

## Capital Region Tour de Cure



### CONTENTS

- 1** **Bicycling or Run/Walk**  
*Capital Region Tour de Cure: Kivort Steel Raises Over \$1 Million*
- 3** **Kayaking, Canoeing & SUP**  
*Paddling NYS Canals: Earth Day on the Mohawk River*
- 5** **News Briefs & From the Publisher**
- 7** **Running & Walking**  
*Spring Potpourri of Races*
- 9** **Hiking & Backpacking**  
*Cat Mountain Pond: At the Heart of Wildness*
- 11** **Multisport**  
*This Year, Try a Try or Do a Du*
- 13** **Bicycling & Mountain Biking**  
*A Community Bike Park: Town of Caroga and More*
- 15** **Athlete Profile**  
*Running with Olivia Frempong*
- 16-21** **CALENDAR OF EVENTS**  
*May to July: Many Things to Do!*
- 23** **Great Walks & Day Hikes**  
*Overlook Mountain: Outdoors in the Catskills*
- 25** **Open Water Swimming**  
*Conquer Fear and Tame Water*
- 26-27** **RACE RESULTS**  
*Top Finishers in 10 Races*

## Kivort Steel Cycling Team Raises Over \$1 Million to Fight Diabetes

KIVORT STEEL DIABETES REVOLUTION AND FRIENDS ALONG THE WAY AT THE 2018 CAPITAL REGION TOUR DE CURE. CLIFFORD HOPKINS PHOTOGRAPHY

By Mark Wahl

Every 23 seconds someone is diagnosed with diabetes in the US. It's the seventh leading cause of death, more than AIDS and breast cancer combined. Won't you help by joining the American Diabetes Association cause by registering to ride, run or walk? If not, could you donate for the cure to this very worthy cause? With 1,500 participants, the **Capital Region Tour de Cure** is a great event on Sunday, June 9 at the Saratoga County Fairgrounds in Ballston Spa.

The Capital Region Tour de Cure is for all abilities, featuring five well-marked cycling routes of 10, 30, 50, 62 and 100 miles, with safety marshals and vehicles, and fully-stocked rest stops. There is also a 5K Run and Walk with a water station. Last year, more than 200 volunteers that dedicate countless hours to make Tour a great day for everyone. The Tour de Cure would not be possible without the volunteers who dedicate countless hours to make it a great day for everyone. The total fundraising goal this year is to raise \$725,000 to fight type 1 and 2 diabetes.

The Tour has corporate teams, friends and family teams, and individual participants. A team can also be a combination of riders, runners and walkers. The minimum fundraising goal for each participant is \$200. There is a festival afterwards with lunch by Mazzone Hospitality, plus the New Belgium Beer Garden, and live entertainment by Body & Soul.

I was diagnosed with type 2 diabetes about 20 years ago and it had progressed to the point that I needed daily injections of insulin. In early 2012, I needed to add more exercise into my daily routine, and remembered that I loved cycling when I was younger. So, 38 years after my last bicycle ride, I bought a new bicycle. It

was, what I called, an old man bike - it had shock absorbers in the front and on the seat post. It was very comfortable, but very heavy!

At the same time, my wife brought home a pamphlet about the Kivort Steel Cycling Team and some event called "Tour de Cure" given to her at work by Howard Katz. What I didn't know was that this little pamphlet was about to change my life forever!

I rode my bike a little bit on my own, but I soon found out that there were organized group rides though the Mohawk Hudson Cycling Club. I thought that I could ride with a "no drop" group and get some more miles in the saddle. So, I decided to go on one of these rides in mid-April. To say I was in over my head was to overstate the issue. Here I am in a bicycle that weighed as much as a small car, wearing shorts, T-shirt and sneakers with toe cages, trying to ride with riders in spandex, clipless pedal systems/shoes, and bicycles that appeared to weigh less than my sneakers. I was assured it would fine and that someone would ride with me. Well, the entire group had to wait for me at every major turn for several minutes and as soon as I arrived, they were ready to go. I felt very bad that I was holding them back from getting the ride in that they wanted that day.

I finally said that if they just pointed the way, I would head back, and they could get on with their training ride. To my surprise and relief, one of those riders volunteered to ride back with me, no matter how slow or how many times I needed to stop! His name was John Casey (Athlete Profile, January 2019) of Latham, who it turns out was a member of the Kivort Steel team. When we got back to the starting point, I had ridden over 20 miles! The compassion he showed towards me meant a lot, and when I got home, I signed up for the Tour de Cure with the Kivort Steel team.

See **BICYCLING** 25 ▶

Mountainman Outdoor Supply Company presents the



# First Annual Adirondack Paddling Symposium

June 21-23, 2019  
At Mountainman Outdoor Supply Company  
Old Forge, New York

**Improve Your Skills, Paddle Further, Paddle Smarter!**

A comprehensive weekend of paddling instruction for paddlers, offering Beginner and Intermediate course tracks for Kayaks, Pack Boats, SUPs, and Canoes.



Customize your own instruction plan!  
Experienced, expert instructors. Small Class Sizes.  
Register early! Participation limited to first 60 paddlers!



Wilderness WERNER PADDLES  
NRS Swift Current Designs  
"Serious Boats for Serious Paddlers"  
New York's Largest Canoe, Kayak & SUP Dealer

Learn more at [ADKpaddlingSymposium.com](http://ADKpaddlingSymposium.com) • (315) 369-6672

# Come Visit Old Forge

Your Adirondack Base Camp!

Eagle Bay • Stillwater  
Big Moose • Beaver River  
It's Our Nature!



Make your own fun,  
or let us help you!

Info-Webcams-Vacation Guide

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

# Adirondack Paddlefest & Outdoor Expo 2019

Old Forge, New York • May 17, 18 & 19 • Test Paddle Before You Buy!

**America's Largest On-Water Canoe, Kayak, Outdoor Gear & Clothing Sale!**  
**Over 1,000 Canoes, Kayaks & SUPs on Sale!**



[www.MountainmanOutdoors.com](http://www.MountainmanOutdoors.com) • Rt. 28 Old Forge • (315) 369-6672

## KAYAKING, CANOEING & SUP

PASSING THE TWIN BRIDGES OF THE NORTHWAY.  
ALAN MAPES



A GREAT BLUE HERON IN FULL BREEDING PLUMAGE, STANDING ON A MUSKRAT LODGE.  
MICHAEL KALIN

# Paddling NYS Canals

## Earth Day on the Mohawk River

By Alan Mapes

The first paddle trip of the spring is always a joy! This year, I had inspiration for that paddle from the newly published *New York State Canalway Water Trail Guidebook and Navigational Map Set* by the Erie Canalway Heritage Fund. In honor of this new resource for paddlers, two friends and I decided to launch at one of the sites listed in the book. Alcathy's Boat Launch in Waterford puts you on the Mohawk River, which was running high and brown on our paddle day, but the sun was warm and nature was busting loose.

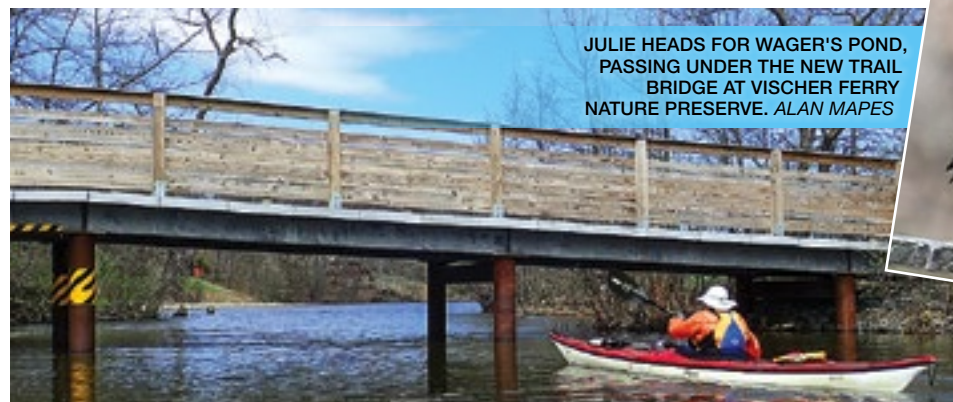
It was not the first paddle of the year for Julie and Michael – they are perhaps the most active kayak paddlers I know. They had been out on the Hudson River six times already this year. Michael is an avid wildlife photographer, paddling with an SLR camera and long lens resting on the bottom of his boat. Muskrats were his hoped-for quarry that day, and the critters did not disappoint.

Alcathy's is a nice large launch site, with a double boat ramp, and parking for 30 cars or more. It's found at the end of Flight Lock Road in Waterford, right near the top of the famous Waterford Flight of Locks. The flight allows boats to rise from the level of the Hudson River (essentially sea level), up to 165 feet to pass around the Cohoes Falls – the second largest falls in New York.

Our paddle covered a seven-mile stretch of the river, which is also part of the current day Erie Canal. Opened in 1825, the canal was the gateway to the Wild West, which then included central and western New York. An engineering marvel and powerful economic engine in its day, the canal is still all of that, but is now mostly focused on recreation and tourism.

Heading west from the launch, we were on an eastern section of canal that's made up of a series of dammed up sections of the Mohawk River. The next dam to the west is Lock 7 in Niskayuna, 10 miles away. It was clear that going all the way to Lock 7 and back was not in the cards for this Earth Day. A combination of spring runoff and recent heavy rains had the river current running strong. A stiff east wind helped counter that current, pushing us along, but we knew the wind would be a challenge on our return trip.

Our goal was to pass under the Twin Bridges of the Adirondack Northway (I-87) and enter the old Erie Canal channel and Wager's Pond. The new guidebook details the many landings, launches and historic features along the way. On paddle, we passed nine of these featured locations, including other launching spots, public parks, marinas and a restaurant. *To get a copy of the book and map set, you can order a free copy (\$10 shipping/*



JULIE HEADS FOR WAGER'S POND, PASSING UNDER THE NEW TRAIL BRIDGE AT VISCHER FERRY NATURE PRESERVE. ALAN MAPES



A MUSKRAT, COMMON IN THE CATTAIL MARSHES ALONG THE RIVER, HOLDING A WATER CHESTNUT SEED. MICHAEL KALIN

handling) or download it in sections or in its entirety at [eriecanalway.org/watertrail](http://eriecanalway.org/watertrail).

Although the river was at high flow, the current was not too strong to paddle against in this dammed section of the Mohawk. The river twists and turns, and the wind swirls between the shores. The wind was from behind us most of the time, but occasionally was in our faces. Our vain hope was that the wind would be less in the afternoon, when we'd be mostly facing it.

This section of river has islands, bays and marshes to explore, so we took our time heading west. Michael was not finding muskrats at first, but got shots of displaying red-winged blackbirds sitting on the shrubs and cattails. Painted turtles were sunning on logs along the shore, and let us approach closer than normal. We guessed that they did not want to leave the warmth of the air and dive back into the cold water in the low 50s.

The cold water was on our minds as well, since safety is always a concern when paddling in the spring. The first warm days in early spring are a time when people run into trouble, dressing for the air temperature, and not giving a thought to a possible capsize and unplanned swim. Wearing a life jacket and protective clothing will help keep you safe, but experience with rescues is also important. Julie, Michael and I spent an afternoon practicing our kayak rescues last year, and this day we stayed within shouting distance of each other, in case of a problem.

The Twin Bridges are a choke point for both water and wind. Waves were rolling a foot or so high and the wind was gusting

as we passed under the bridge and headed for the channel to Wager's Pond on the north shore of the river. Once out of the wind, the warm sun took over and everything was pleasant. Michael photographed a double-crested cormorant drying its outstretched wings. They do not have the waterproofing oils for their feathers that ducks have, and must spend time drying out after diving for food.

Entering Wager's Pond, we passed under the new pedestrian/bicycle bridge, part of the trail network at Vischer Ferry Nature and Historic Preserve in Clifton Park. Much of the trail system has been improved in the past few years. You can walk, run or mountain bike on a smooth stone dust surface, running for several miles east or west from the main preserve parking area on Riverview Road. This is an especially popular spot for birding and for dog walking.

We circled the large pond as the traffic on the Northway droned away nearby. Wager's is the pond you see from the interstate when approaching the Twin Bridges going south. Later, we explored the old Erie Canal channel and Clute's Dry Dock, where wooden canal boats were built and repaired in the 1800s. A parking area and dock provide launching at this spot, though the dock is high for kayaks, better suited to launching with canoes.

Our return trip on the river was a combination of some quiet exploring in marshy channels along the shore, and lots of strenuous paddling on the main river. The lighter afternoon winds that we hoped for did not come to pass – they increased if anything. With every stroke, my joints and muscles reminded me that it was my first outing of the year. It was a good time to review my forward stroke technique – reach well forward, plant the blade, rotate from the waist, trace the horizon with my upper hand, lift the paddle out at the hip, reach forward with the other shoulder... and repeat. I've heard that it takes



A DOUBLE-CRESTED CORMORANT DRIES ITS WINGS AT WAGES POND.  
MICHAEL KALIN



MANY PAINTED TURTLES WERE SUNNING ON LOGS ALONG THE SHORE. MICHAEL KALIN

around 1,000 strokes to go a mile. Someday I will have to count, but I'm sure that small changes in your technique can make a big difference, given how many times they are repeated in the course of a day's paddle.

It's a sad fact that the bays and marshes along the Mohawk are best explored in spring, before the floating water chestnut plants cover the surface, and make boating on the margins of the river difficult. This invasive plant, native to Asia, was introduced into Collins Park Pond in Scotia in the mid-1800s, and has spread far and wide since then. The plant's "devil head" seeds with their sharp spines are everywhere along the shores. Good foot gear is a must for paddlers, as these seeds can go through a pair of flip flops or cheap water shoes. On a brighter note, several of the muskrat photos that Michael took show them holding water chestnut seeds in their paws or their mouths. Apparently, it is a favored food, at least in the early spring.

Erie Canalway National Heritage Corridor is organizing "Paddle the Flight" on Sunday, June 2 from Alcathy's Boat Launch to Peebles Island in Waterford. The 2.7 miles will take kayakers, canoers and SUPers through the five locks of the Waterford Flight for a half-day, guided tour.

Check out the new guidebook and set of four maps of the entire NYS canal system's water trail, including the Erie, Champlain, Cayuga-Seneca and Oswego canals. The maps are waterproof and tear resistant. I think you will find it will inspire some new paddle trips this season. Learn more at [eriecanalway.org/watertrail](http://eriecanalway.org/watertrail). 🌿

*Alan Mapes (alanmapes@gmail.com) is a sea kayak instructor and guide, certified by the American Canoe Association and Paddlesports North America. He lives near Delmar and offers kayak instruction through the Capital District Kayakers.*



**BIKING**   **RUNNING**   **TREKKING**

EVENT SUPPLIES TOO! We Can Outfit Your Club!

**THE INSIDE EDGE**  
SKI & BIKE SHOP

643 Upper Glen St.  
Queensbury  
(518) 793-5676  
insideedge.biz

Help ADK in Working for Wilderness

Join Today!

Early Spring Special!  
\$5 OFF WITH PROMO CODE: **\$5OFFASP**

ADK Mountain Club

ADK.ORG



**Great Selection of Paddleboards & More!**

Rentals, Sales and Instruction

On beautiful Sandy Bay, Lake George

50% of Paddleboard Rental Receipts Donated to 

A DIVISION OF 

291 Cleverdale Rd, Cleverdale, NY 12820

  **PattysWaterSports.com • 518-656-9353 Ext 335**

**Berkshire OUTFITTERS**

**OUTDOOR SPECIALISTS**

**ON WATER**

- Kayak
- Canoe
- Fly Fishing
- Paddleboard

**ON LAND**

- Bike • Hike
- Roller Ski

**ON YOU**

- Gear
- Clothing
- Footwear

**Rentals Available!**

(413) 743-5900 • BerkshireOutfitters.com  
Route 8, Grove St • Adams, MA  
Only One Hour from Albany/Troy

**Lake George TRIATHLON Festival**

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

Online registration ends Aug. 27

<b>Lake George Tri</b> Olympic Race Saturday, Aug. 31	<b>Big George Tri</b> Half Iron Race Sunday, Sept. 1	<b>AquaBike</b> Half Iron Race Sunday, Sept. 1
---	--	--

**KING GEORGE:** Olympic Race and Half Iron Race  
**PRINCE GEORGE:** Olympic Race & Half Iron AquaBike Race  
AquaBike = Swim/Bike (Half Only)

*"Wow! Just Wow! Every year - simply Amazing!"*  
*"Oh my word, the camaraderie is fabulous and the organization is incredible!"*  
*"I'm coming back and I'm bringing all my friends!"*

- Recent Competitors



**AMIGOS CANTINA**

**Voted Best Mexican Restaurant in Saratoga Fourth Year in a Row!**

**OPEN AT 4:30 PM TUES-SUN**

Taco Tuesdays  
Two Tacos, Rice & Beans for \$8.99

Thirsty Thursdays  
\$5 House Margaritas & \$4 Draft Beer

Reservations Recommended  
**(518) 695-9595**  
42 Ferry St, Schuylerville  
AmigosCantina.net  
Refueling athletes since 2007

**MOHAWK HUDSON RIVER & HANNAFORD HALF MARATHON**

**10.13.2019**

**Flat Fast & Downhill!**

**Registration Open - Signup Now!**

Visit [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com) for registration and race details, sponsorship opportunities, and volunteer information.

Directed by: 

Half Marathon presented by: **Hannaford.**

Race Expo presented by: **ADIRONDACK SPORTS**

Apparel sponsor: 

# News Briefs

## Inaugural Apple Blossom 5K Run on May 18

SCHUYLERVILLE - Local cidery, Saratoga Apple, has partnered with Saratoga PLAN to host a 5K race and kids' fun run through their picturesque orchard, expected to be in full bloom by race day on Saturday, May 18. Runners, walkers and frolickers are welcome to celebrate spring. The 5K is at 9am and Kids' Fun Run is 10am. Enjoy cider (buy one, get one) and 9 Miles East food (for sale). Proceeds will go toward ongoing and future Saratoga PLAN projects to conserve irreplaceable lands in Saratoga County for farming and recreation. For details and registration, visit [saratogaplan.org](http://saratogaplan.org) or [runsignup.com](http://runsignup.com). 🌱

## ADK Releasing Updated High Peaks Map

LAKE GEORGE - Adirondack Mountain Club is releasing the 15th edition of the High Peaks topographic map this spring to account for changes in the region over the past few years. The 2018 revised Unit Management Plan for the High Peaks Wilderness Complex from the DEC included the addition of several major tracts of land, most notably the former Dix Mountain Wilderness and the Boreas Ponds tract. Thus, the boundaries of the region, as well as where certain regulations are required, have expanded. Language referring to the High Peaks Wilderness has changed as well. As of 2020, DEC regulations will reference the "Outer High Peaks Zone" and "Central High Peaks Zone" replacing the original "Western" and "Eastern" High Peaks zones. These zone designations remain in place through 2019.

The new map reflects these changes, and



also offers greater detail to help in the backcountry through: Insets detailing campsites for Marcy Dam and Lake Colden areas; updated information on other backcountry campsites and lean-tos; more details on the recently acquired Boreas lands; updates on recently built or rerouted trails, including the one recently constructed on Mt. Van Hoevenberg; and 20-foot contour lines. The new edition is available at book and outdoor supply stores, ADK in Lake George and Lake Placid, 800-395-8080 or [adk.org](http://adk.org). 🌱

## Operation Fitness: Strength and Conditioning Challenge

ALBANY - Operation Fitness "Battle of the Gyms!" is a team strength and conditioning challenge to be held on Saturday, June 8 from 8am-12pm at University at Albany's Casey Stadium. Powered by SEFCU and presented by FIT Strength & Conditioning, all proceeds benefit organizations supporting veterans. Past and present military personnel receive a discounted registration. Navy SEAL Darren McBurnett is an honorary guest. He's a retired combat veteran, photographer, author and motivational speaker. To view the workout, form a team of three and register today, visit [sefcu.com/operationfitness](http://sefcu.com/operationfitness). 🌱

## New Guidebook Unlocks NYS Canal System for Paddlers

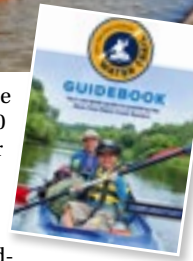
WATERFORD - When the NYS Canal System opens on May 17, kayaks, canoes and SUPs will share the waterway with cruisers and powerboats, thanks to the *NYS Canalway Water Trail Guidebook and Navigational Map Set* released by the Erie Canalway National Heritage Corridor. The complimentary guidebook and maps include a mile-by-mile description of launch sites, paddler-friendly facilities and amenities, and places of interest for 450 miles of the canal system, including the Erie, Cayuga-Seneca, Oswego and Champlain canals. The



guidebook and maps are available now to order (\$10 shipping/handling fee) or download at [eriecanalway.org/watertrail](http://eriecanalway.org/watertrail).

The guidebook includes features to help paddlers plan a trip and enjoy the waterway for a few hours or a paddling vacation: best bet day trips with mileage charts; step-by-step instructions for locking-through; plan and prepare for a paddling trip; maps and descriptions of the more than 140 public access points; and things to do and see on and off the water.

Paddlers are also encouraged to participate in the *Canalway Challenge*, a new initiative that invites people to trace history while tracking miles walking, running, cycling or paddling on the NYS Canal System and Canalway Trail. The free program includes a range of mileage options - 15, 90, 180 and 360 miles - so that people at all fitness levels can choose a mileage goal that suits their ability



and participate. Details and sign up are available at [canalwaychallenge.org](http://canalwaychallenge.org). 🌱

## Garden Parking Lot Closed for Summer

KEENE - The parking lot at the Garden Trailhead - one of the main access points to the eastern High Peak Wilderness - is closed to motor vehicles during the spring and summer of 2019 due to the replacement of the Johns Brook Bridge. Construction of the replacement bridge in Keene Valley has begun and is expected to last through the summer. No vehicles or pedestrians will be able to pass the bridge once construction is started. Hikers and backpackers may access 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 bridge replacement is a critical public safety issue as it's in such poor shape that plow trucks, fire trucks, and ambulances cannot use it. The Town of Keene plans to operate the shuttle from 7am to 7pm seven days a week. The cost will be \$10 round-trip per person. Check the town website for up-to-date shuttle schedules: [townofkeeeny.com](http://townofkeeeny.com). 🌱

## FROM THE PUBLISHER

### Be Nature-Smart



Getting exercise outside changes your perspective and alters the way your brain works. The natural settings inspire our daily lives. Visiting a forest, waterway, trail or backroad has mental and physical health benefits, including reducing stress, lowering blood pressure, increasing attention span, ability to focus and energy levels.

Focusing on multiple activities or a single thing for long periods of time can mentally drain us, a phenomenon called Directed Attention Fatigue. Spending time in nature, whether it's for a hike, run, bike or paddle, gives our brains a break to perform better in your everyday life. Enjoy the issue and I hope it inspires you to be more active.

*Darryl*

# DISCOVER HIGH PEAKS ADVENTURE CYCLING

Equipment & Gear Sales & Rentals  
Intro to Advanced Tours & Camps  
Half Day, Full Day and Multi-Day Trips  
All Season - All Terrain  
Fat Bikes • Road • Mountain • Gravel



### TRAINING CAMP HQ

3 houses sleep up to 30, yoga studio, 3 decks, washers, off-street parking, storage, etc.

Rentals • Lessons • Instruction Service • Shuttles

Lake Placid's Original Multisport Store Since 1983  
2733 Main St, Lake Placid  
(518) 523-3764  
Mon-Sat 9-6, Sun 10-5  
**HighPeaksCyclery.com**

# NEW! MTB Dirt Camps & E-Bike Tours Plus, Summer Rock Climbing Programs

## Mother's Day & Memorial Weekend SALE!

Car Rack Headquarters!

YAKIMA THULE

..koot.. SARIS

HOLYWOOD

Bike • Boat • Gear

SALE!

SAVE HUNDREDS! Yakima SkyRise Rooftop Tent



# ADIRONDACK SPORTS

Locally Owned & Independent

Adirondack Sports & Fitness, LLC  
15 Coventry Drive, Clifton Park, NY 12065  
(518) 877-8788 • Fax (518) 877-0619  
[info@AdkSports.com](mailto:info@AdkSports.com)

ISSUE #221

**AdkSports.com**  
[Facebook.com/AdirondackSports](https://www.facebook.com/AdirondackSports)

**Publisher/Editor/Founder:** Darryl Caron  
**Art Director:** Karen Chapman  
**Consulting Editor:** Mona Caron  
**Contributing Writers:** Laura Clark, Tom Denham, Mike Feldman, Kristen Hislop, Bill Ingersoll, Alan Mapes, Tom O'Grady, Ann Svenson, Mark Wahl  
**Contributing Photographers:** Michael Borgos, Jill Burwell, Michael Farrell, Mike Feldman, Lee Hilton, Clifford Hopkins, Bill Ingersoll, Michael Kalin, Joseph Kostoss, Alan Mapes, Kevin Morris, Tom O'Grady, Bob Rainville, Christian Rodriguez  
*Adirondack Sports is published 12 times per year with a monthly circulation of 18,000 copies. © 2019 Adirondack Sports & Fitness, LLC. All rights reserved. ♻️ Please recycle.*

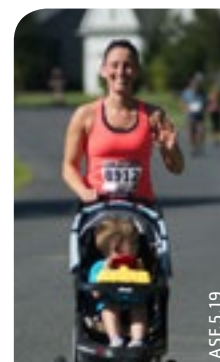
## CAPITAL DISTRICT YMCA • [www.CDYMCA.org](http://www.CDYMCA.org)

### GREENE COUNTY YMCA SPRING INTO SUMMER 5K

SATURDAY, JUNE 15  
8:30AM • Coxsackie-Athens High School



OUR PLATINUM PARTNER



REGISTER TODAY!  
[www.ZIPPYREG.com](http://www.ZIPPYREG.com)

BETTER TOGETHER — The Capital District YMCA is a leading Capital Region charity.

## CAMP CHINGACHGOOK on Lake George



LIMITED SPACES!

Sign up today for an unforgettable summer!

- Adventure Trips
- Overnight Camp
- Day Camp
- Teen Leadership Programs

[www.LakeGeorgeCamp.org](http://www.LakeGeorgeCamp.org)  
518.656.9462

**THURSDAY, JULY 4 • 9am**



**13th Annual**

**NY's Largest 4th of July Race**

**Firecracker4<sup>®</sup> 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**

# Sprint into Spring

Your go-to run specialty shop  
for all your running needs

- Shorts & tank tops
- Sneakers
- Training Programs
- Hydration gear
- Nutrition products



## RUNNIN' FOR 'ROOTS

TO BENEFIT COMMON ROOTS BREWERY

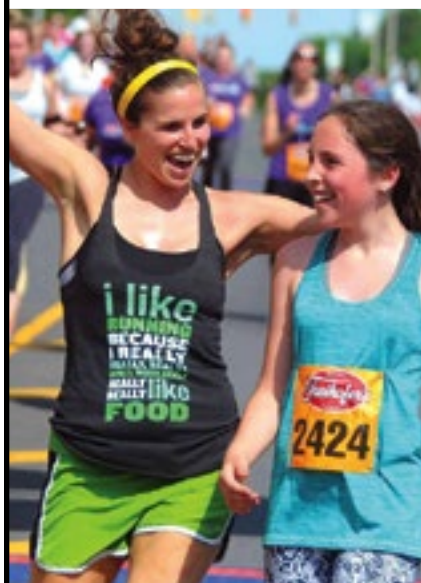


5.24.19 | 6-9PM | FLEET FEET ALBANY

Fleet Feet Albany  
155 Wolf Road | 518-459-3338

Fleet Feet Malta  
Rte 9 Shops of Malta Plaza | 518-400-1213

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



## 41<sup>st</sup> Frehofer's *run for women*

### #WOMENRUNALBANY FOR 41 YEARS!

The Frehofer's® Run for Women – the Capital Region's premier all-women's 5K road race – turns 41 on Saturday, June 1 and we want you to be part of our festivities!

Run or walk together, side by side in a celebration of women and sisterhood!

Our downtown course, which starts and ends on Washington Avenue in the shadows of Albany City Hall and the New York State Capitol, offers:

**PRE RACE EXPO | AMPLE PARKING | 9 A.M. START | A WIDE, COLOR-CODED START | A SCENIC WASHINGTON PARK COURSE | SPECTATOR VIEWING OPTIONS AT THE START AND FINISH LINES | POST-RACE FESTIVITIES**

### *Kids run Albany too!*

Sign your kids up for the Frehofer's Kids' Run (ages 3-11) or Junior 3K Run (ages 7-14). These events include t-shirts and delicious chocolate chip cookies!

**So don't delay!** Sign up today at [freihofersrun.com](http://freihofersrun.com).



## ● RUNNING & WALKING

# Spring Potpourri of Races

By Laura Clark

After our snowy winter, we are joyfully venturing outdoors. And even if, like me, you kept active skiing and snowshoeing, it is important to proceed gradually when reawakening road and trail-specific muscles. Fortunately, this spring we are offered a generous mix of events, short and long, hilly and flat, as well as combos featuring a variety of disciplines to complement our winter training styles.

First up, on Saturday, June 1 is the 41st annual **Freihofer's Run for Women** in downtown Albany, offering a big-time marathon experience for the "price" of a 5K. Most marathons add a 5K or 10K as an afterthought to round out the family experience, but here the 5K run/walk is the real deal, surrounded by an expo, team competitions, a Junior 3K Run (ages 7-14) and free Kids' Runs (ages 3-11) ranging from 50 meters up to one-mile. And while boys may join the girls for the kids' runs and the Junior 3K, the 5K remains a celebration of women, girls and sisterhood, with the guys encouraged to cheer, mind the kids and volunteer.

My family has been running Freihofer's since we moved here in 1994, with my grandkids starting out at 50 meters, and progressing all the way through the 5K. I remember my granddaughter Elena Suarez's first go, where she was convinced her medal meant she had won the dash, through her first 5K where the adults dwarfed her in the lineup like trees in a forest, to her present-day confidence in her ability to challenge herself. Now as a high school senior, when I asked her what makes Freihofer's special – besides the delicious chocolate chip cookies! – she replied that she enjoyed the family teams, and the fact that she could just relax and focus on herself as a woman and an athlete. Our family has grown up with this event from sister/sister teams to mother/pregnant daughter walks, to grandmother/mother/daughter teams.

Many women who had never thought of themselves as athletic, discover an all-female race is not as intimidating. From the Freihofer's Training Challenge, to online buddy systems, to simple meetups with friends, they are encouraged to toe the line in celebratory fashion. And while 3,000 entrants

initially seem like a lot, there is no jostling as everyone awaits their turn to cross the start and wave at the cameras, as they head toward the scenic Washington Park course. As each participant finishes, she is affirmed by cheering crowds, solicitous volunteers, and a race official announcing her name.

One of my fondest memories was chatting with marathon legend Joan Benoit Samuelson as she worked her way up through the crowd. The 61-year-old will be there again this year, soon after her amazing Boston Marathon 3:04 performance, where she crushed her goal of running within 40 minutes of her 1979 Boston (2:35) victory. (Freihofer'srun.com)

Also happening on June 1, the 22nd annual **Charlton Heritage 5K Run/Walk** benefits the Charlton Historical Society. Part of the annual Founder's Weekend, the race fittingly begins at the Old Red Schoolhouse and finishes at the historic St. Paul's Church. The out-and-back route adheres to a "what goes up, must go down" philosophy with rolling hills and flats, and a downhill finish. Ainsley's Angels teams are prominent, wearing their pink shirts and pushing their riders in racing chariots. Don Proulx, one of the pushers, comments that the race draws a large crowd of cheering spectators, "presenting a nice small-town Americana atmosphere. You almost expect to see Barney Fife there directing traffic with Aunt Bee serving up her famous blueberry pie." The Kids' 1-Mile Fun Run follows with a shirt and medal. (Charlton5k.org)

If you enjoy flat and fast (or flat and slow), aim for the fifth annual **Good Karma 5K Run/Walk** on Saturday, June 15. The USATF certified route on the paved trail within the Crossings Park in Colonie guarantees a speedy time unencumbered by traffic. Because of this, it's also a great spot for kids to attempt their first solo 5K – or do the free Half-Mile Kids' Run. Proceeds benefit AIM for Seva with the mission of educating rural Indian children. In keeping with this theme, the race is a cultural immersion with a yoga warmup, henna tattoos, Indian street snacks, music, and Indian folk dances. Register early to guarantee a gender-specific T-shirt in your size. (Goodkarma5k.itsyourrace.com)

If the gym was your default mode this

▲ 2018 WILMINGTON WHITEFACE WHISKEY RUN 10K. JOSEPH KOSTOSS

▲ AINSLEY'S ANGELS AT 2018 CHARLTON HERITAGE 5K. JILL BURWELL ▲

▼ A GREAT TIME AT THE 2018 GLENS FALLS URBAN ASSAULT. MICHAEL BORGOS

▲ HAPPY RUNNERS AT 2018 FREIHOFFER'S RUN. KEVIN MORRIS/TIMES UNION

▲ 2018 TUFF ENUFF OBSTACLE COURSE CHALLENGE. PREVENTION COUNCIL

▲ JOAN BENOIT SAMUELSON WITH YOUNG FANS AT 2018 FREIHOFFER'S RUN. MICHAEL FARRELL/TIMES UNION

winter, test your stamina on an obstacle course race. The eight annual **Glens Falls Urban Assault 3.5-Mile Obstacle Race** on Saturday, May 25, which takes place in and around the city of Glens Falls and benefits Crandall Park and Adirondack Vet House. Race director Randy Rath is proud of this family-friendly event and enthuses, "With over 20 obstacles spread out over the 3.5-mile course it is a great alternative to a straight 5K run." Typical obstacles include ropes, stairs, slip-n-slides and climbing walls. This is a good starter event as the challenges are not meant to be intimidating and if someone is uncomfortable at a station they can always substitute pushups. There is plenty of time for Saturday errands as the first group takes off at 5pm in waves limited to 50 runners to prevent overcrowding. To maximize your fun, consider registering as a team! (Adkracemgmt.com)

Looking for mud and fun at an affordable family-style price? Then resurrect your lawn mowing sneakers and head out to the eighth annual **TUFF eNUFF Obstacle Course Challenge** at the BOCES Campus in Saratoga Springs on June 1. There will be plenty of opportunity to test your gym rat skills in muddy trenches complete with hurdles, hills, and slip 'n slide standing water – all skillfully designed by BOCES "heavy equipment" students. After the one-mile Kids' Run, the main event proceeds in three separate 5K waves for teens and adults. Herein lies the decision point: Do you want to christen the course and then cheer on friends, or would you rather hold out for muddier terrain and the opportunity to scout out the trouble spots? Expect 500+ team and individual participants, many of whom will be wearing clever costumes that become

unrecognizable at the end. Mirroring the Prevention Council's goal of helping youth navigate life's challenges, kids and adults are encouraged to work together to surmount through these obstacles. (Finishright.com)

Whether you engaged in longer winter expeditions or not, there are two upcoming events waiting to test your skills. The first is Wilmington Historical Society's benefit third annual **Wilmington-Whiteface Whiskey Run 10K** on June 15, where you can run the roads of prohibition! As runners cross the finish, they'll be awarded a collector's "whiskey flask" medal and can enjoy whiskey (or beer) tastings with local distillers, barrel making, food, fun and raffles. Friends can purchase similar souvenir race tees (Artshop.lore-mans.com/whiskey\_run) to support their runner, an opportunity not often available. Afterwards, you and your family/friends can stay for the Heritage Festival, which includes an 1812 Battle of Plattsburgh encampment, music/stories of the day, old-fashioned craft vendors and tastings, followed by an evening Speakeasy at Pourman's Tap House. And do congratulate the Bidelspachs who have chosen to save money by foregoing a big wedding reception and will be celebrating at the Whiskey Run! (Adkwhiskeyrun.com)

Finally, on Saturday, June 22 stretch your legs at the second annual **Adirondack 15K Race to the Lakes**. Runners launch from SUNY Adirondack in Queensbury, and proceed to the gently rolling Warren County bike path, enjoying a shaded, traffic-free journey, and a downhill finish with great views at Lake George's Battlefield Park. Post-race runners can enjoy Ben & Jerry's ice cream and the bus back to SUNY. Fittingly, the event benefits Lake George Association's Floating Classroom. Building on the success of the inaugural event, this year's race is approaching 200 runners – toward its 300-runner cap. Sign up soon or consider volunteering. (Active.com) Happy Running! 🌲

*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.*



**On-Water Demo**  
All models – including new Oseetah!  
M-F 9:30-5:30, Sat 11-4

**The Finest Paddling Boats on the Water**

**PLACID BOATWORKS**

263 Station St, Lake Placid • 518-524-2949 • placidboats.com

DISCOVER West Central Adirondacks

Just like having the **Owner's Manual** to the **Adirondack Park!**

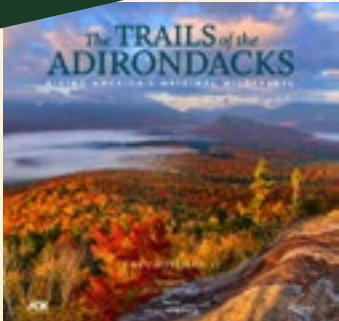
Get Out. Seek Out. **FIND OUT.**

www.HikeTheAdirondacks.com

Inside or Out  
ADK takes you to new places

Published by Rizzoli International with ADK (Adirondack Mountain Club), this new title celebrates America's original hiking destination through breathtaking contemporary photography by Carl Heilman. Compelling text by Neal Burdick describes the history of the region's trails. Sidebars by Christine Jerome and Stu Mesinger, maps, and archival photos provide additional perspective and interest.

Available April 16



Hardcover, 10" x 10", 288 pages, includes fold-out map, \$45 (member discounts apply).

800-395-8080 ▲ Working for Wilderness ▲ ADK.org

**ADIRONDACK SUP FESTIVAL**



SARANAC LAKE NEW YORK ADIRONDACK LAKES AND TRAILS SOCIETY OUTRYTTERS

NRS BIG SUP

**JUNE 14, 15, & 16 - 2019 | SARANAC LAKE**

RACES - SUP DEMOS & SALES - ON-WATER CLINICS  
SUP FITNESS & YOGA - POOCH RACE - GUIDED TOURS  
KIDS SUP SESSION - LONG & SHORT COURSE RACES

WWW.ADIRONDACKSUPFESTIVAL.COM

**North Country Subaru**

**Test Drive the New 2019 Forester Today!**



**Best Selling All-Wheel Drive Brand In America.**

**North Country Subaru**  
616 QUAKER RD., QUEENSBURY  
(518) 798-1577 • NorthCountrySubaru.com



**SUBARU**



Four-Time Recipient

**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

NEW YORK STATE OF OPPORTUNITY | Parks, Recreation and Historic Preservation

nysparks.com





## ● HIKING & BACKPACKING

# Cat Mountain Pond

## At the Heart of Wilderness

PHOTOS BY BILL INGERSOLL

▲ DEAD CREEK FLOW.

### By Bill Ingersoll

**C**at Mountain Pond is located in the northern Five Ponds Wilderness, and several hours by foot from the hamlet of Wanakena. Although it's not a place you hear many people talking about, it has always been a place I think deserves more credit. It is a placid sheet of water reflecting the rugged ledges of Cat Mountain above it, with a good campsite on one end and solitude all around.

I was reminded how much I enjoy this area when I revisited it last summer. To me, Cat Mountain Pond isn't so much a destination as a junction, located near the diverging trails to Cowhorn Pond, Clear Pond, Cat Mountain and Bassout Pond. I have camped on its shores a few times over the years, or made a point to stop and savor its charms before proceeding to some other destination.

#### Getting There

The trailhead is located in Wanakena, near Cranberry Lake. To find it, follow County Road 61 south from NY Route 3, bearing right at two intersections onto South Shore Road. At 1.2 miles, you cross the bridge over the Oswegatchie River, and at 1.7 miles you reach the trailhead for the eastern end of the High Falls Loop. There is a formal parking area here, which can hold about ten cars.

#### The Trail

The route to Cat Mountain and its lake-studded neighborhood begins on the eastern half of the High Falls Loop, which leads southeast across nearly level terrain toward Dead Creek Flow. This section follows the bed of an old logging railroad, and often the only obstacles are the beaver ponds that have been known to flood the trail at various points. Generally, though, this part of the trail is in good shape, and you can breeze along it. The old railroad bed, which has grown in significantly in some places, passes through open wetlands and woods that were impacted by the 1995 windstorm.

It takes little more than 45 minutes to reach Dead Creek Flow, one of the arms of Cranberry Lake. The trail first passes near a small bay, and then at 1.9 miles reaches a large campsite. The railroad grade ends here, although the foot trail swings right, and continues around the southern tip of the flow. At 2.8 miles, you reach a junction with the side trail to Janacks Landing, the home of a lean-to.

The High Falls Loop turns south here, passing first an open wetland, and then a small stream. The route climbs a gradual slope to another intersection at 3.6 miles, this one called Sand Hill Junction. The High Falls Loop continues to the right, but the trail to Cat Mountain Pond bears left, continuing on a gentle climb.

The trail passes a tiny gorge on Glasby Creek, cuts through a meadow, and emerges at the outlet of Glasby Pond at 3.9



▲ CAT MOUNTAIN POND.



▲ CLEAR POND CAMPSITE.

miles. If you don't mind camping directly on a popular hiking trail, there is a decent – and designated – campsite just beyond. Glasby has a round shape, and while it is pretty to behold it is not particularly photogenic. The back side of Cat Mountain rises above it.

The continuing trail can be a bit rugged as it circles the pond and then climbs to another junction at 4.3 miles. To the left is the trail that climbs to the summit of Cat Mountain, and right leads to the pond. The latter route climbs a few minutes more before finally descending into the basin of Cat Mountain Pond. After one near miss of the shoreline, where the trail comes close to the water before slipping inland again, you reach yellow markers at 5.3 miles indicating the path to the left – leading to the pond's designated campsite.

This is an attractive tent site, located not far from the water. The only thing lacking is a rock ledge on the shore that would allow you to sit by the water and contemplate the view across the pond to the mountain's rock ledges. Instead, the shoreline is weedy and the water is mucky. The views are fine, though, and you may be tempted to pass your time here watching the loons.

Cat Mountain Pond is just one destination in this neck of the woods. *Here are some side trails you may want to explore:*

**Cat Mountain** – The trail to the summit of this small mountain is 0.7-mile long and climbs 400 feet from the junction east of Glasby Pond. Nothing about this climb is difficult, and because this is the only mountain of note in the area, it tends to be a popular destination. The wide-open ledges permit a vista that incorporates many miles of undulating topography and unbroken forest.

**Bassout Pond** – This small gem of a lake is for the experts, mostly because the trail is not marked and is easily missed. It begins 0.2-mile beyond the Cat Mountain Pond campsite

spur, leading southwest. If you reach the outlet creek, then you've gone too far. The faint path leads first to a spot where people have camped in the past, and then onward to the pond's rocky shoreline.

**Cowhorn Pond** – The lean-to at Cowhorn Pond – so named because of its shape – is 1.1 miles past Cat Mountain Pond. Signs and trail markers lead the way across Sixmile Creek, and then up the steep side of an esker to yet another trail junction. Bear left, and then follow the signs for the lean-to.

**Clear Pond** – For seekers of solitude, this comes highly recommended. There is a tiny campsite on the northwest side of the pond that is perfect for one or two people. However, the trail that leads to Clear does a poor job of getting you to the water. You are better off bushwhacking the last portion.

The unmarked trail begins at the foot of the Cowhorn Pond esker, heading south. For years this footpath was languishing in obscurity, but not too long ago someone performed some maintenance on it and brought it back to life. As of August 2018, though, it was getting rough again. The old trail follows the esker more or less, but where it drops down to the right (western) side that may be your sign to forego the trail, and descend the other side of the esker. Look for a small valley dropping away to the south; this will lead you right to Clear Pond. Once there you shouldn't have too far to go to find the tiny campsite. 📍

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

**COOPERSTOWN**  
SWIM BIKE RUN  
**TRIATHLON**  
June 1, 2019

**TICONDEROGA**  
**Triathlon Festival**  
June 22, 2019

**Wilson Endurance Sports**  
SUMMER 2019  
Brought to you by Wilson Endurance Sports  
CoachMarkWilson.com

**STISSING TRIATHLON**  
Pine Plains, NY  
June 30, 2019

**Delta Lake Triathlon**  
SWIM BIKE RUN  
July 20, 2019

**NARK RUNNING STRATEGIES**

**\$100 OFF**  
RUN COACHING  
- OR -  
STRENGTH

**CLAIM YOUR SPOT NOW**  
SUBMIT EMAIL, SCHEDULE YOUR STRATEGY SESSION, AND GET STARTED!

**STRONGER. FASTER. FURTHER.**  
NARKRUNNINGSTRATEGIES.COM

**Buy any Rudy Project Sport Frame and Receive a Complimentary Backpack**




CLEARLY *the* BEST  
**DINAPOLI**  
OPTICIANS *Since 1940*

1475 Western Ave #41 | Stuvesant Plaza | 518.489.8476 | Open 7 Days  
19 Clifton Country Rd | Clifton Park | 518.373.0003  
595 New Loudon Rd | Latham | 518.783.0022  
266 Delaware Ave | Delmar | 518.439.6309

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

**THE VERMONT SUN TRIATHLON** JUNE 22 JULY 14 AUGUST 11

SWIM 600 YARDS

BIKE 14 MILES

RUN 3.1 MILES



**LAKE DUNMORE TRIATHLON - JUNE 22 & AUGUST 11**  
1600 yard swim • 28 mile bike • 6.2 mile run



**BRANBURY CLASSIC TRIATHLON - JULY 14**  
1.5 mile paddle • 14 mile bike • 3.1 mile run



**\*July 14 race is USAT Vermont State Championship!**  
*Olympic Age Group Nationals qualifier*

**VERMONT SUN HALF MARATHON - MAY 19** - half, 10k & 5k runs

Registration open to individuals and teams • [VERMONTSUN.COM](http://VERMONTSUN.COM) • 802-388-6888

**10th anniversary!**

**HUDSON CROSSING TRIATHLON**



**Sunday, June 9**  
Hudson Crossing Park, Schuylerville  
500yd Swim, 12M Bike, 5K Run  
Limited to 300 - Register Early!  
**HudsonCrossingTri.com**  
*A portion of proceeds benefit historic Hudson Crossing Park*

*Ideal for newbies and competitive athletes!*

**Placid Planet BICYCLES**



SANTA CRUZ | MEGATOWER

SANTA CRUZ | SPECIALIZED  
CERVELO | TREK | JULIANA

**We also carry E-Bikes!**

2242 SARANAC AVENUE | LAKE PLACID NY | 518.523.4128  
[WWW.PLACIDPLANET.COM](http://WWW.PLACIDPLANET.COM)

## MULTISPORT

# This Year, Try a Tri or Do a Du

By Dr. Tom Denham

As a runner, swimmer or cyclist you may have crossed paths with people who tell you, "You should do a triathlon!" If you're like me, your gut reaction is, "I ain't doing that! And I suck at swimming." Then you have gateway athletes like my running friend, Larry Salvagni of Voorheesville, who pushed the envelope and emphatically told me, "This year we should do Crystal Lake." I replied, "Do you have any idea of what is really involved in a tri? I mean like training for swimming and biking? What the hell happens in this transition area that people keep talking about? I don't think we have a clue with what we're doing." He responded, "No, but we should just do it anyway." I answered back, "Ok, fine." Then, we impulsively registered.

A triathlon is usually a swim, bike, run, but in some events swimming can be substituted for paddling or skydiving (not serious about that last one). Most individuals can handle the run and bike of a duathlon. However, the vast majority of people hold themselves back from registering for a triathlon because of the swim. Larry and I came into the sport as runners and then we bought bikes. Our swim preparation consisted of a few laps at the YMCA pool. We decided that would just float your way through the swim portion. However, there is a HUGE difference between doing laps at the Y and open water swimming. Had Larry and I joined Bethlehem Triathlon Club in the first place, which we did the following year, we would have saved ourselves a lot of grief and been much more successful.

So, your first step is to join a triathlon club! It costs money, I get that, but the investment will pay off. Trust me on this one. Nicest bunch of people you will ever meet. In addition to BTC, check out Capital District Triathlon Club, Saratoga Triathlon Club, Adirondack Triathlon Club, Hudson Valley Triathlon Club or a club in your area. Members and officers will teach you what you need to know. At my very first swim practice with BTC, I met Sarah Vogel of Albany. She is not only my triathlon mentor, but also has become one of my closest friends. Triathlons require adult supervision. Plus, your tri friends will help you reach your goals and hold you accountable. Rid your ignorance of triathlons and get a tri club membership!

When it comes to triathlons, focus on progress, not perfection. Take this one step at a time. Don't go crazy by making a half or full Ironman distance your very first triathlon. Newbies who register for these serious levels tend to undertrain, show up without the right gear, and not do well. Sadly, they often never compete again. To get started, stick to a sprint or Olympic distance. Please. You can learn from it and then build toward more advanced distances.

In addition, half fees start around \$175, and fulls can begin at \$500. This does not include travel, lodging, meals, gear, fuel, etc. Let's slow down here and be more deliberate. Since sprints and Olympics are shorter distances and easier to organize, you will find more opportunities than the longer distance events. Sprint and Olympics cost more than your typical 5K, but similar to a half or full marathon, they usually run in the \$60 to \$120 range, and duathlon fees go between \$55 to \$75.

Sprints and Olympics are friendly for spectators, families, and often have kids' races. They are easier to train for and less intimidating to compete in than a half or full. Swim distances can range from 350 yards to 1500 yards. Just remember, the swim is the warm-up for the bike and run. A very small percentage of triathletes come into the sport as swimmers. The bike can range in length from 12 to 25 miles. The run is normally a 5K or 10K. With my first triathlon, I told everyone, "All I want to do is just finish." With my second triathlon, my goal was to do better than "just finish." *Here's a list of triathlons and duathlons to get on your calendar now...*

Mark Wilson of Wilson Endurance Sports is the race director for several USAT sanctioned events. The 9th annual **Cooperstown Triathlon** on Saturday, June 1 at beautiful Glimmerglass State Park - Sprint triathlon and aquabike, sprint for relay teams of two or three people, and a kids' triathlon. Mark promises great weather and a sweet finisher's medal!

I am looking forward to competing in the inaugural **Ticonderoga Triathlon Festival** on Saturday, June 22 - this first annual race (formerly Hague) is now only five miles north in Ticonderoga. An athlete-friendly, safe and beautiful course with swim in Lake George and bike and run hugging the shoreline! Sprint/Olympic triathlons, sprint/Olympic aquabike, and kids' triathlons on Saturday - and Duathlon on Sunday, June 23. For overachievers who like to have fun, racers can also do sprint/du and Olympic/du combos, and Double Ti (sprint/Olympic) and Triple Ti (sprint/Olympic/du) combos!

Please join me for the **Stissing Triathlon** on Sunday, June 30 in Pine Plains (just one-hour south from Albany) - Sprint, aquabike and kids' triathlons in a small town with arguably the most challenging hills of any sprint in our area.

The 10th annual **Delta Lake Triathlon** is on Saturday, July 20 in Rome - Sprint, Olympic and Delta Double (sprint/Olympic) at Delta Lake State Park (near Utica). For more info and to register, visit [coachmarkwilson.com](http://coachmarkwilson.com).

Not ready for the swim portion of the triathlon, or want a super run-bike-run race, then I will see you at the 15th anniversary of the **Memorial Duathlon & 5K** on Sunday, May 26 in Saratoga Springs. New name, same great race, and benefits Saratoga Lions Club causes! For non-bikers, there's a sep-



OUT OF THE WATER WITH WILSON ENDURANCE SPORTS.



MEMORIAL DUATHLON & 5K FUN IN SARATOGA.



BIKE LEG START AT THE HUDSON CROSSING TRIATHLON.

LARRY SALVAGNI WITH DR. TOM AFTER HIS FIRST OLYMPIC AT 2018 LAKE GEORGE TRI.

arate 5K run/walk. Register at [thememorialduathlon5k.com](http://thememorialduathlon5k.com).

I hope to see you at the 10th anniversary of the **Hudson Crossing Triathlon** on Sunday, June 9 in Schuylerville. A classic sprint race in a fun, relaxed environment for newbies and competitive athletes. Register at [hudsoncrossingtri.com](http://hudsoncrossingtri.com).

I competed in last year's **Great Sacandaga Challenge Triathlon** and will do it again this summer on Saturday, June 15 in Broadalbin. Now in its fifth year, this triathlon is family-friendly with adult sprint races and youth and kids' race distances for new people and veteran triathletes. Register at [greatsacandagachallenge.com](http://greatsacandagachallenge.com).

Check out the **Vermont Sun Triathlon Series** at Branbury State Park on Lake Dunmore in Salisbury, Vt. The Hare family and staff have been directing these six great races for 34 years! The series features the **Vermont Sun Sprint Triathlon** on June 22, and July 14 (USAT Vermont State Championships (open to all)), and August 11. The **Lake Dunmore Olympic Triathlon** is on June 22 and Aug. 11. In addition, the **Branbury Classic Triathlon** (paddle, bike, run) is on July 14 - non-swimmers welcome! Register at [vermontsun.com](http://vermontsun.com).

In my humble opinion, it's just kind of badass to say that you're a triathlete. Embellish your performance when you get to the office. Everyone will be impressed, unless, of course, they are seasoned triathletes! Seriously though, triathlons and duathlons have given me some of the best memories of my athletic career. Even more importantly than the memories, you get a finisher's medal, a banana, and a wicking T-shirt! The hardest part is having the courage to register. This year, just go for it. I promise you won't regret it - hopefully, you'll be back for more.

I think that's enough to keep you busy this season. Thank you for reading my first article. I hope you found it entertaining and instructive. Remember, life's a playground, so play on it every day and make it happen! 🏊

*Dr. Tom Denham (careersintransition@yahoo.com) is a career counselor, motivational speaker, and enthusiastic high adventurer. He shares his passion for high altitude mountaineering, kayaking, curling, and especially ice and rock climbing with others, but only when he is not trying to win his age group in running, duathlon and triathlon.*

# DISCOVER INLET



And all the Beauty That Surrounds Us

For maps & more:  
Inlet Area Information Office  
**1-866-GO-INLET**  
[www.inletny.com](http://www.inletny.com)

DAVE SCRANTON/ADKPICTURES.COM



## St. Regis Canoe Outfitters

Helping people fall in love with wild places since 1984...

- Lightweight Canoe & Kayaks Rentals
- Quality Camping Gear Rentals
- Shuttles, Maps, Guidebooks
- Guided Trips & Instruction

73 Dorsey Street • Saranac Lake  
[www.canoeoutfitters.com](http://www.canoeoutfitters.com) • **518-891-1838**



**Michelle Roberts**  
Reiki Master, Registered Nurse

**Amanda Marie Porlier**  
Massage Therapist

**Kat MacKenzie**  
Acupuncturist & Herbalist

**Alyx Soesman**  
Acupuncturist

**acupuncture NIRVANA**

**451 Glen Street, Glens Falls • 518-409-6993**

[AcuNirvana.com](http://AcuNirvana.com) • [Kat@AcuNirvana.com](mailto:Kat@AcuNirvana.com)



## GARNET HILL LODGE

Since 1936

Nestled in the mountains of upstate New York, our four season Adirondack hotel and resort envelops you in a relaxed mountain lifestyle. Spring, summer and fall we provide access to a wide range of activities including hiking, swimming, paddling, mountain biking, fishing, whitewater rafting and a host of local attractions. Enjoy stunning mountain views from our Log House Restaurant and Pub as well as our balcony rooms.

**518-251-2444**  
[WWW.GARNET-HILL.COM](http://WWW.GARNET-HILL.COM)



## LAKESIDE FARMS

COUNTRY STORE • RESTAURANT • GIFT SHOPPE

**Serving Breakfast and Lunch Daily**

- Open 7 Days a week 7:30am-6pm
- Home Baked Pies
- Unique Gifts

336 Schaubert Road  
Ballston Lake  
**399.8359**  
[LakesideFarmsCiderMill.com](http://LakesideFarmsCiderMill.com)

**OPEN FOR THE SEASON!**

Bring the family!  
Bike or Hike!

**4 PARKS, 2 DAYS**  
Gurney Lane MBP  
Brant Lake BP  
Garnet Hill Lodge  
North Creek Ski Bowl

# RIDE ON! weekend

may 18-19

**saturday, may 18**  
party at The Hub  
27 Market St., Brant Lake

**sunday, may 19**  
party at Beck's Tavern  
881 Peaceful Valley Road, North Creek

explore new trails, **earn a beer**

**MORE INFORMATION:** [rideonny.com](http://rideonny.com)  
**FREE REGISTRATION:** [bikereg.com/rideon](http://bikereg.com/rideon)



# Annual Churney Gurney

Mountain Bike Races +  
5-Mile Trail Running Race  
Plus! FREE Kids Mt. Bike Race  
And! Timed Single Track Downhill Race

COMPETITORS RECEIVE FREE ENTRY TO THE GURNEY LANE POOL. FOOD WILL BE SERVED AT THE CONCLUSION OF THE RACES!

WHERE / GURNEY LANE MTB PARK, QUEENSBURY  
WHEN / SATURDAY-SUNDAY, AUG 3-4  
INFO / [CHURNEYGURNEY.COM](http://CHURNEYGURNEY.COM)

**saturday RUNNING RACE**  
Male/Female Overall Awards  
• Age Group Awards (10-year Categories) • Chip-Timed Race  
• Course Includes Hills + Single-Track Trails

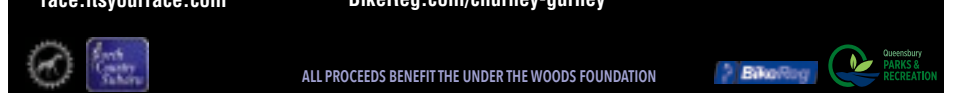
**sunday MTN. BIKE RACE**  
Beginner to Pro/Open Classes  
• Categories 1-3 (Beginner to Expert) • Kids Race: Ages 12 & Under • Cash Awards to Top Male/Female in Pro/Open Race! • Awards to Top 3 Males/Females in each Category!

**saturday DOWNHILL RACE**  
Male/Female Awards Based on Entry Numbers • Race on Tango (flows down-hill)  
• Race Multiple Laps to Get the Fastest Time!

For more information and to register:  
[churneygurney5miletrailrace.itsyourrace.com](http://churneygurney5miletrailrace.itsyourrace.com)

For more information and to register:  
[BikeReg.com/churney-gurney](http://BikeReg.com/churney-gurney)

ALL PROCEEDS BENEFIT THE UNDER THE WOODS FOUNDATION




**BICYCLING**


**MORE  
PHOTOS @  
ADKSPORTS.COM**


If you want to take a trip that includes a place to ride your mountain bike on a professionally built trail, have a craft beer post ride, and then listen to some music all in the same day, where could you find such a place? What if I told you that camping is available at a state campground, on a lake, and is three miles away. How about lodging, with a restaurant and craft beer?

I would have guessed somewhere in Vermont. But it's coming to a community in the southern Adirondacks, just over an hour drive from Albany. Everything but the bike park is already in place.

The historic Nick Stoner Inn & 19th Hole is walking distance from the proposed trailhead and has a great selection of craft beer and friendly staff. Plus, just for the heck of it, there is a town golf course and some revolutionary war history. All that, and once you park your vehicle, it's all within riding distance, on the same bike you've been cruising the bike park.

**Wheelerville Mountain Bike Park**, in the town of Caroga, will soon check all the boxes. Tucked away in northern Fulton County, within the Adirondack Park, Caroga Lake includes the hamlet of Wheelerville on NY Route 10. It is not far from Johnstown and Gloversville, and is even closer to Peck State Forest (10 miles), where more trails are being built. Caroga Lake was once a vibrant tourist area and included Sherman's Amusement Park.

Sherman's was built in 1921 and people traveled from a distance to listen to music, dance, play in the arcade, swim at the beach, go on rides, and enjoy ice cream and popcorn. The park was sold by the Sherman family in 1970 and eventually closed. Memorabilia from the park can be seen at the Caroga Lake Historical Society. Eventually the park became the property of the town donated by a local attorney.

Today music has returned with an annual concert series by the Caroga Arts Collective. Founded in 2012 by Kyle Barrett Price, CAC is a not-for-profit that brings in world-class musicians and artists, overseeing the Caroga Lake Music Festival - free to the public. In 2017, the festival featured five weeks of music, 30 performances, and 85 artists with eight special guests. Last year's Saunderfest featured the Saunders family and music guests, for all-day bluegrass music.

**Town Bike Park** - I spoke with Caroga Lake town board member, Jeremy Manning, who is leading the Wheelerville MTB Park project. Jeremy, a cyclist, noted the increase in mountain bike trail systems, especially in the Adirondacks. The town owns a 115-acre lot acquired in 1962 that borders Shaker Mountain Wild Forest and Irving Pond

Outlet. The town acquired the land to provide more recreational opportunities for residents and visitors, but until now it has not been developed.

Jeremy sees the undeveloped land as potential for about six miles of trails laid out in traditional, progressive stacked loops. The first loop would be a novice-rated trail with more difficult routes branching out. In his long-range vision, there is potential for growth of building a bridge over Irving Pond Outlet to connect two more parcels of town property, and eventually someday connecting to nearby communities.

In 2017, Jeremy applied for and the town received a NYS Smart Growth Grant for the planning stage of the bike park. Grants will help relieve the town from financing the project. The next step was having a feasibility study and plan drawn up by Steve Ovitt of Wilderness Property Management. WPM has successful experience developing and building trails in North Creek, Queensbury and Brant Lake.

Initially community members were mixed about the plan. Who would pay for it, what would it cost, and what about liability? In May 2018, Jeremy presented the plan to the board and the community, introducing Steve Ovitt from WPM. Steve's presentation was well-received because he spoke to many of the concerns of the public. Plus, hearing of the economic benefits of mountain bike tourism from a professional trail builder helped garner support.

Since then, community support has grown. Now instead of hearing "what-abouts," Jeremy is more likely to be stopped and asked, "How's the bike park going?" And that's what I wanted to know as well. Armed with the feasibility study and community support, the outlook is good. *This just in: For the Wheelerville trail system, the town of Caroga is seeking \$80,000 through the 2019 DEC Smart Growth Implementation Grant to begin trail layout and construction. They hope to begin work this summer and expand over the coming years boost the town's tour-*

*ism, help local businesses, and improve the quality of life for residents. Please provide a letter of support for this project to jeremym.manning@gmail.com by June 3.*

**Connecting Peck Forest to Caroga Lake via Glasgow Road** - Currently there is no completely off-road route connecting Peck Forest to Wheelerville. However, in the spirit of "The Adirondack Trail Ride" using existing logging roads, and hiking and snowmobile trails considerably cuts down the amount of pavement mileage.

Recently, Bob Rainville of Saranac, and I set out on a three-day bikepacking trip from my home in Benson, which includes a viable route to connect Peck Forest to Wheelerville. Here is the pertinent route segment.

Leaving the trails in Peck Forest on North Bush Road takes you into the forest preserve. Head north on Route 10 for a half-mile to Glasgow Road (first left) and off pavement. It starts as double-track and leads to a rocky climb out of the valley.

At the NYS DEC gate you enter Ferris Lake Wild Forest. Once on top of the ridge, continue on Glasgow Trail, two miles past Hillabrandt Vly. While Glasgow Trail is "rideable" I would classify it as "TATR" rideable. The next trail on the right goes to Morey Road and Wheelerville. This is currently marked "closed" but plans are to reopen Morey Road.

Bob and I continued to Stewart's Dam and headed west, riding mostly gravel into the town of Stratford, and then north on the gravel Piseco Powley Road and points north.

**Other Opportunities for Adventure** - Until the Wheelerville MTB Park opens, there is still plenty of cycling in the area, although some of the mountain biking is old school and rugged. Jeremy tells me that he cut his mountain biking teeth riding into Nine Corners Lake, a tough ride that has a very "technical" climb. I can attest to the difficulty. And if you want to do some bouldering, Nine Corner Lake has that as well.

The ride into Irving Pond, Bellows Lake and Holmes Lake is very rideable. From

■ **BOB RAINVILLE CLIMBING ON GLASGOW ROAD.** MIKE FELDMAN

■ **ON THE PISECO-POWLEY ROAD.** BOB RAINVILLE/FOCAL BLUE PHOTOGRAPHY

■ **SCOUTING ON GLASGOW TRAIL.** MIKE FELDMAN

Holmes Lake Road, you one can pick up the snowmobile trail over to Pinnacle Road, and then ride into Chase Lake lean-to for a bikepacking overnight. Another option from Pinnacle Road, is to drop down to Barlow and Tolmantown roads, a rugged double-track that will take you further south in Fulton County. The Tolmantown Road is where the local cycling club, Adirondack Velo, rides to train for the Black Fly Challenge.

Gravel riding is abundant in the area, and many long routes can be put together with pavement that doesn't see much traffic. No. 22 team riders train on many of these roads. No. 22, a bike company with manufacturing in Johnstown, specializes in creating beautiful titanium framed bikes. They recently took home multiple awards from the North American Handmade Bicycle Show.

A 50-mile mixed surface ride that includes scenic Route 10, would be to head north on NY Route 29A/10, and keep left onto Route 29A toward Stratford. Hop off Route 29A before Stratford, and pick up the Piseco-Powley Road. Make time for a short detour on Hawes Road, about two miles north of Stratford. Follow Hawes Road off to the left, and about a mile to East Canada Creek. Then continue back, and heading north, where you'll come out on Route 10. Hang a right and ride south back to Wheelerville.

**Road Ride** - Around the Silver Lake Wilderness block, is an 80-mile road ride, which takes in some great scenery. From Wheelerville, head south on Route 29A/10, and hang the first left onto County Route 112. Continue on to County Route 125, through Benson to NY Route 30, and head north to the village of Speculator. Make a left onto NY Route 8, towards the small community of Piseco, and then a left onto Route 10 back to Wheelerville. Riding Route 10 from Piseco to Wheelerville is a favorite - desolate, no cell service, and very little traffic.

A handy map to have is the National Geographic Adirondack #744. Good resources for the area can be found on the DEC website, Shaker Mountain ([dec.ny.gov/lands/106097.html](http://dec.ny.gov/lands/106097.html)) and Ferris Lake ([dec.ny.gov/lands/114279.html](http://dec.ny.gov/lands/114279.html)) wild forests. 📍

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

*What's Holding You Back?*

**Live stronger.  
Live better.  
Live the life  
you want.**

Ellis Medicine provides specialized care for a full range of bone, joint and muscular conditions. Whether you need physical therapy or complex surgery, Ellis Orthopedics uses the latest advances and treatment options to help get your life back.

- Joint Replacement (hip, knee, shoulder)
- Orthopedic Surgery
- Sports Medicine
- Work-related injuries
- Rehabilitation Therapy

**Make it happen.  
Let Us Help.**

**ELLIS ORTHOPEDICS**

**Keeping Bodies in Motion**

518.243.3333 | [ellismedicine.org/orthopedics](http://ellismedicine.org/orthopedics)

**Ellis**  
MEDICINE

● **ATHLETE PROFILE**

# Olivia Frempong

**AGE:** 35

**RESIDENCE:** Rensselaer

**HOMETOWN:** Queens, but of Ghanaian, West African heritage

**FAMILY:** Husband, Eric; Kids, Jeremiah (8) and twins Gabrielle and Josiah (6)

**OCCUPATION:** Masters level Substance Abuse Social Worker

**FAVORITE QUOTE:** "I can do all things through Christ who strengthens me." (Bible verse, Philippians 4:13)



RUNNER'S WORLD/CHRISTIAN RODRIGUEZ

## By Kristen Hislop

If you ask a woman why she doesn't exercise you'll likely hear one or more of the following: I don't have time; It's boring; I don't want to go alone; I need to take care of my kids; or I have X ailment. Six years ago, Olivia was stressed with work, had just given birth to twins, and knew she needed to lose the baby weight. At a postnatal checkup, she was told her blood pressure was high and she needed to consider medications.

Olivia's Ghanaian heritage meant she was more likely to be diagnosed with hypertension. According to the Office of Minority Health, 44% of African American women have high blood pressure and/or are taking medications. Both her parents were on medication and Olivia knew that the baby weight from her first born, and the twins that followed 18 months later were a contributing factor. She ditched the easy excuses and decided she was going to take action to reduce her blood pressure and stay off medications. She drew on her faith and signed up for the Freihofer's Run for Women 5K Training Challenge. Participants generally arrive as beginners like Olivia or as seasoned runners who want to get faster.

In spring 2013 Olivia signed up, showed up, then kept showing up even though she had her share of naysayers. Pushing aside the doubters and focusing on the praise from others, she headed back to her doctor a month later with normal blood pressure numbers. Running led to more weight loss and new sense of peaceful spirit. "Balancing a full-time job, as well as being a mother and wife to a young family was not an easy task, but running alleviated stress and gave me the opportunity to take time out for myself."

She didn't want to do it alone, so Olivia brought her 'social butterfly' personality - as her Mom and teachers affectionally called it - to the Training Challenge. Her uplifting spirit rallied the other women during the tough workouts, often motivating them with song to keep the group moving.

Next thing you know I get a text, "What are your thoughts on a full marathon for later on this year? I'm really thinking of Philly in late November. But not sure if it's too much, too soon, especially as I originally wanted NYC 2015 to be my first full! Any feedback would be great!" I replied, "You have enough time to train for a Philly. How are you feeling on the 10-mile distance now? I would say wait until after finishing the half marathon,

and then let's talk about it. It takes a number of long runs to get there and be comfortable. You want to pad in enough time so that you have a life too! Definitely doable though!"

Olivia says, "I completed the Freihofer's Training Challenge and my life was changed forever." That is no exaggeration. "After completing my first 5K at the 2013 Freihofer's Run for Women, I was hooked, continued running, and upgraded to the 10K that fall at the Troy Turkey Trot. Then decided in 2014 I would complete half marathons. I was successfully able to complete four half marathons, as well as well as tossed around the idea of completing a full the following year."

The 2015 NYC Marathon was the first, followed by Chicago, another NYC, Berlin and the Marine Corp! How do you go from running just to catch a bus growing up in New York City to completing three of the six Marathon World Majors? One step at a time, with support from her family and faith in God, she continues to break barriers.

In 2014 Olivia went down to NYC to participate in the NYRR 9+1 program. Members race nine events and volunteer at one, then are guaranteed entry to the NYC Marathon. As she participated in the races, she met members of Black Girls RUN! BGR wants to encourage African-American women to make fitness and healthy living a priority. According to the Centers for Disease Control, 80% of African-American women are overweight. BGR is creating a movement to lower that percentage and lower the number of women with chronic diseases associated with an unhealthy diet and sedentary lifestyle. As a disclaimer,



all are welcome whether you're black, white, purple or pink.

After falling in love with the group and their movement, she set out to bring Black Girls RUN! to Albany. As the lead ambassador, she now has 600 women in the local chapter! Olivia notes, "I have seen women, who just like me never ran before, put on their sneakers to change



their lives and get fit. I have seen transformations similar to mine from a first 5K to the first half marathon. We have quite a few women signed up to do the Freihofer's Run for Women. It's also the BGR Albany anniversary race, so we absolutely love celebrating with such an amazing epic run that has so much awesome history.

Since 2016 when we started as a group with the Freihofer's Run, we have had over 30 women join in on the fun, and each year that number grows. It's amazing to see that just as Freihofer's was my very first race ever, so has it been for quite a large number of my BGR members, which is AMAZING! It's such a special race for so many reasons."

Sheraqua Woodard adds about Olivia, "I'm inspired by her tireless effort on how she implements a balance between family and her physical health. Her energy is contagious!"

Wait, remember that many women use time as an excuse for not exercising? Yet here is a busy working mom of three who can train for marathons and bring running to 600 women! But Olivia doesn't stop there. A singer since childhood she has performed "The Star-Spangled Banner" at Freihofer's, Troy Turkey Trot, and Veterans Day Dash. Taking a year off from marathons allowed her to get certi-

fied as an AfroBeats and Zumba instructor. I'm not sure we can say she has slowed her running at all without marathon training, as Olivia was just profiled in *Runner's World* for her over 525 day running streak - at least one-mile every day.

Next up, "My daughter has become smitten with running and so I look forward to running with her as she does some local 5Ks this summer. My sons are also very excited about running and all three will be doing the Freihofer's Kids' Run races on June 1. The NYC Marathon is on the table for 2020. In the meantime, Olivia will keep spreading the love of running, "I am not sure what else is in store for me, but I have strong faith and know I will definitely be moving forward with God's help, so it will be EPIC and AMAZING!"

Anyone who has spent a moment around Olivia would agree - it will be epic and amazing. When you're running the Freihofer's Run for Women or cheering on your favorite runner, listen for the woman who is cheering everyone else along - maybe in song or just an inspirational, 'You can do this all day!' Fellow Black Girls RUN! athlete, Lisa Nixon raves that Olivia is "Always there for all of us, no women get left behind. She always tells me 'you can do it. You have to believe you can.'" Great advice any runner can use. 📌

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



**HUGE SELECTION OF 2019 BIKES IN STOCK!**  
**ALL PRIOR YEAR MODELS ON SALE**  
 Come see why we are the area's top rated bike shop  
 FREE SPRING LAYAWAY ON ALL BIKES

KHS • Marin • Devinci • Haro • Masi  
 Ritchey • Del Sol • Rocky Mountain • Surly  
 We also stock a large selection of BMX bikes

109 Remsen St, Cohoes  
 518.238.BIKE (2453)  
**bikebarncycles.com**



**Rick's BIKE SHOP**  
 Mountain, Road, Hybrid, E-Bikes, Kids, BMX  
**TREK • SPECIALIZED  
 ELECTRA • STOLEN**  
 Expert Repair Work on All Brands  
 Corner of Quaker Rd and Ridge Rd  
 Queensbury  
**ricksbikeshop.com • 518-793-8986**



**CYCLE THE HISTORIC ERIE CANAL!**  
 Nearly 400 miles of off-road bike trail, the beautiful and historic ECT offers multiday cycling holidays for riders of every age and ability. *Come cycle through history!*  
**www.GoBikeErie.com**

# Calendar of Events

## May-July 2019\*

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

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

### 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](http://gobikeerie.com).

**Wed Time Trial Series.** 5/1-6/5. 6:30pm. Free. River Rd & Rt 73, Lake Placid. Placid Planet Bicycles: 518-523-4128. [placidplanet.com](http://placidplanet.com).

Wed Vischer Ferry Summer Time Trial Series: June 5, 12, 19, 26. 6:30pm. Vischer Ferry Preserve, Clifton Park. [facebook.com](http://facebook.com).

### MAY

17 Bike to Work Day. Various locations, Capital Region. [cdtcmpo.org/biketowork](http://cdtcmpo.org/biketowork).

17 Bike to Work Breakfast. 6:30-9am. Saratoga Arts Center, Saratoga Springs. [cdtcmpo.org](http://cdtcmpo.org).

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](http://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](http://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](http://teambilly.org).

19 Noah's Ride. 60M: 9am; 40M: 10am; 20M: 10:20am, 3M Fun Loop: 10:30am. Freedom Park, Lagrangeville. [active.com](http://active.com).

31 **Whiteface Uphill Bike Race.** 11M, 8% grade. 5:30pm. Whiteface Veterans Memorial Highway, Wilmington. [bikereg.com](http://bikereg.com).

### JUNE

9 **Tour de Cure Bike & Run/Walk.** 10/30/50/62/100M bike & 5K run/walk. Saratoga County Fairgrounds, Ballston Spa. American Diabetes Assn: 888-DIABETES x3613. [diabetes.org/capitalregion](http://diabetes.org/capitalregion).

9-15 **Cycle the Historic Erie Canal.** Six-day fully-supported bicycle tour along the historic Erie Canal. Syracuse to Albany. Erie Canal Bike Tours: 315-316-2453. [gobikeerie.com/2019-cycle-stay](http://gobikeerie.com/2019-cycle-stay).

14-16 **Saranac Lake Tandem Rally.** Gear-To-Go Tandems, Saranac Lake. Rich & Lindy: 518-354-3102. [gtgtandems.com](http://gtgtandems.com).

15 **Specialized Bikes Demo Day.** 10am-5pm. Placid Planet Bicycles, Lake Placid. 518-523-4128. [placidplanet.com](http://placidplanet.com).

15 Switchback Bike for the Lake. 30/60/80M. Knight Point SP, North Hero, VT. 802-524-1769. [friendsofnorthernlakechamplain.org](http://friendsofnorthernlakechamplain.org).

22 Biking along the Boulevard. 10am-12:30pm. Group ride, bike safety, food, music. Grand Boulevard, Niskayuna. [theresa.healey@gmail.com](mailto:theresa.healey@gmail.com).

23 14th Tour de Kingston. 5/8/16M/25/50M, Dirty 30/44M. Forsyth Park, Kingston. [tourdekingston.com](http://tourdekingston.com).

28 **CycleADK Weekender.** BBQ, guided hiking, canoeing. Paul Smith's College, Paul Smiths. Matt VanSlyke: 518-524-2292. [cycleadirondacks.com](http://cycleadirondacks.com).

### JULY

13 **Capital Region Road Race.** Ravena-Coeymans-Selkirk HS, Ravena. [bikereg.com](http://bikereg.com).

13 Valcour Brewing Century Bike Ride. 50/75/100M. VBC Brewery, Plattsburgh. 518-578-5417. [adkgarda.org](http://adkgarda.org).

13-21 **French Canada Tandem Tour.** Quebec. Gear-To-Go Tandems: 518-354-3102. [gtgtandems.com](http://gtgtandems.com).

21 **Ride for the River.** The Hungry Trout, Wilmington. Matt VanSlyke: 518-524-2292. [cycleadirondacks.com](http://cycleadirondacks.com).

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](http://adk.org/ididaride).

28-8/3 Empire State Ride to End Cancer. 500M. NYC to Niagara Falls. 716-845-3179. [empirestateride.com](http://empirestateride.com).

### AUGUST

24 **19th Pat Stratton Ride.** 100, 56 & 28-mile scenic rides. 8am. Prizes, food, homemade pies, T-shirt, music. Mt. Pisgah Lodge, Saranac Lake. [strattonride.com](http://strattonride.com).

### BICYCLING: OFF-ROAD (UNPAVED)

### MAY

18-19 **"RideOn" 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. [rideonny.com](http://rideonny.com).

19 **Farmer's Daughter Gravel Grinder.** 9am. 100K fully-supported, non-competitive ride on dirt roads/trails. Crellin Park, Chatham. [farmersdaughtergravelgrinder.com](http://farmersdaughtergravelgrinder.com).

JOIN IN THE 19TH ANNUAL



Prizes! Homemade Pies! Nice Sports T-shirt!  
 Great Routes! Active Military & Law Enforcement Ride Free!

**Best Ride in the Adirondacks!**  
**Saturday, August 24**  
 Mt. Pisgah Lodge, Saranac Lake  
 Century, 56-mile and 28-mile rides  
 Prizes - Food - Music!

Register: **Active.com**  
 Proceeds Benefit Youth Programs of Kiwanis Club of Saranac Lake  
 Maps & more: **StrattonRide.com**

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



**Complete Fleet**  
 ROAD • MOUNTAIN  
 CROSS • FAT

Every Day is a Demo Day!  
 Rentals  
 Lessons • Tours



ROAD • X-ROAD • OFF-ROAD  
 Plan for the Summer!  
 Further, Faster & More Fun!  
 Sales • Rentals • Demos

518-523-3764 • 2733 MAIN STREET • LAKE PLACID  
**HIGHPEAKSCYCLERY.COM**



**MHCC**  
 Mohawk Hudson Cycling Club

join or renew online:  
**MohawkHudsonCyclingClub.org**

all levels of ability welcome  
 more than 300 rides per year

GIANT • FELT • BIANCHI • LOOK • CERVELO • DAY 6 • CO-MOTION • ELLIPTIGO



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

- Bike & triathlon clothing, Louis Garneau
- Yakima racks & accessories

**200+ Bikes In-Stock!**

3149 Route 7, Pittstown  
 10 min east of Troy  
**(518) 663-0083**  
**TomhannockBicycles.com**  
 M/Tu/W/F 10-6, Th 10-7, Sat 10-5

**2019 Bikes are Here!**



# Time for a Bike Tune-Up!

Cannondale • Fuji • IBIS • Scott  
Demo Bikes Available

Mountain, Hybrid & Gravel Bikes  
Expert Service, Parts, Accessories

**HIGH ADVENTURE**  
SKI & BIKE

Rt. 7, Latham  
2 Miles West of  
Northway Exit 6

**785-0501**  
HighAdventureSBP.com

4th Annual  
**IDIDARIDE!** Adirondack Bike Tour  
JULY 27, 2019

Register Now

2 rides to choose from:  
75 mile paved  
23 mile mixed-surface

adk.org/ididaride  
800-395-8080 ext. 42

a benefit for Adirondack  
**ADK**  
Mountain Club

Sponsorship Opportunities:  
adk.org/sponsor-an-event

Working for Wilderness

Get Your Spring Tune-ups Now!

Previous Year Models on Sale!

More than just a bike shop  
A true cycling community

**GREY GHOST BICYCLES**

EXPERT SALES & SERVICE  
PROFESSIONAL FITTING  
MTB, ROAD & TRI SPECIALISTS

206 Glen Street • Glens Falls, NY  
518.223.0148  
greyghostbicycles.com  
facebook.com/greyghostbicycles

24TH ANNUAL CAPPED AT 1,000 RACERS!

# BLACK FLY CHALLENGE

ADIRONDACK GRAVEL GRINDER  
PRESENTED BY PEDALS @ PETALS AND TRAMPOLINE ADVERTISING @ DESIGN

**Saturday, June 8**  
Indian Lake to Inlet

40 miles through the  
Moose River Recreation Area  
The Adirondacks' Greatest Race  
Over \$14,000 in cash & prizes  
Categories: MTB • CX • Juniors  
Tandem • Fatbike Challenge

Registration & Information:  
**BlackFlyChallenge.com**  
Pedals & Petals: 315-357-3281  
Produced by Adirondack Mountain Bike Association

**JUNE**

- 1 Wilmington Whiteface Mountain Bike Race. 50K or 100K Leadville 100 qualifier. Whiteface Mountain, Wilmington. wilmingttonwhitefacemtb.com.
- 8 **24th Black Fly Challenge: Adirondack 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: Adirondack Bike Tour.** 75M paved or 23M mixed surface. Post-ride BBQ. Gore Ski Bowl Park, North Creek. ADK: 800-395-8080 x42. adk.org/ididaride.

**AUGUST**

- 3-4 **Churney Gurney Mtn Bike Races & Trail Running Race.** SAT - 9am: 5M trail running race; 1pm: Hot laps on Tango; 12-4pm: Group & family rides. SUN - 9-11am: Mtn bike races; 1:30pm: Kids' races; 9am-3pm: Demo rides. Gurney Lane MTB Park, Queensbury. churneygurney.com.

**HEALTH & FITNESS ONGOING**

**Daily Rock Your Fitness: Total Body Training.** Summer sessions: 6/3-28, 7/1-26, 8/5-30. 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.

**JUNE**

- 8 **SEFCU's Operation Fitness - Battle of the Gyms!** 8am-12pm. A team strength & conditioning challenge, presented by FIT Strength & Conditioning. Proceeds benefit organizations supporting vets. Casey Stadium, UAlbany, Albany. Register: sefcu.com/operationfitness.

**HIKING, CLIMBING & WILDERNESS SKILLS**

**JUNE**

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

**JULY**

- 1 **Phelps Mountain High Peak & Fire Tower Hike.** 4,160', 8.2M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 2 **Tabletop Guided Hike.** 4,427', 9.8M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 5 **Lake George Hike-A-Thon.** Hike, Paddle, Explore, Volunteer. 15 hikes & 2 paddles at various locations. Lake George Land Conservancy: 518-644-9673. lakegeorgehikeathon.org.

- 5 **Mt Marshall Guided Hike.** 4,360', 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 7 **Seymour Guided Hike.** 4,120', 14.4M. 7:30am. Coreys Rd, Coreys. ADK: 518-523-3480. adk.org.
- 8 **Esther Mtn Guided Hike.** 4,240', 6.6M. 8:30am. 5698 NY-86, Wilmington. ADK: 518-523-3480. adk.org.
- 22 **Dix & Hough Guided Hike.** 4,857' & 4,400', 13.7M. ADK: 518-523-3480. adk.org.
- 17 **Iroquois Mtn Day Hike.** 4,840 feet, 9.4 miles. ADK: 518-523-3480. adk.org.

**MULTISPORT: TRIATHLON, DUATHLON & SWIMMING ONGOING**

- Mon **35th High Peaks Mini Tri Series.** 6/17-8/12. 400yd swim, 12M bike, 3M run. 6:30pm. Kids' Mini Tri Races: 7/15 & 8/12. Mirror Lake beach, Lake Placid. 518-523-3764. highpeakscyclery.com.
- Tue **CDTC Crystal Lake Training.** 6/4-8/27. 6pm. Crystal Cove, Averill Park. cdtriclub.org.
- Wed **SLVP Duathlon Series: 5/15, 6/19, 7/17, 8/21.** 1.25M run, 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch, Canton. slvpaddlers.org/duathlon.
- Thu **BTC Warner Lake Training.** 5/23-9/5. 6pm. Warner Lake, Berne. bethlehemtriclub.com.
- Thu **STC Moreau Lake Training.** 5/30-8/29. 6-7pm. Moreau Lake State Park, Gansevoort. saratogatriclub.com.

**MAY**

- 18 Rat Snake Triathlon. 18K trail run, 29M bike, 26yd swim. Team & kids' tri. Gilbert Lake SP, Laurens. theratsnake.com.
- 18 HarryMan Triathlon. Olympic & Half-Iron. 9am. Harriman SP, Stony Point. genesisadventures.com.
- 18 Catskill Spring Rush Triathlon, Duathlon, & Kids Du. Catskill HS, Catskill. 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.

**JUNE**

- 1 **9th Cooperstown Triathlon, Aquabike & Kids' Triathlon.** 8am. Sprint: 750m swim, 11M bike, 3.1M run. Aquabike: 750m swim & 11M bike. Relay teams welcome. New for 2019: Kids' Triathlon - 11-under: 100m swim, 1.5M bike, 1M run & 12-17: 200m swim, 3M bike, 1M run. Glimmerglass State Park, Cooperstown. 914-466-9214. coachmarkwilson.com.
- 1 NYARA Trilogy Adventure Race. 7 hours. Trail running, paddling, MTB, orienteering. Solo/teams. Thacher SP, Voorheesville. nyara.org.
- 9 **10th Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com.
- 9 Keuka Lake Triathlon. Intermediate, aqua, du, short & kids. 7:30am. Keuka Park, Penn Yan. trisignup.com.

SARATOGA PHOTOBOOTH

Take Your  
6 Different Poses  
in  
Cabin

SaratogaPhotobooth.com | 518.584.6473

Classic Photobooth Rentals for the Capital Region & Adirondacks ~ Since 2007

**Gear-To-Go Tandems**

NEW YORK'S LARGEST  
TANDEM BICYCLE SHOP

Expertise, free instruction,  
tips & test rides

1 Dahinda Rd, Saranac Lake  
518-891-1869 • gtgtandems.com

Road/Mtn/Gravel  
Bike, Paddle &  
Hike from here!

27 MARKET ST.  
BRANT LAKE, NY

BICYCLE REPAIR  
CAFE  
CRAFT BEER ON TAP  
WINE LIST  
ICE CREAM

518 494 4822  
**theHubAdk.com**

**WELCOME ALL**  
**2019 MEMBERSHIP NOW OPEN!**



Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 4 – August 27  
**Crystal Lake Triathlon – Sat, Aug 17**  
**Details: [www.cdtriclub.org](http://www.cdtriclub.org)**

**Lake Placid Vacation Rental**



- On the Ironman course - come and train
- Comfortable village home - walk to town
- Airbnb and VRBO (#870834)
- Sleeps eight

**518-524-5482**  
[www.adkreddoor.com](http://www.adkreddoor.com) • [adkreddoor@gmail.com](mailto:adkreddoor@gmail.com)

SACANDAGA TRICLUB PRESENTS  
**THE GREAT SACANDAGA CHALLENGE TRIATHLON**  
**JUNE 15<sup>TH</sup>**  
 BROADALBIN, NY **KIDS & ADULT TRIATHLONS**

**EXCITING FAMILY EVENT!**

**READY. SET. GO!**

<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>	<p><b>FOR MORE INFORMATION OR TO REGISTER, VISIT:</b>  <a href="http://greatsacandagachallenge.com">greatsacandagachallenge.com</a></p> <p><b>SACANDAGA TRICLUB</b></p>
---	---	---	---

CELEBRATING OUR 15<sup>TH</sup> ANNIVERSARY



**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



19<sup>TH</sup> ANNUAL  
**CRYSTAL LAKE TRIATHLON**



Registration includes **FREE 10-Week Training Plan!**

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

**Crystal Cove**  
 38 Old Rte 66, Averill Park  
**Saturday, August 17 • 8am**

Limited to 300 racers • Aquabike is back  
 Register early for best price  
 Register by 7/15 for awesome swag!

Register & Info:  
**[cdtriclub.org](http://cdtriclub.org)**

- 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 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).
- 22 Vermont Sun Sprint Triathlon.** Branbury State Park on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 22 Lake Dunmore Olympic Triathlon.** Branbury State Park on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 29 37th Tupper Lake Tinman Triathlon.** 8am. Tinman, Aquabike, Relay, Olympic, Sprint. Municipal Park, Tupper Lake. 518-359-3328. [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**

- 13 32nd Pawling Triathlon.** 9am. Lakeside Park, Pawling. [pawlingrec.com](http://pawlingrec.com).
- 13 Litchfield Hills Triathlon.** Olympic, aquabike, du. 7:30am. West Hill Lake, New Hartford, CT. [coachmarkwilson.com](http://coachmarkwilson.com).
- 14 Vermont Sun Sprint Triathlon.** USA Triathlon State Championship (all welcome). Branbury State Park on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 14 Branbury Classic Triathlon.** Paddle, Bike, Run. Branbury State Park on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 20 34th Piseco Lake Sprint Triathlon.** 9am. Piseco Airport, Piseco. [lightbox.com](http://lightbox.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).
- 20 Duanesburg Y Triathlon.** 325yd swim, 10M bike, 5K run. Duanesburg YMCA, Delanson. 518-895-9500. [zippyreg.com](http://zippyreg.com).

**AUGUST**

- 11 Vermont Sun Sprint Triathlon.** Branbury State Park on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 11 Lake Dunmore Olympic Triathlon.** Branbury State Park 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).

**SEPTEMBER**

- 7 Greene County Y Triathlon.** 350yd swim, 11.5M bike, 5K run. Sleepy Hollow Lake, Athens. 518-731-7529. [zippyreg.com](http://zippyreg.com).

**OTHER EVENTS**

**MAY**

- 17-19 Women's Getaway Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdymca.org](http://camp.cdymca.org).
- 18-19 Winter Raptor Fest.** Sat: 10am-4pm, Sun: 11am-4pm. Wagon rides, food, kids' activities. Grassland Bird Trust: 518-499-0012. [winterraptorfest.com](http://winterraptorfest.com).
- 20 18th Christopher Dailey Memorial Golf Event.** McGregor Links Country Club, Saratoga Springs. [christopherdaileyfoundation.com](http://christopherdaileyfoundation.com).

**AUGUST**

- 3 Indian Lake Golf Tournament.** Indian Lake. [indian-lake.com](http://indian-lake.com).
- 5 23rd Capital District YMCA Golf Classic.** Edison Club, Rexford. 518-869-3500. [cdymca.org](http://cdymca.org).

**PADDLING: CANOE, KAYAK, SUP & ROW**

**ONGOING**

- Wed NNYP Wednesday Time Trials: 5/1-9/18.** 3.63M. 6:30pm. Aqueduct Boat Dock on Mohawk River, Rexford. Alec Davis: 518-321-6820. [swcweb.org](http://swcweb.org).
- Sun Learn to Sail: 5/5, 5/12, 5/19.** 1-5pm. YMCA Camp Chingachgook, Kattskill Bay. Y-Knot Sailing. [yknotsailing.org](http://yknotsailing.org).

**MAY**

- 15 SLVP Duathlon Series.** 1.25M run, 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. [nymcra.org](http://nymcra.org).
- 25 9th Battenkill Runs Through It River Festival.** Music, food, kayak, canoe, fly fish. 12-5pm. Greenwich Town Beach, Greenwich. 518-677-2545. [battenkillconservancy.org](http://battenkillconservancy.org).
- 24-27 General Clinton Canoe Regatta.** 5M-70M. Racing, stock, standard, recreation. Cooperstown to Bainbridge. [canoeregatta.org](http://canoeregatta.org).

**JUNE**

- 1 Lake George Kayak Adventure.** 9am-4pm. Kayak, hike, lunch, gear. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9562. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 1 Feeder Canal Alliance Canoe/Kayak Race & Recreational Paddle.** 5M. 10am. Feeder Dam, Queensbury to Hudson Falls. [feederchannel.org](http://feederchannel.org).
- 1 National Learn to Row Day.** 9am-12pm. Albany Rowing Center, Corning Preserve, Albany. [albanyrowingcenter.org](http://albanyrowingcenter.org).

**Nuts. Seeds. Granola.**  
 (And other good stuff to eat.)



Made with care in the Hudson Valley  
[www.ourdailyeats.com](http://www.ourdailyeats.com)

**ADIRONDACK SPORTS CLASSIFIEDS**

**LAKE PLACID VACATION RENTAL: RED DOOR COTTAGE** - Clean, comfortable village home with large deck and enclosed yard. Sleeps eight with 3 bedrooms and 1 bathroom. Short walk to Main St and on Ironman course. Play park and fishing close by. [Adkreddoor@gmail.com](mailto:Adkreddoor@gmail.com).

**LAKE GEORGE LAND CONSERVANCY**

**JULY 5<sup>TH</sup> 2019**

**HIKE-A-THON**

HIKE • PADDLE • EXPLORE • VOLUNTEER

**[LakeGeorgeHikeAThon.org](http://LakeGeorgeHikeAThon.org)**

Free Shirt with Early-Bird Registrations until April 30

## Normatec Recovery Room



- Perform at your peak
- Muscles refreshed & rejuvenated
- Relieve swelling & soreness
- Increase circulation

Recover in comfort enjoying the benefits of a Normatec Pulse treatment for your legs, hips or low back while relaxing in an anti-gravity chair

**Back in Balance**  
THERAPEUTIC MASSAGE

518-371-6332  
1427 Route 9  
Halfmoon  
Open 7 Days

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

**TRAIN HARDER. RECOVER FASTER.**

Add a 20 minute Normatec Pulse treatment after any massage session for \$10 with this ad

## SHULMAN HOWARD & MCPHERSON LLP

ATTORNEYS AT LAW

Real Estate • Wills & Trusts • Estates  
Bankruptcy • Land Use & Zoning  
Corporations • Traffic Court & DWI

17 Old Route 66 • Averill Park, NY  
518-674-3766 • 518-674-3805 • fax 518-674-3964

More than 80 years of experience

## BTC BETHLEHEM TRI CLUB

**Hello Triathletes!**  
It's Going to be an Awesome 2019!  
Join the BTC. You'll love it! We do!  
(And it's the best value in town!)

REGISTER TODAY AT...  
[bethlehemtriclub.com](http://bethlehemtriclub.com)  
then select "Membership"

- 2 **Paddle the Flight: E2-6 Locks on Erie Canal.** 2.7M. 8am. Limited to 130 paddlers. Alcathy's Boat Launch to Peebles Island SP, Waterford. Mona Caron: 518-237-7000x204. [eriecanalway.org](http://eriecanalway.org).
- 8 Wild Goose Chase Canoe/Kayak/SUP Race. 5M/9M. 11am. Housatonic River, Lenox, MA. [pattyspector@gmail.com](mailto:pattyspector@gmail.com).
- 8 Learn to Row Clinic. 9am & 11am. 801 Maritime Center Dr, Alplaus. [bhrow.com/learn-to-row](http://bhrow.com/learn-to-row).
- 8-9 Madrid Canoe Weekend. 9M/13M. Grasse River, Madrid Municipal Park, Madrid. [slvpaddlers.org](http://slvpaddlers.org).
- 14-16 **Adirondack SUP Festival.** Races, SUP demos & sales, on-water clinics, SUP fitness & yoga; pooch race, guided tours; kids' SUP session; long & short course races. Saranac Lake. Adirondack Lakes & Trails Outfitters: [adirondacksupfestival.com](http://adirondacksupfestival.com).
- 19 **SLVP Duathlon Series.** 1.25M run, 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch, Canton. [slvpaddlers.org/duathlon](http://slvpaddlers.org/duathlon).
- 21-23 **1st Adirondack Paddling Symposium.** 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. [adkpaddingssymposium.com](http://adkpaddingssymposium.com).
- 26 Just Add Water Kayaking Fundraiser. 4-9pm. Bring kayak or rent one. Food, live music, raffles. To benefit Joy US; providing free outdoor excursions for local families impacted by cancer. Kayak Shak on Fish Creek, Saratoga Springs. [joyusfoundation.com](http://joyusfoundation.com).
- 29 Tupper Lake 8-Miler. 11am. Tupper Lake Boat Launch, Tupper Lake. 518-354-8377. [tupperlake.com](http://tupperlake.com).
- 30 Celebrate Paddling Invitational. 1M/3M/12M. 10am. Lake Flower, Saranac Lake. Brian McDonnell: 518-891-2744. [adirondack90miler.com](http://adirondack90miler.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).
- 6 Armond Bassett Canoe & Kayak Race. 11am. 6M/10M Marathon/3M Fun Race. Genesee Waterways Center, Rochester. 585-733-4043. [nymcra.org](http://nymcra.org).
- 13 SLR Dragon Boat Challenge. 9am. St. Lawrence River, Waddington Beach, Waddington. [slrdragonboat.com](http://slrdragonboat.com).
- 13 **Electric City Regatta.** 12M Marathon, 3M Rec Race, 1M Fun Race. 10am. Mohawk River/Erie Canal Lock 9, Rotterdam Junction. Ed Greiner: 518-421-2947. [eleccityrace.org](http://eleccityrace.org).
- 14 **Barge Chaser Canoe & Kayak Race.** 3M/10M. 10am. Kiwanis Park, Rotterdam. Linda Cooley: 518-393-9201. [nymcra.org](http://nymcra.org).
- 17 **SLVP Duathlon Series.** 1.25M run, 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch, Canton. [slvpaddlers.org/duathlon](http://slvpaddlers.org/duathlon).

- 20 **Indian Lake Poker Paddle.** Paddle & cards. 12-3:30pm. Cash prizes, food, music. Byron Park, Indian Lake. [indianlakepokerpaddle.com](http://indianlakepokerpaddle.com).
  - 20 Ogdensburg International Seaway Festival Canoe Race. 9am. Oswegatchie River, Boat Launch, Heuvelton to Ogdensburg. [ogdensburgseawayfestival.org](http://ogdensburgseawayfestival.org).
  - 28 BluMouLA-BuFuRa. 14M/7M/1.5M. 10:30am. Town Beach, Blue Mountain Lake. [bmlbuoyrace.com](http://bmlbuoyrace.com).
- AUGUST**
- 21 **SLVP Duathlon Series.** 1.25M run, 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch, Canton. [slvpaddlers.org/duathlon](http://slvpaddlers.org/duathlon).

**RUNNING, TRAIL RUNNING & WALKING ONGOING**

**Wed Fleet Feet Run.** 6pm. Regular Wednesday evening club run. All welcome to join regardless of age, pace or skill level. Fleet Feet, Albany. 518-459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

**MAY**

- 16 CDPHP Workforce Team Challenge. 6:25pm. Empire State Plaza, Albany. [cdphpwctc.com](http://cdphpwctc.com).
- 18 **1st Apple Blossom 5K Race/Walk.** 9am. Run through rows of apple blossoms at bloom. Frolickers & walkers welcome. Kids' Fun Run: 10am. Enjoy cider (buy one, get one) & 9 Miles East food (for sale). Saratoga Apple, Schuylerville. Saratoga PLAN: [runsignup.com](http://runsignup.com).
- 18 **9th Kerry Blue Hustle 5K.** 9am. Kid's 0.5M Dash: 10am. SMSA School, Glens Falls. [active.com](http://active.com).
- 18 **Johnson Jog 5K: Triple Crown #2.** 9am. Johnson Hall, Johnstown. [zippyreg.com](http://zippyreg.com).
- 18 **Malta Mile Race/Run/Jog/Walk.** 10am. Town Hall, Malta. Paul Loomis: 518-290-7202. [roundaboutrunnersclub.com](http://roundaboutrunnersclub.com).
- 18 NY/VT Champlain Bridge 5K. 10am. Crown Point HS, Crown Point. 518-597-3754. [lachute.us](http://lachute.us).
- 18 Ryan's Run 5K Run/Walk. 9am. Saratoga Spa SP, Saratoga Springs. [curemiop.org](http://curemiop.org).
- 18 9th Walk-N-Roll & 5K for Spina Bifida. 5K: 8am. Walk: 10am. Central Park, Schenectady. 518-399-9151. [sbaneny.org](http://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](http://lkgeorge.org).
- 18 North Country 5K Honor Run & 1M Oval Walk. 8am. US Oval, Plattsburgh. [adirondackcoastevents.com](http://adirondackcoastevents.com).
- 18 Run for Wine 5K. 12pm. Vesco Ridge Vineyards, West Chazy. 518-846-8544. [adirondackcoastevents.com](http://adirondackcoastevents.com).
- 19 **Team Billy Bike Ride or 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](http://teambilly.org).
- 19 **Vermont Sun Half Marathon, 10K & 5K.** Branbury State Park on Lake Dunmore, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).
- 19 Great Sacandaga Half Marathon. 9am. Northville Fire Dept, Northville. 315-480-2505. [greatsacandagahalfmarathon.com](http://greatsacandagahalfmarathon.com).
- 19 Erie Canal Half Marathon, Relay & 5K. 8am. Adirondack Bank Center, Utica. [eriecanalhalf.com](http://eriecanalhalf.com).

## Anthony's Real Estate

SERVING THE CAPITAL REGION FOR 20 YEARS



**Specializing in Residential and Rental Listings**

- Reasonable Listing Rates
- Short Term Contracts
- Flexible Terms

**Anthony Lee Potolski**  
Broker/Owner  
518-434-8682 or [potolskial@gmail.com](mailto:potolskial@gmail.com)  
340 Second Ave, Albany, NY

## ITR Integrated Technology Resources

**We Can Fix Your Computer Problems!**  
Old Computers Need Replacing?  
Computer Servers Need Updating?  
Virus/Spyware Removal • Data Backup/Recovery

Your Business or Home IT Department at Affordable Prices!

Contact Mike Kaplan at  
518.796.6951 or [Mike@ITRNY.com](mailto:Mike@ITRNY.com)  
SERVING THE ALBANY, SARATOGA, GLENS FALLS AND ADIRONDACK REGION

## LONG LAKE RAQUETTE LAKE

in the Heart of the Adirondacks



Visit us this Summer - towns built for family fun, great activities and events for all.

- Guided Hiking Trips
- Outdoor Rec.
- Paddling
- Fishing

for more information  
518-624-3077  
[www.mylonglake.com](http://www.mylonglake.com)

## ROCK Your Fitness

RockYourFitnessNY.com

Becky Weyrauch, certified personal trainer

**TBT = total body training**  
★ 1st class is FREE ★  
Your Success Is Our Goal

**\$25 OFF for all new clients**  
promo code: #FitFam

Motivation for ALL Fitness Levels  
Join a Session at Any Time! Battling Ropes, TRX, Slam Balls and More!

**SUMMER SESSIONS:**  
JUNE 3-28 • JULY 1-26  
AUGUST 5-30

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

Signup for our **WEEKLY eblasts!**

- Best Bet Events
- Articles & News
- Promos & Ads

In your **Inbox every Wednesday!**  
[AdkSports.com](http://AdkSports.com)



## PAT HENDRICK PHOTOGRAPHY

Top-quality photo coverage of your event via conventional shopping cart, or boost your fund-raising and attract more athletes with free sponsored branded photos

Visit us at [pathendrickphotography.com](http://pathendrickphotography.com)  
Email: [phendrick7602127@roadrunner.com](mailto:phendrick7602127@roadrunner.com)  
518-327-3342

**SARATOGA PLANT'S INAUGURAL**  
**APPLE BLOSSOM RUN 5K**  
**SATURDAY MAY 18 • 9AM**  
**SARATOGA APPLE, SCHUYLerville**  
 Run through rows of apple blossoms at bloom!  
 Frolickers and walkers welcome  
 Enjoy cider (BOGO) & 9 Miles East food (for sale)  
 Celebrate spring, get active, support local agriculture!  
 Kids' Fun Run (\$10) - 10am  
 Register (\$30): [RunSignup.com](http://RunSignup.com)  
 Price increases after 5/16

**GREENWICH, NY**  
**WHIPPLE CITY**  
**5K / 10K**  
**JUNE 15, 2019 | 8:30 AM**  
 NEW 10K COURSE!  
 Register: [www.FinishRight.com](http://www.FinishRight.com)  
 A Race to Benefit the Chamber's  
 GreenwichCSD Scholarship Fund

**22ND ANNUAL**  
**CHARLTON HERITAGE 5K RUN/WALK**  
**Sat, June 1, 10am**  
**Old Red School House, Maple Ave, Charlton**  
 USATF certified • Rolling hills & flats with downhill finish  
 Chip timing by ARE • Awards to 5-year age groups  
 Runner bag & shirt to first 400 • \$25 by 5/21 or \$30 after  
 Kids' 1-Mile Fun Run (\$10) at 11am with shirt & medal  
**Register: ZippyReg.com • Info/Form: Charlton5k.org**  
**518-399-3797 or CharltonHeritage5k@gmail.com**  
 Proceeds to Charlton Historical Society

**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

**Third annual** **WILMINGTON WHITEFACE** **Price increases May 15**  
**WHISKEY RUN**  
 Run the Roads of Prohibition! Whiskey Tastings!  
**SATURDAY JUNE 15 • 9:30AM**  
**FESTIVAL FIELD, 2 CUNNINGHAM LN, WILMINGTON**  
**10K RACE • WHISKEY TASTING LOCAL DISTILLERS • FOOD BARREL MAKING • FUN!**  
 A benefit for the Wilmington Historical Society  
**Stay for the Heritage Festival, 11-4**  
 Food, music/stories, reenactors, vendors, raffles  
**Speakeasy at Pourman's Tap House, 8-11**  
 Shirt, swag, medal, whiskey tastings, awards  
 Register/Info: [AdkWhiskeyRun.com](http://AdkWhiskeyRun.com)

- 19 Steel Rail Half Marathon & 5K. 9:30am. Lanesborough to Adams, MA. [steelrailhalfmarathon.com](http://steelrailhalfmarathon.com).
- 24 **Runnin' for the 'Roots**. 6-9pm. Run to benefit Common Roots Brewery. Fleet Feet, Albany. 518-459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 25 **Glens Falls Urban Assault 3.5M Obstacle Run**. 5pm. 20 obstacles/teams. Glen Street, Glens Falls. [adkracemgmt.com](http://adkracemgmt.com).
- 25 Tyner Trail Run. 5K Run/Walk. Glens Falls. 518-791-7910. [active.com](http://active.com).
- 25 Patch Sprint Trail Run. 13.5M. 8am. Four Pok-O-Patch mountains: Bare, Rattlesnake, Sugarloaf, and Pok-O-Moonshine. Pok-O-Moonshine, Willsboro. [patchsprint.com](http://patchsprint.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).
- 26 Woodstock Memorial Races 15K & 5K. 8am. Woodstock Music Lab, Woodstock. 845-687-8963. [onteorarunners.org](http://onteorarunners.org).
- 27 Memorial Day Mile. 9:40am. Bullpen Tavern, Glens Falls. [itsyourrace.com](http://itsyourrace.com).
- JUNE**
- 1 **41st Freihofer's Run for Women**. 5K road race: 9am. Freihofer's Kids' Run (ages 3-11) & Junior 3K Run (ages 7-14): 11am. Health & Fitness Expo: Thu, 5/30 4-8pm & Fri, 5/31 12-7pm, Armory at Sage College, Albany. City Hall & State Capitol, Albany. 518-331-5675. [freihoferstrun.com](http://freihoferstrun.com).
- 1 **22nd Charlton Heritage 5K Run/Walk**. 10am. Kids' 1M Fun Run: 11am. Old Red School House, Charlton. [charlton5k.org](http://charlton5k.org).
- 1 **10th Rail Trail to the Footbridge 5K Trail Race**. 9am. 1K Kid's Fun Run. 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. 518-581-1230. [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).
- 1 5K Race to Read Run/Walk. Resurrection Lutheran Church, Cairo. [active.com](http://active.com).
- 1-2 Great Adirondack Trail Weekend. Sat: 11.5M Trail Run & 3.5M Fun Run. Sun, 10am-2pm: Vendor Village. The Mountaineer, Keene Valley. 518-576-2281. [mountaineer.com](http://mountaineer.com).
- 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. 0.25M & 1M. 9am. Congress Park, Saratoga Springs. [saratogahospital.org](http://saratogahospital.org).
- 2 Tortoise & Hare Trail Run. 6.7M. 9am. Buttermilk Falls SP, Ithaca. [fingerlakesrunners.org](http://fingerlakesrunners.org).
- 8 **Kinderhook OK-5K Run**. 9am. OK Kid's Mile: 8:15am. Village Square, Kinderhook. [ok5kpace.com](http://ok5kpace.com).
- 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 Marathon, Half Marathon & 5K**. 8am. Otsego Lake, Cooperstown. 607-547-2800. [clarksportscenter.com](http://clarksportscenter.com).
- 8 River Run for the Roots. 5K: 11am. Common Roots, South Glens Falls. [riverrunattheroots.itsyourrace.com](http://riverrunattheroots.itsyourrace.com)
- 8 Lifesong Dash 5K Run/Walk. 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 Run/Walk. 8am. 1M Kids' Fun Run. East Greenbush. [egcsd.org](http://egcsd.org).
- 8 24th Lions Ramble. 5:30pm. Fort Plain. John Geesler: 518-568-7509. [fmrrc.org](http://fmrrc.org).
- 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. 9am. 1M Fun Walk: 9:15am. Haviland's Cove Park, Glens Falls. 518-926-5969. [runsignup.com](http://runsignup.com).
- 8 5KFWD for Recovery. 9:15am. Kids' Obstacle Run: 10:15am. Plattsburgh City Beach, Plattsburgh. 518-561-8480. [runsignup.com](http://runsignup.com).
- 9 **Tour de Cure Bike & Run/Walk**. 10M/30M/50M/62M/100M bike & 5K run/walk. Saratoga County Fairgrounds, Ballston Spa. American Diabetes Assn: 888-DIABETES x3613. [diabetes.org/capitalregion](http://diabetes.org/capitalregion).
- 9 HMRRRC Distinguished Service 8M Run. 9am. PhysEd building, UAlbany, Albany. [hmrrc.com](http://hmrrc.com).
- 9 Betar Byway 5K/Moreau Mile. 9am. South Glens Falls Park, South Glens Falls. [active.com](http://active.com).
- 9 3rd Peach Hill 5K Walk/Run. 9am. Peach Hill Park, Poughkeepsie. [peach-hill-park.org](http://peach-hill-park.org).
- 13 10th Route 50 Mile. 6:50pm. Fundraiser for CAPTAIN. Designer Interiors, Burnt Hills. [zippyreg.com](http://zippyreg.com).
- 15 **5th Good Karma 5K Run/Walk**. 5K: 9:30am. Yoga Warmup: 9:15am. Kids' 1/2M Run: 9am. Post-race: Indian food, henna. Crossings Park, Colonie. Mona Caron: 518-429-9068. [goodkarmany.org](http://goodkarmany.org).
- 15 **Greene County Spring Into Summer 5K Run/Walk**. Coxsackie-Athens HS, Coxsackie. 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 Wilmington Whiteface Whiskey Run 10K**. 9:30am. Whiskey tasting, local distillers, food, barrel making, fun. Heritage Fest: 11am-4pm. Speakeasy at Pourman's Tap House: 8-11am. Festival Field, Wilmington. 518-524-1023. [adkwhiskeyrun.com](http://adkwhiskeyrun.com).
- 15 **Tri-City ValleyCats Father's Day Run 5K**. 9am. HVCC Stadium, Troy. 518-456-3682. [hmrrc.com](http://hmrrc.com).
- 15 Dragon the Dads Family 5K Run/Walk. 9am. Kid's Mile & Dragon Dash: 10am. Saratoga Spa SP, Saratoga Springs. [finishright.com](http://finishright.com).
- 15 4th Rensselaerville Ramble 8M/5M Trail Run & 2M Walk. Huyck Preserve, Rensselaerville. 518-598-9389. [huyckpreserve.org](http://huyckpreserve.org).
- 16 36th Mule Haul 8K Foot Race. Firehouse, Fort Hunter. 518-866-1319. [fmrrc.org](http://fmrrc.org).

**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**  
[kinderhookok5kpace@gmail.com](mailto:kinderhookok5kpace@gmail.com)

**ADIRONDACK SPORTS**  
 Enjoy what you're reading?  
**SUBSCRIBE TODAY!**  
 Have each issue mailed to you for only:  
**\$17.95 (1 year) \$32.95 (2 years) \$44.95 (3 years)**  
**AdkSports.com/subscribe**

**Obstacle Course Challenge**  
**STUFF NUFF**  
 To Benefit The Prevention Council  
**Saturday, June 1**  
 Kids Run (1 Mile) @ 8:30 a.m.  
 Teens/Adults (5K) @ 9:15 a.m.  
**Mud and Fun Guaranteed!**  
 BOCES Campus  
 Henning Road  
 Saratoga Springs  
**Register at: finishright.com**  
**The PREVENTION COUNCIL**  
 Helping youth navigate life's challenges

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

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

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

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



**9TH ANNUAL** **SMSA Kerry Biko 5K Hustle**

**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

10TH ANNIVERSARY!

**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**



- 16 New Paltz Challenge Half Marathon & 5K. Yard Owl Brewery, Gardiner to Gilded Otter Brewery, New Paltz. runsignup.com.
- 16 Ryan McElroy 5K & 10K. 5K: 9am. 10K: 8:45am. Pawling FD, Pawling. edrrc.org.
- 19 Summer Solstice 15K Trail Run. 6:30pm. West Trapps, Mohonk Preserve, Gardiner. zippyreg.com.
- 22 2nd Adirondack 15K Race to the Lakes. 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. 518-331-8864. active.com.**
- 23 Dodge the Deer 5K. 10am. Bully the Bear Sprint: 9:15am. Chipmunk Chase Mile: 9:30am. Schodack Island SP, Castleton. albanyrunningexchange.org.
- 23 Walk/Run for Kidneys. 9am. Central Park, Schenectady. 518-533-7880. healthykidneys.org.
- 23 Wild Thing 5K/10K Trail Race. 9am. Pleasant Valley Wildlife Sanctuary, Lenox, MA. Patty Spector: 413-637-2597. massaudubon.org.
- 24 Saratoga Stryders Camp Saratoga 5K Trail Series. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.**
- 25 Colonie Mile. 6pm. Colonie HS track, Colonie. hmrrc.com.
- 26 Guilderland Bounce Into Summer 5K Run/Walk. Guilderland YMCA, Guilderland. 518-456-3634. zippyreg.com.**

**JULY**

- 4 13th "Firecracker 4" 4M Road Race. 9am. Vendors/band at start/finish, entertainment along course. Military & Fire/Police/EMS awards. Run Your Colors teams for charity. Saratoga Springs City Center, Saratoga Springs. firecracker4.com.**
- 4 Freedom Mile. 11:30am. Shenendehowa to Clifton Common, Clifton Park. zippyreg.com.
- 4 Montcalm Mile. 1:45pm. Ticonderoga. 518-569-0947. lachute.us.
- 6 Finger Lakes 50s Trail Races. 50M, 50K, 25K. 6:30am. Finger Lakes NF, Hector. fingerlakesrunners.org.
- 8 Saratoga Stryders Camp Saratoga 5K Trail Series. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.**
- 13 23rd Silks & Satins 5K Run/Walk. 8am. Jeff Clark Memorial Race. Includes free pass to Saratoga Race Track & National Museum of Racing. Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.**
- 13 5th ParkFest 5K Run/Walk. 8am. Gavin Park, Wilton. 518-588-5717. wiltonparkfest.com.
- 14 5K Color Run/Walk for Recovery. 10am. Riverside Park, Saranac Lake. 518-637-5300. eventbrite.com.
- 20 Major Caine Goyette Memorial Run/Walk. Waterford-Halfmoon HS, Waterford. majorcainegoyette.com.
- 21 Indian Ladder Trail Run. 3.5M & 15K. 9am. Thacher SP, Voorheesville. hmrrc.com.**
- 21 Tupper Lake Warrior Run. 5K/8K obstacle runs. 12pm. Music, food, beer. Raquette River Brewing, Tupper Lake. 518-359-3328. tupperlake.com.
- 22 Saratoga Stryders Camp Saratoga 5K Trail Series. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.**

- 27 Run for the River 5K/10K. 9am. Frink Park, Clayton. savetheriver.org.
- 28 Albany Knicks Prop Trot 5K. 9am. Kids' Fun Run: 8am. Lincoln Park, Albany. 845-774-9448. knicks5k.com.

**AUGUST**

- 3 1st Hudson River Ramble 8M Run. 9am. Formerly Race the Train. 8-8:30am: Buses to start. Adk Runners GP event. 1M Family Fun Run: 11am. Riverside Station, Riparius to Johnsburg CS, North Creek. Tracy Watson: 518-251-0107. active.com.**
- 3-4 Churney Gurney Mtn Bike Races & Trail Running Race. SAT - 9am: 5M trail running race; 1pm: Hot laps on Tango; 12-4pm: Group & family rides. SUN - 9-11am: Mtn bike races; 1:30pm: Kids' races; 9am-3pm: Demo rides. Gurney Lane MTB Park, Queensbury. churneygurney.com.**
- 9-10 Peak to Brew Relay. 'Beast' Relay: Sat, 8/9-10. 'SPRINT' Relay: 8/10. 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.**
- 21 Southern Saratoga Hump Day 5K Run/Walk. 6:15pm. Southern Saratoga YMCA, Clifton Park. 518-371-2139. zippyreg.com.**

**SEPTEMBER**

- 1 8th 1812 Challenge & Half Marathon. 18.12M & 13.1M: 7:30am. 5K run/walk: 8am. 1812 Battlefield State Park, Sackets Harbor. 1812challenge.com.**
- 8 Camp Chingachgook Half Marathon & 10K. Half: 8am. 10K: 9am. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. zippyreg.com.**
- 15 Saratoga Palio: Half Marathon & 5K Run/Walk. 13.1M: 7:45am. 5K: 8am. Kids' Fun Run: 9:15am. Melanie Merola O'Donnell Memorial Race. Saratoga Springs. themelaniefoundation.com.**
- 21 Helpers Fund 5K & 10K. 9:30am. Also, 1K Kids' Run (2pm) & Expo (10am-5pm) in Schroon Lake. Part of Adk Marathon Distance Fest. Municipal Center, Chestertown. adirondackmarathon.org.**
- 22 Adirondack Marathon, Half Marathon & Relays. Marathon and 2- & 4-person relays, 9am. Half (Adirondack to Schroon Lake), 10am. Main St, Schroon Lake. adirondackmarathon.org.**
- 22 Glenville Muddy Sneaker Trail Run. Indian Meadows Park, Glenville. 518-399-8118. zippyreg.com.**

**OCTOBER**

- 13 Mohawk Hudson River Marathon & Hannaford Half Marathon. 8am. Sat, 10/12: Expo & Packet Pickup at Capital Center, Albany. Marathon: Schenectady to Albany. Half: Colonie to Albany. mohawkhudsonmarathon.com.**
- 26 Troy Trick-or-Trek 5K Run/Walk. 9-11am. Oakwood Cemetery, Troy. zippyreg.com.**

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

**FATHER'S DAY**  
**ValleyCats HOME RUN 5K**

**Saturday, June 15 - 9:00am**  
 Joe Bruno Stadium at HVCC, Troy

T-shirts for first 275 registered • Kids' Fun Run: 10am  
**4 free tickets to each runner for any ValleyCats regular season game (excluding July 4th)**

Top 3 M/F in 5-year age groups (age 5 & up)  
 Top 3 Father/Daughter & Father/Son Teams  
**Register: Active.com**

Application: HMRRRC.com - No race day registration  
 John Haley - 518-456-3682 or J.Haley36@yahoo.com

**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

The Melanie Foundation presents  
**THE SARATOGA PALIO**



Melanie Merola O'Donnell Memorial Race  
 Half Marathon & 5K Run/Walk  
**SUNDAY, SEPTEMBER 15**

**TheMelanieFoundation.com**

**18.12 Challenge & HALF MARATHON** **8TH ANNUAL** **Sunday, Sept. 1**

**18.12 Mile, 13.1 Mile & 5K Run/Walk**  
 A one-of-a-kind event!

Starting and finishing on historic 1812 Battlefield in Sackets Harbor, NY - overlooking spectacular Lake Ontario  
 Dri-fit shirts and medals for finishers and \$1812 in cash awards

**Info & Registration: 1812challenge.com • Limited to 1200 runners**  
 Sponsored by Car-Freshner Corporation and Watertown Daily Times

**Adk Runners Grand Prix Race!** **FIRST ANNUAL** **Formerly Race the Train!**

**Hudson River Ramble 8-Mile Run**

**Saturday, Aug. 3 - 9am**  
**Riparius to North Creek**  
 8-8:30am: Buses from Johnsburg Central School to Riverside Station, Riparius

T-shirt to first 200 registered Awards - Refreshments - Raffles  
**1-Mile Family Fun Run/Walk (all ages welcome, \$5): 11am**

**Register: Active.com**  
 To benefit Johnsburg Dollars for Scholars





**New & Used Summer Gear is Here!**

- Baseball/Softball
- Soccer
- Watersports
- Golf
- Lax
- Disc Golf
- Longboards
- Skateboards
- Yard Games

952 Troy-Schenectady Rd, Latham • Peter Harris Plaza, 1.6M west of I-87  
 (518) 785-6587 • [PlayItAgainSportsLatham.com](http://PlayItAgainSportsLatham.com)  
 Monday-Saturday: 10am-9pm & Sunday: 11am-5pm

**Monomoy Island Excursions**  
 Seal, Seabird and Harbor Cruises on Cape Cod



Monomoy Island tours with an onboard guide

**508-430-7772 • [MonomoySealCruise.com](http://MonomoySealCruise.com)**  
 731 Route 28 • Harwichport (next to Brax Landing) • **Reservations Recommended!**

**THE PLACE TO RACE!**  
 CAPITAL DISTRICT YMCA 2019 RACE SERIES





**OUR PLATINUM PARTNER**

- June 15** Greene County Spring Into Summer 5K
- June 26** Guilderland Bounce Into Summer 5K
- July 20** Duaneburg Triathlon
- Aug. 21** Southern Saratoga Hump Day 5K
- Sept. 7** Greene County Y Triathlon
- Sept. 8** Camp Chingachgook Half Marathon & 10K
- Sept. 22** Glenville Muddy Sneaker Trail Run
- Oct. 26** Troy Trick or Trek 5K
- Dec. 8** 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**

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

Race day registration is available. Teams are welcome!

**New Obstacles! Over 20 Obstacles!**



**Reach 50,000**  
 sports, fitness & healthy living enthusiasts each month...

Advertise effectively with US!

**JUNE AD DEADLINE 5/31**



Contact Darryl:  
**(518) 877-8788**  
[Darryl@AdkSports.com](mailto:Darryl@AdkSports.com)  
 Media Kit: [adksports.com/advertise](http://adksports.com/advertise)

**INDIAN LAKE, NY**  
 Where Nature and Culture Collide

**Whitewater Rafting Capital of New York!**

Whitewater Rafting – all season



Poker Paddle – July 20

Golf Tournament – August 3

Adirondack Mountains Antiques Show – September 11-15

Great Adirondack Moose Festival – September 28-29



For more information and to join our 4-3-2-1 Hiking Challenge, please see our web site: [www.indian-lake.com](http://www.indian-lake.com)

Town of Indian Lake Chamber of Commerce  
 PO Box 724, Indian Lake, NY 12842  
 Phone: 1-800-328-LAKE (5253)  
 Email: [indianlakechamber@frontiernet.net](mailto:indianlakechamber@frontiernet.net)

**American Heart Association Heart Walk**

**Life is Why we Walk and Run**

Join Our Fight Against the No. 1 Killer - Heart Disease!

**Capital Region Heart Walk and 5K Run**  
 Sunday, June 2

University at Albany • 1400 Washington Ave  
 Run 8:30am • Walk 10:45am

Sign up at [CapitalRegionHeartWalk.org](http://CapitalRegionHeartWalk.org)



**BATTENKILL**  
 Custom river trips that refresh



Rental canoes, kayaks, tubes, and rafts  
 Shuttles for those who own their own craft  
 Rentals, Retail, Vacation Getaway

**518 677-3311**  
 1414 State Route 313  
 Cambridge, NY 12816  
[battenkillvalleyoutdoors.com](http://battenkillvalleyoutdoors.com)



**GREAT WALKS & DAY HIKES**

# Overlook Mountain

## An Outdoor Adventure *By Tom O'Grady*

**M**other's Day 2018 saw us headed south along NY Route 32 to Overlook Mountain in Woodstock. To date, we had only completed mountains in the Adirondacks on our fire tower adventures and Overlook would be our first fire tower in the Catskills. With any luck we were hoping to successfully reach the summit on this trip. Our first attempt at Overlook coincided with Easter on the last weekend in March. On that trip, the ice and slush proved difficult for the kids, and we cut it short. Today we were better prepared and armed with nicer weather!

Upon arriving at the trailhead, across from the Tibetan monastery, we noticed that many other people had to hike and had gotten an earlier start. There was no space left but it was great to see so many people out hiking on Mother's Day! Luckily, the NYS DEC responded to the popularity of Overlook Mountain by putting in an additional trailhead and an overflow parking lot, approximately a half-mile down the road. To save time I dropped everyone off at the main trailhead and headed solo to the overflow lot. Be careful on the way down to the newer trailhead to avoid parking in what looks like an overflow lot. This is actually space owned by the monastery. I was the first to park in the overflow lot and jogged up the newly cut trail to meet everyone at the trailhead proper.

Prior to allowing the kids to look for a walking stick we went over some quick additional guidelines for this trip. Overlook is a tremendous mountain with a lot to offer. And it is especially easy to get caught up in the moment of exploring, particularly near the top. But on this hike, we warned that it was particularly important to be aware of your surroundings, stay near an adult, and not go off the trail. Overlook also has a population of timber rattlesnakes that den in the ledges near the summit. Because they den from about November to April it was possible that we would encounter some. Timber Rattlesnakes are not particularly aggressive or fast, but will strike if provoked. With this, we found descent walking sticks and set up the trail.

The trail up Overlook Mountain is perfect for a moderately paced walk. As described by trail guides, much of the travel is a gravel or dirt road that gets occasionally rockier. It was used as an old jeep road by forest rangers to reach the cabin and fire tower at the top. While never very steep and easy to walk up, the kids enjoyed imagining what it would be like to drive our SUV up this road. After that, we talked about the history of the mountain. Talk of driving up entertained the kids and distracted us from noticing two springs that are present along the trail at 0.3 and 0.5 miles. At 0.9-mile, we came to the large rock that was Sara and the kids stopping point on the last trip. From there, I had gone to the top and met them on the return trip. Today, at Theo's request, we all took a quick break at the rock, before continuing onward.

The first mile of the trail is fairly straight. At about a mile, the trail turns to the right, and reaches a small fork at 1.2 miles. Stay left at this fork and continue towards the top. The trail gets a little rougher here and the incline becomes slightly steeper over the next quarter-mile, before becoming more moderate, and the ruins of the

Overlook Mountain House appear. In some books and guides, it's referred to as Catskill Mountain House. This really excited the kids and we talked about the history of the hotel. The original 300-room hotel burned in 1874 on April 1, when a chimney fire got out of control - after staff dismissed concerns of a child as an April fool's joke, when they reported an unusual color of smoke coming from the chimney. After being rebuilt four years later, the hotel again burned down in 1924, and then struggled to stay open during the ensuing Great Depression. Efforts to rebuild the hotel never materialized.

We were walking at a good clip so I promised if we went to the top first, we could explore more on the way down. Also notable in close proximity to the hotel ruins, is a large radio transmission antenna and a few smaller buildings.

The remaining 0.5-mile walk to the summit went by quickly and we soon reached the old forest ranger cabin at the top. From the cabin, it is a short walk along the trail to the fire tower at the summit. It's very important to pay attention to the signs and stay on the trail as you walk under the large scenic ledges on your way to the fire tower and ranger cabin. These ledges have timber rattlesnakes. Next to the fire tower is a grill and picnic table for anyone who wants to bring supplies up.

Even before climbing the fire tower it is not hard to understand why people have been writing about the view for over 200 years! The views from Overlook are truly spectacular in any direction. To the east, you can see the Hudson River and southeast brings the Ashokan Reservoir and Rhinecliff Bridge into sight. The view facing west includes Slide, Cornell and Wittenberg mountains, while north brings Indian Head, Twin, Sugarloaf, Plateau and Hunter into view. With so many of the Catskill 3500s in view, Overlook is a perfect easier hike to complete, which offers great exercise - and allows you to appreciate all that the Catskills have to offer!

After enjoying the summit view, we made the short detour to the cliffs from the ranger cabin. These ledges likely give the mountain its name - Overlook. They offer additional unobstructed views of the Hudson Valley and Catskills. From here we made our way gradually down the mountain. As promised, we stopped at the hotel ruins. We enjoyed exploring but were careful to watch where we were going and I kept the kids nearby as the timber rattlesnakes have been known to make their way down to the hotel.

The kids enjoyed themselves so much on this trip that they asked if we could jog the remaining half-mile to the end. When we reached the bottom, I went to pick up the car, and picked everyone up at the main lot. By this time both lots were nearly full. On this trip, I covered six miles and everyone else approximately five miles. It took us a little over two-and-a-half hours to complete the round-trip, including a half an hour of exploring or enjoying the views. On the way home we stopped in the village of Catskill for dinner at a brewery and then got ice cream. This made for a fun day of exercise and exploring for Mother's Day. 🌲



*Tom O'Grady, PhD, MPH (thomas.james.ogradey@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.*

FROM THE SUMMIT, ENJOYING THE VIEW FROM THE FIRE TOWER. PHOTOS BY TOM O'GRADY





**PEDBIKELAW.COM**  
**(518) 463-7784**

75 COLUMBIA STREET  
ALBANY, NY 12210

CLIFTON PARK • SARATOGA SPRINGS • PLATTSBURGH

**Attorneys Who Represent Injured Pedestrians, Bicyclists and Runners**  
A division of Dreyer Boyajian LaMarche Safranko

**Your Journey Home**  
begins with Beth Gryzboski



**KW CAPITAL DISTRICT**  
KELLERWILLIAMS

**Beth Gryzboski, MBA**

Associate Broker  
Accredited Buyer Representative  
Senior Real Estate Specialist

- ✓ Selling and buying single family homes
- ✓ Homes in transition: divorce, downsizing, estates, relocations
- ✓ Preparing home improvement plans for selling your home in 2018-2019
- ✓ Social media sales strategies executed to sell homes to today's tech savvy buyers

*Your resident realtor® proud to call Clifton Park "home!"*  
www.GoSeeBethG.com | 518-877-5929 | GoSeeBethG@kw.com

**Celtic Treasures**  
Update New York's Premier Irish & Celtic Shop  
Family Owned and Operated Since 1992

**CELEBRATING OVER 25 YEARS**

Cèade Mile Fáilte!  
One hundred thousand welcomes from our clan to yours.

456 Broadway  
Saratoga Springs, NY  
**518-583-9452**

Whether you're Irish or just wish you were, visit us for the finest Celtic gifts, Music, Books, Food, Jewelry, Flasks, Mullingar Pewter, Belleek China, Custom Bodhrans, Tin Whistles, Guinness Collectibles, Galway Crystal, Tea and more.



Visit our Irish and Celtic Web store on-line at [www.celtictreasures.com](http://www.celtictreasures.com)  
**WE SHIP ANYWHERE IN THE US AND CANADA**

**LEADERSHIP POSITION AVAILABLE**

Legacy NY Capital District Bicycle Store  
Near-term Successorship Potential  
Seasonal tech position also available

Email letter of interest and resume to: [rthfullem@gmail.com](mailto:rthfullem@gmail.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**

MANY ROADS ONE PURPOSE

Register for Tour for two free sessions!  
**Orangetheory FITNESS**  
Clifton Park • Niskayuna • Latham • Albany

**TOUR de CURE**  
American Diabetes Association.  
*Ride. Run. Walk.*

Routes: 10M, 30M, 50M, 62M & 100M • 5K Run/Walk

Ride. Run. Walk. For the Cure!  
**Capital Region Tour de Cure**  
**Sunday, June 9**  
Saratoga County Fairgrounds, Ballston Spa  
Register today at [diabetes.org/capitalregion](http://diabetes.org/capitalregion)  
1-888-DIABETES ext.3613



## ● SWIMMING

By Ann Svenson

Open water swimming can be one of the most spectacular and exhilarating experiences... or it can be an intimidating and fearful one. What you do to prepare can have a big effect on how enjoyable your experience will be.

**Before the race director says "Ready, set, go" make sure you're ready with the following tips:**

**Evaluate the Course** - The first thing you should do is survey the course so you are familiar with the conditions.

**Water Temperature** - Ask a lifeguard or race official. This may help you determine the need for a wetsuit or what kind of wetsuit, full-body, short one, sleeveless. If you can't get in for a warmup, go to the shore and splash water on you so you're aware of what it feels like. There's nothing worse than being shocked by cold water! It can take your breath away, literally. It may also make your goggles fog up. Cooler water may require a longer warmup. Colder water can cause you to fatigue sooner and your stroke technique to deteriorate more rapidly. Fresh water may feel warmer than pool at the same temperature but slightly colder than salt water at the same temperature.

**Currents** - Be aware of them, especially if the course is out and back and plan accordingly. If you are swimming out with the current, you'll have to work harder on the return.

**Clarity** - So it doesn't freak you out if you can see bottom.

**Footing** - Be cognizant of bottom conditions at the start and finish. If the water is muddy and soft, you may have a harder

# Taking the Plunge

## Conquer Fear and Tame Water

time at the finish before you've gotten back your "land legs." You also need to prepare if there's a steep slope at the start and/or finish. Boat ramps can be slippery or rough. Watch for plant life; if you swim through it, stop kicking as your legs can become entangled in it. Beware of rocks on the bottom that you might trip over.

**Course Layout** - What color are the buoys? If you're wearing tinted goggles, put them on so you know what they look like. Make note of how many there are, what shapes, and which direction you will go around them.

**Position of the Sun** - Is it going to be in your eyes for part of the course?

**Plan for Sighting** - Note landmarks on shore that you can sight off, a lifeguard stand, large tree, church steeple or mountain - anything that will help you stay on course. You don't want to rely solely on other swimmers.

### Advanced Open Water Skills

**Entry** - This part of the event can cause the most fear and anxiety for novice and inexperienced open water swimmers or triathletes. Understand where and how to run into the water. Use short, quick steps and swing your feet with a wide heel recovery to the side to avoid tripping, especially in ocean events.

**Navigation and Sighting** - Sneak a peek before taking a breath. Lift your head as little as possible, because lifting your head causes more drag and effort - and you kick more when your feet sink. Practice in a pool choosing a variety of items to look for. Choose landmarks and not just buoys for sighting, as buoys may not always be visible in a crowded race or choppy water. Be cognizant of the

where the sun is and where it will be during different parts of your race to avoid glare when sighting. You can use the direction of sun rays reflecting underwater to guide you to staying on course. Try several kinds of goggles. Larger lens offer greater visibility and curved lenses can increase peripheral vision. Smoke color or mirrored lenses are good on sunny days; blue lenses on cloudy ones. Experiment and have a backup pair.

**Drafting** - Drafting helps you conserve energy while maintaining speed, but it takes skill, confidence and awareness. Choose an experienced swimmer who's slightly faster than you. Drafting directly behind a swimmer is fastest; off the hip is the safest

**Turning Around Buoys** - Get a good sighting. If you have clear water, make a sharp turn; if it's crowded make it wider. Take a stroke with your outside arm, roll onto your back and back onto your stomach, as you take a stroke with your other arm - practice this in the pool.

**Water Exit** - Be aware that you'll be more fatigued and running in water will be more difficult. Get your land legs by kicking before trying to stand up. If the bottom is muddy, swim in closer to shore.

**Race Strategy** - Have a plan and don't rely on the plans of others. Start wide of the pack. Start easy at first and pick up speed later in the second half of the race. HAVE FUN!

### Words of Wisdom for First-Time Triathletes

**Breathe, Don't Kick!** - Take a small piece of paper, and write those words on it. Put it in your goggles and put your goggles inside your swim cap. When you're nervous before a race, particularly an event you've never done before, your mind ceases to function



MORE COWBELL... IT'S TRIATHLON SEASON! LEE HILT

(almost) - and all the tips you've gotten go to outer space. The most important thing in a swim is to keep your cool, relax, take a few deep breaths *before you get in the water*, and look at that note.

**Move to the Back of the Pack** - You don't want to get swum over by faster swimmers. Swallowing water - or worse, inhaling it - at the start of swim race isn't fun and can cause a sense of panic. Remember to exhale... it'll keep you calm. You're not in it to race, but to finish! The lifeguards on the course don't want to have to do anything but watch you.

**Finally** - "Sprint triathlon" doesn't mean you're supposed to sprint each leg! 🌱

*Ann Svenson of Greenfield Center is a former triathlete, US Masters Swimming long distance/open water all-star and national record-holder, and Total Immersion Swimming coach.*

## ● BICYCLING cont from 1

Oh, one more thing, since I was able to cover over 20 miles in that first real ride in 38 years, I decided that I could surely ride 50 miles by early June. I did finish 50 miles riding on my Sherman tank of a bicycle, but it took everything I had!

I have been truly fortunate enough to have raised over \$21,000 over the past eight years for the American Diabetes Association and the fight against diabetes. These chance encounters with Howard Katz and John Casey motivated me to continue cycling, which then enabled me to stop requiring insulin to control my diabetes. This really motivated me to continue to fundraise for the ADA through the Tour de Cure, because I have met and become friends with so many people who live with type 1 Diabetes every day - many not as fortunate as me to be able to stop requiring insulin to live. My hopes and dreams are that we can arrive at a day where type 1 diabetes is a thing of the past. You can donate directly to this cause by going to my link: [main.diabetes.org/goto/mfwahl](http://main.diabetes.org/goto/mfwahl).

The American Diabetes Association's mission is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. Tour de Cure is a celebration of the ADA's mission and a chance to raise critical funds to help fight diabetes. Every mile covered and every dollar raised brings us that much closer to a cure. The Capital Region Tour de Cure is ranked as one of the top 10 Tour events in the country and the Capital Region chapter strives to stay in this ranking. Register today at [diabetes.org/capitalregion](http://diabetes.org/capitalregion).

To volunteer, please visit [diabetes.org/capitalregionvolunteer](http://diabetes.org/capitalregionvolunteer). To mail a donation, please send checks to American Diabetes Association, 5 Pine West Plaza, Suite 505, Albany, NY 12205.

The Kivort Steel Cycling Team was created 13 years ago when Dave Canfield loaned Rob Kivort a bicycle for his first Tour de Cure century ride. After a couple of years of trying, Rob finally convinced his friend, Howard Katz, to ride in Tour de Cure - and that changed everything! After that experience, Rob and Howard met to discuss what they could do to "blow things up" and help to stop diabetes, the "corporate street team" concept was created.

In the fourth year of its existence, the Kivort Steel Cycling Team raised over \$57,000 which was the number one overall corporate Tour de Cure team in New York. In 2011 a lofty goal was set, to recruit 100 riders, ride 5,000 miles, and raise \$100,000 for the ADA. Goals Achieved! Every year since, the Kivort Steel team has been the number one fundraising team in New York and among the Top 10 in the US for ADA's Tour de Cure. Now known as "Kivort Steel Diabetes Revolution," the team has expanded to year-round fundraising by adding Spin for Diabetes, Jakes Walk for Diabetes, Mayumi's Zumbathon, Blue Sky Bicycles bike raffle, and Golf FORE Diabetes - an annual event, currently hosted at the Schuyler Meadows Club in Loudonville.

In 2018, Kivort Steel Diabetes Revolution raised more than \$170,000 and was the number one fundraising team in the US for American Diabetes Association. In 2018, the Kivort Steel team also went over a total of \$1,000,000 raised! Rob Kivort's generosity and dedication to the ADA in the mission to stop diabetes is second to none. In addition to supplying all team members with cycling jerseys as fundraising incentives, and providing a team tent on the day of the event, Rob sponsors and Howard Katz directs, all Kivort Steel team events. They also coor-



dinate a "High-Rollers" dinner, to honor those teammates who raised over \$2,000. In 2011 there were seven high-rollers, and in 2018 that number rose to 28!

You can connect with or read more about the Kivort Steel Diabetes Revolution team by going to the team website at [diabetes.org](http://diabetes.org) or the team's Facebook page at [facebook.com](http://facebook.com) - in both cases, search "Kivort Steel Cycling Team". Anyone can join the Kivort Steel Diabetes Revolution team, join another team, start a team, or sign up as an individual - TO STOP DIABETES! 🌱

*Mark Wahl (markwahl@yahoo.com) of Delmar has ridden in Tour de Cure since 2012 and raised over \$21,000 for ADA. He's a retired Navy senior chief and assistant professor of nursing at Maria College.*

■ RED RIDERS (PARTICIPANTS WITH DIABETES) ROLL OUT AT THE 2018 TOUR DE CURE.

■ RED RIDER FAMILY AT THE 2018 TOUR DE CURE.

CLIFFORD HOPKINS PHOTOGRAPHY

# RACE RESULTS

## GORE MOUNTAIN TUESDAY CITIZEN XC SKI & SNOWSHOE RACES January 15 - March 5, 2019 • Gore Nordic Center (Ski Bowl), North Creek

CITIZEN RACE #1 - JAN. 15		
<b>MALE CLASSIC</b>		
1 Ed Orr	3 laps	19:36
2 Gary Wilson	3 laps	19:51
3 Richard Carlson	3 laps	20:56
<b>FEMALE CLASSIC</b>		
1 Marti Townley	3 laps	21:56
2 Elizabeth Maher	3 laps	22:42
3 Emily Stanton	2 laps	19:23
<b>MALE SKATE</b>		
1 Matthew Pearsall	3 laps	13:47
2 Reuben Smith	3 laps	14:05
3 Andy Conroy	3 laps	14:45
<b>FEMALE SKATE</b>		
1 Ellen Deprey	3 laps	14:57
2 Elizabeth Allison	3 laps	15:00
3 Michele Pearsall	3 laps	16:06
<b>MALE SNOWSHOE</b>		
1 Matthew Miczek	3 laps	23:27
2 Casey Dwyer	2 laps	18:40
<b>FEMALE SNOWSHOE</b>		
1 Ava Marie Dally	1 lap	12:36
2 Ellen Schaefer	1 lap	20:05
CITIZEN RACE #2 - JAN. 22		
<b>MALE CLASSIC</b>		
1 Richard Carlson	3 laps	20:45
2 Ed Orr	3 laps	20:51
3 Donald Potter	3 laps	23:13
<b>FEMALE CLASSIC</b>		
1 Julie West	3 laps	18:51
2 Elizabeth Maher	3 laps	23:15
3 Marti Townley	3 laps	23:39
<b>MALE SKATE</b>		
1 Paul Allison	4 laps	13:50
2 Reuben Smith	3 laps	21:53
3 Matthew Pearsall	3 laps	15:07
<b>FEMALE SKATE</b>		
1 Michele Pearsall	3 laps	18:57
<b>MALE SNOWSHOE</b>		
1 Matthew Miczek	4 laps	35:54
2 Tom Helstern	3 laps	38:42
<b>FEMALE SNOWSHOE</b>		
1 Christine Natalie	4 laps	31:15
2 Laura Clark	4 laps	44:01
CITIZEN RACE #3 - FEB. 5		
<b>MALE CLASSIC</b>		
1 Ed Orr	4 laps	24:42
2 Richard Carlson	3 laps	21:06
3 Kelton Donahue	2 laps	23:40
<b>FEMALE CLASSIC</b>		
1 Kathy Donahue	2 laps	23:40
<b>MALE SKATE</b>		
1 Ellen Deprey	4 laps	18:22
2 Matthew Pearsall	3 laps	19:24
<b>FEMALE SKATE</b>		
1 Michele Pearsall	3 laps	17:10
<b>MALE SNOWSHOE</b>		
1 Matthew Miczek	4 laps	33:25
2 Tom Helstern	3 laps	33:16
3 Casey Dwyer	2 laps	19:30
<b>FEMALE SNOWSHOE</b>		
1 Christine Natalie	4 laps	28:36
2 Laura Clark	4 laps	41:20
3 Tracy Watson	3 laps	37:01
CITIZEN RACE #4 - FEB. 19		
<b>MALE CLASSIC</b>		
1 Ed Orr	4 laps	25:20
2 Richard Carlson	3 laps	19:19
3 James Parobeck	3 laps	27:37
<b>FEMALE CLASSIC</b>		
1 Julie West	3 laps	17:15
2 Beth Maher	3 laps	21:50
3 Emily Stanton	2 laps	19:20
<b>MALE SKATE</b>		
1 Paul Allison	4 laps	12:04
2 Erik Grimm	4 laps	14:19
3 Matthew Pearsall	4 laps	19:01
<b>FEMALE SKATE</b>		
1 Michele Pearsall	3 laps	18:57

Courtesy of Gore Mountain

## 37TH ANNUAL LAKE PLACID LOPPET & NORDIC FESTIVAL continued

5 Andres Torizzo	43	Burlington, VT	1:55:01	10 Christopher Kvam	38	Rochester	1:35:42
6 Joshua Katzman	43	Clifton Park	2:20:33	11 Chris Kaplanis	34	Ridgewood, NJ	1:52:33
<b>FEMALE AGE GROUP: 40 - 49</b>							
1 Diana Grabsch	48	Meriden, CT	1:45:43	1 Anna Cronin	31	Concord, NH	1:23:27
2 Ashley Peacock	42	Loudonville	2:19:13	2 Esley Albert	37	Ottawa, ON	1:30:19
<b>MALE AGE GROUP: 50 - 59</b>							
1 Robert Labonte	51	Colchester, CT	1:34:44	3 Christin Reuter	36	Leeds, MA	1:34:42
2 Matt Ellis	54	Saranac Lake	1:49:23	4 Deidre Cullen	33	Laconia, NH	1:35:51
3 John Saufley	57	Hummelstown, PA	2:02:55	5 Allison Nagel	37	Fairport	1:50:09
4 Willie Janeway	55	Keene	2:06:57	6 Leigh Mastin	32	Portland, OR	1:58:23
5 William Dougherty	51	Crestwood, IL	2:10:34	7 Sarah Morrison	32	Ottawa, ON	2:04:45
6 James Smith	57	Clifton Park	2:18:51	8 Daria Vashchylenko	36	Princeton, NJ	2:42:20
7 Jonathan Whalen	50	Slingerlands	2:22:32	<b>MALE AGE GROUP: 40 - 49</b>			
8 Achilles Kogiantis	51	New York	2:31:33	1 Steve Halasz	43		1:16:40
9 Peter Guzzo	51	Niskayuna	2:47:59	2 Jeff Erenstone	41	Lake Placid	1:17:19
10 Gary Allen	59	Hamburg	3:05:50	3 Mark MacLachlan	45	Atlanta, GA	1:17:26
11 Chris Allen	59	Severna Park, MD	3:07:10	4 Peter Vile	40	Essex Junction, VT	1:21:09
<b>FEMALE AGE GROUP: 50 - 59</b>							
1 Tamra Mooney	59	Keene Valley	1:47:30	5 Kevin Prickett	46	Wilmington	1:24:58
2 Ellie Bouffard	58	Barre, VT	1:58:15	6 Brian Sprague	41	Burlington, VT	1:32:17
3 Joy Dubin Grossman	54	South Burlington, VT	2:00:09	7 Aaron Wells	41	Anchorage, AK	1:39:16
4 Mette Meyer	50	Charlotte, VT	2:00:12	8 Philip Walton	48	Concord, MA	1:43:17
5 Karen Alence	52	South Burlington, VT	2:03:30	9 Phillip Belena	48	New York	1:48:47
6 Dorine Peregrin	58	Lake Placid	2:07:37	10 Ben Frantz	48	Lake Placid	1:49:45
7 Shelley Reynolds	57	Lake Placid	2:12:03	11 Sylvie Jacques	46	Ottawa, ON	1:54:51
8 Tammy Decker	51	Queensbury	2:18:27	12 Roman Yukilevich	40	Niskayuna	2:15:42
10 Susan Bingham	51	Manlius	2:35:22	<b>FEMALE AGE GROUP: 40 - 49</b>			
11 Louise Allen	53	Severna Park, MD	3:03:50	1 Tristin Adie	48	Burlington, VT	1:36:14
12 Judy Guzzo	51	Niskayuna	3:06:14	2 Jennifer Perry	48	Gabriels	1:38:20
13 Wendy Johnson	51	Severna Park, MD	4:38:57	3 Michele Mannion	40	Carmel	1:40:31
<b>MALE AGE GROUP: 60 - 69</b>							
1 Paul Miller	60	Orleans, ON	1:34:41	4 Amanda Brandimore	41	Saratoga Lake	1:46:37
2 Brian Delaney	63	Lake Placid	1:40:58	5 Heidi Kretser	45	Saranac Lake	1:46:37
3 David Birrell	61	Adams, MA	1:46:50	6 Kristen Hatch	44	Westport	2:00:46
4 Ronald Faltus	61	Pierrefonds, QC	1:51:42	<b>MALE AGE GROUP: 50 - 59</b>			
5 David Smith	63	Clayton	1:56:33	1 Len Amblo	55	Fairfax, VT	1:16:01
6 Dick Rybinski	66	Manlius	1:56:53	2 Patrick Jansen	55	Scotia	1:20:24
7 Richard Carlson	67	North River	2:03:11	3 Michael Tucker	52	Dalton, MA	1:23:35
8 Charlie Riccio	64	Glenmont	2:10:27	4 Alan Cote	52	Williston, VT	1:24:22
9 Chas Billingsley	66	Lake Clear	2:14:49	5 Brian White	52	Plattsburgh	1:25:57
10 Robert Kaschak	66	South Park, PA	2:17:12	6 Ed Lis	51	Lake Placid	1:26:01
11 Phillip Wadsworth	62	Gaithersburg, MD	2:17:56	7 Kevin Walter	50	Pittsford	1:27:06
12 Tom Flanagan	60	Manlius	2:19:02	8 Chris Brawley	53	Cranford, NJ	1:28:53
13 Walter Linck	62	Saranac Lake	2:29:55	9 Andrew Legg	50	Essex Junction, VT	1:28:59
14 Douglas Delong	67	Cherry Valley	2:33:15	10 Timothy Weaver	54	Lake Placid	1:32:24
15 Bill Izzo	60	Lake Placid	2:50:20	11 John Witmer	56	Williston, VT	1:33:23
16 David Johnson	61	Severna Park, MD	4:23:14	12 Thomas McGowan	52	Montgomery	1:37:17
<b>FEMALE AGE GROUP: 60 - 69</b>							
1 Mary Smith	62	Westford, MA	1:50:45	13 Michael Brown	52	Northport	1:38:44
2 Karen Delaney	62	Lake Placid	2:01:01	14 Matt Pearsall	58	North Creek	1:40:49
3 Beth Maher	62	North River	2:32:02	15 Michael Orr	57	Saratoga Springs	1:43:14
<b>MALE AGE GROUP: 70 - 79</b>							
1 Mike Rechlin	73	Franklin, WV	2:36:36	16 Benjamin Pickarski	50	Peru, VT	1:46:29
2 Richard Erenstone	71	Lake Placid	2:39:23	17 Ken Pacileo	56	Burlington, VT	1:46:48
<b>25K SKATE</b>							
<b>MALE OVERALL</b>							
1 Timothy Donahue	49	Hastings-on-Hudson	1:07:40	18 Chris Bigenwald	53	Rochester	1:49:33
2 Jan Wellford	37	Keene	1:09:48	19 Brendan O'Connell	50	Middle Village	2:19:25
3 Sean Mannion	43	Carmel	1:12:22	20 Marco Dimuzio	52	Maplewood, NJ	2:24:41
<b>FEMALE OVERALL</b>							
1 Elizabeth Izzo	26	Lake Placid	1:11:22	21 Kieran Moore	58	Kingston	2:25:00
2 Sabra Davison	33	Jericho, VT	1:14:31	<b>FEMALE AGE GROUP: 50 - 59</b>			
3 Heather Mooney	25	Bozeman, MT	1:17:04	1 Connie Prickett	53	Wilmington	1:29:00
<b>MALE AGE GROUP: 10 - 13</b>							
1 Chip Freeman	13	Peru, VT	1:17:07	2 Lisa Nadler	56	Chicago, IL	1:37:13
2 Fin Bailey	13	Peru, VT	1:17:09	3 Ellen Deprey	55	North Creek	1:38:06
3 Andrew Scanio	13	Lake Placid	1:20:19	4 Heidi Holderied	57	Saranac Lake	1:44:48
4 Galen Halasz	13	Lake Placid	1:24:53	5 Teresa Cheetham-Palen	52	Keene	1:47:06
5 Daven Linck	12	Saranac Lake	1:25:21	6 Christina Hayden	50	Saranac Lake	1:51:12
6 William Walton	11	Concord, NH	1:39:09	7 Michele Pearsall	58	North Creek	1:55:48
7 Trey Frantz	11	Lake Placid	1:49:37	<b>MALE AGE GROUP: 60 - 69</b>			
8 Finley Donahue	13	Keene	1:51:17	1 Dhyam Nirmegh	66	Starksboro, VT	1:18:14
<b>MALE AGE GROUP: 14 - 19</b>							
1 Phillip Buck	19	Saranac Lake	1:13:39	2 Scott Horn	61	Wilson, WY	1:21:14
2 Wyatt Teaford	14	Peru	1:14:23	3 Paul Corrigan	67	Millinocket, ME	1:27:02
3 Ian Thompson	18	Honeoye Falls	1:17:21	4 Joseph Korzeniecki	62	Westfield, MA	1:34:16
4 Daniel Gardner	17	Saratoga Springs	1:17:37	5 Greg Dennin	62	Lake Placid	1:40:48
5 Diego Schillaci	16	New Paltz	1:25:00	6 Peter Minde	61	Dover, NJ	1:41:49
6 Isaac Herrick	15	Lake George	1:35:51	7 Bruce Moran	63	Orleans, ON	2:15:13
<b>FEMALE AGE GROUP: 14 - 19</b>							
1 Isabelle Serrano	15	High Falls	1:23:53	<b>FEMALE AGE GROUP: 60 - 69</b>			
2 Lura Johnson	17	Keene Valley	1:30:26	1 Carol Fisher	66	Queensbury	1:32:53
3 Lynn Palen	16	Keene	1:32:32	<b>MALE AGE GROUP: 70 - 79</b>			
4 Emma Lindale	19	Montreal, QC	1:37:54	1 Jonathan Nagel	70	Brooklyn	1:43:25
<b>MALE AGE GROUP: 20 - 29</b>							
1 Ben Buck	21	Peru, ME	1:13:55	<b>12.5K NORDIC FEST</b>			
2 Nathan Pich	26	Colchester, VT	1:37:56	<b>MALE OVERALL</b>			
<b>FEMALE AGE GROUP: 20 - 29</b>							
1 Emily Smith	28	Ithaca	1:35:15	1 James Bourne	50	Bronx	35:20
2 Catlin Skuffca	27	Lake Placid	1:40:04	2 Rocco D'Almonte	14	Amherstburg, ON	37:10
3 Elise Paquette	20	New London, NH	1:54:16	3 Antonio Mannino	17	Gloversville	41:35
4 Heidi Niskanen	25	Troy	2:01:16	<b>FEMALE OVERALL</b>			
<b>MALE AGE GROUP: 30 - 39</b>							
1 Bill Frazier	39	Lake Placid	1:14:14	1 Lisa Bernardin	64	Middlebury, VT	38:23
2 Tristan Leggett	37	Huntington, VT	1:18:10	2 Olivia Serrano	12	High Falls	46:57
3 Colin Reuter	36	Leeds, MA	1:20:02	3 Mia Allen	58	Ripton, VT	50:23
4 Robert Rivard	34	Weybridge, VT	1:20:15	<b>6.25K NORDIC FEST</b>			
5 Timothy Roberts	35	Washington, DC	1:23:43	<b>MALE OVERALL</b>			
6 Christopher Deluco	37	White Plains	1:29:53	1 Francis Norris-Oliva	13	Norwalk, CT	31:57
7 Scott McKim	39	Saranac Lake	1:31:19	2 Colin Wadsworth	19	Albany	32:53
8 Dylan Reeves	38	Ballston Lake	1:34:54	3 Colden Davies	8	Ottawa, ON	33:03
9 James Drinane	33	Albany	1:35:17	<b>FEMALE OVERALL</b>			

Courtesy of Olympic Regional Development Authority

## 37TH ANNUAL LAKE PLACID LOPPET & NORDIC FESTIVAL March 16, 2019 • Mt. Van Hoevenberg, Lake Placid

<b>50K CLASSIC</b>							
<b>MALE OVERALL</b>							
1 Chris Burnham	26	Stowe, VT	2:39:45	12 Chase Rosenberg	39	Richmond, VT	2:59:17
2 Tyler Magnan	35	St. Albans, VT	2:47:08	13 Scott Woodnorth	30	Burlington, VT	2:59:28
3 Stephen Lake	45	Newton, MA	2:54:30	14 Jesse Bond	39	Syracuse	3:43:11
<b>FEMALE OVERALL</b>							
1 Jennifer Rutkowski	23	Marlboro	4:18:20	<b>FEMALE AGE GROUP: 30 - 39</b>			
2 Jessica Singer	24	Montreal, QC	4:46:28	1 Emily Irwin	33	Lyndonville, VT	3:20:25
<b>MALE AGE GROUP: 20 - 29</b>							
1 Matthew Manwaring	20	Keene	3:12:14	2 Elisabeth Van Woert	35	Manchester Center, VT	3:40:05
2 Thomas Rademaker	25	Montreal, QC	3:38:57	3 Sarah Katz	39	Montpelier, VT	4:13:17
<b>MALE AGE GROUP: 40 - 49</b>							
1 Alex Nadeau	40	Saint-Bruno-de-Montarville, QC	3:14:38	<b>MALE AGE GROUP: 40 - 49</b>			
2 Matt Cook	41	Saranac Lake	3:24:15	1 Brian Lavioie	46	Hopkinton, NH	2:28:24
3 Simon Aubry	41	Montreal, QC	3:51:48	2 Gareth Davies	42	Ottawa, ON	2:33:31
4 Justin Lefco	42	Malta	4:20:31	3 Brad Bates	49	Dublin, NH	2:44:31
5 Peter Takacs	49	Ottawa, ON	4:47:44	4 Patrick Wait	46	Prevost, QC	2:44:46
<b>MALE AGE GROUP: 50 - 59</b>							
1 Mark Decker	53	Queensbury	3:15:13	5 Brian Northan	44	Guiderland	2:51:23
2 Robert Nadler	55	Chicago, IL	3:20:54	6 Paul Bertler	40	Paxton, MA	2:53:11
3 Tom Chappell	55	Colton	3:39:02	7 Aaron Brillhart			

**39TH ANNUAL DOC LOPEZ RUN FOR HEALTH HALF MARATHON & 5K continued**

<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 49</b>		
1 Harley Cohen	13 Keene Valley	22:43	1 Karl Peterson	46 New Russia	21:18
2 Morgan Baker	16 Moriah	23:26	2 Luis Garnica	47 Port Henry	24:36
3 Sophia McKiernan	14 Moriah Center	24:06	3 Casey Nephew	40 Moriah	35:04
<b>MALE AGE GROUP: 1 - 19</b>			<b>FEMALE AGE GROUP: 40 - 49</b>		
1 Cole Simmer	13 Westport	20:36	1 Joanne Daniels	40 Peru	26:38
2 Oakley Buehler	14 Elizabethtown	26:17	2 Danielle Lukasiewicz	41 Plattsburgh	27:51
3 P. Daniels	12 Peru	26:27	3 Shelly Peterson	44 New Russia	32:02
<b>FEMALE AGE GROUP: 1 - 19</b>			<b>MALE AGE GROUP: 50 - 59</b>		
1 B. Buehler	12 Elizabethtown	28:25	1 Chris Fuller	53 Mineville	23:17
2 O. Mero	12 Mineville	30:39	2 Dean Fleming	51 New Russia	25:36
3 Sydney Langey	18 Moriah	30:40	<b>FEMALE AGE GROUP: 50 - 59</b>		
<b>MALE AGE GROUP: 20 - 29</b>			1 Jeanne Michela	59 Schenectady	32:39
1 Louis Scaglione	24 New York	23:43	2 Vikki Michaling	50 Keene Valley	42:33
2 Nicholas Norton	21 Newcomb	55:35	3 Kellie Bilow	50 Ticonderoga	54:12
<b>FEMALE AGE GROUP: 20 - 29</b>			<b>MALE AGE GROUP: 60 - 69</b>		
1 Molly Bernhardsen	25 Hinesburg, VT	30:47	1 John Remillard	65 Plattsburgh	29:50
2 Kasey Bellerive	26 Plattsburgh	31:53	2 Mike Stahl	64 Moriah	30:08
3 Savannah Woods	27 New York	46:37	<b>FEMALE AGE GROUP: 60 - 69</b>		
<b>MALE AGE GROUP: 30 - 39</b>			1 Winnie Simpson	60 Bloomingdale	28:45
1 Jason LeClair	36 Morrisonville	25:57	2 Donna Perdo	67 Moriah	30:21
<b>FEMALE AGE GROUP: 30 - 39</b>			3 Jackie Beattie	64 Saranac Lake	35:53
1 Anna Reynolds	32 Mineville	24:35	<b>MALE AGE GROUP: 70 - 79</b>		
2 Brandi Besaw	36 Cadyville	25:29	1 Hugh Wilson	79 Dorval, QC	38:07
3 Erin Conner	31 Plattsburgh	38:46	<i>Courtesy of UVM Health Network &amp; Elizabethtown Community Hospital</i>		

**40TH ANNIVERSARY APRIL FOOL'S RACE continued**

<b>FEMALE AGE GROUP: 30 - 39</b>			<b>FEMALE AGE GROUP: 60 - 69</b>		
1 Dara Zink	35 Arlington, VT	28:27	1 Jackie Beattie	64 Tupper Lake	35:16
2 Dawn Hall	32 East Berne	28:30	2 Cynthia Whitman Stoll	62 Clifton Park	38:41
3 Crystal Eggleston	36 Whitehall	32:18	3 Alice Carpenter	68 Delmar	40:49
<b>MALE AGE GROUP: 40 - 49</b>			<b>MALE AGE GROUP: 70 - 79</b>		
1 David Bentley	45 Troy	22:21	1 John Vavasour	70 Albany	42:58
2 Charles Oswald	40 Salem	25:56	<b>FEMALE AGE GROUP: 70 - 79</b>		
3 Matt Curtis	42 Cambridge	26:15	1 Candi Schermerhorn	73 Diamond Point	35:21
<b>FEMALE AGE GROUP: 40 - 49</b>			2 Laura Clark	72 Saratoga Springs	42:53
1 Dawn Slater	48 Greenwich	30:11	3 Nancy Johnston	73 Ballston Lake	48:54
2 Mandy Mayer	44 West Rupert, VT	30:44	<b>1-MILE CHILDREN'S RACE</b>		
3 Ashley Staigar	42 Gansevoort	30:53	<b>MALE OVERALL</b>		
<b>MALE AGE GROUP: 50 - 59</b>			1 Ethan Hickland	12 Salem	5:56
1 Sam Mercado	56 Albany	21:34	2 Ethan Sheldon	12	5:57
2 John Thrasher	52 Rupert, VT	22:13	3 Sawyer Saddlemire	9 Salem	6:07
3 Keith Koster	57 Saratoga Springs	31:45	<b>FEMALE OVERALL</b>		
<b>FEMALE AGE GROUP: 50 - 59</b>			1 Kennedy Jackson	10 Argyle	7:08
1 Cheri Audet	56 Fairfax, VT	27:04	2 Molly Erbe	13	7:32
2 Kristen Eastman	50 Salem	28:52	3 Riley Gallagher	10	7:36
3 Tamara Healy	51 Johnstown	36:48	<i>Courtesy of April Fool's Race Committee</i>		
<b>MALE AGE GROUP: 60 - 69</b>					
1 Jim Goodspeed	67 Queensbury	25:22			
2 Rusty Nichols	61 Morris	28:04			
3 Daniel Larson	67 Queensbury	28:34			

**40TH ANNIVERSARY APRIL FOOL'S RACE April 6, 2019 • Salem High School, Salem**

<b>10K ROAD RACE</b>			<b>FEMALE AGE GROUP: 60 - 69</b>		
<b>FEMALE OVERALL</b>			1 Nancy Felix	64 Hoosick Falls	1:03:10
1 Ellen McGrath	32 Hampton	48:16	2 Suzanne Nealon	68 Glens Falls	1:08:20
2 Elisha Lyons	43 Hoosick Falls	49:03	<b>FEMALE AGE GROUP: 70 - 79</b>		
3 Cheri Audet	56 Fairfax, VT	49:45	1 Pat Zemianek	77 Bennington, VT	1:04:24
<b>MALE OVERALL</b>			2 Christine McKnight	71 Gansevoort	1:11:52
1 Justin Guldenzopf	38 Saratoga Springs	37:33	3 Laura Clark	72 Saratoga Springs	1:20:18
2 Dan McGrath	35 Hampton	37:41	<b>5K ROAD RACE</b>		
3 Brian Lashway	30 Charlestown, NH	40:14	<b>MALE OVERALL</b>		
<b>FEMALE AGE GROUP: 1 - 19</b>			1 Jack Thrasher	17 Rupert, VT	19:29
1 Keenan Fronhofer	16 Salem	55:04	2 Brian Lashway	30 Charlestown, NH	20:15
<b>MALE AGE GROUP: 30 - 39</b>			3 Jakob Irwin	38 Troy	21:06
1 Jakob Irwin	38 Troy	42:39	<b>FEMALE OVERALL</b>		
2 Jordan Ryan	35 Cohoes	45:17	1 Megan Harrington	34 Cambridge	23:41
3 Nick Mosher	39 Troy	51:04	2 Elisha Lyons	43 Hoosick Falls	24:37
<b>FEMALE AGE GROUP: 30 - 39</b>			3 Patricia Bassett	36 Cambridge	26:40
1 Ariel Dickson	38 Schuerville	51:09	<b>MALE AGE GROUP: 1 - 9</b>		
2 Emily Tomlinson	34 Salem	56:10	1 Keegan Lewis	9 Hoosick Falls	31:43
3 Dawn Hall	32 East Berne	58:24	2 Joshua Winslow	8 Salem	38:04
<b>MALE AGE GROUP: 40 - 49</b>			<b>MALE AGE GROUP: 10 - 19</b>		
1 Matthew Miczek	47 Saratoga Springs	1:02:09	1 Sam Grimmke	18 Greenwich	21:27
<b>FEMALE AGE GROUP: 40 - 49</b>			2 Ethan Hickland	12 Salem	22:12
1 Kimberly Gould	48 Bennington, VT	54:10	3 Calvin Glover	15 Cossayuna	24:26
2 Rachel Mashatare	41 Granville	58:01	<b>FEMALE AGE GROUP: 10 - 19</b>		
3 Olie Quilop Locke	47 Whitehall	59:42	1 Ludo Galli	17 Greenwich	28:38
<b>MALE AGE GROUP: 50 - 59</b>			2 Cheur Ming	17 Hoosick	35:54
1 Bob Radliff	54 Stillwater	42:44	3 Can Li	15 Hoosick	36:06
2 Bruce MacWaters	58 Ballston Spa	50:05	<b>FEMALE AGE GROUP: 20 - 29</b>		
3 Stephen Obermayer	57 Burnt Hills	1:04:10	1 Tayler Nichos	22 Morris	28:03
<b>FEMALE AGE GROUP: 50 - 59</b>			2 Roseann Klobnock	24 Wells, VT	28:24
1 Sandy Adams	59 Shushan	56:09	3 Rebecca Bushue	23 Arlington, VT	28:43
2 Wayne Fosmire	52 Fort Edward	57:02	<b>MALE AGE GROUP: 30 - 39</b>		
<b>MALE AGE GROUP: 60 - 69</b>			1 Dan Snyder	35 Salem	25:37
1 Rusty Nichols	61 Morris	47:11	2 Scott Rozell	35 Salem	26:24
2 Tony Audet	62 Fairfax, VT	55:50	3 Nick Mosher	39 Troy	29:19

**46TH ANNUAL TENANDEHO WHITEWATER DERBY**

April 7, 2019 • Tenandeho Creek, Stillwater to Mechanicville

<b>KAYAK: ONE-PERSON MALE</b>			<b>LONG KAYAK: ONE-PERSON MALE</b>			<b>OPEN CANOE: TWO-PERSON</b>		
1 James Underwood	45:45		1 Jason Baniak	46:04		1 Gutch/Gutch	48:57	
2 John Ernst	49:24		<b>OPEN CANOE: ONE-PERSON MALE</b>			2 Weekes/Weekes	48:58	
3 Christopher Newburg	53:47		1 Robert Michalec	49:06		3 Lussier/Lussier	51:04	
<b>KAYAK: ONE-PERSON FEMALE</b>			<b>OVER/UNDER</b>			<b>MALE AGE GROUP: 20 &amp; OVER</b>		
1 Carol Fisher	45:40		1 Pearsall/Pearsall	54:25		1 Steve Ronald	Ballston Spa	36
2 Patrica Morris	55:30		2 Tom Addicks	54:35		2 Jack Lipson	Saratoga Springs	34
			3 Ken Perrault	1:03:36		3 Brian Mulvern	Clifton Park	31

**GORE POND SKIMMING CONTEST April 13, 2019 • Gore Mountain, North Creek**

<b>POINTS FOR PERFORMANCE, DISTANCE, SPLASH, COSTUME</b>			<b>MALE AGE GROUP: 13 - 19</b>			<b>MALE AGE GROUP: 20 &amp; OVER</b>		
<b>MALE AGE GROUP: 12 &amp; UNDER</b>			1 Jack Banagan	Clifton Park	29	1 Steve Ronald	Ballston Spa	36
1 Christian Poirer	Saratoga Springs	30	2 Dylan Schell	Queensbury	27	2 Jack Lipson	Saratoga Springs	34
2 Aston Ferrillo	Saratoga Springs	27	3 David Kuzmiak		24	3 Brian Mulvern	Clifton Park	31
3 Mason Englert	North Creek	26	<b>FEMALE AGE GROUP: 13 - 19</b>			<b>FEMALE AGE GROUP: 20 &amp; OVER</b>		
<b>FEMALE AGE GROUP: 12 &amp; UNDER</b>			1 Allyson Eicher	Queensbury	23	1 Susan McGrath	Ballston Spa	30
1 Casey Felton	Ballston Spa	23	2 Riley Donovan	Delmar	23	2 Alexandra Norton	Saratoga Springs	28
2 Kate Tietjen	Delmar	20	3 Lena Olafsen	Mullica Hill	19	3 Angela Sawyer	Indian Lake	22
3 Charlotte Higgs	Delmar	16	<i>Courtesy of Gore Mountain</i>					

**HUDSON VALLEY DUATHLON SERIES #1**

April 13, 2019 • Kenneth Wilson State Park, Mount Tremper

<b>2-MILE RUN, 12-MILE BIKE, 2-MILE RUN</b>			<b>FEMALE OVERALL</b>		
<b>MALE OVERALL</b>			1 Laura Teetz	1:12:57	
1 Don Guest	1:01:19		2 Anna Reynolds	1:23:36	
2 Mark Wilson	1:09:15		<i>Courtesy of Wilson Endurance Sports</i>		
3 Mark Phillips	1:17:31				

**Please Support Our Advertisers**

*And Tell Them Where You Saw Their Ad!*

23RD ANNUAL

# 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 7/21 or \$30 race day

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

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**

Wakeboarding • Waterskiing  
Kneeboarding • Tubing  
Beginner to Advanced Lessons  
Two boats for more water time!

**Inverted Wakeboard & Waterski School**  
@ Loon Lake Marina

**518-744-9826**  
call or text for appointment  
[invertedschool.com](http://invertedschool.com)

**Dr. Brad Elliott**  
CHIROPRACTOR

*Cost Effective Care for the Entire Family*

**677 Plank Rd, Clifton Park**  
**(518) 383-4889**

*Celebrating 30 Years!*

**The Image Gallery of Troy**  
Custom Graphics, Apparel and Printing

No Minimum! **518-362-6781** Great Prices!

Screen Printing / Vinyl Signs and Graphics  
T-shirts / Water Bottles / Caps / Signs / Banners  
Large Format Photo Printing / Posters / More!

Email: [theimagegalleryoftroy@yahoo.com](mailto:theimagegalleryoftroy@yahoo.com)  
See My Work On Instagram & Facebook: **The Image Gallery Of Troy**

**Paul E. Lemanski, MD, PLLC**  
Fellow, American College of Physicians

**Practicing Internal Medicine & Lifestyle Medicine**  
Accepting new and existing patients as well as referrals for consultation:

Weight loss and obesity management • Optimizing lipids • Statin intolerant patients  
Hypertension • Prehypertension management with lifestyle  
Type-2 diabetes prevention and remission • C-PAP intolerant sleep apnea  
Rx GERD with minimal or no medication

**2 Executive Park Dr, Albany | 518-456-4200 | CenterForPreventiveMedicine.com**

**REGISTRATION ENDS 30 JUN**

**SIGN UP NOW!**

**THE ULTIMATE RELAY EXPERIENCE**


**9-10 AUG > P2Brelay.com**



**peak to brew RELAY**

**'BEAST' RELAY: 9-10 AUG**  
**'SPRINT' RELAY: 10 AUG**

**WHITEFACE MT. > SARANAC BREWERY**



**Adirondack MARATHON**  
DISTANCE FESTIVAL  
presents

**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

- Commemorative finisher's medal
- Pacer Bears to hit your goals
- Post-race party at Sticks & Stones



**Save Money, Register Today!**  
**AdirondackMarathon.org**  
Registration supports four annual scholarships to local students

10TH ANNUAL

**MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON**

**EXPO & 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!**

- 1 Complete contract ([adksports.com/adk-sports-expo-exhibitors](http://adksports.com/adk-sports-expo-exhibitors))
- 2 Email, fax or mail contract to us
- 3 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)**  
AdkSports.com • Facebook.com/AdirondackSports

ADIRONDACK SPORTS Adirondack Sports & Fitness, LLC • 15 Coventry Drive, Clifton Park, NY 12065 Race directed by Hudson Mohawk Road Runners Club HMRR®

**Businesses, Organizations, Destinations & Events...**

**IT'S BACK!** Upstate New York's Winter and Summer Sports, Fitness & Travel Show!

SEVENTH ANNUAL **ADIRONDACK SPORTS WINTER EXPO**

**REGISTER NOW SAVE \$100!**

**Get Face to Face with 6,000 Enthusiasts!**

- Promote/sell your products/services at the start of the season
- Stay ahead of your competition!

**NOVEMBER 23 & 24**  
Saturday 1-6 • Sunday 10-4  
Free Attendee Admission

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

**NY's Largest Alpine/Nordic Ski and ALL Winter Sports Show!**

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



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