

## There's Only One Hill



2016 PROSPECT MOUNTAIN ROAD RACE – TRACY WATSON, DAVID FORBES, JUSTIN GRASSI AND JENNIFER GRASSI NEAR THE TOP WITH LAKE GEORGE IN THE DISTANCE. BRIAN TEAGUE/FATEAGUE FOTOS



BRIAN TEAGUE, LARRY MANCINI AND DAN OLDEN HAVE RAN ALL 29 RACES, AND MARK SCHACHNER HAS DONE 26. JILL PEDERSON

## Prospect Celebrates Its 30th Year!

By Laura Clark

**T**True, there is only one hill, a phrase coined by former race director Dave Harrington, but it is formidable – 5.67 miles straight up with an accompanying 1,601 feet of elevation gain. And every last decimal place is crucial.

At the **Prospect Mountain Road Race** on Saturday, May 11, you get the best of both worlds; a road race with no traffic congestion, offering spectacular views of Lake George! You are alone with nature, the only spectators being birds, and the occasional porcupine. Those of us desiring the full experience elect to run back down again, pausing at the scenic outlooks, with bonus points for a long run. The Catch-22 is that jogging back in sweaty clothes is not pleasant. Since I am not breaking any records, I always tie a thin jacket around my waist. Those gunning for it can stash extra gear in the race van. Either way, there are always cars heading down afterwards, so if you tire, you can stick out your thumb with confidence.

Thirty years ago, Don McCabe, a BOCES instructor, thought it would be fun to run up the mountain. He convinced a few hardy soles to join him and soon enough the idea evolved from a “seemed like a good idea at the time” dare to a viable event. Dave and Dot Harrington – responsible for the quirky mile-marker signage – and Barb Bartawitz were the race directors for many years, with Martha’s Ice Cream a major sponsor – free cones! When the owner’s daughter died, the Michele Lafontaine SUNY Adirondack nursing scholarship fund was created as a beneficiary. Son Rob, of Rob and Deb’s Ice Cream, continues the tradition. Today, the race also benefits Under the Woods Foundation.

The adage “There is no bad weather, only bad clothes,” holds as co-race directors Jill Pederson and Christine Cifone-Clohoosey boast, “Never has it been cancelled because of weather and no one has ever been left at the top.”

Prospect is part of the Northeast Uphill Mountain Series (northeastuphillmountainseries.blogspot.com) giving us the opportunity to hone in on some useful techniques from folks who regularly run uphill for fun. Oddly enough, the American Trail Running Association includes anything uphill in its mission statement, whether road or trail. According to its founder Nancy Hobbs, “It’s the ascending and significant elevation gain that can make a road run a mountain run... the uphill effort creates challenge unlike that of the gently rolling terrain so often found in a road race where PRs are more important than the experience of being outdoors.” (trailrunner.com).

From Brian Teague’s elevation and pace charts on the Adirondack Runners club website, you can see that not all mountain miles are created equal. In fact, the first-mile is rather benign. All complacency vanishes, however, the minute you hit the one-mile marker and tackle a 600-foot gain. The third-mile brings a break as you gear yourself up for the final push to the summit. If this is your first attempt, don’t get fooled as I did by the multiple parking areas clustered around the peak. Just before the first lot there is a sign that proclaims “Parking 1000 meters ahead.” Unfortunately, this is not “The End” but only the beginning of the end, with the steepest haul yet to come. At this point, I like to migrate over to the lane divider line and pretend that my swinging arms are hauling me up and over the precipice. Sounds weird, but it seems to work for me!

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## ● CANOEING, KAYAKING & SUP



# Spring Paddling Guide

Kayaderoseras Creek, Saratoga Lake and Fish Creek

By Rich Macha

A SMALL DROP ON KAYADEROSSERAS CREEK.  
PHOTOS BY RICH MACHA

I enjoy getting away from civilization and always look forward to visiting the wild areas of the Adirondacks. However, in most years, Adirondack waterways do not become ice-free until at least the middle of April, and many ponds and lakes may not open up until the end of the month. There are several good options in the lowlands outside of the park though – the **Kayaderoseras Creek** in Saratoga County is one of them.

You can paddle the Kayaderoseras (most folks pronounce it Kay-duh-ross) as a one-way downstream trip or do an up-and-back trip from one launch spot. Spring water levels are usually good and there is some current. It may be a bit more work paddling upstream but you can be assured that the return downstream will be easier.

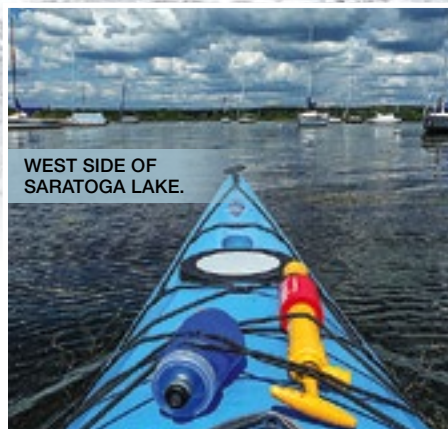
Before you paddle the “K,” check out the website of the Friends of the Kayaderoseras ([kayaderos.org](http://kayaderos.org)) for any updates and information on their spring clean-up days on Sunday, April 28 and Saturday, May 4.

From Rock City Falls to Ballston Spa, the creek is mostly whitewater of up to Class 3 – it is not paddled often due to its many strainers (downed trees). From Kelly Park in Ballston Spa to Saratoga Lake, the creek is mostly flatwater for over 10 miles with a couple of sections of quickwater. In the first two miles from Kelly Park there may be some blockages that may require getting out of the boat, hence paddlers may find it easier to start from Gray’s Crossing a bit further downstream. To get there from NY Route 50, drive east on Northline Road for 0.7-mile and look for a sign on the right. Parking is in a field that also serves the Burl Trail for hikers – this is a section of Saratoga Spa State Park. Mileages stated below are from Kelly Park.

At 4.5 miles, Geysers Brook comes in from the north – in spring high water and with the willingness to lift over beaver dams, it may be possible to paddle up it to within view of the Saratoga Performing Arts Center – I have only gone a very short distance along it myself.

Before reaching the Driscoll Road put-in (near NY Route 9) at the six-mile-mark, you may experience a drop through the remains of an old dam, and then a stretch of quickwater. It is a bit of a carry from the parking area to the water here but a stream-side picnic table makes it a good place for lunch or a rest break.

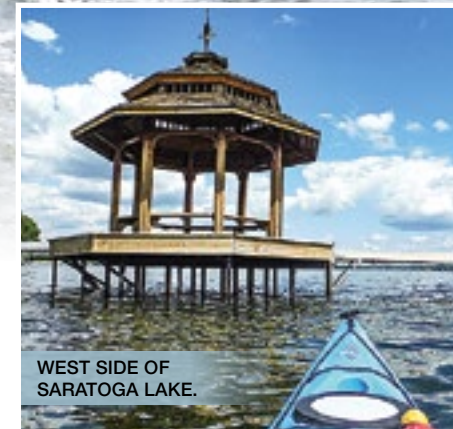
Soon after Driscoll Road, you pass under Route 9, then after going another 1.2 miles, you go under I-87, the Adirondack Northway. As you continue downstream, it is nice to leave the traffic noise behind. Two more miles of pleasant winding stream leads to the narrow outlet of **Lake Lonely** – it is possible and highly recommended to paddle the 0.9-mile to the lake.



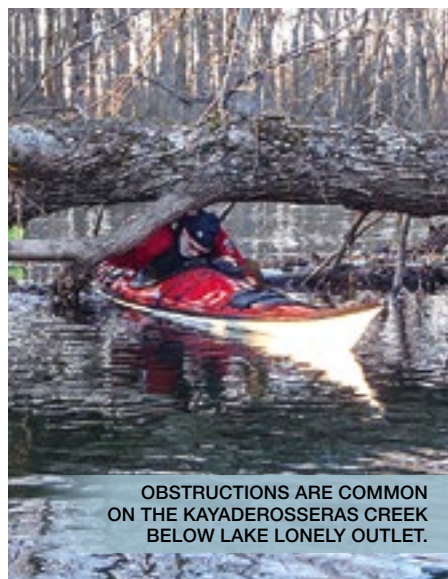
WEST SIDE OF SARATOGA LAKE.



TURTLES ON KAYADEROSSERAS CREEK.



WEST SIDE OF SARATOGA LAKE.



OBSTRUCTIONS ARE COMMON ON THE KAYADEROSSERAS CREEK BELOW LAKE LONELY OUTLET.



THE KAYADEROSSERAS CREEK.

From the mouth of Lake Lonely outlet, it is another mile to Saratoga Lake. Logs and debris often jam in this section and you may have to squeeze past some downed or overhanging trees, or at worst, get out and portage around. Turtles like to sun themselves on the logs; inevitably, they will plop into the water before you get too close. Look for the orange of orioles flitting about, as well as the ubiquitous kingfishers, wood ducks, and great blue herons.

The shores of **Saratoga Lake** are fairly developed, and in summer can be buzzing with motorized watercraft, however things are quieter in spring – especially on weekdays. A tour of the lake’s circumference is about 12 miles. About 2,000 feet of the lake’s northwest shoreline, the Manning Cove Preserve, is undeveloped – in summer, the shallow sandy-bottomed area is attractive to motorboaters who moor here, and swim from their boats.

The best launch spot for paddlers on Saratoga Lake is Waterfront Park on Crescent Avenue – this is on the north end of the lake and about one-mile north from the mouth of the Kayaderoseras. At the south end of the lake, but well away from the Kayaderoseras, another good launch spot is at Brown’s Beach.

**Fish Creek** is the outlet of Saratoga Lake and, in essence, is the continuation of the Kayaderoseras as it makes its way down to the Hudson River. It does see some motorized traffic but it also does have some interesting shoreline and tributary creeks to explore. From the state boat launch (near NY Route 9P bridge), it is 4.5 miles down to Bryant Bridge, which makes for a good turn-around point since there is a dam not far downstream.

A quieter section of Fish Creek can be accessed from Mennen Road in Victory Mills, where you can paddle upstream for

3.8 miles to the dam in Grangerville. There are signs of civilization at the bridges but much of the route passes by low, undeveloped shores of willows and silver maples. In spring, the current is noticeable, but as mentioned earlier, it will be an easy return back to your car.

The water is still very cold in April and May, so remember to wear your life jacket. New York State law requires that you actually wear one from November 1 through May 1. Also, avoid cotton clothing and paddle close to shore – you may even want to consider wearing a wetsuit or drysuit. Paddle safely and have an enjoyable paddling season! 🌲

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

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- 3.2 mi TRAIL RUN
- FINISH**

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## Canalway Challenge Along New York's Canals

WATERFORD – Get ready for fun, fitness, and adventure on the NYS Canalway System and Canalway Trail. The Erie Canalway National Heritage Corridor is launching the Canalway Challenge in May to help people achieve their personal fitness goals, while experiencing the Erie Canalway's many treasures. Whether you're an avid cyclist or a family looking to get more active, you can walk, run, paddle, or cycle your way to achieving your personal mileage goal.

Participation is free and registration is open to individuals and groups. Simply register online and choose a mileage goal of 15, 90, 180 or 360 miles – end-to-end from Buffalo to Albany. Then get outside to run, walk, cycle, or paddle on the Canalway Trail and NYS Canal System to achieve it. You may complete the Canalway Challenge in one big trip or in many small ones.

Like a hiker seeking to become an Adirondack 46er, you can strive for mileage status and recognition through the Canalway Challenge. The program will offer opportunities to share your experiences on social media and join a Facebook group to be part of a supportive community. Upon completion, you can show off your accomplishment with a photo finish, car/kayak decal and gear bag.

Sign-up when registration goes live in May and start planning your adventures, so you can hit the ground running – or cycling, walking, or paddling – when the Canalway Challenge kicks off! For details, go to: [canalwaychallenge.org](http://canalwaychallenge.org).

## Peakquest: Scratch-Off Hiking Companion

SARANAC LAKE – Peakquest announces a creative and unique method to record your hikes as you conquer the 46 Adirondack High Peaks. A new scratch-off card lets you track your hikes as you summit each peak to reveal its elevation marker and the card makes it easier to recall peaks you've completed. When all 46 peaks have been scratched away, your quest is complete.

Peakquest was well-received at the Adirondack Sports Summer Expo and more cards are coming soon: Fire Tower Challenge, Saranac Lake 6er, Lake Placid 9er, and Winter 46 High Peaks. For more info or to order, visit: [peakquest.org](http://peakquest.org).



## The Garden Parking Lot Closed for Summer 2019

KEENE VALLEY – The Garden Parking Lot at the Garden Trailhead – one of the main access points to the eastern High Peak Wilderness – will be closed to public motor vehicles during the spring and summer of 2019, due to the replacement of the Johns Brook Bridge. Construction of the replacement bridge, located in Keene Valley, will begin as soon as weather and road conditions allow and is expected to last through the summer. No vehicles or pedestrians will be able to pass the bridge once construction is started through completion of the project.

Hikers and backpackers may gain access to the Garden Trailhead by parking at Marcy Field Parking Lot and using the Town of Keene Shuttle. The bus will transport hikers between the parking lot and the trailhead. This will be the only means for accessing the Garden Trailhead during the closure period. The shuttle will operate from 7am to 7pm, seven days a week, for \$10 round-trip per person (\$13 Canadian). Check the town website for up-to-date shuttle schedules.

Respect the closure, no parking signs and private property. There will be posted 'no parking' areas along Adirondack St., Market St., and Johns Brook Rd. Illegally parked cars will be towed. For shuttle info and updates, visit: [townofkeeneny.com](http://townofkeeneny.com).

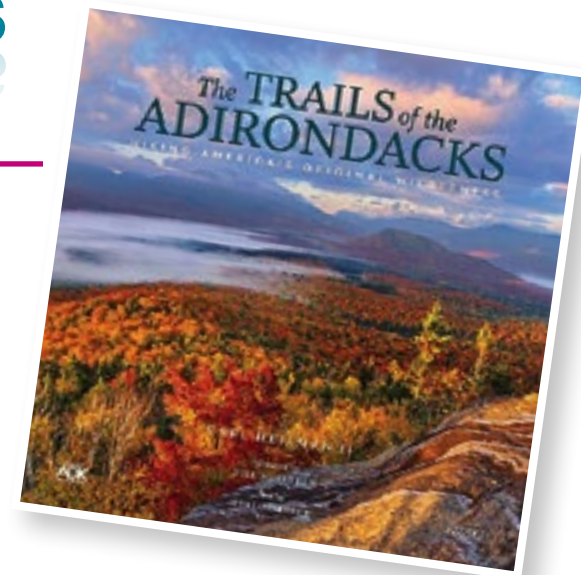
# News Briefs

## "Trails of the Adirondacks: Hiking America's Original Wilderness"

LAKE GEORGE – The Adirondack Park is home to the largest protected natural area in the Lower 48 states – six million acres, including more than 10,000 lakes, 30,000 miles of rivers and streams, and thousands of miles of hiking trails running to ponds, waterfalls, and mountain summits through a wide variety of habitats, including wetlands, and old-growth forests. How better to view this wilderness than afoot on the hundreds of trails, many leading to some of the most picturesque summits in North America.

*The Trails of the Adirondacks: Hiking America's Original Wilderness* is the official book published with the Adirondack Mountain Club and celebrates America's original hiking destination through breathtaking contemporary photography, maps, rarely seen archival photos, and text that brings the history of the trails to life.

There are trails for everyone in the Adirondacks. Today, thousands enjoy hiking, skiing, and snowshoeing trails to backcountry destinations all around the park while others aspire to climb all 46 High Peaks. Water trails include the historic Fulton Chain of Lakes, Raquette River, and Saranac Lakes routes, in addition to more intimate paddles across wild ponds and waters that meander through towering mountains and verdant forests. Every season has its own charm, all portrayed here in this one-of-a-kind volume of history and photography along Adirondack trails. From the dramatic beauty of Lake George, to numerous fire tower summits and open ledges and mountaintops scattered around the park, the rugged



splendor of the High Peaks, and the bucolic beauty of the Champlain Valley, this book covers it all.

Carl Heilman II has spent the last 40 years hiking and photographing the Adirondacks. His photos have been published in magazines such as *Outside*, *National Parks* and presented on PBS. Neal Burdick is editor of the ADK's magazine, *Adirondack*, and writes for other regional publications. Bill McKibben is an environmentalist and writer who frequently contributes to *The New York Times*, *Atlantic Monthly*, and *Outside*. Since 1922, the Adirondack Mountain Club has been dedicated to protecting New York's wild lands and waters while teaching people how to enjoy natural places responsibly.

*The Trails of the Adirondacks: Hiking America's Original Wilderness*, photography by Carl Heilman II, text by Neal Burdick, and foreword by Bill McKibben. In association with Adirondack Mountain Club, published by Rizzoli New York. For more info, check out: [rizzoliusa.com](http://rizzoliusa.com).

## Make-A-Wish Grants Wish to Florida Boy in Lake Placid

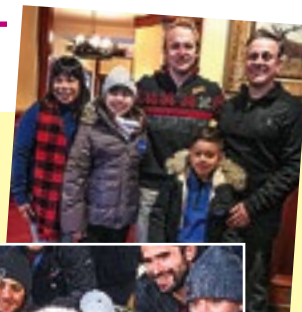
ALBANY – Tiago Cusano had never seen snow, but he had seen bobsledding. Recovering from radiation treatments, Tiago became fascinated with bobsledding, particularly the speed, as he watched the 2018 Winter Olympics on TV at his Miami Springs, Fla. home.

"I want to ride one of those one day," Tiago said. When it came time for the eight-year-old to make his wish, he told Make-A-Wish Southern Florida he wanted to go down an icy track. With assistance from Make-A-Wish Northeast New York, Tiago and his family got to do just that and much more, as they were introduced to the miracle of winter in Lake Placid.

With new cold-weather gear, Tiago and his family were greeted in mid-February like rock stars the moment they stepped foot in the Olympic village. Tiago met with Olympians past and present. The impressive roster included ski medalist and Make-A-Wish Northeast New York board member Andrew Weibrecht, whose family owns the Mirror Lake Inn, where the Cusanos stayed.

Olympic bobsledders surrounded Tiago much of his wish, including medalists Elana Meyers Taylor and Lauren Gibbs. He watched World Cup bobsled and skeleton races up close at Mt. Van Hoevenberg – "Scary," he said. Tiago also appeared on international TV, and was the subject of his own news conference.

TIAGO CUSANO AND FAMILY WITH U.S. OLYMPIANS: BOBSLEDDERS AND SKIER ANDREW WEIBRECHT.



The mayor of Lake Placid, Craig Randall, was overjoyed to meet Tiago. After hours in the village, it seemed everyone knew Tiago. Diagnosed with a brain tumor, Tiago also went to the top of the Olympic ski jump, toured Herb Brooks Arena, and learned to snowboard and luge. Tiago made snowballs and threw them. He and his 12-year-old sister, Gianna, got into snowball fights with each other, and with anyone willing to throw one back at them. More than a few Olympians were game. This kid from Florida, who had never seen snow grabbed a fistful of winter by his mittens, and said "I like cold more than hot!"



## FROM THE PUBLISHER Happy Spring!

It's time to pull out the bikes, boats, running or hiking shoes... Go outside, play and repeat!

Thanks to all of you who exhibited, attended or volunteered at our Summer Expo on March 16-17 in Saratoga Springs, it was our largest and most successful show ever! A special thanks to Karen Chapman and Mona Caron for all their hard work leading up to it. Keep a lookout for news on upcoming Adirondack Sports Expos!

This issue has many ideas and events to be active so get out there! If you need new gear, clothing, footwear, expert service or events/races to sign-up for, think local or regional – and support our advertisers!

*Darryl*

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ISSUE #220

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# Calendar of Events

## April-June 2019\*

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

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

### ALPINE SKIING & RIDING

#### APRIL

- 6 Whiteface International Pond Skimming Contest.** 12pm. Register: 8-11am. Many prizes: costume, distance, biggest splash, original execution. Whiteface, Wilmington. 518-946-2223. whiteface.com.
- 13 Gore Pond Skimming Contest.** 11am. Register: 9-10:30am. Many prizes: age group, costume, splash, distance, overall. Gore, North Creek. 518-251-2411. goremountain.com.

### BICYCLING: ROAD (PAVED)

#### 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. 2019 tours & packages: gobikeerie.com.
- Wed Vischer Ferry Summer Time Trial Series: June 5, 12, 19, 26. 6:30pm. Vischer Ferry Preserve, Clifton Park. facebook.com.

#### APRIL

- 6 Trooper David Brinkerhoff Memorial Race #1. 11am. Coxsackie. 518-506-6905. cbrcc.com.
- 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. cbrcc.com.
- 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.

#### 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.
- 11 Bikes and Beers Vermont. 15M/30M. The Alchemist, Stowe, VT. active.com.
- 12 Janey's Ride. 62M ride: 8:30am. 30m ride: 10:30am. 17M ride: 11am. Road bike ride to benefit Breast Cancer Care & Research Fund at GF Hospital. Common Roots Brewing (post-fire), South Glens Falls. Grey Ghost Bicycles: 518-223-0148. bikereg.com.
- 17 Bike to Work Day. Various locations, Capital Region. cdtempo.org/biketowork.
- 18 Pucks & Pedals Bike Tours. 20M & 40M rides with great routes. Kids' activities. All proceeds benefit Keep Hockey Here in Glens Falls. Cool Insuring Arena, Glens Falls. Rich Gordon: 518-932-1145. bikereg.com.
- 18-19 Queen of the Lakes Cycling Weekend. SAT, 10:20am: Prospect Mountain Auto Road Timed Hill Climb (5M, 1523' vertical). SUN: Fun Group Rides - Family Fun Ride (9M, 10am); Middle Ride - 20M, 10am; Long Ride (38M, 9am). Presented by Grey Ghost Bicycles & Freedom Machines. All proceeds benefit Freedom Machines: a non-profit that provides free bicycles to people who are committed to recover from their addiction to drugs or alcohol. Festival Commons at Charles R. Wood Park. GGB: 518-223-0148. 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.
- 23 14th Tour de Kingston. 5M, 8M, 16M, 25M, 50M, Dirty 30, 44M. Forsyth Park, Kingston. tourdekingston.com.
- 28 CycleADK Weekender. BBQ, guided hiking, canoeing. Paul Smith's College, Paul Smiths. Matt VanSlyke: 518-524-2292. cycleadironacks.com.

#### 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.

#### AUGUST

- 24 19th Pat Stratton Memorial Ride. 100M/50M/25M, Kids' Ride. 8am. Food, music, prizes. strattonride.com.



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Sunday, May 19 at 9:00am  
Crellin Park, Chatham

A 100K non-competitive ride  
on scenic dirt roads and trails  
of Columbia County

Fully supported with great aid stations  
Food, drink and live music at the finish

Limited to 400 cyclists

Details and Registration:  
FarmersDaughterGravelGrinder.com

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40 miles through the  
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Registration & Information:  
**BlackFlyChallenge.com**

Pedals & Petals: 315-357-3281

Produced by Adirondack Mountain Bike Association

### BICYCLING: OFF-ROAD (UNPAVED)

#### APRIL

- 6 **Garnet Palooza.** 11am-8pm. Celebrate the end of a great season: free skiing, fat biking & fat bike demos. Music all day, outdoor grilling, beer/wine specials. Ski/clothing sale. Garnet Hill Lodge Outdoor Center, North River. 518-251-2444. garnet-hill.com.
- 13 **Ossian Giant Gravel Grinder Race/Ride w/Jeremy Powers.** Swain Resort, Swain. ridellc.com.
- 20 **Rasputitsa Spring Classic Gravel Grinder.** 40M. East Burke, VT. rasputitsagravel.com.
- 27 **Cross Mountain Crusher Gravel Ride.** 55M. 8:30am. Catskill Rec Center, Arkville. 845-679-2122. crossmountaincrusher.com.

#### MAY

- 4 **Tri-City BMX: Open House!** 10am-2pm. Free practice - new riders welcome! New parent clinics, mock racing, member signups, concessions. Tri-City BMX, Schenectady. 518-382-BMX1. tri-citybmx.org.
- 18-19 **"Ride On" Weekend.** Mountain biking & hiking at four professionally designed, singletrack destinations in Warren County: Gurney Lane Park, Queensbury; Brant Lake Park, Brant Lake; Ski Bowl Park, North Creek; Garnet Hill Lodge, North River. wildernesspropertymanagement.com.
- 19 **Farmer's Daughter Gravel Grinder.** 9am. 100K fully-supported, non-competitive ride on dirt roads/trails. Crellin Park, Chatham. farmersdaughtergravelgrinder.com.

#### JUNE

- 8 **24th Black Fly Challenge: Adk Gravel Grinder.** 40M. Indian Lake to Inlet. 315-357-3281. blackflychallenge.com.
- 8 **VT Monster Gravel Grinder.** 77M. BBQ. Okemo Jackson Lodge, Ludlow, VT. 978-254-1812. vtmonster.com.

#### 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.

#### AUGUST

- 24 **19th Pat Stratton Memorial Ride.** 100M/50M/25M, Kids' Ride. 8am. Food, music, prizes. strattonride.com.

### CROSS COUNTRY SKIING & NORDIC SPORTS

#### APRIL

- 6 **Garnet Palooza.** 11am-8pm. Celebrate the end of a great season: free skiing, fat biking & fat bike demos. Music all day, outdoor grilling, beer/wine specials. Ski/clothing sale. Garnet Hill Lodge Outdoor Center, North River. 518-251-2444. garnet-hill.com.

### HEALTH & FITNESS

#### ONGOING

**Daily Rock Your Fitness: Total Body Training.** Six-week sessions: 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.

#### MAY

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

### HIKING, CLIMBING & WILDERNESS SKILLS

#### APRIL

- 6 **Map & Compass Fundamentals.** 9am. ADK Education Yurt Village, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

#### JUNE

- 17 **Iroquois Mtn Day Hike.** Elev. 4,840 feet/9.4 miles. Adirondack Mountain Club: 518-523-3480. adk.org.
- 24 **Macomb, South Dix & Grace Day Hike.** 12.3 miles. 7:30am. Adirondack Loj, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.
- 28-30 **Beginner Day Hike: Dix Range.** 23.2M. Adirondack Loj, Lake Placid. Adirondack Mountain: 518-523-3480. adk.org.

#### JULY

- 5 **Lake George Hike-A-Thon.** Hike - Paddle - Explore - Volunteer. Fifteen hikes & two paddles at various locations. Free shirt with early-bird registrations until 4/30. Lake George Land Conservancy: 518-644-9673. lakegeorgehikeathon.org.

### MULTISPORT: TRIATHLON, DUATHLON & SWIMMING

#### 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.

#### 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. middleburgrotaryny.org.
- 20 **New York Duathlon Series #1 - Southern Tier.** 2M run, 12M bike, 2M run. 9am. Weeden Park, Randolph. coachmarkwilson.com.
- 25 **Triathlon Clinic: Tips I Wish I Knew Before My First Triathlon by Randy Swift.** 6pm. Saratoga Springs Public Library, Saratoga Springs. saratogatriclub.org.
- 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. 8am. 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 anniversary Anyone Can Tri Triathlon.** 350yd pool swim, 11M bike, 5K run. 8am. Kids' Can Try Too: 11am. Age 8-under: 25yd swim, 0.5M bike, 0.25M run. Age 9-13: 50yd swim, 1M bike, 0.5M run. Southern Saratoga YMCA, Clifton Park. 518-371-2139. zippyreg.com.



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**Saturday, August 17 • 8am**  
Limited to 300 racers • Aquabike is back  
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Register & Info:  
[cdtriclub.org](http://cdtriclub.org)

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](http://TownofBethlehem.org/307/Special-Events)  
A Co-Sponsored Event:



- 5 1st Rogers Rangers Challenge Triathlon.** 2M paddle, 12.8M road bike, 3.2M trail run. 9am. You can paddle a canoe, kayak, guide boat or SUP. Two-person canoe teams welcome. An Adirondack Triathlon Club event. YMCA Camp Chingachgook on Lake George, Kattskill Bay. Greg Hewlett: 518-361-3457. [runsignup.com](http://runsignup.com).
- 11 New York Duathlon Series #2 - Southern Tier.** 2M run, 12M bike, 2M run. 9am. Weeden Park, Randolph. [coachmarkwilson.com](http://coachmarkwilson.com).
- 11 Pedal-Paddle-Run. 7M bike, 2M paddle, 5K run. 8am. Aqueduct Park, Niskayuna. [schenectadycounty.com](http://schenectadycounty.com).
- 18 The Rat Snake Triathlon. 18K trail run, 29M bike, 26yd swim. Team & Kids Tri. Gilbert Lake SP, Laurens. [theratsnake.com](http://theratsnake.com).
- 18 HarryMan Triathlon. Olympic & Half-Iron. 9am. Harriman State Park, Stony Point. [genesisadventures.com](http://genesisadventures.com).
- 18 Catskill Spring Rush Triathlon, Duathlon, & Kids Du. Catskill HS, Catskill. [runedia.com](http://runedia.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](http://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](http://coachmarkwilson.com).
- 1 NYARA Trilogy Adventure Race. 7 hours. Trail running, paddling, MTB, orienteering. Solo/teams. Thacher State Park, Voorheesville. [nyara.org](http://nyara.org).
- 9 10th Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. Hudson Crossing Park, Schuylerville. [hudsoncrossingtri.com](http://hudsoncrossingtri.com).
- 12 Hudson Valley Tri Club Summer Series #1.** 5:45pm. Wilson SP, Mount Tremper. 914-466-9214. [coachmarkwilson.com](http://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](http://greatsacandagachallenge.com).
- 22 Vermont Sun Triathlon.** 600yd swim, 14M bike, 5K run. Lake Dunmore, VT. Steve Hare: 802-388-6888. [vermontsuntriathlonseries.com](http://vermontsuntriathlonseries.com).
- 22 Vermont Sun Sprint Triathlon.** Branbury SP on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 22 Lake Dunmore Olympic Triathlon.** Branbury SP on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 22 Ticonderoga Triathlon Festival.** 7:30am. Sprint: 750m swim, 12M bike, 5K run. Olympic: 1500m swim, 24M bike, 10K run. Plus, aquabikes & kids' triathlon. Sun, Sprint Duathlon: 2M run, 12M bike, 2M run. Combo categories available. Black Point Beach, Ticonderoga. 914-466-9214. [coachmarkwilson.com](http://coachmarkwilson.com).
- 29 37th Tupper Lake Tinman Triathlon.** 8am. Tinman, Aquabike, Olympic, Sprint, Relay. Tupper Lake. [tupperlaketinman.com](http://tupperlaketinman.com).
- 30 Stissing Triathlon.** 8am. 0.5M swim, 16.5M bike, 3.3M run. Plus, kids' triathlon. Pine Plains. 914-466-9214. [coachmarkwilson.com](http://coachmarkwilson.com).

**JULY**

- 14 Vermont Sun Sprint Triathlon.** USA Triathlon State Championship! Branbury SP on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 14 Branbury Classic Triathlon.** Paddle, Bike, Run. Branbury SP on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 20 10th Delta Lake Triathlon.** 7:30am. Sprint, Olympic, Delta Double. Plus, kids' triathlon. Delta Lake SP, Rome. 914-466-9214. [coachmarkwilson.com](http://coachmarkwilson.com).

**AUGUST**

- 11 Vermont Sun Sprint Triathlon.** Branbury SP on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 11 Lake Dunmore Olympic Triathlon.** Branbury SP on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 17 19th Crystal Lake Triathlon & Aquabike.** 8am. 0.5M swim, 18M bike, 3M run. Crystal Lake, Averill Park. [cdtriclub.org](http://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](http://adkracemgmt.com).

**OTHER EVENTS**

**APRIL**

- 7 2019 NY REC Summit. Park, recreation, therapeutic pros. Lake Placid. Lisa Morahan: 518-429-0461. [newyorkstaterecreationampparksociety.wildapricot.org](http://newyorkstaterecreationampparksociety.wildapricot.org).
- 26-28 Canal Sweep Weekend. NY Canalway Trail. Various locations/Volunteer Day. [ptny.org](http://ptny.org).

**MAY**

- 3-5 Mother Daughter Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdymca.org](http://camp.cdymca.org).
- 4 I Love My Park Day. Various locations/Volunteer day. [ptny.org](http://ptny.org).
- 17-19 Women's Getaway Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdymca.org](http://camp.cdymca.org).

**PADDLING: CANOE, KAYAK, SUP & ROW 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](http://slvpaddlers.org/duathlon).

**APRIL**

- 7 46th Tenandeho Whitewater Derby.** 12pm. Tenandeho Creek, Coons Crossing Rd to the Hudson River, Mechanicville. John Casey: 518-810-7579. [tenandeho.org](http://tenandeho.org) & [facebook.com](https://www.facebook.com).
- 13 Middleburgh Slougher Canoe/Kayak Regatta. 5M. 11am. Fultonham Park & Ride, Middleburgh. Joan Wissert 585-610-6769. [middleburghrotaryny.org](http://middleburghrotaryny.org).
- 20 Upper Susquehanna Pedalers & Paddlers Spring Race.** 12M/18M. 11am. Route 205 Bridge Otego. Jeff Shultis: 607-988-7898. [nycra.org](http://nycra.org).
- 21 Little River Ramble.** 1pm. Little River Boat Launch, Canton. [slvpaddlers.org](http://slvpaddlers.org).
- 26-28 Canal Clean Sweep. Volunteer day, multiple locations. [ptny.org/events](http://ptny.org/events).

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<p><b>Kids Splash &amp; Dash</b></p> <ul style="list-style-type: none"> <li>• Free Registration</li> <li>• No minimum age</li> <li>• Fun short swim</li> <li>• Fun short run</li> </ul>	<p><b>Youth Triathlon</b></p> <ul style="list-style-type: none"> <li>• Minimum age: 7yrs</li> <li>• 100 yd swim</li> <li>• 3.1 mi bike</li> <li>• 1 mi run</li> </ul>	<p><b>Adult Sprint Triathlon</b></p> <ul style="list-style-type: none"> <li>• Individual &amp; Team</li> <li>• 750m swim</li> <li>• 20K bike</li> <li>• 5K run</li> </ul>
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FOR MORE INFORMATION OR TO REGISTER, VISIT:  
[greatsacandagachallenge.com](http://greatsacandagachallenge.com)

**SACANDAGA TRICLUB**



3rd annual  
  
**TOGETHER WE SHALL**  
 5K Road Race & Virtual  
 Saturday, April 27 – 9am  
 5366 Parkis Mills Rd, Galway  
**Run, Walk or Roll with Us!**  
 Ainsley's Angels Race Series  
[register.chronotrack.com/r/39969](http://register.chronotrack.com/r/39969)  
 Supports NE Region of Ainsley's Angels  
 Nichole & Shaun Evans: [northeastregion@ainsleysangels.org](mailto:northeastregion@ainsleysangels.org)

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

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](http://Sashasrun.com)

27 Wappingers Creek Water Derby. 8M. 8am. Cady Rec Park, Pleasant Valley. [aquaticexplorers.org](http://aquaticexplorers.org)  
 27-28 **Saratoga Paddlefest & Outdoor Expo.** On-water canoe, kayak, SUP & outdoor gear/clothing sale. Mountainman Outdoor Supply Company, Fish Creek on Saratoga Lake, Saratoga Springs. 518-584-0600. [mountainmanoutdoors.com](http://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. [www.web.org](http://www.web.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](http://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](http://whitewaterderby.com).
- 11 **'Round the Mountain Canoe & Kayak Race.** 10.5M. 11am. Ampersand Bay Resort, Lower Saranac Lake. Brian McDonnell: 518-891-2744. [macscanoe.com](http://macscanoe.com).
- 11-12 **ALTO Canoe, Kayak & SUP Demo Day & Sale.** Try, learn & buy. Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 800-491-0414. [adirondackoutfitters.com](http://adirondackoutfitters.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](http://slvpaddlers.org/duathlon).
- 17-19 **21st Adirondack Paddlefest & Outdoor Expo.** On-water canoe, kayak, SUP & outdoor gear/clothing sale. Mountainman Outdoor Supply Company, Old Forge. 315-369-6672. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).
- 18 **Ed Wessels Canoe Regatta.** 23M. 10am. C1 & C2 Am, C1 & C2 Pro. Otego Boat Launch, Otego. Ed Curley: 607-433-0333.
- 25 **9th Battenkill Runs Through It River Festival.** Music, food, kayak, canoe, fly fish. 12-5pm. Greenwich Town Beach, Greenwich. Lorraine Merghart Ballard: 518-677-2545. [battenkillconservancy.org](http://battenkillconservancy.org).
- 25-28 **General Clinton Canoe Regatta.** 5M-70M. Racing, stock, standard, recreation. Cooperstown to Bainbridge. [canoeregatta.org](http://canoeregatta.org).

**JUNE**

- 1 National Learn to Row Day. 9am-12pm. Albany Rowing Center, Corning Preserve, Albany. [albanyrowingcenter.org](http://albanyrowingcenter.org).
- 2 **Paddle the Flight: E2-6 Locks on Erie Canal.** 2.7M. 8am. Alcathy's Boat Launch to Waterford Boat Ramp, Waterford. Mona Caron: 518-237-7000x204. [eriecanalway.org](http://eriecanalway.org).
- 8-9 Madrid Canoe Weekend. 9M/13M. Grasse River, Madrid Municipal Park, Madrid. [slvpaddlers.org](http://slvpaddlers.org).
- 21-23 **1st Adirondack Paddling Symposium.** A comprehensive weekend of paddling instruction for paddlers offering beginner & intermediate course tracks for kayaks, pack boats, SUPs & canoes. Experienced, expert instructors to improve skills & paddle further/smarter. Limited to 60 paddlers. Mountainman Outdoor Supply Company, Old Forge. 315-369-6672. [adkpaddlingsymposium.com](http://adkpaddlingsymposium.com).

**JULY**

- 5 **Lake George Hike-A-Thon.** Hike - Paddle - Explore - Volunteer. Fifteen hikes & two paddles at various locations. Free shirt with early-bird registrations until 4/30. Lake George Land Conservancy: 518-644-9673. [lakegeorgehikeathon.org](http://lakegeorgehikeathon.org).

**RUNNING, TRAIL RUNNING & WALKING 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](http://fleetfeetalbany.com).

**APRIL**

- 6 **40th Salem April Fool's Race.** 10K race: 9am. 5K race/walk: 10:30am. 1M kids' race: 10am. Salem High School, Salem. [aprilfoolrace.com](http://aprilfoolrace.com).
- 7 Delmar Dash. 9am. 5M road race. Bethlehem MS, Delmar. [hmrrc.com](http://hmrrc.com).
- 7 32nd Fort to Fort 5K/10K Races. 9am. Rome Free Academy, Rome. [romanrunners.com](http://romanrunners.com).
- 7 Orange You Glad It's Only a 5K. Athletic Village, RPI, Troy. [active.com](http://active.com).
- 7 Firemen's 2 Mile Flapjack Run. 9am. Hartford Central School, Hartford.
- 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](http://westmtn.net).
- 13 Helderberg to Hudson Half Marathon. 8am. Wallace Town Park, Slingerlands to Jennings Landing, Albany. [helderbergtohudsonhalf.com](http://helderbergtohudsonhalf.com).
- 13 Rotary 5K Corporate Challenge Run/Walk. 10am. Queensbury. Jim Goodspeed: 518-798-4066. [adirondackrunners.org](http://adirondackrunners.org).
- 13 Rock & Snow Bridge 2 Bridge 5M Race. 9am. High Falls. Tom Leader: 845-255-0919. [mohonkpreserve.org](http://mohonkpreserve.org).
- 13 Scotties Stampede 5K. 9am. Ballston Spa Central Schools tennis courts, Ballston Spa. [scottiestampede.org](http://scottiestampede.org).
- 13 The Maple Run Half Marathon & 5K. 8:30am. Taylor Park, Canton. [webscorer.com](http://webscorer.com).
- 13 Zone 5K/10K Run & 2M Walk. 9:45am. Richfield VFW, Richfield Springs. [runsignup.com](http://runsignup.com).
- 13 Race to Cooperstown Run/Walk. 5K: 9am. Kids' Fun Run: 10:30am. Clifton Commons, Clifton Park. [runsignup.com](http://runsignup.com).
- 14 Homegrown Cider 5K & 10K. 8am. Weed Orchards & Winery, Marlboro. [zippyreg.com](http://zippyreg.com).
- 14 Shape Women's Half Marathon. 8am. Central Park, New York. [nyrr.org](http://nyrr.org).
- 20 25th Rabbit Ramble 4M Run & 2M Walk. 9am. Guilderland HS, Guilderland Center. [zippyreg.com](http://zippyreg.com).
- 21 Ted Petrillo Save Our Switchbacks. 7.5K. Roscoe Conkling Park, Utica. [uticaroadrunners.org](http://uticaroadrunners.org).
- 27 **39th Bill Robinson Masters 10K.** 9am. For runners 40 years & older. Guilderland HS, Guilderland. 518-869-5597. [hmrrc.com](http://hmrrc.com).
- 27 **3rd Together We Shall 5K Road Race/Walk.** 9am. Run, walk or roll to support NE Region of Ainsley's Angels. 5366 Parkis Mills Rd (Charlton School transportation center), Galway. Nichole & Shaun Evans: 518-727-4615. [register.chronotrack.com/r/39969](http://register.chronotrack.com/r/39969).

CELEBRATING OUR 15TH ANNIVERSARY  
  
**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](http://thememorialduathlon5k.com)  
**Register now for best rates**  
 Free event T-shirts to first 300 participants  
 Proceeds benefit our sight, hearing, diabetes, youth & community initiatives  


18th annual  
  
**Sean's Run weekend**  
**SUNDAY, APRIL 28 CHATHAM, NEW YORK**  
**Voted the Best Community Event-Spring in Columbia County 4 years running!**  
 Come join our 5k, Meghan's Mile, or the return of the Firefighter's 5k Challenge. T-shirts to first 1200 entrants, music, USATF-Certified Course, and awards.  
**Also returning this year:**  
 Expanded food court!  
**REGISTER TODAY! SEANSRUN.COM**  
 for online and mail-in forms, course maps, directions, and additional information.

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**NEXT 6 WEEK SESSION:**  
**APR 22-JUN 1**  
 MWF 5:15am, 6:30am & 9:30am • Sat 7:30am  
 Saratoga-Wilton Soccer Club (formerly Charboneau)  
 2381 Route 9, Malta  
 REGISTER: [BeckyRock@nycap.rr.com](mailto:BeckyRock@nycap.rr.com)  
 or call/text **518-522-9765**



**5K Trail Race/Fun Walk & 1K Kids' Fun Run**  
**Saturday, June 1 • 9am**  
 Slate Valley Museum, Granville  
 Mixed scenic trail and road race • Unique local prizes  
 Kids activities during 5K at museum  
**Register by 5/15 to save!**  
[railtrailtothefootbridge5k.com](http://railtrailtothefootbridge5k.com)

9TH ANNUAL  
  
**Saturday, May 18 @ 9am**  
 SMSA School, Church St, Glens Falls  
 \$25 in advance, \$30 race day  
 Kids' Half-Mile Dash @ 10am - Free!  
**Register at active.com**  
 Donations appreciated for St. Mary's Food Pantry

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)

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  
 Chip timing • USATF sanctioned  
 Kids' 1M Fun Run: 9:30am  
 Register & More Info: [baconhillbonanza.com](http://baconhillbonanza.com)  
 Proceeds to Bacon Hill Church & a local charity

  
**Saturday, June 15**  
**8:30am**  
 Greenwich Middle School  
 Gray Ave, Greenwich, NY  
 Beautiful village & countryside course!  
 5K \$25 by 5/26, \$30 after • 10K \$35 by 5/26, \$40 after  
 Dri-fit shirts to first 200 registered in 5K/10K  
 Kids' 1K Fun Run (\$5): approx. 9:30am  
 Stay for Whipple City Festival (free) with food,  
 beer, live music, family activities, exhibits  
**Register online: FinishRight.com**  
**Entry form/info: GreenwichChamber.org**  
 More info: **518-692-7979**  
 Benefits Chamber Scholarship at Greenwich CSD

CELEBRATING OUR 15TH ANNIVERSARY  
  
**THE MEMORIAL DUATHLON & 5K**  
**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  


- 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 Spring Patriot 5K Run/Walk. 9:30am. Dobisky Center, Ogdensburg. 315-393-7904.  
 27 45th Paul Mailman 10-Miler & 5K. 8:45am. Department of Labor, Montpelier, VT. cvrunners.org.  
 27 41st Rollin Irish Half Marathon. 13.1M. 9am. Essex ES, Essex Center, VT. gmaa.net.  
 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, 4/27 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.  
 28 Save Our Switchbacks. 7.5K. 9am. Parkway Ski Chalet, Utica. uticaroadrunners.org.
- 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. 518-878-7745. active.com.  
 4 **Rotary Run for the Roses 5K: Triple Crown #1.** 9am. Partner's Pub, Johnstown. zippyreg.com.  
 4 **Run 4 The Hills for First Responders.** 4M. Sharon Springs. Patty Johnstone: 518-231-1751. facebook.com/run4thehillsforfirstresponders.  
 4 Miles of Hope Breast Cancer Foundation 5K Family Fun Run/Walk and 1M Kids Race. 10am. Tymor Park, LaGrangeville. 845-656-9511.  
 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.  
 4 Stampede 5K/10K. 10am. Ogdensburg. 315-355-1363. fredericremington.org.  
 4 World Vision Global 6K for Water. 9am. Shenantaha Creek Park, Ballston Lake. 518-225-0027. teamworldvision.org.  
 4 Thom B Trail Runs: 13K/26K/42K. 7am. Hammond Hill SE, Dryden. fingerlakesrunners.org.  
 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.  
 5 Middlebury Maple Run-The Sweetest Half, 2-person relay & 3M fun run. post-Middlebury Regional EMS, Middlebury, VT. Sue Hoxie: 802-349-4696. middleburymaplerun.com.  
 5 Steve Zemianek Bennington Road Race - 3.8M & 10K. 10am. Bennington, VT.  
 5 BCMS Gift of Life 5K. 10am. Delmar. bethlehemschools.org.  
 5 Greater Binghamton Half Marathon & 5K. 7:30am. Binghamton. Amy Shaw: 607-296-2111. binghamtonchamber.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 One Walk Great Escape. 11am. Walk, kids zone, refreshments. Great Escape Park, Lake George. 518-477-2873. walk.jdrf.org/greatescape.  
 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.  
 11 Lake View 4.2 Mile Run/Walk. 9am. Kids' Fun Run: 8:30am. Memorial Field, Patterson. edrrc.org.  
 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. cdphpwtc.com.  
 18 **Malta Mile Race/Run/Jog/Walk.** 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 **9th Kerry Blue Hustle 5K.** 9am. Kid's Half Mile Dash: 10am. SMSA School, Glens Falls. active.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.  
 18 Randy's Run 5K & Murphy's Mile. 1M: 9am. 5K: 9:30am. Lake George ES, Lake George. 518-487-9231. lkgeorge.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 **Vermont Sun Half Marathon, 5K, 10K.** Lake Dunmore, VT. 802-388-6888. vermontsuntriathlonseries.com.  
 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 Steel Rail Half Marathon. 13.1M: 9:30am. 5K: 10am. Lanesborough to Adams, MA. steelrailhalfmarathon.com.  
 25 **Glens Falls Urban Assault.** 3.5M obstacle run. 20 obstacles/teams. 5pm. Glen Street, Glens Falls. adkracemgmt.com.  
 25 Patch Sprint Trail Run: 4 Pok-O-Patch mountains (Bare, Rattlesnake, Sugarloaf, and Pok-O-Moonshine). 13.5M. 8am. Pok-O-Moonshine, Willsboro. patchsprint.com.

13TH ANNUAL  
  
**CCRC 5K Run/Walk/BBQ**  
**and 1K Kids' Run**  
**Saturday, May 11 • 3pm**  
 Christ Community Reformed Church, 1010 Route 146, Clifton Park  
 CCRC hosted solely to promote well-being and healthy lifestyles in the community  
 • USATF Sanctioned 5K Race • Huge prize drawing for all participants  
 • Family Team Competition • T-shirt to first 125 entrants  
 • 1K Kids' Run - 4:00pm • Convenient afternoon start  
 • BBQ chicken dinner - 4:15pm  
 Form: [www.crc-cpny.org](http://www.crc-cpny.org) • Pat Glover: 518-852-5578 • pjglove@aol.com  
 Net proceeds benefit Under the Woods Foundation

12th annual  
  
**Joan Nicole Prince Home**  
**5K Run & 1 Mile Walk**  
**Saturday, May 4 - 9am**  
 Pavilion at Central Park, Schenectady  
**A family-friendly 5K run and 1 mile walk in scenic Central Park!**  
 All proceeds support this care residence for terminally ill patients in need of a home in their final days. This Scotia Home is primarily staffed by volunteers and relies solely on community support for funding.  
 • Register by 4/20 for guaranteed race T-shirt  
 • Race photos posted for viewing and free download  
 • Shutterfly gift certificates to 5K age group, two raffle baskets and 50/50 drawing  
**Register: Active.com**  
**or run/walk day: 7:30-8:30am**  
 More Info/Entry Form:  
[Joannicoleprincehome.org](http://Joannicoleprincehome.org)  
 or (518) 346-5471  
 \$20 by 4/20 or \$25 after 4/20, student/youth \$15, family (1 adult/kids) \$30

# 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!**

## DRAGON THE DADS FAMILY 5K

Greenfield HSA

**Run with your Dad. Run because you're a Dad. Run to honor a Dad. Run in memory of your Dad.**

**Saturday, June 15 • 9am**  
 Warming Hut, Saratoga Spa State Park  
**10am: Kids Mile & Dragon Dash**  
 Register by 5/24 for custom wicking T-shirt  
 Amazing prizes • USATF sanctioned  
 Stewart's gift cards to top M/F in age groups  
 Gift cards to top M/F overall  
 Register: **FinishRight.com**  
 Proceeds benefit Greenfield Elementary School HSA

21st Annual Kinderhook Bank **OK 5K**

**Saturday, June 8 • 9:00am**  
**Village Square, Kinderhook**  
 Certified 5K chip timed • Walkers welcome  
 \$18 by 5/31 (\$15 students); \$25 all after 5/31  
**OK 1 Run (Kid's One-Miler)**  
 Sponsored by Kinderhook Runners Club  
 Ages 4-12 • \$2 • 8:15am  
**Register & Info: OK5Krace.org**  
 kinderhookok5k@comcast.net

- 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](http://thememorialduathlon5k.com).
- 26 Woodstock Memorial Races 15K & 5K. 8am. Woodstock Music Lab, Woodstock. Cyndy Borzumato-Cobb: 845-687-8963. [ontearunners.org](http://ontearunners.org).

**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](http://freihoferstrun.com).
- 1 **Charlton Heritage 5K.** 10am. Red School House, Charlton. [charlton5k.org](http://charlton5k.org).
- 1 **10th Rail Trail to the Footbridge 5K & 1K Kid's Fun Run.** 9am. Slate Valley Museum, Granville. [railtrailtothefootbridge5k.com](http://railtrailtothefootbridge5k.com).
- 1 **Tuff eNuff Obstacle Course Challenge.** Kids' Run (1M): 8:30am. Teens/Adults (5K): 9:15am. Mud & fun to benefit The Prevention Council. BOCES Campus, Saratoga Springs. [finishright.com](http://finishright.com).
- 1 Run4Garrett 5K, 10K, & 13.1M. 8am. American Legion, Sackets Harbor. [garrettsfund.org](http://garrettsfund.org).
- 1 Delhi Covered Bridge Runs: 5K, 10K, Walk, Fun Run. 9am. Main Street, Delhi. [runsignup.com](http://runsignup.com).
- 1 MHRRC McDonald/Cruise Memorial Races: 5K: 8am. 10K: 8:45am. Wappinger Falls. [mhrcc.org](http://mhrcc.org).
- 2 **Capital Region Heart Walk & Run.** 5K: 8:30am. 3M/1M Walk: 10:45am. University at Albany, Albany. Amanda Lee: 518-626-8761. [capitalregionheartwalk.org](http://capitalregionheartwalk.org).
- 2 Cantina Kids Fun Run 1/4 Mile & 1M. 9am. Congress Park, Saratoga Springs. [saratogahospital.org](http://saratogahospital.org).
- 8 **Lexington Run 5K: Triple Crown #3.** 465 N Perry Street, Johnstown. Jessica Ford: 518-332-8449. [zippyreg.com](http://zippyreg.com).
- 8 **Race The Lake: 26.2, 13.1, 5K.** 8am. Otsego Lake, Cooperstown. Doug McCoy: 607-547-2800. [clarksportscenter.com](http://clarksportscenter.com).
- 8 **Kinderhook OK5K.** 9am. OK Kid's Mile: 8:15am. Village Square, Kinderhook. [ok5k.com](http://ok5k.com).
- 8 Lifesong Dash 5K. 10am. Halfmoon Town Park, Halfmoon. [lifesongdash.com](http://lifesongdash.com).
- 8 Sasquatch Half Marathon & 5K. 8am. Skenesborough Park, Whitehall. [active.com](http://active.com).
- 8 SeanStrong 5K & 1M kids run. 8am. East Greenbush.
- 8 24th Lions Ramble. 5:30pm. Fort Plain. John Geesler: 518-568-7509.
- 8 Abraham Wing Color Splash Run/Walk. 5K. Abraham Wing School, Glens Falls. 518-792-3231. [getactivefundraising.com](http://getactivefundraising.com).
- 8 Glens Falls Hospital Aloha 5K & 1M Fun Walk. 5K: 9am. 1M Walk: 9:15am. Pavilion at Haviland's Cove Park, Glens Falls. 518-926-5969. [runsignup.com/gfh5k](http://runsignup.com/gfh5k).
- 9 **Tour de Cure Bike & Run/Walk.** 10M/30M/50M/62M/100M bike & 5K run/walk. Benefits American Diabetes Association. Saratoga County Fairgrounds, Ballston Spa. 800-DIABETES x3613. [diabetes.org/capitalregion](http://diabetes.org/capitalregion).
- 9 Distinguished Service Club Run. 8M. 9am. Albany. [hmrrc.com](http://hmrrc.com).
- 9 3rd Peach Hill 5K Walk/Run. 9am. Peach Hill Park, Poughkeepsie. [peach-hill-park.org](http://peach-hill-park.org).
- 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. [goodkarmany.org](http://goodkarmany.org).
- 15 **Greene County Spring Into Summer 5K.** Coxsackie-Athens HS, Coxsackie. Toni Carroll: 518-731-7529. [zippyreg.com](http://zippyreg.com).

- 15 **Whipple City 5K/10K.** 8:30am. Kid's 1K Run: 9:30am. Greenwich MS, Greenwich. 518-692-7979. [greenwichchamber.org](http://greenwichchamber.org).
- 15 **3rd Whiskey Run.** 10K. 9:30am. Festival Field, Wilmington. [adkwhiskeyrun.com](http://adkwhiskeyrun.com).
- 15 **Dragon the Dads Family 5K.** 9am. Kid's Mile & Dragon Dash: 10am. Warming Hut, Saratoga Spa SP, Saratoga Springs. [finishright.com](http://finishright.com).
- 15 Tri-City ValleyCats Father's Day Run 5K. 9am. HVCC Stadium, Troy. 518-456-3682. [hmrrc.com](http://hmrrc.com).
- 15 Rensselaerville Ramble Trail Run and Walk. 2M/5M/8M. Rensselaerville. 518-598-9389.
- 16 Ryan McElroy 5K/10K. 5K: 9am; 10K: 8:45am. Pawling Fire Department, Pawling. [edrrc.org](http://edrrc.org).
- 16 36th Mule Haul 8K Foot Race. Firehouse, Fort Hunter. 518-866-1319. [fmrrc.org](http://fmrrc.org).
- 16 New Paltz Challenge on Father's Day. 13.1M & 5K. Walkill Valley Rail Trail, Yard Owl Brewery, Gardiner to Gilded Otter Brewery, New Paltz. [runsignup.com](http://runsignup.com).
- 22 **2nd Adirondack 15K Race to the Lakes.** 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. 518-331-8864. [active.com](http://active.com).
- 23 Walk/Run for Kidneys. 9am. Central Park, Schenectady. 518-533-7880. [healthykidneys.org](http://healthykidneys.org).
- 23 Wild Thing 5K/10K Trail Race. 9am. Pleasant Valley Wildlife Sanctuary, Lenox, MA. Patty Spector: 413-637-2597. [massaudubon.org](http://massaudubon.org).
- 25 Colonie Mile. 1M. 6pm. Colonie HS, Colonie. [hmrrc.com](http://hmrrc.com).
- 26 **Bounce Into Summer 5K.** Guelderland YMCA, Guelderland. [cdymca.org](http://cdymca.org).

**JULY**

- 4 **13th Firecracker 4.** 9am. 4M road race. Vendors, band, entertainment along course. Military & Fire/Police/EMS awards. Run Your Colors teams for charity. Saratoga Springs City Center, Saratoga Springs. [firecracker4.com](http://firecracker4.com).
- 13 **23rd Silks & Satins 5K Run/Walk.** 8am. Jeff Clark Memorial Race. Includes free Saratoga Race Track pass. Fasig-Tipton Pavilion, Saratoga Springs. [silksandsatins5k.com](http://silksandsatins5k.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](http://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](http://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](http://adirondackmarathon.org).

**OCTOBER**

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

**Bold listing** = Advertiser in current issue of *Adirondack Sports & Fitness*.  
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# Making a Difference One Trail at a Time

## Mountain Bike Tourism and Revitalization

By **Michael Feldman**

The positive impact mountain biking has on communities from a fiscal and health perspective continues to be reported. There are an increasing number of studies being conducted using a variety of models to quantify benefits of mountain bike tourism. Sources include state government, public advocacy groups and trade associations.

As industry and manufacturing companies, most with decades and some century old connections, pull the plug and leave, communities are often left with failing economies and sometimes the debris. There are success stories from across the country on how mountain biking has revitalized and reinvigorated these cities and towns.

Here are some of the success stories, mostly chosen because I have visited the trails for mountain biking. I've provided a brief overview of some of the benefits of bicycle tourism.

Singletracks.com conducted a survey of 1,400 mountain bikers from across the country. The survey found that 62% will travel to ride their bikes, averaging two trips per year, and the average tourist mountain biker will spend \$382 per person.

Adventure Cycling Association, an advocate of both road and mountain bike touring, reviewed state conducted bicycle tourism economic impact. In 2012 Oregon reported \$400 million; in 2013 Arizona reported \$88 million; and Michigan in 2014 had a \$668 million infusion of tourism from cyclists.

**East Burke, Vt.** - The poster child of how community involvement can transform a crumbling town into a tourist Mecca for mountain biking. A declining timber industry and a floundering ski area left the small town of East Burke with plenty of growth potential. Fifteen years ago, mountain bik-

ers brought the town together and eventually created a network of over 100 miles of trails, most on private land. In 2016, they reported 103,000 visitors and brought in \$8 million to the local economy. The Kingdom Trails Association has recently expanded with more trails nearby in East Haven, Vt. My wife and I typically make two to three trips per year to Kingdom Trails and stay with Joan Laplant at Burke View Inn. If not for the trail system, Burke View Inn would most likely not exist. Multiple new restaurants have opened and there are two thriving bike shops, East Burke Sports in-town, and Village Sport Shop trailside.

**Oakridge, Ore.** - In 1990 logging was declining and eventually the sawmill closed down. Not much was going on for the next decade and the town was eroding. In 2004, they received a grant to develop a mountain bike trail plan. As of today, they have 380 miles of trails and in 2014 a study reported that mountain bike tourism generated \$5 million in direct spending. In 2016 my wife, Jody Dixon, and I made a trip out to Bend, Ore. to visit friends. On the way, we stopped and visited friends in Colorado Springs, Colo.; Victor, Idaho (ready to bust out as a biking destination!); and Moab, Utah - all great mountain biking areas in their own. We eventually made it to Bend, and were greeted by a welcoming party of local mountain bikers who mapped out their favorite local rides, and along with our host made us feel incredibly welcome. We were in Oregon for a month, making side trips to the city of Sisters, and eventually taking four days in Oakridge. The snow was still up in the mountains, but we managed to find more welcoming folks, and spent two days bikepacking along the Middle Fork of the Willamette River. We definitely want to go back!

**Copper Harbor, Mich.** - With a population of 108, Copper Harbor is a former

mining and port town, with 35 miles of purpose-built mountain bike trails and 20,000 visitors per year. In Michigan, you cannot drive any further north to Lake Superior than Copper Harbor. It's a long drive and I've done it twice. As other trails have grown up and expanded around Houghton and Marquette, Mich., Copper Harbor trails have progressed at a slower rate and that's okay. The trails are worth it and there is something for everyone, a common finding in purpose-built mountain bike trails. Keweenaw Adventure Company estimates that mountain bike tourism accounts for one-third of the local economy.

**Bentonville, Ark.** - The home of Walmart and the Walton family, Bentonville has invested heavily in mountain bike tourism and it has paid off. The Walton Foundation has invested \$74 million over ten years constructing over 150 miles of trails in Northwest Arkansas. A study by People for Bikes reports \$137 million in 2016 economic benefits. Unique to the study, they have separated \$86 million in directly-related health benefits and \$51 million in business revenue. Traveling from outside the area, you need quite a bit of time to experience all the area has to offer, and it's pretty awesome.

**Western North Carolina** - Brevard and Bryson City are the two hubs of mountain biking with Brevard having the greatest mileage and variety. They are the gateways to Pisgah and Nantahala National Forests, with Brevard also boasting DuPont State Park. DuPont State Park has plenty of buffed flow trails but does not lack for adventure in any way. Pisgah is old school rocks, roots, and more miles of trail. Mountain bikers visit at about 435,000 times per year and spend about \$30.2 million. WNC residents add another \$18 million. Overall, mountain bike tourism supports 366 full-time jobs and \$9 million in job income. In 2012 Oskar Blues



AUTHOR'S WIFE, JODY DIXON, IN DUPONT STATE FOREST IN CEDAR MOUNTAIN, N.C.  
PHOTOS BY MICHAEL FELDMAN

Brewery of Lyons, Colo. opened a satellite brewery in Brevard. The draw was not just the clean clear mountain water but also the mountain biking. They employ about 65 full-time employees.

**Crosby, Minn.** - In 1970 iron mining companies pulled the plug and left, leaving behind a scarred landscape, and a collapsing economy. Over the next 20 years the area became an illegal dumping ground. In 1993 the state cleaned it up, designating it a state recreation area, but no one came. Mountain bikers from Minneapolis, 125 miles away, lobbied the state to create their first mountain bike focused park. The state hired a professional trail building crew to construct 25 miles of trail opening in 2011. A study has shown 25,000 cyclists have generated \$2 million annually to the local economy. Since 2011, 15 new businesses have opened, and once the planned expansion reaches 75 miles of trails, the impact is estimated to reach \$21 million annually.

**Plan for the Future: Peck Hill State Forest, Fulton County and the Adirondacks** - There is one intangible commonality among successful mountain bike communities, the all-inclusive vibe that welcomes mountain biking tourists to the area.

The potential for communities to reap the benefits, both health and economic, is nearly limitless. One such community with exceptional potential is the Johnstown-Gloversville area in Fulton County. Currently three local state forests are undergoing review of their Unit Management Plan. Public hearings have already concluded. In the UMP, the NYSDEC has included mountain biking. The area was once an industry leader in leather goods. Those jobs have left, as well as jobs from a closed correctional facility. Not many manufacturing jobs remain and most of the well-paying jobs are a significant commute.

Three core variables are essential to success: resources, volunteerism, and buy-in from the community. Fulton County State Forest is a 5,000-acre resource. Peck Hill State Forest encompasses 2,700 acres, just south of the Adirondack Blue Line, and is closest of the three forests to Johnstown and Gloversville. The foundation of resources is immediately available. The Adirondack Velo Club has a volunteer stewardship agreement with DEC and has already laid out nearly four miles of perimeter trail in one parcel of Peck Forest. The potential for collaboration with Fulton County Trail Blazers, a snowmobile club, also exists. Matt Sherman, owner of Stump City Brewing, is a vocal proponent of building trails in Peck Forest. His brewery is across the street from the forest and has recently expanded their brewing capacity. Likewise, Neil Auty, owner of The Bike Works in Johnstown, has reported an uptick in mountain bike sales, especially noting an increase in sales of higher end mountain bikes.

Community support is essential for success. Local leadership from government, business and community stakeholders combined can develop a plan to link a trail system with Gloversville and Johnstown. Economic support in the way of grants and state funds would accelerate the building of trails. Further study, supported by grants, could also determine if professional trail builders are feasible. 🌲

*Mike Feldman (beerjerseyrider.blogspot.com) of Benson will represent the Beer Jersey Riders in The Adirondack Trail Ride 2019.*



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# Jennifer Merritt

**AGE:** 40  
**RESIDENCE:** East Greenbush  
**FAMILY:** Twins, Eli and Eliot, and two rescue dogs, Mumford and Eva  
**OCCUPATION:** Social worker at Albany City Schools  
**PRIMARY SPORTS:** Running, Weightlifting, Hiking  
**SECONDARY SPORTS:** Paddleboard, Kayak and Spinning

**By Dave Kraus**

You work up a sweat just watching her lead the class. Jen Merritt never stops moving, and her boundless energy is infectious for the 30 or so students in this Saturday morning fitness session. She leads them by example in a constantly changing collection of aerobic exercise that leaves everyone sweaty and smiling at the end of the 60-minute class. Today she is wearing her mermaid outfit with clamshells printed in strategic spots. It's one of many theme ensembles she uses to help make her classes more interesting.

Jennifer's constant energy and good cheer has been her trademark since 2006 when she started leading group exercise at the Greenbush Area YMCA in East Greenbush. Her first class as an instructor was a 6am weightlifting body sculpt class, and today she still teaches that same class at the same eye-rubbing early morning hour.

But she has also taken on eight more weekly classes sandwiched in around her full-time job. Those include three HIIT (High Intensity Interval Training) classes, two "urban fit" boot camps, and three spin classes.

Her fitness career started off unexpectedly, when a friend who was an instructor told her she should consider leading classes. Jen recalls saying, "That's crazy, but OK," and accepted help to learn the basics, and get her first certification from Aerobics and Fitness Association of America. Today she has added certifications from National Academy of Sports Medicine and Madd Dogg (spinning) to her credentials.

But she's always willing to do more to pitch in, said fitness director Cathy Van Orden, who is her supervisor at the YMCA. "With Jen, it's never a matter of whether she has the energy to do it," Cathy said. "It's only whether she can fit it into her schedule."

That busy schedule extends far beyond the YMCA and makes her an example for her family and friends. Even in her professional life as a social worker in Albany City Schools, she reaches out to help others. She provides counseling services to students to help with anger management, building social skills, and linking to community supports and providers.



She also makes sure to dedicate time to her ten-year-old twins, Eli and Eliot, to show them the value of exercise. This past summer the family drove cross-country to hike in the Badlands of South Dakota and Zion and Bryce Canyon national parks in Utah. This year it will be hiking and kayaking in Canada.

Originally from Guilderland, she recalled that as a child she would go out with her parents, who were avid runners. But in high school she became a "band geek" and hardly worked out at all.

Her life away from fitness extended into college, where she graduated from SUNY Albany with a degree in sociology and then a masters in social work. Then, at 25, she realized she needed a change. "I had gotten kind of overweight and I decided I was going to get healthy. My first run was so awful the whole time! Then when I was done it felt so

great. So I just kept going farther and farther. I've been running ever since. I feel like the more I exercise, the more energy I get."

She quickly met other runners - who she calls her "fitness friends" - and her mileage gradually went up until she completed the 2008 Wineglass Marathon in Corning. She went on to do four more marathons before foot surgery in 2015 forced her to cut down her mileage. "I run for fun now" she said, but she still loves to run the "Seneca7" relay each year in Geneva, where she participates on a seven-person team that runs 77.7 miles. She also runs here at home all year, where not even single digits outside can tame her enthusiasm.

She also contributes her dedication and energy for running into her volunteer mentoring work for the STEM running club (Strong Through Every Mile - stemrunning.com) in Albany that helps women who are

survivors of domestic violence. Many club members come from difficult life situations, some living in halfway houses or other temporary shelters. "We start out with people who have never run before and get them to a 5K in a 10-week period," she explained. "They get a love of running. It's very empowering and they are able to see they are able to accomplish so much. I also find it to be very personally empowering to see people going from having some significant difficulties to being able to run a 5K. At the end of that race you cry because it's so beautiful."

Jen said she's also learned a lot from the club and from her fitness teaching activities. "It's all taught me to love what you are able to do. Everybody has a different level and you should be proud to embrace whatever level you are at. I love people and fitness more than ever, seeing how close it brings people together. I think the sense of community here at the Y is amazing."

She has also learned to read body language; particularly in the spin classes she said are her favorite to teach. "You can feel the energy in the room, whether there's good energy or no energy. If there's no energy or passion, then I need to change it up."

Last year Jen was voted favorite instructor by members at the Greenbush Area YMCA, and while she deeply appreciates the honor, she also keeps in mind the larger purpose behind her work. "It's not just about being an athlete, it's about helping other people." 🌱

*Dave Kraus (dbkraus@earthlink.net) is a longtime area cyclist, photographer and writer who wishes he had half of Jen Merritt's energy. Visit his website at krausgrafik.com.*



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# ECOS Seven Preserve Challenge

## A Local Patch for All Abilities

By Tom O'Grady

In 2017, I started the Fire Tower challenge with my family as a way to expose my sons to the Adirondack and Catskill mountains, and bridge the gap between my experience and theirs. At the time it seemed like a great way to help give them a lifelong passion for the outdoors and exercise, expose them to age appropriate challenge, and give a positive reward for a job well done. The Fire Tower Challenge was exciting way to prep them for some of the more well-known hiking patches that come to mind in the Northeast including the ADK 46'ers, Catskill 3500 Club or New Hampshire 48.

Luckily, they took quickly to hiking the mountains on the Fire Tower Challenge and I began to look for other challenges. One great resource I found was the Facebook Group, "Hiking for Patches." This has a link that provides valuable resources on hiking patches in several states as well as international options. This alerted us to several newer challenges in upstate New York that were appealing. However, many of the hikes were a minimum of an hour drive.

Then, last fall a release from the Environmental Clearinghouse of New York (ECOS) came out indicating that a new Seven Preserve Challenge had been created. Hikers who complete trips to the Bozen Kill Preserve, Christman Sanctuary, Indian Kill Nature Preserve, Lisha Kill Natural Area, Plotter Kill Preserve, Sanders Preserve, and Schenectady County Forest Preserve would be able to receive a patch. A review of our hiking and walks during the spring and summer showed that we had visited all but Sanders Preserve in Glenville. Hiking these preserves after work and in the morning had been a great way to keep everyone active, build fitness, and enjoy the outdoors.

I made a note to plan a trip to Sanders Preserve the next opportunity we had so that the kids could earn their first hiking patch. Unfortunately, commitments piled up and I neglected going to the Sanders Preserve until this February. After the article on Indian Flats featured in the February 2019 issue (adksports.com), I received a message from an individual asking if I had heard about the ECOS Challenge. I responded that I had and thanked them for reminding me that I needed to finish the last hike on the list.

**Sanders Preserve** - Visits to the first six preserves had raised our expectations for Sanders Preserve. Luckily it did not disappoint. Our visit coincided with President's Day weekend and a fresh coating of snow. After exiting the car, we walked over to the trailhead to get situated. Surprisingly we heard the singing of birds from above and my son Conor noted he thought it was a black-capped chickadee. A quick look up and there was a whole flock of chickadees in the tree above. We referenced with "Birds of Sanders Preserve" sign and confirmed we had indeed spotted black-capped chickadees singing in the trees above the preserve mid-winter. Surprised, I double-checked with my phone and learned that male chickadees begin their songs in January and gradually build the duration and frequency of their songs for the remainder of winter.

A popular 4.1-mile route at Sanders includes a 2.1-mile out-and-back, plus a two-mile loop. We completed the 2.1-mile out and back in about an hour. Sanders Preserve proves to be exceptionally educational if you take your time to look around. After learning of the different birds present at Sanders from the trailhead sign, we stopped at different trees that were marked with the names - paying particular attention

to the sugar maple and shagbark hickory on this outing. The trip down the hill on the far side of the preserve pushed away much of the newer snow and exposed the ice below. We had to be careful on the return as this was the steepest and slipperiest part of the entire trip.

After returning to the car I told them more about the ECOS Challenge. When we arrived back home, we printed the flyer for the patch (ecosny.org). Over hot chocolate and lunch, we discussed each of the preserves on the list. This was an important time to point out the importance of record-keeping. I asked if they remember visiting each of the preserves. We could remember the seasons of several of the trips off the top of our heads, but the dates were not easy to remember. I told them I had been keeping track of our hikes in my running log, so I could use that as a reference.

**Bozen Kill Preserve** - We completed Bozen Kill in August 2018. This is a shorter and relatively easy trail of approximately one-mile in the village of Altamont. Our visit was in the evening and we visited Bozen Kill after first going for a longer four-mile trip at nearby Winn Preserve. Both preserves are maintained by the Mohawk Hudson Land Conservancy, in partnership with the

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CONOR AND THEO ENJOYING A BREAK ON A BRIDGE AT LISHA KILL PRESERVE.

Nature Conservancy, and the Open Space Institute. On the date of our trip, members of the conservancy were performing trail maintenance. They had been clearing brush and long grass from the side of the trail and seemed to be preparing to clean up some downed trees. It was particularly muggy out and dusk was near so we cut it short due to the presence of mosquitoes. Before leaving the kids enjoyed playing lookout on top of a large stone structure. To learn more about the history behind Bozen Kill Preserve and conservation efforts visit MHLC (mohawkhudson.org).

**Christman Sanctuary** - Fall foliage greeted us when we hiked around Christman Sanctuary in October 2018. There are three primary trails - Blue, Yellow and Orange. We enjoyed exploring the blue and yellow trails and completed a 1.2-mile circuit of the preserve. When we headed over to the orange trail, we were met by a full Bozen Kill. There were few free rocks that were suitable to step on. Ones that were available had a coating of slippery moss. It became apparent that crossing over to the orange trail would require us to get wet. We opted not to add the extra mile loop on the orange trail. Highlights of Christman Sanctuary included a lean-to and waterfall. On several trips we've

tried to be cognizant of the different tree species in each of the preserves. It can be fun to identify the trees by bark and leaf patterns. Because we were paying attention to the colors of the foliage, we overlooked the locust, cedar, spruce, and pine present in favor of the changing colors on the maples and other leaved trees. Visiting the Nature Conservancy (nature.org) will give you a detailed background of the Christman Sanctuary and tips on planning your trip.

**Indian Kill Nature Preserve** - Our visit to Indian Kill Preserve was a fun trip highlighted in the *February 2019* issue. Indian Kill is maintained by Schenectady County (schenectadycounty.com).

**Lisha Kill Nature Preserve** - The weather was nice for our visit to Lisha Kill Nature Preserve in April 2018. There was still snow present but much of it was melting. The trail was muddy, wet and slippery. Nice weather also attracted several other small groups and this was one of the busiest outings we had at any of the preserves on the ECOS Challenge list, besides Plotter Kill. I had done my homework prior to going to Lisha Kill Preserve and was prepared to pepper the kids with questions about the surroundings. I have to admit that I was surprised by this preserve. I was not expecting much as it seemed hard to believe so much could fit into such a compact area in between developments. We completed a 2.3-mile loop and were impressed by the deep ravines which added 331 feet of elevation gain to the walk. The nature conservancy points out that some of the white pine and eastern hemlock at Lisha Kill are estimated



ENJOYING A GREAT FALLS VIEW AT PLOTTER KILL PRESERVE ON A SUMMER DAY.

to be over 200 years old. I asked the kids how it felt to be surrounded by trees that have potentially been around since the last of the founding fathers of the US were alive. This served as a memorable piece of the trip. Lisha Kill is maintained by the Nature Conservancy.

**Plotter Kill Preserve** - When we visited Plotter Kill Preserve on a weekend in May 2018 we stayed in the southwestern area of the preserve. We were still able to complete a three-mile hike and 620 feet of elevation gain that includes two loops that allowed us to get very good views of the waterfall. The first loop included the well-marked Blue Loop trail. The second section requires crossing the Plotter Kill and taking the Highland Loop trail. The Highland trail was exceptionally wet and muddy during our visit and was not as well marked as it could have been. We took a few mistaken detours and then backtracked onto the correct trail. The kids enjoyed the opportunity to get dirty in this part as their boots sunk into the mud and water.

Good places to stop and view the upper and lower waterfalls are present on the Blue

Loop trail. An overlook on the north side of the Blue Loop offers a great vantage point for viewing the lower falls. Those wishing to hike longer can complete the whole preserve by connecting to the South Rim trail, which offers approximately seven miles of walking trails without overlapping on previously covered trails. The 3.5-mile distance to the Mohawk River drops 900 feet. We opted to save the trip to the farther Rynex Creek Falls for a later trip. We arrived back at the car hungry so it was a unanimous decision to stop for pizza and ice cream at a nearby plaza. It was particularly hot outside so the ice cream hit the spot! The Plotter Kill Preserve is maintained by Schenectady County.

**Schenectady County Forest Preserve** - Columbus Day was a busy day spent outdoors for us in 2018. Our trip to Schenectady County Forest Preserve came after visiting the Christman Sanctuary. The preserves are both located in Delanson, about 15 minutes apart, in the southwestern part of the county. It was muggy and a bit overcast by the time we arrived. A light fog greeted us at the entrance to the trail. While foreboding, it made for a great picture! Our trip around the preserve was approximately 1.7 miles and the foliage here was just as good as at Christman Sanctuary. The trail we took could easily be turned into a figure-eight for added distance.

The ECOS Seven Preserve Challenge is a great way to inspire Capital Region residents to stay active and explore the wilderness in our area. The efforts by each agency involved in the upkeep of each preserve was evident, and the educational touches at several exceeded our expectations! The surprise opportunity to earn a hiking patch will also hopefully will help my kids understand the grit needed to complete some of the longer outdoor challenges listed at the beginning of the article. It would not surprise me if this challenge did the same for others who are looking to be active and build a fitness base! 🌲

*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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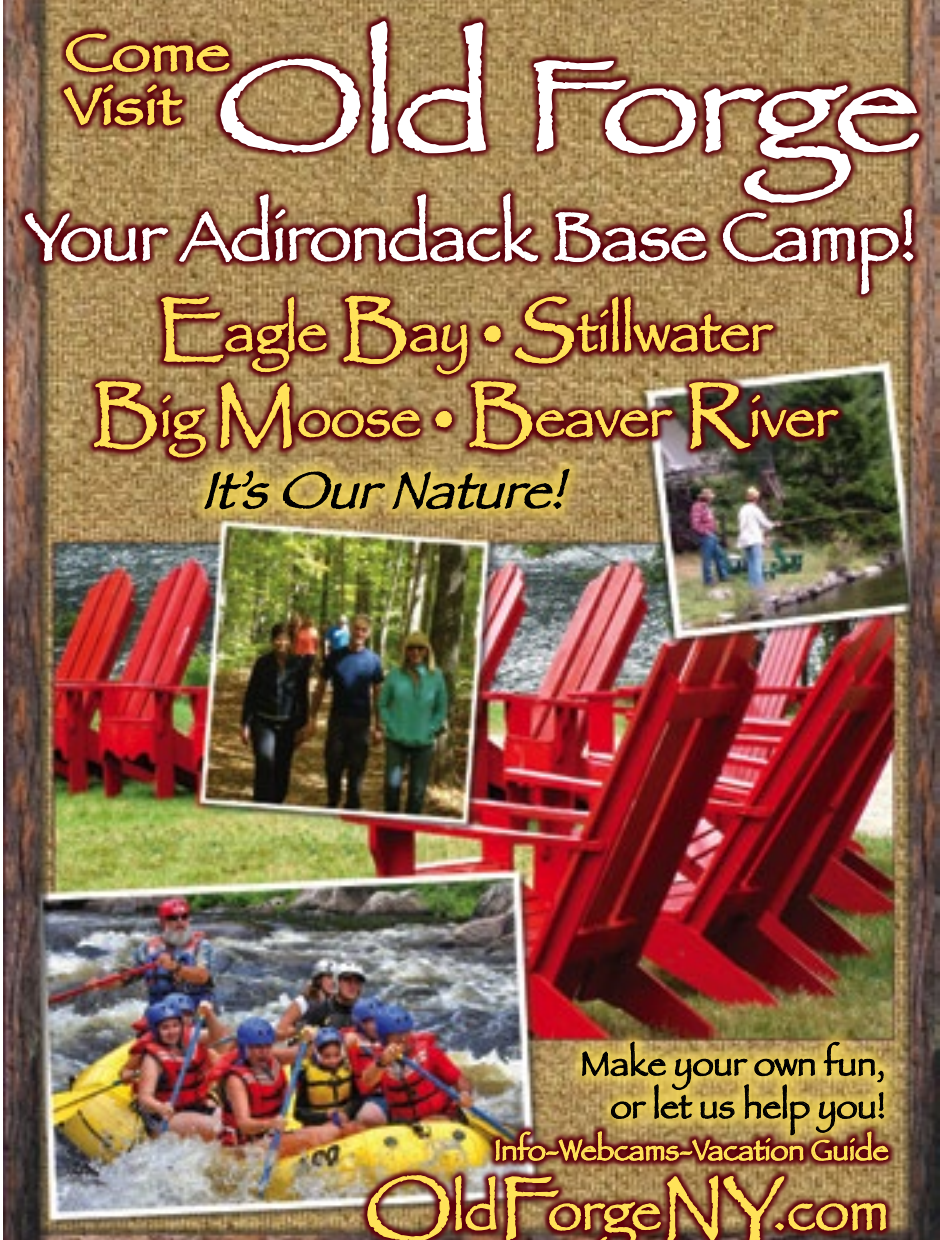
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## KAYAKING, CANOEING &amp; SUP

# Adirondack Paddling Symposium

By Danny Mongno

I was 16 years old when I first experienced kayaking. With my father providing for our family in the sport fishing industry, I just assumed boats started at 32 feet. So, I was awe struck with the intimacy with the craft and the water, the solitude and amazing waterways I found just minutes from the traffic flying by the kayak shop I worked at. But it was nearly 15 years later that I was exposed to real paddling instruction. Sure, folks had given me some pointers here and there and I would escape the cold winter weather by playing in pool sessions, but nothing structured. Nothing effective in making me a more efficient, more technical-sounding paddler.

By the time my friend, and later mentor, and I slid our kayaks into a small lake outside Virginia Beach I had done a lot of paddling. Kayaking had become what defined me. In my mind I had even become a good kayaker, confidently playing in the surf and even running some pretty solid whitewater. It was that ego of being a “good kayaker” that led my friend to plotting to trick me into my first lesson. I had no idea what we were about to embark upon and the difference it would make in my paddling and in the direction my life took. I thought we were just off for a paddle. A hurricane had recently passed and made a mess of his community, I assumed we were just going out to blow off some stress.

If he had said, “Let me get you out on the water and show you a few things,” my ego would not have allowed that. “I’ve surfed overhead waves, I’ve run this rapid and that rapid... what are you going to teach me?” But boy was I wrong. He taught by example. As we paddled, showing me things that I had never been exposed to. Showing me things in his technique that most certainly made me realize that what I was doing was wrong. When we took our first break my ego had evaporated, I knew I had wasted many years thinking I knew it all. “Okay, show me

what you were doing there.” And with those words, so began my passion for learning and teaching paddling.

It’s this story that inspired me to sit down with Will Crimmins, friend and manager of Mountainman Outdoor Supply Company in Old Forge, and pitch the idea of a paddling symposium. Sure, there are many around the country, so this is not a new concept, but there is not one catering to the paddlers in our region. “We have seen so many kayaks, canoes, pack boats, and paddleboards leave our store each year, for the last 25 years to be exact. While we do our part equipping our customers with the right gear, often sharing many tips and instructional bits, the reality is while the products we sell might seem intuitive there’s concern that folks aren’t doing their part and equipping themselves with the proper skills needed to be safe and/or have the best experience on the water possible... I have to think they could be having more fun out there after gaining skills from a seasoned instructor.”

That’s Will, and trust me he and his staff from Mountainman Outdoors in Old Forge and Saratoga Springs have seen a lot of happy customers leave the shops with new craft tied to the roof. Even beyond Mountainman, there are so many shops out there, sending more and more canoes, kayaks and paddleboards out on the water. Are all those paddlers, are you, having the best experience possible without being exposed to formal instruction? How many paddlers out there are just like I was, ignorant to the potential that could be found from some instruction? So, with Will on board we brought the idea to the Mountainman himself, founder-owner John Nemjo. With no convincing needed, he was on board.

So, coming to Old Forge, is the **Adirondack Paddling Symposium** on Friday-Sunday, June 21-23. The goal, simple, to build skills to further your paddling enjoyment. With so many amazing places to explore by paddle power, the more efficient we are, the more confident we are the further we will go, the bolder we will be in



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DANNY MONGNO



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the adventures we plan. “We look at this event as a way to give back to paddlers,” John says. “We are going to provide an outstanding event for a very fair price. We want to go beyond just outfitting in the shop, we want to outfit bodies and minds in the field, and on the water as well. This event is going to be very special and I am proud Mountainman is where it began.”

The event philosophy is to focus on the beginner to intermediate paddlers, and by choosing patient and caring instructors, create an environment of encouragement, that is judgement free and truly furthers the enjoyment folks get from paddling. It’s this level of paddler that has the most to gain from instruction, to understand how the body and boat/board work together to get the most from their craft, to get the most from themselves. The symposium will have a track for kayakers, canoeists, pack boaters and stand-up paddlers. Included along with classes will be morning yoga and catered meals on the banks of the Moose River.

The evening presentations will feature the Northern Forest Canoe Trail on Friday evening, which along with an update on the trail, will be a specially curated paddling film fest – different than you will see anywhere else. Saturday will be a double-feature, with “Wellness for Paddlers,” by Celeste Gabai, DC, ATC, and a select group of instructors with a short presentation to inspire our next

adventures. Evening presentations will follow dinner and take place fireside with a few beverages. The vendor village will allow students to interact with manufacture reps, talking shop, playing with boats, boards and gear, and even having the ability to use stuff in your classes – the ultimate way to demo. We will have a rental option, for those who have not made the jump to buying their own craft.

The symposium will have an add-on option on Monday, June 24, to put your new skills to the test with a variety of guided tour options. We encourage taking the three- or four-day weekend to get the most from the experience. Cost for the symposium is \$300 for Friday-Sunday, and it will be limited to 60 participants. Tour Monday will be \$75. Rental options will range from \$75 to \$100. Learn more about the event at [adkpadding Symposium.com](http://adkpadding Symposium.com). 🌲

*Danny Mongno (dmongno@nrs.com) has worked in the paddlesports industry since he was 16, and he’s currently an employee-owner at NRS. His experience as a paddling instructor at events around the world, made him the right choice to be part of the planning board for this event. Once the behind the scenes is done, you’ll get to experience his positive energy on the water as a coach as well.*



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NON-MEDICATED LIFE



# The Benefits of Pulses

By Paul E. Lemanski, MD, MS, FACP



**Editor's Note:** This is the 88th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 87 installments of the *Non-Medicated Life*, certain dietary practices and a healthy lifestyle have been shown to accomplish naturally for the majority of individuals most of the benefits of medications in the treatment of chronic medical conditions such as hypertension, high cholesterol, pre-diabetes, diabetes and heart disease. As a medical intervention, certain dietary practices and a healthy lifestyle may accomplish such benefits with fewer side effects, may reduce the number and amount of medication – and may allow actual discontinuation of medication.

This is true for the dietary practice of consuming more pulses – the edible seeds of plants in the legume family. Pulses include all dry beans, peas, chickpeas and lentils. Moreover, pulses encourage sustainable agriculture by improving soil health and requiring less water than other crops.

Most people have heard the old adage, “Beans, beans are good for your heart.” But why might that be? Heart disease is contributed to by multiple factors including high LDL cholesterol, high blood pressure, and metabolic derangements such as pre-diabetes and diabetes. It appears that the consumption of pulses may have a beneficial effect on each of these.

Pulses such as chickpeas and lentils have been shown to lower blood levels of LDL or “the bad” cholesterol. This is the type of cholesterol which when in excess gains access to the arterial wall to form a cholesterol plaque. A cholesterol plaque is a necessary first step in the process of atherosclerosis, or hardening of the arteries, that sets an individual up for a heart attack with involvement of the heart arteries – and a stroke with involvement of the brain and neck arteries.

Daily legume consumption may lower the LDL by up to 20%, most likely on the basis of their soluble fiber content. Moreover, within cholesterol plaques it is not just the presence of LDL that increases risk, but also the oxidation of that LDL. Of all pulses, lentils have been shown to decrease LDL oxidation the most, with chickpeas a close runner-up.

Pulses may also help lower blood pressure, another major risk factor in the development of heart disease. Pulses are low in saturated fat and contain both fiber – soluble and insoluble – and plant protein, both of which have been associated with lower blood pressure. Indeed, legume consumption has been shown to lower blood pressure in individuals with hypertension, but also will slightly lower blood pressure in normal individuals – but never in a range to cause problems.

Pulses have also been shown to reduce blood sugar in those with pre-diabetes and diabetes and combat hyperinsulinism, the condition of excess insulin production that results from insulin resistance. Insulin resistance generally occurs in individuals with a genetic predisposition (a family history of diabetes) who are overweight or obese.

For reasons that are not clear, such individuals require higher amounts of insulin to pump glucose from the bloodstream into body cells, thereby maintaining normal blood levels of glucose. Over time, however, the cells that produce insulin begin to burn out from the excess production. As a consequence, fasting blood glucose slowly rises. By the time a diagnosis of diabetes (fasting blood glucose greater than 126 mg/dl) is made, 50 to 70% of the cells that produce insulin have been lost to burn out, and cannot be replaced. The composition of pulses can be shown to help prevent this loss.

The composition of pulses includes plant protein, carbohydrate, fat and fiber. Although you might think that the carbohydrate of pulses would contribute to insulin resistance by increasing blood glucose, the soluble fiber of pulses actually slows the absorption of carbohydrate.

This slowing of absorption is important, because it has been observed that the highest risk for the development of pre-diabetes and diabetes occurs in those with rapid rising of blood sugar, and a concomitant spike in insulin production. While a serving of most beans has about four grams of fiber, a serving of lentils has nine grams of fiber. For purposes of preventing insulin resistance, it is generally best to keep the ratio of total carbohydrate to fiber greater than five, and the consumption of pulses certainly helps in this regard.

As part of plant-based diet, pulses may also slow gastric emptying, and thus contribute to sustained sense of fullness or satiety after a meal. A study done with lentils confirmed a slowing of gastric emptying, which also slowed the absorption of

carbohydrate during the following meal. In addition to effects on satiety, this slowed the rise of blood sugar, and helped combat insulin resistance.

Indeed, individuals with type-2 diabetes on insulin placed on a plant-based diet (including pulses) showed a reduction in body weight and blood sugar with insulin requirements cut 60% – allowing about 50% of those in the study to get off insulin. *It is important that any individual with diabetes not institute such a plant-based diet without discussion with their primary care provider, their endocrinologist, and in my opinion, help from a registered dietitian.*

In summary, consumption of the edible seeds of plants in the legume family, collectively called pulses, obtain significant health benefits. Pulses help to lower LDL cholesterol and reduce its oxidation, reduce blood pressure, and improve cardio-metabolic risk by reducing insulin resistance. They reduce multiple cardiovascular risk factors and through this mechanism reduce the risk for heart attack and stroke. As such, the consumption of pulses presents another powerful tool for those interested in pursuing the non-medicated life. 🌱

*Paul E. Lemanski, MD, MS, FACP (plemanski3@gmail.com) is a board-certified internist practicing internal medicine and lifestyle medicine in Albany. Paul has a master's degree in human nutrition, he's an assistant clinical professor of medicine at Albany Medical College, and a fellow of the American College of Physicians.*

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**Silks & Satins**  
SARATOGA SPRINGS, NY 5K  
JEFF CLARK MEMORIAL RACE

**Saturday, July 13 • 8am Start**

**Fasig-Tipton Pavilion**  
415 East Avenue

Register at [silksandsatins5k.com](http://silksandsatins5k.com)  
\$25 by 7/1 or \$30 race day

- Join 1,000 runners & walkers
- Includes FREE Saratoga Race Track pass!
- USATF certified 5K course

Benefits:

- Shirts to first 900 registered
- Many individual awards categories
- Teams competition
- Fast and flat course thru East Side neighborhoods
- Saratoga YMCA for showers
- Free admission to National Museum of Racing

Special Olympics New York

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in the Heart of the Adirondacks

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**62nd HUDSON RIVER**  
*White Water Derby*  
NORTH CREEK • NORTH RIVER • RIPARIUS

**Saturday, May 4 • 11am**  
**Giant Slalom & Sprint Races**

Give downriver racing a try!  
**Not-So-Whitewater River Race**  
Immediately following Giant Slalom  
2.5M of moving water for beginner to intermediate canoers/kayakers • Only \$10  
Awards Celebration at 4 pm  
at Tannery Pond Community Center

**Sunday, May 5 • 11am**  
**Downriver Race • North Creek to Riparius**  
Awards Celebration after race  
at Riverside Station Park

**Day of Race Registration Available for All Races!**

[www.whitewaterderby.com](http://www.whitewaterderby.com)

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 731 Route 28 • Harwichport (next to Brax Landing) • Reservations Recommended!



## Saturday, June 1

Kids Run (1 Mile) @ 8:30 a.m.  
 Teens/Adults (5K) @ 9:15 a.m.  
**Mud and Fun Guaranteed!**

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The PREVENTION COUNCIL  
 Helping youth navigate life's challenges

Register at: [finishright.com](http://finishright.com)

10th anniversary!

# HUDSON CROSSING TRIATHLON



Ideal for newbies and competitive athletes!

## Sunday, June 9

**Hudson Crossing Park, Schuylerville**  
 500yd Swim, 12M Bike, 5K Run  
 Limited to 300 - Register Early!

**[HudsonCrossingTri.com](http://HudsonCrossingTri.com)**  
 A portion of proceeds benefit historic Hudson Crossing Park

# Cold Water Kills!

**NYS Navigation Law:**  
 Must wear your life jacket from November 1-May 1.

Smart paddlers wear their life jackets if the water is less than 60°F



Scan for a free online Paddle Safety course

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

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



10TH ANNUAL

# ADIRONDACK SPORTS EXPO

& MOHAWK HUDSON RIVER MARATHON HALF MARATHON PACKET PICK-UP

Saturday, October 12 ■ 10am-5pm  
**ALBANY CAPITAL CENTER**  
 55 Eagle Street, Albany

**RUNNING ■ BIKING ■ TRIATHLON ■ PADDLING ■ HIKING**  
**HEALTH ■ FITNESS ■ TRAVEL ■ GREEN LIVING**

**Vendor Registration Now Open!**

- 80 exhibitor spaces and 4,000 sports/health enthusiasts including 3,000 runners with friends and family.
- One-day, free admission Expo kicks off the marathon/half marathon weekend and is open to the public.
- Runners are required to attend to pick-up their race packets and they spend time visiting the exhibitors.
- Great opportunity for sales and to promote your company, organization, destination or event.

**Book Your Space Today!**

- Complete contract ([adksports.com/adk-sports-expo-exhibitors](http://adksports.com/adk-sports-expo-exhibitors))
- Email, fax or mail contract to us
- Payment accepted by check (mail) or credit (phone)

Booth fee: \$295 or non-profit: \$195. Includes: 8'x10' booth with 8' back drape, 8' table, two chairs and Wi-Fi

**(518) 877-8788 or [Info@AdkSports.com](mailto:Info@AdkSports.com)**  
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Adirondack Sports & Fitness, LLC • 15 Coventry Drive, Clifton Park, NY 12065  
 Race directed by Hudson Mohawk Road Runners Club



# ADIRONDACK SPORTS SUMMER EXPO

## Thank you...

to all the attendees, exhibitors, and volunteers for contributing to a successful Summer Expo on March 16-17! It was a high-energy gathering filled with athletes, enthusiasts and newbies, along with businesses, events, professionals, clubs, non-profits and destinations — a great representation of upstate New York's sweaty, dirty sports and active, healthy living community all under one roof! What a great kick-off for the spring and summer season of sports, health, fitness, travel and fun! We also want to thank the businesses and organizations who donated prizes and giveaways. *Save the date for next year, March 21-22!*



2019 ADIRONDACK SPORTS SUMMER EXPO AT THE SARATOGA SPRINGS CITY CENTER. PHOTOS BY BARRY KOBLENZ/ BASETWELVE15PHOTO.COM.



## EXPO PRIZE WINNERS

- **Mirror Lake Inn Resort and Spa** – Gift certificate for two nights lodging for two people with breakfast, *Bonnie Unser.*
- **Elk Lake Lodge** – One-night stay for two in Main Lodge, *Jessica Brilxen.*
- **9 Miles East** – Meal Mixer for 1-week delivery, *Sheri Williams.*
- **Acupuncture Nirvana** – Acupuncture, massage or reiki services, *Melissa Russell.*
- **Adk Center for Loon Conservation** – "Loon" book by Kip Taylor, *Eric Jones.*
- **Adirondack Sports** – 3-yr subscription, shirt, hat & car magnet, *Nate Green.*
- **Arbonne International** – Gift certificate, *Jean Kanar.*
- **Battenkill Conservancy** – T-shirt, membership, "Untold Stories of the Battenkill" book, *Don Rittner.*
- **Capital District Triathlon Club** – Crystal Lake Tri entry & CDTC hat, *Stefan Smith.*
- **Clark Sports Center** – Race the Lake marathon or half-marathon entry, *Brad Martin & Van Chakalis.*
- **Cycle Adirondacks** – CycleADK apparel package, *Paul Shaw.*
- **Cystic Fibrosis Foundation** – CF Cycle for Life entry w/swag bag, *Peggy Phillips.*
- **DiNapoli Opticians** – Rudy Project Rydon sunglasses, *Lora Ernst.*
- **DisCap** – Discmania Lite Pro Basket, *Dina Martin.*
- **Dutchess County Classic** – Marathon, Half or 5K entry, *Nick Lamando.*
- **Erie Canal Bike Tours** – Gift Certificate, *Amy Millington.*
- **Exploria Resorts** – 3-day, 2-night getaway, *Doug Connell.*
- **Firecracker 4** – 2 Entries, *Rachel Tierney.*
- **Freihofer's Run for Women 5K** – 2 Entries, *Doris Castle.*
- **Friends of the IBA** – 4 Winter Raptor Fest VIP Passes, *Pamela Mele.*
- **Garnet Hill Lodge** – 2019-20 Season ski pass, *Stephen Sheinkin.*
- **Good Karma 5K** – 2 Entries, *Dick Bennett.*
- **Great American Brewery Runs** – 2 Entries, *Erik Kuffel.*
- **Green Goat Maps** – Lake George boating & trails map, *Bruce Altimar.*
- **Hudson Crossing Triathlon** – Single or team entry, *Andrea Glogowski.*
- **Inside Edge Ski & Bike** – Fizan Aria trekking poles, *John Chapman.*
- **iRun Local** – CamelBak H2O bottle, *Jill Loggins.*
- **Kinetic Sports Medicine** – Nutritional consultation with KSM's nutritionist/dietitian, *Rachel Schabot.*
- **Lake George Land Conservancy** – 4 Etched pint glasses, *David Adamek.*
- **Lake George or Owens/Laughlin Open Water Swim** – 2 Entries, *Jessica McMillen.*
- **Malta 5K** – 2 5K entries, *Daniil Niyazov.*
- **Mohawk Hudson Cycling Club** – 1-yr membership and Century Ride entry, *John DeMeo.*
- **Mohawk Hudson River Marathon & Half Marathon** – Marathon or half marathon entry, *Jack Vite & Mike Jordan.*
- **Mohawk Towpath Scenic Byway Coalition** – Duathlon entry, *John Scicchitano.*
- **Moreau Lake 15K Trail Race** – Race entry, *Tyson Weller.*
- **Mountainman Outdoors** – Gift card, *Mark Holowach.*
- **NYS Parks: Marine** – Messenger bag with pop socket, "Wear-It" t-shirts, kayak waterproof bag & PFD, *Arthur Prostick.*
- **Nor'east Trail Run** – 2 Dorset Hollow entries & 2 hats, *Sue Nealon.*
- **North Warren Chamber** – 4 Passes to Natural Stone Bridge & Caves, *Lara Brunelle.*
- **Oktoberfest 5K** – 2 Albany or Saratoga entries, *Andy Portuese.*
- **Peak to Brew Relay** – 50% Off team registration, *Jen Marshall.*
- **Peakquest** – Adirondack gift basket, *Penny Smith.*
- **Pittsford Outfitters** – Tote bag, spectator blanket, ready-to-roll pack & bottle, *Jen Fitzpatrick.*
- **Powerhouse Athletics** – Basket of nut butters, *Joanne Wenke.*
- **Revolution Rail Co** – Quad railbike excursion, *Terry O'Callaghan.*
- **Run for the Horses 5K** – 2 Entries, *Paula Ross.*
- **Saratoga CBD Company** – CBD bundle of tincture and candy, *Herb Levin.*
- **Saratoga Rowing Association** – Learn to Row certificate, *Holly Rippon-Butler.*
- **Saratoga Stryders** – Family & individual gift memberships, *Madeline Stark.*
- **Sasha's Superhero 5K Run/Walk** – Entry & hoodie, *Terri Bills.*
- **Silks & Satins 5K** – 2 Entries, *Jodie Johnson.*
- **So Outdoorsy** – Gift certificate, *Diane Earls.*
- **St. Regis Canoe Outfitters** – Adk Paddling Map six pack, *R. Leverage.*
- **T-Pin Muscle Therapy** – Vector muscle recovery/mobility training multi-tool, *Ed Lenz.*
- **TUFF eNUFF Challenge** – 2 Entries, bag, headbands & bell, *Megan Rzeszuto.*
- **Velofix Albany** – Basic tune-up, *Craig Aldous.*
- **WildPlay Element Park** – 2 passes for Thacher State Park classic course, *Jerry Starr.*
- **Wilson Endurance Sports** – Triathlon, duathlon or running entry, *Rob Mazyk.*
- **Young Living Essential Oils, Saratoga** – Basket of non-toxic body and health care products, *Laurie Scheuing.*

**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

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<b>Apr. 28</b>	Bethlehem Delmar Duathlon
<b>May 5</b>	Southern Saratoga Anyone Can Tri & Kids Can Tri Too
<b>June 15</b>	Greene County Spring Into Summer 5K
<b>June 26</b>	Guilderland Bounce Into Summer 5K
<b>July 20</b>	Duanesburg Triathlon
<b>Aug. 21</b>	Southern Saratoga Hump Day 5K
<b>Sept. 7</b>	Greene County Y Triathlon
<b>Sept. 8</b>	Camp Chingachgook Half Marathon & 10K
<b>Sept. 22</b>	Glenville Muddy Sneaker Trail Run
<b>Oct. 26</b>	Troy Trick or Trek 5K
<b>Dec. 8</b>	Greenbush Indoor Triathlon

JOIN US! Visit [CDYMCA.org/2019-Healthy-Community-Race-Series/](http://CDYMCA.org/2019-Healthy-Community-Race-Series/)

**Awesome Race... And a Great Time!**  
 Save Money, Signup Today! [AdkRaceMgmt.com](http://AdkRaceMgmt.com)

**3.5 Mile Obstacle Race**  
 Saturday, May 25 • 5pm Start

**Online registration ends May 22 at midnight**  
 Race day registration is available. Teams are welcome!

Sign up by May 10 to be guaranteed a T-shirt!

**New Obstacles! Over 20 Obstacles!**




**THURSDAY, JULY 4 • 9am**

**13th Annual** **NY's Largest 4th of July Race**  
**Firecracker 4** Saratoga Springs

**4-Mile Race • Kids' Sparkler Run**  
 Vendors & band at start/finish  
 Entertainment along course

**\$6000 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: 1st place \$1000, 2nd place \$500, 3rd place \$250

**Firecracker 4 Practice Runs from Local Pubs with Fleet Feet**  
 Thursdays, 6pm from 5/30 to 6/27 • See website for locations

**Saratoga's All-American Celebration!**  
 A full day of fun family activities

Sign up now for just \$30!  
**Firecracker4.com**

**Whiteface Uphill Bike Race**

11 Miles of hardcore uphill pedaling punishment to the ultimate Finish Line!

Categories include juniors, military, tandem, Clydesdale, filly & unicycle

**Register by 5/1 for race shirt**




**Friday, May 31 • 5:30pm**  
**BikeReg.com**  
**BikeWilmingtonNY.com**



**● RUNNING cont from 1**

Other more skilled climbers like Adirondack Runner Will McGivney have more elaborate strategies. For the first mile he wisely dials into 90% effort, and pushes mile two at 95%. A similar pace on the easier mile three grants some recovery. For miles four and five, he pushes at 100%. "I don't push my effort level to the maximum until I see the summit towers... after the parking lot it is all out to the finish, effort at 110%." While there are timers at every mile, Will prefers to use the four parking lots up top to focus on short term goals for the final break to the finish.

The Prospect Mountain Veterans Memorial Highway does not open to traffic until late May so you are welcome anytime to practice. Just be prepared for the run back down! Additionally, the Adirondack Runners will host a practice run Saturday, April 27 at 8am (adirondackrunners.org).

Currently, there are three "last men standing" poised to defend their 30th consecutive year: Brian Teague, Dan Olden and Larry Mancini. Mark Schachner is runner-up, with only three misses. They have done this for 29 years, regardless of illness, injury, weddings and graduations. Illustrating the down-home friendliness of the event, two years ago the customary day before Mother's Day timeframe was bumped forward to permit Dan to attend his granddaughter's graduation! You can see how important their streak is to all of us.

Keeping focused on this goal is so much more than a daily running streak (Dan had one of those, too) where as little as a half-mile would qualify as maintenance. Booking to the summit is a formidable task and Dan comments on the love/hate relationship, "Every year we wonder if this is the year that it stops. Mentally I keep saying at some point



◀ IN 2010, DAN OLDEN APPEARS OUT OF PROSPECT'S FOG LIKE AN APPARITION.

▶ AT 2016 PROSPECT, CHRISTINE CIFONE-CLOHOSEY APPROACHES THE SUMMIT.

▼ 2018 PROSPECT MOUNTAIN ROAD RACE – LARRY MANCINI AND JILL PEDERSON ROUNDING THE LAST TURN AT THE TOP WITH LAKE GEORGE IN THE BACKGROUND.

BRIAN TEAGUE/FATEAGUE FOTOS



Brian, Larry and myself will someday end up with a cane crossing the finish line together!" There are no females who vie for such longevity but, SURPRISE! Brian informed me that Candi Schermerhorn and I are the proud owners of a 23-year streak. I have repeated at Prospect since we moved here because I simply enjoy the challenge, but now I too feel the tug of future commitment. Good thing that the event welcomes both runners and walkers!

Even if mountain running will never be your forte, do jumpstart your spring season at Prospect. Afterwards you will shrug off at any hills that come your way during your "normal" races. Register at active.com. 🌲

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



**For Extra Inspiration**

- *Running Beyond: Epic Ultra, Trail and Skyrunning Races* by Ian Corless (White Lion, 2019) – the perfect coffee table experience.
- *Sky Runner: Finding Strength, Happiness and Balance in Your Running* by Emelie Forsberg (Blue Star Press, 1918).
- *Training for the Uphill Athlete* by Kilian Jornet (Patagonia, 2019) – Jack Daniels (the author, not the drink) for the uphillers.

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## Adirondack Marathon, Half Marathon and Relays

**Sunday, Sept. 22 – Around beautiful Schroon Lake!**

**9am** – Marathon & Relays  
 7am Marathon early bird start  
 2-Person Relay = 13.1 miles each  
 4-Person Relay = 4.4, 8.7, 5.1 & 8 mile legs

**10am** – Half Marathon  
 Adirondack to Schroon Lake on second half of marathon course

**Saturday, Sept. 21**  
 5K & 10K Races in Chestertown and 1K Kids' Fun Run in Schroon Lake

**CARVED BEAR AWARDS**

Top 3 M/F overall in marathon/half and top M/F/Mixed in relays

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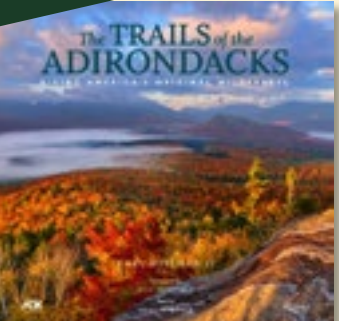
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