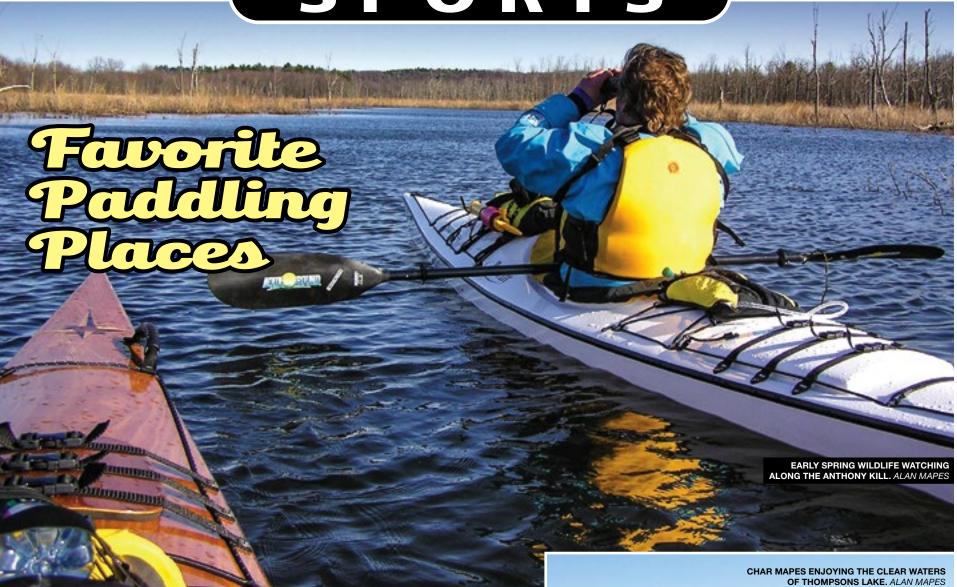
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ADRONDACK SPORTS FREE! **OCTOBER** 2019



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Get Out and Explore with Paddle in Hand!

By Alan Mapes

The sense of exploration is a big part of my love for paddling. A paddle trip on a new body of water will, of course, give that feel of exploration. But I experience something similar when I paddle familiar waters - each time there are new things to find. To paraphrase ancient Greek philosopher Heraclitus, "You never step in the same river twice, for it's not the same river and you are not the same person."

In the July 2018 issue of Adirondack Sports magazine, I discussed an initial five favorite paddling waters, all of them on the Hudson River. Let's go further afield this time, and explore four great paddling places in the Capital-Saratoga Region, but away from the big river.

Thompson's Lake - Located up on top of the Helderberg Mountain ridge in Albany County, this small lake offers clear waters, little powerboat traffic, and interesting bits of nature. I launch at the $\stackrel{\circ}{\rm NYSDEC}$ fishing access on the south end of the lake (no restroom facilities). The lake is a little less than a mile long, and a paddle around the shoreline will net you about two miles - I usually circle the lake two or three times. Parking is limited, with about five car slots and two boat trailer spots marked out at the newly upgraded launch. Extra room along the sides of the launch can hold a few more vehicles, though. If parking at the launch is full, you can launch from the Thompson's Lake State Campground (a day use fee may be charged in season).



As you glide along the shore, you find a swimming beach at the campground and may get a glimpse of the Emma Treadwell Thacher Nature Center on the south end of the lake. Both facilities are part of the large Thacher State Park. A handful of private houses and camps line parts of the shore. Motor boats launching on the lake are limited to 15 horsepower, but residents on the lake can have faster boats, and there are a few. DEC stocks the lake each year with rainbow and brown trout. I often see bald eagle, osprey and waterfowl, especially during spring and fall.

Lock 7 Mohawk River - To sample some paddling along the New York State Canalway Water Trail, launch at the town of Niskayuna's park by Lock 7. Turn off Rosendale Road on the east side of Schenectady onto Lock 7 Road. There is a combined power boat ramp and hand-launch, with parking for 25 or more cars. Port-a-johns are provided at the park nearby. The paddle route



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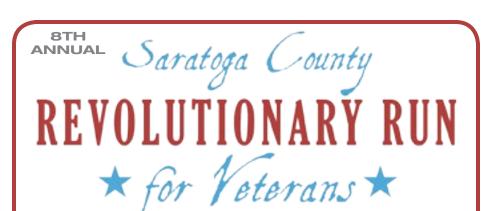
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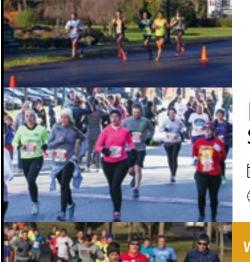
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Walk-up Registration

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Saturday, November 9 10 am-4 pm Fleet Feet Sports, (Wolf Road, Albany)

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

- B-tag chip timing. Net times with 5K and 10K splits. Live streaming results. Immediate awards

· Hot and cold post-race refreshments at YMCA

· Clydesdale/Athena division.









Packet Pickup

RUNNING & WALKING

Revolutionary Run 5K & Stockade-athon 15K

By Mona Caron

unning in cold weather might help you burn more fat. Chilly temperatures may change unwanted fat into a different kind of fat that burns calories. Recent studies suggest that exercising and running in colder temps could not only help burn calories, but could change your body composition. Sounds like a win-win! Here are two November races, one up-and-coming and the other a classic, to register for now.

REVOLUTIONARY RUN FOR VETERANS 5K

The Saratoga County Veterans Service Agency announces the 8th annual Revolutionary Run for Veterans 5K and Kid's Fun Run on Saturday, Nov. 2 at Fort Hardy Park in Schuylerville. Hosted in a historic Revolutionary War location, just nine days before Veterans Day, this annual autumn event has built a following of runners and supporters who want to assist veterans in Saratoga County. All proceeds from the race benefit the Saratoga County Veterans Trust and Agency Fund, assisting veterans with training, education, healthcare, housing, social integration, and other essential services.

"In the first seven years of this event, we've been able to provide over \$60,000 to help veterans in Saratoga County to receive services they need," said Frank McClement, Director of the Saratoga County Veterans Service Agency. "This year, our goal is to welcome more runners and corporate sponsors so that we can hit our fundraising goal. More support for our veteran community is always welcome."

"We look forward to another successful event that supports Saratoga County veterans," said Mechanicville Supervisor Tom Richardson, chair of the Veterans Committee. "The fund directly supports individual veterans going through hardships and help us offer a variety of programs to help them reintegrate back into civilian life."

The 5K course is relatively flat and fast, beginning at Fort Hardy Park and traversing the historic Old Champlain Canal towpath that parallels the Hudson River, heading north and across the canal to Hudson Crossing Park. After following a gentle loop around the Hudson Crossing Park field, the course then enters the nature path along the Hudson River, and finishes back at Fort Hardy Park.

Participants will run on terrain that has an important place in our country's history, passing the Champlain Canal Lock C5 in the Hudson Crossing Park. In 1777, British General John Burgoyne led several thousand British and German soldiers across the river at this location to engage American forces on his quest south to conquer Albany. The resulting battles of Saratoga are considered to be the sparks that precipitated a turning point in the war, leading to eventual victory for the Americans.

The 5K race begins at 10am with on-site registration beginning at 8am. A Kids' Fun Run will be held immediately following. Awards include cash awards to the top five open male and female runners, cash prizes to the top three masters male and female runners, and awards in five-year age increments. Technical Race Director Peter Goutos comments, "We hope the change in our awards format makes our race more inclusive, broadens the field, and creates an even better experience for all who participate."

In addition to attracting many local residents who want to race to benefit Saratoga County Veterans, the event is the final in the 2019 Grand Prix series for the Adirondack chapter of USA Track & Field. Fleet Feet will provide the cash awards and gift certificates for the age group winners.

Additionally, Race Director Frank McClement announces that any participant registering at Fleet Feet Albany or Malta through October 30 will receive a \$5 discount on the entry fee. In store registration must be done by cash or check. Online registration is at runsignup.com.

The Revolutionary Run is presented by FC4 Events and sponsored by Fleet Feet. Additional sponsors include Momentive Performance Materials and Brookfield Renewable Power. All proceeds from the race benefit the Saratoga County Veterans Trust and Agency Fund, assisting veterans with training, education, healthcare, housing, social integration, and other essential services.

For this year's event, all runners will receive a T-shirt as well as post-race refreshments and a cookout after the race provided by the Saratoga County American Legion Posts. "We invite groups of runners from families, local schools, civic groups, and businesses to register for the race and experience some of our local history together.

After the race festivities conclude there are nearby historic sites to visit, including the Saratoga National Historical Park where many Revolutionary War battles were waged and the Saratoga Monument, which offers a stunning view of the area around Schuylerville," said Tom Wood, Supervisor for the town of Saratoga.

MVP STOCKADE-ATHON 15K

The 44th running of the MVP Health Care Stockadeathon 15K will take place on Sunday, Nov. 10 at 8:30am. Starting in Schenectady's downtown business district, the 9.3-mile course takes runners through the historic Stockade, winds through various Schenectady neighborhoods, Central Park and Vale Cemetery, and finishes downhill in front of City Hall.

The Stockade-athon is a popular, well-established road race, and the team of race directors tinker very little with its proven formula. Still, there are some minor changes in 2019.

First, the course has undergone some minor modifications. "Most runners probably won't even notice them," said co-director Brian Northan. "Nothing's changed in the Stockade or Vale Cemetery. We're a little longer in Central Park, and shorter in some of the streets leading to the park." As a loop course, the Stockade-athon can affect motorists who are both trying to get to a destination within the loop and those trying to get out of it. "We keep trying to minimize that impact," says Brian.

Also changed, actually eliminated, is the team relay that was incorporated as part of the Stockade-athon in 2017. According to co-director Ray Newkirk, the relay required considerable resources, both in terms of manpower and money. While the number of relay runners in 2018 doubled from the number in 2017, it never reached the participation levels the organizers had hoped for.

The Stockade-athon will look familiar to local runners. Long-sleeve, gender-specific, technical shirts are available to the first 1,500 registrants. Hot and cold post-race refreshments will be served at the Schenectady YMCA. And the Kids' Half-Mile Run is at City Hall on Jay Street at 10:45am.

Runners will be eligible for \$7,875 in cash prizes for all-comers and local runners in open and masters divisions, and for open and masters teams. There are 15 age group award categories in five-year increments for male and female, plus Clydesdale and Athena divisions. Live streaming results means immediate rewards.

Register online at stockadeathon.com through Nov. 6, in-person at Fleet Feet in Albany on Nov. 2 (10am-4pm), or at the Schenectady YMCA on Nov. 8 (4-7pm).

Enjoy the cooler weather and its health benefits. The Turkey Trots are just around the corner!











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. \$879,000.

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News Briefs

Gravel Gobbler: Grinding Gravel for Good

NASSAU – Looking for a fun late-season group ride where you will travel quiet country roads and see more cows and horses than cars? If so, check out the second annual Gravel Gobbler on Saturday, November 2, where you can choose one of two gravel routes or a 30-mile road loop. All the rides start and finish at the popular S&S Farm Brewery in Nassau where it's all about the relaxed country vibe.

One of the best parts of the Gravel Gobbler is that it raises funds for the Regional Food Bank of Northeastern NY to help people in our community. Last year's event sponsored by the Mohawk Hudson Cycling Club raised \$2,400 for the food bank.

This year, riders will have the opportunity to check out a new 23-mile gravel route with 1,400 feet of climbing. The route travels quiet country gravel roads past farms and country estates before returning to the brewery. Velofix, the area's Velofix mobile repair shop, will provide onsite bike adjustments beginning at 11am. All riders registered online by October 30 will receive a special 'sweet treat' from Bountiful Bread, purveyors of delicious food and baked goods, and long-time supporters of the cycling community.





What's not changing is the event's laidback atmosphere. For example, all rides feature frequent regroups so that riders can enjoy riding and chatting with one another. Another part that's not changing is the 38-mile gravel route with its 3,100 feet of climbing, which has been described as 'perfect.' Why mess with perfection?

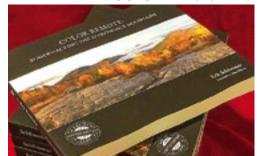
If you're looking to finish your 2019 riding season on a high note, and help people in our community, then the Gravel Gobbler is for you. Find out why more and more cyclists are embracing riding on quiet country roads and how it changes the whole cycling experience. To learn more and register, visit bikereg.com.

COLOR REMOTE - New Photo Book Shares Wild Side of the Adirondacks

ALBANY – The six-million-acre Adirondack Park is the largest park in the lower 48, and Capital Region resident Erik Schlimmer is one of its premier hikers – he's climbed nearly 1,000 peaks and hiked more than 10,000 miles within the Adirondack Mountains. During the past 20 years he's been photographing the wildest parts of this range, and the fruit of his labor is *Color Remote: Bushwhacking the Adirondack Mountains* (Beechwood Books, 2019), a massive coffee table photo book.

As Erik writes in the introduction, "While others are content capturing commonplace landscapes next to trails and roads, I specialize in photographing 'the backcountry of the backcountry' - secreted places that are seldom visited, rarely photographed." This book, the author's seventh, enjoys three-fold exclusivity. First, it's the biggest photo book of this range ever produced. Weighing a hefty three pounds, Erik shares 321 images within 340 pages. Second, it features only natural photography. Erik rejects popular use of filters and Photoshop. Third, only 1,000 copies will ever be published. Each one is numbered and signed, much like other works of art. Copies of Color Remote are available only through Beechwood Books (beechwoodbks.com) and Friends of the Trans Adirondack Route (transadk.com).

Strangely enough, Erik grew up in an urban environment. His family lived in Poughkeepsie until





1985, when he was 12 years old. He recounted, "At the time, moving to the North Country seemed like a very bad idea. I thought I was being dragged to the Tibetan plateau." He took the "when in Rome" approach upon arrival and did what other kids did, which included skiing, snowshoeing, fishing, hiking and camping, activities he had never done before.

Erik fell in love with the beauty and simplicity of it all. As he puts it, "Here I am, still hiking in this range 35 years later."

FROM THE **PUBLISHER**

Keep Moving! Fall is an ideal season for pursuing outdoor sports and recreation. The cooler temperatures and low humidity, combined with the fitness and endurance you've gained over the summer, provide a great base for participating in a variety of activities and events – many of them included in the magazine.

I hope you are inspired by our October issue and take advantage of the diverse landscapes of upstate New York. Hurry up, daylight saving time ends on November 3th!

Please support our advertisers and thanks for reading us!

P.S. I hope to see you at our
Adirondack Sports Winter Expo
at the Saratoga Springs City Center
on Saturday-Sunday, November 23-24!







www.TroyTurkeyTrot.com.



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
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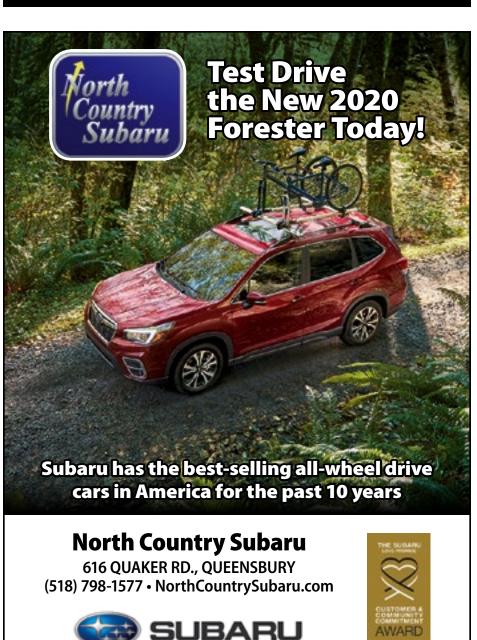




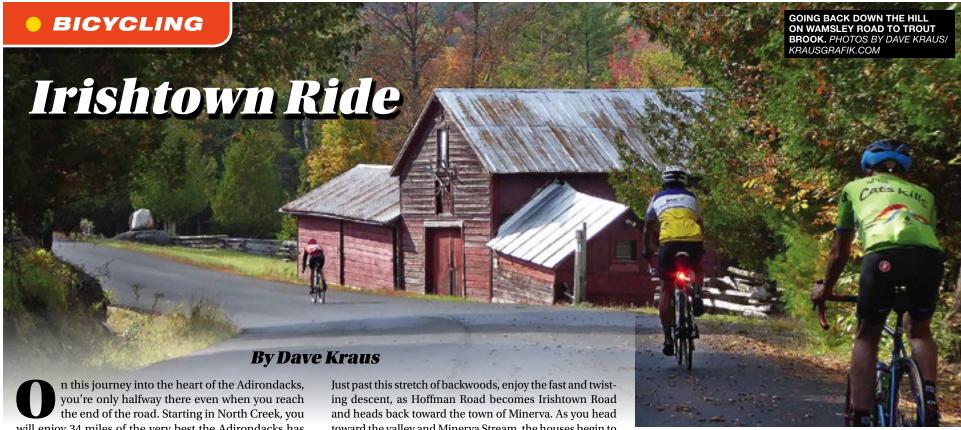








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will enjoy 34 miles of the very best the Adirondacks has to offer with beautiful scenery, scarce traffic and historic connections.

Your ride can start in any one of several locations in North Creek. There's a large paved lot at the train station at the west end of Main Street, and another unpaved parking area lies behind the Johnsburg Town Hall, where you can also have access to the North Creek's Ski Bowl mountain bike trails.

Heading north on NY Route 28N, you cross the Hudson River and ride gradually uphill toward Olmstedville and Minerva. This is the same route taken in the opposite direction into North Creek by Teddy Roosevelt on Sept. 14, 1901, as he hurried back from an Adirondacks hunting trip to become President after William McKinley was assassinated.

As you head north, enjoy the views of Moxham Mountain to the west, where a relatively new trail opened in 2012 to the summit of this peak that offers spectacular $\,$ views of Gore Mountain and the surrounding lands.

Just past Moxham Pond at mile five, turn right onto County Route 29, where a short climb and descent leads you into Olmstedville, where Sullivan's Store provides a handy stop for drinks and snacks. Continuing north, bear left onto Trout Brook Road, where you venture into forest that seems to get taller as you go.

Shortly after mile seven, you will pass the home of Hornbeck Boats, where owner Peter Hornbeck has been building his ultralight canoes since 1975. Continuing north on Trout Brook, you cross a creek that inspired this road's name. Then just after mile 9.5, take a right turn onto Wamsley Road and climb the short hill to the top to stop, take a rest, and enjoy the spectacular view across an open field toward the distant peaks. If you have a camera with you, now is the time to use it!

Back on Trout Brook Road, continue north with the stream never far away. If you're riding early in the season, be careful of the liberal coating of sand that town highway crews spread on the pavement every winter. Just before mile 13, cross the Betsy Ross Bridge, named for a local resident who shares her moniker with the famous revolutionary seamstress.

At mile 14, turn left at the intersection onto Hoffman Road. Until now you've gone up and down some rollers, but now comes the most challenging climb of the day, with a grade of nearly 11% as you head up toward the remote hamlet of Loch Muller. Once you conquer the climb, hopefully you will catch your breath before turning right on Loch Muller Road, and heading uphill further toward the Adirondack High Peaks.

This area was once home for logging and tanneries that used the lumber for fuel, but today Loch Muller is literally the end of the road. Just before Docs Road the pavement runs out, and shortly you can go no farther on a road bike. Beyond here, a trail leads to scenic Bailey Pond, but beyond lies only the Hoffman Notch Wilderness - over 38,000 acres of almost virgin forest - and then the High Peaks.

Turning around, you now get to head back downhill to rejoin Hoffman Road, which climbs a bit more before snaking through giant pine trees on the shores of Oliver Pond.

toward the valley and Minerva Stream, the houses begin to appear more frequently, but the towering pines still make it seem as if you are riding through a deep canyon of green.

Just before mile 25, turn left on O'Neil Road at the baseball field, and enjoy a visit to the tiny St. Mary's Catholic Church, and its historic well-maintained cemetery. The pure whitewashed church buildings stand in stark contrast to the dark green of the forested mountains, and the brilliant annual fall foliage in the area. Make sure to take a peek through the church windows to get a look at the beautiful interior.

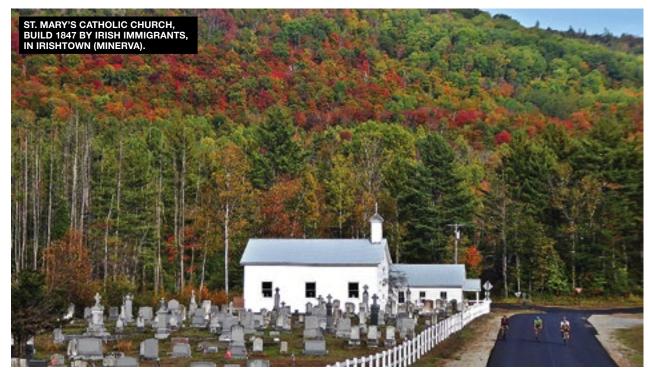
Depart Irishtown and head south, and you will have several more challenging rollers before merging left onto the AP Morse Highway, passing the overflow dam on Minerva Stream. Then you climb the short but sharp incline back to Olmstedville and Sullivan's Store, where you will take a sharp right to head back toward North Creek.

It's now only six more miles before you reach the end of your Northwoods odyssey. After climbing back over the hill to Route 28N, it's five miles of mostly downhill riding before you once again cross the Hudson, and arrive at the end of your ride. Just be careful here on this full-fledged highway, but don't forget to enjoy the views of Moxham and Gore mountains as you head south.

Once you reach North Creek, don't forget to check out some of the local eateries for some post-ride food and drink. This route map is available at Ride with GPS (ridewithgps.com/routes/31262027). 🜲

Dave Kraus (dbkraus@earthlink.net) is a longtime area cyclist, photographer, and writer who counts this route as one of his favorite all-time rides. Visit his website at KrausGrafik.com.

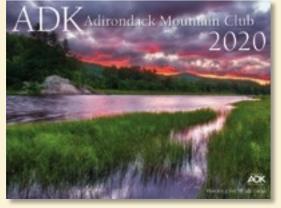






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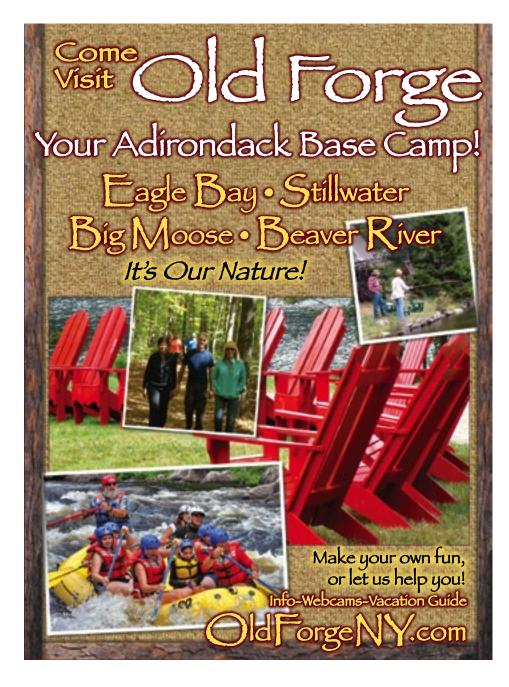


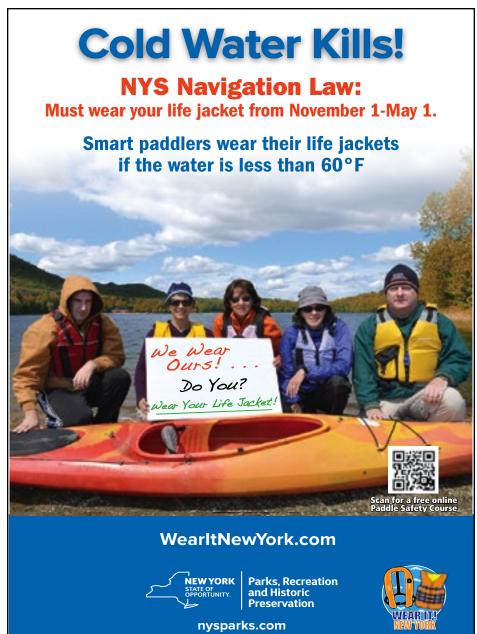
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Are You Prepared for Fall Adventures?



■ PADDLING IN
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■ SHELTER ON THE
APPALACHIAN TRAIL
IN CONNECTICUT.
■ DYKEN POND
ENVIRONMENTAL
EDUCATION CENTER IN
RENSSELAER COUNTY.
■ WEST STONY CREEK
LOOKOUT, A SHORT
BUSHWHACK OFF THE
NORTHYILLE-PLACID
TRAIL, IN LATE OCTOBER.
PHOTOS BY RICH MACHA

By Rich Macha

HIKING & PADDLING

y mid-October, fall foliage season has moved out of the Adirondacks and has headed south. I often follow the colors and explore wild areas in downstate New York, as well as in neighboring states. I have fond memories of hiking in the Catskills and Shawangunks, backpacking the Appalachian Trail in Connecticut, kayaking Cape Cod, and canoeing the rivers of the Pine Barrens of southern New Jersey.

However, October and November hiking and paddling trips within the Adirondack Park and surrounding area still remain in the mix. It is nice to enjoy the wilds without the irritation of mosquitoes, black flies, and other biting insects. Also, popular destinations are minus the crowds of summertime and early fall, so I can enjoy them peacefully. The colors are more subtle – the gold of tamarack trees (a conifer that drops its leaves for winter), the heathery tones of the mountainsides, the greens of spruce and balsam up high, and quite possibly, the whiteness of snow on top.

With temperatures ranging from 20 to 60 degrees, we must wear or carry warmer clothing (avoiding anything made of cotton) such as gloves, mittens, headwear and a down jacket – enough to at least, be able to spend an uncomfortable, but not deadly, night out in the case of a mishap, whether to oneself or a companion.

Gear to be carried year-round, yet often shunned by the T-shirt and shorts plus bottle of water and cellphone crowd that I sometimes witnessed in summer, should include a whistle, map, compass, water, food/snacks, rain/wind gear, headlamp plus extra batteries, first aid kit, knife (utility tool or Swiss Army, have extras), toilet paper, a zip bag for trash, space blanket, and some duct tape for repairs in the field. Cellphones can be helpful in an emergency but service is spotty in the Adirondack backcountry and batteries do run down, so a phone should not be depended upon as a substitute for poor planning and preparation.

A vacuum flask of hot chocolate or tea can be just the ticket with lunch in cool weather. When you stop for a break, throw on some warmer clothing before you get cold – don't wait until you are cold before doing so. Chemical hand and toe warmers are inexpensive and come in handy to warm-up the extremities – most will last for six or more hours – that's cheap insurance. Bring an insulated pad to sit on.

Newly-fallen leaves can obscure the foot-tread on trails and make the way less obvious – you need to pay more overall attention on the way. The leaves can also be slippery, especially when wet. Hiking poles are recommended for stability, plus they will help save your knees in the long run. If temperatures have recently dropped below freezing, ice could have formed in the trail, so the use of trail crampons such as "microspikes" is highly recommended for those times.



There will be hunters in the woods at this time of year so it is wise to increase your visibility by wearing some bright clothing in blaze orange or, God forbid, pink! If you have long blond hair, I would avoid wearing it in a ponytail. Northern zone, roughly north of Saratoga Springs and NY Route 29, regular deer hunting season this year goes from October 26 to December 8, southern zone goes from November 16 to December 8. Hunters tend to frequent the less steep trails, so you seldom see them on mountain climbs. Hunting is not allowed in many nature preserves so they are good choices when you want to stretch the legs. Areas such as Dyken Pond Environmental Education Center in Rensselaer County and Plotter Kill Preserve in Schenectady County offer many miles of trails. Also, state parks may have areas where hunting is not allowed - visit NYS Parks (parks.ny.gov) for more information.

The better informed you are, the better the experience. Check guidebooks for route descriptions and what to lookout for before you head out. For the price of a restaurant dinner, a guidebook is written by someone who has done more research on the subject than most anyone. It also provides a great long-term investment and still outdoes most everything you can find out online. For the Adirondacks, there are two series of guidebooks and maps: Discover

the Adirondacks series by Bill Ingersoll and Adirondack Mountain Club's Forest Preserve Series. Both are great for hiking information, though the Discover books do add more off-trail and paddling destinations. The NYSDEC website (dec.ny.gov) is the best online resource – backcountry conditions for the Adirondacks and Catskills are updated weekly by Thursday evening.

Finally, it's important to get a good elevation-based weather forecast before heading out, and pay particular attention to wind direction and intensity. I usually go with the National Weather Service (weather.gov/aly). Note that the forecast can vary greatly by location. For instance, Lake George at 350' elevation could be warm and breezy, Lake Placid at 1,900' elevation could be cool and calm, whereas the top of Mount Marcy at 5,300' could be very cold with winds of over 50mph.

Fall is not the time to hibernate, so get out and have some fun! \spadesuit

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.

goes northwest along the Mohawk River,

passing beautiful rock cliffs both sides of the river. On your left, up top of the cliff are the Knolls Atomic Power Lab and GE Research & Development complexes. Also, along those cliffs, watch on the left

for some medium-sized birds of prey. On a paddle with the Adirondack Mountain Club a few years ago, I discovered a peregrine falcon nest site, or "eyrie," on these cliffs. Several young birds and an adult were perched on the rocks and flying around the area. These fast-flying hunters have nested for a number of years under bridges over the Hudson River in the Capital Region, in nest boxes provided





by NYSDEC. It was exciting to find them nesting in a natural setting - an eyrie on the Erie! We found adults and young at the site again this summer. A paddle upstream to the NY Route 146 bridge will cover about four miles each way. For the really ambitious, Lock 8 is about 10 miles away.

Round Lake - Perhaps the best local paddle spot for nature observation, Round Lake offers nesting bald eagles and a regular roosting area for double-crested cormorants. Extensive wetlands line the Anthony Kill, the outlet of the lake. Located in Saratoga County next to the village of Round Lake, there are three access points for paddlers. The main launch for power boats and also paddle craft is right along NY Route 9, with parking for 11 cars and nine trailer rigs. A second access is at the Round Lake Preserve and involves a long boardwalk to the Anthony Kill. Parking there is about 200 hundred yards away from the launch, so that one is a bit of work. My preferred spot is a small hand-launch only place on the inlet of the lake. Heading north on Route 9, go through the stoplight at the turn to Round Lake village, then take a right on Goldfoot Road and another right on Maltaville Road, which dead-ends at the launch. A short paddle down the inlet creek brings you to the lake.

Power boats and anglers will be found on the lake, but a paddle along the shore will be pretty quiet. Going left from the inlet (counter-clockwise around the lake), you pass the cormorant roosting trees. Next comes a marsh-lined channel to Little Round Lake. Continuing on, the mouth of the Anthony Kill outlet appears on the left. Large areas of marsh line its sides, with eastern kingbirds, great blue herons, wood ducks, and many other marsh-dwellers present in season. About one-mile on the stream brings you to a beaver dam and a pretty obvious turnaround point. The trip around the margins of Round Lake, including a trip down the outlet, totals about 4.5 miles, and Little Round Lake will add another mile. One cautionary note - Round Lake seems to be on a common storm track for thunderstorms moving across Saratoga County. Several times I've seen storms come right over the lake, causing us to get off the water quickly.

Saratoga Lake - Going up the scale of lake size, Saratoga Lake is about 4.5 miles long, about 1.5 miles at its widest point, and around 10 times the surface area of Round Lake. It is fairly busy with powerboat traffic during the summer, but there are quiet places to paddle. I usually launch from the city of Saratoga Springs' Waterfront Park on Crescent Avenue at the north end of the lake. This launch is free to use, as is Brown's Beach launch at the lake's south end. A third launch, not far from Waterfront Park, is the Saratoga Lake State Boat Launch near the NY Route 9P bridge (parking is Empire Pass accepted or \$8 without).

From the hand launch at Waterfront Park, paddle to the right (southwest) along the shore to the mouth of Kayaderosseras Creek. If you can get past the log jams sometimes found across the creek, this is a marvelous paddle up the lake's main inlet. After about a mile on the Kayaderosseras, the outlet of Lake Lonely comes in from the right. A twisty

 $paddle\,up\,that\,creek\,brings\,you\,to\,that\,small$ hidden lake and a great blue heron nesting area along its shore.

Back at Waterfront Park, going left takes you to the lake's outlet, Fish Creek. Two miles down the creek is a landing at Stafford's Bridge, where a single busy spot houses the Kayak Shak rental place, Mountainman Outdoors paddle shop, Hearth & Harvest wood-fired pizza (not to be missed), and a marina. Launching is available at the Kayak Shak for a \$5 fee, and the paddle further down the lazy stream is a nice one. In about two miles, the stream gets narrower and the current picks up speed.

I hope you get out and explore with paddle in hand. It may be a new bit of water, or a trip on a familiar lake or river, it is still some fine exploration to me. After all, it's never the same river or lake!

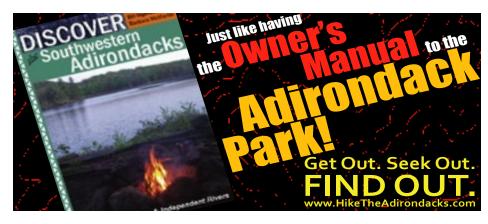
Alan Mapes (alanmapes@gmail.com) is a kayak instructor and guide, certified by the American Canoe Association. He lives near Saratoga Springs and offers $kayak\ instruction\ through\ Capital\ District$ Kavakers Meetup.











NON-MEDICATED LIFE

Reducing Prostate Cancer Risk PART TWO



By Paul E. Lemanski, MD, MS, FACP

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

In the first 90 installments of the Non-Medicated Life, certain dietary practices and a healthy lifestyle have been shown to accomplish naturally for the majority of individuals most of the benefits of medications in the treatment of chronic medical conditions such as hypertension, high cholesterol, pre-diabetes, diabetes and heart disease. However, apart from certain medications that have shown to be successful for preventing breast cancer, and possibly aspirin use for colon cancer, medications for cancer prevention have been few. This is also unfortunately true for prostate cancer. Medications may be very helpful in slowing and managing an already diagnosed prostate cancer, but have not generally proved successful in primary prevention of the disease.

Diet, exercise and lifestyle change, however, may offer effective prevention strategies. Part One (see *Non-Medicated Life*, August 2019) outlined some of the evidence for reducing prostate cancer risk. Part Two will now suggest the most promising and potentially effective strategies.

As described in Part One, the prostate is a walnut-sized gland in men that is located beneath the bladder, and provides some of the fluid for semen. Cancer of the prostate is the second most common cause of cancer in males and autopsies have shown that by age 80, 50 to 80% of males have at least a small-sized prostate cancer. Epidemiological data suggests that populations that eat a plant-based diet lower in red meat, chicken, eggs, and dairy products have lower rates of prostate cancer. Moreover, in men diagnosed with early stage prostate cancer that have chosen not to have surgery or radiation, a plant-based diet appears to slow the growth

of the cancer. This lower risk may be due to protective factors in plants, or a relative avoidance of risk caused by the consumption of animal protein, or both.

Why the consumption of red meat, chicken, eggs and dairy appear to increase prostate cancer risk is not clear but several possible mechanisms may be considered. In the case of red meat and chicken the means of preparation may confer risk. We know that animal protein cooked at high temperature – grilling, broiling, baking and deep frying – produces carcinogens called heterocyclic aromatic amines. These carcinogens may increase the risk of malignant cellular change in a variety of organs and may be augmented by genetic predisposition to specific cancers.

Red meat and chicken also contain carnitine that is broken down by gut bacteria to trimethylamine, a substance that the liver then converts to trimethylamine N-oxide, a toxin that increases cardiovascular risk for stroke, heart attack and early death. Whether it increases cancer risk is not clear. Eggs contain large amounts of choline that are also converted to trimethylamine N-oxide. High blood levels of choline have been associated with an increased risk of prostate cancer and an increased risk of cancer death. Indeed, men who consume more than one egg every three days may have an 81% increased risk of dying from prostate cancer. In 2015 meta-analysis - a sort of statistical analysis of a number of different studies - found that milk and cheese consumption in large amounts, likewise increased prostate cancer risk.

From a practical perspective, minimizing exposure may help reduce risk. Simply eating less red meat, less chicken, less milk and cheese, and fewer eggs may lower risk. When red meat and chicken are consumed, cooking them using lower temperature methods such as boiling, steaming, slow cooking or in soups, will reduce the production of heterocyclic amines. In the case of red meat, cooking till rare or medium-rare instead of well-done will also decrease carcinogen production. Finally, when cook-

Editor's Note: This is the 91st in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

ing red meat and chicken, marinating the meat in an acid-based marinade containing either lemon juice or vinegar has been shown to decrease the production of heterocyclic aromatic amines substantially.

Consuming more vegetables has also been shown to reduce the risk of developing prostate cancer, and not simply by displacing, and thus reducing the amount of animal protein consumed. The most beneficial vegetables for reducing cancer risk include the cruciferous vegetables, such as broccoli, cauliflower, kale, cabbage and Brussels sprouts. One mechanism by which this reduced risk may be achieved is the induction of enzymes in the liver that normally break down carcinogens.

Broccoli, for example, contains a substance called glucoraphanin. When raw broccoli is chewed an enzyme in the plant called myrosinase is released that acts upon glucoraphanin to produce sulforaphane. Sulforaphane, in turn, once absorbed causes a substantial increase in the phase-2 detoxifying enzymes in the liver that are responsible for breaking down and destroying carcinogens. From a practical standpoint eating raw or minimally-steamed broccoli (three minutes) allows maximal production of sulforaphane. Additionally, consumption of tomatoes and tomato sauce, both of which contain the antioxidant lycopene, also seems to be associated with lower risk.

Other constituents of a plant-based diet that may reduce the risk of prostate cancer include certain types of beans and seeds and the phytoestrogens they contain. Asian populations appear to have lower rates of prostate cancer, which increase after migrating to Western countries. It is postulated that the higher consumption of soybeans and soybean products in Asia reduces risk because of an increased content of a type of plant-based phytoestrogen called isoflavones, which may modulate hormone sen-

sitive tissue like prostate. With the current availability of soy products, incorporation of soy into your weekly diet – in place of meat or chicken – would be relatively simple as a risk reduction strategy.

Another class of phytoestrogen called lignans is found in flaxseed. In men with prostate cancer, consumption of three tablespoons a day of ground flaxseed in the month prior to surgical removal of the prostate has been shown to lower cancer cell proliferation rates, and increase the rate of cancer cell clearance. Moreover, in men followed with repeat prostate needle biopsies for a pre-cancerous condition called prostatic intraepithelial neoplasia, consumption of three tablespoons of flaxseed per day for six months reduced cell proliferation rates - suggesting this could help prevent progression to cancer. Again, consumption of three tablespoons of ground flaxseed per day in oatmeal or a smoothie is relatively simple and straightforward as a prostate cancer risk reduction strategy.

In summary, prostate cancer risk may be decreased by a reduction in red meat, chicken, eggs and dairy. When red meat and chicken are consumed, they should be marinated in lemon-based or vinegar-based marinade, and not overcooked on high heat. The reduction in animal protein should be combined with an increase in vegetables, grains, legumes and seeds. Cruciferous vegetables, tomatoes, soybeans, and ground flaxseed may all help decrease prostate cancer risk. In this way, a predominantly plant-based diet may help you to lead the non-medicated life.

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



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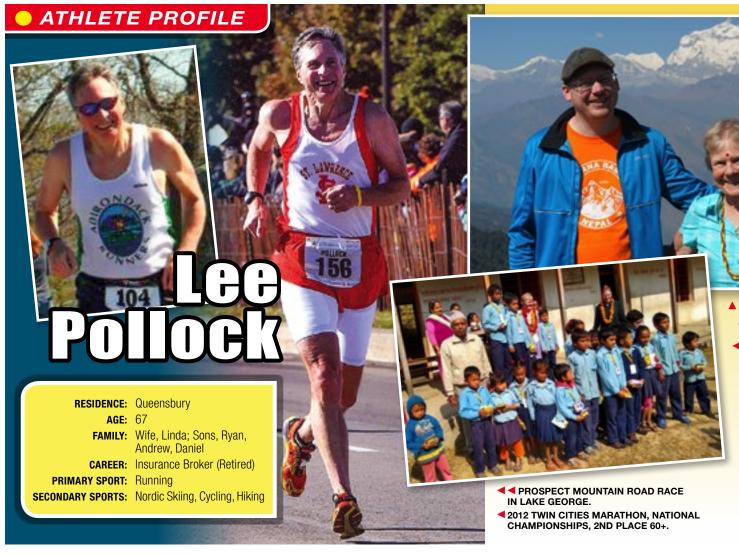


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From the Track, to the Roads, to Building Schools in Nepal

By Tom O'Grady

One of the first things you notice when talking with Lee Pollock is his grin. After talking to him about his life experiences, it's easy to understand why he would always be wearing a smile. During Lee's lifetime, running has been a mainstay. From competing to race directing, Lee has accomplished a lot, and used running to better himself and others.

Lee holds the distinction of founding the St. Lawrence University Cross Country team as a freshman in 1970. In 1974, Lee was the individual conference champion, and led the Saints to a team conference title. During his time at St. Lawrence, Lee was a steeplechase specialist in track and field, earning All-American honors in the event in 1974. After graduating with a degree in math, Lee joined the Peace Corps. While in the Peace Corps, he served as a teacher in a small village in Nepal. This would turn into a lifelong connection and he would later use running to help support education in the village.

After serving in the Peace Corps, Lee moved back to the US. Instead of seeking out a career immediately, Lee wanted to pursue his dreams of competing in the Olympics. In the late 1970s, he moved out to Denver, Colo, to train at altitude. In order to support himself, he took odd jobs such as painting, which allowed him to train and travel for races. While training primarily for track races, Lee ran his first marathon in 1978 at the Empire State Games, and finished in 2:32:38. The games that year were in Liverpool and not Syracuse; this small fact would become important 30 years later. Shortly after his marathon debut. Lee participated in the inaugural BOLDERBoulder 10K in 1979. This event that Lee participated in with 2,700 runners would go on to become one of the largest road races in the world with up to 54,000 registrants in recent years.

During the 1978 Mt. Sac National Track and Field Invitational, Lee qualified for the 1980 Olympic trials in the steeplechase with his lifetime best of 8:42. In the next two years, he put in a lot of training to prepare for the Olympic trials. Lee decided not to participate in the trials in Eugene, Ore. after it became clear the US would be boycotting the Olympics in Moscow. Unable to capitalize on the track, Lee took his fitness to the roads where he placed first in the 1980 and second in 1981 United Bank Mile High Marathon with times of two hours, 26 minutes both years. His 1980 time of 2:26:23 would be his lifetime best, and because it was run at an elevation of over 5,000 feet, converts to a sea level time of approximately 2:21:00.

In the early 1980s Lee and his wife, Linda, moved back to the East Coast in Queensbury. It was at this point that Lee started his career as an insurance broker. In addition, they also started a family and raised three sons together. All three of the boys became highly competitive runners in their own right. Prior to heading out west, Lee was a founding member of the Adirondack Track Club during his last year at St. Lawrence in 1974. This club would later change its name to Adirondack Runners and is still in existence today. Picking up where he left off, and continuing his dedication to the sport, he helped found the Adirondack Association TAC that is now the present day USATF Adirondack Association.

Lee also enjoys Nordic skiing, cycling and hiking, which keep him fit and likely helped extend the lifetime of his competitive running career. When it was time to get into running shape, it's clear he put in a lot of work and a lot of miles.

During our conversation, we discussed training and he explained how one of his favorite long runs, several weeks prior to a marathon was a three-hour run. I smile as I ask Lee how many miles he covered during these runs, as I do the math in my head based on the times he was running in those years. "A lot" is his first answer and we both agree that he was covering over a marathon and closer to 30 miles during his fitter years. It was less about mileage but "time on my feet," which is something every marathoner understands. Lee would simply leave his house and run a route that took him up towards Lake George. When he reached an hour and a half, he would turn home and pick up the pace. To compensate for the increased pace, he would include a couple of well-placed additions that would return him home in three hours. Lee would run his 1990s decade-best marathon at the 1992 New York City Marathon in 2:49:15.

In 1994, Lee and the Adirondack Runners started a low key 5K road race in Glens Falls called the Goblin Gallop. Later it was moved to a two-loop, pancake-flat course, and each loop is almost exactly 2,500 meters. We joke that the start and finish are right next to each other. As the name implies the race is always held in the week preceding Halloween. The combination of a flat course, even-time checkpoints, and crisp fall weather make this a fast course for a personal best. In addition, there is a Halloween costume contest and a 1K children's race.

During the past 10 years, Lee has capped a tremendous running career with several master's highlights. In 2007, he ran 2:57:12 at the Philadelphia Marathon. At the time, he didn't think anything particular of his accomplishment. For reference, a 55-yearold running a 2:57:12 marathon has an age-graded time of 2:31:30, and receives an 82.5% relative standard ranking (anything 80%+ is considered a national standard time). In his mid-50s, Lee was aging like a fine wine and running times that were equivalent to those in his 20s and 30s. Continuing to train, he ran the local Mohawk Hudson River Marathon in 2:57:24 in 2010. At 58, this time put Lee's effort at an age-graded 2:27:30, and an age-performance effort of 84%.

In addition to being a national caliber master's time, he also joined a small group of athletes who had completed a sub threehour marathon in five different decades -1970s to 2010s. In fact, Lee was the 17th person in the world to accomplish this feat, and ioined the club on the same day as Olympian Joan Benoit Samuelson - who was the first female to accomplish the feat. Longtime runner and editor of Runner's World, Amby Burfoot, made Lee aware that he was on a short list of people who could accomplish it shortly before the 2010 Mohawk Hudson River Marathon. Lee jokes that his first application was rejected because he accidently put "Syracuse" instead of "Liverpool" for the city of his first marathon. After correcting the mistake his accomplishment was ratified.

ANDREW (SON), LINDA AND LEE POLLOCK IN NEPAL VISITING SCHOOL AND TREKKING, NOV. 2018.

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Lee accurately assessed at the time that the accomplishment would likely become more prevalent as he was part of the first running boom. With more people running, and making it a lifetime sport, it only made sense that many additional people would be joining the club in the ensuing decade. Lee was accurate in this projection as the list has almost tripled over the past decade. He took some time off from running to enjoy other sports and hike in Nepal in the early 2010s. It was during this time that he and Linda visited the village he had taught at while in the Peace Corps.

Lee realized that the village's school needed improvements and saw that he could use proceeds from the Goblin Gallop to fund the effort. Over the past five years, Lee and his wife Linda have raised over \$28,000 through the Goblin Gallop to help build a new school building in the village of Tuhure Pasal, Nepal. The new three-story school was finished in May 2019 and is currently being used by 500 students. The benefits of the new school are far reaching. In most schools there is a stark gender difference with them being predominantly attended by male students. While most schools are 80-90% male, the new school has a student population that's closer to 50% male/female. Beyond education, the space is also used as a gathering place for community events.

Lee's running has seen several setbacks in recent years. The first came in 2016 when he suffered a tendon tear in his pelvis. While cross training, he was in a bike crash in 2017 and suffered multiple back fractures. Lucky to have not been paralyzed, Lee resumed training only to come down with Lyme disease in the winter of 2018! This most recent illness Lee is particularly vocal about, as he picked up the tick while moving Christmas decorations in his basement. He believes a mouse got into the area where the decorations were and carried the tick into the house. Not realizing the tick had attached itself to his neck he went several weeks before being diagnosed. The long-term consequences have been arthritis in his knee. It's always important to be aware that you can get Lyme any time of the year and you don't need to be outdoors.

One thing is clear – Lee has had a tremendous running career and he has had the opportunity to give back to the sport and community in many ways through his involvement. If you have the opportunity on October 26, consider making a trip to Glens Falls to run the Goblin Gallop, to support Lee and his efforts towards improving education in Nepal!

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

ENDAR OF EVENTS

OCTOBER-DECEMBER 2019*

Events beyond this range are advertisers in this issue

ALPINE SKIING

ONGOING

Sa-Su Willard Used Equipment Sale, Nov 2-3, 9-10, 16-17. 10am-4pm. Early drop off: 10/27, 12-3pm. Willard Mountain, Easton. willardmountain.com.

OCTOBER

- 12-13 Gore Octoberfest Ski Sale. Fri: 3-7pm. Sat: 9am-6pm. Sun: 9am-5pm. Gore Mountain & Becks Tavern, North Creek. Gore: 518-251-2411. goremountain.com.
- 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.

NOVEMBER

- Warren Miller's "Timeless" Movie. 7pm. Benefits SSHS Nordic/Alpine Ski Teams & Double H Ranch Adaptive Winter Sports. Trombley Auditorium, Saratoga Springs Middle School, Saratoga Springs. Tickets: Alpine Sport Shop. 518-584-6290. alpinesportshop.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.
- 29-12/1 Audi FIS Ski World Cup Races. Killington, Killington, VT. killington.com.

BICYCLING: ROAD & OFF-ROAD

OCTOBER

- 12-13 Bike Thru History Rides. One- and/or two-day supported bike tours in historic Fulton County & southern Adirondacks. Lodging optional. Johnson Hall State Historic Site, Johnstown, 44lakes.com/bike-thruhistory.
- 2nd Brant Lake Bike Park End-of-Season Send-Off. 13 New trail preview group ride: 1pm. Live music: 3-6pm. Plus, new trail preview & 2020 trail build info. Brant Lake Bike Park at The Hub, Brant Lake. 518-796-0943. thehubadk.com.
- Bike PHifty 2019. 50M. 8 or 9am. Saratoga National Historical Park, Stillwater. 518-429-0876. bikephifty.org.
- The Hibernator Gravel. 50K/100K rides. 9am. Burke, VT. 802-535-2200. bikereg.com.
- Hometown CX Cyclocross Race. Sponsored by Grey Ghost Bicycles. NYCROSS Series. Kids' race too. Crandall Park, Glens Falls. GGB: 518-223-0148. nycross.com.
- Haunted Hundred Overnight Century Ride w/ John Ceceri. 49 & 104 miles. 6pm. Adirondack Ultra Cycling Bike Shop, Schuylerville. 518-583-3708. adkultracycling.com.
- Wicked Creepy Cyclocross Race. NYCROSS Series. Willow Park, Bennington, VT. nycross.com.

NOVEMBER

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.

- Bethlehem Cup Cyclocross Race. NYCROSS Series. Elm Avenue Town Park, Delmar. nycross.com.
- Rivers & Lakes Century. 31-104M. 8am. Schuylerville. 518-583-3708. adkultracycling.com.

CROSS COUNTRY SKIING & NORDIC SPORTS

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.
- 22-12/1 Cascade Thanksgiving Ski & Snowshoe Sale. Cascade XC Ski Center/Shop, Lake Placid. 518-523-1111. cascadexc.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.

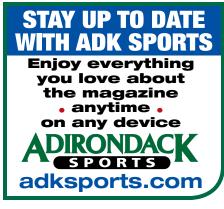
DECEMBER

- 7-8 Lapland Lake Open House. 9am-4:30pm. Sale, refreshments, prizes, season passes. Lapland Lake XC Ski Center, Northville. 518-863-4974. laplandlake.com.
- Gore Ski Bowl Nordic Ski Races. Gore Ski Bowl, North Creek. Info: upperhudsontrails.org. Register: skireg.com.













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HEALTH & FITNESS

ONGOING

Daily Rock Your Fitness: Total Body Training. 10/21-11/30, 12/2-1/11. Saratoga-Wilton Soccer Center, Malta, 518-522-9765, rockyourfitnessny.com.

OCTOBER

15 Mountainton Yoga Class. Gore Mountain. North Creek. 518-251-2411. goremountain.com.

HIKING, CLIMBING & SNOWSHOEING

ONGOING

Fr-Su Garnet Hill Fall Weekend Hiking Tours. Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.

OCTOBER

- 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.
- Tupper Lake Triad Challenge. Cumulative timed run, walk or crawl race up three family-friendly mountains. Race: 9am at base of Coney. Coney (2.2M RT), Goodman (3.4M RT), Arab (2M RT). Post-race: Raquette Lake Brewery w/lunch, beer, raffles & awards. Tupper Lake. Ted Merrihew: 518-593-3355. tupperlake.com.
- Street & Nye Guided Hike. 4,166' & 3,895', 9M. 8:30am. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.
- Phelps High Peak & Fire Tower Hike. 4,160, 8.2M. 8:30am. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.
- ADK Fall Trails Day. 7:30am. Ten trail projects. High Peaks Info Center, Lake Placid. 518-523-344. adk.org.

potolskial@gmail.com 340 Second Ave, Albany, NY

NOVEMBER

Orange Crush VI Bouldering Competition. Youth/Open: 12-3pm. Citizens: 3-6pm. Open Finals: 6:30-8pm. The Edge, Halfmoon. theedgehalfmoon.com.

ICE SKATING & SPEED SKATING

ONGOING

Tu/Th Learn-to-Speed Skate. Learn to speed skate with renowned Saratoga Winter Club: Nov. 5, 7, 12, 14, 19 from 6-7pm. Must commit to minimum of four nights. \$50 fee includes skates. Safety equipment required. Some available to borrow. Weibel Ice Rink, Saratoga Springs. Maxine Lindig Lautenberg: 518-430-7600. saratogawinterclub.com.

NOVEMBER

10 Saratoga Cup & Northeast Series I Championships: Short Track Speed Skating. See the fastest human-powered sport: competition 9am-4pm. Free. All welcome. Weibel Ice Rink, Saratoga Springs, Matt Davis: 518-430-7600. saratogawinterclub.com.

MULTISPORT: TRIATHLON & SWIMMING

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.

DECEMBER

Greenbush Indoor Triathlon. 7am. All welcome! Beginner-level triathlon participants will complete a 10min swim, 30min bike & 20min run. 7am. Greenbush YMCA, East Greenbush. 518-477-2570. zippyreg.com & cdymca.org/2019-healthy-community-race-series.

OTHER EVENTS

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.
- 48th Festival of Nations. 11am-5pm. Community, arts, crafts, culture, food, music, dancing. Empire State Plaza, Albany, 518-253-9529, festival of nations, net.
- Willard FALLFEST. 11am-4pm. Free chairlift rides, games, activities, drinks. Willard Mountain, Easton. willardmountain.com.

NOVEMBER

- 23-24 7th Adirondack Sports Winter Expo. Sat: 1-6pm. Sun: 10am-4pm. Winter & summer sports, health, fitness & travel show. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.
- 29-12/1 Viessmann World Cup Luge. Olympic Sports Complex, Lake Placid. whiteface.com.

PADDLING & ROWING

OCTOBER

19-20 MooseFest Whitewater Festival. Flatwater to whitewater, something for everyone. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

RUNNING, TRAIL & SNOWSHOE RUNNING

ONGOING

Daily Fleet Feet 5K & 10K Training. Seven-weeks: 9/16-11/3. Fleet Feet, Albany (518-459-3338) & Malta (518-400-1213). fleetfeetalbany.com.

Mo/Sa Troy Turkey Trot Training Challenge, 5K beginner/intermediate & 10K advanced, Mon. 6pm: Prospect Park, Troy. Sat, 8am: Knickerbacker Park, Trov. trovturkeytrot.com.



Flexible Terms join or renew online:

Anthony Lee Potolski MohawkHudsonCyclingClub.org Broker/Owner 518-434-8682 or all levels of ability welcome

We Can Fix Your Computer Problems! Mohawk Hudson Cycling Club

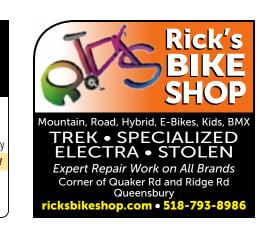
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Resources

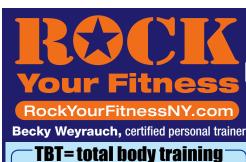






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CALENDAR OF EVENT



OCTOBER

- 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.
- 6th Running SCCCared Family Run/Walk. 5K, 10K & Kids Run. 8:50am. Crossings Park, Colonie. 518-453-6756. st-cath.org.
- 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.
- Tupper Lake Triad Challenge. Cumulative timed run, walk or crawl race up three family-friendly mountains. Race: 9am at base of Coney. Coney (2.2M RT), Goodman (3.4M RT), Arab (2M RT). Post-race: Raquette Lake Brewery w/lunch, beer, raffles & awards. Tupper Lake. Ted Merrihew: 518-593-3355. tupperlake.com.
- 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.
- Fall Foliage Half Marathon & 5K. 10am. Dutchess County Fairgrounds, Rhinebeck. fallfoliagehalf.com.
- 49th Green Mountain Marathon & Half Marathon. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- Fall Festival 5K & 5M Trail Runs, 10am, Lawson Lake Park, Feura Bush. 518-320-8648. areep.com.
- Trails 2 Prevention 5K. 8:45am. Crossings Park, Colonie. trails2prevention.org.

- 22nd Great Sacandaga 5K & 10K, 10:30am, Sport Island Pub, Northville. David Gifford: 518-863-8046. zippyreg.com.
- Stewart's Spud Run 5K & 1M Fun Run. 10am. Hartford Central School, Hartford. 518-632-5922.
- Livingston Manor Half Marathon & 5K. 10:30am. Livingston Manor. 917-828-5028. runsignup.com.
- 2nd Race for Cerebral Palsy 5K. 9am. Elks Lodge 81, Queensbury. elks81events.com.
- Rosendale Runs Half Marathon & Plains 4.4M. 8:30am. Rosendale Recreation Center, Rosendale. 845-214-6479. zippyreg.com.
- Ryan's Run Superhero 5K/1 Mile Walk/Run. 10am. World Gym. Pawling, mhrrc.org.
- Billy Goat 5K Trail Run. 10:30am. 1M Kids Run: 10am. Baird State Park, Pleasant Valley. mhrrc.org.
- 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.
- Sri Chinmoy Half Marathon. 2.96M loops. Rockland Lake State Park, Congers. srichinmoyraces.org.
- Trov 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.
- Brookhaven Oktoberfest 5K Trail Run, 10am. Brookhaven Golf Course, Porters Corners, Chris Yarsevich: 518-893-7605. skireg.com.
- 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.
- Tina's 5K Run/Walk. 9am. Pleasantville HS, Pleasantville. tinagambino.org.
- Night Out for You Harvest Hustle 5K. 9:30am. Stadium, Hudson Valley Community College, Troy. nightoutforyou.org.

- 10th UlsterCorps Zombie Escape 5K. 11am. UlsterCorps, Williams Lake, Kingston. 845-481-0331. ulstercorps.org.
- Leah's Spooktacular 5K and Kids 1K. 5K: 9:30am. Dutchess Rail Trail, Van Wyck Trailhead, Wappingers Falls, mhrrc.org.
- **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. saratogaxcclassic.com & zippyreg.com.
- 15th Hairy Gorilla Half Marathon & Squirrelly Six Mile Trail Runs. 9:30am. Half-Mile Kids' Race (12-under): 9am. Thacher State Park, Voorheesville. 518-320-8648. Save \$5 w/code: 19ADKSP10. hairygorillahalf.com.
- 27 Rensselaer Runs United 5K. 10am. North Greenbush. Karen Moraski: 518-276-4305. rpi5k.org.

NOVEMBER

- 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.
- Halloween 5K Fun Run/Walk. 11am. Dorm Quad, Vassar College. mhrrc.org.
- "Fall Back 5" 5-Mile Trail Race. 10am. Saratoga Spa State Park, Saratoga Springs. 518-812-9668. saratogastryders.org.
- Mike Nolan 5K Run/Walk. 9:30am. In memory of coach/ teacher Mike Nolan, Kids' run/obstacle course: 9am. South Glens Falls High School, South Glens Falls. Jody Sheldon: 518-744-3717, active.com.
- The Burn Run 5K & 10K. 8am. East Syracuse Fire Station, East Syracuse. 315-447-2812. theburnrun.org.
- TCS NYC Marathon, 26.2M. Staten Island to Central Park. New York. tcsnycmarathon.org.



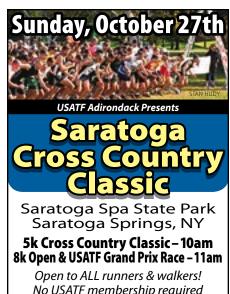












No USATF membership required Novice/road runners welcome Gentle course; not a technical trail run **USATF Adirondack Grand Prix Series**

Kids' 2k and 3k Developmental

Cross Country Runs - 9am

Register Online! ZippyReg.com saratogaxcclassic.com



- 9 5th Strides Against Sarcoma. 3.5M trail race for runners/walkers. 10am. Rush Pond Trail to Queensbury School, Queensbury. Bob/Heidi Underwood:
 - 518-656-3127. itsyourrace.com.
- 10 MVP Health Care Stockade-athon 15K. 8:30am. Kids' 0.5M Run: 10:45am. Veterans Park to City Hall, 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.
- 12 Josh Feldt After the Leaves Half Marathon. 13.1M. Spring Farm Trailhead, Mohonk Preserve, High Falls. shawangunkrunners.com.
- 16 Frostbite 5K Run/Walk. Mayfield High School, Mayfield. mayfieldcsd.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.
- 23 22nd Hobble Gobble Prediction Walk/Run. 11am. West Potsdam Bingo Hall, Potsdam. events.com.
- 23 Girls on the Run 5K Run/Walk. 10am. Under 16, adults & teams welcome. New location! Jennings Landing (Corning Preserve), Albany. gotrcr.org/5k.
- 23 Saratoga Stryders: Turkey Raffle Run. Saratoga Spa State Park, Saratoga Springs. saratogastryders.org.
- 23 Rogers Rangers Ramble Run. 3.3 XC run. 10:30am. Bicentennial Park, Ticonderoga. lachute.us.
- 24 Turkey Raffle 1-Hour Run. 10am. Tawasentha Park, Guilderland. hmrrc.com.

- **28 72nd Troy Turkey Trot.** 10K Road Race: 8am. Grade School Mile: 9:30am. Turkey Walk One-Mile: 9:35am. 5K Road Race: 10am. Troy Atrium, Troy. troyturkeytrot.com.
- 28 38th Cardiac Classic 5K Road Race. 9am. 2M
 Wellness Walk: 8am. One-Mile Duck Pond Fun Run:
 10am. Central Park, Schenectady.
 ellismedicine.org/cardiacclassic.
- 28 18th Christopher Dailey Turkey Trot. 5K Run/Walk: 8:30am. Saratoga Hilton, Saratoga Springs. 518-581-1328. zippyreg.com.
- 28 10th OurTowne Turkey Trot 5K Fun Run/Walk. Bethlehem Middle School, Delmar. 518-598-3434. ourtownebethlehem.com.
- 28 8th St George's Turkey Trot 5K Family Run/Walk. 8am. Kids' Fun Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. finishright.com.
- Episcopal Church, Clifton Park. finishright.com.

 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. Glens Falls 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.
- Thanksgiving Day "Run for the Hall" 3.5M/6M Runs.8:30am. Sports Hall of Fame, Erie Canal Village, Rome. romanrunners.com.
- 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. onteorarunners.org.
- 28 St Edward School Thanksgiving 5K Run/Walk. 9am. St. Stephen-St. Edward School, Warwick. runsignup.com.
- 28 Canajoharie Turkey Trot. Canajoharie High School, Canajoharie. eventbrite.com.
- 28 Little Falls Turkey Trot 5K Run/Walk. 8:30am. YMCA, Little Falls. runsignup.com.
- 28 43nd Turkey Trot 5K. 10am. Kids' Run Fun: 9:45am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.

DECEMBER

- 4-Mile Reindeer Run & Junior Reindeer Run. 4M:
 9:35am. 1M Kids' Fun Run: 9:10am. SUNY Adirondack,
 Queensbury. active.com & adirondackrunners.org.
- 7 Ugly Sweater Run. 9am. Fulton Montgomery Community College, Johnstown. Paul Meher: 518-736-8188. fmcc.edu.
- 7 40th Pete Sanfilippo Holiday Run. 5M: 10am. 1M Kids' Fun Run: 9:30am. Knights of Columbus, Wappinger Falls. mhrrc.org.
- 8 Santa Sprint 5K. Fit Body Boot Camp, New Windsor.
- HMRRC Doug Bowden Winter Series #1. 3M & 15K. 10am. University at Albany, Albany. hmrrc.com.
- 15 Gore Ski Bowl 5K Snowshoe Race. 2pm. Gore Ski Bowl, North Creek. Info: upperhudsontrails.org. Register: runreg.com.
- **31 Saratoga Arts' First Night 5K.** 5:30pm. Skidmore College, Saratoga Springs. saratoga-arts.org.

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.









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Historic Oakwood Cemetery

GREENBUSH INDOOR TRIATHLON SUNDAY, DECEMBER 8 • 7AM



www.CDYMCA.org/2019-Healthy-Community-Race-Series

Greenbush YMCA

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Sunday, Nov. 3 • 10am

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\$25 online until 10/31 at 10am \$30 at iRun LOCAL on Saturday 11/2, 12-2pm **RACE DAY:** Admin Building, 8:30am-9:30am

SaratogaStryders.org



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24 Stephania Jackson 29 Mariboro 13 0.00.99 131 Gene Perigo 52 Ogdensburg 14-22 28 Logan Robinson 34 Fayetteville 13 11-120 149 Jeffrey Smith 49 Watertown 144-22 28 Logan Robinson 34 Fayetteville 13 11-120 149 Jeffrey Smith 49 Watertown 144-22 29 Meliss Setzeiuk-Riberty 30 Chobes 13 11-120 149 Jeffrey Smith 49 Watertown 144-22 31 Amanda Williams 29 Kinderhook 13 14-40 192 Vincent Disimone 51 Middletown 15-44 32 Saratoga Springs 13 46-40 198 Brian Murray 50 Singerlands 15-50 34 Alexandra Besso 32 Saratoga Springs 13 46-40 198 Brian Murray 50 Singerlands 15-50 49 Holly Daly 32 Kirkville 14.08-47 208 Brian Fertinand 50 Mechanicville 16:04-27 70 Jennifer Manning 36 Meranck 14:									14:09:08 14:15:08
28 Logan Röbinson 34 Føyetheille 13/11.20 144 Jeffrey Smith 49 Wettersom Handel 49 Wettersom 14.29 Volumenter 20 Queensbury 14.5 34 Amanda Williams 29 Cueensbury 14.5 34 Amanda Williams 29 Kinderhook 13:14:40 192 Vincent Distinone 51 Middletown 15.4 14.3 14.2 193 Danifar Danifar Danifar 20 Rome 15.4 14.4 193 Danifar Murray 50 Slingerlands 15.5 15.9 Handiola Mosyaer 31 Albamy 14.09.2 205 Richard Fess 53 Repetterville 16.00 15.5 15.9 </td <td>24 Stephanie Jackson</td> <td>29</td> <td>Marlboro</td> <td>13:00:09</td> <td>131</td> <td>Gene Perrigo</td> <td>52</td> <td>Ogdensburg</td> <td>14:26:35</td>	24 Stephanie Jackson	29	Marlboro	13:00:09	131	Gene Perrigo	52	Ogdensburg	14:26:35
29 Melisas Steciuk-Riberdy 30 Cohoes 13:11-55 152 Brian Donohue 52 Queenbury 14:54 153 Amanda Williams 29 Kinderhook 13:14-40 192 Vincent Disimone 52 Queenbury 15:45 153 14:155 152 193 Darin Baker 52 Rome 15:45 153 14:155 152 193 Darin Baker 52 Rome 15:45 153 154 154 155									14:28:44 14:45:11
35 Lauren Chamberlain 34 Northwille	29 Melissa Steciuk-Riberdy		Cohoes	13:11:55	152	Brian Donohue		Queensbury	14:53:01
14.0708 205 Richard Fess 53 Fayetteville 16.00 16.									15:44.53
14.09 All Pally 32									15:56:55 16:07:08
Male Age GROUP: 35 - 39	49 Holly Daly	32	Kirkville	14:08:47	208	Brian Ferdinand	50	Mechanicville	16:09:44
MALE AGE GROUP: 35 - 39 1 Laurie Smith 53 Atlantic Mine, MI 11:5 1:5 Matt Duball 38 Garrison 12:03:50 9 Karen Parkes 54 Ithaca 12:4 Matt Duball 38 Garrison 12:03:50 9 Karen Parkes 54 Ithaca 12:4 Matt Duball 38 Northville 12:13:52 21 Julie Landcastle 50 Rome 13:3 Morthville 12:13:52 21 Julie Landcastle 50 Rome 13:3 Morthville 12:13:52 21 Julie Landcastle 50 Rome 13:3 Morthville 12:13:52 21 Julie Landcastle 50 Rome 13:4 Morrisonville 14:0 Morrisonville 1								Latham	16:05:30
151 Matt Duhāll 38	MALE AGE GROUP: 35 - :				1	Laurie Smith	53		11:51:09
14-04 14-05 14-0									12:40:43 12:49:25
Marwick 12-39:57 39 Cassie Winter 51 Taberg 14-44 14-57 Connor Sutton 38 Ogdensburg 12-42:31 44 Karen Viger 49 49 Gansevoort 14-55 13 Jeremy Snopkowski 36 Schenectady 12-48:18 46 Dawn O'Shaughnessy Liverpool 15-22 100 Charlie Duffy 38 Schenectady 12-48:18 46 Dawn O'Shaughnessy Liverpool 15-24 14-55 15-24									13:34:54
15-22	74 Stephen Thorp	36	Warwick	12:39:57	39	Cassie Winter	51	Taberg	14:43:41
15-44 10 10 10 10 10 10 10									14:53:47 15:24:51
112 Leffery Maher 38 Baldwinsville 13:33:36 65 Dina St. Claire 51 Whitehall 16:34 11:55 12:56 Christopher Mitchell 35 Oswego 3:55:21 73 Rochelle Matheny 53 Ithaca 11:55 13:55 Josh Waller 38 Saratoga Springs 14:12:19 MALE AGE GROUP: 55 - 59 Bright, ON 11:00 11:72 Lukas Waller 35 Surnt Hills 15:21:01 20 Mark Calicchia 54 Albany 12:55 173 Brian Hudson 37 Whitesboro 15:22:22 27 Juan Rivelo 56 Clifton Park 13:00 187 Jacob Dutcher 36 Amsterdam 15:49:07 28 Richard Homenick 55 Schenectady 13:11 19:56 19	90 Charlié Duffy	38	Cortland	12:59:45	52	Linda Baker	52	Rome	15:49:03
126 Christopher Mitchell 35 Oswego 13:55:21 73 Rochelle Matheny 53 1thaca 11:55 135 Josh Waller 38 Saratoga Springs 14:12:19 MALE AGE GROUP: 55 - 59 8 14:12:19 MALE AGE GROUP: 55 - 59 141 Zach Benson 39 Canton 14:28:16 1 Peter Buehlow 59 Bright, ON 11:01 142 Lukas Waller 35 Burnt Hills 15:21:01 20 Mark Calicchia 54 Albany 12:55 143 Brian Hudson 37 Whitesboro 15:22:22 27 Juan Rivelo 56 Clifton Park 13:01 145 Felipe Pulido 38 Goshen 16:09:59 61 Jay Hamilton 56 Keeseville 14:11 157 EteMALE AGE GROUP: 35 - 39	112 Jeffery Maher	38		13:33:36	65	Dina St. Claire	51	Whitehall	16:17:33 16:34:46
141 Zach Benson 39 Canton 14:28:16 1 Peter Buehlow 59 Bright, ON 11:00 173 Brian Hudson 35 Burnt Hills 15:21:01 20 Mark Calicchia 54 Albany 12:51 173 Brian Hudson 37 Whitesboro 15:22:22 27 Juan Rivelo 56 Cliffon Park 13:00 187 Jacob Dutcher 36 Amsterdam 15:49:07 28 Richard Homenick 55 Schenectady 13:11 195 Felipe Pulido 38 Goshen 16:09:59 61 Jay Hamilton 56 Keeseville 14:11 FERMALE AGE GROUP: 35 - 39 1 Rachel Allen 35 Arlington, MA 11:19:08 89 Anthony Stephens 57 Poughkeepsie 15:01 1 Rachel Allen 35 Vargacuse 13:41:15 100 Robert Woods 55 Liberty 15:12 25 Katey Wilhelm 35 Syracuse 13:41:15 100 Robert Woods 55 New Windsor 15:52 30 Jenna Chamberlain 35 Waddington 13:55:01 111 Mario Zumbo 55 New Windsor 15:52 31 Erin Reep 38 Athens 14:01:32 116 Rich Donnelly 56 New Windsor 15:53 32 Erin Re	126 Christopher Mitchell	35	Oswego	13:55:21	73	Rochelle Matheny	53		11:54:13
173 Brian Hudson 37 Whitesboro 15:22:22 27 Juan Rivelo 56 Clifton Park 13:00 187 Jacob Dutcher 36 Amsterdam 15:49:07 28 Richard Homenick 55 Schenectady 13:11 195 Felipe Pulido 38 Goshen 16:09:59 61 Jay Hamilton 56 Keeseville 14:11 18 Rachel Allen 35 Arlington, MA 11:19:08 89 Anthony Stephens 57 Poughkeepsie 15:01 17 Kimberly Maguire 36 Lake Placid 13:05:43 94 Samuel Sampere 54 Eyetteville 15:11 25 Katey Wilhelm 35 Syracuse 13:41:15 100 Robert Woods 55 Liberty 15:2 30 Jenna Chamberlain 35 Waddington 13:55:01 111 Mario Zumbo 55 New Windsor 15:5 31 Erin Reep 38 Athens 14:01:32 113 George Prisco	141 Zach Benson	39	Canton	14:28:16	1	Peter Buehlow	59		11:00:08
187 Jacob Dutcher 36 Amsterdam 15:49:07 28 Richard Homenick 55 Schenectady 13:11 195 Felipe Pulido 38 Goshen 16:09:59 61 Jay Hamillton 56 Keeseville 14:11 FEMALE AGE GROUP: 35 - 39 87 Gordie Akins 58 Lisbon 14:55 1 Rachel Allen 35 Arlington, MA 11:19:08 89 Anthony Stephens 57 Poughkeepsie 15:01 17 Kimberly Maguire 36 Lake Placid 13:05:43 94 Samuel Sampere 54 Fayetteville 15:11 25 Katey Wilhelm 35 Syracuse 13:41:15 100 Robert Woods 55 Liberty 15:22 30 Jenna Chamberlain 35 Waddington 13:55:501 111 Mario Zumbo 55 New Windsor 15:23 33 Erin Reep 38 Athens 14:01:32 113 George Prisco 55 Highland 16:01 34 Heirazer 39 Lake Placid 14:30:20 116 Rich Donnelly 56 Tuxedo Park 16:11 44 Danielle Freebern 38 Greenfield Center 14:59:55 124 Luke Lonergan 54 Cicero 16:22 55 Sandy Spencer-Florczyk 38 Cicero 15:26:51									12:50:42 13:06:40
FEMALE AGE GROUP: 35 - 39 87 Gordie Akins 58 Lisbon 14:5i 17 Rachel Allen 35 Arlington, MA 11:19:08 89 Anthony Stephens 57 Poughkeepsie 15:01 25 Katey Wilhelm 35 Syracuse 13:41:15 100 Robert Woods 55 Liberty 15:21 30 Jenna Chamberlain 35 Waddington 13:55:01 111 Maerog Perisco 55 Liberty 15:21 31 Erin Reep 38 Athens 14:01:32 113 George Prisco 55 New Windsor 15:5: 39 Mel Frazer 39 Lake Placid 14:30:20 116 Rich Donnelly 56 Tuxedo Park 16:11 40 Hillary Kellogg 35 Middle Grove 14:34:00 123 Andrew Vandamia 57 Owego 16:2: 44 Danielle Freabern 38 Greenfield Center 14:99:05 124 Luke Lonergan 54 Cicero 16:2:	187 Jacob Dutcher	36	Amsterdam	15:49:07	28	Richard Homenick	55	Schenectady	13:10:36
11 Rachel Allen 35 Arlington, MA 11:19:08 89 Anthony Stephens 57 Poughkeepsie 15:00 17 Kimberly Maguire 36 Lake Placid 13:05:43 94 Samuel Sampere 54 Fayetteville 15:11 25 Katey Wilhelm 35 Syracuse 13:41:15 100 Robert Woods 55 Liberty 15:22 30 Jenna Chamberlain 35 Waddington 13:55:01 111 Mario Zumbo 55 New Windsor 15:52 31 Erin Reep 38 Athens 14:01:32 113 George Prisco 55 Highland 16:01 40 Hilary Kellogg 35 Middle Grove 14:34:00 123 Andrew Vandamia 57 Owego 16:22 44 Danielle Freebern 38 Greenfield Center 14:59:55 124 Luke Lonergan 54 Cicero 16:22 55 Sandy Spencer-Florczyk 38 Troy 15:26:51 125 <td< td=""><td></td><td></td><td>Goshen</td><td>16:09:59</td><td></td><td></td><td></td><td></td><td>14:14:19 14:58:29</td></td<>			Goshen	16:09:59					14:14:19 14:58:29
25 Katey Wilhelm 35 Syracuse 13:41:15 100 Robert Woods 55 Liberty 15:27	1 Rachel Allen	35			89	Anthony Stephens	57	Poughkeepsie	15:05:13
30 Jenná Chamberlain 35 Waddington 13:55:01 111 Mario Zumbo 55 New Windsor 15:55 33 Erin Reep 38 Athens 14:01:32 113 George Prisco 55 Highland 16:01 16:01 16:01 17:02 114 17:02 115 17:02 116 17:02 116 17:02 116 17:02 116 17:02 116 17:02 116 17:02 116 17:02 116 17:02 116 17:02 116 17:02 116 17:02 1									15:16:57 15:27:30
1839 Mel Frazer 39	30 Jenna Chamberlain	35	Waddington	13:55:01	111	Mario Zumbo	55	New Windsor	15:52:42
Male Mathem Male	39 Mel Frazer	39		14:30:20	116	Rich Donnelly	56		16:03:30 16:15:40
55 Sandy Spencer-Florczyk 38 Cicero 15:26:51 125 Scott Henricks 55 West Sand Lake 16:24 54 Erin Freeh 38 Troy 15:42:45 FEMALE AGE GROUP: 55 - 59 59 9 Nancy Sansevere 39 Lake Placid 16:13:27 1 Tina Kader 57 Montreal, QC 11:33 MALE AGE GROUP: 40 - 44 1 15 Mary Leonardo 56 Ithaca 14:22 10 Jamie Hoyt 42 Binghamton 9:59:46 19 Laura Hash 55 Rome 14:31 10 Zachary Lane 43 Baldwinsville 10:42:46 33 Leslie Donovan 54 Elbridge 16:21 37 Kurt Benedict 40 Troy 11:44:19 MALE AGE GROUP: 60 - 64 41 38 Vert Benedict 40 Troy 11:47:46 1 John Noonan 59 Ballston Spa 11:0 40 Jay Niederbuhl 40 Saranac Lake 11:53:	40 Hilary Kellogg		Middle Grove	14:34:00		Andrew Vandamia		Owego	16:23:09 16:23:48
13	55 Sandy Spencer-Florczyk	38	Cicero	15:26:51	125	Scott Henricks	55		16:24:17
MALE AGE GROUP: 40 - 44 15 Mary Leonardo 56 Ithaca 14:22 15 Mary Leonardo 56 Matt Crave 42 Schenectady 10:15:12 30 Carol Anne Anzalone 56 Chester 16:15 10 Zachary Lane 43 Baldwinsville 10:42:46 33 Leslie Donovan 54 Elbridge 16:21 10 Jay Niederbuhl 40 Saranac Lake 11:53:18 4 Brian O'Neil 60 Schenectady 12:34 13:34 14:34 14:34 15:34 14:34 15:34 15:34 15:34 15:34 15:34 15:34 16:								Montreal OC	11:38:48
55 Matt Crave 42 Schenectady 10:15:12 30 Carol Anne Anzalone 56 Chester 16:17 10 Zachary Lane 43 Baldwinsville 10:42:46 33 Leslie Donovan 54 Elbridge 16:21 34 Daniel Schulze 41 Albany 11:44:19 MALE AGE GROUP: 60 - 64 40 37 Kurt Benedict 40 Troy 11:47:46 1 John Noonan 59 Ballston Spa 11:0 40 Jay Niederbuhl 40 Saranac Lake 11:53:18 4 Brian O'Neil 60 Schenectady 12:3 76 Chris Murphy 40 Grahamsville 12:24:58 5 Charles Keenen 59 Elbridge 12:4 10 Matthew Akins 40 Slingerlands 12:30:11 7 John Kenny 60 Greenwich 12:4 110 Matthew Cook 42 Saranac Lake 13:00:36 12 Steve Tibbits 59 New Hartford 13:11 <td>MALE AGE GROUP: 40 -</td> <td>44</td> <td></td> <td></td> <td>15</td> <td>Mary Leonardo</td> <td>56</td> <td>Ithaca</td> <td>14:24:14</td>	MALE AGE GROUP: 40 -	44			15	Mary Leonardo	56	Ithaca	14:24:14
10									14:33:28 16:13:29
37 Kurt Benedict 40 Troy 11:47:46 1 John Noonan 59 Ballston Spa 11:0 40 Jay Niederbuhl 40 Saranac Lake 11:53:18 4 Brian O'Neil 60 Schenectady 12:3 76 Chris Murphy 40 Grahamsville 12:24:58 5 Charles Keenen 59 Elbridge 12:4 83 Matthew Akins 40 Slingerlands 12:30:11 7 John Kenny 60 Greenwich 12:4 110 Matthew Cook 42 Saranac Lake 13:00:36 12 Steve Tibbits 59 New Hartford 13:1 115 Christopher Erwin 40 Camillus 13:10:43 19 Stuart Mesinger 60 South Glens Falls 13:31 127 Dariusz Kaczmarski 40 Ballston Lake 13:25:12 28 Johan Bosman 59 Schenectady 14:11 155 Charles Trombley 41 Athens 13:55:12 29 Steve	10 Zachary Lane	43	Baldwinsville	10:42:46	33	Leslie Donovan	54		16:26:49
40 Jay Niederbuhl 40 Saranac Lake 11:53:18 4 Brian O'Neil 60 Schenectady 12:3' 76 Chris Murphy 40 Grahamsville 12:24:58 5 Charles Keenen 59 Elbridge 12:4 83 Matthew Akins 40 Slingerlands 12:30:11 7 John Kenny 60 Greenwich 12:4 110 Matthew Cook 42 Saranac Lake 13:00:36 12 Steve Tibbits 59 New Hartford 13:1: 113 Robert Rust 40 Camillus 13:10:43 19 Stuart Mesinger 60 South Glens Falls 13:3: 115 Christopher Erwin 43 Middle Grove 13:11:31 21 Tom Elter 60 Fabius 13:5 127 Dariusz Kaczmarski 40 Ballston Lake 13:25:12 28 Johan Bosman 59 Schenectady 14:11 155 Charles Trombley 41 Athens 13:55:12 29 Ste								Ballston Spa	11:01:43
83 Matthew Akíns 40 Slingerlands 12:30:11 7 John Kenny 60 Greenwich 12:4 110 Matthew Cook 42 Saranac Lake 13:00:36 12 Steve Tibbits 59 New Hartford 13:1 113 Robert Rust 40 Camillus 13:10:43 19 Stuart Mesinger 60 South Glens Falls 13:33 115 Christopher Erwin 43 Middle Grove 13:11:31 21 Tom Elter 60 Fabius 13:5 127 Dariusz Kaczmarski 40 Ballston Lake 13:25:12 28 Johan Bosman 59 Schenectady 14:11 155 Charles Trombley 41 Athens 13:55:12 29 Steve Vnuk 63 Delmar 14:21 171 Jason Kiernan 40 Schenectady 14:15:31 51 Brian Delaney 63 Lake Placid 16:24 176 Francis Dieterman 41 Oneida 14:19:31 55 Tony Se	40 Jay Niederbuhl	40	Saranac Lake	11:53:18	4	Brian O'Neil	60	Schenectady	12:37:06
110 Matthew Cook 42 Saranac Lake 13:00:36 12 Steve Tibbits 59 New Hartford 13:11 113 Robert Rust 40 Camillus 13:10:43 19 Stuart Mesinger 60 South Glens Falls 13:35 115 Christopher Erwin 43 Middle Grove 13:11:31 21 Tom Elter 60 Fabius 13:55 127 Dariusz Kaczmarski 40 Ballston Lake 13:25:12 28 Johan Bosman 59 Schenectady 14:15 155 Charles Trombley 41 Athens 13:55:12 29 Steve Vnuk 63 Delmar 14:2 171 Jason Kierman 40 Schenectady 14:15:31 51 Brian Delaney 63 Lake Placid 16:2 176 Francis Dieterman 41 Oneida 14:19:31 55 Tony Searing 64 Morrisonville 16:24			Slingerlands						12:42:44 12:47:33
115 Christopher Erwin 43 Middle Grove 13:11:31 21 Tom Elter 60 Fabius 13:5 127 Dariusz Kaczmarski 40 Ballston Lake 13:25:12 28 Johan Bosman 59 Schenectady 14:18 155 Charles Trombley 41 Athens 13:55:12 29 Steve Vnuk 63 Delmar 14:22 171 Jason Kiernan 40 Schenectady 14:15:31 51 Brian Delaney 63 Lake Placid 16:24 176 Francis Dieterman 41 Oneida 14:19:31 55 Tony Searing 64 Morrisonville 16:44	110 Matthew Cook	42	Saranac Lake	13:00:36		Steve Tibbits	59	New Hartford	13:12:02
127 Dariusz Kaczmarski 40 Ballston Lake 13:25:12 28 Johan Bosman 59 Schenectady 14:18 155 Charles Trombley 41 Athens 13:25:12 29 Steve Vnuk 63 Delmar 14:28 171 Jason Kiernan 40 Schenectady 14:15:31 51 Brian Delaney 63 Lake Placid 16:28 176 Francis Dieteman 41 Oneida 14:19:31 55 Tony Searing 64 Morrisonville 16:48	115 Christopher Erwin	43	Middle Grove	13:11:31	21	Tom Elter	60	Fabius	13:36:37 13:51:02
171 Jason Kiernan 40 Schenectady 14:15:31 51 Brian Delaney 63 Lake Placid 16:21 176 Francis Dieteman 41 Oneida 14:19:31 55 Tony Searing 64 Morrisonville 16:44	127 Dariusz Kaczmarski	40	Ballston Lake	13:25:12		Johan Bosman			14:18:26 14:22:36
	171 Jason Kiernan	40	Schenectady	14:15:31	51	Brian Delaney	63	Lake Placid	16:20:33
Contraction	1/6 Francis Dieteman	41	Oneida	14:19:31	55	iony Searing	64	Morrisonville	16:48:02 continu

21ST ANNUAL VIEWSPORT IRONMAN LAKE PLACID continued FEMALE AGE GROUP: 65 - 69 FEMALE AGE GROUP: 60 - 64 FEMALE AGE GROUP: 60 - 64 1 Jane Macleod 61 2 Mary Duprey 59 Plattsburgh 50 Cathaleen Donnelly 60 Poughkeepsie 6 Jane Mastaitis 60 Saratoga Springs MALE AGE GROUP: 65 - 69 11 Claude Skeene 66 Orford, QC 7 James Waterhouse 65 Valatie 11 David Olsen 67 Schenectady 15 Steve Mastaitis 65 Saratoga Springs 11:51:51 12:20:30 14:49:39 15:58:55 1 Wendy Watson 66 Brookfield, WI 3 Debby Goedeke 65 Delmar 13:59:23 16:48:38 MALE AGE GROUP: 70 - 74 Milton Sabat 69 Santa Ana, CRI 15:27:21 12:08:00 14:00:24 15:31:21 16:25:35 MALE AGE GROUP: 80 - 84 1 Robert Heins 80 Plattsburgh 16:21 Courtesy of Sportstats & World Triathlon Corporation 16:21:15

15 Steve Mastaitis 65	Saratoga Springs	16:25:35	Courtesy of Sportstats & W	orld Triathlon Corpora	tion
OTIL		E CEOE	CE OPEN WATER C	NATI NA	
91117			RGE OPEN WATER S ve Town Beach, Hague	WIIVI	
10K NON-	•	- Traga	MALE AGE GROUP: 55 - 59		
MALE OVERALL 1 Daniel Moran	Springfield, MA	2:23:49	Douglas Bosley Matthew Alpern	Somerville, MA Latham	1:24:53 1:30:53
2 Patrick Foley	Brandon, VT	2:26:53	3 Donald Allen	Bethesda, MD	1:49:23
3 Kiko Bracker FEMALE OVERALL	Needham Heights	2:47:24	FEMALE AGE GROUP: 55 - 59 1 Robyn Schaffer	Pikesville, MD	1:36:56
1 Alison Hayden	Kinnelon, NJ	2:38:03	Tammara Van Ryn Sue McNeil	Greenwich	1:39:49 1:40:40
2 Maria Schubert 3 Allyson Kraff	Haddonfield, NJ Garden City	2:48:49 2:50:25	MALE AGE GROUP: 60 - 64	Fayetteville	1.40.40
FEMALE AGE GROUP: 18 - 24 1 Alison Canjura	Gansevoort	2:59:45	1 James Harding 2 James O'Shea	Clifton Park Guilderland	1:33:44 1:42:36
FEMALE AGÉ GROUP: 25 - 29			3 Herve Juste	Montreal, QC	1:43:54
Amelia Possanza Paige Warren-Shriner	Brooklyn Cambridge, MA	3:13:41 3:42:53	FEMALE AGE GROUP: 60 - 64 1 Ann Faust	Haddam, CT	1:41:22
MALE AGE GROUP: 30 - 34	-		2 Patricia Hambrick	Weston, MA	1:43:53
1 Frank Ferraro 2 John Thomas	Odenton, MD Brooklyn	2:51:51 3:08:55	3 Gail Holland 5K WE	Worcester, MA	1:46:06
3 Tim Byrne MALE AGE GROUP: 35 - 39	Ocean View, NJ	3:27:43	MALE OVERALL	Cananiant	1.44.10
1 John Basilone	Legonier, PA	3:37:29	Michael Sadowski George Maffett	Gansevoort Ashburn, VA	1:44:19 1:50:14
2 Alan Washington MALE AGE GROUP: 40 - 44	Brooklyn	3:38:36	3 Charles Cummings FEMALE OVERALL	Edgewater, MD	1:50:32
1 Brent Wasser	Gardiner	2:48:43	1 Hillary Hansen	Pointe-Claire, QC	1:21:49
Jonathan Churins Ben Frazier Taylor	Hyde Park Saratoga Springs	2:57:28 3:11:27	2 Kristen Koines 3 Christie Miller	Oakton, VA Camden, WY	1:40:18 1:42:39
FEMALE AGE GROUP: 40 - 44			2.5K NON-		1.12.55
1 Julie Maille 2 Jennifer Jones	Ottawa, ON Deruyter	3:38:36 3:46:25	MALE OVERALL 1 Paul Mikuszewski	Feeding Hills, MA	37:38
MALE AGE GROUP: 45 - 49 1 Robert Valentin	Rego Park	2:52:35	2 Jim Butler	Fort Edward	37:48
2 Andrew Solomon	Short Hills, NJ	3:31:17	3 Andrew Radcliffe FEMALE OVERALL	Elmer, NJ	42:51
3 Andras Pataki FEMALE AGE GROUP: 45 - 49	Little Falls, NJ	3:35:11	1 Anji Li	New York	40:18
1 Jessica Holmes	Cornwall, VT	3:17:07	3 Jasmine Johnson	Pointe-Claire, QC Spring, TX	42:40 44:59
2 Alison Headley MALE AGE GROUP: 50 - 54	South Orange, NJ	3:46:11	FEMALE AGE GROUP: 25 - 29 1 Julie Mullowney	South Burlington, VT	47:53
1 John Ritz	Victor	3:16:04	2 Nina Abel	New York	54:28
2 Timothy Ryan 3 Drew Derose	Findley Lake Boston, MA	3:20:33 3:37:14	3 Nadine Neibecker MALE AGE GROUP: 30 - 34	Saarbrücken, SL	59:14
FEMALE AGE GROUP: 50 - 54		3:19:23	1 Jonathen Kwok	Brooklyn	54:09
2 Hope Oehler	Elkridge, MD	3:45:01	2 Nick Moloney 3 Eric Wyler	Brooklyn Cambridge, MA	55:57 1:06:58
3 Rachael Angelini MALE AGE GROUP: 55 - 59	Rensselaer	4:05:30	FEMALE AGE GROUP: 30 - 34	-	46.16
1 Marc Mansour	Boston	3:39:23	Rebekah Cocola Maude Bonneville	Bedminster, NJ Montreal, QC	46:16 46:43
FEMALE AGE GROUP: 55 - 59 1 Ali Hall	San Francisco, CA	3:04:59	3 Erin Mansir MALE AGE GROUP: 35 - 39	Syracuse	51:58
2 Karen Stuckey	Huntsville, AL	3:55:14	1 Marcin Kosz	Athol	58:29
MALE AGE GROUP: 60 - 64 1 Matt Clark	Haworth, NJ	3:00:45	2 Francis Daly FEMALE AGE GROUP: 35 - 39	Peekskill	1:00:09
2 Michael Delaney	North Ferrisburgh, VT	3:08:02	1 Shaina Dinsdale	Brooklyn	47:16
3 Chris Zeoli FEMALE AGE GROUP: 60 - 64	Middlebury, VT	3:09:35	Julie Schoenlank Megan Wilson	Yonkers New York	47:21 56:18
1 Susan Klein MALE AGE GROUP: 60 - 64	White Plains	3:46:33	MALE AGE GROUP: 40 - 44 1 Kevin Relyea	Voorheesville	1:00:43
1 Ellis Merschoff	Pasadena, MD	3:48:26	2 Sky Colley	Portland, OR	1:12:32
10K WI	ETSUIT		FEMALE AGE GROUP: 40 - 44 1 Natalie Klinck	Cambridge, MA	59:23
1 Oliver Cordoba	Outremont, QC	2:59:58	2 Kara Colley	Portland, OR	1:09:12
Chad Flansburg Pedro Moreno	Victor Jersey City, NJ	3:04:51 3:14:48	MALE AGE GROUP: 45 - 49 1 DJ Fitzpatrick	Boston, MA	47:15
FEMALE OVERALL 1 Anne Osborn-Gustavson	Camden, WY	2:59:50	Michael Hemingway Louis Lavoie	New Rochelle Montreal, QC	55:25 59:46
2 Deborah Meany	West Orange, NJ	3:19:36	FEMALE AGE GROUP: 45 - 49		
3 Anne Jordan 5K NON-WETSUIT	Pittsford	3:29:18	Jennifer Kuipers Kim Cieslak	Brooklyn Stroudsburg, PA	48:09 55:47
MALE OVERALL	- " -		3 Karen Swift	Saratoga Springs	55:48
Jesse Haraden Andrew Canjura	Ballston Spa Gansevoort	1:11:10 1:18:15	MALE AGE GROUP: 50 - 54 1 Alain Bernard	Saint-Lazare, QC	50:17
3 Stephan Rodiger	Washington, DC	1:19:18	2 Ed Wilcenski	Ballston Lake Haddonfield, NJ	53:30
FEMALE OVERALL 1 Brooke Kelley	Plattsburgh	1:21:29	3 Jerry Jellig FEMALE AGE GROUP: 50 - 54	Haddonneid, NJ	55:26
2 Kimberly MacDonald 3 Elke Hofmann	Clinton Brooklyn	1:28:39 1:29:00	1 Tina Heffernan 2 Naomi Salowe	Dollard-Des Ormeaux, Los Gatos, CA	QC 49:23 51:57
FEMALE AGE GROUP: 18 - 24	•		3 Kirsten Jacobson-Croak	Corbett, OR	59:20
Jessica McMillen Catherine Fournier	Wynantskill Hamden, CT	1:33:21 1:39:42	MALE AGE GROUP: 55 - 59 1 Herve Juste	Montreal, QC	49:05
MALE AGE GROUP: 25 - 29			2 Omar Wohabe	New York	57:16
1 Marc McLaurin 2 Jay Pulitano	Springfield Brooklyn	1:31:28 1:40:28	3 Mark Burns FEMALE AGE GROUP: 55 - 59	South Glens Falls	59:40
3 Nicholas Tyson FEMALE AGE GROUP: 25 - 29	New York	1:48:38	Marybeth Jacob Nancy Hilscher	Fanwood, NJ Hannacroix	55:27 1:05:07
1 Christina Scharmer	Albany	1:32:22	3 Tamara Brummer	Stephentown	1:06:35
2 Jasmine Johnson MALE AGE GROUP: 30 - 34	Spring, TX	1:38:25	MALE AGE GROUP: 60 - 64 1 David Vorhees	Liverpool	48:02
1 Will McNiece	Boston, MA	1:55:20	2 Robert Lewis	Garden City, KS	49:09
2 Jose Pasiliao FEMALE AGE GROUP: 30 - 34	New York	2:22:19	3 Curtis Hurff FEMALE AGE GROUP: 60 - 64	Elmer, NJ	49:11
1 Jess Jiang	Brooklyn	1:31:33	1 Kathy Rice 2 Anita M. Day	Falls Church, VA Fryeburg, ME	1:01:51 1:20:15
2 Maude Bonneville3 Eve Beauchemin	Middlebury, VT Montreal, QC	1:46:10 1:55:30	MALE AGE GROUP: 65 - 69		
MALE AGE GROUP: 35 - 39 1 Blaine Saito	Cambridge, MA	1:46:48	Mark Bourgeois Robert Tieckelmann	Clifton Park Clifton Park	50:01 54:07
2 Nathan Burstein	New York	1:51:37	3 Jacques Van Ryn	Saint Louis, MO	1:23:43
FEMALE AGE GROUP: 35 - 39 1 Shaina Dinsdale	Brooklyn	1:35:05	FEMALE AGE GROUP: 65 - 69 1 Petie Stone	Oldsmar, FL	49:33
2 Katrina Gleich	Grantham, NH	1:50:32	2 Patricia MacPherson	Roxboro, QC	1:01:13
3 April Rabkin MALE AGE GROUP: 40 - 44	Brooklyn	2:30:27	3 Marge Brownie MALE AGE GROUP: 70 - 74	Dorval, QC	1:11:09
1 Timothy Boughal 2 Andre Landini	Brooklyn	1:22:21 1:27:25	1 Tocher Mitchell FEMALE AGE GROUP: 70 - 74	Shelburne, VT	52:49
3 Stu Jordan	Pointe-Claire, QC Rochester	2:17:57	1 Anne Page	Waynesville, NC	55:35
FEMALE AGE GROUP: 40 - 44 1 Susan Blake	Schenectady	1:33:44	2 Sue Tendy MALE AGE GROUP: 75 - 79	Cornwall	1:02:08
2 Rachel Gissinger	Bronx	1:40:26	1 Paul Murray	Albany	1:29:07
3 Viktoria Dziubina	Brooklyn	1:44:22	FEMALE AGE GROUP: 80 - 84 1 Mae Waldie	St-Adolphe, QC	1:12:32
FEIVIALE AGE GROUP: 45 - 49	Allston, MA	1:52:23	2.5K W		
FEMALE AGE GROUP: 45 - 49 1 Heather Barna	Detterden	2:26:32	MALE OVERALL		
	Rotterdam Junction	2.20.32	1 Patrick Kilgallen	Rockaway Park	41:46
 Heather Barna Nicola MacNeil MALE AGE GROUP: 50 - 54 Guido Poncia 	Manlius	1:40:13	2 Michael Baxter	Honeoye Falls	45:17
Heather Barna Nicola MacNeil MALE AGE GROUP: 50 - 54 Guido Poncia Robert Coyne Ralph Peters	Manlius Plainfield, NJ Montreal, QC		2 Michael Baxter 3 Scott Crabtree FEMALE OVERALL	Honeoye Falls Alexandria, VA	45:17 47:33
Heather Barna Nicola MacNeil MALE AGE GROUP: 50 - 54 Guido Poncia Robert Coyne Ralph Peters FEMALE AGE GROUP: 50 - 54	Manlius Plainfield, NJ Montreal, QC	1:40:13 1:40:36 1:58:14	Michael Baxter Scott Crabtree FEMALE OVERALL Sandrine Bruneau	Honeoye Falls Alexandria, VA Sutton, QC	45:17 47:33 52:00
Heather Barna Nicola MacNeil MALE AGE GROUP: 50 - 54 Guido Poncia Robert Coyne Ralph Peters	Manlius Plainfield, NJ Montreal, QC	1:40:13 1:40:36	2 Michael Baxter 3 Scott Crabtree FEMALE OVERALL	Honeoye Falls Alexandria, VA Sutton, QC Montreal, QC Rochester	45:17 47:33 52:00 53:43 59:31

CAMP SARATOGA 5K TRAIL RUN SERIES June 24, July 8 & 22, August 5 & 19, 2019 • Wilton Wildlife Preserve & Park, Wilton Preserve & Park, Wilton IRONWOMAN – FIVE-RACE AVERAGE TIME 1 Sarah Gardner 33 22:35 2 Peggy McKeown 61 24:08 3 Tracey Delaney 54 24:18 4 Lee Briggs 41 26:52 5 Amanda Siy 33 27:35 6 Gina Heid 48 32:07 7 Laura Clark 72 39:24 8 Jennifer Schwarm 35 47:11 Courtesy of Saratoga Stryders 8 Neil Tyrrell 9 Matthew Miczek **IRONMAN** – FIVE-RACE AVERAGE TIME 43 24:57 1 Brian Dillenbeck 47 28:24 48 21:46 John Thrasher 53 23:01 10 Jeremy Kergel 3 Mark Nunez4 Gabe Anderson 62 23:24 42 23:29 35 34:48 42 35:42 11 Russell Metteson 12 Doug Harple 61 24:24 54 24:24 55 35:53 69 43:06 34 47:28 5 Richard Lynch 13 Tom Ostrander 6 Roy Osberg 7 Carim Cervantes 14 Jan Roth 35 24:49

7TH ANNUAL SARATOGA CASINO & HOTEL HARNESS TRACK MILE

August 19, 2019 • Saratoga C	asino & Hotel, Saratoga Springs
E FOOTRACE ON HARNESS TRACK	FEMALE AGE GROUP: 30 - 39

	_		_		•		
1-MILE FOOT	RACE ON	HARNESS TRACK		FEMALE AGE GROUP: 30 -	39		
IALE OVERALL				1 Melissa C.	32	Albany	6:48
Ross Wightman	23	Chatham	4:36				6:57
Holden Decker	16	Ballston Spa	4:38			Ballston Lake	7:05
Brian Woods	34		4.49				- 07
	٠.	, abding	5				5:07 5:37
	31	Ralleton Lako	5.56				5:54
						CIIILOII Faik	5.54
						Saratona Springs	7:00
		AVEIIII Falk	0.34				8:46
		D. II	F 20	3 Dawn Fitts	46		10:16
		,		MALE AGE GROUP: 50 - 59)		
				1 Sam Mercado	56	Albany	5:56
,		Saratoga Springs	6:58	2 Brent Bashaw	53	Schenectady	6:45
	- 14			3 Christopher McGourt	53	Saratoga Springs	6:47
	13	Seymour, CT	6:54				
IALE AGE GROUP: 15	- 17						9:10
Matthew Solerti	16	Seymour, CT	5:24			Feura Bush	9:13
IALE AGE GROUP: 18	- 19					Challe March	C-20
Jared Kehmna	18	Rensselaer	5:00				6:30 7:23
Connor Krenzer	19	Rensselaer	5:55				10:04
Ben Forte	19	Rensselaer	7:07			Scotia	10.04
IALE AGE GROUP: 20	- 29			1 Martha DeGrazia	68	Slingerlands	8:00
Kevin Sutcliffe	27	Garden City	8.39	2 Diane Johnston	60	Chateaugay	9:01
		Guraen eng	0.55	MALE AGE GROUP: 70 - 79)	,	
		Floral Park	8.38	1 Jim Callahan	74	Saratoga Springs	8:37
		HOIGHTUIK	0.50	 Donald Gallagher 	76	Albany	9:55
		Carataga Carings	4.55				
							15:53
2							
John McCloskey	31	Clifton Park	5:31	Saratoga Spri	ngs Hi	story Museum	
	RALE OVERALL Ross Wightman Holden Decker Brian Woods EMALE OVERALL Christine Trotta Nikki Stark Kailee Kenney IALE AGE GROUP: 1 - Jacob Armer Tyler Gordon Brady Thomas EMALE AGE GROUP: 15 Matthew Solerti IALE AGE GROUP: 15 Jared Kehmna Connor Krenzer Ben Forte IALE AGE GROUP: 20 Kevin Sutcliffe EMALE AGE GROUP: 20 Kevin Sutcliffe EMALE AGE GROUP: 20 Kristen Henkel	ROSS Wightman 23 Holden Decker 16 Brian Woods 34 EMALE OVERALL Christine Trotta 31 Kikki Stark 13 Kailee Kenney 31 IALE AGE GROUP: 1 - 14 Brady Thomas 13 EMALE AGE GROUP: 17 Matthew Solerti 16 IALE AGE GROUP: 18 - 19 Jared Kehman 18 Jared Kehman 18 Jared Kehman 19 Jared	Ross Wightman	RALE OVERALL Ross Wightman 23 Chatham 4:36 Holden Decker 16 Ballston Spa 4:38 Brian Woods 34 Albany 4:49 EMALE OVERALL Christine Trotta 31 Ballston Lake 5:56 Nikki Stark 13 Saratoga Springs 6:27 Kailee Kenney 31 Averill Park 6:34 IALE AGE GROUP: 1 - 14 Jacob Armer 14 Ballston Spa 5:28 Brady Thomas 13 Saratoga Springs 6:25 Brady Thomas 13 Saratoga Springs 6:25 Brady Thomas 13 Seymour, CT 6:54 Willow Cappa 13 Seymour, CT 6:54 IALE AGE GROUP: 15 - 17 Matthew Solerti 16 Seymour, CT 5:24 IALE AGE GROUP: 18 - 19 Jared Kehmna 18 Rensselaer 5:00 Connor Krenzer 19 Rensselaer 5:55 Ben Forte 19 Rensselaer 7:07 IALE AGE GROUP: 20 - 29 Kristen Henkel 27 Floral Park 8:38 IALE AGE GROUP: 30 - 39 Louie DiNuzzo 37 Saratoga Springs 5:24 IALE AGE GROUP: 30 - 39 Louie DiNuzzo 37 Saratoga Springs 5:24	Melissa C. Elieen Ellis	Ross Wrightman 23 Chatham 4:36 2 Eileen Ellis 39	1

CAPITAL DISTRICT YMCA HUMP DAY 5K

	Augus	t 21, 2019 • Sc	outhern .	Sar	atoga YMCA, Cli	fton F	Park	
MALE	OVERALL			FI	EMALE AGE GROUP: 30	- 39		
1 Mic	hael Nickerson 30	Clifton Park	18:55	1	Sara Lanesey	33	Gansevoort	24:33
2 Stef	fano Fontana 31	Round Lake	19:54	2	Molly Wellman	30	Clifton Park	25:34
3 Day	rid Taranto 25	Latham	19:58	3	Kimberly Peckowitz	33	Waterford	25:35
FEMAL	LE OVERALL			N	IALE AGÉ GROUP: 40 -	49		
1 Britt	tany Winslow 25	Latham	21:24	1	Greg Ethier	45	Clifton Park	20:21
	idall Cietek 25	Latham	22:18	2	Brian Watts	45	Clifton Park	21:23
3 Kris	ten Hislop 54	Clifton Park	24:12	3	David Shumpert	48	Clifton Park	22:04
	AGE GROUP: 1 - 14			FI	EMALE AGE GROUP: 40	- 49		
	ob Armer 14	Ballston Spa	24:03	1	Melissa Grandjean	40	Glenville	24:50
	an Watts 14		24:10	2	Amanda Vitti	40	Clifton Park	27:29
	raith Ramani 12		24:12	3	Kim Nuzzi	46	Glenville	28:43
	LE AGE GROUP: 1 - 14	Circorran		IV	IALE AGE GROUP: 50 -			
	xis Eisler 13	Ballston Spa	29:51	1	Vincent Fiori	53	Clifton Park	25:46
	llyn Watts 12		48:50	2	Todd Shimkus	52	Saratoga Springs	27:31
	leigh Callahan 11	Binghamton	1:11:31	3	Steve Maloney	59	Niskayuna	29:26
	AGE GROUP: 15 - 19	bingilaniton	1.11.51	FI	EMALE AGE GROUP: 50			
	an Weeks 18	Binghamton	36:11	1	Connie Smith	51		24:50
	LE AGE GROUP: 15 - 19	bingnamon	30.11	2	Kim Eisler	52	Ballston Spa	27:18
	ra Weeks 16	Binghamton	1:10:54	3	Kimberly Henes	52	Mechanicville	27:25
	AGE GROUP: 20 - 29	bingnamon	1.10.54	N	IALE AGE GROUP: 60 -			
	istopher Snyder 29	Waterford	33:08	1	Paul Salerni	63	Little Neck	23:05
	LE AGE GROUP: 20 - 29	Waterioru	33.00	2	George Baranauskas	65	Scotia	24:44
	ky Tiberia 28	Clifton Park	27:54	3	Al Smith	65	Clifton Park	32:45
					EMALE AGE GROUP: 60		CUG D I	24.02
	rie Jackson 28		30:36	1	Kris Thorne	69	Clifton Park	31:03
	ah Leach 24	Latham	35:06	2	Cathy Lanesey	69	Troy	36:56
	AGE GROUP: 30 - 39			3	Barbara Wallis	67	Clifton Park	44:02
	k Lobosco 37		22:27	M	IALE AGE GROUP: 70 -			
	an Grygus 35		24:40	1	Rich Daly		Albany	56:17
3 Jon	Dippert 38	Latham	27:07		Courtesy of	Capital	District YMCA	

LAKE GEORGE TRIATHLON FESTIVAL August 31-September 1, 2019 • Battlefield Park, Lake George

Au	gust 31-septembei	r 1, 2019	• Battiefield Park, L	.ake George	
LAKE (SEORGE TRIATHLON		FEMALE AGE GROUP: 3	0-34	
Olympic – 0.9M	Swim, 24.8M Bike, 6.2M Ru	n	1 Kelly Rogers	Saratoga Springs	2:38:45
	ers & Northeastern NY Finish		3 Amanda Williams	Kinderhook	2:42:41
MALE OVERALL			6 Ashley Cahill	Slingerlands	2:50:24
1 Darren Brown/30-34	East Weymouth, MA	2:02:41	8 Jill Archambault	Ballston Spa	2:57:34
2 Sean Davis/25-29	Lake Placid	2:11:05	11 Jaime McBain	Troy	3:10:40
3 Mathew McClellan/30-:	34 Saegertown, PA	2:12:48	13 Andrea Denio	Glenmont	3:03:27
FEMALE OVERALL			15 Simone Nadeau	Saratoga Springs	3:15:23
1 Brooke Kelley/20-24	Plattsburgh	2:20:32	17 Carlyn Miller	Malta	3:39:30
2 Rachel Waller/30-34	Burnt Hills	2:23:43	19 Jillian Savoie	Schenectady	4:07:57
3 Samantha Davies/35-39	Tupper Lake	2:25:43	MALE AGE GROUP: 35-		
MALE AGE GROUP: 15-	19		1 Charles Lester IV	Saratoga Springs	2:17:56
1 Benjamin Lupien	Gatineau, QC	2:25:51	4 Joshua Waller	Saratoga Springs	2:40:51
3 Justin Layer	Ballston Spa	2:29:23	9 Aaron Cowieson	Saratoga Springs	2:46:52
FEMALE AGE GROUP: 1			16 Jeffrey Mullen	Ballston Lake	3:25:01
1 Kenyon Prenoveau	Harwinton, CT	3:15:41	18 Michael Van Flue	Troy	3:39:51
3 Madelynn Murray	Poestenkill	3:37:34	FEMALE AGE GROUP: 3		
MALE AGE GROUP: 20-			1 Ann Moskal	Ballston Spa	2:36:52
1 Chris Klein	Canaan, NH	2:19:50	4 Amie Thomas	Schuylerville	2:53:39
2 Kevin Ostrander	Mechanicville	2:46:06	5 Justine Moore	Glens Falls	2:54:01
4 Nicholas Bedore	Ballston Lake	3:01:46	9 Keri Decker	Hurley	3:11:48
FEMALE AGE GROUP: 2		2 26 45	11 Danielle Freebern	Greenfield Center	3:13:03
1 Stephanie Snow	Dunbarton, NH	2:36:45	15 Marissa Page	Ballston Spa	3:23:37
2 Marnie Chancey	Clifton Park	3:01:45	16 Nicole Kellogg	Glens Falls	3:26:30
MALE AGE GROUP: 25-		2:20:40	18 Rebecca Pinder	Catskill	3:35:32
Benoit Armangau	Jamaica Plain, MA	2:30:18	21 Penelope Cuevas	Schenectady	4:06:19
9 David Polanco FEMALE AGE GROUP: 2	Schenectady	3:11:19	MALE AGE GROUP: 40-	44 ´	
		2:29:22	1 Christopher Rochford	Atlantic City	2:16:48
1 Jessica Lukasik 8 Brogan Barr	Groton, CT Clinton	2:49:44	9 Chris Evans	Gansevoort	2:38:52
15 Rachael Rosati	Queensbury	3:07:34	11 Matthew Tebo	Clifton Park	2:43:22
18 Kristin Bruner	Newark Valley	3:25:35	12 Jason Hare	Gansevoort	2:44:23
19 Nicole Banach	Rensselaer	3:30:02	13 Greg Bentley	Albany	2:44:44
20 Andrea Glogwoski	Ballston Lake	3:31:19	17 Gonzalo Diaz	Saratoga Springs	2:55:46
23 Rebecca Haggan	Albany	3:38:09	18 Colin Henck	Albany	2:57:54
25 Breezy Knight	Candor	3:38:46	22 Rodrigo Veja	Glens Falls	3:14:49
MALE AGE GROUP: 30-		5.50.40	23 Javier Bajana	New Windsor	3:15:13
1 Kevin Karashay	Saugerties	2:20:55	24 Glenn Thompson	Clifton Park	3:17:52
3 Matthew Francis Gawo		2:27:29	26 Jeremy Davis	Saratoga Springs	3:48:21
9 Darren Smith	Arayle	2:43:08	FEMALE AGE GROUP: 4		
10 Terrance Gallogly	Saratoga Springs	2:44:34	1 Amanda Hatfield	Oneida	2:30:20
15 Egor Veselov	Schenectady	2:54:50	2 Kerri Thomas	Middle Granville	2:33:11
19 Lucas Rogers	Albany	3:00:44	5 Jennifer Flanagan	Glenville	2:42:24
22 David Railsback	Saratoga Springs	3:08:08	8 Jessica Nash	Troy	2:54:09
23 Aaron Wiggin	Saratoga Springs	3:18:37	12 Jenny Debellis	Latham	3:01:24
26 Brody Savoie	Schenectady	4:19:57	13 Paméla Cooper	Greenfield Center	3:03:34 continued

				JDLI1 2019	
			ON FESTIVAL continu		
14 Meagan Sullivan 25 Kelly Cronkhite	Wappingers Falls Fast Greenbush	3:04:04 4:10:29	12 Howard Kreitsek/55-59 13 David Vanpelt/50-54	Clifton Park Ballston Lake	2:06:41 2:09:02
MALE AGE GROUP: 45-49			15 Matt Russo/25-29	Albany	2:12:07
1 Brian Lovett 7 Kenneth Allen	Allentown, PA West Point	2:14:15 2:29:07	17 Brady Sherlock/35-39 18 Christopher Meiklejohn	Rexford Schenectady	2:33:35 2:36:12
Martin Gordinier Michael Sadowski	Delmar	2:30:07 2:35:05	AQUABIKE – FEMALE 1 Tristan Faville/25-29	,	1:59:37
10 Bill Hamel	Gansevoort Clifton Park	2:38:52	7 Alison Van Pelt/45-49	Essex Ballston Lake	2:10:44
12 Mark Eisenhandler 13 Steve Nicoll	New Paltz Schenectady	2:41:55 2:42:51	10 Elvira Brankov/55-59 11 Diana Billingsley/60-64	Albany Lake Clear	2:19:31 2:20:40
15 Daniel Davies	Queensbury	2:43:28	13 Joanna Walters/Athena 40+	Castleton On Hudson	2:33:23
16 Andrew Snell18 Chris Noble	Auburn Wallkill	2:52:03 2:54:33	15 Diane Wagner/70-74 17 Kathleen Pfeiffer/65-69	Chestertown Queensbury	2:40:57 3:12:25
20 Darryl Bray 21 Paul Llobet	Schenectady Fleischmanns	3:02:04 3:06:06	TWO-PERSON RELAY: MALE 1 Chafing the Dream	Albany	2:38:45
23 David Goff	Saratoga Springs	3:07:58	TWO-PERSON RELAY: FEMALI	Ē ,	
25 Gil Silvestre FEMALE AGE GROUP: 45-49	Clifton Park	3:18:48	1 Andrea Mggee TWO-PERSON RELAY: COED	Ottawa, ON	3:03:50
Jennifer Dresge Christine Walley	Rexford Gansevoort	2:45:45 3:10:55	1 Why Are We Doing This?2 Let the Wookiee Win	Delmar Clifton Park	2:49:24 2:52:57
10 Margaret McMahan	Schenectady	3:17:23	3 Syden Squared	Albany	3:12:50
11 Joanna Erwin12 Dee Fisher-Golden	Middle Grove Slingerlands	3:23:09 3:28:27	THREE-PERSON RELAY: MALE 1 Stokers	Cold Spring Harbor	2:43:42
15 Kathie Cameron	Plattsburgh	3:44:40	3 Team Perry	Johnsonville	3:30:00
MALE AGE GROUP: 50-54 1 Sean Snow	Dunbarton, NH	2:18:31	THREE-PERSON RELAY: FEMA 1 Fight Club	Round Lake	2:44:47
2 Jeff Dodge7 Chris McNally	Plattsburgh Ballston Spa	2:30:28 2:44:08	2 Tri-ing Squirrels3 Skinner's Winners	Bolton Landing Saratoga Springs	2:54:29 2:55:53
8 Peter Guzzo	Niskayuna	2:46:18	4 Wilderness Junkies	Galway	3:10:23
9 Peter Pochily 12 Timothy Leonard	Cobleskill Slingerlands	2:47:29 2:53:52	THREE-PERSON RELAY: COED 1 Beast Mode	Brooklyn	2:34:52
16 Gene Terwilliger	Glenville	3:02:32	3 Gains from Trade 6 Team Toasted Coconuts	Saratoga Springs	2:42:47
17 Andy Heck 18 Eric Zalewsky	Amsterdam Ballston Spa	3:03:25 3:04:17	7 Adirondack Skiers	Stillwater Queensbury	2:54:03 3:01:58
20 Robert Roos 21 Michael Otero	Clifton Park Rome	3:19:27 3:27:11	9 SMSA Prodigies 11 We Tri for Tacos	Glens Falls Hurley	3:10:28 3:22:19
22 Jeremiah Wood	Saratoga Springs	3:31:48	NE COLLEGE TRI CONFERENC	E: MÁLE OVERALL	
25 Leonard Clement 26 Joshua Steinberg	Tupper Lake Vestal	3:37:23 3:51:24	Tommaso Manetti Julius Shepard	Boston, MA West Point	2:05:21 2:07:05
27 Thomas David FEMALE AGE GROUP: 50 - 54	Ballston Lake	4:04:40	3 Thomas Batt NE COLLEGE TRI CONFERENCE	West Point	2:09:33
1 Madeline Nagy	Hatfield, MA	2:27:33	1 Emma MacDonald	West Point	2:26:55
5 Judy Guzzo 6 Sandy Malloy	Schenectady Feura Bush	2:53:10 3:03:08	2 Hannah White 3 Payton Boylston	West Point West Point	2:28:11 2:28:12
7 Ana Murray	Queensbury	3:06:11	17 Jacqueline Hogan	Glens Falls	2:53:42
8 Karen Viger 11 Laurie Scheuing	Gansevoort Saratoga Springs	3:07:14 3:14:10	BIG GEORGE 70.3 – 1.2M Swim, 5		
12 Andrea Robinson 15 Tanya Carr-Waldron	Glenmont Brewster	3:15:16 3:28:24	Age Group Winners & No MALE OVERALL		5
16 Gina Osika	Queensbury	3:32:54	1 Robert Hollinger/25-29	Newbury, MA	4:14:12
18 Catherine Monian 19 Eleonora Morrell	Poughkeepsie Clifton Park	3:45:34 3:46:09	2 Kenny Quigley/45-49 3 Ernesto Daset/25-29	Dunmore, PA New York	4:34:52 4:35:11
MALE AGE GROUP: 55-59 1 Steve O'Donnell	Washington DC	2:29:36	FEMALE OVERALL		5:09:11
2 Mark Calicchia	Washington, DC Albany	2:33:34	1 Sarah Leskosky/35-39 2 Jo Davies/30-34	Drums, PA Cambridge, MA	5:09:11
5 Peter Maloy 7 Mark Burns	Loudonville South Glens Falls	2:48:20 2:51:52	3 Maike Holthuijzen/30-34 MALE AGE GROUP: 15 - 19	Burlington, VT	5:10:24
9 David Mateer	Craryville	2:55:14	1 Kyle Hudak	Hillsborough, NJ	4:58:29
10 Terry Spooner 11 Michael Conroy	Mechanicville Voorheesville	3:00:38 3:07:07	MALE AGE GROUP: 20 - 24 1 Matt Snell	Morrisonville	4:52:45
17 Mike Zerrahn 18 Eric Sanborn	Plattsburgh Rexford	3:17:57 3:18:07	FEMALE AGE GROUP: 20 - 24 1 Kaitlyn Hansen	South Glens Falls	6:42:04
20 Michael Welch	Endicott	3:36:38	MALE AGE GROUP: 25 - 29		
FEMALE AGE GROUP: 55-59 1 Kristen Hislop	Clifton Park	2:47:19	1 Dave Hudak FEMALE AGE GROUP: 25 - 29	Hillsborough, NJ	5:03:29
2 Jane Cervone 3 Mary Houck	Beacon Fort Plain	2:53:25 3:06:00	1 Ada Rubin	New York Clifton Park	5:22:20 6:29:03
4 Lisa Joyce	Ballston Spa	3:06:20	MALE AGE GROUP: 30 - 34		
10 Patricia Johnston 11 Kathleen Bottillo	Ballston Lake East Greenbush	3:40:01 3:40:23	David Terwilliger Kevin Long	Brighton, MA Queensbury	4:36:54 4:43:50
MALE AGE GROUP: 60-64	Ottown ON		4 Robert Ordish	Guilderland	4:52:09
1 Thomas McGee 4 John Caffry	Ottawa, ON Glens Falls	2:21:01 3:07:37	5 Kevin Karashay FEMALE AGE GROUP: 30 - 34	Saugerties	4:54:39
6 Lawrence Sanders 9 William Izzo	Rensselaer Lake Placid	3:09:04 3:20:30	1 Lindsey Welter 3 Jennifer Murphy	Rochester Brewerton	5:29:04 5:44:32
10 Bud Tassini	Delmar	3:28:05	MALE AGE GROUP: 35 - 39		
12 Michael Mroz FEMALE AGE GROUP: 60-64	Albany	4:24:38	Christopher Mancuso Jeffrey Andritz	Schenectady Altamont	4:40:19 5:00:25
 Deborra Zaiser Kathleen Meany 	Mars, PA Altamont	2:56:49 3:01:29	4 Tom Williams 6 Nicholas Lobosco	Queensbury Ballston Spa	5:13:00 5:28:28
3 Jane Mastaitis	Saratoga Springs	3:14:04	7 Michael Bukowski	Latham	5:42:55
5 Carol Henry 6 Janice Cragnolin	Ballston Spa Unadilla	3:42:09 3:42:47	9 Andy Akins FEMALE AGE GROUP: 35 - 39	Schuylerville	5:53:58
MALE AGE GROUP: 65-69 1 Roy Kline	Queensbury	2:51:13	1 Erika Martin 9 Brett Harris	Albany Albany	5:17:14 6:18:39
2 Jeffrey Ruiz	New Paltz	2:58:39	11 Kate Penn	Rotterdam	6:29:24
5 Mark Schachner 8 Martin Krakower	Lake George Woodstock	3:30:28 3:39:35	12 Erin Freeh 13 Nicole Casale	Troy Cohoes	6:32:56 6:33:53
9 John Hall FEMALE AGE GROUP: 65-69	Lake George	4:00:01	15 Jessica Zaloga	Latham	6:45:48
1 Sonja Martinson	Fairlee, VT	4:34:07	MALE AGE GROUP: 40 - 44 1 Christopher Rochford	Atlantic City, NJ	4:50:00
MALE AGE GROUP: 70-74 1 Terry Habecker	Ithaca	2:50:33	5 Matthew Akins 6 Brian Zaug	Slingerlands Lagrangeville	5:20:50 5:21:49
2 David Dibelius 3 Jim Adams	Lake George Altona	3:09:56 3:10:47	7 Michael Moyer 12 Jamie Campbell	Cold Spring North Syracuse	5:22:34 5:35:04
FEMALE AGE GROUP: 70-74	Altona		19 Mike Marko	Saratoga Springs	6:38:14
1 Margaret Wallace MALE AGE GROUP: 75-79	Queensbury	3:54:18	FEMALE AGE GROUP: 40 - 44 1 Sarah Wolfe	Columbia, PA	5:40:34
1 Fred Clark 2 Leonard Kershaw	Mont-Tremblant, QC	3:59:10 4:05:22	14 Lori Langdon	Saratoga Springs	8:23:50
3 Paul Murray	Chestertown Albany	4:24:11	MALE AGE GROUP: 45 - 49 1 Christian Gaudreau	Chambly, QC	5:06:08
CLYDESDALE: 39 & UNDER 1 Anthony Moss	Ballston Spa	2:32:28	6 Chris Thompson 7 Travis Moore	Delmar Ballston Lake	5:22:10 5:30:23
Charles Cahill Kevin Mullady	Slingerlands	2:43:03 2:53:27	9 Jonathan Golden	Slingerlands	5:23:31
5 Alexander Hoch	Albany Clifton Park	3:22:29	13 Neil Sergott 14 Gerett Yocum	Clifton Park Saratoga Springs	5:44:27 5:49:07
6 Connor Emmert 8 Jeremiah Easterly	Monroe Amsterdam	3:22:52 4:00:45	15 Jason Felton FEMALE AGE GROUP: 45 - 49	Gansevoort	5:54:24
CLYDESDALE: 40 & OVER			1 Mireille Tube	Chambly, QC	5:49:37
1 Dennis Murphy Jr. 5 Billy Norton	Dorval, QC Liverpool	2:35:51 3:13:38	7 Jodi Plante 11 Joanne Vanhorne	Saratoga Springs Corinth	6:16:00 6:43:05
6 Joshua Walters 8 Joseph Arzoumanian	Castleton-on-Hudson Queensbury	3:14:21 3:52:10	16 Amy Taylor 17 Kim Thompson	Rome Porter Corners	7:40:37 7:51:26
ATHENA: 39 & UNDER	,		MALE AGE GROUP: 50 - 54		
 Dominique Marlin-Andrews Ariel Dickson 	Valley Forge, PA Schuylerville	3:12:26 3:20:13	1 Sean Snow 3 Matthew Kresge	Dunbarton, NH Rexford	5:00:21 5:13:05
6 Jessica Barber ATHENA: 40 & OVER	Schenectady	3:38:29	7 John Slyer 8 Donald Thurston	Averill Park Pine Bush	5:30:22 5:38:24
1 Julie Lecours	St. Hubert, QC	3:25:42	10 Peter Pochily	Cobleskill	5:43:08
5 Tamara Brummer 6 Kimberly Van Orman	Stephentown Ballston Spa	4:16:05 4:29:56	12 Gregory Peda 16 Chris McNally	Schenectady Ballston Spa	5:52:40 6:03:28
NOVICE: MALE	Bronx	2:48:15	19 John Butler	Latham	6:32:36
3 Thomas Weingart	Canajoharie	3:58:47	FEMALE AGE GROUP: 50 - 54 1 Deborah Battaglia	Centre Hall, PA	5:25:56
4 Connor Hill 6 Luke Layton	Sloansville Chatham	4:02:57 4:12:45	5 Sarah Vogel7 Rachael Angelini	Slingerlands Rensselaer	5:59:43 6:16:18
NOVICE: FEMALE	New York	3:42:34	8 Francine Fredette 9 Dianna Langdon	Glenmont Altamont	6:20:49
AQUABIKE - MALE			10 Laurie Scheuing	Saratoga Springs	6:31:16 6:47:55
1 Randy Kelley/50-54 2 Tom Hansen/50-54	Plattsburgh South Glens Falls	1:33:04 1:40:29	11 Lisa Woolfe MALE AGE GROUP: 55 - 59	Saratoga Springs	6:49:15
6 Mike Ostrander/50-54	Ballston Lake	1:55:21	1 Lars Liebmann	Mechanicville	5:19:48 5:45:27
10 Martin Shields/50-54	Clifton Park Greenfield Center	1:59:29 2:02:36	7 Gordie Akins	Burnt Hills Lisbon	5:45:27 5:48:00
11 Mike Collins/55-59	Schenectady	2:04:10	8 Matthew Bell	Wynantskill	5:49:08 continued

James Dillenberger	Au Sable Forks	5:50:16	TWO-PERSON RELAY: FEMALE	
10 William Obrien	Argyle	6:08:30	1 Team Relax Brossard, OC	6:16
11 Don Markoe	Lagrangeville	6:27:01	TWO-PERSON RELAY: COED	
14 John Politoski	Warwick	7:06:11	1 Team Tortoise Larchmont	5:57
EMALE AGE GROUP:		7.00	2 Dad and Jess Bakers Mills	6:26
1 Dot Martin	Montpelier, VT	5:33:40	THREE-PERSON RELAY: MALE	0.2
2 Deborah Curtis	Greenfield Center	6:57:19	1 Team Perry Johnsonville	7:17
3 Abby Thurston	Pine Bush	7:27:38	THREE-PERSON RELAY: FEMALE	7.1
MALE AGE GROUP: 60) - 64		1 Quite Frankie Albany	6:0
1 Thomas McGee	Ottawa, ON	5:28:52	2 Tri-ing Squirrels Bolton Landing	6:2
2 Steve Schindler	Hurley	5:40:37	THREE-PERSON RELAY: COED	0.2.
3 Frank Lanzillo	Troy	6:12:27	1 Team Cuzzins East Rochester	5:3
Chris Boldiston	Albany	7:16:57	KING GEORGE – OLYMPIC & 70.3 TRIAT	
FEMALE AGE GROUP:		7.10.57	MALE OVERALL	HLONS
I Karen Dayan	Delray Beach, FL	6:16:40		7.0
MALE AGE GROUP: 65			1 Alexandre Pelletier 21	7:0
I John Martin	Montpelier, VT	6:25:38	2 Robert Ordish 33	7:0
2 David Olsen	Schenectady	6:29:37	3 Thomas McGee 61	7:1
FEMALE AGE GROUP:		0.23.37	4 Chris Cover 54	7:1
Margaret Phillips	Fast Schodack	6:39:08	5 Charles Kreger 48	7:2
CLYDESDALE: 30 & UN		0.55.00	6 David Newman 38	7:4
Alexander Hoch	Clifton Park	7:40:55	7 Steve O'Donnell 55	7:4
CLYDESDALE: 31 & O\		7.10.55	8 Steve Gillian 49	8:1
Marc Cochet	Saint-Jean-Sur-Richelieu, QC	5.51.05	9 Rick Kleindienst 46	8:2
2 Wayne Shurter	Pine Bush	6:08:07	10 Tahl Rapaport 40	8:3
Patrick Hernandez	Catskill	6:17:59	11 Kevin Mallery 60	9:1
ATHENA: 30 & UNDER		0.17.55	12 Avi Smith-Rapaport 42	9:1
Heather Norris	Brookfield, CT	7:25:26	13 Nicholas Lanzillo 31	10:0
ATHENA: 31 & OVER	biookiielu, Ci	7.25.20	14 Shaun & Shamus Evans 40	10:4
Lindsay Meyer	Philadelphia, PA	5:44:44	15 Patrick Burlingham 43	10:4
Beth Harvey	Amsterdam	6:11:42	16 Robert Wolmer 58	11:4
1 Kristen Szarek	Rome	7:04:28	FEMALE OVERALL	
Jessica Cronin	Hudson Falls	7:41:39	1 Deborah Battaglia 51	8:1
AQUABIKE - MALE	ridd3011 fall3	7.41.55	2 Jodi Plante 44	8:4
Paul DiCaprio/55-59	Queensbury	3:18:19	3 Suzanne Gillian 48	9:0
Jason Kiernan/40-44	Glenville	3:34:20	4 Dina Grimaldi 27	9:1
3 Josh Johnson/40-44	Saratoga Springs	3:41:55	5 Christine Kopcha 44	10:0
13 Michael Cebula/50-54		3:58:33	6 Heather Theriault 37	10:3
15 Brendan Noakes/30-3		4:10:53	PRINCE GEORGE - OLYMPIC TRI & 70.3 AC	DUARIKE
17 Michael Adams/55-59		4:10:33	MALE OVERALL	
AQUABIKE – FEMALE	Queensbury	4.23.31	1 Jason Linn 35	6:5
Madeline Nagy/50-54	Hatfield, MA	3:22:23	2 Raymond Lee 76	9:4
Jane Cervone/55-59	Beacon	3:34:16	FEMALE OVERALL	J
10 Meagan Sullivan/40-4		4:16:22	1 Madeline Nagy 51	5:4:
		4:10:22	2 Deirdre McGuinness 36	8:3
14 Bethany Kiernan/40-4 TWO-PERSON RELAY:		4.44.59	2 Delidre McGuinness 36 3 Diane Berry 39	8:3
The Woods	Saratoga Springs	5:05:28	4 Tamara Brummer 54	9:1
i The vvoods 2 Team Jibjab	Saratoga Springs Ballston Spa	5:05:28	Courtesy of Adirondack Race Manager	

37ΤΗ ΔΝΝΙΙΔΙ	ADIRONDACK	CANOF CLASSIC	_ THE 90-MILER

	DOTELL ANDRELL	VI ADIDONO	A CK C	ANIC	NE CLASSIC THE	5 00 BAU 5D	
					DE CLASSIC – THI Long Lake to Saran		
		er 0-0, 2019 • (Jiu roige			ac Lake	
1	EN TOURING – WAVE 1 Holly Crouch/Gretchen Barfoot/I			1	YAGEUR CANOES Dog Breath: Joe Schlimmer/Sylv Mile Cablings and Alex David/Bag		<u>-</u> /
	Sherburne/East Syracuse/Consta Jack Semler/William Webster	Williamsville/Buffalo	16:39:43 17:14:21		Mike Schlimmer/Alec Davis/Rog Patrick Madden/Peter Heed	er nenry/	13:07:33
-	Bill Kidder EN TOURING – WAVE 2	White River Jct., VT	17:55:14		Paul Smith's College: Matt Doug Charles Forbes/Dylan Maney/Co		
	Brett Sherwood/Jaime Sherwood	d Morris	15:46:02		Cody Evanchick/Jeff Jensen	July Liguori	14:04:20
2	Brian Stitt/Ann Flower Stitt	Ballston Lake	15:51:17		Campmor: Russ Rayot/Nicholas		
	Dave Stitt/Brent Williams EN TOURING – WAVE 3	Boonville/Laurens	15:53:19		Mike Champagne/Mark Darrow O-PERSON CANOE STOCK N		17:21:33
1	Brian Donovan/Caren Donovan/D		15:20:05		Joseph Allison/Steve Bachorik Jr Howie Dower/Kevin Dower	: Morris/Hartwick	14:42:39
2	Mike Skivington/Alex Giambarto	olomei Scottsville/Skaneateles	16:10:20		Monroe Twp., NJ/Lebanon, NJ		15:32:03
3	Viktor Sukhotskiy/Robert Waeld	er/Christine Kogutowsk			Michael Pocchiari/John McMaho O-PERSON STOCK MENS M.		15:40:50
ODI	EN TOURING – WAVE 4	Buffalo	16:54:45		Dale Beckwith, Jeff Bagley	Sidney	15:25:43
	Clyde Yarnell/Mike Malley/Ken S	Stroh/Anita Allon			Seth Miller/Andy Coney Norwood	d, MA/Bĺue Mountain Lake	15:48:03
	Alburgh, VT/Essex Jct., VT/Crysta		15:17:35		Paul Chipman/Michael Chipmar		16:16:11
	Andy Hughes	New Hartford, CT	15:33:41		O-PERSON CANOE STOCK N Craig Creighton/Dan Mallet Li		14-20-10
	Denise Bilsback/Richard Bilsback				Ed Wagner/John Potter	Auburn	14:51:36
	Eric Mallery	Webster/Highland	15:39:20		Kerry Newell/Paul Repak	Heuvelton	18:29:44
	E-PERSON GUIDEBOAT MEN Benjamin Rochon	Senneville, QC	16:45:29		O-PERSON CANOE STOCK N		
	Andrew Jillings	Hamilton College	17:44:20		Wendy Sanders/Brian Sanders		15:49:14 16:04:07
	O-PERSON GUIDEBOAT MEN				Blanche Town/Allen Kelly Can Chas Billingsley/Mary Kelly Lak		
	Randy Blakeman/Gerhard Mung		16:55:47		O-PERSON CANOE STOCK V		10.25.10
	Brian VanDelinder/Kevin Birtle			1	Joanna Faloon/S.Karpinski Otta	wa, ON/Trempeleau, WI	
	Glenn Applebee/Garrick Applebee O-PERSON GUIDEBOAT MIX		20:04:39		Peggy Braman/Brandy Wheeler		19:07:23
	Jennifer Okonuk/Daniel Tower C		r 18:01:45		Jen Maguder/Eliza Phillips Lak O-PERSON CANOE AMATEU		20:37:42
	Matt Napierala/Kendra Napierala		20:29:06		Peter Ross/Tim Henning	Ontario/Marion	14:57:24
SUF	PER VETERANS				Matt Parent/Oliver Van Everen	Inlet/Whitefish, MT	16:29:27
	George Bellerose	Weybridge, VT	16:31:44		O-TWO-PERSON CANOE AN		
	Jack LaMarre/Nanci LaMarre Fran Schiff	Bakersville, NC Plattsburgh	21:58:01 23:36:28		Samantha Staubach/Chad Staul		16:02:17
	O-PERSON CANOE FAMILY	riatisburgii	23.30.20		Carol Rabuck/Chris Marks LIMITED KAYAK MEN	Philadelphia, PA	18:12:18
	Todd Vanderwalker/Faith Ann Va	anderwalker Middleport	t 16:48:09		Matt Skeels	Potsdam	12:03:04
	Annie Alexander/Matt Alexande		16:57:57		Royal McDonnell	Paul Smiths	12:58:00
	Matt Corsaro/Kendyll Corsaro		21:45:13		Scott Visser	Potsdam	14:19:19
	O-PERSON CANOE RECREAT Daniel Tickner/Mason Tickner	Old Forge	17:38:25		O-PERSON KAYAK MEN Roger Gocking/James Phillips	Saranac Lake/Bergen	13:52:46
	O-PERSON CANOE RECREAT	-	17.30.23		Anthony Chungbin/Chris Chung		
	Adaiah Bauer/Jimmy Neery	Paul Smith's College	18:16:50	3	John Dunkle/Tyler Dunkle	Cazenovia/Victor, ID	16:26:23
	Sophie Steck/Wings Mankedick		20:29:59		O-PERSON KAYAK MIXED	C	15.50.44
	O-PERSON CANOE RECREAT		40.40.40		Tom Kime/Karen Lee Kime JR-PERSON CANOE STOCK I	Geneva MEN	15:59:41
	Else Bielarski/Hannah McMichae LO RECREATION MENS OPEI		18:40:18		Jon Vermilyea/Bruce Codington		l
	Morgan Hoven	Clifton Springs	15:16:31		Baldwinsville/Sidney/Rochester/I		13:56:20
2	Leif Lovig	Bedford	16:13:11		Mark Ranco/Chip Loring/Rick G		14.10.11
	Brandon Devito	Saranac Lake	19:27:20		Bangor/Old Town/North Yarmou Eric Hanson/Nicholas Sterling/Ky		14:18:11
	LO RECREATION MENS MAS Dennis Barrett	STERS South Padre Island, TX	17-50-44		Buffalo/Searsport, ME	yie doimaiveee evans	15:21:51
	Willie Janeway	Keene	19:06:20		JR-PERSON CANOE MIXED		
	LO REC MENS VETERANS	recire	13.00.20		Gloria Wesley/Gary Aprea/K. Bo		12-20-20
	John Marona	Lake Clear	16:43:13		Pittsfield/Arlington/Swansea MA Teresa Stout/Steve Martin/Steve		13:20:29
	Dan Heneka	Cranberry Lake	18:09:51		Corsica, PA/Ridgeway, PA/Groto		13:32:42
	Chris Hoven E-PERSON CANOE STOCK M	Clifton Springs	19:04:34	3	Joey Zornes/Deb Brax/Dan Mecl		
	Michael Primmer	Oneonta	16:50:44		Columbus, OH/BayVillage, OH	WORKEN	13:39:00
	Jake Snyder	Perryville	18:34:29		JR-PERSON CANOE STOCK ' Blue Crusher Flowers: Chrissy H		
	Andrew Pickreign	Saranac Lake	19:36:04			nac Lake/Lake Placid	15:41:01
	E-PERSON CANOE STOCK W		20,52,42	2	Adirondack Women: Celia Evan	s/Kathleen Brannon/	
	Amy Scrivener E-PERSON CANOE AMATEU	Richmond, VT R MEN	20:53:42		Tiffany Kivlen/Grace McDonnell	Onchiota/Saranac Lak	
	Dylan Dearborn	Saranac Lake	22:16:05		Tupper Lake/Paul Smiths Teresa Troy/Victoria Smith/Mega	an Cook/Sonya Poussaa	16:20:00
	JRING KAYAK MENS MASTI				Saranac Lake/Nashua, NH/Mano		17:28:40
	Shawn Urban	Sarnia, ON	13:58:02	FOL	JR-PERSON CANOE OPEN		20
	Eric Young	Mooers Forks	14:05:17		JoAnn Olney/Paul Olney/Rebeco	a Davis/Mike Davis	
	Todd Furstoss JRING KAYAK MENS VETER	Pittsford	14:44:18		Westernville/Homer, MI	lanus/Dana Harri	12:11:47
	Paul Sanders	Norfolk, NE	19:34:36		Michael Fries/Mark Olney/Joe M Westernville/Maplewood/Lake F		12:15:38
	David Seigneur	Allison Park, PA	21:03:09		David Thomas/Miranda Robinso		
TOL	JRING KAYAK WOMENS				Watertown/Richmond, VT/Clay/	'Canton	12:58:50
1 .	Aili Hartikka	Bath, ME	20:34:17		Courtesy of Adirondack	Watershed Alliance	

10TH ANNUAL MALTA 5K & 1ST ANNUAL MALTA 10K

September 7, 2019 • HVCC's TEC-SMART Campus, Malta							
•	(RUN			MALE AGE GROUP: 70 - 74			
MALE OVERALL 1 Louis Dinuzzo	37	Saratoga Springs	16:14	Daniel Brown Joseph Bren Miranda	73 71	Ballston Spa Ballston Spa	27:09 29:09
2 Eric Macknight	30	Ballston Lake	16:22	3 John Vavasour	70	Albany	38:20
3 Aaron Lozier FEMALE OVERALL	31	Albany	16:23	FEMALE AGE GROUP: 70 - 1 Louise Quattrocchi	74 72	Albany	30:48
1 Diane Ryan	37	Malta	18:22	Deborah Stiewing	70	Newtown, CT	39:53
2 Sara Buckely 3 Heidi Stears	25 27	Albany Ballston Spa	18:28 18:44	3 Bonnie Hause	71	Malta	41:23
MALE AGE GROUP: 1 - 14				MALE AGE GROUP: 75 - 79 1 Richard Brewer	7 7	Cohoes	38:32
1 Gavin Winacott 2 Brent Pasek	10 10	Saratoga Springs Saratoga Springs	21:40 21:48	FEMALE AGE GROUP: 80 -		Crill	44.54
3 Jacob Perkins	11	Clifton Park	22:26	1 Priscilla Mueller	83 OK RUN	Stillwater	44:54
FEMALE AGE GROUP: 1 - 14 1 Amber Travis	1 10	East Greenbush	24:25	MALE OVERALL			
2 Allison Hancher	14	Ballston Lake	25:09	1 John Busque 2 Ben Heller	27 30	Manchester, CT Troy	30:15 36:05
3 Cooper Eldridge MALE AGE GROUP: 15 - 19	11	Ballston Spa	25:15	3 Michael Dinicola	44	Malta	36:40
1 Tyler Schuck	15	Ballston Lake	30:40	FEMALE OVERALL 1 Karen Bertasso	35	Albany	35:56
2 Timothy Boucher FEMALE AGE GROUP: 15 - 1	19 19	Ballston Spa	31:05	2 Brittany Winslow	26	Troy	41:47
1 Rachel Utama 2 Chelsea Guyer	16 15	Mechanicville Rexford	24:03 32:41	3 Kari Sudfeld MALE AGE GROUP: 1 - 14	31	Clifton Park	44:20
3 Jordan Fitzpatrick	17	Ballston Spa	44:18	1 Alex Olson	10	Eagle Ridge	1:02:08
MALE AGE GROUP: 20 - 24 1 Ivo Otto	23	Cohoes, PA	20:07	MALE AGE GROUP: 20 - 24 1 Dakota Corney	1 20	Albany	38:30
2 Willem Kurdziel	23	Saratoga Springs	22:57	2 Eric Dumas	21	Shushan	41:55
3 Ryan Buck FEMALE AGE GROUP: 20 - 2	24 24	Westerville, OH	24:23	FEMALE AGE GROUP: 20 - 1 Rebecca Oneil	24 24	Ballston Spa	55:45
1 Leila Dwyer	23	Niskayuna	29:28	MALE AGE GROUP: 25 - 29	9		
Sarah Hurly Madison Corcoran	22 22	Saratoga Springs Ballston Spa	31:19 40:13	1 Parth Vaidya 2 Michael Gardner	26 25	Malta Troy	49:39 53:45
MALE AGE GROUP: 25 - 29				3 Will Engel	27	Ballston Spa	54:12
Kevin Terbush Matthew Royer	26 25	Ballston Spa Malta	17:01 18:39	FEMALE AGE GROUP: 25 - 1 Kathleen Willey	29 28	Malta	50:56
3 Andrew Krupski	29	Ballston Spa	20:39	2 Vicky Tiberia	28	Clifton Park	53:13
FEMALE AGE GROUP: 25 - 2 1 Lauren Scarupe	2 9 28	Clifton Park	19:52	3 Ella Mihevc MALE AGE GROUP: 30 - 34	29 1	Saratoga Springs	56:04
2 Leanne Dombrowsky	28	Selkirk	21:39	1 David Oneill	32	Malta	39:57
3 Courtney Osaheni MALE AGE GROUP: 30 - 34	27	Ballston Spa	24:01	2 Brian Strebel 3 Christopher Hill	31 33	Malta Ballston Spa	41:29 45:43
1 Chase Baker	33	Saratoga Springs	18:20	FEMALE AGE GROUP: 30 -		ballstoll Spa	43.43
2 Greg Hart 3 Nicholas Prock	31 31	Saratoga Springs Saratoga Springs	18:27 20:07	1 Kelly Seymour 2 Tatiana Hart	33 32	Burnt Hills Ballston Spa	50:29 50:29
FEMALE AGE GROUP: 30 - 3	34			3 Laura McMillen	32	Ballston Lake	52:34
1 Kathryn Baker 2 Jenna Bernhardt	32 34	Saratoga Springs Albany	19:55 20:16	MALE AGE GROUP: 35 - 39		Carataga Cariaga	20.50
3 Amanda Montello	32	Saratoga Springs	21:16	1 Keith Donegan 2 Jordan Ryan	36 35	Saratoga Springs Cohoes	38:58 39:42
MALE AGE GROUP: 35 - 39 1 Dan Jordy	35	Glenville	17:09	3 Jean-Baptiste Laloe	38	Saratoga Springs	42:52
2 Eamon Dempsey	39	Troy	17:43	FEMALE AGE GROUP: 35 - 1 Dana Wiwczar	39	Malta	44:38
3 Jakob Irwin FEMALE AGE GROUP: 35 - 3	38 39	Troy	18:06	2 Kaila Morgante	36	Saratoga Springs	44:55
1 Erin Lopez 2 Aimee Gordon	38 37	Saratoga Springs Ballston Lake	20:44 21:36	3 Sue McBride MALE AGE GROUP: 40 - 44	37 1	Clifton Park	47:03
3 Sarah Piper	39	Fort Edward	22:20	1 Matthew Sorbero	41	Malta	44:37
MALE AGE GROUP: 40 - 44 1 Ramon Dominguez	42	Saratoga Springs	17:31	2 Danny Newman 3 Tim Breen	42 41	Clifton Park Malta	46:10 47:41
2 Matt Conant	43	Ballston Spa	17:54	FEMALE AGE GROUP: 40 -		Mr. J.I	45:40
3 James Kehoe FEMALE AGE GROUP: 40 - 4	41 14	Ganesvoort	18:10	Monika Ammerlaan Yanping Shen	41 40	Wedel Saratoga Springs	45:12 46:58
1 Jaime Farone	43	Saratoga Springs	20:54	3 Helene Scarnici	42	Saratoga Springs	51:27
Melissa Grandjean Lee Briggs	40	Glenville Ballston Spa	22:09 23:17	MALE AGE GROUP: 45 - 49 1 Josh Cupp	45	Saratoga Springs	40:01
MALE AGE GROUP: 45 - 49				2 Rick Zachgo 3 Steve Gibbs	49	Clifton Park Clifton Park	40:26
1 David Travis 2 Robert Fox	47 47	East Greenbush Greenfield Center	20:32 20:40	3 Steve Gibbs FEMALE AGE GROUP: 45 -	47 49	CIIIION Park	47:23
3 Harry Ellsworth	46	Selkirk	21:42	1 Judith Dore	49	Saratoga Springs	47:15
FEMALE AGE GROUP: 45 - 4 1 Virginia Lupo	47	Malta	20:51	2 Meghan Stiehler3 Wendi Kerls	45 46	Malta Saratoga	50:23 56:36
2 Ann Glackin	47	Ballston Lake	23:36	MALE AGE GROUP: 50 - 54		-	
3 Jane Labombard MALE AGE GROUP: 50 - 54	46	Glens Falls	23:58	1 Leo Ammerlaan 2 Brian Donohue	51 52	Wedel, POL Queensbury	46:34 49:09
John Stadtlander Scott McNamara	53 51	Clifton Park Ballston Spa	18:01 19:32	3 Kurt Higgins	50	Ballston Spa	49:33
3 Charles Maurer	54	Saratoga Springs	20:53	FEMALE AGE GROUP: 50 - 1 Bonnie Galvin	54 52	Ballston Spa	49:57
FEMALE AGE GROUP: 50 - ! 1 Michelle Dannenhoff	5 4 52	Clifton Park	21:47	2 Christine Hollmer	54	Clifton Park	52:40
2 Mary Fenton	54	Ballston Spa	22:19	3 Heather Freilich MALE AGE GROUP: 55 - 59	53 9	Newburgh	58:36
3 Diane Montes Harris MALE AGE GROUP: 55 - 59	51	Troy	23:07	1 John Sestito	56	Johnsonville	41:27
1 Donald Proulx	58	Saratoga Springs	24:33	2 Sam Mercado 3 Mark Brumbaugh	56 57	Albany Clifton Park	42:58 46:20
2 Jim Edwards 3 Samphy Hong	55 55	Latham Saratoga Springs	25:14 25:30	FEMALE AGE GROUP: 55 -	59		
FEMALE AGE GROUP: 55 - !	59			1 Joyce Poulin 2 Deborah Czech	58 55	Amsterdam Saratoga Springs	53:00 53:36
Lauren Herbs Mary Lee Smaldone	57 57	Rexford Gansevoort	23:50 26:23	3 Annemarie Ohearn	58	Saratoga Springs	1:07:42
3 Linda Wells	56	South Glens Falls	27:04	MALE AGE GROUP: 60 - 64 1 Jon Weilbaker	1 61	Saratoga Springs	44:46
MALE AGE GROUP: 60 - 64 1 Jamie Casline	60	Ballston Lake	20:35	2 John Webber	64	Ballston Spa	55:51
2 Richard Lynch 3 Mike Caresino	61 62	Saratoga Springs Malta	21:21 23:32	3 Michael Burrell FEMALE AGE GROUP: 60 -	62 64	Clifton Park	56:29
FEMALE AGE GROUP: 60 - 0	54			1 Cheryl Rench	60	Greenfield Center	1:01:56
Margaret McKeown Maureen Fitzgerald	61 61	Moreau Clifton Park	22:03 23:23	2 Jean Smith3 Ann Alexander	61 61	Ballston Lake Mechanicville	1:16:20 1:39:21
3 Jean Loewenstein	61	Malta	27:03	MALE AGE GROUP: 65 - 69			
MALE AGE GROUP: 65 - 69 1 Joe Aliberti	69	Voorheesville	23:02	George Baranauskas Paul Willey	65 65	Scotia Clifton Park	48:20 50:56
2 James Louison	65	Amsterdam	24:46	3 Thomas Stanziola	65	Ballston Lake, VT	58:42
3 Jim Goodspeed FEMALE AGE GROUP: 65 - 0	68 59	Queensbury	25:21	MALE AGE GROUP: 70 - 74 1 Dave Glass	1 73	Glenville	44:17
1 Elaine Morris	66	East Greenbush	28:48	2 Terry Smith	72	Galway	54:46
Maryanne McNamara Melissa Goodspeed	65 67	Gansevoort Queensbury	28:53 36:33	3 Richard Baluch Courtesy of Rou	74 ndabou	Delanson It Runners Club	56:35
			- · · · -	,			

GREENE COUNTY YMCA TRIATHLONSeptember 7, 2019 • Sleepy Hollow Lake, Athens

					-				
	350YD SWIM	I, 11.5M	BIKE, 2M RUN		3	Stephen Hughes	31	Glenville	1:21:42
M	IALE OVERALL				4	Bernd Woebbe	30	Breezy Point	1:31:52
1	Daniel Muenkel	22	Athens	56:53	FE	MALE AGE GROUP: 30	0 - 39		
2	Pat Sommo	51	Guilderland	1:00:33	1	Mariola Moeyaert	31	Albany	1:14:26
3	Joe Place	56	Saratoga Springs	1:03:09	2	Deirdre Gilfeather	36	Menands	1:19:09
FI	EMALE OVERALL				3	Kellie Sprecher	31	Troy	1:29:23
1	Rachel Rhymaun	36	Hudson	1:12:39	4	Esther Suarez	36	Catskill	1:39:11
2	Dawn Reis	49	Warnerville	1:14:04	M	ALE AGE GROUP: 40 -	49		
3	Sandy Malloy	50	Feura Bush	1:14:25	1	Matthew Tebo	41	Clifton Park	1:06:26
M	IALE AGE GROUP: 15 -	19			2	Doug Wickman	49	Tivoli	1:09:46
1	Matthew Carpenter	16	Rhinebeck	1:30:45	3	Ricardo Rhymaun	41	Hudson	1:12:41
M	IALE AGE GROUP: 20 -	29			4	Mike Morelli	43	Halfmoon	1:16:16
1	Stephen Dowd	26	Cohoes	1:12:32	5	Lawrence Clayton	47	Stone Ridge	1:37:55
2	Quinn Kelly	27	Greenville	1:15:17	FE	MALE AGE GROUP: 40	0 - 49	-	
3	Alexander Rehnberg	23	Albany	1:24:19	1	Alison Van Pelt	49	Ballston Lake	1:25:55
4	Mike Grogan	24	Troy	1:28:20	2	Jenny Carpenter	48	Rhinebeck	1:28:29
FI	EMALE AGE GROUP: 20) - 29			3	Nikki Depasquale	46	Athens	1:28:51
1	Kathryn Francis	24	Albany	1:14:44	4	Sarah Every	45	Spencertown	1:33:05
2	Nicole Banach	28	Rensselaer	1:22:42	M	ALE AGE GROUP: 50 -	59		
3	Stacey Widera	23	Lagrangeville	1:24:35	1	Mike Veeder	58	Earlton	1:05:52
4	Kelsey West	25	Coxsackie	1:27:31	2	Tom Denham	52	Delmar	1:08:04
5	Caitlin Lenio	28	Albany	1:33:43	3	David Lester	59	Athens	1:10:38
M	IALE AGE GROUP: 30 -	39			4	Patrick Henandez	52	Catskill	1:15:29
1	Brad Sprecher	38	Troy	1:13:07	5	Andrew Tanzillo	51	Hudson	1:16:23
2	Christopher Zeitler	33	Greenville	1:17:57	6	Mike Langevin	54	Albany	1:17:38 continued

	GREI	ENE COUN	ІТҮ ҮМС	A T	RIATHLON con	tinue	d	
7 Ed Ellis	58	Hannacroix	1:17:40	5	Bud Tassini	61	Delmar	1:24:34
8 Mike Collins	55	Schenectady	1:21:51	6	Scott Weinstock	61	Athens	1:25:41
9 David Van Pelt	50	Ballston Lake	1:25:18	7	Jim Sheehan	67	Cohoes	1:32:49
10 Patrick McKenna	52	Athens	1:28:51	8	Mark Kopache	65	Sand Lake	1:34:11
11 Miles Braffett	58	Hillsdale	1:30:14	9	Rick Rabideau	64	Athens	1:42:55
12 James Chicoine	59	Rensselaer	1:30:32	10	Don Ball	60	Delmar	1:49:39
13 Chris Burton	55	Greenville	1:49:35	FE	MALE AGE GROUP: 60	- 69		
FEMALE AGE GROUP:	50 - 59			1	Kathleen Meany	63	Altamont	1:15:50
1 Kerry Miller	55	Catskill	1:18:31	2	Donna Lustenhouwer	65	Altamont	1:31:16
2 Cathy Sheehan	59	Cohoes	1:43:49	M	ALE AGE GROUP: 70 - 7	9		
MALE AGE GROUP: 60	0 - 69			1	Nick Mercurio	73	Cottekill	1:08:30
1 Jeffrey Ruiz	67	New Paltz	1:12:41	2	Douglas Kabat	73	Schenectady	1:38:36
2 John Mounteer	65	Hollywood, FL	1:13:38	M	ALE ÅGE GROUP: 80 - 8	9	,	
3 Rob Muenkel	60	Athens	1:15:30	1	Armand Langevin	82	Vero Beach, FL	1:59:18
4 Josh Rosenfield	66	Coxsackie	1:18:50		Courtesy of C	apital I	District YMCA	

						IBBON 5K RU			
		Se	ptember 8, 20	19 • Wa		ngton Park, Alba	•		
M	ALE OVERALL				FE	MALE AGE GROUP: 30	- 39		
1	Anthony Giuliano	40	Niskayuna	16:04	1	Erin Rightmyer	35	Delmar	20:46
2	Louie Dinuzzo	37	Saratoga Springs	16:54	2	Erin Murphy	39	Albany	21:29
3	Stephen Siebrecht	40	Delmar	18:15	3	Marisha Gennett	38	Amsterdam	22:18
FE	MALE OVERALL				4	Rachel Whitney	31	Watertown	25:34
1	Abigail Moxon	13	Nassau	19:39	5	Melissa Carroll	35	Albany	26:04
2	Megan Power	21	Albany	20:15	M	ALE AGE GROUP: 40 - 4	19		
3	Kelly Tetreault	31	Schenectady	20:15	1	Brett Fajen	48	Nassau	20:12
M	ALE AGE GROUP: 1 - 14	1	,		2	Adam Labuda	41	Altamont	21:22
1	Finn Kosich	14	Rensselaerville	18:39	3	Gintaras Urmilevici	46	East Greenbush	21:31
2	Thomas Baumann	14	Greenville	19:37	4	Todd Smith	45	Voorheesville	21:48
3	Sam Burns	13	Queensbury	21:08	5	Jim Reed	47	Schenectady	23:38
4	Kaleb Pettit	13	Earlton	21:09	FE	MALE AGE GROUP: 40	- 49		
5	Nathan Fajen	13	Nassau	21:34	1	Rachel Toolan	43	Rensselaer	22:33
	MALE AGE GROUP: 1 -	14			2	Melissa Willis	44	Ballston Lake	23:18
1	Shea Fajen	13	Nassau	21:15	3	Karen Baumeister	41	West Sand Lake	24:54
2	Alaina Arduini	12	Rensselaer	21:18	4	Lisa Brock	45	Rensselaer	24:54
3	Alyssa Cronkhite	14	Fast Greenbush	21:18	5	Melanie Giuliano	45	Niskayuna	25:07
4	Ellie Knapp	13	East Greenbush	22:05	M	ALE AGE GROUP: 50 - !	59		
5	Madison Arsenault	13	East Greenbush	23:09	1	Shye Evan	55	Albany	21:29
	ALE AGE GROUP: 15 - 1		Last Greenbash	23.03	2	Jay O'Connor	51	Castleton-on-Hudson	21:49
1	Dominic Nova	18	East Greenbush	19:18	3	AJ Carrier	57	Rexford	21:54
2	Thomas Breimer	16	Rensselaer	19:16	4	Bruce Morris	58	Rexford	22:00
3		15	Fast Greenbush	20:06	5	George Burke	53	Troy	22:19
4	Joseph Vitali Simon O'Connor	16	Castleton-on-Hudson	20:06	FE	MALE AGE GROUP: 50	- 59		
5	Gavin Metcalf	16	Freehold	20:20	1	Vicky Dejulio	59	Rensselaer	20:52
-			Freenoid	20.27	2	Lisa Nieradka	54	Clifton Park	22:19
	MALE AGE GROUP: 15		Demonstrati	20.45	3	Bridget Ryder	51	Gaithersburg, MD	22:42
1	Kiley Matthews	15	Rensselaer	20:45	4	Susan Shah	53	Slingerlands	25:02
2	Maddie Knapp	16	East Greenbush	21:09	5	Pamela Jackson	53	Albany	26:04
3	Filippa Dedorsson	17	Nassau	22:23	M	ALE AGE GROUP: 60 - 0	59		
4	Ally Mervine	19	Albany	22:51	1	Gerard Finin	62	Slingerlands	24:18
5	Jennifer Colabufo	18	Albany	23:25	2	Martin Touhey	66	Albany	24:34
	ALE AGE GROUP: 20 - 2				3	Chuck Mohlmann	62	Schenectady	26:10
1	Jackson Moore	25	Cambridge, MA	20:37	4	Steve Russell	62	Schenectady	27:41
2	Katie Ehmann	26	Saratoga Springs	20:38	5	Ray Lewis	64	Ballston Lake	28:55
3	Jared Wydysh	29	Marlborough, MA	21:26	FE	MALE AGE GROUP: 60	- 69		
4	Joseph Somerville	21		21:46	1	Tina McQuiston	61	Mechanicville	21:17
5	Joseph Mateo	29	Merrick	23:39	2	Maureen Kirsch	63	East Greenbush	27:06
FE	MALE AGE GROUP: 20	- 29			3	Jovce Goodrich	61	Ballston Lake	27:32
1	Michela Mosso	27	Albany	23:23	4	Virginia Touhey	63	Saratoga Springs	32:28
2	Therese Pitman	21	Albany	23:25	5	Karen Gerety	63	Albany	32:34
3	Alexandra Rekos	21	Albany	23:25	M	ALE AGE GROUP: 70 - 7	79	,	
4	Danielle Tetreault	28	Albany	23:56	1	John Longacker	73	Clifton Park	27:40
5	Amanda Foggia	27	Portland, OR	24:15	2	James Larkin	71	Clifton Park	29:39
M	ALE AGE GROUP: 30 - 3	39	•		3	Kenneth Tracy	75	Greenwich	31:52
1	Matthew Tetreault	33	Albany	19:29	4	Robert Lahue	70	Rensselaer	34:46
2	Chris Kandel	37	Schenectady	21:11		MALE AGE GROUP: 70			
3	Kyle Mahar	31	Broadalbin	21:56	1	Judy Lynch	70	Castleton-on-Hudson	32:28
4	Michael Ruger	38	East Greenbush	22:19	2	Carolyn Pfaffenbach	75	Schenectady	44:27
5	Josh Trudell	37	Voorheesville	22:26	-			Together NY	/
را	JOSH HUUCH	١, د	*OOTTICESVIIIC	22.20		country of	-ug	5 - 3.10	

11TH ANNUAL CAMP CHINGACHGOOK CHALLENGE HALF MARATHON & 10K

	Septe	mber 8, 2019	• Camp	Chingachgook, Pilot	Kno	b	
H	ALF MARA	THON		FEMALE AGE GROUP: 50	54		
MALE OVERALL				1 Toni Walkowicz	54	Chicago, IL	2:06:53
1 Bob Radliff	55	Stillwater	1:30:40	MALE AGE GROUP: 55 - 5		cincago, iz	2.00.55
2 Joe Cerrone	31	South Glens Falls	1:34:04	1 Mitchell Rosenthal	56	North Bellmore	1:52:02
3 Brian Dillenbeck	48	Alplaus	1:35:45	FEMALE AGE GROUP: 55		North Delimore	1.32.02
FEMALE OVERALL	40	Aipidus	1.55.45	1 Stacey Mandelbaum	58	Queensbury	2:13:47
1 Abbi Wright	21	Voorheesville	1:31:31			Queensbury	2.13.47
2 Rachel Kimball	31	Schenectady	1:45:24	MALE AGE GROUP: 60 - 6		Delever	2:14:42
	31	Voorheesville	1:45:24	1 Christopher Maestro	62	Delmar	2:14:43
3 Jessica Berschwinge FEMALE AGE GROUP:		voorneesville	1.45.24	FEMALE AGE GROUP: 60		5	24440
		Cala a a a ata ali i	2.00.14	1 Tosh Stickney	60	Fair Haven, VT	2:14:10
1 Ashleigh Holmes	24	Schenectady	2:08:14	MALE AGE GROUP: 65 - 6			
2 Rebecca Castonguay	22	Ballston Spa	2:12:44	1 Leo Dipierro	69	Cherry Plain	2:18:19
3 Jackie Montminy	22	Quincy, MA	2:13:19	MALE AGE GROUP: 70 - 7	4		
MALE AGE GROUP: 25				1 John Branigan	70	Albany	2:22:32
1 Joe Cenate	26	Wells, VT	1:57:58	MALE AGE GROUP: 75 - 79	9		
FEMALE AGE GROUP:				1 Ray Lee	77	Halfmoon	3:11:31
 Jacquelyn Candaras 	29	Stroudsburg, PA	1:59:48	1	OK RU	N	
 Noelle Lindsay 	27	Schuylerville	2:14:26	MALE OVERALL			
3 Ariel Frank	29	Queensbury	2:14:53	1 Jonathan Guthan	42	Scotia	41:04
MALE AGE GROUP: 30	- 34			2 Joshua Defayette	17	Queensbury	43:35
1 Josh Heller	34	Albany	1:49:24	3 Vasil Koleci	43	Albany	44:40
2 Maurice Downs	32	West Fulton	1:51:26	FEMALE OVERALL	43	Albally	44.40
3 Marcin Kosz	34	Athol	2:03:39		47	A I la a au .	F1.F7
FEMALE AGE GROUP:	30 - 34				47	Albany	51:57
1 Camila Hurst	30	Gansevoort	1:50:57	2 Ellen Witherbee	61	Tariffville, CT	56:30
2 Emily Frank	30	Queensbury	2:13:45	3 Stephanie Tubbs	43	Glenville	56:51
3 Rebecca Vogel	34	Kingston	2:14:09	FEMALE AGE GROUP: 20 -			
MALE AGE GROUP: 35		rangston	2.11.05	1 Katie Schimanski	28	Brooklyn	58:55
1 Jason Santamore	39	Glens Falls	1:50:30	2 Bernadette Dineen	24	North Adams, MA	1:20:31
2 Matthew Breen	37	Hamden, CT	2:02:48	MALE AGE GROUP: 30 - 3	9		
FEMALE AGE GROUP:		riamach, cr	2.02.40	1 Daniel Meyer	33	Wilton, CT	51:13
1 Erin Murphy	39	Saratoga Springs	1:54:08	2 Michael Glovsky	32	New Lebanon	1:17:57
2 Kimberly London	38	Saratoga Springs	1:56:02	FEMALE AGE GROUP: 30 -	39		
3 Serena Barclay	38	Ballston Spa	2:12:59	 Jenna Barbary-Glovs 	34	New Lebanon	1:17:57
MALE AGE GROUP: 40		ballstoll Spa	2.12.33	2 Vanessa Baker	38	Scotia	1:39:59
		0	1:55:48	MALE AGE GROUP: 40 - 4	9		
	44 44	Queensbury Glens Falls		1 John Kern	49	Rexford	55:55
2 John Woodard	44	Glenville	2:04:41	FEMALE AGE GROUP: 40 -	49		
3 Jeremy Kergel		Gienville	2:21:03	1 Jenna Nafus	41	Glenville	56:51
FEMALE AGE GROUP:		6.1	45454	2 Amy Morelli	45	Clifton Park	57:41
1 Annie Gauthier	41	St-Jerome, QC	1:51:54	3 Peggy Beattie	46	Rensselaer	1:07:19
2 Carolyn Dehner	41	East Chatham	1:53:18	55)		rensseider	1.07.19
3 Angela Salerno	44	Kattskill Bay	1:56:09	MALE AGE GROUP: 50 - 5		Mark Charles on CT	FF-00
MALE AGE GROUP: 45				1 Jonathan Rubin	56	West Simsbury, CT	55:08
1 Andrew Eyer	47	Gansevoort	1:38:46	2 Steven Welch	59	Slingerlands	58:01
2 Adam Hughes	45	Elverson, PA	1:50:05	3 Stephen Obermayer	58	Burnt Hills	1:01:15
3 Stephane Courchesne	47	St-Jerome, QC	1:52:28	FEMALE AGE GROUP: 50			
FEMALE AGE GROUP:	45 - 49			1 Ellen Daviero	52	Schenectady	1:01:13
1 Eunice Gambino	45	Clifton Park	1:47:23	2 Vera Vaccaro	53	Albany	1:39:59
2 Stacia Smith	49	Niskayuna	1:48:38	MALE AGE GROUP: 60 - 6	9		
3 Tara Pinsky	48	Providence, RI	2:18:14	1 Mike Dolan	60	Pottersville	57:32
MALE AGE GROUP: 50	- 54	•		MALE AGE GROUP: 70 - 79	9		
1 John Brunner	53	Schenectady	2:16:39	1 David Dibelius		Lake George	58:36
2 Pichard Coopey	50		2:50:29	Courtosy of C			

Don't see your race results published? Ask your race director to advertise with us!

3RD ANNUAL IRONMAN 70.3 LAKE PLACID

						0.3 LAKE PLA Iskating Oval, La			
	1.2-MILE SWIM, 56-M				-	LE AGE GROUP: 45 - 4		.ac.a	
	verall, Age Group Winne				1	Arthur Mathisen	48	Elmore, VT	4:32:4
MAI 1	LE OVERALL Nick Marcantonio	26	Glens Falls	4:16:40	9 27	Brenden Rillahan Dylan Cohen	46 47	South Glens Falls Keene Valley	5:01:3 5:34:0
	IALE OVERALL	20	Gieris ruiis	4.10.40	35	Kevin Burns	48	Clinton Corners	5:40:0
1	Maureen Mahoney	38	Ottawa, ON	4:58:35	36 38	Jia Forrest	47 49	Brooktondale	5:40:2
РН Ү 1	SICALLY CHALLENGED Ulf Oesterle	41	East Syracuse	7:00:39	38 39	Peter Voorhees Vincent Cooper	49	Dryden Gansevoort	5:45:2 5:47:1
	LE AGE GROUP: 18 - 24		Lust Syrucuse	7.00.55	61	Michael Sadowski	46	Gansevoort	5:59:4
1	Matt Schafer	22	Novi, MI	4:24:18	79 84	Eric Kreckel Matthew Glidden	47 49	Plattsburgh Baldwinsville	6:12:0 6:15:0
11 13	Frederick Ostrander Adam Lewis	24 24	Saratoga Springs West Stockholm	5:24:54 5:34:07		Anthony Roach	48	Ithaca	6:25:4
15	Jacob Phaneuf	20	Plattsburgh	5:43:14		Cory Metler	46	Mechanicville	6:26:4
26	Nolyn Steffey	24	Ballston Spa	6:14:33		Arthur Coyle Mike Washburn	48 49	Guilderland	6:42:3
52 58	Garrett Esper Nicholas Walker	24 21	Slingerlands Baldwinsville	7:15:29 7:42:10		Christopher Fernando	49	Freeville Albany	6:46:1 6:54:4
	IALE AGE GROUP: 18 - 2		Daidwirisville	7.42.10		Jason Harden	48	Saratoga Springs	6:55:
1	Allyson Black	23	Denville, NJ	5:35:13		Andrew Willard	47	Hermon	6:55:3
7	Marnie Chancey	24 24	Warrensburg	6:32:50		Ozzie Mantilla Harrison Sangster	48 47	Wappingers Falls Wilmington	7:05:5 7:12:5
11 MA I	Abigail Bideaux LE AGE GROUP: 25 - 29	24	Binghamton	7:21:34		Lance Sullenberger	48	Albany	7:21:
1	Nick Marcantonio	26	Glens Falls	4:16:40		Jason Butler	48	Tribes Hill	7:28:
36 78	Michael Colucci	29	Poughquag	5:41:00		Gerard Viverito Georges Jacobi	49 44	Rhinebeck Ballston Spa	7:36:0 7:59:5
32	Bobby Sousa Robert Hamlin	28 29	Ballston Lake Schenectady	6:17:00 6:18:49		Pablo Lopez	47	Glenmont	8:30:3
92		27	Middletown	6:30:26		ALE AGE GROUP: 45			
	IALE AGE GROUP: 25 - 2		6. 1.1. 1.11	F 02 22	1 12	Stacey Murphy Maureen Novak	45 46	Oakland, CA Fayetteville	5:13: 6:18:
l 3	Stephanie Nevin Caitlin Skufca	29 27	St. John, NL Wilmington	5:03:33 5:34:36	21	Jennifer Nasto	45	Rome	6:35:
16	Abby Brown	25	Albany	5:57:39	50	Piper Stover	49	Cazenovia	7:27:
8	Mya Domenico	26	Ballston Spa	7:01:00	62 63	Ellen Landis	47 48	Cohoes	8:32:0
58 MAA	Taylor Purvis	27	Hoosick	8:00:48	64	Karen Strope Melissa Tubbs	46	Schaghticoke Corinth	8:37:4 8:38:
VIAI 	LE AGE GROUP: 30 - 34 Colin Martin	33	Wappingers Falls	4:28:56	MA	LE AGE GROUP: 50 - 5	4		
j	John Evans	30	Calcium	4:46:51	1	Rich Burke	52 54	Saranac Lake	4:40:4
1	Anthony Tanzi	32	Carmel	5:03:48	13 15	Jeff Dodge Darin Baker	54 52	Plattsburgh Rome	5:29: 5:30:
14 19	Christopher Lamothe Matt Delaney	31 33	East Syracuse Lake Placid	5:14:27 5:42:08	21	Norm Cognetto	53	New Hartford	5:42:
7	Mark Phillips	32	Port Ewen	5:42:06	34	Steve Reddy	54	Stuyvesant Falls	5:58:
9	Mark Grammatico	33	Guilderland	5:52:28	43 47	Joey Randall Kevin Mietlicki	49 52	Cortland Cortland	6:02: 6:04:
	Sean Quin Jon Furgal	31 30	Middletown Utica	6:43:03 6:49:55	50	Mike Pickering	49	Ballston Spa	6:07:
	Samuel Axten	29	Rexford	6:57:54	59	Eric Vanzandt	52	Coxsackie	6:18:
57	Patrick Hart	33	Ballston Lake	7:05:56	66 68	Matthew Clift Ed Gallagher	50 53	Baldwinsville Walden	6:23: 6:24:
	Mark Sclafani	32	Fishkill	7:16:49	74	Eric Croucher	52	Baldwinsville	6:27:
	Jonathan Perreault Thomas Daly	29 34	Ballston Spa Kirkville	7:26:00 7:39:04	93	James Walker	51	Baldwinsville	6:41:
	Nicholas Lanzillo	32	Wynantskill	7:39:44		Brian Murray	50 51	Slingerlands	6:56:
	IALE AGE GROUP: 30 - 3					Mike Ostrander James Moore	54	Ballston Lake Cadyville	7:07: 7:27:
	Joannie Desroches Caitlin Martin	32 31	Montreal, QC Poughkeepsie	5:21:13 5:36:02		Stacey Brooks	52	Plattsburgh	7:45:
	Victoria Lederer	30	Canton	5:43:42		John Cusick	50	Marcellus	7:53:
3	Kelly Rogers	33	Saratoga Springs	5:44:18		Felipe Moon IALE AGE GROUP: 50	50 - 5 4	Ballston Spa	8:26:
0	Kari Sudfeld	31	Ballston Spa	5:58:05	1	Doreen Schatte	50	Brooks, GA	5:45:
5	Rebecca Dottolo Jaime McBain	32 32	Baldwinsville Troy	6:19:07 6:42:20	5	Heidi Underwood	49	Kattskill Bay	5:52:
4	Erin Hanczyk	30	Jay	7:22:50	16 26	Carla Burhoe	53 50	Diamond Point	6:31:
0	Marjorie Waterson	30	Lake Placid	7:33:59	34	Amy Voorhees Kelly Fountain	50	Dryden Hermon	7:23: 7:59:
i2 i6	Amanda Sclafani Emily Barber	33 31	Fishkill Waverly	7:37:21 7:58:37		LE AGE GROUP: 55 - 5			
8	Katherine Eberhardt	30	Valatie	8:03:12	1 8	Daniel Banville Lars Liebmann	59 56	Quebec, QC Mechanicville	5:08: 5:41:
	LE AGE GROUP: 35 - 39				14	Brian Snell	55	Morrisonville	5:45:
7	Brenton Towne Gregory Smith	35 39	Milton, VT Rome	4:35:26 4:58:05	18	Jay Williamson	55	Lansing	6:01:
3	Michael Tanzi	35	Lagrangeville	4:59:26	21	Santiago Lopez	55	Troy	6:04:
35	Andres Prieto	38	Garrison	5:38:53	24 34	Michiel Van Dijk Jay Hamilton	55 56	Tivoli Keeseville	6:15: 6:24:
	John Conwall	37	Duanesburg	6:30:34	50	Timothy Landis	55	Clifton Park	6:45:
	Eric Ridley Kevin Rowe	36 37	Auburn Whitesboro	7:03:27 7:28:44	55	Terry Spooner	57	Mechanicville	6:53:
	Dave Smassanow	38	Ballston Lake	7:52:56	59 63	Richard Dimaggio Tom Salamone	56 56	Laurens Schenectady	7:00: 7:07:
	IALE AGE GROUP: 35 - 3				66	Daniel Esper	58	Slingerlands	7:10:
3	Maureen Mahoney Maureen Mannal	38 39	Ottawa, ON Cooperstown	4:58:35 6:09:49	87	Stephen Lafave	58	Peru	8:02:
6	Mairee McManus	37	Baldwinsville	6:32:09	91 FEN	Ron Boisvert Jr. IALE AGE GROUP: 55	59 - 59	Watervliet	8:17:
5	Sarah Snider	36	Kingston	6:52:54	1	Judy Andrew Piel	57	Nepean, ON	5:45:
6	Jessie Sangster Maria Oeser	37 36	Wilmington Ballston Spa	6:53:56 7:18:17	5	Linda Shepard	55	Keeseville	6:10:
2	Nancy Sansevere	39	Lake Placid	7:10:17	12 16	Patricia Ouimet Sandra Rasco	58 58	Millbrook Plattsburgh	6:40: 6:52:
3	Erica Preston	35	Canton	7:31:08	17	Kirsten Elling	57	Lake Placid	6:56:
5 8	Beth Smassanow	37	Ballston Lake	7:45:01	24	Candy Gibb	57	Chittenango	7:34:
8 2	Jessica Kawecki Heather Miner-Goetz	38 37	Brewerton Schenectady	7:56:15 8:01:54	30 34	Raune Hamilton Cindy Baird	55 59	Keeseville Lake Placid	7:52: 8:14:
7	Sarah Gerk	38	Binghamton	8:36:15		LE AGE GROUP: 60 - 6		Lake Haciu	0.14.
	LE AGE GROUP: 40 - 44	42	Clan Park Da	4.24.42	1	Curtis McWilliams	63	Winter Park, FL	5:27:
	Joe Klinedinst Joren Parrotte	43 42	Glen Rock, PA Morrisonville	4:24:42 4:55:36	22 29	Brian Delaney John Harvey	63 61	Lake Placid Glens Falls	7:24: 8:07:
3	Michael Cooley	39	Delmar	5:06:40		John Harvey 1ALE AGE GROUP: 60		aici is I ails	0.07
5	Rob Van Der Kar	43	Averill Park	5:11:29	1	Brooke Nelson	61	Munford, AL	6:36:
7 8	Tom Hanselman Brendan McGinn	42 40	Endicott Fayetteville	5:14:14 5:14:42	5 M A	Amy Perillo	59 •	Ballston Spa	7:54:
6	Chris Murphy	40	Grahamsville	5:54:45	IVIA 1	LE AGE GROUP: 65 - 6 Chad Couto	.9 65	Stowe, VT	5:53:
2	Christopher Plath	41	Skaneateles	5:58:03	4	Herman Sieverding	69	Freeville	6:09:
0 3	Brian Ilardi Greg Bentley	43 41	Delmar Albany	6:00:45 6:06:40		MALE AGE GROUP: 65		North Pay ON	C.F.A.
4	Marcos Locke	41	Baldwinsville	6:07:10	1 2	Viola Burke Debby Goedeke	67 66	North Bay, ON Delmar	6:54: 7:36:
07	Christopher Erwin	43	Middle Grove	6:13:49	MA	LE AGE GROUP: 70 - 7	4		
	Lee Goodale	39 44	King Ferry	6:40:46	1	Robert Tebo	72	Tupper Lake	5:59:
	Dillion Kircher Randall Decker	44	Albany Gansevoort	6:44:41 7:08:18	REL 1	AY TEAMS Brookline Rowing Has Be	ens 25	Brighton, MA	4:40:
	Dennis Perpetua	42	Jay	7:10:54	6	Iditaloon	57	Putnam Valley	5:32:
72	Thomas Murphy	41	Keeseville	7:43:32	7	Hip Replacements	48	Saratoga Springs	5:33:
	Travis Hewitt Benjamin Eggleston	39 41	Phoenix Mechanicville	7:52:24 7:52:56	8	Iron Her	32	Kirkville	5:37:
	IALE AGE GROUP: 40 - 4		Mechanicville	1.36.30	9 12	Upstate Tri-Squad Rangers of Motion	29 33	Saratoga Springs Clifton Park	5:39: 5:50:
	Aimee Phillippi-Taylor	42	Glenville, PA	4:58:35	26	Basic Birches	49	Coxsackie	6:12:
,	Michele Mannion	40	Carmel	5:43:07	28	Breakaway Relay	58	Prattsville	6:15:
	Elizabeth Bassett	43	Rock Hill Baldwinsville	6:42:48 6:50:15	36 41	Crossfit Lake Placid Mixed Bag of Nuts	33 41	Lake Placid Queensbury	6:33:2 6:42:
12	Kate Clift	41							
12 16 54	Kate Clift Kathleen Scott	41 41	Plattsburgh	7:06:52	43	FS Ironman Trio	58	Saranac Lake	
8 42 46 54 59									6:43:2 7:34:0 8:00:3

ADIRONDACK ROLLERSKI MINI TOUR

September 14-15, 20		y compi		KE <i>PIACIU & VVIII</i> (6 TER MEN	erace migniviay, vviii	iiiigton
JUNIOR GIRLS	PROLOGUE			riek Men vier Magnan	NWVF	9:30
1 Shilo Rousseau	Barrie Cross Country	9:28		len Edwards	Team Hardwood	9:58
2 Ava Thurston	Mansfield Nordic	9:32	3 Jo	seph Iwan		10:11
3 Quin Massey-Bierman	Craftsbury	9:50		1.5K XC C	ROSS (XCX) SPRINT	
JUNIOR BOYS	,		JUNI	OR GIRLS		
1 Erikson Moore	Fondeurs Lauren	7:55	1 Q	uin Massey-Bierman	Craftsbury	4:27
2 Ben Milley	Nakkertok	8:03	2 Si	hilo Rousséau	Barrie Cross Country	4:28
3 Aidan Raynor	2003	8:03	3 A	va Thurston	Mansfield Nordic	4:31
SENIOR WOMEN			JUNI	OR BOYS		
1 Zoe Williams	Enrg/Nakkertok	9:03	1 Er	rikson Moore	Fondeurs Lauren	3:48
2 Nina Armstrong	NYŠEF	9:21	2 B	en Milley	Nakkertok	3:49
3 Jessica Roach	Team Hardwood	9:48	3 N	lathis Desbaumes	Fondeurs Des La	3:55
SENIOR MEN			SENI	OR WOMEN		
1 Luke Brown	Bridger Biathlon	7:34	1 Z	oe Williams	Enrg/Nakkertok	4:21
2 Zane Fields	US Biathlon	7:41		essica Roach	Team Hardwood	4:38
3 Finn Dodgson	Barrie Cross Country	8:22	3 N	ina Armstrong	NYSEF	4:46 continue

RACE RESULTS

	ADIRONDACK RO	OLLER!	SKI	MINI TOUR co	ontinued	
SENIOR MEN			SE	NIOR MEN		
1 Zane Fields	US Biathlon	3:42	1	Kyle Bratrud	Stratton, VT	34
2 Luke Brown	Bridger Biathlon	3:42	2	Jake Brown	Craftsbury Common	36
Mikus Zvirbulis	Orienteering CI	4:04	3	Luke Brown	Bridger Biathlon	37
MASTER MEN	-		4	Raleigh Goessling	Craftsbury Common	37
1 Joseph Iwan		4:15	5	Zane Fields	US Biathlon	38
2 Tyler Magnan	NWVE	4:29	6	Finn Dodgson	Barrie Cross Country	3
CLIMB TO THE CAS	TLE - 8K WHITEFACE HILL CLII	ИB	7	Max Durtschi	Lake Placid	39
UNIOR GIRLS			8	Alex Howe	Craftsbury, VT	4
1 Ava Thurston	Mansfield Nordic	51:20	9	Adam Glueck	Hanover, NH	4
Rose Clayton	Mansfield Nordic	51:42		Travis Cooper	Kenai, AK	4
Shilo Rousseau	Barrie Cross Count	52:21		ASTER MEN	NWVF	50
1 Evelyn Walton	Cambridge Sports Union	56:10	1	Tyler Magnan Glenn Edwards	Team Hardwood	5
Grace Mattern	Rochester Nordic	56:14	3	Mike Millar	Mansfield Nordic	5.
Maggie McGee	Craftsbury Nordic	56:36	4	Christian Otto	Scarsdale	5
7 Hannah Chipman	Ford Sayre	57:29	5	Costanza, Richard	Fairfax, VT	5
7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	Rochester Nordic	57:36	6	Peter Vile	Taillax, VI	5
Quincy Massey-Bierm		58:37	7	Joseph Iwan		5
10 Hanna Holm	Mansfield Nordic	1:01:26	8	Steve Halasz		1:0
IUNIOR BOYS	Mananela Nordic	1.01.20	9	James Meier	New York	1:1
l Jack Lange	Ford Sayre	41:35	10	Phillip Belena		1:1
Mathis Deshaumes	Fondeurs Des Laure	42:46			TOUR OVERALL	
Ben Milley	Nakkertok	43:18	JU	NIOR GIRLS		
Frikson Moore	Fondeurs Laurentid	44:03	1	Ava Thurston	Mansfield Nordic	1:0
Aidan Raynor	2003	45:18	2	Shilo Rousseau	Barrie Cross Country	1:0
5 Linden Niedeck	Cambridge Sports Union	46:06	3	Rose Clayton	Mansfield Nordic	1:0
7 Ouinn Wilson	Dublin, NH	46:08	JU	NIOR BOYS		
3 Jack Young	Craftsbury Nordic	46:22	1	Jack Lange	Ford Sayre	5
9 Van Ledger	NYSEE	47:19	2	Ben Milley	Nakkertok	5
10 Joseph Wilson	NYSEF	48:30	3	Erikson Moore	Fondeurs Lauren	5
SENIOR WOMEN	INTSET	40.50	SE	NIOR WOMEN		
7oe Williams	Enrg/Nakkertok	48:54	1	Zoe Williams	Enrg/Nakkertok	1:0
2 Kathy Maddock	Wilton, NH	51:12	2	Lucy Hochschartner	St. Lawrence University	1:0
Sheila Kealey	Ottawa, ON	51:12	3	Nina Armstrong	NYSEF	1:0
Lucy Hochschartner	St. Lawrence University	52:49		NIOR MEN		
Nina Armstrong	NYSFF	54:02	1	Luke Brown	Bridger Biathlon	4
Stephanie Nicols	Rumford, ME	55:06	2		US Biathlon	4
7 Kate Andv	Concord, NH	55:51		Finn Dodgson	Barrie Cross Country	5
7 Kate Andy 3 Zoã Pekos	Barrie Cross Country	56:53		ASTER MEN	NDAD /F	1.0
	Honeoye Falls	57:14	1	Tyler Magnan	NWVE	1:0
9 Gabrielle Wangler 10 Jessica Roach	Team Hardwood	57:14 58:02	2	Joseph Iwan	of High Peaks Cyclery	1:1:

10 Jessica Roach	Tea	m Hardwood	58:02		Courtesy of	High P	eaks Cyclery	
THE CARAGOS	B.		NIE	DC:	A 0/DC1115			
THE SARATOGA					A OʻDONNELI own Saratoga Spi			ACE
HALF MARAT	-				Matt Becker	34	South Glens Falls	1:25:3
MALE OVERALL				6	Rick Levo	32	Saratoga Springs	1:29:3
1 John Busque	27	Manchester, CT	1:08:19	7	Christopher Parks	33	Ballston Lake	1:30:1
2 Brady Bobbitt	22	Wilton	1:10:03	8	Brian Nowicki	34	Schenectady	1:32:5
3 Jaidiby Zapata	34	Milford, NH	1:11:17	9	Zachary Burns	32	Golden, CO	1:33:0
FEMALE OVERALL					John Burke	32	Saratoga Springs	1:36:4
1 Christine Myers	21	Altamont	1:19:44		Camilo Torres	30	Hudson	1:40:5
2 Dana Bush	40	Saratoga Springs	1:20:41		Nicholas Prock	31	Saratoga Springs	1:41:2
3 Jessica Bashaw	36	Cambridge	1:25:31		Matthew Gaschel	34	Greenfield Center	1:41:4
MALE AGE GROUP: 1 - 14					Aj Goertzen	33	Porter Corners	1:42:2
1 Aidan Watts	14	Clifton Park	2:09:19		John Bory	34	Ballston Spa	1:43:0
FEMALE AGE GROUP: 1 - 1	4			FE	MALE AGE GROUP: 30 -	34		
1 Madalyn Wilson	14	Ballston Spa	1:54:38	1	Stacey MacDonald	31	Porter Corners	1:36:4
MALE AGE GROUP: 15 - 19				2	Sara Breault	34	Bonita Springs, FL	1:39:4
1 Troy Prehn	17	Saratoga Springs	1:33:14	3	Tatiana Hart	32	Ballston Spa	1:42:2
2 Zachary Payant	15	Saratoga Springs	1:33:48	4	Danielle Searles	33	Saratoga Springs	1:43:3
B Duncan Tallman	18	Schenectady	1:41:02	5	Amy Pinckney	33	Saratoga Springs	1:44:0
4 DJ Cooney	19	Clifton Park	2:00:26	6	Katie Goodwin	33	Valley Stream	1:44:4
FEMALE AGE GROUP: 15 -	19			7	Chelsea Smith	31	Valatie	1:46:1
1 Jenna Urbanski	17	Stillwater	1:53:02	8	Elizabeth Tamburello	32	Malta	1:47:3
2 Ella Stewart	16	Selkirk	2:14:36	9	Jennifer Lieber	34	Ballston Spa	1:48:0
3 Catherine Cullen	19	Weaverville, NC	2:33:35	10	Rachel Whitney	31	Fort Drum	1:50:0
Helena Cullen	17	Weaverville, NC	2:33:50		Natalie Pinckney	31	Saratoga Springs	1:52:1
MALE AGE GROUP: 20 - 24					Sara Verga	30	Glenville	1:53:4
Nathan Laing	24	Waterford	1:22:53	13	Jean Marie Kratzer	30	Cambridge	1:56:1
2 Alex Hitrick	21	Broadalbin	1:35:00		Stephanie Marotta	34	Saratoga Springs	1:56:4
3 Anthony Browarski	23	Schenectady	1:42:27		Janelle Rizzo	31	Troy	1:56:5
Stiles Alpeter	23	Charlotte, VT	1:42:27		ALE AGE GROUP: 35 - 3		,	1.50.5
Michael Corcoran	23	Schenectady	1:50:27	1	Brian Wilson	3 6	Dannemora	1:24:0
				2	Brandon Barcomb	36		1:24:0
Nicholas Bedore Henry Thomas	24 21	Ballston Lake Clinton Corners	1:53:44 1:59:35	3		36 36	Cadyville	1:26:0
. ,		Clinton Corners	1.59.35	4	Michael Cacioppo		Cohoes	
EMALE AGE GROUP: 20 -		B 11.1	4 2 4 2 4		Jacob Searles	37	Saratoga Springs	1:32:2
Stephanie Popovitch	22	Round Lake	1:34:34	5	Anthony Demarco	36	Troy	1:34:4
2 Alyssa Bove	21	West Islip	1:42:20	6	Scott Cappuzzo	38	Boulder, CO	1:35:5
Rachel Walsh	21	Niskayuna	1:49:21	7	Ryan Irwin	39	Albany	1:37:5
4 Keelin Hollowood	24	Saratoga Springs	1:53:46	8	Seth Johnson	39	Cohoes	1:38:3
5 Kerri Laurenza	24	Ballston Spa	1:56:26	9	Robert Thompson	37	Boston, MA	1:38:4
5 Elizabeth Adams	24	Gansevoort	1:56:36	10	Nicholas Lobosco	37	Ballston Spa	1:42:3
7 Alison Romer	23	Clifton Park	1:57:35	11	Dennis Kosyjana	35	Saratoga Springs	1:44:4
B Angie Micceri	24	Albany	2:00:28	12	Patrick Bergeron	39	Delmar	1:44:4
9 Michaelah Townley	24	Saratoga Springs	2:01:37		Shawn Sinel	37	Saratoga Springs	1:46:0
10 Ashley Windheuser	23	Albany	2:03:23		Jean-Baptis Laloe	38	Saratoga Springs	1:46:1
1 Maia Taylor	21	Deerfield, MA	2:03:27		Ryan Wheeler	35	East Greenbush	1:48:2
12 Amanda Kondrat	24	Clifton Park	2:04:50		MALE AGE GROUP: 35 -		East Greenbash	1.10.2
13 Devin Napolione	24	Albany	2:05:57	1	Rose Beckett	36	Saratoga Springs	1:35:2
14 Alicia Deruscio	24	Fonda	2:08:07	2	Megan Harrington	35	Cambridge	1:35:2
15 Rebecca O'Neil	24	Ballston Spa	2:08:46	3	Talara Hedgpeth	35	Greenfield Center	1:38:2
MALE AGE GROUP: 25 - 29	24	palistori spa	2.06.40	4		36		1:39:2
	20	Marco Marila	1.24.22	5	Kaila Morgante		Saratoga Springs	
James Innes	28	New York	1:24:23		Danielle Beale	35	New York	1:39:3
2 Justin Donohue	26	Schenectady	1:25:10	6	Justine Lobosco	35	Ballston Spa	1:42:3
3 Ian Thane	26	Amsterdam	1:26:17	7	Frances Ness	39	Schenectady	1:42:5
Matthew Phillips	28	Ardmore, PA	1:30:18	8	Jessica Amyot	36	Clifton Park	1:42:4
Joseph Abed El Latif	28	Saratoga Springs	1:31:47	9	Sarah Johnson	38	Saratoga Springs	1:42:5
5 Alexander Strzalkowski	27	Rochester	1:34:08	10	Alicia Bevan	38	Greenfield Center	1:43:5
Philip Yoss	27	New Hartford	1:35:25		Jennifer Bergeron	39	Delmar	1:44:3
Colin Dalton	28	Troy	1:39:31	12	Kristin Meissner	39	Saranac Lake	1:48:1
9 Kevin Lewis	29	Albany	1:40:08	13	Erin Murphy	39	Saratoga Springs	1:49:0
0 William Roberts	29	New York	1:41:35		Jamie Liscom	37	Wilton	1:49:3
1 Vincent Tashjian	25	Saratoga Springs	1:51:41	15	Jamie Stafford	38	Saratoga Springs	1:49:4
2 Brandon Cook	25	Selkirk	1:53:29	M	ALE AGE GROUP: 40 - 44	4	•	
13 Ryan Naylor	29	Pittsfield, MA	1:55:32	1	Colin Crowley	42	Ballston Spa	1:19:2
14 Nate Kimmitt	26	Troy	1:57:28	2	Shaun & Shamus Evans	41	Middle Grove	1:19:4
15 William Yuzynko	29	Saratoga Springs	1:59:07	3	Steve Lisa	44	Mahwah, NJ	1:25:5
FEMALE AGE GROUP: 25 -		saratoga springs	1.55.07	4	Wei Ma	41	Clifton Park	1:32:1
	29 28	Clifton Park	1.20.00	5	David Chatt	42	Saratoga Springs	1:33:4
			1:30:00			42		
2 Sarah Popovitch	26	Round Lake	1:35:38	6	Greg Rashford		Niskayuna	1:35:4
Katie Ehmann	26	Saratoga Springs	1:37:42	7	Ryan Maine	41	Utica	1:36:2
1 Shannon Flaherty	27	Albany	1:38:45	8	Gabe Anderson	42	Saratoga Springs	1:37:3
	27	Gansevoort	1:40:29	9	Steve Maynard	44	Rotterdam	1:38:1
		Troy	1:41:26		lan Lewis	40	Stillwater	1:38:4
Lauren Williams	29		1:43:13		John Evansky	41	Hudson Falls	1:40:1
5 Lauren Williams 7 Shannon Lenzi	25	Gansevoort		12	Joseph Altobello	41	Green Island	1:42:2
5 Lauren Williams 7 Shannon Lenzi 3 Lauren Davis	25 26	Albany	1:45:54	12	JOSEPH / WODEWO			1.43.4
5 Lauren Williams 7 Shannon Lenzi 3 Lauren Davis	25				Brian Melanson	44	Schenectady	1:43:4
5 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 9 Madeline Reynolds	25 26	Albany	1:45:54			44 43	Schenectady Gloversville	
5 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 9 Madeline Reynolds 10 Megan Maffett	25 26 27	Albany Gansevoort	1:45:54 1:46:24	13 14	Brian Melanson			1:46:2
5 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 9 Madeline Reynolds 10 Megan Maffett 11 Gabby Hyrny	25 26 27 25 26	Albany Gansevoort Ballston Spa Ballston Lake	1:45:54 1:46:24 1:48:17 1:50:26	13 14 15	Brian Melanson Anthony Luciano Ron Moon	43 40	Gloversville	1:46:2
5 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 0 Madeline Reynolds 10 Megan Maffett 11 Gabby Hyrny 12 Megan Bell	25 26 27 25 26 28	Albany Gansevoort Ballston Spa Ballston Lake Saratoga Springs	1:45:54 1:46:24 1:48:17 1:50:26 1:55:39	13 14 15 FE	Brian Melanson Anthony Luciano Ron Moon MALE AGE GROUP: 40 -	43 40 • 44	Gloversville Whitesboro	1:46:2 1:49:2
5 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 9 Madeline Reynolds 10 Megan Maffett 11 Gabby Hyrny 12 Megan Bell 13 Sarah Hilton	25 26 27 25 26 28 29	Albany Gansevoort Ballston Spa Ballston Lake Saratoga Springs Schenectady	1:45:54 1:46:24 1:48:17 1:50:26 1:55:39 1:55:54	13 14 15 FE 1	Brian Melanson Anthony Luciano Ron Moon MALE AGE GROUP: 40 - Michelle Lavigne	43 40 44 44	Gloversville Whitesboro Albany	1:46:2 1:49:2 1:33:1
5 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 9 Madeline Reynolds 10 Megan Maffett 11 Gabby Hyrny 12 Megan Bell 13 Sarah Hilton 14 Carey Fairlie	25 26 27 25 26 28 29	Albany Gansevoort Ballston Spa Ballston Lake Saratoga Springs Schenectady Saratoga Springs	1:45:54 1:46:24 1:48:17 1:50:26 1:55:39 1:55:54 1:56:22	13 14 15 FE 1 2	Brian Melanson Anthony Luciano Ron Moon MALE AGE GROUP: 40 - Michelle Lavigne Kelly Morris	43 40 44 44 41	Gloversville Whitesboro Albany Nassau	1:46:2 1:49:2 1:33:1 1:40:2
5 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 9 Madeline Reynolds 10 Megan Maffett 11 Gabby Hyrny 12 Megan Bell 13 Sarah Hilton 14 Carey Fairlie 15 Sarah Burr	25 26 27 25 26 28 29 29	Albany Gansevoort Ballston Spa Ballston Lake Saratoga Springs Schenectady	1:45:54 1:46:24 1:48:17 1:50:26 1:55:39 1:55:54	13 14 15 FE 1 2 3	Brian Melanson Anthony Luciano Ron Moon MALE AGE GROUP: 40 - Michelle Lavigne Kelly Morris Yanping Shen	43 40 44 41 40	Gloversville Whitesboro Albany Nassau Saratoga Springs	1:46:2 1:49:2 1:33:1 1:40:2 1:45:2
6 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 9 Madeline Reynolds 10 Megan Maffett 11 Gabby Hyrny 12 Megan Bell 13 Sarah Hilton 14 Carey Fairlie 15 Sarah Burr MALE AGE GROUP: 30 - 34	25 26 27 25 26 28 29 29	Albany Gansevoort Ballston Spa Ballston Lake Saratoga Springs Schenectady Saratoga Springs Norwalk, CT	1:45:54 1:46:24 1:48:17 1:50:26 1:55:39 1:55:54 1:56:22 1:56:31	13 14 15 FE 1 2 3 4	Brian Melanson Anthony Luciano Ron Moon MALE AGE GROUP: 40 - Michelle Lavigne Kelly Morris Yanping Shen Sally Bratten	43 40 44 41 40 44	Gloversville Whitesboro Albany Nassau Saratoga Springs Niskayuna	1:46:2 1:49:2 1:33:1 1:40:2 1:45:2 1:50:3
6 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 9 Madeline Reynolds 10 Megan Maffett 11 Gabby Hyrry 12 Megan Bell 13 Sarah Hilton 14 Carey Fairlie 15 Sarah Burr MALE AGE GROUP: 30 - 34 1 Jon Lindenauer	25 26 27 25 26 28 29 29 26	Albany Gansevoort Ballston Spa Ballston Lake Saratoga Springs Schenectady Saratoga Springs Norwalk, CT	1:45:54 1:46:24 1:48:17 1:50:26 1:55:39 1:55:54 1:56:22 1:56:31	13 14 15 FE 1 2 3 4 5	Brian Melanson Anthony Luciano Ron Moon MALE AGE GROUP: 40 - Michelle Lavigne Kelly Morris Yanping Shen Sally Bratten Eileen Ellis	43 40 44 41 40 44 40	Gloversville Whitesboro Albany Nassau Saratoga Springs Niskayuna Gansevoort	1:46:2 1:49:2 1:33:1 1:40:2 1:45:2 1:50:3 1:50:5
6 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 9 Madeline Reynolds 10 Megan Maffett 11 Gabby Hyrny 12 Megan Bell 13 Sarah Hilton 14 Carey Fairlie 15 Sarah Burr MALE AGE GROUP: 30 - 34 1 Jon Lindenauer 2 Thomas O'Grady	25 26 27 25 26 28 29 29 26	Albany Gansevoort Ballston Spa Ballston Lake Saratoga Springs Schenectady Saratoga Springs Norwalk, CT Albany Slingerlands	1:45:54 1:46:24 1:48:17 1:50:26 1:55:39 1:55:54 1:56:22 1:56:31	13 14 15 FE 1 2 3 4 5 6	Brian Melanson Anthony Luciano Ron Moon MALE AGE GROUP: 40 - Michelle Lavigne Kelly Morris Yanping Shen Sally Bratten Eileen Ellis Melissa Greene	43 40 44 41 40 44 40 40	Gloversville Whitesboro Albany Nassau Saratoga Springs Niskayuna Gansevoort Niskayuna	1:46:2 1:49:2 1:33:1 1:40:2 1:45:2 1:50:3 1:50:5
6 Lauren Williams 7 Shannon Lenzi 8 Lauren Davis 9 Madeline Reynolds 10 Megan Maffett 11 Gabby Hyrry 12 Megan Bell 13 Sarah Hilton 14 Carey Fairlie 15 Sarah Burr MALE AGE GROUP: 30 - 34 1 Jon Lindenauer	25 26 27 25 26 28 29 29 26	Albany Gansevoort Ballston Spa Ballston Lake Saratoga Springs Schenectady Saratoga Springs Norwalk, CT	1:45:54 1:46:24 1:48:17 1:50:26 1:55:39 1:55:54 1:56:22 1:56:31	13 14 15 FE 1 2 3 4 5	Brian Melanson Anthony Luciano Ron Moon MALE AGE GROUP: 40 - Michelle Lavigne Kelly Morris Yanping Shen Sally Bratten Eileen Ellis	43 40 44 41 40 44 40	Gloversville Whitesboro Albany Nassau Saratoga Springs Niskayuna Gansevoort	1:43:4 1:46:2 1:49:2 1:33:1 1:40:2 1:50:3 1:50:5 1:52:1 1:53:4 1:55:0

THE SARATOGA PA	ALIC	D: MELANIE ME	EROLA	O'DONNELL MEMO)RI/	AL RACE cont	inued
9 Lee Briggs 10 Amanda Vitti	41 40		55:35 57:38	5 Curt Woodcock 6 David Heyward	66 65	Johnstown Wynantskill	2:11:13 2:15:14
11 Heather Dacus 12 Rebecca Evansky	44 40		58:49 59:09	7 Leo Dipierro 8 Liam Murphy	69 65	Cherry Plain Burlington, VT	2:16:12 2:21:42
13 Jessica Skura-Capone 14 Karen Swyler	40 43		59:21 59:40	9 Robert Farley 10 Robert Manda	65 67	Saratoga Springs Halfmoon	2:25:01 2:33:02
15 Staci Berg MALE AGE GROUP: 45 - 49	43		01:05	FEMALE AGE GROUP: 65 - 6 1 Cheryl Olsen	66	Schenectady	2:02:51
1 Greg Ethier 2 Andrew Eyer	46 47		26:28 31:22	2 Joan Celentano3 Katherine Ambrosio	66 69	Schenectady Delmar	2:21:39 2:24:12
3 William Dodds 4 Rick Zachgo	46 49	Rexford 1:	32:27 32:58	MALE AGE GROUP: 70 - 74 1 Terry Smith	72	Galway	2:05:26
5 Gil Chorbajian6 Leonard Leonidas	49 46	Castleton 1:	33:59 35:00	2 James Callahan3 Bob Mead	74 70	Saratoga Springs East Greenbush	2:19:01 2:28:54
7 Kevin Beattie 8 Zhaolin Cheng	48 45		36:00 37:23	4 Martin Rowley 5 Bob Moriale	71 71	Latham Malta	2:29:51 2:31:56
9 Robert Fox 10 John King	47 48	Duxbury, MA 1:	38:42 41:01	MALE OVERALL	RUN		
11 Mitch Snyder 12 Brian Watts	46 45	Clifton Park 1:	41:19 41:26	1 Rick Bush 2 Ramon Dominguez	42 42	Saratoga Springs Saratoga Springs	16:46 17:05
13 John Sullivan 14 Kurt Bratten	47 45	Niskayuna 1:	41:55 42:28	3 Chris Riddell FEMALE OVERALL	44	Kitchener, ON	17:09
15 Brian Cuneo FEMALE AGE GROUP: 45 - 4		3 , 3	42:49	 Mesha Brewer Jaime Farone 	40 43	Saratoga Springs Saratoga Springs	19:05 20:50
1 Patty Canfield 2 Trudy Boulia	47 47	Delanson 1:	40:26 44:18	3 Theresa Prehn MALE AGE GROUP: 1 - 14	13	Saratoga Springs	22:39
3 Jan Zoller 4 Bridget Varcoe 5 Judith Dore	45 46 49	Porter Corners 1:	46:39 52:37 52:57	1 Andrew Hope 2 Nathaniel More	14 11	Wilton Ballston Spa	22:29 23:36
6 Stefanie Buttermore 7 Demantra Constantine	49 47 48	Clifton Park 1:	54:20 55:41	3 Thomas Isenovski FEMALE AGE GROUP: 1 - 14	11	Saratoga Springs	23:36
8 Sarah Pechar 9 Karen Spickler	46 46	Niskayuna 1:	56:13 59:18	Abigail Edwards Sofia Wright	12 12	Greenfield Center Saratoga Springs	24:07 25:22
10 Amy Gaboriault 11 Amy O'Connor	47 47	South Burlington, VT 1:		3 Emilia Hall MALE AGE GROUP: 15 - 19	11	Ballston Spa	26:23
12 Sarah Vogel 13 Stephanie Davis	49 49	Slingerlands 2:	03:10 04:00	1 Charles Barnes2 Sean Wright	15 16	Saratoga Springs Saratoga Springs	22:14 22:27
14 Sandy Graves 15 Lisa Nixon	47 47	Clifton Park 2:	06:32 08:09	3 Timothy Boucher FEMALE AGE GROUP: 15 - 1	19 9	Ballston Spa	28:29
MALE AGE GROUP: 50 - 54 1 Paul Moore	54	,	35:42	1 Anna Dennett 2 Abby Rodecker	17 18	Saratoga Springs Johnstown	29:25 29:48
2 Michael Kennedy 3 Richard Loud	52 54		35:53 38:27	MALE AGE GROUP: 20 - 24	16	Ballston Lake	34:24
4 Steven Tinkler 5 Mark Fisher	54 52		42:02 43:06	1 Tim Allen 2 Jeffrey Kirkwood	23 24	Saratoga Springs Ithaca	21:00 23:05
6 Jon Atwell 7 Douglas Meyer	54 50		44:53 45:45	3 Jason Lem FEMALE AGE GROUP: 20 - 2		Raleigh, NC	23:13
8 John Modoski 9 Daniel Ogian	51 54	Saratoga Springs 1:	47:30 47:58	1 Katherine O'Rourke 2 Xinran Li	24	Wappingers Falls Troy	25:18 26:53
10 Michael Fosmire 11 Brian Donohue	51 52	Queensbury 1:	48:43 50:37	MALE AGE GROUP: 25 - 29	24	Troy	27:34
12 Andrew Wescott 13 Emmanuel Seiz	54 54	Ballston Lake 1:	51:07 51:49	1 Edward Cody 2 Adam Coolong	26 27	Ellington, CT Ballston Spa	21:53 23:54
14 Hwasoo Lee 15 Jeffrey Schwartz	52 51		52:32 53:27	3 Brandon Ryther FEMALE AGE GROUP: 25 - 2		Ballston Spa	24:33
FEMALE AGE GROUP: 50 - 5 1 Amy Jacobson	54		44:45	1 Samantha Shapira 2 Kayla Marchant	29 25	Saratoga Springs Malta	23:40 28:59
2 Kathy Viggiano 3 Sandy Malloy	51 50	Feura Bush 1:	52:58 53:50	3 Sonni Pank MALE AGE GROUP: 30 - 34	27	Sprakers	30:05
4 Diane Montes Harris 5 Michelle Mickalonis	51 53	Mechanicville 1:	53:58 56:13	1 David O'Neill 2 Andrew Larosa	32 31	Ballston Lake Wilton	19:01 20:12
6 Julie Urbanski 7 Marianne McCarthy	50 52	New Hartford, CT 1:	58:44 59:00	3 Mark McCoy FEMALE AGE GROUP: 30 - 3	34 4	Framingham, MA	20:16
8 Lonnie Halusic 9 Kimberly Henes	51 52 53	Mechanicville 2:	59:53 02:21	1 Stephanie Wilkinson 2 Jamie Gomez	31 34	Albany Denver, CO	22:46 26:02
10 Lynn Fredericks 11 Kelly Armer	52 54	Ballston Spa 2:	03:31 05:03 07:31	3 Sascha Larosa MALE AGE GROUP: 35 - 39	31	Gansevoort	26:25
12 Lori Santilli 13 Lisa Thomas 14 Courtney Moriarta	53 50	Clinton Corners 2:	10:40	1 John Scranton 2 Anthony Castelbuono 3 Gabriel Schlomer	37 39 38	Greenfield Center Schuylerville Albany	21:42 22:07 22:38
15 Lori Watson MALE AGE GROUP: 55 - 59	54		12:52	FEMALE AGE GROUP: 35 - 3 1 Jamie Mastroianni		Saratoga Springs	24:05
1 Craig Dubois 2 Chuck Stewart	56 58	· .	25:25 28:34	2 Jessica Deconno 3 Jean Berry	38 35	Gansevoort Delmar	26:24 27:10
3 Bob Radliff 4 Jon Gurney	55 56	Saratoga Springs 1:	32:37 37:28	MALE AGE GROUP: 40 - 44 1 Matt Conant	43	Ballston Spa	17:59
5 Craig Fenoff 6 Rich Flaherty	55 57	Saratoga Springs 1:	46:22 50:02	2 Josias Sanabria3 Brent Pollak	43 40	Queensbury Gansevoort	19:21 21:35
7 Daniel Bullis 8 Daniel Esper	55 58		49:58 50:21	FEMALE AGE GROUP: 40 - 4 1 Maggie Maphia	4	Saratoga Springs	22:56
9 Joe Lynch 10 Ed Ellis	58 58	Hannacroix 1:	52:12 53:48	2 Angela Stritt 3 Joann Potrzuski Cass	41 44	Cohoes Gansevoort	23:22 24:34
11 Kevin Radigan 12 Mark Stark	59 55	Clifton Park 1:	54:18 54:36	MALE AGE GROUP: 45 - 49 1 David Shumpert	48	Clifton Park	19:45
13 Alain Laval 14 Kevin Lacomb	55 55	Higganum, CT 1:	56:50 56:55	2 Brian Bennett 3 Jeric Sarad	48 46	Schenectady Mechanicville	20:41 24:33
15 John Merboth FEMALE AGE GROUP: 55 - 5			01:28	FEMALE AGE GROUP: 45 - 4 1 Lynn Prehn	9 47	Saratoga Springs	23:16
1 Lisa Pleban 2 Darlene Feldmaier	55 55	Clifton Park 1:	50:15 56:13	Zoe DevitoChristi Dininni	45 47	Gansevoort Saratoga Springs	24:24 26:06
3 Bridgett Frary 4 Patricia Monahan 5 Tricia Johnston	59 57 58	Warrensburg 2:	59:51 03:27 15:20	MALE AGE GROUP: 50 - 54 1 Tom Denham	52	Delmar	22:31
6 Darlene Kusaywa 7 Kathy Bottillo	55 56	Mechanicville 2:	22:22 23:16	2 Brent Bashaw 3 Joe Tyler	53 52	Niskayuna Saratoga Springs	22:43 23:07
8 Kathy Sherman 9 Deborah Curtis	55 59	Saratoga Springs 2:	23:49 24:05	FEMALE AGE GROUP: 50 - 5 1 Joanne Kiernan	53	Saratoga Springs	27:00
10 Deb Fox 11 Jennifer Nachbur	59 58	Delmar 2:	28:21 36:38	2 Michelle Golonka 3 Laura Walker	52 52	Delmar Menands	28:07 29:09
12 Annemarie Ohearn 13 Jean Ginter	58 58	Saratoga Springs 2:	39:31 40:33	MALE AGE GROUP: 55 - 59 1 Ron Seyb 2 Adam Nawman	59 58	Ballston Spa	21:38
14 Ann Bencivengo15 Donna Ledingham	57 57		40:26 40:26	2 Adam Newman 3 Tom Lewis FEMALE AGE GROUP: 55 - 5	55	Saratoga Springs Amsterdam	23:55 25:02
MALE AGE GROUP: 60 - 64 1 Jamie Casline	60		34:16	1 Mary Lee Smaldone 2 Carla Ward	57 55	Gansevoort Clifton Park	27:06 31:15
Andrew Clear James Langmead	61 61	Lake Placid 1:	46:23 48:12	3 Janet Cody MALE AGE GROUP: 60 - 64	56	Clifton Park	31:28
4 Peter Butryn 5 Patrick Hutchison	62 61	West Chester, PA 1:	49:12 49:38	1 Jon Weilbaker 2 Matisyahu Kell	61 64	Saratoga Springs Saratoga Springs	21:17 23:36
6 Peter Fish 7 Dan Owens	63	Ballstón Spa 1:	51:19 55:19	3 William Martin FEMALE AGE GROUP: 60 - 6	63	Gansevoort	24:01
8 Stephan Von Schenk 9 Bill Roberts	64 60	Queensbury 2:	02:03 07:11	1 Linda Evans 2 Gina Scavone	62 61	Ravena Saratoga Springs	27:05 28:18
10 Kurt Lozier 11 Richard Kelly 12 Michael Desimone	60 62 60	Schenectady 2:	07:46 11:51 16:22	3 Catherine Gagnon MALE AGE GROUP: 65 - 69	62	Saratoga Springs	28:48
13 Charles Babcock 14 Thomas McTernan	64 64	Saratoga Springs 2:	20:02	 Joe Aliberti Michael Chovonec 	69 69	Voorheesville Lutherville, MD	23:25 27:24
15 Jeff Harris FEMALE AGE GROUP: 60 - 6	61		31:33	3 Michael Buza FEMALE AGE GROUP: 65 - 6	65	Camillus	33:27
Margaret McKeown Diane Rothman	61 61		38:54 46:44	1 June Vail2 Janet Aliberti	65 68	Saratoga Springs Voorheesville	31:31 38:33
3 Kim Law 4 Maureen Fitzgerald	62 61	East Greenbush 1:	50:05 53:14	3 Sally Gordon MALE AGE GROUP: 70 - 74	69	Saratoga Springs	42:09
5 Mary Withington 6 Joann Lyons	63 63	Saratoga Springs 1:	58:28 12:43	1 Jim Fiore 2 Daniel Berry	72 70	Latham Delmar	27:39 28:30
7 Katherine Allott 8 Michelle Borisenok	64 61	Wilton 2: Saratoga Springs 2:	15:24 18:43	3 Joseph Scaringe FEMALE AGE GROUP: 70 - 7		Latham	29:11
9 Jennifer Lawrence 10 Rose Bergeron	60 63	Rensselaer 2: Essex, VT 2:	19:57 36:38	1 Maureen Buckley 2 Cathy Goldstein	70 71	Ballston Spa Syracuse	42:10 44:12
11 Crystal Beekman 12 Carol Covas	60 61	Hurley 2:	37:13 48:23	3 Joann Todd MALE AGE GROUP: 75 - 79	74	Gansevoort	58:39
13 Karen Wilson MALE AGE GROUP: 65 - 69	63		50:24	1 Gerald Ferris FEMALE AGE GROUP: 75 - 7		Middle Grove	63:19
George Baranauskas Matthew Melsert David Oleon	65 65	Burnt Hills 1:	44:17 49:51 50:27	1 Geraldine Ferris 2 Peggy McEvoy	77 75	Middle Grove Gansevoort	54:15 58:39
3 David Olsen 4 Matthew Jones	67 65		59:27 01:46	3 Mary Fien Courtesy of The	79 Mela r	Gansevoort nie Foundation	64:42

43RD ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON

		S RUNAGROUND TRIATHLON rington, MA to Tanglewood, Lenox, MA	l
27M BIKE, 5M PADDLE, 6M RUN	ac Ban	ALL BERKSHIRE – 3-4-PERSON TEAM	
ALL BERKSHIRE – 4-PERSON TEAM 1 Minkler Ins I	2:31:36	IPAs All Around Jason Candee, Paul Monachina, Nick Curelop	2:35:08
Chuck Leach, Tim Minkler, Gary Quadrozzi, Mark Rabasco 2 Josh Itch) 2:35:35	Movin' Groovin Bob Geller, Christopher King, Stefan Ogle	2:50:20
Brian Rabuse, Sue Purdy, Kurt Kuehnel, Stephen Foley	2:44:19	3 Two Kupes and a Monti	2:54:43
Andy Clark, Eddie Barrett, Tim Barrett, Joe Barrett	2:44:19	James Kupernik, Joe Monti, Chris Kupernik DOUBLE KAYAK – OVER 16-FOOT IN LENGTH	
MALES 39 & UNDER – 4-PERSON TEAM 1 Allen Heights Veterinary	2:17:35	 Spin Splash Sprint Anthony Guarino, Steve Fagin, Tom Fagin, Anthony Guar 	2:34:15 rino
Josh Lipka, Tom Keefe, Ben Pigott, Steve Monsulick The Boss's Maine'ly Mass'ive Men	2:29:14	2 Keystones	2:46:25
AJ Piper, Kevin Boss, Dave Vandorpe, Shawn Rumery	2:41:15	Elias Bennett, Jason Webster, George Berne, Michael Lafi 3 Vermont Sports Connection	reniere 2:51:23
James Sawtelle, Jason Sawtelle, Matthew Sawtelle, Sean S		Brook Anderson, Clyde Yarnell, Mike Malley, Megan Ane MALES 39 & UNDER – 3-4-PERSON TEAM	llo
MALES 40 & OVER – 4-PERSON TEAM 1 Not Those Guys	2:32:03	1 Good n' You?	2:43:13
Damon LeCompte, John Berry, Matt King, Mike Zani 2 Believe :	2:51:42	Joshua Hopmans, Joey Szczepaniak, Dan Hopmans 2 Irish Racing Assoc of Western Mass	2:49:36
Stephen Hudyncia, Scott Jordan, John Maier, Michael Hud		Timothy Mahoney, Michael Downey, Joseph Hegarty 3 Brobasco & Company	2:50:04
William Dunlop, Gabriel Kaufman, Patrick Russell	J.1J.22	Harold Armstrong, David Wiltey, Matthew Rabasco MALES 40 & OVER – 3-4-PERSON TEAM	
	3:30:41	1 The Brother in Laws	2:52:13
Mary Howell, Denae Dostal, Amy Thornton, Stephanie Mo 2 Rowe Nextgen	ollison 3:37:05	Brian Sunskis, Brad Williams, William Kittler Tres Amigos	3:02:49
Jennifer Rowe, Emily Rowe, Victoria Rowe, Allie Rowe 3 Hop- Skip- and JUmp	3:42:53	Andrew Garcia, Jedd Hall, Mike Tucker 3 2 Crazies and a Loon	3:05:55
Julie Marcoulier, Julie Marcoulier, Kristi Kearney,	3.42.33	Kevin Murphy, Skip Ciccarelli, Garrett Deane	3.03.33
Courtney Johnston MASTERS 50 & OVER – 4-PERSON TEAM		ALL FEMALE – 3-4-PERSON TEAM 1 Vermont Vixens	2:59:53
 Turkish Delight Glen Muscosky, Paul Sullivan, Joe Lukaszevicz, Larry Genti 	2:54:14 le	Oonagh McHugh-Dillon, Andrea Vogl, Katharine Kimball 2 All About the T-Shirts	3:06:49
	2:57:11	Kathy Kimpane, Andrea Goodman, Kim Gero	
3 Clark's Gamble	3:15:25	OURDITAROD Pat Rosier, Heather Drake, Michelle Sargis	3:38:16
Craig Robertson, Clark Gamble, Chris Gamble, Wayne Pie GRAND MASTERS: 60 & OVER – 4-PERSON TEAM	rs	MIXED 39 & UNDER – 3-4-PERSON TEAM 1 Just Postal	2:37:16
 Wharf Rats Steve Winckler, Jay Dizacomo, James Allott, James Allott 	3:00:38	Carson Poe, Ed Dvorchak, Anna Klimmek	
	3:01:34	Berkshire Real Estate Steven Ray, Steve Ray Sr, Stephanie Kate Ray	2:43:26
3 Team 78	3:12:20	Matty B's Plumbing Crew Matt Banach, Kris Raifstanger, Samantha Bernard	2:43:31
Michael Bartini, Bill Terbush, Ronald McMahon, John O-Lo MIXED 39 & UNDER – 3-4 PERSON TEAM		MIXED 40 & OVER - 3-4-PERSON TEAM	7.56.27
 Rehab Starts Monday Matthew Silk, William Farry, Kayla Farry, Thomas Phair 	2:58:53	Berkshire West AC Greg Babich, Stephanie Ambrose, Luke Breslin	2:56:37
2 Good to be Back	3:06:54	 Draftin' Dragunz Michael Andelman, Tiffany Roberts, Peggi-Jeanne Flood 	3:05:44
Martin Dempsey, Susan Casey, Sally Vincent, Morgan Windram-Geddes		3 Ageless Turtles	3:09:22
3 The Moonlight Marauders Anthony Moore, Beverly Ameen, Anthony Moore, Hadley	3:23:25 Ameen	Dave Joyner, Tina McLaughlin, Chris Dupuis MASTERS 50 & OVER – 3-4-PERSON TEAM	
MIXED 40 & OVER – 3-4 PERSON TEAM	2:47:05	1 Random Greatness	2:48:45
Bruce Townend, Dianne Mele, Patrick Mele, Mark DiNicola	а	Rich Shade, Michael Blair, John Bourgeois The Good, the Bad & the Ugly	3:03:05
 Change of Plans Sam Herrick, Laura Naughton, Joyce Amuso, David Olds 	2:59:48	Jim Cooney, Bill Tatro, Jake Eberwein 3 JC2	3:37:47
	3:14:06 ormack	Jeff Grandchamp, Cindy Berti, Carol Cushenette	
TWO-PERSON MALE		GRAND MASTERS 60 & OVER 1 A Beau with Two Lips	2:53:35
1 Team Lincoln Daniel Rabinkin, Daniel Rabinkin, Edward Rutledge	3:04:03	Scott Lebeau, Pete Lipka, Dave Lipinski Where's Bonnie?	3:00:51
The Burkeshire with a Trout Bruce Armentrout, Joseph Burke, Joseph Burke	3:08:15	Stephen Pagnotta, Mike Lahey, Tim Morey	
3 Evil Dead	3:11:21	3 Zero to Sixty John Sarkisian, Tom Jones, Sally Hildobrandt	3:00:55
Ken Geremia, Ken Geremia, Jeremy Creelan TWO-PERSON MIXED		RECREATIONAL – 3-4-PERSON TEAM 1 Flash, Splash & Dash	3:11:56
 Hope We Don't Tip Seth Bozarth, Joanna Wang, Seth Bozarth, Joanna Wang 	3:02:10	John Severin, Larry Johnson, Nathan Johnson	
	3:34:31	PrattAttack Jeff Pratt, Dave Pratt, Tatum Pratt	3:17:43
3 Mama & Papa Loaf	3:47:30	3 Running with Scissors Chris Figura, Keith Demarest Jr, Katie Skiba	3:18:44
Mark Rumbutis, Mark Rumbutis, Tiffany Rumbutis RECREATIONAL – 4-PERSON TEAM		TWO-PERSON MALE	
1 The Zuber Boys Robert Zuber, Robert Zuber, Danny Zuber, Jimmy Zuber	3:02:42	1 Ben and Jerry Tyler Pressley, Bear Sitzer	3:05:58
2 Gnu 2 The Seen	3:06:49	2 Yeet Yeet 2 Brian Hudson, Justin Looper, Brian Hudson	3:21:07
Jeffrey Ransden, Kenneth Ostrowski, Madison Ostrowski, Eric Smith		3 Almost Awesome	3:28:40
3 Strength for Serridge Cameron Geller, Jacob Rand, Kevin O'Brien, Jacob Ryan	3:12:45	Diego Gutierrez, Tim Lee, Tim Lee TWO-PERSON FEMALE	
IRONMAN	2:44:54	1 Hold My Beer	3:23:03
2 Team Zoltan/Thomas Lewis	2:57:55	Miranda Gajda, Miranda Gajda, Erica Morin 2 Being our Best	3:47:53
3 David Lee IRONPERSON – 40 & OVER	3:26:36	Katherine Myers, Anne Goodwin, Katherine Myers 3 Remembering Anita	4:40:37
1 The Batchelor/Sam Batchelor	3:11:08 3:28:55	Melinda Rothstein, Heidi Ferren, Heidi Ferren	
IRONPERSON – 50 & OVER	3:07:47	TWO-PERSON MIXED 1 Just Dooley It	2:37:57
2 No Time to Lose/Stephen Grise	5:34:37	Mike Dooley, Mike Dooley, Tara Dooley 2 Hope we Finish in One Piece Horns	3:09:12
IRONWOMAN 1 Stone Cow/Emma Ellsworth	3:36:39	Bob Horn, Jenn Horn, Bob Horn	
	3:44:29	3 Trying to Stay Upright Kurt Singer, Sue Joyner, Kurt Singer	3:13:14
1 Eric's White Angels	3:26:20	IRONMAN 1 Kent Lemme	2:38:33
	3:37:35	2 Trent Koopman	2:45:58
Dennis Pollock, Toddy Munson, Doug Muson, Bernie Mac 3 The Elder Statesmen	k 4:06:07	3 WheelBenders/Jaryn Pierson IRONPERSON 40 & OVER	2:52:59
Fran Mach, Skip Greb, Vic Laport 20 & UNDER		 Dream Weaver/Chris Weaver Mra Multisport-Stellar-Stradalli/Scott Samuel 	2:45:19 2:50:50
1 Shantalones	3:14:09	3 Stellar Kayaks/Ed Hofmeister	3:01:47
Sam Schroeder, Tyler Wade, Jackson Smith Nuun Crew	3:36:14	IRONPERSON 50 & OVER 1 FeMan/Fred Erickson	3:18:56
Jake Freeman, Jason Sherry, Simon Yellen	3:42:38	2 Tri-N Again/Michael Levesque 3 Rich Victor	3:19:35 3:25:10
FAMILY – 4-PERSON TEAM		IRONWOMAN	
Jay Robbins, Chris Robbins, Shawn Robbins, Todd Robbins		Martha/Martha Berrouard Ironmom/Lara Denmark	3:24:11 3:24:30
 Team GOGO Philip Porter, Charles Sawyer, Jonathan Sawyer, Lizbie Port 	2:58:46 :er	3 Scaling New Heights/Nicolette Enhorning-Picto TEAM PADDLEBOARD	3:24:36
	3:13:39	1 You Doin' the Josh?	2:41:50
CORPORATE	0.45.50	Jonathan Molk, Tim Hudyncia, Joel Pekosz 2 Team Beefcake/Jay Elling	3:01:16
Zane Wenzel, Dennis Girard, Robert Smith, Donald Tyszkie		3 Movn On Frank Conente, Vinny V, Tonio Palmer	3:22:07
2 Pace the Last Pickle Ben Piecuch, Kerry Klein, Brenda Loguidice, Greg Rossolim	2:52:08 no	MIXED TEAM PADDLEBOARD	2.50.25
3 Rotary Club of Pittsfield	3:13:17	Mixology Xavier Letteron, Andreas Schmid, Hillery Maxymillian	2:59:26
Don Kuczarski, John O'Brien, John Murphy, David Hall 3-FEMALE & 1-MALE		Moulton Family Racing Jim Moulton, Mike Moulton, Sara Moulton	3:01:53
1 Maxine William Caligari, Susan Korte, Kathy Korte, Emily Galin	2:39:55	3 Berkshire Multisport 1	3:06:21
	2:49:17	Daniel Whitehead, Craig Hills, Laura Stephen IRONMAN PADDLEBOARD	
3 Breaking 60	3:20:56	Relentless Forward Progress/Logan Wilson The Thirsty Drafter/David Wilson	3:02:52 3:23:05
Mike Trainor, Doreen Donovan, Carol Nixon, Laura Najimy IRONMAN – 60 & OVER		3 Mostly Forward Progress/Sean O'Connor	3:44:38
1 Ned Kennedy	2:53:04 3:09:13	IRONWOMAN PADDLEBOARD 1 Thrill Seeker/Becky Cushing	3:32:09
3 Threescore/Robert Benner	3:16:16	2 mASS in Motion/Amanda Chilson	3:44:39
IRONWOMAN – 60 & OVER 1 If Not Now, When?! /Lee Barba	4:32:34	3 Run Like A Girl/Kathryn Faulkner Courtesy of Josh Billings RunAground	4:06:50

DUTCHESS COUNTY CLASSIC: MARATHON, HALF MARATHON & 5KSeptember 15, 2019 • Dutchess Community College, Poughkeepsie

Jepie	:IIIDEI 13, 2013 · DC	ittiess C	ommunity conege, roughkeepsie
MARA	ATHON – 26.2 MILES		FEMALE OVERALL
MALE OVERALL 1 Garrett Burger 2 Derek Somerville 3 Haroon Ahmad	30 New York 36 Goshen 33 Ellicott City	2:43:34 3:14:57 3:19:05	1 Kristen Gregory 38 New York 1:29:13 2 Bianca Luparello 24 Port Washington 1:30:28 3 Emily Franko 23 Watervliet 1:31:16
FEMALE OVERALL	1		5K RUN
Madeline Mercado Jessica Lazar Dawn Delrose	23 Palenville 57 Marlboro 49 Wappingers Falls	3:24:52 3:30:09 3:49:46	MALE OVERALL 1 Mike Chow 40 Wappingers Falls 16:51
WHEELCHAIR: MALE/ F		3.13.10	2 John Amenta 17 Fishkill 17:38
Peter Gagliardo Maria Bournias	34 Poughquag 43 Tenafly	2:21:15 3:38:00	3 Carter Somme 19 Hopewell Junction 18:01 FEMALE OVERALL
HALF MA	ARATHON - 13.1 MILES		1 Marisa Sutera Strange 56 Pleasant Valley 18:16
MALE OVERALL 1 Palmer Weimann 2 Michael Kennedy 3 Dan Hillman	22 Farmington 23 Englishtown 22 Westmoreland	1:14:47 1:15:03 1:17:55	2 Kerry Gaye 22 Greenlawn 18:50 3 Victoria Barthel 29 Woodstock 21:20 Courtesy of Mid-Hudson Road Runners Club

11TH ANNUAL RACE AWAY STIGMA 5K

	TITH ANNUAL RACE AWAY STIGMA 3K								
	Septei	mbe	r 21, 2019 • Hu	ıdson V	'alle	ey Community Col	llege	e, Troy	
м	ALE OVERALL				FE	MALE AGE GROUP: 30 -	39		
1	Zachary Boller	18	Albany	20:11	1	Nikki Schaffer	34	Cobleskill	34:21
2	Dave Wojcik	38	Troy	20:19	2	Lindsey Savaria	37	Troy	41:02
3	Gary Brackett	59	Oneonta	20:31	3	Annie Peterson	35	Casleton	47:26
FE	MALE OVERALL				М	ALE AGE GROUP: 40 - 49	•		
1	Lee Catella	67	Oneonta	24:06	1	Larry Ellis	48	Troy	45:33
2	Cathy Brackett	59	Oneonta	24:54	2	Pat Anderson	48	Mechanicville	48:21
3	Janice Phoenix	58	Schenectady	25:54	3	Quentor La Grande	44	Troy	1:06:06
М	ALE AGE GROUP: 1 - 19				FE	MALE AGE GROUP: 40 -	49	,	
1	Casey Blough	19	Albany	21:33	1	Kristan Pelletier	42	Green Island	30:10
2	Jacob Simon	18	Ballston Spa	22:09	2	Margaret Mann	47	Rensselaer	31:19
3	Tetye Edlclyrds	19	Albany	25:33	3	Jenifer Kish	45	Albany	33:27
FE	MALE AGE GROUP: 1 - 1				м	ALE AGE GROUP: 50 - 59	9	,	
1	Lilli Potter	18	Chatham	26:42	1	David Cole	52	Trov	38:10
2	Margaret McDade	13	East Greenbush	37:12	FE	MALE AGE GROUP: 50 -	59	-,	
3	Naja Ogburn	. 19	Troy	40:30	1	Michele Celello	52	Fast Greenbush	33:01
IVI	ALE AGE GROUP: 20 - 29		A III	20.57	2	Robin Cole	50	Trov	38:11
1	Mateo Wareham	20	Albany	20:57	3	Jill Potter	52	Chatham	38:44
2	Miles James	21	Rochester	21:16	м	ALE AGE GROUP: 60 - 69		Cridariani	50
3	Thomas Muller MALE AGE GROUP: 20 -	28	Troy	24:01	1	David Heyward	65	Wynantskill	30:35
1	Brianne Clark	29	Altamont	32:07	2	Rich Daniels	61	Chatham	51:04
י	Hannah Smith	24	Rensselaer	35:07	FF	MALE AGE GROUP: 60 -		Chadhain	31.04
2	Courtney Burke	24	Troy	39:06	1	Kathryn Henson	60	Fast Greenbush	37:58
D.	ALE AGE GROUP: 30 - 39		iroy	39.00	M	ALE AGE GROUP: 70 - 79		Last Greenbash	37.30
1	Matthew Sprague	38	Watervliet	34:30	1	Jim Hotaling	79	Valatie	34:07
2	James Reilly	37	Trov	58:53	2	,	74	Averill Park	55:36
3	Bryan Tracey	34	Trov	59:46	2	Courtesy of HVCC Cente			
ر	ыуан нассу	24	поу	JJ.+0		Courtesy of HVCC Cerite	1 101	Louisening and Irai	ואוכו

42ND RUNNING OF THE GREAT COW HARBOR 10K

September 21	. 2019 • Laure	l Avenue School	. Northport

	September 21, 2019 • Laurel Avenue School, Northport												
M	ALE OVERALL			FEMALE MASTERS									
1	Futsum Zienasellassie	26	Flagstaff, AZ	29:35	1 Vivien Lim	46	Great Neck	40:31					
2	Donnie Cabral	29	Hartford, CT	29:38	2 Barbara Russo	56	Sayville	41:42					
3	Philo Germano	24	Charlottesville, VA	29:43	Z Dai Dai a Nusso	50	Sayville	41.42					
FE	FEMALE OVERALL				3 Amanda Scanlan	40	Northport	41:48					
1	Ann-Marie Blaney	26	Rochester Hills, MI	33:42	MALE SENIOR GRAND MASTERS								
2	Natosha Rogers	28	Littleton, CO	eton, CO 34:04	MALE SENIOR GRAND	IVIASTERS	,						
3	Mia Behm	29	Brooklyn	34:06	 Jaime Palacios 	64	Fresh Meadows	39:59					
M	ALE MASTERS		•	FEMALE SENIOR GRAND MASTERS									
1	Christopher Naimoli	40	Philadelphia, PA	32:16									
2	Eric Blake	40	West Hartford, CT	33:12	1 Lee Dipietro	61	Ocean Ridge, FL	44:32					
3	Boyd Carrington	47	Amityville	33:35	Courtesy of Great Cow Harbor Race								

ADIRONDACK MARATHON DISTANCE FESTIVAL 21st Annual Helpers Fund 5K & 10K • September 21, 2019 • Town Hall, Chestertown

21st Annual Hel	pers	Fund 5K & 10k	(• Sept	ember 21, 2019 • Tow	n F	Iall, Chestert	own
	5K RUI	N		MALE AGE GROUP: 70 - 79			
MALE OVERALL				1 Eddie Munoz	76	Olmstedville	31:14
1 Thomas Conway	15	Chestertown	19:55	Jim Cunningham	74	Ticonderoga	32:28
2 Nicholas Prock	31	Saratoga Springs	20:43	3 Ric Barre	70	Troy	36:08
3 Andrew Larosa	31	Wilton	20:51	FEMALE AGE GROUP: 70 - 7	9		
FEMALE OVERALL				1 Nadine Magee	73	Pottersville	43:51
1 Erin Lopez	38	Saratoga Springs	21:20	2 Betty McCutcheon	75	Lake Luzerne	48:11
2 Tracey Delaney	54	Queensbury	23:02	3 Marjorie Hoffman	71	Pikesville, MD	53:02
3 Kristine Senchyshyn	36	Marcellus	26:41	FEMALE AGE GROUP: 80 - 8	19		
MALE AGE GROUP: 1 - 9	50	Marcenas	20	1 Alice Johnson	80		1:06:50
1 Graham Choi	7		29:24		K RU	N	
FEMALE AGE GROUP: 1 -			23.2 .	MALE OVERALL			
1 Mia Michalak	7	Hockessin, DE	34:59	1 Daniel Edelstein	61	Saranac Lake	40:38
MALE AGE GROUP: 10 - 1		Hockessiii, DE	54.55	2 Michael Hanson	37	Woburn, MA	40:45
1 Jacob Duckee	13	Argyle	24:25	3 Rock Travis	37	Clifton Park	44:17
2 Maceo Matson	10	Adirondack	25:20	FEMALE OVERALL	٥,	Cirtorrank	44.17
3 Antoine Lasnier	11	St. Jn-Sur-Richelieu, C		1 Karen Bertasso	35	Albany	36:50
		St. Jii-Sui-Nicrielleu, C	¿C 20.17	2 Michelle Merlis	30	Albany	38:00
FEMALE AGE GROUP: 10			20:45	3 Emily Bryans	52	Delanson	41:14
1 Hannah Thompson	12		28:45	MALE AGE GROUP: 14 - 19	32	Delarison	41.14
2 Eliza Choi	10	C. I C D. I I C	29:24	1 Cassandra Zaneski	15		1:10:06
3 Raphaelle Latour	12	St. Jn-Sur-Richelieu, C	ĮC 34:24	2 Ali Schermerhorn	16		1:15:26
MALE AGE GROUP: 14 - 1				3 Kira Nakushian	16		1:15:26
1 Nathaniel Austin	18		26:23	MALE AGE GROUP: 20 - 29	10		1:15:26
FEMALE AGE GROUP: 14					25	Labonen MIII	45:11
1 Susannah Denham	15	Glenville	27:20		25	Lebanon, NH	
2 Mathilde Latour	16	St. Jn-Sur-Richelieu, C	QC 32:22	2 Paul Farrell			52:43
MALE AGE GROUP: 20 - 2				3 Dan Farrell	25		52:45
1 Tim Hanaburgh	26	Chestertown	25:59	FEMALE AGE GROUP: 20 - 2		C	F7:10
2 Dylan Baine	25		33:56	1 Suzy Wright	28	Germantown	57:12
3 Mike Zale	21	Lagrangeville	54:24	2 Steph Zabala	25		58:44
FEMALE AGE GROUP: 20	- 29			3 Savannah Zaneski	22		1:09:08
1 Elizabeth Lasnier	20	St. Jn-Sur-Richelieu, C	C 26:59	MALE AGE GROUP: 30 - 39	2.0	F 0 00	45.20
2 Kelly Whalen	24	West Lebanon, NH	32:30	1 Matthew Ash	36	Fultonville	45:38
3 Sharon Almanza	21	Blairstown, NJ	32:54	Michael Stewart	35	Brooklyn	48:09
MALE AGE GROUP: 30 - 3	39	•		3 Thomas Harm	34	Warwick	51:22
1 James Ares	34	Shrewsbury, MA	28:05	FEMALE AGE GROUP: 30 - 3			
2 Tony Gabriel	34	Troy	36:09	1 Angela Ohannesian	38		49:26
FEMALE AGE GROUP: 30)		2 Jennifer Dingman	32	Lake Luzerne	50:24
1 Rachael Perkins	33	Queensbury	28:39	3 Jennifer Newman	35		54:12
2 Annette Travis	38	Clifton Park	31:33	MALE AGE GROUP: 40 - 49			
3 Sarah Smith	34	Hockessin, DE	34:59	1 Philippe Lasnier	48	St. Jn-Sur-Richelieu	
MALE AGE GROUP: 40 - 4				2 Ernesto Ortiz	43	Staten Island	49:31
1 Clifford Dean	44	Rochester	21:34	3 Uves Latour	45	St. Jn-Sur-Richelieu	i, QC 52:39
2 Gregory Smith	44	Bear, DE	21:52	FEMALE AGE GROUP: 40 - 4			
3 Eric Choi	45	Fairfield, CT	29:25	1 Olie Locke	47	Whitehall	47:27
FEMALE AGE GROUP: 40		rairricia, Cr	25.25	2 Meghan O'Brien	45	Chestertown	48:21
1 Rachel Lauber	47	Valley Falls	33:33	3 Tracy Watson	49	Johnsburg	1:03:27
Marie-Claude Lasnier	45	St. Jn-Sur-Richelieu, C		MALE AGE GROUP: 50 - 59			
Michelle Malkisher	49	Lagrangeville	34:45	1 JP Milot	51	Ridgefield, CT	50:21
MALE AGE GROUP: 50 - 5		Lagrangeville	34.43	2 John McCleary	50	Redding, CT	55:50
	52	Chestertown	21:39	3 Stanley Zaneski	58	Islip	1:02:37
				FEMALE AGE GROUP: 50 - 5			
2 Stuart Cartwright	59	Wayland, MA	23:57	1 Susan Keely	54	Glens Falls	48:11
3 Barry Blumenfield	52	Redding, CT	25:28	2 Eleanor Berube	59	Putnam Station	49:31
FEMALE AGE GROUP: 50		D III CT	27.54	3 Suzanne Travis	59	Clifton Park	57:02
1 Terri McCleary	57	Redding, CT	27:51	MALE AGE GROUP: 60 - 69			
2 Esther Denham	55	Glenville	28:51	1 Ward King	68	Ambler, PA	53:34
3 Rose Smith	55	Bear, DE	29:46	2 Michael Holley	68	Ballston Lake	59:37
MALE AGE GROUP: 60 - 6				3 Mark Schachner	64	Glens Falls	1:01:31
1 Frank Lombardo	63	Saratoga Springs	24:21	FEMALE AGE GROUP: 60 - 6	9		
2 Jim Connors	63	Schroon Lake	24:47	1 Beth Stalker	60	Ballston Spa	42:35
3 Michael Tebolt	60	Schroon Lake	26:39	2 Sue Nealon	69	Glens Falls	1:06:36
FEMALE AGE GROUP: 60				3 Arlene Farrell	61	Blackwood, NJ	1:15:13
1 Stephanie Holley	67		33:13	MALE AGE GROUP: 70 - 79			
2 Deb Zale	61	Lagrangeville	34:45	1 James King	73	Bolton Landing	56:45
3 Sandra Pratt	62	Griffin, GA	35:42	Courtesy of Adirondack	Mar	athon Distance Fes	tival
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