

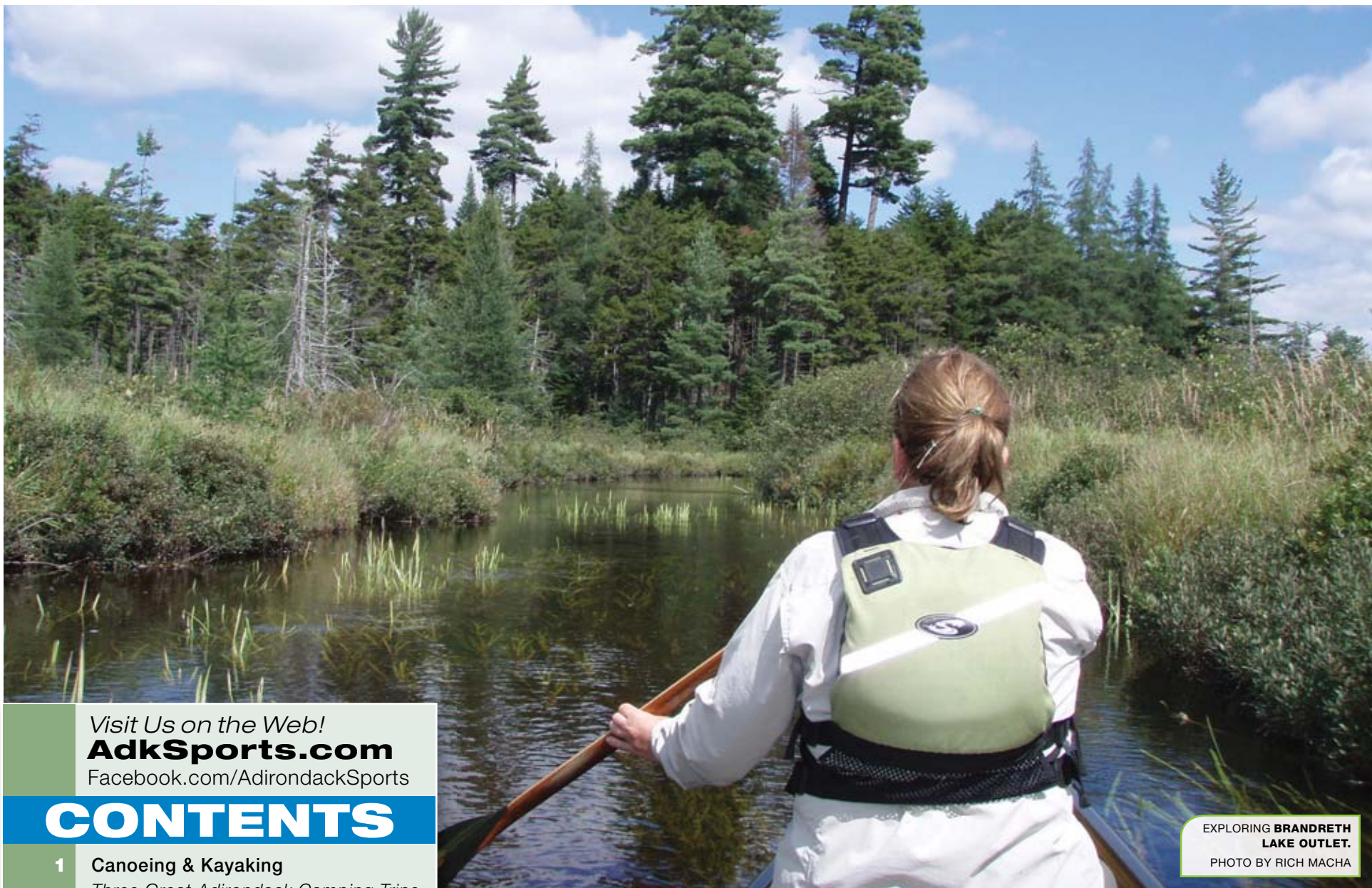
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AUGUST
2012



EXPLORING BRANDRETH LAKE OUTLET.
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CANOE AND KAYAK CAMPING

Three Great Adirondack Trips!

By Rich Macha

At this time of year I get a strong urge to find my little piece of paradise. All I'm looking for is an easy landing for my canoe or kayak on a sandy beach with good swimming, a flat spot for my tent amongst the pines, a large flat rock protruding out into the lake, and a view of mountains across the water. The sights and sounds of civilization must not intrude. My musical entertainment should be provided by white-throated sparrows, barred owls, merlins and loons.

The Adirondacks provide us with many bodies of water where we can practice primitive backcountry camping. Some lakes and ponds require portaging to access them, but there are many choices where portages – generally referred to as “carries” in the Adirondacks – are not necessary. Designated campsites will have a fire ring and are usually marked with a yellow disc. Outhouses or “thunder-

boxes” (a wooden box with a lid over the toilet seat, sort of like an outhouse without the upper half) are now found on some of the popular camping lakes, including Little Tupper, Lila and Lows. If you are lucky, you might find a picnic table at your site.

There are rules, regulations and general practices that can make for a more desirable backcountry experience for most of us. If you carry it in, you must carry it out – leave the site cleaner than you found it.

Make campfires in established fire rings only, and use only dead and down wood. Chopping down live trees only produces wet wood that will not burn and the stumps look unsightly. Rather than looking for firewood near your campsite, paddle to a spot away from campsites to find plenty of good downed and dry wood. Do not peel the bark off trees – although birch bark makes for a great fire-starter

See **CANOE AND KAYAK CAMPING**, 18 ►



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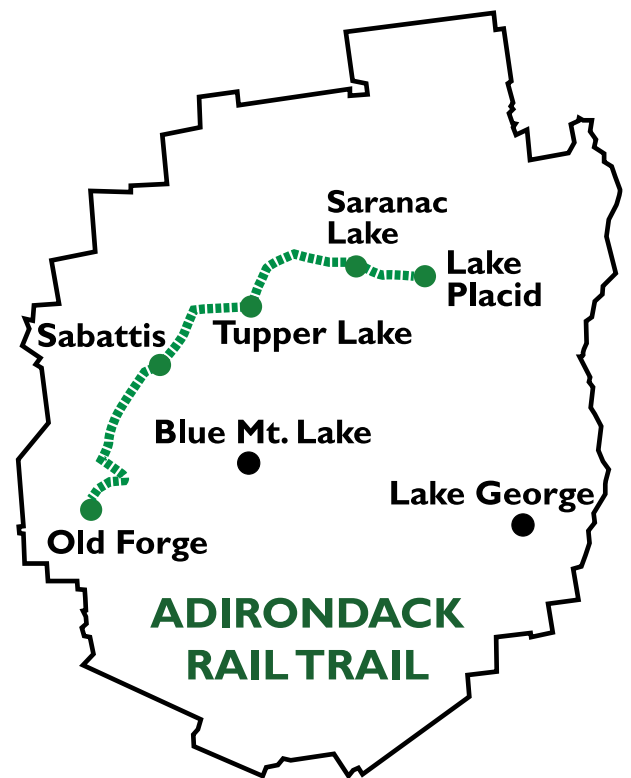
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RUNNING & WALKING

Running the Ladder

From 5K to Half and Back



By Laura Clark

SUNY COBLESKILL AT 2011 FAM 5K "FUND" RUN/WALK (DIGITAL SPORTS PHOTOGRAPHY); CHRIS GLEASON WITH KIDS IN JOGGER WINNING 2009 5K RUN FOR LIFE IN CLIFTON PARK; GLOBAL FOUNDRIES AND NEGOTIATING ROUNDABOUTS AT 2011 MBPA 5K IN MALTA; RIVER ROAD OUT/BACK AND SKI JUMPS AT 2011 LAKE PLACID HALF (NANCIE BATTAGLIA).

By now it is no secret that the half marathon is the most popular racing distance but did you know that in the United States there are twice as many halves as full marathons? In festival events offering both options, the 13.1-mile distance normally sells out way before the traditional marathon.

Runners progressing toward that popular goal typically climb from the 5K to the 10K, with perhaps a 15K or 10-miler thrown in for a readiness test. Folks with a track background will recognize and perhaps shudder at the familiar ladder pattern, where a single workout will add both length and speed until the breaking point, challenging you to hold onto the top rung and then repeat the configuration in a downward spiral. While runners typically ascend the 5K to half marathon ladder, few think of reversing their hard-won distance into a faster 5K.

As Amby Burfoot, *Runner's World* editor-at-large states in the August 2012 issue, "It's the ultimate distance... a true test of fitness, endurance and speed, all meshed together." So this fall, why not mix things up a bit? Tackle a few test 5Ks to hone the speed you will need for a challenging half. After the big day, withdraw some of your hard-won turnover for a rewardingly fast 5K effort.

September brings us three premier half marathons to choose from. The first, on Sept. 8, is one of the region's oldest events, the 42nd annual **Lake Placid North Elba Half Marathon**. Original might also be taken to describe its new course and new outlook now that a fresh group of local runners have assumed leadership.

To promote community involvement, the point-to-point race starts at the Olympic Speedskating Oval, goes through the business district, and circles scenic Mirror Lake. Runners then connect with the original Route 73 course past the Olympic ski jumps, on a flat out-and-back along the Ausable River – a popular road for races including the Ironman Lake Placid – to the traditional finish at the North Elba Show Grounds. While the initial steep uphill is eliminated, the challenge now will be not to go out too fast during the flatter beginning and save energy for later. Visit lakeplacid.com and click on Events.

Follow up your Adirondack jaunt with a health, history and horses tour of downtown Saratoga Springs on Sept. 16 for the 7th annual **Saratoga Palio Half Marathon and 5K Run/Walk**. The Melanie Merola O'Donnell Race honors Melanie, with proceeds benefiting the foundation's scholarship fund for graduate students in the mental health field. This year the race will also donate to education programs for students in need in Belize, New York and beyond.

The Palio is the only distance-run held in Saratoga Springs, starting downtown, heading over to the Saratoga Spa State Park, with views of the horse race tracks, past historic Congress Park and High Rock Spring area, and up to tackle the Skidmore College hills, with a fabled downhill finished past the Broadway mansions. Once more, be forewarned and save some energy for the final portion! This would be the perfect weekend to earmark for out-of-town guests, as they can run the half or enjoy a shorter 5K tour without you being the guide. Go to thesaratogapalio.com.

Head back to the mountains once more for the **Adirondack Distance Festival Half Marathon** in the friendly town of Schroon Lake on Sept. 23. In this race you can mix it up with three different half marathon options. Purists will enjoy the traditional 13.1-miler, starting halfway through the full marathon route, in the hamlet of Adirondack. Those who like the half concept but prefer the wooded, hillier first half can team with a partner for the two-person relay. Not ready for the whole half? Then consider the four-person relay with two five-mile stints and two eight-mile legs. If you are like me, whenever I venture into new territory, I like to feel things out and this option presents the perfect opportunity for future half marathon confidence-building. Bear in mind that placement strategy will play a key role, pairing speedsters with distance specialists. Visit adirondackmarathon.org.

Now for fitting in those 5Ks! The earlier dates would obviously work for tune-ups, while the later ones would serve in either that capacity or as an after-half focus. The

third annual **Malta Business & Professional Association (MBPA) 5K**, and first annual **Double H Camp Challenge 5K Trail Run/Walk**, both occur on Sept. 8, but the similarities end there.

In Malta, MBPA 5K race bibs serve as temporary security badges, providing an opportunity to tour the Global Foundries facility, the world's third largest semiconductor fabrication plant. The course is a pleasant tour of tech park roads, Luther Forest bike paths, and Malta roundabouts. In addition to a T-shirt, participants receive a runner cap and towel. Afterwards, check out the Malta Expo with fun family activities: a parade, TEC-SMART showcase, electronics recycling and tug-of-war. Proceeds benefit Saratoga Rural Preservation Council and Town of Malta EMS First Responders. Go to maltapba.com.

In Lake Luzerne, the Camp Challenge 5K is an addition to the established Camp Challenge Bike rides that day, all benefiting Double H Ranch campers, who because of their medical requirements wouldn't be able to have a camp experience. Participants may either run or walk the 5K, adding another level of accessibility. The mix of wide and single track Adirondack trails is not your typical flat and fast experience, as befits the campers themselves who face more than their share of ups and downs. Visit doublehbranch.org.

On Sept. 9, journey the Albany Jewish Community Center's 33-year tradition, the **Dunkin' Run 5K, 10K and Kids' Run**. Both races begin concurrently with the 10K competitors hanging on for two 5K loops. This makes it imperative that you run within yourself, neither going out too fast with the 5Kers nor too slow with the 10Kers. Expect a highly competitive field as Dunkin' is the USATF Adirondack 5K Championship, with prize money on the line for USATF members. Additionally, the JCC provides both 5K and 10K monetary awards. While "America runs on Dunkin'" take a cue from the T-shirts by fueling with java beforehand and reserving donuts for the post-race celebration. Go to saajcc.org.

Put your racing dollars to good use on

Sept. 16 at the sixth annual **Run for Life for Hannah's Hope Fun** at Old Dater Farm in Clifton Park. Proceeds are dedicated to funding research for a cure for Giant Axonal Neuropathy, a rare genetic disorder. Along the way, parents of Rexford's eight year-old Hannah Sames, hope to discover cures for other closely related neurological disorders with no current treatment options. This community event, in memory of Chris Gleason, features the 5K Run for Life, two-mile Walk for Hope, and kids' fun run. Gather a team to support the cause and compete in the innovative team categories: fastest, largest and "most flair" – we leave the flair decisions to you and your friends! Kids will also enjoy the climbing wall, bounce-bounce and face painting. Visit hannashopefund.org.

Finally, on Sept. 23, head 30 minutes from the Capital Region to Cobleskill Fairgrounds for the 19th annual **FAM 5K "Fund" Run/Walk**. The event benefits the Schoharie County Community Action Program. Expect highly competitive runners bidding on FAM Value Fun share (of stock) awards, not to mention a resurgent stock market. The action heads down flat MacArthur Avenue and onto the hilly SUNY Cobleskill campus, providing equal opportunity for hill lovers and pancake specialists. Afterwards, the fair atmosphere prevails with exhibits, massages, clowns, magicians, raffle prizes (worth the wait), and the tantalizing aroma of Brooks' BBQ chicken. Register early as the T-shirts, limited to the first 800 entrants, are always truly special. Go to fam5k.com.

Those who climb and descend the 5K and half marathon ladder will have the best of both worlds – the classic fast fall 5K effort coupled with a satisfying distance goal. ▲

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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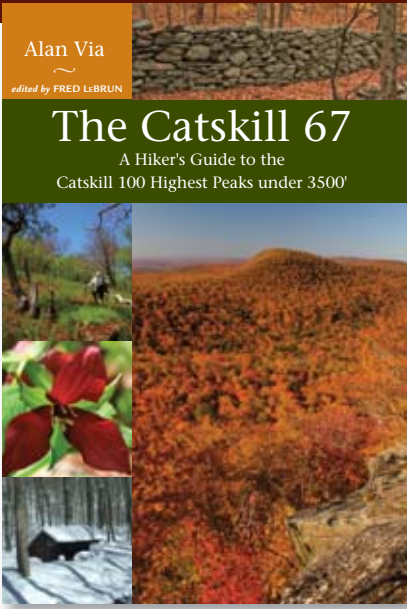
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THE SARATOGA PALIO
Melanie Merola O'Donnell Memorial Race

The Melanie Foundation presents

The Saratoga Palio

Melanie Merola O'Donnell Memorial Race

Half Marathon & 5K Run/Walk
Sun., Sept. 16, 2012; 8 AM

Run, walk, pledge, or volunteer
www.thesaratogapalio.com

Follow an inspirational course through scenic Saratoga Springs, NY, to honor Melanie and make a difference.

Proceeds from the race benefit The Melanie Foundation's scholarship fund for graduate students in the mental health field. In addition to the scholarship, the Foundation is also devoted to giving back to the community. This year, a donation will be made to support World's Window, Inc., a nonprofit organization that seeks to develop, support, and expand education initiatives and programs for students in need of assistance in Belize, New York, and beyond. For more information, visit www.TheMelanieFoundation.com.

Upcoming ARE Event Productions Events

Thursday Summer Trail Run Series



Locations vary in Capital District Through August 30 - 6:30pm



Hairy Gorilla Half Marathon and Squirrely Six Mile

"Best Costume Trail Race in America" (Runner's World "The Trail" magazine, April 2012)

Sunday, October 28

Thacher State Park - HairyGorillaHalf.com



Sunday, November 4

Shenendehowa High School, Clifton Park
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AROUND THE REGION News Briefs

Schenectady County Pedal-Paddle-Run

SCHENECTADY – On Saturday, Sept. 22, at Collins Park in Scotia, Schenectady County Pedal-Paddle-Run participants can pedal 7.5 miles on village of Scotia and town of Glenville roads, paddle 1.6 miles around Collins Lake, and run a 5K on Scotia roads. The second annual event is a day of wellness and bringing the community together for a day of fun and fitness. Businesses, not-for-profits, community groups, fitness clubs, and youth organizations are invited to create teams to participate against one another in the spirit of friendly competition. Proceeds will benefit childhood obesity prevention and other wellness programs sponsored by the Schenectady Co. Dept. of Public Health.

The event is open to individuals or two, three or four person teams of males, females or mixed athletes. There are divisions for corporate and family teams. Race timing is by ARE Event Productions, and registration is available at schenectadycounty.com/ppr. ▲

Paddle for the Cure to Benefit Breast Cancer Fund

OLD FORGE – On Saturday, Sept. 22 in Old Forge is the eighth annual Paddle for the Cure. Paddlers can enjoy a leisurely two-mile trip on the Moose River beginning at Mountainman Outdoor Supply Company. Paddlers can bring their own canoe or kayak or rentals are available.

All proceeds benefit the Carol M. Baldwin Breast Cancer Research Fund of Central New York and support grants awarded to SUNY Upstate Medical University for breast cancer research. There will be a raffle for a Zydeco Kayak. For more information, visit upstate.edu/paddle or call Janice Sell at (315) 464-6276. ▲



Whiteface Uphill Foot Race: New Date Offers Colorful Change

WILMINGTON – The Whiteface Business and Tourism Center changed the date of the 35th annual Whiteface Uphill Foot Race to Saturday, Sept. 22. For its first 34 years, the popular uphill foot race was run during the month of June. Organizers sought to move the race to the fall season to distinguish the event from the newer Whiteface Bike Fest, including the Whiteface Uphill Bike Race, which is held in June.

“The date change will benefit the athletes,” said Susan Hockert, president of the WBTC. “By moving the race to September, runners will be rewarded at the summit with both a medal and 360-degree views of the Adirondack High Peaks, all decked out in the spectacular reds, oranges, yellows of peak foliage season.” Whiteface Mountain uphill foot racers climb eight miles, 3,500 feet up the scenic Whiteface Mountain Veterans Memorial Highway to the top of New York’s fifth highest peak. Race information, including lodging and other resources, can be found at whitefaceregion.com. Registration is available at RunReg.com. ▲



MHCC Saratoga Century: Registration is Open

SARATOGA SPRINGS – The annual MHCC Saratoga Century on Saturday-Sunday, Sept. 8-9 at Saratoga Spa State Park, marks the highpoint of the Capital Region cycling season. With weekend multi-pace rides ranging from 25 to 100 miles, every cyclist can experience the scenic back roads of Saratoga and Warren counties. All routes have rest stops, SAG support, clearly-marked roads, cue sheets and maps. A post-ride buffet lunch is included with registration, and all riders receive a pair of MHCC Century socks.

The family-friendly century weekend is open to members and non-members, and start/finish is located at Carlsbad Pavilion, across from the Peerless Pool. To save money, register at webmhcc.org until 9/3 or by mail until 8/31, and it's also available day of event. Volunteers are needed (email karenvnl@gmail.com) and receive free registration. Distance choices are 25, 50, 62 (metric century), and 100 (century) miles. Go to webmhcc.org. ▲

NYS Acquisition of 69,000 Acres in the Adirondacks

ALBANY – On August 5, Governor Andrew Cuomo announced the state's acquisition of 69,000 acres of the Finch Pruyn and Nature Conservancy lands in the central Adirondacks. This is the largest addition to the state forest preserve in a century. This complements the 2010 acquisition of 89,000 acres of conservation easements on Finch Pruyn lands that protect working forests in communities across the North Country.

Under the agreement, the property will be sold to the state in a five-year contract beginning this year, using funds from the Environmental Protection Fund. The State will pay \$49.8 million over five years, and will pay full local property and school taxes on the land. This will provide opportunities for paddling, hiking, camping, mountain biking, cross-country skiing, snowmobiling, hunting and fishing. The unique assets include: Essex Chain of Lakes and Hudson River; Boreas ponds in North Hudson; and Southern tracts in Saratoga and Fulton counties. Go to governor.ny.gov. ▲

FROM THE PUBLISHER & EDITOR

Olympic Athletes Anything Is Possible



The Olympics are always an inspiration to athletes – competitive and recreational (who often don't consider themselves athletes) – hoping to find themselves on a podium or awards list some day – or to simply complete a short outing or weekend excursion. A number of athletes overcame obstacles to earn a spot at the London 2012 Olympics. These people show anything is possible, including South African double-amputee “blade runner” Oscar Pistorius, U.S. track athlete and shooting victim Bryshon Nellum, and Saudi Arabia's first female Olympic runner Sarah Attar.

Here are a few highlights that I'll remember from such an amazing array of sports: GB's Mo Farah winning the 5K and 10K (and US's Galen Rupp 10K silver); U.S. women's 4x400 meters relay gold; Kenya's David Rushida with a world record time of 40.91 in the 800 meters; photo finish in women's triathlon and GB's Alistair Brownlee with a commanding performance in men's triathlon; and Uganda's Stephan Kiprotich for winning the men's marathon.

Congratulations to Sarah Groff, who grew up in Cooperstown, on her fourth place finish in women's triathlon, and to Todd Well, originally from Kingston, who in tenth place had the best US showing ever in mountain biking. It was amazing to see so much good will and friendship among the athletes, volunteers and spectators from around the world.

In honor of the Olympics, as individuals and families, let's get out and be more physically active to improve the quality of our lives and better appreciate our world. For inspiration locally, check out our Calendar of Events, Race Results, Athlete Profile and Community articles, plus featured destinations and events in this issue.

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ISSUE #142

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DARRYL CARON

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Calendar of Events August - October 2012*

*Events beyond this month are advertisers in this issue.

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S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
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ALPINE SKIING & SNOWBOARDING

AUGUST

1-31 Clearance Ski Sale. High Adventure Ski & Bike, Latham. 785-0501. highadventuresbp.com.

16-25 Preseason Ski & Snowboard Sale. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.

OCTOBER

27-28 5th Adirondack Sports & Fitness Winter Expo. Sat: 10-5, Sun: 10-4. Free. 100 exhibitors, prizes, activities, sales, demos, seminars, clinics. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

BICYCLING (CROSS: SEE MTB)

ONGOING

- Sun Long Ride.** 8am. Elevate Cycles, Saratoga Springs. 587-0455. elevatecycles.com.
- Sun Group Ride.** 8am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Mon Group Ride.** 6pm. A/B rides. Olde Saratoga Bike & Boards, Schuylerville. 695-9500. oldesaratogabikenboards.com.
- Mon Hammer Ride.** 35M at 18mph. 6pm. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- Mon Group Ride.** 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Mon Beginners/Recovery Ride.** 6pm. Elevate Cycles, Saratoga Springs. 587-0455. elevatecycles.com.
- Tue Northway Ten Tour Trek.** 35M. 9am. Country Knolls Pool, Clifton Park. Vincent Scavullo: 470-7115. webmhcc.org.
- Tue Southern Adirondack Spokes 10M Time Trial Series.** 6:30pm. West River Rd, Fort Edward. adirondackspokes.com.
- Tue Tuesday Time Trials: 5/15-9/11.** 18M. 6:30pm. Johnny Cake course, Coxsackie. GC Cycles/Sean: 225-4498.
- Wed Road Ride.** 6am. Shop Rite Plaza, Niskayuna. Plaine & Son: 346-1433. plaineandson.com.
- Thu Group Rides.** 20-35M fast/moderate paces. 6pm. Inside Edge, Queensbury. 793-5676. insideedgeskiandbike.com.
- Thu Training Ride.** 6pm. Elevate Cycles, Saratoga Springs. 587-0455. elevatecycles.com.
- Fri Road Ride.** 20M. 6pm. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- Sat Early Bird Ride.** 30M. 6am. Plaine & Son, Schenectady. 346-1433. plaineandson.com.
- Sat Group Ride.** 8am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Sat Weekly Workshop.** 10am. Plaine and Son, Schenectady. 346-1433. Schedule: plaineandson.com.
- Sat Weekly Workshop.** 10:30am. Broadway Bicycle. 451-9400. Schedule: broadwaybicycleco.com.

AUGUST

- 17-19 Centurion Ellicottville.** 100/50/25M. Holiday Valley Resort, Ellicottville. 303-953-2008. centurioncycling.com.
- 18 2nd Tour de Schenectady Benefit Bicycle Ride.** 64/32/16M options & BBQ. Shop Rite Plaza, Niskayuna. Heather Rizzi: 847-2419. schenectadycancerfoundation.org.
- 18 5th Daily Grind-to-Daily Grind Casual Ride.** 9:30am. All welcome. Albany to Troy. 489-0866. albanybicyclecoalition.com.

- 18 Saratoga Co Tour Ride. 65M. 9am. Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 18 Helderberg Multipace Ride. 33M. 9:30am. NYS Park Police Academy, Albany. Bob Tomczak: 797-3651. webmhcc.org.
- 18 Washington Co Quick Ride. 67M. 9:30am. Schuylerville C.S., Schuylerville. Bruce Curtiss: 587-4408. webmhcc.org.
- 18 Building Miles for the Century Casual Ride. 41M. 10am. Guilderland H.S., Guilderland. Jonathan Benn: 482-6648. webmhcc.org.
- 19 Wake-Up Casual Ride. 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 19 Easy Sunday Tour Ride. 45M. 8:30am. BHBL M.S., Burnt Hills. Joe Martin: 399-3543. webmhcc.org.
- 19 Around Spencertown Quick Ride. 55M. 10am. Ichabod Crane H.S., Valatie. John Berninger: 439-6473. webmhcc.org.
- 19 Valatie-Kinderhook Casual Ride. 25M. 10am. OKenny's Express, Valatie. Dave Render: 433-8316. webmhcc.org.
- 20 Newbie Really Casual Ride. 15M. 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. webmhcc.org.
- 21 Rensselaer Co Multipace Ride. 35M. 5pm. Algonguin M.S., Poestenkill. Shari Gibbs: 928-8877. webmhcc.org.
- 21 Albany Co Tour Ride. 35M. 6pm. Elm Ave Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
- 21 Tuesday Casual Ride. 16M. 6pm. Lynnwood E.S., Guilderland. John Ogden: 376-1078. webmhcc.org.
- 22 Wacky Wednesday Tour Ride. 35M. 5:30pm. Parade Ground Village, Malta. Henry Wilkie: 482-3902. webmhcc.org.
- 23 Bear Swamp Casual Ride. 21M. 6pm. Clarksville E.S., Clarksville. Richard Bird: 475-1346. webmhcc.org.
- 23 Pizza Tour Ride. 25M. 6pm. Schalmont H.S., Rotterdam. Mark Wilder: 346-5988. webmhcc.org.
- 24-26 End of Summer Clearance Sale.** Steiner's Ski & Bike: Glenmont (427-2406), Valatie (784-3663), Hudson (828-5063). steinersskibike.com.
- 25 12th Pat Stratton Memorial Century Ride.** 100M: 8am. 50M: 10am. 25M: 11am. Kids' ride: 1pm. Prizes, BBQ, music, pies. Rain date: 8/26. Mount Pisgah, Saranac Lake. Bob Scheefer: 891-5873. active.com.
- 25 8th Hoosic River Ride. 75/50/30/8M. Southern Vermont College, Bennington, VT. 413-458-3105. hoorwa.org.
- 25 20th Echo Lake Road Race. 10M. Echo Lake, Charleston, VT. Wendy Hilliard: 802-461-7460. occa-vt.org.
- 25 Backward & Seldom Traveled Tour Ride. 46M. 9am. Park/Ride, Schodack. James Woodruff: 462-5030. webmhcc.org.
- 25 Saratoga Co Tour Ride. 65M. 9am. Saratoga Spa S.P., Saratoga Springs. Henry Wilkie: 482-3902. webmhcc.org.
- 25 Helderberg Multipace Ride. 34M. 9:30am. Shell Inn, Rensselaerville. Bob Tomczak: 797-3651. webmhcc.org.
- 25 Building Miles for the Century Casual Ride. 55M. 10am. SCCC, Schenectady. Jonathan Benn: 482-6648. webmhcc.org.
- 25-26 29th Chris Thater Memorial Bike Races.** 12-50M. All categories. Binghamton. 607-761-3953. bcstopdwi.com.
- 26 Wake-Up Casual Ride. 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 26 Movin' to Medusa Quick Ride. 40M. 10am. Berne-Knox-Westerlo H.S., Berne. John Berninger: 439-6473. webmhcc.org.
- 27 Newbie Really Casual Ride. 15M. 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. webmhcc.org.
- 28 Rensselaer Co Multipace Ride. 35M. 5pm. Schodack Park/Ride, Schodack. Shari Gibbs: 928-8877. webmhcc.org.
- 28 Tuesday Casual Ride. 13M. 6pm. Lynnwood E.S., Guilderland. John Ogden: 376-1078. webmhcc.org.
- 28-30 Bike Bike Weekend! Rides, workshops. Troy Bike Rescue & Center for Independent Media, Troy. troybikerescue.org.
- 29 Wacky Wednesday Tour Ride. 35M. 5:30pm. Ballston Spa M.S., Ballston Spa. Henry Wilkie: 482-3902. webmhcc.org.
- 30 Craven Circuit Casual Ride. 18M. 6pm. St. John's Church, Altamont. Steven White: 475-1702. webmhcc.org.
- 30 Pizza Tour Ride. 25M. 6pm. Voorheesville Town Park, Voorheesville. Dave Higgins: 437-0974. webmhcc.org.
- 31 Critical Mass Community Bicycle Ride. 5:30-7pm. Soldiers & Sailors Memorial, Washington Park, Albany. albanybicyclecoalition.com.
- 31-9/3 Green Mountain Stage Race. 62-186M. Warren, Duxbury, Fayston, & Burlington, VT. 802-496-5415. gmsr.info.

Saratoga Century Weekend

**SATURDAY-SUNDAY
SEPTEMBER 8-9**

Carlsbad Pavilion

(near Peerless Pool)
**Saratoga Spa State Park
Saratoga Springs**

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
- SAC, marked routes, rest stops, cue sheets
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 Rides for all ages & abilities • Rain date: 8/26
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Register: Active.com
 Info: Bob Scheefer (518) 891-5873
 adkbuild@roadrunner.com
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SEPTEMBER

- 1 Durkeetown Road Tour Ride. 81M. 9am. Chango E.S., Round Lake. Kevin Kralovic: 383-0425. webmhcc.org.
- 1 Cambridge & Back Tour Ride. 50M. 9am. Hoosic Valley C.S., Schaghticoke. Henry Wilkie: 482-3902. webmhcc.org.
- 2 Wake-Up Casual Ride. 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 3 Indian Ladder Farm Casual Ride. 31M. 9:30am. Elm Ave Park/Ride, Bethlehem. Jude Sagor: 729-3933. webmhcc.org.
- 4 Rensselaer Co Multipace Ride. 30M. 5pm. Schodack Park/Ride, Schodack. Shari Gibbs: 283-0155. webmhcc.org.
- 5 Wacky Wednesday Tour Ride. 27M. 5:30pm. Parade Ground Village, Malta. Henry Wilkie: 482-3902. webmhcc.org.
- 6 Thursday Casual Ride. 20M. 5:30pm. Elm Ave Park/Ride, Bethlehem. Gary Oliver: 439-4856. webmhcc.org.
- 8 **3rd Camp Challenge Ride. 15, 30 & 62M Adirondack rides. 7am. BBQ, music, celebration. Also: 1st Camp Challenge 5K Run/Walk. Double H Ranch, Lake Luzerne. 696-5676 x239. doublehranch.org.**
- 8 Hunter Mountain Fall Classic. 39-117M. 8am. Hunter Mt Lodge, Hunter. huntermountainclassic.com.
- 8-9 **MHCC Saratoga Century Weekend. 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Multipace rides, rest stops, buffet lunch. Carlsbad Pavilion, Saratoga Spa S.P., Saratoga Springs. Skip Holmes: 466-1182. Register: webmhcc.org.**
- 9 Greylock Hillclimb Time Trial. 9.1M. 3,489' climb. Gateway Heritage S.P., No Adams, MA. 413-834-3477. nohobikeclub.org.
- 11 Rensselaer Co Multipace Ride. 30M. 5pm. Algonquin M.S., Poestenkill. Shari Gibbs: 283-0155. webmhcc.org.
- 12 Wacky Wednesday Tour Ride. 24M. 5:30pm. Chango E.S., Round Lake. Henry Wilkie: 482-3902. webmhcc.org.
- 13 Delmar-Voorheesville Casual Ride. 18M. 5pm. Elm Ave Park/Ride, Bethlehem. Richard Bird: 475-1346. 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.**
- 14-16 Adirondack 540 RAAM Qualifier Race. 136/272/408/544M. Wilmington. John Ceceri: 583-3708. adkulttracycling.com.
- 15 **2nd Columbia County Rotary Ride. 100/60/30/10M. Post-ride celebration & BBQ. Volunteer's Park, Valatie. Kinderhook Steiner's Ski & Bike: 784-3663. ccrotaryride.org.**
- 15 8th Cambridge Valley Cycling Fall Benefit Ride. 62/25M. Lake Lauderdale Park, Cambridge. 677-3982. bikecvc.org.
- 15 Gloversville Tour Ride. 62M. 9am. Charlton Town Hall, Charlton. Henry Wilkie: 482-3902. webmhcc.org.
- 15 Alcove & Rte 51 Tour Ride. 45M. 9:30am. Elm Ave Park/Ride, Bethlehem. John Petiet: 438-9102. webmhcc.org.
- 15 Helderberg Multipace Ride. 36M. 9:30am. Shell Inn, Rensselaerville. Bob Tomczak: 797-3651. webmhcc.org.
- 15 Troy Farmer's Market Casual Ride. 16M. 10am. Corning Preserve, Albany. Jude Sagor: 729-3933. webmhcc.org.
- 15-16 Tour of the Adirondacks/Lake Luzerne Circuit Race. Sat: 38-60M race. Sun: 100M noncompetitive ride. Lake Luzerne. Dieter Drake: 275-6185. touroftheadirondacks.com.
- 16 **5th Lance Gregson 1-Eye Classic Cycling Rides & Picnic. 46+M: 8:30am. 26M: 9:45am. 12M: 10:30am. 3+M: 11am. Town Park/Beach, Schroon Lake. Anne Gregson: 532-9479. schroonlakecycling.com.**
- 16 **Race With The Wind. 46M MTB race. 12M Community Ride. Maple Ridge Wind Farm, Lowville. 315-376-2213. lewiscountychamber.org.**
- 16 Wake-Up Casual Ride. 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 16 Easy Sunday Tour Ride. 45M. 8:30am. BHBL M.S., Burnt Hills. Joe Martin: 399-3543. webmhcc.org.
- 16 1st Tom Boehm Memorial Casual Rides. 41M & 30M. 10am. OKenny's Express, Valatie. Janice Verrastro: 674-4473. Dave Render: 433-8316. webmhcc.org.
- 18 Rensselaer Co Multipace Ride. 30M. 5pm. Schodack Park/Ride, Schodack. Shari Gibbs: 283-0155. webmhcc.org.
- 19 Wacky Wednesday Tour Ride. 22M. 5:30pm. Chango E.S., Round Lake. Henry Wilkie: 482-3902. webmhcc.org.
- 22 **Ride Run Walk 4 Love to Benefit Love146.org. 15/30/100M rides, 5K run/walk. Saratoga Spa S.P., Saratoga Springs. rrw4l.com.**

- 22 Rensselaer Plateau Multipace Ride. 50M. 9:30am. Miller Hill E.S., Sand Lake. Sharon Gibbs: 283-0155. webmhcc.org.
- 22 5th BikeFest Tour of the Valley. 8-104M rides & festivities. Northampton, MA. 413-204-0393. nohobikeclub.org.
- 22 Helderberg Multipace Ride. 34M. 9:30am. NY Park Police Academy, Rensselaerville. Bob Tomczak: 797-3651. webmhcc.org.
- 22 Rupert Mtn Quick Ride. 85M. 9:30am. Schuylerville C.S., Schuylerville. Bruce Curtiss: 587-4408. webmhcc.org.
- 22 Upper Sacandaga Tour Ride. 52M. 9:45am. Edinburg C.S., Edinburg. Henry Wilkie: 482-3902. webmhcc.org.
- 22 Here Comes Autumn Casual Ride. 28M. 11am. Van Buren E.S., Kinderhook. Terry Armon: 428-5355. webmhcc.org.
- 23 Exotic Bicycle Show. 12-5pm. Prizes, Upper Madison Avenue Street Fair, Albany. Lorenz Worden: 489-0866. albanybicyclecoalition.com.
- 23 Gran Fondo Gunks. 108/68M. 8am. Ulster County Fairgrounds, New Paltz. wildcatepicevents.com.
- 23 Wake-Up Casual Ride. 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 23 Easy Sunday Tour Ride. 45M. 8:30am. BHBL M.S., Burnt Hills. Joe Martin: 399-3543. webmhcc.org.
- 25 Rensselaer Co Multipace Ride. 30M. 5pm. Algonquin M.S., Poestenkill. Shari Gibbs: 283-0155. webmhcc.org.
- 26 Wacky Wednesday Tour Ride. 27M. 5:30pm. Okte E.S., Clifton Park. Henry Wilkie: 482-3902. webmhcc.org.
- 28 Critical Mass Community Bicycle Ride. 5:30-7pm. Soldiers & Sailors Memorial, Washington Park, Albany. albanybicyclecoalition.com.
- 29 Train Ride to North Creek & Bike Back Tour Ride. 62M. 9am. Rain date: 10/13. Train Station, Saratoga Springs. Ticket: 877-726-7245. snccr.com. Henry Wilkie: 482-3902. webmhcc.org.
- 29 Helderberg Multipace Ride. 34M. 9:30am. NYS Park Police Academy, Rensselaerville. Bob Tomczak: 797-3651. webmhcc.org.
- 30 HRRT Fall Club Ride. 62M, 32M, 16M. 9am. Shop Rite Plaza, Niskayuna. Heather: 847-2419. hrrtonline.com.
- 30 Wake-Up Casual Ride. 18M. 7:15am. Hannaford, Voorheesville. Steve Redler: 428-8993. webmhcc.org.
- 30 Easy Sunday Tour Ride. 45M. 8:30am. BHBL M.S., Burnt Hills. Joe Martin: 399-3543. webmhcc.org.
- 30 Mark Fiato Tribute Multipace Ride. 20/30M. 12pm. No Bethlehem Park, Bethlehem. James Bethell: 446-1766. webmhcc.org.

OCTOBER

- 6 Greylock Multipace Ride w/Variations. 35-75M. 10am. Algonquin M.S., Poestenkill. Shari Gibbs: 283-0155. webmhcc.org.
- 26 Critical Mass Community Bicycle Ride. 5:30-7pm. Washington Park, Albany. albanybicyclecoalition.com.
- 27 Haunted Hundred Overnight Century. 6pm. Schuylerville. John Ceceri: 583-3708. adkulttracycling.com.

HEALTH & FITNESS ONGOING

- Daily Group Fitness & Spinning Classes.** Albany Jewish Community Center, Albany. 438-6651. saajcc.org.
- Mo-Fr Boot Camp Challenge.** Malta 6-week camp starts: 9/10. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. makeitfittraining.com.
- Mo-Fr Capital District Adventure Boot Camp for Women.** Starts: 8/20 (2wk), 9/10 (4wk). Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 8am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Call CardiotFit Classes w/Dr. Paul Lemanski.** Prime Care Physicians, Albany. 618-1100. Schedule: centerforpreventivemedicine.com.

HIKING & ROCK CLIMBING ONGOING

- Daily Guided Hiking Excursions.** 2-3hrs. 11:45am. Gore, North Creek. 251-2411. goremountain.com.

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Sept 16 – Kirkland Cyclocross
 Kirkland Town Park, Clinton

Oct 13-14 – Uncle Sam GP of Cyclocross
 Prospect Park, Troy

Oct 21 – Saratoga Spa Cyclocross
 Saratoga Race Track, Saratoga Springs

Oct 28 – Wicked Creepy Cyclocross
 Willow Park, Bennington, VT

Nov 11 – Bethlehem Cup Cyclocross
 Elm Avenue Park, Bethlehem

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Race With The Wind
 Sunday, Sept. 16
 Start 10am

Ride among the wind towers of Lewis County, NY
 Registration 8:30am

Maple Ridge Wind Farm,
 6972 Eagle Factory Rd, Lowville

46-mile Mountain Bike Race
 12-mile Community Ride

Call (315)376-2213 or visit www.LewisCountyChamber.org calendar of events for more information or to register www.BikeReg.com



2nd ANNUAL

Moreau Lake Aquathon, Swims & Trail Run

Saturday – USAT Youth Aquathon

Ages 7-10: 100m Swim & 1K Run • Ages 11-15: 200m Swim & 2K Run

Sunday – Aquathon, Swims & Trail Run

Aquathon: 1.5K Swim & 5K Trail Run
Swims: 1.5K & 3K • Trail Run: 15K

September 8-9

Moreau Lake State Park, Gansevoort, NY
Register: www.greenleafacing.com



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AUGUST

- 17-19 **Trailless Peak Backpacking: The Swards.** Adk Mtn Club: 523-3441. adk.org.
- 18 **Women's High Peaks Hike: Wright Peak.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 20 **Trailless Peak Day Hike: Street & Nye.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 24-26 **Trailless Peak Backpacking: The Santanonis.** Adk Mtn Club: 523-3441. adk.org.

SEPTEMBER

- 1-3 **Trailless Peak Backpacking: Allen Mt.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 7-9 **Trailless Peak Backpacking: Cliff & Redfield.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 10-14 **Leave No Trace Master Educator.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 14-16 **Trailless Peak Backpacking: Skylight & Gray.** Adk Mtn Club: 523-3441. adk.org.
- 16 **Women's Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 21-23 **Trailless Peak Backpacking: The Dix Range.** Adk Mtn Club: 523-3441. adk.org.
- 28-30 **ADK Fall Outing.** Hiking, paddling & more for adults/families. North Creek. Sue Davis: 494-7000. adk.org.
- 28-30 **Trailless Peak Backpacking: The Swards.** Adk Mtn Club: 523-3441. adk.org.
- 30 **Family Rock Climbing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.

OCTOBER

- 6-8 **Trailless Peak Backpacking: The Santanonis.** Adk Mtn Club: 523-3441. adk.org.
- 13 **Beginner Day Hike: Jay Range.** 7.5M. Adk Mtn Club: 523-3441. adk.org.
- 13-14 **Leave No Trace Trainer.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

MOUNTAIN BIKING & CYCLOCROSS ONGOING

- Tue **MTB Group Ride: May-Oct.** 6pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.
- Tue **MTB Ride for All.** 4M. 6pm. Central Park, Schenectady. Plaine & Son: 346-1433. plaineandson.com.
- Tue **Hot August Nights MTB Series:** 8/7-28. 6pm. Central Park, Schenectady. Heather Rizzi; 847-2419. hrrtonline.com.
- Fri **MTB Ride.** 2M. 6am. Central Park, Schenectady. Plaine & Son: 346-1433. plaineandson.com.
- Sun **Chasm Riders MTB Race Series:** 5/27-10/7. 10am. AuSable Chasm MTB Center, Keeseville. 593-3572. bikereg.com.

AUGUST

- 19 **Campmor H2H Race # 6,** Taconic 909 Challenge. 9-27M. Pleasant Valley. Tim: 845-505-1211. espraces.com.
- 23 **Preseason Cyclocross Tour Ride.** 25M. 5:30pm. Taborton Fire House, Sand Lake. Gary Toth: 766-5280. webmhcc.org.
- 24 **"Fun Not Fear" 1-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 25 **NYCROSS.com Cyclocross Clinic.** 9am-3pm. All welcome. Prospect Park, Troy. 402-2270. nycross.com.
- 26 **Belleayre Mountain All Terrain Challenge Race #4:** NYS MTB Series. 12-24M. nysmtbseries.com.
- 31 **"Fun Not Fear" 1-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.

SEPTEMBER

- 1-2 **"Fun Not Fear" 2-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 14 **"Fun Not Fear" 1-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 15 **Downhill MTB Camp.** 10am-3:30pm. Gore, North Creek. Gail Setlock 251-2411 x1043. goremountain.com.
- 15-16 **"Fun Not Fear" 2-Day Dirt Camp.** High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
- 16 **NYCROSS.com Race Series: Kirkland Cyclocross.** Kirkland Town Park, Clinton. 315-853-7535. nycross.com.
- 16 **Race With The Wind.** 45M MTB race & 12M community ride. 10am. Maple Ridge Wind Farm, Lowville. 315-376-2213. lewiscountychamber.org.

- 23 **1st Adirondack Cyclocross Race.** Johnstown H.S., Johnstown. 863-4918. adkveloclub.com.
- 23 **1st Gran Fondo Gunks.** 108/68/38/18M fundraising ride & harvest fest. 8am. Ulster Co Fairgrounds, New Paltz. 845-256-8073. wildcatepicevents.com.
- 23 **HRRT Unicycle Singletrack Race.** 3-4M loops. 10am. Central Park, Schenectady. Heather Rizzi; 847-2419. hrrtonline.com.

OCTOBER

- 13-14 **NYCROSS.com Race Series: Uncle Sam GP of Cyclocross.** Prospect Park, Troy. Eric Schillinger: 441-1296. nycross.com.
- 21 **NYCROSS.com Race Series: Saratoga Spa Cyclocross.** Saratoga Race Track, Saratoga Springs. John Onderdonk: 441-2074. nycross.com.
- 28 **NYCROSS.com Race Series: Wicked Creepy Cyclocross.** Willow Park, Bennington, VT. 802-442-7238. nycross.com.
- 28 **Hunter Mountain Cyclocross Race.** Hunter Mountain, Hunter. Dieter Drake: 275-6185. farmteamcycling.org.

NOVEMBER

- 11 **NYCROSS.com Race Series: Bethlehem Cup Cyclocross.** Elm Ave Park, Bethlehem. Dave Beals: 439-6951. nycross.com.

MOUNTAINEERING & WILDERNESS SKILLS

AUGUST

- 18-19 **Primitive Skills Course.** Heart Lake Center, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

SEPTEMBER

- 15 **Wilderness First Aid Session.** White Eagle Conf Ctr, Hamilton. Reserve by 8/31: 359-8194. NYS Outdoor Guides Assn: nysoga.org.
- 15-16 **Backwoods Wilderness Survival Overnight (Adult).** Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

OCTOBER

- 20 **Map & Compass Fundamentals.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- 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.
- Thu **BTC Warners Lake Training: 5/31-8/30.** 0.6M swim, 16M bike, 5K run. 6pm. Warners Lake, East Berne. bethlehemtriclub.org.
- Thu **STC Tri/Open Water Swims.** 6-7pm. Moreau Lake S.P., Gansevoort. saratogatriclub.org.

AUGUST

- 18 **Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. Tim Sweet: 833-0200. cdtriclub.org.
- 18 **Hadley Run-Pedal-Tube Triathlon.** 5K run, 7.5M bike, Hudson tube. 9am. Canoe Take-Out, Hadley. Ernie/Sue Wilder: 696-4947. hadleybusinessassociation.net.
- 25 **1st YMCA of Middletown Triathlon.** .3M swim, 14M bike, 3M run. 8am. Twin Lakes Water Ski Park, Monroe. nytri.org.
- 25 **Summer Biathlon: Individual Relay.** 10am. Castleton Fish/Game Club, Schodack. 315-396-9967. capitalregionnordicalliance.org.
- 25 **4th Duaneburg Community Center Triathlon.** 9am. DACC, Delanson. Jenn Dixon: 895-9500. dacc.info.
- 26 **3rd Team LUNA Chix Splash & Dash Aquathon.** 0.5M swim & 3.1M run. 11am. Tinney's Tavern on Lake Desolation, Middle Grove. Rachel Knaggs: 496-0874. active.com.
- 26 **1st Old Forge Triathlon.** 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Byrch: 315-404-8130. atcendurance.com.
- 26 **3rd River Rat Triathlon.** 8:30am. Centennial Park, Clayton. Alex Buduson: 315-767-3270. tiylo.org.

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Register: bikereg.com

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DUATHLON

10th Annual

Mohawk Towpath Byway Duathlon

Krause's Grove, Canal & Beach Roads
Clifton Park & Halfmoon

2.2mi Run • 16mi Bike • 2.2mi Run
Sunday, October 14 • 9am

Open to adults, youth & teams

Kids' Fun Duathlon • 8:30am
Register: mohawktowpath.org

Tech T-shirt to first 100
Registration limited to 200!

Benefits Mohawk Towpath Scenic Byway



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Run-Pedal-Tube Triathlon

Saturday, August 18 at 9am
Canoe Take-Out (11M W of Exit 21), Hadley
 • 5K foot race in Hadley
 • 7.5M bicycle ride across Stewart's Dam
 • Tube paddle across Hudson River from Lake Luzerne to Hadley canoe take-out
 Individuals \$20 & Teams \$55
 Teams: M/F/Coed/Family/Company
Entry/Info: hadleybusinessassociation.net
 (518) 696-4947 • hadleyba2003@yahoo.com
 Bike, helmet, inner tube & PFD required
 Benefits Hadley Business Assn Scholarship Fund

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DUATHLON

5K Run, 30K Bike, 5K Run

Sunday, October 7, 2012
8:00 am East Field, Glens Falls, NY

- ❖ Chip timed ❖ Participant only raffles
- ❖ Free micro-mesh tee shirt to the first 300 entrants
- ❖ One, two and three person teams;
- ❖ Corporate teams of three welcome

Register at the Baystate website below

Like us on facebook!

www.glensfallslions.org ~ www.baystateevents.com/register/?11339



SEPTEMBER

- 1-2 3rd 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. Paul Fronhofer: 257-2833. lgrifestival.com.
- 6 Brick Workout.** 6pm. Bike Path, Colonie Town Park, Colonie. Rachel Knaggs: 496-0874. teamlunachix.com/albany_triathlon.
- 8 SUNY Potsdam Triathlon.** 9am. Maxcy Hall, SUNY, Potsdam. Joshua Jock: 524-1295. potsdam.edu.
- 8 4th Vassar Brothers Medical Center Triathlon & Duathlon.** Freedom Park, Pleasant Valley. nytri.org.
- 8 1st Treads & Threads Duathlon.** 3M run, 20M bike, 3M run. 8am. Vernon Downs, Vernon. Mike Byrch: 315-404-8130. atendurance.com.
- 9 Moreau Lake Races.** Aquathlon: 1.5K swim/5k run), 1500m swim, 3000m swim, 15k trail run 7:30am. Moreau Lake S.P. Gansevoort. Chris Bowcutt: 290-0457. greenleafacing.com.
- 9 2nd Wheel and Heel Olympic Triathlon/Duathlon.** 9am. Lake Yaghtkanic S.P., Ancram. wheelandheel.com.
- 9 Finger Lakes Triathlon.** 0.45M swim, 13M bike, 3.1M run. Kershaw Beach, Canandaigua. fingerlakestriathlon.com.
- 12 HVT Summer Tri-Series #4.** 400yd swim, 12M bike, 2M run. 5:45pm. Wilson State Park, Mt. Tremper. hvtc.net.
- 15 14th Mountain Lake Services Triathlon.** Iron: 3.5M paddle, 5.5M run, 20M bike. Rec: 1.5M paddle, 2.5M run, 14M bike. 9am. North Country Camps, Keeseville. 546-3051. mountainlakeservices.org.
- 16 36th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak, 6M run. 9:30am. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
- 22 2nd Schenectady County Pedal-Paddle-Run.** 7.5M bike, 1.8M paddle, 5K run. 8:30am. Solo or team. Collins Park, Scotia. schenectadycounty.com/ppr.
- 22-23 HITS Triathlon Series: Hunter Mountain II.** Sat, 7am: Olympic/Sprint/Open. Sun, 7am: Full/Half. North/South S.P., Haines Falls. 845-246-8833. hitstriathlonseries.com.

OCTOBER

- 6 7th Rogers Rangers Challenge Tri.** 7M run over Buck Mtn, 30M bike to Fort Edward, 3M canoe/kayak around Rogers Island. 8am. Hogtown Trailhead (Buck Mtn) to Rogers Island Visitor Center, Fort Edward. Faith Bouchard: 747-3693. rogersisland.org.
- 7 1st Glens Falls Lions Club Duathlon.** 5K run, 30K bike, 5K run. 8am. East Field, Glens Falls. glensfallslions.org.
- 14 10th Mohawk Towpath Byway Duathlon.** 2.2M run, 16M bike, 2.2M run. 9am. Kids' Fun Duathlon: 8:30am. Krause's Grove, Clifton Park/Halfmoon. MohawkTowpath.org.

OTHER EVENTS ONGOING

Daily Mountain Biking, climbing wall, disc golf, bungee trampoline. Open daily thru 9/2. Gore, North Creek. 251-2411. goremountain.com.

AUGUST

- 12 Discover SCUBA.** 8am-12pm. Free. Queensbury. Rich Morin's Scuba Center: 761-0533. richmorinsproscubacenters.com.
- 17 Special Olympics NY Over the Edge.** Rappel 18 stories. Hotel Albany, Albany. Michelle Iorizzo: 388-0790. nysco.org.
- 17-19 Woodsmen's Field Days.** Lumberjack contests. Oneida Co Fairgrounds, Boonville. 315-942-4593. starinfo.com/woodsmen.
- 18 4th Chrissy's Chair Auction.** 4:30-8pm. 15 Adk chairs decorated for auction. Food, live music, more. Proceeds to Cindy's Comfort Camp. Conservation Park, Bolton Landing. Linda/Mark Perry: 644-3020. chrissysfund.com.
- 24-27 Barb Beyerbach Junior Level 1 Tennis Tournament.** Glens Falls Tennis & Swim Club, Glens Falls. Linda Carr: 792-5512. gftsc.com.
- 25 Adult Pack Basket Workshop.** Adirondack Museum, Blue Mountain Lake. 352-7311. adirondackmuseum.org.

25 CRNA Summer Biathlon/Paintball Series: Individual Relay. 10am. Safety: 8:45am. Castleton Fish/Game Club, Schodack. 315-396-9967. capitalregionnordicalliance.org.

SEPTEMBER

- 9 Discover SCUBA.** 9am-1pm. Free. Glens Falls. Rich Morin's Scuba Center: 761-0533. richmorinsproscubacenters.com.
- 21-23 Women's Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 28-30 Spirit, Mind, Body Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 29-30 Saratoga Native American Festival.** 10am-7pm. Dancing, storytelling, music, arts, crafts, jewelry, demos, kids' activities, food. SPAC, Saratoga Springs. Ndakinna: 583-1440. saratoganativefestival.com.

OCTOBER

- 14 Discover SCUBA.** 9am-1pm. Free. Glens Falls. Rich Morin's Scuba Center: 761-0533. richmorinsproscubacenters.com.
- 14 Women's High Ropes. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 19-21 Father/Son Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 27-28 5th Adirondack Sports & Fitness Winter Expo.** Sat: 10-5, Sun: 10-4. Free. 100 exhibitors, prizes, activities, sales, demos, seminars, clinics. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

PADDLING: CANOEING, KAYAKING & SUP AUGUST

- 17 Kayak Rescue/Recovery.** 6:30pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle'n'Pole: 346-3180. onewithwater.com.
- 17 ADK Paddle Making Workshop.** Create wooden canoe paddle. Heart Lake, Lake Placid. 523-3441. adk.org.
- 18 Newcomb North Country Challenge. 5M/10M paddles. 12pm. Lake Harris, Newcomb. nymcra.org.
- 21 Sundowner Series Time Trial & Clinic. Saranac Inn, Upper Saranac Lake. 891-2744. macscanoe.com.
- 22 & 24 Fundamentals of Kayaking.** 6:30pm. Lock 7 Boat Launch, Niskayuna. Adk Paddle'n'Pole: 346-3180. onewithwater.com.
- 25 Barge Chaser Canoe & Kayak Race. 3M/7M. 11am. Kiwanis Park, Rotterdam. Anna Palmer: 489-5092. elecctityrace.org.
- 28 Kayak Tour: Mohawk River.** 6:15pm. Kiwanis Park, Rotterdam. Adk Paddle'n'Pole: 346-3180. onewithwater.com.

SEPTEMBER

- 1 Remington II Canoe/Kayak Race. 6M. 10am. Oswegatchie River, Rensselaer Falls to Heuvelton. slvpaddlers.org.
- 1-3 Intro to Canoe Camping: St. Regis Canoe Area.** Adk Mtn Club: 523-3441. adk.org.
- 7-9 Adirondack Canoe Classic. 90-Miler. Old Forge, Long Lake, Saranac Lake. 891-2744. macscanoe.com.
- 8 Adult Windsurfing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 8 Women's Kayaking (Sat) & Sailing (Sun) Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 15-16 Family Kayaking (Sat) & Canoeing (Sun) Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 22 8th Paddle for the Cure.** Leisurely 2M canoe/kayak/SUP on Moose River. 10am. Benefits Carol Baldwin Breast Cancer Research Fund. Mountainman Outdoor Supply Co, Old Forge. Janice Sell: 315-464-6276. upstate.edu/paddle.
- 22 Long Lake Long Boat Regatta. 15M/10M. 11am. North American war canoe champs. Adk kayak champs. 11am. Adirondack Hotel, Long Lake. 891-2744. macscanoe.com.
- 23 St. Regis Canoe Classic. 4/7/11M. 10am. Paul Smith's College, Paul Smiths. Kristen Domas: 327-6389. nymcra.org.
- 23 Adult Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
- 24 Traditional Paddle Making Workshop.** Adirondack Museum, Blue Mountain Lake. 352-7311. adirondackmuseum.org.
- 29 Family Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.

Sunday, October 14th



Saratoga Cross Country Classic

Sponsored by Excelsior College
Saratoga Spa State Park
Saratoga Springs, NY
5k Cross Country Race - 10am
Individual and team competition
 USATF Adirondack 5k XC Championship
2k and 3k Youth Developmental Cross Country Runs - 11am
5k USATF Adirondack Race Walk Championship - 8am
Also: 2k Novice Sport Walk • Walk info:
 (518) 577-1333 or walk2agoal@gmail.com
Moisture wicking T-shirt to all registered in 5k by 10/1
 Info: (518) 877-0654 or pjglove@aol.com

Register at usatfadir.org

14TH ANNUAL Mountain Lake Services Triathlon

Saturday, September 15 • 9am
Keeseville, NY
Iron - 3.5M paddle/5.5M run/20M bike
Recreational - 1.5M paddle/2.5M run/14M bike
 Individual & Teams (2-4 members)
Register: MountainLakeServices.org
 Cookout & music following race
Info: Roxanne at (518) 546-3051 x314
 Proceeds benefit Mountain Lake Services Foundation
 Supporting needs of those with developmental disabilities

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EXPO & PACKET PICK-UP

Saturday, October 6 • 10am-6pm • Hotel Albany, Albany

DON'T MISS THIS EXHIBITOR OPPORTUNITY!

- 2,250 registered runners of the MHR Marathon and Half Marathon will come to the Expo to pick-up their registration materials – no race day packet pick-up available
- Promote and sell your products and services to 4,000 people
- Exhibitors included in MHR Marathon and Half Marathon race guide in September issue of *Adirondack Sports & Fitness* magazine (20,000 circulation) – and on adksports.com

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August 25-26

Saturday
2.5k, 5k and 10k swims

Sunday
4-mile point-to-point swim

Wetsuit and non-wetsuit divisions • Registration is Open!
www.lakegeorgeswim.com

Town of Hague

35th ANNIVERSARY **New Fall Date!**

Whiteface Mountain Annual Uphill Foot Race
Saturday, Sept. 22 at 8am
Eight miles, 3,500 feet up the Veterans Memorial Highway on NY's fifth highest peak!
WhitefaceRace.com
RunReg.com
888-944-8332 • Wilmington, NY

5th annual
Tour "LaFrance" 5K Family Fun Run/Walk
& 1-Mile Kids' Run
In memory of Connor LaFrance

Sunday, Sept. 23 • 11am
Register: 8-10:30am

Orenda Pavilion, Saratoga Spa State Park
www.ConnorLaFrance.org
Live music & BBQ lunch
Benefits Connor LaFrance Memorial Foundation for local athletes & S.H.S. college scholarships

MVP HEALTH CARE
The 12th Annual
GREAT PUMPKIN CHALLENGE

Saturday, October 20th, 2012
Saratoga Spa State Park Columbia Pavilion

5K & 10K Walk/Run 9:30 AM
Kid's Fun Run following races

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that pre-register for 5 & 10K by October 1, 2012!

****IMPORTANT****
NET Chip Timing, Disposable Chips/Bibs & NO DAY OF Registration

5K & 10K Fees
\$22 (before 10/1), \$25 (before 10/20)
NO DAY OF REGISTRATION
Kids Fun Run Fees (12 & under)
\$5

Become a Fund Raiser for Saratoga Bridges and YOU could win an Apple iPod Touch! Create your own fundraising page at active.com/donate/SaratogaBridges2012

Register Online:
www.saratogabridges.org
More information: 518.587.0723

Packet & Chip Pick Up
Friday 10/19 Noon-6pm @ Saratoga Bridges offices located at 16 Saratoga Bridges Blvd. or Day of 7:30 AM- 9 AM at the event

To Benefit **saratogabridges**
The premier community resource for people with disabilities and their families

31 Traditional Paddle Making Workshop. Adirondack Museum, Blue Mountain Lake. 352-7311. adirondackmuseum.org.

RUNNING & WALKING ONGOING

Open ChiRun/Walk Instruction w/Ann Margaret McKillop. 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
Thu ARE/Miller 64 Thursday Summer Trail Run Series: 5/24-8/30. 6:30pm. Locations vary, Capital District. Josh Merlis: 320-8648. areep.com.

AUGUST

- 17 22nd Woodsmen's 10K Foot Race & 5K Walk. 6pm. Adk H.S., Boonville. 315-942-4593. starinfo.com/woodsmen.
- 18 **10th Jailhouse Rock 5K Race.** 8:30am. Brookside Museum, Ballston Spa. Joy Houle: 885-4000. brooksidemuseum.org.
- 18 12th Pre Fall Classic 5K Run, 2M Walk & Kids' Races. 9am. Voorheesville H.S., Voorheesville. vcsfoundation.com.
- 18 6th Landis Arboretum 5K Forest Run/Walk. 9:30am. Landis Arboretum, Esperance. 875-6935. landisarboretum.org.
- 18 Kiwanis Clove Run. 8:30am. 10M, 5K run/walk, 1M fun run. Castleton E.S., Castleton. vanrensselaerdivision.org.
- 18 15th Olga Memorial Footrace. 5K run/walk, 10K run & 1/2K Kids' Run. 9:15am. Berkeley Green, Saranac Lake. saranaclake.com.
- 18 Groovy Gouvy 5K. 10am. Riverview Park, Gouverneur. Ralph Trumble: 315-854-0513.
- 19 Heritage Day 10K. 10am. Penfield Homestead Museum, Ironville. Dave Burrows: 926-8005. lachute.us.
- 19 Savoy Mountain Trail Races. 16.5M/4M. 9am. Savoy Mtn S.E, Savoy, MA. runwmac.com.
- 20 Tawasentha Cross Country 5K Race #2. 6:30pm. Tawasentha Park, Guelderland. hmrc.com.
- 20 Camp Saratoga 5K Trail Run Series #5. 6:15pm. Wilton Wildlife Preserve/Park, Wilton. 581-1278. saratogastryders.org.
- 21 **Brooks Pure Demo Run.** 6pm. Vischer Ferry Nature Preserve, Clifton Park. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
- 25 **15th Altamont 5K Run/Walk.** 9am. Altamont Mile & Kids' Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- 25 2nd Muddy Sneaker 5K Trail Run & Mile Fun Run. 9am. Indian Meadows Park, Glenville. glenvillerotary.org.
- 25 33rd Round Church Women's Run 5K/10K. 8:30am. Round Church, Richmond, VT. 802-238-0820. gmaa.net.
- 25 Run for Jon. 2.5M Run/1M Walk. 5pm. Forrence Orchards, Peru. 834-7583. runforjon.com.
- 25-26 **Cross Country Spike Weekend.** Presented by Saucony. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 25-26 Turning Stone 5K, 10K & Half-Marathon. Turning Stone Atrium, Verona. turningstone-eraces.com.
- 26 **3rd Run for the Horses 5K to Benefit Thoroughbred Retirement Foundation.** 8:30am. Kids' 1/2M Fun Run: 8am. Orenda Pavilion, Saratoga Spa S.P., Saratoga Springs. Lisa Craig: 226-0028. trfinc.org.
- 26 **29th Chris Thater Memorial 5K Run.** 10am. Kids' Run: 10:45am. Recreation Park, Binghamton. 607-761-3953. bcstopdwi.com.
- 26 Race to the Top of VT. Run or MTB. 4.3M. 9am. Toll Rd, Stowe, VT. 802-864-5794. catamounttrail.org.
- 27 Tawasentha Cross Country 5K Race #3. 6:30pm. Tawasentha Park, Guelderland. hmrc.com.

SEPTEMBER

- 1 5 for five. 10am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 5forfivepsrun.com.
- 2 6th Trooper Joseph Longobardo 5K Walk/Run. 10am. Saratoga Spa S.P., Saratoga Springs. 312-0886. longobardomemorial.org.
- 1-2 **1st 1812 Challenge & Half Marathon Race Weekend.** 18.12M & 13.1M road races. Watertown to Sackets Harbor. Sign-up by 7/20. 1812challenge.com.
- 2 Capital District Scottish Games 5K. 9:30am. Altamont Fairgrounds, Altamont. 669-1470. scotgames.com.
- 2 "First Sunday Series" Trail Runs. Marathon/Half/5K. 9am. VIC, Paul Smiths. Sarah Keyes: 327-6241. paulsmiths.edu.

- 3 **24th SEFCU Foundation Labor Day 5K.** 9am. Kids' Fun Run: 10am. SEFCU HQ, Albany. 464-5243. sefcu.com. Greylock Road Race. 8M. North Adams, MA. Bob Dion: 802-423-7537. runwmac.com.
- 3 **3rd Malta Business & Professional Association 5K.** 8:30am. HVCC TEC-SMART, Malta. Paul Loomis: 288-8009. maltabpa.com.
- 8 **1st Camp Challenge 5K Run/Walk the Trails.** 7am. BBQ, music, celebration. Also: Camp Challenge Bike Ride. Double H Ranch, Lake Luzerne. 696-5676. doubleh ranch.org.
- 8 **42nd Lake Placid/North Elba Half Marathon.** 9am. Start: Olympic Speedskating Oval & Finish: Horse Show Grounds, Lake Placid. Rick Preston: 897-2685. lakeplacid.com.
- 8 YMCA Brenda Deer 5K Run, 3K Walk & Kids' Fun Run. 8:30am. YMCA, Guelderland. 456-3634. cdymca.org.
- 8 1st Hero Rush. Firefighter-themed 5K & Obstacle Course. Ellm's Family Farm, Charlton. herorush.com.
- 8 Cannonball Run 5K/10K & 1M Run/Walk. 9am. Oval, Plattsburgh. 563-6186. cannonballrun.yolasite.com.
- 8 4th Run for Recovery. 5K/10K. 10am. Jefferson Co Fairgrounds, Watertown. watertownurbanmission.com.
- 8 Maple Leaf Half Marathon & 5K. 9am. Manchester Rec Ctr, Manchester, VT. manchestervtmapleleaf.com.
- 9 **11th Caring Together Teal Ribbon 5K Run & 1M Walk for ovarian cancer awareness & research.** 9am. Washington Park Lake House, Albany. Pam Robbins: 439-7415. caringtogether.org.
- 9 **33rd Dunkin Run.** 5K & 10K. 8:30am. 1/2M Kids' Fun Run: 8:30am. USATF Adirondack 5K Championship. Sidney Albert Albany Jewish Community Center, Albany. Tom Wachunas: 438-6651 x123. saajcc.org.
- 9 **2nd Moreau Lake Aquathon, Swims & Trail Runs.** 1.5K swim & 5K trail run. Swims: 1.5K & 3K. Trail Run: 15K. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. greenleafacing.com.
- 9 **10th Ty Yandon Memorial 5K Run/Walk.** 9am. Newcomb Overlook, Newcomb. Part of Teddy Roosevelt Celebration, 9/8-9. Kevin Bolan: 582-2991. newcombny.com.
- 9 Stephen Sillers Tunnel to Towers 5K Run. 10am. Harriman Office Campus, Albany. tunnelstowtowers.org.
- 9 5th Mustang Stampede. 10K run & 5K run/walk. 9am. Onondaga Lake Park, Liverpool. syracusechargers.org.
- 9 44th Archie Post 5-Miler. 8:30am. Gutterson F.H., UVM, Burlington, VT. Russ Cooke: 802-846-5635. gmaa.net.
- 9 Barry Hopkins Run at Olana. 5K. 9:30am. Olana State Historic Site, Hudson. 731-7697. olana.org.
- 13 **HMRRC Free Training Clinic #3 - "Mental Training for Runners" w/Dr. Drew Anderson.** 7pm. Meeting Room at The Crossings, Colonie. Register: mohawkhudsonmarathon.com.
- 15 **35th Great Cow Harbor 10K Run.** 8:30am. RRCA 10K championship race. 2K Fun Run/Walk: 8:48am. Laurel Ave School, Northport. cowharborrace.com.
- 15 4th Capital Region Special Surgery Race for Hope 5K. 10am. Slingerlands. raceforhopealbany.com.
- 15 Albany Autism Society 5K Run/Walk. 8am. Central Park, Schenectady. 588-1189. albanyautism.org.
- 15 Chase Leukemia Away 4.4M. 8am. Saratoga Spa S.P., Saratoga Springs. facebook.com/cornicksforacause.
- 15 Rockeater Adventure Race. 5K obstacle run. 2pm. City Beach, Plattsburgh. rockeateradventure.com.
- 15 9th Common to Common 30K. 8:30am. Essex Center, VT. Steve/Cathy Eustis: 802-878-4385. gmaa.net.
- 16 **Run for Life: Hannah's Hope Fund.** In Memory of Chris Gleason. 5K/2M Walk: 10am. Kids' Fun Run: 11am. Olde Dater Farm, Clifton Park. hannahshopefund.org.
- 16 **7th Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half Marathon: 8am. 5K Run/Walk: 8:05am. Broadway, Saratoga Springs. Maria Palmer Maurer: 917-521-0469. saratogapalio.com.
- 16 **41st HMRRC Anniversary Races.** 2.95/5.9M. 9am. Gymnasium, UAlbany, Albany. Pat Glover: 877-0654. hmrc.com.
- 16 Doug Ellett Memorial 5K Run/Walk for Melanoma Awareness. 9:30am. Cohoes H.S., Cohoes. dougellettmemorial.org.
- 16 34th Dutchess Co Classic. Half Marathon, 5K, Kids 1M & Walk. Arlington H.S., LaGrange. mhrrc.com.

Team Pay It Forward presents the
6th Annual
RUN FOR LIFE
To Benefit Hannah's Hope Fund
In Memory of Chris Gleason
Sunday, Sept. 16
5 Caraway Ct, Old Dater Farm
Clifton Park

5K Run for Life • 10am
2-Mile Walk for Hope • 10am
Kids' Fun Run • 11am

Overall, age-group & team awards
T-shirts for first 200 registrants
A fun community event with rock climbing wall, bouncy-bounce & face painting

New: Couch to 5K Training Program!
8 weeks: starts Thu, July 26 at Shenentaha Park
Led by running coaches • \$150 donation

Info: hannahshopefund.org
Register: active.com
Registration closes Sept 14
Dedicated to funding research for a cure for Giant Axonal Neuropathy

38TH ANNUAL
FALLING LEAVES ROAD RACE
Sunday September 23
Radisson Hotel, Utica
USATF Certified 5k: 9am
Scenic 14k: 8:50am
Nike long-sleeve tech shirts to first 1,400 registered
Info/Register: UticaRoadrunners.org
or GetEntered.com
14k is USATF-Adirondack Grand Prix event

31st Annual Watervliet
Arsenal City Run & Community Night
Friday, September 21

5K Road Race: 6pm
USATF-Adk Masters 5K Championship
Register: active.com

\$17 before 9/21 or \$20 after or \$5 active military
Free 1-Mile Fun Run/Walk (all ages): 5:30pm
Family Festivities: 6-9pm
Food, drinks, live music, activities for all
Benefits Watervliet Adopt-a-Family program

9th Annual
The Crossings 5K Challenge
and Kids Fun Run

September 30th, 2012
Early Registration Ends 9/25/12

At the Rudy A. Ciccotti Family Recreation Center - 30 Aviation Rd in Colonie - Flat and fast track through the Crossings of Colonie Park. Proceeds to benefit CYC's community programs for youth and families.
Register online at Active.com or Download a form and get more info at www.coloniefoundation.org or pick up your registration form at the Ciccotti Center Member Services Desk.

Music • Food • Fun • Prizes • Awards
5K Run • FREE Kids Run
Walkers Welcome

Recover, Reduce and Reward!

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1st ANNUAL **SEPT. 8, 2012**
Ranch-Terra Camp Challenge
 at the Double H Ranch in Lake Luzerne, New York
5K RUN
 All proceeds to benefit the Double H Ranch a senocofun camp
 Register at www.doublehranch.org
 Presented by Adirondack Partners

Caring Together 11th Annual Teal Ribbon 5K Run & 1-Mile Walk

For Ovarian Cancer Awareness & Research
Sunday, Sept. 9 • 9am
Washington Park, Albany
 T-shirts to first 600 registered
 Awards: overall/age groups/fundraisers/teams
 Plus, face painting, clowns, raffles
 Individuals: \$15 by 9/1, \$20 after
 Team Members: \$12 by 9/1, \$20 after
 Children: \$5 ages 10-under
To Register & Donate:
CaringTogetherNY.org or
FirstGiving.com/CaringTogether



18th Annual Burnt Hills-Ballston Lake Rotary 5K RUN AND WALK BURNT HILLS, NY

Saturday, Oct. 6 • 9AM

REGISTER: ACTIVE.COM

ENTRY FORM:
BHBLROTARY.ORG

PAUL LEWANDOWSKI
(518) 399-2225

KIDS MILE FUN RUN: 9:45AM
O'ROURKE MIDDLE SCHOOL, BURNT HILLS
USATF CERTIFIED COURSE • CHIP TIMING
SHIRTS FOR THE FIRST 250 PARTICIPANTS
\$20 BEFORE 10/1 (\$25 AFTER)
KIDS MILE FUN RUN: \$10

- 21 **31st Arsenal City 5K Run.** 6pm. Fun run/walk: 5:30pm. City Hall, Watervliet. 270-3811. watervliet.com.
- 22 **19th FAM 5K "Fund" Run/Walk.** 10am. Cobleskill Fairgrounds, Cobleskill. Frank Privitera: 234-7400 x257. fam5k.com.
- 22 **35th Whiteface Mountain Uphill Foot Race.** 8M. 8am. Whiteface Veterans Memorial Highway, Wilmington. 888-944-8332. whiteface.com.
- 22 **Ride Run Walk 4 Love to Benefit Love146.org.** 5K run/walk, 15/30/100M rides. Saratoga Spa S.P., Saratoga Springs. rrw4l.com.
- 22 **Footrace at Fort Ticonderoga.** 5K XC. 10am. Fort Ticonderoga, Ticonderoga. 585-7206. footraceatfortti.com.
- 22 **4th Red Apple 5K/10K Trail Run.** 9am. Samascott Orchards, Kinderhook. kinderhookrunnersclub.com.
- 22 **Nisky Fall Fun Run 5K.** 5:30pm. Town Hall, Niskayuna. 386-4526. niskayuna.org.
- 22 **1st Color Me Rad 5K of Color Mayhem.** 9am. Altamont Fairgrounds, Altamont. 801-831-4299. colormerad.com.
- 22 **17th Run to Remember 5K.** 9am. East Campus Athletic Village, RPI, Troy. 276-6236.
- 22 **Dan Ran 5K Run/Walk & Community Field Day.** 9am. Stevens E.S., Ballston Lake. 399-4846. areep.com.
- 22 **Get Your Rear in Gear 5K.** 8am. Saratoga Spa S.P., Saratoga Springs. 857-1588. getyourrearingear.com.
- 22 **SVC 5K Challenge.** 10am. Southern Vermont College, Bennington, VT. 802-447-4640. svc.edu.
- 23 **Adirondack Distance Festival.** 5K & 10K Races. 9:30am. Municipal Center, Chesterown. 532-7675. adirondackmarathon.org.
- 23 **Adirondack Distance Festival.** Marathon & Marathon 2- & 4-Person Relay: 9am. Half Marathon: 10am. Expo & kids' fun run (2pm): 9/22. Schroon Lake. 532-7675. adirondackmarathon.org.
- 23 **5th Tour LaFrance 5K Family Fun Run/Walk & 1M Kids' Run.** 11am. Orenda Pavilion, Saratoga Spa S.P., Saratoga Springs. connorlafrance.org.
- 23 **38th Falling Leaves Road Race.** 14K: 8:50am. 5K: 9am. Kids' 1K run: 8:15am. Radisson Hotel, Utica. Mike Brych: 315-404-8130. uticaroadrunners.org.
- 23 **Run to Cure Diabetes 5K.** 11am. The Crossings, Colonie. 477-2873. jdrf.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.
- 29 **Run for Readers 5K Run/Walk.** 9am. Spartan Sprint: 8:15am. Scott Ellis E.S., Greenville. Peter Mahan: 966-5070 x301. greenville.k12.ny.us.
- 29 **Ryan's Knock Out Neuroblastoma 5K Run/Walk.** 8:30am. Bike Path, Glens Falls. 792-1372. active.com.
- 30 **Nick's 5K Run to be Healed.** 1pm. 2M Walk: 12:45pm. 12pm: Nick's Kids' Dash. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- 30 **9th Crossings 5K Challenge Run/Walk.** 10am. Kids' Fun Run: 10:45am. Ciccotti Recreation Center, Colonie. Barbara Boodram: 438-9596. colonieyouthcenter.org.
- 30 **33rd Voorheesville 7.1 Mile.** 10am. Voorheesville Town Park, Voorheesville. hmrrc.com.
- 30 **A New Leash on Life 5K.** 9am. Blatnick Park, Niskayuna. Amy Pollard: 491-6684. schenectadyspca.org.
- 30 **Run for the ROC 5K Run/Walk.** 11am. Kids' Run: 10:15am. Saratoga Flat Track, Saratoga Springs. saratogacare.org.
- 30 **31st Wineglass Marathon, Half-Marathon & Team Relay.** 9am. Bath to Corning. wineglassmarathon.com.
- 30 **Seaway Half Marathon & 5K.** 8am. Robert Moses S. P., Massena. 315-842-7006. peakssportsolutions.com.

OCTOBER

- 6 **18th Komen NENY Race for the Cure.** Co-ed 5K: 9am. 2M family walk: 10am. Kids' for the Cure Dash: 11:30am. Empire State Plaza, Albany. 250-5379. komenneny.org.
- 6 **18th BHBL Rotary Apple Run 5K Run/Walk.** 9am. O'Rourke M.S., Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.com.
- 6 **2nd Rhino Run 5K.** 9:30am. Crossings Park, Colonie. Frank Murray: 783-7486. hmrrc.com.
- 6 **Canandaigua Lake 50M & 50K.** 7am. Canandaigua Lake. Tom Perry: 585-388-5270. canlake50.org.

- 7 **30th Mohawk Hudson River Marathon & 11th Half Marathon.** Marathon: Schenectady to Albany. Half: Colonie to Albany. Expo, Hotel Albany: 10/6, 10am-6pm. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.
- 7 **Trek for Hope.** 10K: 9am. 5K Run/Walk: 10:30am. Village Park, Granville. thehayeshouseofhope.com.
- 7 **1st What Would Trevor Do Run for Hope 5K.** 10am. Saratoga Spa S. P., Saratoga Springs. 221-0708. finishright.com.
- 13 **4th Race Away Stigma 5K Race/Fun Walk.** 10am. HVCC Stadium, Troy. Carrie Zurenko: 629-7176. hvcc.edu/cct.
- 13 **6th Falling Leaves 5K Run & Walk.** 10am. Kids' Fun Run: 10:45am. William Kelley Park, Ballston Spa. Gary Wilson: 885-7424. ballstonspaumccchurch.org.
- 13 **UA Homecoming 5K Run, 3K Walk & Little Dane Dash.** 9:15am. UAlbany, Albany. 442-3087. albany.edu.
- 13 **3rd Hoof It for the Horses.** 10K Run & 5K Run/Walk. 7am. Old Town Hall, Florida. raceit.com.
- 13 **2nd Octoberfest Half Marathon & 10K.** 9am. Peru E.D., Peru. runoctoberfest.com.
- 14 **Saratoga Cross Country Classic.** 5K XC race: 10am. 2K/3K youth XC runs: 11am. 5K race walk (8am) & 2K novice sport walk. Saratoga Spa S.P., Saratoga Springs. Pat Glover: 877-0654. usatfadir.org.
- 14 **ARC in the Park 5K Race.** 10am. Rensselaer Tech Park, North Greenbush. 274-3110 x3003. renarc.org.
- 14 **2nd Fall Foliage Half Marathon & 5K.** Half: 10am. 5K: 9:50am. Rhinebeck. 561-470-7966. fallfoliagehalf.com.
- 20 **12th Great Pumpkin Challenge 5K & 10K Run/Walk.** 9:30am. Plus, Kids' Fun Run. Saratoga Spa S.P., Saratoga Springs. 587-0723. saratogabridges.org.
- 20 **Bite Back for a Cure 5K Run/1.5K Walk to Fight Tick-Borne Diseases.** 11am. Crossings, Colonie. tbdalliance.org.
- 21 **Wandering Witch 5K/10K Trail Races.** Christ the King Conf Ctr, Greenwich. Jen Kuzmich: 692-2801. bkvr.org.
- 21 **UHY 5K Walk/Run.** Walk: 1:30pm. Run: 2:30pm. Center for Disability Services, Albany. 944-2121. cfdsny.org.
- 21 **Monster Dash 5K.** 12pm. Medicine Horse Farm, Morrisonville. 566-7217. medicinehorsefarm.org.
- 21 **Hometown Heroes 5K.** 9am. Crossings Park, Colonie. Ann Swezey: 873-9409. nyfrc-inc.org.
- 27 **1st Maddie's Mark 5K.** 9am. Central Park, Schenectady. Lori Antolick: 852-0485. maddiesmark.org.
- 27 **Troy YMCA 5K Run, 3K Walk & Kids' Fun Run.** 8:30am. YMCA, Troy. 272-5900. cdyymca.org.
- 27 **5th Anne's Quest 5K Run & 3K Walk.** 9:30am. Shaker H.S., Latham. annesquest.org.
- 28 **8th Hairy Gorilla Half Marathon & Squirrelly 6-Mile Trail Race.** 9:30am. 600m Kids' Race: 9am. Thacher S.P., Voorheesville. AREEP: 320-8648. hairygorillahalf.com.

NOVEMBER

- 4 **2nd Fall Frun 10K.** 9am. Shenendehowa H.S., Clifton Park. AREEP: 320-8648. fallfrun10.com.
- 11 **37th Gazette Stockade-athon 15K.** 9am. Central Park, Schenectady. stockadeathon.com.

SWIMMING

AUGUST

- 25-26 **Lake George Open Water Swims.** 2.5K/5K/10K/4M. Lake George, Hague. Chris Bowcutt: 290-0457. lakegeorgeswim.com.

SEPTEMBER

- 8-9 **2nd Moreau Lake Aquathon, Swims & Trail Runs.** Sat: Youth Aquathons. Sun: 1.5K swim & 5K trail run. Swims: 1.5K & 3K. Trail Run: 15K. Moreau Lake S.P., Gansevoort. Chris Bowcutt: 290-0457. greenleafracing.com.

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.

5K

NICK'S RUN

SUNDAY, SEPTEMBER 30
CLIFTON COMMONS
CLIFTON PARK

Registration begins at 10:30am
 12pm Nick's Dash
 12:30pm Zumba Warm-up
 12:45pm 2 Mile Walk
 1pm 5K Run

T-shirts to first 250 walk/run registrants!

Raffles - Prizes - DJ - Kids' Carnival - Bouncy Bounce

Form a team & have more fun!

For info & to register go to
WWW.FIGHTTOBEHEALED.ORG

NFTBHF is a 501 c 3 organization supporting local pediatric cancer patients

15th Annual

Altamont 5K

Run & Walk

Saturday, August 25 9am
Bozenkill Park, Altamont
 Gun Club Rd (10mi w of Albany)
10:15am: Altamont Mile & Other Kids' Races

- T-Shirt to first 350 5K entries
- Awards to top 3 M/F 5K & 5-year age groups
- Live Music on the Race Course
- 100 Raffle Prizes

Register: Active.com (fee)
Altamont5K.org (no fee)
Phil Carducci (518) 861-6350

**To benefit Altamont Food Pantry
Bring unexpired dry goods**

37th Annual Gazette

Stockade-athon 15K

Sunday, November 11 • 9am
Central Park, Schenectady

SAVE THE DATE!

Oldest major 15K in the country
USATF certified course

Register: stockadeathon.com
hamletbryans@nycap.rr.com

4th Annual

Race Away Stigma 5K Race & Fun Walk

Help "race away" stigma surrounding mental illness

Saturday, Oct. 13 • 10am
Bruno Stadium, HVCC, Troy
 \$17 HMRRC, \$20 non-members
 T-shirt, awards, raffles
 Larry Ellis 629-7175, lellis@hvcc.edu

Register online: hvcc.edu/cct

Hudson-Mohawk Road Runners Club

Anniversary Races

2.95 & 5.9 Miles
Sunday, Sept. 16 - 9am
Gymnasium, UAlbany

**HMRRC
41st Annual Celebration!**

Commemorative glass mug to first 125

Free HMRRC, \$6 non-members
 Register day of race only
 Pat Glover: 877-0654 or pjglove@aol.com

JAIL
HOUSE
ROCK
5K RACE

10th Annual
Saturday, Aug 18 • 8:30am
Brookside Museum, Ballston Spa
 USATF Certified
 Flat and fast with fabulous downhill for your summertime PR!

Chip timing • T-shirts to first 300 registrants
 5 year age group awards
 Application: www.brooksidemuseum.org
 Joy Houle (518) 885-4000
 Register online: www.active.com
 \$22 by 8/14 or \$27 after

Benefits: Brookside Museum education programs

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THE SARATOGA NATIVE AMERICAN FESTIVAL

September 29th and 30th at the Saratoga Performing Arts Center*

10:00 am to 7:00 pm
Thanksgiving Address 10:30 AM
Festival Activities begin 11:00 AM

Traditional Dancing
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Native Vendors and Food

\$12 Adults, \$10 Seniors,
\$5 ages 6-12, under 5 free
For general information call (518) 583-1440

www.saratoganativefestival.com

*SPAC is located at 108 Avenue of The Pines, Saratoga Springs, NY 12866
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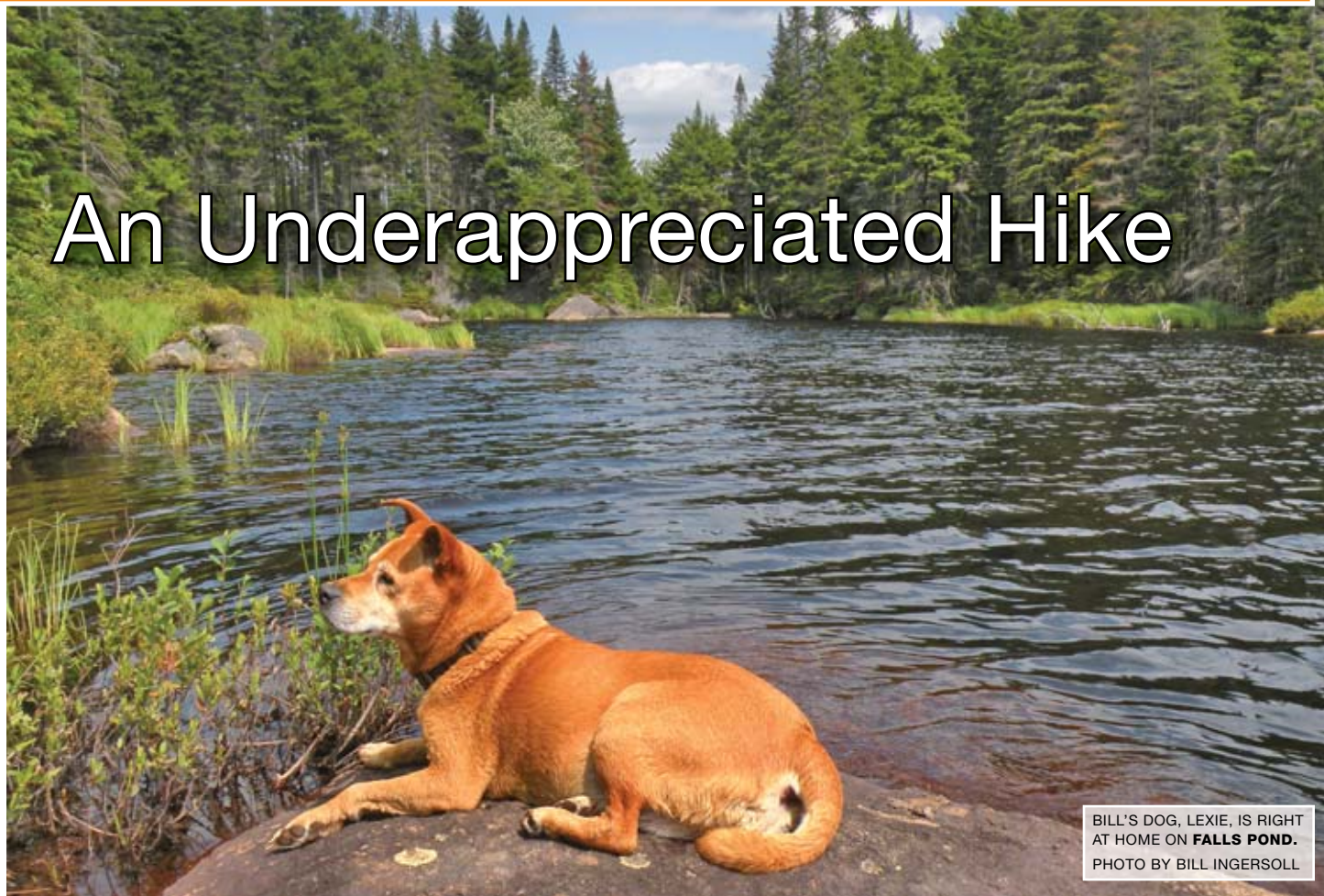
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HIKING & BACKPACKING

FALLS POND

By Bill Ingersoll

An Underappreciated Hike



BILL'S DOG, LEXIE, IS RIGHT AT HOME ON FALLS POND. PHOTO BY BILL INGERSOLL

summer and fall, but after Columbus Day four-wheel-drive is required.

There are two entrances to the Plains: the Limekiln entrance south of NY Route 28 in Inlet, and Wakely Dam on Cedar River Road west of Indian Lake. The trailhead is 18.5 miles from Wakely Dam and 13.0 miles from Limekiln, on the road that heads south from the Plains toward Otter Brook. There is parking for a number of cars, with several roadside campsites nearby.

THE TRAIL

The first two thirds of the trail to the pond are along one of the old Gould logging roads, which is gradually being reclaimed by nature. The full width of the grade is still obvious, but the encroaching growth is successfully turning it into a single-track foot trail. Beginning beside a rock barrier, you are parallel to Falls Pond Outlet and occasionally have good views of the beaver meadows there. The route is level for the first half-mile, with even-aged hardwoods that have now grown tall enough to form an arching canopy over the trail.

At 0.6-mile you reach a washed-out section of the road with beaver flooding to the right and left – an obstacle that has always been easy to get across in my experience. The trail then begins a long-

but-gentle climb where the roadway is a bit more eroded. Because the West Canada region is a broad plateau, all of the trails to the interior lakes involve some climbing. In this case you will rise 380 feet over the next 0.8-mile. Parts of the trail have long patches of loose rock, so you need to watch your footing.

At 1.2 miles the trail crosses a small tributary on a narrow two-log bridge that some skittish hikers will choose to bypass. The trail becomes more level, and at 1.4 miles you arrive at the junction with the side trail to Falls Pond. You have to look carefully for it because the sign is low and stands a couple yards to the right of the main trail. It also doesn't help that the side trail is infrequently used and therefore not as well defined. The main trail, of course, continues for another 3.5 miles to Brooktrout Lake.

Bearing right, the Falls Pond trail leads primarily west through a forest thick with maples and balsam firs. Yellow markers are sparse and blowdown is present, but the way is generally easy for the first 0.3-mile. However, at this point you reach the side of a beaver meadow that obliterated a portion of the old trail. Now you need to look for a rough detour to the left, which scrambles over a corner of a knoll beside the flooded

area. Once you drop off the knoll, look for a rock ledge spanning the width of the creek. That is the trail.

The last 0.1-mile of the trail is the most obscure. It passes through a forest of balsam fir that consists of taller trees shading a nursery of saplings. Those younger trees grow very thickly and leave only a narrow slot for hikers. The trail approaches a cove at the northeast end of the pond but veers right to descend toward a campsite near the shore, 1.8 miles and about 45 minutes from the trailhead.

Rocks on the shore near the campsite are an ideal place to rest and enjoy the view, although these are subject to inundation if the beavers choose to raise the level of the pond. Herd paths continue to the west, leading to a brushy point with views of the archipelago of rock islets that makes Falls Pond so distinctive. Balsam fir trees surround the pond, imparting a boreal feel to the setting. People who love the West Canada Lakes will feel right at home here. ▲

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



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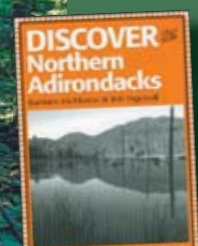


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BICYCLING & MOUNTAIN BIKING

Cyclocross

A Race Season Preview

By Dave Beals

It's a bit weird to think about cyclocross in August when the temperatures are in the 90s, but it seems as though the cyclocross season starts earlier every year. The sport of cyclocross, for those who need a reminder, is a seasonal sport taking place in the late fall and early winter months. Think fall colors, leaves that have turned red and orange, and temperatures where wool socks and long legged cycling tights are required. Think of cyclocross races held in snow covered parks and icy fields. So it is somewhat odd that the races are now starting up in the hot muggy days of August. Several years ago I entered a race in Massachusetts in late August where the temperatures soared into the 90s, the humidity was dripping, and the mosquitoes as much a challenge as the race itself. It was odd but still boat loads of fun.

Ever popular in Europe, cyclocross races take place in France, Belgium, and the Netherlands. Small regional races fill every weekend from September to January. The large World Cup and World Championship races in these countries draw thousands of spectators to watch the races and cheer on the champions. Here in the US, cyclocross is not at the same level of popularity, but it continues to grow. According to USA Cycling, cyclocross racing is this country's fastest growing two-wheeled discipline. The Cross Vegas race held in Las Vegas now draws more than 10,000 spectators. Sanctioned races have more than doubled in the last seven years. Hence, cyclocross in this country just cannot fit into the October-November confines of the old days. The cyclocross (or 'CX' for short) race season starts earlier and stretches later into the calendar.

So it's not too early to get jazzed about 'cross. If you have a cyclocross bike, and are not already riding it on the back roads and trails, get out and do it now. Get that CX bike tuned up at your local bike shop. If you don't have a cyclocross-specific bike and are thinking about getting into the sport, talk to your local bike shop folks and see what's available. CX bikes are quite reasonably priced, are very versatile, and can be used year-round. If you are interested in learning about the sport or just want to freshen up your CX skills, seek out a clinic. It's a good idea to learn the proper techniques.

Right here in the Capital Region, the **NYCROSS.com Cyclocross Clinic** is scheduled for Saturday, Aug. 25 at Troy's Prospect Park. This clinic is geared towards the beginner, teaching the rules of the sport, proper technique for mounting/dismounting during a race, shouldering a bike and running over or up an obstacle, training, bike set-up, and other CX skills. The clinic participation is limited to provide small group and individual instruction. For more info, go to nycross.com.

There are scores of races scheduled for this season. The popular **NYCROSS.com**

Cyclocross Race Series is back with six races within a short drive of the Capital Region. First up is the **Kirkland Cyclocross** race in Clinton (near Utica) on Sunday, Sept. 16. The race venue in the Kirkland Town Park provides some interesting and varied terrain. The rolling grassy areas make for some fast and exciting racing, but the course designers add some tricky off-camber turns which can be treacherous when wet. Racers also need to power through a deep sand volleyball court every lap which severely tests your fitness.

The series continues with the **Uncle Sam GP of Cyclocross** in Prospect Park, Troy on Saturday-Sunday, Oct. 13-14. Back-to-back race days bring many racers to this event. This is a spectator-friendly race where most of the course can be viewed from one or two vantage points. This race has attracted some serious CX talent from all over the Northeast and promoters expect an even bigger turnout.

The series moves to Saratoga Springs for the **Saratoga Spa Cyclocross** race. The race on Sunday, Oct. 21 is also the NYS Cyclocross Championship race in which residents' race for the championship jersey and some serious bragging rights. Champs will be crowned in men's, women's, and age group categories. The course is near the Saratoga Race Track, off Henning Road. The site includes a vast hilly section that offers spectators a panoramic view of the racers suffering with the elevation changes, carrying bikes up the wooden steps, and negotiating the infamous sand pit. There's a fun kids' race for ages 10 and under, and a kids' course will be available all day.

On Sunday, Oct. 28, the series moves to nearby Bennington, Vt. for the **Wicked Creepy Cyclocross** race. The venue is beautiful Willow Park, nestled amongst the bucolic hills. The park is family-friendly with walking trails, a BMX park and two playgrounds. Expect some Halloween costumes.

The final race of the series is the **Bethlehem Cup Cyclocross**, held Sunday, Nov. 11 at Elm Avenue Park in Bethlehem. The race features a challenging course, a great pavilion for spectators and racers, and pots of chili that are donated by fans and racers. Many series titles are up for grabs so watch for some exciting racing as riders vie for every last point.

New this year will be the **Adirondack Cyclocross** race in Johnstown on Sunday, Sept. 23. And the **Hunter Mountain Cyclocross** race in Hunter on Sunday, Oct. 28. For latest info on both, see bikereg.com.

Another popular cyclocross race series is the *Verge New England Cyclocross Championships* (cycle-smart.com/necxs) with six races taking place over three weekends. Races are held in Williston, Vt., New Gloucester, Maine, and Sterling, Mass. This series draws the best racers from New England and the Northeast.



■ NATHAN SCHIELE OF TROY LEADS JAMES LEONE OF DELMAR THROUGH A TURN AT THE 2011 **UNCLE SAM CYCLOCROSS GRAN PRIX**. ANDREW FRANCIOSA/ANDREWFRANCIOSA.COM

In its second year, the *Shimano New England Pro Cyclocross Series* (nepcx.com) solidifies its calendar with eight races over four weekends. This series strives to become the Belgium 'cross scene for America and it has the venues for that. The series begins Sept. 29-30 at the quaint fishing harbor of Gloucester, Mass., the Mecca for all things 'cross in the Northeast. The course has constant elevation changes, a steep muddy run-up, and speeds that are as fast as a road criterium. The series continues Oct. 6-7 at Roger Williams Park in Providence, RI, the site of past US Cyclocross Championship races. Next is Northampton (Mass.) on Nov. 3-4, which is one of the oldest races in the country. The series ends Dec. 1-2 in Warwick, RI at Goddard State Park. This Euro-style

course will prep this country's best for the US Nationals in Madison, Wis., or the World Championships.

The season culminates with the UCI Cyclocross World Championships, held on US soil for the first time, in Louisville, Ky. on Feb. 2-3, 2013. This is an opportunity to show the world how cyclocross has grown here in the states. Last year's championships in Belgium drew 60,000 spectators. Expect that many in the USA, so plan to attend and bring a cowbell! ▲

Dave Beals (davebeals@aol.com) is an avid cyclist residing in Niskayuna, a member of the NYCROSS.com Cyclocross Team, the Capital Bicycle Racing Club, and the Mohawk-Hudson Cycling Club.

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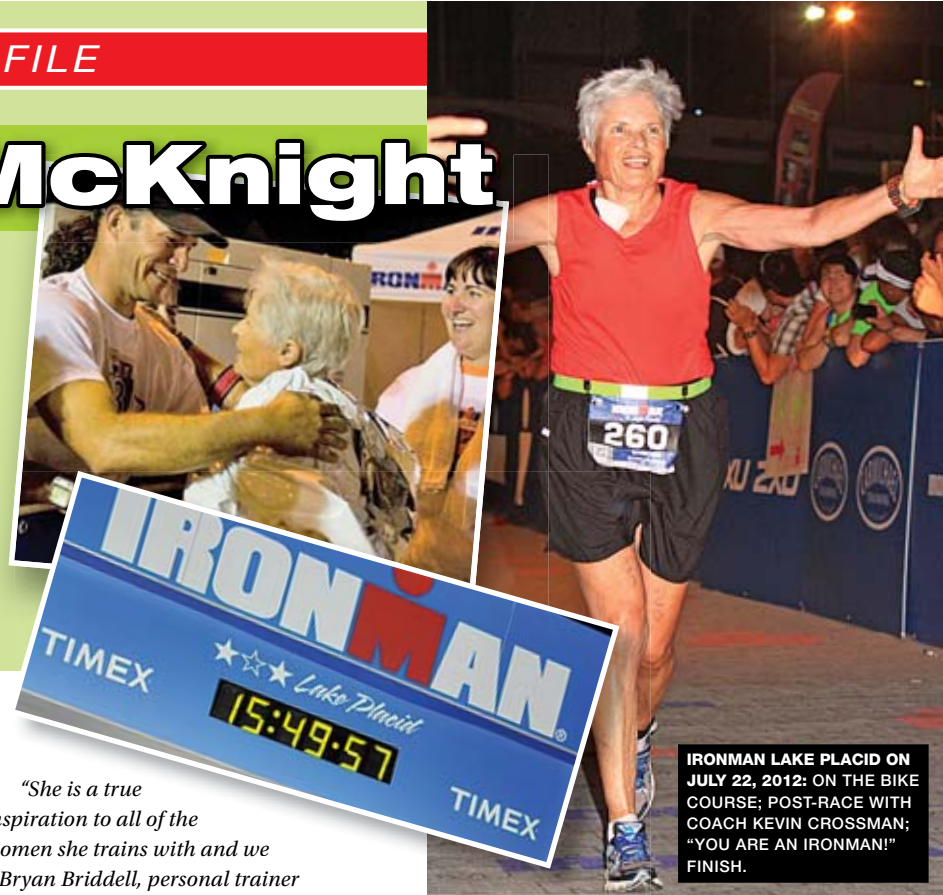


ATHLETE PROFILE

Christine McKnight



AGE: 64
TOWN: Gansevoort
EDUCATION: B.A. in journalism, University of Michigan
OCCUPATION: Retired from SUNY Albany, after a 35-year career in journalism, public relations and magazine publishing
FAMILY: Married for 40 years to Jim McKnight. Two married children, Jim III of Ft. Mitchell, AL, and Katherine Cummings, of Minoa (near Syracuse)
MAIN SPORTS: Triathlon, Running
LEISURE ACTIVITIES: Golf



IRONMAN LAKE PLACID ON JULY 22, 2012: ON THE BIKE COURSE; POST-RACE WITH COACH KEVIN CROSSMAN; "YOU ARE AN IRONMAN!" FINISH.

By Jennifer Ferriss

"Christine embodies what triathlon is. It's a choice! She chooses to live her life to the fullest - and share that passion and integrity with everyone around her!" - Kevin Crossman, T3Coaching

I had the opportunity to sit down with Christine McKnight of Gansevoort on an over-cast day at a local dairy bar to learn about her journey to participate in her first Ironman at age 64 this past July in Lake Placid.

IN THE BEGINNING

Christine grew up in a Midwestern town right after World War II. As a pre-Title IX tomboy, she played sandlot games in her youth, but left sports behind in high school to be the editor of the school newspaper and to act in high school plays. Her 1965 graduation was still seven years before young women had the equal opportunity to participate in school sports.

YOU ARE NEVER TOO OLD

Fast forward to 1984; she was married, had a career and was raising two young children. Christine looked at herself in the mirror and realized she was not pleased with the reflection. At the age of 36, Christine decided to put on a pair of running shoes and train for the Freihofer Run for Women. A running friend gave her a written six-week plan so that she could run a 30-minute 5K race. Her execution was not pretty; but she achieved her goal. Christine recalled her first mile at 10:18, her second mile at eight-plus minutes, and her third at nine minutes and change. Lessons learned: pacing does matter and she enjoyed competition.

EXECUTION TRUMPS FITNESS

After her first year of running, Christine joined the Saratoga Stryders running club, then two years old. Stryders was a small group then, but through the camaraderie

of Dennis McGhan and the other Stryders, she learned how to pace and become a smarter racer. After many successful age group wins, six marathons, including two Boston Marathons, the injuries that plague many runners took their toll and running became "no fun."

Christine took time to reflect once again and decided to do something different. In the course of time, along with some advice and mentoring from local triathletes Cathy and Bill Taylor, she added two wheels and a swimsuit to her athletic gear and began to train for her first triathlon.

After a few swim lessons, many floundering swims on her own terms, and learning biking techniques from Norman Smith, Christine was ready to go. Her first tri was in 1997 at the age of 50.

PERSIST, PREPARE, BE BRAVE, AND SURROUND YOURSELF WITH GOOD PEOPLE

Christine is a goal-driven optimist, which helps her get through the challenges of training and competition. In order to reach her goals, she made sacrifices, like most triathletes. Christine noted that "you have to re-arrange your life... there are no short-cuts to creating a successful environment." Of course, none of this could have been done without the support and patience of her husband, family, and friends she met through training.

"As competitive as her spirit is, she continues to keep the fun and camaraderie and family priorities balanced in with the focus."
 - Friends Mike and Barb Jordan

From the running club, personal trainers, physical therapists, coaches, bikers, runners and swimmers, Christine surrounds herself with positive people who help her succeed in reaching her goals. You can expect optimism and encouragement if you spend time with Christine and her support group.

"She is a true inspiration to all of the women she trains with and we - Bryan Briddell, personal trainer

2010 WAS A GREAT YEAR, BUT 2011 WAS EVEN BETTER

Christine's favorite race is the Olympic-distance triathlon, which is a 1500m swim, 40K bike and 10K run.

In 2010, she posted her fastest Olympic-distance triathlon time in her thirteen years of racing, a 3:04:20 at the Fronhofer Tool Triathlon in Cambridge. In 2011, she set in the new year, a new goal: get sub-three hours in the Olympic distance. Through persistence and preparedness she reached her goal time of 2:59:12 in 2011. Christine's previous best was 3:07:29 in 2003. What does success mean to Christine? Meeting her personal goals, finding out what she is capable of, and knowing that good things happen when you ask more of yourself. You need to see what you can do.

By the age of 64, Christine had completed 125 triathlons and placed in her age group in National and World Championships. What did the future hold for this triathlete grandmother? Enter the 2012 Ironman Lake Placid. Since 2010, Christine lost weight, strengthened her body and mind, bought a new bike, and learned how to train and race smarter than she had in years past; a rededication to be her best, even in her 60s.

The Ironman had not crossed her mind as a goal race, in fact she did not even volunteer at Lake Placid in 2011. "I felt I was too old for the distance," she said. When her coach Kevin Crossman called her shortly after the 2011 Lake Placid Ironman to suggest that she consider registering for

2012, a mind storm set in. "Sometimes as a coach you can "sense" a craving... She wanted to do an Ironman, and I could recognize it. One reason or another she never "pulled the plug," recalls Kevin. He adds, "When I knew the IMLP was still open - I gave her a quick email, followed by a phone call - and assured her she COULD DO IT!"

Christine recalls going to the website and checking out the entry fees. The only slots left were at the Lake Placid Foundation level, which are more expensive because the money supports philanthropic contributions to nonprofit beneficiaries worldwide. After mulling it over and a "just push the button" directive from her husband, Christine was on her way to training for her first Ironman.

Christine's training philosophy remained the same, "Persist, prepare, be brave, and surround yourself with good people." She kept her head during the race, was gracious, and took it all in stride when many younger athletes passed her, commenting that she was an inspiration. With a smile on her face, and the Ironman crowd cheering her on, she reached the finish line in 15:49:57.

Christine's future is untold - but she is not stopping yet. ▲

Jennifer Ferriss (ferrissj@gmail.com) of Wilton is the president of Saratoga Stryders, not your average librarian, trail runner, and young apprentice to Laura Clark.

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CANOE AND KAYAK CAMPING *continued from page 1*

use only what you can find on the ground. Douse the fire pit with water before leaving to help prevent forest fires.

If there is no outhouse or thunderbox, human waste should be buried six inches down and 150 feet away from any water or trail or carried out. Bring potable water for drinking and cooking, or purify lake or stream water – not difficult to convince anyone who has watched deer urinate right into the lake or seen bird droppings fall in. Use biodegradable soap to wash yourself and dishes, but don't do it in the lake – do all your washing 150 feet away from the water. Remember that folks will want to use that lake or stream as a source for drinking.

Maximum group size is generally nine people and sometimes less. You will need a permit from the ranger if you stay at one site for more than three nights. Hang a bear bag or use a bear-proof canister to keep animals away from your food. Mice and squirrels are just as much a threat to your food supply as bears.

Use a "painter" or rope to tie up your boat at night. A storm could come in while you are sleeping and winds could blow your canoe or kayak out onto the lake. One morning while camping on an island on Lake George, an empty canoe came floating by, and I could only imagine the owners' faces when they realized their predicament.

I find that a canoe is more practical than a kayak for most of my camping, saving the touring kayak for the really big lakes, where waves and wind might be more of an issue. With the canoe I can bring a few extras to make my trip a bit more comfortable. If you only own a kayak then as long as you also own compact backpacking-style camping gear you are good to go. Whether I canoe or kayak, most my gear goes into drybags to protect it from rain and the water environment.

Here are a few central Adirondack ideas for your next camping trip, with no carries required.

LITTLE TUPPER AND ROUND LAKES

Most of Little Tupper Lake and all of adjacent Round Lake lie in the William C. Whitney Wilderness Area. There is some private land with "camps" on Little Tupper at its east end but the rest of the lake is quite wild. Over 30 campsites can be found on these two lakes and motors are not allowed. Sandy beaches for sunning and swimming can be found on both lakes.

Most paddlers who intend on camping on Little Tupper will put in at the old Whitney Headquarters, now a ranger station. Free campsite maps can usually be found near the parking area. Little Tupper is almost six miles long and one-mile wide. Because of its orientation, westerly or southwesterly winds of 15 miles per hour or greater can produce good-size waves – be forewarned if your paddling skills are not up to snuff or your boat's seaworthiness is less than ideal. A 1.5-mile paddle on Rock Pond Outlet, plus a short carry lead to Rock Pond, which has some campsites of its own. Some folks like to visit Rock Pond as a side-trip from their Little Tupper campsites. Little Tupper is a wonderful place to see loons and hear their haunting wails.

Round Lake is smaller and triangular rather than round. There is good access to Round Lake from Sabattis Road, just a short distance from Circle Road. The lily-pad-filled channel between the two lakes is a joy to paddle. The best campsites are on the east shore.

FORKED LAKE

Forked Lake is four miles long and has a state campground at its east end for those who prefer the extra facilities. The rest of the lake has a mix of private and public land and motorboat use is very light. Most of the primitive campsites are on the western arm and along the south shore, where there is also a lean-to. I especially enjoy exploring the Raquette River which comes in from the south, and Brandreth Lake Outlet which enters from the west. The latter is



PRIMITIVE CAMPING ON **FORKED LAKE**. PHOTO BY RICH MACHA

a winding stream with open boggy shores near the lake, but becomes more intimate as you paddle further upstream. The towering white pines are mighty impressive here. You might have to cross over a beaver dam or two. After about a mile, the adventurous paddler can make a rough but short carry around a shallow rocky area, and continue upstream for another mile or two.

CEDAR RIVER FLOW

Wakely Dam backs up the Cedar River to make a three-mile long lake. As you paddle away from the dam, you escape civilization quickly. The mountains rise 1,500 feet above the lake. Wakely Mountain's fire tower can be seen to the northwest, and Manbury Mountain's stepped eastern slopes stand out to the southwest. Most of the backcountry campsites are along the eastern shore. You can paddle up Buell Brook which enters the flow from the east for about a mile.

Most paddlers will want to find the Cedar River as it enters the grassy southern end of the flow, and continue upstream 1.5 miles to the Carry Lean-To. There have been no beaver dams or other impediments on this part of the river in recent years. You will see and hear loons, and moose are sometimes spotted as well. Although allowed, motorboats are seldom encountered.

More information on all three destinations can be found in *Quiet Water New York* by John Hayes and Alex Wilson, and *Fun on Flatwater* by Barbara McMartin. ▲

Rich Macha is owner of Adirondack Paddle'n'Pole, a canoe and kayak shop in Colonie (onewithwater.com). Rich is very active with the Albany Chapter of the Adirondack Mountain Club (adk-albany.org).

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June 9, 2012 • Village Square, Kinderhook

MALE OVERALL		
1	Amanda Jinks	22
2	Aliaksandr Leuchank	21
3	Chuck Terry	30
FEMALE OVERALL		
1	Amanda Jinks	31
2	Emily Bryans	44
3	Kristina Gracey	29
MALE AGE GROUP: 1 - 14		
1	Austen Valliere	12
2	Chase Werner	13
3	Max Sharp	14
FEMALE AGE GROUP: 1 - 14		
1	Abby Werwaiss	12
2	Amanda Geiger	14
3	Lexie Keenan	14
MALE AGE GROUP: 15 - 19		
1	Anthony Altobelli	19
2	Jordan Healy	16
3	Brandon Smith	17
FEMALE AGE GROUP: 15 - 19		
1	Kelly Pasko	16
2	Mary Devries	16
3	Hannah Riordan	17
MALE AGE GROUP: 20 - 24		
1	Richard Messineo	23
2	Andy Gilchrist	20
3	Jonathan Lazzava	22
FEMALE AGE GROUP: 20 - 24		
1	Shylah Weber	24
2	Allison Connor	22
3	Marie Hollister	20
MALE AGE GROUP: 25 - 29		
1	Alexander Paley	26
2	Tom O'Grady	27
3	Marcus Debergh	28
FEMALE AGE GROUP: 25 - 29		
1	Meghan Davey	26
2	Karen Bertasso	28
3	Stephanie Viloria	29
MALE AGE GROUP: 30 - 34		
1	Chris Winslow	33
2	Daniel Gracey	34
3	Timothy Schneider	31
FEMALE AGE GROUP: 30 - 34		
1	Kari Deer	33
2	Morgan Adams	30
3	Jessica Flint	32
MALE AGE GROUP: 35 - 39		
1	Mike Roda	36
2	Eddie Habeck III	35
3	Richard Hamlin	39
FEMALE AGE GROUP: 35 - 39		
1	Gretchen Oliver	38
2	Sally Drake	39
3	Stefanie Pitts	37
MALE AGE GROUP: 40 - 44		
1	Ben Greenberg	43
2	Kenneth Pierce	44
3	David Shumpert	41

FEMALE AGE GROUP: 40 - 44		
1	Karen Dolge	41
2	Cathy Gordiner	43
3	Kelley Sokolowski	44
MALE AGE GROUP: 45 - 49		
1	John Stadlander	46
2	Jon Rocco	45
3	Kevin Creagan	47
FEMALE AGE GROUP: 45 - 49		
1	Mary Buck	48
2	Alison Heaphy	45
3	Hydee Yonkers	46
MALE AGE GROUP: 50 - 54		
1	Vladimir Ilin	54
2	Jay Thorn	50
3	Martin McElhinney	51
FEMALE AGE GROUP: 50 - 54		
1	Nancy Briskie	54
2	Nancy Nicholson	50
3	Linda Reed	54
MALE AGE GROUP: 55 - 59		
1	Ace Curtus	58
2	Rick Hartshorn	56
3	Martin Patrick	58
FEMALE AGE GROUP: 55 - 59		
1	Karen Provencher	57
2	Joy Devries	58
3	Susan Lesar	58
MALE AGE GROUP: 60 - 64		
1	Paul Forbes	61
2	Jim Fiore	64
3	Mark Fleszar	62
FEMALE AGE GROUP: 60 - 64		
1	Susan Wong	64
2	Martha DeGrazia	61
3	Gail Hein	60
MALE AGE GROUP: 65 - 69		
1	Bob Newman	68
2	Gerald Sun	68
3	Michael Colwell	65
FEMALE AGE GROUP: 65 - 69		
1	Jayne Zinke	69
2	Joan Israel	65
3	Barbara Gallagher	68
MALE AGE GROUP: 70 - 74		
1	Jim Hotaling	71
2	Kent Slaby	72
3	Doug McGivney	74
FEMALE AGE GROUP: 70 - 74		
1	Bonnie Newkirk	71
2	Sue Seppa	71
MALE AGE GROUP: 75 - 79		
1	Dick Green	77
2	Daniel Wellner	78
3	Richard Eckhardt	78

Courtesy of Kinderhook Runners Club

ADIRONDACK NORTH COUNTRY RACE WEEKEND *continued*

SARANAC LAKE DOWNTOWN CRITERIUM		
Race Winners & Regional Finishers		
PRO/1/2/3 MEN - 30 MILES		
1	0:57:48	Allan Rego, CRCA/Champion System
5	-1 lap	Curtis White, Hot Tubes Development
15	P&P	Brandon Millet, Farm Team Elite
16	P&P	Erik Markewich, Farm Team Elite
PRO/1/2/3 WOMEN - 17 MILES		
1	0:41:06	Rosanne Van Dorn, Team Placid Planet
3	0:41:06	Jenny Ives, Farm Team Elite
4	0:41:06	Nicole LaPlante, Team Placid Planet
7	0:41:07	Meredith Ehn, Farm Team Elite
9	0:41:08	Audrey Friedrichsen, Farm Team Elite
3/4 MEN - 17 MILES		
1	0:35:48	Brendan Rhim, Killington School Cycling
5	0:35:48	Jim Walker, Team Placid Planet
6	0:35:48	Jack MacClarence, Bay Hill Capital/CLUNoonan
8	0:35:48	Nathan Sentz, Unattached
11	0:35:48	Kyle Gagnier, Wear On Earth
14	0:35:48	Brian Crosby, Capital Bicycle Racing Club
CATEGORY 4 WOMEN - 11 MILES		
1	0:27:11	Dana Cooreman, Mission In Motion
3	0:27:12	Charity Girox, Unattached
CATEGORY 5 - 12 MILES		
1	0:28:29	Andrew Cappabianca, Unattached
2	0:28:30	Colin Delaney, High Peaks Cyclery
3	0:28:32	Paul Byron, Capital Bicycle Racing Club
4	0:28:34	Steven Vargo, Unattached
5	0:28:37	Daniel Patterson, Elevate Cycles
7	-1 lap	Chad Tavernia, Team Placid Planet
8	-1 lap	Brian Burr, Unattached
MASTERS MEN 35-PLUS (1-4) - 17 MILES		
1	0:37:39	Gregory Olsen, CRCA/Champion System
3	0:37:41	Nathan Sentz, Unattached
MASTERS WOMEN 35-PLUS - 17 MILES		
1	0:41:06	Rosanne Van Dorn, Team Placid Planet
2	0:41:06	Nicole LaPlante, Team Placid Planet
4	0:41:07	Meredith Ehn, Farm Team Elite
5	0:41:07	Kelly Knowles, Stevens Racing
6	0:41:08	Audrey Friedrichsen, Farm Team Elite
7	0:41:08	Amy Kneale, Team Elite Women's
MASTERS MEN 45-PLUS (1-4) - 17 MILES		
1	0:37:39	Peter Vollers, Killington School Cycling
5	0:37:41	Michael Duer, Elevate Cycles
9	-3 laps	Mark Kingsley, Unattached
MASTERS WOMEN 45-PLUS - 17 MILES		
1	0:27:27	Donna Moody, Team Placid Planet
2	-1 lap	Claire Miller, Team Placid Planet
MASTERS MEN 55-PLUS - 12 MILES		
1	0:28:13	Steven Tinston, Westwood Velo
6	0:28:17	Bob Tysen, Team Placid Planet
7	0:28:19	Dan Reilly, Team Placid Planet
MASTERS MEN 60-PLUS - 12 MILES		
1	0:28:14	Clifford Six, MaxPowerCycling.com
4	0:29:11	Timothy Leonard, Capital Bicycle Racing Club
JUNIOR BOYS 17-18 - 12 MILES		
1	0:26:27	Ansel Dickey, Killington School Cycling
6	-2 laps	Schuyler, Deeney
7	-3 laps	Evan Greenberg, Tam Placid Planet
JUNIOR BOYS 15-16 - 12 MILES		
1	0:26:27	Peter Vollers, Killington School Cycling
5	-1 lap	Wyatt Drake, Farm Team Juniors
6	-1 lap	Keane Brennan, Farm Team Juniors
9	-2 laps	Hunter Miller, Team Placid Planet
JUNIOR GIRLS 15-18 - 11 MILES		
1	0:26:13	Emma White, Farm Team Elite
5	-4 laps	Sheila Decker, Unattached
JUNIOR BOYS 13-14 - 7 MILES		
1	0:15:06	Ian Clarke, Killington School Cycling
2	0:15:13	Isaac Allen, Unattached
JUNIOR BOYS 10-12 - 12 MILES		
1	0:15:21	Harrison White, Capital Bicycle Racing Club
3	0:16:04	Maxwell McLenithan, Farm Team Juniors
6	-1 lap	Andrew Deierlein, Farm Team Juniors
7	-1 lap	Tyler Koziol, Farm Team Cycling
JUNIOR GIRLS 13-14 - 7 MILES		
1	0:15:58	Cecily Decker, Unattached
2	0:16:38	Dagny Drake, Farm Team Juniors
JUNIOR GIRLS 10-12 - 7 MILES		
1	0:15:39	Turner Ramsay, Killington School Cycling

Courtesy of Team Placid Planet

ADIRONDACK NORTH COUNTRY RACE WEEKEND 5TH ANNUAL WILMINGTON WHITEFACE ROAD RACE & 4TH ANNUAL SARANAC LAKE DOWNTOWN CRITERIUM (2012 NYS CRIT CHAMPS)

June 9-10, 2012 • Whiteface, Wilmington & Main St, Saranac Lake

WILMINGTON WHITEFACE ROAD RACE		
Race Winners & Regional Finishers		
PRO/1/2/3 MEN - 82 MILES		
1	3:41:53	Andrew McCullough, Mt Borah/Minerva Design
7	3:45:05	Curtis White, Hot Tubes Development Team
PRO/1/2/3 WOMEN - 55 MILES		
1	2:56:07	Jenny Ives, Farm Team Elite
2	2:56:42	Rosanne Van Dorn, Team Placid Planet
4	2:56:46	Kerrin Strevell, Farm Team Elite
8	2:57:43	Audrey Friedrichsen, Farm Team Elite

continued

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BUSINESS DIRECTORY

Adirondack Marathon Distance Festival
EXPO & PACKET PICK-UP
For Runners and Sports/Fitness Enthusiasts
Saturday, September 22 • 11am-5pm
Schroon Lake High School, Schroon Lake

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HITS TRIATHLON SERIES: HUNTER MOUNTAIN
June 9-10, 2012 • North-South Lake State Park, Haines Falls

Table with race results for Hunter Mountain triathlon series, including categories like Male Overall, Female Overall, and various age groups with names and times.

7TH LAKE PLACID MARATHON & HALF MARATHON continued

Table with race results for the 7th Lake Placid Marathon & Half Marathon, listing participants by age group and gender with their respective finishing times.

7TH LAKE PLACID MARATHON & HALF MARATHON
June 10, 2012 • Olympic Speedskating Oval, Lake Placid

Table with race results for the 7th Lake Placid Marathon & Half Marathon, listing participants by age group and gender with their respective finishing times.

BUSINESS DIRECTORY

Advertisement for Dr. Brad Elliott, Chiropractor, featuring a photo of the doctor and text: 'Cost Effective Care for the Entire Family'.

Advertisement for BATTENKILL outdoor gear and rentals, including kayaking, canoeing, and river shuttles.

Advertisement for RUDY PROJECT eyewear, featuring 'THE BEST RX SPORTS LENS IN THE WORLD!' and 'made in Italy'.

Advertisement for Adirondack Sports & Fitness, encouraging users to like them on Facebook.

Advertisement for Surley Sycip Ibis bicycle shop, listing bicycle sales, service, and accessories.

Advertisement for Adirondack Balloon Flights, offering 'Spectacular Views of the Adirondack-Lake George Area'.

Advertisement for Long Lake Raquette, featuring a scenic view and the slogan 'Visit Long Lake A Real Adirondack Experience'.

Advertisement for FATEAGUE FOTOS, specializing in Event Photography and Photo Restoration.

RACE RESULTS

7TH LAKE PLACID MARATHON & HALF MARATHON *continued*

MALE AGE GROUP: 25 - 29			
1 Isiah Shaw	28	North Hudson	1:27:52
6 Tom Blumenauer	28	Canton	1:40:23
7 Eric Scaringe	29	Latham	1:41:00
12 Michael Leaver	26	Albany	1:45:55
19 James Powell	28	Waterford	1:51:12
24 Connor Smith	27	Niskayuna	1:53:31
29 Matt Vogel	27	Albany	1:57:46
30 Brad Fallon	29	Poughkeepsie	1:57:47
32 Sean Bortle	26	Fort Drum	1:58:04
35 Omar Vazquez	27	Albany	1:59:04
36 Stephen Marra	29	Loudonville	2:00:48
FEMALE AGE GROUP: 25 - 29			
1 Karen Simbari	28	Fayetteville	1:39:43
4 Alison Rodriguez	29	Albany	1:46:06
6 Kelly McEvoy	26	Albany	1:47:01
7 Margaret Maher	29	Lake Placid	1:47:43
8 Danielle Leder-Druzynski	29	Ballston Lake	1:49:10
16 Jolene Montgomery	29	Clifton Park	1:54:03
17 Jennifer McAleese	27	Rainbow Lake	1:54:54
18 Mary Dutcher	25	Latham	1:55:26
20 Hillary Guadagno	28	Saranac Lake	1:56:28
23 Katie Bellucci	25	Albany	1:57:54
25 Michelle Buonanno	27	Clifton Park	1:58:49
MALE AGE GROUP: 30 - 34			
1 Joseph Sullivan	33	Schenectady	1:25:57
5 Jeffrey Andritz	30	Altamont	1:33:03
8 Michael Farrell	33	Lake Placid	1:37:08
15 Kyle Youlen	32	Mechanicville	1:42:49
16 Chris Glynn	31	Latham	1:44:10
22 Miles Plant	30	Albany	1:48:21
23 David Druzynski	33	Ballston Lake	1:49:10
25 Nicholas Parrotte	30	Mechanicville	1:50:26
26 Sathish Nasana	34	Guiderland	1:51:24
28 John Ford	33	Waterville	1:51:40
31 Dan Gordon	30	Clifton Park	1:53:58
FEMALE AGE GROUP: 30 - 34			
1 Jessica Chapman	34	Williamstown, MA	1:39:09
4 Melissa West	31	Scotia	1:40:44
5 Karli Taylor	34	Schenectady	1:41:49
6 Crystal Graham	33	Troy	1:44:30
7 Amanda Ghezzi	30	Albany	1:48:09
11 Lisa Macander	30	Voorheesville	1:49:58
20 Heidi Torrance	30	Lake Placid	1:56:32
22 Rachel Morgan	30	Saratoga Springs	1:57:48
30 Amanda West	32	Chestertown	2:02:35
32 Kate Butler-Azzopardi	31	Albany	2:02:44
34 Sarah Slosek	32	Galway	2:03:19
MALE AGE GROUP: 35 - 39			
1 Mike Hansen	35	Wauwatosa, WI	1:24:36
10 Johnathan Hickok	38	Clifton Park	1:40:05
14 Kevin Shaughnessy	39	Waterford	1:45:52
17 Erik Schue	36	Saranac Lake	1:49:29
18 Einaris Tupirtis	38	Latham	1:49:51
19 Jerry Blackbird	37	Glens Falls	1:50:00
20 Bryan Kole	35	Rensselaer	1:50:04
22 Michael Lombardi	37	Slingerlands	1:51:21
23 David Crapser	37	Watertown	1:51:31
26 Ian Ward	38	Sackets Harbor	1:53:39
29 Timothy Fioretti	36	Gloversville	1:57:27
FEMALE AGE GROUP: 35 - 39			
1 Jessica Levine	38	Montreal, QC	1:42:39
2 Rosalynn Frederick	36	Hillsdale	1:43:19
3 Colleen Porter	35	Lake Placid	1:46:18
4 Meg Archer	35	Saranac Lake	1:47:41
6 Jennifer Nasto	38	Rome	1:49:05
9 Holli Mulholland	35	Clifton Park	1:51:07
MALE AGE GROUP: 40 - 44			
10 Marcy Fagan	38	Lake Placid	1:51:48
11 Rika Rothenstein	35	Schenectady	1:52:39
12 Gretchen Lefevre	35	Peru	1:54:18
13 Antonia Ness	35	Lake Placid	1:54:23
19 Erika Ries	36	Menands	2:00:01
FEMALE AGE GROUP: 40 - 44			
1 Timothy Smith	43	Absecon, NJ	1:37:58
4 William Hiemcke	42	Poughkeepsie	1:41:45
6 Thomas Austin	44	Malta	1:42:26
11 Darrin Schwenkbeck	44	Keesville	1:46:13
12 Jim Van Ess	40	Castleton	1:47:45
13 Graham Knowles	42	Albany	1:48:35
15 Rich Reno	42	Burnt Hills	1:48:57
16 Tom Herrick	44	Bolton Landing	1:50:03
17 John Sullivan	40	Albany	1:50:45
18 Tom Hansen	42	South Glens Falls	1:53:04
23 Robert Galluppi	40	Rome	1:56:19
FEMALE AGE GROUP: 40 - 44			
1 Michelle Rosowsky	44	Niskayuna	1:37:03
2 Rachel Stanton	43	Lake Placid	1:37:58
3 Cheryl Steiner	43	Castorland	1:38:09
7 Connie Smith	44	Ballston Lake	1:46:46
16 Darci Lafave	44	Lake Placid	1:54:16
22 Justine Doherty	41	Bolton Landing	1:58:53
23 Kristi Miner	40	Cobleskill	1:59:13
32 Jennifer Hubert	40	Diamond Point	2:03:39
33 Kimberly Pelton	40	Delmar	2:03:52
37 Krista Brown	42	Peru	2:06:15
40 Jennifer Adams	41	Burnt Hills	2:07:31
MALE AGE GROUP: 45 - 49			
1 Robert Sabo	48	Margate City, NJ	1:26:21
2 John Martin	48	Massena	1:30:42
3 Mike Hamel	47	Castleton	1:33:07
6 Jeffrey Farbaniec	49	Saratoga Springs	1:39:04
11 Eric Girard	46	Ogdensburg	1:40:56
14 David Balestrini	47	Lake Placid	1:42:45
16 Brian White	45	Plattsburgh	1:44:05
18 Sunil Kumda	49	Schenectady	1:45:07
21 Charles Rosenstein	49	Slingerlands	1:48:38
22 Scott Field	45	Accord	1:49:28
26 Matthew Paul	46	Saranac Lake	1:49:56
FEMALE AGE GROUP: 45 - 49			
1 Christine Varley	48	Albany	1:34:50
11 Gail Doering	47	Loudonville	1:59:11
14 Nanette Hatch	46	Waterford	2:05:22
15 Theresa Rousseau	45	Clifton Park	2:05:54
17 Erika Butler	45	Delmar	2:07:19
19 Andrea Jung	45	Ballston Spa	2:10:08
21 Kristin Crawley	46	Poestenkill	2:10:32
22 Wendy Dorset	49	Clifton Park	2:12:12
23 Carriel Lavigne	48	Massena	2:12:32
25 Karen Roach	49	Albany	2:13:45
27 Lisa McDonald	46	Potsdam	2:15:39
MALE AGE GROUP: 50 - 54			
1 Peter Goutos	53	Saratoga Springs	1:36:14
2 James Grandy	52	Ballston Spa	1:39:56
4 Leo Burke III	53	Athens	1:42:06
5 Michael Seeley	52	Glennville	1:43:41
8 Kirk Fasking	54	Lake Placid	1:44:15
11 Louis Recchia	52	Latham	1:47:09
16 David Murad	52	Utica	1:53:19
20 Danny Arnold	54	Clifton Park	1:57:32
24 Stephen Heidorn	53	Saratoga Springs	2:00:27
25 John Abbuhl	54	Slingerlands	2:01:35
26 Matt Rousseau	52	Clifton Park	2:02:18
FEMALE AGE GROUP: 50 - 54			
1 Tina Kader	50	Montreal, QC	1:35:58

7TH LAKE PLACID MARATHON & HALF MARATHON *continued*

3 Elizabeth Miller	52	Utica	1:50:03	11 Ronni Travers	55	Glennville	2:15:39
5 Mary Esposito	52	Albany	2:01:44	13 Helene Meckler	55	Delmar	2:25:08
10 Lisa Collin	51	Plattsburgh	2:08:36	16 Debra Kelley	59	Albany	2:29:03
12 Elizabeth Gormley	54	Porter Corners	2:11:53	18 Susan Brown	55	Clinton	2:34:21
13 Monique Jacobs	52	Latham	2:12:03	26 Penny Stuart	56	Inlet	3:22:44
14 Jeanne Backus	50	Guilford	2:13:07	MALE AGE GROUP: 60 - 64			
15 Lisa Soeller	50	Clifton Park	2:15:36	1 Frank Broderick	60	Ballston Lake	1:41:25
16 Evelyn Buchanan	51	Saratoga Springs	2:15:53	2 Kenneth Bellor	60	Massena	1:41:48
17 Kathy Pfohl	52	Lake Placid	2:16:06	9 Joseph Pelton	64	Altamont	2:03:52
18 Harriet Jaffe	52	Delmar	2:16:09	10 Daniel Berry	62	Delmar	2:05:05
MALE AGE GROUP: 55 - 59				17 John Goff	63	Pine Bush	2:59:42
1 Gilbert Ayoub	55	Montreal, QC	1:32:10	FEMALE AGE GROUP: 60 - 64			
3 Peter Jones	57	Rainbow Lake	1:41:40	1 Cathryn Olsen	60	Wilton	2:10:39
4 Steven Lester	57	Lake Placid	1:43:04	2 Phyllis Fox	60	Loudonville	2:12:52
6 Bart Hayes	56	Elizabethtown	1:46:25	4 Bernice Maroney	60	Earlton	2:25:42
9 Vinny Sparacino	56	Lake Placid	1:54:44	MALE AGE GROUP: 65 - 69			
10 Robert Dessureault	56	Champlain	1:56:28	1 Douglas Fox	67	Loudonville	2:03:34
11 Bob Morganson	55	Lake Placid	1:58:06	4 Randal Goff	65	Wurtsboro	3:28:57
12 Christopher Maestro	55	Delmar	2:00:00	FEMALE AGE GROUP: 65 - 69			
16 Jeff Travers	55	Glennville	2:12:18	1 Elizabeth Murray	65	Lilburn, GA	2:24:14
17 Luc Perrier	55	Potsdam	2:12:29	3 Cathy Biss	65	Queensbury	2:48:12
18 Bill Smith	59	Troy	2:12:50	5 Susan Black	65	Fort Covington	3:46:28
FEMALE AGE GROUP: 55 - 59				MALE AGE GROUP: 70 - 74			
1 Arlene Ayoub	55	Montreal, QC	1:46:01	1 Leonard Kershaw	71	Elizabethtown	2:23:53
6 Debbie Ketchell	56	Wilmingtong	2:07:50	FEMALE AGE GROUP: 70 - 74			
7 Elaine Brown	57	Lake Placid	2:10:25	1 Geri Korchak	74	Binghamton	3:36:26
8 Donna Lustenhouwer	58	Altamont	2:11:05	MALE AGE GROUP: 80 - 99			
9 Joan Bleikamp	58	Saratoga Springs	2:14:31	1 Ruben Sabin	82	Lake Placid	3:06:09
10 Debra Stanton	55	Lake Placid	2:14:43	<i>Courtesy of Lake Placid Marathon & Half Marathon</i>			

3RD HUDSON CROSSING TRIATHLON

June 10, 2012 • Hudson Crossing Park, Schuylerville

500-YARD SWIM, 12-MILE BIKE, 5K RUN			
MALE OVERALL			
1 Robert Hollinger	20	58:26	
2 Craig Tynan	43	1:02:03	
3 Carl Regenauer	47	1:02:11	
FEMALE OVERALL			
1 Karen Mackin	47	1:06:19	
2 Rebecca Pedersen	42	1:07:15	
3 Isabelle Dickens	36	1:09:00	
MALE AGE GROUP: 1 - 14			
1 Patrick Broderick	14	1:16:49	
2 Alek Piekarski	14	1:23:55	
3 John Stack	13	1:28:34	
FEMALE AGE GROUP: 1 - 14			
1 Aurielle Marvin	14	1:26:32	
2 Maydia Sorgie	13	2:03:16	
MALE AGE GROUP: 15 - 19			
1 Jack Marchetti	15	1:09:38	
2 George Stack	15	1:13:25	
3 Timothy Monaghan	17	1:13:52	
FEMALE AGE GROUP: 15 - 19			
1 Julianne DeGuardi	17	1:16:51	
2 Alyssa Gardiner	15	1:21:37	
3 Caitlyn Gardiner	15	1:23:15	
MALE AGE GROUP: 20 - 24			
1 Kevin Mercer	21	1:17:05	
2 Mike Sorrentino	22	1:17:29	
3 George Hodgson	24	1:29:44	
FEMALE AGE GROUP: 20 - 24			
1 Stephanie Melkun	24	1:20:12	
2 Marie Whitney	20	1:22:03	
3 Lynn Sexton	23	1:33:27	
MALE AGE GROUP: 25 - 29			
1 Conor Frantzen	26	1:03:45	
2 Wesley Gardner	27	1:04:10	
3 Kyle Konopnicki	27	1:05:01	
FEMALE AGE GROUP: 25 - 29			
1 Alyssa Seligman	28	1:16:16	
2 Amanda Barone	29	1:24:16	
3 Laura Persico	25	1:25:46	
MALE AGE GROUP: 30 - 34			
1 Jeff Cornick	33	1:07:05	
2 John Evansky	34	1:11:22	
3 Tom Portuese	31	1:14:35	
FEMALE AGE GROUP: 30 - 34			
1 Rebecca Evansky	33	1:18:27	
2 Kateri Phillips	32	1:21:32	
3 Kathryn Deegan	30	1:22:45	
MALE AGE GROUP: 35 - 39			
1 Kevin Crossman	35	1:02:42	
2 Vincent Cooper	39	1:07:38	
3 Jonathan Igoe	38	1:07:51	
FEMALE AGE GROUP: 35 - 39			
1 Erika Anderson	39	1:12:54	
2 Greta Van Slyke	37	1:14:41	
3 Kristen LeClair	36	1:14:58	
MALE AGE GROUP: 40 - 44			
1 Christian Gee	40	1:04:49	
2 Martin Gordinier	42	1:06:48	
3 Dave Travis	40	1:07:28	
FEMALE AGE GROUP: 40 - 44			
1 Kristen Long	44	1:21:41	
2 Dana Whitney	44	1:21:51	
3 Karen Viger	43	1:22:19	
MALE AGE GROUP: 45 - 49			
1 Patrick Sommo	45	1:04:53	
2 Kenneth Lane	47	1:10:46	
3 Kevin Kretschmar	47	1:11:11	
FEMALE AGE GROUP: 45 - 49			
1 Terri Artese	46	1:18:56	
2 Theresa Newton	47	1:23:13	
3 Martha Gohlke	45	1:23:19	
MALE AGE GROUP: 50 - 54			
1 John Kenny	54	1:10:24	
2 Glenn Herbert	54	1:11:10	
3 John Iacoponi	50	1:11:54	
FEMALE AGE GROUP: 50 - 54			
1 Mary Duprey	53	1:09:53	
2 Kirsten Elling	50	1:22:30	
3 Carolyn Wilk	53	1:26:01	
MALE AGE GROUP: 55 - 59			
1 Mark Schachner	58	1:20:18	
2 Kenny Hart	58	1:24:53	
3 Michael Martel	56	1:24:54	
FEMALE AGE GROUP: 55 - 59			
1 Glori Ekberg	58	1:33:59	
2 Pia Sando	58	1:34:56	
3 Patricia Roeser	58	1:41:01	
MALE AGE GROUP: 60 - 64			
1 Dan Lynch	62	1:20:44	
2 Michael McNally	62	1:22:32	
3 Jim Sheehan	60	1:34:36	
MALE AGE GROUP: 65 - 69			
1 Hugh Dunseath	69	1:12:44	
2 Ronald Bagnoli	66	1:15:23	
3 Douglas Kabat	66	1:25:27	
MALE AGE GROUP: 70 - 74			
1 Stephen Mitchell	71	1:29:56	
FEMALE AGE GROUP: 70 - 74			
1 Sibyl Jacobson	70	1:29:09	
2 Marge Rajczewski	72	1:38:26	

Courtesy of Green Leaf Racing

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PJ's BAR-B-Q

THE RUN FOR HELP 5K AGAINST DOMESTIC VIOLENCE
June 10, 2012 • Goff Middle School, East Greenbush

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 12 & UNDER, FEMALE AGE GROUP: 12 & UNDER, MALE AGE GROUP: 13 - 19, FEMALE AGE GROUP: 13 - 19, MALE AGE GROUP: 20 - 29, FEMALE AGE GROUP: 20 - 29, MALE AGE GROUP: 30 - 39, FEMALE AGE GROUP: 30 - 39, MALE AGE GROUP: 40 - 49, FEMALE AGE GROUP: 40 - 49, MALE AGE GROUP: 50 - 59, FEMALE AGE GROUP: 50 - 59, MALE AGE GROUP: 60 - 69, FEMALE AGE GROUP: 60 - 69, MALE AGE GROUP: 70 & OVER, FEMALE AGE GROUP: 70 & OVER

WHIPPLE CITY 5K RUN *continued*

MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, 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, FEMALE AGE GROUP: 75 - 79, MALE AGE GROUP: 80 - 84, FEMALE AGE GROUP: 80 - 84, MALE AGE GROUP: 85 - 89, FEMALE AGE GROUP: 85 - 89

41ST ANNUAL HMRR DISTINGUISHED SERVICE 8-MILE RACE
Honoring: Ed Gillen • June 10, 2012 • University at Albany, Albany

MALE OVERALL, FEMALE OVERALL, AGE GROUPS, MALE AGE GROUP: 15 - 19, FEMALE AGE GROUP: 15 - 19, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, 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

11TH WHITEFACE MOUNTAIN UPHILL BIKE RACE
June 16, 2012 • Whiteface Veterans Memorial Highway, Wilmington

11M, 3500FT VERTICAL AT 8% GRADE, FEMALE OVERALL, MALE AGE GROUP: 1 - 19, MALE OVERALL

WHIPPLE CITY 5K RUN
June 16, 2012 • Greenwich Middle School, Greenwich

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1 - 14, FEMALE AGE GROUP: 1 - 14, MALE AGE GROUP: 15 - 19, FEMALE AGE GROUP: 15 - 19, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, 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

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RACE RESULTS

11TH WHITEFACE MOUNTAIN UPHILL BIKE RACE *continued*

FEMALE AGE GROUP: 1 - 19			
1 Anna Milton	16	Northborough, MA	1:20:43
FEMALE AGE GROUP: 20 - 29			
1 Anais Courteille	29	Gatineau, QC	1:12:08
2 Charity Giroux	28	Queensbury	1:14:38
MALE AGE GROUP: 20 - 29			
1 Cory Burns	29	Watertown	55:17
8 Karl Hensler		Warrensburg	1:09:49
MALE AGE GROUP: 30 - 39			
1 Marc-Andre Dubuc	30	Gatineau, QC	56:36
4 Chad Tavernia	31	Malone	1:01:35
14 Simon Pedrotty	32	Greenfield Center	1:07:36
19 Matt Young	30	Lake Placid	1:10:31
25 Zachary Wakeman	30	Pulaski	1:14:33
26 Gerard Wise	32	Malta	1:14:51
28 Pierre Poulin	34	Granville	1:15:45
31 Justin Divirgilio	37	Albany	1:20:50
35 Nathan McCarty	36	Plattsburgh	1:43:45
FEMALE AGE GROUP: 30 - 39			
1 Rosanna Van Dorn	39	Lake Placid	1:05:51
10 Audrey Calvino	36	Castleton-on-Hudson	1:38:35
FEMALE AGE GROUP: 40 - 49			
1 Sue Schlatter	48	Ottawa, ON	58:08
5 Susanna Piller	45	Plattsburgh	1:11:44
6 Betsy Richert	48	Keene	1:16:55
12 Stacy Mziejka	49	Voorheesville	1:30:42
14 Carol Monte	46	Gardiner	1:37:16
MALE AGE GROUP: 40 - 49			
1 Gregory Larkin	44	Hollis, NH	57:26
3 Charlie Casey	49	Alplaus	58:59
19 Charlie Ropes	48	Wappingers Falls	1:05:23
26 Jason Amoriell	43	Peru	1:07:18
31 Jerry Macner	44	Plattsburgh	1:08:55
35 Mark Williams	48	Clinton	1:10:13
44 Robert Spenser	48	Plattsburgh	1:13:30
46 Brian Campbell	46	Munnsville	1:15:31
50 Norman Cognetto	47	New Hartford	1:18:25
51 Charles Vigna	45	Gardiner	1:18:34
60 Peter Sears	47	Carthage	1:28:15
61 Michael Colello	49	Watertown	1:28:21
63 Robert Morgan Jr	42	Mohawk	1:28:43
66 Mike Morgia	46	Watertown	1:33:34
67 Tad Herman	48	Salt Point	1:33:57
FEMALE AGE GROUP: 50 - 59			
1 Gale Yanofsky	51	Montreal, QC	1:08:55
2 Margaret Thompson	58	Clinton	1:12:37
6 Donna Moody	50	Lake Placid	1:22:09
MALE AGE GROUP: 50 - 59			
1 Gerry Clapper	50	Avon, CT	53:12
5 Onno Oerlemans	50	Clinton	1:02:12
16 David Hotelling	50	Troy	1:06:42
34 Dan Reilly	56	Saranac Lake	1:13:27
37 Todd Rayne	56	Clinton	1:16:13
63 John Wall	53	Holland Patent	1:48:14
64 Patrick Rochford	59	Jewett	1:51:36
FEMALE AGE GROUP: 60 - 69			
1 Doris Hensler	62	Warrensburg	2:27:51
MALE AGE GROUP: 60 - 69			
1 George Pawle	60	Westfield, MA	1:02:51
4 Floyd Lampart	66	Lake Clear	1:15:08
5 Richard Erenstone	64	Lake Placid	1:16:47
14 Philip Thompson	67	Clinton	1:29:10
18 Andrew Kulmatiski	63	Scotia	1:43:18
MALE AGE GROUP: 70 & OVER			
1 Kenneth Gestone	74	Bennington, VT	1:15:58
TANDEM			
1 Alain Bilocq	47	Trois-Rivieres, QC	1:08:55
UNICYCLE			
1 Eric Scheer	16	Peace Dale, RI	1:12:20

Courtesy of Whiteface Mountain Regional Visitors Bureau

8TH GREAT ADIRONDACK TRAIL RUN

June 16, 2012 • The Mountaineer, Keene Valley

11.5-MILE MOUNTAIN RUN

MALE OVERALL			
1 George Adams	42	1:44:09	
2 Matt Harrison	28	1:44:47	
3 Mike Stearns	24	1:52:58	
FEMALE OVERALL			
1 Carly Wynn	19	1:59:17	
2 Corrine Malcolm	22	2:00:20	
3 Courtney Giles	28	2:09:23	
MALE AGE GROUP: 19 & UNDER			
1 Sean Delaney	17	2:00:39	
2 Sam Longenbach	16	2:09:06	
FEMALE AGE GROUP: 19 & UNDER			
1 Heather Mooney	18	2:20:45	
MALE AGE GROUP: 20 - 29			
1 Eric Stoorza	27	2:02:53	
2 Alex Madden	22	2:08:33	
3 Joe Merrihew	25	2:08:51	
4 Matthew Kling	29	2:16:17	
5 Matt McClelland	25	2:17:59	
6 Pete Carroll	26	2:45:11	
FEMALE AGE GROUP: 20 - 29			
1 Sarah Keyes	27	2:13:57	
2 Kelly Buriak	28	2:25:44	
3 Allison Buckley	29	2:27:30	
4 Rory MacInnis	28	2:30:40	
5 Nancy Ganswindt	25	2:55:20	
MALE AGE GROUP: 30 - 39			
1 Pat Hamel	38	1:54:30	
2 Jon Strazza	38	2:04:59	
3 Jason Fiegl	38	2:06:17	
4 Chris Fey	34	2:10:41	
5 Marc Galvin	36	2:13:26	
6 Chris Duca	37	2:16:46	
7 John Mackenzie	31	2:29:11	
8 Will Roth	32	2:29:35	
9 Mark Harris	34	2:32:24	
10 Mark Hummel	39	2:40:27	
11 Mel Frazer	32	2:45:12	
12 Erik Schue	36	2:51:35	
13 Michael DeCaprio	37	2:58:17	
FEMALE AGE GROUP: 30 - 39			
1 Patricia Hurlburt	38	2:11:23	
2 Serena Wilcox	33	2:17:11	
3 Lindsay Duca	31	2:36:53	
4 Katie Fiore	37	2:37:58	
5 Jess Darnay-Beuhler	36	2:46:02	
6 Liz Minton	39	2:56:04	
7 Jen Ketchell	31	2:56:48	
8 Erica Lohar	38	2:58:33	
9 Jen Kazmierczak	39	3:02:51	
10 Sara Lindsay	34	3:07:57	
MALE AGE GROUP: 40 - 49			
1 Nick Yardley	47	2:20:56	
2 Stuart Koonce	41	2:27:37	
3 Gary Hebert	47	2:38:38	
4 Travis Signer	44	2:56:08	
5 Luke Wiazczek	48	3:25:57	
FEMALE AGE GROUP: 40 - 49			
1 Katie Tyler	42	2:30:10	
2 Teresa Cheetham-Palen	45	2:37:05	
3 Fanning Hearon	44	2:50:49	
4 Karen McGlade	44	2:52:13	
5 Susie Trzaskos	44	2:57:49	
6 Lisa Dennison	47	3:03:38	
MALE AGE GROUP: 50 - 59			
1 Bryce Stearns	51	2:17:12	
2 Mike Davis	51	2:21:22	
3 Bob Ketchell	56	2:52:43	
4 Neil Wheelwright	54	2:53:10	
5 Tom DuBois	56	2:53:30	
6 Bill Supple	54	3:16:22	
7 Jeff Comstock	58	3:36:33	
FEMALE AGE GROUP: 50 - 59			
1 Mary Duprey	52	2:23:58	
2 Laura Nardelli	52	2:33:38	
3 Heidi Holderied	50	2:35:24	
4 Jennifer Supple	53	2:55:27	
5 Wendy Carlson	56	3:33:54	
6 Nancy Comstock	56	3:35:51	
MALE AGE GROUP: 60 - 69			
1 Paul Muessig	62	2:27:21	
2 Jim Pugh	61	2:33:02	
3 Robbie Barnett	62	2:34:51	
4 John Kane	62	2:56:16	
5 Tim McAllister	60	2:58:09	
6 Gerry Duprey	66	3:15:26	
FEMALE AGE GROUP: 60 - 69			
1 Janet Stein	61	3:07:40	
3.5-MILES BAXTER MTN RUN			
MALE OVERALL			
1 Scott Mooney	13	24:18	
2 Karl Schulz	14	26:23	
3 Scott Schulz	12	28:46	
FEMALE OVERALL			
1 Nina Armstrong	15	28:30	
2 Laurie Schulz	51	29:17	
3 Gabby Armstrong	13	30:54	
1 Beckett Ledger	12	30:49	
2 Clem Titsworth	15	31:45	
3 Forest Ledger	14	32:01	
FEMALE AGE GROUP: 19 & UNDER			
1 Brooke Mooney	16	34:33	
2 Sophie Nardelli	11	38:34	
3 Amanda Bruha	14	41:16	
MALE AGE GROUP: 20 - 29			
1 Gumbo	25	32:05	
2 Ray Moellering	28	36:25	
3 Mike Schaefer	28	39:00	
FEMALE AGE GROUP: 20 - 29			
1 Katie Auyer	29	40:42	
2 Sarah George	29	40:59	
MALE AGE GROUP: 30 - 39			
1 Jonathan Auyer	30	31:56	
2 Spencer Morrissey	38	32:15	
3 David Stevens	32	48:50	
FEMALE AGE GROUP: 30 - 39			
1 Corenne Black	33	35:25	
2 Annie Wenzler	31	36:01	
3 Debbie Erenstone	32	40:34	
MALE AGE GROUP: 40 - 49			
1 Stephan Tremblay	42	32:19	
2 Garrett Cowser	40	32:22	
3 Craig Phares	47	33:01	
FEMALE AGE GROUP: 40 - 49			
1 Katherine Phares	43	33:00	
2 Penny Stearns	48	36:54	
3 Jen Ledger	45	39:51	
MALE AGE GROUP: 50 - 59			
1 Bruce Misarski	50	31:55	
2 Joe Murphy	54	34:51	
3 Hans Himelein	59	43:46	
FEMALE AGE GROUP: 50 - 59			
1 Nancy Battaglia	58	37:36	
2 Ellen DuBois	55	42:08	
3 Deb Nordyle	50	42:26	
MALE AGE GROUP: 60 - 69			
1 Charlie McGuire	62	36:12	
2 Eduardo Munoz	69	39:48	
3 Pete Defina	63	53:21	
FEMALE AGE GROUP: 60 - 69			
1 Kathy Defina	63	38:22	
MALE AGE GROUP: 70 & OVER			
1 Joe Andrew	71	1:16:21	

Courtesy of The Mountaineer

7TH HMRRRC FATHER'S DAY 5K

June 17, 2012 • The Crossings, Colonie

MALE OVERALL			
1 Scott Mindel	25	Ballston Lake	15:34
2 Adam Quinn	23	Clifton Park	15:59
3 Pete Rowell	23	Albany	16:40
FEMALE OVERALL			
1 Ada Lauterbach	22	East Berne	19:42
2 Anne Kubasiak	34	Averill Park	21:06
3 Jennifer Merritt	34	Rensselaer	21:13
MALE AGE GROUP: 1 - 14			
1 Andrew Butryn	14	Schenectady	19:10
2 Nicholas Lydon	12	Clifton Park	21:18
3 Patrick Hilt	14	Colonie	21:28
FEMALE AGE GROUP: 1 - 14			
1 Hannah Fogarty	12	Ballston Spa	24:40
2 Grace Papa	10	Latham	24:53
3 Kayleigh Papa	12	Latham	25:43
MALE AGE GROUP: 15 - 19			
1 Benjamin Butryn	17	Schenectady	18:42
2 Sampson Reider	19	Slingerlands	18:42
3 Paul Gousseau	15	Albany	19:21
FEMALE AGE GROUP: 15 - 19			
1 Amy Becker	17	Albany	21:39
2 Abbey Butler	15	Latham	22:43
3 Erin Arnold	17	Latham	24:09
MALE AGE GROUP: 20 - 24			
1 Andy Gilchrist	20	Cropseyville	19:05
2 Brian Watson	24	Groton	20:05
3 Jesse Bradt	22	Schenectady	20:22
FEMALE AGE GROUP: 20 - 24			
1 Samantha Tibbitts	23	Loudonville	22:34
2 Rachel Karam	23	Clifton Park	22:49
3 Kelsey Heenan	23	Selkirk	23:11
MALE AGE GROUP: 25 - 29			
1 Clark Leach	25	Watervliet	22:01
2 Mohammad Qneibi	28	Albany	23:34
3 Tom Joseph	25	Wynantskill	23:58
FEMALE AGE GROUP: 25 - 29			
1 Stephanie Vioria	29	East Greenbush	21:53
2 Kayla Tomaro	25	Cohoes	22:16
3 Rachael Seguin	27	Delmar	24:37
MALE AGE GROUP: 30 - 34			
1 Anthony Giuliano	33	Albany	17:02
2 Raymond Quell	32	Mechanicville	20:25
3 Douglas Secor	32	Scotia	20:30
FEMALE AGE GROUP: 30 - 34			
1 Paige Cochran	33	Pittsfield	22:20
2 Melissa Hasan	30	Latham	24:10
3 Jennifer Bannigan	34	Slingerlands	24:16
MALE AGE GROUP: 35 - 39			
1 Aaron Knobloch	36	Guilderland	16:48
2 Jeff Andrews	35	Delmar	17:06
3 Andrew Pris	35	Clifton Park	18:40
FEMALE AGE GROUP: 35 - 39			
1 Sarah Eliza Reed	35	Saratoga Springs	21:18
2 Melissa Maguire	39	Loudonville	21:38
3 Amanda Zenner	36	Ballston Lake	22:44
MALE AGE GROUP: 40 - 44			
1 Jonathan Bright	42	Guilderland	18:29
2 Frank Horn	42	Albany	18:30
3 Dave Fisher	41	Slingerlands	19:41
FEMALE AGE GROUP: 40 - 44			
1 Margarita Lemmerman	40	Albany	23:42
2 Anne Marie Bremm	43	Glenville	24:32
3 Diane Fisher	41	Slingerlands	27:18
MALE AGE GROUP: 45 - 49			
1 Kevin Curley	45	Cohoes	18:13
2 Jack Arnold	49	Latham	18:43
3 Corine Houy-Kling	49	Troy	19:32
FEMALE AGE GROUP: 45 - 49			
1 Sheryl Hamel	45	Ballston Lake	25:13
2 Denise Elbrecht	49	Middleburgh	25:56
3 Corine Houy-Kling	45	Galway	27:45
MALE AGE GROUP: 50 - 54			
1 Vladimir Ilin	54	Albany	18:27
2 Dave Pentak	53	Glenmont	20:50
3 Todd Thomas	50	Delmar	21:12
FEMALE AGE GROUP: 50 - 54			
1 Nancy Piche	51	Loudonville	26:17
2 Deborah Beirsto	51	Clifton Park	26:18
3 Joanne Richardson	51	Poestenkill	26:21
MALE AGE GROUP: 55 - 59			
1 Rick Munson	55	Prattsville	19:46
2 Dave Rowell	59	Albany	21:50
3 Richard Kelly	55	Schenectady	22:23
FEMALE AGE GROUP: 55 - 59			
1 Nancy Kolakowski	55	Niskayuna	28:33
2 Mary Horowitz	56	Nassau	

BICYCLING

Great Sacandaga Lake Loop

Riding a Well-Kept Secret

by Dave Kraus

There's a good reason for local cyclists to call the Great Sacandaga Lake "great." Nestled in the hills northwest of Saratoga Springs, the reservoir with its 125 miles of winding shoreline is a well-kept secret. The quiet, usually lightly trafficked roads that line the shores provide a haven for riders who want to enjoy beautiful scenery, a good workout, or both.

The north end of the lake in particular features roads shaded by forest, cool breezes off the water, and challenging climbs away from the lake into the foothills of the Adirondacks.

A great 43-mile loop around the north arm of the lake starts at the east end of the Batchellerville Bridge where a parking area borders the road. The bridge itself, opened in 1930, will provide the final thrill when you conclude your ride at the end of the circuit.

Ironically, you start by riding north along South Shore Road. The smooth pavement rises and falls gently past scores of homes along the shore. The route is simple – just follow the shoreline.

At mile 10.4 you'll roll up to the Brooks Bay Country Store where you can take a breather. Then bear left to stay on South Shore Road, and keep heading toward the Conklingville Dam. The road to your right at the store leads to a steep climb up West Mountain, but that will have to wait for another day's ride.

At mile 11.7, after climbing slightly away from the water on South Shore Road, take a left on Frank Kathan Road and enjoy the short but steep downhill back to the shoreline. Two miles later the dam comes into view and you can see why this spot was chosen to help control flooding downstream on the Hudson River. The valley is narrow and offers a steep drop for the hydroelectric facility at the north end. If the powerhouse gates are open you can enjoy a spectacular water show before turning back south and continuing downstream from the south end of the dam.

A bit more than a mile later you rejoin South Shore Road and after a few more twists and turns through the forest you'll come to the large "Y" intersection. Here turn left and head across the Stewart's Dam,

which holds back its own smaller reservoir downstream of Conklingville Dam. Don't forget to glance right on the dam and inspect what look like the world's largest bicycle chains that raise and lower the dam gates.

After enjoying the wide panorama of woods and water as you cross the earthen dam, turn right and head uphill to join North Shore Road with another right turn. Then enjoy a sweeping downhill beside the Sacandaga River to cruise into the small town of Hadley. There you will turn left on Stony Creek Road at mile 20.3 and head away from the lake. While the small store at this corner has once again closed, a short side trip straight ahead across the bridge into Lake Luzerne can provide you with a rest stop at one of several stores.

Heading north again on Stony Creek Road, at mile 23.2 watch for the angled tracks at the railroad grade crossing, then a quarter-mile later the real work begins. Turn left and head up Hadley Hill Road, a challenging climb that will get the sweat dripping. Fortunately the road heads uphill in a series of ramps and false flats, giving a chance to recover somewhat before the next pitch.

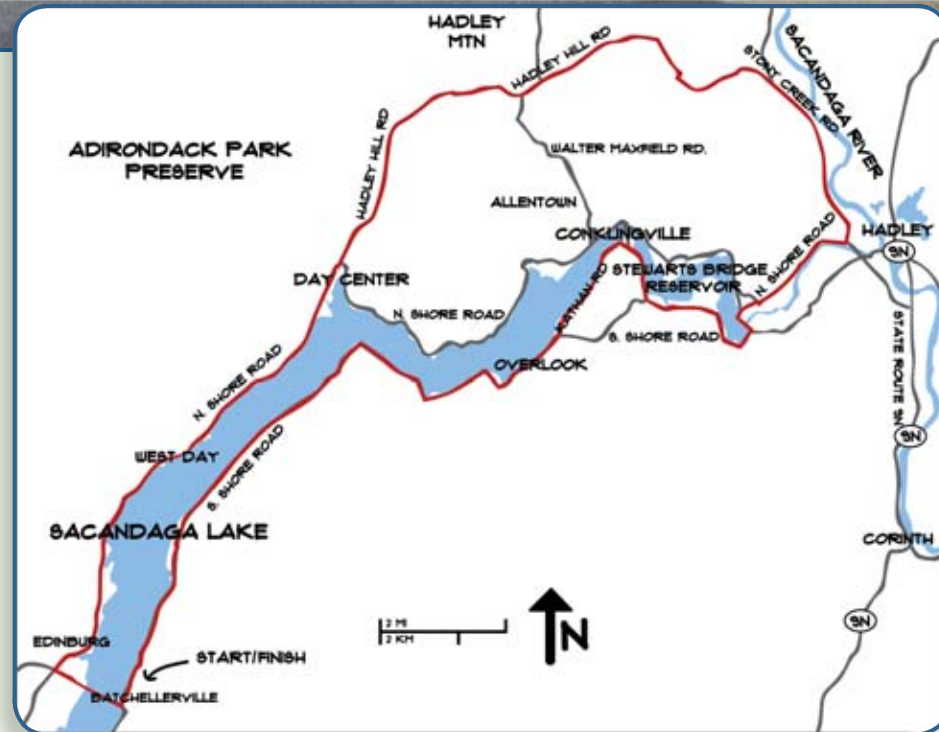
Once you get on top you will be treated to a series of rolling hills that alternately enclose you in forest and provide views of Hadley Mountain to your right. The mountain, with a trail to the top and fire tower, can provide wonderful views and is just the right distance from the Capital Region for a day hike trip some other time.

Bear right at mile 28.2 to stay on Hadley Hill Road at the Maxfield Road intersection. Then get a few more ups and down before enjoying the long, fast downhill with the wind in your face to join up with North Shore Road again in Day Center. Look to your left on Hadley Hill Road for the old dark green house trailer with the added wooden peaked roof to signal that you're about to head downhill for the last time. Before you turn right on North Shore Road to continue west, Skinny's Country Store is to your left at the intersection if you want a rest stop.

As you continue on North Shore Road the pavement once again rises and falls



CYCLIST KEVIN KENT OF SCHENECTADY PAUSES FOR A MOMENT TO ENJOY THE VIEW FROM THE CONKLINGVILLE DAM, WHICH HOLDS BACK THE GREAT SACANDAGA LAKE. PHOTO BY DAVE KRAUS



gently and offers plentiful views of the water. At mile 36.6 you can look on the left for the Saratoga County Park and Boat Launch. The park provides a spot for a quick dip if the sweat from the Hadley Hill climb is still bothering you.

Almost to mile 41, you will turn right and say farewell to the shoreline, riding up a narrow valley that will lead to the crossroads in the hamlet of Edinburg. As you head up the hill, keep an eye out for the Copeland Covered Bridge on the left. A turnout with a signboard lists the history of the local landmark.

At the top of the hill take a left on Northville Road and begin heading down the hill that will take you across the Batchellerville Bridge back to your car. Use

caution here because crosswinds can grab you as you zip out from the tree cover onto the bridge.

While the view of the Great Sacandaga Lake can be stunning, the bridge can be heavily traveled on weekends. The existing bridge operates with alternating one-way traffic, so be patient and be careful. The much-improved new bridge opens this fall.

You can find a route map at: bikely.com/maps/bike-path/North-End-Sacandaga-Hadley-Hill-Loop. ▲

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

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* New York State Department of Health Study



COMMUNITY

Stand-Up Paddling

● A Way of Life ●

By Tina Fetten



TINA LEADS A GROUP ON LAKE GEORGE.



THE AUTHOR WITH HER BOARD.
PHOTOS COURTESY OF TINA FETTEN

Walking on water is THE perfect description for what it is like to stand-up paddle. Two years ago in Old Forge, I was introduced to stand-up paddling – or SUP to enthusiasts – and I never realized on that day that my life would have such a transformation. I learned immediately that there is a whole beautiful world out there ready to be explored, and I was now able to experience it through a new lens, while also nurturing my mental and physical health.

Once I began to really understand the sport of SUP, my excitement for it started to blossom into the passion and dedication I have for it today. The benefits of this activity have the potential to touch so many facets of a life and are able to foster the needs of any individual through a mental, physical and spiritual avenue. The most obvious reason that SUP is so beneficial is the physical benefits that are associated with the total body workout as the body is completely present on the board. I find that my legs and core are engaged to keep me stable, while the gliding of the paddle through the water also gives me the momentum necessary for movement. The stroke needed to push through the water strengthens not only your arms, but utilizes back and abdominal muscles as well.

I struggled with my weight my whole life, and when I finally succeeded with my weight goal, I was in search of other activities to tone and continue to better my health. SUP not only tones your whole body, it also allowed me to take my workout outside the gym to some of the most beautiful landscapes in the country. There

aren't many sports where you can paddle with a loon swimming alongside you or have an American bald eagle swoop down right in front of you.

The Adirondacks and all of upstate New York are bountiful with rivers, lakes and ponds that can be mirror-like flat or whitewater in nature to dictate the level of challenges you are looking for. Flat calm water may be more of a leisure paddle with a graceful glide on the water, and a windy strong current may test your body's limits on endurance and balance, to just stay centered on the board. These conditions can allow for control of your workout and set personal goals for yourself.

One key element that many don't realize about SUP is that it is a family-friendly sport that can be incorporated into any vacation or day excursion on your local body of water. What sport allows an adult to paddle with child or animal on the nose of their board? Within one afternoon on a board most individuals – including children – can acclimate themselves enough to begin exploring flat waterways and paddle safely within groups on excursions. From there you can make the choice to purchase your own equipment at a one-time cost at your local kayak/canoe retailer or continue to rent as you visit different bodies of water. Take note, most bodies of water are free to paddle on so this is not an expensive hobby, or in my case addiction, to have.

For me and for many other SUP enthusiasts, the emotional advantages are plentiful as well. I had a strong feeling of empowerment beginning to emerge when I purchased my first board and all the gear

necessary for a safe successful paddle – which is minimal: board, paddle, PFD, safety whistle. I was able to excel in a sport that was new in the Northeast and to inland waterways, it was a sport that promoted my strength and endurance, and my love for SUP encouraged me to travel all over the East Coast to experience new bodies of water. Every time I have to travel out of town, whether business or pleasure, the board is ALWAYS strapped to the roof of the car, just in case... The independence I have gained has been tremendous to my mental and spiritual health.

The final component that I have merged with my SUP workout for more of a challenge is the addition of yoga. Just like on land, yoga on the board requires your mind to be set in the present moment and focus on your muscle to bone, body, and breathing to achieve each pose to its fullest potential. I practice yoga not just for strength and cleansing my body of all toxins, but for cleansing my mind as well, and through the beautiful scenery and serenity of being out on an open body of water I am able to achieve that spiritual goal. You are floating on this beautiful landscape of water and sky, and you allow your body to engage in deep breathing, sun salutations, and inversions to achieve your goal of a more profound level of mindfulness.

This relationship of SUP and yoga has allowed my body to participate in a complete relaxation state whenever I practice, which can be a challenge for many in our daily regular overbooked lives. I must be honest though – there is the occasional dunk in the water while trying to balance!

As I reflect upon all the benefits that SUP has brought to my life, transforming me into who I am today, the most important contribution has been the amazing people that have entered my life. Through SUP and various events centered on paddling, I have met fellow enthusiasts that I now can consider my friends. Our area is rich with outfitters for all stand-up paddling needs, and from those shops I have met amazing individuals dedicated to the sport of SUP. This has encouraged me to take my passion for the sport to the next level. Without their support, I would not be following my dreams to inspire others, spread the word about SUP, and the positive benefits that it can have on your lives.

So next time you are ready to visit one of New York's beautiful bodies of water, consider exploring our natural landscapes on a SUP board. Happy SUPing! ▲

Tina Fetten (stpadlgrl@hotmail.com) resides in Binghamton. She is level 1 World Paddling Association SUP certified and level 2 paddlefit certified. When not teaching preschoolers, she is on the water challenging herself or teaching others how to SUP on the water near you.

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