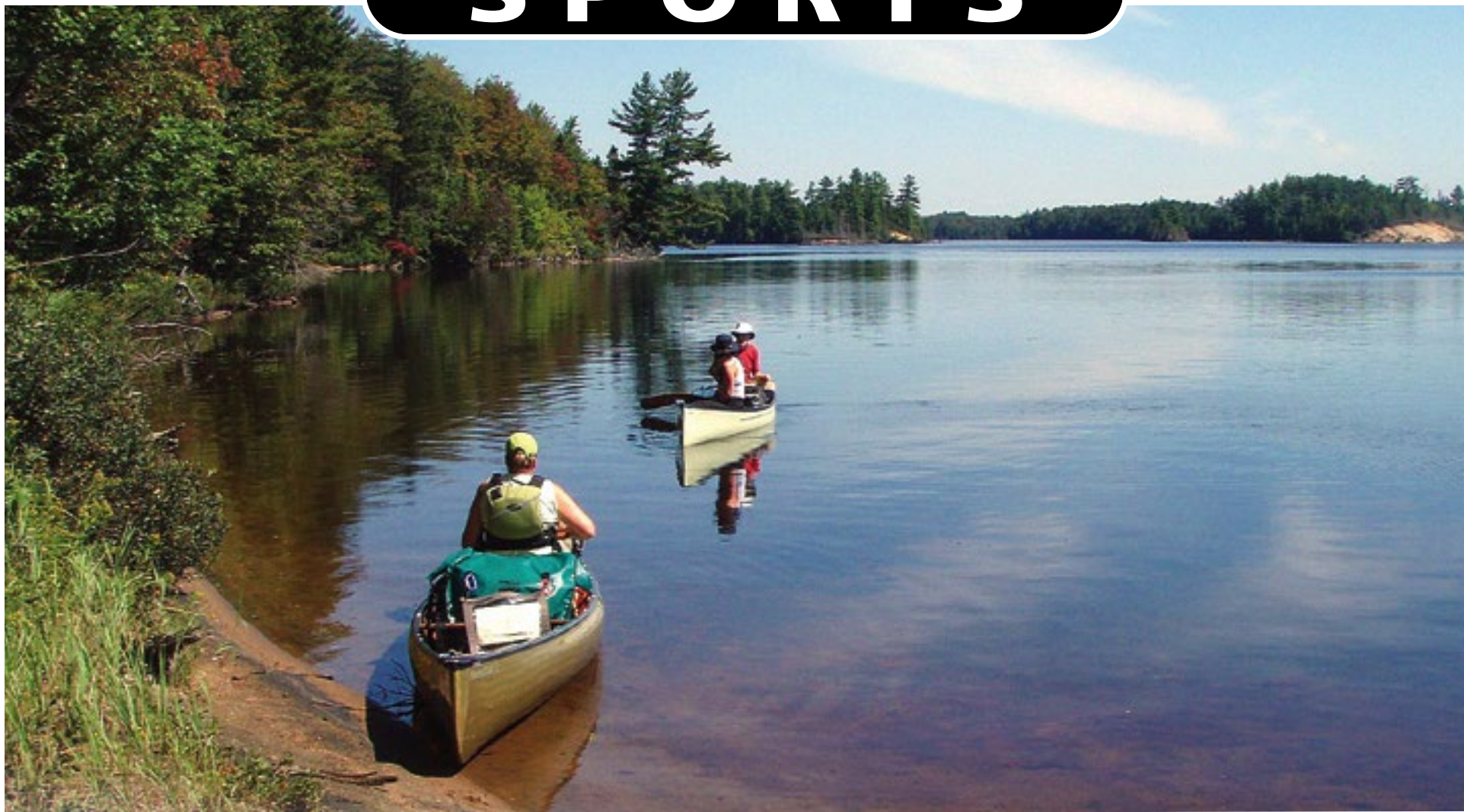


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Three Scenic Paddles with Hikes in the Adirondacks

By Rich Macha

On online forums and social media, you often see requests for suggested combination paddle and hike trips – the combination allows us to expand our experiences, and also gets us to exercise a greater variety of muscle groups in the process.

Examples I have often seen mentioned online are combinations like Long Pond and Long Pond Mountain in the St. Regis Canoe Area, Putnam Pond and Treadway Mountain in the Pharaoh Lake Wilderness, as well as Lake Lila and Mount Frederica in the Whitney Wilderness.

A great view, in my opinion, should include at least one water body like a pond or lake, and have minimal sights and sounds of civilization. I have quite a number of favorites in this category and I have picked three of them to tell you about here.

Garnet Lake

Garnet Lake is a two-mile-long lake in the southern Adirondacks. Although there is some development at the north end of the lake, the southern half is fairly wild, and most of it is state land. The put-in is at a small sandy beach on the east shore, 0.8 miles from the north end of the lake. A low metal barrier has recently been installed here to minimize the use of motorboats – motors are allowed, but you rarely see any – also, personal (powered) watercraft are banned on waters in the town of Johnsbury.

There are several designated campsites spread out around the lake. You will notice that the southern part of the lake is fairly shallow and has many drowned tree stumps, some of which look like modern art sculptures – Canada geese like to nest on them. Look for great blue herons stalking prey in the shallows, snapping turtles too. Loons are commonly seen and heard all over the lake and paddlers who scan the shorelines may notice some mink activity.

Garnet Lake is surrounded by mountains. Mount Blue rises almost 1,500 feet above the lake to the west, Ross Mountain rises to the north, and the cliffs of Crane Mountain can be seen to the northeast.

The trail to Lizard (spelled “Lixard” on some maps) Pond begins well down the west shore. The trail gains 300 feet before reaching the scenic pond and lean-to after a walk of 1.2 miles. Mount Blue rises steeply from the north shore and, if you are lucky, you will hear loon calls echoing off its slopes.

The relatively easy bushwhack to open rocks below Mount Blue’s treed summit begins 0.7 miles from Garnet Lake. Take a course west of north and climb steeply up a ridge, gaining 900 feet in 0.8 miles. Some of the route is across open rock slabs. The best views are well below the summit – Garnet Lake and Crane Mountain dominate the view to the east, and to the south some low peaks are seen beyond the extensive wetland surrounding Madison Creek.

Lows Lake

This trip has two great hikes associated with it. From Lows Lower Dam, you paddle three miles up the Bog River, and across Hitchins Pond. Then there is a carry of up to 200 yards around Lows Upper Dam. A relatively new trail begins next to the Upper Dam – it is only 1.1 miles to Lows Ridge on a well-designed trail that is never too steep. The reward is a great view of the route just paddled, with the High Peaks well in the distance; however, most of Lows Lake cannot be seen.

Continuing up the Bog River, you soon reach a boggy mat that blocks the way – you may have to slide or lift your boat 20 feet across it on the left. After a few miles, you reach Lows Lake. Follow the north shore and paddle northwest into a bay passing campsite #25. The north end of the bay is normally very shallow,

See **HIKING & PADDLING 23** ▶

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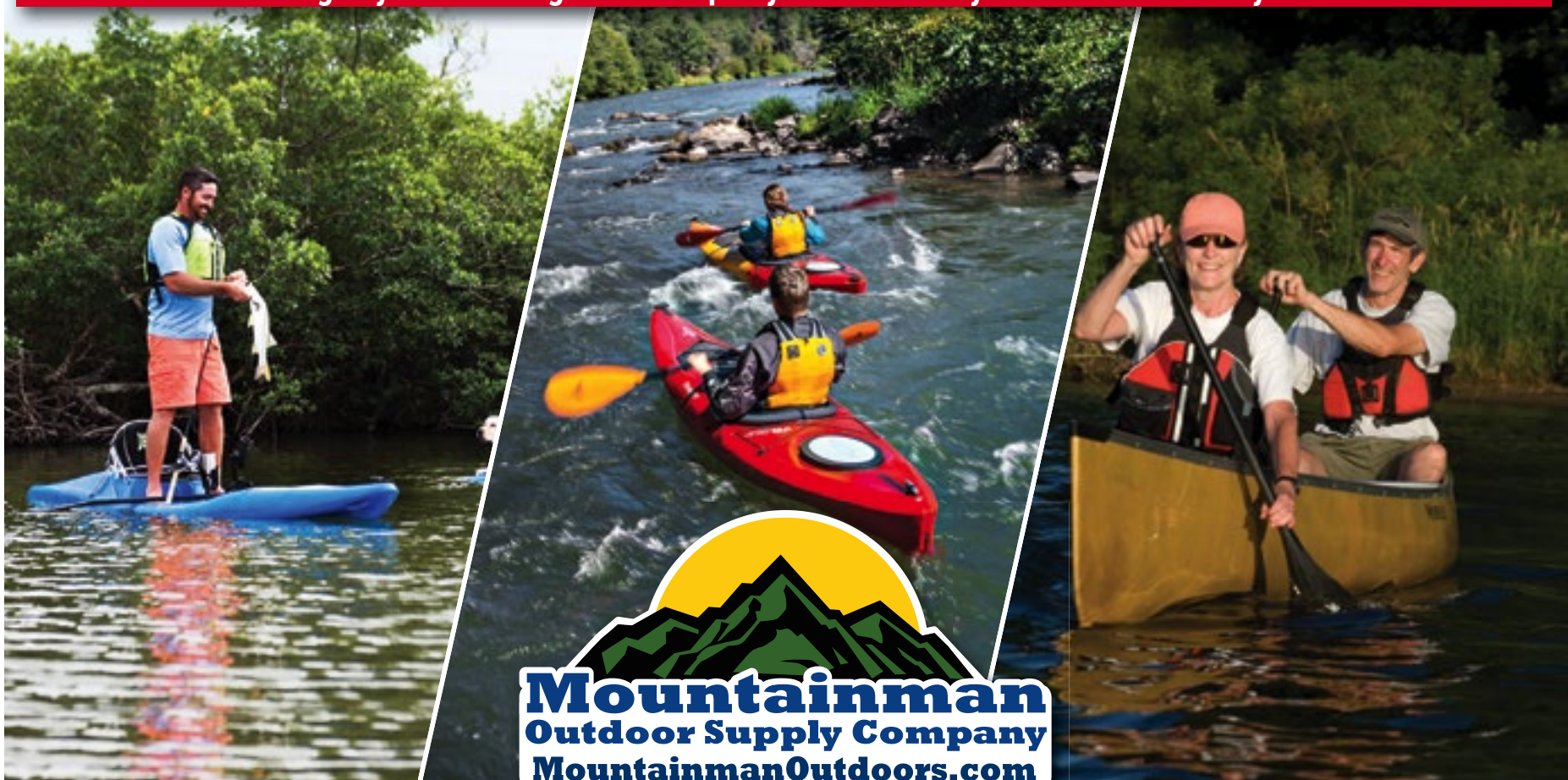
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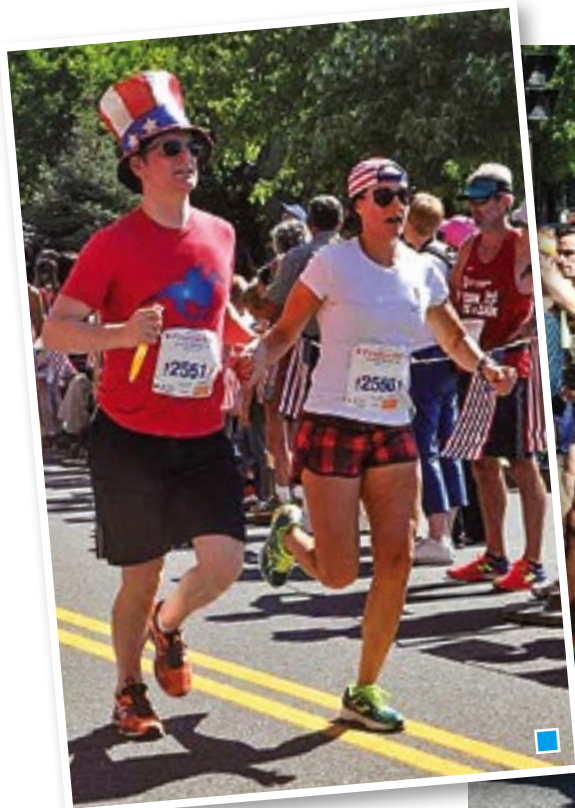
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 ● **RUNNING & WALKING**


Tweaking Traditional Running Events

By **Laura Clark**

You know the drill. Just when you discover the perfect running shoes, the powers that be decide to switch things up. Believe me, I get it. As a fairly inflexible runner (physically as well as mentally), I have a tendency to develop brand loyalty, and take comfort in the fact that I know what to expect. Conversely, as a race director, I enjoy switching things up, sometimes to the consternation of faithful clientele. Occasionally, change is inevitable, as when bridges wash out, but often it is an attempt to respond to the suggestions of devoted customers.

July and August present four well-established events that have undergone multiple changes and are continuing to evolve in a vibrant community-centered manner. The first is New York's largest 4th of July race, the 13th annual **Firecracker4** led by Team Victor, Bravo, Charlie in a joint service military formation run. While online registration closes at midnight on July 1, there are generous opportunities for in-person registration and packet pickup on June 29 and 30 at Fleet Feet Malta, as well as July 2 at the Saratoga Springs City Center, with procrastination opportunities from 7-8:40am on the 4th. In an era when large races feature competitive online signups, this welcoming attitude eliminates considerable stress.

The prime question for most folks, however, is whether the seemingly permanent construction on the final hill leading to the finish will be completed by race time. As with most things in life, the answer is simply, "We don't know." However, race director Patrick Lynskey assures us that there is a Plan B. Personally, I would be sad to lose that final obstacle, a reminder of how hard long-ago patriots pushed to make America a reality. And as you wind your way on Broadway, Circular Street and the East Side, give a shout out to the Ainsley's Angels pusher and rider teams, who exemplify the inclusiveness of our great country - where every person has the right to feel the wind in their face.

Afterwards, applaud the kids in the Half-Mile Sparkler Run, and the post-race party that's now weather-insulated inside the City Center, where you can sample goodies from 9 Miles East and Esperanto, witness the doughboy eating (cheesy, chicken, doughy goodness, not World War I soldiers) contest, view the parade and then stick around for Saratoga's All-American Celebration including music and fireworks. (firecracker4.com)

The other signature Saratoga event, the 23rd annual **Silks & Satins 5K** on Saturday, July 13, retains its reputation as a flat and fast tour alongside the classic houses near the thoroughbred race track. The tweak this year has to do with the date. Normally, the third weekend of July signals the end of parking opportunities as we know it. In other words, Track Season. This year, since track hurdled to the second weekend,



traditional opening festivities have also been shoved forward. Those who customarily reserve the third Saturday for their annual PR attempt will now free up their second Saturday.

Silks was begun to support Special Olympics New York projects and funds generated continue to be distributed locally. If the altered date does not mesh with your current training plan, do consider volunteering instead. Simply visit silksandsatins5k.com and register for your assignment. Not only will you view racing from a different perspective, but you will rub shoulders with the dedicated Special Olympics volunteers, and learn how much these programs impact their lifestyle.

If you find yourself hosting visitors, consider running or walking with them for an off-the-beaten path tour of track housing neighborhoods. Plan on arriving early and pausing for a camera-worthy view of the thoroughbreds as they circle the Oklahoma Training Oval. Make use of your Saratoga Regional YMCA shower pass, and then its off to the four-legged races with your free Saratoga Race Track pass. Also, take advantage of your free National Museum of Racing pass. Last year, I toured the museum as part of a Saratoga outing with Emilia Suarez, one of my granddaughters, where we both delighted in the many interactive displays. Quite frankly, without the free passes, I probably wouldn't have considered the adventure, but it made for a special day we will always remember. (silksandsatins5k.com)

HMRRC's 25th annual **Indian Ladder 5K and 15K Trail Run** at Thatcher State Park on Sunday, July 21 goes retro this year, launching once more from the revamped Haile's Cave Pavilion. While race director Mark Vermilyea undertook a valiant effort last year to partially reconstruct the 15K and create an entirely new 3.5-miler, he made the tough decision to return to the original venue where there is ample parking. Indian Ladder enthusiasts will be pleased to note that their pleas were answered and both options will once more enjoy the scenic tour along the Escarpment Trail, with the

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- 2018 FIRECRACKER 4 ON BROADWAY IN SARATOGA SPRINGS.
- SILKS & SATINS 5K ON SARATOGA'S EAST SIDE NEIGHBORHOOD. *RENEE TOLAN*
- HUDSON RIVER RAMBLE, FORMERLY RACE THE TRAIN, IS A WONDERFUL FAMILY EVENT. *NANCY QUILLINAN*

15K crossing NY Route 157 for a loop, and then returning for another loop near Carrick Road.

If you choose the shorter option, be aware that Mark plans to alter the traditional 3.5 miler to a 5K by eliminating the small add-on section that always seemed to confuse runners. As in recent years, both races start simultaneously, so it is no longer possible to run both. But really, with all the hills, rocks and single-track, the courses are challenging enough without the double. Even in dry years, there are plenty of soggy sections, so with all our recent rain, muddy sneakers will be the norm.

One of my favorite portions occurs at the beginning on the grassy field, where runners scuff up wafts of fragrant thyme, flavoring the journey to come. My other favorite is at the end (duh!) where you can enjoy all-you-can-eat Stewart's Shops ice cream. If we are lucky, Stewarts will bring along a promotional cow to deflect those mosquitoes that thrive in the mud. Mark also requests that you bring cash for the \$6 parking kiosk as credit cards do not always work; or use/buy the Empire Pass for unlimited day-use vehicle entry. (hmrrc.com)

Back again due to popular demand, the Adirondack Runners and race director Tracy Watson, have brought us an official Race the Train replacement over the same scenic, challenging summer access dirt road we used to chase the now-defunct North Creek train along its Hudson River path. Rebranded as the **Hudson River Ramble**, the eight-mile race on Saturday, August 3 now launches from the Johnsbury Central School in North Creek where runners will board buses from 8-8:30am to the customary start at Riverside Station in Riparius.

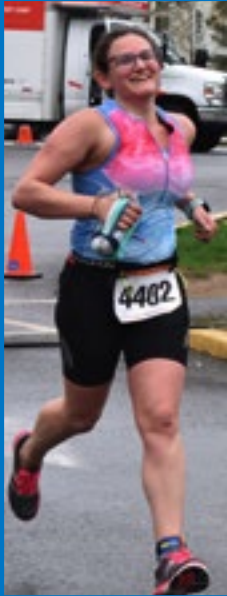
After the main event, parents will be relieved to know that the One-Mile Family Fun Run/Walk (all ages welcome), will now follow the yellow brick path entirely on traffic-free school grounds. Afterwards, enjoy delicious home-baked goodies, refreshments, raffles, and the satisfaction that you supported the Johnsbury Dollars for Scholars program. (active.com)

Change is inevitable. Sometimes it works well; sometimes there are minor glitches, but for these four races at least, know that tweaks have been made to respond to your needs as much as possible. 🌱

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.

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The Ride for Missing Children on Sept. 20

ALBANY - The awareness continues at the Albany Ride for Missing Children, a 100-mile, police-escorted, paced, bicycle ride through the Capital District. The ride is sponsored by the National Center for Missing & Exploited Children, NY Regional Office, to raise awareness of the plight of missing children, prevent child abduction, molestation and sexual exploitation. Your support will provide abduction and sexual exploitation prevention in your community and training for law enforcement and child serving professionals.

trafficking. The Ride for Missing Children is a unique charity ride where the cyclists ride together as a team, 14-17mph. The riders are escorted by local law enforcement, halting traffic along the route. The NCMEC/NY staff provides Child Internet Safety programs at targeted schools.

Every year in the US, the FBI receives over 460,000 reports of missing children. Approximately 19,000 children are reported missing annually in New York. One in seven endangered runaways are victims of child sex

The Friday, Sept. 20 ride starts at the Guilderland YMCA, near Albany, and makes rest stops at elementary schools, before ending at the YMCA. The individual fundraising goal is \$300. Help the National Center for Missing & Exploited Children, New York branch keep our children safe, one child at a time. For more info, contact albanymc@gmail.com. Register, volunteer or become a sponsor today at therideformissingchildren.com. 🌲

Fall Guided Hiking Week at Garnet Hill Lodge

NORTH RIVER - Join Garnet Hill Lodge from Sunday-Friday, Sept. 29-Oct. 4 for a four-day/five-night guided hiking trip, and experience breathtaking views of the Adirondack fall foliage. Discover some of the best hikes in the Siamese Ponds Area at the peak of fall foliage colors in the Adirondacks. Each day, choose from an easier or a more challenging hike. In the evening, enjoy a delicious buffet dinner with the group followed by time spent around the campfire, in the Garnet Hill pub with new friends, or listening to music by a local musician.



tries, transportation, architecture and wildlife that exist within its boundaries.

Easier hikes will include about four to six miles each day without significant elevation and on easier terrain, at destinations such as John Pond and Boreas Ponds. Highlights will include a hike to a lunchtime cookout at an old Sugar House where maple syrup was once made in the early spring, and a trip to the Adirondack Experience museum to discover the history of the Adirondack Park, as well as the land, indus-

Challenging hikes will include about seven to 10 miles each day, some of which will include elevation of up to 2,000 feet, to include outings such as Peaked Mountain, a summit in the High Peaks, a through-hike starting from Chimney Mountain, and ending at Garnet Hill Lodge, and a multimodal day of canoeing and hiking. Families and groups of friends are welcome and encouraged, but those bringing children should be mindful of their child's ability. For pricing, details and booking, call 518-251-2444 or visit garnet-hill.com. 🌲

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FROM THE PUBLISHER

Summertime!



I hope you're doing well and living life to the fullest. Enjoy the issue we've put together, a unique collection of articles and advertisers, as we celebrate 19 years! Thanks as always for reading us and contributing to this magazine. Please support our advertisers and tell them where you saw their ad. Have a happy, healthy and safe summer. See you out there!

Darryl

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● MOUNTAIN BIKING

GO WITH THE FLOW

By Mike Feldman

I've heard it again. "Don't dumb down the trails." And I've heard these statements as well: "The challenge is part of the experience," and not very helpful, "Learn someplace else." What is it that I'm referring to? Mountain Bike Trails. This is a debate that is as old as the sport.

It used to be, and still is, that if a tree falls across any trail there is supposed to be a council meeting of tribal leaders convened to determine if the tree should remain in play or should branches and sticks be placed to assist lifting the wheels over the log. Even before social media, if someone were to cut the tree out to clear the path, chest thumping and foot stomping would commence, and communicate extreme displeasure. Of course, if said tree crossing was beyond the abilities of the local "expert," well then of course it had to be removed. And if the benchmark is the expert rider, well there are going to be some frustrations for a lot of other riders.

The new "tree across the trail" is the flow trail - Old "technical" trails had a way of weeding out riders. Steep lung burning climbs up the fall line, and brake-burning descents down, led to erosion and trail creep. Corners that were too sharp or off camber interrupted the pace. This could all be a deterrent to building the sport. But there were some trails that followed the natural contours of the land. The more they were ridden, the more the corners got worn in and the risers gave some lift, air and momentum. They were "flowy." Riders gravitated to these trails. You could bring developing riders, girlfriends or boyfriends, spouses and the kids. Soon the term "flow trail" began populating the dirt rider's language.

Pretty soon trails started popping up like "Florence" at Cady Hill in Stowe, Vt., "E-20" and "Tango" at Gurney Lane Mountain Bike Park in Queensbury, "Quaker Mountain Trail" at BETA in Wilmington, and "Kitchel" at Kingdom Trails in East Burke, Vt. Kingdom Trails Association witnessed the popularity of their flow trails, and when a local landowner up the road in East Haven, Vt. offered his property for development, the trail crew built more flow trails and one of the longest in the Northeast, "Seven Minute Abs" (aka Black Bear) that descends 724 feet over two miles. These trails are flow purpose built, some machine built, and add considerable attraction to their respective areas. These trails are built with banked turns called berms, rolling jumps and table tops, long sight lines, and a fairly smooth and consis-

tent surface. All this adds up to a predictable riding experience that can be enjoyed over a wide margin of skill levels.

There are not a lot of purpose-built flow trails in the Adirondacks - I think I've listed them already. A few though, are in the works. Word on the trail is that The Hub is planning a flow trail to complement their trail system on Bartonville Mountain in Brant Lake. Back in 2013, NYS DEC contracted International Mountain Bicycling Association to provide a concept plan for mountain bike trails in the Moose River Plains, near Inlet. Their comprehensive plan would include two gravity, aka flow trails, off Seventh Mountain. One would be classified as beginner and the other intermediate, both 2.5 miles long (dec.ny.gov/docs/lands_forests_pdf/mrpwfbike.pdf).

In 2017, the Moose River Plains Wild Forest Unit Management Plan was approved to include mountain bike trails. This includes new trail building in the Inlet and Eighth Lake area (dec.ny.gov/docs/lands_forests_pdf/mrpwfamend.pdf).

The Birth of a New 501(c) (3) - The scarcity of flow trails came to the attention of some local riders in 2018. The nexus was at an impromptu meeting of some Central New York riders, one with ties to the Old Forge area. Chuck Schweitzer has been carving out mountain bike trails around the McCauley Mountain area for years. Kelly Ann Nugent showed up with a spreadsheet of mountain bike trails in the Adirondack Park. She noted a distinct lack of dedicated mountain bike flow trails. Together with Matt Van Slyke, executive director of Utica Bike Rescue, they got to work brainstorming a solution to the lack of flow in the Adirondacks. And the Adirondack Foothills Trail Alliance was born.

Building trails in the Adirondacks is not easy. Building sustainable flow trails is a long labor-intensive process. Doing it quickly and right is expensive. AFTA did not waste time. Chuck presented AFTA's vision for trail development at McCauley Mountain to the Central Adirondack Association and was awarded a grant to get things started. Fortunately, they had an ace trail builder up their sleeve, Eli Glesmann.

I first met Eli at Oak Mountain in Speculator, when he was designing and building mountain bike downhill trails at the ski area. While downhill mountain bik-

ing never took hold at Oak Mountain the trails are still there, and as a testament to Eli's design there is no erosion of his trails. Soon after that, Eli left the Adirondacks for dirtier pastures, and to hone his trail building skills with heavy machinery. For the past two years, Eli has been working for Rock Solid Trail Contracting in Bentonville, Ark.

In 2018, he worked with AFTA to machine build the first flow trails at McCauley Mountain. And while the professional credit goes to Eli, he didn't get the job done alone. As with many pro built trails, there is a significant volunteer component. Chuck, Kelly Ann and Matt knew this from the onset of AFTA, and they drew in 900 hours of volunteer labor under Eli's direction to get the trails built. In October 2018, the new trails were presented to the public at a grand opening with Mountainman Outdoors and Growler Bikes present. Over 200 people showed up to experience the riding. Add "Toga Party," a black diamond, and "Food Fight," a blue square, to the list of purpose-built Adirondack Flow trails. Both can be found on the Trailforks App.

2019 - The new trails have proven to be an outstanding success. So much so, that over the winter Chuck was able to garner more financial support from CAA, as well as the town of Webb and Herkimer County Tourism. AFTA has created a development schedule for 2019, in order of priority.

Phase 1 proposal is to machine-build two climbing trails on Maple Ridge. One from Old Forge to the water tower, and the other from the cross country trails up to the water tower. This will provide access to McCauley mountain trails from town.

Phase 2 is proposed to build a flow trail from the top of Maple Ridge back to Old Forge. Included in the proposal are signage and maps.

Phase 3 is a skills park and pump track



NEW FLOW TRAILS AT MCCAULEY MOUNTAIN IN OLD FORGE.

KELLY ANN NUGENT/AFTA



ELI GLESMANN



ELI GLESMANN



KELLY ANN NUGENT/AFTA



ELI GLESMANN

within or near the village. The exact location is yet to be determined but ideally would be close to the Tobie Trail, a 22-mile multiuse path that runs between Thendara and Eagle Bay.

AFTA is actively involved in Central New York mountain bike trail development, bringing together many local bike groups and stakeholders to advocate for trails, improve existing trails, and pool resources to build new trails. There is no charge to ride these trails. Donations are very much appreciated and once their 501 (c) (3) is finalized they are tax deductible. Membership is open to the public and even if you don't have the time to volunteer, your membership fee goes toward providing sustainable trail building, stewardship, youth development and fun. 🌲

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

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GREAT WALKS & DAY HIKES

Goodnow Mountain

and Adirondack Interpretative Center

By Tom O'Grady

June is here and there are many reasons to get outside this month. The days will be getting longer as we approach the summer solstice on the 21st, Father's Day will fall on the third Sunday of the month, and area schools will let out for summer break. A perfect day trip for families this month is Goodnow Mountain, located approximately two hours from the Capital Region, off NY Route 28N in Newcomb.

A large white sign directs you to the Goodnow parking area. The trail leading to the summit of Goodnow Mountain is part of the private land of Archer and Anna Huntington Forest and is owned by the SUNY College of Environmental Science and Forestry. In 1993 a grant from SUNY ESF allowed the town of Newcomb to perform extensive work on the trail system of Goodnow Mountain that included a reroute of the trail, an improved parking area, addition of benches for resting, informational pamphlets, and stop points for educational purposes. Another grant obtained in 1995 allowed the college and the town of Newcomb to renovate the fire tower at the summit. Staff of SUNY ESF continue to maintain the fire tower at the summit and the trail.

Because the trail is on private land, hiking is allowed only from sunset to sunrise (you'll never have more time to explore Goodnow than on June 21!), and no camping, hunting or fires are permitted.

From the trail register follow red trail markers with small black arrows. The first half of the trip up the mountain follows the newer trail put in place in the 90s. A short but moderate climb occurs over the first 200 yards of the trip. The trail then turns right and flattens out. The walk for the next half-mile is relatively flat, with some minor climbs, and descend as you walk along a shelf paralleling the highway. Maple, birches, and other hardwood trees fill the woods. As you walk, keep an eye out for some of the posts designated with numbers corresponding to the interpretative pamphlet, available at the register. You will cross a small bridge over a brook at 0.5 miles. There is also a bench around this point if you would like to stop for a break or let the kids explore the trail.

Shortly after crossing the brook, a short but steady climb begins at 0.7 miles. In the next quarter-mile, you will climb over 200 feet to a crest in the ridge that forms a junction with the old trail, at approximately 0.9 miles. During your climb make sure to keep a lookout for one of the more fascinating points of interest on the hike up. There is a large boulder with a fully mature tree growing from the top. The root system is almost entirely exposed and growing around the boulder into the ground. It's an astonishing example of how persistent nature is!

The short respite in climbing ends at 1.1 miles, as the trail steepens again to a moderate climb, with some curves in the path. You're greeted with a rock cliff to the right and ferns at your feet as you walk this section. A slight leveling of the path occurs at 1.4-miles and there is an accompanying concrete platform. This platform previously had a radio repeating station used by the NYS Police. A little further up the trail, at 1.5-miles, you will encounter an old covered well. One more point of interest awaits as a small horse barn comes into view that dates back to the early 1900s. The last section of the trail is rocky and steepens again. Spruce and Balsam firs have now replaced the maples and birches seen earlier. An open rock provides a nice view at 1.8 miles. A slight drop occurs, and then another short climb will have you reach the Goodnow summit at 1.9 miles and 2,690 feet.

At this point you will notice impressive views to the east and south from the rocky summit. Views of the north and west are obstructed by trees. The slightly off-centered tower requires cable wires to stabilize it. At first glance we almost decide not to climb the tower. After some convincing we ascended the 60-foot tower. Everyone is happy that we did as the views are truly spectacular above the trees. Just south of the High Peaks, you can see close to half of the Adirondacks that are above 4,000 feet. The closest sight to the north is Rich Lake, adjacent to Route 28N. When looking at a map you may notice this lake's footprint is roughly the same size as that of the mountain you are standing on.

The closest mountain range in sight is trailless Santanoni Range, made up of Panther, Santanoni, and Couchsachraga. Further north are the state's two highest mountains, Marcy and Algonquin. To the east, you should be able to see Vanderwacker and its fire tower. If you enjoy the trip, bookmark this hike and return in the winter. The length and relatively easy-to-moderate trip make it a good snowshoe!

After you're finished enjoying yourself at the summit, and have eaten a snack, make the return trip down. The round-trip distance should be approximately 3.8-miles with 1,040 feet of climbing. My GPS suggests we walked 4.0 miles. The round-trip time was one-hour and 45 minutes, including 15 minutes at the summit, while walking at a brisk pace. Allow yourself up to three hours if you want to take a more leisurely pace and thoroughly enjoy everything you come across on the interpretive sheet. Once back at the car, head over to the Adirondack Interpretive Center, part of SUNY ESF's Newcomb campus.

For those of you looking to walk more or enjoy yourself outdoors, the AIC has three trails that are along Rich Lake. The trails offer an opportunity to stop and rest at seats to



MORE PHOTOS @ ADKSPORTS.COM

PHOTOS BY TOM O'GRADY

- SUMMIT VIEW NORTH TO RICH LAKE AND MOUNTAINS.
- CONOR AND THEO WITH ANIMAL PUPPETS AT ADIRONDACK INTERPRETIVE CENTER.
- ROCK TREE WITH ROOTS GROWING AROUND A BOULDER.

enjoy the scenery, nature, and enjoy a moment of solidarity. The most accessible trail is the 0.6-mile Rich Lake Trail that travels a boardwalk around the lake. Viewing areas on this walk allow you to see Goodnow Mountain from which you came! The longest but still moderate trail is the 1.6-mile Sucker Brook Trail that runs along a cedar grove and the outlet of Rich Lake. The final 0.7-mile Peninsula Brook Trail is the most rugged of the three. Walkers on this path will pass through cedar and hemlock groves, as well as take a pontoon bridge across a wetland area.

Once finished, or if you care to skip any or all of these trails, head inside. There is a lot of educational material inside the AIC that is geared towards people of all ages. Children will especially enjoy the hand puppets of animals and scavenger hunt. Adults will notice the posters on different environmental projects done by students and workers at AIC and SUNY ESF.

For those who are keeping track, this mountain offers the opportunity to climb an accessible mountain, and get one step closer to completing the fire tower challenge. You'll have tremendous views of the High Peaks from the summit for inspiration, if you would like a greater challenge. You will have numerous opportunities to learn about nature along the way.

If you chose to go over to the AIC in Newcomb, and walk one of the trails there, afterwards you will have completed two of the hikes in the Minerva and Newcomb section of the "Kids on the Trail Challenge" – another great Adirondack Challenge geared at fun mountains children can complete. It's easy to see how you can spend an entire day exercising, exploring, and learning in Newcomb this summer – and why it's a great way to finish the school year and start the summer with the family! 🌲

Tom O'Grady, PhD, MPH (thomas.james.ogrady@gmail.com) of Slingerlands is an avid runner, hiker and lover of the outdoors. He is an epidemiologist with NYS Dept. of Health. With a lifetime of racing experience, Tom has his NYS Dept. of Education coaching license, and is USA Track & Field Level 1 and Jack Daniels certified to coach distance runners and endurance athletes.



- FIRE TOWER NORTH TO RICH LAKE AND SANTANONI RANGE.
- CONOR AND THEO ENJOYING FIRE TOWER VIEW OF RICH LAKE.



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NON-MEDICATED LIFE

The Benefits of Cruciferous Vegetables

By Paul E. Lemanski, MD, MS, FACP



Editor's Note: This is the 89th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 88 installments of the *Non-Medicated Life*, certain dietary practices and a healthy lifestyle have been shown to accomplish naturally for the majority of individuals most of the benefits of medications in the treatment of chronic medical conditions such as hypertension, high cholesterol, pre-diabetes, diabetes and heart disease. As a medical intervention, certain dietary practices and a healthy lifestyle may accomplish such benefits with fewer side effects, may reduce the number and amount of medication, and may allow actual discontinuation of medication. And while medications such as tamoxifen and raloxifene (selective estrogen receptor modulators) have been shown to decrease breast cancer risk, and low-dose aspirin may reduce cancers of the gastrointestinal tract, such medications have side effects and other associated risks.

In contrast, the consumption of cruciferous vegetables may reduce cancer risk more broadly and more powerfully than medications, and offers little to no risk. Cruciferous vegetables should be viewed as an integral part of an effective plant-based diet.

Cruciferous vegetables include broccoli, broccoli rabe, cauliflower, kale, Brussels sprouts, cabbage, turnip greens, mustard and Bok Choy. They are members of the genus Brassica, and are commonly referred

to as cruciferous because their flowers resemble a crucifer or cross. Although not members of the genus Brassica, arugula, watercress, radish, horseradish and wasabi are also considered cruciferous.

Vegetables and fruits have been associated in epidemiological or population-based studies with lower rates of cancer. Currently, the National Cancer Institute is recommending the consumption of nine servings of vegetables and fruits per day. Apart from this, specific recommendations for the consumption of cruciferous vegetables have not been made to date. Nevertheless, in epidemiological studies, a high intake of cruciferous vegetables has been associated with lower risk of lung and colorectal cancers. There is also some evidence of a reduction in breast and prostate cancers. Additionally, in some studies consumption of cruciferous vegetable intake, specifically cabbage, was associated with lower risk of pancreatic cancer.

Cruciferous vegetables are an extremely rich source of a group of phytonutrients called glucosinolates, including glucoraphanin that under the proper circumstances break down to sulforaphane and indol-3-carbinol, both of which have been extensively studied in animal models and human tissue culture as natural substances - with potent anti-cancer properties.

For example, sulforaphane is a potent inducer of the phase 2 enzyme system in the liver, which is responsible for breaking down carcinogens consumed in the diet or inhaled. Both sulforaphane and indol-3-carbinol have been shown to induce cell cycle death (apoptosis) in cells with DNA damage that could progress to cancer, thereby inhibiting proliferation of damaged cells for

a number of cancers. Finally, there is some evidence in human trials and tissue culture that sulforaphane and indol-3-carbinol can inhibit metastasis of cancer cells into normal tissue, as well as inhibit the development of new blood vessels (angiogenesis) that cancer cells need to proliferate.

Unfortunately, the consumption of cruciferous vegetables by any means may not be sufficient to obtain maximal potential benefit. In nature, glucosinolates including glucoraphanin, are stored in small vesicles in the flesh of the plant. In close proximity, other vesicles contain the enzyme myrosinase. When the raw plant is chewed the vesicles break and myrosinase acts on the glucoraphanin to form sulforaphane. However, cooking or steaming the plant for more than four minutes may inactivate most of the myrosinase, and significantly diminish the amount of sulforaphane produced. This inactivation of myrosinase also occurs with frozen broccoli that is first flash boiled to improve shelf life.

One strategy that may allow maximal sulforaphane production, despite cooking, would be to add ground mustard seed after cooking. As part of a cruciferous vegetable, ground mustard seed contains myrosinase that because it an enzyme (biological catalyst), need be present in only very small amounts to maximize production of sulforaphane. Or, eating a small amount of raw red cabbage in your salad would also add to your stomach contents the myrosinase needed to utilize the glucoraphanin of cooked cruciferous vegetables, such as broccoli or Brussels sprouts. Alternatively, if veggies are cut up 30-40 minutes prior to steaming or cooking, the myrosinase will convert the glucoraphanin to sulforaphane - and once produced, the sulforaphane is heat stable.

Another strategy for those not interested in eating raw broccoli (that may be difficult to chew), is to consume raw broccoli sprouts. Added to a salad or a sandwich, broccoli sprouts are easy to chew, lend a fresh spicy flavor, and result in 10 to 100 times the sulforaphane production of raw broccoli florets. Adding broccoli sprouts to a smoothie in the morning is another way to maximize your daily dose of sulforaphane and its anticancer benefits.

In summary, cruciferous vegetables have been shown in epidemiological studies to reduce cancer risk in lung, colon, breast, prostate, and possibly pancreatic cancers. The mechanism appears to be an ability of sulforaphane and indol-3-carbinol to induce enzymes in the liver to break down ingested carcinogens, as well as direct effects on inducing cancer cell death, and reducing the risk of metastasis by reducing blood vessel formation within tumors. Animal models, and human tissue culture seem to confirm these mechanisms.

From a practical perspective, maximizing sulforaphane from cruciferous vegetables requires consuming them raw or minimally cooked or cutting up the vegetables 30-40 minutes before cooking. With proper preparation of the cruciferous vegetables as part of an effective plant-based diet plan, cancer risk may be minimized, and the non-medicated life more likely result. 🌱

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

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 RECREATION


◀◀ THE AUTHOR, TOM DENHAM, IN CLARKSVILLE CAVE PRESERVE.

◀ AWESOME SHOT OF CLARKSVILLE CAVE PRESERVE IN ALBANY COUNTY, 2004. MICHAEL CHU/NCC

Brave THE Cave

By Dr. Tom Denham

If you think getting extremely dirty, underground, in the dark, in tight spaces is your idea of quality time, then you might want to explore the neglected art of caving. Insiders know that the Capital Region is one of the sweetest spots for caving in the entire Northeast. At the beginning of my most recent adventure, I was quickly corrected when I called “caving” by its outdated term, “spelunking.” Caving was on my bucket list so I had to do it, but let me be clear, it is definitely not for everyone. Caves are inhospitable and messy places. There are some things you need to know before you go, so you will have a safe and memorable experience.

Getting Started – The very first place to begin is the Northeastern Cave Conservancy (necaveconservancy.org). NCC is a non-profit organization focused on cave preservation, acquisition, research, educational outreach, and teaching about the significance of groundwater pollution on this sensitive underground ecosystem. The organization combines the resources and expertise of affiliated cave explorers, educators, scientists, landowners and conservation officials. The group is dedicated to keeping caves open to the public, free of charge, and owns several including Clarksville, Knox, Onesquethaw, Merlins, Ella Armstrong, Spider, Bentley’s, Benson’s, and Sellecks Karst Preserve.

What to Bring – Proper equipment and clothing is essential so be prepared. This includes work gloves, knee pads, helmet with a chin strap, and a mounted light – as well as two other sources of light. In addition, bring a sturdy pair of hiking boots with a rugged tread and ankle support, not sneakers or cross trainers! Cave temperatures are in the 45-to-50-degree range, so it is perfect activity if you want to beat the heat in the

summer. I suggest dressing as if you are going on a spring or fall hike. Don’t wear your favorite outfit; it will get ruined. Cotton attire should be avoided. Expect that your clothes will get dirtier than your filthiest hike you have ever been on. Bring a complete change of clothes that you can leave in your vehicle for when you return from the cave.

Know the Risks – The caves are typically open May 1 to September 30. Entering the caves outside of that date violates state and federal endangered species laws due to bat hibernation. Exploring caves are a good rainy-day endeavor, however some of the caves fill with water, making them extremely dangerous and impassable. It’s good to do your research ahead of time.

Cave exploration involves risk of injury, even death from hazards, including slippery and uneven ground, open pits, injury by acts of other people, falling, being struck by falling objects, becoming lost, the presence or sudden appearance of water and hypothermia. I know the disclaimer is not very motivating, but it’s gotta be said. Cavers should abide by the accepted rules of safe and conservation-minded caving, as outlined by the National Speleological Society. Caves are a special natural resource, so please don’t take anything out of the cave except trash, memories and photos.

Clarksville Cave – Caving is best done with people who are already familiar with the cave and safe caving practices. Recently, I toured the Clarksville Cave with some of my rock climb partners, and an experienced leader – there was no way I was going down there without one! I learned pretty quickly how easy it is to get lost in the multitude of passage ways. The minimum group size is three and the maximum is 15. The NCC can tell you if your group needs to have a permit

and insurance.

Located in Albany County, it has approximately 4,800 feet of passage it is arguably the best-known and most-visited wild cave in the Northeast. The cave preserve is open to the public from 7am to 11pm. It is an easy five-to-10-minute walk from the parking lot to the entrance on a trail that is clearly marked.

After squeezing through the cave opening, we entered “The Big Room,” and took some time to discover all of its features. It was damp and pitch black. Next, we journeyed the long passage way called “Perry Avenue,” which was flowing with water in certain sections. Finally, we arrived at the Lake Room at the North Entrance (closed). At one point we had a moment of silence and turned our headlamps off. It was a bit creepy, but fascinating and mysterious to listen to the drips of water. Experiencing true darkness was one of the best parts of the adventure.

We then back tracked our way to The Big Room navigating strange rock features and plenty of mud. Our leader then took us through another long route down the more challenging side the cave. I’m not going to sugar coat it; there were plenty of tight squeezes. One part is the aptly named “Cork-screw,” and yes, that’s how you have to maneuver your body down this narrow hole. Next, we trekked toward the “Root Room.” It is appropriately named since roots from the trees above ground penetrate the surface and dangle below the ceiling of the cave. After about two and half hours, I had enough and was ready to be done. We explored a bit further on Pixies Passages and then headed back to The Big Room.



◀ OPENING DAY OF CAVING SEASON AT BENSONS CAVE PRESERVE IN SCHOHARIE COUNTY, MAY 1, 2017. BILL FOLSOM/NCC

Emerging from the cave was like entering another world filled with light and abundant life.

Decontamination – We hiked back to the trailhead, which includes a private changing area and informational kiosk, that outlines safe caving practices and guidelines for the preserve. In the changing area, we took off all our grimy clothes, and put them in garbage bags to be washed at home.

White-nose syndrome is caused by spores of a fungus, which kills bats. The spores can cling to clothes and equipment and stay viable for a long time. We learned how to properly decontaminate our clothes and gear to prevent spreading the fungus from one place to another. If you plan to visit places where cave bats hang out, go to the NCC website, and learn how to follow proper clothing and gear decontamination methods.

After three solid hours underground on a Sunday morning, I found it to be a full body workout, and I was spent for the rest of the day. Truly, it was an amazing experience that had really added to my life. In addition to the multitude of outdoor options available, caving made me feel even more proud to call the Capital Region my home. I enjoyed my experience so much that I’ll be exploring the Knox Cave this month. If you have an adventurous spirit, I would highly recommend you put caving on your summer to-do list. Reach out to the NCC and they can help get you started. There is a whole underground world worth exploring.

Remember my friends, 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 loves to share 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, duathlons and triathlons.

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Thursdays, 6pm – Free, all welcome!

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June 20 – Hill workout from Bailey's Café & gather after at Bailey's
June 27 – Course Preview from Bailey's Café & gather after at Bailey's

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www.fleetfeetalbany.com

Adirondack Marathon, Half Marathon and Relays

Sunday, Sept. 22 – Around beautiful Schroom Lake!

<p>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</p>	<p>10am – Half Marathon Adirondack to Schroom Lake on second half of marathon course</p>
---	---

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

23RD ANNUAL

Silks & Satins 5K

SARATOGA SPRINGS, NY

JEFF CLARK MEMORIAL RACE

Saturday, July 13
8am Start
Fasig-Tipton Pavilion
415 East Avenue

Register at silksandsatins5k.com
\$25 by 7/21 or \$30 race day

- Join 1,000 runners & walkers
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- USATF

Benefits:

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- 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

Pre-Registration \$26 | Day of Event \$30 | Fleet Feet in Store \$20
12 & Under \$16 | No Shirt Option \$16
Registration 7:00am | Race 8:30am

Pre-Registration \$36 | Day of Event \$40 | Fleet Feet in Store \$30
12 & Under \$16 | No Shirt Option \$26
Registration 7:00am | Race 8:00am

Register online: www.malta5k.com | info@malta5k.com
Location: HVCC - TEC SMART 345 Hermes Road, Malta, NY

SATURDAY SEPTEMBER 7

Presented by:
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Proceeds Benefit
Town of Malta EMS
1st Responders and
Local Veteran Agencies
in Honor of 9/11

ATHLETE PROFILE

Karen Dolge

By Michelle Germain McDonald

Fresh off her stellar performance at the Capital Region's premier Freihofer's Run for Women 5K, this 'veteran runner mother' brings more than a fast time to her sport. Karen Dolge has an extensive history of being a top runner in the region. While she runs her own race, she sports an uncanny ability to encourage people, ranging from the speedster to the caboose, to learn and love to run.

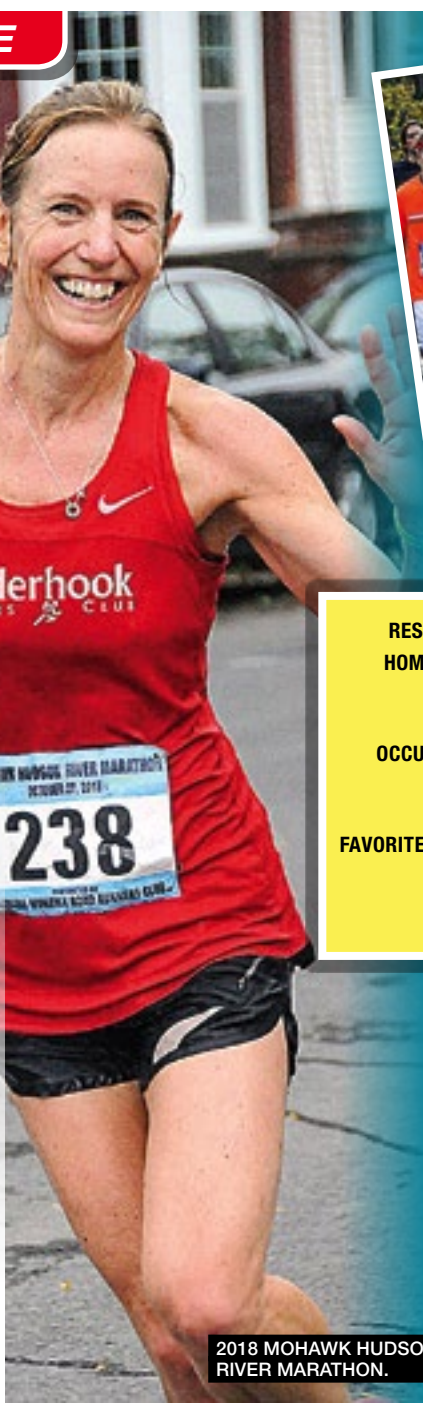
Karen captured first place in her age group (45-49) on June 1 in the 41st running of the Freihofer's Run in downtown Albany with a 20:25. Among 2,648 finishers, Karen placed 55th in a field of USATF runners and amateurs from her community to across the nation.

She's not one to brag and always wants to know first about how somebody else did in a race. When I asked about her races and awards, Karen humbly supplied some 'fast facts.' She's clocked 32 total marathons, including 15 Boston races. In 2003, she came in 59th female overall with a Boston PR of 3:06. Her PR is at the Hartford Marathon and the Mohawk Hudson River Marathon, where she ran a 3:04:00 in 2008 and 2009, respectively. She says, "I usually run around a 3:10ish, but am still working on a PR."

In May, she ran the CDPHP Workforce Team Challenge, and the Kinderhook Bank OK5k in June. "These short distances are really uncomfortable for me, but I do them to push me outside my comfort zone. Plus, these races are well-organized and enjoyable to participate in. I am also looking forward to training for a fall marathon (race TBD)."

With all its excitement, Karen's running career comes with its share of pain, suffering, and even horror. She's just back from a few injuries and looks forward to getting stronger and running more races this year. Since 2017, she suffered two stress fractures in her right foot, the second, at mile 25 of the MHR Marathon. After she recovered, she started falling while running and fell eight times in two months. Sadly, she received no answers after multiple tests. She was introduced to Ray Webster, physical therapist at Positive Motion. "Ray helped me adjust my gait, work on some imbalances, and got me to the start line of Boston this year. Knock on wood, I haven't fallen since January."

Karen remembers the horror in Boston on that fateful day, April 15, 2013. She says,



STOCKADE-ATHON 15K 2012.



ABIGAIL WITH BATON AT 2018 ICHABOD CRANE TRACK MEET.

RESIDENCE: Valatie
HOMETOWN: Verona, NY
FAMILY: Husband, Brian; Kids, Abigail (14) and Wyatt (12); Trixie, Dog (3)
OCCUPATION: Senior Media Manager, Creative Communication Associates, Troy
SPORT: Running
FAVORITE QUOTE: *Life is not measured by the number of breaths we take, but by the number of moments that take our breath away*



HIGH FIVING HER KIDS AT THE 2010 MOHAWK HUDSON RIVER MARATHON FINISH LINE.



WYATT PITCHING IN 2017.



THE DOLGE FAMILY

"We were heading to the 'T' (Boston's subway) to go to our hotel when we heard what we thought was a car backfiring. When we got to the hotel, we turned on the news to watch the rest of the race coverage and were horrified to see what happened. The fear of not knowing what was going on, the disbelief of what happened to that little boy cheering on his Dad, and to the others killed and injured, was such a senseless act. The next year at the marathon was so emotional, and the bond the runners have and the whole Boston community, was that much stronger! That is why Boston is my favorite race."

I wondered what was Karen's Running Epiphany? How does somebody decide to do one marathon, much less 32? She says back in high school she joined cross country and track, mainly for the social aspect. She and her coach knew she wasn't going to be a sprinter, so she did the mile, 3200m relay, and occasionally the 3200 individual. "We weren't good, but we enjoyed our time together at the track."

After college she really enjoyed running long distance. "I would run for fitness, both physical and mental. I was going through some tough times in my life, where my saving graces were my friends and my fitness. Running helped me clear my mind, and feel good, both inside and out."

She entered local 5Ks, 10Ks and 15Ks, and placed in her age group division. At 30, she made the commitment to run her first marathon with Leukemia's Team in Training program at San Diego's Rock n Roll Marathon. "An amazing and inspirational experience, I would highly recommend to anyone. I qualified for Boston at this marathon, so my second marathon was Boston!"

After her first marathon, she got the marathon bug. "I found the distance that I LOVE. Ever since then, I have been running two marathons a year, in the spring and fall, with the exception of when I was pregnant. I ran during both my pregnancies, up until the day I gave birth."

It's a family affair this marathon bug... "When I was training for my first marathon, my husband was a rolling water stop, he rode his bike alongside me to hand me water when I needed it." Her husband and six-month old daughter rode Boston's T to mile 21 on the marathon course to see their runner mother for a second. "They are my biggest cheering section on the sidelines of my marathons." Not surprisingly, her daughter is now on varsity track and has broken two school records set back in the 1980s - 1500m and the 4x800 relay.

Karen is one of the founding members of Kinderhook Running Club, which became an official club in 2009, and celebrates its 10th year anniversary. "We encourage runners of all abilities to join our club runs and social events. Everyone has their own goals and we thrive on helping them achieve them in any way we can. Just taking that first step out the door, knowing people are waiting for you, is very motivating. KRC organizes a spring clinic every year to help encourage community members to come out and be active; whether walkers, newbie runners or veteran runners, we love to see people work for, and achieve their goals. It is so rewarding to see a huge smile on someone's face once they cross their finish line goal."

Perhaps where Karen has made most of her impact, I think, is with her involvement in the KRC. She certainly made a huge impact on me. As a member of the KRC, and

throughout my six KRC runs at the Utica Boilermaker 15K, she was always supportive and interested in my running and goals. Nothing can tame her enthusiasm for fellow runners, even us slow poke steadies like me.

She has a natural way of relating to kids, both on and off the track. "I like to believe I am a role model for my kids, but I also feel they are a role model for me as well. I am blessed to have two healthy, active and athletic kids, who love to play basketball, soccer, baseball and running. Sometimes when I head out for a run, I will come back to find them setting up hurdles, cones, and an agility ladder in the backyard for their workout."

What's her trick to juggle training, family, and work? Karen loves being outside and its one reason why she loves running so much. She enjoys hiking, gardening, skiing and swimming. She doesn't have a lot of free time because of kids' sports, but always makes time for a run. "Whether it means getting up at 5:30am, heading out at 8pm, running during lunch, or when kids are at practice, it is so important to take care of yourself, mentally and physically, to be there to care for your children."

As for the future, she says, "I am inspired by those who are my age or older and are still running strong. I don't foresee myself ever giving up running, and I still have a couple of goals to achieve. I am looking forward to running races with my kids, as well as cheering them on from the sideline." 🌲

Michelle Germain McDonald (mgermac@gmail.com) is a 17-year runner mother, writer/project manager, and three-year blogger for the Times Union covering the East Greenbush area.

17TH ANNUAL



Christine Nicole Perry
Memorial Bike Ride

Sunday, August 4
THE HUB
27 Market St, Brant Lake
9am - 40 miles along Schroon River and Loon, Friends, Brant lakes
10am - 15 miles along Schroon River and Brant Lake
Rain or shine • Post-ride lunch included
Preregistration Appreciated:
BikeReg.com
Day of registration: begins at 8am
More Info: 518-644-3020 or info@chrissysfund.com
Proceeds benefit Christine Nicole Perry Memorial Trust
ChrissysFund.com



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SEPTEMBER 7-8

ALTAMONT FAIRGROUNDS
Fun recreational bicycle rides on scenic back roads in southern Albany County

- Century/100M 8am, Metric/62M 9am, Half/50M 9:30am, Quarter/25M 10am, Piccolo/12M 10:30am
- Vehicle support, marked routes, rest stops, cue sheets
- Post-ride catered lunch and craft beer (age 21+) included!

MHCC
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Info/Register: **BikeReg.com** or **MohawkHudsonCyclingClub.org**
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\$50 member, \$60 non-member - 7/1-9/5
Registration is good for both days! Volunteer and ride for free!

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Capital Bicycle Racing Club's 18th annual
Capital Region Road Race
Saturday, July 13 • 10:30am
Ravena-Coeymans-Selkirk High School, Ravena (10 miles south of Albany)
Rolling 20-mile loop with steep climbs
Men's, Women's & Junior categories
Equal cash prizes for men & women
Register: **BikeReg.com**
Race map & guide: **cbrc.cc**
Beth Ruiz: 518-334-6058; bmliller17@nycap.rr.com

MHCC
Mohawk Hudson Cycling Club

join or renew online:
MohawkHudsonCyclingClub.org

all levels of ability welcome
more than 300 rides per year

Calendar of Events
June - August 2019*

JUNE 2019							JULY 2019							AUGUST 2019						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6						1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23 ³⁰	24	25	26	27	28	29	28	29	30	31				25	26	27	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 (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). 315-316-BIKE. 2019 tours & packages: gobikeerie.com.

Wed Vischer Ferry Summer Time Trial Series: June 5, 12, 19, 26. 6:30pm. Vischer Ferry Preserve, Clifton Park. facebook.com.

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.
- 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.
- 14-16 **Saranac Lake Tandem Rally.** Gear-To-Go Tandems, Saranac Lake. Rich & Lindy: 518-354-3102. gtgtandems.com.
- 15 **Specialized Bikes Demo Day.** 10am-5pm. Placid Planet Bicycles, Lake Placid. 518-523-4128. placidplanet.com.
- 15 **Switchback Bike for the Lake.** 30/60/80M. Knight Point SP, North Hero, VT. 802-524-1769. friendsofnorthernlakechamplain.org.
- 22 **Biking along the Boulevard.** 10am-12:30pm. Group ride, bike safety, food, music. Grand Boulevard, Niskayuna. theresa.healey@gmail.com.
- 23 **14th Tour de Kingston.** 5/8/16M/25/50M, Dirty 30/44M. Forsyth Park, Kingston. tourdekingston.com.
- 28 **CycleADK Weekender.** Bike touring, guided hiking & paddling, BBQ. Paul Smith's College, Paul Smiths. Matt VanSlyke: 518-524-2292. cycleadirondacks.com.

JULY

- 13 **Capital Region Road Race.** Ravena-Coeymans-Selkirk HS, Ravena. bikereg.com.
- 13 **Valcour Brewing Century Bike Ride.** 50/75/100M. VBC Brewery, Plattsburgh. 518-578-5417. adkgarda.org.
- 13-21 **French Canada Tandem Tour.** Quebec. Gear-To-Go Tandems: 518-354-3102. gtgtandems.com.
- 21 **Ride for the River.** The Hungry Trout, Wilmington. Matt VanSlyke: 518-524-2292. 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.
- 28-8/3 **Empire State Ride to End Cancer.** 500M. NYC to Niagara Falls. 716-845-3179. 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.

BICYCLING: OFF-ROAD (UNPAVED)

JUNE

- 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.
- 15 **Specialized Bicycles: Mountain Bike Demo.** 10am-3pm. Reps will setup Stumpjumpers for testing; all abilities welcome. Short & long travel in 29" & 27.5" wheel sizes. Bike sizes: SM to XL. Bring valid driver's license/credit card. Helmets required. Bring clipless pedals. Hardy Road Trails, Wilmington. Placid Planet Bicycles: 518-523-4128. placidplanet.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.

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 Sunday, August 18



Early AM: Bike 40M Lake George to Ticonderoga
 1:00PM: Ride Mohican Boat to Lake George
 Reservations: (518) 668-5777
 www.LakeGeorgeSteamboat.com Rain date: 8/25

de TOUR de Daggett Lake
 Ride for Kids for Life

Sunday, Sept. 8
 Scenic Rides
 65 miles - 8am
 20 miles - 9am



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 Daggett Lake Campsites: 518-623-2198
 660 Glen Athol Rd, Warrensburg



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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.

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.** 7:30am. 4,840' elevation, 9.4M round-trip. Adirondak Loj, 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.
- 4 Donaldson & Emmons Guided Hike.** 14.6M. 7:30am at Coreys. 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.

For more events, visit AdkSports.com!

AUGUST

- 5 Seymour Guided Hike.** 4,120', 14.4M. 7:30am. Coreys Rd, Coreys. ADK: 518-523-3480. adk.org.
- 26 Hurricane Mtn Guided Hike.** 6.8M. 8:30am. ADK: 518-523-3480. adk.org.
- 29 Mt Marshall Guided Hike.** 4,360', 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 30 Donaldson & Emmons Guided Hike.** 14.6M. 7:30am at Coreys. ADK: 518-523-3480. adk.org.

MULTISPORT: TRIATHLON, DUATHLON & SWIMMING ONGOING

- Mon 35th High Peaks Mini Tri Series.** 6/24-8/12. 400yd swim, 12M bike, 3M run. 6:30pm. Kids' Mini Tri (tent.), 3pm: 8/24. Mirror Lake beach, Lake Placid. 518-523-3764. highpeakscyclery.com.
- Tue CDTCC 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.

JUNE

- 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.
- 12 Hudson Valley Tri Club Summer Series Race #1.** 5:45pm. 400yd swim, 12M bike, 2M run. Wilson SP, Mount Tremper. 914-466-9214. coachmarkwilson.com.
- 15 Great Sacandaga Challenge Triathlon.** Adult sprint: 750m swim, 20K bike, 5K run. Youth: 100yd swim, 5K bike, 1M run. Kid's splash & dash: fun short swim & run. Broadalbin. greatsacandagachallenge.com.

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Register & Info:
cdtriclub.org

- 22 Ticonderoga Triathlon Festival: Triathlon & Aquabike.** 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.
- 22 Vermont Sun Sprint Triathlon.** 600yd swim, 14M bike, 5K run. Branbury SP, Lake Dunmore, VT. 802-388-6888. vermontsun.com.
- 22 Lake Dunmore Olympic Triathlon.** 1600yd swim, 28M bike, 6.2M run. Branbury SP, Lake Dunmore, VT. 802-388-6888. vermontsun.com.
- 22 Ticonderoga Triathlon Festival: Sprint Duathlon.** 9am. 2M run, 12M bike, 2M run. Black Point Beach, Ticonderoga. 914-466-9214. coachmarkwilson.com.
- 29 37th Tupper Lake Tinman Triathlon.** 8am. Tinman, Aquabike, Relay, Olympic, Sprint. Municipal Park, Tupper Lake. 518-359-3328. 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.

JULY

- 13 32nd Pawling Triathlon.** 9am. Lakeside Park, Pawling. pawlingrec.com.
- 13 Litchfield Hills Triathlon.** Olympic, aquabike, du. 7:30am. West Hill Lake, New Hartford, CT. 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.
- 14 Branbury Classic Triathlon.** Paddle, Bike, Run. Branbury State Park on Lake Dunmore, VT. 802-388-6888. vermontsun.com.
- 20 10th Delta Lake Triathlon.** 7:30am. Sprint, Olympic, Delta Double. Plus, kids' triathlon. Delta Lake SP, Rome. 914-466-9214. coachmarkwilson.com.
- 20 Duanesburg Y Triathlon.** 325yd swim, 10M bike, 5K run. Duanesburg YMCA, Delanson. 518-895-9500. zippyreg.com.
- 20 34th Piseco Lake Sprint Triathlon.** 9am. Piseco Airport, Piseco. lightbox.com.

AUGUST

- 2 Skyhigh Kids Triathlon 2019.** 100yds swim, 5K bike, .6M run. Grafton Lakes SP, Grafton. skyhighadventures.com.
- 3 Camp Findley Triathlon.** 7:30am. Findley Lake. coachmarkwilson.com.
- 11 Vermont Sun Sprint Triathlon.** Branbury State Park on Lake Dunmore, VT. 802-388-6888. vermontsun.com.
- 6 Iron Girl Syracuse.** Sprint, Aquabike, Duathlon. Oneida Shores, Brewerton. raceentry.com.

- 7 STTC Summer Tri Series #3.** Sprint Triathlon & Relay. Cassadaga Beach, Cassadaga.
- 11 Lake Dunmore Olympic Triathlon.** Branbury State Park on Lake Dunmore, VT. 802-388-6888. vermontsun.com.
- 17 19th Crystal Lake Triathlon & Aquabike.** 8am. 0.5M swim, 18M bike, 3M run. Crystal Lake, Averill Park. cdtriclub.org.
- 18 Cazenovia Triathlon:** Sprint, Olympic, Aquabike. Lake side Park, Cazenovia.
- 18 30th West Point Triathlon.** Sprint Race. Camp Buckner, Cornwall. trifind.com.
- 18 Peasantman Triathlon.** Indian Pines Park, Penn Yan. runsignup.com.
- 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.

SEPTEMBER

- 7 Greene County Y Triathlon.** 350yd swim, 11.5M bike, 5K run. Sleepy Hollow Lake, Athens. 518-731-7529. zippyreg.com.

OTHER EVENTS

AUGUST

- 3 Indian Lake Golf Tournament.** Indian Lake. indian-lake.com.
- 5 23rd Capital District YMCA Golf Classic.** Edison Club, Rexford. 518-869-3500. 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.

JUNE

- 8 Wild Goose Chase Canoe/Kayak/SUP Race.** 5M/9M. 11am. Housatonic River, Lenox, MA. pattyspector@gmail.com.
- 8 Learn to Row Clinic.** 9am & 11am. 801 Maritime Center Dr, Alplaus. bhrow.com/learn-to-row.
- 8-9 Madrid Canoe Weekend.** 9M/13M. Grasse River, Madrid Municipal Park, Madrid. 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.
- 19 SLVP Duathlon Series.** 1.25M run, 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch, Canton. slvpaddlers.org/duathlon.

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- 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. adkpaddlingsymposium.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.
- 29 Tupper Lake 8-Miler. 11am. Tupper Lake Boat Launch, Tupper Lake. 518-354-8377. tupperlake.com.
- 30 Celebrate Paddling Invitational. 1M/3M/12M. 10am. Lake Flower, Saranac Lake. Brian McDonnell: 518-891-2744. 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.
- 6 Armond Bassett Canoe & Kayak Race. 11am. 6M/10M Marathon/3M Fun Race. Genesee Waterways Center, Rochester. 585-733-4043. nymcra.org.
- 13 SLR Dragon Boat Challenge. 9am. St. Lawrence River, Waddington Beach, Waddington. 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.
- 14 **Barge Chaser Canoe & Kayak Race.** 3M/10M. 10am. Kiwanis Park, Rotterdam. Linda Cooley: 518-393-9201. nymcra.org.
- 17 **SLVP Duathlon Series.** 1.25M run, 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch, Canton. slvpaddlers.org/duathlon.
- 20 **Indian Lake Poker Paddle.** Paddle & cards. 12-3:30pm. Cash prizes, food, music. Byron Park, Indian Lake. indianlakepokerpaddle.com.
- 20 Ogdensburg International Seaway Festival Canoe Race. 9am. Oswegatchie River, Boat Launch, Heuvelton to Ogdensburg. ogdensburgseawayfestival.org.
- 28 BluMouLA-BuFuRa. 14M/7M/1.5M. 10:30am. Town Beach, Blue Mountain Lake. bmlbuoyrace.com.

AUGUST

- 17 Wells Bridge Canoe and Kayak Races. 9M. 10am. Wells Bridge. slvpaddlers.org.

For more events, visit [AdkSports.com!](http://AdkSports.com)

- 21 **SLVP Duathlon Series.** 1.25M run, 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch, Canton. slvpaddlers.org/duathlon.
- 31 Remington II Race. 6M. 10am. Rensselaer Falls. slvpaddlers.org.

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.

JUNE

- 8 **Kinderhook OK-5K Run.** 9am. OK Kid's Mile: 8:15am. Village Square, Kinderhook. ok5krace.org.
- 8 **Lexington Run 5K: Triple Crown #3.** 465 N Perry Street, Johnstown. Jessica Ford: 518-332-8449. zippyreg.com.
- 8 **Race the Lake Marathon, Half Marathon & 5K.** 8am. Otsego Lake, Cooperstown. 607-547-2800. clarksportscenter.com.
- 8 River Run for the Roots. 5K: 11am. Common Roots, South Glens Falls. riverrunattheroots.itsyourrace.com.
- 8 Lifesong Dash 5K Run/Walk. 10am. Halfmoon Town Park, Halfmoon. lifesongdash.com.
- 8 Sasquatch Half Marathon & 5K. 8am. Skenesborough Park, Whitehall. active.com.
- 8 SeanStrong 5K Run/Walk. 8am. 1M Kids' Fun Run. East Greenbush. egcsd.org.
- 8 24th Lions Ramble. 5:30pm. Fort Plain. John Geesler: 518-568-7509. fmrrc.org.
- 8 Abraham Wing Color Splash Run/Walk. 5K. Abraham Wing School, Glens Falls. 518-792-3231. 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.
- 8 5KFWD for Recovery. 9:15am. Kids' Obstacle Run: 10:15am. Plattsburgh City Beach, Plattsburgh. 518-561-8480. runsignup.com.

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- 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.
- 9 HMRRRC Distinguished Service 8M Run. 9am. PhysEd building, UAlbany, Albany. hmrrc.com.
- 9 Betar Byway 5K/Moreau Mile. 9am. South Glens Falls Park, South Glens Falls. active.com.
- 9 3rd Peach Hill 5K Walk/Run. 9am. Peach Hill Park, Poughkeepsie. peach-hill-park.org.
- 13 10th Route 50 Mile. 6:50pm. Fundraiser for CAPTAIN. Designer Interiors, Burnt Hills. zippyreg.com.
- 15 5th Good Karma 5K Run/Walk.** 5K: 9:30am. Yoga Warmup: 9:15am. Kids' 0.5M Run: 9am. Indian food, henna, Bollywood music. Crossings Park, Colonie. Mona Caron: 518-429-9068. goodkarma5k.itsyourrace.com.
- 15 Greene County Spring Into Summer 5K Run/Walk.** Coxsackie-Athens HS, Coxsackie. 518-731-7529. zippyreg.com.
- 15 Whipple City 5K & 10K.** 8:30am. Kid's 1K Run: 9:30am. Greenwich MS, Greenwich. 518-692-7979. 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.
- 15 HMRRC Tri-City ValleyCats Father's Day Home Run 5K.** 9am. Father/daughter & father/son teams. Includes 4 tickets to a Valley Cats game. Baseball Stadium at HVCC, Troy. 518-456-3682. active.com.
- 15 Dragon the Dads Family 5K Run/Walk. 9am. Kid's Mile & Dragon Dash: 10am. Saratoga Spa SP, Saratoga Springs. finishright.com.
- 15 4th Rensselaerville Ramble 8M/5M Trail Run & 2M Walk. Huyck Preserve, Rensselaerville. 518-598-9389. huyckpreserve.org.
- 16 36th Mule Haul 8K Foot Race. Firehouse, Fort Hunter. 518-866-1319. fmrrc.org.
- 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.

- 22-23 Manitou's Revenge Ultramarathon. 54M trail run. Catskills. 732-690-3118. manitousrevengeultra.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 NE, 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.
- 11 Women's Distance Running Festival. 5K. 6:30pm. Stewart Park, Ithaca. fingerlakesrunners.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.

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1-Mile Family Fun Run/Walk (all ages welcome, \$5): 11am
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18.12 **8TH ANNUAL** **Sunday, Sept. 1**

Challenge & HALF MARATHON

18.12 Mile, 13.1 Mile & 5K Run/Walk
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Sunday August 4
 Lake Pleasant to Speculator

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REGISTER ONLINE: Active.com
MORE INFO: (518) 548-4521

RACE START: 9am

- Scenic route follows south shore of Lake Pleasant
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Proceeds to Alzheimer's Association in memory of Dean Lane



Monday August 19

A one-mile footrace on the harness track

Heats begin 5:30pm & end 6:45pm
 Awards: Top 3 Overall M/F and Top 3 M/F in Age Divisions • T-shirts • \$20 entry by 8/12 6:55pm: Free Kids' 1/4-mile Fun Run!

Register: finishright.com
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- 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.
- 27 Run Fast for Flint 5K. 10am. Greenwich HS, Greenwich. raceentry.com.
- 28 Albany Knicks Prop Trot 5K. 9am. Kids' Fun Run: 8am. Lincoln Park, Albany. 845-774-9448. knicks5k.com.
- 28 22nd Hilltopper Half Marathon. 7:30am. Millbrook School, Millbrook. mhrrc.org.

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 Johnsbury CS, North Creek. Tracy Watson: 518-251-0107. active.com.
- 3 Fox Creek 5K (Hilltown Triple Crown Series #1). 9am. Berne Town Park, Berne. Phil Carducci: 518-861-6350.
- 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 - 5 Saratoga Stryders Camp Saratoga 5K Trail Series. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 518-581-1278. saratogastryders.org. 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.
- 10 Forge the Gorgeous. 3.5M & 7M. Fillmore Glen SP, Moravia. fingerlakesrunners.org.
- 11 Run for the Roses 5K. 9am. Grafton Lakes SP, Grafton. Leanna Sweet: 518 279-1386.
- 16 10th Run to Remember 5K Sundown Run/Walk. 7pm. US Oval, Plattsburgh. runsignup.com.
- 17 Sarcoma Strong Run/Walk 5K. 9am. University at Albany, Albany. sarcomastrong.com.
- 17 Over the Top Run, Bike & Brewfest. 5K & 10K. 10am. West Mountain, Queensbury. active.com.
- 17 Voorheesville 5K & 2M Walk (Hilltown Triple Crown Series #2). Voorheesville HS, Voorheesville. Phil Carducci: 518-861-6350.
- 18 Tour de Force Charity Run 1/2 Marathon, 10K & 5K. Mooney Bay, Plattsburgh. runsignup.com.
- 19 **Saratoga Stryders Camp Saratoga 5K Trail Series.** 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.



For more events, visit **AdkSports.com!**

- 21 **Southern Saratoga Hump Day 5K Run/Walk.** 6:15pm. Southern Saratoga YMCA, Clifton Park. 518-371-2139. zippyreg.com.
- 24 22nd Altamont 5K (Hilltown Triple Crown Series #3). 9am. Crupe Bozenkill Park, Altamont. Phil Carducci: 518-861-6350.
- 25 Thacher Park Running Festival 10K, 13.1M, 26.2M, & 50K. 8:30am. Voorheesville. albanyrunningexchange.org.

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.



Hosted by the Saratoga Stryders

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 Laura Clark: 518-581-1278, info@saratogastryders.org
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51st SEASON

June 18, 25
July 2, 9, 16, 23, 30

COLONIE MILE - June 25
 6pm - Free for HMRRRC members
 Info: kennyskin@earthlink.net

FREE OF CHARGE
 6pm • Colonie High School
 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

ORDER OF EVENTS

- 1-Mile Race Walk
- Hurdles
- 1-Mile Run
- 50-Meter Dash (Kids)
- 100-Meter Dash
- 400-Meter Dash
- 800-Meter Run
- 200-Meter Dash
- Two-Mile Run
- Relays
- Field Events

Program Info: Frank Myers
 869-9333 or flyingbb45@aol.com



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
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 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



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43RD ANNUAL
JOSH BILLINGS
RUNAGROUND TRIATHLON

SUNDAY, SEPTEMBER 15

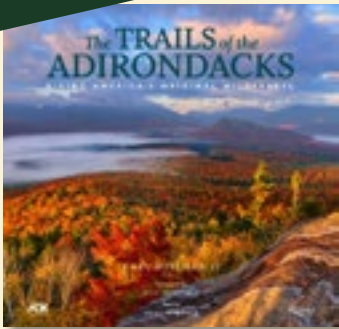


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● **HIKING & PADDLING** cont from 1



LOWS LAKE AND GRASS POND MOUNTAIN.

PHOTOS BY RICH MACHA



ENJOYING THE VIEW FROM GRASS POND MOUNTAIN.



FALL VIEW OF MCRORIE LAKE FROM MUD POND MOUNTAIN.



but persist and make land next to a culvert, which passes under a dirt road.

Walk to the left on this dirt road a short distance and look to the right for a path that heads into the woods. The path passes to the left of Silver Leaf Pond, then heads generally north. The path may be sporadically marked as it is an unofficial trail; when you start coming out onto areas of open rock, look for rock cairns that can guide your way. The route is fairly steep at times. A large area of open rock is reached below the summit of Grass Pond Mountain, after gaining 500 feet over a distance of about 0.7 miles. Much of Lows Lake is seen below, and Blue Mountain and the High Peaks, can be seen in the distance. Walk west along the ridge to get a view of Grass Pond, the largest bay on the lake.

To paddle to the lake and do the hike in one day is quite a trip - figure on about 20 miles of paddling and 1.5 miles of hiking. Many folks make this a camping trip - there are many excellent campsites along the way. Wildlife is plentiful - many loons make their summer homes on Lows and I've also seen a bear swimming in the middle of the lake; moose and bald eagles are in the vicinity, too.

Winds can produce big waves on Lows, so pick a calmer day, and preferably a day with clear skies to enjoy the view. The best map is "Paddlers and Hikers Map: Lows Lake and Bog River," which you should be able to find in any good outfitters shop - this map shows the lake's shoreline more accurately than other maps.

McRorie Lake and Cedarlands Conservation Easement

Cedarlands is a Boy Scout camp a little west of Long Lake on which the state has an easement. The scouts have stopped using it and an August 2019 sale to a private buyer is pending. Check NYSDEC (dec.ny.gov/lands/108144.html) for a map and the latest information.

The public portion of the easement lands is divided into two areas. The 590-acre Mud Pond Area is open for public use year-round, while the 3,300-acre McRorie Lake Area is open to public use for ten months of the year, and is currently closed to the public from June 24 to August 23.

The parking area is on Kickerville Road, 2.8 miles north of Route 30. From there, you must carry or wheel your canoe or kayak for 0.75 miles along dirt roads, to a put-in on the north shore of Mud Pond. The state does plan to build an accessible 0.4-mile trail from the parking area to Mud Pond's south shore in the near future.

Paddle west and take a right going up the pond's boggy inlet for 0.3 miles, then carry 0.2 miles to Fishing Camp Trail, a dirt road. Go left across the bridge, then turn right for another 200 feet, to put in on McRorie's outlet. It is about a five-mile paddle around McRorie's cedar-lined shores; Mud Pond Mountain and Rock Pond Mountain overlook the western shore. Look for a new lean-to at a desirable location on the northwest shore - the only other campsite is at the north

end of the lake - more campsites are planned for the future. For the hike to O.A. Lookout on Mud Pond Mountain, paddle to the end of the western bay and look to the right for a footpath, that soon leads to Fishing Camp Trail. Take a left for a short distance, then a right on the lookout trail, which climbs 675 feet in less than a mile. The view across the lake includes the Swards, Kempshall Mountain, the Fishing Brook Range, and parts of Long Lake. A fall trip is highly recommended. 🌲

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

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RACE RESULTS

WEST'S COUNTRYMAN CHALLENGE 5K OBSTACLE RACE

April 13, 2019 • West Mountain Ski Center, Queensbury

5K ADVENTURE RACE			
MALE AGE GROUP: 1 - 18			
1	Aidan Jordi-Donnelly	18	30:47
2	Aiden Law	15	32:15
3	Adam Munn	15	32:37
4	Koda Jones	14	35:33
5	Tyler Dufour	14	35:35
6	Jackson Donlon	13	36:50
7	Christian Garrelts	13	40:06
8	Clayton Schmale	16	41:49
9	Reese Parker	18	42:02
10	William Newey	9	46:02
FEMALE AGE GROUP: 1 - 18			
1	Katrin Schreiner	15	41:52
2	Mackenzie Lucid	15	46:20
3	Sheridan Millington	17	47:18
4	Reagan Fraiser	14	52:21
5	Nicky Hogan	15	53:04
6	Jessica Amoroso	13	53:08
7	Claire Repsis	12	1:05:08
8	Amanda Matrazzo	14	1:06:48
MALE AGE GROUP: 19 - 30			
1	Alex Benway	28	27:38
2	Trey Marcil	19	38:26
3	Matthew Bagoitti	28	41:24
4	Chris Cruikshank	29	41:30
5	Stefon Truesc	28	44:41
6	Luis Lozada	26	46:07
7	Tyler Truax	27	46:27
8	Kevin Anderson	28	57:19
9	Walker Tedford	24	58:52
10	Eric Smith	27	1:05:29
FEMALE AGE GROUP: 19 - 30			
1	Alyssa Benway	28	35:31
2	Vicky Tiberia	28	52:03

39TH ANNUAL HMRRC BILL ROBINSON MASTERS 10K

April 27, 2019 • Guilderland High School, Guilderland Center

MALE OVERALL			
1	Aaron Knobloch	43	Niskayuna 39:49
2	Ryan McCann	44	Albany 41:45
3	Erik Koenitzer	42	Delanson 42:29
FEMALE OVERALL			
1	Margaret McKeown	61	Moreau 46:36
2	Laura Kelly	46	Albany 48:24
3	Christine Varley	55	Albany 49:58
MALE AGE GROUP: 40 - 44			
1	Peter DeBoch	40	Clifton Park 58:23
2	Greg Jones	42	Delmar 1:03:37
MALE AGE GROUP: 45 - 49			
1	Gil Chorbajian	49	Schenectady 42:58
2	Neil Sergott	47	Clifton Park 43:37
3	Gintaras Urmilevicius	45	East Greenbush 44:51
FEMALE AGE GROUP: 45 - 49			
1	Joanna Tremper	49	East Chatham 51:10
2	Beth Rice	47	Voorheesville 52:28
MALE AGE GROUP: 50 - 54			
1	Jon Rocco	52	Colonie 44:09
2	Jon Atwell	53	Loudonville 47:49
3	Robert Piccirillo	54	Schenectady 49:48
FEMALE AGE GROUP: 50 - 54			
1	Tracey Meek	50	Glenmont 56:48
2	Deb Orsini	50	Schenectady 58:46
3	Amy Powarzynski	53	Westerlo 1:13:43
MALE AGE GROUP: 55 - 59			
1	Bill Bean	59	Scotia 45:08
2	John Sestito	55	Johnsenville 45:38
3	Dave Hart	58	Delmar 46:16
FEMALE AGE GROUP: 55 - 59			
1	Joanne Richardson	58	Troy 57:00
2	Eileen Reiss	56	Schenectady 1:03:36
3	Jenny Lee	59	Selkirk 1:06:58

3RD ANNUAL TOGETHER WE SHALL 5K • April 27, 2019 • Parkis Mills Road, Galway

MALE OVERALL			
1	Chris Maher	21:29	4 Team Connor 32:12
2	Justin Webster	23:52	5 Team Johnny 33:50
3	John Modoski	24:16	6 Team Nick 34:08
FEMALE OVERALL			
1	Kristen Lynch	24:57	7 Team Marley 34:50
2	Karen Decker	28:15	8 Team Timy 36:53
3	Crystal Wager	28:39	9 Team Jim 42:21
AGE GROUP: 12 & UNDER			
1	Colin Anderson	23:18	10 Team Shamus 42:52
2	Casey Clarke	24:10	11 Team Natalie 48:05
3	Chase Maher	25:01	12 Team Zak 51:00
SELF PROPELLED			
1	Paul Moore	29:32	13 Mikezie Gowie 29:22
2	Abigail Radliff	49:07	14 Amy Walker 29:44
ANGEL RIDER TEAMS			
1	Team Jonathon	29:00	15 Maureen Florio 29:55
2	Team Jeremiah	31:25	16 Ingrid Edwards 30:22
3	Team Shaylah	32:10	17 Anthony Sandy 30:40

8TH ANNUAL DELMAR DUATHLON

April 28, 2019 • Bethlehem Elm Avenue Park, Delmar

2-MILE RUN, 10-MILE BIKE, 2-MILE RUN			
MALE OVERALL			
1	Michael Cooley	39	Delmar 51:29
2	Christopher Mancuso	37	Scotia 51:30
3	Christopher McCloskey	37	Glenmont 51:53
FEMALE OVERALL			
1	Beth Ruiz	45	Delmar 56:52
2	Isabelle Dickens	42	South Glens Falls 1:00:31
3	Kerri Thomas	43	Middle Granville 1:03:47
MALE AGE GROUP: 25 - 29			
1	Cory Dente	26	Selkirk 1:07:49
2	Michael Mulhall	27	Delmar 1:10:29
FEMALE AGE GROUP: 25 - 29			
1	Katie McNamara	29	Albany 1:14:07
2	Taylor Nachtrieb	28	Cohoes 1:22:17
MALE AGE GROUP: 30 - 34			
1	Josh Halse	34	Watervliet 1:04:28
2	Jeff Snyder	33	Castleton 1:26:31
FEMALE AGE GROUP: 30 - 34			
1	Kelly McCloskey	33	Glenmont 1:12:50
2	Katharine Kimball	31	Watertown 1:15:38
3	Mackenzie Halse	31	Watervliet 1:15:43
MALE AGE GROUP: 35 - 39			
1	David Steckman	39	Delmar 1:05:35
2	Gregory Bedrosian	37	Glenmont 1:17:05
3	Craig Minch	36	Johnstown 1:20:16

8TH ANNUAL DELMAR DUATHLON continued

FEMALE AGE GROUP: 55 - 59			
1	Julie Audi	55	Ballston Spa 1:21:47
MALE AGE GROUP: 60 - 64			
1	Daniel Nugent	60	Delmar 1:06:31
2	Brian Smith	63	Shady 1:26:28
3	Al Smith	64	Clifton Park 1:42:32
MALE AGE GROUP: 65 - 69			
1	Dominick Audi	65	Ballston Spa 1:06:57
2	David Heyward	65	Wynantskill 1:28:48

RELAY RACE			
1	Frank Wisley & Marc Kingsley		
2	Inn at Cooperstown		50:29
3	Lauren Quirk & John Hogan		
4	CrossFit Spur		1:00:49
5	Michael Sebast & Lauren Capece		
6	CaBast		1:02:05

Courtesy of Capital District YMCA and Bethlehem Parks & Recreation

18TH ANNUAL SEAN'S RUN & MEGHAN'S MILE

April 28, 2019 • Chatham High School, Chatham

SEAN'S RUN 5K			
MALE OVERALL			
1	Ross Wightman	23	Chatham 16:24
2	Chuck Terry	36	Albany 17:29
3	Noah Bonesteel	16	Averill Park 18:07
FEMALE OVERALL			
1	Ariana Nilsson	34	Hudson 22:07
2	Jessica Oehlke	34	Ghent 22:53
3	Emma Gregg	18	Chatham 23:15
MALE AGE GROUP: 1 - 14			
1	Roy Santiago	14	
2	Alexander Chudy	13	Chatham 21:21
3	Manuel Trues	10	Newburgh 22:31
FEMALE AGE GROUP: 1 - 14			
1	Carolyn Griffin	14	Clifton Park 23:37
2	Julia Gorevich	12	Albany 23:47
3	Serenity Thomas	14	Averill Park 24:36
MALE AGE GROUP: 15 - 19			
1	Thomas Breimer	15	Rensselaer 18:50
2	Emmet McDonnell	17	Old Chatham 19:18
3	Logan Phillips	16	Copake 20:34
FEMALE AGE GROUP: 15 - 19			
1	Andrea Snyder	18	Ancramdale 24:20
2	Kiera O'Rourke	15	Sandisfield, MA 25:06
3	Alex Colwell	19	Claverack 26:28
MALE AGE GROUP: 20 - 24			
1	Taylor Kurtz	20	Claverack 20:20
2	Nick Alberti	24	Ghent 23:14
3	Angus Whittaker	20	Philmont 24:38
FEMALE AGE GROUP: 20 - 24			
1	Alexa Baker	23	Ghent 28:03
2	Katie-Lee Bunn	24	New Lebanon 33:16
3	Lindsay Winter	23	Valatie 33:24
MALE AGE GROUP: 25 - 29			
1	Eric Young	27	Latham 19:08
2	Aaron Kipp	29	Chatham 20:49
3	Daniel Annis	26	Castleton 21:35
FEMALE AGE GROUP: 25 - 29			
1	Leah Hennessey	27	Chatham 26:51
2	Breanne Penkala	26	Ghent 26:54
3	Courtney Goodrich	26	Glenmont 28:12
MALE AGE GROUP: 30 - 34			
1	Michael West	31	Chatham 19:43
2	Yoni Cohen	34	Chatham 22:14
3	Kenneth Wenthon	31	Amawalk 24:03
FEMALE AGE GROUP: 30 - 34			
1	Katie Gordon	33	Fishkill 24:38
2	Elizabeth Link	34	Chatham 30:09
3	Lauren Johnson	33	Ghent 31:16
MALE AGE GROUP: 35 - 39			
1	Dave Vona	36	Valatie 18:22
2	Ryan Legere	35	Clifton Park 19:42
3	Korwyn Kolewe	38	Stuyvesant 20:47
FEMALE AGE GROUP: 35 - 39			
1	Sebastian Cotozana	37	Albany 25:56
2	Kim Antal	36	Hudson 26:19
3	Kim Garland	37	Hopeville Junction 27:01
MALE AGE GROUP: 40 - 44			
1	Derek Sigler	40	Spencertown 20:50
2	Dave Byrne	40	Rhinebeck 24:55
3	Chris Liberati-Conan	41	Chatham 26:01
FEMALE AGE GROUP: 40 - 44			
1	Alissa Mullins	44	Valatie 27:28
2	Jodi Hutchinson	44	Chatham 28:02
3	Victoria Engel-Fowles	40	Greenville 32:23
MALE AGE GROUP: 45 - 49			
1	Thomas Fraser	46	Schodack Landing 20:27
2	Dean Rowe	46	Ghent 23:20
3	Peter Nelson Jr.	49	Ghent 23:29

Courtesy of Sean's Run Weekend

3RD ANNUAL SASHA'S SUPERHERO RUN 5K

April 28, 2019 • Tallmadge Park, Mechanicville

MALE OVERALL			
1	Jeremy Gundrum	18	West Sand Lake 18:55
2	Matthew Stewart	29	Ballston Spa 20:01
3	Brian Nowicki	25	Schenectady 20:17
FEMALE OVERALL			
1	Brittany Winslow	25	Queensbury 20:11
2	Eileen O'Connor	39	Sand Lake 22:00
3	Madison Collins	21	Hingham, MA 23:39
MALE AGE GROUP: 1 - 11			
1	N. Johnson	11	Westfield 25:07
2	W. Foster	11	Gansevoort 29:12
3	D. Johnson	9	Westfield, MA 38:29
FEMALE AGE GROUP: 1 - 11			
1	M. Endres	10	Saint Johnsville 30:36
2	A. Roos	10	Schenectady 35:59
3	M. VanNostrand	6	Schenectady 48:39
MALE AGE GROUP: 12 - 15			
1	Shankha Mitra	14	Essex Junction, VT 21:31
2	E. O'Connor	12	Sand Lake 22:22
3	Arcangelo Losee	13	Clifton Park 23:54
FEMALE AGE GROUP: 12 - 15			
1	Sylvia Guillet	14	Glens Falls 25:11
2	Kayla Walker	14	Mechanicville 26:52
3	Aleena Buchanan	14	Mechanicville 38:19
MALE AGE GROUP: 16 - 19			
1	Cyrus Guillet	16	Glens Falls 20:31
2	Jason Carron Jr.	16	Mechanicville 22:21
3	Logan Mastrogiuseppe	19	Mechanicville 25:49
FEMALE AGE GROUP: 16 - 19			
1	Souma Mitra	16	Essex Junction, VT 24:40
2	Emily Crist	18	
MALE AGE GROUP: 20 - 24			
1	James Grayson	20	New York 25:43
2	Shaun May	20	Clifton Park 45:36
FEMALE AGE GROUP: 20 - 24			
1	Claudia Anderson	21	Greenville 28:18
2	Sarah Leach	23	
3	Hannah Bagshaw	23	
MALE AGE GROUP: 25 - 29			
1	Brian Kelly	29	Queensbury 22:19
2	Nick Schiavone	29	Waterford 23:28
3	Corey Strong	26	Ballston Spa 24:02
FEMALE AGE GROUP: 25 - 29			
1	Patricia Cyran	29	Albany 26:44
2	Julia Hoffman	26	Clifton Park 27:37
3	Rebecca McDonald	29	Albany 28:21

continued

3RD ANNUAL SASHA'S SUPERHERO RUN 5K continued

MALE AGE GROUP: 60 - 64
1 Dave Cole 61 Troy 25:58
2 Dave Roecker 60 Charlton 27:01
3 David Brickman 60 Albany 27:06
FEMALE AGE GROUP: 60 - 64
1 Elizabeth Rovers 62 Saratoga Springs 25:57
2 Susan Schaefer 61 West Sand Lake 28:05
3 Susan Milstein 63 Albany 30:37
MALE AGE GROUP: 65 - 69
1 Kevin Rose 66 Latham 22:34
2 Richard Bennett 66 Clifton Park 31:07
3 Doug Pierson 65 38:44

FEMALE AGE GROUP: 65 - 69
1 Susan Lesar 65 Round Lake 31:29
2 Carol Phelps 65 Laurens 32:01
3 Judy Lynch 69 Saratoga Springs 57:00
MALE AGE GROUP: 75 - 79
1 Ray Lee 77 Halfmoon 43:15
FEMALE AGE GROUP: 75 - 79
1 Betty Langevin 79 Cohoes 56:55
MALE AGE GROUP: 80 - 84
1 Armand Langevin 82 Vero Beach, FL 54:49
Courtesy of Olya Prevo-White and Chris White

7TH ANNUAL BACON HILL BONANZA 5K & 10K RACES
May 4, 2019 • Bacon Hill Reformed Church, Schuylerville

10K RUN
MALE OVERALL
1 Anthony Giuliano 40 Niskayuna 33:29
2 Shaun Donegan 33 Malta 33:57
3 Patrick Carroll 27 Schenectady 34:52

FEMALE OVERALL
1 Elizabeth Emblidge 34 Lake George 19:52
2 Karen Linendoll 48 Hudson Falls 22:02
3 Judith Dore 49 Saratoga Springs 22:18

FEMALE OVERALL
1 Erin Lopez 38 Saratoga Springs 39:30
2 Lori Kingsley 53 Wysox, PA 40:05
3 Allison Thayer 24 Schenectady 40:13

MALE AGE GROUP: 1 - 14
1 Ethan Hickland 13 Salem 21:23
2 Luke Decker 13 Gansevoort 21:59
3 Gavin Winacott 10 Saratoga Springs 22:23

MALE AGE GROUP: 1 - 14
1 Randall Decker Gansevoort 45:06
2 Jayden Murray 11 Mechanicville 1:00:10
3 Kingdon Murray 10 Mechanicville 1:06:42

FEMALE AGE GROUP: 1 - 14
1 Lillian Letzring 13 Schuylerville 23:12
2 Addisyn Buckley 11 Gansevoort 29:18
3 Peyton Delisle 10 Schuylerville 29:18

FEMALE AGE GROUP: 1 - 14
1 Gabriella Spraker 11 Clifton Park 1:13:14
2 Kasey Walker 10 Clifton Park 1:13:14
3 Reigan Herold 11 Clifton Park 1:13:15

MALE AGE GROUP: 15 - 19
1 Andrew Eisler 15 Ballston Spa 19:56
2 Devin Crowe 18 Gansevoort 22:54
3 Dawson Delisle 18 Corinth 24:11

FEMALE AGE GROUP: 20 - 24
1 Michaela O'Donnell 23 Troy 58:00
MALE AGE GROUP: 25 - 29
1 Matt Ninneman 26 Albany 36:23
2 Brian Kelly 29 Queensbury 44:59
3 Nick Schiavone 29 Waterford 49:36

FEMALE AGE GROUP: 20 - 24
1 Cameron Kelly 23 Hudson Falls 26:37
FEMALE AGE GROUP: 20 - 24
1 MariKate Barber 23 Schuylerville 37:29

FEMALE AGE GROUP: 25 - 29
1 Olivia Beltrani 25 Troy 40:33
2 Trisha Longo 29 Troy 41:29
3 Elizabeth Izzo 26 Lake Placid 41:34

MALE AGE GROUP: 30 - 34
1 Aaron Lozner 30 Albany 35:49
2 Alexander Perry 30 Albany 37:04
3 Michael Franke 31 Schenectady 39:18

FEMALE AGE GROUP: 30 - 34
1 Lisa Chase 33 Albany 41:57
2 Samantha Denigro 30 Queensbury 50:14
3 Saara Johanson 34 Saratoga Springs 50:15

MALE AGE GROUP: 35 - 39
1 Kevin London 38 Saratoga Springs 37:49
2 Keith Donegan 36 Saratoga Springs 38:35
3 Andy Atkins 35 Schuylerville 42:40

FEMALE AGE GROUP: 35 - 39
1 Ariel Dickson 38 Schuylerville 49:48
2 Molly Goodrich 37 Hillsdale 54:36
3 Melissa Carroll 35 Albany 55:08

MALE AGE GROUP: 40 - 44
1 Michael Dinicola 44 Ballston Spa 37:27
2 Matthew Akins 40 Slingerlands 43:21
3 Matthew Tebo 41 Clifton Park 45:35

FEMALE AGE GROUP: 40 - 44
1 Jaime Farone 42 Saratoga Springs 45:28
2 Colleen 42 Slingerlands 46:28
3 Kari Deer 40 Slingerlands 48:36

MALE AGE GROUP: 45 - 49
1 Andrew Reed 47 Schenectady 38:17
2 Volker Burkowski 47 Gansevoort 38:41
3 Robert Irwin 46 Guilderland 39:43

FEMALE AGE GROUP: 45 - 49
1 Tina Greene 45 Schenectady 43:50
2 Virginia Lupo 47 Malta 49:55
3 Julianne Claydon 48 Albany 50:10

MALE AGE GROUP: 50 - 54
1 Ryan Mitchell 52 Wynantskill 36:41
2 Ben Greenberg 50 Slingerlands 37:38
3 John Stadlander 53 Clifton Park 38:21

FEMALE AGE GROUP: 50 - 54
1 Anne Benson 54 Clifton Park 44:38
2 Emily Bryans 51 Delanson 45:17
3 Kim Scott 50 Broadalbin 46:44

MALE AGE GROUP: 55 - 59
1 Michael Stalker 56 Ballston Spa 43:32
2 Bill Bean 59 Scotia 43:53
3 John Sestito 55 Johnsonville 43:53

FEMALE AGE GROUP: 55 - 59
1 Colleen Brackett 58 Albany 49:24
2 Nancy Nicholson 57 Queensbury 49:37
3 Lauren Herbs 56 Rexford 52:17

MALE AGE GROUP: 60 - 64
1 Jon Weibaker 60 Saratoga Springs 46:20
2 David Peterson 60 Saratoga Springs 47:43
3 Richard Lynch 60 Saratoga Springs 47:58

FEMALE AGE GROUP: 60 - 64
1 Nancy Briskie 61 Schenectady 45:53
2 Andrea Peterson 60 Saratoga Springs 55:20
3 Hope Plavin 60 Saratoga Springs 55:39

MALE AGE GROUP: 65 - 69
1 Bob Giambalvo 69 Delhi 44:47
2 Martin Patrick 65 East Greenbush 53:58
3 Martin Touhey 66 Albany 54:49

FEMALE AGE GROUP: 65 - 69
1 Martha DeGrazia 68 Slingerlands 52:34
2 Suzanne Nealon 69 Glens Falls 1:07:19

MALE AGE GROUP: 70 - 74
1 Tom Craigs 71 Manchester Center 25:19
2 John Delisle Sr. 70 Gansevoort 32:58

MALE AGE GROUP: 75 - 79
1 Kevin Emblidge 35 Lake George 17:27
2 James Anderson 23 Rochester 19:02
3 Douglas Girling 52 Greenfield 19:09

MALE AGE GROUP: 75 - 79
1 Richard Theissen 75 Round Lake 34:12
2 Stephen Mitchell 77 Ballston Spa 34:42
Courtesy of Bacon Hill Bonanza

HAVE A DRINK ON ME 5K

May 4, 2019 • SingleCut North Brewery, Clifton Park

MALE OVERALL
1 Colin Crowley 42 Ballston Spa 18:11
2 Daniel Rogers 23 Rensselaer 18:51
3 Alex Gilgore 25 Schenectady 18:54

MALE AGE GROUP: 15 - 19
1 Zabion Powell 18 Pittsfield, MA 19:59
2 Nickolai Swain 18 Scotia 22:15
3 Hadyn Archambeault 15 Mechanicville 23:13

FEMALE OVERALL
1 Amy Babeu 26 Cohoes 19:46
2 Amanda Ryan 26 Cohoes 20:04
3 Rachael Shine 23 Clifton Park 21:09

FEMALE AGE GROUP: 15 - 19
1 Kaili Ebert 18 Ballston Lake 37:35
2 Audrey Silva 16 Ballston Lake 42:11

MALE AGE GROUP: 1 - 14
1 Keiran McNay 10 Glenmont 23:35
2 Jonathan Wolf 13 Clifton Park 27:34
3 Jackson Vener 9 Rexford 30:25

MALE AGE GROUP: 20 - 24
1 Cameron Warner 24 Troy 19:43
2 Fabio Carvalho 24 Rensselaer 20:47
3 Xavier Powell 24 Pitts, MA 23:11

FEMALE AGE GROUP: 1 - 14
1 Sarah Raymond 12 Troy 28:45
2 Kyla Davis 8 Ballston Spa 29:21
3 Emme Fischer 9 Ballston Lake 38:33

FEMALE AGE GROUP: 20 - 24
1 Morgan Urbanek 23 Rensselaer 26:00
2 Sarah Kaminsky 23 Troy 26:06
3 Caroline Couser 22 Melrose 26:34
continued

HAVE A DRINK ON ME 5K continued

MALE AGE GROUP: 25 - 29
1 Russell Brown 26 Troy 19:19
2 Tom Benedetto 25 Queensbury 19:58
3 Sean Parnett 28 Albany 20:04

MALE AGE GROUP: 50 - 54
1 David Troischt 52 Mechanicville 19:38
2 Leroy Osberg 54 Ballston Spa 21:43
3 Raymond Brown 53 Saratoga Springs 22:41

FEMALE AGE GROUP: 25 - 29
1 Ashley Wheeler 28 Rexford 21:18
2 Ritchie Assini 25 Schenectady 24:54
3 Lauren Olbrych 27 Boston, MA 24:58

FEMALE AGE GROUP: 50 - 54
1 Debbie Moeckel 50 Charlton 24:59
2 Christine Hollmer 54 Clifton Park 25:30
3 Stacey Schaffer 50 Clifton Park 26:44

MALE AGE GROUP: 30 - 34
1 Greg Hart 30 Saratoga Springs 19:19
2 Zachary Decant 32 Cohoes 19:28
3 Paul Tabeek 32 Schenectady 20:25

MALE AGE GROUP: 55 - 59
1 Eric Kennedy 57 Saratoga Springs 22:44
2 Mark Dolan 55 Albany 22:57
3 John Deguardi 58 Ballston Spa 23:28

FEMALE AGE GROUP: 30 - 34
1 Sara Lanese 32 Gansevoort 22:39
2 Kelly Seymour 33 Burnt Hills 24:15
3 Kim Herzl-Betz 33 Albany 24:24

FEMALE AGE GROUP: 55 - 59
1 Regina Leach 59 Clifton Park 26:18
2 Mary Verostek 58 Clifton Park 29:43
3 Carla Ward 55 Clifton Park 30:16

MALE AGE GROUP: 35 - 39
1 Christopher Reynold 36 Colonie 20:34
2 Graig Caribino 35 Ballston Spa 20:48
3 James Gordon 37 Ballston Lake 21:34

MALE AGE GROUP: 60 - 64
1 Nick Lamando 60 Queensbury 22:02
2 Mike Caribino 62 Ballston Spa 23:51
3 Bob Wilson 61 Ballston Lake 24:03

FEMALE AGE GROUP: 35 - 39
1 Dana Wiwczar 37 Ballston Spa 21:54
2 Aimee Gordon 36 Ballston Lake 22:05
3 Michelle Storm 35 Ballston Lake 24:29

FEMALE AGE GROUP: 60 - 64
1 Jean Kalwas 60 Clifton Park 25:46
2 Linda Kimmy 60 Clifton Park 26:14
3 Donna Thompson 60 Clifton Park 28:17

MALE AGE GROUP: 40 - 44
1 Gabe Anderson 42 Saratoga Springs 21:04
2 Dave Stadlander 44 Albany 21:35
3 Matt Proulx 43 Schenectady 22:19

MALE AGE GROUP: 65 - 69
1 Michael Wright 65 Albany 27:17
2 Paul Pelagalli 65 Ballston Lake 29:21
3 Mike Root 65 Mechanicville 30:20

FEMALE AGE GROUP: 40 - 44
1 Melissa Grandjean 40 Glenville 23:09
2 Kate Dowling 40 Scarsdale 23:32
3 Kim Buff 43 Clifton Park 24:00

FEMALE AGE GROUP: 65 - 69
1 Carolyn George 65 Albany 27:32
2 Kris Thorne 69 Clifton Park 31:40
3 Joan Williams 65 Clifton Park 32:22

MALE AGE GROUP: 45 - 49
1 Rick Zachgo 48 Rexford 19:54
2 Derek Powell 46 Pittsfield, MA 21:20
3 Jason Napoleon 45 Albany 21:45

MALE AGE GROUP: 70 - 74
1 Daniel Brown 73 Ballston Spa 27:33
FEMALE AGE GROUP: 70 - 74
1 Loretta Ebert 72 Ballston Lake 42:43

FEMALE AGE GROUP: 45 - 49
1 Diane Miller 48 Clifton Park 23:15
2 Lori Beck 45 Amsterdam 26:18
3 Jenny McNay 47 Glenmont 27:54

MALE AGE GROUP: 75 - 79
1 Charles Merlis 78 West Hartford, CT 42:05
Courtesy of SingleCut Beersmiths & Great American Brewery Runs

12TH ANNUAL JOAN NICOLE PRINCE HOME 5K RUN

May 4, 2019 • Central Park, Schenectady

MALE OVERALL
1 Peter Katlic 32 Niskayuna 16:35
2 Dave MacFarland 31 Saratoga Springs 17:46
3 Richard Messineo 30 Schenectady 17:52

FEMALE AGE GROUP: 30 - 39
1 Lauren Bennett 30 Saratoga Springs 24:42
2 Rebecca DeMeo 33 Niskayuna 25:03
3 Rebecca Benjamin 32 Niskayuna 27:27

FEMALE OVERALL
1 Meghan Mortensen 33 Glenville 18:44
2 Jessica Vincent 31 Niskayuna 20:55
3 Nicola MacNeil 45 Rotterdam Junction 22:36

MALE AGE GROUP: 40 - 49
1 Joseph Vinicquerra 40 Rexford 18:46
2 Brent Brunell 47 Clifton Park 20:27
3 Waseem Fajdi 45 Schenectady 23:27

MALE AGE GROUP: 1 - 13
1 Michael Olszowy 8 Saratoga Springs 29:38
2 Ryan Olszowy 6 Saratoga Springs 34:50

FEMALE AGE GROUP: 40 - 49
1 Kit Siu 40 Saratoga Springs 25:19
2 Wei Cai 46 Niskayuna 25:49
3 Shelley Allison 46 Burnt Hills 27:31

FEMALE AGE GROUP: 1 - 13
1 Manami Kerins 12 Niskayuna 29:13
2 Emily St. John 13 Scotia 34:31

MALE AGE GROUP: 50 - 59
1 Robert Filkins 51 Niskayuna 21:22
2 Mohamed Rahmane 56 Ballston Lake 23:19
3 Kevin Burke 52 Scotia 24:35

MALE AGE GROUP: 14 - 19
1 Noah Couturier 19 Winchester, MA 19:40
2 Blake Blessing 16 Burnt Hills 26:33

FEMALE AGE GROUP: 50 - 59
1 Stacey Phillips 51 Niskayuna 27:49
2 Margaret Johnston 52 Ballston Spa 28:19
3 Patricia Paone 55 Scotia 28:38

FEMALE AGE GROUP: 14 - 19
1 Nathalie Gullo 19 Brooklyn 28:37

MALE AGE GROUP: 60 - 69
1 Paul Staudinger 61 Niskayuna 21:46
2 David Cole 61 Troy 24:43
3 Mark Vermilyea 62 Niskayuna 25:22

MALE AGE GROUP: 20 - 29
1 Ethan Oswald 20 Schenectady 22:04
2 Jim Quinn 26 Saratoga Springs 22:59
3 James Murphy 23 Schenectady 23:40

FEMALE AGE GROUP: 60 - 69
1 Sue Stewart 65 Altamont 36:05
2 Beth Chatnik 61 Schenectady 37:40
3 Kathleen Bellizzi 68 Ballston Lake 49:46

MALE AGE GROUP: 30 - 39
1 Mark Mortenson 39 Glenville 21:34
2 Nick Querques 32 Burnt Hills 24:53
3 Kyle Olmstead 36 Oneonta 24:59

MALE AGE GROUP: 70 - 79
1 William Vacca 70 Schenectady 29:45
Courtesy of Joan Nicole Prince Home

62ND ANNUAL HUDSON RIVER WHITE WATER DERBY

May 4-5, 2019 • North River to North Creek

GIANT SLALOM

KAYAK 1-PERSON: MALE
1 Jesse Duke 8:42
2 Chris Burnham 8:46
3 James Underwood 9:02
4 Marko Schmale 9:07

DOWNRIVER RACE

OPEN CANOE 2-PERSON (REC): MIX
1 Fritz Wohlfahrt/Jessica Wohlfahrt 1:01:37
2 Rich Wilkie/Lauren Wilkie 1:05:00
3 Peter Morehouse/Kayla Huey 1:12:44
4 Marielle Matthews/Devin Farkas 1:12:51

5 Jim Sausville 9:11
6 Polar Humenn 9:44
7 Justin Schmale 9:45
8 Richard Morse 10:34
9 Clayton Schmale 11:42

OPEN CANOE 2-PERSON (REC): MALE
1 Steve Weeks/Sebastien Weeks 59:08
2 Tim Gutch/Matt Gutch 59:19
3 Reid Olmstead/Manu Peniel 1:05:27
4 Pete Roland/Robert Roland 1:05:37
5 Matt Sullivan/Brian Darrow 1:11:19
6 John Sullivan/Chris Schulz 1:11:48

KAYAK 1-PERSON: FEMALE
1 Carol Fisher 8:15
2 Deb Laun 11:31

7 Linc Marsa/Joe SanAntonio 1:12:24
8 John Kazukenus/Marc Agel 1:12:29

OPEN CANOE 1-PERSON: MALE
1 Adam Pearsall 10:07
2 Willy Amidon 11:40
3 Ken Perrault 13:09
4 Jim Ernst 14:20

OPEN CANOE 2-PERSON (RACE): MIX
1 Bruce Braman/Peggy Braman 58:24

5 David Ritche 16:43
6 Tom Addacks 16:46
7 Simeon Hughson 16:48
8 Gary Gazaille 17:32
9 Peter Roland 20:30

OPEN CANOE 1-PERSON (REC): MALE
1 Robert Michalec 59:59
2 Dave Ritchie 1:06:04
3 Jim Ernst 1:06:21

CLOSED CANOE 2-PERSON: MALE
1 Matt Yannic/Anthony Yannic 13:33

KAYAK 1-PERSON (SHORT): FEMALE
1 Carol Fischer 55:27
2 Pat Morris 1:17:32

OPEN CANOE 2-PERSON: MALE
1 Chris Burham/Jim Sausville 11:34
2 Matt Perrault/Ken Perrault 12:13
3 Matt Gutch/Tim Gutch 13:40
4 Steve Weeks/Sabastien Weeks 15:14

KAYAK 1-PERSON (SHORT): MALE
1 Chris Burnham 54:16
2 Jim Underwood 55:25
3 Jim Sausville 55:26
4 Bill Ward 1:01:44
5 Mark Ahrens 1:07:06
6 Bob Morris 1:17:34
7 Neil Wagner 1:20:47
8 Fred Wagner 1:20:49

OPEN CANOE 2-PERSON: FEMALE
1 Julie West/Dianna Burns 15:17

KAYAK 1-PERSON (LONG): MALE
1 Art Perryman 55:05

OPEN CANOE 2-PERSON: MIX
1 Fritz Wohlfahrt/Jessica Wohlfahrt 12:56
2 Rich Wilkie/Lauren Wilkie 19:25
3 Marko Schmale/Judi Powers 19:25

NOT-SO-WHITEWATER RACE
KAYAK 1-PERSON: MALE
1 AJ McGuire 18:34
2 Mark Ahrens 19:18
3 Mike Roback 19:39
4 Dan Handerhan 21:19

OPEN CANOE 2-PERSON: FAMILY
1 Adam Pearsall/Mckenna Pearsall 12:26

KAYAK 1-PERSON: FEMALE
1 Tina Sorell 19:02
2 Susan Ahrens 20:22

OPEN CANOE 2-PERSON: MASTERS
1 Jim Davidson/John Ruggie 18:07

OPEN CANOE 1-PERSON: MALE
1 Robert Michalec 17:54
2 David Ritchie 20:17

NOVICE SLALOM
KAYAK 1-PERSON: MALE
1 Emil Klymkow 8:44
2 Dan Handerhan 9:42

OPEN CANOE 2-PERSON: FEMALE
1 Cassandra Burns/Siobhan Levere 18:46

OPEN CANOE 2-PERSON: MIX
1 Zack Goodwin/Sarah Wohlfahrt 11:49

OPEN CANOE 2-PERSON: MIX
1 Rich Wilkie/Barb Noyes 18:44
Courtesy of Hudson River White Water Derby

RACE RESULTS

25TH ANNUAL ANYONE CAN TRI & KIDS CAN TRI TOO TRIATHLONS May 5, 2019 • Southern Saratoga YMCA, Clifton Park

350-YARD SWIM, 11-MILE BIKE, 5K RUN

MALE OVERALL			
1	Colin Leonard	18	Slingerlands 59:17
2	Mike Rosa	42	Mechanicville 1:01:27
3	Andrew Barber	36	Mechanicville 1:03:18
FEMALE OVERALL			
1	Kelsey Allen	29	Round Lake 1:09:43
2	Cara Gleason Krebs	44	Burlington, VT 1:14:07
3	Sandy Malloy	50	Feura Bush 1:14:44
MALE AGE GROUP: 1 - 14			
1	Jasper Travis	12	East Greenbush 1:17:30
2	George Matthe Gleason	14	Clifton Park 1:19:30
3	Aidan Watts	14	Clifton Park 1:44:10
FEMALE AGE GROUP: 1 - 14			
1	Jillian Richards	14	Corinth 1:19:32
2	Victoria Welch	14	Mechanicville 1:32:40
3	Morgan Castelli	13	Ballston Lake 1:40:34
MALE AGE GROUP: 15 - 19			
1	Michael Scarafale	18	Clifton Park 1:11:57
2	Adolfo Arana	18	Clifton Park 1:15:20
FEMALE AGE GROUP: 15 - 19			
1	Emily DeGennaro	17	Waterford 1:25:07
2	Ashley Gleason	15	Clifton Park 1:42:23
MALE AGE GROUP: 20 - 24			
1	Nicholas Bedore	24	Ballston Lake 1:14:57
2	Nathaniel Burke	24	Menands 1:50:13
FEMALE AGE GROUP: 20 - 24			
1	Stacey Widera	23	Lagrangeville 1:24:50
2	Jeana Logue	23	Menands 1:26:54
3	Jenna Bureau	23	Rensselaer 1:30:54
MALE AGE GROUP: 25 - 29			
1	Stephen Dowd	26	Latham 1:15:15
2	Michael Mulhall	27	Delmar 1:17:48
FEMALE AGE GROUP: 25 - 29			
1	Caitlin Lenio	28	Albany 1:24:42
2	Nicole Banach	27	Rensselaer 1:25:32
3	Tiffany Larock	25	Clifton Park 1:26:29
MALE AGE GROUP: 30 - 34			
1	Stephen Harris	31	Clifton Park 1:06:56
2	Jeffrey Snyder	33	Castleton 1:33:44
FEMALE AGE GROUP: 30 - 34			
1	Erin Turnock	34	Glenville 1:14:47
2	Jaime McBain	32	Troy 1:18:19
3	Jamie Coletti	34	Ballston Lake 1:28:54
MALE AGE GROUP: 35 - 39			
1	Kyle Coletti	35	Ballston Lake 1:12:29
2	Tim Blake	39	Glenmont 1:28:19
MALE AGE GROUP: 40 - 44			
1	Rich Bills	42	Big Flats 1:30:03
2	Tim Macturk	44	Rotterdam 1:41:16
MALE AGE GROUP: 45 - 49			
1	Paul Wilders	45	Ballston Lake 1:20:09
2	David Goff	46	Saratoga Springs 1:22:55
3	Thomas Huang	47	Ballston Lake 1:49:10
FEMALE AGE GROUP: 45 - 49			
1	Julie Bushart	49	Selkirk 1:32:33
2	Mindy Mannix	46	Clifton Park 1:42:31
MALE AGE GROUP: 50 - 54			
1	Mark Calicchia	54	Loudonville 1:06:00
2	Dan DeGennaro	54	Waterford 1:07:06
3	Ronald Richards	52	Corinth 1:08:26

FEMALE AGE GROUP: 50 - 54

1	Catherine King	53	Ballston Spa 1:16:51
2	Kimberly Henes	52	Mechanicville 1:21:21
3	Beth Tassini	52	Delmar 1:23:03
MALE AGE GROUP: 55 - 59			
1	Chris Kurkjian	59	Ballston Lake 1:17:14
2	Joel Nudi	59	Albany 1:37:01
FEMALE AGE GROUP: 55 - 59			
1	Lisa Joyce	58	Ballston Spa 1:19:27
2	Andrea Rowe	58	Glenville 1:22:33
3	Patricia Robison	56	Clifton Park 1:23:03
MALE AGE GROUP: 60 - 64			
1	Bud Tassini	61	Delmar 1:21:45
2	Kenny Hart	64	Colonie 1:23:03
3	David Leith	64	West Charlton 1:31:37
FEMALE AGE GROUP: 65 - 69			
1	Christine Corson	68	Delmar 1:30:36
2	Shari Whiting	67	Slingerlands 1:44:55
3	Patricia Seligman	69	Clifton Park 1:49:13
RELAY TEAMS			
1	3 Very Tri'ing Guys		1:14:33
2	Beemer Crazy		1:48:03

AGE 9-13 - 50YD SWIM, 1M BIKE, 0.5M RUN

MALE OVERALL			
1	Skyler Patterson	10	Halfmoon 10:22
2	Henry Liu	9	Clifton Park 10:49
3	Kiernan Wendling	9	Slingerlands 10:57
4	Chase Lee	10	Clifton Park 11:33
5	Lucas Durden	12	Clifton Park 11:45
6	Connor Tieckelmann	12	Clifton Park 11:50
FEMALE OVERALL			
1	Anvita Nagarkar	11	Clifton Park 12:26
2	Rylie Huang	9	Ballston Lake 12:27
3	Abigail Stopyak	11	Halfmoon 12:59
4	Helen Hane	11	Niskayuna 13:02
5	Olivia Castelli	11	Ballston Lake 13:20
6	Laura Graves	9	Albany 13:45
7	Kylie Cronkrite	11	East Greenbush 14:10
8	Teresa Rodrigues	11	Clifton Park 14:51
9	Natalie Graves	11	Albany 16:13
10	Alyssa Cronkrite	13	East Greenbush 18:09

AGE 4-8 - 25YD SWIM, 0.5M BIKE, 0.25M RUN

MALE OVERALL			
1	Vladimir Stebletsov	7	Clifton Park 7:02
2	James Clark	6	Clifton Park 7:31
3	Colin Kresge	7	Rexford 8:00
4	Logan Turnock	5	Glenville 8:32
5	Adam Napier	7	Waterford 9:04
6	Liam Heslin	8	Mechanicville 10:27
7	Peter Scherer	4	Rexford 11:27
FEMALE OVERALL			
1	Celia Gleason Krebs	5	Burlington, VT 9:13
2	Molly Rathman	7	Waterford 9:31
3	Olivia Wells	7	Latham 10:19
4	Emma Tian	8	Niskayuna 10:30
5	Lillian Haple	7	Clifton Park 10:31
6	Stella Hoplee	5	Clifton Park 11:34
7	Ellie Wang	8	Clifton Park 11:43

Courtesy of Capital District YMCA

10TH ANNUAL PLATTSBURGH HALF MARATHON, RELAY, 10K & 5K May 5, 2019 • City Recreation Center, Plattsburgh

HALF MARATHON - 13.1 MILES

MALE OVERALL			
1	Jeremy Drowne	41	West Chazy 1:15:54
2	Mark Brown	34	Clarenceville 1:17:11
3	Matt Medeiros	33	Saranac 1:17:25
FEMALE OVERALL			
1	Carrie Pomainville	22	Malone 1:32:40
2	Caitrin Chiantia	32	Plattsburgh 1:33:27
3	Tawnia Provost	24	Saranac Lake 1:37:35
MALE AGE GROUP: 1 - 14			
1	Kade Sellars	12	Plattsburgh 1:50:07
MALE AGE GROUP: 15 - 19			
1	James Faraci	19	Troy 1:26:35
2	Jimmy Collins	19	Colchester, VT 1:28:32
3	Seamus Madden	18	Morrisonville 1:40:54
FEMALE AGE GROUP: 15 - 19			
1	Lindsey McKernan	19	Dickinson Center 2:13:37
2	Marlena Malskis	16	Jay 2:16:41
3	Katie Dunham	19	Rotterdam 2:31:18
MALE AGE GROUP: 20 - 24			
1	Matthew Snell	20	Morrisonville 1:24:59
2	Michael Larkin	24	Massena 1:28:42
3	Paul Ford	23	Keeseville 1:42:11
FEMALE AGE GROUP: 20 - 24			
1	Hannah Despres	22	Plattsburgh 1:39:27
2	Katlynn Allen	22	Malone 1:50:13
3	Annika Campbell	20	Chateaugay 1:58:07
MALE AGE GROUP: 25 - 29			
1	Travis Darrin	26	Plattsburgh 1:34:23
2	Brett Palmer	26	Plattsburgh 1:35:30
3	Greg Johnson	26	Plattsburgh 1:42:04
FEMALE AGE GROUP: 25 - 29			
1	Missy Seymour	28	Saranac 1:43:49
2	Marianne Macaluso	27	Rochester 1:58:57
3	Chloe Lemza	27	Enfield, NH 1:59:47
MALE AGE GROUP: 30 - 34			
1	Abraham Armani-Munn	30	Plattsburgh 1:26:53
2	Derek Payne	33	Plattsburgh 1:40:05
3	Mark Theeman	33	St. Johnsbury, VT 1:40:49
FEMALE AGE GROUP: 30 - 34			
1	Kaylen Reif	32	Morrisonville 1:43:49
2	Ashley Lobdell	33	Plattsburgh 1:45:52
3	Lauren Hughes	32	Malone 1:50:13
MALE AGE GROUP: 35 - 39			
1	Philip Lynch	39	Saranac 1:24:21
2	Brian Wilson	36	Dannemora 1:24:42
3	Brandon Barcomb	36	Byfield, MA 1:25:52
FEMALE AGE GROUP: 35 - 39			
1	Meghan Conroy	37	Underhill, VT 1:43:58
2	Frances Ness	38	Schenectady 1:44:38
3	Stacie Minchoff	35	Plattsburgh 1:47:35
MALE AGE GROUP: 40 - 44			
1	Andrew Lavin	40	Wilmington 1:19:06
2	Tim Richmond	44	Milton, VT 1:22:53
3	Matthew Roth	41	Fairfax, VT 1:27:44
FEMALE AGE GROUP: 40 - 44			
1	Shannon Drowne	42	West Chazy 1:46:27
2	Ali Armstrong	43	Plattsburgh 1:46:40
3	Hollie Nirsberger	42	Round Lake 1:48:44
MALE AGE GROUP: 45 - 49			
1	Terrance Collins	45	South Burlington, VT 1:28:31
2	Eric Kreckel	47	Plattsburgh 1:38:46
3	Tony Lewis	48	West Chazy 1:41:37

FEMALE AGE GROUP: 45 - 49

1	Kristen Betrus	46	Potsdam 1:40:30
2	Margot Santor	49	Plattsburgh 1:47:51
3	Laura Boudreau	49	North Bennington, VT 1:48:13
MALE AGE GROUP: 50 - 54			
1	Jeffery Jodoin	50	Milton, VT 1:32:43
2	Jeff Dodge	54	Plattsburgh 1:44:13
3	Brian White	52	Plattsburgh 1:44:24
FEMALE AGE GROUP: 50 - 54			
1	Kimberly Person	54	Alexandria, VA 1:44:42
2	Alena Bicknell	52	Potsdam 1:59:14
3	Lynn Potter	50	Glens Falls 2:02:46
MALE AGE GROUP: 55 - 59			
1	Keith Benoit	55	Plattsburgh 1:33:22
2	Andy Hastings	56	Plattsburgh 1:48:57
3	Jim Dillenberger	55	Ausable Forks 1:50:58
FEMALE AGE GROUP: 55 - 59			
1	Sandy Rasco	57	Cadyville 2:01:21
2	Catherine Snow	58	Ausable Forks 2:01:53
3	Leanne Macey	55	Champlain 2:10:49
MALE AGE GROUP: 60 - 64			
1	Peter Barlow	63	Kamloops, BC 1:49:44
2	Tony Searing	64	Morrisonville 1:50:06
3	Kevin Tuthill	60	Vermontville 1:51:08
FEMALE AGE GROUP: 60 - 64			
1	Jacqueline Beattie	64	Tupper Lake 2:47:39
MALE AGE GROUP: 65 - 69			
1	Steven Benway	65	Willsboro 1:53:46
2	Barry Fitz-James	68	Lake Placid 2:20:25
MALE AGE GROUP: 70 - 74			
1	Bob Mead	70	East Greenbush 1:49:47
MALE AGE GROUP: 75 - 79			
1	Michael Lafontaine	77	Champlain 2:32:05

RELAY TEAMS

1	The Road Runners - Sofia Dejordy-18/Samuel Dejordy-12	1:35:50
2	Crazy Mother Runners - Emily Medeiros-31/Jessica Hatfield-37	1:40:25
3	JJKP - Kylie King-32/Pat Goodell-59	1:42:29

10K RUN

MALE OVERALL			
1	Jason Amoriell	49	Peru 41:10
2	Kristopher Boettche	30	Potsdam 43:43
3	Brian Rabideau	50	Plattsburgh 46:16
FEMALE OVERALL			
1	Hailey Fremante	32	Lake Placid 45:48
2	Connie Hammaker	34	Vermontville 46:38
3	Darci Lafave	51	Lake Placid 49:14
MALE AGE GROUP: 1 - 19			
1	Zachary Gavin	15	Lake Placid 49:56
2	Elias Arts	11	Plattsburgh 1:24:49
FEMALE AGE GROUP: 1 - 19			
1	Katherine Betrus	16	Potsdam 59:02
2	Claire Benoit	18	Plattsburgh 1:04:52
3	Ava Perry	11	Plattsburgh 1:24:48
MALE AGE GROUP: 20 - 29			
1	Ryan Sorensen	29	Rochester 59:10
FEMALE AGE GROUP: 20 - 29			
1	Cassandra Smith	22	Morrisonville 49:17
2	Megan Black	26	Peru 53:05
3	Elizabeth Guillette	29	Plattsburgh 56:10

continued

10TH ANNUAL PLATTSBURGH HALF MARATHON, RELAY, 10K & 5K continued

MALE AGE GROUP: 30 - 39

1	Matt Martin	30	Plattsburgh 47:35
2	Heath Miner	35	Plattsburgh 53:17
3	William Barton	30	Plattsburgh 1:14:34

FEMALE AGE GROUP: 30 - 39

1	Michelle Risley	33	Marshfield, VT 52:24
2	Katie Morrow	30	Plattsburgh 52:42
3	Christina Bushey	34	West Chazy 53:05

MALE AGE GROUP: 40 - 49

1	Ed Armstrong	44	Plattsburgh 50:49
2	Mark Sand	44	Morrisonville 1:08:35
3	Rick Harvey	48	Peru 1:10:42

FEMALE AGE GROUP: 40 - 49

1	Joanne Daniels	40	Peru 54:43
2	Audrey Burt	46	Candiatic, QC 54:59
3	Kelly Andrew	45	Chazy 57:53

MALE AGE GROUP: 50 - 59

1	Robert Durfee	56	Tupper Lake 53:09
2	Stephen Couture	51	Plattsburgh 57:50
3	Joe Snide	52	Altona 1:01:10

FEMALE AGE GROUP: 50 - 59

1	Emily McKernan	51	Dickinson Center 57:49
2	Angie Alphonso	50	Plattsburgh 58:44
3	Sheila Tremblay	54	Fort Covington 1:02:22

MALE AGE GROUP: 60 - 69

1	Larry Reynolds	62	Massena 1:28:11
2	Jay Frank	69	Keeseville 1:31:33

MALE AGE GROUP: 70 - 79

1	Steve Kast	71	Niskayuna 1:07:28
2	Stephen Pedulla	71	Peru 1:10:06

FEMALE AGE GROUP: 70 - 79

1	Barbara Thomas	77	Plattsburgh 1:05:21
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5K RUN

1	Said Kalluche	47	Plattsburgh 21:46
2	Cory Bower	29	Plattsburgh 22:29
3	Evan Brenner	16	Lake Placid 22:44

FEMALE OVERALL

1	Lynn Ohlsten	54	Altona 24:07
2	Lindy Betrus	13	Potsdam 26:42
3	Mikayla Hamel	16	Plattsburgh 26:46

MALE AGE

30TH ANNUAL PROSPECT MOUNTAIN ROAD RACE continued

MALE AGE GROUP: 35 - 39				MALE AGE GROUP: 55 - 59			
1 Matthew Vernon	38	Sunderland, VT	1:05:24	1 Timothy Bardin	57	Queensbury	47:28
2 Paul Meier	39	Wilton	1:05:54	2 Bart Trudeau	56	Latham	49:44
3 Russell Matteson	35	Fort Edward	1:19:42	3 Mark Weidner	57	Queensbury	53:42
FEMALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 55 - 59			
1 Mariel Swan	38	Ridgefield, CT	53:04	1 Donna Smyth	59	Vernon, VT	53:56
2 Victoria Fenley	37	Niskayuna	58:12	2 Robin Meece-Varney	58	Bedford, MA	1:14:01
3 Leah Charpentier	37	Glens Falls	58:44	3 Gina Martin	55	Lake George	1:21:23
MALE AGE GROUP: 40 - 44				MALE AGE GROUP: 60 - 64			
1 Joshua Curtis	44	Worcester, MA	45:14	1 Bill Beyerbach	64	Rochester	53:06
2 Shawn Spriggs	40	Potsdam	45:53	2 Darrel Lasell	61	Williamstown, VT	58:25
3 Clay Lodvice	43	Voorheesville	47:05	3 Robert Morgansan	62	Lake Placid	1:02:22
FEMALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 60 - 64			
1 Jennifer Oddy	44	Glens Falls	1:00:31	1 Judy Caswell	60	Belmont, NC	56:54
2 Angela Salerno	43	Kattskill Bay	1:01:58	2 Laurie Anderson	60	Queensbury	1:06:07
3 Jamie Lemiszki	40	Tribes Hill	1:04:33	3 Melody Hoffman	62	Coeymans	1:10:29
MALE AGE GROUP: 45 - 49				MALE AGE GROUP: 65 - 69			
1 Mark Staples	49	Holyoke, MA	45:30	1 Richard Larsen	67	Shelburne, MA	45:22
2 Andrew Eyer	47	Gansevoort	49:08	2 Lee Pollock	66	Queensbury	50:30
3 Christopher Sohn	46	Troy	50:19	3 Rich Elton	67	Queensbury	59:17
FEMALE AGE GROUP: 45 - 49				FEMALE AGE GROUP: 65 - 69			
1 Dana Peterson	48	Voorheesville	56:07	1 Jill Pederson	68	Lake George	1:16:49
2 Amy Campopiano	45	Queensbury	58:01	2 Nancy Botting	65	Johnson City	1:17:29
3 Lisa MacKenzie	48	North Syracuse	59:56	3 Diane Zeccola	68	Rexford	1:27:37
MALE AGE GROUP: 50 - 54				MALE AGE GROUP: 70 - 79			
1 Kevin Lanahan	51	Clifton Park	45:02	1 Fred Ross	72	Vernon, VT	57:28
2 Kevin Cavanaugh	50	Milford, NH	46:35	2 Walter Kuklinski	70	Princeton, MA	1:05:29
3 Jeff Gould	54	Gardner, MA	47:49	3 James Callahan	74	Saratoga Springs	1:11:43
FEMALE AGE GROUP: 50 - 54				FEMALE AGE GROUP: 70 - 79			
1 Patty Moore	53	Queensbury	51:57	1 Elaine Dill	70	Monson, MA	1:08:42
2 Darci Lafave	51	Lake Placid	1:00:56	2 Laura Clark	72	Saratoga Springs	1:24:34
3 Monica Rozell	50	Queensbury	1:06:15	3 Candi Schermerhorn	72	Diamond Point	1:30:19

Courtesy of Adirondack Runners

9TH ANNUAL SMSA KERRY BLUE HUSTLE 5K • May 18, 2019 • SMSA School, Glens Falls

MALE OVERALL				MALE AGE GROUP: 35 - 39			
1 Julian Stedman	13	Queensbury	18:04	1 Justin Bills	35	Woodland Park, CO	23:45
2 Ethan Stark	18	Queensbury	19:06	2 Joe Mancini	39	Queensbury	42:53
3 Lance Purvis	41	Queensbury	19:07	FEMALE AGE GROUP: 35 - 39			
FEMALE OVERALL				1 Kara Gutowski	35	Granville	31:42
1 Nancy Nicholson	57	Queensbury	23:06	2 Becky Streicher	39	Glens Falls	33:45
2 Katherine Lieberth	14		23:29	3 Gerianne Sanok	37	South Glens Falls	42:37
3 Amy Campopiano	45	Queensbury	23:30	MALE AGE GROUP: 40 - 44			
MALE AGE GROUP: 1 - 9				1 Brendan Sullivan	44	Queensbury	25:51
1 Kiernan Davidson	9	Queensbury	21:54	2 Jamie Burleigh	44	South Glens Falls	36:26
2 Jason Hall	8	Lake Luzerne	39:56	3 Jason Hall	42	Lake Luzerne	40:21
FEMALE AGE GROUP: 1 - 9				FEMALE AGE GROUP: 40 - 44			
1 Harper Purvis	7	Queensbury	38:02	1 Jennifer Oddy	44		24:25
2 Sophia Mancini	6	Queensbury	42:52	2 Theresa Felton	43	Wilton	27:26
MALE AGE GROUP: 10 - 12				3 Marcy Davidson	42	Queensbury	27:46
1 Liam Davidson	11	Queensbury	20:27	MALE AGE GROUP: 45 - 49			
2 Julian Campopiano	12	Queensbury	23:09	1 Dan Rice	45	Glens Falls	23:10
3 Connor Hoy	10	Queensbury	29:12	2 Jon Brodie	45	Queensbury	30:43
FEMALE AGE GROUP: 10 - 12				FEMALE AGE GROUP: 45 - 49			
1 Ava Sanchez	12	Hudson Falls	26:18	1 Michael Trackey	53	Queensbury	27:23
2 Julia Powell	12	Queensbury	27:37	MALE AGE GROUP: 50 - 54			
3 Finley Purvis	11	Queensbury	38:00	1 Michael Trackey	53	Queensbury	27:23
MALE AGE GROUP: 13 - 14				FEMALE AGE GROUP: 50 - 54			
1 Ryan Brodie	14	Queensbury	20:57	1 Tina Dzialo	51	Latham	24:19
2 Isaac West	14	Lake George	23:03	2 Linda Maloney	53		28:03
3 Jacob Hajos	13	Queensbury	25:53	MALE AGE GROUP: 55 - 59			
MALE AGE GROUP: 15 - 19				1 Paul Stevens	58	Saratoga Springs	21:59
1 Evan Powell	16	Queensbury	20:54	FEMALE AGE GROUP: 60 - 64			
FEMALE AGE GROUP: 15 - 19				1 Susan Milstein	63	Menands	30:45
1 Lauren Trackey	16	Queensbury	31:17	2 Kathy Arcuri	60	Queensbury	35:39
FEMALE AGE GROUP: 30 - 34				<i>Courtesy of St. Mary's-St. Alphonsus Regional Catholic School</i>			
1 Saara Johanson	34	Saratoga Springs	23:42				
2 Jamie Becker	34		32:05				
3 Rickete Bello	31	Glens Falls	34:37				

13TH ANNUAL CCRC 5K RUN
 May 11, 2019 • Christ Community Reformed Church, Clifton Park

MALE OVERALL				MALE AGE GROUP: 50 - 54			
1 Nathan Laing	24	Waterford	18:25	1 John Sestito	54	Johnsonville	20:58
2 Greg Ethier	44	Clifton Park	19:14	2 Jon Atwell	52	Loudonville	22:21
3 Johan Bosman	59	Clifton Park	20:11	3 Gary Ethier	50		25:28
FEMALE OVERALL				FEMALE AGE GROUP: 50 - 54			
1 Diana Knobloch	38	Niskayuna	19:54	1 Marie Bosman	54	Clifton Park	26:50
2 Christine Natalie	33	Arlington, VT	23:17	2 Danielle Belsor	52	Altamont	35:51
3 Christine Varley	54	Albany	23:24	3 Diane Curwick	54	Rexford	38:13
MALE AGE GROUP: 1 - 14				MALE AGE GROUP: 55 - 59			
1 Noah Reader	14	Clifton Park	25:03	1 Chris Kurkjian	58	Ballston Lake	23:16
2 Max Schermerhorn	11	Rexford	31:52	2 Rick Ruggiero	55	Queensbury	30:12
3 Grady Chen	8	Clifton Park	33:26	FEMALE AGE GROUP: 55 - 59			
FEMALE AGE GROUP: 1 - 14				1 Kathleen Snyder	56	Niskayuna	42:52
1 Annika Schermerhorn	12	Rexford	25:14	MALE AGE GROUP: 60 - 64			
2 Kaitlyn Clement	12	Clifton Park	33:42	1 Frank Lombardo	62	Saratoga Springs	24:26
3 Rebekah Marvel	13		33:42	2 Anthony Torre	64		39:26
MALE AGE GROUP: 15 - 19				3 Bob Maciejewski	64		50:00
1 Chris Panas	16		52:00	FEMALE AGE GROUP: 60 - 64			
FEMALE AGE GROUP: 15 - 19				1 Joan Williams	64	Clifton Park	26:30
1 Charis Marvel	15		50:17	2 Betsy McCormick	60	Clifton Park	38:16
2 Abby Clement	15	Clifton Park	51:58	3 Claudia Torre	62		39:23
MALE AGE GROUP: 25 - 29				MALE AGE GROUP: 65 - 69			
1 Brian Manley	26	White Plains	27:54	1 George Baranaukas	65	Scotia	23:01
2 Matt Restivo	27	Clifton Park	30:47	2 John Vavasour	69	Albany	38:27
FEMALE AGE GROUP: 25 - 29				3 Robert McCormick	66	Clifton Park	48:21
1 Alison Snyder	26		24:50	FEMALE AGE GROUP: 65 - 69			
2 Claudette Bosman	28	Clifton Park	30:46	1 Jeanne Tuttle	69		49:56
3 Nichole Belsor	27	Altamont	35:51	2 Anna Eng	69	Clifton Park	53:00
MALE AGE GROUP: 30 - 34				MALE AGE GROUP: 75 - 79			
1 Da' meishe Wilson	33	Schenectady	22:24	1 William Hamilton	76	Clifton Park	48:25
2 Casey Weig	32	Clifton Park	27:41	FEMALE AGE GROUP: 70 - 74			
3 Chad Jones	30	Saratoga Springs	43:07	1 Janet Hamilton	73	Clifton Park	48:25
FEMALE AGE GROUP: 30 - 34				2 Karen Gregoire	74	Mechanicville	51:29
1 Darlene Eng	32	Clifton Park	44:46	FEMALE AGE GROUP: 85 - 89			
MALE AGE GROUP: 35 - 39				1 Bob McFarland	86		45:54
1 Rich Orlicz	35		21:03	FATHER/SON TEAM			
2 Mike McInerney	35		29:18	1 Jake Debock & Peter Debock			1:10:12
3 John Rink	38		33:03	MOTHER/SON TEAM			
FEMALE AGE GROUP: 35 - 39				1 Joanna Reader & Noah Reader			55:10
1 Maria Clark	35	Clifton Park	27:48	2 Grady Chen & Rui Chen			1:07:02
2 Tracy Peat	38	Albany	37:36	MOTHER/DAUGHTER TEAM			
3 Frances Eng	35	Clifton Park	44:36	1 Danielle Belsor & Nichole Belsor			1:11:42
MALE AGE GROUP: 40 - 44				2 Mara Debock & Megan Deback			1:40:32
1 Peter Debock	40	Clifton Park	26:24	HUSBAND/WIFE TEAM			
FEMALE AGE GROUP: 40 - 44				1 Kristen John & Brian Manley			1:05:42
1 Kristyn Smith	42		25:55	2 Anthony Torre & Claudia Torre			1:18:50
2 Nicole Niles	41	Albany	29:20	3 Betsy McCormick & Robert McCormick			1:26:38
3 Rui Chen	42	Clifton Park	33:35	PARTNERS TEAM			
MALE AGE GROUP: 45 - 49				1 Chris Kurkjian & Christine Varley			1:46:40
1 Neil Sergott	47		20:29	SIBLING TEAM			
2 Jeff Cote	49	Clifton Park	25:57	1 Annika & Max Schermerhorn			57:07
3 Peter Schermerhorn	45	Rexford	31:52	2 Charis & Rebekah Marvel			1:24:00
FEMALE AGE GROUP: 45 - 49				3 Abby & Kaitlyn Clement			1:25:40
1 Joanna Reader	46	Clifton Park	30:06	4 Caleb & Carlin Tysz			1:31:28
2 Nicole Branch	45		31:04	<i>Courtesy of CCRC 5K</i>			
3 Tina Prewitt	47	Watervliet	42:56				

4TH ANNUAL SUMMER SMITH 5K ADDICTION AWARENESS MEMORIAL RUN
 May 11, 2019 • Guilderland High School, Guilderland Center

MALE OVERALL				MALE AGE GROUP: 30 - 39			
1 Tyler Morrissey	22	Clifton Park	17:16	1 Matthew Fryer	39	Clifton Park	22:00
2 Michael Daugherty	27	Clifton Park	18:22	2 Michael Van Flue	36	Troy	22:21
3 Cory Chrysogelos	31	Rensselaer	18:30	3 Matt Flint	33	Albany	22:56
FEMALE OVERALL				FEMALE AGE GROUP: 40 - 49			
1 Shannon O'Meara	37	Rensselaer	22:36	1 Deanna Geesler	47	Slingerlands	24:15
2 Laura Groudine	29	Latham	23:16	2 Sheila Weimer	49	Orchard Park	25:09
3 Kay Williams	38	Scotia	23:23	3 Tracian G.	41	Ballston Spa	25:32
MALE AGE GROUP: 1 - 8				MALE AGE GROUP: 40 - 49			
1 Felix Poretz	7	Rotterdam	46:33	1 Leon Shelhamer	40	Albany	20:27
FEMALE AGE GROUP: 1 - 8				2 Dan Whelan	45	Delmar	24:13
1 Avery Brumley	6	Gansevoort	33:51	3 Michael Rennick Jr.	45	Watervliet	26:05
MALE AGE GROUP: 9 - 14				FEMALE AGE GROUP: 50 - 59			
1 Maya Poretz	9	Rotterdam	31:50	1 Kathryn Lang	52	Glenmont	23:47
2 Emma Graves	11	Schenectady	33:41	2 Jodi Selzer	52	Rensselaer	25:34
3 Alexa Voland	12	Voorheesville	40:27	3 Bridgette Mattison	50	Watervliet	25:42
MALE AGE GROUP: 9 - 14				MALE AGE GROUP: 50 - 59			
1 Jonathan Jones	14	Clifton Park	24:39	1 John Sestito	55	Johnsonville	20:52
2 Tyler Baudy	13	Albany	30:19	2 Tom Denham	51	Delmar	22:30
3 Isaac Poretz	10	Rotterdam	31:32	3 Jeffery Wood	58	Binghamton	23:38
FEMALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 60 - 69			
1 Haley Barber	17	Castleton-on-Hudson	46:38	1 Darlene Cardillo	66	Delmar	27:39
2 Emma Maloney	17	Waterford	51:04	2 Theresa Girvin	61	Castleton-on-Hudson	29:04
3 Alyssa Walls	17	Troy	53:12	3 Lynn Carman Bodden	61	Schenectady	31:03
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 60 - 69			
1 Lance Risler	15	Rexford	20:00	1 Robert Cushing	63	Latham	27:37
2 Ryan Mariano	15	Schenectady	24:41	2 Mark Kaplan	61	Glenmont	28:07
3 Sean Stuart	18	Schenectady	27:17	3 Gael Coakley	67	Latham	29:44
FEMALE AGE GROUP: 20 - 29				FEMALE AGE GROUP: 70 - 79			
1 Rebecca Haggan	28	Albany	23:55	1 Patricia Budlong	72	Glens Falls	29:48
2 Anna Whitney	24	Altamont	24:50	2 Nancy Johnston	73	Ballston Lake	46:28
3 Lindsey Schupp	26	Albany	27:37	3 Linda Welch	70	Troy	57:53
MALE AGE GROUP: 20 - 29				MALE AGE GROUP: 70 - 79			
1 Justin Kirby	26	Loudonville	19:53	1 Paul Budlong	74	Glens Falls	29:42
2 Justin Luzinas	29	Troy	22:35	2 Jim Whelan	72	Slingerlands	35:32
3 Michael Asterino	29	Albany	23:13	3 Joe Schaefer	76	Slingerlands	1:04:38
FEMALE AGE GROUP: 30 - 39				<i>Courtesy of Summer Smith 5K</i>			
1 Katie Croly	34	Ballston Spa	23:42				
2 Colleen McMahon	35	Schenectady	24:36				
3 Kimberly Peckowitz	32	Waterford	24:39				

GLENS FALLS URBAN ASSAULT 3.5-MILE OBSTACLE RACE
 May 25, 2019 • Glen Stree, Glens Falls

MALE OVERALL				MALE AGE GROUP: 35 - 39			
1 Nick Logan	21:06	17	Queensbury	8 Tillman Philo	25:21	14	South Glens Falls
2 Cam Giordano	22:42	20	Queensbury	9 Jonny Fraser	25:57	17	Hadley Luzerne
3 Matt Flint	22:59	32	Glens Falls	10 Cyrus Gullett	26:21	16	Glens Falls
FEMALE OVERALL				FEMALE AGE GROUP: 13 - 18			
1 Julia Keshmiri	29:38	14	Queensbury	1 Clara Avery	32:03	14	Glens Falls
2 Kinsley Holl	29:39	17	Queensbury	2 Taylor McLarty			

THURSDAY, JULY 4 • 9am



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

Firecracker4 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,
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