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JUNE
2010



MIKE CAVANAUGH OF SLINGERLANDS APPROACHES THE FALLS NEAR PEBBLES ISLAND. PHOTO BY ALAN MAPES

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Paddling Where the Rivers Meet Waterford, Peebles Island, Lock 1 of the Champlain Canal *by Alan Mapes*

The Mohawk River splits into several channels as it joins the Hudson River between the villages of Cohoes and Waterford. This meeting place of the waters is a nice area to explore with canoe or kayak. You will find beautiful waterfalls, interesting wildlife, and some great boats.

My friend Mike and I pulled into the parking area for the launch in Waterford on a recent Monday morning, expecting to find the place mostly empty. On the contrary, we were lucky to find a parking spot – the lot was full of cars with kayak and canoe racks on top. I'd heard of a "Monday Paddling Group" and suspected we had found them.

Indeed, about 30 paddlers from this group were already on the water, in a great variety of kayaks and a few canoes. We caught up with the main body of the group as we paddled up the channel on the north side of Peebles Island State Park, right across from the launch. A friendly group, we had a nice time chatting with several paddlers.

LAUNCHING AT WATERFORD

You actually have the choice of two starting spots for this paddle. In addition to the launch at Waterford, there is a fairly new launch at the end of 123rd Street in Troy, just off 2nd Avenue. The two launches are straight across the Hudson from each other. Both spots are fairly limited in parking, but there is often more room on the Troy side.

The Waterford launch is at the end of a 600-foot concrete wall used for docking boats, and you will find a variety of vessels tied up. A walk down the waterfront to inspect the boats is always interesting. This is the venue for the annual Waterford Tugboat Roundup, a weekend

event that brings around 25,000 people to the sleepy village. The Roundup features tugboats both old and new, and usually takes place the weekend after Labor Day. Mike and I found two classic tugboats tied up along the waterfront, the "Benjamin Elliot" and the "Chancellor." The fresh paint and the outfitting of these old tugs showed obvious love and care from their keepers.

At the west end of the docking wall is the start of the "Waterford Flight," a series of five locks that form the highest combined set of lift locks in the world. If you pass through this set of locks, they lift you 170 feet. I've done this in a kayak, but it involves a lot of sitting around, waiting to lock through. Some of the boats tied up along the docking wall will be getting ready to travel west on the Erie Canal and on to the Great Lakes. Also along the wall, you will find the Waterford Harbor Visitor Center, offering history displays and restrooms.

THE PADDLE

Just across the water from the launch is Peebles Island State Park. It is not easy to circumnavigate the island because of dams and waterfalls. I guess you could make it around with some difficult portaging, but I prefer to explore up and back on the various channels of the Mohawk, as they split in delta fashion. There are three different channels on the north side of the island, and one that leads to a great waterfall on the south side.

As Mike and I paddled off to catch the Monday paddle group, we found a bald eagle perched in a tree along Peebles Island. This young bird did not yet have the signature white head and tail of an adult (you find that on

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// MOUNTAIN & ROAD BIKING //

“Hitting a Bike Race This Weekend?”

YES! Dirt Road Racing in Upstate New York

by Terry Blanchet



DIRT ROAD RACING AT 2010 RAMBLE AROUND PRATTSBURGH. NOELLE WARRICK-JAREMENKO/JASONHILIMIRE.COM

kinds of chunky dirt road races I'm talking about here go by names such as the Ramble Around Prattsburg, the Black Fly Challenge, and the Race with the Wind.

With Battenkill recently whetting the appetite for dirt roads, **Ramble Around Prattsburg** throws in the stones and ruts just a few weeks later, with 2010 having seen the third edition

of its last-weekend-in-April offerings. Though the shortest in length at 30 miles, the Rambler is the hilliest of the bunch as its farm lanes and seasonal roads criss-cross the glacial ridges and furrows of the Finger Lakes region to the west of Keuka. Mountain bikes are widely used, with the pitch of some of the inclines proving too much for many on cyclocross bikes commonly having only two chainrings up front, though those who can tough it out reap big advantages from the cross bikes through the balance of the lap.

A great introduction to the dirt road racing experience can be gained by checking out the late-April Rambler bloggings at jasonhilimire.com, especially the 2009 video post shot from motorbike trailing the racers. If catching the dirt road bug at one of this summer's follow-up races, make sure to mark your 2011 calendar for a late-April Finger Lakes trek and set your browser to pedalingproductions.com for Rambler details.

The best-known of the trio and now in its 15th year of mid-June offerings, the **Black Fly Challenge** has become an Adirondack summer tradition with typical fields of 300 racers making their way over the Moose River Plains along the 40-mile course between Inlet and Indian Lake. Each year the direction of this point-to-point course changes, for 2010 making its way from Inlet to Indian Lake on Saturday, June 12. Despite the occasional 'baby-head' round rocks embedded into and protruding from the Moose River Plains' roads as well as the speed at which they are often hit descending off the shoulders of Wakely Mountain and its neighboring hills, the results over the years have clearly shown that the course

can be rode most effectively and quickly on cyclocross bikes – if willing to risk the heightened possibility of flattening!

And as the number of competitors taking that chance and bringing cyclocross bikes to the start line has thus increased over the years, so has their advantage as the group paces they can now form drafting off one another maintain average speeds over 20 miles-per-hour, even over the dirt, often posting sub-two-hour winning times. To level the playing field for the majority still racing the Black Fly on mountain bikes, in recent years the organizers have separated those on cyclocross bikes off into a separate category, which given its growth will be newly split into three categories by age for 2010. Mountain bikers will find their typical dozen or so categories available, based upon combinations of age and ability.

Here are a couple pieces of advice to close with for those hitting the Black Fly. Watch the speed on the downhill turns, especially those to the right, as you don't want to risk poor traction leaving you drifting into oncoming traffic which though infrequent can still be present, or the soft shoulder which will eventually get you if the traffic luckily doesn't. Remember it's a point-to-point race and make prior arrangements for the round-trip across the Moose River Plains, unless you plan on riding it back afterwards as early training for next year's direction! Information on "Last Resort Shuttle" reservations to close the round-trip or other race details may be found at blackflychallenge.com.

If the **Wilmington-Whiteface Road Race** (teamplacidplanet.net) or similarly

compelling weekend plans keep you from the Black Fly that second Saturday in June, no need to fret as the **Race with the Wind** still offers one more opportunity to check out an upstate New York dirt road race in its fourth running around a 50-mile loop through the Tug Hill region of Lewis County on Sunday, Sept. 19. The start and finish location of the race is quite surreal, set to the west of Lowville among the hundreds of turbines towering about you on the Maple Ridge Wind Farm, the largest wind farm this side of the Mississippi. While the least "climby," Race with the Wind offers up the bumpiest road surface of the three races, throwing in a smattering of puddles and similar adversity for good measure. For further details contact the Lewis County Chamber of Commerce (lewiscountychamber.org), or link to bikereg.com – ironically under the Road Race listings.

Consider adding these races to your summer's adventures, or exploring others among our region's wealth of dirt roads, and the individual fat tire challenges they'll provide. And if left grasping for just one more as the autumn leaves turn, it just may be your year to gather some friends Pennsylvania-bound for **Iron Cross VIII** on October 10 (yellowbreechesracing.blogspot.com) – you won't be disappointed! 📌

Terry Blanchet (blanct@rpi.edu) is a resident of Schodack. He teaches mechanical engineering at Rensselaer Polytechnic Institute, and is a weekend warrior racing bicycles of all varieties on the North Atlantic Velo team.

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Calendar of Events June – August 2010

JUNE 2010							JULY 2010							AUGUST 2010																
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S										
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27	28	29	30				31																	29	30	31				

BICYCLING ONGOING

- Tue Northway 10 Tour Ride.** 9am. 35M. Country Knolls Pool, Clifton Park. Vince Scavullo: 470-7115. webmhcc.org.
- Tue Rensselaer Multi-Pace Ride.** 5pm. 30M. Algonquin M.S., Poestenkill. Shari Gibbs: 283-0155. webmhcc.org.
- Tue Terrible Tue Quick Ride.** 5:30pm. 35M. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- 15 Time Trial Series:** 6/15-8/24. 6:30pm. West River Rd, Fort Edward. adirondackspokes.com.
- Wed Quick Training Ride.** 6pm. 30M. S. Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.
- Wed Traffic Skills 101 Class:** 6/23-7/7. 6pm. Downtown, UAlbany. Claire Nolan: 209-6477; cbnolou@yahoo.com.
- Thu Thu Night Pizza Tour Ride.** 6pm. 25M. SCCC, Schenectady. Mark Wilder: 346-5988. webmhcc.org.
- Fri Serotta Open Fit Lab & Factory Tours.** 11am. Serotta Bicycles, Saratoga Springs. 584-8100 x104. serotta.com.
- Sun Wake-Up Casual Ride.** 7:15am. 15M. Hannaford, Voorheesville. Steve Redler: 434-1540. webmhcc.org.

JUNE

- 12 Vischer Ferry Casual Ride.** 9:30am. 23M (13M option). VF Nature Preserve, Clifton Park. Bob Cohen: 855-5552. webmhcc.org.
- 12 "Adirondack 540" Race Course Preview.** 136M. Schuylerville. 583-3708. adkultracycling.com.
- 12 2nd Adaptive Cycling Festival.** 9am. Ski Jumping Complex, Lake Placid. 894-7551. lakeplacidadaptive.com.
- 12-13 Adk North Country Race Weekend.** Sat: Wilmington-Whiteface RR (28-55M), Wilmington. Sun: Downtown Crit, Saranac Lake. 873-2413. teamplacidplanet.org.
- 19 9th Whiteface Uphill Bike Race.** 7.8M. 5:30pm. WF Highway, Wilmington. 888-944-8332. whitefacerace.com.
- 19 Hidden Valley Casual Ride.** 9am. 36M. Park/Ride, Bethlehem. Andrew Swartz: 439-8786. webmhcc.org.
- 19 Lake Luzerne Backwards Quick Ride.** 9am. 54M. Rain date: 6/27. Skidmore College Visitor Lot, Saratoga Springs. Bruce Curtiss: 587-4408. webmhcc.org.
- 19 Adirondack Region ESG Trials.** 75M/38M. 9am. Camp Schodack, Nassau. Gary Toth: 766-5280. cbrcc.com.
- 20 Tour de Columbia County.** 35-50M supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- 26 Pine Plains Drifter Quick Ride.** 10am. 52M. Taconic Hills H.S., Craryville. John Berninger: 439-6473. webmhcc.org.
- 26 3rd Okemo Bike Climb Race.** 5.8M. 10:30am. Okemo, Ludlow, VT. 802-226-7846. okemobikeclimb.com.
- 27 Jericho Valley Classic Tour Ride.** 9:30am. 62M. Algonquin M.S., Poestenkill. John Petiet: 438-9102. webmhcc.org.
- 27 West Stockbridge Lunch Tour Ride.** 10:30am. 30M. Old Chatham. Karen Wade: 794-7451. webmhcc.org.
- 27 5th Tour de Kingston & Ulster.** Kingston. 845-336-5581. tourdeulster.com.

JULY

- 4 Revolutionary Tour Ride.** 9am. 50M. Ballston Spa Natl Bank, Malta. Henry Wilkie: 482-3902. webmhcc.org.
- 10 25th Bike MS "Follow the Foothills" Ride.** 10/30/62/100M. West Mountain, Queensbury. Natl. MS Society: 800-FIGHTMS x2. msupstatenyalb.org.
- 10 Just Lakes Tour Ride.** 9am. 64M. Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 10 Lake Luzerne Quick Ride.** 9:30am. 53M. Skidmore, Saratoga Springs. Bruce Curtiss: 587-4408. webmhcc.org.
- 10 Original Greylock Century.** 7:30am. Lanesborough, MA. berkshirecycling.org.
- 10-11 "Saratoga 12/24."** 96M Challenge; Day 12hr Race, Night 12hr Race & UMCA Natl. 24hr Championship. Schuylerville. 583-3708. adkultracycling.com.
- 11 Mayor's Cup Mountain to Lake Bike Ride.** 20/54/68M. 9am. BBQ. CVPH Medical Ctr., Plattsburgh. 562-7169. cvph.org/foundation.
- 11 Rte 51 Tour Ride.** 9am. 45M. Park/Ride, Bethlehem. John Petiet: 438-9102. webmhcc.org.
- 16-18 Tri-State Ramble Bike Tour.** 3 days: 120-180M in NY/CT/MA. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- 17 NYS Time Trial Championships.** 40K-10K. Cambridge. 275-6185. anthemsports.us.
- 17 6th "Tour de Rand Hill" Bike Race & Ride.** 14M uphill. 9am. YMCA, Plattsburgh to Camp Jericho, Altona. Patti Warner: 561-4290. plattsburghymca.com.
- 18 Sweat N' Summer Century.** 100M. 9am. Parkwood Plaza, Clifton Park. Heather: 847-2419. bikereg.com
- 25-31 10th Great Big FANY Ride.** 500M supported tour across NY. Niagara Falls to Saratoga Springs. fanyride.com.
- 30-8/1 Tour of the Catskills Stage Race.** Tannersville, Windham, Hunter. 275-6185. tourofthecatskills.com.

AUGUST

- 6-8 Montreal Double Double Ultra Ride.** 400M. Schuylerville. 583-3708. adkultracycling.com.
- 7 Mt Equinox Uphill Bike Climb.** 5.4M race. 8am. Mt Equinox, Manchester, VT. Andy Holzman: 802-362-0273. gearupforlyme.com.
- 7-8 25th Bike MS Finger Lakes Challenge Ride.** 1-2 days. Sat: 25/66/10M. Sun: 25/50M. Keuka College, Keuka Park. 800-FIGHTMS x2. msupstateny.org.
- 8 Sweat N' Bullets Metric Century.** 62M. 9am. St. James Plaza, Niskayuna. Heather: 847-2419. bikereg.com.
- 14 Adirondack Spintacular: Run, Cycle or Walk.** 5K/6M/12M. 10am. Mayfield Fairgrounds, Mayfield. Carol Madeiros: 863-8998. adirondackspintacular.com.
- 14 9th NY Capital Region Road Race.** 23-83M. 10am. RCS H.S., Ravena. Paul McDonnell: 281-3710. cbrcc.com.
- 15 5th Iddaride: Adirondack Bike Tour.** 75M: 8:30am. 20M w/ shuttle: 1pm. Ski Bowl, North Creek. Adirondack Mountain Club: 800-395-8080. adk.org.
- 15 Tour de Columbia County.** 35-50M supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- 15 2nd Altamont Circuit Race.** Altamont. 275-6185. anthemsports.us.
- 22 3rd Tour de Farm.** 35M/15M supported. 9am. Hand Melon Farm, Greenwich. 692-7285. agstewardship.org.
- 22 4th Way North Century Ride.** 100M/50M. 8am. The Oval, Plattsburgh. 563-7620. adirondackcyclingteam.com.
- 28 10th Pat Stratton Memorial Century Ride.** 100/50/25M & kids' ride. 8am. Mt. Pisgah, Saranac Lake. Bob Scheefer: 891-5873. bikeadironacks.org.
- 28 1st Bike the Byway.** Multi-pace ride. Mohawk Towpath Byway. Eric Hamilton: 371-7548. mohawktowpath.org.

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28-29 27th Chris Thater Memorial Bicycle Races. 12-50M. Binghamton. Jim May: 607-778-2056. bcstopdwi.com.

SEPTEMBER

11-12 MHCC Saratoga Century Weekend. 100M 8am. 62M 9am. 50M 10am. 25M 11am. Saratoga Spa S.P., Saratoga Springs. Skip Holmes: 466-1182. webmhcc.org.

HEALTH & FITNESS
ONGOING

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

Mo-Sa Hatha, Flow, Gentle & Chair Yoga Classes. Community Church, Schroon Lake. True North Yoga: 810-7871. Class schedule: truenorthyogaonline.com.

M-Tu-W Yoga Open Level Class. Mon: 4:40pm. Tue: 7pm. Wed: 9:15am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

Mo-Fr Capital District Adventure Boot Camp for Women. Clifton Park, Colonie, Rotterdam, Saratoga Springs. 444-8060. cdbootcamp.com.

Mo-Fr Pilates Tower Class. Mon: 9:30am, 10:30am & 4:45pm. Tue: 10:30am. Wed-Thu: 7pm. Fri: 8:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

Tu-Th-Sa Pilates Open Level Mat Class. Tue: 6pm. Thu: 9:30am & 6pm. Sat: 9am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

HIKING & ROCK CLIMBING
ONGOING

Mo-Fr Summer Camps. Ages 10+. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.

JUNE

16-18 Beginner Backpacking. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

16-20 Leave No Trace Master Educator. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

25-27 Trailless Peak Backpacking: The Santanonis. Adirondack Mountain Club: 523-3441. adk.org.

26 High Peaks Bedrock Naturalist Series. 9am-5pm. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

28 Trailless Peak Day Hike: MacNaughton Mtn. Adirondack Mountain Club: 523-3441. adk.org.

JULY

5-9 Leave No Trace Master Educator. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

12, 19 Trailless Day Hikes. 12: Table Top Mtn. 19: Esther Mtn. Adirondack Mountain Club: 523-3441. adk.org.

24 Women's High Peaks Day Hike: Giant & Rocky Peak Ridge. Adirondack Mountain Club: 523-3441. adk.org.

26 Beginner Day Hike: Rooster Comb. 4M. Adirondack Mountain Club: 523-3441. adk.org.

AUGUST

7 Women's High Peaks Day Hike: Wright Peak. Adirondack Mountain Club: 523-3441. adk.org.

9 Trailless Peak Day Hike: MacNaughton Mtn. Adirondack Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING
ONGOING

Daily High Peaks MTB Center. 20M of trails. Olympic Sports Complex, Lake Placid. 523-3764. highpeakscyclery.com.

Daily Whiteface Lift-Serviced MTB Riding. Whiteface MTB Center, Wilmington. 946-2223. downhillmike.com.

Tue MTB Rides. 6:30pm. Placid Planet Bicycles, Lake Placid. 523-4128. placidplanetbicycles.com.

Sa-Su Gore Lift-Serviced MTB Riding: 6/12-13, 7/17-10/30. 10am. Gore, North Creek. 251-2411. goremountain.com.

JUNE

12 15th Black Fly Challenge MTB Race. 40M. 10:30am. Inlet to Indian Lake. 315-357-3281. blackflychallenge.com.

12 Gore Downhill MTB Clinic. Skills, lift tickets, lunch. Gore Mountain, North Creek. 251-2411. goremountain.com.

12 6th "Mix Up The Dirt" MTB Festival. 10am. SMBA Trails, Saratoga Springs. saratogamt.org.

13 15th Black Fly Challenge: Trail Exploration Day. 10am. Arrowhead Park, Inlet. Pedals & Petals: 315-357-3281. blackflychallenge.com.

14 Women's Only MTB Ride. 6pm. Town Park, Colonie. Theresa Crombach: 421-0551. teamlunachix.com.

19-20 Bike Festival. Sat: Demo day & 12pm-pump track challenge. Sun: dirt jump trials & 12pm-super D race. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.

20 Williams Lake Classic MTB Race. Rosendale. 845-658-7832. trtbicycles.com.

21 Coed MTB Ride. 6pm. Central Park, Schenectady. Theresa Crombach: 421-0551. teamlunachix.com.

26 Women's MTB Skills Clinic w/ Jimena Florit Dolzadelli. 8:30am. Central Park, Schenectady. 421-0551. bikereg.com.

28 Women's Only MTB Ride. 6pm. SMBA Trails, Saratoga Springs. Theresa Crombach: 421-0551. teamlunachix.com.

JULY

1 Mini Downhill Race #1. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.

3 Ladies Day. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.

3-4 "Fun Not Fear" Dirt Camp. High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.

8 Mini Dual Slalom Race #1. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.

10-11 "Fun Not Fear" Dirt Camp. High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.

12 Coed MTB Ride. 6pm. Town Park, Colonie. Theresa Crombach: 421-0551. teamlunachix.com.

15 Mini Super D Race #1. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.

17 12 Hours at 909 MTB Race. 7am. Taconic Hereford MUA, Pleasant Valley. 845-505-1211. espraces.com.

22 Mini Downhill Race #2. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.

24 Gore Downhill MTB Clinic. Skills, lift tickets, lunch. Gore Mountain, North Creek. 251-2411. goremountain.com.

25 Plattekill Challenge MTB Race. XC. 10am. Plattekill Mountain, Roxbury. 607-326-3500. plattekill.com.

29 Mini Dual Slalom Race #2. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.

31-9/1 "Fun Not Fear" Dirt Camp. High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.

AUGUST

1 The Darkhorse 40 MTB Race. Stewart S.E., Newburgh. 845-778-6604. darkhorsecycles.com.

3 Ladies Day. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.

7 2nd Wildcat Epic 100M MTB Race. 8am. Huguenot St, New Paltz. 772-774-8258. wildcatopic.com.

14-15 "Fun Not Fear" Dirt Camp. High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.

21 XTERRA Lake Placid: MTB Demo Day. Olympic Speed-skating Oval, Lake Placid. 631-392-1542. triandduit.com.

26-29 Windham UCI MTB World Cup & Festival. XC, DH, 4X. Windham Mountain, Windham. Greene Co Tourism: 943-3223. racewindham.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

Benefits Kiwanis Club of Saranac Lake youth programs



New Web Address!
Visit: CBRC.CC
Established 1982
Join Today!



BIKE THE BYWAY

Saturday, August 28
Help Celebrate 5 years as one of America's Byways®
Multi-pace ride through quaint hamlets, historic communities and rolling terrain
Details available soon:
www.MohawkTowpath.org


Saratoga Century Weekend
SATURDAY-SUNDAY, SEPTEMBER 11-12

Carlsbad Pavilion (near Peerless Pool) Saratoga Spa State Park, Saratoga Springs
Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
- SAC, marked routes, rest stops, cue sheets
- Maps for shorter rides in park & city
- Post-ride lunch available

Contact: Skip Holmes (518) 466-1182 serotaskip@nycap.rr.com

www.webmhcc.org
Mohawk Hudson Cycling Club



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West Mountain Ski Resort
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10, 30, 62, or 100 mile options

Bike MS: Finger Lakes Challenge August 7-8, 2010
Keuka College, Keuka Park NY
Day one: 25, 50, 62 or 100 mile route options
Day two: 25 or 50 mile route options

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Chamber of Commerce/Office of Tourism,
Routes 30 & 8, Box 184, Speculator, NY
At the crossroads of two Scenic Byways
518-548-4521 • speculatorchamber.com

ADIRONDACKS
SPECULATOR REGION

Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

Run-Pedal-Tube Triathlon

Saturday, August 21 at 9am
Canoe Take-Out (11M W of Exit 21), Hadley

- 5K foot race in Hadley
- 7.5M bicycle ride across Stewart's Dam
- Tube paddle across Hudson River from Lake Luzerne to Hadley canoe take-out

Individuals \$20 & Teams \$55
Teams: M/F/Coed/Family/Company
Entry/Info: hadleybusinessassoc.org
(518) 696-4947 • hadleyba2003@yahoo.com
Bike, helmet, inner tube & PFD required
Benefits Hadley Business Assn Scholarship Fund

10th Anniversary
Cazenovia Triathlons
USAT USA TRIATHLON

Sprint: 800m swim/22.5K bike/5K run
Intermediate: 1500m swim/40K bike/10K run

Sunday August 15
Lakeside Park, Cazenovia, NY

Individual, Relay & Aquabike
USAT NYS Club Championships
Open & elite swim waves
Dorm stays at Cazenovia College
First 40 ages 15-17 for Sprint Tri: \$50
Register: mail-in by 7/31 & online by 8/8

Registration, Dorm & Race Details:
CazenoviaTriathlon.org
Presented by CNY Triathlon Club

JOSH BILLINGS RUNAGROUND



34th Annual
Josh Billings RunAground
Sunday,
September 12, 2010
Bike, Canoe or Kayak, Run
Triathlon

Team & Iron Categories
27 mile bike • 5 mile canoe/kayak • 6 mile run
37 categories-iron, tin, 4 person teams
www.joshibillings.com,
www.active.com

25th Anniversary
Piseco Lake Triathlon
Saturday, July 17 • 9am
Piseco Airport, Piseco

0.5M Swim, 11.5M Bike, 3M Run
Individuals or 2-3 Person Teams
\$25 pre-entry or \$30 race day
Entry Form: (518) 548-4521
www.speculatorchamber.com
Adirondacks Speculator Region
Chamber of Commerce
PO Box 184, Speculator, NY 12164

4th Annual
Fronhofer Tool Triathlon
To benefit children's literacy
Saturday, August 7
Lake Lauderdale, Cambridge, NY

8am (Olympic): 1.5K S, 40K B, 10K R
2pm (Sprint): 0.5M S, 14.5M B, 3.1M R - NEW!!!
Individuals & Teams welcome
Fri, 8/6, 6pm: Kids' Triathlon!!! (Ages 6-17)

FronhoferToolTriathlon.com
FTT Double: Sign up for both & receive a discount!
T-shirts to pre-registered, chip-timed, w/lunch • USAT sanctioned race

MOUNTAINEERING & WILDERNESS SKILLS

JUNE

- 13-16 Adirondack Training Institute: Challenge Course**
Facilitator: YMCA Camp Chingachgook, Kattskill Bay.
656-9462. lakegeorgecamp.org.
- 20 Fathers' Day Family Wilderness Camp.** Age 8+. 10am.
Ndakinna, Greenfield Center: 583-9958. ndcenter.org.

JULY

- 12-14 Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am-4pm.
Ndakinna, Greenfield Center: 583-9958. ndcenter.org.
- 12-16 Wilderness Adventure Day Camp.** Age 9-13. 9am-4pm.
Ndakinna, Greenfield Center: 583-9958. ndcenter.org.
- 19-21 Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am-4pm.
Ndakinna, Greenfield Center: 583-9958. ndcenter.org.
- 26-27 Junior Pathfinders Tracker Training.** Age 10-12. Ndakinna,
Greenfield Center: 583-9958. ndcenter.org.
- 26-28 Kids' Wilderness & Storytelling Camp.** Age 6-8. 9am-4pm.
Ndakinna, Greenfield Center: 583-9958. ndcenter.org.
- 28-30 Junior Pathfinders Wilderness Training.** Age 10-12. 9am-
4pm. Ndakinna, Greenfield Center: 583-9958. ndcenter.org.

AUGUST

- 7-7 Wilderness Survival Intensive.** Adult/teen. Ndakinna,
Greenfield Center: 583-9958. ndcenter.org.
- 13-13 Pathfinders Wilderness Training.** Age 12-16. Ndakinna,
Greenfield Center: 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- Mon 27th High Peaks Mini-Tri Series: 6/21-8/16.** 400yd swim,
12M bike, 3M run. 6:30pm. Mirror Lake Beach, Lake Placid.
523-3764. highpeakscyclery.com.
- Mo-Fr SHAPE Multi-Sport Camps: 6/28-7/30.** Ages 8-15. SkyHigh
Adventures, Averill Park. shapecamp.org.
- Tue CDTC Crystal Lake Training Series: 6/8-8/24.** 6pm. Crystal
Cove, Averill Park. cdtriclub.org.
- Thu STC Weekly Workouts: Jun-Sep.** Lake Desolation, Middle
Grove. Jason Hart: 339-7338. saratogatriclub.com.

JUNE

- 13 Hudson Crossing Triathlon.** 500yd swim, 12M bike, 3.1M
run. 8am. Hudson Crossing Park, Schuylerville. Chris
Bowcutt: 917-371-1108. hudsoncrossingtri.com.
- 13 Rogers Rangers Challenge Triathlon.** 7.5M Buck trail trek, 3M
canoe/kayak, 30M bike. 8am. Hogtown, Fort Ann to Rogers
Island V.C., Fort Edward. 747-3693. rogersisland.org.
- 13 William's Lake Olympic Triathlon.** 1.5K swim, 40K bike, 10K
run. Rosendale. 845-750-0719. cm2promotions.com.
- 16 Duathlon Series #1.** 1.25M run, 2M canoe/kayak, 1.25M run.
5:30pm. Boat Launch, Canton. slvpaddlers.org.
- 19 Kids' TRYathlon.** Age 6-14. 8am. YMCA, Glens Falls. 793-3878.
glensfallsymca.org.
- 26 4th North Country Triathlon.** Olympic: 1.5K swim, 40K bike,
10K run. Sprint: 750m swim, 20K bike, 5K run. 8am. Town
Beach, Hague. northcountrytri.com.
- 26 Tupper Lake Tinman Triathlon.** 1.2M swim, 56M bike, 13.4
run or 0.6M swim, 19M bike, 6.2M run. 8am. Municipal Park,
Tupper Lake. 359-3328. tupperlakeinfo.com.

JULY

- 3 Sprint Triathlon I:** 500yd swim, 15.4M bike, 3.1M run. 8am.
Shelburne, VT. 802-985-4410. racevermont.com.
- 9 Micro-Mussel Super Sprint Triathlon.** 100yd swim, 0.6M bike,
0.2M run. Seneca Lake S.P., Geneva. 315-464-0517.
musselmantri.com.
- 10 Mini-Mussel Sprint Triathlon.** 750m swim, 16M bike, 5K run.
9am. Seneca Lake S.P., Geneva. 315-464-0517.
musselmantri.com.

- 11 Musselman Triathlon.** 1.2M swim, 56M bike, 13.1M run.
MusselKids' Race: 2:30pm. Seneca Lake S.P., Geneva.
315-464-0517. musselmantri.com.
- 11 10th Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M
run. 8am. Rensselaer Lake, Albany to YMCA, Guilderland.
pinebushtriathlon.org.
- 12 High Peaks Kids' Mini-Tri Series #1.** 50yd/100yd swim, 3M
bike, 0.5M/1M run. 3pm. Mirror Lake Beach, Lake Placid.
523-3764. highpeakscyclery.com.
- 17 25th Piseco Lake Triathlon.** 0.5M swim, 11.5M bike, 3M
run. 9am. Piseco Airport, Piseco. 548-4521.
speculatorchamber.com.
- 17 8th SkyHigh Kids' Off-Road Triathlon.** Ages 8-14: 100m
swim, 5K mtn bike, 1K run. 9am. Grafton Lakes S.P., Grafton.
skyhightri.com.
- 18 8th SkyHigh XTERRA Off-Road Triathlon.** 1K swim, 20K
mtn bike, 6K run. 8am. Grafton Lakes S.P., Grafton.
skyhightri.com.
- 18 New York City Triathlon.** 1.5K swim, 24.9M bike, 6.2M run.
Manhattan. 212-691-2200. nyctri.com.
- 18 Hudson Valley Triathlon (& Biathlon).** 0.33M swim, 18M bike,
3.5M run. Saugerties. 845-247-0271. nytri.org.
- 24 Sprint Triathlon II:** 500yd swim, 15.4M bike, 3.1M run. 8am.
Shelburne, VT. 802-985-4410. racevermont.com.
- 25 Ironman Lake Placid Triathlon.** 2.4M swim, 112M bike, 26.2M
run. 7am. Olympic Speedskating Oval, Lake Placid.
888-280-9097. ironmanlakeplacid.com.
- 25 26th Colchester "Tri-Option" Triathlon.** 0.5M swim or 2M
kayak, 12M bike, 3M run. Colchester, VT. 802-264-5640.
colchestervt.gov.

AUGUST

- 1 8th Cayuga Lake Triathlon.** Taughannock Falls S. P.,
Trumansburg. ithacatriathlonclub.org.
- 1 27th Greenfield Lightlife Triathlon.** Greenfield, MA.
413-772-1553. greenfield-triathlon.com.
- 6 3th Fronhofer Tool Kids' Triathlon.** Age 6-17. 50yd swim,
2.4M bike, 0.5M run. 6pm. Lake Lauderdale, Cambridge.
Bridget Crossman: 761-4067. fronhofertooltriathlon.com.
- 7 4th Fronhofer Tool Triathlon.** 8am: 1.5K swim, 40K
bike, 10K run. 2pm: 0.5M swim, 14.5M bike, 5K run. Lake
Lauderdale, Cambridge. Bridget Crossman: 761-4067.
fronhofertooltriathlon.com.
- 7 1st Peck's Lake Challenge Sprint Triathlon.** 0.5M swim,
9M bike, 3M run. 9am. Peck's Lake, Gloversville. Fulton Co
Chamber: 725-0641. fultoncountyny.org.
- 7 25th YMCA Y-Tri Triathlon.** 0.5M swim, 18M bike, 0.4M run.
Point Au Roche S.P., Plattsburgh. Patti Warner: 561-4290.
plattsburghymca.com.
- 7 Bitter Pill Adventure Race.** Trek/swim/canoe/MTB/navigation.
Location: TBA. 802-578-2972. gmara.org.
- 8 1st Mount Snow Triathlon.** 0.5M swim, 12M bike, 3M run.
Beginner-friendly. 8/7: coaching seminars, expo. West Dover,
VT. 802-464-4013. mountsnow.com.
- 8 6th Northern Columbia Triathlon.** 0.25M swim, 19.8M bike,
4.5M run. 8am. Kinderhook, Canaan, Ghent.
northerncolumbiatriathlon.com.
- 8 Lake Dunmore Triathlon.** 0.9M swim, 28M bike, 6.2M run.
Salisbury, VT, 802-462-2999. rushtonsports.com.
- 14 Dryden Lake Puddle, Paddle & Run.** Dryden Lake, Dryden.
drydenlakefest.org.
- 14 Sprint Triathlon III.** 500yd swim, 15.4M bike, 3.1M run. 8am.
Shelburne, VT. 802-985-4410. racevermont.com.
- 15 10th Cazenovia Triathlon.** 800m swim, 23M bike, 5K run or
1500m swim, 40K bike, 10K run. Also, aquabike. Lakeside
Park, Cazenovia. cazenoviatriathlon.org.
- 21 Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am.
Crystal Cove, Averill Park. 280-6047. cdtriclub.org.

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EXPO & PACKET PICK-UP
For Runners and Sports/Fitness Enthusiasts
Saturday, September 25 • 11am-5pm
Schroon Lake High School, Schroon Lake

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- Interact with 1,500 expected attendees

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10th Annual
**Guelderland YMCA
 Pine Bush Triathlon**
 Swim 325yds • Bike 11.5mi • Run 3.25mi
 Individuals and teams of three
 Open to ages 10 and up
Sunday, July 11, 8AM
 Rensselaer Lake, Albany to
 Guelderland YMCA, Guelderland



pinebushtriathlon.org
 Registration closes Wednesday, July 7
 Limited to 450 individuals and 100 teams

FIRST ANNUAL
**Peck's Lake
 Challenge
 Sprint Triathlon**



Saturday, August 7 • 9am
Peck's Lake, Gloversville
 1/2-mile swim • 9-mile bike • 3-mile run
 \$35 pre-registration or \$45 race day
 Solo or 2-3 person teams • Limited to 150
Entry Form: fultoncountyny.org
Info: (518) 725-0641
 Fulton County Regional Chamber & PLPA

CRYSTAL LAKE TRIATHLON



Swim 0.5mi in calm water
Bike 18mi out & back • Run 3mi lake loop
 USA Triathlon sanctioned event
Crystal Cove, 38 Old Rte 66, Averill Park
Saturday, August 21, 8am
 Registration is limited and will close on August 14
 Register at active.com – Map, schedule & course at cdtriclub.org
 Open to individual athletes, youth (11-17) & teams of 2 or 3
 Race Director, Scott Adelman: scottadelmann@yahoo.com
Practice on the Course! Join CDTC's Crystal Lake Training Series – Tuesdays, Jun 8 - Aug 24 at 6pm

- 21 **XTERRA Lake Placid Triathlon: Race Clinic w/Ken Robins.** 12pm. Olympic Speedskating Oval, Lake Placid. 631-392-1542. triandduit.com.
- 21 **3rd Run-Pedal-Tube Triathlon.** 5K run, 7.5M bike, Hudson tube paddle. 696-4947. hadleybusinessassoc.org.
- 22 **2nd XTERRA Lake Placid Triathlon.** Olympic: 1500m swim, 19K MTB, 6.6M run. Sprint: 750m swim, 9.5M MTB, 3.3M run. 8am. Olympic Speedskating Oval, Lake Placid. triandduit.com.
- 22 **1st Lake Delta Triathlon.** Olympic: 1500m swim, 40K bike, 10K run. 8am. Delta Lake S.P., Rome. Michael Brych: 315-404-8130. atcendurance.com.
- 28 Sprint Triathlon IV. 500yd swim, 15.4M bike, 3.1M run. 8am. Shelburne, VT. 802-985-4410. racevermont.com.
- 29 Battle of Battenfeld Off-Road Triathlon. 1.2M trail run, 6.2M MTB, 2M trail run, pond swim, 2M MTB, 2M trail run. Milan. 845-750-0719. cm2promotions.com.
- 29 River Rat Triathlon. 600m swim, 18M bike, 3.1M run or 3M kayak/canoe, 18M bike, 3.1M run. 9am. Centennial Park, Clayton. tiylo.org.
- 29 Half VT Journey Triathlon. 1.2M swim, 56M bike, 13.1M run. Salisbury, VT. 802-462-2999. rushtonsports.com.

SEPTEMBER

- 11 **Montreal Esprit Triathlon.** Ironman, Half-Ironman, Olympic, Sprint, Duathlon. Montreal, QC. esprittriathlon.com.
- 12 **34th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak, 6M run. Great Barrington to Lenox, MA. joshbillings.com.
- 18 **5th Lake George Triathlon.** 0.9M swim, 24.8M bike, 6.2M run. 8:30am. Battlefield Park & Beach Rd, Lake George. 792-5999. adktri.org.

OTHER EVENTS

ONGOING

- Daily Summer Camp & Teen Adventure Trips.** YMCA Camp Chingachgook on Lake George, Kattskill Bay. 656-9462. chingachgook.org.
- Mo-We OC Ski Club's Summer Volleyball League.** Polish Community Center, Albany. ocskiclub.org.
- Wed Wet & Wild Wednesday Aerials: 7/7-8/25. Jumping Complex, Lake Placid. 523-3764. whitefacelakeplacid.com.
- Th-Mo Be a Biathlete Clinics: 6/25-8/30. Olympic Sports Complex, Lake Placid. 523-1655. whitefacelakeplacid.com.
- Sat Soaring Saturdays Ski Jumping: 7/3-8/21. Jumping Complex, Lake Placid. 523-3764. whitefacelakeplacid.com.

JUNE

- 19 EMPO Orienteering Meet. 10am. Camp Pinnacle, Albany. Bruce Beesley: 439-9390. empo.us.orienteering.org.
- 20 Father's Day Frog Jump. 12pm. Prizes. Beach, Old Forge. 315-369-6983. oldforgeny.com.

JULY

- 4 **Ping-Pong Ball Drop.** Kids 12-under race for balls from sea-plane. Fern Park, Inlet. 866-464-6538. inletny.com.
- 10 **Beginning Windsurfing Clinic.** 9:30am. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 11 Wakeboard Tournament. 10am. Beach Rd, Lake George. 743-8433. castawaymarina.com.

AUGUST

- 20 Rappel "Over the Edge" for Special Olympics NY. Crowne Plaza, Albany. 388-0790. nyso.org.
- 21-25 Empire State Games. Multisport event for amateur athletes. Buffalo/Niagara Falls. 474-8889. empirestategames.org.

PADDLING: KAYAKING & CANOEING

ONGOING

- Tue Sundowner Clinics/Time Trials: 6/15, 29; 7/13, 27; 8/10, 24. 6pm. Saranac Inn, Upper Saranac Lake. macscanoe.com.
- Tu-We Evening Tours on Local Waterways w/ADK Albany Chapter.** 6:15pm. 6/15 Hudson, Coeymans; 6/22 Hudson, Lansingburgh; 6/29 Hudson, Bethlehem; 7/7 Mohawk, Waterford; 7/13 Hudson, Coeymans; 7/20 Hudson, Lansingburgh; 7/27 Hudson, Bethlehem. Demos/rentals available. Adirondack Paddle 'N' Pole: 346-3180. onewithwater.com.
- Wed NNYP Weekly Time Trials: 5/5-9/15. 3.65M. 6:30pm. Aqueduct Boat Dock, Rexford. 399-1435. swcweb.org.
- Wed SLVP Scramble Series. Little, Raquette & Grasse rivers, Canton. Steve Coffin: 315-854-0881. nymcra.org.

JUNE

- 12-13 19th Madrid Canoe/Kayak Regatta. Community Park, Madrid. Bernie Moulton: 315-322-4041. slvpaddlers.org.
- 12 **EMS Kayak DemoFest.** 10am-4pm. Demos, camp cook-off, more. Lake Desolation, Middle Grove. Eastern Mountain Sports: 580-1505. ems.com.
- 13-14 **Adirondack Training Institute: Sailing Instructor Course.** Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 14 **Intro to Kayaking.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 16 **Intro to Canoeing.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 17 Towpath Regatta Canoe/Kayak Race. 4.5M. 6:30pm. Jumpin' Jacks, Scotia to The Boathouse, Niskayuna. Geoffrey Moore: 435-1704. nymcra.org.
- 22-23 **Adirondack Training Institute: Canoe Instructor Course.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 20 Wild Goose Chase Canoe/Kayak Race. 9M. 11am. Housatonic River, Pittsfield, MA. Patty Spector: 413-637-2597. necanoe.org.
- 26 Old Forge Paddle Classic Canoe/Kayak Races. 9am. Pine Knoll Motel, Old Forge. 315-369-3872. oldforgeny.com.
- 26 **ACA Course: Intro to Canoe.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 27 **ACA Course: Intro to Kayak.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 30 **Kayak Rescue & Recovery.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

JULY

- 2-4 Lake Placid Intl Regatta. Fri/Sat-sprint. Sun-marathon. Mirror Lake, Lake Placid. 418-9144. lakeplacidinternational.com.
- 12-15 12th Lake Champlain Sea Kayak Institute. Valcour Kayak Center, Plattsburgh. 564-5292. plattsburgh.edu.
- 23-25 **Intro to Canoe Camping: Raquette River.** Adirondack Mountain Club: 523-3441. adk.org.
- 31 **Paddling Day Trip: Raquette Falls.** Adirondack Mountain Club: 523-3441. adk.org.
- 31 Saranac Flatwater Challenge Canoe/Kayak Races. 11am. Saranac River, Saranac Lake. 957-2996. macscanoe.com.

AUGUST

- 1 **Paddling Day Trip: Long Pond Mountain.** Adirondack Mountain Club: 523-3441. adk.org.
- 6-8 **Family Canoe Camping: Lake Lila.** Hikes, naturalist lessons, canoe skills. ADK: 523-3441. adk.org.

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FIRST ANNUAL



LAKE DELTA TRIATHLON
 Sunday, August 22 • 8am
 Delta Lake State Park, Rome
Olympic Distance
 1500m swim - 40K bike - 10K run
 First-timers/age-groupers/Ironman welcome
 First 200 receive technical shirt
Info, register online & entry form:
www.atcendurance.com
 Mike Byrch: 315-404-8130

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 Five sessions (M-F 9-5): June 28 to July 30
 Experienced staff
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 ■ Safe, fun learning environment
 ■ Led by certified educators & coaches
 ■ USA Triathlon sanctioned camp
SHAPEcamp.org

SKYHIGH XTERRA Off-Road Triathlon
 Sunday, July 18 • 8am
 Grafton Lakes State Park, Grafton
 1K swim/20K mtn bike/6K trail run
 XTERRA Point Series ■ Individuals/Teams

SKYHIGH Kids' Triathlon
 Saturday, July 17 • 9am
 100m swim/5K mtn bike/1K trail run
 USA Triathlon sanctioned ■ Ages 8-14
SKYHIGHadventures.com

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32ND ANNUAL
Lane 10K Lake Run
Sunday, August 1
Lake Pleasant to Speculator

Registration: 9am at Speculator Ball Field
Race Start: 10am

Scenic route follows south shore of Lake Pleasant

Entry Forms:
www.speculatorchamber.com
or (518) 548-4521

Adirondack Speculator Region
Chamber of Commerce
PO Box 184, Speculator, NY 12164

CAMP SARATOGA FUN RUN SERIES

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Wilton Wildlife Preserve & Park's Camp Saratoga
(Scout Rd, 5 min from I-87, Exit 15)
Fun, challenging 5K trail course!
Open to all ages and abilities

Registration: \$5 starting at 5:30pm
Start: 6:15pm rain or shine

www.saratogastryders.org
Laura Clark: 581-1278, info@saratogastryders.org
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- Super friendly volunteers

Adirondack Distance Festival

Half & Full Marathon
Full - 9am, September 26, 2010
Half - 10am, September 26, 2010
Schroon Lake, New York

5K & 10K Races
9:30am, September 25, 2010
Chestertown, New York

Visit Our Website
adirondackmarathon.org

For Info & Registration Form
Call 1-518-532-7675

Fifth Annual Capital District YMCA

5K Run/Walk Series & Kids' Fun Runs

Canal Run 5K Run/Walk
Sat, 7/17 • Freedom Park, Scotia

Southern Saratoga 5K Run/Walk
Tue, 8/17 • 1 Wall Street, Clifton Park

Brenda Deer Memorial 5K Run/Walk
Sat, 9/11 • 250 Winding Brook Drive, Guelderland

Monster Madness Dash 5K Run/Walk
Sat, 10/30 • 2500 21st Street, Troy

Fall 5K Run/Walk
Sun, 11/7 • 20 Community Way, East Greenbush

Prizes to participants in all six races!
Events fund CDYMCA's scholarship program
Register Online at:
www.CDYMCA.ORG

- 7 **RiverFest.** 9.8M leisurely paddle on scenic Black River. Free shuttle. Chicken BBQ. Castorland to Carthage. 315-376-2213. lewiscountychamber.org.
- 21 Newcomb North Country Challenge. 10M race. 5M rec. 12pm. Lake Harris, Newcomb. 582-4601. newcombny.com.
- 27-29 **Intro to Canoe Camping: St Regis Canoe Area.** Adirondack Mountain Club: 523-3441. adk.org.

RUNNING, TRAIL RUNNING & WALKING ONGOING

- Daily ChiRun/Walk Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- Mo/ThSports Walking Club Workout.** 6pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Tue 42nd Colonie Summer Track Series: 6/15-8/10. 6pm. Colonie H.S., Colonie. Frank Myers: 869-9333. colonie.org.
- Thu ARE Summer Trail Run Series: 5/27-8/26.** 6:30pm. Albany area. Josh Merlis: 320-8648. albanyrunningexchange.org.
- Thu Sand Lake Summer Run Series: 6/10-8/3. 0.25M-5M. 6pm. Butler Park, Averill Park. Jim Van Ess: 928-3838.
- Sat Fleet Feet Fun Run.** 10am. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

JUNE

- 10 2nd Route 50 "Mile Race." 5:45pm. Parade follows. Lakehill Rd/Rte 50, Burnt Hills. 399-1419. chsny.org.
- 12 **12th Kinderhook Bank "OK-5K" Road Race.** 9am. OK-1 Kids' 1M: 8:30am. Village Square, Kinderhook. Dan Curtin: 758-9480. kinderhookrunners.org.
- 12 3rd Hometown Heroes 5K Run/Walk. 9:15am. Kids' Fun Run: 8:45am. The Crossings, Colonie. nyfrc-inc.org.
- 12 2nd Run/Walk for Pride 5K Race. 9am. Rainbow Fun Run: 10am. Washington Park, Albany. 462-6138. cdglcc.org.
- 12 15th Lions Ramble 10K & 2M Races. 6:30pm. Haslett Park, Fort Plain. John Geesler: 568-7509. fmrrc.org.
- 13 **ChiRunning Clinic w/Ann Magaret McKillip, Certified Instructor.** 1-5pm. Courtyard Airport, Albany. 802-259-3617. myfitnessrecovery.com.
- 13 **2nd Read Run/Walk 5K for Literacy.** 9am. Saratoga Springs Public Library, Saratoga Springs. Nancy Holzman: 226-0040. literacynycap.org.
- 13 **The Run for Help 5K Race/Walk against Domestic Violence.** 10am. Kids' run: 9:30am. Goff M.S., East Greenbush. 383-8152. unityhousesny.org.
- 13 **Lake Placid Marathon & Half-Marathon.** 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 13 39th HMRRRC Distinguished Service Race. 8M. 9am. UAlbany, Albany. 273-5552. hmrrc.com.
- 13 Betar Byway 5K. 8:30am. Moreau Mile-9:30am. SGF Park, South Glens Falls. 632-5128. adirondackrunners.org.
- 13 Greenfield Dragon 5K Run/Walk. 11am. 1K: 12:30pm. Greenfield E.S., Greenfield. greenfelddragon5k.com.
- 13 Walk 4 Friendship. 1.5K Walk. 10:30am. Elm Ave Park, Delmar. Liba Andrusier: 438-4220. capitalfriends.org.
- 13 34th Crowley Bros Memorial Road Races. 10K/5K/1M. Rutland, VT. crowleyroadrace.com.
- 19 **Whipple City 5K Run/Walk.** 8:30am. Kids' 1K Fun Run. Greenwich M.S., Greenwich. Cailie Currin: 692-7979. greenwichchamber.org.
- 19 **6th Great Adirondack Trail Run.** 11.5M, 3,000-ft vertical mtn run: 9am. 3.5M mtn fun run: 10am. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 19 JoAnn McDonald/Nancy Nappi 5K Run/Walk for Ovarian Cancer. 9am. Pinhead Susans, Schenectady. stockadeinn.com.
- 19 1st Equinox Trail Race. 5K & 10K. 9:30am. BBQ. Charlotte, VT. Martha Keenan: 802-425-2384. gmaa.net.
- 19-20 5th Green Mountain Relay. 200M. Jeffersonville to Bennington, VT. greenmountainrelay.com.

- 20 5th Community Resources Father's Day 5K. 9:30am. Kids' run: 8:45am. The Crossings, Colonie. 273-5552. hmrrc.com.
- 20 27th Mule Haul 8K Race. 10am. Schoharie Crossing H.S., Fort Hunter. Jim Moore: 381-9352. fmrrc.org.
- 20 Mount Greylock Trail Races: Half-Marathon & 5K. Greylock Glen, Adams, MA. 413-743-5669. runwmac.com.
- 20 New Paltz Challenge Half Marathon & 5K. 13.1M: 8:45am. 5K: 9am. New Paltz. mhrrc.org
- 22 22nd Summer Sizzle 5-Miler. Men: 9am. Women: 8am. MVCC, Utica. uticaroadrunners.org.
- 23 Summer Solstice Run 15K Trail Race. 6:30pm. Minnewaska S.P., New Paltz. 845-658-3028. shawangunkrunners.org.
- 26 5th Valley Cats Home Run 5K. 9am. Plus, kids' run. HVCC, Troy. John Haley: 456-3682. hmrrc.com.
- 26 Stride 4 STRIDE 5K Run/Walk. 9am. Corning Preserve, Albany. stride.org.
- 27 **34th Adirondack Distance Run.** 10M. 7:30am. Firehouse, Lake George to Town Park, Bolton Landing. Marcy Dreimiller: 792-7396. adirondackrunners.org.
- 28 **Camp Saratoga 5K Trail Run #1.** 6:15pm. Camp Saratoga, Wilton. saratogastryders.org.

JULY

- 3 Finger Lakes Fifties: 50K/50M/25K. 6:30am. Finger Lakes N.E. Hector. 607-564-1804. fingerlakesrunners.org.
- 3 1st Stars & Stripes Twilight Run 5K. Ichabod Crane H.S., Valatie. 877-0929. empirelibertytour.com.
- 4 **4th Firecracker 4 - A race thru historic Saratoga Springs.** 4M. 8am. Saratoga Springs City Center, Saratoga Springs. Peter Goutos: 316-4445. firecracker4.com.
- 4 24th Montcalm Mile. 1M. 1:40pm. Montcalm St, Ticonderoga. lachute.us.
- 4 28th Clarence DeMar 5K. 8:30am. Folsom School, South Hero, VT. Matthew Dall: 802-872-9799. gmaa.net.
- 6 **HMRRC Summer Track Series #1: Colonie Mile.** 6:15pm. Colonie H.S., Colonie. Ken: 429-5440. hmrrc.com.
- 10 **Boilermaker 3-Mile Walk.** 10:30am. Plus, Union Bank Kids' Run. 8:15am. Masonic Care Community, Utica. 315-797-5838. boilermaker.com.
- 10 4th Team Teagan's 5K Run/Walk. 8am. Saratoga Spa S.P., Saratoga Springs. 810-9878. teamteagan.com.
- 11 **33rd Utica Boilermaker 15K Road Race.** 8am. ECR International to FX Matt Brewing, Utica. 315-797-5838. boilermaker.com.
- 11 **Boilermaker 5K Road Race.** 7:30am. Burrstone Rd Bridge to FX Matt Brewing, Utica. 315-797-5838. boilermaker.com.
- 11 **5K Firecracker Run.** 10:30am. Tallmadge Park, Mechanicville. 664-8322. mechanicvilleacsc.org.
- 12 **Camp Saratoga 5K Trail Run #2.** 6:15pm. Camp Saratoga, Wilton. saratogastryders.org.
- 14 **HMRRC Summer Track Series #2: 2-Person Relay.** 6x1M. 6:15pm. Colonie H.S., Colonie. 273-5552. hmrrc.com.
- 15-18 **ARE's Trail Running Camp for Adults.** Clinics, meals, kayak, swim, 4.5M Run/Tube Day (7/17), Froggy 5M Trail Race (7/18). Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. areep.com.
- 17 **Capital District YMCA Series #2: Canal Run 5K Race/3K Walk.** 9am. Kids' Fun Run: 8:30am. Freedom Park, Scotia. Glenville YMCA: 399-8118. cdyymca.org.
- 17 **1st ARE's Run & Tube Day.** 9am. 4.5M run, tube, lunch. Lake Luzerne. Josh Merlis: 320-8648. areep.com.
- 18 **ChiRunning Clinic w/Ann Magaret McKillip, Certified Instructor.** 1-5pm. Courtyard Airport, Albany. 802-259-3617. myfitnessrecovery.com.
- 18 **3rd ARE's Dippikill Froggy 5-Miler Trail Race.** 9am. Dippikill, Warrensburg. Josh Merlis: 320-8648. areep.com.
- 19 Howe Caverns Hill Challenge 2M Run/Walk. 8am. Howe Caverns, Cobleskill. 296-8900. howecaverns.com.

34th Annual
Adirondack Distance Run
Lake George Village to Bolton Landing
Sunday, June 27 at 7:30am

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- Long-sleeve T-shirts for first 600 entrants
- USATF Adirondack Association 10-Mile Championship

Info & Application: AdirondackRunners.org
Registration: Active.com (closes June 25 at 9pm)
Late Registration: June 26, 5-7pm at Lake George Fire Station
No race day or telephone registration
Benefits Big Brothers Big Sisters & GF Family YMCA Youth Scholarship Fund

5K FIRECRACKER RUN

Sunday, July 11 • 10:30am
Tallmadge Park, Mechanicville

TAC Sanctioned
Mechanicville Family Day:
Kid's tent, vendors, food, fun games & spectacular evening fireworks

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www.mechanicvilleacsc.org
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JULY ISSUE AD DEADLINE: 6/28
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Darryl@AdkSportsFitness.com
Media Kit: AdkSportsFitness.com

Whipple City 5K Run/Walk & 1K Fun Run for Kids

Saturday, June 19, 8:30am
Greenwich Middle School, Gray Ave
Greenwich, NY
 \$17 by 6/17 or \$25 race day
 T-shirts to first 100 registered
 Stay for 18th annual Whipple City Festival with music, food, exhibits & crafters
Entry/Info: GreenwichChamber.org
Register online: Active.com
 Cailie Currin: (518) 677-2797
 Benefits Greenwich Chamber & Scholarship Fund

40TH ANNIVERSARY

Half Marathon

Lake Placid ♦ 13.1 Mile Road Race
 ♦ T-Shirts for All Pre-registered Entrants
 ♦ Post Race Ceremony
 ♦ New! 5-year age group awards
Information: northelba.org
parks@northelba.org
518-523-2591
Registration: active.com
\$30 by 9/4 • \$40 after

NEW DATE!

Saturday
September 11th

part of a perfect day
LAKE PLACID



- 21 **HMRRC Summer Track Series #3: Hour Run.** 6:15pm. Colonie H.S., Colonie. 273-5552. hmrrc.com.
- 24 **14th Silks & Satins 5K Run.** 8am. East Ave & George St, Saratoga Springs. 388-0790. specialolympicsny.org.
- 24 Fox Creek 5K Run/3K Walk. 9am. Fox Creek Bridge, Berne. Michelle Furlong: 439-7418. berneyny.org.
- 24 10th Damn Wakely Dam Ultra. 32.6M. 6:30am. Piseco to Wakely Dam. 315-638-2491. wakelydam.com.
- 24 3rd Ranger Run 5K. 10am. Part of Irish Festival. Herkimer Co Fairgrounds, Frankfort. 315-525-7628. gaif.us.
- 24 Moonlight in Vermont 4M Midnight Road Race. 12am. Pownal Center, VT. 802-442-4414. bkvr.org.
- 26 **Camp Saratoga 5K Trail Run #3.** 6:15pm. Camp Saratoga, Wilton. saratogastryders.org.
- 28 **HMRRC Summer Track Series #4: Pentathlon.** 6:15pm. Colonie H.S., Colonie. Todd: 221-3829. hmrrc.com.

AUGUST

- 1 **32nd Lane 10K Lake Run.** 10am. Lake Pleasant to Speculator. 548-4521. speculatorchamber.com.
- 1 5th Hudson Headwaters Care for Kids 5K Run/Walk. 9am. R&R Auto, Chestertown. 761-0300. hhn.org.
- 1 Dana Labbee Memorial 5K Race. 8:30am. Mill St Fairgrounds, Adams, MA. 413-743-8300. celebrateadams.com.
- 2 **Camp Saratoga 5K Trail Run #4.** 6:15pm. Camp Saratoga, Wilton. saratogastryders.org.
- 2 Tawasentha XC 5K Series #1. 6:30pm. Tawasentha Park, Guilderland. Josh Merlis: 320-8648. hmrrc.com.
- 3 Colonie Summer Track Series. 6pm. Colonie H. S., Colonie. Frank Myers: 783-2760. colonie.org.
- 7 **2nd Chingachgook Challenge Half-Marathon, 10K Race & Family Fun Day.** 13.1M: 8am. 10K: 9am. YMCA Camp Chingachgook, Kattskill Bay. John Kinnicut: 265-2876. areep.com.
- 7 **9th Race the Train.** 8.4M from Riparius. 8am: train ride. 9am: run back. 1M fun run: 11am. UHRR, North Creek. Ann Arsenault: 251-2602. adirondackrunners.org.
- 7 2nd Fasig-Tipton 5K Race. 8am. 1M: 7:30am. Saratoga Springs. areep.com.
- 7 32nd Dynamic Duo Pursuit Race. 8:30am. Town Park, Colonie. Frank Myers: 783-2760. colonie.org.
- 8 25th Run for the Roses. 5K-9am. 2.5M walk-8am. Grafton Lakes S.P., Grafton. graftoncommunitylibrary.org.
- 8 2nd No Kids Allowed: Senior Masters 5K/10K Race. 9am. The Crossings, Colonie. 225-5494. areep.com.
- 8 9th Turning Point 5K. 9am. Saratoga Spa S.P., Saratoga Springs. Kim Gamache: 583-2940. finishright.com.
- 8 Save our Switchbacks Road Race. 7.5K. Parkway Ski Chalet, Utica. uticaroadrunners.org.
- 8 19th 100K Catskill Mtn Road Relay. 6am-8am. teams of 6-10. 845-386-9174. sullivanstriders.org.
- 9 Tawasentha XC 5K Series #2. 6:30pm. Tawasentha Park, Guilderland. Josh Merlis: 320-8648. hmrrc.com.
- 14 **Adirondack Spintacular: Run, Cycle or Walk.** 5K/6M/12M. 10am. Mayfield Fairgrounds, Mayfield. Carol Madeiros: 863-8998. adirondackspintacular.com.
- 14 8th Jailhouse Rock 5K. 8:30am. Brookside Museum, Ballston Spa. Joy Houle: 885-4000. brooksidemuseum.org.
- 14 Ken Hummel Memorial 5K Run/Walk. 9am. Town Hall, Stuyvesant. 758-6248. stuyvesantny.us.
- 14 Heels to Paws 5K. Stratton, VT. Myra Foster: 802-297-4137. stratton.com.
- 14 32nd Bridge of Flowers Classic Road Race. 10K/3K. Shelburne Falls, MA. bridgeofflowers10k.com.
- 15 **16th Indian Ladder Trail Runs.** 15K-9am. 3.5M-11am. Includes BBQ lunch. Thacher S.P., Voorheesville. Mike Kelly: 439-5822. hmrrc.com.
- 15 Heritage Day 10K. 10am. Penfield Homestead Museum, Ironville. Dave Burrows: 926-8005. lachute.us.

- 15 Mountain Madness Trail Run. 30K/12K. 8:30am. Virgil S.F., Virgil. 607-564-1804. fingerlakesrunners.org.
- 15 2nd Crazy Magic 12 & 6 Hour Ultra Trail Run. 6am. Central Park, Schenectady. Heather Rizzi: 847-2419.
- 15 Savoy Mt Trail Races: 22M/11M/4M. 10am. Florida, MA. runwmac.com.
- 16 **Camp Saratoga 5K Trail Run #5.** 6:15pm. Camp Saratoga, Wilton. saratogastryders.org.
- 16 Tawasentha XC 5K Series #3. 6:30pm. Tawasentha Park, Guilderland. Josh Merlis: 320-8648. hmrrc.com.
- 17 **Capital District YMCA Series #3: Southern Saratoga 5K Run/Walk & Kids Fun Run.** 6:30pm. YMCA, Clifton Park. 371-2139. cdymca.org.
- 21 **New Visions of Albany 5K Run.** 10am. 1M Walk. The Crossings, Colonie. Chuck Terry: 935-4348. newvisionsofalbany.org.
- 21 **XTERRA Lake Placid: 10K & 5K Trail Runs.** 9am. 8/22: XTERRA LP Triathlon. Olympic Speedskating Oval, Lake Placid. 631-392-1542. triandduit.com.
- 21 Clove Run 10M & 5K. 8:30am. Castleton-On-Hudson. 732-2940. vanrensselaerdivision.org.
- 28 **13th Altamont 5K Run/Walk.** 9am. Plus, kids' races. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- 29 27th Chris Thater Memorial 5K Run. 10am. Binghamton. Jim May: 607-778-2056. bcstopdwi.com.

SEPTEMBER

- 11 **40th Original Lake Placid Half Marathon.** 13M. 10am. North Elba Show Grounds, Lake Placid. 523-2591. northelba.org.
- 11 **Capital District YMCA Race Series #4: Brenda Deer 5K Run/Walk.** YMCA, Guilderland. 456-3634. cdymca.org.
- 19 **The Saratoga Palio 5K & Half Marathon.** Melanie Merola O'Donnell Memorial Race. Saratoga Springs. thesaratogapalio.com.
- 25 **17th FAM 5K "Fund" Run/Walk.** 10am. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- 25 **Adirondack Distance Festival: 5K & 10K.** Chestertown. 888-724-7666. adirondackmarathon.org.
- 26 **Adirondack Distance Festival: Marathon & Half Marathon.** 9/25: Expo/Package Pickup. Schroon Lake. 888-724-7666. adirondackmarathon.org.
- 26 **6th Clover Combo Classic 8K Run.** 10am. Yankee Hill Lock Site, Fort Hunter. 762-3909. ccefm.com.

OCTOBER

- 2 **16th Susan G. Komen Race for the Cure.** 5K. 9am. Empire State Plaza, Albany. 250-5370. komenneny.org.
- 10 **Mohawk Hudson River Marathon & Half Marathon.** 8:30am. 26M: Schenectady to Albany. 13.1M: Colonie to Albany. 10/9: Expo/Package Pickup. mohawkhudsonmarathon.com.

SWIMMING

JUNE

28-7/2 Open Water Workshop: Perpetual Motion Freestyle. Mirror Lake, Lake Placid. 800-609-SWIM. totalimmersion.net.

AUGUST

- 14 **9th Betsy Owens Memorial Lake Swims.** 1M: 10am. 2M: 11:30am. Mirror Lake, Lake Placid. Ann Svenson: annb48@earthlink.net. adms.org.
- 14 **14th Greater Burlington YMCA Lake Swim.** 4M/8M across Lake Champlain. 8am. Camp Abnaki, North Hero, VT. Jaimie Held: 802-862-8993 x156. gbymca.org.
- 20-21 **XTERRA Lake Placid: Swim Clinics w/Total Immersion.** 8/21: XTERRA LP Triathlon. Mirror Lake Beach, Lake Placid. 631-392-1542. triandduit.com.

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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 Bob Vanderminde: bobjr@telescopecasual.com
 Info: 518-316-4445

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// RUNNING & WALKING //

Trails of Dreams

New Trails in Saratoga County

by Laura Clark

According to the May 2010 issue of *TrailRunner*, running is our country's fastest-growing outdoor sport with the lion's share of that growth attributed to the recent popularity of trail running. While premier races like Western States 100 are lottery-only, the urgency has now spread eastward. Local Adirondack events like the Wakely Dam Ultra and The Great Adirondack Trail Run (adktrailrun.com) are typically sold out within a few days.

But what if you are pulled by the *Last Child in the Woods* mentality but not yet ready for the extreme nature of such events? What if you prefer a gentler, bordering on the backyard, introduction? Well, you are in luck because for once government and private concerns have reacted quickly and amazingly in unison with a host of trails tailored to your dream of a perfect outdoor experience.

Two newcomers, Loudon Trail and Schuyler Park both offer roundabout loops, perfect for those without GPS or scout certification. While both deftly skirt the edges of civilization, it is difficult to believe you are but a whistle away from medical attention or a local pizza delivery.

Loudon Trail, located behind Wilton Mall near Northway Exit 15, with trailhead parking off Loudon Road, is a one-mile loop that seems longer due to its roller coaster nature. It is the perfect venue for a quick run while waiting for your car to be serviced or your teenagers to finish shopping. To keep things interesting, do as I did, and reverse direction after each go-around.

Schuyler Park (schuylerpark.com) offers the perfect respite for carpooling moms and dads. Located off NY Route 29, opposite The Farmer's Daughter Drive-In, it's a 27-acre community park jointly developed by the towns of Northumberland and Saratoga. Drop your kids off at their soccer game and then get your own exercise on the three-quarters of a mile woody trail, cleared by Dennis Flynn and his WSWHE BOCES students. Tack on a playing field loop to each go-around to pick up parenting or cheerleading points! Afterwards, reward your team and yourself with some homemade ice cream from Farmer's Daughter.

Another urban retreat is the Saratoga Spa State Park's 1.1-mile **Hemlock Trail**, located on Crescent Street, just off South Broadway. One local runner, Tyrone Culpepper, includes this trail as part of his daily run on town roads, enjoying the mini-vacation aspect of the wetland, old-growth hemlocks and oaks. This trail is a true gem as it is rare to experience such pristine beauty within city limits – visit saratoga.com/adventures for more trail listings. Stay tuned because the park has plans for future expansion in the area.

While these trails exist on the edges of civilization, trail etiquette, especially the carry-in/carry-out rule still applies. There is no local civil servant assigned to pick up after you, so you must respect your fellow travelers. The same goes for fallen branches. While trails are, after all, trails, and not manicured lawns, if every fallen limb were granted squatter's rights, soon there would be no trail. So make it



☒ CAMP SARATOGA FUN RUN SERIES AT WILTON WILDLIFE PRESERVE AND PARK. PHOTO BY BRIAN TEAGUE

☒ RECENTLY DEVELOPED SCHUYLER PARK TRAIL IN SARATOGA. PHOTO BY DENNIS FLYNN/ WSWHE BOCES

a rule to toss at least one branch. You can even get in some soccer practice by darting here and there to kick the offenders off to the side.

While many of these smaller trails are restricted by space limitations, the local land trust, Saratoga Plan (saratogaplan.org) is committed to acquiring conservation easement development rights from landowners. As such, many of their trails are works in progress. **Zim Smith Trail**, currently six miles long, reaches from Malta southward to Mechanicville with eventual plans to connect to the Saratoga Spa State Park and Railroad Run. The majority is asphalt interspersed with occasional packed dirt intervals designed to be an alternative transportation and recreational linkage between towns. As such, this and the future **Spring Run Trail** are venues for those who prefer tame and practical off-road experiences. However, Maria Trabka, executive director of Saratoga Plan is eager to explore wilder settings and welcomes input from runners, hikers and mountain bikers.

Crossing over to the wild side, there are a multitude of anonymous free-form trails known only to locals, mountain bikers and ATVers. I am lucky because one of these trail "systems" is right out my back door in Northumberland. But now, thanks once more to Dennis Flynn, and his intrepid band of BOCES environmental students, that is beginning to change. They are taking a break from logging operations to create a system that will eventually link all the way to Camp Saratoga in the Wilton Wildlife Preserve and Park. The students are braving rain, heat and mosquitoes hoping to have the initial 4.5-mile stretch, with access at the end of Gailor Lane off Homestead Road, ready by the end of June.

While this trail will, of course, be well-marked, there are a myriad of serendipitous paths branching outwards that

have not succumbed to organization. In fact, I have run five hours out there without touching on all of them. Some are unmarked, some trees sport blue paint, some the luminescent paint of snowmobilers. Hunters seem to favor orange ribbon while the BOCES students lean toward red. Follow a DEC pink ribbon and you will most likely end up in a swamp. Some paint holds no meaning as far as wayfinding is concerned, but merely indicates which trees are to be harvested next. Yellow caution tape generally denotes someone's driveway. Do respect landholder's privacy. Still, make note of these hints of home just in case you sprain an ankle or run out of breadcrumbs.

How not to get lost in unfamiliar woods? Make note of which direction you are traveling and where outlet roads are located. After you make the plunge, stick to a main (wider) trail. Resist the temptation to explore offshoots. After you have completed as much of the trail as you desire, go back and then explore one or two alternatives. Resist the temptation to run everywhere at once. You may not get lost, but you will have no stored memory of where you have been. As you become more familiar with the territory, you will have the fun of "a-ha" moments when you discover a new side trail that links up to a wider route you have already explored.

Yes, I know, GPS mechanics have been invented and can store a neat record of where you have been, but it is fun to test your own abilities and use it only as a backup. If batteries fail or signals become weak, you want to have some idea of where you are and how to get back.

If the idea of running on trails appeals to you, yet you feel uncomfortable running alone, and have difficulty finding friends to share the adventure, it helps to remember that statistically, there is a greater likelihood of being hit by a car as you cling to the side of the road than being eaten by a predator. Read *Free-Range Kids* by Lenore Skenazy to learn how to enjoy a taste of freedom without sweating every detail. Then enjoy the Camp Saratoga Fun Run Series (saratogastryders.org) at the Wilton Wildlife Preserve and Park on Mondays, June 28, July 12 and 26, and August 2 and 16. You will meet new friends, hone your trail running abilities, and increase your confidence for your ultimate unsupervised adventure.

This is only a sampling of what's in store. For a glimpse into Saratoga County's crystal ball, google "Saratoga trail concept descriptions." Happy trails! 🌲

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

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ATHLETE PROFILE

FINISH



FINISHING THE 2007
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Kim E. Scott

Residence: Malta
Age: 41
Occupation: Regional Manager,
 Thomas Edison State
 College's Office of
 Military and Veteran
 Education, New Jersey
Sports: Running, Snowshoeing,
 Swimming, Biking



by Jenna E. Caputo

The first thing you notice about Kim Scott is her smile – even if you're just talking to her on the phone. You can hear it in her voice and it instantly makes you want to smile along with her. She's an engaging, fun woman with an energetic and inquisitive personality that filters into the rest of her life. It's an attitude that seems to have served her well.

Kim was not involved in sports when she was young. As a child, she usually had to just watch her brother from the sidelines. But during a summer job in college, all that began to change. She was working for a friend's father who was an avid runner. He kept asking her when she was going to run with him, and finally one day she decided to give it a try. They met at the school track, and after one lap she had to stop to catch her breath. She stuck with it and slowly became more serious about her running.

After college, a sports editor at the newspaper she worked for invited her to her first race at SUNY Purchase. She decided to go for it, but the day went

from bad to worse. At the last minute, her friend couldn't meet her as planned. Since this was her first race and her friend had organized everything, Kim didn't really know what she was supposed to do or what to expect. Despite that, she got on the bus. The bus ended up getting lost on the way down and by the time she got there, the race had already started. She joined in the race anyway. "For me, it's about personal goals. That accomplishment of, 'Wow, I just did something new I thought I couldn't do!'"

Although she defines herself as a "hobby athlete," Kim has continued to race. She participates in many local races including the challenging Camp Saratoga 8K snowshoe race in Wilton; as well as being an eight-year participant in ARE's Dodge the Deer 5K; Race for the Cure 5K; McGuire Air Force Base Mud Run in New Jersey; Brookside Museum's Jailhouse Rock 5K; and the Empire State Games.

Mike DellaRocco of Altamont, a long-time friend, has been a source of support and encouragement for Kim's involvement in snowshoe sprint racing. Mike adds, "Kim is a great competitor and takes her running seriously." Her dedication

resulted in winning three medals at this past winter's Empire State Games!

Since there are so many races for runners to participate in, every athlete has his or her own reasons for picking the races they choose. Kim explains that for her, the key factor is charity. "I participate in healthy and challenging events, and each registration fee raises money for an organization."

When asked what she likes most about her sport, she gave an answer that mirrored her personality. "One thing about me is I always try. I have fun learning how to compete and to be more disciplined. I will never stop having fun." She brings this same attitude into her training as well. Knowing the importance of support, Kim exchanges cyber-support with a college friend, Jackie Weisberger, and she has a local running partner, Meg O'Leary of Saratoga Springs. The friends meet twice a week to run up Broadway and through Skidmore College in Saratoga Springs.

They are active members of the Saratoga Stryders running club, which is open to runners and walkers of all levels. Kim and her training partner join them for the Saturday morning runs. Kim com-

plements her workouts with other activities as well, like working out at the Malta YMCA, bike riding, swimming, workout DVDs and hand weights. She tries to balance her day by starting with a structured, morning workout and then doing something fun at night. She said that so far she has not skipped a run due to the weather. "It has never been an issue not to go running, which makes me really proud. I'm lucky to have support from friends and a really good training partner. It's because of her I did my first marathon, the Lake Placid Marathon." Kim keeps everything in perspective, "I want to do well and do my best, though often other responsibilities take priority over a workout."

As a six-year member of the Stryders, Kim says it's a great organization for anyone to join. She explains that sometimes it's a little intimidating to join a group, but the club is very welcoming to all. She is a member of the recently formed Stryders Masters team.

On top of her full-time job and workouts, Kim also keeps busy as a board member for the Saratoga County Historical Society at the Brookside Museum, and serves on the board of her neighborhood association. Some people are defined by their sport or activities, but not Kim. With three degrees – cultural anthropology, mortuary science and technical communication – she has a wide array of interests and skills. She says that people are often surprised to hear that she has a motorcycle license and has traveled in a carnival selling elephant ears (fried dough) in high school. "I try to do one new thing every year."

I want to be healthy and health comes first. Every day I try to be a better person and athlete." Her unintentional trademark has become her smile, especially when crossing the finish line, which some people say is a sign that she isn't trying hard enough. But she can't help it, "I'm happy I finished!"

Her advice to others trying to juggle the demands of everyday life, and the desire to do well in a sport, reflects her positive attitude. She says, "The number one thing is to just have fun. Training can be hard. Not everyone is cut out to run in seven-degree weather. And sometimes you can feel like you have no life – especially if you're training for a marathon." But, Kim says, "Be proud of your accomplishments. Set consistent, small goals – and of course, keep smiling!" 🍌

Jenna Caputo (silverpenproductions.com) is a freelance writer and ballroom dance instructor based in Ballston Spa. She also enjoys yoga, cross-country skiing and curling.

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// HIKING & BACKPACKING //

Inaccessibility kept *Big Moose Lake* the wild haunt of a few hardy mountain men for most of the 19th century. As development increased on the Fulton Chain to the south, sportsmen occasionally made their way over the rough trails to the lakes of the North Branch of the Moose River, and soon primitive camps appeared on its shores. With the construction of the Adirondack Division Railroad in 1892, permanent camps and inns flourished. One of the early settlers on the lake was James Higby, who became noted for his diverse talents in guiding, camp building and pancake flipping. Higby Road is so named since it was the route to Jim's hotel on the south shore of East Bay.

There are numerous trails to explore in the Big Moose area, but one of my favorites begins on the far side of the lake and can only be accessed by canoe. The destination is an attractive lean-to on a ledge overlooking a wild lake – one that surely won't disappoint.

GETTING THERE

Big Moose Road branches off NY Route 28 at Eagle Bay and heads northwest to Stillwater, 18 miles away, and Higby Road is a right turn 3.9 miles north of Eagle Bay. Public access to the lake can be found by turning right onto Higby Road and following it 1.5 miles to a fork. A right turn will take you to a dock maintained by the Big Moose Lake Property Owners' Association. There is room to park off to the right.

THE TRAIL

If you paddle northeast from the Property Owners' dock and cross the broad eastern end of Big Moose Lake, you will come to the grassy entrance of the Inlet. This marshy bay extends northeast from the lake and is completely surrounded by the Pigeon Lake Wilderness. However, neither the lake nor the bay is

Lower Sister Lake

by Bill Ingersoll



VIEW OF LOWER SISTER LAKE.
PHOTO BY BILL INGERSOLL

subject to Wilderness restrictions, and so motors are allowed in the Inlet. The Property Owners' Association imposes a speed limit on those few motorboats that do enter the bay, and so you are not likely to be put off by their presence. The bay can be quite shallow, and it is best explored by canoe anyway. The area is rich with wildlife. Its diversity supports a variety of birds such as ducks, great blue herons, cedar waxwings and belted kingfishers.

To find the trail to Lower Sister Lake, you must locate a channel in the vegetation at the east end of the Inlet. Open water extends for a short distance to the right, but you should paddle toward the center of the pickerelweed and grasses where the channel emerges. A 0.3-mile paddle up the channel will take you to the trailhead, a wet little indent on the right side. Overall, it is a 2.6-mile paddle trip from the parking area to this trailhead.

The trail follows blue markers through a muddy section, spanned by boardwalks that drift out of place during the spring flood. After five minutes, 0.2-mile, you will come to a junction where the trail to Andy's Creek goes left. Most people heading to Lower Sister do make the 0.6-mile round-trip detour to the creek and its secluded lean-to.

The main trail heads east-northeast from the junction. This first part is flat and dry as it passes through a beautiful lowland forest of birches, cherries and spruces, with a lush understory of ferns. Such broad expanses of level terrain – preserved as old growth no less – are rare in the Adirondacks.

This section ends in 35 minutes as you drop to cross a small bog on planks at 1.1 miles. The trail then passes between two large white pines and begins to climb steadily for 20 minutes. An intermittent stream appears on your left, where you may find a spring. The height-of-land

is reached at 1.8 miles, and a 0.5-mile descent follows, taking you down almost to the level of the meadows surrounding the outlet of Lower Sister Lake.

The trail parallels the shore of the lake, but for the most part it is set back from the water, with few views. There are some wet areas and small streams to ford. You glimpse the lake through the trees, and you may want to leave the trail to photograph the outlet area, which is studded with bleached boulders. As the trail nears the lean-to at the eastern end of the lake, it traces an uneven course up small rises and down again, passing between dense thickets of spruce and balsam.

After hiking 3.3 miles from Big Moose Lake, you reach the Lower Sister Lake Lean-To. Rock ledges in front of the shelter offer outstanding views of the small lake, and they provide many places from which to swim, relax or sunbathe. The lean-to and the rock ledges are situated so as to take advantage of the westerly breezes blowing off the lake, a trait that visitors during black fly season will appreciate.

You may find a leaky canoe nearby, but it is probably not lake-worthy enough to take you the half-mile journey up the channel to Upper Sister Lake. Following land features, you will find the terrain between the lakes to be densely forested, wet, and tangled with blowdown. Features such as the outlet of Upper Sister Lake or the ridge to the southeast will guide you to the lake, but it will be a time-consuming, tiring effort, and the brushy shoreline renders the lake virtually inaccessible. On the other hand, the long sand beach at the north end of Lower Sister Lake is well worth any effort to reach, so long as time and energy permits. 🌲

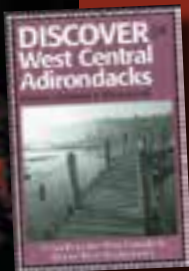
Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirkondacks.com). For more on this region, consult Discover the Central Adirondacks by Barbara McMartin and Bill Ingersoll.

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FROM THE EDITOR & PUBLISHER

Celebrating 10 Years!

Ten years to the month since the first issue published! We hope the magazine has helped enhance your quality of life with its promotion of sports, health and fitness. The greatest joy for us has been the opportunity to learn about and meet so many great people, and increasingly experience the outdoors, the events, and the localities of our region.

We hope you enjoy this issue. Summer is in full-swing and now is the time to take your race, fitness or adventure goals to the next level. Or if you're already running marathons and riding centuries, try something new. The Calendar of Events has hundreds of races and activities in a variety of distances, terrains and locations. Pick one, sign up, train, do it and have fun! For motivation, our Athlete Profile, Kim Scott, is an inspiration to all with her smile and her openness to new things.

As always, please feel free to share your comments with us. Happy summer and happy 10 years to us!!

Cheers, *Dan* and *Mona*



READER LETTERS

WILLOW STREET WOMEN'S TEAM

Thank you for the front page feature article highlighting area running teams ["Running Teams" by Laura Clark, May 2010]. I enjoyed the photos and many aspects of the article and while I have deep respect for the writer, she failed to capture the true nature of the Willow Street women's team.

All of the attributes and reasons for joining a running team that described the Saratoga Stryders women's masters team also apply to the Willow Street team. The team offers encouragement, occasionally works out or travels together, warms up and cools down as a group before and after races and offers selfless support.

The Willow Street team does not require that an individual have a lot of racing experience, just talent and a desire to improve. Many of the members of the Willow Street team were not recruited but contacted me with a desire to learn more about the team, and then decided to join. For example, Anne Benson had limited race experience when she joined the team five years ago at age 40, and has improved each year to become one of the best master's athletes ever to come out of this region. There are many other examples.

I did enjoy the quote from Diane Sherrer of the Finger Lakes women's masters team; "Being captain is like herding cats, all with highly individualized agendas." Each runner on our team has her own individual goals. Some train for marathons, others for triathlons, etc., in addition to competing in the team events. They manage to balance both their own individual goals with the team goals. They all also manage to balance their competitive running with busy lives resulting from demanding jobs, school or raising children. Their fear is always that they will not be able to dedicate enough time to the team. However, there is no requirement to compete in a specific number of races. Some of the women race only two or three team events a year, while others manage to run more. Runners would not commit to a team experience year after year if they were not offered a lot of flexibility, as well as an enjoyable experience.

It is my experience that the women are self-motivated and want to do well to help the team. The team does not add pressure, but offers them the support and coaching needed to run competitively. Admittedly the Willow Street women's team is a talented group, and runners with similar abilities would no doubt enjoy the friendship, and support that has allowed our team to endure for over a decade.

Emily Bryans, Schenectady

Laura responds: To clarify last month's "Running Teams" article, the Willow Street woman's team welcomes new members, whether by invitation or not. There is no obligation to compete in every team race. Furthermore, all are welcome to join the Willow Street gang Sunday runs at 7:30am at 10 Pine View Drive in Guilderland.

Your comments are always welcome! Info@AdkSports.com

AROUND THE REGION

News Briefs

Get ready for the BUMPS Challenge

WILMINGTON – The second annual Bike Up the Mountain Point Series – the only series of its kind in America – will include nine north-east mountain climb races: 6/19 Whiteface (Cat. 1, 3522'); 6/26 Okemo (Cat. 2, 2200'); 7/10 Mt. Washington "Newton's Revenge" (Hors Cat., 4720'); 7/17 Mt. Ascutney (Cat. 2, 2300'); 8/7 Mt. Equinox (Cat. 1, 3300'); 8/21 Mt. Washington "Auto Road Race" (Hors Cat., 4720'); 9/4 Burke (Cat. 2, 2096'); 9/11 Mt. Greylock (Cat. 2, 2860'); and 10/3 Appalachian Gap "Allen Clark Memorial" (Cat. 2, 1600'). The BUMPS recognizes the talents of riders who do the hardest thing in cycling, climb steep hills. For each event and series details, visit hillclimbseries.com.

Firecracker 4 on July 4 in Saratoga

SARATOGA SPRINGS – On Sunday, July 4 at 8am, start your festivities with the fourth annual Firecracker 4 – a four-mile road race beginning at the Saratoga Hilton and City Center on Broadway. The course winds through the streets of this historic city, and kicks off day two of Saratoga's All-American Celebration. The first 2,000 entrants receive a dry-fit shirt. There will be live entertainment at the start/finish and many locations along the course, plus raffles, refreshments and vendors – and award categories for military and fire/police/EMS. Ian Brooks, the announcer at NY's Armory Track & Field Center, will be calling this year's race – a man whose voice (and clothing) you will never forget. To register, visit firecracker4.com.

Advantage Sport & Fitness Store Closing and Sale

LATHAM – Since 1999 Advantage Sport & Fitness has been providing club quality exercise equipment for people who were not satisfied with sporting good or department store products. They used that first step from their headquarters in Ithaca to grow their residential and commercial business in the Capital District. According to John Murray, president, they will continue commercial sales and service but have decided to close their Latham store. Advantage is having a store closing liquidation sale through June 26. In a letter to customers, they assured continuation of service for products purchased. Call the Latham store at (518) 456-3282. For product and service inquiries, visit advantagfitness.com.

New Steuben Athletic Club Needs 600 Members to Reopen

ALBANY – Businessman Herb Ellis is working to reopen the Steuben Athletic Club, a closed gym in downtown Albany. The club has been contacting former and prospective members, to get a \$50 refundable commitment from at least 600 people, and wants to reopen by September. A letter to members says "An extensive renovation will focus on a complete interior facelift, including new and expanded fitness equipment options." They expect that the recent closing of the Washington Avenue YMCA will increase the need and desire for a gym. The club originally opened in 1982, in a former YMCA building at Steuben Place and North Pearl Street. For more info, call (518) 434-6116 or visit steubenalbanyathleticclub.com.

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August 7, 2010

- Registration 8:30am at the Castorland Boat Launch, Lewis County
- Leisurely paddling along 9.8 miles of the scenic Black River, ending at the Carthage Boat Launch, Lewis County
- Free shuttle service

Call (315) 376-2213 or visit www.LewisCountyChamber.org calendar of events for more information or to register

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// BICYCLING //

by Dave Kraus

Summer Rides with Scenic Backdrops

As the summer season starts in the Capital Region and northward, area cyclists begin reaping the rewards as their fitness and skills also advance. The weather is beautiful and the roads are scenic and often deserted out in the countryside, offering opportunities for a good stretch of the legs alone or with friends.

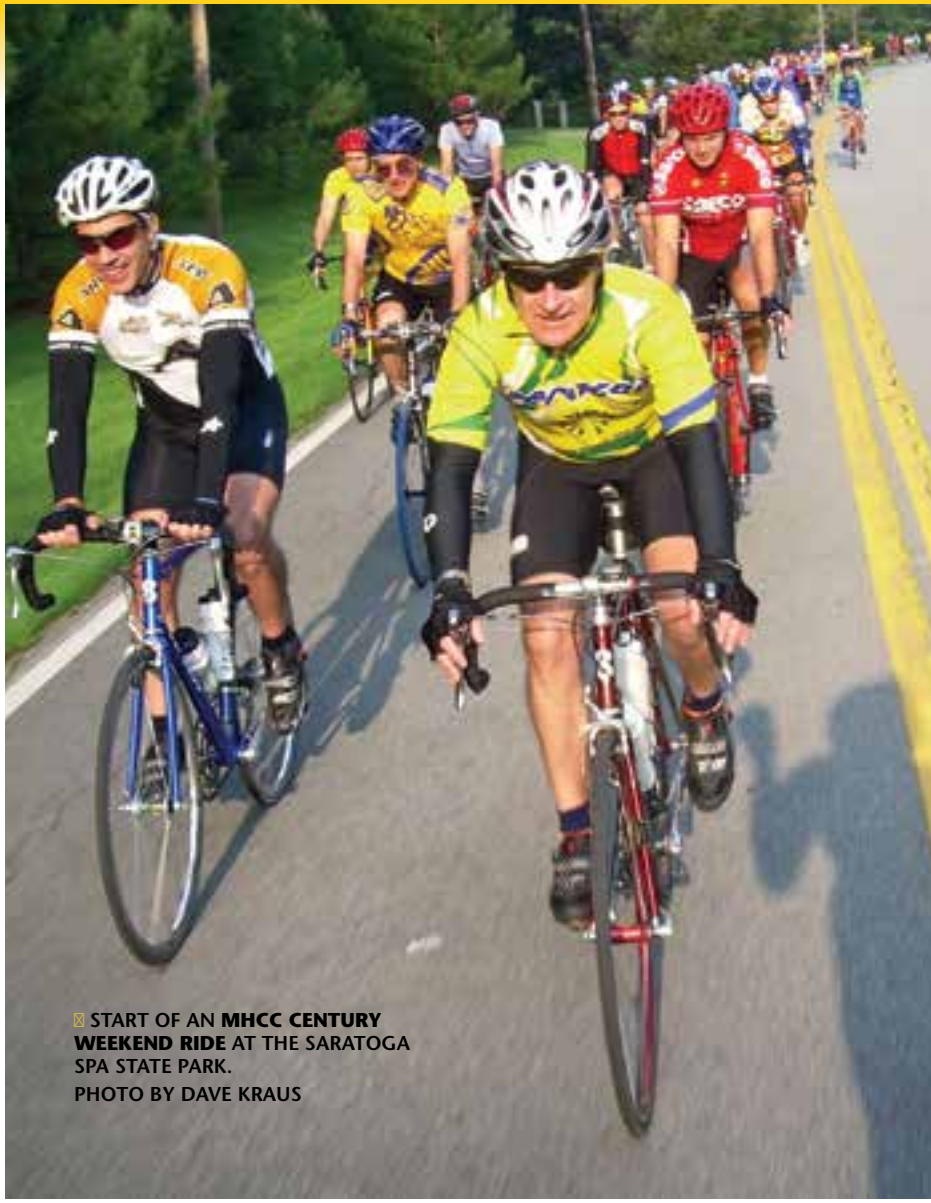
As the summer passes into early fall, the area also offers a rich selection of group rides that can offer a new set of pleasures. There's the chance to spend a whole day with friends – or make new ones. There are new, unfamiliar roads with new sights and challenges. There's also the opportunity to check out new bikes, maybe learn a new skill, and support worthy area charities and organizations.

The fifth anniversary **Ididaride! Adirondack Bike Tour** to be held on Sunday, August 15, started in 2006 after Stony Creek resident Kim Fisher pitched the idea to club officers of the Residents' Committee to Protect the Adirondacks. Kim has since done the ride all four years and still serves as ride director. In 2008 the Adirondack Mountain Club took over organization for the event and in 2009 over 300 riders started the ride from Ski Bowl Park in North Creek.

The route for the 75-mile fully supported ride inscribes a large clockwise loop across some of the most scenic land in the Adirondacks, including 6,800 feet of total climbing. Heading southwest from North Creek, riders will pass through Wells, Speculator and Indian Lake before arriving back in North Creek where lunch, drinks, and a band await them. There's also a shorter, 20-mile ride to Indian lake with a shuttle bus back to Ski Bowl Park. Proceeds from the ride's \$65 entry fee (\$10 more for non-ADK members) benefit ADK and its mission to encourage a balanced approach to outdoor recreation, advocacy, environmental education, and natural resource conservation. Go to ididaride.org for information and registration forms.

The third annual **Tour de Farm** rolls out of Easton on Sunday, August 22, and covers 15-mile and 35-mile routes through the farmland on both sides of the Hudson River that serves as an important scenic backdrop for the Saratoga National Historical Park.

The ride is organized by the Agricultural Stewardship Association and Saratoga PLAN and takes riders past a number of



START OF AN MHCC CENTURY WEEKEND RIDE AT THE SARATOGA SPA STATE PARK.

PHOTO BY DAVE KRAUS

farms in Washington County that have been protected through the efforts of the two organizations. Hand Melon Farm, a fruit and produce operation which is in the process of being conserved, serves as one of the rest stops. Cost for the ride is \$25 for individuals or \$40 per family until August 15, when the fee goes up \$5 for each. More information and registration is at agstewardship.org.

The tenth anniversary **Pat Stratton Memorial Century Ride** on Saturday, August 28, is dubbed the "Best Ride in the Adirondacks." Organizers say that there are no significant hills to climb, even though the 25, 50, and 100-mile routes will take riders through the very heart of the mountains north of Saranac Lake. The route uses wide-shouldered state

highways and quiet back roads to visit Paul Smiths College and Meacham Lake and the small communities of Lake Clear, Gabriels and St. Regis Falls.

The event enjoys full-support on the road including food stations with portable toilets and sag wagons. There are also prizes, a barbecue, live music, and a free kids' ride at the event, which benefits youth programs of the Kiwanis Club of Saranac Lake.

There's something for everyone at the **Mohawk Hudson Cycling Club's Century Weekend** scheduled for Saturday-Sunday, Sept. 11-12. This is MHCC's largest event of the year, and the weekend packs four different routes of 25, 50, 65, and 100 miles into each of two days. Over 300 cyclists attended the 2009 weekend and this year's

ride is expected to be just as large. Some show up for the opportunity to ride up to 200 miles in two days. Others just enjoy the scenery and the chance to meet old friends or make new riding partners while enjoying the scenery.

The four different routes cover a wide variety of terrain around Saratoga County after beginning at Saratoga Spa State Park. All routes head generally northwest, with the longer rides looping westward into farm country before going into the foothills of the Adirondacks north toward Corinth. All rides are fully supported, with sag and mechanical support and overlapping rest stops so riders from different routes can still meet each other and socialize. At ride's end participants can enjoy lunch and a chance to kick back under the pines in the state park. More information can be found at webmhcc.org.

The **Double H Ranch's Camp Challenge Ride** on Sunday, Sept. 12 will be the inaugural for this event. The full proceeds benefit the ranch in Lake Luzerne that provides specialized programs and year-round support for children and their families dealing with life-threatening illnesses.

Riders will have a choice of 15-, 30- and 62-mile routes. Once registered through Team Hole in the Wall, riders will receive their own personal fundraising webpage, training tips, online discussion groups and training blogs. There is a \$250 pledge minimum for the ride, which will include Team Hole in the Wall apparel for participants, a pre-ride breakfast, and post-ride barbecue at the Double H Ranch. More information about the Camp Challenge ride and other Team Hole in the Wall events is at teamholeinthewall.org.

Other upcoming area cycling events include: August 7, **Mt. Equinox Uphill Bike Climb** in Manchester, Vt. (gearupforlyme.com); August 14, **Adirondack Spintacular** in Mayfield (adirondackspintacular.com); August tbd, **Mohawk Towpath Byway Bike Ride** in Clifton Park; Sept. 18, **Northeast Kingdom Lakes Century** in Barton, Vt. (active.com); Sept. 25, **Ride4Love** in Ballston Spa (ride4love.com); Sept. 25, **Lance Gregson 1-Eye Classic** in Schroon Lake (schroonlakecycling.com); and Sept. 26, **Tour de Habitat** in Albany (evansale.com). 🌲

Dave Kraus (dbkraus@earthlink.net) is a longtime area cyclist, freelance photographer and writer, and AFAA certified personal trainer at Best Fitness in Schenectady.

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Race Results

6TH ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE

- PROFESSIONAL/AMATEUR - April 10, 2010 • Main Street, Cambridge

PRO/CATEGORY 1: MEN - 82 MILES

1	3:21:42	Brian Jensen	TradeWind Energy/Trek, Lawrence, KS
2	3:21:42	Daniel Zmolik	AXA Equitable/CRCA, Ridgewood
3	3:21:42	William Dugan	Team Type 1, Santa Barbara, CA
REGIONAL FINISHERS			
4	3:21:42	Cameron Cogburn	CCB/Wheelworks, Freeville
41	3:28:29	Cory Burns	Embrocation Cycling Journal, Watertown
71	4:00:20	Vincent Scalia	Team ORA PB IF, Queensbury

PRO/CATEGORY 1: WOMEN - 62 MILES

1	3:08:33	Silke Wunderwald	Team Kenda, Stonington, CT
2	3:08:59	Beth Miller	Anthem Sports, Delmar
3	3:08:59	Jennifer Stephenson	7thgroove/RE:FORM, Nepean, ON
CATEGORY 2: WOMEN - 62 MILES			
1	3:08:33	Anna Barenfeld	LadiesFirst, Brookline, MA
2	3:08:59	Arielle Fiberti	Specialized Team, Worcester, MA
3	3:08:59	Patty Buerkle	Fruit 66/Artemis, Pittsburgh, PA
REGIONAL FINISHERS			
7	3:09:53	Audrey Scott	Team Bikeway.com, Poughkeepsie
8	3:09:53	Jenny Ives	Anthem Sports, Gloversville
13	3:12:36	Sarah Krzyziak	Anthem Sports, Utica
17	3:19:42	Meredith Ehn	Anthem Sports, Albany

CATEGORY 2: MEN - 82 MILES

1	3:26:37	Pavel Gonda	CRCA/BH Bikes, New York
2	3:27:30	Maurice Gamanho	CRCA/Pete's Bike Shop, Lebanon, NJ
3	3:28:55	Anders Newbury	Hot Tubes Jr Dev, Fairfield, VT
REGIONAL FINISHERS			
49	3:34:35	Andrew Bernstein	Champion System Racing, Saratoga Springs
49	3:37:00	Christian Favata	Favata's Tablerock Tours, Rosendale

CATEGORY 3: MEN (BLACK) - 62 MILES

1	2:49:55	Brendan Housler	GVCC/Minerva Cycling, Rochester
2	2:49:55	Miguelangel Blanco	CRCA/Luzzo's, Rego Park
3	2:49:55	Danny Habig	CRCA/Luzzo's, Herricks
REGIONAL FINISHERS			
24	2:50:54	Matt Goedeke	Anthem Sports Elite Dev, Delmar
51	3:01:50	Andrew Nasca	Bikeway, Stormville
79	3:23:34	Elias Bennett	Berkshire Cycling Assn, New Lebanon

CATEGORY 3: MEN (GREEN) - 62 MILES

1	2:48:39	Ramon Mira de Orduña	Maxpowercycling.com, Geneva
2	2:48:39	Jason Halloran	Spin/RR Donelley, Lakewood, OH
3	2:48:39	Ryan O'Hara	Cambridge Bicycle, Coventry, CT
REGIONAL FINISHERS			
29	2:50:13	Terry Blanchet	North Atlantic Velo, Castleton
30	2:50:15	Aaron Hall	Threshold Cycling, Rensselaer
35	2:50:52	Steve Sloan	Maxpowercycling.com, Morris
53	2:56:33	Paul Eisele	Maxpowercycling.com, Andes
71	3:03:30	Bruce Beauharnois	Wear On Earth, Plattsburgh

CATEGORY 3: WOMEN - 62 MILES

1	3:12:49	Fabienne Gerard	CRCA/Fuoriclasse Racing New York
2	3:12:49	Alejandra Madrinan	CRCA/Comedy Central, Boonton, NJ
3	3:12:49	Jennifer Tetrick	CycleLife USA, Washington DC
REGIONAL FINISHERS			
4	3:13:49	Bryna Nestor	Anthem Sports, Troy
14	3:20:48	Margaret Thompson	Team Hammer Nutrition, Clinton

CATEGORY 4: MEN (BLACK) - 62 MILES

1	2:54:39	Christopher Leong	CRCA/Louis Garneau, New York
2	2:57:59	Paul Fronhofer	Battenkill-United, Argyle
3	2:58:13	Phil Penman	CRCA/Teany Cycling, New York
REGIONAL FINISHERS			
13	2:59:31	William Henke	Battenkill-United, Hudson Falls
17	3:00:08	John Onderdonk	Battenkill-United, Saratoga Springs
22	3:00:51	Nathan Morgan	Battenkill-United, Saratoga Springs
32	3:08:24	Tim Eck	Battenkill-United, Ballston Spa
34	3:08:24	Alton Ostrander, Jr	Capital Bicycle Racing Club, Albany
39	3:11:32	Michael Lenihan	Battenkill-United, Lake George
44	3:16:21	Brian Dansin	Battenkill-United/CVC, Cambridge
51	3:20:07	Danny Goodwin	Nycross.com/CBRC, Delmar
60	3:26:08	Steven Gravel	Capital Bicycle Racing Club, Delmar

61 3:26:32 Joseph Hefta Berkshire Cycling Assn, Cropseyville

62 3:26:32 Carlos Fonseca Bikeway, Lagrangeville

CATEGORY 4: MEN (BLUE) - 62 MILES

1	2:59:03	Arthur Rouillac	CRCA/Houlihan, New York
2	2:59:03	Erik Post	CRCA/NYVelocity, New York
3	2:59:03	Kevin Rooney	CRCA/Houlihan, New York
REGIONAL FINISHERS			
21	3:01:01	Jonathan Favata	Favata's Table Rock Tours, Kerhonkson
22	3:01:19	Matt Mallet	Hudson Valley Velodrome, Ballston Spa
45	3:11:24	Kevin Ballou	Favata's Table Rock Tours, Saratoga Springs
88	3:52:12	Brandon Winne	Unattached, Ravenna

CATEGORY 4: MEN (RED) - 62 MILES

1	2:54:09	Adam Francis	Unattached, New Haven, CT
2	2:56:07	Shawn Herndon	Signature Cycles/Rockstar, Cornwall
3	2:56:16	Chris Kreple	HUP-United, Holland, MI
REGIONAL FINISHERS			
13	2:56:51	Christopher Fey	Team Placid Planet, Keene Valley
23	2:58:33	Paul LeStage	Tarmac Cycling, Poughkeepsie
27	3:00:35	Jeremy Dawkins	The Bicycle Depot, New Paltz, Gardiner
39	3:15:47	Jonathan Sussman	Team Hotel San Jose, Slingerlands
46	3:19:42	Jason Amoriel	Team Placid Planet, Peru

CATEGORY 4: MEN (WHITE) - 62 MILES

1	2:59:35	Gregory Donovan	Kissena Cycling Club, New York
2	3:00:55	Allan Rego	National Sports Academy, Lake Placid
3	3:00:55	Andrew Tucker	Quad Cycles, Newton, MA
REGIONAL FINISHERS			
4	3:00:55	David McCahill	Team Placid Planet, Lake Placid
23	3:01:10	Paul Wojciak	Pawling Cycle and Sport, Poughkeepsie
27	3:02:18	Michael Malone	Unattached, Troy
28	3:02:18	Reid Evans	Pawling Cycle and Sport, Pleasant Valley
37	3:03:49	Zack Vogel	Unattached, Saratoga Springs
38	3:04:24	Mark Graber	North Atlantic Velo, Saratoga Springs
41	3:07:09	Glenn Allen	North Atlantic Velo, Gloversville

CATEGORY 4: MEN (GREEN) - 62 MILES

1	3:20:10	Christine Bucher	Unattached, Center Valley, PA
2	3:21:08	Aurora Lamperetta	Unattached, Saratoga Springs
3	3:21:08	Laura Lee Vo	Velocity, Brooklyn
REGIONAL FINISHERS			
4	3:28:45	Nicole LaPlante	Team Placid Planet, Peru
5	3:31:00	Sheila O'Mahony	CRCA, Saratoga Springs
18	3:48:19	Mara Fronhofer	Adirondack Triathlon Club, Argyle
21	3:50:18	Stacy Maziejka	Unattached, Voorheesville
22	3:50:18	Jennifer Yanazzo	Team Sho-Air, Malta
24	3:53:33	Lisa Gizzarelli	Hudson Valley Velo Club, New Paltz

CATEGORY 4: WOMEN (BLUE) 35-PLUS - 62 MILES

1	3:20:10	Christine Bucher	Unattached, Center Valley, PA
2	3:21:08	Aurora Lamperetta	Unattached, Saratoga Springs
3	3:21:08	Laura Lee Vo	Velocity, Brooklyn
REGIONAL FINISHERS			
4	3:28:45	Nicole LaPlante	Team Placid Planet, Peru
5	3:31:00	Sheila O'Mahony	CRCA, Saratoga Springs
18	3:48:19	Mara Fronhofer	Adirondack Triathlon Club, Argyle
21	3:50:18	Stacy Maziejka	Unattached, Voorheesville
22	3:50:18	Jennifer Yanazzo	Team Sho-Air, Malta
24	3:53:33	Lisa Gizzarelli	Hudson Valley Velo Club, New Paltz

CATEGORY 4: WOMEN (GREEN) 35-PLUS - 62 MILES

1	3:14:44	Kristie Timmer	Unattached, Long Beach
2	3:22:19	Jennifer Hetrick	Lamprey Systems, Riegelsville, PA
3	3:23:24	Aimee Layton	Columbia University, New York
REGIONAL FINISHERS			
4	3:24:18	Sara Koller	Team Placid Planet, Plattsburgh
9	3:25:42	Madeleine Bonneville	Elevate Cycles/LunaChix, Saratoga Springs
14	3:35:03	Kerrin Strevel	Unattached, Valatie

JUNIORS 17-18 (CATEGORY 1-4) - 62 MILES

1	2:53:11	Paul Lynch	CLNoonan/BayHillCapital, Colchester, CT
2	2:53:11	Nathaniel Beams	Pro Chain Cycling, Lexington, KY
3	2:53:11	Robin Carpenter Young	Medalists/Dual Temp, Philadelphia PA
REGIONAL FINISHERS			
7	2:56:31	Ben Dolva	Farm Team Cycling

continued

6TH ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE continued

12	3:00:17	William Hottenstein	Tri-State Velo/Amaroso's, Kingston
16	3:06:32	Derek Wojtkun	Farm Team Cycling, Cambridge
17	3:06:32	Nathan Piche	Farm Team Cycling, Hoosick Falls
26	3:19:05	Brandon Millet	Farm Team Cycling, Cambridge
27	3:19:06	Keane McCullum	Team Placid Planet, Plattsburgh
JUNIORS 15-16 (CATEGORY 1-4) - 62 MILES			
1	2:55:16	Marcus Smith	Team Specialized Juniors, Pleasanton, CA
2	2:58:56	Thomas Wrona	Raleigh AllStars Cycling Team, Pinehurst, NC
3	3:05:01	Curtis White	CLNoonan/BayHillCapital, Sandwich, MA
REGIONAL FINISHERS			
7	3:19:30	Hunter Dansin	Farm Team Cycling, Cambridge

JUNIORS 13-14 - 13 MILES

1	0:39:07	Peter Goguen	Team CF, Hopedale, MA
2	0:39:07	Austin Vincent	CLNoonan/BayHillCapital, Simsbury, CT
3	0:39:07	Teddy Kozlowski	Liberty Cycle, Bridgewater, NJ
REGIONAL FINISHERS			
5	0:39:21	Keane Brennan	Farm Team Cycling, Cambridge
7	0:42:09	Brittany Summer	Farm Team Cycling, Clifton Park
9	0:43:27	Joseph Toth	Capital Bicycle Racing Club, Stephentown
10	0:44:10	Paul Dallemagne	Farm Team Cycling, Cambridge
11	0:44:10	Wyatt Drake	Farm Team Cycling, Cambridge
12	0:45:59	Julia Sante	Farm Team Cycling, Queensbury
13	0:46:40	Luke Rasmussen	Windham Mtn Outfitters, Windham
14	0:46:46	Connor Lenihan	Farm Team Cycling, Lake George
15	0:48:21	Emma White	Capital Bicycle Racing Club, Delanson
16	0:48:21	Nicolas Catlin	Tokeneke Road Club, Fairfield, CT
17	0:48:51	Matthew Hoffer	Farm Team Cycling, Cambridge
18	0:52:58	Will MacClarence	Farm Team Cycling, Loudonville

JUNIORS 10-12 - 13 MILES

1	0:39:07	Phillip Truppelli	Colavita Racing, Ringoes, NJ
2	0:44:10	Gianni Polhemus	Farm Team Cycling, Spencertown
3	0:46:32	Isaac Allen	Bicycle Depot, Marlboro
REGIONAL FINISHERS			
4	0:49:20	Kathryn Toth	Capital Bicycle Racing Club, Stephentown
6	0:58:31	Linus Sante	Farm Team Cycling, Queensbury

MASTERS 30-PLUS (CATEGORY 1-4) - 62 MILES

1	2:48:30	Ed Ceccolini	Campmor/Schwalbe, Pompton Lakes, NJ
2	2:48:30	Ken Gallardo	Peninsula Velo/Pomodoro, Belmont, CA
3	2:48:30	Will Letendre	Strava Velo, Etna, NH
REGIONAL FINISHERS			
9	2:49:44	Mark Miller	Favata's Table Rock Tours, Hurley
MASTERS 40-PLUS (CATEGORY 1-4) - 62 MILES			
1	2:40:28	Roger Aspholm	Westwood Velo, Haworth, NJ
2	2:40:28	Fred Thomas	OACyclemania, Cape Elizabeth, ME
3	2:46:19	Douglas Jansen	International Bicycle/Global, Pelham, NH

MASTERS 50-PLUS (CATEGORY 1-4) - 62 MILES

1	2:55:40	Al Blanchard	Westwood Velo, New City
2	2:57:14	Kevin Mosher	CCC/Keltic/Zanes Cycles, Voorheesville
3	2:57:14	Hank Pfeifle	OACyclemania, Brunswick, ME
REGIONAL FINISHERS			
34	3:03:54	Gene Primomo	Capital Bicycle Racing Club, Delmar
38	3:05:36	Brian Polhemus	Battenkill-United, Spencertown
48	3:09:50	Don Rice	Battenkill-United, Rensselaer
54	3:13:23	David Burns	Unattached, Watertown
75	3:21:04	Ken Grey	Team Billy, Saratoga Springs
80	3:27:43	Tim Leonard	Capital Bicycle Racing Club, New Hartford
82	3:29:38	Arthur Goedeke	Capital Bicycle Racing Club, Delmar
87	3:31:12	Gary Lessard	Schenectady Cycling, Schenectady
100	3:57:09	Wayne Clermont	Unattached, Rexford

MASTERS 60-PLUS - 62 MILES

1	3:10:48	Scott Haverstick	ERA Cycling, Washboro, PA
2	3:10:48	Doug Dale	Northeast Roadmasters, Hadley, MA
3	3:11:16	Mark McCarthy	NYPSS Masters, Honeoye Falls
REGIONAL FINISHERS			
10	3:24:44	Van Fronhofer	Battenkill-United/CVC, Salem
16	3:30:55	John Perrella	Unattached, Grahamsville

22	3:42:08	James Bogue	Cambridge Valley Cycling, Buskirk
30	3:50:16	Howard Johannessen	Mohawk-Hudson Cycling Club, W. Sand Lake
36	4:18:27	Ross McCabe	Unattached, Valatie
39	4:30:51	Charles Brockett	Mohawk Valley Bicycle Club, Dolgevile
CATEGORY 5: (BLACK) UNDER-35 - 62 MILES			
1	2:51:24	Sean Smith	Champion System Racing, New York
2	3:00:29	Douglas Osborne	Wear On Earth, Peru
3	3:00:51	Richard Serton	Mohawk Valley Bicycle Club, Clinton
REGIONAL FINISHERS			
6	3:00:51	Kevin Crossman	Unattached, South Glens Falls
17	3:15:44	Caleb Batchelder	Farm Team Cycling, Argyle
22	3:20:44	Jeffrey Krywanczyk	Unattached, Chazy
28	3:29:54	Kirby Haizlip	Capital Bicycle Racing Club, Albany

CATEGORY 5: (RED) UNDER-35 - 62 MILES

1	3:00:27	Jacinto Pereira	Unattached, New Haven, CT
2	3:00:35	Todd Shatynski	Unattached, Altamont
3	3:00:53	Alex Binkley	Unattached, New York
REGIONAL FINISHERS			
32	3:28:36	Matt Alexander	Unattached, Catskill
34	3:31:34	Jason Chlopeki	Unattached, Scotia
35	3:32:53	Ashton Momot	Wear On Earth, Plattsburgh
36	3:33:02	Andrew Kinley	Unattached, Albany
41	3:45:13	John Wilkinson	Unattached, Rock City Falls
45	4:01:41	Joshua Enzensperger	Unattached, Cambridge

CATEGORY 5: (BLACK) 35-PLUS - 62 MILES

1	3:11:44	Peter Bysse	Unattached, Brooklyn
2	3:11:44	Jules Roazen	Alabaster Disaster, Brooklyn
3	3:12:37	Scott Wells	CRCA/Velocity, Brooklyn
REGIONAL FINISHERS			
27	3:46:36	Stephen Werthner	Capital Bicycle Racing Club, Albany
32	3:57:27	Mike Talmadge	Battenkill-United

CATEGORY 5: (GREEN) 35-PLUS - 62 MILES

1	3:07:53	Tyler Merrit	Unattached, Richmond, VT
2	3:08:40	Matthew Jones	Jackrabbit Racing, Cooperstown
3	3:08:40	Wendy Palacio	Toga/RBC, Valley Cottage
REGIONAL FINISHERS			
4	3:08:40	William Sprengnether	Ruby Red, Saratoga Springs
11	3:16:31	Randy Rath	Adirondack Triathlon Club, Glens Falls
15	3:23:34	Eliakin Littell	Unattached, Greenwich
18	3:24:57	Paul Bricoccoli	Adirondack Triathlon Club, Queensbury
20	3:26:12	Brigham McCutcheon	Unattached, Altamont
21	3:26:24	Brian McLaughlin	Unattached, Glenville
22	3:26:51	Randy Swift	Saratoga Triathlon Club, Saratoga Springs
30	3:39:08	Gerald Parkes	Unattached, Glenville
36	3:49:32	Pete Smith	Unattached, Fort Edward
41	3:55:51	Rick Robin	Unattached, Valatie

CATEGORY 5: (WHITE) 35-PLUS - 62 MILES

1	3:02:02	Randon Stringham	Buffalo Bicycling Club, Lockport
2	3:02:37	Rod Millott	CRCA, New York
3	3:02:37	Brian Sullivan	CRCA, Jersey City, NJ
REGIONAL FINISHERS			
9	3:14:32	Loren Swears	Saratoga Cycling, Saratoga Springs
18	3:20:25	Travis Boyd	Unattached, Stephentown
27	3:26:45	Anthony Mitchell	Unattached, Ravenna
28	3:28:12	Eric Whiting	Cambridge Valley Cycling, Greenwich
37	3:44:26	Shawn Blatter	Team Overlook, Lake Katrine
42	4:04:08</		

6TH ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE *continued*

27 3:48:25	David Rosato	Unattached, Queensbury	REGIONAL FINISHERS
32 3:54:58	David Cherubin	Mohawk-Hudson Cycling Club, Albany	16 3:26:17
33 3:54:58	Mike McEvoy	Unattached, Greenwich	18 3:28:16
37 4:01:14	William Skidmore	BVer Analysis, Argyle	19 3:28:47
39 4:02:14	David Hart	CRCA, Fort Edward	30 3:46:40
40 4:02:14	Jim Fox	Adirondack Triathlon Club, Glens Falls	32 3:50:50
41 4:08:29	John Perry	Not Dead Yet Racing, Johnsonville	36 3:58:25
46 4:53:37	John Ferro	Toga/RBC, Clifton Park	41 4:25:23
CATEGORY 5: (WHITE) 45-PLUS - 62 MILES			
1 2:59:08	Erik Vandendries	545 Velo, Chestnut Hill, MA	42 5:09:52
2 3:11:06	John Kladis	Yorktown Cycles, Bedford	
3 3:11:06	Andrew Payne	Bethel Cycle, Ridgefield, CT	

Courtesy of Anthem Sports & Farm Team Cycling

31ST ANNUAL ST. PETER'S KEYS RUN *continued*

MALE AGE GROUP: 25 - 29			
1	Joseph Murphy	25	Saratoga Springs
2	Rock Travis	28	Clifton Park
FEMALE AGE GROUP: 25 - 29			
1	Melissa McCreary	29	Saratoga Springs
2	Kim Zimbal	29	Saratoga Springs
3	Lindsay Hammer	26	Saratoga Springs
MALE AGE GROUP: 30 - 34			
1	Gabe Anderson	33	Saratoga Springs
2	Sean Montieth	33	Ballston Spa
3	Nicholas Neville	32	Saratoga Springs
FEMALE AGE GROUP: 30 - 34			
1	Leah Warner	33	Schuylerville
2	Sarah Jurica	34	Saratoga Springs
3	Kristy Maxwell	32	Clifton Park
MALE AGE GROUP: 35 - 39			
1	Patrick Lynskey	37	Albany
2	Jeff Loakmas	39	Clifton Park
3	Rik Jordan	39	Glens Falls
FEMALE AGE GROUP: 35 - 39			
1	Aurora Lamperetta	37	Saratoga Springs
2	Melissa Schafer	38	Schenectady
3	Amy Rodak	37	Ballston Spa
MALE AGE GROUP: 40 - 44			
1	Kevin Creagan	44	Albany
2	Kevin Whitehead	44	Clifton Park
3	Chris Smith	44	Saratoga Springs
FEMALE AGE GROUP: 40 - 44			
1	Susan Thompson	43	Queensbury
2	Lynn Fredericks	43	Amsterdam
3	Peg Quinn	42	Saratoga Springs
MALE AGE GROUP: 45 - 49			
1	Russell Lauer	47	Glens Falls
2	Samuel Mercado	47	Saratoga Springs
3	Scott Suba	46	Utica
FEMALE AGE GROUP: 45 - 49			
1	Pamela Howard	45	Indian Lake
2	Lauren Herbs	47	Rexford
3	Sharon Shieh	45	Clifton Park

Courtesy of Saratoga Stryders

31ST ANNUAL ST. PETER'S KEYS RUN

April 17, 2010 • Saratoga Spa State Park, Saratoga Springs

10K RACE			
MALE OVERALL			
1	Matt Mallet	34	Ballston Spa
2	William Venner	50	Granville
3	Connor Grant-Knight	16	Malta
FEMALE OVERALL			
1	Beth Stalker	50	Burnt Hills
2	Kimberly Miseno-Bowles	39	Amsterdam
3	Leah Warner	33	Schuylerville
MALE AGE GROUP: 20 - 24			
1	David Lombardo	22	Saratoga Springs
FEMALE AGE GROUP: 20 - 24			
1	Laura Cavanaugh	24	Saratoga Springs
2	Rita Ramos	23	Albany
3	Tessa Schraven	22	Baldwinsville
MALE AGE GROUP: 25 - 29			
1	Jeff Nastke	28	Saratoga Springs
2	Rock Travis	28	Clifton Park
3	Manuel Ramos	28	Albany
FEMALE AGE GROUP: 25 - 29			
1	Melissa McCreary	29	Saratoga Springs
2	Leah Serbalik	26	Saratoga Springs
3	Kim Zimbal	29	Saratoga Springs
MALE AGE GROUP: 30 - 34			
1	Jason Hart	30	Gansevoort
2	Sean Montieth	33	Ballston Spa
3	Eric Fiske	31	Rutland, VT
FEMALE AGE GROUP: 30 - 34			
1	Sandy Tatarynw	31	Saratoga Springs
2	Stephanie Canham	32	Ravena
3	Meghan Zito	32	Ballston Lake
MALE AGE GROUP: 35 - 39			
1	Rik Jordan	39	Glens Falls
2	Andrew Eyer	38	Gansevoort
3	Richard Staley	36	Saratoga Springs
FEMALE AGE GROUP: 35 - 39			
1	Sandra Matzel	35	Ballston Spa
2	Erika Anderson	36	Ballston Spa
3	Emily Cooper	37	Gansevoort
MALE AGE GROUP: 40 - 44			
1	John Onderdonk	43	Saratoga Springs
2	Neil Kelsey	40	Queensbury
3	Kevin Whitehead	44	Clifton Park
FEMALE AGE GROUP: 40 - 44			
1	Susan Thompson	43	Queensbury
2	Mary Fenton	44	Ballston Spa
3	Shannon Hungerford	43	Saratoga Springs
MALE AGE GROUP: 45 - 49			
1	Bruce MacWatters	49	Ballston Spa
2	Michael Stalker	47	Burnt Hills
3	Mark Burns	45	Essex Junction, VT
FEMALE AGE GROUP: 45 - 49			
1	Janice Phoenix	48	Schenectady
2	Lauren Herbs	47	Rexford
3	Patricia Monahan	48	Warrensburg

continued

8TH ANNUAL DODGE THE DEER 5K

April 17, 2010 • Schodack Island State Park, Schodack Landing

MALE OVERALL			
1	Justin Bishop	29	Colonie
2	Tim Van Orden	41	Bennington, VT
3	Anthony Giuliano	30	Albany
FEMALE OVERALL			
1	Lisa D'Aniello	24	Saratoga
2	Melissa Brinkman	31	Cohoes
3	Chelsea Benson	27	Hudson
MALE AGE GROUP: 14 & UNDER			
1	Riley Grossman	9	Delmar
2	Isaac Menis	8	Schenectady
3	Kyle Meredith	12	Kinderhook
FEMALE AGE GROUP: 14 & UNDER			
1	Holly Machabee	11	Delmar
2	Abbey Butler	13	Latham
3	Alyson Inero	13	Albany
MALE AGE GROUP: 15 - 19			
1	Paul Cox	16	Troy
2	Michael Rogers	19	Troy
3	Andy Gilchrist	17	Cropseyville
MALE AGE GROUP: 20 - 24			
1	Richard Messineo	21	Nassau
2	Mike Williams	22	Montgomery
3	John Casey	23	Averill Park
FEMALE AGE GROUP: 20 - 24			
1	Nicole Clark	23	Troy
2	Amy Forgea	21	Rensselaer
3	Allison Klein	24	Albany

continued

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Race Results

8TH ANNUAL DODGE THE DEER 5K *continued*

FEMALE AGE GROUP: 40 - 44

1	Kim Seabury	42	Old Chatham	23:11
2	Kim Scott	41	Malta	25:10
3	Julie Keating	40	Kinderhook	25:12

MALE AGE GROUP: 45 - 49

1	Ed Menis	45	Schenectady	20:00
2	Paul Partridge	45	Delmar	20:50
3	Tom Curry	47	Nassau	21:26

FEMALE AGE GROUP: 45 - 49

1	Wendy Rescott	49	West Sand Lake	24:25
2	Chris Varley	46	Albany	25:00
3	Susan Motler	47	Rensselaer	26:42

MALE AGE GROUP: 50 - 54

1	Thomas Locascio	51	Albany	20:32
2	Jack Connor	50	Hudson	21:22
3	Frank Rees	51	Hudson	22:26

FEMALE AGE GROUP: 50 - 54

1	Kim Law	52	East Greenbush	28:18
2	Donna Charlebois	51	East Berne	28:44
3	Joy Sarris	53	Clifton Park	30:39

MALE AGE GROUP: 55 - 59

1	Michael Dellarocco	58	Altamont	25:03
2	David Nagengast	55	Rensselaer	25:23
3	James Costello	55	Valatie	25:38

FEMALE AGE GROUP: 55 - 59

1	Susan Burns	55	Rensselaer	26:10
2	Carolyn George	56	Albany	27:20
3	Pam Hibbs	55	Averill Park	29:00

MALE AGE GROUP: 60 - 64

1	Joe Yavonditte	61	Schenectady	24:53
2	Greg Rickes	60	Latham	25:00
3	Jack Berkery	62	Latham	30:49

FEMALE AGE GROUP: 60 - 64

1	Ginny Mosher	63	Delanson	30:55
2	Ann Scharoun	61	Valatie	41:00

MALE AGE GROUP: 65 - 69

1	Douglas Fox	65	Loudonville	25:30
2	Frank Klose	67	Castleton	26:19
3	Jim Hotaling	69	Niverville	27:21

FEMALE AGE GROUP: 65 - 69

1	Debbie Brown	68	Castleton	37:15
2	Penny Cushman	66	Albany	38:08

MALE AGE GROUP: 70 & OVER

1	Jim Moore	70	Niskayuna	26:03
2	Bob Knouse	70	Voorheesville	28:50
3	Anthony Scott	71	Fort Johnson	32:17

Courtesy of Albany Running Exchange

2ND ANNUAL TOUR OF THE BATTENKILL BICYCLE RACE - PROFESSIONAL MEN'S INVITATIONAL - April 18, 2010 • Main Street, Cambridge

124 MILES				
1	FAIRLY Caleb	Holowesko Partners U23	4:57:07	0:00
2	LANDIS Floyd	Bahati Foundation	4:59:31	2:24
3	THOMSON Jay Robert	Fly V Australia	4:59:50	2:43
4	DAMIANI Luca	Kenda	4:59:50	2:43
5	HANSON Kenneth	Team Type 1	5:00:51	3:44
6	SULZBUERGER Bernard	Fly V Australia	5:00:51	3:44
7	HOWES Alex	Holowesko Partners U23	5:00:51	3:44
8	DOWSETT Alex	Trek Livestrong U23	5:00:51	3:44
9	CANTWELL Jonathan	Fly V Australia	5:00:51	3:44
10	KEMPS Aaron	Fly V Australia	5:00:51	3:44
11	BORRAJO Alejandro Alberto	Jamis/Sutter Home	5:00:51	3:44
12	SUMMERHILL Daniel	Holowesko Partners U23	5:00:51	3:44
13	DIONNE Charles	Fly V Australia	5:00:51	3:44
14	GONDA Pavel	Garneau/Club Chaussures	5:00:51	3:44
15	DOWNING Dean	Rapha Condor/Sharp	5:00:52	3:45
16	PEREYRA Andres	Jamis/Sutter Home	5:00:52	3:45
17	RABOU Thomas	Team Type 1	5:00:52	3:45
18	MCNICHOLAS Dylan	CCB Wheelworks	5:00:53	3:46
19	TILFORD Stephen	Haymarket Bicycles/Homevisit	5:00:53	3:46
20	COUPE Thom	Bikereg.com/Cannondale	5:00:53	3:46
21	ZMOLIK Daniel	CRCA/AXA Equitable	5:00:53	3:46
22	HEKMAN Mark	Mountain Khakis	5:00:53	3:46
23	ST-JOHN Derrick	Garneau/Club Chaussures	5:00:53	3:46
24	TANNER David	Fly V Australia	5:00:53	3:46
25	FILLION Aaron	Ride with Rendall	5:00:53	3:46
26	ROSSKOPF Joey	Mountain Khakis	5:00:53	3:46
27	RYLEIGH Rob	Holowesko Partners U23	5:00:53	3:46
28	RYTLEWSKI Jacob	Kenda	5:00:54	3:47
29	MATHIS Michael	CRCA/AXA Equitable	5:00:54	3:47
30	GUPTILL Andy	Jamis/Sutter Home	5:00:54	3:47
31	ROE Timothy	Trek Livestrong U23	5:00:54	3:47
32	HAGMAN Alex	Bahati Foundation	5:00:54	3:47
33	SHELDEN Taylor	Holowesko Partners U23	5:00:55	3:48
34	DONALD Jason	Bahati Foundation	5:00:55	3:48
35	COGBURN Cameron	CCB Wheelworks	5:00:55	3:48
36	DRISCOLL James	Jamis/Sutter Home	5:00:56	3:49
37	BROOKS Hayden	Fly V Australia	5:00:56	3:49
38	DONAHUE Alec	Wheelhouse Racing	5:00:56	3:49
39	TIERNAN-LOCK Jonathan	Rapha Condor/Sharp	5:00:56	3:49
40	KEMP David	Fly V Australia	5:00:59	3:52
41	RANDELL Andrew	Spidertech	5:00:59	3:52
42	DAY Benjamin	Fly V Australia	5:00:59	3:52
43	DUGAN William	Team Type 1	5:01:04	3:57
44	HOUSE Kristian	Rapha Condor/Sharp	5:01:21	4:14
45	WREN Tyler	Jamis/Sutter Home	5:02:54	5:47
46	LEA Bobby	Bahati Fountain	5:03:48	6:41
47	LAPTHORNE Darren	Rapha Condor/Sharp	5:03:48	6:41
48	SAVIDGE Walker	Holowesko Partners U23	5:03:49	6:42
49	CALABRIA Fabio	Team Type 1	5:04:37	7:30
50	KING Benjamin	Trek Livestrong U23	5:06:04	8:57
51	VERSCHOOR Martijn	Team Type 1	5:12:38	15:31
52	WOLFSON Kevin	ifracing.org	5:16:05	18:58
53	FREY Nick	Jamis/Sutter Home	5:20:00	22:53
54	SIMES Jackie	Jamis/Sutter Home	5:20:00	22:53
55	PERRON Jean Sebastian	Garneau/Club Chaussures	5:20:01	22:54
56	MARGARITE Michael	CRCA/AXA Equitable	5:20:01	22:54
57	BURNS Cory	Champion Systems Racing	5:20:01	22:54
58	LINDINE Justin	Bikereg.com/Cannondale	5:20:01	22:54
59	NIETERS Jared	Haymarket Bicycles/Homevisit	5:20:01	22:54

Courtesy of Anthem Sports & Farm Team Cycling

3RD ANNUAL AMERICAN LUNG ASSOCIATION "FIGHT FOR AIR CLIMB" April 18, 2010 • One Commerce Plaza (20 Flights), Albany

MALE - TOP 30				
1	David Tromp	Glenmont	Clarkson Alumni	1:28
2	Mark Hammond	Ravena	Unaffiliated	1:44
3	Frederick Eames	Delmar	Unaffiliated	1:51
4	Gene Vetter	Albany	Team Momentive	1:56
5	Brendan O'Keefe	Green Island	Team Momentive	1:57
6	Chris Brozek	Altamont	Team Inspired	2:02
7	Mark Perrecone	Rexford	Team Hope	2:26
8	Brad Colacino	Schenectady	MVP	2:30
9	Matthew Zeilberger	Colonie	Team SEFCU	2:40
10	Zachary Peterson	Montgomery	College of Saint Rose	2:40
11	Christopher Gunyo	Clifton Park	Boght Fire Dept	2:45
12	Jim Papa	Latham	Team Momentive	2:54
13	Matt Tadeschi	Clifton Park	Jaeger & Flynn	2:55
14	Mike Wickens	Albany	Team Momentive	2:57
15	Hong Hua	Halfmoon	Team Momentive	3:00
16	Schuyler Bull	Albany	College of Saint Rose	3:02
17	Jake Pishkula	Clifton Park	Team Momentive	3:13
18	Nick Pishkula	Clifton Park	Team Momentive	3:14
19	Jeffrey Connolly	Albany	HSBC Bank	3:15
20	Liam Madden	Schenectady	Team Awesome	3:16
21	Vlad Ivanov	New York	Team SEFCU	3:17
22	Kyle Chadwick	Albany	Team SEFCU	3:25
23	Mike Pishkula	Clifton Park	Team Momentive	3:26
24	Brad Dipietro	Albany	Bullex Safety	3:29
25	Ronald Lee	Colonie	Team SEFCU	3:31
26	Matt Barrington	Albany	College of St. Rose	3:32
27	Mike Muise	Waterford	Halfmoon-Waterford Fire Dept	3:40
28	Jason Muford	Albany	Mathematics on Up	3:43
29	John Hetsko	Albany	HSBC Bank	3:44
FEMALE - TOP 30				
1	Joanne Lebel	Schenectady	Team Mojo A	2:29
2	Meghan Craig	Schenectady	Team Mojo A	2:30
3	Maria Nguyea	Schenectady	Unaffiliated	2:43
4	Melanie Besette	Albany	Team SEFCU	2:49
5	Amanda Schleede	Schenectady	Team Mojo A	2:52
6	Jean Foti	Niskayuna	Team Mojo B	2:56
7	Jessica Constantine	Rexford	Team Mojo A	3:01
TEAMS - GENERAL (Average & Total Times)				
1	Team Momentive		2:32	12:41
2	Team Mojo A		2:46	13:51
3	Team SEFCU		3:04	15:18
4	College of Saint Rose/Delta Mu Delta		3:21	16:44
5	Team Mojo B		3:26	17:08
6	Team Awesome		3:54	19:29
7	Fight For Air		4:14	21:11
8	PCCS		4:30	22:29
9	Pediatric Asthma Coalition/Capital Region		4:49	24:07
10	MVP		4:57	24:45
TEAMS - FIRE DEPARTMENTS WITH EQUIPMENT				
1	Halfmoon-Waterford Fire Dept		4:53	24:25
2	Boght Fire Dept		5:02	25:10
3	Altamont Fire Dept		5:16	26:17

Courtesy of American Lung Association in New York

113TH ANNUAL BOSTON MARATHON

April 19 2010 • 26.2 Miles from Hopkinton to Boston MA

TOP MALE & AMERICAN - Overall Place			4160				
1	Robert Cheriuyot	21	Bomet, Kenya	2:05:52	44	Peru	3:17:57
2	Ryan Hall	27	Mammoth Lakes, CA	2:08:41	45	Matthew Heinely	3:18:31
3					46	Rob Hudynia	3:18:57
4					47	Norris Pearson	3:19:56
5					48	Troy	3:20:07
6					49	Hopewell Junction	3:20:07
7					50	Albany	3:20:34
8					51	Albany	3:20:59
9					52	Hamilton	3:23:31
10					53	Ghent	3:24:31
11					54	Niskayuna	3:26:11
12					55	Loudonville	3:27:51
13					56	Schenectady	3:29:06
14					57	Mount Tremper	3:29:22
15					58	Colonie	3:29:32
16					59	Valley Falls	3:29:44
17					60	Saratoga Springs	3:30:49
18					61	Schenectady	3:31:40
19					62	Richfield Springs	3:31:58
20					63	Charlton	3:32:28
21					64	Gloversville	3:32:34
22					65	Clinton	3:33:03
23					66	Delmar	3:33:05
24					67	Averill Park	3:36:52
25					68	Queensbury	3:37:16
26					69	Ballston Spa	3:37:36
27					70	Menands	3:38:18
28					71	Saratoga Springs	3:39:51
29					72	Earlton	3:41:31
30					73	Scotia	3:45:08
31					74	Rexford	3:47:28
32					75	Albany	3:49:32
33					76	Castleton	3:50:02
34					77	Clifton Park	3:51:50
35					78	Ballston Lake	3:58:37
36					79	Niskayuna	4:01:51
37					80	Slingerlands	4:02:46
38					81	Glenmont	4:07:50
39					82	Niskayuna	4:11:09
40					83	Rome	4:12:29
41					84	Whitesboro	4:13:40

continued

Are you into it?

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113TH ANNUAL BOSTON MARATHON *continued*

Table of 113th Annual Boston Marathon results, including names, times, and locations.

REGIONAL FEMALE - Overall Place
1676 Eileen Combs 32 Schenectady 3:03:19
2046 Karen Dolge 39 Valatie 3:06:13
2761 Julie Gold 36 Malta 3:10:45
3284 Christina Ardito 30 Schenectady 3:13:44
3356 Nancy Briskie 52 Schenectady 3:13:55
4048 Gretchen Oliver 35 Guilderland 3:17:25
4802 Tina Greene 36 Scotia 3:20:55
4924 Diana Rodriguez-Tobon 28 Albany 3:21:32
5418 Jessica Hageman 34 Schenectady 3:23:53
5588 Margaret Bromirski 38 Albany 3:24:34
5953 Melanie Kring 35 Lisbon 3:26:03
6022 Jolene Casatelli 41 New Hartford 3:26:21
6133 Joni Lundin-Gerken 27 Saranac Lake 3:26:44
6746 Martha DeGrazia 59 Slingerlands 3:28:51
8345 Karen Bertasso 25 Scotia 3:34:20
8474 Sara Brenner 30 Voorheesville 3:34:46
8748 Colleen Ottalagano-McGarry 33 Slingerlands 3:35:42
8818 Brett Harris 25 Albany 3:35:57
8981 Suna Stone-McMasters 41 Canton 3:36:29
9442 Anne Kubasiak 32 Averill Park 3:37:56
10220 Jennifer Coughlin 37 Whitesboro 3:40:35

Courtesy of Boston Athletic Association

7TH ST. JOHN'S/ST. ANN'S SPRING RUN-OFF *continued*

Results for 7th St. John's/St. Ann's Spring Run-Off, including Male and Female overall and age group results.

Courtesy of St. John's/St. Ann's Outreach Center

30TH ANNUAL BILL ROBINSON MASTERS 10K CHAMPIONSHIP

April 24, 2010 • Guilderland High School, Guilderland Center

Results for 30th Annual Bill Robinson Masters 10K Championship, including Male and Female overall and age group results.

Courtesy of Hudson-Mohawk Road Runners Club

7TH ST. JOHN'S/ST. ANN'S SPRING RUN-OFF

April 24, 2010 • Hudson River Way Amphitheater, Albany

Results for 7th St. John's/St. Ann's Spring Run-Off, including Male and Female overall and age group results.

continued

9TH ANNUAL SEAN'S RUN • April 25, 2010 • Chatham High School, Chatham

Results for 9th Annual Sean's Run, including Male and Female overall and age group results.

continued

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Advertisement for PJ's BAR-B-Q featuring a cartoon pig, logos for BARB and QSA, and text: 'A TASTE TOUR OF AMERICAN BARBEQUE', '583-CHIK 583-RIBS', 'Soon Offering Franchise Opportunities'.

Advertisement for Schroon Lake Marina with logo and text: 'New Boats from Mariah, Sun Chaser, Supra, Sylvan, Bentley', 'Motors from Mercury, Evinrude and Honda', 'Full Service Marina Open Seven Days', '31 MARINA ROAD • SCHROON LAKE, NY 12870'.

Advertisement for Inverted Wakeboard & Waterski School @ Loon Lake Marina with text: 'Wakeboarding • Waterskiing • Kneeboarding • Tubing', 'Beginner-Advanced Lessons', 'Two boats for more water time!', 'Call for appointment: 518-744-9826 or Loon Lake Marina 518-494-3410', 'www.invertedschool.com'.

Advertisement for Out of Control Ski Club with text: 'Join the Club', 'SAVE UP TO 60% ON YOUR LIFT TICKETS', 'Activities and Fun All Year Round.', 'Summer Volleyball Leagues', 'Cycling, Golf, Hiking, Canoeing, Kayaking, Rollerblading', 'Fall Volleyball Tournament', 'Membership information www.ockiclub.org', 'Go Green on the Bus. Leave the Driving to Us.'

Advertisement for McDonough's Valley Hardware with text: 'McDonough's VALLEY HARDWARE An Adirondack Department Store', 'On North Main St, Keene Valley (518) 576-4330'.

Advertisement for True North Yoga with logo of a person in a yoga pose and text: 'True North Yoga', 'Get centered in the Adirondacks!', 'Hatha, Flow, Gentle and Chair Yoga Classes', 'Five days a week at the Community Church', '1086 Main St, Schroon Lake Or at your location', '(518) 810-7871', 'Class schedule: TrueNorthYogaOnline.com'.

Race Results

9TH ANNUAL SEAN'S RUN continued

MALE AGE GROUP: 15 - 19

1 Kenneth Wamui	18	Kingston	17:39
2 Casey Austin	18	Pine Plains	17:54
3 Ndue Palushi	16	Pine Plains	18:07

FEMALE AGE GROUP: 15 - 19

1 Elizabeth Sheehy	15	Petersburgh	23:32
2 Kayla Kohl	15	Millerlton	23:51
3 Kayleigh Corrado	15	Cherry Plain	24:41

MALE AGE GROUP: 20 - 24

1 Patrick Cullen	24	Green Island	17:48
2 Richard Messineo	21	Nassau	17:59
3 Joe Ottati	21	Leeds	19:07

FEMALE AGE GROUP: 20 - 24

1 Rachel Schneider	24	Cambridge, MA	24:50
2 Joanna Brinkerhoff	22	Ghent	26:32
3 Aimee Favreau	22	Wynantskill	26:46

MALE AGE GROUP: 25 - 29

1 Joseph Ronsani	27	Hudson	18:30
2 Paul Widjeskog	26	Saugerties	18:59
3 Nicholas McFeeters	25	Watervliet	19:38

FEMALE AGE GROUP: 25 - 29

1 Lauren Davis	29	Albany	22:24
2 Brittany Mangione	26	Troy	22:49
3 Carrie Torrey	26	Gainesville, FL	22:59

MALE AGE GROUP: 30 - 34

1 Jonathan Catlett	32	Albany	17:32
2 Chris Winslow	31	Albany	17:55
3 David Tromp	34	Glenmont	18:14

FEMALE AGE GROUP: 30 - 34

1 Amy Welsh	30	Hudson	22:35
2 Maria Vavrina	31	Hudson	25:42
3 Robyn Smith	34	Leeds	25:42

MALE AGE GROUP: 35 - 39

1 Paul Gage	39	Cheshire, MA	19:56
2 Rigano Dollscan	36	Flushing	20:56
3 Paul Szafran	35	Ghent	24:07

FEMALE AGE GROUP: 35 - 39

1 Heather Kromer	35	East Nassau	22:51
2 Stephanie Monteau	36	Nassau	24:53
3 Carly Hamilton-Jones	37	Albany	24:55

MALE AGE GROUP: 40 - 44

1 Walter Butler	43	Philmont	19:25
2 Robert Smith	43	Catskill	19:56
3 Kenneth Pierce	42	Hudson	20:10

FEMALE AGE GROUP: 40 - 44

1 Teresa Warner-Maiuri	44	Ghent	23:57
2 Julie Keating	40	Kinderhook	24:09
3 Ann Birkmayer	44	Kinderhook	26:54

MALE AGE GROUP: 45 - 49

1 Gary Longhi	46	Climax	19:16
2 Daniel Damasca	48	Pittsfield, MA	19:19
3 Martin McElhinney	48	New York	20:02

FEMALE AGE GROUP: 45 - 49

1 Joanne Nolette	49	Rensselaer	27:56
2 Mary Cantele	47	Hudson	28:01
3 Tammy Kipp	48	Kinderhook	28:02

MALE AGE GROUP: 50 - 54

1 Michael McHugh	50	Cambridge, MA	19:27
2 Laudric Maxwell	50	Hudson	19:41
3 Jack Connor	50	Hudson	20:19

FEMALE AGE GROUP: 50 - 54

1 Deb Matarcihero	52	Valatie	23:31
2 Linda Reed	52	Ghent	24:05
3 Deb Campbell	52	Hillsdale	26:30

MALE AGE GROUP: 55 - 59

1 Thomas McGuire	58	Slingerlands	21:18
2 Raymond Framarim	55	Valatie	22:09
3 Jos Smeele	57	Copake	23:13

FEMALE AGE GROUP: 55 - 59

1 Beth Ward	56	Hartford	27:33
2 Bruce Jacobs	56	West Stockbridge, MA	29:09
3 Karen Teale	55	Altamont	29:44

MALE AGE GROUP: 60 - 64

1 Lenny Collins	61	Valatie	22:52
2 Thomas Neufeld	62	Valatie	27:36
3 Dan Curtin	63	Adirondack	29:08

FEMALE AGE GROUP: 60 - 64

1 Cathy Biss	62	Queensbury	34:05
2 Barbara Hoy	61	Chatham	36:56
3 Marilynne Samson	62	Utica	53:09

MALE AGE GROUP: 65 - 69

1 Jim Hotaling	69	Niverville	26:06
2 Oscar Noel	66	Valatie	30:12
3 David Booth	66	Chatham	34:55

FEMALE AGE GROUP: 65 - 69

1 Jayne Zinke	67	Valatie	27:25
2 Sibyl Jacobson	67	Canaan	31:12
3 Margaret Nells	65	Albany	32:51

MALE AGE GROUP: 70 & OVER

1 Martin Helmer	70	East Chatham	29:17
2 Paul Malecki	70	Albany	30:23
3 Donald McBain	77	Troy	39:07

MEGHAN'S MILE

FEMALE OVERALL

1 Samantha Taylor	10	Philmont	6:50
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MALE OVERALL

1 Drew McAuley	12	Schenectady	6:12
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FEMALE AGE GROUP: 6 & UNDER

1 Sophie Cashen	6	Hudson	10:50
2 Sonam Verma	5	Chatham	10:54
3 Buffy Kromer	6	East Nassau	11:14

MALE AGE GROUP: 6 & UNDER

1 Robert Bruneau	6	Chatham	9:07
2 Joseph Dolan	6	Kinderhook	10:09
3 Winston Howard	5	Hudson	10:38

FEMALE AGE GROUP: 7 - 8

1 MacAyla Sparacino	7		8:27
2 Raegan Beaucauge	8	Valatie	9:01
3 Clare Howard	7	Hudson	9:19

MALE AGE GROUP: 7 - 8

1 Casey Sitzler	7	Ghent	7:39
2 Garner Boshart	8	Valatie	7:58
3 Griffin Howard	7	Hudson	8:05

FEMALE AGE GROUP: 9 - 10

1 MacKenzie Sparacino	10	Copake	7:49
2 Hanna Gardella	9	Ghent	7:52
3 Riley Werner	9	Stuyvesant	8:00

MALE AGE GROUP: 9 - 10

1 Austin Valliere	10	Stuyvesant	7:18
2 Eric Gardella	10	Ghent	7:28
3 Noah Summers	10	Chatham	7:33

FEMALE AGE GROUP: 11 - 12

1 Erin Clark	11	Old Chatham	7:07
2 Jessica Madsen	12	Spencertown	7:13
3 Megan Kirby	12	Kinderhook	7:58

MALE AGE GROUP: 11 - 12

1 Chase Werner	11	Stuyvesant	6:24
2 Trey Hotaling	11	Ghent	6:43
3 Brandon Cross	12	Stuyvesant	7:05

Courtesy of Sean French Memorial Race/Walk Committee

WASHINGTON PARK 5K RUN/WALK

5th Annual Capital District YMCA Series #1 • May 1, 2010 • Washington Park, Albany

MALE OVERALL

1 Anthony Giuliano	30	Colonie	16:13
2 David Tromp	35	Glenmont	17:37
3 Kahill Scott Jr.	19	Cohoes	17:53

FEMALE OVERALL

1 Amanda Barone	26	Ballston Spa	23:42
2 Kristie Roblono	33	Ballston Spa	24:25
3 Joan Celentano	56	Schenectady	24:55

MALE AGE GROUP: 10 - 14

1 Colin Hodge	11	Scotia	30:17
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FEMALE AGE GROUP: 10 - 14

1 Alyson Insero	13	Albany	29:42
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MALE AGE GROUP: 15 - 19

1 Andrew Bohl	15	Voorheesville	21:15
2 Jack Sneeringer	16	Loudonville	21:47

FEMALE AGE GROUP: 15 - 19

1 Katherine Hurley	17	Slingerlands	37:40
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MALE AGE GROUP: 20 - 29

1 David Wojcik	28	Troy	19:34
2 Matthew Ossenfort	29	Amsterdam	23:47
3 Justin Spraker	29	Clifton Park	35:11

FEMALE AGE GROUP: 20 - 29

1 Nicole Avila	21	Guilderland	25:48
2 Jessica Miller	25	Rensselaer	25:53
3 Karen Malloy	28	Albany	26:27

MALE AGE GROUP: 30 - 39

1 Greg Ethier	36	Waterford	20:04
2 Noah Kucij	30	Troy	30:15
3 Russell Brown	37	Menands	31:16

FEMALE AGE GROUP: 30 - 39

1 Tricia Chevalier	34	Ballston Lake	24:58
2 Silvia Mejia	38	Albany	25:05
3 Megan Fulurler	39	Albany	25:06

MALE AGE GROUP: 40 - 49

1 Samuel Mercado	47	Albany	20:21
2 Thomas Corazzini	47	Albany	20:53
3 John Williams-Searl	40	Albany	21:04

FEMALE AGE GROUP: 40 - 49

1 Anne Bremm	41	Glenville	25:28
2 Sabina Ondoa	47	Albany	26:12
3 Lisa Buoniconito	41	Albany	26:17

MALE AGE GROUP: 50 - 59

1 Richard Munson	53	Prattsville	18:30
2 Thomas Loscacio	51	Albany	19:03
3 Paul Buckley	55	Scotia	24:02

FEMALE AGE GROUP: 50 - 59

1 Claudia Maurer	53	Clifton Park	30:35
2 Kathy Brooks	57	Scotia	32:17
3 Judy Buckley	55	Scotia	34:34

MALE AGE GROUP: 60 - 69

1 Albert Aldi	60	Scotia	26:35
2 Gerald Sun	66	Mechanicville	26:43
3 Donald Joss	60	Mechanicville	28:01

FEMALE AGE GROUP: 60 - 69

1 Nancy Johnston	64	Ballston Lake	35:15
2 Penny Cushman	66	Albany	35:23
3 Vera Michelson	64	Albany	41:31

MALE AGE GROUP: 70 & OVER

1 Robert Knouse	70	Voorheesville	27:05
2 Raymond Bremm	77	Glenville	32:33

Courtesy of Capital District YMCA

53RD ANNUAL HUDSON RIVER WHITE WATER DERBY

May 1-2, 2010 • Hudson River, North Creek

NOVICE SLALOM

1-PERSON KAYAK: MALE

1 Justin Schmale	9:00
2 David Charboeau	10:01
3 Jeff Delong	10:29
4 Dan Lee	12:39

1-PERSON KAYAK: FEMALE

1 Candie Johnson	12:22.210
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2-PERSON CANOE: MIXED

1 Jen Archer/Mark Zajkowski	10:54
2 Alice Halloran/Bill Curran	13:00
3 Dorothy Crane/Dod Crane	13:58

2-PERSON CANOE: FAMILY

1 Hannah Kaufman/Brian Kaufman	11:18
2 Rich Wilke/Andrea Wilke	12:33
3 Myskin Munson/John Ruggie	12:36
4 Derek Kaufman/Sam Kaufman	12:38
5 Mike Shaw/Molly Shaw	13:35
6 Christine Raymond/Jeff Raymond	14:15
7 Mary Lea Raymond/Tyler Raymond	15:42

GIANT SLALOM

1-PERSON KAYAK: MALE

1 Marko Schmale	10:56
2 Chris Abdlam	11:39
3 Scott Vandusse	11:41
4 Andy Morehouse	12:00
5 Polar Humenn	12:04
6 Chris Burnam	12:07
7 Evin Sweeney	12:09
8 John Gilren	12:11
9 Greg Lombard	12:13
10 Kevin Howell	12:24
11 Kevin Albert	12:40
12 Justin Schmale	13:19
13 Richard Morse	13:19
14 Paric Sweeney	13:30
15 Ron Charbonneau	14:14

1-PERSON KAYAK: FEMALE

1 Carol Fisher	10:27
2 Michele Berrus	12:03
3 Carol Hatch	13:15
4 Julie Lombard	14:34

1-PERSON CLOSED CANOE: MALE

1 Jim Underwood	10:59
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1-PERSON OPEN CANOE: MALE

1 Bruce Bramen	13:53
2 Kevin Howells	14:17
3 Jim Ernst	15:12
4 Chuck Wilkinson	15:26
5 Simeon Hughson	15:44
6 John Marana	15:49
7 Mike Shaw	16:01
8 David Ritchie	18:25
9 Peter Erwin	23:27

2-PERSON CLOSED CANOE: MIXED

17TH ANYONE CAN 'TRI' TRIATHLON & 5TH KIDS CAN 'TRI' TOO MINI-TRIATHLON
May 2, 2010 • Southern Saratoga YMCA, Clifton Park

Table with 5 columns: Rank, Name, Age Group, Location, Time. Includes sections for 350-YARD SWIM, 11-MILE BIKE, 3.2-MILE RUN, and AGE 9-12 - 50-YARD SWIM, 1-MILE BIKE, 0.5-MILE RUN.

Table with 5 columns: Rank, Name, Age Group, Location, Time. Includes sections for 17TH ANYONE CAN 'TRI' TRIATHLON & 5TH KIDS CAN 'TRI' TOO MINI-TRIATHLON (continued) and AGE 8-UNDER: 25-YARD SWIM, 0.5-MILE BIKE, 0.25-MILE RUN.

LITERACY 5K RUN/WALK
May 2, 2010 • Children's Museum of Science & Technology, Troy

Table with 5 columns: Rank, Name, Age Group, Location, Time. Includes sections for MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70 & OVER, FEMALE AGE GROUP: 70 & OVER.

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9TH ANNUAL
BETSY OWENS
Memorial Lake Swims
Saturday, August 14
Mirror Lake in Lake Placid
1-mile: 10am & 2-mile: 11:30am
Open to all swimmers 18 & older
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SATURDAY, AUGUST 7, 2010
HALF-MARATHON START: 8AM 10K START: 9AM
Course: Half-Marathon: This surprisingly fast course starts at the Lake George Elementary School and runs along the scenic east shore of Lake George, before finishing at Camp Chingachook
Transportation: Free transportation will be provided from Camp Chingachook to the start before the race, as well as back to the start after the race.
Entry Fee: Half-Marathon - \$30 if received by July 9, 2010, \$40 after July 9 or day of race
T-Shirts: T-Shirts guaranteed to all runners registered by July 9, 2010
Awards: Prizes for Top 3 male and female overall finishers
Post Race: Bring your bathing suit and towel for the post race bash in Lake George! Relax with family and friends as you replenish yourself with our full post-race BBQ. In addition to a post race cook-out, all runners and their guests will have full access to Camp Chingachook's facilities, including: changing room and showers
Registration: To register online, with no service charge, go to www.AREEP.com



PADDLING *cont. from pg 1*

birds five years and older). It had some white mottling in its dark brown feathers, and the large size was unmistakable. The fishing must be good at Waterford for this young bird to be hanging around, and these birds can be surprisingly tolerant of human activity.

Chatting with some of the Monday paddle group, we found it is just an extended group of friends who keep in touch through email. One person sends out a weekly note with the paddle location and time. The informal group has grown to around 130 people! They appeared to favor leisurely paddling – covering distance was not their goal that day.

Leaving the group, the two of us paddled the channel on the south side of Peebles Island, heading to the waterfall. To find this channel, head due south from the launch and past the point of Peebles Island with its observation platform. Turn right as you pass the platform and pass under a steel bridge that provides access to the island from Cohoes. Near the bridge, you will see the old Cluett, Peabody & Co. factory that serves as a park visitor center and facilities of the Office of Parks, Recreation & Historic Preservation. The park also features defensive earthworks from the Revolutionary War.

The channel winds around a couple of bends before bringing you to the falls. Perhaps 15 to 20 feet in height, these falls have a nice wide pool at their base. More adventurous paddlers will nose their boats up into the white water at the base of the several channels that tumble down the rocks. Working over to the left hand side, you can ride the whirlpool-like swirl of water along a cliff and back out of the pool.

This is a good spot to work on fast water skills, but use caution. One of our ADK paddlers managed to flip himself here on a club paddle. A new kayaker, he crossed the rip line from slow water to fast current and caught his paddle blade



HISTORIC TUGBOATS TIED UP NEAR THE WATERFORD HARBOR VISITOR CENTER.
PHOTO BY ALAN MAPES

against the hull on the upstream side of the kayak – a quick flip resulted. The scene then turned comical, as six of us rushed to his rescue. People grumbled at me later because I got to him first, and did a “T-rescue” to put him back in the boat. It pays to practice these rescue routines, and we thank Rich Macha of Adirondack Paddle’N’ Pole in Colonie for instructing area paddlers on rescue techniques.

THE LONGER PADDLE

After some fast water play, Mike had to be elsewhere, so we returned to the Waterford launch and loaded his kayak. Then I got back on the water for a trip north on the Hudson to Lock 1 of the Champlain Canal. This easy trip takes you around several scenic bends in the river

and to Campbell Island, just below the dam and lock.

Power boat traffic is usually light on this stretch of the Hudson, but it pays to stay near the shore and out of the boat channel. Remember that the red buoys are on your right as you head upstream (red, right, returning). This will help you see where the channel lies.

The trip around Campbell Island and back to the launch is about six miles. Take the major channel, which angles off to the right to start a counter-clockwise loop around the island. In past years, bald eagles have been active in this area. The nest site does not appear to be in use this year, though. As you reach the north end of the island, the water gets faster and

quite shallow. You may have to get out and walk your boat for a short distance if water flow is down. Sturdy footwear is a must for this situation.

Directions: On Broad Street in Waterford, head east toward the bridge to Troy and go right on First Street. Follow it through three stop signs and straight ahead to the launch. For a map of the area, go to Google Maps and search for “One, First Street, Waterford, NY.” Try clicking on “Satellite” for the aerial photo. 📍

Alan Mapes works with Atlantic Kayak Tours in Saugerties, where he instructs and leads kayak trips. Alan lives near Delmar and can be contacted through alanmapes.googlepages.com.

Greater Burlington Y
2010 LAKE SWIM

Saturday, August 14th
14th annual swim across Lake Champlain
8:30am start
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LAKE GEORGE TRIATHLON

Olympic Distance Race

Saturday, September 18th 2010
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// TRIATHLON // by Darryl Caron

Road and Dirt Challenges

Try a Triathlon This Summer



If you're one of the many people trying a triathlon this summer, you'll want to master your transitions. And if you have any anxiety about the swim, you'll want to overcome it. And, you'll want the right gear to help you through the race, whether you're participating as an individual or on a team. And, of course, you'll want to find the right race, or two, or three.

According to USA Triathlon, participation in the U.S. is at an all-time high, following unprecedented growth over the past ten years. The number of races has grown across our region, including several making their debut this year. And there are more sprint races (and existing events adding sprint distances), which make the sport more accessible to people with fewer hours to train each week.

On Sunday, July 18 at 8am, the 11th annual **SKYHIGH XTERRA Off-Road Triathlon** is at Grafton Lakes State Park in Grafton. The longest off-road triathlon in the Northeast has been the site of many "first" triathlon finishes, and has hosted many champion triathletes. The course features a 1K two-loop lake swim, a 20K mountain bike with dirt road and single-track riding, and a challenging 6K trail run. The state park beach is a great setting so bring the family, picnic lunch, kayaks and beach toys to have a great time. Visit: skyhighadventures.com.

On Saturday, August 7, the fourth annual **Fronhofer Tool Triathlon** will take place at Lake Lauderdale County Park in Cambridge. The Olympic race at 8am has a 1.5K two-loop swim, 40K of cycling on scenic Washington County roads with two

climbs and passing through Eagleville Covered Bridge, and an out and back run. New this year is a sprint race at 2pm with 0.5-mile swim, 14.5-mile bike, and 3.1-mile run. The sprint will give beginners a chance to participate in the fun, and diehards can do both events (discounted entry) for the "FTT Double Tri." Visit: fronhoferooltriathlon.com.

On Saturday, August 7 at 9am, the first annual **Peck's Lake Challenge Sprint Triathlon** is at Sunrise Bay on Peck's Lake near Gloversville. The course includes a 0.5-mile swim, 9-mile bike, and a 3-mile run. Their "competitive" and "participant" starts are five minutes apart for safety. The event is limited to 150 athletes, and is presented by the Fulton County Regional Chamber of Commerce and Peck's Lake Protective Association. Visit: fultoncountyny.org.

On Sunday, August 8 at 8am, the inaugural **Mount Snow Triathlon** will happen at Mount Snow Resort in West Dover, Vt. This new event will be uniquely Mount Snow, where women and men are welcome to this beginner-friendly triathlon. The course features a half-mile swim in Snow Lake, a 12-mile bike ride, and a 3-mile run through the resort. With the beginner triathlete in mind, Saturday features registration, coaching seminars, and tech/expo. You can do it and it's bound to be a blast. Visit: mountsnow.com.

On Saturday, August 21 at 8am, the **Crystal Lake Triathlon** is at Crystal Cove in Averill Park. This Capital District Triathlon Club race has a 0.5-mile swim in calm water, 18-mile out-and-back bicycle, and 3-mile lake loop run. Registration

◀ **SWIM START AND TRIATHLON FINISH** ▶ AT THE 2009 FRONHOFER TOOL TRIATHLON IN CAMBRIDGE. COURTESY OF FRONHOFER TOOL TRIATHLON

is limited and will close on Aug. 14 (if it's not already sold out). You can practice on the race course if you take part in CDTC's Crystal Lake Training Series on Tuesdays from June 8 through August 24 at 6pm. Visit: cdtriclub.org.

On Sunday, August 22 at 8am, the second annual **XTERRA Lake Placid Triathlon** is at the Olympic Speedskating Oval in Lake Placid. The long course is a 1500-meter swim in Mirror Lake, 19K mountain bike on open trail and single-track, and the 6.6-mile run made up of rolling trails (and a short swamp). New for 2010 is the short course with a 750-meter swim, 9.5-mile mountain bike, and 3.3-mile run – one loop of each. On Saturday at 9am, there is an XTERRA 5K and 10K Trail Run, and at 12pm a Triathlon Race Clinic with XTERRA ambassador Ken Robins. Visit: triandduit.com.

On Sunday, August 22 at 8am, the first annual **Lake Delta Triathlon** will take place at Delta Lake State Park near Rome. The Olympic event will feature a 1500-meter Delta Lake swim, a 40K bike route winding through the rural roads of Westernville, and a 10K run inside the park. Whether you are a first-timer, age-grouper, or tuning up for Ironman 70.3 Syracuse, don't miss this Central New York event. Visit: atcendurance.com.

On Saturday, September 18 at 8:30am, the fifth annual **Lake George Triathlon** will happen at Battlefield Park and Beach Road in Lake George. If you'd like to end

your triathlon season on a high note, this Adirondack Triathlon Club race has been a huge success. Over the Olympic distance course, participants swim a 0.9-mile out-and-back loop in Lake George, followed by a 24.8-mile bike ride, and 6.2-mile two-loop run. Visit: adktri.org.

Remember that many of these triathlons offer fun, supportive kids' mini-tris, either race day or day before, so get the girls and boys training and racing at an early age – someday they'll thank you for the experience and memories!

Here are some other excellent races to consider participating in this summer:

- **Hudson Crossing Triathlon** in Schuylerville (June 13)
- **Monday Mini-Tri Series** in Lake Placid (June 21-Aug. 16)
- **North Country Triathlon** in Hague (June 26)
- **Pine Bush Triathlon** in Albany (July 11)
- **Piseco Lake Triathlon** in Piseco (July 17)
- **Cazenovia Triathlon** in Cazenovia (Aug. 15)
- **Run-Pedal-Tube Triathlon** in Hadley (Aug. 21)
- **Josh Billings RunAground** in Lenox, MA (Sept. 12)

So there you have it – choose a race for motivation, create a training plan, and stick to it! These regional triathlons are a great way to keep you moving. There is bound to be one that fits your skills and whets your appetite for adventure! ▲

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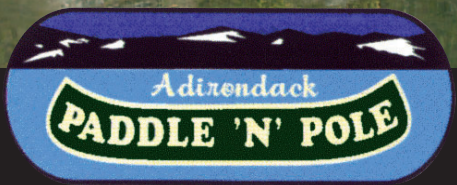
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