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**2010**


THE SUMMIT OF BLUE MOUNTAIN. PHOTOS BY BILL INGERSOLL

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### CONTENTS

**ARTICLES & FEATURES**

- 1 Snowshoe Hiking  
*Central Peak: Blue Mountain*
- 2 Alpine Skiing & Snowboarding  
*Lift Service Off-Piste Skiing*
- 3 Cross-Country Skiing  
*Nordic Skiing's Olympic Hopes*
- 9 Snowshoe Running  
*Eastward Ho! Snowshoe Nationals*

**CALENDAR OF EVENTS**

- 4-7 January - March 2010  
*More Than 250 Things to Do!*

**COLUMNS**

- 8 The Non-Medicated Life  
*Benefitting the Planet  
As Well As the Individual*
- 15 From the Publisher & Editor  
*Shine Bright in 2010!*

**RACE RESULTS**

- 10-14 September 2009  
*Top Finishers in 12 Events*

## Central Peak

### Hiking Blue Mountain in Winter

by Bill Ingersoll

Blue Mountain is a wildly popular hike, and although I admit to a personal bias against it - too many towers on the summit and not enough "wildness" - I recently decided to give it another look. With my dog Lexie leading the way, and with a new pair of mountaineering snowshoes to break in, I climbed Blue and decided this was an especially good winter hike with several things going for it: a well-used trail with a reliably good base, and one of the most celebrated views of any Adirondack peak. The terrain is comparable to the High Peaks but requires only a fraction of the time and effort.

Located near the geographic heart of the Adirondack Park, Blue Mountain is a hike that everyone should do.

**Getting There**

The route begins at the prominent parking area at the height-of-land just north of the Adirondack Museum on NY Routes 28N and 30, about 1.4 miles north of Blue Mountain Lake. Although the summer trailhead is not plowed, enough snow is winged back from the highway to allow ample parking for winter hiking. Note that two hiking trails begin from this location. The yellow-marked trail to the left leads to

Tirrell Pond, and the red-marked trail to the right is the route to Blue Mountain.

**The Trail**

The trail leads east from the parking area, elevation 2,205 feet, cutting through the woods to a logging road and bearing right. The first part of the trail is on private land, and courtesy demands that hikers remain on the trail corridor. You cross numerous small streams as you traverse the lower slopes of the mountain, encountering only moderate grades in the first 1.2 miles. You crest one height-of-land and descend slightly into the next drainage on a course leading just to the east of south.

At the end of the 1.2 miles, at roughly 2,835 feet in elevation, you reach a junction with the old trail to the summit, which began closer to Blue Mountain Lake and which was closed years ago. You will not likely notice this junction now, except that this point now marks the turning point where the current trail bears northeast and begins the steep ascent towards the summit, which begins immediately.

Thousands of feet have worn the trail to bedrock, so that in summer the trail is like a paved sidewalk for most of the

See SNOWSHOE HIKING, 15

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**ALPINE SKIING & SNOWBOARDING**

# Lift Service Off-Piste Skiing

by Mickey Stone

Glades, chutes, drops, ungroomed, backcountry, trees, steeps, crud, powder and freeride are all the terms that come to mind when describing the off-piste. These descriptions give one thoughts of adventure, risk, exhilaration, fun, accomplishment and enjoyment with our natural environment.

Today if you pick up the popular ski and ride magazines you will see on the cover and throughout pictures of snowsports enthusiasts in powder, the air, glades and ungroomed snow capturing face shots of snow and a smile from ear to ear.

So what does off-piste really mean? Well, the word "piste" means a run of hard-packed snow or prepared snow trail. So adding the word "off" to that denotes terrain that is ungroomed and not a designated trail that is maintained with groomers and snow making machines. These words have been very common in Europe for decades and originated France by alpinists at the turn of the century.

Now we add "lift service" to complicate things even further. Basically, we are describing the ability for a skier or rider to ride a surface lift, and then to be able to travel to an area that is ungroomed with its natural terrain features and conditions. Now why would anyone want to do that? Especially with lift ticket prices and all the care that go into the piste areas.

Once a skier or rider can use all the mountain trails, the lure and challenge to be able to master what Mother Nature gives to us each day on an ungroomed trail is one of the most exhilarating experiences a snowsport athlete can have. The ability to ride a lift and travel by hiking, sliding or skinning to an area that is in bounds of the ski area, but relatively unmaintained allows you to feel like you have your own powder stash that you have found or enjoyed by yourself

or with friends.

**Where to Go** - Now we know the West is known for this type of skiing with their vast acreage above timberline, large snowfalls, and areas that are left untouched. Even in the East there are areas that receive 250-400 inches of snow a year with the best ungroomed glades, steeps and powder runs around. One of the beauties here is the number of ski areas that you can ride the lift and easily scoot off-piste within the boundaries. At times these areas have small rock ledge drop offs, frozen waterfalls, thinned out glades, open meadows, tight fir trees, and unique features from the snow accumulation and local topography.

In New York, Gore and Whiteface give you a big mountain feel with many gladed areas of all varieties and levels. Some other adventurous areas are West, Hickory, Titus, Willard, Oak, Belleayre, Plattekill, Hunter and Windham, with some steep pitches and glades with bumps. In Vermont, Mad River Glen, Smugglers' Notch, Stowe, Jay, Killington, Mount Snow, Sugarbush, Okemo, Magic and Bolton offer a wide range of gladed ungroomed areas. In Massachusetts, Jiminy Peak has some glades skiing as well.

**Safety** - At times skiers and riders feel these off-piste areas are like the piste trails where most people share the slopes. What we all have to remember is that once venturing off-piste within the boundaries we are in another environment, so totally different. There are obstacles, more difficult snow conditions, topography changes that can be confusing to follow, visibility issues, and one's own endurance comes into play.

Probably the hardest thing to prepare for is the "human factor" or decision-making process of skiers and riders when venturing to the off-piste. Each season at the ski areas in the East, more than a dozen folks will not make it back to the base before nightfall, and have to spend the night in the cold wilder-



**GLADES SKIING IN THE BUMPS AT WHITEFACE**  
PHOTO BY DAVE SCHMIDT/  
COURTESY OF ORDA

**Technique** - Other than decision-making and knowing the area well, skiers and riders could pay more attention to technique. Carving off-piste takes a different approach than on the hard pack. Just because you have a freeride ski or board, with twin tips and fat 90-plus millimeters under your feet, does not mean you can negotiate around trees in ungroomed snow.

Active absorption or the sucking up of your legs as you tilt and steer will allow you to move across the snow lightly and smoothly. When the ski or board is in the snow it will bend as you stand against it. When you suck your legs under you the skis or board will unbend and send you in an arc. Learning to bend and unbend will allow you descend easily through the snow. Learn to allow your legs to feel like a pendulum underneath your hips and torso. You have seen it before on ski racer Bode Miller when the body is still and the legs move back and forth. A sound investment is to hire a certified ski or board pro at one of these mountains and ask to learn the techniques for skiing crud and powder. It will be worth the time and money when you enjoy your turns in the off-piste.

Enjoy your time in the off-piste and follow the simple guidelines for your safety and fun. Things may happen out there, but at least you are prepared and have a friend that can get help, and stay with you if something happens. Sound decisions and being prepared go a long way. Powder to the people can be found in the off-piste! 🌲

*Mickey Stone lives in Huntington, Vt. with his wife Carolyn and their dog Oslo. He is a ski educator, trainer and outdoor guide. He is the PSIA-E Nordic coordinator and coach for the Navy Seals winter training program.*

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## // CROSS-COUNTRY SKIING //

Nordic Skiing's Hopes for *Olympic Medals*

by Ron Farra

When the US Nordic Ski Team travels to Vancouver, Canada in February they will bring the potential, as never before in the history of the American winter sports, to earn Olympic medals in the disciplines that make up Nordic skiing. Not since 1976 when an American cross-country skier won a silver medal at the XII Winter Olympic Games have hopes been so high for America's Nordic skiers. Cross-country skiers, ski jumpers, biathletes and Nordic combined athletes have earned an unprecedented number of medals in recent world competitions that podium finishes at the 2010 Winter Olympics are a real possibility. As a result of recent successes on the World Cup circuit America's Nordic ski athletes are on the verge breaking the 33-year Nordic medal drought.

US Ski Team athletes won an incredible six medals at the Nordic World Ski Championships, in Liberec, Czech Republic last winter and will be competing against the same Nordic skiers this season in World Cup event as well as at the prestigious XXI Winter Olympic Games on February 12-28 in British Columbia, Canada. This dramatic accomplishment by "the upstart American skiers and ski jumpers sent shock waves throughout the world of Nordic skiing," according to a New York Times article. "This is really big for us," said John Farra (my son), US Ski Team Nordic Director. "To get a medal



**U.S. BIATHLETE TIM BURKE OF PAUL SMITHS WON SILVER IN THE 20K INDIVIDUAL WORLD CUP IN OSTERSUND, SWEDEN ON DEC. 3, 2009.**  
PHOTO BY CHRISTIAN MANZONI/NORDIC FOCUS COURTESY OF US BIATHLON

in cross-country ski racing... I'm not sure Americans know what that means."

Nordic combined athletes Billy Demong (*Athlete Profile, February 2002*) of Vermontville and Todd Lodwick of Steamboat Springs, Colo. won four medals (three gold medals and one bronze) at the Nordic World Ski Championships. Bill also bested all competitors last season winning the gold medal in the opening race of the pre-Olympic World Cup event at the Vancouver, B.C. venue, with Todd finishing in tenth. Bill had another podium finish earning bronze at the pre-Olympic Games with teammates Johnny Spillane in 11th place and Todd in 12th.

The US Cross-Country Ski Team has also moved into a position where it too could

have podium finishes at the 2010 Winter Olympics. Nordic ski racer, Kikkan Randall of Alaska finished second in the women's sprint style ski race at the Nordic World Ski Championships last season, putting her in contention for a first ever Olympic medal by a female cross-country skier. Her silver medal win in the Czech Republic in March was the first cross-country ski medal for an American woman at world championship events. Kris Freeman of New Hampshire narrowly missed still another American victory in the Nordic World Ski Championships by a mere 1.3 seconds behind the bronze medal winner.

To put the excitement about America's chances for a Nordic ski medal at the February Winter Olympics into perspective, consider that Norwegian Nordic skiers have "won more than 110 medals in cross-country skiing and Nordic combined competition including 41 gold," according to the New York Times. In the 85-year history of Winter Olympic competition, Bill Koch of Vermont is the only American cross-country or Nordic combined skier ever to win a medal. Koch won an Olympic silver medal in Seefeld, Austria in 1976.

A recent World Cup win by an American biathlete has also boosted the chances of an Olympic medal by a USA Nordic skier at the Vancouver Winter Olympic Games. Tim Burke of Paul Smiths made history in December when he won a silver medal at the World Cup Biathlon races in Ostersund,

Sweden. Tim's success in the grueling 20K biathlon competition tied the best ever World Cup finish by an American, equaling the second place finish by USA's Josh Thompson at the 1992 World Cup event at Cranmore, Canada.

American ski jumper Lindsey Van of Park City, Utah won the woman's ski jumping contest at the Nordic World Ski Championships, in the Czech Republic last year. Though her silver performance boosted the US Ski Team's medal count to an unprecedented six medals, Lindsey will not be able to assist the team's chances for a medal at the Olympic Games since woman's ski jumping will not be part of the Vancouver Winter Olympics.

Hopes are also high that the US men's ski jumpers can continue their recent improvements at World Cup and Continental Cup competition to earn a full quota of American jumpers for the 2010 Games. "While no one is counting on them taking medals at Whistler, B.C. folks should keep an eye on these guys," said director John Farra. "If they jump to their potential at the Vancouver Olympics they could shock the Nordic world."

Nordic ski fans in America are hungry for their Nordic heroes to continue their winning ways in world competition and especially at the upcoming Winter Olympic Games at Vancouver. "Our recent victories will increase the expectations," said Olympian Billy Demong. "But it also gives us the confidence inside and helps us to know we're doing to right things in our training," Norwegian Olympian, Jens-Arne Svartedal noted "it is impressive to see the Americans doing so well, but we have known for many years that there is talent there."

Fans may follow the daily and weekly happenings in the world of Nordic ski racing as well as the upcoming Winter Olympic Games at the websites of the US Ski Team ([usskiteam.com](http://usskiteam.com)) and Universal Sports ([universalsports.com](http://universalsports.com)).

Ron Farra ([rfarra@nycap.rr.com](mailto:rfarra@nycap.rr.com)) lives in Saratoga Springs and enjoys snowshoeing, skiing, hiking, biking and kayaking. He is the co-author of *Winter Trails New York: The Cross-Country Ski & Snowshoe Trails with his wife, Johanna.*

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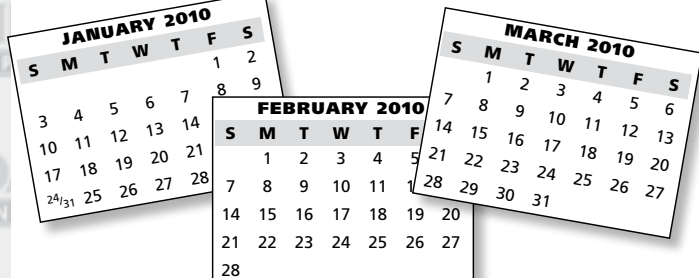
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**Calendar of Events**  
*January - March 2010*



**ALPINE SKIING & SNOWBOARDING**  
ONGOING

- Mon** Ski Bus Trip: 1/18 Bromley. Out of Control Ski Club, Albany. 473-7553. ocskiclub.org.
- Fri** Ski Bus Trips: 1/22 Gore; 1/29 Stratton; 2/5 Mt. Snow; 2/12 Okemo; 2/19 Bromley; 2/26 Stratton; 3/5 Okemo; 3/12 Stratton; 3/19 Bromley; 3/26 Killington; 4/2 Gore. Out of Control Ski Club, Albany. 475-7553. ocskiclub.org.
- Sat** Ski Bus Trip: 2/27 Mount Snow. Out of Control Ski Club, Albany. 473-7553. ocskiclub.org.
- Sun** Ski Bus Trips: 1/17 Pico; 1/24 Okemo; 1/31 Gore; 2/7 Stratton; 2/14 Bromley; 2/21 Whiteface. 2/28 Okemo; 3/7 Gore; 3/14 Mt. Snow. 3/28 Stratton. Out of Control Ski Club, Albany. 475-7553. ocskiclub.org.

**JANUARY**

- 15** Big Air Contest. 7-9pm. West, Glens Falls. 793-6606. skiwestmountain.com.
- 16** Ski Waxing Clinic. 10am. Free. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- 16** Demo Day w/Burton & Fireworks Spectacular. Gore, North Creek. 251-2411. goremountain.com.
- 17** USASA Boarder/Skier Cross. Ski Bowl, North Creek. 946-7001. goremountain.com.
- 22-24** World Cup Freestyle. Whiteface & Olympic Jumping Complex, LP. 523-3330. whitefacelakeplacid.com.
- 23-24** Master the Mountain: Alpine Skiing Camp. 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com.
- 24** Ski Bus Trip: Okemo. 7:15am. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.
- 25-31** Take Your Daughter to Gore Week. 19-under. Gore, North Creek. 251-2411. goremountain.com.
- 27** Plaine & Son Maple Ski Ridge Night. Discounted tickets: Plaine & Son: 346-1433. plaineandson.com.
- 16** Ski Repair Clinic. 10am. Free. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- 30** S'More Gore Full Moon Ski Bowl Party. 6pm. Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
- 31** Parent-Daughter Family Fun Race. 10am. Gore, North Creek. 251-2411. goremountain.com.

**FEBRUARY**

- 5** Ski Bus Trip: Bromley "Chicks on Sticks" Moms' Day-Off. 7:15am. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.
- 5-7** Inaugural Adk Ski Mountaineering Camp. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 6** Hickory Telemark Party. 9am. Tour de Trees, clinics, après-ski party. Hickory Ski Center, Warrensburg. 623-5754. hickoryskicenter.com.
- 6** Oak's Giant Slalom Races for Amateurs. 1pm. Oak, Speculator. 548-3606. oakmountainski.com.
- 6** USASA Boarder/Skier Cross Race. Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
- 6-7** Burton LTR Snowboard Camp: Just for the Gals. Gore, North Creek. 251-2411. goremountain.com.
- 6-7** Adult Racing Camp. Gore, North Creek. 251-2411. goremountain.com.
- 6-7** Alpine Skiing Camp: Women Only. Gore, North Creek. 251-2411. goremountain.com.

- 7** Freeheel Telemark Festival. Demos, clinics, events. Gore, North Creek. 251-2411. goremountain.com.
- 7** Super Sunday: Discounts, music, games. Whiteface, Wilmington. 946-2223. whiteface.com.
- 13** Night Skiing Party. 4-9pm. Torchlight parade, fireworks. Oak, Speculator. 548-3606. oakmountainski.com.
- 18-20** Empire State BoarderX. Whiteface, Wilmington. 946-2223. whiteface.com.
- 19** Slopestyle Contest. 7-9pm. Terrain Park, West, Glens Falls. 793-6606. skiwestmountain.com.
- 20** Oak's Giant Slalom Races for Amateurs. 1pm. Oak, Speculator. 548-3606. oakmountainski.com.
- 21** NASTAR Olympic Challenge. Gore, North Creek. 251-2411. goremountain.com.
- 21** USASA Halfpipe. Whiteface, Wilmington. 946-2223. whiteface.com.
- 26** Grom Big Air Contest. 7-9pm. Terrain Park, West, Glens Falls. 793-6606. skiwestmountain.com.
- 27-28** Adult Racing Camp. Gore, North Creek. 251-2411. goremountain.com.
- 27-28** Telemark Skiing Camp: Trees, Steeps & Bumps. Gore, North Creek. 251-2411. goremountain.com.
- 27-28** Burton LTR Snowboard Camp. Gore, North Creek. 251-2411. goremountain.com.
- 27-28** Master the Mountain: Alpine Skiing Camp. Gore, North Creek. 251-2411. goremountain.com.
- 28** Ski Bus Trip: Okemo. 7:15am. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.
- 28** Slide for a Cure: Tubing. 1-6pm. West, Glens Falls. 793-6606. skiwestmountain.com.

**MARCH**

- 6-7** Burton LTR Snowboard Camp: Just for the Gals. Gore, North Creek. 251-2411. goremountain.com.
- 6-7** Alpine Skiing Camp: For Women Only. Gore, North Creek. 251-2411. goremountain.com.
- 12** Big Air at Little Gore. 5:30pm: Slopestyle w/lights. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 13** Terrain Park Face Slope/Team Slopestyle. 12pm. West, Glens Falls. 793-6606. skiwestmountain.com.
- 14** Ski & Snowboard Demo Day. Whiteface, Wilmington. 946-2223. whiteface.com.
- 14** Super Sunday (Discounts, music, games) & Whiteface Open. Whiteface, Wilmington. 946-2223. whiteface.com.
- 19-20** Slopestyle Contest. 7-9pm. West, Glens Falls. 793-6606. skiwestmountain.com.
- 20** Gail's Bump Camp. Gore, North Creek. 251-2411. goremountain.com.
- 20-23** U.S. Alpine National Championships. Whiteface, Wilmington. 946-2223. whiteface.com.
- 21** Ski Bus Trip: Sugarbush. 7:15am. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.
- 21** Walt's Bump Contest. Gore, North Creek. 251-2411. goremountain.com.
- 22-28** Take Your Son to Gore Week. 19-under. Gore, North Creek. 251-2411. goremountain.com.
- 27** Slush Cup. 11am-5pm. West, Glens Falls. 793-6606. skiwestmountain.com.
- 28** Family Fun Dual Slalom. Parent/son teams. Gore, North Creek. 251-2411. goremountain.com.
- 28** Apple Butter Open Mogul Competition. Whiteface, Wilmington. 946-2223. whiteface.com.

**BICYCLING & MOUNTAIN BIKING**

**FEBRUARY**

- 27** Snowball Express Century Ride. 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

**MARCH**

- 20** David Brinkerhoff Memorial/Johnny Cake Lane Spring Bike Race #1. Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 27** David Brinkerhoff Memorial/Johnny Cake Lane Spring Bike Race #2. Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 28** 200K Brevet Ride. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

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**NYSSRA Champions Cup Weekend**  
State Nordic Championships  
**February 26-28, 2010**  
**Saratoga Biathlon Club, Day**  
Biathlon Sprint & Relay Championships,  
Ski Orienteering Championship,  
Club Relay Championship & 21km  
Freestyle NYSSRA Champions Cup Race  
**nyssranordic.com**

Join in the 10th anniversary  
**Pat Stratton Memorial Century Ride**  
  
**Best Ride in the Adirondacks!**  
Saturday, August 28, 8am  
Mt. Pisgah Lodge, Saranac Lake  
100mi, 50mi, 25mi & kids' ride  
Rides for all ages & abilities  
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**CROSS-COUNTRY SKI RACING**  
*ONGOING*

**Tue Dewey X-C Ski Race Series: 1/5-2/23.** Kids: 6:15pm. Adults: 6:45pm. Dewey, Saranac Lake. 891-2697. deweyskicenter.com.

*JANUARY*

- 16 Shenendehowa Classical Ski Races.** 10K/5K. 11am. Saratoga Biathlon Center, Day. Jim Flaherty: 877-8476. nyssranordic.com.
- 16 Winona Forest Winterfest Try-It Race.** 12.5K freestyle. 10:30am. Winona Forest, Mannsville. Russ Myer: 729-3780. skireg.com.
- 17 Great Sacandaga Mini-Marathon: Freestyle.** 15K/30K. 11am. Saratoga Biathlon Center, Day. Curt Schriener: 696-3961. nyssranordic.com.
- 23-24 Harry Eldridge Memorial Ski Races.** Olympic Sports Complex, Lake Placid. nysef.org.
- 30 TD Bank Craftsbury Ski Marathon.** 25K & 50K classical race & tour. 9am. Craftsbury, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- 30 Holland Patent Wolverines Classic Race.** 5K/10K. 10:30am. Trenton Fish/Game, Holland Patent. nyssranordic.com.

*FEBRUARY*

- 5 Lake Placid Loppet.** 6:30pm. Waxing for Race Day Clinic & Kids' 0.5K Race (12-under, free). Olympic Sports Complex, Lake Placid. 523-1655 x274. lakeplacidloppet.com.
- 6 28th Lake Placid Loppet Ski Race.** 9am 50K classic; 9:15am 25K classic; 10am 50K free; 10:15am 25K free. Olympic Sports Complex, Lake Placid. 523-1655 x274. lakeplacidloppet.com.
- 7 Saranac Lake Ski Race.** 5K freestyle. 10am. Dewey Mountain, Saranac Lake. Dewey: 891-2697. nyssranordic.com.
- 26-28 NYSSRA Nordic Champions Cup Weekend.** Sat, 10am Biathlon Sprint & 2pm 21K Freestyle NYSSRA Champions Cup Race. Sun, 10am Biathlon Relay & 2pm Team Relay. Saratoga Biathlon Center, Day. Jim Kobak: 643-0821. nyssranordic.com.

*MARCH*

- 6 Winona Forest Tourathon.** 9am. 12.5K/25K/37.5K/50K. Freestyle. CCC Camp, Mannsville. nyssranordic.com.

**CROSS-COUNTRY SKI TOURING**  
*ONGOING*

- Daily Cross-Country or Backcountry Ski Tour for Beginners & Intermediates.** High Peaks Mountain Adventures, Lake Placid. 523-3764. highpeakscyclery.com.
- Daily Ice Climbing for Beginners & Intermediates.** High Peaks Mtn. Adventures, Lake Placid. 523-3764. highpeakscyclery.com.
- Wed Cross-Country Ski Trips.** Schenectady Wintersports Club, Schenectady. Schedule: swcweb.org.
- Thu Soup-er Seniors Ski/Snowshoe Days.** Age 65+. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Sun Ski Bus Trips.** Sun & weekdays. Nordic & alpine. Out of Control Ski Club, Albany. 275-7553. ocskiclub.org.

*JANUARY*

- 16 Ladies Love to Ski.** Classic instruction for women, by women. 10:30am-3:30pm. Lapland Lake, Northville. Reserve: 863-4974. laplandlake.com.
- 16 Chilly X-C Ski & Snowshoe Festival.** 10:30am. Adirondack VIC, Paul Smiths. 327-3000. adkvic.org.
- 16-18 Special Holiday Guided Backcountry Ski, Snowshoe & Ice Climbing Trips.** High Peaks Mountain Adventures, Lake Placid. 523-33764. highpeakscyclery.com.
- 20 Beginner Backcountry Skiing: Fish Pond Truck Trail.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 22 Friday Night Ski Jam featuring Big Slyde.** Dewey Mountain, Saranac Lake. 891-2697. deweyskicenter.com.
- 22-24 ADK Tug Hill Winter Outing w/Onondaga Chapter.** Mad River Club, Lacona. Mary Coffin: 315-687-3589. Adirondack Mountain Club: adktravel.org.
- 24 Beginner Backcountry Skiing: Adirondack Loj.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 28 or 29 Moonlight X-C Ski & Snowshoe Tours.** 6-9:30pm. Pineridge, East Poestenkill. Call: 283-3652. pineridgexc.com.
- 30 Finn-tastic Full Moon Night Skiing.** 9am-9pm. Lapland Lake, Northville. 863-4974. laplandlake.com.

- 30 Full Moon X-C Ski Party.** Bonfires, food/drink, live music. Cascade, Lake Placid. 523-1111. cascadeski.com.
- 30 Moonlight X-C Ski/Snowshoe.** 7-9pm. 2.5M. Free. Camp Saratoga, Wilton. 450-0321. wiltonpreserve.org.

*FEBRUARY*

- 6 Families on Skis: Instruction & Practice.** 9:30am-12pm. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646. pmoc.org.
- 7 Adirondack Classic Ski Tours: Raquette Falls.** 9M. Adirondack Mountain Club: 523-3441. adk.org.
- 8 Womens' Ski Building Day.** 11:30am. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 12 Moonlight Ski/Snowshoe Tours.** 6-9:30pm. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 13 Romancing the Snow: Finn-tastic Full Moon Night Skiing.** 9am-9pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 13 Ladies Love to Ski.** Classic instruction for women, by women. 10:30am-3:30pm. Lapland Lake, Northville. Reserve: 863-4974. laplandlake.com.
- 13-21 Special Holiday Guided Backcountry Ski, Snowshoe & Ice Climbing Trips.** High Peaks Mountain Adventures, Lake Placid. 523-33764. highpeakscyclery.com.
- 14 Fabulous Finnish Wife-Carrying Contest.** 2pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 16-19 Children Learn to Ski Week.** Ages 6-12. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 26 Moonlight X-C Ski & Snowshoe Tours.** 6-9:30pm. Pineridge, East Poestenkill. Call: 283-3652. pineridgexc.com.
- 27 Full Moon X-C Ski Party.** Bonfires, food/drink, live music. Cascade, Lake Placid. 523-1111. cascadeski.com.
- 27 Finn-tastic Full Moon Night Skiing.** 9am-9pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 27 Adirondack Classic Ski Tours: Avalanche Pass.** 10M. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

*MARCH*

- 6 Adirondack Classic Ski Tours: Whiteface Landing.** 6M. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 6-7 8th Adirondack Backcountry Ski Festival.** Instructional ski clinics, guided tours, special presentation. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 13 Ladies Love to Ski.** Skate instruction for women, by women. 10:30am-3:30pm. Lapland Lake, Northville. Reserve: 863-4974. laplandlake.com.

**HEALTH & FITNESS**  
*ONGOING*

- Mo-Tu Beg/Intro Pilates Mat Class.** Mon: 6pm. Tue: 9:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- M-Tu-W Yoga Open Level Class.** Mon: 4:40pm. Tue: 7pm. Wed: 9:15am. Experience needed. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Mo-Fr Capital District Adventure Boot Camp for Women.** 4-week camps. Clifton Park, Colonie, Rotterdam, Saratoga Springs. 444-8060. Schedule: cdbootcamp.com.
- Mo-Fr Boot Camp Challenge.** 4-week camps. Albany, Saratoga & Schenectady Counties. Melissa Grattan: 366-1901. Schedule: makeitfittraining.com.
- Mo-Fr Pilates Tower Class.** Mon: 9:30am, 10:30am & 4:45pm. Tue: 10:30am. Wed-Thu: 7pm. Fri: 8:30am. Beginners welcome. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Mo-Sa Yoga, Circuit Training & Stretching Classes.** The Studio at High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- Tu-Th-Sa Pilates Open Level Mat Class.** Tue: 6pm. Thu: 9:30am & 6pm. Sat: 9am. Experience needed. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

*JANUARY*

- 18-19 Sports Nutrition Seminar for Parents of Young Athletes.** 6:15pm. Drs. Arciero & Ormsbee. Skidmore, Saratoga Springs. 800-407-8889. drpaulsprotocol.com.

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[info@lakeplacidmarathon.com](mailto:info@lakeplacidmarathon.com)

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[Darryl@AdkSportsFitness.com](mailto:Darryl@AdkSportsFitness.com)

Media Kit: [AdkSportsFitness.com](http://AdkSportsFitness.com)

**HIKING W/SNOWSHOES & ICE CLIMBING**

ONGOING

**Daily** Snowshoe Tour for Beginners & Intermediates. High Peaks Mtn. Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).  
**Sun** Cross-Country Skiing & Ice Climbing in the Adirondacks. High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

JANUARY

**15-17** 14th Adirondack International Mountaineering Festival. Adirondack Rock & River, Keene. The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).  
**16** Snowshoe Hike to Perigo Mtn. 10:30am. 3-4 hours. Pineridge, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).  
**16-18** Winter Camping 101 w/Snowshoe Hiking. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).  
**22-24** ADK Tug Hill Winter Outing w/Onondaga Chapter. Mad River Club, Lacona. Mary Coffin: 315-687-3589. Adirondack Mountain Club: [adktravel.org](http://adktravel.org).  
**23** Historic Snowshoe Hike. 10:30am. 2-3 hours. Pineridge, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).  
**23** Trailless Peak Snowshoe Hike: Tabletop. 4,427 feet. 10M. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).  
**24** Backwoods Tracking & Winter Survival Snowshoe Trek w/Jim Bruchac. 9am-5pm. Adult/teen. Ndashinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).  
**30** Moonlight Snowshoe & X-C Ski. 7-9pm. 2.5M. Free. Camp Saratoga, Wilton. 450-0321. [wiltonpreserve.org](http://wiltonpreserve.org).

FEBRUARY

**6** Trailless Peak Snowshoe Hike: Street & Nye. 8.5M. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).  
**7** Family Snowshoe Day. 10am-3pm. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).  
**12** Moonlight Snowshoe/Ski Tours. 6-9:30pm. Pineridge, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).  
**20** Tubbs Snowshoe Demo Day w/Mike Kaz. 2:30pm: Snowshoe hike. Benefit BBQ. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).  
**20** Ice Climbing Program. 9am. Age 10+. All welcome. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646. [pmoec.org](http://pmoec.org).  
**28** Trailless Peak Snowshoe Hike: Esther. 9.5M. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

MARCH

**7** Trailless Peaks Snowshoe: Tabletop. 10M. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

**ICE SKATING & SPEEDSKATING**

ONGOING

**Daily** Public Ice Skating. Olympic Speedskating Oval, Lake Placid. Schedule: 523-3330 & [whitefacelakeplacid.com](http://whitefacelakeplacid.com).

FEBRUARY

**6-7** Jack Shea Sprints Speedskating Races. 9am. Olympic Speedskating Oval, Lake Placid. [lakeplacidsspeed.sports.officelive.com](http://lakeplacidsspeed.sports.officelive.com).

**MOUNTAINEERING & WILDERNESS SKILLS**

ONGOING

**Daily** Alpine Touring or Telemark Ski Tour for Beginners & Intermediates. High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

JANUARY

**16-18** Winter Camping 101 w/Snowshoe Hiking. Instruction, gear, food. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).  
**24** Backwoods Tracking & Winter Survival Snowshoe Trek w/Jim Bruchac. 9am-5pm. Adult/teen. Ndashinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).  
**24** Winter Survival Program. 1:30-4pm. Ages 10-19. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646. [pmoec.org](http://pmoec.org).

**29-2/1** Winter Mountaineering School. Weekend day hiking & backpacking sections. Adirondack Loj, Lake Placid. Adirondack Mountain Club: 523-3441. [winterschool.org](http://winterschool.org).

**29-2/4** Winter Mountaineering School. Day hikes & 3-night backpack section. Adirondack Loj, Lake Placid. Adirondack Mountain Club: 523-3441. [winterschool.org](http://winterschool.org).

FEBRUARY

**5-7** Inaugural Adirondack Ski Mountaineering Camp. The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).  
**7** GPS 101. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).  
**13-15** Winter Camping 101 w/Snowshoe Hiking. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).  
**16-17** Winter Wilderness Adventure & Storytelling Camp. Ages 6-8. 10am-4pm. Ndashinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).  
**16-18** Winter Wilderness Adventure Camp. Ages 9-12. 10am-4pm. Ndashinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).

MARCH

**6-7** 8th Adirondack Backcountry Ski Festival. Instructional ski clinics, guided tours, special presentation. The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).  
**20** Map & Compass Fundamentals. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

**MULTISPORT, BIATHLON & ORIENTEERING**

ONGOING

**Daily** Be a Biathlete Clinics: 1/17-18, 24, 31; 2/15-19, 28. 1pm. 2pm: range only. Olympic Sports Complex, Lake Placid. 523-2811. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).

JANUARY

**30-31** Saratoga Biathlon Races Sat, 11am: Sprint & 2pm: 5K/8K Snowshoe Race. Sun, 11am: Pursuit. Saratoga Biathlon Club, Day. Tom Moffett: 643-8477. [saratogabiathlon.com](http://saratogabiathlon.com).

FEBRUARY

**12-13** Biathlon NorAm Cup. Olympic Sports Complex, Lake Placid. Rick: 891-6538. [biathlon.teamusa.org](http://biathlon.teamusa.org).  
**14** 6th "Love to Tri" Indoor Triathlon. 15min swim/bike/run. 8am. So. Saratoga YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).  
**18** Winter Education Series: Designing of a Triathlon Training Program w/Judy Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
**25** Winter Education Series: Yoga for Triathletes & Runners w/Judy Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
**26-28** NYSSRA Nordic Champions Cup Weekend. Sat, 10am Biathlon Sprint & 2pm 21K Freestyle NYSSRA Champions Cup Race. Sun, 10am Biathlon Relay & 2pm Team Relay. Saratoga Biathlon Center, Day. Jim Kobak: 643-0821. [nyssranordic.com](http://nyssranordic.com).

MARCH

**4** Winter Education Series: Sports Psychology for Triathletes & Runners w/Judy Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
**6** Frigid Infliction Winter Adventure Race. Waterbury area, VT. Tim: 802-578-2972. [gmara.org](http://gmara.org).  
**11** Winter Education Series: Nutrition for Triathletes & Runners w/Judy Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

**OTHER EVENTS**

ONGOING

**Daily** Leukemia & Lymphoma Society's Team in Training: Informational Meetings for May & June 2010 marathons, centuries & triathlons. 6pm unless noted. 1/12: The Desmond, Albany. 1/13: Queensbury Hotel, Glens Falls. 1/13: Quality Inn, Kingston. 1/14: Comfort Suites, Clifton Park. 1/19: Courtyard Marriott, Poughkeepsie. 1/20: City Rec. Ctr., Plattsburgh. 1/20: YMCA, Saratoga Springs. 1/21: Fleet Feet Sports, Essex Junction, VT. 1/21: Holiday Inn, Albany. 1/23, 12:15pm: Fletcher Library, Ludlow, VT. 1/26: Sportshoe Center, S. Burlington, VT. 1/30, 8am: Warming Hut, Saratoga Spa S.P., Saratoga Springs. Robyn Haberman: 438-3583. [teamintraining.org/uny](http://teamintraining.org/uny).

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**JANUARY**

**16 Long Lake Winter Carnival.** Cardboard box & skating races, sledding. Long Lake. 624-3077. longlake-ny.com.

**30 Pok-O-MacCready's Snow Festival.** 10am-4pm. Tubing, relays, snowman contests, food. Poko-O-MacCready Outdoor Education Center, Willsboro. 963-4646. pmoecc.org.

**31 10th Banff Mountain Film Festival.** 7pm. Center for the Arts, Lake Placid. Tickets: High Peaks Cyclery: 523-3764. highpeakscyclery.com.

**FEBRUARY**

**5-7 Women's Weekend on Lake George.** Yoga, jewelry-making, aerobics, snowshoeing, skating, tubing. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.

**5-14 Saranac Lake Winter Carnival: Adirondack Cowboy.** 891-1990. saranaclakewintercarnival.com.

**6 25th Grafton Winter Fest.** 10am-4pm. Skating, X-C skiing, snowshoeing, kids' games, sleigh rides, polar plunge. Grafton Lakes S.P., Grafton. 279-1155. nysparks.com.

**6-28 Lake George Winter Carnival.** Sat/Sun. Lake George. lakegeorgewintercarnival.com.

**12-14 Indian Lake Winterfest.** Skating, sculptures, bonfire. 648-5112. indian-lake.com.

**13-14 Raquette Lake Winter Carnival.** 10am: Kids' events. 12pm: Ladies' frying pan toss & mens' golf drive, more. Raquette Lake. 624-3077. longlake-ny.com.

**14 Fabulous Finnish-Wy-Carrying Contest.** 2pm. Lapland Lake, Northville. 863-4974. laplandlake.com.

**15-19 Winter Break Camp.** 8am-4pm. Tubing, hiking, X-C skiing. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646. pmoecc.org.

**19-21 30th Empire State Winter Games.** Lake Placid. empirestategames.org.

**19-21 Winter Family Weekend.** Snowshoeing, skiing, sledding. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

**19-22 Winter Family Weekend.** X-C skiing, tubing, more. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646. pmoecc.org.

**20 Frozen Fire & Lights Festival.** 9am. Sledding, skating, X-C skiing. Fern & Arrowhead Parks, Inlet. 866-464-6538. inletny.com.

**20 Crazy Downhill Derby (12pm) & Broomball Tournament (9:30am).** Dynamite Hill, Chestertown. 494-2722. townofchester.org.

**20-21 Fishing Derby.** 7am-4pm. YMCA Camp Chingachgook, Kattskill Bay. chingachgook.org.

**20-21 Sled Dog Races.** 9am. Murdock Trucking, Inlet. 866-464-6538. inletny.com.

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**Mon "No Boundaries" 5K Training Program & Fleet Feet Sportswalkers Club.** 6pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

**Thu Fleet Feet Fun Runs.** 6pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

**JANUARY**

**13 Winter Education Series: Flexibility & Stretching Techniques for Runners w/Don Wood.** 6-7pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

**16 Greylock Glen 3.5M Snowshoe Race.** 10am. Dion Snowshoe Series. Mount Greylock Reservation, Adams, MA. runwmac.com.

**17 6th "Brave the Blizzard" Snowshoe Race.** 3.8M. 10am. Dion Snowshoe Series. Guilderland E.S., Guilderland. Josh Merlis: 320-8648. runalbany.com.

**20 Winter Education Series: Strength Training for Runners w/Brendan Sullivan.** 6-7:30pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

**23 Hoot Toot & Whistle 5K Snowshoe Race.** 10am. Dion Snowshoe Series. Catamount Trail, Readsboro, VT. runwmac.com.

**24 HMRRC Winter Series #4: 3M, 15K, 30K.** 10am. Phys Ed Bldg, University at Albany, Albany. 273-5552. hmrrc.com.

**24 Curly's Record Run 4M Snowshoe Race.** 10am. Dion Snowshoe Series. Pittsfield S.F., Pittsfield, MA. runwmac.com.

**24 Challenge the Mountain Snowshoe Race.** 5K. 1pm. Dewey Mountain, Saranac Lake. 891-2697. deweyskicenter.com.

**24 11th Winterfest 10M Foot Race.** 9am. Colton-Pierrepont School, Colton. 315-379-9290. northernrunner.org.

**26 Winter Education Series: Prevention of Lower Leg Injuries w/Matt Alheim.** 6-7pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

**30 Side-Hiller 4M Snowshoe Race.** 11am. Dion Snowshoe Series. Center Sandwich, NH. runwmac.com.

**30 SBC's Snowshoe Race.** 2pm. 5K/8K. Saratoga Biathlon Club, Day. Tom: 643-8477. saratogabiathlon.com.

**30 Cast A Shadow 6-Hr. Snowshoe Relay Race.** 2pm. Rochester. roadsarepoison.com.

**FEBRUARY**

**2 Winter Education Series: Prevention of Hip & Upper Leg Injuries w/Matt Alheim.** 6-7pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

**3 Dewey 5K Snowshoe Race.** 7pm. Dewey Mountain, Saranac Lake. 891-2697. deweyskicenter.com.

**6 Polar Cap Run: 4M Run/Walk.** 10am. Lake George E.S., Lake George. Joanne LaLonde: 796-9093; jllalonde@verizon.net.

**7 Saratoga Winterfest 5K Snowshoe Race.** 11am. Dion Snowshoe Series. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org.

**7 HMRRC Winter Series #5: 4M, 10M, 20M.** 10am. Phys Ed Bldg, University at Albany, Albany. 273-5552. hmrrc.com.

**7 38th Bob Smullens 5K/10K Run.** 12:30pm. Cooperstown. Scott Barton: 607-435-6990. fmrrc.org.

**10 Winter Education Series: How to Create a Proper Training Plan w/Rob Cloutier.** 6-7pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

**13 Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion Snowshoe Series. Wilton Wildlife Preserve/Park, Wilton. Jeff Clark: 581-7550. saratogastryders.org.

**13 36th Fred LaPann Memorial Race.** 5M. 9am. Firehouse, Hague. lachute.us.

**21 37th HMRRC Winter Marathon & 24th Marathon Relay (3-Person).** 10am. Phys Ed Bldg, University at Albany, Albany. 273-5552. hmrrc.com.

**25 Winter Education Series: Yoga for Triathletes & Runners w/Judy Torel.** 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

**MARCH**

**4 Winter Education Series: Sports Psychology for Triathletes & Runners w/Judy Torel.** 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

**6 11th Runnin' of the Green (Island) 4M Road Race.** 10am. American Legion Hall, Green Island. Ed Gillen: 956-4538. hmrrc.com.

**6-7 10th US National Snowshoe Championship Races.** 5K juniors/citizens; 10K seniors; 4x2.5K relay. Highland Forest Park, Fabius. Mark Elmore: 420-6961. snowshoeracing.com.

**7 Hawley Kiln Notch Snowshoe Race.** 5M. 9:30am. Dion Snowshoe Series. Hawley, MA. runwmac.com.

**11 Winter Education Series: Nutrition for Triathletes & Runners w/Judy Torel.** 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

**13 Northfield States Snowshoe Series.** 3-5M. 9am. Dion Snowshoe Series. Northfield Mountain Visitors Center, Northfield, MA. runwmac.com.

**20 Catamount Sunset Snowshoe Race.** 3M. 4:30pm. Catamount Ski, Hillsdale. Dion Snowshoe Series. runwmac.com.

**28 34th Shamrock Shuffle 5M Road Race.** 11am. Glens Falls H.S., Glens Falls. Kevin Sullivan: 798-9593. adirondackrunners.com.

**SWIMMING**  
**MARCH**

**13 Cabin Fever Swim Meet.** 10am. Ballston Spa H.S., Ballston Spa. Matt Glogowski: 859-0542. adms.org.

**27-28 Freestyle Workshop.** Dalton Pool, Smith College, Northampton, MA. totalimmersion.net.

**Bold listing = Advertiser in current issue of Adirondack Sports & Fitness.**  
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**THE NON-MEDICATED LIFE**

# Benefiting the Planet As Well As the Individual

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 individual 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 34 installments of *The Non-Medicated Life*, informed diet and lifestyle have been shown to achieve naturally for the majority of individuals most of the benefits of medications. What is not generally appreciated is that embracing a heart healthy lifestyle is also a powerful way for an individual to support the health and survivability of the planet. In this sense pursuing the non-medicated life may be seen as another means of contributing to sustainability and going green.

Since the Renaissance, Western science has been used to control the natural world in order to improve the survival of the human species, to reduce the burden of work needed to survive and to reduce human suffering and disease. The industrial revolution, advances in agriculture, sanitation, and medicine have accomplished much to these ends. However, the attempt to control the natural world has had consequences which were not either thoughtfully considered or anticipated.

The industrial revolution harnessed the power of water and fossil fuels. Dams, while producing electricity, have damaged ecosystems which has impacted agriculture. Profligate use of fossil fuels has produced pollution on a massive scale which has negatively impacted human health and may be altering the world's climate. The use of fossil fuel derived pesticides and fertilizers, while assuring adequate food for the human species, has produced pollution which has harmed human, animal, and plant health and ecology. Of even greater concern, fossil fuel derived fertilizers have allowed the human population to grow to six-billion without any alternative plan to feed that population once the oil runs out.

Just as Western science has attempted to control the natural world, Western

medicine has attempted to control chronic disease with medication. Today the average 60-year-old patient in America is on six medications. Of these probably at least one-half are needed on a daily basis to control chronic conditions which are brought about by poor health habits and unhealthy lifestyle choices and therefore could be avoided. For example, the choice to consume calories in excess of those needed to balance calories burned contributes to increased body weight and obesity. Obesity in turn causes heart attacks, diabetes, hypertension, gastro-esophageal reflux, and sleep apnea as well as certain cancers.

The need to rely on medication to control such conditions not only drives up the cost of care unnecessarily, it also allows for the continuation of the behaviors which caused the condition in the first place. Indeed, human physical activity and exercise have become divorced from the tasks of daily living and have become relegated to infrequent forays to the gym. Moreover, the widespread availability of fossil fuels has produced a transportation system which relies on the internal combustion engine and has made actual human locomotion in large part unnecessary.

Correcting chronic health conditions with lifestyle and diet when possible instead of with drugs means humans need to eat lower caloric density foods and increase physical activity. I have suggested previously in this column that traditional predominantly plant based diets – either Mediterranean or Asian – best supply the lower caloric density, which creates a sense of satiety without excess calories. Such diets rely primarily on vegetables and grains which allow the most efficient conversion of sunlight to food. Traditional crop rotation and the use of organic farming methods can also decrease pesticide and fertilizer use.

Increased physical activity should also be part of meaningful activity. One of the reasons Europeans have lower rates of obesity than Americans is simply because they walk more. The reason they walk more is because they use walking as a form of transportation to a much greater extent than Americans do. Purposeful activity, however, need not be limited to walking. The

*This is the 35th in a series on optimal diet and lifestyle to help prevent and treat heart 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.*



American penchant for power tools – especially gas driven ones – not only takes away from burning calories with meaningful work, it also burns fossil fuels on tasks for which such use is not truly necessary. For example, using a reel push mower to cut grass allows the individual to burn calories in meaningful work. For the planet it limits the burning of fossil fuels when it is not truly necessary.

Finally, eating traditional diets generally requires the freshest ingredients. While such ingredients may be obtained in a supermarket, using farm stands and local farmers markets many times is superior. Frequenting such farm stands supports local agriculture and limits the distance produce must be shipped thereby reducing the burning of fossil fuels used in transportation. The personal relationship established between

grower and consumer also ensures accountability and decreases the chance of bacterial contamination of produce.

In summary, the pursuit of the non-medicated life has significant health benefits. A reduced reliance on medication requires a diet and lifestyle that optimizes body weight with a predominately plant based diet in combination with increased physical activity. Avoiding the proverbial bottle of pills can also be shown to reduce pesticide and fertilizer use, reduce fossil fuel use, and result in benefits for the planet as well as the individual. 🌱

*Paul E. Lemanski, MD, MS, FACP (paul.lemanski@primecarepc.com) is a board certified internist with a master's degree in human nutrition. He is director of the Center for Preventive Medicine, Albany Associates in Cardiology, Prime Care Physicians, P.C. Paul is an assistant clinical professor of medicine at Albany Medical College and a fellow of the American College of Physicians.*

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## SNOWSHOE RUNNING



# Eastward HO! Snowshoe Nationals

by Laura Clark

The first United States Snowshoe Nationals was held in 2001 at the family-oriented Beartown Ski Center in Plattsburgh and boasted all of 31 participants. Despite these humble beginnings, founder Mark Elmore pulled together an impressive field including Adam Chase, now *Running Times* Trail Editor, Danelle Ballengee, one of the world's most successful multi-sport adventurers, Dave Dunham, a six-time top US finisher at the World Mountain Trophy Series, and Nikki Kimball (*Athlete Profile*, June 2001), two-time female ultrarunner of the year.

At this event it was decided that Nationals should cycle through each of the country's five regions. Due to the influence of Mark Elmore, not to mention Edward Alibozek, founder of the Western Mass

Snowshoe Series (runwmac.com) and Bob Dion (dionsnowshoes.com), the East has long been regarded as a hotbed of snowshoe activity. Geographically, this makes sense as Nationals director Chary Griffin, who has competed in eight of the past nine championships, is quick to point out. With so many cities and states located within convenient driving distance, the East draws from a larger pool of potential sites and race directors. Consequently, even when Nationals are held on the other side of the country, easterners have played a defining role.

Once more rotating to home turf, this tenth anniversary edition will be celebrated March 5-7 at Highland Forest Park in Fabius (25 miles southeast of Syracuse and 150 miles west of Albany). The hilly glacial terrain of this historic park encompasses a myriad of intersecting

START OF THE 2007 U.S. SNOWSHOE ASSOCIATION NATIONALS IN MINNEAPOLIS, MINN. PHOTO BY RYAN ROGERS

trails including the North Country National Scenic Trail, which connects to the fabled Appalachian Trail System, with many of the older trails and buildings dating back to the WPA New Deal era. Traveling further back in time, you will be treading in the wood-framed footsteps of the Iroquois Confederation and the raquettes of Dutch and French fur trappers. Both groups loved a good contest and doubtless will be silently cheering your efforts.

Race director Chary Griffin is nothing if not enthusiastic and comments that, "One of my biggest challenges has been to select the trails to use for the various events." With so many possible routes, Chary can design a course with optimal snow conditions. For athletes who wish to orient themselves, official course previews will be offered Friday and Saturday mornings. Both the 5K Junior National Championship and 10K Senior events launch in separate heats from an open field in front of the lodge, head uphill into the woods and continue on a groomed trail to the Horse Barn. At this point 5K competitors return to the lodge, while 10Kers follow the more challenging single track. Concluding on a glorious downhill followed by a steep uphill to the finish, 10K competitors would be well advised to husband some reserve energy for the final sprint.

To participate with champions from across the country, visit snowshoeracing.com for application requirements and a list of qualifying races. But please don't let this process intimidate because you do not have to be a champion to qualify or to participate. One of the prime hopefuls is 32-year-old Jeremy Drowne of Saratoga Springs, who placed second in his age group last year. A former student of Mark Elmore's, Jeremy is a graduate of the Empire State Games high school circuit and still consults with his former track coach. Jeremy has some interesting ideas of his own and recommends cycling as an excellent precursor to snowshoe season. "In cycling if you push too hard too early you are going to suffer terribly. Snowshoeing is the same way." With Highland Forest's challenging course profile in mind, it appears this approach will stand Jeremy in good stead.

If the 10K distance seems a bit too intimidating, then consider the 5K Citizen's Run/Walk sponsored by the Dions. While hosting the Nationals is a big deal, Chary is most excited about attracting folks to this rapidly growing winter sport. The Scholastic 5K National Championship provides such an opportunity for athletic youth, while the citizen's event is perfect for family members, and the Kid's Kilo will enable even the youngest to join in the fun. As a presenting sponsor, Bob Dion will supply loaner snowshoes to any athletes lacking equipment or simply wishing to enhance their experience. Additional activities such as snowman-building and ice sculpture contests, sledding, and maple syrup demos will make this an outstanding weekend for all.

And, of course, as with all memorable athletic events, there is food and socializing.

Friday night features an athletes' reception and meet the media panel discussion, providing a venue for old friends from across the country to reconnect and ordinary folks to chat with prime contenders. Saturday night brings the championship banquet complete with a live band.

Your support and enthusiasm will go a long way to making Olympic officials sit up and take notice. Perhaps four years from now we will be sending Nationals athletes to Olympic competition. 🍗

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

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Table with 3 columns: KAYAK IRONMAN, KAYAK IRONPERSON 40 & OVER, KAYAK IRONWOMEN. Includes names, times, and locations.

**4TH ANNUAL LAKE GEORGE TRIATHLON** *continued*

Table with multiple columns listing race results for various categories like MALE 45-49, FEMALE 45-49, MALE 50-54, FEMALE 50-54, etc.

**4TH ANNUAL LAKE GEORGE TRIATHLON** • September 19, 2009 • Beach Road, Lake George

Table with 3 columns: 0.9-MILE SWIM, 24.8-MILE BIKE, 6.2-MILE RUN. Includes age groups, male overall, female overall, male masters, and female masters results.

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**SNOWSHOE HIKING** CONT. FROM PG 1

rest of the climb. Winter snows provide a decidedly softer walking surface, although this trail is traveled often enough that the snow will be packed down for most of the season. The climbing is steady with few pauses, until you reach the summit ridge where the grade becomes quite pleasant and mild. If the recent weather has been harsh, then the surrounding trees will be coated with thick layers of frost.

Eventually you step up one last ledge to reach the large summit clearing at 3,759 feet in elevation, with the fire tower at its center. Trees block most of the ground-level views, but you can find openings to the east and north in the spruce-covered summit. Rock perches provide quiet picnic spots. The tower provides a more commanding view of the central Adirondack region, including Blue Mountain Lake at the foot of the moun-

tain and the High Peaks to the northeast.

You reach the summit after a 2.1-mile hike and a 1,550-foot net elevation gain. Allow 90 minutes or more for the climb, and about 60 minutes for the descent. Weather on the summit can be quite rough, so bring the appropriate layers of clothing. 🌲

*Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironacks.com) and author of Snowshoe Routes: Adirondacks & Catskills. For more on this region, consult Discover the Central Adirondacks by Barbara McMartin and Bill Ingersoll.*

**VIEW OF THE HIGH PEAKS FROM THE SUMMIT OF BLUE MOUNTAIN. PHOTO BY BILL INGERSOLL**



**FROM THE EDITOR**

**& PUBLISHER**

*Shine Bright in 2010!*

We hope you had a wonderful holiday season. Our family enjoyed an adventurous trip to India in December. Now we're back home and we're excited about what January brings - a chance to set new goals, improve on a healthy routine or make positive changes. It's an opportunity to reflect on successes and challenges of the past year while planning for the future.

Adirondack Sports & Fitness is excited about this year, our 10th anniversary! We are working to continuously grow and improve the business. This magazine is your monthly forum so feel free to share news, events, letters and ideas. We hope this issue motivates you to get outdoors (and support our advertisers) during this wonderful winter.

Thanks to all of the exhibitors, attendees and presenters who made the Winter Expo a success. Please save the date for our fifth annual Summer Expo on Saturday-Sunday, April 24-25 in Saratoga Springs.

Best wishes for a happy, healthy and prosperous New Year!

*Darryl and Mona*

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**UPCOMING RACES AND EVENTS**

- ESG 5K QUALIFIER SNOWSHOE RACE
- ESG 5K QUALIFIER FREESTYLE RACE
- FRIDAY NIGHT SKI JAM
- GRAYMONT TUESDAY NIGHT RACES
- DEWEY MOUNTAIN DAY

**Dewey Mtn ESG - Freestyle**  
ESGQ/NYSSRA  
Series Qualifier - Freestyle  
Sunday, February 7th @ 10:00am  
**The day after the Lake Placid Loppett!**

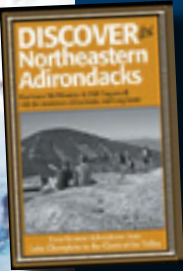
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Photo: Drew Haas

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 January 16: Burton Snowboards Demo Day  
 January 17: USASA Boarder/Skiercross at the Bowl  
 January 25-31: Take Your Daughter to Gore Week  
 January 30: Full Moon Ski Bowl Party!

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Photos by Brian Teague

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