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Favorite Paddling Places

EARLY SPRING WILDLIFE WATCHING ALONG THE ANTHONY KILL. ALAN MAPES



CHAR MAPES ENJOYING THE CLEAR WATERS OF THOMPSONS LAKE. ALAN MAPES

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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 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

See **KAYAKING, CANOEING & SUP** 10 ▶

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- Five-year age-group awards for males and females.
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RUNNING & WALKING

Revolutionary Run 5K & Stockade-athon 15K

By Mona Caron

Running 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 cook-out 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 Stockade-athon 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! 🦃



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(BOTTOM THREE IMAGES) 2018 MVP STOCKADE-ATHON 15K IN SCHENECTADY. HMRRRC



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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 regroupings 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. 🌲

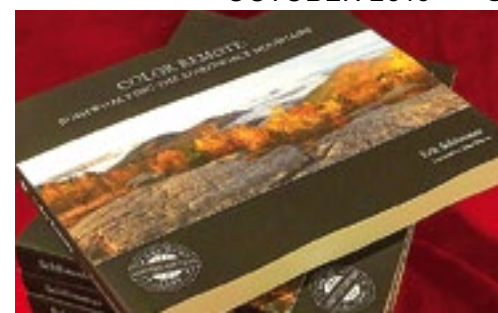


COLOR REMOTE - New Photo Book Shares Wild Side of the Adirondacks

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 3rd! Please support our advertisers and thanks for reading us!



Darryl

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!

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ISSUE #226



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GOING BACK DOWN THE HILL ON WAMSLEY ROAD TO TROUT BROOK. PHOTOS BY DAVE KRAUS/KRAUSGRAFIK.COM

By Dave Kraus

On this journey into the heart of the Adirondacks, you're only halfway there even when you reach the end of the road. Starting in North Creek, you will enjoy 34 miles of the very best of 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 Johnsbury 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.

Just past this stretch of backwoods, enjoy the fast and twisting descent, as Hoffman Road becomes Irishtown Road and heads back toward the town of Minerva. As you head 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 ([ride-withgps.com/routes/31262027](https://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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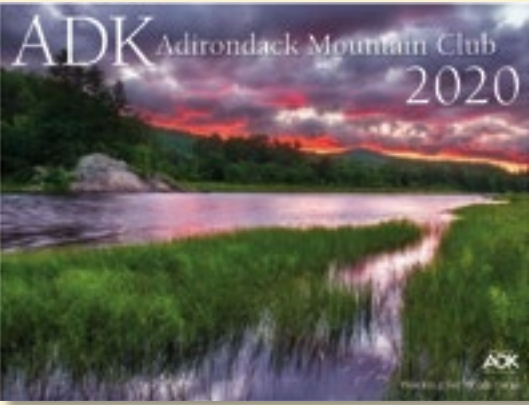


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 ■ WEST STONY CREEK LOOKOUT, A SHORT BUSHWHACK OFF THE NORTHVILLE-PLACID TRAIL, IN LATE OCTOBER.
 PHOTOS BY RICH MACHA

By Rich Macha

By 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 look-out 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). 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! 🌲

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.

KAYAKING, CANOEING & SUP cont from 1

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



ADIRONDACK MOUNTAIN CLUB PADDLE GROUP LAUNCHING AT LOCK 7 ON THE MOHAWK RIVER/NYS CANALWAY WATER TRAIL FOR THEIR REGULAR TUESDAY EVENING OUTING. ALAN MAPES



FIVE-YEAR-OLD NORA MAPES-REGAN TRIES OUT HER NEW KAYAK ON SARATOGA LAKE WITH ROUTE 9P BRIDGE IN THE BACKGROUND. ALAN MAPES

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 Maltville 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 turn-around 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 Kayakers Meetup.

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NON-MEDICATED LIFE

Reducing Prostate Cancer Risk PART TWO



By Paul E. Lemanski, MD, MS, FACP

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

In the first 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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ATHLETE PROFILE



Lee Pollock

RESIDENCE: Queensbury
AGE: 67
FAMILY: Wife, Linda; Sons, Ryan, Andrew, Daniel
CAREER: Insurance Broker (Retired)
PRIMARY SPORT: Running
SECONDARY SPORTS: Nordic Skiing, Cycling, Hiking



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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 partic-

ipate 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-year-old 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 three-hour marathon in five different decades - 1970s to 2010s. In fact, Lee was the 17th person in the world to accomplish this feat, and joined 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 accidentally put "Syracuse" instead of "Liverpool" for the city of his first marathon. After correcting the mistake his accomplishment was ratified.

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.

CALENDAR 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

2 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-thru-history.

13 2nd Brant Lake Bike Park End-of-Season Send-Off. 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.

13 Bike PHifty 2019. 50M. 8 or 9am. Saratoga National Historical Park, Stillwater. 518-429-0876. bikephifty.org.

19 The Hibernator Gravel. 50K/100K rides. 9am. Burke, VT. 802-535-2200. bikereg.com.

20 Hometown CX Cyclocross Race. Sponsored by Grey Ghost Bicycles. NYCROSS Series. Kids' race too. Crandall Park, Glens Falls. GGB: 518-223-0148. nycross.com.

26 Haunted Hundred Overnight Century Ride w/ John Ceceri. 49 & 104 miles. 6pm. Adirondack Ultra Cycling Bike Shop, Schuylerville. 518-583-3708. adkultracycling.com.

27 Wicked Creepy Cyclocross Race. NYCROSS Series. Willow Park, Bennington, VT. nycross.com.

NOVEMBER

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

3 Bethlehem Cup Cyclocross Race. NYCROSS Series. Elm Avenue Town Park, Delmar. nycross.com.
 10 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.

15 Gore Ski Bowl Nordic Ski Races. Gore Ski Bowl, North Creek. Info: upperhudsontrails.org. Register: skireg.com.

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

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

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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 Mountaintop 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

11 Hurricane Mountain Guided Hike. 6.8M round-trip, 2,000' elevation gain to fire tower summit. 8:30am. Hurricane Mountain Trailhead, between Keene & Elizabethtown. Adirondack Mountain Club: 518-523-3480. adk.org.

12 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 Street & Nye Guided Hike. 4,166' & 3,895', 9M. 8:30am. Adirondack Loj, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

14 Phelps High Peak & Fire Tower Hike. 4,160', 8.2M. 8:30am. Adirondack Loj, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

19 ADK Fall Trails Day. 7:30am. Ten trail projects. High Peaks Info Center, Lake Placid. 518-523-344. adk.org.

NOVEMBER

9 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

8 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 & cdmca.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.

20 48th Festival of Nations. 11am-5pm. Community, arts, crafts, culture, food, music, dancing. Empire State Plaza, Albany. 518-253-9529. festivalofnations.net.

20 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, Troy. troyturkeytrot.com.

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CALENDAR OF EVENTS

CONT. FROM PG 15

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.
- 12 6th Running SCCared Family Run/Walk. 5K, 10K & Kids Run. 8:50am. Crossings Park, Colonie. 518-453-6756. st-cath.org.
- 12 Slate Valley Brew Run. 5K/10K. 8:30am. Veterans Park, Granville. Peter O'Brien: 518-321-9640. slatevalleybrewrun.wordpress.com.
- 12 49th Lake Placid Classic 10K & Half Marathon. Olympic Speedskating Oval, Lake Placid. 518-897-2685. lakeplacidclassic.com.
- 12 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.
- 13 Fall Foliage Half Marathon & 5K. 10am. Dutchess County Fairgrounds, Rhinebeck. fallfoliagehalf.com.
- 13 49th Green Mountain Marathon & Half Marathon. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 14 Fall Festival 5K & 5M Trail Runs. 10am. Lawson Lake Park, Feura Bush. 518-320-8648. areep.com.
- 19 Trails 2 Prevention 5K. 8:45am. Crossings Park, Colonie. trails2prevention.org.

- 19 22nd Great Sacandaga 5K & 10K. 10:30am. Sport Island Pub, Northville. David Gifford: 518-863-8046. zippyreg.com.
- 19 Stewart's Spud Run 5K & 1M Fun Run. 10am. Hartford Central School, Hartford. 518-632-5922.
- 19 Livingston Manor Half Marathon & 5K. 10:30am. Livingston Manor. 917-828-5028. runsignup.com.
- 19 2nd Race for Cerebral Palsy 5K. 9am. Elks Lodge 81, Queensbury. elks81events.com.
- 19 Rosendale Runs Half Marathon & Plains 4.4M. 8:30am. Rosendale Recreation Center, Rosendale. 845-214-6479. zippyreg.com.
- 20 Ryan's Run Superhero 5K/1 Mile Walk/Run. 10am. World Gym, Pawling. mhrrc.org.
- 20 Billy Goat 5K Trail Run. 10:30am. 1M Kids Run: 10am. Baird State Park, Pleasant Valley. mhrrc.org.
- 20 CHaD HERO Run. Half marathon, 5K run/walk, 5M or 7M hike and 1M fun run. 9am. Dartmouth College Green, Hanover, NH. 603-308-2231. chadhero.org.
- 20 Sri Chinmoy Half Marathon. 2.96M loops. Rockland Lake State Park, Congers. srchinmoyraces.org.
- 26 **Troy YMCA Trick-or-Trek 5K Run/Walk.** Celebrate Halloween with a run or walk through historic Oakwood Cemetery. 9-11am. Oakwood Cemetery, Troy. Troy YMCA: 518-272-5900. zippyreg.com.
- 26 **Brookhaven Oktoberfest 5K Trail Run.** 10am. Brookhaven Golf Course, Porters Corners. Chris Yarsevich: 518-893-7605. skireg.com.
- 26 **26th Goblin Gallop 5K & Halloween Hop Kids Run.** 9am. 1K Kids Run: 10am. Abraham Wing School, Glens Falls. Lee Pollock: 518-798-4066. active.com.
- 26 Tina's 5K Run/Walk. 9am. Pleasantville HS, Pleasantville. tinagambino.org.
- 26 Night Out for You Harvest Hustle 5K. 9:30am. Stadium, Hudson Valley Community College, Troy. nightoutforyou.org.

- 26 10th UlsterCorps Zombie Escape 5K. 11am. UlsterCorps, Williams Lake, Kingston. 845-481-0331. ulstercorps.org.
- 26 Leah's Spooktacular 5K and Kids 1K. 5K: 9:30am. Dutchess Rail Trail, Van Wyck Trailhead, Wappingers Falls. mhrrc.org.
- 27 **USATF Adirondack's Saratoga Cross Country Classic.** 5K XC Classic: 10am. New 8K Open & USATF Grand Prix Race: 11am. Kids' 2K & 3K Developmental XC Runs: 9am. Saratoga Spa State Park, Saratoga Springs. saratogaxcclassic.com & zippyreg.com.
- 27 **15th Hairy Gorilla Half Marathon & Squirrely 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

- 2 **8th Saratoga County Revolutionary Run for Veterans 5K.** 10am. Run/walk on historic Champlain Canal & Towpath. Part of USATF Adk GP Series. Free Kids' Fun Nature Run. Fort Hardy Park, Schuylerville. 518-884-4115. finishright.com.
- 2 Halloween 5K Fun Run/Walk. 11am. Dorm Quad, Vassar College. mhrrc.org.
- 3 **"Fall Back 5" 5-Mile Trail Race.** 10am. Saratoga Spa State Park, Saratoga Springs. 518-812-9668. saratogastryders.org.
- 3 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.
- 3 The Burn Run 5K & 10K. 8am. East Syracuse Fire Station, East Syracuse. 315-447-2812. theburnrun.org.
- 3 TCS NYC Marathon. 26.2M. Staten Island to Central Park, New York. tcsnymarathon.org.

17th Annual

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Goblin Gallop 5k

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Active.com or AdirondackRunners.org
Lee/Linda Pollock 518-798-4066 leepollock@roadrunner.com
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Saturday, October 26 - 10am
Brookhaven Golf Course, 333 Alpine Meadows Rd
Porter Corners (10M north of Saratoga Springs)
Kids' 1K Fun Run: 11am • Oktoberfest Party to follow!
Custom logo T-shirt to all preregistered by 10/1

All Proceeds Go Towards Expanding Nordic Skiing at Brookhaven's Trail System

REGISTER: SkiReg.com

Sunday, October 27th



USATF Adirondack Presents

Saratoga Cross Country Classic

Saratoga Spa State Park
Saratoga Springs, NY

5k Cross Country Classic - 10am
8k Open & USATF Grand Prix Race - 11am

Open to ALL runners & walkers!
No USATF membership required
Novice/road runners welcome
Gentle course; not a technical trail run

USATF Adirondack Grand Prix Series

Kids' 2k and 3k Developmental Cross Country Runs - 9am

Register Online! ZippyReg.com
saratogaxcclassic.com

Thanksgiving Day
NOVEMBER 28
Central Park, Schenectady

38TH ANNUAL
CARDIAC CLASSIC 5K

ELLIS HEART2HEART

PROCEEDS TO BENEFIT ELLIS MEDICINE.

Run. Walk. And Support Our Community.

3 GREAT EVENTS

2M Wellness Walk8:00am
(day of event registration until 7:45 am)

5K Road Race-Runners Only.....9:00am
(pre-register only, no day of registration)

1M Duck Pond Fun Run-FREE..10:00am
(day of event registration until 9:45 am)

Register @ www.ellismedicine.org/cardiac-classic
Online registration closes:
Tuesday, November 26 at midnight.
You can also register by mail, fax or in person. Call 243.4600 for details.

SPONSORED BY:



Upcoming ARE Event Productions Events

Hairy Gorilla Half Marathon and Squirrely Six Mile

"Best Costume Trail Race in America"
(Runner's World "The Trail" magazine, April 2012)

Sunday, October 27
Thacher State Park-HairyGorillaHalf.com

Register NOW!

SAVE \$5 WITH CODE 19ADKSP10

Race Timing, Logistics, and Entertainment www.AREEP.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.
- 28 Cohoes Turkey Trot 3.5M Run/Walk. 9am. City Hall, Cohoes. 518-233-2121. zippyreg.com.
- 28 James Hinchliffe 5K Run/Walk for ALS. 8:30am. 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.
- 28 Thanksgiving Day "Run for the Hall" 3.5M/6M Runs. 8:30am. Sports Hall of Fame, Erie Canal Village, Rome. romanrunners.com.
- 28 7th Kingston Turkey Trot 5K. 9am. Dietz Stadium, Kingston. turkeytrotkingston.com.
- 28 New Paltz Turkey Trot 5K. 8:11am. Water Street Market, New Paltz. 845-255-8801. newpaltzturkeytrot.com.
- 28 Watertown Family YMCA Turkey Day Run 5K & 2.2M. 9am. Watertown. watertownymca.org.
- 28 9th Blue Mountain Turkey Trot 5K Fun Run. 9am. Grant Morse School, Saugerties. 845-246-0008. 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 43rd Turkey Trot 5K. 10am. Kids' Run Fun: 9:45am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.

DECEMBER

- 1 **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.
- 8 HMRRRC 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.



Shenendehowa Veterans Day Dash 5K RUN/WALK

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

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

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



Turkey Trot 2019

Thanksgiving Day 5K Fun Run/Walk
Bethlehem Middle School | 332 Kenwood Ave. Delmar
Benefits the Bethlehem Food Pantry
REGISTER AT: OurTowneBethlehem.com



8th Annual St. George's Turkey Trot

5K Family Run/Walk
Tony Lauria Memorial

Enter by 11/6 for T-shirt

Thursday, Nov. 28 • 8am
St. George's School & Episcopal Church
912 Rte 146, Clifton Park

Register by 11/22 (\$25):
FinishRight.com
Online after 11/22 & race day (\$30)
Plus, Kids' Fun Run!

Benefits St. George's School

Join Us! CAPITAL DISTRICT YMCA Join Us!

TWO GREAT RACES! REGISTER TODAY!



TROY TRICK-OR-TREK 5K
SATURDAY, OCTOBER 26 • 9AM
Historic Oakwood Cemetery



OUR PLATINUM PARTNER



BlueShield of Northeastern New York

GREENBUSH INDOOR TRIATHLON
SUNDAY, DECEMBER 8 • 7AM
Greenbush YMCA

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

BETTER TOGETHER — The Capital District YMCA is a leading Capital Region charity.



Fall Back 5K TRAIL RACE

Sunday, Nov. 3 • 10am
SARATOGA SPA STATE PARK
SARATOGA SPRINGS

Five Miles on Varied Paths
Capped at 200 Runners • Racing Cap to First 150 Registered
Age Group Awards • Door Prize Drawing

REGISTER: ZIPPYREG.COM



\$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

5th annual



Strides Against Sarcoma

3.5-Mile Trail Race for Runners/Walkers
Saturday, November 9 at 10:00am
Point to Point race from
Rush Pond Trail to Queensbury School
Registration/Package Pickup: Queensbury Elementary School
431 Aviation Rd, Queensbury

Please come out and run/walk to support family of Kristen Shinebarger and Musculoskeletal Tumor Society
Awards & refreshments • Long-sleeve shirt to first 100 registered
Preregister at ItsYourRace.com
More info: Bob Underwood (underdogracetiming@gmail.com) or Heidi Underwood (518-796-5908)

CAMP SARATOGA 5K TRAIL RUN SERIES

June 24, July 8 & 22, August 5 & 19, 2019 • Wilton Wildlife Preserve & Park, Wilton

IRONMAN - FIVE-RACE AVERAGE TIME and IRONWOMAN - FIVE-RACE AVERAGE TIME tables with names and times.

7TH ANNUAL SARATOGA CASINO & HOTEL HARNESS TRACK MILE

August 19, 2019 • Saratoga Casino & Hotel, Saratoga Springs

1-MILE FOOTRACE ON HARNESS TRACK table with Male Overall, Female Overall, and various age group results.

CAPITAL DISTRICT YMCA HUMP DAY 5K

August 21, 2019 • Southern Saratoga YMCA, Clifton Park

Table with Male Overall, Female Overall, and various age group results for the Capital District YMCA Hump Day 5K.

LAKE GEORGE TRIATHLON FESTIVAL

August 31-September 1, 2019 • Battlefield Park, Lake George

Table with Female Age Group 30-34 and Male Age Group 40-44 results for the Lake George Triathlon Festival.

LAKE GEORGE TRIATHLON FESTIVAL continued

Continuation of Lake George Triathlon Festival results, including various age groups and relay events.

43RD ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON
September 15, 2019 • Airport, Great Barrington, MA to Tanglewood, Lenox, MA

27M BIKE, 5M PADDLE, 6M RUN
ALL BERKSHIRE - 4-PERSON TEAM
1 Minkler Ins I 2:31:36
Chuck Leach, Tim Minkler, Gary Quadrozzi, Mark Rabasco
2 Josh Itch 2:35:35
Brian Rabuse, Sue Purdy, Kurt Kuehnel, Stephen Foley
3 Optimus Prime's Daddy 2:44:19
Andy Clark, Eddie Barrett, Tim Barrett, Joe Barrett
MALES 39 & UNDER - 4-PERSON TEAM
1 Allen Heights Veterinary 2:17:35
Josh Lipka, Tom Keefe, Ben Pigott, Steve Monsulick
2 The Boss's Maine'ly Mass'ive Men 2:29:14
AJ Piper, Kevin Boss, Dave Vadorpe, Shawn Rumery
3 Mean Machine 2:41:15
James Sawtelle, Jason Sawtelle, Matthew Sawtelle, Sean Stokes
MALES 40 & OVER - 4-PERSON TEAM
1 Not Those Guys 2:32:03
Damon LeCompte, John Berry, Matt King, Mike Zani
2 Believe 2:51:42
Stephen Hudyncia, Scott Jordan, John Maier, Michael Hudyncia
3 Black Dog Barking 3:15:22
William Dunlop, Gabriel Kaufman, Patrick Russell
ALL FEMALE - 4-PERSON TEAM
1 Bike- Buys & Bolt 3:30:41
Mary Howell, Denae Dostal, Amy Thornton, Stephanie Mollison
2 Rowe Nextgen 3:37:05
Jennifer Rowe, Emily Rowe, Victoria Rowe, Allie Rowe
3 Hop- Skip- and JUMP 3:42:53
Julie Marcoulier, Julie Marcoulier, Kristi Kearney, Courtney Johnston
MASTERS 50 & OVER - 4-PERSON TEAM
1 Turkish Delight 2:54:14
Glen Muscosky, Paul Sullivan, Joe Lukaszevich, Larry Gentle
2 Dr AI & The Pacemakers 2:57:11
Al Bravo, Scott Dias, Lawrence Bravo, Jack Moore
3 Clark's Gamble 3:15:25
Craig Robertson, Clark Gamble, Chris Gamble, Wayne Piers
GRAND MASTERS: 60 & OVER - 4-PERSON TEAM
1 Wharf Rats 3:00:38
Steve Winckler, Jay Dizacomo, James Allott, James Allott
2 Arnie's Army 3:01:34
David Martin, Kevin Loehr, Michele Loehr, Bob Archey
3 Team 78 3:12:20
Michael Bartini, Bill Terbush, Ronald McMahon, John O-Loughlin
MIXED 39 & UNDER - 3-4 PERSON TEAM
1 Rehab Starts Monday 2:58:53
Matthew Silk, William Farry, Kayla Farry, Thomas Phair
2 Good to be Back 3:06:54
Martin Dempsey, Susan Casey, Sally Vincent, Morgan Windram-Geddes
3 The Moonlight Marauders 3:23:25
Anthony Moore, Beverly Ameen, Anthony Moore, Hadley Ameen
MIXED 40 & OVER - 3-4 PERSON TEAM
1 PJM Management Services 2:47:05
Bruce Townend, Dianne Mele, Patrick Mele, Mark DiNicola
2 Change of Plans 2:59:48
Sam Herrick, Laura Naughton, Joyce Amuso, David Olds
3 Lenox Fit 3:14:06
Tom McCormack, Brett Larmon, Leah Larmon, Tricia McCormack
TWO-PERSON MALE
1 Team Lincoln 3:04:03
Daniel Rabinkin, Daniel Rabinkin, Edward Rutledge
2 The Berkshire with a Trout 3:08:15
Bruce Armentrout, Joseph Burke, Joseph Burke
3 Evil Dead 3:11:21
Ken Geremia, Ken Geremia, Jeremy Creelan
TWO-PERSON MIXED
1 Hope We Don't Tip 3:02:10
Seth Bozarth, Joanna Wang, Seth Bozarth, Joanna Wang
2 Perfect Honeymoon 3:34:31
Heather Boyko, Heather Boyko, Philip Boyko, Philip Boyko
3 Mama & Papa Loaf 3:47:30
Mark Rumbutis, Mark Rumbutis, Tiffany Rumbutis
RECREATIONAL - 4-PERSON TEAM
1 The Zuber Boys 3:02:42
Robert Zuber, Robert Zuber, Danny Zuber, Jimmy Zuber
2 Gnu 2 The Seen 3:06:49
Jeffrey Ransden, Kenneth Ostrowski, Madison Ostrowski, Eric Smith
3 Strength for Serridge 3:12:45
Cameron Geller, Jacob Rand, Kevin O'Brien, Jacob Ryan
IRONMAN
1 Art Sanders 2:44:54
2 Team Zoltan/Thomas Lewis 2:57:55
3 David Lee 3:26:36
IRONPERSON - 40 & OVER
1 The Batchelor/Sam Batchelor 3:11:08
2 This is What Space Smells Like/Derek Powell 3:28:55
IRONPERSON - 50 & OVER
1 Jack Morse 3:07:47
2 No Time to Lose/Stephen Grise 5:34:37
IRONWOMAN
1 Stone Cow/Emma Ellsworth 3:36:39
2 Strattman/Lynn Strattman 3:44:29
VETERANS - 70 & OVER 4-PERSON TEAM
1 Eric's White Angels 3:26:20
Fred Thompson, Bruce Duquette, Tom Ostrowski, Jeff Parkman
2 Just Joshin' 3:37:35
Dennis Pollock, Toddy Munson, Doug Muson, Bernie Mack
3 The Elder Statesmen 4:06:07
Fran Mach, Skip Greb, Vic Laport
20 & UNDER
1 Shantalones 3:14:09
Sam Schroeder, Tyler Wade, Jackson Smith
2 Nuun Crew 3:36:14
Jake Freeman, Jason Sherry, Simon Yellen
3 Micah Deary 3:42:38
FAMILY - 4-PERSON TEAM
1 Robbins Shred Fest 2:45:16
Jay Robbins, Chris Robbins, Shawn Robbins, Todd Robbins
2 Team GOGO 2:58:46
Philip Porter, Charles Sawyer, Jonathan Sawyer, Lizbie Porter
3 Drew's Crew 3:13:39
Bill Wooldridge, Robert Gertz, Jennalee Wooldridge
CORPORATE
1 Team Pfizer 2:45:53
Zane Wenzel, Dennis Girard, Robert Smith, Donald Tyszkiewicz
2 Pace the Last Pickle 2:52:08
Ben Picuch, Kerry Klein, Brenda Loguidice, Greg Rossolimo
3 Rotary Club of Pittsfield 3:13:17
Don Kuczarski, John O'Brien, John Murphy, David Hall
3-FEMALE & 1-MALE
1 Maxine 2:39:55
William Caligari, Susan Korte, Kathy Korte, Emily Galin
2 One Non-Blond 2:49:17
Jessica Bosworth, Jeff Defeo, Karen Febey, Lauren Farry
3 Breaking 60 3:20:56
Mike Trainor, Doreen Donovan, Carol Nixon, Laura Najimy
IRONMAN - 60 & OVER
1 Ned Kennedy 2:53:04
2 Rustman/Dan Michaud 3:09:13
3 Threescore/Robert Benner 3:16:16
IRONWOMAN - 60 & OVER
1 If Not Now, When?! /Lee Barba 4:32:34
Courtesy of Josh Billings RunAground

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

MARATHON - 26.2 MILES
MALE OVERALL
1 Garrett Burger 30 New York 2:43:34
2 Derek Somerville 36 Goshen 3:14:57
3 Haroon Ahmad 33 Ellicott City 3:19:05
FEMALE OVERALL
1 Madeline Mercado 23 Palenville 3:24:52
2 Jessica Lazar 57 Marlboro 3:30:09
3 Dawn Delrose 49 Wappingers Falls 3:49:46
WHEELCHAIR: MALE/ FEMALE
1 Peter Gagliardo 34 Poughquag 2:21:15
1 Maria Bourmias 43 Tenafly 3:38:00
HALF MARATHON - 13.1 MILES
MALE OVERALL
1 Palmer Weimann 22 Farmington 1:14:47
2 Michael Kennedy 23 Englishtown 1:15:03
3 Dan Hillman 22 Westmoreland 1:17:55
FEMALE OVERALL
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
5K RUN
MALE OVERALL
1 Mike Chow 40 Wappingers Falls 16:51
2 John Amenta 17 Fishkill 17:38
3 Carter Somme 19 Hopewell Junction 18:01
FEMALE OVERALL
1 Marisa Sutura Strange 56 Pleasant Valley 18:16
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
September 21, 2019 • Hudson Valley Community College, Troy

MALE OVERALL
1 Zachary Boller 18 Albany 20:11
2 Dave Wojcik 38 Troy 20:19
3 Gary Brackett 59 Oneonta 20:31
FEMALE OVERALL
1 Lee Catella 67 Oneonta 24:06
2 Cathy Brackett 59 Oneonta 24:54
3 Janice Phoenix 58 Schenectady 25:54
MALE AGE GROUP: 1 - 19
1 Casey Blough 19 Albany 21:33
2 Jacob Simon 18 Ballston Spa 22:09
3 Tetye Ediclyrds 19 Albany 25:33
FEMALE AGE GROUP: 1 - 19
1 Lilli Potter 18 Chatham 26:42
2 Margaret McDade 13 East Greenbush 37:12
3 Naja Ogburn 19 Troy 40:30
MALE AGE GROUP: 20 - 29
1 Mateo Wareham 20 Albany 20:57
2 Miles James 21 Rochester 21:16
3 Thomas Muller 28 Troy 24:01
FEMALE AGE GROUP: 20 - 29
1 Brienne Clark 26 Altamont 32:07
2 Hannah Smith 24 Rensselaer 35:07
3 Courtney Burke 24 Troy 39:06
MALE AGE GROUP: 30 - 39
1 Matthew Sprague 38 Watervliet 34:30
2 James Reilly 37 Troy 58:53
3 Bryan Tracey 34 Troy 59:46
FEMALE AGE GROUP: 30 - 39
1 Nikki Schaffer 34 Cobleskill 34:21
2 Lindsey Savaaria 37 Troy 41:02
3 Annie Peterson 35 Casleton 47:26
MALE AGE GROUP: 40 - 49
1 Larry Ellis 48 Troy 45:33
2 Pat Anderson 48 Mechanicville 48:21
3 Quentor La Grande 44 Troy 1:06:06
FEMALE AGE GROUP: 40 - 49
1 Kristan Pelletier 42 Green Island 30:10
2 Margaret Mann 47 Rensselaer 31:19
3 Jenifer Kish 45 Albany 33:27
MALE AGE GROUP: 50 - 59
1 David Cole 52 Troy 38:10
FEMALE AGE GROUP: 50 - 59
1 Michele Celello 52 East Greenbush 33:01
2 Robin Cole 50 Troy 38:11
3 Jill Potter 52 Chatham 38:44
MALE AGE GROUP: 60 - 69
1 David Heyward 65 Wynantskill 30:35
2 Rich Daniels 61 Chatham 51:04
FEMALE AGE GROUP: 60 - 69
1 Kathryn Henson 60 East Greenbush 37:58
MALE AGE GROUP: 70 - 79
1 Jim Hotaling 79 Valatie 34:07
2 Charlie Matlock 74 Averill Park 55:36
Courtesy of HVCC Center for Counseling and Transfer

42ND RUNNING OF THE GREAT COW HARBOR 10K
September 21, 2019 • Laurel Avenue School, Northport

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

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

5K RUN
MALE OVERALL
1 Thomas Conway 15 Chestertown 19:55
2 Nicholas Prock 31 Saratoga Springs 20:43
3 Andrew Larosa 31 Wilton 20:51
FEMALE OVERALL
1 Erin Lopez 38 Saratoga Springs 21:20
2 Tracey Delaney 54 Queensbury 23:02
3 Kristine Senchyslyshyn 36 Marcellus 26:41
MALE AGE GROUP: 1 - 9
1 Graham Choi 7 29:24
FEMALE AGE GROUP: 1 - 9
1 Mia Michalak 7 Hockessin, DE 34:59
MALE AGE GROUP: 10 - 13
1 Jacob Duckee 13 Argyle 24:25
2 Maceo Matson 10 Adirondack 25:20
3 Antoine Lasnier 11 St. Jn-Sur-Richelieu, QC 26:17
FEMALE AGE GROUP: 10 - 13
1 Hannah Thompson 12 28:45
2 Eliza Choi 10 29:24
3 Raphaelle Latour 12 St. Jn-Sur-Richelieu, QC 34:24
MALE AGE GROUP: 14 - 19
1 Nathaniel Austin 18 26:23
FEMALE AGE GROUP: 14 - 19
1 Susannah Denham 15 Glenville 27:20
2 Mathilde Latour 16 St. Jn-Sur-Richelieu, QC 32:22
MALE AGE GROUP: 20 - 29
1 Tim Hanaburgh 26 Chestertown 25:59
2 Dylan Baine 25 33:56
3 Mike Zale 21 Lagrangeville 54:24
FEMALE AGE GROUP: 20 - 29
1 Elizabeth Lasnier 20 St. Jn-Sur-Richelieu, QC 26:59
2 Kelly Whalen 24 West Lebanon, NH 32:30
3 Sharon Almanza 21 Blairstown, NJ 32:54
MALE AGE GROUP: 30 - 39
1 James Ares 34 Shrewsbury, MA 28:05
2 Tony Gabriel 34 Troy 36:09
FEMALE AGE GROUP: 30 - 39
1 Rachael Perkins 33 Queensbury 28:39
2 Annette Travis 38 Clifton Park 31:33
3 Sarah Smith 34 Hockessin, DE 34:59
MALE AGE GROUP: 40 - 49
1 Clifford Dean 44 Rochester 21:34
2 Gregory Smith 44 Bear, DE 21:52
3 Eric Choi 45 Fairfield, CT 29:25
FEMALE AGE GROUP: 40 - 49
1 Rachel Lauber 47 Valley Falls 33:33
2 Marie-Claude Lasnier 45 St. Jn-Sur-Richelieu, QC 34:41
3 Michelle Malkisher 49 Lagrangeville 34:45
MALE AGE GROUP: 50 - 59
1 Gregg Falk 52 Chestertown 21:39
2 Stuart Cartwright 59 Wayland, MA 23:57
3 Barry Blumenfeld 52 Redding, CT 25:28
FEMALE AGE GROUP: 50 - 59
1 Terri McCleary 57 Redding, CT 27:51
2 Esther Denham 55 Glenville 28:51
3 Rose Smith 55 Bear, DE 29:46
MALE AGE GROUP: 60 - 69
1 Frank Lombardo 63 Saratoga Springs 24:21
2 Jim Connors 63 Schroon Lake 24:47
3 Michael Tebolt 60 Schroon Lake 26:39
FEMALE AGE GROUP: 60 - 69
1 Stephanie Holley 67 33:13
2 Deb Zale 61 Lagrangeville 34:45
3 Sandra Pratt 62 Griffin, GA 35:42
MALE AGE GROUP: 70 - 79
1 Eddie Munoz 76 Olmstedville 31:14
2 Jim Cunningham 74 Ticonderoga 32:28
3 Ric Barre 70 Troy 36:08
FEMALE AGE GROUP: 70 - 79
1 Nadine Magee 73 Pottersville 43:51
2 Betty McCutcheon 75 Lake Luzerne 48:11
3 Marjorie Hoffman 71 Pikesville, MD 53:02
MALE AGE GROUP: 80 - 89
1 Alice Johnson 80 1:06:50
10K RUN
MALE OVERALL
1 Daniel Edelstein 61 Saranac Lake 40:38
2 Michael Hanson 37 Woburn, MA 40:45
3 Rock Travis 37 Clifton Park 44:17
FEMALE OVERALL
1 Karen Bertasso 35 Albany 36:50
2 Michelle Merlis 30 Albany 38:00
3 Emily Bryans 52 Delanson 41:14
MALE AGE GROUP: 14 - 19
1 Cassandra Zaneski 15 1:10:06
2 Ali Schermerhorn 16 1:15:26
3 Kira Nakushian 16 1:15:26
MALE AGE GROUP: 20 - 29
1 Riley Chien 25 Lebanon, NH 45:11
2 Paul Farrell 22 52:43
3 Dan Farrell 25 52:45
FEMALE AGE GROUP: 20 - 29
1 Suzy Wright 28 Germantown 57:12
2 Steph Zabala 25 58:44
3 Savannah Zaneski 22 1:09:08
MALE AGE GROUP: 30 - 39
1 Matthew Ash 36 Fultonville 45:38
2 Michael Stewart 35 Brooklyn 48:09
3 Thomas Harm 34 Warwick 51:22
FEMALE AGE GROUP: 30 - 39
1 Angela Ohannesian 38 49:26
2 Jennifer Dingman 32 Lake Luzerne 50:24
3 Jennifer Newyman 35 54:12
MALE AGE GROUP: 40 - 49
1 Philippe Lasnier 48 St. Jn-Sur-Richelieu, QC 45:18
2 Ernesto Ortiz 43 Staten Island 49:31
3 Uves Latour 45 St. Jn-Sur-Richelieu, QC 52:39
FEMALE AGE GROUP: 40 - 49
1 Olie Locke 47 Whitehall 47:27
2 Meghan O'Brien 45 Chestertown 48:21
3 Tracy Watson 49 Johnsburg 1:03:27
MALE AGE GROUP: 50 - 59
1 JP Milot 51 Ridgefield, CT 50:21
2 John McCleary 50 Redding, CT 55:50
3 Stanley Zaneski 50 Islip 1:02:37
FEMALE AGE GROUP: 50 - 59
1 Susan Keely 54 Glens Falls 48:11
2 Eleanor Berube 59 Putnam Station 49:31
3 Suzanne Travis 59 Clifton Park 57:02
MALE AGE GROUP: 60 - 69
1 Ward King 68 Ambler, PA 53:34
2 Michael Holley 68 Ballston Lake 59:37
3 Mark Schachner 64 Glens Falls 1:01:31
FEMALE AGE GROUP: 60 - 69
1 Beth Stalker 60 Ballston Spa 42:35
2 Sue Nealon 60 Glens Falls 1:06:36
3 Arlene Farrell 61 Blackwood, NJ 1:15:13
MALE AGE GROUP: 70 - 79
1 James King 73 Bolton Landing 56:45
Courtesy of Adirondack Marathon Distance Festival

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