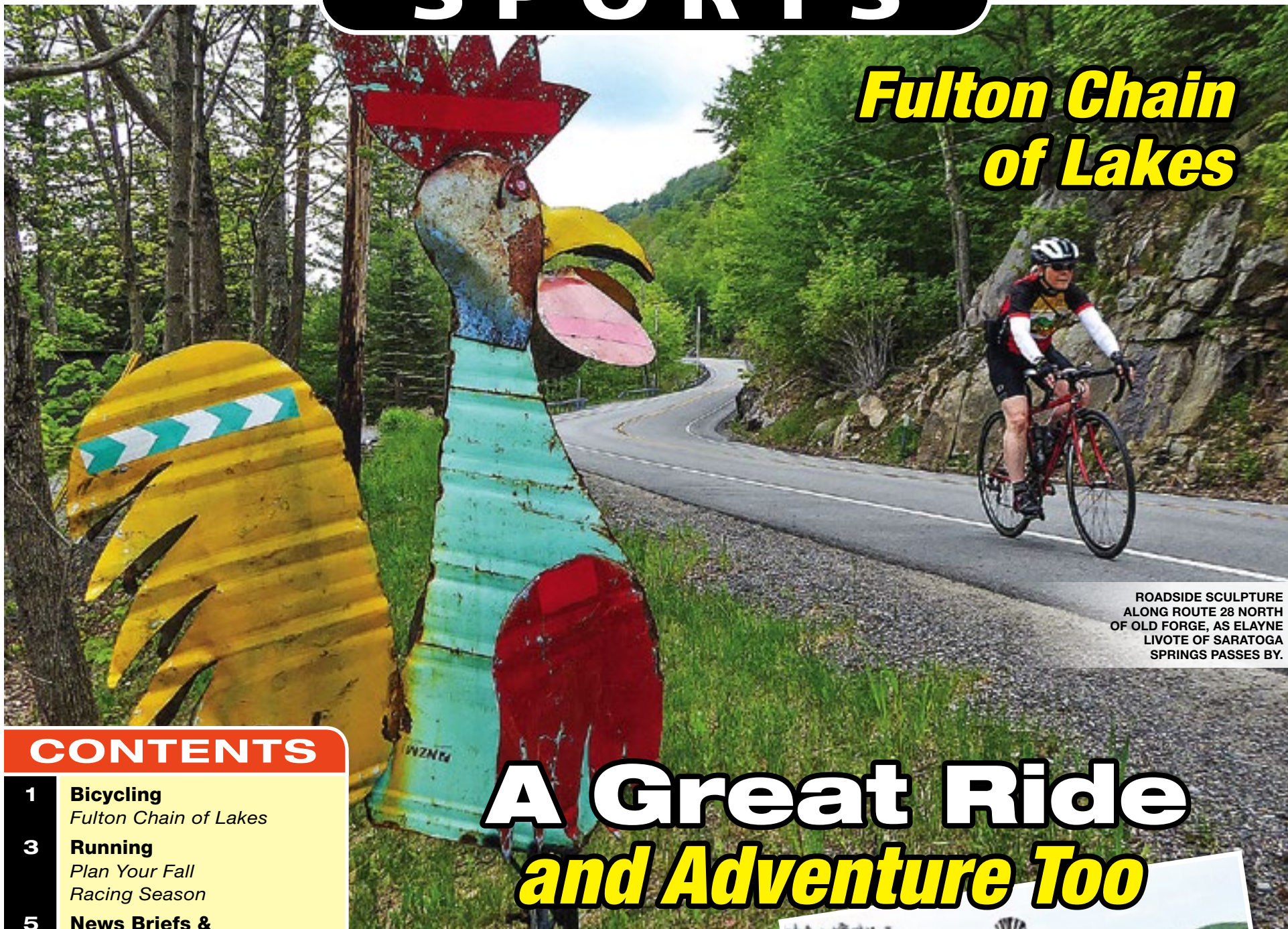


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A Great Ride and Adventure Too

By Dave Kraus

The smooth roads, pristine forests, and blue lakes of the Fulton Chain of Lakes in the Adirondacks offer everything a road cyclist could ask for in a great ride. But do you crave a bit of adventure? Well, you can have that, too.

This easily accessible area of the central Adirondacks offers two different routes in particular that let you experience the best of the many lakes and scenic views in the area. They share many of the same roads, but one sticks to pavement while the other adds a dose of gravel road challenge.

Start either one of these rides at the public pier in Raquette Lake, a hamlet in the town of Long Lake, just off NY Route 28 that perches on the shore of its namesake. There's plenty of parking and beautiful views across the water to the mountains beyond in the Sargent Pond Wild Forest, plus plenty of spots to relax by the water when you finish your ride.

Head back over past the church to Route 28, turn right, and the adventure begins. The highway alternates between passing through forest and giving glimpses of the many lakes that form the "chain." After only seven miles, don't miss the photo opportunity at the Seventh Lake Boat Launch, where floating docks let you actually get out on the lake. It's a great place to stop and offers an alternate start and finish point. Then continue on the wide-open road to your first rest stop in the friendly town of Inlet, at the east end (inlet) of Fourth Lake.

Just before you turn left on South Shore Road, the Pedals & Petals shop offers a unique combination of bikes, accessories, flowers, and Adirondack themed gifts. Owner, and certified mechanic, Ted Christodaro has you covered. There are popu-



THE PACE IS NEVER TOO FAST
TO ENJOY THE SCENERY. MARK LURZ
OF CLIFTON PARK AT SEVENTH LAKE BOAT LAUNCH.
PHOTOS BY DAVE KRAUS/KRAUSGRAFIK.COM

lar cycling energy snacks, and other shops in the village offer a wide variety of food and supplies. In alternate years, the village is both the start and finish line for the annual Black Fly Challenge: Adirondack Gravel Grinder race through the nearby Moose River Recreation Area.

As you cruise toward Old Forge on South Shore Road, you won't see much of the lake, but you'll get a good dose of the best the Adirondacks has to offer in wide open, smooth roads through the forest. Drop the hammer and do some intervals if you like. Or just pedal at a comfortable pace and enjoy some conversation. There's plenty of room to stretch your legs as you ride southwest.

See **BICYCLING 22** ▶

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● **RUNNING** ●

SCHROON LAKE FROM FINISH AREA OF
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TOM O'GRADY



Plan Your Fall Racing Season

By Tom O'Grady

Summer is officially here and with it comes warmer temperatures, sunny skies, and more hours of daylight. What more could someone ask for to increase their motivation to get outside and start training? With a little foresight you can take this motivation and come up with a fall goal to tackle. With motivation and a goal in mind you can start to plan ahead and maximize your chances of success!

What are my goals? Whether you are a beginner or more experienced athlete, the first thing to do is pick clear and definable goals. Many runners base their training around a specific event. In the fall it is common to prepare a training schedule that culminates with a half or full marathon. If your goal is to complete the half or full marathon distance then it will take approximately two to three months to properly train for these distances. Once you have selected a distance, you can start to consider time goals for your actual race, whether it is simply finishing or improving upon a previous best time at your chosen distance.

Am I Ready? If you are planning to run a fall race and have a specific goal in mind to reach, then it is important to honestly assess whether you are prepared or not. Have you put in proper base training up to this point so that you can begin training with relative ease? Or do you need to specifically plan ahead and build this into the first several weeks of your training schedule?

If you are not prepared, then there are several options you can choose from to help you get ready for a race. The easiest and most common solution is to go to the bookstore, and buy a book related to training, or to download a training guide from a running website. For those that choose this route there is no shortage of training advice from sources. For individuals simply looking for training plans, I usually advise *Advanced Marathon* by Pete Pfitzinger. For those who also enjoy the science behind the training I usually advise *Daniel's Running Formula* by the well-known exercise scientist and coach Jack Daniels.

If you are looking for additional advice, it may be worthwhile to consider hiring a coach, like myself, who has experience with training and coaching individuals. If you are more the group type, but would still like some of the personalization provided by a coach, then joining a group like the Fleet Feet Training Program (fleetfeetalbany.com) - put on by the specialty running store Fleet Feet, with locations in Albany and Malta.

What races and events would I like to run this fall? If you are planning your schedule around a half or full marathon this fall, the Capital Region has two premiere races that offer both distances for individuals to participate in.

The first of the two events on the calendar is the *Adirondack Marathon Distance Festival* on Sunday, Sept. 22. It's been billed as "The most beautiful 26 miles and 385 yards you'll ever run." Evidence of the beauty is plentiful as the full marathon does a complete circuit of Schroon Lake, and the half starts at the halfway point, and also circuits the lake. Besides boasting a beautiful course this race averages around 200 finishers in the full and 400 in the half - so you won't be fighting the crowds associated with bigger races. They race offers a marathon early bird start at 7am, and two- and four-person marathon relays. If you have a specific time in mind the race provides pacers to help you along on the course. After finishing the awards are second to none, with top finishers bringing home bears that are hand-carved from wood, and age group finishers bringing home maple syrup.

If you aren't up to a full or half, the Adirondack Marathon Distance Festival has 5K and 10K races on Saturday, Sept. 21 in Chestertown. The one thing to keep in mind with this race is that the marathon course is quite hilly. So, if time is paramount you may want to consider the other major area marathon.

The *Mohawk Hudson River Marathon* and *Hannaford Half Marathon* on Sunday, Oct. 13 is put on annually by the Hudson Mohawk Road Runners Club. This race is very popular with each distance averaging 1,000 finishers. The 10-year rise in numbers is no surprise as race directors have put a lot of attention into the race experience. The marathon begins in Schenectady's Central Park, and the half marathon starts in Colonie's Mohawk River Park, then both races run primarily on the bike path as it brings participants along both the Mohawk and Hudson rivers, before finishing at Jennings Landing in Albany. For those keeping track, this means the courses are a point-to-point effort, which has a slight net elevation drop. Making them ideal courses for setting personal bests. In fact, MHRM has been rated as "One of the nation's fastest marathons."

Like its counterpart to the north, MHRM offers pacing to help runners achieve their time goals. An added incentive of prize money has attracted top talent to these races. This has caused the men's marathon course record to drop to 2:15:52 in 2016; women's to 2:34:21 in 2014; men's half to 1:05:48 in 2015; and women's half to 1:18:09 in 2016.

A marathon is not your thing and you want a race where the half or alternate distance is the attraction? Have no fear - if the marathon is not your distance, there are race options available that will allow you to enter a shorter race and still have that race be the main event of the day.



COACH TOM AND ATHLETE
LIZ THOMPSON AFTER THE 2017
MOHAWK HUDSON RIVER MARATHON.

Voted as "A top race in New York," *The Saratoga Palio: Melanie Merola O'Donnell Memorial Half Marathon* takes place on Sunday, Sept. 15. The race began in 2006 to honor Melanie Merola O'Donnell, who died at age 33, while completing doctoral work in psychology. Proceeds from the race support The Melanie Foundation, which provides funding to individuals focusing on careers in mental health - a career that Melanie planned to pursue. This race brings individuals from downtown Saratoga Springs, through the Saratoga Spa State Park, and back to Saratoga's Congress Park.

If 9.3 miles is your thing, then consider the *MVP Health Care Stockade-athon 15K* on Sunday, Nov. 10. HMRRM's Stockade-athon is one of the oldest 15K road races in the US, with 1,500 runners, many runner perks and lucrative prizes. The course starts in downtown Schenectady, runs on historic Stockade and tree-lined residential streets, around Central Park, and through Vale Cemetery to a downhill finish.

What gear do I need? The great thing about running is that it is not as gear intensive as other sports. The most basic gear you will likely want is new and properly fitting footwear, as well as a sports watch or GPS watch. Since most of your training will be done in the summer make sure to have loose fitting comfortable clothing, a hat, and sunscreen to protect yourself from the sun. 🌞

Tom O'Grady, PhD, MPH (thomas.james.ogradey@gmail.com) of Slingerlands is an avid runner, hiker and lover of the outdoors.

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News Briefs

ADK's Iddaride! has New Features

NORTH CREEK - Adirondack Mountain Club is hosting its 14th annual Iddaride! cycling event on Saturday, July 27. ADK's largest one-day fundraiser raises money for educational outreach, recreational opportunities, and stewardship and advocacy programs important to its members and supporters.

A perfect match for an ADKer's love of recreation, Iddaride! has grown into a major fundraiser for the club. Featuring two distinct courses, it offers something for everyone. The 75-mile route has not changed since the inaugural ride in 2006. Departing from the Gore Ski Bowl Pavilion in North Creek, riders meander along Peaceful Valley Road to NY Route 8 through Bakers Mills, Wells, Speculator, Sabael, Indian Lake, North River, and back to North Creek on NY Route 28. A long descent begins in the hamlet of Indian Lake and meets the Hudson River in the hamlet of North River, with a relatively easy ride into North Creek. The entire distance has been designed for the long-distance bike enthusiast, with designated bike routes marked on the wide shoulders.

A new 23-mile off-road course was developed by Paul Abess, one of the ride originators, and it's tucked conveniently within the hamlet of North Creek. With a super scenic mountain/hybrid/gravel/cross bike route crossing both Straight and Chatiemac brooks, along with their waterfalls. Riders will continue past Mill Brook, passing through tiny Riparius and its historic train depot, then along rural sections of the mighty Hudson River as it flows through the village of North Creek. Finally, possibly saving the best for last, riders will travel on the suspended boardwalk trail that passes under Route 28, bringing them back to the Ski Bowl for a catered barbecue from Niktina's Catering, and a cold



CHUCK HELFER



beverage provided by Common Roots Brewing Company.

The Cold River Chapter of ADK, whose geographic area includes both Iddaride! routes, provides volunteers to help ensure the event is safe, well-organized and enjoyable. Thanks to the chapter's help with logistics and filling at least 30 of the 50-plus volunteer slots, Iddaride! has earned a topnotch reputation. Many riders return year after year because they find ADK's bike tour both fun and challenging. As one 2018 rider commented, "High quality rest stops, well-organized, friendly volunteers; I'll tout this event to my friends." For more info and registration, visit ADK.org/iddaride. 🌲

Roundabout Runners Club, Malta 5K and new 10K

MALTA - The Roundabout Runners Club, a 501c3 based in Malta, was founded in December 2017, and formed initially for the sole purpose of providing a safe and fun environment for the youth of Saratoga County to learn the love of running. The RRC provides three seasons of running every Monday and Thursday night. Cross-country is held at the Luther Forest Technology Campus, 100 Acre Woods. A group of parents, volunteers from DA Collins, LAM Research, and the Adirondack Mountain Club rehabilitated one-mile of the trails in September 2018 to provide a home course for the club. Future plans include finishing all three miles in the forest, in hopes of hosting cross-country meets for the club, and provide a home for the Ballston Spa schools teams.

When the temperatures turn too cold to run outside, the club holds practices at the Saratoga Regional YMCA. This has been a great partnership utilizing their elevated indoor track January through March.

Currently the club's outdoor track season is winding down with practices being held at the Ballston Spa High School. With over 60 youth members, ages 7-16, the club has been growing and currently has members from all over Saratoga County and as far away as Queensbury. The club welcomes all abilities from those who have never run organized events, to student athletes looking to compete against other elite runners across the Northeast.

As the youth club has been growing, the adult social aspect has seen its participation spike as well. Our 5:15am Tuesday morning "Wired Runs" from Wired Coffee Roasters in Malta, and the partnership with the Clifton Park Beer Runners for a 11:30am "Unified Sundays" from Unified Beerworks, has something for every level of runner, jogger and walker.

Besides providing youth training and adult



PAUL LOOMIS



social runs, the RRC is the managing entity of the Malta Mile (held in conjunction with Town of Malta's Armed Forces Parade in May), the 10th annual Malta 5K - presented by Global Foundries, and the new Malta 10K.

The Malta 5K has raised over \$225,000 in nine years for the Veterans & Community Housing Coalition in Ballston Spa, the two fire departments in Malta and Malta Stillwater EMS squad. The event each year is held around 9/11, to give back to these organizations that serve and protect us daily. The new 10K is part of the 10th anniversary celebration of the 5K, and will start 30 minutes earlier than the 5K, and offers a more challenging course!

To learn more about the club, go to roundaboutrunnersclub.com, and Malta 5K/10K at malta5k.com, and social media @roundabout-runnersclub and @malta5k. 🌲

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FROM THE PUBLISHER

Cool Ideas for a Warm Summer

You could spend the sultry days of summer dashing from one air-conditioned spot to another. You could pass the time sipping iced tea by the poolside. Or, you can explore our region with *Adirondack Sports* magazine!

To get started or keep moving, check out this issue for encouragement. Whether it's cycling, running, paddling, hiking, triathlon, family fun, events or races, it's what you need to be active and healthy. Get outside, move, sweat, and expand your boundaries!

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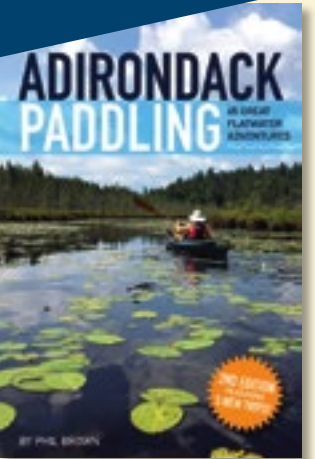
Written by Phil Brown, this expanded edition includes Boreas Ponds, Essex Chain Lakes, Blackwell Stillwater, County Line Flow, and a chapter on Jabe Pond, near Lake George.

Adirondack Paddling includes over 150 color photos, color maps, GPS coordinates, and a statistical overview of each trip.

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Cedar River Flow

By Rich Macha

Over the past ten years, I have probably paddled Cedar River Flow and the Cedar River more often than any other water body in the Adirondacks. From a strictly paddling perspective, it has most everything I desire from a paddling destination: a varied shoreline, mountains that rise over 1,600 feet above the flow, some twisty stream paddling, a few backcountry campsites, and a variety of wildlife.

The Cedar River drains from the Cedar Lakes in the West Canada Lake Wilderness and flows north. Wakely Dam backs up the river into a three-mile-long lake-like impoundment, the Cedar River Flow. The put-in next to Wakely Dam is reached by driving west of Indian Lake on NY Route 28/30, and turning left on Cedar River Road, then continuing for over 12 miles – the last five miles on a decent dirt road.

In the area of the dam are several primitive car-camping sites, which are sometimes occupied by RVs as well as tents. The last time I camped here I was bothered by loud music and talking and a generator that came on at 5am – this is not my style of camping as I prefer the sounds of nature and enjoying some peace and quiet. It usually does not take long to escape the mayhem though. Motors are allowed on the flow, but you don't often see any since the put-in is not the most conducive to launching motorboats.

As you paddle south away from the dam you enter another world and it gets better the further you go. Soon, Payne Brook enters from the southwest and you can paddle a short distance to a beaver dam that is four feet high – I've gone up and over the dam but the brook gets too shallow very quickly. However, someone once told me they saw a moose in this area so I keep checking.

The flow passes some islands, makes a jog left and soon jogs right, opening up into the main part of the lake. Prevailing southwest winds often produce some chop – check the forecast before you start and avoid winds much over 15 mph. There are several backcountry campsites along the east shore – some have small sandy beaches which tempt the paddler to stop and go for a swim. The west shore has only two campsites – the most heavily-used one is where the Northville-Placid Trail comes close to the flow, hence the campsite is used by both paddlers and backpackers. Loons are often seen and heard.

About two miles from the dam, Buell Brook enters from the east, its mouth hidden somewhat by grasses – depending on water level, it is possible to paddle up the brook for up to one-mile. The south end of the flow is grassy and full of bur-reed – pied-billed grebes nest in here and if you camp or spend some time near here, you will hear their distinct whinnying and cooing.

To continue upstream on the Cedar River and enter into the West Canada Lake Wilderness, stay close to the east shore and follow the open water as it snakes its way through the grassy area. Look for a long row of alder bushes that protrudes into the marsh – the river enters through these. You can then paddle up the river for close to two miles. A piney campsite is on the left after the river makes a fairly sharp U-turn. If you paddle into the back bay just past the campsite, you can find a path that leads to an old road that headed up the valley of Little Squaw Brook – it is also a good route if you wish to walk to remote Carry Pond.

As you paddle upriver, the shores are of spruce and balsam fir, and the stepped east flanks of Manley Mountain



THE CEDAR RIVER.
PHOTOS BY RICH MACHA



THE GRASSY
SOUTH END
OF CEDAR
RIVER FLOW.

stand out to the south. The Carry Lean-To is reached after paddling the river for 1.5 miles and, again, serves paddlers and Northville-Placid Trail hikers – I'm not sure how well it deserves its reputation as "the lean-to that hums" but be ready for some biting flying insects. The river gets too shallow and rocky about a half-mile past the lean-to.

For the adventurous, you can carry your canoe or kayak north on the NPT for less than a half-mile, and drop it into a small unnamed stream that passes under a wooden bridge. This stream parallels the Cedar River and enters the flow where the river enters, however its character is much different as you have to go over several beaver dams, then push through lily pads before re-entering the flow.

On the return, you can get views of the Wakely Mountain to the northwest – it is easy to spot since it has the tallest fire tower in the Adirondacks. Buell and Lewey mountains dominate to the east and southeast, respectively. Outside of

the High Peaks, you are surrounded by some of the highest mountains in the Adirondacks!

Besides the wildlife previously mentioned, you can expect to see osprey, bald eagles, cedar waxwings, northern flickers, wood ducks, black ducks, common mergansers, northern harriers and gulls. Summer flowers include bullhead lily, Joe-Pye weed, turtlehead, bottle gentian, goldenrod and bladderwort.

Nine years ago, I found solitude here on July 4th – I'm not sure if I could duplicate that again due to the rise in the flow's popularity but a mid-week visit would be a good bet – give it a try. 🌲

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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TRIATHLON

Three Rs of Triathlon

Register



Race



Repeat

By **Dr. Tom Denham**

Triathlon season is in full swing. Time's a wasting so I encourage you to banish analysis paralysis and get registered before summer is over. Registering is the most difficult part of a triathlon because you are making a commitment. It's a financial decision, time decision, and a training/physical decision. If you're too stupid to stay home like me, put one or more of these five triathlons on your calendar. Trust me when I say you will create some wonderful and lasting summer memories with your family and friends. Then just race and repeat!

Duanesburg YMCA Triathlon on Saturday, July 20 - This is a great sprint triathlon for beginner and veteran racers, which is held in Schenectady County. The swim starts at beautiful Mariaville Lake with an out-and-back of just 325 yards. Heats are every three minutes at the dock. The bike portion begins on Batter Street and winds around the Mariaville Lake onto NY Route 159. The course then goes through the scenic area near Featherstonhaugh Lake, and Lake Road's State and County forests. There is a nice downhill section toward the end of the 10-mile bike leg.

The run transition starts at Bassett Health. The 5K course does have a big hill, but you can handle it. It finishes in front of the Duanesburg YMCA. There are no finisher's medals so if you want to bag some bling, you'll have to earn it with an age-group award. However, they will feed you well when you are done. Register at zippyreg.com.

Crystal Lake Triathlon & AquaBike on Saturday, August 17 - Produced by the Capital District Triathlon Club, this is the August triathlon place to be in the Albany area, whether you're a newbie and experienced racer. The 19th annual classic sprint tri begins with a half-mile swim on a triangular single-loop course in the calm waters of Crystal Lake in the town of Averill Park. The bike leg is 18 miles out-and-back to the gorgeous countryside of Rensselaer County. There are some steady hills so be prepared. You may even want to take a practice ride to familiarize yourself with the course. Get a jump on the competition by joining the CDTC which holds its weekly practice there.

The run portion is a three-mile loop out onto the roads, past the local school, up the one hill, and around the lake. If you are not a big fan of running, then just do the AquaBike (swim/bike) and get to the refreshment table faster. Crystal Lake is a fun and popular event that I always do. Bring your friends and family to root you on! Register at cdtriclub.org.

Lake George Triathlon Festival on Saturday-Sunday, Aug. 31-Sept. 1 - Want to take your triathlon game from entry-level to the next-tier and beyond, then try one of these races. Saturday is the 14th annual Lake George Triathlon (Olympic) and Sunday is the 10th annual Big George Triathlon (70.3). All events are held at the Lake George Battlefield Park in the village of Lake George.

The Lake George Triathlon (Olympic) is a 0.9-mile swim, 24.8-mile bike, and a 6.2-mile run. The bike course is a single-loop that has a few hills, descents, rollers and flats. If you are not up for the run, do the AquaBike (Olympic) with a 0.9-mile swim and 24.8-mile bike. The Big George Triathlon (70.3) is a 1.2-mile swim, 56-mile bike, and 13.1-mile run. It includes an out-and-back bike ride with a counter-clockwise loop around beautiful Brant Lake. The AquaBike (70.3) is a 1.2-mile swim and a 56-mile bike.

Now for the fun combos... The "PRINCE George" - complete the full Olympic on Saturday and AquaBike (70.3) on Sunday. Or, the "KING George" - full Olympic on Saturday and full 70.3 on Sunday. These are awesome races for spectators and racers, and you'll finish with the "Queen of

American Lakes" as your backdrop. Pizzas, subs, milk, cookies, fruit, and a finisher's medal await you at the end. Register at adkracemgmt.com.

Greene County YMCA Triathlon on Saturday, Sept. 7 - This is another great environment for first-time and experienced racers, which takes place in the town of Athens. This sprint triathlon is a 350-yard out and back swim on Sleepy Hollow Lake. It's a reasonable 11.5-mile bike ride through picturesque Greene County. The 5K run is on an open course within Sleepy Hollow Park.

It's not a huge race and that's what I like about it the best. Every registered participant receives a dry fit T-shirt, swim cap and a banana; two bananas if you are nice to the volunteers. No finisher's medals here, instead you gotta be in it to win it! Register at zippyreg.com.

Josh Billings RunAground Triathlon on Sunday, Sept. 15 - Round out your season with the 43rd annual race in the nearby Berkshires. "Josh" is named after Josh Billings, the pen name of Henry Wheeler Shaw who was born in Lanesboro, Mass. He was a renowned 19th century humorist and is famous for saying, "To finish is to win," which is the motto of the event. Josh is one of the oldest and largest bike-paddle-run triathlons in the country - and it attracts elite and not-so-elite racers of all ages and ability levels.

About 500 teams start in Great Barrington, Mass., with a 27-mile bike leg through five towns of scenic backroads and rolling hills to Stockbridge Bowl (aka Lake Mahkeenac) in Stockbridge. Racers pass off a wristband to paddlers waiting at the lake. Canoes, kayaks and SUPs - all are welcome - race for five miles around the lake ending at Camp Mah-Keenac, transferring the wristband to runners waiting on the beach. They run for six miles around the lake and finish down the main gate of the Tanglewood music venue in Lenox.

If you want to challenge (or punish) yourself, enter as an "Ironperson" and do all three portions. Proceeds from the race, support the Berkshire United Way in Pittsfield, Mass. Josh also has a "MatchMaker" for individuals looking for teams and teams looking for individuals. Register at joshbillings.com.

Finally, Quick Tips for the Swim - Join a triathlon club and practice your open water swim weekly; Buy a wetsuit; On race day secure the race timing chip with a safety pin to reduce the risk of it losing it; Sight the buoys regularly to avoid veering off-course and adding unnecessary distance and time to your swim; Apply Body Glide to prevent chaffing; Exhale when your face is in the water, then turn and take a quick inhale (create a rhythm); Look for landmarks when you come into transition to guide you; Pull the wetsuit down to your waist while running to the bike transition area to save time; Take off your goggles and swim cap *after* you have pulled down your wetsuit; and keep in mind that the swim is the warm-up for the bike and the run - just do your best.

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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● **HIKING**

Little Woodhull Lake

By Bill Ingersoll

It was about 20 years ago that I first discovered this gem. My first visit to Little Woodhull Lake was in April 1998, but it was the following summer that something about this place clicked with me. At the time, I was not yet a guidebook writer, and I was still free to settle on a favorite place and return as often as I liked – as opposed to being motivated to continuously explore new places.

For me, the appeal of this place was its proximity to my home in Oneida County. The drive to the trailhead took about 40 minutes, and the 3.2-mile-long trail was just the right length for a weekend hike.

An additional bonus in those days was that solitude was virtually guaranteed, because the physical state of the trail was one of abandonment. It had once been a local snowmobile trail, but as the snowmobile riders lost interest in winding woodland trails, this route fell into utter disuse.

Twenty years later, conditions are noticeably better. The trail has been reclassified as a foot trail, and it is kept in decent shape. Entries in the register box show that more people do visit Little Woodhull today, but I have yet to meet any of them.

The trail to Little Woodhull Lake is very pleasant for hiking and skiing. It mostly follows the route of an old logging road, probably constructed over 60 years ago when fallen timber was salvaged from the Forest Preserve after a 1950 hurricane. In terms of scenery, I could recommend a dozen or two Adirondack ponds that are far more photogenic, but in all honesty the only thing lacking here is a mountainous backdrop.

GETTING THERE

North Lake Road runs northeast through the center of the Black River Wild Forest. From the hamlet of Forestport, turn east off NY Route 28 at the exit for Woodhull Road, near the bridge over Forestport Pond. Continue east for 1.2 miles to Forestport Station, where the tracks of the Adirondack Railroad cross at an intersection. Ahead of you, past the Buffalo Head Restaurant, North Lake Road veers left and ascends toward the high plateau of the western Adirondack foothills.

The Little Woodhull Lake trailhead is on the left side of North Lake Road at 13.3 miles, just as the road pitches down a short slope. There is ample parking at a larger turnout 100 feet up the road on the right.

THE TRAIL

Starting northwest, with a short ascent past trail signs and a campsite, the trail follows an old road through a tall hardwood forest. The trail levels, and then rises gently again after walking for 10 minutes. Keep an eye out for an old iron culvert and some wooden corduroy along the way, which are signs of the trail's age.

At 1.3 miles, after about 30 minutes of walking, the trail makes a sharp turn to the right. Old blowdown in this area was likely caused by a storm that touched down at multiple locations near here in 1984. The old road continues straight for a short distance toward a wetland on Otter Brook, and if there weren't signs and markers to indicate the correct turn, then this could be a confusing place.

Bearing right, you quickly pass out of the blowdown and cross Otter Brook, which is just a small woodland stream. Beyond, you begin to find huge hemlocks growing very close to the trail.

At 2.4 miles, or an hour from North Lake Road, the trail nears the edge of a wetland. Once, the trail led out left through the marsh grass to follow this major inlet of Little Woodhull Lake. As scenic as that was, it was a poor location for a trail. Now, it keeps to the coniferous woods south of the wetland on a hilly detour. The trail is narrow and winding for the next 0.6-mile to an intersection next to the creek, three miles from the road. A red-marked trail crosses the stream on rocks and continues on to the Sand Lake Falls Trail. In the near future, the North Country National Scenic Trail may follow that route, but in the meantime few people make that right turn.

A yellow-marked foot trail bears left and continues to follow the inlet quite closely. It dips sharply to stream-level, and then winds through a dark spruce-fir forest, before ending at 3.2 miles near the point where the inlet flows into the lake. There is an opening here, which is a pleasant place to sit and picnic, but it is a poor place to camp. (Note that as of May 2018, the pond's high-water level was flooding a portion of the trail at this location.)

From this vantage you will have a view over much of the lake. There is a large beaver lodge not too far away, and you will find that these waterways are a haven for a variety of aquatic plants and wildlife. Little Woodhull



LITTLE WOODHULL LAKE. BILL INGERSOLL

Lake is shallow, and in the summer months thick mats of vegetation rise to the surface. In July you will find colonies of pickerelweed in bloom, as well as white and yellow pond lilies. The latter are scattered all across the lake. When the weather gets colder much of this vegetation disappears, leaving behind an open expanse of water.

Bushwhacking around Little Woodhull Lake is difficult, but such a beautiful place deserves further exploration. The long, narrow outlet is surrounded by acres of varied wetlands with a sculpture garden of dead standing timber, amidst the shrubs

and grasses. Large rocks and bleached logs interrupt the swampy shoreline, and wild-life abounds. Winter travelers, of course, will find the going easier and may wish to go further and explore Lily Lake to the northwest. At their nearest point, the two ponds are separated by less than 200 feet of land. 🌲

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

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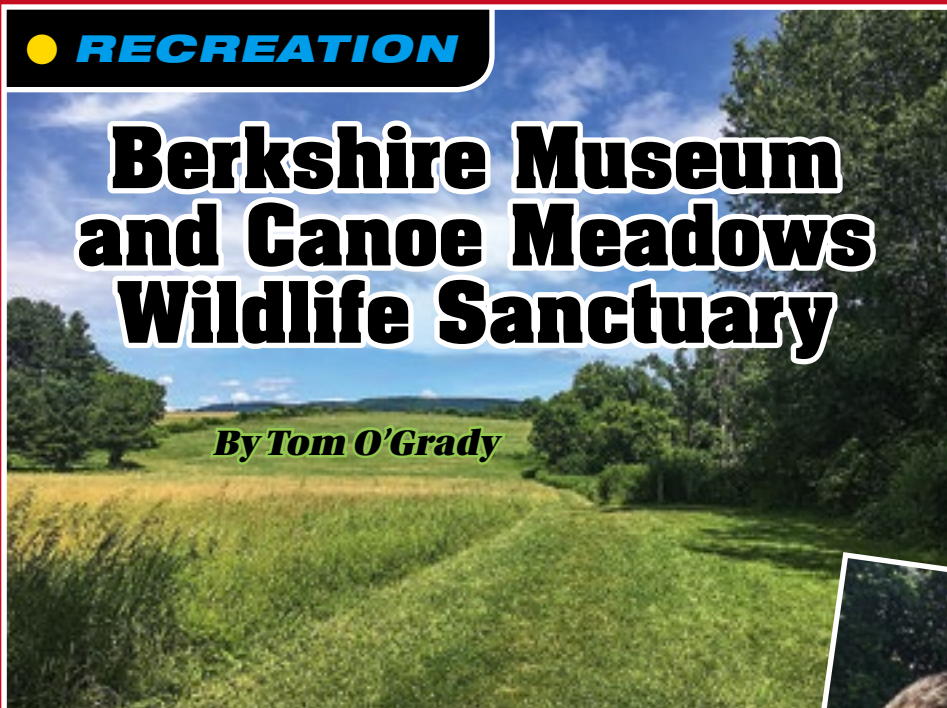
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● RECREATION

Berkshire Museum and Canoe Meadows Wildlife Sanctuary

By Tom O'Grady



In summer vacation season, there are plenty of opportunities to combine education and exercise for a fun day with the family. For those who have never been, or for those who have not been in some time, someplace to consider visiting is the Berkshire Museum in Pittsfield, Mass. Heading east towards Boston on I-90, you will then take Exit 11 to US Route 20 east, for the remainder of a 45-mile trip from Albany. The entire drive takes an hour while passing Lebanon Valley Speedway and Hancock Shaker Village along the way.

The Berkshire Museum – We arrived at the museum around 11am. With our map in hand, I was interested in the amount of time it would take to go through all of the exhibits at a comfortable pace. My goal was to have fun, not feel rushed, but have the kids maintain their attention and enjoy the museum. We decided to head to the basement level first, which contains a 35-tank aquarium, and a *Discovery Room of Reptiles and More*. This was a great decision.

Despite being smaller than many aquariums the first tank was full of various poison dart frogs! Such a small and colorful creature that is also incredibly poisonous really captures the attention of young boys. The two that created the most discussion among us were the golden and Phantasmal poison frogs. Living in Colombia and barely larger than a couple of paper clips, the endangered golden poison dart is the most poisonous of dart frogs, and this also makes it one of the most toxic animals on Earth. The phantasmal dart frog was about one-third to half the size of the golden dart frog and its dull red color and white stripes caused it to blend in with the environment. The phantasmal's toxic compounds have been used to help create a synthetic compound with medicinal purposes, related to morphine, but much stronger. One of the drawbacks is dosing.

Beyond the frog tank there are a number of other animals to see, before reaching the reptile room. If you visit on a Saturday you will be able to take part in the hands-on preparation of meals for the creatures during "Chow Time."

After finishing with the aquarium and reptile room we headed upstairs to the first floor. We spent a little time in the first room, which had some attractions aimed at younger children, and a few primer pieces related to a current attraction – Leonardo da Vinci: Machines in Motion.

The next room was Berkshire Backyard. This longstanding exhibit is set up to demonstrate all of the animals that you would encounter in the Berkshires. When entering the first-thing that's noticeable is the

sheer number of birds, beetles, and butterflies that are cataloged. During this visit, the birds command much of the attention – particularly the birds of prey such as the hawk and peregrine falcon, although the different sized herons also garner discussion. After looking over the birds, we move on to the interactive area where the kids enjoy looking over the animal tracks, listening to bird calls, and examining rubber scat!

Making our way to the middle section of the first floor we first enter the Rocks & Minerals. This exhibit dates back over 100 years to Daniel Clark, a rock and mineral enthusiast from Massachusetts, who amassed a giant collection in his 83-year lifespan. The kids are more excited about the exhibit than I expect, so we look at the different types of rocks and minerals, as well as naming schemes and coloring of the minerals. The most notable piece to the kids is the 143-pound iron and nickel meteorite that dates back approximately 50,000 years ago, and is a piece of the larger meteorite that impacted in northern Arizona, at what is now called Meteor Crater. From the rock and mineral room, we enter Animals of the World and finally the Feigenbaum Hall of Innovation.

Once on the second floor we spend a majority of our remaining time in Machines in Motion. This larger exhibit is partitioned into four sections corresponding to the four elements: fire, water, earth and air. Each area is truly fascinating and da Vinci's genius is obvious. The fire section is dedicated to machines with military purpose. Commanding the attention of the entire room is a giant wooden battle tank that you can step inside of and examine. The water section shows inventions that paved the way for humans to move more efficiently through water, including flippers, webbed gloves, and a prototype of an invention meant to allow people to walk on water.

Earth inventions include a crane, printing press and oil press. Air inventions have models of da Vinci's various ideas for flying machines, prototypes of mechanical wings, a

hang glider and more. For the athlete's reading this story, save time for the Objects and their Stories: Shoes exhibit. We spend less time in the remaining exhibits, but enjoy what the museum has to offer, including an Egyptian mummy. It's about 2pm, so we were able to spend almost three hours, without rushing – and learned a lot!

Canoe Meadows Wildlife Sanctuary – If you are in a rush and cannot make it to the sanctuary, or for those who simply want to walk more, you can take a stroll on Pittsfield's Downtown Loop. From the Berkshire Museum, it requires no extra driving, as it's a two-mile loop that is well-marked with green signs to guide pedestrians. The entire circuit travels past the Colonial Theatre, Park Square, and Berkshire Medical Center. The well-intentioned loop was designed to get people walking for approximately 30 minutes, and has periodic signs with encouragement, such as "Those who do not find time for exercise will have to find time for illness." –Earl of Derby.

From the Berkshire Museum, Canoe Meadow Wildlife Sanctuary is less than a two-mile drive. There are over three miles of trails at Canoe Meadows and they are sectioned into two main areas. The first is the

ponds. The website warns the trail can be flooded due to beaver activity but we don't encounter much wetness. We do see a good deal of wildlife.

The second longer section is the Wolf Pine Trail – this area was designed to take 45-60 minutes to walk. It should be noted at Mass Audubon runs Canoe Meadows. As such, this sanctuary was designed with the intention of being a prime bird viewing area. For those who are interested, they provide a checklist of birds that you may spot. Another attraction you may be interested in is the community garden that grows various vegetables, herbs and flowers, and has been described as "The most scenic location to plant a garden in Berkshire County."

More info on Canoe Meadows Wildlife Sanctuary can be found at massaudubon.org/get-outdoors/wildlife-sanctuaries/canoe-meadows. We finish our adventure a little after 4pm and arrived home around dinnertime! 🌲

Tom O'Grady, PhD, MPH (thomas.james.ogrady@gmail.com) of Slingerlands is an avid runner, hiker and lover of the outdoors.

- BERKSHIRES VIEW FROM CANOE MEADOWS.
- ENTRANCE TO THE BERKSHIRE MUSEUM.
- THE STEGOSAURUS OUTSIDE THE MUSEUM.
- TOM, CONOR AND THEO ENJOY THE VIEW.
- THE SWAMPY AREA AT CANOE MEADOWS.

PHOTOS BY TOM O'GRADY

43RD ANNUAL
JOSH BILLINGS
 RUNAGROUND TRIATHLON

SUNDAY, SEPTEMBER 15



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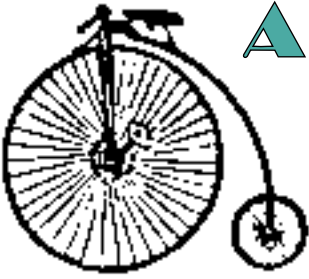


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 WHEN / SATURDAY-SUNDAY, AUG 3-4
 INFO / CHURNEYGURNEY.COM



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 • Course Includes Hills
 + Single-Track Trails

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

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

For more information
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 churneygurney5miletrail
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For more information and to register:
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**SATURDAY
 SEPTEMBER 28**




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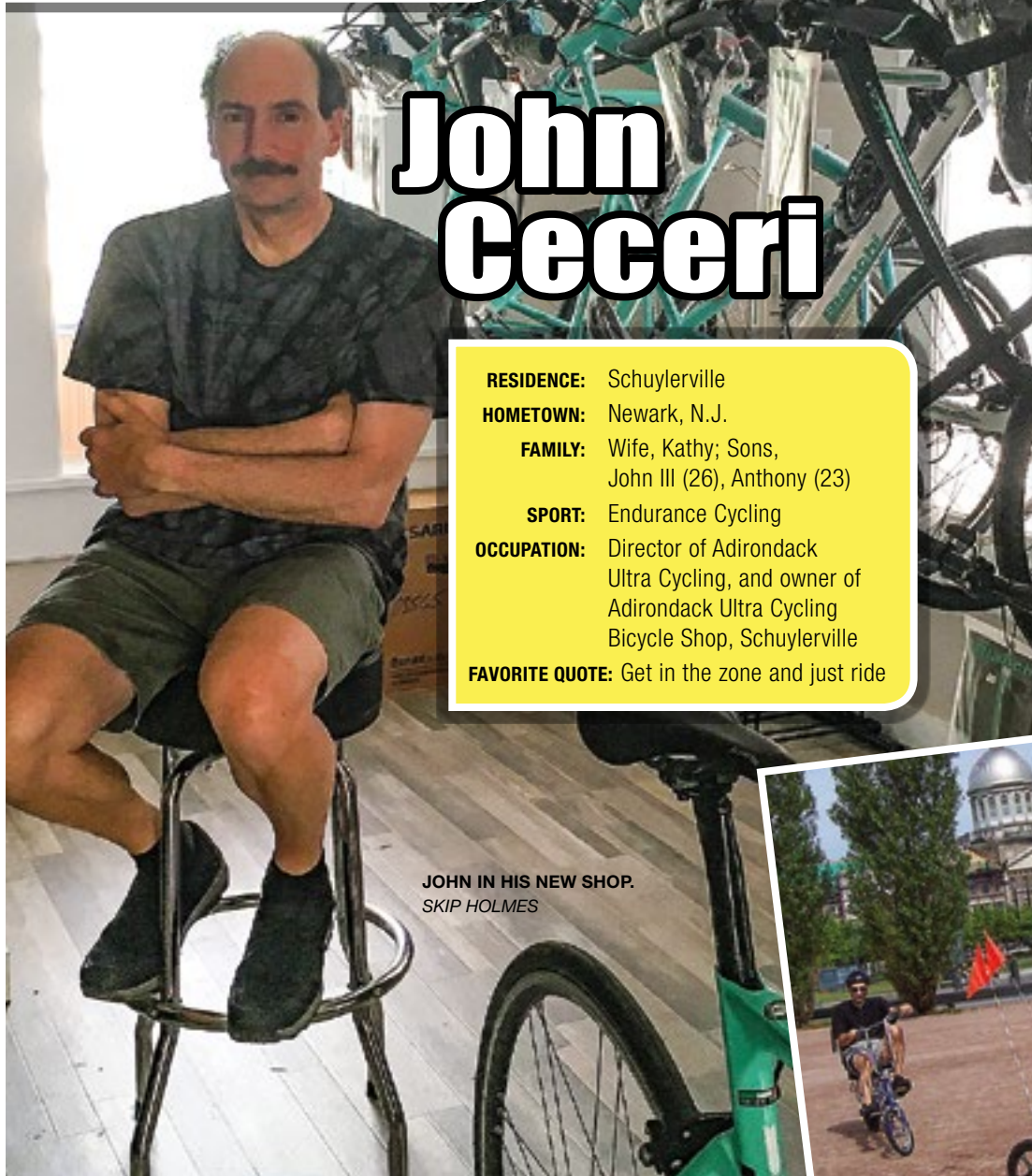
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● ATHLETE PROFILE

John Ceceri

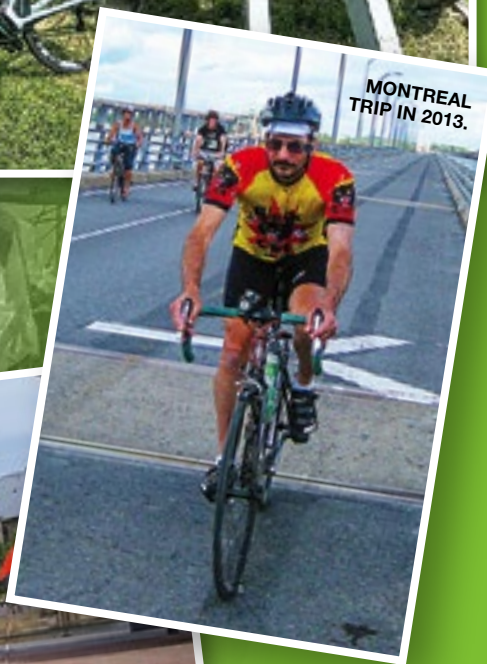
RESIDENCE: Schuylerville
HOMETOWN: Newark, N.J.
FAMILY: Wife, Kathy; Sons, John III (26), Anthony (23)
SPORT: Endurance Cycling
OCCUPATION: Director of Adirondack Ultra Cycling, and owner of Adirondack Ultra Cycling Bicycle Shop, Schuylerville
FAVORITE QUOTE: Get in the zone and just ride



JOHN IN HIS NEW SHOP.
SKIP HOLMES



SARATOGA BATTLEFIELD,
JULY 4TH.



MONTREAL
TRIP IN 2013.



FUN CYCLING
WITH THE KIDS,
MONTREAL 2004.

KATHY NEAR THE
HUDSON RIVER,
FALL 2018.



By Skip Holmes

It is 4am and you have just signed up for a 400-mile ride from Schuylerville to Montreal, Que. and back. Two 200-mile days with a day to rest in between. This is John Ceceri's idea of an adventure! This trip just is one of the many events that John organizes and competes in. That's right, there is a minimum time to complete this event as well as a maximum time.

John grew up in Newark, N.J. and started cycling in his 20s. He then moved to New York City and joined two cycling clubs in the early 1980s. He decided to do a MS Bike Tour that was held in Central Park and did 90 miles for that day. He then quickly signed up for a 100-mile century ride that went from NYC to the outer reaches of Long Island. John became hooked on long distance cycling. Soon after he became a ride leader for the American Youth Hostel organization. He then started doing the ride from NYC to Washington, DC, a 250-mile event that had to be completed in 24 hours. John completed this ride three or four times and it was one of his favorites!

John did the Five Boro Bike Tour in 1982, then passed the AYH leadership class that fall, then in 1983 became the lead ride marshal for the Five Boro Bike Tour for several years - even after moving upstate. He also helped in 2002, which was held eight months after the World Trade Center attacks. John continued, "The tour starts near the WTC so it was quite emotional and security was heavy, especially on the Verrazzano-Narrows Bridge, just before finishing at Fort Wadsworth on Staten Island."

Apparently riding 100 or 200 miles a day soon become insufficient. He then decided to try to qualify for the Race Across America

(RAAM). He signed up for the qualifying event that was to start outside Los Angeles, Calif., and go the distance, a mere 750 miles. John finished the ride but unfortunately didn't meet the cutoff time to qualify. Not to be deterred, he then signed up the following year and made another attempt to qualify, but became sick during the ride and had to abandon.

It is hard to imagine the discipline necessary to train for events like this much less the lifestyle that accompanies those that are engaged in this endurance sport. Back in the 1980s, John was living in NYC, which was not the most hospitable place to bike. He supported himself with a variety of jobs, including doing apartment renovations with a flexible work schedule, that allowed him to have sufficient training time.

After a number of years of living in NYC, he and his then girlfriend Kathy decided to get married. She was already working in Johnstown during the week and coming back to NYC on weekends. So, they packed up their belongings and moved to Johnstown in Fulton County. They later moved to the Saratoga Springs area, before finally settling in Schuylerville. In the mid-1990s, John started his own bike shop and ran it for six years. Running a bicycle shop is a dream occupation for a cyclist, but it usually means less riding. John still managed to ride a couple of centuries a year, while running the bike shop, and he and Kathy raised their two sons.

In 2007, John started Adirondack Ultra Cycling (adkultracycling.com), which produces a series of endurance events throughout the year. Starting in February, he organizes 100-mile rides that help prepare cyclists for the longer summer distance events. He even organized a RAAM qualifier event

for many years that was a 540-mile ride. In 2020, he's considering a major 24-hour race that will start at Hudson Crossing Park in Schuylerville. Hudson Crossing Park is now part of the Empire State Trail, a 1750-mile multiuse trail from Manhattan to the northern tip of Lake Champlain, and Buffalo to Albany.

The Schuylerville area is adjacent to the Champlain Canal Trail, which is becoming a popular location for cyclists. John's new bike shop is now the starting point of a number of bike rides that utilize the canal route as well as the dirt roads in the area for a mixed surface ride experience. This means more gravel rides for those of us looking for backroads that are scenic and less travelled. John is also assisting with the development of rides along the Champlain Canal Trail that will terminate at the end with a boat ride back to the starting location.

John has always been involved in the cycling scene and back in April 2009 he volunteered for the editor position for Mohawk Hudson Cycling Club's *BikeAbout* newsletter. Perhaps I did a little arm twisting as I had just become president of MHCC and we were in need of a new editor. John did this free of charge for 10 years and made a number of improvements to the monthly newsletter, including eliminating the tedious job of putting address labels on the hundreds of copies of the newsletter.

John decided to give up the editor position this past winter when he seriously began considering opening up a new bike shop. Anyone who has started a bike shop, or any small business, knows how all-consuming an experience it can be. John and his wife, Kathy, spent considerable time looking

for a location and a bike brand. Ultimately a location presented itself on Broad Street in the heart of Schuylerville, and the Bianchi brand was chosen. The Bianchi brand has long been a favorite of riders and provides a full-range of road, mountain, gravel, cyclo-cross bikes - and e-bikes as well.

The shop just opened in June 2019 and has already attracted a number of customers, both new and those who know John from his longtime cycling involvement. The new shop is only five minutes from his home so he can easily ride to and from work. As you might expect, John who's accustomed to doing 200 miles in a day, is likely to take the long way home!

If you are in the area stop by and say hello to John. He also does repairs, and performs maintenance, as well as selling new bikes and e-bikes. If you are interested in a new bike, be sure to ask if you can take it out for a test ride, maybe more than a ride around the parking lot. John will understand the desire to go further! 🌲

Skip Holmes (serottaskip@gmail.com) of Delmar teaches sustainable design at RPI. He is a member of Mohawk-Hudson Cycling Club and Capital Bicycle Racing Club. He can be found road and mountain biking, kayaking, hiking or Nordic skiing.

MHCC Century Weekend
Great Location & New Routes!
SATURDAY-SUNDAY
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
Mohawk Hudson Cycling Club

Info/Register: **BikeReg.com** or **MohawkHudsonCyclingClub.org**
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Registration is good for both days! Volunteer and ride for free!

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THE AWARENESS CONTINUES...

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN
NEW YORK BRANCH

Calendar of Events
July-September 2019*

JULY 2019							AUGUST 2019							SEPTEMBER 2019						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	1	2	3	4	5	6	7	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31	25	26	27	28	29	30	31	29	30								

*Events beyond this range are advertisers in this issue.

ALPINE/NORDIC SKIING & SNOWSHOEING

AUGUST

16 Gore Mountain & Whiteface: Season Pass Price Deadline. North Creek & Wilmington. goremountain.com & whiteface.com.

NOVEMBER

23-24 7th Adirondack Sports Winter Expo. Sat: 1-6pm. Sun: 10am-4pm. Winter & summer sports, health, fitness & travel show. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.

BICYCLING: ROAD (PAVED)

JULY

13 CBRC Capital Region Road Race. Ravena-Coeymans-Selkirk HS, Ravena. bikereg.com.

13 Adirondack Ultra Cycling: Open House. 10am-6pm. Test rides, prizes, more. Adirondack Ultra Bike Shop, Schuylerville. 518-583-3708. adkultracycling.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.

17-27 Full Erie Canal Rambler Bike Tour. Fully supported group tour. Buffalo. 315-316-BIKE. gobikeerie.com.

21 Ride for the River. Group ride w/multiple fully-supported routes for all ages & abilities. Benefit for Ausable River Association. BBQ, live music & local craft beer. Hungry Trout, Wilmington. 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

- 3 Tour of the Catskills Recreational Gran Fondo.** 27M, 52M, 75M. Fully-supported w/post tour party. Tannersville. bikereg.com.
- 4 17th Chrissy's Memorial Bike Ride.** 9am: 40M. 10am: 15M. Rain or shine. Post-ride lunch included. The Hub, Brant Lake. 518-644-3020. bikereg.com.
- 10-17 Full Erie Canal Express Bike Tour.** Fully supported group tour. Buffalo. 315-316-BIKE. gobikeerie.com.
- 17-23 CycleADK: Ultimate Cycling Vacation.** All new routes w/excursions into VT. Ticonderoga, Wilmington & Westport. 518-524-2292. cycleadirondacks.com.
- 18 Lake George Bike/Boat Ride.** Early AM: bike 40M from Lake George to Ticonderoga. 1pm: Ride Mohican Boat to Lake George. Reservations: 518-668-5777. lakegeorgesteamboat.com.
- 18 Rensselaerville Ride: Ride the Five Hamlets.** 40/30/20 miles & 2.5M fun ride. Self-supported cycling tour. Carey Institute, Rensselaerville. careyinstitute.org.
- 24 19th Pat Stratton Ride.** 100M, 56M & 28M scenic, supported rides. 8am. Prizes, food, homemade pies, T-shirt, music. Mt. Pisgah Lodge, Saranac Lake. strattonride.com.

SEPTEMBER

- 1-8 Canals, Waterfalls & Wine Country Bike Tour.** Fully supported group tour. Buffalo. 315-316-BIKE. gobikeerie.com.
- 7-8 MHCC Century Weekend.** 100M: 8am. 62M: 9am. 50M: 9:30am. 25M: 10am. 12M: 10:30am. Fun, fully-sported rides on scenic backroads of Albany County. Post-ride catered lunch & craft beer included. Registration is good for both days. Altamont Fairgrounds, Altamont. bikereg.com.
- 8 Tour de Daggett Lake.** 65M: 8am. 20M: 9am. Scenic rides. Daggett Lake Campsites, Warrensburg. 518-623-2198. daggettlake.net.
- 11-21 Full Erie Canal Rambler Bike Tour.** Fully supported group tour. Buffalo. 315-316-BIKE. gobikeerie.com.
- 14 6th Harry Elkes Ride.** 9:30am: 50M & 32M road & new 32M gravel. 10am: 15M road. The Hub, Brant Lake. bikereg.com.
- 20 ALBANY Ride for Missing Children.** 100M, fully-supported & escorted by NYSP. Three group training rides must be completed prior to ride day. Laura Mirkovic: 518-331-7506. therideformissingchildren.com/albany.

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Proceeds Benefit Youth Programs of Kiwanis Club of Saranac Lake

Maps & more: **StrattonRide.com**

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10 AM - 6 PM • MONDAY-SATURDAY

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6th annual Harry Elkes Ride

Saturday, September 14 - The Hub, Brant Lake, NY

Warren County Safe & Quality Bicycling invites you
Ride with us to celebrate 1900s world-class bike racer-Glens Falls native, Harry Elkes. Choose from 4 routes, ride at your ability level with other cyclists on quiet North Country roads; scenic lakes

Start: **9:30am:** 50- & 32-mile scenic lake rides & the NEW 32-mile "Gregson Gravel" Ride
Start: **10am:** 15-mile Brant Lake family ride
Only \$25, with free t-shirt • Enjoy lunch/drinks at The Hub, nominal cost • Harry Elkes video

Register: **BikeReg.com**
Or day of ride: 8:30-10am
www.bikewarrenco.org

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Syracuse-September 27

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27 SYRACUSE Ride for Missing Children. 100M, fully-supported & escorted by NYSP. Three group training rides must be completed prior to ride day. Kathy Aspenleiter: 585-252-7053. therideformissingchildren.com/syracuse.

29-10/5 Historic Erie Canal Bike Tour. Fully supported group tour. Syracuse. 315-316-BIKE. gobikeerie.com.

30-9/1 3rd Wilmington Mountain Bike Festival. 25M single-track, group rides, shuttles, kids’ race, on-site camping, music, food, beer. Wilmington. wilmingtonmtbfestival.com.

BICYCLING: OFF-ROAD (UNPAVED)

ONGOING

Sun “Poor Man’s Downhill” Shuttles. 7/14, 8/4, 8/18, 9/1, 9/15. Up A Creek Restaurant, Wilmington. betatrails.org.

SEPTEMBER

14 6th Harry Elkes Ride. 9:30am: 50M & 32M road & new 32M gravel. 10am: 15M road. The Hub, Brant Lake. bikereg.com.

21 Gore Mountain Bike Skills Development Camp. All day or morning only camps for beginner and intermediate riders. Gore Mountain, North Creek. goremountain.com.

JULY

13 Adirondack Ultra Cycling: Open House. 10am-6pm. Test rides, prizes, more. Adirondack Ultra Bike Shop, Schuylerville. 518-583-3708. adkultracycling.com.

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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.

HEALTH & FITNESS

ONGOING

Daily Rock Your Fitness: Total Body Training. Summer sessions: 7/1-26, 8/5-30 & 9/9-1026. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.com.

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.

10 Gore Mountain Bike Skills Development Camp. All day or morning only camps for beginner and intermediate riders. Gore Mountain, North Creek. goremountain.com.

17 West’s “Over the Top” 10K Mountain Bike + 5K Trail Run. 10am. Just bike, run or do both (duathlon) as individuals or teams. Live music, treetop adventure tours, beer garden, food. West Mountain, Queensbury. 518-636-3699. active.com.

HIKING, CLIMBING & WILDERNESS SKILLS

JULY

22 Dix & Hough Guided Hike. 4,857’ & 4,400’, 13.7M. ADK: 518-523-3480. adk.org.

29 Iroquois Mtn Guided Day Hike. 7:30am. 4,840’, 9.4M round-trip, 3,600’ elevation gain. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.

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.

SEPTEMBER

29-10/4 Fall Guided Hiking Week. Adirondack foliage in Siamese Ponds Wilderness. Lodging, meals, pub, music. Paddling too. Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.

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:
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 Day of registration: begins at 8am
 More Info: 518-644-3020 or info@chrissyfund.com
 Proceeds benefit Christine Nicole Perry Memorial Trust
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 1:00PM: Ride Mohican Boat to Lake George
 Reservations: (518) 668-5777
www.LakeGeorgeSteamboat.com Rain date: 8/25

TOUR
 Daggett Lake
 Ride for Kids' Lives

Sunday, Sept. 8

Scenic Rides
 65 miles - 8am
 20 miles - 9am

Daggett Lake Water Ski Club & Water Ski School
WWW.DAGGETTLAKE.NET
 Daggett Lake Campsites: 518-623-2198
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Saturday, August 17 • 8am

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

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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 Capital District Tri Club: Crystal Lake Training. 6/4-8/27. 6pm. Crystal Cove, Averill Park. cdtriclub.org.

Thu Bethlehem Tri Club: Warner Lake Training. 5/23-9/5. 6pm. Warner Lake, Berne. bethlehemtriclub.com.

Thu Saratoga Tri Club: Moreau Lake Training. 5/30-8/29. 6-7pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.

JULY

13 32nd Pawling Triathlon. 9am. Lakeside Park, Pawling. pawlingrec.com.

13 **Litchfield Hills Triathlon.** Olympic, aquabike, duathlon. 7:30am. West Hill Lake, New Hartford, CT. coachmarkwilson.com.

14 **Vermont Sun Sprint Triathlon.** USA Triathlon State Championship (all welcome). Branbury SP on Lake Dunmore, VT. 802-388-6888. vermontsun.com.

14 **Branbury Classic Triathlon.** Paddle, Bike, Run. Branbury SP on Lake Dunmore, VT. 802-388-6888. vermontsun.com.

17 **St Lawrence Valley Paddlers: Duathlon.** 1.25M run, 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch, Canton. slvpaddlers.org/duathlon.

20 **10th Delta Lake Triathlon.** 7:30am. Sprint, Olympic, Delta Double. Plus, kids' tri. Delta Lake SP, Rome. 914-466-9214. coachmarkwilson.com.

20 **Duanesburg YMCA Triathlon.** 9am. 325yd swim, 10M bike, 3.1M run. Individuals & teams. Mariaville B&B & Duanesburg YMCA, Delanson. 518-895-9500. zippyreg.com.

28 **21st Ironman Lake Placid Triathlon.** 7am. 2.4M swim, 112M bike, 26.2M run. Olympic Speedskating Oval, Lake Placid. ironman.com.

AUGUST

2 SkyHigh Kids' Off-Road Triathlon. 100yd swim, 5K bike, 0.6M run. 6pm. Grafton Lakes SP, Grafton. skyhighadventures.com.

3 SkyHigh Off-Road Triathlon. 400m swim, 13K mtn bike, 5K trail run. 8:30am. Grafton Lakes SP, Grafton. skyhighadventures.com.

3 **Camp Findley Triathlon.** 7:30am. Findley Lake. coachmarkwilson.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. coachmarkwilson.com.

10 **Betsy Owens & Terry Laughlin Memorial Cable Swims.** 2M: 9:30am; 1M: 11:15am. Mirror Lake Beach, Lake Placid. greenleafacing.com.

11 **Vermont Sun Sprint Triathlon.** Branbury SP on Lake Dunmore, VT. 802-388-6888. vermontsun.com.

11 **Lake Dunmore Olympic Triathlon.** Branbury SP 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.

17 **Lake George Open Water Swims.** 2.5K: 7:45am, 5K: 9:25am, 10K: 7:40am. Hague Public Beach, Hague. Chris Bowcutt: 518-677-2768. lakegeorgeswim.com.

17 **West's "Over the Top" 10K Mountain Bike + 5K Trail Run.** 10am. Just bike, run or do both (duathlon) as individuals or teams. Live music, treetop adventure tours, beer garden, food. West Mountain, Queensbury. 518-636-3699. active.com.

18 Cazenovia Triathlon: Sprint, Olympic, Aquabike. Lake side Park, Cazenovia. cnytriathlon.org.

18 30th West Point Triathlon. Sprint Race. Camp Buckner, Cornwall. active.com.

18 Peasantman Triathlon. Indian Pines Park, Penn Yan. peasantman.com.

21 **St Lawrence Valley Paddlers: Duathlon.** 1.25M run, 1.25M paddle, 1.25M run. 6pm. Little River Boat Launch, Canton. slvpaddlers.org.


31-9/1 **Lake George Triathlon Festival.** Sat: Lake George Tri & AquaBike (Olympic). Sun: Big George Tri & AquaBike (70.3), King George & Prince George. Battlefield Park, Lake George. adkracegmt.com.

SEPTEMBER

7 **Greene County YMCA Triathlon.** 350yd swim, 11.5M bike, 3.1M run. Sleepy Hollow Lake, Athens. 518-731-7529. zippyreg.com.

15 **43rd Josh Billings Triathlon.** 27M bike, 5M canoe/kayak/SUP, 6M run. 9:30am. Limited to 500 teams. 44 categories for teams & ironpersons. Great Barrington to Lenox, MA. Patty Spector: 413-637-2597. joshbillings.com.

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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.
- 9-11 Beyond Becoming an Outdoors-Women. Adirondack Weekend: hiking, guide boat rowing, wilderness safety. SUNY ESF, Newcomb. dec.ny.gov.

SEPTEMBER

- 28-29 Great Adirondack Moose Festival. Indian Lake. 800-328-5253. indian-lake.com.

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.
- Sun Paddle the Erie Canal: 6 week series.** 9am. 7/14: Gateway Landing Park to Aqueduct Park (4M); 7/21: Aqueduct Park to Lock 7 (4M); 7/28: Lock 7 to Twin Bridges (7.5M); 8/4: Twin Bridges to Alcathys Boat Launch (4M); 8/11: Alcathy's through Flight of Locks (E6-E2), Waterford. (2.7M). upstatekayakrentals.com.

JULY

- 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.
- 18-21 Adirondack Canoe Symposium. Paul Smith's College, Paul Smiths. freestylecanoeing.com.
- 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

- 2-4 CanalFest Rome. 2K rec paddle, food, music, 5K run/walk. Bellamy Park, Rome. oneidacountytourism.com.
- 17 Wells Bridge Canoe and Kayak Races. 9M. 10am. Wells Bridge. slvpaddlers.org.
- 17 Oswego Paddlefest. Fulton's Indian Point Landing or Minetto to Wright's Landing, Oswego. hlwmm.org.
- 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.

SEPTEMBER

- 6-8 Adirondack Canoe Classic: The 90-Miler. Entry deadline: 7/20. Old Forge to Saranac Lake. Brian McDonnell: 518-891-2744. adirondack90miler.com.
- 7 9th Kayaking 4 Meso. 7.5M. 8:30am. Alcathy's Boat Launch, Waterford to Lighthouse Park, Halfmoon. kayaking4meso.org.
- 22 St Regis Canoe Classic. 5M/7M/11M. Paul Smiths College, Paul Smiths. slvpaddlers.org.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

- Mon Tawasentha XC 5K Run Series.** 8/5, 12, 19. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.
- Tue HMRRC Colonie Summer Track.** 6pm. 7/16, 23, 30. Colonie HS Track, Colonie. hmrrc.com.
- Wed Fleet Feet Run.** 6pm. Evening club run. All welcome. Fleet Feet, Albany. 518-459-3338. fleetfeetalbany.com.
- Thu 16th ARE Summer Trail Run Series. 6:30pm. Various locations, Capital Region. areep.com.
- 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.

JULY

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REGISTRATION: 8am at Speculator Ball Field
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RACE START: 9am
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saratogastryders.org
Laura Clark: 518-581-1278, info@saratogastryders.org
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TheMelanieFoundation.com

- 17 **Fleet Feet & Brooks Running Summer Melt Ice Cream Run.** 6pm. Fleet Feet, Albany. 518-459-3338. fleetfeetalbany.com.
- 21 **HMRRC Indian Ladder Trail Run.** 3.5M & 15K. 9am. Thacher SP, Voorheesville. hmrrc.com.
- 21 12th Dippikill Froggy Five Mile Trail Race. 9am. Dippikill Wilderness Retreat, Warrensburg. zippyreg.com.
- 21 Tupper Lake Warrior Run. 12pm. 5K/8K obstacle runs. Raquette River Brewing, Tupper Lake. 518-359-3328. tupperlake.com.
- 22 **Camp Saratoga 5K Trail Race #3.** 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 Run/Walk. 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.
- 28 Minerva Heart Health Run. 5K. 9am. Minerva Central School, Olmstedville. active.com.
- 10 Jenkins Mountain Scramble Half-Marathon & 10K Trail Races. Half: 2,364' elevation gain to summit. Paul Smith's College VIC, Paul Smiths. Tyler Dezago: 518-327-6496. paulsmiths.edu/vic.
- 10 Forge the Gorgeous. 3.5M & 7M. Fillmore Glen SP, Moravia. fingerlakesrunners.org.
- 11 Run for the Roses 5K. 9am. Grafton Lakes SP, Grafton. 518-279-1386. graftoncommunitylibrary.org.
- 16 10th Run to Remember 5K Sundown Run/Walk. 7pm. US Oval, Plattsburgh. runsignup.com.
- 17 **17th Jailhouse Rock 5K.** 8:15am. Fast, fun run to the jailhouse & back. Walkers welcome. Brookside Museum, Ballston Spa. brooksidemuseum.org/jailhouse-rock-5k-2.
- 17 **West's "Over the Top" 10K Mountain Bike + 5K Trail Run.** 10am. Just bike, run or do both (duathlon) as individuals or teams. Live music, treetop adventure tours, beer garden, food. West Mountain, Queensbury. 518-636-3699. active.com.
- 17 Voorheesville 5K & 2M Walk. Hilltown Triple Crown Series #2. Voorheesville HS, Voorheesville. 518-861-6350. zippyreg.com.
- 17 Sarcoma Strong Run/Walk 5K. 9am. University at Albany, Albany. sarcomastrong.com.
- 17 2nd Flowers to Vines Four Miles. 8am. Keeseville. runsignup.com.
- 18 Tour de Force Charity Run 1/2 Marathon, 10K & 5K. Mooney Bay, Plattsburgh. runsignup.com.
- 19 **7th Harness Track Mile.** 1M. 5:30pm. Saratoga Harness Track, Saratoga Springs. finishright.com.
- 19 **Camp Saratoga 5K Trail Race #5.** 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.
- 21 **Southern Saratoga Y Hump Day 5K Run/Walk.** 6:15pm. Southern Saratoga YMCA, Clifton Park. 518-371-2139. zippyreg.com.
- 24 22nd Altamont 5K. 9am. Hilltown Triple Crown Series #3. Crupe Bozenkill Park, Altamont. 518-861-6350. altamont5k.org.
- 24 Fishy Frolic for Huntington's Disease 5K, 10K, 1M Walk & Kids Run. 8:45am. Jennings Landing, Corning Preserve, Albany. 518-527-7904.
- 25 6th Thacher Park Trail Running Festival. 10K, 13.1M, 26.2M & 50K. 8:30am. Thacher SP, Voorheesville. thacherparkrunningfestival.com.

AUGUST

- 3 **1st Hudson River Ramble 8M Run.** 9am. Formerly Race the Train. 8-8:30am: Buses to start. 1M Family Fun Run: 11am. Riverside Station, Riparius to Johnsbury CS, North Creek. 518-251-0107. active.com.
- 3 Fox Creek 5K. 9am. Hilltown Triple Crown Series #1. Berne Town Park, Berne. 518-861-6350. active.com.
- 3 SkyHigh Trail Fire Tower 10K Trail Run. 7am. Grafton Lakes SP, Grafton. skyhighadventures.com.
- 3-4 **Churney Gurney MTB & Trail Running Races.** SAT - 9am: 5M trail run; 1pm: Hot laps on Tango; 12-4pm: Group & family rides. SUN - 9-11am: MTB races; 1:30pm: Kids' races; 9am-3pm: Demo rides. Gurney Lane MTB Park, Queensbury. churneygurney.com.
- 4 **41st Lane Lake Run.** 10K. 9am. 1M Fun Run: 9:15am. Lake Pleasant to Speculator. 518-548-4521. active.com.
- 5 **Camp Saratoga 5K Trail Race #4.** 6:15pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.
- 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.
- 1 **8th 1812 Challenge & Half Marathon.** 18.12M & 13.1M: 7:30am. 5K run/walk: 8am. 1812 Battlefield SP, Sackets Harbor. 1812challenge.com.

SEPTEMBER

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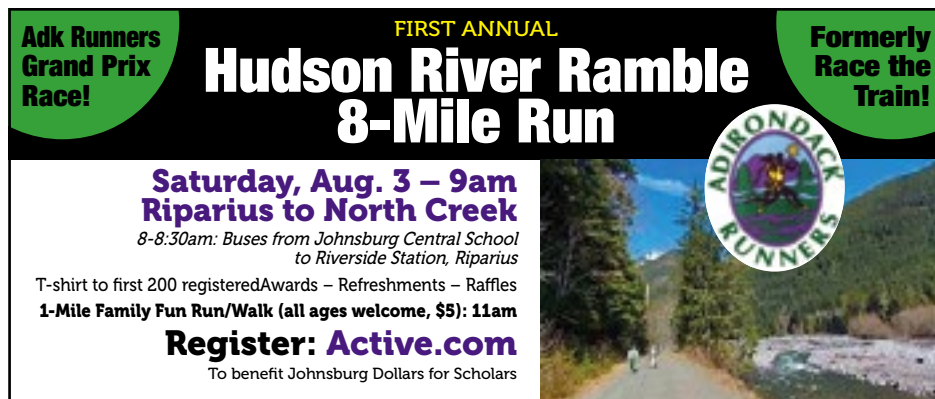
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Register: Active.com
To benefit Johnsburg Dollars for Scholars



- 2 **HMRRC Labor Day 5K Run/Walk.** 9am. State Office Campus, Albany. hmrrc.com.
- 2 **Mad Dash Race 5K Run/Walk & 10K.** 8:30am. Rhinebeck. maddashrace.com.
- 7 **10th Malta 5K Run/Walk & 1st Malta 10K.** 8am: 10K. 8:30am: 5K. HVCC Tec-Smart, Malta. Paul Loomis: 518-290-7202. malta5k.com.
- 8 **18th Teal Ribbon 5K Run & 1M Walk.** 9am. Washington Park Lake House, Albany. 518-866-1147. caringtogetherny.org.
- 8 **Camp Chingachgook Half Marathon & 10K.** Half: 8am. 10K: 9am. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. zippyreg.com.
- 8 L.L. Bean Flannel 5K. 8:30am. Crossings Park, Colonie. flannel5k.net/albany.
- 8 Tugboat Chug 5K. 9am. Kids' Run: 8:30am. Erie Canal Lock 2, Waterford. tugboatchug.com.
- 14 **ADK 5K Run/Walk.** 10am. Adirondack Pub & Brewery, Lake George.
- 14 Fort Hunter Smokin' 5K. 9am. Fort Hunter Fire Dept, Schenectady. forthunterfd.org.
- 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.
- 15 **Dutchess County Classic Marathon & Half Marathon, 5K & 1M Kids Run.** 8am. Dutchess County Community College, Poughkeepsie. dutchesscountyclassic.org.
- 15 **HMRRC Anniversary Run.** 2.95M & 5.9M. 9am. UAlbany, Albany. hmrrc.com.
- 15 40th Albany JCC Dunkin' Run. 5K/10K/15K & Kids' Fun Run. Albany JCC, Albany. 518-438-6651. albanyjcc.org/dunkinrun.
- 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.
- 21 **42nd Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship Race. Northport. cowharborrace.com.
- 21 Donate Life Legacy Run/Walk 5K. 10am. Saratoga Spa SP, Saratoga Springs. cdtny.org.
- 21 5th Backpack Run 5K & 10K. 9am. Theresa Primary School, Theresa. thebackpackrun.com.
- 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.** 9am. Indian Meadows Park, Glenville. 518-399-8118. zippyreg.com.

- 22 Arsenal City 5K Run/Walk. 10am. City Hall, Watervliet. arsenal5k.com.
- 22 Albany Booster Club Falcon 5K. 9:30am. Washington Park, Albany. facebook.com.
- 22 Rochester Marathon. Half Marathon & Relay. 7:30am. Rochester. rochestermarathon.com.
- 28 **26th FAM 5K "Fund" Run/Walk for Charity.** 10am. Refreshments, entertainment, chicken BBQ & Kids' Run. Benefits Schoharie ARC. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- 28 **5th Albany Oktoberfest 5K Run/Walk.** 10:20am. Wolff's Biergarten, Albany. oktoberfestalbany5k.com.
- 28 Healthy High 5K. 11am. North Country Community College, Ticonderoga. runsignup.com.
- 29 **Nick's Run to be Healed 5K.** 11am: Nick's Dash. 11:15am: Luke's Mile. 11:45am: Zumba Warm-Up. 12pm: 2M Walk. 1pm: 5K Run. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- 29 **16th Crossings 5K Challenge & Kids' Runs.** 9:30am. Ciccotti Center, Colonie. Donna Cramer-Sharer: 518-438-9596. colonieyouthcenter.org.
- 29 **Flashlight 5K Run/Walk.** 7:30pm. Receive glowstick necklace, bracelet & T-shirt. Must wear headlamp & carry flashlight. Cole's Woods, Glens Falls. adkracemgmt.com.

OCTOBER

- 5 **Burnt Hills-Ballston Lake Rotary Apple Run/Walk 5K.** 9am. O'Rourke MS, Burnt Hills. Suzette Stewart: 518-560-6767. bhblrotary.org.
- 6 **New Scotland 7.1M Run.** 10am. New Scotland Town Park, Voorheesville. hmrrc.com.
- 12 **13th Falling Leaves 5K Run.** 10am. Kids' 0.5M Fun Run: 10:45am. William Kelley Park, Ballston Spa. 518-885-6886. ballstonspaumchurch.org.
- 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 YMCA Trick-or-Trek 5K Run/Walk.** 9-11 am. Oakwood Cemetery, Troy. zippyreg.com.

NOVEMBER

- 10 **MVP Health Care Stockade-athon 15K.** 8:30am. Veterans Park, Schenectady. stockadeathon.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.

17TH ANNUAL
Saratoga County Historical Society

JAILHOUSE ROCK 5K

Saturday, Aug 17
8:15am • Ballston Spa
Fast, fun to the jailhouse & back • USATF Certified

Chip timing • Walkers welcome
\$25 by 8/13 or \$30 after
Youth and family: discount available!
Jen Ferriss: ferrissj@gmail.com
Benefits the Saratoga County Historical Society

Register and details:
brooksidemuseum.org/jailhouse-rock-5k-2



Caring Together 18th Annual

Teal Ribbon 5K Run & 1-Mile Walk

Fighting Ovarian Cancer One Step at a Time

Sunday, Sept. 8 • 9am
Washington Park, Albany

T-shirts to all registered online by 8/31
Chip timing for all runners
Individuals: \$17 by 8/31, \$25 after
Team Members: \$15 by 8/31, \$25 after
Children: \$5 ages 10-under

Register & Donate:
CaringTogetherNY.org




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Darryl@AdkSports.com
Media Kit: AdkSports.com



13TH ANNUAL

Falling Leaves 5K & Fun Run

Saturday, October 12 at 10am
William Kelley Park on Ralph St, Ballston Spa

All 5K participants can win a gift certificate from local businesses

Scenic course within historic village of Ballston Spa!
Great Drawings – All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, pizzerias, Fleet Feet, etc. Must be present to win.

Info & Register: ballstonspaumchurch.org/falling-leaves-5k-run
\$25 by 10/9 or \$30 race day • Long-sleeve moisture wicking T-shirt to first 200
Kids' 0.5M Fun Run (10 & under): 10:45am – Free
Stan Lockwood: (518) 885-6886 or umcfallingleaves5k@gmail.com
Benefits Veterans & Community Housing Coalition – Vet House & Guardian House for Homeless Veterans

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BICYCLING cont from 1



PASSING SEVENTH LAKE BOAT LAUNCH ON ROUTE 28: MARK LURZ OF CLIFTON PARK, ELAYNE LIVOTE OF SARATOGA SPRINGS, AND BRIAN STRATTON OF LATHAM.

At mile 22, you will pedal into Old Forge, a popular western gateway to the Adirondacks and tourist destination in the town of Webb. There's plenty of entertainment and services for travelers, and no shortage of food and drink stops at this midpoint in your ride. There's even a hometown beverage at Fulton Chain Craft Brewery, where brews with names like Bearded Lager, Flooded Tent, and Stealth Buddha grace the menu. Make sure to stop in town and explore. The community has been there since 1798, and early 19th century settler Nat Foster is reputed to have been the inspiration for James Fenimore Cooper's character of "Natty Bumppo" in "The Last of The Mohicans," and other books.

After you've rested, head back northeast in the sunshine on Route 28 toward Eagle Bay, on the border of Herkimer and Hamilton counties, where the visitor center at mile 32 offers water and restrooms. Shortly after you leave, you arrive at the intersection of Route 28 and Uncas Road (near Inlet), where you will have to make a decision: head straight back to Raquette Lake on the highway, or take the road less travelled to some unpaved exploits.

Well, of course you're the adventurous type, so turn left on Uncas Road and head

into the forest, where the pavement ends at mile 34. You will pass vacation cabins, nestled in the woods as Uncas turns into Brown's Tract Road, and enters Adirondack State Park land. The forest deepens, and you get a good idea of why this area was so hard to settle in the early 1800s. The forest, just off the road looks thick and impenetrable, and from mid-May through late-June the black flies can be merciless. Just remember it could be twice as bad. Only the females bite.

If you're on a narrow-tire road bike, this is the time to take it easy. Go slow on this seasonal gravel lane, especially on the downhills, and keep your eyes open for hazards. Just be alert and this road will work fine for your road bike. Just make sure you have a spare tube with you just in case.

The forest is shaded and quiet, and there's no sound save for the singing birds, and your own pedaling. Keep your eyes out for water to your left as you pass Upper and Lower Ponds, and then Brown's Tract Pond Campground (run by NYS DEC) near Raquette Lake. If you're a camper, take note. The sites here are shaded, remote and quiet.

Now get ready for some climbing as you tackle several short but steep grades. It's the last ridge before you make the final turn

back onto pavement at Antlers Road. From here it's only a short downhill back to your car on the shore at Raquette Lake.

Now your biggest decision is which of the local eateries you want to celebrate your ride. Book a dinner date with Raquette Lake Navigation Company to enjoy dinner aboard the W.W. Durant as it sails on Raquette Lake. Or, head west to Inlet or Old Forge, or east to Long Lake, Indian Lake or Garnet Hill Lodge in North River.

You could also visit nearby Adirondack Experience, the museum on Blue Mountain Lake, that brings Adirondack history to life. The central Adirondacks makes a great weekend destination with your ride on Saturday and a day of discovery or recovery on Sunday. Or ride Saturday and go paddling or hiking on Sunday. Many of the Fulton Chain of Lakes are connected and the choices are endless.

Your adventure is complete! Paved option: ridewithgps.com/routes/30188431. Dirt option: ridewithgps.com/routes/30159071. 🌲



ELAYNE LIVOTE ENJOYS THE MID-RIDE STOP AT FULTON CHAIN CRAFT BREWERY IN OLD FORGE.



MARK LURZ LEADS THE WAY ON A DIRT SECTION OF THE RIDE ON BROWNS TRACT ROAD.

PHOTOS BY DAVE KRAUS/KRAUSGRAFIK.COM

Dave Kraus (dbkraus@earthlink.net) is a longtime Capital Region cyclist, photographer and writer who was impressed by his first visit to Fulton Chain Lakes.

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 Inlet Area Information Office
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www.inletny.com

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42ND ANNUAL

Where Top U.S. Athletes Gather in September

THE GREAT COW HARBOR

10K RUN • NORTHPORT, NY

SATURDAY, SEPT. 21 • 8:30 AM

THE ROAD RUNNERS CLUB OF AMERICA 10K CHAMPIONSHIP RACE

Chosen by RUNNER'S WORLD as one of the nation's elite races. Northport's "GREAT COW HARBOR 10-KILOMETER RUN" is more than a foot-race for the world class athlete. Experience the hometown friendliness that makes this an unforgettable event for every one of the 5,000 runners who participate.

ONLINE REGISTRATION: www.cowharborrace.com

For updates

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Second Edition of Adirondack Paddling

*A Treat for
Flatwater Adventurers*

By Bill Ingersoll

Just in time for the 2019 paddling season, Phil Brown has published the second edition to his flatwater canoe guidebook, *Adirondack Paddling*. And just like the first edition, it is a treat for Adirondack adventurers.

Phil, the emeritus editor of the *Adirondack Explorer* magazine for 19 years, has certainly dipped his paddles in more than a few waterways. The original edition of this book included 60 trip recommendations scattered across the park. The new edition adds five new routes, all but one of which involve recently-acquired state lands. Color photos number in the dozens, making this guidebook a joy to thumb through.

Like any good guidebook, the route selections offer a variety of trip ideas, from the popular and relatively obvious - the Saranac Lakes - to the obscure and remote - Alder Bed Flow. Are these 65 routes the *only* places to paddle in the Adirondacks? Of course not. Are they a ranking of the 65 best? To some degree, perhaps, although in that regard I would quibble that a few choice routes have been omitted - but more on that in a minute.

The new routes described in the second edition are Boreas Ponds, County Line Flow, the Essex Chain, Blackwell Stillwater, and Jabe Pond. Generally speaking, the overall selection of routes highly favors the northern half of the park, but that should come as no surprise; that region is rich in waterways, and Phil lives at the heart of it all in Saranac Lake.

Reading through the new edition, I see that there is still plenty of water out there

on which I have yet to launch my own canoe. Jabe Pond, for instance, may have to be a priority. I can confirm that places like the Cedar River Flow near Indian Lake (see page 7 of this issue), and County Line Flow near Newcomb, are superb places to visit.

There are a few trivial details where my experiences differ from Phil's. For instance, although I've been to Boreas Ponds multiple times, I prefer to skip LaBier Flow because that waterway is excessively shallow - it's faster to simply carry around it. Likewise, I had a poor experience on the section of the Hudson River below Sanford Lake in Newcomb, which I thought was a subpar paddling route.

In regards to an otherwise solid description of the Cedarlands property near Long Lake, Phil could have dispensed with the references to the Boy Scouts, which sold the property years ago. While this doesn't change the paddling experience on McRorie Lake, it does mean that the unofficial toponyms that the scouts bestowed to the surrounding ridges - OA Mountain and Mount Masters - are now obsolete.

But this is nitpicking, because Phil's book is otherwise excellent. This makes sense, considering his day job for nearly two decades included a healthy dose of



exactly this kind of writing. There are also plenty of references sprinkled through *Adirondack Paddling* to one of this book's direct predecessors: the late Paul Jamieson's classic *Adirondack Canoe Waters: North Flow*.

Also noteworthy are the color photos, many of them provided by the author. The new edition includes some new professional-quality shots as well. Taking a good photo from a canoe can be challenging, but the images in this book are sure to get you in the paddling mood.

As I mentioned before, the route selections skewed toward the northern half of the Adirondack Park, with some significant gaps in the southern half. Therefore, if there will someday be a third edition - with five more routes added - I hereby propose the following:

Indian Lake - Like the Saranac Lakes, this gorgeous body of water in the central Adirondacks is dotted with islands and surrounded by mountains. The High Peak views are surprisingly good.

South Lake - Located at the headwaters of the Black River, this clearwater lake is mostly state-owned and very well-suited for paddling. Look for the rock bluff on the north shore - great swimming! - and the secluded bay at the far east end - great camping!

Thirteenth Lake - An excellent place to paddle on the edge of the Siamese Ponds Wilderness.

Garnet Lake - Located near Crane Mountain, this small lake is surrounded by small mountains. A profusion of stumps makes it virtually impassable to motorboats. Nearby Round Pond should not be missed, either.

Raven Lake - A series of canoe carry trails lead north from Stillwater Reservoir to Raven Lake, Lyon Lake, Bear Pond, and Diana Pond in the Five Ponds Wilderness. This is an underrated area that deserves more attention.

Adirondack Mountain Club publishes *Adirondack Paddling* in partnership with Phil Brown's Lost Pond Press. 🌲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirondacks.com).

WEST MOUNTAIN PRESENTS OVER THE TOP

10K MOUNTAIN BIKE + 5K TRAIL RUN

SATURDAY, AUGUST 17 | 10AM

West Mountain's Annual Over the Top 10K Mountain Bike + 5K Trail Run, benefiting Double H Ranch, takes place at the top of West Mountain on our beautiful cross-country trails. Registrants can just run, just bike, or do both (duathlon participants can register as Individuals or Teams). After the race stay for the awards, live music, Tree Top Adventure Tours, Beer Garden, and food.

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SUNDAY, SEPTEMBER 29, 2019

CLIFTON COMMONS, Register by September 6th for a Dri-fit T-Shirt

CLIFTON PARK

Prizes • Music • Carnival
Bouncy Bounce

In Honor of Olivia DeWitt
& JP Honsinger

Form a team,
have more fun!

- 11:00am: Nick's Dash
- 11:15am: Luke's Mile
- 11:45am: Zumba Warm-up
- 12:00pm: 2 Mile Walk
- 1:00pm: 5K Run

Day of race registration begins at 10am

For more info & to register go to
fighttobehealed.org

NFTBHF is a 501(c) 3 organization supporting local pediatric cancer patients

RACE RESULTS

15TH ANNUAL SARATOGA LIONS DUATHLON & 5K RUN May 26, 2019 • Saratoga Casino Hotel, Saratoga Springs

5K RUN, 30K BIKE, 5K RUN			
MALE OVERALL			
1 Nick Marcantonio	26	Glens Falls	1:17:19
2 James Stafford	55	New Paltz	1:26:58
3 Charles Lester	37	Saratoga Springs	1:27:15
FEMALE OVERALL			
1 Ann Marie Moskal	39	Ballston Spa	1:38:56
2 Ashley Wheeler	28	Rexford	1:42:25
3 Kimberly Morrison	40	East Greenbush	1:44:22
MALE AGE GROUP: 1 - 19			
1 Trevor Dzikowicz	16	Amsterdam	1:33:18
2 Simon O'Connor	16	Castleton On Hudson	1:46:47
MALE AGE GROUP: 20 - 24			
1 Eric Ostrander	24	Saratoga Springs	1:34:27
MALE AGE GROUP: 25 - 29			
1 Jesse Bowden	27	Saratoga Springs	1:51:55
2 Troy McCullen	25	Saratoga Springs	2:12:39
FEMALE AGE GROUP: 25 - 29			
1 Abby Brown	25	Menands	1:55:14
2 Paige Montanye	27	Ballston Spa	2:09:51
MALE AGE GROUP: 30 - 34			
1 Greg Hart	31	Saratoga Springs	1:44:18
2 Ryan Gilligan	30	Trenton, NJ	1:48:09
3 Ryan Ventre	34	Saratoga Springs	1:49:21
4 Kyle Szy	34	Clifton Park	2:13:57
FEMALE AGE GROUP: 30 - 34			
1 Jordyn Kline	30	Philadelphia, PA	1:52:56
2 Jessica Corwin	33	South Glens Falls	1:56:51
3 Amanda Lambert	33	Clifton Park	2:10:15
4 Katherine Eberhardt	31	Troy	2:23:38
5 Robyn Gaouette	33	Ballston Spa	2:26:10
MALE AGE GROUP: 35 - 39			
1 Svitozar Fokshey	37	Saratoga Springs	1:39:54
2 Brian Farmer	39	Ware, MA	1:52:18
3 Nichols Brockway	36	Saratoga Springs	2:04:20
4 Sean Smith	39	Saratoga Springs	2:10:28
5 Jeffrey Mullen	37	Ballston Lake	2:14:46
FEMALE AGE GROUP: 35 - 39			
1 Abbie Abbale	35	Saratoga Springs	1:58:24
2 Danielle Freebern	38	Greenfield Center	2:01:52
MALE AGE GROUP: 40 - 44			
1 Colin Crowley	42	Ballston Spa	1:38:32
2 Peter Pedrotty	40	Greenfield Center	1:39:44
3 Ian Morrison	43	East Greenbush	1:40:45
4 Brian Worthington	42	Waterford	1:49:36
5 Christopher Ervin	44	Middle Grove	1:53:55
6 Alexander Ciota	44	Saratoga Springs	1:56:10
7 Brian Iardi	43	Delmar	1:56:23
8 Steven McCutcheon	42	Schenectady	1:56:43
9 Nicholas Verdile	44	Ballston Spa	1:58:02
FEMALE AGE GROUP: 40 - 44			
1 Erin McEnaney	41	Shaftsbury, VT	1:54:31
MALE AGE GROUP: 45 - 49			
1 John Coleman	46	Saratoga Springs	1:40:50
2 Randy Swift	47	Saratoga Springs	1:40:51
3 Jim Jordan	46	Saratoga Springs	2:04:00
4 Thomas Leung	45	Niskayuna	2:11:52
FEMALE AGE GROUP: 45 - 49			
1 Jodi Plante	45	Saratoga Springs	1:54:50
2 Julie Cuneo	47	Saratoga Springs	2:00:31
3 Teresa Muolo	49	Liverpool	2:07:25
4 Melissa Tubbs	46	Corinth	2:22:11
MALE AGE GROUP: 50 - 54			
1 Doug Girling	53	Greenfield Center	1:29:29
2 Carl Regenauer	54	Saratoga Springs	1:30:09
3 Jason Amoriell	50	Peru	1:35:12
4 Timothy Thomas	52	Middle Granville	1:45:50
5 Tom Denham	53	Delmar	1:47:05
6 Ronald Richards	53	Corinth	1:48:25
7 Chris McNally	54	Ballston Spa	1:48:34
8 Jon Eriksson	51	Richmond, VT	1:52:29
9 Jay O'Connor	51	Castleton-on-Hudson	1:52:43
10 Gene Terwilliger	52	Glennville	1:55:12
11 Ronald Wheeler	53	Liverpool	2:07:25
FEMALE AGE GROUP: 50 - 54			
1 Gina Lopresti	50	Ballston Lake	2:04:53
2 Tracey Meek	51	Glenmont	2:07:32
3 Hope Debevoise	51	Schenectady	2:21:06
MALE AGE GROUP: 55 - 59			
1 Mark Weidner	58	Queensbury	1:48:59
2 Mark Burns	55	South Glens Falls	1:56:16
3 Gary Sheffer	59	Hudson	1:58:16
FEMALE AGE GROUP: 55 - 59			
1 Lisa Pleban	55	Gansevoort	2:01:56
2 Deborah Curtis	59	Greenfield Center	2:05:24
3 Julie Audi	56	Ballston Spa	2:16:25
4 Tricia Johnston	58	Ballston Lake	2:23:35
MALE AGE GROUP: 60 - 64			
1 Steve Vnuk	64	Delmar	1:44:54
2 Chris Kurkijan	60	Ballston Lake	1:56:32
FEMALE AGE GROUP: 60 - 64			
1 Jane Mastaitis	61	Saratoga Springs	2:04:55
2 Maureen Roberts	61	Saratoga Springs	2:14:48
MALE AGE GROUP: 65 - 69			
1 Dominick Audi	65	Ballston Spa	1:41:09
2 John Martin	68	Montpelier, VT	1:58:58
3 George Barananas	66	Scotia	2:06:16
4 Ward King	68	Ambley, PA	2:10:26
5 Matthew Jones	65	Saratoga Springs	2:11:22
6 Stephen Mastaitis	65	Saratoga Springs	2:27:07
FEMALE AGE GROUP: 65 - 69			
1 Kathleen Pfeiffer	65	Queensbury	2:54:03
FEMALE AGE GROUP: 70 - 74			
1 Christine McKnight	72	Gansevoort	2:20:56
TWO-PERSON FEMALE RELAY TEAM			
1 Team Wise			1:56:49
TWO-PERSON MALE RELAY TEAM			
1 Two No Tango			1:34:07
2 Top Gear			1:38:14
3 Super Flo Duo			1:39:48
4 Lance's Team			1:46:02
5 Hitman 2			1:55:07
6 Langevin			2:04:33
7 The Woods			2:04:56
TWO-PERSON MIXED RELAY TEAM			
1 Mom & Son			1:41:06
2 Seyfried Speed			1:45:40
3 Nothing to Lose			1:53:13
4 Festivus			1:57:25
5 Dirty Dualing			1:59:51
6 Meehan			2:05:41
7 The Kerls			2:17:24
THREE-PERSON FEMALE RELAY TEAM			
1 Girls with Goals			2:05:26
2 Triple Threat			2:24:53
THREE-PERSON MALE RELAY TEAM			
1 Scrambled Leggs			1:55:22
2 Eye Candy			2:04:22
THREE-PERSON MIXED RELAY TEAM			
1 Blue Sky Bicycles			1:45:55
2 Your Pace or Mine			1:48:30
3 Unknown Team			2:41:19
4 Beth-Robert			2:43:23
5K RUN			
MALE OVERALL			
1 Lance Risler	16	Rexford	19:04
2 Gohlmann Ryan	14	Troy	19:17
3 Andrew Eisler	16	Ballston Spa	19:55
FEMALE OVERALL			
1 Melissa Grandjean	41	Glennville	21:49
2 Hannah Murphy	20	Saratoga Springs	21:56
3 Ana Ventre	33	Saratoga Springs	23:23
MALE AGE GROUP: 1 - 14			
1 William Gohlmann	11	Boston, MA	23:46
2 Max Hotaling	8	Ballston Lake	30:27
3 Matthew O'Toole	12	Mechanicville	32:03
FEMALE AGE GROUP: 1 - 14			
1 Alexis Eisler	13	Ballston Spa	25:06
2 Sydney Ciota	14	Saratoga Springs	27:41
3 Evelynne Martin	9	Ballston Lake	30:24
MALE AGE GROUP: 20 - 24			
1 Raphael Sacks	24	New York	28:21
FEMALE AGE GROUP: 20 - 24			
1 Josie Yalovitszer	23	Washington, DC	28:29
MALE AGE GROUP: 25 - 29			
1 Andrew Krupski	29	Ballston Spa	20:48
2 Delaney Mangano	26	Saratoga Springs	20:57
3 Brendan Kisselback	26	Latham	22:37
FEMALE AGE GROUP: 25 - 29			
1 Taylor Lopolito	27	Philadelphia, PA	25:15
2 Taylor Smith	25	Glens Falls	29:26
MALE AGE GROUP: 30 - 34			
1 Michael Hornfeck	33	Brookline, MA	21:38
2 Andrew Stercho	32	Troy	23:29
3 Kyle Jarratt	33	Saratoga Springs	25:48
FEMALE AGE GROUP: 30 - 34			
1 Martel Catalano	30	Saratoga Springs	26:39
2 Lauren Wadsworth	33	Schuylerville	26:42
3 Annie Finn	30	Troy	30:58
MALE AGE GROUP: 35 - 39			
1 Ryan Milton	36	Saratoga Springs	20:59
2 Collin Marchiando	35	Highland Park, NJ	21:47
3 Justin Kramer	38	Broadalbin	24:48
FEMALE AGE GROUP: 35 - 39			
1 Turner Audrey	35	Waterford	25:47
2 Cindy Mastantuona	37	Saratoga Springs	30:59
3 Katie Yost	38	Saratoga Springs	31:10
MALE AGE GROUP: 40 - 44			
1 Mike O'Toole	44	Mechanicville	22:56
2 Nate Gagnon	40	Gansevoort	26:32
FEMALE AGE GROUP: 40 - 44			
1 Tristin Hotaling	42	Ballston Lake	30:27
2 Katie Gifford	43	Ballston Spa	30:46
MALE AGE GROUP: 45 - 49			
1 Marcus Farone	47	Saratoga Springs	22:40
2 Jay Gohlmann	49		26:16
FEMALE AGE GROUP: 45 - 49			
1 Tara Penge	49	Saratoga Springs	25:22
2 Maria Geizer	49	Saratoga Springs	26:36
3 Charise Kahre	45	Saratoga Springs	29:57
FEMALE AGE GROUP: 50 - 54			
1 Amy Finkelberg	51	Jackson, MS	26:18
2 Kim Eisler	53	Ballston Spa	27:28
3 Julie O'Toole	51	Mechanicville	32:15
MALE AGE GROUP: 55 - 59			
1 Charles Forzano	59	Pleasant Valley	27:46
2 Gary Washock	56	Troy	48:09
FEMALE AGE GROUP: 55 - 59			
1 Valerie Kline	57	Amsterdam	26:19
2 Renee Abdou-Malta	56	Feura Bush	28:53
3 Corinne Catalano	56	Saratoga Springs	29:51
FEMALE AGE GROUP: 60 - 64			
1 Gina Scavone	61	Saratoga Springs	29:31
2 Sandra Bower	61	Melrose MA	32:47
3 Tammi Groom	60	Saratoga Springs	35:16
MALE AGE GROUP: 65 - 69			
1 Arthur Finkelberg	65	Jackson, MS	24:20
FEMALE AGE GROUP: 65 - 69			
1 Alice Carpenter	69	Delmar	35:44
2 Debbie Thomas	67	Webster	42:46
MALE AGE GROUP: 70 - 74			
1 Joseph Scaringe	73	Latham	27:53
2 John Vavasseur	70	Albany	36:30
FEMALE AGE GROUP: 70 - 74			
1 Nancy Johnston	73	Ballston Lake	45:34

Courtesy of Saratoga Springs Lions Club

18TH ANNUAL WHITEFACE MOUNTAIN UPHILL BIKE RACE continued

11 Sean McLaughlin	49	1:38:47	13 Jim Basil	54	1:12:34	4 Brian Smith	62	1:09:43
12 Jose Lopez	40	1:40:02	14 Jay Tyler	54	1:14:17	5 Tom Coughlan	62	1:11:19
FEMALE AGE GROUP: 40 - 49								
1 Elizabeth Corredor	40	1:19:35	16 James Williams	55	1:19:06	7 Phil Neisser	62	1:23:41
MALE AGE GROUP: 50 - 59								
1 Gary Steinberg	52	58:07	17 Jonathan Barber	52	1:21:42	8 Peter Quinn	62	1:29:56
2 Stephen Kimos	51	1:00:07	18 John Stevens	56	1:22:08	9 Robert Stevens	61	1:30:44
3 Scott Lawrence	51	1:00:49	20 Stephen McAlpine	58	1:22:36	10 Kevin Hill	60	1:49:31
4 Michael Johnson	58	1:00:51	21 David Juneau	56	1:23:16	FEMALE AGE GROUP: 60 - 69		
5 William McGreevy	55	1:01:20	22 Thomas Brown	50	1:28:12	1 Laurel Ross	66	1:24:53
6 Gregg Salisbury	50	1:04:51	23 Richard Pendleton	55	1:28:43	MALE AGE GROUP: 70 - 79		
7 John Winkler	52	1:06:41	FEMALE AGE GROUP: 50 - 59					
8 Brett Rutledge	57	1:06:44	1 Gaetane Perreault	54	1:17:19	1 Mark McCarthy	70	1:03:11
9 Mark McDonald	50	1:07:12	MALE AGE GROUP: 60 - 69					
10 Kevin Clark	58	1:08:14	1 Paul Hermes	61	1:05:14	2 Michael McCusker	70	1:12:25
11 Richard Bastone	56	1:10:54	2 Kevin Williams	61	1:05:16	3 Guy Berthiaume	74	1:13:08
12 John Lanoue	56	1:12:20	3 Carl Hubel	63	1:07:44	4 Jeremy Coleman	71	1:31:20
Courtesy of Whiteface Mountain Regional Visitors Bureau								

41ST ANNUAL FREIHOFER'S RUN FOR WOMEN

June 1, 2019 • Capitol Park, Albany

5K RUN FOR WOMEN			
TOP 10 OVERALL			
1 Elaina Tabb	27	Watertown, MA	16:03
2 Diane Nukuri	34	Flagstaff, AZ	16:05
3 Maddie Van Beek	27	Fargo, ND	16:09
4 Katie Newton	28	Belmont, MA	16:24
5 Kelsey Chmiel	17	Greenfield Center	16:33
6 Kaylee Flanagan	24	Louisville, CO	16:34
7 Hannah Reinhardt	21	Clarence	16:39
8 Meghan Peyton	33	St. Paul, MN	16:55
9 Lindsey Scherf	32	High Falls	17:05
10 Ella Kurto	14	Ballston Spa	17:15
TOP 5 MASTERS			
1 Jennifer Rhines	44	San Diego, CA	17:21
2 Melody Fairchild	45	Lyons, CO	17:59
3 Dana Bush	40	Saratoga Springs	18:15
4 Cassandra Henkiel	49	Austin, TX	18:29
5 Marisa Sutura Strange	55	Pleasant Valley	18:29
AGE GROUP: 1 - 14			
1 McKinley Wheeler	14	Greenfield Center	17:58
2 Sheridan Wheeler	14	Greenfield Center	18:49
3 Kaleigh Higgins	13	Watervliet	18:55
4 Skyler Knott	14	Saratoga Springs	19:23
5 Charlotte O'Meara	11	Delmar	19:47
6 Emily Bush	12	Saratoga Springs	20:01
7 Anna Chrapowitzy	9	Slingerlands	20:31
8 Lillian Moran	13	Albany	20:37
9 Lily Czub	13	Schaghticoke	20:41
10 Angelina Pusateri	13	Castleton-on-Hudson	20:46
AGE GROUP: 15 - 19			
1 Catherine Mongan	15	Gansevoort	18:43
2 Rachel Hodge	17	Delmar	19:08
3 Sophie Tesla	18	Greenfield Center	19:

41ST ANNUAL FREIHOFFER'S RUN FOR WOMEN *continued*

USATF CLUB TEAMS: OPEN

1	Willow Street Athletic Club "A"	55:48
	Karen Bertasso, Erin Lopez, Sara Buckley, Anne Benson	
2	Willow Street Athletic Club "B"	57:48
	Allison Thayer, Tricia Longo, Meghan Mortensen, Kari Deer	
3	ARE Team "B"	58:35
	Michelle Merlis, Diana Tobon-Knobloch, Whitney Bennett Bouchard, Brina Seguin, Erin Rightmyer	

USATF CLUB TEAMS: MASTERS

1	ARE Masters	1:10:08
	Marta Dauphinee, Tina Greene, Susan Wong	
2	Saratoga Stryders / Adirondack	1:10:44
	Mary Fenton, Virginia Lupo, Jane Labombard, Lauren Herbs, Hilary Claggett	

USATF CLUB TEAMS: MASTERS AGE-GRADED

1	Willow Street Athletic Club	55:23
	Colleen Brackett, Martha DeGrazia, Mary Buck	
2	Saratoga Stryders	1:05:44
	Claire Henderson, Hope Plavin, Debbie Tierney	

FREIHOFFER'S JUNIOR 3K RUN

TOP 10 BOYS OVERALL

1	Krishan Badrie	14	Troy	11:03
2	John Meddaugh	14	Selkirk	11:13
3	Graham Richard	14	Albany	11:34
4	Logan Doll	13	Ballston Lake	11:48
5	Evan O'Connor	12	Sand Lake	12:10
6	Mason Brozowski	11	Selkirk	12:33
7	Rylan Lee-Powell	12	Canton	14:50
8	Richard Bachner	10	East Nassau	14:50
9	Parker Deyoe	10	South Bethlehem	15:11
10	Michael Neaton	11	Albany	15:49

TOP 10 GIRLS OVERALL

1	Sophia Chromczak	8	Delmar	13:57
2	Aubrey Meddaugh	10	Selkirk	13:58
3	Anne Stanavich	14	Amsterdam	14:51
4	Zoe Geiger	13	Valatie	15:44
5	Abbey Light	11	Jay	16:04
6	Mara Carrig	8	Averill Park	16:07
7	Payten Olmsted	11	Feura Bush	17:32
8	Brianna Simmons	10	Middleburgh	17:32
9	Myla Evans	9	Altamont	17:38
10	Brooklyn Gibbins	8	Burnt Hills	17:38

Courtesy of Freihofer's Run for Women

22ND ANNUAL CHARLTON HERITAGE 5K RUN

June 1, 2019 • Old Red School House, Charlton

MALE OVERALL

1	Ross Wightman	23	Chatham	16:07
2	Gabe Winters-Bona	17	Glenville	16:13
3	David Metacarpa	17	Charlton	16:22

FEMALE OVERALL

1	Gabriella Rao	22	Ballston Spa	19:42
2	Liz Reid	29	Saratoga Springs	20:26
3	Megan James	30	Charlton	21:13

MALE AGE GROUP: 1 - 14

1	Matthew Rounds	14	Ballston Spa	16:57
2	Rhyan Lorenc	14	Burnt Hills	20:29
3	Christopher Maher	13	West Charlton	20:34

FEMALE AGE GROUP: 1 - 14

1	Mia Paolino	13	Burnt Hills	22:28
2	Amelia Cataldo	14	Ballston Spa	22:28
3	Allie O'Rourke	12	Glenville	22:57

MALE AGE GROUP: 15 - 19

1	Evan Brenna	18	Ballston Lake	17:15
2	Nick Hunziler	17	Glenville	17:16
3	Noah Greski	16	Scotia	17:48

FEMALE AGE GROUP: 15 - 19

1	Jamison Vendetti	15	Glenville	22:27
2	Emily Berg	15	Ballston Lake	22:27
3	Rory Graham	18	Burnt Hills	22:28

MALE AGE GROUP: 20 - 24

1	Kevin Gideon	21	Ballston Spa	16:32
2	Luke Gobel	20	Ballston Spa	22:44
3	Buddy Herkenham	24	Charlton	25:40

FEMALE AGE GROUP: 20 - 24

1	Jen Keefer	23	Charlton	24:29
2	Margaret Scognamigl	20	Scotia	30:43
3	Jenna Czub	24	Burnt Hills	30:49

MALE AGE GROUP: 25 - 29

1	Jon Cusick	28	Charlton	17:00
2	Alex Gilgore	26	Scotia	19:07
3	Jacob Ross	26	Ballston Spa	28:44

FEMALE AGE GROUP: 25 - 29

1	Carolyn Herkenham	28	Charlton	22:50
2	Jasmine Kipke	25	Charlton	25:40
3	Sara Verga	29	Glenville	26:01

MALE AGE GROUP: 30 - 34

1	Greg Stevens	34	Charlton	20:05
2	Erik Mueller	31	Rotterdam	23:41
3	Joshua Kirkham	33	Glenville	23:41

FEMALE AGE GROUP: 30 - 34

1	Kelly Seymour	33	Burnt Hills	23:16
2	Lauren Kirkham	33	Glenville	26:52
3	Tonya Wile	30	Ballston Lake	27:48

MALE AGE GROUP: 35 - 39

1	Jakob Irwin	38	Troy	18:56
2	Jim Monlea	37	Schenectady	21:43
3	Kevin Simpson	37	Burnt Hills	22:39

FEMALE AGE GROUP: 35 - 39

1	Sammi Bodenstab	37	Charlton	25:20
2	Amber Trendell	39	Burnt Hills	25:27
3	Amanda Reynolds	36	Hollis, NH	27:45

MALE AGE GROUP: 40 - 44

1	Jonathan Guthan	42	Scotia	20:02
2	Shaun Evans	41	Middle Grove	23:13
3	Jason Chlopecki	44	Glenville	23:25

FEMALE AGE GROUP: 40 - 44

1	Kristen Boussa	44	Glenville	24:30
2	Jodi Cataldo	44	Ballston Spa	24:34
3	Julie Ross	40	Ballston Spa	25:03

MALE AGE GROUP: 45 - 49

1	Greg Ethier	45	Clifton Park	19:05
2	David Shumpert	48	Clifton Park	21:11
3	Stephen Meyer	47	Clifton Park	25:46

FEMALE AGE GROUP: 45 - 49

1	Lynn Prehn	47	Saratoga Springs	23:43
2	Jill Gobel	49	Ballston Spa	24:05
3	Laura Paolino	45	Burnt Hills	25:41

MALE AGE GROUP: 50 - 54

1	Scott McNemara	51	Ballston Spa	19:58
2	John Modoski	51	Amsterdam	21:37
3	Dave Rakviga	54	Burnt Hills	24:56

FEMALE AGE GROUP: 50 - 54

1	Kristin Short	51	Ballston Spa	24:41
2	Kim Henes	52	Mechanicville	25:29
3	Kim Eisler	52	Ballston Spa	27:50

MALE AGE GROUP: 55 - 59

1	Sam Mercado	56	Albany	20:34
2	Jon Schoenberg	56	Harvard	20:45
3	Bill Bean	59	Scotia	21:21

FEMALE AGE GROUP: 55 - 59

1	Mary Hoey	58	Charlton	23:23
2	Kimberly Goodwin	56	Glenville	25:47
3	Maureen Florio	56	Rotterdam Junction	29:17

MALE AGE GROUP: 60 - 64

1	Brian Sherras	61	West Rupert, VT	20:04
2	Roy Mowrey	61	Gloversville	23:42
3	Robert Williams	63	Burnt Hills	24:15

FEMALE AGE GROUP: 60 - 64

1	Susan Milstein	63	Menands	31:28
2	Jean Smith	61	Ballston Lake	33:32
3	Glen Miller	60	Schuylerville	33:35

MALE AGE GROUP: 65 - 69

1	George Baranaukas	65	Scotia	23:10
2	Matthew Jones	65	Saratoga Springs	24:40
3	Tom Lansing	67	Scotia	25:03

FEMALE AGE GROUP: 65 - 69

1	Katherine Ambrosio	68	Delmar	29:59
2	Alice Carpenter	68	Delmar	39:59
3	Diana Martin	65	Scotia	53:31

MALE AGE GROUP: 70 - 74

1	Richard Baluch	73	Delanson	28:11
2	Mason Callahan	74	Saratoga Springs	28:31
3	Kenneth Larkin	72	Ballston Spa	50:46

FEMALE AGE GROUP: 70 - 74

1	Marilyn Venuti	70	Ballston Spa	46:43
2	Judy Connelly	73	Scotia	53:31
3	Jean Aabo	71	Ballston Spa	58:44

MALE AGE GROUP: 75 - 79

1	Sherm Dawson	76	Ballston Spa	33:31
2	Richard Theissen	75	Round Lake	35:49
3	Torben Habo	78	Ballston Spa	58:44

FEMALE AGE GROUP: 80 - 84

1	Joycelyne Russell	83	Scotia	53:30
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Courtesy of Charlton Historical Society

9TH ANNUAL COOPERSTOWN TRIATHLON

June 1, 2019 • Glimmerglass State Park, Cooperstown

750-METER SWIM, 11-MILE BIKE, 3-MILE RUN

MALE OVERALL

1	Donald Guest	1:03:28
2	Jeff Dugan	1:05:44
3	Zachary Myers	1:08:27

FEMALE OVERALL

1	Allison Bach	1:13:24
2	Murree Hayes	1:14:13
3	Leila Paltrowitz	1:14:57

MALE AGE GROUP: 15 - 19

1	Steven LaFever	1:17:44
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MALE AGE GROUP: 20 - 24

1	Mikko Sayre	1:10:52
2	Joshua Catrine	1:37:23
3	Mitchell Lalik	1:47:30

FEMALE AGE GROUP: 20 - 24

1	Julia Jesse	1:18:55
2	Emily Barton	1:38:02
3	Emily Loucks	1:40:09

MALE AGE GROUP: 25 - 29

1	Liam Gallagher	1:12:37
2	Raymond Amato	1:19:39
3	Justin Bartz	1:21:21

FEMALE AGE GROUP: 25 - 29

1	Chandler Shepard	1:25:20
2	Kristen Smith	1:33:29
3	Maggie McNamara	1:38:34

MALE AGE GROUP: 30 - 34

1	Brandon Bach	1:08:33
2	Logan Underkofler	1:12:06
3	Cesar Colasante	1:25:36

FEMALE AGE GROUP: 30 - 34

1	Kelly Rogers	1:16:46
2	Claire Maxey	1:25:21
3	Jody Hanson	1:35:55

MALE AGE GROUP: 35 - 39

1	Matthew Price	1:09:32
2	Timothy Thomas	1:15:11
3	Kevin Rowe	1:26:52

FEMALE AGE GROUP: 35 - 39

1	Katie Brown	1:20:35
2	Amanda Giles	1:40:22
3	Laura Oswald	1:40:34

MALE AGE GROUP: 40 - 44

1	Tom Hanselman	1:09:41
2	Tim Kressly	1:14:21
3	Daniel Gaidasz	1:15:56

FEMALE AGE GROUP: 40 - 44

1	Jenny Hanmer	1:16:36
2	Colette Youlen	1:26:06
3	Elizabeth Mahon	

RACE RESULTS

CAPITAL REGION HEART RUN 5K *continued*

MALE AGE GROUP: 25 - 29

1 David Jabaut	27	Albany	23:51
2 Lucas Sestito	25	Albany	24:14
3 Kristev Hildenbrandt	28	Schenectady	25:24

FEMALE AGE GROUP: 25 - 29

1 Ashley Jason	27	Albany	26:14
2 Katie Alberts	26	Albany	27:38
3 Amy Pedlow	29	Albany	28:46

MALE AGE GROUP: 30 - 34

1 Brian Harper	30	Rotterdam	23:59
2 Mike Johnson	30	Albany	25:19
3 Amanuel Ogbamikal	30	Albany	26:08

FEMALE AGE GROUP: 30 - 34

1 Emily McDonnell	33	Niskayuna	26:19
2 Keai Jiang	32	Albany	27:07
3 Elizabeth Halayko	34	Niskayuna	27:26

MALE AGE GROUP: 35 - 39

1 Charles Reynolds	36	Colonie	20:45
2 Patrick Kervin	35	Albany	22:22
3 Peter Emmott	35	Cohoes	24:35

FEMALE AGE GROUP: 35 - 39

1 Melissa Carroll	35	Albany	26:18
2 Stephanie Wertz	36	Albany	29:20
3 Danielle Freeborn	38	Albany	31:34

MALE AGE GROUP: 40 - 44

1 Joseph Altobello	41	Green Island	22:38
2 Joshua Rockwood	40	Knox	22:57
3 Jess Smith	44	Albany	24:16

FEMALE AGE GROUP: 40 - 44

1 Heather Rogers	41	Albany	27:27
2 Lecia Engle	44	London, OH	27:55
3 Amber Mulford	42	Watervliet	28:25

MALE AGE GROUP: 45 - 49

1 Matthew Mangione	48	Rensselaer	23:25
2 Todd Engle	49	London, OH	24:46
3 Oliver Savcedo	45	Altamont	25:17

FEMALE AGE GROUP: 45 - 49

1 Jennifer Webb	45	Glenmont	29:04
2 Michele Bourgeois	49	Green Island	30:03
3 Phil Conti	48	Selkirk	30:58

MALE AGE GROUP: 50 - 54

1 Vincent Fiori	53	Clifton Park	25:29
2 Ron Moraski	51	Waterford	26:31
3 Phil Conti	51	Schenectady	27:30

FEMALE AGE GROUP: 50 - 54

1 Tracey Meek	50	Glenmont	26:44
2 Sonya Moroukian	54	Niskayuna	27:35
3 Marisa Alber	52	Gansevoort	30:24

MALE AGE GROUP: 55 - 59

1 Michael Wallner	55	Mechanicville	24:43
2 Christopher Thomas	59	Staatsburg	25:09
3 John Cochreu	56	Albany	32:35

FEMALE AGE GROUP: 55 - 59

1 Kirsten LeBlanc	56	Broadalbin	28:08
2 Lisa Carroll	55	Latham	32:17
3 Joan Rooney	56	Cohoes	34:28

MALE AGE GROUP: 60 - 64

1 Glenn Rockwood	63	Malta	39:07
2 Stephen Breen	62	Albany	55:01
3 Leonard Gaylord	60	Schenectady	1:01:59

FEMALE AGE GROUP: 60 - 64

1 Regina Loewenstein	61	Malta	29:40
2 Jennifer Lawrence	60	Albany	29:45
3 Laurie Adrian	61	Latham	33:34

MALE AGE GROUP: 65 - 69

1 Martin Touhey	66	Albany	25:13
2 Joseph Sacco	66	Glenmont	43:24

FEMALE AGE GROUP: 65 - 69

1 Eileen Mahoney	67	Delmar	35:40
2 Georgianne Constantino	68	Amsterdam	39:56
3 Eileen Walker	65	Albany	48:43

MALE AGE GROUP: 70 - 74

1 James Callahan	74	Saratoga Springs	29:29
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Courtesy of American Heart Association

24TH ANNUAL BLACK FLY CHALLENGE ADIRONDACK GRAVEL GRINDER *continued*

MALE AGE GROUP: 19 - 29

1 Matthew Eaton	23	Scottsville	2:30:07
2 Sean O'Neill	27	Washington, DC	2:33:28
3 Dave Giokas	29	Scotia	2:38:14
4 Jared Pazienna	29	Kingston	2:38:29
5 Adam Pyle	25	Martinsville, NJ	3:06:43
6 Evan Kott	20	Piscataway, NJ	3:10:50
7 Oliver Burt	25	Burlington, VT	3:15:09
8 Mills Manuel	24	Gill, MA	3:31:36

FEMALE AGE GROUP: 19 - 29

1 Ashley Madigan	19	Valley Falls	3:40:48
2 Trixie Wessel	23	Gill, MA	3:59:52

MALE AGE GROUP: 30 - 39

1 Samir Maina	33	Montreal, QC	2:14:20
2 Joseph Cicha	33	Wantagh	2:23:02
3 Xavier Poirier-Moisson	33	Boucherville, QC	2:24:33
4 David Klosner	35	Massapequa	2:33:08
5 Matt Campbell	33	Farmingdale	2:34:36
6 Jason Newton	39	Baldwinsville	2:41:28
7 Brian Burke	39	New Hartford	2:41:50
8 Adam Fleischer	36	Manlius	2:42:59
9 Jesse Chartier	37	Voorheesville	2:45:59
10 Edward Stapley-Brown	34	Kingston	2:47:08

FEMALE AGE GROUP: 30 - 39

1 Erin Newton	36	Baldwinsville	2:55:53
2 Morgan Hardy	34	Albany	3:11:55

MALE AGE GROUP: 40 - 49

1 Aaron Russel	49		2:15:04
2 Matthew Lovell	46	Rochester	2:18:42
3 Matthew Spring	45	Indian Lake	2:23:57
4 Jason Overton	46	Castorland	2:24:32
5 Jim Dobbins	49	Webster	2:25:07
6 Robert Szkotak	45	Phoenix	2:27:46
7 Justin McGiver	43	Lake Placid	2:29:34
8 Dawson Patrick Salerno	48	Sayre, PA	2:32:20
9 William Solt	46	Elmira	2:33:06
10 James Tsardakas	44	Mexico	2:35:57

FEMALE AGE GROUP: 40 - 49

1 Stacy Wozniak	48	Delmar	3:13:42
2 Stephanie Hanaman	47	Ghent	3:26:21
3 Allison Gubala	44	Saratoga Springs	3:26:54

MALE AGE GROUP: 50 - 59

1 Marc Bigsby	51	Rochester	2:21:52
2 DJ Wright	53	Canandaigua	2:25:56
3 Kurt Schmidt	52	Baldwinsville	2:35:29
4 Bill Toran	56	Hadley	2:36:38
5 Jim Lockton	50	Morris, CT	2:39:20
6 David Vanwie	53	Manlius	2:41:04
7 Richard Williams	53	Gloversville	2:43:16
8 John Crumlish	57	Buffalo	2:45:59
9 Dan Mclean	58	Lake Clear	2:46:33
10 Jacques Roeth	59	Slingerlands	2:46:58

FEMALE AGE GROUP: 50 - 59

1 Susan Anton	52	Trumansburg	2:52:10
2 Michelle Schmidt	53	Baldwinsville	3:08:18
3 Trish Welsh	51	Syracuse	3:24:06
4 Kathie Topley	50	Oswego	3:28:47
5 Heather Crumlish	58	Youngstown	3:33:58
6 Susan McIntyre	53	Mount Upton	3:41:46
7 Teresa Ross	56	Broadalbin	3:46:01

MALE AGE GROUP: 60 - 69

1 Alan Lock	62	Syracuse	2:27:15
2 Robert Ries	60	Gainesville, FL	2:32:03
3 Chris Hebert	61	Duxbury, MA	2:34:55
4 Bryce Button	64	Canastota	2:36:25
5 Christopher Hare	60	Canandaigua	2:48:56
6 Steven Hanes	61	Syracuse	2:51:29
7 Alan Anton	63	Trumansburg	2:53:18
8 Jim Selkirk	60	Hannacroix	2:54:58
9 Phil Reed	62	Oswego	2:55:24
10 Kieran O'Connor	62	New York	2:55:51

MOUNTAIN BIKE - CATEGORY 2

1 Alan Cushman	47	Cicero	2:16:17
2 Mark Zipprich	32	Manlius	2:21:10
3 Derrick Lucas	49	Plattsburgh	2:24:19

FEMALE OVERALL

1 Rebecca Evansky	39	Hudson Falls	2:43:18
2 Katie Mertz	32	Rochester	2:45:40
3 Jennifer Morrisette	40	Clinton	2:55:32

MALE AGE GROUP: 19 - 29

1 Evan Newbold	25	Charlottesville	2:29:29
2 Jake Meyers	28	Utica	2:29:31
3 Joey Brown	20	Malone	2:34:26
4 Chase Weaver	24	Burlington, VT	2:35:31
5 Nathan Watkajty	25	Utica	2:43:54
6 John Tremblay	26	Schenectady	2:46:42
7 Mark Leskovec	29	Fort Edward	2:50:22
8 Stephen Schappert	26	Hillsborough, NJ	2:53:27
9 Tim Reddick	28	Alexandria Bay	2:53:44
10 Oliver Derosier	26	Hudson Falls	2:55:24

FEMALE AGE GROUP: 19 - 29

1 Erin Simmons	24	Oneida	2:59:15
2 Michele Spear	29	Marion	3:20:43
3 Savannah Doviak	25	Lake Placid	3:33:01
4 Emily Cheney	20	Redfield	3:37:11
5 Kaitlin Magee	27	Liverpool	3:37:20
6 Ellason Roe	29	Chicago, IL	3:37:59
7 Erin Dippold	23	Jackson, NJ	3:40:46
8 Emilie O'Neill	29	New Haven, CT	3:57:12
9 Amanda Lobue	27	Saranac Lake	4:18:38
10 Shannon Tweedie	27	Averill Park	4:31:02

MALE AGE GROUP: 30 - 39

1 Alan McFee	34	Bainbridge	2:38:48
2 Keith Gallup	37	Cortland	2:39:08
3 Timothy Rowland	38	Fayetteville	2:46:19
4 Dylan Reed	34	Harrisville	2:46:42

5 George Wagner	33	Oneida	2:46:44
6 Greg Kaladjian	39	Schenectady	2:56:47
7 Paulo Loberge	39	Guelph, ON	2:56:47
8 Morgan Remillard	33	Peru	3:03:10
9 Jeffrey Lincoln	34	Liverpool	3:03:52
10 Samuel Wilkinson	30	Kingston	3:04:15

FEMALE AGE GROUP: 30 - 39

1 Jessica Blake	35	Brewerton	3:09:41
2 Laura Wallace	35	Central Square	3:13:40
3 Krista Harwick	39	Mohawk	3:27:38
4 Emily Vanderveen	30	Elizabethtown	3:28:16
5 Jenna Shephard	32	Kenosha, WI	3:37:59
6 Carol Moore	33	Norwich	3:39:08
7 Beth Logue	37		3:46:49
8 Crystal Burrows	38	Mexico	3:47:44
9 Lindsay Cartmill	32	Rotterdam	3:53:28
10 Malgorzata Kaladjian	39	Schenectady	3:54:42

MALE AGE GROUP: 40 - 49

1 Andrew Lerner	48	Westport	2:31:18
2 Jeff Waasdrop	47	Rochester	2:34:26
3 Adam Carr	40	Southborough, MA	2:35:31
4 J Wozniak	42	Delmar	2:36:42
5 Doug Domagala	49	Lowville	2:39:19
6 Chris Jacques	41	Woodbury, CT	2:40:05
7 Donald Dew	40	Fayetteville, CO	2:44:20
8 Peter Wick	46	East Patchogue	2:44:28
9 Daniel Davies	48	Cleverdale	2:46:04
10 Kris Morrisette	41	Clinton	2:48:54

FEMALE AGE GROUP: 40 - 49

1 Lisa Mackenzie	48	North Syracuse	2:57:33
2 Jamie Lynn Campbell	42	Lake Placid	3:03:22
3 Shannon Brandes	44	Scottsville	3:13:37
4 Ursula Williams	47	Remsen	3:31:30
5 Elisha Bartlett	41	Westport	3:40:59
6 Sara Carr	40	Southborough, MA	3:46:25
7 Christina Bartlett	44	Old Forge	3:50:20
8 Noelle Stevens	49	Queensbury	4:07:32
9 Erica Murray	49	Old Forge	4:25:06
10 Tracy Fidd	48	Warrensburg	4:34:02

MALE AGE GROUP: 50 - 59

1 David Thornton	55	Erie, PA	2:24:19
2 Robert Fisk	56	Pennellville	2:30:08
3 Roy Brinker	55	Plattsburgh	2:31:14
4 James Sabatino	52	Southwick, MA	2:31:42
5 Steve Rousseau	53	East Rochester	2:32:56
6 Mark Hebert	56	Fayetteville	2:36:57
7 Jeff Rusby	50		2:39:28
8 Brian Dansin	57	Cambridge	2:40:59
9 Andrew Busa	50	Chittenango	2:41:49
10 Matthew McCarty	50	Ithaca	2:42:20

FEMALE AGE GROUP: 50 - 59

1 Nicole Preiser	53	Arlington, VT	3:12:19
2 Renee Blaney	52		3:14:35
3 Debra McNulty	59	Oswego	3:16:39
4 Catherine Reynolds	54		3:21:59
5 Deb Donohue	56	Jamesville	3:23:25
6 Mary Houck	57	Fort Plain	3:25:26
7 Holly Donnan	56	Mayfield	3:27:14
8 Annette Fentress	52	Brewerton	3:27:58
9 France Bouchard	52	Dorval, QC	3:34:07
10 Diane Timms	53	Victor	3:35:52

MALE AGE GROUP: 60 - 69

1 Mark Bryant	61	Delmar	2:39:03
2 Mike Fenlon	60	Baldwinsville	2:41:34
3 Kirby Van Vleet	64	Queensbury	2:41:51
4 Jiri Pisanys	61	Rome	2:45:23
5 Nick Lamando	60	Queensbury	2:46:04
6 Robert McNamara	62	Honeoye Falls	2:48:51
7 Rick Schenovsky	61	North Syracuse	2:49:51
8 Keith Strack	60	Saratoga Springs	2:53:10
9 Brian Landenberger	62	Warrensburg	2:57:38

21ST ANNUAL KINDERHOOK BANK OK-5K RACE *continued*

MALE AGE GROUP: 30 - 34			
1	Charlie Bennett	34	Ossining 17:00
2	Ben Heller	30	Troy 17:40
3	Stephan Moessner	30	Troy 19:14
FEMALE AGE GROUP: 30 - 34			
1	Molly Casey	34	Albany 20:55
2	Michelle Davis	30	Schenectady 22:05
3	Rachel Schneider	33	Philadelphia, PA 25:51
MALE AGE GROUP: 35 - 39			
1	Dave Vona	36	Valatie 16:47
2	Brandon Vloria	38	East Greenbush 20:47
3	Rich Orlicz	36	Schenectady 21:07
FEMALE AGE GROUP: 35 - 39			
1	Erin Rightmyer	35	Delmar 21:06
2	Stephanie Vloria	36	East Greenbush 22:55
3	Elaine Berlin	35	Kinderhook 24:27
MALE AGE GROUP: 40 - 44			
1	Christopher Scovill	40	Kinderhook 19:52
2	Brian Sadowski	41	Valatie 21:43
3	Brian Northan	44	Guilderland 22:09
FEMALE AGE GROUP: 40 - 44			
1	Jessica Northan	43	Guilderland 22:06
2	Keri Gill-Smith	41	Hudson 25:58
3	Mary O'Reilly	42	Valatie 29:47
MALE AGE GROUP: 45 - 49			
1	Andrew Reed	47	Niskayuna 18:30
2	Aram Fox	46	New York 19:06
3	Tom Fraser	46	Schodack Landing 19:56
FEMALE AGE GROUP: 45 - 49			
1	Karen Dolge	48	Valatie 20:30
2	Christine Baccaro	45	Chatham 25:37
3	Tami Labatt	47	Valatie 28:32
MALE AGE GROUP: 50 - 54			
1	Ben Greenberg	50	Slingerlands 17:30
2	Patric Brew	50	Kinderhook 19:41
3	John Pusateri	51	Castleton 20:41
FEMALE AGE GROUP: 50 - 54			
1	Emily Bryans	51	Delanson 20:19
2	Jacque Schiffer	54	Olivebridge 21:57
3	Kim Seabury	52	Old Chatham 22:31
MALE AGE GROUP: 55 - 59			
1	Rick Joyce	59	Wynantskill 19:35
2	John Sestito	55	Johnsontown 19:42
3	Russell Lauer	56	Troy 20:02
FEMALE AGE GROUP: 55 - 59			
1	Nancy Nicholson	57	Queensbury 23:43
2	Joyce Poulin	58	Amsterdam 27:38
3	Mary Burntittus	58	Hillsdale 28:56
MALE AGE GROUP: 60 - 64			
1	Randy Gibbs	60	Rhinebeck 22:59
2	Raymond Framarin	64	Valatie 24:10
3	Vince Juliano	62	Delanson 25:09
FEMALE AGE GROUP: 60 - 64			
1	Karen Gerstenberger	61	Albany 26:28
2	Theresa Girvin	61	Castleton 28:52
3	Kathleen Hutson	62	Clifton Park 31:28

MALE AGE GROUP: 65 - 69			
1	Juergen Reher	69	Wynantskill 23:11
2	Joe Aliberti	69	Voorheesville 23:30
3	Jim Allen	68	Millbrook 23:36
FEMALE AGE GROUP: 65 - 69			
1	Martha DeGrazia	68	Slingerlands 24:59
2	Carolyn George	65	Albany 26:57
3	Cecile Gleason	67	Voorheesville 30:52
MALE AGE GROUP: 70 - 74			
1	Michael Thumann	70	Chatham 25:39
2	Jim Fiore	71	Latham 28:50
3	Bob Franklin	70	Castleton 33:12
FEMALE AGE GROUP: 70 - 74			
1	Ann Scharoun	70	Valatie 43:46
2	Nancy Johnston	73	Ballston Lake 49:48
MALE AGE GROUP: 75 - 79			
1	Jim Hotaling	78	Valatie 36:12
2	Gerald Sun	75	Brooklyn 36:37
3	George Dutcher	77	Castleton-on-Hudson 37:17
FEMALE AGE GROUP: 75 - 79			
1	Jayne Zinke	76	Valatie 32:44
MALE AGE GROUP: 80 - 84			
1	Ed Simonsen	82	Valatie 40:18
2	Daniel Wellner	84	New York 50:10
MALE AGE GROUP: 85 - 89			
1	Joe Kelly	85	Albany 46:30

OK 1 RUN (KIDS' ONE-MILER)

MALE OVERALL			
1	Joseph Stead	10	Valatie 6:40
FEMALE OVERALL			
1	Syndie Becker	6	Valatie 8:29
MALE AGE GROUPS			
1	Evan Grabbe	4	Reading, MA 12:13
2	Desmond Martino	5	Kinderhook 10:22
3	Dylan Spar	6	Castleton 9:15
4	Gavin DiOrio	7	Valatie 8:42
5	James Fowles	8	Greenville 8:03
6	Aidan Cavagnaro	9	Schodack Landing 7:52
7	Will Duffy	10	Kinderhook 9:15
8	Jake Schieren	11	Hudson 13:49
9	David Oldrich	12	Valatie 6:43
FEMALE AGE GROUPS			
1	Amara McArthur	3	Valatie 15:30
2	Grace Bivins	4	Castleton 11:41
3	MacKenzie Samascott	5	Kinderhook 9:32
4	Addison McArthur	6	Valatie 10:29
5	Mia Vloria	7	East Greenbush 8:43
6	Aya Spar	8	Castleton 8:34
7	Ali Cox	9	Niverville 9:07
8	Hailey Duffy	10	Kinderhook 9:28
9	Bella Pesce	12	Valatie 9:26

Courtesy of Kinderhook Runners Club

5K TRIPLE CROWN SERIES: RUN FOR THE ROSES, JOHNSON JOG & LEXINGTON
 May 4, May 18 & June 8, 2019 • Partner's Pub, Johnson Hall & Lexington Center, Johnstown

SERIES - AWARDS			
MALE OVERALL			
1	Gregory Bogdan	23	Broadalbin 52:12
2	Eli Russo	13	Chatham 53:52
3	Alex Cwiakala	15	Johnstown 1:00:58
FEMALE OVERALL			
1	Amanda Wilson	35	Broadalbin 1:04:23
2	Jessica Brosat	33	Gloversville 1:11:19
3	Stephanie Klausen	26	St. Johnsville 1:11:38
MALE AGE GROUP: 1 - 15			
1	Michael Harris	15	Canajoharie 1:05:49
FEMALE AGE GROUP: 16 - 19			
1	Alexis Houser	18	Johnstown 1:24:35
MALE AGE GROUP: 20 - 29			
1	Aaron Bagwell	27	Broadalbin 1:22:30
FEMALE AGE GROUP: 20 - 29			
1	Larissa Melendez	25	Amsterdam 1:14:25
2	Jessica Simonds	24	Gloversville 1:17:14
3	Alyssa Craig	25	Fonda 1:23:06
MALE AGE GROUP: 30 - 39			
1	Devin Franklin	31	Fultonville 1:05:25
2	Scott Jeffers	35	Johnstown 1:22:47
FEMALE AGE GROUP: 30 - 39			
1	Katie Gifford	38	Gloversville 1:16:39
2	Amanda DuMont	39	Gloversville 1:31:38
3	Heather Mello	35	Gloversville 1:35:19
MALE AGE GROUP: 40 - 49			
1	Justin Thalheimer	46	Fort Plain 1:05:30
2	Milo Gifford	42	Gloversville 1:09:13
3	Eric Houser	45	Johnstown 1:21:16
FEMALE AGE GROUP: 40 - 49			
1	Jennifer Desjardens	49	Gloversville 1:15:27
2	Karen Taft	42	Niskayuna 1:20:37
3	Tammy Patrick	48	Johnstown 1:31:43
MALE AGE GROUP: 50 - 59			
1	Jamie Spraker	50	Gloversville 1:02:57
2	John Modoski	50	Amsterdam 1:03:47
3	Shawn Krutz	54	Gloversville 1:14:31
FEMALE AGE GROUP: 50 - 59			
1	Emily Etzkorn	57	Amsterdam 1:13:24
2	Mary Bagwell	52	Broadalbin 1:37:43
3	Jennifer Ligon	53	Gloversville 1:52:06
MALE AGE GROUP: 60 - 69			
1	Roy Mowrey	60	Gloversville 1:10:32
2	Ned Hirt	62	Amsterdam 1:19:50
3	John Newell Jr.	66	Amsterdam 1:52:23
MALE AGE GROUP: 70 - 79			
1	Terry Smith	71	Galway 1:17:36
2	Robert Fairman	72	Johnstown 1:39:21
FEMALE AGE GROUP: 70 - 79			
1	Joan Boehme	79	Broadalbin 2:22:27

Courtesy of St. Mary's Healthcare Amsterdam

5TH ANNUAL GREAT SACANDAGA CHALLENGE TRIATHLON
 June 15, 2019 • Sacandaga Bible Conference Center, Broadalbin

ADULT SPRINT - 750M SWIM, 20K BIKE, 5K RUN			
MALE OVERALL			
1	Stefano Fontana/30-39	Round Lake	1:14:49
2	Dan Cusack/40-49	Fultonville	1:17:27
3	Marcus Debergh/30-39	Schenectady	1:20:58
FEMALE OVERALL			
1	Linda Larsen/30-39	Malta	1:23:07
2	Kelsey Allen/20-29	Round Lake	1:28:04
3	Katherine Penn/30-39	Rotterdam	1:33:10
MALE AGE GROUP: 1 - 19			
1	Robert Quilian	Northville	1:27:12
2	Nicholas Giambrone	Queensbury	1:43:11
3	Daniel Casado Perez	Amsterdam	1:55:14
4	Eli Collins	Saratoga Springs	2:42:02
FEMALE AGE GROUP: 1 - 19			
1	Abby Aanthos	Wilton	1:35:52
2	Molly Whittaker	Northville	1:43:33
3	Molly Richards	Corinth	1:45:49
4	Vania Sih	Saratoga Springs	1:47:27
5	Veronica Sih	Saratoga Springs	2:22:20
MALE AGE GROUP: 20 - 29			
1	Dan Rogers	Slingerlands	1:21:46
2	Raymond Amato	Schenectady	1:26:49
3	Chase Collins	Saratoga Springs	1:27:17
4	Nolyn Steffey	Ballston Spa	1:29:07
5	Bradley Hunt	Johnston, RI	1:34:26
6	Max Marwin	Newburgh	1:36:49
7	Ryan Zielinski	Schenectady	1:37:37
8	Eric Cassidy	Albany	1:38:33
9	Kevin Mullady	Loudonville	1:47:53
10	John Lansburg	Malta	1:48:56
FEMALE AGE GROUP: 20 - 29			
1	Nicole Banach	Rensselaer	1:45:44
2	Taylor MacFarland	Amsterdam	1:47:43
3	Emily Blakeslee	Rensselaer	1:48:45
4	Emily Mildner	Pine Bush	1:49:20
5	Lisa Kentris	Latham	1:56:00
6	Stacey Widera	Lagrangeville	2:03:24
7	Nicole Perrault	Ballston Spa	2:21:19
8	Kelsey Newberg	Delmar	2:32:34
MALE AGE GROUP: 30 - 39			
1	Christopher Evans	Wilton	1:25:17
2	Andrew Barber	Clifton Park	1:27:32
3	Eric Schaible	Broadalbin	1:28:09
4	Jim Higgins	Albany	1:30:31
5	Colin Henck	Brooklyn	1:34:04
6	Alex Deyle	Brooklyn	1:35:26
7	Daniel Delacruz	Brooklyn	1:35:26
8	Nathaniel Hunt	Albany	1:35:30
9	Michael Maloney	Albany	1:37:09
10	Sean Smith	Albany	1:37:31
FEMALE AGE GROUP: 30 - 39			
1	Erin Freeh	Troy	1:39:10
2	Jaime Mc Bain	Troy	1:41:23
3	Abigail Jackson	Glenville	1:41:51
4	Jennifer Dutcher	Amsterdam	1:42:51
5	Maria Oeser	Ballston Spa	1:47:18
6	Billie Jo Smith	Albany	1:49:05
7	Laura Aery	Schenectady	1:53:55
8	Allison Russo-Mazer	Amsterdam	1:56:26
9	Kia Henderson	Loudonville	1:59:51
10	Heather Gregg	Niskayuna	2:00:35
MALE AGE GROUP: 40 - 49			
1	Brian Skorney	New York	1:22:57
2	Randy Swift	Saratoga Springs	1:23:22
3	Jason Hare	Wilton	1:27:18
4	Mike Pickering	Malta	1:29:08
5	Bernard Landa	Clifton Park	1:29:20
6	Neil Sergott	Clifton Park	1:31:20
7	Chris Cueman	Niskayuna	1:32:29
8	Christopher Fess	Clifton Park	1:32:36
9	Paul Engel	Albany	1:33:54
10	John McManus	Menands	1:35:21
FEMALE AGE GROUP: 40 - 49			
1	Elizabeth Mahon	Johnstown	1:36:04
2	Deanne Webster	Albany	1:36:33
3	Jessica Hanna	Niskayuna	1:43:02
4	Erika Winney	Amsterdam	1:46:25
5	Sarah Devoe	Loudonville	1:47:32
6	Deb Kelly	Clifton Park	1:48:44
7	Melissa Tubbs	Corinth	1:56:36
8	Tara Murray	Delmar	2:00:37
9	Sara Veeder	Glenville	2:04:58
10	Pamela Sutton	Broadalbin	2:14:18
YOUTH - 100YD SWIM, 5K BIKE, 1M RUN			
MALE OVERALL			
1	Gabriel Wettig/10-13	Ballston Spa	32:04
2	Evan Krenaw/10-13	Delanson	32:22
3	Colin Schager/14	Schenectady	37:15
FEMALE OVERALL			
1	Grace Wall/10-13	Greenfield Center	31:43
2	Isabelle Downey/10-13	Saratoga Springs	32:24
3	Lilian Chamberlain/10-13	Northville	33:37
MALE AGE GROUP: 1 - 9 / DEEP WATER			
1	Evan Collins	Saratoga Springs	45:13
2	Deacon Chamberlain	Northville	52:38
3	Peter Skorney	New York	1:03:26
FEMALE AGE GROUP: 1 - 9 / DEEP WATER			
1	Macey Chamberlain	Northville	39:19
2	Elijah Whittaker	Northville	43:58
3	Lilly Whitebeck	Schuylerville	45:40
4	Arianna Dutcher	Amsterdam	49:17
5	Stella Dansie	Saratoga Springs	54:48
MALE AGE GROUP: 1 - 9 / SHALLOW WATER			
1	Oliver Whitbeck	Schuylerville	51:08
2	Isaac Whitbeck	Schuylerville	52:38
3	Kilian Whittaker	Northville	53:17
4	Abel Whitbeck	Gansevoort	56:28
5	Carter Somaini	Barre, VT	1:00:06
FEMALE AGE GROUP: 1 - 9 / SHALLOW WATER			
1	Sydney Torres	Saratoga Springs	1:19:13
MALE AGE GROUP: 10 - 13 / DEEP WATER			
1	Christopher Bowman	Schenectady	38:33
2	Roman Ducher	Amsterdam	39:54
3	Evan Bray	Niskayuna	40:02
4	Landon Kinal	Schenectady	40:32
5	Connor Varian	Broadalbin	42:42
FEMALE AGE GROUP: 10 - 13 / DEEP WATER			
1	Ava Shorkey	Ballston Lake	33:38
2	Nikki Stark	Saratoga Springs	34:17
3	Hannah Bowman		



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