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## Celebrate Winter!

### Ideas for Outdoor Adventures

by Mimi Frantz

Spring may never come. If you live in upstate New York, this may well be your current perspective. But, brace yourself, here in the north we are about halfway through the snowy season. If you just can't get enough of winter, this may be good news. However, at this time of the year, if you are a mom or a dad pining to see grass in the backyard so that your kids can just head out to play - away from the computer games and TV screens - it's time to get creative.

Winter may be a little more work with kids, but if you know where to look, the outdoor fun is truly endless. Especially now, as we are getting into longer days and warmer temperatures, two months may not be enough time to enjoy a sampling of all of the activities available in the region.

#### Festivals

February is winter carnival month and many Capital Region and Adirondack towns go all-out to celebrate the magic of winter with festivals, games, parades and family activities. Every weekend in February, Lake George celebrates winter with balloon rides, snowmobiling, bonfires with marshmallows, a petting zoo and more. Saranac Lake will debut its famed "ice pal-

ace" as part of the Winter Carnival with a fireworks ceremony Feb. 6, and hour-long gala parade on Feb. 13. You can also visit the ice castle through Feb. 14 at no charge and it is magically lit in the evening hours. For more information on winter carnivals close to you:

- Saranac Lake (Feb. 5-14) - [saranaclakewintercarnival.com](http://saranaclakewintercarnival.com)
- Lake George (Feb. 6-28) - [lakegeorgewintercarnival.com](http://lakegeorgewintercarnival.com)
- Indian Lake (Feb. 12-14) - [indian-lake.com](http://indian-lake.com)
- Long Lake and Raquette Lake (Feb. 13-14) - [longlake-ny.com](http://longlake-ny.com)
- Inlet Frozen Fire & Lights Fest (Feb. 20) - [inletny.com](http://inletny.com)

#### Camps and Adventures

During President's Week and school vacations, some destinations are offering full-day outdoor activity camps for children. Or for a family weekend getaway with plenty of adventure, spend some time connecting with nature through winter programs, where participants will tube, snowshoe, cross-country ski and ice fish.

See **CELEBRATE WINTER!**, 19

• Adventure • Backpacking • Bicycling • Canoeing • Duathlon • Environment • Fitness • Health • Hiking • Running • Bicycling • Hiking



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## ADIRONDACK

### SPORTS & FITNESS

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## // SNOWSHOE HIKING //

## Mount Colden



VIEW OF MOUNT MARCY  
FROM COLDEN.  
PHOTO BY BILL INGERSOLL

by Bill Ingersoll

Colden is a cone-shaped peak that from a distance appears to be a mass of solid, smooth rock with a thin film of vegetation covering its less precipitous slopes. It ranks 11th in height amongst all the Adirondack peaks, but because of its central location between Marcy and Algonquin – two mountains with elevations in excess of 5,000 feet – it sometimes seems small by comparison.

However, that central location also makes it a favorite among hikers. It is reasonably accessible from the Adirondack Mountain Club's Heart Lake trailhead, and its views are outstanding. Colden is a summit that is worth many repeated visits. Indeed, it is routinely climbed from four main routes, including the two state hiking trails leading to the summit. Of those, the route that climbs via Lake Arnold is the easiest and the best suited for a winter ascent.

#### Getting There

From downtown Lake Placid, take NY Route 73 south past the Olympic Ski Jumping Complex to Adirondack Loj Road and turn right, south. Follow this road all the way to its end, at the Adirondack Mountain Club's entrance booth. The club does charge a fee for parking – members get a discount. The parking area is to the left of the booth. If there is no attendant on hand, you can pay at the hikers' information center at the corner of the lot.

#### The Trail

It is such an easy trail to follow, in terms of navigation, that you need few directions. The route may be so hard-packed from

ski and snowshoe traffic that you may be tempted not to wear your snowshoes, but DEC regulations prohibit "bare boot" hiking when there is eight or more inches of snow on the ground. This is intended to prevent postholing – the creation of deep potholes by people sinking into the snow.

The well-marked trunk trail leaves the southeast corner of the Adirondack Loj parking area, headed toward Marcy Dam. This 2.3-mile trail is one of the most heavily traveled routes in the Adirondacks, and one that you'll no doubt see many times again on repeat visits to the High Peaks. It is a pleasant woodland walk, winding over rolling terrain through hardwood forests.

When you reach Marcy Dam – a wooden structure disproportionately large compared to the tiny pond it creates – you will of course be stopped by the stunning view of Mount Colden and Avalanche Mountain. Just as many hikers' boots have traveled these trails, many cameras have captured this scene. In the morning as you hike in, or late in the afternoon as you hike out, will be the best times to take your picture as the sunlight falls on the mountains from the east or west.

Just beyond the dam, the VanHoevenberg Trail forks left toward Phelps and Marcy. Here you have a choice: to continue straight on the shortest, most direct route to Colden, or to take a scenic detour via Indian Falls. If you are feeling strong and have plenty of time at your disposal, then by all means consider the detour, which will add only 1.1 miles to your day. The VanHoevenberg Trail ascends moderately at first, and then more steeply after crossing Phelps Brook.

It reaches the top of Indian Falls 2.3 miles from Marcy Dam, or 4.6 miles overall. A short side trip to the right brings you to the top of the falls, with its outstanding panorama of the MacIntyre Mountains and Colden. Immediately past the falls, a connector trail turns right and leads to a junction with the route to Lake Arnold in 0.8-mile more.

If you choose not to go to Indian Falls, then continue straight on the well-traveled trail to Avalanche Lake, which follows Marcy Brook southwest from Marcy Dam. You pass several lean-tos and reach a prominent junction one-mile past the pond. Turn left toward Lake Arnold and Mount Colden. Watch for another left turn a short distance later as the hiking trail leaves the main Avalanche Pass ski trail.

What follows is an 814-foot climb in one-mile to a junction with the connector trail from Indian Falls – the end of the above-mentioned scenic detour. The trail

then continues to climb another 0.5-mile and 325 feet to Lake Arnold. This entire section is quite pleasant in winter, when the trail is a snowy pathway beside the ever-diminishing brook. This is a big improvement over the summer conditions, when the trail's erosion is exposed. You reach the Lake Arnold junction 4.8 miles from the trailhead. Turn right, and in a few yards come to this scenic, high-elevation pond located at about 3,750 feet.

The final ascent to the summit of Mount Colden from Lake Arnold is 1.2 miles long with net increase of 965 vertical feet. For the most part the grades are moderately steep, but rarely to the point that you will need your hands. Early in the climb you begin to enjoy views of Tabletop, Gray, and of course Marcy with its frosty summit. The trail climbs to a false summit northeast of the main summit – a place with an outstanding view that includes both Marcy and Algonquin in one sweeping vista.

A slight descent into a shallow col leads to the base of the true summit, and the remaining climb is never as steep as it looks from afar. Colden's summit is partly wooded, with good views toward the MacIntyres and partial views across the trees toward Marcy. A massive inclined cliff drops down toward Avalanche Lake more than 1,800 feet below you, although you can only see a corner of the lake from the summit. The markers that indicate the highest point may be hidden by winter snows, but look for a short side trail to the left leading to a rock amongst the trees.

There is a continuing trail across the summit that descends to Lake Colden, but this is an extremely steep route that is seldom used in winter and should only be used by experienced hikers. 📍

*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 Adirondack High Peaks by Barbara McMartin and Bill Ingersoll.*

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ISSUE #112

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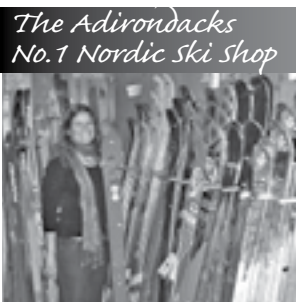
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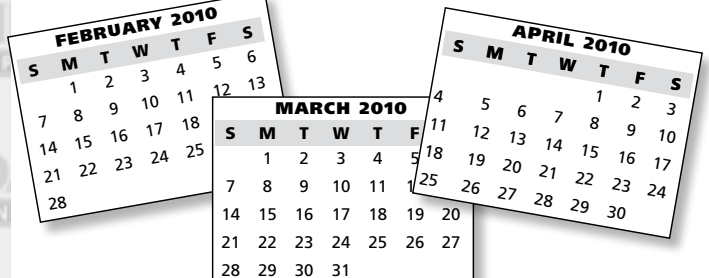
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# Calendar of Events

## February - April 2010



### ALPINE SKIING & SNOWBOARDING

#### ONGOING

- Fri** Ski Bus Trips: 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: 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.

### FEBRUARY

- 12-23** President's Week Sale. Steiner's Sports, Glenmont, Valatie, Hudson. steinerrssports.com.
- 13** Oak's Night Skiing Party. 4-9pm. Torchlight parade, fireworks, more. 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 Competition. Whiteface, Wilmington. 946-2223. whiteface.com.
- 26** Grom Big Air Contest. 7-9pm. 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 Learn-To-Ride 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** Snow Box Derby & Fun Day. Relay races ages 4-8: 11am. Derby: 12:30pm. Oak, Speculator. 548-3606. oakmountainski.com.
- 6** Family Winter Carnival & Apres Ski Party. Ski, games, food, music. Bromley, Manchester, VT. ocskiclub.org.
- 6** Hickory Telemark Skiing Festival. Hickory, Warrensburg. 623-5754. hickoryskicenter.com.
- 6-7** Burton Learn-To-Ride 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 under the lights. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 13** Terrain Park Face Slope/Team Slopestyle Contest. 12-2pm. 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.

### APRIL

- 3** "Your Park Never Dies" Rail Rally. Gore, North Creek. 251-2411. goremountain.com.
- 4** Retro Super Sunday & Mini Park Meltdown. Whiteface, Wilmington. 946-2223. whiteface.com.
- 10** Pond Skimming Contest. 11am-2pm. Gore, North Creek. 251-2411. goremountain.com.
- 10** Pond Skimming Contest. 12pm. Whiteface, Wilmington. 946-2223. whiteface.com.

### BICYCLING & MOUNTAIN BIKING

#### ONGOING

- Tue** High Peaks Bike & Brew Spin Training. 6:30pm. Bring bike/trainer or use spin bike. High Peaks Cyclery & LP Pub/Brew, Lake Placid. 523-3764. highpeakscyclery.com.

### FEBRUARY

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

### MARCH

- 4** MHCC Ride Leader's Meeting & Spring Banquet. 6:30pm. Prizes, awards, jerseys. Fuller Rd Firehouse, Albany. RSVP: serottaskip@nycap.rr.com. webmhcc.org.
- 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** Saratoga 200K Brevet Ride. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 28** Heather Rizzi's Easter MTB Race. 9-11am. Central Park, Schenectady. 346-1522.

### APRIL

- 3** David Brinkerhoff Memorial/Johnny Cake Lane Spring Bike Race #3. Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 10** Tour of the Battenkill: Pro/Am Race. 62-80M. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.
- 17** Tour of the Battenkill: Ride2Recovery Cyclefest. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.
- 18** Tour of the Battenkill: Professional Invitational Race. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.
- 24** Saratoga 300K Brevet Ride. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 24-25** 5th Adirondack Sports & Fitness Summer Expo. Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 25** Singlespeed-A-Poloza. 28M. 9am. Stewart S.F., New Windsor. 845-778-6604. darkhorsecycles.com.

### JULY

- 25-31** 10th Great Big FANY Ride. 500M across NY. Niagara Falls to Saratoga Springs. fanyride.com.

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### HIGH ADVENTURE

Ski & Bike

**STORE HOURS:**  
Mon.-Fri. 10-8pm  
Sat. 10-5pm  
Sun. 12-5pm

### AUGUST

**28 10th Pat Stratton Memorial Century Ride.** 100/50/25M. Mt. Pisgah, Saranac Lake. 891-5873. [active.com](http://active.com).

### CROSS-COUNTRY SKI RACING ONGOING

**Tue Dewey Race Series: 1/5-2/23.** Kids: 6:15pm. Adults: 6:45pm. Dewey, Saranac Lake. 891-2697. [deweyskicenter.com](http://deweyskicenter.com).

### FEBRUARY

**14 SL Winter Carnival 5KX-C Ski Races.** 10am. Adults/kids. Dewey, Saranac Lake. 891-2697. [deweyskicenter.com](http://deweyskicenter.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

**6 Winona Forest Tourathon.** 9am. 12.5K/25K/37.5K/50K. Freestyle. CCC Camp, Mannsville. [nyssranordic.com](http://nyssranordic.com).

**6 Dewey Day.** 10am-3pm. Races, ski speed trap, boxershort relay. Dewey, Saranac Lake. 891-2697. [deweyskicenter.com](http://deweyskicenter.com).

### CROSS-COUNTRY SKI TOURING ONGOING

**Daily X-C or BC Ski Tours.** High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**Daily Ice Climbing.** High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**Daily X-C Ski Lessons for all levels.** Sun/Mon/Wed: 10-11:30am; Thu/Fri: 9-10:30am. Various locations. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**Su/M/W Backcountry Touring Ski Lessons.** All levels. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**Wed X-C Ski Trips.** Schenectady Wintersports Club, Schenectady. Schedule: [swcweb.org](http://swcweb.org).

**Thu Soup-er Seniors Ski/Snowshoe Days.** Non-holiday: 1/7-3/18. Age 65+. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

**Sat High Peaks Afternoon Tea & Movie or Guest Speaker.** 5pm. High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**Sa-Su Poro (Reindeer) Club.** 11am-12pm & 1-2pm. Age 5-11. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

**Sun Nordic & Alpine Ski Bus Trips.** Sun & weekdays. Out of Control Ski Club, Albany. 275-7553. [ocskiclub.org](http://ocskiclub.org).

### FEBRUARY

**12 Moonlight Ski/Snowshoe Tours.** 6-9:30pm. Pineridge, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).

**13 Romancing the Snow: Moonlight Night Skiing.** Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

**13 Classic Instruction: For women, by women.** 10:30am. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

**13-21 Guided BC Ski, Snowshoe & Ice Climbing Trips.** High Peaks Mountain Adventures, Lake Placid. 523-33764. [highpeakscyclery.com](http://highpeakscyclery.com).

**13-28 President's X-C Ski & Snowshoe Sale.** Cascade Ski Center, Lake Placid. 523-1111. [cascadeski.com](http://cascadeski.com).

**14 Fabulous Finnish Wife-Carrying Contest.** 2pm. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

**14 Intro to Aiken Wilderness X-C Ski Tour.** Woodford, VT. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com).

**16-19 Children Learn to Ski Week.** Ages 6-12. Pineridge, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).

**26 Moonlight X-C Ski/Snowshoe Tours.** 6-9:30pm. Pineridge, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).

**27 Full Moon X-C Ski Party.** Bonfires, food/drink, live music. Cascade, Lake Placid. 523-1111. [cascadeski.com](http://cascadeski.com).

**27 Finn-tastic Full Moon Night Skiing.** Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

**27 Adk Classic Ski Tour: Avalanche Pass.** 10M. Heart Lake, Lake Placid. Adk Mountain Club: 523-3441. [adk.org](http://adk.org).

### MARCH

**6 Adk Classic Ski Tour: Whiteface Landing.** 6M. Heart Lake, Lake Placid. Adk Mt Club: 523-3441. [adk.org](http://adk.org).

**6-7 8th Adirondack Backcountry Ski Festival.** Instruction clinics, guided tours, special presentation. The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).

**13 Classic Instruction: For women, by women.** 10:30am. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

### HEALTH & FITNESS ONGOING

**Daily CardiotFit Classes: Call for Schedule.** Prime Care Physicians, Albany. 618-1100. [centerforpreventivemedicine.com](http://centerforpreventivemedicine.com).

**Mo-Tu Beg/Intro Pilates Mat Class.** Mon: 6pm. Tue: 9:30am. Malta Pilates Center, Malta. 369-4992. [maltapilatescenter.com](http://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](http://maltapilatescenter.com).

**Mo-Fr Capital District Adventure Boot Camp for Women.** 4-week camps. Next session starts in March. Clifton Park, Colonie, Rotterdam, Saratoga Springs. 444-8060. Schedule: [cdbootcamp.com](http://cdbootcamp.com).

**Mo-Fr Boot Camp Challenge.** 4-week camps. Next session starts in March. Albany, Saratoga & Schenectady Counties. Melissa Grattan: 366-1901. Schedule: [makeitfittraining.com](http://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](http://maltapilatescenter.com).

**Mo-Sa Yoga, Circuit Training & Stretching Classes.** The Studio at High Peaks Cyclery, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**Tue Take Shape for Life: Support Groups w/Dr. Paul Lemanski.** 6pm. Prime Care Physicians, Albany. 618-1100. [centerforpreventivemedicine.com](http://centerforpreventivemedicine.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](http://maltapilatescenter.com).

### FEBRUARY

**22 Boot Camp Challenge.** Session starts 2/22. Natl. Museum of Dance, Saratoga. 366-1901. [makeitfittraining.com](http://makeitfittraining.com).

**25 CardioFit Class.** 5pm. Prime Care Physicians, Albany. 618-1100. [centerforpreventivemedicine.com](http://centerforpreventivemedicine.com).

### APRIL

**24-25 5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adk-sports.com](http://adk-sports.com).

### HIKING W/SNOWSHOES, ROCK & ICE CLIMBING ONGOING

**Daily Snowshoe Tours.** High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**Sun X-C Skiing & Ice Climbing.** High Peaks Mountain Adventures, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

### FEBRUARY

**11-21 President's Week Clearance Sale.** Mountain Goat, Manchester Center, VT. 802-362-5159. [mountaingoat.com](http://mountaingoat.com).

**12 Moonlight Snowshoe/Ski Tours.** 6-9:30pm. Pineridge, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).

**15-19 "Climbing the Walls" Camp.** 10am-10pm. Ages 10+. Albany's Indoor RockGym, Albany. 459-7625. [airrockgym.com](http://airrockgym.com).

**20 Tubbs Snowshoe Demo Day.** 2:30pm: hike. 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).

**28 Women's Snowshoe Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

### RUNNING • HIKING • WHITEWATER RAFTING • CLIMBING • HEALTH & FITNESS • TRAIL RUNNING • MOUNTAINEERING • WALKING • CAMPING

FIFTH ANNIVERSARY

## ADIRONDACK SPORTS & FITNESS SUMMER EXPO

Saratoga Springs City Center  
**April 24 & 25**  
Saturday 10-6 & Sunday 10-5



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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](http://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  
T-shirt, picnic, music, poker ride w/prizes!  
**Register: Active.com**  
Info: Bob Scheefer (518) 891-5873  
[adkbuild@roadrunner.com](mailto:adkbuild@roadrunner.com)  
Benefits Kiwanis Club of Saranac Lake youth programs

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So many things to do, you just may forget to go home.



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At the crossroads of two Scenic Byways  
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**518-548-4521**

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The Albany Running Exchange is thrilled to present its 8th annual

# Dodge the Deer 5k

*Mile Fun Run and  
200m Kids Sprint*

**Saturday, April 17, 10am**

Schodack Island State Park (8 miles south of Albany)

Family event with drawing contest + more

Fun run and kids sprint finishers receive a ribbon

ONLINE REGISTRATION

Chip timing with split mats

Visit website for all info!

First 400 preregistered runners receive Dodge the Deer flip-flops!

Costumed characters, a beautiful course along the Hudson River and a musical

Ample food, animals everywhere and more than anything else, FUN!

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And learn more about Dodge the Deer, Chase Chipmunk and Bully the Bear

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On pace to sell out in record time!

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



LOCATED IN THE VILLAGE

Fun for the whole family!

Slide at 30 to 40 MPH onto frozen Mirror Lake!

\* Schedule is weather permitting

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[NorthElba.org](http://NorthElba.org) • (518) 523-2591

March 27 – 9:30 am  
Central Park, Schenectady  
Schenectady Firefighters' Inaugural



**RUN FOR YOUR LIFE**

5K Race • Kids' Fun Run (free)  
3-Person Relay • Team Scoring

To benefit American Heart Association  
5K: \$20 by 3/16, \$25 after  
T-shirt for first 300 registrants

Register Online or Entry Form:  
[AREEP.com](http://AREEP.com)

Info: Brian Demarest 365-3883

- MARCH**
- 7 **Trailless Peaks Snowshoe: Tabletop.** 10M. Adirondack Mountain Club: 523-3441. adk.org.
  - 7 Family Snowshoe Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- APRIL**
- 24-25 **5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adk-sports.com.

**ICE SKATING & SPEEDSKATING**  
ONGOING

Daily **Public Ice Skating.** Olympic Speedskating Oval, Lake Placid. 523-3330. whitefacelakeplacid.com.

- KAYAKING & CANOEING**  
MARCH
- 28 Tenandeho Whitewater Derby. 4.5M. 12pm. Coons Crossing, Mechanicville. John Casey: 810-7579.

- APRIL**
- 18 Little River Ramble. 2-6M. 1pm. Little River Boat Launch, Canton. Steve Coffin: 315-854-0881. slvpaddlers.org.
  - 24-25 **5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adk-sports.com.
  - 25 Family War Canoe Tour. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.

**MOUNTAINEERING & WILDERNESS SKILLS**  
ONGOING

Daily **Alpine or Telemark Ski Tours.** High Peaks Mountain Adventures, Lake Placid. 523-3764. highpeakscyclery.com.

- FEBRUARY**
- 13-15 **Winter Camping 101 w/Snowshoe Hiking.** Heart Lake, Lake Placid. Adk Mountain Club: 523-3441. adk.org.
  - 16-17 Winter Wilderness Adventure & Storytelling Camp. Ages 6-8. 10am-4pm. Ndakinna, Greenfield Center. 583-9958. ndakinnacenter.org.
  - 16-18 Winter Wilderness Adventure Camp. Ages 9-12. 10am-4pm. Ndakinna, Greenfield Center. 583-9958. ndakinnacenter.org.

- MARCH**
- 6-7 **8th Adirondack Backcountry Ski Festival.** Instruction ski clinics, guided tours, special presentation. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
  - 20 Map & Compass Fundamentals. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
  - 27-28 Wilderness First Aid Course: SOLO Cert. 8am. Ndakinna, Greenfield Center. 583-9958. ndakinnacenter.org.

- APRIL**
- 6 **Native American Games Day.** Ages 6-8 & 9-12. Ndakinna, Greenfield Center. 583-9958. ndakinnacenter.org.
  - 7 Spring Animal Tracking. Ages 9-12. 9am. Ndakinna, Greenfield Center. 583-9958. ndakinnacenter.org.
  - 10-11 Wilderness First-Aid w/WMA. Heart Lake, Lake Placid. Adk Mountain Club: 523-3441. adk.org.
  - 24-25 **5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

- MULTISPORT, BIATHLON & ORIENTEERING**  
FEBRUARY
- 12-13 Biathlon NorAm Cup. Olympic Sports Complex, Lake Placid. Rick Costanza: 891-6538. biathlon.teamusa.org.
  - 14 **6th "Love to Tri" Indoor Triathlon.** 8am. So. Saratoga YMCA, Clifton Park. 371-2139. cdymca.org.

- 15-19 Be a Biathlete Clinics. 1pm. Olympic Sports Complex, Lake Placid. 523-2811. whitefacelakeplacid.com.
- 18 **Winter Education Series: Designing of a Triathlon Training Program w/Judy Torel.** 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 20-21 Curling: Olympics Open House. 9am-4pm. Albany Curling Club: 456-6272. albanycurlingclub.net.
- 20-21 Curling: Olympics Open House. 10am-4pm. Schenectady Curling Club: 372-4063. schenectadycurlingclub.org.
- 25 **Winter Education Series: Yoga for Triathletes & Runners w/Judy Torel.** 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. 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. nysranordic.com.
- 27-28 14th Snowgaine #1. Highland Forest, Fabius & Morgan Hill S.F., Cuyler. 607-756-8308. cnyo.us.orienteering.org.
- 28 **Be a Biathlete Clinic.** 1pm. Olympic Sports Complex, Lake Placid. 523-2811. whitefacelakeplacid.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 Frigid Infliction Winter Adventure Race. Navigation, snowshoe, XC ski, post-holing, ropes. Waterbury, VT. Tim: 802-578-2972. gmara.org.
  - 11 **Winter Education Series: Nutrition for Triathletes & Runners w/Judy Torel.** 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

- APRIL**
- 24-25 **5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adk-sports.com.
- MAY**
- 30 **Saratoga Lions Duathlon.** 5K run, 20M bike, 5K run. 8am. Skidmore College, Saratoga Springs. saratogalions.com.

- OTHER EVENTS**  
FEBRUARY
- 5-14 Saranac Lake Winter Carnival: Adirondack Cowboy. 891-1990. saranaclakewintercarnival.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 Wife-Carrying Contest. 2pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
  - 15-18 ORDA's Gold Medal Games Family Edition: Ski/ride, bobsled, biathlon, hockey shot, curl, speedskate. Lake Placid & Wilmington. 523-1655. whitefacelakeplacid.org.
  - 15-19 **Winter Break Camp.** 8am-4pm. Tubing, hiking, X-C skiing. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646. pmoc.org.
  - 19-21 30th Empire State Winter Games. Fri: Opening Ceremonies. Lake Placid. empirestategames.org.
  - 19-21 Winter Family Weekend. Snowshoe, ski, sled. Heart Lake, Lake Placid. Adk Mtn. Club: 523-3441. adk.org.
  - 19-22 Winter Family Weekend. X-C skiing, tubing, more. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646. pmoc.org.
  - 20 Frozen Fire & Lights Fest. 9am. Sled, skate, X-C ski. Fern/Arrowhead Parks, Inlet. 866-464-6538. inletny.com.
  - 20 Crazy Downhill Derby (12pm) & Broomball Tournament (9:30am). Dynamite Hill, Chestertown. townofchester.org.
  - 20-21 **Ice Fishing Derby.** 7am-4pm. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
  - 20-21 Sled Dog Races. 9am. Murdock Trucking, Inlet. 866-464-6538. inletny.com.

## SARATOGA LIONS DUATHLON

**Du-It for Sight and Hearing**  
Sunday, May 30 at 8am  
Skidmore College, Saratoga Springs

5K Run, 20M Bike, 5K Run • Individuals & Teams

Print Application & Online Registration:  
[SaratogaLions.com](http://SaratogaLions.com)

Micro-mesh T-shirts to first 250 entrants

Raffle: \$20 per Ticket – Prize options are: \$4,300 Serotta Bicycles gift certificate; \$800 Southwest Airlines tickets; \$500 Blue Sky Bicycles gift certificate; Overnight Stay at Mirror Lake Inn

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More info: Jenny Stahl (518) 312-6686

22nd Annual Corning Tower  
**Stair Climb**

Go Vertical for Cystic Fibrosis  
**Thursday, March 4 • 4-9pm**  
Empire State Plaza, Albany

42 Flights of Stairs  
Start Training & Fundraising!  
Individuals or 4-person teams  
Corporate Teams are recognized  
Prizes for highest fund-raisers  
Stay for the Survivor Party!

Cystic Fibrosis Foundation, NE NY Chapter  
Register/Info: [neny.cff.org/stairclimb](http://neny.cff.org/stairclimb)  
(518) 783-7361 • [whill@cff.org](mailto:whill@cff.org)

**31<sup>ST</sup> ANNUAL ST. PETER'S KEYS RUN**  
A Grand Prix Event of the Adirondack Runners

**Saturday, April 17** 5K & 10K USATF Certified

10K - 9AM • CHILDREN'S 1-MILE FUN RUN - 10:30AM • 5K - 11AM  
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**INFORMATION** Jeff Clark 581-7550 or Laura Clark [laura@saratogastryders.org](mailto:laura@saratogastryders.org)  
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**APRIL**

- 24 **Women's High Ropes Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 30-5/2 **Mother-Daughter Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).

**RUNNING, SNOWSHOE RACING & WALKING ONGOING**

- Daily** **ChiRunning/Walking Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. [myfitnessrecovery.com](http://myfitnessrecovery.com).
- Mon** "No Boundaries" 5K Training & Sportswalkers Club. 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- Thu** Fleet Feet Fun Runs. 6pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

**FEBRUARY**

- 10 **Winter Education Series: How to Create a Proper Training Plan w/Rob Cloutier.** 6-7pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 13 **Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion Snowshoe Series. Wilton Wildlife Preserve/Park, Wilton. Jeff Clark: 581-7550. [saratogastryders.org](http://saratogastryders.org).
- 13 **36th Fred LaPann Memorial Race.** 5M. 9am. Firehouse, Hague. [lachte.us](http://lachte.us).
- 21 **37th HMRRRC Winter Marathon & 24th Marathon Relay.** 10am. Phys Ed Bldg, UAlbany, Albany. [hmrrc.com](http://hmrrc.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).

**MARCH**

- 1 **Sport Walkers Info Meeting.** 6pm. Fleet Feet Sports, Albany. Don Lawrence: 577-1333. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 3 **Fort to Fort 5K/10K Run.** 9am. Griffiss AFB Park, Rome. [uticaroadrunners.org](http://uticaroadrunners.org).
- 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).
- 4 **22nd Go Vertical Cystic Fibrosis Stair Climb.** 4-9pm. Corning Tower, Empire State Plaza, Albany. Whitney Hill: 783-7361. [neny.cff.org/stairclimb](http://neny.cff.org/stairclimb).
- 6 **11th Runnin' of the Green (Island) 4M Road Race.** 10am. Kids' Fun Runs: 11:30am. American Legion Hall, Green Island. Ed Gillen: 956-4538. [hmrrc.com](http://hmrrc.com).
- 6-7 **10th US National Snowshoe Championship.** 5K juniors/citizens; 10K seniors; 4x2.5K relay. Highland Forest Park, Fabius. [snowshoeracing.com](http://snowshoeracing.com).
- 7 **Hawley Kiln Notch Snowshoe Race.** 5M. 9:30am. Dion Snowshoe Series. Hawley, MA. [runwmac.com](http://runwmac.com).
- 7 **Ed Erichson Memorial Run.** 5M/10M. 9am. Town Hall, LaGrange. Linda Stow: 845-462-7290. [onteorarunners.org](http://onteorarunners.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).
- 13 **Northfield States Snowshoe Race.** 3-5M. 9am. Dion Snowshoe Series. Northfield, MA. [runwmac.com](http://runwmac.com).
- 20 **Catamount Sunset Snowshoe Race.** 3M. 4:30pm. Dion Snowshoe Series. Catamount, Hillsdale. [runwmac.com](http://runwmac.com).
- 20-21 **Nike Track & Field Spike Weekend.** Sale, gifts, raffle. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 21 **New York City Half-Marathon.** 13.1M. Central Park, Manhattan. [nyrr.org](http://nyrr.org).
- 27 **Inaugural Firefighters Run for Your Life.** 5K, kids fun run, 3-person relay. 9:30am. Central Park, Schenectady. Brian Demarest: 365-3883. [areep.com](http://areep.com).
- 27 **9th Wurtsboro Mountain 30K.** 9am. Emma Chase School, Wurtsboro. 845-866-1345. [sullivanstriders.org](http://sullivanstriders.org).
- 27 **Daffodil Day 5K Run.** 7:30am. Galleria Mall, Poughkeepsie. 845-452-2932. [mhrrc.org](http://mhrrc.org).
- 28 **34th Shamrock Shuffle 5M Road Race.** 11am. Glens Falls H.S., Glens Falls. Kevin Sullivan: 798-9593. [adirondackrunners.com](http://adirondackrunners.com).
- 28 **31st Kaynor's Sap Run.** 10K. 12pm. Westford, VT. Steve Eustis: 802-878-4385. [gmaa.net](http://gmaa.net).

**APRIL**

- 3 **31st April Fool's Race.** 10K: 10:05am; 5K Run/Walk: 11am; 1M Kids' Run: 10am. Salem H.S., Salem. Dan Sheldon: 854-9262. [aprilfoolsrace.com](http://aprilfoolsrace.com).
- 3 **16th Rabbit Ramble 4M Run & 2M Walk.** 10am. Guilderland H.S., Guilderland Center. [active.com](http://active.com).
- 10 **YMCA Spring Sprint 5K.** 9am. Fulton County YMCA, Johnstown. Peter Riley: 848-3447. [fultoncountyyymca.org](http://fultoncountyyymca.org).
- 11 **22nd Delmar Dash.** 5M. 9am. Bethlehem M.S., Delmar. Marcia Adams: 356-2551. [hmrrc.com](http://hmrrc.com).
- 11 **2nd Hudson Valley 15K Race.** 9am. Blooming Grove. John Finnigan: 845-496-1578. [mhcc.org](http://mhcc.org).
- 17 **3rd Peppertree Furry Fun 5K Run/Walk.** 9am. University at Albany, Albany. Catherine Kunz: 326-6090.
- 17 **8th Dodge the Deer 5K & Mile Fun Run.** 10am. Schodack Island S.P., Schodack. Josh Merlis: 320-8648. [runalbany.com](http://runalbany.com).
- 17 **31st St. Peter's Keys Run.** 10K: 9am. Kids' Fun Run: 10:30am. 5K: 11am. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. [saratogastryders.org](http://saratogastryders.org).
- 18 **Inaugural Plattsburgh Half-Marathon.** 13.1M. 9am. Recreation Center, Oval, Plattsburgh. 324-7709. [areep.com](http://areep.com).
- 18 **Saints Race for Red Cross 5K/2M Walk.** 9am. The Crossings, Colonie. Nikhil Godbole: 229-8689. [redcrossny.org](http://redcrossny.org).
- 18 **American Lung Assn. "Fight for Air" Stair Climb.** 10am. One Commerce Plaza, Albany. Kate McLaughlin: 465-2926 x306. [alany.org](http://alany.org).
- 19 **114th Boston Marathon.** 26.2M. 12pm. Hopkinton to Boston. [bostonmarathon.org](http://bostonmarathon.org).
- 24 **St. John's/St. Ann's Spring Run-Off 5K/10K.** 10K: 8:30am. 5K & Family Fun Walk: 10am. Corning Preserve, Albany. 472-9474. [springrunoff.com](http://springrunoff.com).
- 24 **30th Bill Robinson Masters 10K.** 9am. Guilderland H.S., Guilderland. Jim Tierney: 869 5597. [hmrrc.com](http://hmrrc.com).
- 24 **Run 4 Vocations 5K.** 11am. Christian Brothers Academy, Albany. 674-3818.
- 24 **32nd Rollin Irish Half-Marathon.** 13.1M. 9am. Memorial Hall, Essex Center, VT. 802-598-5624. [gmaa.net](http://gmaa.net).
- 24-25 **5th Adirondack Sports & Fitness Summer Expo.** Sat 10am-6pm. Sun 10am-5pm. 100 exhibitors: outdoor sports, health, fitness & travel. Demos, clinics, activities, sales. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adk-sports.com](http://adk-sports.com).
- 25 **9th Sean's Run.** 5K & Community Walk: 1pm. Meghan's Mile Race & Walk: 12:30pm. Prevention Education Expo: 10am. Chatham H.S., Chatham. Mark French: 392-5483. [seansrun.com](http://seansrun.com).
- 25 **Cherry Blossom Challenge 5K.** 10:15am. Congregation Gates of Heaven, Niskayuna. Tim Fecura: 320-6770.
- 25 **More Magazine Women's Half-Marathon.** 13.1M. Central Park, New York. [nyrr.org](http://nyrr.org).

**JUNE**

- 13 **Lake Placid Marathon & Half Marathon.** 26.2M & 13.1M. Lake Placid. [lakeplacidmarathon.com](http://lakeplacidmarathon.com).

**SWIMMING**

**MARCH**

- 13 **Cabin Fever Swim Meet.** 10am. Ballston Spa H.S., Ballston Spa. Matt Glogowski: 859-0542. [adms.org](http://adms.org).
- 27-28 **Freestyle Workshop.** Dalton Pool, Smith College, Northampton, MA. [totalimmersion.net](http://totalimmersion.net).

**Bold listing** = Advertiser in current issue of *Adirondack Sports & Fitness*. All area codes 518 unless indicated.

*Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.*

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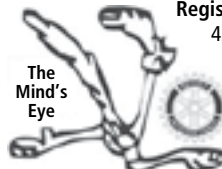
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**AROUND THE REGION**

*News Briefs*

**Fabulous Finnish Wife-Carrying Contest**

**NORTHVILLE** - On Sunday, Feb. 14 spend Valentine's Day on the trails at Lapland Lake Nordic Vacation Center, highlighted by the exciting Fabulous Finnish Wife-Carrying Contest at 2pm. Wives or significant others may be carried in any manner - slung over the back, around the neck, etc. - over the 400-yard course. The winning couple receives a gift certificate for two for Saturday dinner service at Lapland's Tuulen Tupa Grill. Entry fee is included with purchase of day pass. Join the fun or cheer on the competitors. Visit: [laplandlake.com](http://laplandlake.com).

**30th Annual Empire State Winter Games, Feb. 19-21**

**ALBANY** - Plan to join the Empire State Winter Games in Lake Placid on Friday-Sunday, Feb. 19-21 for a great family weekend of fun, excitement, and terrific winter sports competition. Winter sports include: adapted skiing, alpine skiing, biathlon, bobsled, cross-country skiing, figure skating, womens' ice hockey, luge, skeleton, skier cross and snowboard cross (both new this year), ski orienteering, snowshoe racing, ski jumping and speedskating. Opening Ceremonies are 6pm Friday at Herb Brooks Arena in the Olympic Center (free admission), featuring parade of athletes, video presentation and torch lighting. On Saturday at 5pm, experience "Winter Games Chill Out" next to the Olympic Center with live music, food, games, fireworks and prizes. At this year's games you can lend a hand by bringing donations to benefit the Regional Food Bank of Upstate New York (more info online). The ESG Winter Games is an amateur athletic event conducted by New York State Parks with support of the Olympic Regional Development Authority. Online registration deadline is Feb. 17 at 11pm. Visit: [empirestategames.org](http://empirestategames.org).

**Lake Placid Ironman Seeks Volunteers**

**LAKE PLACID** - The Lake Placid Ironman Triathlon is seeking volunteers for the July 25 race. About 2,000 athletes and nearly 4,000 volunteers take part in this annual event. Kathy Pfohl, volunteer director, says that two-thirds of the volunteers are from outside the High Peaks. Kathy is responsible for overseeing the entire volunteer effort, as part of her job at the Regional Office of Sustainable Tourism. There are approximately 80 captains who manage their respective "teams" of volunteers, which can number from one to 200 individuals. For 2010, there are several captain positions open that enjoy a number of perks, including the opportunity to earn a monetary donation of \$750 for their qualifying group from the Ironman Community Fund. Those interested should contact Kathy at [kpfohl@lakeplacid.com](mailto:kpfohl@lakeplacid.com) or (518) 523.2445 x110. Online registration for all volunteer positions: [ironmanlakeplacid.com](http://ironmanlakeplacid.com).

**FAM 5K "Fund" Run/Walk in Wall Street Journal**

**COBLESKILL** - The Wall Street Journal featured the FAM 5K "Fund" Run/Walk in an article, "Funding Good Causes" on Dec. 8, 2009. The piece highlighted Fenimore Asset Management, the investment advisor to FAM Funds, along with three other firms who "... donate a portion of their profits to charity. That might be one reason - but not the only reason - to consider investing with them." The half-page article also had a large photo of the FAM 5K's start line. "With all the negative news in the investment world for more than a year now, it was nice to be part of some positive coverage," said Fenimore's President David Pollitzer. This year's FAM 5K Run/Walk in Cobleskill is Sept. 25. Visit: [fam5k.com](http://fam5k.com).

**FROM THE PUBLISHER & EDITOR**

**Celebrating 10 Years!**

It's been 10 years this month since we started the business and published the first issue in June 2000. It was a big leap of faith but Darryl's passion for an active healthy lifestyle, commitment to our region's quality of life, combined with his business experience, convinced me he should give it a go! And, Mona joined in 2003 to help manage the growth. It's also the fifth anniversary of our Summer Expo on April 24-25 in Saratoga Springs. We'll be celebrating throughout the year with our magazines and expos. We hope the outdoors and good health have been a part of your life too!



Thanks for your support,

*Darryl and Mona*

Your comments and letters are always welcome! [info@AdkSports.com](mailto:info@AdkSports.com)

**Regional Athletes in Vancouver Olympics**

**ALPINE SKIING, DOWNHILL** - Andrew Weibrecht of Lake Placid will be a first-time Olympian; career-highlights include a 2008 10th place world cup finish in Beaver Creek, Colo. **BIATHLON** - Lowell Bailey of Lake Placid will be competing in his second Olympics; in 2006 in Torino, Italy, he helped lead the U.S. team to a ninth place relay finish. Tim Burke of Paul Smiths competed in Torino and made history earlier this season, becoming the first American to claim the world cup biathlon's Yellow Bib as its overall series leader. **Haley Johnson** of Lake Placid is in her first Olympics; she performed strongly last season at the worlds in Korea, where she helped anchor the U.S. womens' squad to a 10th place relay finish. **BOBSLED** - John Napier of Schenectady is in his first Olympics after winning a two-man World Cup gold medal in Lake Placid this season. **FREESTYLE SKIING, AERIALS** - Ashley Caldwell of Lake Placid is 16-years-old and is in her first Olympics; this year she finished 10th in a world cup in Deer Valley, Utah. **LUGE** - Mark Grimmette and Brian Martin of Lake Placid are in their fourth Olympics together; they have won a pair of Olympic medals, bronze in 1998 and silver in 2002. **Erin Hamlin** of Remsen is in her second Olympics; she broke the German luge team's 99-event winning streak, winning the 2009 world championships. **Chris Mazdzer** of Saranac Lake is in his Olympic debut; he is a five-time junior world cup medalist and three-time U.S. junior national champion. **Bengt Walden** of Lake Placid is in his second Olympics; he is the reigning U.S. men's national champion. **NORDIC COMBINED** - Bill Demong of Vermontville is in his fourth Olympics; he is the reigning 2009 World Champion. **SKI JUMPING** - Peter Frenette of Saranac Lake is 17 years old and grabbed an Olympic spot with a top-20 continental cup finish in Japan last month. **SPEEDSKATING, LONG TRACK** - Trevor Marsicano of Ballston Spa; see Athlete Profile on page 10. Best of luck to all! 🍀

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HEALTH & FITNESS



CAPITAL DISTRICT ADVENTURE BOOT CAMP.

# FITNESS IN NUMBERS

## Benefits of Group Exercise and Personal Training

by Kristen M. Jurcsak



UPSTATE NY BOOT CAMP CHALLENGE.

**W**e've all heard the saying there's safety in numbers. What about motivation in numbers? I know I'm not the only one who is more motivated when I have plans to exercise with others. Personal fitness and training goals aside, I don't want to let my workout buddies down. I make sure I am on time, put forth a positive attitude, and push myself harder. So, how do some fitness experts feel about the benefits of group exercise?

### Capital District YMCA

"Socialization and companionship" were the first words Lori Donato, group exercise coordinator at the Southern Saratoga YMCA, said when asked what she felt attracted members to group exercise at the YMCA. "Everyone comes here to exercise, but for those who choose to participate in one of our many group classes, the workout component is often secondary to the social aspect." With time in such short supply these days, it's easy to talk ourselves out of that daily trip to the gym. It's much harder to drive by if you know friends are expecting you to be there. If you're used to facing your fitness routine alone, experiment by adding a group class once a week. Choose a class with an activity you know you enjoy, or try something completely new - you just might find you'll like it even better than your old stand-by. Changing up your routine also encourages cross training, something Lori feels people don't do enough of. After a few classes, you will recognize familiar faces and before long, familiar faces become friends motivating and encouraging one another.

The Capital District YMCA has something for everyone at their 12 locations. From the high-impact classes like spinning and zumba, to the mind/body benefits of yoga and Pilates, the Y targets all the three components of fitness - cardiovascular fitness, muscular-skeletal fitness, and flexibility. The Y also offers programs geared to prepare members for a specific fitness goal or event. "We offer triathlon training for the Y-sponsored triathlons; *Couch to 5K*, preparing new runners to complete their first race; the training groups for runners with long-distance goals; boot camps; and an Active Older Adult program," Lori explained. "The YMCA also provides wellness education through *Loose to Win*, where members work with a nutritionist, combining positive changes in diet and exercise."

Visit: [cdymca.org](http://cdymca.org).

### Upstate NY Boot Camp Challenge

Boot Camp Challenge is a complete group fitness program with a start and an end. A "camp" is a team of people who commit to the program for an entire session. Friendships and camaraderie quickly develop and the group dynamic motivates everyone. From day one, instructors work on team building through activities like partner exercises, relay races and drills. The instructors also help campers train for 5K races, marathons and triathlons, among other events. "There is constant client-to-client motivation in boot camp," according to Melissa Grattan, owner of Upstate NY Boot Camp Challenge. "Campers hold themselves accountable and have a ton of support from their trainer and each other. Therefore, they see amazing results."

Most people join boot camp to lose weight; however, the program is not marketed for weight loss. Boot camp is a "get fit" program. Trainers monitor an athlete's overall progress by conducting fitness testing and recording body measurements on the first and last day. Participants track and improve their nutrition by keeping a food journal. "Our focus is for everyone in the group to adopt a healthy lifestyle. We do not weigh our clients and encourage them to stay off the scale. Instead, we try to change their thinking by teaching them what is going on inside their bodies. Although there's no denying it, we've had lots of inches melt away!"

All instructors hold a Personal Trainer Certification and have completed National Boot Camp Challenge Training. Three options to all exercises are offered, safely accommodating the beginner, intermediate and advanced exerciser. "Clients love Boot Camp Challenge because it is not just a random class. It is a packaged, results-driven program that all camp members complete together." If you're inspired, Boot Camp Challenge registration is open for Saratoga Springs at the National Museum of Dance and at the Schenectady Jewish Community Center in Niskayuna. Other camps are also available. Visit: [makeitfittraining.com](http://makeitfittraining.com).

### Capital District Adventure Boot Camp for Women

You can tell from what's been said so far that fitness experts across the board insist that lifestyle change is the key to achieving and maintaining results. But change is often intimidating when we try to make a go of it alone. Elizabeth Cardoso of Capital District Adventure Boot Camp agrees. "Adventure Boot Camp promotes a lifestyle change that needs to happen for our members to succeed during the program and beyond," explains Elizabeth. In a close-knit boot camp team, participants learn the skills to make healthy changes together. "The camp is geared to offer the benefits of having a personal trainer in an environment of camaraderie with others who share similar goals. Along with committing to a healthier eating lifestyle, members can expect great results such as a three-to-five-percent reduction in body fat, a five-to-ten-pound weight loss, and a one-to-three-inch reduction in the midsection. They feel results both mentally and physically and become more confident."

Boot camp brings focus to workouts. How many times can you remember going to the gym with no plan or goal in mind? The Capital District Adventure Boot Camp for Women gets people to accomplish as much as they can within their fitness level. Like all instructors, Elizabeth keeps routines fresh. She uses minimal equipment so her campers are doing a lot of activities in a simplified way. Getting "back to basics" and using an athlete's own body weight as resistance instead of a machine is an effective way to train. Because the same group stays together throughout a session, the instructor gets to know each camper and their ability level. Each workout is designed to challenge individuals so the group succeeds as a whole. Outside of camp, many members become friends and set additional fitness goals such as training for a 5K run, triathlon or marathon. It all goes to show that the "buddy system" works when it comes to fitness! Visit: [cdbootcamp.com](http://cdbootcamp.com).

### Malta Pilates Center

Flexibility is the fitness component most of us neglect. I have to believe working our core is next. Let's face it, most of us aren't naturally blessed with strong, toned core mus-

cles, so we cardio-load our workouts. This is where Pilates-expert Diane Lynch can help us become better cross-trained athletes. The Malta Pilates Center offers both individual instruction and group classes, but Diane feels that group exercise lets students know that everyone has individual strengths and weaknesses, "Group classes allow students to laugh about their weaknesses and applaud each other on their strengths." Separate classes are offered for novices and more experienced students. For beginners, Diane teaches an eight-week "learning" mat session, designed for students who have never done Pilates. After completing the session, students can safely and confidently move into a more advanced class. In addition to group mat classes, Diane also runs group equipment classes. "The group machine classes have a high degree of expected attendance. There are only three students per class. The student owns a spot and gives notice if they cannot attend. So these students see each other once a week. It's a motivator to get out on a cold wintry night because at least two other people are looking for them."

Most students come to Pilates with the goal of feeling better. Some come at the recommendation of their doctors because they have tight muscles and need low-impact exercise. Others have low back weakness and need to strengthen their core to support their back. Some are athletes looking to cross train. "The majority of students are just regular people who are sick and tired of *feeling sick and tired*," says Diane. "I think the biggest motivator is the results the students begin to see and especially feel." Visit: [maltapilatescenter.com](http://maltapilatescenter.com). 🍀

*Kristen Jurcsak (kmjurcsak@alum.rpi.edu) is a freelance writer living in Glenville. Kristen enjoys an active outdoor lifestyle that includes skiing, swimming, running, and cycling, and can't wait for springtime ski adventures!*

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# Trevor Marsicano



**Age:** 20

**Family:** Father, Randy; Mother, Linda; Sister, Samantha

**Residence:** Ballston Spa  
**Occupation:** Speedskating

**Main Sport:** Long Track Speedskating

**Secondary Sport:** Bicycling, Trail Running, Cross-Country Skiing

by Janit Stahl

When Trevor Marsicano wasn't part of the "favorite five" lineup for his Saratoga Blue Knights ice hockey team at 12 years old, he forged on. But the athlete, who had played ice hockey since he was four, was losing his passion for the sport.

Many things were on the young athlete's mind. Former Olympic short track speedskating and current Saratoga Winter Club coach, Pat Maxwell, had visited his third grade classroom and spoken about speedskating and it made an impact. Trevor's parents had taken him to a World Cup race in Saratoga Springs, where the elite of short track speedskating demonstrated this different ice discipline, and he was intrigued. Although several years after these events, Trevor decided at 13 to hop on a new set of blades and start over with ice sports.

I came to Saratoga Winter Club when Pat Maxwell was in his last year," Trevor says. He spent the first year honing his skill and speed. In the next year he moved up to work with the head coach who by then was Paul Marchese of Coxsackie. Trevor became his eager student. This seven-year relationship has been part of Trevor's success.

It may be hard to see past the physique of a speedskater with the powerful quadriceps and realize that speedskating races are won with *technique*, but this fact is what made Paul such an asset to Trevor. The short choppy strokes and equally short blades of ice hockey is surprisingly hard to transition to the body position and razor-sharp blade placement of speedskating, and Paul is known for his precision; Trevor for his drive.

Paul is also a craftsman who builds boots and now blades for the majority of the Olympians (in all countries) on the ice in the next few weeks. Partner Paul's guidance on technique, with Trevor's inherent physicality and deep motivation, and you have an Olympian that rose to that level in fast-forward mode. (Unfortunately, due to limitations on

how many credentials the US Olympic Team receives for Vancouver, Coach Paul was not a recipient, and will be in Vancouver, but not with a US credential – it may be Chinese, but that is another story.)

Trevor has done a few things are largely unheard of. First, he ascended the ranks from the Junior National team in 2007 to World Senior team in 2008 in the Netherlands and World Champion in 2009. Second, he started his career at 13, when many US team Olympic athletes many have already had national and international experience. Many speedskaters, like local legend and four-time Olympian Kristen Talbot were on long blades at four years old. Third, he recovered from a near-fatal short track accident in 2004 where his femoral artery was cut by a skate in Bay City, Michigan, to be back at Olympic trials, at 16, in 2006.

"It's inspiring... he went so far in such a short period of time," says Matthew Rittenhouse, a Saratoga High School senior and long track speedskater at the Junior "A" level in US Speedskating terms. Matt will be attending college this fall, and training near one of the two indoor ovals in the country – either Salt Lake or Milwaukee.

Matthew, who is on his own path to success in the same sport, says, "Trevor is incredible." Matthew attended dry-land training sessions with Trevor last summer. "I have never seen someone so focused," he adds.

For the record, the dry land training for speedskating includes 'low-walking,' which is similar to lunge walking, but without the recovery – you stay down. This isometric and kinetic co-contraction blitz is part of what makes Trevor the powerhouse he is. Try this at home, for fun: low walk (and I mean low) for ten minutes.... Oh, and wear a weighted vest too. Now, stand on the podium with Trevor.

And podium-standing has been a big part of Trevor's last couple years. At World Cups and World Championships he has stood



PHOTOS COURTESY OF US SPEEDSKATING

beside some of the best in the sport, including US teammates Shani Davis and Chad Hedrick.

"For me it's a lot of imagery, visualization..." Trevor explains, on how he gets through tough workouts. He keeps his eyes on the goal, and acts and trains accordingly.

Trevor was home recently, visiting his family who will not be in Vancouver to watch him. He said some of the day-to-day activities his family does are fun for him, as his life is pretty structured at this point.

He also attended a practice session of the Saratoga Winter Club. "Trevor really encouraged us to try harder," says Katy Toth, an 11-year old skater from Stephentown who trains with SWC. "I don't think I ever saw her skate faster," quipped her mother Pam Rehak.

"He was helpful, giving us tips," added Katy, "he was telling us to stay low and work on our form."

Katy, like Matthew and Trevor, are young kids taking on a sport that doesn't exactly offer them a lot of options. It goes something like this:

- 1)Child is natural athlete and a speed demon on blades.
- 2)Child starts training and racing locally, which is in New England and beyond – not the Capital Region and Adirondacks.
- 3)Child does so well they have to "travel" to race (as if they are not already).
- 4)New destinations are Michigan, Wisconsin, Utah and Minnesota.
- 5)They make "Category 1," they make a US Junior Team.

- 6)New destinations are Canada, Japan, Netherlands and Russia.
- 7)Parents refinance home.

There can be a lot of financial hardship when there is an Olympian in the family, and Trevor is a perfect example. In the United States, the governing bodies do not finance much, and there aren't any speedskating scholarships to be found. Families see the talent and do what they need to, there is always tomorrow, and there will only be so many years an athlete can produce this kind of speed. The Marsicanos are reportedly \$200,000 in debt.

Trevor can block out all the noise of the everyday life and make something happen on the ice. This

didn't happen because he was paid well and his parents were certainly more than a checkbook. "You have to make sacrifices and train hard, but you have to be balanced too."

Trevor recalls how different it was the first time he was on the 'big stage' at a European speedskating World Cup in the Netherlands. "It was like a professional football game in the States," Trevor remarked. Dutch skaters are like heroes, and the events are well-attended at every level. Trevor can walk down Broadway in Saratoga Springs and not be recognized. This may change.

Trevor is currently in Vancouver, preparing for his first Olympic event. He will be skating the 1000, 1500, 5000, and team pursuit at the Olympics. "Right now I think the 1500 is my favorite," he asserts.

"Security at the village and the training venues is pretty tight," he says. "The rink is really cool – yes, he is only 20! – and it's great to see it all decked out with Olympic banners." He adds, "They have a tribal theme here," – like the TV program Survivor, which is fitting, yes?

And speaking of reality television: When asked if he has had any offers to be on a reality TV show after the Olympics are over, Trevor said, "Well, not yet... I have to win some medals first." 🏆

Janit Stahl ([janitstahl@earthlink.net](mailto:janitstahl@earthlink.net)) is a Greenfield Center freelance writer. Her daughter Greta is a speedskater on the Saratoga Winter Club.

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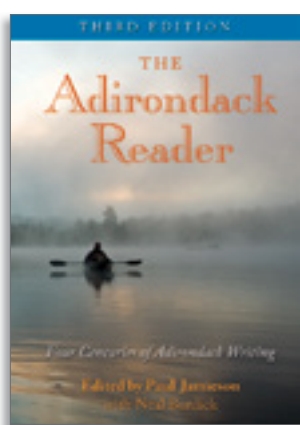
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## SNOWSHOE HIKING

# Backcountry Bonanza Skiing the Siamese Ponds Wilderness

by Dick Carlson



DON POTTER OF NORTH RIVER SKIS THE HOUR POND LOOP.

and usually is an intermediate skills ski trip. Highlights include two bridges over Bothereation Brook (aka East Branch of the Sacandaga River), and great views of Gore Mountain – ski directly onto Bothereation Pond (if safe) for the best view. A leisurely ski time is about four hours.

**Ski Tour to Route 8** – This has always been the signature ski trip in Siamese Ponds. It is long at 11 miles, has some formidable uphills, and a few tricky stream crossings. But it gets skiers into the heart of the wilderness with great views and sporty downhills. It is also access to the Siamese Ponds. While there are advocates for skiing in one direction or another, most skiers will opt to ski from the Old Farm Road trailhead and end at the trailhead on Route 8, just outside the hamlet of Bakers Mills. Allow all day for this ski, six hours or more. You will need to position a car at the Route 8 trailhead or arrange for a ride back. For a great route description, check out Tony Goodwin's excellent guidebook *Classic Adirondack Ski Tours (ADK)*.

**Raymond Brook Trail** – This is technically not in the Siamese Ponds Wilderness Area, but it is connected to the trails originating from the Old Farm Road trailhead and is the ski tour most favored by gravity junkies. Raymond Brook is one of the original 'ride up, slide down' trails popular with skiers in the 1930s and 40s. Skiers will even pass one of the original rescue sled shacks on the way down. The trailheads for Raymond Brook are located on the upper end of Barton Mines



UPPER BRIDGE, LOCATED JUST BELOW BOTHEREATION POND. PHOTOS BY DICK CARLSON

Road in North River, and a new parking lot on Route 28 just outside of North Creek as the lower terminus. The ski is about 4.5 miles long with some great downhills. Combine this with a portion of the Bothereation Loop trail for an all day adventure. Again two cars will be required. An added spur of the Raymond Brook Trail will also bring skiers all the way to the North Creek Ski Bowl.

**More Siamese Ponds adventures: Peaked Mountain** – Mostly a snowshoe trek, but skiers can readily make it to Peaked Mountain Pond with some great views. **Hour Pond Loop** – A new spur from the Peaked Mountain trail and a new bridge make this a great loop

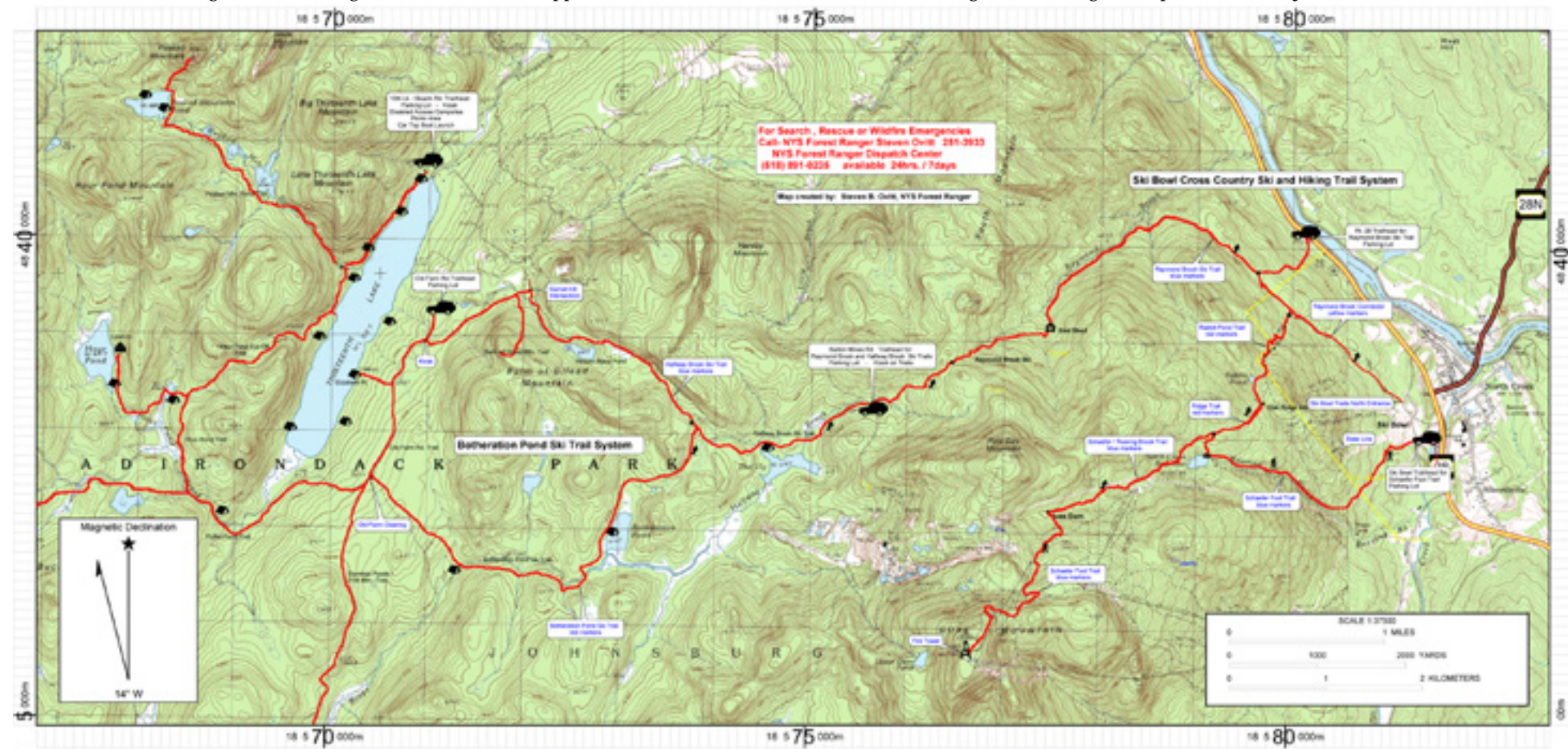
with sweet downhills. **Thirteenth Lake** – Combine some of these routes with a beginning or ending on Thirteenth Lake. **Balm of Gilead Mountain** – The best view for the least amount of work in the Adirondacks! It is mostly a snowshoe trip, but good skiers can ski up and down. **Hooper Mine** – Much is the same for this inactive mine; steep uphill then connect to William Blake Pond or the reverse. Another trailhead for Siamese Ponds Wilderness Area is available near Indian Lake at the end of Big Brook Road at Kings Flow. This is access to Chimney Mountain, Johns Pond and the ski back to North River via the Puffer Pond trail. For winter campers there are many lean-to camps for multiple day trips.

Don't forget, backcountry skiing is serious stuff. Being stuck many miles from a trailhead with an injury or broken equipment can quickly turn into a disaster. Everyone should have eye protection, extra gloves, socks, warmer clothes, water, food and a headlamp. Someone in the group

should have a first aid kit, ski and pole repair materials, ski wax, minimal bivouac materials, matches, area map and compass. Don't bite off more of a trip than you are able. No backcountry skiing is rated for true beginner skiers. It is also rare that light touring equipment is appropriate except for accomplished skiers in good snow conditions. Most importantly, upgrade your equipment to backcountry skis, boots, bindings and poles.

**Snow and trail conditions:** Check with the folks at Garnet Hill Lodge Cross-Country Ski Center, which is adjacent to the Old Farm trailhead. Garnet Hill is also a resource for backcountry ski rentals and area ski guide service. Feel free to contact me for more details, guide recommendations or current trail conditions. 🌲

Dick Carlson ([dickcarlson@frontiernet.net](mailto:dickcarlson@frontiernet.net)) of North River is president of Cross-Country Ski Areas of New York.





# Race Results

## 16TH ANNUAL FAM 5K "FUND" RUN/WALK September 26, 2009 • Cobleskill Fairgrounds, Cobleskill

FEMALE OVERALL				
1	Amanda LoPiccolo	26	Oneonta	17:40
2	Denise VanDerwerken	37	Cobleskill	20:25
3	Kimberly Negrich	20	Mayfield	20:35
MALE OVERALL				
1	Anthony Giuliano	30	Albany	16:03
2	Andrew Gelston	19	White Plains	16:17
3	Matt LoPiccolo	33	Oneonta	16:31
FEMALE AGE GROUP: 9 & UNDER				
1	Carrie Krohn	9	Schoharie	25:49
2	Allie Pacatte	9	Cobleskill	29:54
3	Ryanne Broadwell	9	Sprakers	33:55
MALE AGE GROUP: 9 & UNDER				
1	Adrian Kowal	9	Cobleskill	24:48
2	Jouzas DiCesare	8	Cobleskill	26:29
3	Cory Sgambato	9	Broadalbin	27:22
FEMALE AGE GROUP: 10 - 14				
1	Cheyenne Munson	10	Prattsville	25:44
2	Hannah Almy	11	Howes Cave	26:37
3	Dahlia Sheehan-Yassin	12	Cobleskill	27:44
MALE AGE GROUP: 10 - 14				
1	Elijah Rutledge	13	Westville	21:54
2	Jared Almy	11	Howes Cave	22:46
3	Noah Valvo	10	Delanso	23:11
FEMALE AGE GROUP: 15 - 19				
1	Rebekka Graziano	17	Greenwich	23:30
2	Kelsey Davis	18	Cobleskill	24:41
3	Emily McLaughlin	15	Richmondville	26:09
MALE AGE GROUP: 15 - 19				
1	Cody Stephenson	16	Esperance	18:41
2	Kyle Bishop	18	Cobleskill	19:43
3	Joey Morrison	19	Cobleskill	20:37
FEMALE AGE GROUP: 20 - 24				
1	Colleen Klee	24	Guiderland	29:18
2	Meaghan Mulligan	20	Albany	30:12
3	Amanda Coons	24	Cobleskill	30:51
MALE AGE GROUP: 20 - 24				
1	Joe Ottati	21	Leeds	18:41
2	Wayne Duprey	20	Ausable Forks	20:24
3	Steven Filmer	20	Cobleskill	20:26
FEMALE AGE GROUP: 25 - 29				
1	Leigh Cooper	25	Guiderland	24:30
2	Laura Rickard	26	Bedford, MA	28:34
3	Raelee Grimm	27	Albany	29:46
MALE AGE GROUP: 25 - 29				
1	Jaime Julia-Perez	25	Amsterdam	16:55
2	Matt Germann	28	Warnerville	23:27
3	Matthew Rickard	26	Bedford, MA	24:12
FEMALE AGE GROUP: 30 - 34				
1	Courtney Labarge	30	Cobleskill	23:03
2	Rebecca Maroney	30	Cairo	23:24
3	Sara Eaton-Gaunt	32	North Andover, MA	24:00
MALE AGE GROUP: 30 - 34				
1	Scott Handy	32	Cobleskill	18:49
2	Steven Smith	34	Cobleskill	22:32
3	Justin Brown	31	Cobleskill	23:38
FEMALE AGE GROUP: 35 - 39				
1	Sarah Johnson	36	Glennville	25:30
2	Pamela Newell	38	Sloansville	28:03
3	Lisa Rowe	37	Coeymans	28:18

MALE AGE GROUP: 35 - 39				
1	Kenneth Sluti	36	Fonda	19:15
2	Lenny Wilson	39	Richford, VT	20:24
3	Scott Sgambato	38	Broadalbin	20:56
FEMALE AGE GROUP: 40 - 44				
1	Christiane Pryne	40	Jefferson	20:39
2	Erica Loucks	42	Delanso	25:25
3	Shiela Gillespie	41	Howes Cave	27:06
MALE AGE GROUP: 40 - 44				
1	Michael Rutledge	41	Schenevus	16:34
2	Robert Smith	42	Catskill	19:11
3	Tarrance Lasher	40	Cobleskill	20:29
FEMALE AGE GROUP: 45 - 49				
1	Christina Trees	48	Richmondville	24:53
2	Teresa Drerup	49	Cooperstown	27:00
3	Lynn Macan	46	Howe Caves	28:42
MALE AGE GROUP: 45 - 49				
1	Gary Longhi	45	Earlton	18:45
2	Arthur Pearson	46	Richmondville	18:56
3	Kenneth Evans	48	Delmar	20:11
FEMALE AGE GROUP: 50 - 54				
1	Fran Pilato	50	Rensselaer	26:11
2	Lorinda Settle	50	St. Johnsville	27:54
3	Kathleen Fetter	52	St. Johnsville	28:41
MALE AGE GROUP: 50 - 54				
1	Rick Munson	52	Prattsville	18:20
2	John Matthews	52	Canton, CT	18:29
3	David Roy	54	Schoharie	19:27
FEMALE AGE GROUP: 55 - 59				
1	Erika Oesterle	58	Stamford	23:03
2	Mary Wisley	57	Albany	27:05
3	Beverly Putnam	58	Warnerville	27:37
MALE AGE GROUP: 55 - 59				
1	Jay Wilson	58	Beacon Falls, CT	21:03
2	Gary Gundlach	56	Davenport	21:13
3	Ed Carroll	59	Cobleskill	22:06
FEMALE AGE GROUP: 60 - 64				
1	Laura Clark	62	Saratoga Springs	27:15
2	Patty Eaton-Lewis	60	Lincoln, VT	31:17
3	Mary Farley	61	Summit	32:47
MALE AGE GROUP: 60 - 64				
1	Dick Thompson	63	Swanton, VT	23:33
2	Jim Cochran	61	Rensselaer	24:25
3	Anthony Tubiolo	62	Cobleskill	27:03
FEMALE AGE GROUP: 65 - 69				
1	Patricia Paull	67	Scotia	45:15
2	Anne Donnelly	67	Cobleskill	45:53
3	Darlav Johnson	65	Delanso	49:30
MALE AGE GROUP: 65 - 69				
1	Tom Adams	65	Schenectady	21:18
2	Frank Klose	66	Castleton	24:40
3	Ronald Peters	65	Oneonta	32:44
FEMALE AGE GROUP: 70 & OVER				
1	Regina Tumidajewicz	82	Amsterdam	43:27
2	Elace Corrie	71	Mystic, CT	45:53
3	Cornelia Daubioli	72	Gilboa	47:56
MALE AGE GROUP: 70 & OVER				
1	Gerald Barney	77	Swanton, VT	25:18
2	Kenneth Connolly	71	Voorheesville	26:32
3	George Freeman	78	Cobleskill	27:58

*Courtesy of FAM Funds*

## 5TH ANNUAL FOOT RACE AT FORT TICONDEROGA September 26, 2009 • Fort Ticonderoga, Ticonderoga

5K CROSS COUNTRY RACE				
MALE OVERALL				
1	16:15	Aaron Robertston	31	Rouses Point
2	17:50	Tony Casey	23	Morrisville
3	18:21	Morgan Pellerin	21	Saranac
FEMALE OVERALL				
1	20:32	Katy Duffy	23	East Poultney, VT
2	22:46	Samantha Deeley	29	Freeville
3	24:30	Judy Rush	43	Saranac Lake
MALE AGE GROUP: 14 & UNDER				
1	22:44	Jacob Young	14	Ticonderoga
2	27:34	Evan Graney	9	Ticonderoga
3	32:22	Michael Graney Jr.	13	Ticonderoga
FEMALE AGE GROUP: 14 & UNDER				
1	26:22	Hannah Herbst	14	Ticonderoga
2	29:01	Markie teRiele	14	Ticonderoga
3	37:37	Jessie Brooks	9	Amsterdam
MALE AGE GROUP: 15 - 19				
1	18:25	Jay Berube	16	Putnam
2	19:00	Joshua Cook	16	Putnam Station
3	20:58	Kevin Densmore	16	Ticonderoga
FEMALE AGE GROUP: 15 - 19				
1	25:30	Katie Karkoski	17	Ticonderoga
2	27:24	Nicole George	18	Warwick
3	30:58	Sarah Long	19	Amsterdam
MALE AGE GROUP: 20 - 29				
1	18:42	Bob Baniak	25	Troy
2	18:54	Pete Warrington	27	Brighton
3	20:17	Scott Weilacher	25	Ticonderoga
FEMALE AGE GROUP: 20 - 29				
1	24:56	Joanna Zieno	27	Charlestown, MA
2	25:23	Teresa Casaburri	27	Brooklyn
3	29:02	Ruth Crammond	28	Albany

MALE AGE GROUP: 30 - 39				
1	18:26	Jay Wells	30	Ticonderoga
2	26:14	John Sullivan	37	Albany
3	28:01	David Scott	36	Albany
FEMALE AGE GROUP: 30 - 39				
1	28:24	Kristen Murphy	30	Glens Falls
2	28:56	Tobi Calvin	35	Brandon, VT
3	30:19	Jodi Thompson	32	Paradox
MALE AGE GROUP: 40 - 49				
1	22:00	Jesse Berube Sr.	49	Putnam Station
2	22:31	James Kahler	40	Westport
3	22:45	Matthew Karkoski	47	Ticonderoga
FEMALE AGE GROUP: 40 - 49				
1	25:47	Heidi teRiele Karkoski	43	Ticonderoga
2	28:12	Lisbeth Brooks	46	Amsterdam
3	33:59	Ruth Long	49	Amsterdam
MALE AGE GROUP: 50 - 59				
1	21:16	Donald Fuchs	50	Wyckoff
2	24:21	Scott Yakey	55	Plattsburgh
3	24:26	Tracy Smith	52	Ticonderoga
FEMALE AGE GROUP: 50 - 59				
1	27:00	Karen Costello	54	Hague
2	27:24	Elizabeth Gormley	51	Porters Corners
3	32:47	Kathy Tubbs	51	Ticonderoga
MALE AGE GROUP: 60 - 69				
1	23:34	John-Eric Nelson	63	Milford, CT
2	25:42	Red McDonough	68	Port Henry
3	26:35	Eduardo Munoz	66	Olmstedville
FEMALE AGE GROUP: 60 - 69				
1	35:26	Rebecca Schrader	60	Cambridge, MA
MALE AGE GROUP: 70 & OVER				
1	36:29	Robert Mancell	71	Cambridge, MA
2	37:07	Richard Johndrow	77	Ticonderoga

*Courtesy of Duane Crammond Memorial Scholarship Fund*

## 5TH ANNUAL CLOVER COMBO CLASSIC 8K RUN September 27, 2009 • Yankee Hill Lock Site, Fort Hunter

MALE OVERALL				
1	Larry Poitras	43	30:03	
2	Ian Chapin	17	30:04	
3	Matthew Van Slyke	27	30:08	
FEMALE OVERALL				
1	Chelsea Maguire	23	34:08	
2	Lisa Van Slyke	26	37:25	
3	Stephanie Peck	16	38:33	
MALE AGE GROUP: 14 & UNDER				
1	Nicholas Raponi	14	32:55	
2	Matthew Raponi	14	33:22	
FEMALE AGE GROUP: 14 & UNDER				
1	Alicia Anich	13	44:34	
MALE AGE GROUP: 15 - 19				
1	Jon Raponi	16	44:47	
FEMALE AGE GROUP: 15 - 19				
1	Kacy Cassaro	15	49:56	
2	Danielle Flander	16	51:29	
MALE AGE GROUP: 20 - 24				
1	Joe Spencer	23	41:44	
FEMALE AGE GROUP: 25 - 29				
1	Erin Reep	28	43:00	
2	Sarah Chapin	28	51:39	
MALE AGE GROUP: 30 - 34				
1	Michele Flickenger	34	48:19	
2	Lisa Campione	33	49:44	
3	Jessica Betz	31	58:19	
MALE AGE GROUP: 35 - 39				
1	Jason DiPietro	35	39:28	
2	Rick Holtman	39	41:04	
3	Charles Kubly	38	41:35	
FEMALE AGE GROUP: 35 - 39				
1	Jennifer Dadovan	36	1:06:00	

MALE AGE GROUP: 40 - 44				
1	Thomas Flander Jr.	40	38:29	
2	Paul Rogers	41	38:50	
3	Stephen Montanaro	43	44:26	
FEMALE AGE GROUP: 40 - 44				
1	Tamara Healy	41	45:49	
MALE AGE GROUP: 45 - 49				
1	Craig Davis	46	32:17	
2	Tom Bielli	49	36:55	
3	Rick Morgan	47	43:33	
MALE AGE GROUP: 50 - 54				
1	LD Davidson	53	31:05	
2	Rick Lesiak	50	31:22	
3	Myron Ferguson	51	33:40	
FEMALE AGE GROUP: 50 - 54				
1	Laura Milak	53	44:03	
2	Bonnie Kruger	54	49:26	
MALE AGE GROUP: 55 - 59				
1	William Milak	57	37:20	
2	Patrick Whelley	57	37:27	
3	Tom Constantine	58	44:02	
FEMALE AGE GROUP: 55 - 59				
1	Ann Nickloy	56	53:30	
MALE AGE GROUP: 60 - 64				
1	Robert Brumley	62	55:28	
MALE AGE GROUP: 65 - 69				
1	Tom Adams	65	38:07	
2	Donald Rexford	67	45:48	

*Courtesy of Cornell Cooperative Extension of Fulton & Montgomery Counties*

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**32ND ANNUAL GREAT COW HARBOR 10K RUN**  
September 26, 2009 • Laurel Avenue School, Northport

MALE OVERALL: 1 Mohamed Trafteh 24 Flagstaff, AZ 29:15; 2 Jason Lehmkuhle 31 Minneapolis, MN 29:18; 3 Tommy Neal 26 Colorado Springs, CO 29:32. FEMALE OVERALL: 1 Katie McGregor 32 Minneapolis, MN 33:12; 2 Heidi Westerling 28 Walpole, NH 34:00; 3 Alisha Williams 27 Manitou Springs, CO 34:34. Courtesy of Great Cow Harbor 10K Race

**35TH ANNUAL FALLING LEAVES ROAD RACE**  
September 27, 2009 • Radisson Hotel, Utica

5K ROAD RACE: MALE OVERALL (1-3), FEMALE OVERALL (1-3), MALE AGE GROUP: 17 & UNDER (1-3), FEMALE AGE GROUP: 17 & UNDER (1-3), MALE AGE GROUP: 18 - 29 (1-3), FEMALE AGE GROUP: 18 - 29 (1-3), MALE AGE GROUP: 30 - 39 (1-3), FEMALE AGE GROUP: 30 - 39 (1-3), MALE AGE GROUP: 40 - 49 (1-3), FEMALE AGE GROUP: 40 - 49 (1-3), MALE AGE GROUP: 50 - 59 (1-3), FEMALE AGE GROUP: 50 - 59 (1-3), MALE AGE GROUP: 60 - 69 (1-3), FEMALE AGE GROUP: 60 - 69 (1-3), MALE AGE GROUP: 70 & OVER (1-3). 14K ROAD RACE: MALE OVERALL (1-3), FEMALE OVERALL (1-3), MALE AGE GROUP: 17 & UNDER (1-3), FEMALE AGE GROUP: 17 & UNDER (1-3), MALE AGE GROUP: 18 - 29 (1-3), FEMALE AGE GROUP: 18 - 29 (1-3), MALE AGE GROUP: 30 - 39 (1-3), FEMALE AGE GROUP: 30 - 39 (1-3), MALE AGE GROUP: 40 - 49 (1-3), FEMALE AGE GROUP: 40 - 49 (1-3), MALE AGE GROUP: 50 - 59 (1-3), FEMALE AGE GROUP: 50 - 59 (1-3), MALE AGE GROUP: 60 - 69 (1-3), FEMALE AGE GROUP: 60 - 69 (1-3), MALE AGE GROUP: 70 & OVER (1-3). Courtesy of Utica Roadrunners

**10TH ANNUAL CATIEBUG FOR A CURE 5K**  
September 27, 2009 • Clifton Commons, Clifton Park

MALE OVERALL (1-3), FEMALE OVERALL (1-3), MALE AGE GROUP: 35 - 39 (1-3), FEMALE AGE GROUP: 35 - 39 (1-3), MALE AGE GROUP: 40 - 44 (1-3), FEMALE AGE GROUP: 40 - 44 (1-3), MALE AGE GROUP: 45 - 49 (1-3), FEMALE AGE GROUP: 45 - 49 (1-3), MALE AGE GROUP: 50 - 54 (1-3), FEMALE AGE GROUP: 50 - 54 (1-3), MALE AGE GROUP: 55 - 59 (1-3), FEMALE AGE GROUP: 55 - 59 (1-3), MALE AGE GROUP: 60 - 64 (1-3), FEMALE AGE GROUP: 60 - 64 (1-3), MALE AGE GROUP: 65 - 69 (1-3), FEMALE AGE GROUP: 65 - 69 (1-3), MALE AGE GROUP: 70 & OVER (1-3). Courtesy of the Catie Hoch Foundation

**15TH ANNUAL SUSAN G. KOMEN RACE FOR THE CURE 5K**  
October 3, 2009 • Empire State Plaza, Albany

FEMALE OVERALL (1-3), MALE OVERALL SURVIVORS (1-3), MALE OVERALL (1-3), FEMALE OVERALL SURVIVORS (1-3), FEMALE MASTERS SURVIVORS (1-3), FEMALE SENIORS SURVIVORS (1-3). Courtesy of the Susan G. Komen Race for the Cure

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# Race Results

## 15TH ANNUAL SUSAN G. KOMEN RACE FOR THE CURE 5K *continued*

FEMALE AGE GROUP: 20 - 24				
1	Meghan Davey	24	Amsterdam	20:15
2	Chelsea Maguire	23	Ballston Lake	20:44
3	Charis Anderson	22	Palatine Bridge	22:59
MALE AGE GROUP: 20 - 24				
1	Joe Ottati	21	Leeds	18:57
2	Richard Messineo	21	Nassau	19:38
3	Jon Kruger	20	Seymour, CT	20:10
FEMALE AGE GROUP: 25 - 29				
1	Jessica Dunton	26	Lebanon Springs	20:30
2	Kristina Gracey	26	Albany	20:55
3	Sara Brenner	29	Albany	21:30
MALE AGE GROUP: 25 - 29				
1	David Newman	29	Albany	18:21
2	Colin McDonough	26	Albany	18:41
3	Bobby Gee	25	Albany	20:24
FEMALE AGE GROUP: 30 - 34				
1	Maria Schoellkopf	30	Bennington, VT	21:21
2	Allison Bradley	33	Albany	21:30
3	Shannon Pinkowski	34	Albany	23:34
MALE AGE GROUP: 30 - 34				
1	Brian Northan	34	Guilfordland	18:21
2	Corbin Gosier	32	Schenectady	18:22
3	David Tromp	34	Glenmont	18:28
FEMALE AGE GROUP: 35 - 39				
1	Denise Vanderwerken	37	Cobleskill	20:45
2	Katie Hodge	37	Delmar	20:48
3	Hilary Greene	39	Williamstown, MA	21:24
MALE AGE GROUP: 35 - 39				
1	Sean Madden	35	Albany	18:23
2	Patrick Lysnkey	37	Albany	19:05
3	Dennis Valvack	37	Duanesburg	19:29
FEMALE AGE GROUP: 40 - 44				
1	Kim Seabury	42	Old Chatham	21:38
2	Diane Tenenbaum	43	Selkirk	22:30
3	Andrea Hanlon	43	Wynantskill	22:54
MALE AGE GROUP: 40 - 44				
1	Tim Hoff	43	Albany	17:51
2	Jon Rocco	42	Colonie	18:12
3	Kevin Creagan	44	Albany	18:39
FEMALE AGE GROUP: 45 - 49				
1	Kathleen McElwain	49	Ballston Spa	21:33
2	Lucille Feher	47	Albany	23:23
3	Julia Lennon	47	Loudonville	25:31
MALE AGE GROUP: 45 - 49				
1	Patrick Culligan	49	Round Lake	18:42
2	Russ Hoyer	49	Voorheesville	18:50
3	Peter Birdsinger	46	Troy	19:17
FEMALE AGE GROUP: 50 - 54				
1	Maureen Fitzgerald	51	Clifton Park	22:51
2	Leslie Eisele	50	Clifton Park	24:16
3	Mary Beth Steffen	52	Latham	24:16
MALE AGE GROUP: 50 - 54				
1	Vladimir Ilin	51	Albany	17:47
2	Rick Munson	52	Prattsville	18:11
3	Alar Elken	51	Loudonville	20:34
FEMALE AGE GROUP: 55 - 59				
1	Martha DeGrazia	58	Slingerlands	22:38
2	Carolyn George	55	Albany	25:52
3	Anne Tyrrell	59	Albany	27:07
MALE AGE GROUP: 55 - 59				
1	Lee Dudinsky	56	Albany	20:38
2	Daniel Prosser	58	Philmont	23:02
3	Chester Tumidajewicz	55	Amsterdam	23:17
FEMALE AGE GROUP: 60 - 64				
1	Susan Wong	61	Glenmont	22:27
2	Rosann Graziano	62	Albany	28:55
3	Meg Atkinson	61	Old Chatham	29:16
MALE AGE GROUP: 60 - 64				
1	James Bowles	60	Amsterdam	20:56
2	Bob Ellison	61	Slingerlands	21:23
3	Paul Turner	60	Delmar	22:17
FEMALE AGE GROUP: 65 - 69				
1	Ginny Parsons	66	Clifton Park	32:27
2	Liz Milo	67	Altamont	35:08
3	Marilyn Smiley	69	Clifton Park	45:27
MALE AGE GROUP: 65 - 69				
1	Frank Klose	66	Castleton	24:26
2	Bob Knouse	69	Voorheesville	25:57
3	Bill Long	68	Clifton Park	28:07
FEMALE AGE GROUP: 70 & OVER				
1	Eiko Bogue	72	Schaghticoke	33:55
2	Mary Nagle	74	Nassau	42:26
3	Regina Tumidajewicz	82	Amsterdam	45:58
MALE AGE GROUP: 70 & OVER				
1	Gerald Perrin	75	Long Island City	32:27
2	James Owens	74	Latham	35:29
3	Donald McBain	77	Wynantskill	39:02

*Courtesy of Komen Northeast New York*

## 3RD ANNUAL FALLING LEAVES 5K RUN *continued*

MALE AGE GROUP: 50 - 59				
1	James McElroy	50	Saratoga Springs	20:07
2	Bill Fahr	51	Watervliet	20:10
3	Dennis Filmore	57	Ballston Spa	21:42
FEMALE AGE GROUP: 50 - 59				
1	Darlene Cardillo	56	Delmar	30:01
2	Meg Woolbright	54	Ballston Spa	34:38
3	Cindy Warmt	50	Ballston Spa	35:05
MALE AGE GROUP: 60 & OVER				
1	William Sheft	68	Ballston Spa	25:19
2	Richard Theissen	65	Round Lake	26:35
3	Lorin Spiegel	60	Saratoga Springs	27:39
FEMALE AGE GROUP: 60 & OVER				
1	Judy Harrigan	60	Saratoga Springs	22:36
2	Linda Plante	61	Middle Grove	31:56
3	Dolores Wilson	65	Ballston Spa	35:30

*Courtesy of Ballston Spa United Methodist Church*

## 27TH ANNUAL MOHAWK-HUDSON RIVER MARATHON October 11, 2009 • Central Park, Schenectady to Corning Preserve, Albany

26.2 MILES				
Age Groups: First-Place & Regional Finishers				
MALE OVERALL				
1	Chris Hartshorn	37	Concord, MA	2:26:32
2	David Vona	27	Valatie	2:31:17
3	Shaun Evans	31	Middle Grove	2:31:56
4	Martin Tighe	51	Providence, RI	2:32:59
5	Steve Hicks	26	Syracuse	2:33:44
FEMALE OVERALL				
1	Tina Dowling	43	Bolton, MA	2:56:34
2	Karen Dolge	39	Valatie	3:04:52
3	Rebecca Testa	42	Ringoes, NJ	3:06:38
4	Anne Gullickson	45	Kingston	3:10:19
5	Stephanie O'Brien	37	Potsdam	3:11:18
MALE AGE GROUP: 15 - 19				
1	Devon Sedgwick	18	Latham	3:20:56
FEMALE AGE GROUP: 15 - 19				
1	Catherine Miller	19	Niskayuna	4:15:07
MALE AGE GROUP: 20 - 24				
1	Tom O'Grady	24	Latham	2:34:40
2	Mark Kopecki	22	Niskayuna	2:40:20
3	Brad Lewis	22	Troy	2:42:50
4	Joe Ottati	21	Leeds	3:11:25
5	Dan Lagoe	23	Saratoga Springs	3:41:07
6	Nicholas McFeeters	24	Watervliet	3:45:00
7	Zachary Bowen	21	Albany	3:53:39
FEMALE AGE GROUP: 20 - 24				
1	Corey Smetana	21	Brookline, MA	3:26:04
2	Meghan Davey	24	Amsterdam	3:31:43
3	Abigail Ochse	20	Porter Corners	3:38:06
4	Allison Klein	24	Albany	3:50:10
5	Elizabeth Abel	24	Ballston Spa	3:57:38
6	Liz Urban	24	Schenectady	4:08:14
7	Nicholas Sorenson	23	Albany	4:24:18
8	Michelle Mora	21	Plattsburgh	4:58:26
MALE AGE GROUP: 25 - 29				
1	Paul Widjieskog	26	Saugerties	2:59:42
2	Matthew Vanslyke	27	Johnstown	3:05:31
3	Michael Ford	29	Albany	3:09:29
4	Rick Decarr	25	Menands	3:10:22
5	Andrew Wahila	25	Menands	3:10:38
6	Dale Owen	29	East Greenbush	3:12:49
7	Zack Russo	25	Schenectady	3:35:36
8	Mike Camarota	27	Latham	3:38:35
9	Bryan Mannarino	26	Albany	3:40:44
10	Daniel Cummings	28	Albany	3:52:34
11	Graham Potter	25	Clifton Park	4:03:04
12	Jeffrey Baez	28	Albany	4:19:07
13	Sean Scavone	29	Albany	4:19:52
14	Joe Novak	25	Troy	4:28:49
15	Nicholas Parrotte	27	Latham	4:30:58
16	Keith Clauson	28	Niskayuna	4:32:13
17	Jacob Vantine	27	Schenectady	5:50:03
FEMALE AGE GROUP: 25 - 29				
1	Shelly Hill	29	Elkridge, MD	3:15:29
2	Karen Bertasso	25	Scotia	3:19:39
3	Dana Belcher	25	Clifton Park	3:33:01
4	Melissa Patrick	26	Delmar	3:38:09
5	Andrea Scribner	27	Gloversville	3:40:30
6	Vanessa Chiera	28	Watervliet	3:41:25
7	Katie Vitello	26	Albany	3:49:38
8	Lauren Beaver	27	Watervliet	3:55:23
MALE AGE GROUP: 30 - 34				
1	Aaron Knobloch	33	Mechanicville	2:45:17
2	Chris Mulford	32	Schenectady	2:51:21
3	Ty Remington	34	Glenville	3:04:03
4	Clay Lodovice	34	Albany	3:09:28
5	Charles Petraske	32	Saratoga Springs	3:13:13
6	David Tromp	34	Glenmont	3:14:48
7	Gabe Anderson	32	Saratoga Springs	3:17:12
8	Gabriel McGarry	33	Slingerlands	3:18:58
9	Keith Johnson	32	Schenectady	3:21:45
10	Adam Orr	31	Queensbury	3:23:08
11	Rick Ikasalo	31	Delmar	3:24:46
12	Sean Montieth	32	Ballston Spa	3:25:09
13	Eric Lovenduski	33	Saratoga Springs	3:29:07
14	Trevor Wood	34	Clifton Park	3:29:45
15	JJ Planavsky	34	Ballston Spa	3:35:32
16	Ryan McKinley	33	Ballston Spa	3:46:48
17	Juan Angel	31	Schenectady	3:48:18
18	Dan Fariello	33	Saratoga Springs	3:48:36
19	Bryan Murray	32	Stuyvesant	3:58:56
20	Christopher Brown	33	Clifton Park	4:00:54
21	Tom Eastman	30	Stuyvesant	4:08:56
22	Chad Lavalley	33	Schuyler Falls	4:40:46
FEMALE AGE GROUP: 30 - 34				
1	Bouchara Erikson	33	Vordingborg, DE	3:18:09
2	Tara Lavonas	34	Latham	3:23:34
3	Michelle Lavigne	34	Albany	3:30:49
4	Heather Langley	31	East Greenbush	3:41:53
5	Sandra Matzel	34	Ballston Spa	3:58:33
6	Jolene Hlavaty	33	Newcomb	4:01:44
7	Erika Ries	33	Menands	4:21:01
8	Victoria Engel	30	Greenville	4:39:25
9	Bry-ann Yates	32	Albany	4:40:44
10	Lisa Petrie	34	Little Falls	4:42:53
11	Kellee Lavalley	33	Schuyler Falls	5:12:30
12	Lisa Dulgar-Tulloch	33	Clifton Park	5:12:31
MALE AGE GROUP: 35 - 39				
1	Volker Burkowski	38	Gansevoort	2:54:07
2	Jonathan Bright	39	Slingerlands	2:54:33
3	Eric Hanson	36	Cooperstown	3:07:29
4	Dean Morris	36	Plattsburgh	3:15:14
5	Matthew Brom	35	Troy	3:16:07
6	Mark Rushton	39	Rome	3:16:15
7	Scott Gruendle	36	Troy	3:17:53
8	Dennis Vanvack	37	Duanesburg	3:18:46
9	Michael Towle	39	Clifton Park	3:21:03
10	Geoff Rahmer	38	Utica	3:27:45
11	Gil Chorbanian	39	Schenectady	3:28:53
12	William Henke	35	Hudson Falls	3:32:33
13	Brian Watts	35	Clifton Park	3:34:08
14	Terry Scribner	39	Gloversville	3:39:21
15	Daniel Cusack	35	Fultonville	3:43:45
16	Michael Brennan	39	Valatie	3:45:23
17	Bryan Scannell	37	Wynantskill	3:48:10

*continued*

## 3RD ANNUAL FALLING LEAVES 5K RUN

October 10, 2009 • Kelly Park, Ballston Spa

MALE OVERALL				
1	Jonathan Peck	31	Scotia	18:15
FEMALE OVERALL				
1	Chelsea Maguire	23	Clifton Park	19:35
MALE AGE GROUP: 14 & UNDER				
1	Jonathan Blake	13	Malta	20:01
2	Kevin Blake	14	Malta	21:36
3	Chris Canham	12	Ballston Spa	22:05
FEMALE AGE GROUP: 14 & UNDER				
1	Jana Bickley	10	Ballston Spa	21:33
2	Amber Stevens	14	Ballston Spa	22:03
3	Janelle Rothacker	12	Ballston Spa	26:48
MALE AGE GROUP: 15 - 19				
1	Walter Thiem	16	Ballston Spa	18:22
2	Jilanie Staples	15	Ballston Spa	18:42
3	Ethan Gormley	16	Ballston Spa	20:27
FEMALE AGE GROUP: 15 - 19				
1	Johanna Guilfoyle	17	Ballston Spa	25:15
2	Sarah Long	19	Amsterdam	29:23
MALE AGE GROUP: 20 - 29				
1	Jeff Nastke	28	Saratoga Springs	18:23
2	Lenny Baker	20	Gansevoort	21:12
3	Mike Libertucci	29	Schenectady	23:07
FEMALE AGE GROUP: 20 - 29				
1	Nicole DeMarco	27	Clifton Park	24:54
MALE AGE GROUP: 30 - 39				
1	John Smith	31	Omaha, NE	20:12
2	Sean Bishop	28	Ballston Spa	21:23
3	Matt Letteer	31	Latham	22:19
FEMALE AGE GROUP: 30 - 39				
1	Jeannie Salvo	36	Sleepy Hollow	22:13
2	Erin McMahon	31	Malta	22:13
3	Faith Davis	30	Omaha, NE	23:10
MALE AGE GROUP: 40 - 49				
1	Sam Mercado	46	Wilton	20:40
2	Al Thiem	45	Ballston Spa	21:04
3	Gary Guilfoyle	45	Ballston Spa	22:15
FEMALE AGE GROUP: 40 - 49				
1	Tracy Perry	45	Clifton Park	22:46
2	Denise Snyder	48	Ballston Spa	23:09
3	Krista Canham	42	Ballston Spa	23:14

*continued*

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### 27TH ANNUAL MOHAWK-HUDSON RIVER MARATHON *continued*

40	Giacinto Pascazio	39	Latham	3:48:32	27	Sarah Sorensen	43	Plattsburgh	4:22:56
41	Ed Oldrich	37	Valatie	3:48:54	28	Julie McDonnell	41	Niskayuna	4:23:24
43	Gregory Mattacola	37	Rome	3:52:08	29	Annette Ball	42	Loudonville	4:25:03
45	Gregory Ethier	36	Waterford	3:53:46	31	Theresa Rousseau	43	Clifton Park	4:29:28
46	Jeff Loukmas	38	Clifton Park	3:54:12	32	Kelley Bauer	44	Albany	4:30:11
47	Travis Moore	37	Clifton Park	3:55:59	33	Noreen Powers	40	Ballston Spa	4:30:43
49	Bruce Amm	39	Clifton Park	3:56:23	35	Lisa Fuller-Tyler	40	Fort Edward	4:36:54
53	Alan Michaels	38	Wynantskill	4:08:29	36	Barbara Bennet	43	Clinton Corners	4:42:30
54	Dan Krehnbrink	39	Guiderland	4:09:51	37	Elisa Schneider	43	Troy	4:48:43
55	Kevin Shaughnessy	37	Waterford	4:16:13	38	Karen Brady	44	Castleton-on-Hudson	4:48:43
57	Matt Abbatiello	37	Averill Park	4:37:12	40	Tina Hayes-Ferrara	40	Niskayuna	4:57:45
58	Edward Yoon	39	Watervliet	4:56:29	42	Alissa Caton	41	Delmar	5:21:53
59	Yuri Lovv	39	Albany	5:12:39	<b>MALE AGE GROUP: 45 - 49</b>				
<b>FEMALE AGE GROUP: 35 - 39</b>					1	Paul Giuliano	46	Bloomfield, NJ	2:49:00
1	Gretchen Oliver	35	Guiderland	3:18:01	4	Russ Hoyer	49	Voorheesville	3:01:00
2	Christine McGlynn	35	Utica	3:19:27	7	Jon Gurney	46	Saratoga Springs	3:04:30
4	Tina Greene	36	Scotia	3:25:35	8	Stuart Palczak	45	Amsterdam	3:04:30
5	Margaret Bromirski	38	Albany	3:25:56	14	Will Moran	49	Niskayuna	3:12:50
8	Lorraine Kinnear	36	Delmar	3:34:31	16	Alan Rust	48	New Hartford	3:17:23
10	Larry Polsinelli	35	Niskayuna	3:41:01	18	Rob Paley	45	Schenectady	3:19:21
12	Candice Panichi	35	Albany	3:43:25	20	Stanley Hatch	47	Cadyville	3:20:07
15	Wendy Burke	39	Voorheesville	3:47:39	25	David Rettig	45	Niskayuna	3:22:28
18	Regina McGarvey	39	Castleton	3:52:53	28	Bill Kosina	49	Voorheesville	3:24:42
20	Christine Ensslin	36	Altamont	3:58:51	29	Richard Homenick	45	Schenectady	3:25:21
25	Erika Anderson	35	Saratoga Springs	4:17:24	30	Glenn Berninger	46	Ghent	3:25:58
27	Theresa Adams	39	Schenectady	4:19:04	32	Michael Hourigan	45	Rexford	3:27:26
28	Shelley Oliver	37	Niskayuna	4:23:06	37	Mike Veeder	48	Earlton	3:28:40
30	Rachel Smith	39	Pattersonville	4:34:14	38	Michael Lachapelle	47	Glenmont	3:29:18
32	Shana Marra	36	Castleton	4:38:36	47	Brian Williams	46	Colonie	3:40:16
33	Mary Vrana	36	Rensselaer	4:43:07	50	Thomas Quackenbush	45	Fort Plain	3:46:07
34	Erin Blakesley	35	Coxsackie	4:43:32	51	Craig Fenoff	45	Ballston Spa	3:46:12
35	Maurya Datka	36	Ballston Spa	4:49:40	52	Limin Guo	49	Cohoes	3:47:58
37	Natalie Kolb	37	Niverville	4:51:07	57	Timothy Feeney	48	Niskayuna	3:52:32
38	Angell Hicks	38	Schuyler Falls	5:12:30	58	Bart Trudeau	46	Latham	3:53:31
40	Jody Kendrick	37	Ravena	5:14:54	59	Christophe Duwe	45	Albany	3:53:41
41	Stacie Brunet	38	Malta	5:50:04	60	Brian Lifsec	48	East Chatham	3:53:50
<b>MALE AGE GROUP: 40 - 44</b>					62	Jacob Reider	46	Slingerlands	3:54:03
1	Jon Rocco	42	Colonie	2:53:55	63	Charles Kessler	46	Delmar	3:55:17
2	Paul Humphrey	42	Deerfield	3:00:58	66	Ken Evans	48	Delmar	3:56:56
4	Roy Headwell	42	Cambridge	3:03:43	67	Glenn Pizarro	47	Amsterdam	3:56:59
6	Lawrence Poitras	43	Johnstown	3:07:54	70	Timothy Minahan	45	Alplaus	3:59:31
8	Edward Hampston	41	Voorheesville	3:09:12	73	Gary Longhi	45	Coxsackie	4:04:36
15	John Slyer	44	Averill Park	3:19:08	74	Sunil Kumta	46	Schenectady	4:10:53
17	Michael Gibbons	41	Delmar	3:19:56	76	Benjamin Jacobson	48	Clifton Park	4:21:48
19	Stephen Rose	44	Elizaville	3:20:26	79	Dan Scatena	47	Slingerlands	4:29:18
22	Eric Delnicki	41	Ballston Spa	3:24:52	82	Gerald Wiley	46	Clifton Park	4:42:28
23	Alex Dilaurio	40	Clifton Park	3:25:28	83	Thomas McGlynn	48	Utica	4:50:48
26	Cuahtemoc Dominguez	42	Loudonville	3:29:51	84	John Van Alstyne	47	Albany	4:54:42
28	Norris Pearson	43	Troy	3:32:12	86	Henry Spliethoff	46	Valatie	5:00:41
31	Gregory Witalec	40	Clifton Park	3:33:50	87	Michael Lardizabal	46	Valatie	5:24:01
32	Christopher McDonald	41	Troy	3:34:49	<b>FEMALE AGE GROUP: 45 - 49</b>				
35	Scott Wright	40	Lake George	3:35:51	1	Gert Freas	49	N Wales, PA	3:24:08
38	David Fields	40	Loudonville	3:38:27	4	Kathleen Kemp	45	Niskayuna	3:42:53
40	William Drapeau	42	Niskayuna	3:44:22	13	Shirley Toth	45	Rome	3:58:24
41	Alex Greenberg	41	Clifton Park	3:46:33	15	Jenny Lee	49	Selkirk	3:59:24
42	Eric Kimmelman	44	Amsterdam	3:47:12	21	Deborah Petridis	45	Albany	4:14:53
44	Norman Cognetto	43	New Hartford	3:49:43	22	Tracy Dilaurio	46	Clifton Park	4:15:41
49	Thomas Vishnewski	44	Ballston Spa	3:58:11	24	Jacki Wright	49	Lake George	4:22:45
51	John McGuinness	41	Glenville	4:01:48	25	Kelley Vite	49	Clifton Park	4:24:44
54	Randy Gunn	42	Schenectady	4:05:41	26	Andrea Nevins	49	Saratoga Springs	4:25:41
55	Don Byerly	43	Schenectady	4:10:51	28	Diane Van Alstyne	45	Albany	4:42:24
58	Anders Tomson	42	Slingerlands	4:16:43	29	Mary Esposito	49	Albany	4:43:00
59	Drew Hopkins	40	Hudson	4:20:13	30	Tara Swinchatt	46	Canaan	4:46:13
61	Brian McDonnell	40	Niskayuna	4:23:24	33	Margaret Fraterrigo	45	Niskayuna	4:57:45
62	Jeff Mannion	40	Saratoga Springs	4:25:51	<b>MALE AGE GROUP: 50 - 54</b>				
66	Sean Crall	43	Clifton Park	4:32:03	1	William Venner	50	Granville	2:53:14
67	Paul Fahey	41	Loudonville	4:33:00	5	John Haley	54	Albany	3:10:49
68	Andrew Johnston	43	Valatie	4:35:58	6	William Ports	51	Schenectady	3:11:21
70	Victor Tse	40	Ballston Spa	4:46:42	8	Cole Hickland	54	Ballston Spa	3:14:25
71	Arthur Winter	43	Taberg	4:48:35	14	Bill Herkenham	51	Charlton	3:25:57
72	Michael Verdichizzi	41	Glenmont	4:54:37	18	Karl Griffith	51	Scotia	3:29:47
73	Michael Greene	43	Delanson	5:08:09	33	Alexander Bakharev	54	Niskayuna	3:38:39
<b>FEMALE AGE GROUP: 40 - 44</b>					36	Jim Girmindl	53	Niverville	3:45:33
1	Tamara Lovuolo	41	Marshfield, MA	3:16:37	37	Dan Owens	53	Ballston Spa	3:46:12
4	Kim Seabury	42	Old Chatham	3:35:16	39	Jim Russo	53	Schenectady	3:47:52
11	Connie Smith	41	Glenmont	3:50:47	41	K. Collins	50	Guiderland	3:49:42
17	Jennifer Casey	44	Ballston Lake	4:02:13	42	Frank Paone	52	Brunswick	3:51:22
18	Lisa Scaringe	41	Rexford	4:02:42	46	Dennis Sullivan	54	Troy	3:54:27
24	Rachel Butler	41	Lake Placid	4:16:24	47	James Allen	51	Waterford	3:57:11

### 27TH ANNUAL MOHAWK-HUDSON RIVER MARATHON *continued*

48	Keith Strack	51	Clifton Park	3:58:15	<b>FEMALE AGE GROUP: 55 - 59</b>				
51	Jamie Casline	50	Saratoga Springs	4:00:09	1	Becky Shattuck	57	Greenfield, MA	3:43:27
55	Nick Conrad	51	Cropseyville	4:05:50	2	Carrie McDermott	59	Albany	3:54:14
56	Robert Morgensen	52	Lake Placid	4:07:41	4	Myriam Santos	56	Clifton Park	4:27:24
61	James Graeff	51	Saratoga Springs	4:11:12	6	Kristine Thorne	59	Clifton Park	4:37:13
66	Joe Cook	50	Saratoga Springs	4:15:58	7	Pia Sanda	55	Slingerlands	4:37:30
67	Pete Delsignore	50	Glens Falls	4:17:14	10	Annie Solomon	56	Schodack Landing	4:51:00
72	Matt Rousseau	50	Clifton Park	4:42:24	14	Maggie Moehringer	59	Glenmont	5:16:32
73	Kenneth Williams	50	Saratoga Springs	4:45:08	<b>MALE AGE GROUP: 60 - 64</b>				
<b>FEMALE AGE GROUP: 50 - 54</b>					1	Bob Ellison	61	Slingerlands	3:31:17
1	Cheryl Albert	52	South Hadley, MA	3:23:42	2	James Thomas	63	Castleton	3:35:48
10	Christine Feeney	50	Niskayuna	3:59:39	5	Kenneth Lapenta	60	Niskayuna	3:46:04
12	Joanne Conley	50	Queensbury	4:04:41	7	William Tylutki	62	Remsen	3:48:18
23	Laura Milak	53	Middleburgh	4:45:03	12	Seamus Hodgkinson	60	Delmar	3:57:13
24	Cindy Lassonde	52	Schoharie	5:00:50	20	Donald Montgomery	60	Clifton Park	4:16:48
25	Linda Loury	52	Poestenkill	5:01:32	22	James Tansey	62	Valatie	4:27:17
25	Donna Charlebois	51	East Berne	5:04:36	25	Jesse Dinkin	62	Schenectady	4:42:45
27	Lois Green	50	East Greenbush	5:05:23	26	Terry Tamer	61	Albany	4:49:19
<b>MALE AGE GROUP: 55 - 59</b>					28	Ed Murphy	63	Queensbury	5:25:03
1	Larry Reyes	57	Rome	2:58:00	<b>FEMALE AGE GROUP: 60 - 64</b>				
2	Lee Pollock	57	Queensbury	3:03:40	1	Susan Wong	61	Glenmont	3:39:43
3	Kenneth Klapp	59	Schenectady	3:12:57	6	Bernadine Rousseau	61	Rome	5:43:05
4	Dennis Brenon	59	Rome	3:17:29	<b>MALE AGE GROUP: 65 - 69</b>				
6	Robert Somerville	56	Defreestville	3:18:24	1	Tom Adams	65	Schenectady	3:29:50
20	John Carboni	56	Schenectady	3:44:44	3	Percy Valdivia	66	Kingston	4:18:38
28	Chester Tumidajewicz	55	Amsterdam	4:07:18	4	Stephen Mitchell	68	Malta	4:30:07
34	Richard Phillips	55	Kinderhook	4:10:21	6	Ralph Santos	68	Clifton Park	4:46:21
36	William Milak	57	Middleburgh	4:11:44	<b>FEMALE AGE GROUP: 65 - 69</b>				
37	Brad Workman	55	Mechanicville	4:15:11	1	Celeste Fondaco	69	Chatham, NJ	4:25:01
39	Tim Fisher	57	Ballston Spa	4:18:25	<b>MALE AGE GROUP: 70 &amp; OVER</b>				
42	Michael Stevens	59	Rome	4:28:51	1	Kermit Cadrette	71	Rome	3:53:59
43	Leo Dipierro	59	Cherry Plain	4:32:40	4	Dick Green	75	East Chatham	4:52:04
45	Steve Johnston	58	Niskayuna	4:50:30	<i>Courtesy of Hudson-Mohawk Road Runners Club</i>				
47	Timothy Keegan	57	Scotia	4:56:42					
48	David Stevens	55	Croghan	4:59:12					

### 8TH ANNUAL MARINE CORPS HALF-MARATHON

October 11, 2009 • Colonie Town Park, Colonie to Corning Preserve, Albany

<b>13.1 MILES</b>									
<b>MALE OVERALL</b>					<b>FEMALE AGE GROUP: 20 - 24</b>				
1	Justin Allstadt	26	Albany	1:07:47	1	Justine Mosher	24	Queensbury	1:35:05
2	Andrew Bishop	28	Colonie	1:12:29	2	Heather Olson	24	Jersey City, NJ	1:44:29
3	Jim Sweeney	28	Albany	1:16:36	3	Jamie Waterhouse	23	Arlington, VA	1:47:45
4	Derrick Staley	50	Ballston Lake	1:19:37	4	Shylah Weber	21	East Greenbush	1:48:04
5	Steve Becker	42	Schenectady	1:20:08	5	Emily Mossow	22	Westborough, MA	1:50:43
<b>FEMALE OVERALL</b>					<b>MALE AGE GROUP: 25 - 29</b>				
1	Bethany Devilbiss	26	Etna	1:27:44	1	Jeremiah Tylutki	29	Utica	1:25:47
2	Christina Ardito	30	Schenectady	1:28:05	2	Louis Dinuzzo	27	Albany	1:26:21
3	Nancy Briskie	52	Schenectady	1:29:44	3	Peter Johnson	25	Ballston Spa	1:27:52
4	Katie Jones	27	Watervliet	1:32:55	4	Ariel Ravid	25	Binghamton	1:33:31
5	Sarah Waterman	26	Montpelier, VT	1:33:21	5	Mark Frontera	29	Ballston Lake	1:34:00
<b>RACE WALK - MALE OVERALL</b>					<b>FEMALE AGE GROUP: 25 - 29</b>				
1	Don Lawrence	50	Troy	2:10:23	1	Colleen Hayden	27	Troy	1:35:33
2	Richard Tuers	55	Watervliet	2:43:41	2	Alison Camarota	26	Latham	1:37:51
3	David Booth	65	Chatham	2:59:13	3	Lauren Smith	25	Colonie	1:39:51
<b>RACE WALK - FEMALE OVERALL</b>					<b>MALE AGE GROUP: 30 - 34</b>				
1	Suzanne Gagnon	55	Montreal, QC	2:36:37	1	Ryan Kircher	31	Albany	1:22:43
2	Cindy Applebaum	54	Loudonville	2:38:32	2	Andrew Kinley	31	Albany	1:24:35
3	Monica Trabold	43	Colonie	2:48:13	3	Jeff Andrews	32	Delmar	1:25:04
<b>MALE AGE GROUP: 19 &amp; UNDER</b>					<b>FEMALE AGE GROUP: 30 - 34</b>				
1	Paul Cox	16	Troy	1:33:39	1	Colleen Ottalagano	32	Slingerlands	1:34:13
2	Daniel Clark	19	Ho-Ho-Kus, NJ	1:44:39	2	Mariko O'Neill	30	New York	1:36:31
3	Jason Wang	17	Westbury	1:51:22	3	Elizabeth Oliner	31	New York	1:36:47
4	Lucas Warren	18	Demarest, NJ	2:02:25	4	Tina Cukrovany	32	Rensselaer	1:36:59
<b>FEMALE AGE GROUP: 19 &amp; UNDER</b>					<b>MALE AGE GROUP: 35 - 39</b>				
1	Jessica Crall	17	Clifton Park	2:05:03	1	Matthew Howard	37	Delmar	1:24:07
2	Kara								



# Race Results

## 8TH ANNUAL MARINE CORPS HALF-MARATHON *continued*

<b>FEMALE AGE GROUP: 35 - 39</b>			4 Jane Mastartis 51 Saratoga Springs 1:42:59		
1	Lori Weaver	36 Loudonville 1:37:11	5	Susan Burns	54 Rensselaer 1:48:43
2	Shanley Alber	37 Clifton Park 1:40:41	<b>MALE AGE GROUP: 55 - 59</b>		
3	Margarita Lemmerman	37 Albany 1:41:10	1	Carl Matuszek	57 Chatman 1:26:53
4	Jette Haswell	38 Ottawa, ON 1:42:05	2	John Russell	55 Ballston Lake 1:39:20
5	Ashli Minor	38 Housatonic, MA 1:43:24	3	David Pickel	55 Amsterdam 1:44:10
<b>MALE AGE GROUP: 40 - 44</b>			4	James Waterhouse	55 Valatie 1:44:32
1	Brian Debraccio	43 Scotia 1:22:52	5	Nelson Furlano	56 Canaan 1:47:25
2	Matt Lindemann	40 East Greenbush 1:29:35	<b>FEMALE AGE GROUP: 55 - 59</b>		
3	Matthew Nowakowski	43 Montreal, QC 1:30:22	1	Martha DeGrazia	58 Slingerlands 1:37:56
4	Anthony Stefanelli	43 Loudonville 1:30:55	2	Judy Phelps	58 Malta 1:42:01
5	Mark Fish	44 Slingerlands 1:30:59	3	Erika Oesterle	58 Stamford 1:44:15
<b>FEMALE AGE GROUP: 40 - 44</b>			4	Cynthia Finnegan	56 Niskayuna 1:54:56
1	Cheryl Debraccio	44 Scotia 1:36:56	5	Cynthia Southard	56 Latham 1:57:15
2	Jennifer Hinshaw	41 New York 1:38:56	<b>MALE AGE GROUP: 60 - 64</b>		
3	Marie Sandoval	41 Essex Junction, VT 1:41:09	1	Ernie Paquin	63 Gansevoort 1:37:18
4	Kelly French	40 Highland Falls 1:44:23	2	John Stockwell	62 Watervliet 1:39:22
5	Teresa Warner Maiuri	44 Ghent 1:45:31	3	George Jackson	60 Schenectady 1:39:53
<b>MALE AGE GROUP: 45 - 49</b>			4	Frederick Eames	61 Delmar 1:46:13
1	Christian Lietzau	46 Delmar 1:21:56	5	Edward Solomon	60 Delmar 1:48:47
2	Tom Kracker	45 Delmar 1:23:21	<b>FEMALE AGE GROUP: 60 - 64</b>		
3	Stuart Barlow	45 Bennington, VT 1:25:07	1	Karen Spinuzzi	61 Kingston 1:57:36
4	Joseph Sullivan III	47 Green Island 1:33:38	2	Judy Lynch	60 Castleton 1:58:02
5	Michael Murphy	47 Asheville, NC 1:35:38	3	Rosanne Rushton	62 Rome 2:24:32
<b>FEMALE AGE GROUP: 45 - 49</b>			4	Cathy Biss	62 Queensbury 2:36:46
1	Kathleen McElwain	49 Ballston Spa 1:36:41	5	Cait Clark	64 Syracuse 2:42:42
2	Christine Varley	45 Albany 1:37:57	<b>MALE AGE GROUP: 65 - 69</b>		
3	Lauren Herbs	47 Rexford 1:41:58	1	Jerry Lussier	67 Kingston 1:50:04
4	Susan Chiowitti	48 Thomaston, CT 1:42:39	2	Walter Standhart	65 Rochester 1:51:22
5	Karen Tyler	46 Burnt Hills 1:43:10	3	James Nicholas	65 Rotterdam 1:58:22
<b>MALE AGE GROUP: 50 - 54</b>			4	Rod Bailey	67 Rochester 1:59:31
1	Jim Maney	51 Slingerlands 1:22:16	5	Jim Moore	69 Niskayuna 2:01:00
2	Rick Munson	52 Prattsville 1:25:35	<b>FEMALE AGE GROUP: 65 - 69</b>		
3	Alar Elken	51 Loudonville 1:31:38	1	Sakiko Claus	67 Schroon Lake 2:18:27
4	Gary Burak	51 New Hartford 1:34:54	2	Marva Nadeau	67 Cohoes 2:39:40
5	Brian Connors	51 Niskayuna 1:35:26	<b>MALE AGE GROUP: 70 &amp; OVER</b>		
<b>FEMALE AGE GROUP: 50 - 54</b>			1	Joe Corrigan	78 Clifton Park 2:36:41
1	Joyce Goodrich	51 Glenville 1:37:29	<b>FEMALE AGE GROUP: 70 &amp; OVER</b>		
2	Maureen Fitzgerald	51 Clifton Park 1:38:43	1	Regina Tumidajewicz	82 Amsterdam 3:27:11
3	Susan Pierce	51 Ogdensburg 1:42:47	<i>Courtesy of Hudson-Mohawk Road Runners Club</i>		

## GORE LEAF CRUNCHER 5K TRAIL RUN October 11, 2009 • Gore Mountain, North Creek

<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 30 - 39</b>		
1	Peter Wilke	15 Pittsfield, MA 26:52	1	Sarah Null	34 Truckee, CA 37:21
2	Curtis Gray	40 Queensbury 27:41	2	Kelly Marshall	34 Mechanicville 38:27
3	Tim Bardin	47 Queensbury 27:43	3	Erin Frasier	38 Glens Falls 46:00
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 49</b>		
1	Tracey Delaney	45 Lake Luzerne 30:09	1	Daniel Bernstein	48 Brant Lake 28:32
2	Jen Taft	23 Queensbury 30:37	2	John Ingalls	49 Clinton 28:44
3	Kristen Ermides	22 Guilderland 34:12	3	Eric Frost	42 Beacon 29:32
<b>MALE AGE GROUP: 15 &amp; UNDER</b>			<b>FEMALE AGE GROUP: 40 - 49</b>		
1	John Kennedy	11 Newburgh 33:43	1	Lynn Pratt	41 Bolton Landing 34:31
2	Tanner Flint	13 Corinth 35:09	2	Patricia Warth	Syracuse 35:11
3	Mickey Knight	12 Voorheesville 37:44	3	Kim Henshaw	46 Hilton 38:50
<b>MALE AGE GROUP: 20 - 29</b>			<b>MALE AGE GROUP: 50 - 59</b>		
1	Mike Schaefer	25 Niskayuna 34:09	1	Peter Carpenter	52 Queensbury 30:52
<b>FEMALE AGE GROUP: 20 - 29</b>			2	Jeffrey Lutzker	58 Saratoga Springs 33:56
1	Kristin Daly	26 Minerva 46:05	3	Bill Quinlisk	58 Syracuse 35:10
2	Maggie McCarthy	24 Hudson Falls 50:11	<b>FEMALE AGE GROUP: 50 - 59</b>		
3	Lori Montgomery	24 South Glens Falls 50:49	1	Laney Lutzker	59 Saratoga Springs 39:07
<b>MALE AGE GROUP: 30 - 39</b>			2	Berta Lowenstein	56 Argyle 42:08
1	Chris Harbison	32 Guilderland 28:14	3	Patricia Shell	53 Queensbury 44:29
2	Chris Murphy	39 New York 30:44	<b>MALE AGE GROUP: 60 &amp; OVER</b>		
3	Ron Young	37 Guilderland 45:52	1	Jeffrey Allen	64 Saratoga Springs 40:19

*Courtesy of Gore Mountain*

## 15TH ANNUAL BH-BL ROTARY APPLE RUN 5K October 17, 2009 • O'Rourke Middle School, Burnt Hills

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 44</b>		
1	Greg Stevens	25 Scotia 17:50	1	David Martin	42 Loudonville 21:31
2	Patrick Culligan	49 Round Lake 18:45	2	Harry Brand	44 Middle Grove 25:35
3	Jim Amell	50 Scotia 19:17	3	Mark Macintosh	41 Scotia 26:55
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 44</b>		
1	Joyce Goodrich	51 Glenville 21:15	1	Rachel Fridholm	44 Burnt Hills 27:43
2	Kelly Virkler	25 Albany 21:33	2	Barb Bocyck	40 Glenville 27:54
3	Rebecca Bednarek	32 Amsterdam 21:50	3	Christine Kausch	44 Charlton 30:25
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1	Tyler Doherty	9 Glenville 22:39	1	Patrick Hackenberg	45 Ballston Lake 21:16
2	Bradley Albright	9 Burnt Hills 23:53	2	William Danaher	49 Clifton Park 21:24
3	Ben Long	13 Amsterdam 29:49	3	Bill Wilkerson	48 Niskayuna 21:27
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			<b>FEMALE AGE GROUP: 45 - 49</b>		
1	Katherine Quinn	13 Niskayuna 24:17	1	Diana Foti	46 Scotia 25:13
2	Kristen Bikowicz	10 Charlton 26:40	2	Marcia Cooper	49 Burnt Hills 25:34
3	Katarina Lichak	11 Nassau 27:44	3	Wendy Loukes	49 Charlton 26:12
<b>MALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 50 - 54</b>		
1	Christopher Frewin	17 Scotia 19:58	1	Bill Herkenham	51 Charlton 19:32
<b>FEMALE AGE GROUP: 15 - 19</b>			2	Steven Flint	53 Scotia 23:19
1	Sarah Long	19 Amsterdam 30:23	3	Raymond Baker	54 Ballston 23:56
<b>MALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 50 - 54</b>		
1	Skyler Galish	22 Rock City Falls 26:47	1	Elizabeth Meehan	50 Ballston Spa 26:41
<b>FEMALE AGE GROUP: 20 - 24</b>			2	Cathy Sheridan	50 Clifton Park 28:12
1	Cassandra Lyons	22 Burnt Hills 31:29	3	Susan Dufour	53 Schenectady 28:53
2	Emily Russell	23 Scotia 33:17	<b>MALE AGE GROUP: 55 - 59</b>		
<b>MALE AGE GROUP: 25 - 29</b>			1	Paul Forbes	59 Colonie 20:12
1	Christopher Holley	28 Burnt Hills 21:09	2	David Rowell	57 Scotia 21:56
2	Micha Turner	27 Amsterdam 22:11	3	Jim Murphy	55 Burnt Hills 23:03
3	Nicholas Parrotte	27 Mechanicville 22:12	<b>FEMALE AGE GROUP: 55 - 59</b>		
<b>FEMALE AGE GROUP: 25 - 29</b>			1	Martha DeGrazia	58 Slingerlands 22:21
1	Erin Reep	28 Delmar 24:22	2	Judy Nault	57 Glenville 25:51
2	Courtney Slade	26 Slingerlands 25:11	3	Gail Anderson	58 Ballston Lake 28:47
3	Kathryn Holley	26 Burnt Hills 26:07	<b>MALE AGE GROUP: 60 - 64</b>		
<b>MALE AGE GROUP: 30 - 34</b>			1	Richard Bazar	61 Waterford 26:58
1	Douglas Durrant	31 Albany 20:04	2	Larry Family	60 Ballston Spa 27:19
2	Peter Bednarek	31 Amsterdam 22:29	3	Dan Bauman	60 Scotia 29:37
3	Steven Hicks	34 Scotia 22:30	<b>FEMALE AGE GROUP: 60 - 64</b>		
<b>FEMALE AGE GROUP: 30 - 34</b>			1	Nancy Johnston	63 Ballston Lake 33:53
1	Suzanne Johnson	32 Glenville 24:57	2	Patricia Aldi	62 Schenectady 53:47
2	Allison Reinhardt	33 Glenville 25:42	<b>MALE AGE GROUP: 65 - 69</b>		
3	Melissa Capo	34 West Charlton 25:44	1	Douglas Fox	65 Loudonville 23:08
<b>MALE AGE GROUP: 35 - 39</b>			2	Thomas Miller	65 Altamont 23:44
1	Frank Zarzedez	37 Ballston Lake 19:40	3	Frank Klose	66 Castleton 24:01
2	David Shumpert	38 Clifton Park 20:30	<b>FEMALE AGE GROUP: 65 - 69</b>		
3	Brian Dillenbeck	39 Alplaus 23:11	1	Penny Cushman	65 Albany 33:20
<b>FEMALE AGE GROUP: 35 - 39</b>			2	Catherine Caine	66 Charlton 41:22
1	Faye Reynolds	36 Greenfield Center 22:46	<b>MALE AGE GROUP: 70 &amp; OVER</b>		
2	Stephanie Salvato	36 Scotia 25:52	1	Joel Landis	70 Ballston Spa 22:39
3	Allison Kane	36 Clifton Park 25:54	2	Richard Eckhardt	75 Albany 33:13
			3	Ken Orner	79 Albany 35:40

*Courtesy of Burnt Hills-Ballston Lake Rotary*

## 9TH ANNUAL SARATOGA NATIONAL CROSS-COUNTRY CLASSIC 5K October 18, 2009 • Saratoga Spa State Park, Saratoga Springs

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 15 - 19</b>		
1	Chuck Terry	27 Albany 15:31	1	Paul Cox	16 Troy 18:28
2	Jonathan Wetzal	22 Niskayuna 15:51	2	Michael Berna	16 East Greenbush 18:47
3	Bryce Wilk	24 Burnt Hills 16:10	3	Andrew Gilchrist Jr	17 Cropseyville 18:57
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 15 - 19</b>		
1	Sara Fecteau	33 Plattsburgh 19:07	1	Kelly Deaprix	19 Scotia 24:24
2	Chelsea Maguire	23 Ballston Lake 19:33	2	Lana Daniels	16 Saratoga Springs 48:28
3	Beth Stalker	50 Burnt Hills 19:39	<b>MALE AGE GROUP: 20 - 24</b>		
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			1	Shaun Donegan	23 Wilton 16:16
1	Ross Wightman	14 Chatham 18:37	2	Dusty Kime	23 Albany 16:22
2	Liam Rice	12 Ballston Spa 19:35	3	Ian Mullikin	22 Albany 16:36
3	Griffen MacWatters	12 Ballston Spa 21:09	<b>FEMALE AGE GROUP: 20 - 24</b>		
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			1	Lane Dickson	22 Clifton Park 21:52
1	Julia Kracker	13 Delmar 21:47	2	Sarah Hamm	20 Putney, VT 23:37
2	Charlotte Hatch	9 Kinderhook 44:41	3	Katie Roberts	21 Gansevoort 26:16

*continued*

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**9TH ANNUAL SARATOGA NATIONAL CROSS-COUNTRY CLASSIC 5K** *continued*

<b>MALE AGE GROUP: 25 - 29</b>				<b>MALE AGE GROUP: 50 - 54</b>			
1 David Kvam	27	Mechanicville	16:59	1 Thomas Dalton	51	Schenectady	17:43
2 Graig Carbino	25	Ballston Spa	21:42	2 Rick Munson	52	Prattsville	18:22
3 Ben Towne	29	Saratoga Springs	22:32	3 LD Davidson	53	Amsterdam	18:30
<b>FEMALE AGE GROUP: 25 - 29</b>				<b>FEMALE AGE GROUP: 50 - 54</b>			
1 Kim Zimbal	28	Saratoga Springs	24:11	1 Andra Peterson	50	Saratoga Springs	23:49
2 Nichole Demarco	27	Clifton Park	24:38	2 Victoria Daley	51	Schenectady	24:44
3 Jessica Bonfey	27	Johnstown	25:59	3 Debi Batcher	50	East Berne	24:56
<b>MALE AGE GROUP: 30 - 34</b>				<b>MALE AGE GROUP: 55 - 59</b>			
1 Chris Mulford	32	Schenectady	17:16	1 Rob Picotte	56	Malta	19:09
2 Brenan Tarrier	31	Albany	19:52	2 Arthur Noland	56	Staten Island	20:32
3 Casey Holzworth	30	Saratoga Springs	20:05	3 Thomas Bick	58	Frankfort	21:32
<b>FEMALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 55 - 59</b>			
1 Shelly Binsfeld	30	Schenectady	20:18	1 Judy Phelps	58	Malta	22:34
2 Kelly Holzworth	30	Saratoga Springs	21:44	2 Gail Hein	57	Altamont	28:23
3 Sandy Tatanyw	30	Saratoga Springs	23:06	3 Pat Phillips	57	Castleton	33:42
<b>MALE AGE GROUP: 35 - 39</b>				<b>MALE AGE GROUP: 60 - 64</b>			
1 Richard Cohen	38	Utica	17:33	1 Patrick Glover	63	Clifton Park	19:34
2 Gregor Fowler	39	Fort Ann	18:34	2 Ernie Paquin	63	Gansevoort	21:52
3 Mathew Nark	36	Mechanicville	18:51	3 Charles McGuire	60	Upper Jay	24:27
<b>FEMALE AGE GROUP: 35 - 39</b>				<b>FEMALE AGE GROUP: 60 - 64</b>			
1 Kara Harris	35	Saratoga Springs	25:12	1 Laura Clark	62	Saratoga Spring	27:53
2 Sarah Johnson	36	Glenville	25:35	2 Linda Plante	61	Middle Grove	33:08
3 Jennifer Nassivera	36	Averill Park	26:15	<b>MALE AGE GROUP: 65 - 69</b>			
<b>MALE AGE GROUP: 40 - 44</b>				1 Tony Cupaiuolo	65	Manchester Ctr., VT	24:39
1 Mike Wynn	42	Queensbury	16:59	2 Jim Hotaling	69	Niverville	25:27
2 Richard Cummings	42	Schenectady	17:43	3 Joe Geiger	68	Saratoga Springs	26:12
3 Walter Boldish	40	Ballston Lake	18:24	<b>FEMALE AGE GROUP: 65 - 69</b>			
<b>FEMALE AGE GROUP: 40 - 44</b>				1 Marge Rajczewski	69	Ballston Lake	26:27
1 Tamara Healy	41	Johnstown	27:19	2 Penny Cushman	65	Albany	33:48
2 Susan Curley	40	Ballston Spa	28:13	3 Patricia Field	65	Queensbury	54:23
3 Kim Eisler	43	Ballston Spa	28:59	<b>MALE AGE GROUP: 70 &amp; OVER</b>			
<b>MALE AGE GROUP: 45 - 49</b>				1 Christopher Rush	73	Schenectady	25:25
1 Tom Kracker	45	Delmar	17:40	2 Walter McConnell	78	Bolton Landing	30:32
2 Ahmed Elasser	46	Latham	17:53	<b>FEMALE AGE GROUP: 70 &amp; OVER</b>			
3 Hugh Davis	49	Saratoga Springs	19:19	1 Becky Kotler	70	Manchester Ctr., VT	30:29
<b>FEMALE AGE GROUP: 45 - 49</b>				2 Regina Tumidajewicz	82	Amsterdam	46:31
1 Starlett Cook	45	Queensbury	20:28	<i>Courtesy of Saratoga National Bank &amp; Trust Company</i>			
2 Nancy Nicholson	47	Queensbury	20:33				
3 Tracey Delaney	45	Lake Luzerne	22:12				

**7TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON**

October 18, 2009 • Krause's Grove, Clifton Park

<b>2.2-MILE RUN, 16-MILE BIKE, 2.2-MILE RUN</b>				7 Matthew McMorris	Saratoga Springs	1:32:17	
<b>MALE AGE GROUP: 20 - 29</b>				8 Matt Nafus	Glenville	1:35:00	
1 Rachel Clattenburg	Albany	1:22:20	9 Scott Steinhardt	Schenectady	1:36:50		
2 Kim Milton	Clifton Park	1:33:41	10 Bernie Weis	Albany	1:38:24		
3 Lauren Surber	Ballston Spa	1:35:39	<b>FEMALE AGE GROUP: 40 - 49</b>				
<b>MALE AGE GROUP: 30 - 39</b>				1 Tracy Perry	Clifton Park	1:32:04	
1 Nick Pasco	Glens Falls	1:16:07	2 Sheryl Ose	Albany	1:39:17		
2 Eric Vanskiver	Albany	1:37:34	3 Christine Gradoia	Ballston Lake	1:44:49		
3 Lyman Tinc	Saratoga Springs	1:42:47	4 Ann More	Williamsville	1:50:52		
4 Zach Testo	Menands	1:46:49	5 Lori Kimble	Fort Edward	1:55:20		
<b>FEMALE AGE GROUP: 30 - 39</b>				<b>MALE AGE GROUP: 40 - 49</b>			
1 Tami Olheiser	Niskayuna	1:30:18	1 Steve Becker	Schenectady	1:11:12		
2 Sally Drake	Albany	1:35:08	2 Bob Marro	Burnt Hills	1:20:18		
3 Jill Koziol	Buskirk	1:36:34	3 Alan Blond	East Greenbush	1:21:46		
4 Susan Bright	Guilderland	1:37:18	4 James Schuhl	Charlton	1:25:01		
5 Karyn Fragomeni	Gansevoort	1:42:09	5 Kevin Whitehead	Clifton Park	1:27:22		
6 Kelli Schuhl	Charlton	1:44:34	6 Jeff Mannion	Saratoga Springs	1:27:35		
7 Sharon Bryan	Saratoga Springs	1:44:51	7 Chris Boldiston	Albany	1:35:20		
8 Rhoda Nihill	Castleton	1:46:04	8 Tom Mack	Wynantskill	1:38:24		
9 Kimberly Noyes	Albany	1:49:11	9 Gerry Murphy	Schenectady	1:40:57		
10 Michele Hogan	Hudson Falls	2:08:24	10 John Perry	Johnstown	1:41:14		
<b>MALE AGE GROUP: 30 - 39</b>				<b>FEMALE AGE GROUP: 50 - 59</b>			
1 David Travis	East Greenbush	1:23:53	1 Judith LeComb	Albany	1:50:54		
2 John Splendido	Niskayuna	1:26:42	2 Laurie Hughes	Adirondack	1:53:55		
3 Matt Beekman	Gansevoort	1:27:27	3 Virginia Touhey	Clifton Park	2:14:37		
4 Paul Szfran	Ghent	1:27:44	<b>MALE AGE GROUP: 50 - 59</b>				
5 John Benetsky	Niverville	1:27:44	1 John Noonan	Ballston Spa	1:10:32		
6 Christian Gee	Clifton Park	1:31:32	2 Tim Huneck	Rexford	1:21:07		
3 Jeff Clark	Glenmont	1:23:30	4 Vincent Kirby	Mechanicville	1:32:42		
5 Raymond Lewis	Ballston Lake	1:38:51	6 Ron West	Clifton Park	1:44:01		
7 Glen Schaeff	Glens Falls	1:44:55	8 Robert Kordripel	Niskayuna	1:46:35		
9 Paul Glotzbecker	Gansevoort	2:00:34	10 James Podschelne	Albany	2:14:38		
<b>MALE AGE GROUP: 60 - 69</b>				<b>MALE TEAMS</b>			
1 Charles Brockett	Dolgeville	1:28:37	1 Peter Schmitz-Morfe/Richard Shade	Albany	1:11:50		
2 Jim Cunningham	Ticonderoga	1:33:35	2 Daniel Cherubin/David Cherubin	Albany	1:20:38		
<b>MALE TEAMS</b>				3 Scott Handy/Matthew Hay	Cobleskill/Sprakers	1:23:27	
1 Jess Dever/Mark Spaulding	Albany/Worcester	1:26:58	<b>MIXED TEAMS</b>				
2 Jan Gonyea/George Moxham	Ft. Edward/L. Luzerne	1:27:45	1 Lisa Luyckx	47	Albany	23:08	
3 Elizabeth Pratico/Paul Pratico	Niskayuna	1:48:13	2 Lydia King	47	South Glens Falls	26:21	
<i>Courtesy of Mohawk Towpath Scenic Byway &amp; Town of Clifton Park</i>				3 Patty Hrebenach	46	Saratoga Springs	27:38

**9TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K**  
October 24, 2009 • Saratoga Spa State Park, Saratoga Springs

<b>MALE OVERALL</b>				<b>MALE AGE GROUP: 55 - 59</b>			
1 Justin Bishop	28	Colonie	16:19	1 Chester Tumidajewicz	55	Amsterdam	23:41
2 Shawn Donnegan	23	Wilton	17:08	2 Larry McDonough	58	Greenwich	25:23
3 Chris Mancuso	28	Scotia	17:30	3 Bob Provost	57	Essex Junction, VT	29:51
<b>FEMALE OVERALL</b>				<b>FEMALE AGE GROUP: 55 - 59</b>			
1 Shelly Binsfeld	30	Schenectady	20:01	1 Jane Provost	56	Essex Junction, VT	29:42
2 Azalea Warick	22		20:08	2 Patricia Gillespie	56	Castleton	32:30
3 Nancy Nicholson	47	Queensbury	20:28	3 Judy Hays	56	Porter Corners	33:54
<b>MALE AGE GROUP: 14 &amp; UNDER</b>				<b>MALE AGE GROUP: 60 - 64</b>			
1 Joseph Becker	14	Voorheesville	20:29	1 Terry Smith	62	Galway	29:10
2 Joel Wincowski	12	Granville	22:52	2 Michael Morgan	62	Delmar	30:31
3 Terrence Maydick	14	Saratoga Springs	23:26	3 William Sullivan	61	Saratoga Springs	34:19
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>				<b>FEMALE AGE GROUP: 60 - 64</b>			
1 Erin Maloney	12	Mechanicville	26:28	1 Lynn Mulholland	61	Plattsburgh	33:54
2 Libby D'Antonio	13	Ballston Spa	27:27	2 Jennifer Behrens	63	Ballston Spa	34:21
3 Caroline Starace	9	Greenfield Center	27:38	3 Cathy Biss	62	Queensbury	35:02
<b>MALE AGE GROUP: 15 - 19</b>				<b>MALE AGE GROUP: 65 - 69</b>			
1 Andrew Kiley	15	Saratoga Springs	20:26	1 Jim Cunningham Sr.	65	Ticonderoga	24:51
2 Alex Watkins	15	Saratoga Springs	21:09	2 Stuart Field	67	Queensbury	33:37
3 Cameron Miller	15	East Greenbush	24:03	<b>FEMALE AGE GROUP: 65 - 69</b>			
<b>FEMALE AGE GROUP: 15 - 19</b>				1 Penny Cushman	65	Albany	34:56
1 Molly Constantine	15	Ballston Spa	26:54	2 Patricia Field	65	Queensbury	58:24
2 Kara Tedford	19	Troy	27:01	<b>MALE AGE GROUP: 70 &amp; OVER</b>			
3 Emily Ward	15	Plainfield, NJ	27:58	1 Richard Eckhardt	75	Albany	34:43
<b>MALE AGE GROUP: 20 - 24</b>				<b>FEMALE AGE GROUP: 70 &amp; OVER</b>			
1 Brooks Chamberlin	22	Darien, CT	23:01	1 Regina Tumidajewicz	82	Amsterdam	45:32
2 Gavin Palmer	20	Latham	41:24	<b>10K RUN</b>			
<b>FEMALE AGE GROUP: 20 - 24</b>				<b>MALE OVERALL</b>			
1 Erica Coolbaugh	22	Saratoga Springs	22:43	1 Chris Yarsevich	31	Saratoga Springs	38:39
2 Caitlyn Phillips	23	Gloversville	26:06	2 Adam Orr	31	Queensbury	40:22
3 Stephanie Meglino	22	Glens Falls	26:27	3 William Henke	35	Hudson Falls	41:26
<b>MALE AGE GROUP: 25 - 29</b>				<b>FEMALE OVERALL</b>			
1 Jeff Nastke	28	Saratoga Springs	18:00	1 Heather Cirka	21	Troy	42:46
2 Mark Nirsberger	27	Clifton Park	20:55	2 Chesa Maguire	23	Ballston Lake	43:40
3 Robert Allison	27	Albany	23:21	3 Michelle Rosowsky	42	Niskayuna	43:50
<b>FEMALE AGE GROUP: 25 - 29</b>				<b>MALE AGE GROUP: 19 &amp; UNDER</b>			
1 Katie Hoek	29	New York	22:56	1 Matthew McGowan	16	Lake George	51:00
2 Crystal Cammarano	28	Clifton Park	23:19	<b>FEMALE AGE GROUP: 19 &amp; UNDER</b>			
3 Ashley Brown	28	Rensselaer	23:29	1 Kelly Deaprix	19	Scotia	51:55
<b>MALE AGE GROUP: 30 - 34</b>				<b>MALE AGE GROUP: 20 - 29</b>			
1 Colin Klepetar	30	Saratoga Springs	18:03	1 John Holt	27	Albany	43:56
2 David Storey	31	Saratoga Springs	24:23	2 Lance Jordan	24	Greenwich	46:07
3 Charlie Pound	31	Queensbury	24:47	3 Ryan Hotaling	24	Saratoga Springs	50:58
<b>FEMALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 20 - 29</b>			
1 Holli Mulholland	32	Saratoga Springs	24:24	1 Heidi Nark	29	Mechanicville	47:45
2 Sara Bush	30	Saratoga Springs	24:39	2 Holly Kingsstrom	25	Troy	51:44
3 Courtney Labarge	30	Cobleskill	24:43	3 Leah Serbalk	26	Saratoga Springs	53:29
<b>MALE AGE GROUP: 35 - 39</b>				<b>MALE AGE GROUP: 30 - 39</b>			
1 Kenneth Sluti	36	Fonda	19:02	1 Gabe Anderson	32	Saratoga Springs	42:15
2 Patrick Lynskey	37	Albany	19:19	2 Jason Peters	35	Schenectady	43:28
3 Scott Sgambato	38	Broadalbin	20:57	3 Brent Pollak	30	Johnstown	43:42
<b>FEMALE AGE GROUP: 35 - 39</b>				<b>FEMALE AGE GROUP: 30 - 39</b>			
1 Emily Cooper	36	Gansevoort	23:02	1 Julie Radzysinski	38	Delmar	45:11
2 Kristen Burke	38	Niskayuna	24:09	2 Erin McMahon	31	Malta	46:13
3 Aimee Lapann	39	Albany	24:34	3 Bonnie Wilson	38	Ballston Spa	47:20
<b>MALE AGE GROUP: 40 - 44</b>				<b>MALE AGE GROUP: 40 - 49</b>			
1 Anthony Pharo	42	Albany	21:13	1 Carl Regenauer	44	Saratoga Springs	42:04
2 Jim McMorris	40	Ballston Lake	21:57	2 John Strahley	43	Cheshire, CT	44:19
3 Thomas Marcellus	44	Ballston Spa	22:31	3 Alex Greenberg	41	Clifton Park	44:54
<b>FEMALE AGE GROUP: 40 - 44</b>				<b>FEMALE AGE GROUP: 40 - 49</b>			
1 Lynn Fredericks	43	Amsterdam	24:33	1 Mary Fenton	44	Ballston Spa	45:32
2 Chris Malone	42	Albany	24:58	2 Patricia Monahan	48	Warrensburg	51:37
3 Kim Saville	43	Saratoga Springs	25:35	3 Karen Hackenberg	44	Ballston Lake	51:38
<b>MALE AGE GROUP: 45 - 49</b>				<b>MALE AGE GROUP: 50 - 59</b>			
1 Rich Straight	47	Ballston Spa	24:41	1 Dennis Fillmore	57	Ballston Spa	45:16
2 Tony Lupo	46	Ballston Spa	25:11	2 Frank Berdick	57	Ballston Lake	46:11
3 Jim Sewell	46	Middle Grove	25:24	3 Rich Tanchyk	57	Saratoga Springs	47:51
<b>FEMALE AGE GROUP: 45 - 49</b>				<b>FEMALE AGE GROUP: 50 - 59</b>			
1 Lisa Luyckx	47	Albany	23:08	1 Judy Phelps	58	Malta	46:25
2 Lydia King	47	South Glens Falls	26:21	2 Margaret McKeown	51	Schuylerville	51:19
3 Patty Hrebenach	46	Saratoga Springs	27:38	3 Maryanne McNamara	56	Saratoga Springs	52:33
<b>MALE AGE GROUP: 50 - 54</b>				<b>MALE AGE GROUP: 60 - 69</b>			
1 John Parisella	51	Schenectady	19:21	1 Paul Turner	60	Delmar	44:29
2 Rick Lesnik	50	Saratoga	19:47	2 Jim Fiore	62	Latham	49:24
3 Christopher Murphy	52	Scotia	20:00	3 Mark Fleszar	60	Troy	53:46
<b>FEMALE AGE GROUP: 50 - 54</b>				<b>FEMALE AGE GROUP: 60 - 69</b>			
1 Karen Provencher	54	Glens Falls	20:31	1 Linda Plante	61	Middle Grove	1:15:51
2 Bonnie Ward	53	Plainfield, NJ	27:12	<b>MALE AGE GROUP: 70 &amp; OVER</b>			
3 Susan Kiley	51	Saratoga Springs	28:38	1 John Pelton	70	West Rupert, VT	46:43
				2 Bob Husted	72	Rexford	54:11
<i>Courtesy of Saratoga Bridges</i>							

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# Race Results

## 9TH ANNUAL VOOHEESVILLE FALL CLASSIC 5K ROAD RACE October 24, 2009 • Voorheesville Elementary School, Voorheesville

<b>MALE OVERALL</b>				<b>FEMALE AGE GROUP: 40 - 49</b>			
1 Ben Greenberg	40	Voorheesville	16:50	1 Lisa VanWie	42	Voorheesville	26:11
<b>FEMALE OVERALL</b>				<b>FEMALE AGE GROUP: 50 - 59</b>			
1 Colleen Brackett	48	Voorheesville	20:50	2 Jeannie McDonnell	43	Altamont	26:30
<b>MALE AGE GROUP: 12 &amp; UNDER</b>				<b>MALE AGE GROUP: 60 - 69</b>			
1 Andrew Maloney	12	Voorheesville	25:10	1 Jim Hotaling	69	Niverville	24:12
<b>MALE AGE GROUP: 30 - 39</b>				<b>MALE AGE GROUP: 70 &amp; OVER</b>			
1 Chad Davey	31	Delmar	17:33	1 Bob Knouse	70	Voorheesville	26:13
2 Martin Gordinier	39	Delmar	20:54	<i>Courtesy of Voorheesville Community &amp; School Foundation</i>			
3 Cliff Erickson	39	Voorheesville	20:59				
<b>FEMALE AGE GROUP: 30 - 39</b>							
1 Elin Mattfield	38	Voorheesville	23:10				
2 Laura Smith	33	Voorheesville	26:26				
3 Suzanne Paulson	36	West Sand Lake	26:32				
<b>MALE AGE GROUP: 40 - 49</b>							
1 Edward Hampston	41	Voorheesville	19:05				
2 Ken Evans	48	Delmar	20:20				
3 Brian Dollard	45	Voorheesville	20:39				

## HAIRY GORILLA HALF-MARATHON & SQUIRELLY SIX-MILE October 25, 2009 • Thacher State Park, Voorheesville

<b>13.1 MILES</b>			
<b>MALE OVERALL</b>			
1 Mike Rutledge	41	Schenevus	1:25:29
2 Ian Parnett	23	Albany	1:28:52
3 Donald Pacher	37	Easthampton, MA	1:30:27
4 Jeffery Dengate	32	Brooklyn	1:31:14
5 Thomas O'Grady	24	Latham	1:32:05
<b>FEMALE OVERALL</b>			
1 Melissa Dock	27	Lake Placid	1:36:53
2 Eileen Leavitt	44	Delmar	1:48:24
3 Samantha Augeri	26	Delmar	1:48:35
4 Chelsea Maguire	23	Clifton Park	1:48:44
5 Nancy Potter	50	Cooperstown	1:49:59
<b>MALE AGE GROUP: 1 - 14</b>			
1 Ryan Harrington	13	Averill Park	2:22:11
<b>MALE AGE GROUP: 15 - 19</b>			
1 Brian Bennett	19	Oswego	1:46:17
2 Bobby Lawyer	19	Tupper Lake	1:46:43
3 Daffy Duck	19	Disneyworld, FL	1:47:38
4 Michael Rogers	19	Troy	1:50:11
5 Paul Cox	16	Troy	1:54:17
<b>FEMALE AGE GROUP: 15 - 19</b>			
1 Susan Lopez	17	Syracuse	2:07:32
2 Brooke Hill	19	East Syracuse	2:09:41
3 Alexandra Harris	16	Clifton Park	2:39:00
4 Caitlin Looney	16	Delmar	2:56:33
<b>MALE AGE GROUP: 20 - 24</b>			
1 Evan Williams	22	Schroon Lake	1:32:27
2 Nick Brundage	23	Kingston	1:35:44
3 Kevin Seaman	24	Niskayuna	1:41:49
4 Kyle Mochol	23	Lake Placid	1:43:01
5 Matt Schmit	24	Lake Placid	1:43:02
<b>FEMALE AGE GROUP: 20 - 24</b>			
1 Natalie Cormier	23	Lake Placid	2:00:28
2 Julie Spear	24	Mystic, CT	2:08:03
3 Laura Morrison	23	New York	2:11:33
4 Tara Joyce	21	Altamont	2:12:03
5 Jess Benschwinger	21	Voorheesville	2:17:27
<b>MALE AGE GROUP: 25 - 29</b>			
1 Pat Cade	25	Albany	1:32:34
2 Seth French	29	Queensbury	1:40:19
3 Gregory Tirums	25	Albany	1:41:01
4 Matt Delaney	26	Albany	1:46:18
5 Patrick Spooner	27	Slingerlands	1:46:42
<b>FEMALE AGE GROUP: 25 - 29</b>			
1 Molly Hyde	27	Baltimore, MD	1:52:57
2 Melinda Frazer	29	Lake Placid	1:56:00
3 Annie Ericson	29	West Hampton, MA	1:57:52
4 Danielle Blanchard	25	Clarksville	2:03:20
5 Eleni Kariolis	26	West Hurley	2:07:51
<b>MALE AGE GROUP: 30 - 34</b>			
1 Anthony Giuliano	30	Albany	1:32:05
2 Andy Loux	30	Delmar	1:33:14
3 Matthew Purdy	31	Albany	1:35:46
4 Joe Sullivan	30	Schenectady	1:37:00
5 Nathan Pung	34	Delmar	1:40:11
<b>FEMALE AGE GROUP: 30 - 34</b>			
1 Melissa Brinkman	30	Cohoes	1:56:58
2 Marcia Valenzuela	30	Valhalla	2:02:08
3 Elizabeth Soroka	32	Rutland, VT	2:02:45
4 Ania Childress	33	Hamden, CT	2:04:52
5 Maggie Ryan	34	Northampton, MA	2:08:47
<b>MALE AGE GROUP: 35 - 39</b>			
1 Dennis Vanlack	37	Duanesburg	1:41:01
2 Michael Robertson	37	Mechanicville	1:49:54
3 Robert Whittaker	37	Northville	1:53:01
4 Regis Fernandez	38	Montclair, NJ	1:53:20
5 Brendan Dunfee	35	Scotia	2:01:05
<b>FEMALE AGE GROUP: 35 - 39</b>			
1 Jennifer Elliott	37	Averill Park	1:59:24
2 Catherine Gilbert	37	Niskayuna	2:12:52
3 Shayne Johnson	36	Niskayuna	2:15:03
4 Bernice Wozniak	37	Schuylerville	2:24:10
5 Sherri Levan	39	Albany	2:24:34
<b>MALE AGE GROUP: 40 - 44</b>			
1 Edward Hampston	41	Voorheesville	1:42:04
2 Kevin Creagan	44	Albany	1:42:23
3 Kevin Buyck	44	Schenectady	1:49:29
4 Peter Richards	44	Voorheesville	1:50:23
5 Robert Cuyler	44	Hannibal	1:53:21
<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Vicki Matyssek	42	Tivoli	2:04:58
2 Wendy Mastropolitano	43	Glenmoore, PA	2:15:11
3 Deborah Coyle	41	Albany	2:20:24

## HAIRY GORILLA HALF-MARATHON & SQUIRELLY SIX-MILE *continued*

4 Alena Bicknell	43	Potsdam	2:21:13	<b>MALE AGE GROUP: 20 - 24</b>			
5 Karen Cusato	41	Guilderland	2:33:50	1 Peter Katlic	23	Glenville	41:52
<b>MALE AGE GROUP: 45 - 49</b>				2 Jonathon Turnock	23	Ballston Spa	50:34
1 Jim Preite	45	North Adams, MA	1:34:02	3 Jonathan Bunnell	24	Climax	53:59
2 John Agosto	45	East Hartford, CT	1:34:19	<b>FEMALE AGE GROUP: 20 - 24</b>			
3 Garry Harrington	49	Keene, NH	1:38:16	1 Emily Chromczak	22	Tannersville	52:36
4 Bill Kosina	49	Richfield Springs	1:49:04	2 Amy Loughridge	23	Guilderland	53:15
5 Chris Panzer	45	Albany	1:49:57	3 Samantha Simmons	21	Mechanicville	1:02:37
<b>FEMALE AGE GROUP: 45 - 49</b>				<b>MALE AGE GROUP: 25 - 29</b>			
1 Jacque Schiffer	45	Olivebridge	1:53:23	1 Greg Stevens	25	Scotia	41:36
2 Chris Varley	45	Albany	1:57:02	2 Gerard Colling	28	Mount Arlington, NJ	45:55
3 April Martin	47	Potsdam	2:02:30	3 Peter Leahy	25	Albany	51:52
4 Margaret Gilman	45	Saugerties	2:13:44	<b>FEMALE AGE GROUP: 25 - 29</b>			
5 Darlene McCarthy	47	North Adams, MA	2:21:04	1 Kristina Gracey	28	Guilderland	50:44
<b>MALE AGE GROUP: 50 - 54</b>				2 Kristin Zielinski	28	Philadelphia, PA	51:58
1 Ed Gravelle	51	Ballston Lake	1:38:34	3 Kelly O'Connor	25	East Greenbush	56:04
2 John Sovocool	53	Richfield Springs	1:40:24	<b>MALE AGE GROUP: 30 - 34</b>			
3 Joe Benoit	52	Glenmont	1:53:25	1 Joshua Tallent	31	Sprakers	41:41
4 David Williams	52	Schroon Lake	1:54:01	2 Daniel Gracye	32	Albany	49:37
5 Jeff Clark	51	Glenmont	1:54:03	3 Terrence Tripp	31	Loudonville	53:50
<b>FEMALE AGE GROUP: 50 - 54</b>				<b>FEMALE AGE GROUP: 30 - 34</b>			
1 Cindy Scannell	51	Middlebury, CT	2:05:54	1 Allison Sutton	32	Albany	49:16
2 Lisa Hill	50	East Syracuse	2:08:19	2 Claire Davenport	30	Albany	50:44
3 Julie Mitchell	50	Woodside	2:13:05	3 Jessica Hageman	33	Schenectady	51:24
4 Mary Kennedy	51	Williamstown, MA	2:14:30	<b>MALE AGE GROUP: 35 - 39</b>			
5 Joan Brown	51	Niskayuna	2:19:39	1 Robert Preville	56	Halfmoon	1:48:24
<b>MALE AGE GROUP: 55 - 59</b>				2 Steve Dickerson	56	Rensselaerville	1:48:41
1 Barb Goodrich	55	New London, CT	2:11:57	3 Bruce Shenker	57	Canaan	1:50:33
2 Debbie Briggs	58	Rhinebeck	2:20:24	4 Richard Boukas	56	Flushing	2:08:50
3 Marla Brucker	56	Cottkill	2:31:11	5 Robert Scott	55	Watertown, CT	2:14:53
4 Anna Dickerson	59	Rensselaerville	2:34:47	<b>FEMALE AGE GROUP: 35 - 39</b>			
5 Lee Zarger	55	New Milford, CT	3:18:57	1 Courtney Dobkins	35	Albany	58:04
<b>MALE AGE GROUP: 60 - 64</b>				2 Tamara Wanchisen	39	Clifton Park	58:37
1 Seamus Hodgkinson	60	Delmar	1:59:58	3 Tasha Anderson	38	Albany	59:35
2 Charles Brockett	63	Dolgeville	2:10:13	<b>MALE AGE GROUP: 40 - 44</b>			
3 Martin Glendon	63	Windsor, MA	2:13:26	1 Frank Boscoe	41	Albany	46:35
4 Bill Glendon	63	Dalton, MA	2:33:48	2 Dougie Gerhardt	42	Saratoga Springs	49:32
5 Greg Taylor	63	Delmar	3:18:02	3 Robert Gray	40	Glenmont	52:36
<b>FEMALE AGE GROUP: 60 - 64</b>				<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Suzanne Mahoney	61	High Bridge, NJ	2:21:26	1 Laurie Hoyt	43	Schenectady	52:21
2 Laura Clark	62	Saratoga Springs	2:23:34	2 Connie Smith	41	Glenmont	59:15
3 Karen Spinozzi	61	Kingston	2:25:31	3 Christine Ruzicka	41	Waterford	1:00:38
<b>MALE AGE GROUP: 65 - 69</b>				<b>MALE AGE GROUP: 45 - 49</b>			
1 Ray Lee	67	Halfmoon	3:13:14	1 John Paduano	49	Stillwater	49:16
<b>RELAY TEAMS - 3M, 6M &amp; 9M SPLITS</b>				2 Mike Lair	47	Gloversville	49:51
1 Jonathan & Erin Turnock			1:51:35	3 Tom McGrath	49	Albany	50:59
2 Joshua & Carl Korn			1:54:50	<b>FEMALE AGE GROUP: 45 - 49</b>			
3 Rachel Smith & Eric Brugeman			2:07:31	1 Karen Stone	45	Blandford, MA	56:54
<b>6 MILES</b>				2 Nicolette Pohl	47	Altamont	57:00
<b>MALE OVERALL</b>				3 Alison Van Dyke	47	Ballston Spa	57:57
1 Jesse Naftel	25	Albany	40:22	<b>MALE AGE GROUP: 50 - 54</b>			
2 Tucker Chrapowitzky	31	Feura Bush	40:37	1 Thomas Locascio	51	Albany	46:23
3 Ed Menis	44	Schenectady	41:27	2 Scott Stevens	52	Scotia	59:32
<b>FEMALE OVERALL</b>				3 Don Smith	53	Scotia	1:02:20
1 Nancy Hobbs	49	Colorado Springs, CO	46:33	<b>FEMALE AGE GROUP: 50 - 54</b>			
2 Caitlin Catella	23	East Greenbush	47:54	1 Kathleen Goldberg	50	Schenectady	58:56
3 Katy Dorshheimer	26	Albany	48:45	2 Andrea Gerardi	51	Scotia	59:56
<b>MALE AGE GROUP: 14 &amp; UNDER</b>				3 Julie Littlefield	51	Delanson	1:02:36
1 Luke Caton	13	Delmar	55:55	<b>MALE AGE GROUP: 55 - 59</b>			
2 Elijah Rutledge	13	Schenevus	57:23	1 Greg Rickes	59	Latham	54:33
3 Milo Cowles	13	Franklin	57:24	2 Mike Komoroske	55	Latham	1:09:09
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>				3 Al Maikels	55	Albany	1:31:18
1 Angela Cunningham	14	East Berne	59:07	<b>FEMALE AGE GROUP: 55 - 59</b>			
2 Laura Devine	14	East Berne	1:10:26	1 Cynthia Finnegan	56	Niskayuna	1:00:24
3 Sarah Abbott	14	East Berne	1:10:26	2 Donna Lustenhouwer	55	Altamont	1:05:18
<b>FEMALE AGE GROUP: 15 - 19</b>				3 Phyllis Fox	57	Loudonville	1:10:27
1 Rochelle Monk	18	Canajoharie	1:03:09	<b>MALE AGE GROUP: 60 - 64</b>			
2 Samantha Steenburn	18	Claverack	1:07:19	1 Chuck Batchner	62	East Berne	1:03:56
3 Kaleigh Moore	19	Saratoga Springs	1:07:19	<b>MALE AGE GROUP: 65 - 69</b>			
				1 Douglas Fox	65	Loudonville	56:53

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 Apr. 7 - Animal Tracking w/James Bruchac [Ages 9-12]  
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## CELEBRATE WINTER! CONT. FROM PG 1

With a little nature and a lot of Olympic spirit, the ORDA's Gold Medal Games Family Edition ([whitefacelakeplacid.com](http://whitefacelakeplacid.com)) in Lake Placid features three-day "competition" on Feb. 15-18 and 22-25. Action-packed team-building sports with skiing/snowboarding at Whiteface, bobsledding and biathlon at the Olympic Sports Complex, hockey shot/slapshot and curling at the Olympic Center, and speedskating on the Olympic Speedskating Oval. Events kickoff with a torch run, opening ceremonies and cauldron lighting, and it also includes ski jumping tour and Olympic Museum access.

- Ndkinna Education Center, Greenfield Center - Winter Wilderness Adventure/Storytelling Camp (age 6-8), Feb. 16-17 and Winter Wilderness Adventure Camp (age 9-12), Feb. 16-18 ([ndcenter.org](http://ndcenter.org))
- Willard Mountain, Easton - Holiday Week Camp, Feb. 16-20 ([willardmountain.com](http://willardmountain.com))
- Pineridge Cross-Country Ski Area, East Poestenkill - Learn-to-Ski Week, Feb. 16-19 ([pineridgexc.com](http://pineridgexc.com))
- Pok-O-MacCready Outdoor Education Center, Willsboro - Winter Break Camp, Feb. 15-19 and Winter Family Weekend, Feb. 19-22 ([pmoec.org](http://pmoec.org))
- Adirondack Mountain Club, Lake Placid - Winter Family Weekend, Feb. 19-21 ([adk.org](http://adk.org))



TUBING AT WEST MOUNTAIN IN QUEENSBURY. COURTESY OF WEST

### Sledding

Some of you may know the nearby hot spots for sledding: a neighbor's backyard, the golf course, or even one of your own. But if your yard isn't ideal, there may be some ways of constructing a course. One creative dad/lad team shoveled snow from the last storm into a large pile at the top of a subtle hill. Dad topped the pile with a sheet of plywood and covered it with more snow. This made "starting gate" for the sledding run; about four feet ahead, he piled more snow and set it overnight with water to make a jump.

If your kids are bored with the sledding routine, try a different sled like an inflatable snow tube or a saucer from the grocery store to make it feel new again. Or for a greater investment in the sport, there are some truly high-performance sleds that will bump up your game, such as the Mad River Rocket or the Hammerhead Sled. Remember also, sometimes a thin cover of snow is all you need to get down a hill, especially when temps are cooler - even frozen grass works.

### Tobogganing

At the Lake Placid Toboggan Chute ([norhelba.org](http://norhelba.org)), you climb a 30-foot high ski jumping tower that was built in the 1960s, which sends your toboggan down a chute to a thrilling slide hundreds of feet across the frozen surface of Mirror Lake.

### Snow Tubing

These ski areas offer snow tubing fun for all ages: Gore Mountain, North Creek ([goremountain.com](http://goremountain.com)); West Mountain, Glens Falls ([skiwestmountain.com](http://skiwestmountain.com)); Oak Mountain, Speculator ([oakmountainski.com](http://oakmountainski.com)); Willard Mountain, Easton ([willardmountain.com](http://willardmountain.com)); Mt. Pisgah, Saranac Lake ([saranaclake.com](http://saranaclake.com)).

### Bobsledding and Skeleton

ORDA offers bobsled and skeleton rides on the combined track at the Olympic Sports Complex ([whitefacelakeplacid.com](http://whitefacelakeplacid.com)) in Lake Placid. There is a 48-inch height minimum to bobsled and age 13 and up requirement for skeleton.

### Alpine and Nordic Skiing

Downhill skiing is a very popular winter activity and if you have an interest in the sport you likely to know the regional ski scene. If you're new to skiing, many resorts offer terrific learn-to-ski or ride programs.

Ski jumping may not seem like your everyday afterschool sport, but in Lake Placid the NY Ski Education Foundation offers "Learn To Fly" Wednesdays on Feb. 10, 17 and 24 from 3- 5:30pm. This program is open to ages six or older with either downhill or cross-country equipment to try their hand with elite coaches and training drills on smaller hills at the Olympic Ski Jumping Complex. Drop-ins and one-time attendees are welcome ([nysef.org](http://nysef.org)).

Cross-country skiing is one of the best winter workouts - you don't need to wear as many insulating layers because you'll soon be working up a sweat. The Capital Region and Adirondacks offer great cross-country centers, with lessons and rentals available to make first-time experiences hassle-free. If you are a classic skier, try skate technique lessons and rentals for an entirely different experience. Most cross-country ski areas offer snowshoe trails.

- Olympic Sports Complex, Lake Placid ([www.whitefacelakeplacid.com](http://www.whitefacelakeplacid.com))
- Dewey Mountain, Saranac Lake ([deweyskicenter.com](http://deweyskicenter.com))
- Cascade, Lake Placid ([cascadeski.com](http://cascadeski.com))
- Lapland Lake, Northville ([laplandlake.com](http://laplandlake.com))
- Pineridge, East Poestenkill ([pineridgexc.com](http://pineridgexc.com))
- Osceola Tug Hill, Camden ([www.uxcski.com](http://www.uxcski.com))

### Ice Skating

Skating on frozen ponds is a timeless winter classic, reminiscent of a Norman Rockwell painting. If you live near a frozen lake or pond, you just need a pair of skates - or maybe a shovel, depending on the snow



NYSEF "LEARN TO FLY" CLINIC IN LAKE PLACID. COURTESY OF NYSEF

load. One of the obvious things to look for is that the surface is safely frozen - aside from that, the smoother the surface, the better the experience.

As for equipment, the quality of the ice skates can make or break your chances for success. Skates should be form-fitting and supportive enough that you can't bend the ankle support from side-to-side. If you don't have skates of your own, your local skating center will likely have rentals available for public skating sessions. Another option is a learn-to-skate program that may also have skate rentals, and some programs even offer lessons for parents at the same time as the kids.

The amazing thing about the Capital Region and Adirondacks is that we are surrounded by nature and beauty, and there are truly endless ways to get outside to enjoy it. Despite the plethora of information mentioned in this piece, it is just the "tip of the iceberg" of the programs and opportunities. For even more ideas, see the *Calendar of Events*. ❄️

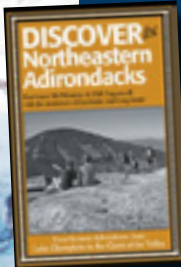
*Mimi Frantz (mim@juniperevents.org) lives in Lake Placid with her husband and three young, active boys. She runs an event planning business, Juniper Events, and enjoys whatever outdoor activity time allows.*

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