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START OF THE CAMP SARATOGA 8K SNOWSHOE RACE AT THE WILTON WILDLIFE PRESERVE & PARK IN FEBRUARY 2011. PHOTO BY PETER THOMAS/ALPENGRAFIK.COM

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Snowshoe Racing

Sport Comes into Its Own

by Laura Clark

Back in 1998 when I entered my first snowshoe race, the sport was regarded as a fringe activity, a throwback to the time when Roger's Rangers tactically defeated the French in the Battle of the Snowshoes. And while it remains immensely satisfying to tromp through deep snow on traditional wooden racquettes, there is much to be said for modern technology. With today's sleeker models, snowshoeing has become America's fastest growing winter sport.

It could be argued that an obvious explanation for these statistics is that they count both runners and walkers. But because of the physical exertion required, the two are not necessarily mutually exclusive. Deep snow or a hilly course causes most of us to break into hiking mode in an effort to conserve energy for the easier sections. And the playing field is definitely leveled when the frontrunners slow down to break trail leaving the rest of us following in their wake.

This "we're all in it together" attitude defines not only the sport but the events themselves. With a scant three months to indulge, intensity and enthusiasm run high. Here in the Northeast and beyond, Dion Snowshoes (dionsnowshoes.com) sponsors seven major series, the largest in the world. Included are Empire State, Maine Bradbury, Granite State, the North Central State's Braveheart, Eastern Ontario, Ohio, New Jersey, Alaska and State Championships in North Carolina and South Dakota. The oldest is hosted by the Western Massachusetts Athletic Club (WMAC) with approximately 17

events planned in New York, Vermont, New Hampshire and Massachusetts.

While each WMAC race obviously attracts a percentage of the local population, there is also a large contingent of groupies who follow the circuit. This means that you will encounter the same folks again and again, making some lifelong friends in the process. You will know exactly where you need to line up and can judge your effort, not by minutes and seconds, but by who is ahead or who is behind you. This is important since course difficulty can vary widely from year to year depending on snow conditions, making percentage placement a more telling indicator of prowess. This is the season to liberate yourself from the tyranny of your stopwatch, seize the day, and make effort and enjoyment your goal.

We all know how difficult it is to try something outside your personal comfort zone, but the WMAC crowd is a truly welcoming bunch. Most of us end up mixing hiking and running so you need not fear you will stand out. Besides, there are not a lot of spectators in the deep woods besides a few chickadees and the occasional deer.

And how many of you have wished you could afford a personal trainer to introduce you to a new sport? Bob and Denise Dion or their representatives are at every event, with rentals for you to try and advice on equipment upgrades. The race directors are proud of their venues and are eager to insure that you

See **SNOWSHOE RACING, 19** ▶

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CROSS-COUNTRY SKIING

Nordic Ski Racing Ahead

by Darwin Roosa

As diehard Nordic ski racers head into another winter in pursuit of their performance goals, they have high hopes for early snow to begin four months of Nordic ski competition. They have logged many hours and kilometers of "dryland" conditioning spring through fall that span bicycling, paddling, running, hiking with ski poles, and of course plenty of roller skiing. Although experienced Nordic racers are serious about their sport they are always willing to encourage novices and casual skiers of all ages to try racing because they know they will be hooked.

Promoting and growing Nordic skiing is what it's all about. Raising the competitive bar among the field of racers at events further challenges racers and keeps them motivated. Plus, Nordic racing is a family venture involving youngsters, parents and grandparents broken out by age groups. The New York State Ski Racing Association (NYSSRA) Nordic is part of the picture by providing ski racers with Nordic racing opportunities across the state.

NYSSRA Nordic serves as the coordinating body of Nordic ski sport activities in New York. As an inclusive organization, training and racing activities involve cross-country skiing, biathlon, Bill Koch Youth Ski League programs and ski orienteering. As such, NYSSRA Nordic works in conjunction with national governing bodies of these disciplines including U.S. Ski Association for cross-country, jumping and Nordic combined; U.S. Biathlon Association for biathlon; and U.S. Ski Orienteering Federation for ski orienteering.

The Club Connection – However, NYSSRA's closer connection is with a network of over 25 sanctioned Nordic ski racing clubs statewide. Each club has a voice and a vote on issues at NYSSRA biannual meetings. Clubs are the foundation of dedicated volunteers who plan and conduct events for coaching, training, and racing at various ski trail venues. And New York truly has outstanding Nordic ski center facilities for training and racing! Events are sanctioned by NYSSRA Nordic.

Member clubs also earn race points toward the award of an end-of-season Club Championship Banner. The club race series this winter will combine cross-country and biathlon racing points.

New this season is the recently formed Capital Region Nordic Alliance club with year-round Nordic sports events scheduled on the Rensselaer Plateau, at Pineridge Cross-Country Ski Area in East Poestenkill, and around the Capital Region with other not for profit groups. Included are cross-country skiing, orienteering, snowshoeing, and biathlon (paintball and 0.22-caliber rifle). The alliance and other new clubs will help expand the race calendar.

Bill Koch Youth Ski League – There are also 18 clubs that offer Bill Koch Youth Ski League programs that emphasize having fun on snow for young skiers 13 and under. This program was inspired by Bill Koch, the first American to win an Olympic medal in cross-country skiing. "Bill Kochers" learn how to cross-country ski and participate in creative Nordic events that are loads of fun. Parent organizers design plenty of imaginative skiing activities to keep kids and families coming back for more skiing. Included are soccer on skis and biathlon paintball. As young skiers develop within the Nordic ski community, they will likely move on to other ski programs, and become more serious about skiing fast. NYSSRA Nordic offers free membership to first-time Bill Koch members.

Festivals are weekend-long events with lots of skiing activities. Each year a club and NYSSRA Nordic sponsor the Mid-Atlantic Bill Koch Festival. This year's Festival on February 11-12 will be hosted by Polar Bear Ski Club at McCauley Mountain in Old Forge. Plus, the NY Ski Education Foundation (NYSEF) will hold its Nordic Kids' Festival at the Olympic Ski Jumping Complex in Lake Placid on March 17-18.

NYSSRA Nordic has a "Ks for Kochers" program. Kids keep a log of the number of kilometers they cross-country ski with their club, family or on their own. At the end of the season they add up the Ks. Certificates are awarded for a gold, silver or bronze distance-level completed.

Cross-Country Ski Racing – Going fast on skis over snow is challenging and is the most demanding aerobic activity you can choose during winter. Just about anyone can become a cross-country ski racer. You don't need to be a kid to get started. All you need is a reasonable level of fitness, ski equipment, some instruction, practice and motivation. You're ready for competition when reasonably proficient in one of two ski techniques: Classic – kicking and gliding in a track, and/or Freestyle – skating like an ice skater on groomed snow.

NYSSRA Nordic's 2011-2012 calendar offers over 25 cross-country races across the state. Race distances range from five to 50 kilometers. The prestigious 31st Empire State Winter Games at Lake Placid on February 2-5 are part of the schedule. Included will be a 2.5 km Prologue, 7.5 km Pursuit, and ESWG/NYSSRA "Tour-Nado" for racers combining the 30th Lake Placid Loppet ski race on February 4 at the Olympic Sports Complex into their weekend.

Biathlon – The added challenge for cross-country ski racers is to become a biathlete by adding rifle marksmanship to their aerobic chaos. Racers with 0.22-caliber rifles on their backs ski over a course and return to a shooting range two or four times depending on race format. They shoot prone and standing targets from 50 meters. Each time five bullets are used to knock down five metal targets. Missed targets mean additional skiing penalty time or clock time.

Fourteen New York biathlon events are scheduled this season. Included is a biathlon pursuit race at the Empire State Winter Games on February 5.

Ski Orienteering – Skiers navigate with a map and compass over a ski course to find control points as fast and efficiently as possible. Event distances vary. Ten Ski-O events are scheduled this winter including an event at the Empire State Winter Games.

Season Finale – The NYS Nordic Championships on March 3-4 at Lake Placid is the official championships for cross-country, biathlon and ski orienteering. Included are biathlon individual and team relays, cross-country relays, and the NYSSRA Champions Cup 21 km ski race. The event will also recognize NYSSRA Race Points Series winners for accumulating the most points for races throughout the season in cross-country skiing and biathlon. Spectators are welcome!

For a 2011-2012 NYSSRA Nordic membership and racing license, go to nysrranordic.com. Links are provided to the complete calendar of Nordic racing events and a list of clubs. 📌

Darwin Roosa (roosmean@verizon.net) is president of NYSSRA Nordic. He is a lifelong cross-country ski racer, biathlete, and member of Saratoga Biathlon Club. He lives at the base of the Helderberg Escarpment in Altamont and travels to find snow and race events.

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AdkSports.com • info@AdkSports.com • Fax (518) 877-0619

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Adirondack Sports & Fitness is published 12 times per year with a monthly circulation of 20,000 copies. ©2011 Adirondack Sports & Fitness, LLC. All rights reserved.

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Mt Van Hoevenberg, Lake Placid
Biathlon Sprint & Pursuit Championships,
Ski Orienteering Championship,
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nyssranordic.com

Calendar of Events December 2011 - February 2012*

*Events beyond this month are advertisers in this issue.

DECEMBER 2011							JANUARY 2012							FEBRUARY 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
							1	2	3	4	5	6	5	6	7	8	9	10	11	
4	5	6	7	8			8	9	10	11	12	13	12	13	14	15	16	17	18	
11	12	13	14	15			15	16	17	18	19	20	19	20	21	22	23	24	25	
18	19	20	21	22			22	23	24	25	26	27	28	26	27	28	29			
25	26	27	28	29			29	30	31											

ALPINE SKIING & SNOWBOARDING

ONGOING

Wed Why Not Wednesdays: \$38 Lift Ticket w/Coke Can.
Gore, North Creek. 251-2411. goremountain.com.

DECEMBER

- 11 Super Sundays: Historic Sunday.** Discounted tickets, slopeside games, park/pipe events. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 11 Whiteface Rail Jam.** 12pm. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 14 Inside Edge Alpine Ski/Snowboard Demo Day.** Gore, North Creek. 793-5676. insideedgeskiandbike.com.
- 17 "Winter West-erland."** 9am-2pm. Live entertainment (10am-12pm), meet/greet w/Santa Claus, craft stations, Great Escape Timber Town characters, brunch buffet (11am-2pm), free outdoor sledding & snowman building. West Mountain & Westside Grille, Queensbury. 793-6606. skiwestmountain.com.
- 17 Side Country Tour w/High Peaks Cyclery.** 9am-2pm. Pro Night: 4-7pm w/movies, specials. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- 17 Lumber Jack Log Jam Freestyle.** Gore, North Creek. 251-2411. goremountain.com.
- 18 Alpine Touring & Telemark Demo Day w/High Peaks Cyclery.** 10am-4pm. Whiteface, Wilmington. 523-3764. highpeakscyclery.com.
- 28 Burton Snowboard Demo Day.** Gore, North Creek. 251-2411. goremountain.com.
- 29 57th Master's Ski Jump: Art Devlin Cup.** 6pm. Olympic Jumping Complex, Lake Placid. 523-2202. whitefacelakeplacid.com.
- 30 NYSEF 90K New Year's Ski Jump.** 6pm. Olympic Jumping Complex, Lake Placid. 523-2202. nysef.org.

JANUARY

- 1 Super Sundays: Island Madness.** Discounted tickets, slopeside games, park/pipe events. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 1 New Year's Tubing & Skiing Party.** Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
- 8 Hovey Memorial Alpine Ski Race.** Whiteface, Wilmington. 946-7001. nysef.org.
- 17-22 Take Your Daughter to Gore Week.** Gore, North Creek. 251-2411. goremountain.com.
- 19-21 FIS Nature Valley Freestyle World Cup.** Olympic Jumping Complex, Lake Placid & Whiteface, Wilmington. 523-1655. whitefacelakeplacid.com.
- 21 Rail Jam.** 5pm. Oak, Speculator. 548-3606. oakmountainski.com.
- 21-22 Master the Mountain Ski & Snowboard Camps.** Gore, North Creek. 251-2411. goremountain.com.
- 21-22 Intro to Telemark Skiing Camp.** Gore, North Creek. 251-2411. goremountain.com.
- 28-29 Women's Skiing Camp.** Gore, North Creek. 251-2411. goremountain.com.

- 28-29 Women's Burton Learn To Ride Snowboard Camp.** Gore, North Creek. 251-2411. goremountain.com.
- 29 Rock the Mountain.** Rail jam, music, prizes, giveaways, fireworks. Willard, Greenwich. 692-7337. willardmountain.com.
- 30 Recreational Restaurant Race.** Gore, North Creek. 251-2411. goremountain.com.

FEBRUARY

- 4 Rail Jam.** 5pm. Oak, Speculator. 548-3606. oakmountainski.com.
- 4-5 Burton Learn to Ride Snowboard Camp.** Gore, North Creek. 251-2411. goremountain.com.
- 5 Super Sundays: Super Sunday.** Discounted tickets, slopeside games, park/pipe events. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 9-12 NYSEF Alpine Ski Races.** Whiteface, Wilmington. 946-7001. nysef.org.
- 11-12 Master the Mountain Alpine Ski & Snowboard Camps.** Gore, North Creek. 251-2411. goremountain.com.
- 12 Family Festival For Kids.** Gore, North Creek. 251-2411. goremountain.com.
- 25 Saturday Night Skins Race at the Bowl.** Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
- 26 USASA Slopestyle.** Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
- 18 Sacandaga Challenge.** 10am. Men/women's ski/ride. Oak, Speculator. 548-3606. oakmountainski.com.
- 25 Dummy Big Air: 10am.** Torchlight Parade: 7pm. Oak, Speculator. 548-3606. oakmountainski.com.

MARCH

- 3 Mini-Shredders Jibfest: Freestyle Competition.** Gore, North Creek. 251-2411. goremountain.com.
- 3 Cardboard Box Race: 10am.** Rail Jam: 5pm. Oak, Speculator. 548-3606. oakmountainski.com.
- 3-4 Women's Alpine Skiing Camp.** Gore, North Creek. 251-2411. goremountain.com.
- 3-4 Telemark Skiing Camp: Trees, Steeps & Bumps.** Gore, North Creek. 251-2411. goremountain.com.
- 3-4 Ladies' Burton Learn To Ride Snowboard Camp.** Gore, North Creek. 251-2411. goremountain.com.
- 11 Super Sunday: Shamrock Sunday.** Discounted tickets, slopeside games, park/pipe events. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.

APRIL

- 1 Super Sunday: Retro Sunday.** Discounted tickets, slopeside games, park/pipe events. Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.

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JANUARY

- 7 First Century Ride.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

FEBRUARY

- 18 Snowball Express Ride.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

JUNE

- 22-24 Centurion Lake George.** Racers race, riders ride. 100M, 50M, 25M, hill climb, kids' ride, expo. Solo, teams, clubs, charities. Lake George. 877-504-9631. centurioncycling.com.

CROSS-COUNTRY SKI RACING

ONGOING

Tu/Th Dewey Youth Ski League. 4pm. Dewey Ski Center, Saranac Lake. 891-2697. deweyskicenter.com.



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Dewey Ski Center, Saranac Lake. 891-2697.
deweyskicenter.com.

DECEMBER

- 11 NYSEF Season Opener XC Freestyle. 5K/10K. 10:30am.
Olympic Sports Complex, Lake Placid. 523-1900. nysef.org.
- 16-17 FIS Nordic Combined Continental Cup.** Olympic
Jumping Complex/Sports Complex, Lake Placid. 523-2202.
whitefacelakeplacid.com.
- 17 World Famous Osceola Christmas Pie Classic XC Ski
Race.** 5K. Osceola Tug Hill, Camden. Jeff Moore:
315-939-2341. nyssranordic.com.
- 31 Glenville Hills Classic XC Ski Race.** Glenville.
nyssranordic.com.

JANUARY

- 1 Crack of Noon XC Ski Race.** 5K freestyle. 12:30pm. Dewey
Ski Center, Saranac Lake. 891-2697. deweyskicenter.com.
- 1 Old Forge Resolution Day XC Ski Race.** McCauley, Old
Forge. nyssranordic.com.
- 7 Glens Falls JOQ Freestyle XC Ski Race.** Crandall Park,
Glens Falls. Bob Underwood: 656-3127. nyssranordic.com.
- 8 Cayuga Nordic Classic XC Ski Race.** Hammond Hill S.E.,
Dryden. nyssranordic.com.
- 14 Winona Forest Try-It Race. Winona Forest Recreation Area,
Mannsville. skireg.com.
- 19 Pineridge Night 8K Classical XC Ski Race.** 7pm. Open to
all. Pineridge, East Poestenill. 283-3652. skireg.com.
- 21-22 NYSEF Harry Eldridge Classic Nordic Ski Race. Olympic
Sports Complex, Lake Placid. 523-2811. nysef.org.
- 27-28 Craftsbury XC Ski Marathon.** Fri: 200m night sprints. Sat:
25K/50K classic race. Craftsbury, Craftsbury Common.
802-586-7767. craftsbury.com.
- 28 Higley Hustle Classic XC Ski Race.** Higley Flow S.P.,
Colton. nyssranordic.com.
- 29 Shenendehowa Classic Nordic Ski Race.** 10K open/mas-
ters. 11am. Saratoga Biathlon Center, Day. Jim Flaherty:
877-8476. nyssranordic.com.

FEBRUARY

- 4 30th Lake Placid Loppet XC Ski Race.** 9am. 25K/50K clas-
sic/freestyle. American Ski Marathon Series. 2/3: Waxing
clinic & kids' race. Olympic Sports Complex, Lake Placid.
whitefacelakeplacid.com.
- 4-5 NYSSRA Nordic ESG Tour/NADO.** Olympic Sports
Complex, Lake Placid. nyssranordic.com.
- 18 Winona Forest Tourathon Classic XC Ski Race. 12.5K, 25K,
37.5K, 50K. 9am. CCC Camp, Mannsville. skireg.com.
- 25 Cookie Classic/Clash of the Titans XC Ski Race.** 10K/5K.
10am. Dewey Mountain Ski Center, Saranac Lake.
891-2697. deweyskicenter.com.
- 25 Highland Forest XC Ski Festival.** 10K/6K classical. 10am.
Highland Forest S.F., Fabius. nyssranordic.com.

MARCH

- 3-4 NYSSRA Champions Cup Weekend: State Nordic
Championships.** Biathlon sprint/pursuit, ski orienteer-
ing, club relay, 21km freestyle. Olympic Sports Complex,
Lake Placid. nyssranordic.com.

CROSS-COUNTRY SKI TOURING

ONGOING

- Thu Free Family Moonlight X-C Ski: 12/8, 1/5, 2/2, 3/8, 4/5.
7pm. Vischers Ferry Nature Preserve, Clifton Park.
371-6667. cliftonpark.org.
- Th, Fri XC Ski Lessons: Beginner, novice, intermediate.**
9-10:30am. Pine Bush Preserve/Golf Course, Albany. Adk
Paddle N Pole: 346-3180. onewithwater.com.
- Fri Fri Night Ski Jam.** 6:30-9pm. Ski, music, food. Dewey Ski
Center, Saranac Lake. 891-2697. deweyskicenter.com.

DECEMBER

- 8 XC Skiing for Beg/Int Skier Lecture w/Rich Macha.**
Equipment, clothes, places to ski. 7pm. Costanzo's Restaurant,
Waterford. Adk Paddle N Pole: 346-3180. onewithwater.com.

JANUARY

- 6 Moonlight Snowshoe/Ski.** Evening ski, bonfire: 6-9pm.
Guided snowshoe tour: 7pm. Pineridge, East Poestenskill.
Register: 283-3652. pineridgexc.com.
- 7 Winter Trails Day.** 11am-4:30pm. Comp use, beginner
lesson, rentals for first-timers. Lapland Lake, Northville.
Register: 863-4974. laplandlake.com.
- 7 Full Moon Ski Party.** Night skiing, bonfires, food, music.
Cascade, Lake Placid. 523-9605. cascadeski.com.
- 7-8 Pineridge Ski Fest.** Free Beginner Lessons: 11am & 1pm.
Free downhill clinic: 12pm. Pineridge, East Poestenskill.
Register: 283-3652. pineridgexc.com.
- 8 Beginner Backcountry Skiing: Adirondak Loj.** Ages: 16+.
Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 8 Lapland Ladies Love to Ski.** Beg/Int Ladies' Ski Lessons.
Lapland Lake, Northville. 863-4974. laplandlake.com.
- 11 Women's Learn to Ski Day.** 11:30am. Pineridge, East
Poestenskill. Register: 283-3652. pineridgexc.com.
- 28 Adirondack Classic Ski Tours: Raquette Falls.** 9M. Heart
Lake, Lake Placid. ADK: 523-3441. adk.org.

FEBRUARY

- 3 Moonlight Snowshoe/Ski.** 6-9pm. Pineridge, East
Poestenskill. Register: 283-3652. pineridgexc.com.
- 4 Full Moon Ski Party.** Night skiing, bonfires, food, music.
Cascade, Lake Placid. 523-9605. cascadeski.com.
- 4 Beginner Backcountry Skiing: Adirondak Loj.** Age 16+.
Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 4 Finn-tastic Moonlit Night Skiing, Campfire & Dinner.**
Lapland Lake, Northville. 863-4974. laplandlake.com.
- 8 Women's XC Ski Skill Building Day.** 11:30am. Pineridge,
East Poestenskill. 283-3652. pineridgexc.com.
- 11 Adirondack Classic Ski Tours: MacKenzie Pass.** 10M.
ADK: 523-3441. adk.org.
- 21-24 Lapland Lake Loves Teachers.** 9am-4:30pm. Lapland
Lake, Northville. 863-4974. laplandlake.com.

MARCH

- 3 Finn-tastic Moonlit Night Skiing, Campfire & Dinner.**
Lapland Lake, Northville. 863-4974. laplandlake.com.
- 4-5 10th Adirondack Backcountry Ski Festival.** Guided
tours, special presentation, instructional clinics. The
Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 10 Full Moon Ski Party.** Night skiing, bonfires, food, music.
Cascade, Lake Placid. 523-9605. cascadeski.com.

HEALTH & FITNESS

ONGOING

- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 1/9.
Early & mid-morning. Other camps: Saratoga, Schenectady,
Albany counties. 366-1901. makeitfittraining.com.
- Mo-Fr Capital District Adventure Boot Camp for Women.** Colonie,
Guilderland, East Greenbush. 444-8060. cdbootcamp.com.
- 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 Studio, Albany. 469-0815. judytorel.com.
- Call CardiotFit Classes w/Dr. Paul Lemanski.** Prime Care
Physicians, Albany. 618-1100. Schedule:
centerforpreventivemedicine.com.

HIKING, SNOWSHOEING & CLIMBING

DECEMBER

- 26-30 AIR Winter Break.** 10am-10pm. Also on 12/24 & 31: 10am-
4pm. Albany's Indoor RockGym, Albany. 459-7625.
airrockgym.com.

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HMRRRC Winter Series

University at Albany

Dec. 11 – Sun 10am Doug Bowden Winter Series Starter – 3M, 15K
 Jan. 1 – Sun 12noon Winter Series #2 – Hangover Half Marathon & Bill Hogan 3.5M Run/Walk
 Jan. 8 – Sun 10am Winter Series #3 – 3M, 10K, 25K
 Jan. 22 – Sun 10am Winter Series #4 – 3M, 15K, 30K
 Feb. 5 – Sun 10am Winter Series #5 – 4M, 10M, 20M

Day of Race Sign-Up Only • HMRRC Members: Free • Non-Members: \$6
 More info at www.hmrrc.com, 518-273-5552, or Ed Thomas: et392@math.albany.edu

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Saturday, January 21 at 9:30am
Robert C. Parker School
4254 Route 43, Averill Park
 Register: \$8 pre / \$10 at the event
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See Calendar "Other Events" listings for Info Meetings. For more information: (518) 438-3583 or teamintraining.org/uny

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

29 Beginning Snowshoeing. 11am. Rentals available. Saratoga Spa S.P., Saratoga Springs. 584-2000 x116. parks.ny.gov.

JANUARY

- 7 **Winter High Peaks Snowshoe Hike: Tabletop.** 10M. ADK: 523-3441. adk.org.
- 8 **Tracking & Survival Snowshoe w/Jim Bruchac.** Ndakinna Center, Greenfield Center. 583-9958. ndakinnacenter.org.
- 14 **Snowshoe Hike to Perigo Mountain.** 10:30am. Pineridge, East Poestenskill. Register: 283-3652. pineridgexc.com.
- 13-15 16th Adirondack International Mountaineering Festival. Clinics, guest climbers, demos, slide shows. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 21 **Winter High Peaks Snowshoe Hike: Esther.** 9.5M. ADK: 523-3441. adk.org.
- 21 **GPS 101.** Member Services Center, Lake George. ADK: 523-3441. adk.org.
- 22 **Historic Snowshoe Hike.** 10:30am. Pineridge, East Poestenskill. Register: 283-3652. pineridgexc.com.
- 22 **Intro to Backcountry Snowshoeing.** Ages 12+. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 29 **Winter High Peaks Snowshoe Hike: Street & Nye.** 8.5M. ADK: 523-3441. adk.org.

FEBRUARY

- 5 **Winter High Peaks Hike: Tabletop.** 10M. ADK: 523-3441. adk.org.
- 12 **Winter High Peaks Hike: Esther.** 9.5M. ADK: 523-3441. adk.org.
- 18-20 **Winter Camping 101.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 25 **Winter High Peaks Hike: Street & Nye.** 8.5M. ADK: 523-3441. adk.org.
- 26 **Intro to Backcountry Snowshoeing.** Ages 12+. Animal tracking/ecology. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

MOUNTAINEERING & WILDERNESS SKILLS

JANUARY

- 8 **Tracking & Survival Snowshoe w/Jim Bruchac.** Ndakinna Center, Greenfield Center. 583-9958. ndakinnacenter.org.

FEBRUARY

- 10-12 **Cougar Ecology & Verification Class w/World Renowned Tracker Dr. James Halfpenny & James Bruchac.** Fri: 7pm. Sat-Sun: 9am-4pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 20-22 **Winter Wilderness Adventure & Storytelling Camp.** Ages 6-8. 10am-4pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 20-22 **Winter Wilderness Adventure Camp.** Ages 9-12. 10am-4pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.

MULTISPORT: BIATHLON & ORIENTEERING

DECEMBER

- 17 **ToKo Wax Clinic.** Osceola Tug Hill, Osceola. 315-599-7377. uxcski.com.
- 29 **Adirondack Youth Paintball Biathlon Series.** Olympic Sports Complex, Lake Placid. deweyskicenter.com.

JANUARY

- 1 New Year's Resolution Day Biathlon. 7.5K. 10am. McCauley, Old Forge. nybiathlon.org.
- 15 **Paintball Biathlon.** 9am. 3K/5K Snowshoe, run or walk. Classic or freestyle XC ski. Snowshoe races for children/adults. Pineridge, East Poestenskill. 283-3652. pineridgexc.com.

FEBRUARY

- 26 **Pineridge Biathlon Race.** 9K sprint. 10am. Pineridge, East Poestenskill. 283-3652. skireg.com.

MULTISPORT: TRIATHLON & DUATHLON

FEBRUARY

- 12 **8th "Love To Tri" Indoor Triathlon.** 8am. 15min each: swim, bike, run. Southern Saratoga Y, Clifton Park. 371-2139. cdymca.com.

OTHER EVENTS

DECEMBER

- 31 **Luge Classic Sliding Experience.** 7-11pm. Ages 12+. Music, food. MVH, Olympic Sports Complex, Lake Placid. USA Luge coaching. Register by 12/27: 523-4436. whitefacelakeplacid.com.

JANUARY

- Open Team In Training is recruiting runners, walkers, bikers, triathletes for the Grand Canyon Hike (5/17-20); Vermont City Marathon (5/27); America's Most Beautiful Bike Ride (6/3); San Diego Rock N' Roll Marathon (6/3); Lake Placid Half Marathon (6/10); Philadelphia Triathlon (6/24).** Visit an Information Meeting to learn more: 1/12, 6pm-Hampton Inn, Albany; 1/17, 12pm-LLS Office, Albany; 1/17, 6pm-Courtyard Marriott, Poughkeepsie. 1/18, 6pm-Saratoga Springs Public Library; 1/18, 6pm-Days Inn, Plattsburgh; 1/19, 6pm; TBD (Recruitment Party in the Capital Region); 1/19, 6pm-Sportshoe Center, South Burlington, VT; 1/24, 6pm-Holiday Inn Express, Albany; 1/25, 6pm-Lamoille Union H.S., Hyde Park, VT; 1/25, 5:30pm-Mahoney's, Poughkeepsie; 1/28, 9:30am-Warming Hut, Saratoga Spa S.P. (Capital Region Summer Season Kickoff to start at 9:30am); 1/31, 5:30pm-Greater Burlington YMCA, Burlington, VT. Leukemia & Lymphoma Society, Albany. 438-3583 or teamintraining.org/uny.
- 21 Polar Plunge for Cystic Fibrosis. 1pm. Grafton Lakes S.P., Grafton. Margaret Phillips: 479-3739. nysparks.com.
- 30 **Smucker's Stars On Ice.** 7:30pm. Olympic Center, Lake Placid. 523-1655. whitefacelakeplacid.com.

FEBRUARY

- 2-5 32nd Empire State Games. Lake Placid & Wilmington. 523-2445. empirestatewintergames.com.
- 13-27 **Bobsled & Skeleton World Championship.** Olympic Sports Complex, Lake Placid. 523-1655. whitefacelakeplacid.com.

MARCH

- 10-11 **7th Adirondack Sports & Fitness "Summer Expo."** Sat 10-5, Sun 10-4. Running, hiking, biking, paddling, triathlon, health, fitness, travel. 125 exhibitors, sales, demos, activities, seminars, clinics, prizes, giveaways. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

RUNNING, SNOWSHOE RACING & WALKING

ONGOING

- Open ChiRun/Walk Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- Open Fleet Feet Distance Project w/Jim Sweeney & Jon Catlett.** Register for half-marathon/marathon speed/distance training. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Open Fleet Feet Faster/Farther 5K/10K Program.** Improve times, endurance, strength for intermediate runners. Register: 12/15-1/15. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Open Fleet Feet No Boundaries 5K Training Program.** 12-week running/walking beginning 3/26 to help beginners become more fit. Coaching, weekly group workouts, educational clinics, special products, motivation, fun. Mon: 5:45pm at Ciccotti Center, Albany. Wed: 5:45pm at Ciccotti Center, Albany. Cancer Survivor w/Mary Ibbetson on Wed. Thu: 5:45pm at Saratoga Spa S.P. Register: 1/16-3/4. Goal race: Father's Day 5K, Colonie. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

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**Saturday, January 14
1:00 pm**
4.4 or 2.2 miles
Snow or Shine!
Hagaman Fire House,
126 S. Pawling St, Hagaman
(just north of Amsterdam)

Info/Entry Form: www.fmrrc.org
Day of race registration: 11am to 12:30pm
Special race souvenir to first 200 registered runners
Questions? Rick Vertucci 857-9025

Portion of entry fee to
James Dern Memorial Scholarship Fund.



• 36th ANNUAL •
**Hangover Half-Marathon &
Bill Hogan 3.5-Mile Run/Walk**

Start the New Year right with a long run!
Sunday, January 1 at 12 noon
Phys Ed Building, University at Albany

Register: Day of race – all welcome!
HMRRRC: Free • Non-Members: \$6
Cheryl & Brian DeBraccio: cmarathon@aol.com
(518) 273-5552 • www.hmrrc.com

TRY SNOWSHOE RACING!

Saratoga Winterfest 5K
Sunday, February 5 at 11am
Saratoga Spa State Park,
Saratoga Springs

Camp Saratoga 8K
Saturday, February 11 at 10:30am
Wilton Wildlife Preserve & Park,
Wilton



U.S. Snowshoe Championship qualifier

Register Online/Entry Form: www.saratogastryders.org
Fee: \$18 w/shirt or \$20 race day w/shirt if available
Pre-registered only: Age 65-over & 12-under Free (shirt \$10)
Pre-register only: \$24 for both races (one shirt) • Runners & walkers welcome!
Loaners (\$5): Dion Snowshoes (call/email to reserve) • Part of Dion Snowshoe Series
More info: Laura & Jeff Clark laura@saratogastryders.org or 518-581-7550

Thu Aqua Jogging Class w/Kristen Hislop. 10:45-11:30am.
Begins 12/8. Southern Saratoga Y, Clifton Park. 371-2139.
cdymca.org

DECEMBER

- 10 ARE's 6th Adventure Race.** 4-8M. 1:30pm. Camp Dippikill, Warrensburg. Josh Merlis: 320-8648. albanyrunningexchange.org.
- 10 Jingle Bell 5K Snowshoe Race. 11am. Paul Smith's College. empirestatesnowshoe.org.
- 10 Red Nose Reindeer 5K Fun Run. 9am. Little Falls YMCA, Little Falls. 315-823-1740. christmasinlittletfalls.com.
- 11 HMRRRC Winter Series: Doug Bowden Starter.** 3M, 15K. 10am. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 17 15th Albany Last Run 5K.** 5pm. Empire State Plaza, Albany. City of Albany: 434-2032. albanyevents.org.
- 17 Last Chance Trail Run & Pancake Breakfast. 8-9:30am. Highland Forest, Fabius. Mark Driscoll: 315-449-9615. syracusechargers.org.
- 17 NYRR Ted Corbitt 15K Classic. 8am. Central Park, New York. nyrr.org.
- 26 "I Love Woodford" Snowshoe Race.** 3M. 10:30am. Dion Snowshoe Series. Woodford S.P., VT. Jack Quinn: 802-375-9655. runwmac.com.
- 31 14th First Night Saratoga 5K Run.** 5:30pm. Skidmore College, Saratoga Springs. 584-4132. saratoga-arts.org.
- 31 NYRR Emerald Nuts Midnight Run. 4M. 12am. Music, fireworks. Central Park, New York. nyrr.org.
- 31 First Night Montpelier 5K. 3pm. Pavilion Bldg, Montpelier, VT. Ann Bushey: 229-6288. cvrunners.org.

JANUARY

- 1 36th HMRRRC Winter Series #2: Hangover Half-Marathon & 3.5M Run/Walk.** 12pm. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 1 Resolution Run. 5K/2.5M Walk. 11am. Bicentennial Park, Ticonderoga. Ellie Berube: 585-8974. lachute.us.
- 1 2nd Big As 5K/1K Kids Fun. 10am. Queensbury. 796-9404. adironackrunners.org.
- 1 Hangover Run 10K. 9am. Van's Tavern, Barneveld. romanrunners.com.
- 2 Pineridge Snowshoe Run/Walk.** 6.2K. 11am. Pineridge, East Poestenkill. 283-3652. skireg.com.
- 7 Turner Trail Snowshoe Race.** 5M. 10am. Dion Series. Pittsfield, MA. runwmac.com.
- 7 Recover from the Holidays. 5K loops up to 50K. 9am. Norrie Point S.P., Staatsburg. 845-635-2936. mhrrc.org.
- 7 Frozen Assets Snowshoe Race. 5K. 11am. Federation Cup. Honeoye. empirestatesnowshoe.org.
- 8 HMRRRC Winter Series #3.** 3M, 10K, 25K. 10am. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 8 Beaver Lake Snowshoe Race. 5K 10am. Baldwinsville. empirestatesnowshoe.org.
- 14 26th Winter Wimp Foot Race.** 4.4/2.2M. 1pm. Hagaman Fire House, Hagaman. Rick Vertucci: 857-9025. fmrrc.org.
- 14 Winona Forest 5K Classic Snowshoe Race. 1pm. Mannsville. empirestatesnowshoe.org.
- 14 Greylock Glen Snowshoe Race.** 3.9M. 10am. Dion Series. Adams, MA. runwmac.com.
- 15 Mendon Ponds Winterfest Snowshoe Race. 5K/10K. Rochester. empirestatesnowshoe.org.
- 21 ARE's 8th Brave the Blizzard 5K Snowshoe Race.** 9:30am. Robert C. Parker School, Averill Park. Josh Merlis: 320-8648. areep.com.
- 21 NYRR Series: Manhattan Half-Marathon. 13.1M. 8am. Central Park, NYC. nyrr.org.
- 22 HMRRRC Winter Series #4.** 3M, 15K, 30K. 10am. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 22 Lake Effect Snowshoe Races. 2M/4M/Half-Marathon. Webster. empirestatesnowshoe.org.
- 22 Constitution Hill Snowshoe Race.** 3.6M. 10:30am. Dion Series. Lanesborough, MA. runwmac.com.
- 28 Side-Hiller Snowshoe Race.** 4M. 11am. Dion Series. Center Sandwich, NH. runwmac.com.
- 28 Dart's Lake Dash 5K Snowshoe Race. Eagle Bay. empirestatesnowshoe.org.

- 29 Curly's Record Snowshoe Race.** 4M. 10am. Dion Series. Pittsfield, MA. runwmac.com.
- 29 Dart's Lake Dash 10K Snowshoe Race. Eagle Bay. empirestatesnowshoe.org.

FEBRUARY

- 4 Polar Cap 4M Run & Walk.** 10am. Lake George E.S., Lake George. Joanne LaLonde: 796-9093. adironackrunners.org.
- 4 Mountainman's McCauley Mountain Quest 5-8K Snowshoe Race.** Old Forge Winter Carnival. McCauley, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 4 Saranac Lake Winter Carnival 4M Fun Run. 10am. Saranac Lake. 304-5041. David Staszak: dstaszak@hotmail.com.
- 4 Northfield Mountain Snowshoe Race.** 10K. 9am. Dion Series. Northfield, MA. runwmac.com.
- 5 13th Saratoga Winterfest 5K Snowshoe Race.** 11am. Dion Series. Saratoga Spa SP, Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org.
- 5 HMRRRC Winter Series #5.** 4M, 10M, 20M. 10am. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 11 9th Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion Series. Wilton Wildlife Preserve & Park, Wilton. Jeff Clark: 581-7550. saratogastryders.org.
- 11 ALA's Bolton Valley Snowshoe Shuffle 5K Run/Walk. 10am. Bolton Valley, Bolton, VT. 802-876-6860. lungne.org.
- 12 Hoot Toot & Whistle Snowshoe Race.** 3.3M. 10am. Dion Series. Readsboro, VT. runwmac.com.
- 18 Hallockville Orchard Snowshoe Race.** 3.8M. 10am. Dion Series. West Hawley, MA. runwmac.com.
- 18 35th Fred LaPann Road Race. 5M. 9am. Hague Winter Carnival. Fire House, Hague. lachute.us.
- 19 Moby Dick Snowshoe Race.** 7M. 9:30am. Dion Series. Lanesborough, MA. runwmac.com.
- 19 I Love Winona Snowshoe Race. 11:30am. Mannsville. Matt Westerlund: 315-387-6078. empirestatesnowshoe.org.
- 19 39th HMRRRC Winter Marathon & Marathon Relay.** 10am. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 25 Moody Spring Snowshoe Race.** 5.5M. 10am. Dion Series. West Hawley, MA. runwmac.com.

MARCH

- 4 Pineridge 6K Snowshoe Race.** 10:30am. Pineridge, East Poestenkill. Register: 283-3652. pineridgexc.com.

APRIL

- 22 Cape Cod Half Marathon.** USRA Half Series. Hyannis, MA. capecodhalf.com.
- 29 2nd Lake George Half Marathon.** USRA Half Series. Lake George. runlakegeorgehalf.com.

JUNE

- 3 Worcester Marathon & Half Marathon.** USRA Half Series. Worcester, MA. worcestermarathon.com.
- 10 7th Lake Placid Marathon & Half Marathon.** Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

SWIMMING

DECEMBER

- 10 Holiday Classic Swim Meet. Ballston Spa HS, Ballston Spa. Keith Coonrod: 527-5853. adms.org.

JANUARY

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

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AROUND THE REGION **News Briefs**

Centurion New York Ready To Roll in 2012

LAKE GEORGE – The Centurion Cycling event series is coming to the Adirondacks! Set for the weekend of June 22-24, Centurion New York features a Hill Climb up Prospect Mountain on Friday evening, followed by a Kid's Ride and C25 (25 miles) on Saturday morning, and finishing with the marquee events – C50 (50 miles) and C100 (100 miles) on Sunday. All events start and finish on Beach Road in Lake George.

Intending to bring the feel and buzz of a big city marathon to cycling as well as the experience of riding in a stage of the Tour de France, Centurion Cycling CEO Graham Fraser is no stranger to developing world class events. In fact, he was responsible for

launching the Ironman franchise throughout North America, including Ironman Lake Placid. Having now turned his attention to cycling, Centurion events include a coordinated mass start using pace corrals, full traffic control, chip timing, on course support, plus an expansive vendor expo, age group awards and The Centurion trophy for the top teams in the C50 and C100.

“The beauty of Centurion is that all ability levels can participate,” Graham said. “If you want to race, then go up front and race. If you'd rather just ride with your charity group or family and friends, then position yourself further back and ride. It's completely up to you.” For more information, including the complete event schedule, course maps and to register, visit centurioncycling.com.

Open Water Swimming at Revolutionary Velo-Watts

CLIFTON PARK – Open water swimming year-round has now reached the Capital District's triathlon community. Revolutionary Velo-Watts in Clifton Park, owned and operated by Ric MacKenzie, recently added an Endless Swimming Pool to its CompuTrainer multi-rider “ultimate indoor cycling experience” studio. An Endless Pool is a precision engineered swimming pool, where you swim or exercise against a smooth current that's fully adjustable to any speed or ability.

Staffed with several established local area swim coaches, the studio provides another resource to the cycling community of recreational and competitive cyclists and

triathletes, but the competitive swimmers as well. Chlorine-free and wetsuit friendly, you can now refine your open water swimming techniques and tactics through the watchful eyes and supervision of a coach, yours or one of theirs. “An Endless Pool has the ability to allow you to work more effectively and efficiently without hitting the wall” says coach Keith Murray. “Stop letting walls get in your way, come train in the endless pool” says coach Ken Hackett added. To learn more or get started, call (518) 256-9818 or visit velowatts.com.

Capital Region has a New Nordic Offering

ALBANY – When people think of Nordic sports, they usually think of alpine and cross-country skiing. But Capital Region Nordic Alliance (capitalregionnordicalliance.org) thinks year-round Nordic activities including summer/winter Orienteering and biathlon (paintball and 0.22 caliber rifle), snowshoeing, trail hiking/running, rollerskiing, and cross-country skiing. Nordic enthusiasts from the four disciplines gathered to create this non-profit of Nordic sports founded on including the community, including military personnel and youth with special needs and or disabilities.

Capital Region Nordic Alliance plans activities in the four sports at a variety of venues in the Capital Region from Moreau State Park in Saratoga County to Grafton Lakes and Cherry Plain state parks in Rensselaer County. Biathlon events will be held at Pineridge Cross-Country Ski Area (pineridgexc.com). Through its established mission of service to all, CRNA partners with other similar non-profit opportunities to instill true accomplishment to each and every participant regardless of orientation or capability. Visit the website for more info.

Protect Your Tailbone with Booty Guard

LAKE GEORGE – Seven years ago, Denis Lemek, 62, of Lake George, joined his friend snowboarding after 40 years of skiing. In preparing for this event, he wore a helmet, wrist protection, knee pads, pillow on his butt, and tailbone protector. He kept his friend's protector but couldn't find an effective replacement to return. He decided to manufacture and replace his friend's protector. In fact, he strongly believes that this protector is needed to safely snowboard, rollerblade or ice skate. He's heard too many tailbone pain and injury horror stories and he enjoys the confidence and protection it provides. The Booty Guard is now available and proudly manufactured in the USA. To learn more and order your tailbone protector, call Denis at (516) 521-6750 or visit bootyguard.com.



FROM THE PUBLISHER & EDITOR

Happy Holidays!

We thank the exhibitors, presenters, attendees and volunteers for participating in the Winter Sports & Healthy Living Expo last month. We had a terrific mix of exhibitors and seminars to launch the winter sports season.

When you're thinking about gift-giving for the athletes and outdoor enthusiasts during the holidays, please consider supporting our advertisers and exhibitors as much as possible. Please have a safe and fun-filled holiday season and we'll see you in 2012.

Season's Greetings!

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FOR THE **Love of Running** COMMUNITY

From Couch to 26.2 Miles in 11 Months *by Bill Hoffman*

This past October I completed the Mohawk Hudson River Marathon after four hours and 43 minutes of running, and 11 months of training covering 742 miles. I had lost 30 pounds and had become "a runner." For someone who was told in high school by a doctor that running was not for me due to flat feet, this was an unexpected but joyful turn of events at age 43. I am now totally addicted to running and will evangelize running to anyone who will listen to me.

A year earlier, I purchased my first pair of Vibram FiveFingers while on a business trip. I was inspired by the book "Born to Run" by Christopher McDougal to try "barefoot" running. I had spent the previous year in shoe orthotics to correct some knee pain, which left me with slightly worse knee pain and constant foot pain. That night in the hotel room I slipped on the FiveFingers and jumped from the floor to the bed and back again feeling like a super hero. I had no idea that I would be running a marathon only 11 months later.

After returning home, I immediately took my new footwear out for a test drive in the woods behind my house. I imagined myself running in the Copper Canyons in northwestern Mexico like the Tarahumara (Native American people renowned for their long-distance running ability) and the other ultra runners of Born to Run. To my delight and surprise that first run in the woods caused no knee pain! Being excited about my new discovery, I posted my run to Facebook with a picture of my cool new footwear.

I was beginning to discover the joy of running for the sake of running. I was not running to train for a race or even to lose weight. I was running because I really enjoyed it.

For Christmas, my older brother gave me the "ChiRunning" book by Danny Dreyer. It was in the pages of that book I discovered the source of my knee pain. Danny talks about having all of your body going in the same direction, and shows a diagram of feet pointing outwards instead of straight ahead. I stood up and looked at my feet, and noticed that they formed a V shape with the toes pointing... outwards! It would take months of conscious effort to train my leg muscles to keep my feet parallel.

Not being a terribly patient person, I figured that personal instruction would be quicker than studying from a book. I "googled" local ChiRunning instructors and found an instructor. I immediately emailed her, and after a few weeks we met for my first lesson. I ended up taking two private lessons in January and February, and even arranged a group lesson for employees of my company Kitware. I continue to receive support via email. I also recommend "Barefoot Running Step by Step" by



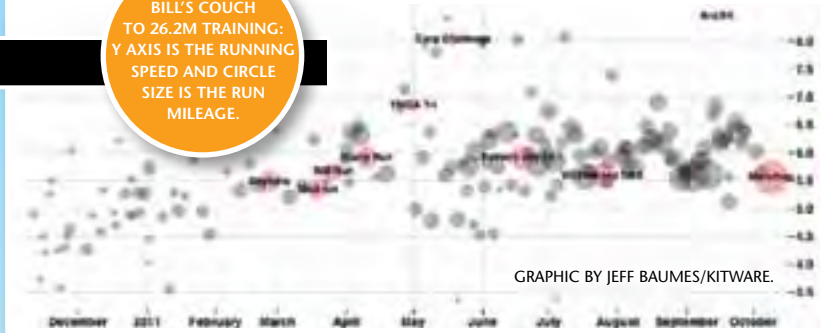
KEN SHELTON PHOTOGRAPHY

CELEBRATING BAREFOOT RUNNING AT THE MARATHON!

MY FIRST FIVEFINGERS RUN IN NOVEMBER 2010.



BILL'S COUCH TO 26.2M TRAINING: Y AXIS IS THE RUNNING SPEED AND CIRCLE SIZE IS THE RUN MILEAGE.



GRAPHIC BY JEFF BAUMES/KITWARE.



MY "BAREFOOT" SHOE COLLECTION.



SEAN AND BILL'S WATER STOP FUN AT MOHAWK HUDSON RIVER MARATHON.

"Barefoot Ken Bob" Saxton and Roy Wallack.

With the basics of ChiRunning, and my FiveFingers, I was now equipped to learn the ways of "a barefoot Chi-runner." The knee pain came and went as I worked on my form. I gradually trained my feet to handle the FiveFingers. I am sure if I had had the ability to overtrain, I would have. However, when I started, a one-mile run left me breathless, and a 5K might as well have been a hike up K2 without oxygen. There was no chance of running too far or too fast in the FiveFingers at that point. Despite the cold and snow, I ran one or two miles almost every day during November through January.

Around the end of February while in Daytona Beach, I set out for a three-mile barefoot beach run, but kept going for my first ten-mile run! The next ten-mile run would be at the Vischer Ferry Nature and Historic Preserve in Clifton Park during thaws of spring along some really fun but flooded and muddy trails. I enjoyed the run at the preserve so much I invited one of my coworkers, Will Schroeder, to join me for a seven-mile run. At one point he started to pull ahead of me. I took a quick mental review of my ChiRunning checklist – a process known as body sensing, and realized my cadence had slowed and my lean was missing. I increased my cadence to 85-to-90 steps per minute, leaned forward a bit, and found myself floating up next to him with little extra effort. I now felt confident enough to run with another coworker Rusty Blue, a seasoned marathoner, along the same trail for ten miles!

My friend and neighbor Sean Crall had noticed that the runs in my Facebook posts were getting longer and longer. He posted the following to my wall: "Marathon Time! You

should sign up for the Mohawk Hudson in October," which I did.

While on a business trip to San Francisco, I had an "epic" nine-mile run. I set out to reach the Golden Gate Bridge from my hotel. I jogged up next to an older gentleman running with a small dog, and started to talk to him. We ran past an outdoor yoga class where he stopped to talk to the instructor. Since I wanted to reach the bridge before my business meeting, I said goodbye. After about five minutes, I heard his dog approaching behind me. To my surprise, he had caught up to me because he was curious about my FiveFingers.

I discovered that he was Gasper Pulizzi, a 69-year-old ultra marathoner who has completed the Leadville 100 mile race three times! He actually witnessed the Tarahumara cutting sandals out of old tires before the

race described in Born to Run. We talked and ran, I copied his cadence and pace, and before I knew it, we were on top of the Golden Gate Bridge. It was one of the most effortless runs yet.

I would spend the rest of spring and summer running whenever I had the chance. Many of the weekend long runs were with Sean, whom I would run the marathon with. During vacation and business travel I ran in many different places: the Galapagos Islands, Paris, Berlin, Vermont, Florida and the Outer Banks of North Carolina.

About six weeks before the marathon, while out for a 16-mile run, the knee pain came back at about mile nine. I had to cut the run short and limp home at mile 12. I took a day off from running, panicked a bit, and figured I needed to get back to basics. I decided to go for a totally barefoot run. I planned for two or three miles, but felt so good I ended up running seven. Now with each foot fall, I try to ask myself would I do that barefoot, and if the answer is "no," I make a correction.

Before the marathon I ran two 19-mile runs on consecutive weekends before tapering off. The Mohawk Hudson River Marathon was both everything and nothing, like I thought it would be. The last three miles were longer than the first 23, and yet I find myself looking forward to the next marathon. I hope to meet you on a run, I'll be the barefooted or "five-fingered" one with the big smile on his face! 🙌

Bill Hoffman (bill.hoffman@kitware.com) lives in Clifton Park with his wife Naomi and two sons Max and Liam. He enjoys running, hiking, biking and snowboarding with his family. Bill is the CTO and a co-founder of Kitware. He welcomes questions about minimalist running.

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Ashley Gorr

Age: 24

Sister: Caitlin, 26

Residence: Albany

Education: Albany High School,
University at Albany

Primary Sport: Running

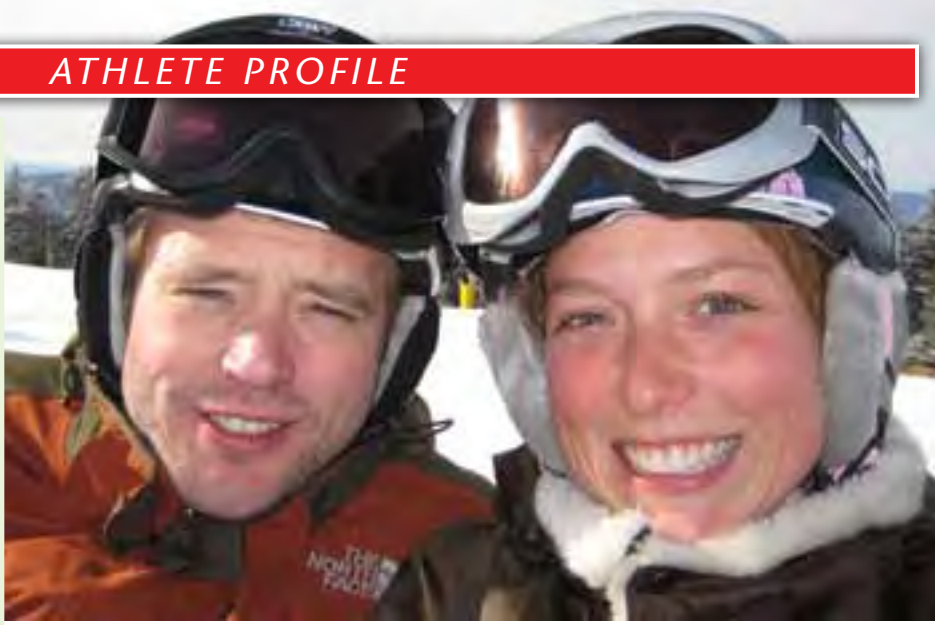
Other Sports: Snowboarding,
Hiking, Surfing

Other Interests: Playing Guitar, Cooking,
Helping the Environment

ASHLEY WITH
HER BEAR TROPHY
AFTER WINNING
THE ADIRONDACK
HALF-MARATHON
IN SCHROON LAKE,
SEPTEMBER 2011.



(TOP RIGHT)
SNOWBOARDING AT
STRATTON WITH HER FRIEND
SCOTT IN JANUARY 2011
(LEFT) ASHLEY (11) AT MILE
15 OF ING HARTFORD
MARATHON, WHERE SHE
QUALIFIED FOR OLYMPIC
TRIALS IN OCTOBER 2011.



Ashley has miraculously been able to keep her running balanced despite moving so much. Her move to New Jersey will be in the upcoming weeks, closer to her trainer to focus more on her running with the Olympic trials looming. With the trials coming up in just over a month, she will have to “put everything into running” for the time being. With so much focus on training, Ashley has little time for work or more school. When asked about her plans for the future, she shrugged and said “I try to take everything a day at a time; everything will eventually fall into place.”

Her casual outlook on life carries over into her sport. Though heading to the trials, Ashley realizes how hard it will be to qualify for the Olympic team, knowing that there are hundreds of women competing. Being optimistic, Ashley comments that “Someone may have the best time on paper, but not run well that day when she needs to,” offering that qualifying is not impossible. For Ashley simply making it to the Olympic Trials “Is an achievement by itself.”

Besides her Trials, Ashley has had success in a variety of races: 2008 Run for Your Lives 10K (41:16, fourth woman overall) in Davis, Calif.; 2009 Freihofer’s Run for Women 5K (18:48, ninth in her age group); 2009 Whiteface 8-Mile Uphill Foot Race (1:13:32, second woman overall); 2010 Provincetown 5K (19:29, first woman overall); 2010 New York City Marathon (3:00:01, seventh in her age group), 2011 KeyBank Vermont City Marathon (2:50:20, fourth woman overall); 2011 Adirondack Half-Marathon (1:22:18, women’s champion); and 2011 Gazette Stockade-athon 15K (55:03, second woman overall).

Training is an integral part of Ashley’s daily life. She begins soon after waking up, performing 30 minutes of stretching. On “low day” runs, she does six miles, while “high day” runs can be up to 22 miles. She performs these workouts six to seven days a week for roughly five hours at a time – including icing, working on tight muscles, and strength training – making exercise “a full-time job.” Aside

from working out, Ashley maintains a very healthy diet. A vegetarian, she stresses nutrition and creativity, while exercising her passion for cooking. With all the exercise, Ashley notes hydration as another key component of her healthy lifestyle.

Running is not just a hobby for Ashley because she uses it for the benefit of others. She runs for Team Boomer, a part of the Boomer Esiason Foundation, founded by the former NFL quarterback. The group runs to raise awareness and funds in the attempt to find a cure for cystic fibrosis, a disease that afflicts Boomer’s son, Gunnar. Funds are also appropriated to people living with the disease by providing scholarships. The disease affects the respiratory and digestive systems and requires daily medication and treatments.

Ashley cites running for the foundation as an “inspirational experience,” not only because of the foundation itself, but because of her friend, Scott Buchanan. Scott has cystic fibrosis, but has not allowed it to take away from his dreams and pursuits. Ashley sees this as her main reason for running with Team Boomer. “Scott has CF but he has a contagious passion for life,” Ashley said.

Team Boomer has not just landed Ashley with a goal for running, but furthered her running career, meeting her coach, Gerard Pearlberg (“Coach GP”), at an event. Gerard is a frequent volunteer, former coach of Team Boomer, and is the author of Run Tall Run Easy: The Ultimate Guide to Better Running Mechanics. He has been a huge part of Ashley’s success in racing, pushing her to her limits in training, and guiding her to much success.

Ashley hopes that training alongside her coach will help her take the next step and perform to the best of her abilities in Houston. Good Luck Ashley! 🍀

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.

by Lee Whittemore

With winter fast approaching, Albany native Ashley Gorr, will be forgoing the snow to travel to Houston, Texas to compete in the Summer Olympic Trials Marathon on January 14, 2012. Ashley qualified for the Women’s “B” standard with a time of 2:45:31 – finishing second among women – at the ING Hartford Marathon in Connecticut on October 15. She will be competing alongside women from across the United States to qualify for three open spots on the team. She will either have to win or place second through fourth, while also meeting the “A” standard qualifying time of 2:39:00.

Ashley began running when she was in elementary school, where she finished second overall in a gym class run. Though far from a nationally recognized achievement, Ashley took pride in it. “I realized that I could do this,” she said on her first running achievement. Running has become a hobby and job of hers ever since then. In high school, she joined the cross-country team along with a friend. “The team was small, so it was hard to stay interested,” commented Ashley, who ran the 1500 at Albany High School. Eventually, the need to work after school, as well as the unchallenging high school program caused Ashley to give up running. She continued running recreationally while attending the University of Albany because “You can always come back to it.”

Despite leaving running for a while “the passion always remained there,” and Ashley was able to resume and excel in it. When asked why she chose running as her sport, she noted that it was “extremely individual” while still feeding her “competitive spirit.” Ashley mentions that “I’m at peace when running.” Through currently focusing on the marathon, Ashley has also competed in the 200, 800, various relays, and the triple-jump at various points through middle and high school.

Ashley graduated from high school in 2004, spent a year at SUNY Buffalo, and finished her college education in 2008 at the University of Albany, majoring in biology. She was able to use her education to work with shore life this year on Cape Cod, Mass., studying shorebirds during their breeding season. She also participated in separate projects, including protection of nesting turtles and rescuing stranded sea turtles. She also took up surfing while she was there, which has since become one of her passions.

After Ashley graduated from college, she moved out to California with her sister, Caitlin. She found a running group there and resumed running for a while, until she returned to Albany, moved to St. Thomas in the U.S. Virgin Islands, back to Albany, worked in Cape Cod, moved back to Albany again this fall, and then finally settling in New Jersey to train before the trials alongside her coach, Gerard Pearlberg.

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SNOWSHOEING & CAMPING

SADDLEBACK MOUNTAIN via Ore Bed Brook

by Bill Ingersoll

On August 28th, the remnants of Hurricane Irene dumped ten inches of rain on portions of the Adirondacks and caused quite a lot of flood-related destruction, including washed out roads and damaged buildings. In the backcountry areas of the High Peaks wilderness, the rain saturated the thin soils on the steep upper slopes of several mountains, especially the strips along watercourses. These sections became unstable and simply slid off the mountains, leaving ribbons of exposed bedrock in their wake.

There have always been slides like these for as long as people have been climbing the High Peaks, but Irene was significant just for the sheer number that it either created or enlarged. No one knows for sure the exact number, but dozens are being attributed to this one storm.

Several of these happen to be in conspicuous locations that will be obvious to even the region's most casual hikers. Chief among these are the two new slides in the Ore Bed Brook drainage on Saddleback Mountain, both of which impacted the state hiking trail leading to the col between that summit and neighboring Gothics. The trail was cleared and reopened soon after the storm, but these new landmarks have dramatically changed the nature of what was previously a rather mundane route. A hike to Saddleback's summit provides an excellent excuse to visit the area and see the new views for yourself.

GETTING THERE

The main trailhead for Saddleback is a small parking area called the Garden, located near Keene Valley. Follow NY Route 73 into the heart of the village, and turn west onto Adirondack Street near the Ausable Inn. This narrow and winding road climbs for 1.6 miles to the Garden, where parking is limited to about 60 cars, a figure that is reached on many weekends. No parking is allowed anywhere along the road approaching the Garden, and illegally parked cars may be towed away. Anyone planning to use this trailhead is wise to arrive early. For winter hikers, if the parking lot is full then this trailhead is effectively closed to latecomers – unless you don't mind parking in Keene Valley and walking up the road. There is a \$7 vehicle-per-day fee, collected on the honor system.

THE TRAIL

First, let me state this is a long hike – one that is possible to pull off in a single day when the conditions are right, but you will almost certainly be on the trail longer than the sun will be in the sky. This will not bother many veteran hikers, who often seem to expect to

hike in the dark anyway. Others may wish to break up the distance by camping out either along Johns Brook or Ore Bed Brook. There are multiple lean-tos and tent sites to choose from, with measurably less competition in winter than there otherwise would be in the summer.

The primary trail leading out of the Garden follows the north side of Johns Brook, though rarely will you see or hear it for the first 3.2 miles to the state's Johns Brook Ranger Station. This is a primary trunk trail, one that many hikers have seen over and over again on their frequent adventures. Note that it is a hilly route, with uphill slogs in both directions; this is something you'll need to keep in mind if you are attempting to complete this trek in a single day.

At 3.2 miles, when you reach the interior trail register, turn left to pass the ranger station. The trail crosses the clearing to a suspension bridge strung high above a scenic gorge on Johns Brook. At the far end of the bridge, follow the blue-marked trail right, uphill. Minutes later, the route veers left off an obvious roadbed at a spot marked by signs. This connector is called the "Alternate Range Trail" and ultimately leads in 0.5-mile (3.7 overall) to a five-way intersection, where other trails depart for Wolf Jaws Brook and Short Job Mountain.

The Ore Bed Brook Trail continues straight through this junction, still following blue markers. It begins wide and almost level, following a gentle grade for the next 0.7-mile to a stream that should be sufficiently frozen to be safely crossed in winter. Just beyond the stream, a side trail leads left to the Ore Bed Lean-To, and other designated tent sites clustered nearby. This remote camping area, 4.4 miles from the Garden, is the last to be found along this route.

About five minutes after passing the lean-to, a huge erratic the size of a small building with trees growing on top looms beside the trail. Where you see Ore Bed Brook downhill to your right, the lowermost portion of the new slides is already visible. The trail steepens and arrives at a second tributary 0.5-mile from the lean-to, 4.9 miles from the Garden, where a former campsite has been closed.

At 5.3 miles, 30 minutes from the lean-to, the trail crosses the bottom of an older slide that occurred during the 1970s. This one leads sharply uphill to a steep-sided shoulder of Gothics on your left. Before Irene, this was one of the few breaks in the forest cover along the entire trail; now, by comparison to what you're about to see, it hardly rates a

A New Look at an Old Route



VIEW OF BIG SLIDE MOUNTAIN FROM THE NEW SLIDE ON THE ORE BED TRAIL. PHOTO BY BILL INGERSOLL

mention. Note the brushy forest growth that has taken hold on this slide, which was not completely scrubbed down to bedrock.

A short time later you come to the edge of the longest of the new slides, which extends from just below the summit of Saddleback to a point near the lean-to. In one spot it came with a few feet of wiping out the trail, at a point where it is now easy to step out into the open near the foot of what is now an exposed cascade on Ore Bed Brook.

The trail veers inland and climbs awkwardly through a series of small rock chutes, where you will need to pay close attention to the markers. Then, at 5.8 miles (1.4 from the lean-to), the trail hooks right to venture out onto the second new slide. Here, a portion of the original route was wiped out; what you are hiking now is a modified route. It ascends up what could be an icy ledge in winter, generally keeping toward the left edge of the open area on a steep ascent that lasts for several hundred feet. In the summer, there

will be yellow paint blazes and cairns to mark the way. In winter, these cues could be thoroughly buried by deep snows.

It is interesting to note that just weeks before the storm, trail crews had installed two sets of wooden steps on what was an eroded rock slope. Because this site was already somewhat open, the steps were spared when the debris slid past. The woods that remain at the edges illustrate well just how tenuously the forest clings to these steep slopes of smooth bedrock. The vicinity of the wood steps is also highly scenic, since the slide created an outstanding vista of Big Slide and Yard mountains to the north, where previously there had been no views. The slope is steep, but the setting is quite awesome.

Look closely for the blue markers that indicate where the original trail leads left off the slide. This section in the summer is a vexing area that has been highly eroded – a steep ascent over patches of worn rock

continued on page 19

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RACE RESULTS

11TH ANNUAL WAKELY DAM ULTRA 32.6M TRAIL RUN

July 23, 2011 • Northville-Placid Trail, Piseco Lake to Wakely Dam

1 Chad Denning	5:06:10	22 Bill Hall	7:52:02	43 Charlie Gadol	9:20:45
2 Nick Kirk	5:15:39	23 Christine Bush	7:56:05	44 John Bidney	9:21:00
3 Christopher Bunyan	5:47:55	24 Ethan Spinelli	8:01:29	45 Michael Lacharite	9:36:01
4 Nathan Donaleski	5:50:27	25 Dan Mosny	8:08:32	46 David Delibac	9:36:01
5 Sacha Caveller	5:51:42	26 Neil Wheelwright	8:14:40	47 Rob Singer	9:36:58
6 Nick Yardley	6:10:40	27 Rob Jacob	8:23:32	48 Ken Rowe	9:42:09
7 Courtenay Guertin	6:26:32	28 Brad Wolf	8:27:01	49 Jake Pignone	9:47:22
8 Todd Dishong	6:32:00	29 Lisa Ryan	8:28:38	50 Stephen Hursi	10:00:20
9 Matthew Smith	6:33:35	30 Jimmy Buff	8:33:35	51 Donald Harrington	10:03:11
10 Jim Pugh	6:33:59	31 Brian Loose	8:39:58	52 Chris Moran	10:03:11
11 Ted Cowles	6:43:42	32 Gary McGurn	8:39:58	53 Mark Whittemore	10:12:44
12 Zach Yates	6:52:36	33 Donald Putnam	8:54:22	54 Paul Gantous	10:18:39
13 Ethan Kirk	6:52:36	34 Mark McGowan	8:54:56	55 Jeffrey Tierney	10:19:05
14 Jesse Crandall	7:07:15	35 Chris Colangelo	8:56:24	56 John Vrobel	10:19:19
15 Volker Burkowski	7:27:06	36 Julia Skierszhan	9:00:17	57 Dan Scotina	10:32:20
16 John Holt	7:29:25	37 Jason Doell	9:02:00	58 Kevin Zelechowski	10:32:20
17 Chris Hinch	7:30:42	38 Ed McDonough	9:02:00	59 Mark Loughran	11:59:56
18 Mark Rushton	7:34:22	39 Joseph Shanahan	9:07:38	60 Doug Girling	
19 Joe Brown	7:36:03	40 Frances Skerritt	9:13:31		
20 Chris Washburn	7:39:26	41 Jim Houghtaling	9:15:08		
21 Daniel O'Keefe	7:39:52	42 Christopher Viscomi	9:17:35		

Courtesy of Wakely Dam Ultra

13TH FORD IRONMAN LAKE PLACID TRIATHLON

July 24, 2011 • Olympic Speedskating Oval, Lake Placid

2.4M SWIM, 112M BIKE, 26.2M SWIM			
MALE PRO/OVERALL			
1 TJ Tollakson	31	Des Moines, IA	8:25:15
2 Ben Hoffman	28	Boulder, CO	8:33:29
3 Jason Shortis	41	AUSTRALIA	8:47:18
WOMEN PRO/OVERALL			
1 Heather Wurtele	32	CANADA	9:19:03
2 Tine Deckers	33	GERMANY	9:34:41
3 Tyler Stewart	33	Novato, CA	9:38:09
PHYSICALLY CHALLENGED			
1 Raymond Viscome	51	Silver Lake	12:58:52
AGE GROUP WINNERS & REGIONAL FINISHERS			
FEMALE AGE GROUP: 18 - 24			
1 Julia Reichert	24	Kirkland, QC	10:55:53
MALE AGE GROUP: 18 - 24			
1 Brian Jastrebsky	24	Chesapeake, VA	10:15:22
5 Jacob Painter	22	Keeseville	11:18:58
18 Kyle Miller	21	Johnsonville	12:45:06
24 Alexander Goff	20	Lake Placid	13:11:19
FEMALE AGE GROUP: 25 - 29			
1 Amanda Kourtz	28	Raynham, MA	10:21:01
27 Jaime Sherwood	27	Morris	13:45:39
MALE AGE GROUP: 25 - 29			
1 Greg Close	28	Brooklyn	9:41:28
25 Tom Goth	26	Poughkeepsie	10:56:12
62 Brian Stitt	29	Ballston Lake	11:47:10
66 Quique Nagle	28	Stone Ridge	11:51:08
83 Matthew Young	29	Lake Placid	12:24:07
99 Neal Norton Jr	28	Niskayuna	12:55:02
104 Kevin Stuttle	26	Johnstown	13:03:20
112 Scott Tart	28	Wilmington	13:31:47
119 Keith Kogut	27	Tupper Lake	13:42:33
121 Marshall McCarroll	28	Saranac Lake	13:49:09
128 Nathan Zerrahn	26	Peru	14:21:51
130 Alex Dillenberger	25	Ausable Forks	14:28:07
145 Matthew Morganson	25	Lake Placid	16:24:33
FEMALE AGE GROUP: 30 - 34			
1 Kim Schwabenbauer	32	Allison Park, PA	10:11:54
54 Sara Madden	34	Albany	13:13:55
55 Melinda Frazer	31	Lake Placid	13:14:13
62 Nicole Beckwith	33	Sidney	13:30:31
MALE AGE GROUP 30 - 34			
1 David Lamoureux	31	Lakeville, MA	9:36:11
4 Stephen Patterson	30	Gansevoort	9:44:41
14 John Gleeson	33	Rexford	10:13:38
54 William Frazer	32	Lake Placid	11:12:52
61 Brian McKenna	32	Voorheesville	11:20:14
82 Andrew Totman	31	New Hartford	11:45:35
116 Josh Baker	34	Plattsburgh	12:16:33
131 Stephen Russell	31	Albany	12:34:02
135 Jeff Krempe	33	Johnstown	12:36:33
138 Corey Graves	31	Sherill	12:38:33
158 Christopher Panza	30	Saranac Lake	13:23:42
167 Stephen Mayo	32	Rome	13:35:27
FEMALE AGE GROUP: 35 - 39			
1 Angie DeFilippi	35	Colchester, VT	10:32:20
74 Jen Weibel	35	Lake Placid	14:32:17
91 Johanna Hayes	38	Wilmington	15:57:28
MALE AGE GROUP: 35 - 39			
1 Vaughn Cooper	39	Dover, NH	9:37:50
32 Brett Sherwood	36	Morris	10:32:14
55 Chris Mulford	35	Schenectady	10:47:19
95 TJ O'Connor	36	Slingerlands	11:20:51
116 Jason Deluca	38	Ghent	11:37:21
119 Greg McIntyre	37	Clifton Park	11:39:38
124 Clay Lodovice	36	Albany	11:41:01
207 Brian Watts	38	Clifton Park	13:02:03
214 Scott Gruendle	38	Waterford	13:14:45
218 Joshua Katzman	35	Clifton Park	13:17:45
224 Chris Obstarczyk	36	Saratoga Springs	13:27:05
243 Chad Kortz	37	Johnstown	13:50:14
275 Adam Berger	35	Troy	14:59:28
FEMALE AGE GROUP: 40 - 44			
1 Angela Bancroft	41	Paris, ME	10:19:21
3 Michelle Rosowsky	44	Niskayuna	11:19:02
33 Wendie Bishop	42	Morrisonville	12:42:15
35 Marcy Rynne	40	New Paltz	12:47:19
46 Julie Hyland	41	New Paltz	13:08:29
74 Julie Reidy	40	Plattsburgh	13:49:23
93 Lauren Vigna	40	New Paltz	14:34:04
101 Dawn Tomassi	41	New Paltz	14:51:07
106 Darci Lafave	44	Lake Placid	14:58:32

continued

13TH FORD IRONMAN LAKE PLACID TRIATHLON continued

111 Maryann Piamonte	43	Woodstock	15:06:22	193 John Kennedy	46	Bridgewater	13:34:48
119 Evelyn Heinbach	42	New Paltz	15:44:37	222 Robert Steciuk	49	Wilton	13:59:01
131 Bec Myer	41	Plattsburgh	16:27:37	228 Christopher Ellis	49	Marcy	14:07:23
MALE AGE GROUP: 40 - 44							
1 Jorgen Gam-Jorgensen	41	DENMARK	9:53:15	238 Thomas Gavin	46	Diamond Point	14:17:01
12 Chris Gleason	40	Clifton Park	10:11:04	239 John Guastella	46	Delmar	14:19:15
56 Scott Costley	43	Rosendale	11:08:14	242 George Prisco	47	Poughkeepsie	14:19:36
77 Kevin Lanahan	44	Clifton Park	11:21:32	281 Arthur Iannuzzi	48	Amsterdam	15:30:55
79 Jon Whalen	43	Slingerlands	11:23:22	283 John Perry	49	Johnsonville	15:43:58
101 George Stopyak	41	Clifton Park	11:36:34	FEMALE AGE GROUP: 50 - 54			
119 Todd McAuley	43	Schenectady	11:43:29	1 Carmel Tindale-Fox	50	Mississauga, ON	11:30:43
132 Jeff Rushby	43	Peru	11:51:59	5 Frances Vincent	50	Slingerlands	11:47:15
145 Max Morton	40	Averill Park	11:57:27	29 Christine Feeney	53	Niskayuna	14:45:45
152 Jason Gardner	41	Glens Falls	11:58:44	44 Barbara Jordan	50	Ballston Spa	15:51:40
178 Tripp Doherty	44	New Paltz	12:11:35	MALE AGE GROUP: 50 - 54			
226 Eric Zinzenko	43	New Paltz	12:34:34	1 Yves Fortin	50	Ottawa, ON	10:05:38
233 Mark Davidson	42	Laurens	12:40:18	49 Tim Feeney	51	Niskayuna	12:24:17
239 Terry Hagenbuch	43	Norwich	12:45:13	50 Tim Reilly	50	Valley Falls	12:24:22
246 Tom Hansen	42	South Glens Falls	12:48:53	55 Michael Jordan	52	Ballston Spa	12:28:32
256 Michael Towle	41	Clifton Park	12:52:04	93 Danny Arnold	54	Clifton Park	13:12:56
270 Brian White	44	Plattsburgh	13:03:01	107 Felix Catena	54	Amsterdam	13:39:07
361 Keith Amato	40	Mechanicville	13:56:38	111 Gordon Harder	51	Broadalbin	13:49:22
404 Andrew Spiridiglozzi	42	Utica	14:39:34	115 David Murad	51	Utica	13:53:16
449 Todd Rowe	43	Schenectady	15:33:27	135 Timothy Healey	50	Troy	14:29:10
442 David Martin	44	Loudonville	15:41:36	147 Wesley Wilson	51	Bloomingsdale	14:59:01
444 Brian Ferdinand	42	Rensselaer	15:46:45	150 John Abbuhi	53	Slingerlands	15:00:49
450 James Vandelo Jr	41	Clifton Park	16:04:17	153 Chris Grant	52	Lake Placid	15:04:35
FEMALE AGE GROUP: 45 - 49							
1 Jeanne Debonis	46	Brecksville, OH	10:32:46	170 Robert Morganson	54	Lake Placid	15:51:16
22 Linda Shepard	47	Peru	13:01:03	174 Mike Zerrahn	50	Peru	16:03:15
MALE AGE GROUP: 45 - 49							
1 Robert Schloegel	47	Leawood, KS	9:58:49	189 Fraser Strain	53	Diamond Point	16:40:49
7 Anthony Felitte	49	Delmar	10:35:44	FEMALE AGE GROUP: 55 - 59			
30 Tomo Miyama	46	Valatie	11:04:37	1 Marianne Moore	57	West Grove, PA	12:28:03
37 Ted Wilson	46	Queensbury	11:17:51	12 Virginia Touhey	55	Clifton Park	15:38:14
51 Peter Steciuk	46	Queensbury	11:37:24	MALE AGE GROUP: 55 - 59			
53 Jeff Dodge	46	Plattsburgh	11:40:41	1 Alain Deschene	58	Levis, QC	10:55:13
58 Richard Haig	48	Bridgewater	11:43:35	10 Tony Maddaloni	59	Slingerlands	11:57:28
63 Robert Paley	47	Schenectady	11:45:09	26 Brian Delaney	56	Lake Placid	12:34:15
66 John Slyer	46	Averill Park	11:49:16	41 Jeffrey Ruiz	59	New Paltz	13:14:56
101 Charles Rosenstein	48	Slingerlands	12:19:18	60 Ken Stalter	57	Franklin	14:07:00
110 Kenneth Lane	46	Castleton	12:26:21	82 Tony Searing	56	Morrisonville	15:57:50
118 Matthew Landy	45	Glenmont	12:32:33	FEMALE AGE GROUP: 60 - 64			
137 Rich Latorra	47	Plattsburgh	12:46:10	1 Mary Houbolt	61	Plymouth, MA	13:06:13
139 Austin Rymne	46	New Paltz	12:47:20	MALE AGE GROUP: 60 - 64			
145 Jim Daley	47	Delmar	12:51:29	1 Mark Dean	60	Doylestown, PA	12:13:47
150 Paul Steciuk	46	Ballston Spa	12:58:33	6 Robert Tebo	64	Tupper Lake	13:38:53
160 Ronald Richards	45	Corinth	13:05:34	22 Jim Adams	64	Altoona	16:06:29
161 Robert Cameron	48	Clifton Park	13:07:04	MALE AGE GROUP: 65 - 69			
183 James Dillenberger	48	Ausable Forks	13:22:59	1 Ronald Woloshan	65	Triadelphia, WV	13:39:57
188 James Griffin	45	Lake Placid	13:28:17	MALE AGE GROUP: 70 - 74			

Courtesy of World Triathlon Corporation

17TH ANNUAL INDIAN LADDER TRAIL RUNS

July 31, 2011 • Thacher State Park, Voorheesville

15K TRAIL RUN			
MALE OVERALL			
1 Macky Lloyd	21	Voorheesville	54:25
2 Thomas O'Grady	26	Latham	58:22
3 Peter Flynn	34	Cambridge	1:00:13
FEMALE OVERALL			
1 Meghan Davey	26	Rotterdam	1:07:28
2 Laura Gersten	23	Albany	1:10:48
3 Karen Bertasso	27	Slingerlands	1:12:24
MALE AGE GROUP: 15 - 19			
1 Rob Hollinger	19	Averill Park	1:01:24
2 Dylan Hedderman	18	Latham	1:04:08
3 Connor Devine	17	East Berne	1:04:33
MALE AGE GROUP: 20 - 24			
1 Brian Goodman	21	Loudonville	1:03:12
2 Nathan Bub	20	Voorheesville	1:03:56
3 Richard Messineo	22	Nassau	1:04:08
FEMALE AGE GROUP: 20 - 24			
1 Andrea Hollinger	23	Averill Park	1:14:18
2 Jessica Sherry	20	Loudonville	1:15:08
3 Meghan LaPoint	22	Schenectady	1:19:04
MALE AGE GROUP: 25 - 29			
1 Andrew McCarthy	27	Albany	1:01:10
2 Jason Corderia	28	Albany	1:06:19
3 Mike Conway	29	Delmar	1:08:15
FEMALE AGE GROUP: 25 - 29			
1 Katlin Mock	26	Albany	1:18:44
2 Ashley Smith	27	Clifton Park	1:26:06
3 Christin Dibelius	25	Altamont	1:42:43
MALE AGE GROUP: 30 - 34			
1 Tucker Chropavitzky	33	Feura Bush	1:05:19
2 Casey Holzworth	31	Saratoga Springs	1:10:16
3 Chris Connor	32	Altamont	1:15:53

continued



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17TH ANNUAL INDIAN LADDER TRAIL RUNS *continued*

FEMALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 15 - 19			
1 Sonya Pasquini	32	Albany	1:13:32	1 Lea Cure	17	Altamont	28:19
2 Christina Hunsberge	30	Clifton Park	1:13:36	2 Lynnie Fein-Schaffer	16	Delmar	32:37
3 Kelly Holzworth	32	Saratoga Springs	1:14:09	3 Meghan Collins	17	Guiderland	33:17
MALE AGE GROUP: 35 - 39				MALE AGE GROUP: 20 - 24			
1 Matt Zappen	35	Catskill	1:08:47	1 Richard Messineo	22	Nassau	23:50
2 Dennis VanVlack	39	Duanesburg	1:11:50	2 Macky Lloyd	21	Voorheesville	24:36
3 Aram Fox	38	New York	1:14:25	3 Brian Goodman	21	Loudonville	30:10
FEMALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 20 - 24			
1 Stephanie Wille	36	Guiderland	1:30:44	1 Jessica Sherry	20	Loudonville	30:09
2 Jennifer Hebnar	36	Delmar	1:31:25	2 Amanda Terzian	21	Albany	31:06
3 Erika Ries	35	Menands	1:31:35	3 Erin Ring	24	Albany	35:52
MALE AGE GROUP: 40 - 44				MALE AGE GROUP: 25 - 29			
1 Robert Smith	44	Catskill	1:06:15	1 Jason Corderia	28	Albany	25:00
2 Edward Hampston	43	Voorheesville	1:07:39	2 Zach Russo	27	Schenectady	25:33
3 Brian Dillenbeck	40	Alplaus	1:10:41	3 Andrew McCarthy	27	Albany	27:11
FEMALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 25 - 29			
1 Kimberley Miseno-Bowles	41	Amsterdam	1:16:30	1 Ashley Smith	27	Clifton Park	32:39
2 Victoria Ferrante	43	Delmar	1:21:58	2 Edith Vitry	27	Albany	33:24
3 Deanna Hitchcock	44	Scotia	1:26:01	3 Alison Kerr	26	Rensselaer	34:15
MALE AGE GROUP: 45 - 49				MALE AGE GROUP: 30 - 34			
1 Bruce Beesley	45	Delmar	1:06:03	1 Michael Macomber	30	Scotia	29:08
2 Gary Longhi	47	Climax	1:12:31	FEMALE AGE GROUP: 30 - 34			
3 Joe McDonald	46	Niskayuna	1:12:33	1 Heather Kelly	30	Hoboken, NJ	28:35
FEMALE AGE GROUP: 45 - 49				FEMALE AGE GROUP: 30 - 34			
1 Alice Thomas	48	Westerlo	1:14:46	2 Kelly Holzworth	32	Saratoga Springs	29:24
2 Eileen Leavitt	46	Delmar	1:14:48	3 Nellie Lovenduski	34	Saratoga Springs	30:30
3 Terri Artese	45	Scotia	1:16:31	MALE AGE GROUP: 35 - 39			
MALE AGE GROUP: 50 - 54				FEMALE AGE GROUP: 35 - 39			
1 Joe Skelly	50	Stamford, CT	1:09:03	1 Elizabeth Cardoso	37	Cohoes	31:21
2 Christopher Chartra	50	Castleton-on-Hudson	1:11:53	2 Kari Manuel	37	Slingerlands	31:57
3 Tom Tift	53	Averill Park	1:15:13	3 Kimberly Cardona	37	Voorheesville	34:30
FEMALE AGE GROUP: 50 - 54				MALE AGE GROUP: 40 - 44			
1 Donna Charlebois	53	East Berne	1:34:03	1 Edward Hampston	43	Voorheesville	24:35
2 Joan Brown	53	Niskayuna	1:36:22	2 Brian Dillenbeck	40	Alplaus	25:58
3 Deb McCarthy	51	Burnt Hills	1:38:56	3 Matt Lasniak	43	Albany	27:39
MALE AGE GROUP: 55 - 59				FEMALE AGE GROUP: 40 - 44			
1 Dennis Fillmore	59	Ballston Spa	1:15:44	1 Connie Smith	43	Ballston Lake	33:46
2 Jeff Conant	56	Mohawk	1:18:31	2 Regina McGarvey	41	Castleton	34:29
3 Rich Tanchyk	59	Saratoga Springs	1:25:55	3 Kimberley Miseno-Bowles	41	Amsterdam	34:59
FEMALE AGE GROUP: 55 - 59				MALE AGE GROUP: 45 - 49			
1 Susan Burns	56	Rensselaer	1:34:16	1 Joe McDonald	46	Niskayuna	26:25
2 Gail Hein	59	Altamont	1:54:53	2 Gary Longhi	47	Climax	28:01
MALE AGE GROUP: 60 - 64				FEMALE AGE GROUP: 45 - 49			
1 Juergen Reher	61	Wynantskill	1:18:00	1 Alice Thomas	48	Westerlo	27:48
2 Joe Yavonidite	62	Schenectady	1:33:16	2 Lynn Ohlsetn	46	Albany	28:08
3 Bob Ellison	62	Slingerlands	1:34:14	3 Chris Varley	47	Albany	29:28
FEMALE AGE GROUP: 60 - 64				MALE AGE GROUP: 50 - 54			
1 Cecily Dexter	62	New York	1:46:59	1 John Paduano	51	Stillwater	27:32
2 Laura Clark	64	Saratoga Springs	2:09:52	2 Steve Conant	53	Glenmont	27:40
3.5-MILE TRAIL RUN				FEMALE AGE GROUP: 50 - 54			
MALE OVERALL				MALE AGE GROUP: 50 - 54			
1 Thomas O'Grady	26	Latham	21:02	1 Paula Boughtwood	50	Rensselaer	33:52
2 Keith Machabee	14	Delmar	22:32	2 Sharon Fellner	50	Schenectady	34:59
3 Nathan Bub	20	Voorheesville	22:54	3 Jennifer Ring	52	Delmar	36:10
FEMALE OVERALL				MALE AGE GROUP: 55 - 59			
1 Meghan Davey	26	Rotterdam	25:11	1 Jeff Conant	56	Mohawk	30:31
2 Eileen Leavitt	46	Delmar	25:46	2 Charles Adams	55	East Berne	34:53
3 Hilary Mislán	24	Albany	27:21	FEMALE AGE GROUP: 55 - 59			
MALE AGE GROUP: 1 - 14				MALE AGE GROUP: 60 - 64			
1 Isaac Menis	10	Schenectady	28:35	1 Pete Cowie	63	Schenectady	30:05
2 Brendon VanVlack	11	Duanesburg	33:30	2 Greg Rickes	61	Latham	32:27
3 J. Maximili Percent	12	Schenectady	33:55	3 Darwin Roosa	61	Altamont	32:49
FEMALE AGE GROUP: 1 - 14				MALE AGE GROUP: 65 - 69			
1 Holly Machabee	12	Delmar	28:03	1 Michael Cooper	66	New York	39:18
2 Sarah Coffey	13	Delmar	32:05	MALE AGE GROUP: 70 - 74			
3 Abbey Butler	14	Latham	32:54	1 Bob Knouse	71	Voorheesville	38:01
MALE AGE GROUP: 15 - 19				<i>Courtesy of Hudson-Mohawk Road Runners Club</i>			
1 Dominic Albano	16	Latham	29:25				
2 Hassy Brodsky	18	Albany	33:00				
3 Kevin Collins	19	Guiderland	34:11				

2ND ANNUAL DELTA LAKES TRIATHLON
July 31, 2011 - Delta Lakes State Park, Rome

INTERMEDIATE: 1500M SWIM, 24M BIKE, 6M RUN				
<i>Top 3 Overall, Age Winners & Regional Finishers</i>				
FEMALE OVERALL				
1 Jennie Hansen	Rochester	26	2:03:07	
2 Kristin Marvin	Ottawa, ON	35	2:08:33	
3 Roxanne Wegman	West Point	24	2:13:10	
MALE OVERALL				
1 Mark Villwock	Grand Blanc, MI	29	1:54:59	
2 Thomas McGee	Ottawa, ON	54	1:59:25	
3 James Eagen	Syracuse	41	2:01:19	
MALE AGE GROUP: 19 & UNDER				
1 Phil Yoss	New Hartford	19	3:05:38	
FEMALE AGE GROUP: 20 - 24				
1 Anne Shigley	Rochester	24	3:09:46	
MALE AGE GROUP: 20 - 24				
1 Eric Prillip	Liverpool	24	2:14:25	
7 Ryne Cornacchia	Utica	23	3:04:24	
FEMALE AGE GROUP: 25 - 29				
1 Stacey Cowan	Syracuse	27	2:23:03	
4 Hilary Kellogg	Saratoga Springs	27	2:52:53	
MALE AGE GROUP: 25 - 29				
1 Randy Hadzor	Lafayette	25	2:02:21	
FEMALE AGE GROUP: 30 - 34				
1 Amanda Hatfield	Oneida	32	2:20:36	
5 Becky Roberts	Rome	34	2:32:27	
9 Aileen Viel	New Hartford	30	2:47:01	
13 Erika Furbeck	Rome	34	3:00:25	
MALE AGE GROUP: 30 - 34				
1 Justin Weiler	Whitesboro	32	2:04:51	
3 Thomas Joslin	Yorkville	32	2:25:43	
FEMALE AGE GROUP: 35 - 39				
1 Mary Eggers	Henrietta	37	2:15:33	
10 Jennifer Williams-Maher	Oriskany	39	3:48:19	
MALE AGE GROUP: 35 - 39				
1 Craig Dean	Portland	37	2:03:21	
2 Joe Hatfield	Oneida	35	2:08:36	
3 Aaron Falkenmeyer	Sherrill	35	2:23:46	
4 Donnie DeMarco	Vienna	37	2:32:03	
8 Brian Connery	Utica	35	2:44:35	
9 Kurt Wilson	Utica	37	2:52:55	
10 Jason Pare	Oriskany	38	2:55:18	
13 Brett Pominville	Rome	38	3:28:40	
FEMALE AGE GROUP: 40 - 44				
1 Reem Jishi	Skaneateles	42	2:19:23	
12 Cassie Evans-Winter	Taberg	44	3:13:09	
13 Kristine Strumpflier	Rome	41	3:17:31	
MALE AGE GROUP: 40 - 44				
1 Jason Schreer	Potsdam	42	2:06:37	
5 Kevin Bleau	Milton	40	2:15:51	
10 Michael Fitzgerald	Oneida	44	2:28:43	
13 Andrew Ruby	Albany	40	2:42:58	
15 Brian Demarest	Schenectady	44	2:46:02	
FEMALE AGE GROUP: 45 - 49				
1 MJ Swizzor	Jamesville	46	2:23:11	
MALE AGE GROUP: 45 - 49				
1 Brian Emelson	Rochester	46	2:03:53	
2 Onno Oerlemans	Clinton	49	2:08:52	
4 Joseph Gale	Clinton	45	2:14:41	
7 Timothy Kirch	Glenville	46	2:22:16	
8 Michael Evolo	Whitesboro	45	2:28:08	
11 Paul Ratazzi	Rome	46	2:36:40	
14 Paul Kiesel	New Hartford	45	2:39:00	
15 Christopher Ellis	Marcy	49	2:40:11	
17 Brian Roemer	Utica	49	2:48:01	
18 Mike Collins	Schenectady	47	2:49:41	
FEMALE AGE GROUP: 50 - 54				
1 Elizabeth St Clair	Williamstown	52	2:37:55	
4 Lori Bourgeois	Boonville	51	2:57:54	
6 Dedra Croll	Vernon	52	3:01:43	
9 Mary Healt	Forestport	50	3:37:29	
MALE AGE GROUP: 50 - 54				
1 Dennis Moriarty	Webster	54	2:04:29	
6 Dennis Johnson	Utica	50	2:23:54	
FEMALE AGE GROUP: 55 - 59				
1 Margaret Perkins	Tully	56	2:47:39	
MALE AGE GROUP: 55 - 59				
1 Kevin Penny	Ottawa, ON	55	2:11:18	
2 Thomas Onisk	New Hartford	58	3:00:22	
9 Jeff Heck	Rome	56	3:07:09	
FEMALE AGE GROUP: 60 - 64				
1 Deborah Rhea	Cortland	61	3:07:42	
MALE AGE GROUP: 60 - 64				
1 Terry Habecker	Ithaca	64	2:22:22	
6 Mike Stevens	Rome	61	3:31:42	
MALE AGE GROUP: 65 - 69				
1 Peter Winkler	Manlius	66	2:52:04	
TEAMS				
1 Hartwell/Jardin/Demers			1:56:53	
2 Evans/Bandel/Stevens			1:57:24	
3 Graves/Pruckno/Pruckno			2:15:04	
SPRINT: 750M SWIM, 12M BIKE, 3M RUN				
<i>Top 3 Overall, Age Winners & Regional Finishers</i>				
FEMALE OVERALL				
1 Kathleen Rainbow	40	Oneida	1:16:05	
2 Carrie Zdobylak	38	Syracuse	1:16:55	
3 Keli Scott-Ciota	41	Ballston Spa	1:16:58	
MALE OVERALL				
1 Joshua Edmonds	23	Cooperstown	1:02:54	
2 Caleb Edmonds	19	Cooperstown	1:04:42	
3 Jim Burke	40	New Hartford	1:05:22	
FEMALE AGE GROUP: 19 & UNDER				
1 Danielle Fadness	19	Rome	1:37:53	
MALE AGE GROUP: 19 & UNDER				
1 Barrett Celecki	15	Barneveld	1:10:58	
2 Patrick Dooley	17	New Hartford	1:20:16	
3 Benjamin Breiten	17	Cooperstown	1:22:07	
4 Gregory Shlotzhauer	18	New Hartford	1:24:23	
FEMALE AGE GROUP: 20 - 24				
1 Emily Johnson	21	Baldwinsville	1:27:54	
2 Megan Pustay	22	Cassville	1:28:06	
5 Kaitlyn Breiten	21	Cooperstown	1:32:05	
6 Chanelle Pelton	21	Rome	1:41:23	
MALE AGE GROUP: 20 - 24				
1 Peter Edmonds	21	Cooperstown	1:07:07	
2 Brock Bell	21	Cooperstown	1:20:40	
3 Andrew Pelton	21	Rome	1:29:41	
FEMALE AGE GROUP: 25 - 29				
1 Stephanie Gilfillan	27	Binghamton	1:28:31	
2 Lindsey Geary	28	Utica	1:31:01	
MALE AGE GROUP: 25 - 29				
1 Christopher Gilfillan	25	Binghamton	1:19:01	
2 Andrew Miller	25	Rome	1:22:49	
5 Nicholas Passalacqua	26	Utica	1:37:48	
FEMALE AGE GROUP: 30 - 34				
1 Lisa Broadhead	33	Lorton	1:20:54	
3 Jill Downs	30	Clinton	1:25:25	
5 Amy Alexander	34	New Hartford	1:30:42	
8 Dawn Wheeler	34	Utica	1:46:37	
9 Renee Boncella	31	Taberg	1:52:26	
MALE AGE GROUP: 30 - 34				
1 Josh Molinari	30	Oswego	1:07:00	
2 Frank Yerina	32	Ilion	1:08:05	
4 Chad Reese	30	Rome	1:20:01	
5 Jason Livingston	33	Rome	1:20:31	
6 Jason Broedel	32	Hubbardsville	1:20:41	
7 Philip Downs	32	Clinton	1:22:52	
8 Nathaniel Gould	34	New Hartford	1:28:17	
9 Michael Dillon	34	New Hartford	1:28:44	
10 Sam Reister	34	Utica	1:47:38	
11 Brad Davis	32	Rome	2:21:31	
FEMALE AGE GROUP: 35 - 39				
1 Kristen Mucitelli-Heath	35	N Syracuse	1:18:42	
2 Amy Zeh	35	Oneonta	1:21:12	
3 Lisa Pumlilo	38	Ilion	1:24:32	
4 Jennifer Coughlin	38	Whitesboro	1:24:41	
5 Christina Kiesel	35	New Hartford	1:25:17	

RACE RESULTS

2ND ANNUAL DELTA LAKES TRIATHLON *continued*

6 Kara Bisaccia	36	New Hartford	1:30:04	MALE AGE GROUP: 45 - 49	46 Tully	1:10:01
7 Kristy Garcia	39	New Hartford	1:39:53	1 Joseph Pelletiere	46 Troy	1:15:22
10 Michele Reid	39	Rome	1:45:46	2 George Burke	47 Boonville	1:20:58
11 Cheryl Mills	39	Lee Center	2:11:25	3 Andrew Jackson	45 Taberg	1:43:10
MALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 50 - 54		
1 Alex Ciota	35	Ballston Spa	1:12:53	1 Lisa Hill	52 East Syracuse	1:21:13
3 Brad Zeh	35	Oneonta	1:18:36	MALE AGE GROUP: 50 - 54		
6 Justin Barth	38	Waterville	1:24:18	1 Mark Celecki	51 Barneveld	1:11:50
7 Robert Staskoski	35	Barneveld	1:24:39	3 Scott Bohling	53 Clinton	1:20:25
8 Mark Scanio	37	Lake Placid	1:26:07	5 Robert Wasiczko	54 New Hartford	1:41:43
9 Dennis Coughlin	38	Whitesboro	1:39:57	6 Walter Johnson	52 Mohawk	1:42:15
11 Tim O'Connell	38	New Hartford	1:31:54	FEMALE AGE GROUP: 55 - 59		
12 George Saber	37	Utica	1:38:48	1 Suzanne Coffin	57 Skaneateles	1:40:08
13 Steven Alexander	38	New Hartford	1:40:05	2 Barbara Moulton	56 Rome	1:58:32
FEMALE AGE GROUP: 40 - 44				MALE AGE GROUP: 55 - 59		
1 Debra Nowicki	40	Syracuse	1:20:15	1 Geoffrey Prudhomme	55 Ottawa, ON	1:21:03
2 Regina Recco	42	Rome	1:21:40	2 Ted Ayoub	57 Utica	1:31:28
4 Jolene Casatelli	42	New Hartford	1:22:04	FEMALE AGE GROUP: 60 - 64		
6 Cathi Brewer	40	Hartford	1:36:28	1 Ruth Ripley	64 Pennellville	1:37:24
7 Cheryl Rich-Ano	44	Sylvan Beach	1:38:44	2 Micky Lucas	62 Whitesboro	1:52:22
8 Melissa Kehler	42	Sauquoit	2:01:15	MALE AGE GROUP: 60 - 64		
MALE AGE GROUP: 40 - 44				1 Luke Lucas	64 Whitesboro	1:41:15
1 John Dwyer	40	Montclair	1:17:55	2 Dominick DeMarco	63 Lee Center	2:45:13
3 Kelly Ano	43	Sylvan Beach	1:25:46	FEMALE AGE GROUP: 70 & OVER		
4 Anthony Recco	42	Rome	1:26:02	1 Patricia Coveny	70 Endicott	2:19:50
5 Paul Bisaccia	43	New Hartford	1:30:48	MALE AGE GROUP: 70 & OVER		
6 Chad Barth	41	Waterville	1:47:28	1 Armand Langevin	74 Cohoes	1:37:40
FEMALE AGE GROUP: 45 - 49						
1 Jennifer Martino	49	Liverpool	1:30:29			
5 Michele Salisbury	47	Rome	1:58:53			

Courtesy of ATC Endurance

5TH ANNUAL FRONHOFER TOOL TRIATHLON

August 6, 2011 • Lake Lauderdale County Park, Cambridge

OLYMPIC: 1.5K SWIM, 40K BIKE, 10K RUN	2 2:38:01 Bertasso, Karen	FEMALE AGE GROUP: 35 - 39	23 2:55:45 Freeman, Russ
FEMALE OVERALL	3 2:44:44 Hotchkiss, Laura	1 2:32:00 Dickens, Isabelle	24 2:59:23 Syden, Ben
1 2:20:53 Pasquini, Sonya/30-34	4 2:47:13 Trybendis, Justine	2 2:37:54 Lampertetta, Aurora	25 2:59:25 Patire, Michael
2 2:26:05 Stalker, Beth/50-54	5 3:11:41 Harris, Brett	3 2:39:31 Friend, Tammy	26 2:59:31 Williams, Rune
3 2:26:12 Pederson, Rebecca/40-44	6 3:13:46 Smith, Colette	4 2:40:27 Deboer, Dwalin	27 2:59:32 Deluca, Jason
MALE OVERALL	MALE AGE GROUP: 25 - 29	5 2:45:57 Leverault, Natalie	28 3:05:59 Felton, Jason
1 2:02:05 Shatynski, Todd/35-39	1 2:33:54 Torr, Ralph	6 2:50:25 Anderson, Erika	29 3:13:59 Twynam, Matthew
2 2:06:07 Wynn, Mike/40-44	2 2:42:02 Philbin, Michael	7 2:50:40 Leclair, Kristen	30 3:32:13 Gordon, Andy
3 2:07:02 Snowise, Mark/40-44	3 2:42:55 Moor, William	8 2:56:14 Plante, Jodi	FEMALE AGE GROUP: 40 - 44
FEMALE AGE GROUP: 15 - 19	4 2:50:41 Baranoski, John	9 2:59:12 Capote, Kellya	1 2:27:02 Underwood, Heidi
1 2:13:32 Hollinger, Robert	5 3:02:20 Castle, Michael	10 3:00:07 Wechter, Debra	2 2:43:30 Guzzo, Judy
2 2:18:08 Miles, Kevin	6 3:04:06 Martin, Matthew	11 3:08:45 Williams, Kerrie	3 2:47:33 Morris, Cheryl
3 2:42:41 Shaw, Christopher	7 3:47:05 Rose, Brian	12 3:13:52 Spade, Jeannine	4 2:56:01 Gurley, Kate
FEMALE AGE GROUP: 20 - 24	FEMALE AGE GROUP: 30 - 34	13 3:20:29 Swift, Karen	5 3:00:52 Viger, Karen
1 2:41:34 Gersten, Laura	1 2:33:57 Ardito, Christina	MALE AGE GROUP: 35 - 39	6 3:00:56 Anderson, Kelly
2 2:51:28 Trietsch, Rayna	2 2:44:50 Didrich, Kim	1 2:07:08 Murray, Keith	7 3:02:04 Roccaabruna, Amy
3 4:05:31 Wasik, Liz	3 2:55:06 Peterson, Erika	2 2:14:06 Crowley, Brian	8 3:03:53 Strobe, Karen
MALE AGE GROUP: 20 - 24	4 3:08:27 Prevo, Olya	3 2:14:09 Foley, Stephen	9 3:04:05 Bryan, Sharon
1 2:12:10 Gawors, Matthew	5 3:19:09 Dickson, Ariel	4 2:15:21 Davis, William	10 3:13:41 Krinsky, Tara
2 2:14:05 MacDonald, John	MALE AGE GROUP: 30 - 34	5 2:16:41 Haspela, Dean	11 3:22:42 Racicot, Tracy
3 2:15:52 Russell, Tim	1 2:14:41 Westervelt, Jason	6 2:18:14 Henke, William	MALE AGE GROUP: 40 - 44
4 2:18:02 Vargo, Steven	2 2:24:18 Conkling, Jonathan	7 2:20:54 Alber, Keith	1 2:17:43 Rath, Randy
5 2:39:09 Sidorenko, Pavel	3 2:25:33 Quinon, Chad	8 2:22:14 Travis, Dave	2 2:18:19 Shermeta, Benjamin
6 2:41:43 Sorrentino, Michael	4 2:30:27 Kline, Travis	9 2:22:50 Kenney, Anthony	3 2:27:32 Ball, Dennis
7 2:46:11 Godshalk, Daniel	5 2:32:33 Buehner, Daniel	10 2:24:08 Smith, Pete	4 2:29:25 Ethier, Gary
8 2:50:51 Fund, Andrew	6 2:37:23 Kinley, Andrew	11 2:26:35 Kershasky, Brian	5 2:29:54 Gardner, Jason
9 3:12:50 O'Brien, Emmett	7 2:37:55 Sweet, Timothy	12 2:26:56 Johnson, Kyle	6 2:31:34 Rath, Ryan
FEMALE AGE GROUP: 25 - 29	8 2:39:50 Pendergast, Tim	13 2:28:55 Swift, Randy	7 :32:59 Mannion, Jeff
1 2:35:58 Emblidge, Elizabeth	9 2:44:51 Rossi, Thomas	14 2:29:39 Fishman, Eddie	8 2:34:20 Guzzo, Peter
	10 2:51:56 Thompson, Glenn	15 2:33:28 Moore, Travis	9 2:39:05 Liuzzo, Ray
	11 2:52:31 Kinley, Andrew	16 2:35:29 Snell, Andrew	10 2:41:42 Washburn, Todd
	12 2:54:17 Cornick, Jeff	17 2:41:08 Banaszewski, Charles	11 2:44:15 Hansen, Tom
	13 2:55:13 Huestis, Nicholas	18 2:46:16 Moran, Greg	12 2:54:09 Conway, Michael
	14 2:54:13 Bensabeur, Gilles	19 2:48:56 Wilks, James	13 2:56:06 Miranda, Vicente
	15 2:58:17 Kemp, Nathaniel	20 2:49:53 Cann, David	14 3:15:59 Del Puerto, Marcelo
	16 2:58:44 Gordon, Daniel	21 2:50:18 Peters, Dominic	FEMALE AGE GROUP: 45 - 49
	17 4:17:22 Smith, Adam	22 2:55:21 McMorris, Matthew	1 2:26:57 Fronhofer, Mara

continued

5TH ANNUAL FRONHOFER TOOL TRIATHLON *continued*

2 2:33:09 Rowe, Melissa	17 3:26:11 Wojcik, Mark	2 1:37:17 Maglione, Krista	6 1:33:45 Dicerbo, Douglas
3 2:43:02 Mauro, Carrie	18 3:26:38 Goralski, John	3 1:50:18 Degnan, Ashley	7 1:41:59 Wright, Kevin
4 2:45:02 Carven, Sybil	FEMALE AGE GROUP: 55 - 59	2 1:22:16 Kahn, Gregory	8 1:53:50 Morris, Richard
5 3:02:02 Collins, Elizabeth	1 3:01:16 Fair, Katherine	1 1:15:21 MacDonald, John	9 2:01:01 Miles, Matt
6 3:18:57 Pratico, Elizabeth	2 3:13:51 Carroll, Elizabeth	2 1:26:16 Basdekis, Alison	10 2:10:37 Halusic, Jeffrey
7 3:23:06 Monahan, Patricia	MALE AGE GROUP: 55 - 59	4 1:36:06 Ventre, Alexander	FEMALE AGE GROUP: 45 - 49
8 3:25:04 O'Brian, Eileen	1 2:29:15 Kelly, James	1 1:34:11 O'Neil, Ana	1 1:35:44 Nagle, Lisa
9 3:37:17 Correa, Ann	2 2:37:23 White, Jeffrey	2 1:35:26 Torelli, Jayme	2 1:39:47 Myers, Katherine
MALE AGE GROUP: 45 - 49	3 2:37:44 Maglione, Ted	3 1:36:00 Basdekis, Alison	3 1:43:41 Schewing, Laurie
1 2:18:15 Regenauser, Carl	4 2:38:16 Kline, Roy	4 1:47:14 Kinley, Mary	4 1:54:46 Howe, Ann
2 2:23:32 Becker, Steve	5 2:50:26 Schneider, Lloyd	FEMALE AGE GROUP: 25 - 29	5 2:08:19 King, Audrey
3 2:24:35 Vogel, Keith	6 3:04:10 Gross, Dave	1 1:16:44 Konopnicki, Kyle	6 2:14:48 Pelletier, Deborah
4 2:25:07 Atkins, Steven	FEMALE AGE GROUP: 60 - 64	2 1:24:58 Rea, Jonathan	MALE AGE GROUP: 45 - 49
5 2:33:07 Collins, Frank	1 2:59:12 McKnight, Christine	3 1:27:40 Cahill, Chip	1 1:24:46 Place, Joe
6 2:33:24 Thiem, Alan	MALE AGE GROUP: 60 - 64	4 1:35:40 Ventre, Ryan	2 1:28:45 Moynihan, Gary
7 2:34:29 Bell, Matthew	1 2:45:33 Larson, Daniel	5 1:51:51 Penders, Michael	3 1:31:48 Gebhard, Paul
8 2:35:40 Cameron, Robert	2 3:02:57 McNally, Mike	FEMALE AGE GROUP: 30 - 34	4 1:34:38 Hall, Joe
9 2:36:19 Larosa, Scott	3 3:09:54 Mineconzo, Gary	1 1:29:13 Didrich, Kim	5 1:35:16 Broderick, John
10 2:38:09 Pedersen, Tim	FEMALE AGE GROUP: 65 - 69	2 1:42:11 Farstad, Kendra	6 1:36:27 Reickert, Michael
11 2:40:08 Stefanelli Jr, Anthony	1 3:22:10 Jacobson, Sibyl	3 1:43:48 Evansky, Rebecca	7 1:38:53 Hanson, Bobby
12 2:42:02 Gebhard, Paul	MALE AGE GROUP: 65 - 69	4 1:58:03 Thorne, Alison	8 1:50:57 Fox, Jim
13 2:43:17 Hall, Joe	1 2:37:23 Dunseath, Hugh	MALE AGE GROUP: 70 - 74	9 1:52:03 Wainwright, Tim
14 2:45:52 Hanson, Bobby	2 3:07:26 Kabat, Doug	1 1:24:45 Quiron, Chad	FEMALE AGE GROUP: 50 - 54
15 2:46:57 Bantham, Tim	MALE AGE GROUP: 70 - 74	2 1:26:17 Kinley, Andrew	1 1:19:17 Malings, Glen
16 2:49:57 Goodwill, Scott	1 3:39:04 Mitchell, Stephen	3 1:26:26 Evansky, John	2 1:23:45 Kenny, John
17 2:53:18 O'Brien, William	RELAY	4 1:30:18 Degener, Brian	3 1:27:00 Davidson, John
18 2:53:21 Sanborn, Eric	1 2:16:58 Tom's Team	5 1:55:30 Kapp, Jordan	4 1:27:35 Ahern, Kevin
19 2:55:59 Degennaro, Daniel	2 2:19:27 Suozzo-Komoroske	6 1:57:19 Dewan, James	5 1:28:58 Mt. Pleasant, David
20 2:56:34 Perry, John	3 2:34:38 Nothing To Lose	FEMALE AGE GROUP: 35 - 39	6 1:33:33 Kocarski, Don
21 3:02:43 Radosta, Peter	4 2:48:55 Peas and Qs	1 1:30:34 Verga, Rita	7 1:33:03 Collen, Robert
22 3:02:52 Fox, Jim	5 2:52:31 Beckyl	2 1:31:39 Leclair, Kristen	8 1:34:21 Dimick, Richard
23 3:06:08 Collins, Mike	6 3:24:10 Pinsky Penguins	3 1:37:11 Miller, Rebecca	9 1:36:26 Boldiston, Chris
24 3:08:55 Goff, Gerald	7 3:24:15 Wolfe Pinsky	4 1:38:50 Inman, Julie	10 1:37:33 Mains, Robert
FEMALE AGE GROUP: 50 - 54	8 2:38:59 Team Zappone	5 1:44:01 Yoon, Karen	11 1:38:10 Howe, Mark
1 2:30:59 Vincent, Fran	SPRINT: 0.5M SWIM, 14.5M BIKE, 3.1M RUN	6 1:44:40 Murray, Andrea	12 1:49:57 Von Allmen, Peter
2 2:48:13 Simpson, Jeryl	FEMALE OVERALL	7 1:48:01 Toledo, Aixa	13 1:51:51 Wiersma, Brian
3 3:02:24 Henry, Carol	1 1:25:47 Green, Hilary/40-44	8 1:49:48 Romer, Jennifer	FEMALE AGE GROUP: 55 - 59
4 3:08:54 Dodge, Nicole	2 1:27:47 Mauro, Carrie	9 2:13:38 Hakes, Jaclyn	1 2:32:59 Pfeiffer, Kathleen
5 3:14:14 Reynolds, Joyce	3 1:28:31 Delaney, Tracey/45-49	10 2:14:12 Felton, Theresa	MALE AGE GROUP: 55 - 59
6 3:16:04 Mandelbaum, Stacey	MALE OVERALL	MALE AGE GROUP: 35 - 39	1 1:32:44 Koczarski, Mark
7 3:21:36 Kuzmich, Jen	1 1:09:27 Shatynski, Todd/35-39	1 1:18:00 Crowley, Brian	2 1:34:17 McCarty, Jim
8 3:24:12 Grieger, Lynn	2 1:11:13 Murray, Keith/35-39	2 1:27:45 Kenny, Jason	3 1:36:41 Forte, Ralph
9 3:32:18 Rench, Cheryl	3 1:13:29 Voisin, Matt/30-34	3 1:28:46 Wilks, James	4 1:57:08 Sheehan, Jim
10 3:58:30 Browne, Susan	FEMALE AGE GROUP: 14 & UNDER	4 1:31:34 Cusack, Daniel	MALE AGE GROUP: 65 - 69
MALE AGE GROUP: 50 - 54	1 1:33:18 McTague, Sarah	5 1:35:08 Gordon, Andy	1 1:33:46 Bagnoli, Ronald
1 2:19:08 Underwood, Robert	MALE AGE GROUP: 14 & UNDER	6 1:39:43 McMorris, Matthew	2 1:41:09 Bradley, John
2 2:23:30 Malings, Glen	1 1:47:51 Fox, Hogan	7 1:46:11 Lopez, Pablo	3 1:42:56 Murray, Paul
3 2:27:19 Noonan, John	FEMALE AGE GROUP: 15 - 19	MALE AGE GROUP: 40 - 44	4 2:20:13 Crossman, Paul
4 2:35:51 Davidson, John	1 1:37:23 Woller, Ali	1 1:34:26 Lozis, Ann	RELAY
5 2:36:01 Kilduff, Chip	2 1:44:56 Hansen, Kaitlyn	2 1:36:48 Peters, Lori	1 1:14:23 Spanky's All-Stars
6 2:39:24 Peterson, David	3 1:39:42 Wilson, Lonnie	3 1:39:42 Wilson, Lonnie	2 1:18:32 All in the Family
7 2:46:52 Rozell, Michael	4 1:42:28 Walley, Christine	4 1:59:17 Moran, Allison	3 1:20:09 Lulla-Cuite
8 2:47:47 Shea, Brian	MALE AGE GROUP: 15 - 19	5 1:59:17 Moran, Allison	4 1:23:44 The Mod Squad
9 2:48:51 Meyer, Keith	1 1:23:27 Clark-Gartner, Gavin	6 1:20:44 Gardner, Jason	5 1:39:12 Sisters 368
10 2:50:39 Maloy, Peter	2 1:38:27 Carroll, James	7 1:21:15 Gordiner, Martin	<i>Courtesy of Fronhofer Tool Triathlon</i>
11 3:01:06 Shepardshon, Paul	3 1:39:52 Wall, Evan	8 1:23:53 Stento, Paul	
12 3:03:05 O'Brien, Dan	FEMALE AGE GROUP: 20 - 24	9 2:24:02 Baker-Porazinski, Paul	
13 3:03:13 Kreitseck, Howard	1 1:33:51 Lesnar, Natalie	10 2:26:00 Ethier, Gary	
14 3:20:46 Wolmer, Robert			
15 3:23:39 Shea, Kenneth			
16 3:25:44 Frank, Alex			

3RD ANNUAL CAMP CHINGACHGOOK CHALLENGE

August 6, 2011 • Camp Chingachgook, Kattskill Bay

HALF-MARATHON - 13.1 MILES	FEMALE AGE GROUP: 15 - 19	1 Sarah Gettman	19	Glenmont	2:56:09
Top 3 Overall, Age Winners & Regional Finishers	FEMALE AGE GROUP: 20 - 24	1 Anna Sheridan	20	Troy	1:44:27
MALE OVERALL	2 Tara Joyce	22	Altamont	1:47:35	
1 Mike Roda	3 Allison Connor	21	Hudson	1:49:33	
2 Justin Bishop	8 Katie Bahrn	23	Troy	2:24:06	
3 Aram Fox	MALE AGE GROUP: 25 - 29	1 Ambrose Schaffer	28	Canajoharie	1:47:06
FEMALE OVERALL	2 Luke Boughton	29	Saratoga Springs	1:55:53	
1 Jordan White	3 Greg Johnson	28	Burnt Hills	1:57:13	
2 Crystal Perno	4 Rian Bahrn	27	Troy	1:57:52	
3 Melanie Staley	7 Christopher Dum	28	Albany	2:16:46	
MALE AGE GROUP: 15 - 19				<i>continued</i>	
1 Dan Beck					

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Visit Long Lake
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LONG LAKE **RAQUETTE LAKE**

Call

3RD ANNUAL CAMP CHINGACHGOOK CHALLENGE *continued*

FEMALE AGE GROUP: 25 - 29			
1	Meghan Davey	26	Rotterdam 1:38:32
2	Sarah Rankin	28	Kattskill Bay 2:04:43
3	Jacqueline Danis	28	Rensselaer Falls 2:07:34
4	Leah Schaffer	27	Canajoharie 2:13:01
5	Nicole Lanoue	29	Troy 2:17:18
6	Jennifer Masa	26	Troy 2:19:11
MALE AGE GROUP: 30 - 34			
1	Robert Smith	32	East Berne 1:42:37
2	Damen Schaak	33	Waterford 2:09:07
3	Matt Nafus	34	Glenville 2:17:03
FEMALE AGE GROUP: 30 - 34			
1	Tina Cukrovany	34	Rensselaer 1:35:57
2	Kim Zimbal	30	Saratoga Springs 1:55:54
3	Jessica Mitchell	33	Albany 1:56:11
4	Jamie Keegan	30	Saratoga Springs 1:58:08
5	Lauren Boughton	30	Saratoga Springs 2:02:45
6	Karen Schaak	32	Waterford 2:07:39
7	Rebecca Wojtecki	30	Albany 2:10:44
8	Karen Toth	33	Clifton Park 2:25:32
9	Nicole Cioffi	32	Wynantskill 2:27:57
MALE AGE GROUP: 35 - 39			
1	Sean Lockhart	35	Highland 1:32:19
2	Patrick Amyot	39	Saratoga Springs 1:34:15
3	Michael Robertson	38	Mechanicville 1:38:37
4	Andrew Eyer	39	Gansevoort 1:41:10
5	Chris Fess	39	Clifton Park 2:00:46
6	William Rabbitt	37	Mechanicville 2:04:03
7	Matt Fitzgerald	38	Schenectady 2:04:33
8	Brian Ford	35	Wynantskill 2:16:44
FEMALE AGE GROUP: 35 - 39			
1	Deanne Webster	35	Albany 1:47:54
2	Kelly Collins	39	Queensbury 2:03:53
3	Kathleen Sellnow	35	Schenectady 2:05:02
MALE AGE GROUP: 40 - 44			
1	David Shumpert	40	Clifton Park 1:39:17
2	Brian Dillenbeck	40	Alplaus 1:39:30
3	Samuel Simmons	43	Waterford 1:42:12
4	Herb Terns	42	Schenectady 1:50:24
5	Nick Laplaca	41	Whitehall 1:51:46
6	John Boyce	44	Schaghticoke 1:54:06
7	Brian Murray	42	Loudonville 2:07:19
8	Charles Seelye	41	Niskayuna 2:10:49
9	Dan Demarsh	40	Warrensburg 2:13:51
10	Christopher Keating	41	Kinderhook 2:19:50
11	Darrell Everts	42	Hudson Falls 2:23:33
FEMALE AGE GROUP: 40 - 44			
1	Jennifer Metivier	40	Lake George 1:50:29
2	Connie Smith	43	Ballston Lake 1:51:19
3	Regina McGarvey	41	Castleton 1:56:19
4	Deanna Hitchcock	44	Scotia 1:59:31
5	Kimberly Ploof	41	Ballston Lake 2:00:32
6	Bridget Cotugno	44	Malta 2:01:58
7	Julie Keating	41	Kinderhook 2:08:12
8	Ruth Grisham	40	Guiderland 2:19:24
9	Nicole Gambacurta	40	Gansevoort 2:26:33
10	Veronica Snyder	40	Clifton Park 2:46:43
MALE AGE GROUP: 45 - 49			
1	Paul Guilmette	47	Rutland, VT 1:37:25
2	Willie Janeway	48	Stuyvesant 1:37:40
3	Brian Borden	47	Altamont 1:38:11
4	Christopher Duwe	47	Albany 1:40:08
5	Sunil Kumta	48	Schenectady 1:42:54
6	Mark Dolan	47	Albany 1:50:38
7	Anthony Collins	46	Glens Falls 1:55:57
8	Richard Lugovich	45	Stillwater 2:02:15
9	John Brunner	45	Albany 2:08:16
10	Keith R. Murray	48	Stillwater 2:11:28
11	Peter Sturn	45	Schenectady 2:18:15
12	Daniel Morgan	45	Schenectady 2:30:40
FEMALE AGE GROUP: 45 - 49			
1	Chris Varley	47	Albany 1:38:40
2	Catherine Cappellet	46	Chatham 1:57:14
3	Stephen Montanaro	45	Hagaman 2:11:17
4	Rhonda Smith	49	Latham 2:24:13
MALE AGE GROUP: 50 - 54			
1	Richard Desharnais	53	Edinburg 1:54:06
2	David Brown	53	Niskayuna 2:02:35
4	Keith Haugen	50	Slingerlands 2:05:04
5	Rene Cooper	52	Malta 2:07:51
6	Rick Eckhardt	52	Albany 2:12:24
7	Steven Welch	51	Slingerlands 2:16:38
FEMALE AGE GROUP: 50 - 54			
1	Maureen Fitzgerald	53	Clifton Park 1:48:27
2	Marcy Dreimiller	51	South Glens Falls 1:49:22
3	Nadia Stadnyk	50	Johnsonville 1:54:32
4	Andrea Peterson	52	Saratoga Springs 1:57:54
5	Joan Brown	53	Niskayuna 2:02:35
6	Deb McCarthy	51	Burnt Hills 2:18:37
MALE AGE GROUP: 55 - 59			
1	Frank Broderick	59	Ballston Lake 1:42:49
2	Tim Fisher	59	Ballston Spa 2:07:40
FEMALE AGE GROUP: 55 - 59			
1	Susan Burns	56	Rensselaer 2:08:18
2	Lisa Ippolito	55	Saratoga Springs 2:35:12
MALE AGE GROUP: 60 - 64			
1	Ageo Frizzera	62	Saratoga Springs 2:06:57
2	Leo Dipiero	61	Cherry Plain 2:19:47
3	Daniel Doherty	62	Albany 2:52:03
FEMALE AGE GROUP: 60 - 64			
1	Martha DeGrazia	60	Slingerlands 1:46:58
2	Margaret Mangano	64	Saratoga Springs 2:29:25
10K RACE			
MALE OVERALL			
1	John Rogers	32	Providence, RI 35:22
2	Andrew Rickert	32	Delmar 38:25
3	Matt Zappen	35	Catskill 42:30
FEMALE OVERALL			
1	Tammy Slusser	46	Monroeville, PA 41:51
2	Kimberly Miseno-Bowles	41	Amsterdam 44:45
3	Amanda Barone	27	Ballston Spa 48:38
MALE AGE GROUP: 1 - 14			
1	Daryn Hutchings	14	Argyle 44:30
MALE AGE GROUP: 20 - 29			
1	Jonathan Kowalski	21	Glens Falls 46:45
2	Lyman Tinc	27	Saratoga Springs 53:08
3	Alexander Stadnyk	23	Chappaqua 53:29
FEMALE AGE GROUP: 20 - 29			
1	Christina Bartonice	20	Berne 49:37
2	Julie Nabozny	21	Valatie 50:49
3	Grace Stadnyk	23	New York 54:04
MALE AGE GROUP: 30 - 39			
1	Michael Cukrovany	35	Rensselaer 1:03:59
FEMALE AGE GROUP: 30 - 39			
1	Alanna Almstead	34	Valatie 51:00
2	Jennifer Ferris	39	Saratoga Springs 58:56
3	Allison Reinhardt	34	Glenville 1:01:01
MALE AGE GROUP: 40 - 49			
1	Chris Terzian	49	Albany 46:56
2	Michael Smith	48	Argyle 48:08
3	Brian Barr	44	Schenectady 52:44
FEMALE AGE GROUP: 40 - 49			
1	Pamela DelSignore	42	Gansevoort 53:23
2	Stephanie Crandall	45	Schenectady 54:12
3	Kristen Garvin	40	Sand Lake 55:54
MALE AGE GROUP: 50 - 59			
1	Don Slusser	59	Monroeville, PA 47:58
2	Stuart Mesinger	52	South Glens Falls 49:05
3	Alan Leake	59	Bennington, VT 54:54
FEMALE AGE GROUP: 50 - 59			
1	Maureen Roberts	53	Gansevoort 54:32
2	Susan Brandow	52	Loudonville 58:16
3	Phyllis Fox	59	Loudonville 58:36
MALE AGE GROUP: 60 - 69			
1	Mark Sager	60	Kattskill Bay 48:08
2	Douglas Fox	66	Loudonville 55:28
FEMALE AGE GROUP: 60 - 69			
1	Sue Nealon	61	Troy 1:06:53
2	Nancy Burke	63	Saratoga Springs 1:11:00
3	Kathleen Johnston	60	Ballston Spa 1:12:52
MALE AGE GROUP: 70 - 79			
1	Richard Eckhardt	77	Albany 1:27:51

Courtesy of ARE Event Productions & YMCA Camp Chingachgook

33RD ANNUAL DYNAMIC DUO 3-MILER COUPLES ROAD RACE

August 6, 2011 • Colonie Town Park, Latham

AGE GROUP: 36 & UNDER		AGE GROUP: 64 - 72			
1	Chris Shartrand/Sam Crisafulli	35:13	1	Dennis Fillmore/Peyton Czupil	40:16
2	Jesse Garn/Aminda Borroughs	35:14	2	Eric Trayner/Sara King Nicole	45:05
3	Collin Frost/Felicia Scorintino	35:20	AGE GROUP: 73 - 81		
4	Buddy Herkenham/Meaghan Roecker	35:38	1	Bob Irwin/Kim Irwin	43:54
5	Will Schanz/Maryanna Lansing	36:54	2	Gary Czupil/Erin Czupil	47:04
AGE GROUP: 37 - 45		AGE GROUP: 82 - 90			
1	Kyle Dawson/Caitlin Lane	30:11	1	Mike Kelly/Emily Bryans	34:47
2	Matt Bogdan/Elizabeth Marvin	32:09	2	Dale Broomhead/Alison Camarota	41:08
3	Ethan Clary/Ada Lauterbach	32:18	3	Jordan Bieber/Carolyn Bieber	47:11
4	Paul Lagano/Melissa DelRosario	32:55	4	Tom Cleary/Sarah Cleary	49:45
5	Austin Lane/Brittany Lane	33:04	AGE GROUP: 91 - 99		
AGE GROUP: 46 - 54		AGE GROUP: 109 - 117			
1	Zach Russo/Hilary Mislán	39:43	1	James McNulty/Sara Dwyer-McNulty	47:39
2	Tucker Chrapowitzy/Christine Holodock	41:54	2	Earl Van Wormer/Lynae Quimby	62:42
3	Ed Pellegrini/Carolyn Pellegrini	42:00	AGE GROUP: 118 & OVER		
4	Zach Monahan/Angela Taddeo	51:02	1	Paul Bennett/Nancy Nicholson	40:10
5	Andrew Allin/Monica Goyette	51:58	2	John Haley/Lynne Haley	46:51
AGE GROUP: 55 - 63		AGE GROUP: 118 & OVER			
1	David Tromp/Rebecca Moore	39:08	1	Jim Cochran/Fran Pilato	51:51
2	Chris McClosky/Kelly McCloskey	42:11	2	Wade Stockman/Anny Stockman	55:35
3	Jonathan Auyer/Katrin Auyer	44:23	3	Chuck Batchner/Gail Hein	56:32
4	Michael Fernandez/Mary Schneider	44:36	4	Gael Coakley/Marie Arrao	58:33
5	John McGuinness/Mary McGuinness	44:38	<i>Courtesy of Hudson-Mohawk Road Runners Club</i>		

2ND ANNUAL PECK'S LAKE CHALLENGE SPRINT TRIATHLON

August 6, 2011 • Peck's Lake, Gloversville

0.5M SWIM, 9M BIKE, 3M RUN		MALE OVERALL			
1	Jason Vanwie/36-45	1:07:17	3	Jennifer Casey	1:25:33
2	Scott Sgambato/36-45	1:08:18	4	Caralyn Casey	1:26:54
3	Trevor McConnell/18-25	1:08:57	5	Rebecca Lyons	1:29:14
FEMALE OVERALL		MALE AGE GROUP: 36 - 45			
1	Michelle Welch/26-35	1:13:35	1	Regan Brennan	1:10:59
2	Diana Eisenhaure/26-35	1:14:00	2	Ken Sluti	1:11:30
3	Kaileigh Moore/18-25	1:16:54	3	Chris Ciaccio	1:13:54
MALE AGE GROUP: 18 - 25		FEMALE AGE GROUP: 36 - 45			
1	Joseph Spencer	1:25:16	1	Rebecca Weideman	1:18:29
2	Frank Silvestri	1:25:42	2	Monica Samperi	1:20:05
3	Craig Cruden	1:35:20	3	Darcy Baldwin	1:23:15
FEMALE AGE GROUP: 18 - 25		MALE AGE GROUP: 46 - 55			
1	Alaina Hannahs	1:18:53	1	Steven Cea	1:13:05
2	Casey Brown	1:35:05	2	Philip Borgese	1:13:35
MALE AGE GROUP: 26 - 35		FEMALE AGE GROUP: 46 - 55			
1	Dan Casey	1:13:17	1	Martha Swatt-Robinson	1:23:31
2	Andrew Goff	1:17:46	2	Janet Gates	1:25:09
3	Sean Lammerts	1:24:31	3	Jeannine Dresch	1:29:35
4	John Gould	1:27:25	TEAMS AGE GROUP: 40 & UNDER		
5	Craig Miller	1:28:16	1	Sigel Team	1:18:16
FEMALE AGE GROUP: 26 - 35		TEAMS AGE GROUP: 41 & OVER			
1	Danielle Bargovic	1:19:51	1	Brown Team	1:18:02
2	Lauren Chamberlain	1:24:10	2	Washburn Team	1:19:39
MALE AGE GROUP: 36 - 45		TEAMS AGE GROUP: 41 & OVER			
1	Lee Samsel	1:33:16	3	Geraghty Team	1:20:34
2	Wayne Harrison	1:43:15	4	Luey Team	1:21:04
3	Jon Newell Jr	1:52:14	5	Selmsier Team	1:21:42
FEMALE AGE GROUP: 56 & OVER		<i>Courtesy of Fulton County Chamber of Commerce</i>			
1	Jo-Ann Spinelli	1:27:03			
2	Liz Argotsinger	1:28:30			
3	Dianne Kierpiec	1:50:01			
4	Goebel Team	1:19:14			
5	Buckley Team	1:30:26			
6	Rutkowski Team	1:36:30			
7	Rutkowski Team	1:36:30			
8	Rutkowski Team	1:36:30			
9	Rutkowski Team	1:36:30			
10	Rutkowski Team	1:36:30			

8TH ANNUAL GEAR UP FOR LYME: MT. EQUINOX UPHILL BIKE CLIMB

August 6, 2011 • Mt. Equinox Skyline Drive, Manchester, VT

5.4 MILES - 3,248 FEET, 12% GRADE		MALE AGE GROUP: 20 - 29	
<i>Top 3 Overall, Age Winners & Regional Finishers</i>			
MALE OVERALL			
1	Timothy Ahearn	36	Woodstock, CT 37:08
2	Erik Levinsohn	21	Williamstown, MA 38:25
3	Timothy Tapply	36	Sherborn, MA 39:27
FEMALE OVERALL			
1	Marti Shea	48	Marblehead, MA 42:58
2	Liz Feeney	48	Philadelphia, PA 50:48
3	Dominique Codere	52	Montreal, QC 51:23
MALE AGE GROUP: 19 & UNDER			
1	Emily Guffin	19	Freeport, ME 1:02:10
MALE AGE GROUP: 19 & UNDER			
1	James Hayes	16	Hope Valley, RI 50:30
2	Evan Smith	17	Remsen 1:00:13
FEMALE AGE GROUP: 20 - 29			
1	Emily Lafferty	26	North Billerica, MA 1:02:42
2	Simon Langlois	29	Montreal, QC 46:20
3	Karl Hensler	24	Warrensburg 50:32
FEMALE AGE GROUP: 30 - 39			
1	Guyline Mailloux	34	Montreal, QC 51:49
MALE AGE GROUP: 30 - 39			
1	Jake Hollenbach		

RACE RESULTS

8TH ANNUAL GEAR UP FOR LYME: MT. EQUINOX UPHILL BIKE CLIMB *continued*

MALE AGE GROUP: 50 - 59		FILLIES/ATHENAS	
1 John Cico	52 Manlius	46:24	1 Diana Hanks
2 Michael McCusker	62 Buckland, MA	47:28	56 Winooski, VT
3 Matthew Tornaiainen/30-39			1:10:00
MALE AGE GROUP: 60 - 69		UNICYCLES	
1 Michael McCusker	62 Buckland, MA	47:28	1 Jonathan Sauerbrey
2 Kenneth Cestone	73 Bennington, VT	54:51	37 Coventry, RI
3 CLYDESDALES			1:01:30
1 Donald Ryder	47 Carlisle, MA	1:02:20	1 Jim Dannis
			54 Dalton, NH

Courtesy of Rotary Club of Manchester, VT

33RD ANNUAL LANE 10K LAKE RUN August 7, 2011 • Lake Pleasant to Speculator

MALE OVERALL		FEMALE AGE GROUP: 20 - 29		MALE AGE GROUP: 50 - 59	
1 Ryan Blackmon/20-29	38:26	1 Julia Hudyncia	58:08	1 Lee Kaufman	43:36
2 Michael Douglas/20-29	38:33	MALE AGE GROUP: 30 - 39		2 Christopher Douglas	44:53
3 Matthew Tornaiainen/30-39	42:42	1 Ethan Spinelli	43:15	3 Shawn Emery	45:06
FEMALE OVERALL		2 Paul Fullem	46:10	FEMALE AGE GROUP: 50 - 59	
1 Jacque Schiffer/40-49	47:10	3 Michael Libertucci	52:37	1 Judith Kane	1:05:51
2 Danielle Cherniak/40-49	48:42	FEMALE AGE GROUP: 30 - 39		2 Nancy Dukett	1:08:30
3 Kellie Lavton/15-19	49:58	1 Rebecca Conly	51:21	3 Jane Constantine	1:41:01
MALE AGE GROUP: 14 & UNDER		2 Jodee Nichols	51:58	MALE AGE GROUP: 60 - 69	
1 Joseph Schirmer	1:48:00	3 Beth Squire	52:29	1 Tom Adams	50:20
FEMALE AGE GROUP: 14 & UNDER		MALE AGE GROUP: 40 - 49		2 Ted Lenio	50:27
1 Emma Schirmer	1:32:17	1 Rob Hudyncia	44:14	3 Phillip Gallo	1:05:18
2 Roarbrook Smith	1:35:17	2 William Rowback Jr	45:52	FEMALE AGE GROUP: 60 - 69	
FEMALE AGE GROUP: 15 - 19		3 Jonathan Kelafant	47:02	1 Patricia Lambert	1:10:20
1 Helena Voltmer	1:10:34	FEMALE AGE GROUP: 40 - 49		1 Lawrence Fisher	1:14:57
2 Mercedes Bledsoe	1:11:13	1 Michele Lake	51:52	FEMALE AGE GROUP: 70 & OVER	
3 Cemre Sahin	1:59:31	2 Julianne Masi	54:10	1 Fritzie Paine	1:12:31
MALE AGE GROUP: 20 - 29		3 Colleen Delcore	54:32	<i>Courtesy of Adirondacks Speculator Region Chamber of Commerce</i>	
1 Ryan Hudyncia	43:02				
2 Joseph Spencer	51:34				

9TH ANNUAL JAILHOUSE ROCK 5K RACE August 13, 2011 • Brookside Museum, Ballston Spa

MALE OVERALL		MALE AGE GROUP: 25 - 29		MALE AGE GROUP: 50 - 59	
1 Justin Bishop	30 Colonie	15:28	1 Shaun Donegan	25 Saratoga Springs	16:07
2 Thomas O'Grady	26 Latham	15:49	2 Matthew Iglar	29 Saratoga Springs	18:30
3 Devin Bennett	19 Ballston Spa	16:02	3 Sean Weiss	29 Loudonville	20:04
FEMALE OVERALL		FEMALE AGE GROUP: 25 - 29		MALE AGE GROUP: 60 - 69	
1 Keelin Hollowood	16 Saratoga Springs	18:02	1 Karen Bertasso	27 Scotia	19:03
2 Taylor Driscoll	16 Saratoga Springs	18:06	2 Kelly Owens	25 Ballston Spa	23:14
3 Maggi Szpak	16 Greenfield Center	18:25	3 Deanna Clements	26 Schuylerville	23:23
MALE AGE GROUP: 1 - 14		MALE AGE GROUP: 30 - 34		FEMALE AGE GROUP: 30 - 34	
1 Gavin Gaynor	13 Saratoga Springs	17:23	1 Jeff Nastke	30 Saratoga Springs	17:59
2 Ethan North	13 Greenfield	18:46	2 Ryan Moore	30 Saratoga Springs	19:50
3 Tyler Leicht	14 Malta	19:06	3 Dave Cozey	34 Greenwich	19:54
FEMALE AGE GROUP: 1 - 14		FEMALE AGE GROUP: 35 - 39		FEMALE AGE GROUP: 40 - 44	
1 Spencer Hayes	13 Gansevoort	18:38	1 Marta Hallgren	33 Galway	23:16
2 Sarah Morin	14 Porter Corners	19:09	2 Melissa Hason	32 Latham	24:18
3 Estela Smith	13 Ballston Spa	19:26	3 Sandra Wolfe	33 New Baltimore	26:31
MALE AGE GROUP: 15 - 19		MALE AGE GROUP: 40 - 44		FEMALE AGE GROUP: 45 - 49	
1 James Novin	15 Saratoga Springs	16:09	1 Dave Barr	40 Saratoga Springs	18:39
2 Jonathan Moore	17 Saratoga Springs	16:10	2 Paul Toth	43 Mechanicville	21:54
3 Andrew Maguire	16 Saratoga Springs	16:45	3 Norman Violette	43 Round Lake	22:56
FEMALE AGE GROUP: 15 - 19		FEMALE AGE GROUP: 40 - 44		FEMALE AGE GROUP: 50 - 54	
1 Katie Treichel	18 Saratoga	18:31	1 Kimberly Miseno-Bowles	41 Amsterdam	19:48
2 Alexandra Finocchio	19 Ballston Spa	19:10	2 Ronda Poirier	41 Ballston Spa	22:16
3 Madeline Samuel	16 Saratoga Springs	19:41	3 Shannon Britten	40 Saratoga Springs	22:51
MALE AGE GROUP: 20 - 24		FEMALE AGE GROUP: 45 - 49		MALE AGE GROUP: 50 - 54	
1 Chance Wilk	20 Burnt Hills	16:56	1 Janet Harris	45 AGUA	49:17
2 Joshua Myers	20 Ballston Spa	17:35	2 Sheryl Scott	49 NEM	50:53
3 Kevin Melsert	20 Ballston Lake	19:05	3 Lynn Festa	45 NIAG	50:54
FEMALE AGE GROUP: 20 - 24		FEMALE AGE GROUP: 50 - 54		MALE AGE GROUP: 60 - 64	
1 Meredith Shaul	21 Copley, OH	18:54	1 Lisa Ippolito	55 Saratoga Springs	25:18
2 Kailiegh Moore	20 Saratoga Springs	21:35	2 Barbara Mitchell	56 Saratoga Springs	29:26
3 Yulia Smimova	21 Clifton Park	22:19	3 Theresa Hughes	55 Ballston Spa	32:05

9TH ANNUAL JAILHOUSE ROCK 5K RACE *continued*

MALE AGE GROUP: 45 - 49		MALE AGE GROUP: 60 - 64	
1 Thomas Marcellus	46 Ballston Spa	18:43	1 Michael McNally
2 James North	48 Greenfield	19:09	61 Queensbury
3 Edward Groves	46 Ballston Spa	19:30	60 Altamont
FEMALE AGE GROUP: 45 - 49		MALE AGE GROUP: 65 - 69	
1 Tammy Slusser	46 Monroeville, PA	19:10	1 Gove Effinger
2 Brenda Taylor	45 Troy	23:09	66 Saratoga Springs
3 Patricia Monahan	49 Warrensburg	24:04	65 Ballston Spa
MALE AGE GROUP: 50 - 54		FEMALE AGE GROUP: 60 - 64	
1 Rick Lesiak	52 Galway	19:55	1 Judy Phelps
2 Frank Mascari	54 Wilton	22:41	60 Malta
3 Mike Carbino	54 Malta	22:47	61 Schenectady
FEMALE AGE GROUP: 50 - 54		MALE AGE GROUP: 65 - 69	
1 Patricia Butcher	50 Stockholm, NJ	20:57	1 Daniel Brown
2 Maureen Fitzgerald	53 Clifton Park	21:39	65 Ballston Spa
3 Janice Phoenix	50 Schenectady	21:42	67 Mechanicville
MALE AGE GROUP: 55 - 59		FEMALE AGE GROUP: 65 - 69	
1 Dennis Fillmore	59 Ballston Spa	20:02	1 Ginny Pezula
2 Dale Broomhead	55 Latham	20:45	65 Saratoga Springs
3 Dan Owens	55 Ballston Spa	21:17	66 Ballston Spa
FEMALE AGE GROUP: 55 - 59		MALE AGE GROUP: 70 - 74	
1 Lisa Ippolito	55 Saratoga Springs	25:18	1 William Sheft
2 Barbara Mitchell	56 Saratoga Springs	29:26	70 Ballston Spa
3 Theresa Hughes	55 Ballston Spa	32:05	71 Long Beach, CA

Courtesy of Brookside Museum

10TH ANNUAL BETSY OWENS MEMORIAL LAKE SWIM August 13, 2011 • Mirror Lake, Lake Placid

USMS 2-MILE CABLE NATIONAL CHAMPIONSHIP				
<i>Top 3 Overall, Age Group & ADMS Finishers</i>				
MALE OVERALL		FEMALE AGE GROUP: 30 - 34		
1 Jeff Ervin	47 SAWS	*40:23	1 Kaye-Lani Laughna	
MALE AGE GROUP: 30 - 34		FEMALE AGE GROUP: 35 - 39		
2 Bill May	32 HSNM	40:58	1 Kathleen Schenck	
3 Rob Jones	46 UNAT	42:14	2 Amanda Grant	
FEMALE OVERALL		FEMALE AGE GROUP: 40 - 44		
1 Molly Merkel	18 ARMS	43:05	1 Dana Gianniny	
2 Shirley Loftus-Charley	59 VMST	46:15	2 Katie Nikolski	
3 Dennie Swan-Scott	36 ADMS	46:16	3 Bridget Simpson	
FEMALE AGE GROUP: 18 - 24		FEMALE AGE GROUP: 45 - 49		
1 Katie Buhr	23 UNAT	49:20	1 Janet Harris	
2 Molly Hanlon	24 UNAT	50:23	2 Sheryl Scott	
3 Alicia Burnett	20 ADMS	55:02	3 Lynn Festa	
FEMALE AGE GROUP: 25 - 29		MALE AGE GROUP: 70 & OVER		
1 Cassandra Sisti	26 ADMS	51:10	1 Fritzie Paine	
2 Leanne Iorio	27 UNAT	51:17	1:12:31	
3 Danielle Lombardi	25 UNAT	56:19	<i>Courtesy of Brookside Museum</i>	

4TH GRADERS & RIDE PASSPORT



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Get the Kids out this winter
for great exercise and fun!

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Program by ISKINY - PO Box 277 Tully, NY 13159
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Cryosurgery for these painful foot conditions.**

What is Cryosurgery?	The Benefits
Using extreme cold technology we freeze the sensory nerves to eliminate your painful foot condition. A healthy nerve regenerates in six weeks.	<ul style="list-style-type: none"> • 15 minute office procedure • No stitches required • No post-op pain • Quick recovery

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**SATURDAY
DEC 17
2011
5PM**

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www.albanyevents.org
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- Chip timing!
- FIREWORKS!
- FREE WINDSHIRT:
- 1st 1200 registered runners!
- AWARDS AND PRIZES!
- POST-RACE PARTY
- MILE MARKERS
- Great Race for ALL LEVELS!
- TEAMS WELCOME!

ACCEPTING EARLY REGISTRATION!
Go to www.active.com to register or use your smartphone →

Only \$20 before Nov. 25!
(\$25 after or \$30 Day of if available)

10TH ANNUAL BETSY OWENS MEMORIAL LAKE SWIM *continued*

FEMALE AGE GROUP: 50 - 54			
1 Kay Simonson	50	NIAG	49:35
2 Karen Byer	51	ADMS	49:47
3 Kim Skomra	51	NIAG	53:31
7 Leslie Archer Kassel	52	ADMS	59:41
10 Pilar Burnett	54	ADMS	1:13:12
FEMALE AGE GROUP: 55 - 59			
1 Diane Rothenberg	58	OHIO	53:41
2 Anne Frayne	57	DRM	1:07:44
3 Carol Morman	58	GSM	1:12:46
FEMALE AGE GROUP: 60 - 64			
1 Frances Hare	60	AGUA	50:54
2 Jennifer Fiden	60	DRM	58:50
3 Beth Maloney	60	BERK	1:04:16
FEMALE AGE GROUP: 65 - 69			
1 Ann Svenson	65	ADMS	*1:00:25
<i>* National Record</i>			
2 Kathleen Romano	65	TNYA	1:13:10
3 Cathy Pribis	65	ADMS	1:33:01
FEMALE AGE GROUP: 80 - 84			
1 June Vyse-Gravener	80	UNAT	1:54:00
MALE AGE GROUP: 18 - 24			
1 Mike Sorrentino	21	ADMS	50:44
2 Ted Pollack	23	UNAT	51:36
MALE AGE GROUP: 25 - 29			
1 John Royer	28	REDT	49:19
2 Robert Testa	25	NIAG	55:40
3 Cameron Asay	26	ADMS	57:54
4 Anthony Sisti	29	ADMS	1:00:53
MALE AGE GROUP: 30 - 34			
1 Brent Wasser	33	FISH	46:29
2 Gergo Spolarics	31	GSM	54:06
MALE AGE GROUP: 35 - 39			
1 John Beaty	36	RATS	45:21
2 Matthew Glogowski	35	ADMS	46:16
3 Benjamin Morse	39	MESC	46:36
7 Craig Gordinier	37	ADMS	1:12:26
MALE AGE GROUP: 40 - 44			
1 Jon Wilkinson	40	NEM	43:00
2 Stephan Rodiger	41	NCYM	43:51
3 Craig Crawford	41	NEM	46:01
4 Kevin Fletcher	40	ADMS	50:07
MALE AGE GROUP: 45 - 49			
1 Kenneth Wilhelm	46	ADMS	49:14
2 Willy Grimmke	45	ADMS	49:46
3 Bernard Russell	47	NIAG	50:07
5 Martin Turecky	45	ADMS	53:28
7 Patrick Rowley	45	ADMS	54:33
MALE AGE GROUP: 50 - 54			
1 Jeffrey Stuart	50	CONN	43:05
2 Frank Wuest	51	NEM	46:27
3 Gerry Gould	51	NIAG	50:41
MALE AGE GROUP: 55 - 59			
1 Dan Wall	55	ADMS	49:20
2 Mike Delaney	56	NEM	49:22
3 Carl Olson	57	ADMS	50:05
4 Lawrence McCann	57	ADMS	58:54
5 Olof Franzon	58	ADMS	59:39
6 Michael Komoroske	57	ADMS	1:00:09
MALE AGE GROUP: 60 - 64			
1 Bruce Gianniny	60	NIAG	50:10
2 Terry Laughlin	60	ADMS	51:17
3 Steven Van Nort	60	LAPS	51:31
6 Robert Singer	62	ADMS	1:00:01
MALE AGE GROUP: 65 - 69			
1 Bruce Mohl	65	T2NM	*49:57
<i>* National Record</i>			
2 Willis Braswell	66	DCM	53:40
3 Dan Winfield	66	ADMS	1:00:15
MALE AGE GROUP: 70 - 74			
1 Douglas Koop	70	ADMS	1:03:20
2 Frank Lea	70	VMST	1:22:17
MALE AGE GROUP: 75 - 79			
1 Foster DeJesus	75	UNAT	1:06:04
2 Brian Head	77	ADMS	1:48:25
MALE AGE GROUP: 80 - 84			
1 Patrick Quinn	80	ADMS	1:42:35
FEMALE RELAY - 3X2 MILES			
FEMALE AGE GROUP: 18-PLUS			
1 Adirondack Masters			2:57:15
Alicia Burnett/Kathleen Schenk/Christina Nash			
FEMALE AGE GROUP: 25-PLUS			
1 Adirondack Masters			2:27:13
Cassandra Sisti/Dennie Swan-Scott/Karen Byer			
FEMALE AGE GROUP: 35-PLUS			
1 Niagara Masters			2:27:12
Dana Gianniny/Kay Simonson/Lynn Festa			
FEMALE AGE GROUP: 45-PLUS			
1 Dayton Raiders Masters			3:07:52
Jocelyn Piccone/Anne Frayne/Jennifer Fiden			
MALE RELAY - 3X2 MILES			
MALE AGE GROUP: 18-PLUS			
1 Adirondack Masters			2:27:06
Mike Sorrentino/Matthew Glogowski/Kevin Fletcher			
MALE AGE GROUP: 25-PLUS			
1 Adirondack Masters			2:48:00
Cameron Asay/Anthony Sisti/Kenneth Wilhelm			
MALE AGE GROUP: 35-PLUS			
1 New England Masters			2:15:28
Jon Wilkinson/Craig Crawford/Frank Wuest			
MALE AGE GROUP: 45-PLUS			
1 Adirondack Masters			2:37:48
Willy Grimmke/Martin Turecky/Patrick Rowley			
MALE AGE GROUP: 55-PLUS			
1 Adirondack Masters "A"			2:30:42
Dan Wall/Carl Olson/Terry Laughlin			
MALE AGE GROUP: 65-PLUS			
1 Adirondack Masters			4:34:20
Douglas Koop/Brian Head/Patrick Quinn			
MIXED RELAY - 4X2 MILES			
MIXED AGE GROUP: 18-PLUS			
1 Adirondack Masters			3:13:03
Dennie Swan-Scott/Karen Byer/Mike Sorrentino/Matt Glogowski			
MIXED AGE GROUP: 25-PLUS			
1 New England Masters			3:10:38
Kaye-Lani Laughna/Sheryl Scott/Jon Wilkinson/Craig Crawford			
MIXED AGE GROUP: 35-PLUS			
1 New England Masters			3:21:08
Pamela Aman/Ann Swift/Frank Wuest/James Carothers			
MIXED AGE GROUP: 45-PLUS			
1 Niagara Masters			3:20:46
Kay Simonson/Lynn Festa/Bernard Russell/Bruce Gianniny			
MIXED AGE GROUP: 65-PLUS			
1 Adirondack Masters			4:37:01
Ann Svenson/Cathy Pribis/Dan Winfield/Douglas Koop			

Courtesy of Adirondack District Masters Swimming

10TH ANNUAL ADIRONDACK SPINTACULAR *continued*

MALE AGE GROUP: 30 - 39			
1 Ryan Bornt	31	Mayfield	24:44
FEMALE AGE GROUP: 30 - 39			
1 Jodi Wermer	36	Ballston Spa	27:46
2 Kelly Hout	38	Gloversville	32:23
MALE AGE GROUP: 40 - 49			
1 Timothy McNamara	49	Sidney	18:37
2 Carl Jackson	40	Mayfield	34:50
3 Scott Bumpus	40	Mayfield	51:41
FEMALE AGE GROUP: 40 - 49			
1 Lynn Sakadolsky	47	Northville	29:10
2 Doris Castle	41	Fonda	30:37
3 Michelle Olsen	44	Northville	31:16
MALE AGE GROUP: 50 - 59			
1 William Keller	56	Gloversville	27:19
2 Donald Whitefield	52	Athol	28:41
3 Richard Quinn	52	Schoharie	31:21
FEMALE AGE GROUP: 50 - 59			
1 Maria Keller	50	Gloversville	30:52
2 Michelle Whitefield	52	Athol	44:15
3 Abby Madeiros	50	St. Petersburg, FL	46:25
MALE AGE GROUP: 60 - 69			
1 Donald Raddak	62	Cooperstown	28:45
FEMALE AGE GROUP: 70 - 79			
1 Sharon Lent	74	Mayfield	51:31
12-MILE BIKE			
MALE OVERALL			
1 Kevin Putnam	39	Mayfield	30:57
2 Charles Brooks	48	Amsterdam	31:04
3 Brett Scheiser	18	Johnstown	32:29
FEMALE OVERALL			
1 Rebecca Weiderman	43	Johnstown	37:22
2 Tracey Delaney	47	Queensbury	37:26
3 Elizabeth Argotsing	57	Mayfield	37:35
MALE AGE GROUP: 9 - 12			
1 Caleb Carter	12	Mechanicville	46:00
MALE AGE GROUP: 13 - 16			
1 Zack Simone	15	Johnstown	43:36
2 Brent Gray	14	Mayfield	52:00
FEMALE AGE GROUP: 13 - 16			
1 Kristina Colevas	13	Washington, DC	1:00:23
MALE AGE GROUP: 17 - 19			
1 Trevor McConnell	19	Broadalbin	35:05
2 Justin Moore	18	Mayfield	47:20
3 Caleb Garner	18	St. Petersburg, FL	48:31
MALE AGE GROUP: 20 - 29			
1 Scott Lewis	27	Ballston Spa	34:31
2 Christopher Desoute	29	Sumter, SC	37:05
3 Alexis Demonicault	25	New York City	43:23
MALE AGE GROUP: 30 - 39			
1 William Devito	37	Saratoga Springs	33:07
2 Joe Trinarcki	36	Mayfield	33:42
3 Jon Palmer	39	Gloversville	36:24
FEMALE AGE GROUP: 30 - 39			
1 Rachel Lettre	36	Silver Spring, MD	42:20
2 Beth Spaulding	39	Worcester	1:00:55
MALE AGE GROUP: 40 - 49			
1 Jason Vanwie	41	Johnstown	33:06
2 Steve String	47	Gloversville	33:36
3 Mike Delaney	47	Queensbury	34:32
FEMALE AGE GROUP: 40 - 49			
1 Lisbeth Brooks	48	Amsterdam	40:55
2 Melanie Snay	40	Delanson	57:12
3 Marie Colevas	49	Washington DC	1:00:43
MALE AGE GROUP: 50 - 59			
1 Chris Tantakis	56	Loudonville	33:21
2 Raymond Worrall	52	North Haledon	34:01
3 Mark Feinour	52	Broadalbin	34:34
FEMALE AGE GROUP: 50 - 59			
1 Yvette Auty	59	Gloversville	44:19
2 Stephanie Kolla	51	Fultonville	52:49
3 Cindy Ward	58	Gloversville	1:09:56
MALE AGE GROUP: 60 - 69			
1 Garry Sprung	61	Johnstown	39:01
2 Jake Smith	62	Gloversville	40:54
3 Richard Dixon	65	Mayfield	41:54
FEMALE AGE GROUP: 60 - 69			
1 Sherry Dixon	64	Mayfield	57:10
2 Bonnie Vanwie	68	Johnstown	1:06:52
3 Jeanne Massaccesi	65	Gloversville	1:14:05
MALE AGE GROUP: 70 - 79			
1 Ted Knapp	71	Johnstown	39:15
2 Lowell Montgomery	76	Gloversville	47:53
3 Patrick Clear	70	Gloversville	49:39
FEMALE AGE GROUP: 70 - 79			
1 Joan Montgomery	76	Gloversville	54:54
6-MILE BIKE			
MALE OVERALL			
1 Matt Sherman	31	Gloversville	16:56
2 Mark Spaulding	47	Worcester	17:55
3 Bill Derby	60	Mayfield	22:05
FEMALE OVERALL			
1 Jessie Brooks	11	Amsterdam	22:47
2 Christina Colucci	11	White Plains	26:34
3 Anne Colucci	48	White Plains	28:02
MALE AGE GROUP: 8 & UNDER			
1 Cayden King	8	Gloversville	31:42
2 Dawson Leach	7	Gloversville	39:03
3 Alex Matthews	5	Mayfield	39:06
FEMALE AGE GROUP: 8 & UNDER			
1 Anna Matthews	8	Mayfield	44:45
MALE AGE GROUP: 9 - 12			
1 Jared Albertin	12	Mayfield	24:40
2 Sean McLean	9	Cohoes	32:05
3 Mike Simone	11	Johnstown	32:30
FEMALE AGE GROUP: 9 - 12			
1 Carin Smida	11	St. Johnsville	38:34
2 Zariah Hentnik	11	Mayfield	42:12
3 Emily Frasier	11	Mayfield	45:58
MALE AGE GROUP: 13 - 16			
1 Marty Rebisz	15	Broadalbin	22:46
2 Joseph III Colucci	13	White Plains	27:33
3 Josh Andonian	13	Milford, MA	29:53
FEMALE AGE GROUP: 13 - 16			
1 Veronica Arceri	14	Northville	29:56
2 Kate Tantakis	14	Loudonville	33:40
3 Angela Petrino	16	Speculator	35:10
FEMALE AGE GROUP: 17 - 19			
1 Emily Fraiser	17	Mayfield	39:23
2 Caitlyn Denton	18	Mayfield	47:18
3 Whitney Ostrander	17	Mayfield	47:34
MALE AGE GROUP: 20 - 29			
1 Matt Francisco	25	Amsterdam	22:44
2 Nathan Garner	21	St. Petersburg, FL	32:07
3 Andrew Powers	23	Waterford	38:57
FEMALE AGE GROUP: 20 - 29			
1 Kendra Thomson	21	Waterford	39:09
2 Amber Knee	23	New York	39:12
MALE AGE GROUP: 30 - 39			
1 Dayton King	33	Gloversville	31:47
2 John Matthews	39	Mayfield	39:06
3 Jamie Ward	35	Mayfield	50:07
FEMALE AGE GROUP: 30 - 39			
1 Michelle Ward	37	Mayfield	49:25
MALE AGE GROUP: 40 - 49			
1 Joseph Colucci	48	White Plains	29:41
2 Ron McLean	43	Cohoes	31:41
FEMALE AGE GROUP: 40 - 49			
1 Evie Leach	42	Gloversville	39:02
2 Lisa Hentnik	47	Mayfield	42:08
3 Linda Matthews	41	Mayfield	44:47
MALE AGE GROUP: 50 - 59			
1 Bradley Luberto	51	Gloversville	27:24
2 Brent Bogardus	55	Waterford	37:45
FEMALE AGE GROUP: 50 - 59			
1 Pamela Madeiros	53	Waterford	37:49
2 Judee Lauria	56	Wells	38:10
MALE AGE GROUP: 70 - 79			
1 George Hermance	74	Gloversville	26:40

Courtesy of Lawrence Madeiros Scholarship Fund

10TH ANNUAL ADIRONDACK SPINTACULAR

Bike, Run, Walk for Hemophilia & Organ Donation Awareness
August 13, 2011 • Mayfield Fairgrounds, Mayfield

12-MILE RUN			
MALE OVERALL			
1 Larry Poitras	45	Johnstown	1:19:58
2 Mark Stephenson	47	Esperance	1:31:08
3 Paul Cwiakala	38	Johnstown	1:32:46
FEMALE OVERALL			
1 Mary Hallett	38	Gloversville	1:31:28
2 Anne Colevas	46	Washington DC	1:32:55
3 Mary Bagwell	44	Broadalbin	2:40:45
6-MILE RUN			
MALE OVERALL			
1 Todd McAuley	43	Colonie	42:00
2 Eric Olsen	55	Northville	47:20
3 Patrick Whelly	59	Tribes Hill	47:57
FEMALE OVERALL			
1 Kellie Lavton	17	Gloversville	45:05
2 Daniele Cheriak	49	Cohoes	46:27
3 Emily Baker	17	Amsterdam	50:42
5K RUN			
MALE OVERALL			
1 Tom McClellan	16	Mayfield	17:08
2 Jesse McNamara	18	Mayfield	17:21
3 Jamie McNamara	18	Mayfield	17:42
FEMALE OVERALL			
1 Sarah Montgomery	15	Mayfield	21:13
2 Amy Feinour	41	Broadalbin	22:38
3 Alexandra Miller	16	Mayfield	26:26
FEMALE AGE GROUP: 8 & UNDER			
1 Alayna Gray			

RACE RESULTS

100 ON 100 HEART OF VERMONT 100-MILE RELAY August 13, 2011 • Stowe to Ludlow, VT

TEAM CATEGORY	WINNERS	1	Men	Hello Kitty Athletic Club	10:26:10	
1	Open	Stick Figures	1	Ultra	Running Commando	11:50:07
1	Masters	St. Lawrence Alumni Masta-Killaz	1	Super	Masters Kingpins	10:58:02
1	Women	NYC1				13:44:33

Courtesy of Heart of Vermont Productions

SOUTHERN SARATOGA YMCA 5K RUN August 16, 2011 • Southern Saratoga YMCA, Clifton Park

MALE OVERALL		18		Clifton Park		16:45	
1	Edward Cody	18	Clifton Park	16:45			
2	Zack Ryder	32	Long Island	17:03			
3	Tony Merola	41	Waterford	17:58			
FEMALE OVERALL		46		Clifton Park		19:13	
1	Anne Benson	46	Clifton Park	19:13			
2	Patricia Butcher	50	Stockholm, NJ	21:31			
3	Kristen Hislop	46	Clifton Park	21:33			
MALE AGE GROUP: 14 & UNDER		11 <th colspan="2">Ballston Lake</th> <th colspan="2">21:52</th>		Ballston Lake		21:52	
1	Nickolas Kokkinides	11	Ballston Lake	21:52			
2	Nathan Kumm	11	Clifton Park	21:57			
3	Ethan Brunell	10	Clifton Park	24:06			
FEMALE AGE GROUP: 14 & UNDER		14 <th colspan="2">Ballston Lake</th> <th colspan="2">21:43</th>		Ballston Lake		21:43	
1	Jordan Casey	14	Ballston Lake	21:43			
2	Vanessa Mickalonis	14	Mechanicville	23:34			
3	Katie Benson	13	Clifton Park	24:39			
MALE AGE GROUP: 15 - 19		17 <th colspan="2">Rensselaer</th> <th colspan="2">19:54</th>		Rensselaer		19:54	
1	Michael Donovan	17	Rensselaer	19:54			
2	Joey Kromer	17	Clifton Park	21:47			
3	Brendan Curran Jr	15	Clifton Park	23:01			
FEMALE AGE GROUP: 15 - 19		17 <th colspan="2">Berne</th> <th colspan="2">25:10</th>		Berne		25:10	
1	Samantha Harvey	17	Berne	25:10			
2	Emily Haig	15	Rexford	25:55			
3	Megan Peyron	16	Rexford	28:30			
MALE AGE GROUP: 20 - 24		23 <th colspan="2">Niskayuna</th> <th colspan="2">18:30</th>		Niskayuna		18:30	
1	Dan Kelly	23	Niskayuna	18:30			
2	Jared Schreiner	22	Ballston Lake	18:32			
3	Zachary Merriman	24	Schenectady	25:14			
FEMALE AGE GROUP: 20 - 24		20 <th colspan="2">Dripping Spring, TX</th> <th colspan="2">24:37</th>		Dripping Spring, TX		24:37	
1	Heather Houser	20	Dripping Spring, TX	24:37			
2	Christine Peyron	22	Rexford	25:07			
3	Jessica Tucker	24	Rensselaer	25:48			
MALE AGE GROUP: 25 - 29		29 <th colspan="2">Clifton Park</th> <th colspan="2">21:28</th>		Clifton Park		21:28	
1	Ian Townsend	29	Clifton Park	21:28			
2	Nathan Skinner	27	Ballston Lake	22:20			
3	Jason Tracey	29	Clifton Park	24:12			
FEMALE AGE GROUP: 25 - 29		27 <th colspan="2">Ballston Spa</th> <th colspan="2">22:38</th>		Ballston Spa		22:38	
1	Amanda Barone	27	Ballston Spa	22:38			
2	Maria Arcari	26	Cohoes	24:33			
3	Jenna Pearson	26	Schenectady	25:12			
MALE AGE GROUP: 30 - 34		32 <th colspan="2">Clifton Park</th> <th colspan="2">21:45</th>		Clifton Park		21:45	
1	Robert Ryan	32	Clifton Park	21:45			
2	Aaron Ditch	32	Saratoga Springs	22:11			
3	Matthew Fryer	31	Clifton Park	22:25			
FEMALE AGE GROUP: 30 - 34		32 <th colspan="2">Clifton Park</th> <th colspan="2">22:10</th>		Clifton Park		22:10	
1	Danielle Maslowsky	32	Clifton Park	22:10			
2	Jessica Whiting	34	Scotia	26:34			
3	Karen Toth	33	Clifton Park	26:58			
MALE AGE GROUP: 35 - 39		38 <th colspan="2">Guilfordland</th> <th colspan="2">18:34</th>		Guilfordland		18:34	
1	Robert Irwin	38	Guilfordland	18:34			
2	Joshua Katzman	35	Clifton Park	19:59			
3	Greg Ethier	37	Waterford	20:12			
FEMALE AGE GROUP: 35 - 39		36 <th colspan="2">Ballston Lake</th> <th colspan="2">22:15</th>		Ballston Lake		22:15	
1	Tiffany Morgan	36	Ballston Lake	22:15			
2	Shanley Alber	39	Clifton Park	22:33			
3	Heather Brunell	37	Clifton Park	24:19			

8TH ANNUAL CRYSTAL LAKE TRIATHLON *continued*

5	Brett Harris	26	Albany	1:53:58	9	Kathy Vanvalen	42	Delanson	2:00:26	
6	Amanda Barone	27	Ballston Spa	1:54:27	10	Missy Stewart	40	Selkirk	2:01:54	
7	Amanda Oliver	27	Troy	1:56:12	11	Catherine Bologna	43	Rexford	2:02:11	
8	Amy Pamkowski	28	Schenectady	2:08:54	12	Kristen Garvin	40	Sand Lake	2:03:03	
9	Elaine Pickus	27	Albany	2:10:44	13	Nicole Robilotto	40	Albany	2:04:03	
10	Laura Carney	27	Schenectady	2:25:28	14	Jeannine Kaskoun	40	Troy	2:10:56	
11	Lauren Scialdo	27	Albany	2:30:47	15	Lara Kaye	42	Averill Park	2:11:24	
12	Jayme Torelli	29	Selkirk		16	Ameera Crellin	40	Delmar	2:17:10	
MALE AGE GROUP: 30 - 34		34 <th colspan="2">Schenectady</th> <th colspan="2">1:28:36</th> <th colspan="2"></th>		Schenectady		1:28:36				
1	Chris Mulford	34	Schenectady	1:28:36	17	Sara Rosenblatt	42	Delmar	2:19:35	
2	Jonathan Conkling	34	Hoosick Falls	1:29:14	18	Rebecca Phillips	43	Schenectady	2:19:55	
4	David Newman	31	Albany	1:37:40	19	Victoria Malossi-Per	42	Johnstonville	2:20:11	
5	Matt Nafus	34	Glenville	1:41:47	20	Loretta Pyles	41	Westerlo	2:26:22	
6	Jody Fronheiser	33	Selkirk	1:42:51	21	Lisa Piazza	42	Troy	2:26:42	
7	Andrew Groff	32	Rensselaer	1:43:05	22	Mary Whittedge	41	Ballston Spa	2:27:06	
8	Brandon Vilorio	30	East Greenbush	1:43:14	23	Kathy Slyer	41	Averill Park	2:30:48	
9	Nathaniel Kemp	31	Watervliet	1:45:34	MALE AGE GROUP: 45 - 49					
10	Sean Lammerts	30	Albany	1:50:50	1	Keith Vogel	45	Queensbury	1:31:41	
12	Ryan Preston	34	North Greenbush	1:52:57	2	Joe Place	48		1:37:51	
13	Adam Berger	34	Troy	1:54:34	3	John Slyer	46	Averill Park	1:39:09	
14	Jose Garcia-Aranda	33	Waterford	2:08:04	4	Kenneth Lane	45	Castleton	1:39:24	
15	Greg Hopke	34	Clifton Park	2:09:49	5	Scott Goodwill	48	Ballston Lake	1:42:36	
16	Thomas Merriam	30	Latham	2:10:44	6	Adam Bell	45	Nassau	1:47:43	
17	Justin Bergin	31	Saratoga Springs	2:13:49	7	Marc Connolly	48	Averill Park	1:48:58	
18	Kwok-Ping Tse	30	Schenectady	2:34:26	8	Michael Scunzio	45	Albany	1:50:49	
FEMALE AGE GROUP: 30 - 34		31 <th colspan="2">Rensselaer</th> <th colspan="2">1:40:52</th> <th colspan="2"></th>		Rensselaer		1:40:52				
1	Kim Didrich	31	Rensselaer	1:40:52	9	Mark Howe	49	East Greenbush	1:57:18	
3	Rita Verga	34	Troy	1:48:07	10	Robert Long	47	Troy	1:58:16	
4	Kimberly Kilby	33	Schenectady	1:53:35	11	Bart Rizzuto	45	Glenville	2:03:10	
5	Kelly Cronkwhite	33	Rensselaer	1:56:23	12	Tom Carter	46	Mechanicville	2:04:13	
6	Colleen Cahill	33	Albany	1:58:47	13	G. Hack	45	Green Island	3:05:45	
7	Kristin Bergin	33	Queensbury	2:07:49	FEMALE AGE GROUP: 45 - 49					
8	Sarah Fisk	31	Troy	2:09:52	1	April Critelli	48	Glenville	1:53:04	
9	Kate Sweater	32	Troy	2:24:00	2	Amy Vanderploeg	47	Albany	1:53:24	
10	Stephanie Van Ess	32	Saranac Lake	2:27:11	3	Theresa Newton	46	Ballston Spa	1:53:48	
11	Jennifer Nizer	34	Troy	2:36:33	5	Claire Miller	46	Rhinebeck	1:55:51	
12	Alayna Laranjo	32	Troy	2:58:10	6	Ann Correa	46	Clifton Park	1:59:52	
MALE AGE GROUP: 35 - 39		39 <th colspan="2">East Greenbush</th> <th colspan="2">1:31:41</th> <th colspan="2"></th>		East Greenbush		1:31:41				
1	David Travis	39	East Greenbush	1:31:41	7	Dawn Borysewicz	47	Ballston Spa	2:00:33	
2	Patrick Ryan	38	West Sand Lake	1:36:16	8	Alison Vaccarino	46	Rhinecliff	2:04:16	
3	Derek Peterson	35	Cohoes	1:36:48	9	Susan Shrog	48	Ithaca	2:06:05	
5	Joshua Katzman	35	Clifton Park	1:39:08	10	Laurie Scheuing	45	Glens Falls	2:06:34	
6	Rob Van Der Kar	35	Averill Park	1:40:24	11	Sharon Beilinson	47	Delmar	2:09:37	
7	Travis Moore	39	Clifton Park	1:42:42	12	Ann Howe	45	East Greenbush	2:23:59	
8	Adam Stallmer	36	Waterford	1:45:15	13	Lisa Elovich	47	Rensselaer	2:28:08	
9	Michael Skiba	39	Troy	1:45:44	14	Denise Davis	45	Ghent	2:29:50	
10	Dave Gilson	36	Niskayuna	1:46:24	15	Barb Flynn	49	Valatie	2:30:21	
11	Nicholas Verdile	36	Ballston Spa	1:46:35	16	Lisa Carter	48	Mechanicville	2:30:40	
12	Rune Williams	38	Rensselaer	1:47:37	17	Valerie Goodman	48	Albany	2:46:43	
13	David Cann	38	Queensbury	1:48:19	MALE AGE GROUP: 50 - 54					
15	Vince Carsillo	37	Slingerlands	1:49:00	1	Chris Buckley	50	Burnt Hills	1:36:12	
16	Chip Barnes	36	Delmar	1:51:38	2	Tom Antonoff	52	Dolgeville	1:37:43	
17	Ethan Bowerman	39	Averill Park	1:52:39	3	John Kenny	53	Greenwich	1:38:24	
18	Danny Montayes	36	Astoria	1:52:46	4	Brian Shea	52	Niskayuna	1:41:02	
19	Pablo Lopez	39	Delmar	1:55:14	6	Michael Rozell	54	Queensbury	1:44:47	
20	Derek Lewis	39	Loudonville	1:56:43	7	Jim Hyland	53	Scotia	1:47:16	
21	Jason Felton	37	South Glens Falls	1:57:13	8	Paul Sheppardson	51	Burnt Hills	1:48:31	
22	Vincent Nagengast	36	Malta	2:07:39	9	Rick Vera	53	Loudonville	1:48:41	
23	Daniel Lewis	38	Delmar	2:08:50	10	Jeff Clark	53	Glenmont	1:48:56	
24	Cory Metler	38	Mechanicville	3:26:23	11	Orrie Riccobono	54	Catskill	1:50:16	
FEMALE AGE GROUP: 35 - 39		36 <th colspan="2">Averill Park</th> <th colspan="2">1:45:13</th> <th colspan="2"></th>		Averill Park		1:45:13				
1	Georgia Bowerman	36	Averill Park	1:45:13	12	Thomas Phillips	54	East Schodack	1:52:13	
2	Deanne Webster	35	Albany	1:50:07	13	Lee Hilt	54	Colonie	1:53:27	
3	Leah Blind	37	Albany	1:51:16	14	James Vanwormer	52	Ballston Lake	1:57:10	
5	Susan Bright	37	Guilfordland	1:54:25	15	Michael Boskin	53	Albany	1:58:00	
6	Heather Martin	39	Clifton Park	1:56:09	16	Gerald Christensen	54	Glenmont	1:59:00	
7	Deana O'Hare	38	Westerlo	1:58:31	17	Kevin Maloy	54	Valatie	2:00:59	
8	Cybele Nicholas-Pa	38	Glenmont	1:59:46	18	Kenneth Shea	51	Glenville	2:10:31	
9	Rhoda Nihill	36	Castleton	2:02:51	19	Jack Armitage	50	Latham	2:18:41	
10	Rebecca Stetzer	38	Albany	2:03:41	20	Mark Gleason	50	Watervliet	2:39:26	
11	Kerrie Williams	37	Rensselaer	2:03:50	21	Steve Baldwin	52	Troy		
12	Faith Smith	39	Greenville	2:06:22	FEMALE AGE GROUP: 50 - 54					
13	Jennifer Romer	38	East Greenbush	2:10:11	1	Diane Pevery	51	Averill Park	1:56:12	
14	Jenn Marlow	36	Albany	2:13:40	2	Laurie Carroll	50	Castleton	1:56:45	
15	Tracyalison Ruggiero	39	Claverack	2:23:53	3	Joanne Richardson	50	Poestenkill	1:59:55	
16	Amy Van Ess	37	Castleton	2:27:11	4	Robin Davey	53	Rexford	2:02:30	
17	Mary Hamilton	38	Albany	2:30:36	5	Molly Lindley	52	Averill Park	2:04:54	
18	Raya Ioffe	35	Latham	2:30:46	6	Patricia Monahan	50		2:06:31	
19	Aixa Toledo	39	Delmar	2:34:40	8	Cathy Sheehan	51	Cohoes	2:35:39	
20	Kristin Smith	35	Loudonville	2:42:03	MALE AGE GROUP: 55 - 59					
21	Kandi Terry	39	Rensselaer	2:46:12	1	Terry Brennan	55	Orchard Park	1:39:50	
22	Kerry Maloney	36	Mechanicville	2:52:06	2	Kenny Hart	56	Colonie	1:52:52	

SNOWSHOE RUNNING

continued from page 1

have fun. And afterwards, while everyone lingers over hot soup, you can glean training tips and clothing advice from seasoned veterans. These are not hit and run events, but moments to be savored and meals to be shared.

But for those who wish to test themselves, there is no lack of opportunity to compete against U.S. Mountain Running Team members and national snowshoeing champions. Those interested in a personal challenge will note that while the longest race measures seven miles, hardly marathon material, the intensity of the schedule is formidable. When you extend the standard ultra definition of any event beyond the marathon distance to include multiday pursuits, it is enough to make you sit up and take notice. Six almost-consecutive weekends on the WMAC schedule consist of doubleheaders, interrupted only by a concession to the Dion USSSA National Snowshoe Championship (snowshoeracing.com). Anyone who completes that schedule will definitely feel as if they have scored WMAC's version of the Disney Goofy's Race and a Half Challenge.

While there are moments of intense competition, other than the occasional cookie, there are few post-race awards. But that is not to say that accomplishments are not recognized. Overall male and female Dion series winners are rewarded with a pair of Dion snowshoes. There are also several random Dion prizes for each series, leveling the playing field for frequent participants. Approximately every two weeks, Edward Alibozek, the series founder and organizer, issues a SnowNews newsletter with pictures, results and stories.

Dave Dunham, the chief statistician, compiles percentages so you can compare your efforts with the rest of the field. He also selects a Snowshoer of the Week and mentions those who have reached significant milestones such as number of finishes and lifetime points accrued. Recently, a few have achieved Centurion status with 100 career finishes. And finally, Tim Van Orden of Bennington, Vt., earned 10,000 pennies at the Hallockville Race for being the 10,000th finisher! So while being fast helps, being persistent pays off as well. Do visit runwmac.com to peruse a few SnowNews issues and

gain a flavor for these events.

While we enjoy the snow week after week, there is no "If this is Saturday, it must be..." feeling. These are not cookie-cutter events. From the luxury of Saratoga Spa State Park, to the log cabins at Camp Saratoga in Wilton, and Americorps' Hallockville Orchard in the Berkshires, to the pancake breakfast at Brave the Blizzard, and on to the tailgate cooking at Turner Trail and Curly's Record Run in Pittsfield, no two celebrations are ever the same. Expect tough climbs at Moby Dick, Northfield Mountain and Catamount Sunset, along with equally thrilling descents that magically turn your snowshoes into skis.

Woodford, Moby Dick, Hawley Kiln and Constitution Hill feature relentless rolling terrain, while Saratoga Spa Park and Hallockville Orchard, all things being relative, have a reputation for being "fast" courses. Hoot & Toot defies categorization... Following a river and a railroad bed it should be a relatively easy ride, but it is not. New this year is Pineridge Cross-Country Ski Area in East Poestenkill, which is hosting a 10K event on their ungroomed snowshoe trails with additional snowshoeing or cross-country skiing available afterwards.

These events are not simply races, but more like reunions or gatherings. While we all can recall particular landmark career races, it is rare that an entire series is memorable and distinctive. From the ice rink at Woodford where race director Jack Quinn gleefully executed his duties on skates, to the snow-stormed Hallockville race where extra points were awarded to those who shoveled out struggling vehicles... To Ken Clark plowing through deep powder in his bigfoots and 13-year-old London Niles who claimed his five minutes of glory racing at the head of the pack at Constitution Hill, just to see if he could do it, every event has its own standout moments...

For more snowshoe racing details, see the Calendar of Events and visit dionsnowshoes.com. Come join the series this winter and forge some memories of your own! 🌲

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

SNOWSHOEING & CAMPING

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SADDLEBACK SUMMIT VIEW OF BASIN MOUNTAIN – WITH A LARGE NEW SLIDE AND SEVERAL SMALLER SLIDES – AND UPPER AUSABLE LAKE IN THE BACKGROUND. PHOTO BY BILL INGERSOLL

that may appear slick when wet, and therefore send discouraged hikers on brief detours through the woods. The deep snows of winter will hopefully be sufficient to bury the ice that can build here.

The trail does not level off until just before it enters the Gothics-Saddleback col, which you reach 6.0 miles from the Garden, or 1.6 miles from the lean-to. This spot tops out just above 4,000 feet in elevation. There is a junction in a small clearing here, where the trail to Gothics bears left. That is a steep and daunting route in any season, which you can easily appreciate from a narrow view right from the junction.

The trail to Saddleback bears right, beginning what amounts to a ledge-filled, steep ascent that rises about 500 feet in 0.3-mile. Many of the ledges are not too big and can be reasonably negotiated on snowshoes, but a few require awkward scrambles. A thin snow cover could reveal a substantial amount of ice on the trail. There are brief views back across the col toward the impressive lump of Gothics.

The name Saddleback implies two summits with a shallow dip in between, and that is precisely what this mountain delivers. You top out on the first summit 0.3-mile from the col, and then begin an all-to-short traverse to the higher western summit. Here, 6.5 miles from the Garden, you encounter a wide-open ledge with highly impressive views past Basin

to Upper Ausable Lake. A large new slide sits at an angle to your position directly below you, and several of the smaller slides on the flanks of Basin – which looks as though it had been scoured by a giant windshield scraper – could also be Irene's creations, too.

Some hikers will inevitably consider extending this hike to the summit of Basin as well, since it appears so close from this vantage. That trip can be done, but it is no simple matter. The descent from Saddleback entails a series of precarious maneuvers down a steep rock ledge. If at all icy, this spot – the most challenging piece of any state hiking trail anywhere in the Adirondacks – should be avoided. There is no alternate way around it, no way to cheat the mountain, and take an easier way into the next col.

If your intent has been to just enjoy a day in the mountains, then you have already done just that. My advice is to let Saddleback's very scenic summit be the culmination of your day; turn back here and follow your tracks back to Ore Bed Brook. 🌲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironacks.com) and author of Snowshoe Routes: Adirondacks & Catskills (Mountaineers). For more on this region, consult Discover the Adirondack High Peaks.

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