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**AUGUST**  
**2011**



▲ SWIM WAVE START AT THE 2007 LAKE GEORGE TRIATHLON. THIS YEAR'S EVENT WILL INCLUDE THE BIG GEORGE TRIATHLON AND AQUATHON.  
PHOTO BY MIKE SYLVIA

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## Splashing Around

### Aquathon and Open-Water Swims

by Christine McKnight

Chris Bowcutt is a race director with a “Why not?” attitude and a sense of history. The result is two exciting new events for the region’s triathletes and open-water swimmers seeking the next challenge.

The Lake George Open Water Swim on Aug. 27-28, featuring wetsuit and non-wetsuit swims of 2.5, 5 and 10 kilometers from Hague Public Beach, is actually the revival of swims that took place in 2007 and before that, all the way back to 1927.

Two weeks later, on Sept. 11, Chris Bowcutt’s Greenleaf Racing organization will stage the Moreau Lake Aquathon and Swims at Moreau Lake State Park in northern Saratoga County. The aquathon will feature a 1.5-kilometer swim and 5K trail run, but he will also offer swims of 1.5 and 3 kilometers, and a trail run of 15 kilometers.

The Lake George and Moreau events highlight a smorgasbord of late-season swim competitions, swim-bike or swim-run races that offer something for everyone in the area. Highlights:

- Saturday, Aug. 13 – 10th annual **Betsy Owens Memorial Lake Swim** at Mirror Lake Beach, Lake Placid. 2011 US Masters Swimming two-mile cable national championship (adms.org).
- Saturday-Sunday, Aug. 27-28 – first annual **Lake George Open Water Swim** at Hague Public Beach, Hague. 2.5K, 5K & 10K swims with wetsuit and non-wetsuit divisions (lakegeorgeswim.com).
- Sunday, Aug. 28 – second annual **Team LUNA Chix Splash & Dash Aquathon** at Lake Desolation, Middle Grove. 0.5-mile swim and 3.1-mile run (teamlunachix.com/albany\_triathlon).
- Sunday, Sept. 4 – first annual **Big George Aquabike** (part of Lake George Triathlon Festival) at Beach Road, Lake George. 1.2-mile swim and 56-mile bike (lgtrifestival.com).

- Sunday, Sept. 11 – first annual **Moreau Lake Aquathon & Swims** at Moreau Lake State Park, Gansevoort. Aquathon (1.5K swim and 5K trail run), 1.5K and 3K swims, and 15K trail run (greenleafacing.com).

The Lake George Open Water Swims were inspired by two previous swims of 41 kilometers, or 24 miles, that drew competitors from around the world. The first, the Lake George Swim Marathon, was held on July 12, 1927, and attracted an amazing 146 swimmers from nearly every state and six countries. Eighteen-and-one-half hours after the start in Hague, New York City swimmer Edward Keeting emerged first at the village of Lake George. According to newspaper accounts, the event attracted 100,000 spectators and put Lake George on the map. Oddly, it was never staged again.

A similar swim, this time from the Million-Dollar Beach to Hague, was organized in 2007 as part of Hague’s bicentennial and to commemorate the 80th anniversary of the 1927 event. Ten swimmers battled 20-mile-per-hour headwinds during that race, which was eventually called because of darkness.

“These are much smaller-scale swims, mainly for safety issues, but we want to build a system we can use again and hopefully grow from,” said Chris Bowcutt, 35, of Ballston Spa. “I hope at some point to revive that 24-mile swim.” The triangular courses will be staged from Hague Beach, with about 50 competitors expected.

A 2008 Ironman Lake Placid finisher, Chris says one of his personal goals is to swim the English Channel. “I really admire open-water swimmers, and I think it’s a very interesting sport. I felt like I wanted to try to revive open-water swimming as a serious pursuit, and Lake George is an excellent venue for it,” he said.

Chris’s inspiration for the Moreau Lake aquathons and

See **AQUATHON**, 22 ▶

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## The Saratoga Palio

Melanie Merola O'Donnell  
Memorial Race

Half Marathon & 5K Run/Walk  
Sun., Sept. 18, 2011, 8 AM

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THE SARATOGA PALIO  
Melanie Merola O'Donnell Memorial Race

Melanie lived an inspiring life dedicated to helping others. To honor her, The Melanie Foundation invites you to participate in The Saratoga Palio Melanie Merola O'Donnell Memorial Race, which will follow an inspirational route through her hometown of Saratoga Springs, New York.

Proceeds will go towards The Melanie Foundation's scholarship fund for graduate students in the mental health field, as well as a donation to support the Franklin Community Center, a nonprofit human service agency that provides basic needs and services to less fortunate individuals and families.



Franklin Community Center, Inc.

# grab your paddle

and all your friends

Photo by Bruce Condie



## we need your help!

# SATURDAY, SEPT. 24

Help us build the world's largest floating raft of kayaks and canoes. Come to Inlet, NY on Fourth Lake in the central ADKs and we'll win back the top spot in the Guinness Book of World Records.



Photo by Lori Diemer

Fight breast cancer with a paddle and a boat.  
Register online early to reserve your T-shirt and lunch.  
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2011

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\*SPAC is located at 108 Avenue of The Pines, Saratoga Springs, NY 12856

Photos By Eric Jenks

## RUNNING &amp; WALKING



# Running into FALL

2010 SARATOGA PALIO HALF MARATHON  
START ON BROADWAY IN SARATOGA SPRINGS.



RUNNING THROUGH WASHINGTON PARK  
IN ALBANY AT THE 2010 TEAL RIBBON 5K.

by Laura Clark

As I write this in the final week of July, it is hot and humid, the air dense with mosquitoes and the grass treacherous with territorial ground bees. I have just returned from an easy run along the Kalabus-Perry Trail, dodging a bumper crop of tree frogs, and hopscotching around thunderstormed branches, all the while cheered on by red-eyed vireos, the hot weather endurance singers of the bird world. Just another dog day July.

Except when I really pay attention I am snapped out of my summertime dance by the occasional cautionary red leaf. A yellow leaf is easy to ignore, possibly signaling a limb in distress. But a streaked red leaf is another story altogether, the harbinger of crisp fall days when merely putting in the miles is no longer cause for celebration. Something more is demanded.

This back-to-school mindset filters down to those long-distanced from school buses and report cards, replacing casual play with more ambitious objectives. Crisp weather and bright crayon colors demand focus and determination. This translates to primary seasonal goals: a fast, end-of-term 5K and a longer distance assignment. While seemingly at opposite ends of the spectrum, these two endeavors dovetail nicely with September's renewed sense of purpose. Vacation is over!

**5K RACES**—As always, there is a plethora of local 5Ks to choose from, most of which are independent offerings and a few that are sidekicked alongside longer events. I must confess that as a distance specialist, I have been tempted to dismiss shorter races. After all, by the time three miles rolls around, I am just getting warmed up. But that is exactly the point.

I rediscover this fact of life every year before my annual FAM 5K "Fund" Run. While I blithely drive myself back and forth to the Adirondack Marathon in Schroon Lake, I insist that my husband, Jeff, chauffeur me to the FAM 5K in Cobleskill so I can collapse in a heap on the way home. For while a 5K is a perfect beginner's introduction, some more seasoned competitors discover they are on stage the entire time. No leisurely start, no walking up hills to save energy.

With the abundance of local runs, the deciding factor is sometimes which race fits our schedule or presents a different twist to the common theme.

The second annual **Malta Business & Professional Association (MBPA) 5K** on Saturday, Sept. 10, offers us a chance to breach the security of the new GlobalFoundries complex and see for ourselves what the headlines are all about. Afterwards, families are invited to tour Hudson Valley Community College's TEC-SMART Building, and enjoy Malta Community Day activities. This concession necessarily eliminates the infamous hill on Stonebreak Road. Race director Paul Loomis assures those who welcomed the hill challenge that it will be back as part of next year's proposed 10K accompaniment.

The course itself is a pleasant tour of area roads and Luther Forest bike paths. Best of all, it offers motorists an opportunity to negotiate Malta's roundabouts on foot in complete safety. With 9/11 never far from our minds, your dollars will benefit local emergency responders as well as homeless veterans. Info: maltabpa.com.

The 10th anniversary **Teal Ribbon 5K Run and 1-Mile Walk** on Sunday, Sept. 18 is a full-scale charity event in support of ovarian cancer awareness and research. As such it's a perfect venue for those seeking a friendly, low-key race. Jamie Howard of Albany ran this race, a pleasant double loop through Albany's Washington Park as a back-from-injury effort, and found the journey gentle and inspiring. "There are lots of teams and enthusiasm from everyone, both runners and walkers alike." Like many others, he ran in support of a friend who is a cancer survivor and felt right at home. With last year's field topping 300, this is the perfect opportunity to be part of the group without feeling overwhelmed. Info: caringtogetherny.org.

The 18th annual **FAM 5K "Fund" Run/Walk** is on Saturday, Sept. 24 at the Cobleskill Fairgrounds, just 30 minutes from the Capital Region. It's a fun community event with 800 racers/walkers, music, Brooks BBQ, massage therapists, raffle and kids' race, which benefits Catskill Area Hospice and Palliative Care. Info: fam5k.com.

**HALF-MARATHONS**—On the other end of the spectrum, the return of cooler weather also gives renewed impetus to weekly long runs. Since 2007 the half-marathon has continued its upward spiral as the most popular racing distance. Like Christopher Robin's reflective, "Halfway up the stairs is the stair where I sit," the half is either a doable marathon stepping stone, a rehearsal for the real thing, or taking a cue from Pooh Corner, simply a comfortable place to be. It is long enough to demand that you take it seri-

ously, yet short enough not to wipe you out for weeks afterwards. This everyman adaptability is perhaps a good clue to its success.

And for just that reason, it is advisable to make your plans early. In fact, the Mohawk Hudson River Half Marathon on Sunday, Oct. 9, a fabled flat and fast course from Colonie to Albany, has long been sold out (mohawkhudsonmarathon.com).

For less stress and ready entry, try the 41st annual **Original Lake Placid Half Marathon** on Saturday, Sept. 17, which honors our Olympic heritage. Now billed as the "Original" half, it is not to be confused with June's newcomer full and half marathon event.

At the original, you can experience the goosebump thrill of starting and finishing on the North Elba Show Grounds, the site of the 1980 Winter Olympics opening and closing ceremonies. The out-and-back route along the Ausable River passes the historic John Brown Farm, the Olympic Training Center, a breathtaking view of the Olympic ski jumps, and it encompasses part of the Ironman Lake Placid marathon course. While challenging, the journey is inspiring as you get caught up in the Olympic and Ironman spirit, and enjoy the scenic Adirondack High Peaks, far away from car fumes and busy intersections. Info: northelba.org.

If you favor a suburban venue with a patriotic fundraising impetus, come to Saratoga Springs on Sunday, Sept. 18 for the sixth annual **Saratoga Palio: Half Marathon and 5K Run/Walk**, which honors the inspiring life of Melanie O'Donnell, who organized many of the crisis response teams in New York and Washington following the 9/11 terrorist attacks. This is your opportunity to continue her mission with proceeds earmarked for a mental health graduate

scholarship. More history is in the offing as runners view the Saratoga Spa State Park, the Saratoga harness and flat tracks, Congress Park, High Rock Park and Skidmore College.

This is a perfect course for those out-of-town visitors we are all struggling to entertain, as they can get in their sightseeing and exercise all at the same time! The downtown flats, Skidmore hills, and exhilarating downhill finish to Broadway combine to form a memorable course with something for everyone. Info: thesaratogapalio.com.

For a twist on the usual half-marathon theme, consider the **Adirondack Marathon Distance Festival** on Sunday, Sept. 25. Besides the customary marathon and half-marathon, you can team up with a friend for the half-marathon relay. Superbly organized, Adirondack is one of the friendliest races around with many of the town folks seemingly either running, volunteering or cheering.

The two-person relay requires a bit of strategy as the jaunt around Schroon Lake, while wondrously scenic is definitely hilly, with the second section presenting less of a challenge. While I have always run the marathon, I am tempted to give this option a whirl. Imagine not having to hold back on the early hills for fear of meeting The Wall! Info: adirondackmarathon.org.

If you are nostalgic for the back-to-school rush of your youth but willing to forego report cards, you are invited to open your running log, buy a new pair of sneakers, and sign up for a few races! ▲

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

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# Calendar of Events August - October 2011\*

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

AUGUST 2011							SEPTEMBER 2011							OCTOBER 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	5		4	5	6	7	8	9		2	3	4	5	6	7	1
7	8	9	10	11	12		11	12	13	14	15	16		9	10	11	12	13	14	15
14	15	16	17	18	19		18	19	20	21	22	23		16	17	18	19	20	21	22
21	22	23	24	25	26		25	26	27	28	29	30		23/30	24/31	25	26	27	28	29
28	29	30	31																	

## ALPINE/XC SKIING & SNOWSHOEING

### AUGUST

**18-27 Preseason Ski & Snowboard Sale.** Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.

### SEPTEMBER

**17** NYSEF Climb to the Castle Rollerski Race. 5M. 8am. Whiteface Highway, Wilmington. 523-1900. nysef.org.

### NOVEMBER

**19-20 4th Adirondack Sports & Fitness Winter Expo.** Sat: 10-6. Sun: 10-4. Winter sports, health, fitness, travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

## BICYCLING

### ONGOING

- Daily Indoor Cycling: Training & Coaching.** Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
- Mon Monday Ride.** 6pm. Two levels & cookout. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikenboards.com.
- Mon Beginner Road Ride.** 9:30am. Little Theater, Saratoga Spa S.P., Saratoga Springs. Blue Sky Bicycles: 583-0600. blueskybicycles.com.
- Tue Northway Ten Tour Ride.** 35M. 9am. Country Knolls Pool, Ballston Lake. Vincent Scavullo: 470-7115. webmhcc.org.
- Tue Advanced Road Ride.** 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Tue Tuesday Quick Ride.** 6pm. 25M. Inside Edge, Glens Falls. 793-5676. insideedgeskiandbike.com.
- Tue Tuesday Training Rides.** 40M. 6pm. Village Green, Jay. Jim Walker: 637-6590. teamplacidplanet.org.
- Wed Womens' Road Ride.** 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Thu Thursday Tour Ride: 5/12-9/29.** 20M. 6pm. Inside Edge, Glens Falls. 793-5676. insideedgeskiandbike.com.

### AUGUST

- 1-31 August Sale.** Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- 20 Catskill Century Ride.** 20/50/100M. 6:30am. SUNY Ulster, Stone Ridge. 845-657-9764. midhudsonbicycle.org.
- 20 7th Hoosic River Ride.** 28/50/75M & 8M family ride. Southern Vermont College, Bennington, VT. hoorwa.org.
- 20 10th Capital Region Bicycle Road Race.** 43-83M. 10am. Ravenna-Coeymans-Selkirk H.S., Ravenna. Paul McDonnell: 281-3710. cbrc.cc.
- 20 1st XoonaFest.** Do one or all: 5K run, 1.2M trail run, 400yd swim, 2.2M MTB, 3M road bike. BBQ/fun (12-6pm): Lake Placid Pub/Brewery, Lake Placid. xoona.com.
- 20 Washington Co Whereabouts Quick Ride.** 67M. 9:30am. Schuylerville C.S., Schuylerville. Bruce Curtiss: 587-4408. webmhcc.org.
- 20 Rensselaerville to Middleburgh Multipace Ride.** 26M. 10am. NYS Parks Police Academy, Rensselaerville. Robert Tomczak: 797-3650. webmhcc.org.

- 21 Wake-Up Casual Ride.** 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 21 Saratoga Co Tour Ride.** 60M. 9am. Town Hall, Charlton. Henry Wilkie: 482-3902. webmhcc.org.
- 21 Spencertown Quick Ride.** 50M. 10am. Ichabod Crane H.S., Valatie. John Berninger: 439-6473. webmhcc.org.
- 23 Tue Rensselaer Co Multipace Ride.** 35M. 5pm. Algonquin M.S., Poestenkill. Sharon Gibbs: 283-0155. webmhcc.org.
- 23 Terrible Tue Tour Ride.** 35M. 6pm. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- 24 WackyWed Tour Ride.** 38M. 5:30pm. Ballston Spa N.B., Malta. Henry Wilkie: 482-3902. webmhcc.org.
- 25 Berninger Classics Quick Ride.** 30M. 6pm. Park/Ride, Bethlehem. David Beals (456-3728, davebeals@aol.com)
- 25 Coeyman's Hollow Casual Ride.** 21M. 6pm. So. Bethlehem Park, Bethlehem. William Maurer: 439-6678. webmhcc.org.
- 25 Thu Pizza Tour Ride.** 30M. 6pm. Town Hall, Voorheesville. Dave Higgins: 437-0974. webmhcc.org.
- 26-28 End of Summer Sale.** Steiner's Sports, Glenmont. 427-2406. steinersskibike.com.
- 27 Rock City Tour Ride.** 40M. 9am. Park/Ride, Schodack. James Woodruff: 462-5030. webmhcc.org.
- 27 Saratoga Tour Ride.** 60M. 9am. Little Theater, Saratoga Spa S.P., Saratoga. Henry Wilkie: 482-3902. webmhcc.org.
- 27 Farmer's Market Really Casual Ride.** 16M. 10am. Boat launch, Corning Preserve, Albany. Jonathan Benn: 482-6648. webmhcc.org.
- 27 Guilderland Casual Ride.** 28M. 10am. Mohonasen C.S., Rotterdam. Fred Barker: 852-4629. webmhcc.org.
- 27-28 28th Chris Thater Memorial Criterium Race.** Recreation Park, Binghamton. 607-778-2056. bcstopdwi.com.
- 27 19th Echo Lake Road Race.** 5M/10M run; 10M bike. 9am. East Charleston, VT. orleanscountycitizenadvocacy.org.
- 28 11th Pat Stratton Memorial Century Ride.** 100M, 50M, 25M & kids' ride. 8am. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. bikereg.com.
- 28 Wake-Up Casual Ride.** 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 28 Eight Lakes Casual Ride.** 38M. 9am. WSL E.S., West Sand Lake. Janice Verrastro: 674-4473. webmhcc.org.
- 28 Ballston Lake Bike Path Casual Ride.** 22M. 9:30am. Chango E.S., Round Lake. Bob Cohen: 877-5552. webmhcc.org.
- 28 Sweat N Summer Century.** 100M. 9am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419. hrrrtonline.com.
- 28 1st Cycle for Life.** 65M/32M. 8am. Cambridge H.S., Cambridge. CFF: 783-7361. neny.cff.org.
- 30 Tue Rensselaer Co Multipace Ride.** 35M. 5pm. Algonquin M.S., Poestenkill. Sharon Gibbs: 283-0155. webmhcc.org.
- 30 Terrible Tue Tour Ride.** 35M. 6pm. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- 31 WackyWed Tour Ride.** 38M. 5:30pm. Chango E.S., Round Lake. Henry Wilkie: 482-3902. webmhcc.org.

### SEPTEMBER

- 1 Coeyman's Coaster Casual Ride.** 19M. 5:30pm. So. Bethlehem Park, Bethlehem. William Maurer: 439-6678. webmhcc.org.
- 1 Thu Pizza Tour Ride.** 30M. 6pm. Park/Ride, Schodack. Bob Kerr: 371-5366. webmhcc.org.
- 3 Around Duane Lake Tour Ride.** 37M. 9:30am. Hannaford, Voorheesville. John Petiet: 438-9102. webmhcc.org.
- 3 Valatie Casual Ride.** 30M. 10am. OKenny's Express, Valatie. Dave Render: 433-8316. webmhcc.org.
- 4 Leader's Choice Tour Ride.** 50M. 9am. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.
- 4 Skaneateles Road Race.** 4M. 4pm. Fireman's Field Days, Allyn Arena, Skaneateles. skanraces.com.
- 4 Coon Hill Grind Time Trial.** 2M Bicycle Time Trial. 12pm. Skaneateles Ski Center, Marietta. skanraces.com.
- 6 Tue Rensselaer Co Multipace Ride.** 30M. 5pm. Algonquin M.S., Poestenkill. Sharon Gibbs: 283-0155. webmhcc.org.
- 7 WackyWed Tour Ride.** 27M. 5:30am. Ballston Spa N.B., Malta. Henry Wilkie: 482-3902. webmhcc.org.
- 8 Beyond the Birds Casual Ride.** 17M. 5:30pm. Park/Ride, Bethlehem. William Maurer: 439-6678. webmhcc.org.

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**Lance Gregson**  
**1-Eye Classic**  
Cycling Rides & Picnic  
**Sunday, Sept. 18**  
**Town Park/Beach, Schroon Lake**  
Easy Does It (3-8M): 11am  
Scenic Route (10-15M): 10:30am  
Lance's Loop (26M around lake): 9:45am  
Cyclist's Dream (44-56M): 8:30am  
Post-ride live music, picnic, raffle  
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**Cyclocross Clinic**  
Saturday, Sept. 10, 10am-1pm  
Prospect Park, Troy

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More Info: nycross.com  
Register: bikereg.com

Register today – limited to 30 riders!  
Get ready for NYCROSS Race Series

**Race With The Wind**  
Sunday, Sept. 18  
Start 10am



Ride among the wind towers of Lewis County, NY  
Registration 8:30am

Maple Ridge Wind Farm,  
6972 Eagle Factory Rd, Lowville

46-mile Mountain Bike Race  
12-mile Community Ride

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

- 10 2nd Camp Challenge Ride.** 62/30/15M. Double H Ranch, Lake Luzerne. 696-5921 x226. doublehbranch.org.
- 10 Kelly Brush Century Ride.** 25/50/100M. 9am. Middlebury, VT. 802-846-5298. kellybrushfoundation.org.
- 10-11 MHCC's Annual Saratoga Century Weekend!** 100M: 8am. 62M: 9am. 50M: 10am. 25M 11am. Carlsbad Pavilion, Saratoga Spa S.P, Saratoga Springs. Andrew Swartz: 439-8786. webmhcc.org.
- 10-11/17-18/24-25 12th Hudson River Valley Ramble.** Guided bikes, hikes, paddles. 473-3835. hudsonrivervalleyramble.com.
- 13 Tue Rensselaer Co Multipace Ride.** 30M. 5pm. Park/Ride, Schodack. Sharon Gibbs: 283-0155. webmhcc.org.
- 14 Wacky Wed Tour Ride.** 24M. 5:30am. Chango E.S., Round Lake. Henry Wilkie: 482-3902. webmhcc.org.
- 16-18 Adirondack 540 RAAM Qualifier:** 544M. Also: Golden Gallop: 408M. Silver Sojourn: 272M. Bronze Blast: 136M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 17 Tour D'Education: 50th Anniversary Bike Rally.** 50M 8:30am; 25M 9:30am; 10M 10am. SUNY Adirondack, Queensbury. John Arpey: 225-7794. sunyacc.edu.
- 17 Rensselaer Plateau Tour Ride.** 50M. 10am. A HRV Ramble ride. Miller Hill E.S., Sand Lake. Sharon Gibbs: 283-0155. webmhcc.org.
- 17 Feeder Canal to Lake George Casual Ride.** 28M. 12pm. Parking Lot, Feeder Canal, Hudson Falls. Jonathan Benn: 482-6648. webmhcc.org.
- 17 1st Tour of the Adirondacks.** 93M & 62M Bike Races. 31M Citizens Challenge, Non-Competitive Ride. Plus, King/Queen of the Mountain. Downtown, Lake Luzerne. Dieter Drake: 275-6185. touroftheadirondacks.com.
- 17 14th Northeast Kingdom Lakes Century.** 7am. Barton, VT. orleanscountycitizenadvocacy.org.
- 18 Tour de Habitat Bicycle Tour.** 100M: 7:30am. 50M & 25M: 11am. 10M: 3pm. To benefit Capital District Habitat for Humanity. Albany Pump Station, Albany. George DiPiro: 447-9000. evansale.com.
- 18 Lance Gregson 1-Eye Classic Cycling Ride.** 50M 8:30am. 26M 9:45am. 15M 10:30am. 8M 11am. Town Park/Beach, Schroon Lake. 532-9479. schroonlakecycling.com.
- 18 Sun Wake-Up Casual Ride.** 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 18 Delmar to Voorheesville Casual Ride.** 30M. 10am. Jude Sagor: 729-3933. webmhcc.org.
- 18 7th Cambridge Valley Cycling Fall Benefit Ride.** 100M: 8am. 50M: 9am. 25M: 10am. Cambridge. 677-3982. bikecvc.org.
- 20 Tue Rensselaer Multipace Ride.** 30M. 5pm. Algonquin M.S., Poestenkill. Sharon Gibbs: 283-0155. webmhcc.org.
- 21 Wacky Wed Tour Ride.** 27M. 5:30am. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.
- 24 Ride, Run, Walk 4 Love.** 15/30/50M bike or 5K run/walk. Orinda Pavilion, Saratoga Spa S.P., Saratoga Springs. rrw4l.com.
- 24 Guilderland Casual Ride.** 30M. 9:30am. Mohonasen C.S., Rotterdam. Fred Barker: 852-4629. webmhcc.org.
- 24 Schodack Tour Ride.** 45M. 9:30am. Park/Ride, Schodack. James Woodruff: 462-5030. webmhcc.org.
- 24 Upper Sacandaga Tour Ride.** 52M. 10am. Edinburg C.S., Edinburg. Henry Wilkie: 482-3902. webmhcc.org.
- 25 Sun Wake-Up Casual Ride.** 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 27 Tue Rensselaer Co Multipace Ride.** 30M. 5pm. Algonquin M.S., Poestenkill. Sharon Gibbs: 283-0155. webmhcc.org.
- 27 Basic Bike Maintenance Clinic.** 7:30pm. Free. LLBean, Albany. 437-5460. llbean.com.
- 28 Wacky Wed Tour Ride.** 27M. 5:30am. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.

**OCTOBER**

- 1 Peak Season Century.** 100M around Lake George: 7am. 60M/25M options. To benefit Leukemia & Lymphoma Society. Beach Rd, Lake George. Garry Olsen: 527-8256. peakseasoncentury.org.
- 1 MHCC's Annual Greylock Multipace Ride!** 70M. 9:30am. Algonquin M.S., Poestenkill. Sharon Gibbs: 283-0155. webmhcc.org.
- 2 Columbia County Bike Tour.** 50K & 100K. 9am. Germantown C.S., Germantown. 392-5252. clctrust.org.

- 29 Haunted Hundred Overnight Century Ride.** 6pm. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

**HEALTH & FITNESS**

**ONGOING**

- M & W Yoga Class.** Mon: 6pm. Wed: 7pm. Judy Torel's Coaching & Training Studio, Albany. 469-0815. judytorel.com.
- M & F Boot Camp Training.** Mon: 7am. Fri: 6am. Judy Torel's Coaching & Training Studio, Albany. 469-0815. judytorel.com.
- M-W-F Bikram Hot Yoga Class.** 9am Lake Placid Hot Yoga, Lake Placid. 523-8028. lakeplacidhotyoga.com.
- Mo-Fr Fusion Training.** Mon: 6am & 7pm. Wed: 6pm. Thu: 4pm. Fri: 7am & 12pm. Judy Torel's Coaching & Training Studio, Albany. 469-0815. judytorel.com.
- Mo-Fr Capital District Adventure Boot Camp for Women.** 4-week camp starts: 9/12 & 10/17. Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com.
- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 9/12 & 11/7. Early & mid-morning. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. makeitfittraining.com.
- Tue Basic Training.** 6:30pm. Saratoga Spa S.P., Saratoga. Saratoga Core Fitness: 366-1413. saratogacorefitness.com.
- Tue Kids' Yoga Summer Session: 7/5-8/23.** Age 5-12. True North Yoga, Schroon Lake. 810-7871. truenorthyogaonline.com.
- Tue Ashtanga Hot Yoga Class.** 4pm Lake Placid Hot Yoga, Lake Placid. 523-8028. lakeplacidhotyoga.com.
- Tu-Th Bikram Hot Yoga Class.** 8am Lake Placid Hot Yoga, Lake Placid. 523-8028. lakeplacidhotyoga.com.
- Thu Basic Training.** 7pm. Saratoga Spa S.P., Saratoga. Saratoga Core Fitness: 366-1413. saratogacorefitness.com.
- Thu Ashtanga Hot Yoga Class.** 6pm Lake Placid Hot Yoga, Lake Placid. 523-8028. lakeplacidhotyoga.com.
- Sat Basic Training.** 9am. Saratoga Spa S.P., Saratoga. Saratoga Core Fitness: 366-1413. saratogacorefitness.com.
- Call CardiotFit Classes.** Prime Care Physicians, Albany. 618-1100. Schedule: centerforpreventivemedicine.com.

**AUGUST**

- 18 Yoga Paddlenic: Go with the Flow.** Paddling journey for women w/catered picnic. "Meditation in Motion" w/Align Again Studio & Spoonful Kitchen/Catering. Battenkill Valley Outdoors, Cambridge. Reserve: 677-3311. battenkillvalleyoutdoors.com.

**SEPTEMBER**

- 4 Yoga in the Adirondacks Retreat w/Susanne Murtha.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 9-11 Aqua Aerobics Instructor Certification.** 5pm. Saratoga YMCA, Saratoga Springs. Gail: 583-3986. waterart.org.
- 30-10/2 Spirit, Mind Body for Women.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

**HIKING & ROCK CLIMBING**

**ONGOING**

- Mo-Fr AIR RockGym: Summer Camps.** Age 10-plus. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.
- Thu Get Ready to Backpack.** 7pm. LLBean, Albany. Holly Veiders: 437-5460. llbean.com.

**AUGUST**

- 10-9/5 Summer Clearance Sale.** Mountain Goat, Manchester, VT. 802-362-5159. mountaingoat.com.
- 19-21 Trailless Peak Backpack: Cliff & Redfield.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 22 Moderate Day Hikes: St. Regis Mtn.** 5.5M. Adirondack Mtn Club: 523-3441. adk.org.
- 22-26 Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 26-28 Trailless Peak Backpacking: Santanoni, Panther, Couchsachraga.** Adirondack Mtn Club: 523-3441. adk.org.
- 28 4th Race to the Top of Vermont.** Hike, run or mtn bike up Mt. Mansfield Toll Road. 4.3M. 9am. Stowe Resort, Stowe, VT. 802-864-5794. catamountrail.org.

**NYCROSS.com**

**2011 Race Series**

*Grassroots, Fun, Rider-Centered Racing!*

**Sept 11 – Kirkland Cyclocross**  
Kirkland Town Park, Clinton

**Oct 2 – CX at Brewery Ommegang**  
Brewery Ommegang, Cooperstown

**Oct 15-16 – Uncle Sam GP of Cyclocross**  
Prospect Park, Troy

**Oct 23 – Saratoga Spa Cyclocross**  
Saratoga Race Track, Saratoga Springs

**Oct 30 – Wicked Creepy Cyclocross**  
Willow Park, Bennington, VT

**Nov 13 – Bethlehem Cup Cyclocross**  
Elm Avenue Park, Bethlehem

**Info: NYCROSS.com**  
**Register: BikeReg.com**



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**SATURDAY-SUNDAY, SEPTEMBER 10-11**

**Carlsbad Pavilion (near Peerless Pool) Saratoga Spa State Park, Saratoga Springs**

*Fun recreational bicycle rides on quiet back roads in scenic Saratoga County*

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

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

**www.webmhcc.org**

**Mohawk Hudson Cycling Club**



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Click on the schedule graphic at [www.judytorel.com](http://www.judytorel.com) for a complete schedule

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See Calendar "Other Events" listings for Info Meetings. For more information: (518) 438-3583 or [teamintraining.org/ny](http://teamintraining.org/ny)

**TEAM IN TRAINING**

Walk or Run, Half or Full Marathons Triathlons 100-Mile Cycle Rides



**13th Annual Triathlon**  
 Saturday, September 10  
 9:00am  
 Keeseville, NY  
 Paddle, Run, Bike

Race categories: Iron & Recreational Individual & Teams

Info: Call Roxanne @ 546-3051 x 314  
 Register: [www.mountainlakeservices.org](http://www.mountainlakeservices.org)  
 Cookout & Music following the race.

Proceeds to benefit the Mountain Lake Services Foundation.  
 Supporting the needs of individuals with developmental disabilities



**DUATHLON**  
 9th Annual  
**Mohawk Towpath Byway Duathlon**  
 Krause's Grove, Canal & Beach Roads  
 Clifton Park & Halfmoon  
 2.2mi Run • 16mi Bike • 2.2mi Run  
**Sunday, Oct. 16 • 9am**  
 Open to individuals and teams  
**Kids' Fun Duathlon • 8:30am**  
**Register: [mohawktowpath.org](http://mohawktowpath.org)**  
 Tech T-shirt to first 100  
 \$25 before 10/7 & \$30 after  
 Benefits Mohawk Towpath Scenic Byway

**29 Trailless Peak Day Hike: Table Top Mt.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

**SEPTEMBER**

- 10-11 Rensselaer Plateau Traverse Hike. 8am. Pineridge XC, East Poestenkill. [rensselaerplateau.org](http://rensselaerplateau.org).
- 10-11 Children's Camp by Dyken Pond Environmental Center. Pineridge XC, East Poestenkill. [rensselaerplateau.org](http://rensselaerplateau.org).
- 11 Woods Walk.** 2M. 10:30am. Pineridge XC Ski Area, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).
- 2 Trailless Peak Day Hike: Street & Nye.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 3-5 Trailless Peak Backpack: Allen Mt.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 9-11 Trailless Peak Backpack: Skylight & Gray.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 10-11/17-18/24-25 12th Hudson River Valley Ramble. Bikes, hikes, paddles. 473-3835. [hudsonrivervalleyramble.com](http://hudsonrivervalleyramble.com).
- 11 Woods Walk at Pineridge. 10am. Pineridge XC, East Poestenkill. [pineridgexc.com](http://pineridgexc.com).
- 16-18 Trailless Peak Backpack: The Swards.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 17 Family Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 18 Women's Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 20 Success Strategies for Hiking & Camping w/Kids Clinic. 7:30pm. Free. LLBean, Albany. 437-5460. [llbean.com](http://llbean.com).
- 23-25 Trailless Peak Backpack: The Dix Range.** Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 26-30 Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

**OCTOBER**

- 1 Day Hike: Jay Range.** 7.5M. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 2 Adult Rock Climbing.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 8 Trailless Peak Day Hikes: Table Top Mt.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 9 Trailless Peak Day Hike: Street & Nye.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 9 Women's High Ropes.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).
- 15-16 Leave No Trace Trainer.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 22 Map and Compass Fundamentals.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).
- 22-23 Wilderness First Aid.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

**MOUNTAIN BIKING & CYCLOCROSS**

**ONGOING**

Sa-Sun Open for DH/XC Mtn Biking & Gondola: 8/27-10/9. Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

**AUGUST**

- 20 1st Xoonafest.** Do one or all: 5K run, 1.2M trail run, 400yd swim, 2.2M MTB, 3M road bike. BBQ/fun (12-6pm): Lake Placid Pub/Brewery, Lake Placid. [xoonafest.com](http://xoonafest.com).
- 21 Getting Dirty Casual MTB Ride.** 10am. Pine Bush Discovery Center, Albany. Jonathan Benn: 482-6648. [webmhc.org](http://webmhc.org).
- 28 4th Race to the Top of Vermont.** Mtn bike, run or hike up Mt. Mansfield Toll Road. 4.3M. 9am. Stowe Resort, Stowe, VT. 802-864-5794. [catamounttrail.org](http://catamounttrail.org).
- 28 Belleayre All-Terrain Challenge MTB Race. Belleayre Mountain, Highmount. [nysmtbseries.com](http://nysmtbseries.com).

**SEPTEMBER**

- 3 Whiteface MTB Ladies Day.** Whiteface MTB Park, Wilmington. 524-9805. [downhillmike.com](http://downhillmike.com).
- 3-4 Labor Day DH Race & Eastern States Cup Series. 11am. Plattekill MTB Park, Roxbury. 607-326-3500. [plattekill.com](http://plattekill.com).
- 10 NYCROSS.com Cyclocross Clinic.** 10am-1pm. Technique, training, bike setup. Prospect Park, Troy. Eric Schillinger: 441-1296. [nycross.com](http://nycross.com).

**11 6th Whiteface 5K DH MTB Race.** Whiteface MTB Park, Wilmington. Downhill Mike: 524-9805. [downhillmike.com](http://downhillmike.com).

- 11 NYCROSS.com Race Series: Kirkland Cyclocross.** Kirkland Town Park, Clinton. 315-853-7535. [nycross.com](http://nycross.com).
- 11 Rumble in the Jungle MTB Race. Ringwood S.P., Ringwood, NJ. 973-390-6915. [h2hrace.com](http://h2hrace.com).
- 17 Downhill Mtn Biking Camp. 10am. Gore Mountain, North Creek. Gail Setlock: 251-2411 x1043. [goremountain.com](http://goremountain.com).
- 18 5th Race With The Wind.** 50M MTB/Cross Race & 12M School/Family Ride. 10am. Maple Ridge Wind Farm, Lowville. Lewis Co Chamber: 315-376-2213. [lewiscountychamber.org](http://lewiscountychamber.org).
- 18 Riedlbauer's Round Top Rally MTB Race. Mike Henry: 965-0487. [nysmtbseries.com](http://nysmtbseries.com).
- 25 Chain Stretcher MTB Race. Blue Mountain Reservation, Peekskill. 845-735-4056. [h2hrace.com](http://h2hrace.com).
- 25 Vermont 50 MTB Race & Ultra Run. 50M. Ascutney Resort, Brownsville, VT. 802-786-4991. [vermont50.com](http://vermont50.com).

**OCTOBER**

- 1 Whiteface MTB Ladies Day.** Whiteface MTB Park, Wilmington. 524-9805. [downhillmike.com](http://downhillmike.com).
- 2 NYCROSS.com Race Series: CX at Brewery Ommegang.** Brewery Ommegang, Cooperstown. 315-415-5972. [nycross.com](http://nycross.com).
- 2 Leaf Blower MTB Race. Wawayanda S.P., Hewitt, NY. 973-875-0826. [h2hrace.com](http://h2hrace.com).
- 8-9 Downhill Race & Eastern States Cup Series Finals. 11am. Plattekill MTB Park, Roxbury. 607-326-3500. [plattekill.com](http://plattekill.com).
- 15-16 NYCROSS.com Race Series: Uncle Sam Gran Prix of Cyclocross.** Prospect Park, Troy. Eric Schillinger: 441-1296. [nycross.com](http://nycross.com).
- 23 NYCROSS.com Race Series: Saratoga Spa Cyclocross.** Saratoga Race Track, Saratoga Springs. John Onderdonk: 441-2074. [nycross.com](http://nycross.com).
- 23 All Hallows MTB Race.** 9am. Central Park, Schenectady. Heather Rizzi: 847-2419. [hrrtonline.com](http://hrrtonline.com).
- 30 NYCROSS.com Race Series: Clean Bottle Wicked Creepy Cyclocross.** Willow Park, Bennington, VT. 802-442-7238. [nycross.com](http://nycross.com).

**NOVEMBER**

- 13 NYCROSS.com Race Series: 6th Bethlehem Cup Cyclocross.** Elm Ave Park, Delmar. 439-6951. [nycross.com](http://nycross.com).

**MULTISPORT: TRIATHLON & DUATHLON**

**ONGOING**

**Daily Indoor Cycling: Training & Coaching.** Revolutionary Velo-Watts, Clifton Park. 256-9818. [velowatts.com](http://velowatts.com).

**AUGUST**

- 20 8th Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. 833-0200. [cdtriclub.org](http://cdtriclub.org).
- 20 Norwood Triathlon. 400m swim, 15M bike, 4M run. 9am. Norwood Beach, Norwood. 315-261-4391. [active.com](http://active.com).
- 20 Run-Pedal-Tube Triathlon.** 9am. 5K run, 7.5M bike, tube paddle across Hudson. Canoe Take-Out, Hadley. 696-4947. [hadleybusinessassociation.net](http://hadleybusinessassociation.net).
- 20 Powderade Triathlon. 8am. 1/2M swim, 16.1M bike, 3.1M run. Delta Lake S.P., Rome. [turningstoneraces.com](http://turningstoneraces.com).
- 27 3rd Duanesburg Triathlon. 325yd swim, 10M bike, 3.1M run. 9am. DACC, Duanesburg. 895-9500. [dacc.info](http://dacc.info).
- 28 2nd Splash & Dash Aquathlon.** 0.5M swim & 3.1M run. 11am. Tinney's Tavern, Lake Desolation, Middle Grove. Team LUNA Chix: 496-0874. [teamlunachix.com/albany\\_triathlon](http://teamlunachix.com/albany_triathlon).
- 28 River Rat Triathlon. 600m swim or 3M paddle, 17M bike, 5K run. 9am. Clayton. [riverrattri.wordpress.com](http://riverrattri.wordpress.com).

**SEPTEMBER**

- 3 Lake George Triathlon Festival: 6th Lake George Triathlon.** 0.9M swim, 24.8M bike, 6.2M run. 7am. Beach Road, Lake George. [lgrifestival.com](http://lgrifestival.com).
- 4 Lake George Triathlon Festival: 1st BIG George Triathlon & Aquabike.** 1.2M swim, 56M bike, 13.1M bike. 7am. Beach Road, Lake George. [lgrifestival.com](http://lgrifestival.com).

HAIRY GORILLA HALF & SQUIRRELY SIX • DODGE THE DEER • BRAVE THE BLIZZARD • FROGGY FIVE • ADVENTURE RACE • SUMMER TRAIL RUN SERIES

**the Albany Running Exchange**  
 The Capital Region's Most *Frun* Club!

**NEED MOTIVATION? LIKE TO RUN? LOOKING FOR FUN?**

Daily group runs  
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Approaching 1100 members  
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**www.canoeoutfitters.com**



**Habitat for Humanity**  
 2nd Annual  
**Women Build 5K Run/Walk**  
**Sunday, September 11**  
 National Day of Service of Service & Remembrance  
**Central Park, Schenectady**  
 9:30am – Runners start  
 10am – Walkers start  
 T-shirts to first 100 registrants  
**Registration and information: [www.womenbuild5k.com](http://www.womenbuild5k.com)**  
 10% of proceeds donated to HFHI Haitian Earthquake Relief Fund




## Run-Pedal-Tube Triathlon

**Saturday, August 20 at 9am**  
**Canoe Take-Out (11M W of Exit 21), Hadley**  
 • 5K foot race in Hadley  
 • 7.5M bicycle ride across Stewart's Dam  
 • Tube paddle across Hudson River from Lake Luzerne to Hadley canoe take-out  
 Individuals \$20 & Teams \$55  
 Teams: M/F/Coed/Family/Company  
**Entry/Info: hadleybusinessassociation.net**  
 (518) 696-4947 • hadleyba2003@yahoo.com  
 Bike, helmet, inner tube & PFD required  
 Benefits Hadley Business Assn Scholarship Fund

SECOND ANNUAL  
 Community Day  
**MBPA 5K**  
 TITLE SPONSOR: GLOBALFOUNDRIES

**MBPA 5K**  
**Saturday, Sept. 10 • 8:30am**  
**HVCC TEC-SMART, 345 Hermes Rd, Malta**  
 Run thru Saratoga Tech + Energy Park & Luther Forest Tech Campus  
 \$20 entry & \$25 race day  
**Register: maltabpa.com/malta5k**  
 Benefits local veterans & emergency responders

41ST ANNUAL  
**Half Marathon**

◇ 13.1 Mile Road Race  
 ◇ T-Shirts for All Pre-registered Entrants  
 ◇ Post Race Ceremony  
 ◇ 5-year age group awards

**Information: northelba.org**  
**parks@northelba.org**  
**518-523-2591**  
**Register: ezracereg.com**  
**\$30 by 9/10 • \$40 after**

**Saturday September 17th**

part of a perfect day  
**LAKE PLACID**

- 4 Frost Valley Triathlon. 0.5M swim, 11M bike, 2.5M run or 1600m swim, 22M bike, 5M run. 9am. Frost Valley YMCA, Claryville. 845-633-8720. cm2promotions.com.
- 10 Paintball Biathlon. 3K/5K run/walk & shoot markers. 10am. Pineridge XC, East Poestenkill. 283-3652. pineridgexc.com.
- 10 **13th Mountain Lake Services Triathlon.** 3.5M paddle, 5.5M run, 20M bike or 1.5M paddle, 2.5M run, 14M bike. 9am. Camp Whipoorwill, Keeseville. Roxanne LaBounty: 546-3051. mountainlakeservices.org.
- 11 **1st Moreau Lake Aquathon, Swims & Trail Run.** Aquathon (1.5K swim, 5K trail run): 9:30am. 1.5K swim: 10am. 3K swim: 10:45am. 15K Trail Run: see website. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. greenleaftracing.com.
- 11 Survival of the Shawangunks Triathlon. 8 stages: 30M bike, 56M run/swim. New Paltz. sostriathlon.com.
- 18 **35th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak, 6M run. 9:30am. Great Barrington to Tanglewood, Lenox. Patty Spector: 413-637-6913. joshbillings.com.
- 18 Ironman 70.3. 1.2M swim, 56M bike, 13.1M run. Jamesville Beach & Highland parks, Syracuse. ironmansyracuse.com.
- 24 **Schenectady County Pedal-Paddle-Run.** 7.5M bike, 1.6M paddle, 5K run. 8:30am. Collins Park, Scotia. Wendy Voelker: 388-4603. schenectadycounty.com/ppr.

- 1-2 **Whiteface Oktoberfest.** Sat: 10-7, Sun: 10-5. German food/drink, gondola rides, mtn biking, music, kids' activities. Whiteface, Wilmington. 946-2223. whiteface.com.
- 7-9 Family Camp Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 8-9 **Gore Harvest Fest.** 10-4. Fall food/drink, gondola rides, mtn biking, climbing wall, vendors, music, kids' activities. Free. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 8-9 Flaming Leaves Festival. 11am-5pm. Olympic Jumping Complex, Lake Placid. 523-3330. whiteface.com.
- 29 **Scary Story Night.** N. Dakinna Education Center, Greenfield Center. 583-9958. ndcenter.org.

**PADDLING: CANOEING & KAYAKING**  
**ONGOING**

- Tue Evening Kayak Tours.** 5:30pm. Adirondack Lakes & Trails Outfitters, Saranac Lake. 891-7450. adirondackoutfitters.com.
- AUGUST**
- 17 **Advanced Kayaking.** 6:30-8pm. Mohawk River, Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 18 **Yoga Paddlenic - Go with the Flow.** A paddling journey for women w/catered picnic. "Meditation in Motion" w/Align Again Studio & Spoonful Kitchen/Catering. Battenkill Valley Outdoors, Cambridge. Reserve: 677-3311. battenkillvalleyoutdoors.com.
- 19 **Intro to Kayaking.** 6:30-8pm. Mohawk River, Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 23 Basic Paddling Strokes Clinic. 7:30pm. Free. LLBean, Albany. 437-5460. llbean.com.
- 24, 26 **Fundamentals of Kayaking.** Two sessions. 6:30pm. Mohawk River, Lock 7 Boat Launch, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 30 Navigation on the Water Clinic. 7:30pm. Free. LLBean, Albany. 437-5460. llbean.com.
- 30 Sundowner Series & Clinic. 6pm. Saranac Inn boat launch, Upper Saranac Lake. macscanoe.com.

- SEPTEMBER**
- 9-11 Adirondack Canoe Classic 90-Miler. Old Forge, Long Lake, Saranac Lake. macscanoe.com.
- 10-11/17-18/24-25 12th Hudson River Valley Ramble. Bikes, hikes, paddles. 473-3835. hudsonrivervalleyramble.com.
- 10 Whitewater Rafting. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 11 Kayaking Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 17 War Canoe Tour. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 17 Women's Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 18 Family Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 24 **One Square Mile of Hope.** Raise funds for Komen for the Cure & break a Guinness world record for largest canoe/kayak raft. 10:30am: Raft begins formation. 11:45AM: All boats in designated area. 12-5pm: Festival w/lunch, music, boat raffle, more. Fourth Lake, Inlet. 866-GO-INLET. Info/register: onesquaremileofhope.org.
- 24 Long Lake Long Boat Regatta. 15M/10M. 10am. Long Lake. macscanoe.com.
- 25 Kayaking Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

- OCTOBER**
- 1 Head of the Mohawk Rowing Regatta. 9:30am. Aqueduct Park, Niskayuna. 557-5080. aqueductrowingclub.com.
- 8 Family Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 14-16 Moose River Canoe & Kayak Festival. Old Forge. 315-369-6983. oldforogeny.com.

**OCTOBER**

- 2 Autumn Classic Sprint Duathlon. 8:30am. Mendon Ponds Park, Rochester. 585-732-1090. yellowjacketracing.com.
- 16 **9th Mohawk Towpath Byway Duathlon.** 2.2M run, 16M bike, 2.2M run. 9am. Krause's Grove, Clifton Park. Eric Hamilton: 371-7548. mohawktowpath.org.

**OTHER EVENTS**

**ONGOING**

**Daily Monomoy Island Excursions.** Seal, seabird & harbor cruises. Monomoy Island tours w/guide. Harwichport, Cape Cod, MA. Reserve: 508-430-7772. monomoysealcrui.com.

**AUGUST**

- Ongoing Team In Training Info Meetings.** Leukemia & Lymphoma Society. 8/23, 6pm: The Desmond, Albany. 8/24, 6pm: YMCA of Kingston, Kingston. 8/25, 6pm: YMCA of Saratoga, Saratoga Springs. 8/25, 6pm: Days Inn, Plattsburgh. 8/25, 6pm: Fleet Feet Sports, Essex Jct., VT.
- 8/30, 6 pm: **Comfort Suites, Clifton Park.** 8/30, 6pm: Courtyard Marriott, Poughkeepsie. 8/30, 6pm: Courtyard Marriott, Burlington, VT. 8/31, 12pm: Leukemia & Lymphoma Office, Albany. 8/31, 6 pm: Ramada Inn, Glens Falls. 9/1, 6pm: Holiday Inn Express, Albany. Robyn Haberman: 438-3583. teamintraining.org/uny.
- 11-18 **Tent-a-Thon for Cap Dist Habitat for Humanity.** Tawasentha Park, Guilderland. 462-2993. capitaldistricthabitat.org.
- 24-25 "Raptor Rapture." Washington Co Fair w/Live Birds of Prey by North Country Wild Care. winterraptorfest.com.

**SEPTEMBER**

- 2-5 Family Camp Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 6 Basic Map and Compass Navigation Clinic. 7:30pm. Free. LLBean, Albany. 437-5460. llbean.com.
- 13 Navigating with a GPS Clinic. 7:30pm. Free. LLBean, Albany. 437-5460. llbean.com.
- 23-25 Women's Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 24 Carl Heilman Photography Camp. Gore Mountain, North Creek. 251-2411. goremountain.com.

**OCTOBER**

- 1-2 **N. Dakinna's Saratoga Native American Festival.** Sat-Sun: 10am-6pm. Traditional dancing, storytelling, music; Native arts, crafts, jewelry; Cultural demos; Kids' activities; Native vendors, food. SPAC, Saratoga Springs. 583-1440. saratoganativefestival.com.

**14th Annual Altamont 5K**

**Run & Walk**  
**Saturday, August 27 9am**  
**Bozenkill Park, Altamont**  
 Gun Club Rd (10mi w of Albany)  
**10:15am: Altamont Mile & Other Kids' Races**

- T-Shirt to first 350 5K entries
- Awards to top 3 M/F 5K & 5-year age groups
- Great Live Music
- 100 Raffle Prizes

**Register: Active.com (fee)**  
**Altamont5K.org (no fee)**  
**Phil Carducci (518) 861-6350**

*To benefit Altamont Food Pantry  
 Bring unexpired dry goods*

5th Annual  
**5K RUN FOR LIFE**  
**To Benefit Hannah's Hope Fund**

**Sunday, Sept. 18**  
 5 Caraway Ct, Old Dater Farm  
 Clifton Park

•••••

**5K Run for Life • 10am**  
**2-Mile Walk for Hope • 9:30am**  
**Kids' Fun Run & Expo • 11am**

•••••

Overall, age-group & team awards  
 T-shirts for first 200 registrants  
 A fun community event with rock climbing wall, bouncy-bounce & face painting

•••••

**Info: hannahshopefund.org**  
**Register: active.com**  
 Early registration ends Sept. 9

*Dedicated to funding research for a cure for Giant Axonal Neuropathy*

9TH ANNUAL  
**Ty Yandon Memorial 5K Run/Walk**  
**Sunday, September 11 • 9am**  
 Newcomb Overlook, Newcomb

Registration (\$15) begins 7:45am  
**Info: adkpa@aol.com or Kevin Bolin: (518) 582-2991**  
*Part of Teddy Roosevelt Celebration Sept. 10-11 in Newcomb*  
 Visit: newcombny.com

Kinderhook Runners Club  
 3rd annual  
**Red Apple Trail Run**  
**5K Run/Walk & 10K Run**  
**Saturday, Sept. 10 - 9am**  
**Samascott Orchards**  
 5 Sunset Ave, Kinderhook, NY  
 Register: \$17 (\$12 KRC members)  
 After 9/3: \$20 (\$15 KRC members)  
**Register: active.com**  
**or kinderhookrunnersclub.com**  
 Knit gloves to first 300 registered  
 New - Chip Timing by ARE  
 Many raffle prizes and tasty awards  
*Sponsored by Samascott Orchards*

First 400 Registrants Guaranteed a Long-Sleeve T-Shirt! • Awards, Food and Fun for the Whole Family!

Run for the **R.O.C.**

**Greno Industries Annual Run for the R.O.C.**  
 5k Run/Walk to Benefit the Patients of the Mollie Wilmot Radiation Oncology Center of Saratoga Hospital

**Sunday, October 2**  
**Saratoga Flat Track, Saratoga Springs**

11:00 am Run/Walk • 10:15 am Kid's Event at the Historic Saratoga Flat Track  
**\$20 pre-registration through 9/23 • \$25 registration after 9/23 and Day-of-Race**

Age Group Awards • T-shirts • Music • Separate Kid's Event - The Lil'Derby Dash! • Children's Activities  
 Visit www.areep.com for online registration or www.saratogahospitalfoundation.org to download a form  
**Contact Rachel at 583-8340, or rwheatley@saratogacare.org or register on day of race**

**5th Annual Falling Leaves 5K Run & Walk**  
 Saturday, October 8 at 10am  
 William Kelley Park on Ralph St, Ballston Spa

Scenic course within historic village of Ballston Spa!  
*Great Drawings – All registered 5Kers eligible to win Soleus 131 sport watch (\$75 value) courtesy of Fleet Feet Sports. Plus, overnights at Saratoga Hilton, gift certificates for coffee shops, restaurants, bead shops, pizzerias, oil changes, etc.*

**FLEET FEET Sports**

**Register Online: [www.ballstonspaumcchurch.org](http://www.ballstonspaumcchurch.org)**  
 \$17 by 10/3 – family rate (mail-in): \$50 – \$20 race day – T-shirt to first 100 entries  
 Kids' 0.5M Fun Run (10 & under): 10:45am – Free  
 Heather & Darryl Leggieri: [dhlepp@msn.com](mailto:dhlepp@msn.com) or (518) 885-6659  
 Benefits community/worldwide outreach programs of Ballston Spa UMC

10TH ANNIVERSARY!  
**Teal Ribbon 5K Run & 1 Mile Walk for Ovarian Cancer Awareness & Research**

Sunday, September 18 • 9am  
 Washington Park, Albany

T-shirts to the first 600 participants  
 Awards to top overall, top age groups, highest fundraisers & other awards  
 \$15 by 9/1 • \$20 day of race  
 \$12 team members by 9/1 • \$20 race day

**Information & Application:**  
[www.CaringTogetherNY.org](http://www.CaringTogetherNY.org) • (518) 783-7600  
 Donate: [firstgiving.com/caringtogether](http://firstgiving.com/caringtogether)

8th Annual **The Crossings 5K Challenge** And KIDS' FUN RUN  
 To Benefit the Colonie Youth Center

Sunday, Sept. 25 at 10am  
 Rudy A. Cicotti Family Recreation Center  
 30 Aviation Rd, Colonie

Run/walk in beautiful Crossings of Colonie Long-sleeve dri-fit shirt to first 300 in 5K  
 Register early to save money  
 FREE Kids Fun Run (choose ¼ or 1 mile course) – est. 9:45am  
 Entry and info.: [www.coloniyouthcenter.org](http://www.coloniyouthcenter.org)  
 Register: [Active.com](http://Active.com)

**MVP HEALTH CARE** presents  
 The 11th Annual **THE GREAT PUMPKIN CHALLENGE**

Saturday, October 22nd, 2011  
 Saratoga Spa State Park Columbia Pavilion

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

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that pre-register for 5 & 10K by October 1, 2011!  
 NEW FOR 2011! - NET Chip Timing

**5K & 10K Fees**  
 \$22 (before 10/1), \$25 (before 10/22), \$28 (day of)

**Kids Fun Run Fees (12 & under)**  
 \$5

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

Create your own fundraising page at [active.com/donate/SaratogaBridges2011](http://active.com/donate/SaratogaBridges2011)

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

\*Packet & Chip Pick Up\*  
 A \$20 fee will be assessed for any chips that are lost, broken or not turned in to volunteers at the event.  
 Friday 10/21 Noon-6pm @ Saratoga Bridges offices located at 16 Saratoga Bridges Blvd. or Day of 7:30 AM-9 AM at the event

Sanctioned by USA Track & Field To Benefit **saratoga bridges**

**Come Run with Us...**

- Improved loop course around beautiful Schroon Lake
- New England Runner says "you will love the scenery"
- Bands, musicians and taiko drummers
- Free massages following race
- Super friendly volunteers

**Adirondack Distance Festival**

**Half & Full Marathon 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**

**NOVEMBER**

19-20 **4th Adirondack Sports & Fitness Winter Expo.** Sat: 10-6. Sun: 10-4. Winter sports, health, fitness, travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

**RUNNING, TRAIL RUNNING & WALKING ONGOING**

Wed **ARE Track Workouts.** 6pm. UAlbany, Albany. Josh Merlis: 320-8648. [albanyrunningexchange.org](http://albanyrunningexchange.org).

Wed AMC Summer Track Workouts. 5pm. Lake Placid Track, Lake Placid. Justin Colby: 897-2483. [amccares.org](http://amccares.org).

Thu **8th ARE Summer Trail Run Series.** 6:30pm. Alternating weekly venues/courses. [albanyrunningexchange.org](http://albanyrunningexchange.org).

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

**AUGUST**

16 **16th Southern Saratoga YMCA 5K Run & 3K Walk.** 6:30pm. Kids' Fun Run: 5:30pm. The Y, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).

20 **1st Xoonafest.** Do one or all: 5K run, 1.2M trail run, 400yd swim, 2.2M MTB, 3M road bike. BBQ/fun (12-6pm): Lake Placid Pub/Brewery, Lake Placid. [xoonafest.com](http://xoonafest.com).

20 Pre-Fall Classic 5K Run & 2M Walk. 9am. Voorheesville H.S., Voorheesville. 765-3314. [vcsfoundation.org](http://vcsfoundation.org).

20 3rd Run for the Future 5K Race/Walk. 9am. Stillwater U.C., Stillwater. [stillwaterunitedchurch.org](http://stillwaterunitedchurch.org).

21 Run for Rotary Scholarship 5K. 9am. Central Park Pavilion, Schenectady. Emily Miller: 391-8212.

21 Heritage Day 10K. 10am. Penfield Homestead Museum, Ironville. Dave Burrows: 926-8005. [lachute.us](http://lachute.us).

21 Savoy Mt Trail Races. 22M/11M/4M. 10am. Florida, MA. Rob Higley: 413-549-5804. [runwmac.com](http://runwmac.com).

22 Camp Saratoga 5K Trail Series. 6:15pm. Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. [saratogastryders.org](http://saratogastryders.org).

25 **ARE Summer Trail Run Series.** 5K/10K. 6:30pm. Pineridge XC, East Poestenkill. 320-8648. [albanyrunningexchange.org](http://albanyrunningexchange.org).

27 **14th Altamont 5K Run & Walk.** 9am. Altamont Mile & Kids' Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. [altamont5k.org](http://altamont5k.org).

27 19th Echo Lake Road Race. 5M/10M/5M or 5M bike. 9am. East Charleston, VT. [orleanscountycitizenadvocacy.org](http://orleanscountycitizenadvocacy.org).

27-28 **Xcellent Cross-Country Spike Weekend.** Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

28 **4th Race to the Top of Vermont.** Run, hike or mtn bike up Mt. Mansfield Toll Road. 4.3M. 9am. Stowe Resort, Stowe, VT. 802-864-5794. [catamounttrail.org](http://catamounttrail.org).

28 Springfield Half-Marathon/5K. 9am. Holyoke College, Springfield, MA. 407-599-0568. [runspringfieldhalf.com](http://runspringfieldhalf.com).

28 28th Chris Thater Memorial 5K Road Race. 10am. Recreation Park, Binghamton. 607-778-2056. [bcstopdwi.com](http://bcstopdwi.com).

28 Green Lakes Endurance Runs 50K/100K. 6am. Green Lakes S.P., Fayetteville. Adam Peruta: 315-243-1460.

**SEPTEMBER**

3 Run for the Horses 5K. 8:30am. Orenda Pavilion, Saratoga Spa S.P. 226-0028. [thoroughbredretirement.org](http://thoroughbredretirement.org).

4 Scottish Games 5K. 9:30am. Fairgrounds, Altamont. Rebecca Feig: 669-1470.

4 VIC Trail Run Series: 15K & 5K. 9am. Paul Smith's College, Paul Smiths. Sarah Keyes: 327-6241. [paulsmiths.edu](http://paulsmiths.edu).

4 22nd Monster Marathon & Half-Marathon Trail Runs. 7am. Virgil S.F., Virgil. [fingerlakesrunners.org](http://fingerlakesrunners.org).

5 **23rd SEFCU/HMRRRC Labor Day 5K Race/Walk.** 9am. Kids' 1M Fun Run: 10am. SEFCU Headquarters, Albany. SEFCU: 464-5243. [sefcu.com](http://sefcu.com).

6 **Mental Training for Runners Training Clinic w/Drew Anderson, PhD.** 7pm. The Crossings, Colonie. Free, register. Cathy Sliwinski: 810-8427. [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com).

8 Running of the Brides 5K. 6pm. Crossings of Colonie, Colonie. Sarah Kelley: 421-3776. [nyweddingboutique.com](http://nyweddingboutique.com).

10 **2nd Malta Business & Professional Association "MBPA" 5K.** Race: 8:30am. HVCC TEC-SMART, Malta. Paul Loomis: 472-4807. [maltabpa.com](http://maltabpa.com).

10 **3rd Red Apple Trail Run.** 5K Run/Walk: 9:10am. 10K Run: 9am. Samascott Orchards, Kinderhook. Julie Keating: 758-1218. [kinderhookrunnersclub.com](http://kinderhookrunnersclub.com).

10 **9th Brenda Deer Memorial 5K Run & 3K Walk.** 9am. Kids' Fun Run: 8:30am. The Y, Guilderland. Tys Bailey-Yavonditte: 456-3634 x1140. [cdymca.org](http://cdymca.org).

10 3rd CRSS Race for Hope 5K Run/Walk. 10am. Slingerlands. 441-8570. [capitalregionspecialsurgery.com](http://capitalregionspecialsurgery.com).

10 5 for Five/Race for a Cure. 10am. Saratoga Spa S.P., Saratoga Springs. Michelle: 451-6740. [5forfivevmpsrn.com](http://5forfivevmpsrn.com).

10 7th Cannonball Run. 5K/10K Run. 9am. Old Base Oval, Plattsburgh. 563-6186. [cannonballfunrun.yolasite.com](http://cannonballfunrun.yolasite.com).

10 Herkimer ARC Heart & Sole 5K. 9am. ARC, Herkimer. 315-574-7000. [herkimerarc.org](http://herkimerarc.org).

10 Maple Leaf Half-Marathon & 5K. 9am. Manchester Center, VT. 800-362-4144. [manchestervtmapleleaf.com](http://manchestervtmapleleaf.com).

10 Dam 4-Miler. 10am. Hawkins Point V.C., Massena. Karen White: 315-769-6863. [nypa.gov](http://nypa.gov).

10 Running for Recovery from Addiction. 5K/10K. 10am. Fairgrounds, Watertown. [watertownurbanmission.com](http://watertownurbanmission.com).

11 **40th HMRRRC Anniversary Races.** 2.8M & 5.6M. 9am. 40th Anniversary Celebration! Gym, UAlbany, Albany. Pat Glover: 877-0654. [hmrrc.com](http://hmrrc.com).

11 **2nd Habitat for Humanity Women Build 5K Run/Walk.** Run: 9:30am. Walk: 10am. Central Park, Schenectady. Hannah Mulholland: 227-9949. [womenbuild5k.com](http://womenbuild5k.com).

11 **1st Moreau Lake Aquathon, Swims & Trail Run.** Aquathon (1.5K swim, 5K trail run): 9:30am. 1.5K swim: 10am. 3K swim: 10:45am. 15K Trail Run: see website. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. [greenleafacing.com](http://greenleafacing.com).

11 **9th Ty Yandon Memorial 5K Run/Walk.** 9am. Teddy Roosevelt Celebration: 9/10-11. Newcomb Overlook, Newcomb. Kevin Bolin: 582-2991. [newcombny.com](http://newcombny.com).

11 Stephen Siller Tunnel to Towers 5K Run/Walk/Roll. 10am. Washington Park, Albany. 522-3133. [tunneltotowersrun.org](http://tunneltotowersrun.org).

11 Barry Hopkins Run at Olana. 3.8M. 9:30am. Olana H.S., Hudson. 828-0135. [oprhp.state.ny.us](http://oprhp.state.ny.us).

15 1st Schenectady ARC 5K/1M Fun Run/Walk. 5:15pm. Central Park, Schenectady. 372-1160. [arcschenectady.org](http://arcschenectady.org).

17 **41st Original Lake Placid Half-Marathon.** 13.1M. 10am. North Elba Show Grounds, Lake Placid. 523-2591. [northelba.org](http://northelba.org) or [ezracereg.com](http://ezracereg.com).

17 **5th Landis Arboretum 5K Forest Run.** XC Run/Walk for Family Fun. 9:30am. Tot Trot: 11:30am. Landis Arboretum, Esperance. 875-6935. [landisarboretum.org](http://landisarboretum.org).

17 **34th Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship. Laurel Ave School, Northport. [cowharborrace.com](http://cowharborrace.com).

17 16th Run to Remember 5K. 9am. East Campus Athletic Village, RPI, Troy. [run2remember.com](http://run2remember.com).

17 8th Autism Walk & 5K Run. 7am. Central Park, Schenectady. Jenny DeBellis: 588-1189.

17 Get Your Rear in Gear 5K. 9am. Saratoga Spa S. P., Saratoga Springs.

17 8th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. Steve Eustis: 802-878-4385. [gmaa.net](http://gmaa.net).

18 **6th Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half-Marathon: 8am. 5K Run/Walk: 8:05am. Kids' Fun Run: 11am. City Hall, Saratoga Springs. Maria Palmer Maurer: 917-521-0469. [thesaratogapalio.com](http://thesaratogapalio.com).

18 **10th Anniversary! Teal Ribbon 5K Run & 1M Walk.** 9am. Lake House, Washington Park, Albany. 783-7600. [caringtogetherny.org](http://caringtogetherny.org).

18 **32nd The Dunkin' Run.** 5K & 10K. 8:30am. Plus, 0.5M Kids' Fun Run: 10am. Sidney Albert Jewish Community Center, Albany. Tom Wachunas: 438-6651 x123. [saajcc.org](http://saajcc.org).

18 **5th 5K Run for Life: Hannah's Hope.** 10am. 2M walk: 9:30am. Kids' fun run: 11am. Old Dater Farm, Clifton Park. [hannahshopefund.org](http://hannahshopefund.org).

18 5th Trooper Joseph Longobardo 5K Walk/Run. 10am. Saratoga Spa S.P., Saratoga Springs. [active.com](http://active.com).

18 4th Doug Ellett Memorial 5K Run/Walk for Melanoma Awareness. 9:30am. Cohoes H.S., Cohoes. 237-3559. [dougellettmemorial.org](http://dougellettmemorial.org).

2nd Annual **Run For Your Life!**  
 5K Run/Walk for Hospice

Saturday, October 8 • 9am  
 Warrensburg Recreation Field,  
 Library Ave, Warrensburg  
 Certified course • \$20 fee

**Entry Form: [hphpc.org](http://hphpc.org)**  
 Info: Sunday Conine 743-1672  
 Proceeds benefit:  
 High Peaks Hospice & Palliative Care

36th Annual Gazette  
**Stockade-athon 15K**  
 Sunday, November 13 • 9am  
 Central Park, Schenectady  
**Save the Date!**

Oldest major 15K in the country  
 USATF certified course  
 11/12: Health & Fitness Expo  
**Register: [stockadeathon.com](http://stockadeathon.com)**  
[hamletbryans@nycap.rr.com](mailto:hamletbryans@nycap.rr.com)

Fifth Perennial  
**LANDIS ARBORETUM 5K FOREST RUN**  
 Saturday, Sept. 17 at 9:30am  
 Run/Walk for Family Fun

A true cross-country course thru beautiful forests, fields & Landis collections  
 The Landis Arboretum, Esperance  
 174 Lape Rd, 1.5 miles off Rte 20  
 Followed by Tot Trot for Kids  
 Fall Plant Sale: 10am-4pm  
 Also, Bake Sale at Finish Line!

Info/Register: [landisarboretum.org](http://landisarboretum.org)  
 Jonathan DiCesare (518) 231-2290  
 To benefit the non-profit Landis Arboretum

37TH ANNUAL  
**FALLING LEAVES ROAD RACE**

Sunday September 25  
 Radisson Hotel, Utica  
 USATF Certified 5k: 9am  
 Scenic 14k: 8:50am  
 Brooks long-sleeve tech shirts to first 1,100 registered  
 Info/Register: [UticaRoadrunners.org](http://UticaRoadrunners.org)  
 or [GetEntered.com](http://GetEntered.com)



**30th Annual Watervliet Arsenal City Run & Community Night**  
**Friday, September 23**  
  
**5K Road Race: 6pm**  
**USATF-Adk Masters 5K Championship**  
**Register: active.com**  
 \$17 before 9/1 or \$20 after or \$5 active military  
 Free 1-Mile Fun Run/Walk (all ages): 5:30pm  
 Family Festivities: 5pm-7  
 Food, drinks, live music, activities for all  
*Benefits Watervliet Adopt-a-Family program*

**Hudson-Mohawk Road Runners Club Anniversary Races**  
**2.8 & 5.6 Miles\***  
**Sunday, Sept. 11 - 9am**  
**Gymnasium, UAlbany**  
  
**HMRRC 40th Anniversary Celebration!**  
 Commemorative glass mug to first 150  
 Free HMRRC, \$6 non-members  
 Register day of race only  
 Pat Glover: 877-0654 or pjglove@aol.com  
 \*Approx. distances due to construction

**Hairy Gorilla Half Marathon & Squirrelly Six Mile**  
  
 Ominously brought to you by ARE Event Productions  
**9:30am • Sunday, October 30 • Thacher State Park, NY**  
 Part of ARE Grand Prix Trail Series and WMAC Grand Tree Series  
*Roller-coaster course with mud, muck, roots, drops, puddles • Many runners compete in costume*  
*Special awards: gorilla impersonation; costume; pumpkin carving; carrying most bananas*  
*Half marathon also has team competition - 9am: Gorilla Chase 600m Kids Race*  
*Bring bananas to appease the gorillas - Gorilla "medal" to half finishers - Post-race cookout*  
**Half Marathon: \$25 by 10/19 (\$30 after) • 6M/Relay: \$20 by 10/19 (\$25 after)**  
**Register: AREEP.com - No additional fees!**  
**More Info: AREEP.com or 518-320-8648**

- 18 33rd Dutchess Co Classic Half-Marathon. 8:45am. 5K: 9am. Wappingers Falls. 914-456-0708. mhrrc.org.
- 23 **30th Arsenal City Run & Community Night.** 5K race: 6pm. 1M Fun Run: 5pm. City Hall, Watervliet. active.com.
- 24 **18th FAM 5K "Fund" Run/Walk.** 10am. Plus, Kids' Fun Race. Cobleskill Fairgrounds, Cobleskill. Peter Sweetser: 234-7400. fam5k.com.
- 24 **Ride, Run, Walk 4 Love.** 5K run/walk or 15/30/50M bike. Orenda Pavilion, Saratoga Spa S.P., Saratoga Springs. rrw4l.com.
- 24 **Adirondack Distance Festival.** Helpers Fund 5K & 10K: 9:30am - Municipal Center, Chestertown. Expo: 11am-5pm & Kids' Run: 2pm - Schroon Lake. 532-7675. adirondackmarathon.org.
- 24 Nisky Fall Fun Run 5K. 5:30pm. Town Hall, Niskayuna. Lori Peretti: 386-4526. niskayuna.org.
- 24 Greenport 5K Trail Run. 9am. Greenport Town Park, Greenport. 392-5252. clctrust.org.
- 25 **Adirondack Distance Festival.** Marathon & Relay: 9am. Half-Marathon: 10am. Sat: Expo 11am-5pm; Kids' Run: 2pm. Schroon Lake. 532-7675. adirondackmarathon.org.
- 25 **Nick's Run to be Healed 5K.** 5K Run: 1pm. Nick's Dash (11-under): 12pm. 2M Walk: 12:45pm. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- 25 **4th Tour "LaFrance" 5K Family Fun Run/Walk.** 11am. 1M Kids' Run: after 5K. Orenda Pavilion, Saratoga Spa S.P., Saratoga Springs. Dave LaFrance: 588-0067. connorlafrance.org.
- 25 **8th Crossings 5K Challenge Run/Walk.** 10am. Kids' 0.5M Fun Run: 9:45am. Ciccotti Family Recreation Center, Colonie. Barbara Boodram: 438-9596. colonieyouthcenter.org.
- 25 **37th Falling Leaves Road Race.** 5K: 9am. 14K: 8:50am. Kids' 1K Fun Run: 8:15am. Radisson Hotel, Utica. Mike Byrch: 315-404-8130. uticaroadrunners.org.
- 25 Foot Race at Fort Ticonderoga. 5K XC Run. 10am. Fort Ticonderoga, Ticonderoga. 585-7206. footraceatforti.com.
- 25 Vermont 50 Ultra Run & MTB Race. 50M. Ascutney Resort, Brownsville, VT. 802-786-4991. vermont50.com.

- 9 31st Newburgh Beacon Bridge Run 5M. 11am. Newburgh to Beacon. Rebecca Withers: 845-895-3402. mhrrc.org.
- 15 **3rd Race Away Stigma 5K Race & Fun Walk.** 10am. Bruno Stadium, HVCC, Troy. Carrie Zurenko: 629-7176. hvcc.edu/cct.
- 15 1st Octoberfest Half-Marathon. 13.1M in Apple Country. 9am. Peru F.D., Peru. runoctoberfest.com.
- 16 **11th Saratoga National Cross-Country Classic 5K Race.** 10am. Saratoga Spa S.P., Saratoga Springs. 583-3114. saratoganational.com.
- 16 ARC in the Park 5K. 9am. Rensselaer Tech Park, Troy. Charles Tarbay: 274-3110. renselaeracr.org.
- 16 Empire State Marathon & Half-Marathon. 7am. Syracuse. Brian Collins: 480-543-0008. empirestatemarathon.com.
- 16 41st Green Mountain Marathon. 26.2M. 8:30am. Folsom School, South Hero, VT. Jess Cover: gmaa.net.
- 22 **11th Great Pumpkin Challenge.** 5K & 10K Walk/Run: 9:30am. Kids' Fun Run: after races. Columbia Pavilion, Saratoga Spa S.P., Saratoga Springs. 587-0723. saratogabridges.org.
- 22 Albany Co Sheriff's Run for the Hill 5K. 10am. Cornell Coop Ext. Voorheesville. 655-7811. albanycounty.com.
- 22 DPS 5K Run for Kids. 9:15am. Columbia H.S., East Greenbush. Jamie Holtz: 248-8110. egcsd.org.
- 29 **18th Goblin Gallop 5K.** 9am. Kids' Fun Run: 10am. Abraham Wing School, Glens Falls. adirondackrunners.org.
- 29 **Monster Madness Dash 5K Run & 3K Walk.** 9am. Kids' Fun Run: 8:30am. Troy Family YMCA, Troy. Chris Bins: 272-5900. cdmymca.org.
- 29 13th Great Sacandaga 10K Road Race. 10:30am. Sport Island Pub, Northville. Dave Gifford: 863-8046. fmrrc.org.
- 29 Kingdom Challenge Half-Marathon & 5K. 8am. St. Johnsbury, VT. 802-751-8223. thekingdomchallenge.com.
- 30 **6th AREEP Hairy Gorilla Half Marathon & Squirrelly Six Mile.** 9:30am. Gorilla Chase 600m Kids' Race: 9am. Thacher S.P., Voorheesville. Josh Merlis: 320-8648. areep.com.
- 30 **1st 5K Scare Through Cole's Woods Run.** 10am. Glens Falls YMCA, Glens Falls. Will Groff: 793-3878. glensfallsymca.org.

**NICK'S FIGHT**  
  
**5K**  
**NICK'S RUN**  
**SUNDAY, SEPTEMBER 25**  
**CLIFTON COMMONS**  
**CLIFTON PARK**  
**Registration begins at 10:30am**  
 12pm Nick's Dash  
 12:30pm Zumba Warm-up  
 12:45pm 2 Mile Walk  
 1pm 5K Run  
**T-shirts to first 250 walk/run registrants!**  
 Raffles - Prizes - DJ - Kids' Carnival - Bouncy Bounce  
**Form a team & have more fun!**  
 For info & to register go to **WWW.FIGHTTOBEHEALED.ORG**  
 NFTBHF is a 501 c 3 organization supporting local pediatric cancer patients

**OCTOBER**

- 1 **17th Susan G. Komen Race for the Cure.** 5K Run: 9am. 2M Family Walk: 10am. Empire State Plaza, Albany. Lynette Stark: 250-5379. komenneny.org.
- 1 **Gore Mountain Leaf Cruncher 5K Trail Run.** 11am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 2 **Greno Industries "Run for the ROC" 5K.** Run/walk: 11am. "Li'l Derby Dash" Kids' Run: 10:15am. Saratoga Flat Track, Saratoga Springs. Rachael Wheatley: 583-8779. saratogahospitalfoundation.org.
- 2 **32nd Voorheesville 7.1-Miler.** 10am. Voorheesville Town Park, Voorheesville. hmrrc.com.
- 2 4th Community for a Cure 5K Run/Walk for JDRE 1pm. Boulevard E.S., Gloversville. Susan: 775-5747. active.com.
- 2 Spencertown Shine On 5K. 1pm. Fire House, Spencertown. 392-6298. wix.com/shineonrun/5k.
- 2 Leaf Peepers Half-Marathon & 5K. 11am. Waterbury, VT. Roger Cranse: 802-223-6997. cvrunners.org.
- 3 VIC Trail Run Series: 13.1M & 5K. 9am. Paul Smith's College, Paul Smiths. Sarah Keyes: 327-6241. paulsmiths.edu.
- 8 **5th Falling Leaves 5K Run & Walk.** 10am. Kids' 0.5M Fun Run: 10:45am. William Kelley Park, Ballston Spa. Heather Leggieri: 885-6659. ballstonspaumchurch.org.
- 8 **17th BHBL Rotary Apple Run.** 5K Run/Walk: 9am. Kids' Fun Run: 9:45am. O'Rourke M.S., Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.org.
- 8 **2nd Run for Your Life! 5K Run/Walk for Hospice.** 9am. Warrensburg Recreation Field, Warrensburg. Sunday Conine: 743-1672. hphpc.org.
- 8 Coxsackie PAL 5K Fun Run/Walk. 10am. Coxsackie. William O'Brien: 731-8121. onteorarunners.org.
- 8 1st "Rhino Run" 5K Run/Walk. 9:30am. Kids' Fun Run: 9am. The Crossings, Colonie. active.com.
- 8 9th Can Lake 50-Miler & 50K. 7am. Canandaigua Lake. Tom Perry: 585-388-5270. canlake50.org.
- 9 **Mohawk Hudson River Marathon & Half-Marathon.** 26.2M: Schenectady-Albany. 13.1M: Colonie-Albany. 8:30am. Sat, 10-6: Expo, Crowne Plaza, Albany. mohawkudsonmarathon.com.

**NOVEMBER**

- 6 **1st AREEP Fall Fruun BeRunning! 10K.** 9am. Shenendehowa H.S., Clifton Park. Josh Merlis: 320-8648. fallfrun10.com.
- 13 **36th Gazette Stockade-athon 15K.** 9am. 11/12: Expo. Central Park, Schenectady. stockadeathon.com.

**SWIMMING**

**AUGUST**

- 20 **1st Xoonafest.** Do one or all: 5K run, 1.2M trail run, 400yd swim, 2.2M MTB, 3M road bike. BBQ/fun (12-6pm): Lake Placid Pub/Brewery, Lake Placid. xoonafest.com.
- 27 Willie Schmidt Memorial Lake Champlain Swim for Hospice. 9am. Camp Dudley, Westport. 891-9631. hphpc.org.
- 27-28 **1st Lake George Open Water Swim.** Sat: 2.5K 8:30am & 5K 10:15am. Sun: 10K 9am. Town Beach, Hague. Chris Bowcutt: 290-0457. lakegeorgeswim.com.

**SEPTEMBER**

- 4 Escape from the Judge Open Water 1M Swim. 10am. Clift Park, Skaneateles. skanraces.com.
- 11 **1st Moreau Lake Aquathon, Swims & Trail Run.** Aquathon (1.5K swim, 5K trail run): 9:30am. 1.5K swim: 10am. 3K swim: 10:45am. 15K Trail Run: see website. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. greenleafracing.com.

**Bold listing** - Advertiser in current issue of Adirondack Sports & Fitness. All area codes 518 unless indicated.  
 Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.

**Sunday October 16**  
 11TH ANNUAL  
  
**Cross Country Classic**  
 Saratoga Spa State Park  
**5K Cross Country Race - 10am**  
 Saratoga Spa State Park, Saratoga Springs  
**New This Year: Chip Timing!**  
 USATF Adk 5K XC Championship  
**Moisture wicking T-shirt to all registered by 10/3**  
 583-3114 or jallen3@nycap.rr.com  
 Benefits: Saratoga Center for the Family  
**Register Online, No Additional Charge**  
**SaratogaNational.com**

**3rd Annual Race Away Stigma 5K Race & Fun Walk**  
 Help "race away" stigma surrounding mental health  
  
**Saturday, Oct. 15 • 10am**  
**Bruno Stadium, HVCC, Troy**  
 \$17 HMRRC, \$20 non-members  
 T-shirt, awards, raffles  
 Larry Ellis 629-7175, lellis@hvcc.edu  
**Register online: hvcc.edu/cct**

**4th annual Tour "LaFrance" 5K Family Fun Run/Walk & 1-Mile Kids' Run**  
 In memory of Connor LaFrance  
  
**Sunday, Sept. 25 • 11am**  
 Register: 8-10:30am  
**Orenda Pavilion, Saratoga Spa State Park**  
 www.ConnorLaFrance.org  
 Live music & BBQ lunch  
 Benefits Connor LaFrance Memorial Foundation for local athletes & S.H.S. college scholarships

**17th Annual Burnt Hills-Ballston Lake Rotary 5K RUN AND WALK BURNT HILLS, NY**  
  
**Saturday, Oct. 8 • 9AM**  
**REGISTER: ACTIVE.COM**  
**ENTRY FORM: BHBLROTARY.ORG**  
**PAUL LEWANDOWSKI (518) 399-2225**  
**KIDS MILE FUN RUN: 9:45AM**  
**O'ROURKE MIDDLE SCHOOL, BURNT HILLS**  
**USATF CERTIFIED COURSE • CHIP TIMING**  
**SHIRTS FOR FIRST 200 PARTICIPANTS**  
**\$20 BEFORE 10/1 (\$25 AFTER)**  
**KIDS MILE FUN RUN: \$10**

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# camp challenge Ride

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SUNDAY, SEPT. 18, 2011



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## KAYAKING &amp; CANOEING

# Putnam Pond Camping

by Alan Mapes



◀ CHAR MAPES PICKS BLUEBERRIES ALONG THE SHORE OF EAGLE LAKE.

▶ A BEAVER LODGE ON PUTNAM POND.

▼ PUTNAM POND, THE "NICEST LAKE" IN THE EASTERN ADIRONDACKS THAT'S EASILY ACCESSIBLE TO PADDLERS.

PHOTOS BY ALAN MAPES



It was a milestone birthday for me in July (yes, 40 again). We planned to do some paddling and car camping in the Adirondacks, but did not want to travel too far. Putnam Pond State Campground immediately came to mind, and it turned out to be a great choice. We paddled there several years ago, but it was a new camping spot for us.

Putnam Pond is located west of Ticonderoga, joining the northeast corner of the Pharaoh Lake Wilderness. The entire shoreline of the pond – really a small lake – is state land. Even though the campground, with around 80 sites, is located along part of the shore the lake has a wild and natural feeling. In fact, I think it is the nicest lake in the southeastern Adirondacks that is easily accessible to canoes and kayaks. Rich Macha mentioned this pond in the July 2011 issue, but we had not yet seen that article.

Motors are allowed on the lake and we encountered a few small motored fishing boats, but very few. Canoes and kayaks are the order of the day, and canoes are available for rent at the campground. Day visitors are welcome and can use the boat launch along with the people camping in the campground.

One of the special charms of Putnam Pond is the wide variety of hiking trails in the area. Trails lead into the wilderness area from the campground and from two landings on the pond. One trail leads all the way around the lake. On an earlier visit, my wife Char and I paddled to a landing on the north end of the pond, beached our kayaks and hiked to Rock Pond and Little Rock Pond, a loop of about one mile.

A hike from another landing on the lakeshore takes you to Treadway Mountain and some nice views of the wilderness area.

Yet another trail goes to a pond that bears my favorite name for any body of water in the Adirondacks, Grizzle Ocean. I have not made the hike to this pond yet, but it's on my short list.

We spent our first day following the entire shoreline of Putnam Pond. The second day, we did the same for nearby Eagle Lake, located a little way west on NY Route 74, on the way to the hamlet of Schroon Lake. The two small lakes provided quite a contrast in feel, both charming in their own way.

Putnam Pond gave us a great immersion in nature. As we paddled away from the campground, we passed some of the nine remote campsites, most accessed only by boat. A fee is charged during season for these primo sites, but they are free to use after Labor Day. Away from the campsites, wild shoreline soon took over and the natural wonders just kept coming.

Canada geese lead off the parade – not exactly a wilderness species, of course. Shortly after, a family group of northern ravens put on a show for us of flight and soaring skill. It looked like a parent and two young. They talked back and forth in their low croaking voices as they caught updrafts off the high ground along the lake and soared on stiff wings, gaining altitude quite quickly.

As we investigated white water lilies and blue pickerel weed along the shore, we spotted a single loon fishing in the middle of the pond. He dove and reappeared numerous times and we wondered why there was only one bird. In July we'd expect to see a pair of loons with one or two chicks, but this bird was alone as it dove for fish or newts. Had it lost a mate? We discovered the answer later in the day.

Landing at the trailhead at the north end of the lake, we took a stretch break and had a snack. During a short walk through the woods, we discovered many colorful mushrooms and other fungi. The wet spring and early summer were ideal for the growth of fungi, and we took some nice photos of some strangely-shaped mushrooms we had not seen before.

Paddling our way back south along the shore, we investigated a section of floating bog. The group of small islands of vegetation were made up of sphagnum moss, insect-catching pitcher plants and sundews, rose pogonia orchids, and some small shrubs and trees – all doing their best to grow on the squishy mat of peat. A beaver lodge was perched on one of the mat islands.

Along one part of the bog mat we found the answer to our common loon question. A loon on a nest sat motionless with its neck down and head stretched out low, trying to hide from view. After taking a quick look, we got away from the nest site, hoping not to further disturb the bird. I've heard stories of loons leaving their nests because of human disturbance, and accidentally knocking the eggs out into the water.

Being late July, this loon seemed to be on the nest very late. I expected to see half-grown young by that time. Had the high water levels this spring drowned out a first nesting attempt?

The next day's paddle on Eagle Lake gave us a bit more interaction with people. Route 74 goes right along one shore of the lake and crosses it near the west end. We launched the kayaks at a nice state boat launch and small parking area at the west end. Most of

the shoreline is private property on Eagle, and we admired the many nice houses along the shore.

We found nice natural areas between the waterfront homes. Next to one especially beautiful home was a small waterfall at a creek mouth. It was nicely highlighted by water lilies growing right where the flow entered the lake. Rugged vertical walls of rock nearby were covered with large rock tripe lichens. A great blue heron flew off from the shoreline as we approached, and belted kingfishers cackled their protests at our approach.

At the far eastern end of the lake, we found a state landing with picnic area. Here we chatted with a family who were camped at a state lean-to nearby, and they graciously provided us with cold beverages to go with our trail lunch. Though Eagle Lake was not as wild a scene as Putnam Pond, it offered a very nice day of exploring.

*If you go:* Putnam Pond Campground is open from mid-May through Labor Day and reservations are suggested (reserveamerica.com). A fee is charged at Putnam Pond during the camping season for day access. The boat launch and trailheads are open for free the rest of the year. For a map of hiking trails and paddling waters, I suggest the *National Geographic* map #743, Lake George/Great Sacandaga. ▲

Alan Mapes (aamapes@nycap.rr.com) is a sea kayak instructor and guide, certified by the American Canoe Association and the British Canoe Union. He lives near Delmar and specializes in canoe and kayak repair and Greenland paddle making.

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## ATHLETE PROFILE

# Art and Debby Goedeke

## It's A Family Event

by Skip Holmes



▲ MATT BICYCLE RACING.



▲ MARCY RUNNING WITH PAXTON.



▲ DEBBY AND ART IN MALLORCA, SPAIN. PHOTO BY DAVE BEALS

◀ ART AND DEBBY WITH GRANDSON, PAXTON.

participated in the Jiminy Peak 24-Hour Mountain Bike Race.

He played racquetball for a number of years as well. When his daughter Marcy was born he stopped motorcycle racing and began to focus on road bike racing. He got his USCF racing license at age 35 and became a regular in many of the area road races. He is a member of the Capital Bicycle Racing Club and the Mohawk-Hudson Cycling Club. He is well known for his "Team Gorilla" rides that have been described by others as death marches – long rides accompanied by numerous climbs. They were called death marches by riders who had not previously ridden with Art. One of his more famous rides, "Alternate Plan B," starts in Warrensburg and covers 65 miles and countless hills (Adirondack Sports & Fitness, June 2006). It is a classic MHCC ride he's been leading for 30 years. The hills are countless because riders are too tired to continue counting them.

When the winter season arrives Art has been known to step into a pair of cross-country skis and embark on a series of weekend adventures that have included entering the Lake Placid Loppet cross-country ski race in 2004, as well as being talked into entering the following year's Canadian Ski Marathon, a two-day 100-mile tour. One winter he was even persuaded into backcountry snow-

**Ages:** Debby, 58 and Art, 59

**Family:** Daughter, Marcy, 31, (husband Tim Wells); Grandson, Paxton; Son, Matt, 29, (fiancé Danielle Lloyd)

**Residence:** Delmar

**Occupations:** Debby, Convention Services Manager for Albany County Convention and Visitors Bureau; Art, Sales Manager for Long Energy

**Main Sports:** Debby, Running; Art, Bicycling

**Other Sports:** Debby, Bicycling, Triathlon

shoeing in the Adirondack High Peaks with an overnight stay at the Camp Peggy O'Brian mountain cabin. That weekend left an indelible mark on him as being one of those 'out of his comfort zone' challenges.

His wife, Debby, has cross-country skied with him during the winter in order to stay fit during her off-season. The remainder of the year she can be found training for a triathlon or two. She was raised in Keene, where she went downhill skiing at Whiteface most weekends. After moving to Colonie, she met Art in high school and they have embarked on a life of athletic activities. Debby also played racquetball for many years and placed first in the NYS woman's championship during the mid 1980s.

After watching the Ironman Lake Placid, Debby decided to start training for triathlon events. Her first event was the 2002 Pine Bush Triathlon sprint distance. That got her hooked and then she moved up to the Olympic distances. She competed in

the 2004 Tupper Lake Tinman and most recently completed the 2010 Ironman 70.3 Timberman in New Hampshire.

In addition, Debby is a marathoner. She ran the 2006 Mohawk Hudson River Marathon and the 2008 Chevron Marathon in Houston. Her brothers live in Houston so as a way to get her there for a visit they agreed to run it with her – despite never having run a marathon. She also runs in a number of area road races such as the Original Lake Placid Half Marathon, the Freihofer's Run for Women 5K, the Gazette Stockade-athon 15K, and the Boilermaker 15K.

For the past several years Debby has been the volunteer coordinator for the bicycle leg of the Ironman Lake Placid. She organizes the countless volunteers necessary to support all the entrants with food and hydration during this arduous event.

Their daughter, Marcy, named after Mount Marcy, is an accomplished runner as well. She started running in college and never stopped. Marcy and her husband, Tim Wells, recently had a son and she can now be found running while pushing him in a jogging stroller. Marcy participates with Debby in the local road races.

Their son, Matt, was involved in BMX racing when he was younger and placed second in the 10-year-old class in the New York racing circuit. He then turned to football and lacrosse in high school and lacrosse while in college. After college he stopped playing sports, until he decided to get back into an active lifestyle, and his Dad bought him a road bike. Matt started showing up on local club rides and found himself getting dropped on the hills. That was enough motivation for him to get serious about training. He lost some weight, got really fit and quickly advanced from a Category 5 entry level racer to Category 3 within two seasons. He is now on the Stage 5/Cycling Fusion team. Matt is engaged to be married in October to Danielle Lloyd, an accomplished runner and cyclist, who will fit into the family very nicely.

This past spring Art and Debby decided to get an early start on the bikes and headed off to the island of Mallorca, Spain, for a week of training for the cycling season. After a week of riding 50 to 90 miles a day they returned to upstate New York, well prepared to take on the upstate terrain.

When not riding or running, Art and Debby can be found spending time with their new grandson, Paxton. One can only imagine what lies ahead for a grandson who is living among such an accomplished athletic family. ▲

Skip Holmes (serottaskip@nycap.rr.com) is president of the Mohawk-Hudson Cycling Club, a member of Capital Bicycle Racing Club, and a cross-country skier. When not outdoors, he can be found teaching part-time at Rensselaer Polytechnic Institute.

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## HIKING &amp; BACKPACKING

Gore

Mountain

## A Hiker's Perspective

by Bill Ingersoll

**G**ore Mountain rises head and shoulders above all of its closest neighbors. It is a prominent landmark in the North Creek region, although most people may associate the mountain with its popular ski center. In the summertime, though, all operations at the center come to a stop, and the mountain is available for exploration by hikers.

The 4.8-mile-long Schaefer Trail provides foot access from North Creek to the summit. Recently reconstructed and rerouted, this foot trail takes a winding route that highlights many of Gore's hidden secrets: its clear-water streams, an attractive reservoir, and a glimpse of its mining history. The 2,500-foot elevation gain means that the hiker passes through a wide array of forest types, from the hardwoods at its foot to the montane conifer stands on its summits.

And yes, the developed ski facilities do intrude on the wildness, but the cleared trails actually provide the best views from the summit. This is more than a "novelty" hike. This may be the longest mountain trail in this region, and certainly one of the most enjoyable.

**GETTING THERE**

The trailhead is located within the Johnsbury Town Park in North Creek, on NY Route 28, just 0.2-mile south of the NY Route 28N intersection. Bear left, and find the trailhead near the town beach.

**THE TRAIL**

The trail begins by climbing an embankment at an angle, crosses another road, passes through a fence, and arrives at the register. It skirts the North Creek Ski Bowl area through a scrubby meadow, and then angles left into the woods for the first time.

Soon you are putting the developed park behind you, following blue markers through a forest as peaceful as you could want. The initial grades are gentle as you traverse the mountain's lowest slopes, heading generally southwest on a course that will eventually intercept Roaring Brook.

Your first glimpse of the brook – a wide mountain stream with clear water that would be quite at home in the High Peaks – comes in about 30 minutes. At 1.2 miles you descend a rugged slope to view an attractive cascade close up. Almost immediately, though, the trail angles back up the slope around some ledges to continue the ascent upstream.

You remain close to the stream, aware of a cleared ski trail on the far bank. At 1.4 miles you reach a substantial bridge. The blue markers offer two options: hop on rocks under the bridge, or go up to cross the ski trail if the water is too high. Either way, the hiking trail resumes its waterside course on the upstream side.

After encountering a second ski trail bridge, the trail follows an old pipeline to the North Creek reservoir, which you reach at two miles. This is the source of Roaring Brook, and a charming pond – even for one that is man-made. The wooded summit that rises above the reservoir is a shoulder of Gore, but not the actual summit. You still have some distance to go yet.

The Schaefer Trail veers hard right away from the reservoir and arrives at a junction at 2.1 miles. The red-marked trail leads back to a little-used, little-known trailhead on Route 28. Bear left to continue toward Gore Mountain. You dip through a glen filled with tall sugar maples, and then resume climbing beside a tributary to Roaring Brook. Parts of this section were clearly a woods road once.



At 3.4 miles you reach a clearing known as Ives Dam, now a mostly dry meadow with the Barton Mine's tailings pile rising like mountain of talus to the west. The trail angles left through the meadow, crosses the brook, and now begins to climb in earnest.

At 3.6 miles you cross the first of the network of ski trails that crisscross the remaining hike. Several more such trail crossings follow – with intervals of steep climbing in between – until at 4.0 miles the foot trail ends at the Lower Cloud ski trail. Turn right and follow this wide, road-like trail steeply to a saddle, where you intercept a service road.

Turn right again, and let this gravel road guide you the remaining distance to the summit complex. You pass idled chair lifts and expansive views of the surrounding landscape. The High Peaks are arrayed across the distant horizon. In fact, the trail clearing accounts for most of the views on the summit, giving you frequent cause to stop and enjoy your surroundings.

- ROARING BROOK.
- VIEW OF LOWER CLOUD TRAIL.
- NORTH CREEK RESERVOIR.
- CHAIRLIFT AT GORE SUMMIT.

PHOTOS BY BILL INGERSOLL

You reach the summit area at 4.8 miles, as much as three hours from the town park. This is by no means a wilderness summit. There are picnic tables in the main clearing, where you will also find the warming hut available for shelter. The fire tower is a little further ahead, but it is now serving as a communications tower and closed to climbing. The service road ends a little further ahead, at the top of a chair lift. ▲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series ([hiketheadirondacks.com](http://hiketheadirondacks.com)). For more on this region, consult Discover the South Central Adirondacks.

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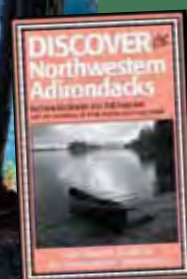
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## BICYCLING

## Organized Cycling Events

Early Fall is Bumper Season

by Dave Kraus



▲ 2010 TOUR DE HABITAT CENTURY RIDERS, BOB HOOPER (L) AND TOM GORDON (R), ZIP THROUGH ALBANY.



▲▲ 2010 CAMP CHALLENGE RIDE AT DOUBLE H RANCH IN LAKE LUZERNE.

▲ 2010 PEAK SEASON CENTURY AROUND LAKE GEORGE.

▼ LANCE'S LOOP RIDERS AT 2010 LANCE GREGSON 1-EYE CLASSIC IN SCHROON LAKE.

PHOTO BY CATHY ARMSTRONG



This coming fall is a popular time for organized bicycle tours and rides, both old and new, in the Capital Region north to the Adirondacks. It's an added benefit for serious riders who have been honing their fitness throughout the summer. It's also a boon to more casual cyclists, who just want to get out and enjoy the cooler fall weather, and beautiful colors while enjoying the reliability of a planned route and certain support.

The Mohawk-Hudson Cycling Club's **Saratoga Century Weekend** on Saturday-Sunday, Sept. 10-11 is clearly the Granddaddy of area cycling events. It's been going on since at least the mid 70s and is the club's largest event and fundraiser. In 2010 over 325 cyclists took part in two days of rides based out of Carlsbad Pavilion at Saratoga Spa State Park in Saratoga Springs. There are all new routes this year, and with rides of 25, 50, 62 and 100 miles each day, the bold (or crazy) could do two centuries in two days if they want. The century ride starts each day at 8am, with subsequent rides going off at one-hour intervals.

These are very well-marked, supported, and organized rides. With two full days of riding, support, pasta lunch each day, and a pair of MHCC socks for each registrant, it's also a best buy for area cyclists. Only \$30 for club members, \$35 for non-members through Sept. 1. Prices go up \$10 after that date or day of ride. For more info and registration go to [webmhcc.org](http://webmhcc.org).

For riders wanting to benefit a worthy charity, the second annual **Camp Challenge Ride** on Saturday, Sept. 10 at the Double H Ranch in Lake Luzerne benefits this camp for children with life-threatening illnesses. Rides of 15, 30 and 62 miles take cyclists through scenic countryside in the southeastern Adirondacks.

Registered participants will receive their own personal fundraising webpage, training tips, online discussion groups and training. The day will begin with a pre-ride breakfast and end with a post-ride BBQ, all at the Double H Ranch. The registration fee for riders is \$25 per rider with an additional \$250 fundraising goal. Additional family members can attend the post-ride BBQ for \$10 per person. To register, visit [doublehbranch.org](http://doublehbranch.org).

A new event on the local scene is the **Tour D'Education** to be held at SUNY Adirondack in Queensbury on Saturday, Sept. 17. Routes of 10, 25, and 50 miles wind through Warren, Washington, and Saratoga counties on this ride that kicks off the SUNY Adirondack 50th Anniversary Homecoming Celebration.

All routes will have SAG coverage and riders on the 25 and 50 mile rides will have a rest stop and water break. The \$20 registration fee covers the ride and a com-

memorative T-shirt for each rider. Proceeds of the event also help provide scholarship assistance to SUNY Adirondack students through the Adirondack Community College Foundation. For info visit [sunyacc.edu](http://sunyacc.edu) (see "50th Anniversary") or to register go to [bikereg.com](http://bikereg.com).

While many cycling events attract riders who like to enjoy a cold pint at the conclusion, few offer the cold brew as part of the package. But Albany's **Tour de Habitat** does just that on Sunday, Sept. 18 at the Albany Pump Station. The ride sponsored by the Capital District Habitat for Humanity and C.H. Evans Brewing offers two pints at the conclusion of any of the event's rides of 10, 25, 50 or 100 miles. The \$100 entry fee also includes a commemorative T-shirt, pre/post-ride meals, and full support on the ride routes.

All the routes start in downtown Albany and wind past historic landmarks and houses already built by Habitat for Humanity. The longer routes then head out of town, with the century offering challenging climbs into the Helderberg Escarpment, and around Alcove Reservoir south of Albany. The 10-mile family fun ride takes the Corning Preserve bike trail. For more info or to register, visit [evansale.com](http://evansale.com).

Also on Sunday, Sept. 18, you might expect a ride dedicated to somebody named Lance would be competitive. You'd be right

for the **Lance Gregson "1-Eye" Classic**, but it's the scenery that competes with any in the Northeast. The ride is a memorial to an area cycling enthusiast and stonemason. Lance Gregson acquired the "1-eye" label after losing sight in one eye in a childhood accident. He died at the age of 42 after a workplace fall, and this ride is a memorial to him, organized by his family and friends to promote cycling in the beautiful Schroon Lake area.

The ride is unique in several ways, offering routes of 3-8 miles ("Easy Does It"), 10-15 miles ("Scenic Route"), and 26 miles ("Lance's Loop"). The event offers something for everyone, whether it's a family jaunt along Schroon Lake, or a larger loop around Schroon Lake – the Adirondack Marathon course – with views galore and lots of hills. Registration for the ride consists of a potluck dish for the post-ride picnic, live music and raffle. That's right, bring some food and you're in. Don't feel like riding? That admission fee still applies. For complete info, go to [schroonlakecycling.com](http://schroonlakecycling.com).

The **Ride-Run-Walk 4 Love**, to be held Saturday, Sept. 24 from the Orenda Pavilion at Saratoga Spa State Park, is a benefit for Love146, an international human rights group working to end trafficking and exploitation of children. From the first-year run/walk in 2008, the event has grown into an opportunity to bike, run, or walk for the \$25

entry fee and \$146 pledge minimum.

Rides of 15, 30 and 50 miles go east from Saratoga Springs into the beautiful countryside beyond Saratoga Lake, while the 5K run and walk stay within the confines of the state park. For more info and to register, visit [rrw4l.com](http://rrw4l.com).

The third edition of the **Peak Season Century** on Saturday, Oct. 1 is planned to live up to its name – a circuit of historic Lake George and its spectacular scenery at the peak of fall colors. The century route features good pavement on roads with wide shoulders and several challenging climbs, including Tongue Mountain, and lunch at Fort Ticonderoga.

There will also be scenic options of 60 and 25 miles in this event, which benefits The Leukemia & Lymphoma Society. Over 80 percent of last year's proceeds were donated directly to the charity that fights blood cancers. The \$100 entry fee includes full support with sag and rest stops every 15 miles stocked with food and drink, food at the finish line provided by Chipotle, a live band, masseuses, and a commemorative long-sleeve T-shirt. For details, go to [peak-seasoncentury.org](http://peak-seasoncentury.org). ▲

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



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AROUND THE REGION **News Briefs****Kayaking with Disabled Veterans**

WATERVLIET – Four military veterans from eastern New York recently graduated from a kayaking program put on by the Adirondack Mountain Club and the city of Watervliet. Each participant has disabilities resulting from their military service, but the spirit and hard work shown by these modern-day heroes pleased and amazed all of us who helped organize and instruct the course. The program was conceived in honor of a local soldier who was killed in service to the country, David Fisher of Watervliet. Bob Loya, director of Parks and Recreation for Watervliet, came up with the concept for the program and contacted our local ADK paddling chairman, Rich Macha. Rich owns Adirondack Paddle 'N' Pole in Colonie, and he recruited members of the local paddling community to help. Rich also provided kayaks and gear, along with serving as lead instructor.

Disabilities need not stop people from enjoying outdoor sports like kayaking. A variety of adaptations can be made to gear and boats to make them work. Our group of four veterans was contacted through the Veterans Administration. The two women and two men had served in three branches of the military: Air Force, Army and Marines. Three learning sessions were held in the Watervliet pool, where Angie, Stephanie, John and Pete worked on getting in and out of the boats, performing paddle strokes to maneuver the kayaks, and doing wet exits (turning over in the water and getting out of the boats). The fourth session was a sort of graduation – a kayak trip on the Hudson River. The group launched from Hudson Shores Park in Watervliet, and enjoyed a beautiful evening paddle north around the islands and back along the Troy waterfront.

As with anyone learning to kayak, the skills took some time and effort. Each of these veterans faced some extra challenges from their injuries, but each of them made up for this with a keen determination and can-do attitude. Our group of veterans and kayak instructors are working on plans to continue and expand the program.

–Alan Mapes



THREE OF THE FOUR VETERANS (IN LOWER RIGHT) WITH INSTRUCTORS, AND PROJECT LEADERS RICH MACHA AND BOB LOYA (IN UPPER RIGHT). PHOTO BY STEVE BURKE

**NYCROSS.com Cyclocross Clinic**

TROY – On Saturday, Sept. 10 at 10am, NYCROSS.com will present their Beginner Cyclocross Clinic at Prospect Park in Troy. The three-hour clinic, geared toward first-timer cross racers, will cover a wide range of skills and topics. Proper technique – rapidly dismounting your bike at barriers; remounting your bike; shouldering your bike at run ups; high speed cornering on grass/mud; sand pits; short steep hills, long run ups. Training methods – skill building drills; weekly speed-building workout regimes; mental preparation and race tactics; warming up for a race; proper nutrition and hydration while racing. Bike set up – tubulars vs. clinchers; gearing; parts and fit suggestions. The clinic, limited to 30 riders, will include an overview, drills developing cross skills, a short mock race. It's ideal preparation for the NYCROSS.com Race Series from Sept. 11-Nov. 13. Register: nycross.com.

**Pace Bears Enter Adirondack Marathon**

SCHROON LAKE – Joining the ranks of the carved Adirondack Bears awarded to overall winners will be a new contingent of human "Pace Bears." Readily recognizable by their brightly colored Fleet Feet Sports Pace Bear T-shirts, this two-footed variety is committed to helping fellow runners cross the finish line within their goal time. Runners leave the mile-split calculations to their pacers while they concentrate on putting one foot in front of the other. Visit [adirondackmarathon.org](http://adirondackmarathon.org) and click on Pace Bears to view profiles of the team leaders. Some are members of the 50 States Marathon Club, some are fans of the Adirondack Marathon who want to give back, and others join from other states and Canada. All have had experience on similar courses and have completed individual marathons at a faster time.

From Lake Placid, Steve Lester is a four-hour Pace Bear. His running exploits and occupational pursuits span the globe. Steve ran his first marathon in New York in 1991 as a member of the 26th Army Band. Since then he has completed 13 marathons, including Frankfurt and Berlin in Germany, Medoc in France, and this year's Boston. He spent the previous year running at high altitude while deployed in Afghanistan. Steve's currently a college music instructor at SUNY Jefferson in Watertown. From Saratoga Springs, Charles Petraske is a four-hour Pace Bear. He is an enthusiastic marathoner with a PR of 3:13. He trains with the Saratoga Stryders and has many interesting stories of friends, snowshoe racing, and stroller-running with his two sons and dog in tow.

Pace Bears are available from 3:30 through 4:45 finishing goals at 15-minute increments. There is no registration necessary. Runners may join or change their preferred bear at the start or along the way, depending on their pace. The Pace Bears team is excited about this opportunity and hope that you join them on Sunday, Sept. 25. Register: [adirondackmarathon.org](http://adirondackmarathon.org).

**Fall Frun BeRunning! 10K**

CLIFTON PARK – On Sunday, Nov. 6, ARE Event Productions will be producing the inaugural Fall Frun BeRunning! 10K in Clifton Park to benefit the Albany Medical Center Children's Hospital. With respect to the decline of 10K races over the past decade, AREEP aims to create an event that puts the 10K back in the spotlight. Not only will this race exclusively feature a 10K, but they intend on creating an event that will be a complete experience for all levels of participants. With elite entry and prize money for the swiftest of foot to random prizes for all, along with ample refreshments, a live band, and an arsenal of 21st Century timing and video technologies, this event surely will quickly become a staple of the fall racing scene in the Capital District.

It also serves as a fundraiser for the Albany Medical Center Children's Hospital, which is the only medical facility in the region that maintains round-the-clock pediatric emergency services and a Pediatric Intensive Care Unit. Learn more and register: [fallfrun10.com](http://fallfrun10.com).

**Lake Placid Multimodal Path**

LAKE PLACID – On Aug. 12, U.S. Senator Charles Schumer announced that \$1.2 million has been awarded to the NYS DOT for projects by the USDOT Federal Highway Administration under the National Scenic Byways program. The federal funds will be used to develop the first phase of the Lake Placid Recreation Path, which will create a 6.1-mile, 8-10 foot wide stone dust surface path between Lake Placid and Ray Brook, along the railroad right-of-way. Route 86, between Lake Placid and Saranac Lake, is the most heavily traveled state road in the Adirondacks, with high speeds and narrow shoulders. This path will improve safe cycling, running, walking and winter sports opportunities. The goal is to extend the path all the way to Saranac Lake. A newly formed citizens group, Adirondack Recreational Trail Advocates, will hold an organizational meeting on Tuesday, Aug. 30 at 7pm, in the Crowne Plaza Hotel, Lake Placid. Recreation enthusiasts are invited to participate. Info: [hearta.org](http://hearta.org). ▲

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**Join the 50th Anniversary Homecoming Bike Rally!**  
**Saturday, September 17**

50 miles: 8:30am • 25 miles: 9:30am • 10 miles: 10am  
**SUNY Adirondack – 640 Bay Rd, Queensbury**  
**Registration Forms: [sunyacc.edu](http://sunyacc.edu)**

John Arpey: 225-7794, [arpeyj@sunyacc.edu](mailto:arpeyj@sunyacc.edu)

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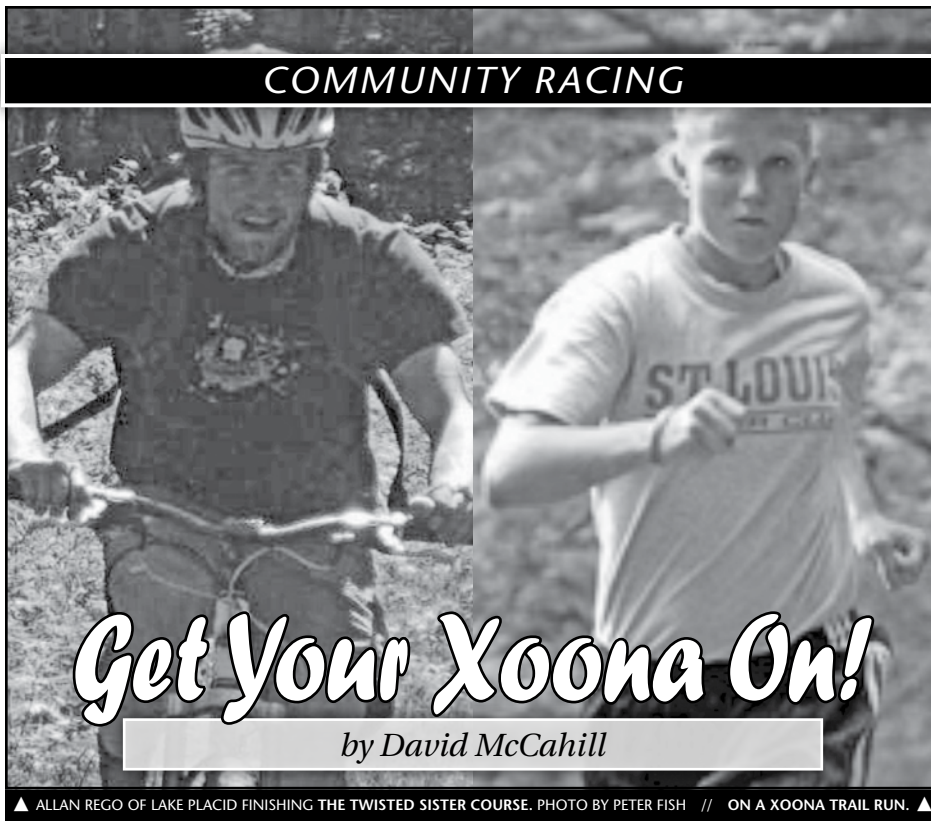


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▲ ALLAN REGO OF LAKE PLACID FINISHING THE TWISTED SISTER COURSE. PHOTO BY PETER FISH // ON A XOONA TRAIL RUN. ▲

I'd say I first felt the itch around 7:30pm, in the middle of the inevitable Thursday night dinner rush. Despite torrential rains outside, the restaurant was packed. A humid dining room, irritable diners, and a scalding kitchen which closely resembled a Swedish sauna all had me on the run. But the itch didn't *truly* bite until about 11:30. I burst out of the front doors of the restaurant, exhausted from slinging food and drink. The itch was now insatiable. I had to get out fast, change clothes, prep the bike, and get my Xoona on.

The concept is simple. **Xoona.com**. It's a fresh take on the outdoors, on racing and on exercise. I suppose it's a website. But it's really a lifestyle freshener-upper. The premise? Race for free, on your own time, on superb local courses. Time yourself and then slap your time online for yourself and others to see. Xoona also links you and fellow outdoor enthusiasts with great local charities, simultaneously synthesizing social and friendly competitive exercise with local, charitable giving.

For now, though, I was solely focused on getting out and getting some racing on. No entry fees, no registration, no painstakingly pinning a number onto my jersey. Just the nervous jitter before hitting "start" on my Timex, and the persistent feeling that calls deep between one's helmet straps: "faster... faster... *they're coming for you...*"

Within seconds of bursting in the apartment door, my work shirt lay in a heap on the floor, substituted instead for a rumpled Lycra jersey. I hastily grabbed my two mountain bike lights from the counter, strapped 'em to my handlebars and helmet, and I was off on the bike. My destination? The Twisted Sister. My Xoona course of choice, showcasing 5.5K of Lake Placid's finest Adirondack singletrack: a series of flowing, connected loops tangled intricately alongside one another, hence the hard rocking reference. And at 11:42 on a Thursday evening, completely vacant save for a frenzied mountain biker, some startled wildlife, and countless hand packed pints of Adirondack mud, which oozed thicker than the local soft serve.

After a slippery warmup, a hasty wipe of my clear-lensed shades, and a final pep

talk, I stood at the entrance to the "Sister." Two pine trees adorned with small Xoona logos served as both my start and finish to the singletrack course, and as my gateway to 24 minutes of free racing bliss. I was up and out. I was on the clock, under the gun. My eyes strained to see through my fogged lenses, the powerful beams of my lights piercing through the spruce shrouded corners. The heavy feeling of racing, knowing that my time will stand public for all to see, was in full bore. Five minutes in now, legs swept with lactate – the perfect antidote for the post-service industry shift hangover. Midnight. Raining cats and dogs. In the middle of a remote corner of a twisted maze of the finest local singletrack. Racing. Happy.

Then, the first flicker. First from my helmet, followed quickly by my handlebars. Perhaps my trusty spotlights were beginning to experience the very symptoms of agonizing fatigue as my mud splattered legs. Suddenly, as if on cue, the once mighty beams

of my lights withered and died. I slowed to a stop, heart pumping, brain shouting, "Let's go – you're precious seconds off pace now!" But quickly, in the middle of the woods, several miles from town, at a few past midnight, I realized in my haste I'd forgotten to toss the chunky batteries in the charger after my last ride. The juice was gone.


My chances of a worthy time, or even a course completion, up in smoke. I began cautiously walking my bike back down the way I'd come, now painfully aware of the copious junctions I'd sworn I could've navigated blindfolded in the daylight, and nervously cognizant of the dozens of sets of floating eyes I'd buzzed past while "on course." With no aid stations to support me, no course marshals to guide me, I poked my way back towards the distant street lights. Disappointed in my failing to charge my precious batteries, and with nothing close to a valid finish time to show for my efforts, the adrenaline began to slow.

That precious mid-race feeling had abated. I was thickly lathered with mud, but it was all I could to try and wipe the fat smile off my face. It was midnight. Most were sleeping, and I'd been out racing. For free. But best of all, I wouldn't have to wallow in my foiled race blues for long – the Twisted Sister registration window wouldn't slam shut on me tomorrow, or the next day even. Just a few hours of rest, and I'd soon have my sweet revenge.

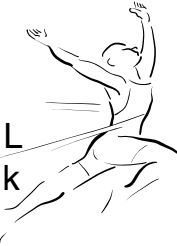
If that foggy post-work feeling has you down, you're in luck. Xoona just happens to be buzzing online, waiting for you to toss in a new login – all cost-free, of course. And if you're in the area, the good folks at Xoona have a grand festival in the works. The inaugural **XoonaFest** takes place on Saturday, August 20 from 12-6pm in Lake Placid. You'll have the chance to race on five great courses in disciplines including swimming, mountain biking, running, road biking and trail running. Take part as a team, or tackle all the courses you can handle solo. More than once, backwards – it's all kosher. Pop your times online, then plan on kicking back at race headquarters, conveniently located at the Lake Placid Pub and Brewery. Revel in the good company, swap stories about racing experiences, and maybe donate a few bucks towards the event's charity of choice: Lake Placid Ambulance Service. The entry fee is nil, the pre-race meetings are non-existent, and the causes are noble. More info: [xoona.com/xoonafest-2011](http://xoona.com/xoonafest-2011).

So if you feel that urge to get out and get your race on, then help yourself to five ample servings of Xoona this August. Help out a local charity, gather with good friends and like-minded outdoor enthusiasts, and enjoy some free racing at its finest. Just be sure to leave your entry fees and race numbers at home. 'Cause it's all at your pace, on your time! ▲

*David McCahill (david.mccahill@gmail.com) of Lake Placid is an avid cyclist – competing in road and cyclocross races throughout the Northeast. He is a junior ski jumping and cross-country ski coach for the New York Ski Educational Foundation in Lake Placid.*



## 23RD ANNUAL LABOR DAY 5k



**Monday, September 5, 2011**  
**SEFCU Headquarters**  
**Race / Walk Start: 9:00 a.m.**

This year's 5k is **PRE-REGISTRATION ONLY**; participants **MAY NOT** register the day of the event.

<b>Location:</b>	Race/walk starts and finishes at SEFCU Headquarters, 700 Patroon Creek Blvd., Albany
<b>HMRRC Entry Fee for 5k Race/Walk*:</b>	<input type="checkbox"/> \$8 for HMRRC members and SEFCU members <input type="checkbox"/> \$9 for all others <input type="checkbox"/> \$20 for HMRRC fee and a donation to the non-profit recipient of the race funds
<b>HMRRC Entry Fee for Kids*:</b>	\$1 per child; 1 mile; approximate 10 a.m. start Event day registration only
<b>Race Prize Structure:</b>	<p><i>Separate application for team competition is available at <a href="http://sefcu.com">sefcu.com</a></i></p> <p>Medals to the first three male and female finishers in each of the following age groups: 11-17; 18-21; 22-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over. Trophies will be awarded to the first three male and female overall finishers. Trophies will also be awarded to the first three male and female overall finishers who are SEFCU members. No duplication of prizes.</p>
<b>Shirts:</b>	Commemorative SEFCU 5k T-shirts will be given to all participants.
<b>Refreshments:</b>	Complimentary fruit, drinks, etc. available at end of event.
<b>Results:</b>	Posted 15 minutes after event and available the same day at <a href="http://www.hmrcc.com">http://www.hmrcc.com</a> .
<b>For More Info:</b>	Call 518-464-5243, or visit <a href="http://www.sefcu.com">www.sefcu.com</a> .

I will participate in:    5k Run     5k Walk

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Sex    Male     Female     Phone \_\_\_\_\_

SEFCU Member     HMRRC Member     Where did you hear about this event? \_\_\_\_\_

\*I would like to make a donation directly to the SEFCU Community Support Program in the amount of \$ \_\_\_\_\_

Signature \_\_\_\_\_    Parent/Guardian (if under 18) \_\_\_\_\_

I know that running a road/trail race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, SEFCU, the SEFCU Foundation, non-profit recipients of funds from the race, the State of New York, their sponsors, officials, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. I agree that any digital or print photographs taken during this event are the sole property of SEFCU and may be used appropriately in future SEFCU publications.

**Make registration checks payable to Hudson Mohawk Road Runners Club. Send entry fee with completed application form to: SEFCU Labor Day 5k, HMRRC, P.O. Box 12304, Albany, NY 12212**

*Applications cannot be accepted at SEFCU locations.*

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# RACE RESULTS

## 1ST SURVIVE THE FARM 5K CHALLENGE May 28, 2011 • The Farm, Easton

MALE OVERALL			
1	Josh Merlis	29	Albany 24:30
2	Josh French	33	Saratoga Springs 25:11
3	Trevor Johnson	25	Schaghticoke 26:51
FEMALE OVERALL			
1	Michaela D'Acchille	21	Valley Falls 32:03
2	Anne Marie Hathaway	25	Schuylerville 32:59
3	Yonka Perkins	34	Salem 34:38
MALE AGE GROUP: 14 & UNDER			
1	Ellis Pernick	11	Greenwich 33:49
2	Tom Burns	12	Clifton Park 34:40
3	David Nica	13	Ridgefield, CT 35:50
FEMALE AGE GROUP: 14 & UNDER			
1	Sage McKinley	14	Greenwich 40:32
2	Hannah Gauthier	14	Clifton Park 1:07:01
MALE AGE GROUP: 15 - 19			
1	Eli Benosky	16	Scotia 27:19
2	Steve Booth	19	Stillwater 29:35
3	Andrew Bohl	16	Rensselaer 29:42
FEMALE AGE GROUP: 15 - 19			
1	Elizabeth Bohl	18	Rensselaer 54:02
2	Amy Valyou	16	Greenwich 54:50
MALE AGE GROUP: 20 - 24			
1	Graham Johnson	21	Schaghticoke 29:13
2	Michael Pryor	23	Greenwich 29:14
3	Jake Dobert	21	Greenwich 29:19
FEMALE AGE GROUP: 20 - 24			
1	Emma Fitzgerald	23	Schaghticoke 45:00
2	Valerie Zink	20	Cromwell, CT 50:15
3	Ashley Kubiak	21	Greenwich 53:58
MALE AGE GROUP: 25 - 29			
1	Paul Lizotte	26	Queensbury 29:24
2	Lance Jordan	26	Greenwich 29:48
3	Justin Halstead	27	Albany 33:35
FEMALE AGE GROUP: 25 - 29			
1	Christine Yakubec	25	Greenwich 38:45
2	Rachel Skellie	25	Greenwich 38:53
3	Jen Litch	25	South Burlington, VT 40:45
MALE AGE GROUP: 30 - 34			
1	Alex Chaucer	34	Middle Grove 31:58
2	Michael Hawrylychak	32	Albany 33:54
3	Heath Mullen	34	Schaghticoke 36:29
FEMALE AGE GROUP: 30 - 34			
1	Jaimie Gargano	33	Victory Mills 42:21
2	Nikki Lenane	30	Waterford 42:39
3	Candace Kuzmich	34	Cambridge 44:54
MALE AGE GROUP: 35 - 39			
1	Chris Petteys	37	Hudson Falls 32:29
2	Brian Kuzmich	36	Cambridge 32:57
3	Brian Galvin	36	Cropseyville 33:50
FEMALE AGE GROUP: 35 - 39			
1	Denise Campbell	38	North Bennington, VT 36:01
2	Heather Frank	37	Stillwater 36:16
3	Julie Hanson	37	Averill Park 38:38
MALE AGE GROUP: 40 - 44			
1	Paul Baker Pordzinsk	42	White Creek 31:07
2	Brian Winchell	43	Warrensburg 33:30
3	Dean Estramonte	43	Greenwich 33:52
FEMALE AGE GROUP: 40 - 44			
1	Kristie Gunter	41	Schuylerville 36:39
2	Michelle Wallock	41	Albany 40:45
3	Linda Owens	43	Greenwich 44:04
MALE AGE GROUP: 45 - 49			
1	Beau Breslin	45	Saratoga Springs 31:58
2	Rick Stowell	48	Hoosick Falls 32:15
3	Bill Benosky	47	Scotia 33:59
FEMALE AGE GROUP: 45 - 49			
1	Laurie Scheuing	45	Saratoga Springs 40:36
2	Lori Linendoll	47	Salem 42:58
3	Annamarie Boduch	45	Greenwich 46:44
MALE AGE GROUP: 50 - 54			
1	Ed Johnson	51	Schaghticoke 28:24
2	John Paduano	51	Stillwater 31:18
3	Larry Navatka	53	Queensbury 34:18
FEMALE AGE GROUP: 50 - 54			
1	Jen Kuzmich	52	Greenwich 40:47
2	Patty Paduano	54	Stillwater 48:02
3	Jodie Kubiak	52	Greenwich 54:06
MALE AGE GROUP: 55 - 59			
1	Harry Matrese	56	Rensselaer 36:56
2	Jim McCarty	58	Hoosick Falls 40:45
3	Mark Kriz	56	Waterford 51:21
FEMALE AGE GROUP: 55 - 59			
1	Barbara Mosher Matros	56	Rensselaer 53:07
2	Christina Imhof	58	Cambridge 1:02:31
MALE AGE GROUP: 60 - 64			
1	Craig Roods	62	Greenwich 35:08
2	Kevin McDonald	60	Bennington, VT 35:29
3	Daniel Doherty	62	Albany 38:30
FEMALE AGE GROUP: 60 - 64			
1	Irene Beardsley	63	Gansevoort 1:38:52
TEAMS			
1	NY Martial Arts & Fitness 1		2:03:19
	Jake Dobert/Kory Darfler/Jake Dobert/Peter Dobert		
2	NY Martial Arts & Fitness 2		2:25:19
	Joby Darfler/Scott Strophe/Thomas Ryan/Jim Geroux		
3	Old McDonald		2:27:28
	Tim Kelleher/James Ingber/Tony Jordan/William Clifton		

Courtesy of Survive the Farm Challenges

## 7TH SARATOGA LIONS DUATHLON *continued*

FEMALE AGE GROUP: 25 - 29			
1	Caroline Balkonis	27	New York 2:04:53
2	Jen Casey	27	Gloversville 2:12:46
3	Lydia Cable	25	Albany 2:13:31
MALE AGE GROUP: 30 - 34			
1	Colin Klepetar	32	Saratoga Springs 1:39:40
2	Keith Compson	34	Queensbury 1:42:45
3	Jason McCreary	32	Saratoga Springs 1:52:15
4	John Nakel	30	Saratoga Springs 1:53:26
5	Chris Evans	31	Wilton 1:57:51
6	Dan Anderson	30	Saratoga Springs 2:01:51
7	Dan Casey	32	Gloversville 2:05:38
8	Jared Eichler	32	Scotia 2:05:41
9	Daniel Vandeputte	34	Niskayuna 2:23:19
10	Jeff Cornick	32	Ballston Spa 2:26:46
FEMALE AGE GROUP: 30 - 34			
1	Christina Ardito	31	Niskayuna 1:50:35
2	Melanie Staley	30	Saratoga Springs 1:51:26
3	Isabelle Dickens	34	South Glens Fall 1:56:42
4	Melissa McCreary	30	Saratoga Springs 1:59:26
5	Colleen Ottalagano-McGarry	34	Slingerlands 2:02:21
6	Pamela Cooper	34	Middle Grove 2:09:41
7	Ariel Dickson	30	Victory Mills 2:12:50
8	Nikki Dockum	32	Bennington 2:15:31
9	Kimberly Kilby	33	Schenectady 2:16:25
10	Kelly Vandeputte	30	Niskayuna 2:23:17
11	Melissa Allen	34	Saratoga Springs 3:08:24
MALE AGE GROUP: 35 - 39			
1	William Henke	36	Hudson Falls 1:37:48
2	Anthony Kenney	35	Saratoga Springs 1:41:30
3	Jason Chlopecki	36	Glenville 1:45:04
4	Randy Swift	39	Saratoga Springs 1:45:13
5	Kyle Johnson	37	Niskayuna 1:46:10
6	Craig Nelson	36	Scotia 1:47:50
7	Alexander Ciota	35	Ballston Spa 1:51:32
8	Daniel Cusack	37	Fultonville 1:53:19
9	James Snell	37	Glens Falls 1:54:40
10	Matthew Twinam	36	Saratoga Springs 1:59:44
11	David Cann	38	Queensbury 2:00:09
12	Nicholas Verdile	35	Ballston Spa 2:00:42
13	Adam Stallmer	35	Waterford 2:03:15
14	Stephen Cupp	36	Glenville 2:07:29
15	Bernie Weis	38	Colonie 2:07:48
16	Phil Bordwell	37	Malta 2:08:35
17	Matthew McMorris	36	Saratoga Springs 2:10:12
18	Ben Syden	39	Latham 2:10:48
19	Jonathan Sperber	37	Saratoga Springs 2:11:50
20	Raymond Doria	39	Ballston Lake 2:11:51
21	Steven Nicoll	37	Menands 2:14:23
22	Steven Grassmann	36	Mechanicville 2:22:49
FEMALE AGE GROUP: 35 - 39			
1	Aurora Lamperetta	38	Saratoga Springs 1:48:16
2	Erika Anderson	37	Malta 2:01:24
3	Darcy Baldwin	35	Ballston Spa 2:16:29
4	Kristi Miner	39	Cobleskill 2:22:03
5	Caralyn Casey	35	Saratoga Springs 2:24:53
6	Stacey Kelley	35	Albany 2:25:36
7	Rebecca Twardy	35	Glens Falls 2:56:23
8	Kerry Maloney	36	Mechanicville 3:19:10
MALE AGE GROUP: 40 - 44			
1	Matt Shell	40	Burnt Hills 1:40:51
2	Paul Bricoccoli	41	Queensbury 1:43:55
3	Dan Krehnbrink	40	Guiderland 1:44:06
4	Raymond Rogers-Harris	40	Saratoga Springs 1:45:14
5	Ronald Richards	44	Corinth 1:45:32
6	Scott Schaffer	44	Rotterdam 1:46:56
7	Ryan Rath	40	Ballston Spa 1:47:34
8	Gregory Moore	41	Saranac Lake 1:47:37
9	Jason Van Wie	41	Amsterdam 1:48:50
10	Timothy Pedersen	44	Saratoga Springs 1:50:52
11	Jeff Mannion	41	Malta 1:51:17
12	Dan Shyne	43	Saratoga Springs 1:53:39
13	Martin Guimond	44	Terrebonne, QC 1:55:59
14	Jonathan Bright	40	Guiderland 1:56:54
15	Paul Stento	43	Selkirk 1:58:04
16	Joe Nicoll	43	Wilton 1:58:13
17	Todd Rowe	43	Rottendam 1:58:33
18	Paul Fahey	42	Loudonville 2:04:32
19	Gregg Berninger	41	Selkirk 2:05:25
FEMALE AGE GROUP: 40 - 44			
1	Melissa Rowe	44	Bennington 1:55:14
2	Keli Scott-Ciota	40	Ballston Spa 2:05:13
3	Lisa Eriksson	43	Richmond, VT 2:06:36
4	Sheryl Hamel	44	Ballston Lake 2:13:26
5	Kate Satow	42	Ballston Lake 2:14:13
6	Judi Stento	42	Selkirk 2:14:21
7	Karen Viger	41	Saratoga Springs 2:14:48
8	Laila Vincent	42	Ballston Spa 2:15:18
9	Rebecca Weideman	42	Johnstown 2:15:23
10	Kathy Vanvalen	42	Delanson 2:24:23
11	Elaine Anton-Lotru	43	Saratoga Springs 2:43:29
12	Lisa Piazza	42	Troy 2:44:13
MALE AGE GROUP: 45 - 49			
1	Ted Wilson	45	Queensbury 1:36:34
2	Douglas Campbell	49	Salem 1:37:49
3	Tomo Miyama	46	Vallatie 1:42:02
4	Chris Buckley	49	Burnt Hills 1:45:40
5	Rob Paley	47	Schenectady 1:50:29
6	George Burke	45	Troy 1:51:05
7	John Cardinale	46	Queensbury 1:52:03
8	Daniel Korff	45	Clifton Park 1:52:45
9	Mike Lair	49	Gloversville 1:52:52
10	Kenneth Lane	45	Castleton 1:52:58
11	James Kilduff	49	Saratoga Springs 1:59:51
12	Richard Vincent	49	Ballston Spa 2:04:15
13	Paul Kissell	45	New Hartford 2:05:59
14	Jeff Ogle	48	Clifton Park 2:09:23
15	Lawrence Bruno	48	Saratoga Springs 2:17:28
16	Douglas Clark	49	Warwick, RI 2:22:47
17	Jim Giglio	49	Albany 2:32:30
FEMALE AGE GROUP: 45 - 49			
1	Tracy Perry	47	Clifton Park 2:00:25
2	Bonnie Fachini	46	Cheshire, MA 2:06:14
3	Lisa Pleban	46	Gansevoort 2:11:59
4	April Critelli	48	Glenville 2:16:55
5	Roxanne Gillen	48	Schenectady 2:20:58
6	Ann Correa	46	Clifton Park 2:21:03
7	Kim Scott	47	Malta 2:22:19
8	Laurie McCarroll	49	Castleton 2:22:39
9	Allison Pouliot	47	Bristol, VT 2:34:49
10	Ellen Card	46	Avon, CT 2:42:33
MALE AGE GROUP: 50 - 54			
1	Bob Underwood	50	Kattskill Bay 1:39:05
2	John Noonan	51	Ballston Spa 1:47:16
3	David Peterson	52	Saratoga Springs 1:48:22
4	Keith Meyer	53	Saratoga Springs 1:48:45
5	Jeff Clark	53	Glenmont 1:56:57
6	James Galarnneau	53	Clifton Park 2:09:53
7	Vincent Kirby	54	Mechanicville 2:17:09
8	Jeff Cohn	54	Schenectady 2:21:26
9	Mark Beaudette	53	West Sand Lake 2:21:36
10	James Maron	52	Albany 2:26:22
11	Charlie Shutter	53	Schenectady 2:31:59
12	John Barlow	54	Southport 2:35:34
FEMALE AGE GROUP: 50 - 54			
1	Joyce Goodrich	53	Glenville 2:06:10
2	Hope Plavin	52	Malta 2:14:38
3	Maureen Roberts	53	Gansevoort 2:15:42
4	Jennifer Russell	51	Ballston Spa 2:25:41
5	Pamela Rowe	50	West Stockholm 2:27:37
MALE AGE GROUP: 55 - 59			
1	Dennis Sullivan	55	Ballston Lake 1:58:05
2	Jonathan White	56	Albany 1:59:30
3	Larry Rowe	57	West Stockholm 2:03:39
4	Ray O'Connor	56	Saratoga Springs 2:12:32
5	Ray Lewis	55	Ballston Lake 2:35:30

continued

## 7TH SARATOGA LIONS DUATHLON

May 29, 2011 • Skidmore College, Saratoga Springs

5K RUN, 20-MILE BIKE, 5K RUN			
MALE OVERALL			
1	Todd Shatynski	35	Altamont 1:29:29
2	Michael Wynn	44	Queensbury 1:30:32
3	Jeff Johnson	39	Bennington, VT 1:35:59
FEMALE OVERALL			
1	Beth Stalker	51	Burnt Hills 1:46:30
2	Sabrina Krouse	31	Duanesburg 1:47:35
3	Sereena Coombes	35	Queensbury 1:47:51
MALE AGE GROUP: 1 - 14			
1	Jonathan DiCesare	14	Cobleskill 1:47:16
FEMALE AGE GROUP: 15 - 19			
1	Danielle Marino	17	Saratoga Springs 2:06:42
MALE AGE GROUP: 20 - 24			
1	Dejonghe Evan	23	Brookline, MA 1:53:48
2	David Lombardo	23	Saratoga Springs 2:09:22
3	Adam Barlow	22	Southport, CT 2:17:50
FEMALE AGE GROUP: 20 - 24			
1	Ana O'Neil	24	Saratoga Springs 2:05:16
2	Mara Edelman	22	Brookline, MA 2:09:37
MALE AGE GROUP: 25 - 29			
1	Anthony Moccia	29	Newport, VT 1:43:19
2	James Keyzer	26	Greenfield Center 1:46:44
3	Jesse Naftel	27	Ballston Spa 1:46:58
4	Brian Woods	26	Loudonville 1:50:05
5	Tom Portuese	29	Queensbury 1:54:47
6	Andrew Gravelle	27	Clifton Park 1:55:17
7	John Baranoski	27	Schuylerville 1:57:41
8	Ryan Ventre	25	Saratoga Springs 1:59:11
9	Trenton Lynch	26	Clifton Park 2:02:43
10	George Matthe Iglar	28	Saratoga Springs 2:24:18

continued

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7TH SARATOGA LIONS DUATHLON continued

Table with columns for gender/age group, rank, name, location, and time. Includes categories like Female Age Group: 55-59, Male Age Group: 60-64, and 2-Person Coed Teams.

Courtesy of Saratoga Lions Club

23RD KEYBANK VERMONT CITY MARATHON

May 29, 2011 - Battery Park to Waterfront Park, Burlington, VT

Table with columns for distance, rank, name, location, and time. Includes categories like Male Overall, Female Overall, Male Age Group: 15-19, and Male Age Group: 40-49.

1ST ANNUAL COOPERSTOWN TRIATHLON

May 29, 2011 • Otesaga Hotel, Cooperstown

Table with columns for race type, rank, name, location, and time. Includes categories like Overall Male, Overall Female, Male Age Group: 19 & Under, and Male Age Group: 40-44.

Courtesy of ATC Endurance

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Advertisement for Dr. Brad Elliott, Chiropractor. Includes photo, name, title, and contact information: 677 Plank Rd, Clifton Park • (518) 383-4889.

Advertisement for Hudson-Mohawk Road Runners Club. Includes logo, club name, and membership information: Annual memberships for singles, couples, families and youth at reasonable rates.

Advertisement for Cummings Advertising Art Inc. Includes large 'C' logo and contact information: 518.406.5027, 4 Yorkshire Terrace ■ Clifton Park.

Advertisement for Mohawk Hudson River Marathon and Half Marathon. Includes expo and packet pick-up information for Saturday, October 8.

Advertisement for Inverted Wakeboard & Waterski School @ Loon Lake Marina. Includes contact information: 518-744-9826 or 518-494-3410.

Advertisement for Fateague Fotos. Includes event photography services and contact information: 518-232-6558, fateaguefotos@yahoo.com.

Advertisement for Battenkill Valley Outdoors. Includes website, services like kayak and canoe rentals, and contact information: 866 677-3311 • 518 677-3311.

Advertisement for Schroon Lake Marina. Includes logo, services like boat rentals and dockage, and contact information: 31 Marina Road • Schroon Lake, NY 12870.

# RACE RESULTS

## 23RD KEYBANK VERMONT CITY MARATHON *continued*

132 Julie Pfluger	40	Plattsburgh	4:42:58	165 Randy Goldberg	52	Schenectady	4:57:24
137 Andrea Jung	44	Malta	4:45:52	169 Gregory Bachinsky	50	Latham	4:59:13
164 Dauren Shoemaker	46	Troy	4:59:24	173 Kenneth Shea	51	Scotia	5:00:27
170 Nancy Tarabochia Hart	41	Wilton	5:01:12	174 Vitus Chow	53	Waterford	5:00:28
187 Christina Camp	41	East Greenbush	5:11:24	179 Tighe Schafer	55	Ballston Lake	5:03:57
194 Gerry-Lynn Bresler	42	Woodstock	5:17:44	189 Christopher Maestro	54	Delmar	5:15:33
217 Mary Whittredge	41	Ballston Spa	5:35:25	223 Dennis Halstead	59	Plattsburgh	6:31:44
218 Alissa Caton	43	Delmar	5:36:51	<b>FEMALE AGE GROUP: 50 - 59</b>			
235 Ellen Cook	40	Hogansburg	6:33:38	19 Kitty Fair	55	Fort Ann	4:15:03
<b>MALE AGE GROUP: 50 - 59</b>				38 Kathleen Goldberg	52	Schenectady	4:47:36
15 Steve Schindler	52	Hurley	3:27:11	57 Nancy Piche	50	Loudonville	5:15:34
24 Steven Dickerson	57	Rensselaerville	3:35:56	59 Debbie Tierney	51	Troy	5:17:16
36 Steven Benway	57	Willsboro	3:44:33	70 Andrea Rowe	50	Scotia	5:34:08
38 Mike Veeder	50	Earlton	3:45:44	<b>MALE AGE GROUP: 60 - 69</b>			
55 Chris Round	50	Queensbury	3:55:38	8 Mark Andrews	60	Marlboro	3:55:04
59 Douglas Ferris	52	Willsboro	3:56:24	27 Michael La Fontaine	69	Champlain	4:31:58
74 Thomas Kligerman	52	Albany	4:04:25	33 James Thomas	64	Castleton	4:54:52
75 Timothy Fisher	58	Malta	4:04:50	34 Leonard Kershaw	69	Elizabethtown	4:54:56
76 Timothy Lawliss	51	Valcour	4:07:24	49 Bill McKeever	67	Rome	5:57:03
94 Tim Russell	55	Glens Falls	4:13:19	<b>FEMALE AGE GROUP: 60 - 69</b>			
106 Dan Owens	55	Malta	4:20:44	5 Anna Dickerson	60	Rensselaerville	5:30:19
108 Paul Fleming	50	Ballston Lake	4:21:25	10 Sibyl Jacobson	68	Canaan	5:40:43
132 Tony Searing	56	Morrisville	4:37:10	11 Sue Nealon	61	Troy	5:42:55
135 David Gustafson	50	Clifton Park	4:38:02	13 Peg McKeever	63	Rome	6:11:15
146 James Allen	53	Waterford	4:45:46	<b>HANDCYCLE WHEELCHAIR - REGIONAL FINISHERS</b>			
148 Doug Downs	54	Keene Valley	4:46:34	7 Raymond Brown/M	45	Greenfield Center	2:10:07
155 Gary Phillips	52	Plattsburgh	4:48:48	9 Jillian Duda/F	30	Plattsburgh	2:15:02
161 Bill Minchin	58	Latham	4:52:38	<i>Courtesy of RunVermont</i>			

## 33RD ANNUAL FREIHOFFER'S RUN FOR WOMEN June 4, 2011 • Empire State Plaza, Albany

<b>5K ROAD RACE</b>			2 16:55 Esther Erb	25	Blowing Rock, NC	
<b>OVERALL</b>			3 17:25 Jodie Schoppmann	26	Levittown	
1 Mamitu Daska	27	ETHIOPIA	15:19	4 17:56 Kristina Gracey	28	Albany
2 Aheza Kiros	25	ETHIOPIA	15:23	5 18:32 Lindsay LaRose	29	Arlington, VA
3 Emily Chebet	25	KENYA	15:29	<b>AGE GROUP: 30 - 34</b>		
4 Alissa McKaig	25	Fort Wayne, IN	15:53	1 16:27 Benita Willis	31	AUSTRALIA
5 Megan Hogan	23	Ballston Spa	15:54	2 18:21 Eileen Combs	33	Schenectady
6 Diane Nukuri Johnson	26	BURUNDI	15:57	3 18:49 Shelly Binsfeld	31	Clifton Park
7 Everlyne Lagat	30	KENYA	16:02	4 19:09 Kelly Thompson	34	Valhalla
8 Tigist Tufa	24	ETHIOPIA	16:05	5 19:19 Michelle Kroboth	31	Pittsfield, MA
9 Meghan Armstrong Peyton	25	Richfield, MN	16:13	<b>AGE GROUP: 35 to 39</b>		
10 Risper Gesabwa	22	KENYA	16:15	1 16:49 Dulce Rodriguez	38	MEXICO
<b>MASTERS: AGE 40 &amp; OVER</b>			2 17:37 Sascha Scott	35	Syracuse	
1 17:13 Lisa Harvey	42	CANADA		3 18:55 Nora McGrath	36	Ridgefield, CT
2 17:38 Emily Bryans	43	Schenectady		4 19:11 Gretchen Oliver	37	Guilderland
3 17:48 Tatyana Byelovol	43	UKRAINE		5 20:09 Tina Greene	36	Schenectady
4 17:57 Paula Wiltse	43	CANADA		<b>AGE GROUP: 40 - 44</b>		
5 18:04 Lori Kingsley	45	Wysox, PA		1 20:02 Karen Dolge	40	Valatie
<b>AGE GROUP: 14 &amp; UNDER</b>			2 20:25 Judy Guzzo	44	Niskayuna	
1 18:02 Alana Hadley	14	Charlotte, NC		3 20:42 Kerry Rodgers	42	Washington, DC
2 18:13 Estela Smith	13	Ballston Spa		4 21:21 Heta Miller	43	Schenectady
3 19:06 Olivia Morrow	13	Saratoga Springs		5 21:22 Shebna Olsen	41	New York
4 19:27 Kaitie Schillaci	14	Albany		<b>AGE GROUP: 45 - 49</b>		
5 19:35 Sarah Morin	14	Porter Corners		1 19:03 Anne Benson	46	Clifton Park
<b>AGE GROUP: 15 - 19</b>			2 20:20 Terri Artese	45	Schenectady	
1 17:30 Carolyn Stocker	18	Westfield, MA		3 20:36 Natalie Shea	45	Amherst, MA
2 18:00 Keelin Hollowood	16	Saratoga Springs		4 20:54 Christine Varley	47	Albany
3 18:13 Sydney King	17	Saratoga Springs		5 21:00 Kristen Hislop	46	Clifton Park
4 18:33 Katie Treichel	17	Saratoga Springs		<b>AGE GROUP: 50 - 54</b>		
5 18:41 Amanda Borroughs	17	Gansevoort		1 18:12 Carmen Troncoso	52	Austin, TX
<b>AGE GROUP: 20 - 24</b>			2 18:22 Joan Benoit Samuelson	54	Freeport, ME	
1 16:35 Invette Van Blerk	23	SOUTH AFRICA		3 20:57 Joan Miller	54	Chestnut Hill, MA
2 17:05 Nicole Blood	23	Saratoga Springs		4 21:40 Donna Thraikill	52	Clifton Park
3 17:18 Brenae Edwards	21	Hazleton, PA		5 21:54 Andie Davis	51	Glen Oaks
4 17:35 Mary Champagne	21	Plattsburgh		<b>AGE GROUP: 55 - 59</b>		
5 18:14 Wendy Pavlus	22	Tupper Lake		1 23:19 Cathy Gibson	56	Brookline, MA
<b>AGE GROUP: 25 - 29</b>			2 23:25 Joy Devries	57	Delmar	
1 16:25 Emily Brown	26	West Allis, WI		3 23:37 Fran Kraus-Schmidt	55	Oceanside

*continued*

## 33RD ANNUAL FREIHOFFER'S RUN FOR WOMEN *continued*

4 23:44 Denise Herman	55	Saratoga Springs		<b>GRANDMOTHER/MOTHER/DAUGHTER TEAM</b>	
5 23:51 Erika Oesterle	59	Stamford		1 Laura Clark/Julie Suarez/Elena Suarez	1:52:30
<b>AGE GROUP: 60 - 64</b>			<b>FRIENDS/FAMILY TEAM</b>		
1 22:12 Judy Harrigan	62	Saratoga Springs		1 Kinderhook Runners	1:09:41
2 22:41 Martha DeGrazia	60	Slingerlands		Chelsea Benson/Hannah Becker/Denise Lebrecht-Kuhner	1:09:55
3 23:51 Carrie McDermott	60	Albany		2 Team Hughes	1:12:29
4 23:54 Susan Wong	63	Glenmont		Katrina Josberger/Tara Josberger/Jessica Tucker	
5 26:36 Katherine Ambrosio	60	Delmar		3 ARE Run for Bling!	1:12:29
<b>AGE GROUP: 65 - 69</b>			Katie Vitello/Sarah Dzikowicz/Amanda Terzian		
1 23:18 Susan Gustafson	65	Hingham, MA		<b>HIGH SCHOOL TEAM</b>	
2 28:26 Mary Carol White	67	Slingerlands		1 Kinetic A	54:26
3 28:53 Jayne Zinke	68	Valatie		Keelin Hollowood/Estela Smith/Sydney King	55:57
4 30:58 Margaret Nells	66	Albany		Katie Treichel/Amanda Borroughs/Brianna Freestone	58:31
5 35:07 Linda Strassell	65	Dalton, MA		3 Kinetic C	
<b>AGE GROUP: 70 - 74</b>			Megan Szpak/Sarah Morin/Grace Hungerford		
1 26:00 Carrie Paris	72	Gloucester, MA		<b>CORPORATE TEAM</b>	
2 37:04 Eiko Bogue	74	Schaghticoke		1 South Colonie Teachers A	1:03:27
3 39:46 Kathryn Bacher	70	Herkimer		Gretchen Oliver/Maryann Reilly-Johnson/Brooke Brady	
4 41:18 Rita Whitney	70	Bolton Landing		2 Shaker High Teachers	1:10:28
5 46:41 Joan Rasmussen	70	Schenectady		Jenny DeBellis/Jen Gabriel/Nicky Bogert	
<b>AGE GROUP: 75 - 79</b>			Pauli Financial Group		
1 33:20 Anny Stockman	78	Rensselaer		Lane Dickson/Natalie McClain/Shauana Korn	1:10:58
2 39:23 Geri Owens	76	New Paltz		<b>JUNIOR FREIHOFFER'S 3K ROAD RACE</b>	
3 43:00 Nora Dietz	75	Yorktown Heights		<b>BOYS OVERALL</b>	
4 44:16 Gisela Choi	79	Schenectady		1 12:24 Riley Grossman/10	Delmar T&F Club
5 53:17 Marylee Trudeau	79	Latham		2 13:30 Matthew Galasso/11	Cobleskill-Richmondville CSD
<b>AGE GROUP: 80 - 84</b>			3 13:33 Leo Rosenblum/10		
1 46:57 Doris Schlamovitz	81	Albany		Hamagrel Elemendary School	
2 1:17:52 Dorothy Seim	84	Albany		<b>GIRLS OVERALL</b>	
<b>AGE GROUP: 90 - 94</b>			1 13:53 Jamison Burke/9		
1 55:55 Victoria Michalek	91	Gloversville		2 13:57 Mallory Prespare/10	Green Meadow Elementary School
<b>OPEN CLUB TEAM</b>			3 14:35 Larisa Chestnut/13		
1 Team USA Minnesota	48:32			Albany Preparatory Charter School	
Megan Hogan/Meghan Armstrong Peyton/Emily Brown				<b>GIRLS AGE GROUP: 9 YEARS</b>	
2 Willow Street Athletic Club A	54:04			1 15:16 Nicole Orcutt	Green Meadow Elementary School
Emily Bryans/Lori Kingsley/Eileen Combs				2 15:35 Sage Smith	Bell Top Elementary School
3 Willow Street Athletic Club B	58:39			3 16:12 Connor Hurley	Green Meadow Elementary School
Anne Benson/Gretchen Oliver/Judy Guzzo				<b>BOYS AGE GROUP: 9 YEARS</b>	
<b>MASTERS 40+ CLUB TEAM</b>			1 13:45 Garrett McDonald		
1 Kinderhook Runners Club	1:05:46			2 13:48 Juozas Dicesare	Green Meadow Elementary School
Karen Dolge/Hilary Eutz/Teresa Warner Maiuri				3 14:12 Aiden Cooney	Bell Top Elementary School
2 Team Utopia Masters B	1:09:34			<b>GIRLS AGE GROUP: 10 YEARS</b>	
Christine Varley/Brenda Taylor/Barbara Light				1 15:10 Elizabeth Mattice	Paige Elementary School
3 Team Utopia Masters A	1:13:09			2 15:14 Meghana Caron	Orenda Elementary School
Regina McGarvey/Kirsten LeBlanc/Kathleen VanValen				3 15:44 Megan Hefferon	Green Meadow Elementary School
<b>SENIORS 50+ CLUB TEAM</b>			<b>BOYS AGE GROUP: 10 YEARS</b>		
1 Liberty Athletic Club 50	1:07:14			1 13:43 Anthony Bisognano	Sand Creek Middle School
Joan Miller/Susan Gustafson/Cathy Gibson/Drusilla Pratt-Otto				2 14:12 Carter Winter	Bell Top Elementary School
2 Saratoga Striders 50+ B	1:08:21			3 14:34 Christian Davis	Green Meadow Elementary School
Donna Thraikill/Judy Harrigan/Andrea Peterson				<b>GIRLS AGE GROUP: 11 YEARS</b>	
3 Team Utopia Seniors A	1:12:00			1 15:22 Ashley Grimes	Sand Creek Middle School
Debra-Jane Batcher/Cathy Slivinski/Joan Celentano				2 15:39 Emily Mann	Green Meadow Elementary School
<b>MOTHER/DAUGHTER TEAM</b>			3 20:45 Athena Conzone		
1 Gabrielle Mancuso/Gayle Mancuso	41:26			<b>BOYS AGE GROUP: 11 YEARS</b>	
2 Sarah Morin/Josée Girard	44:31			1 17:18 Parker Fields	Sand Creek Middle School
3 Mary Devries/Joy Devries	45:36			2 18:36 Thomas Sanford	Bell Top Elementary School
<b>SISTER/SISTER TEAM</b>			<b>GIRLS AGE GROUP: 12 YEARS</b>		
1 Keelin Hollowood/Colleen Hollowood	38:12			1 17:41 Alice Menis	Paige Elementary School
2 Angela Bernarde/Kathryn Bernarde	39:36			<b>BOYS AGE GROUP: 12 YEARS</b>	
3 Donna Thraikill/Judy Harrigan	43:52			1 14:04 Justin Caron	Gowana Middle School

*Courtesy of USATF Adirondack*

## 14TH ANNUAL CHARLTON HERITAGE 5K RUN June 4, 2011 • Old School House, Charlton

<b>MALE OVERALL</b>			16:26	12	Ballston Spa	21:48	
1 Chris Judd	30	Glenville	16:26	1	Emily Digham	12	Ballston Spa
2 Chris Fernandez	39	Charlton	16:49	2	Allie Fernandez	14	Charlton
3 John Rabideau	15	Ballston Spa	17:23	3	Sarah Killen	14	Ballston Spa
<b>FEMALE OVERALL</b>			19:15	16	Glenville	17:37	
1 Samantha Roecker	19	Charlton	19:15	1	Frojoe Girard	16	Glenville
2 Renee Tolan	36	Clifton Park	19:18	2	Dan Fernandez	17	Charlton
3 Spencer Hayes	13	Gansevoort	19:56	3	Brendan Nally	19	Burnt Hills
<b>MALE AGE GROUP: 14 &amp; UNDER</b>			18:05	17	Charlton	22:13	
1 Aidan Tooker	12	Greenfield Center	18:05	1	Rachael Brush	17	Charlton
2 Jared Short	14	Ballston Spa	18:44	2	Erika Grattidge	19	Charlton
3 Joshua Moeckel	13	Scotia	21:53	3	Rachel Stalker	17	Burnt Hills

*continued*

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14TH ANNUAL CHARLTON HERITAGE 5K RUN *continued*

Table with 4 columns: Rank, Name, Location, Time. Includes categories for Male Age Group (20-24, 25-29, 30-34, 35-39, 40-44, 45-49), Female Age Group (20-24, 25-29, 30-34, 35-39, 40-44, 45-49), and Male Overall.

2ND ANNUAL RAIL TRAIL TO THE FOOTBRIDGE 5K TRAIL RACE *continued*

Table with 4 columns: Rank, Name, Location, Time. Includes categories for Male Age Group (40-49), Female Age Group (50-59, 60-69), and Male Age Group (70 & Over).

Courtesy of Rail Trail to the Footbridge 5K

34TH WHITEFACE MOUNTAIN UPHILL FOOT RACE  
June 5, 2011 • Whiteface Veterans Memorial Highway, Wilmington

Table with 4 columns: Rank, Name, Location, Time. Includes categories for Male Overall, Female Overall, Male Age Group (20 & Under), Female Age Group (20 & Under), Male Age Group (20-29), Female Age Group (20-29), Male Age Group (30-39), Female Age Group (30-39), Male Age Group (40-49), and Female Age Group (40-49).

Courtesy of Whiteface Business & Tourism Center

2ND ANNUAL RAIL TRAIL TO THE FOOTBRIDGE 5K TRAIL RACE  
June 4, 2011 • Slate Valley Museum, Granville

Table with 4 columns: Rank, Name, Location, Time. Includes categories for Male Overall, Female Overall, Female Age Group (20-29), Male Age Group (9-12), Female Age Group (9-12), Male Age Group (13-19), and Female Age Group (13-19).

*continued*

5K RUN/WALK TO BENEFIT CVPH FAMILIES HELPING FAMILIES  
June 5, 2011 • Wellness Center at PARC, Plattsburgh

Table with 4 columns: Runners: Male Overall, Runners: Female Overall, Walkers: Male Overall, Walkers: Female Overall.

Courtesy of Foundation of CVPH Medical Center

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AQUATHON continued from page 1

swims came on a recent family day trip to the state park. "I thought it was a beautiful venue," he said. He was fortunate enough to secure the only weekend of the year when a beach swim was possible. "My goal is just to introduce people to a new venue, and to grow the event from there," he said. Friends suggested adding the trail runs to the open water swims.

Another event designed to attract newcomers is the Team LUNA Chix second annual Splash & Dash on Aug. 28 at Tinney's Tavern on Lake Desolation, near Middle Grove, north of Saratoga Springs. Race director Rachel Knaggs said she expects to attract at least 40 men and women of all abilities. The race is also a fundraiser for the Albany Triathlon Chapter of Team LUNA Chix, with proceeds earmarked for breast cancer prevention.

The first annual Big George Triathlon, which is a 70.3 half-Iron distance event, will feature an aquabike on Sept. 4. Aquabikers will compete on the same course as the Big George Tri, swimming 1.2 miles and cycling 56 miles, ending their day at the conclusion of the bike. "It's easy enough to do," said race director Randy Rath. "We wanted to offer this as another option for people who either don't run or can't run, but still want to bike and swim."

Tim Yount, chief operating officer for USA Triathlon, said USAT believes the popularity of aquathlons could grow "considerably" in the next few years. (USAT uses the term aquathlon, rather than aquathon, to refer to swim-run events; aqua-bike to refer to swim-bike events; and duathlon to refer to run-bike-run events.)

Tim said USAT is now assembling a task force to determine how interested multi-sport athletes are in aquathlon. "One of the attractive things about aquathlon is that people can do an event without having to take a bike. It's expensive, and some people are just not comfortable riding on the roads where there is a lot of traffic," he said. "Will this ever replace triathlon? No, it won't. But



▲ JENNY STAHL OF CLIFTON PARK AT THE 2010 TEAM LUNA CHIX SPLASH & DASH AQUATHON IN MIDDLE GROVE. PHOTO BY KRISTEN HISLOP

it could become considerably big, especially in certain parts of the country with high-density traffic."

He added that eliminating the bike leg simplifies race logistics tremendously. "Think about what you can do in a park with a body of water. How simple is that? You don't even have to leave the park," he said. ▲

Christine McKnight (trichris@nycap.rr.com) is a triathlete who lives in Schuylerville.

## National Open-Water Swim Attracts Record 150 to Lake Placid

by Christine McKnight

Race co-director Ann Svenson anticipates seeing at least one record fall this Saturday, Aug. 13, when some of the nation's top open-water swimmers compete in the U.S. Masters Swimming *Two-Mile Cable National Championship* in Lake Placid's Mirror Lake. The 10th annual **Betsy Owens Memorial Lake Swim** has attracted a record field of more than 150 swimmers, ages 18 to 80, from 20 states. Entries closed on Aug. 3.

The course is accurate to within six inches, and qualifies winners for cable swim national records. The race, sanctioned by Adirondack District Masters Swimming, consists of four laps around a quarter-mile course along an underwater cable marked with buoys. The top six individuals in each gender, and five-year age groups, and the top three relays in each category will receive USMS Long Distance National Championship medals, and first-place finishers in each age group and relay teams will earn prestigious Long Distance All American recognition.

"It is an excellent race for beginning open water swimmers because of the underwater cable, which is about four feet down, and you can see it," Ann said, a Masters swimmer from Greenfield Center, who is organizing the race with David Dammerman from Saratoga Springs.

Wetsuits and tech suits are not allowed, and it's an in-water start and finish. The fastest 10 swimmers will go first, followed by additional seeded heats. Entry is open to anyone submitting a pool time for seeding, so all abilities will be represented.

Ann explained that the Mirror Lake course is one of only three in the country set up to stage cable races for national records because they are so precisely measured. The

▼ 2009 BETSY OWENS LAKE SWIM AT MIRROR LAKE, THE USMS TWO-MILE CABLE NATIONAL CHAMPIONSHIP. COURTESY OF ADMS



other courses are in Oregon and Virginia. The Mirror Lake course was previously the site of the national championships in 2005, 2007, 2009 and 2011. (While the two-mile national championship next year will be contested in Oregon's Foster Lake, the Adirondack District Masters organization and the North Elba Park District will still stage a cable swim competition in Mirror Lake, this one featuring both one- and two-mile distances.)

Betsy Owens was the former chair of the Adirondack District Masters Swim Committee, the first fitness chair for U.S. Masters Swimming, and the founder of a pre-cursor race in Lake Placid that was the National Championship in 1994. She died of breast cancer in 2003. ▲

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KAYAKING & CANOEING

# One Square Mile of Hope



TOP: 2008 ONE SQUARE MILE OF HOPE ON FOURTH LAKE IN INLET. PHOTO BY BARRY LOBDELL  
 ABOVE: ONE SQUARE MILE CO-CHAIRS CONNIE PERRY (L) AND PAULA STANTON (R). PHOTO BY LINDA ERION

## Beat Pittsburgh and Cancer by Paddling

by Betsy Dirnberger

**B**uilding the world's largest floating raft seems a more rational task for a major three-river city like Pittsburgh, Pa., than a tiny 320-person hamlet in the Adirondacks. But the people in Inlet say that size doesn't matter, and spirit does.

Three years ago Connie Perry, the owner of Inlet's Frisky Otter Tours, a canoe and kayak rental and sales business, created One Square Mile of Hope as a fundraiser for breast cancer research. The "one square mile" refers to the area of Fourth Lake that fronts the downtown. "It was the perfect spot for forming a giant raft of boats: accessible with beautiful mountain lake scenery," Connie says.

With all of the popular fundraisers like races for the cure, Connie wanted to create a more inclusive festival-style event that encouraged young and old, handicapped and hale, survivors and families, to participate in a competitive, but not grueling "sport." Race changed to raft, and in 2008 the Adirondacks most unique event was born.

The Guinness Book of World records actually had named a Floating Raft world champion in 2006 when Cleveland, Ohio won the title with 700 boats. Inlet's One Square Mile of Hope's volunteer committee decided that this was a challenge worth meeting, and a good way to get the competitive juices running

Inlet bested the record two years later



RAFFLE PRIZES FROM HORNBECK BOATS, NECKY KAYAKS AND PLACID BOATWORKS. PHOTO BY CAROLYN BELKNAP

with 1,104 canoes and kayaks. "We sent a check for \$52,000 to the Susan G. Komen Foundation for breast cancer research, much to their and maybe even our own surprise," Connie said. The response was outsize, and the news of the event's winning the Guinness World Record became viral when the aerial photograph of the raft was put online.

More challengers appeared. Cleveland backed out, but Pittsburgh, and then the Mississippi cities of Moline-Davenport-Rockport stepped up. In 2010 Pittsburgh won the title with 1,600 boats. Connie shrugs that number off. "That's the best they could do? We can easily double or triple that count. We're going to do this again, bigger and better." She is encouraging paddlers to gather friends together for the event, and to register as early as possible online. "We need a T-shirt and lunch count soon."

The 2011 target has been set at 3,000 canoes and kayaks. With close to a third of the boats being tandems, Inlet is anticipating over 4,000 participants on Saturday, Sept. 24. After earlier registering online at onesquaremileofhope.org, everyone will pick up their packets, T-shirts, and launch area assignments at the town's Arrowhead Park on the waterfront. From 7:30am until 6pm, the park will be the homeport for a wellness fair, the raffle of a Hornbeck Boats 10-foot Kevlar canoe, a Placid Boatworks Spitfire 12 canoe, and a Necky Eliza kayak, a music festival, and exhibits with area sponsors.

The canoes and kayaks will enter the lake starting at 10:30am; the raft will be formed precisely at noon; a few minutes later the airplane, carrying the Adirondacks' premiere photographer Nancie Battaglia, will fly overhead for the official Guinness photograph.

A buffet lunch will feed the hordes back on shore, and the music festival will begin. Paddling trips are being arranged and the area has numerous hiking and biking trails.

Connie explained that One Square Mile isn't designed to be a float-then-go event. "People who came the last time still tell us how well-organized and moving it was. When we heard the plane overhead, everyone became silent, looking up and as one, we raised our paddles. This was different; this was special."

For details on location, schedule, lodging options, PayPal registration of \$25, musicians, boat rentals and more, go to onesquaremileofhope.org. ▲

Betsy Dirnberger (betsdirn@aol.com) is the associate publisher of Adirondack Explorer magazine, and a volunteer for One Square Mile of Hope.

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