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2019



SUMMIT SKIER AT GORE MOUNTAIN.

## Celebrate Winter

## Enjoy the Snow and Ice!

By Darryl Caron

### CONTENTS

- 1** **Celebrate Winter**  
*Enjoy the Snow and Ice!*
- 3** **Cross-Country Skiing**  
*Adirondack Backcountry Trails Update*
- 5** **News Briefs**
- 6-9** **CALENDAR OF EVENTS**  
*February to May Things to Do*
- 11** **Athlete Profile**  
*Find That Challenge and Rise: Ironman Holli Mulholland*
- 13** **Recreation**  
*Indian Kill Nature Preserve and Empire State Aerosciences Museum*
- 15** **Non-Medicated Life**  
*Why I Practice Lifestyle Medicine*
- 17** **Nordic Skiing & Snowshoeing**  
*Gore Ski Bowl and Mt. Van Ho Citizens Races*
- 19** **RACE RESULTS**  
*Top Finishers in a Variety of Races!*
- 19** **From the Publisher**

**AdkSports.com**  
Facebook.com/AdirondackSports

**O**ur winters are short and spring is just over a month away so get outside and make your own adventures. Many locals and visitors ignore the naysayers and celebrate winter with upstate New York destinations, activities and events.

It's a great time to get family and friends outside. Whether you cruise the wintery trails by ski, sled, snowshoe, fat bike or dog sled, upstate New York has it all. With affordable lift tickets, trail passes, rentals, and a great variety of events, planning your next winter day or weekend trip has never been easier. It's no fun being cooped up inside all winter. Get out of your home, office or gym, and try some of these ideas for winter outdoors.

#### SKIING AND SNOWBOARDING

With dozens of ski centers and hundreds of combined ski trails, it is no wonder that New York boasts some of the best skiing and riding, welcoming families, friends or groups. Go enjoy a day at Whiteface, Gore, McCauley, Willard or other ski areas, and experience everything from gentle slopes to challenging steep. Be sure to check out their websites for midweek and March savings, ski lessons, learning camps, ski and stay deals, trail conditions, and special events of all kinds!

Remember your local ski shop or outfitter for mid-season sales on alpine and cross-country ski gear, clothing and accessories, ski demos for test drive, and ski tune-up specials. We're gifted with many great retailers, including High Adventure, Play It Again Sports, Alpine Sport Shop, Inside Edge, Mountainman Outdoors, High Peaks Cyclery, Berkshire Outdoors - and shops at the ski centers.

#### CROSS-COUNTRY SKIING

With many Nordic centers and hundreds of kilometers of groomed cross-country ski - and snowshoe - trails across our region. Plus, some areas offer many miles of backcountry ski tours, what better way to get out to enjoy winter and cross-train for your favorite summer sport!

Whether you are looking for a peaceful trail winding along frozen rivers, groomed and track set trails, or a day of challenging adventure, visit Mt. Van Hoevenberg, Lapland Lake, Garnet Hill, Osceola Tug Hill, Dewey Mountain, Pineridge, McCauley Mountain, Cascade or other ski centers. The town of Inlet offers free XC ski and snowshoe trails, ice skating rink with warming hut, and sledding hill for the whole family. Long Lake, Raquette Lake and Old Forge are also popular destinations for skiing, snowshoeing, sledding, skating and more.

The Lake Placid Nordic Festival, featuring the historic Lake Placid Loppet 50K and 25K citizen classic and freestyle races, is on Saturday, March 16. There will also be Citizen Challenge Races/Tours of 12.5K, 6.25K and 3K distances. It falls on St. Patrick's Day weekend so plan on Irish themes and wearing green

Or, try backcountry, alpine touring or Telemark skiing with a downhill, XC ski center or guide service such as High Peaks Mountain Guides that offers rentals, lessons, instruction and shuttles - ideal for individuals or groups. The Adirondack Mountain Club also offers introductory courses and workshops in Lake Placid and Lake George.

See **CELEBRATE WINTER** 16 ►



**OUR GOAL IS TO CREATE A LIFE-LONG LOVE OF SKIING.**



**WEE SKI**

A "mom and me" program for ages 2 to 4 (dads and grandparents welcome) designed to introduce toddlers to skiing and snowshoeing in a fun, age-appropriate environment.

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A program for ages 5-11 to launch a life-long love for cross country skiing. Games, fun drills and experience will develop skills and confidence for skiers to take in any direction.

**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.

For more information on these and other programs:  
SkiVanHo.com



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**CROSS COUNTRY SKIING**

◀ ENJOYING A SUNNY SKI DAY AT THE ESSEX CHAIN OF LAKES.

▼ RABBIT POND TRAIL. PHOTOS BY RICH MACHA



# Adirondack Backcountry Trails Update

**By Rich Macha**

**C**ross country skiers have not been forgotten in the Adirondacks. The Adirondack Park Agency and the Department of Environmental Conservation are working on a guidance plan to update ski trail design, construction and maintenance on NYS Forest Preserve lands. Designated ski and ski/hike trails will be placed into three categories: “Ski Touring Trails” will generally be six to eight feet wide, steeper “Backcountry Ski Trails” will be eight to nine feet wide, plus there will be a “Skin Tracks” category for steep uphill travel. A public comment period ended on February 1st.

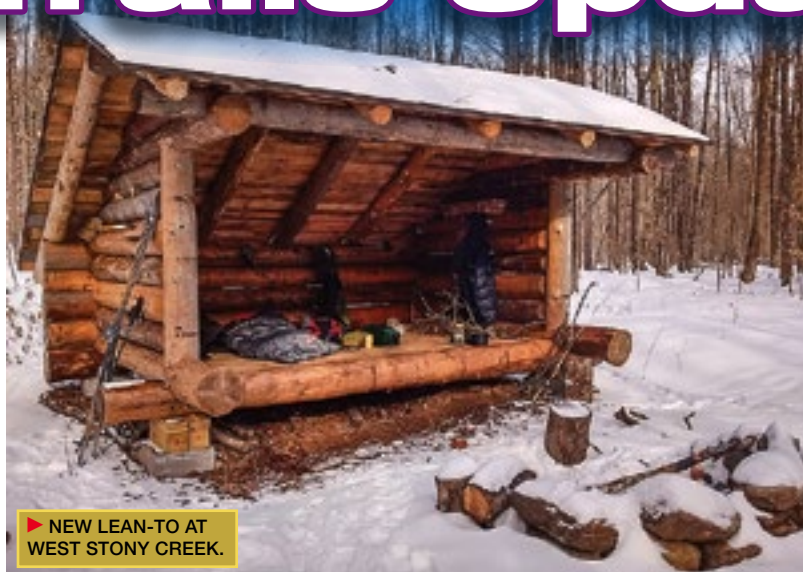
New areas of state land, such as the Boreas Ponds Tract, offer the winter adventurer new experiences and opportunities for exploration. Changes occur from time to time on new and old state lands and I will cover some of these here.

In the greater Lake Placid area, skiers should take note that the Whiteface Veterans Memorial Highway toll road is being plowed on weekdays for work that is being done near the summit. Also, a court decision has determined that the Mountain Road section of the Jackrabbit Trail, which passes through the Sentinel Range Wilderness in between Lake Placid and Keene, is a town road and was never abandoned. Thankfully, the towns at each end do not plan to open the road/trail to motorized vehicles so skiers can enjoy this section in peace as they have done for many years now.

Quite a number of folks have been skiing Gulf Brook Road to access the Boreas Ponds and their inimitable view of the High Peaks. The state does plan to build a 7.5-mile ski/hike trail to the ponds sometime in the near future and Gulf Brook Road will likely become a snowmobile trail. An accessible lean-to will be erected at the ponds later this year. Not everyone likes skiing on a road or doing a 14-mile round-trip, so there are other options in the area. To the east, west of Elk Lake Road, is the Ragged Mountain Road that generally follows The Branch and its scenic rapids in a northerly direction – skiing is easy as you gain about 250 feet in the first two miles.

To the west of Gulf Brook Road, in the Vanderwhacker Wild Forest, a new trail leads 2.3 miles to a recently built lean-to at Wolf Pond. The skiing is intermediate in difficulty, and the pond lies just three miles south of the Boreas Ponds, so has similar views except that the peaks are just a bit more distant. The start of the trail is on the east side of the bridge over the Boreas River.

Another new addition to the High Peaks Wilderness is the MacIntyre West Tract in Tahawus. The trailhead is the same as the



▶ NEW LEAN-TO AT WEST STONY CREEK.



▼ MACINTYRE WEST.

Bradley Pond trailhead that hikers use to access the Santononi Range. Skiing is on a woods road for the first four miles but trails lead off to places such as Lake Andrew. The hunting camps in this tract were to be removed by September 30, 2018 but a few still remain to be dismantled as of this writing. For the adventurous, a long through trip is possible over to Newcomb Lake and the Santononi Great Camp.

In nearby Newcomb, skiers can enjoy the woods roads of the Essex Chain Lakes Complex. From Goodnow Road, ski on Chain Lakes Road North for 1.3 miles, then take a right. After another 1.2 miles, a road leads right and continues along the west side of Sixth and Fifth Lakes, then a left turn brings you to the culvert between Fourth and Fifth Lakes. The camps of the Gooley Club have been removed from the east shore of Third Lake and an accessible lean-to is planned for that site in the future. The skiing is good for novice skiers.

Also starting on Goodnow Road is the relatively new Upper Hudson Loop Trail, a 4.2-mile lollipop route good for intermediate skiers that takes you past a wild section of the Hudson River.

Heading south to North Creek, recent plans for changes to the Gore Mountain ski area called for expanding into the Vanderwhacker Wild Forest, around the area of Rabbit Pond. After DEC received a small number of comments on the matter from myself and a few others, I believe we were able to save Rabbit Pond and its trail, which connects with the Raymond Brook Ski Trail and the Ski Bowl Connector Trail. The combination offers some of the best skiing in the Adirondacks for advanced intermediates and expert skiers. The Raymond Brook Ski Trail has a 1,300-foot elevation change from its



◀ OLD RESCUE SLED SPOT ON THE RAYMOND BROOK SKI TRAIL.

high point down to the Ski Bowl, and there is a 1,600-foot drop going from Ive’s Dam on the Schaefer Trail, down to the Ski Bowl via North Creek Reservoir and Rabbit Pond. The North Creek Business Alliance runs a shuttle bus on weekends and holidays that picks up skiers at the Ski Bowl at 11:30am and drives them to the start of the Raymond Brook Ski Trail on Barton Mines Road – a \$5 donation is asked.

In the southern Adirondacks, a new section of the Northville-Placid Trail in the Shaker Mountain Wild Forest heads southeast from Benson Road for 3.9 miles to a lean-to, next to the 100-foot-wide West Stony Creek. The lean-to was erected in August 2018. The trail is a typical intermediate backcountry ski for over three miles but then drops fairly steeply to the creek and lean-to. Some rocks stick up in the trail and it is best skied when there is well-over a foot of snow. The surrounding mountains are small com-

pared to the mountains up north but they do rise up impressively – 1,000 feet above the creek. See Bill Ingersoll’s article in the November 2018 issue of Adirondack Sports for more info on the trail.

Maps and more information on these locations can usually be found on the DEC website at [dec.ny.gov/lands/67299.html](http://dec.ny.gov/lands/67299.html).

You never know when we will have snow these days, but the Adirondacks are known to have six months of winter so take advantage of any snowcover we have, and enjoy gliding and exploring the beautiful backcountry of upstate New York! 🌲

*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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ISSUE #218

**AdkSports.com**

Facebook.com/AdirondackSports

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*Adirondack Sports is published 12 times per year with a monthly circulation of 18,000 copies. © 2019 Adirondack Sports & Fitness, LLC. All rights reserved. ♻️ Please recycle.*



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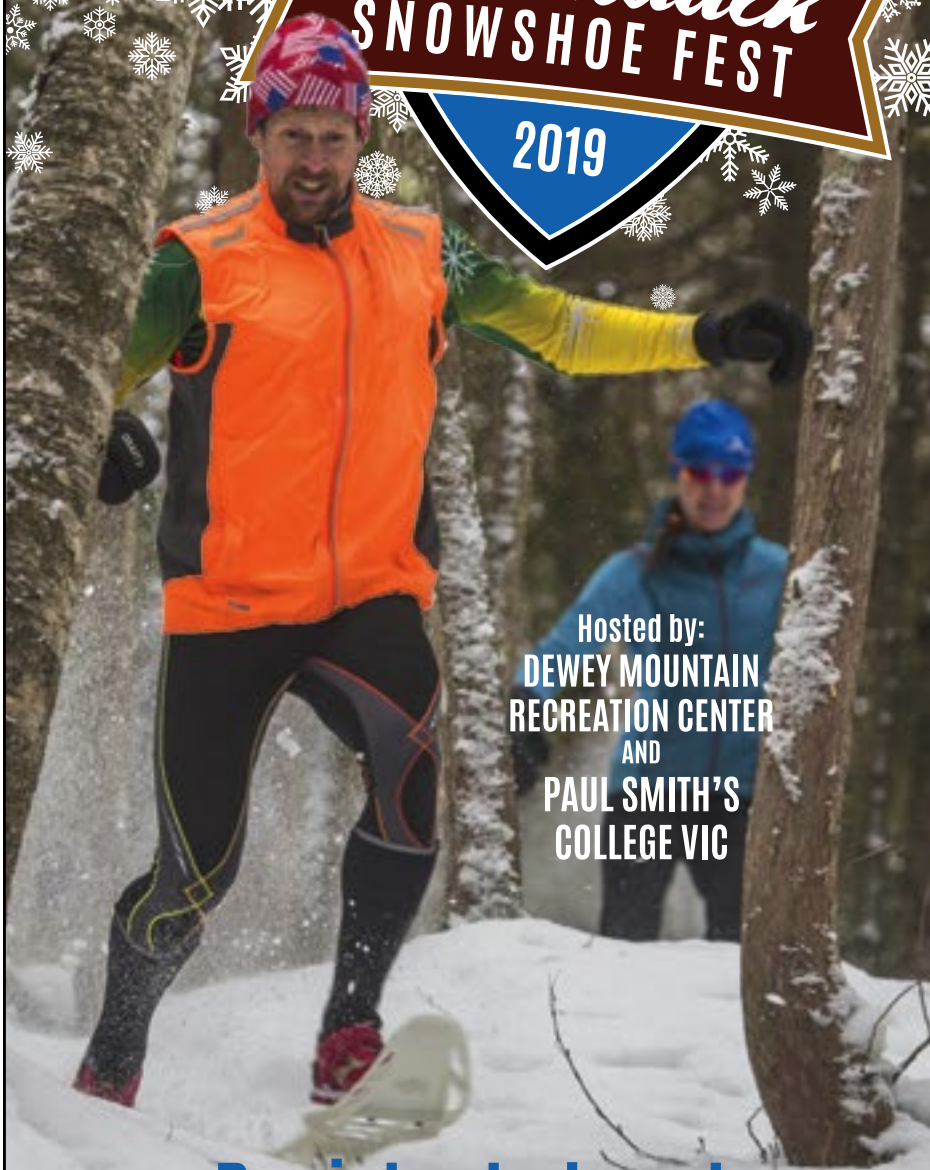


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# News Briefs

## Tell Your Legislators: We Need More NYS Forest Rangers

LAKE GEORGE - The Governor's Executive Budget did not include the needed funding for New York State Forest Rangers. However, there is still time to request additional support from the Governor, and the Senate and Assembly. Adirondack Mountain Club members have sent over 1,800 letters so far!



SCOTT VANLEAR

The Forest Rangers protect NYS Public Lands and keep visitors to these wild areas safe. The Ranger force, with just 109 field-level rangers, oversees five million acres of state public land and 42 public campgrounds. Additionally, there are over 18 million acres of forest and wild lands within New York's borders where the Forest Rangers often assist with search and rescue, or fire suppression operations. With search and rescue episodes exceeding 350 in 2017 and a higher trend in 2018, the Ranger Force is spread very thin. In 1970 the average acreage a Forest Ranger was responsible for patrolling was 28,516. Today that number is 53,752. The force has been exceeding overtime targets, which can cause fatigue and injuries. In the New York State Budget, there must be funding allocated for 40 additional Rangers and a Law Enforcement Academy to train them.

Learn more about NYS Forest Rangers: [nysforstrangers.com](http://nysforstrangers.com). Please visit this link to send a letter to Governor Cuomo and your NYS Senator and Assembly member: [adk.org/nys-forest-rangers](http://adk.org/nys-forest-rangers).

## Lake Placid and Saranac Lake: Winter Trails Map

SARANAC LAKE - They started by making maps for environmental research and discovered a need for beautiful maps that people could actually use. That's how Green Goat maps was born. Their mission is to educate the public through high quality maps. They are researchers at heart, who's partner company Adirondack Research does GIS mapping and environmental research all over the world. They are taking their experience and love for the environment to create world class maps. They include info about responsible recreation through their membership with Leave No Trace, they promote environmental stewardship, and are a member of 1% for the Planet.

The Lake Placid and Saranac Lake Winter Trails Map is the region's go-to map for winter recreation, offering all of the cross-country ski, snowshoe and fat bike trails in one convenient place. The map highlights the beloved Jackrabbit Ski Trail and covers ski trails from Paul Smiths to Wilmington including the popular Hayes Brook Truck Trail, Deer Pond Trails, Moose Pond Trail, Brewster Peninsula Trails, Henry's Woods, Heaven Hill and more. They've also included the ski centers including Paul Smith's College VIC, Dewey Mountain, Cascade and Mt. Van Hoevenberg.

Other maps include Lake George Boating & Trails, Lake Placid & Saranac Lake Cycling Map, and Saranac Lake Boating & Fishing. Retailers include Adirondack Lakes & Trails Outfitters, Adirondack Mountain Club, Cascade Ski Center, High Peaks Cyclery, Placid Planet Bicycles and St. Regis Canoe Outfitters or visit [green-goatmaps.com](http://green-goatmaps.com).



## Adirondack Sports Summer Expo: Summer Starts Here for Outdoor Enthusiasts

SARATOGA SPRINGS - The Adirondack Sports Summer Expo is fast-approaching on March 16-17 at the Saratoga Springs City Center. Upstate New York's must-do show is the annual preseason gathering of the outdoor sports, healthy living and travel community. The 14th annual Summer Expo attracts over 8,000 attendees from a wide area and this year's show will be the largest ever with more than 150 exhibitors! Vendors include many running, biking, triathlon, hiking and paddling retailers, organizations, destinations and events - with dozens of new additions. In addition, the health, fitness, recreation and travel areas are represented well with new exhibitors, along with an increasing number of mind-body-spirit and green living vendors - healthy you, healthy planet.

Mountainman Outdoors will have a large presence at the Summer Expo with their Canoe, Kayak and SUP Preview Sale featuring the latest models from top brands, plus winter clothing and footwear on clearance and more. Exhibitors will have information on what's new; sales on gear, clothing, footwear; discount entry to events/races; opportunities to join clubs; and much, much more! Activities will include in-booth seminars, clinics, demos and a variety of family activities. The prize table will be back with chances to win \$10,000 in prizes. The free admission Summer Expo is on Saturday from 10am-5pm and Sunday from 10am-4pm. For more info, go to [www.adksports.com/summer-expo-attendees](http://www.adksports.com/summer-expo-attendees). See you there!



### Businesses, Organizations, Destinations & Events...

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- Reach 50,000 enthusiasts via our magazine, social media and email
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# MARCH 16 & 17

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**Calendar of Events**  
February - April 2019\*

FEBRUARY 2019							MARCH 2019							APRIL 2019						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2						1	2	1	2	3	4	5	6	
3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28			24 <sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30	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 Mountain, North Creek. 518-251-2411. goremountain.com.

**FEBRUARY**

- 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.

**FEBRUARY**

- 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. 3K/6K XC ski citizen races, prizes, fat bike downhill & uphill challenges, guided tours, Grey Ghost Bicycles fat bike demos, food, drink & music. Free w/day-use trail pass. 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.
- 7 **ADA Tour de Cure Bike/Run/Walk KICKOFF.** 5:30-8pm. An inspiring night! Cocktail hour w/vendors & dinner (free). Bring team, prospective members & register there. Glen Sanders Mansion, Scotia. RSVP: aambrosino@diabetes.org.
- 16-17 **14th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.
- 17 **Farmer's Fatty Gravel Grinder.** 10am. 25M. S&S Farm Brewery, Nassau. bikereg.com.

**APRIL**

- 27 **Sean's Ride: Gran Fondo Style Rides.** 50M Half (8:30am), 20M Mini (10am), 10M Intro (10:30am). Scenic, well-marked paved routes w/festive rest stops, on-course support & gourmet refreshments at finish. Sun, 4/28: Sean's 5K Run/Walk at Chatham HS: 12pm. Meghan's Mile: 11:30am. Chatham. seansrun.com.

**JUNE**

- 9 **Tour de Cure Bike & Run/Walk.** 10M/30M/50M/62M/100M bike & 5K run/walk. Benefits American Diabetes Association. Saratoga County Fairgrounds, Ballston Spa. 800-DIABETES x3613. diabetes.org/capitalregion.

**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 **Après 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.

**FEBRUARY**

- 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.

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- 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 Indian Meadows Park to Park Trail Tour. 10am. 3.5M. Free community guided walk, snowshoe or XC ski tour connecting Indian Meadows & Anderson parks. Warming fire & hot cocoa. Indian Meadows Park, Glenville. townofglenville.org.
- 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. 3K/6K XC ski citizen races, prizes, fat bike downhill & uphill challenges, guided tours, Grey Ghost Bicycles fat bike demos, food, drink & music. Free w/day-use trail pass. 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**

**DailyRock 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.

**MARCH**

16-17 **14th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.

**MAY**

16 **Capital Region Go Red for Women Luncheon.** Albany Capital Center, Albany. ahaalbany.ejoinme.org.

**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.

**FEBRUARY**

- 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.
- 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.cdyymca.org.
- 16 **Moonlight Guided Snowshoe Tour.** 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 16 Indian Meadows Park to Park Trail Tour. 10am. 3.5M. Free community guided walk, snowshoe or XC ski tour connecting Indian Meadows & Anderson parks. Warming fire & hot cocoa. Indian Meadows Park, Glenville. townofglenville.org.
- 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. 518-251-2444. garnet-hill.com.
- 23-24 **Adirondack Snowshoe Fest.** Sat: Runs/walks & much more at Dewey Mountain Recreation Center, Saranac Lake. Sun: Run/walks & much more at Paul Smith's College, Paul Smiths. adksnowshoefest.com.

**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. 150 exhibitors. Free admission. 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 FEBRUARY**

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

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**MULTISPORT: TRIATHLON & SWIMMING ONGOING**

**Sun Swim Clinics w/Hislop Coaching.** 8-9:30am. 2/10; 3/3, 10, 17, 31. Niskayuna HS, Niskayuna. 518-577-5889. [hisloppoaching.com](http://hisloppoaching.com).

**MARCH**

3 SnoFatShu Snowshoe & Fat Bike Duathlon. 9am. Sat: IditaFat Bike Race. CCC Camp, Winona Forest, Mannsville. [winonaforest.com](http://winonaforest.com).

**16-17 14th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. [adksports.com](http://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](http://coachmarkwilson.com).

27 **KBR Ice Breaker Triathlon.** 1M kayak, 13M bike, 2M run. Cassadaga. 914-466-9214. [coachmarkwilson.com](http://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](http://coachmarkwilson.com).

5 **SSYMCA Anyone Can Tri Triathlon in Memory of Chris Gleason.** 8am. YMCA, Clifton Park. [cdymca.org](http://cdymca.org).

19 **American Zofingen Duathlon.** Three distances to challenge every level racer. Stone Ridge. 914-466-9214. [coachmarkwilson.com](http://coachmarkwilson.com).

26 **Saratoga Memorial Duathlon & 5K Run.** 8:20am. Also, 2- & 3-person team relay. 5K run, 30K bike, 5K run. Saratoga Casino & Raceway, Saratoga Springs. [saratogalionsduathlon.com](http://saratogalionsduathlon.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](http://coachmarkwilson.com).

12 **Hudson Valley Tri Club Summer Series #1.** 5:45pm. Wilson SP, Mount Tremper. 914-466-9214. [coachmarkwilson.com](http://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](http://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](http://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](http://coachmarkwilson.com).

**AUGUST**

17 **Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. Crystal Lake, Averill Park. [cdtriclub.org](http://cdtriclub.org).

**OTHER EVENTS**

**FEBRUARY**

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

15-16 **World Cup Bobsled & Skeleton.** Olympic Sports Complex, Lake Placid. [whiteface.com](http://whiteface.com).

16-17 **Raquette Lake Winter Carnival.** Kids' games, ladies frying pan toss, magicians, golf on the lake & fireworks. Raquette Lake. [myraquettelake.com](http://myraquettelake.com).

16-18 12th Lake Sacandaga Snowkite Rally. Great Sacandaga Lake. [kiteclubny.org](http://kiteclubny.org).

19-22 **Winter Camp for Kids.** Ages 7-15. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdymca.org](http://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](http://inletny.com).

**MARCH**

31-4/4 **Miracle on Ice Fantasy Camp.** Olympic Center, Lake Placid. [whiteface.com](http://whiteface.com).

**MAY**

3-5 **Mother Daughter Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdymca.org](http://camp.cdymca.org).

17-19 **Women's Getaway Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdymca.org](http://camp.cdymca.org).

**PADDLING & ROWING**

**MARCH**

16-17 **14th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. [adksports.com](http://adksports.com).

16-17 **Mountainman Outdoors Canoe, Kayak & SUP Preview Sale.** Saratoga Springs City Center, Saratoga Springs. 518-584-0600. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).

**APRIL**

7 **46th Tenandeho Whitewater Derby.** 12pm. Tenandeho Creek, Coons Crossing Rd to the Hudson River, Mechanicville. John Casey. 518-810-7579. [tenandeho.org](http://tenandeho.org) & [facebook.com](http://facebook.com).

21 **Little River Ramble.** 1pm. Little River Boat Launch, Canton. [slvpaddlers.org](http://slvpaddlers.org).

26-28 Canal Clean Sweep. Volunteer day, multiple locations. [ptny.org/events](http://ptny.org/events).

**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](http://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](http://fleetfeetalbany.com).

**FEBRUARY**

9 **16th Camp Saratoga 8K Snowshoe Run.** 10:30am. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 518-581-1278. [runsignup.com](http://runsignup.com)


10 **USATF ADK 2019 Grand Prix Series Kick-Off Party.** 12-4pm. Register for races w/ discounts & giveaways. Fleet Feet, Albany. [adirondack.usatf.org](http://adirondack.usatf.org).

10 Frostbite 5K Run. Fire Station, Rouses Point. [adirondackcoastalevents.com](http://adirondackcoastalevents.com).

13 **The Kinvara Love Run.** Fleet Feet, Albany. 518-459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

16 **Fleet Feet Hot Chocolate Run Series #3.** 8am. All ages & paces welcome. The Egg, Albany. 518-459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

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**APRIL FOOL'S RACE**  
**Saturday, April 6**

Run in scenic and historic Salem, NY  
 Start/finish: Salem High School

**10K race: 9am • 5K race/walk: 10:30am**  
 1M children's race (14 & under): 10am

Application: [AprilFoolsRace.com](http://AprilFoolsRace.com)

Registration: Dan Sheldon  
 4361 State Route 22  
 Salem, NY 12865  
 (518) 854-9262  
[drswhf@yahoo.com](mailto:drswhf@yahoo.com)

All entrants receive April Fool's T-shirt!

- 16 **Stone Bridge Caveman 6K & Extreme Caveman 15K Snowshoe Races.** 10am. Dion/WMAC Snowshoe Series. Natural Stone Bridge & Caves, Pottersville. [stonebridgeandcaves.com](http://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](http://coachmarkwilson.com).
- 17 HMRRC Winter Series #5: 4.5M, 10M: 10am. 20M: 9am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).
- 22 Nor'easter Snowshoe Series. 6:30pm. Viking Nordic Center, Londonderry, VT. [netrailruns.com/snowshoe](http://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. [endurancesociety.org](http://endurancesociety.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](http://fightcf.cff.org)
- 23-24 **Adirondack Snowshoe Fest.** Sat: Runs/walks & much more at Dewey Mountain Recreation Center, Saranac Lake. Sun: Run/walks & much more at Paul Smith's College, Paul Smiths. [adksnowshoefest.com](http://adksnowshoefest.com).
- 24 **15th Brave the Blizzard Snowshoe Race.** 5K/5.5M. 10am. Dion/WMAC Snowshoe Series. Tawasentha Park, Guilderland. [albanyrunningexchange.org](http://albanyrunningexchange.org).
- 24 Lake Effect Half Marathon. 9:30am. Also: Quarter Marathon, Virtual Half Marathon & Moose Mile. Liverpool. [runsignup.com](http://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](http://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](http://fleetfeetalbany.com).
- 2 Slippery Slope 5K Run/Walk #3. 10am. Lake Placid HS, Lake Placid. [active.com](http://active.com).
- 3 Aroma Thyme Vintage Run. 3.6M. 11:30am. Aroma Thyme Bistro, Ellenville. 845-742-6468.
- 3 Ed Erichson Memorial Races. 5M/10M. 9am. Lagrange Town Hall, Lagrange. [mhrrc.org](http://mhrrc.org).
- 3 NYRR Washington Heights Salsa, Blues & Shamrocks 5K. 9am. Manhattan, New York. [nyrr.org](http://nyrr.org).
- 7 **ADA Tour de Cure Bike/Run/Walk KICKOFF.** 5:30-8pm. An inspiring night! Cocktail hour w/vendors & dinner (free). Bring team, prospective members & register there. Glen Sanders Mansion, Scotia. RSVP: [aambrosino@diabetes.org](mailto:aambrosino@diabetes.org).
- 9 Runnin' of the Green. 4M. 10am. Shalmon HS, Rotterdam. [hmrrc.com](http://hmrrc.com).
- 10 Celebrate Life Half Marathon & Lucia Rein Two-Person Relay. 10am. The Sullivan, Rock Hill. [celebratelifehalfmarathon.com](http://celebratelifehalfmarathon.com).
- 13 The Maple Run. 13.1M/5K. 8:30am. Taylor Park, Canton. [themaplerun.com](http://themaplerun.com).
- 15 Nor'easter Snowshoe Night Race #4. 6:30pm. Viking Nordic Center, Londonderry, VT. [netrailruns.com/snowshoe](http://netrailruns.com/snowshoe).
- 16-17 **14th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. [adksports.com](http://adksports.com).
- 17 Shamrock Shuffle 5K. 11am. Valcour Brewing, Plattsburgh. [runsignup.com](http://runsignup.com).
- 23 **39th Doc Lopez Run for Health.** 13.1M: 9am. 1M Walk: 10am. 5K: 10:30am. Elizabethtown. 518-637-7102. [doclopezrun.com](http://doclopezrun.com).
- 24 40th Kaynor's Sap Run 10K. 11am. Westford School, Westford. Tom Kelly & Meredith White: 802-324-0919. [gmaa.net](http://gmaa.net).
- 30 **10th Schenectady Firefighters' Run 4 Your Life 5K Run/Walk.** 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).
- 31 Shamrock Shuffle 5M Race. 10am. Plus, Leprechaun Leap 7/8M Kids Run. Glens Falls HS, Glens Falls. [adirondackrunners.org](http://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](http://aprilfoolsrace.com).
- 7 Delmar Dash. 9am. 5M road race. Bethlehem MS, Delmar. [hmrrc.com](http://hmrrc.com).
- 13 Helderberg to Hudson Half Marathon. 8am. Wallace Town Park, Slingerlands to Jennings Landing, Albany. [helderbergtohudsonhalf.com](http://helderbergtohudsonhalf.com).
- 14 Shape Women's Half Marathon. 8am. Central Park, New York. [nyrr.org](http://nyrr.org).
- 20 25th Rabbit Ramble 4M Run & 2M Walk. 9am. Guilderland HS, Guilderland Center. [zippyreg.com](http://zippyreg.com).
- 27 **Bill Robinson Masters.** 10K. 9am. Guilderland HS, Guilderland. Jim Tierney: 518-869-5597. [hmrrc.com](http://hmrrc.com).
- 27 16th St. John's/St. Ann's Spring Runoff 5K & 10K. Corning Preserve, Albany. 518-257-3087.
- 27 11th Grace Run/Walk for Youth 5K. 10am. Schoharie. [fieldsofgraceoutreach.org](http://fieldsofgraceoutreach.org).
- 28 **18th Sean's Run Weekend.** Sean's 5K Run/Walk at Chatham HS: 12pm. Meghan's Mile: 11:30am. It's back: Firefighter's 5K Challenge. Also: Sat, 4/2 at Chatham Fairgrounds: Sean's Bike Gran Fondo Style Rides - 50M (8:30am), 20M (10am), 10M bike (10:30am). Chatham. [seansrun.com](http://seansrun.com).
- 28 Kiwanis Kingston Classic. 1pm. 10K/5K/1.5M. Gallo Park, Kingston. [kiwaniskingstonclassic.com](http://kiwaniskingstonclassic.com).

**MAY**

- 5 **10th Plattsburgh Half Marathon, Two-Person Relay, 10K & 5K.** 8am. City Recreation Center, Plattsburgh. [plattsburghhalfmarathon.com](http://plattsburghhalfmarathon.com).
- 26 **Saratoga Memorial Duathlon & 5K Run.** 8:20am. Also, 2- & 3-person team relay. 5K run, 30K bike, 5K run. Saratoga Casino & Raceway, Saratoga Springs. [saratogalionsduathlon.com](http://saratogalionsduathlon.com).

**JUNE**

- 9 **Tour de Cure Bike & Run/Walk.** 10M/30M/50M/62M/100M bike & 5K run/walk. Benefits American Diabetes Association. Saratoga County Fairgrounds, Ballston Spa. 800-DIABETES x3613. [diabetes.org/capitalregion](http://diabetes.org/capitalregion).
- 22 **2nd Adirondack 15K Race to the Lakes.** 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. 518-331-8864. [active.com](http://active.com).

**JULY**

- 4 **13th Firecracker 4.** 9am. 4M road race. Vendors, band, entertainment along course. Military & Fire/Police/EMS awards. Run Your Colors teams for charity. Saratoga Springs City Center, Saratoga Springs. [firecracker4.com](http://firecracker4.com).

**SEPTEMBER**

- 22 **Adirondack Marathon Distance Festival: 5K & 10K.** 9:30am. Also, 1K Kids' Run (2pm) in Schroon Lake. Municipal Center, Chestertown. [adirondackmarathon.org](http://adirondackmarathon.org).
- 23 **Adirondack Marathon Distance Festival: Marathon, Half Marathon & Relays.** Marathon, 9am: Schroon Lake to Schroon Lake. Half, 10am: Adirondack to Schroon Lake. [adirondackmarathon.org](http://adirondackmarathon.org).

**OCTOBER**

- 13 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. Sat, 10/12: Adk Sports Expo & Packet Pickup at Capital Center, Albany. Marathon: Schenectady to Albany. Half: Colonie to 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.

**Saturday, March 30 @ 9:30 am**  
**Central Park, Schenectady**  
 Schenectady Firefighters'

**10th Anniversary!**  
**RUN 4 YOUR LIFE**

**5K Run/Walk**  
**Kids' Fun Run 10:30am (free)**  
**FREE Chowderfest**  
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To benefit Schenectady Firefighters Cancer Foundation

\$20 by 3/8, \$25 by 3/27, \$30 race day  
 Team scoring & team/individual awards  
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**Register Online: ZippyReg.com**  
 More Info & Entry Form:  
**NeverFightAlone.org**  
[info@r4yl.org](mailto:info@r4yl.org)

**THURSDAY, JULY 4 • 9am**

**13th Annual**  
**Firecracker 4**  
 SARATOGA SPRINGS, NY

**4-Mile Race • Bib-tag timed**  
**Saratoga Springs City Center**  
 Vendors & band at start/finish  
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**\$7000 in cash prizes**  
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 Awards: Top 10 M/F Overall,  
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 Teams with most runners  
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 Second place \$500, Third place \$250

**Information & Registration:**  
**Firecracker4.com**

**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

\$150 Fundraising Minimum

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

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**CF CLIMB**  
 CYSTIC FIBROSIS FOUNDATION

Race Up 42 Floors  
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39th Annual  
**Half-Marathon,**  
**5K and 1-Mile Walk**  
**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](http://DocLopezRun.com)  
 Register by March 8 for best price!

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 Jim Ernst: 518-584-2061 jernst12@nycap.rr.com  
 Tenandeho.org • Facebook.com (search: Tenandeho)

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**10th ANNIVERSARY!**  
  
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<b>HELDERBERG TO HUDSON HALF MARATHON</b>	<b>HALF</b>	<b>APRIL 13</b>
<b>BACON HILL BONANZA</b>	<b>10K</b>	<b>MAY 4</b>
<b>FREIHOFFER'S RUN FOR WOMEN</b>	<b>5K</b>	<b>JUNE 1</b>
<b>USATF ADIRONDACK NIGHT OF MILES</b>	<b>1 MI</b>	<b>JULY 12</b>
<b>ADK 5K</b>	<b>5K</b>	<b>SEPTEMBER 14</b>
<b>USATF ADIRONDACK SARATOGA XC CLASSIC</b>	<b>8K</b>	<b>OCTOBER 27</b>
<b>8TH REVOLUTIONARY RUN FOR VETERANS</b>	<b>5K</b>	<b>NOVEMBER 2</b>

**FLEET FEET**  
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## ATHLETE PROFILE



# Holli Mulholland

*Hi Kristen... Congrats on all your athletes at the Ironman! Just incredible!! You are going to think I'm crazy but I'm contemplating signing up for 2018. Is one year long enough to train if I have never done a triathlon? I have had it on my bucket list for a few years now and it keeps nagging at me... in a great way of course. Just would love to chat with you about it and tap into your experience and expertise.*

**By Kristen Hislop**

When I received this note, I was excited! I knew she could do it and I knew the swim was the tipping point. Who is she? A Plattsburgh High School Athletic Hall of Fame member, recipient of the Dorothy Arnsdorff (Physical Education) Award at SUNY Cortland, two-time first team soccer player at Cortland, recipient of the Civilian Service Commendation by the Saratoga Springs Police Dept. (for going into a burning apartment building and saving lives), 2010 Large School Section 2 Coach of the Year – and a bobsled driver. Could Holli Mulholland complete Ironman Lake Placid? Without a doubt!

The journey to an Ironman starts in your youth. Holli spent hours with a soccer ball at her feet, a basketball in her hands, and playing pickup hockey games with friends in her Plattsburgh neighborhood. By seventh grade she added running track and playing tennis to her repertoire. It isn't surprising that she and her brother loved sports and the outdoors. Weekends were spent hiking, paddling and exploring the Adirondacks with her parents, Jack and Lynn. The parents set expectations for their kids and not what you might expect from her Dad, a 1972 bobsled Olympian and Mom, the first woman in America to get a license to drive a bobsled. They expected Jon, a year older, and Holli to excel at academics, play an instrument and be active.

As those college decisions loomed, Holli says, "I knew I wanted to enter the exercise science/sports career field, I just wasn't sure in what capacity. I knew if I didn't stay involved in sport it would be an incredibly huge void." She headed to Cortland for a double major in Physical Education and Sports Medicine, and then University of Northern Colorado for a masters in Kinesiology, with a concentration in outdoor education. Holli managed a double major while playing soc-

**AGE:** 42  
**FAMILY:** Daughter, Kinsley (5); Parents, Jack and Lynn; Brother, Jon (Kathy)  
**OCCUPATION:** Physical Education teacher at Acadia Middle School and Shenendehowa Girls Varsity Soccer head coach  
**SPORTS:** Soccer, Bobsledding, Triathlon, Running, Skiing  
**FAVORITE QUOTE:** "A bird sitting on a tree is never afraid of the branch breaking, because her trust is not on the branch but on its own wings. Always believe in yourself" – Unknown



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ALLAN BARGER

cer for all four years of college. She thought she could dabble with hockey too, until her soccer coach found out!

Shenendehowa teacher, Sandy Morley, was the one who convinced student teacher Holli that with many options open to her, teaching PE and coaching was the route she should take. What a win for Shenendehowa High School in Clifton Park. Sandy says, "Holli had a natural ability to care for children, a sense of humor, and great organization skills." Holli teaches PE at Shenendehowa's Acadia Middle School and is head coach of the very successful girls varsity soccer team. Reagan Sames, a senior headed to play soccer at LeMoyne College says, "Coach Holli is one the most dedicated people I know. As a coach, what made me love her so much is that she's always able to bring out the best in people, and help them rise to the occasion."

Coaching young women in a sport you love makes every day fun. As the playing field for women has changed, Holli notes, "It's nice to see the focus and emphasis shift to female athletes training and embracing the strength and conditioning piece at the high school level." In addition, there is greater focus on the total student-athlete versus a single sport.

While Holli loves coaching soccer and her girls, she has also thought about bringing bobsledding to Clifton Park. Why you ask? Well, Holli's bobsled career started at 21. "I was hooked from my very first ride as brakeman. I spent one season riding brakes and then begged my Dad to teach me how to drive, which took my passion and love of the sport to a whole new level. He taught me everything, from sled maintenance to preparing my runners. I spent a couple of years getting in as many runs at the Lake Placid track as I could, while hiring a personal trainer to increase my power and speed.

I was fortunate to get most of my training runs in with the U.S. Women's Bobsled Team and learn from some of the best athletes and coaches. I did several local races and America's Cup, but never had the explosive power to reach the national level and compete for the U.S." Her sled sits in the garage ready for her daughter, Kinsley, to become a third-generation bobsledder.

I knew she could do IMLP but now I just had to convince her, which turned out to be pretty easy. Holli says, "After 10 years of making excuses and letting fear control my decision to complete an Ironman, I was ready. The swim was a huge hurdle for me, it was my exclusive reason for all my excuses, and controlled all my fear around a triathlon. I decided that I was going to meet with you and discuss if this was truly an attainable goal. From then on, I turned my excuses into goals and fears into challenges that I needed to overcome."

The first swim scared Holli. Breathing is hard, seriously frustrating and open water is scary, even for someone who can complete 12 marathons and race Boston! Twelve months of swimming, biking and running teach you a lot. "This journey of training and completing an Ironman had a profound impact. It taught me to not let my potential sit idle in the wings of fear, that very little growth happens in your comfort zone, and that the mind is one powerful tool and it's important to be careful how we use it. There are amazing people in this world that want to see others be successful, and while this was a very lofty goal for me, that I am the best version of myself when I am chasing my dreams," says Holli.

In an endurance event, race day is a small piece. It's a journey that culminates in a very long day – you will laugh, sing, cry, scream, want to quit, burst with joy, and curse multiple times. It was no different for Holli. That morning she arrived at the Olympic Oval in

tears. The swim still terrified her and just 20 minutes into the 2.4-mile endeavor, after being kicked and hit, she almost quit. She fought through, decided to just have fun, and as I tell all my first-timers, "smile at the finish line." She achieved that goal. "The bike and run were challenging but I met a ton of amazing people on the course, from spectators to competitors and the volunteers."

The mental side derails many athletes. Likely due to their own experience, her parents knew that sports are not easy. In the Mulholland household, any activity was encouraged, but as Holli remembers, "the rules were always the same. Whatever you started you had to finish. If there was a teacher, coach or instructor you didn't like or any issue, the mentality was to deal with it, and see your responsibility to the end. Then, we were allowed to choose to do it again or not. This mentality taught me commitment, perseverance, balance, and dealing with adversity."

My son Alex and I were in the oval as Holli came around the corner towards the Ironman finish line. I'll never forget the raw joy as she ran to us ([www.youtube.com/watch?v=J7BCmPTouv8](http://www.youtube.com/watch?v=J7BCmPTouv8)).

Today, her five-year-old daughter Kinsley loves cooking and wants to be a vet. She plays hockey, swooshes down the ski slopes, and excels in school. She likely won't appreciate what an incredible force her mother is until she's older, but when she reads Holli's words below, she will nod and smile.

"We all need to challenge ourselves because as nice as it is to be in our comfort zones, no growth or change happens there. The more we challenge ourselves, the more we're able to grow, and evolve into the most authentic version of ourselves. The more we prove that we can do hard things and show up in the face of challenges and fear, the more our self-confidence grows. We all want others to believe in us, but belief has to come from within first. Fear is a very powerful emotion, and can be paralyzing at times, and often the greatest fear is that of failure. That's the great thing about life, failure doesn't define us; we are defined by the moments that we try again, keep moving forward, face every challenge and rise up."

Next up is a few half marathons this spring and the Vermont City Marathon in Burlington – with hopes of Ironman Lake Placid 2020. Now, go find that challenge and rise! 🍁

**Kristen Hislop** ([hislopcoaching@gmail.com](mailto:hislopcoaching@gmail.com)) of Clifton Park is a certified multisport coach who wants everyone to 'Do, Believe and Achieve.'



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 ● RECREATION

# Indian Kill Nature Preserve



▲ TOO MUCH WATER THIS TRIP TO CROSS THE RED TRAIL.  
PHOTOS BY TOM O'GRADY

▼ APPROACHING THE BRIDGE TO CROSS THE DAM AT INDIAN KILL.

By Tom O'Grady

School vacations can pose logistical difficulties for families with small children. Parents are likely facing anxiety over coordinating daycare options or time off from work while children are simply excited to get their first break off since the holidays. If a parent is lucky enough to spend a day or even the entire week with them, they may wonder what to do to fill the time. Winter break can be particularly challenging because the weather is unpredictable and children become stir crazy. Therefore, it's important to plan a day where you get outside and it's also important to plan some educational activities.

Last winter we decided to head to the library at the beginning of the week. After taking some time to look around each kid picked out the books and movies that they wanted. Before checking out, I suggested we head over the Museum Pass section to see if there were any interesting places we could visit. The Empire State Aerosciences Museum in Schenectady County was available and our younger son Theo, who enjoys planes, suggested we visit this museum. This suggestion met little resistance from Conor and our daughter, who was only six months old at the time, was not able to disagree.

When we got home, I suggested that we see if there were any hikes near the museum that would be easy to do first. There were questions about how we could hike a mountain with enough time to go to a museum afterward. But I assured them we were looking for something short enough to finish without rushing. A quick search on Google Maps showed that the museum in Glenville, is located only 2.5 miles or about five minutes from Indian Kill Nature Preserve in East Glenville - on the Saratoga County border, next to Clifton Park. This was perfect for us because I had been meaning to bring the kids to the preserve.

Wednesday morning rolled around and it was go-time. Before the kids woke up and my wife Sara headed off to work, we prepared lunch. After breakfast we got everyone dressed and ready to head out. Indian Kill was the first stop of the day. Heading west on I-90 and then getting onto I-890, it's 30 minutes from Albany.

The trailhead to Indian Kill Nature Preserve is off of Hetcheltown Road, a quarter-mile from the intersection with Maple

## And, Empire State Aerosciences Museum

Road, and across the street from the Schenectady County Water and Soil plant. We arrived at the parking lot around 10am. We conferred with the map prior to deciding on the route to take, and after everyone was prepared, we headed out. The beginning of the trail was met with some complaints as shortly after entering the trail we encounter a short but steep descent. In addition to snow and ice, this patch had lots of mud and everyone had to be careful not to lose their footing. From here we followed a counter-clockwise loop that took us first on the red trail or Claire Schmitt Trail. After another short distance we came to a dam. The dam has a bridge to cross and got a fair amount of attention as the kids were surprised to see a dam in this preserve.

Happy the dam crossing had distracted them from the mud complaints, I took this opportunity to point their direction towards the woods. We decided to try and figure out what types of plants and trees were in the woods around us. A little research beforehand alerted me to the fact that Indian Kill is home to primarily maple trees, but a keen observer will also find oak and even cherry and hickory. Because of the timing of our trip we were not able to use the leaves as a clue, but the bark patterns served useful, as did some of the fallen leaves that were visible from autumn. Underneath these leaved trees are lots of ferns and surrounding cedar and hemlock conifer, which we were able to identify. We have not returned during the spring or early summer but there is supposed to be a great showing of flowers during this time.


After about a mile we encountered the final of three crossings of the Indian Kill that the Claire Schmitt Trail takes. This crossing did not have a bridge and we did not have a change of clothes in the car. It may have been poor oversight but this made the decision not to cross the flowing stream in the cold with three children easier. With few complaints

we backtracked along the trail until we came to the intersection with the Yellow Trail. We took this and continued counter clockwise until we came back to the dam crossing. Along the way we came across a downed tree that had a lot of mushrooms on it.

We arrived back at the car after about 70 minutes and approximately 1.8 miles. This turned out to be perfect for our purposes on this outing, but the trail we took can easily be made into a 2.25-mile trip (Google Maps route: [gmap-pedometer.com/?r=7338965](https://gmap-pedometer.com/?r=7338965)). If the Indian Kill is frozen or there is little water flowing, adding additional distance on the Red Trail can extend the trip further by a mile. Otherwise, in warmer seasons you must be prepared with appropriate footwear or be willing to get wet, to extend the trip to the furthest reaches of the preserve. Once we cleaned up and everyone was situated, we took out and enjoyed our packed lunches. It was now noon and we were ready to drive the five minutes over to the Empire State Aerosciences Museum.

It takes approximately 90 minutes to enjoy the museum. Some pre-planning can be done by visiting their website ([esam.org](http://esam.org)) and deciding what exhibits may be most interesting. The museum also offers programs for children. There are several interesting exhibits, but one they particularly enjoyed was the 109th Airlift Wing section, which discusses the operation of the C-130 Hercules Aircraft. Part of the exhibit allows you to practice take-off and landing of a model C-130.

The kids were excited to learn that the Schenectady C-130's are the only ones in the U.S. equipped with skis! This allows them to make the trip to Antarctica. It was easy to explain the significance to the kids, as former astronaut Buzz Aldrin had been rescued the



▼ CONOR AND THEO ENJOYING THE COCKPIT OF A FIGHTER PLANE.

previous winter from Antarctica by the Stratton National Air Guard team, after falling ill with pneumonia ([timesunion.com/local/article/Buzz-Aldrin-recovering-after-Antarctic-rescue-10678756.php](http://timesunion.com/local/article/Buzz-Aldrin-recovering-after-Antarctic-rescue-10678756.php)). For more info on the 109th Airlift Wing, visit [109aw.ang.af.mil](http://109aw.ang.af.mil).

It was now 2pm and I could tell everyone was beginning to get tired. We made a quick stop at the gift shop, where we picked up a nerf-like air rocket and puzzle, which seemed like a bargain as both kids were excited. On the way home, some quick thinking reminded me that we were close to Villa Italia Bakery, so we stopped for pastries and hot chocolate. We arrived home by 3:30pm, which allowed us to beat rush hour traffic. Everyone was tired and I agreed to put on the movie we had checked-out. By the time mom came home everyone was napping instead of watching the movie!

There are many options like this in the Capital Region and upstate New York. This approach to a day during winter break has many upsides. It was filled with walking so everyone was able to get exercise. It was also filled with educational activities so we had fun and learned while taking a break from school. Finally, we accomplished all of this for approximately \$30, not including gas. For a parent and three children, this is a bargain - and it filled the entire day! 🌲

*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

# Why I Practice Lifestyle Medicine

By Paul E. Lemanski, MD, MS, FACP



**Editor's Note:** This is the 87th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

**M**edicines are a mainstay of American life and the healthcare system, not only because they are perceived to work by the individuals taking them, but also because their benefit may be shown by the objective assessment of scientific study. Clinical research trials have shown that some of the medicines of Western science may reduce the risk of heart attacks, strokes and cardiovascular death, while others may reduce certain types of cancer. With such benefits and relative ease of use, why would I as a physician look for effective, evidenced-based ways to avoid the use of medications, if possible? Why not just give another pill? My answer begins with a simple observation: people in our culture take a lot of medication. The average 60-year-old person is on five medications. The average nursing home patient is on seven medications. We have medications for almost every conceivable medical condition or life problem. Even my own patient would ask, "Doc, do I really need to take all this stuff?"

After a few years of prescribing pills, I realized that for some patients, medications were absolutely essential to disease free survival, but for many, if not most, patient's medications simply allowed them to continue certain counter-productive behaviors with less health risk. Patients with hypertension could eat salted snacks, if they took their diuretic; those with high cholesterol could eat ice cream, hot dogs and hamburgers, if they took their cholesterol-lowering drug; and those with diabetes could drink some sugary sodas and overeat, if they took diabetes pills.

Along with my patients, I began to ask which medications might be "less" necessary or perhaps effective in smaller doses, provided those counterproductive behaviors were curtailed and replaced with more healthy behaviors or a so-called healthy lifestyle. This

is not a trivial question. Medications are double-edged swords. They may address a given condition effectively, but they can produce side effects, especially in higher doses. Moreover, given the number of medications taken, drug interactions can be significant and cause both morbidity and mortality.

Finally, especially for those on fixed incomes or with limited drug coverage, the cost of medication can be prohibitive. For a society, concerned as we are with the rising cost of healthcare and having sufficient resources to cover everyone, the cost of possibly unnecessary medication becomes important. But before a physician can consider using lower doses of medication, or fewer medications in the treatment of any of a number of chronic medical problems, there must be evidence that substituting healthy behaviors for unhealthy ones could be effective in preventing the emergence of medical problems – and then also be effective treating those same problems.

This approach using lifestyle – including diet, exercise and certain behaviors – as a medical intervention would have to be held to the same rigor and scrutiny as medication interventions in order to be considered an evidenced-based alternative treatment. For those of us interested in the new field of Lifestyle Medicine, thankfully, that evidence exists and continues to grow. For example, large epidemiological studies (Seven Countries Study) first suggested that diet and heart disease were associated. Other epidemiological studies (The China Study) suggested that a whole food, predominantly plant-based diet was associated with a lower risk of heart disease and certain cancers.

Later, large, randomized, prospective clinical trials (the gold standard of medical science), established a causal relationship between diet and heart disease. For example, the Lyon Diet

Heart Study established that a high omega-3 fatty acid Mediterranean diet could achieve a 70% reduction in fatal and non-fatal heart attack, as compared to a prudent Western diet. Perhaps most impressively, the Lifestyle Heart Trial proved that lifestyle changes alone – including a vegan diet, daily aerobic exercise and relaxation techniques – could slow, stop and actually reverse the progression of cholesterol plaques in the arteries of the heart. Such studies were pivotal in convincing me as a medical practitioner that patients needed to be informed of the power of Lifestyle Medicine as part of their informed consent prior to the use of medications.

Moreover, even those opting for a traditional use of medication should be encouraged to use the techniques and strategies of Lifestyle Medicine to maximize their risk reduction and then to consider – appropriate to their level of risk and with the input of their primary physician and subspecialist – possible reduction or elimination of certain medications.

I choose to practice Lifestyle Medicine because it empowers the patient to take charge of their own health and engage the natural healing processes of their own bodies. The patient not the pill is in control of their health. One dramatic example of such empowerment is when an individual with diabetes is able to achieve a normal blood sugar off all diabetes medication for one year. Such so-called remission of the patient's diabetes is not accomplished with medication – indeed the patient's diabetes medications must be stopped under the supervision of a physician. Rather, it is accomplished through the guidance of a Lifestyle Medicine practitioner with simple patient implemented changes including weight loss, changes in the composition of the diet, the use of intermittent fasting and exercise.

Indeed, the majority of the medical conditions I treat with medications as a practitioner of internal medicine – high blood pressure, elevated cholesterol, elevated blood sugar and diabetes, gastro-intestinal reflux, sleep apnea and obesity – I can treat effectively with a Lifestyle Medicine approach. Using this approach, I can also prevent problems from developing in the first place. If you have a family history of diabetes in a first-degree relative, have a slightly elevated blood sugar and are overweight, I can show you how to decrease the likelihood of developing diabetes by 57%. For a 5'1", 200-pound patient at risk for diabetes, the loss of only 10 lbs. can prevent the development of diabetes – even if the patient is more than 50 pounds overweight. Compared to a 30% reduction of risk with a medication, the power of Lifestyle Medicine becomes clear.

In summary, I practice Lifestyle Medicine, because it is a natural, evidenced-based alternative to medication. It empowers and engages the patient and improves health outcome in measurable ways. Under the direction of a physician practicing Lifestyle Medicine, many if not most of the chronic medical problems that are treated with medication, may be treated more naturally and with equal efficacy, minimizing side effects, drug interactions and costs. As a practitioner, I regard this as a superior and preferred approach to simply pushing another pill. 🌱

*Paul E. Lemanski, MD, MS, FACP (plemanski3@gmail.com) is a board-certified internist practicing internal medicine and lifestyle medicine in Albany. 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.*

**CELEBRATE WINTER** continued from page 1



SOME AWARD WINNERS FROM THE 2018 ADIRONDACK SNOWSHOE FEST RACES AT DEWEY MOUNTAIN IN SARANAC LAKE.

**SNOWSHOEING**

If you can walk, you can snowshoe through the beautiful state parks, local preserves, or hike the Adirondack backcountry. If you have never been and would like to try, contact the cross-country ski centers, St. Regis Canoe Outfitters or High Peaks for snowshoe excursions that provide you with the equipment and instruction.

Garnet Hill, Lapland Lake, Pineridge and Dewey offer full moon skiing and hiking for a true nighttime winter adventure. Two local manufacturers, NeviTREK and Dion, offer handmade snowshoes for hiking, running and walking.

In addition to the popular Dion WMAC Snowshoe Series, the Adirondack Snowshoe Fest is on February 23-24. It's hosted by Dewey Mountain Recreation Center in Saranac Lake on Saturday - where the 2017 World Championships were held - and Paul Smith's College in Paul Smiths on Sunday. Saturday's events include a guided snowshoe tour, 10K race and 5K Shoe-Be-Do race, plus kids' snowshoe scavenger hunts, marshmallow roast and hot cocoa. Sunday includes a naturalist led snowshoe tours, 5K race and 15K race, plus snowshoe obstacle course, build your own snowshoe kits with PSC students - and more hunts, marshmallows and cocoa. All 18-under are free.

**ICE CLIMBING**

Have you always wanted to try ice climbing but don't know how or didn't have the right equipment? High Peaks mountain guides have clinics and trips for climbers of all levels of experience and ability. Introductory, one-day courses offer ice climbing equipment and safety as well as practical experience for climbing moderately angled snow and ice terrain. The best part is they provide all the technical gear needed for your first traverse, so what are you waiting for!

**SKATING**

Whether you enjoy indoor or outdoor skating, upstate New York has plenty of options. Enjoy outdoor skating at the Saratoga Spa State Park, Empire State Plaza, Olympic Speedskating Oval, and many local lakes and parks. Some lakes now have plowed skating lanes, including Mirror Lake with its two-mile plowed loop.

If no or low snow, lakes or ponds with safe ice are ideal for skating in the wild - including Lake George and Lake Champlain. For indoor skating hours as well as rentals and lessons, contact almost any hockey rink near you. And, of course, there are many rinks at town and city parks in the region.



GARNET HILL'S WINTER FEST IS ON FEB. 23 WITH FAT BIKE RIDES, GREY GHOST DEMOS, AND 3K AND 6K NORDIC SKI RACES.

**FAT BIKING**

The fat biking momentum continues to grow as more people ride the ATV of bicycles year-round to escape spinning indoors on the trainer. It's a slower pace but riders keep their fitness and get some fresh air outside in the winter. The low air pressure adds some dampening of bumps, adding stability and traction - the snow is compressed with a wide variety of grooming solutions! It's also very social as group rides are at a slower pace in the snow so it adds fun for all.

The Garnet Hill Winter Fest is on Feb. 23 with fat bike uphill/downhill challenges, group rides, 3K/6K citizen ski races, ski tours, prizes, food/drink and music. Free with day use trail fee. Grey Ghost Bicycles will have fat bike demos available.

Many area shops carry some or a fleet of fat bikes including Bike Barn, Grey

Ghost, High Peaks, Placid Planet, Rick's and Tomhannock. In addition to sales, most offer demos and rentals, and a few offer lessons and tours. Mountainman Outdoors now offers fat bikes from Growler Performance Bikes.

**TUBING OR SLEDDING**

For those who just can't get enough time on the slopes or would rather go down the hill sitting down, try tubing at Willard Mountain or tobogganing at Lake Placid Toboggan Chute. Tubers can enjoy a day or night of leisurely outdoor recreation that's fun for all ages.

With the President's Week holiday, there are plenty of winter activities across upstate New York. For outings, races and festivals, see the Calendar of Events listings in this issue. The snow and ice will be gone before we know it, so get outside and enjoy it now! 🌲

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● **NORDIC SKIING & SNOWSHOEING**

# Gore Ski Bowl Citizens Races

By **Laura Clark**

**H**ave you ever dreamed about running the Vermont 100, the ultra race where horses and humans share the trail, but figure you could never stay awake all night? Are your weekends consumed with carpooling your kids to sporting events and birthday parties? Are you just getting started and reluctant to head off into the wilds on a course you are not sure you can even complete?

Then the Tuesday evening - Jan. 15 to Feb. 19 - XC Ski/Snowshoe Citizens Races at Gore's North Creek Ski Bowl is just what you have been waiting for! And, yes, you heard me correctly. Classic and skate skiers and snowshoe runners and walkers compete on the same lit, professionally groomed stadium course, complete with a singletrack line, ample corduroy gliding areas, with

the inside lane reserved for the snowshoers. Participants can trace the circuit up to four times, yielding a maximum distance of three miles. Obviously, skiers finish the route way before the snowshoers and they are welcome to get in a few bonus miles, while the rest of us complete the journey. Registration begins at 5:30pm with a 6pm start. Admission is only \$10 per night, with no charge for season pass holders.

Saratoga Stryder Matt Miczek made it for the first event and I joined him for the second. There were 14 participants, with the majority being skiers. Needless to say, I felt rather intimidated and a bit concerned that I would be run over. The mass start was exciting but it only took about 10 seconds for the skiers to outdistance us. I did have one moment of glory when I passed some classic skiers going uphill, but obviously I didn't stand a chance. Like many XC ski races, the

route was a mix of uphill or down, with flats in between. I counted three longer hills, but none were overly intimidating. It was exhilarating to play hooky and escape normal weekday night chores. The route was romantically lit (good date night material), we had just been blessed with two feet of fresh powder, and the moon was two days past full. One of those picture-postcard evenings!

But what stood out to me was the casual atmosphere and enthusiasm of the Gore Mountain staff! They seemed to know everyone by first names and were genuinely glad to greet newcomers. The event reminded me of some of our earliest snowshoe races, when everyone was simply glad to be there and enjoying the outdoors - even down to the part where we patiently waited while the start was delayed to accommodate a latecomer... Try and find that consideration in a mega-race!

Afterwards, the food truck offered dinner and beverages and we gathered around hoping we would win a raffle prize. There were farm fresh eggs from Cobble Hill Farm, wool scarves knitted by an employee, hats and gear from the Gore ski shop, Adirondack Life calendars, and \$20 gift certificates from Beck's Tavern, Basil & Wick's, barVino, and Barkeater Chocolates. Each time you participate you are given a slip of paper for the raffle, and after the drawing all slips are retained for the final big bash on February 19 - which will also be a fun full moon party. What a deal! My only regret is that I didn't participate in the first race on January 15. See you there! 🍀

*Laura Clark is (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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VAN HO CITIZENS RACE START ON JAN. 19, 2019. MATT HUDSON

**VAN HO CITIZEN RACE SERIES**

**M**ount Van Hoevenberg Ski Center is also hosting a once a month "fun race" series with 3K, 6K and 12K courses in a supportive environment, aimed for those new to racing or experienced skiers. The first two races were in December and January, and the third will take place on Saturday, February 23 at 11am. The series will culminate with the Lake Placid Nordic Festival on Saturday, March 16.



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# RACE RESULTS

## ADIRONDACKER LOG JAM COMPETITION December 30, 2018 • Gore Mountain, North Creek

MALE OVERALL					
1 Benjamin Irans/17-22	Gansevoort	8:72	11 Noah Braunstien/10-12	West Nyack	6:00
2 Alexander Saltsman/10-12	Altamont	8:56	12 Benjamin Braunstein/10-12	West Nyack	5:78
3 Chris Enghors/17-22	Greenfield Center	8:11	13 Davin Forshay/10-12	Wewertown	5:56
4 Colin Devoe/10-12	Loudonville	7:67	14 Carson Seager/1-9	Burnt Hills	5:44
5 Pierson Shutte/13-16	Ausandale	7:44	15 Sean Rosenzweig/10-12	Delanson	5:33
6 Colin Rabbitt/10-12	Ballston Lake	7:44	<b>FEMALE OVERALL</b>		
7 Liam Rabbitt/1-9	Ballston Lake	7:11	1 Isabella Lawny/1-9	Cornwall	5:00
8 Kyle Casabonne/13-16	Lake George	6:67	2 Tessa Mosher/1-9	Gansevoort	4:33
9 Brendan Joyce/13-16	Saratoga Springs	6:67	3 Grace Kearney/1-9	New Fairfield	4:00
10 Gavin Schaupt/13-16	Saratoga Springs	6:56	4 Julia Savelli/1-9	New Canaan	3:83
11 Lukas Johnson/10-12	Middle Grove	6:56	5 Gabrielle Savelli/1-9	New Canaan	3:50
12 Benjamin Saltsman/10-12	Altamont	6:44	6 Alissa Bennett/10-12	Johnsburg	3:17
13 Brendan Kimbell/10-12	Clarkstown	6:11	7 Addison Reinhold/1-9	Lake George	2:44

*Courtesy of Gore Mountain*

## 33RD ANNUAL WINTER WIMP FOOT RACE January 12, 2019 • Hagaman Fire House, Hagaman

4.4 MILES			
<b>MALE OVERALL</b>			
1 Sebastian Mills	17	Johnstown	25:47
2 Chuck Terry	36	Albany	26:12
3 Jim Sweeney	37	Albany	26:53
<b>FEMALE OVERALL</b>			
1 Leah Schaffer	34	Canajoharie	34:03
2 Nicole Hauser	35	Johnstown	34:29
3 Jaime Hoag	29	Greenwich	36:54
<b>MALE AGE GROUP: 15 - 19</b>			
1 Zach Ropeter	18	Johnstown	34:05
2 Jake Wesley	16	Johnstown	35:16
3 Mark Cwiakala	17	Johnstown	35:27
<b>FEMALE AGE GROUP: 15 - 19</b>			
1 Sarah Smith	16	Lake Pleasant	37:36
<b>MALE AGE GROUP: 20 - 29</b>			
1 Ashleigh Scott	29	Fort Plain	37:42
<b>MALE AGE GROUP: 30 - 39</b>			
1 Ben Heller	30	Troy	27:36
2 Ambrose Schaffer	36	Canajoharie	28:08
3 Steven Shrader	36	Amsterdam	35:18
<b>FEMALE AGE GROUP: 30 - 39</b>			
1 Katie Gifford	37	Gloversville	38:50
2 Nikki Schaffer	33	Cobleskill	46:22
3 Amanda Rose	33	Tribes Hill	48:10
<b>MALE AGE GROUP: 40 - 49</b>			
1 Greg Ethier	45	Clifton Park	29:07
2 Jonathan Guthan	41	Scotia	30:47
3 Paul Cirillo	43	Mohawk	31:44
<b>FEMALE AGE GROUP: 40 - 49</b>			
1 Cynthia Lockrow	47	Amsterdam	46:21
2 Kathleen Tersigni	48	Burnt Hills	47:29
<b>MALE AGE GROUP: 50 - 59</b>			
1 Sam Mercado	55	Albany	31:06
2 Paul Stevens	58	Saratoga Springs	34:38
3 Lennie Davis	58	Newport	36:47
<b>FEMALE AGE GROUP: 50 - 59</b>			
1 Lynn Fredericks	52	Amsterdam	38:30
2 Kim Eisler	52	Ballston Spa	41:15
3 Randie Lamphere	53	Canajoharie	45:38

## 1ST GURNEY LANE SNOWSHOE & FAT TIRE RACES January 12, 2019 • Gurney Lane Recreation Area, Queensbury

5K SNOWSHOE RACE			
<b>MALE OVERALL</b>			
1 Tim Van Orden	50	Bennington, VT	17:16
2 Alex Benway	28		18:40
3 Kevin Emblidge	36	Lake George	19:14
<b>FEMALE OVERALL</b>			
1 Christine Natalie	33	Arlington, VT	26:01
2 Susan Keely	54	Glens Falls	28:27
3 Jen Sharp	60	Greenwich	33:39
<b>MALE AGE GROUP: 20 - 29</b>			
1 Paul Ford	23	Keeseville	21:44
2 Devin Ashline	26	Greenfield	32:10
<b>MALE AGE GROUP: 30 - 39</b>			
1 Michael Montanye	32	Queensbury	37:20
<b>FEMALE AGE GROUP: 30 - 39</b>			
1 Megan Perryman	39	Wevertown	48:35
<b>MALE AGE GROUP: 40 - 49</b>			
1 Matthew Miczek	46	Saratoga Springs	28:11
2 Jason Butler	48	Tribes Hill	29:00
<b>FEMALE AGE GROUP: 40 - 49</b>			
1 Jessica Bruno	43	Jacksonville, VT	36:02
2 Gretchen Lovering	47	Queensbury	37:20
<b>MALE AGE GROUP: 50 - 59</b>			
1 Tim Bardin	56	Queensbury	21:07
<b>FEMALE AGE GROUP: 50 - 59</b>			
1 Carolyn Manzella	54	Queensbury	37:18
<b>MALE AGE GROUP: 60 - 69</b>			
1 Ron Green	60	Gloversville	21:44
2 Nick Lamando	60	Queensbury	23:32
3 Jeff Clark	61		28:37
4 Michael Rozell	61	Queensbury	29:22
5 Mark Schachner	64	Lake George	31:05
6 David Heyward	65	Wynantskill	34:23
7 Steve Zientek	63	Jamesville	37:10
<b>FEMALE AGE GROUP: 70 - 79</b>			
1 Laura Clark	71	Saratoga Springs	38:46
<b>10-MILE FAT TIRE BIKE RACE</b>			
<b>MALE OVERALL</b>			
1 Tarrence Lasher	50	Cobleskill	53:19
2 Andrew Ruiz	54	Delmar	53:21
3 Paul McDonnell	54	Selkirk	54:54
<b>FEMALE OVERALL</b>			
1 Kimberly Milton	37	Clifton Park	55:42
2 Helene Schmid	47	Fayetteville	1:12:34
3 Lauren Minholz	38	Lake Luzerne	1:12:38

## WINTER MAGIC 3.5-MILE SNOWSHOE RACE January 13, 2019 • Lowell Lake State Park, Londonderry, VT

MALE OVERALL		FEMALE OVERALL	
1 Tim Van Orden	27:05	1 Laurie Raffensperger	38:11
2 Brian Northan	33:02	2 Jessica Northan	38:30
3 Darrel Lassel	38:45	3 Suzy West	39:08
4 Brad Woodyly	40:14	4 Christine Natalie	40:34
5 Tom McGlade	44:20	5 Karen McGlade	44:11
6 Tom Raffensperger	46:10	6 Candi Christenson	46:26
7 Matthew Miczek	47:36	7 Jen Ferriss	50:15
8 John Spelko	49:30		
9 Jules Selzer	1:40:31		

*Courtesy of Dion WMAC Snowshoe Series*

## HOOT TOOT & WHISTLE 5K SNOWSHOE RACE January 19, 2019 • Catamount Trail, Readsboro, VT

MALE OVERALL			MALE AGE GROUP: 40 - 49			MALE AGE GROUP: 60 - 69		
1 Tim Van Orden	50	23:14	1 Brian Northan	43	27:28	1 John Matthews	62	29:11
2 Patrick Mechtly	20	26:13	2 Scott Henderson	46	33:31	2 Ted Cowles	60	34:17
3 Joel Pekosz	41	27:10	3 Matthew Miczek	47	37:48	3 Darrel Lassel	61	34:24
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 49</b>			<b>FEMALE AGE GROUP: 60 - 69</b>		
1 Jackie Wells	16	31:12	1 Jessica Northan	43	31:50	1 Karen Provencher	64	37:08
2 Hazel Scullin	15	31:12	2 Jan Gould	48	40:25	2 Robin Avery	62	37:25
3 Sinead Fitzgibbon	48	31:34	3 Jen Ferriss	47	40:42	3 Jen Sharp	60	44:46
<b>FEMALE AGE GROUP: 10 - 19</b>			<b>MALE AGE GROUP: 50 - 59</b>			<b>MALE AGE GROUP: 70 - 79</b>		
1 Margaret Montag	19	45:18	1 Andrew Wells	54	32:26	1 Alan Bates	70	32:17
<b>MALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 70 - 79</b>		
1 Matt Fye	25	27:17	1 Ruth Addante	28	31:59	1 Kathy Furlani	70	47:32
2 Stephen Kerr	27	27:36	<b>FEMALE AGE GROUP: 30 - 39</b>			2 Pat Zeminanek	77	49:42
3 James Neary	20	35:37	1 Rosemarie Addante	30	33:34	3 Laura Clark	71	50:20
<b>FEMALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 50 - 59</b>			<b>MALE AGE GROUP: 80 - 89</b>		
1 Ruth Addante	28	31:59	1 Joann Lynch	53	37:05	1 Jules Seltzer	83	1:11:01
<b>FEMALE AGE GROUP: 30 - 39</b>			<b>MALE AGE GROUP: 50 - 59</b>			<i>Courtesy of Dion WMAC Snowshoe Series</i>		
1 Rosemarie Addante	30	33:34	2 Audry Witter	54	38:26			
2 Christine Natalie	33	34:54	3 Snow Fahl	57	41:21			
3 Dawn George	39	57:29						

## COCK-A-DOODLE-SHOE 10K & 5K SNOWSHOE RACES January 20, 2019 • New Land Trust, Saranac

10K SNOWSHOE RACE			5K SNOWSHOE RACE		
<b>MALE OVERALL</b>			<b>MALE OVERALL</b>		
1 Mitchell Ryan			1 Brian Wilson		
2 Peter Keeney			2 Brian Ford		
3 Matthew Medeiros			3 Scott Coleman		
4 Mark Heit			4 Neil Stanhope		
5 Thomas Chiantia			5 Shawn Mulvaney		
6 Jeremy Drowne			<b>FEMALE OVERALL</b>		
			1 Caitrin Chiantia		
			2 Shannon Drowne		
			3 Dawn O'Shaughnessy		
			4 Brenna Mulvaney		
			5 Caitlin Keefe		
			6 Kerri Mulvaney		
			<b>KIDS' 0.5M SNOWSHOE SCRAMBLE</b>		
			<b>MALE OVERALL</b>		
			1 Tucker Connor		
			<b>FEMALE OVERALL</b>		
			1 Olivia Drowne		

*Courtesy of Cock-A-Doodle-Shoe*

## GORE MOUNTAIN RESTAURANT RACE January 28, 2019 • Gore Mountain, North Creek

TEAM AVERAGE & TOP 3 FINISHERS			4 Garnet Hill Lodge		
<b>1 Beck's Tavern</b>			<b>North River</b>		
Francis Conroy	19:20		Jessica Hayle	23:51	
Pavla Berry	19:45		Jim Harrison	23:65	
William Englert	20:42		Greg Schaefer	24:05	
<b>2 Basil &amp; Wick's</b>			<b>North Creek</b>		
Wolfgang Landenburger	19:53		Joshua Sawyer	25:33	
Bob Yandon	21:35		Angela Sawyer	25:79	
Peter O'Donnell	21:65		Benjamin Frasier	30:42	
<b>3 Sticks &amp; Stones</b>			<b>Schroon Lake</b>		
Taylor Mandersan	19:51		William Hall	24:50	
Matt Riggings	21:60		Jim Bratsford	28:79	
Todd Mandersan	21:89				

*Courtesy of Gore Mountain*

## SARATOGA WINTERFEST 5K SNOWSHOE RACE February 3, 2019 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL			FEMALE AGE GROUP: 40 - 49		
1 Tim Van Orden	50	23:40	1 Jennifer Ferriss	47	40:23
2 Shaun Donegan	33	24:54	2 Kathleen Tersigni	48	58:01
3 Connor Devine	25	26:45	<b>MALE AGE GROUP: 50 - 59</b>		
<b>FEMALE OVERALL</b>			1 Douglas Gerhardt	51	35:32
1 Katya Harte	21	33:30	2 Tom Mack	54	38:39
2 Peggy McKeown	61	35:34	3 Stephen Obermayer	57	49:15
3 Kim Lengyel	31	37:19	4 Daniel Lacey	55	53:14
<b>MALE AGE GROUP: 1 - 19</b>			5 Ted Rydzewski	54	59:19
1 Thomas Hopkins	19	27:45	6 Mike Hegel	51	1:15:58
2 Andrew Kazmer	18	29:07	<b>FEMALE AGE GROUP: 50 - 59</b>		
3 Matthew Fox	18	33:10	1 Snow Fahl	57	40:14
4 Aidan Weathers	19	35:13	2 Cathy Sheehan	58	59:51
5 Joseph Hernberg	18	39:11	3 Terri Cuzzaglio	56	1:02:33
6 Noah Cohen	19	45:34	<b>MALE AGE GROUP: 60 - 69</b>		
<b>FEMALE AGE GROUP: 1 - 19</b>			1 David Peterson	60	32:51
1 Mercedes Young	19	37:35	2 Ted Cowles	60	34:28
2 Clarice Pavlak	19	44:24	3 Jeff Clark	61	37:55
3 Solitaire Niles	13	56:00	4 Chris Johnson	61	44:17
<b>MALE AGE GROUP: 20 - 29</b>			5 Dave Heyward	65	44:39
1 Adam Burn	29	1:01:04	6 Michael Della Rocco	67	48:07
2 Anthony Choppa	27	1:05:26	7 William Farrell	61	48:47
<b>FEMALE AGE GROUP: 20 - 29</b>			8 Jim Sheehan	66	50:08
1 Tessa Williams	26	42:18	<b>FEMALE AGE GROUP: 60 - 69</b>		
<b>MALE AGE GROUP: 30 - 39</b>			1 Denise Dion	60	44:11
1 Jean-Baptiste Laloe	37	28:28	2 Jen Sharp	60	44:38
2 Jeffrey Andritz	37	31:03	3 Maureen Roberts	61	45:21
<b>MALE AGE GROUP: 40 - 49</b>			4 Ronni Travers	61	54:42
1 Jonathan Guthan	42	28:33	5 Nancy Botaitis	60	57:58
2 Zack Vogel	47	28:57	6 Arianna Collins	65	1:16:47
3 Dillon Kircher	43	29:19	<b>MALE AGE GROUP: 70 - 79</b>		
4 Albert Fisas	45	31:35	1 Allan Bates	70	32:57
5 Martin Gordiniek	48	31:49	2 Charles Brockett	73	50:42
6 George Ferro	41	36:45	3 Ray Lee Jr.	76	55:53
7 Jim Schertzer	43	37:38	<b>FEMALE AGE GROUP: 70 - 79</b>		
8 Matthew Miczek	46	38:53	1 Kathleen Furlani	70	44:56
9 Todd Bishop	45	39:05	2 Claire Henderson	70	49:16
10 Daniel Powers	43	40:08	3 Laura Clark	71	52:08
11 Josh O'Neil	44	47:51	<b>MALE AGE GROUP: 80 - 89</b>		

*Courtesy of Saratoga Stryders & Dion WMAC Snowshoe Series*

## FROM THE PUBLISHER

### The Summer Day By Mary Oliver

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean—  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
the one who is moving her jaws back and forth instead of up and down—  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel down in the grass,  
how to be idle and blessed, how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?



Mary Oliver, an "indefatigable guide to the natural world" (Maxine Kumin), had a long and celebrated career. She died in January 2019 at age 83. Make it happen!

*Danzel*

14TH ANNUAL

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