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ANNA IZZO, ALEX GOFF AND PETER FREIRE (L TO R) OF LAKE PLACID ENJOY A BLUE SKY DAY OF SKATE SKIING LAST FEBRUARY ON THE PERIMETER LOOP TRAIL AT THE OLYMPIC SPORTS COMPLEX AT MOUNT VAN HOEVENBERG. © ORDA/DAVE SCHMIDT

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### GROOMED TRAILS FOR *Winter Recreation*

by Dick Carlson

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I had an interesting ski day last winter. It just snowed a foot! So, I'm off to the local alpine ski area for some great powder turns. Arriving just before 9am – hmm, already parking in the way back lot... I had a few good runs before the crowds overwhelmed me. I returned home, switched gears, and enjoyed the afternoon on groomed cross-country ski trails and the local wilderness routes away from the frenzied pace of alpine skiing.

Cross-country ski areas are a great resource for winter recreation. And, what was that resolution you made just the other day to get in shape? Cross-country ski areas offer a groomed snow surface and most of the skier services you expect to see at an alpine ski area: warm lodge, rentals, lessons, food service, and lodging at the larger ski centers. Cross-country ski areas are also headquarters for information on snowshoeing and backcountry skiing. Many areas are adjacent to state land and great backcountry ski and snowshoe routes with trail information and rental equipment.

This winter it appears that cross-country skiing has gone back to its roots – back to hiking! Well not really, but it has certainly been a challenging November and December for ski areas and cross-country skiers. Most areas do not make snow. There has been some cross-country skiing, but it has been sketchy at best and short-lived. But, think positive.

Real winter is right around the corner! Here is a rundown on what to expect this winter for special events, pricing deals, and some great winter fun!

Traditionally the first weekend in January is Winter Trails Day or Ski Fest – offering free lessons and discount rentals for first-time cross-country skiers. This year activities are planned at Lapland Lake, Pineridge, and **Fahnestock Winter Park** in Cold Spring (nysparks.com). If you live in the Capital Region and there is a snow day, bundle up the kids and head to Pineridge or Lapland Lake. Both ski areas offer discounts for trail fees and rentals on snow days, half price or less, and many other discounts and events all season including moonlight snowshoe and ski tours, women's learn to ski days, and first-time skier discounts.

At **Pineridge Cross-Country Ski Area** in East Poestenkill (pineridgexc.com) is the closest groomed cross-country skiing to the Capital Region, just 20 miles from downtown Albany. It is however a world away, where their high elevation terrain insures great snow conditions. They also have night skiing available by reservation.

The **Lapland Lake Nordic Vacation Center** in Northville (laplandlake.com) also catches some favorable snowfalls

See **CROSS-COUNTRY SKIING, 19** ▶

• Adventure • Backpacking • Bicycling • Canoeing • Duathlon • Environment • Fitness • Health • Hiking • Running • Bicycling • Hiking

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Running • Bicycling • Hiking

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# MORE GORE

## JANUARY EVENTS

**Fireworks Spectacular & Torch Run**  
*Free to the public at dusk!*  
Sunday, January 15

**Take Your Daughter To Gore Week**  
*Daughters 19 & under ski, ride, & tube FREE with full paid parent!*  
Tuesday-Sunday, January 17-22

**Gore Mountain Restaurant Week & Race**  
*Indulge in the Gore Region's culinary delights & race for your favorite restaurant!*  
Sunday-Friday, January 29-February 3

[GoreMountain.com](http://GoreMountain.com) **GORE**   
(518) 251-2411

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**Saturday, February 4**

[whitefacelakeplacid.com](http://whitefacelakeplacid.com)  [facebook.com/lakeplacidevents](https://facebook.com/lakeplacidevents)

# FLEET FEET Sports

**WINTER EDUCATION SERIES Begins This Month!**  
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See website for details



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## ALPINE SKIING &amp; SNOWBOARDING

# TOP TEN Ski Deals and Event Highlights

by Jeff Farbaniec

GORE'S HAWKEYE TRAIL ON DECEMBER 26.  
PHOTO BY JEFF FARBANIEC

Let's face it, skiing is an expensive activity, but there's no need to pay \$80 for a lift ticket if you have some flexibility in your schedule and pay attention to deals and discounts. Here are my top ten deals for this winter. Okay, there are actually 11 on my list, but who's counting?

**#11** – Price Chopper's Ski Any 3 coupon books – \$139 for three full day lift tickets (that's \$46.33 per lift ticket) good at Gore, Whiteface, Bromley, Mount Snow, Smuggler's Notch, Mount Sunapee. There's also a \$109 coupon book (\$36.33 each) for Pico, West Mountain, Plattekill, Windham, Jiminy Peak and several other ski areas. The passbook is available until January 15, and these coupons are good Sundays through Friday, non-holiday.

**#10** – Bromley Family Fridays – Adult lift tickets are \$49 and kids are just \$15 (up to three kids per adult), so mom, dad and two kids ski for \$128. Offered all winter on non-holiday Fridays.

**#9** – Gore and Whiteface Coca Cola Why Not Wednesdays – \$38 lift ticket all winter on non-holiday Wednesdays. Bring a Coca Cola product to the ticket window. Gore's website says full, Whiteface's says empty. My suggestion: bring it full; it's easier to make a full can empty than an empty can full.

**#8** – Whiteface Super Sundays – \$35 lift ticket on February 5, March 11, and April 1. See "Events Highlights" on their website for more information.

**#7** – Maple Ski Ridge – \$20 lift ticket good from 3 to 9pm. Offered Tuesday through Friday, non-holiday all winter long.

**#6** – Mount Snow St. Patrick's Day Celebration, Friday, March 16 – \$17 lift ticket. I know that's a day early, but for \$17 who cares?

**#5** – Oak Mountain two-for-one Fridays – Two people ski all day for \$34, or \$17 per person, every Friday all season long.

**#4** – Willard Mountain two-for-one Thursday nights from 4 to 9pm – Two people ski for \$25, or just \$12.50 per person, on non-holiday Thursday nights all winter.

**#3** – McCauley Mountain Crazy Fridays – \$12 lift tickets on non-holiday Fridays, offered all winter.

**#2** – West Mountain's \$17 Monday and Tuesday nights, and two for \$20 Wednesday nights – just \$10 per person, 4 to 9pm, all winter, non-holiday. You must present coupon, which is available on West's website.

**#1** – Mad River Glen's \$3.50 Roll Back the Clock Day on Tuesday, January 31 – and \$14 Kiss Your Honey Valentine's Day. Yes, lift tickets are really just \$3.50, making this my top ski deal. For the Valentine's Day deal, you MUST kiss at the ticket window, so depending on who your ski partner is for the day, that could either be a bonus or a deal killer.

*All information is accurate at the time of publication, but be sure to check each ski area's website for additional details.*

Events and activities are scheduled at area ski resorts for just about every weekend this winter. Here are some of this season's highlights. Some events have registration and entrance fees, so please check each ski area's website for additional information.

At Gore Mountain, Sunday, January 15 is the Torch Run & Fireworks Spectacular, and on Monday, January 16 is the USASA Boarder/Skier Cross competition at the Gore Ski Bowl. On Tuesday-Sunday, January 17-22, it is Take Your Daughter to Gore Week, where daughters 19 and under ski, ride, and tube free with full paying parent.

On Thursday-Saturday, January 19-21, the Lake Placid FIS Freestyle World Cup will take place. The mogul competition is on the Wilderness Trail at Whiteface on Thursday, followed by aerial competition at the Olympic Jumping Complex in Lake Placid on Friday and Saturday. There will also be bonfires, music and giveaways, and Saturday's jumping will conclude with a fireworks display.

Willard Mountain's annual Rock the Mountain event on Saturday, January 28, will feature a rail jam, fun races, live music, giveaways, a torchlight parade and fireworks. On Monday, January 30, Gore Mountain's Restaurant Race will feature awards for speediest service, best spirits and most popular. The \$5 entry fee gets you a \$5 coupon for the restaurant you represent.

February 5 is Super (Football) Sunday

at Whiteface with \$35 lift tickets, food and drink specials in the Cloudspin Lounge, and slope-side games. The Telemark Festival at Hickory Ski Center will be on Saturday, February 11, including clinics, demos, races and a Tour de Trees – all on Hickory's legendary natural terrain. An après-tele party will follow featuring live music and local microbrews.

On Sunday, February 12, there will be a Kids' Festival family fun event at Gore Mountain. The popular Fire on the Mountain event at West Mountain is Friday, February 17, with live entertainment, a torchlight parade and fireworks show.

Oak Mountain in Speculator has a number of events this winter. On Saturday, February 18, they'll host the Sacandaga Challenge, where you can race through gates, hit small freestyle jumps, and challenge your skills for prizes. Plus, there will be an evening torch light parade, fireworks and skiing. On Saturday, February 25, is the Dummy Big Air where you build a dummy that attaches to skis/board to launch off a jump, and your dummy will be judged on creativity, best crash and biggest air. And their Cardboard Box Race will be Saturday, March 3, where participants make a sled out of cardboard and ride it down the hill for prizes.

At Gore on Saturday, March 3, is the Mini-Shredders Jibfest, and on Friday, March 9 there is a Full Moon Tubing and

Pizza Party at the Ski Bowl with live entertainment from 6-8pm. On Saturday, March 10, the Big Air at Little Gore competition at the Ski Bowl will take the slopes. Last year's course included a Bomb Drop start, kicker, up-log, halfpipe and kicker box.

Sunday, March 11 is Shamrock Sunday at Whiteface with \$35 lift tickets, food and drink specials in the Cloudspin Lounge and slope-side games. On Sunday, March 18, Walt's Bump Contest, Gore's annual mogul event is on The Arena trail. Participants will be judged on style, speed, control and overall performance. In addition to male and female age group categories, there are classes for skiers, snowboarders and telemarketers. Take Your Son to Gore Week is Monday-Sunday, March 19-25, with free skiing and riding for sons 19 and under with full-paying parent.

Retro Sunday is April 1 at Whiteface with \$35 lift tickets, food and drink specials in the Cloudspin Lounge – and the Pond Skimming Contest. Also on April 1 is the April Fool's Mountain Challenge at Gore. Finally, Saturday, April 7 is the Gore Pond Skimming Contest. Think snow! ❄️

*Jeff Farbaniec is an avid telemark skier and Adirondack 46er who writes The Saratoga Skier & Hiker (<http://saratogaskier.blogspot.com/>), a blog of his primarily Adirondack outdoor adventures.*

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**Calendar of Events**  
January - March 2012\*

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

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

**ALPINE SKIING & SNOWBOARDING**  
**JANUARY**

- 17-22 **Take Your Daughter to Gore Week.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 19-21 **FIS Nature Valley Freestyle World Cup.** Olympic Jumping Complex, Lake Placid & Whiteface, Wilmington. 523-1655. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 21 **Rail Jam.** 5pm. Oak, Speculator. 548-3606. [oakmountainski.com](http://oakmountainski.com).
- 21-22 **Master the Mountain Ski & Snowboard Camps.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 21-22 **Intro to Telemark Skiing Camp.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 28-29 **Women's Skiing Camp.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 28-29 **Women's Burton Learn to Ride Snowboard Camp.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 29 **Rock the Mountain.** Rail jam, music, prizes, fireworks. Willard, Greenwich. 692-7337. [willardmountain.com](http://willardmountain.com).
- 30 **Recreational Restaurant Race.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

**FEBRUARY**

- 3-4 **Alpine Adaptive Clinic.** Whiteface Mountain, Wilmington. 946-2223 x367. [whiteface.com](http://whiteface.com).
- 4 **Rail Jam.** 5pm. Oak, Speculator. 548-3606. [oakmountainski.com](http://oakmountainski.com).
- 4-5 **Burton Learn to Ride Snowboard Camp.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 5 **Super Sundays: Superbowl Sunday.** Discounted tickets, slopeside games, park/pipe events. Whiteface, Wilmington. 946-2223. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 9-12 **NYSEF Alpine Ski Races.** Whiteface, Wilmington. 946-7001. [nysef.org](http://nysef.org).
- 11-12 **Master the Mountain Alpine Ski & Snowboard Camps.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 11-12 **DynaFit Ski Mountaineering Camp.** The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).
- 11 **Telefest 2012.** 9am. Hickory Ski Center, Warrensburg. Martha VanVleet: 798-3962. [hickoryskicenter.com](http://hickoryskicenter.com).
- 12 **Family Festival For Kids.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 17 **Fire on the Mountain.** West, Queensbury. 793-6606. [skiwestmountain.com](http://skiwestmountain.com).
- 18 **Sacandaga Challenge.** 10am. Men/women's ski/ride, parade, fireworks. Oak, Speculator. 548-3606. [oakmountainski.com](http://oakmountainski.com).
- 21-23 **Presidents' Week Camp for Kids & Teens.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 25 **Saturday Night Skins Race at the Bowl.** Ski Bowl, Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 26 **USASA Slopestyle.** Whiteface, Wilmington. 946-2223. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 25 **Dummy Big Air: 10am.** Torchlight Parade: 7pm. Oak, Speculator. 548-3606. [oakmountainski.com](http://oakmountainski.com).

**MARCH**

- 3 **Mini-Shredders Jibfest: Freestyle Competition.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 3 **Cardboard Box Race: 10am.** Rail Jam: 5pm. Oak, Speculator. 548-3606. [oakmountainski.com](http://oakmountainski.com).

- 3-4 **10th Adirondack Backcountry Ski Festival.** Ski clinics, tours, presentations. The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).
- 3-4 **Women's Alpine Skiing Camp.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 3-4 **Telemark Skiing Camp: Trees, Steeps & Bumps.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 3-4 **Ladies' Burton Learn to Ride Snowboard Camp.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 3-4 **Glades & Glory: Alpine Skiing or Snowboarding Camps.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 9 **Full Moon Tubing & Pizza Party.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 10 **Big Air/Slopestyle at Little Gore.** Ski Bowl, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 11 **Super Sunday: Shamrock Sunday.** Discounted tickets, slopeside games, park/pipe events. Whiteface, Wilmington. 946-2223. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 17 **Gail's Bump Camps.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 18 **Walt's Bump Contest.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 19-25 **Take Your Son to Gore Week.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

**APRIL**

- 1 **Super Sunday: Retro Sunday.** Discounted tickets, slopeside games, park/pipe events. Whiteface, Wilmington. 946-2223. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 1 **Pond Skimming Contest.** Whiteface, Wilmington. 946-2223. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 1 **April Fool's Mountain Challenge.** Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 7 **Pond Skimming Contest.** 11am. Bullfrog Bog, Gore, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 14 **1st Whiteface Rites of Spring Pentathlon.** Nordic ski, alpine ski, 10K run, 4M paddle, 20M bike. 7am. Relays/solo. (Rain date: 4/15). Whiteface, Wilmington. Charlie Cowan: 523-1480; [ccowan@janney.com](mailto:ccowan@janney.com).

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**FEBRUARY**

18 **Snowball Express Ride.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).

**MARCH**

- 24 **Trooper Brinkerhoff Memorial Spring Race Series #1.** Cossackie. Tom Butler: 857-0502. [cbrc.cc](http://cbrc.cc).
- 25 **Spring Preview Ride: Tour of the Battenkill.** Cambridge. [tourofthebattenkill.com](http://tourofthebattenkill.com).
- 31 **Trooper Brinkerhoff Memorial Spring Race Series #2.** Cossackie. Tom Butler: 857-0502. [cbrc.cc](http://cbrc.cc).

**APRIL**

- 7 **Trooper Brinkerhoff Memorial Spring Race Series #3.** Cossackie. Tom Butler: 857-0502. [cbrc.cc](http://cbrc.cc).
- 10-11 **7th Adirondack Sports & Fitness "Summer Expo."** Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars, clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 14-15 **Tour of the Battenkill Pro/Am.** 62-80M. Cambridge. [tourofthebattenkill.com](http://tourofthebattenkill.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](http://centurioncycling.com).

**CROSS-COUNTRY SKI RACING**

**ONGOING**

Tu/Th **Dewey Youth Ski League.** 4pm. Dewey Ski Center, Saranac Lake. 891-2697. [deweyskicenter.com](http://deweyskicenter.com).

4TH ANNUAL  
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Sunday Conine 743-1672  
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Ski Orienteering Championship,  
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**Tue Graymont Tue Night Race Series: 1/3-2/28.** 5:30pm. Dewey Ski Center, Saranac Lake. 891-2697. deweyskicenter.com.

### JANUARY

- 19 Pineridge Night 8K Classical XC Ski Race.** 7pm. Open to all. Pineridge, East Poestenkill. 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/masters. 11am. Saratoga Biathlon Center, Day. Jim Flaherty: 877-8476. nyssranordic.com.

### FEBRUARY

- 4 30th Lake Placid Loppet XC Ski Race.** 9am. 25K/50K classic/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 4th Winona Forest Tourathon Classic XC Ski Race. 12.5/25/37.5/50K. 9am. Mannsville. winonaforest.com.
- 25 Cookie Classic/Clash of the Titans XC Ski Race.** 10K/5K. 10am. Dewey 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 orienteering, club relay, 21km freestyle. Olympic Sports Complex, Lake Placid. nyssranordic.com.

### CROSS-COUNTRY SKI TOURING

#### ONGOING

- Thu Free Family Moonlight X-C Ski: 2/2, 3/8. 7pm. Vischers Ferry 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.

### JANUARY

- 11 Women's Learn to Ski Day.** 11:30am. Pineridge, East Poestenkill. Register: 283-3652. pineridgexc.com.
- 22 Cross Country Ski Trip. 8am. GF/Saratoga ADK. Sandy Yellen: 584-2763. adk-gfs.org.
- 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 Poestenkill. 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: Adirondack 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 Poestenkill. 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 Adirondack Classic Ski Tours: Whiteface Landing.** 6M. ADK: 523-3441. adk.org.

- 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 & 2/27. 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.
- Call CardiotFit Classes w/Dr. Paul Lemanski.** Prime Care Physicians, Albany. 618-1100. Schedule: centerforpreventivemedicine.com.

### HIKING, SNOWSHOEING & CLIMBING

#### JANUARY

- 13-15 16th Adirondack International Mountaineering Festival.** Clinics, guest climbers, demos, slide shows. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 14 Snowshoe Hike to Perigo Mtn.** 10:30am. Pineridge, East Poestenkill. Register: 283-3652. pineridgexc.com.
- 15 Barton High Cliffs Loop Snowshoe. 5M. 8:30am. Glens Falls/Saratoga ADK. Jayne Boudier: 793-3770. adk-gfs.org.
- 16 Moreau Overlook Snowshoe. 2-5pm. 793-0511. Moreau Lake S.P., Gansevoort. 793-0511. nysparks.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 Poestenkill. Register: 283-3652. pineridgexc.com.
- 21 Pyramid & Gothics Ski & Hike. 6:30am. GF/Saratoga ADK. Steve Mackey: 793-6484. adk-gfs.org.
- 22 Intro to Backcountry Snowshoeing.** Ages 12+. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 27 Moreau Lake Snowshoe. 10am-12:30pm. Moreau Lake SP, Gansevoort. 793-0511. nysparks.com.
- 28 Stillwater Locks Eagle Watch Hike/Snowshoe. 1M. 9am. Lock 4, Stillwater. Rich Crammond: 584-2380. adk-gfs.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.
- 19 Tracking & Survival Snowshoe w/Jim Bruchac.** Ndakinna, Greenfield Center. 583-9958. ndakinnacenter.org.
- 25 Winter High Peaks Hike: Street & Nye.** 8.5M. ADK: 523-3441. adk.org.
- 25 4th High Peaks Hospice Snowshoe Outing.** 10am. Up Yonda Farm, Bolton Landing. Sunday Conine: 743-1672. highpeakshospice.com.
- 26 Intro to Backcountry Snowshoeing.** Ages 12+. Animal tracking/ecology. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

#### MARCH

- 3 Family Snowshoe Day.** 10am-3pm. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 10 Winter High Peaks Hike: Phelps.** 8.8M. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 10-11 7th Adirondack Sports & Fitness "Summer Expo."** Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars, clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 11 GPS 101.** Member Services Center, Lake George. ADK: 523-3441. adk.org.
- 17 Map and Compass Fundamentals.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 24-25 Wilderness First Aid.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

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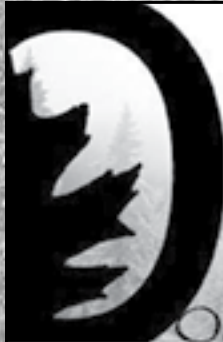
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Sunday, February 5 at 11am  
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### Camp Saratoga 8K

Saturday, February 11 at 10:30am  
Wilton Wildlife Preserve & Park,  
Wilton



U.S. Snowshoe Championship qualifier

Register Online/Entry Form: [www.saratogastryders.org](http://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)

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Loaners (\$5): Dion Snowshoes (call/email to reserve) • Part of Dion Snowshoe Series

More info: Laura & Jeff Clark [laura@saratogastryders.org](mailto:laura@saratogastryders.org) or 518-581-7550

March 31 – 9:30 am  
Central Park, Schenectady  
Schenectady Firefighters' 3rd Annual



## RUN 4 YOUR LIFE

5K Run/Walk • Kids' Fun Run (free)

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5K: \$20 by 3/11, \$25 after

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[info@lakeplacidmarathon.com](mailto:info@lakeplacidmarathon.com)



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Details at [cdtriclub.org](http://cdtriclub.org)

Open to youth, individual & relay teams

## MOUNTAINEERING & WILDERNESS SKILLS

### JANUARY

- 13-15 **16th Adirondack International Mountaineering Festival.** Clinics, guest climbers, demos, slide shows. The Mountaineer, Keene Valley. 576-2281. [mountaineer.com](http://mountaineer.com).
- 14 Eagle Survey. 10am-12pm. Moreau Lake S.P., Gansevoort. 793-0511. [nysparks.com](http://nysparks.com).
- 17-3/6 Trout Unlimited Fly Tying Beginner Classes. 7pm. St. Joseph's Parish, Scotia. 399-8566. [clearwatertu.org](http://clearwatertu.org).
- 19-3/8 Trout Unlimited Fly Tying Advanced Classes. 7-9pm. Saint Joseph's Parish, Scotia. 399-8566. [clearwatertu.org](http://clearwatertu.org).
- 28 Ice Fishing Clinic for Kids. 10am-2pm. Moreau Lake S.P., Gansevoort. 793-0511. [nysparks.com](http://nysparks.com)

### FEBRUARY

- 10 **Wilderness Forensics: Solving Mysteries Through Tracks w/Dr. James Halfpenny.**
- 7pm. Ndakinna Center, Greenfield. 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).
- 11-12 **Cougar Ecology & Verification Class w/World Renowned Tracker Dr. James Halfpenny & James Bruchac.** Fri: 7pm. Sat-Sun: 9am-5pm. Ndakinna Center, Greenfield. 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).
- 19 **Backwoods Tracking & Winter Survival Snowshoe w/ Jim Bruchac.** Adults/teens. 9am-5pm. Ndakinna Center, Greenfield Center. 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).
- 20-22 **Winter Wilderness Adventure & Storytelling Camp.** Ages 6-8. Ndakinna, Greenfield. [ndakinnacenter.org](http://ndakinnacenter.org).
- 20-22 **Winter Wilderness Adventure Camp.** Ages 9-12. Ndakinna, Greenfield. 583-9958. [ndakinnacenter.org](http://ndakinnacenter.org).

## MULTISPORT: BIATHLON & ORIENTEERING

### JANUARY

- 15 **Paintball Biathlon.** 9am. 3K/5K Snowshoe run/walk. Classic/free XC ski. Pineridge, East Poestenkill. 283-3652. [pineridgexc.com](http://pineridgexc.com).

### FEBRUARY

- 26 **Pineridge Biathlon Race.** 9K sprint. 10am. Pineridge, East Poestenkill. 283-3652. [skireg.com](http://skireg.com).

## MULTISPORT: TRIATHLON & DUATHLON

### FEBRUARY

- 12 8th "Love To Tri" Indoor Triathlon. 8am. Southern Saratoga Y, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).
- 21 Triathlon Training: 10-Weeks. Ciccotti Family Rec Center, Colonie. Jenny Stahl: 867-8920. [ciccotticenter.org](http://ciccotticenter.org).
- 21 Adult Swim Endurance Conditioning. Wed/Thu. 6pm. Ciccotti Center, Colonie. Jenny Stahl: 867-8920. [ciccotticenter.org](http://ciccotticenter.org).

### MARCH

- 10-11 **7th Adirondack Sports & Fitness "Summer Expo."** Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars, clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

### APRIL

- 14 **1st Whiteface Rites of Spring Pentathlon.** Nordic ski, alpine ski, 10K run, 4M paddle, 20M bike. 7am. Relays/solo. (Rain date: 4/15). Whiteface, Wilmington. Charlie Cowan: 523-1480; [ccowan@janney.com](mailto:ccowan@janney.com).

### JULY

- 28-29 **Multi-Sport Life Triathlon Festival.** Sat: XTERRA Off-Road: 1K swim, 20K bike, 6K run & SHAPE Kids': 100m swim, 5K bike, 1K run. Sun: SUPER Olympic Road: 1M swim, 30M bike, 7M run. Grafton Lakes S.P., Grafton. John Slyer: 281-6480. [skyhighsupertri.com](http://skyhighsupertri.com).

### AUGUST

- 18 **Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. [cdtriclub.org](http://cdtriclub.org).

## OTHER EVENTS

### ONGOING

- Open Team In Training's 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).** Information Meetings: 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); 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.; 1/31, 5:30pm-Greater Burlington YMCA, Burlington, VT. Leukemia & Lymphoma Society, Albany. 438-3583 or [teamintraining.org/uny](http://teamintraining.org/uny).
- Open Camp Santanoni Open House: 1/14-16, 2/18-20, 3/17-18. XC ski, snowshoe, interpretive tours. Newcomb. [aarch.org](http://aarch.org).
- Thu Daily Exercise: 12/8-1/26. 8am. Bike/hike/snowshoe. Lock 7, Niskayuna. Jim Israel: 229-7080. [meetup/daily-exercise](http://meetup/daily-exercise).

### JANUARY

- 13-15 **ISI Figure Skating Competition.** Olympic Center, Lake Placid. 523-1655. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 15 Discover Scuba. 9:30am. Free class. Glens Falls H.S., Glens Falls. 761-0533. [richmorinsproscubacenters.com](http://richmorinsproscubacenters.com).
- 21 Polar Plunge for Cystic Fibrosis. 1pm. Grafton Lakes S.P., Grafton. Margaret Phillips: 479-3739. [nysparks.com](http://nysparks.com).
- 28 Special Olympics. Alpine skiing, XC skiing, snowshoeing. West, Queensbury. 793-6606. [skiwestmountain.com](http://skiwestmountain.com).
- 28 Winter Photo Workshop w/Carl Heilman. 9am. The Wild Center, Tupper Lake. [wildcenter.org](http://wildcenter.org).
- 29-2/3 **Gore Mountain Restaurant Week.** North Creek. [goremountain.com](http://goremountain.com).
- 30 **Smucker's Stars On Ice.** 7:30pm. Olympic Center, Lake Placid. 523-1655. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).

### FEBRUARY

- 2-5 32nd Empire State Games. Lake Placid & Wilmington. 523-2445. [empirestatewintergames.com](http://empirestatewintergames.com).
- 5 Discover Scuba. 9:30am. Free class. Glens Falls H.S., Glens Falls. 761-0533. [richmorinsproscubacenters.com](http://richmorinsproscubacenters.com).
- 13-27 **Bobsled & Skeleton World Championship.** Olympic Sports Complex, Lake Placid. 523-1655. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).
- 21 **Harlem Globetrotters.** 7pm. Olympic Center, Lake Placid. 523-1655. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).

### MARCH

- 10-11 **7th Adirondack Sports & Fitness "Summer Expo."** Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars, clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 30-4/1 **America's Cup Bobsled/Skeleton.** Olympic Sports Complex, Lake Placid. 523-1655. [whitefacelakeplacid.com](http://whitefacelakeplacid.com).

## PADDLING: CANOEING & KAYAKING

### MARCH

- 10-11 **7th Adirondack Sports & Fitness "Summer Expo."** Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars, clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

## RUNNING, SNOWSHOE RACING & WALKING

### ONGOING

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

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**JANUARY**

- 8 **HMRRC Winter Series #3.** 3M, 10K, 25K. 10am. Phys Ed Bldg, University at Albany, Albany. hmrrc.com.
- 11 **Foam Roller Technique for Runners w/Brendan Sullivan, PT.** 6:30pm. Fleet Feet Sports, Colonie. 459-3338. fleetfeetalbany.com.
- 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.
- 18 **Injury Freedom Clinic w/ Mathew Nark.** 6:30-7:30pm. Fleet Feet Sports, Colonie. 459-3338. fleetfeetalbany.com.
- 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 Hartshorne Masters Mile Invitational. 1M. 10am. Cornell, Ithaca. fingerlakesrunners.org.
- 22 **HMRRC Winter Series #4.** 3M, 15K, 30K. 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- 22 **Constitution Hill Snowshoe Race.** 3.6M. 10:30am. Dion Series. Lanesborough, MA. runwmac.com.
- 25 **Graστοn Technique Clinic w/Richard Shade, DC.** 6:45pm. Fleet Feet Sports, Colonie. 459-3338. fleetfeetalbany.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**

- 1 **Active Release Technique w/Keith Donato, DC.** 6:30pm. Fleet Feet Sports, Colonie. 459-3338. fleetfeetalbany.com.
- 4 **Polar Cap 4M Run/Walk.** 10am. Lake George E.S., Lake George. A. Hachem: 636-6789. adirondackrunners.org.
- 4 **Mountainman's McCauley 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: 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 S.P., Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org.
- 5 **HMRRC Winter Series #5.** 4M, 10M, 20M. 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- 7 **Good Form Running Clinic w/Colin Ingram, New Balance.** 6:30pm. Fleet Feet Sports, Colonie. 459-3338. fleetfeetalbany.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. 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.
- 14 **Sports Medicine Acupuncture w/Daniel Zal, LAC.** 6:30pm. Fleet Feet Sports, Colonie. 459-3338. fleetfeetalbany.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 Winona Classic 5K Snowshoe Race. 11:30am. CCC Camp, Mannsville. 315-387-6078. empirestatesnowshoe.org.
- 19 **39th HMRRC Winter Marathon & Marathon Relay.** 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- 25 **Moody Spring Snowshoe Race.** 5.5M. 10am. Dion Series. West Hawley, MA. runwmac.com.
- 25 **4th High Peaks Hospice Snowshoe Outing.** 10am. Up Yonda Farm, Bolton Landing. Sunday Conine: 743-1672. highpeakshospice.com.

**MARCH**

- 3 **Hawley Kiln Notch Snowshoe Race.** 5M. 9:30am. Hawley, MA. runwmac.com.
- 4 **Pineridge 6K Snowshoe Race.** 10:30am. Pineridge, East Poestenkill. 283-3652. runwmac.com.
- 10-11 **7th Adirondack Sports & Fitness "Summer Expo."** Sat 10-5, Sun 10-4. Running, cycling, triathlon, hiking, paddling, healthy living, travel. Exhibitors, sales, demos, seminars, clinics, activities, prizes, giveaways. Free. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 17 Doc Lopez Run for Hope. 12.1M: 9am, Keene Comm Ctr, Keene. 3.1M/1M Walk: 9:30am, Elizabethtown School. Susie Allott: 962-4898. northernrunner.org.
- 17 **13th Runnin' of the Green (Island).** 4M. 10am. American Legion, Green Island. hmrrc.com.
- 18 **Catamount Sunset Snowshoe Race.** 3M. 4pm. Hillsdale. runwmac.com.
- 25 **Shamrock Shuffle 5M.** 11am. Glens Falls H.S., Glens Falls. Kevin Sullivan: 798-9593. adirondackrunners.org.
- 31 **Run 4 Your Life 5K Run/Walk & Kids' Fun Run.** 9:30am. Central Park, Schenectady. Brian Demarest: 365-3883. schenectadyfirefightersrun4yourlife.com.

**APRIL**

- 7 **18th Rabbit Ramble 4M Run.** 10am. Guilderland H.S., Guilderland Center. Phil Carducci: 861-6350. active.com.
- 15 **Cape Cod Half-Marathon.** USRA Half Series. Hyannis, MA. capecodhalf.com.
- 21 **10th Dodge the Deer 5K, Mile Fun Run & 200m Kids' Sprint.** 10am. Schodack Island S.P., Schodack Landing. Josh Merlis: 320-8648. areep.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.

**JULY**

- 12-15 **5th ARE Trail Running Camp.** Adults only. Running, yoga, clinics, paddling, run/tube trip. Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. areep.com.

**SWIMMING**

**FEBRUARY**

- 21 Adult Swim Endurance Conditioning. Wed/Thu. 6pm. Ciccotti Center, Colonie. Jenny Stahl: 867-8920. ciccotticenter.org.
- 20-24 Waterfront Lifeguarding Course. Ciccotti Family Rec Center, Colonie. Jenny Stahl: 867-8920. ciccotticenter.org.

**MARCH**

- 10 Cabin Fever Swim Meet. 10am. Ballston Spa H.S., Ballston Spa. Matthew Glogowski: 859-0542. adms.org.

**Bold listing** = Advertiser in current issue of Adirondack Sports & Fitness. All area codes 518 unless indicated.

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**AMISH COUNTRY HALF MARATHON**  
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# Cholesterol Testing *Revisited* PART ONE

by Paul E. Lemanski, MD, MS, FACP



This is the 46th in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 45 installments of The Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost.

One way to measure the benefit of dietary and lifestyle changes on heart disease risk is through blood cholesterol testing. An understanding of such testing is essential for an individual to determine whether a change in diet and/or lifestyle is having the desired effect on risk and to serve as a focal point of discussion with their physician regarding their personal cardiovascular risk and the reduction of that risk. Part One will address the measurement of blood cholesterol and resulting cardiovascular risk. Part Two will address non-medicated ways to improve cholesterol measures and risk.

Cholesterol is a substance essential to human body structure and function. We may get cholesterol directly from a dietary source when we eat meat, fish or an animal derived product. Or we may synthesize cholesterol from saturated fat from an animal or non-animal source. Either excess dietary cholesterol or excess saturated fat may result in elevated blood cholesterol levels which may increase cardiovascular risk.

The measurement of the blood cholesterol generally requires a fasting lipid profile blood test which measures the total cholesterol in the blood, the triglycerides, the high density lipoprotein (HDL) or "good" cholesterol, and the low density lipoprotein (LDL) or "bad" cholesterol. The blood for the lipid profile needs to be drawn after a 12-hour fast, meaning no food for 12 hours and only water to drink.

LDL in the blood actually exists as spherical particles of varying size, some smaller, some larger. When LDL particles are in high concentration in the blood they may penetrate the wall of arteries and accumulate in the wall as a cholesterol plaque. The process of movement of LDL, from the blood into the artery wall may be accelerated when the LDL is packaged in smaller more numerous particles, rather than fewer larger particles. The formation of cholesterol plaques in artery walls is almost always a necessary prerequisite for heart attack and stroke.

HDL in the blood also exists as spherical particles of varying size. HDL is called the good cholesterol because it has the capacity to serve as a "vacuum cleaner" for LDL. In a process called reverse cholesterol transport, HDL may pick up LDL from the plaque in the artery wall and transport it back to the liver for reprocessing. In this way lowering LDL in the blood and raising HDL may reduce plaque and lower cardiovascular risk.

Within the last few years a measure called non-HDL cholesterol has been introduced. Non-HDL is a quantitative way to get a measure of the number of lipid particles

in the blood that may cause plaque. Thus, non-HDL is elevated if the LDL particles are smaller and more numerous. Non-HDL is elevated also in circumstances when LDL may be normal, but other less common lipid particles that cause plaque are elevated. If one takes the total cholesterol number and subtracts from it the HDL number, the non-HDL is the result.

The use of the above described approach will identify the great majority of patients at risk and allow appropriate measures to be applied to mitigate that risk. Nevertheless, an additional proven measure which may be used to identify risk is high sensitivity C-reactive protein (hs-CRP). When LDL cholesterol gains access to the artery wall it becomes oxidized. Oxidized LDL is viewed by the immune system as non-self and is attacked by white blood cells. The infiltration of white blood cells into the artery wall for the purpose of attacking oxidized LDL is inflammation, which may be quantified by hs-CRP. Since inflamed plaque is more likely to become unstable and cause a heart attack, hs-CRP may help identify risk at another step in the atherosclerotic process independent of the risk identified by the standard lipid profile.

The National Cholesterol Program in its guidelines for physicians has established optimal levels or targets for triglycerides as less than 150 milligrams per deciliter (mg/dl), LDL as under 100 mg/dl, HDL as over 40 mg/dl for men and over 50 mg/dl for women, and non-HDL as under 130 mg/dl. For hs-CRP, the target is less than three milligrams per liter (mg/L) with an optimal level under 0.6 mg/L.

Cholesterol is a substance essential to human body structure and function.

In the case of LDL and non-HDL, the targets may be adjusted to global cardiovascular risk. Thus, in those people with established heart disease – a history of heart attack, stent, bypass surgery, angina or any plaque visible on coronary catheterization – the LDL target is 70 mg/dl and the non-HDL target is 100. In those with no risk factors and no family history of coronary artery disease, an LDL of 160 and a non-HDL of 190 may be acceptable. A discussion with one's personal physician is in order to establish the individual's most appropriate targets.

In summary, blood cholesterol testing may help identify cardiovascular risk. Blood testing done after a 12-hour fast may determine the level of triglycerides, HDL and LDL as part of the standard lipid profile. Using the standard profile, the non-HDL cholesterol may be calculated which provides additional information on LDL particle number as well as other lipid particles, which cause plaque. Hs-CRP may help identify unstable plaque which increases the risk for heart attack and stroke.

In Part Two the cardiovascular risk which cholesterol testing identifies may be shown to serve as the basis of a non-medicated approach to reduce cardiovascular risk and avoid the proverbial bottle of pills to treat one of our most significant health problems. 📌

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

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ATHLETE PROFILE

# Jennyfer and Christopher Gleason

**AGES:** Jennyfer, 39, and Christopher, 40  
**RESIDENCE:** Clifton Park  
**SPORTS:** Running, Triathlon, Tennis, Soccer, Alpine Skiing  
**FAMILY:** Ashley and Matthew



JENNYFER AT 2009 SKINNYMAN TRIATHLON IN SKANEATELES.



CHRIS AFTER FINISHING 2007 NEW YORK CITY MARATHON.



ASHLEY AND MATTHEW AT 2010 KIDS' CAN 'TRI' TOO IN CLIFTON PARK.



CHRIS WITH BLOODY KNEE AT IRONMAN 70.3 SYRACUSE IN SEPT. 2011.

by Kristen Hislop

Husbands and wives, sisters, brothers, and friends are the necessary built in support system for endurance athletes – and how much better when you can do it together. Training for a marathon or Ironman takes an incredible commitment from the athlete, but also from their family and friends. Couples often do it best and one great example is the Gleasons. Chris and Jennyfer married in 2002 and then got started in an active lifestyle. Right from the start Chris had a goal to get Jennyfer on the black diamond runs at Gore, and this season she's getting closer.

Jennyfer played soccer in high school. When she first hit the field she was last running laps before practice, but quickly she moved to the front. She kept running after college and fulfilled her competitive drive with 5Ks. She started running longer after their kids, Ashley and Matthew, were born. Jenny said, "I realized that, if I could run faster, I could run further in the same amount of time so as not to have the kids out in the stroller longer." That training plan for her daily five-mile run paid off with quicker race times. Jennyfer fully supported Chris in his training for the 2007 Ironman Lake Placid, and then when he signed up for 2008, she decided to get a marathon on the calendar.

The plan was to run with her sister, but her sister's pregnancy changed the training schedule so instead of traveling to a race she decided to do the 2008 Mohawk Hudson River Marathon, with Team Gleason cheering her on. The competitive spirit surfaced again as she had set a goal to qualify for Boston in her first marathon. A little quick out of the gate, she held a strong pace until in the last eight miles when a woman she had been

gaining on went down. Jennyfer stopped to aid her with water and waited until help came. Putting aside her own goals, she still finished in an admirable 3:51:00.

Jennyfer decided to once again try to qualify for Boston 2012. Aging up to the 40-44 age group for 2012 didn't offer much wiggle room. The plan was Quebec City Marathon in August so as to get in on the Boston Marathon sign ups in September. Unfortunately, her IT band had other ideas. After a painful training run and a long walk home she knew Quebec City was not in the cards. The focus would be supporting Chris at Ironman Lake Placid and rehabbing.

Chris's training regimen for the 2007 Ironman Lake Placid involved six- and eight-hour weekend sessions. For the 2008 Ironman Lake Placid he changed up his plan to free up family time. Working with Endurance Nation the focus was intensity versus duration. That meant that Chris could make sure, as he always did, that Jennyfer got her weekend runs in. It also meant he could spend precious time with the kids at their events. He continued to train with Endurance Nation improving each year. He decided on his third Ironman Lake Placid in 2011.

Chris was an athlete from a young age playing tennis and skiing competitively. At the age of 33 his sister encouraged him to enter a marathon and that began his endurance career. In 2011 he came within a couple of places of qualifying for the Ironman World Championships in Kona, Hawaii, with a time of 10:11:04 – tenth in his age group!

Rising to the top of the triathlon world exemplifies how Chris did everything. A dotting and supportive husband, loving and encour-

aging father, grateful son, true friend to all, and a top lawyer – undefeated in his career.

With everything going for him, the Gleasons were dealt a devastating blow on Sunday, November 20, 2011. Just a quarter-mile from the finish of the Philadelphia Marathon Chris collapsed and later died at the hospital. Jennyfer can only say that "God needed Chris for a higher calling." He was the picture of health and doing what he loved with his loved ones watching on. Many athletes in the area know Chris or at least had a great conversation with him, but his reach was impressive. The outpouring on Facebook was incredible – friends from near and far posted about how Chris had changed and enriched their lives.

There are so many incredible tributes to Chris on the Slowtwich forum (forum.slowtwich.com, Search "Gleason," and go to page 1). Read a few to get a flavor of his legacy.

Jennyfer, Ashley and Matthew's lives drastically changed on November 20, but one thing remains a constant – taking care of themselves through eating well and exercise. Jennyfer says that as a mother she has always needed to make time for herself and get her workout in. There is no excuse – she ran with two kids in a jogger and says anyone can carve out a little time. Ashley and Matthew often say, "We need to get our exercise." And they do – skiing, soccer, running with the kids' Pacers at the Southern Saratoga Y, swimming, dance, baseball, and more keep them busy. As their Mom says the kids had a "great example in their father." They will participate and race because they love it and probably as they get older to honor their father.

Ashley and Matthew have already competed in the Y's Kids' Can 'Tri' Too Mini-Triathlon in Clifton Park for a few years. This year they will compete again in the event, now in their father's name. These kids have infinite potential. You can help them by donating to their Education Fund. Donations can be made out to The G. Christopher Gleason Education Fund and mailed to the Gordon Emerick Funeral Home, 1550 Route 9, Clifton Park, NY 12065. Come participate in the Y's Anyone Can 'Tri' Triathlon on May 6, cheer the kids on in the mini-tri, and feel good about everyone's future.

The multisport community is also commemorating Chris at the American Zofingen Duathlon in New Paltz on May 20. This year the middle distance race – which Chris raced last year – is renamed the G. Christopher Gleason Memorial Duathlon. The race is already closed out – another testament to him.

Chris' Endurance Nation coach has set up a ten-percent-off discount on Road ID bracelets (code: pcEndurance). Road ID will be donating profits to the Education Fund for Ashley and Matthew.

Jennyfer is still looking to qualify for Boston and this coach wants to help her make it happen. The Gleasons are one of the most positive families out there – think you can't keep your New Year's resolutions? Think about the Gleason family. They are moving ahead, getting better and stronger, just as Chris would have wanted. Now get out there and be your best! 🍗

*Kristen Hislop (hislopdesigns@hotmail.com) of Clifton Park is a USA Triathlon coach, Team LUNA Chix member, Leukemia & Lymphoma Team in Training coach, and personal trainer whose passion, next to family, is the sport of triathlon.*

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## SNOWSHOEING &amp; CROSS-COUNTRY SKIING

# Snowshoeing and Skiing to Cascade Lake

by Bill Ingersoll



OUTLET OF CASCADE LAKE, WHICH YOU CROSS ON A BRIDGE MADE OF BOARDS AND IRON RAILS.  
PHOTO BY BILL INGERSOLL

In the winter months, Big Moose Road near Eagle Bay is a busy place, relatively speaking. The handful of parking areas found along the road are frequently used by both snowshoers and cross-country skiers looking for a quick escape into the deep woods – an escape that will take them into a fine backcountry environment, but that will only require a few hours at most. And, of course, they come to take advantage of that one resource that all winter enthusiasts crave: deep snow.

Of the options available, Cascade Lake is one of my favorites. During the first decades of the 20th century, a girls' camp operated here. Several quality horses were kept at the facility, and the camp became noted for its equestrian exhibitions. The complex of buildings was imposing, and roads encircled the lake. The buildings were eventually removed and the land was sold to the state, and now the road is an excellent trail loop that seems custom-made for winter recreation.

With such easy access, the area is heavily used by a variety of people. The trails are wide enough here to accommodate both skiers and snowshoers with room to spare.

## GETTING THERE

The trailhead for Cascade Lake is located on Big Moose Road, about 1.3 miles from NY Route 28 in Eagle Bay. After leaving the hamlet, Big Moose Road winds uphill past the old trailhead (located on the inside of a hairpin turn) to reach the preferred parking area, which is prominently marked by a DEC sign. It is plowed throughout the winter; though don't count on this to always occur in the immediate aftermath of a lake-effect snowstorm.

## THE TRAIL

From the parking area, the marked trail begins essentially as a connector that follows an old wagon road for 0.3-mile to intersect the much more substantial roadway that served as the primary access to the camp complex at Cascade Lake. This connector winds gently upward but descends sharply to the junction, where you turn hard left at the bottom of the slope. Snowshoers will wonder what all the fuss is about, but novice skiers may be intimidated by the hill-turn combination. (The way right leads to the old trailhead, which was closed due to traffic safety concerns.)

As you walk along the initial level stretch, you will notice the flank of Cascade Mountain rising to your right. The road soon makes a steady, gradual descent that will delight skiers, and after 15 minutes it passes an iron post on the right that marks the Herkimer-Hamilton county line. Just beyond, at mile one, you come to a junc-

tion where the loop trail around the lake comes in on the right. The main road curves down to the left, passing a spring on the right whose overflow drains down the road. Spruce and balsam become more common, and after passing two clearings on the right – site of the old camp headquarters – you come to the lake's outlet, which you cross on a bridge made of boards and iron rails. Upstream, on your right, are the remains of a wooden fish barrier dam.

At a junction just past the outlet, a red-marked trail comes in on the left, 1.3 miles from the trailhead. This is the link trail that leads to Chain Ponds and Queer Lake, so continue on the main trail to the right. The lake soon appears to the right. At 1.8 miles you reach a clearing on the right that is a favorite stopping place, and one of the best places to view Cascade Lake. This is a campsite sheltered by tall pines and hemlocks. The area has seen a lot of use, but it remains attractive.

The trail narrows beyond this point and continues through an open area where the remains of an old wall stand off to the left. Stonework occasionally lines the old roadway or appears in the nearby woods. There is a second side trail to another shoreline campsite, as well as more remains of the girls' camp. One of the more unusual sites, the overgrown surface of the old tennis court, lies off to the right of the trail, but it will probably be unremarkable in the winter. You pass through another large clearing and then a smaller one with more stonework on the left. A short bushwhack north, into the woods, will take you to the base of a sheer cliff, rising over 100 feet. The woods along the top are extremely dense, and there are no safe views there. However, interesting rock formations and crevices can be found along the bottom – if you are inclined to seek them out.

The trail narrows considerably as it descends from the clearing and passes through a muddy stretch before coming to a swampy area at the head of the lake. In the summer this section is extremely wet, and the trail is difficult to discern, but in the winter this is beside the point. As long as the ground is sufficiently covered by snow, who cares what lies underneath?

The trail now follows passes through fragrant balsam fir trees. At three miles, you reach an open area with a bridge across another inlet. Just out of sight up the inlet, to the left, is the pretty, 25-foot waterfall from which the lake gets its name. Few people pass this spot by without stopping to look. Often it is a frozen column of water, depending on the weather. The water drops cleanly over a vertical rock face.

The trail is at its remotest point at the waterfall. Beyond, it promptly begins to turn back toward the south shore of Cascade Lake. This section is windier and hillier – and not to mention further from the shore as well. There are no campsites, and no opportunities to view the lake without taking a brief off-trail detour. Nevertheless, it continues to follow an obvious roadway. At 4.8 miles you return to the junction near the county line where the trail splits. Continuing left will return you in one-mile (5.8 overall) back to the trailhead. Of course, a significant portion of this route will be gently uphill. 📍

*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 Central Adirondacks.*

10th ANNUAL

## ADIRONDACK BACKCOUNTRY SKI FESTIVAL

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# AROUND THE REGION **News Briefs**

## Leukemia & Lymphoma's Team In Training

ALBANY – At Team In Training, it's ordinary people doing extraordinary things. The Leukemia & Lymphoma Society's TNT helps fight blood cancers while training participants to finish a major marathon, half-marathon, triathlon, 100-mile century bike ride or hiking adventure. The Upstate New York/Vermont Chapter provides experienced coaches and mentors. When participants meet the fundraising goal, LLS arranges airfare and lodging to the event. Participants train in honor of a local patient or survivor for motivation and inspiration. TNT's summer season kicks off in January and they're training teams for the Grand Canyon Hike on May 19; Vermont City Marathon on May 27; America's Most Beautiful Bike Ride on June 3; San Diego Rock N' Roll Marathon on June 3; Lake Placid Half-Marathon on June 10; or Philadelphia Triathlon on June 24. Check out an Informational Meeting (see "Other Events" in ASF Calendar). Info: (518) 438-3583 or [teamintraining.org/uny](http://teamintraining.org/uny).

## Adirondack International Mountaineering Festival

KEENE VALLEY – The Mountaineer and Adirondack Rock and River will host the 16th annual Adirondack International Mountaineering Festival on January 13-15. A slide show by Zoe Hart on Friday night will kick-off the event. Zoe lives in Chamonix, France and is one of the finest Alpinists in the world, and she will share stories from her recent expeditions. Saturday's presentation by renowned guides and mountaineers Matt McCormick and Bayard Russel will be preceded by raffles, and the Keene Valley Fire Dept. and Lake Placid Pub and Brewery will host a pasta dinner. On Sunday, the Adirondack's own Emilie Drinkwater will be presenting. Demo climbing gear will be available for testing on Saturday-Sunday morning at Rock and River. There will be clinics on ice climbing, mountaineering, snowshoeing and avalanche awareness both days. Mountainfest is a charity event that supports local non-profits, and this year it hopes to make a significant contribution to the Flood Relief Funds in Keene and Jay. Info/register: (518) 576-2281 or [mountaineer.com](http://mountaineer.com).

## Craftsbury Marathon, Lake Placid Loppet & Winona Forest Tourathon

LAKE PLACID – Three established cross-country ski races are coming up. The 31st annual TD Bank Craftsbury Marathon on Saturday, January 28 is the largest Nordic event in the east with up to 1,000 competitors of all ages. The old point-to-point course is back, traversing the scenic Northeast Kingdom of Vermont with either 25 or 50K of groomed skiing – and feed stations every 4 to 7K. They are now offering half-price entries for students and \$5 entries for Bill Koch League skiers with a skiing parent. Info/register: (802) 586-7767 or [craftsbury.com](http://craftsbury.com). The Lake Placid Loppet on Saturday, February 4 is celebrating 30 years as thousands of skiers have enjoyed racing on the challenging Mt. Van Hoevenberg trails at the Olympic Sports Complex. It's your chance to ski – almost exactly – the course laid out for the 1980 Winter Olympics. It's part of the American Ski Marathon Series and is open to everyone. You can enter either the 25 or 50K as either a classic or free skier. Info/register: (518) 523-1655 or [whiteface.com](http://whiteface.com). The fourth annual Winona Forest Tourathon on Saturday, February 18 on the Tug Hill Plateau is bringing back the 50K, so skiers can try the 12.5, 25, 37.5 or 50K classical distances. This NYSSRA Nordic sanctioned event is located at the CCC Camp in Mannsville, and features a fantastic awards ceremony with its famous chicken BBQ. They offer a 20-percent off family discount for two or more. Info/register: (315) 243-5235 or [skireg.com](http://skireg.com).

## 32nd Empire State Winter Games

LAKE PLACID – The Empire State Winter Games will take place on Thursday-Sunday, February 2-5 in Lake Placid. The multiday sports event brings together nearly 1,000 athletes from across the state to compete in a variety of winter sports. New this year is ski jumping, Nordic combined and adaptive biathlon. The Opening Ceremonies are at the Olympic Center on Thursday evening. You do not need to be a New York state resident to compete in the games. Info/register: (518) 523-2445 or [empirestatewintergames.com](http://empirestatewintergames.com).

## Cougars: Ecology and Verification Workshop

MIDDLE GROVE – Cougar, mountain lion, puma, painter, panther and catamount are creatures of myths and rumors. Improve your knowledge of cougars, their presence, the dangers and their management. The Track and Sign Cougar Verification Workshop will be taught by expert tracker/naturalist Dr. James Halfpenny and Ndakinna director James Bruchac on Saturday-Sunday, February 11-12 at the Ndakinna Education Center. Starting with an optional Friday slide show, it will cover cougar ecology and interaction in a human environment: population

biology, behavior, pet trade, tracks and signs, age and sex, verifying presence and collecting evidence. The workshop will provide knowledge and skills needed to identify and document signs of cougars, lynx, wolves and other carnivores. It will include sandbox tracking, making plaster casts of rare mammal tracks, and certification. Info/register: (518) 583-9958 or [ndcenter.org](http://ndcenter.org).

## Multi-Sport Life Triathlon Festival

GRAFTON – The SUPER Olympic Road Triathlon will debut at the 2012 Multi-Sport Life Triathlon Festival at Grafton Lakes State Park on July 28-29. The festival will kick-off with Saturday's 13th annual XTERRA SkyHigh Off-Road Triathlon and SHAPE Kids' Triathlon. On Sunday, the SUPER Olympic Road Triathlon will highlight the Capital Region's biggest tri fest. Individual athletes and teams of two or three will swim one-mile in Long Pond, road bike 30 miles on rolling hills, and run seven miles mostly in the shade before finishing at the beautiful state park beach. Athlete and volunteer swag will include a tech shirt, Brunswick BBQ, race photo, and bicycle giveaways at each race. Info/register: (518) 281-6480 or [skyhighsupertri.com](http://skyhighsupertri.com).

## FROM THE PUBLISHER & EDITOR

*Be Your Best in 2012!*



Wow, where is the cold and snow? It looks like winter is finally kicking in this month, so be sure to take get out and enjoy what this beautiful season has to offer. Please support our advertisers – local shops, clubs, events, services and resorts – and tell them where you saw their ad.

We've packed this issue with articles and ideas for winter adventure, whether you're interested in cross-country skiing, a fun day on the slopes or a snowshoe trek. The Calendar of Events has plenty of activities for recreation enthusiasts, endurance athletes and families too.

This month we've profiled Jennyfer and Christopher Gleason and their family. Their story is full of hope and inspiration despite tragedy. We hope by remembering Chris and thinking about his family, you will get out there, be your best and live every day to the fullest.

*Jennyfer and Christopher*

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# RACE RESULTS

## NY CAPITAL REGION BICYCLE ROAD RACE

August 20, 2011 • Ravena-Coeymans-Selkirk High School, Ravena

### CATEGORY WINNERS & REGIONAL FINISHERS

#### PRO & CATEGORY 1/2/3 MEN - 83 MILES

1 3:34:15 Alister Ratcliff Bikereg.com, Durango, CO

#### PRO & CATEGORY 1/2/3 WOMEN - 43 MILES

1 2:04:44 Fabienne Gerard CRCA, Chiropra

2 2:08:10 Jenny Ives Farm Team Elite, Gloversville

3 2:08:14 Bryna Blanchard Farm Team Elite, Troy

4 2:09:44 Sarah Krzysiak Farm Team Elite, Utica

5 2:12:17 Kerrin Strevell Capital Bicycle Racing Club Valatie

#### CATEGORY 3/4 MEN - 63 MILES

1 2:54:39 David Anthony CRCA, New York

2 2:54:46 Austin McLenithan Farm Team Elite, Cambridge

3 2:54:48 Nicholas Waller Team Placid Planet, Gloversville

4 2:54:50 Erik Markevich Farm Team Elite, Stephentown

5 2:54:55 Brad Stratton Capital Bicycle Racing Club, Albany

6 2:55:00 Nathan Sentz Paceline Sports, Cooperstown

7 2:55:10 Curtis White CL Noonan, Delanson

#### CATEGORY 4 WOMEN - 43 MILES

1 2:08:21 Mendy Taylor Bicycle Depot, High Falls

2 2:12:28 Nicole Laplante Team Placid Planet, Peru

3 2:19:48 Donna Moody Team Placid Planet, Lake Placid

4 2:28:21 Charity Giroux Unattached, Queensbury

#### CATEGORY 4/5 MEN - 43 MILES

1 2:01:12 Gregory Dorsch Tarmac Cycling, South Salem

2 2:01:16 Emory Creel Central NY Cyclist, Hamilton

3 2:01:17 Mike Wynn Peru Nordic, Queensbury

4 2:01:18 Matt Mallet Catskill Mt Multisport, Ballston Spa

5 2:01:40 Chris Gleason Catskill Mt Multisport, Clifton Park

6 2:01:40 Scott Hock Adirondack Velo Club, Johnstown

7 2:03:56 Yohsuke Takakura Capital Bicycle Racing Club, Albany

8 2:07:42 Jonathan Sussman Bicycle Haus Racing, Slingerlands

9 2:07:56 Edward Smith Team Placid Planet, Plattsburgh

10 2:08:05 Andrew Laplante Team Placid Planet, Peru

11 2:08:08 Jud Speer Windham Mt Outfitters, Cobleskill

12 2:08:12 Aaron Degiovine Unattached, Greenville

13 2:09:12 Todd Shapiro North American Velo, Ballston Spa

14 2:09:43 Tim Cleworth Capital Bicycle Racing Club, Schenectady

15 2:09:46 Stephen Werthner Capital Bicycle Racing Club, Albany

16 2:09:53 John Libutti Jr Unattached, Menands

17 2:09:56 Michael Lenihan Battenkill-United, Lake George

18 2:11:49 Matthew Christian Capital Bicycle Racing Club, Troy

19 2:12:22 Seth Demarrais Capital Bicycle Racing Club, Worcester

20 2:13:43 Daniel O'Hare Unattached, Westerlo

21 2:16:34 Brian Amersi Unattached, Lake George

22 2:17:15 Daniel Rivers Maxpower Cycling Team, Lowville

23 2:17:21 Don Rice Battenkill-United, Rensselaer

24 2:33:39 Marc Kingsley Inn at Cooperstown, Cooperstown

#### CATEGORY 4 MASTERS MEN 40+ (1-4) - 63 MILES

1 2:53:54 Max Lippolis Team Danbury Audi, Pound Ridge

2 2:57:07 Paul Wojciak Pawling Cycle & Sport, Poughkeepsie

3 2:57:18 Mark Sumner CCC/Keltic/Zanes, Clifton Park

4 2:57:20 Cliff Summers CCC/Keltic/Zanes, Queensbury

5 2:57:19 Terry Blanchet North American Velo, Castleton

6 3:10:30 James Davall Schuss Racing, Marcy

7 3:26:11 Michael Mascarenhas North American Velo, Saratoga Springs

8 3:26:30 Steven Williams Adirondack Velo Club, Northville

#### MASTERS MEN 50+ (1-4) - 63 MILES

1 2:57:02 John Funk Cycle Fitness, South Kent, CT

2 2:57:07 Kevin Mosher CCC/Keltic/Zanes, Voorheesville

3 3:27:01 Mark Graber North American Velo, Saratoga Springs

4 3:42:09 Stephen McAlpine Capital Bicycle Racing Club, Saratoga Springs

#### MASTERS MEN 55+ - 43 MILES

1 2:02:52 Chuck Litty Bethel Cycle Sport Club, Southbury, CT

2 2:13:32 Dan Reilly Team Placid Planet, Saranac Lake

3 2:13:44 Van Fronhofer Battenkill-United, Salem

4 2:18:48 Rich Burnley Battenkill-United, Gansevoort

5 2:38:52 Kenneth McGuinness Capital Bicycle Racing Club, Albany

6 2:50:25 John Cummings Schenectady Cycling Club, Schenectady

#### JUNIORS 15-18 - 43 MILES

1 2:06:35 Edward Bandel Unattached, Mohawk

2 2:11:13 Keane Brennan Farm Team Cycling, Cambridge

3 2:18:08 Paul Lamarche Bicycle Depot, New Paltz

4 2:33:03 Zane Belden Maverick Racing, Queensbury

#### CATEGORY 5 - 43 MILES

1 2:02:54 Edward Singer Team Elevate Cycles, Glenville

2 2:06:22 Shane O'Brien Team Elevate Cycles, Saratoga Springs

3 2:11:15 Dylan Thormarie Adirondack Velo Club, Northville

4 2:11:24 Thomas Gordon Unattached, Delmar

5 2:11:37 Robert Iuliano Angry Fish, Castleton

6 2:11:43 Roger Truax Capital Bicycle Racing Club, Troy

7 2:11:57 Jerry Hicks Team RPM, Glens Falls

8 2:13:41 Alton Ostrander Capital Bicycle Racing Club, Albany

9 2:18:41 Ed Decker Capital Bicycle Racing Club, Ravena

10 2:24:10 Brian McKenna Unattached, Voorheesville

11 2:28:00 Kevin Kretzschmar Tomhannock Bicycles, Rensselaer

12 2:29:41 Edward Armstrong Unattached, Plattsburgh

13 2:30:06 Steve String Adirondack Velo Club, Gloversville

14 2:33:07 Peter Jindra Unattached, Albany

15 2:36:05 Daniel Dick Unattached, Waterford

16 2:36:23 Andrew Rizzi Heather Rizzi Race Team, Niskayuna

17 2:37:04 Buck Mailla Heather Rizzi Race Team, Niskayuna

18 2:44:02 Jeff Hanna Heather Rizzi Race Team, Clifton Park

19 2:47:29 Matthew Tebo Unattached, Clifton Park

Courtesy of Capital Bicycle Racing Club

## 14TH ANNUAL ALTAMONT 5K RUN • August 27, 2011 • Bozenkill Park, Altamont

### MALE OVERALL

1	Kevin Treadway	23	Guilderland	16:14
2	Thomas O'Grady	26	Latham	16:26
3	Aaron Knobloch	35	Guilderland	16:50

### FEMALE AGE GROUP: 40 - 44

1	Kimberly Miseno-Bowles	41	Amsterdam	20:47
2	Dana Peterson	40	Altamont	22:30
3	Penny Tisko	42	Altamont	22:30

### FEMALE OVERALL

1	Courtney Tedeschi	16	Westerlo	18:32
2	Meghan Davey	26	Rotterdam	19:46
3	Nina Armstrong	14	Lake Placid	20:43

### MALE AGE GROUP: 45 - 49

1	Gary Longhi	47	Climax	19:19
2	Brian Borden	47	Altamont	19:40
3	Jim LeBrou	45	Niskayuna	19:43

### MALE AGE GROUP: 1 - 14

1	Andrew Maloney	14	Voorheesville	20:53
2	Noah Valvo	12	Delanson	20:55
3	Lukas Becker	14	Berne	23:57

### FEMALE AGE GROUP: 45 - 49

1	Diane Pomeroy	45	Pittsfield	21:46
2	Eileen Borden	48	Altamont	26:12
3	Elisabeth Gundlach	49	Schenectady	27:35

### FEMALE AGE GROUP: 15 - 19

1	Allie Tedeschi	14	Westerlo	21:23
2	Gabby Armstrong	12	Lake Placid	23:01
3	Aleesha LeRuzic	13	Schoharie	25:42

### MALE AGE GROUP: 50 - 54

1	Vladimir Ilin	53	Albany	18:06
2	John Parisella	53	Schenectady	19:52
3	Thomas Locascio	53	Albany	20:01

### MALE AGE GROUP: 15 - 19

1	Derek Struck	16	Altamont	17:21
2	Sean Reynolds	17	Berne	17:26
3	Joe Becker	16	Voorheesville	18:00

### FEMALE AGE GROUP: 50 - 54

1	Jennifer Ring	53	Delmar	25:55
2	Donna Charlebois	53	East Berne	26:11
3	Stephanie Pohl	50	Atlanta, GA	27:34

### FEMALE AGE GROUP: 15 - 19

1	Abby Swint	17	Berne	22:19
2	Veronika Mazur	15	Guilderland	23:35
3	Amanda Coppolo	16	Schenectady	24:10

### MALE AGE GROUP: 55 - 59

1	Steve Vnuk	55	Delmar	20:40
2	Dominic Coppolo	57	Cherry Valley	22:49
3	Chester Tumidajewicz	57	Amsterdam	23:21

### MALE AGE GROUP: 20 - 24

1	Michael Hamilton Jr	24	Oneonta	17:08
2	Jeff Goupil	24	Clifton Park	17:55
3	Richard Messineo	22	Nassau	18:08

### FEMALE AGE GROUP: 55 - 59

1	Vicky Bastian	55	Voorheesville	26:30
2	Susan Klim	56	Altamont	29:22
3	Mary Ann Jones	56	Altamont	30:11

### MALE AGE GROUP: 25 - 29

1	Ryan Walter	27	Voorheesville	17:35
2	Joel Patrie	27	Scotia	23:09
3	Darren Pearson	25	Schenectady	35:07

### FEMALE AGE GROUP: 60 - 64

1	Carole Bieber	60	Slingerlands	26:13
2	Katherine Ambrosio	61	Delmar	26:28
3	Alice Carpenter	61	Delmar	34:34

### MALE AGE GROUP: 25 - 29

1	Jenna Pearson	26	Schenectady	25:41
2	Megan Svoboda	25	Voorheesville	26:48
3	Keri Vanderwarker	25	Altamont	27:05

### FEMALE AGE GROUP: 65 - 69

1	Thomas Miller	67	Altamont	26:09
2	Oliver Rimes	33	Elka Park	19:24
3	Corbin Gosier	34	Schenectady	21:02
4	Milton O'Connell	33	Pittsfield	21:41

### FEMALE AGE GROUP: 30 - 34

1	Rebecca Moore	24		21:32
2	Erin Ring	23	Albany	22:43
3	Shamcia Razai	24	Altamont	27:57

### FEMALE AGE GROUP: 70 - 74

1	Jim Moore	71	Niskayuna	24:23
2	Bob Knouse	71	Voorheesville	29:11
3	Nancy Johnston	65	Ballston Lake	33:05
4	Linda Keeley	65	Waterford	33:29

### MALE AGE GROUP: 30 - 34

1	Courtney LaBarge	32	Cobleskill	22:18
2	Sandy Tasse	32	Ballston Spa	22:37
3	Sara O'Grady	30	Latham	23:25

### FEMALE AGE GROUP: 75 - 79

1	Dick Green	76	East Chatham	29:18
2	Joe Kelly	78	Menands	32:00
3	Charles Bishop	75	Schenectady	33:48

### MALE AGE GROUP: 35 - 39

1	Amy Pollard	37	Niskayuna	22:43
2	Catherine Smitas	35	Schenectady	24:17
3	Kristin Knauf	39	Altamont	24:55

### FEMALE AGE GROUP: 80 - 89

1	Brian Dillenbeck	40	Alpaus	20:06
2	Matt Neal	42	Waterford	22:17
3	Ray Lauenstein	42	Delmar	23:20

Courtesy of Altamont 5K Race Committee

## HADLEY RUN-PEDAL-TUBE TRIATHLON • August 20, 2011 • Canoe Take-Out, Hadley

### SK RUN, 7.5M BIKE, TUBE ACROSS HUDSON RIVER

#### MALE OVERALL

1 Eric Swihart Horton, MI 1:02:40

#### FEMALE OVERALL

1 Tracey Delaney Queensbury 1:10:50

#### MALE AGE GROUP: 29 & UNDER

1 Michael Hoffman Hadley 1:24:02

2 Benjamin Slutsky Monroe 1:24:12

#### FEMALE AGE GROUP: 29 & UNDER

1 Davida Bork Monroe 1:36:28

2 Jessica Halse Delmar 1:48:48

3 Heather Slutsky Mendham 1:50:16

#### MALE AGE GROUP: 30 - 39

1 Tom Moffet Peru 1:03:42

2 Chad Brown Ticonderoga 1:33:52

3 Jerry Crouch Stephentown 1:37:02

#### FEMALE AGE GROUP: 30 - 39

1 Jennifer Pike Hadley 1:28:01

2 Jamie Brown Rochester 1:33:48

3 Kristin Crouch Stephentown 1:54:11

#### MALE AGE GROUP: 40 - 49

1 Steve Abbott Hadley 1:08:34

2 Doug Dutcher Hadley 1:19:10

3 Mike Delaney Queensbury 1:23:57

#### FEMALE AGE GROUP: 40 - 49

1 Deb Nordyke Hadley 1:15:28

2 Peg Nelson Gansevoort 1:20:14

3 Brenda Hoffman Hadley 1:32:12

#### MALE AGE GROUP: 50 & OVER

1 Hank Lenny Troy 1:22:20

#### FEMALE AGE GROUP: 50 & OVER

1 Barbara Conway Lake Luzerne 1:30:43

2 Judy Slutsky Monroe 1:35:27

# RACE RESULTS

## INAUGURAL LAKE GEORGE OPEN WATER SWIM *continued*

### MALE AGE GROUP: 50 - 59

1 Robert Lewis	AGUA	46:25
2 David Wiseman	OEVT	47:20
3 Bill Kuchinski	OEVT	52:05

### MALE AGE GROUP: 60 - 69

1 Jeff Lynn	UNAT	57:03
2 Scott Fein	OEVT	1:09:52

### MALE AGE GROUP: 70 - 79

1 Foster De Jesus	UNAT	52:34
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### 2.5K WETSUIT

#### WOMEN OVERALL

1 Pia Sanda/56	UNAT	57:22
2 Diane Wagner/63	SSC	1:04:17

### MALE OVERALL

1 Tocher Mitchell/64	OEVT	46:35
2 Anton Dreslin/47	OEVT	50:33
3 John McManus/39	OEVT	54:09

### MALE AGE GROUP: 30 - 39

1 Saad El Bouy	UNAT	55:53
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### MALE AGE GROUP: 50 - 59

1 Ale Serricchio	UNAT	55:47
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### MALE AGE GROUP: 70 - 79

1 Leonard Kershaw		1:09:51
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### 5K NON-WETSUIT

#### FEMALE OVERALL

1 Galen Rinaldi/40-44	CONN	1:13:29
2 Karen Byer/50-54	ADMS	1:25:04
3 Christine Nichols/20-24	NEM	1:27:40

### MALE OVERALL

1 Brent Wasser/30-34	FISH	1:15:54
2 Denis Crean/50-54	WAV1	1:20:15
3 Lou Petto/35-39	OEVT	1:20:43

### FEMALE AGE GROUP: 20 - 29

1 Jennifer Rasmussen	NEM	1:32:30
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### MALE AGE GROUP: 20 - 29

1 Jonathan Lerman	OEVT	1:53:07
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### FEMALE AGE GROUP: 30 - 39

1 Kathleen Schenck		1:28:08
2 Shannon Blake	NEM	1:58:26
3 Elizabeth Scott	NEM	2:01:52

### FEMALE AGE GROUP: 40 - 49

1 Denise Veenstra	NEM	1:41:26
2 Maggie Rowley	ADMS	1:46:36
3 Chris Veenstra	WM	2:18:17

### MALE AGE GROUP: 40 - 49

1 Sean O'Brien	OEVT	1:27:27
2 James Whittel	OEVT	1:27:30
3 Melissa Woods	ADMS	2:02:23

### FEMALE AGE GROUP: 50 - 59

1 Gail Holland-Dufault	NEM	1:28:08
2 Melissa Woods	ADMS	1:40:59

### MALE AGE GROUP: 50 - 59

1 Joseph Riordan	ADMS	1:20:48
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### MALE AGE GROUP: 60 - 69

1 Terry Laughlin	ADMS	1:27:34
2 Robert Singer	ADMS	1:40:33
3 Bernard Aguglia	CVC	2:01:04

### 5K WETSUIT

#### FEMALE OVERALL

1 Jody Planz/45-49	OEVT	1:16:11
2 Caitlyn Ramsey/40-44	RIPM	1:32:41
3 Janet Davignon/45-49	OEVT	1:50:36

### MALE OVERALL

1 Matthew Alpern/45-49	ADMS	1:22:45
2 Michael Komoroske/55-59	ADMS	1:33:48
3 Steven Kirk/50-54	ADMS	1:34:43

### FEMALE AGE GROUP: 30 - 39

1 Julie Hanson	OEVT	2:03:01
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### MALE AGE GROUP: 30 - 39

1 Bob Sherwood	BUMS	1:48:14
2 Saad El Bouy	UNAT	1:53:20

### FEMALE AGE GROUP: 40 - 49

1 Hillary Ryan-Rusch		2:26:34
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### MALE AGE GROUP: 50 - 59

1 John Lomasney	NIAG	1:41:01
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### 10K NON WETSUIT

#### FEMALE OVERALL

1 Rachel Seely/25-29	NEM	2:38:07
2 Dennie Swan-Scott/35-39	ADMS	2:40:38
3 Jessica Gerhart-Moore/30-34	OEVT	2:49:30

### MALE OVERALL

1 Gary Labine/50-54	OEVT	2:47:29
2 Louis Guadagno/45-49	UNAT	2:51:09
3 Ted Pollock/20-24	UNAT	3:06:24

### FEMALE AGE GROUP: 30 - 39

1 Ilana Weinstein	OEVT	4:09:06
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### MALE AGE GROUP: 30 - 39

1 Blair Johnson	DOC	3:14:24
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### FEMALE AGE GROUP: 40 - 49

1 Mary Guilfoyle	BERK	3:36:01
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### MALE AGE GROUP: 40 - 49

1 Tom Curley	OEVT	3:09:29
2 Martin Turecky	ADMS	3:10:10
3 Mitch Katz-Zeitlin	OEVT	4:07:26

### FEMALE AGE GROUP: 50 - 59

1 Patricia Clark	OEVT	4:01:55
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### MALE AGE GROUP: 50 - 59

1 Bill Ondrako	BUMS	4:01:58
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### 10K WETSUIT

#### FEMALE OVERALL

1 Margaret Phillips/55-59		3:20:05
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### MALE OVERALL

1 Rob Rosen/45-49	UNAT	3:06:45
2 Lars McCann/55-59	ADMS	3:07:43
3 Dalton Dwyer/55-59		3:21:59

### MALE AGE GROUP: 55 - 59

1 Stephen Howard	UNAT	4:12:24
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*Courtesy of Green Leaf Racing*

## 4TH ANNUAL FJG RACE TO THE TOP OF VERMONT August 27, 2011 • Stowe Mountain Resort, Stowe

### RUN 4.3M UP MT MANSFIELD TOLL RD

#### FEMALE OVERALL

1 Kasie Enman/30-39	Huntington, VT	39:18
2 Ida Sargent/20-29	Craftsbury Common, VT	44:43
3 Clare Egan/20-29	Craftsbury Common, VT	45:52

#### MALE OVERALL

1 Andrew Gardiner/40-49	Dover, MA	35:28
2 Ryan Tensing-Kerrigan/20-29	Moretown, VT	36:03
3 Viktor Alexy/20-29	Sherbrooke, QC	36:58

### BIKE 4.3M UP MT MANSFIELD TOLL RD

#### FEMALE OVERALL

1 Marilyn Ruseckas/50-59	Warren, VT	41:55
2 Audrey Huffman/40-49	Waitsfield, VT	45:07
3 Heather Voisin/30-39	Montpelier, VT	45:57

#### MALE OVERALL

1 Jamey Driscoll/20-29	Winooski, VT	31:52
2 Kip Roberts/30-39	Montpelier, VT	34:15
3 Josh Dillon/30-39	Essex Junction, VT	34:54

*Courtesy of Catamount Trail Association*

## LAKE GEORGE TRIATHLON FESTIVAL September 3-4, 2011 • Battlefield Park, Lake George

### 7TH ANNUAL LAKE GEORGE TRIATHLON OLYMPIC - 0.9M SWIM, 24.8M BIKE, 6.2M RUN

#### Top 3 Overall, Age Group Winners & Regional Finishers

#### MALE OVERALL

1 Jason Frank/25-29	Burlington, VT	2:01:14
2 Mike Wynn/40-44	Queensbury	2:03:21
3 Jon Hussey/45-49	Saratoga Springs	2:06:35

#### FEMALE OVERALL

1 Madeline Nagy/40-44	Hatfield, MA	2:21:53
2 Jill Smith/30-34	South Burlington, VT	2:22:06
3 Erica Ruge/35-39	Rhinebeck	2:22:22

#### MALE AGE GROUP: 15 - 19

1 David Bruno	Queensbury	3:04:51
2 Will Connolly	Lake George	3:04:51

#### FEMALE AGE GROUP: 15 - 19

1 Alena Lovi-Borgmann	Montclair, NJ	3:13:07
2 Kelly Olsen		3:28:09
3 Katrina Kolvek	Glen Gardner, NJ	3:47:32

#### MALE AGE GROUP: 20 - 24

1 Matthew Gawors	Middletown	2:11:16
2 Steven Vargo	Lake Placid	2:15:14
6 Tim Woods	Loudonville	2:49:35

#### FEMALE AGE GROUP: 20 - 24

1 Kristin Grab	Troy	2:47:48
3 Kendra Kline	Queensbury	2:53:33
8 Ashley Degnan	Slingerlands	3:22:28
9 Linda Amato	Scotia	4:22:26

#### MALE AGE GROUP: 25 - 29

1 Christian Rose	New Paltz	2:12:55
3 Brian Stitt	Ballston Lake	2:32:58
5 Kirk Courneen	Schenectady	2:43:56
10 Chip Cahill	Albany	2:48:36
11 Ryan Bucciantini	East Greenbush	2:50:07
12 Jared Ray	Albany	2:54:18
19 Scott Seligman	Clifton Park	3:17:59
21 Devin Collis	Saratoga Springs	3:20:42
25 Jake Fogarty	Albany	3:48:33

#### FEMALE AGE GROUP: 25 - 29

1 Kristen Wangerin	Niskayuna	2:28:53
2 Elizabeth Emblidge	Queensbury	2:32:28
4 Talara Hedgpeth	Saratoga Springs	2:38:13
6 Joni Gerken	Lake Placid	2:42:35
7 Laura Hotchkiss	Saratoga Springs	2:44:40
8 Danielle Druzynski	Ballston Lake	2:45:11
14 Brett Harris	Albany	2:59:54
15 Jenna Bernhardt	Albany	3:00:48
17 Hilary Kellogg	Saratoga Springs	3:05:34
18 Amanda Barone	Ballston Spa	3:06:08
20 Mary Creedon	Colonie	3:23:50

#### MALE AGE GROUP: 30 - 34

1 Michael Lehtonen	Allentown, PA	2:07:29
3 Daniel Buehner	Queensbury	2:21:53
4 Joshua Muldner	Gansevoort	2:24:07
6 Jeremiah Madden	Albany	2:27:24
7 David Druzynski	Ballston Lake	2:27:34
9 Andrew Kinley	Albany	2:31:35
10 Brian Zaug	Lagrangeville	2:32:16

11 Dan Casey	Gloversville	2:37:03
12 Chad Duffy	Saugerties	2:37:57
13 Chris Nelson	Queensbury	2:38:05
17 Jody Fronheiser	Selkirk	2:45:43
18 Christopher Panza	Saranac Lake	2:46:33
27 Adam Smith	Malta	4:19:03

#### FEMALE AGE GROUP: 30 - 34

1 Meagan Bradley	Plantation, FL	2:28:14
2 Christine Jenkins	Loudonville	2:31:54
3 Colleen Ottalagano-McGarry	Slingerlands	2:36:21
4 Christina Ardito	Niskayuna	2:38:51
6 Sara Madden	Albany	2:43:44
13 Ann Marie Moskal	Ballston Spa	2:56:43
14 Laura Zima	Schenectady	2:56:52
15 Amanda Dunham	Lake Placid	3:00:03
16 Olya Prevo	Mechanicville	3:05:09
19 Marcy Duffy	Saugerties	3:12:06
20 Jessie Lynch	Hudson Falls	3:15:02
22 Veronica Byers	Lake Placid	3:18:43
25 Sarah Fisk	Troy	3:33:13
26 Kimberly Thomas	Mechanicville	3:42:20
27 Jaime Ian	Brunswick	3:44:20
28 Kateri Phillips	Petersburg	3:45:17
29 Elizabeth Mahon	Johnstown	3:57:00

#### MALE AGE GROUP: 35 - 39

1 Keith Murray	Wynantskill	2:07:11
4 Matt Mallet	Ballston Spa	2:10:17
8 Greg Kimblyre	Clifton Park	2:18:27
9 Jason Deluca	Ghent	2:18:57
10 William Davis	Delmar	2:19:33
12 Chris Mulford	Schenectady	2:21:57
18 Vincent Cooper	Gansevoort	2:29:22
19 Alex Ciota	Ballston Spa	2:29:39
20 Derek Peterson	Cohoes	2:30:23
23 Hamish Kerr	Schenectady	2:38:51
26 Andy Gordon	Granville	2:40:23
27 Daniel Cusack	Fultonville	2:40:33
30 Adam Stallmer	Waterford	2:44:46
31 Kevin Campbell	Freeville	2:45:46
32 Nicholas Verdile	Ballston Spa	2:46:00
35 Dave Gilson	Niskayuna	2:55:28
36 Vincent Carsillo	Slingerlands	2:59:23
37 Andrew Alessi	Nassau	3:00:14
38 Pabo Lopez	Delmar	3:02:17
39 Ethan Bowerman	Averill Park	3:03:41
41 Matthew Revitt	Schenectady	3:08:14
42 David Cann	Queensbury	3:08:46
46 Colin Desacia	Schenectady	3:23:41
47 Jason Felton	South Glens Falls	3:24:33
48 Randy Ovitt	Queensbury	3:29:06
49 Daniel Lewis	Delmar	3:29:10

#### FEMALE AGE GROUP: 35 - 39

1 Isabelle Dickens	South Glens Falls	2:28:53
3 Georgina Bowerman	Averill Park	2:48:28
4 Leah Blind	Albany	2:48:32
5 Cynthia Dean	Saratoga Springs	2:48:38
6 Sarah Peters	Albany	2:49:15

*continued*

# SUPER SUNDAYS

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March 11th	SHAMROCK SUNDAY
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4p-7p (F-Sun)

# INSIDE EDGE

**LAKE GEORGE TRIATHLON FESTIVAL *continued***

11 Hannah Barry	Glenmont	2:58:58	<b>MALE AGE GROUP: 55 - 59</b>	1 Michael Christie	Cos Cob, CT	2:20:37
12 Pamela Cooper	Middle Grove	3:00:03	2 Roy Kline	Queensbury	2:33:04	
14 Aixa Toledo	Delmar	3:02:26	6 Bart Hayes	Wilmington	2:43:01	
15 Stephanie Salvato	Scotia	3:03:19	7 Thomas Skeados	Margaretville	2:46:26	
16 Christine Kiesel	New Hartford	3:04:57	8 Steven Schonwetter	Queensbury	2:48:59	
17 Deanne Webster	Albany	3:06:05	9 Jim Waterhouse	Valatie	2:49:47	
19 Karen Yoon	Saratoga Springs	3:09:55	10 Rob Wray	Plattsburgh	2:57:07	
20 Caralyn Casey	Saratoga Springs	3:10:01	12 Peter Holmberg	Queensbury	3:02:04	
25 Kerry Maloney	Mechanicville	4:42:06	13 Jim McCarty	Glens Falls	3:04:05	
<b>MALE AGE GROUP: 40 - 44</b>			14 Kenny Hart	Colonie	3:06:56	
1 Warren Cornwall	Burlington, VT	2:12:22	16 Mark Schachner	Lake George	3:16:32	
2 Randy Kelley	Plattsburgh	2:13:30	<b>FEMALE AGE GROUP: 55 - 59</b>			
3 Kevin Lanahan	Clifton Park	2:14:17	1 Mary Daley	Rocky Hill, CT	2:59:44	
4 Chris Gleason	Clifton Park	2:14:28	3 Karen Casper	Ballston Lake	3:08:58	
7 Dennis Ball	East Greenbush	2:25:54	4 Pia Sanda	Slingerlands	3:17:02	
8 Michael Towle	Clifton Park	2:25:54	<b>MALE AGE GROUP: 60 - 64</b>			
9 Dan Krehnbrink	Guiderland	2:26:50	1 Timothy Ricks	Scarsdale	2:35:05	
10 Derrick Lucas	Plattsburgh	2:28:16	3 Al Jagoda	Gansevoort	2:55:36	
12 Robert Frank	Niskayuna	2:30:28	4 Jim Adams	Altona	3:03:18	
14 Tom Hansen	South Glens Falls	2:32:06	5 Michael McNally	Queensbury	3:05:15	
15 Peter Bierden	Clifton Park	2:33:46	<b>FEMALE AGE GROUP: 60 - 64</b>			
16 Paul Stento	Selkirk	2:34:09	1 Christine McKnight	Schuylerville	3:05:39	
18 Gregory Moore	Saranac Lake	2:34:25	2 Margaret Wallace	Queensbury	3:22:52	
20 Jason Brown	West Oneonta	2:37:13	3 Diane Wagner	Elizabethtown	3:29:04	
23 Stephen Couture	West Chazy	2:38:28	<b>MALE AGE GROUP: 65 - 69</b>			
25 David Martin	Loudonville	2:40:52	1 Hugh Dunseath	Clifton Park	2:35:45	
27 Craig Weidman	Selkirk	2:41:44	2 Ronald Bagnoli	Mechanicville	2:49:53	
28 Brian Dillenbeck	Alplaus	2:41:57	3 Jim Cunningham	Ticonderoga	2:54:36	
29 Erling Hoie	Chatham, NJ	2:43:39	4 Paul Murray	Albany	3:09:54	
31 Warren Sheprow	Red Hook	2:44:45	<b>MALE AGE GROUP: 70 - 74</b>			
35 Michael Skiba	Troy	2:53:44	1 Stephen Mitchell	Malta	3:16:26	
40 Paul Fahey	Albany	3:00:04	2 Leonard Kershaw	Elizabethtown	3:26:59	
42 David Pritchard	Malta	3:03:41	<b>LAST WAVE: MALE (NO AGE GROUP)</b>			
43 Alex Chlopecki II	Glenville	3:04:14	1 William Malone	Saratoga Springs	2:45:58	
45 Brett Balzer	East Greenbush	3:07:20	3 John Danese	Lake George	2:47:47	
47 Paul Vink-Lainas	Wynantskill	3:08:52	5 Jonathan Masters	Albany	2:48:57	
48 Bradley Shear	Delmar	3:11:37	7 Don Welsh	Albany	2:56:04	
49 Ian Carlson	Albany	3:14:55	8 Justin Bergin	Saratoga Springs	2:56:25	
54 Joel Holt	Scotia	3:34:57	12 Don Markoc	Lagrangeville	3:00:18	
<b>FEMALE AGE GROUP: 40 - 44</b>			17 Gregory Hopke	Clifton Park	3:48:51	
1 Michelle Rosowsky	Niskayuna	2:24:25	21 Mark Gleason	Watervliet	4:42:32	
2 Shannon Felix	Burnt Hills	2:28:53	<b>LAST WAVE: FEMALE (NO AGE GROUP)</b>			
4 Keli Scott-Ciota	Ballston Spa	2:42:29	1 Sereena Coombes	Queensbury	2:30:26	
5 Jamie Masson	Loudonville	2:49:41	4 Kathleen Hefferon	Poughkeepsie	3:16:33	
6 Darci Lafave	Lake Placid	2:54:10	6 Mary Kinley	Albany	3:20:19	
7 Colleen Geczy	Queensbury	2:59:39	12 Suzanne Metzger	Clifton Park	4:02:18	
8 Francine Fredette	Glenmont	2:59:52	15 Lisa Piazza	Troy	4:16:12	
9 Christine Macpherson	Glens Falls	3:00:17	<b>NORTHEAST COLLEGIATE TRI SERIES: MALE</b>			
10 Christl Mueller	Averill Park	3:07:14	1 Nick Pasco/25-29	Syracuse	2:06:26	
11 Melinda Fairchild	Averill Park	3:08:12	2 Ike Tucker/20-24	Burlington, VT	2:06:50	
13 Kim Donovan	Slingerlands	3:12:28	3 Joe Huyett/20-24	Blandon, PA	2:10:29	
14 Samantha East	Glenville	3:14:18	<b>NORTHEAST COLLEGIATE TRI SERIES: FEMALE</b>			
15 Kathleen Vanvalen	Delanson	3:19:58	1 Amanda Nauman/20-24	Mission Viejo, CA	2:20:53	
<b>MALE AGE GROUP: 45 - 49</b>			2 Leslie Lupien/20-24	Pomfret, CT	2:33:58	
1 Peter Konecny	Ottawa, ON	2:10:13	3 Shaena Berlin/20-24	Cambridge, MA	2:39:44	
3 Carl Regenauer	Saratoga Springs	2:17:32	<b>RELAY TEAMS: COED</b>			
4 Jeff Dodge	Plattsburgh	2:18:04	1 Professional Fire Restoration	Castleton	2:02:53	
5 Tad Norton	Warrensburg	2:22:32	2 Bikeman.com	Athens	2:13:18	
6 Steven Atkins	Ballston Lake	2:22:43	3 ATC Endurance	Rome	2:18:35	
8 Timothy Kirch	Niskayuna	2:28:41	<b>RELAY: MALE</b>			
10 Jim Daley	Delmar	2:34:41	1 Tom's Team	Granville	2:13:16	
11 Steven St. Claire	Queensbury	2:39:45	2 Suozzo Komoroske	Troy	2:13:25	
12 Robert Cameron	Clifton Park	2:40:07	3 Burnt Hills-Ballston Lake	Burnt Hills	2:15:54	
13 Michael Parzych	Niskayuna	2:40:33	<b>RELAY TEAMS: FEMALE</b>			
14 Matthew Alpern	Latham	2:42:09	1 Gilewicz Girls	Buffalo	2:22:49	
16 John Taggart	Clifton Park	2:45:16	2 Maui Rebel	Plattsburgh	2:26:55	
17 Robert Leslie	Delmar	2:47:19	3 Team North-Action	Troy	2:43:45	
18 Patrick Rowley	Queensbury	2:47:26				
19 Tim Bantham	Ballston Spa	2:49:10				
20 Paul Kiesel	New Hartford	2:49:24				
22 Robert Hankinson	Saratoga Springs	2:53:47				
23 Ted Prime	Lake George	2:58:24				
26 John Perry	Johnsonville	3:08:19				
27 Brian Mayott	Queensbury	3:15:42				
28 William Whitney	Lake Placid	3:20:55				
<b>FEMALE AGE GROUP: 45 - 49</b>						
1 Linda Quintal	Vaudreuil-Sur-Le-Lac, QC	2:43:02				
2 Laura Wong-Pan	Gardiner	2:50:45				
5 Marie Bosman	Niskayuna	2:57:03				
6 Linda Feist	Niskayuna	2:57:28				
7 Anne Battaglia	Loudonville	3:02:37				
8 Carmen Cayouette	Gatineau, QC	3:03:07				
12 Roxanne Gillen	Schenectady	3:13:34				
13 Elizabeth Pratico	Niskayuna	3:14:27				
14 Ann Correa	Clifton Park	3:15:43				
15 Teresa Creedon	Little Falls	3:17:20				
17 Megan Corjulo	Kingston	3:19:53				
19 Cecilia Oballe	Scotia	3:44:43				
21 Leigh Toomey	Queensbury	4:17:42				
<b>MALE AGE GROUP: 50 - 54</b>						
1 Tim Foxen	New York City	2:26:46				
2 Donald Rodbell	Scotia	2:26:54				
3 Chris Buckley	Burnt Hills	2:37:11				
5 Peter Maloy	Loudonville	2:43:15				
6 Brian Shea	Niskayuna	2:43:15				
7 Craig Matis	Clifton Park	2:47:48				
8 Richard Dimick	Queensbury	2:48:13				
9 Michael Rozell	Queensbury	2:52:41				
11 Jim Hyland	Scotia	2:55:14				
13 Mike Zerrahn	Peru	2:57:42				
14 Kenneth Carlstedt	Clifton Park	2:58:46				
15 Mark Howe	East Greenbush	2:59:28				
18 Gerald Christensen	Glenmont	3:06:53				
19 Michael Hammond	Queensbury	3:14:17				
20 Mark Wojcik	Troy	3:18:31				
22 John Harvey	Chestertown	3:36:55				
23 Clay Corjulo	Kingston	3:49:56				
<b>FEMALE AGE GROUP: 50 - 54</b>						
1 Beth Stalker	Burnt Hills	2:28:40				
2 Cindy Novak	Latham	2:53:15				
3 Pamela Neimeth	Milan	2:53:51				
5 Tina Lee	Niskayuna	3:01:49				
6 Tracy Little	Hurley	3:03:59				
9 Kelly Owens	Glens Falls	3:16:10				
10 Patricia Monahan	Warrensburg	3:21:57				

**LAKE GEORGE TRIATHLON FESTIVAL *continued***

23 Glenn Thompson	Clifton Park	6:38:29	4 Jon Whalen	Slingerlands	5:15:01
24 Nathaniel Kemp	Watervliet	6:38:46	6 Robert Smith	Queensbury	5:28:27
25 Daniel Gordon	Clifton Park	6:50:08	7 Jason Van Wie	Amsterdam	5:28:52
<b>FEMALE AGE GROUP: 30 - 34</b>			10 John Denmark	Johnstown	5:44:50
1 Sonya Pasquini	Albany	5:27:00	12 Ryan Rath	Ballston Spa	5:54:56
4 Kim Didrich	Rensselaer	6:04:49	13 Leo Lawrence	Plattsburgh	6:04:40
9 Kimberly Kilby	Schenectady	7:21:24	14 Ron Montesi	Schenectady	6:07:06
10 Kelly Cronkhitte	Rensselaer	7:41:44	15 Gary Ethier	Cohoes	6:12:32
<b>MALE AGE GROUP: 35 - 39</b>			16 Peter Dean	Saratoga Springs	6:23:41
1 Keith Alber	Clifton Park	5:14:15	17 James Hart	Saugerties	6:42:18
2 William Henke	Hudson Falls	5:15:10	18 Mark Wilson	Saugerties	6:48:03
4 Jason Chlopecki	Scotia	5:18:18	19 Dana Hogan	Hudson Falls	6:56:27
5 Christian Gee	Clifton Park	5:19:53	20 Andrew Ruby	Albany	7:10:57
6 Derek Peterson	Cohoes	5:27:16	21 Andrew Tanzillo	Hudson	7:14:14
7 Kenneth Sluti	Fonda	5:30:56	22 Michael Platt	Schenectady	7:29:56
8 Dede Lleshi	Guiderland	5:31:23	<b>FEMALE AGE GROUP: 40 - 44</b>		
9 Brian Watts	Clifton Park	5:33:55	1 Kathryn Cloyd	Baltimore, MD	5:48:59
11 Kyle Johnson	Niskayuna	5:34:36	2 Rachel Butler	Lake Placid	5:57:15
12 Gregory Bown	Broadalbin	5:34:55	4 Jennifer Elliott	Averill Park	6:07:22
14 Terry Benson	Glens Falls	5:47:39	5 Casey Congel	Queensbury	6:19:48
15 Travis Moore	Clifton Park	5:47:51	7 Jenny Stahl	Clifton Park	6:55:17
16 Jason Kenny	Fort Edward	5:48:18	9 Tracy Racicot	Johnsonville	8:25:48
17 Jeremy Roberts	Rome	5:48:28	<b>MALE AGE GROUP: 45 - 49</b>		
18 Dave Travis	East Greenbush	5:50:06	1 Steve Becker	Niskayuna	5:10:34
20 Andrew Snell	Glens Falls	5:59:38	3 Anthony Pharo	Albany	5:12:08
21 Doug McMahan	Ballston Lake	5:59:59	4 Keith Vogel	Queensbury	5:13:06
23 Mike Phelps	Chestertown	6:07:19	6 Jay Tyler	Mechanicville	5:36:53
24 Robert Grace	Rensselaer	6:08:48	7 Ron Richards	Corinth	5:42:02
25 Greg Moran	Ballston Spa	6:19:59	8 Mike Lair	Gloversville	5:44:27
26 Robert Norman	Guiderland	6:24:22	10 Charles Rosenstein	Slingerlands	5:50:20
27 Michael Kuehn	Poughkeepsie	6:25:36	11 Joe Hall	Queensbury	5:54:19
30 Marc Grossman	Niskayuna	6:32:00	12 Kenneth Lane	Castleton	5:54:46
31 Ben Syden	Latham	7:05:12	13 Paul Gebhard	Saratoga Springs	6:06:19
34 David Fisher Jr	Wilton	7:32:05	14 Matthew Landy	Glenmont	6:15:17
35 Benjamin Pisani	Hudson Falls	7:55:02	15 Scott Goodwill	Ballston Lake	6:16:09
<b>FEMALE AGE GROUP: 35 - 39</b>			17 Bobby Hanson	South Glens Falls	6:21:08
1 Blaine Wilkes	Norwalk, CT	5:42:08	18 Scott LaRosa	Clifton Park	6:21:19
3 Erika Anderson	Malta	6:15:28	20 Greg Hewlett	Queensbury	6:24:36
5 Kristen LeClair	Wilton	6:26:04	21 William O'Brien	Argyle	6:42:58
7 Jodi Plante	Saratoga Springs	6:39:39	22 Donald Kinne	Ballston Spa	6:43:32
8 Ashley Peacock	Loudonville	6:39:56	23 John Guastella	Delmar	6:46:16
10 Keylla Capote	East Greenbush	6:40:45	24 George Burke	Troy	6:54:39
11 Jill Koziol	Buskirk	6:52:44	25 Brian Adelson	Gansevoort	7:18:23
12 Kelli Schuhl	Charlton	7:09:21	26 John Perry	Johnsonville	7:26:12
14 Christina Nash	Malta	7:38:05	<b>FEMALE AGE GROUP: 45 - 49</b>		
15 Kerrie Williams	Rensselaer	7:41:44	1 Brenda Ross	Ottawa, ON	6:13:12
<b>MALE AGE GROUP: 40 - 44</b>			2 Carrie Mauro	Glens Falls	6:24:19
1 Craig Tynan	Schenectady	4:52:36	3 Judith Torel	Albany	6:25:37

*continued*

# Cryosurgery

## New Treatment for Foot Pain



**Heel Pain? Plantar Fasciitis? Diabetic Neuropathy? Achilles Tendonitis? Dr. David Lambariski, the Capital District's first and only certified CryoStar surgeon, now offers FDA approved Cryosurgery for these painful foot conditions.**

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- Quick recovery


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**Don't miss out on Dewey Mountain events...**  
 Friday Night Ski Jam ~ ESGQ Snowshoe Races ~ Graymont Tuesday Night Races  
 Saranac Lake Winter Carnival Ski & Snowshoe Races

**For more information on Dewey Mountain visit**  
[www.deweyskicenter.com](http://www.deweyskicenter.com) or 51

# RACE RESULTS

## LAKE GEORGE TRIATHLON FESTIVAL *continued*

4 April Critelli	Glenville	6:46:14	2 Rebecca Weideman	Johnstown	6:35:59
6 Laurie Scheuing	Saratoga Springs	7:41:19	4 Brianna Drexler	Catskill	7:49:16
<b>MALE AGE GROUP: 50 - 54</b>					
1 Bob Bouchard	Greenville, RI	5:08:29	<b>RELAY TEAMS: COED</b>		
2 Robert Underwood	Kattskill Bay	5:15:07	1 Gover Swan Pollock	New York City	4:42:30
3 Johan Bosman	Niskayuna	5:25:19	2 Professional Fire Restoration	Castleton	4:48:00
5 Danny Arnold	Clifton Park	6:27:04	3 XXplosive	Saratoga Springs	6:20:50
6 Chris Busch	Troy	6:31:45	4 We Are JaCT!	Troy	6:31:36
7 Dave Gustafson	Clifton Park	6:31:57	<b>RELAY TEAMS: MALE</b>		
9 Howard Kreitsek	Clifton Park	6:45:35	1 Sundowner Express	Lake George	5:28:39
10 Thomas Struzzi	Saugerties	6:49:03	<b>RELAY TEAMS: FEMALE</b>		
12 Kenneth Shea	Glenville	7:39:24	1 Tri Chix	Mechanicville	5:35:24
<b>FEMALE AGE GROUP: 50 - 54</b>					
1 Laura Hudson	Sparkill	6:21:01	2 Team Shevy	Lebanon, NH	5:44:13
2 Laurie McCarrroll	Castleton	7:24:07	3 Relative Synergy	Ellicott City, MD	8:04:23
<b>MALE AGE GROUP: 55 - 59</b>					
1 Tony Maddaloni	Slingerlands	5:43:35	<b>1ST ANNUAL BIG GEORGE AQUATHON</b>		
<b>FEMALE AGE GROUP: 55 - 59</b>					
1 Diane Jackson	Exeter, NH	7:24:58	<b>1.2M SWIM &amp; 56M BIKE</b>		
2 Elizabeth Carroll	Queensbury	7:31:34	<i>Top 3 Overall, Age Group Winners &amp; Regional Finishers</i>		
<b>MALE AGE GROUP: 60 - 64</b>					
1 Rick Morse	Malta	6:10:38	<b>MALE OVERALL</b>		
2 Richard Erenstone	Lake Placid	6:59:51	1 David Morrissey/Michael	Queensbury	3:16:58
<b>LAST WAVE: MALE (NO AGE GROUP)</b>					
1 Keith Weiss	Malta	5:08:22	2 Pat Sommo/40-44	Guiderland	3:29:59
2 Matthew Bell	Wynantskill	6:12:21	3 Jonathan Cheetham/40-44	Ithaca	3:49:43
3 Stephen Waite	Morrisonville	7:13:59	4 Paul Decker/25-29	Glens Falls	3:56:24
5 Josh Micevic	Catskill	7:28:12	5 Daniel Anderson/30-34	Saratoga Springs	4:07:17
6 Geoffrey Bizan	Mechanicville	7:38:35	6 John Hall/60-64	Lake George	4:36:06
7 Joseph Ibbotson	Selkirk	7:38:35	<b>FEMALE OVERALL</b>		
<b>LAST WAVE: FEMALE (NO AGE GROUP)</b>					
1 Natalie Levreault	South Hadley, MA	6:13:56	1 Joelle Brown/25-29	Bennington, VT	3:58:01
			2 Alicia Chase/50-54	Cadyville	4:18:41
			3 Karen Stroppe/40-44	Schaghticoke	4:22:34
			4 Genine Carvalheira/35-39	Rochester	4:33:59
			5 Jennifer Quagliata/30-34	Rochester	4:40:53
			6 Beth Birch/70-74	New Gloucester, ME	5:43:01

Courtesy of Adirondack Race Management

## 23RD ANNUAL SEFCU LABOR DAY 5K September 5, 2011 • SEFCU Headquarters, Albany

<b>MALE OVERALL</b>					
1 Chuck Terry	29 Albany	15:59	<b>FEMALE AGE GROUP: 25 - 29</b>		
2 Kevin Treadway	23 Albany	16:01	1 Meghan Davey	26 Rotterdam	19:47
3 Thomas O'Grady	26 Latham	16:03	2 Lisa D'Aniello	25 Wilton	20:50
<b>FEMALE OVERALL</b>					
1 Ashley Gorr	24 Albany	17:45	3 Liz Chauhan	26 Albany	21:01
2 Kristina Gracey	28 Albany	18:07	<b>MALE AGE GROUP: 30 - 34</b>		
3 Crystal Perno	30 Clifton Park	19:09	1 Justin Bishop	30 Colonie	16:37
<b>MALE AGE GROUP: 14 &amp; UNDER</b>					
1 Joseph Somerville	12 Wynantskill	21:10	2 Eamon Dempsey	31 Delmar	16:41
2 Jonah Allard	13 Schenectady	21:52	3 Daniel Gracey	34 Albany	19:44
3 Noah Allard	12 Schenectady	25:56	<b>FEMALE AGE GROUP: 30 - 34</b>		
<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>					
1 Katie Schillaci	13 Colonie	20:26	1 Kari Deer	32 Guiderland	20:40
2 Carolyn Pellegrini	13 Colonie	20:49	2 Jennifer Merritt	33 Rensselaer	21:50
3 Heidi Edmonds	11 Cooperstown	22:31	3 Cheryl Sarjeant	31 Albany	22:16
<b>MALE AGE GROUP: 15 - 19</b>					
1 Jordan Pantalone	16 Schenectady	17:08	<b>MALE AGE GROUP: 35 - 39</b>		
2 Jason Lange	16 Schenectady	17:35	1 Michael Roda	35 Albany	16:27
3 Paul Cox	18 Troy	18:01	2 Mathew Nark	38 Mechanicville	18:01
<b>FEMALE AGE GROUP: 15 - 19</b>					
1 Jackie Malecki	15 Colonie	19:52	3 David Tromp	36 Glenmont	18:30
2 Felicia Sciortino	15 Albany	20:24	<b>FEMALE AGE GROUP: 35 - 39</b>		
3 Tayla Williams	15 Schenectady	20:45	1 Sally Drake	38 Albany	21:16
<b>MALE AGE GROUP: 20 - 24</b>					
1 Aaron Lozier	23 Loudonville	16:48	2 Amy Drucker	38 Albany	21:24
2 Richard Messineo	22 Nassau	17:59	3 Melissa McGuire	38 Loudonville	22:51
3 Tim White	23 Schenectady	19:37	<b>MALE AGE GROUP: 40 - 44</b>		
<b>FEMALE AGE GROUP: 20 - 24</b>					
1 Rachel Karam	22 Clifton Park	22:37	1 Jon Rocco	44 Colonie	18:15
2 Julie Nabozny	21 Valatie	23:36	2 Edward Hampston	43 Voorheesville	18:45
3 Brittany Trela	22 Albany	26:54	3 David Shumpert	40 Clifton Park	19:44
<b>MALE AGE GROUP: 25 - 29</b>					
1 Andrew McCarthy	27 Albany	17:14	<b>FEMALE AGE GROUP: 40 - 44</b>		
2 Jason Cordeira	28 Albany	17:39	1 Kimberly Miseno-Bowles	41 Amsterdam	20:42
3 Derek Balcom	28 Brooklyn	17:46	2 Regina McGarvey	41 Castleton	22:42
			3 Martha Goelke	44 Voorheesville	24:11
			<b>MALE AGE GROUP: 45 - 49</b>		
			1 Bruce Beesley	46 Delhi	18:52
			2 Blaine Freadman	47 Pittsfield, MA	19:33
			3 Daniel Hart	48 Waterford	19:43
			<b>FEMALE AGE GROUP: 45 - 49</b>		
			1 Nancy Nicholson	49 Queensbury	20:47
			2 Peggy Egan	45 Albany	22:15
			3 Brenda Lennon	45 Troy	23:58

continued

## 23RD ANNUAL SEFCU LABOR DAY 5K *continued*

<b>MALE AGE GROUP: 50 - 54</b>					
1 Derrick Staley	52 Ballston Lake	17:15	<b>MALE AGE GROUP: 65 - 69</b>		
2 Steve Conant	53 Glenmont	19:48	1 Norman Dovberg	65 Slingerlands	22:40
3 Rick Munson	54 Prattsville	19:57	2 Thomas McClure	66 Geneva	33:09
<b>FEMALE AGE GROUP: 50 - 54</b>					
1 Janice Phoenix	50 Schenectady	21:58	3 Joseph Silva	69 Albany	38:28
2 Nancy Taormina	52 Albany	22:06	<b>FEMALE AGE GROUP: 65 - 69</b>		
3 Debra Jane Batchler	52 East Berne	22:38	1 Mary Ellis	68 Schenectady	32:55
<b>MALE AGE GROUP: 55 - 59</b>					
1 Rob Colborn	56 Niskayuna	19:39	2 Linda Keeley	65 Waterford	34:08
2 Jack Nabozny	55 Valatie	20:04	<b>MALE AGE GROUP: 70 - 74</b>		
3 Steve Sweeney	56 Albany	20:39	1 Jim Moore	71 Niskayuna	24:21
<b>FEMALE AGE GROUP: 55 - 59</b>					
1 Sue Burns	56 Rensselaer	25:45	2 Bob Knouse	71 Voorheesville	29:57
2 Joan Celentano	58 Schenectady	25:50	3 Kenneth Skinner	71 Albany	31:43
3 Anne Marie Couser	57 Delmar	28:14	<b>FEMALE AGE GROUP: 70 - 74</b>		
<b>MALE AGE GROUP: 60 - 64</b>					
1 Paul Bennett	60 Latham	20:46	1 Liz Milo	70 Altamont	36:42
2 Juergen Reher	61 Wynantskill	21:14	2 Eiko Bogue	74 Schaghticoke	39:46
3 John Stockwell	63 Watervliet	22:44	3 Harriet Thomas	73 Delmar	51:17
<b>FEMALE AGE GROUP: 60 - 64</b>					
1 Judy Phelps	60 Malta	21:46	<b>MALE AGE GROUP: 75 - 79</b>		
2 Martha DeGrazia	60 Slingerlands	23:01	1 Wade Stockman	76 Rensselaer	25:59
3 Erika Oesterle	60 Stamford	23:52	2 Chris Rush	75 Schenectady	26:18
			3 Charles Bishop	75 Schenectady	33:31
			<b>FEMALE AGE GROUP: 75 - 79</b>		
			1 Anny Stockman	79 Rensselaer	31:59
			2 Joan Corrigan	76 Clifton Park	40:34
			<b>MALE AGE GROUP: 80 &amp; OVER</b>		
			1 Ken Orner	81 Albany	39:28

Courtesy of Hudson-Mohawk Road Runners Club

## 29TH ANNUAL ADIRONDACK CANOE CLASSIC: THE 90-MILER September 9-11, 2011 • Old Forge to Saranac Lake

<b>OPEN TOURING: NON-COMPETITIVE</b>					
1 J. Maly/J. Williams/R. Nelson/B. Schoen	14:22:58	<b>CANOE 4-PERSON STOCK MEN</b>			
2 C. Gianfagna/T. Gianfagna/M. Young/H. Nugent	14:35:26	1 E. Werner/J. Firkin/Y. Ranger/A. Nichols	12:47:22	Philadelphia, PA/Allentown, NJ/Alexandria, ON	
3 S. Meyer/L. Meyer/W. Raineri/G. Meyer	14:37:48	2 K. Streb/R. Price/R. Donaldson/H. Donaldson	13:00:58	Rochester/Orlando, FL/Harvard, MA	
		3 C. Yarnell/J. Goss/M. Malley/K. Kaunzinger	13:16:28	Alburgh, VT/Colchester, VT/Essex Jct., VT/Rancho Cordova, CA	
<b>GUIDEBOATS: 1-PERSON</b>					
1 Phil DeCaro	Rye	17:06:57	<b>CANOE 4-PERSON MIXED</b>		
2 Beth Burchill	Rochester	17:49:21	1 R. McLain/L. McLain/K. McLain/G. McLain	13:23:52	Chesapeake, VA/Ballston Spa
<b>GUIDEBOAT: 2-PERSON</b>					
1 Randy Blakeman/Michael Dunn	Malta/Rochester	15:30:44	2 R. Bomberger/J. Shenberger/R. Flament/T. Flament	13:33:45	Manheim, PA/Hummelstown, PA/Emporium, PA
2 Francois Morier/Benjamin Rochon	Grand, QC/Blainville, QC	15:50:00	3 D. Zierb/K. Kostra/M. Kopta/L. Martin	3:35:58	Wilmington, DE/Transfer, PA/Clymer/Russell, PA
3 John Vuolo/Marcello Toricelli	S. Salem/Carmel	16:14:11	<b>CANOE 4-PERSON STOCK WOMEN</b>		
<b>VOYAGEUR CANOES</b>					
1 Richard Reynolds Express	Rochester	11:32:15	1 C. Porvaznik/S. Dantuono/T. Kivlen/M. Cook	15:36:30	Lake Placid/Saranac Lake/Hudson, NH/Paul Smiths
2 Dogbreath	Rexford	12:09:27	2 H. Crouch/G. Barfoot/O. Berry/K. Leonard	16:43:14	Sherburne/E. Syracuse/Cazenovia/Cazenovia
3 Dale & Destroyers	West Chester, PA	12:46:51	3 K. Brenden/A. Dow/J. Specht/A. Bastidas	17:57:25	Clinton/Clinton/Clinton
<b>CANOE 2-PERSON FAMILY</b>					
1 Dan Tickner/West Tickner	17:02:58	<b>CANOE 4-PERSON OPEN</b>			
2 Chris Walsh/Matthew Walsh	18:08:41	1 J. Santor/G. Santor/G. Newman/D. Thomas	12:09:09	Plattsburgh/Canton/Watertown	
<b>CANOE 2-PERSON RECREATION MEN</b>					
1 Jim Mattingly/Marvin Mattingly	Theresa/Theresa	15:42:11	2 R. Barton/B. Barton/T. Triebold/M. Rimer	12:12:01	Homer, MI/Spring Arbor, MI/Horton, MI
2 Daniel Sillick/Craig Sillick	Hamilton/Canadaigua	16:05:31	3 D. Sennett/A. Gillespie/M. Schlimmer/T. Schlimmer	13:38:09	Auburn/E. Rochester/Cortland
3 John Koenig/William Koenig	Lancaster, PA/Delta, PA	16:15:35	<b>CANOE 2-PERSON AMATEUR MEN</b>		
<b>CANOE 2-PERSON RECREATION MIXED</b>					
1 John Scoville/Sarah Scoville	Covenry, CT/Boston, MA	17:05:42	1 Kevin Berl/Richard Butts	Macedon/Rochester	13:36:20
2 Ed Van Keuren/Rose Van Keuren	Cherry Hill, NJ	17:56:37	2 John Kangas/Dan Mecklenburg	Columbus, OH	13:54:19
3 Ryan Thompson/Catherine Thompson	Old Forge	18:20:31	3 Peter Ross/Tim Henning	Ontario/Marion	13:56:05
<b>CANOE 2-PERSON RECREATION WOMEN</b>					
1 Kathleen Wiley/Kerry Alexander	Paul Smiths	19:55:26	<b>CANOE 2-PERSON AMATEUR WOMEN</b>		
<b>SOLO RECREATION MEN</b>					
1 Stefan Bibb	Rainbow Lake	14:45:26	1 Kim Greiner/Susan Knapik	Esperance/Amsterdam	16:05:11
2 John Eberhardt	Pittsford	15:15:49	<b>CANOE 2-PERSON AMATEUR MIXED</b>		
3 Paul Repak	Boonville	16:39:09	1 David Hunter/Janet Findlay	Lake Placid	13:29:57
<b>CANOE 1-PERSON STOCK MENS</b>					
1 Rodger Dempster	Saranac Lake	15:19:26	2 Chas Billingsley/Diana Billingsley	Lake Clear	14:46:06
2 Will Siegfried	Potsdam	16:31:23	3 John Brodhead/Gina Campoli	Craftsbury Common, VT	14:57:04
3 Anthony Chungbin	East Amherst	17:25:22	<b>CANOE 2-PERSON STOCK MIXED OPEN</b>		
<b>CANOE 1-PERSON STOCK WOMENS</b>					
1 Louise McCarren	Charlotte, VT	20:52:22	1 Jennifer Okonuk/Eddie Gibbs	Ray Brook	15:07:15
<b>CANOE 1-PERSON AMATEUR MEN</b>					
1 Dale Carpenter	Sacketts Harbor	16:46:04	2 Robert Zimmerman/Julie Hinsdill	Old Forge/Boonville	16:08:57
2 Yues Villeneuve	Alfred, ON	17:24:29	3 Jon Vermilyea/Ashley Cary	Clay	16:18:04
3 Kerry Newell	Heuvelton	17:51:59			continued

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29TH ANNUAL ADIRONDACK CANOE CLASSIC: THE 90-MILER continued

CANOE 2-PERSON STOCK MIXED MASTERS

Table with 3 columns: Rank, Name, Location, Time. Includes Claude Roux/Joanna Faloon, Adam Wheeler/Heather Wheeler, Stephanie Banks/David Banks.

CANOE 2-PERSON STOCK MIXED VETERANS

Table with 3 columns: Rank, Name, Location, Time. Includes Pierre Pinard/Elsa Matthews, Dave Paddock/Denise Paddock, Terry Harris/Mary Beth Harris.

CANOE 2-PERSON STOCK WOMEN

Table with 3 columns: Rank, Name, Location, Time. Includes Donna Walsh/Cary Hall, Susan Storch/Mary Duk.

CANOE 2-PERSON STOCK MENS OPEN

Table with 3 columns: Rank, Name, Location, Time. Includes Bruce Coddington/Francis Schlimmer, Andrew Pritchard/Michael Brazell, Jason Hanna/Phil LaMarche.

CANOE 2-PERSON STOCK MENS MASTERS

Table with 3 columns: Rank, Name, Location, Time. Includes Ron Reed/John Potter, Gary Peters/Laurence Kampnich, Bruce Kennedy/Tom Necrason.

CANOE 2-PERSON STOCK MENS VETERANS

Table with 3 columns: Rank, Name, Location, Time. Includes Mike Skivington/Glen Vandewinckel, Ron Gay/Dan Tracy, Nick Hindley/Don LaFever.

TOURING KAYAK MEN

Table with 3 columns: Rank, Name, Location, Time. Includes Roger Gocking, Shawn Urban.

KAYAKS UNLIMITED

Table with 3 columns: Rank, Name, Location, Time. Includes David Ware, Larry Thomas.

KAYAK 2-PERSON MEN

Table with 3 columns: Rank, Name, Location, Time. Includes Scott Stenberg/Tom Ierardi, Scott Weiler/Jason Urkfitz.

KAYAK 2-PERSON WOMEN

Table with 3 columns: Rank, Name, Location, Time. Includes Nina Sennett/Kathleen Sennett.

KAYAK 2-PERSON MIXED

Table with 3 columns: Rank, Name, Location, Time. Includes Roxanne Miller/Wayne Bovee.

Courtesy of Adirondack Watershed Alliance

2ND ANNUAL MALTA BPA 5K September 10, 2011 • HVCC Tec-Smart, Malta

MALE OVERALL

Table with 3 columns: Rank, Name, Location, Time. Includes Daniel Jordy, Shaun Donegan, Jeff Goupil.

FEMALE OVERALL

Table with 3 columns: Rank, Name, Location, Time. Includes Cheryl Sarjeant, Gail Rubinstein, Susan Keely.

MALE AGE GROUP: 14 & UNDER

Table with 3 columns: Rank, Name, Location, Time. Includes Peter Hansen, Skyler McConchie, Patrick Nagy.

FEMALE AGE GROUP: 14 & UNDER

Table with 3 columns: Rank, Name, Location, Time. Includes Hannah Fogarty, Megan Liuzzo, Abigail Frederick.

MALE AGE GROUP: 15 - 19

Table with 3 columns: Rank, Name, Location, Time. Includes Jon Blake, Spenser Mann, Owen Reilly.

FEMALE AGE GROUP: 15 - 19

Table with 3 columns: Rank, Name, Location, Time. Includes Autumn Clifton.

MALE AGE GROUP: 20 - 24

Table with 3 columns: Rank, Name, Location, Time. Includes Tony Kalill, Mat Hogaboom, Samuel Ferrec.

FEMALE AGE GROUP: 20 - 24

Table with 3 columns: Rank, Name, Location, Time. Includes Emma Levine, Lauren Seils, Amy Marshall.

MALE AGE GROUP: 25 - 29

Table with 3 columns: Rank, Name, Location, Time. Includes Jesse Naftel, Matthew Iglar, Brian Hupe.

FEMALE AGE GROUP: 25 - 29

Table with 3 columns: Rank, Name, Location, Time. Includes Sonja Safer, Jessica Kratzert, Nichole Demarco.

MALE AGE GROUP: 30 - 34

Table with 3 columns: Rank, Name, Location, Time. Includes Matthew Harkins, Joseph Kelly, Brandon Holcomb.

FEMALE AGE GROUP: 30 - 34

Table with 3 columns: Rank, Name, Location, Time. Includes Sandy Tasse, Sarah McLellan, Jennifer Bennice.

MALE AGE GROUP: 35 - 39

Table with 3 columns: Rank, Name, Location, Time. Includes Matt Zappen, Shawn DeCenzo, Christopher Tuohy.

FEMALE AGE GROUP: 35 - 39

Table with 3 columns: Rank, Name, Location, Time. Includes Claudia Greco, Shannon Hansen, Ally Kelly.

MALE AGE GROUP: 40 - 44

Table with 3 columns: Rank, Name, Location, Time. Includes Steve Wagner, Paul Toth, Marc Grace.

FEMALE AGE GROUP: 40 - 44

Table with 3 columns: Rank, Name, Location, Time. Includes Kelly Armer, Stephanie Ferradino, Debbie Zelker.

MALE AGE GROUP: 45 - 49

Table with 3 columns: Rank, Name, Location, Time. Includes Michael Wallner, Adam Erno, Kevin Whitehead.

FEMALE AGE GROUP: 45 - 49

Table with 3 columns: Rank, Name, Location, Time. Includes Tracy Perry, Claudia Boyle, Heather Freilich.

MALE AGE GROUP: 50 - 54

Table with 3 columns: Rank, Name, Location, Time. Includes Mike Carbino, Mike Pitnell, Derek Clayton.

FEMALE AGE GROUP: 50 - 54

Table with 3 columns: Rank, Name, Location, Time. Includes Lynn Lindskoog, Ann Gaetano, Deneen Hornberger.

MALE AGE GROUP: 55 - 59

Table with 3 columns: Rank, Name, Location, Time. Includes Jack Spanner, Dan Owens, Tim Fisher.

FEMALE AGE GROUP: 55 - 59

Table with 3 columns: Rank, Name, Location, Time. Includes Susan Lohnas, Donna Araujo, Stephanie Seymour.

MALE AGE GROUP: 60 - 64

Table with 3 columns: Rank, Name, Location, Time. Includes Dominick Delorio Jr, Terry Smith, Edward Swanson.

FEMALE AGE GROUP: 60 - 64

Table with 3 columns: Rank, Name, Location, Time. Includes Maryann Louison, Helen Endres.

MALE AGE GROUP: 65 - 69

Table with 3 columns: Rank, Name, Location, Time. Includes Bob Guglielmo.

FEMALE AGE GROUP: 65 - 69

Table with 3 columns: Rank, Name, Location, Time. Includes Christina Guglielmo.

MALE AGE GROUP: 75 - 79

Table with 3 columns: Rank, Name, Location, Time. Includes Peter Hettrich.

Courtesy of Malta Business & Professional Association

3RD ANNUAL RED APPLE RUN 10K & 5K September 10, 2011 • Samascott Orchards, Kinderhook

5K TRAIL RUN

Table with 3 columns: Rank, Name, Location, Time. Includes Paul Mueller, Tom Fraser, Ben Nagy.

FEMALE OVERALL

Table with 3 columns: Rank, Name, Location, Time. Includes Kim Law, Julie Nabozny, Vitry Edith.

MALE AGE GROUP: 19 & UNDER

Table with 3 columns: Rank, Name, Location, Time. Includes Trey Hotaling, Donny Rothwein, Austin Viall.

FEMALE AGE GROUP: 19 & UNDER

Table with 3 columns: Rank, Name, Location, Time. Includes Samantha Andritz, Chloe Pratt, Charlotte Hatch.

MALE AGE GROUP: 20 - 29

Table with 3 columns: Rank, Name, Location, Time. Includes David Leonard, Kevin Messineo, Christopher Sutton Jr.

FEMALE AGE GROUP: 20 - 29

Table with 3 columns: Rank, Name, Location, Time. Includes Sarah Sutton, Morgan Irish, Shannon Glaski.

MALE AGE GROUP: 30 - 39

Table with 3 columns: Rank, Name, Location, Time. Includes Adam Charbonneau, Jeffrey Andritz, James Keith.

FEMALE AGE GROUP: 30 - 39

Table with 3 columns: Rank, Name, Location, Time. Includes Carolyn Switzer, Molly Dolan-Goodrich, Allison Welch.

MALE AGE GROUP: 40 - 49

Table with 3 columns: Rank, Name, Location, Time. Includes Jim Adbou, Scott Patzwahl, Joe Bouck.

FEMALE AGE GROUP: 40 - 49

Table with 3 columns: Rank, Name, Location, Time. Includes Julia Kadison, Lori Stevens, Jennifer Brennan.

MALE AGE GROUP: 50 - 59

Table with 3 columns: Rank, Name, Location, Time. Includes Rick Hartshorn, David Nagengast, Ray Framarin.

FEMALE AGE GROUP: 50 - 59

Table with 3 columns: Rank, Name, Location, Time. Includes Jennifer Ring, Donna Charlebois, Barbara Sorrell.

MALE AGE GROUP: 60 - 69

Table with 3 columns: Rank, Name, Location, Time. Includes William Schneider, Greg Rickes, Dick Draper.

FEMALE AGE GROUP: 60 - 69

Table with 3 columns: Rank, Name, Location, Time. Includes Ann Scharoun, Valatie.

10K TRAIL RUN

Table with 3 columns: Rank, Name, Location, Time. Includes Richard Messineo, Paul Cox, Joshua Katzman.

FEMALE OVERALL

Table with 3 columns: Rank, Name, Location, Time. Includes Chelsa Bengou, Karen Bertasso, Kelly Virkler.

MALE AGE GROUP: 19 & UNDER

Table with 3 columns: Rank, Name, Location, Time. Includes Adam Day.

MALE AGE GROUP: 20 - 29

Table with 3 columns: Rank, Name, Location, Time. Includes Ben Muller, Onarjee Vincent, Robert Magee.

FEMALE AGE GROUP: 20 - 29

Table with 3 columns: Rank, Name, Location, Time. Includes Erin Ring, Jenna Molella, Brianna Balzer.

MALE AGE GROUP: 30 - 39

Table with 3 columns: Rank, Name, Location, Time. Includes Dennis VanVlack, James Kavanagh, Dean Rowe.

FEMALE AGE GROUP: 30 - 39

Table with 3 columns: Rank, Name, Location, Time. Includes Alanna Almstead, Karen Baumeister, Victoria Engel-Fowles.

MALE AGE GROUP: 40 - 49

Table with 3 columns: Rank, Name, Location, Time. Includes Walter Butler, Brian Dillenbeck, Mike Howard.

FEMALE AGE GROUP: 40 - 49

Table with 3 columns: Rank, Name, Location, Time. Includes Deanna Hitchcock, Colleen Carpenter-Rice, Kelley Sokolowski.

MALE AGE GROUP: 50 - 59

Table with 3 columns: Rank, Name, Location, Time. Includes Dan Michaud, Tom Tift, Timothy Lesar.

FEMALE AGE GROUP: 50 - 59

Table with 3 columns: Rank, Name, Location, Time. Includes Carmen Narvaez, Paula Boughtwood, Cindy Michelin.

MALE AGE GROUP: 60 - 69

Table with 3 columns: Rank, Name, Location, Time. Includes Susan Wong.

Courtesy of Kinderhook Runners Club

40TH ANNUAL HMRRRC ANNIVERSARY RACES September 11, 2011 • University at Albany, Albany

2.95 MILES

Table with 3 columns: Rank, Name, Location, Time. Includes Brian Northan, Howard Warkow, Chris Nowak.

FEMALE OVERALL

Table with 3 columns: Rank, Name, Location, Time. Includes Natalie Wallace, Carolyn George, Mackenzie Faughnan.

MALE AGE GROUP: 19 & UNDER

Table with 3 columns: Rank, Name, Location, Time. Includes Matthew Saker, Mitch Marown, Victor Warner.

FEMALE AGE GROUP: 19 & UNDER

Table with 3 columns: Rank, Name, Location, Time. Includes Amber Summers.

MALE AGE GROUP: 20 - 29

Table with 3 columns: Rank, Name, Location, Time. Includes Joseph Demarco, Tyler Matarelli.

MALE AGE GROUP: 30 - 39

Table with 3 columns: Rank, Name, Location, Time. Includes Matthew Fryer, TJ Karl.

FEMALE AGE GROUP: 30 - 39

Table with 3 columns: Rank, Name, Location, Time. Includes Betty Ann Delan, Carrie Rashford, Mary Kay McGuire.

MALE AGE GROUP: 40 - 49

Table with 3 columns: Rank, Name, Location, Time. Includes Todd Rowe.

FEMALE AGE GROUP: 40 - 49

Table with 3 columns: Rank, Name, Location, Time. Includes Lori Stevens, Laurel Petersen, Nell Ball.

MALE AGE GROUP: 50 - 59

Table with 3 columns: Rank, Name, Location, Time. Includes Bob Somerville, Dale Broomhead, Charles Adams.

FEMALE AGE GROUP: 50 - 59

Table with 3 columns: Rank, Name, Location, Time. Includes Donna Charlebois, Donna Choiniere, Joanne Barlow.

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# RACE RESULTS

## 40TH ANNUAL HMRRR ANNIVERSARY RACES *continued*

<b>MALE AGE GROUP: 60 - 69</b>			<b>FEMALE AGE GROUP: 30 - 39</b>		
1 Jack Berkery	63	Latham 31:18	1 Sonya Pasquini	33	Albany 42:49
2 Joe Hein	61	Altamont 33:12	2 Sally Drake	38	Albany 43:00
3 Ray Lee	69	Halfmoon 35:23	3 Mary Jane MacPherson	31	Latham 44:49
<b>FEMALE AGE GROUP: 60 - 69</b>			<b>MALE AGE GROUP: 40 - 49</b>		
1 Judy Lynch	62	Castleton 29:33	1 Ahmed Elasser	48	Latham 35:44
<b>MALE AGE GROUP: 70 - 74</b>			2 Jon Rocco	44	Colonie 35:50
1 Bob Knouse	71	Voorheesville 27:40	3 Craig Weidman	40	Selkirk 40:01
2 Don Wilken	73	Slingerlands 32:21	<b>FEMALE AGE GROUP: 40 - 49</b>		
3 Jim Tierney	76	Albany 53:26	1 Kari Gathen	42	Albany 40:30
<b>FEMALE AGE GROUP: 70 - 79</b>			2 Kimberly Miseno-Bowles	41	Amsterdam 40:52
1 Harriet Thomas	73	Delmar 49:47	3 Chris Varley	47	Albany 44:35
<b>MALE AGE GROUP: 80 &amp; OVER</b>			<b>MALE AGE GROUP: 50 - 59</b>		
1 Ken Clikeman	80	Altamont 51:20	1 Derrick Staley	52	Ballston Lake 37:10
<b>5.9 MILES</b>			2 Ken Evans	50	Delmar 38:50
<b>MALE OVERALL</b>			3 Steve Conant	53	Glenmont 38:53
1 Thomas O'Grady	26	Latham 31:59	<b>FEMALE AGE GROUP: 50 - 59</b>		
2 Aaron Robertson	33	Voorheesville 31:59	1 Debra-Jane Batchner	52	East Berne 44:19
3 Tom Casey	25	Saranac 32:12	2 Joan Celestano	58	Schenectady 50:35
<b>FEMALE OVERALL</b>			3 Susan Callander	54	Dumfries, Scotland 50:49
1 Kristina Gracey	28	Guilderland 36:07	<b>MALE AGE GROUP: 60 - 69</b>		
2 Karen Bertasso	27	Scotia 38:14	1 Paul Bennett	60	Latham 40:42
3 Meghan Davey	26	Rotterdam 38:19	2 Paul Forbes	61	Colonie 40:47
<b>MALE AGE GROUP: 19 &amp; UNDER</b>			3 Juergen Reher	61	Wynantskill 41:27
1 Paul Cox	18	Troy 36:37	<b>FEMALE AGE GROUP: 60 - 69</b>		
<b>MALE AGE GROUP: 20 - 29</b>			1 Judy Phelps	60	Malta 43:28
1 Mike Heymann	22	Saranac Lake 33:54	2 Martha DeGrazia	60	Slingerlands 45:15
2 Richard Messineo	22	Nassau 34:14	3 Susan Wong	63	Glenmont 51:37
3 Paul Mueller	27	Delmar 35:16	<b>MALE AGE GROUP: 70 - 79</b>		
<b>FEMALE AGE GROUP: 20 - 29</b>			1 Jim Moore	71	Niskayuna 48:25
1 Liz Chauhan	27	Albany 41:18	2 James McGuinness	72	Schenectady 51:06
2 Christina Jordy	29	Glenville 44:40	3 Wade Stockman	76	Rensselaer 52:06
3 Erin Rightmyer	27	Delmar 46:30	<b>FEMALE AGE GROUP: 70 - 79</b>		
<b>MALE AGE GROUP: 30 - 39</b>			1 Anny Stockman	79	Rensselaer 1:03:22
1 Aaron Knobloch	35	Guilderland 33:04	2 Eiko Bogue	74	Schaghticoke 1:15:04
2 Bill Davis	37	Delmar 34:04	3 Joan Corrigan	76	Clifton Park 1:17:10
3 Chris Mulford	34	Schenectady 34:14	<b>MALE AGE GROUP: 80 &amp; OVER</b>		
			1 Ken Orner	81	Albany 1:17:40

*Courtesy of Hudson-Mohawk Road Runners Club*

## 13TH ANNUAL MOUNTAIN LAKE SERVICES TRIATHLON September 11, 2011 • Camp Whippoorwill, Keeseville

<b>RECREATION: 1.5M PADDLE, 2.5M RUN, 14M BIKE</b>			<b>IRON: 3.5M PADDLE, 5.5M RUN, 20M BIKE</b>		
<b>MALE OVERALL</b>			<b>IRON TEAMS</b>		
1 James Kahler	1:35:01		1 Keith Hager/Marion Stan/Lindsay Pashow	2:32:36	
<b>FEMALE OVERALL</b>			2 David Rutkowski/Jim Cunningham	2:37:12	
1 Debra Kahler	1:59:41		3 Forrest Gucker/Robin Gucker/Peter Gucker/Lindsay Gucker	2:39:33	
<b>RECREATION TEAMS</b>			<i>Courtesy of Mountain Lake Services Foundation</i>		
1 Tony Charles/Tom Kirsch	1:35:26				
2 George Goodman/Tyler Goodman/Stewart Jerdo	1:45:05				
3 Kaitlin Egglefield/Donna Jerdo/Roy Gibbs	1:49:03				

## 1ST ANNUAL MOREAU LAKE AQUATHON, SWIMS & TRAIL RUN *continued*

24 William Henke	Hudson Falls	1:23:23	3 Mike Komoroske	57	Latham 47:54
<b>FEMALE OVERALL</b>			4 Dave Morrissey	50	Queensbury 48:07
1 Michelle Rosowsky	Niskayuna	50:41	5 Ron Montesi	44	Albany 48:21
2 Isabelle Dickens	South Glens Falls	57:14	6 David Mt Pleasant	50	Gansevoort 54:25
3 Jessica Hageman	Guilderland	1:06:24	7 Alan Bartlett	64	Malta 1:04:37
4 Gabriella Frittelli	Saratoga Springs	1:07:10	8 Paul Shreeman	35	Watervliet 1:09:37
5 Kelly Owens	Glens Falls	1:08:41	<b>FEMALE OVERALL</b>		
6 Heidi Underwood	Kattskill Bay	1:23:24	1 Margaret Bolster	43	Westport 47:53
7 Karen Yoon	Saratoga Springs	1:23:24	2 Carrie Mauro	46	Glens Falls 49:35
8 Raya Ioffe	Latham	1:37:20	3 Ann Svenson	66	Greenfield Center 55:37
<b>1.5K SWIM</b>			4 Janet Davignon	49	Schenectady 57:42
<b>MALE OVERALL</b>			5 Mary Burke	61	Essex 1:04:55
1 Keith Murray	37	Wynantskill 19:46	6 Jennifer Schermerhorn	30	Nassau 1:05:06
2 Travis Kline	31	Queensbury 21:07	7 Joyce Bartlett	64	Malta 1:05:13
3 Jim Butler	33	Fort Edward 23:55	8 Kathy McGuire	58	New York 1:14:07
4 Tocher Mitchell	64	Shelburne 24:17	10 Justine Trybendis	29	Glens Falls 1:15:01
5 Daniel Maloney	45	Gansevoort 26:17	11 Ruth Philips	55	Albany 1:18:05
6 Donald Faughnan	55	Endicott 29:22	<b>15K TRAIL RUN</b>		
7 Stephen Danna	53	Warrensburg 37:34	<b>MALE OVERALL</b>		
<b>FEMALE OVERALL</b>			1 Doug Varney	54	Gansevoort 1:54:30
1 Carrie Mauro	46	Glens Falls 23:48	2 Robert Heming	29	Warrensburg 2:01:35
2 Margaret Bolster	43	Westport 25:51	3 Jeffrey Fedor	48	Corinth 2:07:26
3 Mary Burke	61	Essex 33:52	4 Charlie Brockett	65	Dolgeville 3:19:02
4 Justine Trybendis	29	Glens Falls 35:42	5 Terry Smith	64	Galway 3:29:27
5 Tracy Kennedy	60	Hadley 37:27	<b>FEMALE OVERALL</b>		
6 Ruth Philips	55	Albany 38:34	1 Jennifer Ferris	39	Saratoga Springs 2:31:58
<b>3K SWIM</b>			2 Lisa Dennison	46	Queensbury 2:58:18
1 Patrick O'Keefe	36	Queensbury 39:30	3 Deb McCarthy	51	Burnt Hills 3:00:44
2 Travis Kline	31	Queensbury 41:11	<i>Courtesy of Green Leaf Racing</i>		

## KIRKLAND CYCLOCROSS RACE - NYCROSS.COM SERIES #1 September 11, 2011 • Kirkland Town Park, Clinton

<b>CAT 1/2/3/4 WOMEN</b>			<b>CUB JUNIOR BOYS 10-14</b>		
1 Vanessa McCaffery	Corning/NoTubes/Swan Cycles		1 Stewy Falso	Unattached	
2 Sarah Krzysiak	Farm Team Elite Cycling		2 Daniel Vaughn	Unattached	
3 Ruth Sherman	Corning/NoTubes/Swan Cycles		3 Liam Dugan	Unattached	
4 Jessica Hayes Conroy	North American Velo		<b>JUNIOR GIRLS UNDER 19</b>		
5 Rosanne Van Dorn	Team Placid Planet		1 Julia Sante	Farm Team Cycling	
6 Katina Walker	Crankskins.com		2 Katy Toth	Capital Bicycle Racing Club	
7 Elizabeth Lukowski	NYCross.com		3 Maria Vaughn	Unattached	
8 Dana Cooreman	Mission in Motion/Tioga Velo		<b>MASTERS MEN 35+/45+/55+ (CAT 1-3)</b>		
9 Margaret Thompson	Corning/NoTubes/Swan Cycles		1 Christopher Delisle	NYCross.com	
10 Lilynn Graves	Corning/NoTubes/Swan Cycles		2 Tim O'Shea	Team Ommegang/Syracuse Bicycle	
<b>CAT 3/4 MEN</b>			3 Brad Young	Team Tinney's Tavern Cycling	
1 Dylan Gallagher	Overlook Mountain Bikes		4 Cliff Summers	CCC/Keltic Const/Zanes Cycles	
2 Michael Grygus	RUUD Racing/Tioga Velo		5 Jeff Walker	Crankskins.com	
3 Tim Janson	NYCross.com		6 Phillip McCarthy	Unattached	
4 Cody Madigan	Team Tinney's Tavern Cycling		7 Gregory Drumm	Team Ommegang/Syracuse Bicycle	
5 Jason Hettenbaugh	Monroe Extinguisher/SBR Cycling		8 Andrew Ruiz	CCC/Keltic Const/Zanes Cycles	
6 James Leone	NYCross.com		9 Andrew Melnychenko	MaxPowerCycling.com	
7 Devin Wagner	Rensselaer Polytechnic Institute		10 Ad Stabel	Central New York Cyclist	
8 Aaron Johnson	Team Ommegang/Syracuse Bicycle		<b>PRO/1/2/3 MEN</b>		
9 Christopher Jones	RUUD Racing/Tioga Velo		1 Cory Burns	Embocation Cycling Journal Team	
10 Raymond Willard	Team Ommegang/Syracuse Bicycle		2 Ben Salibra	Bike Loft East	
<b>CAT 4/CITIZEN MEN</b>			3 Brad Stratton	NYCross.com	
1 Fred Harle	Team Ommegang/Syracuse Bicycle		4 David Yacobi	Corning/NoTubes/Swan Cycles	
2 Nathan Sentsz	Paceline Sports		5 Mukunda Feldman	Jam Fund/NCC	
3 Aaron Johnson	Team Ommegang/Syracuse Bicycle		6 Nicholas Quesnel	Northampton Cycling Club	
4 Phillip Gartland	Unattached		7 John Hunter	Mt Borah/Minerva Design	
5 Jesse Bulman	Traillblazers Bike Shop		8 Matthew Purdy	NYCross.com	
6 Eric Giehl	Quality Care Pharmacies		9 David Faso	Bike Loft/MaxPowerCycling.com	
7 Keisuke Inoue	Team Ommegang/Syracuse Bicycle		<b>SINGLE SPEED</b>		
8 Ethan Frost	FSVS		1 Brad Young	Team Tinney's Tavern Cycling	
9 Jim Nicholson	MaxPowerCycling.com		2 Cody Madigan	Team Tinney's Tavern Cycling	
10 Seth DeMarras	Capital Bicycle Racing Club		3 Bret Young	Team Tinney's Tavern Cycling	
<b>CAT 4/CITIZEN WOMEN</b>			4 John Onderdonk	Elevate Cycles	
1 Trish Dugan	Unattached		5 Douglas Mayer	Mello Velo/Middle Ages Racing	
2 Rebekah Morris	Unattached		6 Wesley Hadzor	Mello Velo/MTB	
3 Jackie Hendrickson	Mission In Motion/Tioga Velo		7 Jason Selwitz	Unattached	
4 Angela Ott	Mission In Motion/Tioga Velo		8 Jason Van Staveren	FLCC/Chris Cookies/Swan Cycles	
5 Barbara Padula	Mohawk Valley Bike Club		9 David Spore	Capital Bicycle Racing Club	
6 Cynthia Schnedeker	Velo Bella		<i>Courtesy of NYCROSS.com &amp; Mohawk Valley Bicycle Club</i>		
7 Stacy Maziejka	Capital Bicycle Racing Club				
8 Rebecca Auyer	Unattached				
9 Valerie Cognetto	Unattached				
<b>JUNIOR BOYS 15</b>					
1 Bryan Geeher	Bike Loft East				

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## CROSS-COUNTRY SKIING

continued from page 1

being near the western Adirondack snow-belt. They have been offering Adirondack splendor and Finnish hospitality for more than 30 years, and it's a great resort for adults and families alike. Lapland Lake features large snowcat grooming that allows them to groom faster, and thanks to the power tiller it will ensure very good skiing even in icy conditions.

Heading farther north, the **Garnet Hill Lodge Cross-Country Ski Center** in North River (garnet-hill.com) has changed hands and the new owners are committed to a quality groomed cross-country ski experience. Garnet Hill features their "ski down-ride back" shuttle bus service, where skiers can ski a variety of mostly downhill routes as far as four miles, and then get a ride back uphill to the ski center. It's a great service especially for families with children. It is also the jumping off point for great backcountry ski routes in the Siamese Ponds Wilderness Area, and new bridge construction has opened up a variety of wilderness skiing for all abilities.

The High Peaks area has had some of the only Adirondack skiing this winter with a few days at the Olympic Sports Center and at Cascade. The **Olympic Sports Complex at Mt. Van Hoevenberg** in Lake Placid (whiteface.com) is indeed the challenging Olympic trails where the Nordic events for the 1980 Winter Olympics were held here – coincidentally 1980 was another very lean snow year, where machine made snow was made in piles then trucked around to cover the trails. Mt. Van Ho is hosting the 30th anniversary of the *Lake Placid Loppet* on February 4, which is a great citizen ski race offering a 25K or 50K option in either classic technique or freestyle (skate). For more info, visit lakeplacidloppet.com.

Also in Lake Placid, is **Cascade Cross-Country Ski Center** (cascadeski.com), which is connected to the Jackrabbit and Olympic trail system. If there is more fun cross-country skiing than their *Full Moon Ski*

*Parties*, I haven't heard about it! This year Cascade has Saturday parties scheduled on January 7, February 4 and March 10, where you can ski to a bonfire and enjoy live music and food Cascade also features nice trails and a well stocked ski shop with one of the areas largest backcountry ski equipment selections.

In Saranac Lake, **Dewey Mountain Recreation Center** (deweyskicenter.com) is managed by Adirondack Lakes and Trails Outfitters. Dewey offers skiers groomed trails for skate and classic, ungroomed trails to the summit for skiers and snowshoers, and four nights of lighted skiing. And don't miss their many events: Friday night ski jams, snowshoe races, Tuesday night ski races, and Saranac Lake Winter Carnival ski and snowshoe races.

Lake Placid is home to the NY Ski Education Foundation, an organization dedicated to youth ski racing programs including Nordic racing. This year they are sponsoring the *Adirondack Paintball Biathlon* (skiing and shooting) at selected venues (nysef.org).

For years the **Adirondack Park Visitor Interpretive Centers** in Newcomb (esf.edu/aic) and Paul Smiths (adirondackvic.org) have provided great trails-based recreation programs. These centers are now run by Paul Smith's College and the SUNY College of Environmental Science and Forestry. Paul Smith's VIC has greatly expanded its cross-country ski trail system.

Looking for great skiing – head west! As in most years, the best skiing has been found in the Tug Hill Region of the New York. **Osceola Tug Hill Cross-Country Ski Center** in Camden (uxcski.com) has had the most skiing this year with a November start and all 40K of groomed trails open at press time. Osceola Tug Hill boasts many snow records including the highest snowfall East of The Rockies, and has a well-stocked ski shop. If you're looking for a great deal, a mid-week trail pass is just \$10. East of Tug Hill is the **Black River Environmental Improvement**

**Association (BREIA)** cross-country ski trails in Boonville (breiaxcountryski.org). This is a free groomed trail system located right in the snow-belt with large snowcat grooming.

With the return of winter – it's bound to happen sooner or later! – numerous smaller cross-country ski areas fire up their groomers and can provide some of the most diverse cross-country skiing found anywhere. Discover grand vistas in the Mohawk Valley at **Oak Hill Farms Cross-Country Ski Center** in Esperance (oakhillxc.com). In Saratoga County, you can ski through farms and fields at **Tree Haven Trails Cross-Country Ski Center at Bob's Trees** in Galway (bobstrees.com). Enjoy Catskill Mountain skiing at **Mountain Trails Cross-Country Ski Center** in Tannersville (mttrails.com).

The **Glens Falls International Ski Trails** provide some of the best night skiing in the area. Located near the Glens Falls Family YMCA in Crandall Park these are great trails – get rentals and trail information at nearby Inside Edge Ski Shop. In North Creek, **Cunningham's Ski Barn** (cunninghamsskibarn.com) has two long ski trails and a complete ski shop. A couple of summer attractions provide additional snowshoe opportunities, **Natural Stone Bridge and Caves** in Pottersville (stonebridgeandcaves.com), **Ausable Chasm** in Keeseville

(ausablechasm.com), and **High Falls Gorge** in Wilmington (highfallsgorge.com).

Resources for cross-country skiers looking for ski center information or ski reports visit [crosscountryskinewyork.com](http://crosscountryskinewyork.com). For the latest ski reports call the I LOVE NY show phone at 1-800-CALL-NYS and follow the prompts for cross-country skiing. 🌲

*Dick Carlson (nyxcski@yahoo.com) lives in North River, and is director of the Cross Country Ski Areas of New York.*



JOOSE KÄHKÖNEN LEADS HIS BROTHER JASO HANNUA, HIS MOTHER ERIKA KÄHKÖNEN, AND RICK COSTANZA, ALL OF LAKE PLACID, DOWNHILL ON THE SPRUCE TRAIL AT THE OLYMPIC SPORTS COMPLEX.  
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