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Sunday 10-4

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See You at the Show!

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AdkSports.com
Facebook.com/AdirondackSports

FROM THE PUBLISHER



Happy Spring! It's time to get outside and "Seize the Daylight!" Please join us for our 14th annual SUMMER EXPO on Saturday-Sunday, March 16-17 at the Saratoga Springs City Center! The free-admission show has become upstate New York's annual gathering of the sports, fitness and travel community! With 150 exhibitors representing recreational and competitive sports, outings, clubs, events and races, plus many health practitioners and a wide variety of outdoor destinations across our beautiful region. This year's Summer Expo features Mountainman Outdoors' 2019 Canoe/Kayak/SUP Preview Sale. Many exhibitors will have sales on gear, clothing, footwear, race/event entries and much more. Enjoy the in-booth clinics, demos, family activities, and fill-out your entry ticket for a chance at \$10,000 in prizes generously donated by many of our exhibitors. For more info, visit AdkSports.com/summer-expo-attendees and like us on Facebook and Instagram. Thanks for reading us, attending our shows, and supporting our advertisers/exhibitors for 19 years! This business has been one of the hardest things I've ever done, but because of you it's been one of the most personally rewarding! I hope to see you there.

Danzel



See **SUMMER EXPO ATTENDEE GUIDE 12** ▶



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ATHLETE PROFILE


CRESTED BUTTE, COLO.



SUMMER OF A 14ER IN COLORADO.



SADDLEBACK MOUNTAIN, MAINE.

Michael Baker & Stephanie Rios

By Shawne Camp

My wife Janay and I met Michael and Stephanie through cycling and we became friends. Janay and I enjoy a nice hike, but these two adventurers take hiking to the next level. I'd wake up some mornings and see photos of them already on top of some mountain I've never heard of, or dragging tires while snowshoeing, and think "these two are either crazy or crazy dedicated." I knew they had some cool accomplishments, but until I sat down over a beer and conducted the interview for this story, I had no idea of the extent.

Michael's passion for hiking started in 1996 with a dare between him and his sister to hike up Mt. Marcy - which they did. Over the course of the next four months, he had completed half of the Adirondack High Peaks. In 2010, Stephanie's first hike was Franconia Ridge in the White Mountains, and she's been hooked ever since. She competed in track and cross country in high school "but I was never any good." Stephanie didn't get seriously into running until she was an adult and discovered that "I might not be extremely fast but I have endurance."

Michael and Stephanie are both members of "The Endurance Society," an organization that's dedicated to providing extraordinary physical and psychological adventures to the endurance community. They met in 2016 while competing in Endurance Society's 48-hour, 100-mile rugged trail race, called Infinitus in Brandon, Vt. Stephanie was living in Chelmsford, Mass. at the time and Michael in Ballston Spa. While Michael described this grueling race, I was thinking to myself how bad my ribs hurt while doing a 5K. This was Stephanie's first 100-miler and they both completed it. From this point on they became friends and adventure partners.

I asked them both separately what their most memorable hike has been and they both responded with the "Pemi Loop" in New Hampshire, a 31-mile trek that climbs eight 4,000 footers. When I asked why this was the most memorable, they both had the same answer "it was their first time hiking together" on July 4, 2017.

Stephanie described how she got from Massachusetts to New York. She wanted to be closer to her new love Michael and closer to the mountains. For months, every single weekend they'd drive to each other, six hours round-trip. When they completed the 48 4,000-footers (mostly in the White Mountains) in seven consecutive weekends, she'd drive three hours to Michael's place, then drive together four hours to New Hampshire. In one weekend they hiked 32 miles and completed 13 of the 48 peaks. When I asked Michael about Stephanie's biggest strength, he responded "she's got grit!"

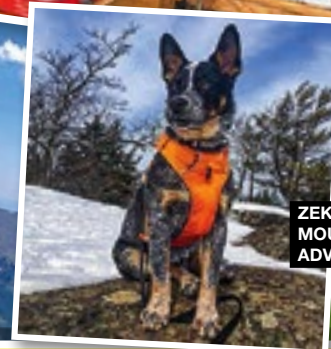
In addition to the New Hampshire 48, Stephanie was recently accompanied by Michael as she became an Adirondack 46'er. Michael has done five winter rounds of the 46 High Peaks and two of them were in a single season. In October 2018 they completed the 115ers, which are all 4,000+ foot peaks located in New York, Vermont, New Hampshire and Maine. They celebrated with beer and food at Moat Mountain Brewery in New Hampshire. Currently, they are one hike (Mahoosuc) from completing the North East Ultra Eight; the eight toughest hikes in the Northeastern US, and each hike must be done in less than 24 hours. So, what's their longest day hike? The Cranberry 50 - completing it in an incredible 17 hours! Together they also completed the Georgia Death Race, which was 72 miles with close to 28,000 feet of elevation change in under 24 hours. Michael has also twice competed in the Barkley Fall Classic which is a 50K trail race held in Tennessee - it's designed to give the runner a taste of what the notorious Barkley Marathon is all about!

In 2018 they loaded up and headed off to the UTE 100, which is a 100-mile trail race held in Utah. Michael had been training and he was set to get it done, while Stephanie was set to crew. They stopped in Colorado to hike some of the Rockies and fell in love with the area. As they proceeded through towards Utah, I received some requests via

LA PLATA PEAK, COLO.



VAN CAMPING IN COLORADO.



ZEKE'S FIRST MOUNTAIN ADVENTURE.

AGE: Michael, 44 and Stephanie, 28
RESIDENCE: Ballston Spa
FAMILY: Blue Heeler dog named Zeke
OCCUPATION: Michael, Excavation and Stephanie, Bartender and Personal Trainer
PRIMARY SPORTS: Hiking and Ultra Running
SECONDARY SPORTS: Fat Biking, Alpine Touring, Snowshoeing

text message for places they should stop at, since I'm originally from Colorado. I told them they definitely needed to check out an awesome pizza place called "The Hot Tomato" in Fruita, Colo. A couple hours later I began receiving photos of pizza! The next update I thought I'd read would be about the race, but the next message was about how they were back in the Rockies. Michael described the temperatures in Fruita as over 100 degrees, and he couldn't stop thinking about the fun he and Stephanie had in the Rockies. They went back out to their van, named "Fluff," and said screw it lets go back to the mountains, where they completed nine more peaks over 14,000 feet.

So, what's on the agenda for these getters in 2019? Michael has the Beaverhead 100K Endurance Race this July, on the Idaho-Montana border in the Beaverhead Mountains. Stephanie is competing in the "IMTUF" Idaho Mountain Trail Ultra Festival 100-miler in September, crossing eight passes and gaining around 22,000 feet, which Michael will be crewing for. When asked about training, Michael told me training for both events has begun, but Stephanie has been training harder. This spring, they also will be riding fat bikes in two separate events. The first being the "Farmers Fatty" held in Nassau, NY, and the next being one of my personal favorites, "Rasputitsa" a spring classic held in East Burke, Vt.

Earlier I mentioned their van named "Fluff." So, what is this van, and how'd it get its name? It's a Sprinter van they purchased for all their adventures. When I first

saw it last year, it was pretty much an empty shell begging to be outfitted. Slowly and methodically, Stephanie and Michael have been doing much of the work themselves, and occasionally it's sent off to have more extreme modifications done. It now looks like a true adventure mobile! One that will take you wherever and provide basically a home on wheels. Stephanie says Fluff originally was a joke because the van is white and like a big marshmallow or fluffernutter. Joke or no joke the van's name is now Fluff!

Recently they picked up a new travel partner named Zeke. Zeke is a young energetic Blue Heeler (Australian Cattle Dog) who's super cute. They've been spending a lot of time getting him trained, adjusted around other dogs, and going on hikes. His favorite things are snacks, naps, snow, and hanging out with his new parents.

This summer Michael and Stephanie will leave their jobs (with the ability to return to them later), and load Zeke up in Fluff - along with whatever they need - and hit the open road. Destination? Out West! There are quite a few tall mountains in Colorado, so I have a feeling they'll be there for a bit, chasing their dreams. Best of luck in all your endeavors! 🌲

Shawne Camp (shawnecamp@mac.com) lives in Malta with his wife Janay and dog Rango. He is an artist who stone sculpts and paints, as well being a professional bicycle mechanic.

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Sunday, March 24

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News Briefs

Ski Half-Price at Whiteface March 24 with Donation

ALBANY - Skiers have an opportunity to ski half-price at Whiteface on Sunday, March 24 by making a \$10 donation to Make-A-Wish® Northeast New York at the mountain - or the Make-A-Wish booth at the Adirondack Sports Summer Expo on March 16-17. Make-A-Wish volunteers will be near the lift ticket windows and in their exhibit booth, at which \$10 Adopt-A-Wish stars may be purchased. For every \$10 star, a skier will receive half-off of the regular lift ticket price.

On March 24, you can also learn ski and race techniques from three-time Olympian, and two-time Olympic medalist, Andrew Weibrecht. Free ski with Andrew from 10-11:30am, and then compete against him in a recreational dual giant slalom race from 1:30-3pm! The cost to participate is \$100 per skier (\$75 for season ticket holders), and the free ski and race are limited to the first 50 registrants. Included in the registration is a lift ticket, free ski, race, and post-race reception. All proceeds benefit Make-A-Wish Northeast New York.

Finally, there will be a prize drawing for a three-day, two-night stay at Mirror Lake Inn in Lake Placid. The opportunity to ski with Andrew Weibrecht, whose family owns the inn, is part of the prize. Tickets are \$25 each, or five for \$100. Only 350 tickets will be sold. The drawing will be held at 3:45pm on March 24 at a complimentary reception at the mountain. Raffle participants need not be present to win.

"We are incredibly grateful to Whiteface and Andrew Weibrecht for making this unique fundraiser possible," chapter CEO William Trigg, III, said. "Through this event, which helps generate awareness of Make-A-Wish Northeast New York, we hope to be introduced to more prospective wish kids, volunteers and donors." For more info or to donate/register, call Make-A-Wish at (518) 456-9474, stop by their booth at the Summer Expo, or visit neny.wish.org.

Ecotourism for Adventure Travel

HERKIMER - With a wealth of ecotourism friendly adventures in New York and beyond, Herkimer College recently launched a new program in Ecotourism and Adventure Travel. The associate in applied science degree prepares students for the natural and cultural history of a given area, and it's offered on campus and online. Graduates will be able to assess, develop plans, and identify steps to transform traditional hospitality to an environmentally sound operation. They'll be able to understand and explain the interrelationships among diverse cultures and ecosystems.

They'll be prepared for careers in government and non-profits, as well as the private sector. They may work for a company that runs tours, a national park or outdoor education center, or manage or run their own ecotourism business, with opportunities to work abroad in exotic locations. Ecotourism can be exciting and rewarding, knowing you're educating people about the environment by immersing them in nature. Visit herkimer.edu/ecotourism. Herkimer College will hold an *Open House* on Saturday, April 6 from 10am to 12pm. Prospective students can tour the campus, meet faculty, and learn about programs and more. Register at herkimer.edu/openhouse. Walk-ins are also welcome.

Peak to Brew 'Beast' and New 'Sprint' Series

BALDWINVILLE - Peak to Brew Relay has formed the ultimate Adirondack relay weekend with two team relay events on Friday-Saturday, August 9-10. P2B's growth over the last four years is largely due to their quality team participants and volunteers. They've turned the original 227-mile, two-day six to 12-runner (one or two vans) overnight relay race from Whiteface Mountain to Saranac Brewery into the ultimate Adirondack relay experience.

August 10th will also be the first annual Sprint relay race, with a 66-mile course for teams of three to six runners (one van) to complete on a single day. Utilizing the Beast course, sprint teams will start their relay at the base of the Tug Hill Plateau (South Lewis High School), featuring an exciting climb up the Tug Hill through Whetstone Gulf State Park. Sprint teams will use the final 12 legs of the Beast course, leading to the finish at Saranac Brewery in Utica, where they'll enjoy the Peak to Brewfest post-race party, courtesy of Saranac Brewery.

In addition, Peak to Brew will be releasing a second Sprint relay course with an exhibition run in 2019 and inaugural race in 2020. "The entire P2B team is excited for the opportunity to build more exciting and challenging team-based relay events for the running community," says co-founder Jason Croniser. "We've been blessed with support from runners and local communities, and look forward to building new relationships in the Northeast." For more info on the sprint relay and new course, visit p2brelay.com.

Review: Hok Skis by Altai are a HOOT!

They are referred to as a combo ski-snowshoe, having the stability and ease of a snowshoe with the kick and glide of a ski. The Hok skis are my go-to bushwhacking explore-galore boards. Throw these on and your adventure begins. Some have said they don't climb as well as snowshoes; my experience has shown that to not be the case. I have actually found them to climb at times better than snowshoes. Leaving the best part to the decent, their glide is magical, fast enough to have fun but not so fast as to put your trek in turmoil. Quick up, not so quick down, with plenty of agility around trees, rocks and mounds, all due to their shorter lengths.



BOB INGRAM IN ACTION

The skis come with two binding styles: one is a universal strap-down snow boot and the other a three-pin binding. For aggressive skiing and control, the three-pin is the best choice; for gentler conditions and more of a snowshoe jaunt, the strap-in binding is best. These boards come in two lengths - the shorter length of 125cm is for folks on the shorter and lighter side, leaving the longer 145cm for the taller, stockier of us.

The Adirondacks are the perfect home for using Hoks. You will climb like a billy goat and descend like a seasoned pro, albeit slower with more composure. You will meander through the tree-filled understorey with the greatest amount of ease due to the short ski length. You will not have the endless crossing of ski tips that you can encounter with longer backcountry skis as you pick and grin your path over hill and dale.

One thing to keep in mind is that you will not be able to easily edge these skis as would be done with a narrower backcountry ski, so watch out trying to navigate a crusty off camber pitch. These dogs work best when you can keep them staying flat on the snow. For more adventure, you can use a Tiak, which is a long single pole like those used in the Altai Mountains rather than traditional ski poles. For more info visit: altaiskis.com. For those of us who live to explore the backcountry the Hoks offer endless opportunity. - Bob Ingram, North River.

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Calendar of Events
March-May 2019*

MARCH 2019							APRIL 2019							MAY 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	3	4	5	6	1	2	3	4				
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
24 ³¹	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	

*Events beyond this range are advertisers in this issue.

- 13 Ossian Giant Gravel Grinder Race/Ride w/Jeremy Powers. Swain Resort, Swain. ridellc.com.
- 20-21 Copake Bicycle Auction & Swap Meet. Copake. copakeauction.com.
- 20 Rasputitsa Spring Classic Gravel Grinder. 40M. East Burke, VT. rasputitsagravel.com.
- 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.
- 28 Saratoga 300M Brevet Road Ride. 4am. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

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.

- MARCH**
- 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.
 - 24 Whiteface: Half-Price Tickets & Ski and/or Race w/Andrew Weibrecht to Benefit Make-A-Wish NE NY. Donate/register at Adk Sports Summer Expo booth or call Make-A-Wish. Whiteface, Wilmington. 518-456-9474. neny.wish.org.

BICYCLING: ROAD & OFF-ROAD
ONGOING

Daily Erie Canal Bike Tours. Fully supported group tour: Cycle Touring 101 (6/23-28); Historic Erie (6/9-15 & 9/29-10/5); Canals, Waterfalls & Wine Country (6/30-7/7 & 0/1-8); Full Erie Rambler (7/17-27 & 9/11-21); Full Erie Express (8/10-17); Ultimate Erie 4X4 (6/3-8). 315-316-BIKE. See website for 2019 tours & packages: gobikeerie.com.

- MARCH**
- 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 ADIRONDACK SPORTS SUMMER EXPO. Sat: 10am-5pm and Sun: 10am-4pm. FREE admission. Upstate NY's gathering of the sports/fitness/outdoor community! 150 exhibitors: Run/Bike/Tri, Hike/Paddle/Climb, Health/Fitness/Recreation/Travel and Mind/Body/Spirit/Green Living. Mountainman Outdoors 2019 Canoe/Kayak/SUP Preview Sale. Sales on gear, clothing, footwear, race/event entries and MUCH MORE. Clinics, demos, family activities and \$10,000 in prizes. Saratoga Springs City Center (522 Broadway), Saratoga Springs. 518-877-8788. Info and exhibitors: adksports.com.
 - 17 Farmer's Fatty Gravel Grinder. 10am. 25M. S&S Farm Brewery, Nassau. bikereg.com.
 - 31 Cycle-Thon Fundraiser. 10am-1pm. Teams. YMCA, Troy. cdyoca.org.
- APRIL**
- 6 Trooper David Brinkerhoff Memorial Race #1. 11am. Coxsackie. 518-506-6905. cbrc.cc.
 - 7 GVCC Strade Verde Race. 33/49M. Dryer Road Park, Victor. gvccracing.com.
 - 13 Trooper David Brinkerhoff Memorial Race #2. 11am. Coxsackie. 518-506-6905. cbrc.cc.

MAY

- 4 11th Cazenovia Hillbender Cycling Festival. 9am. 38M race/19M ride. Chittenango Falls SP, Cazenovia. cazenoviahillbender.com.
- 4-5 Women's Woodstock Cycling Grand Prix. Sat: 6M Time Trial, Phoenicia & Circuit Race, Saugerties. Sun: Circuit Race, Woodstock. womenswoodstockcycling.com.
- 11 Saratoga 400M Brevet Road Ride. 4am. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
- 18 Pucks & Pedals Bike Tours. 20M/40M. Cool Insuring Arena, Glens Falls. Rich Gordon: 518-932-1145. bikereg.com.
- 19 Team Billy Ride & Walk for Brain Tumor Research. 10M/25M/50M bike ride: 8:30am. 3M walk: 9:30am. Farmer's Market at High Rock Park, Saratoga Springs. teambilly.org.
- 19 Farmer's Daughter Gravel Grinder. 9am. 100K fully-supported, non-competitive ride on dirt roads/trails. Crellin Park, Chatham. farmersdaughtergravelgrinder.com.
- 31 Whiteface Uphill Bike Race. 11M, 8% grade. 5:30pm. Whiteface Veterans Memorial Highway, Wilmington. bikereg.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.

JULY

- 27 14th Ididaride: Adk Bike Tour. 75M paved or 23M mixed surface. Post-ride BBQ. Ski Bowl Park, North Creek. 800-395-8080 x42. adk.org/ididaride.

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.
- 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.

MARCH

- 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.
- 17 Dewey Mountain Day. Tandem Ski Challenge, Group Ski to the Top, BBQ, Snowshoe Scavenger Hunt. Dewey Mountain Rec Center, Saranac Lake. 518-891-2697. deweymountain.com.

2019 Sean's Ride

Presented by:
Kneller Insurance Agency

SATURDAY, APRIL 27
CHATHAM, NEW YORK

Gran Fondo Style Rides
The 50-Mile Half Fondo, the 20-Mile Mini Fondo and the 10-Mile Intro Fondo all include scenic, well-marked routes on open, paved roads with festive rest stops, on-course support and a spread of gourmet refreshments at the finish line. The first 250 to register will get a souvenir Sean's Ride t-shirt!

REGISTER TODAY! SEANSRUN.COM
for online and mail-in forms, course maps, directions, and additional information.

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Mountain, Road, Hybrid, E-Bikes, Kids, BMX
TREK • SPECIALIZED
ELECTRA • STOLEN
Expert Repair Work on All Brands
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Mohawk Hudson Cycling Club

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MohawkHudsonCyclingClub.org

all levels of ability welcome
more than 300 rides per year

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ROAD - MOUNTAIN TRIATHLON - TANDEM BMX - KIDS - E BIKES

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- Yakima racks & accessories

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10 min east of Troy
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2019 Bikes are Here!



Hello Triathletes!
It's Going to be an Awesome 2019!
Join the BTC. You'll love it! We do!
(And it's the best value in town!)
REGISTER TODAY AT...
bethlehemtriclub.com
then select "Membership"

19TH ANNUAL
CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water
Bike 18mi out & back
Run 3mi lake loop
USA Triathlon sanctioned event

Aquabike is Back!

Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 17, 8am
Limited to 300 racers
Register early for best price
Register by 7/15 for awesome swag!
Register & Info: cdtriclub.org

WELCOME ALL
2019 MEMBERSHIP NOW OPEN!



Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 4 – August 27
Crystal Lake Triathlon – Sat, Aug 17
Details: www.cdtriclub.org

10th anniversary!

HUDSON CROSSING TRIATHLON



Sunday, June 9
500yd Swim, 12M Bike, 5K Run
Limited to 300 – Register Early!
www.hudsoncrossingtri.com

HEALTH & FITNESS ONGOING

Daily Rock Your Fitness: Total Body Training. Six-week sessions: 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 ADIRONDACK SPORTS SUMMER EXPO. Sat: 10am-5pm and Sun: 10am-4pm. FREE admission. Upstate NY's gathering of the sports/fitness/outdoor community! 150 exhibitors: Run/Bike/Tri, Hike/Paddle/Climb, Health/Fitness/Recreation/Travel and Mind/Body/Spirit/Green Living. Mountainman Outdoors 2019 Canoe/Kayak/SUP Preview Sale. Sales on gear, clothing, footwear, race/event entries and MUCH MORE. Clinics, demos, family activities and \$10,000 in prizes. Saratoga Springs City Center (522 Broadway), Saratoga Springs. 518-877-8788. Info and exhibitors: 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.

MARCH

- 16 Tabletop Trailless Hike.** 10M, 2300' elevation. 8am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 16-17 ADIRONDACK SPORTS SUMMER EXPO.** Sat: 10am-5pm and Sun: 10am-4pm. FREE admission. Upstate NY's gathering of the sports/fitness/outdoor community! 150 exhibitors: Run/Bike/Tri, Hike/Paddle/Climb, Health/Fitness/Recreation/Travel and Mind/Body/Spirit/Green Living. Mountainman Outdoors 2019 Canoe/Kayak/SUP Preview Sale. Sales on gear, clothing, footwear, race/event entries and MUCH MORE. Clinics, demos, family activities and \$10,000 in prizes. Saratoga Springs City Center (522 Broadway), Saratoga Springs. 518-877-8788. Info and exhibitors: adksports.com.
- 23 Moonlight Snowshoe Tour.** 5:30-7:30 pm. Garnet Hill Lodge, North River. garnet-hill.com.
- 30 Catskills Great Outdoor Expo.** 10am-5pm. Hike, paddle, bike, climb, ski, birdwatching, fishing, snowshoe: exhibitors, activities, clinics, sales. Best Western Hotel & Conf Center, Kingston. 845-586-2611. catskillcenter.org/outdoorexpo.
- 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.

MULTISPORT: TRIATHLON & SWIMMING ONGOING

- Sun Swim Clinics w/Hislop Coaching.** 8-9:30am. 3/10, 17, 31. Niskayuna HS, Niskayuna. 518-577-5889. hislopcoaching.com.
- Su/M/W Triathlon Training w/Kristen Hislop & Stefano Fontana: 2/24-5/4.** Sun: 7am. Mon: 7:30pm. Wed: 6am. Southern Saratoga YMCA, Clifton Park. 518-371-2139. cdymca.org.
- Wed SLVP Wed Duathlon Series: 5/15, 6/19, 7/17, 8/21.** 1.25M run, a 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch. slvpaddlers.org/duathlon.

MARCH

16-17 ADIRONDACK SPORTS SUMMER EXPO. Sat: 10am-5pm and Sun: 10am-4pm. FREE admission. Upstate NY's gathering of the sports/fitness/outdoor community! 150 exhibitors: Run/Bike/Tri, Hike/Paddle/Climb, Health/Fitness/Recreation/Travel and Mind/Body/Spirit/Green Living. Mountainman Outdoors 2019 Canoe/Kayak/SUP Preview Sale. Sales on gear, clothing, footwear, race/event entries and MUCH MORE. Clinics, demos, family activities and \$10,000 in prizes. Saratoga Springs City Center (522 Broadway), Saratoga Springs. 518-877-8788. Info and exhibitors: 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.
- 14 Middleburgh Slaughter Triathlon.** 5M run, 10M bike, 5M paddle. 11am. Timothy Murphy Park, Middleburgh. Joan Wissert: 585-610-6769.
- 20 New York Duathlon Series #1 - Southern Tier.** 2M run, 12M bike, 2M run. 9am. Weeden Park, Randolph. coachmarkwilson.com.
- 27 KBR Ice Breaker Triathlon.** 1M kayak, 13M bike, 2M run. Cassadaga. 914-466-9214. coachmarkwilson.com.
- 28 8th Delmar Duathlon.** 2M run, 10M bike, 2M run. Solo & 2-person teams. Elm Avenue Park, Delmar. townofbethlehem.org/307/special-events.

MAY

- 5 NY Duathlon Series #2: Hudson Valley.** 2M run, 12M bike, 2M run. 9am. Wilson SP, Mount Tremper. 914-466-9214. coachmarkwilson.com.
- 5 25th SSYMCA Anyone Can Tri Triathlon in Memory of Chris Gleason.** 8am. YMCA, Clifton Park. zippyreg.com.
- 11 New York Duathlon Series #2 - Southern Tier.** 2M run, 12M bike, 2M run. 9am. Weeden Park, Randolph. coachmarkwilson.com.
- 11 Pedal-Paddle-Run.** 7M bike, 2M paddle, 5K run. 8am. Aqueduct Park, Niskayuna. schenectadycounty.com.
- 18 The Rat Snake Triathlon.** 18K trail run, 29M bike, 26yd swim. Team & Kids Tri. Gilbert Lake SP, Laurens. theratsnake.com.
- 18 HarryMan Triathlon.** Olympic & Half-Iron. 9am. Harriman State Park, Stony Point. genesisadventures.com.
- 19 American Zofingen Duathlon, Gleason Memorial Du & Long Course.** 8am. Stone Ridge. 914-466-9214. coachmarkwilson.com.
- 26 15th Saratoga Lions: The Memorial Duathlon & 5K Run.** 8:20am. 5K run, 30K bike, 5K run. Solo or 2- or 3-person team. Saratoga Casino & Raceway, Saratoga Springs. thememorialduathlon5k.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.
- 9 10th Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com.
- 12 Hudson Valley Tri Club Summer Series #1.** 5:45pm. Wilson SP, Mount Tremper. 914-466-9214. coachmarkwilson.com.
- 15 Great Sacandaga Challenge Triathlon.** Adult sprint: 750m swim, 20K bike, 5K run. Youth: 100yd swim, 5K bike, 1M run. Kid's splash & dash: fun short swim & run. Broadalbin. greatsacandagachallenge.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.
- 30 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.

AUGUST

- 17 19th Crystal Lake Triathlon & Aquabike.** 8am. 0.5M swim, 18M bike, 3M run. Crystal Lake, Averill Park. cdtriclub.org.
- 31-9/1 Lake George Triathlon Festival.** Sat: Lake George Tri (Olympic). Sun: Big George Tri (Half Iron), King George, Prince George & Aquabike. Battlefield Park, Lake George. adkracemgmt.com.

8TH ANNUAL
DELMAR DUATHLON



Run 2M - Cycle 10M - Run 2M
Sunday, April 28 - 8am
Elm Avenue Park • Delmar, NY
Fee: \$55 • Two-Person Team: \$70
Limited to 300 & Age 18 or older
TownofBethlehem.org/307/Special-Events
A Co-Sponsored Event:
the Y, TOWN OF BETHLEHEM PARKS & RECREATION

CELEBRATING OUR 15TH ANNIVERSARY



2019
THE MEMORIAL DUATHLON & 5K
SARATOGA SPRINGS LIONS CLUB

SUNDAY MAY 26

- Duathlon – 5K run/30K bike/5K run Individual or Team
- Separate 5K run/walk

thememorialduathlon5k.com

Register now for best rates
Free event T-shirts to first 300 participants

Proceeds benefit our sight, hearing, diabetes, youth & community initiatives



SACANDAGA TRICLUB PRESENTS

EXCITING FAMILY EVENT!

THE GREAT SACANDAGA CHALLENGE TRIATHLON
JUNE 15TH
BROADALBIN, NY

KIDS & ADULT TRIATHLONS

READY. SET. GO

- Kids Splash & Dash**
 - Free Registration
 - No minimum age
 - Fun short swim
 - Fun short run
- Youth Triathlon**
 - Minimum age: 7yrs
 - 100 yd swim
 - 3.1 mi bike
 - 1 mi run
- Adult Sprint Triathlon**
 - Individual & Team
 - 750m swim
 - 20K bike
 - 5K run

FOR MORE INFORMATION OR TO REGISTER, VISIT:
greatsacandagachallenge.com

SACANDAGA TRICLUB

Clifton Park Triathlon Club



Serving youth athletes age 9-19 with training to race at youth/junior distances

Triathlon a fast-growing youth sport!

New Members Welcome!
Learn more:
Scott Goodwill
518-396-8234 or
sgoodwill@nycparrr.com
USA Triathlon
USAT certified level 1 & youth/junior coach

Red Door Cottage
Sleeps Eight

Lake Placid Vacation Rental

On Ironman course – come train with us!

Comfortable village home near attractions

Listed on and VRBO #870834
(518) 524-5482 or adkreddoor@gmail.com
Book Now! AdkRedDoor.com

40th Anniversary! Salem
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
 Registration: Dan Sheldon
 Class of 2022 4361 State Route 22
 Salem, NY 12865
 (518) 854-9262
 drswhf@yahoo.com
 All entrants receive April Fool's T-shirt!

39TH ANNUAL HMRRRC
BILL ROBINSON
Masters 10K
 For runners 40 years and older
Saturday, April 27 • 9am
 Guilderland High School
 Meadowdale Rd, Guilderland Ctr
Register @ hmrrc.com
 \$17 HMRRRC, \$22 non-members, \$25 race day
 Top 3 in 5-year age groups to 80+ • HMRRRC GP race
 Commemorative gift to first 75 registered
 Post-race refreshments • Certified course
 Jim Tierney: 869-5597 or runnerjmt@aol.com

Dr. Brad Elliott
CHIROPRACTOR
Cost Effective
Care for the
Entire Family
 Celebrating 30 Years!
 677 Plank Rd, Clifton Park
(518) 383-4889

3RD ANNUAL SASHA'S
5K Run/Walk
Sunday, April 28 - 10am
 Tallmadge Park, Mechanicville
 Kids' Fun Run at 9:30am (10-under free)
Bring your superhero attitude or wear superhero-inspired attire!
 - Performance shirts to first 300 -
 Albany Ronald McDonald House fundraiser to support families of ill children and honor parents of kids lost too soon
 Entry & Info: **Sashasrun.com**

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 with Competition!
 To benefit Schenectady Firefighters Cancer Foundation
 \$20 by 3/8, \$25 by 3/27, \$30 race day
 Team scoring & team/individual awards
 Anniversary T-shirt to first 1,000 registrants!
Register Online: ZippyReg.com
 More Info & Entry Form:
NeverFightAlone.org
 info@r4yl.org

OTHER EVENTS

MARCH

20 **Mountainman's Adventure Series** movie screening "Mountains of Storm" by Patagonia to benefit Lake George Land Conservancy. 6:30pm. Mountainman Outdoor Supply Co, Saratoga Springs. 518-584-3500. mountainmanoutdoors.com.

22-24 **14th Great Upstate Boat Show.** Fri: 11-8. Sat: 10-7. Sun: 10-5. Adirondack Sports Complex, Queensbury. 518-791-0070. thegreatupstateboatshow.com.

31-4/4 **Miracle on Ice Fantasy Camp.** Olympic Center, Lake Placid. whiteface.com.

APRIL

26-28 Canal Sweep Weekend. NY Canalway Trail. Various locations/ Volunteer Day. ptny.org.

MAY

3-5 **Mother Daughter Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdmca.org.

17-19 **Women's Getaway Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdmca.org.

PADDLING & ROWING ONGOING

Wed **SLVP Wed Duathlon Series: 5/15, 6/19, 7/17, 8/21.** 1.25M run, a 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch. slvpaddlers.org/duathlon.

MARCH

16-17 **ADIRONDACK SPORTS SUMMER EXPO.** Sat: 10am-5pm and Sun: 10am-4pm. FREE admission. Upstate NY's gathering of the sports/fitness/outdoor community! 150 exhibitors: Run/Bike/Tri, Hike/Paddle/Climb, Health/Fitness/Recreation/Travel and Mind/Body/Spirit/Green Living. Mountainman Outdoors 2019 Canoe/Kayak/SUP Preview Sale. Sales on gear, clothing, footwear, race/event entries and MUCH MORE. Clinics, demos, family activities and \$10,000 in prizes. Saratoga Springs City Center (522 Broadway), Saratoga Springs. 518-877-8788. Info and exhibitors: adksports.com.

16-17 **Mountainman Outdoors: 2019 Canoe, Kayak & SUP Preview Sale at the Summer Expo.** BIC SUP, Dagger, Hurricane, Liquidlogic, Native Watercraft, Perception, Swift & Wilderness Systems. Winter Clothing & Footwear Clearance Sale. See the GO Adventure Camper. Adirondack Sports Summer Expo, Saratoga Springs City Center. 518-584-0600. mountainmanoutdoors.com.

30 **Catskills Great Outdoor Expo.** 10am-5pm. Hike, paddle, bike, climb, ski, birdwatching, fishing, snowshoe: exhibitors, activities, clinics, sales. Best Western Hotel & Conf Center, Kingston. 845-586-2611. catskillcenter.org/outdoorexpo.

APRIL

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

13-14 **Middleburgh Sloucher Canoe/Kayak Regatta.** 5M. 11am. Fultonham Park & Ride, Middleburgh. Joan Wissert 585-610-6769. middleburghrotaryny.org.

20 **Upper Susquehanna Pedalers & Paddlers Spring Race.** 12M/18M. 11am. Route 205 Bridge Otego. Jeff Shultis: 607-988-7898. nymcra.org.

21 **Little River Ramble.** 1pm. Little River Boat Launch, Canton. slvpaddlers.org.

26-28 Canal Clean Sweep. Volunteer day, multiple locations. ptny.org/events.

27-28 **Saratoga Paddlefest & Outdoor Expo.** Paddling, gear & clothing sale. Mountainman Outdoors, Fish Creek/Saratoga Lake, Saratoga Springs. 518-584-0600. mountainmanoutdoors.com.

MAY

1 **NNYP Wednesday Night Time Trials: 5/1-9/18.** 3.63M. 6:30pm. Aqueduct Boat Dock, Mohawk River, Rexford. Alec Davis: 518-321-6820. wwwweb.org.

3-5 **58th Canton Canoe Weekend.** Sat: C1/K1 Pro & Amateur; Sun: C2/Special K Pro & Amateur. Rushton Rec & Relay Races. Canton. cantoncanoeweekend.org.

4-5 **62nd Hudson River White Water Derby.** Sat, 11am: Giant Slalom & Sprint Races. Also: Try-It Not-So-Whitewater Race: 2.5M of moving water for beginner to intermediate canoers/kayakers (only \$10). Sun, 11am: Downriver Race from North Creek to Riparius. North Creek, North River, Riparius. whitewaterderby.com.

17-19 **Adirondack Paddlefest & Outdoor Expo.** Paddling, gear & clothing sale. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

11 **'Round the Mountain Canoe & Kayak Race.** 10.5M. 11am. Ampersand Bay Resort, Lower Saranac Lake. Brian McDonnell: 518-891-2744. macscanoes.com.

15 **SLVP Wed Duathlon Series: 5/15, 6/19, 7/17, 8/21.** 1.25M run, a 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch. slvpaddlers.org/duathlon.

18 **Ed Wessels Canoe Regatta.** 23M. 10am. C1 & C2 Am, C1 & C2 Pro. Otego Boat Launch, Otego. Ed Curley: 607-433-0333.

25-28 **General Clinton Canoe Regatta.** 5M-70M. Racing, stock, standard, recreation. Cooperstown to Bainbridge. canoeregatta.org.

RUNNING, WALKING & SNOWSHOE RACING ONGOING

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.

MARCH

9 **Runnin' of the Green.** 4M. 10am. Shalmon HS, Rotterdam. hmrrc.com.

10 **Celebrate Life Half Marathon & Lucia Rein Two-Person Relay.** 10am. The Sullivan, Rock Hill. celebratelifehalfmarathon.com.

13 **The Maple Run.** 13.1M/5K. 8:30am. Taylor Park, Canton. themaplerun.com.

15 **Nor'easter Snowshoe Night Race #4.** 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe.

16-17 **ADIRONDACK SPORTS SUMMER EXPO.** Sat: 10am-5pm and Sun: 10am-4pm. FREE admission. Upstate NY's gathering of the sports/fitness/outdoor community! 150 exhibitors: Run/Bike/Tri, Hike/Paddle/Climb, Health/Fitness/Recreation/Travel and Mind/Body/Spirit/Green Living. Mountainman Outdoors 2019 Canoe/Kayak/SUP Preview Sale. Sales on gear, clothing, footwear, race/event entries and MUCH MORE. Clinics, demos, family activities and \$10,000 in prizes. Saratoga Springs City Center (522 Broadway), Saratoga Springs. 518-877-8788. Info and exhibitors: adksports.com.

17 **iRun Local & Saratoga Stryders: 2-3M Run, 1M Walk & Brunch at the Summer Expo.** 11am at iRun Local booth. Free, all welcome. Light brunch for runners/walkers will follow. Adirondack Sports Summer Expo, Saratoga Springs City Center. More info: 518-886-8537 or jamie@irunlocal.com.

16 **The Irish Sweat-er St. Patrick's Day 5K.** 12pm. Downtown Albany. facebook.com.

16 **St. Patrick's Day Mad Mile.** 1M. 9:45am. Clinton Place, Utica. the-sneaker-store.com.

17 **Shamrock Shuffle 5K.** 11am. Valcour Brewing, Plattsburgh. runsignup.com.

22-24 **Fleet Feet: Track & Field Spike Weekend.** Fleet Feet, Albany & Malta. 518-459-3338 & 518-400-1213. fleetfeetalbany.com.

23 **39th Doc Lopez Run for Health.** 13.1M: 9am. 1M Walk: 10am. 5K: 10:30am. Elizabethtown. 518-637-7102. doclopezrun.com.

23 **8th Sap Run 5K.** 10am. Town Hall, Knox. saprun5k.org.

24 **40th Kaynor's Sap Run 10K.** 11am. Westford School, Westford. Tom Kelly & Meredith White: 802-324-0919. 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.

30 **Ice Breaker Challenge 5K.** Corning Preserve, Albany. albanyrrowingcenter.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.** 9am. 5M road race. Bethlehem MS, Delmar. hmrrc.com.

7 **32nd Fort to Fort 5K/10K Races.** 9am. Rome Free Academy, Rome. romanrunners.com.

7 **Orange You Glad It's Only a 5K.** Athletic Village, RPI, Troy. active.com.

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
 Entertainment along course
\$7000 in cash prizes
400 medals/prizes
 Awards: Top 10 M/F Overall,
 Top 3 M/F 5-yr,
 Top 3 M/F Military and Fire/Police/EMS
RUN YOUR COLORS!
 Teams with most runners
 win for charity: First place \$1000,
 Second place \$500, Third place \$250
 Information & Registration:
Firecracker4.com

4th annual
Summer Smith 5K
Addiction Awareness Memorial Run/Walk
 Run the race... Stop the Stigma!
Saturday, May 11 at 9:45am • Guilderland High School, 8 School Rd
 Memory Ceremony at 9:00am • Certified course • Walkers welcome
 Post-race Chicken BBQ Fundraiser at 11am: Tickets available at RunSignUp.com
 T-shirts to first 250 registered • Kids' 1/4M Fun Run: 9:30am • Bounce house
 Register now: **SummerSmith5k.com**
 Proceeds benefit Addictions Care Center of Albany, Schenectady YWCA, FOR-NY and GRASP (Grief Recovery After Substance Passing)

Literacy 5K Run/Walk
Sunday, May 5 • 10am
Schodack Island State Park
 1 Schodack Island Way, Schodack Landing
Register: ZippyReg.com
 \$30 registration; \$35 race day
Guided Nature Walk - 8:15 am;
Story Walk - 9:00 am • Youth Mile - 9:30 am
 Run today. Tutor tomorrow.
 Literacy Volunteers of Rensselaer County
(518) 244-4650 • Ivorc.org
 Great Location, Events and Activities!

Join Us for the 30th Anniversary of this Classic Race!



Prospect Mountain ROAD RACE

Saturday, May 11 • 9:00am Start
Lake George Forum, 2200 Route 9, Lake George

Run 5.67 miles, 1,601 feet up Prospect Mountain – Just one hill!

Adirondack Runners \$24
Non-Member \$27 • Race Day \$30
Commemorative shirt guaranteed to first 125 registered
Register: **active.com**
Race Day: **LG Forum 7-8:30am**

More Info: www.adirondackrunners.org or cifonedesigns@aol.com
Benefits Michelle Lafontaine SUNY Adirondack Nursing Scholarship Fund & Under the Woods Foundation

7th Annual **Bacon Hill Bonanza**
5K Race/Walk & 10K Race



Saturday, May 4, 10am
Bacon Hill Reformed Church
560 Rte 32, Schuylerville

Part of **USATF Adk Grand Prix!**
Homemade Pies to Age Group Winners!
First 300 receive performance shirt
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Kids' 1M Fun Run: 9:30am

Register & More Info: baconhillbonanza.com
Proceeds to Bacon Hill Church & a local charity

2ND ANNUAL **Adirondack 15K Race to the Lakes**



Saturday, June 22 – 8am
SUNY Adirondack, Queensbury to Warren Co. Bike Path to finish at Battlefield Park, Lake George!

Limited to 300 runners • **Active.com**

Technical, gender-specific shirts to all by 5/15. Buses back to SUNY Adk starting at 10am.
Benefits LGA's Floating Classroom & Adirondack Runners scholarships

- 13 **West Mountain's Countryman Challenge 5K Obstacle Race.** 1pm: ages 7+. Kids' Fun Race: 12pm (ages 6-11). Snow, water & mud. Solo & teams of four. Post-race BBQ & beer. West Mountain Ski Area, Queensbury. westmtn.net.
- 13 Helderberg to Hudson Half Marathon. 8am. Wallace Town Park, Slingerlands to Jennings Landing, Albany. helderbergtohudsonhalf.com.
- 13 Rotary 5K & Corporate Challenge. 10am. Queensbury. Jim Goodspeed: 518-798-4066.
- 13 Rock & Snow Bridge 2 Bridge 5M Race. 9am. High Falls. Tom Leader: 845-255-0919. mohonkpreserve.org.
- 13 Scotties Stampede 5K. 9am. Ballston Spa Central Schools tennis courts, Ballston Spa. scottiesstampede.org.
- 13 The Maple Run Half Marathon & 5K. 8:30am. Taylor Park, Canton. webscorer.com.
- 13 Zone Run & Walk. 5K, 10K & 2M Walk. 9:45am. Richfield VFW, Richfield Springs. runsignup.com.
- 14 Homegrown Cider 5K & 10K. 8am. Weed Orchards and Winery, Marlboro. zippyreg.com.
- 14 Shape Women's Half Marathon. 8am. Central Park, New York. nyrr.org.
- 20 25th Rabbit Ramble 4M Run & 2M Walk. 9am. Guilderland HS, Guilderland Center. zippyreg.com.
- 21 Ted Petrillo Save Our Switchbacks. 7.5K. Roscoe Conkling Park, Utica. uticaroadrunners.org.
- 27 **39th Bill Robinson Masters 10K.** 9am. For runners 40 years and older. Guilderland HS, Guilderland. 518-869-5597. 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.
- 27 Home Away From Home 5K/13.1M/26.2. Brittonkill Central School, Brunswick. active.com.
- 27 Together We Shall 5K. 9am. Galway CSD Transportation Center, Galway. Nichole Evans: 518-727-4615. athlinks.com.
- 27 Spring Patriot 5K Run/Walk. 9:30am. Dobisky Center, Ogdensburg. 315-393-7904.
- 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.
- 28 **3rd Sasha's Superhero 5K Run/Walk.** 10am. Kids Run: 9:30am. Tallmadge Park, Mechanicville. sashasrun.com.
- 28 5th Chocolate 5K Road Race. 9am. New Windsor. James Roe: 845-541-2500.
- 28 Kiwanis Kingston Classic. 1pm. 10K/5K/1.5M. Gallo Park, Kingston. kiwaniskingstonclassic.com.
- 27 41st Rollin Irish Half Marathon. 13.1M. 9am. Essex ES, Essex Center, VT. gmaa.net.

MAY

- 4 **7th Bacon Hill Bonanza 5K Race/Walk & 10K Race.** 10am. Kids 1M Fun Run: 9:30am. Bacon Hill Reformed Church, Schuylerville. baconhillbonanza.com.
- 4 **Have a Drink on Me 5K.** 10am. SingleCut Beersmiths (formerly Shmaltz), Clifton Park. singlecut5k.com.
- 4 **12th Joan Nicole Prince Home 5K Run & 1M Walk.** 9am. Pavilion, Central Park, Schenectady. active.com.
- 4 **Rotary Run for the Roses 5K: Triple Crown #1.** 9am. Partner's Pub, Johnstown. zippyreg.com.
- 4 Joseph Manupella Memorial 5K Run. 9:30am. Boys & Girls Club, Lansingburgh. lbgcfundraisers.org.
- 4 Mindful Mile & Fight Hunger 5K. 9am. University at Albany, Albany. Rachel Dymond: 518-442-5956.
- 5 **Literacy 5K Run/Walk.** 10am. Guided nature walk: 8:15am. Story walk: 9am. Youth mile: 9:30am. Schodack Island SP, Schodack. 518-244-4650. zippyreg.com.
- 5 **10th Plattsburgh Half Marathon, Two-Person Relay, 10K & 5K.** 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.
- 5 41st Mountain Goat Run. 10M, Relay & Kids Run. 9:15am. Clinton Square, Syracuse. runsignup.com.
- 11 **4th Summer Smith 5K Addiction Awareness Memorial Run.** 9:45am. Guilderland HS, Guilderland Center. Kristin Hoin: 518-275-6027. summersmith5k.com.
- 11 **13th CCRC 5K Run/Walk & BBQ.** 3pm. 1K Kids' Run: 4pm. Christ Community Reformed Church, Clifton Park. Pat Glover: 518-852-5578. ccrc-cpny.org.
- 11 **30th Anniversary: Prospect Mountain Road Race.** 5.67M. 9am. Lake George Forum, Lake George. active.com.

- 11 Schoharie 5K Run/Walk. 5pm. Schoharie. David Roy: 518-296-7166.
- 11 31st Towpath Trail Run. 10K & 2M. 5:30pm. St. Johnsville. John Geesler: 518-568-7509. runsignup.com.
- 12 Mother's Day 5K bRUNch. 9:30am. Central Park, Schenectady. hmrrc.com.
- 12 Mother-Lovin' 5K. 9:15am. Saratoga Spa SP, Saratoga Springs.
- 16 CDPHP Workforce Team Challenge. 6:25pm. Empire State Plaza, Albany. cdphpwctc.com.
- 18 **Malta Mile.** 10am. Town Hall, Malta. Paul Loomis: 518-290-7202. roundaboutrunnersclub.com.
- 18 **Johnson Jog 5K: Triple Crown #2.** 9am. Johnson Hall, Johnstown. zippyreg.com.
- 18 New York/Vermont Champlain Bridge 5K. 10am. Crown Point Historic Site, Crown Point. 518-597-3754. lachute.us.
- 18 Ryan's Run 5K. 9am. Saratoga Spa SP, Saratoga Springs. curemiop.org.
- 18 Walk-N-Roll & 5K for Spina Bifida. 8am. Central Park, Schenectady. Julia Duff: 518-399-9151. sbaneny.org.
- 19 **Team Billy Ride & Walk for Brain Tumor Research.** 10M/25M/50M bike ride: 8:30am. 3M walk: 9:30am. Farmer's Market at High Rock Park, Saratoga Springs. teambilly.org.
- 19 Great Sacandaga Half Marathon. 13.1M. Village of Northville. 315-480-2505. greatsacandagahalfmarathon.com.
- 19 Erie Canal Half Marathon, Relay & 5K. 8am. Adirondack Bank Center, Utica. eriecanalhalf.com.
- 19 **Vermont Sun Half Marathon, 5K, 10K.** Lake Dunmore, VT. 802-388-6888. vermontsuntriathlonseries.com.
- 25 **Glens Falls Urban Assault.** 3.5M obstacle run. 20 obstacles/teams. 5pm. Glen Street, Glens Falls. adkracemgmt.com.
- 26 **15th Saratoga Lions: The Memorial Duathlon & 5K Run.** 8:20am. 5K run, 30K bike, 5K run. Solo or 2- or 3-person team. Saratoga Casino & Raceway, Saratoga Springs. thememorialduathlon5k.com.

JUNE

- 1 **41st Freihofer's Run for Women.** 5K road race: 9am. Freihofer's Kids' Run (ages 3-11) & Junior 3K Run (ages 7-14): 11am. City Hall, Albany. Patrick Lynskey: 518-331-5675. freihoferstrun.com.
- 8 **Lexington Run 5K: Triple Crown #3.** 465 N Perry Street, Johnstown. Jessica Ford: 518-332-8449. zippyreg.com.
- 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.
- 15 **5th Good Karma 5K Run/Walk.** 5K: 9:30am. Yoga Warmup: 9:15am. Kids' 1/2M Run: 9am. Post race: Indian food, henna. The Crossings, Colonie. Mona Caron: 518-429-9068. goodkarmarun.org.
- 22 **2nd Adirondack 15K Race to the Lakes.** 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. 518-331-8864. 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.

AUGUST

- 9-10 **Peak to Brew Relay.** Fri-Sat: 227M w/teams of 6 or 12. Whiteface, Wilmington to Saranac Brewery, Utica. Sat: 60M teams of 3 or 6. Tug Hill Plateau to Saranac Brewery, Utica. p2brelay.com.

SEPTEMBER

- 21 **Helpers Fund 5K & 10K.** 9:30am. Also, 1K Kids' Run (2pm) in Schroon Lake. Part of Adk Marathon Distance Fest. Municipal Center, Chestertown. adirondackmarathon.org.
- 22 **Adirondack Marathon, Half Marathon & Relays.** Marathon and 2- & 3-person relays, 9am. Half, 10am (Adirondack to Schroon Lake). Main St, Schroon Lake. 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.

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.

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5TH ANNUAL **Good Karma 5K RUN/WALK**



Saturday, June 15 • 9am
The Crossings (South Pavilion)
580 Albany Shaker Rd, Colonie

5K USATF certified course • Flat, fast & entirely within the park
T-shirts to entrants by 6/1 • **9am:** Free half-mile kids' run • **9:15am:** yoga warm-up • **9:30am:** 5K
Post-race food/drink • Indian street-food • henna • music & Indian folk dances
Awards to top three M/F overall & five-year age groups

REGISTER/INFO: goodkarma5k.itsyourrace.com
\$25 by 6/8 or \$30 after • Mona Caron: 518-429-9068 or goodkarma5k@gmail.com
Proceeds benefit children's education



13TH ANNUAL **CCRC 5K Run/Walk/BBQ and 1K Kids' Run**



Saturday, May 11 • 3pm
Christ Community Reformed Church, 1010 Route 146, Clifton Park

- USATF Sanctioned 5K Race
- Family Team Competition
- 1K Kids' Run – 4:00pm
- BBQ chicken dinner – 4:15pm
- Huge prize drawing for all participants
- T-shirt to first 125 entrants
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Form: www.ccrc-cpny.org • Pat Glover: 518-852-5578 • pjglove@aol.com
Net proceeds benefit Under the Woods Foundation

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▲ WINTER VISITORS SHOULD KNOW THAT THIS IS A SKI TRAIL BY DESIGNATION, NOT BY DESIGN.

PHOTOS/MAP BY BILL INGERSOLL



Second Pond A Trail for All Seasons

By Bill Ingersoll

Second Pond is a little-known body of water tucked away behind Gore Mountain, well out of view of most people. Although the pond is nestled right at the foot of the mountain, there is not a ski slope or a garnet mine to be seen from this angle; only the array of communication towers on the summit mars the view. Given its proximity to one of the most popular Adirondack visitor destinations, it is surprising that relatively few people know of Second Pond's existence.

In recent months, I took the time to visit the pond twice, once in the fall and once in winter. In fact, the fall trip inspired the return visit a few months later, once I realized how much potential the 2.8-mile trail had for skiing. Therefore I waited for a nice snow shower in mid-February, and came back to enjoy a day of ski touring in deep powder.

As this issue of Adirondack Sports hits the shelves winter may or may not be almost over, and the spring and summer seasons will be on the minds of many people. The melting of the snow will be no excuse not to enjoy the hike to Second Pond, because regardless of the time of year this is a perfectly enjoyable walk in the woods, culminating with a handsome destination.

Getting There

The trail to Second Pond begins at a small trailhead on Chatiemac Road. To find it, follow NY Route 8 south for 4.3 miles from the traffic light at the intersection with NY Route 28 in Wevertown. Follow this gravel road for 2.3 miles up a long hill to a small

turnoff on the right, where the trail begins. This spot is plowed in the winter. The road ends at Chatiemac Lake, a private lake with cottages and a clubhouse.

The Trail

The yellow-marked trail to Second Pond begins as a good, clear trail on the edge of private land. In just 0.1-mile you reach the outlet of Chatiemac Lake, which you cross on the only bridge you will find. Upstream there is a large beaver pond straddling the state land boundary. Downstream is a sprawling cluster of yews, a low-growing coniferous shrub with boughs that resemble hemlocks, and small cones that look like red berries. When I skied here in February, wind blowing off the beaver pond had created long snowdrifts stretching across the trail.

The trail passes a corner of the wetlands on Black Mountain Brook, which you see below you to your right. It then dips to cross a small stream and traverses the eastern foot of Height of Land Mountain, where there is minimal elevation change. Although the trail is relatively level, winter visitors should know that this is a ski trail by designation, not by design. The trail was originally just an old tote road, and it has many unresolved drainage issues. Here, at the foot of the mountain, there are several long sections where it never completely freezes, and therefore you will have to ski through the open hardwoods off to the side.

Should you happen to notice a side trail to the right with two or three red markers at the intersection, this is the start of a rock climber's access trail to a ledge on the back side of Gore Mountain.

For skiers, one of the highlights of the trail comes when it makes a gradual climb along the spine of a ridge with deep draws on either side. This is the biggest slope on the entire trail, and while hikers will not find it noteworthy, skiers will be delighted by the prospect of sliding down it. There are several turns on this hillside, but the trail is wide and blissfully free of erosion. With good snow, it is a joy to ski.

You reach a height-of-land at 1.3 miles, after climbing 250 feet from the outlet of Chatiemac Lake. After dipping through a narrow draw and climbing back up the other side, the path continues west, contouring along the lower slopes of Height of Land Mountain. This part of the trail is the most problematic on skis, as it is plagued with numerous little stream crossings. None have bridges, nor do they freeze reliably—but you do encounter them with a dispiriting frequency, about once every hundred yards or so. In each case I was forced to ski off trail in search of an adequate ice bridge. Snowshoers and summer hikers, on the other hand, shouldn't have much of a problem.

As the trail begins to descend from the northern slopes of Height of Land Mountain, conditions do improve. The final section of the trail is a fun slope through a tall forest, with a total descent of about 210 vertical feet. For skiers, it is worth persevering with the

trail's imperfections to reach this point.

The trail comes to an end about midway along the pond's south shore. If you are so inclined, look for a small designated campsite to the right. It is a cozy nook in the forest, and a suitable place for one or two people to hide from society for the weekend. On the shoreline, a pair of fallen trees has revealed a small rock ledge that is about the right size for a lunch stop. From here, only a corner of Gore Mountain is visible; everything else is delightfully wild.

In the winter, you can ski out past the end of the trail to a small islet in the middle of the pond. The extreme eastern and western ends of Second Pond are marshy, but the rest of the shoreline is ringed with a mix of spruce, fir and birch. Most of this basin has been part of New York's Forest Preserve for a long time. Despite its name, the only thing to which this place has ever been second now goes by a different name; what was once called First Pond is now known as Chatiemac Lake.

Second Pond is stocked with trout, but it is difficult to fish it without a boat as there are many snags near the shore, which is heavily wooded. 🌲

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 South Central Adirondacks.

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Adirondack 15K Race to the Lakes
 Adirondack Marathon & Half Marathon
 Adirondack Race Management
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 ADK 5K
 Albany Century Weekend: Bicycle Rides
 Anyone Can Tri & Kids Tri Too Triathlon
 Betsy Owens & Terry Laughlin Memorial Cable Swims
 Black Fly Challenge: Adirondack Gravel Grinder
 Camp Saratoga Trail Race Series
 Capital District Triathlon Club
 Cooperstown Triathlon
 Crystal Lake Triathlon
 Cycle Adirondacks
 Cycle for Life Bike Ride
 CF Stair Climb
 Delmar Duathlon
 Delta Lake Triathlon
 Erie Canal Bike Tours
 Firecracker 4 Road Race
 Fleet Feet: Albany & Malta
 Freihofer's Run for Women 5K
 Good Karma 5K
 Great American Brewery Runs
 Green Leaf Racing
 Grey Ghost Bicycles
 Growler Performance Bikes
 Have a Drink on Me 5K
 Hub, The: Café & Bike Shop
 Hudson Crossing Triathlon
 Hudson River Ramble 8M Race
 Ididaride: Adirondack Bike Tour
 Inside Edge Ski & Bike
 iRun Local
 Janey's Ride: Road Bike Ride
 Lake George Open Water Swim
 Lake George Triathlon Festival
 Mohawk Hudson Cycling Club
 Mohawk Towpath Byway Duathlon
 Peak to Brew Relay
 Prospect Mountain Road Race
 Queensbury Cycling Without Age
 Revolution Rail Co.
 Revolutionary Run for Veterans 5K
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ADIRONDACK SPORTS

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TRAVEL

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 Erie Canalway National Heritage Corridor
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 Garnet Hill Lodge & Outdoor Center
 Gore Mountain
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 Kurt Gardner Photography
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LIST OF EXHIBITORS

9 Miles East Farm – We're a farm-based nutrition program providing real food to busy athletes. We offer Go Boxes and subscriptions for sports nutrition meal service for endurance athletes who want to enhance their performance by fueling with whole, natural food. Train hard. We'll feed you. Schuylerville • 518-514-8106 • 9mileseast.com

Acupuncture Nirvana – Acupuncture, herbs, massage and reiki for overall wellness, sports injuries, and muscular/skeletal pain. Glens Falls • 518-409-6993 • acunirvana.com

Adirondack Center for Loon Conservation – Learn about our loon research and conservation projects in the Adirondack Park. Support our efforts with a purchase of our loon-related jewelry, T-shirts, patches and bookmarks. Saranac Lake • 518-354-8636 • adkloon.org

Adirondack Kayak Bass Fishing Club – Not just Bass! ADK KBF is a group of upstate NY kayak anglers. We host bass tournaments throughout New York, most of which are within the Adirondack Park. Whether you're looking to join us in a friendly tournament, or just have some questions about how you can get started fishin' from a 'yak, we're happy to help newcomers and veterans alike. adirondackkbf.com

Adirondack Marathon & Half Marathon – Probably the most beautiful 26.2 or 13.1 miles you'll ever run! Choose your race: Sunday, Sept. 22 marathon, half-marathon or the 2- & 4-person marathon relays, which are all run around crystal clear Schroon Lake. On Saturday, 9/21 in Chestertown, a 5K & 10K, and for young kids, a 1K fun run in Schroon Lake. Schroon Lake • 518-532-7675 • adirondackmarathon.org

Adirondack Mountain Club – We're an environmental non-profit offering a variety of outdoor recreation opportunities year-round. Discover, play in and protect natural places with ADK. Join ADK or check out our guide books, maps and merchandise. All proceeds support protecting the wild lands and water in NYS. Lake George & Lake Placid • 518-668-4447 • adk.org. Iddaride: Adirondack Bike Tour • adk.org

Adirondack Race Management – Come talk to us about the Lake George Triathlon Festival! Not a triathlete? Get more information on the Glens Falls Urban Assault and Flashlight 5K. Lake George & Glens Falls • adkracemgmt.com. Lake George Triathlon Festival • adkracemgmt.com

Adirondack Runners – We sponsor eight premier races during the year in the greater Glens Falls area, and we organize the Weekly Track Series during the summer. Come join us! Glens Falls • adirondackrunners.org. Adirondack 15K Race to the Lakes • active.com. Hudson River Ramble 8M Race • active.com. Prospect Mountain Road Race • active.com

Adirondack Sports – Stop by to introduce yourself, give us feedback on the magazine and expo, and enter to win great prizes for races, events, products and services. Clifton Park • 518-877-8788 • adksports.com

Adirondack Woodcraft Camps – Enjoy unique access to untouched wilderness right out your cabin doors with direct access to two private unspoiled lakes where campers swim, boat and explore. Old Forge • 315-369-6031 • woodcraftcamps.com

Aqua-Bound Paddles – As the world's largest manufacturer of quality kayak, stand-up, and whitewater paddles, we remain a privately held company in Northwestern Wisconsin, staffed by paddling enthusiasts. Our customers have found our paddles to be their long-term companions on adventures, both short and long. Osceola, WI • 715-755-3405 • aquabound.com

Arbonne International – Arbonne offers vegan products that include everything from skin and hair care to protein shakes and energy drinks. Everything is made from botanicals to offer a pure and safe product that gives benefits to skin and health. BJ Pierce in Ballston Lake • 518-857-5959 • bjpierce.arbonne.com

Astral PDFs – For over 20 years we've been designing best-in-class PFDs (personal flotation device). We're the first manufacturer to remove toxic materials from our life jackets, giving you the greenest PFD possible. Incredible fit, lightweight construction and all the technical features you need for a rescue. astraldesigns.com

Bath Fitter – A local one day installation bathroom remodeling company. Premium quality acrylic tubs and walls are custom made to ensure a perfect watertight fit and are installed right over your existing tub and wall in as little as one day. Albany • 518-888-2865 • bathfitter.com

Battenkill Conservancy – We'll have information on our Outdoor Adventure Trip for Kids and our Summer Festival. Visit our Picky Bug Table. Cambridge • 518-677-2545 • battenkillconservancy.org

Battenkill Valley Outdoors – Tucked against the hills, adjacent to a State hiking trail, our off-grid business offers outdoor experiences to folks of all levels, and advice for regional adventures. Offering rentals of canoes, kayaks, rafts, tubes, and bicycles, sales of canoes, kayaks, and gear for the outdoors, area hiking options, and vacation getaway lodging. Cambridge • 518-677-3311 • battenkillvalleyoutdoors.com

BEMER Independent Distributor – A revolutionary, holistic European medical device proven by science to increase blood flow by 30%! Pro and Olympic athletes are using BEMER for increased oxygen, nutrients, and waste removal to maximize their performance with energy, endurance and recovery. Try a free session to learn more. Greenfield Center • 518-944-1556 • marycae.asay@gmail.com

Bending Branches Paddles – Simply put, our paddles make your time on the water more enjoyable! We make quality paddles you can trust, lightweight paddles so you can spend all day on the water and not feel sore, innovative products to elevate your paddling experience. We make the tranquility of being outside much, much more tranquil. Osceola, WI • 715-755-3405 • bendingbranches.com

BIC SUP – Stand up paddling, paddleboarding, paddlesurfing or SUP, whatever you choose to call it, there's something magical about the simple act of walking on water. Come talk with our rep to learn about BIC boards. 508-291 2770 • bicsport.com

Capital District Triathlon Club – Come "TRI" with us! We provide training opportunities at Crystal Lake, Averill Park on Tuesday evenings from June through August. We are a USA Triathlon sanctioned club and have been going strong since 1993. Our members range from beginners to Ironman World Champions. Schodack • 518-577-5434 • cdtriclub.org. Crystal Lake Triathlon • cdtriclub.org

Capital District YMCA – Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Thirteen convenient Capital District locations. cdymca.org. Anyone Can Tri & Kids Tri Too Triathlon • cdymca.org. Delmar Duathlon • zippyreg.com

Champlain Canalway Trail – A canalway trail over 70 miles long connecting Whitehall to Waterford along the Champlain Canal through Washington and Saratoga counties and unifying the regions historic cultural, natural and recreation resources. hudsoncrossingpark.org/the-canal

Children's Joy Foundation – Reaching out to the greater masses of disadvantaged, neglected and poor children around the world, particularly destitute children in the Philippines, by implementing programs and services that help them achieve their aspirations and become productive, responsible, and accountable individuals in their communities and in the nation as a whole. childrensjoyfoundation.org

Clark Sports Center – Learn about the Center, our Race the Lake Marathon and Half Marathon in June, our Drops to Hops Bike Race/Ride in September and other events. Cooperstown • 604-547-2800 • clarksportscenter.com

Cycle Adirondacks – Cycle Adirondacks mission is to grow and support bicycle tourism in New York's Adirondack Park and surrounding region. Created in 2015, CycleADK began as a week-long road cycling tour designed to connect people with some of the most spectacular landscape and communities in North America. What resulted is a world-class ecotourism company that continues to help strengthen the Northern New York economy. Clinton • 315-525-9554 • cycleadirondacks.com

Cystic Fibrosis Foundation – We offer several endurance events as fundraising opportunities for the Cystic Fibrosis Foundation. We will be highlighting our Stair Climb event, our Great Strides Walk program and our CF Cycle for Life event. Albany • 518-453-3583 • neny.cff.org. CF Stair Climb • fight.cff.org. Cycle for Life Bike Ride • fightcf.cff.org

Dagger Kayaks – Our goal is to represent everything that's great about getting on the water, from the technical aspects of rec and touring to the pure rush of whitewater. dagger.com

DiNapoli Opticians – Since 1940 DiNapoli Opticians has been the Capital District's preferred vision care provider. We offer high quality sport and designer sunglasses, with multiple options to help with all sports and lighting conditions. Our brands include Rudy Project, Liberty Sport, Oakley, Wiley X, Maui Jim and more. Delmar • Stuyvesant Plaza • Latham • Clifton Park • dinapolipt.com

DisCap (Capital Region Disc Golf Club) – We'll be promoting the sport of disc golf - an all ages sport that can be played all year and with minimal cost. Most courses are free to play and the only equipment needed is a \$10-\$15 disc. It's a great easy way to spend time outdoors! Schenectady • 518-836-9557 • discap.net

Distinctive Catering – Distinctive Catering is a classic provider for wedding catering in Albany and the surrounding area. We also cater businesses and corporate events, private parties, bar services, funerals & memorials, any catered event imaginable. Owner/operator of Farmer's Daughters Drive-In in Schuylerville. Saratoga Springs • 518-858-2184 • saratoga-catering.com

Elk Lake Lodge – Elk Lake Lodge is the centerpiece of a 12,000-acre private preserve. This is a world that is unchanged in hundreds of years - a timeless place that offers a unique wilderness experience. North Hudson • 518-532-7616 • elkakelodge.com

Erie Canal Bike Tours – With more than 363 miles of cycling, the Erie Canalway Bike Trail has an adventure for every cyclist! We offer fully supported cycle touring vacations and shuttle service along the entire corridor. We offer trips and packages for cyclists of all ages and abilities. Syracuse • 315-316-2453 • gobikeerie.com

Erie Canalway National Heritage Corridor – We work to preserve and promote the nationally-significant historical, cultural, educational, recreational, scenic and natural resources of the 524-milelong NYS Canal System and to foster vibrant communities connected by its waterways. Waterford • 518-237-7000 • eriecanalway.org

Exploria Resorts – Giving away mini vacations to our resort, Pocono Mountain Villas by Exploria Resorts. The recipient will attend a 90-minute vacation ownership presentation and enjoy amenities. New Windsor • 845-762-1826 • exploriareorts.com

Farmer's Daughters Drive-In – An old-fashioned country drive-in, we will be catering the concessions at the Summer Expo! Come hungry, menu includes Michigan dogs (100% beef famous homemade sauce), big soft pretzels, wraps (chicken, buffalo, BBQ), overloaded nachos, popcorn, chocolate chunk cookies, soup, oven-roasted turned sandwich with soup, homemade mac n cheese (with or without buffalo or BBQ chicken), chicken fritters and boneless wings. Saratoga Springs • farmersdaughtersdrivein.com

Feeder Canal Alliance – Stewards of the Glens Falls Feeder Canal and Towpath Trail, a seven-mile-long linear park. Promoting responsible recreation, historic preservation and environmental awareness. Glens Falls • 518-792-5363 • feedercanal.org

Firecracker 4 Road Race – Stop by the Firecracker booth to learn about the 12th annual Firecracker Road Race. Held on the beautiful streets of Saratoga Springs, come run with your friends, family, veterans and public service personnel. A festive 4-mile race with over 20 musical venues, costumed characters and cheers of friendly neighbors along the race route. Saratoga Springs • 518-744-5646 • firecracker4.com



FOOT PAIN?

We can help! Have a foot pain question? Come visit Dr. David Lambariski at the ADK Sports Summer Expo on Saturday, March 16. He'll answer your questions & offer solutions to help you get back to the activities you love.

DR. DAVID LAMBARISKI, NORTHEAST FOOT CARE
BOARD CERTIFIED PODIATRIST & FOOT SURGEON
CLIFTON PARK & AMSTERDAM

518.842.2200/www.northeastfootcare.com

ADIRONDACK SPORTS SUMMER EXPO

List of Exhibitors continued

Fleet Feet – A locally-owned running shop with two convenient locations in Albany and Malta. Check out new spring 2019 running footwear, apparel and recovery items, and learn about our training programs. Albany • 518-459-3338 • Malta • 518-400-1213 • fleetfeetalbany.com

Freihofer's Run for Women – The Freihofer's Run for Women, the premier running event in the Capital Region is in its 41st year. This world-renowned event on June 1 in Albany is an experience you won't want to miss! Come visit the booth for some cookies and fun giveaways, and sign up for the Run, the Junior 3K and the Kids Run. Albany • 518-273-5552 • freihoferstrun.com

Friends of the IBA – Friends of the Washington County Grasslands IBA is a non-profit land trust working to conserve critical habitat for New York's endangered, threatened, and at-risk grassland birds. Our land and Alfred Solomon Grassland Bird Viewing Area are located in Fort Edward. FIBA's annual Winter Raptor Fest event educates youth and adults about native raptors and generates support for our efforts to conserve their habitat. Fort Edward • 518-796-6003 • ibafriends.org • winterraptorfest.com

From Here to Well-Being – Rachel Kurtz is an Integrative Health Coach who supports and guides clients to lead their healthiest and happiest lives through healthy habits of nutrition, fitness, productivity, and mindfulness. At the Expo, Rachel will share information about health, well-being, diet, and her practice. Find out how health coaching with Rachel can help improve weight, health, productivity, quality of life, and overall well-being. Expo participants are invited to sign up for a free initial consultation at her booth. Saratoga Springs • 518-260-3973 • rachelkurtzhealthcoach.com

Garnet Hill Lodge & Outdoor Center – Come see for yourself one of the most beautiful nature resorts in the Adirondacks. Learn about all we have to offer – health and wellness retreat packages, lodging, summer activities, nordic skiing, hiking, biking and dining. North River • 518-251-2444 • garnet-hill.com

GEICO – More than just car insurance! Talk to a rep about saving money. We'll be giving away free T-shirts, gecko toy, bags, hats, pens. And a \$200 free raffle to one lucky recipient. geico.com

Good Karma 5K – Learn more about our 4th Good Karma 5K Run/Walk on Saturday, June 15 at the Crossings in Colonie. Our unique 5K features a yoga warm-up, delicious Indian food, henna tattoos and Bollywood music. Proceeds support AIM for Seva, a charitable organization that helps educate rural India's less fortunate children. The project has built over 100 free student homes and is serving over 30,000 children all over India. Colonie • 518-429-9068 • goodkarma5k.itsyourrace.com

Goodway Bakery Rum Cakes – We've been baking for nearly 40 years, offering the best in artisan baked products. Our items are all natural and made from scratch each day with no preservatives or artificial flavors. Instead, your discerning taste buds will savor the flavor of pure Madagascar bourbon vanilla, Grade A butter (not the flavoring!), and real Bacardi Rum. Troy • 518-273-2091 • goodwaygourmetbakery.com

Gore Mountain – Learn more about what the Gore Region has to offer including upcoming events and our member businesses. North Creek • 518-251-2612 • goremountain.com

Great American Brewery Runs – We are proud to present three fantastic NY races that all finish at your local craft brewery with lawn games, food trucks and live music. The SingleCut "Have a Drink on Me" 5K in Clifton Park (formerly The Chosen Run) is one of the region's most popular races and sells out early every year. 484-716-8331 • greatamericanbreweryruns.com. ADK 5K • greatamericanbreweryruns.com. Have a Drink on Me 5K • greatamericanbreweryruns.com

Green Goat Maps – Green Goat Maps is an Environmentally focused outdoor recreation map company. Our tagline is "Inspired by Nature. Born from Research." We started by making maps for environmental research. We discovered a need for beautiful maps – ones that people could actually use. That's how Green Goat maps was born. Our mission is to educate the public through high quality maps! Saranac Lake • 518-253-4112 • greengoatmaps.com

Green Leaf Racing – Discounted registrations to some of NYS's best active lifestyle events including the Hudson Crossing Triathlon, Firecracker 4, Silks & Satins 5K, Run for the Roses 5K, Moreau Lake Trail Races and Oktoberfest 5K. Register with us and save \$\$! Ballston Spa • 518-290-0457 • greenleafracing.com. Betsy Owens & Terry Laughlin Memorial Cable Swims • greenleafracing.com. Hudson Crossing Triathlon • hudsoncrossingtri.com. Lake George Open Water Swim • lakegeorgeswim.com. Silks & Satins 5K • silksandsatins5k.com

Green Mountain Energy – Green Mountain offers 100% clean energy generated solely from renewable wind and sun sources. The positive impact on the environment is tremendous. On average, each household can prevent over 13,000 pounds of pollution from being released into the atmosphere annually. Made in the USA. Florida • 845-545-9731 • greenmountainenergy.com

Grey Ghost Bicycles – More than just a bike shop. We are a true cycling community. Considered an inspiring place where discerning riders can come to gain knowledge, we offer the best in sales, service and professional bike fit. Glens Falls • 518-223-0148 • greyghostbicycles.com. Janey's Ride: Road Bike Ride • bikereg.com

Growler Performance Bikes – We are a passionate bicycle manufacturer brewing custom bikes and limited edition Growler Performance Bikes that are designed on our award winning frames for a purpose, season, rider or because we just wanted to make the baddest bikes on the planet. Rochester • 585-770-0996 • growlerbikes.com

The Hub – We're a cafe/restaurant, lounge, bar, and bike repair shop that is focused on serving Lake George, Brant Lake, Loon Lake, Friends Lake and Schroon Lake area. Brant Lake • 518-494-4822 • thehubadk.com

Hudson Crossing Park – A unique recreational and educational destination located at Champlain Canal Lock 5, just north of Schuylerville. Enjoy fishing, birding, nature trails, a children's play garden, a kayak launch and much more. 518-350-7275 • hudsoncrossingpark.org

Hurricane Kayaks – The leaders in lightweight kayaks and fishing kayaks. Our Recreational Kayak line, the Santee Series, Sit-on-top kayaks, the Skimmers and the Sojourn Day Touring Kayaks all feature Hurricanes industry leading lightweight materials for unmatched quality and performance. Warsaw, NC • hurricaneaquasports.com

Indian Lake Chamber of Commerce – Indian Lake is your destination for all things Summer! Hiking, kayaking, swimming, bicycling, whitewater rafting: We have it all! Indian Lake • 518-648-5112 • indian-lake.com

Town of Inlet – Discover Inlet! A four-season vacation destination with many recreational opportunities. Enjoy hiking, biking, skiing, skating, paddling, boating, swimming and much more in our little Adirondack town. Inlet • 315-357-5501 • inletny.com. Black Fly Challenge: Adirondack Gravel Grinder • blackflychallenge.com

Inside Edge Ski & Bike – We stock hundreds of unique, hard-to-find specialty ski items from apparel to accessories, alpine skis, snowboards, boots and a huge nordic selection. Queensbury • 518-793-5676 • insideedge.biz

iRun Local – The area's premier running and walking specialty store featuring the latest running shoes, apparel and accessories. We are hosting a Sunday 11am three-mile run & two-mile walk from our booth, with Saratoga Stryders and a light brunch afterwards. We will have demos of the new On-Running Cloudswift shoe at the expo. Saratoga Springs • 518-885-8537 • irunlocal.com

Inside Edge Ski & Bike – We're promoting our new bike showroom concept, a new line of running shoes, custom orthotics, trekking poles, and our End-to-End Summer Sports Event Supply offerings. Queensbury • 518-793-5676 • insideedgeskiandbike.com

Jackson Kayaks – Designs, builds, and manufactures leading whitewater, fishing and exploration paddlesports products. With the motto "Build it like it's your own", all of their products are Made in the USA in growing support of the local Tennessee economy. Sparta, TN • jacksonkayak.com

Kasselmann Solar – Designing residential and commercial solar systems with battery backup. Albany • 518-727-3621 • kasselmannsolar.com



Kinetic Sports Medicine (Sunday only) – Dedicated to helping patients resolve general and sports injuries as well as pain associated with illnesses and injuries, Dr. Richard Kim is a primary care sports medicine physician who has focused his practice on helping patients create a plan for the best non-operative treatment options to help them regain active lifestyles. Saratoga Springs • 518-871-9900 • kineticsportsmed.com

Lake George Land Conservancy – Stop by our booth for info about our parks and preserves around Lake George with 35+ miles of trails. Pick up trail maps, kids outdoor activity sheets, plus info about the 2019 Hike-A-Thon, Amy's Adventure Race for the Lake, and the Round the Lake Challenge! Free event shirts while supply lasts. Bolton Landing • 518-644-9673 • lgcl.org. Amy's Adventure: Race for the Lake 4.5M Trail Run • lgcl.org. Hike-A-Thon: Hike & Paddle • lakegeorgehikeathon.org

Lake George Triathlon Festival – We offer an Olympic distance triathlon that has been taking place since 2006 and a Half Iron triathlon that we have been putting on since 2010. Choose either race or do both, you won't regret it! You will enjoy a fantastic swim in beautiful Lake George followed by fast, fun and scenic bike rides. The runs are two-loop courses that are spectator and racer friendly. You will finish with Lake George as your backdrop and then relax and enjoy some great post-race food and hydration. Lake George • adkracemgmt.com

LeafFilter Gutter Protection – No more climbing ladders to clean gutters! Learn about our LeafFilter Gutter Protection - a comprehensive gutter protection system that is guaranteed to keep your gutters clog free. Hudson, OH • 800-726-7703 x1236 • leaffilter.com

Liquidlogic Kayaks – We started Liquidlogic because we wanted to make great kayaks. It is, and has always been, that plain and that simple. We make boats that we want to paddle. We make kayaks that you ask us to design. We make kayaks that we are proud to send our friends to the river in. Fletcher, NC • liquidlogickayaks.com

Make-A-Wish Northeast NY – Founded in 1987, Make-A-Wish Northeast New York serves eligible wish kids and their families by granting their heart-felt wish. We will be promoting the opportunity to ski with two-time Olympic medalist, Andrew Weibrecht, ski half-price at Whiteface with a \$10 donation to Make-A-Wish Northeast New York, and win a chance for a three-day, two-night stay at the Mirror Lake Inn in Lake Placid, all occurring on Sunday, March 24. Albany • 518-456-9474 • neny.wish.org

Mohawk Hudson Cycling Club – MHCC is the Capital District's leading recreational on-road cycling club. We offer an extensive calendar of organized group rides for cyclists at all levels from novice through enthusiast. Stop by our booth for a 'stationary ride.' Slingerlands • 518-322-1858 • mohawkhudsoncyclingclub.org. Albany Century Weekend: Bicycle Rides • mohawkhudsoncyclingclub.org

Mohawk Towpath Scenic Byway Coalition – The Mohawk Towpath Byway is the drive from Waterford and Cohoes to Schenectady along the historic waterway west. Traveling the byway one learns of the Erie Canal and our communities, and the role they played in the westward expansion of the country and the Industrial Revolution. Clifton Park • 518-371-7548 • mohawktowpath.org. Mohawk Towpath Byway Duathlon • mohawktowpath.org

Friends of Moreau Lake State Park – Learn about the park, activities offered, and membership. Our mission is to partner with NYS Parks to enrich the experience of every visitor through education, events and stewardship. We are 100% volunteer driven. Come by our booth for some giveaways for the kids. Gansevoort • 518-793-0511 • friendsofmoreaulake.org

Mountainman Outdoor Supply Company – New York's largest canoe, kayak and paddleboard retailer has stores in Saratoga Springs, on Saratoga Lake and in Old Forge. Visit our huge 'store' in the entry room for great deals on all your paddling and outdoor gear and apparel needs and get a preview of our upcoming Saratoga Paddlefest. Saratoga Springs • 518-584-3500 • mountainmanoutdoors.com. Adirondack Paddlefest & Outdoor Expo • mountainmanoutdoors.com. Saratoga Paddlefest & Outdoor Expo • mountainmanoutdoors.com

Native Watercraft – Native Watercraft products are staying a step ahead of the evolving needs of today's paddlers. We are raising the bar on comfort, gear accessibility and user-friendly outfitting. nativewatercraft.com



New York Marathon Canoe Racing Association (NYMCRA) – Promoting the sport of marathon canoe racing and the 2019 United States Canoe Association (USCA) Nationals, held in Warren, Pa. on August 8-11. Esperance • 518-421-2947 • nymcra.org

New York State of Health – Get up-to-date information regarding affordable health insurance options through New York's Official Health Plan Marketplace. Albany • 518-473-8855 • nystateofhealth.ny.gov

NYS Comptroller for Unclaimed Funds – We'll offer free name searches and assistance with unclaimed funds database. Albany • 518-473-5050 • osc.state.ny.us

NYS Parks, Recreation & Historic Preservation: Marine Services – Learn about paddling/rowing safety and the Wear It! Life jacket campaign. Giveaways include Safe 'n Sight Paddle reflective stickers, whistles and other marine items. Albany • 518-408-1028 • wearitnewyork.com

Town of Newcomb – Visit us to learn about destinations in our community for water sports, equestrian excursions, hiking, trail biking, Camp Santanoni, area Fire Towers, Lake Harris, State campground, and a guide for ALL local businesses. Newcomb • 518-582-3211 • discovernewcomb.com

North Creek Business Alliance – The outdoors call quickly at North Creek! Come and see all that our area has to offer in outdoor recreation; garnet mine tours, hiking and gondola rides at Gore Mountain, white water rafting, rail bike rides along the Upper Hudson with Revolution Rail. North Creek • 518-251-2240 • visitnorthcreek.org. Hudson River Whitewater Derby • whitewaterderby.com

North Warren Chamber of Commerce – Drop by our booth and learn about North Warren hiking and biking trails, fishing, camping, boating - canoe/kayak/SUP, yoga classes, kids activities, annual outdoor events, Dynamite Hill Recreation Area, Chester Challenge, nature walks and hiking trails, and horseback riding. Chestertown • 518-494-2722 • northwarren.com

Northeast Foot Care (Saturday only) – From routine checkups to treatments for surgery our staff is equipped to handle all of your podiatric needs. We have an extensive list of services to help you understand your options in foot and ankle health. We can help whether your issues are large or small. Clifton Park • Amsterdam • 518-842-2200 • northeastfootcare.com

NRS – A 100% employee-owned business strives to help people pursue passions on the water. At our Moscow, Idaho headquarters you'll find passionate water-lovers just like you, from rafters to whitewater kayakers, sea kayakers to stand up paddlers, kayak anglers to fly fishermen. Our lives, and livelihoods, are drawn to water. Moscow, ID • 877-677-4327

Old Forge, Town of Webb & Central Adirondacks – Old Forge is "Adirondack Base Camp" for visitors who launch out near and far seeking everything from serenity to adventure. It is the largest hamlet in historic Town of Webb, which includes Eagle Bay, Big Moose and Stillwater. From here, you can explore the Central Adirondack region and all of the Adirondack Park. Come learn about all we have to offer. Old Forge • 877-653-3674 • oldforgeny.com

Oswego County Tourism – Your year-round recreation destination - whether you enjoy hiking, biking, camping, paddling, or world-class fishing - our outdoors is outstanding. And when the snowflakes start flying, make Oswego County your destination for cross-country skiing, snowshoeing and snowmobiling. Our outdoors is outstanding! Oswego • 315-349-8322 • visitoswegocounty.com

Peak to Brew Relay – The Peak to Brew Relay is the Northeast's longest most scenic overnight team supported relay race at 220+ miles. Teams of 6-12 runners and 1-2 support Vans will traverse the course over 42 unique legs. The course will take Teams through the heart of the Adirondack Park and some of the most beautiful areas in the Northeast. From an epic start at the summit of Whiteface Mountain Veterans Memorial Highway to an unforgettable finish and celebration at the historic Saranac Brewery, the Peak to Brew Relay is one of the most unique and challenging events in the Northeast. Baldwinsville • 315-525-7371 • p2brelay.com



Peak Quest – For those aspiring to be an Adirondack 46er, this is a fun and unique way to keep track of what peaks you have climbed and continue to see your progress as you reach your goal. This will make a wonderful hiking companion, gift or Adirondack souvenir. Suitable for all ages! All you need is the desire to climb! Saranac Lake • 518-354-3031

Perception Kayaks – At Perception, we want your experience with our kayaks to be worry-free. We stand behind the quality and performance of our kayaks with a network of knowledgeable local retailers and the strongest customer service team in the business. perceptionkayaks.com

Pittsford Outfitters – We design, create, and sell recreational outdoor gear and apparel that encourages active people to get outside and enjoy all that the great outdoors has to offer - whatever your particular idea of an outdoor adventure is. Get outside and play often. Pittsford • pittsford.com

Power House Athletics & Jog for Jugs Half Marathon/5K – Power House Athletics is an athletic training facility for athletes of sports. We will have facility specials, Jog for Jugs Half Marathon & 5K specials as well as our high protein nut butters and whey protein powder. Albany • 518-229-5611 • powerhouseathleticsny.com

Proactive Chiropractic – Quality patient care is our primary goal. We will work as members of your healthcare team to ensure you are receiving the individualized care you deserve. Clifton Park • 518-373-9999 • proactivechiropracticplc.com

Queensbury Cycling Without Age – We'll display a trio bike (three-wheel e-bike) and solicit volunteers. This bike is designed to give free bike rides to the elderly and people with disabilities, who can no longer ride a bike on their own. Everyone deserves the right to wind in their hair. Queensbury • 518-857-0695 • cyclingwithoutage.com

Regional Food Bank of NENY – We will be accepting monetary and food donations to feed the hungry in our 23-county service area. For each dollar we receive, we can distribute \$10 worth of food! Latham • 518-786-3691 x296 • regionalfoodbank.net

Regional Therapy Center – Saratoga Hospital's Regional Therapy Center offers comprehensive outpatient physical, occupational, speech and aquatic therapy, as well as several other specialty therapy and rehabilitation services. Saratoga Springs • 518-583-8459 • saratogahospital.org

Renewal by Andersen/Gutter Helmet – Get home improvement ideas from Renewal by Andersen replacement windows and doors, and Gutter Helmet seamless gutters, gutter helmet and helmet heat. Schenectady • 518-356-3026 • rbaofeasternny.com

Revolution Rail Co. – Railbiking with is a fun excursion activity that allows riders to ride the railroad tracks under their own power and explore a section of the Adirondack forest canopy along the banks of the Hudson River that has never seen passenger traffic. North Creek • 518-251-2345 • revrail.com

Revolutionary Run for Veterans 5K – Join us this November for a great cause. Flat and fast course on the Historic Champlain Canal and Towpath. Schuylerville • (518) 884-4115 • veterans@saratogacountyNY.gov

Ride for Missing Children – Our ride is the biggest annual fundraiser for the National Center of Missing & Exploited Children-NY/Mohawk Valley. Our mission is "to make our children safer...one child at a time." Utica • 315-732-7233 • therideformissingchildren.com

Run 26.2 – High performance compression socks, calf sleeves and high knee socks, car magnets and Crank Sports Electrolyte e-gels. Scarsdale • 917-292-7362 • run26point2.com

Saratoga CBD Company – Come see our variety of CBD hemp products, chocolates, soaps, dog treats, tinctures, roll ons, and capsules. Saratoga Springs • 518-450-7510 • saratogacbdcompany.com

Saratoga Lake Sailing Club – The Saratoga Sailing School is a program of The Saratoga Lake Sailing Club and is dedicated to teaching the sport of sailing. We take pride in offering you the opportunity to participate in a 60+ year history of upstate NY sailing. The quality of our learning experience provides a lifetime of recreation, the pleasure of friendships, and the satisfaction of boat handling for day sailors and racers alike. We have been teaching adults and children, for over thirty years, to enjoy



the lifelong sport of sailing. If you or your prospective sailor has never been in a sailboat before, we'll make their first experience enjoyable and safe, if your child is more confident we will challenge her. If your child/adult is anywhere in between, we have a place for them. Our goals include participation in higher level sailing, if not, one-design sailboat racing, integrated with the seamanship, self reliance, courage and development to succeed, on and off the water. Saratoga Springs • 518-928-6187 • sailsaratoga.org

Saratoga Lions: The Memorial Duathlon & 5K – Race with a purpose, Help Lions change people's lives! 100% of all proceeds benefit sight & hearing conservation, fighting diabetes, developing our kids, community initiatives and our military veterans. Saratoga Springs • saratogalionsduathlon.com

Saratoga National Historical Park – Community members can connect with their national park through a variety of recreational activities including hiking, cycling, running and walking. The park has four parts: Saratoga Battlefield, Philip Schuyler House, Saratoga Monument and Victory Woods. The National Park makes world altering history accessible and provides outstanding recreational opportunities to Capital Region residents and visitors alike. Stillwater • 518-670-2985 • nps.gov/sara

Saratoga Photobooth Company – We provide high quality, retro-modern photobooth rentals for events in NY, VT & MA. It's the biggest hit at weddings, parties, school & corporate events! Saratoga Springs • 518-584-6473 • saratogaphotobooth.com

Saratoga PLAN – Saratoga PLAN works to preserve the rural character, natural habitats, and scenic beauty of Saratoga County. We manage 10 public preserves with 22 miles of trails open to the public, and we're a member of the Saratoga Greenbelt Trail Committee. Saratoga Springs • 518-587-5554 • saratogaplan.org

Saratoga Regional YMCA – Visit our booth for info on membership, summer camp and summer workshop programs, group fitness, and everything else the Saratoga Regional YMCA has to offer! Also, don't forget to ask us WHY! Saratoga Springs • 518-583-9622 • srymca.org

Saratoga Rowing Association – Visit us to learn about our rowing programs and camps for youth and adults. Give rowing a try with our rowing machines. Saratoga Springs • 518-587-6697 • saratogarowing.com

Saratoga Stryders – Saratoga Stryders is a club for walkers and runners. We meet Saturdays at the Warming Hut for a group run and Wednesdays for coached workouts April – October. For a complete schedule visit our website. Saratoga Springs • 513-256-7994 • saratogastryders.org. Camp Saratoga Trail Race Series • saratogastryders.org

Saratoga Triathlon Club – The Saratoga Triathlon Club promotes multisport activities in the Saratoga Springs area. The club conducts weekly open water swim practices at Moreau Lake State Park during the summer and other activities such as race venue bicycle course previews and clinics throughout the year. Saratoga Springs • 518-859-9378 • saratogatriathlon.com

Sasha's Superhero 5K Run/Walk – Calling on all Superheroes! Join us for the 2nd annual Sasha's Superhero Run on April 22 in Mechanicville. This 5K run/walk and the kids fun run is a fundraiser for the Ronald McDonald House in Albany. The race honors parents of kids, who like Sasha passed too soon, as it takes superhero strength for parents to go on without their children. Mechanicville • 518-728-7707 • sashasrun.com

Schroon Lake Chamber of Commerce – The Schroon Lake Regional Visitor's Center & Chamber of Commerce is proud to promote and share the history, culture and outdoor activities that are available in Schroon Lake. Learn about camping, fishing, hiking, boating, swimming and dining opportunities. Schroon Lake • 518-532-7675 • schroonlakechamber.org

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Silks & Satins 5K – The Jeff Clark Memorial Race to Benefit Special Olympics New York is a flat and fast 5k through historic Saratoga Springs. Saratoga Springs • silksandsatins5k.com



So Outdoorsy – The Capital-Adirondack Region's exclusive provider of convenience camping. We work with our local campground, Moreau Lake State Park, to bring you all the fun of camping, without all the fuss. Saratoga Springs • 518-598-6323 • sooutdoorsy.com

Soldier Solutions – Patriotic apparel for devoted patriots: NineLine hats, hoodies, t-shirts and more, Notch hats, Epoch sunglasses, Georgia Land & Cattle hot sauce, steak rub and coffee for sale. Wallingford, CT • 203-265-9119 • soldiersolutionsllc.com

St. Lawrence Valley Paddlers – Learn about marathon canoe racing and fitness racing, and the Canton Canoe Weekend, an international pro race with over \$7000 in prize money. Canton • 315-323-2673 • slvpaddlers.org

St. Regis Canoe Outfitters – Helping people enjoy the waterways in the Adirondack park, we can help with any part of your canoe or kayak trip from planning and rentals to its successful completion. Visit our booth for Adirondack Canoeing maps and guidebooks for sale along with our paddling trips. Saranac Lake • 518-891-1838 • canoeoutfitters.com

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Times Union/Real Media Solutions – An American daily newspaper, serving the Capital Region. Although the newspaper focuses on Albany and its suburbs, it covers all parts of the four-county area, including the cities of Troy, Schenectady and Saratoga Springs. Albany • 518-454-5694 • timesunion.com

Tour de Cure /ADA: Bike Ride & Run/Walk – We'll be sharing information with the community about our Saratoga Springs Tour de Cure, the largest fundraising event in the Capital Region, and the catalyst in supporting our mission to cure diabetes. We will also be available to share information on our programs and wellness initiatives to support those in our community and individuals living with diabetes. Albany • 518-218-1755 • diabetes.org/capitalregion

Tour de Cure/ADA: Kivort Steel Diabetes Revolution – Our Team is Making a difference. You can too! High-Rollers and Champions make up 80% of our fundraising. If you want to be one, join us! For the past eight years, we've been among the Top 7 Fundraising Teams in the USA. To date, we've raised over \$1,000,000 for the ADA. diabetes.org

TRIGGER PIN! Muscle Training – Upgrade your fitness mobility and recovery with the famous functionality of our T-Pin! VECTOR roller. Our American-made rollers are unmatched for their ergonomic versatility, durability and portability. Wolfeboro, NH • 866-683-1873 • tpinmusclerapy.com



TUFF eNUFF Mud Run/Prevention Council – The 8th annual event to benefit the Prevention Council, is a fun, muddy course and a family-friendly event. Crawl, wade and hurdle to the finish line! Saturday, June 2 at the BOCES Campus. Saratoga Springs • 518-581-1230 • preventioncouncil.org

Upper Hudson Trails Alliance – We're a non profit corporation aimed at planning, maintaining, and advocating for trails and trails infrastructure development for non-motorized, human powered recreation around Johnsbury and the Upper Hudson Region of the Adirondacks. upperhudsontrails.org

Velofix Albany – Save time, ride more with velofix! Bicycle parts and service for road, mountain, commuter, tri, e-bikes, and more, from our fully equipped mobile bike shop. We come to you! Bicycle sales through velofix Direct. Elby e-bikes Demo Days. Clifton Park • 518-859-9568 • velofix.com/locations/albany

Warren County Safe & Quality Bicycle Organization – Visit our booth to learn about Warren County road and mountain bike routes with handouts and maps. We'll plenty of safe & quality bicycling information for individuals & families, whatever your skill level. Queensbury • 518-796-2397 • bikewarrenco.org

WEXT - Exit 97.7 & 106.1 FM – A Summer Expo media sponsor, WEXT is an old-style progressive station with a modern day esthetic. We play great classics regular radio has forgotten, new emerging artists and Local 518 music – every hour – everyday. We're a non-commercial, listener-supported, roots and rock station from WMHT. Troy • 518-880-3512 • exit977.org

The Wild Center – The Wild Center, featuring Wild Walk—an elevated trail across the treetops—is an all-day attraction, including 81-acres of outdoors, a 54,000-square-foot museum with movies and live animals, guided canoe paddles, and hands-on everything. Wild Walk will be opening for its third season in May. Tupper Lake • 518-359-7800 • wildcenter.org

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WildPlay Element Park – WildPlay Thacher is an aerial adventure park in Voorheesville. Located at the Yellow Rocks Picnic Pavilion in Thacher State Park. WildPlay offers high ropes elements, zip lines, and a thrilling freefall jump atop the Helderberg Escarpment. Fun for all humans aged five and up. WildPlay is THE premier destination for treetop adventure. Voorheesville • 518-527-6963 • wildplay.com

Wilson Endurance Sports – Hosting 29 multi-sport events across New York and Connecticut featuring triathlon, duathlon, aquabike and running. Perfect events for individuals and relay teams of all abilities. Kennedy • 914-466-9214 • coachmarkwilson.com. Cooperstown Triathlon coachmarkwilson.com. Delta Lake Triathlon • coachmarkwilson.com. Stissing Triathlon • coachmarkwilson.com. Ticonderoga Triathlon Festival • coachmarkwilson.com

Wilton Wildlife Preserve & Park – With over 20 miles of hiking trails and year-round educational programs, the Preserve & Park is a local gem that has been serving the community for over 20 years. Whether you are a nature lover, outdoors enthusiast, or lifelong learner, the park is a place to enjoy. We'll have info and maps, plus hands-on activities for children. Wilton • 518-450-0321 • wiltonpreserve.org

YMCA Camp Chingachgook – A premier summer camp and outdoor education center on the east shore of Lake George. We offer a variety of programs including summer camp, adventure trips, school groups, weekend family and women's programming, and Girl Scout and Boy Scout weekends. We will have the GAGA Pit activity at the show again. Kattskill Bay • 518-656-9462 • lakegeorgecamp.org

Young Living Essential Oils, Saratoga – Essential oils have enhanced lives for thousands of years, offering a variety of benefits including emotional, physical, and spiritual wellness that can be truly life-changing. Middle Grove • 518-527-4387 • MyYL.com/TeresaAlger

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ROAD & MOUNTAIN BIKING

Plan Your Cycling Season



◀ 2018 FARMER'S DAUGHTER GRAVEL GRINDER IN COLUMBIA COUNTY. PHOTOS BY DAVE KRAUS ▶

By Dave Kraus

You hear the faint, plaintive whisper every time you head down to your basement. At first you think you're imagining the tiny, barely audible voice. "I miss you... Have you forgotten about me?... When will we be together again?" You search the basement, anxious to prove to yourself that you're not going crazy. Then, suddenly, you realize... it's your bike.

It's been a long winter. But now, finally, you can legitimately start to plan your cycling season and get ready for that first sunny, blue-sky, tulips-in-bloom ride outside with short sleeves. To help out with that, here's a list of questions you might want to ask yourself now, so you can get answers in time to enjoy the results, when you can actually get out and ride without freezing.

WHAT ARE MY GOALS?

Whether you've been riding a trainer in your basement, hitting spin classes, or doing nothing at all, now is the time to take realistic stock of your fitness and set some goals for this coming cycling season. Do you want to ride faster? Farther? Improve your pedaling style? Now is the time to ask yourself those questions.

Different riders will have different goals, and books like *The Cyclist's Training Bible* by Joe Friel can help you decide what goal is right for you, and how to separate reasonable, attainable goals from wishes that aren't grounded in reality.

IS MY BIKE READY?

This is the perfect time to get your baby down from the rafters and give it a good going over. If you do find anything wrong, the head start will give you time to get it repaired before finding out the hard way on that first spring ride. Clean and lube the whole bike, especially the chain, using biodegradable cleaner, a toothbrush or other small brushes, and an old towel to clean up.

Pump up the tires, then check them and your brake pads. Do either need to be

replaced? Does your drivetrain still shift smoothly? Cables can stretch during long-term storage. Do your wheels spin smoothly, or do they need to be trued? Now check the frame while it's clean. Are there any telltale cracks, dents, or wrinkles in the paint? If there are, don't ride until you get it checked by a professional.

Speaking of professionals, this is also the best time to skip all of the above and seek out your local bike shop mechanic, who's trained to do all of this and much more. Get on the tune-up list early before the rush hits to make sure you get your bike back ready to ride when nice weather finally happens. If you can't get to the bike shop, services such as a Velofix (velofix.com) will come to you.

IS MY OTHER CYCLING GEAR READY?

Make sure your seat bag is ready to go, with at least a spare tube, tire levers, mini-tool, patch kit, a few zip ties, and some emergency cash. If you use CO2, make sure your cartridges match the air chuck! It's no help out on the road to have non-threaded cartridges if your chuck requires threaded. Also check your spare tube to make sure the valve stem is long enough to work with any deep section rims you may be using. Lastly, if your patch kit has been hiding unused in your bag for years, the patch glue may have dried out, leaving the patches useless.

Check your wardrobe, too. Now is the time to see if any threadbare shorts need to be replaced, or if you need new gloves or new pads to replace the ones in your helmet that have gotten, ah, *fragrant*. This is also a great time to check with your local bike shop for any specials they are running on leftover winter clothing to help you get ready for riding late into next fall.

Also don't forget those shoe cleats. Need new ones? Again, your local shop will have what you need. Also don't forget to check your bottles. The sugar in sports drinks can leave residue that can breed germs, and it is probably time for a thorough cleaning or

new bottles. Last but perhaps most important, make sure you have the brightest red taillight available and use it on all your rides, even in daytime.

WHAT RIDES AND EVENTS WOULD I LIKE TO DO THIS SEASON?

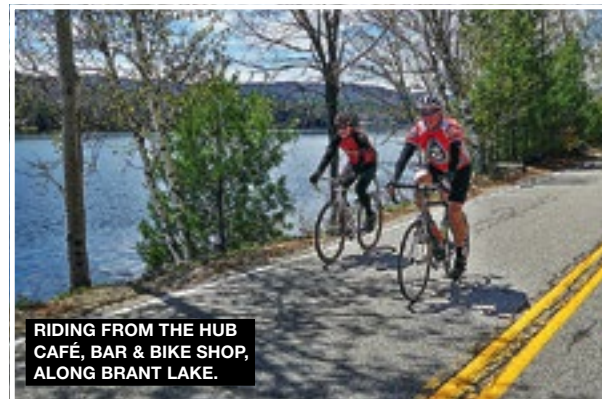
If there are events or specific rides you've never done, or those that you would like to do again, now is the time to get them on your calendar and get registered. Many events have early registration discounts, and some have limited capacity. If this is the year to do your dream event, plan now to make it happen later.

Many ride organizers will be exhibiting at the Adirondack Sports Summer Expo, including early season events like the Black Fly Challenge Gravel Grinder on June 8, Capital Region Tour de Cure on June 9, Cycle Adirondacks' Weekender at Paul Smith's College on June 28-30, and Erie Canal Bike Tours has an adventure for every cyclist with multiple trip dates. There's also ADK's Ididaride Bike Tour on July 27, Ride for Missing Children on Sept. 20 - and all season, rail biking in North Creek with Revolution Rail!

SHOULD I JOIN A BIKE CLUB?

If you've never joined a bike club or other cycling organization, then you're missing out on great events, new cycling friends, and a variety of cycling related resources to help you get fit and enjoy the sport.

With over 800 members, the Mohawk Hudson Cycling Club (mohawkhudson-cyclingclub.org) is the largest club between New York City and Montreal. MHCC hosts



RIDING FROM THE HUB CAFÉ, BAR & BIKE SHOP, ALONG BRANT LAKE.

almost 300 group rides per year, and their Albany County Century Weekend in September is a great opportunity to do your first century ride.

If you're looking for rides and fellowship further north, the Warren County Safe & Quality Bicycle Organization hosts a complete website (bikewarrenco.org) that offers ride maps, event information, and supports advocacy to promote cycling of all kinds in Warren County. Both organizations will be exhibiting at the Summer Expo, so stop by and introduce yourself.

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer. Visit his website at krausgrafik.com.

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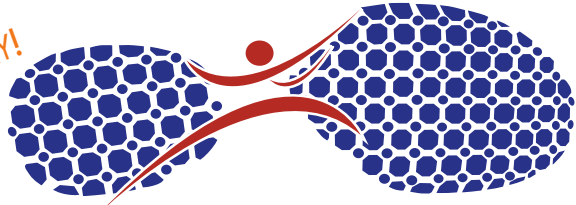
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◀ FALL OF 2018: MATTHEW, SAMUEL, SELAH AND REID.

▼ XC RACE IN JULY 2018: MATTHEW (LEFT) AND MOM RAN THE 5K, WHILE REID AND SELAH RAN THE KIDS' RACE.

SHELLY BINSFELD



Mother Runners

By Shelly Binsfeld

It has been over a decade of juggling being a mother of four and a runner. Both take devotion. Both I love. Yet, they try to steal my attention from each other. The guilt of running when I could be home being a "better mother" or the frustration that I missed my daily run because my child needed me all day long, play tug of war on my heart. For sure I love my children more than running. Hands down they will win in that war. However, I have gained insight through these years to know that running makes me a better mother. *A dose of fresh air and the freedom of running renew my spirit and energy to be patient and caring with my children.*

My youngest now is 10 years old, and she has older brothers to watch over her when I need to escape for a run. However, there were so many years that I could not escape. In fact, even though I had access to a treadmill at my local YMCA, I still needed one for my home.

For instance, if my husband was traveling for the week on business and one of my kids got sick, with the rest taking their turn on the couch through the rest of the week, I would need, yes need, to run in my home, where I could still care for my sick family

and get daily exercise. The treadmill was well used through those years.

I also depended on the YMCA's childcare, where they could play with friends as I got my one hour of social time with other runners. The guilt of needing a daily run, weighed heavy no matter how devoted a mother I was the rest of the day. *Being a runner was not just about a reprieve from my daily role but also my link to friendships with people from all walks of life and in many different stages of life.* I gained much wisdom and had many laughs running by their side.

Lifting my stroller into the back of the van was actually easier when my running fitness was on the high side. I had more muscle and mobility. With the work hours of the mothering role extending past daylight hours, into the night, my body needs to be healthy and strong. Running provides the opportunity to be a fit parent.

Running when my children were younger was not the only time that running enhanced my parenting skills. Now, as my children are in upper elementary to high school ages, running is just as vital in my life.

Recently, I have been depending on my daily workout of running to relieve built up stress from the day; a chance to do something where I am in control of the outcome. My day never goes as scheduled and I have

to give so much mentally and emotionally to my children, including all the time driving from activity to activity, fitting the errands in between. I need to have one hour that contains a simple mission, run forward. Fast or slow, uphill or downhill, it doesn't matter as long as I get to run. *When I am done, I feel refreshed and empowered.*

In our culture of achievement, it is too easy to get sucked into pushing my children to be highly successful. I have found through striving for and accomplishing my own goals, I can allow my children time to develop and grow at their own speed, throughout their childhood. It takes the pressure off them and allows me to tap into my own ambitions for the sense of accomplishment.

I spend many hours at pools, fields, rinks, trails, and everywhere else it seems. By being a runner, I can relate to my children's experience in athletic endeavors too. I understand the discipline they are building. When disappointment strikes, I can empathize with them. Or when dealing with soreness and after workout hunger, I can point out resources to help them.

Most of all I can model devotion and hard work. Last summer entailed high-mileage weeks with at least two longer runs each week. I would enter the house, calling out for water and an orange, without an ounce of

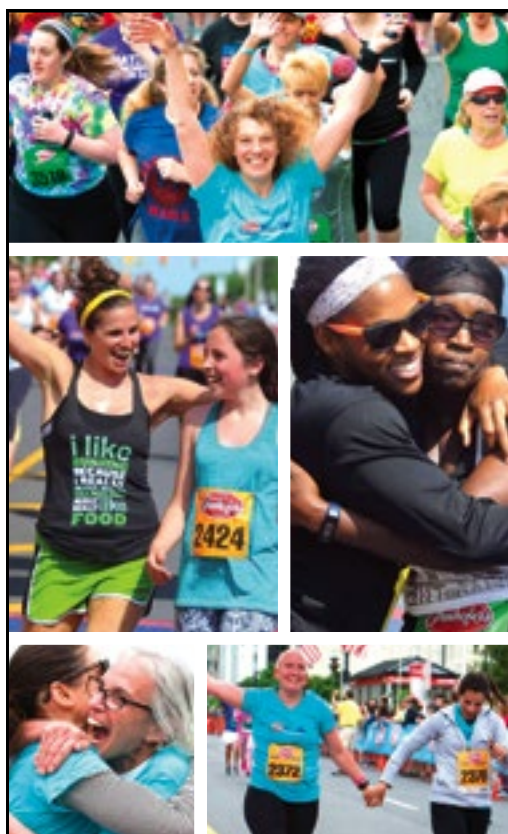
energy left, having run until I could not take another step. Then straight to my yoga mat and personal fan I went. They met me there asking, "How far this time?" They saw me struggle and conquer.

My children and I share in the joy of running together. This past polar freeze my son and I ventured out for a 10-minute run in -17 degrees weather. We laugh together as we run, and share our high school running stories. When I have a difficult time heading out the door, I ask for help, "Please, just run my first couple miles with me." In hopes that after I drop them off, I can finish my run with ambition. We are in this together.

Since mothering wins against running when playing tug of war, *they have grown to respect each other.* My running training plan is more flexible, but still challenging. Using a rolling seven-day mileage goal, or 10-14 training schedule, allows me to adjust my volume to match the needs of my family. I am patient to choose my racing events to fit within the family calendar puzzle. Selecting shorter distances, when there is less time to run, and longer distances when I have fewer daily demands. I only use one hour to train on busier family days. Alternate training locations are helpful, like using the YMCA treadmill, while my kids are doing their own exercises or play time. Many fields and roads near my children's activities have turned into my training ground. *I feel less guilty since I know that my one-hour of running results in a better 23 hours as a mom.*

The mothering and running arrangement feed, nurture, and grow each other. They enhance, influence, and support each other. *They are better together.* 🌱

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



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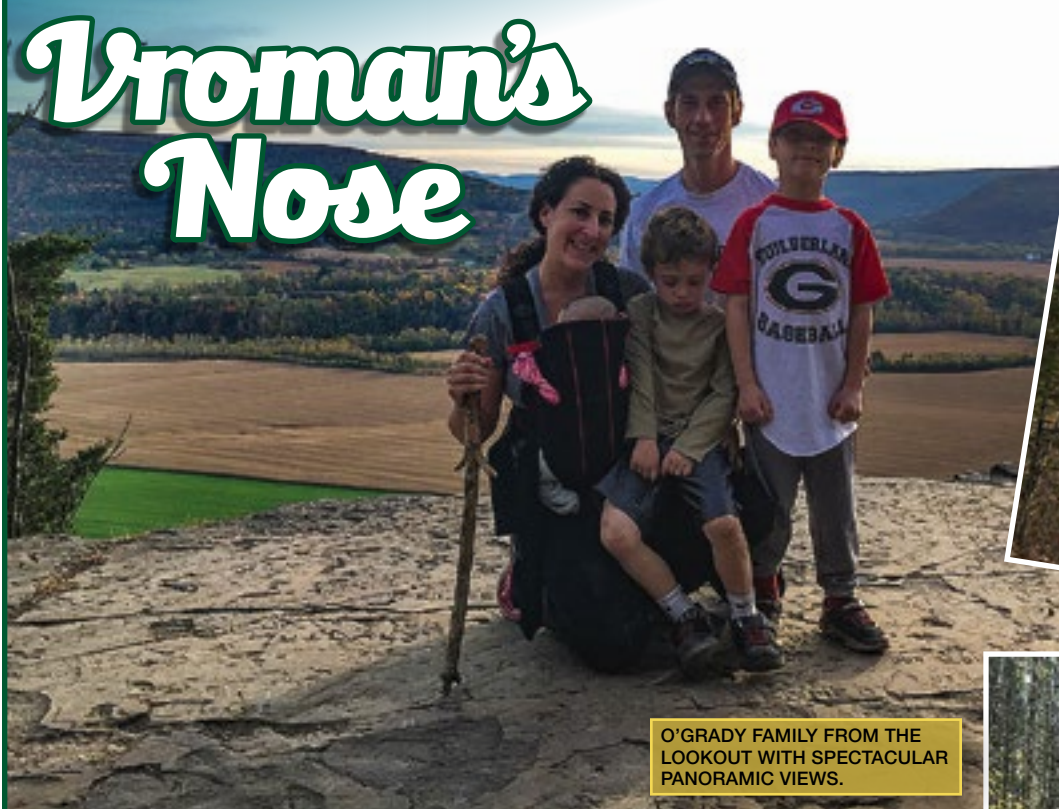
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VIEW ON THE DESCENT ALONG THE STEEPER YELLOW TRAIL.



UP THE AQUA BLUE TRAIL THAT'S COVERED IN LEAVES.

A Hidden Gem to Start Your Spring

By Tom O'Grady

Spring is right around the corner and with it comes nicer weather and longer days. Many families look forward to the opportunity that warmer weather and longer days allows for getting outside and on the trails. A perfect hiking trail to shake off the dust is Vroman's Nose, near Middleburgh, in Schoharie County.

As a native of the Capital Region, I'm embarrassed to say it was not until the fall of 2017 that I first hiked Vroman's Nose. Our two boys were in Little League, and we were looking for fun family ways to stay active, as my wife was just starting to exercise after the birth of our third child. After the last game in October, we celebrated with a short team party, that included popsicles and juice boxes. Luckily, we had planned ahead, and the sugar rush from the aftergame treats would be followed by an outdoor adventure! When we got into the car, we told our boys that we were going to make a trip out to local area for a short hike.

From Albany, it's approximately 30 minutes to the Vroman's Nose trailhead, primarily on I-90 and I-88. Shortly before reaching Howe Caverns on I-88, you get off exit 23, and take NY Route 30A to 30 for the remainder of the trip. Along the way, you will pass a number of other potential stop offs, should you have the time or interest. One of the more notable ones is Old Stone Fort Museum in Schoharie. By the time you reach Middleburgh, and cross the Schoharie Creek, you will see Vroman's Nose off to the west. Be careful to keep an eye out for signs as the turn to the trailhead can take you by surprise.

Once at the trailhead, our sons were excited to see the signs stating that peregrine falcons use the cliffs for their nests, and can occasionally be spotted. Though there was no guarantee of a sighting, the possibility of spotting one of their favorite birds of prey gave us the excitement needed to start the hike off

with few complaints. A brief search for perfect hiking sticks, and we had everything needed to keep us busy, while completing the trek to the top.

On this outing, we were met with a collage of colors as the trees were at peak foliage. When hiking up Vroman's Nose you'll notice there are several trail options to take. For this hike we chose the easiest path up which is marked with aqua blazes. The aqua blazed trail is never more than a moderate steepness and offers two areas where it levels off. The aqua blazes represent the portion of Vroman's Nose that lies on the 357-mile Long Path, which extends from the George Washington Bridge to just north of Thacher State Park.

Vroman's Nose is part of a plateau, and after 0.7-mile of walking, the 600-foot gain to the summit of the plateau is reached. There is a rock overhang here that is perfect for viewing. From this vantage point you get a clear panoramic view of the Schoharie Valley. On this occasion, the checkered green of the farms below was a great contrast to the area highlands that were covered in yellows, oranges, and reds of prime foliage. If you want to carry supplies to the top, we noted that there is a fire pit that makes it possible to start a fire, and have a cookout. We opted to enjoy the scenery and take a few pictures.

From the lookout area, it is approximately 0.2-mile to the actual "nose" of the cliff, which gives Vroman's Nose its name. At this point, we had completed 0.9 miles and had taken about 45 minutes, including a 15-minute stop to enjoy the view. Vroman's Nose is named after Adam Vroman, who established the first farm in Schoharie Valley in 1713.

On this outing, we decided to complete a loop, and took the yellow trail down the more eastern side of the cliff. The warnings about the steepness on this section are accurate primarily in the first quarter-mile of a descent. We reached one dicey spot where the shale

and limestone were crumbly and there was a descent drop. This required me descending first, and then helping each of the other family members down, as they also held onto nearby trees! We arrived back at the car about 65 minutes after starting out, and completed a nice 1.8-mile loop. On the way home we stopped at Schoharie Valley Farms, home of the Carrot Barn, for cider and donuts. A perfect cap to a fall day and introduction to Vroman's Nose.

Although our first trip was in autumn, it was instantly noticeable that Vroman's Nose was a perfect hike for nearly any season. When the Cub Scouts discussed an outing to Vroman's Nose for their spring hike, we jumped at the opportunity to return in the new season. This trip occurred in May 2018 and we had to be prepared for mud, the sun and flies. Luckily the mud and flies were not very bad. The mixed colors of fall were replaced by the bright green of fresh leaves. The view from the top this time was sunny and green as far as the eye could see.

This scouts trip took a little longer as they inspect rocks, sticks, leaves, and the different bugs they encountered along the way. Upon reaching the top, we enjoyed the views from the overlook and took a few pictures. From here we avoided the trek along the plateau, and steep drop off the other side, by completing an out and back on the aqua blazed trip. The total distance for this

outing was approximately 1.4 miles, but the added pit stops to investigate their surroundings made a fun 90-minute outing. On our way home this time, we opted for Stewart's ice cream!

Vroman's Nose makes a perfect start to spring for many reasons. The distance is not overly taxing, but at 1.8 miles and 600 feet of climbing, it's not an easy stroll in the park either. The steepness along the aqua trail is never greater than moderate, and if you're feeling adventurous, the yellow trail is an option for the descent. Just to be clear - you should always exercise caution along the plateau, on Vroman's Nose proper, and on the steeper trails. The Cub Scout group noted how much fun they had and that it was a perfect build-up to longer hikes.

In any season, the drive to Vroman's Nose and back offers great views, as well as opportunities for stop offs to learn about history - and to grab a treat! 🌲

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 Dept. of Health. With a lifetime of racing experience, Tom has his NYS Dept. of Education coaching license, and is USA Track & Field Level 1 and Jack Daniels certified to coach distance runners and endurance athletes.



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TANDEM BOATS LEAVE THE START LINE AT THE CANTON CANOE WEEKEND.

By Ed Greiner

When the subject of canoe and kayak racing comes up in casual conversation, the usual response is, "You're kidding. You actually race those things?" The incredulity is common.

Some people get involved with paddlesport racing in a logical manner. They start with a short, fun race after having had some instruction in technique and gear. Others jump in blindly, starting with an ultramarathon, and no idea what they are in for. The latter way was mine.

Many years ago, a coworker asked if I wanted to be his partner in the Adirondack Canoe Classic, the 90-mile, three-day event that crosses the Adirondack Park from Old Forge to Saranac Lake. After being egged on by a third coworker, I agreed. The rest, as they say, is history.

The less insane way to introduce yourself to paddlesport racing is to do some research. There are many non-profit organizations dedicated to the sport. The New York Marathon Canoe Racing Association (NYMCRA), is the premier organization covering the entire state. They set standards for boat types, classes and age groups, as well as compiling the schedule for the year.

The Saint Lawrence Valley Paddlers (SLVP), is the largest and best organized of the regional groups. The Northern New York Paddlers (NNYP), and the Upper Susquehanna Pedalers and Paddlers (USPP), are also active groups putting on races and training sessions. The Adirondack Watershed Alliance (AWA) puts on races in the Adirondack Park region, as well as coordinating activities to preserve the fragile waterways.

Northern New York Paddlers is the group that serves the Greater Capital-Saratoga

Region. NNYP is centered in Schenectady County, but has members in the counties of Fulton, Montgomery, Saratoga, Albany and Warren. North New York Paddlers puts on three races each year, as well as weekly time trials, and offers instructional paddling. You do not need to be a member of any organization to participate in NNYP events, but paddlers are encouraged to join.

The NNYP directs three canoe, kayak and SUP races for 2019: 1) Towpath Regatta 4.5-miler at Gateway Landing Park, Schenectady on Thursday, June 20; 2) Electric City Regatta 12-mile marathon, three-mile recreation race, and one-mile fun race on the Mohawk River at Rotterdam Junction on Saturday, July 13 (electriccityrace.org); and 3) Barge Chaser Race of 10 and three-miler at Kiwanis Park on the Mohawk River in Rotterdam. All three races are suitable for beginners with shorter distances of one to four miles. The Electric City Regatta and Barge Chaser also have longer events, 11 and 10 miles respectively, for more serious racers.

More information on the yearly schedule can be found online at NYMCRA (nymcra.org), SLVP (slvpaddlers.org), and AWA (adirondack90miler.com).

Come out and try this exciting low-impact sport that's welcoming to new racers. The fitness component alone will change your life. There are many opportunities to participate throughout the year! 🌲

Ed Greiner (egreiner1@yahoo.com) is a remodeling contractor. He and his wife, Kimberly, live in Esperance and they've been involved in canoe racing for 29 years. He is a member of Schenectady Wintersports Club, Northern NY Paddlers, NY Marathon Canoe Racing Association, and several other sporting organizations.

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