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KYLE BREIER OF ONEONTA, DAVID COYLE OF BURLINGTON, VT, AND "ERNIE" OF ORCHARD PARK AT THE 2010 HAIRY GORILLA HALF MARATHON AT THACHER STATE PARK. PHOTO BY PETER THOMAS/ALPENGRAPHIK.COM

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Back in School

Hitting the Fall Trails

by Laura Clark

*When the frost is on the punkin and
the fodder's in the shock...
They's something kindo harty-like
about the atmusfere*

— James Whitcomb Riley

As a school kid in the bygone days, you may have been required to memorize James Whitcomb Riley's ode to fall, which if nothing else, may be taken as a plea for standardized spelling. Nevertheless, those classic lines have been relentlessly drilled into my psyche, so much so that fall is confused in my mind with the contradictions of back to school and back to nature. Yet what better escape from a stuffy classroom or confining office than a woods, liberated

from the humidity and mosquitoes of summer? This special time is not part of the endless expanse of summer but gleefully stolen from more serious obligations – a treasure to be cherished.

With the golden forest beckoning, pounding the roads becomes a less than satisfying pursuit. Still, for those unaccustomed to confronting nature, leaving roadmapped security and asphalt sameness can be a challenge. What about the big bad wolf? Or, more realistically, a territorial skunk or a migrating bear?

If such concerns are cause for alarm, opt for safety in numbers by entering some of the area's trail races. And because I am the "snowshoe queen," let me point out that you needn't end your trail running career after the last leaf has fallen.

The **Saratoga National Cross Country Classic 5K** race on Sunday, October 16 at the Saratoga Spa State Park is an

See **HITTING THE FALL TRAILS**, 19 ▶

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Photos: (Ski) Armon Benny/Gore, (Snowshoe) Brian Teague

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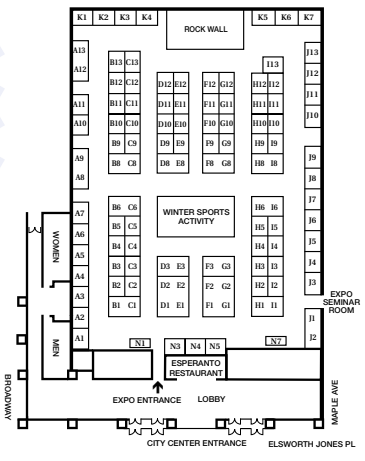
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HIKING & BACKPACKING

Chimney Mountain

Chimney Mountain, located south of Indian Lake near Kings Flow, so astonished my predecessor that she returned many times with friends to conduct her own topographical survey. The result of Barbara McMartin's effort is a map of the summit that still appears in her (our) book, *Discover the South Central Adirondacks*.

In terms of elevation, Chimney's 900-foot vertical rise hardly places it among the Adirondack Park's highest mountains – but this is no mere mountain. The western face of the summit has pulled away, creating a small rift valley that's partially filled with jumbled rock. The pillar that gives the mountain its name is perhaps the most distinctive feature, but within the rift and around the summit are numerous caves. If you explore off-trail, you need to be careful where you step.

GETTING THERE

The Kings Flow Trailhead accesses this corner of the Siamese Ponds Wilderness. It is located at the very end of Big Brook Road, which turns off of NY Route 30 at the south end of Indian Lake village. The public parking area is located in a private development, and there is a modest parking fee of \$1 per car per day.

THE TRAIL

Two state trails begin to the east of the parking area: one to Puffer Pond, which bears right, and one to Chimney, which begins at the farthest end of the clearing. Signs point the way. The trail leads northeast through deep wet woods, with a bit of typical Adirondack mud underfoot. At 0.3-mile you step across a small brook, and the climbing soon begins to get noticeably steeper. As the forest cover thins to almost pure hardwoods, notice what is happening: the trail becomes covered with fine gravel that has eroded and washed from the Grenville layers above.

The climbing is steady and relatively steep, often with exposed bedrock underfoot. After the first lookout at 0.9-mile, more than 30 minutes into the hike, the path forks. The marked trail continues straight for another 0.2-mile to the summit, step-

ping past imposing rock walls before finding the very last trail marker near the foot of the spire. Rock ledges are plentiful, but there are no real views from this part of the mountain except of the chimney itself.

If you walk carefully around to the north side of the chimney you will find a window in the blocks of fallen rocks that frames an interesting view of the west wall. The ledges south of the chimney are a good spot to stop and picnic and admire the rock spire. The many steps around the chimney are deceptive; it should not be climbed without rock climbing equipment. The west side of the chimney is a nearly vertical wall 80 feet above the bottom of the rift.

Returning to the fork at 0.9-mile described above, the unmarked path to the left leads through a gully and onto the west rim of the summit rift, where the cave openings are more prevalent and where a large, open ledge offers the best views on this side of the mountain. You are looking southwest over Kings Flow and Round Pond toward Humphrey and Kunjamuk mountains.

Of course, any thorough hiker will want to explore both rims and will be tempted to make a loop by bushwhacking from one fork to the other, traversing through the rift. The distance is miniscule but the footing is incredibly awkward, since the space between the two rims is filled mostly with ancient rubble partly concealed by lush vegetation. Walking through the rift can be dangerous; some of the holes between even small blocks are very deep. If the weather is warm, drafts of cold air will alert you to caves and crevices. 🌲

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



▲ THE CHIMNEY ROCK SPIRE AT THE SUMMIT.
▶ LOOKING SOUTHWEST OVER KINGS FLOW AND ROUND POND TOWARD HUMPHREY AND KUNJAMUK MOUNTAINS.
PHOTOS BY BILL INGERSOLL

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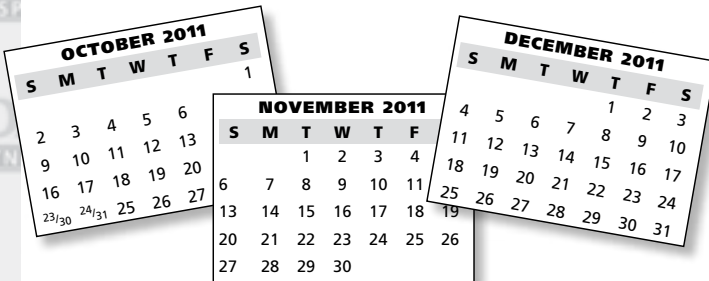
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Calendar of Events October – December 2011*

*Events beyond this month are advertisers in this issue.



ALPINE SKIING & SNOWBOARDING

ONGOING

Sa-Su Used Equipment Sale. 10/29-11/20. Willard Mountain, Greenwich. 692-7337. willardmountain.com.

OCTOBER

7-10 Annual Ski/Snowboard Tent Sale. Steiner's Sports, Valatie. 784-3663. steinersskibike.com.

13 Alpine Ski Team Night. 6-9pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.

14-16 Annual Ski/Snowboard Tent Sale. Steiner's Sports, Glenmont. 427-2406. steinersskibike.com.

NOVEMBER

4-6 50th Albany Ski & Snowboard Expo. Empire State Plaza, Albany. 383-6183. albanyskiandsnowboardexpo.com.

5 Warren Miller Movie: "...Like There's No Tomorrow" 7pm. Trombley Auditorium, Saratoga Springs M.S. Alpine Sport Shop: 584-6290. alpinesportshop.com.

18-19 Warren Miller Movie: "...Like There's No Tomorrow." Palace Theater, Albany. skinet.com.

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

DECEMBER

11 Whiteface Rail Jam. 12pm. Whiteface Mountain, Wilmington. 946-2223. whitefacelakeplacid.com.

14 Inside Edge Alpine Ski/Snowboard Demo Day. Gore Mountain, North Creek. 793-5676. insideedgeskiandbike.com.

17 Lumber Jack Log Jam Freestyle. Gore Mountain, North Creek. 251-2411. goremountain.com.

28 Burton Snowboard Demo Day. Gore Mountain, North Creek. 251-2411. goremountain.com.

29 57th Master's Ski Jump: Art Devlin Cup. 6-8pm. Olympic Jumping Complex, Lake Placid. 523-2202. whitefacelakeplacid.com.

30 NYSEF 90K New Year's Ski Jump. 6pm. Olympic Jumping Complex, Lake Placid. 523-2202. nysef.org.

JANUARY

1 New Year's Tubing & Skiing Party. Ski Bowl, Gore Mountain, North Creek. 251-2411. goremountain.com.

BICYCLING

ONGOING

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

OCTOBER

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.

8 Ride Around Whiteface Mountain. 48M. 7am. Whiteface Mountain, Wilmington. Steve Mackey: 793-6484.

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 Full/Metric Century. 100M/62M. 6am. Parkwood Plaza, Clifton Park. 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.

16 Sweat N Fall Full/Metric Century. 100M/62M. am. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419. bikereg.com.

23 The CircumBurke. 18-36M. 10am. Burke Mountain Resort, East Burke, VT. circumburke.org.

23 Pedal Poker Bike/Run. 12pm. Florence Savings Bank, Northampton, MA. valleycdc.com.

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.

19-20 MEGA SPIN Indoor Cycling Class w/Kevin Crossman. 2-3pm. ASF "Winter Sports & Healthy Living Expo," Saratoga Springs City Center, Saratoga Springs. Kevin Crossman: 761-4067. Preregister: areep.com.

CROSS-COUNTRY SKIING

ONGOING

Thu Free Family Moonlight X-C Ski: 12/8, 1/5, 2/2, 3/8, 4/5. 7pm. Vischers Ferry Nature Preserve, Clifton Park. Parks/Rec: 371-6667. cliftonpark.org.

NOVEMBER

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

20 Kingston Roller Ski Race. Kingston H.S., Kingston. nyssranordic.com.

25-26 Lapland Lake Open House. 9am-4:30pm. Sale, X-C ski swap, food. Lapland Lake Nordic Center, Benson. 863-4974. laplandlake.com.

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DECEMBER

- 11 NYSEF Season Opener XC Freestyle. 5K/10K. 10:30am. Olympic Sports Complex, Lake Placid. 523-1900. nysef.org.
- 16-17 **FIS Nordic Combined Continental Cup.** Olympic Jumping Complex/Sports Complex, Lake Placid. 523-2202. whitefacelakeplacid.com.
- 17 **Osceola Classic XC Ski Race.** Osceola Tug Hill, Camden. nyssranordic.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, Guelderland, 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.

NOVEMBER

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

HIKING, CLIMBING & SKILLS

OCTOBER

- 8 **Trailless Peak Day Hikes: Table Top Mt.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 8 Vanderwhacker Mountain Fire Tower Hike. 5.4M. 9am. Boreas River Picnic Area, Minerva. Rich Crammond: 584-2380. adk-gfs.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.
- 9 Noonmark Round Mtn Loop Hike. 5M. 7:30am. Noonmark. Lorraine MacKenzie: 791-9794. adk-gfs.org.
- 9 Five Summits of Pitchoff Mountain Hike. 9am. Noonmark Diner, Keene. Ellen DuBois: 798-4531. adk-gfs.org.
- 10 Moreau Overlook Hike. 4-6pm. Moreau Lake S.P., Gansevoort. Reservations: Rebecca Mullins: 793-0511. oprhp.state.ny.us.
- 15 Mud Pond Hike. 1-3pm. Moreau Lake S.P., Gansevoort. Reservations: Rebecca Mullins: 793-0511. oprhp.state.ny.us.
- 15 Gore Fire Tower Hike. 9M. 8am. North Creek. adk-gfs.org.
- 16 Merck Forest Hike. 6M. 8:45am. Merck Forest & Farmland Center, Rupert, VT. Ray Bouchard: 893-7314. adk-gfs.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 Haunted Halloween Walk. Moreau Lake S.P., Gansevoort. Reservations: Rebecca Mullins: 793-0511. oprhp.state.ny.us.
- 22 Cat & Thomas Mt. Preserve Hike. 7M. 8am. Bolton Landing. adk-gfs.org.
- 22 Family-Friendly Kane Mt Firetower Hike. 1M. 11am. Kane Mtn, Caroga. adk-gfs.org.
- 22-23 **Wilderness First Aid.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 29 Potter Point Hike. 1-3pm. Moreau Lake S.P., Gansevoort. Reservations: Rebecca Mullins: 793-0511. oprhp.state.ny.us.
- 30 Mount Marcy Hike. 14M. 6am. Jonathan Lane: 744-4594. adk-gfs.org.
- 31 McKenzie and/or Moose Hike. 6am. Jayne Boudier: 793-3770. adk-gfs.org.

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MOUNTAIN BIKING & CYCLOCROSS

OCTOBER

- 8-9 Downhill Race & Eastern States Cup Series 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.
- 19-20 **Mega Spin Class with Kevin Crossman.** 2-3pm. Winter Sports & Healthy Living Expo, Saratoga Springs City Center, Saratoga Springs. Reg required: areep.com. 877-8788. adksports.com.

MULTISPORT: BIATHLON & ORIENTEERING

ONGOING

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

OCTOBER

- 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.
- 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.
- 29 Colonie Orienteering Meet. 10am-noon. Town Park, Colonie. empo.us.orienteering.org.



MEGA SPIN INDOOR CYCLING CLASS

Hosted by T3 Coaching at

ADIRONDACK SPORTS & FITNESS

Winter Sports & Healthy Living Expo

Sat & Sun, Nov 19 & 20 • 2-3pm
Saratoga Springs City Center

The area's **LARGEST** Indoor Spin Class!
 Instructed by Kevin Crossman, USAT certified coach and All-American triathlete

Coach Kevin will lead a fun, challenging workout for seasoned veterans to beginners

Learn effective ways to use your trainer and techniques to be a better cyclist/triathlete

Workout includes power sets, variable RPMs, accelerations and more so you'll leave ready for winter training!

Preregister: AREEP.com – Class \$10*
Bring your bicycle & indoor trainer
 Info: Kevin Crossman (518) 761-4067
Kevin@T3coaching.net
 *Expo admission: \$5 (18-under free)

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EASTERN • STOLEN
Expert Repair Work on All Brands
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 Queensbury
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Call today to schedule your appointment with one of our licensed therapists.

Are in the Park 5K Race

Sunday, Oct. 16 • 10am
Rensselaer Tech Park
Off of Route 4, North Greenbush

Walkers & rollers welcome
T-shirt to first 100 5K preregistered
Timing by AREEP
0.5M Fun Run • 9:30am

Entry Form: www.renarc.org
Info: 518-274-3110

To benefit:



The ARC of Rensselaer County
www.arc-ny.org • 518-274-3110

18th ANNUAL!

Goblin Gallop 5k

Saturday, October 29 • 9 am
Abraham Wing School
120 Lawrence St, Glens Falls
\$20 (\$15 Adk Runners) • \$25 race day
Quality long sleeve T-shirts to first 250 entrants

HALLOWEEN HOP 3/4-Mile Fun Run
10 am • Free
Halloween treats to all finishers

Register online & entry form:
active.com • adirondackrunners.org
Info: Liz Ramos (518) 307-8884

Benefits Friedreich's Ataxia Research (FARA)

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NOVEMBER	OCTOBER
12 Orienteering Meet. 10am-noon. Cole Hill S.E., East Berne. Phil Hawkes-Teeter: 872-1993. empo.us.orienteeing.org . 19-20 MEGA SPIN Indoor Cycling Class w/Kevin Crossman. 2-3pm. ASF "Winter Sports & Healthy Living Expo," Saratoga Springs City Center, Saratoga Springs. Kevin Crossman: 761-4067. Preregister: areep.com .	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 1st "Rhino Run" 5K Run/Walk. 9:30am. Kids' Fun Run: 9am. The Crossings, Colonie. active.com . 8 Cossackie PAL 5K Fun Run/Walk. 10am. Cossackie. William O'Brien: 731-8121. onteorunners.org . 8 Guinness 5K Run for Cystic Fibrosis. 9am. Gavin's Irish Country Inn, East Durham. 634-2582. gavins.com . 8 Adirondack Harvest 5K Run. 10am. Adk Community Church, Newton Falls. 585-335-8626. northernrunnr.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. 1M kids' run: 10:15am. Village Park, Granville. Peter O'Brien: 321-9640. 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 Race. 10am. 0.5M Fun Run: 9:30am. Rensselaer Tech Park, Troy. Charles Tarbay: 274-3110. renarc.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. onteorunners.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 Elem School, Lake George. Rebecca Smith: 796-9404. active.com . 23 1st Fall Foliage Half Marathon & 5K. 10am. Downtown Rhinebeck. 561-470-7966. fallfoliagehalf.com .
DECEMBER	NOVEMBER
17 ToKo Wax Clinic. Osceola XC Ski Center, Osceola. uxcski.com .	19-20 4th Adirondack Sports & Fitness "Winter Sports & Healthy Living Expo." Sat: 10-6. Sun: 10-4. Winter sports, healthy living, travel. 100 exhibitors, sales, demos, activities, seminars. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com . 19-20 Cougars: Ecology/Verification w/Dr. Jim Halfpenny. Ndashina, Greenfield Center. 583-9958. ndcenter.org .
JANUARY	OTHER EVENTS
1 New Year's Resolution Day Biathlon. 7.5K. 10am. Macauley Mountain, Old Forge. nybiathlon.org .	OCTOBER
	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 . 22 11th Presidents' Dinner. Michael's Banquet House, Latham. ADK Mountain Club: 668-4447. adk.org . 29 Scary Story Night. Ndashina Education Center, Greenfield Center. 583-9958. ndcenter.org .
PADDLING: CANOEING & KAYAKING	
	OCTOBER
	8 Family Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org . 8 Moreau Lake Kayak. 1-3pm. Moreau Lake, Gansevoort. Reservations: Rebecca Mullins: 793-0511. oprhp.state.ny.us . 14-16 Moose River Canoe & Kayak Festival. Old Forge. 315-369-6983. oldforgeny.com . 18 Evening Kayak Tour. 5:15pm. Henry Hudson Park, Bethlehem. Adirondack Paddle N Pole: 346-3180. onewithwater.com . 25 Evening Kayak Tour. 5:15pm. Lions/RR Station Park, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com .
	NOVEMBER
	1 Evening Kayak Tour. 4:45pm. Peebles Island, Lansingburgh. Adirondack Paddle N Pole: 346-3180. onewithwater.com .
RUNNING, TRAIL RUNNING & WALKING	
	ONGOING
	Call ChiRun/Walk Instruction w/Ann Margaret McKillop. 802-259-3617. Ludlow, VT. myfitnessrecovery.com .

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Thanksgiving | November 24th

5K Fun Run/Walk

Bethlehem Middle School
332 Kenwood Ave. Delmar

Application at:
OurTowneBethlehem.com

A portion of proceeds will benefit the
Bethlehem Food Pantry

Costumes Encouraged!

Sunday October 16

11TH ANNUAL



5K Cross Country Race - 10am

Saratoga Spa State Park,
Saratoga Springs

New This Year: Chip Timing!
USATF Adk 5K XC Championship

Moisture wicking T-shirt to all registered by 10/3
583-3114 or jallen3@nycap.rr.com
Benefits: Saratoga Center for the Family

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

3rd Annual

Race Away Stigma 5K Race & Fun Walk

Help "race away" stigma surrounding mental health

Saturday, Oct. 15 • 10am
Bruno Stadium, HVCC, Troy
\$17 HMRRC, \$20 non-members
T-shirt, awards, raffles
Larry Ellis 629-7175, lellis@hvcc.edu

Register online: hvcc.edu/cct



REGISTER EARLY & ONLINE - LIMITED TO 1,500 RUNNERS

FIRST NIGHT SARATOGA 5K RUN

Saturday, December 31 • 5:30pm
Skidmore College, Saratoga Springs

\$20 by 11/25 • \$30 after 11/25
Finisher medals to all runners - No day of race registration

Register online or entry form: saratoga-arts.org
Info: (518) 584-4132 or jallen3@nycap.rr.com

After the race, enjoy First Night Saratoga - Presented by Saratoga Arts




Hairy Gorilla Half Marathon & Squirrely 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



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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
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Thursday, November 24

New Course Designs!
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Walk – 7:45 AM
Youth 1-Mile – 9:15 AM
Open 5K – 9:45 AM
Open 10K – 11 AM

USATF-Adk Open 10K Championship
Paper registration closes: 11/22 4pm
Online registration closes: 11/23 12pm
No day of race registration

www.troyturkeytrot.com
More Info: 279-7130

- 23 Taconic Hills Trail Runs. 5K run/walk & 10K run. 9:30am. Christ the King Conf Ctr., Greenwich. Jen Kuzmich: 692-2801. bkvr.org.
- 29 **Monster Madness Dash 5K Run & 3K Walk. 9am.** Kids' Fun Run: 8:30am. Troy Family YMCA, Troy. Chris Bins: 272-5900. cdmca.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 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 Hairy Gorilla Half Marathon & Squirrely 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.
- 30 Oktoberfest Prediction Run. 2pm. Partridge Run Community Trail, Canton. 315-393-3074. unitedhelpers.org.

- 24 Running of the Turkeys. 8:30am. Arlington, VT. Jon French: 802-375-8083. bkvr.org.
- 24 28th Watertown Family YMCA Turkey Day Run. 10am. Watertown. Steve Rowell: 782-3100. watertownymca.org.
- 24 Thanksgiving Day Prediction Run. 10K. Sports Hall of Fame, Rome. romanrunners.com.
- 24 27th Thanksgiving Day Run/Walk to End Hunger. 5K. 9am. Utica. uticaroadrunners.org.
- 24 35th Turkey Trot 5K. 11am. Kids' Run: 10:45am. Gutterson Field House, UVM, Burlington VT. Anne Bliss: 802-865-7999. gmaa.net.
- 24 WMAC Turkey Trot. 5K. 9:30am. PNA Hall, Adams. Ed Saharczewski: 413-743-5669. runwmac.com.
- 26 Run Off That Turkey 5K. 10am. St. Lucy's Parish Hall, Altamont. Phil Carducci: 861-6350. active.com.

NOVEMBER

- 5 11th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainment, Rock Hill. sullivanstriders.org.
- 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.
- 11 **Shenendehowa Veteran's Day Dash 5K Road Race/Walk. 11am.** 1M Kids' Fun Run: 10:30am. Shen H.S. Track, Clifton Park. Fred Hance: 899-7755. active.com.
- 11 6th Valatie Veterans 5K Run. 10am. Glynn Square, Valatie. Jon Meredith: 728-1451. active.com.
- 12 2nd Mohawk PTO Turkey Trot. 5K/2M Walk/Kids Fun Run. 10am. Weller Park, Mohawk. uticaroadrunners.org.
- 13 After The Leaves Have Fallen 20K. 11am. Minnewaska State Park, Gardiner. Steve Schallenkamp: 845-339-5474. shawangunkrunners.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. 1.25M Walk: 7:45am.** Youth 1M: 9:15am. Open 5K: 9:45am. Open 10K: 11am. Atrium, Troy. Jeff Pirro: 279-7130. troyturkeytrot.com.
- 24 **10th Christopher Dailey Turkey Trot 5K Run/Walk. 8:30am.** City Hall, Saratoga Springs. Mark/Maria Dailey: 581-1328. christopherdaileyfoundation.com.
- 24 **2nd Our Towne Bethlehem Turkey Trot 5K Run/Walk. 9am.** Bethlehem M.S., Delmar. John Guastella: 598-3434. 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 HMRRC Turkey Trot. 25K: 8:30am; 5M: 8:45am; 2M Fun Run. Arlington H.S., LaGrange. hmrrc.org.

DECEMBER

- 3 Reindeer Run 5K. SUNY Adirondack, Queensbury. Becky D'Allaird: adirondackrunners.org.
- 3 Jingle Bell Run 5K. 10am. The Crossings, Colonie. 456-1203. arthritis.org.
- 3 MHRRC Knights of Columbus Holiday Run. 5M: 11am. Kids 1M: 10:30am. Knights of Columbus Hall, Wappingers Falls. hmrrc.org.
- 4 Jingle Jog 7K. 10am. Loughran's Pub, Salisbury Mills. sullivanstriders.org.
- 11 **HMRRC Winter Series Race #1. 15K/3M. 10am.** University at Albany, Albany. Doug Bowden: 273-5552. hmrrc.com.
- 17 **15th Albany Last Run 5K. 5pm.** Empire State Plaza, Albany. City of Albany: 434-2032. albanyevents.org.
- 26 **"I Love Woodford" Snowshoe Race. 3.5M. 10:30am.** Dion Snowshoe Series. Woodford S.P., VT. runwmac.com.
- 31 **14th First Night Saratoga 5K Run. 5:30pm.** Skidmore College, Saratoga Springs. 584-4132. saratoga-arts.org.
- 31 NYRR Emerald Nuts Midnight Run. 4M. 12am. Music, fireworks. Central Park, New York. nyrr.org.

JANUARY

- 1 **HMRRC Winter Series #2: 35 Hangover Half-Marathon & 3.5M Run/Walk. 12pm.** Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 1 Resolution Run. 5K/2M Walk. 11am. Bicentennial Park, Ticonderoga. Ellie Berube: 585-8974. lachute.us.
- 21 **Brave the Blizzard Snowshoe Run. Robert C. Parker School, North Greenbush. areep.com.**

SWIMMING

OCTOBER

- 22 3rd Leaf Peepers Meet. 10am. Upper Valley Aquatic Center, White River Junction, VT. Mary Gentry: 802-295-8976. uvac-swim.org.
- 30 39th Leatherstocking Halloween Meet. 10am. Moyer Pool, Hartwick College, Oneonta. Paul Windrath: 607-431-4537. adms.org.

JANUARY

- 7 Happy New Year Meet. Mohonasen H.S., Rotterdam. Bill Mottola: 356-8240. 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.



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

presents
The 11th Annual


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

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NOVEMBER AD DEADLINE: 10/31
Contact Darryl: (518) 877-8788
Darryl@AdkSports.com
Media Kit: AdkSports.com



Shenendehowa Veteran's Day Dash 5K Road Race

Friday, 11/11/11 • 11am
Shen H.S. Track
Clifton Park

Flat/fast course • T-shirts to first 300 runners
Open to all runners & walkers • USATF sanctioned
Kids' 1-Mile Fun Run • 10:30am

Register online: Active.com
ShenRunners.com • Fred Hance 899-7755

Partial proceeds to Wounded Warrior Project
Shen Track Booster Club & Clifton Park Track Club




6th Annual Saratoga Spa State Park

Fall Back 5 5-Mile Trail Race

Hills, ridges, streams & singletrack...
Sunday, Nov 6 • 10am
Administration Mall, Saratoga Spa State Park

New course! Tech T-shirt to first 150
\$20 by 11/4 or \$25 race day
Kids' Fun Run (free): After race
active.com • saratogastryders.org
(518) 584-2000



Corporate Sponsor


10th Annual Turkey Trot

5K Run/Walk USATF CERTIFIED

Thursday, November 24
Thanksgiving Day • 8:30am

City Hall, Broadway
Saratoga Springs

Entry Fee: \$21 by 11/17
\$25 between 11/18-23
T-Shirt: To all registered by 11/14

Packet pickup/last chance to register
Wed, Nov 23, 4-8pm at Saratoga Hilton
No "Day Of" Registration

All proceeds benefit Christopher Dailey Foundation

Register Online: areep.com
christopherdaileyfoundation.com



Kayak & Canoe Clearance Sale!

Seek Adventure - Make Tracks

Cross-Country Skis for Trails & Backcountry Including Metal Edge Skis & 3-Pin Bindings!

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ANNUAL SKI and SNOWBOARD TENT SALE

VALATIE STORE
Fri-Mon, Oct 7-10

GLENMONT STORE
Fri-Sun, Oct 14-16

Fri. 10am-8pm • Sat. 9am-5pm
Sun. 10am-5pm • Mon. 10am-6pm

50 TO 70% OFF ALL SKIWEAR UNDER THE TENT
* Best Selection Ever!

ALL 2011 SKIS, BOOTS & SKIWEAR ON SALE

BURTON SNOWBOARD PACKAGES 10% OFF



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on SALE \$349.00 REG \$599.00

ALL KAYAKS 40% -50 OFF!

ALL BIKES ARE 20% OFF OR MORE!

NOW LEASING SKIS & SNOWBOARDS STARTING AT \$99.00

20% OFF Ski Helmets

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KAYAKING & CANOEING

Fall Paddling

by Rich Macha

For many of us outdoorsy types the fall foliage season is the best time of year – the biting bugs have gone, the temperatures are comfortable, and brilliant colors add to already excellent scenery. Good color can be found above 1,000 feet elevation in the Adirondacks from mid-September through mid-October. Below 1,000 feet and further south – Lake George, Capital Region, Hudson Valley – peak foliage can be in mid to late October.

Maples offer the best colors (deep reds, oranges and yellows) and are usually the first to turn, some as early as late August. Swamp maples in river and stream valleys turn red before the upland maples do. Birches (yellow) and then beech (gold) follow the maples. There is no setting like a mountainside of fall color reflecting in a calm lake or pond with a little morning mist to add to the mood.

I have wonderful memories of fall camping trips to Lows Lake, Lake Lila and other popular Adirondack paddling destinations. Short hikes from these waterways that lead to lookouts with miles of vibrant color in view include Lows Ridge from the Bog River, Grassy Pond Mountain from Lows Lake, and Frederica Mountain from Lake Lila. These places get plenty of publicity and are well-known to many paddlers, so in this article I will detail a couple of other Adirondack destinations and one further south in New York State that offer great paddling amongst autumn's splendor.

LEWEY LAKE AND MIAMI RIVER

Lewey Lake is on NY Route 30 between Speculator and the hamlet of Indian Lake. You can pay a day use fee at the state campground and use the boat launch next to the swimming beach or put in on the lake's outlet where it goes under Route 30. A long ridge of mountains is immediately across the lake; Lewey and Snowy mountains rise over 2,000 feet above the water. I like to cross over to the undeveloped west shore then head south. The campground and several houses and cabins occupy the east shore. Loons are usually seen (five on a recent trip including at least one juvenile) and sometimes heard.

The mouth of the Miami River is small but not too hard to find. Swamp maples growing in this wide wetland valley turn bright red and contrast with the green marsh grass. The river (actually more stream than river) twists and turns with very few straight sections of any length – I hope you have been practicing your maneuvering strokes. I've seen four otters here as well as bear scat and tracks (bears might like the elderberries you see at stream side). Wood ducks are common and if you are lucky you might spot a northern harrier (marsh hawk) flying low over the wetland looking for a delectable morsel. Eventually you will arrive at a beaver dam – you can turn around here for a short trip or continue on with the adventure.

On my most recent visit we hopped over a dozen beaver dams and a couple of small log jams, a round-trip of about seven hours. There are not too many good dry places to land en route so if you see a fair lunch spot take it. As you paddle away from civilization the upland forest slowly draws closer

on both sides. A path comes in from Mason Lake and crosses a beaver dam and continues west – as hard as I looked on this last trip I could only see the continuation west. We paddled a bit further but the stream became very narrow and the alders hung tightly over it. A light current helped a little on the return and the view of Snowy Mountain resplendent in its fall attire offered a distraction from tiring arms. A quick swim at the beach can be a great way to end the day.

FALL STREAM

I don't know whether this stream in the hamlet of Piseco was named for the season but how can one resist paddling Fall Stream at this time of year? Start this southern Adirondack paddle from private land next to a bridge on Old Piseco Road about 1.8 miles northwest of NY Route 8. Park on the shoulder of the road but do not block anything that might look like a driveway. Carry your canoe or kayak on the north side of the stream 100 feet to a wooden boardwalk that allows you to avoid stepping in mud and makes launching somewhat easier. Much of the first mile is through private land but then you are into state land for the rest of the trip upstream. After a half-hour of paddling the stream widens and you enter Fall Lake, which has some boggy shoreline with tamarack trees, a conifer whose leaves turn golden yellow in late October.

The stream narrows somewhat and your chances of having to lift over beaver dams increase, although on my most recent trip all the dams were breached, and we only had to get out to get over a very short shallow rocky area. You might catch a glimpse of Fish Mountain and other hills with hardwoods awash with color along the way. The banks vary from evergreen woods to overhanging alders and marsh grass. Look for two very tall white pines that stand up high above the rest of the forest. After a shallow straightaway and about 4.5 miles of paddling you reach Vly Lake. The west shore is low and marshy. There are a couple of small campsites to the northeast at the foot of Vly Lake Mountain and these make the best places to stop for a break. I've seen a loon on Vly Lake but I don't believe they nest here, others have seen moose. Along the way you are more likely to see ducks and possibly deer.

You can start back downstream or if you are feeling somewhat adventurous you can try to find the channel into nearby Mud Lake, but expect beaver dams and some shallow water. The truly adventurous can continue up Fall Stream. I have reached and carried past a rapid and continued past the confluence with the outlet of Willis Vly.

Don't be surprised to see a hunters' camp or a small boat with outboard motor along the way – Fall Stream is in the Jessup River Wild Forest and the "wild forest" designation does not forbid motors like a "wilderness" designation does. Most of the time it is quiet and peaceful here.

HUDSON RIVER

In mid to late October, I often head to the Hudson River south of Albany. The river is especially scenic between Coeymans and Athens with a fair amount of undeveloped shoreline. Since the river is tidal below Troy,

you should check the times for low and high tides (xtide.ldeo.columbia.edu/hudson/tides/predictions.html) so you don't have to spend much time paddling against the current. Sometime after low tide the current is likely to be going *upriver* so on any given day I would allow the tides to determine my exact route for the day. Duck hunting is popular on the Hudson but there is a break in the season in late October into early November; this year those dates are October 17 through November 4.

On the west side you can find good boat launches in Coeymans, Coxsackie, and just north of Athens on NY Route 385. On the east side there is a good place to launch canoes and kayaks at Stockport Station. At this time of year there is much less pleasure boat traffic on the river than in summer. Ships and barges heading to and from the Port of Albany are still encountered. Their wakes are not usually very large but it is best to stay in deeper water somewhere between the boating channel and shore.

Varied fall colors from cottonwoods, oaks and maples can be enjoyed along the way. Bald eagles, red-tailed hawks, cormorants and mute swans are often seen. In late October I have had the pleasure of seeing migrating brants and a red-throated loon.

The following route description assumes an early afternoon high tide in Coxsackie. Launch from the state boat launch north of Athens on the Murderers' Kill. Paddle a short distance to the Hudson River and cross over to Middle Ground Flats, an island, and turn north going with the incoming tide then cross over to the Hudson's east shore and continue north. Except for some squatters huts and duck blinds there is little develop-

ment. There is a large bay dotted with wild rice with railroad tracks at its east boundary. Poke into a marsh at the northeast end of the bay and explore hidden channels amongst the phragmites and cattails.

Head back to the river with a view of the Catskills, round the point and paddle into Schodack Creek to the rapids under the NY Route 9 bridge. Nearby at Stockport Station sits the Dutch colonial Staats House which is 350 years old. Paddle back out to the Hudson and go east of Stockport Middle Ground, an island with camp/picnic sites, to Gay's Point where there are campsites, picnic tables, privies and sandy beach landings. Motorboats dock here in summer but there's a good chance you'll have the place to yourself in fall – time to get out and stretch the legs. Moving upriver some more to Nutten Hook where an old ice factory's chimney stack adds historical interest.

Cross to Coxsackie on the west shore and turn south going with the outgoing tide. After passing cliffs and Four Mile Point, a natural area with picnic tables, there is a large marshy area at Hudson Anchorage with channels that invite exploring as long as the tide is still close to high. Not done yet? Paddling past the boat launch up the Murderers' Kill 0.3 miles leads to a huge dam which creates Sleepy Hollow Lake. After 15 miles of paddling, it is time to look for some pumpkin pie!

So pick a nice day, take time off from work, get a little exercise, and enjoy the fall foliage from our area waters. 🍁

Rich Macha is owner of Adirondack Paddle 'n' Pole, a specialty canoe and kayak shop in Colonie (onewithwater.com).

BILL SMOLLIN OF CLIFTON PARK ENTERS THE MIAMI RIVER WITH SNOWY MOUNTAIN IN THE BACKGROUND.

PHOTOS BY RICH MACHA



MICHAEL KALIN OF ALBANY EXPLORES THE HUDSON RIVER.



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ATHLETE PROFILE

Larry Pohl

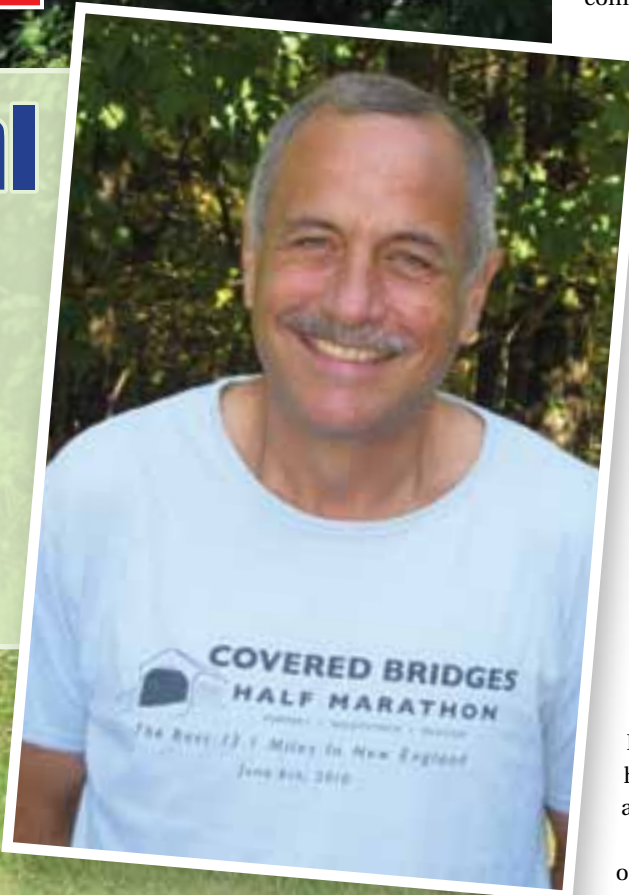
Age: 60

Career: Retired Mathematics Teacher, Schoharie High School

Primary Sport: Running

Other Sports: Golf, Skiing, Hiking, Snowshoeing

Interests: Volunteering, Classical Music, Thoroughbred Horse Racing



by Lee Whittemore

In a corner of Gold's Gym on a treadmill, in February of 2011, Larry Pohl achieved a great milestone in running and his life, reaching 50,000 miles – the equivalent to running around the Earth's equator twice. Though a big moment for himself, he forwent the parties and celebrations for charitable donations. "I could've just gone and had a beer with some friends," said Larry on his accomplishment. Never one to try and draw attention to himself, he decided to work with The Food Pantries, setting up **Larry's 50K for Food**, and helping to raise money for those in need. "I want to celebrate this by raising money for an organization that needed it," he said about his achievement.

Originally from Buffalo, Larry attended the University at Albany for his bachelor's and master's degrees. He went on to teach mathematics at Schoharie High School, running all the while. He has consistently donated to The Food Pantries, buying a can or two of food whenever he went shopping, keeping a pile in the corner of his kitchen that would be donated whenever it became full. He went to The Food Pantries with the

idea of matching his achievement of 50,000 miles with \$50,000 for charity, enough to buy 312,000 pounds of food, or enough to feed 20,000 people. Needless to say, The Food Pantries thought it was a great idea.

Larry's first landmark, a nice round 10,000 miles, or the distance over and under the Earth's poles, was achieved in 1986. "But why should I stop there?" he asked. Larry kept his pace and soon made his next goal 25,000 miles, a full lap around the Earth's equator. Averaging 30 to 40 miles per week, he reached his goal in August of 1995.

After that, Larry just kept running and 50,000 soon seemed possible, simply running three to four miles a day. His dedication to his favorite sport and hobby quickly added up, achieving the equivalent of running circumnavigating the earth twice. Seeming unachievable to many who don't run, Larry remains humble about his achievement, knowing that there are other runners in the Capital Region that have achieved the same milestone. But he cares not so much for his athletic accomplishments, but more for his sport and helping those who are in need of food and assistance.

"It's all me out there," said Larry on his sport, "Running is something you can control." He enjoys the solidarity of running, finding it best to depend on only yourself, rather than others for success. Running has been an interest since his mid-20s when he took a lap around the University at Albany with a friend during a lunch break. His friend planned on taking "a couple more," which Larry found shocking and daunting. His lungs were burning, but he quickly took to the sport anyway, keeping with regular runs around campus, quickly building up endurance to make longer runs.

Ever since his first lap, Larry has kept a log of his daily jogs, which has built up quite significantly since 1977 to say the least. He also keeps tallies on any pains or potential injuries, making his general health a primary focus.

"Running is a portable sport," remarked Larry on its simplicity. "All you need is your shoes and running clothes." He has proved this by running in Scotland, Austria, Ireland, the Rocky Mountains, Canada, and while on a cruise ship. "There's no need to find a court or a team," says Larry on his favorite activ-

ity. Normally one for running solo, Larry has competed in a few large races, including the

Mohawk Hudson River Marathon and the New York City Marathon. Though achieving various successes in these races, Larry much prefers the idea of running on his own and keeping to his own pace, all the while enjoying the world around him.

Keeping a daily log of running has been a habit of Larry's since the day he started training. He tallies his progress on the first day of every year. "You have to become self-disciplined," he said, "I'm not going to run 20,000 miles in one day, so it has to be five miles here and four there." There's always a big goal in mind, but Larry prefers to take things a day at a time and maintain a realistic mindset. If he is hurting one day, his goal would be to push through it and get the day's exercise in, or if he has to, take a day off. Keeping this stable form of thinking has helped Larry to achieve his great feats and stay healthy along the way.

Larry has fought through a number of minor injuries, what he calls "diseases of excellence," through his years of running but always fights through to run more. He takes rest seriously, keeping his general health ahead of his running endeavors, taking four days off from running every month to nurse the various aches and pains that are inevitable through an amazing 34 years of recorded running.

"There's no such thing as a healthy addiction, it's an oxymoron," he laughs on the thought of running a set distance every single day of the year. He sees running as work, something that needs to be done, but also needs to be seen as a possible risk to health. "I've never quit," said Larry, "but life happens." Larry doesn't consider himself a gym rat but sticks to a regiment of running daily, maintaining a nutritious diet, and treating injuries seriously, which has worked out for him extremely well. When asked what his next goal is, Larry responded "If I keep running at the same pace I'm running now, I would reach the moon when I'm 168 years old, and then I'll have a party."

To donate to Larry's 50K for Food, you can visit: thefoodpantries.org. 📍

Lee Whittemore (lee.whittemore@gmail.com) is a senior English major and volleyball player at Siena College in Loudonville. He is an intern with Adirondack Sports & Fitness this fall semester.

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HEALTH & FITNESS

Think You're Fit? You Might Not Be CrossFit

by Janit Gorka

The fitness pursuit CrossFit has been solidly in the background of the fitness industry for several years, keeping mostly soldiers and elite athletes primed for action. It is now getting broad attention, gaining diverse practitioners, growing as a competitive sport, and forming a community of carefully-trained athletes. Notably, it is not in the background anymore. CrossFit is a fitness discipline that gathers the best exercises from a variety of training methods and puts them in an intense, varying, and often explosive workout. It is a happy hodge-podge of challenging movements/exercises performed on the clock.

According to CrossFit.com: "CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. CrossFit delivers a fitness that is, by design, broad, general and inclusive. Its specialty is not specializing. Combat, survival, many sports and life, reward this kind of fitness and, on average, punish the specialist."

"It is constantly varied functional movements executed at a high intensity," says Jason Ackerman, owner of Albany CrossFit and CrossFit Clifton Park.

Joy Smolinski, owner of CrossFit Beyond in Albany, adds: "CrossFit is a strength and endurance program. It is for all ages and fitness levels using Olympic lifting, gymnastics and sprinting, working on the ten physical skills: cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, accuracy and balance."

Physiologically speaking, there are masses of us out there doing endurance sports at a fairly high level, who may not be really great athletes. Most things runners, cyclists, swimmers and rowers do is in a straight line, and often it's an aerobic energy system functioning during the workout. CrossFit stimulates your body by using different energy systems, and challenging it with explosive movements, multi-plane exercises repeated with resistance, plyometrics, "strongman"-style strength tests and more. It employs Olympic-style lifting, which requires some time to master, as well as such simple fitness fundamentals as burpees (aka squat thrusts). You can't expect to do "more of the same." Classes might include lifting a cement orb, dragging a sled across asphalt, pull-ups, clean and jerk, front squats, running... It's forever changing.

In the Capital Region and beyond, CrossFit can be explored in Spartan-looking gyms with some serious athletes leading the workouts.

I had been intrigued by this myself, prompted by my rowing coach, Sue Taylor, who coaches at Emma Willard, Skidmore College, and Skidmore Community Rowing – an adult/master's program. She encouraged the adults to broaden their athletic horizons, because rowing is, after all, performed in a fixed seat/space and is linear in nature. It is hardly a functional activity.

In the off-season from the boat, I attended an "on-ramp" training class at Albany CrossFit, and started a few weeks of humiliation and pain at the hands of the extremely cheerful and witty instructors.

Here's what I learned: I had a lot to learn; it was going to hurt; and I am not such a great athlete after all.

"People find out they are really decent at their sport, but really bad at other things athletic," says Jason Ackerman of Albany

CrossFit. "Their fitness is specialized, and it doesn't transfer to something else."

A CrossFit workout is scheduled and structured, and is always referred to as the Workout of the Day or "WOD." It includes a warm-up that prepares your body for the advanced movements, a workout session that can be fairly short but extremely challenging, and a concluding challenge or warm-down – whimsically referred to as an "after party." A workout is often written on a white board as you arrive to class, and after a few weeks of reading the acronyms, you figure them out. Some examples are AMRAP (as many reps as possible), HSPU (handstand push-up), SDHP (sumo deadlift high pull), and OHS (overhead squat)... You get the picture – it's an alphabet soup of torture!

"There is variety, but it is not random... There's science in preparing the WODs and the overall programming at the gym," says Jason Ackerman. "The most important thing is to train smart, not just hard." Jason and Brett Andrus, Albany CrossFit staff member, are two of only ten Level 2 CrossFit coaches in New York.

CrossFit has also become a competitive sport, where gym members from across the country go to competitions to test their strength against each other. Reebok recently sponsored the CrossFit Games televised on ESPN, validating it in the world of sports, media-style.



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▲ CLARK LEACH OF ALBANY HAS LOST 100 POUNDS AND IS COMMITTED TO HEALTH AND FITNESS.

PHOTOS BY JONELLE BAYER/ALBANY CROSSFIT

It's important to note that despite its aggressive and youthful beginnings as a sport in 1995, all CrossFit workouts are "scalable" – they can be adjusted to match your skill, strength, age or even discomfort with equipment. In my short spell as a CrossFit athlete, I had my jaw drop more than once watching a 60-plus athlete make me look like a fool, so the age reference might not even be appropriate here.

CrossFit has specialties and classes to suit a variety of interests. At CrossFit Beyond there are kids' classes, and at Albany CrossFit there are specific kettlebell, mobility, strongman, and competitive workouts. At Collar City CrossFit in Troy, they offer WOD and kettlebell classes and a free intro class to get you started.

CrossFit staff recommends the Paleo diet (aka "Caveman Diet"), which they say is part of successful CrossFit training. (For more

info, read "Paleo Solution" by Robb Wolf.) "Eighty-percent of being a healthy person depends on what you put in your body," adds Joy of CrossFit Beyond.

Yes, CrossFit will challenge you beyond your imagination, but Joy stresses, "Rest and recovery days are very important in creating an athlete, because muscles need time to repair and restore."

I have temporarily taken a break from CrossFit during the rowing season, but I plan to be back when the boats are stored for the winter. For anyone considering changing your fitness level, really transforming it, give CrossFit a try. 🌟

Janit Gorka (janitgorka@gmail.com) is a Wilton-based freelance writer. She works for Jaeger & Flynn Associates in Clifton Park and for Row2k.com.

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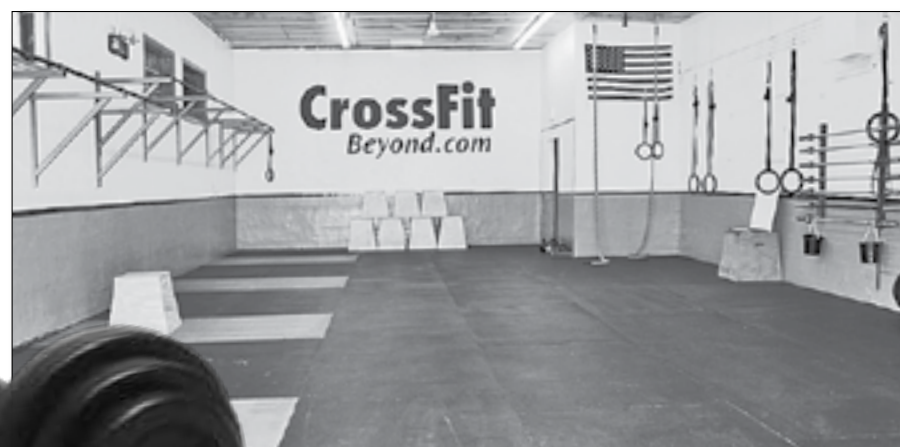
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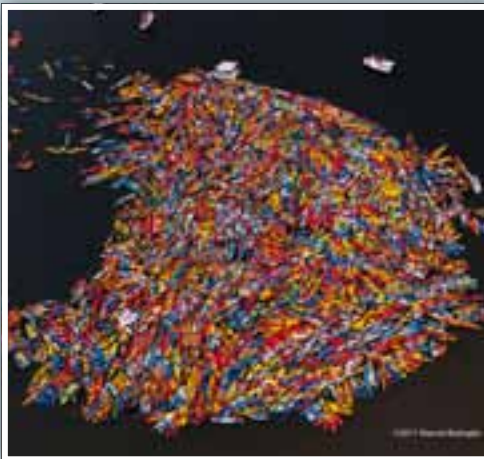
AROUND THE REGION News Briefs

1,925 Boats Form Giant Raft, Inlet Beats Pittsburgh

INLET – A giant mosaic of 1,925 canoes and kayaks filled a corner of Fourth Lake off the shore of Inlet on Saturday, Sept. 24. The boats vied against Pittsburgh for the Guinness Book of World Records title as the World's Largest Floating Raft. Inlet has 400 residents; Pittsburgh has 350,000. While the world record title determination won't be made for months, the boat count was far beyond Pittsburgh's 1,619 boats. David beat Goliath handily.

"When the tiny town of Inlet decides to win, we do it in a big way," said Connie Perry, organizer of One Square Mile of Hope, the raft-building event that hosted 2,200 paddlers in solo and tandem boats from 14 states and Canada. "We had two goals, raise funds for Susan G. Komen for the Cure's breast cancer research, and to grab back the world record we held three years ago." In 2008, Inlet won the title with 1,104 boats.

The rules for the Guinness competition are detailed and include more than just the number of boats. Adele Burnett, director of Inlet's Information Office, said that the boat count was verified by a simple system that entailed each paddler receiving a numbered



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sticker before entering the designated raft area. "We immediately knew there were at least 1,925 boats in the raft," Adele said. The aerial photos and video will be reviewed by Guinness and a determination will be made next spring.

Connie isn't worried about Guinness declaring Inlet the official winner, but the waiting will be hard. One Square Mile of Hope exceeded its goal of \$65,000 for Komen's breast cancer research efforts from this year's event so far. Donations continue to come in at onesquaremileofhope.org.

Alpine Sport Shop Presents Warren Miller Movie as Benefit

SARATOGA SPRINGS – The Alpine Sport Shop will present the 2011-12 Warren Miller ski/snowboard movie, "...Like There's No Tomorrow," for the benefit of the Saratoga Springs High School Alpine Ski Team and the Vermont Hurricane Irene Relief Efforts. As always, it will be one of the first showings in upstate New York. The movie will be shown Saturday, Nov. 5 at 7pm, in the Trombley Auditorium, Maple Avenue Middle School in Saratoga Springs. Tickets are \$12 per person, and are available at the Alpine Sport Shop in Saratoga Springs, and through Saratoga High School ski team members. Contact Alpine Sport Shop at (518) 584-6290 or alpinesportshop.com. ⚡



FROM THE PUBLISHER & EDITOR

Winter Sports & Healthy Living Expo

It's been a few months since we've published our column... It usually means that we've been bumped by an ad – which makes it a good problem! We're sorry for our absence.

We have exciting news to share about our Winter Expo! We have combined the Saratoga Healthy Living Expo with our show to make it the "Winter Sports & Healthy Living Expo," the Capital Region's largest exhibition of skiing, snowboarding, snowshoeing, cross-training and travel, plus mind, body, spirit, fitness and green living!

The *Adirondack Sports & Fitness* "Winter Sports & Healthy Living Expo" will be on Saturday-Sunday, November 19-20 at the Saratoga Springs City Center. Mountain resorts, ski shops and outdoor clubs will offer specials, sales and membership opportunities. Health and fitness professionals will share their expertise and encouragement, and travel destinations will offer day trips and family adventures.

New to this year's show will be the Mega Spin indoor cycling class, instructed by Kevin Crossman, USAT certified coach and All-American triathlete. Offered both days, it's sure to be the area's largest spin class! We're also pulling together indoor snowshoeing and cross-country skiing activities, so be prepared to try them. We'll have details coming soon on AdkSports.com and in the November issue's Attendee Guide.

One Roof of Saratoga will also be on hand to offer sample sessions of a variety of healing treatments including Reiki, acupuncture and massage. Seminars by leading professionals covering a wide range of sports, health and fitness topics will be held both days.

"How did this come about?" you might ask. When we discovered the Saratoga



Healthy Living Expo was on Sunday of the Winter Expo, we contacted founder Lisa Morahan, about possibly combining our shows. It was a natural fit and a great opportunity to showcase how outdoor sports, mind-body-spirit, fitness and green living complement one another.

Lisa, a cancer survivor, is also the founder of floydwarriors.com, 'Helping Families Cope with Cancer One Household at a Time.' The mission of this organization is 'Dinner is Done, Dishes are Clean, and the Kids are OK!', which aims to help newly diagnosed cancer patients with basic life necessities, so they may go on living to pursue their life's passions after a cancer diagnosis.

Admission to the Expo is \$5 for adults and free for 18 and under, so it's family-friendly. Partial ticket proceeds will benefit floydwarriors.com. We hope you'll join us at the Winter Sports & Healthy Living Expo!

Happy autumn, enjoy the October issue!

Mona and Danyel

"Like us" on Facebook.com/AdirondackSports by October 31st and you could win two entries to the Troy Turkey Trot!

Your comments are welcome: info@AdkSports.com

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MULTISPORT

Embed Your Training

by John Slyer

Leading a healthy life should be one of the highest priorities for each of us. Research has shown that those who live an active lifestyle have higher ratings on scales of happiness and satisfaction with their lives. Physical and emotional health also increases when we have a purpose in our lives and feel connected to others. With so many outside pressures and demands from family, work and community organizations, is it possible to lead a healthy life? I believe the answer is a resounding "yes!"

One of the challenges to staying healthy and fit is that your health can erode without you even knowing it. Life gets busy and careers, relationships, children, and other pressures take up more and more time. Before you know it, the time you once dedicated to exercise has evaporated. It's at this point when you may begin a downhill slide. It does not have to happen this way. You can choose to make your health and wellness a top priority in your life. If you don't take care of yourself, you will not be able to enjoy the fitness benefits and every aspect of your life will be impacted. It's your choice.

How can we be physically healthy, increase productivity at work, and improve our relationships? When we make priorities in our lives we usually put our children, families, and work quite high, if not on top of the list, as we should. What about ourselves? We need to learn a few simple principles.

The first principle is to commit to making your physical well-being one of your highest priorities. If you don't have your health, you won't be as productive as you

could be at work or at home. Furthermore, your family stands to lose out on quality time with you if you are unhealthy.

The second principle is to dedicate time to planning out each week so that you don't get lost in what everyone else wants you to do for them. It's great to be involved, to be a contributor or leader in your family and at work, but you must dedicate time to planning your time.

The third principle is to learn to say "no" and plan your time well so that it does not slip away. This also means that you can say yes to your physical fitness. Time is the one thing that we cannot get back once it's gone. Don't waste it! If you make sure that you cover your vital priorities, like your health and family, you will need to drop things that burn your time with no benefit, like TV and Facebook. Even work should have some limits; if someone tries to schedule over your fitness or family time, you can simply tell them that you have an important meeting – and you do.

The fourth principle is to set goals. Weekly goals might include swimming, skiing or running three times a week. Medium term goals like running a monthly race or hiking a mountain help break things up and challenge you. Annual goals give you long term feedback about where your level of fitness is going. If you get five minutes slower in a 5K run in one year, you'll know something needs to be addressed. Our family does the annual Troy Turkey Trot. It's good for everyone because it gives us feedback and incentive to stay fit. It started with my

wife, Kathy and me, and now we have about 30 Slyers running the 5K and 10K – and we finish with a friendly rivalry.

As for me, I rise early to swim twice a week, run after work or with my kids at their practices, bicycle and ski with them and my ski patrol buddies, and I do lots of triathlon training too. I also like to sign up for big, long events that scare me enough to get myself to train seriously. The Boston Marathon, Tour de Cure, Ironman Lake Placid, XTERRA, Crystal Lake Triathlon, and my favorite race – the Mohawk Hudson River Marathon – all fit the challenge I need to keep me moving.

The final and most important principle is to make it fun and get your loved ones involved. Don't allow yourself to get off track. Get up early to ski, hike, run, bike and paddle or go to the gym. Try something new or sign up for some epic event with a friend or group.

Now, make it happen! Changing habits and lifestyles is hard work. Research shows that it takes months to establish new habits and to change your lifestyle. Start today!

How do you embed your training? Ride a bike or run to work, run at lunch, take the stairs, play a game in the backyard with your kids instead of watching TV, practice sports with your kids, run with your kids in a stroll-

er or while they bike, get exercise equipment to use at home while the kids are sleeping... Get a side job teaching skiing, spinning or even ski patrol; anything active. There are endless ways to embed training into your life if you use your imagination.

I challenge all of you to evaluate your health and fitness seriously, and not just by having a doctor give you a pat on the back saying you are fine. Make your fitness a top priority. Grab a calendar and begin. Block out an hour each day to spend on improving your health. Give yourself fun, challenging goals that measure and enhance your fitness and health, and make you more productive.

If you are dedicated to a healthy, happy, more productive life, take the time to make the time for yourself! If you do, you will reap the long- and short-term benefits, and so will everyone you connect with. 🌱

John Slyer (john@skyhighadventures.com) of Averill Park is an accomplished triathlete, science teacher, USAT certified coach, founder of the Crystal Lake Multi-Sport Life Triathlon Club, and SKYHIGH Adventures. He produces the XTERRA SKYHIGH, Kids' Triathlons, and SHAPE Multi-Sport Camps.



T.J. O'CONNOR, 2011 IRONMAN LAKE PLACID FINISHER AND SHAPE MULTI-SPORT CAMP COACH, EMBEDS HIS TRAINING WITH KIDS AT CAMP. PHOTO BY KATHY SLYER

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5TH ANNUAL NORTH COUNTRY TRIATHLON continued

Table of race results for the 5th Annual North Country Triathlon, including Female Age Groups (25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69), Male Age Groups (20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69), and an Olympic Relay section.

5TH ANNUAL NORTH COUNTRY TRIATHLON continued

Table of race results for the 5th Annual North Country Triathlon, including Male Age Groups (30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79) and a Sprint section (750m Swim, 20k Bike, 5k Run).

29TH ANNUAL TUPPER LAKE TINMAN TRIATHLON

Table of race results for the 29th Annual Tupper Lake Tinman Triathlon, including Tinman (1.2M Swim, 56M Bike, 13.1M Run) and Male Age Groups (20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79).

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HITTING THE FALL TRAILS continued from page 1

ideal setting for your first venture into the woods. Held on the Saratoga High School Streaks' home course, you discover yourself back in school, once more echoing the foot-steps of ponytailed youth. For bonus points, you also get a lesson in semantics. What is the difference between a cross-country and a trail race and does it really matter? While there are many detailed definitions, unless you intend to be the winner in a gnarly trail race the course itself is your competition, and not your fellow travelers. At the recent 15K at Moreau Lake State Park, Saratoga Stryder president, Jen Ferris, placed fourth overall and first woman. She may not have been one of the fastest out there, but she respected the quirky trail, paid attention, and stayed the course.

There are no such caveats at the 11th annual Saratoga Cross Country Classic. Recently, fellow Stryder, Stu Eichel, thoughtfully remarked that the course is so perfectly laid out with its well-spaced hills and variety of terrain, that it's almost as if the original park designer backhoed it into shape. Intrigued, I consulted Streaks cross country coach, Linda Kranick, who assured me that this perfectly designed route was an act of nature, gifted to us to utilize and to cherish.

Once again race directors Jeffrey and Naomi Allen will simultaneously host the USATF-Adirondack XC Championship, making for a highly competitive crowd. If you are a USATF member, theoretically you could win or place in your age group in two events simultaneously! But for the rest of us, this route is road shoe friendly and the perfect venue for your initial into the woods excursion. Visit: saratoganational.com.

Ramping up a notch, consider the **Hairy Gorilla Half Marathon & Squirrelly Six** trail runs on Sunday, October 30 at Thacher State Park near Voorheesville. The third in ARE Event Productions' stable of palindromes, Gorilla (HGH) presents a natural progression in length and lettering from Dodge the Deer (DTD) 5K trail run, and Brave the Blizzard (BTB) 4-mile snowshoe race.

According to race director, Josh Merlis, scary gorillas fit naturally into the Halloween theme, with the Squirrelly Six showcasing the fall nut gatherers and nicely rounding out the alliteration.

Apparently ARE has taken ghoulish decorating to new levels with all sorts of tricks and treats for the event. If you pre-register by mid-October, you are also guaranteed your own personalized gravestone and can make searching for it the highlight of your near death post-race experience. Participants can run the six-mile or half marathon, and there is a relay team competition within the half. There is a 600-meter kids' race, and an eat-till-you-drop cookout after the race.

While the primary emphasis is on fun, neither course is a mere stroll in the woods and deserves trail-specific footwear. You will not be climbing mountains or descending steep cliffs but you can expect mud even during a dry week. And when have we seen dry lately? A rainy streak of days will jump-start the course from grade-two difficulty all the way to five and beyond. One year, an official Jeep got stuck on course and finished out the day as a tourist curiosity. That same year, we all watched in awe as Rich Busa, a die-hard trail runner from Massachusetts, refused to skirt an offending "puddle" and plunged in – up to his thighs. Who needs a "mud run" when you can run with the gorillas? Visit: areep.com.

Sandwiched between the above events in level of difficulty, if not in actual time and space, is the **Saratoga Spa State Park Fall Back 5** 5-mile trail race on Sunday, November 6. Much like a precocious schoolchild, this event is constantly reinventing itself, keeping us on our toes and poised for a yearly course PR. Designed by John Orsini, this race first appeared in the spring of 2005 as the Mudslinger. The next few years brought numerous course changes and even a backwards route. Then, yielding to a too-hectic warm weather season, Mudslinger morphed into Fall Back 5, commemorating the autumn time change. After last year's truancy, Fall



▲ START OF THE 2010 SARATOGA NATIONAL CROSS COUNTRY CLASSIC 5K RACE AT SARATOGA SPA STATE PARK. PHOTO BY STAN HUDY/THE SARATOGIAN

▶ "WITCH" CYBELLE NICHOLSEN-PACHTER OF GLENMONT, "NATIVE AMERICAN" DENISE GONDER OF ALBANY AND OTHERS AT THE 2010 HAIRY GORILLA. PHOTO BY PETER THOMAS/ALPENGRAHIK.COM



Back has resurfaced, this time headquartered from the state park Administration Building (near reflecting pools).

Casey Holtzworth has redesigned the course, which includes remnants from the Saratoga XC and the Mudslinger, and showcases some newly developed trails. Thankfully, the confusing four-way intersections have been eliminated, yielding a more easily navigated course. This latest version features more singletrack and less asphalt, always a good thing in a trail race. Casey notes there is "...a real quad buster at about mile-one, as runners are sent past the Island Spouter and up a staircase climb from Geyser Brook." All told, if you are familiar with the older versions, you can expect the same level of difficulty – challenging but doable for all. Especially if you remember that real trail runners are not ashamed to

walk steep hills. Often, you get there faster! Visit: saratogastryders.org.

Join the 1st annual **Glens Falls Family YMCA 5K Scare Run** through the scenic cross country trails in Cole's Woods on Sunday, October 30 (glensfallsymca.org). Additional trial races include **Monroe/Dunbar Brook** 10.5-mile and two-mile runs on Sunday, October 9 in Monroe, Mass. (runwmac.com), and **Taconic Hills Trail Runs** 5K and 10K races on Sunday, October 23 in Greenwich (bkvr.org).

So this fall, take some back to school initiative and explore the outdoors with a group of like-minded individuals! 🍂

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

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