

Cross Country Skiing



ALLISON BROMSER, OLIVIA PHANEUF AND JANINE PHANEUF OF OLD FORGE START SHENENDEHOWA NORDIC'S CITIZENS RACE ON JANUARY 5, 2019 AT THE GORE NORDIC CENTER. MEGHANA CARON

Great for Winter Fun and Fitness!

By Richard Carlson

Cross country skiing is set to become your new winter season passion! Hey, skiing is skiing, the curly end goes to the front and you slide around on snow. It's sport and fresh air fitness - and it's a connection with the natural world in winter. If you're a competent alpine skier you can easily make the switch. All the turning and stopping techniques of going downhill on skis readily translates into XC. Even beginner alpine skiers fare better with cross country ski technique than never-ever skiers.

First off, Nordic skiing is a lot of different types of skiing. There's skiing on groomed trails at a ski center - light touring or classic skiing and skate skiing fit in here. Get off the groomed trails and it's backcountry skiing, lots of choices here: heavier systems bindings, light metal edge skis, lighter Telemark-style boots, bindings and skis. If you still want the benefit of an alpine-style setup consider alpine touring. AT is generally a lightweight metal edge ski with a rigid boot, a unique binding that allows free heel touring uphill, and a locked heel for downhill running. If you've seen skiers skiing uphill at an alpine ski area - they're probably using climbing skins on AT gear.

No Crowds - Sure there can be some crowded XC ski trails but it's never like the alpine ski venues with their mega football-field-sized parking lots, lines for tickets, food or lifts. Even a crowded parking lot at a cross country ski center doesn't translate into busy ski trails. Typically, 80% of the skiers ski 20% of the trails. Spread out and you'll have miles of skiing to yourself. But, to really distance yourself from the crowds, get into the back-

country. There are so many choices in the Adirondacks, Catskills and surrounding areas that you'll be torn between destinations on a good ski day.

JUST DO IT

Top Fitness Activity - Nordic racers are the fittest athletes in the world! It's a full body exercise using legs, arms, shoulders and stomach muscles. Exercise physiologists have measured elite cross country ski racers with a VO2 max (a standard measure of oxygen utilization) at 96, elite cyclists might be high 80s, Olympic swimmers a mere 70. It's no wonder that gym machines like elliptical trainers and ski machines mimic the actions of cross country skiing. The large Scandinavian ski races - and the America Birkebeiner in Wisconsin - regularly have finishers in the 80-plus age groups skiing up to 50 miles!

Relatively Inexpensive - Sure you need to purchase skis, boots and poles, and maybe multiple sets for light touring and backcountry skiing if you're into both, but it's still cheaper than an alpine skiing setup. Groomed cross country ski trails may set you back \$10-\$20 for a day of skiing, with season passes around \$100-\$150.

New No-Wax Skis - Most manufacturers have added a "skin ski" to their lineup of classic ski models. This revolution in skis is worth a look for no-wax fitness or recreational skiing - just step in and go! Instead of a "fishscale" pattern (noisy, slow) that replaced the sometimes tricky wax skis, the kick-zone grip is now provided by mohair (silk-like) strips. They offer bombproof

See **CROSS COUNTRY SKIING** 16 ▶

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

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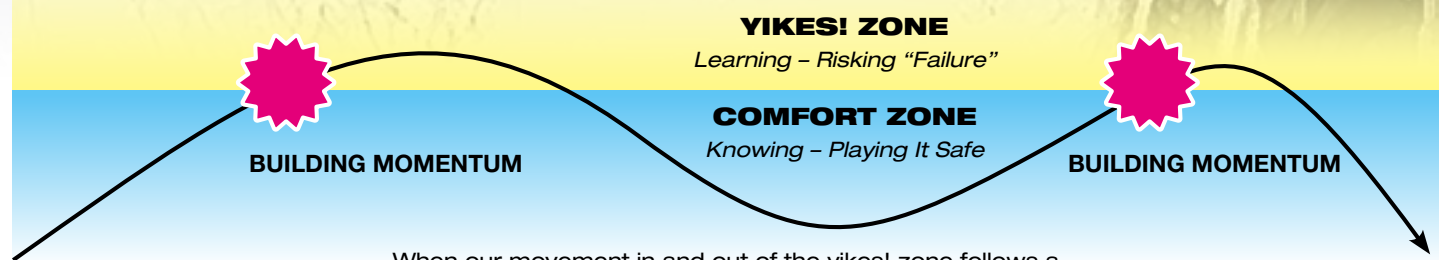


By Mermer Blakeslee

In my “Fear Workshop” at Windham Mountain, a woman confessed she was frightened of returning to skiing after a long hiatus, not because of the risk the sport posed – of falling or getting hurt – but because she had been a “really good” skier. Skiing was deeply woven into her identity and now she was scared of *failing*, of falling short of her expectations and being exiled from the “real skiers’ club” where, she imagined, the skilled and competent gloat. This is very common.

Fear of failure is the most prevalent fear I encounter as the “ski industry’s fear specialist.” Often we blame age, thinking of it as our enemy as slowly but relentlessly we are forced to let go of our physical prowess. It’s as if we want to carry a sign saying: I used to be amazing. Don’t look at me now. But fear of failure is also trained into us early on. As our recent obsession with testing school children shows, our culture does not value *learning* (where failure is possible), so much as *knowing*. Yet if we stay with what we know – comfortable, safe and even smug – we eventually dry up and get bored because when our comfort zone is not constantly massaged, it inevitably shrinks.

So how do we handle fear of failure in the workshop? We treat it like every other fear and start *where we are*. Sounds simple, but this is the biggest step: accepting not only the presence of fear, but also ourselves as we are now – older, slower, certainly wiser and more cautious, probably heavier, more wrinkly, less muscled, a bit harried from the kids or the job. Rather than accept our state, we often try to control or cure it, as if age and fear were pathologies and life without their presence were possible, normal or even desirable. But fear is and should be a habitual acquaintance in any imaginative, meaningful life, and we need to cultivate a conversation with it rather than engage it in a fight.



When our movement in and out of the yikes! zone follows a rhythmical wave our comfort zone will gradually expand

Accepting means acknowledging the borders between our *current* comfort zone and what I call our “yikes! zone,” which is different for every person and different for us now than it was ten years ago or maybe even last week. Only then with a gentle persistence can we begin to stretch our limits.

Over time, my students learn to utilize two simple qualities: rhythm and momentum. By moving in and out of their comfort zone – or synonymously, in and out of the yikes! zone – in a rhythmical wave, their comfort zone expands. But even a small leap into the yikes! zone demands that we build momentum – gradually, in small, patient steps.

It’s a simple concept, but few follow it. I have witnessed many intelligent people forcing themselves into the yikes! zone before they were ready – at worst risking injury, at best confirming their fears. Many stay in the yikes! zone too long, thinking of it as some medicine or perhaps even a hair shirt that will do them good. Either mistake will actually make their comfort zone contract. After a taste of yikes!, we should pull back, ease up, replenish our resources and allow our appetite to build again for another push.

As you probably have already guessed, this simple graph doesn’t reveal the whole story because skiing or snowboarding, like life, has more than one variable: an icy patch, a person cutting in front or a sudden whiteout. These are the stubborn givens of matter and laws of this earth that we need to respect. This sine wave is only a condensed simplification from a complex of variables.

The first variable that skiers or riders usually notice is pitch or steepness. You can hear the boasting in the bar afterward, someone having conquered this or that black diamond. But actually, the difficulty of a steep slope can only be measured in relation to other variables, especially snow conditions. The same run never skis or rides the same way if the snow has changed. Frozen granular, a marketing euphemism for ice, demands an entirely different mix of skills than a foot of soft powder. The slope’s length, its narrowness, the presence of rocks, trees or lift towers, even the vista can all add to its difficulty. To monitor the wave well, we should only go into the yikes! zone in one or at the most two variables. Besides pitch, a skier or rider has to consider the conditions, visibility, familiarity with the terrain, temperature (cold and wind almost always increase fear), the presence of obstacles or crowds, and possibly equipment, level of fatigue, group energy and so forth.

Pitting our skills against more than two variables at a time can cause a backlash in our confidence and learning. We emerge from the lodge in a post-lunch-coma wanting to revive the late morning fervor so we attempt the same steep trail we descended before. But now our muscles are cold, the conditions deteriorated, the light flat and the crowds peaking. Often, too many variables converge to create not a yikes! experience but a reaction akin to terror and this actually damages our confidence and – contrary to popular thinking – shrinks our comfort zone.

To learn the many variables of skiing or

riding is a form of respect for the world and takes both attentiveness and time. At first, it might seem like merely accumulating a mental check list. But to *understand* how each variable affects us, to weigh its impact, to measure it in relation to our own momentum takes a cultivated wisdom. It becomes like dancing – listening to the energy and rhythm of the music and knowing just when to advance, just when to give. But often we find it hard to listen to the music that is actually playing. We pretend it is another song entirely. “I wanted to think I was still 30,” one woman told me, “But now, slowly, my fear is being replaced by respect ... *honest* respect. Not only for what’s out there, but also toward myself.”

So whether we’re attempting something new or facing a situation more difficult than we’re ready for or returning to a sport we used to excel at, our first challenge is to accept where we are, our current comfort zone. Then we can slowly expand those limits by eliciting the qualities of rhythm and momentum, while being clear-eyed and respectful toward the world around us. What better way to spend our time? 🏔️

Mermer Blakeslee (mermerblakeslee@gmail.com) of Roscoe leads many lives, as a writer, skier, teacher and gardener. She’s an examiner for Professional Ski Instructors of America and a former member of their National Alpine Team. She has published three novels and her book on fear, In the Yikes! Zone.

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News

USATF Adirondack's 2019 Grand Prix Series

ALBANY - USATF Adirondack recently announced the slate of races for the 2019 Grand Prix series, presented by Fleet Feet Albany/Malta. The association thanks all of the members who voted on a slate. Their membership selected the races to serve as the Grand Prix.

The races are Runnin' of the Green four-miler on March 9, Helderberg to Hudson Half Marathon on April 13, Bacon Hill Bonanza 10K on May 4, Freihofer's Run for Women 5K on June 1, USATF Adirondack Night of Miles (one-mile) on July 12, ADK 5K on Sept. 14, USATF Adirondack Saratoga XC Classic 8K on Oct. 27, and Revolutionary Run for Veterans 5K on Nov. 2.

Any USATF Adirondack member who completes at least five of the events will receive a Grand Prix "Complete the Series" apparel piece. The mission of USATF is to promote the sport of running across all abilities and ages. By recognizing all who complete the series, whether they're runners, joggers or walkers, the local association is advancing the USATF national philosophy of running as the "Sport for Everyone... Sport for Life."

USATF is continuing their partnership with Fleet Feet Albany/Malta, which has allowed them to expand the Grand Prix participant recognition to all association members, in addition to offering a generous prize purse for division winners. "We are pleased to support the USATF Adirondack Grand Prix Series. The series offers a variety of distances over a nine-month period and will provide a great experience for runners of every age and ability. We're grateful for the opportunity to support this important community series," stated Charles and Arlene Woodruff, Fleet Feet Albany and Malta owners.

All runners are invited to join the Grand Prix Kick-Off event on Sunday, February 10 from 12 to 4pm at Fleet Feet Albany. The race reps in the series will be there, with discounts, raffles, and giveaways for those who register at the event. Take on the challenge of completing the series! If unable to attend, you can register on the individual race

Briefs



websites. For more info on USATF Adirondack membership, requirements for participating and see a list of past racers, visit adirondack.usatf.org.

USATF Adirondack members who complete five of the series races, regardless of finishing time or place, are recognized with an award. In addition, runners can score points for placing in the top ten in three divisions - open, masters and age-graded. Competitive awards are given to the individuals who have accumulated the most points at the end of the series. The age-group awards are generously provided by Fleet Feet Albany/Malta.

The series was originally created in 2007 to promote competitive road racing within the Adirondack association. The process was revised in 2017 along with expanding the mission to promote participation at all levels of ability. In 2018, 79 members, up from 38 in 2017, completed five or more races and became 'complete the series' finishers. The 2018 series finishers will be recognized and receive a unique series finisher sweatshirt at the USATF Awards Banquet on January 26.

United States Track & Field (USATF) is the national governing body for track and field, long-distance running, and race walking in the United States. USATF encompasses the world's oldest organized sports, most-watched Olympic event broadcasts, the number one high school and junior high school participatory sport, and more than 30 million adult runners in the US.

USATF Adirondack Association is the local branch of USATF to promote the development of the sport of athletics, which includes the disciplines of track and field, distance running and race walking, coordinate the scheduling of competitions, communicate policy to athletes, sanction events, provide for participation of amateur athletes in athletic competition, support women, disabled and masters in athletics, certify officials, and to encourage open competition. USATF Adirondack maintains an adult athlete membership of approximately 500 athletes. USATF Adirondack serves the northeastern portion of the New York state.

Comments Sought on Backcountry Ski Trail Development

RAY BROOK - The Adirondack Park Agency and DEC are holding a joint public comment period to get comments on proposed guidance for ski touring trails in the "forever wild" Adirondack Forest Preserve and conformance to the Adirondack Park State Land Master Plan.

It adds to existing guidelines for cross country ski trails as defined in the APSLMP and the DEC Forest Preserve policy manual. The comment period ends on February 1, 2019. Here a link to the Backcountry Ski Trail plans: apa.ny.gov/Mailing/2018/12/StateLand/SkiTrailDraftGuidance.pdf

The proposed design standards address a growing interest by the general public in backcountry skiing. The goal is to provide skiers of any ability level a wide range of opportunities to enjoy skiing in a wild forest setting. Criteria to protect natural resources, limit user conflict and improve the skiing experience are key components of the proposed guidance. Construction standards would apply to all Adirondack Park State Land classifications except Intensive Use Areas. Three ski trail categories are proposed: Nordic Ski Trails, Backcountry Ski Trails and Skin Tracks.

Nordic Ski trails would be located on terrain which is not overly challenging and includes limited obstacles to negotiate. Trails would be designed with gentle curves and mild slopes to control speed and ensure beginner level skiers are capable of safely navigating variable terrain. Existing examples of cross-country ski trails that fit this category include the Hays Brook Trail (Debar Wild Forest) and the Old Farm Clearing Trail (Siamese Ponds Wilderness).



ADIRONDACK BACKCOUNTRY SKIING

Backcountry Ski Trails would be located on more demanding terrain and designed to accommodate challenges associated with intermediate to advance level skiers. Steeper slopes and tighter curves will be features of these ski trails. Existing trails which exemplify this category include the Mt. Van Hoevenberg Trail in the High Peaks Wilderness, the Avalanche Lake Trail, and the Wright Peak Ski Trail (High Peaks Wilderness).

Skintrack routes will be designed to provide skiers will access to existing slides and other skiing opportunities. Skintracks will have steady, sustainable climbs to ensure elevation gain is safe and not overly strenuous. The width of vegetative clearing for skin tracks will be limited to four feet. Design standards and criteria in the proposed ski touring guidance includes: Trail layout; Clearing width and height; Trail surface management (drainage, grading, wood and rock removal); Side slope management; Turn radius; Trail grade; Sight distance; Tree cutting; and Water crossings (bridges and boardwalks).

The guidance also proposes integration of design standards into the management of existing multiple use trails. For more info, go to apa.ny.gov. All comments will be shared and reviewed by both DEC and APA staff. Email all comments and your position on their conformance to SLMP_Comments@apa.ny.gov. The deadline is February 1, 2019.

FROM THE PUBLISHER

Happy (Healthy) New Year!

Make 2019 a happy, healthy one by staying active, challenging yourself, and getting enough rest. Prioritize your health and well-being by putting your mind and body first. To help you achieve your goals, we publish this magazine and bring it to life with our expos - we look forward to seeing you soon at our Summer Expo!

Enjoy the issue, please support our advertisers, and thanks for being part of the Adirondack Sports community!



Darryl

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Publisher/Editor/Founder: Darryl Caron

Art Director: Karen Chapman

Contributing Writers: Shelly Binsfeld,
Mermer Blakeslee, Richard Carlson,
Skip Holmes, Bill Ingersoll

Contributing Photographers: Bill Ingersoll

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	1	2	3	4	5						1	2							1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28			24 ³¹	25	26	27	28	29	30

*Events beyond this range are advertisers in this issue.

ALPINE SKIING & RIDING ONGOING

Wed "Why Not Wednesdays" Bring unopened Dasani bottled water for discounted lift ticket (non-holiday). Gore, North Creek. 518-251-2411. goremountain.com.

JANUARY

- 7-13 Take Your Kids to Gore Week.** Ages 19-under ski/ride free w/paying parent. Gore, North Creek. 518-251-2411. goremountain.com.
- 12-13 First Tracks.** Guided run prior to opening. Whiteface, Wilmington. whiteface.com.
- 19 NE Rando/SkiMo Series Race: The Beast.** 9:30am. Berkshire East, Charlemont, MA. nerandorace.blogspot.com.
- 18-19 Lake Placid Freestyle World Cup.** Fri: moguls at Whiteface. Sat: aeriels at Olympic Jumping Complex, Lake Placid.
- 19-20 MLK Holiday Kids Ski Camp.** Gore, North Creek. 518-251-2411. goremountain.com.
- 20 Gore Torchlight Parade & Fireworks Spectacular.** Sundek at dusk. Food, drinks & live music. 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.
- 28 Gore Restaurant Race.** Compete for your favorite restaurant. Gore, North Creek. 518-251-2411. goremountain.com.

FEBRUARY

- 2-3 Gore Tele Fest.** Telemark demos (free) & beginner clinics. Gore, North Creek. 518-251-2411. goremountain.com.
- 2-3 Master the Mountain: Alpine Skiing & Boarding 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. alpinessportshop.com.
- 9 Mini-Shredders Jibfest.** 12pm. Family-friendly freestyle competition for ages 10-under. Gore, North Creek. 518-251-2411. goremountain.com.
- 9-10 Glades & Glory: Skiing & Boarding 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.
- 16-17 LL Bean Winter Fun Tour.** Games, giveaways, coupons, more. Gore, North Creek. 518-251-2411. goremountain.com.
- 16-17 Presidents' Weekend Holiday Camp.** Also, President's Week Holiday Camp: 2/19-21. Age 4-12. Gore, North Creek. 518-251-2411. goremountain.com.
- 18 USASA Boarder & Skiercross.** Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.
- 23-24 Women's Alpine Skiing & Boarding Clinics.** Gore, North Creek. 518-251-2411. goremountain.com.

- ### MARCH
- 2-3 Master the Mountain: Alpine Skiing & Boarding Clinics.** Gore, North Creek. 518-251-2411. goremountain.com.
 - 9 Represent & Ride Free: Skiing & Boarding (Ages 7-12).** Gore, North Creek. 518-251-2411. goremountain.com.
 - 9-10 Glades & Glory: Skiing & Boarding Clinics.** Gore, North Creek. 518-251-2411. goremountain.com.
 - 17 Magical Leprechaun Race.** 10am. 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.

JANUARY

- 12 1st Gurney Lane Fat Bike & Snowshoe Day.** 10am: 5K snowshoe race. 12pm: group ride (no drop). 1pm: 5M & 10M fat tire races. 2:30pm: Frozen ring donut race (ride lap, eat donut, repeat). Dion Snowshoes rentals & Grey Ghost Bicycles demos available. Gurney Lane Recreation Area, Queensbury. bikereg.com & runreg.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. teammmssc.org.

FEBRUARY

- 2 BonkWerx Fat Bike Race.** 9am. Benefit for Clear Path for Veterans. Chittenango. bikereg.com.
- 2 NICA NY Fundraiser & Raffle Ticket Sale.** 6-9pm. Conversation, networking, race stories & silent auction bidding. Unified Brew Works, Malta. 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 Winter Fest: XC Skiing & Fat Biking.** 9am-4pm. Fun races, prizes, challenges, tours, food, drink & music. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- 24 Snowball Express.** 100M/52M. 8am. Schuylerville. 518-583-3708. adkultracycling.com.

MARCH

- 2 IditaFat Fat Bike Race.** 8am. 12K, 25K or 50K. Sun: SnoFatShu Duathlon. CCC Camp, Winona Forest, Mannsville. winonaforest.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.

CROSS COUNTRY SKIING & NORDIC SPORTS ONGOING

- Sun Intro Guided Backcountry Ski Tours w/Dick Carlson.** Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- Sun Maple Treats at the Sugar House.** 11am-2pm. 1/13, 1/27, 2/10, 2/24, 3/10. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- Tue Gore Citizen XC Ski & Snowshoe Races.** 6pm. 1/22-2/19. Skate or classic ski or snowshoe. Gore Nordic Center, North Creek. 518-251-2411. goremountain.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.
- Sa-Su Winter Weekend Tours.** Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.
- Sa-Su Discover Cross Country.** 10am & 1pm. Weekends & holidays. Mt. Van Hoevenberg, Lake Placid. 518-523-2811. skivanho.com.
- Sa-Su Discover Biathlon.** 10am & 1pm. Weekends & holidays. Age 13+. Olympic Biathlon Range, Lake Placid. 518-523-4436. skivanho.com.

JANUARY

- 12 Lapland Ladies Love to Ski Clinic.** 9:30am-2:30pm. Classic technique. Lapland Lake, Northville. 518-863-4974. laplandlake.com.

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- 12 **HURT Mega-Relay Ski Race.** 6hrs: 10am. Teams of 3-8 skiers. Garnet Hill Lodge, North River. 518-893-7605. hurtnordicskiing.com.
- 13 **Maple Treats at the Sugar House.** Ski, hot chocolate, treats. 11am-2pm. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- 13 **Try-It Ski-Orienteering.** Mt. Van Hoevenberg, Lake Placid. skio.nyssranordic.org.
- 13 **73rd Stowe Derby:** Downhill XC Ski Race. New: Fatbike Race. Stowe, VT. teammmsc.org.
- 18 **Moonlit Night Skiing.** 6-9pm. Reservations suggested. Pineridge XC Ski Area, East Poestenkill. 518-283-3652. pineridgexc.com.
- 18-20 **Enliven Retreat.** Yoga, skiing, Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- 19 **Adk Citizens Challenge Race Series.** 11am. 3K, 6K & 12K courses for new & experienced skiers. Mt. Van Hoevenberg, Lake Placid. skivanho.com.
- 19 **Full Moon Ski Party.** 8pm. Ski, bonfire, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.
- 19 **Horse Drawn Sleigh Rides.** 1-4pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 19 **Moonlight Guided Evening Snowshoe Tour.** 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 19-20 **Mid-Atlantic JNQ/NYSSRA Races.** 9am. Sat: Classic. Sun: Skate. Gore Nordic Center, North Creek. hurtnordicskiing.com.
- 19-21 **Camp Santanoni Winter Weekend.** 9.8M round-trip XC ski or snowshoe to see historic buildings. Newcomb. aarch.org.
- 25-27 **Lake Placid SuperTour & NENSA Eastern Cup #2.** 5K, 10K, 15K. Mt. Van Hoevenberg, Lake Placid. nensa.net.
- 26 **Garnet Hill Pursuit Race.** Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- 27 **Ski-Orienteering on XC Skis or Snowshoes.** 11am-1pm starts (3hrs to complete course). Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.
- 27 **Maple Treats at the Sugar House.** Ski, hot chocolate, treats. 11am-2pm. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- 27 **Polar Bear Ski Club Nordic Race.** 5K/10K. 12pm. MacCauley Mtn, Old Forge. skireg.com.
- 31-2/3 **39th NYS Empire State Games.** Various loacations, Lake Placid. empirestatewintergames.com.

FEBRUARY

- 1-3 **38th Craftsbury Marathon Ski Festival.** Sat: Classic. Sun: Freestyle. Craftsbury Outdoor Center, Craftsbury Common, VT. craftsburymarathon.com.
- 9 **Lapland Ladies Love to Ski Clinic.** 9:30am-2:30pm. Classic technique. Lapland Lake, Northville. 518-863-4874. laplandlake.com.
- 9 **Winona Forest Tourathon Ski Race.** 8am: 50K. 8:30am: 12.5K & 25K. CCC Camp, Winona Forest, Mannsville. winonaforest.com.
- 10 **Maple Treats at the Sugar House.** Ski, hot chocolate, treats. 11am-2pm. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- 10 **Nino Manzella Memorial HURTathon.** 9am. 5K/10K freestyle races. Gore Nordic Center, North Creek. hurtnordicskiing.com.
- 15 **Pineridge Moonlit Night Skiing.** 6-9pm. Reservations suggested. Pineridge XC Ski Area, East Poestenkill. 518-283-3652. pineridgexc.com.
- 16-18 **Camp Santanoni Winter Weekend.** 9.8M round-trip XC ski or snowshoe to see historic buildings. Newcomb. aarch.org.
- 17 **Horse Drawn Sleigh Rides.** 1-4pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 23 **Adk Citizens Challenge Race Series.** 11am. 3K, 6K & 12K course for new & experienced skiers. Mt. Van Hoevenberg, Lake Placid. skivanho.com.
- 23 **Garnet Hill Winter Fest: XC Skiing & Fat Biking.** 9am-4pm. Fun races, prizes, challenges, tours, food, drink & music. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- 24 **Maple Treats at the Sugar House.** Ski, hot chocolate, treats. 11am-2pm. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.

MARCH

- 1-3 **Enliven Retreat: Weekend Yoga & XC Ski Retreat by Carrie Kaufman.** Relax, yoga, ski & fun. All-inclusive weekend. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- 2 **NYSSRA Nordic Championship 2019.** 5K/15K. Glenville Hills, Scotia. skireg.com.
- 9 **Lapland Ladies Love to Ski Clinic.** 9:30am-2:30pm. Skate technique. Lapland Lake, Northville. 518-863-4874. laplandlake.com.

- 9 **Adk Citizens Challenge Race Series.** 11am. 3K, 6K & 12K course for new & experienced skiers. Mt. Van Hoevenberg, Lake Placid. skivanho.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.
- 10 **Maple Treats at the Sugar House.** Ski, hot chocolate, treats. 11am-2pm. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- 16 **Lake Placid Nordic Festival.** Lake Placid Loppet: 50K & 25K citizen classic (9am) & freestyle (10:30am) races. Adk Citizens Challenge Races (1pm): 3K, 6K & 12K for new & experienced skiers. Mt. Van Hoevenberg, Lake Placid. skivanho.com.
- 16-17 **Camp Santanoni Winter Weekend.** 9.8M round-trip XC ski or snowshoe to see historic buildings. Newcomb. aarch.org.

HEALTH & FITNESS ONGOING

Daily Rock Your Fitness: Total Body Training. Six-week sessions: 1/14-2/23, 3/4-4/20 & 4/22-6/1. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.com.

JANUARY

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

HIKING, SNOWSHOEING, CLIMBING ONGOING

Sa-Su Discover Garnet Hill: Winter Weekend Guided Snowshoe Tours. Sat, 1pm: Hooper Loop & Balm of Gilead (2.5hrs). Sun, 10am: Hooper Mine (1.5hrs). Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.

JANUARY

- 12 **Historic Snowshoe Hike.** 10am-12:30pm. Reservations required. Pineridge XC Ski Area, East Poestenkill. 518-283-3652. pineridgexc.com
- 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.
- 18-20 **ADK Tug Hill Winter Outing.** XC ski/snowshoe. Dave White: 315-853-1070 or ccswhite@juno.com. adk.org.
- 19 **Moonlight Guided Snowshoe Tour.** 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 20 **Moonlight Guided Snowshoe Tour.** 5:30-7:30pm. Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.
- 26 **Winter 46 Workshop.** 9am. ADK Education Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
- 26 **Winter Wonderland Family Open House.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org.
- 27 **Ski-Orienteering on XC Skis or Snowshoes.** 11am-1pm starts (3hrs to complete course). Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.
- 27 **Sawteeth Mtn Guided Day Hike.** 11.8M. 8am. St. Huberts Public Hiker Parking Area, Keene Valley. ADK: 518-523-3480. adk.org.

FEBRUARY

- 7 **Mountainman Adventure Series: "Reel Rock" Film w/The North Face.** 7pm. World's most exciting climbers. Raffle tickets to benefit Access Fund. Bolton Landing Brewing samples. Limited seating; purchase tix at store. Mountainman Outdoors, Saratoga Springs. 518-584-3500. mountainmanoutdoors.com.
- 9 **Historic Snowshoe Hike.** 10am-12:30pm. Reservations required. Pineridge XC Ski Area, East Poestenkill. 518-283-3652. pineridgexc.com
- 9 **Moonlight Guided Snowshoe Tour.** 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 9 **Backcountry Snowshoeing for Beginners.** 9am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 10 **Hurricane Mtn Fire Tower Snowshoe Hike.** 6.8M. 8am. Trailhead, Route 9N between Keene & Elizabethtown. ADK: 518-523-3480. adk.org.

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- 16 Street & Nye Guided Day Hike. 9M. 8am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 16 Winter Wonderland Family Open House. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org.
- 16 Moonlight Guided Snowshoe Tour. 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 17 Phelps Day Guided Day Hike. 8.2M. 8am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 17 Moonlight Snowshoe Tour. 5:30-7:30 pm. Garnet Hill Lodge, North River.

MARCH

- 2 Starlight Guided Snowshoe Tour. 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 16 Tabletop Trailless Hike. 10M. 8am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 16-17 14th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.
- 23 Moonlight Snowshoe Tour. 5:30-7:30 pm. Garnet Hill Lodge, North River.
- 30-31 Wilderness First Aid. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.

APRIL

- 3-7 Five-Day Wilderness First Aid Responder Certification Course. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 6 Map & Compass Fundamentals. 9am. Education Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.

ICE SKATING & SPEEDSKATING

JANUARY

- 15 Free Try-It Speedskating Sessions. Saratoga Ice Rink, Saratoga Springs. 518-951-0702. saratogawinterclub.com.
- 26-27 Charles Jewtraw All Around. Olympic Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

FEBRUARY

- 9-10 Inaugural Metric Meet. Olympic Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

MULTISPORT: TRIATHLON & SWIMMING

ONGOING

- Sun Swim Clinics w/Hislop Coaching. 8-9:30am. 1/13, 20, 27; 2/10; 3/3, 10, 17, 31. Niskayuna HS, Niskayuna. 518-577-5889. hislopcoaching.com.

MARCH

- 3 SnoFatShu Snowshoe & Fat Bike Duathlon. 9am. Sat: IditaFat Bike Race. CCC Camp, Winona Forest, Mannsville. winonaforest.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.

APRIL

- 13 NY Duathlon Series #1: Hudson Valley. 2M run, 12M bike, 2M run. 9am. Wilson SP, Mount Tremper. 914-466-9214. coachmarkwilson.com.
- 27 KBR Ice Breaker Triathlon. 1M kayak, 13M bike, 2M run. Cassadaga. 914-466-9214. coachmarkwilson.com.

MAY

- 5 NY Duathlon Series #2: Hudson Valley. 2M run, 12M bike, 2M run. 9am. Wilson SP, Mount Tremper. 914-466-9214. coachmarkwilson.com.
- 19 American Zofingen Duathlon. Three distances to challenge every level racer. Stone Ridge. 914-466-9214. coachmarkwilson.com.

JUNE

- 1 9th Cooperstown Triathlon. 8am. Sprint: 750m swim, 11M bike, 3.1M run. Plus, aquabike, relay team & kids' triathlon. Glimmerglass SP, Cooperstown. 914-466-9214. coachmarkwilson.com.
- 12 Hudson Valley Tri Club Summer Series #1. 5:45pm. Wilson SP, Mount Tremper. 914-466-9214. coachmarkwilson.com.

- 22 Ticonderoga Triathlon Festival. 7:30am. Sprint: 750m swim, 12M bike, 5K run. Olympic: 1500m swim, 24M bike, 10K run. Plus, aquabikes & kids' triathlon. Sun, Sprint Duathlon: 2M run, 12M bike, 2M run. Combo categories available. Black Point Beach, Ticonderoga. 914-466-9214. coachmarkwilson.com.
- 29 Stissing Triathlon. 8am. 0.5M swim, 16.5M bike, 3.3M run. Plus, kids' triathlon. Pine Plains. 914-466-9214. coachmarkwilson.com.

JULY

- 20 10th Delta Lake Triathlon. 7:30am. Sprint, Olympic, Delta Double. Plus, kids' triathlon. Delta Lake SP, Rome. 914-466-9214. coachmarkwilson.com.

OTHER EVENTS

JANUARY

- 17 Presentation: Idiaride Sled Dog Race w/competitor Ken Hamm. ADK Schenectady chapter. Clifton Park-Halfmoon Library, Clifton Park. cphlibrary.org.
- 18-19 World Cup Freestyle Competition. Fri, moguls: Whiteface, Wilmington & Sat, aeriels: Olympic Jumping Complex, Lake Placid. whiteface.com.
- 19 Long Lake Winter Carnival & Fireworks. Cardboard sled races, snowball golf, ladies frying pan toss, wacky hat contest & ice carving. Free sledding & skating. Mt. Sabattis Geiger Arena & Pavilion Way, Long Lake. mylonglake.com.
- 19-20 USA Luge Challenge. 10am. Using plastic sleds to experience this Olympic sport. Team coaches/athletes scouting for young athletes (10+) who show potential. Free, no experience required. DJ and prizes. teamusa.org.
- 26 Winter Wonderland Family Open House. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org.
- 26 34th Grafton Winter Festival. 10am-4pm. Snow, food, outdoor fun: fat biking, snowshoeing, polar plunge, snow bowling, carriage ride, chili. Grafton Lakes SP, Grafton. facebook.com.
- 26-27 Long Lake Winter Birding Weekend. Outings, lecture, dinner. Adirondack Hotel, Long Lake. 518-624-3077. mylonglake.com.

FEBRUARY

- 1-4 39th Empire State Winter Games. 30 winter sports & 2,000 athletes. Lake Placid. empirestatewintergames.com.
- 1-10 Saranac Lake Winter Carnival. Many sporting events, gala & kiddie parades, general events & fireworks displays. Saranac Lake. saranaclakewintercarnival.com.
- 8-10 Old Forge Winter Carnival. Snowflake Derby, night skiing & skating, torchlight skiing & daredevil jumpers, parade, bonfire, fireworks, cardboard sled race & more. McCauley Mountain, Old Forge. oldforgeny.com.
- 15-16 World Cup Bobsled & Skeleton. Olympic Sports Complex, Lake Placid. whiteface.com.
- 16-17 Raquette Lake Winter Carnival. Kids' games, ladies frying pan toss, magicians, golf on the lake & fireworks. Raquette Lake. myraquettelake.com.
- 16-18 12th Lake Sacandaga Snowkite Rally. Great Sacandaga Lake. kiteclubny.org.
- 19-22 Winter Camp for Kids. Ages 7-15. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org.
- 23 17th Frozen Fire & Lights: Inlet's Winter Carnival. Flying kites (new). Free sledding, skating, snowshoeing, XC skiing, cardboard sled race, bonfire, fireworks & much more. Rentals at Pedals & Petals. Fern & Arrowhead Parks, Inlet. inletny.com.

PADDLING & ROWING

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.

APRIL

- 21 Little River Ramble. 1pm. Little River Boat Launch, Canton. slvpaddlers.org.
- 26-28 Canal Clean Sweep. Volunteer day, multiple locations. ptny.org/events.

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20th annual **Saratoga Winterfest 5K**
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16th annual **Camp Saratoga 8K**
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Info: **AdirondackRunners.org**

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Technical, gender-specific shirts to all by 5/15. Buses back to SUNY Adk starting at 10am.

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RUNNING, WALKING & SNOWSHOE RACING ONGOING

Tue Gore Citizen Snowshoe & XC Ski Races. 6pm. 1/22-2/19. Snowshoe or skate or classic ski. Gore Nordic Center, North Creek. 518-251-2411. goremountain.com.

Daily Fleet Feet Training Programs. 5K/10K & Marathon/half marathon. Spring info sessions & starts in early March. Fleet Feet, Albany & Malta. 518-459-3338 & 400-1213. fleetfeetalbany.com.

JANUARY

- 12 **33rd Winter Wimp 4.4M & 2.2M Road Race.** 1pm. Hagaman Fire House, Hagaman. Rick Vertucci: 518-857-9025. zippyreg.com.
- 12 **1st Gurney Lane Snowshoe & Fat Bike Day.** 10am: 5K snowshoe race. 12pm: group ride (no drop). 1pm: 5M & 10M fat tire races. 2:30pm: Frozen ring donut race (ride lap, eat donut, repeat). Dion Snowshoes rentals & Grey Ghost Bicycles demos available. Dion/WMAC Snowshoe Series. Gurney Lane Recreation Area, Queensbury. runreg.com & bikereg.com.
- 12 Snowman Scramble. 5K. Peter Blumette Park, Plattsburgh. adirondackcoastevents.com.
- 13 **Winter Magic 5K+ Snowshoe Race.** Dion/WMAC Snowshoe Series. Magic Mountain, Londonderry, VT. dionwmacsnow.com.
- 13 HMRRC Winter Series #3: 3M, 10K, 25K. 10am. University at Albany, Albany. hmrrc.com.
- 13 Recover from the Holidays. 5K loops up to 50K. Norrie Point SP, Staatsburg. mhrrc.org.
- 18 Nor'easter Snowshoe Series Night Race #1. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe.
- 19 **Fleet Feet Hot Chocolate Run Series #1.** 8am. All ages & paces welcome. Saratoga Spa SP, Saratoga Springs. 518-459-3338. fleetfeetalbany.com.
- 19 **Hoot Toot & Whistle 5K Snowshoe Race.** 10:30am. Dion/WMAC Snowshoe Series. Readsboro, VT. dionwmacsnowshoe.com.
- 19 iRun Local Grand Reopening Party. 10am-1pm. iRun Local, Saratoga Springs. 518-886-8537. irunlocal.com.
- 20 **Cock-A-Doodle-5K & 10K Snowshoe Races.** 10:30am. Kids' 0.5M Snowshoe Scramble: 10am. Dion/WMAC Snowshoe Series. New Land Trust, Saranac. 518-376-1809. cockadoodleshoe.com.
- 20 Stone Wall 5K & 10K Snowshoe Run/Walk. 10am. Empire State Snowshoe Championship. CCC Camp, Winona Forest, Mannsville.
- 20 NYRR Fred Lebow Half Marathon. 8am. Central Park, New York. nyrr.org.
- 26 Nor'easter Snowshoe Series. 5K/10K. 8am. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe.
- 27 HMRRC Winter Series #4: 3M, 15K, 30K. 10am. University at Albany, Albany. hmrrc.com.

FEBRUARY

- 1 Nor'easter Snowshoe Series Night Race #2. Midnight Madness. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe.
- 2 **Fleet Feet Hot Chocolate Run Series #2.** 8am. All ages & paces welcome. Troy Atrium, Troy. 518-459-3338. fleetfeetalbany.com.
- 2 **Polar Cap 4M Run.** 10am. Sacred Heart Parish Hall, Lake George. adirondackrunners.org.
- 2 Saranac Lake 4M Winter Carnival Fun Run. 10am. Ice Palace, Saranac Lake. saranaclakewintercarnival.com.
- 2 Slippery Slope 5K Run/Walk #2. 10am. Lake Placid HS, Lake Placid. active.com.
- 3 **20th Saratoga Winterfest 5K Snowshoe Run/Walk.** 11am. Saratoga Spa State Park, Saratoga Springs. Laura Clark: 518-581-1278. runsignup.com.
- 9 **16th Camp Saratoga 8K Snowshoe Run.** 10:30am. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 518-581-1278. runsignup.com
- 10 **USATF Adirondack 2019 Grand Prix Series Kick-Off Party.** 12-4pm. Register for races w/ discounts & giveaways. Fleet Feet, Albany. adirondack.usatf.org.
- 10 Frostbite 5K Run. Fire Station, Rouses Point. adirondackcoastevents.com.
- 16 **Fleet Feet Hot Chocolate Run Series #3.** 8am. All ages & paces welcome. The Egg, Albany. 518-459-3338. fleetfeetalbany.com.
- 16 **Stone Bridge Caveman 6K & Extreme Caveman 15K Snowshoe Races.** 10am. Dion/WMAC Snowshoe Series. Natural Stone Bridge & Caves, Pottersville. stonebridgeandcaves.com.
- 16 **1st "Fire & Ice" Beer Mile w/ Southern Tier Brewing.** 4pm. Part of Fire & Ice Celebration. Chautauqua Harbor Hotel, Celoron. 914-466-9214. coachmarkwilson.com.
- 17 HMRRC Winter Series #5: 4.5M, 10M: 10am. 20M: 9am. University at Albany, Albany. hmrrc.com.

- 22 Nor'easter Snowshoe Series. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe.
- 23 **Frigus 5K, 15K & Marathon Snowshoe Races & Festival.** 8am. Includes pasta dinner, unique medal & finisher medal. Dion/WMAC Snowshoe Series. Cortina Inn, Mendon, VT. endurancecommunity.org.
- 23 **31st CF Stair Climb.** First responders, individual & relay: 8:30am. Team relay: 9:30am. Individuals: 10:30am. Race up 42 floors to benefit Cystic Fibrosis Foundation of NENY. Corning Tower, Albany. 518-453-3583. fightcf.cff.org
- 23-24 **Adirondack Snowshoe Fest.** Sat: Runs/walks at Dewey Mountain Recreation Center, Saranac Lake. Sun: Run/walks at Paul Smith's College, Paul Smiths. adksnowshoefest.com.
- 24 **15th Brave the Blizzard Snowshoe Race.** 5K/5.5M. 10am. Dion/WMAC Snowshoe Series. Tawasentha Park, Guilderland. albanyrunningexchange.org.
- 24 Lake Effect Half Marathon. 9:30am. Also: Quarter Marathon, Virtual Half Marathon & Moose Mile. Liverpool. runsignup.com.

MARCH

- 2 **Garnet Hill Snowshoe Race 5K.** Great food & drink. Dion/WMAC Snowshoe Series. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- 2 **Fleet Feet Hot Chocolate Run Series #4.** 8am. All ages & paces welcome. Saratoga Spa SP, Saratoga Springs. 518-459-3338. fleetfeetalbany.com.
- 2 Slippery Slope 5K Run/Walk #3. 10am. Lake Placid HS, Lake Placid. active.com.
- 3 NYRR Washington Heights Salsa, Blues & Shamrocks 5K. 9am. Manhattan, New York. nyrr.org.
- 9 Runnin' of the Green. 4M. 10am. Shalmon HS, Rotterdam. hmrrc.com.
- 15 Nor'easter Snowshoe Night Race #4. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe.
- 16-17 **14th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.
- 17 Shamrock Shuffle 5K. 11am. Valcour Brewing, Plattsburgh. runsignup.com.
- 23 **39th Doc Lopez Run for Health.** 13.1M: 9am. 1M Walk: 10am. 5K: 10:30am. Elizabethtown. 518-637-7102. doclopezrun.com.
- 30 **10th Schenectady Firefighters' Run 4 Your Life 5K Run/Walk.** 9:30am. Kids' Run: 10:30am. Chowderfest. Central Park, Schenectady. neverfightalone.org.
- 30 Ice Breaker Challenge 5K. Corning Preserve, Albany. albanyrowingcenter.org.
- 31 Shamrock Shuffle 5M Race. 10am. Plus, Leprechaun Leap 7/8M Kids Run. Glens Falls HS, Glens Falls. adirondackrunners.org.

APRIL

- 6 **40th Salem April Fool's Race.** 10K race: 9am. 5K race/walk: 10:30am. 1M kids' race: 10am. Salem High School, Salem. aprilfoolsrace.com.
- 7 Delmar Dash. 5M. 9am. Bethlehem MS, Delmar. 518-265-2530. hmrrc.com.
- 13 **Blue Needs You 8K Run.** 8:30am. Proceeds benefit Code Blue Saratoga emergency homeless shelter. High Rock Park, Saratoga Springs. codeblueneedsyou.org.
- 13 Helderberg to Hudson Half Marathon. 8am. Wallace Town Park, Slingerlands to Jennings Landing, Albany. helderbergtohudsonhalf.com.

MAY

- 5 **10th Plattsburgh Half Marathon, Two-Person Relay, 10K & 5K.** 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.

JUNE

- 22 **2nd Adirondack 15K Race to the Lakes.** 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. 518-331-8864. active.com.

OCTOBER

- 13 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** Registration is open. Schenectady & Colonie to Albany. 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. We reserve the right to publish/edit as appropriate.

Saturday, March 30 @ 9:30 am
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AdkSports.com/summer-expo-attendees

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Saturday, March 23 • Elizabethtown, NY

13.1M: 9am - Keene Valley to Elizabethtown via NY Rt. 73 & 9N
*Bus leaves Elizabethtown at 8:30am for Keene Valley

1M: 10am & **5K:** 10:30am - Elizabethtown

Each participant receives a finisher's medal and a gift!

Register: **RunSignup.com**

More Info: **DocLopezRun.com**
Register by March 8 for best price!

31st Annual CF Climb
To benefit the Cystic Fibrosis Foundation of Northeastern New York

Saturday, February 23, 2019 Corning Tower, Albany
Check-in Begins: 7:30 AM

First Responders: Individual & Relay - 8:30 AM
Team Relay - 9:30 AM
Individuals - 10:30 AM

Check-in one hour to race time

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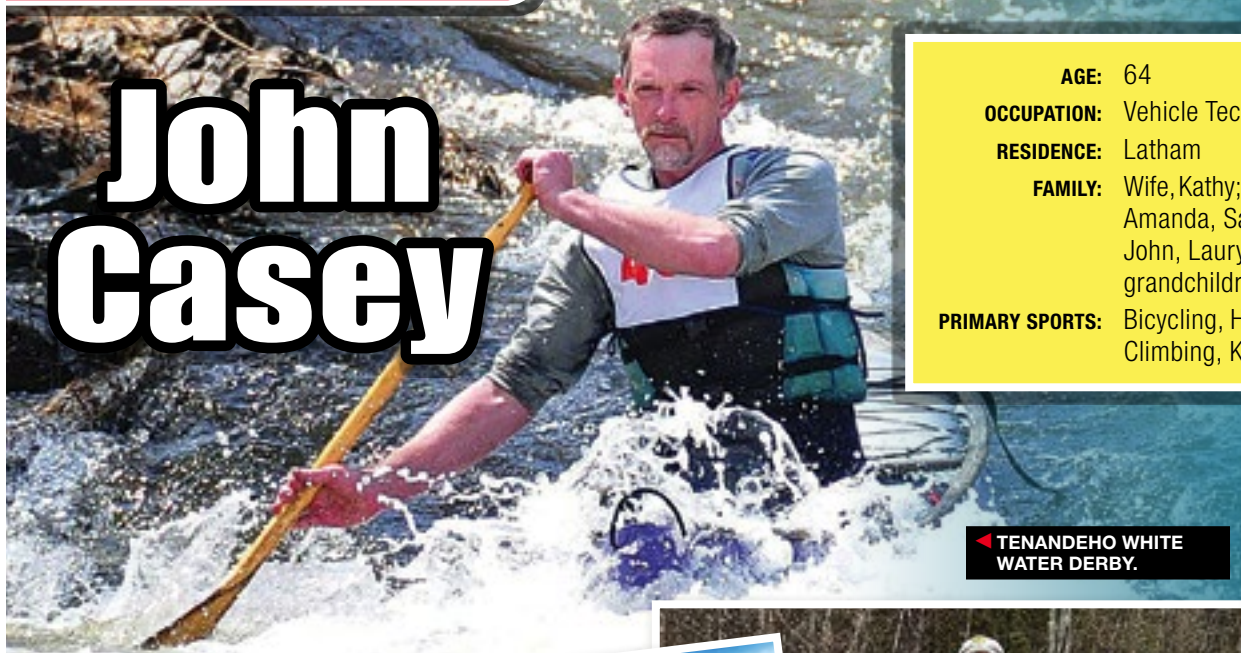
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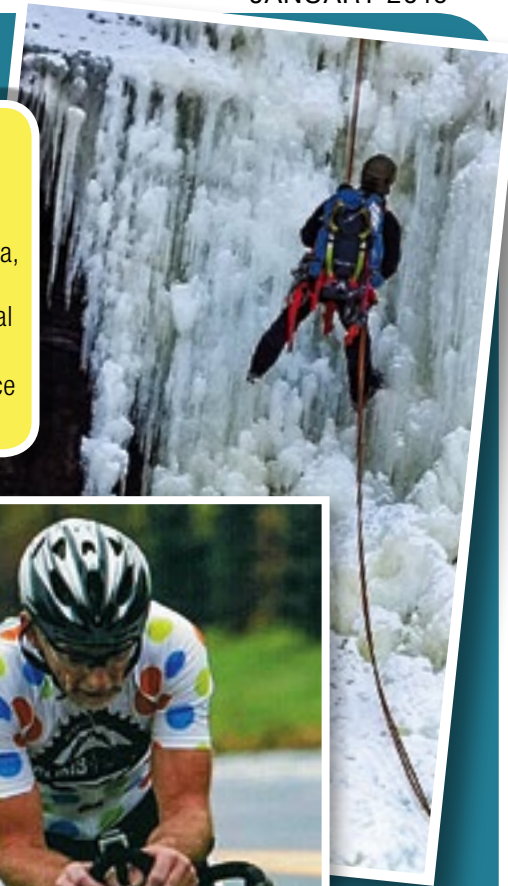
ATHLETE PROFILE

John Casey

AGE: 64
OCCUPATION: Vehicle Technician
RESIDENCE: Latham
FAMILY: Wife, Kathy; children, Gloria, Amanda, Sam, Hannah, John, Lauryn; and several grandchildren
PRIMARY SPORTS: Bicycling, Hiking, Rock/Ice Climbing, Kayaking



◀ TENANDEHO WHITE WATER DERBY.



▲ ICE CLIMBING IN THE ADIRONDACKS.
 ▲ ADA TOUR DE CURE.



▶ GRANDSON BRADY (YELLOW) AND FRIEND.



◀ JOHN AND KATHY.

By Skip Holmes

When I first met John at a Tour de Cure event I had no knowledge of his diversified and very active lifestyle. John has ridden in the Saratoga/Capital Region Tour de Cure for 14 years for his wife, Kathy, who has diabetes. He raises significant funds for this cause and currently is part of the Kivort Steel Cycling Team, which fundraises for the American Diabetes Association. His training time on the bike is usually in preparation for the Tour de Cure and that keeps him in shape for all the other activities he engages in.

John typically rides about 1,500 to 2,000 miles a year on his road bike. Many of those miles are accomplished riding from home to work and back. The ride home is less than 10 miles but has a variable distance depending on his work day. He described a tough day as having a 20-mile return trip, while a really bad day provides a 40+ mile ride home to work off the daily stress. He started cycling as a youngster and as many of his age will attest to, you were allowed to ride all day, but better be home when the street lights turn on in Troy and Cohoes where he grew up. He also spent time with the family outside on hikes and picnics when growing up.

John's active lifestyle clearly resonated with me in many ways. He is also a hiker, paddler, rock and ice climber as well. Staying involved with outdoor activities was a challenge while raising six children so cycling took a back seat for many years. He started hiking in the Adirondacks when a friend asked him if he wanted to go on a hike in the High Peaks. His first hike was Phelps Mountain in 1999. As many of you will agree, that first hike started a quest to climb more of the High Peaks and become an ADK 46'er. To date he has completed the winter 46 twice and is working on his second round of hiking the 46 in the summer season.

Many 46'ers have tales of mishaps and misadventures. In 2013 John and a hiking partner were headed towards Mount Marshall and several other nearby peaks. They split up so his partner could climb a peak that John had already completed, while John continued on to summit Marshall, and then headed back down to the agreed meeting point. When the hiking partner failed to return John decided to go look for him. After following what he thought were fresh footprints in the mud he decided to drop his pack, go up another peak and look around. After ascending that peak, he realized that he was not going to find his partner, so he started to head back-down towards where he dropped his pack as darkness approached. It was getting late and his headlamp was in his pack along with all the other gear that would be necessary to spend the night outdoors.

He found a spot to build a shelter, spent the night in 50-degree temperatures and at first light headed back down, picked up his pack and returned to the Adirondack Mountain Club lodge. He spoke with a forest ranger about his missing hiking partner and learned that the rangers were about to organize a search to look for John. He also learned that his hiking partner had spent the night at the ranger outpost eating a hot meal and sleeping on a warm bed before returning to the ADK lodge. Fortunately both survived the experience and a search was unnecessary.

When you spend significant time in the Adirondacks meeting others who enjoy the outdoors there is a likelihood that you will get exposed to other challenging sports. John was introduced to ice climbing and became hooked. In some ways it is just an extension of hiking in the High Peaks, where you need an ice axe and crampons to get up and down some of the steeper slides, when they are

covered in ice and snow. So the next step is acquire more gear and start to scale some of the amazing waterfalls that develop in the winter months. He has been ice climbing for about 12 years and that has been sufficient time to both develop his skills and have at least one significant fall. While John and a group of five others were climbing a section of ice called 'Wild West,' he took a 25-foot fall landing at the base of the waterfall in about four feet of powder snow, and managed to walk away with minor injuries.

As with many experiences there is always a valuable lesson learned from such an incident. In recent years, as the Adirondack ice became more unpredictable and less available given the changing climate, John started venturing into the rock climbing gym to enjoy the vertical challenge. He has recently introduced one of his grandsons, Brady, age 15 to the climbing gym and it seems his grandson is enjoying quality time with his grandfather. He has also brought his younger grandson, six-year old Chaz, on the hike up to Hadley Mountain fire tower and this past year they hiked Crane Mountain together. Seems like this youngster will soon be working on his 46er badge.

One of John's winter hikes last year was with Brady and two other hikers on Giant Mountain and Rocky Peak. They were headed down in the dark with headlamps which can be a long hard winter hike. Brady kept falling behind and the group waited numerous times for the grandson to catch up. Near the bottom, about the last 40 minutes before the parking lot, the group was waiting too long and John became concerned about Brady. Two other hikers passed by and said Brady did not look very good and he was sitting down on a log. John told the others to continue down and wait in the parking lot, while John ran back up the mountain to find Brady.

The others waited a very long time for John and his grandson and they became concerned enough that they were considering heading back up the trail to find them. Just then they saw headlamps with John carrying two backpacks weighing about 45 pounds each with Brady following behind. It turned out that Brady was exhausted and John carried his and Brady's backpacks the rest of the way out. They made to back to the car but it was obvious that John was also exhausted from carrying two backpacks.

When you like to spend time in the Adirondacks, there is this desire to have a base camp there. John and his family have a place near Lake Luzerne and can be found there any time of the year. Being near many of the lakes and rivers has also influenced John's water activity. He described his garage in Lake Luzerne as a place to store all his canoes and kayaks. Heck, who puts a car in a garage these days anyway? John's primary watersport is whitewater kayaking and he has several whitewater boats to choose from. He also has several styles of canoes to use depending on what the water conditions are. John is a handy guy with tools and has built several cedar strip canoes that are quite beautiful and get used regularly. He belongs to a small white water racing club and has organized the Tenandeho Whitewater Derby in Mechanicville (tenandeho.org). When the kids were younger the family would paddle down the Battenkill River, take out the boats and then hike back to get their vehicle.

When I asked John if he has tried Nordic skiing, he smiled and said, "Sure but only once last year." I had to laugh and remind him that it was not a very good season for cross country skiing with the lack of sufficient snow. John is a guy who spends serious time outside enjoying all that he can fit into his weekends. He is one of those guys who has what we call a "well-rounded Adirondack resume." 🌲

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



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HIKING & SNOWSHOEING



Discovering "Town Line Ridge"

By Bill Ingersoll

Some time ago I was scrutinizing aerial imagery of the Silver Lake Wilderness, and I noticed an unusually bald summit on a small, unnamed ridge south of the hamlet of Wells. In an area known for its vast, mature forests, this knob of rock stood out. I knew that eventually I would have to go there in person to see what it had to offer.

That opportunity came in November, when in the aftermath of an early snowstorm I returned to the Blackbridge area to see what there was to see. I had been to all of the other mountains in the Silver Lake Wilderness with known views, including many gems that are among my favorite bushwhack destinations in the Adirondacks, so I was eager to see someplace new.

I was optimistic about this little summit because of the sheer amount of rock that had been visible from above. What I found was a gem, and perhaps the most accessible of Silver Lake's off-trail scenic ledges. Since it doesn't have an official name, I have been calling it "Town Line Ridge" because of its location on the boundary between Wells and Hope in southern Hamilton County. You do have to bushwhack to find it, but the distance is short and the woods are wide-open.

GETTING THERE

The best place to access Town Line Ridge is from the plowed parking area at the end of Hernandez Road in Blackbridge. From NY Route 30 in Wells, turn west onto Algonquin Drive beside the dam on Lake Algonquin. Then turn left onto West River Road at 0.7-mile, and continue southwest to Blackbridge at 2.4 miles. Turn left to cross the bridge over the West Branch Sacandaga River, and immediately bear left again on Hernandez Road. Follow this road to its end, which is a wide turn-around area.

THE BUSHWHACK

From the end of plowing on Hernandez Road, two narrow tracks branch ahead into the woods; they form a 0.5-mile loop through the scrubby woods that now cover one of the farm sites.

To find the mountain, follow the track to the right, which leads southeast along the foot of Devorse Mountain. At 0.2-mile you reach another fork located near an old sand pit, where you should bear right off the loop trail. This fork follows a lesser woods road past a "Wilderness Area" sign for 400 feet to the side of Vly Creek. This part of the route is shown in yellow on the accompanying map.

This small stream, which tends to run wide but not very deep, will likely be the biggest obstacle of the day. You have to cross this stream, and ice bridges are not always



PHOTOS BY BILL INGERSOLL

available. I usually have good luck finding a way across by heading upstream; there are logs and rocky sections where somehow, some way, a means to cross to the far bank presents itself. But if you are here on a winter snowshoe trek, you might prefer to avoid arriving in the middle of a major thaw.

Once across the creek, continue easterly across the foot of Rooney Hill until you reach the next valley. The woods are all open here, with lots of deer tracks and almost no understory. Look for a medley of hardwoods with copious amounts of hemlocks; this is yet another section of the Adirondacks that will be devastated if and when invasive forest pests ever find their way here. Enjoy the gorgeous forest while it lasts, and hope for the best.

Cross the tributary stream in this valley - there are plenty of fallen logs ready to serve as bridges, for those with good balance - and follow it southeast. This valley follows the foot of Town Line Ridge, although from down here your destination will not look like much. And therein lies a challenge: the rock knob you are seeking is nearly invisible until you are standing in front of it, and so navigating by terrain observation will not be so straightforward.

On both of my visits, I have worked my way up the hill on the north side of the valley at an angle, aiming for a saddle in the ridgeline just west of the main summit. From there I keep climbing east through the open hardwoods. Even in the openness of winter, with no foliage to get in the way, the knob does not appear until you are very close to it. With an otherwise broad and gently rolling summit, the knob appears like a rock wall hidden in the woods. It is steep, so you will need to flank it and follow the crest to the highest point.

You will have no problem recognizing the summit when you find it, as there is a 180° view to the west that includes much of the wilderness interior. With the help of a map, you can easily identify Wallace, Three Ponds, Vly, Devorse, Finch and Hamilton mountains, among others.

Behind you is the Sacandaga River, which you can hear perfectly well even if the view is mostly obscured in that direction.

Most of the landscape within view of Town Line Ridge is richly forested, making this knob an anomaly; this was one of the few places in the Silver Lake area that was burned by the great forest fires of 1903. There is little risk of this vista growing in any time soon. The ample parking, relatively easy terrain, and proximity to Wells would seem to make this a good candidate for a formal hiking trail someday.

VLY CREEK FALLS

As if the lure of scenic summit weren't enough, there is also a 30-foot waterfall located very close by on Vly Creek. Finding it hardly takes you out of your way; you can visit both the mountain and the waterfall and be out of the woods in time for a late lunch in town.

Return to Vly Creek and follow it upstream; the falls will be more photogenic from the west bank, but snowshoers find the walking much easier by following a bench in the hillside along the east bank. Within minutes the valley narrows into a V-shaped gorge, and you pass a rock ledge on the right, shortly before reaching the top of the waterfall. To see it, however, you have to scramble down the steep slope to its base.

What makes this cascade distinctive is its orientation; rather than spilling over the headwall of the gully, it comes down one of the side walls. The flow of water in this stream is not that large, so the cascade may appear completely frozen in the winter. ❄️


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

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Make 2019 a Year to Remember!

Race Options and Consistency

By Shelly Binsfeld

To register or not, that is the question. This goal or that goal, which one should I do? The options are swirling around, whether you're a runner or multisport athlete. One training group is running the Philly Marathon this year, another one is going for casual 5Ks, you are stuck in between not knowing which to choose.

All the while your heart has been yearning to try a mountain trail race. Indecision can cripple your actions and fill you with regret. Press the pause button and evaluate your options with a new set of criteria. These questions will lead you through your passions, secret wishes, and abilities, hopefully revealing the set of races that will make 2019 a year to remember.

FORMULATING A RACE SCHEDULE

- Which do you love – distance or speed? And what race would highlight that love?
- Which do you need – distance or speed? And what race would help you focus on your need to train in that area of running?
- What race will encourage you to train at 5am or stay out on the trails after work?
- Will training for this race or distance prepare you to accomplish your lifetime running goals?
- Does your coach or experienced training partner agree that your top choice is within reach?
- What race will be a beneficial stepping stone to another important race that you have already listed?
- What race would you go out of your way to participate?
- What race can you give back to the running community through volunteering?
- Who is a beginner runner that you know and in which race could you participate together?
- If this was your last chance to race, what event would you participate in?

Take your new list of races and put them in order from most important to least important. Eliminate any race over the 5K distance that overlaps within a month of another more important race.

With your list of races written down, look for an overarching theme. Decide on

your 2019 training or racing goal by basing it off the theme. These themes usually entail a specific race time or distance. I would suggest targeting the process versus the outcome, therefore selecting an injury free season over a personal record. Often a consistent injury free training season leads to a finish line time you have never seen before. When selecting a goal that includes a longer distance than you have trained in the past, give yourself extra time to prepare and more accountability. Both are needed in order for you to reach your intended target.

Perhaps, think beyond a performance themed large goal to an impact-oriented themed large goal. How can you give, share, and encourage running to those near and far? Look for opportunities to support other runners in their endeavors. Whether it be one entire season or one run a week, your perspective on running can be renewed and deepened through seeing the impact of running in other people's lives.

Continue reviewing your list of races in order to identify three small goals that provide the steps of improvement or opportunities needed to achieve the larger goal. Most runners would benefit from improved strength or mobility in order to keep uninjured. Selecting a new yoga, Pilates, or personal training session as one of your small goals can help to support your larger goal. Or, deciding on a 1:1 ratio of participating to volunteering in races will add to your circle of friends, and give you the chance to witness other's inspiring triumphs. Make these small goals new and intriguing, creating an adventure to embark upon.

Through answering these questions and

evaluating your list, you can discover the races to register for and the goals to keep you focused, setting you up for an experience to remember. Put your heart into it each and every day, whether it be through hard work or rest.

HOW TO PREPARE

Since consistency is the key to a successful season, what is the key to consistency? Consistency lies in the balance of smart caution and motivation.

When a runner only runs and runs beyond what the body can recuperate from, then it has to stop and take extra time to mend, therefore throwing off the rhythm of training and resting. Consistency will happen when you rest appropriately. If running higher mileage just puts you into a deficit, then run a medium level of mileage, and cross-train using a sport that will strengthen your body in an alternative manner. Resting within your training schedule does not just include "no run days," but also an appropriate amount of sleeping hours. When training for a half-marathon or marathon, schedule an additional hour of sleep per night. Under-recovered is just as harmful to your body as overtrained.

Consistency also needs motivation; a reason to break through the excuses or tiredness, and put in the work needed to improve. Aligning your actions with your purpose in the sport will help you find motivation. If the reason you run is for the social interaction, prioritize attending group runs. For some, the purpose of running is fitness. If that's the case, vary your runs which will result in adaption and growing stronger. The positive results will fuel you with more motivation.

Over the years, my training logs are marked by the struggle of balance. This season has been filled with the intention of running three days and Nordic skate skiing the other days of the week. However, either the cold wind has kept my running to the minimum or the warm temps have tempted me to ski all weeklong. Running and skiing together day after day, or only performing one sport all week, wears my body down to the level of exhaustion. My need for rest clobbers my desires and I am hunkered down until I can recuperate.

Seek to balance motivation and rest. When you balance these two elements of training, you will find a symbiotic rhythm. Therefore, training and resting in the right portion. During this winter season, holding back my eagerness and excitement for skiing or running, and allowing them to take turns will help my winter season training be consistent. In the spring, I will need to allow for more recovery runs between intense workouts, as the excitement of the season fuels my motivation – and shades my smart caution.

What combinations have helped you be consistent during the different seasons? Look through your training logs to see where you had a good rhythm going, and tap back into that combination in order to have consistency in your 2019 training! 🌲

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

CROSS COUNTRY SKIING *continued from page 1*



grip and they're really fast! The only drawback may be some possible icing in wet or near freezing conditions, so keep some glide product handy to add to the skin section of the ski – and you'll be all set.

The Adventure – Not only is there a seemingly endless supply of Adirondack and Catskill backcountry trails and ski routes, but advances in electronic navigation have made some bushwhack skiing routes very attractive. With smart phones and tablets, map applications and satellite imagery (check out the hardwoods vs. the thicker pine forests), skiers can traverse frozen ponds and swamps in winter that would be impossible in the warm months.

Social and Family Friendly – Shared ski adventures with friends and family are the best winter fun! The entire family can cross country ski – even toddlers can be pulled in pulk sleds (usually available to rent at ski area). Many ski centers will have organized clubs or activities for children and seniors with weekly ski or snowshoe events.

GETTING STARTED

Ski Centers – The best place to begin cross country skiing is on groomed trails at ski centers. They will have a warming lodge,

rental equipment, ski lessons, food service, and even overnight lodging. Many areas also sell XC ski equipment, so you can try different types of gear right on the snow, and decide on what's best for the skiing you plan on doing. Lessons are invaluable in making a switch, and ski centers will usually have a discounted first-timer package with rental, trail fee and a lesson. Ski centers are often the best sources for information on nearby backcountry ski routes, snow and trail conditions.

Snowmaking – ORDA has been making snow for years at Gore and Whiteface, and for races at the Olympic Ski Jumping Complex. Now, Mt. Van Hoevenberg and the Gore Nordic Center (North Creek Ski Bowl) both have snowmaking on Nordic ski trails. The Gore trails are also lighted for night skiing and have been a hotbed for high school, college and citizen races.

Weather, Ski and Snow Reports – With this era of climate change, snow and ski conditions can change rapidly. Start with snocountry.com and also the I LOVE NY Snow Phone: 800-CALL-NYS (800-225-5697, option 3). For the absolute latest ski reports, visit the ski center's website or

call them directly. Facebook has become a great resource for ski reports, just "Like" your favorite ski center for updated posts right in your newsfeed. Weather reports and forecasts are almost everywhere online; try Weather Underground for location-specific, hourly forecasts – great info for ski waxing.

Backcountry Skiing – Aside from equipment, ski technique, route finding and map reading, being prepared with a well-equipped daypack is lifesaving. Always carry a headlight, extra clothes, matches, the map for the area you're in, extra socks, ski and binding repair tools, food and water (you may have to keep it insulated from freezing). Someone in your group should have a first aid kit. Cell phones can help in an emergency, *if you have service* – keep them warm to preserve battery life. A good number to add to your phone is the NYS DEC Ranger Dispatch in Ray Brook: 518-891-0235. Any higher angle tours (steep slopes) can be avalanche prone and skiers have died – yes, even in the Adirondacks. Don't stumble onto an unfamiliar slope or trail unprepared or above your ability and knowledge.

Clothing – You probably already have some ski clothing, but ditch the heavy jackets

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and insulated pants. Lightweight synthetic clothing is best – non-cotton long underwear, fleece and windproof shells, and shell pants are good choices. Don't forget a hat, quality lightweight gloves and sunglasses.

Snowshoeing – This is also a great way to get out in winter, and enjoy the benefits of trails and fitness, without any of the technique and equipment requirements of skiing. XC ski centers are the best place to get started snowshoeing with rentals, helpful hints and dedicated snowshoe trails.

For the best backcountry knowledge, equipment rentals and local maps, visit the full-service ski centers with ski shops – Garnet Hill Lodge in North River, Lapland Lake in Northville, and Cascade in Lake Placid – plus, High Peaks Cyclery in Lake Placid. For backcountry, also consider these shops: The Mountaineer in Keene Valley, High Adventure in Latham, Sports Page and Inside Edge in Queensbury, Alpine Sport Shop in Saratoga Springs, and Mountainman Outdoors in Saratoga Springs and Old Forge. Other quality ski centers include Mt. Van Hoevenberg in Lake Placid, Dewey Mountain in Saranac Lake, Osceola Tug Hill in Camden, and Pineridge in East Poestenkill.

Want to find a great backcountry ski adventure? Check out these classic books for trail descriptions and maps: *Ski and Snowshoe Trails in the Adirondacks* (ADK) by Tony Goodwin, and of course, the *Discover the Adirondacks* (Wild River Press) book series for year-round use by Bill Ingersoll. Bill has also authored *Snowshoe Routes: Adirondacks & Catskills* (Mountaineers). Rich Macha also has excellent backcountry skiing contributions to this magazine – see past issues on adksports.com. Visit your local bookstore, outfitter or adk.org, hikethead-ironclads.com or mountaineersbooks.com.

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