



# ADIRONDACK

## SPORTS & FITNESS

**FREE!**  
20,000 CIRCULATION

CAPITAL REGION • SARATOGA • GLENS FALLS • ADIRONDACKS

**SEPTEMBER 2010**



START OF THE 2009 MOHAWK HUDSON RIVER MARATHON IN CENTRAL PARK, SCHENECTADY. © KEN SHELTON PHOTOGRAPHY

# Mohawk Hudson River Marathon

*Then and Now*  
by Cathy and Rob Sliwinski

So describes the beginning of the Mohawk Hudson River Marathon, as written by Doug Allen in his 1983 article in *The Pace Setter*. What began as an idea first conceived by Paul Rosenberg in the late 70s has become a racing staple in upstate New York, attracting top notch runners from all over the country looking to meet strict Boston Marathon qualifying times as well as those looking to personally challenge their limits by reaching the finish line.

The first Mohawk Hudson River Marathon took place on October 16, 1983. There was no official "race director" that year. Instead, a committee of ten – Paul Rosenberg, Joanne Gorman, Chris Cialek, Lee Wilcox, Bill Gorman, Jim Poole, Fred Mapes, Charlie Christian, Ed Powers, and Ray Newkirk – worked together through the planning, implementation and execution phases of putting on a first-time 26.2-mile race. Many members had their doubts about such a race, and some said they were crazy.

This year – the 28th edition of the race – will take two  
See MOHAWK HUDSON RIVER MARATHON, 10 ▶

*O*n a bright, chilly mid-October morning steam rises from the ponds of Central Park, Schenectady. It is 7am on a Sunday and the park is still, but for a gray-haired man and his dog jogging around West Pond. Overhead a flock of Canada geese fly their way south, and the first multi-colored leaves of autumn are spilling to the ground.

Soon a small blue car arrives at the park casino. Out steps Paul Rosenberg and several others, looking reflective and expectant. An hour later the casino is filled not with gamblers really, though they're betting against the odds of fatigue and exhaustion, but with 200 mostly skinny types also looking reflective and expectant.

All are present for an arrival, a birth actually. The Hudson-Mohawk Road Runners Club, one of the largest and most successful running clubs in the nation, already noted for its 15K and 30K road races and acclaimed for its news magazine *The Pace Setter*, is about to be parent and guardian to a new offspring – the first Mohawk Hudson River Marathon.

Visit Us on the Web!  
**AdkSports.com**

### CONTENTS

- 1, 10-11 **SPECIAL SECTION**  
*Mohawk Hudson River Marathon, Half Marathon and Expo*
- 3 **Kayaking & Canoeing**  
*Tune Up Your Kayak Strokes*
- 4-7 **CALENDAR OF EVENTS**
- 9 **Hiking & Backpacking**  
*Big Views from Little Porter*
- 13 **Bicycling**  
*Epic Ride: The Erie Canal*
- 14 **From the Publisher/Editor**
- 14-17 **RACE RESULTS**
- 18 **The Non-Medicated Life**  
*Avoiding Most Food Products*
- 19 **Running & Walking**  
*Adirondack Distance Festival & Komen Race for the Cure*

• Olympic Sports • Running • Snowboarding •



**SAVE THE DATE!**

# ADIRONDACK

## SPORTS & FITNESS

### WINTER EXPO

**FREE ADMISSION!**

**November 20-21 • Saturday 10-6, Sunday 10-5**  
**Saratoga Springs City Center, Saratoga Springs**  
The Capital Region's Winter Sports, Health/Fitness and Travel Expo!  
Featuring 100 Exhibitors, Sales, Demos, Clinics, Kids Activities & More  
**AdkSports.com • (518) 877-8788**





# Oktoberfest



**October 2nd 10-7pm - October 3rd 10-5pm**

**FEATURING: DIE SCHLAUBERGER**  
**DIRECT FROM WALT DISNEY EPCOT CENTER - SPITZE**  
 PLUS: ALPENLAND TAENZER, SCHACHTELGERBERGER MUSIKANTEN,  
 ALPHORN TRIO, THE LAKE PLACID BWARIANS, PONY RIDES,  
 FREE AMUSEMENT RIDES, CHILDREN'S ACTIVITIES, GERMAN FOOD AND BEER.

**NEW THIS YEAR!**  
 60 SECOND CHALLENGES  
 FOR GREAT PRIZES!  
 BRING YOUR FRIENDS  
 AND YOUR GAME FACE.

FESTIVAL ADMISSION + GONDOLA RIDE: ADULT \$27 - JUNIOR/SENIOR \$21  
 FESTIVAL ADMISSION ONLY: ADULTS \$15.00 - JUNIORS/SENIORS \$9.00

AGES: JUNIORS: 7-12 SENIORS: 65+  
 \*CHILDREN 6 AND UNDER ARE FREE  
 COMPLIMENTARY SHUTTLE SERVICE TO WHITEFACE  
 FROM OLYMPIC CENTER AND WILMINGTON

NO PETS OR COOLERS PLEASE - MORE INFO CALL 518.946.2223  
 WHITEFACELAKEPLACID.COM





Adventure Sports at Adirondack Community College is a comprehensive center offering college degrees in Adventure Sports Leadership and Management, academic courses in adventure sports, continuing education, professional development, and experiential teambuilding.

**adventuresports.sunyacc.edu • 518-743-2250**



# Be Lifted by the Cause



## The Saratoga Palio

Melanie Merola O'Donnell  
Memorial Race

Half Marathon & 5K Run/Walk  
Sun., Sept. 19, 2010, 8 AM

Run, walk, pledge, or volunteer  
[www.thesaratogapalio.com](http://www.thesaratogapalio.com)

Melanie lived an inspiring life dedicated to helping others. To honor her, we invite you to participate in The Saratoga Palio Melanie Merola O'Donnell Memorial Race, which will follow an inspirational route through her hometown of Saratoga Springs, New York. Proceeds will go to a scholarship fund for graduate students in the mental health field, as well as a donation to support the inpatient mental health unit at Saratoga Hospital.

## HIGH PEAKS CYCLERY since 1983

### JOIN US FOR SUMMER FUN!

**Lake Placid's Original Bike & Outdoor Shop**  
 Owned & Staffed by the Local Experts

Rentals	Service	Sales	Fitness Studio
Bicycles Telemark & X-C Skis Snowshoes Camping Equipment Climbing gear	Repairs on all makes and models Bike Fit Studio Bike Shipping  <b>Winter</b> Ski Tuning Stone Grinding Boot Fitting Hot Boxing	Specialized Zoot Giant 2xU Serotta Kuota Sugoi Pearl Izumi Saucony Arc Teryx Patagonia Mt. Hardwear LaSportiva Salomon and more...	Yoga classes Stretching Spinning and more... <b>Where mind, body, spirit and sport come together!</b>  <b>Indoor Climbing Gym</b> Over 2000 sq. ft. Climbing Birthday Parties Top Rope and Lead Bouldering



**HIGH PEAKS CYCLERY**

Road & Mountain Biking  
Running • Triathlon  
Rock & Ice Climbing  
Skiing • Snowshoeing  
Roller Skiing  
Fitness • Shoes



## GUIDE SERVICE

Check out the guide service website:  
[www.hpmountainguides.com](http://www.hpmountainguides.com)

**Half, Full & Multi-Day Adventures**  
 Groups, Families & Private Guiding

<p><b>Mountain Biking</b></p> <p>At the High Peaks Mountain Bike Center, Olympic Sports Complex at Mt. Van Hoevenberg and Whiteface Mountain.</p> <p>"Fun, not Fear"</p> <p>Dirt Camps</p> <p>Adults &amp; Kids Clinics</p> <p>Road Trips</p> <p><b>Shuttle Service Available</b></p>	<p><b>Canoe/Kayaking</b></p> <p><b>Hiking</b></p> <p><b>Telemark</b></p> <p><b>X-C Skiing</b></p> <p><b>Backcountry</b></p> <p><b>Ice Climbing</b></p> <p><b>NEW Downtown Lodging</b></p> <p>For families and groups. Two properties. Walking distance to downtown, shuttle and lake. Full kitchen, bunk and private rooms.</p> <p><b>Call 518-523-3764 for availability.</b></p>
---	---



Rock Climbing  
Backpacking  
Hiking



Membership & Information  
Headquarters

**2733 Main St. • Lake Placid, NY 12946 • (518) 523-3764**  
[www.highpeakscyclery.com](http://www.highpeakscyclery.com)  
[www.hpmountainguides.com](http://www.hpmountainguides.com)



## // KAYAKING &amp; CANOEING //

# Tune Up Your Kayak Strokes

by Alan Mapes

**M**ake your kayak do just what you want – faster, easier, with more speed and half the effort. Is it possible? *Yes!*

It takes a commitment to continued learning, and lots of practice. Every time I am on the water, I play around with a variety of strokes, moving my boat this way and that. I usually have time to practice, since I'm often waiting for my less-experienced paddling companions to catch up. This is not to brag – I am certainly no athlete, and I'm not a racer. I just enjoy trying to make continual improvements in my technique. Let's look at some common kayak maneuvers, and ways to use the paddle to make them happen. We'll look for effective strokes and ways to get better results with less effort.

## MOVING FORWARD

In the July 2010 issue, I introduced a few ideas on forward stroke. Let's expand them here, since going forward is the "meat and potatoes" of kayaking. I'm not saying this is the perfect way to paddle, just some ideas that help me to be efficient. The forward stroke seems like the simplest thing in the world, and it does not have to be complicated. But good kayakers constantly work to improve their forward stroke, trying new things to see how they work.

*Here are tips to try:* 1) Sit up straight in the boat. Move the foot pegs back toward you a notch or two and slide your butt to the back of the seat so you can lean slightly forward. 2) Reach as far forward as you comfortably can before placing the blade in the water. 3) Keep your arms fairly stiff and rotate the blade back in the water with your shoulders (getting the core body muscles involved, rather than making your arms do all the work). 4) Look down at the front of your life vest. Is it moving right and left as you stroke? If so, you are getting the body rotation you are looking for. Bring your on-side hand (the one closest to the water) back until it gets to the middle of your thigh, and then start lifting the blade out of the water. 5) The off-side hand moves in front of your face, around the level of your shoulders. It traces a path along the horizon, from one side of the kayak to the other. 6) Dance on the footpegs. Pressing on the pegs alternately will transmit power to the kayak. I press on the side where the blade is in the water.

This stroke may seem a little awkward at first, but it serves to keep the blade quite vertical in the water. Force is mostly applied straight back, propelling the kayak forward. Most of the side forces are eliminated, which tend to turn the kayak, rather than propelling it ahead. It may take some effort to get the body rota-

tion going, especially for us old stiff guys. I find that doing some yoga improves my paddling, as do the periodic visits to my favorite chiropractor.

## TURNING AND CORRECTING DIRECTION

These two items are closely related, since a correction to keep the kayak running straight is essentially a small turn. The standard stroke used is a sweep stroke.

*Here are some elements of an efficient sweep:* 1) Drop the paddle low into your lap. 2) Put the blade in close to the side of the kayak and as far forward as you can comfortably reach. 3) Extend your arm out and sweep a big arc, all the way around to the side of the kayak near the stern. 4) Move the blade with body rotation, keeping the paddle shaft and your shoulders parallel. 5) Keep the blade just under the surface of the water. 6) Edge the kayak down on the side where your blade is in the water.

The last point is important. I drop my hip on the side where my blade is in the water, lowering that edge of the kayak. Keep your head over the middle of the kayak to stay stable. Edge the kayak only as much as feels comfortable – with practice you can get a deeper edge without going over. The paddle blade in the water serves to steady the kayak. If you take a couple of sweeps and then hold the kayak on edge, it will continue to turn – you are "carving a turn!" For correcting direction as you paddle straight ahead, you can simply throw in a sweep stroke on one side, moving the bow back to the right line.

## RUDDERING

A sailboat rudder is on the back of the boat. In similar fashion, you can use the paddle blade held to the rear, turning the kayak or making it run straight. The lazy way is to turn by just dragging the paddle blade out to one side of the kayak, but it's not efficient.

*Here is a better way:* 1) Get up some speed in the water. 2) Rotate your body so the paddle shaft is in line with the side of the kayak. 3) Drop the blade into the water. 4) Turn the boat toward the blade by pushing out with the on-side hand. 5) Turn away from the blade side by pushing out with the off-side hand. 6) Turn by "tillering;" twist the paddle shaft right and left and see what happens.

For efficiency, I use ruddering and tillering to keep the kayak running straight when running downwind and when surfing waves that are coming from behind. For turning at other times, I use the sweep, which brings up the next topic.

## NO NEGATIVE STROKES

Some strokes make the kayak go, some make it stop. To move with less effort, simply avoid the negative strokes – the ones that stop you. The biggest culprit is

✗ **SUSAN GOLDMAN OF PORT EWEN FINISHES A SWEEP STROKE WITH KAYAK EDGED AND PADDLE AT A LOW ANGLE.**

✗ **A RUDDER STROKE KEEPS THE KAYAK RUNNING STRAIGHT (NOTE: SHOULDERS ROTATED PARALLEL TO THE PADDLE).**

✗ **A DRAW STROKE WHILE STACKING HANDS TO KEEP THE PADDLE QUITE VERTICAL.**

PHOTOS BY ALAN MAPES



the messy turning stroke we mentioned above, the drag stroke out to the side of the kayak. It makes the boat turn but also acting as a braking stroke. Instead, use a sweep on the other side to turn or correct direction.

## MOVING SIDWAYS

Draw strokes are used to move your kayak sideways when coming in to a dock, avoiding an obstacle in the water, or grouping up with other paddlers. There are several types – regular, in-water recovery, sculling draw, static draw, and draw on the move.

Whatever style you are using, *here are two ways to make it more efficient:* 1) Hold the paddle shaft as vertical as possible by "stacking" your hands, one over the other. 2) Edge your kayak as you do the draw.

Stacking the hands puts your paddle blade more vertical in the water. The force of the draw is then nicely sideways, using all the force to move you toward the draw. A draw done with the blade at 45 degrees to the water means much of the force is pushing down, not drawing the kayak sideways. Edging the kayak either way will make it move through the water more easily. Test it out by edging each way and see what works best for you (I drop the edge that close to the paddle blade).

Try a couple of these tips the next time you paddle and see how they work for you. For me, they make paddling more effective, more efficient – and a lot less work! 🌊

*Alan Mapes works with Atlantic Kayak Tours at their Norrie Point Paddlesport Center, where he instructs and leads kayak trips. Alan lives near Delmar and can be contacted at alanmapes@gmail.com.*



A Nationally Recognized Women's Fitness Boot Camp offering you fun, energizing activities designed to help you reach your fitness goals!



**CAPITAL DISTRICT**  
**ADVENTURE**  
BOOT CAMP FOR WOMEN

- Lose 3-10 pounds of weight
- Shed 3-5% body fat
- Decrease 3-5" in midsection
- Improve strength, endurance & self-confidence!

**All Ages, Sizes & Fitness Levels WELCOME! Everyone is SUCCESSFUL!**  
CALL OR SIGN UP ONLINE: 518-444-8060 or [www.AlbanyBootCamp.com](http://www.AlbanyBootCamp.com)  
Next Four-Week Camps Start September 13 and October 18

ISSUE  
#119

**ADIRONDACK**  
SPORTS & FITNESS

Locally Owned & Independent

Adirondack Sports & Fitness, LLC

15 Coventry Drive, Clifton Park, NY 12065 • (518) 877-8788  
AdkSports.com • info@AdkSports.com • Fax (518) 877-0619

**Publisher/Managing Editor:** Darryl Caron

**Editor/Marketing Manager:** Mona Caron

**New Media Intern:** Hillary Mann

**Contributing Writers:** Laura Clark,

Bill Ingersoll, Dr. Paul E. Lemanski,

Alan Mapes, Cathy Sliwinski,

Rob Sliwinski, John Slyer

**Contributing Photographers:**

Bill Ingersoll, Marty Kirschenbaum,

Alan Mapes, Ken Shelton, John Slyer,

Brian Teague

**Web Designer:** Hillary Mann

**Circulation:** Joan Caron, Mandy Jeffries,

Sheela Kulkarni, Sudhir Kulkarni,

Cheng-hua Lee, Lindsay Waters

**Graphic Design:** Karen Chapman

Cummings Advertising Art, Clifton Park, NY

*Adirondack Sports & Fitness* is published

12 times per year with a monthly circulation

of 20,000 copies. ©2010 *Adirondack Sports*

& *Fitness, LLC*. All rights reserved.

♻️ Please recycle.

**GET ADIRONDACK**  
SPORTS & FITNESS

**YES, I WANT TO SUBSCRIBE!**

- One year (12 issues) for \$17.95
- Two years (24 issues) for \$32.95 – save 10%
- Three years (36 issues) for \$44.95 – save 20%

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email (optional)\* \_\_\_\_\_

\* To receive email newsletter from Adirondack Sports & Fitness (we do not share your info)

I picked up my current issue at \_\_\_\_\_

Comments \_\_\_\_\_

Cash, check, or money order enclosed

**Mail to:** Adirondack Sports & Fitness, 15 Coventry Drive, Clifton Park, NY 12065

**Or, subscribe online:** [www.AdkSportsFitness.com](http://www.AdkSportsFitness.com) (Visa, MC, Disc, Amex, eCheck)

Payment covers first-class postage/handling. Canadian residents add \$5.00 per year (US funds).

**INCLUDES**  
**SUNDAY TIMES UNION**  
**HOME DELIVERY**  
**OR E-EDITION!**





**plaine and son**  
BIKE • SKI • BOARD  
plaineandson.com

- 16,000 Sq. Ft. Showroom
- Expert Service
- Club Discounts

**YOU'VE NEVER SEEN A STORE LIKE IT!**  
**Guaranteed Lowest Price in the Nation!**  
We Even Beat Internet Pricing!

**TREK • SPECIALIZED • REDLINE • WE THE PEOPLE**  
Road – Mountain – Fitness – Hybrid – Youth – BMX  
Same day or 24 hour repair shop turnaround

Visit plaineandson.com for printable coupons you can use in our store  
**1816 State St, Schenectady • (518) 346-1433**  
Monday-Friday 10-8, Saturday 10-6, Sunday 12-5

**All of Your Favorite Brands!**  
**Plus, Great Prices & Expert Service**

**It's Time for Junior Seasonal Ski Rentals!**  
**New & Used Starting at \$99.99**


- ✧ Specializing in All Boot Fitting & Custom Footbeds ✧
- ✧ Expanded Alpine Touring & Backcountry Department ✧
- ✧ Ceramic Disc Edge/Bevel Machine ✧

Rt. 7, Latham  
2 Miles West of Northway Exit 6  
**785-0501**  
www.HighAdventureSBP.com

**HIGH ADVENTURE**  
Ski & Bike

**STORE HOURS:**  
Mon.-Fri. 10-7pm  
Sat. 10-5pm  
Sun. 12-5pm

**TOUR DE HABITAT**  
C.H. Evans Brewing Company's Albany Pump Station



Sunday, September 26

A bicycle tour of Albany County to benefit Capital District Habitat for Humanity

If you bike it, they will build

Capital District Habitat for Humanity

EvansAle M&T Bank

EvansAle.com for info

**Calendar of Events**  
September – November

SEPTEMBER 2010							OCTOBER 2010							NOVEMBER 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2			1							1	2	3	4	5	6	
5	6	7	8	9			3	4	5	6	7	8	1	7	8	9	10	11	12	13
12	13	14	15	16			10	11	12	13	14	15	14	14	15	16	17	18	19	20
19	20	21	22	23			17	18	19	20	21	22	21	21	22	23	24	25	26	27
26	27	28	29	30			24 <sup>31</sup>	25	26	27	28	29	28	28	29	30				

**BICYCLING ONGOING**

- Tue Northway Ten Tour Ride. 9am. 35M. Country Knolls Pool, Ballston Lake. Vincent Scavullo: 470-7115. webmhcc.org.
- Tue Rensselaer Co Multi-Pace Ride. 5pm. 35M. Algonquin M.S., Poestenkill. Shari Gibbs: 283-0155. webmhcc.org.
- Tue Albany Co Quick Ride. 5:30pm. 30M. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- Fri **Serotta Open Fit Lab & Factory Tours. 11am. Serotta Competition Bicycles, Saratoga Springs. 584-8100 x104. serotta.com.**
- Sun Wake-Up Casual Ride. 7:15am. 15M. Hannaford, Voorheesville. Steve Redler: 434-1540. webmhcc.org.

**SEPTEMBER**

- 5 Novice Casual Ride for Beginners/Families. 9:30am. 13M. Country Knolls Animal Hospital, Ballston Lake. Bob Cohen: 877-5552. webmhcc.org.
- 5 Mohawk Redux Casual Ride. 10am. 50M. SCCC, Schenectady. Jonathan Benn: 482-6648. webmhcc.org.
- 6 Labor Day Tour Ride. 9am. 60M. Town Hall, Charlton. Henry Wilkie: 482-3902. webmhcc.org.
- 6 Delmar-Voorheesville Casual Ride. 9:30am. 31M. Park/Ride, Bethlehem. Jude Sagor: 729-3933. webmhcc.org.
- 8 Wacky Wed Tour Ride. 5:30pm. 24M. Chango E.S., Round Lake. Henry Wilkie: 482-3902. webmhcc.org.
- 9 Leader's Choice Casual. 10am. 30M. Park/Ride, Bethlehem. Joyce Maxstadt: 438-5686. webmhcc.org.
- 9 Duane Lake Casual Ride. 6pm. 20M. St. John's Church, Altamont. Bill Maurer: 439-6678. webmhcc.org.
- 11-12 **MHCC Saratoga Century Weekend. 100M 8am. 62M 9am. 50M 10am. 25M 11am. Supported & food. Carlsbad Pavilion, Saratoga Spa S.P., Saratoga Springs. Bill Maurer: 439-6678. webmhcc.org.**
- 12 1st Double H Ranch Camp Challenge Ride. 15M/30M/62M. Double H Ranch, Lake Luzerne. Kimberly Checchia: 696-5921. doublehbranch.org.
- 12 NYC Century Bike Tour. 15/30/35/55/75/100M. Prospect Park, Brooklyn & Central Park, Manhattan. nyccentury.org.
- 15 Wacky Wed Tour Ride. 5:30pm. 24M. Chango E.S., Round Lake. Henry Wilkie: 482-3902. webmhcc.org.
- 16 Guilderland Casual Ride. 5pm. 15M. Mohonasen C.S., Rotterdam. Fred Barker: 852-4629. webmhcc.org.
- 16 Beth-Land Circle Casual Ride. 6pm. 18M. Park/Ride, Bethlehem. Bill Maurer: 439-6678. webmhcc.org.
- 17-19 Adirondack 540 RAAM Qualifier. 136/272/408/540M. 7am. Alpine Country Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- 18 13th Terry & Ben Claassen Memorial Northeast Kingdom Lakes Century. 100/75/50/25M. Barton, VT. active.com.
- 18 Saratoga Lake Casual Ride. 9am. 21M. BOCES, Saratoga Springs. Bob Cohen: 877-5552. webmhcc.org.
- 18 Rensselaer Plateau Tour Ride. 9:30am. 50M. Miller Hill E.S., Sharon Gibbs: 283-0155. webmhcc.org.
- 18 Apple Orchard Casual Ride. 10am. 12M. Burger King, Castleton. Dave Render: 433-8316. webmhcc.org.
- 19 Kinderhook Casual/Tour Rides. 10am. 30/47M. Van Buren E.S., Kinderhook. Martha Mooney: 758-2228. Dennis Goff: 758-7890. webmhcc.org.

- 19 **3rd Lance Gregson 1-Eye Classic Bike Rides.** Cyclist's Dream: 44-56M 8:30am. Lance's Loop: 26M 9am. Scenic Route: 10-15M 10:30am. Easy Does It: 3-8M 11am. Town Park/Beach, Schroon Lake. Anne Gregson: 532-9479. schroonlakecycling.com.
- 19 **Tour de Columbia County.** 35-50M supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- 19 Sweat N Fall Century & Metric Ride. 100M: 8am. 62M: 9am. St. James, Niskayuna. Heather: 847-2419. bikereg.com.
- 19 **Whiteface Foliage Hill Climb. 8M. 8am.** Veteran's Memorial Highway, Wilmington. 946-7001. nysef.org.
- 19 Cambridge Valley Cycling Fall Benefit Ride. 100M/50M/25M. Washington County Park, Cambridge. 677-3982. bikecvc.org.
- 22 Wacky Wed Tour Ride. 5:30pm. 22M. Okte E.S., Round Lake. Henry Wilkie: 482-3902. webmhcc.org.
- 23 Leader's Choice Casual Ride. 10am. 30M. Park/Ride, Bethlehem. Joyce Maxstadt: 438-5686. webmhcc.org.
- 25 **3rd Ride Run Walk 4Love to End Child Trafficking.** 50M/25M/10M bike rides & children's ride. New: 5K Run/Walk. Saratoga Spa S.P., Saratoga Springs. 369-2000. ride4love.com.
- 25 Rupert Mtn Tour Ride. 9:30am. 85M. Raindate: 9/26. Schuylerville C.S., Shuylerville. Bruce Curtiss: 587-4408. webmhcc.org.
- 25 Valatie Casual Ride. 10am. 22M. OKenny's Express, Valatie. Dave Render: 433-8316. webmhcc.org.
- 25 Views n' Apples Casual Ride. 10am. 30M. Guilderland H.S., Guilderland. Jonathan Benn: 482-6648. webmhcc.org.
- 25 Sacandaga Tour Ride. 10:30am. 52M. Edinburg C.S., Edinburg. Henry Wilkie: 482-3902. webmhcc.org.
- 26 **4th Tour de Habitat Bike Tour. 100M: 7:30am, 50/25M: 11am, 10M: 3pm.** Capital District Habitat for Humanity. Albany Pump Station, Albany. evansale.com.
- 29 Wacky Wed Tour Ride. 5:30pm. 20M. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.

**OCTOBER**

- 2 Mt Greylock Multi-Pace Ride. 9:30am. 69M. Options available. Gibbs pot-luck to follow. Algonquin M.S., Averill Park. Shari Gibbs: 283-0155. webmhcc.org.
- 2 Peak Season Century. 100M/60M/25M. 7am. Lake George Village. peakseasoncentury.com.
- 3 Tour Ride (or Walk) in Memory of Kevin Watz. 38M: 9am. 15M: 10am. Million Dollar Beach, Lake George. Jim Swart: 792-0174; jimswart@roadrunner.com.
- 3 3rd Fall Century. 100M. 8am. Frontier Comm., Gloversville. Adirondack Velo: 725-9703. adkelo.blogspot.com.
- 3 6th Mark Fiato Tribute Tour Ride. 12pm. 20-30M. Town Park, New Scotland. James Bethell: 446-1766. webmhcc.org.
- 10 Battenkill Classic. 62M. 10am. Fully supported. Cambridge. anthemsports.com
- 17 **Tour de Columbia County.** 35-50M supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
- 23 Haunted Hundred Overnight Century. 100M. 6pm. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

**CROSS-COUNTRY & ROLLER SKIING**

**OCTOBER**

- 8 Whiteface Climb to the Castle Rollerski Race. 5M. 9am. Whiteface Memorial Highway, Wilmington. Margaret Maher: 523-1900. nysef.org.

**HEALTH & FITNESS**

**ONGOING**

- Daily CardiotFit Classes: Call for Schedule.** Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com.
- Mo-TuBeg/Intro Pilates Mat Class.** Mon: 6pm. Tue: 9:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- M-Tu-W Yoga Open Level Class.** Mon: 4:40pm. Tue: 7pm. Wed: 9:15am. 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.

**Enjoy Road or Mountain Biking in the Capital District & Saratoga?**

**Join MHCC Today!**

- All levels of ability welcome
- More than 300 rides per year

Pick up an application at bike shops or visit [www.webmhcc.org](http://www.webmhcc.org)

**MHCC**  
Mohawk-Hudson Cycling Club

**Lance Gregson 1-Eye Classic**

**Cycling Rides & Picnic**

**Sunday, Sept. 19**  
**Town Park/Beach, Schroon Lake**

Easy Does It (3-8M): 11am  
Scenic Route (10-15M): 10:30am  
Lance's Loop (26M around lake): 9:45am  
Cyclist's Dream (44-56M): 8:30am  
Post-ride live music, picnic, raffle

**SchroonLakeCycling.com**  
518-532-9479 • Rain or shine

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

Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more.

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

**Godfrey Financial Associates, Inc.**

*Objective, Professional, Independent*  
Serving the Capital District for 11 years

- ✓ Fee-based financial planning
- ✓ Investment management
- ✓ Retirement and legacy planning

**godfrey financial associates, inc.** (518) 220-9381  
godfreyfinancialplanning.com



## Rick's Bike Shop



Mountain, Road, Hybrid, Kids, BMX

**TREK • SPECIALIZED  
ELECTRA**

Expert Repair Work on All Brands

Corner of Quaker Rd and Ridge Rd  
Queensbury

[www.ricksbikeshop.com](http://www.ricksbikeshop.com)

**(518) 793-8986**

## DUATHLON

8th Annual

**Mohawk Towpath Byway  
Duathlon**

Krause's Grove, Canal & Beach Roads

Clifton Park & Halfmoon

2.2mi Run • 16mi Bike • 2.2mi Run

**Sunday, Oct. 17 • 9am**

Open to individuals and teams

**Kids' Fun Duathlon • 8:30am**

Register: [mohawktowpath.org](http://mohawktowpath.org)

Tech T-shirt to first 100

\$25 before 10/8 & \$30 after

Benefits Mohawk Towpath Scenic Byway

## Race With The Wind

Sunday, Sept. 19

Start 10am

Ride among the wind towers  
of Lewis County, NY  
Registration 9 am -

Maple Ridge Wind  
Farm, Lowville

50M Mountain Bike Race  
12M School & Family Ride

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

**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](http://maltapilatescenter.com).

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

**Tu-Th-Sa Pilates Open Level Mat Class.** Tue: 6pm. Thu: 9:30am & 6pm. Sat: 9am. Malta Pilates Center, Malta. 369-4992. [maltapilatescenter.com](http://maltapilatescenter.com).

### SEPTEMBER

- 15 Preventing Sports Injuries in Young Athletes. 6:30-8:15pm. Holiday Inn, Johnstown. Nathan Littauer Rehabilitation Medicine. Cheryl McGrattan: 773-5533. [nlh.org](http://nlh.org).
- 18 Zumba Fundraiser for Leukemia/Lymphoma. 6pm. Queensbury H.S. Gym, Queensbury. Jennifer Islas: 793-2570.

### OCTOBER

- 1-3 **Spirit, Mind & Body Retreat.** Yoga, massage, hike, paddle & more. Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 2 4th Vegetarian Expo. Exhibitors, vegan fashion show. Empire State Plaza, Albany. [nyvegetarianexpo.org](http://nyvegetarianexpo.org).
- 2 The Hoopla: Healthy Family Fair. Victoria Pool bldg., Saratoga Spa S.P., Saratoga Springs. [thehoopla.org](http://thehoopla.org).

### HIKING & ROCK CLIMBING

#### SEPTEMBER

- 10-12 **Trailless Peak Backpacking: Cliff & Redfield.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 10, 17, 24 **Bear Den Hike.** 10am-1:30pm. Whiteface Mtn., Wilmington. [whiteface.com](http://whiteface.com).
- 13 **Trailless Peak Day Hikes: Street & Nye.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 17 **Trailless Peak Day Hikes: Mt Marshall.** 4,360ft. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 18-19 **Trailless Peak Backpacking: Allen Mt.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 20 **Beginner Day Hike: St. Regis Mt.** 5.5M. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 24-26 **Trailless Peak Backpacking: The Santanonis.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 25 **Women's Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [cdymca.org](http://cdymca.org).
- 26 **Family Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [cdymca.org](http://cdymca.org).
- 27 **Trailless Peak Day Hikes: Iroquois Peak.** 4,840ft. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

#### OCTOBER

- 1 **Bear Den Hike.** 10am-1:30pm. Whiteface Mtn., Wilmington. [whiteface.com](http://whiteface.com).
- 1-3 **Trailless Peak Backpacking: The Dix Range.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 4 **Trailless Peak: Esther Mt.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 8 **Beginner Day Hike: Jay Range.** 7.5M. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 9 **Trailless Peak: Street & Nye.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 10 **Trailless Peak: Table Top Mt.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 11 **Trailless Peak: Mt Marshall.** Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 16 Rock Talk & Walk: Rattlesnake Mtn. 9am. Pok-O-MacCready Outdoor Education Ctr., Willsboro. 963-7967. [pmoec.org](http://pmoec.org).
- 16-17 **Map & Compass Bushwhack.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 23-24 **Leave No Trace Trainer.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).

### KAYAKING & CANOEING

#### ONGOING

- Tu-We Evening Tours on Local Waterways w/ADK Albany Chapter.** 9/8: 5:45pm. Hudson, Henry Hudson Park, Bethlehem. 9/14: 5:45pm. Mohawk, Freeman's Bridge, Glenville. 9/28: 5:15pm. Mohawk, Crescent Bridge to Colonie T.P. Adirondack Paddle 'N' Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- Sa-Su Walk-On Adventures: 7/3-10/10. 9:30am. LLBean, Albany. 437-5460. [llbean.com](http://llbean.com).

#### SEPTEMBER

- 6-10 **Leave No Trace Master Educator: Canoeing.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. [adk.org](http://adk.org).
- 9 **Fundamentals of Kayaking I: The Basics.** 8:30-10am. Lock 7 Boat Launch, Niskayuna. 346-3180. Adk Paddle 'N' Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 10 **Fundamentals of Kayaking II.** 8:30-10am. Lock 7 Boat Launch, Niskayuna. 346-3180. Adk Paddle 'N' Pole: 346-3180. [onewithwater.com](http://onewithwater.com).
- 10-12 Adirondack Canoe Classic. 90M. Old Forge to Saranac Lake. [macscanoe.com](http://macscanoe.com).
- 11 **Women's Kayak Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 11 Guided Kayak Trip on Fish Creek. 4M. 9am. Hayes Rd & Rte 29 to Victory Mills. 587-5554. [saratogaplan.org](http://saratogaplan.org).
- 11-12 11th Hudson River Ramble. Various locations. 888-543-4590. [hudsonrivervalleyramble.com](http://hudsonrivervalleyramble.com).
- 12 **Family Kayak Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 18 Yoga, Kayak & Gourmet Lunch. 9am. Pok-O-MacCready Outdoor Ed Ctr., Willsboro. 963-7967. [pmoec.org](http://pmoec.org).
- 18-19 11th Hudson River Ramble. Various locations. 888-543-4590. [hudsonrivervalleyramble.com](http://hudsonrivervalleyramble.com).
- 19 **Adult Kayak Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org).
- 25 **Paddle for the Cure.** 6M. 11am. Mountainman Outdoors, Old Forge. 315-464-6276. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).
- 25 Long Lake Long Boat Regatta. 15M. Adirondack Kayak Championships. 10M. 10am. Long Lake. [macscanoe.com](http://macscanoe.com).
- 25-26 11th Hudson River Ramble. Various locations. 888-543-4590. [hudsonrivervalleyramble.com](http://hudsonrivervalleyramble.com).
- 26 Barge Chaser Canoe & Kayak Race & Fun Day. 7M/2.5M. 10:30am. Bike rides, kayak demo, treasure hunt. Grafton Lakes S.P., Grafton. 279-1155. [nysparks.com](http://nysparks.com).

#### OCTOBER

- 1-3 **Adirondack Canoe & Kayak Rendevous.** Fri-Sat: 9am-6pm. Sun: 9am-5pm. Mountainman Outdoor Supply Co, Old Forge. 315-369-6672. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).
- 15-17 Moose River Whitewater Festival. Old Forge. 315-369-6672. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).

### MOUNTAIN BIKING & CYCLOCROSS

#### ONGOING

- Fri-Sun **Whiteface Lift-Serviced MTB Riding: 9/10-10/17.** Whiteface, Wilmington. 946-2223. [downhillmike.com](http://downhillmike.com).
- Sa-Su **Gore MTB Riding: 7/17-10/10.** 10:30am: Skill Lessons. Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

#### SEPTEMBER

- 11 **Super D Race.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x375. [downhillmike.com](http://downhillmike.com).
- 11-12 **"Fun Not Fear" Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).
- 11-12 **5th Whiteface 5K Downhill MTB Race.** 12pm. Part of Pro Gravity Tour & Gravity East Series. Whiteface MTB Park, Wilmington. 946-2223 x375. [downhillmike.com](http://downhillmike.com).
- 12 Luther Loops 2-Hour MTB Race. 9am & 10:30am. Luther Trails, Ballston Spa. 847-2419.
- 13 Team LUNA Chix Co-Ed MTB Ride. 6pm. Colonie Town Park, Colonie. Theresa Crombach: 421-0551.
- 18-19 Verge Series: Green Mtn Cyclocross Weekend. Catamount, Williston, VT. Jeff Bramhall: 617-669-5056. [cycle-smart.com](http://cycle-smart.com).
- 19 **4th Race with the Wind.** 50M MTB race. 12M school/family ride. 10am. Maple Ridge Wind Farm, Lowville. 315-376-2213. [lewiscountychamber.org](http://lewiscountychamber.org).

**DIAMONDBACK  
Raleigh  
FUJI™  
FEET**

Accessories & Clothing  
Expert Repairs • Rentals

**INSIDE EDGE**

643 Upper Glen Street (Rt. 9) • Queensbury  
**(518) 793-5676**

## St. Regis Canoe Outfitters

Canoe, Kayak & Gear Rentals

Guided Canoe & Kayak Trips Daily

Retail Shop & Instruction

New Adirondack Paddler's Map

New/Used Canoes, Kayaks & Gear

73 Dorsey St, Saranac Lake  
**(518) 891-1838 • (888) 775-2925**  
[www.canoeoutfitters.com](http://www.canoeoutfitters.com)

**NYSEF WHITEFACE  
FOLIAGE HILL CLIMB**  
Sunday, Sept. 19 • 8am

Whiteface Veterans  
Memorial Highway  
Routes 86 & 431, Wilmington  
8 miles at 8% grade

Register online: [BikeReg.com](http://BikeReg.com)  
Info/Entry Form: [nysef.org](http://nysef.org)  
New York Ski Educational Foundation

## Computer Problems? We Can Fix That!

Home & Office Computer Needs

Improve the Performance of Your Computers!

Virus & Spyware Removal • Now Offering Online Backups

### Integrated Technology Resources

145 Homestead Road, Saratoga Springs • (518) 796-6951

10% off special for Adirondack Sports & Fitness magazine readers

• Hiking • Team Building • Skiing • Crafts • Sledding • Ice Skating • Relaxing •

**Family and Women's  
Weekends**

200 Acres  
on Lake George

Large Program  
Lodge

Heated Cabins

Delicious Meals

Camp Fires • **518-656-9462** • Nature

Chingachgook  
ON LAKE GEORGE  
[www.chingachgook.org](http://www.chingachgook.org)

Canoeing • Swimming • High Ropes • Archery • Canoeing • Sailing



4th Annual  
OLD DATER FARM  
**RUN FOR LIFE**  
5K Run  
& Family Run-Walk-Crawl  
**Sunday, September 19**  
10am: 5K • 11am: Fun Run  
Start/Finish: 5 Caraway Ct  
(Old Dater Farm), Clifton Park

Overall, age group & team awards  
T-shirts for the first 200 registrants  
A fun-filled community event with  
a bouncy-bounce & face painting

**Info: [hannahshopefund.org](http://hannahshopefund.org)**  
**Register: [active.com](http://active.com)**

**To benefit Hannah's Hope Fund**  
*Dedicated to funding research for a cure  
for Giant Axonal Neuropathy*

**Come Run with Us...**

- Improved loop course around beautiful Schroon Lake
- New England Runner says "you will love the scenery"
- Bands, musicians and taiko drummers
- Free massages following race
- 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](http://adirondackmarathon.org)

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

10th Annual **Saturday, October 23rd, 2010**  
Saratoga Spa State Park Columbia Pavilion

**5K & 10K Walk/Run 9:30 AM**  
Kid's Fun Run following races

**\*\*NEW THIS YEAR\*\***  
Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that pre-register for 5 & 10K!

**5K & 10K Fees**  
**\$20 (before 9/18); \$23 (before 10/23)**  
**\$25 (day of)**  
**Kids Fun Run Fees (12 & under)**  
**\$5**

Become a fundraiser for **Saratoga Bridges**  
Get pledges and/or donations of \$100 or more & your fee will be waived, PLUS you could win an Apple IPOD Shuffle for raising the most money!

Create your own fundraising page at  
[active.com/donate/SaratogaBridges](http://active.com/donate/SaratogaBridges)

**Register Online:**  
[www.saratogabridges.org](http://www.saratogabridges.org)  
More information: 518.587.0723

Sanctioned by USA Track & Field To Benefit **saratogabridges**

**www.saratogabridges.org**

Fourth Perennial  
**LANDIS ARBORETUM 5K FOREST RUN**  
**Saturday, Sept. 18 at 9:30am**  
Run/Walk for Family Fun  
A true cross-country course thru beautiful forests, fields & Landis collections  
The Landis Arboretum, Esperance  
**174 Lape Rd, 1.5 miles off Rte 20**  
Followed by Tot Trot for Kids  
Fall Plant Sale: 10am-4pm  
**Also, Bake Sale at Finish Line!**  
**Info/Register: [landisarboretum.org](http://landisarboretum.org)**  
Jonathan DiCesare: (518) 231-2290  
*To benefit the non-profit Landis Arboretum*

7th Annual  
**The Crossings 5K Challenge**  
with KIDS' FUN RUN

**September 26th, 2010**  
Rudy A. Ciccotti Family Recreation Center  
30 Aviation Rd, Colonie  
Enjoy the beautiful Crossings of Colonie while running/walking this 5K course  
\$20 by 9/19 (\$30 from 9/20 through race day)  
FREE Kids Fun Run (choose 1/4 or 1 mile course) - est. 9:45am  
Entry and info.: [www.colonieyouthcenter.org](http://www.colonieyouthcenter.org)  
Register: [Active.com](http://Active.com)

**PLEASE SUPPORT OUR ADVERTISERS!**  
And, tell them where you saw their ad!

**ADIRONDACK**  
SPORTS & FITNESS

- 19 NYSEF Whiteface Foliage Hill Climb.** 8M. 8am. Whiteface Highway, Wilmington. 946-7001. [nysef.org](http://nysef.org).
- 27 Team LUNA Chix Co-Ed MTB Ride.** 6pm. SMBA Trails, Saratoga Springs. Theresa Crombach: 421-0551.

**OCTOBER**

- 2 Ladies Day.** 12pm. Whiteface MTB Park, Wilmington. 946-2223 x375. [downhillmike.com](http://downhillmike.com).
- 3 Cyclocross @ Brewery Ommegang Race.** 9am. Brewery Ommegang, Cooperstown. 315-415-5972. [ommegang.com](http://ommegang.com).
- 4 Team LUNA Chix Co-Ed MTB Ride.** 6pm. Luther Forest STEP Trails. Theresa Crombach: 421-0551.
- 11 Team LUNA Chix Women's Only MTB Ride.** 6pm. Colonie Town Park, Colonie. Theresa Crombach: 421-0551.
- 16-17 Uncle Sam Cyclocross/NYCROSS.com Series.** 30-45min. 9:15am. Prospect Park, Troy. 441-1296 [nycross.com](http://nycross.com).
- 24 Saratoga SpaCross Cyclocross Race.** 9am. Saratoga Rack Track, Henning Road. John Onderdonk: 441-2074.
- 31 Wicked Creepy Cyclocross Race.** 9:15am. Willow Park, Bennington, VT. [nycross.com](http://nycross.com)
- 31 All Hollows MTB Race.** 9am. Central Park, Schenectady. Heather: 847-2419. [bikereg.com](http://bikereg.com).

**NOVEMBER**

- 14 2010 Bethlehem Cup Cyclocross Race.** 9:15am. Elm Ave. Park, Bethlehem. [nycross.com](http://nycross.com).

**MULTISPORT: TRIATHLON & DUATHLON**

**SEPTEMBER**

- 11 Montreal Esprit Triathlon.** Ironman, Half-Ironman, Olympic, Sprint, Duathlon. Montreal, QC. [esprittriathlon.com](http://esprittriathlon.com).
- 11 1st Schenectady Pedal-Paddle-Run.** 3.7M bike, 3.1M run, 1.6M paddle. 8:30am. Freedom Park, Scotia. [schenectadycounty.com](http://schenectadycounty.com).
- 11 2nd DACC Sprint Triathlon.** 9am. Duanesburg Community Ctr., Duanesburg. Jenn Dixon: 895-9500. [dacc.info](http://dacc.info).
- 11 Potsdam Triathlon.** 0.25M swim, 12M bike, 3.1M run. 9am. SUNY Potsdam. 315-267-2167. [potdam.edu](http://potdam.edu).
- 12 34th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak, 6M run. Great Barrington to Lenox, MA. [joshbillings.com](http://joshbillings.com).
- 12 Burlington Triathlon.** 0.9M swim, 22.5M bike, 6.2M run. 8am. Burlington, VT. 802-985-4410. [racevermont.com](http://racevermont.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](http://adktri.org).
- 19 1st Ironman 70.3 Syracuse.** 1.2M swim, 56M bike, 13.1M run. County Beach, Jamesville. [ironmansyracuse.com](http://ironmansyracuse.com).
- 25 Go Extreme Adventure Race.** 5M, 12M or 18M run/bike/canoe. St. Lawrence Co. 315-261-4760. [getthehealthyslc.org](http://getthehealthyslc.org).

**OCTOBER**

- 17 8th Mohawk Towpath Byway Duathlon.** 2.2M run, 16M bike, 2.2M run. 9am. Kids' Fun Race: 8:30am. Krause's Grove, Clifton Park. [mohawktowpath.org](http://mohawktowpath.org).

**OTHER EVENTS**

**SEPTEMBER**

- 10-12 Teddy Roosevelt Weekend.** Special events & 5K Run/Walk. Newcomb. 582-2991. [newcombny.com](http://newcombny.com).
- 24-26 Women's Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [cdymca.org](http://cdymca.org).
- 24-26 Noreaster Music & Outdoor Festival.** UCI-Sanctioned Cyclocross Race, unified bouldering champs, live music. Loon Mtn, Lincoln, NH. [ems.com](http://ems.com).
- OCTOBER**
- 1-2 EMS Club Day.** Sale & discover outdoor clubs. Eastern Mountain Sports. [ems.com](http://ems.com).
- 2-3 Oktoberfest.** Sat: 10am-7pm, Sun: 10am-5pm. Whiteface, Wilmington. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 9-10 Gore Mountain Harvest Fest.** Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 9-10 Flaming Leaves Festival.** Olympic Jumping Complex, Lake Placid. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).

**NOVEMBER**

**20-21 3rd Adirondack Sports & Fitness Winter Expo.** Sat: 10-6. Sun: 10-5. Exhibits, sales, clinics, activities. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

**RUNNING, TRAIL RUNNING & WALKING ONGOING**

**Daily ChiRun/Walk Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. [myfitnessrecovery.com](http://myfitnessrecovery.com).

**SEPTEMBER**

- 5 1st Hope with Every Step 5K.** 8:45am. Town Park, Halfmoon. 330-6020. [communityatcp.org](http://communityatcp.org).
- 5 Scottish Games 5K.** 11am. Altamont Fairgrounds, Altamont. [scotgames.com](http://scotgames.com).
- 6 22nd SEFCU Labor Day 5K Race/Walk.** 9am. SEFCU Headquarters, Albany. 464-5243. [sefcu.com](http://sefcu.com). [hmrrc.com](http://hmrrc.com).
- 6 35th Mt Greylock Uphill Road Race.** 8M. 10am. Reservoir, North Adams, MA. 802-423-7537. [runwmac.com](http://runwmac.com).
- 11 40th Original Lake Placid Half Marathon.** 10am. North Elba Show Grounds, Lake Placid. 523-2591. [northelba.org](http://northelba.org).
- 11 Capital District YMCA Race Series #4: Brenda Deer 5K Run/Walk & Kids Fun Run.** 9am. YMCA, Guilderland. 456-3634. [cdymca.org](http://cdymca.org).
- 11 2nd Red Apple Trail Run.** 5K & 10K. 9am. Samascott Orchards, Kinderhook. 758-1218. [kinderhookrunnersclub.com](http://kinderhookrunnersclub.com).
- 11 1st MBPA 5K: Community Day.** 8:30am. HVCC Tec Smart, Saratoga Tech/Energy Park, Malta. [areep.com](http://areep.com).
- 11 Basket of Hope 3M Run/Walk.** 9am. Warren Co Bike Path, Dix Ave, Glens Falls. 792-1372. [thebasketofhope.org](http://thebasketofhope.org).
- 11 3rd Wind Power Challenge Road Races.** 5K/10K. 10am. Martinsburg. [lewiscountyhistory.org](http://lewiscountyhistory.org).
- 11 Maple Leaf Half-Marathon/5K.** 9am. Manchester, VT. 802-362-3526. [manchestervtmapleleaf.com](http://manchestervtmapleleaf.com).
- 12 9th Teal Ribbon 5K Run & 1M Walk for Ovarian Cancer Awareness & Research.** 9am. Washington Park, Albany. 783-7600. [caringtogether.org](http://caringtogether.org).
- 12 9th Ty Yandon Memorial 5K Run/Walk.** 9am. Newcomb Overlook, Newcomb. Kevin Bolin: 582-2991. [newcombny.com](http://newcombny.com).
- 12 The Dunkin Run 5K.** 8:30am. Jewish Community Center, Albany. 438-6651. [saajcc.org](http://saajcc.org).
- 12 Doug Ellett Memorial 5K Run/Walk.** 9:30am. Cohoes H.S., Cohoes. Debbie Matthews: 237-3559.
- 12 Albany Autism Society 5K Run/Walk.** 7am. Central Park, Schenectady. Jenny: 588-1189. [albanyautism.org](http://albanyautism.org).
- 12 Barry Hopkins Run at Olana.** 9:30am. Olana State H.S., Hudson. Carri Manchester: 828-0135. [oprhp.state.ny.us](http://oprhp.state.ny.us).
- 12 Curly's Trail Run Half-Marathon.** Pittsfield, MA. [runwmac.com](http://runwmac.com).
- 12 42nd Archie Post 5-Miler.** 8:30am. Gutterson, UVM, Burlington, VT. Russ Cooke: 802-846-5635. [gmaa.net](http://gmaa.net).
- 18 4th Landis Arboretum 5K Forest Run.** 9:30am. Landis Arboretum, Esperance. Jonathan DiCesare: 231-2290. [landisarboretum.org](http://landisarboretum.org).
- 18 15th Run to Remember 5K.** 9am. Harkness Field, Troy. David Teubl: 845-594-4075.
- 18 2nd Capital Region Special Surgery Race for Hope 5K.** 10am. Slingerlands. [capitalregionspecialsurgery.com](http://capitalregionspecialsurgery.com).
- 18 2nd Nisky Fall Fun 5K.** 5:30pm. Town Hall, Niskayuna. Lori Peretti: 386-4526. [niskayuna.org](http://niskayuna.org).
- 18 5K for Huntington's Disease.** 9am. Tawasentha Park, Guilderland. Stephanie Keller: 356-5144.
- 18 Cocksackie P.A.L. 5K Run/Walk.** 9am. McQuade Park, Cocksackie. [areep.com](http://areep.com)
- 18 7th Common to Common 30K.** 8:30am. Memorial Hall, Essex Center, VT. 802-878-4385. [gmaa.net](http://gmaa.net).
- 18-19 Runner's Retreat.** Trail/run run, stretching, structural mgmt, massage. Camp Chingachgook, Kattskill Bay. 656-9462. [chingachgook.org](http://chingachgook.org)
- 19 The Saratoga Palio Half Marathon & 5K Run/Walk.** 8am. Melanie Merola O'Donnell Memorial Race. Saratoga Springs. [thesaratogapalio.com](http://thesaratogapalio.com).
- 19 4th Old Dater Farm "Run for Life" 5K Run for Hannah's Hope Fund.** 10am. Fun Run: 11am. Caraway Ct, Clifton Park. Julie Gauer: 373-2721. [hannahshopefund.org](http://hannahshopefund.org).
- 19 39th HMRRCA Anniversary Races.** 2.8M/5.6M. 9am. UAlbany, Albany. Pat Glover: 877-0654. [hmrrc.com](http://hmrrc.com).

36TH ANNUAL  
**Falling Leaves** Road Race  
**Sunday September 26**  
Radisson Hotel, Utica  
USATF Certified 5k: 9am  
Scenic 14k: 8:50am  
*Brooks long-sleeve tech shirts to first 1,100 registered*  
Info/Register: [UticaRoadrunners.org](http://UticaRoadrunners.org)  
or [GetEntered.com](http://GetEntered.com)

16th Annual Burnt Hills-Ballston Lake Rotary  
**5K RUN AND WALK BURNT HILLS, NY**  
**Saturday, Oct. 9 • 9AM**

KIDS MILE FUN RUN: 9:45AM  
O'ROURKE MIDDLE SCHOOL, BURNT HILLS  
USATF CERTIFIED COURSE • CHIP TIMING  
SHIRTS FOR FIRST 200 PARTICIPANTS  
**\$18 BEFORE 10/1 (\$25 AFTER)**  
KIDS MILE FUN RUN: \$10

**The Apple Run 2010**

ENTRY FORM:  
[BHBLROTARY.ORG](http://BHBLROTARY.ORG)  
PAUL LEWANDOWSKI  
(518) 399-2225



## Hairy Gorilla Half Marathon & Squirrelly Six Mile

Ominously brought to you by ARE Event Productions

**9:30am • Sunday, October 31 • Thacher State Park, NY**  
Part of ARE Grand Prix Trail Series and WMAC Grand Tree Series

*Roller-coaster course with mud, muck, roots, drops, puddles • Many runners compete in costume  
Special awards: gorilla impersonation; costume; pumpkin carving; carrying most bananas  
Half marathon also has team competition – 9am: Gorilla Chase 600m Kids Race  
Bring bananas to appease the gorillas – Gorilla "medal" to half finishers – Post-race cookout*

Half Marathon: \$25 by 10/22 (\$30 after) • 6M/Relay: \$20 by 10/22 (\$25 after)  
**Register: AREEP.com – No additional fees!**  
**More Info: AREEP.com or 518-320-8648**

1st Annual  
**Run For Your Life!**  
5K Run/Walk for Hospice

**Saturday, October 9 • 10am  
Warrensburg**

Certified course • \$20 fee  
**Entry: highpeakshospice.com**  
Info: Sunday Conine 743-1672  
Proceeds benefit:  
High Peaks Hospice & Palliative Care

## Fifth Annual Capital District YMCA 5K Run/Walk Series & Kids' Fun Runs

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

---

**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**

- 19 32nd Dutchess Co Classic: Half-Marathon & 5K. 8:30am. Wappingers Falls. dclassic.com.
- 19 4th George Coope Memorial 5K/10K. 10am. Fairgrounds, Adams, MA. 413-743-8300. celebratoadams.com.
- 21 Run 2 Row 5K. 9am. Corning Preserve, Albany. Kathy Johnston: 439-9964. active.com.
- 23 3rd Anne's Quest 5K. 9:30am. Shaker H.S., Latham. Kelli Rosenthal: 446-9638. annesquest.org.
- 24 **29th Arsenal City Run & Community Night.** 5K road race: 6pm. City Hall, Watervliet. 270-3800. watervliet.com.
- 25 **17th FAM 5K "Fund" Run/Walk.** 10am. Cobleskill Fairgrounds, Cobleskill. Frank Privitera: 234-7400. fam5k.com.
- 25 **3rd Ride Run Walk 4Love to End Child Trafficking.** 5K Run/Walk. 50M/25M/10M bike rides. Kid's Ride. Saratoga Spa S.P., Saratoga Springs. 369-2000. ride4love.com.
- 25 **Adirondack Distance Festival: 5K & 10K.** Chestertown. 888-724-7666. adirondackmarathon.org.
- 25 **33rd Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship Race. Northport. cowharborrace.org.
- 25 Footrace at Fort Ticonderoga 5K. 10am. Fort Ticonderoga, Ticonderoga. 321-2855. footraceatfortti.com.
- 25 Greenport 5K Trail Run. 9am. Town Park, Greenport. Lauren Haberland: 392-5252. clctrust.org.
- 25 2nd Nisky Fall Fun 5K. 5:30pm. Town Hall, Niskayuna. Lori Peretti: 386-4526. niskayuna.org.
- 25 Hoosick Pumpkinpalooza 5K. 9am. Wood Park, Hoosick Falls. Elizabeth: 686-9050. hoosickyouth.org.
- 26 **6th Clover Combo Classic 8K Run.** 10am. Main St, Fort Hunter. Also: 5K Walk & 1K Kids' Dash. 762-3909. ccefm.com.
- 26 **7th Crossings 5K Challenge.** 9am. Ciccotti Family Rec Center, Colonie. 458-9596. colonieyouthcenter.org.
- 26 **Adirondack Distance Festival: Marathon (9am), 2-Person Relay & Half-Marathon (10am).** 9/25: Expo/Package Pickup. Schroon Lake. 888-724-7666. adirondackmarathon.org.
- 26 **36th Falling Leaves Road Race.** 5K & 14K. 9pm. Radisson Hotel, Utica. uticaroadrunners.org.
- 26 Catiebug Fight to be Healed 5K. 1pm. Kids' run: 12pm. 2M walk: 12:45pm. Clifton Commons, Clifton Park. fighttobehealed.org.
- 26 AIDS Walk & 5K Run. 2pm. Washington Park, Albany. Marcella Hammer: 860-3612. caresny.org.
- 26 Battenkill River Duck Run. 5K/12K. 9am. Covered Bridge, West Arlington, VT. 802 375-6039. bkvr.org.
- 26 5 for five/Race for a Cure for MPS. 5K. 10am. Saratoga Spa S.P., Saratoga Springs. 451-6740. 5forfiveampsrun.com.
- 26 Cider House Run/Walk. 2/4M. 11am. Shelburne Orchards, Shelburne, VT. 802-985-4410. racevermont.com.

**OCTOBER**

- 2 **16th Susan Komen Race for the Cure.** 5K coed run: 9am. 2M family walk: 10am. Empire State Plaza, Albany. 250-5370. komenneny.org.
- 2 Breast Cancer Awareness 4M Run/Walk. 10am. Norwood. 315-268-0566. northernrunner.org.
- 2 Remington Arts Festival 5K. 9am. Phoebe's Restaurant, Canton. 315-386-2526. northnet.org.
- 2 Community & Alumni 5K Run/1M Walk. 8:30am. FMCC, Johnstown. 762-4651. fmcc.suny.edu.
- 3 **31st Voorheesville 7.1M.** 10am. Town Park, Voorheesville. Jim Thomas: 273-5552. hmrrc.com.
- 3 Run for the ROC. 11am. Saratoga Race Course, Saratoga Springs. Mike Wallner: 583-8348.
- 3 29th Wineglass Marathon & Relay. 8am. Centennial Park, Corning. wineglassmarathon.com.
- 3 Syracuse Festival of Races 5K. 9am. 3K run/walk: 10:45am. Syracuse. festivalofraces.com.
- 3 Leaf Peepers Half-Marathon & 5K. 11am. State Offices, Waterbury, VT. 802-223-6997. cvrunners.org.
- 3 Shelburne Farms 5K. 8:30am. Shelburne Farms, Shelburne, VT. 802-985-4410. racevermont.com.
- 3 Bluehawk Blast 5K & Kids' 1M. 9:15am. Hudson H.S., Hudson. Anne Connor: 828-7467.
- 9 **16th Apple Run 5K Run/Walk.** 9am. Kids' Fun Run: 9:45am. O'Rourke M.S., Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.org.
- 9 **4th Falling Leaves 5K.** 10am. 1/2M Kids' Fun Run: 10:45am. Kelley Park, Ballston Spa. Heather Leggieri: 885-6659. ballstonspaumchurch.org.
- 9 **1st Run For Your Life!** 5K Run/Walk for Hospice. 10am. Warrensburg. Sunday Conine: 743-1672. highpeakshospice.com.

- 9 **UAlbany Homecoming Fall Festival 5K, 2.5K Walk & Little Dane Dash.** 9:15am. Science Library, UAlbany, Albany. Bruce Gaynor: 442-3080. albany.edu/alumni/.
- 9 Canandaigua Lake 50 Miles & 50K. 7am. Canandaigua Lake. Tom Perry: 585-388-5270.
- 9 Run for the Horses 5K Run/Walk. Florida. Nina Bellinger: 421-0125. easystreetrescue.org.
- 9 37th Art Tudhope 10K. 9am. Shelburne Beach, Shelburne, VT. 802-658-1753. gmaa.net.
- 10 **28th Mohawk Hudson River Marathon & 9th Half-Marathon.** 8:30am. Full: Schenectady to Albany. Half: Colonie to Albany. 10/9: Expo/Package Pickup. mohawkhudsonmarathon.com.
- 10 **Leaf Cruncher 5K Trail Run.** 11am. Gore Mountain, North Creek. Emily Stanton: 251-2411. goremountain.com.
- 10 Newburgh-Beacon Bridge Run. 5M. 11am. Newburgh to Beacon. 845-895-3402. mhrrc.org.
- 10 Apple Harvest Festival 5K. 10am. Angelo Canna Memorial Park, Cairo. Rebecca Maroney: 221-7221.
- 10 The Harvest Half-Marathon & 5K. 10am. Red Hook. 845-625-3473. onteorunners.org.
- 10 3rd Century Marathon & Half-Marathon. 7am. Fulton. 315-598-9622. fultonymca.com.
- 10 13th Danby Down & Dirty 10K/20K Trail Runs. 9am. Danby S.E., Danby. fingerlakesrunners.org.
- 16 **10th Fall Classic 5K Run/Walk.** 9:30am. 1M Fun Run. Voorheesville E.S., Voorheesville. vcsfoundation.com.
- 17 **Power House Athletics 5K Challenge for Livestrong.** 9am. Saratoga Spa S.P., Saratoga Springs. powerhouseathleticsny.com.
- 17 40th Green Mountain Marathon. 26.2M. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 23 **10th Great Pumpkin Challenge 5K & 10K.** 9:30am. Columbia Pavilion, Saratoga Spa S. P., Saratoga Springs. Heather: 587-0723. saratogabridges.org.
- 23 **2nd Race Away Stigma 5K Race & Fun Walk.** 10am. Stadium, HVCC, Troy. Larry Ellis: 629-7175. hvcc.edu/cct.
- 23 DPS 5K Run for Kids & the Pumpkin of Secrets. 10:15am. Columbia H.S., East Greenbush. 248-8110. egcsd.org.
- 23 Duanesburg Area Community Center 5K Run/Walk. DACC, Delanson. 895-9500. dacc.info.
- 30 **Monster Madness Dash 5K Run/Walk.** 9:30am. Troy Family YMCA. Chris Bins: 272-5900. cdymca.org.
- 30 **1st Safe in the Sun 5K Run/Walk.** 9:30am. Also: Scary Face Kids' Fun Race. Ballston Spa H.S., Ballston Spa. Beth Cleary: 879-0506. areep.com.
- 30 **17th Goblin Gallop 5K.** 9am. Abraham Wing School, Glens Falls. Halloween Hop Fun Run: 10am. Ann Herring: 744-2312. adirondackrunners.org.
- 31 **Hairy Gorilla Half-Marathon & Squirrelly Six-Miler.** 13.1M/6M. 9:30am. Thacher S.P., Voorheesville. albanyrunningexchange.org.

**NOVEMBER**

- 7 **35th Gazette Stockade-athon 15K.** 9am. Plus, 1M Fun Run. 11/6: Healthy Living Expo. Central Park, Schenectady. stockadeathon.com.
- 7 **Greenbush Area YMCA 5K Run, 3K Walk.** Plus, 100yd & 1M Kids Fun Run. 9am. Greenbush YMCA, East Greenbush. Kendra Evans: 477-2570. cdymca.org.
- 21 **HMRRC Turkey Raffle 1-Hour Run.** 10am. The Crossings, Colonie. Al Maikels: 489-1040. hmrrc.com.
- 25 **63rd Troy Turkey Trot.** 5K: 9:30am. 10K: 10:45am. Troy Atrium, Troy. 235-8993. troyny.gov.
- 25 **9th Christopher Dailey Turkey Trot 5K.** 8:30am. Saratoga Springs. christopherdaileyfoundation.com.

**SWIMMING**

**SEPTEMBER**


- 19 Snyder's Lake Open Water Swim. Snyder's Lake, Albany. adms.org.
- 25 **Synchronized Swimming Try-Outs.** Ages 6-18. 3-4pm. Southern Saratoga YMCA, Clifton Park. CDYMCA Sculptins. Betsy McGeoch: 371-2139 x5534. cdymca.org.

**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.

6th Annual  
**Clover Combo Classic**  
**8K Run**

**Sunday, Sept. 26 • 10am  
New start:  
Main St., Fort Hunter**  
(20M west of Schenectady, I-90 Exit 27)



- ♣ Scenic course on road & grass (same as Mule Haul)
- ♣ Awards to top 3 M/F & 10-year age groups
- ♣ T-shirt to all registered by 9/12
- ♣ \$20 by 9/12 or \$25 race day

Also: 5K Walk-a-thon,  
1K Kids' Dash, 100yd Mascot Race

**Entry Form: ccefm.com**  
518-762-3909 x113 or 114

**To benefit 4-H youth programs  
in Fulton & Montgomery counties**

*A Fulmont Roadrunners Club  
grand prix event*

**Sunday October 17**

10TH ANNUAL  
**CROSS COUNTRY CLASSIC**  
Saratoga Spa State Park

**5K Cross Country Race/Walk – 10am**  
Saratoga Spa State Park,  
Saratoga Springs

**1K Kids Classic – 11:00 AM**  
USATF Adk 5K XC Championship  
**Moisture wicking T-shirt  
to all registered by 10/4**  
583-3114 or jallen3@nycap.rr.com  
*Benefits: Saratoga Center for the Family*

**Register Online,  
No Additional Charge**  
**SaratogaNational.com**

29th Annual Watervliet  
**Arsenal City Run  
& Community Night**  
**Friday, September 24**

 2010

**5K Road Race: 6pm**  
USATF-Adk Masters 5K Championship  
Register: active.com  
\$17 before 9/24 or \$20 race day or \$5 active military  
Free 1-Mile Fun Run/Walk (all ages): 5pm  
Family Festivities: 5pm-7  
Food, drinks, live music, activities for all  
Benefits Watervliet Adopt-a-Family program

2nd Annual  
**Race Away Stigma 5K  
Race & Fun Walk**

Help "race away"  
stigma surrounding  
mental health



**Saturday, Oct. 23 • 10am**  
Bruno Stadium, HVCC, Troy  
\$17 HMRRC, \$20 non-members  
T-shirt, chicken BBQ, raffles  
**Register online: hvcc.edu/cct**  
Info: Larry Ellis 629-7175

4th Annual  
**Falling Leaves 5K Run  
& Kids' Fun Run**  
**Saturday, October 9**  
Kelly Park on Ralph St, Ballston Spa

T-shirts for first 100 entries  
10am • 5K run/walk – \$17 (\$20 race day)  
10:45am • Kids' 1/2-Mile Fun Run - free  
**Register: ballstonspaumchurch.org**  
All 5Kers entered to win 1 of 2 gift certificates  
for free pair of footwear from Fleet Feet Sports!

To benefit community & worldwide outreach  
programs of Ballston Spa United Methodist Church



# The Gazette Stockade-athon 15K

*Celebrates 35 Years*

Join us on Sunday, November 7<sup>th</sup>, 2010 • 9:00am



**Storm the Stockade** - A classic loop course of Schenectady's historic neighborhoods and parks. The oldest major 15k road race in the USA



An HMRRRC premier event

Healthy Living Expo – Saturday Nov. 6 at Proctor's Theater in downtown Schenectady

• Stockade-thon 15K – Sunday Nov. 7 in Central Park, Schenectady, New York

• 15K USATF & HMRRRC Grand Prix Event

• USATF - Regional Competition – Open, Masters, Age-Graded, & Team Divisions

• \$4000 Cash Prizes –presented by Fleet Feet Sports

1-mile Duck Pond Run for Children

**Testimonials:**

"This course is awesome. The hills, the different parts of town, the cemetery, the loops around the park... really a great course, probably my favorite 15K; it felt like cross country on the roads."

2008 Champion Emory Mort

This is a first class event! I am an avid older runner, back of the pack and love this race. Great food...talent galore! On-line Blog

Visit Website for event details and how to register  
[www.stockadeathon.com](http://www.stockadeathon.com)



16 YEARS RUNNING

**NORTHEASTERN NY**

1995  
16th Year  
2010



\*\*\*\*  
CHARITY NAVIGATOR  
Four Star Charity



Presented by



NATIONAL SERIES SPONSORS



**16th Annual 5K Run & 2 Mile Family Walk  
Sleep-In for the Cure®**

**Saturday, October 2, 2010  
Empire State Plaza - Albany, NY**

**Local Honorary Chairs**

Congressman Paul D. Tonko,  
SUNY Chancellor Nancy L. Zimpher,  
Benita Zahn, WNYT Channel 13

PLATINUM SPONSOR



GOLD SPONSORS



To register for the Northeastern NY Race For The Cure visit [www.komenneny.org](http://www.komenneny.org) or to volunteer call 518-250-5379



**PlacidPlanet  
BICYCLES**

**THE BEST NAMES IN BICYCLES**

**Cervelo • Orbea • Scott  
Cannondale • Kona • Felt  
Trek • Santa Cruz**

**In-Stock – and Ready to Ride!**

**Road – Triathlon – Mountain  
Hybrid – Comfort – Kids**

**Great Selection and Expert Service!**

- Three Serotta SIC1 and FIST Certified fit technicians
- Get the right bike, size and fit to meet your goals and expectations
- Complete selection of triathlon wetsuits and accessories
- More than 20 brands of cycling clothing • Professional Repairs

2242 SARANAC AVE, LAKE PLACID  
OPEN SEVEN DAYS A WEEK

**(518) 523-4128 • [PlacidPlanetBicycles.com](http://PlacidPlanetBicycles.com)**

**Saturday, September 25**



10:00 Race Starts - Cobleskill Fairgrounds  
30 minutes from the Capital Region

Benefits Habitat for Humanity of Schoharie County

8:15-9:30 Race Day Registration or REGISTER ONLINE!

See application at **FAM5K.com**



**RAFFLE GRAND PRIZE  
4 NEW YORK GIANTS TICKETS!**



The FAM 5K is sanctioned by the Adirondack USA Track and Field



**HIKING & BACKPACKING**

# Big Views from Little Porter

by Bill Ingersoll

Of the three trails leading out from The Garden – the popular-but-small trailhead west of Keene Valley, near Johns Brook – this one is the least used. Little Porter is a shelf on the southern flanks of “Big” Porter Mountain, and it features a wide-open view from Giant to Big Slide. It is a moderate climb and an excellent short hike. It is also a waypoint on a route to Porter or a two-car loop from The Garden to Marcy Field. That’s 7.8 miles of great hiking for people who are up to a full day of mountain hiking. But for anyone looking for a quick hike to a great view, the trail to Little Porter is 1.7 miles long, climbs 1,240 vertical feet, and takes about 75 minutes to hike.

**GETTING THERE**

The Garden is 1.6 miles from NY Route 73 along Adirondack Street, which begins in Keene Valley’s downtown area. Parking is limited to about 60 cars, a figure that is reached every weekend in the summer and early fall. No parking is allowed anywhere along the narrow road approaching The Garden, and illegally parked cars may be towed away. The Town of Keene provides shuttle service on weekends from

LITTLE PORTER VIEW OF BIG SLIDE MOUNTAIN. PHOTOS BY BILL INGERSOLL

June through Columbus Day weekend from a parking area nearby at Marcy Field, the airport north of Keene Valley. There is a fee for parking at The Garden (\$7.00 in 2010), and a round-trip fee (\$4.00 per person) for the shuttle. The shuttle is a highly effective service and will continue running this year until October 17. For more information, view the town’s website at [keene-keenevalley.com](http://keene-keenevalley.com).

**THE TRAIL**

The trail begins at the far end of The Garden parking area, bearing hard right from the register booth. The trail to the Brothers forks left at 0.2-mile – for Little Porter, make the right turn. At 0.4-mile you dip to cross Slide Brook on a bridge, and minutes later, at 0.5-mile, the trail rejoins the former route and bears left



JUNCTION ON LITTLE PORTER TRAIL.

to ascend gently through a grand hemlock forest. You cross an old road at 0.9-mile, and now in a hardwood forest the grade steepens. Switchbacks, however, keep it from becoming too steep. One traverse lasts for 0.4-mile and provides decent winter views of the lower Great Range through the trees. Steep pitches – with one beside a huge boulder – alternate with levels as you make the final climb to Little Porter’s summit. At 1.7 miles you reach a junction with the trail to Porter. Bearing right, you are immediately below the summit ledge.

There are enough footholds in the rock that you can scramble straight up to the ledge, but if you prefer there is a herd path that leads left to a far easier ascent route. The ledge (2,765 feet in elevation) is quite spacious, with a chest-high boulder that works well as a lunch counter. You can trace the entire route of the trail over The Brothers to the steep cone of Big Slide. Curiously, little of the development on Little Porter that is so obvious from other vantage points can be seen from here.

**LOOKING FOR SOMETHING LONGER?**

This continuing route to the summit of Porter Mountain is lightly used and ascends at moderate grades. It is 1.9 miles long and climbs 1,300 feet.

From the trail junction beside the summit of Little Porter, the trail heads northwest and passes through a broad flat area with thick brush and pockets of mud, and then continues to climb in a northwesterly direction. Although the ascent is steady, rarely is it truly steep.

You reach a crest at 0.8-mile and at least 30 minutes from Little Porter. A short descent follows. The woods close in and there is a change to a deep-woods understory of sorrel, clintonia and goldthread. The trail rolls up and down as it makes a side-hill traverse, slowly gaining elevation, until the final climb begins. You reach the intersection with the Porter-Blueberry Trail 1.5 miles from Little Porter.

Turn left, west, for the lovely ridgeline walk, gently rising with teasing views



PORTER MOUNTAIN VIEW OF THE GREAT RANGE.

through the trees. You catch a glimpse of Cascade’s rocky summit to the right, and then cross a false summit where the trees almost part to reveal a larger view. A last, easy pitch brings you to the summit at 4,067 feet, 15 minutes from the junction. There are over-the-tree views in almost every direction. To the northwest, the McKenzie Range leads up to Whiteface. Beyond Big Slide are the Wolf Jaws, Gothics, Saddleback and Basin, Haystack behind Big Slide, then Marcy.

If you parked at Marcy Field and took the shuttle to The Garden, then the absolute best way to return from this point is to backtrack to the junction and follow the ridgeline trail over Blueberry Mountain. It is a 4.2-mile trek with a net elevation loss of nearly 3,100 feet, but the multiple views from this lower peak over Keene Valley are truly outstanding. 📍

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series ([hiketheadironacks.com](http://hiketheadironacks.com)). For more on this region, consult Discover the Adirondack High Peaks by Barbara McMartin and Bill Ingersoll.

## The Owner’s Manuals for the Adirondack Forest Preserve

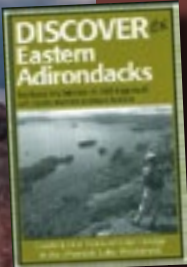


[www.HikeTheAdirondacks.com](http://www.HikeTheAdirondacks.com)

**DISCOVER THE ADIRONDACKS** series of guidebooks

For every trail. Every adventure.

Find us online or at your local bookseller!



**SATURDAY, SEPTEMBER 25**  
**SARATOGA SPA STATE PARK**  
**SARATOGA SPRINGS, NY**  
**TO BENEFIT LOVE 146**

15, 30, 55 mile rides

5k run

5k walk

[www.RRW4L.com](http://www.RRW4L.com)

**Fall favorites from Patagonia, Isis, Mountain Hardwear, Prana, & Carve Designs now in stock!**

*Shop smart. Shop local!*

**4886 Historic Main St.**  
**Manchester Center, VT 05255**  
**802-362-5159**

**Hours: Mon-Sat 10-6; Sun 10-5**  
**Shop Online Anytime at:**  
**[mountaingoat.com](http://mountaingoat.com)**

**Our Boathouse on the Water**

When you rent a kayak from Lake George Kayak Company you’ll be getting more than a boat - we provide basic instruction, life vests, paddles, and guidance on the best places to paddle. To keep things simple, we launch our boats into the water on location on Green Island in Bolton Landing.

**Our Paddleshop & Store**

Lake George Kayak Co. offers quality activewear that fits, functions and transcends fashion.

**SHOP ONLINE AT: [lakegeorgekayak.com](http://lakegeorgekayak.com) 518.644.9366**

**PADDLE SHOP: Main Street BOATHOUSE: Green Island, Bolton Landing, NY**





THE START OF THE 2008 MOHAWK HUDSON RIVER HALF MARATHON.

# MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON



RUNNING THIS YEAR'S MARATHON ARE "BIGGEST LOSER" CONTESTANTS MARK AND JAY KRUGER.



## SCHEDULE OF EVENTS

### FRIDAY, OCTOBER 1 - FRIDAY, OCTOBER 8

**Community Clean Up** – Join runners, walkers and environmentally conscious community members to clean up the course. For details: [racedirector@mohawkhudsonmarathon.com](mailto:racedirector@mohawkhudsonmarathon.com).

### SATURDAY, OCTOBER 9

- 10am-6pm Expo and Packet Pick-Up for Marathon and Half Marathon** – Crowne Plaza Hotel, State and Lodge Streets, Albany. Free parking in the hotel parking garage. Bring your parking ticket to the expo for validation. Open to the public. Note: No day-of-race packet pick-up!
- 10am-6pm US Marine Corps Reserves Toys for Tots Collection** – Bring a new unwrapped toy to the USMC booth and get a raffle ticket for free race entries!
- 12pm-2pm Meet Jay and Mark, "The Biggest Loser" Season Five Contestants** – Mark and Jay will be running back-to-back marathons, including Mohawk Hudson River, to support the Beckwith-Wiedmann Children's Foundation.
- 4:30pm-8pm Pasta Buffet** – Webster's Corner Restaurant, Crowne Plaza Hotel, State and Lodge Streets, Albany. No reservation needed.

### SUNDAY, OCTOBER 10

- 7am All Buses to the Starting Lines Depart** – Maiden Lane and Broadway in downtown Albany. Note: All buses leave together at 7am – there are no late buses.
- 8:30am Marathon and Half Marathon Begin** – Central Park, Schenectady and Colonie Town Park, Colonie.
- 9:30am-12:30pm Musical Entertainment by Joe's Boys** – Riverfront Park at Corning Preserve (Finish Line), Albany.
- 10am Awards Ceremony: Half Marathon** – Riverfront Park Amphitheater, Albany.
- 11am-2pm Massage Therapy** – Compliments of Center for Natural Wellness School of Massage Therapy.
- 11:45am Awards Ceremony: Marathon** – Riverfront Park Amphitheater, Albany.
- 12pm Bus Departs for Colonie Town Park** – Note: This is the only bus back to the start line.
- 2pm Course Closes**
- 2:30pm Bus departs for Central Park** – Note: This is the only bus back to the Marathon start line.

## MOHAWK HUDSON RIVER MARATHON *cont. from pg 1*

race directors and more than 30 coordinators! And it still takes many volunteers... 1983s race results listed about 140 volunteers, although many unnamed family and friends were present. In 2010, 400 volunteers will be needed to make the race safe and fun for all.

Then, as now, runners ran this marathon to qualify for the elusive Boston Marathon or to simply test whether they have the fitness, courage and fortitude to complete the distance. It's fair to say that in 1983 the vast majority of participants were local runners. The 2010 edition of the race includes many local and regional runners, but word-of-mouth, good publicity in major running magazines, and a new website has yielded a field of over 1,200 registered runners from 31 states and 4 countries!

Race statistics have changed over the years too. The 1983 race had 152 finishers, 140 men and 12 women. All but 20 completed the course in less than four hours. More than half the field was age 30 to 39. Sixty-one-year-old Lou Altamari was the oldest runner – and the only runner in the 60-plus age category – finishing at 4:11:21. Fast forward to 2009 where 725 runners finished, 467 men and 258 women. The average time was 3:56:21 (3:48:00 for men and 4:11:00 for women). The average age was 45 for men and 40 for women. The oldest runner and 70-plus age-group winner was Dick Green, 75, of Chatham in 4:52:05.

Many local entities, most with ties to HMRRC members, made the inaugural race possible. First Albany Corp. provided financial backing; Papa's Restaurant in Watervliet was "donated" as race headquarters for the Watervliet-Green Island section of the course, providing an area of respite and food for weary volunteers. The Cranberry Bog even supplied beer at the finish line! Luigi's Restaurant provided refreshments. This year, although there's no beer at the finish, we have adidas, GU, Fleet Feet Sports, Newkirk, and Center for Natural Wellness as sponsors to help make this year's marathon the best ever.

And, oh yes, the competition... The 1983 marathon was won by 33-year-old Dale Keenan of Selkirk (who also designed the mile markers for that race!) in 2:22:16 – the first of six wins in ensuing years. His 1984 course record of 2:20:59 still stands. The course record for women was set in 2002 by 21-year-old Averill Park native Jennifer Fazioli. In her marathon debut, she set the course record of 2:47:22, came in second overall, and qualified for the 2004 Olympic Marathon Trials. Runners in

this year's race vying to beat Dale or Jen's course records will be eligible to receive a \$250 bonus on top of the \$500 awarded to winners of the race.

Twenty-eight years is a long time. There have been some changes in the Mohawk Hudson River Marathon, but really little has changed. Then, as now, this is a race by runners for runners. On Sunday, Oct. 10, we look forward to welcoming more than 1,200 marathoners – and over 800 half marathoners – who will become part of the Mohawk Hudson River Marathon and Half Marathon history. 🌲

*Cathy and Rob Sliwinski of Albany are the race directors for the Mohawk Hudson River Marathon and Half Marathon.*

### Hudson-Mohawk Road Runners Club

Race organizer Hudson-Mohawk Road Runners Club is one of the largest running clubs in upstate New York, with more than 2,000 members. HMRRC's mission is to promote the sport of distance running and it does that in a variety of ways. The club hosts over 30 road, track and trail races each year, with distances ranging from the mile to the marathon. The Gazette Stockade-athon 15K, CDPHP Workforce Team Challenge, Mohawk Hudson River Marathon and Half Marathon, Delmar Dash 5-Miler, Runnin' of the Green (Island), Colonie Mile, SEFCU Labor Day 5K are a few of the many races.

Proceeds from races support HMRRC's many initiatives, including: a) Scholarships – four \$2,500 scholarships annually to college-bound seniors from local high schools who continue running in college; b) General Grants – up to \$1,000 to organizations who advance running in the Capital District; c) Special Grants – up to \$10,000 annually for financial support to local organizations or municipalities who improve running-related resources; and d) Youth Running Program – administers Just Run Albany NY, a satellite of the Big Sur Marathon's JustRun! web-based program to assist schools and youth organizations in promoting fitness through running and healthy lifestyles.

Membership is \$12 which includes several free races per year, discounts at the club's other races, social opportunities, and subscription to *The Pace Setter* monthly magazine. It is an all-volunteer organization. If you are interested in helping at races, joining a committee or want more information, visit [hmrrc.com](http://hmrrc.com). 🌲

**Wish your running were energy efficient and effortless?**

Tired of having your season interrupted by injury after injury?  
Lost the joy of running like a child? Playful and free?  
Dream of running like the wind? Easy, smooth, light, swift?

*It's time you tried...*



**ChiRunning**  
Certified Instructor

**Ann Margaret McKillop**

[AnnMargaret@MyFitnessRecovery.com](mailto:AnnMargaret@MyFitnessRecovery.com) • 802.259.3617 • [MyFitnessRecovery.com](http://MyFitnessRecovery.com)

...BUNNY GORILLA HALF & SQUISHILLY 5K... DODGE THE BEER... DRIVE THE BILLIARD... FROGGY FIVE... ADVENTURE RACE... SUMMER TRAIL RUN SERIES...

## the Albany Running Exchange

The Capital Region's most fun club!

NEED MOTIVATION?	LIKE TO RUN?	LOOKING FOR FUN?
Daily Group Runs Online training log Fully interactive website Organized trips near and far Members of all ages and abilities		Approaching 1000 members Monday Night Trail Run Series A Caribbean cruise in winter 2011 Numerous parties and social events Countless memories and new friends

**Just \$10 a year\***  
\*Includes about 30 free cookouts, countless intangible perks, and a new year!

[WWW.RUNALBANY.COM](http://WWW.RUNALBANY.COM)

...BUNNY GORILLA HALF & SQUISHILLY 5K... DODGE THE BEER... DRIVE THE BILLIARD... FROGGY FIVE... ADVENTURE RACE... SUMMER TRAIL RUN SERIES...

reduce muscle soreness  
**decrease injuries**  
enhance recovery from training

Discover how regular massage can enhance your performance!

**Back in Balance**  
Therapeutic Massage

Call today to schedule your appointment with one of our licensed therapists.

1673 Route 9 (HealthPlex), Suite 2  
Clifton Park, New York 12065  
518.371.6332  
[www.BiBTherapeuticMassage.com](http://www.BiBTherapeuticMassage.com)



## "Biggest Loser" Contestants to Run for a Cause

In October 2007, brothers Mark and Jay Kruger set out on a journey that would change their lives by becoming contestants on the fifth season of NBC's hit reality show "The Biggest Loser." When the show started Mark, from Dartmouth, Mass., and Jay, from New Bedford, Mass., weighed in at 285 and 293 pounds. They spent four months on the ranch before going home to prepare for the finale. At the live finale in April 2008, Mark lost 129 pounds to weigh in at 156, and Jay lost 103 pounds to weigh in at 190.

Life after The Biggest Loser has been full of challenges. The goal of staying healthy has brought them into running, and they ran their first marathon in October 2009. Since then, they have run two more, including this year's Boston Marathon. They are now pushing themselves even further.

In October, Mark and Jay will be running marathons on consecutive weekends, the Mohawk Hudson River Marathon on Oct. 10, and the Amica Marathon in Newport, R.I. on Oct. 17. They are running "Back to Back for Beckwith" for a cause that hits close to home. Jay's daughter was born with Beckwith-Wiedemann syndrome, an overgrowth disorder present at birth characterized by an increased risk of childhood cancer and certain features. They are raising money for Beckwith-Wiedemann Children's Foundation. Visit: [beckwith-wiedemannsyndrome.org](http://beckwith-wiedemannsyndrome.org).

Jay and Mark will appear at the Expo and Packet Pick-Up on Saturday, Oct. 9 to host a Q&A and sign autographs.

## Help USMC Reserve Reach Its Goal of Collecting 1,000 Toys!

The Expo will be a collection site for the 2010 Toys for Tots program sponsored by the U.S. Marine Corps Reserve. *Runners, walkers, friends and families are encouraged to bring a new, unwrapped toy on Saturday, Oct. 9 from 10am to 6pm. Help them reach their goal of 1,000 toys at this single event!*

New this year: Anyone donating a toy is eligible to enter a raffle for complimentary 2011 race entries to some of the country's best races! These include: **Big Sur International Marathon** in Big Sur, CA; **26.2 with Donna Marathon and Half Marathon** in Jacksonville Beach, FL; **KeyBank Vermont City Marathon and Relay** in Burlington, VT; **Wineglass Marathon and Relay** in Corning; **Adirondack Distance Festival Marathon and Half Marathon** in Schroon Lake; **Memorial Day Marathon** in Lenox, MA; **Mohawk Hudson River Marathon and Half Marathon** (and Crowne Plaza lodging) in Albany; and **Stockade-athon 15K** in Schenectady.

The Toys for Tots program provides happiness and hope to disadvantaged children each holiday season. Visit: [toysfortots.org](http://toysfortots.org).

## Walker Division Sign-Up for Half Marathon

For the sixth year, the Mohawk Hudson River Half Marathon is proud to offer a walkers division. Registered participants who wish to walk the half marathon can sign up for the Walkers Division at the Expo and Packet Pick-Up on Saturday, Oct. 9 from 10am to 6pm. The top three male and female finishers will be recognized. Walkers will begin the race with runners at 8:30am on Sunday, Oct. 10.

## Fleet Feet Sports

Fleet Feet Sports Albany is a proud sponsor of the Marathon, and is the region's only locally owned and operated running store. They have a knowledgeable, customer-friendly staff that understands your running needs from head to toe. They are committed to serving the running community, while offering product expertise that will assist in achieving your fitness goals.

The Fleet Feet Sports partnership with Adidas, as a major sponsor of the Marathon will elevate the race, and help create a world-class event right here in the Capital Region. You are sure to have a decidedly different experience at the Expo and Packet Pick-Up this year! Visit Fleet Feet at the Expo on Saturday, Oct. 9 at the Crowne Plaza from 10am-6pm, and spend a few hours looking around. Choose from a selection of the latest Adidas training shoes, racing flats, and technical running apparel, and stock up on last-minute nutrition and hydration needs.

As a congratulatory gift to all marathon finishers of the 2010 race, Fleet Feet Sports is offering 15-percent off on any Adidas product, valid Oct. 10-Nov. 10. They will help you select a new pair of shoes, running apparel, and even get you set up with Adidas' miCoach training tool. After a few weeks of rest and recovery, you'll be ready to start training for Boston! Best of luck to all competitors in the half and full marathon.

## Adidas-Fleet Feet-HMRRC Training Group

Sixty runners are preparing for the Mohawk Hudson River Marathon and Half Marathon as part of the Adidas-Fleet Feet-HMRRC 24-week training program.

Initially, 32 individuals registered for the full and 26 for the half. Coach Jim Thomas has been successful in convincing a half-dozen to switch from half to full as their training has exceeded expectations. Of the 58 who began, 80-percent have stuck with it. The runners have been working hard with their weekend long runs and Tuesday speed and/or hill repeats. "I know that the plan has been working," states Coach Jim, "as I have not heard such language since my days in Marine Corps boot camp." Good luck to all runners and see you at the finish line!

## USA Track & Field Adirondack

USA Track & Field Adirondack Association once again will partner with the Marathon and Half Marathon to offer runners the opportunity to compete for recognition, awards and prizes.

**Open and Masters Marathon Championship** – The Marathon will serve as the USATF Adirondack 2010 Open and Masters Championship. This event, open to all USATF Adirondack members, highlights and attracts top regional open, masters and age-graded athletes.

**Grand Prix Road Race Series** – USATF Adirondack has made the Half and Full qualifying races in their 2010 Grand Prix Series, which includes 13 of the USATF Adirondack region's best road races from March through November. Members who participate in ten events score points based on finish and age, competing for \$5,000 in cash prizes and merchandise. 🏆



## EXPO EXHIBITORS

PRESENTED BY

**ADIRONDACK**  
SPORTS & FITNESS

& **HMRRC**

**ActiveRx Eyewear** – We will be displaying prescription and non-prescription sports eyewear. Troy • 518-274-5559 • [activerxyewear.com](http://activerxyewear.com)

**Adidas** – Choose from a wide selection of the latest Adidas training shoes, racing flats and technical running apparel at the Fleet Feet Sports booth. [Adidas.com/running](http://Adidas.com/running)

**Adirondack Sports & Fitness** – We will be handing out copies of the October issue of the magazine, and promoting our third annual Winter Expo on Saturday-Sunday, Nov. 20-21 at the Saratoga Springs City Center. Clifton Park • 518-877-8788 • [adksports.com](http://adksports.com)

**Albany Running Exchange** – When running, socializing and zeal for excitement come together, you have the Albany Running Exchange! We offer numerous events daily. Albany • 518-320-8648 • [runalbany.com](http://runalbany.com)

**Arbonne International** – We offer pure and safe Swiss anti-aging products. We take a natural approach to creating health and wellness products based on botanical principles. Clifton Park • 518-321-4591 • [sheila.myarbonne.com](http://sheila.myarbonne.com)

**Back in Balance Therapeutic Massage** – Gain the competitive edge with therapeutic massage. Learn how massage can enhance your athletic performance. We will offer pre-event massages to all runners. Clifton Park • 518-371-6332 • [bibtherapeuticmassage.com](http://bibtherapeuticmassage.com)

**Cabot Creamery Cooperative** – Cabot Creamery is a 1,200 farm family cooperative with members in every state in New England and New York. We've been producing award-winning cheese since 1919. South Duxbury, VT • 802-244-5444 • [cabotchese.coop](http://cabotchese.coop)

**Capital District Adventure Boot Camp for Women** – A four-week fitness program that offers fitness instruction, nutrition and motivational training designed to help you reach your fitness goals. Capital District • 518-444-8060 • [albanybootcamp.com](http://albanybootcamp.com)

**Fleet Feet Sports Albany** – We are the Capital Region's only locally owned and operated running store. Visit our booth for a wide selection of the Adidas latest training shoes, racing flats and technical running apparel, plus last-minute nutrition and hydration needs. Albany • 518-459-3338 • [fleetfeetalbany.com](http://fleetfeetalbany.com)

**Foot Care of Clifton Park** – Our podiatrists diagnose and treat the most common to complex foot conditions. We will display orthotics and educational materials. Clifton Park • 518-371-7133 • [footcareofcliftonpark.com](http://footcareofcliftonpark.com)

**Hudson-Mohawk Road Runners Club** – As presenters of the Marathon and Half Marathon, we will be selling race and club running apparel and memberships. Albany • 518-273-5552 • [hmrrc.com](http://hmrrc.com)

**iRUNLIKEAGIRL** – Female active and casual wear for the iRUNLIKEAGIRL fearless ladies! New York • 917-319-5554 • [irunlikeagirl.com](http://irunlikeagirl.com)

**The Leukemia & Lymphoma Society** – Team in Training is the world's largest endurance sports training program. Receive training and travel while helping to cure cancer. Albany • 518-438-3583 • [teamintraining.org/luny](http://teamintraining.org/luny)

**My Fitness Recovery** – Learn how ChiWalking and ChiRunning techniques, based on Tai Chi principles, can help you walk or run with increased energy efficiency and fewer injuries. Discover how focusing on your posture and relaxing your limbs can give you a burst of energy to take you through the day. Ludlow, VT • 802-259-3617 • [myfitnessrecovery.com](http://myfitnessrecovery.com)

**Physical Therapy Associates** – We offer physical therapy and rehabilitation and advice on the management of running injuries. Capital Region • 518-399-0062 • [physicaltherapsychdy.com](http://physicaltherapsychdy.com)

**Power House Athletics** – Power House Athletics is dedicated to keeping everyone active and healthy. We work with people of all ages both individually and in groups. We are hosting a 5K to benefit the Lance Armstrong Foundation at the Saratoga Spa State Park on Sunday, Oct. 17. Albany • 518-209-4190 • [powerhouseathleticsny.com](http://powerhouseathleticsny.com)

**RPMC/Power Balance** – Power Balance is performance technology designed to work with your body's natural energy. Chicago, IL • 312-962-1971 • [rpmc.com](http://rpmc.com)

**Running Away** – The travel company for runners offers running vacations, training trips and race travel. Also, the presenting sponsors of the Memorial Day Marathon and Half Marathon in Lenox, MA. Boca Raton, FL • 561-470-7966 • [runningawayonline.com](http://runningawayonline.com) • [memorialdaymarathon.com](http://memorialdaymarathon.com)

**Saratoga Stryders** – Saratoga Stryders is a group of enthusiastic runners and walkers based in Saratoga Springs. We accommodate all ages and abilities. Saratoga Springs • 518-281-3260 • [saratogastryders.org](http://saratogastryders.org)

**Tri-Sack** – We will be selling running and triathlon accessories and T-shirts. Livingston, TX • 508-212-4541 • [coachdavetrisack.com](http://coachdavetrisack.com)

**USA Track & Field Adirondack** – We are the local association of the national governing body for track & field, long-distance running and race walking. We're also the event managers of the Freihofer's Run for Women. Troy • 518-273-5552 • [usatfadir.org](http://usatfadir.org)

# FLEET FEET Sports

## FOOTWEAR • APPAREL • ACCESSORIES

The Capital Region's Only Locally Owned and Operated Specialty Running and Walking Store



## FLEET FEET ALBANY WANTS YOU!

We are looking for people who have a passion for running and fitness, who enjoy helping others, and who are capable of providing consistently superior service. We work hard and we play hard; and, while this is definitely a fun, rewarding place to work, there are demands that go along with a position here, so we tend to be selective. After all, we want good people to join us, stay with us, and grow with us.

If you are a **self-motivated team player** with exceptional interpersonal skills, stop by the store or give us a call at **459-3338**

**155 Wolf Road, Albany, NY 12205**

(518) 459-3338 • [FleetFeetAlbany.com](http://FleetFeetAlbany.com)

Monday-Friday: 10am-7pm • Saturday: 10am-6pm • Sunday: 12-4pm





**Tomhannock BICYCLES**  
Sales & Service

3149 Route 7, Pittstown  
(Just 15 minutes east of Troy)  
Mon-Wed-Fri • 10am-6pm  
Thu • 11am-7pm  
Sat • 10am-5pm  
Sun • 11am-4pm  
**518-663-0083**  
tomhannockbicycles@nycap.rr.com  
tomhannockbicycles.com

**ROAD • MOUNTAIN • TRIATHLON • TANDEM • BMX • KIDS**  
Giant • Felt • Phat Cycles • Co-Motion • Blue  
**MENS, WOMENS AND MULTISPORT CLOTHING**  
Louis Garneau • Gizmo  
Yakima Racks and Accessories for Your Car or Truck!  
Full line of Parts and Accessories • Come in for Summer Tune-ups!

**END OF SUMMER SALE!**  
All 2010 Bicycles - 15% Off  
Clothing & Accessories - 10% Off

**Great New Shop in Rensselaer County!**  
Just 15 minutes east of Troy

**Join ADK Today!**

Recreation—Preservation—Relaxation  
• Discounts at ADK Facilities  
• Chapter Events and Outings  
• Help Protect the Wilderness

Begin YOUR Adventure, Join ADK Now! Call: 1-800-395-8080

*with this ad, save 10% on any new membership*

*Take Off Into Something Wonderful...*



**PLAY IT AGAIN SPORTS**

**Winter Sports**  
*New 2011 Gear Arriving Daily!*  
Number One for Over 15 Years

**PRE-SEASON SALE!**  
Drastically Reduced Prices on all 2010 Gear



Alpine Skis • Snowboards  
Boots • Bindings • Poles  
Cross-Country Skis • Ice Skates  
Snowshoes • Sleds • Coats • Pants

**Expert Ski & Board Tech Services**

**BEAT THE RUSH!**  
952 Troy-Schenectady Road, Latham  
Peter Harris Plaza, 1.6 miles west of I-87  
(518) 785-6587 www.playitagainlatham.com  
Monday-Saturday: 10am-9pm & Sunday: 11am-5pm  
**Buy, Sell, Trade New & Used Gear™**

ATOMIC - FULL TILT - FISCHER - IMPEX - LTD - LINE - ALPINA - ANON - RED - TRANSPACK - BURTON - K2 - SOLOMON - FLOW - MARKER - DEMON - GIRO - BOERI - ELAN - LEKI - TRESPASS - DALBELLO - SCOTT

**Reach 50,000**  
active sports & fitness  
enthusiasts each month...

**ADIRONDACK**  
SPORTS & FITNESS

Advertise effectively  
with us!

OCTOBER AD DEADLINE: 9/28  
Contact Darryl: (518) 877-8788  
Darryl@AdkSportsFitness.com  
Media Kit: AdkSportsFitness.com

**Adirondack Canoe & Kayak Rendezvous**  
**NY's Largest Canoe & Kayak Clearance Sale!**  
**Fri., Sat., Sun., Oct. 1-3, 2010**

**Over 800 Canoes & Kayaks to Choose From!**

**Save Up To 50% • NY's Largest Canoe & Kayak Dealer**  
**All New, Used and Demo Boats will be on Sale!**

**Over 20 Leading Brands of Canoes, Kayaks, Whitewater Boats & Sit-on-tops!**  
Factory Representatives on hand to assist you & answer questions!


Aris • Bell • Boreal Designs • Current Designs • Dagger • FeelFree • Impex • Jackson  
Liquidlogic • Mad River • Necky • Native Watercraft • Ocean Kayak • Old Town • Perception  
Pyranha • Radisson • Swift • Wavesport • We no nah • Wilderness Systems

**All Paddling Accessories will be on Sale! Save up to 50%!**

**Mountainman Outdoor Supply Company**

Rt. 28, Old Forge, NY • (315) 369-6672 • www.MountainmanOutdoors.com

New from ADK and Lost Pond Press



**Adirondack Birding**  
60 Great Places to Find Birds

Champion Marshes  
Boreal Lowlands  
Mountain Forests  
Country Roads  
Wild Lakes & Ponds

By John M.C. Peterson and Gary N. Lee  
With color photographs by Jeff Nadler

**Adirondack Birding**  
The first comprehensive guide to birding hot spots in the Adirondack Park—more than 60 sites. By John M.C. Peterson and Gary N. Lee, with color photographs by Jeff Nadler, \$20.95, 240 pages.

JOIN ADK AND RECEIVE A 20% DISCOUNT ON ALL ADK PUBLICATIONS

800-395-8080  
www.adk.org

LOST POND PRESS





## // BICYCLING //

# A Multi-Day Epic Ride

## Erie Canal Bike Trip



by John Slyer

☒ **SHAPE CAMP ATHLETES AT LOCK 20 BETWEEN ROME AND UTICA INCLUDING ROB HOLLINGER AND RUBY SLYER ON THE TAGALONG.**  
PHOTOS BY JOHN SLYER

aqueducts are astonishing. The personalities of the lock masters, boat captains, cyclists, hikers, and the others on the journey make the experience much more than just an athletic endeavor.

As you finish the trip, celebrate and enjoy. As our group finished, we sang and shared stories about the canal ride, and I'm sure the memories will stay with them forever. On this epic ride I think our group gained an appreciation of staying positive and working together to accomplish something really big and cool. The final moments of riding make the hard work all worth it!

Four guidebooks are available for self-supported touring: *Cycling Along the Canals of New York State* by Louis Rossi (vitessepress.com); *Cycling the Erie Canal* by Robin Dropkin and Kevin McLoughlin (ptny.org); *Erie Canal Bicyclist & Hiker Tour Guide* by Harvey Botzman (cyclo-tour.com); and *Interactive NYS Canalway Water Trail Map* (canals.ny.gov).

If you want a fun vacation with a variety of terrain, join The Great Big FANY Ride, a seven-day, 500-mile bicycle tour across upstate New York on July 24-30, 2011 (fanyride.com). For an easier eight-day, 400-mile route, consider the Cycling the Erie Canal Bike Tour across New York on July 10-17, 2011 (ptny.org). If you are looking for youth programs, our SHAPE Camp will also be organizing some new "Epic Adventures" in 2011 (SHAPEcamp.org). 🌱

*John Slyer (john@skyhighadventures.com) of Averill Park is an accomplished triathlete, science teacher, and owner of SKYHIGH Adventures. He produces the XTERRA SKYHIGH, Kids Triathlons, and SHAPE Multi-Sport Camp.*

There are a few important skills that you need. It's important to have at least one or two experienced riders with mechanical, traffic safety and first aid skills, as there are potential risks. Make sure to develop your group's safety skills, but remember that accidents can happen so bring a repair kit, tools, tubes, pumps and first aid kit.

Young riders can complete these rides safely with careful supervision. They need the ability to track straight for long distances, and the capability to steer and brake quickly when needed. They must also be highly visible to motor vehicles. With kid rides we use bright orange flags on the bikes. If you are planning a long trip, especially with young riders, it's important to have a back-up plan and even a SAG (support and gear) vehicle. The SAG vehicle can be an alternative for anybody on the trip who is tired or ill. The SAG driver should be part of the daily planning and have a way to communicate with the riders in case of mechanical or other situations (missing road signs, detours, etc.). The SAG should have maps of the entire area and a GPS is great too. Our SAG posted a blog of the trip each day so families could follow the progress of the trip (SHAPEcamp.blogspot.com).

It's important to have good maps and a navigator. The available Erie Canal maps are super and I highly recommend them. Even with the best maps you may find you need help so your SAG person needs to be prepared. If you have young ones along, you will probably need a few "mules" to pull a trailer, tagalongs or panniers with lunches.

The supplies you bring depend on the amount of support you have. Here are some things that you should bring on a long ride: bike, helmet, gloves, glasses, bike repair tools (and know how to use them), tubes, pump or CO cartridge, water or hydration systems, food to eat while riding and for lunch, first aid kit, cell phone, cash, credit card, identification, maps, sunscreen, bug spray, rain gear, tent and sleeping bag.

I suggest starting your trip at an exciting or significant point. We drove to Buffalo and went to Niagara Falls and the anticipation grew all day. Prior to the next day's bike departure, we spent the evening eating well, hydrating, resting, and discussing the maps, distances, points of interest and camping arrangements. Also, double-check that your gear is ready.

When you start, ride at a slower pace than usual; it will give you lots of time to take breaks and the younger riders will not get worn out. Plan plenty of extra time to complete your daily goal, and to recover and prepare for the next day. Make sure that you have a specific rendezvous point with the SAG person especially if you are camping (bonus: have the campsite setup for the riders).

Proper diet is essential to success for multiday bike rides. Eat a healthy balanced breakfast with lots of carbohydrates. Pack more food and water than you will consume on your journey. We packed lunch for everyone in one pannier, and everyone carried energy bars, gel and snacks. Hydration systems work great and everyone should carry extra water bottles.

There can be long stretches without supplies. It's important that the leaders have a reserve of water, food and extra bike tubes. When doing a solo trip, I packed lots of energy bars, drink mix, four bottles of water, and I still almost ran out at one point. We made a point of stopping for lunch or snacks once every two hours.

Enjoy the adventure. The villages and towns on the Erie Canal have so much character and history. The agriculture, industry, urban and suburban areas are diverse across the state. The wildlife on the canal and nearby wetlands is very impressive. The cultural diversity of the state, from Amish areas to urban centers and museums, makes it an educational experience from start to finish. The beauty of the NYS Parks and the asset they are for all of us become clear. The spectacular engineering marvels of the canal and its

I remember planning my first "epic" bike trip with my brother Charlie when I was a boy. We were riding ten miles and we knew it would be an adventure riding, eating lunch, swimming, and eventually heading home before dark. We were ready for almost anything and the rides grew bigger over time.

This summer our SHAPE Camp athletes joined us for a grand 400-mile adventure across New York on the Erie Canal. It was a trip that many of our young athletes dreamed of after a few seasons of various shorter rides. We heard about the Erie Canal trip from many enthusiastic cyclists on the Mohawk-Hudson Bike-Hike Trail. The idea was inspiring and what an adventure it would be, but could a group of young athletes pull this off?

I knew the answer was yes, but it would take some planning, the right people, an incredible route, and the courage and confidence to go for it. The reward for those who complete such journeys is the sense of accomplishment, satisfaction, camaraderie, and joy of knowing that big things can be done with a positive attitude, hard work, preparation and perseverance.

Epic rides offer children a way to grow in many ways by giving them a real life story, which helps define and set them in a positive direction. Extraordinary adventures challenge athletes physically and emotionally, and in a group it can help them develop strong relationships. The satisfaction can lift the spirits of participants as they move closer to their goal.

If you can ride a bike, you can do an epic ride. To be prepared, it's best to get fit by riding regularly for at least a few months. Training rides should start short and progress so that you feel comfortable doing the planned distances. It's a good idea to have the members of your group ride together a few times. You don't have to be a super cyclist, but I'd suggest getting a physical exam if you have any health issues. Our athletes ranged from six years old (riding primarily on a tandem) to adult, and they trained three times a week with one longer weekly ride ranging from 20 to 50 miles.

**PLACID BOATWORKS**

The new *Shadow*  
Catch it if you can.

263 Station Street, Lake Placid 518-524-2949  
www.placidboats.com

**Downtube**

**Employment Opportunity**

The Downtube Bicycle Works, selected as the area's 'Best Bicycle Store' by Metroland, seeks experienced and collegial full-time mechanic and sales staff to join our team. Good interpersonal skills and reliability are essential. Competitive salary based on experience and skills. Email resume in confidence to: rtfulem@verizon.net.  
**466 Madison Avenue, Albany**

Voorheesville Community & School Foundation

**10th Annual Fall Classic**  
**5K Road Race & Walk**

Saturday, October 16 • 9:30am  
Voorheesville Elementary School  
129 Maple Ave (NY Rte 85A)

Long-sleeve T-shirt to preregistered entrants  
\$15 by 9/30 or \$20 after  
\$12 students/60+ by 9/30

**Entry Form: vcsfoundation.com**  
Info: Wendy Relyea  
wrelyea3@nycap.rr.com

Proceeds Benefit Voorheesville  
Community & School Foundation

**NEWTON** running

**the FALLEN ARCH**

2537 Main St, Lake Placid  
518-523-5310 • thefallenarch.com

Your Complete Running Store  
in The Adirondacks.

injinji  
vibrami tavelingere  
PEARL IZUMI  
TYR

**DISCOVER INLET**  
AND ALL THE BEAUTY THAT SURROUNDS US

For maps & more:  
Inlet Area  
Information Office  
1-866-GO INLET  
www.inletny.com



## FROM THE PUBLISHER & EDITOR

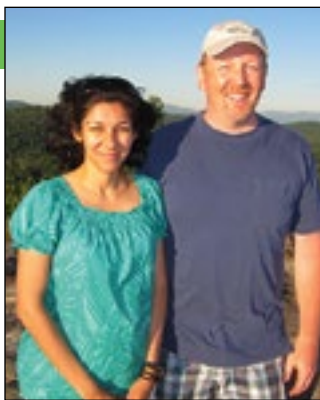
### A Satisfying Summer & Expo Season

It's been a fantastic summer! The never-ending stretch of hot, dry weather played a big role. The other was because we enjoyed so much of what our region has to offer. Instead of taking an out-of-town vacation, our family opted to stay home and take a few days off here and there to ride our bikes, rent kayaks, run many miles, hike small mountains, swim and more. In addition, our children attended a variety of camps that made it fun.

This issue gives you a sneak peak at the Mohawk Hudson River Marathon, Half Marathon and Expo in Albany on Oct. 9-10. The Expo, which we're proud to present to you, includes packet pick-up as well as great deals on running and fitness merchandise, professional advice on preventing injuries and staying healthy, and information on running events, clubs and more. Even if you're not a registered runner, you're welcome to attend – it's free and open to the public.

The Adirondack Distance Festival in Schroon Lake featuring the Adirondack Marathon and Half Marathon on Sept. 25-26 will also have an Expo. For our third year organizing the show, exhibitors will have great deals on merchandise, info on running events and expert advice on health and performance.

Our contributors have brought you some great articles on tuning up your kayak strokes; big views from Little Porter Mountain; cycling the Erie Canal; and running



the Komen Race for the Cure. Dr. Paul Lemanski has another interesting and informative Non-Medicated Life column, and we've packed the Calendar of Events and Race Results pages as usual. If you like what you're reading, please support our advertisers – retailers, events, organizations, professionals, outfitters, publishers, clubs and destinations – who make this magazine possible.

Finally, it's not too early to start thinking about snow and winter! We're gearing up for our third annual Adirondack Sports & Fitness Winter Expo on Nov. 20-21 in Saratoga Springs, so please save the dates. Enjoy the issue and the rest of your summer!

*Mona and Danyl*

Changing Lives  
for 20 Years  
Capital District YMCA

## Y SWIM LESSONS



We build strong kids, strong families, strong communities.

### Synchronized Swimming Try Outs

Does your child love to swim? Dance?  
Do tumbling or gymnastics?

They can try an Olympic Sport that combines them all  
**The CDYMCA Sculpins are looking for swimmers to join the team!**

Girls and boys, ages 6 - 18 are invited to come to try out:  
Saturday, September 25, from 3-4 pm at the So. Saratoga YMCA.  
Swimmers should be able to swim at least 50 yards, have basic swim strokes, and be comfortable in deep water.  
Wear a comfortable one-piece swimsuit, bring goggles & towel.  
For more information contact Betsy McGeoch, Head Coach:  
371-2139 Ext. 5534 or [bmcgeoch@cdymca.org](mailto:bmcgeoch@cdymca.org)

Connect Online **WWW.CDYMCA.ORG**  



## UAlbany Homecoming/ Fall Festival Run

**5K FUN RUN  
2.5K WALK  
LITTLE DANE DASH**

SATURDAY, OCT. 9, 2010

TO BENEFIT: THE UALBANY CANCER RESEARCH CENTER'S  
FUND FOR MEMORY AND HOPE



**Start/Finish: Behind Science Library,  
UAlbany Uptown Campus**

10am – 5K Fun Run & 2.5K Walk  
10:45am – Little Dane Dash (12 & under)

Electronic timing by AREEP  
Dri-Fit shirts to first 200 5K registrants  
Complimentary yogurt, fruit & beverages  
High school/college team registration  
Fast course with flat finish

**Register online:**  
[areep.com/events/greatdanes](http://areep.com/events/greatdanes)  
Mail-in deadline: Oct. 1  
Online deadline: Oct. 4, 5pm

**UAlbany Alumni Association:**  
518.442.3080 • [albany.edu/alumni](http://albany.edu/alumni)



## Are you a member of an outdoor club?

If so, contact your local Eastern Mountain Sports store for information on Club Day.

### Special Events

**Friday-Saturday**

**October 1-2, 2010**

Albany • (518) 482-0088  
Fayetteville • (315) 637-9250  
Lake Placid • (518) 523-2505  
Poughkeepsie • (845) 463-3207  
Saratoga Springs • (518) 580-1505  
Niskayuna • (518) 388-2700  
Syracuse • (315) 466-1026

On October 1-2, 2010, Eastern Mountain Sports will donate 1% of the proceeds of every sale to The Conservation Alliance. For more information about this organization, please go to [conservationalliance.com](http://conservationalliance.com).



[www.conservationalliance.com](http://www.conservationalliance.com)

**SHOP THE WAY YOU WANT**  
online [ems.com](http://ems.com) | phone 888-463-6367 | stores 64 locations

**EASTERN MOUNTAIN SPORTS®**

## Changing Jobs or Retiring?

Should you roll over your 401(k) plan account or reallocate your retirement assets? Whether you are changing jobs or retiring, a Morgan Stanley Smith Barney Financial Advisor can review your situation and help you make informed choices to ensure that your nest egg will be there when you need it.

Call your Morgan Stanley Smith Barney Financial Advisor today to help you develop an investment program tailored to your retirement needs.

**Richard F. White**  
Second Vice President-Wealth Management  
Financial Planning Specialist  
Financial Advisor  
80 State Street, 12th Floor  
Albany, NY 12207  
**518-427-5555**  
[www.fa.smithbarney.com/richardfwhite](http://www.fa.smithbarney.com/richardfwhite)  
[richard1.white@mssb.com](mailto:richard1.white@mssb.com)

**Morgan Stanley  
Smith Barney**

A Morgan Stanley Company

Tax laws are complex and subject to change. Morgan Stanley Smith Barney LLC, its affiliates and Morgan Stanley Smith Barney Financial Advisors do not provide tax or legal advice. This material was not intended or written to be used for the purpose of avoiding tax penalties that may be imposed on the taxpayer. Individuals are urged to consult their personal tax or legal advisors to understand the tax and related consequences of any actions or investments described herein.

© 2010 Morgan Stanley Smith Barney LLC. Member SIPC.

NY CS 6256950 RET010 PSC 05/10 GP10-00936P-N04/10



# Race Results

## SOUTHERN ADIRONDACK SPOKES TIME TRIAL SERIES #3-8 July 6 - August 17, 2010 • 10 Miles • River Road, Fort Edward

JULY 6 - RACE #3				
<b>MALE OVERALL</b>				
1	22:27	Mike Wynn	41-60	Queensbury
2	23:15	Jay Tyler	41-60	Stillwater
3	23:33	Brandon Millet	15-18	Cambridge
<b>FEMALE OVERALL</b>				
1	29:03	Carly Wynn	15-18	Queensbury
2	30:07	Julia Sante	10-14	Queensbury
3	44:43	Dagny Drake	10-14	Cambridge
JULY 20 - RACE #4				
<b>MALE OVERALL</b>				
1	22:20	Mike Wynn	41-60	Queensbury
2	23:04	Jay Tyler	41-60	Stillwater
3	23:15	Matt Mallet	18-40	Ballston Spa
<b>FEMALE OVERALL</b>				
1	28:48	Julia Sante	10-14	Queensbury
2	30:20	Pat MacKenzie	41-60	Clifton Park
JULY 27 - RACE #5				
<b>MALE OVERALL</b>				
1	22:30	Mike Wynn	41-60	Queensbury
2	23:41	Fulton Lopez	41-60	Clifton Park
3	23:46	Anthony Pharo	41-60	Albany
<b>FEMALE OVERALL</b>				
1	29:50	Pat MacKenzie	41-60	Clifton Park

AUGUST 3 - RACE #6				
<b>MALE OVERALL</b>				
1	22:07	Cliff Summers	41-60	Queensbury
2	22:13	Mike Wynn	41-60	Queensbury
3	22:36	Paul Fronhofer	18-40	Argyle
<b>FEMALE OVERALL</b>				
1	26:26	Mara Fronhofer	18-40	Argyle
2	29:49	Pat MacKenzie	41-60	Clifton Park
AUGUST 10 - RACE #7				
<b>MALE OVERALL</b>				
1	22:08	Mike Wynn	41-60	Queensbury
2	22:14	Jay Tyler	41-60	Stillwater
3	24:05	Brian Donohue	41-60	Bolton
<b>FEMALE OVERALL</b>				
1	27:34	Star Cook	41-60	Queensbury
2	28:00	Julia Sante	10-14	Queensbury
3	29:50	Pat MacKenzie	41-60	Clifton Park
AUGUST 17 - RACE #8				
<b>MALE OVERALL</b>				
1	22:11	Mike Wynn	41-60	Queensbury
2	23:14	Anthony Pharo	41-60	Albany
3	23:53	Brian Donohue	41-60	Bolton
<b>FEMALE OVERALL</b>				
1	26:59	Star Cook	41-60	Queensbury
2	28:14	Julia Sante	10-14	Queensbury
3	30:14	Pat MacKenzie	41-60	Clifton Park

Courtesy of Inside Edge Ski & Bike

## HIGH PEAKS CYCLERY MINI-TRIATHLON SERIES #4-9 continued

JULY 19 - RACE #5				
<b>MALE OVERALL</b>				
1	30:39	Tophor Robinson	30-39	Crown Point
2	30:39	Jordan Ruff	18-29	Peru
3	40:49	Peter Gordon	40-49	Burke
<b>FEMALE OVERALL</b>				
1	18:29	Margaret Maher	18-29	Lake Placid
2	30:39	Rosanne VanDorn	30-39	Lake Placid
3	18:29	Elizabeth Izzo	18-29	Lake Placid
AUGUST 9 - RACE #8				
<b>MALE OVERALL</b>				
1	18:29F	Allan Rego	18-29F	Crown Point
2	30:39	Tophor Robinson	30-39	Lake Placid
3	30:39	Jeff Erenstone	30-39	Lake Placid
<b>FEMALE OVERALL</b>				
1	18:29	Margaret Maher	18-29	Lake Placid
2	40:49	Terri Rogers	40-49	
3	30:39	Jennifer JoKonul	30-39	Jennifer JoKonul
AUGUST 16 - RACE #9				
<b>MALE OVERALL</b>				
1	18:29	Kevin Bouchard-Hall	18-29	Jay
2	40:49	Mike Wynn	40-49	Queensbury
3	18:29	Alan Rego	18-29	
<b>FEMALE OVERALL</b>				
1	18:29	Elizabeth Izzo	18-29	Lake Placid
2	18:29	Margaret Maher	18-29	Lake Placid
3	30:39	Rosanne VanDorn	30-39	Lake Placid

Courtesy of High Peaks Cyclery

## SARATOGA 12/24 ULTRA MARATHON CYCLING RACE July 10-11, 2010 • Pearl St, Schuylerville

SARATOGA CHALLENGE 24-HOUR RACE				
<b>MALE OVERALL</b>				
1	45	Henrik Olsen	Walkersville, MD	425M
2	44	Brian Uline	Sloatsburg	379M
3	46	Chris Kaiser (Recumbent)	McDonough, GA	358M
<i>Regional Finisher - Overall Place</i>				
14	46	Douglas Hoffman	Woodstock	203M
<b>FEMALE OVERALL</b>				
1	28	Jessica Eckhardt	Cambridge, MA	361M
2	32	Stephanie Galuppo	Tulsa, OK	302M
3	37	Heidi Videto	Millville, MA	228M
HUDSON RIVER RAMBLE 12-HOUR RACE				
<b>MALE OVERALL</b>				
1	40	Peter Oyler	Toronto, ON	251M
2	47	Kurt Seavogel	Sheridan, AR	248M
3	54	John Schlitter (Recumbent)	St. Petersburg, FL	233M
<i>Regional Finishers - Overall Place</i>				
8	18	Dylan Grimm	Gansevoort	187M
11	52	Dick Murphy	Glens Falls	172M
15	16	Fred Compton	Gansevoort	134M
<b>FEMALE OVERALL</b>				
1	46	Sally Poliwoda	Philadelphia, PA	202M
2	33	Sara Kay Carrell (Recumbent)	Hays, KS	171M
<b>MIXED TANDEM</b>				
1	60/54	Bill Johnson/Joyce Beebe	Cincinnati, OH	195M
2	54/59	John Ward/Gail Adams	Stanfordville/Tariffville, CT	163M
NIGHTHAWK 12-HOUR RACE				
<b>MALE OVERALL</b>				
1	49	Doug Haluza	Centerport	198M
2	65	Gerald Eddlemon	Knoxville, TN	184M
TRIPLE LAP CHALLENGE 96-MILE RACE				
<b>MALE OVERALL</b>				
1	43	Roland Goodell	Franklin, MA	4:41:00
2	35	Jason Van Staveren	Ithaca	4:49:00
<b>MIXED TANDEM</b>				
1	26/25	David Lafferty/Emily Lafferty	Billerica, MA	4:34:00

Courtesy of Adirondack Ultra Cycling

## HIGH PEAKS CYCLERY MINI-TRIATHLON SERIES #4-9 400-Yard Swim, 12-Mile Bike, 3-Mile Run • July 12-August 16, 2010 • Mirror Lake Beach, Lake Placid

JULY 12 - RACE #4				
<b>MALE OVERALL</b>				
1	18-29	Colin Delaney	Lake Placid	56:56
2	30-39	Maxime Tardit	Lake Placid	58:53
3	40-49	Dave Burger	Penrellville	1:02:19
<b>FEMALE OVERALL</b>				
1	15-17	Heather Mooney	Peru	1:06:37

continued

## 2010 HMRRC SUMMER TRACK SERIES

RACE #1: THE COLONIE MILE				
July 13, 2010 • Colonie High School Track, Colonie				
<b>MALE OVERALL</b>				
1	27	Andy Allstadt	4:23	
<b>FEMALE OVERALL</b>				
1	42	Emily Bryans	5:11	
<b>AGE GROUP AWARDS</b>				
1	M00-14	George Bushey	6:34	
1	F00-14	Payton Czupil	6:01	
1	M15-19	Devon Sedgwick	4:52	
1	F15-19	Alicia Bousa	6:13	
1	M20-24	Jeff Corelli	4:48	
1	F20-24	Ada Lauterbach	5:20	
1	M25-29	Chuck Terry	4:25	
1	F25-29	Karen Bertasso	5:39	
1	M30-34	Eamon Dempsey	4:37	
1	F30-34	Stacey Kelly	6:53	
1	M35-39	Matthew Nark	4:55	
1	F35-39	Julie Gold	5:46	
1	M40-44	Tim Hoff	4:52	
1	F40-44	Lynn Fredericks	7:14	
1	M40-44	Ahmed Elasser	5:07	
1	F45-49	Kay Byrne	8:00	
1	M50-54	Rick Munson	5:14	
1	F50-54	Nancy Briskie	5:58	
1	M55-59	Rob Colborn	5:40	
1	F55-59	Judy Phelps	6:23	
1	M60-64	Ernie Paquin	6:23	
1	F60-64	Susan Wong	7:11	

continued

For More info:  
www.serotta.com  
info@serotta.com  
518.584.8100 X 113



Catlike, the premium Spanish manufacturer of cutting edge cycling helmets is finally available in the USA with CPSC certified helmets exclusively distributed by Serotta Sport. The Whisper Plus is highly regarded as the best helmet in the world; lightweight, cooling with 39 flow through vents, easy adjustable custom fit, providing miles and miles of long riding comfort without any sacrifice to safety and protection when worn and used properly.

## CATLIKE IS HERE

Helmets are available to see and try on at the Serotta factory Fit Lab

The Serotta Fit Lab is your Adirondack resource for the ultimate cycling experience. Performance, Comfort and a better cycling experience awaits....

Open Fit Lab/Factory Tours Every Friday at 11:00 AM

# STEINER'S SPORTS

## SKI, BIKE & KAYAK SPECIALISTS

**BIKES** Specialized • Trek  
Serotta • Look

**KAYAKS** Perception • Dagger

Current Designs • Hurricane

Wilderness Systems • E-motion



We demo what we sell!

**GLENMONT**  
3 mi south of Thruway Exit 23  
329 Route 9W  
(518) 427-2406

**VALATIE**  
2 mi south of I-90 exit 12  
3455 Route 9  
(518) 784-3663

**HUDSON**  
At corner of 3rd St  
301 Warren St.  
(518) 828-5063

WWW.STEINERSSPORTS.COM



## THE BEST SEAT IN THE HOUSE FOR AUTUMN COLOR CHANGE



The finest in canoes, kayaks, paddling goods, and services.

rentals-sales-guided & self guided trips-instruction-outfitting

541 Lake Flower Avenue Saranac Lake, New York 12983

518-891-7450 - 800-491-0414

www.adirondackoutfitters.com



# Race Results

## 2010 HMRC SUMMER TRACK SERIES *continued*

1 Chris Rush M70-74 6:43	4 David Tromp 35 Glenmont 8:87M	3 Richard Messineo 21M 3234
1 Anny Stockman F75-79 9:34	5 Paul Cox 17 Troy 8:26M	4 Brian Northan 35M 2793
<b>RACE #2: TWO-PERSON 6M RELAY</b>		
July 14, 2010 • <i>Colonie High School Track, Colonie</i>		
1 Bill Sherman/Jennifer Elliot 41:03	3 Heather Macabee 41 Delmar 6:90M	7 Tom Quackenbush 14M 2125
2 Cara Sherman/Justin Bishop 41:23	4 Holly Macabee 11 Delmar 6:52M	8 Tom McGuire 58M 1766
3 Jim Foley/Heather Machabee 41:24	4 Joan Celentano 57 Schenectady 6:52M	9 Matthew Side 36M 1535
<b>RACE #3: HOUR RUN</b>		
July 21, 2010 • <i>Colonie High School Track, Colonie</i>		
<b>MALE OVERALL</b>		
1 Thomas O'Grady 25 Latham 10:13M	2 Chad Davey 31 Delmar 9:28M	3 Kahlil Scott Jr. 19 Cohoes 8:95M
<b>FEMALE OVERALL</b>		
1 Chris Varley 46 Albany 7:85M	2 Jennifer Elliot 38 Averill Park 7:46M	3 Heather Macabee 41 Delmar 6:90M
<b>RACE #4: PENTATHLON</b>		
July 29, 2010 • <i>Colonie High School Track, Colonie • 5K, 800m, 3200m, 400m, 1600m - Total Points</i>		
<b>MALE OVERALL</b>		
1 Kahlil Scott, Jr. 19M 3720	2 David Tromp 35M 3372	
<b>FEMALE OVERALL</b>		
1 Lisa D'Aniello 24F 2706	2 Erin McMahon 32F 2346	3 Jennifer Elliott 38F 1447

## CAPITAL DISTRICT YMCA SERIES: CANAL RUN 5K RUN/WALK

July 17, 2010 • *Glenville Area YMCA, Glenville*

<b>5K ROAD RACE</b>		
<b>MALE OVERALL</b>		
1 Regen Hatcher 15 South Lake, TX 17:08	2 Kahlil Scott 19 Cohoes 18:04	3 Richard Munson 53 Prattsville 18:43
<b>FEMALE OVERALL</b>		
1 Tina Greene 36 Scotia 20:08	2 Claire Walling 18 Clifton Park 20:10	3 Karen Bertasso 26 Scotia 20:18
<b>FEMALE AGE GROUP: 9 &amp; UNDER</b>		
1 Isabelle Cataldo 9 Ballston Spa 35:48		
<b>MALE AGE GROUP: 10 - 14</b>		
1 Matt Manda 13 Scotia 21:38	2 Matthew Oill 12 Scotia 31:23	3 Matthew Manda 13 Scotia 32:58
<b>FEMALE AGE GROUP: 10 - 14</b>		
1 Lauren Dunham 13 Schenectady 27:23	2 Abigail Foyt 13 Scotia 29:58	3 Alexa Height 14 Rensselaer 32:17
<b>MALE AGE GROUP: 15 - 19</b>		
1 Andrew Bohl 15 Voorheesville 20:59	2 Zachary Hockford 17 Rexford 22:38	3 Nicholas Bonafede 17 East Greenbush 26:28
<b>FEMALE AGE GROUP: 15 - 19</b>		
1 Kelsey Leder 17 Niskayuna 20:26	2 Kate Reynolds 18 Voorheesville 22:46	3 Kevie Rodrigue 15 Augusta, ME 26:10
<b>MALE AGE GROUP: 20 - 29</b>		
1 Scott Matheson 23 Cohoes 19:34	2 Dave Wojcik 28 Troy 19:51	3 Doug Magee 25 Clifton Park 22:02
<b>FEMALE AGE GROUP: 20 - 29</b>		
1 Katrina Hines 22 East Greenbush 21:35	2 Melissa West 29 Scotia 22:12	3 Amanda Barone 26 Ballston Spa 22:29
<b>MALE AGE GROUP: 30 - 39</b>		
1 Douglas Secor 30 Scotia 21:40	2 Steve Hopsicker 37 Ballston Spa 21:46	3 Aaron Couture 39 Schenectady 22:40
<b>FEMALE AGE GROUP: 30 - 39</b>		
1 Majja Schnore 37 Scotia 21:45	2 Kerriane Pace 33 Clifton Park 22:02	3 Stacia Smith 39 Niskayuna 23:07
<b>MALE AGE GROUP: 40 - 49</b>		
1 Samuel Mercado 47 Wilton 20:17	2 Paul Bohl 47 Voorheesville 21:31	3 Robert Rausch 41 Albany 22:12
<b>FEMALE AGE GROUP: 40 - 49</b>		
1 Theresa Smolen 40 Schenectady 22:22	2 Joyce Poulin 49 Amsterdam 22:42	3 Jill Bannon 45 Hamilton, OH 24:23
<b>MALE AGE GROUP: 50 - 59</b>		
1 William Herkenham 52 Ballston Lake 19:42	2 Karl Griffith 52 Scotia 20:10	3 Paul Forbes 59 Colonie 20:29
<b>FEMALE AGE GROUP: 50 - 59</b>		
1 Joyce Goodrich 52 Glenville 21:49	2 Patricia Archer 50 Scotia 26:09	3 Karen Matheson 58 Cohoes 26:25
<b>MALE AGE GROUP: 60 - 69</b>		
1 Darryl Ferguson 63 Broadalbin 24:06	2 Albert Aldi 60 Scotia 26:44	3 Timothy Farley 61 Scotia 26:51
<b>FEMALE AGE GROUP: 60 - 69</b>		
1 Nancy Johnston 64 Ballston Lake 33:55	2 Beverly Skoll 60 Schenectady 34:17	3 Alice Carpenter 60 Delmar 34:45
<b>MALE AGE GROUP: 70 &amp; OVER</b>		
1 James Moore 70 Niskayuna 27:22	2 Donald McBain 77 Wynantskill 39:31	3 Joe Bannon 79 Corinth 48:14

Courtesy of Capital District YMCA

## 7TH ANNUAL SKYHIGH KIDS' OFF-ROAD TRIATHLON

July 17, 2010 • *Grafton Lakes State Park, Grafton*

<b>100-METER SWIM, 5K MOUNTAIN BIKE, 1K TRAIL RUN</b>		
<b>MALE AGE GROUP: 6 - 7</b>		
1 Jeffrey Koeferl 7 37:45	2 Trevor Dzikowicz 7 39:17	
<b>FEMALE AGE GROUP: 6 - 7</b>		
1 Willa Werwais 7 30:10	2 Alison Gray 7 32:49	3 Ruby Slyer 7 38:34
<b>MALE AGE GROUP: 8 - 9</b>		
1 Sam Besch 9 24:57	2 Rowan Wilson 9 26:36	3 Finn Stapley 8 27:20
4 Owen Ball 8 27:29	5 Cameron Shoemaker 8 27:32	6 Vikram Ostrander 8 29:37
7 Connor Sage 8 30:35		
<b>FEMALE AGE GROUP: 8 - 9</b>		
1 Ana Pettersen 9 29:39	2 Alexandra Koeferl 9 32:45	3 Julie Lindemann 9 33:20
4 Gabrielle Swider 9 34:05	5 Meghana Caron 9 37:16	6 Elizabeth Pacious 9 39:59
7 Emily Lenehan 8 40:10	8 Sayge Hill 8 40:34	9 Mia Gruendle 8 43:46

continued

## 7TH ANNUAL SKYHIGH KIDS' OFF-ROAD TRIATHLON *continued*

<b>MALE AGE GROUP: 10 - 11</b>		
1 Max Stapley 11 22:06	2 Clayton Besch IV 11 26:50	3 Stewy Falso 10 27:18
4 Jeremy Pacious 11 29:00	5 Justin Caron 11 29:02	6 Jeffrey Bransky Jr. 10 29:31
7 TJ Michalek 10 30:40	8 Oz McClamrock 11 33:58	9 Nikhil Ostrander 10 38:09
<b>FEMALE AGE GROUP: 10 - 11</b>		
1 Alexandra Dixon 10 24:43	2 Abby Werwais 11 24:59	3 Emily LaPlante 11 26:13
4 Olivia Nelson 11 27:34	5 Erika Pettersen 11 27:37	
<b>MALE AGE GROUP: 12 - 13</b>		
1 Gillian Dysart 10 28:59	2 Eva Murphy 7 29:57	3 Emily Conway 10 30:23
4 Allison Schmidt 10 30:29	5 Kamryn Paige 10 30:39	6 Kayla Dzikowicz 11 30:41
7 Madison Krochina 10 33:33	8 Alanie Genter 10 35:38	9 Gabriella Hill 11 37:08
<b>FEMALE AGE GROUP: 12 - 13</b>		
1 Thomas Besch 13 24:18	2 Sean Harrington 12 24:34	3 Avery Ball 12 24:55
4 Mark Hough 12 25:12	5 John Mosier 13 25:21	6 Tristan Dixon 12 29:22
<b>MALE AGE GROUP: 14 - 15</b>		
1 Chris Mueller 13 32:33	2 Nathaniel Hill 13 33:13	3 Daniel Sanford 13 34:17
<b>FEMALE AGE GROUP: 12 - 13</b>		
1 Rebecca Nelson 13 24:58	2 Caroline Slyer 12 25:50	3 Olivia Bransky 12 29:32
4 Elizabeth Schmidt 13 29:48		
<b>MALE AGE GROUP: 14 - 15</b>		
1 Ryan Harrington 14 23:16	2 Robert Besch 15 24:53	3 Cameron Hill 14 30:34
<b>FEMALE AGE GROUP: 14 - 15</b>		
1 Sarah McTague 14 24:38		

Courtesy of SkyHigh Adventures

## 10TH ANNUAL SKYHIGH XTERRA OFF-ROAD TRIATHLON

July 18, 2010 • *Grafton Lakes State Park, Grafton*

<b>1K SWIM, 20K MOUNTAIN BIKE, 6K TRAIL RUN</b>		
<b>MALE OVERALL</b>		
1 Fronhofer, Paul 32 1:35:53	2 Delaney, Colin 19 1:37:34	3 Stapley, Paul 40 1:38:07
<b>FEMALE OVERALL</b>		
1 Stapley, Sophie 41 1:59:12	2 Fronhofer, Mara 44 2:05:27	3 Tummey, Ruth 49 2:09:30
<b>MALE AGE GROUP: 14 &amp; UNDER</b>		
1 Harrington, Ryan 14 2:26:01	2 Carlson, Evan 14 2:41:36	
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>		
1 Slyer, Julia 14 2:31:34	2 Mueller, Kylee 14 3:08:42	
<b>MALE AGE GROUP: 15 - 19</b>		
1 Gilboy, Casey 17 1:44:43	2 Lavender, Damain 17 1:52:03	3 Hollinger, Robert 18 1:53:25
<b>MALE AGE GROUP: 20 - 24</b>		
1 Plourde, Charley 24 1:51:05	2 Russell, Tim 21 2:16:03	3 Fontana, Stefano 22 2:22:47
<b>FEMALE AGE GROUP: 20 - 24</b>		
1 Hall, Christine 20 3:06:56		
<b>MALE AGE GROUP: 25 - 29</b>		
1 Hawkins, Benjamin 29 1:50:54	2 Marsac, Justin 27 2:02:00	3 Hammer, Bryan 29 2:11:21
<b>FEMALE AGE GROUP: 25 - 29</b>		
1 Prevo, Olya 29 3:01:08		
<b>MALE AGE GROUP: 30 - 34</b>		
1 Horn, Bob 34 1:40:48	2 Budden, Chris 33 1:44:27	3 Peck, Brian 34 1:45:26
<b>MALE AGE GROUP: 35 - 39</b>		
1 Pawlish, Joe 38 1:41:16	2 Arvidson, Joshua 39 1:52:01	3 Parente, Frank 36 1:57:56
<b>FEMALE AGE GROUP: 35 - 39</b>		
1 Bartini, Maria 39 2:29:27		
<b>MALE AGE GROUP: 40 - 44</b>		
1 Baruch, Matt 41 1:41:28	2 Ball, Dennis 42 1:53:48	3 Adams, Steve 43 2:01:00
<b>FEMALE AGE GROUP: 40 - 44</b>		
1 Snyder, Lisa 42 2:46:08	2 Mueller, Christi 40 3:15:32	
<b>MALE AGE GROUP: 45 - 49</b>		
1 Robins, Ken 47 1:43:06	2 Norton, Tad 45 1:44:11	3 DeSantis, David 49 1:47:19
<b>FEMALE AGE GROUP: 45 - 49</b>		
1 Stone, Karen 46 2:14:23		
<b>MALE AGE GROUP: 50 - 54</b>		
1 King, John 52 1:56:24	2 Pease, Burton 52 2:07:48	3 Kreitsek, Howard 50 2:25:55
<b>FEMALE AGE GROUP: 50 - 54</b>		
1 Landy, Stephanie 51 2:11:14	2 Hill, Lisa 51 3:22:04	
<b>MALE AGE GROUP: 55 - 59</b>		
1 Delaney, Brian 55 1:53:38	2 Usher, Douglas 55 2:09:24	3 Wood, James 55 2:28:33
<b>FEMALE AGE GROUP: 60 &amp; OVER</b>		
1 Usher, Linda 61 2:37:45		
<b>TEAMS</b>		
1 AGA 1:58:01	2 SkyHigh 3:04:34	

Courtesy of SkyHigh Adventures

## 3RD ANNUAL DIPPICKILL FROGGY FIVE-MILER TRAIL RUN

July 18, 2010 • *Dippickill Preserve, Warrensburg*

<b>MALE OVERALL</b>		
1 Joseph Hayter 30 Schenectady 35:37	2 Josh Merlis 28 Albany 36:04	3 Jim Sweeney 29 Albany 36:30
<b>FEMALE OVERALL</b>		
1 Jess Hageman 34 Schenectady 54:14	2 Sarah Peters 34 Albany 54:57	3 Susan Wong 62 Glenmont 56:52
<b>FEMALE AGE GROUP: 20 - 24</b>		
1 Heidi Parish 23 Saratoga Springs 1:00:30		
<b>MALE AGE GROUP: 25 - 29</b>		
1 Paul Mueller 26 Delmar 43:58	2 Andy Sims 26 Brunswick 48:07	3 Jeffrey Andritz 29 Altamont 52:37
<b>FEMALE AGE GROUP: 25 - 29</b>		
1 Jessica Kratzert 25 Salem 59:25	2 Jennifer Senez 26 Albany 1:03:30	3 Alison Kerr 25 Latham 1:09:30
<b>MALE AGE GROUP: 30 - 34</b>		
1 Rich Teal 32 Troy 41:46	2 Joshua Katzman 34 Clifton Park 45:25	3 David Newman 30 Albany 48:58
<b>FEMALE AGE GROUP: 30 - 34</b>		
1 Alanna Almstead 33 Valatie 57:39	2 Stacey Kelley 34 Albany 58:58	3 Lisa Vasilakos 34 Sleepy Hollow 1:06:00
<b>MALE AGE GROUP: 35 - 39</b>		
1 Chris Galaty 38 Green Bay, WI 42:00	2 Brian Northan 35 Guilderland 43:27	3 Brian Dillenbeck 39 Alplaus 50:27
<b>FEMALE AGE GROUP: 35 - 39</b>		
1 Jennifer Ferriss 38 Saratoga Springs 59:38	2 Diana Steenburg 37 Albany 1:04:20	
<b>MALE AGE GROUP: 40 - 44</b>		
1 Kathy VanValen 41 Delanson 1:00:37		
<b>MALE AGE GROUP: 45 - 49</b>		
1 John Kinnicut 47 Menands 44:28	2 Mark Werdiner 49 Queensbury 45:17	3 Andrew Smith 49 Colonie 45:23
<b>FEMALE AGE GROUP: 45 - 49</b>		
1 Carmen Narvaez 49 Albany 1:01:26	2 Sheryl Bly 48 Rome 1:07:08	3 Roxanne Gillen 47 Schenectady 1:08:23
<b>MALE AGE GROUP: 50 - 54</b>		
1 John Paduano 50 Stillwater 51:41	2 Tom Tift 52 Averill Park 54:24	3 Edward Gillen 52 Schenectady 1:48:00
<b>FEMALE AGE GROUP: 50 - 54</b>		
1 Debra-Jane Batchor 50 East Berne 57:14	2 Donna Charlebois 52 East Berne 1:01:31	3 Deb McCarthy 50 Burnt Hills 1:05:10
<b>MALE AGE GROUP: 55 - 59</b>		
1 Steven Dickerson 56 Rensselaerville 47:07	2 Tom Barlow 56 Wilmington, DE 55:16	3 Geoffrey Vincent 55 Brooklyn 55:47
<b>FEMALE AGE GROUP: 55 - 59</b>		
1 Anna Dickerson 59 Rensselaerville 1:12:19	2 Gail Hein 58 Altamont 1:14:50	3 Ronnie Senez 57 Clifton Park 1:30:35
<b>MALE AGE GROUP: 60 - 64</b>		
1 Greg Rickes 60 Latham 56:59	2 Joe Yavonditte 61 Schenectady 59:06	
<b>FEMALE AGE GROUP: 60 - 64</b>		
1 Laura Clark 63 Saratoga Springs 59:44	2 Ginny Mosher 64 Delanson 1:23:20	
<b>MALE AGE GROUP: 65 - 69</b>		
1 Charles Merlis 69 West Hartford, CT 1:30:29		

Courtesy of Albany Running Exchange

# BUSINESS DIRECTORY

Experience the magic of soaring flight!

## Saratoga Soaring Association

Operating out of Saratoga County Airport since 1983

**Flying March - November**

Members enjoy free instruction and aircraft use

Present this ad during the 2010 soaring season and receive \$10 off an introductory lesson

For more info: [www.saratogasoaring.com](http://www.saratogasoaring.com)

## YOUR ORGANIC GROCERY STORE

Specializing in Organic...

Fresh produce • Nuts and dried fruits • Trail mixes PLUS, energy/recovery drinks and much more!

1505 Route 9, Clifton Park, NY  
Hours: Mon-Fri 9-7, Sat 9-6, Sun 11-5  
(518) 383-1613 • [TheGreenGrocer.com](http://TheGreenGrocer.com)

Improve Flexibility & Core Strength - Try a Mat Pilates Class!

## Malta Pilates Center

Located in Parade Ground Village  
Malta, off Northway Exit 12

Fully Equipped Pilates Studio Offering:

- Tower (equipment-based mat) classes
- Private/Semi-Private Reformer sessions
- Beginner/Intro Mat classes • Open Level Mat classes

**New Classes Starting! Call Today to Enroll: (518) 369-4992**  
Visit [www.MaltaPilatesCenter.com](http://www.MaltaPilatesCenter.com)

Coming in September... **ZUMBA!**

## ADIRONDACK BALLOON FLIGHTS

Spectacular Views of the Adirondack-Lake George Area

Call (518) 793-6342

Daily Flights-Gift Certificates Available  
[adirondackballoonflights.com](http://adirondackballoonflights.com)

## Schenectady Wintersports Club

Enjoying the outdoors year-round since 1932

**New Members Welcome! [www.swcweb.org](http://www.swcweb.org)**  
1,000 Capital Region members: All ages, singles & families

Monthly Newsletter • Stowe Clubhouse  
Club Outings • Kayaking, Canoeing & Hiking

More Info: Pete Weykamp (518) 785-6433

Summer: Northern New York Paddlers & Mohawk Valley Hiking Club




## Dr. Brad Elliott

### Chiropractor

Cost Effective Care for the Entire Family

Thank You for 20-plus Years!

677 Plank Rd Clifton Park (518) 383-4889

## CLASSIFIEDS

**LAKE PLACID LODGING** - On Main St for families and groups; walk to downtown, shuttle, lake. Four-bedroom house and separate bunk guide house. Guide service and trip planning available. (518) 523-3764. [brian@highpeakscyclery.com](mailto:brian@highpeakscyclery.com).

**EMPLOYMENT OPPORTUNITY** - The Downtube Bicycle Works selected as the Capital Region's 'Best Bicycle Store' by Metroland, seeks experienced and collegial full-time mechanic and sales staff to join our team. Good interpersonal skills and reliability are essential. Competitive salary based on experience and skills. Email resume in confidence to: [rtfullem@verizon.net](mailto:rtfullem@verizon.net).

**CLASSIFIEDS** - Run your ad in next month's issue for \$.50/word, min. 30 words. Mail check with ad text for receipt by 25th of month.



14TH ANNUAL SILKS & SATINS 5K RUN July 24, 2010 • Fasig-Tipton, Saratoga Springs

Table of race results for the 14th Annual Silks & Satins 5K Run, categorized by Male Overall, Female Overall, and various age groups (14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39).

8TH ANNUAL CAMP SARATOGA 5K TRAIL RUN SERIES #3-5 Camp Saratoga, Wilton Wildlife Preserve & Park, Wilton

Table of race results for the 8th Annual Camp Saratoga 5K Trail Run Series #3-5, categorized by Male Overall, Female Overall, and various age groups (M00-19, M20-29, M30-39, M40-49, M50-59, M60-69, M70-79).

32ND ANNUAL LANE 10K LAKE RUN August 1, 2010 • Lake Pleasant to Speculator

Table of race results for the 32nd Annual Lane 10K Lake Run, categorized by Male Overall, Female Overall, and various age groups (14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over).

10TH ANNUAL DAMN WAKELY DAM ULTRA July 24, 2010 • Northville-Placid Trail, Piseco to Wakley Dam

Table of race results for the 10th Annual Damn Wakely Dam Ultra, including a 32.6-mile extreme trail run and various age groups (14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & Over).

TAWASENTHA 5K CROSS-COUNTRY SUMMER RACE SERIES #1 August 2, 2010 • Tawasentha Park, Guilderland

Table of race results for the Tawasentha 5K Cross-Country Summer Race Series #1, categorized by Male Overall, Female Overall, and various age groups (M00-14, M15-19, M20-29, M30-39, M40-49).

BUSINESS DIRECTORY

HECTORPT at the Southern Saratoga YMCA. Sports Rehabilitation Services PLLC. HECTORPT.COM (518) 371-5554. 1 Wall St, Clifton Park.

Ron Houser, C. Ped. ABC Board Certified Pedorthist. Evaluation ~ Casting ~ Manufacturing. Custom Footbeds & Orthotics Made On-Site for Athletes, Hikers & Everyday Victims of Gravity.

Are you into it? Adirondack ADK Mountain Club. Hiking, Climbing, Paddling, Biking, Backpacking, Camping, Outdoor Adventure, The Adirondacks, The Catskills. Don't Delay, Join Today! 1-800-395-8080 www.adk.org

SHULMAN HOWARD & MCPHERSON LLP ATTORNEYS AT LAW. 17 OLD ROUTE 66 AVERILL PARK NEW YORK 12018. 518-674-3766 518-674-3805 FAX: 518-674-3964

Hudson-Mohawk Road Runners Club. The largest running club in the Capital Region. Annual memberships for singles, couples, families and youth at reasonable rates. Check us out at www.hmrrc.com

CUMMINGS ADVERTISING ART INC. Proud to be Designing Adirondack Sports & Fitness Magazine for 10 Years. 518.406.5027 4 Yorkshire Terrace ■ Clifton Park cummingsadvertisingart.com

Visit Long Lake A Real Adirondack Experience. Call Today (518) 624-3077 Or Visit Us Online www.longlake-ny.com

McDonough's VALLEY HARDWARE An Adirondack Department Store. On North Main St, Keene Valley (518) 576-4330



## THE NON-MEDICATED LIFE

# Begin by Avoiding Most Food Products

by Paul E. Lemanski, MD, MS, FACP

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

In the first 37 installments of *The Non-Medicated Life*, informed diet and lifestyle have been shown to achieve naturally for the majority of individuals most of the benefits of medications. Yet some may find the leveraged information to achieve these benefits – much of which has been presented in this column – still seems overwhelming and difficult to understand and implement. If so, alternatively, one may avoid an overreliance on medication using a simple strategy and begin by avoiding most food products. I will begin with a definition and then show how most food products contribute to the majority of diseases in Western culture which subsequently require medication to treat.

I will define a food product as that which is made from whole food by a process which extracts some part of it, refines it, and/or adds components to it making the resulting product an artificial food – something that does not exist in nature.

By this definition, refined carbohydrates such as granular sugar, high fructose corn syrups, and white flour are food products. Most consumers are already aware of the detrimental effects of these. But by this definition, olive oil would also be a food product. So we must add to our definition that food products detrimental to human health are also highly refined.

Identifying such food products is generally straightforward. Just about anything in a box or a can and increasingly those things in the frozen food sections have become products which may be detrimental to health. Canned vegetables for the most part have had salt added to them. Grains that have been processed to cereals have had much of the original fat, fiber and vitamins removed and sugar added. Meats have had nitrates, salt, and preservatives added to them. Even the rotisserie chicken and the Thanksgiving turkey have been injected with salt, fat, and chemicals to “improve” their moistness and taste.

To be fair to the food industry, many food products were originally developed to improve the preservation of foods before refrigeration. The salting, pickling, and smoking of meats was originally done to preserve them. The development of white flour significantly improved the shelf life of flour by removing the germ

*This is the 38th in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.*



or fat containing part of wheat which could turn rancid. Such processes, however, also increase the variety, texture and taste of foods. The food industry has systematically experimented with the addition of salt, sugar, and chemicals to food to increase its appeal.

Unfortunately, apart from refrigeration, the processes which preserve foods and those processes that make them into food products, also make them less healthy for the human organism. The salt which is added to foods for improved “taste” may be unrecognized by the consumer. This so called hidden salt may be significant and increases the risk for high blood pressure. High blood pressure in turn increases the risk for heart attack and stroke. The addition of sugar to flavored water, cereals, and baked products increases the risk for increased calories and increased body weight. Overweight and obesity in turn increase the risk for diabetes, high blood pressure, high cholesterol, heart attack and stroke. Unfortunately, these diseases brought about by the diet of Western civilization then require medication for their control and treatment.

The alternative is simple, in so far as one is able: avoid food products! Maximize fresh fruits and vegetables, locally grown if possible. Eat only minimally processed meats and fish that require refrigeration.

Avoid juices and eat the fruit or vegetable from which they come. Avoid soda. If you use a food product choose one that is minimally processed. For example, oatmeal should have as its only ingredient wholegrain oats. Sweetness may be added with honey or raisins or fruit. Breads should contain unbleached whole wheat flour, yeast, water and few other ingredients. Drink water and mineral water. Avoid any canned good that has salt added to it.

Such an approach may seem draconian. It is not. Up to 75 years ago this is how Americans ate and the country had less of the chronic diseases we currently face. Such an approach may seem inconvenient in an age when everyone is busy with making a living and the time for shopping as well as food preparation needs to be kept to a bearable minimum. But with some planning and the help of a registered dietitian, those food products which are minimally processed can be identified, and those that are not may be avoided. Suitable convenient alternatives to food products can be identified.

In this way, we may be able to reap the benefits of a non-medicated life and forgo the proverbial bottle of pills to treat avoidable health problems. 🌱

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

**BE DIFFERENT. BE RUDY.**  
100% WINNERS. 100% RX-ABLE.



**RUDY PROJECT**  
Technically Cool Eyewear™

**Fastest sunglasses in the Adirondacks**



**eye peek** 518.523.1530  
2237 Saranac Ave, Lake Placid NY  
www.eyeppeekoptical.com

**The Capital District's Most Complete Paddlesports Store – Where Enthusiasts Shop**  
Great Selection of Canoes, Kayaks & Accessories!  
Sales – Rentals – Lessons – Tours

Dagger • Bell • Swift • Wilderness Systems • Perception • Mad River  
Emotion • Werner • Aquabound • Stohlquist • Seals  
Chota • Kokatat • NRS • Thule & Yakima Car & Truck Racks



2123 Central Ave (Rte 5), Colonie  
4.25 miles west of Northway Exit 2W  
(518) 346-3180 • OneWithWater.com

Adirondack  
**PADDLE 'N' POLE**



PRIME CARE  
PHYSICIANS, PLLC

### THE CENTER FOR PREVENTIVE MEDICINE

Paul Lemanski, MD, FACP • Laurie Burton-Gregg, MS, RD • Amy Milstein, MS, RD, CDE

**Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine**

- CARDIOFIT weight reduction program
- Mediterranean Cooking Classes
- Acupuncture with Angela Stritt, L. Ac, Dipl. Ac,  
North Country Acupuncture, LLC • 518-210-6081

**More info: CenterforPreventiveMedicine.com and NorthCountryAcupuncture.com**

The Center for Preventive Medicine • Prime Care Physicians, PLLC  
400 Patroon Creek Blvd, Suite 100, Albany • 518-618-1100

## Cryosurgery New Treatment for Foot Pain



**Heel Pain? Plantar Fasciitis? Diabetic Neuropathy? Achilles Tendonitis? Dr. David Lambariski, the Capital District's first and only certified CryoStar surgeon, now offers FDA approved Cryosurgery for these painful foot conditions.**

#### What is Cryosurgery?

Using extreme cold technology we freeze the sensory nerves to eliminate your painful foot condition. A healthy nerve regenerates in six weeks.

#### The Benefits

- 15 minute office procedure
- No stitches required
- No post-op pain
- Quick recovery

**An avid outdoor enthusiast, Dr. Lambariski specializes in custom orthotic design for all sports. Stop living with your foot pain – Call today.**



**Dr. David Lambariski, Board Certified Podiatric Surgeon**  
Northeast Foot Care • Mohawk Medical Arts Bldg., Suite 106 • Amsterdam

**t. 842.2200**



// **RUNNING & WALKING** //

PHOTO BY BRIAN TEAGUE

**Adirondack Distance Festival****RUNNING INTO THE FUTURE**by *Laura Clark*

In 1996 Dan Perry deadpanned to a group of close Adirondack friends, "Did you know it is exactly 26 miles around Schroon Lake?" With that sly remark he hooked, lined and sinkered longtime race supporters, such as current board member Dan Nieradka and present race director Joel Friedman. Amazingly, few of the original planners were diehard runners, but they could nevertheless envision the rallying point that the Adirondack Marathon would become for the small communities enroute.

Fourteen years later, the Adirondack Distance Festival has evolved into the Full and Half Marathon on Sunday, Sept. 26 in Schroon Lake, and the 5K and 10K Races on Saturday, Sept. 25 in Chestertown. One of the challenges faced by an established event is the need to keep it fresh and interesting, responsive to the needs of a changing clientele. Several years ago, with the explosion of marathon walking, an early bird start was implemented. Last year, to open up more half-marathon slots, a two-person marathon relay was instituted.

This year innovations continue with approximately two miles of course changes. On the north end by the airport there is a left jog onto Tyrell Road and back around via Severance Road. Another mile blip occurs on the south portion with a refreshing jaunt through the shaded paths of the Word of Life Fellowship. This raises a tantalizing dilemma for statisticians and a reprieve for older repeat offenders. Will this year's alterations guarantee a personal course record regardless of previous faster times in a younger life? The late Diane Sherrer, prolific Finger Lakes sportswriter, sagely commented, "There are course records and then there are race records." Meaning a race record encompasses the event's lifetime, but course records are the fastest times on that course only.

And that enticing possibility isn't mere idle speculation when it comes to the women's course record. Set in stone at the inaugural, Germany's Simone Stoeppler amazingly still holds the women's record of 3:04:08. Simone has since concentrated on ultramarathons, starting for the 100K German National Team 18 times in the World Cups and European Championships, winning six silver and five bronze medals. In preparation, Simone recently ran the Swiss Alpine Marathon in Davos, which is sure to make Schroon Lake's hills pale in comparison. The carrot dangles, the door hangs ajar with Simone's final comment: "I think you get a bit slower when running the longer distances, but I should be pretty close to my record."

Other heroes to watch for are a 52-soldier contingent from Fort Drum's 10th Sustainment Brigade and a team from West Point. To support our troops, the first 50 active duty runners to apply are offered free entry with efforts made to provide low-cost local housing. The brigade has taken their commitment seriously and most have already tackled a practice run to familiarize themselves with the course.

If you are not running, consider showing support by volunteering or spectating. You will be joined by many residents and summer folks who return every year to make the Adirondack Distance Festival the friendly, homespun event it's been since the beginning. For more information, visit [adironackmarathon.org](http://adironackmarathon.org). 🌲

*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.*



PHOTO BY MARTY KIRSCHENBAUM

**Komen Race for the Cure****A Great Experience for a Great Cause**

The Northeastern New York Susan G. Komen Race for the Cure in Albany on Saturday, Oct. 2, follows the same 5K USATF certified course as the Freihofer's Run for Women. It also benefits research into the second leading cause of cancer deaths among women and supports treatment programs for those stricken by this killer.

In 2009, 4,200 ran or walked the race and 93% of participants surveyed said they had an extremely positive or very positive experience. New this year is start mats for chip timing, where runners can see their times, start to finish.

"This is a great race experience, run over an exceptional and very familiar course, by runners united in their support for a compelling cause," said Lynette Stark of the NENY affiliate. "It is also a celebration of life by many breast cancer survivors and a memorial for loved ones lost far too early from breast cancer."

Nearly 40,000 women will die from breast cancer this year, and more than 207,000 new cases will be reported. Fighting breast cancer since 1982, the Susan G. Komen Breast Cancer Foundation has become the world's largest grassroots network of breast cancer survivors and activists – saving lives by empowering people impacted by the disease, ensuring quality care and energizing scientific research into prevention and treatment. Last year, the Race for

the Cure raised \$250,000 in northeastern New York, benefiting breast cancer programs in Albany, Clinton, Essex, Franklin, Hamilton, Montgomery, Rensselaer, Saratoga, Schenectady, Warren and Washington counties.

Runners from these counties typically dominate the race; but runners from other counties, states and nations also participate. Runners often wear special signs as they race, proudly signifying their efforts are "In memory of" or "In celebration of" loved ones. Breast cancer survivors run the race wearing their distinctive pink Zeta Tau Alpha caps and T-shirts.

Runners raise funds for the foundation through their own donations and donations from friends, family and co-workers. Now in its 16th year, the race also attracts support from sponsors and community leaders.

The 5K Race for the Cure begins and ends on Madison Avenue at the NYS Museum overpass. Runners and walkers can register online at [komenneny.org](http://komenneny.org) through Sept. 29, or by mail with teams by Sept. 18 or individuals by Sept. 25. Even those out of town or unable to participate due to injury can join the Sleep-In for the Cure by registering online through Oct. 2.

"Breast cancer touches everyone, and I hope the appeal of the Race for the Cure touches every runner with the compelling message of our cause," says Lynette. 🌲

**The 33rd Annual Great Cow Harbor 10K Run****SATURDAY, SEPT. 25**  
8:30 AM, NORTHPORT, NY**Where World-Class Athletes Gather in September**

THE ROAD RUNNERS CLUB OF AMERICA 10K CHAMPIONSHIP RACE

Chosen by *RUNNER'S WORLD* as one of the nation's elite races. Northport's "GREAT COW HARBOR 10-KILOMETER RUN" is more than a foot-race for the world class athlete. Experience the hometown friendliness that makes this an unforgettable event for every one of the 5,000 runners who participate.

For a detailed entry blank, send S.A.S.E. to GREAT COW HARBOR 10-KILOMETER RUN, INC. P.O. BOX 41, NORTHPORT, NY 11768

ONLINE REGISTRATION:  
[www.cowharborrace.com](http://www.cowharborrace.com)

530 Liberty St., Schenectady  
**382-7200**1201 Nott St., Ste. 302, Schenectady  
**243-4684**3757 Carman Rd., Ste. 104, Schenectady  
**355-3980**939 Rte. 146, Bldg. 500, Clifton Park  
**373-1436**[www.schenectadyregionalorthopedics.com](http://www.schenectadyregionalorthopedics.com)**Schenectady Regional Orthopedic Associates, P.C.***Providing Orthopedic and Sports Medicine Services to the Athletes of the Capital Region*

Eric R. Aronowitz, M.D.  
James M. Boler, M.D.  
Daniel J. Bowman, M.D.  
G. Robert Cooley, M.D.  
Richard J. D'Ascoli, M.D.  
Matthew DiCaprio, M.D.  
Robert G. Leupold, M.D.  
Shashi D. Patel, M.D.  
John C. Richards, M.D.  
W. James Smith, M.D.  
Gary A. Williams, M.D.  
Rory D. Wood, M.D.





# HARVEST FEST 2010

Gondola Rides & Mtn Biking  
 Awesome Inflatable Village  
 Local Artisans & Vendors  
 Hot Air Balloon (Weather Permitting)  
 Leaf Cruncher 5k Race  
 Penelope the Clown  
 Fall Food & Drink  
 Helicopter Rides  
 Climbing Wall  
 Alpacas  
 Jugglers

## OCTOBER

9<sup>TH</sup> 10<sup>TH</sup>  
 10AM-4PM

**LIVE MUSIC FROM:**  
 The Ernie Williams Band  
 & Raisinhead

**FREE ADMISSION!**

(518) 251-2411 [www.goremountain.com](http://www.goremountain.com)

THIRD ANNUAL  
**ADIRONDACK**  
 SPORTS & FITNESS

Exhibitor registration going on now!  
 Kick-off the winter recreation season!

# WINTER EXPO

Saratoga Springs City Center • Saratoga Springs  
**November 20-21, 2010**  
**Saturday 10am-6pm • Sunday 10am-5pm**  
**The Capital Region's Winter Sports, Health, Fitness & Travel Expo!**



Bring the Magazine to Life!

As an exhibitor you will have countless opportunities to reach thousands of active sports, health/fitness and travel enthusiasts looking for the latest products, services, information and ideas! This targeted, highly interactive marketplace will provide you with the venue to showcase, demonstrate and sell directly to this lucrative buying audience.

**4,000 Attendees • 100 Exhibitors • Sales • Demos • Activities • Seminars**  
 Alpine Skiing, Snowboarding, Cross-Country Skiing, Snowshoeing, Ice Skating, Backcountry & Telemark Skiing, Ice Climbing, Olympic Sports, Your Favorite Winter Activities, Health-Fitness & Much More!

**The Expo will sell out so book your space today!**

**EXHIBITOR CATEGORIES**  
 Alpine Ski Areas/Resorts • Clubs & Organizations • Events & Races • Fitness Clubs • Guide Services & Authors  
 Health Professionals • Lodging & Restaurants • Nordic Ski Areas/Resorts • ORDA Olympic Venues  
 Outdoor Education Programs • Outfitters & Sporting Goods Retailers • Resorts & Destinations  
 Sports Medicine Facilities • Visitor Bureaus & Chambers Of Commerce

**EXHIBITOR OPPORTUNITIES**  
 Increased sales  
 Face-to-face personal contact  
 Lead generation  
 Product/service awareness  
 Company/organization/event exposure  
 Networking • Sampling • Market research

Featuring ALL Winter Sports!  
 Attendee Admission is FREE!



**Increased Exposure • Increased Leads • Increased Sales!**

For more information, visit [AdkSports.com](http://AdkSports.com)  
 To book your space, contact us at (518) 877-8788 or [info@AdkSports.com](mailto:info@AdkSports.com)  
 Adirondack Sports & Fitness, LLC • 15 Coventry Drive • Clifton Park NY 12065

# Fish Safely

Brookfield reminds you that dangers exist on rivers, and that conditions can change quickly and without notice. Avoid areas such as dams, intake structures, gates, water conveyance structures, powerhouses and substations.

In fishing streams, wade with caution and use footwear with non-slip soles. Keep wader drawstrings tight, and never get into a situation in which waders and boots could flood.

**Brookfield also encourages everyone to wear a personal flotation device when recreating on or near water.**

Brookfield wants you enjoy the beauty of autumn, safely! **Remember to Wear It New York!**

