

COVERING  
UPSTATE NY  
SINCE 2000

# ADIRONDACK

## SPORTS

FREE!  
SEPTEMBER  
2019

### High Falls Loop

A GIANT LEDGE, HIGH ROCK, PROVIDES ONE OF THE BEST OVERLOOKS OF THE OSWEGATCHIE RIVER'S VAST FLOODPLAIN. BILL INGERSOLL

#### CONTENTS

- 1 Hiking & Backpacking**  
*High Falls Loop: Landmarks on the Oswegatchie River*
- 3 Bicycling**  
*Fall Organized Rides, Tours and More*
- 5 Curling**  
*Learn the Art of Curling*
- 5 News Briefs & From the Publisher**
- 7 Running & Walking**  
*Reward Yourself with a Fall Trail Race*
- 9 Canoeing, Kayaking & SUP**  
*Massawepie: Paddling into the Mire*
- 11 Recreation & Day Hikes**  
*Catskill Visitor Center: Gateway, Fire Towers & Tour*
- 13 Athlete Profile**  
*Mountain Biking with Bryna Blanchard*
- 14-18 CALENDAR OF EVENTS**  
*September to November: Many Things to Do!*
- 20-23 RACE RESULTS**  
*Top Finishers in 25 Races*

## A Fine Hike to Landmarks on the Oswegatchie River

By Bill Ingersoll

The Five Ponds Wilderness is the largest of the protected areas in the western Adirondacks, accessible by a combination of canoe routes and hiking trails. Of the latter, the 15.8-mile High Falls Loop is one of the finer options. This trail begins and ends at the hamlet of Wanakena, leading to several of the same landmarks enjoyed by paddlers on the Oswegatchie River.

Of course, the focal point of the loop is High Falls on the Oswegatchie. "High" in this case is a relative term, since the 15-foot-tall waterfall is hardly superlative, but it is a distinctive landmark as well as a traditional campsite. There are two lean-tos - only one of which is accessible by trail - and several campsites at High Falls.

The state acquired the land in 1919, after a forest fire had devastated much of the area. The former two logging railroad corridors became truck trails, managed for emergency access to the interior, but also used by the public for recreation. The eastern railroad ended at Dead Creek Flow, but the western railroad extended most of the way to High Falls. When the state designated the area as wilderness in the 1970s, both routes became closed to motor vehicles.

Today, the High Falls Loop is a key part of the Cranberry Lake 50, a long-distance backpacking trail that circumnavigates Cranberry Lake. For those who are not prepared to devote the better part of a week to a hike, the High Falls Loop is a very good alternative.

#### GETTING THERE

The trailheads for the High Falls Loop are located in Wanakena, near Cranberry Lake. To find them, follow County Road 61 south from NY Route 3, bearing right at two intersections onto South

Shore Road. At 1.2 miles you cross the bridge over the Oswegatchie River, and at 1.3 miles you should look for a road turning off to the right. The western half of the trail begins here, but you cannot park here because a nearby residence requires it for access to a driveway. Parking has traditionally been accommodated at a small turnoff about 100 feet further along South Shore Road, just past a tennis court.

The eastern leg begins another 0.4-mile down the road, 1.7 miles south of Route 3. There is a formal parking area here, which can hold about ten cars. For the purposes of this loop, either parking area works equally well.

#### THE TRAIL

The two halves of this loop are not equal in length, in terms of the distance between Wanakena and High Falls. The western route is 8.9 miles long, whereas the eastern leg is 6.7 miles. Although it is longer, the western side of the loop is nearly all level; the east side is shorter but contains the most hills (none of which are particularly large).

From the western trailhead (a 0.5-mile walk from the parking area at the eastern trailhead) the trail heads southwest past a wetland that occupies the site of an old Rich Lumber Company millpond. It swings west and passes an enormous wetland, then continues southwest to a junction at 3.8 miles. The way is so flat and easy that it should take about 90 minutes to cover this distance.

The trail to the right is a must-see detour. It leads in 0.1-mile to High Rock, the first designated campsite along the loop. The name derives from the giant ledge that rises out of the Oswegatchie

See **HIKING & BACKPACKING 19** ▶

# Mangino

The incredibly capable AWD lineup from Buick and GMC. Our sales professionals can show you all we have to offer.



GMC ACADIA



BUICK TOURX

Whatever your automotive needs, Mangino Buick GMC can get you to where you're going – on or off the trail!



1484 Saratoga Rd, Ballston Spa  
518-490-1269 • ManginoBuickGmc.com



4447 Route 30, Amsterdam  
518-770-1220 • ManginoChevy.com

Ranked #1 in customer satisfaction • Family owned/operated for 41 years



## Saturday, Oct. 12 and/or Sunday, Oct. 13

Bike Thru History on a unique, fully-supported one-day or two-day tour showcasing Fulton County, the Mohawk Valley and southern Adirondacks featuring interactive route stops allowing cyclists to learn about the history that provided the foundation and continues to support the local and regional communities

**Full weekend** – Friday night appetizers, breakfasts, Saturday dinner, light lunches

**Route support** – water, snacks, SAG vehicles, cue sheets, road marking

**Swag** – Long sleeve T-shirt

**Other** – Bus shuttles to historic sites after rides and historic speakers

**Lodging** – On your own, discount at host hotel

**Non riders** – Welcome for reduced fee

**Saturday or Sunday only rides** – Support, snacks, light lunch, T-shirt

Bus shuttles, Friday night social and Saturday dinner can be added

### All rides start/finish at Johnson Hall State Historic Site in Johnstown -

**Saturday routes** – 16.4, 40 or 55 miles

Highlights: FJ& G Rail Trail, Fulton & Montgomery Counties historic sites

**Sunday routes** – 17, 35 or 75 miles

Highlights: Erie Canalway Trail, Adirondack Park, Great Sacandaga Lake

### MORE INFO & REGISTRATION: [44lakes.com/bike-thru-history](http://44lakes.com/bike-thru-history)



For other regional cycling routes to do on your own, visit [BikeThruHistory.com](http://BikeThruHistory.com)

SEE YOU THERE

# FAM 5K 2019

## SATURDAY SEPTEMBER 28



BENEFITS: **SCHOHARIE ARC**

[FAM5K.COM](http://FAM5K.COM)

#FAM5K

## LAKE PLACID GEAR HEADQUARTERS!

Trailhead Shuttles for Hiking, Mountain Biking & Paddling

### HIKING, CLIMBING & BACKPACKING



Books, Maps, Guides, 10 essentials & more

### END-of-SUMMER SALE!

Bikes – Canoes – Kayaks – SUPs



### LODGING IN DOWNTOWN LP!

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

Rentals • Lessons • Instruction Service • Shuttles



2733 Main St, Lake Placid  
518-523-3764  
Mon-Sat 9-6, Sun 10-5

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

### DISCOVER ADVENTURE CYCLING

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



Yeti Cycles • Salsa • E-bikes!  
Best Selection  
Rentals and Demos  
Trip Shuttles Service  
**Dirt Camps**  
Men, Women and Kids  
A Lifetime of Family Fun!

## BICYCLING

# Best Supported Fall Rides

By Darryl Caron

Whether you've done Tour de Cure, CycleADK, Pat Stratton Ride, or MHCC's Century Weekend, you know the perks and benefits of doing organized bike rides. The good news is that there's more quality events to come this fall!

The sixth annual **Harry Elkes Ride** is on Saturday, Sept. 14, starting/finishing in Brant Lake at The Hub – the ideal café, restaurant, lounge, bar and bike repair shop. Warren County Safe & Quality Bicycling invites you to ride with them to celebrate 1900s world-class bike racer and Glens Falls native, Harry Elkes. Choose from four routes, ride at your ability level, and with other cyclists on quiet North Warren County roads around scenic lakes.

The rides start at 9:30am with 50- and 32-mile scenic lake rides and the new 32-mile "Gregson Gravel" Ride. At 10am is the 15-mile Brant Lake family ride. The registration fee includes a souvenir T-shirt. Afterwards, enjoy lunch and drinks at The Hub for nominal cost. The post-ride party includes viewing a Harry Elkes video. Register at bikereg.com or day of ride. For more info on the ride and road, gravel and mountain biking in Warren County, go to bikewarrenco.org.

The awareness and participation numbers continue to grow at the **Albany Ride for Missing Children**, a 100-mile, police-escorted, paced, ride through the Capital District. It's sponsored by the National Center for Missing & Exploited Children, NY Regional Office, to raise awareness of the plight of missing children, prevent child abduction, molestation and sexual exploitation. Your support provides abduction and sexual exploitation prevention in your community and training for law enforcement and child serving professionals.

Every year in the US, the FBI receives over 460,000 reports of missing children. Approximately 19,000 children are reported missing annually in New York. One in seven endangered runaways are victims of child sex trafficking. The Ride for Missing Children is a unique charity ride where the cyclists ride together as a team, 14-17mph. The riders are escorted by local law enforcement, halting traffic along the route. The NCMEC/NY staff provides Child Internet Safety programs at targeted schools.

The Friday, Sept. 20 ride starts at the Guilderland YMCA, near Albany, and

makes rest stops at elementary schools, before ending at the YMCA. The following Friday, Sept. 20 is the Syracuse Ride for Missing Children. The individual fundraising goal is \$300. Help the National Center for Missing & Exploited Children, New York branch keep our children safe, one child at a time. For more info, to register or volunteer for either ride, visit therideformissingchildren.com.

The fifth annual **Tour de Salem Flame Fighters Bike Rides** are on Sunday, Sept. 22 at the Salem Fire Department Carnival Grounds in Salem. The scenic Washington County rides cover 62 miles (8am), 25 miles (8:30am), 16 miles (9am), and 10 miles (9am) – near the Vermont border and beautiful Green Mountain. To keep it budget-friendly, there are registration fees for individuals and families – regardless of the ride distance. All preregistered cyclists receive a T-shirt, post-ride food and drinks, full SAG support, fully stocked rest stops, on-site bike mechanic, great views and awesome rides.

New this year are 5K and 10K Running Races and a One-Mile Walk – all with reasonable fees and a 10am start. Register for bike, run and walk at bikereg.com. For more details, visit tourdesalemflamefighters.com.

Join Cystic Fibrosis Foundation for their ninth annual **Saratoga Springs CF Cycle for Life** on Sunday, Sept. 22 as they ride through some picturesque terrain in the Saratoga and Sacandaga area. CF Cycle for Life is a fully-supported ride with route options of 19, 30 or 62 miles. From breakfast to our post-ride party, there will be fully stocked rest stops every 10-12 miles, bike mechanics, ride marshals to cheer you on, and support vehicles.

Cycle for Life empowers participants to register individually or start/join a team to take action and demonstrate their fight in finding a cure for cystic fibrosis in a tangible way. The fundraising minimum is \$150, which is due on or before event day. For more info, go to fightcf.cff.org.

The 8th annual **Drops to Hops** race/ride will be held on Saturday, Sept. 28, starting and ending at Brewery Ommegang in Cooperstown. The "A" race is 43 miles and "B" race/ride is 23 miles. In addition, there will also be a five-person "TEAM" race, where each person must register individually and specify if they are with a team. An overall award will be presented to the team with the lowest total time. It will be a non-gender specific race and five people must race in the A group to count.

Racers/riders may preregister online or day of the event at Brewery Ommegang. Awards will be distributed to the overall, second and third place male/female. Overall awards will also be presented to the senior division. The A ride is for experienced racers only and men/women will race together. The B ride is a citizen's fun race/ride on a shortened, less difficult route. Riders of various levels are encouraged to participate if they're comfortable with the distance and terrain.

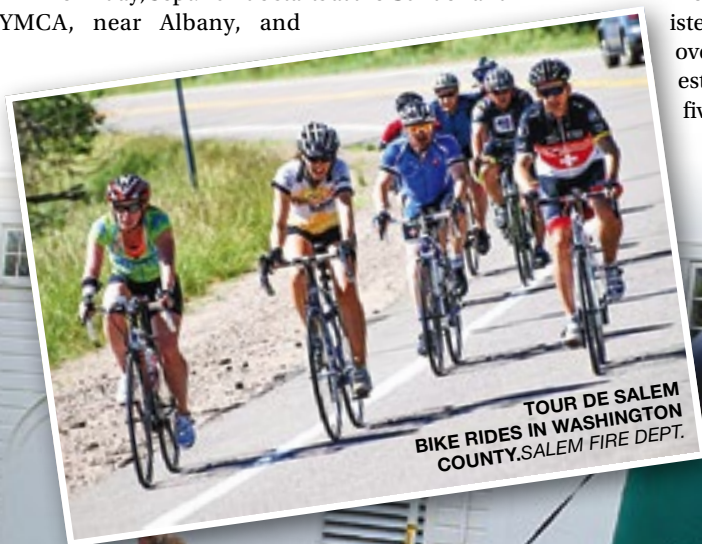
Brewery Ommegang will host a party at the finish line for racers and families. The Drops to Hops event is organized by The Clark Sports Center. Go to clarksportscenter.com.

On Saturday, Oct. 12 and/or Sunday, Oct. 13, you can **Bike Thru History** on a unique, fully-supported one-day or two-day tour showcasing Fulton County, the Mohawk Valley and southern Adirondacks. The rides will feature interactive route stops allowing cyclists to learn about the history that provided the foundation and continues to support the local and regional communities.

The full weekend includes Friday night appetizers, breakfasts, Saturday dinner and light lunches. Route support includes water, snacks, SAG vehicles, cue sheets and road marking, and all riders receive a souvenir long sleeve T-shirt. After the rides, there will be bus shuttles to historic sites and historic speakers. For lodging, you can be on your own or just come for a day-trip. All rides start/finish at Johnson Hall State Historic Site in Johnstown. Saturday route choices are 16.4, 40 or 55 miles with highlights on the FJ&G Rail Trail, Fulton and Montgomery county historic sites. Sunday routes are 17, 35 or 75 miles, with these sights: Erie Canalway Trail, Adirondack Park and Great Sacandaga Lake.

For more details and registration, go to 44lakes.com/bike-thru-history. For other regional cycling routes to do on your own, visit bikethruhistory.com.

*Fall is a wonderful time to ride so join an organized event – you can't be sad while riding a bicycle! 🍂*



TOUR DE SALEM BIKE RIDES IN WASHINGTON COUNTY, SALEM FIRE DEPT.



HARRY ELKES RIDE FROM THE HUB IN BRANT LAKE. WCS&QBO



START OF THE 2018 DROPS TO HOPS AT OMMEGANG. CLARK SPORTS CENTER



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



**Michelle Roberts**  
Reiki Master, Registered Nurse

**Amanda Marie Portier**  
Massage Therapist

**Kat MacKenzie**  
Acupuncturist & Herbalist

**Alyx Soesman**  
Acupuncturist

**acupuncture NIRVANA**

**451 Glen Street, Glens Falls • 518-409-6993**  
[AcuNirvana.com](http://AcuNirvana.com) • [Kat@AcuNirvana.com](mailto:Kat@AcuNirvana.com)



**NICK'S RUN 5K**  
 2019 TO BE HEALED  
[WWW.FIGHTTOBEHEALED.ORG](http://WWW.FIGHTTOBEHEALED.ORG)

**SUNDAY, SEPTEMBER 29, 2019**

**CLIFTON COMMONS, CLIFTON PARK**  
 Prizes • Music • Carnival  
 Bouncy Bounce  
 In Honor of Olivia DeWitt & JP Honsinger

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

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

Day of race registration begins at 10am  
 For more info & to register go to [fighttobehealed.org](http://fighttobehealed.org)

Form a team, have more fun!

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

**LOCALLY OWNED AND OPERATED FOR OVER 23 YEARS!**

**PLAY IT AGAIN SPORTS**

**Winter Sports**  
 New 2020 Gear Arriving Daily!

**YOUR WINTER SPORTS HEADQUARTERS**

**Drastically Reduced Prices on all 2019 Gear**  
 Alpine Skis • Snowboards • Boots • Bindings • Poles  
 Cross-Country Skis • Ice Skates • Snowshoes • Sleds • Coats • Pants

**Expert Ski & Board Tech Services**  
**BEAT THE RUSH!**  
 Buy, Sell, Trade New & Used Gear™

*Inline and Hockey Skates in Stock!*

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

BURTON • SALOMON • MARKER • ARMADA • CAPITA • FLYLOW • VOLKL • ATOMIC • FULL TILT • ROME • UNION • LINE • ALPINA • ANON • GNU • SEGO • GIRO • UA • SMITH • ELAN • TRESPASS • FLOW • DALBELLO • SCOTT • TRANSPACK • K2

**END OF SUMMER SALE!**  
 Select 2019 & Previous Year Models

**VISIT OUR NEW LOCATION!**



**Next to Bike Path • Plenty of Parking**

**More than just a bike shop**  
 A true cycling community

**GREY GHOST BICYCLES**

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

76 Lawrence St • Glens Falls, NY  
 518.223.0148  
[greyghostbicycles.com](http://greyghostbicycles.com)  
[facebook.com/greyghostbicycles](https://facebook.com/greyghostbicycles)

**8TH ANNUAL**  
**Saratoga County**  
**Revolutionary**  
**Run for**  
**Veterans 5K**

**Saturday, Nov. 2 • 10am**  
**Fort Hardy Park, Schuylerville**  
*5K Run/Walk on the Historic Champlain Canal and Towpath*

Flat & fast course!  
 Run/walk for vets – a great cause!  
 T-shirt to all registered  
 Free Kids' Fun Nature Run  
 Hamburgers, hotdogs & drinks

**Part of USATF Adirondack Grand Prix Series!**

**Register:**  
**FinishRight.com**

FC4 and Raven Events  
 More info: (518) 884-4115  
[veterans@saratogacountyNY.gov](mailto:veterans@saratogacountyNY.gov)

Proudly supported by **FLEET FEET**  
 ALBANY • MALTA

All proceeds benefit Saratoga County Veterans Trust and Agency Fund

**CURLING**

This Fall,  
**Learn the Art of Curling**

By Dr. Tom Denham

Winter is coming. If you live in upstate New York, and you are not into outdoor activities, winter can seem like an eternity. There is a solution. Curling is the fastest growing winter Olympic sport in the world and it can help you beat the winter blues. If you are not familiar with this indoor game, here are the essentials. There are two teams with four players: lead (goes first), second (goes next), vice (goes third), and skip who serves as the captain of the team and goes last.

Players take turns throwing eight polished circular stones "rocks" down a rectangular "sheet" of ice toward a target of four concentric circles, called "the house" - think bullseye. A teammate can create a curved trajectory of varying degree, called a "curl." This trajectory of the stone can be impacted by two players acting as sweepers with brooms ("brushes" in Canada), who follow the stone and "sweep" the ice in front of it as the rock makes its way towards the house. The process of sweeping reduces the friction of the stone with the ice, which makes it move in a straighter path. Strategy teamwork, technique and patience are all required to create the right placement of a stone for each situation. It's important to have plan A, plan B, and plan "Let's just see what happens!"

Points are awarded for the stones that are closest to the center when an "end" is completed, which means both teams have

thrown all of their rocks. A game is typically eight or ten ends. The team with the highest number of points wins the game. Imagine bowling, shuffleboard and golf on ice. It's not as easy as you think. In my humble opinion, the Scottish gave us the two of the most frustrating games in the world, golf and curling. Poor performance will quickly demonstrate that you haven't developed mastery. Fortunately, in curling, winners buy the losers drinks.

You don't have to be a jock to curl. Curling is a lifetime sport and clubs often have members into their 80s. Curlers are also a very friendly bunch and come from all different backgrounds. Prices are very reasonable, especially for new members. Before you invest in special shoes and a broom, the curling club will lend you everything you need. Most clubs have a kitchen full of food, an extensive bar, and a relaxing lounge area. Once a member you can come to the club during your league night/day, or any night to watch TV, or just hang out to visit.

There are 11 curling clubs in the Northeast and the Capital Region is lucky to have two of them. Open houses are happening in October and you really should try it. You'll be introduced to the basics of throwing a stone from the "hack," how to help your team with sweeping, and then they'll feed you. The Schenectady Curling Club open house is the weekend of October 4-6. The Albany Curling Club open house is Saturday, Oct. 12. Check out both club's websites or Facebook pages for more info and to sign-up.

Dr. Tom Denham (careersintransition@yahoo.com) of Delmar is a career counselor, motivational speaker, and enthusiastic adventurer.



TOM'S TEAM AT ALBANY CURLING CLUB.

**News Briefs**

**Online Canal Map Helps Navigate to NY's Canals**

WATERFORD - Erie Canalway National Heritage Corridor, with support from the NYS Canal Corporation and I Love New York, has released a new online map to help residents and visitors navigate their way along New York's canals. NYCanaMap.com brings together the power of mapping tools with a wealth of information on hundreds of places of interest, visitor centers, boat rentals and tours, and paddling access sites.

Directions and a distance calculator make it easy to plan trips by bike, kayak, boat, car or foot. Users can filter by features such as municipal centers, public restrooms, camping and picnic facilities. The online map helps make the canal system more accessible to paddlers and cyclists. The mobile friendly website map makes it easy to find services and places of interest using a smart phone while on the waterway or Canalway Trail. It complements a NYS Canalway Water Trail Guidebook released last spring and includes important water trail markers and paddling information. Go to nycanalm.com.

**Fleet Feet 5K /10K Training Begins in Mid-September**

ALBANY - Get fit and have fun as Fleet Feet will begin its seven-week fall training programs - beginner through advanced - for the 5K and 10K distances the week of September 16. Groups are available in both Albany and Malta/Saratoga areas, meeting twice a week for group runs, with coaches providing supplementary daily workout schedules. For more information and online registration, visit fleetfeetalbany.com.

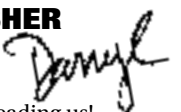
**Bikeatoga's Ciclismo Classico Bike Travel Film Festival**

SARATOGA SPRINGS - Bikeatoga will host the 10th anniversary of Ciclismo Classico Bike Travel Film Festival at Skidmore College's Gannett Auditorium on Saturday, Sept. 28. There will be a happy hour at 5:30pm and film festival at 7pm with independent short films celebrating cycling, people, the planet and bicycle travel. Happy hour includes film fest admission plus two drink tickets and a great selection of hors d'oeuvres, plus conversations with some great Saratoga and Capital Region bike and adventure lovers. Raffle tickets are offered to benefit Bikeatoga, with drawings for prizes from local businesses and sponsors. This screening is a fundraiser for Bikeatoga and the American Cycling Association. Buy tickets at bikeatogaff.brownpapertickets.com.

One film is Rocky Road Trip: A Himalayan Bike Adventure that features teenage cyclists on a monthlong family trip through some of the world's most pristine scenery. Closer to home is Not Quite Out of the Woods, a story of a father and daughter overnight bike-packing trip in western Massachusetts that celebrates adventure while detailing the first-year battling childhood leukemia. Another film is Riding Faith: The Story of Roei Sadan, an extreme adventure athlete who recovered from a life-threatening accident and returned to cycling. Bikeatoga is Saratoga Springs' leading bicycle advocacy and education organization, promotes bike to work/school and educational bike safety and repair initiative. They make cycling more accessible and safer, with their annual Bike to Work breakfast in May and biannual Kids' Bike Giveaway. In the past 18 months, 200 bicycles have been refurbished and adopted by community members through their Earn-a-Bike program. Learn more at bikeatoga.org.

**FROM THE PUBLISHER**

Happy Fall - Enjoy the issue, please support our advertisers, and thanks for reading us!



**Dr. Brad Elliott**  
CHIROPRACTOR  
Cost Effective Care for the Entire Family  
Celebrating 30 Years!  
677 Plank Rd, Clifton Park  
(518) 383-4889

**ADIRONDACK SPORTS**  
Locally Owned & Independent  
Adirondack Sports & Fitness, LLC  
15 Coventry Drive, Clifton Park, NY 12065  
(518) 877-8788 • Fax (518) 877-0619  
info@AdkSports.com  
ISSUE #225  
Publisher/Editor/Founder: Darryl Caron  
Art Director: Karen Chapman  
Consulting Editor: Mona Caron  
Adirondack Sports is published 12 times per year with a monthly circulation of 18,000 copies. © 2019 Adirondack Sports & Fitness, LLC. All rights reserved. ♻️ Please recycle.  
**AdkSports.com**  
Facebook.com/AdirondackSports

**LAKESIDE FARMS**  
COUNTRY STORE • RESTAURANT • GIFT SHOPPE  
Serving Breakfast and Lunch Daily  
• Open 7 Days a week 7:30am-6pm  
• Home Baked Pies  
• Unique Gifts  
336 Schaubert Road Ballston Lake  
**399.8359**  
LakesideFarmsCiderMill.com

GIANT • FELT • BIANCHI • LOOK • CERVELO • DAY 6 • CO-MOTION • ELLIPTIGO  
**FALL CLEARANCE SALE!**  
SATURDAY SEPT. 21, 10-5  
• Deep Discount on All 2019 & Older Bikes!  
• All Clothing, Accessories & Racks 10% Off  
• Discount Table with 50% Off Items  
• Enter the Free Bike Raffle (Don't need to be present to win)  
ROAD - MOUNTAIN - TRIATHLON  
TANDEM - BMX - KIDS - E BIKES  
• Bike & triathlon clothing, Louis Garneau  
• Yakima racks & accessories  
**200+ Bikes In-Stock!**  
**Tomhannock BICYCLES**  
Sales & Service  
EXPERT TUNE-UPS & BEST SERVICE PRICES IN THE AREA!  
3149 Route 7, Pittstown • 10 min east of Troy  
(518) 663-0083 • TomhannockBicycles.com  
M/Tu/W/F 10-6, Th 10-7, Sat 10-5, Closed Sun

**Fall Clothing!**  
• Skis & Skiwear  
• Snowboards  
• Winter Gear  
• Expert Service  
the **Alpine** sport shop  
Saratoga's Ski Shop!  
Since 1941  
**399 Clinton Street • Saratoga Springs**  
**518.584.6290 • alpinesportshop.com**



## RUNNING & WALKING



SARATOGA XC CLASSIC IN SARATOGA SPA STATE PARK, 2017.  
ERICA MILLER/DAILY GAZETTE

# Reward Yourself with a Fall Trail Race

By Laura Clark

Dappled light on colorful leaves, no bugs, cool temperatures, no bugs... who can resist the siren call of the woods on a sharp-edged fall morning? This is your reward season. Your compensation for all those July and August hours spent battling heat, blackflies, and the urge to holler "Uncle." For a few weeks, you have the opportunity to dance in the woods in the best shape you have been in all year. To satisfy this primal urge, the race calendar offers a harvest of autumn races – from cross-country to gnarly trail races.

First up is the **Muddy Sneakers 5K Trail Run/Walk** on Saturday, Sept. 22 at the beautiful Indian Meadows Park in Glenville. A terrific introduction to playing in the dirt, this family-friendly event is perfect for beginners as well as experienced hunting down a fast time. Sponsored by the Glenville YMCA, the 5K route was designed as an Eagle Scout project utilizing existing trails and constructing others for a woody, cross-country feel. Additionally, this event is part of the Capital District YMCA's 2019 Healthy Community Race Series, presented by BlueShield of Northeastern New York. Take some time afterwards to enjoy the park's elaborate playground with your family and then take a free dip in the YMCA's pool. And remember to bring along a dry pair of socks and sneakers! (zippyreg.com)

For a unique experience, do consider the **Beebe Farm Trail Runs** on Thursday-Sunday, Sept. 26-29 in East Dorset, Vt., produced by Nor'east Trail Runs – an organization known for its festival format. Multiple races include 48-hour, 24-hour, 12-hour and 6-hour options, as well as a Marathon and 50K in a "go-as-you-please" format. Accommodating nontraditional work schedules, marathoners and 50Kers can begin their trek anytime Thursday, Friday, Saturday or Saturday night, with the possibility of a Dean Karnazes-style quadzilla. Runners are free to stop, nap, eat, with the clock ticking relentlessly forward. According to director Eliza Hamm, "The course is a short loop, about 0.87 miles long, that runs along the packed dirt and limestone work roads of the farm." There is ample space for camping, as well as a warming tent for 24- and 48-hour runners. Friends who have run



NICE CREATURES AT HAIRY GORILLA HALF IN THACHER STATE PARK.  
ARE EVENT PRODUCTIONS

loop formats tell me it is not as boring as it sounds, as there are plenty of runners to chat with, and no possibility of getting lost.

Part of the fun of this event is that the extensive website enables you to view the aid station menu. Yes! An actual menu including standard snacks and seasonal Vermont specialties. There are ample gluten-free and vegan choices, with runners encouraged to email with any special dietary needs. Sounds like you'll need a long run a to balance out the tempting calories. The directors are determined to go cupless, so please bring your own containers for hot/cold drinks, and place them on the special table provided. I have run other races directed by the Nor'easters and am totally impressed with their organizational skills. (nettrailruns.com)

Experience a hillier challenge at the third annual **Amy's Adventure: Race for the Lake**, a 4.5-Mile Trail Run on Saturday, Sept. 28 in Bolton Landing. Located at Amy's Park, a Lake George Land Conservancy Preserve, the route consists of mostly narrow single-track trail, steep gradients and lots of rocks and roots hidden by falling leaves. It is always well-marked, but since there are twists and turns you need to pay attention. Still, I have never gotten lost, which as my friends will tell you, is a reliable litmus test. And while you need to pay attention to the trails, it is short enough to serve as a wonderful introduction to the more challenging aspects of trail running. At the finish, enjoy samples from Bolton Landing Brewing, goodies and music – and then join the after party and raffles at the brewery. (lgc.org)

For a family-friendly experience, try the third annual **Brookhaven Oktoberfest 5K Trail Run** on Saturday, Oct. 26 at the

Brookhaven Golf Course in Porter Corners. This is a comfortable event to share with your elementary-aged children, as the doable distance covers a mix of trail, paths and roads circling the golf course. Younger kids can try the 1K Fun Run. Funds raised are for improving Brookhaven's free groomed cross-country skiing trails with the hopes of attracting more high school and citizen ski races – encouraging all to enjoy a winter outdoors. At 1,000 feet elevation, just 10 miles north of Saratoga Springs, Brookfield is a magical Brigadoon which attracts and retains snowfall when other nearby areas are sketchy. Afterwards, stay with the family to enjoy the town of Greenfield's Oktoberfest party for food, drink and entertainment. (skireg.com)

Gearing up for Halloween is the **Troy Trick-or-Trek 5K Run/Walk** on October 26 at Troy's historic Oakwood Cemetery. Founded in 1898, Oakwood is one of New York's most distinguished rural cemeteries, and is known for its panoramic views of the Hudson Valley – and the fact that it serves double-duty as a local park. Participants ages 14 and up will wander its dense foliage and open grassways, viewing sculptured gravestones and gargoyles, tall obelisks – and perhaps even spotting a wily ghost or two. Visit oakwoodcemetery.org to explore this landmark and spot the grave sites of Uncle Sam and Emma Willard. This event is also part of the Capital District YMCA's 2019 Healthy Community Race Series, presented by BlueShield. (zippyreg.com)

Follow up with the **Saratoga Cross Country Classic** on Sunday, Oct. 27 at the Saratoga Spa State Park, a traditional event that is now coming into its own as a cross-country racing festival, with 2K



TROY'S TRICK-OR-TREK IN OAKWOOD CEMETERY, 2017.  
GLEN GRIFFITH/TROY RECORD

and 3K Youth Races, the 5K Classic on the time-honored high school course, and a new 8K Open and Grand Prix Race. Do plan on arriving early (and perhaps volunteering) for the youth events – it is truly inspirational to see the numbers of excited kids who participate. While both the 5K and 8K contain several hills and a few narrow stretches, all sections are runnable – so novice/road runners welcome. The 8K is this year's USATF Adirondack Championship and Long-Distance Running Grand Prix event, welcoming numerous individuals and club teams competing for prizes. Do visit saratogaxclassic.com for detailed maps and schedules. (zippyreg.com)

For a longer distance and trickier terrain, tackle Albany Running Exchange's **Hairy Gorilla Half Marathon & Squirrely Six Mile** at Thacher State Park on Sunday, Oct. 27. The race is a roaming costume parade with participants sporting silly or scary costumes. Trails are festooned with seasonal decorations and bananas to bribe hungry gorillas. You might even spot a grave with your name on it! Each year I am hopeful, but never successful... Both races begin at the same time and journey along sections of the Long Path Trail. At the split, the half marathoners are treated to selfie-worthy scenic mountain/valley views along the Helderberg Escarpment. After dodging gorillas and graves, you will arrive at the pavilion for the huge potluck feasts for which ARE is famous, and, if you are lucky, an age-group cookie medal. Family members can have fun hiking and riding the zipline while they are waiting for you. (hairygorillahalf.com)

What to do with that extra hour of fall back sleep? Get rested for the **Fall Back 5 Trail Race** on Sunday, Nov. 3 at the Saratoga Spa State Park. This is a different experience from the Saratoga XC Classic as many of the park's narrower, rockier and steeper trails and ridges are utilized. The first 150 to enter will receive a coveted FB5 running hat. Register early as the event maxes out at 200 participants. Make sure you periodically check out the Facebook site as race director Don Proulx, with his penchant for both history and photography, makes sure you know exactly where you are running and what makes that spot in time significant. (zippyreg.com)

With so many different types of trail races to choose from this fall, there are adventures in the dirt waiting for everyone! 🍂

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



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

**The Finest Paddling Boats on the Water**

**PLACID BOATWORKS**

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

**DISCOVER INLET**

And all the Beauty That Surrounds Us

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


DAVE SCRANTON/ADKPICTURES.COM

2020 CALENDAR

Adirondack Mountain Club

Celebrating Adirondack waterways. Beautifies—and fits!—any wall and serves the public as well: Proceeds from your purchases go to our trails, education, and conservation programs.

12" x 9", \$12.95 (\$10.36 members)



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

**SPECIALIZING IN ADIRONDACK ADVENTURE**  
CANOES-KAYAKS-SUP-PADDLES-PFDs-AND MORE!

Outdoor clothing for your next adventure!

THE FINEST IN CANOES, KAYAKS, SUP, OUTDOOR GOODS, AND SERVICES

**ADIRONDACK LAKES AND TRAILS OUTFITTERS**

541 Lake Flower Ave Saranac Lake NY  
**1-800-491-0414**  
[www.adirondackoutfitters.com](http://www.adirondackoutfitters.com)

**END-OF-SEASON CANOE, KAYAK & SUP CLEARANCE SALE!**  
SAVE UP TO 40% ON EVERY NEW, USED & DEMO MODEL IN STOCK!\*




**Mountainman Outdoor Supply Company**  
[www.MountainmanOutdoors.com](http://www.MountainmanOutdoors.com)

NY's Largest Canoe, Kayak & Paddleboard Dealer!  
Over 1,000 Models in Stock!  
\*Excluding Swift models.

Rt. 28, Old Forge • (315) 369-6672  
251 County Rd. 67, Saratoga Springs • (518) 584-0600

Come Visit **Old Forge**  
Your Adirondack Base Camp!

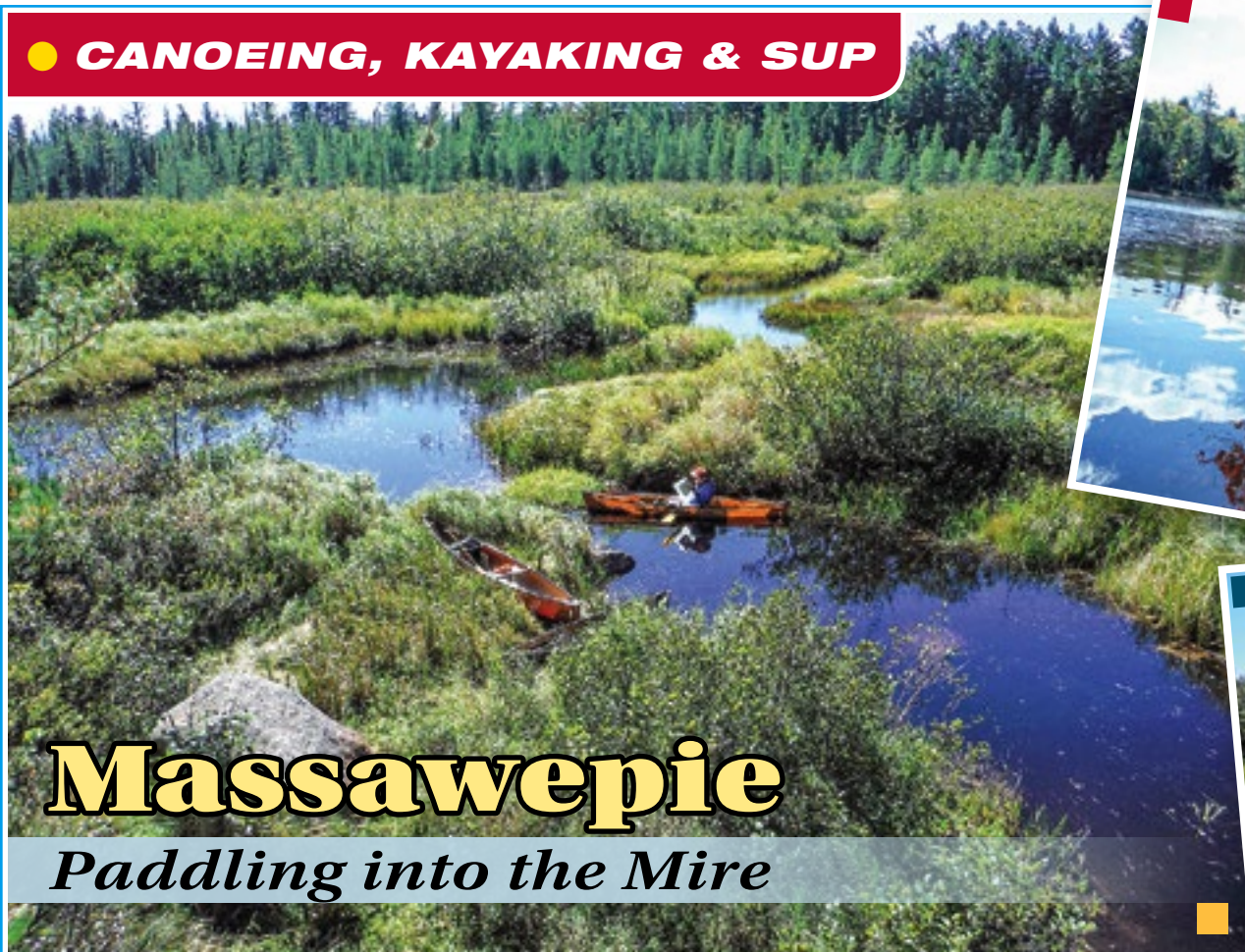
Eagle Bay • Stillwater  
Big Moose • Beaver River  
It's Our Nature!



Make your own fun, or let us help you!  
Info-Webcams-Vacation Guide  
**OldForgeNY.com**



## ● CANOEING, KAYAKING & SUP



# Massawepie

## Paddling into the Mire

By Rich Macha

In a park full of mundane names – such as Round, Mud and Long – Massawepie stands out, and the words Massawepie Mire introduce connotations that are unique and certainly not mundane. Massawepie is Iroquois for “the beaver’s lake” and a mire can be a bog, fen, marsh or swamp – in this case it is a large 900-acre boreal peatland bog or what is known as a “poor fen.”

I had known about Massawepie Lake, and the nearby South Branch of the Grass River for many years, but did not get to visit for the first time until 2013. Driving NY Route 3 west of Tupper Lake, take a left at the hamlet of Gale onto Massawepie Road, and through the Massawepie Scout Camps. Then after 1.2 miles, the put-in for Massawepie Lake is on the right. The general public is not allowed on the scout camp lands from June 15 through August 31 when the scouts are in residence – an easement allows access the rest of the time.

**Massawepie Lake and Outlet** – Although the lake is barely 1.5 miles long, a paddle around its perimeter can total up to as much as seven miles. Its shores are mostly red and white pine, but on a late September visit, there were some colorful hardwoods mixed in, especially at the lake’s north end. From the lake, Mount Arab is seen to the southeast and the near perfect dome of Mount Matumbla is visible to the northeast.

On the 2013 trip, I paddled down the somewhat hidden outlet toward the Grass River, and into the Massawepie Mire. I soon had to lift over a boardwalk bridge, then pushed past some floating logs, and leaving the reservation, slid over two beaver dams and lifted over another. The shores consist of marshy sedge grasses, bordered by tamaracks and spruce. I passed a tree stand on the left and turned back at another beaver dam – the stream was not easily detectable below this one. Back at the lake, I took a short walk on a trail over an esker to small but scenic Pine Pond. I passed two loons, an adult and a juvenile, while paddling back across the lake to the car.

**Grass River Flow to Burnt Rock** – The next day, after spending the night at the state campground on Cranberry Lake, I headed for the South Branch of the Grass River for an up-and-back trip. I started at a canoe access on Route 3, 9.4 miles west of Massawepie Road junction. I carried the canoe 0.4 miles, passing to the east of diminutive Balsam Pond, then downhill to the South Branch, and started paddling upstream past wooded shores. I soon had to carry around two logjams, limbo under two more logjams, and slide over another. On hindsight, the bed of the old Grass River Railroad, on the south side of the river, could possibly be used to carry around the logjams.

Then there was a steep carry around a dam – this dam creates an impoundment, the Grass River Flow, which stretches over one-mile above the dam. The flow is much



- MEANDERS ON THE SOUTH BRANCH GRASS RIVER.
- SOME FALL COLOR ON MASSAWEPIE LAKE.
- BURNT ROCK ON THE SOUTH BRANCH GRASS RIVER.
- ENTERING MASSAWEPIE LAKE'S OUTLET.

PHOTOS BY RICH MACHA

smaller than shown on most maps. Further on, the stream winds through open marsh and occasionally comes close to wooded upland on the south shore. I reached 25-foot-high Burnt Rock after passing under a good bridge and the outlet of Massawepie Lake. I saw otters and only had to get out for two beaver dams over a four-mile stretch. This was a good turnaround point. On the way out I paddled across Balsam Pond instead of carrying around it.

**Massawepie Lake to South Branch Grass River** – More recently, I returned with a couple of companions to continue my explorations. Again, it was in late September. We paddled Massawepie Lake counterclockwise for 3.5 miles passing some Boy Scout buildings and yurts along the way, and arrived at Bayview #10 campsite, where we set up camp for two nights. Bayview is located at the tip of a peninsula at the end of an esker – a trail follows the high land with water views on both sides. We saw loons and a bald eagle, enjoyed a sunset paddle, and had the whole lake to ourselves.

In the morning, we started down the nearby outlet and ducked under a new footbridge. We had to pull over a few beaver dams, and in the last mile, the stream was so narrow and twisty that my 15-foot canoe felt too long. Finally, we reached the Grass River after going over three miles in 2.5 hours.

We paddled downstream for 1.5 miles, passing under a bridge, and pulled over three or four beaver dams, then we stopped for lunch just past Jocks Pond Outlet. After lunch, we turned back upstream on the Grass for seven more miles, passing Burnt Rock and going under two more bridges. All of the beaver dams between the mouth of Massawepie Outlet and the buildings of the Grasse River Club, a stretch of about four miles, were breached and were

easy to get past. In the last mile, alders lined the stream and there were more challenging beaver dams to go over, so we made slow progress.

Finally, we arrived at the Yorkshire Road bridge and our shuttle vehicle, which we had driven over to this spot earlier. It was a 4.2-mile drive (0.4 miles to a four-way intersection, then left on Massawepie Road) on dirt roads to the put-in for Massawepie Lake. We paddled straight across the lake to our campsite as the sun was setting behind the pines. On the day, we had paddled about 13 miles over a period of 8.5 hours – a long, tough day but very rewarding.

**Final Thoughts** – Massawepie Lake and several glacial ponds within the Boy Scout camps area along Massawepie Road can easily be paddled with short carries to access them.

A 10-mile, one-way downriver trip on the South Branch Grass River can be done with a 15-mile car shuttle – put-in on the spur road off Massawepie Road and take out on Route 3 at the Balsam Pond carry. Water levels should be higher in spring – May could be a good time to minimize the beaver dam situation.

If you have time, nearby Mount Arab is a fairly easy one-mile hike with 740-foot elevation gain to a fire tower with a great view of the area. If you have never been to The Wild Center in Tupper Lake, and have a couple of hours to spare, then take the time to stop there. Happy fall paddling! 🌲

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

## Monomoy Island Excursions

Seal, Seabird and Harbor Cruises on Cape Cod



*Monomoy Island tours with an onboard guide*

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

## Paul E. Lemanski, MD, PLLC

*Fellow, American College of Physicians*

**Practicing Internal Medicine & Lifestyle Medicine**

**Accepting new and existing patients as well as referrals for consultation:**

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

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

## Celtic Treasures

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

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

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

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



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



## FOR SALE

74-76 Smigel Lane, Rensselaerville, NY

**Looking for a group of eight or so like-minded outdoor people to protect and preserve a lakefront paradise!**

During the cool summer months, hike, bike, swim, kayak, fish or walk the trails on the abutting Partridge Run State Forest lands. For the winter months, at a significantly high elevation (2000 feet), enjoy cross-country skiing and snowshoeing or skate and ice fish on this private glacier lake. Spring-fed and graded A by NYS and protected wetlands for viewing wildlife. Enjoy your investment and live the outdoor dream. Only 2.5 hours from the GWB, and 30 minutes to Albany or the Catskills.

*This listing brought to you by Kathy Shumway (845-901-6555). \$879,000.*

  
**845-339-1144 • WinMorrisonRealty.com**  
Kingston – Saugerties – Woodstock – Phoenicia – Catskill

**Please Support Our Advertisers** And Tell Them Where You Saw Their Ad!



## MVP HEALTH CARE

### MVP Health Care® Stockade-athon 15K

**November 10, 2019**  
**8:30 am • Schenectady**

<b>Win</b>	\$7,875 in cash prizes for open, local, and team runners; 15 age-group categories for male and female
<b>Free</b>	Long-sleeve tech shirt (first 1,500 registrants)
<b>Kids</b>	One-half mile run

### MVP Health Care® Stockade-athon 15K

**Online Registration**  
Friday, June 14–Wednesday, November 6  
To register, visit [stockadeathon.com](http://stockadeathon.com)

**Walk-up Registration**  
Saturday, November 2 10 am–4 pm  
Fleet Feet Sports, (Wolf Road, Albany)  
Friday, November 8 4–7 pm  
Schenectady YMCA

**Packet Pickup**  
Saturday, November 9 10 am–4 pm  
Fleet Feet Sports, (Wolf Road, Albany)  
Race Day (Sunday, November 10) 7:00–8:15 am  
Schenectady YMCA

**Runner Perks**

- 5-color, long-sleeve, gender-specific tech shirt. (Limited to first 1,500 registrants. Sizes not guaranteed.)
- B-tag chip timing. Net times with 5K and 10K splits.
- Live streaming results. Immediate awards.
- Hot and cold post-race refreshments at YMCA.

**Prizes**

- Cash prizes for both all-comers and local runners in open and masters divisions and for open and masters teams.
- Five-year age-group awards for males and females.
- Clydesdale/Athena division.







## Put Off Your Invasive Knee Surgery, Not Your Vacation.

I refused to let my chronic knee symptoms spoil the trip we've been planning all year. So when an MRI showed a bone defect - also known as a bone marrow lesion - in the bone near my knee, my doctor recommended The Subchondroplasty® Procedure. This minimally-invasive surgery fills these defects with a biomimetic bone substitute that is replaced with new bone during the healing process. Best part? Back on my feet in time to explore the Grand Canyon.

**SCP®** | Subchondroplasty® Procedure

Visit [subchondroplasty.com](http://subchondroplasty.com) to learn more about The Subchondroplasty® Procedure and find a surgeon in your area.



As with every surgical procedure, there are risks and potential complications. Individual results will vary. Success depends on factors such as age, weight and activity level. Only your health care team can determine if you are healthy enough for surgery. Consult your doctor for a complete assessment of possible risks before deciding to have surgery. See the package insert on [subchondroplasty.com](http://subchondroplasty.com) for full information.

● RECREATION & DAY HIKES

# Catskills Visitor Center

## Happy 50th Anniversary!

By Tom O'Grady



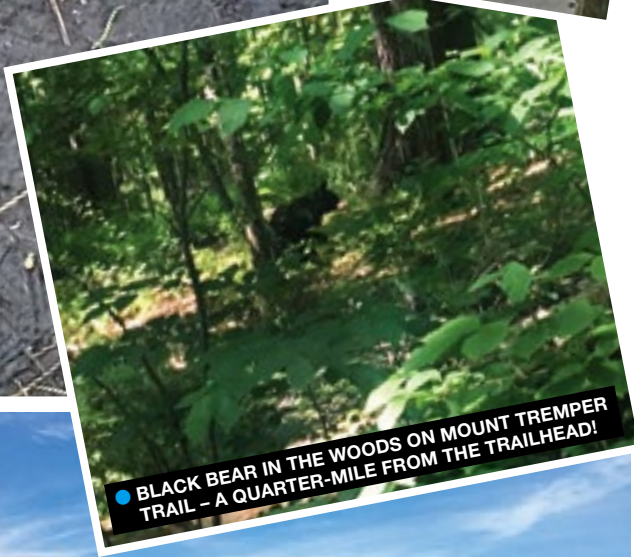
● CATSKILL VISITOR CENTER.



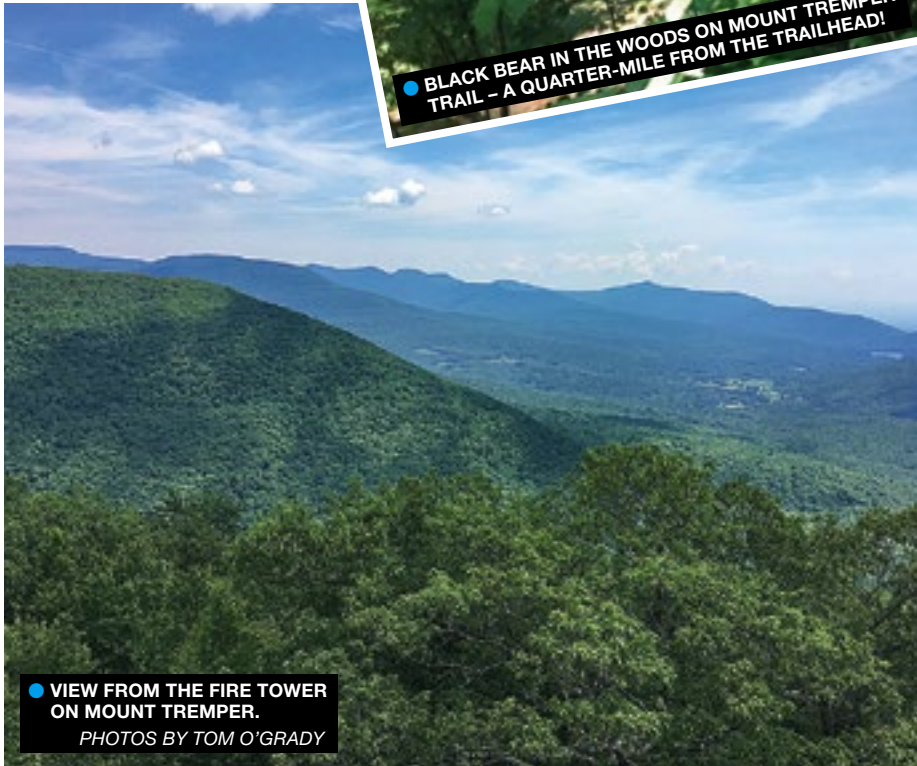
● ANIMAL TRACKS ON THE TRAIL.



● HEADING ACROSS THE BRIDGE TO ENJOY THE TRAILS.



● BLACK BEAR IN THE WOODS ON MOUNT TREMPER TRAIL - A QUARTER-MILE FROM THE TRAILHEAD!



● VIEW FROM THE FIRE TOWER ON MOUNT TREMPER.

PHOTOS BY TOM O'GRADY

Located in Mount Tremper, the Congressman Maurice D. Hinchey Catskills Visitor Center is about 60 miles south of Albany. The 2019 season is a big one for the CVC as it celebrates the 50th anniversary of a partnership between both the Catskill Center and the NYS Department of Environmental Conservation.

The reason behind creating such a center and collaboration is evident in one of the quotes from former Congressman Hinchey, "For too long the Catskill Park was one of the only major state or national parks in the county without an interpretive center. I was determined to change that. It's critically important to have a place where residents and visitors can learn about our unique natural, historical and cultural resources." In addition to the NYS DEC and CVC donors, the center now also receives support from the New York City Department of Environmental Protection and Catskill Watershed Corporation.

**Visiting Catskills Visitor Center** - Upon arriving it's easy to see why CVC is billed as a gateway to the Catskill Region. Its location at the base of Slide Wilderness area on the eastern edge of the park gives it a great view of the park's highest mountains. For those who are just passing through, the CVC offers public restrooms and trail condition updates. Because there's little or no cellphone service in the area, if you forgot a map it's also an opportunity to pick up maps of area hiking, fishing, biking and driving areas.

For individuals looking to spend most of their time at Catskills Visitor Center, it's located on 60 acres of forest land. There are three walking trails of 0.5 miles that allow you to walk a total of 1.5 miles along easy trails. Each trail was created with a specific intent and were designed and built with Americans with Disabilities Act standards in mind, so they're accessible to all.

The *Interpretative Loop* circles the visitor center and you can enjoy the informational panels that provide background information about CVC and the Catskill Region. The *Upper Ridge Trail* ascends a short way up the incline behind the visitor area. This trail includes a picnic area and showcases NYNJ Trail Conference building techniques used throughout the Catskills on various trail maintenance and renovation projects. Finally, the *Esopus Creek Trail* takes you along an accessible walk to the banks of the Esopus. This provides a view of both the creek and the mountains.

**Catskill Fire Towers** - The Catskills Visitor Center, through the Catskill Fire Tower Project, is an important part of preserving the history of fire towers in combating forest fires in New York. The project currently manages the five remaining fire towers in the Catskill Park for public access and interpretation. Each of the towers is fully maintained by a group of volunteers who work with CVC and NYS DEC. The duties of these volunteers are to ensure the towers and their accompanying ranger cabins are maintained, and to also provide educational and historical information to hikers on the weekends and holidays during spring, summer and fall.

New to the interpretive center is an 80-foot fire tower that was newly erected this summer, after serving over 60 years as a lookout in South Venice, Fla. Plans to purchase and ship the decommissioned tower from Florida to the CVC were finalized earlier this year. The reconstruction effort is expected to be completed by late September (call to confirm). This will allow visitors this fall to be among the first to visit the new attraction. At 80 feet, this tower is higher than the other five towers that summit the Catskills, and for the

first time makes the Catskills Visitor Center visible above the tree line from NY Route 28.

The Catskill Fire Towers received a big promotion this summer as part of Governor Cuomo's "See the Catskills Like Never Before" campaign, which highlights the Catskills Fire Tower Five Challenge. The aim is to encourage experienced hikers to visit the region's five fire towers: Overlook Mountain in Woodstock, Hunter Mountain in Hunter, Red Hill Mountain in Denning, Balsam Lake Mountain in Hardenburgh, and Tremper Mountain in Shandaken.

Hikers are invited to email selfies of themselves hiking with their hiking party at each of the fire towers along with dates and stories about their hikes to [catskillschallenge@dec.ny.gov](mailto:catskillschallenge@dec.ny.gov). The first 500 people to complete this task by Dec. 31, 2019 receive a special patch, a free NYS Parks 'Empire Pass,' and are eligible for a commemorative Catskills license plate. For details, visit [dec.ny.gov/lands/76620.html](http://dec.ny.gov/lands/76620.html). The Catskills Visitor Center has Catskill Fire Towers patches for those who have been working on their fire tower challenge.

For those interested in hiking one of the five fire tower mountains the Catskills Visitor Center is located less than 15 minutes from the primary trailhead used to access the summit of Mount Tremper. Mount Tremper is often overlooked because it is the lowest elevation-wise, at 2,720 feet, of the five mountains in the Catskills with a fire tower on its summit. What the mountain lacks in elevation is made up for in its character. A round-trip hike is 6.2 miles and requires a climb of 1,900 feet to reach the summit. The length and elevation gain of this hike makes it a respectable day hike in its own right, and requires more climbing than each of the other Catskill Fire Towers, except for Hunter Mountain.

Enroute to the summit hikers will pass an old rock quarry known to house the timber rattlesnakes that have occasionally been seen on the mountain, a spring that usually provides a water source for thirsty hikers, and a lean-to for overnight trips. During my visit to the mountain as a summit steward on July 4th weekend, I spotted a black bear for the first time in the Catskills, approximately 100 yards off the trail.

**Catskills Visitor Center Events** - Several of the seasonal events have wrapped up for the summer, however they do host a weekly daytime program series for children. The Catskill Mountains Kids fall session will start on October 10, with an aim to celebrate the nature, history, and culture of the Catskills. Every session includes focused learning, hands-on and outdoor activities aimed at children ages 4-7.

**Catskill Mountains Scenic Byway Tour** - If you visit the Catskills Visitor Center and enjoy the walking options there, but would like to experience the rest of the Catskills without leaving your car, the center has an option for you as well. The Catskill Mountains Scenic Byway audio tour is a driving tour that takes passengers along the winding Catskill roads and treats them to the expansive views these roads provide. Along the way, the audio tour allows passengers to listen to stories of Catskill Mountain Region history, landscape and culture. The self-guided tour can be downloaded via instructions on the CVC website: [catskillinterpretivecenter.org](http://catskillinterpretivecenter.org).

With the fall season, it's a perfect time to check out the Catskill Visitor Center, and help it celebrate its 50th season as a jumping off point to enjoy the Catskill Region! 🌲

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

# CLEARANCE SKI SALE!

2019 Skis, Boots & Apparel Up to **50% Off!**

IT'S TIME FOR  
**Junior Season Ski Rentals!**

**Priced from \$99.99**

**HIGH ADVENTURE**  
SKI & BIKE

**785-0501**  
HighAdventureSBP.com

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

## Normatec Recovery

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

Recover in comfort enjoying the benefits of a Normatec Pulse treatment for your legs, hips or low back while relaxing in a recliner

**Back in Balance**  
THERAPEUTIC MASSAGE

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

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

### TRAIN HARDER. RECOVER FASTER.

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

**GARNET HILL LODGE**  
Since 1936

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

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

**BIKE BARN**  
CYCLING & FITNESS

## CLOSEOUT SALE ON ALL 2019 BIKES

**FREE DROPPER SEATPOST OR \$150 OFF ANY IN-STOCK FULL SUSPENSION BIKE!**

Come see why we are the area's top rated bike shop

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

109 Remsen St, Cohoes  
518.238.BIKE (2453)  
[bikebarncycles.com](http://bikebarncycles.com)

# INTERGALACTIC SURLY DAY

SEPTEMBER 21, 2019  
And, all month long!

**20% Off All Surly In-Stock Bikes!**

**North Country Subaru**

## Test Drive the New 2019 Forester Today!

Subaru has the best-selling all-wheel drive cars in America for the past 10 years

**North Country Subaru**  
616 QUAKER RD., QUEENSBURY  
(518) 798-1577 • [NorthCountrySubaru.com](http://NorthCountrySubaru.com)

**SUBARU**

THE SUBARU  
CUSTOMER & COMMUNITY COMMITMENT  
AWARD  
Four-Time Recipient

## Garnet Hill Grit Mountain Bike Race

[www.garnet-hill.com/events](http://www.garnet-hill.com/events)

Register Online @ **BikeReg**

**Sunday, October 6**  
Garnet Hill Outdoor Center  
Expert Class - 12 miles  
Sport Class - 6 miles

Divisions for all ages, from under 19 through 60+. Fat bike and mountain unicycle divisions. Prizes offered in each division.

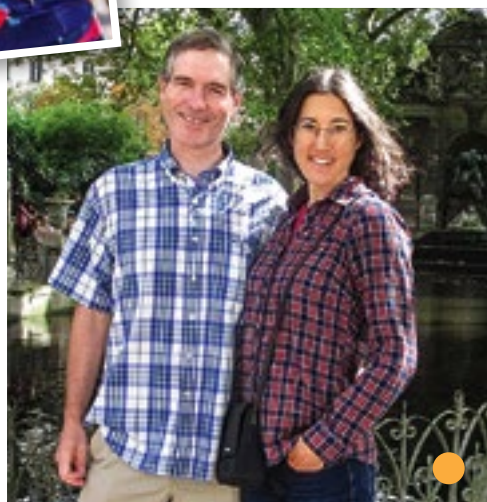
**GARNET HILL LODGE**  
Since 1936

**Join us at the finish line for food, prizes and live music.**


**ATHLETE PROFILE**


# Bryna Blanchard

**AGE:** 46  
**RESIDENCE:** Schodack  
**OCCUPATION:** Occupational Therapist  
**PARTNER:** Thierry Blanchet  
**PRIMARY SPORTS:** Mountain Biking, Downhill and XC Skiing



●●● TRANS-SYLVANIA EPIC MOUNTAIN BIKE STAGE RACE IN PENNSYLVANIA, 2019.  
 ● FUN RIDING ON PORCUPINE RIM TRAIL NEAR MOAB, UTAH IN 2019.  
 ● VACATION WITH THIERRY IN FRANCE, 2017.

## By Skip Holmes

So how does a nationally ranked endurance mountain bike racer get started? How about starting out riding horses as a teenager. Riding on a horse with a saddle on trails is not that much different than riding a mountain bike other than having more 'horse' power.

Bryna lived in Buffalo as a young girl and enjoyed downhill skiing with her Dad. After they moved to Largo, Fla., she took a job working on a horse farm, started riding horses, and continued annual ski trips to the snow country out West for a week or two of downhill skiing. In high school she ran cross country for exercise and had friends who had road bikes. She enjoyed riding with those friends who were racing as juniors but did not have any real urge to compete on a road bike.

After high school, Bryna headed north to attend Penn State University as a photography major. She soon found that the area was conducive to mountain biking and quickly connected with other students to explore all the local trails. Riding mountain bikes soon became almost a daily ritual while attending college.

After graduating from Penn State, Bryna embarked on a new track and went to work as a wilderness instructor for an organization that worked with troubled youths. She would take them on eight-day backpacking trips, then return for a break, and take another group out in the backcountry. After doing backpacking wilderness instruction for a couple years, she decided to change course, moved to Albany, and got a job working in a photo lab using some of her photography talents. While working in the wilderness she didn't have much time to ride her mountain bike, but she found a community of mountain bikers in the Capital Region that she became good friends with, and they shared all the great locations to ride bikes.

The Capital Region's mountain bike community is a close-knit group and eventually a local named Todd Crisafulli decided to start a race team named North American Velo. Todd eventually moved out West but still returns to the Northeast where his roots are to ride with teammates. Bryna became an early team member and soon launched

into what would become a phenomenal racing career. Her first race was at Garnet Hill Lodge in 2001 where there's an extensive set of trails for mountain biking.

Around this time period, Bryna decided on another career change and went back to college to get a master's degree in Occupational Therapy from Russell Sage College. She now works for the Eddy Visiting Nurse Association as an occupational therapist. Bryna finds working with people who are in need of assistance after a serious health issue or injury as an opportunity to help them regain a level of activity that they previously had. Her flexible schedule as a visiting nurse is ideal for her training program as Bryna can schedule her visits with patients and block out training time.

As Bryna entered more races and gained additional skills she soon advanced to higher classifications. She joined the Cannondale Factory team, worked her way up to earn her USA Cycling race license, and then moved to the Windham Mountain Outfitters team. Her races were focused on the cross-country events as opposed to downhill or endurance racing. She raced in the NORBA National Series, then the Pro XCT series, and traveled to races all across the United States, as well as at the Canada Cups. She also raced in the Windham World Cup events for three years, which were held at the Windham Mountain Resort in the Catskills.

After racing in some of the more prestigious cross-country events, Bryna switched to endurance races. This is similar to marathon events in terms of duration and terrain. These events are typically 50 to 70 miles, climbing up mountains, and riding down on a variety of terrain. Considerable skills are needed, as well as endurance to compete in these events as they can last five or six hours. She also joined Barker Mountain Bikes team based in Bethel, Me. that supports a number of endurance racers.

Recent years have seen Bryna competing in numerous endurance races. She just returned from the Shenandoah Mountain 100 on Labor Day weekend. At the end of September, she'll travel to California to compete in the Big Bear Grizzly 75K, another National Ultra Endurance event. Bryna is looking to win this event and gain additional points that will allow her to win this year's

series. She raced it last year after crashing while doing a preride of the course. Even with a gash on her knee and a twisted ankle she competed the next day and finished the event. This course has one climb that took her an hour and 26 minutes to get to the top, and then made a 20-minute decent. The altitude of the course ranges from 5,000 to almost 9,000 feet. Altitude acclimation is necessary in order to successfully compete in this event. This race clearly exemplifies the character of an ultra-endurance mountain biking.

Bryna has had a full race schedule so far this season and as part of her training she raced in the Black Fly Challenge, and has now won this event a total of three times. Other notable races include the Wallum Lake EFTA (Douglas, Mass.) in April, the Tran-Sylvania Epic seven-day stage race (Marysville, Pa.) in May, the Wilderness 101K National Ultra Endurance race (Coburn Park, Pa.) in July, UCI Mountain Bike Masters Cross Country World Championships (Mont-Sainte-Anne, QC) in August, Shenandoah Mountain 100K National Endurance race in early September, and the upcoming Big Bear Grizzly 75K National Endurance race at the end of September.

In order to compete at this level, an athlete like Bryna has a disciplined training program that consists of significant saddle time on all types of terrain, a conditioning program that has her in the gym twice a week, and a careful nutrition program prior to the race - as well as on race day. These ultra endurance events put a rider out in the wilderness for long days on the bike so ensuring that you have sufficient food and hydration is imperative. No one wants to bonk on an hour and a half climb up a mountain with aid stations few and far between.

One of Bryna's favorite events is the Carrabassett Valley 100K in Maine. The race provides all the components of a great course such as single-track, double-track, dirt roads, climbs, and fast flowy descents. Her other favorite is the Vermont 50 with over 8,000 feet of climbing. You got it, Bryna loves to climb hills! She would occasionally show up on one of my Mohawk Hudson Cycling Club "Terrible Tuesday" road rides when there was going to be some significant elevation gain, and proceed to charge up the big hills like it was a flat road for her.

This year, the UCI Mountain Bike Masters Cross Country World Championships was held at Mont-Sainte-Anne, so even though Bryna doesn't focus on cross country racing, she wanted to participate in this unique opportunity since it was relatively close, it's usually held in Europe.

Even though Bryna is a serious competitor on her stable of mountain bikes she also finds time to race some cyclocross events to stay fit in the off-season. She prefers the CX courses that are more technical and allow her to utilize her bike handling skills. A fat bike is also known to come out when the ground gets frozen or snow covered.

She continues to downhill ski in the winter and can frequently be found on the slopes of Gore or Whiteface mountains skiing with her significant other, Thierry Blanchet, who is also an accomplished mountain bike and cyclocross racer. Bryna and Thierry have raced in many of the same mtb cross country events as well as cyclocross events for many years. Their relationship is based on a love of many similar outdoor activities that provides them with a great training partner and shared experiences. In the past two winters Bryna has put on a pair of Nordic skis and I ran into her in Vermont one weekend last winter. Her fitness allowed her to hang with a several of us Nordic skiers on our skinny skis even though she was using a pair of heavy, wide backcountry skis. We are now waiting to see when Thierry will put on a set of Nordic skis!

When I asked Bryna if she rode horses anymore, she said no and I realized that she had more horsepower than most of us ever will, and the steadfastness to accomplish any challenge she anticipated. Her story exemplifies the quiet confidence of a woman who is a role model for many female mountain bike riders. 🌲

*Skip Holmes (serottaskip@gmail.com) of Delmar teaches sustainable building design at RPI and provides training programs for the Urban Green Council of NYC. He is a member of Mohawk-Hudson Cycling Club and Capital Bicycle Racing Club. He can be found road and mountain biking, kayaking, canoeing, hiking or Nordic skiing.*

# CALENDAR OF EVENTS

## SEPTEMBER-NOVEMBER 2019\*

Events beyond this range are advertisers in this issue

### ALPINE & XC SKIING & SNOWSHOEING

#### SEPTEMBER

**14-15 NENSA's High Peaks Cyclery Adirondack Rollerski Mini-Tour.** Sat, 9am: Lake Placid Double Day 3K Prologue & 1.5K XCX Sprint (both freestyle) at Ski Jumping Complex, Lake Placid. Sun, 8am: Climb to the Castle (8K Whiteface Hill Climb) at Whiteface Highway Toll Booth, Wilmington. NYSEF, NENSA, ORDA & HPC. skireg.com.

#### OCTOBER

**12 NENSA's High Peaks Cyclery Fall Freefall Rollerski Race.** Jericho, Vt. skireg.com.  
**27 NENSA's High Peaks Cyclery Maine Rollerski Race.** Pineland Farms, Me. skireg.com.

#### NOVEMBER

**2 NENSA's High Peaks Cyclery Trapp Invitational Rollerski Race.** Stowe, Vt. skireg.com.  
**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)

#### SEPTEMBER

**14 6th Harry Elkes Ride.** 9:30am: 50M & 32M road & new 32M gravel. 10am: 15M road. The Hub, Brant Lake. bikereg.com.  
**14 No Limits Fall Foliage Ride for Bart Adaptive.** 9-60M. Thompson Memorial Park, Manchester, VT. bartadaptive.org.

**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.  
**21 Fall Clearance Sale.** 10am-5pm. Tomhannock Bicycles, Pittstown. 518-663-0083. tomhannockbicycles.com.  
**21 Intergalactic Surly Day.** Bike Barn, Cohoes. 518-238-2453. bikebarncycles.com.  
**21 12th Tour de Farms.** 10-30M. Vergennes, VT. acornvt.org/tourdefarms.  
**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.  
**28 10th Ciclismo Classico's Bike Travel Film Festival.** Ordinary people, extraordinary adventures. Presented by Bikeatoga. Happy hour: 5:30pm. Film fest: 7pm. Gannett Auditorium, Skidmore College, Saratoga Springs. bikeatoga.org/ticket.  
**28 Syracuse Bicycle Breast Cancer Awareness Ride.** 10-50M. 8:30am. Green Lakes SP, Fayetteville. syracusebicycle.com.

#### OCTOBER

**6 3rd 50-Miler Cider Ride.** 9am. Farmstead Flatbread, Queensbury. 518-623-2590. facebook.com/adirondacktriclub.  
**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.  
**13 Bike PHifty 2019.** 50M. 8 or 9am. Saratoga National Historical Park, Stillwater. 518-429-0876. bikephifty.org.  
**13 CycleADK: Harvester Road Tour.** St. Lawrence County. Matt VanSlyke: 518-524-2292. cycleadironclacks.com.  
**26-27 Haunted Hundred Overnight Century.** 49-104M. 6pm. Schuylerville. 518-583-3708. adkultracycling.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.  
**10 Rivers & Lakes Century.** 31-104M. 8am. Schuylerville. 518-583-3708. adkultracycling.com.

### BICYCLING: OFF-ROAD (UNPAVED)

#### SEPTEMBER

**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.



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



**MHCC**  
 Mohawk Hudson Cycling Club  
 join or renew online:  
**MohawkHudsonCyclingClub.org**  
 all levels of ability welcome  
 more than 300 rides per year

**Gear-To-Go Tandems**  
 NEW YORK'S LARGEST  
 TANDEM BICYCLE SHOP  
 Expertise, free instruction,  
 tips & test rides  
  
 1 Dahinda Rd, Saranac Lake  
**518-891-1869 • gtgtandems.com**



**ADIRONDACK ULTRA CYCLING**  
 10 AM - 6 PM • MONDAY-SATURDAY  
 SALES • SERVICES • FITS • PARTS • ACCESSORIES • CLOTHING  
 LONG-DISTANCE RIDES & RACES  
  
 ADKULTRACYCLING.COM • 518.583.3708  
 JOHN CECERI PROPRIETOR  
 160 BROAD STREET • SCHUYLVERVILLE, NY 12871



**6th annual Harry Elkes Ride**  
 Saturday, September 14 - The Hub, Brant Lake, NY  
 Warren County Safe & Quality Bicycling invites you  
 Ride with us to celebrate  
 1900s world-class bike racer~  
 Glens Falls native, Harry Elkes.  
 Choose from 4 routes, ride at  
 your ability level with other  
 cyclists on quiet North Country  
 roads; scenic lakes  
 Start: **9:30am:** 50- & 32-mile scenic lake rides  
 & the NEW 32-mile "Gregson Gravel" Ride  
 Start: **10am:** 15-mile Brant Lake family ride  
 Only \$25, with free t-shirt • Enjoy lunch/drinks  
 at The Hub, nominal cost • Harry Elkes video  
**Register: BikeReg.com**  
 Or day of ride: 8:30-10am  
**www.bikewarrenco.org**

**END-OF-SUMMER SALE ON ALL BIKES!**  
  
**Complete Fleet**  
 ROAD • MOUNTAIN  
 CROSS • FAT  
**Every Day is a Demo Day!**  
 Rentals  
 Lessons • Tours



**THE HUB**  
 27 MARKET ST. BRANT LAKE, NY  
 Road/Mtn/Gravel  
 Bike, Paddle &  
 Hike from here!  
**BICYCLE REPAIR CAFE**  
 CRAFT BEER ON TAP  
 WINE LIST  
 ICE CREAM  
**518 494 4822**  
**theHubAdk.com**



**2019 GRAVEL GOBBLER**  
  
**Saturday, November 2nd**  
 S&S Farm Brewery • Nassau, NY  
 Fun Rides, Gourmet Food,  
 Craft Beer and  
 Good Conversation  
 23- and 38-mile gravel  
 rides or 31-mile road ride  
 on quiet country roads  
 Benefits Regional Food Bank  
 of Northeastern NY  
 Presented by Mohawk Hudson Cycling Club



**GIANT E-BIKES**  
 ROAD • X-ROAD • OFF-ROAD  
**Plan for the Fall!**  
 Further, Faster &  
 More Fun!  
 Sales • Rentals • Demos  
  
 518-523-3764 • 2733 MAIN STREET • LAKE PLACID  
**HIGHPEAKSCYCLERY.COM**

- 15 Battle of Plattsburgh Mountain Bike Race. 6-18M. 10:15am. Ausable Chasm, Keeseville. 518-643-8477. facebook.com/chasmriders.
- 21 **Gore Mountain Bike Skills Development Camp.** All day or morning only for beginner & intermediate. Gore Mountain, North Creek. [goremountain.com](http://goremountain.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](http://bikeatoga.org/ticket)
- 28-29 Uncle Sam Cyclocross Grand Prix. 9am. Prospect Park, Troy. 518-320-6120. [nycross.com](http://nycross.com).
- 29 Climb the Gunks for MS Gran Fondo. 27-61M. 8:30am. Bloomingburg. 845-217-1094. [climbthegunksformsgranfondo.org](http://climbthegunksformsgranfondo.org).

**OCTOBER**

- 5 New Lisbon Gravel Grinder. 15-52M. 12pm. Garrattsville. 607-437-2545. [facebook.com/centralnewyorkcycling](http://facebook.com/centralnewyorkcycling).
- 6 **Garnet Hill Grit Mountain Bike Race. Expert Class:** 12M. **Sport Class:** 6M. 10am. Divisions for all ages, under-19 thru 60+. Fat bike, mountain unicycle divisions. Prizes in all divisions. Finish line hearty food, craft beer, prizes, live music. Garnet Hill Outdoor Center, North River. 518-796-5908. [garnet-hill.com/events & bikereg.com](http://garnet-hill.com/events&bikereg.com).
- 12 Climb the Moose Uphill Trail Run & Mountain Bike. 3M trail run & mountain bike. 8am. Branbury State Park, Salisbury, VT. Sue Hoxie: 802-989-6980. [runreg.com/climb-the-moose](http://runreg.com/climb-the-moose).
- 19 The Hibernator Gravel. 50K/100K rides. 9am. Burke, VT. 802-535-2200. [bikereg.com](http://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](http://bikereg.com).

**HEALTH & FITNESS  
ONGOING**

**Daily Rock Your Fitness: Total Body Training.** 9/9-10/19, 10/21-11/30, 12/2-1/11. Saratoga-Wilton Soccer Center, Malta. 518-522-9765. [rockyourfitnessny.com](http://rockyourfitnessny.com).

**SEPTEMBER**

**15 Mountaintop Yoga Class.** Gore Mountain, North Creek. 518-251-2411. [goremountain.com](http://goremountain.com).

**HIKING, CLIMBING & WILDERNESS SKILLS  
SEPTEMBER**

**13-15 Seward Range Guided Backpacking.** 27M. Lake Placid. Adirondack Mountain Club: 518-348-3480. [adk.org](http://adk.org).  
**14 & 28 Backcountry Living (Youth Enrichment Course).** 10am-12pm. SUNY Adirondack Adventure Course, Queensbury. 518-743-2238. [sunyacc.edu/continuing-ed](http://sunyacc.edu/continuing-ed).

**20-22 Skylight & Gray Guided Backpacking.** 17.6M. ADK: 518-348-3480. [adk.org](http://adk.org).

**23 Seward Mountain Guided Hike.** 4,361', 14M. 7:30am. Coreys. Adirondack Mountain Club: 518-348-3480. [adk.org](http://adk.org).

**27-29 Allen Mountain Guided Backpacking.** 18M. Lake Placid. Adirondack Mountain Club: 518-348-3480. [adk.org](http://adk.org).

**28-29 Map & Compass Bushwhack Workshop.** Heart Lake, Lake Placid. Adirondack Mountain Club: 518-348-3480. [adk.org](http://adk.org).

**29-10/4 Fall Guided Hiking Week.** Adirondack foliage in Siamese Ponds Wilderness. Lodging, meals, pub, music. Paddling too. Garnet Hill Lodge & Outdoor Center, North River. 518-251-2444. [garnet-hill.com](http://garnet-hill.com).

**30 Iroquois Mountain Guided Hike.** 4,840', 9.4M. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 518-348-3480. [adk.org](http://adk.org).

**OCTOBER**

- 4 **Dix & Hough Mountains Guided Hike.** 13.7M. Adirondack Mountain Club: 518-348-3480. [adk.org](http://adk.org).
- 5 **Mount Marshall Guided Hike.** 4,360', 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. [adk.org](http://adk.org).
- 5 **Outdoor Leadership 101 Workshop.** 9am. ADK Education Yurt, Lake Placid. Adirondack Mountain Club: 518-523-3480. [adk.org](http://adk.org).
- 5-19 Adventures in Leadership: Youth Enrichment Course. Sat, 10/5-19: 10am-12pm. Skills for students grades 7-12 on ropes courses in group environment. SUNY Adirondack, Queensbury. 518-743-2238. [sunyacc.edu/continuing-ed](http://sunyacc.edu/continuing-ed).
- 6 **Sawteeth High Peak & Fire Tower Hike.** 4,100', 11.8M. 7:30am. St. Huberts Parking Area, St. Huberts. Adirondack Mountain Club: 518-523-3480. [adk.org](http://adk.org).
- 7 **Esther Mountain Guided Hike.** 4,240', 6.6M. Lake Placid. Adirondack Mountain Club: 518-523-3480. [adk.org](http://adk.org).
- 10 **Table Top Guided Hike.** 4,427', 9.8M. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 518-348-3480. [adk.org](http://adk.org).
- 11 **Hurricane Mountain Guided Hike.** 6.8M round-trip, 2,000' elevation gain to fire tower summit. 8:30am. Hurricane Mountain Trailhead, between Keene & Elizabethtown. Adirondack Mountain Club: 518-523-3480. [adk.org](http://adk.org).
- 13 **Street & Nye Guided Hike.** 4,166' & 3,895', 9M. 8:30am. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 518-523-3480. [adk.org](http://adk.org).
- 14 **Phelps High Peak & Fire Tower Hike.** 4,160', 8.2M. 8:30am. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 518-523-3480. [adk.org](http://adk.org).
- 19 **ADK Fall Trails Day.** 7:30am. Ten trail projects. High Peaks Info Center, Lake Placid. 518-523-344. [adk.org](http://adk.org).

*continued*

# Placid Planet BICYCLES



END OF SEASON SALE!


SANTA CRUZ | MEGATOWER

SANTA CRUZ | SPECIALIZED  
CERVELO | TREK | JULIANA

We also carry E-Bikes!

2242 SARANAC AVENUE | LAKE PLACID NY | 518.523.4128  
WWW.PLACIDPLANET.COM

Saturday, Sept. 28



8th annual  
Drops to Hops

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

www.clarksportscenter.com

Register online at [itsyourrace.com](http://itsyourrace.com)

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](http://BikeReg.com)  
[TourDeSalemFlameFighters.com](http://TourDeSalemFlameFighters.com)

T-shirt to all preregistered · Post-ride food  
SAG support/rest stops · Great rides/views!

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



Saratoga  
PHOTOBOOTH

SaratogaPhotobooth.com | 518.584.6473

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

# CALENDAR OF EVENTS

CONT. FROM PG 15

## RUNNING, TRAIL RUNNING & WALKING

### ONGOING

**Daily Fleet Feet 5K & 10K Training.** Seven-week program starts 9/16. All welcome to get fit & have fun. Groups available in Albany & Malta/Saratoga. Fleet Feet, Albany (518-459-3338) & Malta (518-400-1213). [fleetfeetalbany.com](http://fleetfeetalbany.com).

### SEPTEMBER

- 14 **ADK 5K Run/Walk.** 10am. Adirondack Pub & Brewery, Lake George. [greatamericanbreweryraces.com](http://greatamericanbreweryraces.com).
- 14 Fort Hunter Smokin' 5K. 9am. Fort Hunter Fire Dept., Schenectady. [forhunterfd.org](http://forhunterfd.org).
- 14 2nd Memorial to Monument 11M Run. 9am. Fort Drum Memorial Park to 10th Mountain Division Monument, Watertown. 315-772-7864. [eventbrite.com](http://eventbrite.com).
- 14 Living History & Erie Canal 5K Run. 9am. 555 Route 5S, Mohawk. [runsignup.com](http://runsignup.com).
- 15 **Saratoga Palio: Half Marathon & 5K Run/Walk.** 13.1M: 7:45am. 5K: 8am. Kids' Fun Run: 9:15am. Melanie Merola O'Donnell Memorial Race. Saratoga Springs. [themelaniefoundation.com](http://themelaniefoundation.com).
- 15 **Dutchess County Classic Marathon & Half Marathon, 5K & 1M Kids Run.** 8am. Dutchess County Comm College, Poughkeepsie. [dutchesscountyclassic.org](http://dutchesscountyclassic.org).
- 15 HMRRRC Anniversary Run. 2.95M & 5.9M. 9am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).
- 15 40th Albany JCC Dunkin' Run. 5K/10K/15K & Kids' Fun Run. Albany JCC, Albany. 518-438-6651. [albanyjcc.org/dunkinrun](http://albanyjcc.org/dunkinrun).
- 21 **11th Race Away Stigma 5K.** 10am. Hudson Hall, Hudson Valley Community College, Troy. Larry Ellis: 518-629-7175. [hvcc.edu/cct/race.html](http://hvcc.edu/cct/race.html).
- 21 **Helpers Fund 5K & 10K.** 9:30am. Also, 1K Kids' Run (2pm) & Expo (10am-5pm) in Schroon Lake. Part of Adirondack Marathon Distance Fest. Municipal Center, Chestertown. [adirondackmarathon.org](http://adirondackmarathon.org).
- 21 **42nd Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship Race. Northport. [cowharborrace.com](http://cowharborrace.com).
- 21 Donate Life Legacy Run/Walk 5K. 10am. Saratoga Spa State Park, Saratoga Springs. [cdtny.org](http://cdtny.org).

## MULTISPORT: TRIATHLON, DUATHLON & SWIMMING

### SEPTEMBER

- 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](http://joshbillings.com).
- 22 Zoot Westchester Triathlon. Olympic: 1500m swim, 24.9M bike, 10K run. 7am. Rye Town Park, Rye. [westchestertriathlon.org](http://westchestertriathlon.org).

### 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](http://mohawktowpath.org/duathlon).

### DECEMBER

- 8 **Greenbush Indoor Triathlon.** 7am. Greenbush YMCA, East Greenbush. [zippyreg.com](http://zippyreg.com) & [cdymca.org/2019-healthy-community-race-series](http://cdymca.org/2019-healthy-community-race-series).

### OTHER EVENTS

### SEPTEMBER

- 14 NatureFest. 10am-3pm. Animals, crafts, music, pumpkin painting, food. Tours of the Nature Center. Rain date: 9/15. Moreau Lake State Park, Gansevoort. [parks.ny.gov/parks/150](http://parks.ny.gov/parks/150).
- 21 **Carl Heilman Photo Workshop.** Gore Mountain, North Creek. 518-251-2411. [goremountain.com](http://goremountain.com).
- 28-29 **Whiteface Oktoberfest.** Sat: 11am-7pm. Sun: 11am-5pm. Bavarian celebration w/music, dancing, food, beer, fireworks. Whiteface, Wilmington. 518-946-2223. [whiteface.com](http://whiteface.com).

28-29 **Great Adirondack Moose Festival.** Moose-themed programs, games, contests, exhibitions, guided tours & shopping. Indian Lake. 800-328-5253. [indian-lake.com](http://indian-lake.com).

### OCTOBER

- 12-13 **Gore Mountain Harvest Fest.** Live music, scenic gondola rides, Adk vendors, fall food/drink, fun for kids. Gore Mountain, North Creek. 518-251-2411. [goremountain.com](http://goremountain.com).
- 20 48th Festival of Nations. 11am-5pm. Community, arts, crafts, culture, food, music, dancing. Empire State Plaza, Albany. 518-253-9529. [festivalofnations.net](http://festivalofnations.net).

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

## PADDLING: CANOE, KAYAK, SUP & ROW

### SEPTEMBER

- 14 Yak On: Paddle & Pints Full Moon Paddle. 5:30-7pm. Erie Canal Boat Company, Fairport. [eriecanalboatcompany.com](http://eriecanalboatcompany.com).
- 17 Evening Paddle: Mohawk River. 5:30-7:30pm. Kiwanis Park, Rotterdam. Pam Bontien: 518-424-7247. [albany.adk.org](http://albany.adk.org).
- 21 **Paddle for Pancreatic Cancer.** 2M on Moose River. Bring canoe/kayak or rent. Mountainman Outdoors, Old Forge. Janice Sell: 315-415-3157. [upstate.edu/paddle](http://upstate.edu/paddle).
- 21 Long Lake Long Boat Regatta. 10M. 11am. Long Lake. 518-891-2744. [adirondack90miler.com](http://adirondack90miler.com).
- 22 St Regis Canoe Classic. 5M/7M/11M. Paul Smith's College, Paul Smiths. [slvpaddlers.org](http://slvpaddlers.org).

17th Annual

## MOHAWK TOWPATH BYWAY DUATHLON

**Riverview Orchards**  
660 Riverview Rd, Rexford  
2M run, 17M bike, 2M run  
**Sunday, October 20 • 8:30am**  
Open to individuals & 2-person teams  
Register: [mohawktowpath.org/duathlon](http://mohawktowpath.org/duathlon)  
USAT sanctioned • Giffy's Bar-B-Q included  
Breathable clothing item to first 100 entered!  
Benefits Mohawk Towpath Scenic Byway

**Anthony's Real Estate**  
SERVING THE CAPITAL REGION FOR 20 YEARS



Specializing in Residential and Rental Listings

- Reasonable Listing Rates
- Short Term Contracts
- Flexible Terms

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

## ITR Integrated Technology Resources

**We Can Fix Your Computer Problems!**  
Old Computers Need Replacing?  
Computer Servers Need Updating?  
Virus/Spyware Removal • Data Backup/Recovery  
Your Business or Home IT Department at Affordable Prices!

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



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

EVENT SUPPLIES TOO! We Can Outfit Your Club!

**THE INSIDE EDGE**  
SKI & BIKE SHOP  
643 Upper Glen St.  
Queensbury  
(518) 793-5676  
[insideedge.biz](http://insideedge.biz)

17th Annual



## Shenendehowa Veterans Day Dash 5K RUN/WALK

Monday, Nov 11 • 10am  
Shen High School Track, Clifton Park

Flat/fast course • T-shirts to first 350 runners • Open to all runners & walkers • USATF sanctioned  
Veterans run free\* • Kids' Fun Runs (.5M/1M): 9am • Prizes to top M/F, top M/F vets, age groups & teams  
\*Info: [shenrunners@gmail.com](mailto:shenrunners@gmail.com)

**ZippyReg.com & ShenRunners.com**  
Partial proceeds to STRIDE Adaptive Sports & Shen Track Booster Club

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](http://hvcc.edu/cct/race.html)  
or [finishright.com](http://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](mailto:l.ellis@hvcc.edu)  
Collaboration with NAMI NYS, Rensselaer, HVCC Foundation, AFFSP, College of Saint Rose, Sage Colleges, HVCC Student Senate, MHANYS

## AMIGOS CANTINA



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

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

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

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

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

## ROCK Your Fitness

[RockYourFitnessNY.com](http://RockYourFitnessNY.com)  
Becky Weyrauch, certified personal trainer

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

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

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

**FALL & WINTER SESSIONS**  
SEP 9-OCT 19 • OCT 21-NOV 30 • DEC 2-JAN 11  
SCHEDULE STARTING SEP: M/W/F 5:15-6:15am & 9:30-10:30am  
NEW TIME/DAY! T/TH 6-7:00am, SAT 7:30-8:30am

Saratoga-Wilton Soccer Club (formerly Charboneau)  
2381 Route 9, Malta  
REGISTER: [BeckyRock@nycap.rr.com](mailto:BeckyRock@nycap.rr.com)  
or call/text 518-522-9765



- 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 Run/Walk. 10am. Windy Hill Orchard, Castleton. zippyreg.com.
- 21 Nisky Fall 5K Fun Run. 5pm. Town Hall, Niskayuna. Lori Peretti: 518-386-4523. niskayuna.org.
- 22 Adirondack Marathon, Half Marathon & Relays.** Marathon and 2- & 4-person relays, 9am. Half (Adirondack to Schroon Lake), 10am. Main St, Schroon Lake. adirondackmarathon.org.
- 22 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 Sneakers 5K Trail Run/Walk.** 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.
- 22 GardenShare Fight Hunger 5K. 11:30am. Rensselaer Falls. gardenshare.org.
- 25 Storm King Run 10K Run & 5K Run/Walk. 9am. Also, 1M Fun Run. Washington Gate, West Point. mhrrc.org.
- 26-29 Beebe Farm Trail Runs.** 48hr, 24hr, 12hr, 6hr, 26.2M & 50K options. East Dorset, Vt. netrailruns.com.
- 28 26th FAM 5K "Fund" Run/Walk for Charity.** 10am. Refreshments, entertainment, chicken BBQ & Kids' Run. Benefits Schoharie ARC. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- 28 3rd Amy's Adventure Race for the Lake.** 4.5M trail run. Amy's Park, Bolton Landing. 518-644-9673. Iglc. salsalabs.org/amysrace19.

- 28 5th Albany Oktoberfest 5K Run/Walk. 10:20am. Wolff's Biergarten, Albany. oktoberfestalbany5k.com.
- 28 8th Maddie's Mark 5K Run/Walk. 10am. Plus, Kids' Run & Family Walk. 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. fighttohealed.org.
- 29 16th Crossings 5K Challenge & Kids' Runs. 9:30am. Ciccotti Center, Colonie. colonieyouthcenter.org.
- 29 21st Nicole Fleury Memorial 5K Walk/Run. SUNY Canton Campus, Canton. nfrun.com.
- 29 Youth Cross Country 2K & 5K Races. Development XC Meet. 2K: 3:30pm. 3K: 4pm. Elm Avenue Town Park, Delmar. 518-542-3184. delmartrackandfield.com.

- 5 Fall Patriot 5K Run/Walk. 9:30am. Dobisky Center, Ogdensburg. Allan Mooney: 315-393-7904. northernrunner.org.
- 6 New Scotland 7.1M Run. 10am. New Scotland Town Park, Voorheesville. hmrrc.com.
- 6 Run for the Truck. 15K/5K. 7am. Fire Department, Rensselaer Falls. Heather Newcombe: 315-528-3793. runsignup.com.
- 6 36th Leaf Peepers Half Marathon & 5K. 9am. Duxbury, VT. cvrunners.org.
- 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.
- 12 Slate Valley Brew Run. 5K/10K. 8:30am. Veterans Park, Granville. Peter O'Brien: 518-321-9640. slatevalleybrewrun.wordpress.com.
- 12 49th Lake Placid Classic 10K & Half Marathon. Olympic Speedskating Oval, Lake Placid. 518-897-2685. lakeplacidclassic.com.
- 12 Climb the Moose Uphill Trail Run & MTB. 3M trail run. 8am. Branbury State Park, Salisbury, VT. Sue Hoxie: 802-989-6980. runreg.com/climb-the-moose.
- 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.
- 13 49th Green Mountain Marathon & Half Marathon. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 14 Fall Festival 5K & 5M Trail Runs. 10am. Lawson Lake Park, Feura Bush. 518-320-8648. areep.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. zippyreg.com.

**OCTOBER**

- 5 Burnt Hills-Ballston Lake Rotary Apple Run/Walk 5K.** 9am. O'Rourke Middle School, Burnt Hills. Suzette Stewart: 518-560-6767. bhblrotary.org.
- 5 APD 5K Run/Walk for Domestic Violence Awareness. 9:30am. Albany. zippyreg.com.
- 5 Steps2Cure NF Walk/Run. 11am. Crossings Park, Colonie. Brian Peters: 518-469-7896. nfnortheast.org.
- 5 2nd Dan Provost Memorial Walk for Awareness and Recovery. 1.5M walk. 11am. Skidmore College, Saratoga Springs. Jill Fahey: 518-581-1230. zippyreg.com.
- 5 Oktogafest 5K Run/Walk. 9am. Henry Street, Saratoga Springs. oktogafestrace.com.
- 5 "A New Leash on Life" 5K Run/Walk. 10am. Mabee Farm Historic Site, Rotterdam Junction. Allison Eastman: 518-526-9865. countyspca.com/events/5k.
- 5 United Way Octoberfest 5K. 9am. Riverfront Center, Amsterdam. finishright.com.
- 5 Copper Wire Run 5K. 10am. Forest Park, Camden. romanrunners.com.

continued



25th Annual Burnt Hills-Ballston Lake Rotary  
**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](http://ZippyReg.com) More info: [bhblrotary.org](http://bhblrotary.org) or Suzette Stewart 518-560-0767

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

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

45TH ANNUAL  
  
**Falling Leaves**  
**ROAD RACE**  
**Sunday, September 22**  
**DELTA MARRIOTT, 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](http://UticaRoadrunners.org)  
 or [RunSignUp.com](http://RunSignUp.com)

**MOHAWK HUDSON RIVER & HANNAFORD HALF MARATHON**  
**10.13.2019**



**Flat Fast & Downhill!**

**Marathon Entry Open, Half Marathon Sold Out\***

\*Half available through our charity bib program – see [mohawkhudsonmarathon.com/charity](http://mohawkhudsonmarathon.com/charity)  
 Visit [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com) for registration and race details, sponsorship opportunities, and volunteer information.

Directed by:  Half Marathon presented by: **Hannaford.** Race Expo presented by: **ADIRONDACK SPORTS** Apparel sponsor: 

**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](http://www.saratogabridges.org)  
**More information: 518.587.0723**

To benefit   
**saratogabridges**  
 Enriching lives by creating opportunities and partnerships.

# CALENDAR OF EVENTS

CONT. FROM PG 17

## NOVEMBER

- 19 Stewart's Spud Run 5K & 1M Fun Run. 10am. Hartford Central School, Hartford. 518-632-5922.
- 19 Livingston Manor Half Marathon & 5K. 10:30am. Livingston Manor. 917-828-5028. runsignup.com.
- 20 Ryan's Run Superhero 5K/1 Mile Walk/Run. 10am. World Gym, Pawling. mhrrc.org.
- 20 CHaD HERO Run. Half marathon, 5K run/walk, 5M or 7M hike and 1M fun run. 9am. Dartmouth College Green, Hanover, NH. 603-308-2231. chadhero.org.
- 26 **Troy YMCA Trick-or-Trek 5K Run/Walk.** Celebrate Halloween with a run or walk through historic Oakwood Cemetery. 9-11am. Oakwood Cemetery, Troy. Troy YMCA: 518-272-5900. zippyreg.com.
- 26 **Brookhaven Oktoberfest 5K Trail Run.** 10am. Brookhaven Golf Course, Porters Corners. Chris Yarsevich: 518-893-7605. skireg.com.
- 26 **26th Goblin Gallop 5K & Halloween Hop Kids Run.** 9am. 1K Kids Run: 10am. Abraham Wing School, Glens Falls. Lee Pollock: 518-798-4066. active.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.
- 26 10th UlsterCorps Zombie Escape 5K. 11am. UlsterCorps, Kingston. 845-481-0331. ulstercorps.org.
- 26 Leah's Spooktacular 5K and Kids 1K. 5K: 9:30am. Dutchess Rail Trail, Van Wyck Trailhead, Wappingers Falls. mhrrc.org.
- 27 **USATF Adirondack's Saratoga Cross Country Classic.** 5K XC Classic: 10am. New 8K Open & USATF Grand Prix Race: 11am. Kids' 2K & 3K Developmental XC Runs: 9am. Saratoga Spa State Park, Saratoga Springs. saratogaxclassic.com & zippyreg.com.
- 27 **Hairy Gorilla Half Marathon & Squirrelly Six Mile Trail Runs.** 9:30am. Thacher State Park, Voorheesville. 518-320-8648. hairygorillahalf.com.
- 27 Rensselaer Runs United 5K. 10am. North Greenbush. Karen Moraski: 518-276-4305. rpi5k.org.

- 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.
- 3 **"Fall Back 5" 5-Mile Trail Race.** 10am. Saratoga Spa State Park, Saratoga Springs. 518-812-9668. saratogastryders.org.
- 10 **MVP Health Care Stockade-athon 15K.** 8:30am. Also, Kids' 0.5M Run. Veterans Park, Schenectady. stockadeathon.com.
- 11 **12th Shenendehowa Veterans Day Dash 5K Run/Walk.** 10am. Kids' 0.5M & 1M Runs: 9am. Shenendehowa High School Track, Clifton Park. shenrunners.com & zippyreg.com.
- 11 14th Valatie Veterans 5K. 10am. Glynn Square, Valatie. Jon Meredith: 518-728-1451. active.com.
- 16 Frostbite 5K Run/Walk. Mayfield High School, Mayfield. mayfieldcds.org.
- 17 NYC 60K Run. 8am. Central Park, New York. nyrr.org.
- 17 Fred Lebow Cross Country Championships 5K. 9am. Van Cortlandt Park, New York. nyrr.org.
- 24 Turkey Raffle 1-Hour Run. 10am. Tawasentha Park, Guilderland. hmrrc.com.
- 24 Rogers Rangers Ramble Run. 3.3 XC run. 10:30am. Bicentennial Park, Ticonderoga. lachute.us.
- 28 **72nd Troy Turkey Trot.** 10K: 8am. Grade school mile: 9:30am. Turkey Walk 1M: 9:35am. 5K: 10am. Troy Atrium, Troy. troyturkeytrot.com.
- 28 **18th Christopher Dailey Turkey Trot.** 5K run/walk: 8:30am. Saratoga Hilton, Saratoga Springs. 518-581-1328. zippyreg.com.
- 28 **38th Cardiac Classic 5K.** 9am. 2M wellness walk: 8am. Duck Pond 1M fun run: 10am. Central Park, Schenectady. cardiacclassic.org.
- 28 **7th St George's Turkey Trot.** 5K family run/walk: 8am. Kids' fun run: 9:05am. St. George's School & Church, Clifton Park. stgeorgesschoolcp.com.

- 28 **10th Our Towne Turkey Trot 5K.** Bethlehem Middle School, Delmar. 518-598-3434. ourtownebethlehem.com.
- 28 Cohoes Turkey Trot 3.5M Run/Walk. 9am. City Hall, Cohoes. 518-233-2121. zippyreg.com.
- 28 James Hinchliffe 5K Run/Walk for ALS. 8:30am. GF Civic Center, Glens Falls. jphals5k.com.
- 28 5th Amsterdam Thanks4giving 5K & 1.5K Walk. 9am. Shuttleworth Park, Amsterdam. runsignup.com.
- 28 24th BKVR Running of the Turkeys. 5K run/walk & kids' fun run: 9am. Fisher Elementary School, Arlington, VT. bkvr.net.
- 28 Adirondack Health Turkey Trot 5K. 8:30am. Olympic Speedskating Oval, Lake Placid. 518-897-2271. adirondackhealth.org.
- 28 Heuvelton Gobbler Gallop 5K. 9:15am. Heuvelton Volunteer Fire Dept., Heuvelton. heuveltonfire.com.
- 28 Thanksgiving Day "Run for the Hall" 3.5M/6M Runs. 8:30am. Sports Hall of Fame, Erie Canal Village, Rome. romanrunners.com.
- 28 7th Kingston Turkey Trot 5K. 9am. Dietz Stadium, Kingston. turkeytrotkingston.com.
- 28 New Paltz Turkey Trot 5K. 8:11am. Water Street Market, New Paltz. 845-255-8801. newpaltzturkeytrot.com.
- 28 Watertown Family YMCA Turkey Day Run 5K & 2.2M. 9am. Watertown. watertownymca.org.
- 28 9th Blue Mountain Turkey Trot 5K Fun Run. 9am. Grant Morse School, Saugerties. 845-246-0008. oteorrunners.org.
- 28 St Edward School Thanksgiving 5K Run/Walk. 9am. St. Stephen-St. Edward School, Warwick. runsignup.com.
- 28 Canajoharie Turkey Trot. Canajoharie HS, Canajoharie. eventbrite.com.
- 28 Little Falls Turkey Trot. 5K. 8:30am. YMCA, Little Falls. runsignup.com.
- 28 43rd Turkey Trot 5K. 10am. Kids' Run Fun: 9:45am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.

**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.

**Goblin Gallop 5K**  
**Saturday, October 26 • 9am**  
 Abraham Wing School, Glens Falls  
 \$22 (\$18 Adk Runners) • \$25 race day  
 Souvenir T-shirts to first 200 entrants  
 Special raffle prizes for costumes!  
**Halloween Hop 1K Kids Fun Run**  
 10am, Free • Halloween treat bag to finishers  
**Active.com** or **AdirondackRunners.org**  
 Lee/Linda Pollock 518-798-4066 leepollock@roadrunner.com  
 Benefits Adk Runners @ Nepal Village School Project

**SHULMAN HOWARD & MCPHERSON LLP**  
**ATTORNEYS AT LAW**  
 Real Estate • Wills & Trusts • Estates  
 Bankruptcy • Land Use & Zoning  
 Corporations • Traffic Court & DWI  
 17 Old Route 66 • Averill Park, NY  
 518-674-3766 • 518-674-3805 • fax 518-674-3964  
**More than 80 years of experience**

**13TH ANNUAL Falling Leaves 5K & Fun Run**  
**Saturday, October 12 at 10am**  
 William Kelley Park on Ralph St, Ballston Spa  
**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](http://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](mailto:umcfallingleaves5k@gmail.com)  
 Benefits Veterans & Community Housing Coalition – Vet House & Guardian House for Homeless Veterans

**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**  
**saratogaxclassic.com**



**REGISTRATION NOW OPEN!**  
 For more information and to register, visit  
[www.TroyTurkeyTrot.com](http://www.TroyTurkeyTrot.com)

**72nd TROY TURKEY TROT**  
 PRESENTED BY PIONEER BANK  
**Run. Walk. Trot.**  
 Whatever your speed, the Troy Turkey Trot – the nation's 12th oldest road race – is a great way to jumpstart your Thanksgiving tradition.  
**Registration is now open for our 5K, 10K, Grade School Mile and Turkey Walk and features:**

- The area's only 10K. 8 a.m. start!
- A costume contest for 5K participants with prizes awarded for "Best Thanksgiving Day Costume" and "Best Non-Thanksgiving Costume"
- Age group and family team awards
- Colored start sections for the 5K to ensure a safe start and flow of runners
- Tech shirts ■ Chip Timing ■ ChronoTrackLive
- Finishers' medal for all participants ■ Facebook, Twitter and text results live

**Wm. J. Fagan & Sons, Inc.**  
 INSURANCE SINCE 1910

**HIKING & BACKPACKING** cont from 1

River, providing one of the best overlooks of the river's vast floodplain.

The old rail corridor detours away from the river, skirting the extensive wetlands that surround the Oswegatchie. Beavers have become quite good at flooding certain low-lying sections of the trail; sometimes you can skirt around the ponds or cross on top of the dam itself, and at other times the beaver flows turn out not to be an issue. However, anyone hiking this area should come prepared for wet conditions.

Your next good look at the Oswegatchie comes at 6.9 miles, where the old railroad grade draws near a straight section of the river. You glimpse one more bend in the river before veering inland to meet a junction with the Five Ponds Trail at 7.5 miles. That route heads south across the river into the heart of the wilderness.

From the junction it is just a 45-minute walk to High Falls, with another look at the river at a site known historically as Carter Landing. The trail cuts through the wetlands surrounding Glasby Creek at this point, where some amount of wetness is almost guaranteed.

After crossing a bridge over Glasby Creek, the trail climbs just a few feet and leaves the wetland behind. It passes through a pine-filled forest, with glimpses of the Oswegatchie Plains to the north. The plains are a heath-filled area where trees have struggled to take hold, except for pockets of tamarack and black spruce.

At 8.7 miles, just a short distance beyond the Oswegatchie Plains, you reach a junction with the eastern half of the loop trail, which leads northeast (left). High Falls is located 0.4-mile away on the trail to the right. You pass the rusted frame of an old log skidder on the right, before emerging at a well-used campsite at High Falls, 9.1 miles from Wanakena.

A canoe carry trail leads left and right. The way right leads to the part of the river below the falls. Rocks on the riverbank nearby offer the best views of High Falls, which in the grand scheme of the Adirondack Park are not that tall, but are definitely noteworthy as a landmark on the otherwise-placid Oswegatchie.

The top half of the canoe carry trail provides easy access to the massive rock ledges that comprise the waterfall, with a side trail



A FOCAL POINT OF THE LOOP IS HIGH FALLS ON THE OSWEGATCHIE, A DISTINCTIVE LANDMARK AND A TRADITIONAL CAMPSITE. BILL INGERSOLL

leading into the woods to one of the two lean-tos at High Falls.

To begin the return journey to Wanakena, you will first need to backtrack to the junction near the Oswegatchie Plains. This time take the right fork, which leads northeast. The trail makes a serpentine course through a blowdown area, caused by a July 1995 windstorm that flattened thousands of acres throughout the Five Ponds Wilderness.

The trail meanders to the base of Threemile Mountain, where three small waterfalls at various points tumble down from the mountain's shoulder on the right, their streams disappearing westward toward Glasby Creek.

Relatively new bridges simplify what used to be a tricky crossing of Glasby Creek,

and then you ascend slightly to an intersection called Sand Hill Junction at 12.2 miles. It may take you two hours to cover the 2.7 miles from the Oswegatchie Plains. Right leads to Glasby Pond, Cat Mountain, and other points along the Cranberry Lake 50.

What follows is an enjoyable descent along an old roadway as the High Falls Loop continues north toward Dead Creek Flow. At 13 miles you reach the side trail to Janacks Landing, a lean-to about 0.2-mile away on the shoreline of the flow. The main trail veers west to begin a 0.9-mile-long detour around the tip of the flow. This section leads to a nice camping area at 13.9 miles, where the Rich Lumber Company's eastern railroad once ended beside the flow.

The final 1.9 miles of the loop are very similar in character to the entire western half, in that it follows a level railroad corridor. It takes only about 40 minutes to cover this distance, bringing you back to Wanakena, and closing the loop after 15.8 miles in the backcountry. 🌲

*Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironacks.com). For more information on this region, consult Discover the Northwestern Adirondacks or his recently-published 50 Hikes in the Adirondack Mountains (Countryman Press).*



**St. Regis Canoe Outfitters**  
 Helping people fall in love with wild places since 1984...

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

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



**Wildwood On The Lake**

Motel and cottages on the beautiful shore of Lake Placid

- Two Pools, whirlpool, and sauna
- Free boating • Picnic areas and bonfire
- Family operated • Groups welcome

**WildwoodMotel.com**  
 518-523-2624 • 2135 Saranac Ave, Lake Placid  
 Welcoming outdoor enthusiasts since 1971

Help ADK in Working for Wilderness

Join Today!

**Early Summer Special!**  
**\$5 OFF WITH PROMO CODE: \$5OFFASF**

ADK.ORG



**ADIRONDACK SPORTS CLASSIFIEDS**

**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](mailto:mema_sampson@yahoo.com).

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

**Classified Ads**  
 \$.50 per word, minimum 30 words. Contact Darryl with ad text and payment by 25th of the month for next month's issue. 518-877-8788 or [Darryl@AdkSports.com](mailto:Darryl@AdkSports.com).

DISCOVER Southwestern Adirondacks

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

Get Out. Seek Out. **FIND OUT.**  
[www.HikeTheAdirondacks.com](http://www.HikeTheAdirondacks.com)



# RACE RESULTS

## 23RD ANNUAL SILKS & SATINS 5K RUN

– Jeff Clark Memorial Race – July 13, 2019 • Fasig-Tipton Pavilion, Saratoga Springs

### MALE OVERALL

1 Jon Lindenaer	31	Albany	15:39
2 Maxwell Fredette	15	Saratoga Springs	17:03
3 Byron Grevious	13	Westport, CT	17:06

### FEMALE OVERALL

1 Christine Myers	21	Altamont	17:23
2 Mckinley Wheeler	14	Saratoga Springs	18:00
3 Sheridan Wheeler	14	Saratoga Springs	18:57

### MALE AGE GROUP: 1 - 14

1 Leydon Hemsworth	14	Saratoga Springs	20:34
2 Ryan Healy	14	Glens Falls	21:49
3 Tommy Maurer	14	Ballston Spa	22:33

### FEMALE AGE GROUP: 1 - 14

1 Anya Belisle	13	Gansevoort	21:03
2 Skyler Knott	14	Saratoga Springs	21:32
3 Julia Gorevich	12	Albany	23:09

### MALE AGE GROUP: 15 - 19

1 Aidan Waite	17	Saratoga Springs	18:02
2 Aidan Rice	18	Ballston Spa	19:32
3 Lance Risler	15	Rexford	20:17

### FEMALE AGE GROUP: 15 - 19

1 Catherine Mongan	15	Gansevoort	19:31
2 Sophie Tesla	18	Greenfield Center	20:02
3 Cristina Demeo	16	Saratoga Springs	20:38

### MALE AGE GROUP: 20 - 24

1 Nathan Laing	24	Waterford	18:06
2 Luke Gobel	20	Ballston Spa	19:44
3 Cal Arnold	21	Latham	23:35

### FEMALE AGE GROUP: 20 - 24

1 Erin Jordan	23	Clifton Park	22:58
2 Cassidy Craig	23	Clifton Park	32:23
3 Abigail Morrissey	24	Ballston Spa	38:52

### MALE AGE GROUP: 25 - 29

1 Eric Young	27	Latham	17:45
2 Michele Jordan	26	Danville, PA	19:49
3 Alexander Sakmar	29	Danville, PA	21:29

### FEMALE AGE GROUP: 25 - 29

1 Heidi Stears	27	Ballston Spa	18:59
2 Katherine Doyle	25	New York	23:15
3 Marlie Nally	26	Ballston Spa	24:50

### MALE AGE GROUP: 30 - 34

1 Terrance Gallogly	32	Saratoga Springs	17:42
2 Chase Baker	33	Saratoga Springs	18:39
3 Michael Franke	32	Watervliet	19:07

### FEMALE AGE GROUP: 30 - 34

1 Stacey MacDonald	30	Porter Corners	21:24
2 Megan Harrington	34	Cambridge	21:54
3 Erin Callahan	33	Saratoga Springs	24:01

### MALE AGE GROUP: 35 - 39

1 Denis Samburskiy	37	Syracuse	18:00
2 Ryan Legere	36	Clifton Park	19:51
3 Brian Lusignea	35	Glenmont	20:17

### FEMALE AGE GROUP: 35 - 39

1 Diana Tobon-Knobloch	38	Schenectady	19:52
2 Erin Lopez	38	Saratoga Springs	20:14
3 Jennifer Richardson	39	Albany	20:53

### MALE AGE GROUP: 40 - 44

1 Ramón Dominguez	42	Saratoga Springs	17:46
2 Oswaldo Rodriguez	40	Mechanicville	19:02
3 Joshua Wisinski	41	Lake View	21:01

### FEMALE AGE GROUP: 40 - 44

1 Michelle Lavigne	44	Albany	21:03
2 Zoe Devito	44	Gansevoort	24:59
3 Janine Masiewicz	41	Clifton Park	28:38

### MALE AGE GROUP: 45 - 49

1 Greg Ethier	45	Clifton Park	18:52
2 Albert Fisas	46	Saratoga Springs	20:01
3 Seth Dunn	48	Saratoga Springs	21:57

### FEMALE AGE GROUP: 45 - 49

1 Trudy Boulia	47	Delanson	22:23
2 Ann Glackin	47	Ballston Lake	24:03
3 Jill Gobel	49	Ballston Spa	24:34

### MALE AGE GROUP: 50 - 54

1 John Furgele	51	Delmar	20:26
2 Zach Gobel	50	Ballston Spa	21:02
3 Philip Spiezio	54	Greenwich	21:24

### FEMALE AGE GROUP: 50 - 54

1 Laura Picardi	54	Saratoga Springs	23:29
2 Linda Myers	51	Vestal	24:30
3 Kathy Viggiano	50	Delmar	25:15

### MALE AGE GROUP: 55 - 59

1 Jack Arnold	56	Latham	19:46
2 Richard Joyce	59	Wynantskill	19:50
3 Jon Gurney	56	Saratoga Springs	20:54

### FEMALE AGE GROUP: 55 - 59

1 Susan Coyner	55	Glens Falls	25:13
2 Karen Doyle	58	Briarcliff Manor	27:05
3 Suzanne Travis	59	Clifton Park	27:17

### MALE AGE GROUP: 60 - 64

1 John Weilbaker	60	Saratoga Springs	21:16
2 Paul Salerni	63	Little Neck	21:27
3 Robert Hahn	62	Hilton Head Island	22:34

### FEMALE AGE GROUP: 60 - 64

1 Kim Law	61	East Greenbush	23:48
2 Maureen Fitzgerald	61	Clifton Park	24:04
3 Gina Scavone	60	Saratoga Springs	29:47

### MALE AGE GROUP: 65 - 69

1 Bill Foley	65	Wappingers Falls	22:21
2 Jim Goodspeed	68	Queensbury	23:48
3 Joe Alberti	69	Voorheesville	24:01

### FEMALE AGE GROUP: 65 - 69

1 Darlene Cardillo	66	Delmar	28:18
2 Kathryn Brennan	66	Queensbury	31:39
3 Darlene Barry	66	Bennington, VT	32:26

### MALE AGE GROUP: 70 - 74

1 Dave Glass	72	Schenectady	21:50
2 Bob Mead	70	East Greenbush	24:42
3 Terry Smith	72	Galway	25:48

### FEMALE AGE GROUP: 70 - 74

1 Laura Clark	72	Saratoga Springs	35:23
2 Susan Wirkki	70	Arlington, VT	39:21
3 Sandra Niles	70	Buskirk	58:25

### MALE AGE GROUP: 75 - 79

1 Jim Moore	79	Schenectady	31:07
2 Peter Tarana	77	Queensbury	33:54
3 Patrick Bivona	78	Clifton, NJ	36:30

### FEMALE AGE GROUP: 75 - 79

1 Pat Zemianek	78	Bennington, VT	29:48
2 Kathy Frost	76	Shushan	41:48
3 Marva Nadeau	77	Cohoes	46:54

### MALE AGE GROUP: 80 - 85

1 James Owens	83	Latham	46:26
2 Armand Langevin	82	Vero Beach, FL	50:28

Courtesy of Green Leaf Racing

## 18TH ANNUAL CAPITAL REGION BICYCLE ROAD RACE

July 13, 2019 • Ravena-Coeymans-Selkirk High School, Ravena

### JUNIORS: UNDER 19 - 43 MILES

1 Will Peredina	Northampton Cycling Club	2:03:40
2 Austin Clarke	KPCC	2:06:30
3 Jacob Gilson	Capital Bicycle Racing Club	2:33:02

### MASTERS: MEN 40+ - 63 MILES

1 Palo Samko	Woodenship	2:54:08
2 Jurgen Benke	DaHANGER	2:59:44
3 Jacek Boral	CRCA/AXIS	3:09:40
4 Richard Shin	CRCA	3:20:32

### MASTERS: MEN 50+ - 63 MILES

1 Tim Wern	Capital Velo Club	2:54:08
2 Greg Olsen	CRCA/Foundation	2:54:37
3 David Taylor	CRCA/ANY Vision	2:57:15
4 Cliff Summers	CCC/Keltic Const/Zane's Cycles	2:57:15
5 Thomas Biederer	CCC/Keltic Const/Zane's Cycles	2:57:15

### MASTERS: MEN 60+ - 43 MILES

1 Jay Trojan	Arc-En-Ciel Racing Team	1:58:48
2 Doug O'Neill	CRCA/Deno's Wonder Wheel	1:59:57
3 Richard Kazimir	Century Road Club of America	1:59:57
4 Bob Roldan	CCC/Keltic Const/Zane's Cycles	1:59:57
5 Brett Tremaine	Iron Bridge/Tarmac Cycling	2:03:10

### MEN: CAT 4 - 43 MILES

1 Samuel Couture	Espoirs Laval Primeau	1:54:00
2 Patrick Frank	Capital Bicycle Racing Club	1:54:00
3 Lucas Guevremont	Espoirs Laval Primeau	1:54:00
4 Brian Hawthorne	Team CIS	1:54:00
5 David Sterz	Apex Velo	1:59:57

### MEN: CAT 3/4 - 63 MILES

1 Matthew Graham-O'Regan	Quad Cycles	2:51:38
2 Silas Clark	Team Hb Hilltop	2:51:38
3 Zackery Weimer	Barker Mountain Bikes	2:51:38
4 Andrew Piper	Minuteman Road Club	2:51:38
5 Alvaro Soltero	CRCA/TBD	2:51:38

### MEN: CAT 5 - 43 MILES

1 James Sawtelle	Rapha Cycling Club	1:59:42
2 Tom Eickelberg	Independent	2:02:11
3 James Kupernik	Berkshire Cycling Association	2:03:32
4 Dominic Maglio	EnduranceVerx	1:59:41
5 Spencer Williams	Independent	2:03:32

### MEN PRO/1/2/3 - 63 MILES

1 Geno Villafra	CRCA/Jamison-Cannondale	3:32:57
2 Thomas Humphreys	Foundation CCB	3:32:57
3 Andreas Fliessgangr	Team Mobil Ehrmann	3:32:57
4 Daniel Nuzzo-Mueller	Community Bicycle Racing	3:33:16
5 Andrew Nicholas	Berkshire Cycling Association	3:33:22

### WOMEN CAT 4/5 - 43 MILES

1 Denise Esposito	Ironbridge/Tarmac Cycling	2:15:01
2 Chandra Russo	Cork Monkey Racing	2:15:13
3 Rebecca Simmons	Cork Monkey Racing	2:17:30
4 Jaynab Rose	TTEndurance	2:24:40
5 Rebecca Jaroszewski	BikeReg/Share Coffee	2:24:46

### WOMEN PRO/1/2/3 - 43 MILES

1 Shylah Weber	BikeReg/Share Coffee	2:15:01
2 Rachel Uccellini	B2C2	2:15:01
3 Caryl Gale	CRCA/Breakaway Courier	2:25:05

Courtesy of Capital Bicycle Racing Club

## VERMONT SUN (SPRINT) & BRANBURY CLASSIC (PADDLE) TRIATHLONS continued

### FEMALE AGE GROUP: 60 - 69

1 Wendie Puls	65	Bristol, VT	1:33:43
2 Kathy McNeil	64	Old Saybrook, CT	1:43:14
3 Elizabeth Vreeland	61	Grantham, NH	1:53:04

### MALE AGE GROUP: 70 - 79

1 Michael Libuda	70	Enfield, NH	1:24:56
2 John Valentine	70	Roxbury, VT	1:27:52
3 Jim Cunningham	75	Ticonderoga	1:38:02

### FEMALE AGE GROUP: 70 - 79

1 Margaret Wallace	70	Queensbury	1:51:34
--------------------	----	------------	---------

### MIXED TEAM

1 Polly Lynn	66	Brandon, VT	1:35:28
2 Future Golden Owners	23	Beachwood, OH	1:56:07

### PADDLE - 1.5M PADDLE, 14M BIKE, 3.1M RUN

#### MALE OVERALL

1 Timothy Thomas	52	Middle Granville	1:23:48
2 Mike Bonani	45	Hempstead, NH	1:32:23
3 Brian Horah	56	Hanover, NH	1:33:16
4 Jim Sheehan	67	Cohoes	1:46:38

#### FEMALE OVERALL

1 Cari Reynolds	34	Chazy	2:03:45
2 Sarah Morrison	29	Chazy	2:04:30
3 Marielle Bonani	55	Hempstead, NH	2:22:36

Courtesy of Vermont Sun Run & Triathlon Series

## 10TH ANNUAL DUANESBURG YMCA TRIATHLON

July 20, 2019 • Duanesburg YMCA, Duanesburg

### 325YD SWIM, 10M BIKE, 5K RUN

#### MALE OVERALL

1 Jeremy McNamara	40	53:04
2 Joshua Korn	23	53:31
3 Pat Sommo	51	54:40

#### FEMALE OVERALL

1 Samantha Murphy	40	1:00:17
2 Katie McNamara	29	1:06:06
3 Nicola Macnel	45	1:07:09

#### MALE AGE GROUP: 15 - 19

1 Colin Leonard	18	54:56
2 Justin Wong	17	1:42:32

#### MALE AGE GROUP: 20 - 24

1 Tristan Dixon	21	1:08:33
2 PJ Barner	22	1:50:39

#### FEMALE AGE GROUP: 20 - 24

1 Meg Scognamiglio	20	1:20:23
--------------------	----	---------

#### MALE AGE GROUP: 25 - 29

1 Kirk Bater	29	1:43:28
--------------	----	---------

#### FEMALE AGE GROUP: 25 - 29

1 Esther Urfier	26	1:08:52
2 Jessica Bales	28	1:09:02
3 Kerri Corcoran	29	1:27:09

#### MALE AGE GROUP: 30 - 34

1 Jonathan Knickerbock	32	59:34
2 Matthew Uffer	31	1:05:51
3 Chris Goodell	30	1:06:11

#### FEMALE AGE GROUP: 30 - 34

1 Nicole Darrow	30	1:22:44</
-----------------	----	-----------

**DELTA LAKE TRIATHLON** *continued*

<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Chantel Moran	Chittenango	1:06:58	
2 Linda Demma	Fly Creek	1:07:24	
3 Jenny Hanmer	Hubbardsville	1:09:34	
<b>MALE AGE GROUP: 45 - 49</b>			
1 Dan Murphy	Cornelius, NC	1:03:17	
2 Chris Poulos	Fayetteville	1:04:16	
3 Scott Mathys	Lowville	1:05:27	
<b>FEMALE AGE GROUP: 45 - 49</b>			
1 Kristin White	Manlius	1:00:01	
2 Molly Haberbusch	Clinton	1:11:22	
3 Carol Heuser	Youngstown	1:14:33	
<b>MALE AGE GROUP: 50 - 54</b>			
1 Eric Virkler	Lowville	1:04:38	
2 Bryan Oriel	Fairport	1:08:26	
3 Paul Bisaccia	New Hartford	1:08:58	
<b>FEMALE AGE GROUP: 50 - 54</b>			
1 Kara Rusch	Hamilton	1:12:33	
2 Susan Zdanowicz	Oneida	1:18:51	
3 Martha Higgins	Illion	1:19:26	
<b>MALE AGE GROUP: 55 - 59</b>			
1 Peter Konecny	Ottawa	59:43	
2 Dale Seaton	Utica	1:06:05	
3 Paul Fostini	Clinton	1:10:51	
<b>FEMALE AGE GROUP: 55 - 59</b>			
1 Gina Burrows	Liverpool	1:08:25	
2 Lorie Ann Voight	Syracuse	1:08:49	
3 Mary Alley	Jordan	1:15:28	
<b>MALE AGE GROUP: 60 - 64</b>			
1 Christopher Douglass	Gloversville	1:10:28	
2 Mark Person	Syracuse	1:12:34	
3 Mark Donnelly	Jamesville	1:14:19	
<b>FEMALE AGE GROUP: 60 - 64</b>			
1 Susan Kreplin-Michaels	Auburn	1:08:13	
2 Susan Matthews	Troy	1:11:13	
3 Kathryn Annan	Syracuse	1:15:02	
<b>MALE AGE GROUP: 65 - 69</b>			
1 Leo Berman	Syracuse	1:18:07	
2 Jay Barnes	Freeville	2:08:20	

<b>FEMALE AGE GROUP: 65 - 69</b>			
1 Brenda Switzer	Manlius	1:16:58	
2 Sally Berry	La Fayette	1:20:05	
3 Margaret Phillips	East Schodack	1:20:51	
<b>MALE AGE GROUP: 70 - 74</b>			
1 Chris Baker	Weedsport	1:15:48	
2 David Dibelius	Lake George	1:21:36	
3 Robert Vidulich	Cortland	1:28:17	
<b>FEMALE AGE GROUP: 70 - 74</b>			
1 Mary Pat Speno	Tully	1:28:33	
2 Katie Doucette	Syracuse	1:40:10	
3 Ginny Robbins	Jamesville	1:42:11	
<b>MALE AGE GROUP: 75 - 79</b>			
1 Jim Cunningham	Ticonderoga	1:47:21	
<b>MALE AGE GROUP: 80 - 84</b>			
1 Armand Langevin	Vero Beach, FL	2:07:52	
<b>KIDS' TRIATHLON - AGE 1 - 11</b>			
<b>MALE OVERALL</b>			
1 Ethan Rushton	Rome	5:20	
2 Liam Carey	Rome	6:47	
3 Kellan Sutton	Ogdensburg	6:51	
<b>FEMALE OVERALL</b>			
1 Peyton Bond	Oswego	5:48	
2 Emma Szarek	Rome	6:09	
3 Aileen Carey	Rome	6:16	
<b>KIDS' TRIATHLON - AGE 12 - 17</b>			
<b>MALE OVERALL</b>			
1 Mason Kinney	Fulton	6:09	
2 Evan Martyniuk	Kerkimer	6:49	
3 Dempsey Sutton	Ogdensburg	7:35	
<b>FEMALE OVERALL</b>			
1 Sarah Peebles	Lowville	5:21	
2 Donja Tripp	Glenmont	6:12	
3 Kaleigh Premo	Rome	7:24	

*Courtesy of Coach Mark Wilson*

**43RD ANNUAL ESCARPMENT 30K TRAIL RUN** *continued*

36 Christopher Sohn	46 Troy	4:39:00	
37 Dennis VanVlack	47 Duaneburg	4:39:58	
38 Christian Fuller	44 New York	4:39:59	
39 Kevin Galligan	42 White Plains	4:40:06	
40 Christopher Irwin	45 Cortlandt Manor	4:42:16	
45 John Pinder	40 Catskill	4:53:39	
46 Matthew Weiss	41 White Plains	4:53:41	
47 Wojtek Kopczuk	47 New York	4:54:16	
49 Joseph Murphy	40 Rensselaer	5:01:59	
50 Christoph Berghaus	47 Brooklyn	5:11:12	
51 Mariusz Markiewicz	44 Brooklyn	5:13:23	
53 Matt Alexander	42 Catskill	5:20:19	
57 William McArthur	41 South Salem	5:25:56	
58 Mike Ferrante	48 Wurtsboro	5:29:02	
61 Owen Harvey	45 Kingston	5:31:38	
63 Joseph Baganz	49 Kingston	5:37:15	
65 Arseni Kostitsyn	41 New York	5:44:31	
66 Hugo Jule-Quintanil	41 Shady	5:44:35	
68 Ross Stephens	43 Hopewell Junction	5:57:26	
69 William Coon	47 Central Square	6:30:36	
<b>FEMALE AGE GROUP: 40 - 49</b>			
1 Meira Minard	46 State College, PA	4:03:48	
2 Alanna Moss	42 Valatie	4:32:29	
3 Michele Zandona	40 White Plains	4:36:45	
5 Shannon Oakes	42 Horseheads	4:47:43	
9 Shannon Pinkowski	43 Albany	5:03:54	
10 Joanna Krawczuk-Mrowk	45 Brooklyn	5:11:49	
12 Maggie Pichura	40 Newburgh	5:39:12	
14 Kellie Tyler	41 Hurley	5:51:01	
16 Christine Reynolds	49 Newfield	5:55:30	
18 April DeFrancisco	44 Poughkeepsie	6:02:36	
20 Michele Wolcott-Lovell	44 Elmira	6:31:42	
21 Sarah Dobler	41 Endwell	7:13:15	
1 Tim Van Orden	51 Bennington, VT	3:06:31	
2 Alan Young	51 Airmont	3:51:21	
4 Jan Brajer	53 Mahopac	4:00:43	
5 Jason Braun	50 Garrison	4:02:59	
8 Martin Callahan	52 Saint Johnsville	4:25:12	
11 Alan Thompson	51 Rock Hill	4:39:26	
13 Robert Campos	51 Ronkonkoma	4:43:25	
14 Donald Thurston	53 Pine Bush	4:48:06	
18 Franz Scholten	58 Port Jervis	5:11:46	
24 Piotr Chrobok	54 Brooklyn	5:39:52	
25 Anthony Ferreri	57 Hyde Park	5:44:44	
27 Chris Walzer	57 Bronx	5:50:20	
29 Joe Brown	58 High Falls	6:00:00	
30 Peter Dilullo	51 New York	6:24:10	
33 Philip Vondra	50 New Paltz	6:44:23	
<b>FEMALE AGE GROUP: 50 - 59</b>			
1 Sheryl Wheeler	56 Rhinebeck	4:06:04	
2 Gillian Haines-Sharp	57 Ithaca	4:54:34	
4 Jean Norton	56 Wurtsboro	5:29:00	
5 Elvina Scott	50 Ithaca	5:55:43	
<b>MALE AGE GROUP: 60 - 69</b>			
1 Richard Fargo	60 Chatham, NH	4:16:07	
2 Edward Gravelle	60 Ballston Lake	4:16:50	
3 John Geesler	60 St. Johnsville	4:49:30	
6 Nick Lamando	60 Queensbury	5:45:03	
9 Steve Sansola	64 Rhinebeck	6:44:25	
<b>FEMALE AGE GROUP: 60 - 69</b>			
1 Bart Carrig	67 Little Falls	6:02:16	
<b>MALE AGE GROUP: 70 - 79</b>			
1 Jamer Miner	70 Dryden	5:56:08	
2 Seamus Hodgkinson	70 Delmar	6:18:55	

*Courtesy of Escarpment Trail Run*

**1ST ANNUAL HUDSON RIVER RAMBLE 8-MILE RUN**

August 3, 2019 • Train Station, Riparius to Johnsburg Central School, North Creek

<b>MALE OVERALL</b>			
1 Justin Hoelzl	21 Wilton, CT	46:00	
2 Jason Linendoll	22 Hudson Falls	46:15	
3 Joseph Sullivan	40 Schenectady	50:56	
<b>FEMALE OVERALL</b>			
1 Celeste Candela	27 Jersey City, NJ	59:30	
2 Judy Caswell	60 Belmont, NC	1:01:55	
2 Sydney Smith	19	1:02:24	
<b>MALE AGE GROUP: 1 - 15</b>			
1 Gabriel Freebern	15 North Creek	1:07:03	
<b>FEMALE AGE GROUP: 1 - 15</b>			
1 Skyler Smith	15	1:04:26	
<b>FEMALE AGE GROUP: 15 - 19</b>			
1 Hunter Mulvey	16 Baker Mills	1:16:13	
<b>FEMALE AGE GROUP: 20 - 24</b>			
1 Cassandra Iacono	23 East Norwich	1:06:34	
<b>FEMALE AGE GROUP: 25 - 29</b>			
1 Kendyl Morse	26 Glens Falls	1:36:10	
<b>MALE AGE GROUP: 30 - 34</b>			
1 Nate Weiser	32 Brooklyn	1:01:38	
2 Kevin Parks	33 Amsterdam	1:19:46	
<b>FEMALE AGE GROUP: 30 - 34</b>			
1 Melissa Carriero	32 Albany	1:08:51	
2 Jane Burroughs-Park	30 Amsterdam	1:12:08	
3 Jessica Hitchcock	33 Bakers Mills	1:15:02	
<b>MALE AGE GROUP: 35 - 39</b>			
1 Jeff Nastke	38	1:00:06	
2 Thomas Baudier	35 Northport	1:03:39	
<b>FEMALE AGE GROUP: 35 - 39</b>			
1 Ronda Morris	38 Weavertown	1:29:32	
2 Amy Kitchin	36 Randolph, NJ	1:30:11	
3 K Burr	37 Green Island	1:39:14	
<b>MALE AGE GROUP: 40 - 44</b>			
1 Jonathan Guthan	42 Scotia	58:37	
2 Daniel Brady	42 Cohoes	59:17	
3 Joseph Morris	41 Wevertown	1:11:32	
<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Maryann Ashworth	41 Ballston Spa	1:19:51	
2 Kelly Sullivan	40 Schenectady	1:21:48	
3 Rosalie Hastings	41 Ballston Spa	1:30:19	
<b>MALE AGE GROUP: 45 - 49</b>			
1 Chris Coyne	49 North Creek	1:09:54	
2 David MacDougall	49 Wilton	1:18:07	
3 Brian Smith	48	1:18:41	
<b>FEMALE AGE GROUP: 45 - 49</b>			
1 Stacia Smith	49 Niskayuna	1:09:34	
2 Tracy Watson	49 Johnsburg	1:27:07	
3 Kathleen Tersigni	48 Burnt Hills	1:40:37	
<b>MALE AGE GROUP: 50 - 54</b>			
1 Gary Harper	50 Moreau	1:01:25	
2 Richard Leonard	50 Torrington, CT	1:10:14	
3 Christian Hanchette	54 Queensbury	1:13:10	
<b>FEMALE AGE GROUP: 50 - 54</b>			
1 Patty Moore	53 Queensbury	1:05:26	
2 Nancy Gitin	51 Pequanock, NJ	1:07:23	
3 Cory Heyman	50 Glens Falls	1:11:36	
<b>MALE AGE GROUP: 55 - 59</b>			
1 Sam Mercado	56 Albany	1:02:47	
2 Bruce Hoelzl	59 Wilton, CT	1:03:22	
3 Frank Vellone	58 Holland Patent	1:06:01	
<b>FEMALE AGE GROUP: 55 - 59</b>			
1 Lisa Gregory	57 Scotia	1:15:48	
2 Patricia Monahan	57 Warrensburg	1:21:33	
3 Hilary Claggett	55 Saratoga Springs	1:31:11	
<b>MALE AGE GROUP: 60 - 64</b>			
1 Stephan von Schenk	64	1:21:13	
<b>MALE AGE GROUP: 65 - 69</b>			
1 Jim Goodspeed	68 Queensbury	1:10:06	
<b>FEMALE AGE GROUP: 65 - 69</b>			
1 Darlene Cardillo	66 Delmar	1:26:52	
2 Jill Pederson	68 Lake George	1:32:19	
3 Sue Nealon	69 Glens Falls	1:40:37	
<b>MALE AGE GROUP: 70 - 74</b>			
1 James Callahan	74 Saratoga Springs	1:26:20	
<b>MALE AGE GROUP: 75 - 79</b>			
1 Jim Moore	79 Niskayuna	1:38:24	
2 Ray Lee	77 Halfmoon	1:56:26	

*Courtesy of Adirondack Runners*

**19TH ANNUAL WAKELY DAM ULTRA MARATHON TRAIL RACE**

55K (34.1M) self-supported on Northville-Placid Trail

July 27, 2019 • Wakely Dam, Indian Lake to Piseco Airport, Piseco

<b>MALE OVERALL</b>			
1 Jake Stookey	Clifton Park	43	4:48:37
2 Eddie Kraftchisin	Pittston Township, PA	48	4:50:27
3 Fred Harle	Jamesville	44	5:16:55
<b>FEMALE OVERALL</b>			
1 Maura Tyrrell	Buffalo	33	5:59:52
2 Kelly MacDonald	Sackets Harbor	30	6:13:53
3 Noreen Manning	Tunkhannock, PA	37	7:02:31
<b>MALE AGE GROUP: 10 - 19</b>			
1 Logan VanBuren	Port Henry	18	5:20:31
<b>FEMALE AGE GROUP: 20 - 29</b>			
1 Kimberly Wrate	New Hartford	23	7:07:14
<b>MALE AGE GROUP: 30 - 39</b>			
1 Tom O'Grady	Slingerlands	34	5:57:36
2 Matt Marsh	Tyringham, MA	33	6:06:07
3 Abe Gnann	Syracuse	36	6:07:22
4 Shaun Griffith	Pulaski	39	6:07:40
5 Jim Pergolizzi	Pittsford	37	6:13:12
6 Tony Carino	Phoenixville, PA	34	6:25:08
7 Daniel Werner	Jamesville	35	6:35:05
8 Nate Donaleski	Rome	38	6:37:05
9 Jay Whitbourne	Farmington	36	7:40:30
10 Tristan Heuvelman	Warwick, RI	38	7:53:21
11 Zach Chakalis	South Glens Falls	36	9:52:05
<b>FEMALE AGE GROUP: 30 - 39</b>			
1 Ashley Vanbrocklin	Pulaski	36	8:14:11
<b>MALE AGE GROUP: 40 - 49</b>			
1 Jeff Adams	Buffalo	41	5:59:54
2 Paul Cirillo	Mohawk	43	6:09:21
3 Randall Cannell	Broadalbin	46	6:18:16
4 Bradley Gay	Philadelphia, PA	41	6:26:47
5 Matt Tornaiainen	Fultonville	43	6:29:06
6 Volker Burkowski	Gansevoort	47	6:34:16
7 Cory Battles	Liverpool	40	6:35:52
8 Tom Joslin	Yorkville	40	6:36:24
9 Ryan McPherson	East Aurora	46	7:03:11
10 Rogier Blom	Clifton Park	43	7:06:48
11 Kevin Davis	Enfield, NH	44	7:28:02
12 Mark Morrison	North Syracuse	43	7:34:30
13 Matt Doyle	Rochester	43	7:40:47
14 Courtenay Guertin	Queensbury	44	7:41:36
15 Nate Hayes	Middlesex	40	7:43:44
16 Will Robins	Hyde Park, VT	40	7:43:44
17 Greg Vanburen	Port Henry	46	8:12:32
18 Jeff Fernald	Newington, CT	47	8:15:57
19 Denis Streltsov	Ringoes, NJ	43	8:53:45
20 Michael Gee	Cicero	48	9:42:20
21 Tim Fioretti	Gloversville	43	9:51:09
22 Chris Lafty	Peru	40	10:24:49
23 Steve Peters	Peru	41	10:36:28
24 Jason Gray	Saratoga Springs	40	11:29:06
<b>FEMALE AGE GROUP: 40 - 49</b>			
1 Erika Zazzara	Manlius	40	7:35:41
2 Melissa Kwasniewski	Fort Edward	42	8:38:52
3 Heather Gray	Saratoga Springs	41	11:29:05
<b>MALE AGE GROUP: 50 - 59</b>			
1 Dave Putney	New York	55	6:36:28
2 Bill Hoffman	Clifton Park	52	6:37:48
3 Dave Deforest	Walton	51	7:22:07
4 Norm Cognetto	New Hartford	53	8:02:47
5 Roy Osberg	Ballston Spa		

# RACE RESULTS

## 5TH ANNUAL CHURNEY GURNEY TRAIL RUN & MOUNTAIN BIKE RACE *continued*

<b>CAT 2: MALE 12-18</b>			<b>CAT 3: FEMALE 19-34</b>		
1 Jacob Gilson	'05 Niskayuna	1:28:03	1 Allyson Schofield	'99 Mahopac	1:07:09
2 Jack Samko	'05 Brooklyn	1:29:20	<b>CAT 3: MALE 30-39</b>		
3 Nathan Reed	'06 Queensbury	1:39:13	1 William Borges	'83 Newark, NJ	42:07
4 Owen Spentra	'03 Rexford	1:55:42	2 Valdemar Matos	'84 Yorktown Heights	43:09
5 Samuel Martin	'06 Ballston Lake	1:56:32	3 Matthew Einhorn	'81 Selkirk	47:44
<b>CAT 2: MALE 19-29</b>			4 Alex Barrett	'82 Saxtons River, VT	47:44
1 Caleb Batchelder	'93 Saratoga Springs	1:19:34	5 Tom Tiberio	'85 Schenectady	50:41
2 Jacob Deangelis	'99 Bedford, NH	1:21:50	<b>CAT 3: FEMALE 35+</b>		
3 Jack Tanny	'99 Saratoga Springs	1:24:24	1 Karin Reeve	'77 Morristown, NJ	50:33
<b>CAT 2: MALE 30-39</b>			2 Jamie Lynn Campbell	'76 Lake Placid	52:09
1 Bradley Hildenbrand	'86 Poughkeepsie	1:20:17	3 Catherine Leonowens	'77 Saratoga Springs	56:49
2 Timothy Algozzine	'81 Watervliet	1:20:51	4 Jane Seymour-Smith	'77 Scotia	57:57
3 Carlos Nolasco	'88 Mahopac	1:21:31	5 Lisa Albright	'68 Scotia	1:00:53
4 Kevin Dooling	'88 Ballston Spa	1:24:44	<b>CAT 3: MALE 40-49</b>		
5 David Walters	'82 Greenfield	1:24:58	1 Vladimir Almonte	'77 Colonie	44:38
<b>CAT 2: MALE 40-49</b>			2 Chad Wells	'72 Saratoga Springs	45:43
1 Paul Bradley	'79 Ballston Lake	1:19:46	3 Peter Omura	'77 Woodstock	46:13
2 Tom Pellegrino	'75 Oceanside	1:20:25	4 Marc Ackery	'72 Mechanicville	47:03
3 Peter Dinolfo	'75 Troy	1:21:24	5 Scott Wheeler	'76 Queensbury	47:19
4 Chris Rose	'70 Peru	1:21:55	<b>CAT 3: MALE 50+</b>		
5 Aaron Vlasak	'72 Fayetteville	1:22:38	1 Andy McCall	'69 Saratoga Springs	48:24
<b>CAT 2: MALE 50-59</b>			2 James Germain	'69 Port Jervis	48:50
1 Steven Jones	'61 Glenville	1:24:35	3 Donald Johnson	'65 Ballston Spa	49:57
2 Gregory Popp	'63 Albany	1:26:33	4 Ahmed Alcantara	'66 Bronx	51:23
3 Ron Bennett	'69 Westhampton	1:29:35	5 Christopher Davies	'67 Gansevoort	51:52
4 Louis Yess	'67 Highland	1:29:49	<b>UNICYCLE: MALE</b>		
5 Edward Erichs	'64 Ballston Lake	1:30:17	1 Robert Detweiler	'77 Albany	1:36:26
<b>CAT 2: MALE 60+</b>			2 Thomas Baker	'56 Queensbury	2:22:23
1 Bob Gover	'59 Queensbury	1:25:55	<b>UNICYCLE: FEMALE</b>		
2 Eugene Gallagher	'57 Walnutport, PA	1:27:04	1 Elizabeth Detweiler	'78 Albany	2:22:34
3 Jonathan Zechmeister	'54 Kinnelon, NJ	1:33:02	<b>FAST LAPS ON TANGO TRAIL</b>		
4 Steve Weber	'60 Elmira	1:38:07	<b>MALE OVERALL</b>		
5 Tom Schueller	'59 Albany	1:42:38	1 Lew Lugnut	Saratoga Springs	1:00
<b>FAT BIKE: MALE</b>			2 Eric Lendrum	Queensbury	1:00
1 Andrew Grancey	'78 Verona	1:20:05	3 Adam Eigley	Saratoga Springs	1:02
2 Jeremy Manzolini	'73 Pittsfield, MA	1:20:20	<b>FEMALE OVERALL</b>		
3 Pawel Bistran	'78 Frisco, NC	1:24:52	1 Alexandra Riccio	Saratoga Springs	1:08
4 Alex Bogda	'89 Ballston Spa	1:25:58	2 Christine Bouchard		1:12
5 Shawn Kelly	'71 Albany	1:32:52	3 Chatherine Leonowens		1:13
<b>MTN BIKE: CATEGORY 3 - 6 MILES</b>			<b>KIDS RACE - SHORT COURSE</b>		
<b>CAT 3: MALE 12-18</b>			<b>MALE OVERALL</b>		
1 Steven Morrow	'03 Dryden	45:00	1 Christian Corriveu	6	1:22
2 Brendan Carney	'03 Kerhonkson	45:18	2 Dominick Pellegrino	5	2:06
3 Eric Harrington	'07 Pittsfield, MA	46:13	3 Ryan Wheeler	6	2:08
4 Ethan Fairfield	'05 Lenox Dale, MA	51:51	<b>FEMALE OVERALL</b>		
5 Patrick Gilbert	'06 Niskayuna	52:29	1 Lilly Hanna	7	1:27
<b>CAT 3: FEMALE 12-18</b>			2 Isabella Perreault	6	2:49
1 Edan Paggy	'06 Long Beach	50:28	3 Emma Breslin	5	3:34
2 Hannah Manzolini	'05 Berkshire, MA	54:44	<b>KIDS RACE - LONG COURSE</b>		
3 Olivia Guzzo	'05 Niskayuna	1:02:27	<b>MALE OVERALL</b>		
4 Michella Paggy	'08 Long Beach	1:08:35	1 Patrick Lendrum	11	8:14
5 Erin Fillion	'05 Ballston Spa	1:33:45	2 Cameron Einhorn	9	8:57
<b>CAT 3: MALE 19-29</b>			3 Liam Meilheide	10	9:05
1 John-Michael Rhodes	'90 West Hurley	42:29	<b>FEMALE OVERALL</b>		
2 Austin Salkind	'96 Nashua, NH	43:33	1 Maddie Hanna	10	13:08
3 Corey Martin	'94 Berne	45:44	2 Brooke Meilheide	7	16:44
4 Oliver DeRosier	'93 Hudson Falls	45:45	3 Liddy Breslin	8	17:04
5 Abel Torres	'97 Brooklyn	46:38	<i>Courtesy of Under the Woods Foundation</i>		

## 41ST ANNUAL LANE 10K LAKE RUN • August 4, 2019 • Lake Pleasant to Speculator

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 30 - 39</b>			<b>FEMALE AGE GROUP: 50 - 59</b>		
1 Alex Ehrenthal/15-19	36:07		1 Ti Sherwin	46:31		1 Teresa Creedon	55:44	
2 Brad Zoller/40-49	38:45		2 Nicholas Lobosco	49:41		2 Janice Phoenix	59:29	
3 Matthew Tornai/40-49	43:20		3 Benjamin Seymour	1:01:00		3 Laurie Bitting	1:08:30	
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 49</b>			<b>MALE AGE GROUP: 60 - 69</b>		
1 Tina Zoller/30-39	45:40		1 Emily Stephan	55:18		1 Bruno Quanquin	48:32	
2 Rainy Farrell/50-59	49:11		2 Laura O'Brien	59:51		2 Marcus Harazin	55:52	
3 Justine Lobosco/30-39	49:41		3 Maureen Flynn	1:06:10		3 Jamie Waller	59:38	
<b>MALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 50 - 59</b>			<b>FEMALE AGE GROUP: 60 - 69</b>		
1 Blaise Siefer	45:54		1 Jeremy Burton	46:21		1 Marion Oswald	1:18:00	
2 Bryce Meadows	48:22		2 Patrick Archdeacon	49:06		2 Ann Michalek	1:27:40	
3 Brent Ackerman	55:32		3 Carlos Aquino	52:48		<b>MALE AGE GROUP: 70+</b>		
<b>FEMALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 60 - 69</b>			1 Michael Thumann	56:19	
1 Sydney Carnival	56:03		1 Lisa MacKenzie	52:47		2 Ed Brown	1:01:50	
2 Hunter Mulvey	57:08		2 Lori Beck	53:46		3 Dayton Trubee	1:33:50	
3 Maggie Farrell	1:00:50		3 Eilee Miller	55:00		<i>Courtesy of Adirondacks Speculator Region Chamber</i>		
<b>FEMALE AGE GROUP: 20 - 29</b>			<b>MALE AGE GROUP: 70 - 74</b>			<b>FEMALE AGE GROUP: 70 - 74</b>		
1 Elizabeth Gagliardi	55:34		1 Douglas Koop/78/ADMS	1:22:11		1 Michael Moreland/56/ROCH	29:45	
2 Helena Voltmer	57:24		<b>WETSUIT - MALE</b>			2 Mike Collins/56/ADMS	35:19	
3 Lindsay Ackerman	1:00:50		1 Shane Eversfield/62/NIAG	58:36		3 Kimberly Edgar/55/ECMS	40:32	

## 18TH ANNUAL BETSY OWENS & TERRY LAUGHLIN MEMORIAL SWIMS

<b>TERRY LAUGHLIN TWO-MILE CABLE SWIM</b>			<b>MALE AGE GROUP: 60 - 64</b>			<b>FEMALE AGE GROUP: 40 - 44</b>		
<b>MALE OVERALL</b>			1 Mike Delaney/64/NEM	54:29		1 Mary Kay Krause/42/LASH	23:57	
1 Ryan Baker/22/UC10	39:31		2 James Harding/61/ADMS	57:03		2 Mandy Lovett/44/LASH	27:54	
2 Eric Smith/48/NIAG	51:19		3 Richard Infields/61/XCL	1:02:11		3 Erin Chipalowsky/42/REDT	28:41	
3 Robert Webber/63/NIAG	53:31		<b>FEMALE AGE GROUP: 60 - 64</b>			<b>FEMALE AGE GROUP: 45 - 49</b>		
<b>FEMALE OVERALL</b>			1 Deborah Roberts/61/ADMS	1:02:16		1 Meisha Rosenberg/49/ADMS	31:47	
1 Karen Byer/59/ADMS	54:04		<b>MALE AGE GROUP: 65 - 69</b>			2 Deborah Fung/45/REDT	38:17	
2 Lori Freeland-Morris/58/SCYM	57:50		1 Steven Van Nort/68/LAPS	56:49		<b>MALE AGE GROUP: 50 - 54</b>		
3 Erin Chipalowsky/42/REDT	58:00		2 Mark Bourgeois/69/ADMS	1:02:32		1 Michael Oehler/54/MSSC	36:34	
<b>MALE AGE GROUP: 25 - 29</b>			3 Richard Benson/67/XCL	1:04:00		<b>FEMALE AGE GROUP: 50 - 54</b>		
1 Dan Levinsohn/29/REDT	1:24:31		<b>MALE AGE GROUP: 70 - 74</b>			1 Susanna Van Sant/52/BUMS	29:13	
<b>FEMALE AGE GROUP: 25 - 29</b>			1 Robert Singer/70/ADMS	1:03:24		2 Hope Mao Oehler/53/MARY	29:37	
1 Meghan Monthie/29	1:06:15		<b>MALE AGE GROUP: 75 - 79</b>			3 Bridget Simpson/52/ADMS	36:10	
<b>MALE AGE GROUP: 30 - 34</b>			1 Douglas Koop/78/ADMS	1:22:11		<b>MALE AGE GROUP: 55 - 59</b>		
1 Brian Khouri/34/BUMS	54:42		<b>WETSUIT - FEMALE</b>			1 Michael Moreland/56/ROCH	29:45	
2 Luke Robbins/34/BUMS	1:04:40		1 Shane Eversfield/62/NIAG	58:36		2 Mike Collins/56/ADMS	35:19	
<b>FEMALE AGE GROUP: 30 - 34</b>			2 David Wiseman/59	1:02:06		<b>FEMALE AGE GROUP: 55 - 59</b>		
1 Kathryn Swimm/30/AGUA	1:01:13		3 Phillip Monthie/32	1:26:31		1 Heidi Higgins-Cutler	Waterbury, VT	1:29:14
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>WETSUIT - FEMALE</b>			2 Krista Strafford	Queensbury	1:41:56
1 Jennifer Snyder/39/REDT	58:32		1 Jessica Malincolico/26	1:13:38		4 Maureen Galusha	Bakers Mills	1:46:50
2 Lauren Meilheide/37/ADMS	1:09:44		2 Maud Walas/39	1:16:40		10 Patrick McKenna	Athens	1:48:40
3 Celine Barakat/37/UC02	1:20:35		3 Sarah Iacobacci/47	1:27:35		<b>MALE AGE GROUP: 55 - 59</b>		
<b>FEMALE AGE GROUP: 40 - 44</b>			<b>BETSY OWENS ONE-MILE CABLE SWIM</b>			1 Joe Place	Saratoga Springs	1:14:26
1 Kelly Unsworth/40/ROCH	1:02:15		<b>MALE OVERALL</b>			2 Paul Dicaprio	Queensbury	1:16:48
2 Jennifer Jones/42/BUMS	1:03:00		1 Anthony Colalillo/30/UC09	21:00		<b>FEMALE AGE GROUP: 40 - 44</b>		
<b>FEMALE AGE GROUP: 45 - 49</b>			2 Eric Smith/48/NIAG	24:25		1 Teresa Fort	Hanover, NH	1:29:19
1 Deborah Fung/45/REDT	1:15:02		3 Mark Phillips/32	27:30		<b>MALE AGE GROUP: 45 - 49</b>		
2 Linda Horiuchi/48/REDT	1:25:40		<b>FEMALE OVERALL</b>			1 Adam Osekosui	Hinesburg, VT	1:08:34
3 Kristen Jurcsak/45/ADMS	1:31:25		1 Dana Gianniny/50/ROCH	21:29		2 Jason Gardner	Glens Falls	1:10:38
<b>MALE AGE GROUP: 50 - 54</b>			2 Deborah Dawson/51/MARY	22:06		3 Oscar Slotterbeck	New York	1:25:13
1 Susanna Van Sant/52/BUMS	1:00:25		3 Abby Delia Molinari/38/UC04	23:50		5 Ray Liuzzo	Ballston Spa	1:31:03
2 Hope Mao Oehler/53/MARY	1:01:45		<b>FEMALE AGE GROUP: 60 - 64</b>			8 Stuart Kaufman	Saratoga Springs	2:30:16
3 Rachael Angelini/54	1:07:23		1 Richard Infield/61/XCL	30:15		<b>FEMALE AGE GROUP: 45 - 49</b>		
<b>MALE AGE GROUP: 55 - 59</b>			2 Mark Mastriani/60	31:56		1 Dawn Reis	Warnerville	1:26:21
1 Richard Starace/56/ADMS	54:53		<b>FEMALE AGE GROUP: 60 - 64</b>			4 Nikki Depasquale	Troy	1:44:40
2 Mike Collins/56/ADMS	58:14		1 Patty Somerville/60/ROCH	35:00		5 Kristin Preuss	Queensbury	1:45:37
<b>FEMALE AGE GROUP: 55 - 59</b>			2 Colleen Brown/62/BUMS	45:24		6 Lauren Varney	Queensbury	1:47:02
1 Melissa Woods/59	1:02:25		<b>MALE AGE GROUP: 70 - 74</b>			7 Alison Conaway	Albany	1:48:48
2 Merrill Hill/59/FINS	1:13:02		1 John Sherry/71/NIAG	34:55		<b>MALE AGE GROUP: 50 - 54</b>		
3 Janine Phaneuf/56	1:13:48		<b>FEMALE AGE GROUP: 70 - 74</b>			1 Ryan Phillips	South Burlington, VT	1:16:42
<b>COURTESY OF UNDER THE WOODS FOUNDATION</b>			2 Gwyn Deely/70/NYCH	31:23		2 Greg Hewlett	Queensbury	1:17:33
<b>GREEN LEAF RACING</b>			3 Sue Tandy/70/NEM	36:07		3 Stephen Preuss	Queensbury	1:27:03
<b>VERMONT SUN (SPRINT) &amp; LAKE DUNMORE (OLYMPIC) TRIATHLONS</b>			1 Andrew Starace/23/UC03	27:01		<b>FEMALE AGE GROUP: 45 - 49</b>		

## 4TH ANNUAL PEAK TO BREW RELAY

<b>August 9-10, 2019 • Whiteface Mountain, Wilmington to Saranac Brewery, Utica</b>					
<b>BEAST RELAY - 227 MILES</b>					
<b>STANDARD TEAMS - 12 RUNNERS</b>					
1 GXC Alumni	23:58:00	24 Chafey First	34:48:00	49 Epic Tail Wind	38:08:00
2 Got a Shovel?	26:20:00	25 The Beerleivers	35:07:00	50 Brews to More Brews	38:13:00
3 Toronto's Very Own	29:14:00	26 ToePath Trekkers	35:08:00	51 Brews, Buzzed and Blistered	38:23:00
4 Capital Punishment	29:31:00	27 There's No Time for Walken	35:14:00	52 That's Not Us	38:27:00
5 K2J Canadians	29:35:00	28 Syracuse 12 Pack	35:22:00	53 Miles to Go	38:28:00
6 Woodside-Sunnyside Runners	30:40:00	29 Lake Effect Half	35:23:00	54 Honor and Remember - NYRFTF	39:13:00
7 Lucky Toad	31:17:00	30 Fleet Feet - 12 Pack	35:25:00	<b>ULTRA TEAMS - 6 RUNNERS</b>	
8 BarkEaters	31:29:00	31 Got the Runs	35:27:00	1 Phoenix Beer Hunters	33:05:00
9 We Thought this was a 5K	31:59:00	32 ADKted to Beer Runs	35:39:00	2 Phoenix BrewHaHas	33:05:00
10 Gump	32:39:00	33 Tiger Tough Too	36:07:00	3 Ultra Ready for the After Party	34:56:00
11 Dash n' Stache	32:56:00	34 Nippletop Brewnicorns	36:08:00	4 Cramps, Tramps & Headlamps	37:32:00
12 The Peakin' Vandits	33:12:00	35 Beasts of the Northeast	36:14:00	<b>SPRINT RELAY - 66 MILES</b>	
13 Running at 98%	33:17:00	36 Tiger Tough	36:21:00	<b>6-PACK TEAM</b>	
14 Wonder Women	33:26:00	37 Pour Form Runners Club	36:21:00	1 Fleet Feet 6-Pack	9:39:00
15 Good for What Ales Ya	33:29:00	38 Wild Roadrunners	36:25:00	2 Run for Beer	11:04:00
16 Mountains, Lakes and Gates	33:29:00	39 You're My Boy, Brew!	36:38:00	3 Toepath Trekker T2B	11:15:00
17 Fouriers and Fiverr	33:48:00	40 The Worst Birthday Party Ever	37:01:00	4 Hot Sauce in My Bag	11:26:00
18 The Fast and the Foursies	33:48:00	41 New York Run for the Fallen	37:06:00	5 Easier Said Than Run	12:27:00
19 BOB	34:01:00	42 Amazing Feet	37:18:00	<b>4-PACK TEAM</b>	
20 12 Pack Crew to Saranac Brew	34:02:00	43 Team Brews Cruise	37:20:00	1 Bridge Runners	10:20:00
21 Dirt Path Savages	34:28:00	44 We're Going SARONG Way!	37:26:00	2 Running Half Fast	11:05:00
22 P2B Variety Pack	34:29:00	45 ADrunk	37:34:00	3 Here4beer	11:38:00
23 Team NYC	34:40:00	46 Get in the Van...I've Got a Plan	37:35:00	<b>3-PACK TEAM</b>	
		47 Longest Game of Tag Ever	37:47:00	1 Brewed to Peak	11:17:00

**35TH HIGH PEAKS CYCLERY MINI-TRIATHLON SERIES**

June 24-Aug. 12, 2019 • 400yd Swim, 12M Bike, 3M Run • Mirror Lake Beach, Lake Placid

**RACE #1 - JUNE 24**

**MALE OVERALL**

1	Everet Lamb/30-39	56:15
2	Jay Niederbuh/40-49	Saranac Lake 56:39
3	Colin Delaney/18-29	Lake Placid 58:25

**FEMALE OVERALL**

1	Brooke Kelley/18-29	1:02:47
2	Sayaka Stiesse/30-39	Waterloo, ON 1:04:55
3	Victoria Lederer/30-39	Canton 1:05:42

**AGE GROUPS**

1	Elizabeth Izzo/F18-29	Lake Placid 1:05:54
1	Sean Davis/M18-29	59:25
1	Paulette Dalton/F30-39	Toronto, ON 1:07:19
1	Nate Walsh/M30-39	Toronto, ON 59:57
1	Andrea Ryan/F40-49	Shelburne, VT 1:23:00
1	Jay Fogarty/M40-49	Holderness, NH 1:10:35
1	Kirt Elling/F50-59	Lake Placid 1:22:08
1	Edward Ing/M50-59	1:12:41
1	Nancy Battaglia/F60+	Lake Placid 1:32:13
1	Bill Izzo/M60+	Lake Placid 1:27:26

**TEAMS**

1	Thomas Dellinger/Katy Tiper	1:07:30
---	-----------------------------	---------

**RACE #2 - JULY 1**

**MALE OVERALL**

1	Jerome McEniry/18-29	St. Lambert, QC 1:00:46
2	Michael Dean/18-29	Leads, MA 1:03:55
3	Xavier Lefebvre/15-17	NORDIC 1:06:01

**FEMALE OVERALL**

1	Brooke Kelley/18-29	1:01:49
2	Claudette Mainville/50-59	Carthage 1:12:25
3	Justine Boudreau/13-14	NORDIC 1:13:19

**AGE GROUPS**

1	Jacob Drovin/M<12	NORDIC 1:28:24
1	Frederique Caran/F<12	NORDIC 1:20:17
1	Emmanuelle Paquet/F13-14	NORDIC 1:23:55
1	Anabelle Martineau/F15-17	NORDIC 1:15:56
1	Olivier Guertin/M15-17	NORDIC 1:08:33
1	Deirdre Loftus/F18-29	Lake Placid 1:20:36
1	Ryan Dean/M18-29	Leads, MA 1:08:12
1	Jocelyn Gratton/F30-39	Winter Garden, FL 1:21:37
1	Jon Clayton/M30-39	Charlotte, NC 1:06:45
1	Carrie Rolfe/F40-49	Carthage 1:27:50
1	Scott Provost/M40-49	Plattsburgh 1:07:09
1	Lori Freeland/F50-59	Lake Placid 1:19:04
1	Randy Kelley/M50-59	1:11:55
1	Nancy Bryant/F60+	Wilmington 1:39:56
1	Ward King/M60+	Ambler, PA 1:21:52

**TEAMS**

1	Triston Faville/Andrew Wekin/Cole Starkey	1:03:29
---	---	---------

**RACE #3 - JULY 8**

**MALE OVERALL**

1	Sean Davis/18-29	58:19
2	Jay Niederbuh/40-49	Saranac Lake 57:12
3	Matthew Hawes/40-49	Sewickley, PA 1:04:08

**FEMALE OVERALL**

1	Brooke Kelley/18-29	1:01:01
2	Brittany Fredrich/18-29	Boulder, CO 1:04:47
3	Michele Mannin/40-49	Camel 1:12:58

**AGE GROUPS**

1	Shalvah Lazarus/F<12	Washington, DC 1:55:05
1	Luella Lawrence/F15-17	Malone 1:28:51
1	Deirdre Loftus/F18-29	Lake Placid 1:20:18
1	Barrett Waling/M18-29	Plattsburgh 1:10:04
1	Kari Sudfela/F30-39	Malta 1:18:33
1	John Clayton/M30-39	Charlotte, NC 1:06:59
1	Sunida Harper/F40-49	Lake Placid 1:25:32
1	Jay Fogarty/M40-49	Holderness, NH 1:20:29
1	Kirt Elling/F50-59	Lake Placid 1:21:53
1	Bill Peer/M50-59	Saranac Lake 1:16:48
1	Nancy Battaglia/F60+	Lake Placid 1:30:58
1	Mark Mulder/60+	Burlington, VT 1:05:37

**TEAMS**

1	Mark Wilox/Loring Porter/Jesse Izzo	1:00:17
---	-------------------------------------	---------

**RACE #4 - JULY 15**

**MALE OVERALL**

1	Sean Davis/18-29	56:34
2	Jay Niederbuh/40-49	Saranac Lake 57:00
3	Kevin Cronin/18-29	Greenfield 59:35

**FEMALE OVERALL**

1	Brittany Fredrich/18-29	Boulder, CO 1:02:07
2	Whitney Airgood-Obyrcki/30-39	Cambridge, MA 1:14:03
3	Catherine Hebson/F18-29	Denver, CO 1:14:28

**AGE GROUPS**

1	Shalvah Lazarus/F<12	Washington, DC 1:47:19
1	Deirdre Loftus/F18-29	Lake Placid 1:17:34
1	Everett Sapp/M18-29	Beekmantown 1:01:42
1	John Obyrcki/M30-39	Cambridge, MA 1:14:04
1	Emma Kieran/F40-49	Pittsburgh, PA 1:16:14
1	Matt Cook/M40-49	Lake Placid 1:07:52
1	Kirt Elling/F50-59	Lake Placid 1:19:19
1	Bill Peer/M50-59	Saranac Lake 1:14:43
1	Kathy Ventura-Merkel/F60+	Brant Lake 1:20:57
1	Jim Stacy/M60+	Hoosick Falls 1:22:14

**TEAMS**

1	Mark Wilox/Loring Porter/Jesse Izzo	1:00:40
---	-------------------------------------	---------

**RACE #5 - JULY 22**

**MALE OVERALL**

1	Sean Davis/18-29	56:47
2	Joe Sullivan/40-49	Schenectady 58:04
3	Matt Cook/40-49	Lake Placid 1:05:17

**FEMALE OVERALL**

1	Elizabeth Izzo/18-29	Lake Placid 1:04:15
2	Brittany Friedrich/18-29	Boulder, CO 1:05:30
3	Kirt Elling/50-59	Lake Placid 1:19:11

**AGE GROUPS**

1	Wynonia Lawrence/F15-17	Malone 1:27:40
1	Micayla McGinn/F18-29	San Diego, CA 1:33:00
1	Tucker Lawrence/M18-29	Malone 1:13:15
1	Jennifer Manning/F30-39	Keene 1:19:18
1	Sunida Harper/F40-49	Lake Placid 1:20:26
1	Jay Fogarty/M40-49	Holderness, NH 1:09:00
1	David Balestrini/M50-59	Lake Placid 1:10:11
1	Nancy Bryant/F60+	Wilmington 1:37:43
1	Karl Zaunbrecher/M60+	Saranac Lake 1:21:17

**TEAMS**

1	Mark Wilox/Triston Faville/Cole Starkey	1:09:46
---	---	---------

**RACE #6 - JULY 29**

**MALE OVERALL**

1	Mathew Snell/18-29	Morrisonville 1:00:33
2	Kevin Higgins/30-39	York, ME 1:04:37
3	DJ Bacette/30-39	Saranac Lake 1:05:11

**FEMALE OVERALL**

1	Brooke Kelley/18-29	1:00:48
2	Kim Martineau/40-49	Somerville, MA 1:11:25
3	Jessica Dauglas/40-49	Medford 1:12:07

**AGE GROUPS**

1	Elijah Barker/M<12	Perkasie, PA 1:10:04
1	Luella Lawrence/F15-17	Malone 1:25:51
1	Jack Lougtran/M15-17	Goshen 1:16:48
1	Kelly Fitzpatrick/F18-29	Loudonville 1:16:30
1	Ryan Gregyski/M18-29	Tupper Lake 1:08:39
1	Crystal Barker/F30-39	Perkasie, PA 1:17:02
1	Keith Kogut/M30-39	Saranac Lake 1:07:46
1	Sunida Harper/F40-49	Lake Placid 1:18:49
1	Jay Fogarty/M40-49	Holderness, NH 1:07:30
1	Darci Lafave/50-59	Lake Placid 1:14:19
1	Randy Kelley/M50-59	1:08:51
1	Karen Delaney/F60+	Lake Placid 1:29:09
1	William Kelly/M60+	Worcester, PA 1:13:28

**TEAMS**

1	Aaron Stauffer/Connor McCluskey	1:12:01
---	---------------------------------	---------

**RACE #7 - AUGUST 5**

**MALE OVERALL**

1	Joe Sullivan/40-49	Schenectady 57:14
2	Everett Sapp/18-29	Beekmantown 1:00:27
3	John Hartpence/40-49	Hamilton 1:01:01

**FEMALE OVERALL**

1	Michelle Lake/40-49	Reston, VA 1:08:39
2	Rosanne VanDorn/40-49	Lake Placid 1:09:47
3	Darci Lafave/50-59	Lake Placid 1:14:03

**AGE GROUPS**

1	Susan Stevens/F15-17	Saranac Lake 1:27:45
1	Sarah Kearney/F18-29	Nicholville 1:32:02
1	Hayden Reidy/M18-29	Plattsburgh 1:05:38
1	DJ Bacette/M30-39	Saranac Lake 1:04:58
1	Meg Gray/F40-49	Herdon, VA 1:16:01
1	Matt Cook/M40-49	Lake Placid 1:07:02
1	David Balestrini/M50-59	Lake Placid 1:10:04
1	Jim Stacy/M60+	Hoosick Falls 1:19:42

**TEAMS**

1	Alison Silver/Mathew Snell	1:01:57
---	----------------------------	---------

**RACE #8 - AUGUST 12**

**MALE OVERALL**

1	Sean Davis/18-29	Lake Placid 57:18
2	Joe Sullivan/40-49	Schenectady 57:20
3	Will Morris/40-49	Wilmington 1:00:28

**FEMALE OVERALL**

1	Brooke Kelly/18-29	Plattsburgh 1:00:04
2	Erica Iuvara/40-49	Port Washington 1:10:52
3	Darci Lafave/50-59	Lake Placid 1:12:52

**AGE GROUPS**

1	Ellie DeKeukelaere/<12	Kinnelon, NJ 1:44:36
1	Sae Iuvara/M13-14	Port Washington 1:17:18
1	Susan Stevens/F15-17	Saranac Lake 1:24:04
1	Connor Torrell/M15-17	Webster 1:35:38
1	Deirdre Loftus/F18-29	Lake Placid 1:13:33
1	Adam Nasta/M18-29	Ithaca 1:05:32
1	Maggie Rokoszak/F30-39	Staten Island 1:15:10
1	Keith Kogut/M30-39	Saranac Lake 1:05:57
1	Sunida Harper/F40-49	Lake Placid 1:16:20
1	Ben Stauffer/M40-49	Nicholville 1:05:26
1	Ann Marenick/F50-59	Lake Placid 1:26:39
1	Randy Kelley/M50-59	1:06:59
1	Kathy Ventura-Merkel/F60+	Brant Lake 1:19:36
1	Jim Stacy/M60+	Hoosick Falls 1:19:28

**TEAMS**

1	Mark Scanio/Andrew Scanio	1:05:57
---	---------------------------	---------

Courtesy of High Peaks Cyclery

**19TH ANNUAL CRYSTAL LAKE TRIATHLON continued**

**FEMALE AGE GROUP: 35 - 39**

1	Erin Dolen	38	Delmar	1:51:03
2	Nicole Casale	35	Cohoes	1:57:22
3	Erin Freeh	39	Troy	2:01:07
4	Laura Oswald	35	Rensselaer	2:04:21
5	Kristen Lennon-McMahan	38	Clifton Park	2:07:26
6	Amanda Keyser	38	Schenectady	2:16:37
7	Emily Campito	35	Niskayuna	2:20:51
8	Jessica DiFiore	35	Wynantskill	2:23:30
9	Claudia Flyter	39	Albany	2:41:43
10	Heather Davis	39	East Chatham	2:46:20

**MALE AGE GROUP: 40 - 44**

1	Rob Van Der Kar	44	Averill Park	1:34:00
2	Colin Crowley	42	Ballston Spa	1:35:32
3	Christopher Carter	41	Averill Park	1:36:45
4	Jason Kiernan	41	Glenville	1:40:47
5	Matthew Tebo	41	Clifton Park	1:42:43
6	Cory Wajda	44	Sand Lake	1:44:15
7	Nancy Hare	42	Wilton	1:45:14
8	Sean Stahlman	43	Averill Park	1:46:20
9	Jessica Fessler	42	Troy	1:52:10
10	Nicholas Verdile	44	Ballston Spa	1:55:41
11	Mike Morelli	43	Delmar	1:56:07
12	Craig Devove	43	Loudonville	1:57:53
13	Gonzalo Diaz	42	Saratoga Springs	1:58:09
14	Joshua Walters	42	Castleton	2:10:32
15	Adam Halverson	41	Albany	2:33:52
16	Howie Architozel	42	Rensselaer	2:59:17

**FEMALE AGE GROUP: 40 - 44**

1	Jennifer Dean	41	Rensselaer	1:44:49
2	Jessica Nash	44	Troy	1:49:27
3	Bethany Kiernan	41	Glenville	1:55:27
4	Hollan Bonjunker	43	Wynantskill	2:02:37
5	Jessica Minibiole	41	Croseyville	2:05:09
6	Sarah Devove	43	Loudonville	2:07:07
7	Claire Sherwood	44	Averill Park	2:15:04
8	Jamie Riordan	43	Halethorpe, MD	2:22:01
9	Heidi Pellerin	43	Rexford	2:33:27
10	Jennifer Delaney	42	West Sand Lake	2:35:08
11	Kelly Cronkrite	41	East Greenbush	2:36:37
12	Danielle Sass	42	Greenwich	2:40:09

**MALE AGE GROUP: 45 - 49**

1	Chris Thompson	46	Delmar	1:35:21
2	Martin Gordinier	49	Delmar	1:35:34
3	Mark Eisenhandler	45	New Paltz	1:39:38
4	Bill Hamel	48	Clifton Park	1:43:03
5	John Meyer	46	Valatie	1:43:22
6	Christopher Fernando	49	Albany	1:50:43
7	John McManus	47	Menands	1:51:07
8	Dean Rowe	46	Ghent	1:55:26
9	Jeffrey Marx	48	Castleton	1:57:30
10	Stefan Smith	49	Saratoga Springs	2:10:59
11	Michael Tobin	48	Rensselaer	2:19:33
12	Klay Schermerhorn	47	Burnt Hills	2:24:31
13	Keith Landry	47	Glenville	3:07:18

**FEMALE AGE GROUP: 45 - 49**

1	Kelli Schuhl	47	Charlton	1:45:35
2	Christl Mueller	49	Averill Park	1:56:25
3	Mindy Fairchild	48	Averill Park	2:08:23
4	Alison Van Pelt	49	Ballston Lake	2:13:50
5	Joanna Walters	45	Castleton	2:28:34
6	Nancy Koval	45	Stillwater	2:35:24
7	Luba Ostashevsky	48	Forest Hills	3:07:01

**MALE AGE GROUP: 50 - 54**

1	Gene Terwilliger	52	Glenville	1:52:16
2	Eric Zalewsky	51	Malta	1:55:28
3	Tom Denham	52	Delmar	1:58:46
4	Kenneth Lane	54	Castleton	2:00:35
5	Mark Hamel	51	East Greenbush	2:04:32
6	Scott Iggludsen	53	Cheektowaga	2:06:35
7	Mark Swain	50	Burnt Hills	2:11:03
8	David Van Pelt	51	Ballston Lake	2:13:50
9	Paul Hanson	54	North River	2:20:30

**FEMALE AGE GROUP: 50 - 54**

1	Dianna Langdon	52	Altamont	1:50:45
2	Sandy Malloy	50	Feura Bush	1:55:36
3	Hope Debevoise	51	Niskayuna	2:06:12
4	Melinda Fry	54	Saratoga Springs	2:06:23
5	Kimberly Henes	52	Mechanicville	2:07:36
6	Beth Tassini	53	Delmar	2:12:45
7	Lara Kay			

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

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

SEVENTH ANNUAL

**ADIRONDACK SPORTS**

**WINTER EXPO**

**REGISTER NOW SAVE \$100!**

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

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

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

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

**NOVEMBER 23 & 24**

Saturday 1-6 • Sunday 10-4  
*Free Attendee Admission*

**SARATOGA SPRINGS CITY CENTER**

522 Broadway, Saratoga Springs



*Save time, register online!*

**AdkSports.com/winter-expo-booths**  
518-877-8788 or [Info@AdkSports.com](mailto:Info@AdkSports.com)

**NORDIC SPECIALISTS**

*Turn your training into a vacation!*

**RACING TEAM SPECIALS**

**COLLEGES, CLUBS, UNIVERSITIES**

**BEST SELECTION OF QUALITY GEAR**

**TAKING ORDERS NOW!**

**FISCHER ROSSIGNOL**  
**SALOMON MADSHUS**  
NEW FOR 2020!



**ADVENTURE HEADQUARTERS**

*Leading since 1983*

**XC Skiing • Alpine Touring  
Backcountry • Snowshoeing  
Ice Climbing • Mountaineering  
Fat Biking Adventure Tours**  
[www.hpmountainguides.com](http://www.hpmountainguides.com)

**NEXT SEASON STARTS NOW**

**NORDIC SPECIALISTS PROFESSIONAL SERVICE**

- Top Brands
- Hand-selected Skis
- Custom Boot Fitting
- Precision Digital Flex Testing
- Wintersteiger Stone Grinding
- Hotbox Specialists
- Rollerski Headquarters



**BASE CAMP LODGING**

3 houses sleep up to 30, yoga studio, 3 decks, washers, storage, off-street parking, wax room, etc.  
**YOUR TRAINING HEADQUARTERS**

**DEMO & EXPERIENCE CENTER**

**THE VERY BEST IN NORDIC EQUIPMENT**

*Try before you buy!*

**SALES • SERVICE • RENTALS • TOURS • LODGING**



Stay with us! Our Base Camp lodging can accommodate singles, couples, and groups in Adirondack style.  
Call 518-523-3764 • [highpeakscyclery.com](http://highpeakscyclery.com)

**SPATEN**  
*München*

WHITEFACE

**OKTOBERFEST**

**SATURDAY, SEP. 28, 2019**

**11:00AM - 7:00PM**

**SUNDAY, SEP. 29, 2019**

**11:00AM - 5:00PM**

DUST OFF YOUR LEDERHOSEN, FIRE UP THE OOMPAH BAND AND ENJOY A TALL MUG OF GERMAN BEER AT THE WHITEFACE MOUNTAIN OKTOBERFEST. A WEEK-END-LONG, BAVARIAN-STYLE CELEBRATION WITH AUTHENTIC MUSIC, DANCING, FOOD AND BEER!

SATURDAY FIREWORKS PRESENTED BY

more info: [www.WHITEFACE.com](http://www.WHITEFACE.com) 1 (518) 946-2223

**GORE MOUNTAIN**

**OCTOBER 12 & 13**

**HARVEST FEST**

**LIVE MUSIC ALL WEEKEND**  
**SCENIC GONDOLA RIDES**  
**ADK VENDORS**  
**FALL FOOD & DRINK**  
**FUN FOR KIDS**

**OTHER FALL EVENTS:** Mountaintop Yoga Class- 9/15, Carl Heilman II Photo Workshop- 9/21, & Mountain Bike Skills Development Camp- 9/21.

(518) 251-2411 | North Creek, NY | [GoreMountain.com](http://GoreMountain.com)