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LIZ LUKOWSKI OF ALBANY AT THE 2010 UNCLE SAM GP IN TROY. PHOTO BY ANDREW FRANCIOSA (ANDREWFRANCIOSA.COM)

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Cyclocross

Race Season Preview

by Dave Beals

By the time you get to read this article, the 2011-2012 cyclocross season will already have hurdled over many race barriers. Three different cyclocross races took place this past August in western Massachusetts demonstrating that the traditional mid-September start of the season just cannot contain this growing sport. Dozens of cyclocross races can be found within a two to three hour drive from the Capital-Saratoga Region and will crowd the race calendar right through to December. Races are now popping up on weekdays and weeknights in nearby New England to satisfy the growing demand. The cyclocross (or 'CX' for short) race season starts earlier and stretches later into the calendar, now stretching into January.

If you are interested in learning about the sport of cyclocross or want to freshen up your CX skills, seek out a clinic and try it. It's a great way to get into the exciting sport. The NYCROSS.com Cyclocross Clinic is scheduled for Saturday, Sept. 10 at Troy's Prospect Park. This clinic is geared towards

the beginner, teaching the rules of the sport, proper technique for mounting/dismounting the bike during a race, shouldering a bike and running over or up a course obstacle, training, bike set-up, and other CX skills that are critical to master. The clinic is limited to a small number of participants so that small group and individual instruction can be provided. For more info, go to NYCROSS.com. Other clinics are available and can be found on bikereg.com.

The popular NYCROSS.com Cyclocross Race Series is back with seven different races all within a short drive of the Capital District. First up is the Kirkland Cyclocross race in Clinton (near Utica) on Sunday, Sept. 11, which has quickly become a racer favorite. The race venue in the Kirkland Town Park provides some interesting and varied terrain for a CX race. The rolling grassy areas make for some fast and exciting racing, but the course designers also add some tricky off-camber turns which can be treacherous when wet. Racers

See **CYCLOCROSS**, 22 ▶

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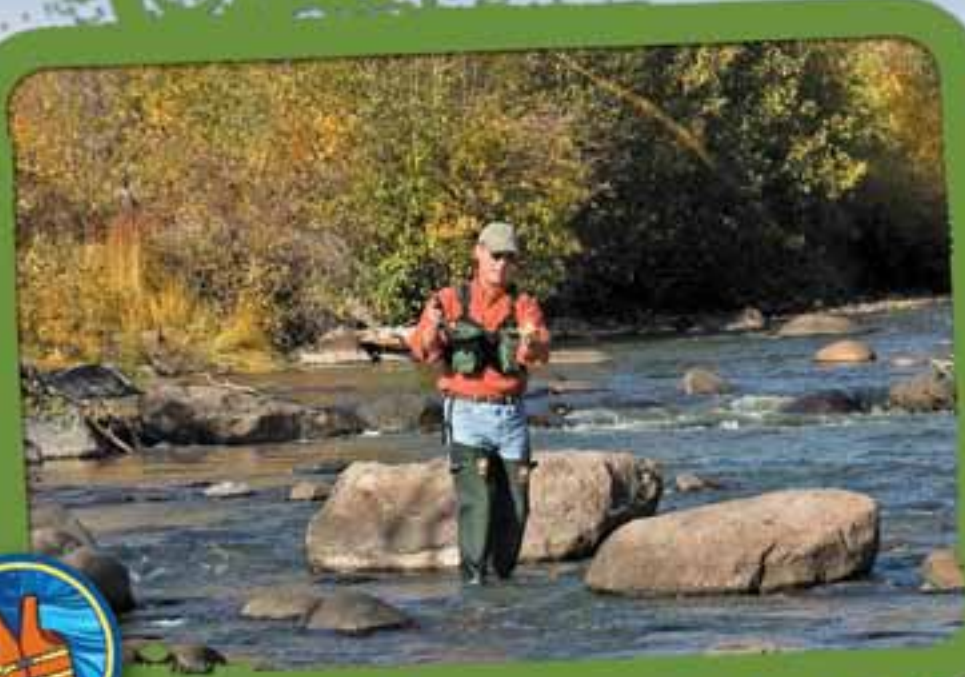
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Always check water conditions before you recreate. One source is Waterline: <http://www.h2oline.com> or call 1-800-452-1742 (fishing edition) or 1-800-452-1737 (boating edition).

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* New York State Department of Health Study

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KAYAKING & CANOEING

Northville Lake

by Russell Dunn



◀ BARBARA DELANEY OF ALBANY ON NORTHVILLE LAKE.

▲ BARBARA ENTERING THE CAUSEWAY TO THE NORTHERN SECTION OF NORTHVILLE LAKE.

◀ POSTCARD OF NORTHVILLE LAKE, SHOWING CAUSEWAY AND NORTHVILLE, IN THE MID-20TH CENTURY.

PHOTOS BY RUSSELL DUNN

The time has come to take Northville Lake out from under the glare of its larger and more imposing cousin, Great Sacandaga Lake, and to give the lake its proper due as a body of water to paddle. Northville Lake may not be particularly large – 0.8-mile-long and 0.1-mile across – but it does provide kayakers and canoeists with the opportunity to paddle without the worry of being swamped by large powerboats. It is a family-friendly lake in Fulton County.

Northville Lake was created in the 19th century when Hunters Creek was dammed up. At that time Hunters Creek was a tributary to the Sacandaga River before the Sacandaga River was impounded in Conklingville to create the Great Sacandaga Lake. Northville Lake and the Great Sacandaga Lake have literally turned the village of Northville into a peninsula, with the Great Sacandaga Lake to the west, and Northville Lake to the east and south.

The name Northville, which seems descriptive of the village's northern location on the lake, is purely coincidental. Northville actually precedes the Great Sacandaga Lake by over a century.

The informal launch site is located on South Main Street, at the southern end of Northville Lake, next to a causeway and dam. On the opposite side of the causeway, a mere stone's throw away, the Great Sacandaga Lake can be seen, which is at a slightly lower elevation than Northville Lake.

Water flows into the Great Sacandaga Lake from Northville Lake, but never the reverse. The two lakes may be tangential, but they are distinct separate bodies of water.

THE PADDLE

At the launch site, check the current first to make sure that you will not be pulled towards the spillway dam. After you put-in, paddle north, passing by houses overlooking the lake from both shorelines. What is visually striking is the number of rowboats, canoes, and kayaks that line the beachfronts by the east shore. This is obviously a lake appreciated by paddlers. The west shore rises too steeply for houses to be built near the water. Several of them are recessed from the top of the escarpment.

In 0.6-mile you will pass by Riverside Park, located at the top of the escarpment on your left. Band concerts and events are held here during the summer. Straight ahead is the Water Street causeway that divides the lake unevenly into two sections. Fortunately a culvert under the road is large enough for a kayaker or canoeist to pass through, thus allowing you to go from one section of the lake to the other. Passing under the causeway, continue paddling north, veering slightly right as you proceed onward. In 0.2-mile you will reach a point where the lake narrows to a tiny stream, Hunters Creek.

You can paddle up Hunters Creek for over 0.5-mile until you come to the Ridge Road bridge. The culvert under the bridge

can be paddled through with some difficulty, but there is little point in doing so because the way ahead is too shallow. This is a good point to turn around.

The trip back, of course, is new and exciting, for everything is now seen in reverse from a totally different perspective.

GETTING THERE

From the Capital Region, take the NYS Thruway to Exit 27, Amsterdam, and follow NY Route 30 north to the northwest end of the Great Sacandaga Lake, roughly 25 miles. (If you'd like to avoid the Thruway, there are many other options from Albany, Saratoga Springs and Glens Falls.) From Route 30, turn onto Bridge Street and drive

east for 0.7-mile into the village of Northville. Then turn right onto Main Street and head south for 0.5-mile. Pull over to your left, just before crossing over the causeway separating Northville Lake from the Great Sacandaga Lake. The launch site is virtually next to the spillway that bleeds off Northville Lake into the Great Sacandaga Lake. 🌲

Russell Dunn is author of *A Kayaker's Guide to New York's Capital Region* (Black Dome Press, 2010), and soon-to-be published *A Kayaker's Guide to Lake George, the Saratoga Region, and the Great Sacandaga Lake* (Black Dome Press, 2010).

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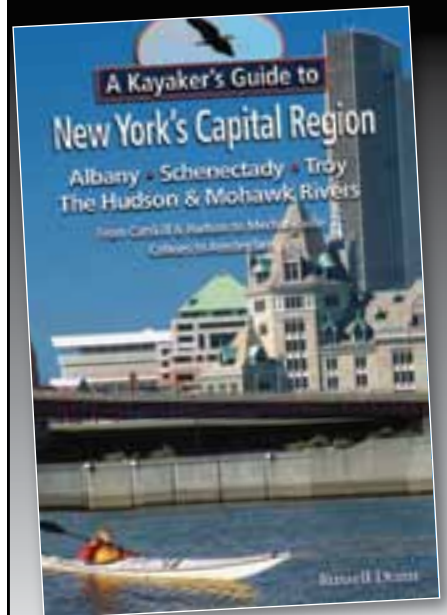
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Calendar of Events September - November 2011*

*Events beyond this month are advertisers in this issue.

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

ALPINE/XC SKIING & SNOWSHOEING

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.
Sun Wake-Up Casual Ride. 8am. 18M. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.

SEPTEMBER

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. Miller Hill E.S., Sand Lake. Sharon Gibbs: 283-0155. webmhcc.org.
17 **Feeder Canal to LG Casual.** 28M. 12pm. Parking lot, Feeder Canal, Hudson Falls. Jonathan: 482-6648. webmhcc.org.
17 1st Tour of the Adirondacks. 93M/62M bike races. 31M citizens challenge, non-competitive. Lake Luzerne. Dieter Drake: 275-6185. touroftheadirondacks.com.
17-18/24-25 12th Hudson River Valley Ramble. Guided bikes, hikes, paddles. Hudson Valley. 473-3835. hudsonrivervalleyramble.com.
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 **Delmar to Voorheesville Casual Ride.** 30M. 10am. Jude Sagor: 729-3933. webmhcc.org.
18 7th Cambridge Valley Cycling Fall Ride. 100M: 8am. 50M: 9am. 25M: 10am. Cambridge. 677-3982. bikecvc.org.
20 **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.
23 **"Road Warriors" Road Bike Clinic.** High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
23 4th Ride for Missing Children. 100M. UAlbany, Albany. 461-5881. rideformissingchildrenged.org.
24 **Ride, Run, Walk 4 Love.** 50M bike: 9:15am. 30M bike: 10am. 15M bike: 10:45am. 1M kids' bike: 1:30pm. 5K run/walk: 11:15am. Orenda Pavilion, Saratoga Spa S.P., Saratoga Springs. rrw4l.com.

24 **1st Columbia County Rotary Ride.** 100M: 7:30am. 60M/30M. 9am. Volunteer's Park, Valatie. Steiner's Ski & Bike: 784-3663. columbiacountyrotaryride.org.
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.
24 Bike/Hike the Berkshires. 100M/50M/25M bike or 8M/5M hike. Bousquet, Pittsfield, MA. nationalmssociety.org.
27 **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 **Greylock Multipace Ride.** 70M. 9:30am. Algonquin M.S., Poestenkill. Sharon Gibbs: 283-0155. webmhcc.org.
1 **Guilderland Casual Ride.** 10am. 25M. Mohonasen C.S., Rotterdam. Fred Barker: 852-4629. webmhcc.org.
2 **Malden Bridge Casual Ride.** 11am. 29M. Van Buren E.S., Kinderhook. Terry Armon: 428-5355. webmhcc.org.
2 Columbia County Bike Tour. 50K & 100K. 9am. Germantown C.S., Germantown. 392-5252. clctrust.org.
8 **Stove Pipe Meander Tour Ride.** 10am. 30M. Park/Ride, Bethlehem. John Petiet: 438-9102. webmhcc.org.
8 BattenFall Classic Circuit Race. 48-68M. Cambridge. Dieter Drake: 275-6185. bikereg.com.
9 **Autumn Family Bike Ride.** 15M guided. 1pm. Grooms Tavern, Clifton Park. 371-6667. cliftonpark.org.
9 **Chatham Casual Ride.** 9:30am. 34M. Post Office, Nassau. Brian Daniels: 527-7978. webmhcc.org.
9 Tour of the Battenkill Fall Preview Ride. 10am. 62M. Non-competitive. Cambridge. Dieter Drake: 275-6185. bikereg.com.
15 **Sweat N Fall Century.** 100M/62M. 9am. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419. bikereg.com.
15 **Apple Orchard Casual Ride.** 10am. 30M. Rite Aid, Castleton. Dave Render: 433-8316. webmhcc.org.
15 **Guilderland Casual Ride.** 10am. 25M. Mohonasen C.S., Rotterdam. Fred Barker: 852-4629. webmhcc.org.
15 **Schodack Tour Ride.** 10am. 40M. Schodack. James Woodruff: 462-5030. webmhcc.org.
29 Haunted Hundred Overnight Century Ride. 6pm. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

NOVEMBER

5 Rivers & Lakes 100 Century Ride. 8am. 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.
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.
Call CardiotFit Classes. Prime Care Physicians, Albany. 618-1100. Schedule: centerforpreventivemedicine.com.

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SEPTEMBER

30-10/2 Spirit, Mind, Body Weekend Retreat for Adults. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.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.

HIKING & ROCK CLIMBING

ONGOING

Thu Get Ready to Backpack. 7pm. LLBean, Albany. Holly Veiders: 437-5460. llbean.com.

SEPTEMBER

- 17 Family Rock Climbing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 17-18/24-25 12th Hudson River Valley Ramble. Bikes, hikes, paddles. Hudson Valley. 473-3835. hudsonrivervalleyramble.com.
- 18 Women's Rock Climbing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 20 Success Strategies for Hiking & Camping w/Kids Clinic. 7:30pm. LLBean, Albany. 437-5460. llbean.com.
- 23-25 **Trailless Peak Backpack: The Dix Range.** Adirondack Mtn Club: 523-3441. adk.org.
- 24 Hike/Bike the Berkshires. 8M/5M hike or 100M/50M/25M bike. Bousquet, Pittsfield, MA. nationalmssociety.org.
- 26-30 **Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 27 Fall Foliage Family Hike. 11am. Saratoga Spa S.P., Saratoga Springs. Alli Schweizer: 584-2000 x221. nysparks.com.
- 30-10/1 **Club Day Sale.** Eastern Mountain Sports - Albany, Niskayuna, Saratoga, Lake Placid. 888-463-6367. ems.com.

OCTOBER

- 1 **Fall Trails Day.** 8:45am. Projects at 8 trails in High Peaks. ADK Info Center, Lake Placid. 523-3441. adk.org.
- 1 **Day Hike: Jay Range.** 7.5M. Adirondack Mtn Club: 523-3441. adk.org.
- 2 Adult Rock Climbing. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 8 **Trailless Peak Day Hikes: Table Top Mt.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 9 **Trailless Peak Day Hike: Street & Nye.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 9 Women's High Ropes. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 15-16 **Leave No Trace Trainer.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 22 **Map & Compass Fundamentals.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 22-23 **Wilderness First Aid.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

MOUNTAIN BIKING & CYCLOCROSS

SEPTEMBER

- 17 **Mtn Bike Camp.** 10am-4pm. Beginner/intermediate riders. Age 10-plus. Gore Mountain, North Creek. Gail Setlock: 251-2411 x1043. goremountain.com.
- 17-18 **"Fun, Not Fear" Mtn Bike Camp.** Olympic Sports Complex, Lake Placid. 523-3764. highpeakscyclery.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. lewiscounty-chamber.org.
- 18 Riedlbauer's Round Top Rally MTB Race. Mike Henry: 965-0487. nysmtbseries.com.
- 24 **Cyclocross Clinic.** 10am-12pm. Free. Golf Course parking lot, Saratoga Spa S.P., Saratoga Springs. Blue Sky Bicycles: 583-0600. blueskybicycles.com.
- 25 Fall Unicycle MTB Race. 10am. Unicyclists: 1hr. Beginners: 1hr. Central Park, Schenectady. bikereg.com.

- 25 Chain Stretcher MTB Race. Blue Mountain Reservation, Peekskill. 845-735-4056. h2hrace.com.
- 25 Vermont 50 MTB Race & Ultra Run. 50M. Ascutney Resort, Brownsville, VT. 802-786-4991. vermont50.com.

OCTOBER

- 1 **Whiteface MTB Ladies Day.** Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.
- 1-2 **"Fun, Not Fear" Mtn Bike Camp.** Olympic Sports Complex, Lake Placid. 523-3764. highpeakscyclery.com.
- 2 **NYCROSS.com Race Series: CX at Brewery Ommegang.** Brewery Ommegang, Cooperstown. 315-415-5972. nycross.com.
- 2 Leaf Blower MTB Race. Wawayanda S.P., Hewitt, NY. 973-875-0826. h2hrace.com.
- 8-9 Downhill Race & Eastern States Cup Finals. 11am. Plattekill MTB Park, Roxbury. 607-326-3500. plattekill.com.
- 15-16 **NYCROSS.com Race Series: Uncle Sam Gran Prix of Cyclocross.** Prospect Park, Troy. Eric Schillinger: 441-1296. nycross.com.
- 23 **NYCROSS.com Race Series: Saratoga Spa Cyclocross.** Saratoga Race Track, Saratoga Springs. John Onderdonk: 441-2074. nycross.com.
- 23 **All Hallows MTB Race.** 9am. Central Park, Schenectady. Heather Rizzi: 847-2419. bikereg.com.
- 30 **NYCROSS.com Race Series: Clean Bottle Wicked Creepy Cyclocross.** Willow Park, Bennington, VT. 802-442-7238. nycross.com.

NOVEMBER

- 13 **NYCROSS.com Race Series: 6th Bethlehem Cup Cyclocross.** Elm Ave Park, Delmar. Dave Beals: 439-6951. nycross.com.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

Daily Indoor Cycling: Training & Coaching. Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.

SEPTEMBER

- 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 2nd Ironman 70.3 Triathlon. 1.2M swim, 56M bike, 13.1M run. 7am. Jamesville Park, Jamesville. ironmansyracuse.com.
- 25 1st Wheel & Heel Triathlon & Duathlon. Tri: 400yd swim, 13.5M bike, 3.3M run. Du: 1.1M run, 13.5M bike, 3.3M run. 9am. Beach, Lake Taghkanic S.P., Ancram. 845-632-3050. wheelandheel.com.

OCTOBER

- 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

SEPTEMBER

- 16 "Over the Edge" for Special Olympics. 9am. Rappel 18 stories down Crowne Plaza, Albany. 388-0790. nyso.org.
- 17 Orienteering Day Meet. 10am-noon Kinns Rd Park, Clifton Park. Glen Tryson: 766-3648. empo.us.orienteeing.org.
- 17-18 **Inlet Fall Festival.** 10am. Vendors, activities, music. Fern Park, Inlet. 315-357-5501. inletny.com.
- 23-25 Women's Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 24 **Carl Heilmann Photography Camp.** Gore Mountain, North Creek. 251-2411. goremountain.com.
- 24 **Fall Fest.** 11am-4pm. Crafts, food, games, chairlift rides. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 24-25 2nd Great Adirondack Moose Festival. Guided hikes, tours, activities. Indian Lake. 648-5112. indian-lake.com.

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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17th Annual Burnt Hills-Ballston Lake Rotary
5K RUN AND WALK
The Apple Run 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

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, l.ellis@hvcc.edu
Register online: hvcc.edu/cct

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
 Jonathan DiCesare (518) 231-2290
 To benefit the non-profit Landis Arboretum

NICK'S FIGHT

5K
 TO BE HEALED FOUNDATION
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
 NFBHF is a 501 c 3 organization supporting local pediatric cancer patients

- OCTOBER**
- 1-2 **Ndakinna'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.
 - 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. chingachgook.org.
 - 8-9 **Gore Harvest Fest.** 10am-4pm. 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.
 - 9 Paint Ball Biathlon. 9am. Pineridge XC Ski Center, East Poestenkill. 283-3652. pineridgexc.com.
 - 10 Columbus Day Orienteering Meet. 11am-1pm. Grafton Lakes S.P., Grafton. empo.us.orienteering.org.
 - 29 **Scary Story Night.** Ndakinna Education Center, Greenfield Center. 583-9958. ndcenter.org.
 - 29 Colonie Orienteering Meet. 10am-noon. Town Park, Colonie. empo.us.orienteering.org.

- RUNNING, TRAIL RUNNING & WALKING ONGOING**
- Call **ChiRun/Walk Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- SEPTEMBER**
- 16 6th National Run @ Work Day. Get 30 minutes of running/walking daily. Road Runners Club of America. rrca.org.
 - 17 **41st Original Lake Placid Half-Marathon.** 13.1M. 10am. North Elba Show Grounds, Lake Placid. 523-2591. northeiba.org or 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.
 - 17 **34th Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship. Northport. cowharborrace.com.
 - 17 16th Run to Remember 5K. 9am. East Campus Athletic Village, RPI, Troy. run2remember.com.
 - 17 8th Autism Walk & 5K Run. 7am. Central Park, Schenectady. Jenny DeBellis: 588-1189.
 - 17 Get Your Rear in Gear 5K Run/Walk. 9am. Saratoga Spa S. P., Saratoga Springs. getyourrearingear.com.
 - 17 8th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. Steve Eustis: 802-878-4385. gmaa.net.
 - 17-18 **Fall Sidewalk Sale.** Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
 - 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.
 - 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.
 - 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.
 - 18 **10th Anniversary Teal Ribbon 5K Run & 1M Walk.** 9am. Lake House, Washington Park, Albany. 783-7600. caringtogetherny.org.
 - 18 4th Doug Ellett Memorial 5K for Melanoma Awareness. 9:30am. Cohoes H.S., Cohoes. dougelletmemorial.org.
 - 18 5th Trooper Joseph Longobardo 5K Walk/Run. 10am. Saratoga Spa S.P., Saratoga Springs. active.com.
 - 18 Andele!! 5K Run/Walk. 5K: 9am. Walk: 9:15am. Queensbury H.S., Queensbury. gfmf.org.
 - 18 33rd Dutchess Co Classic Half-Marathon. 8:45am. 5K: 9am. Wappingers Falls. 914-456-0708. mhrcc.org.
 - 23 **30th Arsenal City Run & Community Night.** 5K race: 6pm. 1M Fun Run: 5pm. City Hall, Watervliet. active.com.
 - 23 Light the Night Walk. 7pm. The Crossings, Colonie. 438-3583. lightthenight.org.
 - 24 **18th FAM 5K "Fund" Run/Walk.** 10am. Kids' Race: 11am. Raffles, Brooks BBQ chicken, massages. Cobleskill Fairgrounds, Cobleskill. 234-7462. fam5k.com.
 - 24 **Ride, Run, Walk 4 Love.** 5K run/walk: 11:15am. 50M bike: 9:15am. 30M bike: 10am. 15M bike: 10:45am. 1M kids' bike: 1:30pm. Orenda Pavilion, Saratoga Spa S.P., Saratoga Springs. rrw4l.com.
 - 24 **Foot Race at Fort Ticonderoga.** 5K XC course. 10am. Fort Ticonderoga, Ticonderoga. Jeff Greer: 321-2855. footraceatfortti.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 5K Run to be Healed.** 1pm. Nick's Dash (11-under): 12pm. 2M Walk: 12:45pm. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.

- NOVEMBER**
- 12 Orienteering Meet. 10am-noon. Cole Hill S.E., East Berne. Phil Hawkes-Teeter: 872-1993. empo.us.orienteering.org.
 - 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.

- PADDLING: CANOEING & KAYAKING SEPTEMBER**
- 17 **Paddle for the Cure.** 6M paddle on Moose River. 10am. Carol Baldwin Breast Cancer Research Fund. Mountainman Outdoors, Old Forge. 315-369-6672. paddlefortheure.net.
 - 17 War Canoe Tour. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
 - 17 Women's Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
 - 17-18/24-25 12th Hudson River Valley Ramble. Bikes, hikes, paddles. Hudson Valley. 473-3835. hudsonrivervalleyramble.com.
 - 18 Family Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
 - 20 **Evening Kayak Tour.** 5:45pm. Hudson River, Lansingburgh. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
 - 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 Boat Canoe/Kayak Regatta. 10am. North American War Canoe Championships, races, fun demos. Town Beach, Long Lake. AWA: 891-2744. macscanoe.com.
 - 25 Kayaking Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
 - 27 **Evening Kayak Tour.** 5:45pm. Mohawk River, Freeman's Bridge, Glenville. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
 - 30-10/2 **Adirondack Canoe & Kayak Rendezvous.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 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. chingachgook.org.
 - 14-16 Moose River Canoe & Kayak Festival. Old Forge. 315-369-6983. oldforogeny.com.

MVP HEALTH CARE
 presents
 The 11th Annual

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

Register Online:
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 

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

8th Annual
The Crossings 5K Challenge
 - KIDS' FUN RUN

Sunday, Sept. 25 at 10am
 Rudy A. Ciccotti 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.coloniefamilyrecreation.org
 Register: Active.com

The Foot Race at Fort Ticonderoga
 Duane Crammond Memorial Scholarship Fund
Saturday, Sept. 24 • 10am
Fort Ticonderoga, Ticonderoga
 Scenic 5K cross-country course along Lake Champlain on historic peninsula
 Finish on Parade Ground with fife/drum corps
 Runners plus two guests get free entry to Fort
 T-shirts to first 100 registered
Entry Form: footraceatfortti.com

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
 Info: Sunday Conine 743-1672
 Proceeds benefit:
 High Peaks Hospice & Palliative Care



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
 or GetEntered.com

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

Run for the **ROC**
Ask about the Adirondack Trust Company Corporate Challenge!
 Chip Timing by A.R.E. Event Production

**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

- 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 Vermont 50 Ultra Run & MTB Race. 50M. Ascutney Resort, Brownsville, VT. 802-786-4991. vermont50.com.

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.** 11am. Challenging trail run. Gore Mountain, North Creek. 251-2411. Cindy x1008. goremountain.com.
- 1 FM Community/Alumni 5K Run & 1M Walk. 9am. FMCC, Johnstown. Jean Karutis: 762-4651 x3604. fmcc.suny.edu.
- 2 **Greno Industries "Run for the ROC" 5K.** Run/walk: 11am. "Lil' 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. ballstonspaumcchurch.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 Guinness 5K Run for Cystic Fibrosis. 9am. Gavin's Irish Country Inn, East Durham. 634-2582. gavins.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 & Packet Pick-Up, Crowne Plaza, Albany.) mohawkhudsonmarathon.com.
- 9 Trek For Hope. 5K run/walk: 10:45am. 10K: 9am. Village Park, Granville. 321-9640. thehayneshouseofhope.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. rensselaerarc.org.
- 16 Empire State Marathon & Half-Marathon. 7am. Syracuse. Brian Collins: 480-543-0008. empirestatemarathon.com.
- 16 Andy Haller Memorial 5K. 9am. The Crossings, Colonie. Lori Kunker: 489-4421. fullerroadfire.com.
- 16 41st Green Mountain Marathon. 26.2M. 8:30am. Folsom School, South Hero, VT. 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 Anne's Quest 5K. 9:30am. Colon cancer research/awareness. Shaker H.S., Latham. Kelli: 446-9638. annesquest.org.
- 22 DPS 5K Run for Kids. 9:15am. Columbia H.S., East Greenbush. Jamie Holtz: 248-8110. egcsd.org.
- 22 Cahill Classic 5K Run/Walk. 9am. Cahill Elem School, Saugerties. Jenny Mangione: 845-247-0675. onteorarunners.org.
- 22 Locust Grove Fall Trail Race 5K. 6pm. Locust Grove, Poughkeepsie. 845-454-4500. lgnry.org.
- 22 Tom's 10K Trek/Nic & Ty's 5K Road Races. 10:10am. Lake George E.S., Lake George. Rebecca: 796-9404. active.com.
- 23 1st Fall Foliage Half Marathon & 5K. 10am. Dntown Rhinebeck. 561-470-7966. fallfoliagehalf.com.
- 23 Taconic Hills Trail Runs. 5K run/walk & 10K run. 9:30am. Christ the King, Greenwich. Jen: 692-2801. bkvr.org.
- 29 **18th Goblin Gallop 5K.** 9am. Halloween Hop Kids' Fun Run: 10am. Abraham Wing School, Glens Falls. Liz Ramos: 307-8884. adirondackrunners.org.
- 29 **Monster Madness Dash 5K Run & 3K Walk.** 9am. Kids' Fun Run: 8:30am. YMCA, Troy. 272-5900. cdymca.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 Run.** 10am. Cole's Woods at Glens Falls YMCA, Glens Falls. Will Groff: 793-3878. glensfallsymca.org.

NOVEMBER

- 6 **1st AREEP Fall Frun 10K Race.** 9am. Shenendehowa H.S., Clifton Park. Josh Merlis: 320-8648. fallfrun10.com.
- 6 **"Fall Back 5" 5M Trail Race.** 10am. Kids' Fun Run: 11am. Administration Mall, Saratoga Spa S.P., Saratoga Springs. 584-2000. saratogastryders.org.
- 6 42nd ING New York City Marathon. 9:40am. Fort Wadsworth to Central Park, NYC. nycmarathon.org.
- 13 **36th Gazette Stockade-athon 15K.** 9am. 1M Kids' Run: 11:30am. (Sat, 9am-1:30pm: Expo, GE Theater @ Proctors.) Central Park, Schenectady. stockadeathon.com.
- 20 HMRRC Turkey Raffle 1-Hour Run. 10am. The Crossings, Colonie. Al Maikels: 489-1040. hmrrc.com.
- 24 **64th Troy Turkey Trot.** Open 5K Race: 9:30am. Open 10K Race: 10:45am. Grade School Mile: 10:30am. 1.25M Turkey Walk: 7:45am. Atrium, Troy. 279-7130. troyny.gov.
- 24 **10th Christopher Dailey Turkey Trot 5K Run/Walk.** 8:30am. Saratoga Hilton, Saratoga Springs. 581-1328. christopherdaileyfoundation.com.
- 24 **2nd Our Towne Bethlehem Turkey Trot 5K Run/Walk.** 9am. Town Hall, Delmar. ourtownebethlehem.com.
- 24 Ellis Hospital Cardiac Classic 5K. 9am. Central Park, Schenectady. Wes Holloway: 379-1443. ellismedicine.org.
- 24 48th Cohoes Turkey Trot. 3.5M: 9am. Walk: 8am. City Hall, Cohoes. Danielle Lagace: 233-2116. ci.cohoes.ny.us.
- 24 Adk Medical Center Turkey Trot 5K. 8:30am. Speedskating Oval, Lake Placid. Justin Colby: 897-2483. amccares.org.
- 24 Running of the Turkeys. 8:30am. Arlington, VT. Jon French: 802-375-8083. bkvr.org.
- 26 Run Off That Turkey 5K. 10am. St. Lucy's Parish Hall, Altamont. Phil Carducci: 861-6350. active.com.

SWIMMING

OCTOBER

- 30 39th Leatherstocking Halloween Meet. 10am. Moyer Pool, Hartwick College, Oneonta. Paul Windrath: 607-431-4537. adms.org.
- Bold listing** = Advertiser in current issue of *Adirondack Sports & Fitness*. All area codes 518 unless indicated.
- Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.*

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

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

30th Annual Watervliet
Arsenal City Run & Community Night
Friday, September 23
 2011

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

the **Y**
 FOR HEALTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**1ST ANNUAL
 5K SCARE**

Join us for a 5K run through Cole's Woods. Participants receive a free T-shirt.

SUN, OCT 30TH, 10AM
 GF YMCA Members \$25
 Non-Members \$35

GLENS FALLS FAMILY YMCA
 600 Glen Street, Glens Falls, NY 12801
 518.793.3878 www.glensfallsymca.org
 The Y is a cause-driven nonprofit organization



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.

Register Online: 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: dhlegg@msn.com or (518) 885-6659
 Benefits community/worldwide outreach programs of Ballston Spa UMC



AROUND THE REGION **News Briefs**

Paddle for the Cure for Breast Cancer Research

OLD FORGE – Mountainman Outdoor Supply Company is sponsoring the Paddle for the Cure. All proceeds will support the Carol M. Baldwin Breast Cancer Research Fund. The leisurely 6-mile paddle on the Moose River will begin at Mountainman Outdoors in Old Forge on Saturday, Sept. 17. During last year's event 265 paddlers raised over \$15,000 for breast cancer research. The Paddle for the Cure will begin at 10am and will last until 6pm. Janice Sell of the Upstate Medical University Hospital, event organizer, noted that "Registrations are running very strong. We're looking forward to another great fundraiser." John Nemjo of Mountainman Outdoors added, "The Moose River is a great location. It is a beautiful river that is suitable for all levels and ages of paddlers." Rental boats and gear will be available at Mountainman Outdoors. For info and registration, visit: paddleforthecure.net.

Ride Run Walk 4 Love Raises Funds for Love146

SARATOGA SPRINGS – Over a million children worldwide are trafficked for the purpose of sexual exploitation annually; two children every minute, according to the UN Children's Fund. Statistics like these and stories of these children are what prompted the creation of the Ride Run Walk 4 Love, and why the event continues to grow. Since 2008, when only 60 participants took part, nearly \$100,000 has been raised locally for Love146, an international human rights group working to abolish child trafficking and exploitation.

Over 15,000 men, women and children are trafficked into the US from other countries annually. Each year 100,000 children nationwide are trafficked, coerced or forced into prostitution or pornography, and 300,000 are at risk. Many of these children are runaways or abandoned. It is estimated that

human trafficking generates approximately \$32 billion annually worldwide.

Local individuals, schools and churches make up a network of Love146 supporters who hold a variety of events in the Capital Region annually. The RRW4L is the largest of these events, and organizers expect that the event will draw 300 people and raise \$50,000. Funds raised go towards programs in prevention and aftercare. Love146 works to create preventative measures that protect children. The RRW4L has helped to fund a number of aftercare programs that have touched hundreds of lives.

RRW4L is being held on Saturday, Sept. 24 at Saratoga Spa State Park in Saratoga Springs, and features bicycle rides of 15, 30 and 50 miles, a 5K run/walk, and a mile-long kid's bike ride. Troy's Dinosaur Bar-B-Que will provide post-event meals. Participants pay a fee to register and must raise a minimum of \$146. For info, register or volunteer, visit: rrw4l.com.

The Other 54 Hiker's Guide Second Edition Released

LAKE PLACID – Long Lake native and Lake Placid resident Spenser Morrissey is passionate about the Adirondack Mountains. He shares his passion in the second edition of *The Other 54: A Hiker's Guide to the Lower 54 Peaks of the Adirondack 100 Highest*. You will find many updates on bushwhack and trailed routes to these lesser visited summits. The latest updates include new: state land acquisitions, route up Wilmington Peak, trail up Lyon Mountain, routes through the Sawtooth Range, trail conditions, photos – and a more user-friendly layout. They will help you explore: Little Moose Mountain Wilderness, rugged Sentinel Range, desolate Brook Range, Stevenson Range, Siamese Pond Wilderness, little high peaks of Indian Lake, and much more. The guide is available in local stores. Visit: incapahchowildernessguides.com.

READER LETTERS

Reject Failure and Embrace Success

Our newly formed citizen group, Adirondack Recreational Trail Advocates, opposes plans to build a recreational trail that parallels the Adirondack Scenic Railroad from Lake Placid to Ray Brook, which would incur endless costs to local taxpayers for maintaining this five-mile trail through wetlands. The town of North Elba will be stuck with a trail built on fill and boardwalk, with the continuing cost burden to maintain the trail. Everything considered it is a terrible compromise.

We believe the ASR experiment should be terminated and the 34-mile corridor between Lake Placid and Tupper Lake should revert to the originally-planned recreational trail connecting the Tri-Lakes. Compared to the tourist train, which has never achieved its goal, the recreational trail would provide enormous economic, health and safety benefits to visitors, residents and local communities. Based on the success of recreational trails that have replaced railroad lines, this use is a no-brainer.

We are requesting that all grants in place for a rail with trail from Lake Placid to Ray Brook should be redirected to creating a recreational trail joining Lake Placid, Ray Brook, Saranac Lake, Lake Clear and Tupper Lake.

The ASR experiment has failed to meet the criteria that funded it as an alternative to a recreational path under the 1994 UMP. The scenic railroad experiment has gone on for 11 years. Ridership topped out at 14,000 a year and it appears that the tourist train carries only a handful of passengers on most runs. But even at its peak ridership, state subsidies for this nine-mile run amount to \$11 per rider (more than half the ticket price). This year a crossing on Route 86 had to be replaced for \$200,000. These burdens are not justified when the benefits are so insignificant.

We are requesting of town officials and the state DOT that the ASR's lease be terminated, allowing it to revert to the originally-planned recreational trail. In this way a liability can be turned into a regional asset – a quality bike, walk, run, and snowmobile trail. In addition, the Tupper Lake to Lake Placid track is the only east-west snowmobile connector, usable only when snowdepth reaches two feet. Without the rails, the snowmobile season could be doubled from 10 to 20 weeks, providing safer riding

and revenue increases for local business.

Why do we oppose the current parallel path plan?

- It is a trail to nowhere. Who is going to come to Lake Placid to ride a five-mile trail to Ray Brook to turn around? For the same or less expense we could attract thousands who would enjoy the 34-mile wilderness ride, explore our communities, and spend money.
 - Using \$3.3 million of grants to build this rail with trail is a waste of taxpayer money, especially when those same funds could be used to create a recreational trail all the way to Tupper Lake.
 - The Adirondack Scenic Railroad appears to be on its last legs. ASR had to borrow \$95,000 over the last two years to stay operational. Ridership continues to fall, requiring endless subsidies.
 - The \$3.3 million in grant money is fungible. If North Elba, Harrietstown, and Tupper Lake asked that it be reissued for a recreational trail that connects the three villages, the politicians would respond. The facts are on the table, and to judge by the response the public favors a 34-mile trail over a feeble five-mile compromise.
 - The idea of a dual path confuses people. They think that because the rail with a trail can get from Lake Placid to Ray Brook, it could be extended all the way to Tupper. Yet a rail with trail to Tupper is impossible due to wetlands, forest preserve, culvert logistics, narrow bridges and causeways, not to mention costs.
 - If a dual trail is built to Ray Brook it will institutionalize the failing tourist train and block any chance of a recreational trail to Saranac and Tupper, as the tracks from Thendara to Lake Placid are required to bring the rail vehicles up in the spring and down in the fall.
- Let's seize the opportunity to build a multiuse trail that would unite our three villages, attract many more tourists, enhance the quality of life for residents and visitors, improve snowmobiling in a non-controversial manner, further establish bicycling in the Adirondacks, and add jobs and revenues to our local economy. So let's stop beating a dead horse and get on with it. Register: thearta.org.

Lee Keet (info@thearta.org) is on the ARTA steering committee. He is an eighth-generation Adirondacker and businessman who lives on Lake Colby.

Your comments are welcome: info@AdkSports.com

Peak Season CENTURY

There are no other rides in the northeast that will inspire you as much as a ride throughout the Adirondacks. The Peak Season Century around historic Lake George, during the height of fall foliage, is a 100 miler you won't soon forget. There are scenic 60 and 25 mile options as well.

\$100 gets you a fully supported ride around the Queen of American lakes with rest stops and bike mechanics along the way. It also includes a scenic lunch at Fort Ticonderoga, a post-ride reception, and a long-sleeve commemorative shirt. Plus, for a small additional donation, there's an inspirational pasta party the night before, and a fabulous BBQ dinner after the ride to wrap things up.

It's a ride you can feel good about, too. All proceeds from the Peak Season Century will benefit The Leukemia & Lymphoma Society.

Join us on Saturday, October 1st, 2010 for the ride of your life... and so many others.

For more information contact:

Garry Olsen: 518-527-8256
golsen4@nycap.rr.com

Proceeds to the Leukemia & Lymphoma Society
300



To benefit
The Leukemia & Lymphoma Society
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Saturday, September 24th
10am-12pm • Free
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THE NON-MEDICATED LIFE

Reducing Cancer Risk

by Paul E. Lemanski, MD, MS, FACP

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

In the first 43 installments of *The Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention of cardiovascular death and disability. By contrast, informed diet and lifestyle may offer more powerful, broader spectrum reduction in cancer risk than the few medications available promising chemoprophylaxis of cancer.

Epidemiological studies suggest that up to 50 percent of all cancer may be preventable by identifying and reversing known risk factors for cancer. Such risk factors include smoking, excessive alcohol intake, excess sun exposure, excess body weight, a low intake of vegetables and fruit, and physical inactivity. Education about, screening for, and treatment of conditions that predispose to cancer such as HIV for Kaposi sarcoma, hepatitis B and C for liver cancer, human papillomavirus (HPV) for cervical cancer, and adenomatous polyps for colon cancer may also help reduce risk.

Smoking—as well as exposure to secondary smoke from cigars as well as cigarettes—is responsible for as many as 30 percent of the deaths caused by cancer in the United States. Smoking not only causes lung cancer but increases the risk for head and neck cancers including laryngeal cancer, esophageal cancer, stomach cancer, pancreatic cancer, cervical cancer and bladder cancer. It is important to realize that the use of tobacco as *snuff* and *chewing tobacco* increases the risk for all of the above mentioned cancers except lung. It is also important to note that

after smoking cessation, the risk for lung cancer drops quickly, but may take 15 years to equal the risk of a non-smoker.

Alcohol in excess increases the risk of a number of cancers including breast cancer, head and neck cancer, esophageal cancer, stomach cancer and liver cancer. Of particular concern is the increased risk of breast cancer in women, both because it is not well-appreciated by the general public, and because even the modest consumption associated with improved heart health may significantly increase cancer risk.

In observational studies every 10-gram increase in daily alcohol, equivalent to 70 percent of an average drink, increased risk for breast cancer between one and nine percent. For women consuming two to five drinks per day, one large observational study of 300,000 women suggested up to a 40 percent increase in risk. In Italy, a country with a higher daily alcohol intake than the United States, up to 11 percent of breast cancer in women is attributed to alcohol.

Sun exposure in excess is also associated with an increase in a potentially lethal form of skin cancer called malignant melanoma. The incidence of melanoma over the last 30 years continues to increase. Of particular concern are repeat intense sun exposures leading to skin blistering. Also for individuals below the age of 35, ultraviolet light exposure from tanning beds increases risk for melanoma by 75 percent. Avoiding sunburn by avoiding sun or using hats and protective clothing is a good first step. The use of sunscreen, which may reduce sunburn unfortunately may not also reduce melanoma risk, and should not be exclusively relied upon.

While many people would like to have a “healthy” tan, not all people are genetically protected to tan with sun exposure. Individuals with light skin whose ancestors came from northern latitudes may burn rather than tan or burn before tanning. Such individuals should understand their genetic limitations and if a tanned appearance is nevertheless felt necessary, artificial

This is the 44th in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



tanning products should be considered. Under no circumstances should tanning beds be used.

Excess body weight at the level which constitutes obesity, a Body Mass Index greater than 30 is estimated to cause up to 20 percent of all cancers, and specifically increases the risk of cancers of the breast, colon, endometrium, kidney and esophagus. To calculate your BMI, see nhlbisupport.com/bmi. Moreover, loss of weight may decrease risk. In one study obese postmenopausal women who lost 20 pounds and kept it off reduced breast cancer risk by 50 percent. In a seven-year follow up to bariatric surgery, a 60 percent reduction in cancer mortality was noted.

The **effects of diet** on cancer risk are more difficult to delineate because observational trials suffer from inaccuracies in what participants recall eating, as well as the difficulty in controlling for the possible effects of foods and nutrients, other than the one studied. Randomized trials suffer from poor adherence to the dietary intervention as well as possible insufficient follow-up time. Nevertheless dietary trials suggest that total fat intake does not appear to increase cancer risk, while a diet high in animal fat including red meat and processed meat increases the risk of colon cancer.

Diets high in vegetables and fruit modestly decrease the risk for colon cancer.

Diets high in tomatoes and tomato products may modestly decrease the risk for prostate cancer. Diets higher in soy products may modestly decrease breast cancer risk as do diets high in flavonoids found in tomatoes, green peppers and berries. Note: women with a history of breast cancer should avoid soy products pending a discussion with their oncologist.

Decreased physical activity appears to increase the risk for cancer and may be associated with up to five percent of cancer deaths. Regular moderate exercise appears to decrease the risk for cancers of the colon and the breast, and the reduction in risk is seen at all levels of body weight, suggesting weight reduction with exercise is not the mechanism by which exercise exerts its protective effect. Additional reduction in risk may be obtained by weight reduction brought about and maintained by regular exercise.

In summary, up to 50 percent of cancers may be preventable by identifying and reversing certain known risk factors for cancer through informed diet and lifestyle. While such an approach may require the unlearning of old habits and the adoption of new healthy habits, the rewards may include an avoidance of cancer, and the complex medical and surgical treatments such a diagnosis usually carries. As such, informed diet and lifestyle may be viewed as a non-medicated way to prevent one of our most serious health problems and the proverbial bottle of pills it may require. 🌱

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

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17th Annual 5K Run & 2 Mile Family Walk
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ARE Event Productions Inaugural

THE FALL FRUN 10k

To benefit the Albany Medical Center Children's Hospital

Sunday, November 6 at 9am
Shenendehowa High School, Clifton Park

Join Us for the Capital Region's
Newest Event
One Heck of a **FRUN** Time!

The Fall Frun 10K is on a fast and fast loop course with few turns and abundant opportunities to join your fellow runners at an event that celebrates you! Whether you are vying for the win or to finish, a PR or your first 10K, we aim to offer all participants a truly first-rate experience that realizes all different types of athletes make our running community such a vibrant and enjoyable place to live and train.

- LIVE Results Monitor
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- Strollers Welcome

Early Bird Special (by 10/4): \$20
Preregistration (10/5-31): \$25
Late Registration (11/1-6): \$30
Shirts are guaranteed to all who preregister by 10/24

Visit for More Info and to Register – and be Part of the Frun!
www.FallFrun10.com

All proceeds after expenses will be donated to the AMC Children's Hospital; in addition, a fixed portion of every entry fee will also be donated.

Ndakimma Education Center and the Saratoga Spa State Park present

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October 1st and 2nd at the Saratoga Performing Arts Center*



10:00 am to 6:00 pm
Thanksgiving Address 10:30 AM
Festival Activities begin 11:00 AM

Traditional Dancing
Storytelling and Music
Native Arts, Crafts, and Jewelry
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\$12 Adults, \$10 Seniors,
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www.saratoganativefestival.com



*SPAC is located at 108 Avenue of The Pines, Saratoga Springs, NY 12866

Photos By Eric Jenks

Where Ambition, Compassion, and Dedication Run Together



The Saratoga Palio Melanie Merola O'Donnell Memorial Race

Half Marathon & 5K Run/Walk
Sun., Sept. 18, 2011, 8 AM
Run, walk, pledge, or volunteer
www.thesaratogapalio.com

THE SARATOGA PALIO
Melanie Merola O'Donnell Memorial Race

Melanie lived an inspiring life dedicated to helping others. 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.



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Sat - Sun, October 8 - 9



EVENT GUIDE

Pages 11 - 13

Great Strides for Women

by Rob and Cathy Sliwinski

What began as a small, local marathon and half marathon with day-of-race registration has evolved into an event that sells out in three months. Why? Clearly, there are far more people embracing the sport than ever before. Most recent statistics from marathonguide.com show a 10 percent growth in marathon participants from 2008 to 2009 alone, with approximately 468,000 marathon finishing times recorded – amazing.

By far the greatest increase in participants has been women. This year, the Mohawk Hudson River Marathon's field is 43 percent women – up from 31 percent just 10 years ago. The Mohawk Hudson River Half Marathon has seen even greater growth, with the 2011 field consisting of two-thirds women, up from just over half in the 2002 inaugural race. According to the 2011 National Runners Survey by Running USA, the 'typical' female runner is 38.5 years old, has been running 10 years, is college educated, runs 12 months a year, four hours a week, and participates in seven running events a year. She is primarily motivated to run for exercise, weight concerns, and as a personal challenge.

What makes a woman want to take on the challenge of running 26.2 or 13.1 miles? What inspires her to put in the time, dedication and hard work it takes to complete these distances, despite busy lives? Here are a few comments from women who are registered for the Mohawk Hudson River Marathon and Half Marathon when we asked those questions.

Christine, 36, a teacher and mother of two young children, is attempting her first half-marathon. She began running three years ago, after the birth of her second child. She did not come from a sports background – she biked and inline skated for

exercise when she was younger, but never to compete or attain personal goals. In fact, she despised sweating! After the birth of her second child, Christine was faced with excess weight and postpartum depression and anxiety. She started to jog at first mustering up only enough energy to complete a 15-minute-mile. With the support of her husband and a mentor, she kept at it. She set a goal of running the Freihofer's Run for Women, and made it through her first 5K without walking. That confidence encouraged her to continue to increase mileage and improve speed, something she thought was not possible.

Christine now runs three to four days a week and finds that the "mind calming effects, good night's sleep, and the feel-happy endorphins" coexist with the sport. Running gives her the first physical, sport-related sense of accomplishment that she has ever experienced. And, ironically, these days if she doesn't sweat she feels as though she hasn't challenged herself enough! She is training with the Mohawk Hudson River Half Marathon training group, and finds camaraderie and support with others, who share a similar interest in enduring more than a 5K. "It is nice to be among others who are unbelievably supportive in each other's endeavors, rather than raising a quizzical eyebrow at the notion of such a distance, while bestowing a hollow 'good luck.'"

Andrea, 38, a business systems analyst, has been an athlete since age seven. She began running track in junior high school where she discovered that, as a sprinter, she was a lot



2010 MARATHONERS ALONG MOHAWK RIVER IN COLONIE. PHOTO BY JACK BERKERY

▼ KERRIE MARTIN OF WYNANTS KILL WITH FRIEND/VOLUNTEER AFTER FINISHING 2010 MARATHON. PHOTO BY MICHELLE MCDONALD



fast-er than some of the boys. Now, 25 years of running has fueled her sense of accomplishment. She says that running gives her a great mental health boost – she feels happier when she runs.

Diagnosed with multiple sclerosis in 2006, running has helped Andrea build and maintain physical strength, balance and confidence. She ran the last two Mohawk Hudson River Half Marathons and this year she'll meet her goal to run her first marathon before turning 40. Andrea has found the inner motivation to continue to run as long as her body will allow her to. That, she feels, is something we all need to try to do.

Diane, 41, a busy mother of two, information technology specialist, and very involved Hudson-Mohawk Road Runners Club member, has enjoyed running for the past 23 years. She has only been consistent in the last three, after she was reintroduced to the sport by a family friend – who happened to be a running coach – who motivated her to complete her first half-marathon. Encouraged by the results, she next tried the marathon distance.

She loves the health benefits that running provides, the opportunity to enjoy the great outdoors, and to meet others

with similar interests. She now runs for the added benefit of seeing her running times improve. Diane has a goal of setting a personal record in this year's Mohawk Hudson River Marathon.

Sue, 49, a manager in a NYS agency, is a mother and grandmother, and is attempting her first half-marathon this year. Although she ran track in her senior year of high school, she didn't continue running with any consistency. That changed five years ago. As the stress from her job increased, she found she needed a way to decompress after a long workday.

She went back to running for the mental and physical benefits it provides – benefits that even helped improve her golf game! Sue gets in two to three quality runs a week, which include one track workout with Team Utopia, and one long run with the Mohawk Hudson River Half Marathon training group. These runs, she believes, will give her the strength and mental preparedness to deal with what lies ahead on Oct. 9.

Even though these women come from different backgrounds with a wide range of abilities and challenges, they are part of the women's boom in long-distance road racing and something to which we can all – even men – relate. Whether you run for exercise, health, weight control, to overcome physical challenges, to cope with the pressure of everyday life, to be with your friends, to enjoy the outdoors or to help your golf game, taking on the challenge of the half-marathon or marathon is something ambitious and to be celebrated. We wish everyone success and hope, whether you meet your time goal or not, that you remember the reasons you run and enjoy your race. 🌟

Rob and Cathy Sliwinski (csliwin@nycap.rr.com) of Albany are race directors for the Mohawk Hudson River Marathon and Half Marathon.

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SCHEDULE OF EVENTS

WEEK OF OCTOBER 1-7

Community Clean Up – Join fellow runners, walkers and environmentally-conscious community members to help us clean up the course! For details: racedirector@mohawkhudsonmarathon.com.

SATURDAY, OCTOBER 8, 2011

- 10am-6pm Expo and Packet Pick-Up for Marathon and Half-Marathon** – Crowne Plaza Hotel, State and Lodge Streets, Albany. Free parking in the hotel parking garage. Bring your parking ticket to the expo for validation. Expo is open to the public. Note: No day of race packet pick-up!
- US Marine Corps Reserves Toys for Tots Collection** – Please bring a new unwrapped toy to the USMC Reserves booth. Hourly raffles will be held for all those who donate!
- HMRRC's Race T-Shirt and Running Shoe Recycling** – Bring your gently used T-shirts and running shoes to the HMRRC booth for donation to the Albany City Mission and other local charities.
- TAKE ONE-MINUTE TO SAVE A LIFE!** – Come to the MHR Marathon booth, watch our one-minute video, and learn hands-only CPR.
- 4:30-8pm Pasta Buffet** – Webster's Corner Restaurant, Crowne Plaza Hotel, State and Lodge Streets, Albany. No reservation needed.

SUNDAY, OCTOBER 9, 2011

- 6:50am Buses to the Start Lines Begin Departing** – Maiden Lane and Broadway in downtown Albany. Note: The last bus will leave at 7am – there are no late busses. \$5 all-day parking is available at the Albany Parking Authority's Columbia Street Garage. Directions: mohawkhudsonmarathon.com.
- 8:30am Races Begin.** Marathon at Schenectady's Central Park and Half Marathon at Colonie Town Park.
- 9:30am-2pm "Got Milk" Photo.** Have your picture taken with your milky moustache at the "Got Milk" tent near the finish line!
- 10am-2pm Musical Entertainment by Joe's Boys.** *Elvis will be in the house!* Music and fun from Bob McGrath. Albany Riverfront Park.
- 10am Awards Ceremony** – Half Marathon. Amphitheater at Albany Riverfront Park.
- 11am-2pm Complimentary Massages.**
- 11:45am Awards Ceremony** – Marathon. Amphitheater at Albany Riverfront Park.
- 12pm Bus Departs for Colonie Town Park.** Note: This will be the only bus back to the start line at Colonie Town Park.
- 2pm Race Course Closes.**
- 2:30pm Bus departs for Central Park, Schenectady.** Note: This will be the only bus back to the start line at Central Park.



KARI GATHEN OF ALBANY & KAREN DOLGE OF VALATIE AT 2010 MARATHON.
PHOTO BY PHIL BORGESE

ANDREW ALLSTADT OF ALBANY WINNING THE 2010 HALF MARATHON.
PHOTO BY MICHELLE MCDONALD

Marathon Draws Talented Women's Field

Course Record and Olympic Trials Berth on the Line

by Vince Juliano

The Mohawk Hudson River Marathon course follows the flat paved bikeway during the peak of the fall foliage season, offering spectacular displays of color against the backdrop of the calm blue waters of the historic Mohawk and Hudson rivers. The event has earned a reputation among beginner marathoners and half marathoners as the ideal course to attempt these sometimes unpredictable and unforgiving distances for the first time.

This year with an increased prize purse, recent clarification on Olympic Trials rules, and with the marathon trials on the near horizon, some of the top female distance runners within the region are set to do battle with high expectations and potentially a huge reward.

The Mohawk Hudson River Marathon increased its prize purse in 2011 to \$750 for the male and female winners, and offered a \$250 bonus for breaking the course records. Additional prize money is offered in the Mohawk Hudson River Half Marathon, and the prize purse goes five-deep in the men's and women's divisions in both races. The marathon course is slightly downhill but fortunately the elevation loss is within the acceptable standard for the official time to qualify for the Olympic Trials.

The marathon provides one of the last chances to qualify for the 2012 U.S. Marathon Trials and still have time to recover prior to the January trials in Houston, Texas. Whether it is the increased prize purse, a last chance to qualify for the trials or a combination of both, the marathon has drawn its deepest women's field ever.

Young marathoners will be well represented this year as local standout Kristina Gracey, a 28-year-old medical student from Albany, will be looking to improve on her 2:56 NYC Marathon performance last fall. Based on her recent races, which include victories at the OK-5K in Kinderhook and Silks and Satins 5K in Saratoga Springs in times of 17:33 and 17:34, and victory at the hilly Bridge of Flowers 10K in Shelburne Falls, Mass., Kristina is clicking on all cylinders leading into her goal race.

On a similar roll is Peru's Sara Facticeau, 35, who won the Plattsburgh Half-Marathon in April in 1:19:00, then ran a 2:56 at Vermont City Marathon in May, and followed with a 1:21:58 victory at the Lake Placid Half Marathon in June. Sara was a star high school athlete, who won the Eddy Meet 1500-meter twice in Schenectady, and the Fifth Avenue Mile in NYC. She took 16 years off from competitive running before resuming training last year. She showed versatility by winning the Race to the Top of Vermont (Mt. Mansfield) last year and Ticonderoga's downhill 2011 Montcalm Mile in 4:51.

An intriguing entrant with potential is 27-year-old Abby Kaknes, a four-year star hockey player at University of Vermont, who later joined the UVM soccer team as a fifth-year graduate student. This multisport athlete ran her debut marathon at Vermont City last year with expectations of running a 3:20:00. After passing the half marathon in 1:29:00 she worried that she might struggle in the home-ward half and instead felt strong at 20 miles and passed 21 runners to finish in 2:57:00. Abby, now a first-grade teacher, with another year to hone her skills could be the sleeper.

The elite women's field also includes Sara Mulbradt, a Piermont native who currently resides in California, who posted her 2:58:00 time at the California International Marathon. The 2009 MHR Marathon champion, Tina Dowling of Bolton, Mass., is the top seeded master's athlete with an impressive 2:56:00 marathon.

Jen Fazioli, originally from Averill Park, established the course record in 2002, and is the only female to run sub 2:50:00 in race history. Schenectady's Emily Bryans, 43, set the masters course record last year in 2:50:35 for an eight-minute victory.

This year's seeded field consists of five women who have recently posted marathon times in the 2:56:00 to 2:58:00 range, suggesting a competitive contest. Should one or more of these athletes have a breakthrough race, establish a new course record, and meet the Olympic Trials standard, they would join a very select list. Currently only two women and one man from upstate NY have qualified to run in the marathon Olympic Trials.

At press time, the men's field is still being compiled and athletes who desire elite status should inquire on mohawkhudsonmarathon.com.

Vince Juliano (hamletbryans@nycap.rr.com) of Schenectady is the race director for HMRRC's Gazette Stockade-athon 15K.

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USATF Adirondack Championship and Teams

USA Track & Field Adirondack, the local association of USATF, the governing body for track and field, long-distance running and race walking in the US, once again will partner with the Hudson-Mohawk River Marathon and Half Marathon in offering runners the opportunity to compete for regional recognition, awards and prizes.

The Mohawk Hudson River Marathon will serve as the *USATF Adirondack Open and Master's Championship*. This event, open to all USATF Adirondack members, highlights and attracts top regional athletes, including open, masters and age-graded.

USATF Adirondack will host a *team competition* in the Mohawk Hudson River Marathon. Athletes must be USATF Adirondack members. Teams are comprised of a minimum of three people to score with a maximum of five; the top three runners score. Team members must be individually registered in the marathon and as USATF members. There is no team fee. Team forms and entry instructions can be found at mohawkhudsonmarathon.com.

USATF Adirondack has made both the Mohawk Hudson River Marathon and Half Marathon qualifying races in their *2011 Grand Prix Road Race Series*. The series includes 13 of the region's best road races from one to 26.2 miles from March through November. Members who participate in at least 10 out of 13 events accumulate points based on race finish and age category. The highest point totals in the top 6 of 10 events are scored. Runners compete for over \$5,000 in cash prizes and merchandise.

HMRRC would like to publically thank Don Lawrence, Pat Glover, George Regan and the other officers and members of the USATF Adirondack Association who have lent their support and hands-on assistance in putting on the MHR Marathon and Half Marathon.

2011 Toys For Tots Kicks Off at Race Expo

The US Marine Corps will kick off its annual Toys for Tots campaign for the 2011 holiday season at the Mohawk Hudson River Marathon and Half Marathon Expo on Oct. 8. The campaign has assisted needy and deserving children in the Capital Region for 44 years. In 2010, the USMC reached its goal of collecting 120,000 toys, including toys donated by runners and families attending the 2010 Expo – this helped make the holidays for many children memorable ones. This year, with your help, the Marine Corps hopes to exceed that goal. With these trying economic times still looming over this holiday season, they are in an even bigger need of support from the community.

Please bring a new, unwrapped toy to the race expo! For information on Toys for Tots in the Capital District, see albany-ny.toysfortots.org. The website will be updated throughout the season so you can see how your gifts are being used and how you can support the holiday mission.

HMRRC's 40th Birthday

This month, race organizer Hudson-Mohawk Road Runners Club is celebrating its 40th birthday as one of the largest running clubs in upstate New York with over 2,000 members. HMRRC's mission hasn't changed over the last four decades – promote the sport of distance running – and it does that by hosting 30 annual road, track and trail races. The Stockade-athon 15K, CDPHP Workforce Team Challenge, Mohawk Hudson River Marathon and Half Marathon, Delmar Dash, Runnin' of the Green (Island), Colonie Mile, SEFCU Labor Day 5K, Indian Ladder Trail Run, and many more for runners of all abilities.

Race proceeds support HMRRC's initiatives: *Scholarships* – HMRRC awards four \$2,500 scholarships annually to college-bound seniors from local high schools who intend to continue running in college.



◀ TOM ADAMS OF SCHENECTADY ON HIS COURSE-CLEANING MACHINE.

▼ SOME OF HMRRC'S WONDERFUL VOLUNTEERS.
PHOTO BY MICHELLE MCDONALD



General Grants – HMRRC offers grants of up to \$1,000 to qualifying organizations who advance running within the Capital District. *Special Grants* – Up to \$10,000 annually is used to provide financial support and assistance to local organizations, municipalities or other entities who work to improve running-related resources.

Youth Running – HMRRC now administers Just Run Albany NY, a satellite of the Big Sur International Marathon's JustRun! program. This is a website-based program designed to assist schools and other youth organizations in promoting fitness with running, healthy lifestyles and good choices, while combating childhood obesity and related illnesses. The program is now used in 12 elementary or middle schools in the Capital District.

You can still join HMRRC for \$12 a year or \$15 for a family. It includes a number of free club races, discounts at other club races, subscription to The PaceSetter and social opportunities. HMRRC is always looking for members interested in giving back to the sport by volunteering at races or on a committee. For information, visit hmrrc.com.

Did You Know?

Hudson-Mohawk Road Runners Club works hard to be socially and environmentally responsible in the 30 running events it puts on each year. The Mohawk Hudson River Marathon and Half Marathon is no exception. Here are the green efforts being undertaken in the 2011 race.

Reduce – In 2011, 80-percent of race registrations were online, saving natural

resources used for paper applications. The goal next year is to make registration 90-percent paperless. In 2011, roughly 1,500 of the 2,250 runners and walkers plan to take the bus from downtown Albany to the start of each race. Mass transport results in reduced emissions to preserve our air quality!

Renew – A Green Team cleans the course in the weeks prior to and after the race. This makes the course not only look good for the racers, but it assures that we leave no trace behind so the community can continue to enjoy these wonderful surroundings. To be part of the Green Team, contact: racedirector@mohawkhudsonmarathon.com.

Reuse – HMRRC will collect gently worn T-shirts and running shoes at the race Expo. Shirts and sneakers will be donated to the Albany City Mission and other local charities who distribute these items to others in need. About 80 percent of race signage from 2010 will be reused in 2011.

Recycle – Boy Scout Troop 537 from the Twin Rivers Council will be at the start of each race and at the finish line to collect plastic water bottles for recycling. Leftover finisher's medals are recycled at a local scrap metal company. Finisher medal ribbons are removed and reused for the JustRun! Albany youth running program events. Cardboard and plastic gallon water jugs are collected from the course and at the finish line and recycled. ♻️

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Bondi Band – Bondi Band offers “no slip, no drip” headbands, hats, and gators for women, men and children. We donate 10-percent of profits to the Dana-Farber Cancer Institute. *Arlington, TN • 602-885-3028 • bondiband.com*

Cabot Creamery Cooperative – Cabot Creamery Cooperative is five generations of New England and New York farm families working together to produce naturally-aged, traditional Vermont cheddar cheese. *South Duxbury, VT • 802-244-5444 • cabotcheese.coop*

Downtown Albany Business Improvement District – Everything's here. And the Downtown Albany BID will make sure you know where to find it. Loaded with specials deals from downtown retailers and restaurants, learn how to make the most of your day and night in the capital of New York. *Albany • 465-2143 • downtownalbany.org*

Fleet Feet Sports – Proud sponsor of the Mohawk Hudson River Marathon, we are committed to serving the needs of our running community. Our knowledgeable, friendly staff provides expert footwear fitting, product expertise, training programs, and guidance to help you achieve your fitness goals throughout the year. *Albany • 459-3338 • fleetfeetalbany.com*

Girls Can Apparel – Tech and cotton shirts designed for girls and women of any age who know they can do anything! *Shelburne, VT • 802-399-7904 • girlscanapparel.com*

Hudson-Mohawk Road Runners Club – We are the organizers of the Mohawk Hudson River Marathon and Half Marathon. HMRRC is one of the largest running clubs in upstate New York with over 2,000 members. We host over 30 road, track and trail races every year. *Albany • 862-9279 • hmrrc.com*

Leukemia & Lymphoma Society – Team in Training is the world's largest endurance sports training program. Receive training and travel accommodations while helping to cure cancer. *Albany • 438-3583 • teamintraining.org/ny*

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



Power House Athletics – Power House Athletics is dedicated to keeping everyone active and healthy. We work with people of all ages, individually and in groups. Make an appointment to visit our new private training studio at 143 Troy-Schenectady Road just outside of Latham. *Latham • 209-4190 • powerhouseathleticsny.com*

Saratoga Stryders – Saratoga Stryders is a group of enthusiastic runners and walkers based in Saratoga Springs. We accommodate all ages and abilities. *Saratoga Springs • 584-5229 • saratogastryders.org*

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

WomenHeart: The National Coalition for Women with Heart Disease – The only national organization dedicated to improving the health and quality of life for women living with or at risk of heart disease – education, advocacy and support! *Washington, DC • 202-728-7199 • womenheart.org*



Adidas – Adidas is pleased to partner with Fleet Feet Sports for its second year as a major sponsor of the Mohawk Hudson River Marathon and Half Marathon. Fleet Feet carries a wide selection of the latest Adidas training footwear, racing flats, technical running apparel and training accessories. *Albany • 459-3338 • fleetfeetalbany.com*

Adirondack Sports & Fitness – Proud producers of the MHR Marathon Expo for the second year. We will be distributing copies of our October issue at the expo, and promoting our fourth annual ASF Winter Expo – that takes place on Sat-Sun, Nov. 19-20 at the Saratoga Springs City Center. *Clifton Park • 877-8788 • adksports.com*

Albany County Conventions & Visitors Bureau – The Albany County Convention & Visitors Bureau promotes the New York State Capital as a destination for visitors and convention delegates. Stop by for information and your free Visitors Guide. *Albany • 434-1217 • albany.org*

Albany Running Exchange – When running, socializing and zeal for excitement come together, you have the Albany Running Exchange! We offer numerous events daily. *Albany • 320-8648 • runalbany.com*

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Photo by Bruce Condie



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Photo by Lori Diemer

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Fall Colors at Bear Lake

by Bill Ingersoll

Bear Lake has always been one of my favorite short hikes in the south-western Adirondacks. Located in an area with many easy-to-reach destinations, I have always gravitated toward this one because its trails are designated expressly for hiking – and therefore have a more natural appearance – in a setting that is perfectly serene.

When the seasonal Wolf Lake Landing Road is open, this hike is a mere 1.4 miles. Bear Lake would be a worthwhile destination in any season, but I am recommending it here for September because of the rich colors you may find in the woods. Red maples grow in large numbers here and create as brilliant a foliage display as you will find anywhere.

Tent sites and a new lean-to make this an ideal spot for a short overnight too, for anyone who is so inclined.

GETTING THERE

Near the south end of the Moose River bridge on NY Route 28 between Old Forge and Otter Lake, turn east onto McKeever Road. Where this road curves left, bear right on a driveway that passes near a former railroad station. Cross the Adirondack Scenic Railroad tracks and follow the driveway into the woods, coming to a pair of large parking areas about 0.7-mile from the state highway. Wolf Lake Landing Road, a narrow gravel road suitable for most cars in normal conditions, veers right from the first parking area. When the gate is open, you can drive an additional 1.2 miles to a marked intersection with the blue-marked foot trail to Bear Lake. The small parking area holds no more than two or three cars.



▲ BEAR LAKE SHORELINE.
◀ NEW LEAN-TO NEAR BEAR LAKE.

PHOTOS BY BILL INGERSOLL

THE TRAIL

The blue-marked foot trail leads south-east from Wolf Lake Landing Road, cutting through a low-lying wet area before beginning to climb. A sharp left turn leads into a long draw, through which you climb to a height-of-land on the ridge that enfolds the north end of Bear Lake. The descent that follows is one of the highlights of the trip, leading you below an impressive rock wall. If it has rained recently, there may be a trickle of water spilling down its face.

You reach the north shore where there is a small sandy beach – always a pleasant place to stop, where you can get your feet wet and enjoy the view down the length of the

lake. The trail continues around the east side, where at 1.4 miles a side trail leads left to the new lean-to constructed in 2010. This is one of the most structurally aesthetic and well-built shelters you will find anywhere on state land. It was not built by DEC but by a group of private volunteers known as Lean2Rescue. The only complaint some visitors may have is that it does not face the water.

Beyond the lean-to spur, the main trail quickly reaches a sizeable inlet stream that you will need to hop across. There is an intersection on the other side with a yellow-marked trail that leads to Bloodsucker Pond – one of two in this area – and Woodhull Lake.

There is also a campsite near the shore,

which is my favorite place to stop. Not only are the woods filled with handsome fir and spruce trees, but there is also a choice viewing area near the mouth of the inlet.

The trail continues south along the shoreline before pulling away to the south-east. It ultimately connects with the multi-use trail system that originates at Bear Creek Road, but this spot near the inlet stream is as far as many hikers choose to go. 🌲

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

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RACE RESULTS

TEAM PLACID PLANET 8-MILE TIME TRIALS May 11-June 1, 2011 • Riverside Drive, Lake Placid

MAY 11 - MALE OVERALL		MAY 18 - FEMALE OVERALL		JUNE 1 - MALE OVERALL	
1 Alan Rego	17:56	1 Maggie Cross	26:17	1 Jim Walker	18:07
2 Jim Walker	18:25	2 Mary Agnes Pelletieri	27:01	2 Bill McGreevy	19:23
3 Jeff Erenstone	20:16	3 Sara Quigley	29:14	3 Jeff Erenstone	19:45
MAY 11 - FEMALE OVERALL		MAY 25 - MALE OVERALL		JUNE 1 - FEMALE OVERALL	
1 Darci LaFave	22:47	1 Alan Rego	17:05	1 Lynn Murray	21:15
2 Betsy Richert	23:37	2 Bob Tysen	18:32	2 Betsy Richert	22:11
3 Debbie/Holly Erenstone	24:05	3 Hal Schmidt	19:29	3 Caitlin Skufka	22:40
MAY 18 - MALE OVERALL		MAY 25 - FEMALE OVERALL		Courtesy of Team Placid Planet	
1 Alan Rego	18:00	1 Lynn Murray	20:51		
2 Bob Tysen	19:06	2 Betsy Richert	22:01		
3 Jeff Erenstone	19:45	3 Darci LaFave	22:04		

13TH ANNUAL KINDERHOOK BANK OK-5K RUN June 11, 2011 • Village Square, Kinderhook

MALE OVERALL		FEMALE AGE GROUP: 35 - 39	
1 Alexander Paley	25 Albany 15:35	1 Gretchen Oliver	37 Guilderland 18:48
2 Aaron Robertson	33 Altamont 15:42	2 Deanne Webster	35 Albany 21:48
3 Justin Bishop	30 Colonie 15:57	3 Amy Knights	38 Chatham 24:26
FEMALE OVERALL		MALE AGE GROUP: 40 - 44	
1 Kristina Gracey	28 McKownville 17:33	1 Jon Rocco	44 Colonie 18:09
2 Amanda Jinks	30 Brooklyn 17:35	2 David Shumpert	40 Clifton Park 20:04
3 Lori Kingsley	45 Wysox, PA 17:53	3 Kenneth Pierce	43 Hudson 20:24
MALE AGE GROUP: 14 & UNDER		FEMALE AGE GROUP: 40 - 44	
1 Griffen Keegan	14 Kinderhook 19:30	1 Karen Dolge	40 Valatie 20:02
2 Evan Liberman	13 New York 21:08	2 Alison Heaphy	44 North Chatham 21:48
3 Isaac Lester	14 Valatie 22:26	3 Hilary Eutz	44 Valatie 21:48
FEMALE AGE GROUP: 14 & UNDER		MALE AGE GROUP: 45 - 49	
1 Hannah Gonzales	12 Castleton-on-Hudson 24:15	1 Blaine Freadman	47 Pittsfield, MA 19:22
2 Emily Phillips	14 Valatie 24:53	2 Walter Butler	45 Philmont 19:27
3 Abby Werwaiss	11 Nassau 25:43	3 Chuck Heaphy	47 Brooklyn 19:33
MALE AGE GROUP: 15 - 19		FEMALE AGE GROUP: 45 - 49	
1 Eric Young	19 Latham 16:32	1 Anne Benson	46 Clifton Park 18:57
2 Brandon Connor	18 Hudson 17:25	2 Catherine Cappelletti	45 Chatham 23:40
3 Jordan Healy	15 Castleton 18:06	3 Patricia Krebs	46 Swan Lake 23:59
FEMALE AGE GROUP: 15 - 19		MALE AGE GROUP: 50 - 54	
1 Mary Devries	15 Delmar 21:35	1 John Parisella	53 Schenectady 19:39
2 Colleen Tretheway	15 Valatie 22:05	2 Michael Bromm	51 Valley Falls 21:00
3 Kelsey Oglesby	16 Schodack Landing 22:18	3 Ralph Sansaricq	53 Ghent 21:16
MALE AGE GROUP: 20 - 24		FEMALE AGE GROUP: 50 - 54	
1 Ken Little	24 Albany 17:08	1 Kate Meehan	51 Chatham 21:08
2 Richard Messineo	22 Nassau 17:17	2 Nancy Briskie	53 Rotterdam 21:21
3 Michael Rogers	20 Troy 19:08	3 Janice Phoenix	50 Schenectady 21:27
FEMALE AGE GROUP: 20 - 24		MALE AGE GROUP: 55 - 59	
1 Kristin Grab	22 Troy 19:11	1 Ace Curtiss	57 Great Barrington, MA 20:45
2 Sara Woodward	20 Pine Plains 23:35	2 Richard Hartshorn	55 Castleton 21:21
3 Kelsey Heenan	22 Selkirk 24:02	3 Martin Patrick	57 East Greenbush 21:39
MALE AGE GROUP: 25 - 29		FEMALE AGE GROUP: 55 - 59	
1 Thomas O'Grady	26 Latham 16:06	1 Joy Devries	57 Delmar 23:11
2 Keith Weiss	29 Malta 16:33	2 Erika Oesterle	59 Stamford 23:40
3 Eric Haywood	25 Interlaken, MA 17:33	3 Susan Burns	56 Rensselaer 25:45
FEMALE AGE GROUP: 25 - 29		MALE AGE GROUP: 60 - 64	
1 Meghan Davey	25 Rotterdam 19:09	1 Bob Giambalvo	61 Delhi 18:20
2 Karen Bertasso	27 Slingerlands 19:54	2 Paul Forbes	60 Colonie 20:27
3 Jessy Montrose	25 Albany 20:25	3 Juergen Reher	61 Wynantskill 21:24
MALE AGE GROUP: 30 - 34		FEMALE AGE GROUP: 60 - 64	
1 Brandon Vioria	30 East Greenbush 21:18	1 Judy Phelps	60 Ballston Spa 22:02
2 Timothy Schneider	30 Portland, ME 21:26	2 Martha DeGrazia	60 Slingerlands 22:52
3 Brock Johnson	30 Chatham 21:42	3 Susan Wong	63 Glenmont 23:54
FEMALE AGE GROUP: 30 - 34		MALE AGE GROUP: 65 - 69	
1 Shelly Binsfeld	31 Clifton Park 18:52	1 James Israel	66 Brooklyn 36:30
2 Crystal Perno	30 Clifton Park 19:13	2 Bob Ricketson	65 Catskill 36:42
3 Melanie Moon-Wilary	33 Valatie 23:36		
MALE AGE GROUP: 35 - 39		FEMALE AGE GROUP: 65 - 69	
1 Mike Roda	35 Albany 16:23	1 Jayne Zinke	68 Valatie 27:36
2 Aaron Knobloch	35 Rotterdam 17:06		
3 Volker Burkowski	39 Gansevoort 17:18		

13TH ANNUAL KINDERHOOK BANK OK-5K RUN continued

FEMALE AGE GROUP: 70 - 74		1 Meghan Bennett	F7 Castleton	9:02
1 Suzanne Carroll	72 Kinderhook	2 Tess Fitzmaurice	F8 Greenville	7:25
MALE AGE GROUP: 75 - 79		1 Griffin Howard	M9 Hudson	8:16
1 Joe Kelly	77 Albany	2 Elena DiGrigoli	F9 Niverville	10:57
2 Daniel Wellner	77 Hillsdale	3 Anthony Carlucci	M10 Valatie	7:14
3 Richard Eckhardt	77 Albany	1 Hanna Gardella	F10 Ghent	7:31
MALE AGE GROUP: 80 & OVER		1 Austin Valliere	M11 Stuyvesant	6:20
1 Joe Howard	80 Queensbury	1 Abby Werwaiss	F11 North Chatham	7:32
YOUTH ONE-MILE RUN - AWARDS		1 Chase Werner	M12 Stuyvesant Falls	5:57
1 Brett Richards	M6 Kinderhook	1 Rebecca Kolb	F12 Kinderhook	8:32
1 Abigail Dolge	F6 Valatie	Courtesy of Kinderhook Runners Club		
1 Aidan Percey	M7 Castleton-on-Hudson			

16TH BLACK FLY CHALLENGE 40-MILE MOUNTAIN BIKE RACE June 11, 2011 • Moose River Recreation Area, Indian Lake to Inlet

Top 3 & Regional Finishers

MOUNTAIN BIKE					
MALE OVERALL		5 Ed Ledda	West Winfield	3:06:38	
1 Jon Kosich/Sp 40-49	Rensselaerville 2:36:22	6 Matt Ballard	Belchertown	3:11:02	
2 Dave Burger/Ex 40-49	Pennellville 2:36:29	7 Jeff Mannion	Malta	3:12:26	
3 Jim Allott/Sp 50-99	Potsdam 2:36:39	12 Gregory Popp	Albany	3:19:51	
FEMALE OVERALL		13 Bill Foron	Hadley	3:18:10	
1 Kim Kilmartin/Sp 30-99	Williston, VT 3:15:53	16 Steve Tomb	North Creek	3:43:14	
2 Tamara Lewis/Ex 30-99	Afton 3:21:52	17 Dana Monteith	Rensselaerville	3:46:54	
3 Candace Charles/Beg 19-29	Clifton Park 3:39:11	18 Patrick Fiorenza	Boonville	3:48:35	
EXPERT MALE: 29 & UNDER		19 Jamie Savage	Piercefild	3:49:19	
1 Jason Remington	New Hartford 3:41:11	20 Brian Starer	Castleton	3:52:43	
EXPERT MALE: 30 - 39		22 Brian Roemer	Utica	4:09:11	
1 Andy Reed	Niskayuna 2:37:21	23 Gregory Lang	Ilion	4:10:07	
2 William Henke	Hudson Falls 2:39:10	24 Mike Peabody	Keene	4:10:45	
3 Jason Haight	Manlius 2:44:47	25 Dean Reali	Lake George	4:11:46	
4 Michael Wentland	Big Indian 2:44:53	27 Eric Backer	Boonville	4:14:19	
5 Christian Sandel	Gloversville 2:50:54	28 John Parsos	Hadley	4:41:38	
8 Richard Gloor	Mohawk 3:34:10	29 Steven Ouitk	Wevertown	4:43:46	
EXPERT MALE: 40 - 99		31 Dave Kaminski	Utica	5:30:44	
1 Owen Dougherty	Waterford 2:39:20	SPORT MALE: 50 - 99			
2 Robert Gover	Queensbury 2:40:31	1 Michael Hodgman	Fly Creek	2:46:01	
3 Arthur Picard	Clifton Park 2:43:47	2 Glenn Allen	Gloversville	2:54:06	
5 Brian Campbell	Rome 2:45:38	3 William Donlon	Clifton Park	2:56:40	
6 Douglas Southwick	Rensselaer 2:48:45	5 Tim Littlefield	Tupper Lake	3:08:19	
11 Andrew Jackson	Boonville 3:36:22	6 Michael Mead	Queensbury	3:11:38	
EXPERT FEMALE: 30 - 99		7 Mark Vernon	New London	3:12:00	
1 Tamara Lewis	Afton 3:21:52	10 Brian Landenberger	Warrensburg	3:20:26	
2 Krista Harwick	Mohawk 3:53:01	12 Scott Manzer	Camden	3:24:03	
SPORT MALE: 19 - 29		16 Patrick Fitzgerald	New Hartford	3:27:09	
1 Christopher Battles	Oswego 2:55:59	18 Dean Widay	Charlton	3:29:36	
2 Christopher Mengo	Old Forge 3:28:27	19 Steve Empie	Melrose	3:32:09	
3 Jason Fitzgerald	New Hartford 3:35:42	20 Randy Tuttle	Utica	3:35:23	
4 Josh Haugh	Schenectady 3:40:29	21 Nick Calugero	New Hartford	3:39:59	
5 Larry Seiwert	Schenectady 3:46:25	22 Jim Hans	Loudonville	3:40:41	
6 Leigh Van Volkenburg	Herkimer 3:57:56	25 Peter Gilbertson	North Creek	3:47:46	
7 Stephen Colenzo	New Hartford 3:58:34	26 Steven Mulvihill	New Hartford	3:48:51	
10 Anthony Crandall	Wells 4:16:55	27 Dick Carlson	North River	3:58:13	
11 Nick McCarty	Glens Falls 5:32:31	29 David Hummel	Remsen	4:02:09	
SPORT MALE: 30 - 39		30 Tom Schweder	Round Lake	4:10:05	
1 Steven Gates	West Winfield 2:45:14	31 John Ders	South Otselic	4:12:20	
2 Dylan Thomarie	Northville 2:47:16	35 Andrew Zygmunt	New Hartford	4:52:01	
3 Nicholas Seleni	Paul Smiths 2:58:53	36 Jim Davenport	Kingston	4:58:37	
4 Skye Vanderlaan	Albany 3:01:08	38 Hans VonAllmen	Norfolk	5:22:43	
5 Charles Wolanin	Clinton 3:04:03	SPORT FEMALE: 30 - 99			
6 Ty Remington	Glenville 3:06:12	1 Kim Kilmartin	Williston, VT	3:15:53	
7 Dylan Reeves	Glenville 3:12:22	2 Robin Zimpel-Fontaine	Jamesville	3:43:29	
8 Matt Toomey	Albany 3:20:39	3 Kristen Heath	North Syracuse	3:51:01	
10 James Longo	Rome 3:37:59	9 Sandra VonAllmen	Norfolk	5:22:43	
11 Matt VanSlyke	New Hartford 3:40:10	10 Colleen Halse	Lake George	5:41:02	
13 Josh Bennett	Niskayuna 3:48:04	BEGINNER MALE: 19 - 29			
14 James Seeley	Dolgeville 3:52:49	1 Shane Corrigan	Remsen	3:33:18	
19 Marc Toso	Clifton Park 4:10:16	2 Ian Lenney	Troy	3:40:44	
SPORT MALE: 40 - 49		3 Mark Leskovec	Fort Edward	3:54:31	
1 Don Harrington	Richmond 2:54:32	4 Glen Boryk	Ballston Spa	4:17:08	
2 Todd Furstoss	Rochester 2:54:52	6 Jeffery Ceratto	Albany	4:56:06	
3 Dana Loucks	Chittenango 2:57:03	7 Joshua Pettit	Gloversville	5:42:29	
4 John Barnett	Norwich 2:58:50	BEGINNER MALE: 30 - 39			
		1 Alan Cushman	Cicero	2:48:39	
		2 Dale Beckwith	Sidney	2:50:55	



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16TH BLACK FLY CHALLENGE 40-MILE MOUNTAIN BIKE RACE *continued*

3 Casey Holzworth	Saratoga Springs	3:16:38	BEGINNER FEMALE: 19 - 29	1 Candace Charles	Clifton Park	3:39:11
4 Daniel Addeo	Albany	3:18:56	2 Megan Cushman	Cicero	3:52:42	
5 Matt Charles	Clifton Park	3:19:57	3 Penny Pettit	Gloversville	5:40:43	
6 Jon Palmer	Gloversville	3:28:18	4 Nadine Beauharnois	Albany	6:17:00	
7 Steve Stearns	Hoosick Falls	3:34:44	BEGINNER FEMALE: 30 - 39	1 Sarah Hoffman	Hoosick Falls	3:58:47
9 Chad Gather	Winthrop	3:50:41	2 Margaret Baackes	Rochester	4:41:01	
10 Eric Crandall	Durhamville	3:50:42	3 Erina Eccher	Saratoga Springs	5:32:31	
11 Jeremy Zelazowski	Boonville	3:50:44	BEGINNER FEMALE: 40 - 99	1 Christine Loveric	Remsen	3:40:09
13 Shawn Brennan	New Hartford	3:56:09	2 Wendy Sanders	New Hartford	4:01:16	
15 Kyle Reichenbach	Little Falls	4:01:09	3 Barb Padula	Clinton	4:08:47	
16 Michael Kelly	Boonville	4:06:33	4 Jeryl Simpson	Mechanicville	4:21:18	
17 Corey Eastman	Oneida	4:07:33	5 Kim Batty	Greenwich	4:23:10	
18 Anatoly Shkaf	Clifton Park	4:09:14	6 Peg Nelson	Gansevoort	4:46:51	
19 Raymond Mere	Massena	4:13:00	7 Tania Claus	Oneida	5:49:01	
20 Benjamin Malowski	Ballston Spa	4:26:55	8 Eileen Scheier	Clifton Park	5:51:03	
23 Chad Marshall	Munnsville	4:42:51	TANDEM - MALE OVERALL	1 Bob/Brandon Oldem	Chestertown	3:14:31
25 Merle Fenton	Old Forge	4:51:49	2 David/Nicholas Fanion	Cooperstown	3:46:03	
26 Gregory Morawiec	Utica	5:31:47	UNICYCLE - MALE OVERALL	1 Roland Kays	Albany	4:21:24
27 Cody Abernethy	Cohoes	5:44:42	JUNIOR - MALE OVERALL	1 Langton Douglas	Honeoye Falls	3:08:15
28 Richard Loveland	High Falls	5:57:16	2 Eric Turberg	Webster	3:29:35	
BEGINNER MALE: 40 - 49			3 Evan Bilsback	Webster	3:32:52	
1 Randy Swingle	Guilford	2:52:26	4 Conor McCarthy	Oneida	3:42:22	
2 Michael Ioele	Gloversville	3:13:40	5 Jack Mulvihill	New Hartford	3:43:52	
3 Richard Williams	Gloversville	3:14:33	6 Everett Sapp	Morrisonville	3:49:02	
4 Matt Kimak	Remsen	3:25:44	9 Connor LoMonaco	Oneida	4:10:11	
6 Tim Liscum	Parishville	3:37:58	JUNIOR - FEMALE OVERALL	1 Maeve Peabody	Keene	4:10:43
7 David Hoffman	Schuylerville	3:42:15	2 Trixie Wessel	Boonville	5:04:06	
9 Peter Baner	Lake George	3:47:43	3 Kate Derrick	Colorado Springs	5:06:44	
11 Norman Freund	Herkimer	4:03:58	CYCLOCROSS			
12 Fred DiMaggio	Whitesboro	4:04:25	MALE OVERALL	1 Robert Douglas	Honeoye Falls	2:15:30
13 Patrick Martin	Rome	4:07:22	2 Tim O'Shea	Cazenovia	2:20:13	
14 Darren Simmons	Oneida	4:07:33	3 Eric Grimm	Pittsford	2:20:14	
15 Steven Murphy	Clayville	4:10:37	FEMALE OVERALL	1 Liz Lukowski	Albany	2:57:08
16 Bill Strohmeier	Waterville	4:11:40	2 Abigail Isolda	Astoria	3:09:21	
17 Pete Tandler	North Canton	4:11:46	3 Michelle Leary	Hadley	3:30:52	
18 David Scholl	Oneida	4:12:48	MALE AGE: 25 & UNDER	1 Douglas Mayer	Syracuse	3:06:57
19 Tim Webb	Oneida	4:13:12	2 Scott Lewis	Ballston Spa	3:29:02	
22 JD O'Connell	Albany	4:20:04	3 Casey Corrigan	Remsen	4:27:44	
23 Russ Batty	Greenwich	4:23:12	MALE AGE: 30 - 39	1 Fred Harle	Jamesville	2:23:04
24 David Bodner	Greenwich	4:28:04	2 Richard Serton	Clinton	2:25:44	
25 David Button	Oneida	4:29:38	3 Scott Hock	Johnstown	2:26:47	
26 Courtney Fair	Wadhams	4:31:39	5 Brad Stratton	Albany	2:37:24	
27 Michael Loveric	Remsen	4:36:44	8 Chris Yates	Saratoga Springs	2:46:30	
28 Tom Baker	Queensbury	4:44:23	9 Bruce Gugliotta	Lyon Mountain	2:48:05	
30 Randy Brown	Ballston Spa	4:46:18	11 Chad Hiatt	Old Forge	2:59:48	
32 Tom Helser	Lowville	4:57:53	12 Jeremy Kassel	Green Island	3:10:20	
33 Peter Heid	Johnsburg	5:18:20	13 Mike McDermott	New Hartford	3:13:26	
34 Paul Henningson	Fort Edward	5:18:24	14 Jason Dellow	Boonville	3:14:30	
35 Kevin Bartlett	Canastota	5:43:41	MALE AGE: 40 - 49	1 Andy August	Pittsford	2:20:55
36 Mark Mikesell	Port Leyden	5:48:21	2 Gregory Drumm	Chittenango	2:29:03	
37 Doug Holst	Albany	6:17:03	3 Steven Williams	Northville	2:31:25	
38 Mark Beauharnois	Schenectady	6:17:04	6 Ray Willard	Oneida	2:36:26	
BEGINNER MALE: 50 - 99			7 Terry Blanchet	Castleton	2:36:36	
1 Van Fronhofer	Salem	3:06:34	8 Andrew Roginski	Saratoga Springs	2:44:37	
2 Floyd Lampart	Lake Clear	3:08:11	9 Jeff Rivet	Saratoga Springs	2:51:07	
3 Pat McFalls	Pennellville	3:13:00	10 Stephen Werthner	Albany	2:54:23	
4 Timothy Decker	Deerfield	3:14:31	12 Joe Magliocca	Oneida	2:57:29	
5 Jim Lewis	Worcester	3:15:49	13 Eric Whiting	Greenwich	3:01:41	
8 David Meemken	Averill Park	3:31:19	15 Chad Pooler	North Creek	3:52:15	
10 Carl Anderson	Barneveld	3:44:06	MALE AGE: 50 - 99	1 Richard Karaz	Remsen	2:25:44
11 Tom Aceti	New Hartford	3:46:13	2 Ray Falso	Fayetteville	2:38:36	
12 Gary Cagwin	Boonville	3:47:27	3 Dave Beals	Niskayuna	2:49:55	
13 Neal Coarney	Gansevoort	3:47:38	4 Joe Paterson	Lake George	2:53:10	
14 Henry Lenney	Speigletown	3:48:52	8 Raymond Carlson	Hamilton	3:05:08	
15 Ed Orr	Brant Lake	3:51:10	9 Alan Corrigan	Remsen	3:18:54	
16 Oakley Neitzel	Altamont	3:56:30	10 Art Goedeke	Delsmar	3:20:16	
18 Eric Leskovec	Fort Edward	3:59:49	13 William Leahy	Rensselaer	4:21:13	
22 Bruce Iffert	New Hartford	4:09:56	FEMALE OVERALL	1 Jo Ann Gugliotta	Bath	5:11:53
23 Dean Obarnesser	New Hartford	4:10:07				
25 Mike Moreau	Saratoga Springs	4:11:35				
26 Dennis Rokos	Delanson	4:11:49				
27 Gregory Yateman	Massena	4:12:47				
28 John Rourke	Porter Corners	4:13:13				
30 Joseph Heckley	Cassville	4:14:18				
31 Gary Cassia	New Hartford	4:16:40				
33 Michael Mairs	Round Lake	4:20:21				
34 Tim Stenglein	Rome	4:21:08				
35 Jonathan Benn	Albany	4:25:35				
36 Bob Earl	Turin	4:25:58				
38 Bryan LaShomb	Norfolk	4:33:01				
42 Peter Desrochers	Ballston Lake	4:57:48				
44 James Pawloski	Glenfield	5:12:00				
45 Jim McCarty	Glens Falls	5:32:31				
47 John Meehan	Fort Edward	5:45:17				

Courtesy of Central Adirondack Association & Adirondack Mountain Bike Association

ADIRONDACK NORTH COUNTRY RACE WEEKEND *continued*

26 2:44:36	Brandon Milet	Farm Team Elite Cycling, Cambridge	SARANAC LAKE DOWNTOWN CRITERIUM		
30 2:47:11	Jason Amoriell	Team Placid Planet, Peru	<i>Race Winners & Regional Finishers</i>		
31 2:47:25	Seth Demarrais	Capital Bicycle Racing Club, Worcester	PRO & CATEGORY 1/2/3 MEN - 30 MILES		
33 2:48:00	Todd Shapiro	North American Velo, Ballston Spa	1 57:34	Brendan Housler/Gold	Mt Borah Custom Apparel, Rochester
34 2:53:45	Michael Mascarenhas	North American Velo, Saratoga Springs	8 58:16	Vincent Scalia	Boston Bicycle School, Queensbury
36 2:56:39	Carl Pfranger	Dick Sonne's Racing, Utica	11 58:16	Ryan Short	Team Placid Planet, Lake Placid
37 2:58:03	Robert Love	Unattached, Greenfield Center	14 58:16	David McCahill	Farm Team Elite, Lake Placid
41 3:04:55	Jeffrey Krywanczyk	Team Wear On Earth, Chazy	PRO & CAT 1/2/3/2/3/35-PLUS WOMEN - 20 MILES		
CATEGORY 4 WOMEN - 28 MILES			1 38:09	Jenny Ives/Gold	Farm Team Elite, Gloversville
1 1:33:11	Suzanne Lucash	Century Road Club Assn, Wellesley, MA	3 38:09	Rosanne Van Dorn/Silver-Gold	Team Placid Planet, Lake Placid
2 1:33:41	Dana Cooreman	Mohawk Valley Bicycle Club, Whitesboro	5 38:11	Nicole Laplante/Silver	Team Placid Planet, Peru
3 1:33:44	Nicole Laplante	Team Placid Planet, Peru	CATEGORY 3/4 MEN - 20 MILES		
6 1:53:25	Mallory Morris	Unattached, Elizabethtown	1 44:05	Brendan Rhim	Killington Mt School Cycling, Norwich, VT
CATEGORY 5 - 41 MILES			2 44:05	Bruce Beauharnois/Gold	Team Wear On Earth, Peru
1 1:59:58	Randall Martin	Paceline Sports, Laurens	3 44:05	Ronan Swears/Gold	Team Elevate Cycles, Gansevoort
2 2:00:41	Jeffery Petrocci	Team Placid Planet, Lake Placid	5 44:05	Brandon Milet/Bronze	Farm Team Cycling Elite, Cambridge
3 2:00:48	Steven Vargo	High Peaks Cyclery, Lake Placid	6 44:05	Brad Stratton/Silver	Capital Bicycle Racing Club, Albany
6 2:01:30	Andrew Singer	Unattached, Glenville	7 44:05	James Walker	Team Placid Planet, Elizabethtown
7 2:02:40	Colin Delaney	Unattached, Lake Placid	9 44:05	Nathan Sentz	Paceline Sports, Cooperstown
8 2:03:00	Kyle Gagnier	Team Wear On Earth, Peru	CATEGORY 4 WOMEN - 15 MILES		
10 2:04:55	Lyle Schultz	Capital Bike Racing Club, Westerlo	1 39:37	Dana Cooreman	Mohawk Valley Bicycle Club, Whitesboro
11 2:05:30	David Kvam	Team CF, Round Lake	2 39:37	Caitlin Skufca	Team Placid Planet, Wilmington
15 2:10:09	Dan Alexander	Unattached, Catskill	3 -1 lap	Julia Sante	Farm Team Juniors, Queensbury
16 2:10:49	Jerry Macner	Unattached, Plattsburgh	CATEGORY 5 - 15 MILES		
18 2:16:05	Spencer Knickerbocker	High Peaks Cyclery, Lake Placid	1 33:07	Joseph Wells	Unattached, Essex, VT
20 2:18:44	Eric Gustafson	Team Wear On Earth, Massena	2 33:10	Colin Delaney	Unattached, Lake Placid
23 2:29:27	Bob Dickie	Adirondack Cycle Team, Cadyville	3 33:10	Kyle Gagnier	Team Wear On Earth, Peru
24 2:31:20	Phil Neisser	Team Wear On Earth, Canton	4 33:10	Jeffery Petrocci	Team Placid Planet, Lake Placid
26 2:42:20	Craig Stevens	Unattached, Saranac Lake	5 33:20	Carl Miller	Team Placid Planet, Lake Placid
MASTERS MEN 35-PLUS (CAT 1-4) - 55 MILES			6 -2 laps	Eric Gustafson	Team Wear On Earth, Massena
1 2:36:11	Craig Hawkes	The Cyclery, Ottawa, ON	7 -2 laps	Alexander Goff	Team Placid Planet, Lake Placid
10 2:40:56	Mark Miller	Favata's TableRock Tours, Hurley	8 -2 laps	Shane O'Brien	Team Elevate Cycles, Saratoga Springs
MASTER WOMEN 35-PLUS - 55 MILES			9 -4 laps	Steven Buzzell	Team Placid Planet, Lake Clear
1 3:13:36	Nathalie La Cordée	Unattached, Montreal, QC	10 -4 laps	Bill Skufca	Team Placid Planet, Wilmington
MASTERS MEN 45-PLUS (CAT 1-4) - 55 MILES			MASTERS MEN 35-PLUS (CAT 1-4) - 20 MILES		
1 2:35:43	Gee Jon	Ride with Rendall, Osgoode, ON	1 44:51	Patrick Ruane	Sunapee/Continental Paving, Webster, NH
7 2:40:19	Cliff Summers	CCC/Keltic/Zanes, Queensbury	6 44:56	Dieter Drake/Silver	Battenkill-United, Cambridge
9 2:40:25	Paul McDonnell	Capital Bicycle Racing Club, Selkirk	MASTERS MEN 45-PLUS (CAT 1-4) - 20 MILES		
13 2:41:55	Michael Drexel	Unattached, Delanson	1 44:47	Carl Reglar/Gold	Verge Sport, Mount Vernon
16 2:52:38	Gene Primomo	Capital Bicycle Racing Club, Delmar	2 45:52	Paul McDonnell/Silver	Capital Bicycle Racing Club, Selkirk
19 2:56:42	Brian Polhemus	Battenkill-United, Spencertown	4 -1 lap	Brian Polhemus/Bronze	Battenkill-United, Spencertown
MASTER WOMEN 45-PLUS - 28 MILES			5 -5 laps	Barry Koblenz	Capital Bicycle Racing Club, Albany
1 1:37:11	Betsy Richert	Team Placid Planet, Keene	MASTER WOMEN 45-PLUS - 15 MILES		
2 1:37:15	Donna Moody	Team Placid Planet, Lake Placid	1 39:37	Donna Moody/Gold	Team Placid Planet, Lake Placid
3 1:44:22	Alicia Chase	Team Placid Planet, Cadyville	MASTERS MEN 55-PLUS - 15 MILES		
MASTERS MEN 55-PLUS - 41 MILES			1 37:03	Bruce Townend	Valley Bike-Ski Werks, Windsor, MA
1 2:06:26	Jim Laird	First Capital Cycling, Kingston, ON	5 37:06	Dan Reilly/Silver	Team Placid Planet, Saranac Lake
3 2:10:07	Tim Leonard	Capital Bike Racing Club, New Hartford	7 37:09	Tan Leppard/Bronze	Capital Bike Racing Club, New Hartford
5 2:11:05	Dan Reilly	Team Placid Planet, Saranac Lake	8 -3 laps	George Smith	Unattached, Averill Park
MASTERS MEN 60-PLUS - 41 MILES			MASTERS MEN 60-PLUS - 15 MILES		
1 2:10:33	Mark McCarthy	NYPSPittsford Painting, Macedon	1 37:06	Allan Bates	Berkshire Cycling Assn, Pittsfield, MA
7 2:30:09	Rich Burnley	Battenkill-United, Gansevoort	3 -2 laps	Van Fronhofer/Silver	Battenkill-United, Salem
8 2:40:23	Kenneth McGuinness	Capital Bicycling Racing Club, Albany	JUNIOR BOYS 17-18 - 15 MILES		
10 3:05:14	Robert Cronin	Unattached, Peru	1 32:17	Jeremie Lavoie-Doyon	Nippour, Jonquiere, QC
JUNIOR BOYS 17-18 - 41 MILES			JUNIOR BOYS 15-16 - 15 MILES		
1 1:58:14	Yohan Patry	Rocky Mt-Desjardins St-Jérôme, QC	1 32:27	Ansel Dickey	Killington Mt School Cycling, Truro, MA
2 2:18:00	Hunter Dansin/Gold	Farm Team Cycling, Cambridge	5 -2 laps	Keane Brennan/Gold	Farm Team Cycling, Cambridge, VT
JUNIOR BOYS 15-16 - 41 MILES			7 -2 laps	Wyatt Drake/Silver	Farm Team Juniors, Cambridge, VT
1 2:17:31	Christophe Rivard/Cycliste	Espoirs, Bois-Des-Filion, QC	9 -4 laps	Evan Greenberg/Bronze	Team Placid Planet, Saranac Lake
6 2:18:13	Keane Brennan/Gold	Farm Team Cycling, Cambridge	10 -4 laps	Alden Suokko	Killington Mt School Cycling, Woodstock, VT
7 2:18:31	Evan Greenberg	Team Placid Planet, Saranac Lake	11 -4 laps	Victor Pedraza	Team Placid Planet, Old Forge
8 2:18:55	Hunter Miller/Silver	Team Placid Planet, Rhinebeck	JUNIOR GIRLS 15-18 - 15 MILES		
12 3:07:04	Victor Pedraza/Bronze	Team Placid Planet, Old Forge	1 39:00	Audrey-Anne Blais	Espoirs Laval, Montréal, QC
JUNIOR GIRLS 15-18 - 28 MILES			JUNIOR BOYS 13-14 - 7 MILES		
1 1:39:35	Erin Donohue	Killington Mt School Cycling, Norwich, VT	1 18:15	Gianni Polhemus/Gold	Farm Team Cycling, Spencertown
JUNIOR BOYS 13-14 - 13 MILES			3 18:21	Wyatt Drake/Silver	Farm Team Cycling, Cambridge
1 33:58	Gianni Polhemus/Gold	Farm Team Cycling, Spencertown	4 19:12	Connor Lenihan/Bronze	Farm Team Cycling, Lake George
2 33:59	Wyatt Drake/Silver	Farm Team Cycling, Cambridge	JUNIOR GIRLS 13-14 - 7 MILES		
3 37:24	Connor Lenihan/Bronze	Farm Team Cycling, Lake George	1 18:59	Julia Sante/Gold	Farm Team Cycling, Queensbury
JUNIOR GIRLS 13-14 - 13 MILES			2 19:38	Cecily Decker/Silver	Unattached, Saranac Lake
1 40:08	Julia Sante/Gold	Farm Team Cycling, Queensbury	JUNIOR BOYS 10-12 - 7 MILES		
2 43:17	Cecily Decker/Silver	Unattached, Saranac Lake	1 19:12	Isaac Allen/Gold	Bicycle Depot, Marlboro
JUNIOR BOYS 10-12 - 13 MILES			2 19:34	Linus Sante/Silver	Farm Team Cycling, Queensbury

RACE RESULTS

THE RUN FOR HELP 5K AGAINST DOMESTIC VIOLENCE *continued*

FEMALE AGE GROUP: 20 - 29			MALE AGE GROUP: 50 - 59		
1 Michele Poole	28	Rensselaer 26:22	1 Don Rice	53	Rensselaer 22:55
2 Andrea Curtis	25	Saratoga Springs 27:47	2 Ray Ludwig	53	East Schodack 23:43
3 Lyndsey Mardon	29	Averill Park 35:12	3 Kevin Reilly	51	Rensselaer 26:48
MALE AGE GROUP: 30 - 39			FEMALE AGE GROUP: 50 - 59		
1 Jim Glavin	38	Castleton 21:04	1 Peggy Carty	52	Rensselaer 25:47
2 James Addeo	32	Albany 23:12	2 Joanne Noelette	50	Rensselaer 25:56
3 George Green	35	Albany 23:24	3 Claire Houle	58	Latham 26:07
FEMALE AGE GROUP: 30 - 39			MALE AGE GROUP: 60 - 69		
1 Stephanie Sentz	32	Rensselaer 25:39	1 Stephen Chenette	61	East Greenbush 24:36
2 Allison Green	34	Albany 26:17	2 James Whelan	64	Slingerlands 32:42
3 Tanyette Hobbs	32	Clifton Park 29:19			
MALE AGE GROUP: 40 - 49			FEMALE AGE GROUP: 60 - 69		
1 Alexander Rachmiel	41	New Ashford, MA 23:14	1 Lois Smith	69	Glenmont 33:23
2 Erik Hagglove	40	Mechanicville 23:39	2 Marie Glavin	62	Schodack Landing 45:43
3 Victor LaPietra	42	East Greenbush 24:19	3 Constance Tres-Fent	65	Albany 46:37
FEMALE AGE GROUP: 40 - 49			FEMALE AGE GROUP: 70 & OVER		
1 Jill Frankoski	42	West Sand Lake 26:31	1 Rosemarie Nardacci	74	West Sand Lake 47:26
2 Beth Drzymala	41	Nassau 28:49			
3 Lisa Ferrannini	49	Petersburg 29:51			

Courtesy of Family & Friends of Liza Warner

2ND ANNUAL HUDSON CROSSING TRIATHLON June 12, 2011 • Hudson Crossing Park, Schuylerville

500-YARD SWIM, 12-MILE BIKE, 5K RUN			MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 35 - 39		
Overall Male			1 Kevin Emblidge	28	1:01:49	1 William Davis	37	1:01:20
1 Todd Shatynski	35	56:30	2 Michael Rozell	27	1:12:42	2 Keith Murray	37	1:02:08
2 Michael Halstead	45	59:21	3 John Baranoski	28	1:13:07	3 William Henke	37	1:04:45
3 Jon Hussey	45	1:00:03	4 Kevin Grassi	27	1:15:24	4 Christian Gee	39	1:05:26
Overall Female			5 Chad Munkres	27	1:17:21	5 David Travis	39	1:08:06
1 Kristen Wangerin	28	1:07:36	6 Sean Lemecha	28	1:20:16	6 Alex Ciota	36	1:09:57
2 Heidi Underwood	42	1:09:04	7 Brian Salmon	26	1:22:59	7 Patrick Ryan	39	1:10:11
3 Isabelle Dickens	35	1:10:33	8 Eric Gillett	29	1:26:16	8 Greg Antolick	35	1:12:37
MALE AGE GROUP: 10 - 14			9 Philip Guerrant	26	1:35:34	9 Matthew Twynam	37	1:15:07
1 George Stack	14	1:18:32	10 Scott Seligman	27	1:36:24	10 David Hill	39	1:15:53
FEMALE AGE GROUP: 10 - 14			11 Ross Shuket	25	1:47:23	11 Nicholas Verdile	36	1:17:19
1 Madison Leggett	14	1:35:21	12 Soumritri Seshadri	25	2:08:26	12 David Cann	39	1:17:34
2 Taran Killane	14	1:38:01	FEMALE AGE GROUP: 25 - 29			13 John McManus	39	1:19:18
3 Kelsey Jesaitis	14	1:47:29	1 Alyssa Kouzan	27	1:15:51	14 David Gilson	37	1:19:33
MALE AGE GROUP: 15 - 19			2 Laura Hotchkiss	29	1:18:02	15 Benjamin Pisani	37	1:20:37
1 Timothy Monaghan	16	1:15:37	3 Kimiko Warlaumont	25	1:19:47	16 Ben Syden	39	1:21:20
2 Alex Dreisbach	16	1:18:19	4 Jessica Boylan	27	1:37:16	17 Ryan Preston	35	1:21:28
3 David Gardiner	17	1:24:44	MALE AGE GROUP: 30 - 34			18 Brian Waghorn	37	1:25:42
4 Connor Killane	15	1:26:42	1 Jonathan Conkling	34	1:10:47	19 Pablo Lopez	39	1:26:47
5 Jorge Romero	18	1:27:07	2 William Hotchkiss	30	1:10:59	20 Jason Felton	37	1:29:24
6 Alex Howk	16	1:35:22	3 Jeffrey Andritz	30	1:12:06	21 Paul Shreeman	35	1:30:00
FEMALE AGE GROUP: 15 - 19			4 Matt Nafus	34	1:14:21	22 Vincent Nagengast	36	1:31:30
1 Gabriella Marchetti	16	1:36:46	5 John Evansky	33	1:17:09	23 Dominic Bowcutt	36	1:32:19
2 Bridget Greary	16	1:38:06	6 Jeff Cornick	32	1:18:08	24 Matthew Walter	39	1:36:47
3 Elizabeth Cusack	1:38:11		7 Matthew Tebo	33	1:21:11	25 Daniel Lewis	38	1:39:21
4 Katherine Jesaitis	18	1:38:26	8 Nathaniel Kemp	32	1:22:07	FEMALE AGE GROUP: 35 - 39		
5 Christy Brown	16	1:39:38	9 Aaron Stutzman	30	1:34:09	1 Aurora Lamperetta	39	1:11:08
6 Nina Loy	16	1:43:48	10 Jason Dashew	32	1:40:49	2 Stephanie Gardner	39	1:12:00
7 Morgan King	16	1:45:25	11 Adam Smith	31	1:50:43	3 Tammy Friend	35	1:14:53
8 Annie Ouyang	17	1:47:22	12 Kwok-Ping Tse	31	1:52:57	4 Kristen LeClair	35	1:16:03
9 Colleen Luihbrand	15	1:59:04	FEMALE AGE GROUP: 30 - 34			5 Jennifer Kendrick	36	1:18:46
10 Ally Seney	16	1:59:07	1 Selina Lenetsky	34	1:11:34	6 Rebecca Shaw	36	1:20:08
MALE AGE GROUP: 20 - 24			2 Kim Didrich	31	1:16:12	7 Holly Cristofaro	35	1:20:32
1 Tim Russell	22	1:04:03	3 Kendra Farstad	32	1:24:21	8 Sarah Peters	36	1:21:39
2 Tim Woods	24	1:15:05	4 Jessie Lynch	30	1:24:23	9 Karen Swift	37	1:22:25
3 John Cooney	23	1:16:50	5 Olya Prevo	30	1:24:53	10 Jodi Plante	37	1:23:15
4 Justin Grassi	24	1:21:51	6 Jennifer Whalen	32	1:27:10	11 Darcy Baldwin	36	1:26:45
5 Robert Hankinson	24	1:44:04	7 Ariel Dickson	30	1:28:59	12 Rachel Knaggs	39	1:29:17
FEMALE AGE GROUP: 20 - 24			8 Ruth Robertson	33	1:30:01	13 Jeannine Spade	38	1:29:57
1 Kailigh Moore	21	1:19:35	9 Rebecca Evansky	32	1:34:02	14 Stephanie Salvato	38	1:30:36
2 Ashley Anderson	24	1:20:42	10 Mellisa Allen	34	1:34:38	15 Karen Yoon	35	1:33:14
3 Jennifer Laskey	24	1:29:11	11 Ashley Ganci	31	1:36:25	16 Christina Tarnacki	39	1:33:22
4 Laura Persico	24	1:30:39	12 Gina Dickerson	33	1:37:23	17 Jennifer Benaman	39	1:33:52
5 Judi Henrickson	24	1:41:14	13 Jessica Gillett	31	1:52:57	18 Jenness Cunningham	37	1:34:31
6 Allison Dibble	24	1:46:48				19 Christine Holmes	38	1:37:07
						20 Stephanie Wronowski	36	1:42:00
						21 Kerry Maloney	36	1:58:28

continued

2ND ANNUAL HUDSON CROSSING TRIATHLON *continued*

MALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 45 - 49		
1 Craig Tynan	42	1:04:47	1 Kristen Hislop	47	1:11:17
2 Pat Sommo	44	1:07:54	2 Tracey Delaney	47	1:19:33
3 Scott Schaffer	44	1:09:19	3 Theresa Newton	46	1:24:48
4 Jim Leggett	42	1:14:24	4 Mary Dalaba	46	1:26:50
5 Brian Dillenbeck	41	1:18:51	5 Ann Correa	47	1:28:20
6 Brian Demarest	44	1:20:47	6 Dawn Borysewicz	47	1:31:25
7 Michael Carpenter	43	1:21:07	7 Susan Halstead	48	1:35:53
8 Dougie Fresh Gerhardt	44	1:21:14	8 Pauline Carrico	45	1:45:03
9 Jeff Marlett	42	1:22:36	9 Barb Flynn	49	1:48:28
10 Patrick Reddon	42	1:25:20	10 Erin Leixner	46	1:56:00
11 Jeffrey Marx	40	1:27:53	11 Monica Trabold	45	1:56:09
12 Brad Shear	41	1:29:57	12 Beth Lawrence	46	1:57:18
13 Pete Keating	41	1:34:48	MALE AGE GROUP: 50 - 54		
14 Jeff Halusic	44	1:41:35	1 Bob Underwood	51	1:04:05
FEMALE AGE GROUP: 40 - 44			2 John Kenny	53	1:11:43
1 Gilly Leshed	40	1:15:43	3 Philip Borgese	52	1:14:42
2 Jenny Stahl	42	1:19:31	4 Michael Rozell	54	1:14:50
3 Heather Reynolds	43	1:19:47	5 James Kilduff	50	1:15:26
4 Lisa Snyder	43	1:24:37	6 Howard Kreitssek	51	1:19:14
5 Karen Viger	42	1:25:45	7 Brian Howk	53	1:26:13
6 Mary Harrison	41	1:26:13	8 Robert Rothschild	53	1:28:10
7 Kim Scott	43	1:26:18	9 Rob Mains	53	1:29:53
8 Karen Strobe	40	1:26:49	10 Benjamin Jacobson	50	1:31:04
9 Catherine Bologna	43	1:28:48	FEMALE AGE GROUP: 50 - 54		
10 Janice Decker	43	1:31:00	1 Susan Matthews	52	1:21:54
11 Mary McGarrahan	41	1:31:02	2 Cindy Novak	54	1:22:07
12 Stephanie Ferradino	40	1:31:16	3 Cheryl Smith	51	1:24:55
13 Kristen Long	43	1:31:48	4 Jane Mastaitis	53	1:26:33
14 Karen Suiter	42	1:32:59	5 Maureen Roberts	53	1:30:22
15 Carol Mahoney	43	1:33:14	6 Sheila Squier	50	1:31:33
16 Marne Onderdonk	42	1:37:18	7 Cathy Percy	51	1:32:49
17 Demetria Koninis	44	1:37:29	8 Sandi Payne	52	1:33:15
18 Anne Ernst	40	1:38:15			
19 Rebecca Phillips	44	1:40:51			
20 Tracy Racicot	43	1:42:31			

Courtesy of Green Leaf Racing

40TH HMRRC DISTINGUISHED SERVICE 8-MILE RACE

Honoring: Cathy Sliwinski • June 12, 2011 • University at Albany, Albany

MALE OVERALL			FEMALE AGE GROUP: 30 - 39			MALE AGE GROUP: 60 - 69		
1 Thomas O'Grady	36	43:04	1 Mary Jane MacPherson	31	55:25	1 Paul Bennett	60	53:17
2 Justin Bishop	30	43:44	2 Sally Drake	38	55:58	2 Juergen Reher	61	56:50
3 Richard Messineo	26	46:08	3 Heidi Nark	30	58:42	3 Bob Ellison	62	59:08
FEMALE OVERALL			MALE AGE GROUP: 40 - 49			FEMALE AGE GROUP: 60 - 69		
1 Kristina Gracey	28	48:52	1 Ahmed Elasser	48	46:41	1 Martha Degrazia	60	59:23
2 Emily Bryans	43	51:02	2 Jon Rocco	44	47:54	2 Judy Phelps	60	1:01:14
3 Crystal Perno	30	52:05	3 Christian Lietzau	48	50:30	3 Susan Wong	63	1:05:20
MALE AGE GROUP: 20 - 29			FEMALE AGE GROUP: 40 - 49			MALE AGE GROUP: 70 - 79		
1 Andrew McCarthy	27	47:48	1 Kari Gathen	42	54:20	1 Jim Moore	71	1:06:25
2 Jason Cordeira	27	50:09	2 Kimberly Miseno-Bowles	40	57:59	2 Jim McGuinness	72	1:13:30
3 Paul Mueller	27	55:32	3 Heather Loukmas	40	1:03:10	3 Wade Stockman	76	1:05:55
FEMALE AGE GROUP: 20 - 29			MALE AGE GROUP: 50 - 59			FEMALE AGE GROUP: 70 - 79		
1 Katrina Hines	23	55:43	1 Derrick Staley	52	46:10	1 Anny Stockman	79	1:22:55
2 Liz Chauhan	26	57:46	2 Rick Munson	54	51:00	2 Eiko Bogue	74	1:37:20
3 Jennifer Newman	27	1:08:15	3 Richard Clark	57	53:07	3 Joan Corrigan	76	1:44:50
MALE AGE GROUP: 30 - 39			FEMALE AGE GROUP: 50 - 59			MALE AGE GROUP: 80 & OVER		
1 Chris Mulford	34	47:21	1 Debra Jane Batchter	51	58:49	1 Joe Corrigan	80	1:44:55
2 Aaron Knobloch	35	47:36	2 Donna Charlebois	53	1:07:08			
3 Eamon Dempsey	31	48:03	3 Joan Celentano	57	1:08:21			

Courtesy of Hudson-Mohawk Road Runners Club

2ND DYNAMIC DUATHLON

June 12, 2011 • Champlain Valley Union High School, Hinesburg, VT

15-MILE BIKE & 5-MILE RUN			FEMALE OVERALL		
MALE OVERALL			1 Kari Cuneo	1:26:54	
1 Stephen Trull	1:13:03		2 Ann MacDonald	1:29:39	
2 Jeff Schumann	1:22:07		3 Karen Marshall	1:32:58	
3 Paul Asher	1:22:16				

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6TH ANNUAL LAKE PLACID MARATHON & HALF MARATHON
June 12, 2011 • Olympic Speedskating Oval, Lake Placid

MARATHON - 26.2 MILES				
Top 3 Overall, Age Group Winners & Regional Finishers				
MALE OVERALL				
1	Sebastian Roulier	37	Sherbrooke, QC	2:40:36
2	Tony Kharitonov	42	Short Hills, NJ	2:52:04
3	Marc Galvin	35	Lake Placid	2:52:52
FEMALE OVERALL				
1	Arien O'Connell	27	New York	3:02:12
2	Joni Gerken	28	Lake Placid	3:20:52
3	Lorraine Levitsky	27	Morgantown, WV	3:21:54
MALE AGE GROUP: 15 - 19				
1	Matt Johnson	18	Ithaca	3:12:13
4	Greg Auffredou	18	Queensbury	3:51:03
5	Sean Kinnally	18	Scotia	3:51:51
7	Matthew Saulpaugh	19	Lake Placid	3:53:32
FEMALE AGE GROUP: 15 - 19				
1	Erin Corrigan	18	Remsen	3:58:00
MALE AGE GROUP: 20 - 24				
1	Ezekiel Cary	20	Huntington, VT	3:00:48
6	Matt Wysocki	24	Clifton Park	3:29:15
9	Alex Baker	24	Rensselaer	3:39:44
10	Timothy Austen	22	Clifton Park	3:44:55
16	Kevin Weber	20	Stephentown	4:21:06
21	Thomas Feane	21	Herkimer	5:09:42
FEMALE AGE GROUP: 20 - 24				
1	Gretchen Holoubek	21	Kings Point	3:49:08
6	Kayla Jagoda	21	Gansevoort	4:17:43
7	Laura Moscovic	23	Mechanicville	4:25:42
10	Claudette Foisy	24	Potsdam	4:29:36
16	Nicole Dierolf	22	Au Sable Forks	5:14:37
MALE AGE GROUP: 25 - 29				
1	Jonathan Webster	29	South Burlington, VT	3:01:31
7	Christopher Austen	25	Clifton Park	3:45:53
20	Mark Grammatico	25	Guiderland	4:15:06
23	Joseph Spencer	25	Hagaman	4:26:33
FEMALE AGE GROUP: 25 - 29				
1	Caitlin Catella	25	Washington, DC	3:30:04
4	Carrie Mendolia	28	Clifton Park	3:41:35
12	Nicole Bullock	27	Johnstown	4:01:38
15	Rachel Morgan	29	Saratoga Springs	4:10:23
21	Kelly O'Connor	26	East Greenbush	4:23:48
22	Ashley Ryan	25	New Hartford	4:24:08
23	Catherine Thompson	28	Inlet	4:25:54
24	Kathleen Kelley	28	Lake Placid	4:26:03
27	Amy Maguire	27	Schenectady	4:28:55
30	Laura Cuthbertson	28	Wilton	4:46:29
37	Julie Scott	26	Gouverneur	5:10:49
39	Kelly Lavin	25	Albany	5:12:13
MALE AGE GROUP: 30 - 34				
1	Aaron Nauta	33	New York	3:18:33
9	Rich Llewellyn	33	Ballston Spa	3:43:08
13	Brian McKenna	31	Voorheesville	3:49:15
15	Bryan Brodock	31	Utica	3:52:57
22	Michael Lilly	33	Glenmont	4:04:43
30	Nicholas Talbot	31	Troy	4:27:30
35	Ray Villegas	34	Schenectady	4:34:29
36	Jack Trachtenberg	34	Glenmont	4:34:33
40	Andy Cuthbertson	30	Wilton	4:46:31
41	Matt Ossendorf	30	Amsterdam	4:47:16
42	David Kwiatkowski	34	Au Sable Forks	4:48:24
FEMALE AGE GROUP: 30 - 34				
1	Emily Albert	30	Syracuse	3:24:09
5	Carol Michelfelder	30	Keene	3:53:28
13	Tasha Hacker	34	Hunter	4:16:20
16	Jane Seymour-Smith	34	Scotia	4:20:52
21	Sarah Osgood	32	Albany	4:34:22
22	Grace Louis	34	Phoenicia	4:35:27
23	Dawn Wheeler	34	Utica	4:39:49
29	Beth Siebels	33	Gouverneur	5:16:59
3	Kelly Farrand	32	Ogdensburg	6:03:24
MALE AGE GROUP: 35 - 39				
1	Michael Bragdoll	38	Colora, MD	3:06:30
4	Leo Lawrence	39	Plattsburgh	3:33:48
12	Robert Martin	39	Ballston Spa	3:53:56
16	Paul Kokkinides	39	Ballston Lake	4:03:12
19	Melissa Nocher	38	Lake Placid	4:13:23
25	Chris Arena	36	Clifton Park	4:28:45
28	Adam Cowan	35	Saratoga Springs	4:55:24
29	Ed Oldrich	38	Valatie	4:55:31
FEMALE AGE GROUP: 35 - 39				
1	Jennifer Amend	38	Bethel, CT	3:52:12
6	Laurie Kokkinides	39	Ballston Lake	4:11:25
17	Shannon Robinson	37	Madrid	5:07:31
18	Melissa Wood	35	Middleburgh	5:15:35
MALE AGE GROUP: 40 - 44				
1	Patrick Johnson	40	West Chester, PA	3:12:43
6	Alan Michaels	40	Wynantskill	3:53:31
16	Brian Simon	41	Ghent	4:27:04
17	Jeffrey Susi	40	Johnstown	4:28:11
22	Jon Lundin	42	Saranac Lake	4:51:06
23	Allan Richter	44	Delmar	4:51:27
24	Brian Murray	42	Loudonville	4:53:39
25	Daniel Rodecker	40	Greenfield	5:00:10
FEMALE AGE GROUP: 40 - 44				
1	Katie Kinnear	40	Hubbardston, MA	4:01:08
5	Claudia Cummings	42	New Paltz	4:07:28
9	Ann Marenick	42	Saranac Lake	4:25:06
10	Heather Roberts	42	Phoenicia	4:26:56
12	Evelyn Heinbach	41	New Paltz	4:36:48
13	Trish Flaherty	44	Delanson	4:39:51

14	Vicki McQueeny	41	Delanson	4:39:52
15	Lisa Cutting	41	Saratoga Springs	4:49:19
MALE AGE GROUP: 45 - 49				
1	Alan MacDougall	45	Branford, CT	3:02:33
6	Michael Lair	49	Gloversville	3:44:43
10	Joseph Davila	46	Clifton Park	3:58:30
19	Frank Wise	46	Norfolk	4:58:46
FEMALE AGE GROUP: 45 - 49				
1	Allison Lassoe	48	Sheffield, MA	3:47:06
5	Jane Lapato	45	Queensbury	4:27:58
MALE AGE GROUP: 50 - 54				
1	Anthony Frankland	50	Horsham, UK	3:16:15
5	Kyle Williams	50	Cobleskill	3:35:48
14	Timothy Feeney	50	Niskayuna	4:22:57
15	Jon Moscovic	52	Ballston Lake	4:25:42
16	Fred Dunaway	50	Constable	4:36:39
FEMALE AGE GROUP: 50 - 54				
1	Cathy Merrra	52	Amherst, NH	3:38:44
2	Katherine Smith	52	Keene Valley	3:50:50
4	Christine Feeney	52	Niskayuna	4:22:56
7	Deanna Dugan	54	Middleburgh	5:34:52
MALE AGE GROUP: 55 - 59				
1	Jeffrey Ruiz	58	New Paltz	3:52:08
8	Mark Schug	58	Clinton	4:57:46
9	Jeff Lawrenz	59	Saranac	5:43:06
FEMALE AGE GROUP: 55 - 59				
1	Joyce Vastola	57	Scarsdale	4:32:14
MALE AGE GROUP: 60 - 64				
1	Myron Sidloski	60	Dallas, PA	3:30:32
FEMALE AGE GROUP: 60 - 64				
1	Ann Johnson	60	Bridgton, ME	4:04:20
MALE AGE GROUP: 65 - 69				
1	Henry Art	66	Williamstown, MA	4:12:06
2	Michael La Fontaine	69	Champlain	4:18:52
MALE AGE GROUP: 70 - 74				
1	Dick Heuser	70	Freehold, NJ	4:50:29

HALF-MARATHON - 13.1 MILES				
Top 3 Overall, Age Group Winners & Regional Finishers				
MALE OVERALL				
1	Kieran O'Connor	24	Scotia	1:11:51
2	Brandon Covles	18	Newark	1:17:04
3	Brian Dinan	19	Geneva	1:17:25
FEMALE OVERALL				
1	Sara Facteau	34	Plattsburgh	1:21:58
2	Julia Reichert	24	Kirkland, QC	1:27:44
3	Elizabeth Izzo	19	Lake Placid	1:33:43
MALE AGE GROUP: 1 - 14				
1	Jacob Champlin	14	Rushville	1:27:17
MALE AGE GROUP: 15 - 19				
1	Ethan Dinan	19	Geneva	1:18:07
2	Tyler Hayes	19	Massena	1:22:53
4	Joshua Romanowicz	16	Peru	1:40:31
5	Tyler Smith	16	Peru	1:43:52
6	Corey Houston	17	East Nassau	1:44:46
9	Daniel Krzykowski	19	Delmar	1:48:52
13	Kyle Murray	17	Saranac Lake	2:29:07
14	Craig Roberts	18	Lake Placid	2:53:40
FEMALE AGE GROUP: 15 - 19				
1	Lindsay Fisher	17	Norwich, CT	1:49:08
2	Shauna Agneta	18	Delmar	1:51:33
6	Julie Bowler	18	Saranac Lake	1:54:27
10	Kendyl Morse	18	North Creek	2:02:51
12	Kendra Houston	16	Castleton	2:07:21
15	Katherine Kambrich	17	Glenmont	2:23:48
17	Hannah Martin	17	Massena	2:28:16
18	Harriet Pedersen	17	Saranac Lake	2:29:06
21	Emily Martin	17	Massena	2:33:34
22	Dakota Flynn	18	Lake Placid	2:37:21
27	Elizabeth Schmand	19	Poughkeepsie	3:44:23
MALE AGE GROUP: 20 - 24				
1	Michael Schram	20	Tupper Lake	1:17:58
2	Joshua Leblanc	22	Saranac Lake	1:19:15
4	Kevin Georgek	22	Troy	1:33:05
6	Timothy Bornt	24	North Hoosick	1:36:11
8	Kristopher Boettcher	22	Saranac Lake	1:44:55
14	Gregory Young	22	Ballston Lake	1:59:21
17	Corey Brown	24	Plattsburgh	2:03:18
20	Matthew Morganson	24	Lake Placid	2:14:05
22	Ryan Cappione	20	Massena	2:15:18
25	Michael Triscari	22	Troy	2:43:33
FEMALE AGE GROUP: 20 - 24				
1	Jessamyn Cox	23	Mystic, CT	1:34:28
2	Amy Loughridge	24	Saratoga Springs	1:35:50
6	Elizabeth Larosa	21	Peru	1:47:30
7	Hannah Sporn	21	Bloomington	1:49:10
9	Kelcey Noble	23	Lake George	1:49:48
10	Kasey Agneta	23	Delmar	1:51:16
15	Sara Sweeney	20	Averill Park	1:55:17
17	Alesia Hall	22	Glenmont	1:56:26
21	Stephanie Sweeney	22	Averill Park	1:58:39
23	Lauren Mazurowski	23	Albany	1:59:21
25	Emily Leitt	22	Gloversville	2:02:04
28	Jessica Assetta	22	Wilmingon	2:02:44
29	Monica Thomas	24	Potsdam	2:04:02
31	Karen Streeter	24	Albany	2:04:47
32	Megan Braaten	22	Delmar	2:04:51
33	Sasha Hebert	21	Delanson	2:06:27
35	Elizabeth Lawliss	23	Dannemora	2:10:15
40	Kristy Curry	23	Plattsburgh	2:12:03
44	Tessa Vanderveeken	21	Castorland	2:14:29

6TH ANNUAL LAKE PLACID MARATHON & HALF MARATHON continued

45	Brittany Marrone	20	Westerlo	2:16:51
46	Katie Root	23	South Glens Falls	2:17:21
47	Cristina Phillips	24	Amsterdam	2:18:00
48	Alison Fitzpatrick	22	Loudonville	2:19:05
52	Lauren Winter	22	Lake Placid	2:20:39
53	Alanna Darling	20	Massena	2:20:46
55	Katie Bahrn	23	Troy	2:23:13
56	Molly McGrath	22	Troy	2:23:23
60	Nicole Zerrahn	21	Peru	2:28:17
61	Elizabeth Russell	22	Old Forge	2:29:08
63	Caitlin Sullivan	23	Saranac Lake	2:29:46
64	Catherine Quinlan	23	Delmar	2:31:42
67	Kaleigh Izzo	21	Ballston Spa	2:38:01
71	Michelle Mora	22	Schenectady	2:42:33
73	Shaine Kaschak	24	Croseyville	2:43:32
75	Desiree Boucher	24	Fort Edward	2:47:22
78	Laura Fitzpatrick	21	Loudonville	2:52:42
79	Jessica McCauliffe	20	Willsboro	2:58:01
82	Ashlee Hardin	21	Morrisonville	3:02:52
83	Amanda Novak	23	Kinderhook	3:03:47
86	Melissa Paty	20	Slingerlands	3:32:22
MALE AGE GROUP: 25 - 29				
1	Justin Winters	25	Eagleville PA,	1:21:04
3	Brian Wilson	28	Cadyville	1:22:56
9	Taylor McKenna	27	Lake Placid	1:34:27
12	Travis Larche	28	Plattsburgh	1:36:43
14	Adam Retersdorf	29	Mayfield	1:41:41
15	Ryan Moore	29	Saratoga Springs	1:42:07
22	Daniel Gordon II	29	Clifton Park	1:49:32
21	Amy Thompson	28	Inlet	1:50:07
27	Colin McCarthy	28	East Greenbush	1:53:39
28	Jude Maroney	29	Athens	1:55:11
29	David Clark	26	Cohoes	1:55:28
38	Rian Bahrn	27	Troy	2:05:44
39	Kent Goodrow II	25	St. Regis Falls	2:05:59
41	Nick Evanovich	27	Morrisonville	2:07:53
46	Jason Olszowy	29	Schenectady	2:15:47
48	Dominick Tatangelo	27	Ballston Lake	2:21:41
53	Matt Courcelle	26		

RACE RESULTS

6TH ANNUAL LAKE PLACID MARATHON & HALF MARATHON *continued*

54 Mark Agostino	37	Glenville	2:05:19	28 Scott George	44	Oneida	1:51:46
55 Mike Skutt	36	Lake Placid	2:05:25	29 John Mattox	40	Cohoes	1:52:37
71 Robert Gerken	37	Lake Placid	2:26:23	32 Ron Moraski	43	Waterford	1:56:07
72 Vincent Smith II	38	Scotia	2:26:58	34 Jay Eldridge	40	Saratoga Springs	1:57:35
75 Matthew Canning	38	Coxsackie	2:30:43	39 Bill Bower	42	Clinton	2:02:13
79 Brian Shoemaker	39	Scotia	2:45:54	40 Job Trowbridge	40	Queensbury	2:02:17
FEMALE AGE GROUP: 35 - 39							
1 Tammy Davis	39	Naperville IL	1:36:23	51 Michael Mitchell	41	Stillwater	2:13:58
3 Rachel Krackeler	35	Saratoga Springs	1:46:17	55 Deane McGeary	44	Clifton Park	2:26:49
4 Marcy Fagan	37	Lake Placid	1:48:32	57 Scott Keating	43	Albany	2:34:43
5 Christina Smith	38	Lake Placid	1:52:15	62 Kevin Banes	40	Albany	2:46:27
6 Rebecca Boswell	35	Albany	1:52:57	67 John Tegan	44	Schenectady	4:14:20
8 Stacie Walker	36	Waterford	1:54:14	FEMALE AGE GROUP: 40 - 44			
9 Carly Hamilton-Jones	38	Saratoga Springs	1:55:19	1 Laurie Machung	43	Tillson	1:39:18
10 Bridget Malagisi	38	Waterford	1:56:51	2 Stacie Wetzel	41	Schenectady	1:39:25
12 Jen Kazmierczak	38	Jay	1:58:06	6 Jennifer Metivier	40	Lake George	1:45:55
13 Rebecca Popp-Lyons	36	Clifton Park	1:59:32	7 Bonnie Galvin	44	Ballston Spa	1:47:59
14 Jennifer Hebner	36	Delmar	1:59:42	8 Concetta Smith	43	Ballston Lake	1:48:18
16 Leah Blind	37	Albany	2:00:45	10 Julie Helenbrook	41	Potsdam	1:49:54
19 Jeanine Crosby	38	Potsdam	2:01:24	13 Debbie McDonald	44	Ogdensburg	1:54:11
20 Jennifer Rose	37	Saratoga Springs	2:01:47	15 Jennifer Louis-Brown	42	Clifton Park	1:54:52
22 Erika Liguori	37	Clifton Park	2:02:34	17 Michele Pondolfino	43	Oneonta	1:57:18
26 Sequoyah Finkell	38	Saratoga Springs	2:04:17	18 Eileen Visser	41	Potsdam	1:57:57
27 Kara Harris	37	Saratoga Springs	2:04:18	19 Scarlet Clement-Buffolone	44	Clifton Park	1:58:00
29 Danielle Beekingham	35	Old Forge	2:04:43	21 Jennifer Hansen	40	Canton	1:59:23
30 Ann Herring	38	Queensbury	2:05:38	23 Dawn Townsend	41	Oneonta	2:00:37
36 Kristi Miner	39	Cobleskill	2:07:48	24 Linda Shaw	42	Rexford	2:02:34
37 Miriam Healy	35	Keeseville	2:07:55	25 Kristen Garvin	40	Sand Lake	2:02:40
43 Amy Van Ess	37	Castleton	2:11:31	26 Maureen Clarke	43	Delmar	2:02:55
46 Jenn Webb	35	Lake Placid	2:12:14	27 Elizabeth Haig	44	Rexford	2:02:59
52 Mary Catherine Spinelli	36	Lake Placid	2:13:44	28 Sandra Verity	42	Morrisonville	2:03:14
53 Debra Bennett	38	Troy	2:14:17	29 Kelly Joy	44	Saratoga Springs	2:03:36
54 Lisa Rowe	38	Schenectady	2:14:24	30 Laura Andresen	41	Schenectady	2:04:20
55 Jennifer Durenberger	39	Saratoga Springs	2:14:36	31 Holly Conway	43	Oneonta	2:05:17
57 Julie Reidy	39	Plattsburgh	2:15:07	32 Kathleen Riset	43	Old Forge	2:05:33
60 Jennifer Battle	37	Clifton Park	2:16:09	33 Theresa Rousseau	44	Clifton Park	2:05:53
61 Jeanelle Tiley	36	Castleton	2:16:19	35 Amber Wilcox	43	Potsdam	2:06:13
62 Vanita Shoemaker	37	Slingerlands	2:16:39	41 Jennifer Adams	40	Burnt Hills	2:09:55
65 Karen Jean	39	Albany	2:17:08	42 Vickie Mazzie	41	Colonie	2:10:57
67 Ali Trowbridge	39	Queensbury	2:18:29	51 Jerri Lynne Dedrick	40	Albany	2:14:27
68 Amy Wise Foster	35	Cossayuna	2:18:30	52 Melissa Bertolozzi	42	Pleasant Valley	2:16:10
71 Holly Agostino	35	Glenville	2:21:18	55 Kathleen Terrence	42	Lisbon	2:18:19
77 Allison Moran	39	Ballston Spa	2:23:47	56 Nicole Gambacurta	40	Gansevoort	2:18:45
81 Jen Weibel	35	Lake Placid	2:25:11	57 Candace Cowser	40	Canton	2:20:43
83 Kathleen Amm	39	Clifton Park	2:26:18	60 Bec Meyer	40	Plattsburgh	2:21:30
85 Johanna Hayes	38	Wilmington	2:27:18	64 Nicole Clarke	43	Hagaman	2:23:17
86 Jennifer O'Brien	39	East Greenbush	2:27:47	68 Eileen Carson	41	Clifton Park	2:28:13
91 Jennie Heidbreder	37	Latham	2:30:47	70 Leah Gaetano	42	Delmar	2:29:22
92 Gina McCarthy	35	Brushton	2:31:32	71 Heidi Pedersen	42	Saranac Lake	2:30:38
93 Nicole Canning	37	Coxsackie	2:32:15	72 Beth White	44	Plattsburgh	2:32:14
94 Liz Winge	39	Glens Falls	2:33:32	80 Kristie Lawrence	40	Old Forge	2:44:12
96 Kristen McComb	38	Ballston Spa	2:35:48	91 Alecia Thompson	40	Schenectady	3:03:27
98 Kristen Jurcsak	37	Glenville	2:40:20	92 Holly Garofano	41	Malta	3:06:31
102 Matthew Maurer	39	Ballston Spa	2:44:38	97 Barbara Glasser	40	Averill Park	3:26:27
106 Jami Clark	35	Lake Clear	2:50:09	98 Bonnie Leitheuser	41	Pleasant Valley	3:29:08
107 Erica Friday	39	Saratoga Springs	2:51:16	99 Ellen Roger	40	Poughkeepsie	3:29:09
108 Sarah Austin	39	Malta	2:51:16	103 Bridget Blinn	40	Lake Placid	4:03:27
111 Michelle Kanuk	38	Delmar	2:55:39	MALE AGE GROUP: 45 - 49			
114 Laura Ritchie	36	Ballston Spa	3:00:12	1 Tom Plimpton	45	Peru	1:35:19
115 Andrea Rushford	37	Willsboro	3:00:16	2 David Balestrini	46	Lake Placid	1:37:44
120 Erin Purdy	38	Burnt Hills	3:10:50	3 John Martin	47	Massena	1:37:45
123 Kimberly Davis	36	Plattsburgh	3:18:12	4 Jonathan Parks	48	Cadyville	1:42:20
126 Debra Plue	36	Rensselaer	3:46:35	5 Daniel Freedman	46	Red Hook	1:43:07
127 Lisa Speidel	37	Ballston Spa	3:46:35	14 Mike Becker	47	Albany	1:52:12
128 Karla Duffy	37	Albany	4:14:19	15 Michael Vinci	46	Albany	1:53:02
MALE AGE GROUP: 40 - 44							
1 Scott Duprex	43	Bayonne, NJ	1:25:51	16 Carlo Agneta	46	Delmar	1:53:38
3 Scott Costley	42	Rosendale	1:32:00	17 Eric Girard	45	Ogdensburg	1:54:11
8 Bruce Amm	41	Clifton Park	1:39:07	20 John Schwaz	49	Albany	1:56:45
13 Michael Williams	40	Ray Brook	1:42:16	23 Gerald Wise	48	Clifton Park	1:58:22
14 Brian White	44	Plattsburgh	1:42:34	25 James Griffin	45	Lake Placid	1:58:31
20 Tom Hansen	41	South Glens Falls	1:49:34	26 Douglas Browning Jr.	48	Tribes Hill	1:59:00
26 Joey Snide	44	Altona	1:51:03	27 Leonard Clement	45	Tupper Lake	1:59:13
				28 Stephen Montanaro	45	Hagaman	2:00:17
				31 John Van Alstyne	49	Albany	2:05:28

6TH ANNUAL LAKE PLACID MARATHON & HALF MARATHON *continued*

33 Salvatore Larosa	48	Peru	2:07:22	43 Carol Henry	51	Malta	2:43:59
37 Kevin Ward	49	Massena	2:10:37	44 Linda Dobroski	52	Lake George	2:44:48
38 Eric Sanborn	47	Rexford	2:11:07	49 Sandra Cazasta	50	Mechanicville	2:55:03
39 John Myers	47	Castleton	2:11:19	51 Deborah Bedard	52	Glens Falls	3:00:27
49 Patrick Butler	45	Lake Placid	2:22:07	54 Cynthia Zirbes	54	Castleton	3:10:51
51 Christopher Clarke	49	Hagaman	2:23:18	56 Raquel Pagliuca	54	Hopewell Junction	3:21:40
53 Mike Zerrahn	49	Peru	2:28:17	57 Maryalice Smith	54	Saranac Lake	3:23:38
57 Alan Dunham	49	South Glens Falls	2:33:32	59 Anne McDermott	53	Amsterdam	3:26:13
58 Christopher Nuss	45	Clifton Park	2:39:50	60 Joanne Godeemote	51	East Nassau	3:26:27
62 Scott Barnwell	47	Saratoga Springs	2:50:46	61 Jennifer Mallory	50	Poestenkill	3:26:27
63 Philip Paty	49	Slingerlands	2:50:58	62 Dawn Paty	50	Slingerlands	3:32:23
FEMALE AGE GROUP: 45 - 49							
1 Christine Varley	47	Albany	1:36:30	66 Dorothy Delong	53	Troy	3:49:21
10 Jennifer Casey	46	Ballston Lake	1:55:43	67 Valerie Tamburrino	52	Stanfordville	4:11:33
12 Linda Novotny	47	Clifton Park	1:58:07	68 Annette Holleger	51	Latham	4:14:27
14 Karen Brown	45	Oneonta	2:00:10	MALE AGE GROUP: 55 - 59			
15 Jennifer Wiley	48	Oneonta	2:00:11	1 George Van Hook	57	Cambridge	1:35:38
16 April Critelli	48	Glenville	2:00:25	2 Peter Jones	56	Rainbow Lake	1:37:50
23 Kristin Crowley	45	Poestenkill	2:06:21	5 Steve Lester	56	Lake Placid	1:40:01
24 Linda Manosh	45	Ballston Spa	2:08:56	6 Tony Searing	56	Morrisonville	1:54:30
25 Karen Brady	46	Castleton-On-Hudson	2:09:11	7 Vinny Sparacino	55	Lake Placid	1:55:47
26 Aileen Muller	49	Castleton	2:10:30	12 Stephen Del Giacco	58	Delmar	2:05:11
29 Nancy Peters	45	Albany	2:12:39	13 Bob Lepak	55	Saranac Lake	2:06:34
32 Tiana Howland	49	Albany	2:14:02	14 John Hamm	59	Star Lake	2:09:27
36 Ann Miller	48	Greenwich	2:19:37	16 Ken Rogers	57	West Sand Lake	2:16:18
40 Rachelle Hayes	49	Massena	2:21:12	27 Karl Schwarzenegger	58	Cobleskill	2:44:39
42 Linda Van Alstyne	47	Albany	2:21:45	29 Kent Goodrow	56	St. Regis Falls	2:49:37
44 Kristine Weidner	48	Albany	2:23:58	35 Jack Braaten	59	Delmar	3:32:37
46 Lisa Conroy	46	Voorheesville	2:25:30	FEMALE AGE GROUP: 55 - 59			
50 Regina Button	48	Troy	2:27:40	1 Rosemarie Nelson	55	Jamesville	1:52:58
54 Christine Benedict	49	Willsboro	2:31:13	4 Nancy Braaten	56	Delmar	2:04:50
55 Julie Coppola	49	Hyde Park	2:31:16	6 Phyllis Fox	59	Loudonville	2:08:21
56 Fran Macutek	47	Loudonville	2:31:47	7 Joan Bleikamp	57	Greenwich	2:12:52
59 Tammy Bydairk	49	Cohoes	2:32:52	8 Suzanne Jagoda	56	Saratoga Springs	2:13:54
61 Martha Brown	47	Greenfield Center	2:33:35	11 Maureen McLeod	58	Delmar	2:19:59
62 Ellen Quinn	48	Niskayuna	2:34:20	17 Theresa Kaschak	56	Cropseyville	2:56:27
63 Sharon Foglia	49	Watervliet	2:34:22	20 Linda Stelmaszyk	58	Lake Placid	3:11:37
69 Jacquelys Cioffi	45	Averill Park	2:43:35	22 Mary Duffy	59	Lake Clear	3:32:09
71 Denise Goodrow	49	St. Regis Falls	2:49:46	23 Sharon Weinein	57	Loudonville	3:32:23
72 Naomi Barnwell	47	Saratoga Springs	2:50:46	24 Jane Banach	55	Plattsburgh	3:43:21
73 Amy Labarge	47	Johnsonville	2:51:10	27 Myra Darlow	59	Troy	3:50:08
82 Mary Ellen Martin	49	Ellenburg Depot	3:12:10	29 Brenda Lokey	56	West Chazy	3:50:21
84 Linda McNulty	47	Wilmington	3:15:31	30 Patricia Marshall	58	Wynantskill	4:04:45
92 Gwen Burda	46	Pleasant Valley	3:44:22	32 Anita Carr	58	Heron	4:10:33
93 Colleen Napora	46	Poughkeepsie	3:44:24	33 Joanne Kelly	58	Schenectady	4:14:28
94 Nancy Peters	45	Albany	3:50:03	MALE AGE GROUP: 60 - 64			
95 Zina Cary	46	Albany	3:50:07	1 Robert Bishin	61	Montreal, QC	1:52:53
MALE AGE GROUP: 50 - 54							
1 Gilbert Ayoub	54	Montreal, QC	1:29:17	2 Dave McAdoo	60	Ogdensburg	2:00:30
2 John Ingalls	50	Clinton	1:39:04	7 Jim Moragne	60	Ilion	2:07:39
5 Michael Seeley	51	Glenville	1:45:11	8 Martin Rowley	63	Latham	2:10:47
9 Danny Arnold	53	Clifton Park	1:51:13	14 Roger Hughes	64	Ballston Spa	3:15:31
12 Tracy Smith	54	Ticonderoga	1:55:04	FEMALE AGE GROUP: 60 - 64			
13 Jerry Vannest	51	New Hartford	1:55:51	1 Elizabeth Murray	64	Lilburn GA,	2:00:06
18 Matt Rousseau	51	Clifton Park	2:01:48	4 Suzanne Nealon	61	Troy	2:26:22
28 Matthew Root	50	Mechanicville	2:17:25	8 Cathy Biss	64	Queensbury	2:45:38
33 Jackie Drohan	50	Ghent	2:29:15	10 Sharron Simmonds	62	Queensbury	3:00:25
34 Rodney Beeker	54	New Hartford	2:31:07	15 Elaine Kramer	60	Glenville	3:55:27
38 Brian Fitzpatrick	54	Amsterdam	2:52:43	16 Virginia Miller	63	West Lebanon	4:10:58
FEMALE AGE GROUP: 50 - 54							
1 Arlene Ayoub	54	Montreal, QC	1:48:26	MALE AGE GROUP: 65 - 69			
12 Elizabeth Chipman	50	Castleton	2:11:18	1 Peter Leonard	67	Spencerport	1:47:11
13 Andrea Rowe	50	Glenville	2:12:05	2 Chuck Trimarchi	65	Albany	1:56:43
17 Deborah McClune-Sweeney	51	Averill Park	2:14:11	3 Douglas Fox	66	Loudonville	2:01:41
21 Valerie Kane	53	Waterville	2:17:48	FEMALE AGE GROUP: 65 - 69			
25 Lois Green	52	East Greenbush	2:20:06	1 Lynne Faught	66	Peterborough, ON	2:02:26
26 Maree Fox	54	Ballston Lake	2:20:22	MALE AGE GROUP: 70 - 74			
28 Delphine Winter	51						

7TH ANNUAL GREENBUSH YMCA SPRING 5K RUN
June 17, 2011 • Greenbush YMCA, East Greenbush

MALE OVERALL			MALE AGE GROUP: 40 - 49						
1	Kahlil Scott Jr.	20	Cohoes	18:04	1	Leon Teeuwen	45	Clifton Park	19:59
2	Ken Morgan	36	Castleton	18:45	2	Rick Zachgo	40	Rexford	22:17
3	Michael Rogers	20	Troy	19:46	3	William Bianco	45	Loudonville	22:51
FEMALE OVERALL			FEMALE AGE GROUP: 40 - 49						
1	Katrina Hines	23	East Greenbush	21:03	1	Julie Keating	41	Kinderhook	25:04
2	Courtney Mahar	46	Rensselaer	22:13	2	Angelica VanSlyke	40	Delmar	28:26
3	Ruth Grisham	40	Guilderland	23:39	3	Kimberly Leonard	44	Troy	28:35
MALE AGE GROUP: 19 & UNDER			MALE AGE GROUP: 50 - 59						
1	Lars Teeuwen	11	Clifton Park	24:51	1	Jeffrey Hines	56	East Greenbush	27:30
2	Andrew Harris	13	Rensselaer	25:49	2	Daniel Depeaux	57	East Berne	28:23
3	Duncan Harris	11	Rensselaer	30:32	FEMALE AGE GROUP: 50 - 59				
FEMALE AGE GROUP: 19 & UNDER			1			Connie Fagan	50	Rensselaer	29:28
1	Julia Zachgo	12	Rexford	27:29	2	Frances Pilato	52	Rensselaer	29:50
MALE AGE GROUP: 20 - 29			FEMALE AGE GROUP: 50 - 59						
1	Kevin Quinn	28	Loudonville	29:40	3	Sharon Close	57	Wynantskill	31:33
FEMALE AGE GROUP: 20 - 29			MALE AGE GROUP: 60 - 69						
1	Jessica Tucker	24	Rensselaer	23:57	1	Joe Yavonditte	61	Schenectady	24:03
2	Jenna Pearson	26	Schenectady	25:54	2	James Cochran	62	Rensselaer	26:21
3	Vanessa Mauro	27	Feura Bush	35:00	3	Theodore Close	60	Wynantskill	29:58
MALE AGE GROUP: 30 - 39			FEMALE AGE GROUP: 60 - 69						
1	Greg Ethier	37	Waterford	20:48	1	Marey Bailey	60	Schenectady	39:00
2	William Koons	36	Rotterdam	22:40	MALE AGE GROUP: 70 - 79				
3	John Caputo	35	Coxsackie	23:29	1	Donald McBain	78	Troy	41:30
FEMALE AGE GROUP: 30 - 39			1			Shana Marra	38	Castleton	24:52
1	Tara Lindheimer	37	Stephentown Center	25:54	2	Tara Lindheimer	37	Stephentown Center	25:54
3	Jessica Whiting	34	Scotia	26:32	3	Jessica Whiting	34	Scotia	26:32

Courtesy of Capital District YMCA

WHIPPLE CITY 5K RUN

June 18, 2011 • Greenwich Middle School, Greenwich

MALE OVERALL			MALE AGE GROUP: 35 - 39						
1	Kyle Dawson	22	Greenwich	15:23	1	Benjamin Yurschak	35	Greenwich	22:27
2	Austin Lane	17	Greenwich	16:19	2	Robert Lane	39	Hudson Falls	24:49
3	Jeremy Spiozio	14	Greenwich	17:05	3	John Shoemaker	39	Cambridge	25:56
FEMALE OVERALL			FEMALE AGE GROUP: 35 - 39						
1	Caitlin Lane	21	Greenwich	17:41	1	Sarah Wade	35	Greenwich	28:14
2	Jessica Bashaw	28	Cambridge	21:16	2	Olive Koopmann	37	Cambridge	29:39
3	Caitlin Sawtelle	27	Norwood, MA	21:51	3	Carrie Hughes	35	Greenwich	29:51
MALE AGE GROUP: 14 & UNDER			MALE AGE GROUP: 40 - 44						
1	Daryn Hutchings	14	Argyle	19:30	1	Rik Jordan	40	Glens Falls	18:52
2	Samuel Grimmke	10	Greenwich	23:18	2	Dan Monks	43	Bennington, VT	19:38
3	Chris Jett	12	Hudson Falls	24:52	3	John Danese	42	Lake George	22:55
FEMALE AGE GROUP: 14 & UNDER			FEMALE AGE GROUP: 40 - 44						
1	Victoria Spiozio	13	Greenwich	22:27	1	Theresa Rushinsk	41	Shushan	22:06
2	Ella Gurney	13	Saratoga Springs	26:30	2	Maureen Niesz	42	Greenwich	22:21
3	Courtne Herrington	14	Greenwich	26:42	3	Deborah Sgambelluri	40	Greenwich	24:13
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 45 - 49						
1	Jordan Healy	15	Castleton	18:03	1	John Gurney	48	Saratoga Springs	19:12
2	Robert Fleming	18	Salem	20:19	2	Michael Smith	48	Argyle	22:52
3	Jeffrey Bounds	18	Argyle	22:32	3	Phillip Spiozio Jr.	46	Greenwich	23:10
FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 45 - 49						
1	Annie Grimmke	15	Greenwich	25:01	1	Lillian Hamel	48	Mechanicville	27:37
2	Alison Parrott	15	Granville	27:39	2	Miriam Patrick	45	Greenwich	28:19
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 50 - 54						
1	Michael Pryor	23	Greenwich	19:55	1	Ed Johnson	50	Easton	20:14
2	Clayton Early	20	Stuyvesant	20:52	2	Daniel Patane	51	Greenwich	23:06
3	Collin Stewart	21	Greenwich	21:00	3	Doug Cossey	54	Greenwich	24:07
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 50 - 54						
1	Mallory Donnelly	23	Greenwich	28:53	1	MaryAnn Macura	51	Granville	25:44
2	Chanleigh Casey	20	Granville	33:55	2	Melissa Skellie	54	Greenwich	31:48
3	Azzizi Mobutu	21	Salem	34:04	3	Nancy LaPorte	54	Hoosick Falls	34:23
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 55 - 59						
1	Dan Snyder	27	Argyle	22:34	1	Richard Bennette	59	Clifton Park	23:31
2	Webster Madison III	26	Greenwich	23:59	2	Donald Holmes	59	Glens Falls	26:13
3	Tim Clark	29	Fort Edward	27:25	3	Dan Moellman	59	Saratoga Springs	27:17
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 55 - 59						
1	Deanna Clements	26	Schuylerville	24:35	1	Sandy Hyde	55	Hoosick Falls	31:39
2	Gwynne Cash	28	Whitehall	25:09	2	Lisa Hall	55	Schuylerville	32:24
3	Alana Doane	27	Greenwich	27:19	3	Cathy Sheehan	57	Cohoes	32:33
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 60 - 64						
1	Jason Dolmelsch	30	White Creek	18:58	1	Larry McDonough	60	Greenwich	25:43
2	Dave Cossey	34	Greenwich	21:13	FEMALE AGE GROUP: 60 - 64				
3	Brian Edsforth	33	Greenwich	23:46	1	Candi Schermerhorn	64	Diamond Point	27:03
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 60 - 64						
1	Yonka Perkins	34	Salem	23:12	2	Mary Dermondy	61	Bennington, VT	30:48
2	Brenda Heller	34	Greenwich	26:10	3	Cathy Biss	64	Queensbury	35:08
3	Trina Carlton	34	Wilton	28:09	Courtesy Greenwich Chamber of Commerce				

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1ST ANNUAL WARRIOR RUN WEST MOUNTAIN
June 18, 2011 • West Mountain, Queensbury

MALE OVERALL - TOP 50			MALE AGE GROUP: 19 & UNDER					
Second column is heat number			1			Tom Palen	10	29:05
1	2	Jim Eaton	28:24	2	Patrick Perry	12	32:03	
2	3	John Godfrey	28:45	3	Vincent Perry	13	32:03	
3	3	Evan Lipinski	28:50	FEMALE AGE GROUP: 19 & UNDER				
4	3	Keith Guilfoyle	29:01	1	Briana Santo	15	39:59	
5	3	Justin Zachor	30:30	2	Sophie Nardelli	10	44:28	
6	2	Sam Maccachiero	31:11	3	Anya Kazmierczak	6	1:07:14	
7	2	Kevin Creagan	32:05	MALE AGE GROUP: 20 - 29				
8	4	Lucas Raymond	32:11	1	Mike Schaefer	27	35:27	
9	4	Kaushik Pilar	32:11	2	Dylan Jones	27	36:13	
10	3	Blaine Carpenter	32:18	3	Max Batchner	20	36:24	
11	3	Michael O'Rourke	32:40	FEMALE AGE GROUP: 20 - 29				
12	2	Jesse McNamara	32:49	1	Rachael Martendale	27	37:03	
13	3	Frank Engle	32:51	2	Christy Yanco	27	47:21	
14	2	Luke Maccachiero	32:55	MALE AGE GROUP: 30 - 39				
15	3	Phil Shultes	33:01	1	Erik Schue	35	32:10	
16	4	Jake Dobert	33:15	2	Spencer Morrissey	37	33:20	
17	3	Barry Stone	33:15	3	Steve Cowles	32	33:39	
18	2	Keeghan O'Leary	33:28	FEMALE AGE GROUP: 30 - 39				
19	3	Karl Kerr	33:51	1	Jessica Wegryzn	38	36:58	
20	3	Kris Ditzel	33:55	2	Corenne Black	32	38:00	
21	4	Kory Darfler	33:58	3	Crystal Davis	31	51:00	
22	2	Tony Bailey	34:03	MALE AGE GROUP: 40 - 49				
23	2	Matt Parenteau	34:05	1	Mike Manning	44	29:06	
24	2	Garth Briscoe	34:05	2	David Brainard	40	55:26	
25	2	Brian Sigel	34:05	FEMALE AGE GROUP: 40 - 49				
26	3	Matt Kingsley	34:18	1	Theresa Palen	43	36:26	
27	2	John Ehntholt	34:24	2	Carol Treadwell	48	36:29	
28	3	Doug McMahan	34:34	3	Kathleen Wiley	41	41:30	
29	3	Jonathon James	34:40	MALE AGE GROUP: 50 - 59				
30	2	David Hettrich	34:44	1	Peter Whitney	50	29:18	
31	2	John Paduano	34:54	2	Charles Muller	50	32:51	
32	3	Jeff Farbaniec	35:06	3	Bill Supple	53	34:58	
33	3	Bob Reeves	35:39	FEMALE AGE GROUP: 50 - 59				
			34			3	Jerry Ellis	35:43
			35			3	Wayne White	35:44
			36			1	Jason Kenny	35:45
			38			3	Paul Lizotte	35:46
			38			3	Scott Matheson	35:46
			39			3	Kevin Kressner	35:58
			40			1	Sean Kinnally	36:00
			41			1	Kristopher Renadette	36:06
			42			1	Randall Cannell	36:11
			43			1	Tim Bardin	36:12
			44			2	Matt Schuette	36:25
			45			3	Gregory Johnson	36:26
			46			3	Michael VanAllen	36:34
			47			4	Parsana Deoki	36:34
			48			4	Peter Dobert	36:37
			49			1	Kevin Buyck	36:39
			50			2	Robert Durfee	36:43
			FEMALE OVERALL - TOP 50					
			Second column is heat number					
			1			4	Tara Peck	31:12
			2			2	Caitlin Hickin	31:29
			3			4	Maggi Szpak	32:59
			4			4	Danielle Marino	33:10
			5			3	Tammy Moffitt	33:50
			6			3	Justine Trybendis	33:54
			7			4	Jennifer Kristel	33:57
			8			4	Sarah Morin	34:00
			9			2	Lori Barletta	34:27
			10			3	Stefanie Fresenius	34:36
			11			3	Cara Janeczko	34:36
			12			2	Tracey Delaney	34:41
			13			3	Gabriella Maglione	36:03
			14			1	Alison Buckley	36:15
			15			2	Alex Stellato	36:21
			16			3	Janice Decker	36:30

Courtesy of Warrior Run West Mountain

7TH GREAT ADIRONDACK TRAIL RUN

June 18, 2011 • The Mountaineer, Keene Valley

11.5-MILE MOUNTAIN RUN			MALE AGE GROUP: 19 & UNDER					
MALE OVERALL			1			Tom Palen	10	29:05
1	Juergen Uhl	25	1:44:10	2	Patrick Perry	12	32:03	
2	George Adams	41	1:44:12	3	Vincent Perry	13	32:03	
3	Aaron Newell	18	1:47:41	FEMALE AGE GROUP: 19 & UNDER				
FEMALE OVERALL			1			Briana Santo	15	39:59
1	Annelies Cook	25	2:02:22	2	Sophie Nardelli	10	44:28	
2	Corinne Malcolm	21	2:02:23	3	Anya Kazmierczak	6	1:07:14	
3	Carly Wynn	18	2:05:01	MALE AGE GROUP: 20 - 29				
MALE AGE GROUP: 19 & UNDER			1			Mike Schaefer	27	35:27
1	Zander McClelland	19	2:10:33	2	Dylan Jones	27	36:13	
MALE AGE GROUP: 20 - 29			3			Max Batchner	20	36:24
1	Matt Harrison	27	1:48:41	FEMALE AGE GROUP: 20 - 29				
2	Scott McClelland	24	1:48:43	1	Rachael Martendale	27	37:03	
3	John Dixon	20	1:53:57	2	Christy Yanco	27	47:21	
4	Matt McClelland	22	1:56:31	MALE AGE GROUP: 30 - 39				
5	Sean Platt	20	1:57:32	1	Erik Schue	35	32:10	
6	Tim Reynolds	24	2:06:12	2	Spencer Morrissey	37	33:20	
7	Tim Keenan	29	2:09:58	3	Steve Cowles	32	33:39	
8	Mike Irons	27	2:29:26	FEMALE AGE GROUP: 30 - 39				
FEMALE AGE GROUP: 20 - 29			1			Jessica Wegryzn	38	36:58
1	Megan McClelland	21	2:13:02	2	Corenne Black	32	38:00	
2	Sarah Keyes	26	2:19:07	3	Crystal Davis	31	51:00	
3	Leighton Johnson	29	2:29:41	MALE AGE GROUP: 40 - 49				
4	Kelly Buriak	27	2:32:42	1	Mike Manning	44	29:06	
5	Erika Edgley	28	2:44:00	2	David Brainard	40	55:26	
6	Danika Frisbie	20	2:56:01	FEMALE AGE GROUP: 40 - 49 </				

CYCLOCROSS continued from page 1

also need to power through a deep sand volleyball court every lap which severely tests your fitness.

Another popular race is the **CX at Brewery Ommegang**, which takes place on the grounds of the Ommegang brewery in Cooperstown. It's hilly there, but the race course flattens out when it enters and then exits the beer tent! Lots of spectators, cheering, and cow bells clanging make this race a fun one to race in or watch. Saturday, Oct. 2 is the race known simply as 'Ommegang.'

The NYCROSS.com series continues with the **Uncle Sam GP of Cyclocross** in Prospect Park, Troy on Saturday-Sunday, Oct. 15-16. Back-to-back race days bring large numbers of racers to this event. This is another spectator friendly race where most of the course can be viewed from one or two different vantage points. This race has attracted some serious CX talent from all over the Northeast and promoters expect a bigger than ever.

The following week the series moves to Saratoga Springs for the **Spa:CX**. The race on Sunday, Oct. 23 features a new course near the famous Saratoga Race Track off Henning Road. The venue will include a bike expo, food vendors, and a kids' race. There is also a "Run What You Brung" race, where anyone and everyone can ride one lap of the course on whatever bike you have. Helmets and waiver forms will be necessary, but everything else is up to the participant. Expect some unusual choices for race bikes, goofy costumes, and lots of jeering and cheering.

On Sunday, Oct. 30, the series moves across the border to nearby Bennington, Vt. for the **Clean Bottle Wicked Creepy Cyclocross** race. The venue is beautiful Willow Park, nestled amongst the bucolic hills of Bennington. The park is family-friendly with walking trails, a BMX park and two playgrounds. The foliage will be almost as spectacular as the racing, and you can expect some Halloween costumes.

The final race of the series is the **Bethlehem Cup Cyclocross**, held Sunday,

ERIC SCHILLINGER OF EAST GREENBUSH AT THE 2010 BETHLEHEM CUP. PHOTO BY ANDREW FRANCIOSA (ANDREWFRANCIOSA.COM)



Nov. 13 at Elm Avenue Park in Bethlehem. The race features a challenging course, a great pavilion for spectators and racers, and rows of pots of chili, donated by local fans and racers. This is the last race of the series, which means that many titles are up for grabs. Watch for some exciting racing as riders vie for every last point.

Another popular series is the *Verge New England Cyclocross Championships* with 15 events taking part across New England. Not to be left out is the New York City area, which will host the *NYS Cyclocross Championship Race* on Nov. 12 at Wolf Pond Park in Staten Island. NYS Champions will be crowned in 11 different cyclocross categories. Information can be found on bikereg.com.

As you can see the CX race season is bulging at the seams. It is now stretching from August into January. Another reason that

it's now referred to as the 2011-2012 season is because USA Cycling (usacycling.org) is aligning its race calendar with the European events. Historically the Europeans, who have dominated the cyclocross race world, have all their country's championship events in January. The US will follow a similar schedule this season, holding the *National Championships* on January 4-8 in Madison, Wis. Think snow and ice for a race course coating. The national champions in the elite and junior categories, along with other elite men and women selected, will compete in Koksijde, Belgium for the *World Championship* titles on Jan. 28-29.

For the first-time ever, the *Masters World Championships* will be held on US soil in Louisville, Ky. on Jan. 12-15. These races are for riders 30 years and older. With the growing popularity of cyclocross racing in the US,

the organizers recognized our growth and influence by awarding the Masters races to the US for 2012 and 2013, and the elite *World Championships* for 2013, also in Louisville.

American cyclocross racers will now have an opportunity to showcase their talents on this side of the ocean without the burden of huge costs, language barriers (pun intended), and several time zones of jet lag. Let's see how the Europeans deal this season and next. Louisville is not that far away, so make your plans now! 🌲

Dave Beals (davebeals@aol.com) is an avid cyclist, member of the NYCROSS.com cyclocross team, Capital Bicycle Racing Club, and Mohawk-Hudson Cycling Club. Dave has two grown daughters and resides in Niskayuna with his wife and team director Connie Beals.

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RUNNING & WALKING

17th Komen Race for the Cure

A Great Run that Benefits Breast Cancer Research, Treatment

by Karen Dolge



2010 FIRST-PLACE FINISHER KARI GATHEN OF ALBANY.

Great reasons to run the Komen Race for the Cure on Saturday, Oct. 1 in Albany include: it's familiar and fine, following the same 5K certified course as the Freihofer's Run for Women, and it benefits research into the second leading cause of cancer deaths among women and supports treatment programs for those stricken by this killer.

"It celebrates life for the many breast cancer survivors who run the race and memorializes loved ones lost far too early from breast cancer," said Lynette Stark of the Northeastern New York affiliate of Susan G. Komen for the Cure.

In 2010, nearly 4,500 ran, walked or "slept in" in the Race for the Cure. For the second year, runners can see their times accurately from start to finish through start mats and chip timing.

The 17th annual Race for the Cure begins and ends on Madison Avenue in Albany at the NYS Museum overpass. Runners can register online at komenneny.org through Sept. 28 and by mail (by 9/17 for teams and 9/24 for individuals).

Nearly 40,000 women will die from breast cancer this year, and more than 230,000 new cases will be reported.

Fighting breast cancer since 1982, the Susan G. Komen for the Cure has become the world's largest grassroots network of breast cancer survivors and activists, united to save lives by empowering people impacted by the disease, ensuring quality care and energizing scientific research into prevention and treatment. The organization has invested more than \$1.9 billion toward these goals, includ-

ing \$2.4 million since 1995 in northeastern New York for local breast health programs. Of total net proceeds, 25 percent support the Susan G. Komen for the Cure grants program fostering breast cancer research projects in the U.S. and around the world.

In 2010, the Albany Susan G. Komen Race for the Cure raised \$280,000, benefiting breast cancer programs in Albany, Clinton, Essex, Franklin, Hamilton, Montgomery, Rensselaer, Saratoga, Schenectady, Warren and Washington counties. The organization's mission is especially crucial in remote areas that are medically underserved.

The Komen NENY Affiliate granted \$277,889 to more than a dozen local cancer programs last year including: Adirondack Medical Center, Glens Falls Hospital, To Life!, Capital Region Action Against Breast Cancer!, and others.

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

Karen Dolge (kdolge@mower.com) lives in Valatie and is a member of Kinderhook Runners Club.

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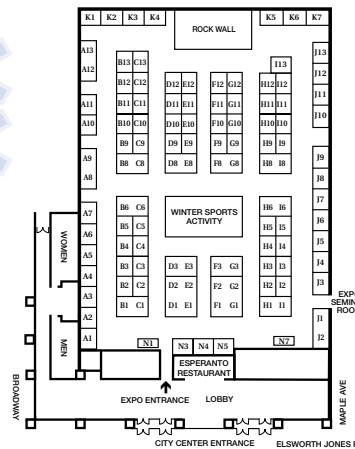
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