP: 1 - 14</b>			
<b>MALE AGE GROUP: 20 - 29</b>				1	McKenna Childs	12	Ware, MA 56:35
1	Scott Pierce	24	Deerfield, IL 1:46:02	2	Aubrey Childs	10	Ware, MA 1:06:31
2	Jesse Norman	21	Brookfield, WI 1:47:35	3	Madyson Hamilton	11	Albany 2:27:02
3	Andy Gilchrist	26	Cropseyville 1:49:44	<b>FEMALE AGE GROUP: 15 - 19</b>			
4	Andrew Burkhardt	23	Albany 1:52:17	1	Samantha Rodriguez	15	Corona, CA 59:00
5	Logan Landrum	22	Rensselaer 1:55:35	<b>MALE AGE GROUP: 20 - 29</b>			
6	Seth Engel	29	Round Lake 1:56:34	1	Alex Gilgore	25	Scotia 43:50
7	Scott Anderson	24	Albany 2:01:06	2	Justin Darling	22	East Concord 56:00
8	Cortland Tisch	22	Albany 2:01:58	3	Thomas Durivage	22	Rensselaer 59:01
9	John Obermiller	20	Troy 2:04:28	4	Peter Schaeffing	29	Albany 59:20
10	Teddy Madigan	24	Melrose 2:07:24	5	Maxwell Ferris	26	Three Mile Bay 1:04:05
<b>FEMALE AGE GROUP: 20 - 29</b>				6	Kevin Montano	24	Troy 1:07:41
1	Alyson Dalton	28	Saratoga Springs 1:47:12	7	Joshua Keyoskey	27	Watervliet 1:13:25
2	Karen Obertubbesing	24	Burlington 1:47:22	8	Alexander Glenn	29	Mechanicville 1:23:10
3	Elyssa Feuer	22	Bethesda, MD 1:49:40	9	Keith Preston	26	Albany 1:33:12
4	Emily Boeger	24	Albany 1:50:28	10	Francis Magai	20	Troy 1:50:38
5	Lynn Edwards	20	Queensbury 1:51:33	<b>FEMALE AGE GROUP: 20 - 29</b>			
6	Chelsea Bustillo	26	Pulaski 2:01:18	1	Danielle Eckler	25	Troy 52:37
7	Elsa Bock	22	Green Island 2:02:25	2	Emma Stout	20	Clinton 53:14
8	Madeline Mercado	22	Palenville 2:03:46	3	Jessica Abrams	27	Spring Hill, TN 55:05
9	Tina Ganter	29	Albany 2:04:12	4	Gayle Woods	22	Rensselaer 56:06
10	Brittany Arnold	26	Ballston Spa 2:09:35	5	Kelley Heffner	28	Cohoes 59:38
<b>MALE AGE GROUP: 30 - 39</b>				6	Christina Coppola	29	Guiderland 1:00:00
1	David Newman	38	Albany 1:48:59	7	Lindsay O'Brien	29	Cohoes 1:00:47
2	Christopher Zeitler	32	Albany 1:52:22	8	Ellie Maloney	29	Albany 1:01:49
3	Kyle Breier	39	Oneonta 1:52:31	9	Alicia Fitzgerald	27	Albany 1:02:38
4	Ryan Nix	39	Guiderland 1:55:04	10	Jessica Martinwick	29	Albany 1:03:43
5	Benjamin Atchison	37	Framingham, MA 1:56:04	<b>MALE AGE GROUP: 30 - 39</b>			
6	Tom Tiberio	33	Scotia 1:58:07	1	Gerard Colling	37	Schodack 42:02
7	Celestino Williams	39	Clifton Park 1:58:37	2	Antoni Favata	34	Niskayuna 44:59
8	Cory McWilliams	34	Albany 2:01:25	3	Robert Ordish	33	Guiderland 46:33
9	Chad Colarusso	35	Westerlo 2:06:06	4	Joe Sgarlata	31	Niskayuna 47:53
10	Scott Piper	30	Troy 2:06:46	5	Lucas McNamara	32	Albany 48:17
<b>FEMALE AGE GROUP: 30 - 39</b>				6	Lyman Tinc	34	Saratoga Springs 50:20
1	Anya Rozanova	38	Albany 1:51:25	7	Michael Maloney	30	Albany 54:32
2	Erin Anderson	36	Hollis, NH 1:51:31	8	Justin Pesta	35	Delmar 56:52
3	Kate Forbush	38	Fairport 1:58:40	9	Alex Maltsev	30	Waterford 59:00
4	Janna Neitzel	31	Altamont 2:01:45	10	Andrew Pelletier	30	Colonie 59:10
5	Rachel Waller	32	Burnt Hills 2:02:44	<b>FEMALE AGE GROUP: 30 - 39</b>			
6	Sara Brenner	38	Slingerlands 2:05:47	1	Vanessa Holzmann	33	South San Francis, CA 53:10
7	Wendi Rea	37	White Marsh, MD 2:21:06	2	Lauren Cosamano	39	Voorheesville 59:24
8	Kara Leyhane	33	Latham 2:26:03	3	Hilary Mislan	31	Paxton, MA 59:41
9	Mariola Moeyaert	30	Albany 2:34:39	4	Dawn Hall	32	East Berne 59:44
10	Shannon Hennessy	36	Clifton Park 2:36:33	5	Laura Murray	34	Melrose 1:01:35
<b>MALE AGE GROUP: 40 - 49</b>				6	Heather Senecal	37	Albany 1:02:35
1	Jeffrey Edwards	48	Queensbury 1:43:56	7	Raelee Grimm	36	Altamont 1:02:39
2	Leon Shelhamer	40	Albany 1:44:11	8	Brianna Harris	36	Longmont 1:03:14
3	William Dadds	44	Albany 1:45:04	9	Jenny Kurnit	31	Albany 1:03:50
4	Brian Busher	42	Troy 1:49:57	10	Amy Hoskinson	31	Colonie 1:04:02
5	Ian Morrison	42	Castleton 1:50:48	<b>MALE AGE GROUP: 40 - 49</b>			
6	Greg Rashford	40	Niskayuna 1:58:07	1	Jonathan Guthan	41	Scotia 46:38
7	John Meyer	45	Valatie 1:58:59	2	Bob Miller	44	Scotia 46:42
8	Paul Bertler	40	Paxton, MA 1:59:48	3	Brian Labore	43	Delmar 47:43
9	Anthony Luciano	42	Gloversville 2:02:06	4	Grant Allen	45	Syracuse 48:49
10	Tomas Dvorak	45	Latham 2:04:06	5	Martin Gordinier	48	Delmar 50:18
<b>FEMALE AGE GROUP: 40 - 49</b>				6	Brian Kearns	47	Fultonville 55:20
1	Sara Parrode	44	Rye 1:53:24	7	Eric Despato	48	Pownal, VT 1:02:31
2	Natasha Cholerton-Brown	46	Mamaroneck 2:01:50	8	Lawrence Perrotti	45	Sloansville 1:03:25
3	Elizabeth Benjamin	46	Rensselaer 2:06:46	9	Tommy Neutron	45	Lee, MA 1:04:49
4	Melissa Kwasniewski	41	Fort Edward 2:07:14	10	Jason Butler	48	Tribes Hill 1:05:59
5	Coraline Falco	41	Albany 2:07:51	<b>FEMALE AGE GROUP: 40 - 49</b>			
6	Nicola Mac Neil	44	Rotterdam Junction 2:12:03	1	Rachel Toolan	42	Rensselaer 58:13
7	Catherine Keating	44	Williamstown, MA 2:14:40	2	Jennifer Masula	41	East Nassau 1:02:42
8	Kathy Edwards	47	Queensbury 2:18:11	3	Laura Smith	45	Sheffield, MA 1:04:48
9	Amy Dunnavant	43	Guiderland 2:18:35	4	Judith Wines	41	Altamont 1:07:02
10	Gina Heid	48	Ballston Spa 2:36:18	5	Amy Nowak	41	Albany 1:08:15
<b>MALE AGE GROUP: 50 - 59</b>				6	Maria Muniz	45	Duanesburg 1:10:08
1	Bill Hoffman	51	Clifton Park 1:45:41	7	Diana Steenburg	45	Albany 1:12:04
2	James Mahoney	52	Poughquag 1:59:01	8	Kathy Vanvalen	49	Delanson 1:12:04
3	Frank Woods	57	Rensselaer 2:01:13	9	Anne Butler	48	Latham 1:12:04
4	David Sutherland	56	Coventry, CT 2:07:34	10	Jenifer Kish	44	Albany 1:13:26
5	John Butler	51	Latham 2:10:13	<b>FEMALE AGE GROUP: 50 - 59</b>			
6	Jim Harwood	50	Lenox, MA 2:17:18	1	Hugh Davis	58	Saratoga Springs 46:45
7	Bruce Roepe	55	Albany 2:18:10	2	Steve Seabury	50	Old Chatham 47:49
8	Ralph Battle	57	Schenectady 2:24:19	3	Tim Hartman Sr.	56	Niskayuna 49:04
9	Andrew Tanzillo	50	Hudson 2:30:02	4	Chuck Heapy	55	Brooklyn 49:37
10	Douglas Norman	56	Brookfield, WI 2:57:47	5	Gerardo Mendoza	54	Albany 59:33
<b>FEMALE AGE GROUP: 50 - 59</b>				6	Tom Mack	54	Wynantskill 1:01:45
1	Laurie Durivage	54	Derby, VT 2:09:43	7	John Guastella	52	Delmar 1:03:45
2	Heather Williams	58	Schroon Lake 2:24:19	8	Frank Rees	59	Hudson 1:04:26
3	Kathleen Walker	59	Hyde Park 2:31:05	9	Steven Welch	58	Slingerlands 1:06:21
4	Dianna Langdon	51	Altamont 2:33:24	10	John Brunner	52	Schodack 1:07:28
5	Joanne Shurter	58	Middletown 2:40:00	<b>FEMALE AGE GROUP: 50 - 59</b>			
<b>MALE AGE GROUP: 60 - 69</b>				1	Michelle Dupuy	51	Delmar 1:09:06
1	Edward Gravelle	60	Ballston Lake 1:47:53	2	Kathleen Goldberg	59	Schenectady 1:10:20
2	Dennis Humphrey	63	Delmar 1:59:03	3	Terry Peters	56	East Greenbush 1:11:58
3	David Williams	61	Schroon Lake 2:06:11	4	Michelle Bacares	50	Niskayuna 1:12:54
4	George Shurter	64	Middletown 2:08:05	5	Terry Bills	50	Waterford 1:14:55
5	Jeff Clark	60	Glenmont 2:18:59	6	Kathy Kennedy	53	Troy 1:15:22
6	Dave Cole	61	Defreestville 2:20:39	7	Renee Abdou-Malta	55	Feura Bush 1:16:39
7	Gary Dansfield	64	Schenectady 2:25:01	8	Kelley Sutherland	57	Coventry, CT 1:17:27
8	Seamus Hodgkinson	69	Delmar 2:31:12	9	Maryann Boynton	54	Keene, NH 1:18:00
9	Roy Korn	61	Middleburgh 2:42:44	10	Carol Shatley	58	Schenectady 1:19:48
10	Richard Pufpuff	62	Loudonville 2:56:50	<b>MALE AGE GROUP: 60 - 69</b>			
<b>FEMALE AGE GROUP: 60 - 69</b>				1	Christopher Johnson	61	Pittsfield, MA 1:01:25
1	Margaret Anderson	60	Hollis, NH 2:17:02	2	Dave Heyward	64	Wynantskill 1:29:19
2	Suzanne Disessa	61	Westfield, MA 2:22:06	3	Larry Peloggi	61	Colonie 1:29:19
<b>MALE AGE GROUP: 70 - 79</b>							<i>continued</i>

## 14TH ANNUAL HAIRY GORILLA HALF MARATHON & SQUIRRELLY SIX MILE TRAIL RACES *continued*

<b>FEMALE AGE GROUP: 60 - 69</b>				<b>MALE AGE GROUP: 70 - 79</b>			
1	Donna Charlebois	60	East Berne 1:18:45	1	Richard Baluch	73	Delanson 1:04:07
2	Susan Milstein	62	Menands 1:18:58	2	Louis Disessa	74	Westerfield, MA 1:25:54
3	Nancy Botting	65	Johnson City 1:19:40	3	Raymond Lee	76	Halfmoon 1:40:02
4	Phyllis Fox	66	Loudonville 1:20:16	4	Lewis Dicaterino	71	Amsterdam 2:02:57
5	Gail Hein	66	Altamont 1:35:38				<i>Courtesy of ARE Event Productions</i>
6	Cathy Golden	60	Waterford 1:44:28				
7	Jen Sharp	60	Greenwich 3:16:33				

## 2ND ANNUAL BROOKHAVEN OKTOBERFEST 5K TRAIL RUN

October 27, 2018 • Brookhaven Golf Course, Porter Corners

<b>MALE OVERALL</b>				<b>FEMALE AGE GROUP: 30 - 39</b>				<b>FEMALE AGE GROUP: 50 - 59</b>			
1	Daniel Gardner	17	21:10	1	Jennifer Jackson	36	27:30	1	Sue Blood	58	29:36
2	John Scranton	36	22:02	2	Heather Weller	36	34:16	2	Kathryn Henry-Starace	55	30:45
3	Brendan Karadenes	15	22:20	<b>MALE AGE GROUP: 40 - 49</b>				3	Patricia Veitch	57	36:51
<b>FEMALE OVERALL</b>				1	Christopher Curtis	40	22:42	4	Kristal Van Dyke	58	36:54
1	Kelly Holzworth	39	22:40	2	Scott Gullie	49	24:17	5	Jennifer Gaze	50	45:29
2	Tracey Delaney	54	23:36	3	Jason Felton	44	25				

**SARATOGA CROSS COUNTRY CLASSIC 5K RACE** *continued*

<b>FEMALE OVERALL</b>			<b>FEMALE OVERALL</b>						
1	Charlotte O'Meara	11	Delmar	12:16	1	Princess Golden	11	Cornwall	8:39
2	Rihanna Defreitas	12	Cornwall	12:21	2	Sophia Chromczak	7	Delmar	9:03
3	Katelyn Osoba	12	West Hartford, CT	12:53	3	Margaret Jennings	13	Cornwall	9:11
<b>MALE AGE GROUP: 8 - 10</b>			<b>MALE AGE GROUP: 1 - 7</b>						
1	Nolan Widrick	9	Boonville	13:49	1	Oscar Condon	6	Saratoga Springs	10:07
2	Conner Carpenter	9	Constableville	14:01	2	Cameron Winacott	7	Saratoga Springs	10:49
3	Gavin Winacott	9	Saratoga Springs	14:19	3	Maceo London	4	Saratoga Springs	11:44
<b>FEMALE AGE GROUP: 8 - 10</b>			<b>FEMALE AGE GROUP: 1 - 7</b>						
1	Anna Chrapowitzky	9	Slingerlands	13:04	1	Chelsea Lindow	7	West Sand Lake	10:38
2	Claire Serrano	10	High Falls	14:04	2	Mara Carrig	7	Averill Park	10:47
3	Elizabeth Hansen	10	Wynantskill	14:48	3	Madelyn Berger	6	Troy	12:49
<b>MALE AGE GROUP: 11 - 13</b>			<b>MALE AGE GROUP: 8 - 12</b>						
1	Jermaine Carter	11	Cornwall	13:01	1	Roman Deso	8	Schenectady	10:02
2	Lucas Weeks	12	Ballston Spa	13:27	2	Marcus Flusche	8	Malta	10:11
3	Ian Byrne	13	Cornwallville	13:41	3	John Deer	8	Slingerlands	10:15
<b>FEMALE AGE GROUP: 11 - 13</b>			<b>FEMALE AGE GROUP: 8 - 12</b>						
1	Julia Gorevich	11	Albany	13:01	1	Katie Melby	11	Altamont	10:33
2	Olivia Serrano	12	High Falls	13:42	2	Noelle Ramos	8	Schenectady	11:48
3	Pamela Berger	11	Troy	13:57	3	Emilie Goodrich	8	Hillsdale	12:16
<b>KIDS' 2K XC RUN</b>			<i>Courtesy of USA Track &amp; Field Adirondack</i>						
<b>MALE OVERALL</b>			<b>MALE OVERALL</b>						
1	Christian Ramos	8	Schenectady	8:56	1	Christian Ramos	8	Schenectady	8:56
2	Justin Kohn	8	Delmar	9:08	2	Justin Kohn	8	Delmar	9:08
3	Finn Connelly	9	Schuylerville	9:26	3	Finn Connelly	9	Schuylerville	9:26

**7TH ANNUAL SARATOGA COUNTY REVOLUTIONARY RUN FOR VETERANS 5K**  
*November 3, 2018 • Fort Hardy Park, Schuylerville*

<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 44</b>						
1	Lily Czub	12	Hoosic Valley	20:23	1	Melissa Kwasniewski	41	Fort Edward	24:56
2	Dana Wiewicz	37	Ballston Spa	21:58	2	Joan Rocco	43	Mechanicville	27:26
3	Jaime Farone	42	Saratoga Springs	22:17	3	Jenifer Kish	44	Albany	29:36
<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 44</b>						
1	Keegan Cochrane	19	Schenectady	17:36	1	Rick Balboni	42	Clifton Park	22:59
2	Ethan Burch	18	Schuylerville	18:44	2	Gerett Yocum	44	Saratoga Springs	23:24
3	Daniel Mattox	15	Cohoes	18:52	3	Eddie Dancz	44	Saratoga Springs	23:38
<b>FEMALE AGE GROUP: 1 - 14</b>			<b>FEMALE AGE GROUP: 45 - 49</b>						
1	Logan Barsalov	13	Averill Park	22:57	1	Diane Ellis	46	Cohoes	26:09
2	Alexis Baines	12	Clifton Park	28:32	2	Olie Quilop-Locke	46	Greenwich	28:00
3	Addyson Galuski	12	Waterford	29:04	3	Cori Chase	46	Saratoga Springs	29:52
<b>MALE AGE GROUP: 1 - 14</b>			<b>MALE AGE GROUP: 45 - 49</b>						
1	Andrew Eisler	14	Ballston Spa	19:17	1	John Mattox	48	Cohoes	22:35
2	Matthew Soden	12	Waterford	23:32	2	Dean Ellis	46	Cohoes	26:33
3	RJ Ensel	12	Waterford	23:34	3	Rick Hengsterman	48	Clifton Park	29:14
<b>FEMALE AGE GROUP: 15 - 17</b>			<b>FEMALE AGE GROUP: 50 - 54</b>						
1	Delana Cochrane	17	Schenectady	24:17	1	Kim Henes	51	Mechanicville	26:55
2	Emma Zacharewicz	15	Round Lake	27:15	2	Kim Eisler	51	Ballston Spa	28:02
<b>MALE AGE GROUP: 15 - 17</b>			<b>FEMALE AGE GROUP: 50 - 54</b>						
1	Zachary Soden	16	Waterford	18:55	3	Kristen Eastman	50	Salem	28:09
2	Lars Conway	17	Schuylerville	18:55	<b>MALE AGE GROUP: 50 - 54</b>				
3	Preston Hadley	17	Amsterdam	19:54	1	Richard Loud	53	Ballston Spa	22:03
<b>MALE AGE GROUP: 18 - 19</b>			<b>MALE AGE GROUP: 55 - 59</b>						
1	Wyatt Couperus	18	Amsterdam	19:55	1	Sam Mercado	55	Albany	20:59
2	Nolan Cleary	19	Waterford	27:11	2	Michael Murtagh	58	Glenville	21:31
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 60 - 64</b>						
1	Danielle Sauve	22	Cohoes	24:43	1	William Martin	62	Gansevoort	25:16
2	Jacqueline Boyce	24	Schaghticoke	25:34	2	Luke Nightingale	63	Schaghticoke	25:50
3	Jessica Sauve	22	Cohoes	30:14	3	Chuck Curiano	63	Schenectady	28:58
<b>MALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 65 - 69</b>						
1	Dashiell Chrisner	23	Troy	23:20	1	Suzanne Nealon	68	Glens Falls	32:19
2	Alex Lee	22	Cohoes	23:58	2	Alice Carpenter	68	Delmar	40:59
3	David St-Pierre	20	Cohoes	24:42	3	Kristine Clements	66	Gansevoort	43:32
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 65 - 69</b>						
1	Janine Goodwin	25	Saratoga Springs	26:45	1	Dennis Fillmore	66	Ballston Spa	25:14
2	Alexandra Cervini	26	Mechanicville	28:57	2	Martin Touhey	65	Albany	26:23
3	Anna Carbone-Harms	28	Schenectady	31:12	3	Dave Dowling	67	Saratoga Springs	28:04
<b>MALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 70 - 74</b>						
1	Matthew Clements	29	Mechanicville	20:40	1	Laura Clark	71	Saratoga Springs	33:34
2	Robert Scheurer	29	Glens Falls	33:05	2	Nancy Johnston	72	Ballston Lake	48:10
3	Nathan Clements	25	Mechanicville	1:00:22	<b>MALE AGE GROUP: 70 - 74</b>				
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 75 - 79</b>						
1	Carol Ippoliti	32	Ballston Lake	25:25	1	Patrick Bivona	77	Clifton, NJ	38:02
2	Holly Kingstrom	34	Little Falls	25:57	<i>Courtesy of FC4 &amp; Saratoga County Veterans Trust and Agency Fund</i>				
3	Melissa Carroll	34	Albany	26:23					
<b>MALE AGE GROUP: 30 - 34</b>									
1	Eric Dyson	30	Schenectady	20:33					
2	Jason Perkins	34	Mechanicville	22:45					
3	Keith Reilly	30	Ballston Spa	23:25					
<b>FEMALE AGE GROUP: 35 - 39</b>									
1	Kate Steves	38	Glens Falls	26:52					
2	Jennifer Kessler	37	Mechanicville	28:11					
3	Erika Ryan	38	Greenwich	28:45					
<b>MALE AGE GROUP: 35 - 39</b>									
1	Christopher Curtis	39	Saratoga Springs	22:12					
2	Ryan Ensel	36	Waterford	23:38					
3	Arin Zollinger	39	Ballston Lake	28:37					

**"FALL BACK 5" 5-MILE TRAIL RACE**  
*November 4, 2018 • Saratoga Spa State Park, Saratoga Springs*

<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 49</b>						
1	Alex Benway	28	Queensbury	28:28	1	Nicole Loscalzo	45	Saratoga Springs	41:39
2	Shaun Donegan	32	Malta	28:48	2	Nicola MacNeil	45	Rotterdam Junction	42:37
3	Jon Lindenauner	30	Albany	28:58	3	Lee Briggs	40	Ballston Spa	43:02
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 49</b>						
1	Erin Lopez	37	Saratoga Springs	34:50	1	Leon Shelhamer	40	Albany	36:23
2	Jaime Farone	42	Saratoga Springs	38:45	2	Mike Bracken	44	Saratoga Springs	36:25
3	Jenna Urbanski	16	Stillwater	39:04	3	Zack Vogel	47	Saratoga Springs	36:41
<b>MALE AGE GROUP: 1 - 14</b>			<b>FEMALE AGE GROUP: 50 - 59</b>						
1	Andrew Eisler	14	Ballston Spa	39:25	1	Kevin Higgins	58	Stillwater	34:52
2	Jacob Armer	13	Ballston Spa	43:12	2	Hugh Davis	58	Saratoga Springs	35:20
3	Ethan Adams	11	Salem	44:07	3	Dave Roecker	59	Charlton	36:11
<b>MALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 60 - 69</b>						
1	Cody Metcalfe	19	Queensbury	33:24	1	Patrick Jansen	55	Scotia	36:21
2	Justin Caron	19	Clifton Park	40:12	2	Mark Weidner	57	Queensbury	37:11
3	Nick Wright	15	Ballston Spa	1:27:23	<b>FEMALE AGE GROUP: 50 - 59</b>				
<b>MALE AGE GROUP: 20 - 29</b>			<b>MALE AGE GROUP: 70 - 79</b>						
1	John Vallo	28	Saratoga Springs	33:29	1	Tracey Delaney	54	Queensbury	40:40
2	Adam Burn	29	Guilderland	37:27	2	Cheryl Tracy	53	Saratoga Springs	41:24
3	Anthony Pasqualino	28	Albany	38:50	3	April Farnham	51	Plainfield, VT	43:47
4	Ethan Hausmann	24	Albany	44:51	4	Sandy Adams	59	Shushan	45:32
5	Andrew Kupski	28	Ballston Spa	45:34	5	Lauren Herbs	56	Rexford	46:18
<b>FEMALE AGE GROUP: 20 - 29</b>			<b>MALE AGE GROUP: 80 - 89</b>						
1	Sherri Metcalfe	21	Queensbury	43:31	1	Larry Toole	60	Saratoga Springs	39:09
2	Megan Keeler	24	Averill Park	44:51	2	David Anderson	68	Tallahassee, FL	42:06
3	Jillian Smith	29	Cobleskill	45:34	3	Frank Lombardo	62	Saratoga Springs	44:12
4	Laura Bolan	29	Saratoga Springs	45:34	4	Juergen Reher	68	Wynantskill	45:03
5	Savannah Lansing	22	Saratoga Springs	47:03	5	Mark Regan	62	Saratoga Springs	45:42
<b>MALE AGE GROUP: 30 - 39</b>			<b>FEMALE AGE GROUP: 60 - 69</b>						
1	Kevin London	37	Saratoga Springs	31:35	1	Peggy McKeown	60	Moreau	40:11
2	Brian Nowicki	33	Schenectady	34:48	2	Claire Henderson	69	Saratoga Springs	47:20
3	Jean-Baptis Laloe	37	Saratoga Springs	36:28	3	Elizabeth Gormley	60	Porter Corners	49:33
4	Mark McGann	37	Scotia	38:07	4	Jen Sharp	60	Greenwich	51:16
5	Casey Holzworth	39	Greenfield Center	38:46	5	Manyanne McNamara	65	Gansevoort	52:03
<b>FEMALE AGE GROUP: 30 - 39</b>			<b>MALE AGE GROUP: 70 - 79</b>						
1	Kelly Holzworth	39	Greenfield Center	39:43	1	Daniel Brown	72	Ballston Spa	53:38
2	Shannon Omeara	36	Rensselaer	41:01	2	Vic Laport	78	Clarksburg, MA	1:00:52
3	Hannah Frazer	34	Saratoga Springs	43:58	3	Ray Lee	76	Halfmoon	1:16:02
4	Allison Reed	33	Whitehall	44:01	<b>FEMALE AGE GROUP: 70 - 79</b>				
5	Meissa Grandjean	39	Glenville	44:10	1	Laura Clark	71	Saratoga Springs	59:11
<b>MALE AGE GROUP: 40 - 49</b>			<b>MALE AGE GROUP: 80 - 89</b>						
1	Seth Capello	43	Gansevoort	34:47	2	Marge Rajczewski	78	Ballston Lake	1:02:33
2	Jonathan Guthan	41	Scotia	35:16	3	Susan Fassett	73	Ballston Spa	1:27:13
			<i>Courtesy of Saratoga Stryders</i>						

**4TH ANNUAL STRIDES AGAINST SARCOMA 3.5-MILE TRAIL RACE**  
*November 10, 2018 • Rush Pond Trail to Queensbury School, Queensbury*

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 49</b>						
1	Daniel Adrion	22	Boston, MA	18:51	1	David Hinsdon	40	Gansevoort	22:49
2	Kevin Long	30	Queensbury	19:59	2	John Evansky	40	Hudson Falls	26:52
3	Brenden Rillahan	45	South Glens Falls	20:27	3	Clay Heald	47	Fort Edward	51:21
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 49</b>						
1	Isabelle Dickens	42	South Glens Falls	22:38	1	Melissa Kwasniewski	42	Fort Edward	26:18
2	Bethany Brown	23	Boston, MA	23:14	2	Heidi Underwood	49	Kattskill Bay	26:29
3	Tracey Delaney	54	Queensbury	26:00	3	Brooke Morgan	42	Granville	33:30
<b>MALE AGE GROUP: 1 - 19</b>			<b>FEMALE AGE GROUP: 50 - 59</b>						
1	Lucas Jenkin	15	Queensbury	22:45	1	Timothy Bardin	56	Queensbury	22:30
2	Chase Freed	14	Queensbury	23:05	2	Peter Steciuk	53	Lake George	24:34
3	Ben Jenkin	12	Queensbury	25:08	3	Christian Hanchett	53	Queensbury	25:38
4	Walter Hodgson	10	Wevertown	31:00	4	Bruce Brown	59	Weedsport	25:58
5	Noah Bernard	8	Granville	33:26	5	Michael Leonard	57	Chester, VT	30:05
<b>FEMALE AGE GROUP: 1 - 19</b>			<b>MALE AGE GROUP: 60 - 69</b>						
1	Carlie Haase	17	Gansevoort	38:24	1	Nick Lamando	60	Queensbury	25:03
2	Lauren Denard	18	Glens Falls	43:41	2	Rich Elton	66	Queensbury	25:45
3	Katie Metcalfe	17	Queensbury	45:02	3	Jim Goodspeed	67	Queensbury	26:35
4	Courtney Bush	10	Fort Edward	48:46	4	Mark Regan	62	Saratoga Springs	28:03
5	Ella Ouimet	16	Middle Grove	59:36	5	Michael Rozell	61	Queensbury	29:53
<b>MALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 60 - 69</b>						
1	Cody Metcalfe	20	Queensbury	20:45	1	Liz Rhein	61	Queensbury	31:03
2	Tray McCallen	24		28:38	2	Linda Ellingsworth	65	Granville	38:39
3	Thomas Devlin	24	Lake George	29:15	3	Robin Dutcher	63	Queensbury	55:11
4	Connor McCoy	24	Queensbury	29:17	4	Mary Sager	68	Glens Falls	56:35
5	Hunter Bosy	25	Glens Falls	30:14	5	Vanessa Duval	60	Poultney, VT	57:23
<b>FEMALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 70 - 79</b>						
1	Sherri Metcalfe	21	Queensbury	26:01	1	Cathy Biss	71	Queensbury	56:30
2	Andrea Steciuk	29	Lake George	26:56	<b>MALE AGE GROUP: 90 - 99</b>				
3	Melissa Riberdy	29	Cohoes	27:45	1	Aaron McAfee	95	Queensbury	1:06:33
4	Jessica Steciuk	23							

# RACE RESULTS

## 43RD ANNUAL MVP HEALTH CARE STOCKADE-ATHON 15K ROAD RACE *continued*

9 Mark Stephenson	54	Esperance	1:02:26	6 David Olsen	66	Schenectady	1:22:41
10 Paul Humphrey	51	Deerfield	1:02:47	7 Daniel Larson	67	Queensbury	1:24:22
<b>FEMALE AGE GROUP: 50 - 54</b>				8 Curt Woodcock	65	Johnstown	1:24:57
1 Lori Kingsley	52	Wysox, PA	1:03:25	9 Bill Farry	65	Pittsfield, MA	1:25:54
2 Alison Heaphy	51	Troy	1:07:11	10 Jim Pepin	68	Glenmont	1:26:01
3 Patty Moore	52	Queensbury	1:10:10	<b>FEMALE AGE GROUP: 65 - 69</b>			
4 Sue Thompson	52	Queensbury	1:10:32	1 Martha DeGrazia	67	Slingerlands	1:19:20
5 Christine Varley	54	Albany	1:12:27	2 Erika Oesterle	67	Stamford	1:21:21
6 Mary Fenton	53	Ballston Spa	1:13:14	3 Cheryl Olsen	66	Schenectady	1:26:21
7 Diane Montes Harris	51	Troy	1:14:55	4 Darlene Cardillo	65	Delmar	1:30:30
8 Shiobean Lemme	51	Pittsfield, MA	1:15:23	5 Debra Kelley	65	Albany	1:34:37
9 Annette Romano	54	Clifton Park	1:16:36	6 Joan Celetano	65	Schenectady	1:36:31
10 Cathy Needleman	52	Middleburgh	1:17:24	7 Katherine Ambrosio	68	Delmar	1:38:02
<b>MALE AGE GROUP: 55 - 59</b>				8 Suzanne Nealon	68	Glens Falls	1:39:41
1 Christian Lietzau	55	Delmar	59:26	9 Kris Thorne	68	Clifton Park	1:40:06
2 Mike Spitzer	55	Sheffield, MA	1:00:23	10 Judy Lynch	69	Castleton	1:40:39
3 Russell Lauer	56	Troy	1:04:21	<b>MALE AGE GROUP: 70 - 74</b>			
4 Steven Philbrick	59	Cobleskill	1:05:43	1 Allan Bates	70	Pittsfield, MA	1:09:16
5 Mark Weidner	57	Queensbury	1:05:53	2 Dave Glass	72	Glenville	1:14:53
6 Jamie Casline	59	Ballston Lake	1:05:58	3 Dennis Moore	71	New Paltz	1:18:22
7 Samuel Mercado Jr.	55	Albany	1:06:33	4 Thomas Hunter	73	Troy	1:25:27
8 John Sestito	55	Johnsontown	1:06:40	5 James Larkin	71	Clifton Park	1:27:37
9 Michael Murtagh	58	Glenville	1:06:53	6 Joe Hayes	70	Portsmouth, NH	1:30:53
10 Tim Hartman Sr.	56	Niskayuna	1:07:52	7 David Dibelius	71	Lake George	1:34:29
<b>FEMALE AGE GROUP: 55 - 59</b>				8 Richard Baluch	73	Delanson	1:35:05
1 Mary Buck	55	Mechanicville	1:11:21	9 Martin Rowley	70	Latham	1:36:30
2 Elizabeth Spiers	57	Niskayuna	1:17:56	10 Jim Fiore	71	Latham	1:42:19
3 Kelley Vite	58	Clifton Park	1:18:28	<b>FEMALE AGE GROUP: 70 - 74</b>			
4 Margaret Burke	55	Schenectady	1:18:30	1 Susan Wong	70	Glenmont	1:30:10
5 Linda Ferguson	57	Middle Grove	1:19:59	2 Susan Harris	70	Albany	1:46:39
6 Kimberly Goodwin	55	Glenville	1:20:54	3 Loretta Ebert	71	Ballston Lake	2:10:25
7 Lauren Herbs	56	Rexford	1:21:23	<b>MALE AGE GROUP: 75 - 79</b>			
8 Janice Phoenix	57	Schenectady	1:21:40	1 Edward Bown	77	Broadalbin	1:30:50
9 Nancy Stevens	58	Latham	1:21:46	2 Stephen Mitchell	77	Malta	1:39:40
10 Kim Baker	57	Pittsfield, MA	1:22:14	3 Raymond Lee Jr.	76	Halfmoon	2:07:51
<b>MALE AGE GROUP: 60 - 64</b>				<b>MALE AGE GROUP: 80 - 84</b>			
1 Derrick Staley	60	Ballston Lake	58:11	1 Wade Stockman	83	Rensselaer	2:06:10
2 David Roy	63	Schoharie	1:06:33	<b>FEMALE AGE GROUP: 85 - 89</b>			
3 Stephen Jones	64	Averill Park	1:07:14	1 Anny Stockman	86	Rensselaer	2:14:15
4 Rick Munson	61	Prattville	1:07:48	<b>TEAM - 15K</b>			
5 Myron Ferguson	61	Middle Grove	1:08:14	1 OPEN/MALE: Willow Street Athletic Club		52:30	
6 James Forbes	64	Valley Falls	1:08:21	Alex Benway, Patrick Carroll, Brad Lewis, Daniel Jordy, Derrick Staley		59:40	
7 Edward Gravelle	60	Ballston Lake	1:09:54	1 OPEN/FEMALE: Albany Running Exchange A		59:40	
8 Richard Clark	64	Feeding Hills, MA	1:12:14	Courtney Breiner, Olivia Beltrani, Christie Macfarlane, Diana Tobon-Knobloch		56:00	
9 James Newlove	62	Utica	1:12:40	1 MASTER/MALE: Willow Street Athletic Club		56:00	
10 Matthew Melsert	64	Burnt Hills	1:14:50	Jake Stookey, Bob Irwin, John Stadlander, Volker Burkowski		1:10:38	
<b>FEMALE AGE GROUP: 60 - 64</b>				1 MASTER/FEMALE: Willow Street Athletic Club		1:10:38	
1 Margaret McKeown	60	Moreau	1:10:14	Lori Kingsley, Sally Drake, Mary Buck, Martha DeGrazia			
2 Robin Avery	62	Adams, MA	1:21:38	<b>STOCKADE CUP RELAY - THREE 5K LEGS</b>			
3 Kim Sack	61	Schenectady	1:22:12	1 BUSINESS/MALE: NYS DEC		19:23	
4 Hope Plavin	60	Saratoga Springs	1:24:26	Sean Madden, Ben Sears, David Tromp			
5 Sharon Desrochers	64	Ballston Lake	1:25:34	1 BUSINESS/FEMALE: MVP Rocks		28:16	
6 Carolyn George	64	Albany	1:25:40	Analusette Shaello, Ashley Lonardelli, Deborah Ruggiero			
7 Susan Schaefer	60	West Sand Lake	1:25:58	1 VETERANS/MALE: Mohawk ROTC		19:32	
8 Maureen Roberts	60	Saratoga Springs	1:28:06	Peter Cariddi, Andrew Kazmer, Adam Branch			
9 Mary Kennedy	60	Williamstown, MA	1:28:13	1 OPEN/MALE: Rensselaer Running Club		21:07	
10 Denise Cavanaugh	61	Whitesboro	1:28:15	Jason Little, Matthew Fox, Thomas Hopkins		25:29	
<b>MALE AGE GROUP: 65 - 69</b>				1 OPEN/FEMALE: Team Last Minute		30:34	
1 George Baranauskas	65	Scotia	1:10:58	Tracey Brennan, Lisa Dungeate, Shannon Hansen			
2 Mike Fazioli	67	Wynantskill	1:12:27	1 OPEN/COED: MCBs		30:34	
3 Tom McGuire	67	Slingerlands	1:13:24	William Lee, Mary Pelella, Cris Castaldi			
4 Bob Mead	69	East Greenbush	1:14:47	<i>Courtesy of Hudson-Mohawk Road Runners Club</i>			
5 Chip Button	66	Saratoga Springs	1:21:43				

## 11TH ANNUAL SHENENDEHOWA VETERANS DAY DASH 5K November 12, 2018 • Shenendehowa High School, Clifton Park

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 30 - 39</b>				
1 Chuck Terry	36	Albany	17:06	1 Christopher Mancuso	37	Glenville	17:58
2 Kyle Gronau	17	Clifton Park	17:06	2 Nick Whaley	38	Clifton Park	18:07
3 Griffin Cooke	16	Clifton Park	17:06	3 Saturnino Fernandez	38	Slingerlands	18:17
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 30 - 39</b>				
1 Renee Tolan	44	Clifton Park	19:07	4 Korwyn Kolewe	38	Columbiaville	21:15
2 Rebecca Tennyson	35	Troy	22:11	5 Ryan Milton	35	Saratoga Springs	22:11
3 Karen Hickey	52	Waterford	23:25	<b>MALE AGE GROUP: 40 - 49</b>			
<b>MALE AGE GROUP: 1 - 10</b>			<b>MALE AGE GROUP: 40 - 49</b>				
1 James Upton	10	Clifton Park	26:40	1 Greg Ethier	45	Clifton Park	19:02
2 Conor O'Grady	7	Slingerlands	26:52	2 Joshua Katzman	42	Clifton Park	20:02
3 Nolan Ensel	7	Waterford	27:46	3 David Shumpert	47	Clifton Park	21:34
4 Oliver Lian	8	Mechanicville	28:42	4 Phil Matthews	44	Waterford	21:36
5 William Champagne	8	Mechanicville	45:05	5 Russell Thielke	49	Clifton Park	22:03
<b>FEMALE AGE GROUP: 1 - 10</b>			<b>FEMALE AGE GROUP: 40 - 49</b>				
1 Ashdyn Ensel	9	Waterford	27:23	1 Melissa Willis	43	Ballston Lake	23:30
2 Maya Oehlschlaeger	9	Clifton Park	37:10	2 Erin Gretzinger	44	Ballston Lake	24:53
3 Paige Eisnor	10	Rexford	39:34	3 Jill Ensminger	42	Clifton Park	27:44
<b>MALE AGE GROUP: 11 - 13</b>			<b>MALE AGE GROUP: 50 - 59</b>				
1 Logan Doll	13	Ballston Lake	19:10	1 Sam Mercado	55	Albany	20:15
2 Jaden Brown	13	Clifton Park	20:12	2 Tom Denham	51	Delmar	22:24
3 Jason Colindres	13	Clifton Park	20:53	3 Scott Goodwill	55	Ballston Lake	24:47
4 Ian Oehlschlaeger	12	Clifton Park	21:03	4 Steve Festin	51	Clifton Park	25:11
5 Advaith Ramani	12	Clifton Park	21:11	5 Rusty Beals	53	Pittsfield, MA	25:44
<b>FEMALE AGE GROUP: 11 - 13</b>			<b>FEMALE AGE GROUP: 50 - 59</b>				
1 Ava Schleif	13	Clifton Park	24:42	1 Annette Romano	54	Clifton Park	24:30
2 Jillian Head	12	Sloatsburg	26:12	2 Christine Hollmer	53	Clifton Park	25:22
3 Madeline Swayne	12	Clifton Park	26:21	3 Kara Matarrese	50	Slingerlands	25:23
4 Kaitlyn Moore	11	Ballston Lake	26:43	4 Nancy Hogan	50	Clifton Park	27:11
5 Megan Symans	13	Clifton Park	27:51	5 Alicia Anderson	54	Johnsontown	29:15
<b>MALE AGE GROUP: 14 - 15</b>			<b>MALE AGE GROUP: 60 - 69</b>				
1 Colin Chatterton	15	Halfmoon	17:08	1 John Matthews	61	Canton, CT	19:53
2 David Thielke	15	Clifton Park	17:55	2 Tom McGuire	67	Slingerlands	22:38
3 Andre Adonnino	14	Clifton Park	17:57	3 Vincent Kirby	62	Mechanicville	24:49
4 Jack Hislop	15	Clifton Park	18:13	4 Jim Kambrich	61	Glenmont	32:45
5 Philip Matthews	14	Waterford	18:51	5 David O'Brien	68	Schenectady	36:35
<b>FEMALE AGE GROUP: 14 - 15</b>			<b>FEMALE AGE GROUP: 60 - 69</b>				
1 Emma Jane Andrus	15	Ballston Lake	24:02	1 Kathy Meany	61	Altamont	24:51
2 Lily Marion	15	Round Lake	25:59	2 Maureen Fitzgerald	61	Clifton Park	25:46
3 Ali Ensminger	15	Clifton Park	27:03	3 Susan Milstein	62	Menands	29:52
4 Sarah Miller	15	Clifton Park	29:29	4 Diane Ward	61	Albany	30:31
5 Norah Eisnor	14	Rexford	30:14	5 Terry Cuomo	64	Glenville	31:27
<b>MALE AGE GROUP: 16 - 19</b>			<b>MALE AGE GROUP: 70 - 79</b>				
1 Nolan Hickey	17	Waterford	17:32	1 Richard Theissen	74	Round Lake	34:22
2 Thomas Kelly	17	Clifton Park	17:38	2 Patrick Bivona	77	Clifton, NJ	36:18
3 Aidan Hickey	17	Waterford	17:38	3 Tom Collins	74	Ballston Lake	40:51
4 Lorenzo Bianchi	16	Clifton Park	17:42	4 Raymond Lee	76	Halfmoon	41:12
5 Jack Buff	16	Clifton Park	17:49	5 Eric Hamilton	73	Clifton Park	42:01
<b>FEMALE AGE GROUP: 16 - 19</b>			<b>FEMALE AGE GROUP: 70 - 79</b>				
1 Maria Carzo	17	Mechanicville	24:48	1 Nancy Johnston	72	Ballston Lake	45:31
2 Madison Harlow	16	Clifton Park	25:14	2 Kathleen Zegarelli	70	Ballston Lake	49:51
3 Melanie Kruger	16	Ballston Lake	27:31	<b>MALE AGE GROUP: 80 - 89</b>			
4 Ava Wu	16	Ballston Lake	28:40	1 Joe Kelly	85	Menands	45:46
5 Emma Wise	16	Clifton Park	29:04	2 Richard Schumacher	85	Hoosick Falls	48:27
<b>MALE AGE GROUP: 20 - 29</b>			<i>Courtesy of Shen Track Booster Club &amp; Clifton Park Track Club</i>				
1 Jake Blaauboer	22	Clifton Park	17:40				
2 Anthony Allen	21	Albany	25:58				
3 Robert Colla	24	Clifton Park	26:27				
4 Joey Valentine	21	Clifton Park	33:45				
5 Kirk Bater	29	Clifton Park	45:00				
<b>FEMALE AGE GROUP: 20 - 29</b>							
1 Kalyne Green	20	Clifton Park	25:25				
2 Michelle Villanueva	27	Malta	32:06				
3 Erica Bater	28	Clifton Park	32:30				
4 Amy Forgea	29	Rensselaer	33:09				
5 Whitney Griffin	29	Albany	35:07				



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● **SNOWSHOE RUNNING** *continued from page 1*



ly opened Bobcat Bar & Grill in their Outdoor Center for some après-snowshoe entertainment. (garnet-hill.com)

Last year, race director Tim VanOrden staged the 5K, 10K, Half Marathon and Marathon National Championship races at Prospect Mountain Ski Area, in snowy Woodford, Vt., and now he has an unlimited number of possible permutations to choose from. Check soon for race updates. (dionwmacsnowshoe.com)

Most of the series venues are associated with park, preserve, land trust or rail trails, with some laying claim to multiple titles. The lone rail trail designee is Bob Dion's own **Hoot Toot & Whistle 5K** on Saturday, January 19, which follows the old narrow-gauge Hoosac Tunnel & Wilmington Railroad route to Readsboro, Vt. Then, return another day for a longer exploration as this is a part of the 300-mile-long Catamount Trail cross country ski trail. The route we cover is surprisingly hilly for a rail route, with uphill too short to hike, and cumulatively too tiring to run. (dionwmacsnowshoe.com)

The **Churney Gurney 4.5-Miler** is on Saturday, January 12 at Gurney Lane Recreation Area's mountain bike trails in Queensbury. Bob Underwood of Underdog Race Timing will carve out a hilly, twisty route similar to this past summer's Churney Gurney trail run. A new snowshoe race venue this year, you can expect a seamless experience from the town of Queensbury. Following, there will be fat tire mountain bike races, as well as fat tire rides and demos - presented by Grey Ghost Bicycles. Come run, then try some fat tire riding or racing. (runreg.com & bikereg.com)

The **Cock-A-Doodle-Shoe 5K & 10K** is on Saturday, January 20 at New Land Trust in

Saranac (near Plattsburgh, NOT Saranac Lake). After hosting the North American Snowshoe Championships last year, Jeremy Drowne is relaxing the format with an old-fashioned, low-cost, low-frills race. Note that there is no online registration, just mail-in and day-of. Shirts are a hot item, so register early to ensure availability. Snowshoers will enjoy a winter wonderland of forested trails, some hilly, some flat, with plenty of open fields as well. This event is notable in that it is one of the few that features a Kid's Snowshoe Scramble Half-Miler. (cockadoodleshoe.com)

Saratoga Springs hosts the **Saratoga Winterfest 5K** on Sunday, February 3 at the Saratoga Spa State Park. The Winterfest route loosely follows the famed cross country running course, adding an additional hill and woodsy section. On Saturday, February 9, the **Camp Saratoga 8K** at Wilton Wildlife Preserve & Park is more difficult. It will follow last year's new route and showcase park areas off the beaten path.

Both events are known for their bountiful pot lucks and social hours, and race funds benefit the host parks. After an absence of several years, T-shirts are again offered. Give a fun twist to your pre-race preparations and join Pam DelSignore's snowshoe yoga warmup. As race director for both events, I invite you to join me for the 20th annual Winterfest. The races each benefit their host parks. (saratogastryders.org)



▲ SINGLETRACK FOCUS AT 2018 CAMP SARATOGA 8K IN WILTON. BRIAN TEAGUE



◀ DRONE'S EYE VIEW OF 2018 STONE BRIDGE CAVEMAN 6K SNOWSHOE RACE. NATURAL STONE BRIDGE AND CAVES

Two of the toughest challenges occur in February. First up is the **Stone Bridge Caveman 6K & Extreme Caveman 15K** on Saturday, February 16 at Natural Stone Bridge and Caves in Pottersville. The 15K features plenty of steep, uphill climbing and sharp descents as well as a twisty, overlapping route with single and double tracks that require strict attention to trail markers. 6K runners will enjoy views of Trout Brook, the southern Adirondacks from the top of Catamount, and dark hemlock forest groves. Starting at 990 feet elevation, the race climbs up to 1,445 feet just before the halfway mark, and then back down with several flats. Afterwards, plan to warm up by the open fire pit and explore the iced wonderland of the Stone Bridge arch, the largest cave entrance in the East. (stonebridgeandcaves.com)

Also in February, Albany Running Exchange's Frosty will be taking over Tawasentha Park in Guilderland for his annual **Brave the Blizzard 5K & 5.5-Miler** on Sunday, February 24. Expect hills, slippery slopes, cheering volunteers, and all the pancakes you can eat at the 15th

annual event. Awards include baked goods so you may even score an age-group cookie. (zippyreg.com)

A new kid on the block is Andy Weinberg's **Frigus 5K, 15K & Marathon** on Saturday, February 23 in Mendon, Vt., based out of the Cortina Inn. The 5K will be a single loop, the 15K a single loop with 1,500 feet of elevation gain, and those braving the marathon will be confronted with multiple loops of 1,500 feet elevation gain per loop. All events launch at 8am and there is a generous cutoff of 5pm, meaning 5K and 15K participants have ample opportunity to complete their journey, and marathoners may want to pack a headlamp for their final loop. Race entry includes a pasta dinner as well as a unique gift and finisher medal. I have run several of Andy's other events near Killington and have appreciated the fun, supportive atmosphere. (endurancesociety.org)

At the end of the Dion WMAC Snowshoe Series, finishing points will be totaled and overall male and female winners will receive a top-of-the-line pair of Dion Snowshoe. But the real reward is spending time outdoors with new friends and acquiring an intimate acquaintance with multiple trail systems worthy of return trips! 🌲

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



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# GURNEY LANE SNOWSHOE & FAT BIKE DAY

Saturday, January 12  
Gurney Lane Recreation Area, Queensbury

**GURNEY LANE 5K SNOWSHOE RACE**  
10AM  
Dion WMAC Snowshoe Series • Overall and age group awards  
Dion rentals available  
Register: [RunReg.com](http://RunReg.com)


**GURNEY LANE FATTIRE BIKE DAY**  
12pm – Fun Group Ride (30-45min): No-drop intermediate (limit 25, pre-reg.)  
1pm – 10M long & 5M short races: Overall and age group awards  
2:30pm – Frozen Ring Donut Race (3 laps): Ride lap, eat donut... repeat!  
Sponsored by Grey Ghost Bicycles – Some demos available  
Register: [BikeReg.com](http://BikeReg.com)

All ages/abilities welcome • Heated warming area with bathrooms  
Playground/sledding hill for kids • Funds for Gurney fat bike groomer  
Presented by Queensbury Parks & Recreation

**Old Forge Adirondack Base Camp**

**McCauley Mt Ski Area**

*New York's Best Family Mountain*



*It's Our Nature*

Info & Webcams: **OldForgeNY.com**



**LAKE PLACID NORDIC FESTIVAL**

**Saturday, March 16**

Featuring the historic Lake Placid Loppet, 50K & 25K Citizen classic & freestyle races. Varying length (12.5K, 6.25K & 3K) Citizen Challenge races will also be held.

**Register today!**  
**MtVanHoevenberg.com**

The Lake Placid Nordic Festival falls on St. Patrick's Day, so plan on Irish themes and wearing green!

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**Get Face to Face with 8,000 Sports, Fitness & Travel Enthusiasts!**

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- Stay ahead of your competition!

**Maximize Your Exposure**

- Showcase your products/services to an active audience
- Advertise in Attendee Guide for more exposure (March 2019 issue)
- Reach 50,000 enthusiasts via our magazine, social media and email
- Sponsorship opportunities available

**MARCH 16 & 17**  
Saturday 10-5 • Sunday 10-4  
*Free Attendee Admission*

**SARATOGA SPRINGS CITY CENTER**  
522 Broadway, Saratoga Springs



ERICA MILLER/DAILY GAZETTE

**Save time, register online!**  
**AdkSports.com/summer-expo-booths**  
518-877-8788 or [Info@AdkSports.com](mailto:Info@AdkSports.com)

**ADIRONDACK FAT BIKE & E-BIKE HEADQUARTERS!**

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