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RIDERS IN THE 2011 **TOUR OF THE BATTENKILL** PRO-AM RACE CLIMB THE DIRT HILL ON CARNEY CASSIDY ROAD.
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CONTENTS

- 1** **Bicycling**
If It's Spring, it Must be Battenkill & Adirondack Race Weekends
- 3** **Triathlon & Duathlon**
Tri Leads the Pack in Growth
- 4-9** **CALENDAR OF EVENTS**
April to June 2012 Events
- 10** **Nutrition**
Fueling for Training & Racing
- 13** **Running & Walking**
Albany Running Exchange & Dodge the Deer Turn Ten
- 15** **Athlete Profile**
Active, Community-Minded Living with Shannon & John Guastella
- 17** **Kayaking & Canoeing**
River-Running Fun!
- 20-23** **RACE RESULTS**
Top Finishers in 20 Events
- 23** **From the Publisher & Editor**
- 24** **Hiking & Backpacking**
Middle Settlement Lake
- 27** **Running & Walking**
It's All Mental: From Unbroken to Running the Rift to YOU

If it's Spring, it Must be **Battenkill** and **Adirondack Race Weekends!**

By Dave Kraus

The **Tour of the Battenkill** in Cambridge, Washington County, the largest one-day race in America, returns for another engagement. Important changes this year are likely to increase the value for racers and spectators while solidifying its reputation as a pillar of the Northeast racing scene.

There will be new events, different courses for amateurs and pros, and a visit from cycling celebrity and three-time Tour de France winner Greg Lemond.

Greg Lemond will ride in a 22-mile charity event on Sunday, April 15, to benefit the Wounded Warrior Project and also make other appearances through the weekend, including a book signing at Battenkill Books in Cambridge on Friday, April 13.

First day events continue Friday with the Battenkill race expo opening for the weekend at 10am across from the Cambridge Hotel, rider registration starting at noon, and a kids ride with visiting pros from 4-5pm.

On Saturday, April 14, the racing gets underway in earnest, with cub juniors starting at 8am. Amateur races that drew over 2,500 riders last year continue through the day.

On Sunday, the charity ride with Greg Lemond leads off the program, with a full course 64-mile option open to riders who dare. A special series of kid's races through Cambridge starts at 10:30, according to promoter Dieter Drake.

Sunday's main event, the men's Tour of the Battenkill Professional race, starts at 12 noon on Main Street. This year the race regains its UCI 1.2 level status, meaning higher-level domestic pro teams will be able to attend. Teams announced so far include Bissel Pro Cycling, Team Type 1-Sanofil, United Healthcare, and the Stan's NoTubes/AXA team. Stan's NoTubes is a title sponsor for the Tour of the Battenkill race and also for the rest of the races in Dieter Drake's *Great American Cycling Series*.

Dieter said the UCI designation – and smaller teams this year – will result in more exciting racing as the teams seek to put their leaders out in front, particularly leading up to course choke points like the Eagleville covered bridge and challenging climbs on Juniper Swamp, Perry Hill, and Meeting House roads.

Also in another departure this year from the past, the amateurs on Saturday will ride a distinctly different course from the pros. Joe Bean Hill with its leg busting climb is out, replaced by several smaller hills and new dirt stretches on Cheese Factory Road leading down to the Hudson River, and Wrights Road combining with Meeting House to make an 800-foot climb leading away from the river.

The early spring this year may also play a part, Dieter said, with greenery on the trees making it harder for racers to see through trees around curves. But even if the weather is not ideal, it can still make for challenging racing conditions and great spectating.

"We're hoping for warm weather so people come out and watch. But even if it's not, this is a spring classic race. We almost prefer the spring classic conditions – the race is all about the unexpected." Find out more, go to: tourofthebattenkill.com.

Tour of Battenkill this year is also part of Dieter's expanded Great American Cycling Series, which includes races in Michigan, Colorado and regionally. All are designed to give amateurs a chance to test their mettle on challenging courses.

The **Tour of the Dragons** in Bennington, Vt., will lead off on May 5-6 with three stages in two days, including a time trial on Saturday and a downtown criterium. On Sunday the main road race starts in Manchester, loops over steep



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TRIATHLON

Tri Leads the Pack in Growth



By Kristen Hislop

The sport of triathlon is growing, but by how much and what does that mean for local athletes? USA Triathlon has seen growth in membership of over 20-percent per year even during the recession. Strong growth was with women and youth entering the sport. Recently the greatest growth has occurred in the 35-39 and 40-44 age groups. Women make up over 40-percent of USAT members. All-women events like Danskin and SheROX help drive this increase. Groups like Team LUNA Chix offer women an inviting environment to learn about the sport.

USAT has a huge focus on growing the sport at the youth level. Coaches can get special training to work with young athletes. More events are offering serious kid's races and more high schools and colleges are getting on board with triathlon clubs.

Many in the triathlon world are discussing the Lance Armstrong effect. His participation in the Ironman Panama 70.3 in February drew media attention and his second place at the event enhanced his credibility. More media attention may indeed bring more interest to the sport and greater participation. Chris Bowcutt, Hudson Crossing Triathlon race director, says "I can't think of a more talked-about athlete in the triathlon world than Lance." Will attention lead to participation? Good chance.

Initial results were released from a survey by Active.com in March. It found that women are different from men. They do triathlons to try something new, improve their appearance and help charities. Women also carefully train, unlike men who often dive into Ironman and half-Ironman events.

Triathletes are educated and have disposable income. Over 90-percent have attended college or postgrad; 55-percent have an annual household income of over \$100K but they do care about value/price; the number one post-race activity is spending time with family and friends; setting PR was the top goal for participants in 2011; triathletes like that events are tough and not for everyone; and people take breaks from triathlon for other priorities like family.

The growth in the sport and the demographic involved has resulted in a doubling of events over the past six years. Over the last few years a number of new races have been added to the annual local schedule and some events have added new distances. For instance, the Lake George Triathlon is a perennial Olympic distance favorite. Last year they added the Big George, a half-Ironman distance (and aquathlon), creating the newly-named Lake George Triathlon Festival. The races also try to find niches, such as the Fronhofer Tool Triathlon that offers an Olympic in the morning and a sprint in the afternoon, with the opportunity to do the double! In the Finger Lakes, Musselman Triathlon offers the same with a super sprint on Friday, sprint on Saturday, and half on Sunday.

The new HITS Triathlon Series is approaching it a bit differently by offering "a distance for everyone!" Over the course of the weekend they offer a free super sprint, a sprint, an Olympic, a half-Ironman, and an Ironman. This year Team LUNA Chix Albany Triathlon is going to the Hunter Mountain event and hoping to get 25 athletes to join them. At 25, the team qualifies for a free tent and more importantly a rebate that will go to The Breast Cancer Fund.

◀ PREPARING TO START THE 2011 **NORTH COUNTRY TRIATHLON** IN HAGUE. COURTESY OF NORTH COUNTRY TRIATHLON

▼ WOMEN TRANSITION AT THE 2011 **DELTA LAKE TRIATHLON** IN ROME. PHOTO BY RYAN ORILIO



With such growth in the area, the run and bike shops have jumped on the bandwagon and why not. Fleet Feet Sports in Albany said it was logical because they had relationships with some of the companies already, and now people can try the gear on before purchasing. Triathletes can be gear heads and are interested in the latest and greatest products. Steiner's Ski & Bike added a new tri shop in their Glenmont store with tri bikes, wetsuits and accessories. Blue Sky Bicycles noticed that more and more people were talking about Newton Shoes, so they added the line and have seen a great response from the triathlon community.

The growth in the sport locally has also created demand for more club activity. While some of the veterans like to train alone, the newbies are craving camaraderie, and a learning environment. The Capital District Triathlon Club training series has grown from 30 open water swimmers in 1993 to an average of 160 in 2011. President Jenny Stahl says "We limit it to members for initial month, and can cap it for safety purposes. Our ratio of lifeguards to swimmers always meets USAT standards."

The Saratoga Triathlon Club was founded in 2007 and has experienced growth each year. They have a new venue for Thursday swim, bike and run training at Moreau Lake State Park.

The new Bethlehem Triathlon Club will be working out at Warner's Lake in the Helderbergs on Thursdays and already has over 80 members. Their goal according to Fran Vincent is "to offer quality workshops, training and social opportunities to multisport athletes of all

Race directors create some events to support local causes. Chris Bowcutt created the Hudson Crossing Triathlon to raise funds and awareness for the Hudson Crossing Park in Schuylerville.

Some races choose to honor local triathletes. This year the Southern Saratoga Y's Anyone Can Tri Triathlon is in honor of Chris Gleason of Clifton Park, who we lost in November of 2011. His kids, Ashley and Matthew, will once again be participating in the kids' race. This is one of the great races in the area for 'newbies.'

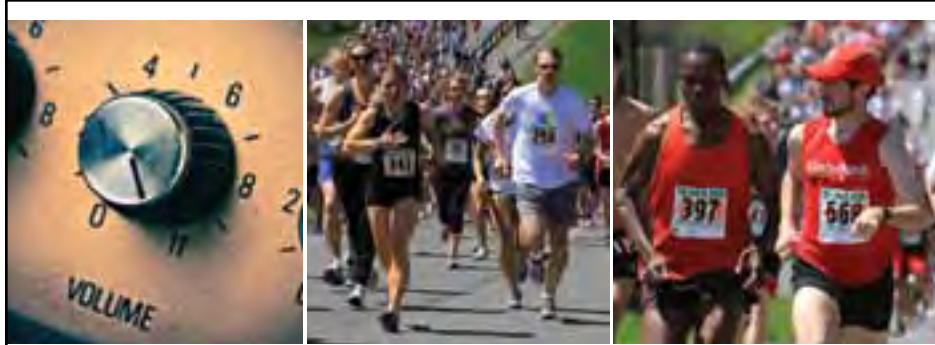
If you are interested in training and racing to help others then check out the Leukemia & Lymphoma Society's Team In Training. The current group is training for the Philadelphia Triathlon in June, and a new group will start in June to train for the Nation's Triathlon in September.

abilities in and around the Bethlehem community." The Bethlehem club will be training with plenty of socializing thrown in!

The Adirondack Triathlon Club started in 2005 with 20 members and grew to 120 in 2011. Swim training is on Friday at 5:30am in Lake George village.

This is the year to get involved in the sport of triathlon. There are great regional races, clubs and resources. Get out there and take advantage of them if you haven't already – give it a tri! 🏹

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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Calendar of Events April - June 2012*

*Events beyond this month are advertisers in this issue.

APRIL 2012							MAY 2012							JUNE 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	6	7	8	9	10	11	12	3	4	5	6	7	8	9
8	9	10	11	12	13	14	13	14	15	16	17	18	19	10	11	12	13	14	15	16
15	16	17	18	19	20	21	20	21	22	23	24	25	26	17	18	19	20	21	22	23
22	23	24	25	26	27	28	27	28	29	30	31	24	25	26	27	28	29	30		
29	30																			

BICYCLING ONGOING

- Daily Indoor Cycling: Training & Coaching.** Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.
- Sat Spring Tour Rides.** 30M. 2pm. Hannaford, Voorheesville. James Bethell: 446-1766. webmhcc.org.
- Mon Monday Ride.** 6pm. A & B level rides. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikeboards.com.
- Wed CBRC/MHCC Quick Training Rides.** 30M. 6pm. All welcome. So Bethlehem Park, Bethlehem. Paul McDonnell: 439-1477. cbrc.cc. webmhcc.org.
- Tue Albany Co Tour Rides.** 25M. 5:30pm. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- Sat Search for 'Lost Legs' Casual Rides: 4/7-28.** 20M. 1:30pm. Park/Ride, Bethlehem. Gary Oliver: 439-4856. webmhcc.org.

APRIL

- 7 **Trooper Brinkerhoff Memorial Spring Race Series #3.** 21-63M. 11am. Coxsackie H.S., Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 13-16 **Bicycle Tent Sale.** Steiner's Ski & Bike, Glenmont. 427-2406. steinersskibike.com.
- 14 **Tour of the Battenkill: Pro/Am Race.** 14-80M. 8am-2:30pm starts. Cambridge. tourofthebattenkill.com.
- 15 **Tour of the Battenkill: UCI Pro Invitational Race.** Cambridge. tourofthebattenkill.com.
- 15 **Tour of the Battenkill: Bike Marathon (Gran Fondo style) w/Greg LeMond.** Individuals/teams: 62M. Kids: 22M. Military vets: 22-62M. 8:30am. Cambridge. tourofthebattenkill.com.
- 20-22 **Bicycle Tent Sale.** Steiner's Ski & Bike, Valatie. 784-3663. steinersskibike.com.
- 21 **Spring Celebration Sale.** Reps, free bike raffles, food/drinks. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- 21 Glens Falls to Schuylerville and Back Bike Trip. 30M. 9am. Panera, Glens Falls. Steve Mackey: 793-6484. adk-gfs.org.
- 21 **Spring Celebration Sale.** 10am-5pm. Rain date: 4/22. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- 22 **300K Brevet Ride.** Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 28 **Kinderhook to Nassau Casual Ride.** 29M. 11am. OKenny's Express, Valatie. Terry Armon: 428-5355. webmhcc.org.
- 29 Binghamton Circuit Race. Kirkwood Industrial Park. Tioga Velo Club. tiogavelo.com.

MAY

- 4-6 **3rd Adirondack Adventure Festival.** Guided mountain bike ride, road bike tours, hiking, kayaking, fly fishing, rafting, music, crafts. North Creek. 251-2612. gorechamber.com.
- 5-6 **Inaugural Tour of the Dragons: Time trial, criterium, road races.** 62M-139M. 8am. Bennington, VT. Jim Marshall: 401-440-7760. tourofthedragons.com.
- 6 HRRT May Day Ride. 62/32/16M. St. James Plaza, Niskayuna. Heather Rizzi: 847-2419. hrrtonline.com.

- 6 Albany Bike Expo. 10am-4pm. Washington Park, Albany. albanybicyclecoalition.com.
- 12 Bear Mountain Spring Classic Race. Harriman S.P. Harriman. crca.net.
- 12 400K Brevet Ride. Schuylerville. Adirondack Ultra Cycling: 583-3708. adkultracycling.com.
- 12 Bristol Mountain Road Race. Corser Park, Canandaigua. rochesterroadracing.com.
- 12 Hunter Mountain Spring Classic. Hunter Mtn. greatamericacycling.com.
- 20 **8th Team Billy Ride & Walk for Research.** 50M, 25M, 10M: 8:30am. 3M Walk: 9am. High Rock Park, Saratoga Springs. teambilly.org.
- 26-28 Killington Stage Race. Killington, VT. killingtonstagerace.com.
- 28 **Memorial Day Metric Tour Ride.** 62M. 9am. Ichabod Crane H.S., Valatie. James Bethell: 446-1766. webmhcc.org.

JUNE

- 2-3 Saratoga 600K Brevet. 4am. Schuylerville. Adirondack Ultra Cycling: 583-3708. adkultracycling.com.
- 3 **American Diabetes Association Tour de Cure.** 100M: 7am. 63M: 7:30am. 50M: 8am. 25M: 9am. 10M: 10am. 3hr spin: 9am. Saratoga Springs H.S., Saratoga Springs. Denise Nicastro: 218-1755 x3606. diabetes.org/tour.
- 8-12 **9th Get Your Guts in Gear: The Ride for Crohn's & Colitis.** 150M over two-days. Sat: Optional century loop. Hudson River Valley. 718-875-2123. ibdride.org.
- 9-10 **4th Adirondack North Country Race Weekend.** Sat: Wilmington-Whiteface Road Race. Sun: Saranac Lake Downtown Criterium. Wilmington & Saranac Lake. Jim Walker: 637-6590. teamplacidplanet.org.
- 15-24 **Easy Adirondacks Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.
- 16 **11th Whiteface Mountain Uphill Bike Race.** 11M up 3,500ft on 8% grade. 8am. Whiteface Ski Center, Wilmington. 888-944-8332. whitefaceace.com.
- 22-24 **1st Centurion New York (Lake George).** Racers race, riders ride. Fri: Prospect Mountain individual (6pm) & elite (7:30pm) hill climb. Sat: 25M race/ride (7:30am) & kids' ride. Sun: 50M & 100M races/rides. Fri-Sun: Expo. Beach Rd, Lake George. 303-953-2008. centurioncycling.com.
- 23 Adirondack 540 Preview Ride. Schuylerville. Adirondack Ultra Cycling: 583-3708. adkultracycling.com.
- 30 Okemo Bike Climb. 5.8M. 10:30am. Okemo, Ludlow, VT. okemobikeclimb.com.

JULY

- 7-15 **French Canada Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.
- 14-15 **Centurion Ontario (Horseshoe Valley).** 100/50/25M, kids' ride. Horseshoe Resort, Oro-Medonte, ON. 303-953-2008. centurioncycling.com.

AUGUST

- 4-12 **French Canada Tandem Tour.** Gear-To-Go Tandems, Saranac Lake. 891-1869. gtgtandems.com.
- 12 **Ididaride!** Adk Bike Tour. 75M or 20M. Ski Bowl Park, North Creek. ADK Mtn Club: 800-395-8080 x42. adk.org.
- 17-19 **Centurion Ellicottville (New York).** 100/50/25M, time trial, kids' ride. Holiday Valley Resort, Ellicottville. 303-953-2008. centurioncycling.com.
- 25 **12th Pat Stratton Memorial Century Ride.** 100/50/25M, kids' ride. 8am. Mount Pisgah, Saranac Lake. Bob Scheefer: 891-5873. active.com.

SEPTEMBER

- 8 **3rd Camp Challenge Ride.** 62M, 100M. 7am. Double H Ranch, Lake Luzerne. 696-5676. doublehbranch.org.
- 8-9 **Mohawk-Hudson Cycling Club: Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Saratoga Spa S.P., Saratoga Springs. Skip Holmes: 466-1187. webmhcc.org.
- 14-16 **Centurion Canada (The Blue Mountains).** 100/50/25M, hill climb, kids' ride. Blue Mountain Resort, The Blue Mountains, ON. 303-953-2008. centurioncycling.com.

ADIRONDACK NORTH COUNTRY RACE WEEKEND

2012

WILMINGTON-SARANAC LAKE, NY

4th Annual

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Sun. 6/10: Saranac Lake Downtown Crit
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Fundraiser to Support Brain Tumor Research

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HEALTH & FITNESS

- ONGOING**
- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 4/23 & 6/18. Early & mid-morning. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. makeitfittraining.com.
- Mo-Fr Capital District Adventure Boot Camp for Women.** Starts: 4/30 (4 wks), 6/4 (4 wks), 7/9 (4 wks). Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com.
- Call CardiotFit Classes w/Dr. Paul Lemanski.** Prime Care Physicians, Albany. 618-1100. Schedule: centerforpreventivemedicine.com.
- M & W Yoga Class.** Mon 6pm. Wed 7pm. Judy Torel's Coaching/ Training Studio, Albany. 469-0815. judytorel.com.
- M & F Boot Camp Training.** Mon 7am. Fri 6am. Judy Torel's Coaching/Training Studio, Albany. 469-0815. judytorel.com.
- Mo-Fr Fusion Training.** Mo 6am/7pm. We 6pm. Th 4pm. Fr 7am/12pm. Judy Torel's, Albany. 469-0815. judytorel.com.

APRIL

- 17 Golf Fitness & Conditioning w/Kerry.** Jewish Community Center, Albany. 438-6651 x129. saajcc.org.
- 20-22 Jump Start Your Weight Loss Weekend Workshop with Judy Torel.** Judy Torel's Coaching & Training Studio, Albany. 469-0815. judytorel.com.

HIKING & ROCK CLIMBING

APRIL

- 7 Full Moon Hike. 7-9pm. Moreau Lake S.P., Gansevoort. Reservations: 793-0511. nysparks.com.
- 9-13 Climb the Walls at AIR.** 10am-10pm. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.
- 15 Hoffman Notch Hike. 9M. 7:30am. Jayne Boudier: 793-3770. adk-gfs.org.
- 21 Spectacle Pond Hike. 3.4M. 9am. Lorraine MacKenzie: 791-9794. adk-gfs.org.
- 22 Five Mile Mountain Hike: Tongue Mtn Range. 8:45am. Sandy Yellen: 584-2763. adk-gfs.org.

MAY

- 4-6 Waterfall Hikes Weekend w/Barbara Delaney & Russell Dunn.** Trail's End Inn, Keene Valley. 576-9860. trailsendinn.com.
- 14-16 Guide's License Training.** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 19-20 Leave No Trace Trainer.** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

JUNE

- 9, 25 Trailless Peak Day Hike: Table Top.** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 9 4th ADK Black Fly Affair: A Hikers Speakeasy.** 6-11:30pm. Hiland Park Country Club, Queensbury. adk.org.
- 10 Trailless Peak Day Hike: Esther Mt.** ADK Mtn Club: 523-3441. adk.org.
- 16 Trailless Peak Day Hike: Street & Nye.** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 22-24 Trailless Peak Backpacking: The Dix Range.** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 23 Trailless Peak Day Hike: Lost Pond Peak.** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 25-29 Leave No Trace Master Educator Course.** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 30 Trailless Peak Day Hike: MacNaughton Mt.** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 29-7/1 Trailless Peak Backpacking: The Swards.** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

MOUNTAIN BIKING

APRIL

- 22 Hike-a-Bike Mountain Bike/Cyclocross Race. 10am. Lippman Park, Wawarsing. 845-626-7230. renegadesmtb.com.

MAY

- 4-6 3rd Adirondack Adventure Festival.** Guided mountain bike ride, road bike tours, hiking, kayaking, fly fishing, rafting, music, crafts. North Creek. 251-2612. gorechamber.com.

JUNE

- 9 7th MUD "Mix Up the Dirt" Mountain Bike Festival.** 10am. Rides, BBQ, raffles, demos. Greenfield. Steve Godlewski: 369-6319. saratogamtb.org.
- 9 17th Black Fly Challenge MTB Race.** 40M. Moose River Rec Area, Inlet to Indian Lake. Pedals & Petals: 315-357-3281. blackflychallenge.com.
- 16-17 3rd Wilmington Whiteface BikeFest.** 5K DH Race, Dual Slalom & Chainless DH races. DH mountain biking, pump track demos, films, BBQ, music. Opening of Whiteface Mountain Bike Center, Wilmington. Downhill Mike: 524-9805. downhillmike.com.
- 17 Wilmington Whiteface 100 Mountain Bike Race/Ride.** 100K. 8am. Leadville Trail 100 qualifier. Whiteface Ski Center, Wilmington. Shannon Gipson: 719-219-9351. leadvillercseries.com.
- 30-7/1 UCI Windham Mountain Bike World Cup.** 8am. Series #8. Windham Mountain Ski Resort, Windham. Jo Ann Nelson: 427-1186. racewindham.com.

MOUNTAINEERING & WILDERNESS SKILLS

APRIL

- 9-10 Spring Tracking Awareness Games & Animal Legends w/Jim Bruchac.** 9am. Age 6-8 & 9-12. Ndakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.
- 14-15 Wilderness First Aid (SOLO Certified)/WFR Recertification w/Clark Hayward.** Ndakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.

MAY

- 12-13 Map & Compass Bushwhack.** Heart Lake Program Center, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 5 Spring Tracks & Scats Workshop w/James Bruchac (Adult & Teen).** 9am-4pm. Ndakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.
- 6 Lost in the Woods! Wilderness Survival Basics w/James Bruchac (Adult & Teen).** 9am-4pm. Ndakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.
- 12-13 Wilderness First Aid Course (SOLO Certified)/WFR Resert w/Clark Hayward (Adult & Teen).** 8am-5pm. Ndakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.

JUNE

- 9-10 Wilderness First Aid Course (SOLO Certified)/WFR Resert w/Clark Hayward (Adult & Teen).** 8am-5pm. Ndakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.

JULY

- Ongoing Kid's Wilderness & Storytelling Camp (Ages 6-8): 7/16-18, 7/23-25, 7/30-8/1.** 9am-4pm. Ndakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.
- Ongoing Wilderness Adventure Day Camp (Ages 9-13): 7/16-20, 7/23-27.** 9am-4pm. Ndakinna Wilderness Skills & Adventures, Greenfield Center. 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- Mon HPC Duathlon Series: 4/9-5/28.** 1M run, 8M bike, 2M run. 6:30pm. DJ's Field, Lake Placid. 523-3764. highpeakscyclery.com.
- Tue CDTC Crystal Lake Training Series: 6/4-8/27.** 0.5M swim, 18M bike, 3M run. 6pm. Crystal Cove, Averill Park. Lee Hilt: 452-5701. cdtriclub.org.

APRIL

- 14 1st Whiteface Rites of Spring Pentathlon.** 5K x-c ski, alpine ski, 10K road race, 6K paddle, 32K road bike. 7am. Relay/solo. (Rain date: 4/15). Whiteface, Wilmington. Charlie Cowan: 523-1480. ritesofspring.net.

17th ANNUAL

BLACK FLY CHALLENGE
Mountain Bike Race
Saturday, June 9
Inlet to Indian Lake

40 miles through the
 Moose River Recreation Area
 Prizes, food & fun!
 Over \$6,400 in cash & prizes
 Categories: Expert, Sport, Beginner,
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Visit
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Rites of Spring

PENTATHLON 2012
 WILMINGTON, NEW YORK

Saturday, April 14 - 7am
Whiteface Mountain

X-C Ski • Alpine Ski • 10K Run
4M Paddle • 20M Bike
 Teams & Individuals • Raindate: 4/15
RitesofSpring.net
 Proceeds to Lake Placid Outing Club

Join in the 12th annual
Pat Stratton Memorial Century Ride


Best Ride in the Adirondacks!
Saturday, August 25, 8am
Mt. Pisgah Lodge, Saranac Lake

100mi, 50mi, 25mi & kids' ride
 Rides for all ages & abilities • Rain date: 8/26
 T-shirt, picnic, music, poker ride w/prizes!
Register: Active.com
 Info: Bob Scheefer (518) 891-5873
adkbuild@roadrunner.com
 Benefits Kiwanis Club of Saranac Lake youth programs

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 Adirondack Bike Tour

Sunday, August 12
Ski Bowl Park, North Creek
 Join the Fun-Raising Bicycle Tour

75-mi loop or 20-mi option w/shuttle
 Beautiful Adirondack scenery
 Van support • Après-ride party
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Habitat for Humanity
Madison County NY

Saturday, May 12 - 9am
Fort Hunter (5M west of Amsterdam)
Duathlon: 5K run, 20M bike, 5K run
Duathlon Relay & 5K Race
AREEP chip-timed

Register by 4/1 to save & for race shirt
Register/Info: AREEP.com
Matt Ossenfort: (518) 694-1955



T3 Coaching Duathlon Series

Sundays, Apr 29, May 6 & 13 - 8am
SUNY Adirondack, Queensbury
1.5M Run, 8M Bike, 1.5M Run
USAT sanctioned
Fun, safe, laid-back racing/training
Limited to 100 entrants/event
\$22.50/event - Must be USAT member
9am: 30-min. Multisport Clinic

Register: www.t3coaching.net
Kevin Crossman: 518-761-4067
kevin@t3coaching.net

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New members welcome



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HUDSON CROSSING TRIATHLON



Sunday, June 10
500yd Swim, 12M Bike, 5K Run
Limited to 275 - Register Early!
www.hudsoncrossingtri.com

- 21 Holiday Indoor Triathlon. 10M swim, 30M bike, 20M run. 6pm. Cooperstown. 607-547-2800. clarkssportscenter.com.
- 22 1st Delmar Duathlon. 2M run, 10M bike, 2M run. 8am. Elm Ave Town Park, Delmar. 320-8648. townofbethlehem.org.
- 29 **T3 Coaching Duathlon Series #1.** 1.5M run, 7M bike, 1.5M run. 8am. Multisport Clinic (30-min): 9am. SUNY Adirondack, Queensbury. Kevin Crossman: 761-4067. t3coaching.net.
- 29 **Triathlon Performance Seminar for Endurance Athletes.** Training tips & techniques. Planning strategies, injury prevention/mgmt, nutrition. 10am-3pm. Revolutionary Velo-Watts, Clifton Park. Reserve: 256-9818. velowatts.com.
- 29 West Point Duathlon. 2M run, 14M bike, 2M run. 8am. Camp Buckner, West Point. westpointduathlon.com.

MAY

- 6 **19th Anyone Can 'Tri' Triathlon.** 350yd swim, 11M bike, 3.2M run. 7:30am. Southern Saratoga YMCA, Clifton Park. Chris Belden: 371-2139. cdymca.org.
- 6 **7th Kids' Can 'Tri' Too Triathlon.** 9-13: 50yd swim, 1M bike, 0.5M run. 8-under: 25yd swim, 0.5M bike, 0.25 run. 11:30am. SSYMCA, Clifton Park. 371-2139. cdymca.org.
- 6 **T3 Coaching Duathlon Series #2.** 1.5M run, 7M bike, 1.5M run. 8am. Multisport Clinic (30-min): 9am. SUNY Adirondack, Queensbury. Kevin Crossman: 761-4067. t3coaching.net.
- 6 9th Trooper Duathlon. 2M run, 14M bike, 2M run. 9am. West Hurley Park, West Hurley. nytri.org.
- 12 **1st Rally in the Valley Duathlon & 5K Race.** Du: 5K run, 20M bike, 5K run. 9am. Fort Hunter. Matt Ossenfort: 694-1955. areep.com.
- 12 Fly by Night Duathlon. 6pm. Race Track, Watkins Glen. 503-922-1589. flybynightdu.com.
- 13 **T3 Coaching Duathlon Series #3.** 1.5M run, 7M bike, 1.5M run. 8am. Multisport Clinic (30-min): 9am. SUNY Adirondack, Queensbury. Kevin Crossman: 761-4067. t3coaching.net.
- 13-18 **Diamond Mills Tri-Camp.** Diamond Mills Hotel/Tavern, Saugerties. HITS Triathlon Series: 845-246-8833. hitstriathlonseries.com.
- 19 The HarryMan Triathlon. Half, Half Aquabike, Olympic, Olympic Aquabike. 9am. Lake Welch Beach, Harriman S.P., Pomona. 347-478-7469. genesisadventures.com.
- 27 **2nd Cooperstown Sprint Triathlon.** 0.5M swim, 11M, 3.1M run. 8am. Otesaga Resort Hotel, Cooperstown. Mike Byrch: 315-404-8130. atcendurance.com.
- 27 **8th Saratoga Lions Club Duathlon.** 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. Greg Dixon: 696-4450. saratogalions.com.

JUNE

- 1 Catskill Spring Rush Tri. Sprint: 2.25M run, 10M bike, 1.25M kayak. 9am. Catskill H.S., Catskill.
- 9-10 **HITS Triathlon Series: Hunter Mountain.** Sat: Olympic, Sprint & Open. Sun: Full & Half. North/South S.P., Haines Falls. 845-246-8833. hitstriathlonseries.com.
- 9 33rd Green Lakes Triathlon. 800m swim, 12.4M bike, 3.1M run. 8:30am. Green Lakes S.P., Fayetteville. 315-638-1255. ymcaofgreatersyracuse.org.
- 10 **3rd Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. Chris Bowcutt: 290-0457. hudsoncrossingtri.com.
- 10 27th New York Triathlon & Duathlon. Tri: .5M swim, 16M bike, 3M run. Du: 3M run, 16M bike, 3M run. 8am. Lake Sebago, Harriman State Park, Suffern. nytri.org.
- 24 3rd Wheel & Heel Sprint Triathlon/Duathlon. Tri: 1/4M swim, 14M bike, 3M run. Du: 1M run, 14M bike, 3M run. 9am. Wilcox Memorial S.P., Milan. wheelandheel.com.
- 24 Ironman 70.3 Syracuse. 1.2M swim, 56M bike, 13.1M run. 7am. Jamesville Beach Co Park, Jamesville. ironmansyracuse.com.
- 30 **30th Tinman Triathlon.** 1.2M swim, 56M bike, 13.1M run. Sprint: 0.6M swim, 18.6M bike, 6.2M run. 8am. Municipal Park, Tupper Lake. Ted Merrihew: 359-7571. tupper-lake.com.
- 30 **6th North Country Triathlon.** Olympic: 1.5K swim, 40K ride, 10K run. Sprint: 750m swim, 20K ride, 5k run. 8am. Town Beach on Lake George, Hague. Randy Engler: 408-828-5060. northcountrytri.com.

JULY

- 2-8/3 **SHAPE Multi-Sport Camps.** Mon-Fri: 9-5. Age 8-15. Safe/fun swim, bike, run instruction. Averill Park, Colonie, Grafton. John Slyer: 281-6480. skyhighsupertri.com.
- 8 **12th Pine Bush Triathlon.** 8am. 325yd swim, 11.5M bike, 3.2M run. 8am. Rensselaer Lake, Albany to YMCA, Guilderland. 456-3634. cdymca.org.
- 28-29 **Multi-Sport Life Triathlon Festival.** Sat, 9am: XTERRA Off-Road Tri (1K swim, 20K bike, 6K run). Sat, 2pm: SHAPE Kids' Tri (100m swim, 5K bike, 1K run). Sun, 7am: SUPER Olympic Road Tri (1M swim, 30M bike, 7M run). Grafton Lakes S.P., Grafton. John Slyer: 281-6480. skyhighsupertri.com.
- 29 **3rd Delta Lake Triathlon.** 1500m swim, 24M bike, 6M run. Sprint: 750m swim, 12M bike, 3M run. 8am. Delta Lake S.P., Rome. Mike Byrch: 315-404-8130. atcendurance.com.

AUGUST

- 4 **6th Fronhofer Tool Triathlon.** Olympic: 1.5K swim, 40K bike, 10K run. Sprint: 0.5M swim, 14.5M bike, 3.1M run. Also: Double Tri. 8/3: Kids' Race: 6:30pm. Lake Lauderdale, Cambridge. Bridget Crossman: 761-4067. fronhofertooltriathlon.com.
- 12-17 **Diamond Mills Tri-Camp.** Diamond Mills Hotel/Tavern, Saugerties. HITS Triathlon Series: 845-246-8833. hitstriathlonseries.com.
- 18 **Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. Tim Sweet: 833-0200. cdtriclub.org.
- 26 **1st Old Forge Triathlon.** 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Byrch: 315-404-8130. atcendurance.com.

SEPTEMBER

- 1-2 **Lake George Triathlon Festival.** Sat, 7am: Lake George Triathlon (0.9M swim, 24.8M bike, 6.2M run). Sat, 1pm: Kids' Splash-N-Dash (6-10: 50yd swim, 0.5M run; 11-14: 100yd swim, 1M run). Sun, 7am: BIG George Triathlon (1.2M swim, 56M bike, 13.1M) & BIG George AquaBike (1.2M swim, 56M bike). Beach Rd, Lake George. 257-2833. lgrifestival.com.
- 22-23 **HITS Triathlon Series: Cooperstown.** Sat: Olympic, Sprint & Open. Sun: Full & Half. Glimmerglass S.P., Cooperstown. HITS Triathlon Series: 845-246-8833. hitstriathlonseries.com.


OTHER EVENTS

APRIL

- 15 **Discover Scuba Class.** 9:30am. Glens Falls H.S., Glens Falls. Rich Morin's: 761-0533. richmorin'sproscubacenters.com.
- 28 Speedy Goat Orienteering Meet. Team relay. 2pm. Peebles Island S.P., Waterford. empo.us.orienteering.org.
- 29 34th Billygoat Run. 11am. Moreau Lake S.P., Gansevoort. Janet Tryson: 766-3648. empo.us.orienteering.org.

MAY

- Open Team in Training recruiting runners, walkers, cyclists, triathletes for the Nation's Triathlon (9/9); Adirondack Half Marathon (9/23); Peak Season Century (10/6); Nike Women's Marathon (10/14); Marine Corps Marathon (10/28).** Info Meeting: 5/9, 6pm: Saratoga Springs Public Library.
- 5/10, 6pm: **Fleet Feet, Essex Junction, VT.** 5/15, 6pm: Courtyard Marriott, Poughkeepsie. 5/16, 5:30pm: Fletcher Free Library, Burlington, VT. 5/16, 5:30pm: Ramada Inn, Queensbury. 5/16, 6pm:
- LLS Office, Albany.** 5/17, 5:30pm: Berkshire Bank Community Room, Colonie. 5/23, 5:30pm: Mahoney's, Poughkeepsie. 5/29, 5:30pm: Greater Burlington YMCA, Burlington, VT. 5/30, 5:30pm.
- The Crossings, Colonie.** Leukemia & Lymphoma Society, Albany. 438-3583. teamintraining.org/uny.
- 4-6 **3rd Adirondack Adventure Festival.** Guided mountain bike ride, road bike tours, hiking, kayaking, fly fishing, rafting, music, crafts. North Creek. 251-2612. gorechamber.com.
- 5-6 **Birding 101.** Heart Lake Program Center, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 19-20 **Wildflower Weekend.** Heart Lake Program Center, Lake Placid. ADK Mtn Club: 523-3441. adk.org.



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CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water
Bike 18mi out & back
Run 3mi lake loop



USA Triathlon sanctioned event

Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 18, 8am

Registration is limited
Register at active.com
Details at cdtriclub.org

Open to youth, individual & relay teams

*Join the family
& friends of Liza*

The Run for Help

5K Run/Walk Against Domestic Violence
To benefit Unity House
Sunday, June 10 • 10am
Goff Middle School, East Greenbush
T-shirts to first 250 entries
\$17 by 6/7 or \$20 race day
Register: active.com
More Info: unityhousesny.org
In memory of Liza Ellen Warner (1975-2004)
Not affiliated with Liza's Legacy Foundation

SARATOGA LIONS DUATHLON



**Du-It for Sight and Hearing
Sunday, May 27 at 8am**

Saratoga Casino and Raceway, Saratoga Springs

5K Run, 30K Bike, 5K Run • Individuals & Teams

**Print Application & Online Registration:
SaratogaLions.com**

Micro-mesh T-shirts to first 300 entrants

*Raffle Prizes – \$4,000 Serotta bicycle; \$800 Southwest Airlines tickets;
\$500 Mirror Lake Inn stay/golf package; \$600 iPad 2 (or iPad 3 if available)*

New Location! New Health and Fitness Expo!

Proceeds benefit sight and hearing projects of the Saratoga Lions Club

Premier Sponsor:



- 19 Saratoga Orienteering Meet. Saratoga Spa S.P., Saratoga Springs. empo.us/orienteering.org.
- 20 **Discover Scuba Class.** 9:30am. Glens Falls H.S., Glens Falls. Rich Morin's: 761-0533. richmorinsproscubacenters.com.
- 21 11th Christopher Dailey Memorial Golf Tournament. 7:30am or 12pm. McGregor Links Country Club, Saratoga Springs. 581-1328. christopherdaileyfoundation.com.
- 29-8/11 **Albany Ultimate Frisbee League: 5/29-8/11.** Registration: 4/9-5/7. Social, competitive & women's leagues. All skill levels welcome. Albany. albanyultimate.com.

JUNE

- 2 Tawasentha Orienteering Meet. Tawasentha Park, Altamont. empo.us/orienteering.org.
- 8-10 8th Adirondack Birding Festival. Hikes, canoe trips, walks, safaris, outings, seminars in Hamilton Co. Register: 548-3076. adirondackexperience.com.
- 23 Five Rivers Orienteering Meet. Five Rivers Environmental Ed Center, Delmar. Phil Hawkes-Teeter: 872-1993. empo.us/orienteering.org.

PADDLING: CANOEING, KAYAKING & SUP

- Ongoing Evening Kayak Tours.** 5/1: 5:45pm, Mohawk River: Freeman's Bridge, Glenville. 5/9: 5:45pm, Mohawk River, Latham. 5/15: 6:15pm, Mohawk & Hudson, Peebles Island, Lansingburgh. 5/22: 6:15pm, Hudson, Vroman Kill & Papsanee Creek, Henry Hudson Park, Bethlehem. 5/30: 6:15pm, Mohawk, Lock 7, Niskayuna. 6/5: 6:15pm, Mohawk, Lions RR Station Park, Niskayuna. 6/13: 6:15pm, Hudson, Coeymans Landing. 6/19: 6:15pm, Mohawk, Kiwanis Park, Rotterdam. 6/26: 6:15pm, Hudson, Corning Preserve, Albany. Adk Paddle N Pole: 346-3180. onewithwater.com.

APRIL

- 4, 11, 18 **Kayak Rolling Classes.** 8-9:30pm. JCC Pool, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 15 Little River Ramble. 1pm. 2-6M. Little River, Canton. slvpaddlers.org.
- 14 Moreau Lake Kayak. 1-3:30pm. Moreau Lake S.P., Gansevoort. Reservations: 793-0511. nysparks.com.
- 21 Moreau Lake Kayak. 11am-2pm. Moreau Lake S.P., Gansevoort. Reservations: 793-0511. nysparks.com.
- 28-29 **Paddlesport Sale.** Sat: 10am-6pm; Sun: 10am-4pm. Fish Creek Marina/Kayak Shak, Saratoga Springs. Battenkill Valley Outdoors: 677-3311. battenkillvalleyoutdoors.com.

MAY

- 4-6 Canton Canoe Weekend: 51st Rushton Memorial Races. Grasse River, Canton. slvpaddlers.org.
- 5-6 **55th Hudson River White Water Derby.** Sat, 11am: Slalom Races, North Creek. Sun, 11am: Downriver Race, North Creek to Riparius. Gore Region Chamber: 251-2612. whitewaterderby.com.
- 12-13 **Canoe, Kayak & SUP Demo Days.** Riverside Park on Lake Flower, Saranac Lake. Adirondack Lakes & Trails Outfitters: 800-491-0414. adirondackoutfitters.com.
- 25 **Intro to Kayaking Basics.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 16, 18 **Fundamentals of Kayaking I & II.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 18-20 **Adirondack Paddlefest.** Sale, speakers, demos, clinics. Old Forge. Mountainman Outdoor Supply Co: 315-369-6672. adirondackpaddlefest.com.
- 19 'Round the Mountain Canoe & Kayak Races. 11am. 10.5M. Ampersand Resort, Saranac Lake. macscanoe.com.
- 23 **Fundamentals of Kayaking II.** 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.

JUNE

- 2 **Intro to Canoe (ACA).** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 3 **Intro to Kayak (ACA).** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 11-14 **American Canoe Association Instructor Certification.** Heart Lake, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

- 17 **Lake George Kayak: SUP Clinics w/Danny Mongno.** Race/Fitness: 8-11am. SUP Foundations: 12-3pm. Lake George Kayak Boathouse, Bolton Landing. 644-9366. lakegeorgekayak.com.

RUNNING, SNOWSHOE RACING & WALKING ONGOING

- Open ChiRun/Walk Instruction w/Ann Margaret McKillop.** 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- Daily Fall Marathon or Half Marathon Training.** Starts 4/28. USA Fit Albany, Albany. Jennie Heidebreder: 698-1478. usafitalbany.com.
- Mon Freihofer's Run for Women Training Challenge.** Beginning & intermediate programs. The Crossings, Colonie. 273-5552. freihoferstrun.com.
- Mon Camp Saratoga Fun Run Series: 5 weeks.** Starts 6/25. Camp Saratoga, Wilton. saratogastryders.org.
- Tue AdIRUNdack Trail 5K Series: 5/1-29. 5K & 25K Challenge. Cole's Woods, Glens Falls. Rebecca Smith: 796-9404. adirondackrunners.org.
- Thu **ARE Summer Trail Run Series: 5/24-8/30.** 6:30pm. Various locations. Josh Merlis: 320-8648. albanyrunningexchange.org.

APRIL

- 7 **33rd April Fool's Race.** 10K run: 10:05am. 5K run/walk: 11am. 1M kids' race: 10am. Salem H.S., Salem. Dan Sheldon: 854-9262. aprilfoolsrace.com.
- 7 18th Rabbit Ramble 4M Run. 10am. Guilderland H.S., Guilderland Center. Phil Carducci: 861-6350. active.com.
- 7 Rotary 5K Road Race. 10am. SUNY Adirondack, Queensbury. glensfallsrotary.com.
- 7 Fort to Fort 5K & 10K Road Races. 9am. Rome Free Academy, Rome. romanrunners.com.
- 7 Northern Nipmuck Trail Race. 16M. 10am. Grand Tree Series, Union, CT. 860-429-0582. runwmac.com.
- 14 Peppertree's Furry Fun Run 5K. 9am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. active.com.
- 14 21st Merrimack River Trail Run. 10M. 9am. Grand Tree Series, Andover, MA. 508-628-8943. runwmac.com.
- 14 Rescue Run 5K and Family Fun Day. 9am. Broadalbin. Allissa LaPort: 332-1733. broadalbinambulance.org.
- 15 **Cape Cod Half Marathon.** USRA Half Series. Hyannis, MA. capecodhalf.com.
- 15 24th Delmar Dash. 5M. 9am. Bethlehem M.S., Delmar. Tom/Marcia Adams: 356-2551. hmrrc.com.
- 15 Saints Race for Red Cross 5K. 10:30am. The Crossings, Colonie. 229-8689. tinyurl.com/sienaredcrossrace.
- 15 30th Kingston Classic 10K & 2.1M Races. 1pm. Front St, Kingston. Greg Riley: 845-514-4654. kiwaniskingstonclassic.com.
- 15 Save Our Switchbacks 7.5K Road Race. Parkway Ski Chalet, Utica. Kathy Fuller: 315-768-7561. uticaroadrunners.org.
- 15 More Magazine Women's Half Marathon. 8am. Central Park, New York City. nyrr.org.
- 16 116th Boston Marathon. 26.2M. 12pm. Hopkinton to Boston, MA. baa.org.
- 21 **33rd St Peter's Keys Run.** 10K: 9am. 5K: 11am. Kids' 1M fun run: 10:30am. Columbia Pavilion, Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org.
- 21 **10th Dodge the Deer 5K.** 10am. Mile fun run & 200m kids' sprint. Creatures, cookout, music. Schodack Island S.P., Schodack Landing. Josh Merlis: 320-8648. areep.com.
- 21 13th Muddy Sneaker 20K Trail Run. 9am. Parish Hill, Bristol Springs. roadsarepoison.com.
- 21 YMCA Spring Sprint. 5K. 9am. Fulton Co YMCA, Johnstown. Ken Whiteman: 848-3447. fultoncountyyymca.org.
- 21 Bust a Move 5K. 10am. Russell Sage College, Troy. Michael Washco: 210-5298. sage.edu.
- 21 Great Mom's 5K Run Run/Walk. 9am. Maple Ridge Park, Selkirk. Jessica West: 649-7744. drchurch.org.
- 21 13th Muddy Sneaker 20K Trail Run. 9am. Hi Tor Wildlife Mgmt Area, Bristol Springs. roadsarepoison.com.
- 21 Hot Foot 5K. 9am. Stockbridge Valley. Ray Brych: 315-542-0312. romanrunners.com.
- 21 34th Rollin Irish Half Marathon. 9am. Essex Center, VT. Randi Brevik: 802-598-5624. gmaa.net.

PRESENTS

A TRI-PERFORMANCE SEMINAR for Endurance Athletes

Training Tips, Techniques,
Planning Strategies and Injury Prevention
Sunday, April 29th • 10 a.m. – 3 p.m.



velowatts.com or 518-256-9818 for details

1683 Route 9, St. John's Plaza, Clifton Park



Help save lives
one mile at a time!

We provide all the support and inspiration you need - you raise funds for lifesaving cancer research.

See Calendar "Other Events" listings for Info Meetings. For more information: (518) 438-3583 or teamintraining.org/unity

Walk or Run, Half or Full Marathons
Triathlons
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St. Regis Canoe Outfitters

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73 Dorsey St, Saranac Lake
(518) 891-1838 • (888) 775-2925
www.canoeoutfitters.com

32nd Annual

HMRRRG

Bill Robinson Masters 10K Championship
For runners 40 years or older

Saturday, April 28 • 9am
Guilderland High School
Guilderland Center

Application: hmrrc.com
Jim Tierney
869-5597 • runnerjmt@aol.com

So many things to do, you may just forget to go home.

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

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

518-548-4521 • speculatorchamber.com

ADIRONDACKS SPECULATOR REGION

Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

SKYHIGHadventures

Multi-Sport Life Triathlon Festival

July 28-29 • Grafton Lakes State Park, Grafton

A RACE FOR EVERYONE!

- SUPER Olympic Road Triathlon**
Sun, 7am – 1M swim/30M bike/7M run
- XTERRA Off-Road Triathlon**
Sat, 9am – 1K swim/20K bike/6K run
- SHAPE Kids' Triathlon**
Sat, 2pm – 100m swim/5K bike/1K run

THE CAPITAL DISTRICT'S BIGGEST TRI FEST!
USAT sanctioned • ARE chip timing
Brunswick BBQ • Awards • Raffle
Bike Giveaways from Tomhannock
Race photo • Individuals & Teams

Register Now and Save!
SkyHighSuperTri.com

9th Annual St. John's/St. Ann's SPRING RUN-OFF
Saturday, April 28th

FREE T-SHIRTS TO FIRST 300 REGISTERED ENTRANTS

A 5K & 10K run and mile walk on the traffic-free Corning Preserve to benefit St. John's/St. Ann's Outreach Center

8:30 am 10K 10 am 5K
10 am 1 Mile Family Fun Walk

Fees: 5K & 10K: \$17/person, per race (\$20 after 4/20), Family Walk \$10/adult, \$5/child

Register Online: www.Active.com • Info/Entry Form: www.springrunoff.com
 Or call St. John's/St. Ann's Center (518) 472-9091

SECOND ANNUAL KERRY BLUE HUSTLE 5K
 RUN WITH THE DOGS RACE | FUN RUN

Saturday, May 5 @ 9am
SMSA School, Church St, Glens Falls

T-shirts to first 150 registered by 4/19
 Friends/Family Challenge: Teams of 3!
 Kids' Half-Mile Dash @ 10am – Free!

Donations appreciated for St. Mary's Food Pantry
smsaschool.org or active.com
 Amy Campopiano: kerrybluehustle@gmail.com

3rd Annual

5K Trail Race/Fun Walk & 1K Kids' Fun Run
Saturday, June 2nd 9am
Slate Valley Museum, Granville

Scenic recreational trail run • Corporate & School teams
 Reduced fee for under 18 & chip timing too!
 Supervised kids activities during 5K at museum
 Uniquely local prizes and giveaways

Register by 5/20 to save! active.com
Info: railtrailtothefootbridge5k.com

6th Annual Firecracker 4

4-Mile Road Race
Wednesday, July 4 • 9am
Run Thru Historic Saratoga Springs, NY

USATF Certified & Chronotrack B tag timed

Saratoga Springs City Center
 Entertainment along the course
 Band at the start/finish
 \$20 by 7/2 or \$30 race day
 Dry-fit shirts to all registered runners

NEW THIS YEAR!

- Monetary Prizes
- USATF Adk Team Championship
- Team competition for Military, Public Safety and Scholastic teams

www.Firecracker4.com

Awards: Top 10 M/F overall, top 3 M/F 5-yr & top 3 M/F military and fire/police/EMS

Peter Goutos: pgoutos@casmithllc.com
 Bob Vanderminden: bobjr@telescopecasual.com
 Peter: 518-316-4445 • Bob: 518-744-5646

- 22 4th Cherry Blossom Race for ALS & 2M Wellness Walk. 12:15pm. Central Park, Schenectady. Tim Fecura: 320-6770. conta.cc.
- 22 3rd Plattsburgh Half Marathon & Relay. 8am. Oval, Plattsburgh. plattsburghhalfmarathon.com.
- 28 **9th St John's/St Ann's Spring Run-Off.** 10K: 8:30am. 5K: 10am. 1M family fun walk: 10am. Hudson River Way Amphitheater, Albany. 472-9091. springrunoff.com.
- 28 **32nd Bill Robinson Masters 10K Championship.** 9am. Age 40+. Guilderland H.S., Guilderland Center. Jim Tierney: 869-5597. hmrrc.com.
- 28 **Fall Marathon or Half Marathon Training.** Starts 4/28. USA Fit Albany, Albany. Jennie Heidebreder: 698-1478. usafitalbany.com.
- 28 5K Run 4 Vocations. 11am. Crossings, Colonie. 674-3818. albanyvocations.org.
- 28 kLaVoy5k Run/Walk. 8am. Saratoga Spa S.P., Saratoga Springs. Tonya Pellegrini: 928-5808. Inpr.esources.com.
- 28 8th DACC 5K Dash. 9am. Duanesburg Area Comm Center, Delanson. Darcie Adams: 895-9500. dacc.info.
- 28 Schoharie 5K Run/Walk. 10am. Schoharie E.S., Schoharie. David Roy: 295-7162. sta5k.org.
- 28 Healthy on the Hudson 5K Run/Walk. 9am. Hendrick Hudson H.S., Montrose. hhcef.org.
- 28 Adamant 20-Miler & Relay. 10am. Adamant Music School, Adamant. Eric Ryea: 802-223-2733. cvrnrunners.org.
- 29 **2nd Lake George Half Marathon & 5K.** 13.1M: 8am. 5K run/walk: 8:15am. USR Half Series. Fort William Henry, Lake George. runlakegeorgehalf.com.
- 29 **11th Sean's Run.** 5K Race/Walk: 1pm. Meghan's Mile: 12:30pm. Chatham H.S., Chatham. seansrun.com.
- 29 Muddy Moose Trail Race. 14M/4M. 9am. Grand Tree Series. Wolfeboro, NH. 603-520-5450. runwmac.com.

MAY

- 5 **6th CCRC 5K Run, Walk & BBQ.** 3pm. Kids' 1K Race: 4pm. Christ Community Reformed Church, Clifton Park. Pat Glover: 877-0654. ccrc-cpny.org.
- 5 **2nd Kerry Blue Hustle 5K Race.** 9am. Kids' 0.5M dash: 10am. St. Mary's/St. Alphonsus School, Glens Falls. Amy Campopiano: 761-9329. smsaschool.org.
- 5 Albany YMCA 5K Run & 3K Walk. 9am. Lake House, Washington Park, Albany. 463-9622. cdymca.org.
- 5 Bark For Life. 1M Walk w/dog. 9am. Games, demos, activities. Cook Park, Colonie. Michele Bourgeois: 281-8976. relayforlife.org.
- 5 The Humane Race 5K w/Dogs. 10am. Williamstown, MA. Alix Cabral: 413-441-3677. humanerace.org.
- 6 **Literacy 5K Run/Walk.** 10am. Kids' fun run: 9am. Youth mile: 9:30am. Troy Atrium, Troy. Literacy Volunteers of Rensselaer Co: 274-8526. lvorc.org.
- 6 Walk MS. 5M, 3M or 1M for Multiple Sclerosis. 10am. Crossings, Colonie or Recreation Dept, Plattsburgh. Susan Ashline: 585-271-0805. msupstateny.org.
- 6 35th Steve Zemianek Bennington Road Race. 10K, 3.8M & fun run. 10am. North Bennington, VT. bkvr.org.
- 6 22nd Seven Sisters Trail Race. 12M. 9am. Grand Tree Series. Amherst, MA. 413-695-7244. runwmac.com.
- 6 24th Thom Bugliosi Trail Runs. 13K/26K. 9am. Hammond Hill State Forest, Dryden. Jay & Melissa Hubis: 607-218-2182. fingerlakesrunners.org.
- 9 Platteclove Mountain Run. West Saugerties.
- 10 President's Challenge 5K. 4pm. SUNY Canton. Farren Davis: 315-379-3902. canton.edu.
- 10 3rd Saint Helen's School 5K Run/Walk & 1M Kids' Run. 6pm. Central Park, Schenectady. 229-3321. sainthelens.net.
- 11 3rd Ella Grace Chiari 5K Country Run. 6:30pm. Plus, 1M fun run/walk. Nassau Commons, Nassau. Deborah La Due: 334-6001. defeatchiari.org.
- 12 **23rd Prospect Mountain Road Race.** 5.7M up 1,600ft. 9am. Lake George E.S., Lake George. Chris Cifone-Clohoesy: 361-1668. adirondackrunners.org.
- 12 **3rd Jog for Jugs Half Marathon & 5K Race.** 9am. Town Park, Duanesburg. Jessica Mitchell: 229-5611. powerhouseathleticsny.com.
- 12 **1st Rally in the Valley 5K Race & Duathlon.** Du: 5K run, 20M bike, 5K run. 9am. Also: Duathlon relay. Fort Hunter. Matt Ossenfort: 694-1955. areep.com.

- 12 MTA 5K Road Race. 10am. Town Park, Halfmoon. mta5k.shutterfly.com.
- 12 Run for the RACC 5K. Rome Art & Community Center, Rome. Jason Pare: 315-351-6830. romeart.org.
- 12 23rd Towpath Trail Run 10K & 2M. 5:30pm. St. Johnsville. John Geesler: 568-7509. fmrrc.org.
- 12 Wapack & Back Trail Races. 21.5M/50M. Grand Tree Series. Ashburnham, MA. runwmac.com.
- 12 1st LPCS 5K Run/Walk for Komen for the Cure. 9am. Lake Pleasant C.S., Lake Pleasant. lpschool.com/5k.
- 12 Mother's Day Walk/Run 5K. 9am. Remington Recreation Trail, Canton. Ilene Burke: 315-379-9845.
- 13 **32nd Mother's Day 5K Run/Walk & bRUNch.** 9:30am. Women only. Kids' 1/2 M Race: 10:15am. Central Park, Schenectady. hmrrc.com.
- 17 CDPHP Workforce Team Challenge. 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwtc.com.
- 19 Make it a Great Day Half Marathon & 5K. 8am. Tamarac School, Troy. 312-5330. thedragonflyadventure.com.
- 19 Tuff eNuff Challenge 5K Mud Run. 9am. NYRA Lowlands/BOCES Campus, Saratoga Springs. 581-1230. prevention-council.org.
- 19 Johnstown 5K Run/Walk. 9am. Johnson Hall, Johnstown. Ron Robinson: 762-4459. fmrrc.org.
- 19 MHRRRC Women's Run. 5K/10K. 8am. Dutchess Rail Trail, Poughkeepsie. mhrrc.org.
- 19 Dandelion Run Half Marathon & 10K Run/Walk. 9am. Derby, VT. Katy Murray: 802-334-8511. dandelionrun.org.
- 19 3rd Cooter 5K Memorial Scholarship Walk/Run. 9:30am. Brasher Falls. Sian Cootware: 315-250-0792.
- 19 Rensselaer Falls Library Association 5K Walk/Run. 9am. Fire Dept, Rensselaer Falls. Christine Laquier: claquier@yahoo.com.
- 19 Heather A. Freeman 5K, 10K, Half Marathon. 9am. Watertown. heatherafreemanfoundation.com.
- 20 **1st Cohoes Founders Day 15K & Mastodon 5K Races.** 9am. Craner Park, Cohoes. Lisa Osorio: 281-3253. foundersday15k.com.
- 20 **8th Team Billy Ride & Walk for Research.** 3M Walk: 9am. 50M, 25M, 10M: 8:30am. High Rock Park, Saratoga Springs. teambilly.org.
- 20 SPAC Rock + Run 5K. 10:30am. Saratoga Spa S.P., Saratoga Springs. Sally King: 583-4051. spac.org.
- 20 14th Hall of Fame Races. 13.1M & 2-Person Relay: 8am. 5K: 8:15am. National Distance Running Hall of Fame, Utica. Mary MacEnroe: 315-724-4525. uticaroadrunners.org.
- 20 Rotary Run. 5M: 8:30am. 5K: 10am. Kids' 1M Run: 10:45am. Green Meadow E.S., Schodack. Peter Brown: 732-7178. srcrotary.com.
- 20 2nd Tupper Lake Marathon. 26.2M. 8am. Municipal Park, Tupper Lake. Brian Bennett: 524-5385. business.tupper-lake.com.
- 20 Shires of Vermont Marathon. 26.2M. 9am. Bennington to Manchester, VT. 802 442-4414. shiresofvermontmarathon.com.
- 20 Soapstone Mountain Trail Races. 14.5M/4M. 9am. Grand Tree Series. Stafford Springs, CT. 860-512-0125. runwmac.com.
- 23 **23rd Run if You DARE 5K Road Race & 1M Fun Walk.** 6:30pm. 40 North Central Ave, Mechanicville. connorsgroup.com.
- 23 Olana Star Loop Run. 10K. Olana Historical Site, Hudson. onteorarunners.org.
- 26 **2nd Survive the Farm 5K Challenge.** 10am/11am/12pm. Fun trail run with 12+ military-inspired obstacles. Route 40, Easton. Ed Johnson: 791-7856. survivethefarm.com.
- 26 1st TEARS Foundation's Rock & Walk. 10am. Crossings, Colonie. 512-1940. thetearsfoundation.org.
- 26 Jenkins Mtn. Scramble. 13.1M or 10K. 9:30am. Paul Smith's College VIC, Paul Smiths. Sarah Keyes: 327-6241. paulsmiths.edu.
- 26 Sehghahunda Trail Marathon & Relay. 26.2M. Solo, 2 or 4-person relay. 9am. Letchworth S.P., Mt. Morris to Portageville. 585-732-1090. yellowjacketracing.com.
- 27 KeyBank Vermont City Marathon & Relay. Burlington, VT. runvcm.org.
- 28 10th Glens Falls Memorial Mile. 9:40am. Glens Falls. Bob Underwood: 796-5908. adirondackrunners.org.
- 28 Woodstock Races 15K & 5K. 9am. Woodstock. Rich Gromek: 731-7697. onteorarunners.org.

6TH ANNUAL

CCRC 5K Run/Walk/BBQ

Saturday, May 5th – 3pm
Christ Community Reformed Church
1010 Route 146, Clifton Park

USATF Sanctioned 5K Race
 Family Team Competition
 Kids' 1K Race – 4pm
 BBQ chicken dinner included
 T-shirt to first 100 entrants
 Sneaker Recycling Program

Register: www.active.com
 Form: www.ccrc-cpny.org
 Pat Glover: 877-0654 • pjglove@aol.com

An afternoon of fitness, family fun and food to promote well-being and a healthy lifestyle
 Proceeds to a local animal shelter

23rd Annual PROSPECT MOUNTAIN ROAD RACE
Lake George, NY
Saturday, May 12 • 9am

Course: 5.67 miles
 Prospect Mtn gate, up 1,601 feet to summit
 Events: Lake George Elementary School

Register Online: active.com
 Application: adirondackrunners.org
 Info: cifonedesigns@aol.com
 Short-sleeve shirts to first 200 by 5/3
 Sponsored by The Adirondack Runners

36th Annual

Adirondack Distance Run
Lake George Village to Bolton Landing
Sunday, June 24 at 7:30am

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- High tech long-sleeve T-shirts for first 600 entrants
- USATF Adirondack Association 10-Mile Championship

Info & Application: AdirondackRunners.org
 Registration: AREEP.com (closes June 19 at 10am)
 Late Registration: June 23, 5-7pm at Lake George Fire Station
 No race day or telephone registration
 Benefits Big Brothers Big Sisters & GF Family YMCA Youth Scholarship Fund

Literacy 5K Run/Walk 2012
Sunday, May 6 • 10am
Troy Atrium
3rd St & Fulton St, Troy

Register: Active.com
 \$20 registration; \$25 race day
 Children's Fun Run – 9am (\$6)
 Youth Mile – 9:30am (\$10)

Complete info: lvorc.org
 Literacy Volunteers of Rensselaer County
(518) 274-8526

Challenge Yourself
 Change the Life of a Child

1ST ANNUAL **SEPT. 8, 2012**
 at the Double H Ranch in Lake Luzerne, New York

Camp Challenge 5K RUN

All proceeds to benefit the **HH**

Register at www.doublehranch.org
 Presented by Adirondack Partners

BEST FITNESS

 32nd Annual
Mother's Day 5K Run/Walk
brUNCH
Sunday, May 13 • 9:30am
Central Park, Schenectady
 For women only – Men can volunteer!
Register online by 5/10: hmrrc.com
Mail-in by 5/4 – No day of race
 Technical, women's shirts to first 200!
 Kids' 1/2M Races (12-under) \$2 at 10:15am

Charlton Heritage

 15th Annual
Charlton Heritage 5K Run/Walk
Saturday, June 2 10 am
Historic Village of Charlton, Saratoga Co.
Old School House, Maple Ave/Charlton Rd
 Rolling hills with 3/4-mile downhill finish
 USATF certified – Chip timing by ARE
 \$20 by 5/18 or \$25 after – Shirts to first 400
Kids' 1-Mile Fun Run (\$10), 11am
 Fun runners receive T-shirt & medal
Register: active.com
Entry Form/Info: charlton5k.org
Bill Herkenham: (518) 384-0065

33RD ANNUAL ST. PETER'S KEYS RUN
 A Grand Prix Event of the Adirondack Runners
Saturday, April 21 5K & 10K USATF Certified
 10K - 9AM • CHILDREN'S 1-MILE FUN RUN - 10:30AM • 5K - 11AM
 SARATOGA SPA STATE PARK, COLUMBIA PAVILION, SARATOGA SPRINGS
ENTRY FEE 5K & 10K \$18 / \$23 day of race (1 fee covers both races)
 1-Mile \$10
 Family Discounts (5K & 10K): \$50 preregistered / \$60 day of race
Online Registration & Application: www.saratogastryders.org
INFORMATION Jeff Clark 581-7550 or Laura Clark laura@saratogastryders.org
Benefits Community Hospice of Saratoga & St. Peter's Youth Group • Wheelchairs & Walkers Welcome!

JUNE

- 2 **34th Freihofer's Run for Women.** Women's 5K run: 10am. Kids' Run: 11am. Community Walk: 12:30-1:30pm. USA open/junior national 10K race walk champs: 8am. Sportwalk clinic: 11:30am. CapitalCare Expo: Fri-Sat. Empire State Plaza, Albany. UTATF-Adirondack: 273-5552. freihoferstrun.com.
- 2 **15th Charlton Heritage 5K Run/Walk.** 10am. Kids' 1M fun run: 11am. Old School House, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 2 **1st Glens Falls Urban Assault.** 4.6M run thru the streets taking on challenging obstacles. 5pm. GF Civic Center, Glens Falls. Randy Rath: 321-3088. adkracemgmt.com.
- 2 **3rd Burgher Dash 5K/Run For Your Life!** 9:30am. Warrensburg E.S., Warrensburg. Sunday Conine: 743-1672. highpeakshospice.com.
- 2 **3rd Rail Trail to the Footbridge 5K Trail Race/Fun Walk & 1K Kids' Run Run.** 9am. Granville. Kerry Thomas: 424-7683. railtrailtothefootbridge5k.com.
- 2 **3rd Dragon's Pride 5K Run/Walk.** 10am. Saratoga Spa S.P., Saratoga Springs. dragonspriderun.yolasite.com.
- 3 **Worcester Marathon & Half Marathon.** USRA Half Series. Worcester, MA. worcestermarathon.com.
- 3 **Shack Attack 5K Race/Walk.** 9am. The Crossings, Colonie. Jennifer Lawrence: 275-2989.
- 3 **Nipmuck 50K Trail Race.** Grand Tree Series. Ashford, CT. 860-429-0582. runwmac.com.
- 3 **JoAnn and Nancy 5K Race for Early Detection.** 10am. Pinhead Susan's, Schenectady. joannandnancy5krun.com.
- 3 **3rd Equinox Trail Race.** 5K & 10K. 9:30am. Martha Keenan: 802-425-2384. gmaa.net.
- 8-9 **Murky Excursion Adventure Race.** 8-hr night race: trek, navigate, mtn bike. Hardwick, Vt. 802-434-8639. gmara.org.
- 9 **14th Kinderhook Bank OK-5K Road Race.** 9am. OK-1 kids' 1M run: 8:15am. Village Square, Kinderhook. Ed Hamilton: 369-4789. ok5krace.org.
- 9 **4th Run for Pride 5K.** 9am. Washington Park, Albany. Nora Yates: 462-6138. capitalpridecenter.org.
- 9 **17th Lions Ramble 10K & 2M.** 5:30pm. Haslett Park, Fort Plain. John Geesler: 568-7509. romanrunners.com.
- 9 **Capital City Stampede 10K.** 9am. Montpelier, VT. John Valentine: 802-485-3777. cvrunners.org.
- 10 **The Run for Help 5K Run/Walk Against Domestic Violence.** 10am. Goff M.S., East Greenbush. unityhouse.org.
- 10 **7th Lake Placid Marathon & Half Marathon.** 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 10 **41st HMRRC Distinguished Service Race 8 Mile.** 9am. UAlbany, Albany. Mark Warner: 464-5698. hmrrc.com.
- 10 **Greenfield Dragon 5K Run/Walk.** 9am. Kids' Fun Run: 8:30am. Greenfield E.S., Greenfield Center. 596-8194. greenfielddragon5k.com.
- 12 **Colonie Summer Track Series.** 6pm. Colonie H.S., Albany. 783-2760. hmrrc.com
- 15 **Greenbush Area YMCA 5K.** 6pm. YMCA, East Greenbush. Sean Zabinski: 477-2570. cdymca.org.
- 16 **Whipple City 5K Run/Walk.** 8:30am. Greenwich. Barbara Hamel: 692-7979. greenwichchamber.org.
- 16 **The Great Adirondack Trail Run.** 11.5M mountain run & 3.2M fun run. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 16 **Tawasentha Mud Mania II.** 11:30am. Tawasentha Park, Guilderland. Dennis Moore: 456-3150. townofguilderland.org.
- 16 **Treetops to Rooftops 5K.** 9am. Hudson River Walkway, Highland. mhrrc.org.
- 17 **HMRRC Father's Day 5K.** 9:30am. The Crossings, Colonie. hmrrc.com.
- 17 **5th Mike Caruana Father's Day 5K & 1M.** 8:30am. Bullhead Point, Fulton. Matt DeGroat: 315-288-5185. mikecaruana5k.com.
- 17 **New Paltz Challenge Half Marathon & Father's Day 5K.** 13.1M: 7:30am. 5K: 8am. Wallkill Valley Rail Trail, New Paltz. newpaltzchamber.org.
- 17 **Summer Sizzler 5M.** 8:30am. SUNY-IT, Utica. Suzanna Price: 315 731 5411. uticaroadrunners.org.
- 19 **Colonie Summer Track Series.** 6pm. Colonie H.S., Albany. 783-2760. hmrrc.com.

- 23 **3rd Stride 4 Stride.** 5K. 9am. Corning Preserve, Albany. 598-1279. stride.org.
- 23 **Tri-City Valley Cats Home Run 5K.** 9am. Bruno Stadium, HVCC, Troy. John Haley: 456-3682. hmrrc.com.
- 23 **Go the Distance 5K.** Bennington, Vt. Jack Quinn: 802-375-9655. bkvr.org.
- 23-24 **Green Mountain Relay.** 200M. 6am. Cambridge E.S., Cambridge, VT. rltrelays.com
- 26 **Colonie Summer Track Series.** 6pm. Colonie H.S., Albany. 783-2760. hmrrc.com.
- 24 **36th Adirondack Distance Run.** 10M. 7:30am. Lake George Firehouse, Lake George to Rogers Memorial Park Beach, Bolton Landing. adirondackrunners.org.
- 30 **Finger Lakes Fifties.** 50K, 50M, 25K. 6:30am. Finger Lakes National Forest, Hector. fl50sultraz.blogspot.com.

JULY

- 4 **6th "Firecracker 4" 4M Road Race.** 9am. Saratoga Springs City Center, Saratoga Springs. Peter Goutos: 316-4445. Bob Vanderminde: 744-5646. firecracker4.com.
- 12-15 **5th ARE Trail Running Camp for Adults.** Running, yoga, clinics, paddling, run/tube trail. Sun, 9am: Froggy Five Trail Race. Dippikill Wilderness Retreat, Warrensburg. Josh Merlis: 320-8648. areep.com.

SEPTEMBER

- 1-2 **1st 18.12 Challenge & 1/2 Marathon Race Weekend.** 18.12M & 13.1M road races. Watertown to Sackets Harbor. 1812challenge.com.
- 8 **1st Camp Challenge 5K Run.** 7am. Double H Ranch, Lake Luzerne. 696-5676. doublehbranch.org.
- 9 **33rd Dunkin Run.** 5K, 10K & 1/2M Kids' Run. 8:30am. Jewish Community Center, Albany. Tom Wachunas: 438-6651. saajcc.org.
- 16 **7th Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half Marathon: 8am. 5K Run/Walk: 8:05am. Saratoga Springs. Maria Palmer Maurer: 917-521-0469. saratogapalio.com.
- 22 **35th Whiteface Mountain Uphill Foot Race.** 8M up 3,500ft on 8% grade. 8am. Wilmington. 888-944-8332. whitefaceace.com.
- 23 **Adirondack Distance Festival.** 5K & 10K Races. 9:30am. Municipal Center, Chestertown. 532-7675. adirondackmarathon.org.
- 23 **Adirondack Distance Festival.** Marathon & Marathon 4-Person Relay (new): 9am. Half Marathon: 10am. Expo & kids' fun run (2pm): 9/22. Schroon Lake. 532-7675. adirondackmarathon.org.
- 28-29 **1st Ragnar Relay Series: Adirondacks.** 200M. Overnight 6-12 person team relay race. Saratoga Springs to Lake Placid. 877-837-3529. adirondacksragnar.com.

OCTOBER

- 7 **Mohawk Hudson River Marathon & Half Marathon.** Marathon: Schenectady to Albany. Half: Colonie to Albany. Expo: 10/6. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.

SWIMMING

APRIL

- 7 **2nd Duanesburg Swim Meet.** 10am. Duanesburg Area Community Center, Delanson. adms.org.

MAY

- 1 **Long Course Swim Team w/Coach Rossi.** Starts 5/1. Jewish Community Center, Albany. 438-6651 x122. saajcc.org.
- 19 **Spring Fling Swim Meet.** 1:30pm. Ballston Spa H.S., Ballston Spa. Keith Coonrod: 527-5853. adms.org.

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

Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.


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Fueling for *Training* and *Racing*

By Judy Torel



ST. PETER'S KEYS RUN
AT SARATOGA SPA STATE
PARK IN APRIL 2011.
PHOTO BY BRIAN TEAGUE

requires the least amount of work for the GI system to process. So protein powders (those that contain branched chain amino acids in particular) are a good choice and can be mixed into juice or combined with fruit for a post workout smoothie. Add some good fat in the form of almond butter or ground flax to complete a phenomenal post workout fueling meal.

Two other things to consider adding to your post workout meal are foods high in antioxidants and foods that reduce inflammation. Berries of all types (for example, blueberries and acai berries) and dark green leafy vegetables like kale or Swiss chard are all great antioxidant foods that can easily be added into a food processor or blender when making a post workout smoothie. Antioxidants work to protect and clear free radicals, which are damaging to the body and are produced at a high level as a result of endurance sports.

Other foods to consider adding to your 30-minute post workout meal are foods that help to reduce excess inflammation in the body. Long training sessions result in inflammation at the cellular level and too much inflammation can block repair. Turmeric, ginger, omega 3 fatty acids found in nuts and seeds are all powerful anti-inflammatory foods that are easily added to post workout smoothies or eaten in combination with carb replacement and lean protein foods. An example of a powerful anti-inflammatory replacement meal would be a baked potato with turkey chili made with turmeric and ginger and double stuffed into the potato with a couple of slices of avocado. Another example would be a smoothie made with almond milk, berries, a couple of scoops of either whey protein (dairy) or Plant Fusion protein powder, with a tablespoon of almond butter.

NUTRITION

After the 30-minute window, immediately return to the guidelines we all read and hear about healthy, nutritious eating: high fiber, high vitamin/minerals, whole foods with low glycemic indexes, lean eco-friendly raised meats, poultry, fish and eggs and dairy, combined with some good fats like olive oil or nuts.

We all need to eat nutritiously but the more we train or the longer we race, the more the rules bend a little so that we fuel as well as we eat nutritiously. 🌱

Judy Torel (jtorel2263@yahoo.com) is a USAT coach, personal trainer, nutrition consultant and psychotherapist. She owns Judy Torel's Coaching and Training Studio in Albany. Judy has been competing in triathlon since 2003, completed six Ironman races, and has done 11 marathons.

placed at the times when the body is actually repairing – in other words when you are not exercising.

Healthy fats round out the components of the meals you consume for nutrition and include foods like olive oil, nuts and their butters (FYI, peanuts are actually not a nut but a legume), avocado, and oils from seeds and nuts such as walnut oil or sesame seed oil. These fats have a higher percent of omega three-to-one ratio, and research is showing that the average American is getting way too much omega-6 (20-to-one ratio of omega-6 to omega-3, where what is desirable is closer to two-to-one). Omega-6 is found in vegetable oils like corn oil so best to minimize these type oils and use those listed above more frequently.

FUELING

Now that you have a general guideline for nutritious eating for your meals outside of those around your training and races, we can discuss the concept of “fueling.” Fueling is what you will use as a guideline for what to take into your body within ten minutes before, during, and within 30 minutes after your longer, harder workouts and your races.

Your body wants to run on fat as its primary fuel source. Every athlete works to increase their metabolic efficiency so that at higher and higher intensities, the body can continue to burn fat before it totally switches into carbohydrate usage. That said, “fat can only burn in a sugar flame.” What that means is that if your blood sugar, liver glycogen, and muscle glycogen levels dip too low, then the body will conserve its fat and you will “bonk” or “hit the wall” in your race or training. These terms basically mean your body comes to a screeching halt or your level of intensity has to drop so low, you may as well stop.

We want to avoid sugar levels from dropping too low by ingesting immediately absorbable carbs, which is why it is most important that you take in simple carbs before, during, and after your long and intense workouts and races. What this

means is that all the advice to eat low glycemic carbs for health goes out the window when fueling.

When thinking about what to eat to fuel your workouts, you want to avoid anything with high fiber and eat things that have a very high glycemic index. This basically means your body can immediately replace and use the glucose and glycogen that is getting utilized in your sport and it can then continue to use fat as a primary substrate – which is what we want!

Foods that are best for fueling (and not so good at all other meals) would include things like jelly on white bread; gels and “blocs” produced for sports nutrition, and high in simple sugar drinks like Gatorade or Ironman Performance. The average person is burning 300 to 800 calories per hour of exercise. For training sessions that exceed 75 minutes, the rule of thumb is to be taking in 200 to 400 calories per hour (lower level for women and smaller stature men) during your activity. In this way you will maximize performance and training and avoid bonking. You would NOT want to eat these type foods at any other time outside of within ten minutes of starting, during, and as part of a fuel mix of carbs, protein and fat within 30 minutes of stopping.

For the snack immediately post workout or race, you need to restore carb storage in the body but you also need to provide immediate raw product for repair to begin. Research shows that you have a 30-minute window of opportunity where the body is like a sponge and will absorb these nutrients more successfully than if you wait two or three hours to eat your next meal. This immediate intake of simple carbs and protein is necessary to insure that your body can recover and be ready for your NEXT workout, whether it is later the same day or the next day.

The longer the workout the more important this post-event meal becomes. Training and events lasting less than an hour do not require this fueling meal but for events or training over 90 minutes and upwards of multiple hours, this is probably one of your most important fueling opportunities.

And as with all fueling, this is not the time to follow nutrition guidelines. High glycemic, low fiber carbs work best for this meal. These need to be combined with a readily absorbable form of protein that



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ISSUE #138

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A MENAGERIE OF ARE "CHARACTERS" AT 2011 FIRECRACKER 4.1

By Andrew Rickert

What was running like ten years ago? Allow me to remind those of you who are too young to remember or are relative newcomers to the sport. Race registration required an entry blank and a stamp. Measuring a run was jumping in your car and driving over the course with a close eye on the odometer. Getting your heart rate usually meant a stopwatch and a reliable artery. How about finding a running group or partner? Well, if you didn't know someone already, it meant being blessed with social aptitude or perhaps a chance encounter after a road race. Even still, there was no guarantee that their schedule jived with yours or that they could be relied upon to meet up on a Sunday morning.

Our sport has changed immensely these past ten years. The group that has been the catalyst for transforming running in our area is the Albany Running Exchange. This month ARE celebrates their tenth annual Dodge the Deer 5K – the event that started all this frun madness. And to think I never thought this running group would last beyond a few years. I was wrong!

I witnessed ARE founder Josh Merlis plant the seeds for a running club and student organization while we were teammates at the University at Albany. Josh had grown tired of the politics of collegiate running and made a decision to leave the team.

"Since the age of seven, I'd always been on a team and suddenly, for the first time in my life, I was without one. It was quite a shock and I didn't know what to do with myself," Josh recalls.

Josh found himself estranged from the team and a sport he loved and decided he wanted to run things on his own terms. Josh realized the campus attracted a plethora of recreational runners who did not desire a competitive career and wished to keep "fun" a priority. Posters began sprouting on the columns of the uptown campus and weekly bagel sales began to fund trips to fun destination races. Although new members found out about the club through these lucrative bagel sales, the base for their early membership definitely centered around a smaller group of Josh's close personal friends. Josh, being an enthusiastic and charismatic character, began to attract more of a following.

RUNNING & WALKING

Albany Running Exchange Turns Ten Are We Having "Frun" Yet?



PHYLLIS FOX OF LOUDONVILLE AND EMMA "FRUN" HAMPSTON OF VOORHEESVILLE AT 2011 RACE. PETER THOMAS/ALPENGRAPIK.COM



BULLY THE BEAR, DODGE THE DEER AND CHASE THE CHIPMUNK AT THE 2011 RACE. GREG WOLCOTT/FIVE PINES PHOTOGRAPHY

The early club meetings I remember took place in a small lecture center or in his dorm room. At times they seemed well thought out. More frequently, they would easily veer off-topic as Josh ran through a list of agenda items that would put any cruise director to shame. His frenzied pace of speech either left you reaching for your ADD meds or salivating over the next event!

It was good clean fun for his mostly under-21 following, but part of me wondered what would happen when Josh graduated to become a full-time teacher. Surely, the breakneck pace that he set for himself would eventually slow down. I graduated two years prior to Josh and kept in touch as I began to acclimate myself to the real world.

Then I received a phone call in the spring of 2005. Josh proceeded to tell me they were creating a musical for the fictional characters "Dodge the Deer" and "Chase the Chipmunk," a romantic piece.

They wanted to perform it at the third annual Dodge the Deer 5K. This wasn't their first Dodge-based musical piece. The first annual event featured a choreographed dance number and the second had carried a storyline. But now they were looking to take this thing to a whole new level.

ARE was broadening its scope and beginning to attract runners from the community outside the campus. The race was originally held in Rensselaer Lake Park. I signed on to help set-up the course, and to run registration on the day-of, since most all registrants would sign up in this manner. Results were tabulated using a clipboard and a pair of eyes reading the race bibs off the finishers as they entered the chute. Josh later hand-typed these numbers and posted them to his growing website.

The race was a success and everyone loved the entertainment. One thing that

became certain is it was not your average road race! Awards came in the form of deer shaped cookies and giant mascots roamed the park high-fiving participants. ARE began amassing a whole new cross-section of runners – the non-student.

Subsequent Dodge the Deer races saw a surge in the number of participants. It also saw innovative new concepts like the now defunct Diaper Dash, which became completely overrun by highly competitive adults wearing minimal clothing. And their now infamous Mr. & Mrs. Dodge category, whereby significant others could team up for supremacy, and winners would later be "married" by Dodge the Deer at the awards ceremony!

Josh enjoys the fact that for two years in a row, the winning couple would be engaged by the following year's Dodge the Deer, and one of the winning couples now has an infant. This takes the idea of "exchange" to a whole new level. I am also told a couple was engaged at the finish line of the 2010 Hairy Gorilla Half.

The Dodge the Deer awards recognize five-year age groups beginning with ten-and-under and running up through 80-plus! Other special categories include the mathematic median finisher and "enjoys the scenery" for the final finisher.

With such rapid growth in race participants, the race outgrew the confines of Rensselaer Lake Park. In 2006 it was moved to Schodack Island State Park, 20 minutes south of Albany. Since then the race continues to reinvent itself, drawing participants across state lines and it even tipped the scales at over 400 finishers in 2009.

"I've directed a lot of races over the years; more than 60 of our own, and I've also personally assisted and timed more than 300 with ARE Event Productions. The only one that has ever literally brought me to tears was that first Dodge the Deer. I collapsed on the ground and wept tears of joy for all the hard work we put

in and how astonished I was that we pulled it off," Josh shares.

If you were to ask me if I thought the ARE would last beyond Josh's graduation eight years ago I would have said no. But what is so remarkable about their longevity is that the reason I believed it would fail is exactly the same reason why it has lasted so long and progressed so well. Josh and the Albany Running Exchange have never lost sight of their mission – keep it fun and stay young at heart.

The joy they take from the pursuit of running is the same joy they celebrate with when they are not running. From their self-proclaimed group FRUNs, to their raucous annual banquets, to their costume-laden events, they know how to bring out their inner child. Where else can you stuff bananas down your shorts as you run a half marathon? Fun is the goal and there is no age limit for those in search of it.

While fun is at the forefront of the club, Josh and the ARE have launched an event production team that is all business. After leaving his steady position as a teacher in 2008, Josh became a race consultant full-time. He took his expertise of computer programming to a whole new level and uses his own software at races. This software is capable of showing you a virtual race simulation over the course map. From there, Josh began developing systems that would instantly display results as finishers crossed the line. He was going beyond fast results to INSTANT results.

Just last year he introduced flat-screen projectors in the chute which would not only display your exact time and place, but actually allow you the out of body experience of watching yourself finish just seconds after you cross the line! AREEP has timed races from California to Bermuda and often have four events simultaneously occurring during peak season. Up next, they are expanding into Canada.

The albanyrunningexchange.org is another fine example of Josh's talents. Members can sign up for and invite each other to group runs with a click of a button. Text messages are instantly sent to notify you of upcoming group runs. Members can log and track their miles, register for events, and find others who have similar interests and training paces.

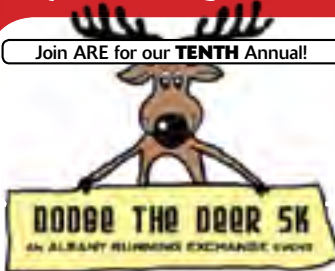
In the last ten years, the Dodge the Deer 5K and Albany Running Exchange have changed the definition of a running club in ways never thought possible. What can we expect in the next ten years? You can bet that Josh and the Albany Running Exchange will be at the forefront of whatever is next. And you better believe it's going to be FRUN! 🌲

Andrew Rickert (rickerta@strose.edu) is a teacher at Lansingburgh High School. He is a USATF Level II certified cross-country and track & field coach at The College of Saint Rose. He runs competitively over road, trail and snow. He lives in Delmar with his wife and two-year-old son.

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Shannon & John Guastella



SHANNON AND JOHN.

ATHLETE PROFILE

RESIDENCE: Delmar
CAREER: Shannon, nanny; John, Publisher, Our Towne Bethlehem
FAMILY: Nick, 19; Kristen, 16; Leah, 14
PRIMARY SPORT: Shannon, running; John, triathlon
SECONDARY SPORT: Shannon, cycling; John, hiking
AGE: Shannon, 39; John, 46



JOHN, KRISTEN, LEAH AND SHANNON AT THE TURKEY TROT.



JOHN DOING THE IRONMAN.

By Caroline Barrett

"I just need to have clean floors, that's all. If I have clean floors, everything else is possible," Shannon Guastella says. "She's serious!" her husband added.

The question asked was how do they manage it? How do the Guastellas manage to work, train, raise children, and be a very active part of their community? It seems an impossible task. Shannon makes it very clear though: she can do it all, if only she doesn't have to worry about the floors.

Sitting with the Guastellas on a recent evening, their good humor and easy going ways shined. There was lots of banter and joking, each occasionally teasing the other. But what they both showed the most of was an utter devotion to each other, their family, and to their community.

Shannon and John are two people who love their sport. Shannon is a runner, and she admits, a non-competitive one. The events she chooses all have a personal meaning for her. She recently lost a beloved grandmother to diabetes, and in her honor is participating in the Tour de Cure century bicycle ride this June.

She has an old friend of over 35 years who she recently ran her first marathon with. The friend lives in California so they called each other after training runs, kept track of their time, and then met in Utah for the marathon. They spent the entire 26.2 miles catching up and laughing. Shannon remembers another runner passing them and calling out, "Hey, you're not supposed to have this much fun in a marathon!" For Shannon though, the race was all about fun and spending time with a dear friend.

There was also her Team In Training run a few years ago. This connection was a childhood friend who had leukemia. It felt like the right thing to do. "If I don't feel a special connection to a race, I won't do it," she says.

Running the road races led her to a local YMCA triathlon club. It was the appeal of something new and the social aspect of the

sport that led Shannon to the club. She was such a beginner that on the first day she stepped aside before the group started a swim just to be sure she could swim. Turns out she could and survived. "Talk about being a beginner," she laughs. "But I had so much fun."

It was Shannon who convinced her husband to join the tri club. When John joined he was in decent shape, running five miles at a clip and biking everywhere. The swimming was a challenge though. His wife was there for him, cheering him on, and believing in him. He not only learned to swim, but he participated in his first sprint triathlon at the Albany Pine Bush three years ago. "I really liked challenging myself," John recalls.

It wasn't long before he was doing the 2010 Ironman 70.3 Syracuse. That half-Ironman paved the way for his full Ironman Lake Placid in 2011. Those who have trained for such races know what John does: "The Ironman, especially at the higher levels, is a selfish sport. If it wasn't for a beautiful and understanding wife, I never would have gotten it done."

When John decided to do the Ironman, his world revolved around training – every day, every hour, every second. Shannon knew John needed her to stand by him. She recalls, "I decided to either be supportive and understanding or keep my mouth shut." Ultimately, completing Ironman Lake Placid was a family effort.

The Guastellas stand united in their commitment to be active and fit. They also work together at another dedication, their community. Two years ago, they started the OUR TOWNE Bethlehem Turkey Trot 5K Run/Walk to fund the Bethlehem Food Pantry. The event was the result of them wanting to run a 5K on Thanksgiving Day, but not wanting to drive all the way to Troy. The planning was actually started on a bar napkin. They originally ordered 500 shirts and 500 bibs, thinking that they could donate any unused T-shirts. It was better to have too many than not enough,

they thought. They spread the word through the community and hoped that they hadn't ordered too many shirts.

Then, unbelievably, the registrations started to roll in. There were 500, then 1,000 people registered for the Turkey Trot. John made call after call to the printer, adding more shirts to his order. The Guastella's home was turned into race central. Boxes of T-shirts and race supplies stacked from the floor to ceiling. On race day over 1,700 people ran in the inaugural 2010 Bethlehem Turkey Trot.

"Not one of our friends got to run the race that day," Shannon recalls, "We had everyone we know working the race." There was even one friend who put on a big feathered turkey suit and ran the entire 3.1 miles flapping his wings and waving to the crowds. "The most important part of that Turkey Trot is that we filled the food pantry. There was so much food donated that our food pantry was able to help out other food pantries. It was exactly what we wanted to get out of that event." John tells with just a bit of pride. They created a new family tradition for their community. For one day, the focus was on helping your neighbor.

This February they formed the Bethlehem Tri Club. While training for the Ironman, John and his friends were driving over an hour away to train. They realized how many triathletes there were in their own backyard and decided to form a local triathlon club. They meet every week for bike rides in Bethlehem, open water swims in Berne will start in May, and they include monthly extras like yoga, swim lessons, and mental skills classes. The group already has about 100 members and Shannon and John both stress that BTC is for ALL abilities. The club provides mentoring for those new to the sport and camaraderie for all involved.

Asking the Guastellas what the future holds for them, they both talk excitedly about upcoming races, training and events. Shannon laughs about her husband's level of energy and enthusiasm, saying, "I leave every morning for work and I have no idea what will happen by the time I get home."

"When we do something, we do it at 100 miles an hour. It's all or nothing!" John adds. "Whatever we choose to do, it will always involve being active, spending time with family, friends and above all else, giving back to our community." 🌲

Caroline Barrett lives in the Hudson Valley with her husband and three children. Together they own Our Daily Eats and she writes for various publications throughout the region. You can read her blog at ourdailyplate.com.

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* New York State Department of Health Study

KAYAKING & CANOEING



By Rich Macha

Although I am mostly a flatwater paddler, there are times when I get the urge to paddle some moving water. I enjoy utilizing a variety of strokes to maneuver my canoe or kayak between obstacles in contrast to the repetitive forward stroking I have to do on many flat waterways. In springtime when water levels are higher there are more streams and rivers to choose from and the current helps move you along. On the International Scale of River Difficulty my streams of choice are rated Class I to Class II, and can feature anything from riffles and small waves to rapids with wide clear channels, some maneuvering may be required but rocks and medium-sized waves are easily avoided by skilled paddlers.

For your first moving water outing it is best to go with someone experienced in river travel. The ability to “read the river” develops from experience. For the novice it may be sufficient to just know that the best route is often along a “downstream V” starting at the top of the V indicating a deeper, less disturbed route. The ability to move your boat sideways with strong draw strokes helps to keep you out of trouble and dodge the rocks seen at the last second. Canoeists have better control when in a kneeling position and knowing how to do pries and cross-bow draws helps too. Going slowly, by back-paddling, through a rapid gives you more time to pick out the optimum route – paddling hard is overrated.

For Class II and above rapids it is wise to learn to eddy-out. Eddies occur behind rocks and other obstructions. The current in an eddy is going upstream and where the main and eddy currents meet is called the eddy line. Crossing the eddy line into the eddy offers a safe harbor and allows for

thing more difficult, one should use a spray skirt and have as much flotation as possible both fore and aft – if the kayak does not have bulkheads then inflatable flotation bags can be fitted. Kayaks and canoes with minimal flotation are difficult to retrieve after a capsizing. Note also that any gear that is not secured can be lost in a capsizing. One more piece of advice, wear your life jacket!

SOME OF MY FAVORITE STREAMS

The **Battenkill** (also Batten Kill) is this Capital Region’s most popular Class I river, so popular that I prefer to avoid it on holidays and summer weekends. Unless you get out very early in the day you are likely to be joined by tubers, folks on make-shift rafts, canoeers, kayakers and fishermen too. The Battenkill offers over 30 miles of river that’s runnable in most summers.

While it is possible to start out in Manchester, Vt., most folks begin in the Arlington area or further downstream. The stretch from VT Route 7A above Arlington to the VT Route 313 bridge, contains one solid Class II section known as “The Rock,” where Roaring Branch flows into the Battenkill. One must make a sharp left in strong current to avoid a large rock then hard right to continue downstream. Strainers are also a possibility on the river’s right. From Route 313 on down the river is mostly a mix of quickwater, riffles, and Class I rapids, sometimes a slightly more difficult Class I+.

Through Vermont the river stays fairly close to Route 313 and passes through a deep scenic valley with steep hills on each side. As one passes into New York, the valley isn’t quite as deep but wanders away from roads in a more peaceful setting, especially after passing the village of Shushan. There are four covered bridges along the way: West Arlington in Vermont, and Eagleville, Shushan and Rexleigh in

a breather. Being comfortable with edging your boat, and knowing how to do low and high brace turns, make for controlled “eddy-ins” and “peel-outs.”

By far the biggest dangers on moving water are strainers, also sometimes referred to as sweepers. Strainers are downed trees that may be partially or wholly in the water, which can trap the paddler and/or boat with possible grave consequences. Strainers often occur on the outside of bends where the current is strongest so it is best to stay on the inside of bends despite the possibility of shallower water. Having strong draw strokes and the ability to eddy-out again help to keep you out of trouble.

Shorter or more rockered canoes and kayaks that are easily maneuvered are best for running rivers. Many recreational kayaks are satisfactory for Class I runs but for any-

- ▶ COVERED BRIDGE ON THE BATTENKILL.
- ▶ ED ASHLEY ON THE SCHOHARIE CREEK.
- ▶ LARRY WOODS PLAYING THE HOOSIC WAVE.

PHOTOS BY RICH MACHA



New York. The Battenkill is best run when the Battenville gauge reads 5.0 to 5.5 feet, at 4.5 feet it’s still runnable but scratchy.

The **Hoosic River** starts out in Massachusetts, passes through the southwest corner of Vermont, before entering New York on its way to the Hudson River. There are three sections that I paddle, each separated by a dam. Starting at the Girardi canoe access on Ashton Avenue in North Adams, Mass., the river sneaks past Williamstown, Mass., and butts up against the Taconic Range going through an attractive valley. It ends up with a Class II drop before the take-out at unmarked Conservation Park on Lincoln Street in Pownal, Vt., which is 0.3 miles below the Main Street bridge – don’t expect a park, do expect a short path through the woods with stinging nettles. A reading of 5.6 to 6 feet on the Williamstown gauge is good.

You can begin the next section below the dam in North Pownal, or at the Vermont/New York state line bridge on VT Route 346. The river swings away from the road then approaches it again. Soon after there is a Class II drop that with higher water levels can have good size standing waves below – I have seen waves on the “Hoosic Wave” of three-feet, which can be appealing to the playboater. That being said, no one on my trips has ever capsized running this rapid. The rest of this section is quickwater with some Class I rapids but watch out for strainers. Take-out can be just past the NY Route 7 bridge or further downstream on the left above the dam in Hoosick Falls.

Finally, there is a short 4.7-mile section of “easy” whitewater below the dam at Hoosick Junction. The first rapid encountered is the one that gives the inexperienced some trouble. Although only a Class I the current pushes the unwary paddler left to the outside of a curve where there is usually a strainer – if you can make it past here then you should have no trouble the rest of the way to the new boat access off NY Route

67 just past the village of Eagle Bridge. The Hoosic River continues as quickwater for a while, and then becomes flatwater prior to reaching the Buskirk covered bridge. Flatwater continues for six miles to the dam in Johnsonville. Look for the Eagle Bridge gauge to be above 2.5 feet for this and the previous section.

I have not paddled the **Schoharie Creek** since Hurricane Irene changed the valley landscape last August so I cannot wholly recommend it yet. The creek had Class I/I+ rapids between North Blenheim – the old covered bridge was wiped out by Irene – and Esperance. The 14-mile stretch from North Blenheim to Middleburgh, which takes you past the cliffs of Walhalla Rocks, and the 13-mile stretch from Middleburgh to a fishing access site off NY Route 30A in Sloansville make for nice day trips. The water level is generally too low in summer. It is best run when the Burtonsville gauge reads 1.5 to 2.5 feet.

A great introduction to moving water is the **Hudson River**, from the NY Route 418 bridge at Thurman Station, near Warrensburg to Hadley or Lake Luzerne. At higher water levels the current is swift and people have covered the 15 miles in three to four hours. The Hudson here is clear and inviting for a swim on a hot summer’s day. A couple of rapids approach Class I but most of the wide river consists of quickwater and riffles. The scenery is attractive, the left shore is undeveloped and the right shore has some very light development. Look for the North Creek gauge to be over 3 feet.

I highly recommend that everyone read the Safety Code of American Whitewater, which can be found at americanwhitewater.org and in many guidebooks. Stream gauge readings can be found at water.weather.gov/ahps2/index.php?wfo=aly. The best guidebook is the Adirondack Mountain Club’s Canoe and Kayak Guide: East-Central New York State.

These “float trips” offer much fun, great scenery and wildlife sightings – paddle safely and enjoy. 🌲

Rich Macha is owner of Adirondack Paddle’n’ Pole, a paddlesports specialty shop in Colonie (onewithwater.com) and leads trips for the Adirondack Mountain Club’s Albany and Schenectady chapters.

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RACE WEEKENDS

Rupert Mountain and through scenic countryside before finishing back in town.

The Tour of the Catskills, another hilly affair, takes place August 3-5. A time trial Friday goes over a 12-mile course in Hunter. Then there's a road circuit Saturday in Tannersville, and a Sunday stage that includes the famed – and feared – Devil's Kitchen climb on Platte Clove Road, outside of West Saugerties.

The Catskills race is followed on September 15-16 by the **Tour of the Adirondacks**, with a road race featuring steep climbs on Saturday and a criterium in downtown Lake George on Sunday.

Dieter said the series is intended to include great cycling with epic climbs, dirt roads, and amazing scenery while promoting local tourism and business. The series has been made possible by sponsorship from Stan and Cindy Koziatek of Stan's NoTubes, a maker of cycling tire sealant in Big Flats, between Corning and Elmira. "They both have a real soft spot in their heart for New York – and local road racing in general," Dieter said.

Once Battenkill is over, local racers will have a breather before another big event in the area racing calendar. The fifth annual **Adirondack North Country Race Weekend**,

sponsored by Team Placid Planet, will cruise through Wilmington and Saranac Lake on June 9-10.

On Saturday the **Wilmington-Whiteface Road Race** starts in Wilmington on a unique, lollipop-shaped course. Starting in Wilmington, riders follow a six-mile out-and-back link to multiple laps of a 14.2-mile hilly loop in and around Black Brook. The race finishes with a 1.6 mile climb up an 8-percent average grade climb to the finish line at Santa's Workshop.



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PHOTOS BY PAT HENDRICK PHOTOGRAPHY



Race director Jim Walker said riders often misjudge the road course, focus on the finishing climb, and get caught by surprise on the loop, particularly by the mile-long Black Brook Hill coming out of the village. "It's one of those hills where you can see the top and then you get there – and it's not the top!" Jim said "The top category of racers can fly up that hill but it hurts, it's really tough."

On Sunday the race moves 20 miles to the **Saranac Lake Downtown Criterium** for

men and women races around a short, one-kilometer course where pros will be doing 50 laps, flashing past spectators once every minute or so. Again this year, the race is the NYS Criterium Championship. There's also a kid's criterium just before the main event.

Last year's races drew 270 for the road race and 180 for the criterium. "The weekend event also offers a great family environment," Jim added. The area has High Falls Gorge, the Whiteface gondola rides, and

Whiteface Memorial Highway, in addition to hiking, fishing and the Olympic venues. At the Sunday criterium there are abundant shopping and dining opportunities right on the race course. For more information, go to: teamplacidplanet.org. 📍

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a long time area cyclist, photographer, writer and AFAA/ISFTA certified personal trainer.

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RACE RESULTS

UNCLE SAM CYCLOCROSS GRAND PRIX October 15-16, 2011 • Prospect Park, Troy

MEN – CAT 3/4 (Sat)		MEN – CAT 3/4 (Sun)	
1 Tim Janson	NYCROSS.com, Bennington, VT	1 Patrick Shank	Cycles d'Autremont, Burlington, VT
2 Patrick Shank	Cycles d'Autremont, Burlington, VT	2 Cody Madigan	Team Tinney's Tavern, Ballston Spa
3 Dylan Gallagher	Overlook Mt Bikes, Saugerties	3 Devin Wagner	Rensselaer Polytechnic Institute, Marlborough, MA
BOYS – JUNIOR UNDER-19 (Sat)		BOYS – JUNIOR UNDER-19 (Sun)	
1 Joseph Toth	Capital Bicycle Racing Club, Stephentown	1 Brandon Weller	Unattached
MEN – CAT 4/CITIZEN (Sat)		MEN – CAT 4/CITIZEN (Sun)	
1 Devin Wagner	Rensselaer Polytechnic Institute, Marlborough, CT	1 Timothy Durrin	Berkshire Cycling Assn, Great Barrington, MA
2 Timothy Durrin	Berkshire Cycling Association, Great Barrington, MA	2 Brian Crosby	Greenline Velo, New York
3 Brian Crosby	Greenline Velo, New York	3 Scott Hock	Adirondack Velo, New York
WOMEN – CAT 4/CITIZEN (Sat)		WOMEN – CAT 4/CITIZEN (Sun)	
1 Julia Sperry	Unattached, South Burlington, VT	1 Meg Horrocks	Unattached, Rutland Town, VT
2 Meg Horrocks	Unattached, Rutland Town, VT	2 Heidi Baks	Pawling Cycle & Sport, Poughkeepsie
3 Victoria Olo	USMA Cycling Team, West Point	3 Devon Fitzgerald	Ladies First, Massachusetts
CUB JUNIORS 10-14 (Sat)		CUB JUNIORS 10-14 (Sun)	
1 Harrison White	NYCROSS.com, Delanson	1 Harrison White	NYCROSS.com, Delanson
2 Daniel John Vaughn	Corning/No Tubes, Horseheads	2 Linus Sante	Farm Team Cycling, Queensbury
3 Quin Taylor	Farm Team Cycling, Chestertown	3 Quin Taylor	Farm Team Cycling, Chestertown
MEN – ELITE (Sat)		MEN – ELITE (Sun)	
1 Alec Donahue	J.A.M. Fund/NCC, Easthampton, MA	1 Alec Donahue	J.A.M. Fund/NCC, Easthampton, MA
2 Cory Burns	Full Moon Vista, Watertown	2 Alex Huff	BikeReg.com/Joe's Garage, Russell, MA
3 Adam St. Germain	NBX/Circle A Cycles, Shelburne, VT	3 Seamus Powell	Overlook Mt Bikes, Round Top
WOMEN – ELITE (Sat)		WOMEN – ELITE (Sun)	
1 Emma White	NYCROSS.com, Delanson	1 Emma White	NYCROSS.com, Delanson
2 Frances Morrison	J.A.M. Fund/NCC, Easthampton, MA	2 Jenny Ives	Verge Sport/Test Pilot, Saratoga Springs
3 Bryna Blanchard	North Atlantic Velo, Troy	3 Sarah Krzyziak	NYCROSS.com, Utica, NY
MASTERS 35-PLUS (Sat)		SINGLE SPEED (Sun)	
1 Eric Gutbier	CCC-Keltic, Arlington, VT	1 Chris DeLisle	NYCROSS.com, Loudonville
2 Chris DeLisle	NYCROSS.com, New York	2 Cody Madigan	Team Tinney's Tavern, Ballston Spa
3 Tim O'Shea	Syracuse Bicycle, New York	3 Jeff Johnson	Battenkill-United, Bennington
MASTERS 45-PLUS (Sat)		MASTERS 35-PLUS (Sun)	
1 Cliff Summers	CCC/Keltic/Zanes, Queensbury	1 Michael Magur	Verge Sport
2 Michael Ward	Berkshire Cycling Assn, Pittsfield, MA	2 Chris DeLisle	NYCROSS.com Loudonville
3 Matt Spence	Burrus Logistics/Fit Werx, Montpelier, VT	3 David Connerly	1K2GO.COM/Revision Military
MASTERS 55-PLUS (Sat)		MASTERS 45-PLUS (Sun)	
1 Ken Coleman	Berkshire Cycling Assn, Sheffield, MA	1 Geoffrey House	Unattached
2 Karl Faruzel	Ommegang/Syracuse Bicycle, Binghamton	2 John Funk	Cycle Fitness Cycling
3 David Goodwin	Northampton Cycling Club/Amherst, MA	3 Tom Horrocks	X-Men, Rutland Town
SINGLESPEED (Sat)		MASTERS 55-PLUS (Sun)	
1 Brad Young	Team Tinney's Tavern, Porter Corners	1 Ken Coleman	Berkshire Cycling Assn
2 Terry Blanchet	Team Tinney's Tavern, Corinth	2 Karl Faruzel	Team Ommegang/Syracuse Bicycle
3 Bret Young	Team Tinney's Tavern, Corinth	3 Don Rice	Battenkill United/CB Racing

Courtesy of NYCross.com Series

9TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON October 16, 2011 • Krause's Grove, Clifton Park & Halfmoon

2.2-MILE RUN, 16-MILE BIKE, 2.2-MILE RUN			
MALE OVERALL			
1 Mike Wynn	44	Queensbury	1:06:59
2 Ty Remington	36	Glennville	1:10:50
3 Robert Hollinger	19	Averill Park	1:11:52
FEMALE OVERALL			
1 Beth Stalker	52	Burnt Hills	1:17:46
2 Michelle Rosowsky	44	Niskayuna	1:19:15
3 Melissa Rowe	44	Bennington, VT	1:23:12
MALE AGE GROUP: 19 & UNDER			
1 Kevin Miles	16	Clifton Park	1:15:46
2 Keenan Sanchez	17	Delmar	1:22:25
FEMALE AGE GROUP: 20 - 24			
1 Jessica Sitzer	22	Troy	2:05:28
MALE AGE GROUP: 25 - 29			
1 Garrett Lee	26	Hopewell Junction	1:21:52
2 Sean Rumney	28	Saratoga Springs	1:26:22
3 Nate Fredette	25	Schenectady	1:28:41
4 Lyman Tinc	27	Saratoga Springs	1:29:07
FEMALE AGE GROUP: 30 - 34			
1 Sara Madden	34	Albany	1:26:26
MALE AGE GROUP: 30 - 34			
1 Jeremiah Madden	32	Albany	1:16:46
2 Frank Yerina	32	Ilion	1:19:37
3 Jeff Cornick	32	Ballston Spa	1:24:27
4 Matthew Tebo	33	Clifton Park	1:30:25
5 Jared Heiner	34	Burnt Hills	1:38:18
6 David Coffey	34	Clifton Park	1:41:01
FEMALE AGE GROUP: 35 - 39			
1 Erika Anderson	37	Malta	1:25:43
2 Erika Ries	35	Menands	1:37:44
3 Lisa Pumlilio	38	Ilion	1:40:26
4 Sandy Graves	39	Clifton Park	1:50:28
5 Shannon Guastella	38	Delmar	1:54:40
MALE AGE GROUP: 35 - 39			
1 William Henke	37	Hudson Falls	1:13:05
2 Joshua Katzman	35	Clifton Park	1:21:29
3 Chris Bowcutt	35	Ballston Spa	1:24:32
4 Philip Bordwell	37	Malta	1:31:02
5 Steven Nicoll	37	Menands	1:32:59
6 Dave Gilson	36	Niskayuna	1:33:15
7 Ron Pierone	38	Fort Edward	1:34:53
8 Terrence Patrias	38	Chenango Forks	1:55:34
9 Jim Hamilton	36	Albany	1:58:34
FEMALE AGE GROUP: 40 - 44			
1 Francine Fredette	40	Glenmont	1:43:25
2 Michelle Rocklein	41	Delmar	1:44:59
3 Rochelle Hosley	41	Clifton Park	1:50:02
4 Janine Cammarata	44	Clifton Park	1:50:28
5 Jennifer Amstutz	43	Albany	1:51:12
6 Barbara Putnam	43	Ballston Spa	1:57:11
7 Tanya Thorne	40	Scotia	1:57:11
8 Denise Laplante	40	Schenectady	2:00:40
9 Jerrie Ann Maywright	42	Cazenovia	2:05:02
MALE AGE GROUP: 40 - 44			
1 George Stopyak	40	Clifton Park	1:14:28
2 Andy Reed	40	Niskayuna	1:18:01
3 John Splendido	40	Niskayuna	1:24:34
4 Diarmuid Mulholland	40	Loudonville	1:26:44
5 Gary Ethier	43	Cohoes	1:28:07
6 Michael Conway	41	Nassau	1:28:47
7 Richard Reno	41	Burnt Hills	1:30:01
8 Gary Barrow	42	Ballston Lake	1:32:18
9 Frank Deno	43	Clifton Park	1:32:46
10 Thomas Gibney	40	Ballston Spa	1:33:45
11 Matt Mahoney	41	Clifton Park	1:44:25
12 John Christopher	43	Albany	1:49:36
FEMALE AGE GROUP: 45 - 49			
1 Tracy Perry	47	Clifton Park	1:29:58
2 Lisa Hafner	49	Loudonville	1:33:43
3 Anne Parente	47	Slingerlands	1:39:39
4 Ann Correa	47	Clifton Park	1:41:41
5 Sheryl Hamel	45	Ballston Lake	1:46:30
6 Dawn Borysewicz	47	Ballston Spa	1:48:11
7 Beth Ann Tierney	46	Selkirk	1:55:44
MALE AGE GROUP: 45 - 49			
1 Michael Stalker	48	Burnt Hills	1:19:00
2 Robert Cameron	48	Clifton Park	1:22:16
3 Kevin Kretschmar	46	Rensselaer	1:22:31
4 Joe Place	48	Saratoga Springs	1:24:24
5 Eric Sanborn	48	Rexford	1:29:31
6 Jeff Ogle	48	Clifton Park	1:36:13
7 Keith Longtin	45	Slingerlands	1:37:28
8 John Perry	49	Johnsonville	1:38:10
9 Michael Fisher	47	Clifton Park	1:39:59
10 Michael Roizman	49	East Greenbush	1:40:54
11 Jim Giglio	49	Albany	1:41:59
12 David Testo	47	Menands	1:46:21

continued

9TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON *continued*

13 Lawrence Bruno	48	Saratoga Springs	1:47:41	MALE AGE GROUP: 55 - 59	
14 John Guastella	45	Delmar	1:54:40	1 Douglas Tucker	56 Rensselaer 1:34:35
FEMALE AGE GROUP: 50 - 54				2 Raymond Lewis	56 Ballston Lake 1:38:52
1 Jeryl Simpson	54	Mechanicville	1:31:18	3 Bill Minchin	59 Latham 1:41:02
2 Patricia Monahan	50	Warrensburg	1:40:21	4 Jeffrey Haff	56 Clifton Park 1:44:57
3 Marie Tracey	50	Delmar	2:01:50	FEMALE AGE GROUP: 60 - 64	
4 Diane Ferrara	52	Delanson	2:05:39	1 Judy Lecombe	60 Albany 1:45:15
MALE AGE GROUP: 50 - 54				MALE AGE GROUP: 60 - 64	
1 Ed Gravelle	52	Ballston Lake	1:16:31	1 Bob Matson	63 Binghamton 1:29:24
2 Glenn Herbert	53	Kinderhook	1:22:51	2 Glenn Schaeff	61 Glens Falls 1:39:49
3 Jeffrey Clark	53	Glenmont	1:23:23	MALE AGE GROUP: 65 - 69	
4 Tim Drakr	51	Dalton, MA	1:25:35	1 Charles Brackett	65 Dolgeville 1:34:04
5 Danny Arnold	54	Clifton Park	1:33:32	MALE AGE GROUP: 70 - 74	
6 Vincent Kirby	54	Mechanicville	1:36:46	1 Armand Langevin	74 Cohoes 1:50:35
7 Gordon Kaedy	52	Troy	1:39:08	TEAMS OVERALL	
8 James Maron	52	Albany	1:40:29	1 Tom Suozzo/Brian Suozzo/Granville/Troy	1:09:03
9 Mark Beaudette	53	West Sand Lake	1:41:17	2 Tim Bonnier/James Sherman/Melrose/Clifton Park	1:14:50
10 Charlie Schutter	54	Schenectady	1:43:58	3 Kyle Rothwell/Joe Raspante/Mechanicville/Clifton Park	1:23:02
FEMALE AGE GROUP: 55 - 59				<i>Courtesy of Mohawk Towpath Scenic Byway</i>	
1 Virginia Touhey	55	Clifton Park	2:05:08		

SARATOGA SPA CYCLOCROSS

October 23, 2011 • Saratoga Race Track Lowlands, Saratoga Springs

MEN – CAT 3-4/COLLEGIATE B		SINGLE SPEED	
1 Johnny Herrick	UVM Cycling	1 Brad Young	Tinney's Tavern Cycling
2 Dylan Gallagher	Overlook Mt Bikes	2 Christopher Delisle	NYCROSS.com
3 Alex Cox	UVM Cycling	3 Jeff Johnson	Battenkill-United
MEN – CAT 4/CITIZEN/COLLEGIATE C		MASTERS 45-PLUS	
1 Brian Crosby	Green Line Velo	1 Tom Horrocks	X-Men
2 Brandon Taylor		2 Brad Young	Tinney's Tavern Cycling
3 Jeremy Clark	CRCA/Sid's Bikes	3 Cliff Summers	CCC/Keltic/Zanes
MEN – ELITE/COLLEGIATE A		MASTERS 55-PLUS	
1 Curtis White	Clif Bar Jr Development	1 David Rath	
2 Seamus Powell	Overlook Mt Bikes	2 Dave Beals	NYCROSS.com
3 Wayne Bray	Embrocation Cycling Journal	3 Brian Sanders	Sonne's Racing/MVBC
WOMEN – CAT 4/CITIZEN/COLLEGIATE B		JUNIORS U19	
1 Aurora Lamperetta		1 Joseph Toth	Capital Bicycle Racing Club
2 Devon Fitzgerald	LadiesFirst Racing	2 Braedan Weller	
3 Christine Feehan	Team Elevate Cycles	CUB JUNIORS 13-14	
CUB JUNIOR 10-12		1 Kathryn Toth	
1 Linus Sante	Farm Team	Capital Bicycle Racing Club	
2 Quinn Taylor	Farm Team	MASTERS 35-PLUS	
3 Sam Noel	Burrus Logistics	1 Christopher Delisle	NYCROSS.com
WOMEN – ELITE/MASTERS/U23/COLLEGIATE A		2 Bobby Bailey	1K2GO Sports
1 Jenny Ives	Verge Sport/Test Pilot	3 Jon Rowe	North American Velo
2 Rosanne Van Dorn	Team Placid Planet	<i>Courtesy of NYCROSS.com</i>	
3 Emma White	NYCROSS.com		

18TH ANNUAL GOBLIN GALLOP 5K

October 29, 2011 • Abraham Wing School, Glens Falls

MALE OVERALL				MALE AGE GROUP: 40 - 44			
1 Joshua French	33	Gansevoort	17:30	1 Randy Rath	42	Glens Falls	22:27
2 John Godfrey	57	Fort Edward	18:18	2 Gary Paschal	44	Ballston Spa	23:54
3 William Verner	12	Granville	18:30	3 Norman Violette	43	Ballston Lake	23:59
FEMALE OVERALL				FEMALE AGE GROUP: 40 - 44			
1 Sara Fecteau	35	Peru	17:32	1 Carol Hill	42	Glens Falls	23:10
2 Kathleen Mack	26	Brandon	20:09	2 Cathy Gordineer	42	Tivoli	23:29
3 Janice Phoenix	50	Schenectady	22:00	3 Terri Johnson	41	South Glens	24:37
MALE AGE GROUP: 1 - 14				MALE AGE GROUP: 45 - 49			
1 Kevin Bouyee	11	Queensbury	22:38	1 Tim Bardin	49	Queensbury	19:31
2 Alejandro Garcia	11	Queensbury	23:14	2 Samuel Mercado Jr.	48	Wilton	19:36
3 Cody Sipher	11	Queensbury	23:49	3 Will McGivney	49	Diamond Point	23:10
FEMALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 45 - 49			
1 Chloey Jansson	12	Fort Edward	24:43	1 Susan Keely	46	Glens Falls	22:33
2 Jessie Johnston	14	Hudson Falls	24:51	2 Linda Grace	48	Queensbury	26:02
3 Isabella Dennison	9	Queensbury	26:58	3 Mary Desantis	47	Glens Falls	26:11
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 50 - 54			
1 William Lowe	17	North Hudson	22:21	1 Randy Gibbs	53	Rhinebeck	21:24
2 Ian Lowe	15	North Hudson	23:42	2 Dale Gerew	52	Victor	21:33
FEMALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 50 - 54			
1 Josephine Sabo	15	Middle Granville	48:00	3 Michael Rozell	54	Queensbury	22:40
MALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 50 - 54			
1 Jose De Jes Rodriguez-Fig	24	Rock City Falls	22:59	1 Patricia Monahan	50	Warrensburg	24:24
2 Patrick Gray	23	Troy	27:19	2 Ann Lajoie	50	Queensbury	24:41
3 Catrina Lankenau	23	Troy	35:09	3 Chadwick Royal	50	Granville	25:11
FEMALE AGE GROUP: 20 - 24				MALE AGE GROUP: 55 - 59			
1 Kateri Rueckert	23	Clifton Park	31:03	1 Mark Schachner	56	Lake George	22:46
2 Catrina Lankenau	23	Troy	35:09	2 Rich Elton	59	Queensbury	23:08
MALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 55 - 59			
1 Eric Bott	29	Warrensburg	20:18	3 Jim McCarty	58	Glens Falls	24:39
2 Rob Hensing	29	Warrensburg	21:31	FEMALE AGE GROUP: 55 - 59			
3 Greg Johnson	28	Burnt Hills	21:49	1 Catherine Knapp	55	South Glens	28:45
FEMALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 60 - 64			
1 Justine Trybendis	29	Glens Falls	22:17	2 Suzanne Locovare	55	New Milford, NJ	30:05
2 Andy Curtis	25	Saratoga Springs	23:55	3 Kathleen Pfeiffer	56	Queensbury	33:36
3 Tiffany Sheerer	28	South Glens Falls	24:06	MALE AGE GROUP: 60 - 64			
MALE AGE GROUP: 30 - 34				MALE AGE GROUP: 60 - 64			
1 Daniel Buehner	33	Queensbury	19:18	1 Jim Goodspeed	60	Queensbury	23:00
2 Jared Eicher	32	Scotia	20:40	2			

INAUGURAL AREEP FALL FRUN 10K *continued*

FEMALE AGE GROUP: 25 - 29			MALE AGE GROUP: 50 - 54				
1 Jenna Bernhardt	26	Albany	49:39	1 Hugh Davis	51	Saratoga Springs	40:18
2 Lynn Verhagen	26	Poughkeepsie	51:27	2 Jon Weilbacher	53	Saratoga Springs	40:37
3 Christina Kaneg	28	Troy	51:42	3 Robert Wither	50	Niskayuna	42:09
MALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 50 - 54				
1 Ryan Kircher	33	Albany	37:20	1 Peggy McKeown	53	Schuylerville	47:24
2 Daniel Gracey	34	Albany	39:59	2 Maureen Fitzgerald	54	Clifton Park	47:35
3 Lee Lurie	32	Ballston Spa	41:04	3 Kim Fitz	54	East Greenbush	49:21
FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 55 - 59				
1 Melanie Staley	30	Saratoga Springs	40:21	1 Martin Patrick	57	East Greenbush	43:39
2 Christina Hunsberger	31	Clifton Park	42:10	2 Frank Broderick	59	Ballston Lake	46:16
3 Kim Dirdich	31	Rensselaer	48:44	3 John Russell	57	Ballston Lake	48:41
MALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 55 - 59				
1 Mathew Nark	38	Clifton Park	37:26	1 Donna Lustenhouwer	57	Altamont	55:09
2 Richard Hamlin	38	Albany	38:53	2 Gail Hein	59	Altamont	56:00
3 Randall Cannell	39	Broadalbin	39:38	3 Phyllis Fox	59	Loudonville	59:12
FEMALE AGE GROUP: 35 - 39			MALE AGE GROUP: 60 - 64				
1 Sally Drake	38	Albany	44:46	1 William Dixon	64	Brattleboro, VT	37:16
2 Stephanie Wille	36	Guiderland	45:09	2 Joe Yavonditte	62	Schenectady	51:49
3 Stefanie Pitts	37	Schenectady	46:53	3 Tim Leonard	62	Clifton Park	52:54
MALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 60 - 64				
1 Jon Rocco	44	Colonie	36:18	1 Judy Phelps	60	Malta	46:40
2 Joseph Skufca	44	Niskayuna	39:45	2 Serena Coombes	64	Clifton Park	1:14:46
3 Martin Gordinier	41	Delmar	41:53	3 Mary Krueger	61	Latham	1:16:29
FEMALE AGE GROUP: 40 - 44			MALE AGE GROUP: 65 - 69				
1 Kimberly Miseno-Bowles	41	Amsterdam	42:20	1 David Glass	65	Glenville	45:34
2 Margret Bromiski	40	Albany	44:43	2 Greg Taylor	65	Delmar	1:09:35
3 Marcy Beard	42	Albany	46:05	3 Ray Lee	69	Halfmoon	1:18:25
MALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 70 - 74				
1 Kevin Whitehead	45	Clifton Park	42:21	1 Armand Langevin	74	Cohoes	1:04:45
2 Anthony Lupo	48	Ballston Spa	45:12				
3 Vincent Wenger	47	Schenectady	46:37				
FEMALE AGE GROUP: 45 - 49			MALE AGE GROUP: 75 - 79				
1 Chris Varley	47	Albany	43:13	1 Joe Kelly	78	Menands	1:10:42
2 Tina Palmero	49	Clifton Park	46:59	2 Richard Eckhardt	77	Albany	1:10:58
3 Roxanne Gillen	48	Schenectady	52:36				

Courtesy of ARE Event Productions

6TH ANNUAL "FALL BACK 5" 5-MILE TRAIL RACE

November 6, 2011 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL			MALE AGE GROUP: 40 - 49				
1 Rick Bush	34	Gansevoort	28:54	1 Samuel Mercado	48	Wilton	33:00
2 William Davis	37	Delmar	29:01	2 Timothy Bardin	49	Queensbury	33:39
3 Evan Quinones	16	Saratoga Springs	30:25	3 Jon Gurney	48	Saratoga Springs	33:45
FEMALE OVERALL			FEMALE AGE GROUP: 40 - 49				
1 Dana Bush	33	Gansevoort	31:33	1 Janel Browning	40	Saratoga Springs	38:14
2 Michelle Rosowsky	44	Niskayuna	33:52	2 Tracey Delaney	47	Queensbury	39:28
3 Maddie Samuel	16	Saratoga Springs	35:41	3 Connie Smith	43	Ballston Lake	40:29
MALE AGE GROUP: 19 & UNDER			MALE AGE GROUP: 50 - 59				
1 Joe Verro	15	Saratoga Springs	30:59	1 Edward Gravelle	53	Ballston Spa	33:11
2 Caleb Batchelder	17	Argyle	33:03	2 David Peterson	52	Saratoga Springs	33:54
3 Ryan Mulson	15	Albany	33:50	3 Dennis Fillmore	59	Ballston Spa	34:13
FEMALE AGE GROUP: 19 & UNDER			FEMALE AGE GROUP: 50 - 59				
1 Tara Peck	17	Saratoga Springs	35:42	1 Karen Provencher	56	Glens Falls	37:11
2 Rosalie Wright-Lapin	18	Saratoga Springs	36:30	2 Marcy Dreimiller	52	South Glens Falls	38:50
3 Shania Hayward	15	Saratoga Springs	36:42	3 Jane Mastaitis	53	Saratoga Springs	41:33
MALE AGE GROUP: 20 - 29			MALE AGE GROUP: 60 - 69				
1 Ryan Walter	27	Voorheesville	30:31	1 Mark Sager	61	Kattskill Bay	37:10
2 Josh Myers	20	Ballston Spa	30:47	2 Rick Morse	61	Malta	37:39
3 Chris Repka	28	Porters Corners	31:04	3 Charles McGuire	62	Keene	41:51
FEMALE AGE GROUP: 20 - 29			FEMALE AGE GROUP: 60 - 69				
1 Katrin Auyer	28	Albany	41:27	1 Janel Roth	62	Saratoga Springs	49:03
2 Kate Imboden	20	Topsfield, MA	43:48	2 Eileen Battle	65	Schylerville	52:13
3 Lauren Surber	28	Saratoga Springs	45:58	3 Kathleen Johnston	60	Ballston Spa	57:29
MALE AGE GROUP: 30 - 39			MALE AGE GROUP: 70 - 79				
1 Brian Noothan	36	Ontario, CA	31:55	1 Peter Hettrich	76	Ballston Spa	55:43
2 Jonathon Auyer	30	Albany	32:58				
3 Gerard Colling	30	Wynantskill	33:58				
FEMALE AGE GROUP: 30 - 39			MALE AGE GROUP: 80 - 89				
1 Kelly Holzworth	33	Saratoga Springs	36:19	1 Ed Whitlock	80	Milton Ontario, CA	1:07:05
2 Jessica Hageman	36	Guiderland	37:47	2 George Freeman	80	Cobleskill	1:41:06
3 Renee Salerno	31	Saratoga Springs	38:24				

Courtesy of Saratoga Spa State Park

SHENENDEHOWA VETERAN'S DAY DASH 5K ROAD RACE

November 11, 2011 • Shenendehowa High School, Clifton Park

MALE OVERALL			FEMALE AGE GROUP: 35 - 39				
1 Michael Borini	15	Rexford	16:37	1 Kerry Malone	36	Mechanicville	45:02
2 Shaun Donegan	26	Saratoga Springs	16:43				
3 Okan Kaya	15	Clifton Park	17:55				
FEMALE OVERALL			MALE AGE GROUP: 40 - 44				
1 Dominica Bleichert	15	Clifton Park	21:00	1 Joe Bleichert	40	Clifton Park	19:10
2 Ellen Predmore	50	Ballston Lake	21:30	2 Kevin Whitehead	40	Clifton Park	20:18
3 Callie Wlaschin	14	Rexford	22:16	3 John Williams-Searl	40	Albany	20:22
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 40 - 44				
1 Collin Rowe	14	Clifton Park	18:37	1 Karen Hickey	40	Waterford	22:59
2 Ryan Clemente	14	Clifton Park	19:16	2 Lorianne Harris	40	Clifton Park	23:58
3 Conor Newton	14	Clifton Park	20:47	3 Beth Haig	40	Rexford	25:23
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 45 - 49				
1 Catherine Phelps	14	Ballston Lake	22:20	1 Larry Bruno	48	Saratoga Springs	28:41
2 Ritesh Lahiri	14	Rexford	22:41				
3 Sarah Duclos	14	Clifton Park	22:49				
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 50 - 54				
1 Christopher Murphy	16	Scotia	18:04	1 Mark Nunez	50	Ballston Lake	19:57
2 William Marois	17	Clifton Park	18:19	2 Martin Patrick	50	East Greenbush	21:17
3 Jack Vite	15	Clifton Park	18:25	3 James Blaumbaer	50	Clifton Park	23:31
FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 50 - 54				
1 Emily Haig	15	Rexford	23:00	1 Louise Belenz	50	Ballston Lake	26:54
2 Abby Weaver	15	Clifton Park	23:25	2 Marie Arrao	50	Clifton Park	29:10
3 Raquel Rivelo	15	Clifton Park	24:10	3 Peg Endres	50	Clifton Park	31:45
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 60 - 64				
1 Greg Johnson	20	Burnt Hills	20:59	1 Jim Cunningham	60	Ticonderoga	24:44
2 Anthony Naccarato	20	Clifton Park	24:05	2 Mike Endres	60	Clifton Park	30:48
3 Michael Garner	20	Ballston Spa	25:08				
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 60 - 64				
1 Michelle Burdge	20	Clifton Park	25:01	1 Nancy Johnston	60	Ballston Lake	31:15
2 Michelle Juett	20	Scotia	27:02	2 Pat Lehocky	60	Albany	33:12
3 Lauren Mikula	23	Clifton Park	29:17	3 Alice Carpenter	60	Delmar	34:39
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 65 - 69				
1 Jeffrey Andritz	30	Altamont	18:50	1 Frank Woodward	69	Plattsburgh	25:38
2 Mathew Fryer	30	Clifton Park	20:07	2 Richard Theissen	67	Round Lake	27:30
3 Matt Zappen	30	Catskill	20:47				
FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 70 - 74				
1 Shana Marra	30	Castleton	24:05	1 Joe Kelly	70	Albany	33:34
2 Suzie Decelle	30	Mechanicville	24:18	2 Richard Eckhardt	70	Albany	35:26
3 Jennifer Tichich	30	Saratoga Springs	25:39				
MALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 70 - 74				
1 Greg Ethler	38	Waterford	19:40	1 Joan Corrigan	70	Clifton Park	40:21
2 Damon Morrell	38	Ballston Lake	22:39				

Courtesy of Shen Track Booster Club & Clifton Park Track Club

36TH ANNUAL GAZETTE STOCKADE-ATHON 15K ROAD RACE *continued*

MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 55 - 59				
1 Justin Bishop	30	Colonie	50:31	1 Norm Larson	55	Burlington, VT	55:03
2 Chris Judd	31	Glenville	51:08	2 Lee Pollock	59	Queensbury	1:00:15
3 Joseph Hayter	31	Schenectady	51:41	3 Robert Colborn	57	Niskayuna	1:02:44
4 Eamon Dempsey	31	Delmar	52:49	4 Bill Martin	57	Waterliet	1:03:00
5 John Gleeson	32	Rexford	53:42	5 Tony Maddaloni	59	Slingerlands	1:03:21
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 55 - 59				
1 Shelly Binsfeld	32	Clifton Park	59:35	1 Sidney Letendre	57	Florence, MA	1:06:07
2 Sonya Pasquini	33	Albany	1:01:17	2 Myriam Santos	58	Clifton Park	1:13:06
3 Christina Ardito	33	Niskayuna	1:02:54	3 Maryanne McNamara	58	Saratoga Springs	1:17:57
4 Crystal Perno	30	Clifton Park	1:04:36	4 Joan Celentano	58	Schenectady	1:18:13
5 Kari Deer	32	Guiderland	1:04:46	5 Mary Ann Serian	57	Richmond, MA	1:21:09
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 60 - 64				
1 Michael Roda	35	Albany	51:11	1 William Dixon	64	Brattleboro, VT	58:15
2 James O'Connor	37	Troy	55:37	2 Tim Haley	62	Tivoli	59:36
3 James Eaton	36	Castleton	56:07	3 Gordon MacFarland	63	Arlington, MA	1:00:06
4 Clay Lodovice	36	Albany	57:28	4 Paul Forbes	61	Colonie	1:02:31
5 Robert Irwin	38	Guiderland	57:46	5 Paul Bennett	60	Latham	1:05:31
FEMALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 60 - 64				
1 Renee Tolan	37	Clifton Park	1:01:00	1 Coreen Steinbach	60	Pompey	1:09:31
2 Julie Gold	37	Malta	1:01:36	2 Judy Phelps	60	Malta	1:11:30
3 Erin Corcoran	37	Schenectady	1:02:13	3 Martha DeGrazia	60	Slingerlands	1:13:17
4 Serena Coombes	36	Queensbury	1:02:24	4 Susan Wong	64	Glenmont	1:15:40
5 Gretchen Oliver	37	Guiderland	1:07:08	5 Cecily Dexter	62	New York	1:24:54
MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 65 - 69				
1 Michael Slinsky	42	Hopewell Junction	53:20	1 Norman Dovberg	65	Slingerlands	1:11:11
2 Mike Wynn	44	Queensbury	55:03	2 Charles Brockett	65	Dolgeville	1:19:24
3 Jon Rocco	44	Colonie	56:36	3 Thomas Kollar	65	Schenectady	1:20:12
4 Steve Becker	44	Schenectady	58:40	4 Frank Klose	68	Castleton	1:21:36
5 Kevin Lanahan	44	Clifton Park	59:47	5 James Thomas	65	Castleton	1:21:40
FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 65 - 69				
1 Emily Bryans	44	Schenectady	59:16	1 Mary Dasilva	65	Brewerton	1:25:14
2 Karen Dolge	41	Valatie	1:04:40	2 Linda Keeley	66	Waterford	1:45:25
3 Judy Guzzo	44	Niskayuna	1:06:16	3 Katharine Briar Lawson	66	Wynantskill	1:45:57
4 Kimberly Miseno-Bowles	41	Amsterdam	1:06:55				
5 Ronda Davis	44	Potsdam	1:09:09				
MALE AGE GROUP: 45 - 49			MALE AGE GROUP: 70 - 74				
1 Ahmed Elasser	48	Latham	57:02	1 Jim Moore	72	Niskayuna	1:19:18
2 Thomas Kracker	47	Delmar	59:04	2 William Sheft	71	Ballston Spa	1:22:35
3 Kevin Creagan	46	Albany	59:05	3 James McGuinness	72	Schenectady	1:23:36
4 Craig Dubois	48	Sprakers	59:11	4 Ralph Santos	70	Clifton Park	1:28:19
5 John Stadlander	46	Clifton Park	59:16	5 Eric White	70	Williamstown, MA	1:34:25
FEMALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 70 - 74				
1 Anne Benson	46	Clifton Park	1:00:07	1 Coral Crosman	70	Middle Grove	1:46:51
2 Nancy Nicholson	49	Queensbury	1:05:39	2 Eiko Bogue	74	Schaghticoke	1:55:40
3 Terri Artese	45	Scotia	1:05:59				
4 Starlett Cook	47	Queensbury	1:06:19				
5 Chris Varley	47	Albany	1:06:44				
MALE AGE GROUP: 50 - 54			MALE AGE GROUP: 75 - 79				
1 Derrick Staley	53	Ballston Lake	54:42	1 Wade Stockman	76	Rensselaer	1:21:42
2 Phil Dilmore	52	Pompey	57:59				
3 William Venner	52	Granville	58:20				
4 Michael Jordan	51	Ballston Spa	59:44				
5 John Couch	53	Malta	1:00:50				
FEMALE AGE GROUP: 50 - 54			MALE AGE GROUP: 80 - 89				
1 Beth Stalker	52	Burnt Hills	1:04:07	1 Ed Whitlock	80	Milton Ontario, CA	1:07:05
2 Janice Phoenix	50	Schenectady	1:08:29	2 George Freeman	80	Cobleskill	1:41:06

Courtesy of Hudson-Mohawk Road Runners Club

BETHEHEM CUP CYCLOCROSS RACE

November 13, 2011 • Elm Avenue Town Park, Delmar

MEN - CAT 3/4			WOMEN CAT 1-4 & MASTERS		
1 Chris Mondiek	RIT Cycling, Columbus, OH	42:00	1 Frances Morrison	J.A.M. Fund/NCC, Easthampton, MA	44:01
2 Timothy Stenovoc	CRCA/EMS, Brooklyn	42:00	2 Bryna Blanchard	North American Velo, Troy	44:15
3 Devin Wagner	Rensselaer Polytechnic Institute, Marlborough, CT	42:24	3 Emma White	NYCROSS.com, Delanson	46:30
4 Adam Nawrot	Rutgers University, Somerset, NJ	43:02	4 Rosanne Van Dorn	Team Placid Planet, Lake Placid	45:44
5 Cody Madigan	Tinney's Tavern Cycling, Ballston Spa	43:02	5 Jenny Ives	Verge Sport/Test Pilot, Saratoga Springs	47:40

RACE RESULTS

64TH ANNUAL TROY TURKEY TROT ROAD RACES *continued*

MALE AGE GROUP: 55 - 59

1	Kevin Dollard	56	Hopewell Junction	18:54
2	Rob Picotte	58	Malta	19:01
3	Frederick Voellm	58	Alexandria, VA	20:47

FEMALE AGE GROUP: 55 - 59

1	Doreen Buell	55	Troy	25:04
2	Carolyn George	57	Albany	25:37
3	Cynthia Finnegan	58	Niskayuna	25:46

MALE AGE GROUP: 60 - 64

1	Daniel Larson	60	Queensbury	22:13
2	Kevin Donohue	60	Troy	22:44
3	David Loux	63	Delmar	22:53

FEMALE AGE GROUP: 60 - 64

1	Carrie McDermott	61	Albany	24:30
2	Emily Ettlinger	63	Troy	27:42
3	Carole Bieber	60	Slingerlands	28:41

MALE AGE GROUP: 65 - 69

1	Joe Drapala	69	Minden	23:02
2	David Trickey	65	Averill Park	23:39
3	Stan Westhoff	68	Gansevoort	24:18

FEMALE AGE GROUP: 65 - 69

1	Margaret Nells	66	Albany	30:53
2	Helen Middleton	68	West Sand Lake	35:19
3	Louise Liberty	67	Troy	36:03

MALE AGE GROUP: 70 - 74

1	Minoru Tomozawa	73	Troy	30:13
2	Bob Knouse	72	Voorheesville	32:50
3	Joseph Butler	74	Latham	33:02

FEMALE AGE GROUP: 70 - 74

1	Lois Smith	70	Glenmont	39:17
2	Marva Nadeau	70	Cohoes	39:39

MALE AGE GROUP: 75 - 79

1	Richard Eckhardt	77	Albany	36:47
2	Richard Schumacher	78	Hoosick Falls	37:38
3	Jim Owens	76	Latham	38:47

MALE AGE GROUP: 80 - 89

1	Joe Corrigan	80	Clifton Park	42:21
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10K ROAD RACE

MALE OVERALL				
1	Brian Rhodes-Devey	23	Albany	31:08
2	Kieran O'Connor	24	Scotia	31:24
3	Alexander Grout	25	Clifton Park	31:47

FEMALE OVERALL

1	Kristina Gracey	28	Albany	37:08
2	Roxanne Wegman	24	West Point	38:31
3	Shelly Binsfeld	32	Clifton Park	38:48

MALE AGE GROUP: 1 - 14

1	Ryan Clemente	14	Clifton Park	40:15
2	Daniel Bolognino	14	Latham	41:46
3	Dillon Bolognino	14	Latham	41:53

FEMALE AGE GROUP: 1 - 14

1	Payton Czupil	12	Watervliet	41:21
2	Alexandra Rutnik	14	Slingerlands	50:16
3	Emily Fraser	13	Ballston Lake	50:47

MALE AGE GROUP: 15 - 19

1	Andrew Coy	18	Schenectady	35:00
2	William Clarke	19	Porter Corners	36:59
3	Ryan Mulson	15	Albany	37:05

FEMALE AGE GROUP: 15 - 19

1	Alexandra Finocchio	19	Ballston Spa	40:38
2	Moiria Hilt	19	Colonie	43:12
3	Michaela Conway	18	Voorheesville	45:45

MALE AGE GROUP: 20 - 24

1	Steve Soprano	24	Queensbury	31:58
2	Nick Webster	22	Latham	33:07
3	Casey Ross	21	Ballston Lake	34:00

FEMALE AGE GROUP: 20 - 24

1	Kristin Grab	22	Troy	41:06
2	Brina Seguire	22	Rensselaer	41:17
3	Maureen Hill	21	Colonie	41:19

MALE AGE GROUP: 25 - 29

1	Scott Mindel	25	New London, CT	32:38
2	Chuck Terry	29	Albany	32:51
3	Dave Vona	29	Valatie	34:21

FEMALE AGE GROUP: 25 - 29

1	Lisa D'Aniello	25	Wilton	41:41
2	Chelsea Desalvatore	25	Ballston Lake	43:07
3	Abigail Kraai	26	Rochester	43:26

MALE AGE GROUP: 30 - 34

1	Justin Bishop	30	Colonie	32:25
2	Chris Judd	31	Glenville	33:00
3	Christopher Compson	30	Minoa	35:28

FEMALE AGE GROUP: 30 - 34

1	Christine Jenkins	32	Loudonville	45:42
2	Eileen Turo	34	Valatie	46:27
3	Alissa Kinney	30	San Francisco, CA	47:02

MALE AGE GROUP: 35 - 39

1	Mike Roda	35	Albany	33:17
2	James O'Connor	38	Troy	33:37
3	Bill Davis	37	Delmar	34:07

FEMALE AGE GROUP: 35 - 39

1	Gretchen Oliver	37	Guilderland	40:35
2	Erika Liguori	38	Clifton Park	47:34
3	Christa Escobar	39	Averill Park	48:09

MALE AGE GROUP: 40 - 44

1	Kelly Mike	41	Selkirk	37:41
2	Anthony Merola	41	Waterford	37:48
3	Daniel Pierson	42	Oriskany	40:54

FEMALE AGE GROUP: 40 - 44

1	Kimberly Miseno-Bowles	41	Amsterdam	42:57
2	Regina McGarvey	41	Castleton	46:11
3	Christina Reeves	40	Slingerlands	50:26

MALE AGE GROUP: 45 - 49

1	Bob Radliff	47	Stillwater	37:37
2	Brian Debraccio	45	Scotia	38:57
3	Russell Lauer	49	Troy	39:56

FEMALE AGE GROUP: 45 - 49

1	Shelly McDonald	48	Watervliet	49:43
2	Christine Reeves	45	Queensbury	50:49
3	Ellen Recher	46	Carmel	51:25

MALE AGE GROUP: 50 - 54

1	Derrick Staley	53	Ballston Lake	35:41
2	Dan Cantwell	50	Albany	40:48
3	Peter Vellis	52	Troy	41:45

FEMALE AGE GROUP: 50 - 54

1	Beth Stalker	52	Burnt Hills	41:16
2	Sharon Daley	50	Niskayuna	52:30
3	Mary Esposito	51	Albany	52:39

MALE AGE GROUP: 55 - 59

1	William Stenhouse	58	Troy	35:43
2	Lee Pollock	59	Queensbury	38:54
3	Bill Martin	57	Watervliet	39:55

FEMALE AGE GROUP: 55 - 59

1	Susan Burns	56	Rensselaer	53:22
2	Jill Mehan	57	Troy	55:01
3	Joseph Luz	58	Schoharie	57:13

MALE AGE GROUP: 60 - 64

1	Robert Crowe	64	Boalsburg, PA	44:09
2	Vincent Aloyo	64	Blue Bell, PA	45:13
3	John Stockwell	64	Watervliet	45:29

FEMALE AGE GROUP: 60 - 64

1	Judy Phelps	60	Malta	45:48
2	Martha DeGrazia	60	Slingerlands	49:01
3	Susan Wong	64	Glenmont	49:51

MALE AGE GROUP: 65 - 69

1	Patrick Glover	65	Clifton Park	43:08
2	John Casey	66	Rensselaer	49:06
3	Frank Klose	68	Castleton	53:28

FEMALE AGE GROUP: 65 - 69

1	Linda Keeley	66	Waterford	1:08:03
2	Debbie Brown	69	Castleton	1:08:33
3	Joanne Skeritt	65	Troy	1:08:58

MALE AGE GROUP: 70 - 74

1	Bob Husted	74	Rexford	54:45
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FEMALE AGE GROUP: 70 - 74

1	Eiko Bogue	74	Schaghticoke	1:14:31
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continued

64TH ANNUAL TROY TURKEY TROT ROAD RACES *continued*

MALE AGE GROUP: 75 - 79

1	Joe Kelly	78	Menands	1:11:06
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1-MILE GRADE SCHOOL RACE

MALE AGE GROUP: 12 - 16				
1	Josh Paszkowski	12	Colonie	6:18
2	Victor Warner	13	Slingerlands	6:52
3	Connor Austin	13	Latham	6:57
4	Dermot Coughlin	13	Castleton	7:07
5	Sean Cray	13	Salt Point	7:10
6	Zachary Hurst	13	Waterford	7:30
7	John Mozrall	12	Pittsford	7:31
8	Sean Murphy	13	Albany	7:32
9	Alexander Carlo	13	Schaghticoke	7:35
10	Brad Edwards	13	Yardley, PA	7:42

FEMALE AGE GROUP: 12 - 16

1	Shannon Fitzpatrick	13	Loudonville	7:05
2	Lauren Drake	13	Clifton Park	7:14
3	Madison Judge	12	Schenectady	7:35
4	Erin Valente	12	Latham	8:08
5	Christine Oberhausen	12	Avon, CT	8:12
6	Talia Engster	12	Troy	8:20
7	Lea Simmons	13	Troy	8:56
8	Aleah Abdellatif	13	Ballston Spa	9:27
9	Annabella Kerwin	12	Wynantskill	9:27
10	Elise Prefore	12	Wynantskill	9:33

MALE AGE GROUP: 6 - 11

1	Kevin Murphy	11	Albany	7:31
2	Joe Judge	11	Troy	7:34
3	Andrew Shaw	11	Schenectady	7:45
4	Zane Radz	10	Watervliet	7:50
5	Shane Lavender	10	Latham	7:56
6	Jake Sternbach	10	Loudonville	8:03
7	Isaac Carlo	10	Schaghticoke	8:12
8	William Shea	8	Halfmoon	8:20
9	Bryan Flores	10	Watervliet	8:24
10	Thomas Lugten	11	Norfolk, MA	8:21

FEMALE AGE GROUP: 6 - 11

1	Madeline Malicki	10	Boght Corners	8:36
2	Sydney Moss	11	Croseyville	9:07
3	Rachel Pierce	11	Albany	9:16
4	Kim Kocienski	10	Schaghticoke	9:19
5	Kaelyn McMullan	9	Waterford	9:18
6	Maria Rice	10	Schaghticoke	9:22
7	Emily Drake	9	Clifton Park	9:30
8	Isabella Bastian	11	Manlius	9:36
9	Sierra Miner	11	Wynantskill	9:39
10	Lindsey Podlaski	11	Niskayuna	9:37

Courtesy of City of Troy

10TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT 5K

November 24, 2011 • City Hall, Saratoga Springs

MALE OVERALL

1	Ethan Clary	22	Schuylerville	15:21
2	Alex Benway	21	Queensbury	15:37
3	Mark Kiley	20	Saratoga Springs	15:49

FEMALE OVERALL

1	Dana Ostrander	33	Gansevoort	18:09
2	Samantha Watson	18	Gansevoort	18:35
3	Molly Pezzulo	18	Saratoga Springs	18:42

MALE AGE GROUP: 1 - 14

1	Aidan Tooker	13	Greenfield Center	18:11
2	Liam Rice	14	Ballston Spa	19:21
3	Spencer Swoboda	12	Gansevoort	20:20

FEMALE AGE GROUP: 1 - 14

1	Nina Armstrong	14	Lake Placid	21:00
2	Hayley Richardson	11	Queensbury	21:36
3	Smith Estela	14	Ballston Spa	21:44

MALE AGE GROUP: 15 - 19

1	Mick Marcantonio	18	Cortland	15:52
2	Spencer Patterson	17	Saratoga Springs	16:54
3	Matthew Watson	16	Gansevoort	17:08

FEMALE AGE GROUP: 15 - 19

1	Stefanie Fresenius	19	Clifton Park	19:22
2	Cassandra Goutos	19	Saratoga Springs	20:16
3	Sarah Morin	15	Greenfield Center	20:41

MALE AGE GROUP: 20 - 24

1	Patrick Carroll	20	Queensbury	16:26
2	Gabe Campbell	22	Que	

10TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT 5K continued

Table with columns for gender/age group, name, age, location, and time. Includes Male Age Group 65-69, Female Age Group 65-69, Male Age Group 70-74, and Female Age Group 70-74.

4TH ANNUAL RUN OFF THAT TURKEY TROT 5K November 26, 2011 • St. Lucy/St. Bernadette Church, Altamont

Table with columns for gender/age group, name, age, location, and time. Includes Male Overall, Male Age Group 40-49, Female Overall, Female Age Group 40-49, Male Age Group 1-14, Female Age Group 1-14, Male Age Group 15-19, Female Age Group 15-19, Male Age Group 20-29, Female Age Group 20-29, Male Age Group 30-39, and Female Age Group 30-39.

30TH ANNUAL CARDIAC CLASSIC 5K November 24, 2011 • Central Park, Schenectady

Table with columns for gender/age group, name, age, location, and time. Includes Male Overall, Male Age Group 40-44, Female Overall, Female Age Group 40-44, Male Age Group 45-49, Female Age Group 45-49, Male Age Group 50-54, Female Age Group 50-54, Male Age Group 55-59, Female Age Group 55-59, Male Age Group 60-64, Female Age Group 60-64, Male Age Group 65-69, Female Age Group 65-69, Male Age Group 70-74, Female Age Group 70-74, Male Age Group 75-79, and Female Age Group 75-79.

FROM THE PUBLISHER & EDITOR

Joy With the success of the Summer Expo, the sentiment that we felt after the weekend was pure joy! With family, friends, volunteers, presenters, writers, exhibitors and attendees all together under one roof to put on a terrific expo, we were very appreciative and humbled by the energy over the weekend. We saw lots of smiling faces and it was a great reminder of why we do this magazine. A big "Thank You" to everyone involved in the Summer Expo! We had over 6,500 attendees during the March weekend! We are very grateful to all our exhibitors who supported our expo and provided valuable information about their products, services, clubs and destinations to our attendees. The presenters of the pool sessions and seminars did a wonderful job of sharing their knowledge and their passion for sports they do. Our gratitude goes to Karen Chapman for her creativity and talents in designing our marketing materials to help us get the word out. Thanks to our volunteers who gave up part or all of their weekend to help us run the show. Once again our families were the foundation of the support team. Our parents, Joan Caron and Sheela and Sudhir Kulkarni, and our children, Justin and Meghana, worked tirelessly during the entire weekend to hand out raffle tickets, stuff bags, and much more. We're happy that it's "after the expo" and we're looking forward to getting outside more often. Enjoy the April issue!

Dan and Mona

BUSINESS DIRECTORY

Albany's Indoor RockGym

Hours: M-F 3-10pm & Sat-Sun 12-10pm

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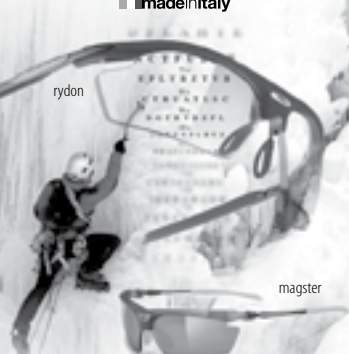
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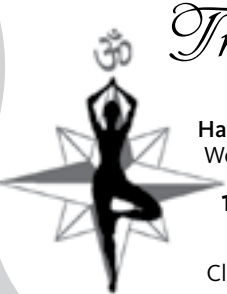
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MIDDLE SETTLEMENT LAKE



CAMPSITE OVERLOOKING
MIDDLE SETTLEMENT LAKE.



PHOTOS BY BILL INGERSOLL

By Bill Ingersoll

Middle Settlement Lake is the star attraction of the 26,528-acre Ha-de-ron-dah Wilderness, an area that was severely burned by forest fires a century ago. The landscape was denuded as a result of that fire, making it worthless to its owners, who ultimately sold it to the state. The forest has since grown back to reclaim the valleys, hills and shorelines, although in terms of the slow life processes of trees, the forest is still in an early stage of succession.

The name Ha-de-ron-dah is supposedly a more accurate spelling of the original Indian word meaning "bark eater" – the phrase that eventually morphed into "Adirondack." According to the story, the Mohawks once observed their Algonquin enemies eating bark one harsh season when they ran out of sources of food, when

the Algonquins were encroaching on the Mohawks' territory.

When Emmons first proposed the name "Adirondack" as the name for the High Peaks after his 1837 expedition to Mount Marcy, most people referred to this portion of the region only as John Brown's Tract. In fact, the original road to Old Forge passed through what is now the Ha-de-ron-dah Wilderness. The Browns Tract Road was little more than a rough wagon track, even in its heyday. Accounts from that period suggest that it was more comfortable to walk the road than to ride in any wheeled vehicle. It now forms a portion of the hike to Middle Settlement Lake.

GETTING THERE

The trailhead is located on NY Route 28, three miles south of the Thendara train station, where there is a large parking on the east side of the road. The trail starts on the west side of the road, marked by a brown sign.

THE TRAIL

From the highway, the route to Middle Settlement Lake begins on a red-marked trail and almost immediately begins a steep, tiresome climb. This hill is infamous among all hikers heading to Middle Settlement, and it may leave you dreading what might follow. There is no need to worry, for there are no further hills even remotely as steep as this. The trail is forced to take this route to avoid private land.

At 0.6-mile, bear left onto a yellow-marked trail – the Browns Tract Road, such as it is. Follow it for 0.9-mile, where you need to turn right onto a blue-marked trail. This leads past an open beaver meadow on the right, and then makes an easy climb over a hillside forested with tall black cherry trees and other hardwoods. The preponderance of black cherry trees is one of the telltale signs of the forest fire, for these trees would not

grow well in the shade of other trees.

This blue trail leads to a second yellow trail, where you bear left for the lake and the lean-to. (All of these intersections have directional signs.) A massive rock face rises above this intersection, and several cabin-sized boulders lie at its base. There is a natural rock shelter located within this talus pile – a crawl space under one of the rocks where people have camped in the past. Bear left on the yellow trail, reaching the northeast end of Middle Settlement Lake just moments later.

The trail skirts around the north side of the lake to the lean-to that sits atop a rock bluff, about midway down the shore and 3.1 miles from the highway. This lean-to is perfectly situated to allow its occupants to enjoy this pretty place, and it is a rare weekend at any time of the year when no one comes by to pay it a visit. Middle Settlement is typical of this region's lakes in that the open hardwood forest marches right down to the water's edge, especially on the south shore. The red spruce and balsam firs that most people associate with ponds in the North Country are here represented in small numbers.

In addition to the lean-to, there are two tent sites located on the north shore, within sight of the lean-to. The easternmost of the two may be more attractive to smaller groups looking for a more primitive setting.

You will find evidence that the beaver have been out and about almost everywhere you look. In fact, Middle Settlement Lake has been enlarged for many years by a beaver dam built across its outlet. If this dam were to ever fail, the lake would probably revert to the two smaller ponds shown on older topographic maps. 🌲

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

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RUNNING & WALKING

It's All Mental

From *Unbroken* to *Running the Rift* to YOU

By Laura Clark

There is an obvious physical component to every sport, frequently causing our emphasis on technique and training to override mental aspects of competition. We take inspiration from our responsive bodies, our next goal, and our righteous dedication. Most of the time. But when training plans falter, excuses pile up or allergies attack, we sometimes need to go beyond our daily routine and our favorite running magazine for in-depth encouragement and perspective.

Enter two recent works of literature, Laura Hillenbrand's *Unbroken* and the newly released *Running the Rift* by Naomi Benaron. Both center on male Olympic hopefuls thrust into cataclysmic wars which derail their timetables.

While we may ordinarily credit the act of running with preserving an island of sanity in the midst of work and family demands, it is a rare individual that can truly regard it as a life-changing epiphany. Such was the case for Louis Zamperoni, the real-life hero of *Unbroken*. Today we would have labeled him with oppositional defiant disorder and medicated him into pacificity. Back in the 1920s he was simply an incorrigible juvenile delinquent. Until he discovered running. With his brother's encouragement he was on track to beat Roger Bannister to the four-minute mile and more experienced runners to the Olympics. But then World War II intervened and he became a bombardier, got shot down, and survived a record 47 days adrift followed by years of torture in Japanese prison camps.

Similarly, reading *Running the Rift* is a bit like watching the movie Titanic. You know the boat is going to sink and as Jean Patrick Nkuba's Rwandan family careens towards the Tutsi-Hutu genocide, you want to push them and their "it can't happen here" attitude across the border to safety.

The recipient of Barbara Kingsolver's Bellwether Prize for socially engaged fiction, author Naomi Benaron comes well-qualified, having worked extensively with Rwandan genocide survivors. Plus, she is an Ironman triathlete and thus is thoroughly acquainted with the athletic mindset. Her novel reads true.

The author focuses on a 16-year span of time during which Jean Patrick comes of age and hones his craft, a hopeful Mr. Olympics. To fully experience the flavor of the many

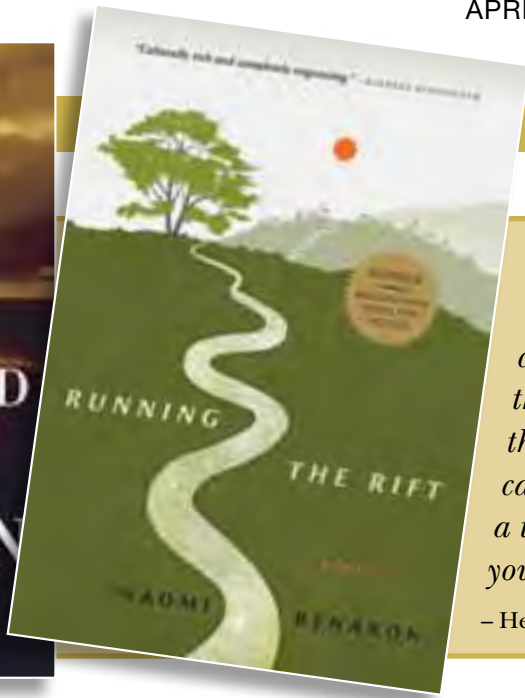
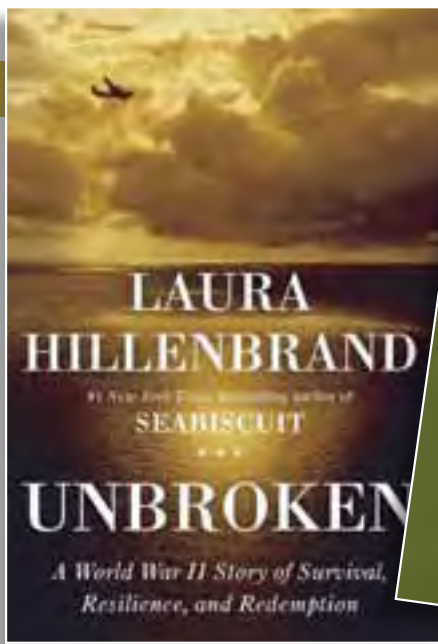
unfamiliar, musical Rwandan names and phrases, I recommend listening to the audio version of this account. Otherwise, in a novel as riveting as this one, you would be sorely tempted to page ahead, only to chastise yourself later on for a lack of willpower.

Despite the fact that both heroes channel their inborn cleverness and compulsion to compete towards ultimate survival, the true ending is bittersweet at best. The conclusion of World War II ushered in the Cold War and the McCarthy era. Fearing reprisals, Hutu fled to the Congo where unrest continues to spill across boundaries.

Aside from the obvious history lesson, what can runners learn from Louis Zamperoni and Jean Patrick Nkuba? I know I have come away with a brand new attitude. Instead of groaning that it is too hot or too cold, too early or too late to run, I now cancel negative thoughts with the phrase, "I get to run." And how wonderful is that! There are no bullets chasing me, no identity cards beyond a Road ID, no hostile stares. While running magazines tout the benefits of keeping yourself on track with a running partner or online coach, ultimately the real responsibility is yours. And how relatively easy we have it!

I had always envied those who claimed that once they had run a marathon their entire outlook on life had changed. They were now able to leap tall buildings in a single bound, program their GPS, and clean out their garage. Good for them. I, personally, have run several 50 milers, and while I have felt extremely satisfied, I was way too tired to contemplate any of that stuff. While fate intervened and neither Jean Patrick nor Louis achieved their Olympic dream, does that mean all their training was wasted? Hardly. That is exactly what pulled them through when heroic effort of another sort was required. Our goal race is not the destination, merely part of a continuous journey. It is the mental fortitude achieved that is the true payoff.

Which leads to another paradox. Neither athlete had included war in their training plans, yet they were able to cope. Similarly, show me an athlete who has run 100 miles in practice and I will show you someone who enters the race in a vulnerable con-



"If you think you can do a thing or think you can't do a thing, you're right."

— Henry Ford

dition. In a 2011 study by Marty Hoffman, MD, and Kevin Fogard, DC, PT, entitled Factors Related to Successful Completion of a 100-Mile Ultramarathon, it was discovered that 25-percent of those who finished the Vermont 100 and Western States races never ran more than a 65-mile long run during their peak week (believe it or not, this is a paltry amount) with five turning in less than 31 miles. Obviously, something more was at work here – the same can-do spirit that was at work for Louis and Jean Patrick. Sure they got discouraged and tired, but they held on. So the next time you falter during the middle section of that 10K or hit the wall during that marathon, remember that – as your non-running friends might suggest – running truly is 90-percent mental.

In his landmark book, *The Lore of Running*, Dr. Tim Noakes popularized the central governor theory in which your body sends out "Slow Down!" or "Stop Now!" signals when physical functioning is in danger of serious impairment. Your task is then to convince your central governor that you are not going to die, but merely ascend the next hill. This may or may not be dangerous, but does explain somewhat why certain individuals can ignore discomfort and forge onward.

A safer way to "train" your central governor would be to visualize your route before-

hand, targeting difficult sections or time periods. Apparently, consistent visualization can trick your body into believing it has already confronted the challenge and won. Then when you encounter Heartbreak Hill on race day you can confidently say, "Hey, I've done this before – no big deal." This also gives precedence to home court advantage. Knowledge is power in more ways than one.

And finally, take a lesson from Louis and Jean Patrick and focus on the task at hand. When you are racing make that be your paramount goal! Do not drift off and worry about the long drive home, or the fact that you will be working a ten-hour shift the following day, and need to conserve energy. Your tired body will be all too happy to embrace any excuses your brain dreams up.

While no one chooses to endure the hardships experienced by Louis or Jean Patrick, it is within our scope to honor their sacrifices by applying the lessons they learned to our own efforts. 🌱

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

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