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MHCC Century Weekend



RIDERS HEADING OUT ON THE 50-MILE RIDE AT THE 2018 MOHAWK HUDSON CYCLING CLUB CENTURY WEEKEND. DAVE KRAUS/KRAUSGRAFIK.COM

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Mohawk Hudson Cycling Club Celebrates 50 Years with its Signature Event

By Bill Little

It's only a few short weeks now until the Mohawk Hudson Cycling Club's annual Century Weekend on Saturday-Sunday, Sept. 7 and 8 in Altamont. If you haven't registered yet, time is running out. Century Weekend is a ride event for everyone including 12, 25, 50, 62.5, and 100-mile routes that show off the best of upstate New York scenery in Albany County. Follow up your rides both days with a catered lunch from Delmar's awesome Four Corners Luncheonette. Then relax, trade stories about your rides, and enjoy a complimentary craft brewed draught from Brown's Brewing in Troy (for adult riders only).

This ride is also one of the best deals for your money. Ride both days for an affordable advance registration price through Sept. 5. Also, there's a special low-dough offer for casual riders who only want to do the 12-mile "Piccolo Century" through Sept. 5! After that, prices increase slightly for all rides.

Plus, this is MHCC's 50th anniversary - 1969 to 2019, can you believe it, and the club wants to celebrate, so all registrants for any length ride will be given a pair of MHCC 50th anniversary socks when they return to the Altamont Fairgrounds after their ride - you have to check in at the registration desk to get them! Socks will be also available for sale at the post-ride check-in desk as well for non-members, volunteers and other club fans. This year's scenic routes all start and finish at the Altamont Fairgrounds, in Albany County, at the historic Dutch Barn. The 100-, 62.5- and 50-mile routes will go through the scenic southern Albany County communities of Westerlo, Berne, Rensselaerville and Knox.

Riders can participate one day or both days for a single day's registration fee - discounted for club members - so pick the one that you like the most and enjoy a lovely fall weekend of riding. Riders doing the 25-mile and 12-mile "Piccolo Century" rides will pass through the village of Altamont and its rural surroundings with striking views of the Helderberg Escarpment. Full rest stops will be provided at approximately 20-mile intervals for all the ride routes. The rest stops have food, drink, and real bathrooms - no porta-johns!

The MHCC Century folks have been working hard since last winter to make this year's event a fun way to get in a lot of riding with a big group of fellow riders. Day of registration is available. Pump up the tires and get riding!

Volunteer help is valued to make the weekend a success as there's a lot to be done. As a volunteer, ride for free and get lunch and a craft brew. Consider riding one day and volunteering the other. Family and friends are also welcome to volunteer and donate their free registration to a club member. To volunteer, go to bikereg.com and search for the ride.

Support Albany Bike Rescue by bringing your used bicycles or parts to donate at the Century Weekend. ABR is a very important and successful charity returning bikes to the road for those who need them. Your donations are needed and will be much appreciated. Visit them at albanybikerescue.org. (bikereg.com) 🌲

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Sunday September 1, 2019

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Info: www.catskillrecreationcenter.org/catskill-mountain-cycling-challenge



Lake George Land Conservancy's 3rd Annual

AMY'S ADVENTURE

Race for the Lake

September 28

4.5 mile trail run @

Amy's Park in Bolton Landing



Hand-timing and results by Underdog Race Timing
Early-bird registration: \$25; Day-of Registration: \$30

Register: lgc.org/events-and-programs/amys-race

Top Race Sponsors:

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The Lake George Land Conservancy is a non-profit land trust based out of Bolton Landing, NY.

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KAYAKING & CANOEING

Paddling Through "Eagle Central"

Hudson Islands the Hard Way

AN IMMATURE BALD EAGLE WATCHES FROM A COTTONWOOD TREE ALONG BRICKYARD BAY.

IF YOU GO:

- Free parking and launching are available at Coxsackie, Athens and Stockport. An informal launch is found at Four Mile Point Road. Porta-johns are available at Coxsackie and there are vault toilets at the Gay's Point landing of Hudson River Islands State Park.
- Be aware of the tide predictions. Expect some areas to become quite shallow around low tide. Mid to high tides will give you better passage through the river's side channels.
- Be aware of boat traffic and the location of the shipping channel. Crossing the channel at right angles will minimize your time in the channel. Large ships may be moving faster than you think, so use caution.
- If you need to gain experience with a large river like the Hudson, make a first trip with a paddling tour company, or with an organization like the Adirondack Mountain Club.
- Practice good paddling safety, including wearing life jackets at all times, and making efforts to see and be seen by other boats. ■

By Alan Mapes

"Eagle Central," my friends Julie and Michael call it. They love to paddle the Hudson near the river towns of New Baltimore, Coxsackie and Athens. There are several bald eagle nests along that stretch of river - I know of four nests, but suspect there are more. The day before my birthday in mid-July, I paddled a loop from Coxsackie to the mouth of Stockport Creek and back, right through Eagle Central. I realized too late that I was doing it the hard way.

My target for the day, besides the birds, was to explore a newly restored channel behind the Gay's Point area of Hudson Islands State Park, near Coxsackie. Why restore that side channel? A quote from the National Oceanic and Atmospheric Administration website says it well:

"Historically, the upper portion of the Hudson River estuary between approximately Athens and Troy, consisted of braided river channels. Intertidal and shallow water habitats within these channels supported emergent and submerged vegetation and functioned as important fish habitat."

In other words - the Hudson was even more of a paddler's paradise than it is today, with important parts of it lost to dredging and channelizing the river over the past century or more. The Gay's Point restoration project was finished in July 2018, reconnecting Little Nutten Hook bay and what we call Brickyard Bay, behind Gay's Point.

Not knowing what the new channel was like, I planned to get there not long after high tide. The tide range (difference between high and low) is around three-feet there, so it can make a big difference in shallow areas. I knew the tide would be ebbing (dropping and flowing south) as I returned north to Coxsackie, but decided to live with having to paddle against some current. Other paddlers were smarter about their trip planning - more on that later.

It was just an hour before high tide when I launched at Coxsackie ramp. The river's flood tide (flowing north) had slowed down and would reverse soon - remember that natives called Hudson the "river that flows two ways." The paddle from the launch to Four Mile Point beach was an easy one, with the remaining current and a moderate north wind, pushing me along. The effort was mainly keeping the old Dagger sea kayak tracking south, as the tailwind tried to turn it around. I dropped the movable skeg fin all the way down, and that took care of most of the turning factor. Remember - skeg or rudder up to go upwind, down to go downwind.

There was not much traffic on the river. I saw four other kayakers and two large cabin cruisers. One cruiser was going fast and pushing out a very large wake. Boats like that seem to put out the largest waves of any craft on the river - much more than tugboats with barges and more than ocean-going freighters. I have to think that creating such waves must mean that a lot of fuel is being burned in the process. As for me, my fuel was almonds, chocolate and drinking water.

Bald eagles found me almost right way. Perhaps a half-mile into the paddle, an adult with a nice white head and tail, flew out from a perch along the shore. Another soon appeared circling over the far shore. When I landed at the beach at Four Mile Point, about three miles down the river, there were five more eagles in view at once! From there, I lost count as birds appeared and disappeared, circling around as they hunted for fish. I'm sure I saw at least a dozen, but it could have been nearly twice that. The dark immature eagles (ages one to four years) outnumbered the mature birds by at least two-to-one.

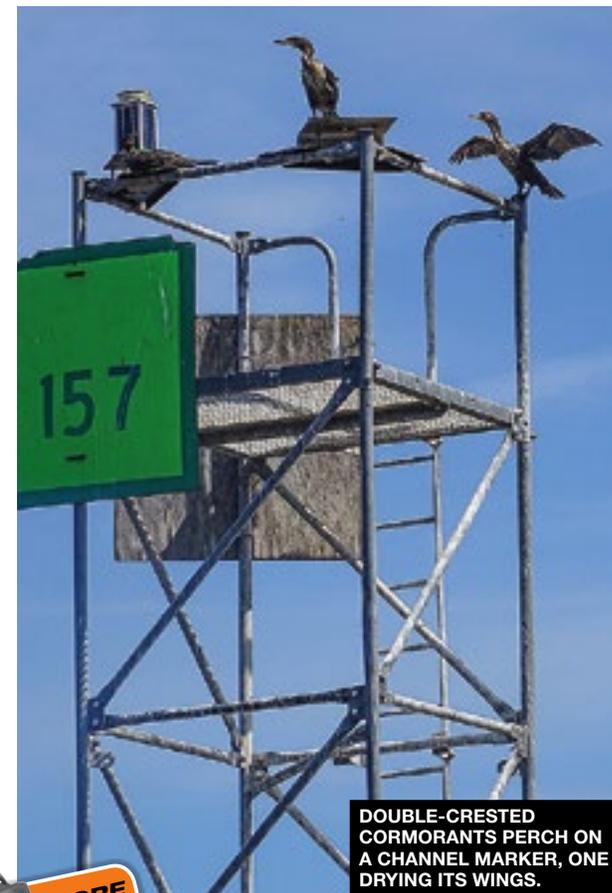
After a stretch break at Four Mile, I crossed the river to Stockport Middle Ground Island, and checked out the holes in the sand bank at the south end. Sure enough, dozens of bank swallows were coming and going from their nesting holes - feeding their young, I suspected. On the back side



A FALLING TIDE HAS EXPOSED THE SPATTERDOCK IN LITTLE NUTTEN HOOK BAY.



THIS IS WHY PADDLERS CALL IT "BRICKYARD BAY" - REMAINS FROM EMPIRE BRICKYARD THAT CLOSED AROUND 1940.



DOUBLE-CRESTED CORMORANTS PERCH ON A CHANNEL MARKER, ONE DRYING ITS WINGS.

MORE PHOTOS @
ADKSPORTS.COM



SPATTERDOCK STANDS TALL AND WATER CHESTNUT FLOATS ON THE SURFACE.

PHOTOS BY ALAN MAPES

of the island, a young eagle was perched on a sump along the shore, near a nest site. The north wind was still blowing strong, in my face now, the tide was going down fast. Not knowing if the new channel would even be passable, my determination to paddle the new channel was wavering.

I thought about pulling out the phone and calling Julie and Michael to ask if the channel would still be passable at mid-tide. About then, two kayakers approached me, going the other way - sea kayakers, one white and one red on top. Sure enough, it was the two of them, making a similar loop paddle but with much better route planning.

They started from the Athens State Boat Launch to the south, riding the flood tide current north through the new channel and returning after the current changed to a south flow. Ah, but I got more exercise doing it the hard way, I told myself. They had two nice bits of information for me. The young eagle I'd just seen was likely one of the three young from that nest, they thought. They had seen three young still in the nest just a few days before. They also let me know that the channel was, indeed passable, and that I should keep to the right going through the spatterdock "forest" in Little Nutten Hook bay on the other end of the channel.

The two water plants most in evidence along this side channel of the Hudson are spatterdock and water chestnut. The chestnut (not the same thing as you find in Asian food) is an invasive alien and floats on the water surface. It grows in great abundance, choking out back bays of the river. Spatterdock, on the other hand, is a native plant and grows about two feet tall on the shallow tidal mudflats. At high tide,

it is completely covered by water. At low tide it is often completely exposed and it can be a challenge for a paddler to see over it when following a channel through the flats.

Armed with the knowledge that I could make it through the new channel, I headed up the long Brickyard Bay. The eastern shore of the bay is lined with old cast-off bricks from the old Empire brick factory - several hundred yards of shoreline is completely covered with bricks. I stopped to photograph a young eagle perched in a cottonwood along the bay, then made my way through the new channel. The wind remained fairly strong in my face, but my Greenland stick paddle gives me a great advantage in fighting winds like that. My GPS showed 8.5 miles of paddling as I came ashore again at Coxsackie. 🌱

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

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Full/Half Marathon, 5K, Kids 1-mile



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Fifth annual
Flashlight 5k



A 5k Night Run or Walk
in Cole's Woods

Saturday, Sept. 28th
7:30pm Start

Run the trails behind the Glens Falls YMCA!
600 Glen Street, Glens Falls

Bring a flashlight, headlamp, or lights of any kind!

Each entrant will get a glow stick necklace & bracelet

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Register online: \$35
Kids 18 & under: \$25

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- Sept. 7** Greene County Y Triathlon
- Sept. 8** Camp Chingachgook Half Marathon & 10K
- Sept. 11** Guilderland Color Run
- Sept. 22** Glenville Muddy Sneaker Trail Run
- Oct. 26** Troy Trick or Trek 5K
- Dec. 8** Greenbush Indoor Triathlon

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GREENE COUNTY TRIATHLON
SATURDAY, SEPTEMBER 7 • 8AM
Sleepy Hollow Lake

CAMP CHINGACHGOOK HALF MARATHON AND 10K
SUNDAY, SEPTEMBER 8 • 8:30AM
Lake George Elementary School

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6th annual **Tour de Salem Flame Fighters Bike Rides**

SUNDAY SEPT 22

Salem, Washington County
Salem FD Carnival Grounds, Archibald St.
Hosted by Salem Volunteer Fire Dept.

- 62M: 8am
- 25M: 8:30am
- 16M: 9am
- 10M: 9am

NEW THIS YEAR!
5K & 10K RUNS & 1M WALK: 10AM
\$12 by 9/6, \$15 race day 1M walk = \$6

\$35 individual or \$45 family

Register: BikeReg.com
TourDeSalemFlameFighters.com

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More info: Steven Saunders at (518) 321-9430 or salemfd4434@hotmail.com

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10.13.2019

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Sunday, Sept. 22 – Around beautiful Schroon Lake!

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

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

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

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

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



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Registration supports four annual scholarships to local students

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SATURDAY SEPTEMBER 28




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12 & Under \$16 | No Shirt Option \$26
Registration 7:00am | Race 8:00am

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Location: HVCC - TEC SMART 345 Hermes Road, Malta, NY



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● **RUNNING & WALKING**

September Best Bets



THEY'RE OFF AT THE SARATOGA PALIO HALF MARATHON, 2017. JEAN D'ANDREA GRIFFIN

By **Mona Caron**

The fall season is just around the corner and the opportunities for races are endless! Every weekend you'll find a race in every setting and every distance, each with its own unique running (or walking) experience. Fall racing is the perfect way to measure your spring and summer training. Challenge yourself to one or all of these quality races in September!

After Labor Day weekend, on Saturday, Sept. 7, the Roundabout Runners Club is organizing the 10th annual **Malta 5K & 10K** – yes, new 10K! Besides providing youth training and adult social runs, the RRC are now the organizers of the Malta road races. The Malta 5K has raised over \$225,000 in nine years for the Veterans & Community Housing Coalition in Ballston Spa, two fire departments in Malta, and Malta Stillwater EMS squad. The new 10K is part of the 10th anniversary of the 5K, and offers a more challenging course. (malta5k.com)

The next day on Sunday, Sept. 8, run Albany at the **Teal Ribbon 5K Run & 1M Walk** and support the fight against ovarian cancer. For 18 years, survivors, advocates and caregivers join together to run or walk for an end to ovarian cancer. Coordinated by Caring Together, the race raises awareness of ovarian cancer and funds in support of research toward developing an early detection test, as well as more effective treatment options for women with recurrent ovarian cancer. The run/walk starts and finishes at the Washington Park Lake House. There are awards, raffles, prizes, and ovarian cancer awareness materials. Funds support research, grants and awareness activities throughout the Capital Region, including research at Albany Medical College. (caringtogether.org)

The **Camp Chingachgook Challenge Half Marathon and 10K** has been moved to Sunday, Sept. 8 in Kattskill Bay. The point-to-point half starts at Lake George Elementary School and finishes at Camp Chingachgook, and the out-and-back 10K starts/finishes at camp, both take runners on the scenic rolling hills along the eastern lake shore. The race is part of the Capital District YMCA's Healthy Community Race Series. (zippyreg.com)

In the Mid-Hudson Valley, the 41st annual **Dutchess County Classic** features a marathon, half marathon and 5K, on Sunday, Sept. 15. The majority off-road, paved trails are flat and scenic on the Dutchess Rail Trail and Walkway Over the Hudson bridge. Dutchess Community College is the start/finish location for the races, near the Dutchess Rail Trail Morgan Lake Trailhead. (dutchesscountyclassic.org)

The **Saratoga Palio Half Marathon & 5K Run/Walk**, also on Sept. 15, takes runners through downtown Saratoga Springs. These well-run races continue to attract participants from around the region and beyond. Both feature scenic courses through downtown Saratoga Springs starting on North Broadway and ending at Congress Park, with the half marathon winding through Saratoga Spa State Park. This year's charitable recipient is the SNACpack Program. Since 2015, approximately 10 volunteers come together weekly at St. Clement's Church to pack approximately 140 backpacks full of child-friendly, non-perishable, easily consumed foods for distribution to school-aged children for the weekends and school vacations. (themelaniefoundation.com)

On Saturday, Sept. 21, check out the 11th annual **Race Away Stigma 5K**, presented by Hudson Valley Community College's Wellness Center. The run/walk raises awareness of mental health issues that affect more than one in five Americans every year. Depression, anxiety, and other serious mental health concerns are increasingly common among college and university students in the US. Registration is open to all community members, but free for HVCC students and only \$10 for students from local colleges. The 5K is held in col-

laboration with Rensselaer, College of Saint Rose, and Sage Colleges. (hvcc.edu/cct/race.html)

The **Adirondack Marathon Distance Festival** has a distance for everyone! Join hundreds of runners on September 21-22 in Chestertown and Schroon Lake for their 5K, 10K, half marathon, marathon and relays. The Helper's Fund 5K and 10K races take place in Chestertown in Saturday, while the distance races are in Schroon Lake on Sunday. (adironackmarathon.org)

In Salem, Washington County, the sixth annual **Tour de Salem Flame Fighters** bike rides have added a 5K and 10K runs, and a 1M walk to the schedule on Sunday, Sept. 22. The rural landscape offers rolling hills, great routes and scenic views near the Vermont border. (tourdesalemflamefighters.com)

There are a great variety of choices the weekend of Sept. 28-29... Choose from the FAM 5K, Amy's Adventure 4.5M Trail Run, Flashlight 5K and Nick's Run to be Healed 5K.

The 26th annual **FAM 5K "Fund" Run/Walk** has a family-friendly atmosphere for runners, walkers and spectators – starting and finishing at the Cobleskill Fairgrounds on Saturday, Sept. 28. Since 1994, Fenimore Asset Management has held its FAM 5K in the bucolic setting of Schoharie County. Top three male and female finishers receive FAM value fund shares and if the course record is broken, the share is doubled. The men will have to beat 14:26 and the women a time of 16:06. The event has grown to over 800 participants, with Brooks BBQ chicken, kid's run, massage therapists, raffles and community booths. Each year the proceeds from the race are donated to one of five different local charities on a rotating basis. The Schoharie ARC will be the beneficiary this year. (fam5k.com)

Lake George Land Conservancy's third annual **Amy's Adventure "Race for the Lake"** 4.5-Mile Trail Run is on Sept. 28 at Amy's Park in Bolton Landing. This event is brought to you by LGLC's NextGeneration volunteer group, who are passionate about protecting about protecting the land and the lake, and organizing engaging events. The beautiful Amy's Park trail, one of LGLC's preserves with ponds, marshes and forests, has some narrow and steep sections, bridge crossings and rocks, leaves and roots – sounds perfect! Finish line will include prizes, beer tastings and baked cookies, and after party at Bolton Landing Brewing. (lglc.org/events-and-programs)

On Saturday, Sept. 28, you can also do this event because it's in the evening – and bring the family! The fifth annual **Flashlight 5K Night Run or Walk** will take place at Cole's Woods in Glens Falls. Bring a flashlight, headlamp or lights of any kind for this 7:30pm start, and run the trails behind the Glens Falls YMCA. The first 100 to register will receive glow-in-the-dark ink T-shirts! Each entrant will get a glow stick necklace and bracelet. Prizes include age-group awards and best costumes. A portion of the proceeds benefit YMCA Strong Kids Campaign and Friends of Cole's Woods. (adkacemgmt.com)

On Sunday morning, Sept. 29, head over to Clifton Commons in Clifton Park for **Nick's 5K Run to be Healed**. Enjoy the carnival-like pre- and post-race fun with prizes, music, bouncy-bounce, carnival games and food. There's something for all – Nick's Dash, Luke's Mile, Zumba warmup, two-mile walk and 5K run. This year's race honors Olivia DeWitt and JP Honsinger. Nick's Run to be Healed supports local pediatric cancer patients and honors the memory of Nick Cammarata who passed away in 2008 at age 13. Since its founding in 2009, the foundation has donated over \$700,000, plus it offers services such as Family Hope Bags, Nick's Comfort Bags, pet therapy and more. (fighttobehealed.org)

See you out there! 🌲



FRIENDLY RUNNERS AT THE FAM 5K FALL CLASSIC FOR CHARITY IN COBLESKILL, 2018.



COMMUNITY SPIRIT AT NICK'S 5K RUN TO BE HEALED IN CLIFTON PARK, 2017.

We bring Capital-Saratoga adventure to you!
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 **RECREATION**

2019 Saratoga-Capital Region Geocache Challenge: **Peebles Island**

By Tom O'Grady

For readers interested in learning a new sport, spending time with their family, and enjoying the offerings of the New York State Parks, Recreation, and Historic Preservation system consider taking on the 2019 Saratoga-Capital District Region Geocache Challenge! Playing the game starts by picking up a Geocache Challenge Passport at a participating park or historic site or downloading a copy at <https://parks.ny.gov/regions/attachments/2019GeocachingChallengeSaratoga>. The challenge runs from May 25 to November 10. Each passport has 72 squares with treasure hunt locations to be found in eighteen different parks showcased throughout the region. Complete forty-five of the stamps and you are eligible for an initial prize that is a trackable Geocoin unique to the Saratoga-Capital District Region. Completed passports are eligible for additional prizes and can be submitted at participating locations. There are twelve additional squares that coincide with locations in the Central Region of the NYS Parks System.

What is Geocaching?

For the uninitiated, geocaching is an outdoor recreational activity that is based on the idea of treasure hunting. The game requires a GPS-enabled device and participants navigate to a set of GPS coordinates. Once in close proximity the search is on for the hidden container at the designated location. Basic rules to the game are 1. If you take something from the cache replace it with something of equal or greater value; 2. Log your find in the designated logbook; and 3. Log your experience on the website or app - www.geocaching.com. For those interested, the history behind Geocaching is quite fascinating and has a designated page with extensive background - <https://www.geocaching.com/about/history.aspx>.

Peebles Island

Peebles Island is located in Cohoes at the junction of the Mohawk and Hudson Rivers. A walk around the 1.85 mile perimeter loop gives visitors a great vantage point to see both rivers as well as the rapids created by the joining bodies of water and the two dams put in place along the Mohawk River to control the flow of water. Peebles Island is a state park that wears many hats. In

addition to its park designation it is also the headquarters to the Bureau of Historic Sites and Bureau of Historic Preservation Field Services. At the federal level Peebles Island is also headquarters to the Erie Canalway National Heritage Corridor.

Geocaching at Peebles Island

We visited Peebles Island to participate in the Geocache Challenge on the extended July 4th weekend. When we arrived the park was quite busy as individuals were having cook outs and setting up for fireworks later in the evening. The weather was particularly hot and humid and we arrived mid-day so the sun was intense. Before heading out we made sure we had water bottles and we applied sun-screen. We went over the ground rules of the trip - advising the kids to stay close by because much of the walk is on trails with steep drop offs and keeping an eye out for poisonous plants. Upon starting I realized we forgot to apply insect repellent and the bugs were particularly bad.

Despite the bugs we find the first geocache without much trouble. The first one (without giving away too much information) is the only one not on the primary trail system of Peebles Island. We spot the container (an old artillery box) and are surprised to see a toy soldier guarding it! This quick find and the humorous gesture set a good tone for the rest of the trip. We open the container sign in the log and register the find online.

From the first cache we continue over to the primary trail network. All of the remaining hidden locations require a circuit of the perimeter trail with short detours into the woods to search for the actual geocache box. Geocaches can vary in size and where they are hidden. Some can be very small and are intentionally hidden in hard to find locations.

Because the park system put these geocaches in place they are all old artillery boxes that are about the size of a shoe box. They are also hidden in areas that require some effort to spot but are not meant to be deceptively difficult to find. The second cache takes us off the path and we startle a garter snake on the way to the geocache. Unfortunately the startled snake slithers off quickly before we can take a picture. We walk past the location at first, backtrack, and then find the location of the second geocache.

Because we are on a treasure hunt we are observant on the way to the third geocache. The first thing we see is a tree stump with a smiley face on it. We ponder who put the two blue eyes and red smile on the tree stump. We get to the third location and log our find. This one is hidden inside of part of a tree hollow. It was hard to find at first due to the sticks piled up next to the hollow.

On our way to the fourth location we are walking along the ledges for the first time. There are a number of people kayaking on the Mohawk River and we get a view of the dam on the western side of the island. In this section of the trail we spot beaver activity from the pointed tips of a few downed trees. We also spot a tree stump that is completely hollow in the middle. This acts as a kind of Rorschach test as we discuss whether it looks like an apple, a heart, or something else. The fourth geocache provides a surprise. As I move a few sticks covering the box I spot a gigantic beetle guarding the loca-

tion. I try to get a picture before moving a few more sticks. The beetle retreats allowing us to log our find!

There are six geocaches on Peebles Island. Five of them are a part of the park challenge. I do not realize this until after the fact. In search of the fifth box we veer off the path more than I expected. Along the way we spot the abandoned car. We also stomp through some taller grass I would have preferred avoiding. After leaving the woods we check ourselves for ticks. I have a tiny tick on me and carefully remove it. This is enough that we decide to call it a day. We will return to log the fifth geocache at a later date. The kids have walked a little over two miles and with the heat and humidity they are happy to recuperate! Overall the trip was a success as we were able to log four of the five official geocaches and spotted a few surprises along the way. 🌲

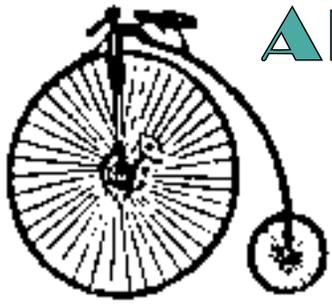
Tom O'Grady, PhD, MPH (thomas.james.ogradey@gmail.com) of Slingerlands is an avid runner, hiker and lover of the outdoors.



- DAM ON THE MOHAWK RIVER ALONG THE WESTERN SIDE OF PEEBLES ISLAND.
- STOPPING IN FRONT OF THE PARKS SIGN FOR THE 2019 GEOCACHE CHALLENGE.
- FINDING THE GEOCACHE IN A TREE HOLLOW.
- TREE TRUNK WITH A SMILEY FACE GREET'S VISITORS ON PERIMETER TRAIL.
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PHOTOS BY TOM O'GRADY





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NON-MEDICATED LIFE



Reducing Prostate Cancer Risk PART ONE

By Paul E. Lemanski, MD, MS, FACP



Editor's Note: This is the 90th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 89 installments of the *Non-Medicated Life*, certain dietary practices and a healthy lifestyle have been shown to accomplish naturally for the majority of individuals most of the benefits of medications in the treatment of chronic medical conditions such as hypertension, high cholesterol, pre-diabetes, diabetes and heart disease. However, apart from certain medications that have shown to be successful for preventing breast cancer, and possibly aspirin use for colon cancer medications for cancer prevention have been few. This is also unfortunately true for prostate cancer. Medications may be very helpful in slowing and managing an already diagnosed prostate cancer, but have not generally proved successful in primary prevention of the disease. Diet, exercise and lifestyle change, however, may offer effective prevention strategies. Part One will outline some of the evidence for reducing prostate cancer risk. Part Two (*October 2019 issue*) will suggest the most promising and potentially effective strategies.

The prostate is a walnut-sized gland that is located beneath the bladder and provides some of the fluid for semen. Cancer of the prostate is the second most common cause of cancer in males and autopsies have shown that by age 80, 50-80% of males have at least a small-sized prostate cancer. Fortunately, most men die with prostate cancer and not from prostate cancer. Never the less, each year thousands of men die from the disease,

especially when it spreads for metastasizes from the gland to other areas of the body such as bone. Screening for the disease may be helpful, but once detected it is sometimes difficult to determine those prostate cancers that if untreated will cause death, and which will follow a more benign course. Treatment involves either the removal of the gland or irradiation of the gland, and has significant quality of life side effects, including impotence and urinary incontinence.

The epidemiology of prostate cancer in various populations in the world offers some hope, because not all populations of men get prostate cancer with the same frequency. For example, men living in Asia have lower prostate cancer rates than men living in Western countries. While you might be tempted to attribute this lower rate to the genetics of that population, Japanese men for example who migrate to Southern California within a generation or two, begin to exhibit the same rate of cancer as the US male population as a whole. Could it be, therefore, something about the environment, food, diet, or lifestyle of Western men that contributes to the increase in rate? Moreover, could changing some aspect of that lifestyle prevent disease and lower the rate?

Indeed, teasing the epidemiological data apart for associations between the dietary patterns in various parts of the world and the rate of prostate cancer, suggests that a whole food plant-based diet is protective – and a Western diet high in animal fat and processed animal protein is detrimental. But even within a population cohort, changes in diet can be shown to be associated with changes in prostate cancer. Before World War 2 Japanese men had a low rate of prostate cancer. After World War 2 there was a Westernization of the traditional Japanese diet with a seven-fold increase in egg consumption, a nine-fold increase in

meat consumption, and a 20-fold increase in dairy consumption. These changes were associated with a 25-fold increase in prostate cancer in Japanese men.

While association does not prove causality, it does lead researchers to look for other research to corroborate the observation, and possible mechanisms that could explain such an association. Indeed, a meta-analysis of case control studies in 2004, as well as cohort studies in 2007, identified milk consumption as a risk factor for prostate cancer. More recently, in 2015, a meta-analysis of cohort studies found that total prostate cancer risk increased with a high intake of dairy products. In experiments growing human prostate cancer cells in a petri dish, researchers were able to show that adding milk to nutrient broth feeding the cells, led to a 30% increase in the prostate cancer cells growth rate.

Moreover, once prostate cancer has been identified, its ability to metastasize and kill may also be related to specific dietary practices. In following men with early stage prostate cancer, Harvard researchers were able to show that consuming a single egg a day, doubled the risk of cancer progression and metastasis. It has been postulated that the high choline content of eggs, may be converted by gut microbiota to high blood levels of a substance called trimethylamine, that once metabolized by the liver may lead to both increased heart disease and cancer risk.

In an elegant experiment to test the role of diet and lifestyle on prostate cancer, Dean Ornish, MD in collaboration with researchers at UCSF department of urology and Memorial Sloan-Kettering Cancer Center in New York, recruited 93 men diagnosed with prostate cancer who had decided not to undergo the conventional treatments of surgery or radiation. These 93 men were then randomized to the experimental group

implementing a low fat, whole food, plant-based diet and daily aerobic exercise, or the control group who were not asked to make any change in diet or exercise. Over one-year the men had Prostate Specific Antigen (PSA) levels measured to track the growth of tumor. Biopsies of the prostate for individuals in each group were also taken at the beginning and end of the study.

After one-year of intervention, the PSA levels in the experimental group decreased 4% in comparison to the control group, in which PSA increased 6%. Moreover, those who made the greatest change in healthy lifestyle adherence had the greatest benefit. The biopsies also showed that more than 500 genes in the tumor were affected by diet and lifestyle, with genes that slow tumor progression turned on, and genes that accelerated tumor progression turned off.

In summary, there is increasing evidence on the basis of epidemiological or population studies, case controlled and cohort studies, as well as randomized clinical trials, that diet and lifestyle change may reduce prostate cancer risk. Both the incidence of prostate cancer may be reduced as well as progression after the time of diagnosis. Part Two will offer practical strategies on reducing risk, including specific changes in dietary patterns as well as specific foods that may reduce the risk for prostate cancer, and contribute to living a truly non-medicated life. 🌱

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



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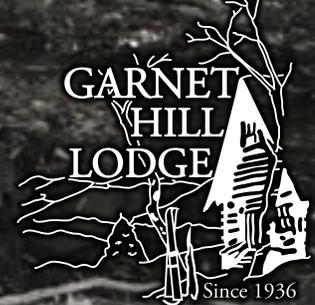


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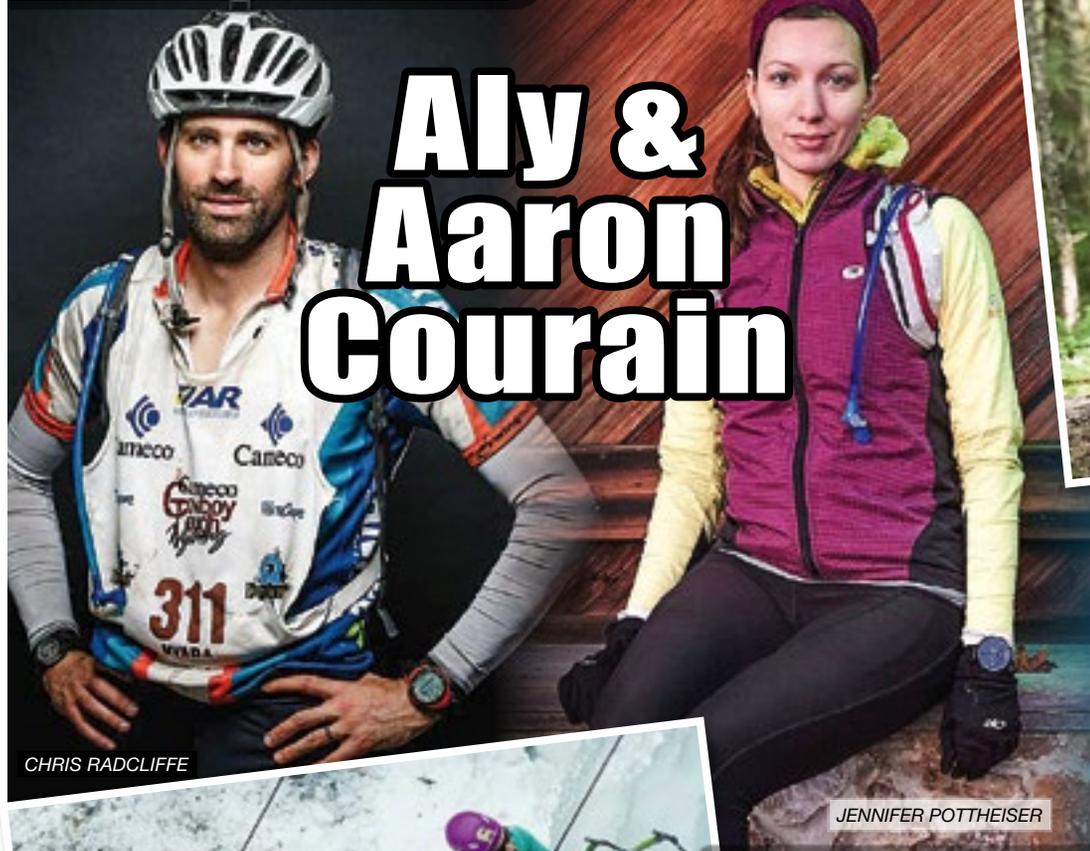
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OCCUPATION: Project Analyst (Aly) and Mechanical Engineer (Aaron) – Naval Nuclear Laboratory
FAVORITE QUOTES: “Be who you are and be that well.” –Saint Francis de Sales (Aly); “A pleasure is not full grown until it is remembered.” –C.S. Lewis (Aaron)

By Tom Denham

While ice climbing near Lake Placid in 2014, I met Aly and Aaron Courain who have become my favorite adventure couple. What I like most about them is their drive for learning and growing. It is the source of their motivation to explore new sports and adventures.

Aly describes herself as a small-town girl from central Pennsylvania. She studied Pharmaceutical Marketing at DeSales University and then earned an MBA at Kutztown University. Aaron hails from the suburbs of northern New Jersey and received his Mechanical Engineering degree from the New Jersey Institute of Technology.

Aaron has worked in engineering consulting and aerospace manufacturing. Aly has been in non-profit small business development, healthcare communications and manufacturing. They constantly found themselves leaving New Jersey and heading north on weekend trips, and so the Capital Region became the perfect base camp for their adventurous lifestyle. Not too many people relocate to New York because of the climate, but Aaron told me, “We always felt like the winters were too short in New Jersey.” They both found jobs at the Naval Nuclear Laboratory in Schenectady, because they have to do everything together!

Their first date was indoor rock climbing. Their second date was mountain biking. Next, it was on to hiking, backpacking, camping, kayaking, paddle-boarding, skiing, snowboarding and ice climbing. Aly's primary sport is cycling. Their first bike tour was from Miami to Key West on their honeymoon. They rode approximately 180 miles over four days at a pace that allowed them to explore the Keys. On day one, they got caught in a storm at dusk, and it poured. What a way to start a marriage! The trip was an exciting journey of ‘expect the unexpected.’ It is the reason they fell in love with the bike touring method of exploring. Aly thinks it set the stage for what

to expect in their marriage too. They look forward to their bike tour each year.

Aaron has always been fascinated with mountains, and watching the Eco Challenge on TV back in middle school introduced him to the world of adventure racing. Adventure racing is his thing! It is multisport endurance event where coed teams use a map and compass to navigate to orienteering points through an unmarked course. Modes of travel involve mountain biking, trail running, trekking, paddling, and often bushwhacking. Races can be as short as three to four hours or as long as 10 days! Teams are completely self-supported and must carry everything they need including food, hydration and gear; they can't rely on any help outside the race organization.

What is unique about adventure racing is little is known about the course before race day. In most cases when you register, a team only knows where the race starts, how long to expect to be on course, and what equipment to bring. The race really begins at the registration table when you get the race map. At this point, the team reviews the course and then comes up with a strategic plan for the best route. Unlike triathlons, where athletes expect to do three sports in succession, adventure racing has many legs, transitions, and going between different modes of travel. For example, you could be portaging a boat between waterways, or even transporting a bike in a canoe between trails. The limits of the course are up to the race director. For Aaron, the big appeal of adventure racing is not only being challenged physically and mentally, but exploring new areas that he most likely would never have known about.

Aaron also directs races for the New York Adventure Racing Association, and most recently directed a seven-hour event in Thacher State Park. Teams paddled kayaks on Thompson's Lake, biked single- and double-track trails through the park, and explored on foot with an orienteering map. A race director's job is to deliver a great experience that's worthy of an athlete's time and money. The most rewarding aspects of being race

director is listening to the post-race stories and all the challenges the teams overcame.

For Aly, adventure racing is much more than just racing. Once Aaron introduced her to the sport, it opened her eyes to exploring the same area in multiple ways. Most importantly, she has found the adventure racing community to be the most welcoming, down-to-earth, supportive, and friendly she has ever experienced as an athlete.

For beginners, she recommends first trying out local orienteering events. The Adventure Racing Cooperative is an excellent resource of information including a comprehensive list and map of races within the United States. Each race provides concise information on suggested gear and mandatory gear. She points out a common misconception is the myth that everyone is racing all out for six to 12 hours. The reality is that each team is racing at their own pace. This is a sport where slow is smooth, and smooth is fast.

Aly and Aaron love it because it blends trail running, mountain biking, paddling, climbing, orienteering, and even aspects of mountaineering. Adding in the team and endurance variable creates a much more complex sport and makes it so that they are never having the same experience twice at an adventure race.

The one common denominator between all of the things Aaron enjoys is the mountains. Each range has its own personality, and he feels blessed to have been able to climb many ranges in the US and even overseas. The Matterhorn in Switzerland has been an iconic mountain for his entire life, and he decided to get it done for his 30th birthday. Aly joined him on an acclimatization climb on the nearby Breithorn. On his summit bid, all his training paid off as he was able to move swiftly up the Hornli Ridge to the top, and then back down in time to join Aly for lunch at the Hornli Hut.

Aly is very clear about one thing – she is “so NOT a runner!” That's one reason why she is most proud of her performance at the 2016 Rough Trail 50K along Kentucky's Red

River Gorge. They trained together, then met other friends in Kentucky. The elevation started to take its toll, and she didn't stay on top of her eating and hydrating. With a few miles to go, Aly gave it her all, and was one of the last to finish. She knew the ultra would be a huge challenge, but she was so pleased with her persistence.

In 2018, Aaron had his best race at the four-day Untamed New England Adventure Race. It is a mere 300-mile course from the mountains in Maine to the ocean in New Hampshire. The route is so complicated and so long that much can go wrong. His team, NYARA/MontBell, battled huge elevation changes, heat, thunderstorms, strong tides, horrible bugs, and some of the densest bushwhacks in the Northeast. (BTW – these people are paying big bucks for this level of punishment!)

Together, they beat every monumental challenge they encountered, and got each other through the ordeal. For Aaron, this is the heart of adventure racing – relying on the combined strength of your team to overcome huge challenges. They placed seventh overall! He told me adventure racing is an addiction; personally, I think he should seek treatment.

Next up for Aaron will be racing the NYARA Longest Day, a 36-hour adventure race in western New York in September. Aly's long-term goal is the 90-miler Adirondack Canoe Classic. With Aaron in the roll of ‘adventure idea mill’ and with Aly handling most of the execution, this couple have created an authentic life well-lived.

Remember my friends, life's a playground, so play on it every day and make stuff like adventure racing happen! 🌲

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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Two options: 1) Cruise 10am to Ticonderoga, bike back 2) Bike to Ticonderoga, cruise back 1pm
 Reservations: (518) 668-5777 x4
www.LakeGeorgeSteamboat.com

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Calendar of Events

August-October 2019*

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

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

ALPINE & XC SKIING & SNOWSHOEING

AUGUST

15-24 Alpine Preseason Ski & Snowboard Sale. Alpine Sport Shop, Saratoga Springs. 518-584-6290. alpinesportshop.com.

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)

AUGUST

17-23 CycleADK: Ultimate Cycling Vacation. All new routes w/excursions into VT. Ticonderoga, Wilmington & Westport. 518-524-2292. cycleadironacks.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: 8am. 56M: 10:30am. 28M: 11:30am. Scenic, supported rides w/prizes, food, homemade pies, T-shirt, music. Rain date: 8/25. Mt. Pisgah Lodge, Saranac Lake. strattonride.com.

SEPTEMBER

1 Catskill Mountain Cycling Challenge. Enjoy the beautiful western Catskills with three road routes - 29M: 9am, 57M: 8:30am, 99M: 8am. Post-ride lunch, T-shirt & use of facilities. Catskill Recreation Center, Arkville. Catskillrecreationcenter.org or bikereg.com.

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. 23M: 9am. Scenic rides that are a fundraiser for Freedom Machines. 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.

22 Tour de Salem Flame Fighters Bike Rides and 5K/10K Runs & 1M Walk. 10am. Rides - 62m: 8am, 25M: 8:30am, 16M & 10M: 9am. Salem Fire Dept Carnival Grounds, Salem. Steven Saunders: 518-321-9430. tourdesalemflamefighters.com.

22 CF Cycle for Life. 19M, 30M or 62M supported rides. Saratoga Springs. fightcf.cff.org.

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.

28 8th Drops to Hops. 43M race & 23M citizens' fun race/ride. Post ride food & craft beer. Starts/finishes at Brewery Ommegang, Cooperstown. clarksportscenter.com or itsyourrace.com.

JOIN IN THE 19TH ANNUAL

THE PAT STRATTON RIDE

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Saturday, August 24
 Mt. Pisgah Lodge, Saranac Lake
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6th annual Harry Elkes Ride

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

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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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MHCC Century Weekend

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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

Early bird by 6/30: \$40 member, \$50 non-member
\$50 member, \$60 non-member - 7/1-9/5
Registration is good for both days! Volunteer and ride for free!

- 28 10th Ciclismo Classico's Bike Travel Film Festival. Ordinary people, extraordinary adventures. Presented by Bikeatoga. Happy hour & film fest: 5:30pm. Film fest: 7pm. Gannett Auditorium, Skidmore College, Saratoga Springs. bikeatoga.org/ticket.
- 29-10/5 **Historic Erie Canal Bike Tour.** Fully supported group tour. Syracuse. 315-316-BIKE. gobikeerie.com.

- 28 10th Ciclismo Classico's Bike Travel Film Festival. Ordinary people, extraordinary adventures. Presented by Bikeatoga. Happy hour & film fest: 5:30pm. Film fest: 7pm. Gannett Auditorium, Skidmore College, Saratoga Springs. bikeatoga.org/ticket.

OCTOBER

- 12-13 **Bike Thru History Rides.** One- and/or two-day supported bike tours in historic Fulton County & southern Adirondacks. Lodging optional. Johnson Hall State Historic Site, Johnstown. 44lakes.com/bike-thru-history.

- 6 **Garnet Hill Grit Mountain Bike Race.** Expert class: 12M. Sport class: 6M. Divisions for all ages, 19-60+. Fat & mountain unicycle divisions. Post-race hearty food, craft beer, prizes & live music. garnet-hill.com/events or bikereg.com.

NOVEMBER

- 2 **2nd MHCC Gravel Gobbler Gravel Grinder & Road Rides.** 23M/38M gravel rides, 31M road ride, food & beer. 12pm. Benefits Regional Food Bank of NENY. S&S Farm Brewery, Nassau. Chet Lassel: 518-708-3762. bikereg.com.

- 2 **2nd MHCC Gravel Gobbler Gravel Grinder & Road Rides.** 23M/38M gravel rides, 31M road ride, food & beer. 12pm. Benefits Regional Food Bank of NENY. S&S Farm Brewery, Nassau. Chet Lassel: 518-708-3762. bikereg.com.

HEALTH & FITNESS

ONGOING

- Daily **Rock Your Fitness: Total Body Training.** 8/5-30 & 9/9-10/26. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.com.

HIKING, CLIMBING & WILDERNESS SKILLS

AUGUST

- 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 **"Poor Man's Downhill" Shuttles.** Leepoff Cycles & Up A Creek Restaurant, Wilmington. betatrails.org.
- 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.

- 19 **Sawteeth High Peak & Fire Tower Hike.** Elev: 4,100'. 11.8M. 7:30am. St. Huberts Parking Area. ADK: 518-523-3480. adk.org.
- 26 **Hurricane Mtn Guided Hike.** 6.8M round-trip, 2,000' elevation gain to fire tower summit. 8:30am. Hurricane Mtn Trailhead, between Keene & Elizabethtown. 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

- 1 **"Poor Man's Downhill" Shuttles.** Leepoff Cycles & Up A Creek Restaurant, Wilmington. betatrails.org.
- 14 **6th Harry Elkes Ride.** 9:30am: 50M & 32M road & new 32M gravel. 10am: 15M road. The Hub, Brant Lake. bikereg.com.
- 15 **"Poor Man's Downhill" Shuttles.** Leepoff Cycles & Up A Creek Restaurant, Wilmington. betatrails.org.
- 21 **Gore Mountain Bike Skills Development Camp.** All day or morning only for beginner & intermediate. Gore Mountain, North Creek. goremountain.com.

- 1 **Street & Nye Guided Hike.** Elev: 4,166' & 3,895'; 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.

THE RIDE FOR MISSING CHILDREN Albany-September 20

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8th annual

Drops to Hops

23 mile and 43 mile races, starting and ending at Brewery Ommegang. Must be 21 to drink.

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Riverview Orchards
 660 Riverview Rd, Rexford
 2M run, 17M bike, 2M run
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- 2 **Esther Mt Guided Hike.** Elev: 4,240', 6.6M. ADK: 518-523-3480. adk.org.
- 9 **Macomb, South Dix & Grace Guided Hike.** Elev: 4,405'; 4,060', 4,012', 12.3M. ADK: 518-348-3480. adk.org.
- 13-15 **Seward Range Guided Backpacking.** 27M. ADK: 518-348-3480. adk.org.
- 20-22 **Skylight & Gray Guided Backpacking.** 17.6M. ADK: 518-348-3480. adk.org.
- 23 **Seward Mtn Guided Hike.** Elev: 4,361', 14M. 7:30am. Coreys. ADK: 518-348-3480. adk.org.
- 27-29 **Allen Mtn Guided Backpacking.** 18M. ADK: 518-348-3480. adk.org.
- 28-29 **Map & Compass Bushwhack Workshop.** Heart Lake, Lake Placid. ADK Mountain Club: 518-348-3480. adk.org.
- 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.
- 30 **Iroquois Mtn Guided Hike.** Elev: 4,840', 9.4M. Adirondak Loj, Lake Placid. ADK: 518-348-3480. adk.org.

OCTOBER

- 4 **Dix & Hough Mtn Guided Hike.** 13.7M. ADK Mountain Club: 518-348-3480. adk.org.
- 5 **Mt Marshall Guided Hike.** 4,360', 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 6 **Sawteeth High Peak & Fire Tower Hike.** Elev: 4,100'. 11.8M. 7:30am. St. Huberts Parking Area. ADK: 518-523-3480. adk.org.
- 7 **Esther Mt Guided Hike.** Elev: 4,240', 6.6M. ADK: 518-523-3480. adk.org.
- 10 **Table Top Guided Hike.** Elev: 4,427', 9.8M. Adirondak Loj, Lake Placid. ADK: 518-348-3480. adk.org.
- 11 **Hurricane Mtn Guided Hike.** 6.8M round-trip, 2,000' elevation gain to fire tower summit. 8:30am. Hurricane Mtn Trailhead, between Keene & Elizabethtown. ADK: 518-523-3480. adk.org.
- 13 **Street & Nye Guided Hike.** Elev: 4,166' & 3,895', 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 14 **Phelps High Peak & Fire Tower Hike.** Elev: 4,160', 8.2M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.

MULTISPORT: TRIATHLON, DUATHLON & SWIMMING

ONGOING

- 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.

AUGUST

- 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. adkracemgmt.com.

SEPTEMBER

- 7 **Greene County YMCA Triathlon.** 350yd swim, 11.5M bike, 3.1M run. Sleepy Hollow Lake, Athens. 518-731-7529. zippyreg.com.
- 8 **Ironman 70.3 Lake Placid.** 1.2M swim, 56M bike, 13.1M run. 7am. Olympic Speedskating Oval, Lake Placid. ironman.com.

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KILLINGTON TIMESHARE - Transfer ownership of one week, one bedroom timeshare at Cedarbrook Club Killington. Week 51, Unit 209, every odd year. This year Dec. 22-29, 2019. Cost \$1000, which includes all this year's operation fees. Paula Sampson: 518-469-7707 or mema_sampson@yahoo.com.

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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.

OCTOBER

20 17th Mohawk Towpath Byway Duathlon. 2M run, 17M bike, 2M run. 8:30am. Solo & teams. Riverview Orchards, Clifton Park/Rexford. mohawktowpath.org/duathlon.

OTHER EVENTS

SEPTEMBER

28-29 Great Adirondack Moose Festival. Moose-themed programs, games, contests, exhibitions, guided tours & shopping. 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.

AUGUST

- 17 7th Oswego Paddlefest. Kayakers, canoeists & SUPers can enjoy historic Oswego River and Canal by "locking through" four canal locks. Long course (13 miles) for experienced paddlers: Launch 8:30-9:30am from Indian Point Park in Fulton. Short course (5.5 miles): Launch 8-9am from Riverview Park, Minetto. Shuttle service provided. Finish at Lee White Maritime Museum, Oswego. Info/register (limited to 600 paddlers): 315-342-0480 or hlwmm.org.
- 17 Wells Bridge Canoe and Kayak Races. 9M. 10am. Wells Bridge. slvpaddlers.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.
- 21 Long Lake Long Boat Regatta. 10M. 11am. Long Lake. Brian McDonnell: 518-891-2744. adirondack90miler.com.
- 22 St Regis Canoe Classic. 5M/7M/11M. Paul Smiths College, Paul Smiths. slvpaddlers.org.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

Wed Fleet Feet Run. 6pm. Evening club run. All welcome. Fleet Feet, Albany. 518-459-3338. fleetfeetalbany.com.

AUGUST

- 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.

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17TH ANNUAL
Saratoga County Historical Society
JAIL HOUSE 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
@ Brookside Museum
Register and details:
brooksidemuseum.org/jailhouse-rock-5k-2

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7TH ANNUAL
SARATOGA CASINO-HOTEL
HARNESSTRAK MILE
Monday August 19
A one-mile footrace on the harness track
Heats begin 5:30pm & end 6:45pm
Awards: Top 3 Overall M/F and Top 3 M/F in Age Divisions • T-shirts • \$20 entry by 8/12
6:55pm: Free Kids' 1/4-mile Fun Run!
Register: finishright.com
Benefits Saratoga Springs History Museum

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The Melanie Foundation presents
THE SARATOGA PALIO
Melanie Merola O'Donnell Memorial Race
Half Marathon & 5K Run/Walk
SUNDAY, SEPTEMBER 15
TheMelanieFoundation.com

- 19 Tawasentha XC 5K Run Series. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.
- 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.
- 25 Run/Walk for the Nature Conservancy. 9:30-10:30am. Crossings Park, Colonie. charitymiles.org/athleta.

SEPTEMBER

- 1 8th 1812 Challenge & Half Marathon. 18.12M & 13.1M: 7:30am. 5K run/walk: 8am. 1812 Battlefield SP, Sackets Harbor. 1812challenge.com.
- 2 HMRRRC 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 LL 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. greatamericanbreweryraces.com.
- 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 HMRRRC 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 11th Race Away Stigma 5K. 10am. Hudson Hall, Hudson Valley Community College, Troy. Larry Ellis: 518-629-7175. hcvc.edu/race.html.
- 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.
- 21 START Children's Center 5K Run/Walk. 10am. Troy. 518-271-6001. startcac.com.
- 21 9th Run for Your Knives. 5K. 9am. Culinary Institute of America, Hyde Park. ciachef.edu.
- 21 Windy Hill Orchard 5K. 10am. Windy Hill Orchard, Castleton.
- 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 Tour de Salem Flame Fighters 5K/10K Runs & 1M Walk and Bike Rides. 10am. Salem Fire Dept Carnival Grounds, Salem. Steven Saunders: 518-321-9430. tourdesalemflamefighters.com.
- 22 Glenville Muddy Sneaker Trail Run. 9am. Indian Meadows Park, Glenville. 518-399-8118. zippyreg.com.
- 22 45th Falling Leaves Road Race. 5K run/walk & wheelchair. 14K scenic run. 9am. Delta Marriott, Utica. uticaroadrunners.org or runsignup.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.

Saturday, October 12, 2019
Saratoga Spa State Park
Columbia Pavilion
5K & 10K Walk/Run 9:30a.m.
Kid's Fun Run following races
Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that register for the 5 & 10K by 10/1!
****IMPORTANT****
Course maps & info. available online
Race Limited to 2,000 Registrants
NO DAY OF Registration
5K & 10K Fees: \$25 (by 10/1);
\$28 (by 10/10 at 10a.m.); \$30 (before 6p.m. on 10/11)
Kids Fun Run Fee: \$10(12 & under)
Register Online:
www.saratogabridges.org
More information: 518.587.0723
To benefit
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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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 Hosted by the Saratoga Stryders
Mondays: 6/24, 7/8, 7/22, 8/5, 8/19
Wilton Wildlife Preserve & Park's Camp Saratoga
 (Scout Rd, 5 min from I-87, Exit 15 or 16)
Fun, challenging 5K trail course! Open to all ages and abilities
 Registration: \$5 starting at 5pm
 Start: 6:15pm rain or shine
saratogastryders.org
 Laura Clark: 518-581-1278, info@saratogastryders.org
 Proceeds benefit Wilton Wildlife Preserve & Park

45TH ANNUAL *Utica Roadrunners*
Falling Leaves ROAD RACE
Sunday, September 22
DELTA MARRIOT, UTICA
5K Run/Walk/Wheelchair & Scenic 14K Run - 9am
 Register early for CNY Racing 1/4-zip long-sleeve tech shirt
 Info/Register: **UticaRoadrunners.org** or **RunSignUp.com**

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

- 25 Storm King Run 10K, 5K, 1M fun run. 9am. Washington Gate, West Point. mhrrc.org.
- 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 **3rd Amy's Adventure Race for the Lake.** 4.5M trail run. Amy's Park, Bolton Landing. 518-644-9673. lglc.org.
- 28 **Flashlight 5K Run/Walk.** 7:30pm. Receive glowstick necklace, bracelet & T-shirt. Must wear headlamp & carry flashlight. Cole's Woods, Glens Falls. adkracemgmt.com.
- 28 5th Albany Oktoberfest 5K Run/Walk. 10:20am. Wolff's Biergarten, Albany. oktoberfestalbany5k.com.
- 28 8th Maddie's Mark 5K, Kids' Run, & Family Walk. 10am. Central Park, Schenectady. runsignup.com.
- 28 Cure SMA 5K & Walk n' Roll. 10:20am. Mohawk River Park, Colonie. events.curesma.org.
- 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. 518-438-9596. colonieyouthcenter.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.
- 13 Fall Foliage Half Marathon & 5K. 10am. Dutchess County Fairgrounds, Rhinebeck. fallfoliagehalf.com.
- 19 Trails 2 Prevention 5K. 8:45am. Crossings Park, Colonie. trails2prevention.org.
- 19 22nd Great Sacandaga 5K & 10K. 10:30am. Sport Island Pub, Northville. David Gifford: 518-863-8046.
- 19 Livingston Manor Half Marathon & 5K. 10:30am. Livingston Manor. 917-828-5028.
- 26 **Troy YMCA Trick-or-Trek 5K Run/Walk.** 9-11 am. Oakwood Cemetery, Troy. zippyreg.com.
- 26 **Brookhaven Oktoberfest 5K Trail Run.** 10am. Brookhaven Golf Course, Porters Corners. Chris Yarsevich: 518-893-7605. skireg.com.
- 26 Tina's 5K Run/Walk. 9am. Pleasantville HS, Pleasantville. tinagambino.org.
- 26 Night Out for You Harvest Hustle 5K. 9:30am. Stadium, Hudson Valley Comm College, Troy. nightoutforyou.org.
- 27 **Saratoga Cross Country Classic.** 5K & new 8K. Kids' 2K & 3K. Saratoga Spa SP, Saratoga Springs. saratogaxcclassic.com.
- 27 Hairy Gorilla Half Marathon & Squirrely Six Mile. 9:30am. Thacher State Park, Voorheesville. albanyrunningexchange.org.
- 27 Rensselaer Runs United. 10am. North Greenbush. Karen Moraski: 518-276-4305.

OCTOBER

- 5 **Burnt Hills-Ballston Lake Rotary Apple Run/Walk 5K.** 9am. O'Rourke MS, Burnt Hills. Suzette Stewart: 518-560-6767. bhblrotary.org.
- 5 APD 5K Run/Walk for Domestic Violence Awareness. 9:30am. Albany. zippyreg.com.
- 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.
- 12 **19th Great Pumpkin Challenge 5K, 10K & 1M Fun Run.** 9:30am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. saratogabridges.org.
- 12 6th Running SCCCared Family Run/Walk. 5K, 10K & Kids Run. 8:50am. Crossings Park, Colonie. 518-453-6756. st-cath.org.

NOVEMBER

- 2 **8th Saratoga County Revolutionary Run for Veterans 5K.** 10am. Run/walk on historic Champlain Canal & Towpath. Part of USATF Adk GP Series. Free Kids' Fun Nature Run. Fort Hardy Park, Schuylerville. 518-884-4115. finishright.com.
- 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.

Hudson Valley Community College's Wellness Center presents 11th annual
Race Away Stigma 5K
Saturday, Sept 21 - 10am
Hudson Hall, HVCC, Troy
 T-shirt, raffle prizes, awards, refreshments
 Homecoming tailgate to follow
Register online and forms: hvcc.edu/cct/race.html or finishright.com
 Before 9/14: \$20 • HVCC students: free
 Local college students: \$10 • Day of race: \$20
 Larry Ellis 518-629-7175 l.ellis@hvcc.edu
 Collaboration with NAMI NYS, Rensselaer, HVCC Foundation, AFFSP, College of Saint Rose, Sage Colleges, HVCC Student Senate, MHANYS

Sunday, October 27th
 USATF Adirondack Presents
Saratoga Cross Country Classic
 Saratoga Spa State Park Saratoga Springs, NY
5k Cross Country Classic - 10am
8k Open & USATF Grand Prix Race - 11am
 Open to ALL runners & walkers!
 No USATF membership required
 Novice/road runners welcome
 Gentle course; not a technical trail run
USATF Adirondack Grand Prix Series
Kids' 2k and 3k Developmental Cross Country Runs - 9am
Register Online! ZippyReg.com saratogaxcclassic.com

25th Annual Burnt Hills-Ballston Lake Rotary
THE 2019 APPLE RUN
5K Run and Walk Saturday, Oct. 5 • 9am
O'Rourke Middle School, Burnt Hills
 Kids' Half-Mile Fun Run • 9:45am
 USATF Certified Course • Chip Timing
 Shirts for the first 300 participants
 \$25 by 9/21 (\$30 after) • Kids' Half-Mile Fun Run: \$10
Register: ZippyReg.com More info: bhblrotary.org or Suzette Stewart 518-560-0767

3RD ANNUAL Brookhaven
Oktoberfest 5K Trail Run
Saturday, October 26 - 10am
 Brookhaven Golf Course, 333 Alpine Meadows Rd
 Porter Corners (10M north of Saratoga Springs)
 Kids' 1K Fun Run: 11am • Oktoberfest Party to follow!
 Custom logo T-shirt to all preregistered by 10/1
 All Proceeds Go Towards Expanding Nordic Skiing at Brookhaven's Trail System
REGISTER: SkiReg.com

RACE RESULTS

5TH ANNUAL GOOD KARMA 5K RUN • June 15, 2019 • Crossings Park, Colonie

MALE OVERALL			MALE AGE GROUP: 45 - 49		
1 Daniel Pavelec	16 Loudonville	17:51	1 Andy Reed	47	18:28
2 Jay Madan	16 Albany	18:13	2 Eric Bergin	47 Albany	20:04
3 Vishal Hada	17 Slingerlands	18:25	3 Patrick Lynskey	46	22:27
FEMALE OVERALL			FEMALE AGE GROUP: 45 - 49		
1 Ashley Moskowitz	18 Campbell Hall	21:37	1 Jennifer Ferriss	47 Saratoga Springs	27:54
2 Meghana Caron	18 Clifton Park	21:56	2 Alicia Gillen	49	29:14
3 Daniele Cherniak	57 Schenectady	22:24	3 Shelby Olsen	46 Clifton Park	30:44
MALE AGE GROUP: 1 - 14			MALE AGE GROUP: 50 - 54		
1 Devin Decker	14 Schenectady	19:44	1 Bob Radloff	54 Stillwater	19:52
2 Rohit Nattanmai	12 Rexford	21:35	2 Dennis Quinn	54 Niskayuna	25:55
3 Advait Ramani	12 Clifton Park	23:07	3 Joel Bloom	54 Loudonville	29:19
FEMALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 50 - 54		
1 Dharini Madadi	13 Latham	26:06	1 Julie Novkov	52 Loudonville	25:41
2 Rajshree Hada	12 Slingerlands	30:25	2 Andrea Betts	54 Clifton Park	26:25
3 Manami Kerins	13 Niskayuna	30:41	3 Ann Marie Gray	54 Schenectady	28:11
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 55 - 59		
1 Destin Yee	18 Albany	21:17	1 Russell Lauer	56	20:35
2 Avenesh Benki	15 Niskayuna	21:29	2 Terry Langlois	59 Niskayuna	23:30
3 Anuraag Sharma	15 Niskayuna	21:58	3 Steve Shaw	59	24:53
FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 55 - 59		
1 Dharanishri Selvaraj	16 Clifton Park	25:11	1 Katy Buchanan	57 Altamont	28:49
2 Molly Dexter	19 Saratoga Springs	29:53	2 Tracy Balogh	56 Schenectady	29:58
3 Praagya Meyyan	15	31:44	3 Julie Johnson	57 Schenectady	30:54
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 60 - 64		
1 Justin Caron	20 Clifton Park	20:56	1 Mark Regan	63 Saratoga Springs	24:59
2 Thomas Twomey	23 Scotia	26:59	2 Veerabhadrao Bheemini	64	32:14
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 60 - 64		
1 Katherine Quinn	22 Niskayuna	22:58	2 Shashi Mehrotra	62	52:38
2 Heidi Proper	24 Kinderhook	23:13	FEMALE AGE GROUP: 60 - 64		
3 Emily Gray	23 Schenectady	26:16	1 Maureen Fitzgerald	61 Schenectady	24:19
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 60 - 64		
1 Mel Maher	29 Providence	25:12	2 Hope Plavin	60 Saratoga Springs	27:26
2 Aileen Daley	25 Glenville	29:09	3 Jean Loewenstein	61 Malta	28:37
3 Alyssa Lowell	26 Guiderland	30:23	MALE AGE GROUP: 65 - 69		
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 65 - 69		
1 Todd Stupell	34 Providence	22:10	1 Richard Bennett	67 Clifton Park	29:08
2 Zamiyad Dar	31 Ballston Lake	24:15	2 Andrew Coffey	67 Albany	32:44
3 Niles J Jawalkar	33 East Greenbush	27:30	3 Mark Bechard	67 Albany	39:36
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 65 - 69		
1 Miranda Vandenbriel	32 Loudonville	26:48	1 Kris Thorne	69 Clifton Park	29:42
2 Rebecca Benjamin	32 Schenectady	28:08	2 Judy Lynch	69 Castleton	33:02
3 Natalia Pascucci	33 Ballston Spa	30:09	MALE AGE GROUP: 70 - 74		
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 70 - 74		
1 Jakob Irwin	38 Troy	18:39	1 John Longacker	73 Clifton Park	29:16
2 Marc Phillips	37 Schenectady	24:44	2 Daniel Rickmyre	73 Schenectady	39:48
3 Edward Pollack	39 Albany	24:44	MALE AGE GROUP: 75 - 79		
FEMALE AGE GROUP: 35 - 39			MALE AGE GROUP: 75 - 79		
1 Laura Rickmyre	35 Schenectady	23:30	1 Richard Brewer	76 Cohoes	38:13
2 Katie Gifford	38 Gloversville	26:26	2 Gurinder Garcha	75 Clifton Park	42:08
3 Erika Oswald	38 Albany	26:39	MALE AGE GROUP: 80 - 84		
MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 80 - 84		
1 Kaustubh Nagarkar	41 Clifton Park	24:28	1 Sudhir Kulkarni	80 Latham	57:43
2 Ernie Yue	40 Halfmoon	24:34	MALE AGE GROUP: 85 - 89		
3 Milo Gifford	42 Gloversville	25:10	1 Joe Kelly	85 Clifton Park	46:33
FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 85 - 89		
1 Corine Bonitatibus	42 Schenectady	25:49	1 Chander Prabha Bhatia	85	46:06
2 Jamie Christensen	44 Poestenkill	27:23	TEAMS		
3 Susan Knapp	40 Schenectady	27:26	1 Galloping Giffords: Katie & Milo Gifford		25:48
			2 Sahyandri's Warriors: Kalyan Ghule/Nilesh Jawalkar		31:14
			3 Team Popplio: Edward & Theresa Pollack		32:51

Courtesy of Good Karma of the Capital Region

WHIPPLE CITY 5K & 10K • June 15, 2019 • Greenwich Middle School, Greenwich

5K RUN			10K RUN		
FEMALE OVERALL			FEMALE AGE GROUP: 60 - 69		
1 Jordan LeClair	26 Greenwich	21:50	1 Hollys Kozlowski	64 Valley Falls	28:48
2 Elizabeth Marci	12 Greenwich	22:32	FEMALE AGE GROUP: 70 - 79		
3 Morgan Hulbert	21 Cadyville	25:31	1 Kathy Shaw-Herbert	70 Greenwich	51:57
MALE OVERALL			MALE AGE GROUP: 60 - 69		
1 Mark Joe	26 Greenwich	20:12	1 Wes Clark	67 Argyle	30:35
2 French Josh	41 Greenwich	20:16	2 Doug Cosey	62 Greenwich	47:13
3 Casey Brown	22 Saratoga Springs	21:14	MALE AGE GROUP: 70 - 79		
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 70 - 79		
1 Taylor Brown	12 Saratoga Springs	30:02	1 Norman Stevens	77 Fort Edward	27:55
2 Caitlyn McClay	14 Greenwich	36:14	FEMALE OVERALL		
3 Parker Diaz	11 Greenwich	37:12	1 Cassandra Conety	31 Shushan	45:23
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 20 - 29		
1 Ethan Adams	12 Salem	23:48	2 Margaret McKeown	61 Moreau	46:39
2 Brenden McClay	12 Greenwich	24:37	3 Abigail Chaloux	39 Shaftsbury, VT	49:08
3 Paul Sievers	13 Greenwich	26:49	MALE OVERALL		
FEMALE AGE GROUP: 15 - 19			MALE OVERALL		
1 Edan Bailey	16 Cambridge	26:59	1 Julian Stedman	14 Glens Falls	37:27
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 1 - 14		
1 Bill Bink	16 Greenwich	24:05	2 Taver Bull	38 Greenwich	42:47
2 Dillon Niles	16 Greenwich	24:48	3 Adam Ostrander	29 Greenwich	42:50
3 Sam Andrews	15 Greenwich	25:08	MALE AGE GROUP: 15 - 19		
FEMALE AGE GROUP: 20 - 29			MALE AGE GROUP: 15 - 19		
1 Sofie Hoerning	21 Greenwich	29:50	1 Matt Bink	15 Greenwich	50:44
2 Margaret Catrambone	23 Cape Canaveral, FL	35:09	FEMALE AGE GROUP: 20 - 29		
3 Samantha Boyce	28 Amherst	35:37	1 Shelby Whitman	23 Shaftsbury, VT	51:35
MALE AGE GROUP: 20 - 29			MALE AGE GROUP: 20 - 29		
1 Colter Carlstett	23 Greenwich	21:45	2 Megan Labbate	29 Troy	59:38
2 Michael Oberhausen	24 Binghamton	22:34	FEMALE AGE GROUP: 30 - 39		
3 Davin LeClair	25 Greenwich	25:58	1 Jeanmarie Kratzer	30 Cambridge	52:58
FEMALE AGE GROUP: 30 - 39			MALE AGE GROUP: 30 - 39		
1 Sarah Warren	35 Granville	47:12	2 Laura Bull	38 Greenwich	54:31
MALE AGE GROUP: 30 - 39			MALE AGE GROUP: 30 - 39		
1 Nicholas Prock	31 Saratoga Springs	21:39	3 Raimie Utterback	31 Troy	59:38
2 Anthony Thompson	30 Sunderland, VT	27:09	MALE AGE GROUP: 40 - 49		
3 Scott Manley	33 Greenwich	27:46	1 Jean-Baptiste Laloe	37 Saratoga Springs	45:12
FEMALE AGE GROUP: 40 - 49			MALE AGE GROUP: 40 - 49		
1 Krisan Pelletier	40 Green Island	26:30	2 Reed Anderson	36 Greenwich	46:31
2 Michelle Marci	48 Greenwich	28:38	3 Joshua Elliott	35 Eagle Bridge	49:05
3 Angela Cronin	41 Greenwich	29:56	FEMALE AGE GROUP: 40 - 49		
MALE AGE GROUP: 40 - 49			MALE AGE GROUP: 40 - 49		
1 Richard Carter	46 Saratoga Springs	25:50	1 Nicole Dugan	44 Mechanicville	52:33
2 Karl Pfaffenbach	44 Saratoga Springs	26:32	2 Denise Kay	44 Albany	54:05
3 Peter Bailey	44 Cambridge	26:59	3 Jill Kozioi	45 Buskirk	54:22
FEMALE AGE GROUP: 50 - 59			MALE AGE GROUP: 50 - 59		
1 Polly Lebaron	51 Housatonic, MA	30:09	1 Carlos Aquino	41 Albany	53:32
2 Suzannah Kelly	52 Greenwich	31:33	FEMALE AGE GROUP: 50 - 59		
3 Carol Weisman	59 Greenwich	32:01	1 Sandy Adams	59 Shushan	53:54
MALE AGE GROUP: 50 - 59			FEMALE AGE GROUP: 50 - 59		
1 Mel Rose	51 Schaghticoke	23:57	2 Jackie White	52 Greenwich	1:00:56
2 Glen Knecht	54 Cambridge	24:37	3 Jacqueline Orr	56 Albany	1:04:30
3 Rick Spiezio	52 Greenwich	26:54	MALE AGE GROUP: 50 - 59		

Courtesy of Greater Greenwich Chamber of Commerce

HMRRC VALLEY CATS FATHER'S DAY HOME RUN 5K continued

FEMALE AGE GROUP: 10 - 14			FEMALE AGE GROUP: 45 - 49		
1 Erika Irwin	13 Guiderland	24:23	1 Melissa Maguire	46 Loudonville	24:17
2 Susannah Denham	14 Glenville	26:51	2 Amy O'Connor	47 Troy	26:43
3 Gwen Ford	12 Wynantskill	27:32	3 Molly Michalek	48 Clifton Park	28:57
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 50 - 54		
1 Gavin Ethier	15 Clifton Park	18:44	1 Kevin Creagan	54 Albany	20:35
2 Garrick Smith-Growick	16 Schenectady	21:11	2 Russell Thielke	50 Clifton Park	21:03
3 Jacob Almeida	17 Cohoes	21:30	3 Richard Cummings	51 Schenectady	21:14
FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 50 - 54		
1 Beth Irwin	15 Albany	22:21	1 Bridget Enderle	52 Sand Lake	25:44
2 Jourdyn Nicholson	18 Schenectady	25:23	2 Susan Shah	53 Slingerlands	25:47
3 Rachel Mari Sullivan	19 Niskayuna	26:49	3 Linda DeDominicis	51 Menands	28:18
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 55 - 59		
1 Jonathan Denham	23 Glenville	20:11	1 Jack Arnold	56 Latham	19:47
2 Nicholas Chakmakas	21 Cohoes	20:43	2 John Sestito	55 Johnsonville	20:17
3 Roderick Williams Jr.	24 Troy	26:07	3 David Hart	58 Delmar	22:20
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 55 - 59		
1 Shea Foley	22 Slingerlands	28:20	1 Janice Phoenix	58 Schenectady	25:56
2 Alyssa Hopsicker	24	29:03	2 Anne Hurley	56 Delmar	27:47
3 Kristin Connolly	21 Troy	30:24	3 Renee Abdou-Malta	55 Feura Bush	29:40
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 60 - 64		
1 Eric Young	27 Latham	18:39	1 John Sheehy	61 Menands	25:49
2 Andy Gilchrist	27 Croseyville	21:41	2 Charles Mohlmann	62 Rotterdam	26:52
3 Andre Beresin	26 Troy	21:52	3 John Connolly	62 Troy	28:08
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 60 - 64		
1 Vicky Tiberia	28 Ballston Lake	25:16	1 Fran Pilato	60 Rensselaer	27:30
2 Nora Amyot	29 Latham	26:55	2 Ines Nieves	61 Altamont	31:28
3 Patricia Cyran	29 Albany	31:18	3 Paula Platt	61 Latham	33:07
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 65 - 69		
1 Pete Conboy	30 Albany	19:00	1 Kevin Rose	66 Latham	22:10
2 Matthew Jerauld	33 Round Lake	20:28	2 Juergen Reher	69 Wynantskill	23:28
3 Daniel Reeves	32 Averill Park	20:41	3 George Baranuskas	65 Scotia	23:59
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 65 - 69		
1 Melissa Farley	30 Ballston Lake	23:24	1 Sharon Close	65 Wynantskill	34:22
2 Aubrey Clements	30 Troy	23:41	2 Cathy Lanese	69 Troy	38:01
3 Erin Goodale	32 Glenmont	24:59	3 Alice Carpenter	69 Delmar	38:56
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 70 - 74		
1 Matthew Donohue	37 Troy	21:56	1 Dave Glass	72 Glenville	22:51
2 Matthew Fryer	39 Clifton Park	21:59	2 Joseph Scaringe	73 Latham	29:22
3 Justin Abbott	35 Troy	22:12	3 Jim Cochran	70 Rensselaer	29:35
FEMALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 70 - 74		
1 Cheryl Sarjeant	39 Averill Park	23:00	1 Nancy Johnston	73 Ballston Lake	48:09
2 Carrie Lenic	39 Schenectady	24:38	2 Kathleen Zegarelli	70 Ballston Lake	58:59
3 Mary Flagg	35 Glenmont	25:38	MALE AGE GROUP: 75 - 79		
MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 75 - 79		
1 Clay Lodovice	43 Voorheesville	18:42	1 Donald Gallagher	76 Albany	33:48
2 Jonathan Peck	40 Glenville	19:36	2 Jim Hotaling	78	37:50
3 Ryan McCann	44 Albany	19:41	FEMALE AGE GROUP: 75 - 79		
FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 75 - 79		
1 Melissa Grandjean	40 Glenville	23:08	1 Diane Bollman-Buyer	75 East Greenbush	41:55
2 Jessica Chapman	41 Bennington, VT	24:03	MALE AGE GROUP: 80 - 84		
3 Jennifer Salvi	40 Watervliet	25:54	1 James McGuinness	80 Watervliet	34:32
MALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 80 - 84		
1 Grev Ethier	45 Clifton Park	19:07	1 Eiko Bogue	82 Schaghticoke	44:11
2 Gaven Richard	45 Albany	20:07	<i>Courtesy of Hudson-Mohawk Road Runners Club</i>		
3 Brian Watts	45 Clifton Park	20:50			

3RD ANNUAL WILMINGTON WHITEFACE WHISKEY RUN 10K

June 15, 2019 • Pourman's Tap House, Wilmington

MALE OVERALL			FEMALE AGE GROUP: 40 - 44		
1 Ryan Recchia	25 Keeseville	37:19	1 Aisha Young	43 Dobbs Ferry	46:06
2 Jared Whalen	34 Keene Valley	39:12	2 Colleen Porter	42 Lake Placid	50:17
3 Brian Wilson	36 Dannemora	39:19	3 Shannon Bartlett	41 Plattsburgh	50:45
FEMALE OVERALL			MALE AGE GROUP: 45 - 49		
1 Samantha Davies	35 Tupper Lake	41:29	1 Jason Amoriell	49 Peru	41:13
2 Heidi Read	28 Lake Placid	43:01	2 Kevin Prickett	46 Wilmington	45:06
3 Anne Benson	54 Clifton Park	45:03	3 Brian Dillenbeck	48 Alplaus	45:46
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 45 - 49		
1 Andrew Scanio	14 Lake Placid	46:45	1 Donna Roca	49 Kingston	56:30
MALE AGE GROUP: 15 - 19					

GREENE COUNTY YMCA SPRING INTO SUMMER 5K continued

FEMALE AGE GROUP: 40 - 49			
1	Olie Quilop Locke	47	Whitehall 26:47
2	Danielle Quigley	40	Coxsackie 27:00
3	Samantha Belcher	42	Saratoga Springs 29:25
MALE AGE GROUP: 50 - 59			
1	Christopher Thomas	59	Staatsburg 24:00
2	Eric Holsopple	51	Catskill 28:38
3	Edward Downer	50	Rensselaer 28:41
FEMALE AGE GROUP: 50 - 59			
1	Susan Golden	50	Warwick 29:40
2	Eileen West	56	Coxsackie 31:09
3	Karen Disonell	58	Hannacroix 32:59
MALE AGE GROUP: 60 - 69			
1	John Gallagher	67	Cairo 27:25
2	Edward Greenaway	61	Coxsackie 30:57
3	Max Horowitz	61	Hannacroix 36:26
FEMALE AGE GROUP: 60 - 69			
1	Deirdre Astin	60	Athens 38:30
2	Deborah Richards	66	New Baltimore 40:55
3	Barbara Solomon	61	Leeds 44:42
MALE AGE GROUP: 70 - 79			
1	Slade Cargill	76	Athens, FL 40:52

Courtesy of Capital District YMCA

2ND ANNUAL ADIRONDACK 15K RACE TO THE LAKES

June 22, 2019 • SUNY Adirondack, Queensbury to Battlefield Park, Lake George

MALE OVERALL			
1	Jon Lindenauer	31	Albany 50:42
2	Jason Linendoll	22	Hudson Falls 54:33
3	Alexander Benway	29	Queensbury 56:08
FEMALE OVERALL			
1	Erin Lopez	38	Saratoga Springs 1:02:17
2	Alyson Dalton	29	Saratoga Springs 1:05:22
3	Emily Franko	23	Watervliet 1:07:17
MALE AGE GROUP: 1 - 19			
1	Lance Risler	15	1:10:17
2	Santino Martinelli	19	Albany 1:14:24
3	Jeremy Caradonna	18	Queensbury 1:25:57
FEMALE AGE GROUP: 1 - 19			
1	Ruby Bashant	18	1:14:58
2	Molly Darfler-Sweeney	18	Tannersville 1:21:37
3	Jenna Urbanski	16	Stillwater 1:22:46
FEMALE AGE GROUP: 20 - 24			
1	Anne Ryan	20	Ambler, PA 1:15:24
2	Mallory Harper	23	Norton, MA 1:28:34
3	Monica Jackson	22	Utica 1:41:15
MALE AGE GROUP: 25 - 29			
1	Kevin Phoenix	26	1:11:26
2	Ryan Stratton	27	Beacon 1:11:30
3	Rob Brown	29	Burnt Hills 1:35:15
FEMALE AGE GROUP: 25 - 29			
1	Maggie Sanderson	25	Schaghticoke 1:17:50
2	Kendyl Morse	26	Glens Falls 1:36:18
3	Alyssa Shiel	26	Queensbury 1:40:09
MALE AGE GROUP: 30 - 34			
1	Andrew Costello	31	Staten Island 1:05:04
2	Matt Becker	34	South Glens Falls 1:07:54
3	Christopher Rusc	34	Saratoga Springs 1:09:54
FEMALE AGE GROUP: 30 - 34			
1	Cassandra Conety	31	Shushan 1:10:31
2	Kelly Seymour	33	Burnt Hills 1:24:04
3	Karly Randall	34	Saratoga Springs 1:27:14
MALE AGE GROUP: 35 - 39			
1	Bill Kardas	35	Utica 1:09:26
2	Gregory Verheyen	39	Queensbury 1:10:09
3	Shawn Kerr	39	Buffalo 1:18:06
FEMALE AGE GROUP: 35 - 39			
1	Mariel Swan	38	Ridgefield, CT 1:12:38
2	Sarah Piper	39	Fort Edward 1:12:42
3	Erin Murphy	39	Saratoga Springs 1:21:15
MALE AGE GROUP: 40 - 44			
1	Joshua Farrell	44	Albany 1:02:57
2	Neil Tyrrell	43	Saratoga Springs 1:12:27
3	James Harig	41	South Burlington, VT 1:13:57
FEMALE AGE GROUP: 40 - 44			
1	Lee Briggs	41	Ballston Spa 1:21:38
2	Angela Salerno	44	Kattskill Bay 1:22:12
3	Maura Ludlow	42	Lake George 1:25:52
MALE AGE GROUP: 45 - 49			
1	Andrew Eyer	47	Gansevoort 1:06:56
2	Jay Austin	47	North Shrewsbury, VT 1:14:29
3	Albert Fisas	46	Saratoga Springs 1:14:37
FEMALE AGE GROUP: 45 - 49			
1	Karen Linendoll	48	Hudson Falls 1:14:30
2	Stacia Smith	48	Niskayuna 1:19:09
3	Heidi Czerepak	46	Saranac Lake 1:21:17
MALE AGE GROUP: 50 - 54			
1	Bob Radloff	54	Stillwater 1:03:08
2	Robert Kellogg	54	Queensbury 1:05:51
3	Gary Harper	50	Moreau 1:09:51
FEMALE AGE GROUP: 50 - 54			
1	Patty Moore	53	Queensbury 1:11:06
2	Juile Urbanski	50	Stillwater 1:22:46
3	Monica Rozell	50	Queensbury 1:25:41
MALE AGE GROUP: 55 - 59			
1	Timothy Bardin	57	Queensbury 1:02:35
2	Jack Arnold	56	Latham 1:04:34
3	Mark Weidner	58	Queensbury 1:09:09
FEMALE AGE GROUP: 55 - 59			
1	Sandy Adams	59	Shushan 1:21:57
2	Marcy Dreimiller	59	South Glens Falls 1:22:54
3	Janice Phoenix	58	Schenectady 1:26:22
MALE AGE GROUP: 60 - 64			
1	Kevin Dollard	63	Hopewell Junction 1:05:53
2	Nick Lamando	60	Queensbury 1:10:30
3	Thomas Behlmer	61	Queensbury 1:22:48
FEMALE AGE GROUP: 60 - 64			
1	Margaret McKeown	61	Moreau 1:10:41
2	Maureen Fitzgerald	61	Clifton Park 1:20:06
3	Lisajo Kay	60	Slingerlands 1:28:19
MALE AGE GROUP: 65 - 69			
1	Dominick Audi	65	Malta 1:10:35
2	Jim Goodspeed	68	Queensbury 1:19:57
3	Matthew Jones	65	Saratoga Springs 1:20:56
FEMALE AGE GROUP: 65 - 69			
1	Jean Gillette	65	Lake George 1:30:50
2	Darlene Cardillo	66	Delmar 1:32:38
3	Jill Pederson	68	Lake George 1:39:05
FEMALE AGE GROUP: 70 - 74			
1	Laura Clark	72	Saratoga Springs 1:56:05
MALE AGE GROUP: 75 - 79			
1	Paul Hancock	75	Glens Falls 1:45:29
2	Jim Moore	79	Niskayuna 1:48:43
3	Patrick Bivona	78	Clifton, NJ 2:00:41

Courtesy of the Adirondack Runners

TICONDEROGA TRIATHLON FESTIVAL continued

3	Karinn Sharp	1:34:46	FEMALE AGE GROUP: 60 - 64	1	Jennifer Warren	3:11:34			
4	Emily DeGennaro	1:44:19	1	Susan Kreplin-Michaels	1:22:24	2	Dina St. Claire	3:12:47	
5	Angeline Moore	1:47:41	2	Maura Clark	1:36:14	3	Florence Lynds	3:41:57	
MALE AGE GROUP: 20 - 24				3	Carol Henry	1:41:41	MALE AGE GROUP: 55 - 59		
1	Austin Loeffel	1:23:25	4	Maryanne Reidy	1:47:28	1	Michael Stalker	2:30:54	
2	Danny DeGennaro	1:38:35	MALE AGE GROUP: 65 - 69		1	Rick Spann	2:40:47		
FEMALE AGE GROUP: 20 - 24				1	Lou Basso	1:37:23	3	Michiel Van Dijk	2:47:57
1	Margaretta Kuhn	1:35:21	FEMALE AGE GROUP: 65 - 69		1	Diane Basso	1:57:09		
MALE AGE GROUP: 25 - 29				2	Kathleen Pfeiffer	2:15:21	FEMALE AGE GROUP: 55 - 59		
1	Tim Reddick	1:23:25	1	David Dibelius	1:33:11	1	Deborah Curtis	3:26:58	
2	Kyle Vetro	1:36:05	MALE AGE GROUP: 70 - 74		1	John Bishop	3:11:13		
3	Adam Bryant	1:39:15	1	Gary Mineconzo	1:42:50	MALE AGE GROUP: 60 - 64			
FEMALE AGE GROUP: 25 - 29				3	William Long	1:43:12	1	Jan Prenoveau	3:29:05
1	Brooke Decker	1:34:08	FEMALE AGE GROUP: 70 - 74		2	Janice Cragolin	3:47:09		
2	Elizabeth Agnew	1:54:29	1	Christine McKnight	1:41:43	MALE AGE GROUP: 60 - 64			
MALE AGE GROUP: 30 - 34				2	Margaret Wallace	1:55:03	1	John Bishop	3:11:13
1	Matthew Wood	1:29:17	FEMALE AGE GROUP: 75 - 79		1	Jan Prenoveau	3:29:05		
2	Bryan Aitken	1:29:46	1	Jim Cunningham	1:40:23	2	Janice Cragolin	3:47:09	
3	Joseph Moeller	1:30:52	RELAY TEAMS		AQUABIKE - MALE				
4	Stephen Porto	1:34:08	1	Team Rourke/Smith	1:26:45	1	Blake Ford/60-64	1:43:13	
5	Seungwon Lee	2:46:23	2	Team Prenoveau	1:30:36	2	Javier Ballesteros Gomez/40-44	2:17:04	
FEMALE AGE GROUP: 30 - 34				3	Team Cartwright	1:37:26	AQUABIKE - FEMALE		
1	Meaghan Arzberger	1:21:40	4	Team Patchett	1:38:03	1	Linda Feist/55-59	2:13:50	
2	Winter Eyres	1:23:59	5	Team Bailey/Fisher	1:42:47	DUATHLON			
3	Simone Nadeau	1:38:25	OLYMPIC - 0.93M SWIM, 24M BIKE, 6.2M RUN		MALE OVERALL				
4	Christina Coppola	1:49:34	MALE OVERALL		1	Robert Scheungrab/40-44	1:00:14		
MALE AGE GROUP: 35 - 39				1	Michael Vance	1:10:51	2	James Roche/55-59	1:02:29
1	Michael Vance	1:10:51	2	Robert Scheungrab/40-44	2:17:48	3	Jason Amoriell/45-49	1:03:43	
2	David Newman	1:16:12	FEMALE OVERALL		1	Valerie Cillian	1:39:04		
3	Jeffrey Burns	1:26:50	1	Beth Stalker/60-64	2:38:02	FEMALE AGE GROUP: 30 - 34			
4	Dongju Kim	2:02:52	2	Judy Guzzo/50-54	2:47:51	1	Jessica Hitchcock	1:28:28	
FEMALE AGE GROUP: 35 - 39				3	Melissa Tesh/40-44	2:55:51	FEMALE AGE GROUP: 35 - 39		
1	Whitney Burns	1:41:34	1	Matthew Aust	2:44:33	1	Sarah Lussier	1:29:25	
2	Katie Flanagan	1:59:57	2	Anthony Anselmo	3:51:19	2	Crystal Paul	1:51:08	
MALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 25 - 29		MALE AGE GROUP: 45 - 49			
1	Greg Rashford	1:10:53	1	Anna Papp	3:23:59	1	James Gallagher	1:14:13	
2	John Evansky	1:15:21	MALE AGE GROUP: 30 - 34		2	Derek Chu	1:27:38		
3	Matthew Tebo	1:19:16	1	Kevin Karashay	2:25:20	FEMALE AGE GROUP: 45 - 49			
4	Christopher Erwin	1:24:02	2	Brian Martin	2:46:18	1	Michelle Gillian	1:34:41	
5	Gonzalo Diaz	1:33:02	3	Zack Zimballist	3:03:48	2	Crystal Ayers	1:35:01	
FEMALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 30 - 34		MALE AGE GROUP: 50 - 54			
1	Theresa Felton	1:32:16	1	Anna Reynolds	3:05:46	1	Bryan Oriel	1:17:21	
2	Ann Marie Scheidegger	1:43:38	MALE AGE GROUP: 35 - 39		2	Eric Johannessen	1:26:37		
MALE AGE GROUP: 45 - 49				1	Jeffrey Andritz	2:27:23	3	Steve Jameson	1:47:23
1	Brian Dillenbeck	1:46:38	2	Matthew Price	2:30:23	FEMALE AGE GROUP: 50 - 54			
2	Derek Chu	1:50:51	3	Svitozar Fokshel	2:34:20	1	Karen Jameson	1:47:23	
FEMALE AGE GROUP: 45 - 49				4	Lukas Waller	2:37:39	MALE AGE GROUP: 55 - 59		
1	Michelle Gillian	1:22:41	5	David Newman	2:38:45	1	Martin Hanehan	1:23:04	
2	Nicola MacNeil	1:30:31	FEMALE AGE GROUP: 35 - 39		2	Deborah Curtis	1:27:42		
3	Joanna Scheinfeld	1:31:46	1	Jessica DeConno	3:05:10	3	Cathy Hanehan	1:38:07	
4	Kristine Guptill	1:46:54	2	Kelly Schettini	3:06:03	MALE AGE GROUP: 60 - 64			
MALE AGE GROUP: 50 - 54				MALE AGE GROUP: 40 - 44		KIDS' TRIATHLON - AGE 1 - 11			
1	Tom Denham	1:27:10	1	Greg Rashford	2:33:48	MALE OVERALL			
2	Frank Collins	1:28:01	2	John Evansky	2:39:25	1	Zachary Jackman	21:19	
3	John McGuinness	1:36:56	3	Jason Hare	2:43:21	2	Woody Schettini	23:12	
4	Stan Young	1:48:00	4	Matthew Dawber	2:51:19	3	Georgie DeSantis	24:25	
FEMALE AGE GROUP: 50 - 54				5	Christopher Erwin	2:59:54	4	Andrew Lender	35:06
1	Michelle Rosowsky	1:18:43	FEMALE AGE GROUP: 40 - 44		5	Mason Busch	36:37		
2	Dina St. Claire	1:25:38	1	Theresa Felton	3:43:43	FEMALE OVERALL			
3	Lonnie Halusic	1:28:37	MALE AGE GROUP: 45 - 49		1	Abigail Jackman	21:20		
4	Suzette Millard	1:39:07	1	Robert Valentin	2:22:41	2	Isabelle Downey	22:38	
5	Jennifer Rosenthal	1:46:32	2	Neil Sergot	2:40:53	3	Isabelle Burroughs	25:15	
MALE AGE GROUP: 55 - 59				3	Adam Sharp	2:42:19	4	Allison Scheungrab	28:24
1	Bobby Hanson	1:25:12	4	Christopher Fernando	2:55:50	5	Elizabeth Burroughs	35:41	
2	Leroy Brace	1:25:46	5	Jason Harden	2:56:26	KIDS' TRIATHLON - AGE 12 - 17			
3	Eric Kuhn	1:28:14	FEMALE AGE GROUP: 45 - 49		MALE OVERALL				
4	Mark Lucier	1:29:25	1	Katie Devir	3:13:02	1	Trevor Goodwill	30:58	
5	Thomas Feist	1:34:27	2	Michelle Gillian	3:15:09	FEMALE OVERALL			
FEMALE AGE GROUP: 55 - 59				3	Christine Walley	3:16:33	1	Grace Wall	35:02
1	Lauren Tyler	1:43:17	4	Deana Endieveri	3:20:47	2	Ava Shorkey	39:15	
2	Elizabeth Reddick	1:53:15	MALE AGE GROUP: 50 - 54		3	Niyathi Srinivasan	40:51		
3	Susan Kneller	2:02:01	1	Bob Hess	2:25:19	4	Samantha Scheungrab	42:44	
MALE AGE GROUP: 60 - 64				2	Bryan Oriel	2:42:59	<i>Courtesy of Coach Mark Wilson</i>		
1	Guy Robson	1:20:32	3	Russell Lydon	2:43:19				
2	Stuart Cartwright								

RACE RESULTS

13TH ANNUAL "FIRECRACKER 4" 4-MILE RACE *continued*

4 Frank Triolo	Gansevoort	22:21	FEMALE AGE GROUP: 45 - 49	1 Tina Greene	Schenectady	27:48
5 David Metacarpa	Charlton	22:55		2 Judith Dore	Saratoga Springs	29:28
FEMALE AGE GROUP: 15 - 19				3 Nicole Loscalzo	Saratoga Springs	29:35
1 Catherine Mongan	Gansevoort	25:17		4 Laura Kelly	Albany	30:07
2 Katie VanDyck	Middle Grove	28:59		5 Kimberly Gould	Bennington, VT	31:51
3 Mera Daquila	Red Lion, PA	29:09	MALE AGE GROUP: 50 - 54	1 Michael Slinsky		23:22
4 Sophie Pastore	Ballston Lake	29:12		2 John Stadtlander	Clifton Park	24:06
5 Kennedy Vishnewski	Ballston Spa	29:22		3 Thomas Kracker	Delmar	24:15
MALE AGE GROUP: 20 - 24				4 Ben Greenberg	Slingerlands	24:16
1 Ryan Udvardia	Albany	19:33		5 Todd Mesick		26:37
2 Sean O'Connor	Stamford	19:44	FEMALE AGE GROUP: 50 - 54	1 Emily Bryans	Delanson	26:53
3 Ben Fazio	Troy	20:00		2 Veronica Amrbruster	Selkirk	29:20
4 Chris Angelo	West Hartford, CT	21:11		3 Mary Fenton	Ballston Spa	30:00
5 Brian Crowley	Cambridge, MA	21:21		4 Janice Kambara	New York	30:05
FEMALE AGE GROUP: 20 - 24				5 Concetta Smith	Ballston Lake	30:41
1 Jaime Lord	Medford, MA	23:32	MALE AGE GROUP: 55 - 59	1 Mark Stephenson	Esperance	24:58
2 Margaret MacDonald	Gansevoort	27:52		2 Charles Stewart	Clifton Park	25:00
3 Justine Kozubal	Saratoga Springs	30:12		3 Jack Arnold	Latham	25:32
4 Cailee Navarro	Ballston Lake	31:52		4 John Sestito	Johnsonville	25:54
5 Sara Conroy	Clifton Park	32:57		5 Sam Mercado	Newark, NJ	27:42
MALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 55 - 59	1 Susan Campito	Ballston Lake	30:31
1 John Busque	Albany	19:27		2 Bridgett Frary	Niskayuna	31:55
2 Jacob Andrews	Troy	20:11		3 Susan Coynor	Glens Falls	34:47
3 Alex Benway	Queensbury	20:41		4 Jeanneann Beaudrault	Rochester	34:56
4 Colin Smith	Derry, NH	21:40		5 Patricia Hrebenach	Saratoga Springs	35:10
5 Robert Lamarre	Medford, MA	22:12	MALE AGE GROUP: 60 - 64	1 Thomas Dalton	Schenectady	25:35
FEMALE AGE GROUP: 25 - 29				2 Brian Sherras		27:36
1 Sara Buckley	Slingerlands	25:01		3 Larry Toole	Saratoga Springs	27:38
2 Amanda Ryan	Cohoes	25:44		4 Paul Salerni	Douglaston	27:48
3 Sally Holt	Albany	28:57		5 Jon Wellbaker	Saratoga Springs	28:47
4 Chelsea Trant	Troy	29:58	FEMALE AGE GROUP: 60 - 64	1 Margaret McKeown	Moreau	29:25
5 Shannon Trant	Medford, MA	29:59		2 Maureen Fitzgerald	Clifton Park	32:20
MALE AGE GROUP: 30 - 34				3 Donna Thompson	Clifton Park	36:43
1 Ruben Santoa	Andover, MA	19:23		4 Ann Swezey	Cohoes	37:10
2 Jonas Hampton	Newtonville, MA	20:14		5 Michelle Borisenok	Saratoga Springs	37:30
3 Jon Lindenauer	Albany	20:44	MALE AGE GROUP: 65 - 69	1 Dominick Audi	Ballston Spa	27:58
4 Brad Lewis	Troy	22:56		2 Joe Aliberti	Voorheesville	30:48
5 Matthew Narode	Glenmont	23:17		3 Rich Elton	Queensbury	30:54
FEMALE AGE GROUP: 30 - 34				4 George Baranuskas	Scotia	31:24
1 Meghan Mortensen	Glenville	25:21		5 David Rowell	Albany	31:39
2 Jessica Narimanov	Ballston Lake	25:52	FEMALE AGE GROUP: 65 - 69	1 Martha DeGrazia	Slingerlands	32:58
3 Megan James	Charlton	26:17		2 Erika Oesterle	Stamford	34:22
4 Meghan Louden	Clifton Park	26:43		3 Anne Lytwynec	Delmar	34:42
5 Hailey Fremante	Lake Placid	27:29		4 Carolyn George	Albany	36:21
MALE AGE GROUP: 35 - 39				5 Adele Pace	Clifton Park	38:15
1 Louie DiNuzzo	Saratoga Springs	21:55	MALE AGE GROUP: 70 - 74	1 Dave Glass	Schenectady	28:32
2 Andrew Greene		23:03		2 Bob Mead	East Greenbush	33:46
3 Alejandro Gauna	Delmar	23:14		3 Terry Smith	Galway	34:41
4 Justin Guldenzopf	Saratoga Springs	24:13		4 Allan Turnbull	Fultonville	35:25
5 Saturnino Fernandez	Slingerlands	24:23		5 Daniel Berry	Delmar	38:22
FEMALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 70 - 74	1 Claire Henderson	Saratoga Springs	36:33
1 Jessica Bashaw	Cambridge	25:46		2 Laura Clark	Saratoga Springs	45:34
2 Erin Lopez	Saratoga Springs	26:14		3 Linda Plante	Middle Grove	51:58
3 Diana Tobon-Knobloch	Niskayuna	26:21		4 Loretta Ebert	Ballston Lake	57:41
4 Natalia Trotman	North Vancouver, BC	27:58		5 Susan Fassett	Ballston Spa	63:41
5 Talara Hedgpath	Saratoga Springs	28:46	MALE AGE GROUP: 75 - 79	1 John Leary	Cortland	34:09
MALE AGE GROUP: 40 - 44				2 Howard Jones	Clifton Park	36:22
1 Anthony Giuliano	Niskayuna	21:09		3 Ralph Santos	Mechanicville	44:38
2 Jake Stookey	Clifton Park	22:16		4 Vic LaPort	North Adams, MA	44:52
3 Aaron Knobloch	Niskayuna	22:19		5 Jim Moore	Schenectady	45:16
4 Noah White	Slingerlands	23:22	FEMALE AGE GROUP: 80 - 84	1 Priscilla Mueller	Stillwater	59:56
5 Michael Dinicola	Ballston Spa	23:40				
FEMALE AGE GROUP: 40 - 44						
1 Dana Bush	Saratoga Springs	23:41				
2 Joelle Ruger	East Greenbush	26:20				
3 Marta Dauphinee	Glenville	27:31				
4 Jaime Farone	Saratoga Springs	27:51				
5 Danielle Maslowsky	Ballston Lake	27:54				
MALE AGE GROUP: 45 - 49						
1 Robert Etien		23:09				
2 Volker Burkowski	Gansevoort	23:09				
3 Andrew Reed	Schenectady	24:01				
4 Michael Bracken	Saratoga Springs	24:45				
5 Greg Ethier	Clifton Park	24:55				

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ISSUE #224

Publisher/Editor/Founder: Darryl Caron
Art Director: Karen Chapman
Consulting Editor: Mona Caron

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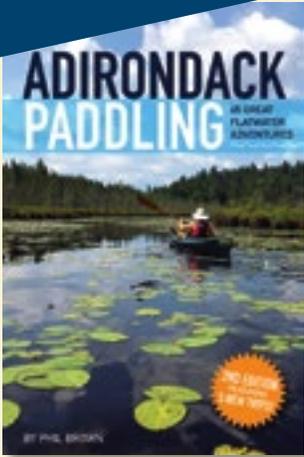
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