

# ADIRONDACK

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**MARCH**  
**2011**



AT TOUR OF THE BATTENKILL EVEN THE BEST RIDERS SOMETIMES HAVE TO BAIL AND RUN THEIR BIKES UP THE JUNIPER SWAMP ROAD HILL IN THE 2009 RACE. PHOTO BY DAVE KRAUS

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## EARLY SPRING CYCLING

### Prime Racing and Touring Events

by Dave Kraus

It may not seem like it looking out the window, but cycling season is approaching slowly but surely.

In March and early April it becomes obvious winter is finally losing its grip and the spring racing season begins. This year Capital Region and southern Adirondack cyclists have some prime opportunities for racing – or “touring” on race courses.

The Capital Bicycle Racing Club's **Trooper David Brinkerhoff Memorial Spring Race Series** kicks things off on Saturday, March 19 with the first of three weekends of racing out of Cossack High School. The series, directed by Tom Butler, continues on March 26 and April 2. This race series, formerly known as the Johnny Cake Lane Spring Series, has been renamed in memory of Trooper Brinkerhoff, who was killed during a gun battle in the line of duty in April 2007. A portion of registration fees support a Cossack-Athens High School Scholarship in his memory.

The course is a fast and flat six-mile loop through the countryside south of Albany and this excellent race

series is always a highlight of the spring training season in the Capital Region. Open to all from beginners through expert, the three separate fields of racing are USA Cycling sanctioned, with course lengths from 18 to 63 miles. The race is preregistration only. If you're a novice, act quickly. That division for the first race on March 19 is already full.

CBRC is offering race for free if you marshal one week, race free another week, or bring two marshalls, race for free. Get more information on the race series, race contacts, and club membership at [cbrc.cc](http://cbrc.cc).

Racers who have anything left after the first Brinkerhoff can head over to Washington County on Sunday March 20 for the **Tour of the Battenkill Spring Preview Ride** in Cambridge. This 64-mile ride is the first of a group of events centered on the April Tour of the Battenkill race. In its short six-year history, Battenkill has become the largest competitive road contest in North America with 2,500 racers already registered for this year's event.

See **SPRING CYCLING**, 10 ▶

• Adventure • Backpacking • Bicycling • Canoeing

• Duathlon • Environment • Fitness • Health • Hiking •

Duathlon • Fitness • Health



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Photos by Brian Teague

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### LOOK WHO'S COMING SO FAR! Exhibitors as of March 7 30 More Exhibitors Expected!

Visit [AdkSports.com](http://AdkSports.com) for updates • See Attendee Guide for complete list in April issue

**Adirondack Lakes & Trails Outfitters**  
[adirondackoutfitters.com](http://adirondackoutfitters.com)

**Adirondack Lyme Disease Foundation**  
[adirondacklymediseasefoundation.com](http://adirondacklymediseasefoundation.com)

**Adirondack Marathon Distance Festival**  
[adirondackmarathon.org](http://adirondackmarathon.org)

**Adirondack Mountain Club** • [adk.org](http://adk.org)

**Adirondack Scenic Railroad**  
[adirondackrr.com](http://adirondackrr.com)

**Adirondacks Speculator Region Chamber**  
[speculatorchamber.com](http://speculatorchamber.com)

**American Diabetes Association/  
Tour de Cure** • [diabetes.org/tour](http://diabetes.org/tour)

**American Traders** • [amtraders.com](http://amtraders.com)

**Arbonne International**  
[sheila.myarbonne.com](http://sheila.myarbonne.com)

**Back in Balance Therapeutic Massage**  
[bibtherapeuticmassage.com](http://bibtherapeuticmassage.com)

**Battenkill Valley Outdoors**  
[battenkillvalleyoutdoors.com](http://battenkillvalleyoutdoors.com)

**Bromley's Sun Mountain Adventure Park**  
[bromley.com](http://bromley.com)

**Brookfield Renewable Power**  
[brookfieldpower.com](http://brookfieldpower.com)

**Capital Bicycle Racing Club** • [cbrc.cc](http://cbrc.cc)

**Capital District Triathlon Club** • [cdtriclub.org](http://cdtriclub.org)

**Capital District YMCA** • [cdymca.org](http://cdymca.org)  
**Cooperstown & Delta Lake Triathlons**  
[atcendurance.com](http://atcendurance.com)

**Cornerstone Rock Climbing Gym & Guiding**  
[cornerstoneclimbing.com](http://cornerstoneclimbing.com)

**Cummings Advertising Art**  
[cummingsadvertisingart.com](http://cummingsadvertisingart.com)

**Enchanted Forest/Water Safari**  
[watersafari.com](http://watersafari.com)

**Esperanto Restaurant**  
[go2esperanto.com](http://go2esperanto.com)

**Firecracker 4-Mile Road Race**  
[firecracker4.com](http://firecracker4.com)

**Freihofers Run for Women**  
[freihofersrun.com](http://freihofersrun.com)

**The Gear Source** • [thegearsourceonline.com](http://thegearsourceonline.com)

**Gear-To-Go Tandems** • [gtgtandems.com](http://gtgtandems.com)

**Gore Mountain** • [goremountain.com](http://goremountain.com)

**Gore Mountain Region Chamber**  
[gorechamber.com](http://gorechamber.com)

**Green Leaf Racing/Hudson Crossing Tri**  
[greenleafacing.com](http://greenleafacing.com)

**High Adventure Ski & Bike**  
[highadventuresbp.com](http://highadventuresbp.com)

**High Peaks Cyclery/Mountain Adventures**  
[highpeaksyclery.com](http://highpeaksyclery.com)

**Hudson-Mohawk Road Runners Club**  
[hmrrc.com](http://hmrrc.com)

**Hudson River Rafting Co.**  
[hudsonriverrafting.com](http://hudsonriverrafting.com)

**Inlet, Town of** • [inletny.com](http://inletny.com)

**Inside Edge Ski & Bike Shop**  
[insideedgeskiandbike.com](http://insideedgeskiandbike.com)

**Kitchen Kraft** • [cookforlife.com](http://cookforlife.com)

**Lake George Kayak Co.**  
[lakegeorgekayak.com](http://lakegeorgekayak.com)

**Leukemia & Lymphoma/Team in Training**  
[teamintraining.org/uny](http://teamintraining.org/uny)

**Live The Life You Love**  
[hookedproductions.com](http://hookedproductions.com)

**Mirror Lake Inn Resort & Spa**  
[mirrorlakeinn.com](http://mirrorlakeinn.com)

**Mohawk-Hudson Cycling Club** • [webmhcc.org](http://webmhcc.org)

**The Mountain Goat** • [mountaingoat.com](http://mountaingoat.com)

**Mountainman Outdoors/Adk Paddlefest**  
[mountainmanoutdoors.com](http://mountainmanoutdoors.com)

**My Fitness Recovery/Chi Running-Walking**  
[myfitnessrecovery.com](http://myfitnessrecovery.com)

**NYS Outdoor Guides Association** • [nysoga.org](http://nysoga.org)

**Placid Boatworks** • [placidboats.com](http://placidboats.com)

**Plaine and Son Bike-Ski-Board**  
[plaineandson.com](http://plaineandson.com)

**Protective Chiropractic**  
[protectivechiropractic.com](http://protectivechiropractic.com)

**Raptor Fest/Birds of Prey** • [winterraptorfest.com](http://winterraptorfest.com)

**RUseeN Reflective Apparel** • [ruseen.com](http://ruseen.com)

**Sacandaga Outdoor Center** • [4soc.com](http://4soc.com)

**Saratoga Hospital Therapy Center**  
[saratogahospital.com](http://saratogahospital.com)

**Saratoga Peanut Butter Co.** • [yopeanut.com](http://yopeanut.com)

**Saratoga Photobooth Co.**  
[saratogaphotobooth.com](http://saratogaphotobooth.com)

**Saratoga Stryders Running Club**  
[saratogastryders.org](http://saratogastryders.org)

**Saratoga Triathlon Club** • [saratogatriathlon.com](http://saratogatriathlon.com)

**SHAPE Multi-Sport Camps** • [shapecamp.org](http://shapecamp.org)

**SkyHigh XTERRA Off-Road Triathlon**  
[multisportlife.org](http://multisportlife.org)

**Susan G. Komen Race for the Cure**  
[komeneny.org](http://komeneny.org)

**Tour of the Battenkill Bicycle Race**  
[tourofthebattenkill.com](http://tourofthebattenkill.com)

**Tri-Sack Running & Tri Accessories**  
[coachdavestrisack.com](http://coachdavestrisack.com)

**USA Track & Field/Adirondack** • [usatfadir.com](http://usatfadir.com)

**Vacation Village Resorts**  
[vacationvillageresort.com](http://vacationvillageresort.com)

**Warrior Run West Mountain**  
[warriorrunwestmt.com](http://warriorrunwestmt.com)

**Washington County Tourism**  
[washingtonnycounty.com](http://washingtonnycounty.com)

**Watersvliet Arsenal City Run** • [watersvliet.com](http://watersvliet.com)

**Whiteface Lake Placid**  
[whitefacelakeplacid.com](http://whitefacelakeplacid.com)

**Whiteface Mountain Bike Park**  
[downhillmike.com](http://downhillmike.com)

**Whiteface Region Business & Tourism**  
[whitefaceregion.com](http://whitefaceregion.com)

**The Wild Center** • [wildcenter.org](http://wildcenter.org)

**Wild River Press/Discover the Adirondacks**  
[hikethedirondacks.com](http://hikethedirondacks.com)

**YMCA Camp Chingachgook**  
[lakegeorgecamp.org](http://lakegeorgecamp.org)

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HIKING & BACKPACKING

# Northville-Placid Trail

## PART ONE: Benson to Piseco

by Bill Ingersoll

PHOTOS BY BILL INGERSOLL

This year, I want to take some time describing the longest trail in the Adirondacks: the Northville-Placid Trail. This will be a five-part series that breaks this 120-mile hiking route into sections that can be hiked in long weekends, for those people who are interested in completing the trail – but just not all at once.

The Northville-Placid Trail (or NPT for short) is a wilderness footpath. Some of the more accessible portions are very clear and well maintained, but many of the remoter portions can be challenging. Mud is so common along the entire route that it is essentially just part of the scenery! By all means, if you are new to hiking and backpacking you will want to gain experience on other trails before tackling this one.

But to anyone willing to accept these challenges, the NPT offers an exceptional adventure through the heart of the Adirondack Park, from the rural hamlet of Upper Benson at the south end to beautiful Lake Placid at the northern terminus.

The southernmost section, from Upper Benson to Piseco, passes through the Silver Lake Wilderness, a rugged but underappreciated region that is rich with wild streams, secluded ponds and deep forests. Depending on your hiking speed, this section can be covered comfortably in two or three days.

**GETTING THERE**

From Northville, follow NY Route 30 north for about three miles, then bear left onto Benson Road. Follow this road for six miles to an intersection just before the Fulton County line. Bear right onto Washburn Road for 0.5-mile, then left on Godfrey Road for another 0.5-mile. There is a sign-in booth here, and a small parking lot for hikers placed so as not to interfere with the adjacent private properties.

**THE TRAIL**

Beginning from the trailhead parking area, follow the paved road to the register station, and then to the last residence at the end of the pavement on Godfrey Road. Here, at 0.2-mile, you pass the yellow gate and enter the woods. Following an old road, you reach state land at 0.8-mile and then a large campsite beside the North Branch West Stony Creek at 1.2 miles.

The NPT truly becomes a trail at this point, turning left to follow the creek. After crossing the large bridge over the creek, the trail embarks on a westward course along

the foot of Blue Ridge Mountain. There are several stream crossings here that could pose a minor challenge in high-water conditions, but otherwise the trail is uneventful until, at 4.5 miles, you reach a short side trail to lovely Rock Lake. This little pond is not particularly rocky so its name is a bit of a mystery, but the side trail leads to a good campsite that is worth the tenth-of-a-mile side trip.

Beyond Rock Lake, the NPT continues west through very nice mixed woods as the terrain becomes more variable. A mile later, at 5.5 miles, you reach the West Branch Sacandaga River – which is here just a large creek, but one that you will have to step across on stones. A long climb leads to Meco Lake, where at 6.3 miles the trail hugs the western shoreline. This is another pretty spot, worth a moment's pause. From there, it is a quick jaunt to the southeastern end of Silver Lake. The route circles around the shoreline and reaches the lean-to site at 7.2 miles. Silver is the largest lake in the area, and the watery heart of this wilderness.

From the lean-to, the NPT heads north before making a wide swing to the west. At 9.0 miles it reaches one of the most notorious parts of the entire trail, a boggy wetland with little dry ground. There is a partly collapsed bridge across the stream, and buried deep within the mud are old corduroy logs. These are essentially the only firm objects available to help you across to dry land.

Canary Pond at 9.4 miles features another attractive campsite with a rocky point. The NPT swings north at this point. It approaches the foot of Moose Mountain and contours around it, gradually approaching Mud Lake. At 12.8 miles you reach the Mud Lake Lean-To.

From the lean-to the trail ascends 120 feet to a height-of-land, but it then descends 570 feet to reach the West Branch Sacandaga River again. It has grown into a substantial river since you crossed it the first time! Here, at 15.7 miles, you cross a double-length suspension bridge to a cabin site on the far bank, marked by an aging chimney. At 15.8 miles you reach a

junction. A right turn would take you to the parking area at the end of West River Road, a site known as Whitehouse.

Bearing left on the NPT, you are led away from the river past a hill called the Flat Iron. The trail reaches another suspension bridge at 18.1 miles, this one over Hamilton Lake Stream. At 18.4 miles you reach the Hamilton Lake Stream Lean-To – which confusingly actually overlooks the unnamed outlet of Priests Vly.

Speaking of Priests Vly, you pass this large meadow at 19.3 miles. In years of beaver activity, there may be a pond here. The terrain becomes hilly as you proceed northwest, reaching a footbridge at 20.8 miles. Dead Vly is visible through the trees to your left, and Buckhorn Lake lies unseen just 0.1-mile upstream to your right.

The hilliness continues for the remaining distance. Soon you can hear cars ahead of you, and then you reach a trail register and cross a snowmobile trail. After cutting through a reforested meadow you arrive at NY Route 8 in Piseco at 22.0 miles. Casey's General Store is a useful and convenient food stop across the road.

This is the end of the first trail section on the Northville-Placid Trail. It should be pointed out that the Schenectady Chapter of the Adirondack Mountain Club, who is responsible for recognizing successful end-to-end hikers, requires you to hike the next road section – even people who are doing



(LEFT) THE LARGEST LAKE IN THE AREA, SILVER LAKE, IS THE WATERY HEART OF THIS WILDERNESS. (MAIN) ROCKY POINT AT CANARY POND. (ABOVE) SUSPENSION BRIDGE OVER HAMILTON LAKE STREAM.

the trail in sections – if you would like to earn a trail patch. This is a three-mile walk through Piseco that is entirely on pavement. Brown DEC signs direct hikers off Route 8 onto Piseco Road, past the Piseco airport and post office, and then onto Haskell Road 2.2 miles later. At the end of this section – 25 miles from the start of the NPT – you reach Cold Stream trailhead, and the start of the next leg: West Canada Lake Wilderness. ▲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironacks.com). For more on this region, consult Discover the Southern Adirondacks.

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saturday, april 2

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sunday, april 3

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## Calendar of Events March - May 2011\*

\*Events beyond this month are advertisers in this issue.

MARCH 2011							APRIL 2011							MAY 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4		1	2	3	4	5	6	7	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28	22	23	24	25	26	27	28
27	28	29	30	31			29	30	31					29	30	31				

### ALPINE SKIING & SNOWBOARDING

#### MARCH

- 12 **Pond Skimming Contest.** Oak, Speculator. 548-3606. oakmountainski.com.
- 13 **Super Sunday: Shamrock Theme.** \$35 tickets, slopeside games & pipe/park events. Whiteface, Wilmington. 946-2223. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 13 **Okemo Funday Trip.** Goldstock's Sporting Goods, Scotia. 382-2037. [goldstockssportinggoods.com](http://goldstockssportinggoods.com).
- 19 **Gail's Bump Camps.** 9:45am. 1:15pm. Gore, North Creek. Gail Setlock: 251-2411. [goremountain.com](http://goremountain.com).
- 20 **Walt's Bump Contest.** 11am. Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 20 **Apple Butter Open Mogul Competition.** Whiteface, Wilmington. 946-2223. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 20 **Ski Bus Trip: Sugarbush.** Alpine Sport Shop, Saratoga Springs. 584-6290. [alpinessportshop.com](http://alpinessportshop.com).
- 21-27 **Take Your Son to Gore Week.** 19- under free w/ paying parent. Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 27 **Parent-Son Family Fun Race.** 10:30am. Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

#### APRIL

- 2-3 **33rd Sugarbush Adventure Games.** Sat: Kids' Triathlon. Sun: Sugarbush Triathlon. Run, canoe/kayak, cycle, XC ski. Sugarbush, Warren, N.Y. [sugarbush.com/events](http://sugarbush.com/events).
- 3 **Super Sunday: Retro Theme.** \$35 tickets, slopeside games & pipe/park events. Whiteface, Wilmington. 946-2223. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 3 **Pond Skimming.** Whiteface, Wilmington. 946-2223. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 9 **Your Park Never Dies Rail Rally.** 12pm. Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 10 **Pond Skimming.** 9am. Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

### BICYCLING & MOUNTAIN BIKING

#### MARCH

- 19 **Trooper Brinkerhoff Memorial Spring Race Series #1.** Cossackie. Tom Butler: 857-0502. [cbrcc.com](http://cbrcc.com).
- 20 **Tour of the Battenkill: Spring Preview Ride.** 64M. 10am. Supported, non-competitive ride open to all ages/abilities. Benefits Farm Team Cycling. Cambridge. Dieter Drake: 275-6185. [tourofthebattenkill.com](http://tourofthebattenkill.com).
- 26 **Trooper Brinkerhoff Memorial Spring Race Series #2.** Cossackie. Tom Butler: 857-0502. [cbrcc.com](http://cbrcc.com).
- 26-27 **RPI Race Weekend.** Sat: Team Trial & 7.5M Circuit Race, Schaghticoke. Sun: Collar City 9-Corner Criterium, Troy. RPI Cycling Club. Greg Hahn: 804-516-3986. [cycling.union.rpi.edu](http://cycling.union.rpi.edu).
- 27 **Van Wie Point Tour Ride.** 30M. 1pm. Park/Ride, Bethlehem. John Petiet: 438-9102. [webmhcc.org](http://webmhcc.org).
- 27 **Pedaling Toward the Pink Cure Indoor Cycling.** 7am. College of St. Rose, Albany. [gopassionatelypinkforthe.cure.com](http://gopassionatelypinkforthe.cure.com).
- 27 **Saratoga 200K Brevet Ride.** 7am. Schuylerville. John Ceceri: 583-3708. [adkulttracycling.com](http://adkulttracycling.com).

#### APRIL

- 2 **Trooper Brinkerhoff Memorial Spring Race Series #3.** Cossackie. Tom Butler: 857-0502. [cbrcc.com](http://cbrcc.com).

- 2 April Fools Ride. 16-32M. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419.
- 9 **Tour of the Battenkill: Cycle for Health Bike Marathon.** 64M. 9am. Benefits wounded/disabled veterans. Cambridge. Dieter Drake: 275-6185. [tourofthebattenkill.com](http://tourofthebattenkill.com).
- 10 **Tour of the Battenkill: Pro/Am & Professional Invitational Races.** 64M. Expo, music, family activities, food. Cambridge. Dieter Drake: 275-6185. [tourofthebattenkill.com](http://tourofthebattenkill.com).
- 16-17 **6th Adirondack Sports & Fitness Summer Expo.** Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 24 **Saratoga 300K Brevet Ride.** 4am. Schuylerville. John Ceceri: 583-3708. [adkulttracycling.com](http://adkulttracycling.com).
- 30-5/1 **Bennington Race Weekend:** Tour of the Dragons Stage Race. Bennington, VT. [benningtonraceweekend.com](http://benningtonraceweekend.com).

#### MAY

- 1 HRRT Spring Metric Century. 62M. 9am. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419. [bikereg.com](http://bikereg.com).
- 7 **Bicycle Screening.** Fit & Body Mechanics. 9am. Wilton Medical Arts, Saratoga Springs. Register: Kristen Cook: 583-8459. [saratogahospital.org](http://saratogahospital.org).
- 14 **Saratoga 400K Brevet Ride.** 4am. Schuylerville. John Ceceri: 583-3708. [adkulttracycling.com](http://adkulttracycling.com).
- 15 **7th Team Billy's Ride & Walk for Research.** 50/25/10M bike or 3M walk. Saratoga Springs. 587-7211. [teambilly.org](http://teambilly.org).

#### JUNE

- 5 **20th Tour de Cure Bike Tour.** 100/63/50/25/10M or 3-hour spin. Saratoga Springs H.S., Saratoga Springs. American Diabetes Association. Denise Nicastro: 218-1755 x3606. [diabetes.org](http://diabetes.org).
- 11 **Adk North Country Race Weekend.** Sat: Wilmington-Whiteface Road Race. 22-55M. 8am. Jim Walker: 637-6590. [teampalacidplanet.org](http://teampalacidplanet.org).
- 11 **16th Black Fly Challenge Mtn Bike Race.** Indian Lake to Inlet. [blackflychallenge.com](http://blackflychallenge.com).
- 12 **Adk North Country Race Weekend.** Sun: Saranac Lake Downtown Criterium. Saranac Lake. Jim Walker: 637-6590. [teampalacidplanet.org](http://teampalacidplanet.org).
- 17-19 **Saranac Lake Tandem Rally.** Gear-To-Go Tandems, Saranac Lake. 891-1869. [ggtandems.com](http://ggtandems.com).
- 17-19 **BikeFest!** Mtn/road biking, demos, films, BBQ, music. Whiteface Mtn Bike Park, Wilmington. 888-944-8332. [downhillmike.com](http://downhillmike.com).
- 18 **10th Whiteface Mtn Uphill Bike Race.** Whiteface Mtn, Wilmington. 888-944-8332. [whitefaceace.com](http://whitefaceace.com).

#### AUGUST

- 27 **11th Pat Stratton Memorial Century Ride.** 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. [active.com](http://active.com).

### CROSS-COUNTRY SKIING

#### MARCH

- 12-13 **NYSSRA Champions Cup: State Nordic Champs.** Olympic Sports Complex, Lake Placid. [nyssranordic.com](http://nyssranordic.com).
- 13 **Adk Classic Ski Tours: MacKenzie Pass.** 5.5M advanced. Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 19 **Full Moon Night Skiing w/Lakeside Campfire.** Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).
- 19-20 **NYSEF Nordic Kids Festival & Dr. Dave Memorial Race.** Sat: Skate races, ski jumping, paintball biathlon. Sun: Dr. Dave Memorial Race. Olympic Jumping Complex, Lake Placid. [nysef.org](http://nysef.org).

### HEALTH & FITNESS

#### ONGOING

- Daily CardiotFit Classes:** Call for Schedule. Prime Care Physicians, Albany. 618-1100. [centerforpreventivemedicine.com](http://centerforpreventivemedicine.com).
- Daily Experienced Coaching w/Jessica Mitchell.** Power House Athletics, Latham. [powerhouseathleticsny.com](http://powerhouseathleticsny.com).
- Sun Yoga for Skiers/Snowboarders.** 8:15am. Topridge Room, Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

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[jj2bfree@gmail.com](mailto:jj2bfree@gmail.com)

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## 10TH ANNUAL WHITEFACE MOUNTAIN UPHILL BIKE RACE

Saturday, June 18th



**WhitefaceRace.com**  
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Wilmington, NY

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Thu 11am-7pm  
Sat 10am-5pm • Sun 11am-4pm  
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tomhannockbicycles@nycap.rr.com  
tomhannockbicycles.com

## SARATOGA LIONS DUATHLON



**Du-It for Sight and Hearing**  
Sunday, May 29 at 8am  
Skidmore College, Saratoga Springs

5K Run, 20M Bike, 5K Run • Individuals & Teams  
Print Application & Online Registration:  
**SaratogaLions.com**

Micro-mesh T-shirts to first 250 entrants

Raffle: \$20 per ticket - Prize options are: \$4,000 Serotta Bicycles gift certificate;  
\$500 Blue Sky Bicycles gift certificate; Mirror Lake Inn stay/golf package; Fox 404 women's watch  
Proceeds benefit sight and hearing projects of the Saratoga Lions Club

### SPORTS & FITNESS

- Mo-Tu Open Level Pilates Mat Class.** 6pm. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Mo-Fr Capital District Adventure Boot Camp for Women.** 4-week camp starts: 3/28, 5/2, 6/6. Colonie, Gunderland, East Greenbush. 444-8060. cdbootcamp.com.
- Mo-Fr Boot Camp Challenge.** 4-week Malta camp starts: 4/25, 6/13. Other camps: Saratoga, Schenectady & Albany counties. 366-1901. makefittraining.com.
- Mo-Fr Pilates Tower Class.** Mon: 9:30am, 10:30am & 4:45pm. Tue: 10:30am. Wed-Thu: 7pm. Fri: 8:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Tue Take Shape for Life: Support Groups w/Dr. Paul Lemanski.** 6pm. Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com.
- Wed Beginner/Intro Pilates Mat, Six-Week Class.** 6pm. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Thu Pilates Open Level Mat Class.** 9:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Thu Beginner/Intro Pilates Mat, Six-Week Class.** 6pm. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

### APRIL

- 16-17 6th Adirondack Sports & Fitness Summer Expo.** Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

### HIKING, SNOWSHOEING & CLIMBING

### APRIL

- 16-17 6th Adirondack Sports & Fitness Summer Expo.** Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 18-22 Spring Fever... Climb the walls at AIR!** 10am-10pm. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.

### MAY

- 14 Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 14-15 Rock Climbing & Rafting Camp.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 21 Women's Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 21 3rd ADK Black Fly Affair: A Hikers Ball.** 7pm. Hiland Park Country Club, Queensbury. Deb: 800-395-8080 x42. adk.org.
- 22 Family Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

### MULTISPORT: TRIATHLON & DUATHLON

### ONGOING

- Sun T3 Coaching Duathlon Series:** 5/1, 5/8, 5/15. 1.5M run, 7M bike, 1.5M run. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 761-4067. t3coaching.net.

### MARCH

- 17 Winter Education Series: Race Day Nutrition for Triathletes w/Judy Torel, USAT Coach.** 6pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 22 Winter Education Series: Strength Training for Triathletes w/Kristen Hislop, USAT Coach.** 6pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 27 Gunderland Y Indoor Triathlon.** 7am. Gunderland YMCA, Gunderland. 456-3634 x1140. cdyca.org.

### APRIL

- 2-3 Sugarbush Adventure Games.** Sun: Sugarbush Triathlon: run, kayak/canoe, bike, XC ski. Sat: Kids' Triathlon. Sugarbush.com/events.
- 16-17 6th Adirondack Sports & Fitness Summer Expo.** Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

### MAY

- 1 18th Anyone Can 'Tri' Triathlon.** 350yd indoor swim, 11M bike, 3.2M run. 7:30am. Southern Saratoga YMCA, Clifton Park. Chris Belden: 371-2139. cdyca.org.
- 1 6th Kids Can 'Tri' Too Mini-Triathlon.** 10am. Southern Saratoga YMCA, Clifton Park. Chris Belden: 371-2139. cdyca.org.
- 15 Just Du It Duathlon.** 3.1M trail, run, 25M mtb, 3.1M trail run. 9:30am. Cooperstown. 607-547-2800.
- 15 Wheel and Heel Tri/Duathlon.** Taghkanic State Park, Ancram. 845-632-3050. wheelandheel.com.
- 21 Genesis Adventures HarryMan Olympic & Half Triathlon.** 10:30am. Harriman S.P., Southfields. genesisadventures.com.
- 29 Saratoga Lions Duathlon.** 5K run, 20M bike, 5K run. 8am. Skidmore College, Saratoga Springs. saratogalions.com.
- 29 1st Cooperstown Triathlon.** Sprint: 800m swim, 11.6M bike, 3.1M run. 8am. Otesaga Hotel, Cooperstown. Mike Brych: 315-404-8130. cooperstowntri.com.

### JUNE

- 12 2nd Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. Hudson Crossing Park, Schuylerville. Chris Bowcutt: 290-0457. hudsoncrossingtri.com.
- 25 North Country Triathlon.** Sprint: 750m swim, 12.4M bike, 3.1M run. Olympic: 1500m swim, 24.9M bike, 6.2M run. 8am. Hague Beach, Hague. northcountrytri.com.

### JULY

- Mo-Fr SHAPE Multi-Sport Camps.** Ages 8-15. Five sessions: 7/4-8/5, 9am-5pm. Averill Park. shapecamp.org.
- 16 SkyHigh Kids' Triathlon.** 100m swim, 5K mtb. bike, 1K trail run. 9am. Grafton Lakes S.P., Grafton. multisportlife.org.
- 17 SkyHigh XTERRA Off-Road Triathlon.** 1K swim, 20K mtb. bike, 6K trail run. 8am. Grafton Lakes S.P., Grafton. multisportlife.org.
- 31 SkyHigh Super-Sprint Triathlon.** 250m swim, 10K bike (draft legal), 2.5K run. Location TBA. multisportlife.org.
- 31 2nd Delta Lake Triathlon.** Int.: 1500m swim, 40K bike, 10K run. Sprint: 800m swim, 12M bike, 3M run. 8am. Delta Lake S.P., Rome. Mike Brych: 315-404-8130. atcendurance.com.

### AUGUST

- 5 Fronhofer Kids' Triathlon.** Ages 7-10: 50 yd swim, 2.4M bike, .5M run. 11-17: 100yd swim, 5M bike, 1M run. 6:30pm. Lake Lauderdale, Cambridge. fronhoferooltriathlon.com.
- 6 5th Fronhofer Tool Triathlon.** Olympic: 1.5K swim, 40K bike, 10K run. 8am. Sprint: .5M swim, 14.5M bike, 3.1M run. Lake Lauderdale, Cambridge. fronhoferooltriathlon.com.
- 20 Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.

### OTHER EVENTS

### MARCH

- 12-13 Winter Raptor Fest.** Live birds of prey, free-flight raptor show, snowshoe walks, youth snowshoe races, snow sculpture, sleigh rides. Little Theater on the Farm, Fort Edward. 499-2435. winterraptorfest.com.
- 14-17 Gold Medal Games: Family Edition.** Ski, bobsled, biathlon, hockey, curling, skating. whitefaceclacelplacid.com.
- 27 Open House.** 2pm. YMCA Camp Chingachgook, Kattskill Bay. RSVP: 656-9462. lakegeorgecamp.org.

### APRIL

- 2-5/21 Albany Knickerbocker Rugby.** 11am. Hoffman Park, Albany. Cole Armstrong: 368-2110. albanyknicksrfc.com.
- 29-30 Stihl Timbersports Series: Lumberjack Competition.** Single buck, standing block chop, stock saw & underhand chop. SUNY Cobleskill. stihltimbersports.com.
- 29-5/1 Mother-Daughter Weekend Camp.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

### MAY

- 1 High Ropes Course for Women.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 6-8 2nd Adirondack Adventure Festival.** Activities, music, food, film festival, guided mountain biking, hiking, raft rides. North Creek. 251-2612. gorechamber.com.

the **Y** Southern Saratoga YMCA

18th Annual

## Anyone Can 'Tri' Triathlon

Sunday, May 1 • 7:30 AM

350yd indoor swim  
11M bike • 3.2M run  
Ironpersons or 3-Person  
Ironteams

Register early, it fills fast!

Fees increase after 4/22

Registration deadline: 4/27

## 6th Annual Kids Can 'Tri' Too Mini-Triathlon

Sunday, May 1 • 10 AM

Age 9-13: 50yd swim, 1M bike, 0.5M run  
Age 8-under: 25yd swim, 0.5M bike, 0.25M run

Southern Saratoga YMCA  
1 Wall St, Clifton Park

Entry Form/Info: cdyca.org

(see Southern Saratoga branch)

Chris Belden: 371-2139 x5550  
cbelden@cdymca.org

## Adirondack North Country Race Weekend 2011

Sat. 6/11: Wilmington-Whiteface Road Race  
Sun. 6/12: Saranac Lake Downtown Crit  
(NYS Crit Championships, w/ medals and jerseys!)

- Challenging, hilly road race with uphill finish; nearly flat, fast, exciting village criterium
- 19 categories including women's & junior (10-18) races, kids' (below 10) crit on Sunday
- \$30 pre-reg. (each race) on BikeReg.com; \$10 for 18 & under; kids below 10 free
- Over \$4600 in cash plus merchandise and medals
- For more info see: www.teamplacidplacrid.org or email: jamestwalker3@placidplacrid.com

Presented by

**TEAM Placid Planet**

## CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water  
Bike 18mi out & back  
Run 3mi lake loop



USA Triathlon sanctioned event

Crystal Cove

38 Old Rte 66, Averill Park  
Saturday, August 20, 8am

Registration is limited

Register at active.com - Details at cdtriclub.org

Open to individual athletes, youth (11-17) & teams of 2 or 3  
Practice on the Course! Join CDC's Crystal Lake Training Series  
Tuesdays, Jun 7 - Aug 23 at 6pm

## Multi-Sport Life tri club

### SHAPE Multi-Sport Camps

Ages 8-15 • Averill Park, Colonie, Grafton  
Five sessions (M-F 9-5): July 4-Aug. 5  
Experienced staff

- Swim/bike instruction, running games, teamwork
- Safe, fun learning environment
- Led by certified educators & coaches
- USA Triathlon sanctioned camp

NEW Epic Adventure Trips  
Bike & Surf Cape Cod Week



SHAPEcamp.org

### SKYHIGH XTERRA Off-Road Triathlon

Sunday, July 17 • 8am  
Grafton Lakes State Park, Grafton  
1K swim/20K mtb bike/6K trail run

### SKYHIGH Kids' Triathlon

Saturday, July 16 • 9am  
100m swim/5K mtb bike/1K trail run

### SKYHIGH Super-Sprint Triathlon

Sunday, July 31  
250m swim, 10K bike (draft legal), 2.5K run

Multisportlife.org

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**8th Annual St. John's/St. Ann's SPRING RUN-OFF**

**Saturday, April 30th**

*Hudson River Way Amphitheater*

A 5K & 10K run and mile walk on the traffic-free Corning Preserve to benefit St. John's/St. Ann's Outreach Center

8:30 am ..... 10K 10 am ..... 5K  
10 am ..... 1 Mile Family Fun Walk

Fees: 5K & 10K: \$17/person, per race (\$20 after 4/20), Family Walk \$10/adult, \$5/child

Register Online: [www.Active.com](http://www.Active.com) • Info/Entry Form: [www.springrunoff.com](http://www.springrunoff.com)  
Or call St. John's/St. Ann's Center (518) 472-9091

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Approaching 1100 members  
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Numerous parties and social events  
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- Bands, musicians and taiko drummers
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- Super friendly volunteers

**Adirondack Distance Festival**

**Half & Full Marathon Marathon 2-Person Relay**  
Full - 9am, September 25, 2011  
Half - 10am, September 25, 2011  
Schroon Lake, New York

**Kids 1K Fun Run**  
Saturday 2pm, September 24, 2011  
Schroon Lake, New York

**5K & 10K Races**  
9:30am, September 24, 2011  
Chestertown, New York

Visit Our Website [adirondackmarathon.org](http://adirondackmarathon.org)  
For Info & Registration Form  
Call **1-518-532-7675**

**USA Triathlon Series**

**Grand Prix Road Race Series**

3/12 Runnin' Green • 4/10 Delmar Dash 5M  
4/30 Bill Robinson 10K • 5/30 GF Memorial Mile  
6/11 Kinderhook OK 5K • 6/26 Adk Distance 10M  
9/18 Dunkin' Donuts 5K • 9/23 Arsenal City 5K  
9/25 Falling Leaves 14K • 10/9 MHR Marathon or Half Marathon • 11/13 Stockade-athon 15K  
11/24 Troy Turkey Trot 10K

Top six male/female in each category: \$5,200 cash prizes plus merchandise  
Open to 2011 USA Triathlon Adirondack members

More info: [usatfdir.org](http://usatfdir.org)  
Sponsored by Fleet Feet Sports Albany & Hudson-Mohawk Road Runners Club

**34TH ANNUAL WHITEFACE MOUNTAIN UPHILL FOOT RACE**

Sunday, June 5th

**WhitefaceRace.com**  
888-944-8332  
Wilmington, NY

- 8 **High Ropes Course for Adults.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org)
- 13-15 **Father-Son Weekend Camp.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org)

**JUNE**

- 3-5 **Women's Camp Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org)

**PADDLING: CANOEING & KAYAKING**

**MARCH**

- 16 & 23 **Kayak Rolling Instruction.** 8pm. JCC, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com)
- 30 **Kayak Rescue Instruction.** 8pm. JCC, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com)

**APRIL**

- 3 38th Tenandeh Whitewater Derby. 12pm. Stillwater to Mechanicville. John Casey: 810-7579. [canoejr@msn.com](http://canoejr@msn.com)
- 16-17 **6th Adirondack Sports & Fitness Summer Expo.** Sat. 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com)
- 17 Little River Ramble. 2M college/rec. 6M kayak/marathon. 1pm. Boat Launch, Canton. 315-854-0881. [slvpaddlers.org](http://slvpaddlers.org)

**MAY**

- 1 **Family War Canoe Tour.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org)
- 3 **Evening Tours on the Mohawk.** Crescent Bridge, Halfmoon. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com)
- 7-8 **54th Hudson River Whitewater Derby.** Sat: Slalom races; Sun: Downriver races. North River to North Creek to Riparius. 251-2612. [whitewaterderby.com](http://whitewaterderby.com)
- 8, 15 **Family Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org)
- 11 **Evening Tours on the Mohawk.** Freeman's Bridge, Glenville. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com)
- 14-15 **Canoe & Kayak Demo Days.** Riverside Park on Lake Flower, Saranac Lake. Adirondack Lakes & Trails Outfitters: 800-491-0414. [adirondackoutfitters.com](http://adirondackoutfitters.com)
- 13-15 50th Canton Canoe/Kayak Weekend/Rushon Tour/Rec Races. Grasse River, Taylor Park, Canton. [slvpaddlers.org](http://slvpaddlers.org)
- 15 **Family Kayaking Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org)
- 17 **Evening Tours on the Mohawk.** Lock 7, Niskayuna. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com)
- 20-22 **Adirondack Paddfest.** Old Forge. Mountainman Outdoors: 315-369-6672. [adirondackpaddfest.com](http://adirondackpaddfest.com)
- 22 **Women's Kayaking Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org)
- 15, 29 **Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org)
- 24 **Evening Tours on the Mohawk.** Lansingburgh to Peebles Island. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com)
- 27-30 General Clinton Canoe Regatta. Various locations. John Harmon: 607-237-6008. [canoeregatta.org](http://canoeregatta.org)

**JUNE**

- 1 **Evening Tour on the Hudson.** Henry Hudson Park, Bethlehem. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com)
- 4-5 **Adirondack Woods & Water Expo.** Boats, bikes, hiking. Arrowhead Park on Fourth Lake, Inlet. 866-GO-INLET. [inletny.com](http://inletny.com)
- 7 **Evening Tour on the Hudson.** Hudson Shores Park, Watervliet. Adk Paddle N Pole: 346-3180. [onewithwater.com](http://onewithwater.com)

**RUNNING, SNOWSHOE RACING & WALKING ONGOING**

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

**MARCH**

- 12 **12th Runnin' of the Green (Island) 4M Road Race.** 10am. Kids' Fun Runs: 11:30am. American Legion Hall, Green Island. Ed Gillen: 956-4538. [hmrc.com](http://hmrc.com)

- 19 Running Screening. 9am. Wilton Medical Arts, Saratoga. Register: Kristen Cook: 583-8459. [saratogacare.org](http://saratogacare.org)
- 26 **2nd Schenectady Firefighters' Run 4 Your Life 5K Run/Walk.** 9:30am. Kids' Fun Run (free). Central Park, Schenectady. Brian Demarest: 365-3883. [areep.com](http://areep.com)
- 26 1st Ice Breaker Challenge 5K Run/Walk. 9am. Corning Preserve Boathouse, Albany. 527-3324. [albanyrrowingcenter.org](http://albanyrrowingcenter.org)
- 26 CancerBgone 5K & 1M Run. 8:30am. AFB Oval, Plattsburgh. Patricia Diman: 578-4538
- 26 Wurtsboro Mountain 30K. 9am. Wurtsboro. Myriam Loo: 845-527-3825.
- 27 **25th Shamrock Shuffle.** 5M. 11am. Leprechaun Leap Kids' Fun Run: 10am. Glens Falls H.S., Glens Falls. Kevin Sullivan: 798-9593. [adirondackrunners.org](http://adirondackrunners.org)
- 32nd Kaynor's Sap Run. 10K. 12pm. Westford School, Westford, VT. Steve Eustis: 802-878-4385. [gmaa.net](http://gmaa.net)

**APRIL**

- 2 **32nd April Fool's Race.** 10K Race: 10am. 5K Race/Walk: 11am. 1M Kids' Race: 10am. Salem H.S., Salem. Dan Sheldon: 854-9262. [aprilfoolsrace.com](http://aprilfoolsrace.com)
- 2 Fort to Fort 5K & 10K Road Races. 9am. Rome. [romanrunners.com](http://romanrunners.com)
- 3 More/Fitness Women's Half-Marathon. 13.1M. 8am. Central Park, New York. [more.com](http://more.com)
- 9 Bust a Move 5K Run/Walk. 10am. Russell Sage College, Troy. Michael Washco: 210-5298. [sage.edu](http://sage.edu)
- 9 Rotary 5K Run. 10am. SUNY Adirondack, Queensbury. Jim Goodspeed: 793-8223. [glensfallsrotary.com](http://glensfallsrotary.com)
- 9 Habitat for Humanity 5K Run/Walk & "HomeRun" Half Marathon. 9am. Colgate University, Hamilton. [colgate.edu](http://colgate.edu)
- 9 Fulton County YMCA Spring Sprint. 5K. 9am. Fulton YMCA, Johnstown. 848-3447.
- 9 4th Peppertree Furry Fun Run/Walk. 5K. 9:15am. Saratoga Spa S.P., Saratoga Springs. 326-6090. [peppertree.com](http://peppertree.com)
- 9 23rd Delmar Dash 5M. 9am. Bethlehem M.S., Delmar. Marcia Adams: 356-2551. [hmrc.com](http://hmrc.com)
- 10 Red Cross 5K. 10:30am. The Crossings, Colonie. Nik Godbole: 229-8689.
- 16 **9th Dodge the Deer 5K.** 10am. Kids' Fun Run & Sprint. Schodack Island S.P., Schodack. [albanyrunningexchange.org](http://albanyrunningexchange.org)
- 16 **32nd St Peter's Keys Run.** 10K: 9am. 5K: 11am. Kids' Fun Run: 10:30am. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. [saratogastryders.org](http://saratogastryders.org)
- 16-17 **6th Adirondack Sports & Fitness Summer Expo.** Sat: 10-6. Sun: 10-5. Running, Hiking, Biking, Paddling, Triathlon, Health/Fitness, Travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com)
- 17 **Butler County Half Marathon.** USRA Half Marathon Series. Pittsburgh, PA. 407-599-0568. [butlerhalf.com](http://butlerhalf.com)
- 17 Kingston Classic 10K. 1pm. Dietz Stadium, Kingston. [kiwaniskingstonclassic.com](http://kiwaniskingstonclassic.com)
- 17 2nd City of Plattsburgh Half-Marathon. 8am. AFB Oval, Plattsburgh. 324-7709. [plattsburghhalfmarathon.com](http://plattsburghhalfmarathon.com)
- 17 CVR Mutt Strutt 3M Run (21 doggie miles). 10am. Little River S.P., Waterbury, VT. 802-229-4393. [cvrrunners.org](http://cvrrunners.org)
- 23 **1st Lake George Half Marathon.** 13.1M: 8am. 5K Run/Walk: 8:15am. Fun Run: 10:45am. USRA Half Marathon Series. Lake George. 407-599-0568. [lakegeorgehalf.com](http://lakegeorgehalf.com)
- 23 17th Rabbit Ramble 4-Miler. 10am. Guiderland H. S., Guiderland Center. Phil Carducci: 861-6350.
- 23 33rd Rollin Irish Half-Marathon. 9am. Memorial Hall, Essex Center, VT. Randi Brevik: 802-598-5624. [gmaa.net](http://gmaa.net)
- 30 **31st Bill Robinson Masters 10K Championship.** 9am. Guiderland H.S., Guiderland Center. Jim Tierney: 869-5597. [hmrc.com](http://hmrc.com)
- 30 **8th St John's/St Ann's Spring Run-Off.** 10K: 8:30am. 5K: 10am. 1M Family Fun Walk: 10am. Hudson River Way Amphitheater, Albany. 472-9474. [springrunoff.com](http://springrunoff.com)
- 30 4th David Brinkerhoff 5K Run/Walk. UAlbany, Albany. Sean Maguire: 250-5679.
- 30 7th Duanesburg Dash. 5K. 9am. Community Center, Duanesburg. 895-9500. [dacc.info](http://dacc.info)
- 30 MOPS Great Moms 5K Fun Run/Walk. 9am. Maple Ridge Park, Selkirk. Jessica West: 649-7744.
- 30 Albany YMCA 5K Run/Walk & Kids Run. 9am. Washington Park, Albany. Ben Luke: 463-9622. [cdymca.org](http://cdymca.org)

**32ND ANNUAL ST. PETER'S KEYS RUN**  
A Grand Prix Event of the Adirondack Runners

**Saturday, April 16** 5K & 10K USATF Certified

10K - 9AM • CHILDREN'S 1-MILE FUN RUN - 10:30AM • 5K - 11AM  
SARATOGA SPA STATE PARK, COLUMBIA PAVILION, SARATOGA SPRINGS

ENTRY FEE 5K & 10K \$15 / \$20 day of race (1 fee covers both races)  
1-Mile \$10  
Family Discounts (5K & 10K): \$50 preregistered / \$60 day of race

Online Registration & Application: [www.saratogastryders.org](http://www.saratogastryders.org)

INFORMATION Jeff Clark 581-7550 or Laura Clark [laura@saratogastryders.org](mailto:laura@saratogastryders.org)  
Benefits Community Hospice of Saratoga & St. Peter's Youth Group • Wheelchairs & Walkers Welcome!

**2nd Annual 5K BURGER DASH**

**Saturday, May 14, 9:30am**  
Warrensburg Elementary School

\$20 postmarked by 4/29 or \$25 after  
Cotton T-shirts to first 150 entered  
Kids' Fun Run (after race): \$5

Register: [www.active.com](http://www.active.com)  
Entry Form: [www.wcsd.org](http://www.wcsd.org)  
More Info: 518-623-9747  
Proceeds benefit Playground Fund

**March 26 - 9:30 am Central Park, Schenectady**  
Schenectady Firefighters' 2nd Annual

**RUN 4 YOUR LIFE**  
5K Run/Walk • Kids' Fun Run (free)

To benefit American Heart Association  
5K: \$20 by 3/10, \$25 after  
T-shirt for first 500 registrants

Register Online or Entry Form: [AREEP.com](http://AREEP.com)  
[schenectadyfirefightersrun4yourlife.com](http://schenectadyfirefightersrun4yourlife.com)  
[sfdemem232@yahoo.com](mailto:sfdemem232@yahoo.com)  
Brian Demarest 365-3883

*New Location!*  
**Literacy**  
**5K Run/Walk 2011**  
**Sunday, May 2 • 10am**  
**Troy Atrium**  
**3rd St & Fulton St, Troy**  
 Register: Active.com  
 \$20 registration; \$25 race day  
 Children's Fun Run - 9am (\$6)  
 Youth Mile - 9:30am (\$10)  
 Complete info: [lvorc.org](http://lvorc.org)  
 Literacy Volunteers of Rensselaer County  
**(518) 274-8526**

5TH ANNUAL  
**CCRC 5K Run/Walk/BBQ**  
**Saturday, May 7 - 3pm**  
**Christ Community**  
**Reformed Church**  
**1010 Route 146, Clifton Park**  
 USATF Sanctioned 5K Race  
 Kids' 1K Race - 4pm  
 BBQ chicken dinner included  
 T-shirt to first 100 entrants  
 Register: [www.active.com](http://www.active.com)  
 Form: [www.ccrc-cpny.org](http://www.ccrc-cpny.org)  
 Pat Glover: 877-0654  
 An afternoon of fitness, family fun and food to promote well-being and a healthy lifestyle  
 Proceeds to CAPTAIN Youth/Family Services

The Albany Running Exchange is thrilled to present its 9th annual  
**Dodge the Deer 5k**  
*Mile Fun Run and 200m Kids Sprint*  
**Saturday, April 16, 10am**  
**Schodack Island State Park (8 miles south of Albany)**  
 Family event with lots of kids activities  
 Fun run and kids sprint finishers receive a ribbon  
 ONLINE REGISTRATION  
 Chip timing  
 Huge cookout for all  
 Costumed characters, a beautiful course along the Hudson River and a musical  
 Ample food, animals everywhere and more than anything else, FUN!  
 Visit [AlbanyRunningExchange.org](http://AlbanyRunningExchange.org) to register online  
 And learn more about Dodge the Deer, Chase Chipmunk and Bully the Bear

MAY

- 1 **10th Sean's Run.** 5K Race/Walk: 1pm. Meghan's Mile: 12:30pm. Chatham H.S., Chatham. [seansrun.com](http://seansrun.com).
- 2 **Literacy 5K Run/Walk.** 9am. Kids' Fun Run & Youth Mile. Troy Atrium, Troy. 274-8526. [lvorc.org](http://lvorc.org).
- 7 **5th CCRC 5K Run/Walk/BBQ.** 5K: 3pm. 1K Kids' Run: 4pm. BBQ included. Christ Community Reformed Church, Clifton Park. Pat Glover: 877-0654. [ccrc-cpny.org](http://ccrc-cpny.org).
- 7 **Jog For Jugs Half-Marathon & 5K Run.** 9am. Town Park, Duaneburg. Jessica Mitchell: 229-5611. [powerhouseathleticsny.com](http://powerhouseathleticsny.com).
- 7 **kLaVoy5k.** 5K. 10am. Warming Hut, Saratoga Spa State Park, Saratoga Springs. [Inpresports.com](http://Inpresports.com).
- 7 **32nd Partners Race.** 5M. 9am. Jericho Center Green, Jericho. Megan Valentine: 802-598-0261. [gmaa.net](http://gmaa.net).
- 7 **Adamant 20M Run or 25M Bike Ride.** 10am. Adamant, VT. Eric Ryea: 802-223-2733. [crrunners.org](http://crrunners.org).
- 8 **31st Mother\* Day 3.5-Miler.** 10am. Hamagrael School, Delmar. Dave Williams: 641-2167. [hmrc.com](http://hmrc.com).
- 13-14 **Ragnar Relay New York.** 184M. Woodstock to Dobb Ferry. [ragnarrelay.com](http://ragnarrelay.com).
- 14 **22nd Prospect Mtn Road Race.** 5.7M. 10am. Lake George E.S., Lake George. Rebecca: 796-9404. [adironackrunners.org](http://adironackrunners.org).
- 14 **2nd Burgher Dash 5K.** 9:30am. Kids' Fun Run: 10:30am. Warrensburg E.S., Warrensburg. Kate Motsiff: 623-9747. [wcsd.org](http://wcsd.org).
- 14 **MTA 5K Race.** 10am. Halfmoon Town Park, Halfmoon. Mary Guarnieri: 371-2315.
- 15 **Spring MAY-hem 5K Road/Trail Race.** 10am. Columbia-Greene CC, Hudson. Phil Carducci: 861-6350.
- 15 **Shires of Vermont Marathon.** 26.2M. 9am. Bennington to Manchester, VT. David Durfee: 802-442-4414. [shiresofvermontmarathon.com](http://shiresofvermontmarathon.com).
- 15 **Cherry Blossom Race for ALS.** 5K. .10:15am. Congregation Gates of Heaven, Schenectady. 320-6770. [cgoh.org](http://cgoh.org).
- 15 **Walk to End Alzheimer's.** 9am. Ft William Henry, Lake George. 867-4999 x304. [adironack.kintera.org](http://adironack.kintera.org).
- 19 **35th CDPHP Workforce Team Challenge.** 3.5M. 6:25pm. Empire State Plaza, Albany. [cdphwpc.com](http://cdphwpc.com).
- 20-21 **Ragnar Relay New England.** 189M. New Haven to Boston. [ragnarrelay.com](http://ragnarrelay.com).
- 20-21 **Reach the Beach Relay.** 200M. Wachusett to Westport, MA. [rtbrelay.com](http://rtbrelay.com).
- 21 **Kerry Blue Hustle 5K.** 9am. St. Mary's School, Glens Falls. Amy Campopiano: 761-9329. [smsaschool.org](http://smsaschool.org).
- 22 **SPAC Rock + Run 5K.** 10:30am. Saratoga Spa State Park, Saratoga Springs. [spac.org](http://spac.org).
- 28 **Survive the Farm 5K Challenge.** 10am. Easton. Ed Johnson: 791-7856. [survivefarm.com](http://survivefarm.com).
- 28 **Sehghunda Trail Marathon & Relay.** 8am. Letchworth State Park, Mount Morris. David Boutillier: 585-697-3338. [sehghundatrailmarathon.com](http://sehghundatrailmarathon.com).
- 28 **Paul Smith's Jenkins Mt. Scramble Half Marathon Trail Run.** 13.1M. 10am. Paul Smith's VIC. Jack Burke: 327-6226. [paulsmiths.edu](http://paulsmiths.edu).
- 29 **KeyBank Vermont City Marathon & Relay.** 26.2M. 8am. Burlington, VT. 802-863-8412. [runvermont.org](http://runvermont.org).
- 28-29 **2nd Memorial Day Marathon & Half-Marathon.** 5K/10K. 8am. Lenox, MA. [memorialdaymarathon.com](http://memorialdaymarathon.com).

JUNE

- 4 **33rd Freihofer's Run for Women.** 5K. 10am. Empire State Plaza, Albany. [freihoferstrun.com](http://freihoferstrun.com).
- 4 **13th Charlton Heritage 5K Run/Walk.** 10am. Charlton. Bill Herkenham: 384-0065. [charlton5k.org](http://charlton5k.org).
- 5 **34th Whiteface Mtn Uphill Foot Race.** Whiteface, Wilmington. 888-944-8332. [whitefaceace.com](http://whitefaceace.com).
- 5 **Worcester Half Marathon.** USRA Half Marathon Series. Worcester, MA. 407-599-0568. [worcesterhm.com](http://worcesterhm.com).
- 11 **13th Kinderhook Bank OK 5K.** 9am. Village Square, Kinderhook. Dan Curtin: 758-9480. [ok5krace.org](http://ok5krace.org).
- 12 **6th Lake Placid Marathon & Half-Marathon.** 8am. Olympic Speedskating Oval, Lake Placid. [lakeplacidmarathon.com](http://lakeplacidmarathon.com).
- 18 **1st Warrior Run.** 5K w/11 obstacles, 600' elevation change & post-race party. Waves: 10am-5pm. West Mountain, Queensbury. [warriorrunwestmt.com](http://warriorrunwestmt.com).
- 26 **1st Wolf Road Mile.** 8:30am. Colonie Center, Albany. Fleet Feet Sports: 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

JULY

- 4 **5th Firecracker 4 4M Road Race.** 9am. City Center, Saratoga Springs. Peter Goutos: 316-4445. [firecracker4.com](http://firecracker4.com).
  - 14-17 **4th ARE Trail Running Camp.** Adults of all abilities. Clinics, yoga, meals, lodging, run/tube trip. Dippikill Wilderness Retreat, Warrensburg. ARE Event Productions: [areep.com](http://areep.com).
  - 17 **Froggy Five-Miler Trail Run.** 5M. Dippikill Wilderness Retreat, Warrensburg. [areep.com](http://areep.com).
- SEPTEMBER
- 24 **Adirondack Distance Festival 5K & 10K.** 9:30am. Cheertown. [adironackmarathon.org](http://adironackmarathon.org).
  - 25 **Adirondack Distance Festival Marathon, Half Marathon & Two-Person Marathon Relay.** 26.2M: 9am. 13.1M: 10am. 9/24: Expo/Package Pick-Up. Kids' Run: 2pm. Schroon Lake. 532-7675. [adironackmarathon.org](http://adironackmarathon.org).
- OCTOBER
- 9 **Mohawk Hudson River Marathon & Half Marathon.** 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. 8:30am. 10/8: Expo/Package Pick-Up, Crowne Plaza, Albany. [mohawkudsonmarathon.com](http://mohawkudsonmarathon.com).

SWIMMING

APRIL

- 9 1st Duaneburg Masters Swim Meet. 10am. Duaneburg Area Comm. Ctr., Delanson. 895-9500. [adms.org](http://adms.org).

MAY

- 7 Spring Fling Swim Meet. Ballston Spa H.S., Ballston Spa. Joan Coonrod: 885-2971. [adms.org](http://adms.org).

WILDERNESS & MOUNTAINEERING SKILLS

MARCH

- 19 **Map & Compass Fundamentals.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 27-4/3 **Wilderness First Responder.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).

APRIL

- 9-10 **Wilderness First Aid Course.** SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 16-17 **Wilderness First Aid.** Heart Lake, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).
- 18-19 **Spring Tracking Awareness Games & Animal Legends w/ Jim Bruchac.** Age 6-8 & 9-12. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).

MAY

- 14 **Lost in the Woods!** Wilderness Survival Basics. Adult/teen. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 14-15 **Wilderness First Aid Course.** SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 15 **Spring Tracks & Scats Workshop.** Adult/teen. 9am. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 21-22 **Leave No Trace Trainer.** Heart Lake Program Center, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).

JUNE

- 11-12 **Wilderness First Aid Course.** SOLO Cert/WFR. Ndakinna, Greenfield Center. 583-9958. [ndcenter.org](http://ndcenter.org).
- 18-24 **Tracking Expedition at Yellowstone N.P.** Adults. Ndakinna: 583-9958. [ndcenter.org](http://ndcenter.org).
- 25-29 **Leave No Trace Master Educator.** Heart Lake Program Center, Lake Placid. ADK: 523-3441. [adk.org](http://adk.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](http://AdkSports.com). We reserve the right to publish/edit as appropriate.*

**Lake Placid Marathon & Half**  
**SUNDAY, JUNE 12, 2011**  
 LAKE PLACID, NEW YORK, USA  
**MARATHON HALF MARATHON**  
**Ranked as a Top U.S. "Destination Race"**  
 On pace to sell out in record time!  
 2011 Registration via [www.lakeplacidmarathon.com](http://www.lakeplacidmarathon.com) or [www.active.com](http://www.active.com)  
[info@lakeplacidmarathon.com](mailto:info@lakeplacidmarathon.com)

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**5th Annual Firecracker 4**  
**4-Mile Road Race**  
**Monday, July 4 • 9am**  
 Run Thru Historic Saratoga Springs, NY  
 USATF Certified & Chronotrack B tag timed

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**Start/Finish: Saratoga City Center**  
 Entertainment along the course  
 Band at the start/finish  
 \$20 by 7/2 or \$25 race day  
 Dry-fit shirts to all registered runners  
 Register: [www.Firecracker4.com](http://www.Firecracker4.com)  
 Awards: Top 10 M/F overall, top 3 M/F 5-yr & top 3 M/F military and fire/police/EMS  
 Race Directors:  
 Peter Goutos: [pgoutos@casmithllc.com](mailto:pgoutos@casmithllc.com)  
 Bob Vanderminden: [bobjr@telescopecasual.com](mailto:bobjr@telescopecasual.com)  
 Info: 518-316-4445

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A Streets Running Club event - Proceeds benefit Saratoga Springs H.S. XC & track/field programs

31st Annual  
**HMRRC**  
**Bill Robinson Masters 10K Championship**  
 For runners 40 years or older  
 Saturday, April 30 • 9am  
 Guilderland High School  
 Guilderland Center  
 Application: [hmrc.com](http://hmrc.com)  
 Jim Tierney  
 869-5597 • [runnerjmt@aol.com](mailto:runnerjmt@aol.com)

32nd Annual Salem  
**APRIL FOOL'S RACE**  
 Saturday, April 2  
 Run in scenic and historic Salem, NY  
 Start/finish: Salem High School  
 10:00am 1-mile children's race (14 & under)  
 10:05am 10K race & 11:00am 5K race/walk  
 Application: [AprilFoolsRace.com](http://AprilFoolsRace.com)  
 Registration: Dan Sheldon  
 4361 State Route 22  
 Salem, NY 12865  
 (518) 854-9262  
[drswht@yahoo.com](mailto:drswht@yahoo.com)  
  
 All entrants receive April Fool's T-shirt!

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**AND NO SIGN OF SLOWING DOWN.**

With a solid decade behind us, we're just getting warmed up. Our 10th running continues to offer a charming course, many amenities, nice giveaways, event shirts to the first 1,500 entries, fun atmosphere, dedicated volunteers, generous sponsors and a special spirit all in support of an important cause. Bring along all your walking partners and running buddies and you will feel it! **Register today at [www.seansrun.com](http://www.seansrun.com).**

**SUNDAY, MAY 1 / CHATHAM HIGH SCHOOL**  
**5K-1:00PM / MEGHAN'S MILE-12:30PM**

presented by  
**FIRST NIAGARA**

2011 Sponsors

**MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON**

**EVENT DATE:**  
**10-09-11**

**REGISTRATION IS NOW OPEN**

**Directed by Hudson-Mohawk Road Runners Club: [www.hmrrc.com](http://www.hmrrc.com)**  
**Half Marathon presented by US Marine Corps Reserve Toys for Tots**

- **Flat, fast point-to-point course in upstate New York during beautiful fall foliage season.** Course follows the Mohawk and Hudson Rivers over picturesque bike trails and historic city streets, finishing in New York's State Capital, Albany.
- **Trying to qualify for the Boston Marathon?** This is your race. The May 2009 Runner's World Magazine named the Mohawk Hudson River Marathon one of the top 10 U.S. "Superfast Marathons". Last year, one-third of finishers qualified for the Boston Marathon.
- **Great race for first-time marathoners!**
- **adidas®** technical shirts to all participants.

**NEW THIS YEAR!**  
 Prize money in both the marathon and half marathon.  
 Marathon is the USATF Adirondack Association Marathon Championship  
 Both races sold out last year. Register early!  
 Race and training program information: [www.mohawkhudsonmarathon.com](http://www.mohawkhudsonmarathon.com).

**FLEET FEET Sports ALBANY**

Presented by **Nike**

**June 26 2011**

Albany, NY

For more information visit:  
[www.fleetfeetalbany.com](http://www.fleetfeetalbany.com) or call 518.459.3338

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## RUNNING AND WALKING

# Team Relay Racing

## A Social Way To Run

by Maureen Roberts

What's more fun than going out for a long run in April, after the snow has melted, and enjoying that warm sunshine and the sweet smells of spring? The answer is running with 11 of your friends in one of the many relay races springing up all across the country!

Perhaps the most famous is Oregon's Hood to Coast Relay, a 197-mile epic journey from Mount Hood to Seaside, Oregon on the Pacific Coast. Originating in 1981, this race now boasts 15,000 runners, most in traditional 12-person teams, others in six-person "ultra" teams.

Over the years, the relay movement has begun to spread, as runners look to establish races in other parts of the country. The first "child" of the Oregon race is the now famous Reach the Beach Relay in New Hampshire, which debuted in 1999. This September race started with 31 teams and now fills six months ahead of time with 425 teams! Who could resist a race with teams like: The Abominable Slowmen; From Beer to Eternity; The Mass Soles; Earth, Wind and Tired; and Sistas with Blistas! A newer series, the Ragnar Relay races, began in 2004 and now offers 15 events throughout the year, several in the Northeast.

Why run a relay? The camaraderie and bonding that occurs on the team are the main reasons, as runners look to share the race experience with friends, many of whom are new to running or even "non-runners."

Running through the night, getting silly due to massive sleep deprivation, sharing goofy jokes, living out of a smelly van, eating on the run, and cheering teammates on all create a "road adventure" that's both fun-filled and unique! Athletes often push themselves to run faster and longer than they ever thought they could, knowing their teammates are counting on them. This feeling of accomplishment is exhilarating and leads to many runners getting "hooked" on relays and coming back year after year.



(CLOCKWISE)

- SLEEP-DEPRIVED RUNNERS AT A RAINY TRANSITION AREA IN REACH THE BEACH 2008.
- SCREAMING GECKOS ULTRA TEAM BEFORE THE 2010 RAGNAR RELAY TO WASHINGTON, DC.
- "RUNNERS WITH NO SOLE" ENJOYED DECORATING THEIR VAN FOR REACH THE BEACH 2007.
- MAUREEN ROBERTS HANDS OFF THE SNAP BRACELET DURING REACH THE BEACH 2007.



PHOTOS BY GARY LABELLA

Each of the 12 runners completes three legs, separated by many hours, for a team total of 36 legs. Leg distances vary from three to nine miles, so total mileage per athlete ranges anywhere from 12 to 22 miles. Because there are some shorter distances, a relay is "doable" for even a novice runner. In terms of training, a runner should complete a half-marathon training program if they just want to finish comfortably. Competitive racers are usually marathon-trained with many running five to six minutes per mile pace!

Another key training principle is the need to run more than once per day. Start out by increasing to performing "doubles," perhaps by breaking up a long run into two segments run at least six hours apart. Eventually one will need to try at least one "triple," running three times within a 24-hour period. It's also important to practice hydrating on longer runs, preferably with sport drinks containing electrolytes, and figuring out which type of fuel (bars, gels, gummy chews, etc.) taste good and are easily digestible.

Logistics require a team captain to have good organizational skills and teammates willing to share the planning. Hotel rooms before and after the race need to be reserved, as do two vehicles (usually vans) big enough for six runners in each. Supplies such as headlamps, reflective vests, and front and rear blinking lights need to be obtained, usually at least two sets per van. A binder with the relay legs and maps, race instructions and rules,

and a sheet with cell phone numbers for all 12 runners must be in each van. A portable GPS unit in each van helps a lot, along with detailed maps of the region you're running in. When one van is running and "on duty," the other van is free for four to six hours, so often teams will drive ahead to the next major transition area and stop at a nearby restaurant. Many transition areas are in lovely settings, such as state parks, so teams can stretch, swim, sleep, play cards, walk around, and just have fun together!

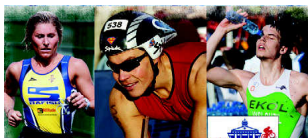
Most race websites have lists of suggested items to bring, but one thing I found very helpful is labeling three resealable plastic bags as Leg 1, Leg 2 and Leg 3, and filling each bag with the outfit and socks to be worn for that particular run. This makes quick changes (especially in the dark) so much easier! In the van, carrying water and smaller healthy snacks can be wise, and many people bring powdered sports drinks or electrolyte tablets to add to water, thereby saving space in coolers.

Bringing some hypoallergenic baby wipes for a quick "shower" after runs is helpful, as you often won't see a real shower until after the finish line. Finally, a first aid kit in each van is advisable. Many relay races don't allow MP3 players while racing, so check the race handbook to be sure. Reach the Beach coordinators will penalize teams if a runner is caught wearing these devices while out on the road.

For those who are interested in trying a relay, here's a sampling of races that are within a four-hour radius of the Capital Region. Go to the websites to learn more or to connect with a team that is looking for runners – if the thought of putting a team together is too daunting!

**Cape Relay** – May 6-7, Easton to Provincetown, Mass. (13relay.com).  
**Ragnar Relay New York** – May 13-14, Bethel to Dobbs Ferry, N.Y. (ragnarrelay.com).  
**Reach the Beach Relay Massachusetts** – May 20-21, Wachusett to Westport, Mass. (rtbrelay.com).  
**Ragnar Relay New England** – May 20-21, New Haven, Conn. to Boston, Mass. (ragnarrelay.com).  
**New England Relay** – June 11-12, West Gloucester, R.I. to Kittery, Maine (newenglandrelay.com).  
**Green Mountain Relay** – June 18-19, Jeffersonville to Bennington, Vt. (greenmountainrelay.com).  
**Mass Dash Relay** – July 16-17, Lanesborough to Boston, Mass. (massdashrelay.org).  
**100on100 Heart of Vermont Relay** – Aug. 13, Stowe to Ludlow, Vt. (100on100.org).  
**Reach the Beach Relay New Hampshire** – Sept. 16-17, Franconia to Hampton Beach, N.H. (rtbrelay.com). ▲

Maureen Roberts (maureenroberts@hotmail.com) of Gansevoort is an obstetrician and enjoys triathlons, trail running, snowshoeing, skiing and tennis. She is a member of Sisterhood of the Saratoga Stryders who is doing Ragnar Relay New England.



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**SPRING CYCLING** continued from page 1

The preview ride is billed as non-competitive by organizers at Anthem Sports and is open to all riders. Just keep in mind that "non-competitive" can be a relative term on this ride. It's used by many serious racers to scout the course and warm up for the real thing three weeks later.

Day of ride registration is offered and riders receive full mechanical and vehicle support, maps and cue sheets, marked course, and rest stops with food and beverage. Proceeds of the ride will benefit Farm Team Cycling, a regional competitive youth cycling program supported by race organizer Dieter Drake.

April 9-10 brings the **Tour of the Battenkill** race weekend and a full schedule of racing and riding in Washington County. Things get underway on Saturday with the **Cycle for Health Bike Marathon**, starting in Cambridge. Cycle for Health is a new not-for-profit dedicated to fighting childhood obesity, diabetes, and weight-related illness. The ride also benefits the Wounded Warriors program for wounded and disabled veterans.

For their registration fee, participants get to ride the same marked race course as the pros and *with* some pros, since participation in the marathon by celebrities in town for the race and Olympic athletes is also planned. The marathon will also feature chip timing, rest stops stocked with food and beverage, a T-shirt, and lunch catered by the Cambridge Hotel.

After conquering the 64-mile paved/dirt course, riders can visit the race expo, and take in the Saturday evening **Cambridge Twilight Criterium**. A limited field of pro and elite men will contest the race around a six-corner closed course in town as darkness falls.

"We're excited to be able to host the new twilight criterium and the professional races as part of our Pro/Am weekend this year," said race director Dieter Drake. "This will bring excitement to the downtown area and our event expo, which will be an improvement over last year."

Sunday brings the main **Tour of the Battenkill Pro/Am Race**, where many divisions are already full with waiting lists. Pro/Am racers and Women's Elite racers will cover a 64-mile course with 16 dirt sections and the Pro racers will race in the afternoon on the same course lengthened to 100 miles.

The Battenkill course has quickly become legendary among racers for its scenery and challenge, and helped make Washington County into a destination for cyclists wanting to test their mettle. It started in 2005 in Salem as the Battenkill-Roubaix in homage to the famous Paris-Roubaix race in Europe. The Spring Classics season in Europe features races that often go off-road, on-dirt or cobblestones. Dieter wanted to adopt that style with the dirt roads, while capturing a uniquely American flavor in the Washington County landscape and its covered bridges.

From that beginning with 220 riders the race has grown every year and in 2009 moved its start/finish line to the larger town of Cambridge and became the Tour of the Battenkill. Putting it on is a year-round project, Dieter says. Over 500 volunteers participate in making sure everything happens as planned.

The course includes 15 miles of dirt roads and some gut-busting hills on Juniper Swamp (dirt) and Joe Bean (paved) roads, both near Salem. These spots also provide great, viewing for spectators, as does the lengthy dirt segment on Meeting House Road west of Cambridge, and the Eagleville Covered Bridge east of town off NY Route 313.

This year, course changes have eliminated a fairly easy segment along NY Route 29, and replaced it with even more rural dirt through the hills. If there is any race course in America that deserves the word "epic," the Battenkill is it.

Complete information on the Battenkill events is available at [tourofthebattenkill.com](http://tourofthebattenkill.com). ▲



Dave Kraus of Schenectady is a long time area cyclist, photographer, writer and AFAA/ISFTA certified personal trainer. Contact him at [dbkraus@earthlink.net](mailto:dbkraus@earthlink.net).

THE TOUR OF THE BATTENKILL WOMEN'S PRO PELOTON ENTERS THE EAGLEVILLE COVERED BRIDGE IN THE 2010 RACE. PHOTO BY DAVE KRAUS

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## ATHLETE PROFILE

## Antoinette O'Donnell



by Jenna E. Caputo



ED BURKE/SARATOGIAN

**B**alance. That is the one word that Antoinette O'Donnell tries to keep in the forefront of her mind. As a wife, mother, nurse and athlete, it's often hard to achieve that perfect balance in life. And as a woman, that balance tends to be even harder to achieve when you are bombarded with the world's "no you can't's," but Antoinette is proof that, "yes you can."

Growing up in a family with ten children, Antoinette quickly learned that in life, you have to get out there and "just do it." Involved in several sports, Antoinette's main passion is skiing. Being the youngest child in her family, Antoinette often tagged along with whatever her older siblings did. At the age of two, that meant learning to ski. Luckily, that was the time when Gore Mountain began their season passes which provided an affordable option for Antoinette's family – the Riedy clan – to have all 12 of them ski for the season. She quickly grew to love the sport and would have loved to compete, but it just wasn't an option for her family. "My father always said that if he couldn't do it for all the kids, then he couldn't do it for just one."

But she found other ways to enjoy her wintertime passion and is now one of the few senior-level alpine female members of the ski patrol at Gore Mountain for her eighth season. Out of the 130 listed patrollers, only 25 are women. Antoinette's family hold five of these spots with her brother's wife and three nieces joining her on the ski patrol. All 25 of the women are athletic, driven women who really enjoy what they do. They'd have to because it is a big time commitment.

To be an alpine patroller involves 180 hours

of classroom instruction on outdoor emergency medical care and a year of mountain sponsorship for outdoor emergency care, skiing and toboggan training and development. Upon successful completion of a year candidacy, you graduate to patroller level. Advance levels of patrolling include Senior and Certified. These include more specialized training in resort management, medical, mass casualty, expert search and rescue (including avalanche training) and instructor courses. "Everyone should feel very safe when on the mountain because the patrollers are well trained and very dedicated. They share their passion and want to provide a safe environment so everyone can enjoy their skiing and riding there," Antoinette says.

It may be an uncommon venue for a woman to get into, but oddly enough the whole concept of ski patrol began with a woman. The 1930s marked the start of the ski train – trains bringing skiers in from New York City and Schenectady up to the North Creek Ski Bowl area. Lois Perret Schaefer, a registered nurse at a local hospital and soon to be wife of Schenectady Wintersports Club founder, Vincent Schaefer, was asked to set up the first aid committee. She organized a committee and made individual first aid kits with emergency aid supplies to be carried by some of the experienced skiers. She also arranged a first aid station with toboggans and a doctor at hand in one of the train cars parked in North Creek. Having her and her committee as available medical personnel on the mountain became the first concept of the ski patrol. An annual memorial award is given to a deserving ski patroller every year in name, in honor of the contribution she made to this important safety feature. Since the national patrol was established in 1938, there is now a ski patrol presence in all 50 states and parts of Europe as well.

**Age:** 48  
**Residence:** Saratoga Springs  
**Occupation:** Coordinator Audit, Compliance and Communication for CDPHP; Co-Owner of Celtic Treasures in Saratoga Springs  
**Sport:** Alpine Skiing  
**Other Sports:** Cycling, Hockey, Fitness Boxing  
**Family:** Husband, Paul and Son, Eamonn, 18

Obviously not one to bend to the "conventional" picture of a woman's role, besides skiing, Antoinette also participates in other sports that can be an intimidating venue for a woman to get into, like hockey and boxing. Although she is no longer able to balance playing hockey with her other responsibilities, Antoinette became one of the "founding mothers" of the Arctic Foxes during her six-year run as a hockey player. Falling into the sport after talking to another mother at a work party, Antoinette joined the women who donned the equipment and played between periods of their kids' hockey games. The group soon outgrew their smaller accommodations and began to play at the Clifton Park Ice Arena. They have now grown into a solid league open to all ages and experience, with various levels of play from a recreation league, to a practice squad, and a competitive league.

After a New Year's resolution to try to achieve more balance in her life, Antoinette realized she needed to cut out the time-consuming hockey, but has stayed active off the slopes with spinning classes and a fitness boxing class in the evenings. Since she doesn't enjoy the monotonous cycles of "standard" exercising, Antoinette was intrigued by the concept of the full-body workout that boxing provides. Her class is not all about throwing punches. It includes a boot camp regimen that works the core, quad, and upper body strength to prepare the body for the sport and to add strength to the punches.

Antoinette was quick to state that the atmosphere in both sports is very open and supportive, and women should not be intimidated to try these sports. Her boxing class has a lot of women in it, and the men that are there are very encouraging and supportive, often offering tips for proper form and punching technique. Within both sports, she has also found that the younger generation has been very receptive to having older participants there. "It is wonderful to now have these same opportunities as the younger generation that we never had at their age. You'd be surprised at how NOT intimidating it is... You need to just try it and see if it is for you," she remarked.

In fact, she was much more intimidated when she decided to try the Lake George Triathlon. Being primarily a cyclist, she did not feel comfortable doing the whole Olympic distance triathlon herself, so to introduce herself to the sport, she joined a team where each woman took a section of the event in their own "power position." It was a great introduction to the event, but after seeing the accomplishment and thrill of those that did the whole thing themselves, Antoinette decided to give it a try for the next year.

Knowing that swimming would be her weakest point, she started by going to the YMCA to learn how to properly swim. Her first lap was laughed at, but she entered a Total Immersion program and also practiced open water swimming, which she highly recommends for anyone thinking of doing a triathlon. "Training in the pool just can't prepare you for the choppy water, splashing, and needing to breathe on both sides that open water can." Antoinette recalls her first minutes in the open water during the triathlon like being in a washing machine. She pointed out that having a friend there to encourage you and share their passion for the event makes such a difference. She had a friend that stayed with her every step of the way on the day of the event, and through this encouragement she managed to shave 15 minutes off her swim personal record, and crossed the finish line with a smile on her face.

Antoinette describes the experience as thrilling and challenging. She was most surprised, though, at the amazing camaraderie. She was floored at how supportive everyone was – the competitors urged each other forward even if someone was passing them. Besides being an incredible workout, Antoinette describes the event as "such a sense of accomplishment," and a workout that makes you less prone to injury than just running since you are hitting all three areas.

Antoinette has accomplished so much in her life already. Besides juggling a full-time day job, ski patrol, family, and her other sports, she has been able to constantly try new things and follow her dreams. While still keeping up with her other responsibilities. I asked her if she had any tips on how to juggle it all despite what stage of life you are in. Her advice, much like her, is very encouraging – "As women, it is really hard for us to say no. But you need to make a little bit of 'me time.' For me, I do yoga, and sleep in one morning on the weekend. No one is going to take care of you but you. Follow your dreams, enjoy your passion – and find balance. These things are doable by actually trying to maintain balance in your life so you can have a happy and healthy life." ▲

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

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# AROUND THE REGION **News Briefs**

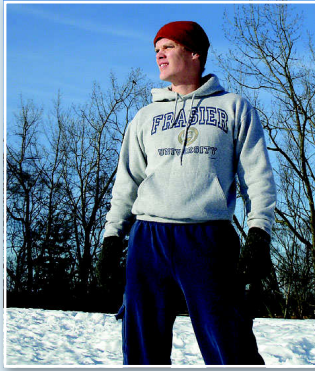
## Local Athlete Enters 'Death Race'

ALBANY – Pack 30 pounds of gear into anything but your backpack. Form teams of eight. Select a 500-pound wooden bridge. Stand on it as the race coordinators explain that most of you will fail. It's getting dark. Pick up your bridges and head toward a 2,200-foot mountain ascent through pitch-black woods. This is the 'trail tour' – welcome to the Death Race (youmaydie.com).

Less than 20-percent of competitors finish. Each year's race is unique. Competitors receive cryptic clues and a mandatory gear list, but have no idea what the race entails. Crawl under a mile of barbed wire. Translate Greek text. Climb a mountain, memorize a list of U.S. Presidents, and recite them correctly at the bottom. You don't know what lies ahead or when the race ends. You're not even sure when the race began.

Also, "you must have a story written in a local publication about your participation in the 2011 Death Race. Be sure to tell the local world why you are doing this race and how you will train for this event. It's also crucial that you tell them that you will finish."

Enter Tom Frasier, an average guy with a job and family in Albany. Five years ago, he started jogging and weight lifting, and then



decided he wanted to compete in difficult races. More than marathons, something really tough... The Death Race is his greatest challenge and he will finish.

He trains in his garage, basement and local park. With less than an hour between work and daycare pickup, his workouts are intense. His training is cross-fit strength-bias during the winter and cross-fit endurance during the summer. He's preparing to be ready for anything. Registration is open for 2012. Think you can finish it? ■

## Run 4 Your Life 5K Run/Walk

SCHENECTADY – The Schenectady Firefighters' second annual Run 4 Your Life 5K Run/Walk and free Kids' Fun Run, to benefit the American Heart Association, is scheduled for Saturday, March 26 at 9:30 in Central Park, Schenectady. The event was started in 2009 when Schenectady firefighter/paramedic Brian Demarest, realized he wasn't in his best "fighting condition" and he wanted to inspire his fellow firefighters to improve their own health because he knew that almost half of firefighter deaths are cardiac related. What better way to inspire and motivate firefighters to action than a little friendly competition. Brian also had two other goals in mind, to educate the public and raise

money for a worthy cause. Brian, a member of HMRRRC, gathered together firefighters from more than six other departments and members of the community to put on the inaugural race last year with 260 runners and 40 children participating. The first race was a success, raising \$5,000 that was donated to the American Heart Association. They look forward to increasing their participation and fundraising this year. There will be T-shirts for the first 500 registrants and details and helpful links are at schenectadyfirefightersrun4yourlife.com. To register, go to areep.com. ■



## FROM THE PUBLISHER & EDITOR

# Beginning of Spring!



Spring is here, really! March is the meteorological beginning of spring. While this may be a good thing for some of you, trying to figure out what to do outdoors to take advantage of the last of the abundant snow and end of season events: snowshoe hiking, downhill skiing, or cross-country skiing...

On the other hand, if you're completely over winter, our March issue is packed with great ideas for the upcoming weeks and months: running, hiking, cycling, triathlon and more. You'll notice that we've expanded our Calendar of Events to include events past 90 days who are currently advertising with us – this should help you plan your training and racing schedule around these key events.

We are very excited about our sixth annual Adirondack Sports & Fitness Summer Expo that's coming up on Saturday and Sunday, April 16-17 at the Saratoga Springs City Center. It's shaping up well with many returning exhibitors and a lot of exciting new exhibitors, plus fresh seminars, clinics and activities.

It's sure to be a festival of running, hiking, biking, paddling and triathlon – and healthy living. Our detailed Summer Expo guide will be in the April issue.

See you next month!

*Mena and Danyl*

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We're there and actively building a community of people who enjoy the same things we do. Please visit AdkSports.com to reach us on Facebook. Feel free to post your comments, upcoming events, photos, questions and we'll do the same.

## 25th Annual Shamrock Shuffle

GLENS FALLS – The Adirondack Runners are hosting the 25th anniversary of their Shamrock Shuffle five-mile road race on a basically flat and fast loop course from Glens Falls High School. The run takes place on Sunday, March 27 at 11am, and all proceeds benefit the Warren-Washington Counties Special Olympics programs, according to longtime race director, Kevin Sullivan. The first 400 entrants will receive custom high-quality, long-sleeve T-shirts. In addition to the standard awards, there are special masters awards for the first 40-plus male and female finishers, and there is a wheelchair division. For children 12 and under, The Leprechaun Leap 7/8-mile fun run starts at 10am, with medals for all finishers. Visit adirondackrunners.org for more information or register on active.com. ■

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THE NON-MEDICATED LIFE



# The Benefits of Being Able to Cook

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 40 installments of *The Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications. Integral to implementing an informed diet and lifestyle is the ability to cook.

I am not suggesting we need to know gourmet cooking. But increasing numbers of people have become so reliant on food products, fast foods, and going out to the restaurant that the preparation of a simple meal is now beyond the abilities of many. In the course of my medical practice when I describe changes in diet and food, which would contribute to better health, increasing numbers of patients look me in the eye and without a trace of shame tell me simply, "Doctor, I don't cook." What is worse is that they are not interesting in starting.

Relying on prepared foods generally means relying on someone else's assessment of "healthy" or acceptable. This is not wise for those without medical problems but it may be dangerous for

those who do have medical issues. High blood pressure, edema or swelling of the extremities, and heart failure may be made worse by increased salt intake over 1,500 milligrams per day. High cholesterol may result from too high a concentration of cholesterol or saturated fat in prepared foods, and elevated blood sugar and high triglycerides may result from an increase of simple sugars. Cholesterol should be limited to 200 mg per day, and the sum of saturated fat, plus trans-fat to 15 grams per day.

While some prepared foods have limitations on salt and fat content, the majority limit neither. It is clearly present in salty snacks such as pretzels, chips, salted nuts and popcorn. Excess salt is present but not always obvious in prepared soups, deli meats and pickles. Pizza, prepared spaghetti sauce, and food products generally contain large amounts of salt. Fast foods almost always contain excessive salt.

While prepared foods and food products generally allow anyone who can read a food label to monitor intake of salt, fat and sugar, restaurant foods do not allow such a degree of control. The average American eats out at least three times per week. Outside of the national chains that may post fat and salt content, the inability to monitor composition when eating out significantly increases the impact on cholesterol levels and blood pressure control.

This is the 41st 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.



Fried foods should be completely avoided as the oil may contain high levels of saturated fat and even 'safer' oils when used in larger amounts will increase

cholesterol levels. Dishes that contain sauces may have had significant butter added for its mouth appeal. Even steak and seafood houses will paint the meat and fish with butter before grilling. Steamed veggies may have butter added afterwards and salad dressing may have unhealthy oils used in their preparation.

In order to gain some control over the composition of what goes into your mouth and thus what may end up in your arteries, it is very beneficial to learn to cook a few simple meals. As most folks today are busy during the weekdays and meal preparation time needs to be kept to a minimum, some of the benefits and convenience of prepared foods can be achieved by doing shopping and prep work on the weekends.

Cooking up chicken breasts on the weekend and storing them in the refrigerator for use during the week is one approach. Even vegetables may be steamed or quickly boiled on the weekend and stored for use later in the week. During the week, this cooked food may be reheated and different sauces and condiments may be used to change the taste completely. For example a tomato sauce of known composition on top of a chicken breast will provide a completely different experience from the same breast with a half-teaspoon of blue cheese melted on top.

Another alternative is to purchase a slow cooker. Such slow cookers can be very reasonable priced and can be used to make a variety of dishes with minimal preparation and minimal cooking experience. Slow cookers again allow for convenience at a reasonable cost and allow you to control the composition of the salt and fat which is used.

Cooking in this way even if it is used to replace only one or two meals, which previously had contained too much salt or fat can have a significant impact on cholesterol levels and blood pressure, even in a short a time span as several weeks. Moreover, the added knowledge and awareness of composition that simple cooking encourages can be translated into more care in choices, when you do go to a restaurant or purchase a food product.

Many times a referral to a registered dietitian can help determine how to maximize health benefit as well as ease of preparation. Dietitians are a font of useful, practical information, from how to read a food label to which fats are most healthy and how to determine the compositions of foods.

In summary, learning to cook simple meals is beneficial to your health. It allows control over the composition of meals and the means of preparation that restaurants, food products, and prepared foods make more difficult to achieve. Cooking allows you to better control blood pressure, cholesterol and blood sugar - to avoid the proverbial bottle of pills to manage your health. ▲

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

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**NYSEF SEASON OPENER CROSS-COUNTRY SKI RACE**  
December 12, 2010 • Olympic Sports Complex, Lake Placid

4.5K FREESTYLE - AGE 12-15 GIRLS
1 Armstrong, Nina 12-13 NYSEF 20:08
2 Izso, Anna 14-15 NYSEF 20:39
3 Zdzienicka, Emma 14-15 NYSEF 24:22

14TH ANNUAL ALBANY LAST RUN 5K
December 18, 2010 • Empire State Plaza, Albany
MALE OVERALL
1 Ryan Egan 18 Latham 17:17

**WORLD FAMOUS OSCEOLA CHRISTMAS CROSS-COUNTRY SKI RACE**  
December 18, 2010 • Osceola Tug Hill Cross-Country Ski Center, Camden

AGE 12-15 GIRLS
1 Mailey Sapp 14-15 22:03
2 Madeline Phaneuf 14-15 Polar Bear 23:14
3 Anna Izso 14-15 NYSEF 23:15

MALE AGE GROUP: 40 - 44
1 Anthony Merola 40 Waterford 17:52
2 Jon Rocco 44 Colonie 18:07

AGE 16-19 GIRLS
1 Amanda Moreland 18-19 Honeye Falls 21:52
2 Hanna Barnes 16-17 HFL Nordic 21:58

FEMALE AGE GROUP: 40 - 44
1 Julia Murphy 44 Altamont 19:49
2 Julie Keating 41 Kinderhook 23:49

MALE OVERALL
1 Greg Kelsey 22 Saratoga Springs 14:57
2 Steve Murock 22 Syracuse 15:06

MALE AGE GROUP: 45 - 49
1 Kevin Keagan 45 Albany 17:57
2 Karl Sindle 46 Niskayuna 18:59

FEMALE OVERALL
1 Nicole Blood 22 Eugene, OR 17:02
2 Molly Pezzulo 17 Saratoga Springs 17:55

MALE AGE GROUP: 50 - 54
1 Rick Murson 53 Prattville 18:37
2 Tom Locascio 52 Albany 19:33

MALE AGE GROUP: 14 & UNDER
1 Brad Ecker 14 Saratoga Springs 18:19
2 Greenfield Center 12 Greenfield Center 18:56

FEMALE AGE GROUP: 55 - 59
1 Lisa Faust 54 Slingerlands 22:16
2 Kathy Jones 51 Avenir Park 23:03

FEMALE AGE GROUP: 14 & UNDER
1 Estela Smith 13 Ballston Spa 19:13
2 Sarah Morin 14 Porter Corners 19:15

MALE AGE GROUP: 60 - 64
1 Paul Forbes 60 Colonie 19:12
2 Bob Ellison 62 Slingerlands 21:26

MALE AGE GROUP: 15 - 19
1 Sam Place 17 Saratoga Springs 15:28
2 Tim Clements 17 Saratoga Springs 17:17

FEMALE AGE GROUP: 65 - 69
1 Ann Kiebler 65 Delmar 35:11
2 Lois Smith 69 Glenmont 36:15

FEMALE AGE GROUP: 15 - 19
1 Amanda Borroughs 17 Wilton 18:28
2 Keelin Hollowood 15 Saratoga Springs 18:36

MALE AGE GROUP: 70 - 74
1 Douglas Fox 66 Loudonville 25:27
2 Nick Urbanowicz 27 Baltimore, MD 18:55

MALE AGE GROUP: 20 - 24
1 Emily Fung 20 Gansevoort 21:11
2 Kathryn Bernarde 24 Latham 21:51

FEMALE AGE GROUP: 75 - 79
1 Richard Eckhardt 77 Albany 35:48
2 Donald McBain 78 Troy 39:45

MALE AGE GROUP: 25 - 29
1 Ben Engelhardt 22 Burnt Hills 15:11
2 Alexander Benway 20 Queensbury 15:12

MALE AGE GROUP: 80 & OVER
1 Regina Tumidajewicz 83 Amsterdam 51:21

MALE AGE GROUP: 30 - 34
1 Ethan Clary 21 Schuylerville 15:20
1 Emily Fung 20 Gansevoort 21:11

FEMALE AGE GROUP: 80 & OVER
1 Regina Tumidajewicz 83 Amsterdam 51:21

FEMALE AGE GROUP: 35 - 39
1 Robert Cooper 41 Saratoga Springs 19:35
2 Ron Hayes 43 Gansevoort 20:00

FEMALE AGE GROUP: 80 & OVER
1 Regina Tumidajewicz 83 Amsterdam 51:21

FEMALE AGE GROUP: 40 - 44
1 Robert Cooper 41 Saratoga Springs 19:35
2 Ron Hayes 43 Gansevoort 20:00

FEMALE AGE GROUP: 80 & OVER
1 Regina Tumidajewicz 83 Amsterdam 51:21

FEMALE AGE GROUP: 45 - 49
1 Virginia Poritzky 42 Greenfield Center 20:38
2 Stacy Gaynor 44 Saratoga Springs 20:45

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**HMRRC WINTER SERIES #3: 3M, 10K, 25K continued**

25K RUN		3M		10K		25K	
<b>MALE OVERALL</b>							
1 Christopher Gilman	23	New York	1:31.12	1 Meghan Davey	F20-29	Rotterdam	2:01.27
2 Thomas O'Grady	25	Latham	1:33.25	1 Joe Hayter	M30-39	Schenectady	1:38.22
3 Josh Merlis	29	Albany	1:38.22	1 Christina Ardito	F30-39	Niskayuna	1:58.55
<b>FEMALE OVERALL</b>				1 Ahmed Elasser	M40-49	Latham	1:43.08
1 Sonya Pasquini	32	Albany	1:52.00	1 Megan Leitinger	F40-49	Albany	2:08.22
2 Kari Gathen	42	Albany	1:57.20	1 John Healey	M50-59	Albany	1:58.03
3 Liz Chauhan	26	Albany	1:58.23	1 Nancy Broskie	F50-59	Rotterdam	2:04.29
<b>AGE GROUPS</b>				1 Bob Ellison	M60-69	Slingerlands	2:06.48
1 Brad Lewis	M20-29	Troy	1:39.11	1 Mary Collins Finn	F60-69	Menands	2:30.02

Courtesy of Hudson-Mohawk Road Runners Club

**TRI-LAKES PAINTBALL BIATHLON**

January 9, 2011 • Dewey Mountain Recreation Center, Saranac Lake

BOYS: AGE 9 & UNDER		BOYS: AGE 10-12		BOYS: AGE 13 & OVER	
1 Christopher Gilman	15:58	1 Everett Sapp	14:58	1 Jacob St. Jacques	22:40
2 Adrian Hayden	15:59	2 Ethan Wood	15:49	2 Daniel Pritchett	22:55
3 Rusen Bernstein	19:57	3 Scott Schulz	16:00	<b>GIRLS: AGE 13 &amp; OVER</b>	
<b>GIRLS: AGE 9 &amp; UNDER</b>		<b>GIRLS: AGE 10-12</b>		1 Glenice Gaugher	14:49
1 Megan Byrne	16:47	1 Megan Greene	15:00	2 Alison Brosemer	16:45
2 Julie Brosemer	20:53	2 Olivia Phaneuf	16:34	3 Amelia McDonnell	18:24
3 Anya Morgan	24:10	3 Emily Greene	17:45		

Courtesy of Adirondack Lakes &amp; Trails Outfitters

**7TH ANNUAL BRAVE THE BLIZZARD 4-MILE SNOWSHOE RACE**

January 16, 2011 • Guilderland Elementary School, Guilderland

MALE OVERALL		MALE AGE GROUP: 40 - 44		MALE AGE GROUP: 45 - 49		MALE AGE GROUP: 50 - 54		MALE AGE GROUP: 55 - 59	
1 Jim Johnson	33	Salem, NH	29:42	1 Jon Rocco	44	Colonie	40:40	1 Shaun Donegan	25
2 Tim VanOrden	32	Bennington, VT	31:08	2 Todd Rowe	42	Rotterdam	43:55	2 Greg Elther	37
3 Connor Devine	37	East Berne	32:51	3 Johnathon Bright	40	Guilderland	44:24	3 Joe Genter	36
<b>FEMALE OVERALL</b>		<b>FEMALE AGE GROUP: 40 - 44</b>		<b>FEMALE AGE GROUP: 45 - 49</b>		<b>FEMALE AGE GROUP: 50 - 54</b>		<b>FEMALE OVERALL</b>	
1 Amy Lane	31	Westfield, MA	37:47	1 Laurel Shortell	44	Northampton, MA	50:52	1 Chelsea DeSalvatore	24
2 Cory Reid	42	Saratoga Springs	43:23	2 Sarah Dzikowicz	40	Amsterdam	51:02	2 Irene Connay	44
3 Jacque Schiffer	46	Olivebridge	44:01	3 Kim Scott	42	Malta	51:07	3 Karen Noonan	54
<b>MALE AGE GROUP: 14 &amp; UNDER</b>		<b>MALE AGE GROUP: 15 - 19</b>		<b>MALE AGE GROUP: 15 - 19</b>		<b>MALE AGE GROUP: 20 - 24</b>		<b>MALE AGE GROUP: 25 - 29</b>	
1 Johnny Christopher	11	Albany	1:20.28	1 Gary Fancher	49	Windsor	33:47	1 Josh Merlis	29
2 Paul Cox	17	Troy	46:31	2 Ahmed Elasser	48	Latham	34:42	2 Thomas O'Grady	25
3 Cody Rogers	17	Green Island	1:16.20	3 Ken Clark	48	Somers, CT	35:02	3 Zach Russo	27
<b>FEMALE AGE GROUP: 15 - 19</b>		<b>FEMALE AGE GROUP: 15 - 19</b>		<b>FEMALE AGE GROUP: 20 - 24</b>		<b>FEMALE AGE GROUP: 25 - 29</b>		<b>FEMALE AGE GROUP: 25 - 29</b>	
1 Cecilia Karutis	19	Amsterdam	56:42	1 Diane Hanson	46	Fonda	51:06	1 Meghan Davey	25
2 Chloe Rodriguez	16	Schenectady		2 Denise Gonder	46	Albany	55:06	2 Diana Tobon Knobloch	29
<b>MALE AGE GROUP: 20 - 24</b>		<b>MALE AGE GROUP: 20 - 24</b>		3 Paula Boughtwood	49	Rensselaer	56:54	3 Katie Vitello	27
1 Elliott Megquier	22	Fort Drum	40:10	<b>MALE AGE GROUP: 50 - 54</b>		<b>MALE AGE GROUP: 55 - 59</b>		<b>MALE AGE GROUP: 30 - 34</b>	
2 Lisa D'Aniello	24	Wilton	48:23	1 James Devine	54	East Berne	39:37	1 Jeff Dengate	33
3 Katie Melsert	24	Burnt Hills	55:51	2 Russ Hoyer	50	Voorheesville	40:58	2 Eddie Haback	33
3 Jessica Tucker	24	Rensselaer	58:15	3 Richard Chipman	50	Castleton	41:47	3 Richard Teal	32
<b>MALE AGE GROUP: 25 - 29</b>		<b>MALE AGE GROUP: 25 - 29</b>		<b>FEMALE AGE GROUP: 50 - 54</b>		<b>FEMALE AGE GROUP: 55 - 59</b>		<b>FEMALE AGE GROUP: 35 - 39</b>	
1 Josh Merlis	29	Albany	32:51	1 Jen Kuzmich	52	Greenwich	49:38	1 Brian Northan	35
2 Thomas O'Grady	25	Latham	34:19	2 Peggy McKeown	53	Schuylerville	55:23	2 David Almand	36
3 Zach Russo	27	Guilderland	38:21	3 Abigail Roberts	53	Gansevoort	56:11	3 Dennis Vanlack	38
<b>FEMALE AGE GROUP: 30 - 34</b>		<b>FEMALE AGE GROUP: 30 - 34</b>		<b>MALE AGE GROUP: 60 - 64</b>		<b>MALE AGE GROUP: 65 - 69</b>		<b>FEMALE AGE GROUP: 35 - 39</b>	
1 Jeff Dengate	33	Brooklyn	34:21	1 Mike Lahey	59	Adams, MA	40:21	1 Jessica Hageman	35
2 Eddie Haback	33	Williamstown, VT	36:30	2 Steven Sweeney	55	Albany	41:59	2 Angela Squadere	39
3 Richard Teal	32	Troy	36:51	3 Edward Myers	59	Obelisk, PA	43:29	3 Stephanie Wille	35
<b>FEMALE AGE GROUP: 35 - 39</b>		<b>FEMALE AGE GROUP: 35 - 39</b>		<b>FEMALE AGE GROUP: 55 - 59</b>		<b>FEMALE AGE GROUP: 60 - 64</b>			
1 Brian Northan	35	Guilderland	47:25	1 Gail Hein	59	Altamont	1:04:33		
2 Diana Tobon Knobloch	29	Guilderland	48:53	2 Donna Lustenhouwer	57	Altamont	1:06:00		
3 Katie Vitello	27	Albany	51:14	3 Vicki Quagliarioli	57	Stafford Springs, CT	1:08:34		
<b>MALE AGE GROUP: 40 - 44</b>		<b>MALE AGE GROUP: 40 - 44</b>		<b>MALE AGE GROUP: 65 - 69</b>		<b>MALE AGE GROUP: 70 - 74</b>			
1 Jeff Dengate	33	Brooklyn	34:21	1 Chuck Timarchi	64	Albany	53:14		
2 Eddie Haback	33	Williamstown, VT	36:30	2 Joe Yavonditte	61	Schenectady	53:41		
3 Richard Teal	32	Troy	36:51	3 Jim Carlson	63	Gansevoort	56:40		
<b>FEMALE AGE GROUP: 40 - 44</b>		<b>FEMALE AGE GROUP: 40 - 44</b>		<b>MALE AGE GROUP: 75 - 79</b>					
1 Rita Verga	34	Troy	1:03:30	1 John Pelton	71	West Rupert, VT	45:19		
2 Ashley Peacock	34	Loudonville	1:04:25	2 Ed Albouze Jr.	71	Adams, MA	52:17		
3 Angela Vasiliakos	34	Albany	1:04:50						
<b>MALE AGE GROUP: 45 - 49</b>		<b>MALE AGE GROUP: 45 - 49</b>							
1 Brian Northan	35	Guilderland	35:37						
2 David Almand	36	East Hartford, CT	39:10						
3 Dennis Vanlack	38	Duanesburg	41:22						

Courtesy of Albany Running Exchange

**GREAT SACANDAGA MINI MARATHON CROSS-COUNTRY SKI RACE**

January 22, 2011 • Saratoga Biathlon Club, Day

24K SKATE		3M		10K		25K	
<b>MALE OVERALL</b>							
1 Mike Wynn	M40-44	Peru Nordic	1:13:08	1 Stanley Hatch	M45-49	Peru Nordic	1:18:51
2 David Kram	M20-29	HURT	1:16:02	1 Gabriella Frittelli	F45-49		1:45:22
3 Jon Santoro	M20-29	Peru Nordic	1:18:08	1 David Birrell	M50-54	Berkshire Trails	1:22:28
<b>FEMALE OVERALL</b>				1 Bruce Townsend	M55-59	Berkshire Trails	1:23:16
1 Kathy Schwenk	45-49	HURT	1:26:28	1 Robert Quigley	M60-64	Berkshire Trails	1:22:01
2 Deb Nordyke	45-49	Saratoga Biathlon	1:35:04	1 Eric Hamilton	M65-69	HURT	2:18:01
3 Janet Findlay	55-59	Peru Nordic	1:38:44	1 Vic LaPort	M70-74		1:53:57
<b>AGE GROUPS</b>				<b>12K SKATE</b>			
1 Eric Seype	M20-29	Glennville Hills	1:21:13	1 Thomas Moffett Jr.	M35-39	Saratoga Biathlon	46:15
2 Matthew Tornainen	M35-39	HURT	1:18:47	2 Darrell Rikert	M20-29	Saratoga Biathlon	52:21
1 Jill Koziol	F35-39	HURT	1:55:35	3 Erik Schreiner	M8-9	Saratoga Biathlon	1:05:32
1 Jim Kobak	M40-44	Peru Nordic	1:21:40				

Courtesy of NYSSRA Nordic &amp; Saratoga Biathlon Club

**QUEENSBURY JOQ/ESG CROSS-COUNTRY SKI RACE**

January 22, 2011 • Crandall Park, Glens Falls

BOYS: AGE 14-15		GIRLS: AGE 14-15		BOYS: AGE 16-19		GIRLS: AGE 16-19	
1 Hess, Gavin	28:17	1 Huneck, Aaron	35:14	1 Mancuso, Gabby	New Paltz	17:23	17:23
2 Huneck, Austin	28:44	2 Phaneuf, Madlie	18:04	2 Forshey, Ashley	Scotia-Glenville	18:24	18:24
3 Luban, Adam	29:39	3 Sapp, Maile	18:49	3 Boutelle, Chloe	Saratoga	19:11	19:11
<b>BOYS: AGE 10-13</b>		<b>GIRLS: AGE 10-13</b>		<b>GIRLS: AGE 10-13</b>		<b>GIRLS: AGE 10-13</b>	
1 Forshey, Matt	35:14	1 Armstrong, Nina	18:28	1 Mulcahy, Katie	Glens Falls	16:24	16:24
2 Huneck, Aaron	41:47	2 Nikolla, Lidja	19:35	<b>MALE: OPEN &amp; MASTER</b>			
<b>GIRLS: AGE 14-15</b>		<b>GIRLS: AGE 12-13</b>		1 Diehl, Doug	Troy	50:54	29:27
1 Phaneuf, Madlie	18:04	3 Rosehill, Gabby	20:09	2 Yarevich, Chris		30:34	29:29
2 Sapp, Maile	18:49	<b>GIRLS: AGE 10-11</b>		3 Beekmantown	Gansevoort	45:49	30:14
3 O'Leary, Gretchen	18:58	1 Greene, Emily	24:36	<b>FEMALE: OPEN &amp; MASTER</b>			
<b>GIRLS: AGE 16-19</b>		<b>BOYS: AGE 16-19</b>		1 Wolski, Jill	Troy	30:34	35:55
1 Daniels, Zach	27:53	1 Daniels, Zach	27:53	2 Zullo, Amanda	Saranac Lake	30:34	36:38
2 Amos, Nolan	28:49	2 Amos, Nolan	28:49	3 Fisher, Carol		55:59	36:45
3 Underwood, Nick	28:57	3 Underwood, Nick	28:57	<b>AGE GROUPS</b>			
<b>BOYS: AGE 18-19</b>		<b>GIRLS: AGE 18-19</b>		1 Davis, Courtney		F00-99	41:17
1 Frielinghaus, Will	26:35	1 Greene, Emily	24:36	1 Burt, Brian		M35-39	33:59
2 Knickbocker, Spencer	29:58	<b>BOYS: AGE 16-19</b>		1 Whalen, Colleen	Altamont	F45-49	1:31:48
3 McConnell, Trevor	35:58	1 Daniels, Zach	27:53	1 Huneck, Tim	Rexford	M50-54	31:02
		2 Amos, Nolan	28:49	1 Skibo, Lorraine	Saratoga Springs	F50-54	40:55
		3 Underwood, Nick	28:57	1 Luban, Ed	Syracuse	M55-59	31:11
		1 Frielinghaus, Will	26:35	1 Skibo, Lorraine	Round Lake	F55-59	44:59
		2 Knickbocker, Spencer	29:58	1 O'Brien, Bernadette		M60-64	37:15
		3 McConnell, Trevor	35:58	1 Keatir, Roy		M65-69	42:25
				1 Tornigmen, Matti		M70-74	40:41
				1 Karig, Dan			

Courtesy of NYSSRA Nordic

**HMRRC WINTER SERIES #4: 3M, 15K, 30K**

January 23, 2011 • University at Albany, Albany

3-MILE RUN		15K RUN					
<b>MALE OVERALL</b>		<b>MALE OVERALL</b>					
1 Shaun Donegan	25	Saratoga Springs	18:31	1 Eric Young	19	Latham	58:43
2 Greg Elther	37	Waterford	19:48	2 Ahmed Elasser	48	Latham	59:10
3 Joe Genter	36	Saratoga Springs	19:57	3 Paul Cox	17	Troy	1:05:47
<b>FEMALE OVERALL</b>		<b>FEMALE OVERALL</b>					
1 Chelsea DeSalvatore	24	Albany	21:33	1 Martha Snyder	29	Windsor, CT	1:04:00
2 Irene Connay	44	Troy	24:03	2 Gretchen Drake	36	Guilderland	1:11:02
3 Karen Noonan	54	Albany	26:29	3 Sally Oliver	37	Albany	1:13:01
<b>AGE GROUPS</b>		<b>AGE GROUPS</b>					
1 Jeff Long	M20-29	Clifton Park	20:17	1 David Clark	M20-29	Cohoes	1:23:50
2 Jessica Tucker	F20-29	Rensselaer	26:51	1 Thea Yurkewicz	F20-29	Schenectady	1:32:25
3 Dawn Rowe	M30-39	Chert	24:17	1 Ti O'Connor	M30-39	Slingerlands	1:10:20
1 Jessica Onwald	F30-39	Cambridge	27:09	1 Martha Snyder	F30-39	Slingerlands	1:14:22
1 Todd McAuley	M40-49	Colonie	21:03	1 Jonathan Bright	M40-49	Guilderland	1:07:29
1 Colleen Breiner	F40-49	Troy	26:58	1 Kimberly Miseno-Bowles	F40-49	Amsterdam	1:14:07
1 Jack Nabozny	M50-59	Valatie	22:32	1 Steve Conant	M50-59	Glenmont	1:13:24
1 Joan Celestano	F50-59	Schenectady	27:07	1 Maureen Fitzgerald	F50-59	Clifton Park	1:24:48
1 Paul Turner	M60-69	Delmar	25:46	1 John Stockwell	M60-69	Watervliet	1:17:49
1 Chris McKnight	F60-69	Schuylerville	31:06	1 Ginny Pezulla	F60-69	Colonie	1:28:42
1 Bob Knouse	M70-79	Voorheesville	28:52	1 Wade Stockman	M70-79	Rensselaer	1:27:56
1 Harriet Thomas	F70-79	Delmar	52:17	1 Anny Stockman	F70-79	Rensselaer	1:55:11

continued

# RACE RESULTS

## HMRRC WINTER SERIES #4: 3M, 15K, 30K continued

30K RUN				AGE GROUPS			
<b>MALE OVERALL</b>				<b>M20-29</b>			
1	Thomas O'Grady	25	Latham	1:59:50	1	Dave Wojcik	2:40:26
2	Jim Sweeney	29	Albany	2:07:58	1	Crystal Reno	2:47:19
3	Jon Rocco	44	Colonia	2:12:03	1	Joel Jordan	2:47:19
<b>FEMALE OVERALL</b>				<b>M30-39</b>			
1	Emily Bryans	43	Schenectady	2:17:45	1	Christine Ardito	2:44:28
2	Megan Letzinger	43	Albany	2:38:52	1	Ken Evans	2:14:22
3	Colleen Ottalaga	34	Slingerlands	2:39:07	1	Chris Varley	2:49:17
				<b>M40-49</b>			
				<b>M50-59</b>			
				<b>M60-69</b>			

Courtesy of Hudson-Mohawk Road Runners Club

## SHENENDEHOWA CLASSIC NORDIC SKI RACE

January 23, 2011 • Saratoga Biathlon Club, Day

FEMALE: SK SCHOLASTIC				FEMALE: 10K OPEN/MASTERS				MALE: AGE 40-44			
1	Forshey, Ashley	17:37		1	Underwood, Heidi	40:44	33:30	1	Rose, Chris	40:44	30:10
2	Boutelle, Chloe	18:32		2	Zullo, Amanda	Open	37:29	2	Kobak, Jim	40:44	32:09
3	Christoffel, Becky	19:27		3	Norvicky, Deb	45-49	38:19	3	Lis, Edward	40:44	36:27
4	Duclos, Amy	19:46		<b>AGE GROUPS</b>				<b>MALE: AGE 55-59</b>			
5	Duclos, Sarah	19:48		1	Wolski, Jill	30-34	39:18	1	Luban, Ed	55-59	33:14
6	Andonie, Rachel	20:33		2	Wolski, Jill	35-30	44:47	2	Burt, David	55-59	36:24
7	Cairns, Brynn	23:23		1	Hunek, Gina	45-49	50:16	3	Curcio, Jerry	55-59	44:30
<b>MALE: SK SCHOLASTIC</b>				<b>MALE: 10K OPEN/MASTERS</b>				<b>MALE: AGE 60-64</b>			
1	Halligan, Brian	14:07		1	O'Brien, Bernadette	55-59	49:29	1	Rosa, Darwin	60-64	37:08
2	Hunek, Austin	14:28		1	Underwood, Robert	50-54	28:24	2	Kulmatski, Andrew	60-64	41:45
3	Luban, Adam	15:18		2	Wynn, Mike	40-44	28:58	3	Wolski, Tom	60-64	44:27
4	Francis, Avery	15:47		3	Santor, Jon	Open	29:21	<b>MALE: AGE 65-69</b>			
5	Gilgore, Alex	16:10		<b>MALE: OPEN/MASTERS</b>				<b>MALE: AGE 70-74</b>			
6	Mares, Seth	16:36		1	Seys, Eric	Open	29:47	1	Torniaenen, Matt	65-69	41:49
7	Forshey, Matthew	17:38		2	Rikert, Darrell	Open	40:21	2	Hamilton, Eric	65-69	51:26
8	Hunek, Aaron	19:33		3	Winsten, Michael	Open	56:24	<b>MALE: AGE 70-74</b>			
9	Howk, Alex	19:34		<b>MALE: AGE 50-54</b>				<b>MALE: AGE 70-74</b>			
10	Chrzan, Brian	19:34		1	Wien, Douglas	50-54	29:52	1	LaPort, Vic	70-74	40:13
11	Mikula, Ryan	27:11		2	Hunk, Douglas	M50-54	31:23	2	Davis, Alec	70-74	42:46
12	Buhtemeier, David	36:16		3	Minde, Peter	50-54	35:55	<b>Courtesy of NYSSRA Nordic &amp; Shenendehowa Nordic Club</b>			

## 30TH ANNUAL TD BANK CRAFTSBURY X-C SKI MARATHON

January 29, 2011 • Craftsbury Nordic Center, Craftsbury Common, VT

50K CLASSICAL RACE				25K CLASSICAL RACE			
<b>MALE &amp; FEMALE OVERALL</b>				<b>MALE &amp; FEMALE OVERALL</b>			
1	Patrick O'Brien/M20-29	Craftsbury Common, VT	2:36:51	1	Noah Brautigam/M20-29	Shelburne, VT	1:21:44
2	Robyn Anderson/F20-29	Stowe, VT	3:12:29	1	Joann Hanowick/F50-54	Underhill Center, VT	1:39:14
<b>REGIONAL FINISHERS</b>				<b>REGIONAL FINISHERS</b>			
1	Robert Dadekian/M45-49	Niskayuna	3:32:23	1	Chris Beattie/M60-64	Lake Placid	1:49:24
2	Alec Davis/M70-74	Ballston Lake	4:17:28	2	Roger Henry/F65-69	Rextford	2:10:16
3	Mark Chmielewicz/M50-54	Clinton	4:18:03	3	Richard Dixon/M60-64	Mayfield	2:27:46
4	Jim Adams/M60-64	Altona	5:00:50	4	Sherry Dixon/F60-64	Mayfield	2:43:33

Courtesy of Craftsbury Outdoor Center

## GLENVILLE HILLS NORDIC CLASSICAL X-C SKI RACE

January 30, 2011 • Glenville Hills Nordic, Glenville

AGE 16-17: FEMALE				AGE 14-15: FEMALE				AGE 12-13: FEMALE			
1	Forshey, Ashley	Glenville	21:35	1	Nikolli, Lidija	Mayfield	23:08	1	Wynn, Tyra	Saratoga	22:56
2	Boutelle, Chloe	HURT	22:51	2	Christoffel, Becky	Glenville	23:15	2	Rodbell, Gabi	Glenville	23:44
3	Zepetelli, Katie	Glenville	23:28	3	Dean, Sarah	Glenville	28:45	3	Duclos, Sarah	Shenendehowa	26:33
<b>AGE 16-17: MALE</b>				<b>AGE 14-15: MALE</b>				<b>AGE 12-13: MALE</b>			
1	Schlesier, Brett	HURT	33:10	1	Trainer, Jake	Glenville	22:27	1	Hunek, Aaron	HURT	24:54
2	Francis, Avery	Glenville	34:23	2	Kilpatrick, Samuel	Mayfield	23:21	2	Buhrmaster, David	Glenville	37:10
3	Krut, David	Mayfield	37:13	3	Derry, James	Glenville	25:49	3	Forshey, Matt	Glenville	39:07

continued

## GLENVILLE HILLS NORDIC CLASSICAL X-C SKI RACE continued

AGE 30-34: FEMALE				AGE 45-49: FEMALE				AGE 60-64: MALE			
1	Wolski, Jill	Unaffiliated	23:02	1	Cook, Starlett	Saratoga	23:25	1	Rosa, Darwin	Saratoga	40:50
2	Sentz, Nathan	Unaffiliated	38:50	2	Hunek, Gina	HURT	31:00	2	Kulmatski, Andy	Unaffiliated	46:43
<b>AGE 35-39: FEMALE</b>				<b>AGE 50-54: MALE</b>				<b>AGE 65-69: MALE</b>			
1	Kozak, Jill	HURT	25:05	1	Rodbell, Don	Glenville	35:06	1	Torniaenen, Matt	Unaffiliated	47:07
2	Jansen, Patrick	Unaffiliated	39:56	2	Jansen, Patrick	Unaffiliated	39:56	2	Clarke, Rene	HURT	47:46
<b>AGE 35-39: MALE</b>				<b>AGE 50-54: FEMALE</b>				<b>AGE 18-19: MALE</b>			
1	Torniaenen, Matt	Unaffiliated	32:50	1	Skibo, Lorraine	Saratoga	25:23	1	McConnell, Trevor	Unaffiliated	41:13
<b>AGE 40-44: FEMALE</b>				<b>AGE 50-54: MALE</b>				<b>OPEN: FEMALE</b>			
1	Underwood, Heidi	Unaffiliated	21:11	1	Underwood, Bob	HURT	32:59	1	Seys, Ann	Glenville	24:23
<b>AGE 40-44: MALE</b>				<b>AGE 55-59: MALE</b>				<b>OPEN: MALE</b>			
1	Wynn, Mike	Peru	30:48	1	Diehl, Douglas	Peru	33:47	1	Kvam, David	HURT	32:30
2	Kobak, Jim	Peru	33:22	2	Hunek, Tim	HURT	35:04	2	Seys, Eric	Glenville	34:25
3	Rutledge, Mike	Unaffiliated	36:16	2	Luban, Ed	Unaffiliated	35:52	3	Oman, Sven	Unaffiliated	43:53
								<b>Courtesy of NYSSRA Nordic</b>			

## GORE MOUNTAIN NASTAR RESTAURANT RACE

January 31, 2011 • Gore Mountain, North Creek

TEAMS BY AVERAGE RUN TIME				TEAMS BY AVERAGE RUN TIME			
1	Bar Vino	North Creek	28:15	4	Black Mountain Inn	North Creek	29:35
2	Pete Burns, Marko Schmale, Bill Mead,	North Creek		5	Jeff Falko, Robert Rezn, David Wright, Kip McDonald, Casey Lallure, Tony Warrington, Marlon Egan, Tom McPhillips, Russ Egan, Lois McPhillips, Bruce Goody, Steve Tompson, Patricia McAlow, Chris Flack, Arynn McAlow, Vern Flack, Alan Huggard, John McAlow	North Creek	31:09
3	Sandri Pratt, Kelly Nicholas	North Creek	28:81	6	Lake Adirondack	Pottersville	31:26
4	Jerry Zell, Billy Malloy, Wesley Culver, Jim Sorenson,	North Creek	29:82	<b>Courtesy of Gore Mountain</b>			
5	Lane Mascac, Jay Chan	North Creek					
6	Andy's Restaurant	North Creek					

## POLAR CAP 4-MILE RACE & WALK

February 5, 2011 • Lake George Elementary School, Lake George

MALE OVERALL				FEMALE AGE GROUP: 35 - 39					
1	Chuck Terry	Albany	21:37	1	Nikki Moreschi	Glen Falls	33:43		
2	Aaron Newell	Queensbury	22:19	2	Kelly Collins	Queensbury	33:51		
3	Keith Weiss	Malta	22:43	3	Michelle Pendergast	Troy	34:42		
<b>FEMALE OVERALL</b>				<b>MALE AGE GROUP: 40 - 44</b>					
1	Justine Mosher	26	Queensbury	26:08	1	Rob Sheffel	42	Troy	27:46
2	Elizabeth Embidge	25	Queensbury	26:53	2	Paul Rogers	43	Johnstown	30:31
3	Susan Thompson	44	Queensbury	28:48	3	Erin Commerford	44	Clifton Park	31:27
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>				<b>FEMALE AGE GROUP: 40 - 44</b>					
1	Chloey Jansson	11	Fort Edward	39:44	1	Fatty Moore	44	Queensbury	29:54
<b>MALE AGE GROUP: 15 - 19</b>				<b>MALE AGE GROUP: 45 - 49</b>					
1	Josh Myers	19	Ballston Spa	26:53	2	Thomas Marcelus	45	Ballston Spa	26:25
2	Alex Hawk	15	Wilton	27:13	3	Samuel Mercado	48	Wilton	26:55
3	Evan Collins	17	Bolton Landing	31:28	<b>FEMALE AGE GROUP: 45 - 49</b>				
<b>FEMALE AGE GROUP: 20 - 24</b>				<b>MALE AGE GROUP: 50 - 54</b>					
1	Heidi Parish	24	Saratoga Springs	31:55	1	Thomas Logan	52	Albany	27:00
2	Julie Lambolt	24	Saratoga Springs	34:13	2	Brian Teague	52	Queensbury	27:56
3	Carolyn Claves	24	Glen Falls	38:01	3	Mark Regan	54	Queensbury	28:04
<b>MALE AGE GROUP: 25 - 29</b>				<b>FEMALE AGE GROUP: 50 - 54</b>					
1	Kevin Embidge	27	Queensbury	23:06	1	Joyce Goodrich	53	Glenville	31:13
2	Andrew Pollock	25	Queensbury	29:34	2	Jen Kuzmich	52	Greenwich	32:55
3	Jason Ruella	25	Schenectady	32:32	3	Doreen Bell	54	Troy	35:19
<b>FEMALE AGE GROUP: 25 - 29</b>				<b>MALE AGE GROUP: 55 - 59</b>					
1	Kathleen Mack	26	West Rutland, VT	28:49	1	Lee Pollock	58	Queensbury	25:53
2	Michele Havens	29	Hudson Falls	34:39	2	Dale Broadhead	55	Latham	29:17
3	Lauren Chamberlain	26	Northville	36:40	3	Jim Murphy	56	Burnt Hills	31:15
<b>MALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 55 - 59</b>					
1	Seih French	30	Queensbury	23:30	1	Kerry Devlin	57	Poultney, VT	35:05
2	Josh French	32	Gansevoort	24:06	2	Andrea Halnon	57	Lincoln, VT	36:46
3	Gabe Anderson	33	Saratoga Springs	26:29	3	Daniene Cardillo	57	Delmar	40:11
<b>FEMALE AGE GROUP: 30 - 34</b>				<b>MALE AGE GROUP: 35 - 39</b>					
1	Sarah Reed	33	Saratoga Springs	33:09	1	Greg Ethier	37	Waterford	25:40
2	Kelly Buckley	34	Ballston Spa	33:38	2	Rik Jordan	39	Glen Falls	25:48
3	Jessica Oswald	31	Cambridge	34:27	3	Todd Echer	38	Queensbury	25:51

continued

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Mohawk Hudson Marathon & Half-Marathon  
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Schenectady Firefighter's Run 4 Your Life 5K  
Sean's Run 5K  
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**POLAR CAP 4-MILE RUN & WALK continued**

<b>MALE AGE GROUP: 60 - 64</b>			<b>FEMALE AGE GROUP: 70 - 74</b>				
1 Mark Sager	60	Kattskill Bay	29:08	1 Dottie Langworthy	70	Warrensburg	40:15
2 David Forbes	64	South Glens Falls	32:37	<b>MALE AGE GROUP: 75 - 79</b>			
3 Daniel Prosser	60	Philmont	32:42	1 Norm Marinic	75	Saratoga Springs	37:59
<b>FEMALE AGE GROUP: 60 - 64</b>			<b>FEMALE AGE GROUP: 75 - 79</b>				
1 Candl Schermehorn	64	Diamond Point	37:41	2 Joe Kelly	77	Menands	42:44
2 Christine McKnight	63	Schuylerville	38:18	3 Richard Eckhardt	77	Albany	47:14
3 Linda Plante	62	Middle Grove	45:53	<b>FEMALE AGE GROUP: 75 - 79</b>			
<b>MALE AGE GROUP: 65 - 69</b>			<b>FEMALE AGE GROUP: 75 - 79</b>				
1 Jim Cunningham	65	Ticonderoga	34:38	1 Joan Corrigan	75	Clifton Park	53:38
2 Ed Murphy	66	Queensbury	36:01	Courtesy of The Adirondack Runners			

**SARATOGA WINTERFEST 5K SNOWSHOE RACE**  
February 6, 2011 • Saratoga Spa State Park, Saratoga Springs

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 44</b>				
1 Tim VanOrden	42	Bennington, VT	24:07	1 John Onderdonk	43	Saratoga Springs	27:00
2 Dave Dunham	46	Bradford, MA	24:32	2 Douglas Gerhardt	43	Saratoga Springs	30:56
3 Tim Mahoney	31	Holyoke, MA	24:37	3 John Butler	44	Latham	33:09
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 44</b>				
1 Brittany Winslow	37	Queensbury	26:23	1 Kim Scott	42	Malta	32:13
2 Abby Mahoney	32	Holyoke, MA	26:31	2 Sarah Dzikowicz	40	Amsterdam	32:31
3 Jacque Schiffer	46	Olivebridge	29:15	3 Robin Murray	42	Clifton Park	32:52
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			<b>MALE AGE GROUP: 45 - 49</b>				
1 Benjamin Harper	14	Oswego	26:11	1 Ken Clark	48	Somers, CT	26:02
2 Ezra Hubert	12	Mexico	30:35	2 Edward Albozok	48	Surfield, CT	28:30
3 London Niles	13	Shaftsbury, VT	34:45	3 Tyrone Culpepper	47	Saratoga Springs	30:46
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			<b>FEMALE AGE GROUP: 45 - 49</b>				
1 Grace Perito	4	Johnstown	1:25:44	1 Theresa Hance	47	Ballston Lake	31:31
2 Meghan Heitly	6	Gansevoort	1:26:03	2 Diane Hanson	46	Fonda	34:00
<b>MALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 50 - 54</b>				
1 Connor Devine	17	East Berne	24:47	3 Clover Schwartz	45	Saratoga Springs	34:03
2 Sean Reynolds	16	East Berne	26:09	1 Jim Devine	50	East Berne	27:44
3 Eric Hulbert	15	Mexico	26:15	2 David Peterson	52	Saratoga Springs	27:50
<b>FEMALE AGE GROUP: 15 - 19</b>			<b>FEMALE AGE GROUP: 50 - 54</b>				
1 Courtney Tedeschi	15	Westerlo	29:57	3 Richard Chipman	50	Castleton	28:38
2 Rachel Wyszoki	19	Gansevoort	31:15	1 Jane Mastalats	52	Saratoga Springs	32:19
3 Hannah Riordan	16	Nassau	31:18	2 Jamie Casline	51	Ballston Lake	32:18
<b>MALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 55 - 59</b>				
1 Ken Little	24	Ballston Lake	25:48	1 Mike Lahey	59	Adams, MA	28:40
2 Adam Wright	21	Adams, MA	29:41	2 Glen Tryson	57	Malden Bridge	30:01
3 Eric Drolif	24	Latham	42:48	3 Bob Dian	57	Readsboro, VT	31:08
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 60 - 64</b>				
1 Jessica Tucker	24	Rensselaer	35:23	1 Marjanne McNamara	57	Saratoga Springs	34:19
2 Jennifer Kehn	23	Burnt Hills	45:21	2 Pia Sanda	56	Slingerlands	40:10
<b>MALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 60 - 64</b>				
1 Rick DeCarr	26	Menands	26:36	1 Craig Roads	61	Greenwich	32:55
2 Andrew Wahla	26	Menands	28:54	2 Tom Wright	62	Valette	34:22
3 Jeffrey Andritz	29	Altamont	29:58	3 Bill Harper	63	Kingston	34:47
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 60 - 64</b>				
1 Kaitlyn Wahla	27	Menands	32:52	1 Laura Clark	63	Saratoga Springs	36:46
2 Laura Cavanaugh	25	Saratoga Springs	34:41	2 Laney Lutzker	60	Saratoga Springs	37:28
3 Kodie Tanner	25	Norwich	35:39	3 Cathy Biss	63	Queensbury	57:14
<b>MALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 65 - 69</b>				
1 Richard Teal	32	Troy	25:51	1 Bob Worsham	65	Woodstock, CT	34:14
2 Charles Petraske	33	Halfmoon	26:39	2 Douglas Fox	66	Loudonville	35:14
3 Steven Legnard	34	Troy	30:29	3 Bob Massaro	67	Chicopee, MA	38:09
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>FEMALE AGE GROUP: 65 - 69</b>				
1 Kelly Holzworth	32	Saratoga Springs	29:51	1 Shylu Jacobson	68	Canaan	49:16
2 Melanie Staley	30	Saratoga Springs	30:44	<b>MALE AGE GROUP: 70 - 74</b>			
3 Sandy Tasse	32	Ballston Spa	36:45	1 Ed Albozok Jr.	71	Adams, MA	34:43
<b>MALE AGE GROUP: 35 - 39</b>			<b>FEMALE AGE GROUP: 65 - 69</b>				
1 Matt Westlund	38	Lacona	24:48	1 Richard Busa	81	Marlboro, MA	44:37
2 Daniel French	39	Malta	26:32	2 Andy Keele	80	Saratoga Springs	57:39
3 David Spore	39	Delmar	30:14	Courtesy of Saratoga Striders			
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 80 - 99</b>				
1 Aurora Lamperetta	38	Saratoga Springs	30:08				
2 Jessica Hageman	35	Saratoga Springs	34:05				
3 Jennifer Ferris	39	Saratoga Springs	34:05				

**HMRRC WINTER SERIES #5: 4M, 10M, 20M**  
February 6, 2011 • UAlbany, Albany

<b>MALE OVERALL</b>			<b>AGE GROUPS</b>					
1 Greg Ethier	37	Waterford	28:26	1 Joey Somerville	M01-14	Wynantskill	1:27:00	
2 Jeff Long	27	Clifton Park	28:52	1 Eric Young	M15-19	Latham	1:02:34	
3 Glenn Bernacy	47	Ghent	29:18	1 Liz Lovv	F15-19	Albany	1:49:40	
<b>FEMALE OVERALL</b>			<b>AGE GROUPS</b>					
1 Kelsey Ryan	19	Niskayuna	31:08	1 Andrew McCarthy	M20-29	Albany	1:00:33	
2 Diana Tobon Knobloch	29	Guiderland	31:49	1 Meghan Davey	F20-29	Rotterdam	1:10:58	
3 Kelly Virker	27	Albany	32:30	1 Chris Mulford	M30-39	Schenectady	1:00:46	
<b>AGE GROUPS</b>			<b>AGE GROUPS</b>					
1 Maximilian Kracker	M15-19	Delmar	36:00	1 Anne Benson	F40-49	Clifton Park	1:11:48	
1 Ryan Walter	M20-29	Voorheesville	31:11	1 John Noonan	M50-59	Ballston Spa	1:03:10	
1 Kelcey Heenan	F20-29	Selkirk	36:32	1 Martha DeGrazia	F50-59	Slingerlands	1:21:44	
1 Jim David	M30-39	Albany	33:00	1 Paul Forbes	M60-69	Colonie	1:09:25	
1 Nicole Mallory	F30-39	Albany	33:52	1 Susan Wong	F60-69	Glenmont	1:24:51	
1 Todd McAuley	M40-49	Colonie	30:10	1 Wade Stockman	M70-79	Rensselaer	1:35:57	
1 Denise Gonder	F40-49	Albany	38:29	<b>20-MILE RUN</b>				
1 Martin Patrick	M50-59	East Greenbush	32:39	1 Joe Hayter	30	Schenectady	2:10:15	
1 Karen Dott	F50-59	Colonie	39:04	2 Ken Evans	49	Delmar	2:25:02	
1 Ron Bagnoli	M60-69	Mechanicville	38:52	3 Dennis VanVlack	38	Duanesburg	2:34:06	
<b>10-MILE RUN</b>			<b>FEMALE OVERALL</b>					
1 Thomas O'Grady	25	Latham	57:22	2 Colleen Ottalagano McGary	26	Albany	2:43:03	
2 Ben Greenberg	42	Voorheesville	58:53	1 Liz Chahuan	34	Slingerlands	2:46:46	
3 Jim Sweeney	29	Albany	1:00:41	<b>AGE GROUPS</b>				
<b>FEMALE OVERALL</b>			<b>AGE GROUPS</b>					
1 Roseanne Wegman	23	West Point	1:05:20	1 Michael Ford	M30-39	Albany	2:39:00	
2 Kristina Granger	28	Guiderland	1:05:49	1 Bart Trudeau	M40-49	Guiderland	2:45:31	
3 Emily Byrns	43	Schenectady	1:09:53	1 John Parisella	M50-59	Schenectady	2:38:26	
			1 Stephen Harris			M60-69	Niskayuna	3:27:00
			Courtesy of Hudson-Mohawk Road Runners Club					

**DEWEY MOUNTAIN ESG 5K FREESTYLE X-C SKI RACE**  
February 6, 2011 • Dewey Mountain Recreation Area, Saranac Lake

<b>JUNIORS: MALE</b>			<b>AGE GROUPS</b>				
1 Evan Greenberg	14-15	NYSEF	20:02	1 Keith Kogut	20-29	Peru	18:17
2 Aaron Hunket	12-13	HURT	23:13	1 Alex Barrett	35-39	Unaffiliated	20:26
3 Ethan Wood	12-13	NYSEF	25:19	1 Kurt Gustafsson	45-49	Manhattan	20:03
<b>OPENMASTERS: MALE</b>			<b>AGE GROUPS</b>				
1 Eric Seyse	20-29	Glenville	17:07	1 Tim Huneck	50-54	HURT	18:13
2 Chris Rose	40-44	Peru	17:14	1 Jerry Curcio	55-59	Peru	26:21
3 Jim Kobak	40-44	Peru	17:59	Courtesy of NYSSRA Nordic & Dewey Mountain			

**4TH ANNUAL HICKORY TELEMARSK SKI FESTIVAL**  
February 12, 2011 • Hickory Ski Center, Warrensburg

<b>TELEMARSK SKI CHALLENGE</b>			<b>2-Lap Skin-Up, Ski-Down Race</b>		
<b>MALE OVERALL</b>			<b>FEMALE OVERALL</b>		
1 Peter Pfister	30	14:43	7 Phil Johnson	44	20:16
2 Jeremy Haas	37	15:20	8 David	51	21:34
3 Sean O'Neill	39	15:49	9 Dave Ruhimaki	38	22:53
4 Steve Young	42	16:38	<b>FEMALE OVERALL</b>		
5 Glyn Chilton	49	18:00	1 Michelle Leary	44	15:04
6 Brooks Kelly	43	18:49	2 Erica Schieleke	31	18:12
			3 Susan Conley	44	24:54
			Courtesy of Hickory Ski Center		

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