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CALENDAR OF EVENTS

October-December: 250 Things to Do!

Kayaking & Canoeing 9 Fall Paddling

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Running for Food with Larry Pohl

11 **Health & Fitness**

Are You CrossFit?

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Multisport

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RACE RESULTS 14-18

Top Finishers in 15 Events

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

s a school kid in the bygone days, you may have been Arequired 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

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

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



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

Alpine Skiing, Snowboarding, Snowshoeing Snowshoeing & X-C Skiing

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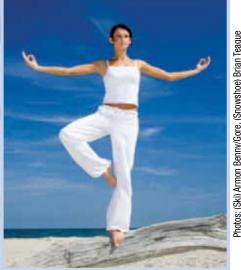
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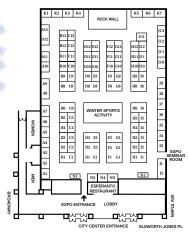
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HIKING & BACKPACKING

Chimney Mountain

himney 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 900foot 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, stepping 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 (hiketheadirondacks.com). For more on this region, consult Discover the South Central Adirondacks.



THE SUMMIT LOOKING SOUTHWEST OVER KINGS FLOW AND ROUND POND TOWARD HUMPHREY AND

KUNIAMUK MOUNTAINS. PHOTOS BY BILL INGERSOLI

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Nov 13 - Bethlehem Cup Cyclocross

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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.
- 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

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

- Whiteface Rail Jam. 12pm. Whiteface Mountain, Wilmington. 946-2223. whitefacelakeplacid.com.
- Inside Edge Alpine Ski/Snowboard Demo Day. Gore Mountain, North Creek. 793-5676. insideedgeskiandbike.com.
- Lumber Jack Log Jam Freestyle. Gore Mountain, North Creek. 251-2411. goremountain.com.
- **Burton Snowboard Demo Day.** Gore Mountain, North 28 Creek. 251-2411. goremountain.com.
- 57th Master's Ski Jump: Art Devlin Cup. 6-8pm. Olympic Jumping Complex, Lake Placid. 523-2202. whitefacelakeplacid.com.
- NYSEF 90K New Year's Ski Jump. 6pm. Olympic Jumping Complex, Lake Placid. 523-2202. nysef.org.

JANUARY

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

ONGOING

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

OCTOBER

- Stove Pipe Meander Tour Ride. 10am. 30M. Park/Ride, Bethlehem. John Petiet: 438-9102. webmhcc.org.
- BattenFall Classic Circuit Race. 48-68M. Cambridge. Dieter Drake: 275-6185. bikereg.com.
- Ride Around Whiteface Mountain. 48M. 7am. Whiteface Mountain, Wilmington. Steve Mackey: 793-6484.
- Autumn Family Bike Ride. 15M guided. 1pm. Grooms Tavern, Clifton Park. 371-6667. cliftonpark.org.
- Chatham Casual Ride. 9:30am. 34M. Post Office, Nassau. Brian Daniels: 527-7978, webmhcc.org.
- Tour of the Battenkill Fall Preview Ride. 10am. 62M. Noncompetitive. Cambridge. Dieter Drake: 275-6185. bikereg.com.
- Sweat N Fall Full/Metric Century. 100M/62M. 6am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419.
- Apple Orchard Casual Ride. 10am. 30M. Rite Aid, Castleton. Dave Render: 433-8316. webmhcc.org.
- Guilderland Casual Ride. 10am. 25M. Mohonasen C.S., Rotterdam. Fred Barker: 852-4629. webmhcc.org.
- Schodack Tour Ride. 10am. 40M. Schodack. James Woodruff: 462-5030. webmhcc.org.
- Sweat N Fall Full/Metric Century. 100M/62M. am. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419. bikereg.com.
- The CircumBurke. 18-36M.10am. Burke Mountain Resort, East Burke, VT. circumburke.org.
- Pedal Poker Bike/Run. 12pm. Florence Savings Bank, Northampton, MA. valleycdc.com.
- Haunted Hundred Overnight Century Ride. 6pm. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

NOVEMBER

- 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

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.
- Kingston Roller Ski Race. Kingston H.S., Kingston. nyssranoraic.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

- 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.
- 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, 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.
- CardiotFit Classes. Prime Care Physicians, Albany. 618-1100. Schedule: centerforpreventivemedicine.com.

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HIKING, CLIMBING & SKILLS

OCTOBER

- Trailless Peak Day Hikes: Table Top Mt. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Vanderwhacker Mountain Fire Tower Hike. 5.4M. 9am. Boreas River Picnic Area, Minerva. Rich Crammond: 584-2380. adk-gfs.org.
- Trailless Peak Day Hike: Street & Nye. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Women's High Ropes. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- Noonmark Round Mtn Loop Hike. 5M. 7:30am. Noonmark. Lorraine MacKenzie: 791-9794. adk-gfs.org. Five Summits of Pitchoff Mountain Hike. 9am. Noonmark
- Diner, Keene. Ellen DuBois: 798-4531. adk-gfs.org. Moreau Overlook Hike. 4-6pm. Moreau Lake S.P.,
- Gansevoort. Reservations: Rebecca Mullins: 793-0511. oprhp.state.ny.us. Mud Pond Hike. 1-3pm. Moreau Lake S.P., Gansevoort.
- Reservations: Rebecca Mullins: 793-0511. oprhp.state.ny.us.
- Gore Fire Tower Hike. 9M. 8am. North Creek. adk-gfs.org.
- Merck Forest Hike. 6M. 8:45am. Merck Forest & Farmland Center, Rupert, VT. Ray Bouchard: 893-7314. adk-gfs.org.
- Leave No Trace Trainer. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Map & Compass Fundamentals. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

- Haunted Halloween Walk. Moreau Lake S.P., Gansevoort. Reservations: Rebecca Mullins: 793-0511. oprhp.state.ny.us.
- Cat & Thomas Mt. Preserve Hike. 7M. 8am. Bolton Landing. adk-gfs.org.
- 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.
- Potter Point Hike. 1-3pm. Moreau Lake S.P., Gansevoort. Reservations: Rebecca Mullins: 793-0511. oprhp.state.ny.us.
- Mount Marcy Hike. 14M. 6am. Jonathan Lane: 744-4594. adk-gfs.org.
- McKenzie and/or Moose Hike. 6am. Jayne Bouder: 793-3770. adk-gfs.org.

NOVEMBER

 $19\text{-}20\ 4th\,Adirondack\,Sports\,\&\,Fitness\,``Winter\,Sports\,\&\,$ 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.

MOUNTAIN BIKING & CYCLOCROSS

OCTOBER

- 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.
- NYCROSS.com Race Series: Saratoga Spa Cyclocross. Saratoga Race Track, Saratoga Springs. John Onderdonk: 441-2074. nycross.com.
- All Hallows MTB Race. 9am. Central Park, Schenectady. Heather Rizzi: 847-2419. bikereg.com.
- NYCROSS.com Race Series: Clean Bottle Wicked Creepy Cyclocross. Willow Park, Bennington, VT. 802-442-7238. nycross.com.

NOVEMBER

- **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

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OCTOBER

- Paint Ball Biathlon. 9am. Pineridge XC Ski Center, East Poestenkill. 283-3652. pineridgexc.com.
- Columbus Day Orienteering Meet. 11am-1pm. Grafton Lakes S.P., Grafton. empo.us.orienteering.org.
- 9th Mohawk Towpath Byway Duathlon. 2.2M run, 16M Grove Clifton Par Eric Hamilton: 371-7548. mohawktowpath.org.
- Colonie Orienteering Meet. 10am-noon. Town Park, Colonie. empo.us.orienteering.org.



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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:





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 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

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

Orienteering Meet. 10am-noon. Cole Hill S.F., East Berne. Phil Hawkes-Teeter: 872-1993. empo.us.orienteering.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.

DECEMBER

ToKo Wax Clinic. Osceola XC Ski Center, Osceola.

JANUARY

New Year's Resolution Day Biathlon. 7.5K. 10am. Macauley Mountain, Old Forge. nybiathlon.org.

OTHER EVENTS

OCTOBER

- 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.
- Flaming Leaves Festival. 11am-5pm. Olympic Jumping Complex, Lake Placid. 523-3330. whiteface.com.
- 11th Presidents' Dinner. Michael's Banquet House, Latham. ADK Mountain Club: 668-4447. adk.org.
- Scary Story Night. Ndakinna Education Center, Greenfield Center. 583-9958. ndcenter.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.
- 19-20 Cougars: Ecology/Verification w/Dr. Jim Halfpenny. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

PADDLING: CANOEING & KAYAKING

OCTOBER

- Family Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- 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.
- Evening Kayak Tour. 5:15pm. Henry Hudson Park, Bethlehem. Adirondack Paddle N Pole: 346-3180.
- Evening Kayak Tour. 5:15pm. Lions/RR Station Park, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

NOVEMBER

Evening Kayak Tour. 4:45pm. Peebles Island, Lansingburgh. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

RUNNING, TRAIL RUNNING & WA

ONGOING

Call ChiRun/Walk Instruction w/Ann Margaret McKillop. 802-259-3617. Ludlow, VT. myfitnessrecovery.com.

OCTOBER

- 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.
- 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.
- 2nd Run for Your Life! 5K Run/Walk for Hospice. 9am. Warrensburg Recreation Field, Warrensburg. Sunday Conine: 743-1672. hphpc.org.
- 1st "Rhino Run" 5K Run/Walk. 9:30am. Kids' Fun Run: 9am. The Crossings, Colonie. active.com.
- Coxsackie PAL 5K Fun Run/Walk. 10am. Coxsackie. William O'Brien: 731-8121. onteorarunners.org.
- Guinness 5K Run for Cystic Fibrosis. 9am. Gavin's Irish Country Inn, East Durham. 634-2582. gavins.com.
- Adirondack Harvest 5K Run. 10am. Adk Community Church, Newton Falls. 585-335-8626. northernrunnr.org.
- 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.
- Trek For Hope. 5K run/walk: 10:45am. 10K: 9am. 1M kids' run: 10:15am. Village Park, Granville. Peter O'Brien:
- 31st Newburgh Beacon Bridge Run 5M. 11am. Newburgh to Beacon. Rebecca Withers: 845-895-3402. mhrrc.org.
- 3rd Race Away Stigma 5K Race & Fun Walk. 10am. Bruno Stadium, HVCC, Troy. Carrie Zurenko: 629-7176. hvcc.edu/cct.
- 1st Octoberfest Half-Marathon. 13.1M in Apple Country. 9am. Peru F.D., Peru. runoctoberfest.com.
- 11th Saratoga National Cross-Country Classic 5K Race. 10am. Saratoga Spa S.P., Saratoga Springs. 583-3114. saratoganational.com.
- ARC in the Park 5K Race. 10am. 0.5M Fun Run: 9:30am. Rensselaer Tech Park, Troy. Charles Tarbay: 274-3110.
- Empire State Marathon & Half-Marathon. 7am. Syracuse. Brian Collins: 480-543-0008. empirestatemarathon.com.
- Andy Haller Memorial 5K. 9am. The Crossings, Colonie. Lori Kunker: 489-4421. fullerroadfire.com.
- 41st Green Mountain Marathon. 26.2M. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 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.
- Albany Co Sheriff's Run for the Hill 5K. 10am. Cornell Coop 22 Ext, Voorheesville. 655-7811. albanycounty.com.
- Anne's Quest 5K. 9:30am. Colon cancer research/awareness. Shaker H.S., Latham. Kelli: 446-9638. annesquest.org.
- DPS 5K Run for Kids. 9:15am. Columbia H.S., East 22 Greenbush. Jamie Holtz: 248-8110. egcsd.org.
- Cahill Classic 5K Run/Walk. 9am. Cahill Elem School, Saugerties. Jenny Mangione: 845-247-0675. onteorarunners.org.
- Locust Grove Fall Trail Race 5K. 6pm. Locust Grove, Poughkeepsie. 845-454-4500. lgny.org.
- Tom's 10K Trek/Nic & Ty's 5K Road Races. 10:10am. Lake George Elem School, Lake George. Rebecca Smith: 796-9404. active.com.
- 1st Fall Foliage Half Marathon & 5K. 10am. Downtown Rhinebeck. 561-470-7966. fallfoliagehalf.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, l.ellis@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



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

- Taconic Hills Trail Runs. 5K run/walk & 10K run. 9:30am. Christ the King Conf Ctr., Greenwich. Jen Kuzmich: 692-2801. bkvr.org.
- Monster Madness Dash 5K Run & 3K Walk. 9am. Kids' Fun Run: 8:30am. Troy Family YMCA, Troy. Chris Bins: 272-5900. cdymca.org.
- 18th Goblin Gallop 5K. 9am. Halloween Hop Kids' Fun Run: 10am. Abraham Wing School, Glens Falls. Liz Ramos: 307-8884. adirondackrunners.org.
- 13th Great Sacandaga 10K Road Race. 10:30am. Sport Island Pub, Northville. Dave Gifford: 863-8046. fmrrc.org.
- Kingdom Challenge Half-Marathon & 5K. 8am. St. Johnsbury, VT. 802-751-8223. thekingdomchallenge.com.
- 6th 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.
- 1st 5K Scare Run. 10am. Cole's Woods at Glens Falls YMCA, Glens Falls. Will Groff: 793-3878. glensfallsymca.org.
- Oktoberfest Prediction Run. 2pm. Partridge Run Community Trail, Canton. 315-393-3074. unitedhelpers.org.

NOVEMBER

- 11th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertanium, Rock Hill. sullivanstriders.org.
- 1st AREEP Fall Frun 10K Race. 9am. Shenendehowa H.S. Clifton Park. Josh Merlis: 320-8648. fallfrun10.com.
- "Fall Back 5" 5M Trail Race. 10am. Kids' Fun Run: 11am. Administration Mall, Saratoga Spa S.P., Saratoga Springs. 584-2000. saratogastryders.org.
- 42nd ING New York City Marathon. 9:40am. Fort Wadsworth to Central Park, NYC. nycmarathon.org.
- 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.
- 6th Valatie Veterans 5K Run. 10am. Glynn Square, Valatie. Jon Meredith: 728-1451. active.com.
- 2nd Mohawk PTO Turkey Trot. 5K/2M Walk/Kids Fun Run. 10am. Weller Park, Mohawk. uticaroadrunners.org.
- After The Leaves Have Fallen 20K. 11am. Minnewaska State Park, Gardnier. Steve Schallenkamp: 845-339-5474. shawangunkrunners.org.
- 36th Gazette Stockade-athon 15K. 9am. 1M Kids' Run: 11:30am. (Sat, 9am-1:30pm: Expo, GE Theater @ Proctors.) Central Park, Schenectady. stockadeathon.com.
- HMRRC Turkey Raffle 1-Hour Run. 10am. The Crossings, Colonie. Al Maikels: 489-1040. hmrrc.com.
- **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.
- 10th Christopher Dailey Turkey Trot 5K Run/Walk. 8:30am. City Hall, Saratoga Springs. Mark/Maria Dailey: 581-1328. christopherdaileyfoundation.com.
- 2nd Our Towne Bethlehem Turkey Trot 5K Run/Walk. 9am. Bethlehem M.S., Delmar. John Guastella: 598-3434. ourtownebethlehem.com.
- Ellis Hospital Cardiac Classic 5K. 9am. Central Park, Schenectady. Wes Holloway: 379-1443. ellismedicine.org.
- 48th Cohoes Turkey Trot. 3.5M: 9am. Walk: 8am. City Hall, Cohoes. Danielle Lagace: 233-2116. ci.cohoes.ny.us.
- Adk Medical Center Turkey Trot 5K. 8:30am. Speedskating Oval, Lake Placid. Justin Colby: 897-2483. amccares.org.
- MHRRC Turkey Trot. 25K: 8:30am; 5M: 8:45am; 2M Fun Run. Arlington H.S., LaGrange. mhrrc.org.

- Running of the Turkeys. 8:30am. Arlington, VT. Jon French: 802-375-8083. bkvr.org.
- 28th Watertown Family YMCA Turkey Day Run. 10am. 24 Watertown. Steve Rowell: 782-3100. watertownymca.org.

5K SCARE

free T-shirt.

Join us for a 5K run through Cole's Woods.

Participants receive a

SUN, OCT 30TH, 10AM

GF YMCA Members \$25 Non-Members \$35

- 24 Thanksgiving Day Prediction Run. 10K. Sports Hall of Fame, Rome. romanrunners.com.
- 27th Thanksgiving Day Run/Walk to End Hunger. 5K. 24 9am. Utica. uticaroadrunners.org.
- 35th Turkey Trot 5K. 11am. Kids' Run: 10:45am. 24 Gutterson Field House, UVM, Burlingtonm VT. Anne Bliss: 802-865-7999. gmaa.net.
- WMAC Turkey Trot. 5K. 9:30am. PNA Hall, Adams. Ed Saharczewski: 413-743-5669. runwmac.com.
- Run Off That Turkey 5K. 10am. St. Lucy's Parish Hall, Altamont. Phil Carducci: 861-6350. active.com.

DECEMBER

- Reindeer Run 5K. SUNY Adirondack, Queensbury. 3 Becky D'Allaird: adirondackrunners.org.
- Jingle Bell Run 5K. 10am. The Crossings, Colonie. 3 456-1203. arthritis.org.
- MHRRC Knights of Columbus Holiday Run. 5M: 11am. Kids 1M: 10:30am. Knights of Columbus Hall, Wappingers Falls. mhrrc.org.
- Jingle Jog 7K. 10am. Loughran's Pub, Salisbury Mills. sullivanstriders.org.
- HMRRC Winter Series Race #1.15K/3M.10am. University at Albany, Albany. Doug Bowden: 273-5552.
- 15th Albany Last Run 5K. 5pm. Empire State Plaza, Albany. City of Albany: 434-2032. albanyevents.org.
- "I Love Woodford" Snowshoe Race. 3.5M. 10:30am. 26 Dion Snowshoe Series. Woodford S.P., VT. runwmac.com.
- 14th First Night Saratoga 5K Run. 5:30pm. Skidmore 31 College, Saratoga Springs. 584-4132. saratoga-arts.org.
- NYRR Emerald Nuts Midnight Run. 4M. 12am. Music, fireworks. Central Park, New York. nyrr.org.

JANUARY

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

SWIMMING

OCTOBER

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

JANUARY

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.

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NOVEMBER AD DEADLINE: 10/31

Contact Darryl: (518) 877-8788 Darryl@AdkSports.com Media Kit: AdkSports.com



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



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



Thursday, November 24

New Course Designs! Facebook.com/troyturkeytrot Follow @troytrot on Twitter

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

Saturday, October 22nd, 2011 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 & <u>10K Fees</u>

\$22 (before 10/1); **\$25** (before 10/22); **\$28** (day of)

Kids Fun Run Fees (12 & under,

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







Thursday, November 24 Thanksgiving Day • 8:30am

City Hall, Broadway Saratoga Springs Entry Fee: \$21 by 11/17 \$25 between 11/18-23

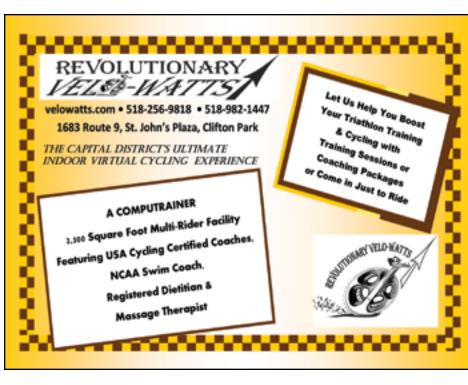
Packet pickup/last chance to register Wed, Nov 23, 4-8pm at Saratoga Hilton No "Day Of" Registration

T-Shirt: To all registered by 11/14

All proceeds benefit Christopher Dailey Foundation

Register Online: areep.com christopherdaileyfoundation.com









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GLENMONT STORE Fri-Sun, Oct 14-16

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* Best Selection Ever!

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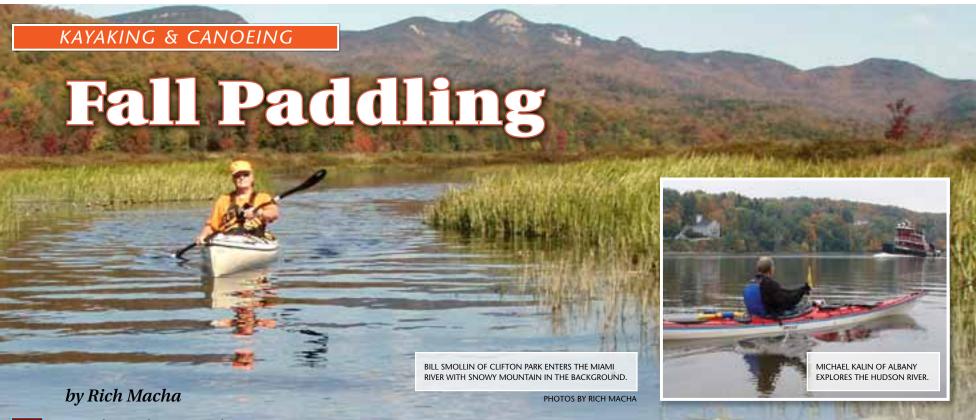
• STEINER'S SPORT IS CERTIFIED AMERICA'S BEST FITTING BOOT SHOP BY MASTER FIT UNIVERSITY

VALATIE STORE (Oct 7-10) 3455 Route 9 – 2 mi south of I-90, exit 12 (518) 784-3663 **GLENMONT STORE (Oct 14-16)**

329 Glenmont Rd – 3 mi south of Thruway exit 23 (518) 427-2406

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www.AdkSports.com OCTOBER 2011



or 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.

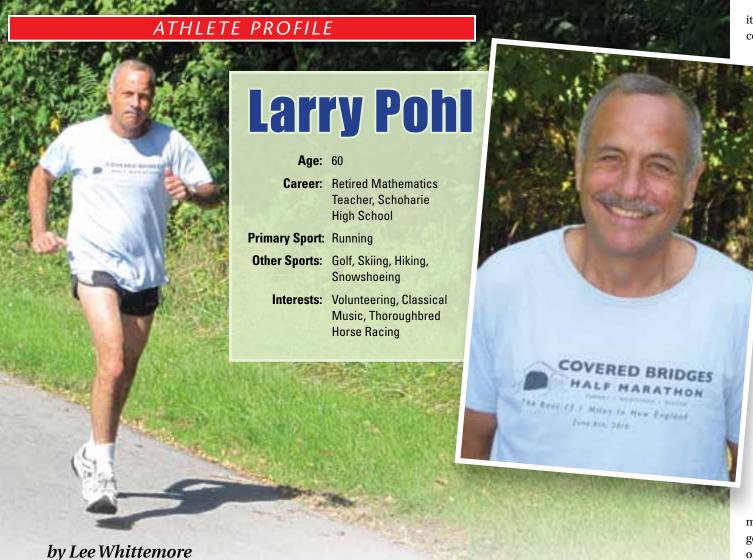
Head back to the river with a view of the Catskills, round the point and paddle into Schodack Creek to the rapids under the NY Route 9 bridge. Nearby at Stockport Station sits the Dutch colonial Staats House which is 350 years old. Paddle back out to the Hudson and go east of Stockport Middle Ground, 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).





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.

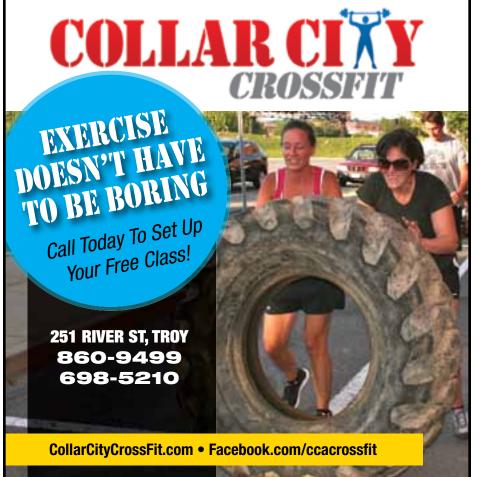
Larry has fought through a number of minor injuries, what he calls "diseases of excellence," through his years of running but always fights through to run more. He takes rest seriously, keeping his general health ahead of his running endeavors, taking four days off from running every month to nurse the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

he 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.



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.



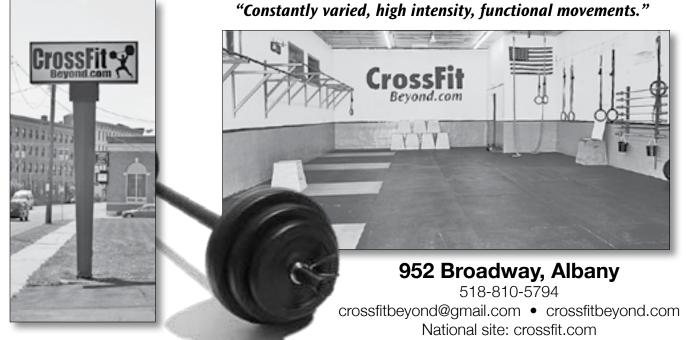
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AROUND THE REGION News Briefs

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 show-



ings 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

Tt'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.

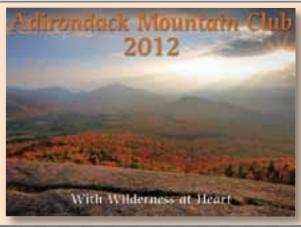
Admission to the Expo is \$5 for adults and free for 18 and under, so it's familyfriendly. Partial ticket proceeds will benefit floydwarriors.com. We hope you'll join us at the Winter Sports & Healthy Living

Happy autumn, enjoy the October issue!

MORA and Warre

"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



ADK's 2012 Calendar

showcases photographs of wild lands and waters in the Adirondacks. Also features small images of trees and excerpts from Forests and Trees, by E. H. Ketchledge. 12" x 9", \$12.95.

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

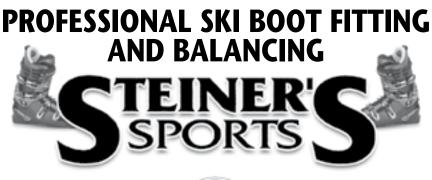
Learn effective ways to use your trainer and techniques to be a better cyclist/triathlete

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

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MULTISPORT Your Training

by John Slyer

eading 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-

• Families, teams, clubs Sleeps up to 20

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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.

T.J. O'CONNOR, 2011 IRONMAN

MULTI-SPORT CAMP COACH, EMBEDS HIS TRAINING WITH KIDS

LAKE PLACID FINISHER AND SHAPE

AT CAMP. PHOTO BY KATHY SLYER

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. 📥

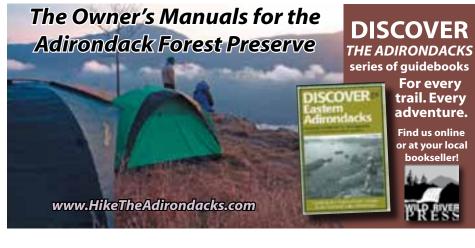
John Slyer (john@skyhighadventures.com) of Averill Park is an accomplished triathlete, science teacher, USAT certified coach, founder of the Crystal Lake Multi-Sport Life Triathlon Club, and SKYHIGH Adventures. He produces the XTERRA SKYHIGH, Kids' Triathlons, and SHAPE Multi-Sport Camps.

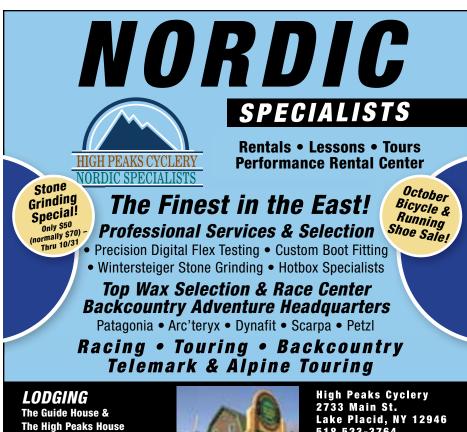
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RACE RESULTS

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	June 18, 2	011 • Whitefac	e Veteran	s Memorial Highway	, Wilmington	
	8 MILES, 3500' VER	RTICAL AT 8% GRADE		MALE AGE GROUP: 40-49		
	Top 3 Overall, Age Group			1 Kim Ulandt	Somerville, MA	51:04
М	ALE OVERALL	•		2 Bob Olden	Chestertown	51:36
1	Scott Lundy/20-29	Kingston, ON	49:52	5 Gary Steinberg	Jay	52:43
2	Robert Douglas/40-49	Honeoye Falls	50:17	32 David Hotaling	Latham	1:02:48
3	Joe Tonon/40-49	Marblehead, MA	50:20	33 Brian Campbell	Rome	1:02:49
FE	MALE OVERALL			35 John LaGraff	Niskayuna	1:03:14
1	Marti Shea/40-49	Marblehead, MA	50:52	40 Jerry Macner	Plattsburgh	1:04:42
2	Kristen Gohr/40-49	Reading, MA	53:33	41 Gordon DePuy	North Bangor	1:04:46
3	Rosanne VanDorn/30-39	Lake Placid	58:59	46 Tim Liscum	Parishville	1:07:06
-	NDEM - MALE OVERALL			52 Jeffrey Gelford	Wilmington	1:11:16
1	Jim Dannis	Dalton, NH	1:06:25	66 Daniel McCue	Clifton Park	1:17:31
	NDEM - FEMALE OVERAL			71 Henry Collins	Woodstock	1:20:58
1	Jacqui Queene	Schwenksville, PA	1:18:48	80 Tad Herman	Salt Point	1:29:06
2	Tania Claus	Oneida	2:22:24	90 Timothy Webb	Oneida	1:48:26
	VICYCLE - OVERALL	Official	2.22.24	FEMALE AGE GROUP: 40-4		FO.17
1	Raymond Viscome	Silver Lake	1:13:51	1 Liz Feeney 6 Betsy Richert	Philadelphia, PA	59:17
2	Steve Relles	Delmar	1:18:57	6 Betsy Richert 14 Carol Monte	Keene Gardiner	1:11:07 1:29:08
3	Kai Pisila	Chatham	1:34:15	MALE AGE GROUP: 50-59	Gardiner	1:29:08
_	ALE 20 & UNDER	Chaulaili	1.34.13	1 Jean-Rene Roy	Trois-Rivieres, QC	52:46
1	Marc-Antoine Vanier	Granby, QC	50:45	13 Doug Hazelden	Bloomingdale	1:01:47
	Hunter Miller		1:04:49	16 Dan Reilly	Saranac Lake	1:02:13
3		Wilmington		28 James Litynski	Niskayuna	1:05:44
6	Sebastian Bailey	Morrisonville	1:14:37	51 Donald Stark	Sugarloaf	1:21:34
	ALE AGE GROUP: 20-29	Milton DA	FO: 44	52 James Stine	Queensbury	1:21:35
1	Chad Swanger	Milton, PA	50:44	53 Daniel Sexton	Niskayuna	1:22:50
7	Karl Hensler	Warrensburg	1:02:00	FEMALE AGE GROUP: 50-5		
	Garrett Lee	Hopewell Junction	1:03:44	1 Dominique Codere	Montreal, QC	1:02:25
	Chris Makowicki	Staatsburg	1:13:34	MALE AGE GROUP: 60-69		
	MALE AGE GROUP: 20-29	C: D '' OC	4.05.30	1 Mark McCarthy	Macedon	58:43
1	Caissy Marie-Josee	St-Boniface, QC	1:05:28	8 Richard Erenstone	Lake Placid	1:10:24
	ALE AGE GROUP: 30-39			9 Floyd Lampart	Lake Clear	1:10:25
1	Jeff Johnson	Bennington, VT	50:25	12 Philip Thompson	Clinton	1:16:28
	Pierre Poulin	Granville	1:05:15	19 Ross McCabe	Albany	1:32:38
	Simon Pedrotty	Greenfield Center	1:07:59	24 Stephen Buzzell	Lake Ćlear	1:54:18
	Gerard Wise	Wilton	1:08:08	FEMALE AGE GROUP: 60-6	9	
	Craig Blagoue	Morrisonville	1:21:34	1 Bonnie Losick	Greenfield, MA	1:31:02
	Raymond Mere	Massena	1:24:05	MALE 70 & OVER		
FE	MALE AGE GROUP: 30-39			1 Don Metz	Lyme, NH	1:07:08
1	Michelle Campbell	Ottawa, ON	1:03:18	Courtesy of Whiteface Mo	ountain Regional Visitor	s Bureau

		61				FATHER'S DA			
м	ALE OVERALL				FI	EMALE AGE GROUP: 2	20 - 24		
1	Ben Engelhardt	23	Burnt Hills	15:30	1	Samantha Tibbitts	22	Loudonville	21:24
2	Kahlil Scott Jr.	20	Cohoes	17:07	2	Kelcey Heenan	22	Selkirk	23:34
3	Ryan Egan	18	Latham	17:10	3	Kristen Perrella	20	Niskayuna	26:15
FE	MALE OVERALL				_	IALE AGE GROUP: 25		INISKayuria	20.15
1	Ada Lauterbach	21	East Berne	19:22				5.1	47.45
2	Jackie Malecki	15	Albany	19:30	1		27	Delmar	17:45
3	Danika Simonson	19	Clifton Park	19:48	2	Jesse Naftel	27	Ballston Spa	17:51
M	ALE AGE GROUP: 14 8		-		3	Zach Russo	27	Guilderland	18:13
1	Danny Dibiase	14 12	Schenectady	20:59 21:15	FI	MALE AGE GROUP: 2	25 - 29		
2	Noah Valvo	13	Delanson Menands	21:15	1	Alison Camarota	28	Latham	20:50
	Jeremy Marcy MALE AGE GROUP: 1			21:27	2	Erin Rightmyer	27	Delmar	24:21
1	Abbev Butler	4 & UNL	Latham	23:28	3	Kathleen Bush	26	Rochester	25:17
2	Chevenne Munson	12	Wynantskill	24:28	_	IALE AGE GROUP: 30		Nochester	25.17
3	Angela Artini	10	Latham	25:12	1	leff Andrews	34	Delmar	17:40
M	ALE AGE GROUP: 15 -	19	Latitatii	23.12	1		٠.		
1	Craig Weiss	19	Loudonville	17:47	2	Andrew Pris	34	Clifton Park	18:44
2	Adam Schwenzfeier	16	Watervliet	18:01	3	Brian Carucci	31	Ballston Spa	19:37
3	Mitchell Todorov	19	Clifton Park	18:16	FI	MALE AGE GROUP:	30 - 34		
FE	MALE AGE GROUP: 1	5 - 19			1	Jill Pipino	32	Albany	23:52
1	Amy Becker	16	Albany	20:21	2	Sarah Reed	34	Saratoga Springs	24:20
2	Rachel Keller	17	Albany	21:41	3	Kelly Crandall	32	Schenectady	25:42
3	Jessica Dzialo	15	Latham	23:38	M	IALE AGE GROUP: 35	- 39	,	
M	ALE AGE GROUP: 20 -		_		1	David Tromp	36	Glenmont	18:24
1	Andrew Ennaco	21	Troy	22:20	2	David Homp Dennis Vanylack	38	Duanesburg	19:07
2	Seth Canetto	21 23	Loudonville	22:54	_			Voorheesville	
3	Kris Moran	23	Ballston Spa	22:58	3	Todd Smith	37	voorneesville	19:12 continued

	6Т	H AI	NNUAL HM	RRC FA	HER'S DAY 5K continued	
FE	EMALE AGE GROUP: 35	- 39			MALE AGE GROUP: 60 - 64	
1	Margarita Lemmerman	39	Albany	23:02	1 Bob Ellison 62 Slingerlands 2	22:42
2	Laura Smith	35	Voorheesville	25:30		23:08
3	Kris Diemer	39	Schenectady	27:11		25:10
М	IALE AGE GROUP: 40 - 4	14	•		FEMALE AGE GROUP: 60 - 64	23.10
1	Kevin Curley	44	Cohoes	18:17		30:45
2	Richard Cummings	43	Schenectady	18:34	33, 3,	32:39
3	Jonathan Bright	41	Guilderland	18:50		32:39 35:47
FE	EMALE AGE GROUP: 40	- 44			, -	35:47
1	Sheryl Hamel	44	Ballston Lake	23:43	MALE AGE GROUP: 65 - 69	
2	Anne Marie Bremm	42	Glenville	24:57		24:35
3	Carrie Genaway	41	Delmar	26:38	2 Tom Hunter 66 Troy 2	25:47
М	IALE AGE GROUP: 45 - 4	19			3 Thomas Miller 66 Altamont 2	25:53
1	Timothy Egan Sr.	48	Latham	17:30	FEMALE AGE GROUP: 65 - 69	
2	Jack Arnold	48	Latham	19:15	1 Nancy Bru Johnston 65 Ballston Lake 3	34:57
3	Steve Cummings	46	Ballston Spa	19:16	2 Elaine Carter-Menge 68 Albany 3	37:50
FE	EMALE AGE GROUP: 45					13:08
1	Nancy Nicholson	49	Queensbury	20:37	MALE AGE GROUP: 70 - 74	.5.00
2	Marilyn Laliberte	47	Fargo	24:16		30:47
3	Barbara Mahar	49	Delmar	25:41		34:05
	IALE AGE GROUP: 50 - !					34:05 39:27
1	Valdimir Ilin	53	Albany	18:37		39:27
2	Rene Engelhardt	53	Burnt Hills	18:55	FEMALE AGE GROUP: 70 - 74	
3	Rick Munson	54	Prattsville	19:05		36:32
	EMALE AGE GROUP: 50				,	19:44
1	Janice Phoenix	50	Schenectady	21:24	MALE AGE GROUP: 75 - 79	
2	Nancy Piche	50	Loudonville	26:14	1 Ray Bremm 78 Albany 3	34:56
3	Donna Charlebois	53	East Berne	26:28	2 Richard Eckhardt 77 Albany 3	37:06
M	IALE AGE GROUP: 55 - !				3 Donald McBain 78 Troy 4	10:04
1	Steve Vnuk	55	Delmar	20:36	MALE AGE GROUP: 80 & OVER	
2	Dale Broomhead	55	Latham	21:01		37:13
3	Theodore Todorov	55	Clifton Park	21:22		16:41
	MALE AGE GROUP: 55				=	10:41
1	Joan Celentano	57	Schenectady	26:15	FEMALE AGE GROUP: 80 & OVER	
2	Cheryl Smith	59	Latham	28:06	,	08:50
3	Nancy Weiss	56	Loudonville	31:57	Courtesy of Hudson-Mohawk Road Runners Club	

	1ST ANNUA					E 100K MOU ountain, Wilmin			ACE
		IL 100 C	UALIFYING SERIES		62	William Henke	37	Hudson Falls	4:42:38
MA	LE OVERALL				67	Andrew LaPlante	39	Peru	4:47:16
1	Jeremiah Bishop	35	Harrisonburg, VA	3:33:34	83	Alexander Goff	20	Lake Placid	5:06:09
2	Alex Grant	31	Salt Lake City, UT	3:33:46	84	William McGreevy	47	Wilmington	5:06:33
3	Peter Glassford	27	3:37:36		103	William Amoriell	41	Peru	5:21:55
FEN	IALE OVERALL				104	Ashton Momot	21	Plattsburgh	5:23:05
1	Susan Lynch	51	Medfield, MA	4:51:15	107	Jeff Mannion	41	Ballston Spa	5:24:23
2	Nicole LaPlante	38	Peru	4:59:50	114	Brian Delaney	56	Lake Placid	5:28:49
3	Kristen Gohr	41	Reading, MA	5:13:55	121	John Ormsby	37	Vernon	5:33:47
MA	LE REGIONAL FINISH	IERS – C	verall Place		132	Chris Mazdzer	22	Saranac Lake	5:52:20
6	David McCahill	25	Lake Placid	3:53:39	138	Jason Sheeley	40	Hurley	6:05:26
8	Alan Rego	26	Lake Placid	3:57:01	148	Mike Kazmierczak	36	Jay	6:29:41
10	Michael Mooradian	37	Saratoga Springs	4:02:25	151	Bob Ketchell	55	Wilmington	6:311:06
22	Paul Fronhofer	32	Argyle	4:16:31	155	Matt Wood	35	Ballston Spa	6:38:27
37	Christopher Fay	33	Keene Valley	4:29:06	156	Kevin Crowl	40	Upper Jay	6:45:09
42	John Hughson	29	Niskayuna	4:30:34	158	Cory David	22	Ballston Lake	6:52:31
44	Bob Olden	43	Chestertown	4:32:00	160	Harold Schmidt	60	Lake Placid	6:56:42
47	Dana Van Dorn	40	Lake Placid	4:33:26	FEM	IALE REGIONAL FINIS	SHERS -	- Overall Place	
53	Ryan Short	22	Lake Placid	4:36:50	100	Margaret Thompson	57	Clinton	5:20:58
57	Bob Goner	53	Queensbury	4:39:33	112	Mara Fronhofer	45	Argyle	5:27:33
58	Robert Tysen	55	Lake Placid	4:40:01	128	Stephanie Landy	51	Ballston Spa	5:47:27
60	Kevin Maldonado	46	Windham	4:40:58	147	Chirstine Lennan	30	Lake Placid	6:20:20
61	Shane Kramer	34	Lake Placid	4:41:39		Courtesy of Leadville	e Trail 1	00 Mountain Bike	Race

5TH ANNUAL NORTH COUNTRY TRIATHLON June 25, 2011 • Hague Beach on Lake George, Hague

				_		•	_	
	OLYMPIC: 1.5K	SWIM, 4	OK BIKE, 10K RUN		FE	MALE OVERALL		
	Ton 3 Overall Ton	1 Ann &	Regional (Age Plac	ام	1	Michelle Rosowsky	43	Niskayuna
		1 Age a	negional (Age i lac	c)	2	Katie Ward	37	Brooklyn
M	ALE OVERALL				3	Beth Stalker	51	Burnt Hills
1	Joe Ward	33	Asbury Park, NJ	2:21:34	FE	MALE AGE GROUP: 20	- 24	
2	Date - Testers	20	Clifton Park	2:22:41	1	Chelsea Ward-Waller	21	Washington, DC
2	Brian Trainor	20	Clitton Park	2:22:41	3	Hannah Darrin	22	Hague
3	Kevin Emblidge	27	Queensbury	2:24:59	5	Bri Drexler	23	Ravena

FOTOS Event Photography

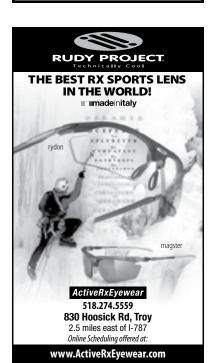
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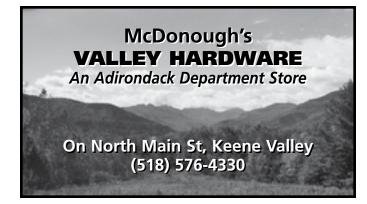


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5	TH ANN	IUAL NORTI	H COUI	NTRY TRIATHLO	N cor	ntinued	
EMALE AGE GROU	JP: 25 - 29			12 Michael Parzych	45	Niskayuna	3:01:31
Jeanie Ward-Walle		Washington, DC	3:03:35	14 Adam Bell	45	Nassau	3:01:55
EMALE AGE GROU				15 Andrew Heck	45	Amsterdam	3:03:20
Allison Sutton	34	Albany	3:21:42	16 Tim Bantham	45	Ballston Spa	3:06:46
Colleen Cahill	34	Albany	3:31:15	17 Stephen Fifield	46	Ballston Spa	3:08:05
EMALE AGE GROU				18 Scott Goodwill	48	Ballston Lake	3:08:21
Elizabeth McDono		Cranston, RI	2:45:32	19 Mike Zerrahn	49	Peru	3:09:42
! Tammy Friend	35	Mechanicville	3:03:17	21 Joseph Ibbetson	46	Selkirk	3:34:38
Maud Vinet	36	Albany	3:16:08	22 Billy Whitney	49	Lake Placid	3:37:35
Rachel Knaggs	38	Troy	3:45:19	MALE AGE GROUP: 50			
Jeannine Spade	38	Burnt Hills	3:54:34	1 Jim Allott	51	Potsdam	2:27:36
Kristen Jurcsak	37	Glenville	4:16:11	2 Brian Shea	52	Niskayuna	3:01:31
EMALE AGE GROU	JP: 40 - 44			4 Thomas Struzzieri	52	Saugerties	3:10:31
Wendie Bishop	41	Morrisonville	2:57:19	5 Chris Busch	50	Wynantskill	3:11:37
! Judy Guzzo	44	Niskayuna	3:01:35	6 Doug Noordsy	51	Silver Bay	3:14:42
Darci Lafave	43	Lake Placid	3:05:20	8 Mark Wojcik	50	Troy	3:45:17
Tracy Racicot	42	Johnsonville	4:22:47	,	50	Malta	3:52:14
EMALE AGE GROU	JP: 45 - 49					IVIdILd	5.52.14
Kristen Hislop	46	Clifton Park	2:53:07	MALE AGE GROUP: 55		Laborator CT	2.25.50
EMALE AGE GROU	JP: 55 - 59			1 David Stygar	55	Lebanon, CT	2:35:59
Caryn Etherington		Middlebury, VT 3:0	7:48	2 Geoff Smith	55	Granville	3:25:02
MALE AGE GROUP:	15 - 19			MALE AGE GROUP: 60			2 55 75
Kevin Miles	15	New York	2:45:23	1 Rick Morse	61	Malta	2:58:13
MALE AGE GROUP:	20 - 24			2 Frank Bender	60	Troy	3:01:57
Tim Russell	21	Bennington, VT	2:26:35	MALE AGE GROUP: 65			
MALE AGE GROUP:	25 - 29			 Jim Cunningham 	66	Ticonderoga	3:19:18
Robert Ordish	25	Freehold	2:42:27	2 David Rutkowski	65	Ticonderoga	3:34:07
John Baranoski	27	Schuylerville	2:54:36	3 Douglas Kabat	65	Niskayuna	3:51:16
Justin Pesta	28	Delmar	3:00:59	4 Mark-Richard Butt	69	Delmar	4:02:47
Tim Pendergast	29	Delmar	3:03:41		LYMPIC I	RELAY	
2 Nathan Zerrahn	26	Peru	3:08:32			nal (Overall Place)	
0 Robert Balsano	25	Watervliet	3:50:14	1 Mussett-Suozzo	r a negror	Troy	2:29:10
MALE AGE GROUP:	30 - 34			2 Tom's Team		Granville	2:30:23
Jason Westervelt	32	Alpine	2:25:28				
Andrew Kinley	32	Albany	2:38:07	5 Triumphant Trio		Silver Bay	2:57:28
Topher Robinson	34	Crown Point	2:41:14	6 Vickerson		Niskayuna	2:58:10
Guillaume Landie	33	Guilderland	2:51:26	7 Trout House Team		Hague	2:58:30
Brian Case	34	Glenville	2:56:29	8 2 Happy 1 Gay		Marlboro	2:59:37
Chris Nelson	33	Queensbury	3:01:51	10 Hot Mamas Tri		Queensbury	3:06:10
David Reeves	30	Glenville	3:06:55	11 Triple Trouble		Rexford	3:07:34
Thomas Rossi	30	Clifton Park	3:13:18	12 Becky1		Oneonta	3:11:46
MALE AGE GROUP:		CIII COIT I GIR	5.15.10	13 Tri'd It, Liked It		Saratoga Springs	3:12:32
Ty Remington	35	Glenville	2:30:59	14 Charlies Angels		Queensbury	3:16:22
Chris Mulford	35	Schenectady	2:32:53	15 Because Mary Says So		Ravena	3:17:52
Christian Gee	39	Clifton Park	2:34:54	16 Team Uptown Down		Hague	3:20:38
William Davis	36	Delmar	2:34:54	17 Retired Ruggers		Selkirk	4:02:02
Randy Swift	39	Saratoga Springs	2:37:42		A SWIDA 1	20K BIKE, 5K RUN	
, .	39	East Greenbush	2:41:21				اه
Dave Travis Todd Eicher	38	Queensbury	2:44:07		p i Age a	Regional (Age Place	e)
Travis Moore	39	Clifton Park	2:57:28	MALE OVERALL	35	Navena aut. DI	1.14.40
	36	Waterford		1 Matthew Knight		Newport, RI	1:14:48
1 Adam Stallmer	35 35		3:07:27	2 Ken Schulz	33	Farmington, CT	1:16:23
2 Andrew Alessi MALE AGE GROUP:		Nassau	3:20:49	3 Anthony Pharo	44	Albany	1:16:44
		Lucadala au au ala NILI	2,20,20	FEMALE OVERALL			
Joseph Rogers	43	Lyndeborough, NH		1 Kristen Wangerin	27	Niskayuna	1:18:2
Randy Kelley Jason Gardner	42 41	Plattsburgh	2:33:52 2:35:51	Jennifer Miller	45	Richmond, VT	1:18:40
	41	Glens Falls	2:54:31	3 Aubrey Schulz	33	Farmington, CT	1:21:4
		Niskayuna		FEMALE AGE GROUP:	15 - 19		
Stephen Couture	43	West Chazy	2:55:03	 Sophie Harkins 	18	Dunwoody, GA	1:26:42
Keith Amato	40	Mechanicville	2:57:15	2 Rachel Wysocki	19	Gansevoort	1:41:42
Ray Liuzzo	41	Malta	2:57:15	FEMALE AGE GROUP:	20 - 24		
0 Gary Ethier	42	Cohoes	2:59:50	1 Ashley Anderson	24	Albany	1:34:0
1 David Pritchard	40	Malta	3:01:49	FEMALE AGE GROUP:		, ,	
3 Bob Hayes	42	Saratoga Springs	3:08:02	1 Dana Miscia	25	Montclair, NJ	1:24:4
4 Michael Conway	40	Nassau	3:14:22	2 Elizabeth Emblidge	26	Queensbury	1:26:0
5 John Lawrence	42	Clifton Park	3:24:37	6 Jenna Bernhardt	26	Albany	1:37:3
7 Andrew Tanzillo	43	Hudson	3:48:06	8 Beth Fairall	27	Colonie	1:57:0
MALE AGE GROUP:			2 20	9 Laura Hotchkiss	29	Saratoga Springs	2:00:14
John Pescatore	47	New Haven, CT	2:30:02		25		
Jeff Dodge	46	Plattsburgh	2:33:27	13 Lauren Butterfield		Queensbury	2:41:0
Tad Norton	45	Warrensburg	2:34:27	FEMALE AGE GROUP:		Calaborator	1.24.5
Carl Regenauer	45	Saratoga Springs	2:37:21	1 Kelley Wulfkuhle	34	Colchester, VT	1:21:5
Joe Hall	45	Queensbury	2:52:10	4 Jennifer Whalen	32	Queensbury	1:41:5
Brad Elliott	48	Clifton Park	2:54:20	5 Ruth Robertson	33	Albany	1:45:0
Kenneth Lane	45	Castleton	2:57:03	6 Cecile Aulnette	32	Guilderland	1:48:19
1 Greg Hewlett	45	Queensbury	3:01:06	7 Rebecca Evansky	31	Hudson Falls	1:53:14
							contin

5TH	ANN	IUAL NORTI	H COUI	NTRY TRIATHLO	N cor	ntinued	
FEMALE AGE GROUP: 35	- 39			MALE AGE GROUP: 30	- 34		
1 Kristen Leclair	35	Wilton	1:28:08	1 Michael Belus	32	North Tonawanda	1:25:02
2 Holly Cristofaro	35	Mechanicville	1:34:10	3 John Evansky	33	Hudson Falls	1:26:30
3 Jenny Pfaffenbach	35	Clifton Park	1:38:25	10 Scott Walker	30	Fultonville	1:38:35
4 Christina Nash	35	Malta	1:40:32	MALE AGE GROUP: 35		T ditorivine	1.50.55
6 Darcy Baldwin	35	Ballston Spa	1:42:52	1 Steven Engler	36	Watertown, MA	1:21:37
8 Suzanne McIntyre	36	Clifton Park	1:45:36	2 Steven Hicks	36	Clifton Park	1:22:54
9 Christine Walley	39	Gansevoort	1:46:10	5 Dave Gilson	36	Niskayuna	1:32:40
10 Jill Guillet	35	Glens Falls	1:46:22	6 Jerry Blackbird	36	Glens Falls	1:34:30
11 Tracy MacNeal	35	Saratoga Springs	1:51:12	7 Gene Vetter	39	Greenfield Center	1:36:31
12 Rhoda Nihill	36	Castleton	1:53:12	/ Gene vetter	39 38		1:40:38
13 Janelle Fayette	35	Schenectady	1:57:02			Greenfield Center	
14 Estelle Monsieur	36	Albany	2:02:32	5 Gerala beattle	37	Kingston	1:46:21
16 Britta Hogue	39	Clifton Park	2:07:32	MALE AGE GROUP: 40			
17 Jennifer Yanazzo	38	Malta	2:30:04	1 Joseph Yanazzo	42	Malta	1:31:11
FEMALE AGE GROUP: 40		Iviaita	2.30.04	3 Peter Nelson Jr	41	Ghent	1:34:01
1 Cheryl Morris	41	South Glens Falls	1:30:56	4 Chris Flugmacher	40	Brant Lake	1:39:38
2 Colleen Geczy	41	Queensbury	1:31:07	7 Thomas Center Jr	40	Glens Falls	2:02:45
3 Karen Viger	41	Saratoga Springs	1:45:48	MALE AGE GROUP: 45			
				 Anthony Stefanelli Jr 	45	Loudonville	1:29:24
8 Lisa Piazza FEMALE AGE GROUP: 45	42	Troy	2:07:45	2 Patrick Rowley	45	Queensbury	1:30:53
		Min make a	1.40.50	4 Gerald Goff	46	Saratoga Springs	1:44:36
1 Megan Corjulo	45	Kingston	1:40:50	5 Bart Rizzuto	45	Glenville	1:44:47
3 Patricia Monahan	49	Warrensburg	1:43:41	6 Michael Fisher	47	Clifton Park	1:44:57
4 Tina Hayden	48	Schenectady	2:02:22	7 Chris Noonan	46	Delmar	1:51:55
FEMALE AGE GROUP: 50			4 2 4 4 6	8 Joseph Mullen	45	Loudonville	2:02:32
1 Cindy Novak	53	Latham	1:34:10	MALE AGE GROUP: 50	- 54		
3 Linda Demers	51	Saratoga Springs	1:45:07	1 John Davidson	51	Queensbury	1:21:54
FEMALE AGE GROUP: 55				2 Philip Borgese	51	Niskayuna	1:25:02
1 Jo Bernhardt	57	Margaretville	1:58:44	3 Michael Rozell	54	Queensbury	1:27:52
FEMALE AGE GROUP: 60				5 Dave Gustafson	50	Clifton Park	1:28:44
1 Judy Hagan	61	Williamsville	2:02:33	6 David Mt Pleasant	50	Gansevoort	1:30:33
FEMALE AGE GROUP: 65				7 James Trainor	52	Clifton Park	1:36:01
1 Sibyl Jacobson	68	Canaan	1:50:39	10 Richard Dimick	50	Queensbury	1:40:29
MALE AGE GROUP: 20 - 2					50	Kingston	1:52:43
1 Tyler Welsh	22	Pattersonville	1:24:33	12 Clay Corjulo	50 53		
3 John MacDonald	21	Burnt Hills	1:28:09	13 John Harvey		Chestertown	1:59:16
MALE AGE GROUP: 25 - 2				MALE AGE GROUP: 55		CI	4 45 00
1 Kyle Konopnicki	26	Saratoga Springs	1:18:27	1 Ralph Forte	56	Glens Falls	1:45:26
2 Mike Rozell	26	Albany	1:22:09	4 Jerry Bracken	57	Voorheesville	2:12:12
4 Matthew Sherman	28	Gloversville	1:23:28	MALE AGE GROUP: 60			
5 Ross Shuket	25	Saratoga Springs	1:24:45	1 Dan Lynch	61	Greenfield Center	1:35:02
10 Matthew Englat	29	Albany	1:32:23	2 David Dibelius	64	Ballston Lake	1:38:42
11 Rosario Gallo	29	Ticonderoga	1:33:16	3 Fred Pflaum	62	Saratoga Springs	2:17:23
14 Joseph Abel	27	Albany	1:42:22	MALE AGE GROUP: 75	- 79		
16 Joseph Barth	28	Rensselaer	1:48:26	 Richard Johndrow 	79	Ticonderoga	2:19:22
19 Akitomo Matsubayashi	27	Albany	1:51:12	Courtesy or	North Co	ountry Triathlon	

29TH ANNUAL TUPPER LAKE TINMAN TRIATHLON June 25, 2011 • Tupper Lake Municipal Park, Tupper Lake TINMAN: 1.2M SWIM, 56M BIKE, 13.1M RUN FEMALE AGE GROUP: 20 - 24 5:44:28 MALE AGE GROUP: 25 - 29 Perreault, Chuck/35-39 Ottawa, ON 4:24:11 St. Sauveur, QC 4:06:33 Lalonde, Ryan Grant, Ryan/35-39 Cain, Ryan/30-34 Ottawa, ON Ottawa, ON Greenfield Ballston Lake 5:01:13 5:06:36 4.06.54 Keyzer, James 4:14:19 **FEMALE OVERALL** 193 Tart, Scott Wilmington 5:29:04 244 Cahill, Chip 319 McCarroll, Marshall Wiseman, Megan/30-34 Hoboken, NJ 4.42.49 Albany 5:44:06 Saranac Lake 6:07:29 Segal, Kayla/30-34 Montreal, QC 4:50:51 Reichert, Julia/20-24 Kirkland, QC 4:53:23 Dutcher, Jacob Schenectady 6:14:16 FEMALE AGE GROUP: 25 - 29 MALE AGE GROUP: 15 - 19 5:34:24 5:21:55 Ottawa, ON Dohman, Dan Low, Heather 209 248 Distler, Matthew Glens Falls 5:44:35 5:35:20 MALE AGE GROUP: 30 - 34 Klein, Evan Saulpaugh, Michael Saranac Lake Lake Placid 6:34:36 New York 4:18:13 6:58:34 Bosl, Michael 1 23 FEMALE AGE GROUP: 15 - 19 Weiler Justin Whitesboro 4:30:40 6:42:29 Plattsburgh 5:12:43 1 Feinberg, Hannah MALE AGE GROUP: 20 - 24 Baker, Joshua Buehner, Daniel Queensbury 5:16:08 4:23:45 Larocque, Victor Shawinigan, OC 178 Duffy, Chad Saugerties 5:25:54 Delaney, Colin Altamont 5:28:60 4:41:36 Vargo, Steven 4:42:28 Lake Placid 197 Krempa, Jeffrey Johnstown 5:30:22 Painter, Jacob Keeseville 5:00:27 Hughes, Robert Viloria, Brandor 5:42:59 Marshall, Cody East Greenbush

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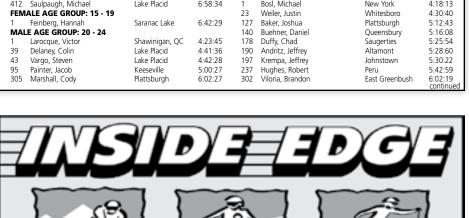
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RACE RESULTS

	29TH ANNU	AL TUPPER	LAKE	TINN	IAN TRIATHLON	continued	
FEM.	ALE AGE GROUP: 30 - 34			386	Perry, John	Johnsonville	6:42:13
1	Bezaire, Veronic	Ottawa, ON	4:54:06	388	Collins, Michael	Schenectady	6:42:43
135	Hatfield, Amanda	Oneida	5:14:07	427	Kirkwood, Porter	Delhi	7:22:44
378	West, Melissa	East Meredith	6:36:58	FEM.	ALE AGE GROUP: 45 - 49		
429	Byers, Veronica	Lake Placid	7:39:18	1	Fournier, Julia	Ottawa, ON	5:08:52
MAL	E AGE GROUP: 35 - 39			278	Shepard, Linda	Peru	5:52:02
1	Cann, Stephen	Ottawa, ON	4:18:08	411		Blossvale	6:58:25
27	Sherwood, Brett	Morris	4:32:19	MAL	E AGE GROUP: 50 - 54		
77	Alber, Keith	Clifton Park	4:55:40	1	Thauvette, Gerry	Ottawa, ON	4:54:13
91	Johnson, Kyle	Niskayuna	4:59:38	307	Rasco, Sandra	Cadyville	6:02:43
100	Hatfield, Joseph	Oneida	5:02:30	337	Miner, Mark	West Chazy	6:15:12
		Oneida		344	Arnold, Danny	Clifton Park	6:17:59
211	Campbell, Jamie		5:36:19	356	Brown, Thomas	Altona	6:23:56
219	Metler, Cory	Mechanicville	5:39:02	403	Izzo Jr. William	Lake Placid	6:52:11
220	Katzman, Joshua	Clifton Park	5:39:11	410	Morganson, Robert	Lake Placid	6:56:20
283	Grace, Robert	Rensselaer	5:52:55			Lake Flaciu	0.30.20
299	Kortz, Chad	Johnstown	6:00:23		ALE AGE GROUP: 50 - 54	Master accest OC	F.F1.40
301	Bruning, Patrick	Walton	6:02:13	1	Walling, Ann	Westmount, QC	5:51:49
303	Cann, David	Queensbury	6:02:20		E AGE GROUP: 55 - 59		
308	Wilkes, James	Potsdam	6:03:21	1	Ayoub, Gilbert	Montreal, QC	4:56:59
383	Revitt, Matthew	Schenectady	6:41:20	162	Maddaloni, Tony	Slingerlands	5:22:23
FEM	ALE AGE GROUP: 35 - 39	,		312	Ruiz, Jeffrey	New Paltz	6:05:05
1	Durno, Laura	Ottawa, ON	4:56:00	351	Waterhouse, Jim	Valatie	6:21:35
362	Kazmierczak, Jen	Jay	6:29:45	422	Lepak, Robert	Saranac Lake	7:11:17
414	Hayes, Johanna	Wilmington	7:01:02	FEM	ALE AGE GROUP: 55 - 59		
436	Weyrauch, Rebecca	Ballston Lake	8:23:46	1	Ayoub, Arlene	Montreal, QC	5:52:52
	E AGE GROUP: 40 - 44	Dalistori Lake	0.23.40	420	Argotsinger, Liz	Gloversville	7:06:34
		I I a wa a la a a al a	4.15.40	MAL	E AGE GROUP: 60 - 64		
1	Ronco, Peter	Horseheads	4:15:48	1	Erenstone, Richard	Lake Placid	5:33:37
28	Gleason, Chris	Clifton Park	4:32:33	380	Adams, Jim	Altona	6:38:29
33	Offord, Stephen	Porter Corners	4:37:57	401	Bryant, Michael	Wilmington	6:48:17
46	Schreer, Jason	Potsdam	4:43:53	408	Scheefer, Bob	Saranac Lake	6:55:20
48	Stopyak, George	Clifton Park	4:44:29	433		Saranac Lake	7:59:57
67	Kresge, Matthew	Rexford	4:52:45		E AGE GROUP: 65 - 69	Jarariac Lake	1.33.31
73	Dubois, Corey	Unadilla	4:53:55	1	Windus, Charles	Somerville, NJ	5:47:06
98	Whalen, Jon	Slingerlands	5:01:03			Somerville, NJ	5.47.00
130	Burdo, Jeffrey	Morrisonville	5:13:35	FEIVI.	ALE AGE GROUP: 65 - 69	Daw.	7.50.07
147	Van Wie, Jason	Amsterdam	5:18:52		King, Shirley	Peru	7:59:07
155	Rath, Ryan	Ballston Spa	5:19:60		E AGE GROUP: 70 - 74		6 22 24
181	McAuley, Todd	Colonie	5:26:30	1	Litzel, Richard	Newark Valley	6:33:21
185	Frey, Michael	Albany	5:27:29		TINMAN F		
236	Lawrence, Leo	Plattsburgh	5:42:48		op 3 Overall, Top 1 Category	& Regional (Overall Pl	ace)
279	Rushby, Jeff		5:52:08	MAL	E OVERALL		
		Peru		1	Cortland Grads	Norwich	4:19:19
290	Peer, Bill	Bloomingdale	5:57:11	2	Team GBG	Lake Placid	5:08:50
316	Bright, Jonathan	Guilderland	6:06:16	3	Tinmanarelli	Sunnyside	5:19:27
331	Demarest, Brian	Schenectady	6:13:32	16	Chesapeake	New Paltz	6:01:18
338	Lawson, Thomas	New Berlin	6:15:27	19	Upstate Tri-Guys	Tupper Lake	6:12:39
355	Wickman, Doug	Hillsdale	6:23:40	MIX	ED OVERALL		
365	Ferdinand, Brian	Rensselaer	6:32:01	1	Peru Blue	Port Kent	4:21:59
400	Abraham, Timothy	Clinton	6:48:02	2	The Frenchie Couple	Lac-Delage,QC	4:33:52
FEM.	ALE AGE GROUP: 40 - 44			3	SLU	Tupper Lake	4:43:59
1	Wilkes, Kristin	Wakefield, RI	5:11:00	14	Goldens Rule	Lake Placid	5:59:16
235	Butler, Rachel	Lake Placid	5:41:43	15	For Win	Niskayuna	6:00:11
287	Stone-McMasters, Suna	Canton	5:55:15	20	Two Bux	Burnt Hills	6:21:03
293	Hyland, Julie	New Paltz	5:58:00	21	The Platters	Fonda	6:23:25
322	Hilson, Julie	Delancey	6:08:15	22	The A Team	Ballston Lake	6:29:02
357	Weiderman, Rebecca	Johnstown	6:26:20	24	Mk2		
	E AGE GROUP: 45 - 49	JOHNSTOWN	0.20.20		Muckrod	Ballston Lake	6:37:25
		Aulinatan AAA	4.27.25	25		Tupper Lake	6:42:56
1	Newton, Thomas	Arlington, MA	4:27:25	27	Two Girls and a Dude	Troy	6:51:48
103	Vogel, Keith	Queensbury	5:03:41	28	Beekmantown Eagles	Plattsburgh	7:03:23
134	Paley, Rob	Schenectady	5:14:01		MEN OVERALL		
137	Steciuk, Peter	Queensbury	5:14:53	1	Maui North	Plattsburgh	5:17:17
	Larocca, Anthony	Windham	5:18:54	2	Victorious Secret	Broadalbin	6:34:16
149	Richards, Ronald	Corinth	5:19:22	3	No Need 4 Speed	Niskayuna	7:32:52
154	La Torra, Rich	Plattsburgh	5:19:50		SPRINT: 0.6M SWIM, 18.		
158	Lair, Michael	Gloversville	5:21:10		Top 3 Overall, Top 1 Age & I		e)
232	Allen, Kurt	Blossvale	5:41:35	MAL	E OVERALL		-
250	Steciuk, Paul	Queensbury	5:45:19	1	Armstrong, Andrew/40-49	Stittsville, ON	1:46:58
251	Reddy, Steve	Stuyvesant Falls	5:45:22	2	Cook, Keith/30-39	North Brunswick, NJ	
269	Stearns, Charles	Schenectady	5:50:05	3	Powers, Derek/30-39	Chittenango	1:56:00
314	Ellis, Christopher	Marcy	6:05:48		ALE OVERALL	cinttenango	
341	Fox, Jim	Glens Falls	6:17:10	1	Desfosses, Rose/20-29	Montreal, QC	2:02:49
348	Steciuk, Robert	Wilton	6:19:18	2	Lovett, Mandy/30-39	Allentown, PA	2:07:25
369	Dearce, James	New Paltz	6:33:46	3	Boutin, Sabrina/30-39	Montreal, QC	2:13:35 continued

	29TH ANNU	AL TUPPER	LAKE	TINN	IAN TRIATHLON	continued	
MAL	E AGE GROUP: 10 & UNDER			75	Hartman, Damon	Saranac Lake	2:42:18
1	Mitchell, Seth	Randolph, NJ	2:29:38	78	Savage, Jamie	Piercefield	2:43:43
FEM	ALE AGE GROUP: 11 - 19			95	Perez, James	Troy	2:57:36
1	Pond, Hillary	Saranac Lake	2:24:34	103	Del Puerto, Marcelo	Albany	3:09:18
100	Parker, Shannon	Vermontville	3:04:47	116	Wilson, Walter	Schenectady	3:37:33
MAL	E AGE GROUP: 20 - 29			FEM	ALE AGE GROUP: 40 - 49		
1	Heishman, Tyler	New York	1:59:35	1	Suggars, Jennifer	Cornwall, ON	2:19:14
17	Merrihew, Joe	Saranac Lake	2:13:09	66	Harris, Victoria	Unadilla	2:38:59
65	Morganson, Matt	Lake Placid	2:38:54	93	Correa, Ann	Clifton Park	2:56:15
FEM	ALE AGE GROUP: 20 - 29			94	Galaty, Gretchen	Lake Placid	2:57:27
1	Ricard, Anne-Emmanuelle	Montreal, QC	2:17:41	99	Dewes, Sally	Glenville	3:04:03
107	Rose, Leanne	Roscoe	3:12:11	MAL	E AGE GROUP: 50 - 59		
111	Waterhouse, Jessa	Valatie	3:17:11	1	Mason, John	Ithaca	2:11:03
MAL	E AGE GROUP: 30 - 39			26	Buckley, Christopher	Burnt Hills	2:16:34
1	Farrell, Michael	New York	1:57:05	80	Wilson, Wesley	Bloomingdale	2:46:48
21	Cusack, Daniel	Fultonville	2:14:51	104	Zaunbrecher, Karl	Saranac Lake	3:09:41
56	Lewis, Derek	Loudonville	2:32:30	109	Mastaitis, Steve	Saratoga Springs	3:15:24
84	Hardy, Aaron	Massena	2:49:38	120	Martin, Keith	Clifton Park	4:29:15
FEM	ALE AGE GROUP: 30 - 39			FEM	ALE AGE GROUP: 50 - 59		
1	Wittmaack, Elizabeth	Ridgewood, NJ	2:14:25	1	Holderied, Heidi	Saranac Lake	2:22:55
30	Ottalagano-McGarry, Colleen	Slingerlands	2:17:55	67	Mastaitis, Jane	Saratoga Springs	2:39:18
43	Anderson, Erika	Malta	2:26:03	85	Davey, Robin	Rexford	2:49:42
70	Cooper, Pamela	Middle Grove	2:40:14	114	Fetter, Kathleen	St Johnsville	3:29:58
77	Snider, Janet	Star Lake	2:43:31	MAL	E AGE GROUP: 60 - 69		
105	lan, Jaime	Brunswick	3:09:50	1	Pickard, John	Lindsay, CA	2:15:16
MAL	E AGE GROUP: 40 - 49			86	Murray, Paul	Albany	2:49:52
1	Dupre, Jean-Luc	Saint-Eustache, QC	2:00:20	110	Stevens, Michael	Rome	3:16:52
27	Lucas, Derrick	Plattsburgh	2:17:03	FEM	ALE AGE GROUP: 60 - 69		
63	Gilman, Thomas	Tupper Lake	2:38:31	1	Wagner, Diane	Elizabethtown 3:0	
72	Casey, Dan	Massena	2:40:47		Courtesy of Tupper Lake	Chamber of Commerc	:e

M	ALE OVERALL				FEMALE AGE GROU	P: 30 - 39		
1	Alex Grout	25	Williamsburg, VA	15:55	Melissa Maguire	38	Loudonville	21:38
2	Chuck Terry	29	Albany	16:04	2 Sara Hoffman	34	Frederica, DE	22:49
3	Eric Young	19	Latham	16:07	3 Kelly Jean Cronkhit		Rensselaer	24:56
FE	MALE OVERALL				MALE AGE GROUP:		nensseider	2 1.50
1	Morgan Roche	21	Clifton Park	18:48	1 Jack Arnold	48	Latham	19:27
2	Estelle Burns	35	Troy	21:00	2 Robert Smith	44	Catskill	19:35
3	Lori Schmidt	37	Loudonville	21:09	3 Wayne Richardson	47	Altamont	19:57
M	ALE AGE GROUP: 14	& UNDE	}		FEMALE AGE GROU		Altamont	15.57
1	Gavin Gaynor	12	Saratoga Springs	18:04	1 Kristin Kehmna	47	Rensselaer	21:55
2	Mitchell Halpern	13	Clifton Park	20:51	2 Stacy Gaynor	45	Saratoga Springs	21:58
3	Noah Valvo	12	Delanson	21:17	3 Karen Skiba	40	Troy	27:51
FE	MALE AGE GROUP:	14 & UND	ER		MALE AGE GROUP:		поу	22.5
1	Jordan Casey	14	Ballston Lake	21:25	1 Thomas Locascio	53 - 59	A Ileano	20:03
2	Chevenne Munson	12	Schenectady	24:02	2 Richard Clark	53 57	Albany	20:0
3	Brynn Cairns	14	Clifton Park	24:16	3 Robert Somerville	57 58	Feeding Hills, MA	20:3
M	ALÉ AGE GROUP: 15	- 19					Wynantskill	20.3
1	Harry Collins	18	Averill Park	17:15	FEMALE AGE GROU		61	24.2
2	Matt Lange	15	Schenectady	17:52	1 Janice Phoenix	50	Schenectady	21:3
3	Jason Lange	15	Schenectady	18:14	2 Lori Santos	50	Albany	24:4
FE	MALE AGE GROUP:	15 - 19	•		3 Donna Charlebois	53	East Berne	25:3
1	Kelsey Ann Ryan	19	Niskayuna	21:27	MALE AGE GROUP:			
2	Julianne DiMura	19	East Greenbush	25:00	1 Paul Bennett	60	Latham	20:1
3	Erin Arnold	16	Latham	25:12	2 Randall Craig	60	Glenmont	20:4
M	ALE AGE GROUP: 20	- 29			3 Juergen Reher	61	Wynantskill	21:5
1	Nicolas Santos	20	Albany	16:44	FEMALE AGE GROU			
2	Richard Messineo	22	Nassau	17:37	 Ileana Olazagasti 	62	Menands	29:3
3	Roni Teich	20	Rockville, MD	17:59	2 Sue Nealon	61	Troy	30:2
FE	MALE AGE GROUP: 2	20 - 29			3 Alice Carpenter	61	Delmar	35:1
1	Rebecca Moore	24	Rensselaer	21:20	MALE AGE GROUP:	70 - 79		
2	Tori Borish	21	Williamstown, MA	21:58	1 Bob Knouse	71	Voorheesville	29:5
3	Rachel Karam	22	Clifton Park	22:20	2 Charles Bishop	75	Schenectady	33:3
M.	ALE AGE GROUP: 30	- 39			3 Richard Eckhardt	77	Albany	35:2
1	Anthony Giuliano	32	Albany	16:55	MALE AGE GROUP:	80 & OVER	•	
2	David Tromp	36	Glenmont	18:19	1 Ken Orner	81	Albany	38:1
3	Joe Genter	37	Saratoga Springs	19:24	Courtesy of Hi	idson-Moha	wk Road Runners Club	h

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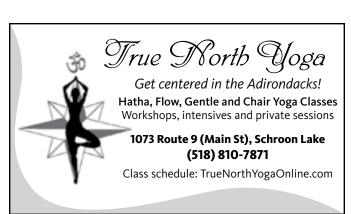
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35TH ANNUAL ADIRONDACK DISTANCE RUN 10-MILER

June 26, 2011	• LG	Fire Dept, Lak	e Georg	ge to Rogers Park B	each,	Bolton Landin	q
TOP 3 OVERA		P 10 AGE GROUP		FEMALE AGE GROUP: 40	- 44		-
MALE OVERALL Alexander Paley	25	Albany	54:51	1 Karen Dolge 2 Kimberly Miseno-Bowles	40	Valatie Amsterdam	1:09:
! Thomas O'Grady	26	Latham	55:13	3 Megan Leitzinger	44	Albany	1:13:
Nick Marcantonio	18	Glens Falls	56:55	4 Julia Hotme Murphy 5 Kimberly Ploof	44 41	Albany Ballston Lake	1:16:. 1:19:.
Eileen Combs	33	Lafayette	1:03:26	6 Stacey Ries	42	Huntington Station	
Roxanne Wegman Anne Benson	23 46	West Point Clifton Park	1:04:55 1:05:44	7 Jennifer Metivier	40	Lake George	1:21:
MALE AGE GROUP: 1 - 1		CIIILOII FAIK	1.03.44	Michele Cameron Alexandra Oakley	44 41	Gansevoort Loudonville	1:22:
Tom Maggs	. 11	Scotia	1:38:57	10 Elin Mattfeld	40	Voorheesville	1:23:
MALE AGE GROUP: 15 - Ryan McTaque	19 19	Niskayuna	1:00:49	MALE AGE GROUP: 45 - 1 W White	49 45	Greenfield, IN	1:03:0
! Ryan Korzinski	19	Ballston	1:02:30	2 Brian Debraccio	45	Scotia	1:04:
Aaron Newell	18	Queensbury	1:03:00	3 Jon Gurney	48	Saratoga Springs	1:05:
Danny Janeczko Emmet Shipway	16 17	Clifton Park Avon, CT	1:04:20 1:08:58	4 Ted Wilson	45	Queensbury	1:05:
Jacob Weinberg	16	Bolton Landing	1:16:46	5 Timothy Bardin 6 Glenn Berninger	49 47	Queensbury Ghent	1:08:4
Joshua Korn	15	Niskayuna	1:21:31	7 Matt Parenteau	47	Saratoga Springs	1:10:
Evan Collins EMALE AGE GROUP: 15	18 5 - 19	Bolton Landing	1:23:35	8 Steve Van Dixhorn	48	Ft. Edward	1:11:0
Kate Mulcahy	18	Glens Falls	1:13:07	9 Brian Borden 10 Edward Drebitko	47 48	Altamont Schenectady	1:11:
Sheila Niedziela	19	Amsterdam	1:23:34	FEMALE AGE GROUP: 45		Scheneelady	
Alison Brockett Fiona Recchia	18 18	Coxsackie Latham	1:29:51 1:36:46	1 Starlett Cook	47	Queensbury	1:09:
Emily Lines	19	Queensbury	1:43:50	2 Nancy Nicholson 3 Christine Varley	49 47	Queensbury Albany	1:11: 1:12:
MALE AGE GROUP: 20 -		0	50.50	4 Patty Moore	45	Queensbury	1:16:
Michael Hamilton Thomas Williams	23 23	Oneonta Brooklyn	58:59 1:00:05	5 Joanne Willcox	48	Utica	1:19:
Luke Shane	21	Bolton Landing	1:00:31	6 Christine Reeves 7 Susan Whitney	45 47	Queensbury Glens Falls	1:22:4
Jacob Dillon	23	Paul Smiths	1:05:40	8 Nouara Bouzidi	45	Clifton Park	1:25:
Dan Pollock Tim Woods	23 24	Queensbury Loudonville	1:07:02 1:14:18	9 Jennifer Casey	46	Ballston Lake	1:25:
Jordan Therrien	20	Johnstown	1:23:34	10 Lauren Herbs MALE AGE GROUP: 50 -	48 5 4	Rexford	1:25:
James Berryann	22	Englewood, NJ	1:24:40	MALE AGE GROUP: 50 - 1 Derrick Staley	54 52	Ballston Spa	1:00:
Andrew White O Dylan Campbell	20 22	Troy Middletown	1:26:56 1:28:51	2 Carl Scott	53	Fari Haven, VT	1:05:2
EMALE AGE GROUP: 20		ductown	20.31	3 William Venner	52	Granville	1:05:
Devin McGlade	24	New City	1:13:51	4 John Couch 5 Germain Boivin	52 50	Malta Montreal, QC	1:06:4
Kathryn Kubaryk Kelsey Rebehn	22 22	Hoboken, NJ Averill Park	1:16:01 1:19:57	6 Peter Vellis	52	Troy	1:10:
Madeleine Humphrey	23	Reston, VA	1:20:35	7 Christopher Kunkel	54	Pottersville	1:11:
Elizabeth Moran	21	Niskayuna	1:20:49	8 Shaen Emery 9 Michael Burns	50 50	Saratoga Springs Syracuse	1:11:2 1:11:2
Lauren Woodcock Rachel Birchmeier	22 21	Lake George Fast Greenhush	1:21:18 1:23:32	10 Tom Noonan	50	Jeffersonville, VT	1:11:
Kachel Birchmeier Krystle Crouse	21	East Greenbush Canajoharie	1:23:32 1:25:04	FEMALE AGE GROUP: 50	- 54		
Marissa Carpenter	20	Fort Edward	1:27:45	1 Chantale Mercier	50 50	Montreal, QC	1:14:
0 Carrie Sisti MALE AGE GROUP: 25 -	23 29	Queensbury	1:36:36	2 Kay Paquette 3 Debra Jane Batcher	50 51	Tupper Lake East Berne	1:16:
Todd Raymond	29 27	New York	58:21	4 Maureen Fitzgerald	53	Clifton Park	1:18:
Tyler Raymond	27	New York	59:15	5 Kimberly Sack	54	Niskayuna	1:27:
Kevin Emblidge	27 27	Queensbury	59:41 1:05:41	6 Nancy Dorn 7 Donna Charlebois	52 53	Plymouth, MA East Berne	1:28: 1:28:
Gregory Langley Brian Woods	26	Hoboken, NJ Loudonville	1:05:41	8 Jen Kuzmich	52	Greenwich	1:31:
Tom Portuese	29	Queensbury	1:06:58	9 Jenny Lee	51	Selkirk	1:31:
Tim Waples	29	Nyack	1:11:04	10 Emily Frederick MALE AGE GROUP: 55 -	52 5 0	Glastonbury, CT	1:31:
Ambrose Schaffer Paul Von Schenk	28 25	Canajoharie Saratoga Springs	1:12:40 1:12:46	1 Steve Jones	56	Averill Park	1:09:
Andy Hackett	29	suratoga springs	1:15:02	2 James Forbes	57	Valley Falls	1:11:
EMALE AGE GROUP: 25				3 Joseph Natalie	55	Schenectady	1:13:
Meghan Davey Justine Mosher	25 26	Rotterdam Queensbury	1:06:13 1:07:34	4 Mark Weinberg 5 Joel Boucher	55 57	Bolton Landing Hampden, MA	1:14: 1:15:
Caitlin Hickin	28	Queensbury	1:08:27	6 Cole Hickland	56	Ballston Spa	1:15:
Karen Bertasso	27	Scotia	1:10:09	7 Frank Broderick	59	Ballston Lake	1:15:
Elizabeth Chauhan Celina Fuller	26 28	Albany Salisbury	1:11:53 1:12:36	8 Steven George 9 Dale Broomhead	58 55	Scotia Latham	1:16:0
Jennifer Taft	25	Queensbury	1:12:42	10 Mark Regan	55	Queensbury	1:16:
Julia Joy Morgillo	25	New Haven, CT	1:13:47	FEMALE AGE GROUP: 55	- 59	, ,	
Ellen Bandel 0 Bethany Hawke	27 25	Slingerlands Albany	1:14:16 1:16:14	1 Karen Provencher	56	Glens Falls	1:14:
MALE AGE GROUP: 30 -		Albany	1.10.14	2 Katherine Fair 3 Mary Hennessy	55 57	Fort Ann Brenham, TX	1:21: 1:27:
Brian Bombard	33	Glens Falls	1:09:25	4 Jill Mehan	56	Troy	1:31:
Chris Walker Matthew Frver	34 31	Gaithersburg, MD	1:10:15	5 Maryanne McNamara	57	Saratoga Springs	1:32:
Matthew Fryer Adam Labarre	32	Clifton Park Lake George	1:11:59 1:12:23	6 Susan Burns 7 Andrea Halnon	56 57	Rensselaer Lincoln, VT	1:32: 1:34:
Jared Eicher	32	Scotia	1:12:52	8 Joan Bleikamp	57	Greenwich	1:37:
Colin Crowley	34	Round Lake	1:16:02	9 Sally Depoala	55	Saugerties	1:54:
John Evansky Patrick Fitzpatrick	33 33	Hudson Falls Twin Mountain, MI	1:18:06	10 Leslie Weinberg	57	Tenafly, NJ	2:02:
David Corson	34	Porter Corners	1:22:40	MALE AGE GROUP: 60 - 1 Paul Forbes	64 60	Colonie	1:07:
Michael Silvagnoli	31	Malta	1:24:21	2 John Stockwell	63	Watervliet	1:16:
EMALE AGE GROUP: 30 Anne Putnam	34 34	Schenectady	1:06:27	3 Mark Sager	60	Kattskill Bay	1:19:
Shelly Binsfeld	31	Clifton Park	1:08:34	4 Bob Ellison 5 Jim Goodspeed	62 60	Slingerlands Queensbury	1:19:
Sonya Pasquini	32	Albany	1:08:38	6 Jeffrey Jacobs	60	Boise, ID	1:25:
Kristine Hubert Jennifer Merritt	33 33	Red Hook Rensselaer	1:14:23 1:15:00	7 Seamus Hodgkinson	62	Delmar	1:25:
Danielle Maslowsky	32	Clifton Park	1:17:47	8 Daniel Prosser 9 Len Matysczak	60 60	Philmont Wtoming, PA	1:26:
Carrie Trimarchi Karin Peterson	34	Albany	1:19:22	10 Mark Fleszar	61	Troy	1:32:
Karin Peterson Holli Mulholland	34 34	Cohoes Saratoga Springs	1:22:18 1:22:24	FEMALE AGE GROUP: 60		,	
) Sandy Tasse	32	Ballston Spa	1:22:27	Martha DeGrazia Judy Phelps	60 60	Slingerlands Malta	1:17:
IALE AGE GROUP: 35 -		,		2 Judy Phelps 3 Susan Wong	63	Glenmont	1:19:
Volker Burkowski Todd Smith	39 37	Gansevoort Voorheesville	1:00:27 1:06:59	4 Judy Lynch	61	Castleton	1:29:
Joseph Genter	36	Saratoga Springs	1:07:25	5 Candi Schermerhorn	64	Diamond Point	1:37:
Chris Galaty	39	Green Bay, WI	1:08:05	6 Jill Pederson 7 Kathleen Truscelli	60 60	Lake George Staten Island	1:37:
Matt Zappen Jonathan Golden	35 38	Catskill Clifton Park	1:08:12 1:08:34	8 Martha Mischko	61	Fort Edward	1:44:
Joe Fois	36	South Hadley, MA	1:09:35	9 Sue Nealon	61	Troy	1:46:
Patrick Amyot	38	Saratoga Springs	1:10:25	10 Bobbi Storey Reeves MALE AGE GROUP: 65 -	63 69	Peru	1:50:
Derek Peterson Andrew Eyer	35 39	Cohoes Gansevoort	1:10:31 1:11:10	1 Thomas Adams	66	Schenectady	1:21:
MALE AGE GROUP: 35		Garisevoort	1.11.10	2 Donald Robbins	65	Liverpool	1:24:
Sereena Coombes	35	Queensbury	1:06:30	3 Eduardo Munoz 4 Ed Murphy	68 65	Olmstedville Queensbury	1:27 1:29
Allison Craig Kate Motsiff	38 37	Delmar Queensbury	1:06:54 1:15:02	5 Morgan Shipway	68	Avon, CT	1:31:
Sunya Jones	39	Manchester, VT	1:17:06	6 Charles Trimarchi	65	Albany	1:32:
Tiffany Morgan	35	Ballston Lake	1:17:42	7 Peter Ludlow	69	Hopewell Junction	1:34:
Nicole Fitzpatrick	35 36	Twin Mountain, NH		8 James Davis 9 Louis Van Dyck IV	67 69	Queensbury Wilmington, DE	1:46: 1:47:
Stefanie Pitts Kelly Trimarchi	36 36	Schenectady Niskayuna	1:21:19 1:21:52	FEMALE AGE GROUP: 65		·····inigion, DL	
Heather Marcantonio	35	South Glens Falls	1:22:15	1 Ginny Pezzula	65	Colonie	1:30:
Danielle Giroux	35	Waterford	1:23:54	2 Sakiko Claus	69	Schroon Lake	1:57:
IALE AGE GROUP: 40 - Mike Slinsky	44 42	Hopewell Junction	59:18	3 Joyce Rice MALE AGE GROUP: 70 -	69 74	Sanibel, FL	2:11:
Mike Slinsky Jon Rocco	42 44	Colonie	1:03:12	1 Jim Moore	7 4 71	Niskayuna	1:27:
Rik Jordan	40	Glens Falls	1:04:47	2 Bill Long	70	Clifton Park	1:37:
Todd Mesick	44	Cohoes	1:05:32	Joseph Richardson Robert Guarnera	71 71	Slingerlands	1:45:
Robert Cooper	41 44	Saratoga Springs Columbia, MD	1:09:37 1:10:34	4 Robert Guarnera MALE AGE GROUP: 75 -	71 79	Eastchester	2:05:
		COMMINDIA, IVID	1.10.34				
Robert Cooper James Sheehan Seth Dunn	40	Saratoga Springs	1:10:52	 Wade Stockman 	76	Rensselaer	1:25:
James Sheehan			1:10:52 1:11:41 1:12:38	 Wade Stockman FEMALE AGE GROUP: 75 Anny Stockman 		Rensselaer Rensselaer	1:25:

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

> Chamber of Commerce/Office of Tourism, Routes 30 & 8, Box 184, Speculator, NY At the crossroads of two Scenic Byways

518-548-4521 • speculatorchamber.com



5TH ANNUAL "FIRECRACKER 4" 4-MILE ROAD RACE

-	7, 20	Jaratoga	Springs	s City Center, Sarat		Jiiily 3	
MALE OVERALL				MALE AGE GROUP: 45 -			
I David McCarthy	22	Waterford, IRE	19:21	 Steve Cummings 	46	Ballston Spa	25:
! Ethan Clary	22	Schuylerville	19:45	2 Thomas Marcellus	46	Ballston Spa	25:
PJ Gorneault	32	Caribou, ME	20:10	3 Samuel Mercado Jr	48	Saratoga Springs	25:
EMALE OVERALL				FEMALE AGE GROUP: 4	5 - 49		
Hannah Davidson	21	Saratoga Springs	22:38	1 Kristen Hislop	46	Clifton Park	27:
Nicole Irving	19	Ballston Lake	22:44	2 Anne Colevas	45	Washington, DC	28:
Mesha Brewer	32	Saratoga Springs	23:46	3 Christina Palmero	48	Clifton Park	29:
ALE AGE GROUP: 14 8			23.10	MALE AGE GROUP: 50 -			
Aidan Tooker	13	Greenfield Center	24:23	1 Derrick Staley	53	Ballston Lake	22:
	14	Ballston Spa	26:32	2 Ken Schwartz	53	Saratoga Springs	25
Jaxon Smith Logan Sala	14	Canajoharie	27:39	3 Thomas Locascio	53	Albany	26:
EMALE AGE GROUP: 14			27.59	FEMALE AGE GROUP: 5		Albally	20.
			24.22			Calcanatal	20
Estela Smith	13	Ballston Spa	24:22	1 January 1110 Child	50	Schenectady	28
Spencer Hayes	13	Gansevoort	26:11	Maureen Fitzgerald	53	Clifton Park	29:
Sarah Morin	14	Porter Corners	26:52	3 Stephanie Landy	51	Ballston Spa	29
MALE AGE GROUP: 15 -				MALE AGE GROUP: 55 -			
Maxwell Groves	19	Ballston Spa	20:50	1 Ray Wise	56	Hartford, CT	25:
Eric Young	19	Latham	21:44	2 Rob Picotte	57	Malta	25:
Jonah Williams	16	Saratoga Springs	22:21	3 Steve Vnuk	55	Delmar	27
EMALE AGE GROUP: 15	5 - 19			FEMALE AGE GROUP: 5	5 - 59		
Keelin Hollowood	16	Saratoga Springs	24:18	1 Pia Sanda	56	Slingerlands	35
Katien Treichel	17	Saratoga Springs	24:36	2 Adele Pace	57	Clifton Park	35
Tara Peck	17	Saratoga Springs	24:41		57	Greenwich	36
MALE AGE GROUP: 20 -	24					Greenwich	50
Scott Mindel	24	New London, CT	20:10	MALE AGE GROUP: 60 -		6.1.1	2.5
Aliaksandr Leuchank	20	Brooklyn	20:36	1 Paul Forbes	60	Colonie	25
Demetri Goutos	20	Saratoga Springs	20:53	2 Paul Bennett	60	Latham	26
EMALE AGE GROUP: 20		saratoga springs	20.55	3 John Stockwell	63	Troy	29
	20	Mielierune	24:51	FEMALE AGE GROUP: 6	0 - 64		
Emily Finnegan		Niskayuna		1 Martha DeGrazia	60	Slingerlands	30
Katlin Mock	20	Albany	26:24	2 Mary Collins-Finn	62	Menands	33
B Elizabeth Jones	21	Ballston Lake	27:15	3 Deborah Iuliano	62	Ballston Spa	35
MALE AGE GROUP: 25 -		Na Dalas	20.20	MALE AGE GROUP: 65 -		Builston Spu	55
Justin Harris Alexander Grout	27 25	New Paltz Clifton Park	20:20	1 John Leary	67	Cortland	31:
			20:21	,			
Thomas O'Grady EMALE AGE GROUP: 2!	26 5 - 20	Latham	21:17	2 J.J. Favat	66	Saratoga Springs	33
Valerie Matena	25 25	Greenwich, CT	25:08	3 Douglas Fox	66	Loudonville	33:
Karen Bertasso	27	Scotia	25:48	FEMALE AGE GROUP: 6	5 - 69		
Carly Page	25	Baltimore, MD	25:57	1 Ginny Pezzula	65	Colonie	34:
ALE AGE GROUP: 30 -		baltimore, IVID	23.37	2 Nancy Johnston	65	Ballston Lake	46
Anthony Giuliano	32	Albany	21:58	3 Susan Fassett	66	Ballston Spa	48
Steve Klein	30	Marietta, GA	24:22	MALE AGE GROUP: 70 -		Bailston Spa	
Steve Klein Gabe Anderson	34	Saratoga Springs	25:04	1 Jim Moore	71	Niekawana	22
EMALE AGE GROUP: 30		saratoga springs	25.01	1 JIII WOOLC	70	Niskayuna	32
Elizabeth Paddock	30	Madison, WI	24:13	2 William Sheft		Ballston Spa	35
Sonya Pasquini	32	Albany	25:18	3 Bill Long	70	Clifton Park	36
Shannon Pingitore	33	Fort Edward	27:41	FEMALE AGE GROUP: 7	0 - 74		
MALE AGE GROUP: 35 -	39			1 Priscilla Mueller	74	Stillwater	53
Matt Gokey	37	Delmar	22:41	2 Betty Langevin	71	Cohoes	54
Mathew Nark	37	Clifton Park	24:20	3 Dee Sarno	74	Saratoga Springs	58
Matt Zappen	35	Catskill	24:52	MALE AGE GROUP: 75 -	79		
EMALE AGE GROUP: 35				1 Norm Marincic	76	Saratoga Springs	41
Erin Corcoran Fave Revnolds	37	Schenectady	27:23				
	38	Greenfield Center	29:47	2 Charles Bishop	75	Schenectady	43
Aixa Toledo	38	Delmar	29:54	3 Richard Eckhardt	77	Albany	52
IALE AGE GROUP: 40 -		6 . 6 .	25.24	FEMALE AGE GROUP: 7			
Dave Barr	40	Saratoga Springs	25:31	1 Joan Corrigan	76	Clifton Park	52:
William Borgos Joseph Murphy	42	Queensbury	25:40	MALE AGE GROUP: 80 8	& OVER		
	44	Watervliet	26:22	1 Ken Orner	81	Albany	51:
EMALE AGE GROUP: 40		C	25.40	2 Joe Corrigan	80	Clifton Park	52:
Virginie Poritzky	42	Greenfield Center	25:49		80		55
Kimberly Miseno-Bowles Stacie Hebert	41 41	Amsterdam	27:44 28:08			Saratoga Springs Running Club	22.
		Schenectady	30.U0				

WINDHAM MOUNTAIN BIKE WORLD CUP FESTIVAL

July 9-10, 2011 • Windham Mountain, Windham GRAVITY EAST SERIES: DOWNHILL #3 DOWNHILL: PRO Karen EAGAN Chris HIGGERSON MEN 3:21 **DOWNHILL: CATEGORY 1** Taylor ALLISON Jason CARPENTER WOMEN 4:48 M40-49 3:43 Thomas SCHUELER Chris PATTON M30-39 3:44 3:33 Nikolas DUDUKOVICH M00-18 3:31 DOWNHILL: CATEGORY 2

1 Chad ROBERTS M30-39 3:52 Nic VAREC M19-29 3:43 **DOWNHILL: CATEGORY 2/3** 1 Elixandria PORRU 1 William SULLIVAN DOWNHILL: CATEGORY 3 WOMEN 5:21 4:25 Dave ALBERT Mike GRUENER M30-39 4.24 M19-29 4:20 Anthony REARDON M00-18 4:24 RACE THE WORLD: CROSS-COUNTRY CROSS-COUNTRY: PRO MEN CROSS-COUNTRY: PRO WOMEN 1:38:10

CROSS-COUNTRY: CATEGORY 1

DODGE Cameron 1:17:03 M30-39 M40-49 1:20:42 1:19:42 FRAPPIFR Alexandre THOMAS Andrew 1:25:13 1:27:36 LABOMBARD Richard M50-99 Singlespeed BARCLAY Vicki W12-34 1:33:09 1 LIU Jenny CROSS-COUNTRY: CATEGORY 2 1:17:00 M12-18 1:01:11 LOVE Jamie M19-29 1:04:00 GAUVIN Christian M30-39 1:02:57 THOMAS Jay M40-49 1:08:21 SAMPSON Bob ESPONDA Fabian 1:13:17 1:12:38 M50-99 Singlespeed 1:18:41 55:25 BOUGHTON Victoria W12-34 FRONHOFER Mara W35-99 SMITH Iosh M12-18 49:10 CROSS-COUNTRY: CATEGORY 3 MADIGAN Cody SANDEL Christian M19-29 45:45 M30-39 53:25 52:04 56:08 PELLETIER Joseph M40-49 M50-99 MENDOZA Juan GATES Victoria BROOKS Charlotte W12-34 1:08:50 FIRST TIMER Courtesy of Windham Resort & Greene County Tourism



M12-18

1:20:53

530 Liberty St., Schenectady 382-7200

1201 Nott St., Ste. 302, Schenectady 243-4684

3757 Carman Rd., Ste. 104, Schenectady 355-3980

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Schenectady

RACE RESULTS

11TH ANNUAL SARATOGA 12/24 ULTRAMARATHON CYCLING RACE July 9-10, 2011 • Pearl Street, Schuylerville SARATOGA CHALLENGE 24-HOUR RACE TWO-PERSON MIXED TEAM Team Ain't No Rest The Wicked Cattaraugas 228M Cattaraugas/East Otto 213M Top 3 & Regiona MALE OVERALL Salisbury, NH 451N NIGHTHAWK 12-HOUR RACE MALE OVERALL Stephen Bugbee Toronto, ON 57 Pittsfield, MA 412N 36 213M Dylan Grimn 321N 163M Bill Schwarz (Handcycle) 66 163N TRIPLE LAP CHALLENGE 96-MILE RACE MALE OVERALL **FEMALE OVERALL** 276N Campbell Hall 5:09:00 Scott MacMillin 56 36 53 51 HUDSON RIVER RAMBLE 12-HOUR RACE Jason Van Stav 5:28:00 MALE OVERALL Glens Falls Dick Murphy 6:08:00 New Canaan, CT David Mateer Poughkeensie John Carroll 229N 6:48:00 Wesley Wilmer 55 Troutville, VA 215N/ 61 Poughkeepsie 6:48:00 Wilmington, DE FEMÁLE OVERALL 208N David Power 42 43 Wilmington DF 5:41:00 Kurt Higgins Ballston Spa 165N 36 47

130N

Stephanie Barbero

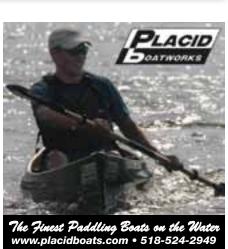
Fairport

Courtesy of Adirondack Ultra Cycling

7:08:00

11TH ANNUAL PINE BUSH TRIATHLON July 10, 2011 • Rensselaer Lake, Albany to Guilderland YMCA, Guilderland											
	July 10, 201	11 • R	ensselaer Lai	ce, Alba	ny t	o Guilderland	ҮМСА,	Guilderland			
	325-YARD SWIM, 11		BIKE, 3.25-MILE R Regional Finishers			Elizabeth Zeyher ALE AGE GROUP: 30	25 - 34	Albany	1:50:56		
84	ALE OVERALL	1 Age 0	x negional i inishers		1	Brian McKenna	31	Voorheesville	59:59		
1	Craig Tynan	41	Schenectady	55:35	2	Jonathan Conkling	34	Hoosick Falls	1:01:30		
	J ,	26	,		3	Stephen Russell	31	Albany	1:02:39		
2	Kyle Konopnicki		Saratoga Springs	58:17	4	Aaron Degiovine	33	Greenville	1:02:57		
3	Edward Hampston	43	Voorheesville	59:18	5	Alexander Workman	34	Colonie	1:02:37		
	MALE OVERALL				6	Greg Antolick	34	Wynantskill	1:04:15		
1	Bridget Sherratt	41	Fanwood, NJ	59:32	7	2	34 32	Ballston Lake			
2	Kristin Grab	22	Troy	1:03:58	8	David Druzynski	32 31	Wilton	1:05:18		
3 Courtney Tedeschi 16 Westerlo 1:06:01					9	Chris Evans	33		1:05:23		
	ALE AGE GROUP: 15 - 1					John Evansky	34	Hudson Falls	1:06:25		
1	Gunwan Park	17	Guilderland	1:04:19		Matt Nafus Rick Ikasalo	34 32	Glenville	1:06:48		
2	Sean Doyle	18	Schenectady	1:06:37			32 32	Delmar	1:08:07		
3	Trevor Wadsworth	19	Schenectady	1:14:14		Brian Deg Jason Packer	32	Albany	1:11:08 1:18:06		
4	Zachary Kundel	19	Glenmont	1:16:10			33 32	Slingerlands			
5	David Fischer	18	Loudonville	1:22:01		Kevin Quandt	32 32	Saratoga Springs Glenmont	1:19:28 1:22:57		
6	Christopher Lemelin	15	Niskayuna	1:23:07	15		32	Colonie	1:24:02		
7	Luke Herzog	16	Slingerlands	1:34:33	16		32 31		1:24:02		
8	Brandon Lahn-Schofield	17	Schenectady	1:55:46	17			Albany			
FE	MALE AGE GROUP: 15	- 19			18	,	31	Albany	1:31:02		
1	Casey Gerety	19	Albany	1:17:33		Q Diamond	32	Troy	2:06:30		
2	Samantha Harvey	17	Berne	1:21:14		MALE AGE GROUP:			4.06.33		
3	Sara Behuniak	19	Latham	1:43:03	1	Kim Didrich	31	Rensselaer	1:06:23		
M	ALE AGE GROUP: 20 - 2	4			2	Colleen Ottalagano-M		Slingerlands	1:07:19		
1	Nicholas Dubois	20	Henrietta	1:03:27	3	Rita Verga	34	Troy	1:13:02		
2	Alexander Gaylord	24	Melrose	1:06:21	4	Laura Zima	31	Schenectady	1:15:47		
3	Christopher Lang	22	Troy	1:08:36	7	Rebecca Evansky	31	Hudson Falls	1:19:41		
5	Michael Agneta	21	Delmar	1:22:49	8	Melissa Gordon	32	Troy	1:21:12		
6	Christopher Spina	21	Delmar	1:22:49	9	Rebecca Grosso	31	Niskayuna	1:21:17		
7	Travis Parisi	24	Ballston Spa	1:27:19		Stacey Brown	32	Scotia	1:21:46		
8	Daniel O'Connor	23	Albany	1:34:12		Cynthia Nixon	34	Hollowville	1:25:58		
FE	MALE AGE GROUP: 20	- 24	,			Alison Thorne	32	Albany	1:31:26		
1	Kimberly Sikule	24	Westerlo	1:06:19	13		30	Petersburg	1:31:42		
2	Nicole Avila	22	Guilderland	1:15:39		Sarah Fisk	31	Troy	1:31:57		
3	Courtney Bollman	24	Pottersville	1:18:03		Cecilia Logue	30	Voorheesville	1:32:34		
4	Julie Nabozny	21	Valatie1:18:48			Denise Altschule	33	Slingerlands	1:41:08		
5	Heidi Parish	24	Saratoga Springs	1:22:36		ALE AGE GROUP: 35		5 1.00	4 04 47		
7	April Peluso	24	Schaghticoke	1:30:51	1	Philip Sherratt	37	Fanwood, NJ	1:01:47		
	ALE AGE GROUP: 25 - 2		Schaghaeone	1.50.51	3	Laurent Grenouillet	36	Albany	1:05:09		
1	Nicholas Rindenello	25	Harvard, MA	59:43	4	Matthew Palmer	36	Morris	1:06:46		
2	Brian Woods	26	Loudonville	1:02:32	5	John McManus	39	Valatie	1:07:27		
5	John Baranoski	27	Schuylerville	1:06:05	6	Nicholas Verdile	36	Ballston Spa	1:08:19		
6	Matthew Martin	28	Albany	1:06:40	7	Matthew Revitt	36	Schenectady	1:09:46		
7	Kirk Courneen	28	Schenectady	1:08:18	8	Chip Barnes	35	Delmar	1:10:56		
8	Matthew Englat	29	Albany	1:10:33	9	Kory Weaver	38	Averill Park	1:11:01		
	Mark Jensen	26	Schenectady			Derek Lewis	39	Loudonville	1:11:03		
	Jason Rueda	26	Schenectady	1:14:07 1:21:12		Matthew McMorris	36	Saratoga Springs	1:11:10		
	Richard Renaud	29	Latham			Phil Bordwell	37	Malta	1:11:12		
				1:21:23	13	,	39	Latham	1:11:44		
	Edwin Rueda	29	Schenectady	1:23:28		Dave Gilson	36	Niskayuna	1:11:54		
	Robert Swan	29	Albany	1:25:15		Kurt Swan	39	Albany	1:12:01		
	MALE AGE GROUP: 25				17		38	Ballston Spa	1:12:14		
1	Vanessa Holzmann	26	Catskill	1:10:31	18		39	Delmar	1:12:54		
2	Beth Portuese	29	Queensbury	1:10:56	19	Alex Chlopecki II	39	Glenville	1:13:33		
3	Danielle Leder Druzynski	28	Ballston Lake	1:11:21		Matt Turek	38	Ballston Lake	1:14:15		
4	Jenna Bernhardt	26	Albany	1:14:39		Paul Fraley	37	Watervliet	1:15:59		
5	Jill Ganley	27	Waterford	1:14:42		James Edgar	37	Scotia	1:16:17		
7	Jayme Torelli	29	Selkirk	1:19:28	23		38	Schenectady	1:20:22		
8	Marilyn Lupo	26	Albany	1:34:08	24	Paul Shreeman	35	Watervliet	1:21:58		

tyre morroprinent		Saratoga Springs					,	
dward Hampston	43	Voorheesville	59:18	4	Aaron Degiovine	33	Greenville	1:02:57
IALE OVERALL				5	Alexander Workman	34	Colonie	1:03:12
Bridget Sherratt	41	Fanwood, NJ	59:32	6	Greg Antolick	34	Wynantskill	1:04:15
Kristin Grab	22	Troy	1:03:58	7	David Druzynski	32	Ballston Lake	1:05:18
Courtney Tedeschi	16	Westerlo	1:06:01	8	Chris Evans	31	Wilton	1:05:23
LE AGE GROUP: 15 - 1	19			9	John Evansky	33	Hudson Falls	1:06:25
Gunwan Park	17	Guilderland	1:04:19	10	Matt Nafus	34	Glenville	1:06:48
Sean Doyle	18	Schenectady	1:06:37	11	Rick Ikasalo	32	Delmar	1:08:07
Frevor Wadsworth	19	Schenectady	1:14:14	12	Brian Deg	32	Albany	1:11:08
Zachary Kundel	19	Glenmont	1:16:10	13	Jason Packer	33	Slingerlands	1:18:06
David Fischer	18	Loudonville	1:22:01	14	Kevin Quandt	32	Saratoga Springs	1:19:28
Christopher Lemelin	15	Niskayuna	1:23:07	15	Terrence Tripp	32	Glenmont	1:22:57
uke Herzog	16	Slingerlands	1:34:33	16	Anders Rasmussen	32	Colonie	1:24:02
Brandon Lahn-Schofield	17	Schenectady	1:55:46	17	Daniel Reynolds	31	Albany	1:24:47
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	24			4	Laura Zima	31	Schenectady	1:15:47
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Christopher Spina	21	Delmar	1:22:49	10	Stacey Brown	32	Scotia	1:21:46
Travis Parisi	24	Ballston Spa	1:27:19	11	Cynthia Nixon	34	Hollowville	1:25:58
Daniel O'Connor	23	Albany	1:34:12		Alison Thorne	32	Albany	1:31:26
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Courtney Bollman	24	Pottersville	1:18:03		Denise Altschule	33	Slingerlands	1:41:08
ulie Nabozny	21	Valatie1:18:48			ALE AGE GROUP: 35 -	39	3	
Heidi Parish	24	Saratoga Springs	1:22:36	1	Philip Sherratt	37	Fanwood, NJ	1:01:47
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Robert Swan	29	Albany	1:25:15		Kurt Swan	39	Albany	1:12:01
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Beth Portuese	29	Queensbury	1:10:56		Alex Chlopecki II	39	Glenville	1:13:33
Danielle Leder Druzynski	28	Ballston Lake	1:11:21		Matt Turek	38	Ballston Lake	1:14:15
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Marilyn Lupo	26	Albany	1:34:08		Paul Shreeman	35	Watervliet	1:20:22
Sugam Langer	25	Clifton Park	1:34:06		Jeffrey Marx	39	Castleton	1:22:22 continued



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54 Stamford 15 Kim Middleton 36 Delmar 1:26:28 Bob Connelly 51 1:03:58 16 Aixa Toledo Delmar Kinderhook 1:05:33 Albany 17 Jenn Marlow 35 1:29:08 Michael Rozell Queensbury 1:06:19 51 18 Moira Driscoll 38 Clifton Park 1:29:56 John Paduano Stillwater 1:10:04 Kevin Ahern 19 Jennifer Coughlin Charlton 1:10:38 20 Michelle Furlong 38 1:32:45 Keith Martin 51 Clifton Park 1:13:42 Delmar 21 Ally Kelly 38 Ballston Lake 1:33:37 Kevin Maloy 54 Valatie 1:15:20 22 Tracyalison Ruggiero Lee Hilt 54 1:17:01 39 Claverack 1:33:50 Colonie Bill Marinello 1:17:59 23 Ameera Crellin 1:33:51 Slingerlands Albany 24 Erika Lewis 36 Schenectady 1:35:20 10 Michael Boskin 53 1:18:46 25 Nicole Naef 38 Glenmont 1:36:28 11 Robert Perry 54 Niskayuna 1:21:11 26 Jennifer Carrahe 12 James Ebersold Slingerlands 1:22:12 27 Kate Schofield 35 Schenectady 1.49.05 13 Brian Wiersma 52 Latham 1:25:22 28 Irene Vane 38 Greenville 1:53:38 14 David Henkel 52 Voorheesville 1:25:56 MALE AGE GROUP: 40 - 44 15 Anthony Grab 1:27:19 51 Troy Halfmoon 59:35 41 Guilderland Robert Frank 44 Niskayuna 59:45 17 Thomas Essig 50 1:51:08 Ghent Pat Sommo 43 Guilderland 1:00:53 **FEMALE AGE GROUP: 50** - 54 Scott Schaffe Schenectady Kellyanne Terry 1:19:10 43 1:02:04 Kathryn Perry 50 1:23:33 Gary Ethier Cohoes Niskayuna Martin Gordinier 40 Delmar 1:04:36 Patty Paduano 54 Stillwater 1:26:58 Ron Montesi Janine Stuchin 1:27:42 Schenectady 1:07:31 51 Saratoga Springs 40 Selkirk 1:07:35 Cathy Sheehar 51 Ion Manstone 43 Albany 1:08:59 MALE AGE GROUP: 55 59 Clifton Park 10 Vicente Miranda 1:09:23 George Baird 55 Rensselaer 1:02:38 1:09:57 Schenectady 1:05:52 43 West Sand Lake 1:11:08 57 1:12:22 14 Mark Schroeder John Denio Glenmont 15 Ionathan Bright 41 Guilderland 1:11:52 Larry Lewis 57 Scotia 1:14:49 16 Diarmaid Muulholland 1:11:56 Kenny Hart Colonie 40 Loudonville 1:15:09 56 17 Brad Shear Delmar 1:12:45 Art Leder Niskayuna 1:18:06 18 Rusty Bascom 44 Schenectady 1:14:46 Stephen Frost 55 Clifton Park 1:25:23 59 43 1:15:55 Jim Sheehan Cohoes 1:27:08 19 John Harris Albany Saratoga Springs 1:27:11 21 Michael Kassal 40 Queensbury 1:19:53 **FEMALE AGE GROUP: 55** - 59 23 Woodward Jackson 1:21:19 43 Albany 1:25:05 Mary Wilsey 59 Albany 24 Alan Rosenblum Pia Sanda Delmar 1:31:25 56 Slingerlands 1:23:31 Ann O'Brier 1:25:19 26 Donavan Kenney 41 Albany 1:49:10 Nina Salamon 57 Glenmont 1:25:42 Margaret Goldin Denio **FEMALE AGE GROUP: 40** 1:27:55 57 Glenmont Slingerlands 1:10:56 Karen Gerety Jenny Stahl 42 Clifton Park 1:11:41 Barbara Hoffman 58 Slingerlands 1:39:45 Maryann Reilly-Johnson 43 Loudonville 1:12:12 Kathleen Martens 55 Glenmont 1:41:34 Martha Gohlke Voorheesville 1:14:15 Arlene Pericak 55 Latham 1:45:15 MALE AGE GROUP: 60 Michelle Rocklein 1:15:54 Karen Strope 40 Schaghticoke 1:17:03 Lenny Collins 62 Valatie 1:08:31 41 1:09:02 Slingerlands 1:17:13 Frank Bender Maureen Harris 60 Troy Michael Della Rocco 1:26:52 9 Missy Stewart 40 Selkirk 1:18:32 John Warlaumont 62 Slingerlands 1:34:06 10 Monica Ryan 40 West Sand Lake 1:18:34 **FEMALE AGE GROUP: 60 - 64** 1:20:30 1:49:32 11 Ann Frost 40 Davenport, IA Albany Lucia Fischer 61 MALE AGE GROUP: 65 -1:20:50 13 Jenny Hayes 40 Albany 1:25:16 Douglas Kabat 65 Niskavuna 1:12:07 41 1:25:35 Mark-Richard Butt 14 Tamara Colman Albany 69 Delmar 1:24:33 Greenville 1:25:41 MALE AGE GROUP: 70 & OVER 16 Ruth Leslie 42 Delmar 1:26:30 1 Henry Peyrebrune Delmar 1:46:57 73 17 Michelle Golonka 44 Delmar 1:26:37 2 Ralph Santos 70 Clifton Park 1:55:46 RELAY TEAMS 1:27:49 42 Delmar 18 Sara Rosenblatt 42 Delmar 1:31:05 55:25 19 Amanda Fallon 20 Kathy Fernau 43 Ballston Spa 1:31:37 Tazmaniacs 1:00:51 1:31:46 All Hail Gloop & Gleep 1:01:17 21 Jeanne Myers Albany 22 Susan Baei 1:32:32 **Snapping Turtles** 23 Eleonora Morrell Clifton Park 1:37:12 Tomhannock Warriors 1:05:25 42 25 Damarise Alexander-Mann 43 Albany 2:01:40 Need More Wind 1:07:04 1:09:17 26 Kimberly Moon 2:05:23 Vandolet Industries MALE AGE GROUP: 45 - 49 1:09:30 The Guys Kevin Kretzschmar 45 Rensselaer 1:02:21 Penguins Rule 1:09:42

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10 Huffin' Puffins



Courtesy of Capital District YMCA

1:09:56



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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 footsteps 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 footgear. 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 jumpstart 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



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 (Iclark@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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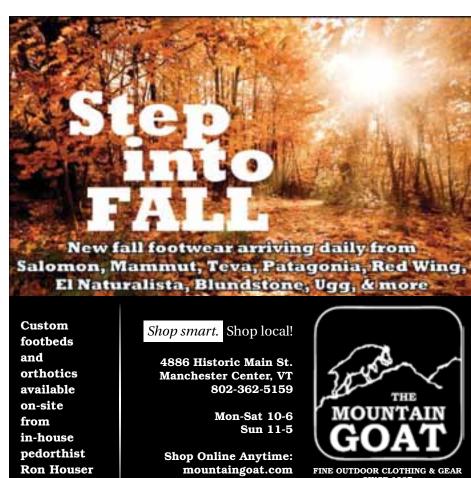
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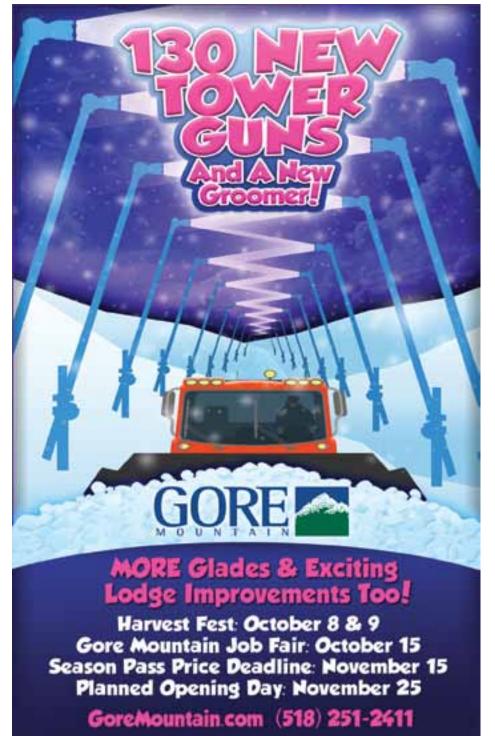
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