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## Enjoy Winter and Be Fit For Life at the WINTER EXPO

Capital Region residents eager to find everything you need for winter sports, get into shape, and save money on clothing and gear are invited to attend our fifth annual **Adirondack Sports & Fitness Winter Expo** on October 27-28 at the Saratoga Springs City Center.

Set for Saturday and Sunday, the FREE ADMISSION show features ALL winter sports including alpine skiing, snowboarding, cross-country skiing, snowshoeing, cross-training, healthy living, travel and more. With 100 exhibitors, there will be great sales on skis, gear, clothing and footwear, plus demos, clinics, Rock Solid Fun's 25-foot rock climbing wall, and fun family activities.

New to this year's show are \$4,000 in prizes and giveaways for attendees – from ski centers, events, products and services. Prizes include ski passes, gift certificates, race entries, gift baskets, lodging packages and much more.

The fall timing of the Winter Expo is perfect for outdoor lovers, competitive athletes, weekend warriors, and newcomers to pick-up gear, information and motivation to plan winter adventures and fitness opportunities. Reps will be on hand from Gore, Whiteface, Willard, Hickory, Oak, Stowe, Bromley, Lapland Lake, Garnet Hill Lodge, Cascade, Wilton Wildlife Preserve & Park and more.

Family-friendly activities include laser rifle biathlon target shooting in the NY Ski Racing Assn-Nordic booth (they'll also have ski waxing clinics); an indoor snowshoe running and walking demo area on our "magic" snow

near the Dion Snowshoes booth; and 25-foot rock climbing wall at the Rock Solid Fun area. All are exciting, safe experiences for kids and adults!

The show includes great sales, with a nice mix of retailers selling and marketing their products and services. These exhibitors include Mountainman Outdoors, Plaine and Son Ski & Bike, Broadway Bicycle, Alpine Sport Shop, Fountain Square Outfitters, organics from Tierra Farm and more.

Outdoor recreation clubs and events will be represented, including New York Ski Racing Assn-Nordic, Adirondack Mountain Club, Canadian Ski Marathon, Hudson-Mohawk Road Runners Club, and USA Track & Field-Adirondack and more.

Non-profit organizations, events and destinations include ADA Tour de Cure, Adirondack Recreation Trail Advocates, Leukemia & Lymphoma Team In Training, NYS Outdoor Guides Association, and YMCA Camp Chingachgook.

A new effort, Bicycles for Humanity-Adirondack, will be there collecting bicycle donations at their booth, which will be shipped to people in remote Uganda.

If you're a cyclist, you might also be interested in the Haunted Hundred Overnight Century, which will start at 6pm from the City Center and be ridden entirely at night. The organizer, Adirondack Ultra Cycling, will be exhibiting and same day registration will be available. For more info, visit [adkultracycling.com](http://adkultracycling.com).



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New York

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[www.theRUNDEAD.org](http://www.theRUNDEAD.org)  
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**RUNNING & WALKING**

**Gazette Stockade-athon 15K**

A Growing Tradition in the Northeast

By Anne Benson

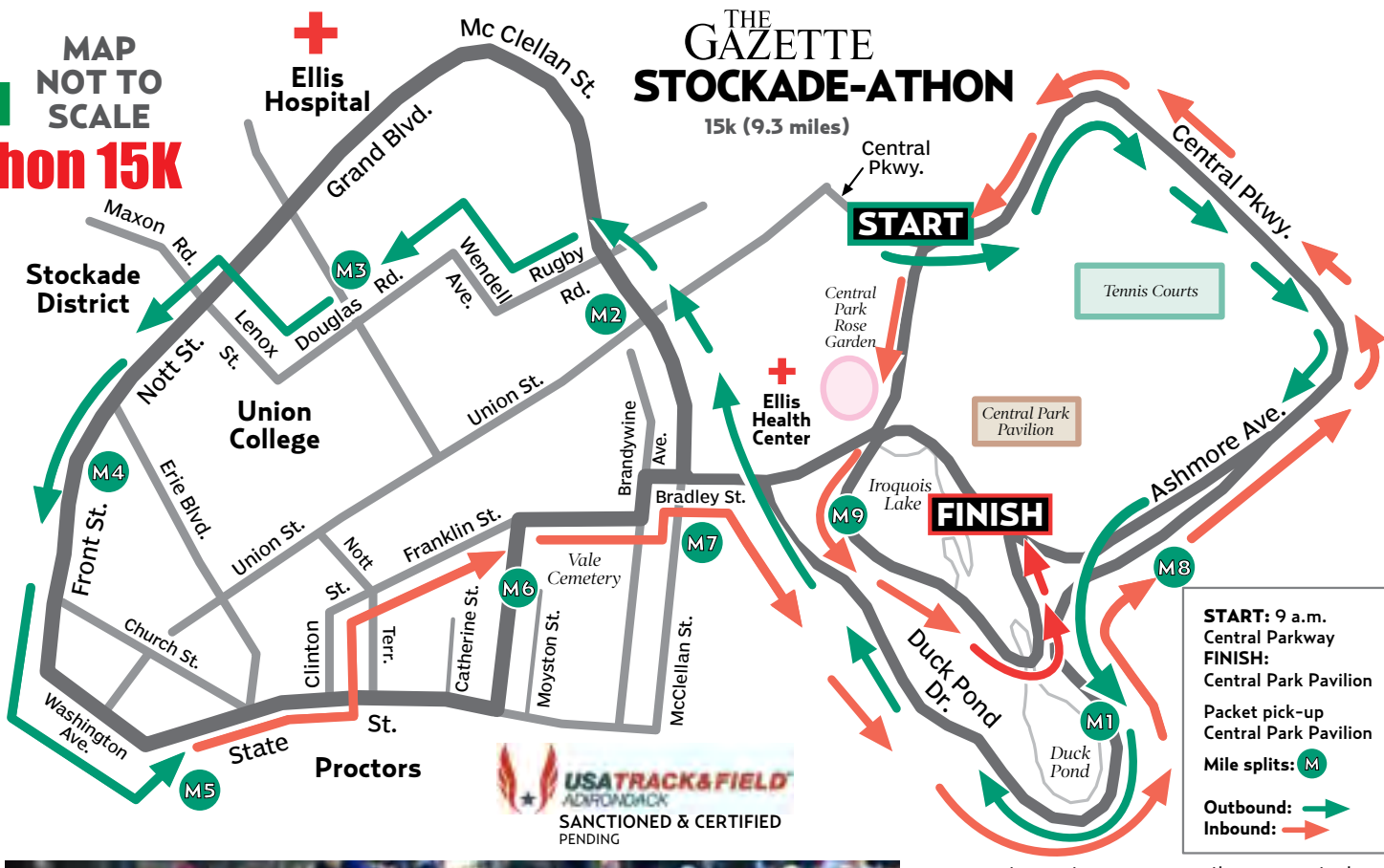
The 37th annual running of the Gazette Stockade-athon, on Sunday, November 11 at 9am, will start and finish in Schenectady's scenic Central Park. The local road race has expanded over its 37 years to become one of the most popular and prestigious road races in New York. Talented athletes from across the states and Canada are drawn to this highly competitive contest year after year due to its professional, yet quaint atmosphere. The Stockade-athon is one of the top three competitive 15K road races in the USA. Last year, three of the top six male finishers ran in the Boston Marathon the following spring, and finished as the second, sixth, and ninth Americans overall. The top two women finishers qualified for the Olympic Marathon Trials.

The first running of the Stockade-athon occurred in 1976, two years before the popular Utica Boilermaker 15K came into existence, and is regarded as the oldest "major" 15K road race in the USA. In its debut year, 80 runners finished the 9.3-mile course, designed by local runner Mark Mindel. Over the next 25 years, the event leveled off at 700 to 1,000 participants per year. Only in the last decade has the popularity grown steadily with a record number of 1,603 finishers in 2011. 2012 is expected to be even bigger!

The explosion in popularity of the race in the last decade, at a time when 5Ks are the predominant race distance, is a result of well thought out strategies and tireless efforts from the race director, Vincent Juliano. As a 15-year volunteer race director, Vince, has a passion and understanding for road racing, and puts his heart and soul into the orchestration of the event. Some personal touches that Vince has incorporated are refining the course for maximum scenic and historic enjoyment, providing a one-mile kids' run with goodie bag prizes for all, offering prize money, and handcrafted pottery for the top finishers, supplying a plethora of post-race refreshments, and announcing the award winners with a heartfelt sincerity that exudes his appreciation and enthusiasm for the athletes. Vince's improvements over the past 15 years have molded the event into a very memorable occasion for both the casual runner and the fierce competitor.

One of the changes this year will be a divided start line for the men and women. The women will line up and start in their own lane and merge with the men after about 100 yards. It is anticipated that female runners may exceed male runners for the first time in Stockade-athon history. Last year women comprised 49.5-percent of the field, up from 20-percent in the mid 1980s, and 30-percent in the early 90s.

A modification of the route is in the works, which will add more historic interest and natural beauty. The course still starts and finishes in the beautiful Central Park, and winds through some flat and hilly



KAREN BERTASSO OF SCOTIA LEADS THE CHASE PACK LEAVING CENTRAL PARK DURING THE 2011 STOCKADE-ATHON 15K. PHOTO BY JACK MCCOY

sections of Schenectady, most notably the Stockade section. The revised course will utilize a more residential road to avoid passing in front of Ellis Hospital near the 5K mark, and instead proceeds through the historic GE Realty Plot and Union Triangle sections of the city. This area is known for mansions built by GE scientists, inventors, and Union College professors in the city's heyday. A favorite part of the original route is the Stockade section, which during the Revolutionary War provided a safe haven of a fort and rows of small two-story attached houses. As the city industrialized and grew, the district retained its quaintness and is synonymous with the history of Schenectady.

The other major route change is a quicker exit off of State Street, where the course will proceed north onto Clinton Street, and turn east onto Franklin Street. After completing Franklin Hill, runners will follow a

new scenic inner-city greenway bike path in Vale Park that leads to Vale Cemetery. Runners will then join the original course for the last third and reenter Central Park for a dramatic finish around Iroquois Lake.

Runners have raved about the course for years – the scenery around the ponds of Central Park, the Stockade section, State Street hill, and beautiful Vale Cemetery. Lori Kingsley, a top women's contender from Wysox, Penn., commented, "It's a beautiful course, and challenging, which I prefer." Local masters icon, Nancy Briskie, added, "The scenery change of this race so reminds me of NYC, moving from one neighborhood to another – NEVER a dull moment!"

As always, a spectacular one-mile kids' run will be held on Sunday at 11:30am around Central Park's Duck Pond. Last year 150 kids participated with all receiving awards. Lori and the hundreds of other spectators love watching the kids run, "It's

a great way to encourage the young to be physically active. Plus they get their own medals and treats! Watching their excitement as they come across the finish line is priceless."

This year's early packet pick-up and last-minute registration will be held at The Gazette building, 2345 Maxon Road Extension, Schenectady on Saturday, November 10 from 9:30am till 1:00pm. Runners are encouraged to pick up their packets a day ahead to ensure they receive the desired size, gender-specific Brooks technical shirt. There will be no race day registration.

In addition to \$5,000 in cash prizes for USATF open, masters, and age-graded athletes, lovely handcrafted pottery by local artist, Nancy Niefeld, will be awarded to age-group winners in five-year categories. For those competitors over 40, the age-graded aspect of the awards ceremony adds interest. Calculations based on gender and age – compared to worldwide standards – place all runners on a level playing field.

The awards ceremony will be held at noon in Central Park at the Park Pavilion or the Park Casino near the finish line. Raffle prizes will be awarded at random to those in attendance at the award ceremony.

Even though the race draws many nationally and world ranked runners, the achievement for most is finishing with a smile, maybe with a PR, and feeling good about the effort and struggle to complete the challenging 15K course. The Stockade-athon is a local tradition among the running community that is growing and becoming a significant fall event for athletes in the Northeast and elsewhere.

Anne Benson (rbenson1@nycap.rr.com) is a local competitive masters runner. She resides in Clifton Park with her husband and three children and works for GE Water & Process Technologies.

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# Winter Revisited

By Janit Gorka

2012 SARATOGA WINTERFEST 5K SNOWSHOE RACE DIRECTOR, JEFF CLARK, SAYS "WHERE'S THE SNOW?" PETER THOMAS/ALPENGRAPHIK.COM

THE IMPROVISED "HURT UP THE MOUNTAIN" CROSS-COUNTRY SKI RACE AT WEST MOUNTAIN. COURTESY OF NYSSRA-NORDIC

Ask anyone in the upstate New York winter sports business about good winters of late, and you get a wistful sigh and the reply that the winter of 2010-2011 was glorious. About as good as it gets.

On the flip side, the consensus on the most recent non-winter was the following season of 2011-2012: last winter. A cruel seasonal dichotomy to be sure, but one that has regardless left most of our regional winter sports enthusiasts with the eternal optimism that the glorious winter will return, and the region will have 140 inches of natural snow by February. That was the stuff of dreams.

"Mother Nature is just not tipping her hand right now," says Ray O'Keefe, meteorologist for the **National Weather Service** in Albany, which covers the Capital District, southern Adirondacks, western Massachusetts and southern Vermont. "The winter forecast becomes clearer in October," he explains. Ray says that currently the winter trend is a weak El Nino, which translates to slightly warmer winter temperatures. "But El Nino is not as good a predictor of weather in the Northeast," he adds. This is complicated stuff, but what Ray shared is that El Nino, an oceanic weather-driver, affects the western US with some predictability. The Northeast is on the fringe of that pattern, and also has both Arctic and North Atlantic influences. Those influences bring the snow, and it looks good for this year, even with the slightly higher temperatures.

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AccuWeather made its 2012-2013 winter snow predictions on October 3. The forecast of above-normal accumulation along the Interstate 95 corridor and the Northeast is encouraging news for winter sports participants.

Nordic skiers and ski centers were perhaps hit the hardest by last year's warm temperatures and absent snow. In 2010-2011, **NYS Ski Racing Association (NYSSRA) - Nordic** had approximately 3,600 racers start a cross-country ski, biathlon or ski orienteering race. The following year there was only 400 participants, said past-president Darwin Roosa.

"Many people were disappointed by last winter, but that was tempered by the creativity of the athletes and race directors out there," says Darwin, who ranked first in NYSSRA-Nordic overall points last year. "For the youth Nordic categories, they held the Junior Nationals at Bristol Mountain in Canandaigua, and here we had a championship race the first week of March in Lake Placid," he continues.

In desperation last winter, Capital Region ski club Team HURT put together the "HURT Up the Mountain" race at **West Mountain** in Glens Falls. Yes, they cross-country skied up West Mountain, with the best time around 20 minutes. "It was spectacular, everyone thought it was fun," Darwin shared. He mentioned that at a recent NYSSRA meeting, everyone was optimistic about the upcoming season... But many came with creative back-up plans, just in case.

At **Lapland Lake Nordic Vacation Center** in Northville, where they are often open for Thanksgiving and sometimes into April (a normal winter is 120 days), was only open about 64 days during 2011-2012 season. They barely made it open for New Year's Day. "We only need three to four inches of snow to open," says Ann Hirvonen. "We feel that after last winter, which was our worst in 35 years, enthusiasts will be breaking down the doors to get out and ski... They have all that pent-up excitement from last winter, they love snow," Ann says of her clientele.

"If you don't have natural snow, you can't Nordic ski. Most ski areas don't have snowmaking for cross-country skiing, and if they do it is a very small loop," says Art Jubin of **Cascade Cross Country Ski Center** in Lake Placid. "We have been in the business for 34 years, last year was the worst," Art summarizes. "We were able to do our Full Moon Parties," a tradition at the 2,000 foot elevation area, which connects

to **Olympic Sports Complex** at Mount Van Hoevenberg. Cascade has its January, February, and March Full Moon events already planned for the season.

The lack of a white backcountry affected many winter sports, and snowshoe racing suffered last year as well. "At the **Saratoga Winterfest 5K** we had to shorten the course and some was on the snowless trail," says Laura Clark of Saratoga Stryders, who directs snowshoe races at Saratoga Spa State Park and Wilton Wildlife Preserve & Park annually.

"To calculate the **Dion Snowshoe Series** overall point standings last year it counted even if you ran the race instead of snowshoed," she explains. For the coming year, Laura is hosting the Empire State Snowshoe Racing Association Championship at Saratoga Winterfest on Feb. 2, and the US Snowshoe Association Regional at the **Camp Saratoga 8K** on Feb. 9 in Wilton.

The snowshoe runners are fortunate to have Dion Snowshoes, a notable snowshoe builder at their wilderness backdoor in Bennington, Vt., and have them sponsor the regional race series. The series schedule will be posted at [runwmac.com](http://runwmac.com) in November. Natural snow required, but many of these races are held in snow belts and at elevation.

One could argue that downhill skiing is the most weatherproof of the winter sports disciplines. Snowmaking is possible with a good chill, and the ski resort is contained and controlled, often at high elevations. Ski passes already purchased and fastened to ski pants... No worries, right? Not so. Many ski areas' bread and butter is that phenomenon when snow falls in the backyard, or snow falls in the big city, and suddenly a trip to the mountains seems like a fantastic idea. Then these folks get to town, and realize that it's darn cold, and don't I need better gear? You see where this is going?

"When winter is warm here in Lake Placid, it hurts," says Brian Delaney of **High Peaks Cyclery**, which has backcountry gear, hiking and ice climbing, Nordic equipment and guiding services. "There is that initial fall and early-winter enthusiasm, but then last year we lost that 'need-now' part of the winter... Like 'it's snowing, I am cold, and I am buying these socks, gloves, hats...'" Brian explains.

"Many people buy gear in anticipation of the season," says Jack Hay of the **Alpine Sport Shop** in Saratoga Springs, "Serious regular skiers are not affected. It is the impulse that sometimes guides a snowshoe or Nordic ski purchase," Jack says. For Alpine, their proximity to destinations means that a good snowfall brings curious winter sports enthusiasts that may give cross-country skiing or snowshoeing a try. Additionally, Alpine plans way ahead for group bus trips to ski destinations, solidifying their schedule whether or not the snow flies in town.

**Gore Mountain** in North Creek must have been reading their crystal ball in the summer of 2011, when they upgraded their snowmaking. "Last summer, Gore made a massive improvement by purchasing these 160 high-efficiency tower guns, and it helped us power through a difficult season," says Emily Stanton of Gore. "We have three new groomers for this winter, which will help improve snow conditions."

If you want to add to the winter sports experience, get off the snow and try outdoor ice at Lake Placid's **Sheffield Olympic Speedskating Oval** on Main Street, where refrigeration means a winter experience is there for the taking. If temperatures cooperate, ORDA may open the oval as early as December 1 for skating.

It looks like snow sports live on, so think snow and get that gear and body ready for the winter season! ❄️

Janit Gorka ([janitgorka@gmail.com](mailto:janitgorka@gmail.com)) is a Wilton-based freelance writer. She works for Jaeger & Flynn Associates in Clifton Park and for Row2k.com.

## AROUND THE REGION **News Briefs**



### ▲ Winter Racing at Revolutionary Velo-Watts

CLIFTON PARK – Revolutionary Velo-Watts is now part of the Peak Centre International Winter Bicycle Racing Series. The Peak Centre located in Vancouver, British Columbia, has coordinated a North American fall-winter indoor CompuTrainer racing series for the past nine years. The series is designed to be a fun way to get in a good, hard lactate threshold workout once per week in an environment that is fun, competitive and social.

Recreational, competitive cyclists and triathletes have an opportunity to challenge each other on an indoor virtual course for general classification (GC) and stage titles with other multi-rider centers located in Canada and the U.S. A weekly write-up and rankings highlight some of the riders in various centers based on the times posted, points collected and individual improvements. The results are divided into four categories: Men and Women As and Bs. Starting in October and running into March 2013 you can race head-to-head with other riders linked on CompuTrainers at Revolutionary Velo Watts.

An original time trial course will be the only course that is repeated throughout the series. The TT course is about 14 miles and is composed of relatively easy grades with the toughest climb about four-percent. The idea for this stage is to be a good gauge of sustained power so that riders can track their improvement and progress. Rider categorization is based on performance in the TT – top portion of riders go A, rest go B. For details, call (518) 256-9818 or visit [velowatts.com](http://velowatts.com). 🌲

### Stationary Bike Race for a Good Cause

SARATOGA SPRINGS – The Karen & Gary Dake Foundation for Children is presenting their fifth annual Stationary Bike Race 2012 on Saturday, Nov. 3 from 9am-12 noon at the Saratoga Regional YMCA branch in Saratoga Springs. Teams of four cyclists will compete against each other relay style for one hour on stationary bikes for terrific prizes. Each member rides for a minimum of 10 minutes during the 60 minutes of racing.

All proceeds go to raise funds to purchase adaptive equipment for local children with disabilities. Participants ride so that others may have the chance to ride too. A child with disabilities often requires a special adaptive bicycle for mobility and safety. These bikes can cost from \$500 to \$4,000 and are not typically covered by insurance or Medicaid. For health, children with limited mobility need to be mobile as much as children with full mobility.

The winning team gets the grand prize of a one-year individual membership to the Saratoga Regional YMCA for each team member or equal value applied to youth or family membership. A prize will also go to the team who collects the most sponsorship dollars. The minimum sponsorship level is \$50 per rider or \$200 per team. The event is sponsored by Minor Improvements PT and Saratoga Regional YMCA. To register by the Oct. 26 deadline, visit [dakefoundation.org](http://dakefoundation.org) or call (518) 226-0252. 🌲



### ▲ Wild & Scenic Film Festival

MANCHESTER, VT – The Vermont Land Trust is partnering with the Mountain Goat and Patagonia to bring the Wild & Scenic Film Festival to Burr & Burton Academy's Riley Center Auditorium in Manchester, Vt., on Thursday, Nov. 15 from 7-9pm.

The Film Festival is a collection of award-winning environmental and adventure films that illustrate the beauty of the natural world, the challenges facing our planet's ecosystems, and the conservation work being done by communities around the world. The films tell stories of high-adrenaline exploration and adventure, inspiring conservation campaigns, and sustainable agriculture endeavors. Festival manager Lori Van Laanen notes, "When we realize that the change we need in this world begins with us, we can start making a difference."

Tickets cost \$8 in advance, \$10 at the door, and \$5 for students under 18. Tickets can be purchased at the Mountain Goat in Manchester, or by visiting [vlt.org](http://vlt.org). The first 50 people who buy tickets will receive a free special edition Nalgene water bottle. There also will be a reception and a raffle featuring a fantastic selection of prizes from Patagonia and the Mountain Goat. Proceeds will benefit the Vermont Land Trust. For more info, call VLT at (802) 262-1241. 🌲

### Play It Again Sports Sponsors Warren Miller's Flow State

ALBANY – Play it Again Sports in Latham announces it's partnership with Warren Miller's *Flow State*. Warren Miller offers filmgoers a magnitude of ski and snowboard action, and the movie will guide viewers to the top of striking peaks in Norway, Austria, California and Switzerland. The powder in Japan will send you scrambling to tune-up your gear and the steeps in Alaska will drive you to push a little harder during your next preseason workout.

Flow State is hosted by Johnny Mosley and showcasing athletes including Colby West, Chris Davenport, Jess McMillan and David Wise. Film attendees will have a chance to win prizes and get access to savings from ski and snowboard vendors. Tickets are on sale for two showings at the Palace Theatre in Albany, Nov. 16-17, and are available only at Play it Again Sports in Latham. Contact them at (518) 785-6587 or go to [playitsportslatham.com](http://playitsportslatham.com). 🌲

### FROM THE PUBLISHER & EDITOR

#### Dear Readers,

Please join us at the **Winter Expo!** It's the Capital, Saratoga and Glens Falls region's ski, snowshoe, cross-training, healthy living and travel show – and we have some running, hiking, biking, paddling and triathlon thrown in there as well. The expo is a celebration of the people, places and events that make this a great place to live and play year-round. Whether you participate in one endeavor or enjoy everything, there's something for you!

We've worked with the exhibitors and listened to you to continuously improve the expo for you. We have 20 new exhibitors, more interactive demos, more family-friendly activities, more exhibitors selling, more races/events, and more ideas for winter fun! Admission is FREE and we have \$4,000 in prizes. But bring your wallet for great savings on gear, clothing, footwear, membership and event registration.

The Winter Expo has everything you need for winter! If you enjoy reading the magazine, attend the show that brings it to life!

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ISSUE #144

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# NYCROSS.com 2012 Race Series

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**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

**Info: NYCROSS.com**  
**Register: BikeReg.com**



## Attention Cyclists – Pedal for a Good Cause!

Teams of 4 compete relay style for one hour on stationary bikes. Great fun, terrific prizes and all proceeds go to an amazing cause - to raise funds to purchase adaptive equipment for local children with disabilities.

See Foundation website for registration information: [www.dakefoundation.org](http://www.dakefoundation.org)

*We ride so that others may have the same chance!*

November 3rd, 9:00 a.m. – Noon  
Saratoga Regional YMCA  
Saratoga Springs, NY Branch



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# Calendar of Events October-December 2012\*

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

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

## ALPINE SKIING & SNOWBOARDING

### OCTOBER

- 19 "Lost Ski Areas of the Southern Adirondacks" Talk & Booksigning w/Jeremy Davis. 7pm. Alpine Sport Shop, Saratoga Springs. 584-6290. [alpinesportshop.com](http://alpinesportshop.com).
- 27-28 5th Adirondack Sports & Fitness Winter Expo. Sat: 10-5, Sun: 10-4. Free. 100 exhibitors, prizes, activities, sales, demos, clinics. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

### NOVEMBER

- 2-4 51st Albany Ski & Snowboard Expo. Empire State Plaza, Albany. [albanyanskiandsnowboardexpo.com](http://albanyanskiandsnowboardexpo.com).
- 3 Warren Miller's "Flow State." 7pm. Maple Avenue M.S., Saratoga Springs. Alpine Sport Shop: 584-6290. [alpinesportshop.com](http://alpinesportshop.com).
- 16-17 Warren Miller's "Flow State." 8pm. Palace, Albany. Play It Again Sports: 785-6587. [playitagainsportslatham.com](http://playitagainsportslatham.com).
- 17 Warren Miller's "Flow State." 7:30pm. LP Center for the Arts, Lake Placid. 523-2512. [lakeplacidarts.org](http://lakeplacidarts.org).
- 24 Thanksgiving Family Ski or Ride Day. Oak Mountain, Speculator. 548-3606. [oakmountainski.com](http://oakmountainski.com).

### DECEMBER

- 19 Inside Edge Demo & Coca-Cola Wednesday. Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 21 Whiteface "Deck the Halls" Rail Jam. Whiteface, Wilmington. 946-2223. [whiteface.com](http://whiteface.com).
- 28 Burton Snowboards Demo Day. Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).
- 28 New Year's Masters Ski Jump (Art Devlin Cup). Whiteface, Wilmington. 946-2223. [whiteface.com](http://whiteface.com).

### FEBRUARY

- 8 10th "Chicks on Sticks" Bus Trip. Bromley Mountain, Manchester, VT. Alpine Sport Shop: 584-6290. [alpinesportshop.com](http://alpinesportshop.com).

## BICYCLING, MOUNTAIN BIKE & CYCLOCROSS

### ONGOING

Daily Structured Training Programs in a Group Atmosphere. October-March. Triathletes, competitive & recreational cyclists. Revolutionary Velo-Watts, Clifton Park. 256-9818. [velowatts.com](http://velowatts.com).

### OCTOBER

- 13-14 NYCROSS.com Race Series: Uncle Sam GP of Cyclocross. Prospect Park, Troy. Eric Schillinger: 441-1296. [nycross.com](http://nycross.com).

- 21 NYCROSS.com Race Series: Saratoga Spa Cyclocross. Saratoga Race Track, Saratoga Springs. John Onderdonk: 441-2074. [nycross.com](http://nycross.com).
- 25 Warren County Bikeway Ride. Queensbury to Lake George: 18M. Paul Breslin: 783-9154. [adk-albany.org](http://adk-albany.org).
- 26 Elevate Cycles Clinic Series: Bike Maintenance, Training & Bike Fit. 6:30-8pm. Elevate Cycles, Clifton Park. 371-4641. [elevatecycles.com](http://elevatecycles.com).
- 26 Critical Mass Community Ride. 5:30pm. Washington Park, Albany. [albanybicyclecoalition.com](http://albanybicyclecoalition.com).
- 27 Haunted Hundred Overnight Century Road Ride. 6pm. Saratoga Springs City Center, Saratoga Springs. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).
- 27 Fall Hill Climb Challenge. 9am. Tinney's Tavern, Lake Desolation. [tinneystavern.com](http://tinneystavern.com).
- 28 NYCROSS.com Race Series: Wicked Creepy Cyclocross. Willow Park, Bennington, VT. 802-442-7238. [nycross.com](http://nycross.com).
- 28 Hunter Cyclocross Race. Hunter Mountain, Hunter. Dieter Drake: 275-6185. [bikereg.com](http://bikereg.com).
- 30 All Hollows Mountain Bike Race. 6pm. Central Park, Schenectady. Heather Rizzi: 847-2419. [hrrtonline.com](http://hrrtonline.com).

### NOVEMBER

- 3 5th Stationary Bike Race 2012. One-hour, 4-person relay. 9am-12pm. Saratoga Regional YMCA, Saratoga Springs. Register by 10/26. Karen & Gary Duke Foundation: 226-0252. [dakefoundation.org](http://dakefoundation.org).
- 3 11th Darkness @ 909 Halloween Night Race. 9M. 7pm. Pleasant Valley. Tim: 845-505-1211. [espraces.com](http://espraces.com).
- 4 Sweat N Ice Full/Metric Century Road Ride. 9am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419. [bikereg.com](http://bikereg.com).
- 10 Rivers & Lakes Century Road Ride. 100M. 8am. Schuylerville. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).
- 11 NYCROSS.com Race Series: Bethlehem Cup Cyclocross. Elm Ave Park, Bethlehem. Dave Beals: 439-6951. [nycross.com](http://nycross.com).
- 11 Dave Panella Memorial Cyclocross Race. 11am. Greene. 607-723-9508.
- 11 22nd West Hill Shop Cyclocross Race. 9am. Putney, VT. 802-387-5718. [westhillshop.com](http://westhillshop.com).
- 17 Albany Cranksgiving Alleycat Bike Race. Benefits local food kitchen. 7pm. Henry Johnson Monument, Washington Park, Albany. [deerintheheadlights@rocketmail.com](mailto:deerintheheadlights@rocketmail.com).
- 22 Giving Thanks Mountain Bike Race. 9am. Central Park, Schenectady. Heather Rizzi: 847-2419. [hrrtonline.com](http://hrrtonline.com).

### DECEMBER

- 1 Last Century Road Ride. 100M. Schuylerville. Schuylerville. John Ceceri: 583-3708. [adkultracycling.com](http://adkultracycling.com).
- 1 HRRT Sweat N' Ice Road Ride. 62M/32M. 9am. Shop Rite Plaza, Niskayuna. Heather Rizzi: 847-2419. [hrrtonline.com](http://hrrtonline.com).
- 9 Lippman Park Cyclocross Race. 10am. Lippman Park, Wawarsing. Renegades Mountain Bike Club: 845-626-7230. [renegadesmtb.com](http://renegadesmtb.com).

## CROSS-COUNTRY SKIING

### DECEMBER

- 9 Cross-Country Ski Tour. 7-10M. Woodford, VT. Rich Macha: 346-3180. [adk-albany.org](http://adk-albany.org).
- 9 NYSEF Season Opener XC Ski Race. Mt Van Hoevenberg, Lake Placid. [nyssranordic.org](http://nyssranordic.org).

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



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

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Sun. 12-5

- 22 **World Famous Osceola Christmas Pie Classic XC Ski Race.** Osceola Tug Hill, Camden. 315-599-7377. nyssranordic.org.
  - 29 **Glenville Hills Classic XC Ski Race.** Glenville. NYSSRA-Nordic. nyssranordic.org.
- FEBRUARY**
- 
- 9-10 **Canadian Ski Marathon.** Ten sections, two days, 100 miles of adventure. Lachute, Montebello, Gatineau. 877-770-6556. csm-mcs.com.

- 17 Big Indian, Doubletop, Graham, Balsam Lake Mountain Hike. 5am. 15M. Claudia Warren:731-6446. adk-albany.org.
- 18 Hunter Mountain Hike. 7.5M. 9am. Hunter Mountain Ski Bowl, Hunter. Cal Johnson: 845-246-2006. adk-albany.org.
- 23 Snow and Rooster Comb Hike. 5.3M. Register by 11/20. Gene Reilly: 281-7796. adk-albany.org.

- DECEMBER**
- 1 Street & Nye Mountains Hike. 9M. 4:30am. Don Berens: 783-1302. adk-albany.com.
  - 1-2 **Wilderness First Aid with Wilderness Medical Associates.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
  - 9 **Adirondack Packbaskets.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
  - 16 **Adirondack Packbaskets.** Member Services Center, Lake George. Adirondack Mountain Club: 523-3441. adk.org.

- MULTISPORT: TRI, DU, BIATHLON & ORIENTEERING**
- OCTOBER**
- 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.

- NOVEMBER**
- 3 Woods Hollow Orienteering Meet. 10am-12pm starts. Milton. Bob Lange: 456-5897. empo.us.orienteering.org.
  - 4 Five Rivers Orienteering Meet. 10am-1pm starts. Five Rivers EEC, Delmar. empo.us.orienteering.org.
  - 10-11 **HITS Triathlon Series.** Sprint, Olympic, Half, Full. Lake Havasu City, AZ. 845-246-8833. hitstriathlonseries.com.

- DECEMBER**
- 1-2 **HITS Triathlon Series Championship.** Sprint, Olympic, Half, Full. Palm Springs, CA. 845-246-8833. hitstriathlonseries.com.

**OTHER EVENTS**

**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.

- NOVEMBER**
- 4 **Discover SCUBA.** 9am-1pm. Free. Glens Falls. Rich Morin's Scuba Center: 761-0533. richmorinsproscubacenters.com.
  - 15 **Wild & Scenic Film Festival: Award-winning environmental & adventure films.** 7pm. Sponsored by Mountain Goat. Burr & Burton Academy's Riley Center, Manchester, VT. VLT/Tickets: 802-223-5234. vtl.org. Info/Mountain Goat: 802-362-5159. mountaingoat.com.

**HEALTH & FITNESS**

**ONGOING**

- Mo-Fr **Boot Camp Challenge.** Malta 6-week camp starts: 11/5. Other camps: Saratoga, Schenectady, Albany counties. 366-1901. makeitfittraining.com.
- Mo-Fr **Capital District Adventure Boot Camp for Women.** Starts: 10/15 (4wk), 11/12 (1wk), 11/26 (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.
- Thu Zumba Gold Class. Free. 11:30am-12:30pm. Malta Community Center, Malta. active.com.
- Fri **Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri **Hatha Yoga.** 8:30am. The Studio, High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.
- Sat **Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat **Hatha Yoga.** 10am. The Studio, High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

- OCTOBER**
- 25 **Orientation Class.** 6:30pm. Free. Core Revolutionary Group Fitness, Glens Falls. 409-4111. coreglensfalls.com.

**NOVEMBER**

- 10-11 Energy Healing Workshop w/Christel Nani. Washington Inn, Saratoga Springs. christelnani.com.
- 29 **Orientation Class.** 6:30pm. Free. Core Revolutionary Group Fitness, Glens Falls. 409-4111. coreglensfalls.com.

**HIKING, CLIMBING & SKILLS**

**OCTOBER**

- 13 **Beginner Day Hike: Jay Range.** 7.5M. Adirondack Mountain Club: 523-3441. adk.org.
- 13-14 **Leave No Trace Trainer.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 20 **Map & Compass Fundamentals.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

**NOVEMBER**

- 15 **Wild & Scenic Film Festival: Award-winning environmental & adventure films.** 7pm. Sponsored by Mountain Goat. Burr & Burton Academy's Riley Center, Manchester, VT. VLT/Tickets: 802-223-5234. vtl.org. Info/Mountain Goat: 802-362-5159. mountaingoat.com.

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Monday, December 31 • 5:30pm  
 Skidmore College, Saratoga Springs

\$22 by 11/23 • \$30 after 11/23 • Tech long-sleeve shirt  
 Finisher medals to all runners – No day of race registration

**Register online or entry form: saratoga-arts.org**  
 Info: (518) 584-4132 or jallen3@nycap.rr.com

After the race, enjoy First Night Saratoga – Presented by Saratoga Arts

First Annual  
**Mario Zeolla '97 5K Run/Walk**

Saturday, Oct. 27 / 10am  
 Albany College of Pharmacy & Health Sciences, Albany

\$20 by 10/20 / \$25 event day  
 All 5K participants receive T-shirt  
 Free Kids' Fun Run / 9:30am

**Register: acphs.edu/healthexpo**  
 Sponsored by ACPHS & MVP Health Care

Part of Health & Wellness Expo: 10-2  
 Open to public with free services/events

Benefits Mario Zeolla '97 Memorial Scholarship

FIFTH ANNUAL  
**Shenendehowa Veteran's Day Dash 5K Run/Walk**

Monday, Nov 12 • 10am  
 Shen H.S. Track  
 Clifton Park

Flat/fast course • T-shirts to first 300 runners  
 Open to all runners & walkers • USATF sanctioned  
 Kids' 1-Mile Fun Run • 11am

**Register online: FinishRight.com**  
**ShenRunners.com • Beth Haig: 573-4595**  
 Partial proceeds to Wounded Warrior Project  
 Shen Track Booster Club & Clifton Park Track Club

**MVP HEALTH CARE**

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**

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 \$22 (before 10/1), \$25 (before 10/20)  
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 \$5

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**Register Online:**  
[www.saratogabridges.org](http://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 

22 Thanksgiving Feast. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

**DECEMBER**

2 **Discover SCUBA. 9am-1pm. Free. Glens Falls. Rich Morin's Scuba Center: 761-0533. richmorinsproscubacenters.com.**

29 **NYSEF 90K New Year's Ski Jump. Olympic Ski Jumps, Lake Placid. 523-1655. whitefacelakeplacid.com.**

**PADDLING: CANOEING & KAYAKING**  
**OCTOBER**

23 **Evening Paddle on the Mohawk. 5:30pm. Lions Park, Niskayuna. Rich Macha: 346-3180. adk-albany.org**

**NOVEMBER**

4 **Hudson River Paddle. 15M. Stuyvesant. Rich Macha: 346-3180. adk-albany.org**

**RUNNING, WALKING & SNOWSHOEING**  
**OCTOBER**

- 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. ballstonspaumcchurch.org.**
- 13 **UA Homecoming 5K Run, 3K Walk & Little Dane Dash. 9:15am. Track, UAlbany, Albany. 442-3087. albany.edu.**
- 13 **3rd 5K Fun Run/Walk for Brachial Plexus Injuries. 9am. Town Park, Halfmoon. Diana: 664-2178. ubpn.org.**
- 13 **3rd Hoof It for the Horses 10K Run & 5K Run/Walk. 7am. Old Town Hall, Florida. 421-0125. raceit.com.**
- 13 **2nd Octoberfest Half Marathon & 10K. 9am. Peru F.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. ARC of Rensselaer Co. Susan Streb: 274-3110 x3003. renarc.org.**
- 14 **2nd Fall Foliage Half Marathon & 5K. 10am. Starr Library, 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 **10th Salute & Scoot Run. 2.8M. 3pm. Pump & Run Competition: Bench press (call for details). Walkers welcome: 1.5M. Algonquin Middle School, Averill Park. Fitness Coach: 674-8629.**
- 20 **Bite Back for a Cure 5K Run. 9:30am. 1M walk against tick-borne diseases. Crossings, Colonie. 577-3316. tbdalliance.org.**
- 20 **Cahill Classic 5K Race. 9am. Cahill E.S., Saugerties. Jenny Mangione: 845-247-0675. welcometosaugerties.com.**
- 20 **Hartford Spud Run 5K. 10am. 1M Fun Run: 9am. Hartford C.S., Hartford. Phil Jessen: 632-5922. adirondackrunners.org.**
- 20 **3rd 5K for Johnson Park Center. 9am. SUNYIT, Utica. johnsonparkcenter.org.**
- 21 **5th Hometown Heroes 5K Run & Walk. 9:15am. Fundraiser for National Guard Readiness Council. The Crossings, Colonie. Ann Swezey: 783-9409. nyfrc-inc.org.**

- 21 **Thin Blue Line Run 4 Kids 5K & Kids 1M Fun Run. 9am. Henry Hudson Riverfront Park, Hudson. Dean Rowe: 828-3388. hudsonpolice.org.**
- 21 **Wandering Witch 5K/10K Trail Races. 9:30am. Christ the King Conference Center, Greenwich. Jen Kuzmich: 692-2801. bkvr.org.**
- 21 **Monster Dash 5K. 12pm. Medicine Horse Farm, Morrisonville. 566-7217. medicinehorsefarm.org.**
- 21 **Empire State Marathon & Half Marathon. 7:30am. Alliance Stadium, Syracuse. empirestatemarathon.com.**
- 21 **Mount Toby Trail Race. 14M. 9am. Town Park, Sunderland MA. mttobytrailrun.com.**
- 27 **1st Mario Zeolla '97 5K Run/Walk. 10am. Free Kids' Fun Run: 9:30am. Plus, Health & Wellness Expo: 10am-2pm. Albany College of Pharmacy & Health Sciences, Albany. acphs.edu.**
- 27 **19th Goblin Gallop 5K. 9am. Halloween Hop Kids' Run: 10am. Abraham Wing School, Glens Falls. Amy Hachem: 812-5924. adirondackrunners.org.**
- 27 **1st Maddie's Mark 5K. 9am. Central Park, Schenectady. 852-0485. maddiesmark.org.**
- 27 **Tina's 5K Run/Walk. 9am. Pleasantville. Steve Bloom: 320-8648.**
- 27 **Clinton County Family Promise Prediction Race. 10am. Plattsburgh. Shauna Miller: 726-6291. areep.com.**
- 27 **Troy YMCA 5K Run, 3K Walk & Kids' Fun Run. 8:30am. YMCA, Troy. 272-5900. cdmymca.org.**
- 27 **5th Anne's Quest 5K Run & 3K Walk. 9:30am. Raffles, music, food. Shaker H.S., Latham. annesquest.org.**
- 27 **14th Great Sacandaga 10K Road Race. 10:30am. Sport Island Pub, Northville. Ann Kenyon: 775-1877. fmrrc.org.**
- 27 **Pumpkin Brigade 5K Run/Walk. Johnsonville. Michelle Daus: 275-2508. fmrrc.org.**
- 27 **Running Colors 5K. 11am. Arts Center, Old Forge. 315-369-6411. viewarts.org.**
- 28 **Halloween Hustle 5K. 9:30am. Central Park Pavillion, Schenectady. Gary Hughes: 522-4107. active.com.**
- 28 **rUNDEAD 5K Zombie Survival 5K Trail Run. 9:30am. Runners try to escape hungry zombies. Saratoga Spa State Park, Saratoga Springs. Michelle Iorizzo: 388-0790. Special Olympics New York: nysso.org or facebook.com/therundead.**
- 28 **8th Hairy Gorilla Half Marathon & Squirrelly 6-Mile Trail Race. 9:30am. 600m Kids' Race: 9am. Thacher S.P., Voorheesville. AREEP. Josh Merlis: 320-8648. hairygorillahalf.com.**
- 28 **Starlight Spooky Sprint 5K Walk/Run. 12:30pm. The Crossings Park, Colonie. starlight-newyork.org.**
- 28 **Coop Loop 5K. 12:30pm. Clark Sports Center, Cooperstown. Rich Jantzir: 607-547-2800. clarksportscenter.com.**

**NOVEMBER**

- 3 **12th Falling Colors 8K Run & 5K Walk. 10am. Rock Hill. Kim Klemen: 845-283-8944. sullivanstriders.org.**
- 3 **Kick It For Kashius 5K. 10:30am. The Crossings, Colonie. Erica Doran: 458-1440. southcolonie.k12.ny.us.**
- 3 **3rd Mohawk Turkey Trot. 8:30am. Grove Street, Mohawk. Vicki Coffin Judd: 315-868-9368. getentered.com.**
- 4 **2nd Fall Frun 10K. 9am. Shenendehowa High School, Clifton Park. AREEP. Josh Merlis: 320-8648. fallfrun10.com.**
- 4 **7th "Fall Back 5" 5M Trail Race. 10am. Kids' Fun Run: 11am. Administration Building, Saratoga Spa S.P., Saratoga Springs. 584-2000. saratogagstryders.org.**

Corporate Sponsor 

 **11TH Annual Turkey Trot**

5K Run/Walk

**Thursday, November 22 Thanksgiving Day • 8:30am**

City Hall, Broadway  
 Saratoga Springs

Entry Fee: \$22 by 11/15  
 \$25 between 11/16-21  
 T-Shirt: To all registered by 11/14

Packet pickup/last chance to register  
 Wed, Nov 21, 4-8pm at Saratoga Hilton  
**No "Day Of" Registration**

All proceeds benefit Christopher Dailey Foundation


**Register Online: areep.com**  
[christopherdaileyfoundation.com](http://christopherdaileyfoundation.com)

**REVOLUTIONARY Run for Veterans**

November 10, 2012  
 9a.m.  
 Fort Hardy Park  
 Schuylerville, NY  
 5K run/walk

[www.active.com](http://www.active.com)  
 "Revolutionary Run for Veterans"

ALL Proceeds benefit local Veterans  
 Via Saratoga County Veterans Trust Fund



5th Annual  
**Hometown Heroes 5K Run & Walk**

Sunday, Oct. 21 • 9:15am  
**The Crossings of Colonie**

USATF Certified • Solo/Teams  
 T-shirt to first 250 • Chip Timing  
 \$20 by 10/17 • \$25 after

**Register: NYFRC-INC.ORG**  
 Ann Swezey: (518) 229-8956

Fundraiser to benefit NY National Guard Family Readiness Council



7th Annual Saratoga Spa State Park  
**Fall Back 5 5-Mile Trail Race**

Hills, ridges, streams & singletrack...  
**Sunday, Nov 4 • 10am**

Administration Bldg Lobby, Saratoga Spa S.P.  
 Improved course! Tech T-shirt to first 200  
 \$20 by 11/3 or \$25 race day • Prizes/Raffles  
 Free kids' activities (during race) & fun run (after)

**active.com • saratogagstryders.org**  
 (518) 584-2000





5th Annual  
**Run Off That Turkey Trot 5K**

**Saturday, November 24 • 10am**  
Altamont Elementary School, Altamont

Out and back thru scenic country/village roads  
Running gloves to all preregistered  
Door prizes, refreshments, more...  
Only 300 entries allowed

Register: [active.com/5k-race/altamont-ny/5th-annual-run-off-that-turkey-trot-5k-2012](http://active.com/5k-race/altamont-ny/5th-annual-run-off-that-turkey-trot-5k-2012)

Phil Carducci: (518) 861-6350  
[holidayclassic@nycap.rr.com](mailto:holidayclassic@nycap.rr.com)  
Proceeds benefit Helderberg Running Club

**Recover, Reduce and Reward!**

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- Reduce your risk of injury
- Reward yourself for the hard work

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**No Nonsense Therapeutic Massage**

Conveniently located in downtown Schenectady at Healing Path Massage, 670 Franklin Street

19th ANNUAL!  
**Goblin Gallop 5k**

**Saturday, October 27 • 9 am**  
Abraham Wing School  
120 Lawrence St, Glens Falls  
\$20 (\$15 Adk Runners) • \$25 race day  
Quality long sleeve T-shirts to first 250 entrants

**HALLOWEEN HOP 3/4-Mile Fun Run**  
10 am • Free  
Halloween treats to all finishers

Register online & entry form:  
[active.com](http://active.com) • [adironackrunners.org](http://adironackrunners.org)  
Info: Amy Hachem (518) 636-6789  
Benefits Friedreich's Ataxia Research (FARA)



# TURKEY TROT 2012

Thanksgiving | November 22<sup>nd</sup>  
**5K Fun Run/Walk**

Bethlehem Middle School | 332 Kenwood Ave. Delmar

Please bring a canned food item for the **Bethlehem Food Pantry**

Registration form at:  
[www.OurTowneBethlehem.com](http://www.OurTowneBethlehem.com)

**Costumes Encouraged!**

- 4 3rd Wounded Warrior Race. 8am. Camillus F.D., Camillus. Thomas Scott: 315-882-5893. [fabnine.com](http://fabnine.com).
- 4 USATF Adirondack Association: Junior Olympic XC Championships. 2K, 3K, 4K, 5K. Delmar. 273-5552. [usatfadir.org](http://usatfadir.org).
- 4 ING NYC Marathon. 26.2M. Staten Island to Central Park, New York. [nyrr.org](http://nyrr.org).
- 10 **Revolutionary Run for Veterans 5K Run/Walk. 9am. Fort Hardy Park, Schuylerville. Saratoga Co Veterans Trust Fund: 884-4115. [saratogacountyny.gov](http://saratogacountyny.gov) or [active.com](http://active.com).**
- 10 Valatie Veterans 5K Run. 10am. Glynn Square, Valatie. Jon Meredith: 728-1451.
- 10 Fall Flurry 10K Road Race. Little Falls. Tony DeLuca: 315-823-1740. [uticaroadrunners.org](http://uticaroadrunners.org).
- 11 **37th Gazette Stockade-athon 15K. 9am. 1M Duck Run for Children: 11:30am. Central Park, Schenectady. [stockadeathon.com](http://stockadeathon.com).**
- 11 Veteran's Day 5K. 10am. Warming Hut, Saratoga Spa State Park, Saratoga Springs. 913-909-6467. [finishright.com](http://finishright.com).
- 11 After The Leaves Have Fallen 20K. Lake Minnewaska S.P., New Paltz. [shawangunkrunners.org](http://shawangunkrunners.org).
- 11 Fall Harvest Fest Races. 7.5M & Fun Run. 8:30am. Cornwall on Hudson. Jackie Gaillard: 845-591-4558. [cornwallions.com](http://cornwallions.com).
- 12 **5th Shenendehowa Veteran's Day Dash 5K Run/Walk. 10am. Kids' 1M Fun Run: 11am. Shen H.S. Track, Clifton Park. Beth Haig: 573-4595. [shenrunners.com](http://shenrunners.com).**
- 17 NYRR NYC 60K Road Race. 8am. Central Park, New York. [nyrr.org](http://nyrr.org).
- 17 Operation Santa Run. 5K/10K. 11am. Hudson Falls M.S., Hudson Falls. Frank Munoff: 656-3480. [hfscd.org](http://hfscd.org).
- 18 **HMRRC Turkey Raffle 1-Hour Run. 10am. The Crossings, Colonie. [hmrrc.com](http://hmrrc.com).**
- 18 4th Run for Safety. 2M/0.5M. 5:30pm. Mason Home, Utica. Mike Kessler: 315-724-3315. [uticaroadrunners.org](http://uticaroadrunners.org).
- 22 **65th Troy Turkey Trot. Open 5K: 9:45am. Open 10K: 8am. Grade School 1M: 9:20am. 1M Turkey Walk: 9:20am. Troy Atrium, Troy. USATF-Adirondack: 273-5552. [troyturkeytrot.com](http://troyturkeytrot.com).**
- 22 **11th Christopher Dailey Turkey Trot 5K Run/Walk. 8:30am. City Hall, Saratoga Springs. [christopherdaileyfoundation.com](http://christopherdaileyfoundation.com).**
- 22 **3rd OurTowne Turkey Trot 5K Fun Run/Walk. 9am. Bethlehem M.S., Bethlehem. [ourtownebethlehem.com](http://ourtownebethlehem.com).**
- 22 **1st St George's Turkey Trot 5K Family Run/Walk. 8am. Kids' Fun Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. [stgeorgeschoolcp.org](http://stgeorgeschoolcp.org).**
- 22 **31st Cardiac Classic 5K Road Race. 9am. 2M wellness walk: 8am. 1M Duck Pond fun run: 10am. Central Park, Schenectady. 243-4600. [ellishospitalfoundation.org](http://ellishospitalfoundation.org).**
- 22 Cohoes Turkey Trot. 9am. City Hall, Cohoes. Danielle Lagace: 233-2116. [ci.cohoes.ny.us](http://ci.cohoes.ny.us).
- 22 WMAC Turkey Trot 5K. 8am. PNA Hall, Adams, MA. Ed Saharczewski: 413-344-3968. [runwmac.com](http://runwmac.com).
- 22 28th Thanksgiving Walk for Hunger. 5K. 9am. Memorial Parkway, Utica. David & Ingrid Otto-Jones: 315-793-0955. [uticaroadrunners.org](http://uticaroadrunners.org).
- 22 Thanksgiving Day Run for the Hall. Sports Hall of Fame, Rome. [uticaroadrunners.org](http://uticaroadrunners.org).
- 22 MHRRC Turkey Trot. Bob Rother Memorial 25K: 8:30am. 1M Kids Run: 8:40am. 5M: 9am. 2M Fun Run: 9:05am. Arlington HS, Poughkeepsie. [mhrrc.com](http://mhrrc.com).
- 22 Running of the Turkeys 5K. 9:30am. Arlington, VT. Jon French: 802-375-8083. [bkvr.org](http://bkvr.org).

- 22 36th Turkey Trot 5K. 11am. Gutterson F.H., UVM, Burlington, VT. [gmaa.net](http://gmaa.net).
- 24 **5th Run Off That Turkey Trot 5K. 10am. Altamont E.S., Altamont. Phil Carducci: 861-6350. [active.com](http://active.com).**
- 24 10th Canajoharie Turkey Trot. 10am. Canajoharie H.S., Canajoharie. 368-6075. [canajoharieschools.org](http://canajoharieschools.org).
- 25 Thanksgiving Run/Walk to End Hunger. 5K, 2M Walk & Kids Run. Utica. 793-0955. [uticaroadrunners.org](http://uticaroadrunners.org).

## DECEMBER

- 1 Jingle Bell 5K Run/Walk. 10am. The Crossings, Colonie. Kevin Mullen: 456-1203. [arthritis.org](http://arthritis.org).
- 1 Reindeer Run. 5K. 9am. Queensbury. [adironackrunners.org](http://adironackrunners.org).
- 1 Knights of Columbus Holiday Run. 5M. 11am. Kids' run: 10:30am. Knights of Columbus, Wappingers Falls. Pete Sanfilippo: 845-297-7950. [mhrrc.org](http://mhrrc.org).
- 2 **1st Adirondack "Let it Snow" 5K Run. 9am. Point Park, Old Forge. Beth Tickner: 315-369-2484. [adkchristmasonmain.com](http://adkchristmasonmain.com).**
- 8 7th Santa Speedo Sprint 0.8K Run. 2pm. Lark St, Albany. [albanyspeedosprint.com](http://albanyspeedosprint.com).
- 8 It's A Wonderful Run. 5K. 4:40pm. Community Center, Seneca Falls. Jeff Rook: 315-243-6193. [itsawonderfulrun5k.com](http://itsawonderfulrun5k.com).
- 9 **HMRRC Winter Series Race #1: 15K & 3M. 10am. University at Albany, Albany. Doug Bowden: 489-5311. [hmrrc.com](http://hmrrc.com).**
- 9 Reindeer Ramble 5K. 1pm. Kingston YMCA, Kingston. [ymcaulster.org](http://ymcaulster.org).
- 15 **16th Albany Last Run 5K. 5pm. Empire State Plaza, Albany. Cathy Kosa: 434-5415. [albanyevents.org](http://albanyevents.org).**
- 22 Holiday Classic 5K. 10am. Columbia Greene Community College, Hudson. Phil Carducci: 861-6350. [active.com](http://active.com).
- 22 **"I Love Woodford" 3M Snowshoe Run. 10:30am. Dion Snowshoe Series. Woodford S.P., Woodford, VT. [runwmac.com](http://runwmac.com).**
- 31 **15th First Night Saratoga 5K Run. 5:30pm. Skidmore College, Saratoga Springs. Saratoga Arts: 584-4132. [saratoga-arts.org](http://saratoga-arts.org).**

## SWIMMING

### NOVEMBER

- 4 40th Leatherstocking Halloween Swim Meet. 10am. Hartwick College, Oneonta. 607-431-4537. [adms.org](http://adms.org).

### DECEMBER

- 1 3rd Crazy 12-Mile Swim Meet. 8am. Ravena HS, Ravena. [adms.org](http://adms.org).
- 8 Holiday Classic Swim Meet. 10am. Ballston Spa HS, Ballston Spa. Keith Coonrod: 527-5853. [adms.org](http://adms.org).

### JANUARY

- 5 Happy New Year Swim Meet. 10am. Mohansen HS, Rotterdam. Bill Mottola: 356-8240. [adms.org](http://adms.org).

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

*Calendar of Events listings are free. Submit your event online at [AdkSports.com](http://AdkSports.com). We reserve the right to publish/edit as appropriate.*

1st Annual  
**St. George's Turkey Trot**  
5K Family Run/Walk

**Thursday, Nov. 22 • 8am**  
St. George's School & Episcopal Church  
912 Rte 146, Clifton Park

Register: [Active.com](http://Active.com)  
Entry Form: [stgeorgeschoolcp.org](http://stgeorgeschoolcp.org)

● Kids' Fun Run (\$1 race day) • 9:05am

Benefits St. George's School Scholarship Fund

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5K Run/Walk

Sunday, December 2, 2012  
Old Forge, NY  
9:00 am

Run/Walk the most holiday spirited 5K race in beautifully decorated Old Forge and Thendara as part of Adirondack Christmas on Main Street. Participants can show their spirit as well with holiday costumes. It's going to be great family fun!

\$20 by 11/25 or \$25 by 12/1/12

❄️ Long Sleeve T-Shirts

Post Race Refreshments

Awards to top 3 M/F finishers in each division

Best Costume

Register [Active.com](http://Active.com) (fee)  
[ADKChristmasOnMain.com](http://ADKChristmasOnMain.com)

ALPINE SKIING • BACKCOUNTRY SKIING • BIATHLON • BOBLED • CROSS-COUNTRY SKIING • CROSS-TRAINING • CURLING • ICE CLIMBING • KITESKIING • LUGE • NORDIC SKATING • ORIENTEERING • SKIJORING • SKI JUMPING • SLEDDING • SLEIGHING • SNOWBOARDING • SPEEDSKATING • TELEMARK SKIING • MORE

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**ADIRONDACK**  
SPORTS & FITNESS  
**WINTER EXPO**

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**OCTOBER 27 & 28**  
Saturday 10-5 • Sunday 10-4

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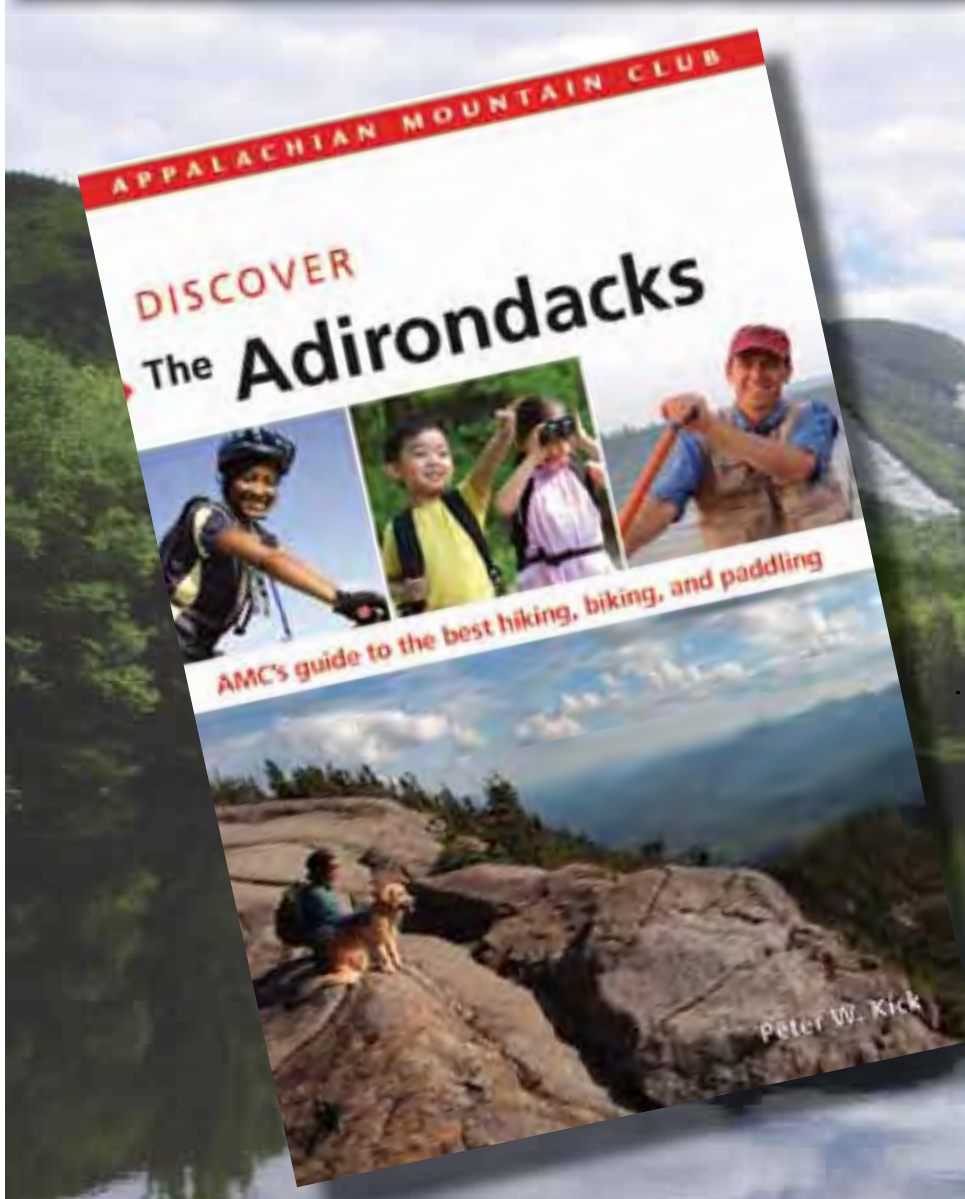
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# Attendee Guide for the

# ADIRONDACK SPORTS & FITNESS WINTER EXPO

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Interactive Demos – Expert Seminars & Clinics



Saratoga Springs City Center • 522 Broadway

## Exhibitors by Category

As of 10/10/12

### ALPINE SKIING & RIDING

- Alpine Sport Shop
- Bromley Mountain
- Downhill Threads
- Gore Mountain
- Hickory Ski Center
- Oak Mountain
- Pico Mountain
- Plaine and Son Ski & Bike
- Stowe Mountain Resort
- Whiteface Lake Placid
- Willard Mountain

- Core – Revolutionary Group Fitness
- Cummings Advertising Art
- H2O Solutions
- Healthy Living Market & Cafe
- Huff 'N' Puff Home Improvement
- It Works
- Nonni's THINaddictives
- Real Goods Solar
- Saratoga Regional YMCA
- Snow Brush Bags
- Tierra Farm

### CROSS-COUNTRY SKIING

- Canadian Ski Marathon
- Cascade Cross Country Center
- Garnet Hill Lodge & X-C Ski Center
- High Peaks Cyclery
- Lapland Lake Nordic Vacation Center
- NYS Ski Racing Association-Nordic

### BICYCLING

- Adirondack Recreation Trail Advocates
- Adirondack Ultra Cycling
- American Diabetes Assn/Tour de Cure
- Bicycle for Humanity-Adirondack
- Broadway Bicycle Co

### SNOWSHOE HIKING & CLIMBING

- Adirondack Mountain Club
- Fountain Square Outfitters
- NYS Outdoor Guides Association
- Rock Solid Fun
- Wild River Press/Discover the Adirondacks
- YMCA Camp Chingachgook

### RUNNING & SNOWSHOEING

- Dion Snowshoes & Race Series
- Hudson-Mohawk Road Runners Club
- Leukemia & Lymphoma Society/Team in Training
- Saratoga Snowshoe Races
- Wilton Wildlife Preserve & Park

### HEALTHY LIVING

- Adirondack Sports & Fitness
- Arbonne International
- Brains and Brawn

### KAYAKING, CANOEING & SUP

- Mountainman Outdoor Supply Co

### TRAVEL DESTINATIONS

- Fulton County Regional Chamber
- Gore Mountain Region Chamber
- Silverleaf Resorts

## \$4,000 in Prizes & Giveaways!

As of 10/10/12

### ALPINE SKIING & RIDING

- Bromley Mountain – Family 4-pack tickets
- Gore Mountain – Lift tickets
- Hickory Ski Center – Lift tickets
- Oak Mountain – Lift tickets
- Pico Mountain – Lift tickets
- Plaine and Son/Broadway Bicycle – \$50 Gift Certificate
- Stowe Mountain Resort – Lift tickets
- Whiteface Lake Placid – Lift tickets
- Willard Mountain – Two-hour tubing passes (4)

### CROSS-COUNTRY SKIING

- Canadian Ski Marathon
- Cascade Cross-Country Center – Trail passes
- Garnet Hill Lodge & X-C Ski Center – Trail passes
- Lapland Lake Nordic Vacation Center – Lodging, trail passes, rentals, lessons

### SNOWSHOE HIKING & CLIMBING

- Adirondack Mountain Club – Gift basket
- Adirondack Mountain Club – Fleece jacket
- Fountain Square Outfitters – Gift certificate
- Wild River Press/Discover the Adirondacks – Books

### BICYCLING

- Bicycles for Humanity-Adirondack – Raffle and silent auction

### RUNNING & SNOWSHOEING

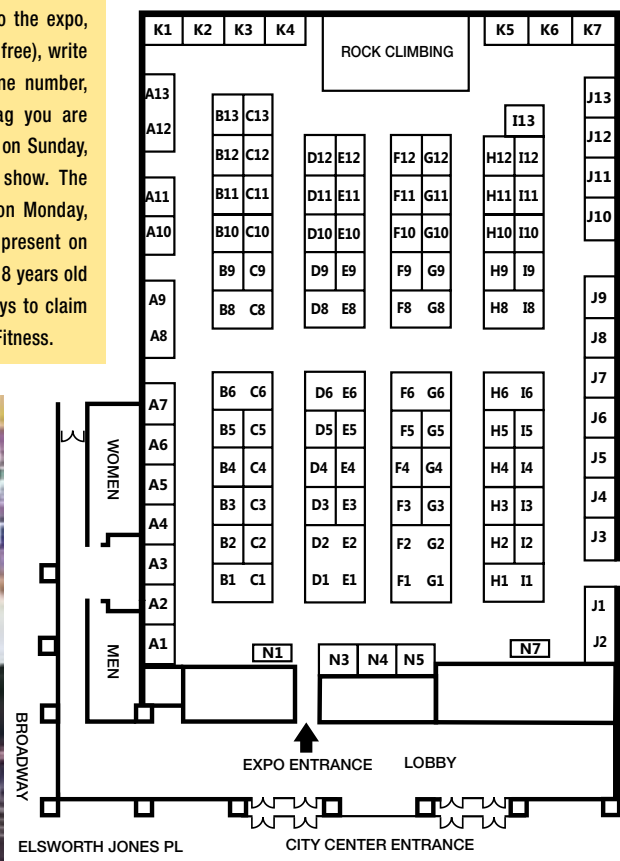
- Albany Running Exchange – Memberships (2)
- Brave the Blizzard 5K Snowshoe Race – Race entries (2)
- Camp Saratoga 8K Snowshoe Race – Race entry
- Dion Snowshoes – Pair of snowshoes
- Mohawk Hudson River Marathon – Race entry
- Mohawk Hudson River Half-Marathon – Race entry
- Saratoga Winterfest 5M Snowshoe Race – Race entry

### HEALTHY LIVING

- Adirondack Sports & Fitness – One-year subscriptions (3)
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**Gore Mountain** – For Winter 2012-13, improvements at Gore include three new groomers, plus 130 new tower guns for snowmaking, two new glades, and a complete Tannery Pub renovation! Visit our booth for expo-only savings and your "MORE GORE" stickers! North Creek • 518-251-2411 • goremountain.com

**Hickory Ski Center** – Hickory is home to New York's sixth biggest vertical drop. The mountain combines big skiing and challenging steeps with a small town, family atmosphere and great beginner and intermediate terrain. Stop by for chances to win lift tickets. Warrensburg • 518-623-5754 • hickoryskicenter.com

**Oak Mountain** – We'll have information on Oak Mountain's skiing and events for winter 2012-13. Speculator • 518-548-3606 • oakmountainski.com

**Pico Mountain** – Pico is like no other mountain. Only here can you experience the thrill of a large mountain with the personal touches of a smaller mountain. Killington, VT • 802-422-6200 • picomountain.com

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**Willard Mountain** – A winter resort offering ski and snowboard rentals and lessons, sled dog rentals, night skiing, and a retail shop with demo equipment available. Greenwich • 518-692-7337 • willardmountain.com

### CROSS-COUNTRY SKIING

**Canadian Ski Marathon** – The Canadian Ski Marathon is a celebration of Canada's winter! It is North America's longest and oldest Nordic ski tour and takes place on February 9-10 on a trail that is only groomed once per year between Lachute and Gatineau, Quebec. Montebello, QC • 613-720-9498 • csm-mcs.com

**Cascade Cross-Country Ski Center** – Our Nordic shop will be displaying the latest in cross-country touring, backcountry and Telemark equipment with discounts on earlier models. Lake Placid • 518-523-1111 • cascadeski.com

**Garnet Hill Lodge and Cross-Country Ski Center** – We are an authentic Adirondack resort with rustic lodging, elegant fireside dining, and year-round activities on 600 acres of pristine mountain, forest and lake. Don't miss this one-of-a-kind experience! North River • 518-251-2411 • garnet-hill.com

**High Peaks Cyclery** – High Peaks Cyclery is the Adirondacks four-season source for cross-country skiing, bicycling, triathlon, running and hiking sales, service and rentals. Our guide service offers rock/ice climbing, hiking, backcountry skiing, paddling and more for individuals, families and groups. Lake Placid • 518-523-3764 • highpeakscyclery.com

**Lapland Lake Nordic Vacation Center** – We will be selling winter season pass memberships at early season discounted rates. With the purchase of at least one membership, all children of that member ages 17 and under ski free all season! Adirondack Splendor – Finnish Hospitality! Northville • 518-863-4974 • laplandlake.com

**NYS Ski Racing Association-Nordic** – As the organizing body for Nordic ski racing in New York, we'll have information about the 2012-13 racing season, ski waxing demonstrations and opportunities to try laser biathlon rifle shooting in our booth. Albany • nyssranordic.com



### SNOWSHOE HIKING & CLIMBING

**Adirondack Mountain Club** – ADK is a non-profit organization that protects wild lands and waters through a balanced approach of conservation and advocacy, environmental education, and responsible recreation. We will be offering publications, maps, gifts and memberships. Lake George • 518-668-4447 • adk.org

**Fountain Square Outfitters** – FSO provides multidimensional products for outdoor enthusiasts. Our brands include Patagonia, Outdoor Research, Zamberlan, Darn Tough, ENO hammocks, Hydro Flask and more. Glens Falls • 518-932-8355 • fountainsquareoutfitters.com

**NYS Outdoor Guides Association** – NYSOGA is a professional association of licensed New York State guides. Our booth will be staffed by working guides representing the association and member guides and we'll be distributing information about how to contact guide for the services they provide. Dolgeville • 315-429-9324 • nysoga.org

**Rock Solid Fun** – We'll have our rock wall for kids and adults to climb at the expo. We rent our mobile wall for parties and events. Scotia • 518-428-6020 • rocksolidfun.com

**Wild River Press/Discover the Adirondacks** – Regional author and Adirondack Sports & Fitness contributor Bill Ingersoll will be on hand to sell and autograph copies of his popular Discover the Adirondacks series of hiking guidebooks. Barneveld • 315-272-5699 • hiketheadironacks.com

**YMCA Camp Chingachgook** – We'll be promoting summer camp programs including day camp, overnight camp, and teen adventure trips. We will also promote our year-round programs for adults and families. Kattskill Bay • 518-656-9462 • lakegeorgecamp.org

### HEALTHY LIVING

**Adirondack Sports & Fitness** – We publish the magazine – and bring it to life with Summer and Winter Expos – the essential guide for aerobic sports, fitness and travel in the Capital-Saratoga Region, the Adirondacks, and surrounding areas. Clifton Park • 518-877-8788 • adksports.com

**Arbonne International** – Arbonne takes a natural approach to creating health and wellness products based on botanical principles. Our products meet dietary needs at every stage of life. Clifton Park • 518-321-4591 • sheila.myarbonne.com

**Core - Revolutionary Group Fitness** – We are a group fitness studio offering a variety of group fitness programs including RPM- indoor cycling equipped with Green Revolution Generators which harness human energy and convert it to clean, renewable energy used to power the studio. Glens Falls • 518-409-4111 • coreglensfalls.com

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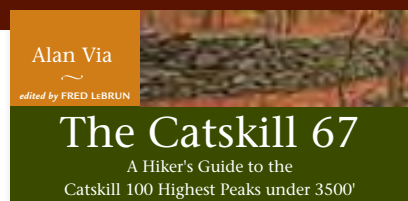
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### BICYCLING

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**Adirondack Ultra Cycling** – We organize ultra-marathon bicycle rides and races in the Adirondack and Saratoga regions, including the Haunted Hundred on Oct. 27, which leaves from the Winter Expo. Our events include the year-round Adirondack Ultra Challenge, Saratoga Brevet Series, Saratoga 12/24, Montreal Double Double, and Adirondack 540 RAAM Qualifier. Schuylerville • 518-583-3708 • adkultracycling.com

**American Diabetes Association** – Get ready to take the ride of your life with the Tour de Cure on June 2, 2013 in Saratoga Springs, and help 23.6 million Americans with diabetes. Choose from five great routes – 10, 25, 50, 62.5, 100 miles. Albany • 518-218-1755 • diabetes.org

**Bicycles for Humanity** – Adirondack – Donated bicycles will be collected and shipped to Uganda. Money donations will be used to purchase a shipping container that will remain in remote Uganda to be used as a bike repair shop. Saratoga Springs • 518-581-0840 • bicyclesforhumanityadironack.org

### RUNNING & SNOWSHOEING

**Dion Snowshoes** – We manufacture snowshoes for running, hiking and fitness and sponsor the Empire State Snowshoe Series. North Bennington, VT • 802-753-1174 • dionsnowshoes.com

**Hudson-Mohawk Road Runners Club** – We are a non-profit running club holding over 300 events throughout the year and open to runners of all levels, ages and abilities. Come run with us! Albany • 518-377-1836 • hmrrc.com

**Leukemia & Lymphoma Society** – We will be recruiting for our Team In Training summer 2013 season events, including America's most beautiful bike ride, Philadelphia Triathlon, Lake Placid Half-Marathon, San Diego Rock N' Roll Marathon and Half-Marathon, and Vermont City Marathon. Albany • 518-438-3583 • teamintraining.org/uny



**Saratoga Snowshoe Races** – Try snowshoe racing this winter! We direct the Saratoga Winterfest on Feb. 3 at the Saratoga Spa State Park, which is five miles this year because it's the Empire State Snowshoe Championship, and also the Camp Saratoga 8K on Feb. 9 at the Wilton Wildlife Preserve & Park. Saratoga Springs • 518-581-7550 • saratogastryders.org

**Wilton Wildlife Preserve & Park** – We'll highlight the winter groomed trails at Camp Saratoga for snowshoeing and cross-country skiing. We will have a children's activity on animal tracks in winter. Wilton • 518-450-0321 • wiltonpreserve.org

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### TRAVEL DESTINATIONS

**Fulton County Regional Chamber of Commerce** – We'll have information, travel guides and maps for the Great Sacandaga Lake, Route 29A chain of lakes, snowmobile trails, Harvest Tour and more! Gloversville • 518-725-0641 • 44lakes.com

**Gore Mountain Regional Chamber** – The chamber will have information on the latest coming events in the Gore Mountain/North Creek Region and our member businesses, plus maps for hiking, snowshoeing, biking, skiing and snowmobiling. North Creek • 518-251-2612 • gorechamber.com

**Silverleaf Resorts** – We provide great vacation packages in Texas, Missouri, Illinois, Georgia, Massachusetts and Florida. Latham • 518-785-4083 • silverleafresorts.com

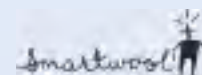
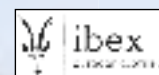
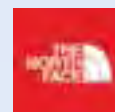


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## ATHLETE PROFILE

# Emma White

By Liz Lukowski



AGE: 15

**FAMILY:** Siblings: Curtis (17), Sarah (13), Anna (12), Harrison (10); a Great Mom and Dad (her words), Chris and Tom; and Three Crazy Cats

RESIDENCE: Delanson

**SCHOOL:** Sophomore at Duanesburg High School

FAVORITE SUBJECT: Algebra

**MAIN SPORTS:** Road Cycling and Cyclocross

**OTHER SPORTS:** Mountain Biking, Horseback Riding and Skiing



PHOTO BY TINA WRONA

this. She admits though, "There have been times when I get really frustrated." During these times, she remembers that "the people I have met through cycling are an incredible bunch, and it's really cool to see so many people that encourage me and want me to succeed."

Emma's first experience racing was in a youth mountain bike race. She passed a boy on the inside of the last corner and won! She surprised herself and the boy who asserted that he had never lost a race. She says it felt good to win – especially over a boy – and it definitely made her want to race more. Emma's proudest moment though was in January 2012 when she crossed the finish line in Madison, Wis., to win her second consecutive US National Cyclocross Championship – Junior Women 15-16 in 2012 and Junior Women 13-14 in 2011. This January Emma will defend her championship title in Madison again.

National Championship races and other major races have brought Emma to some new and interesting places all over the United States and Canada. She's raced in Oregon a handful of times and she believes it to be the "most beautiful state." This summer Emma raced in the Tour of Rimouski, a road cycling stage race, in Quebec, Canada. Emma says she would love to do this race again and was the "coolest race experience" she's ever had. Emma hopes to be able to race internationally in the next few years.

Her goals for this cyclocross season are to improve as much as possible and to race the two premiere cyclocross series in the Northeast, the Verge New England Cyclocross Series and the Shimano New England Cyclocross Series. In both road cycling and cyclocross, she spent the first few years in junior races, and then moved up into the amateur women's fields. In cyclocross, she quickly dominated the amateur women's field. She found herself in an interesting position coming into this year's season: Ineligible to race in the women's professional UCI Elite field until she turns 16 next year (as per the governing body of cycling, the Union Cycliste Internationale), and too fast to continue racing in the amateur women's field.

She has chosen to race primarily in the men's amateur Category 3 field. Emma has

kept her focus and not let herself be intimidated in the larger, faster field. In the men's races she's raced so far this season, she has finished ahead of 50-percent of the men's field on average, and shown that she can handle herself amongst a crowd as well as out front! She's found that "racing with the men is more intense and aggressive for longer periods of time." This experience will no doubt hone her technical skills and help her prepare for longer races.

Emma's made an impression on Adam Myerson, a professional bike racer and president of Cycle-Smart. "It's been clear as she's grown into a young adult, and that she has the talent and skill to go as far as she wants in the sport," he says. "Some of the choices she's already made show a level of maturity, foresight, and patience that I don't think many riders twice her age possess."

Emma balances school, racing, and being a teenager extremely well. She attends high school like most other teenagers and works hard to keep her grades in the A's throughout the cycling season. Outside of school, she leads a less than conventional life of training on weeknights and traveling to races many weekends. She's pretty sure her classmates don't realize exactly what her bike racer lifestyle is like. Some of her close friends have come to local races with her, but she acknowledges, "It's hard for them to fully understand



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RUNNING UP THE STAIRS AT THE 2012 GRAN PRIX OF GLOUCESTER (MASS.) IN THE CATEGORY 3 MEN'S CYCLOCROSS RACE.

PETE BANACH/SPOKENSHTUTTER PHOTOGRAPHY

without experiencing it." When not cycling she can be found horseback riding with her younger sisters or playing with her cats.

Emma is equally beloved as she is respected by her competitors, fellow cyclists, and others involved in the sport. Ellen Noble of Kennebunkport, Maine, another talented young cyclist who races for the Trek Cyclocross Collective and a friend of Emma's has this to say, "Emma's fabulous inside and out. She's your nemesis on the course, because she's so darn fast, but your best friend off of the course because she's so darn nice."

When asked if she had any advice for other girls that might be interested in bike racing, Emma says, "Cycling isn't easy and it takes a lot of work and dedication, but the outcome is so worth it." She continues with this wise caveat, "Have as much fun as possible because it's not worth it if you aren't having a good time." 🌱

Liz Lukowski (lizlukowski@gmail.com) is an engineering geologist for the New York State Department of Environmental Conservation. She is cyclocross racer with Team NYCross.com and occasionally blogs about bikes on The Bike Blog for the Times Union.

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## RUNNING &amp; WALKING

As runners or walkers, we typically veer towards the independent, Type A end of the personality spectrum. There is a good reason we do not rely on tennis matches or soccer teams for our main source of exercise. We stretch our legs when we choose without the extra hassle of rounding up teammates or conforming to a one-size fits all playing schedule.

This attitude, while liberating, does not come without a price. Like Kenny Rodgers in *The Gambler*: “You’ve got to know when to hold ‘em, know when to fold ‘em, Know when to walk away and know when to run.”

Basically, you need to recognize that while strong-willed, you are not invulnerable. There are some elements totally within your ability to control, some that will bend to prudent manipulation, and others that erect roadblocks better left unhurdled. You are in charge of your route, your attire, your gear. Weather and texting drivers, aggressive pedestrians, and animals are the true wild cards.

Sounds easy, right? Just know where you’re going, dress for success, and shelve the “it will never happen to me” scenarios. The percentages seem weighted in your favor. But even if you disregard the slight possibility of attacks by bears or assertive cars, the fact remains that no matter how organized we pretend to be, we leave a lot to magical thinking.

In preparation for this article, I chatted with Jeff Dengate, *Runner’s World* gear guru and Adirondack Marathon “Pace Bear” (friendly) about our current seasonal concern; namely, running safely in the dark. He emphasized that while neon jackets are a must, reflective stripes on both tops and bottoms are mandatory. Go for the Christmas tree effect with a bobblehead lamp, an additional handheld or white light up front, and a blinking tail light literally positioned.

But what really caught my attention was when Jeff recounted Bart Yasso’s experience at the Big Sur Marathon. *Runner’s World’s* Chief Running Officer was approached by a panicked athlete who had forgotten, of all things, his shoes! Upon discovering that their sizes matched, Bart traded his running shoes for the marathoner’s sandals. If such a vital piece of equipment could be forgotten on the transport bus, what hope is there for all the tiny but significant gadgets that will keep you safe in the cold and in the dark?

The answer is to overinvest in the small ticket items. Go to roadid.com and purchase multiple road ID bands. Stash in strategic places. I keep one in my running bag and one in my bike basket. My hus-

# Run Safely Out There!

By Laura Clark



band Jeff (Clark, not Dengate) keeps one in his car, visible on his drive to the kayak launch. The site helps you design your own band with cell numbers, blood type and contact information. Even if you run with friends, you cannot expect them to know your blood type. And in this day of speed dialing, how many of you out there actually remember phone numbers?



▲ AS JOHN SPLENDIDO OF NISKAYUNA DEMONSTRATES, THE NIGHT RUNNER SHOULD TRY TO BE THIS BRIGHT. PHOTO BY KAREN SPLENDIDO

◀ TOUR DE FRANCE BROADCASTER, PAUL SHERWEN, GOT HIS ROAD ID. COURTESY OF ROAD ID

If you have a “first on your block” reputation to uphold, Alex Paley, of Fleet Feet Sports in Albany recommends knuckle lights, which are just that and can presumably double as a self-defense item. Venturing farther up north, where winter is more than a passing distraction, Gail Joseph of the Fallen Arch in Lake Placid says her customers have had great suc-

cess with Gor-Tex running shoes, which are guaranteed to keep your feet dry and toasty even in the snowiest conditions.

Each year it seems as if winter is a new experience. You scramble to find gear that has gone into hiding and launch yourself onto familiar roads and trails that have undergone a snow change. I am fortunate to have a day’s worth of trails out my back door. Yet after the first snowfall I invariably find myself groping. Snow has disguised barely discernible deer trails and splattered trusty blue blazes. Thank goodness for footprints! But never fear, one of my lightweight, inexpensive shells hangs in the mudroom, its zippered pockets hugging hand warmers, a small flashlight, and a few emergency peppermints. Less than fast packing, a lot less than an Adirondack fully loaded backpacks, but always there without having to trust to memory.

It goes without saying that you let someone besides your cat know approximately where you are heading and how long you expect to be out there. At the very least, leave a note on your kitchen table or in your car or email a friend. My Jeff and I always make it a point to leave a cell message for each other whenever we head out and immediately upon return.

Unless you come between a Mama Bear and her cubs, black bears prefer to avoid encounters. And once the snow falls, they are presumably holed up in their dens. Dogs, too, tend to curtail their activities. The bad news is that those who are left are either high energy or truly desperate. We all know the scenario: slow to a walk so you don’t look like escaping prey, avoid direct eye contact, and shout “Go home!” in a masterful voice. Unlike wild animals, dogs are attuned to humans, and will hopefully accept your leadership position.

In dealing with loyal dogs defending their home turf, the no-brainer solution is to cross the road onto neutral territory. The dog feels vindicated and you emerge unscathed. If the success of this option appears in doubt, I find it helpful to pick-up a few stones or a stick. Aggressive dogs have probably had stuff thrown at them and this seems to work even if the stone is purely pretend. If the owner comes running out, restrain your impulse to launch into strong language when the person protests that their dog would never hurt anyone. Instead, comment favorably on all the energy her pooch displays and ask his name. Names are powerful and next time you and this particular neighborhood dog cross paths, the fact that you know his moniker will reinforce the idea that you are part of his pack.

There are however, circumstances when you definitely should “know when to fold ‘em.” When running as a tourist in an unfamiliar area, discretion is definitely the better part of valor. The same goes when encountering the pack mentality. Whenever dogs or humans run in team formation, confidence is tripled, and good manners are forgotten. Thinking they are invincible, runners tend to spread out into car lanes and on the trail they rely on the lead person to pay attention to markers. It is simply not worth it to confront a pack of similarly empowered dogs even if you end up running a few extra miles. In the winter, they will band together to bring down a deer floundering in the snow. You do not want to present a similar target.

There is a reason why night animals like coyotes and wolves travel in packs. If that mindset enhances your comfort level, most running clubs do host evening runs. Beginning Wednesday, Oct. 24, the Saratoga Stryders club meets at 6:15pm during off-season at the Olde Saratoga Brewing for a run around Skidmore College, followed by a beer or a root beer.

And of course, if icy roads and dark vistas lack appeal, once the snow falls, take to the trails for a whiter, brighter exercise routine on snowshoes or cross-country skis! 🏔️

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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# RACE RESULTS

## SOUTHERN ADIRONDACK SPOKES 10M TIME TRIAL SERIES #6

July 24, 2012 • West River Road, Fort Edward

MALE OVERALL			
1 Tom Suozzo/41-60	Hartford	24:14	
2 Carl Regenauer/41-60	Saratoga Springs	24:41	
3 Brandon Milet/18-40	Cambridge	25:00	

FEMALE OVERALL			
1 Erin Rock/18-40	Lexington, KY	27:06	
2 Paige Williams/15-18	N Bennington, VT	27:09	
3 Star Cook/41-60	Queensbury	27:42	

AGE GROUPS			
1 Blake Piper/M10-14	Minerva	33:05	
1 Tyra Wynn/F10-14	Queensbury	35:02	
1 Karl Hensler/18-40	Riverbank	26:33	
1 Robert Dadekian/M41-60	Niskayuna	25:37	
1 Pat MacKenzie/F41-60	Clifton Park	30:39	
1 Rich Burnley/M60-69	S Glens Falls	26:47	
1 Eric Krantz/M70-79	Lake George	31:49	
1 Walt McConnell/M80-89	Bolton Landing	34:24	

*Courtesy of Inside Edge Ski & Bike*

## HMRRC SUMMER TRACK SERIES #4: PENTATHLON

July 26, 2012 • Colonie High School, Colonie

5K, 800M, 3200M, 400M, 1600M				
Place by Points				
<b>MALE OVERALL</b>		1 John Gleeson	33	3774
		2 Ed Hampston	44	3721
		3 Richard Messineo	23	3392
<b>FEMALE OVERALL</b>		4 Brian Northan	37	3320
		5 David Tromp	37	3290

OTHER FINISHERS				
6 Ryan Cooley	31	2951		
7 Chris Nowak	37	2835		
8 Dan Murphy	37	2499		
9 Jon Whalen	43	2020		
10 Rakeem Carter	34	1973		

*Courtesy of Hudson Mohawk Road Runners Club*

## MULTI-SPORT LIFE TRIATHLON FESTIVAL: XTERRA OFF-ROAD & SHAPE KIDS' TRIATHLONS

July 28, 2012 • Grafton Lakes State Park, Grafton

XTERRA - 1K SWIM, 20K MTB, 6K TRAIL RUN				
Top 3 Overall/Age-Group & Regional Finishers				
<b>MALE OVERALL</b>		1 Colin Delaney	21	Lake Placid 1:28:26
		2 Kurt Perham	41	Brunswick, ME 1:28:37
		3 Tim Snow	36	Brockton, MA 1:28:57
<b>FEMALE OVERALL</b>		1 Suzie Snyder	34	Fredericksburg, VA 1:33:26
		2 Amy Caldwell	40	Putney, VT 1:48:37
		3 Christiane Bouchard	50	Montreal, QC 1:51:03
<b>MALE AGE GROUP: 15 - 19</b>		1 Casey Gilboy	18	Latham 1:36:08
		2 Logan Marshall	18	Glenmont 1:51:42
		3 Douglas Miller	18	1:54:00
		4 Ryan Harrington	16	Averill Park 2:17:30
		5 Samuel Katz	17	Castleton 2:20:18
		6 Thomas Besch	15	West Sand Lake 2:25:07
		8 Nicholas Reynolds	17	Selkirk 2:28:24
		9 Andrew Maloney	15	Voorheesville 2:51:28
<b>FEMALE AGE GROUP: 15 - 19</b>		1 Julia Slyer	16	Averill Park 2:26:39
<b>MALE AGE GROUP: 20 - 24</b>		1 Robert Hollinger	20	Averill Park 1:35:21
		2 Craig Mitchell	21	Hanson, MA 1:42:36
		3 Andres Gorman	24	Cutchogue 1:43:38
		4 Andrew Dolan	23	Grafton 1:55:42
<b>FEMALE AGE GROUP: 20 - 24</b>		1 Caitlin Skufca	20	Wilmington 2:12:03
<b>MALE AGE GROUP: 25 - 29</b>		1 Marcus Debergh	29	Albany 1:32:04
		2 Christopher Page	29	Cambridge, MA 1:37:56
		3 Keith Rousseau	29	S Burlington, VT 1:40:41
		4 Bryan Grygus	28	Clifton Park 1:44:36
		5 Johnathan Loudis	28	Latham 1:52:49
		6 Jim Skopas	26	Rensselaer 1:57:10
		7 Will Pierce	25	Schenectady 2:31:22
<b>FEMALE AGE GROUP: 25 - 29</b>		1 Allison Yoho	28	Clifton Park 1:59:22
		2 Kelly Howie	29	Arlington, MA 2:17:38
		3 Amanda Burchert	26	Ottawa, ON 2:36:56
<b>MALE AGE GROUP: 30 - 34</b>		1 Brian White	34	Altamont 1:33:16
		2 Matthew Bergiel	33	Medfield, MA 1:43:44
		3 Brian Dion	31	Gatineau, QC 1:55:47
		7 Dylan Reeves	31	Glenville 2:12:56
		8 Jeff Hanna	33	Clifton Park 2:14:54
		9 Brandon Vilorio	31	East Greenbush 2:15:11
		10 Daniel Anderson	31	Saratoga Springs 2:29:14
<b>FEMALE AGE GROUP: 30 - 34</b>		1 Kate Boobar	34	Stratton Mountain, VT 1:53:49
		2 Jennifer Dean	34	Rensselaer 2:06:46
		3 Shannon Malone	32	Moriches 2:14:49
<b>MALE AGE GROUP: 35 - 39</b>		1 Rob Ricard	35	Berwick, ME 1:30:08
		2 Matt Boobar	39	Stratton Mountain, VT 1:32:00
		3 James Smith	39	Washington Crossing, PA 1:35:21
		6 Craig Hills	39	Millerton 1:39:56
		7 Jason Chlopecki	37	Scotia 1:45:11
		8 Jason Reyes	35	1:47:39
		15 Joshua Katzman	36	Clifton Park 2:09:47
		18 David Stowater	37	Watervliet 2:18:59
		22 Jeff Hanson	39	Averill Park 2:51:31
		23 Glenn Gagnon	38	Wynantskill 2:57:51
<b>FEMALE AGE GROUP: 35 - 39</b>		1 Lisa Summers-Gibson	38	Bloomingsburg 2:10:19
		2 Maria Smit	35	Syosset 2:13:26
		3 Jennifer Kolvoord	36	Newburgh, ME 2:13:49
		4 Jennifer Kendrick	37	Cohoes 2:32:50
<b>MALE AGE GROUP: 40 - 44</b>		1 Jim Fisher	42	Midlothian, VA 1:37:45
		2 Gary David	42	Stow, MA 1:44:19
		3 Dennis Ball	44	East Greenbush 1:49:18
		4 Patrick Roche	43	East Greenbush 1:50:38
		9 Robert Case	43	2:03:50
		10 Johnny Lavigne	42	Clifton Park 2:06:44
		12 Scott Filarecki	40	Troy 2:10:50
		14 Travis Moore	40	Ballston Lake 2:18:15
		16 Pete Gregory	44	Hoosick Falls 2:25:33
		17 Jonathan Schneider	40	Latham 2:28:16
<b>MALE AGE GROUP: 45 - 49</b>		1 Kurt Swan	40	Hudson 2:43:18
		21 Andrew Tanzillo	44	Hudson 2:56:02
<b>FEMALE AGE GROUP: 40 - 44</b>		1 Amy Roccabruna	41	Pittsfield, MA 2:35:16
		2 Hannah Barry	40	Glenmont 2:35:29
<b>MALE AGE GROUP: 45 - 49</b>		1 Mauricio Duarte	46	Mineola 1:37:35
		2 Tad Norton	46	Warrensburg 1:37:54
		3 Raymond Hanley	48	Simsbury, CT 1:42:48
		4 Steve Becker	45	Niskayuna 1:54:00
		7 Norman Cognetto	46	New Hartford 2:03:19
		8 Gary Sancilio	48	Delmar 2:08:39
		12 Robert Cameron	49	Clifton Park 2:27:50
		13 Stephen Fifield	47	Ballston Spa 2:28:08
		14 Darryl Caron	49	Clifton Park 2:30:29
<b>MALE AGE GROUP: 50 - 54</b>		1 Chris Daily	53	Farmingdale 1:37:03
		2 Jim Allott	53	Potsdam 1:40:31
		3 John King	53	Shelburne, VT 1:42:47
		5 Dan Whitehead	50	2:13:00
		7 John Paduano	52	Stillwater 2:16:11
		8 Howard Kreitsek	52	Clifton Park 2:20:22
		9 John Perry	50	Johnstonville 2:56:02
<b>FEMALE AGE GROUP: 50 - 54</b>		1 Stephanie Landy	52	Ballston Spa 1:53:38
<b>MALE AGE GROUP: 55 - 59</b>		1 John Lindros	55	Northport 1:51:40
		2 Bob Gramling	56	Red Hook 1:54:49
		3 Brian Delaney	57	Lake Placid 1:57:03
		6 Orrie Riccobono	55	Catskill 2:29:16
<b>FEMALE AGE GROUP: 55 - 59</b>		1 Annette Macniven	57	Wainscott 2:02:02
<b>MALE AGE GROUP: 60 - 64</b>		1 Charlie Redmond	63	Tenafly, NJ 2:07:42
		2 Russell Clark	60	Scotia 2:11:43
		3 Daniel Rose	64	Fairfield, CT 2:26:16
<b>FEMALE AGE GROUP: 60 - 64</b>		1 Vianna Zimbel	60	S Glastonbury, CT 2:14:15
		2 Linda Usher	63	Upton, MA 2:39:27
<b>OVERALL RELAY TEAMS</b>				
		1 The Americans	1:58:53	
		2 Team McLean	2:01:40	
		3 Amy's Fault!	2:06:57	
<b>SHAPE KIDS - 100M SWIM, 5K MTB, 1K TRAIL RUN</b>				
<b>MALE OVERALL</b>				
		1 Rowan Wilson	11	Norwich, VT 14:56
		2 Boone Jones	12	West Dover, VT 15:24
		3 Justin Caron	13	Clifton Park 15:39
<b>FEMALE OVERALL</b>				
		1 Summer Jones	12	West Dover, VT 15:56
		2 Riley Kowalzyk	13	Ballston Spa 16:01
		3 Emily Laplante	13	Brunswick 16:28
<b>MALE AGE GROUP: 6 &amp; UNDER</b>				
		1 David Zdunek	6	Glenville 23:05
		2 Kai Vernooij	6	Niskayuna 23:14
		3 Ethan Gilson	5	Niskayuna 31:09
<b>FEMALE AGE GROUP: 6 &amp; UNDER</b>				
		1 Madeline Fisher	5	Midlothian, VA 21:54
		2 Sophia Holmgren	6	Williamstown, MA 24:09
<b>MALE AGE GROUP: 7 - 8</b>				
		1 Gabe Cohen	7	Albany 20:38
		2 Marc Paskiewicz	8	Center Moriches 21:46
		3 Kenny Gregory	8	Hoosick Falls 21:52
		4 Thomas Roche	8	East Greenbush 23:57
		5 Jacob Gilson	7	Niskayuna 25:19
		6 Seth Johnson	7	Bennington, VT 25:20
<b>FEMALE AGE GROUP: 7 - 8</b>				
		1 Willa Warwaiss	8	Nassau 16:52
		2 Sarah Vernooij	8	Niskayuna 18:36
		3 Ruby Slyer	8	Averill Park 19:38
		4 Taylor Peterson	8	Cohoes 19:43
		5 Julia Holmgren	8	Williamstown, MA 20:51
		6 Sarah Dickerson	7	Greenfield Center 24:13
		7 Angelina Pesta	8	Albany 25:16
<b>MALE AGE GROUP: 9 - 10</b>				
		1 Ian Vernooij	10	Niskayuna 17:05
		2 Scott Paskiewicz	10	Center Moriches 17:52
		3 Trevor Dzikowicz	9	Amsterdam 18:14
		4 Christopher Cruz	10	Selkirk 18:44

*continued*

## MULTI-SPORT LIFE TRIATHLON FESTIVAL: XTERRA OFF-ROAD & SHAPE KIDS' TRIATHLONS

*continued*

5 Keston Holohan	10	Averill Park	19:02	5 Nick Serafin	11	Clifton Park	18:48
6 Adam Rourke	10	Clifton Park	19:09	6 Owen Laflamme	12	Niskayuna	18:58
7 Aidan Dempsey	10	Glenville	19:14	7 Justin Henges	12	Schenectady	19:16
8 Jeffrey Koeferl	9	Ballston Lake	19:11	8 Oz McClamrock	12	Troy	19:27
9 Jackson Moran	9	Ballston Spa	19:33	9 Michael Rienzo	12	Troy	20:28
10 Lucas Dempsey	9	Glenville	20:04	<b>FEMALE AGE GROUP: 11 - 12</b>			
11 Hunter Posluszny	9	Glenville	22:22	1 Alexandra Koeferl	11	Ballston Lake	17:35
12 Rasavati Sutherland	10	Stuyvesant Falls	24:23	2 Sophia Morrell	12	Averill Park	17:44
<b>FEMALE AGE GROUP: 9 - 10</b>				3 Emma Alteri	12	Ballston Spa	17:44
		1 Davis Snyder	9	Averill Park	12	Nassau	17:48
		2 Lauren Johnson	10	Bennington, VT	11	Averill Park	17:54
		3 Angelina Broga	10	Nassau	12	Clifton Park	17:58
		4 Amy Burdick	10	Glenmont	11	Amsterdam	18:00
		5 Avery Besch	10	West Sand Lake	12	Lusby, MD	18:22
		6 Grace Zdunek	10	Glenmont	12	Niskayuna	18:31
		7 Olivia Farney	10	Voorheesville	11	Mechanicville	19:19
		8 Heather Morrell	10	Averill Park	11	Waterford	21:27
		9 Olivia Moran	10	Ballston Spa	11	Rensselaer	21:40
		10 Marissa Hanson	9	Averill Park	11	West Sand Lake	17:01
		11 Katie Weeden	10	Petersburg	14	Averill Park	18:56
		12 Hope Zdunek	9	Glenville	13	Averill Park	17:13
		13 Brigid Mack	9	Wynantskill	13	Troy	20:28
<b>MALE AGE GROUP: 11 - 12</b>				3 Allison Farney	13	Voorheesville	23:13
		1 Luke Tanner	12	Schenectady	16:54		
		2 Bhaktivinod Sutherland	12	Stuyvesant Falls	18:12		
		3 Lakshman Reddy	12	Stuyvesant Falls	18:12		
		4 Jacob Miller	12	Troy	18:42		

*Courtesy of SkyHigh Adventures*

## MULTI-SPORT LIFE TRIATHLON FESTIVAL: SUPER OLYMPIC ROAD TRIATHLON

July 29, 2012 • Grafton Lakes State Park, Grafton

1M SWIM, 30M BIKE, 7M RUN				
Top 3 Overall/Age Group & Regional Finishers				
<b>MALE OVERALL</b>		1 Sarah Peters	36	Albany 3:30:28
		3 Marie-Pierre St-Onge	37	New York 3:30:36
		5 Jodi Plante	38	Saratoga Springs 3:39:46
<b>FEMALE OVERALL</b>		1 George Stopyak	41	Clifton Park 2:57:11
		2 Pat Sommo	44	Guilfordland 2:59:12
		3 Greg Pesta	41	Albany 3:24:14
<b>FEMALE OVERALL</b>		4 Kevin Driscoll	40	Clifton Park 3:26:12
		5 Dan Shyne	44	Selkirk 3:30:11
		6 Phillip Sexton	43	Delanson 3:49:36
		7 Greg Haworth	44	Wynantskill 3:52:13
		8 William Smith	41	East Greenbush 4:23:01
<b>MALE AGE GROUP: 15 - 19</b>		1 Julie Kolakowski	16	Averill Park 3:29:54
		2 Cassidy Cunningham	17	Feeding Hills, MA 3:31:26
		3 Allison Indyk	18	Wappingers Falls 3:59:04
		4 Sarah McLaughlin	15	Averill Park 4:05:26
<b>MALE AGE GROUP: 20 - 24</b>		1 Brian Woods	27	Saratoga Springs 2:54:31
		2 Matt Guadagnino	27	Albany 3:25:10
		3 Jan Brajer	25	Croton-on-Hudson 3:53:54
<b>FEMALE AGE GROUP: 20 - 24</b>		1 Michelle Rousseau	27	S Burlington, VT 3:23:56
		2 Jenna Bernhardt	27	Albany 3:32:55
		3 Amanda Burchert	26	Ottawa, ON 3:36:48
		4 Amanda Baron	28	Ballston Spa 3:40:26
<b>MALE AGE GROUP: 25 - 29</b>		1 Jeremiah Madden	33	Albany 3:00:15
		2 Joshua Caselli	31	Rochester 3:07:05
		3 John Driscoll	33	Brooklyn 3:33:12
<b>FEMALE AGE GROUP: 25 - 29</b>		1 Sara Madden	34	Albany 3:24:23
		2 Sarah Strock	30	Middleburgh 3:58:59
		3 Diane Macri	31	Albany 4:15:24
<b>MALE AGE GROUP: 30 - 34</b>		1 Derek Peterson	36	Cohoes 3:03:24
		2 Nathaniel Farny	38	Cambridge, MA 3:07:53
		3 Hamish Kerr	39	Schenectady 3:23:29
		5 David Gilson	37	Niskayuna 3:29:40
		6 Colin Desacia	39	Schenectady 4:15:49
<b>FEMALE AGE GROUP: 30 - 34</b>		1 Kyle Fabrizio	37	Han

# RACE RESULTS

## 3RD ANNUAL DELTA LAKE TRIATHLON *continued*

<b>MALE AGE GROUP: 15 - 19</b>	<b>FEMALE AGE GROUP: 30 - 34</b>	<b>MALE AGE GROUP: 50 - 54</b>
1 1:07:03 MacDonald, Seth	1 1:26:39 Brown, Kirstan	1 1:09:30 Celecki, Mark
2 1:11:45 Winberg, Erik	2 1:32:23 Totaro, Carolyn	2 1:10:17 Dwyer, Mark
3 1:12:41 McGarry, Matthew	3 1:33:34 Zitzmann, Emily	3 1:11:55 Antonoff, Thomas
<b>FEMALE AGE GROUP: 15 - 19</b>	<b>MALE AGE GROUP: 35 - 39</b>	<b>FEMALE AGE GROUP: 50 - 54</b>
1 1:16:40 Learn, Susan	1 1:15:30 Terpening, Todd	1 1:29:04 Voorhees, Cathy
2 1:18:06 Learn, Violet	2 1:16:03 Fowler, John	2 1:29:05 Lalancette, Johanne
3 1:26:08 Kloss, Jenette	3 1:22:27 Nowakowski, Jake	3 1:32:39 Kenwick, Ellen
<b>MALE AGE GROUP: 20 - 24</b>	<b>FEMALE AGE GROUP: 35 - 39</b>	<b>MALE AGE GROUP: 55 - 59</b>
1 1:07:45 Agen, Connor	1 1:16:55 Zdobylak, Carrie	1 1:09:48 Elliot, Dirk
2 1:10:10 Byers, Kenny	2 1:17:35 Reis, Jennifer	2 1:11:48 Learn, Roger
3 1:13:08 Fitzgibbons, Luke	3 1:24:34 Fowler, Marcia	3 1:15:55 Reinhart, Scott
<b>FEMALE AGE GROUP: 20 - 24</b>	<b>MALE AGE GROUP: 40 - 44</b>	<b>FEMALE AGE GROUP: 55 - 59</b>
1 1:21:36 MacDonald, Lauren	1 1:07:33 Wheeler, Joe	1 1:25:36 Pisano, Diane
2 1:22:39 Messineo, Emily	2 1:11:25 Burke, James	2 1:37:04 Domachowske, Marybeth
3 1:24:21 McGarry, Tara	3 1:16:43 Reiss, Steve	3 1:49:51 Denz, Mary
<b>MALE AGE GROUP: 25 - 29</b>	<b>FEMALE AGE GROUP: 40 - 44</b>	<b>MALE AGE GROUP: 60 - 64</b>
1 1:18:38 Miller, Andrew	1 1:16:14 Doucet, Nadyne	1 1:09:43 Leonard, Timothy
2 1:20:30 Grube, Jason	2 1:18:17 Casatelli, Jolene	2 1:26:22 Ders, John
3 1:22:28 Hart, Kevin	3 1:18:31 Craybas, Suzanne	3 1:42:59 Arsenault, Gerard
<b>FEMALE AGE GROUP: 25 - 29</b>	<b>MALE AGE GROUP: 45 - 49</b>	<b>FEMALE AGE GROUP: 60 - 64</b>
1 1:16:01 Cooreman, Dana	1 1:09:00 Boudreault, Eric	1 1:42:51 Farley, Anne
2 1:18:11 Wilhelm, Katey	2 1:11:55 Fitzgerald, Mike	2 1:43:09 Klim, Barbara
3 1:24:32 Doyle, Dana	3 1:13:34 Keplinger, Edward	<b>MALE AGE GROUP: 65 - 69</b>
<b>MALE AGE GROUP: 30 - 34</b>	<b>FEMALE AGE GROUP: 45 - 49</b>	1 1:38:59 Demarco, Dominick
1 1:07:11 Yerina, Frank	1 1:17:51 Burrows, Gina	2 1:50:02 Swift, Susan
2 1:11:45 Dieteman, Francis	2 1:20:07 Wilde, Jill	3 1:59:00 Young, Rosalie
3 1:13:07 Cesari, Mark	3 1:31:07 Planka, Stephanie	<b>MALE AGE GROUP: 70 - 74</b>
		1 1:36:03 Michaels, Lee

*Courtesy of ATC Endurance*

## HUDSON HEADWATERS CARE FOR KIDS 5K RUN *continued*

<b>MALE AGE GROUP: 50 - 54</b>	<b>MALE AGE GROUP: 60 - 64</b>
1 Daniel Bernstein 51 Brant Lake 21:42	1 Richard Hartt 64 Troy 55:07
2 James Runko 50 Albany 24:22	2 David Holderman 64 Brant Lake 57:35
3 Michael Dolan 53 Pottersville 28:40	
<b>FEMALE AGE GROUP: 55 - 59</b>	<b>MALE AGE GROUP: 65 - 69</b>
1 Karen Costello 57 Hague 27:24	1 Dan Curtin 65 Adirondack 29:53
2 Gail Schmidt 55 Asheville, NC 30:04	2 Jim Himoff 69 Brant Lake 49:18
3 Leslie Weinberg 58 Bolton Landing 33:03	3 John Ruge 67 Queensbury 49:25
<b>MALE AGE GROUP: 55 - 59</b>	<b>FEMALE AGE GROUP: 70 &amp; OVER</b>
1 Michael Stall 57 Moriah 26:38	1 Dottie Longworthy 71 Warrensburg 33:44
2 Trip Shannon 58 Queensbury 27:25	2 Joan Doberst 75 Diamond Point 54:47
3 Bill Schmidt 59 Asheville, NC 28:07	
<b>FEMALE AGE GROUP: 60 - 64</b>	<b>MALE AGE GROUP: 70 &amp; OVER</b>
1 Mary Jane Kruegler 62 Latham 37:16	1 Bill Long 71 Clifton Park 26:48
2 Julia MacDonald 61 Troy 41:13	2 Harry Robinson 72 Brant Lake 27:43
3 Linda Casey 62 Warrensburg 48:43	3 Peter Tarana 70 Queensbury 31:21

*Courtesy of Hudson Headwaters Health Network*

## 11TH ANNUAL TURNING POINT 5K RUN July 28, 2012 • Saratoga Spa State Park, Saratoga Springs

<b>MALE OVERALL</b>	<b>FEMALE AGE GROUP: 30 - 39</b>
1 Kris Pieper 18 Gansevoort 17:58	1 Sarah Yurschak 37 Greenwich 21:55
2 Todd Mesick 45 Cohoes 18:11	2 Amanda Nephew 32 Mineville 25:30
3 Tim Russel 23 Greenfield Center 18:31	3 Melissa Hasan 33 Latham 26:18
<b>FEMALE OVERALL</b>	<b>MALE AGE GROUP: 40 - 49</b>
1 Samantha Watson 19 Gansevoort 18:36	1 Samuel Mercado Jr 49 Albany 19:20
2 Kimberly Miseno-Bowles 42 Amsterdam 19:35	2 David Shumpert 41 Clifton Park 19:44
3 Kelsey Leder 20 Niskayuna 20:30	3 Bob Radloff 47 Stillwater 20:18
<b>MALE AGE GROUP: 1 - 14</b>	<b>FEMALE AGE GROUP: 40 - 49</b>
1 Spencer Swoboda 13 Gansevoort 19:28	1 Brenda Lennon 46 Troy 22:39
2 Da Vante Jones 14 Saratoga Springs 21:18	2 Becky King 40 Schuylerville 24:18
3 Brenden Parillo 14 Victory Mills 21:32	3 Kim Eisler 45 Ballston Spa 24:25
<b>FEMALE AGE GROUP: 1 - 14</b>	<b>MALE AGE GROUP: 50 - 59</b>
1 Shayna Lenney 11 East Greenbush 24:56	1 Peter Carpenter 54 Queensbury 19:30
2 Marissa Towers 13 South Glens Falls 28:33	2 James McElroy 53 Saratoga Springs 19:49
3 Morgan Marcil 13 Gansevoort 28:49	3 East Greenbush 21:07
<b>MALE AGE GROUP: 15 - 19</b>	<b>FEMALE AGE GROUP: 50 - 59</b>
1 Reid Williams 16 Saratoga Springs 18:54	1 Patricia Butcher 51 Stockholm, NJ 22:18
2 Dylan Parry 19 Voorheesville 20:58	2 Deb Sanger 52 Burnt Hills 25:39
3 Dan Caro 16 Saratoga Springs 21:25	3 Pat Nephew 58 Mineville 31:06
<b>FEMALE AGE GROUP: 15 - 19</b>	<b>MALE AGE GROUP: 60 - 69</b>
1 Justine Kozubal 17 Saratoga Springs 23:35	1 John Goyette 63 Bennington 21:50
2 Amanda Griffiths 15 Stillwater 23:43	2 Jim Fiore 64 Latham 22:59
3 Tess Tholl 15 Loudonville 27:46	3 Richard Bennett 60 Clifton Park 23:13
<b>MALE AGE GROUP: 20 - 29</b>	<b>FEMALE AGE GROUP: 60 - 69</b>
1 Sean Rumney 29 Saratoga Springs 19:23	1 Katherine Ambrosio 62 Delmar 26:13
2 Matt Castiglione 28 Gloversville 48:51 1	2 Alice Carpenter 62 Delmar 31:46
<b>FEMALE AGE GROUP: 20 - 29</b>	3 Nancy Johnston 66 Ballston Lake 34:01
1 Tara Salmon 24 Clifton Park 21:59	<b>MALE AGE GROUP: 70 - 79</b>
2 Kathleen Hall 27 Stillwater 30:19	1 Jim Moore 72 Niskayuna 24:44
3 Megan Hall 26 Ballston Spa 31:27 1	2 Greg Benson 70 East Nassau 28:51
<b>MALE AGE GROUP: 30 - 39</b>	3 Armand Langevin 75 Cohoes 29:58
1 Matthew Iglar 30 Saratoga Springs 18:35	<b>MALE AGE GROUP: 80 - 89</b>
2 Joseph Genter 37 Saratoga Springs 19:07	1 Ken Orner 82 Albany 40:57
3 Greg Ethier 38 Cohoes 19:36	

*Courtesy of Turning Point 5K Committee*

## 29TH ANNUAL HIGH PEAKS CYCLERY MINI TRI SERIES #7 July 30, 2012 • Swim 400m/Bike 12M/Run 5K • Lake Placid

<b>FEMALE OVERALL</b>	<b>FEMALE AGE GROUP: 15 - 19</b>
1 Caitlin Skufca/18-29 1:06:25	1 Colleen Porter/F30-39 Lake Placid 1:08:41
2 Elizabeth Izzo/18-29 Lake Placid 1:07:34	1 Andrew Snell/M30-39 1:09:02
3 Katie Tyler/40-49 Saranac Lake 1:08:09	1 Cheryl Morris/F40-49 South Glens Falls 1:11:24
<b>MALE OVERALL</b>	1 Randy Kelley/M40-49 Plattsburgh 1:02:10
1 Colin Delaney/18-29 Lake Placid 59:09	1 Sandy Rasco/F50-59 Cadyville 1:16:11
2 Conor Gordon/15-17 Burke 59:38	1 Doug Hazelden/M50-59 Bloomingdale 1:05:51
3 Steven Vargo/18-29 Lake Placid 1:01:35	1 Alana Forcier/F60-69 Westport 1:28:09
<b>AGE GROUPS</b>	1 Michael Bryant/M60-69 Wilmington 1:22:42
1 Beckett Ledger/M1-12 Lake Placid 1:18:13	<b>TEAMS</b>
1 Brandon Couture/M15-17 West Chazy 1:13:18	1 Team Adam Turko Shelburne 59:43
1 Kaleigh Moore/F18-29 Lake Placid 1:14:15	2 Cory Couture/Alexis Kelley/Steve Couture 1:00:02
1 Kevin Higgins/M18-29 York 1:05:05	3 Forest Ledger/Mark Wilcox/Bill Skufca 1:03:48

*Courtesy of High Peaks Cyclery*

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**SOUTHERN ADIRONDACK SPOKES 10M TIME TRIAL SERIES #7**  
July 31, 2012 • West River Road, Fort Edward

MALE OVERALL table with columns for rank, name, location, and time. Includes names like Cliff Summers, Mike Wynn, and Fulton Lopez.

Courtesy of Inside Edge Ski & Bike

**6TH ANNUAL FRONHOFER TOOL TRIATHLON continued**

Multiple race results tables for Male Age Groups (50-54, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 55-59, 60-64, 65-69, 70-74, 75-79), Female Age Groups, and Double-Olympic & Sprint categories.

Courtesy of Fronhofer Tool Triathlon

**6TH ANNUAL FRONHOFER TOOL TRIATHLON**  
August 4, 2012 • Lake Lauderdale County Park, Cambridge

Multiple race results tables for Male Age Groups (35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79), Female Age Groups, and Double-Olympic & Sprint categories.

continued

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# RACE RESULTS

## 10TH RACE THE TRAIN 8.4-MILE RUN

August 4, 2012 • Depot, Riparius to Depot, North Creek

MALE OVERALL			
1	Paul Allison	25	Jericho, VT 46:59
2	Gary Messina	19	Queensbury 50:38
3	Volker Burkowski	40	Gansevoort 51:19
FEMALE OVERALL			
1	Carly Wynn	19	Queensbury 56:45
2	Rachel Bachman	21	Queensbury 57:48
3	Justine Mosher	27	Queensbury 1:00:02
MALE AGE GROUP: 1 - 14			
1	Patrick Riedinger	12	Bakers Mills 1:08:42
2	Casey Tomb	12	North Creek 1:13:08
3	Seamus Tomb	12	North Creek 1:17:10
FEMALE AGE GROUP: 1 - 14			
1	Tyra Wynn	14	Queensbury 1:02:17
MALE AGE GROUP: 15 - 19			
1	Kyle Curry	17	Blue Mountain Lake 57:46
2	Austin Washburn	17	North Creek 1:03:40
3	Joshua Korn	16	Niskayuna 1:06:36
FEMALE AGE GROUP: 15 - 19			
1	Abby Haln	17	Alexandria, VA 1:07:51
2	Fiona Recchia	19	Latham 1:09:11
3	Amanda Millington	18	Chestertown 1:11:02
MALE AGE GROUP: 20 - 24			
1	Kevin Byrd	21	New Hartford 59:51
2	Michael Wiegand	21	New Hartford 1:01:51
3	Jedidiah Mead	22	Granville 1:01:52
FEMALE AGE GROUP: 20 - 24			
1	Jane Burroughs-Park	23	Amsterdam 1:07:49
2	Amanda Crabbe	24	Staten Island 1:13:13
3	Abbey White	23	Saratoga Springs 1:14:51
MALE AGE GROUP: 25 - 29			
1	Adam Bowman	28	Castle Creek 57:06
2	Paul Mueller	28	Delmar 59:15
3	Seth Thomas	26	Glens Falls 1:01:57
FEMALE AGE GROUP: 25 - 29			
1	Jen Taft	26	Queensbury 1:04:39
2	Melissa Wern	26	Hudson Falls 1:07:22
3	Kimiko Warlaumont	25	Slingerlands 1:09:50
MALE AGE GROUP: 30 - 34			
1	Nolan Graham	32	Troy 54:16
2	Eric Bott	30	Warrensburg 1:02:01
3	Timothy Bachman	30	Pittsburgh, PA 1:02:48
FEMALE AGE GROUP: 30 - 34			
1	Courtney LaBarge	33	Cobleskill 1:09:46
2	Melissa McCreary	31	Saratoga Springs 1:10:41
3	Kendra Anderson	33	Whitefield, ME 1:12:38
MALE AGE GROUP: 35 - 39			
1	Tom Fraser	39	Old Chatham 58:57
2	Joshua Katzman	36	Clifton Park 1:00:03
3	Michael West	36	Warrensburg 1:01:37
FEMALE AGE GROUP: 35 - 39			
1	Mary Hallett	39	Gloversville 1:00:07
2	Zoe Dawson	36	Takoma Park, MD 1:02:15
3	Diana Bender	35	Los Angeles, CA 1:04:59

Courtesy of Johnsbury Dollars for Scholars

## 9TH ANNUAL GEAR UP FOR LYME: MT. EQUINOX UPHILL BIKE CLIMB *continued*

FEMALE AGE GROUP: 60 - 69		
1	Amy Verner	Manchester Center, VT 1:43:53
MALE AGE GROUP: 60 - 69		
1	George Pawley	Westfield, MA 48:17
2	Michael McCusker	Buckland, MA 49:38
3	Buddy Majernik	Greensboro Bend, VT 54:59
MALE AGE GROUP: 70 & OVER		
1	Kenneth Cestone	Bennington, VT 55:24

CLYDESDALES		
1	Don Mientka	Southampton, MA 56:54
2	Matthew Vella	Torrington, CT 1:03:38
3	Matt Mayrand	Shrewsbury, MA 1:04:48
UNICYCLES		
1	Eric Scheer	Peace Dale, RI 1:09:27

Courtesy of Manchester Rotary Club

## 18TH ANNUAL INDIAN LADDER TRAIL RUNS

August 5, 2012 • John Boyd Thacher State Park, Voorheesville

15K TRAIL RACE			
MALE OVERALL			
1	Macky Lloyd	22	Voorheesville 56:15
2	Josh Merlis	30	Albany 58:14
3	Joe Hayter	32	Niskayuna 58:57
FEMALE OVERALL			
1	Heather Welsh	22	Wellsboro, PA 1:08:34
2	Shannon Cutting	48	Hamilton 1:10:39
3	Kari Deer	33	Slingerlands 1:13:46
MALE AGE GROUP: 1 - 14			
1	Brendon VanVlack	12	Duanesburg 1:18:15
2	Max Percent	13	Schenectady 1:42:31
MALE AGE GROUP: 15 - 19			
1	Ben Fishbein	16	Delmar 1:00:28
2	Connor Devine	18	East Berne 1:01:12
3	Derek Struck	17	Altamont 1:02:26
4	Chris Shaw	17	Averill Park 1:03:37
5	Matt Crawford	18	Delmar 1:05:59
6	Steve Booker	16	Delmar 1:06:01
7	Stephen Paddock	17	Ilion 1:06:30
8	Adam Forti	17	Altamont 1:08:20
9	Eamonn Coughlin	19	Castleton 1:11:31
10	Daniel Hodgkinson	17	Delmar 1:14:53
11	Andrew Burch	17	Ilion 1:19:23
12	Thomas Olesko	19	Voorheesville 1:38:27
FEMALE AGE GROUP: 15 - 19			
1	Abigale Swint	17	Berne 1:29:37
2	Talia Zisman	18	Slingerlands 1:30:36
3	Jillian Salmon	18	Mechanicville 1:35:30
4	Laurel Abowd	18	Glenmont 1:38:29
5	Abby Butler	15	Latham 1:40:08
6	Kristen Bassler	18	Altamont 1:43:09
7	Angela Cunningham	18	East Berne 2:01:23
MALE AGE GROUP: 20 - 24			
1	Nick Webster	23	Latham 1:00:34
2	Eric Young	20	Latham 1:02:48
3	Mike Rossi	21	Niskayuna 1:05:21
4	Tyler Welsh	23	Wellsboro, PA 1:07:29
5	Joe Ottati	23	Saugerties 1:12:11
6	Henry Fitts	22	Rochester 1:21:13
FEMALE AGE GROUP: 20 - 24			
1	Katlin Mock	22	Albany 1:20:22
2	Jessica Martinovich	22	Albany 1:26:47
3	Allison Paludi	21	Delanson 1:34:24
4	Betsy Rees	24	Hudson 1:44:39
MALE AGE GROUP: 25 - 29			
1	Andrew McCarthy	28	Albany 1:01:21
2	Matt Sikora	26	East Greenbush 1:02:57
3	Daniel Dick	25	Waterford 1:14:12
4	Phillip Guerrant	26	Schenectady 1:24:44
5	Zane Parry	25	Waterford 1:35:06
6	Rangarajan Radhakri	26	Troy 2:05:58
FEMALE AGE GROUP: 25 - 29			
1	Hilary Mislán	25	Albany 1:21:12
2	Amanda Barone	28	Ballston Spa 1:22:55
3	Victoria Graf	26	Albany 1:28:35
4	Kimiko Warlamont	25	St Paul, MN 1:29:32
5	Jennifer Newman	28	Albany 1:34:43
6	Katie Auyer	29	St Albans, VT 1:48:16
7	Elizabeth Bogdanovi	25	Latham 1:52:06
8	Christin Dibelius	26	Altamont 1:56:55
9	Kristin Gloria	28	Troy 2:06:07
10	Caitlin Sheil	26	Albany 2:24:34
MALE AGE GROUP: 30 - 34			
1	Jim Sweeney	31	Albany 1:02:41
2	David Newman	32	Albany 1:13:23
3	Joseph Murphy	33	Troy 1:14:58
4	Will May	31	Clifton Park 1:18:40
5	John Deer	30	Slingerlands 1:20:56
6	Todd Palmer	34	Albany 1:33:53
7	Kyle Schuttenberg	30	Schenectady 1:49:34
8	Bobby Robinson	30	Mechanicville 1:50:51
9	Nathaniel Beyer	34	Wynantskill 1:51:20
10	Jeffrey Andritz	31	Altamont 1:57:02
FEMALE AGE GROUP: 30 - 34			
1	Leah Jachym	33	Albany 1:20:45
2	Jennifer Merritt	34	Rensselaer 1:24:48
3	Meghan Geary	31	Albany 1:26:08
4	Sara Brenner	32	Voorheesville 1:28:23
5	Claudia Mitchell	33	Schenectady 1:28:48
6	Jennifer LaBreche	32	Glenmont 1:34:27
7	Jessica Mokhiber	32	Albany 1:37:51
8	Melinda White	31	Altamont 1:43:40
MALE AGE GROUP: 35 - 39			
1	Matt Mallet	37	Ballston Spa 1:06:10
2	Richard Hamlin	39	Albany 1:10:00
3	Chris Nowak	37	Watervliet 1:10:16
4	Gaven Richard	38	Albany 1:11:37
5	Patrick Sorsby	36	Albany 1:17:02
6	Bryan Mealer	37	Saugerties 1:17:50
7	Matt Zappen	36	Clifton Park 1:22:32
8	Edward Mainwaring	37	Albany 1:25:34
9	Mark Shoemaker	39	Slingerlands 1:29:53
10	Jason Grossman	38	Delmar 1:34:34
11	Mark Agostino	38	Glenville 1:40:02
12	Andrew Joslin	39	Westerlo 1:47:58
FEMALE AGE GROUP: 35 - 39			
1	Stephanie Wille	37	Guilderland 1:22:12
2	Lynn Hansen	38	Wynantskill 1:28:58
3	Alanna Almstead	35	Valatie 1:32:31
4	Melissa Feltman	35	Earlton 1:34:22

## 3RD ANNUAL PECK'S LAKE CHALLENGE SPRINT TRIATHLON

August 4, 2012 • Peck's Lake, Gloversville

0.5M SWIM, 9M BIKE, 3M RUN			
MALE OVERALL			
1	Brett Schlesier/18-25	1:01:38	
2	Jason VanWie/36-45	1:03:49	
3	Scott Sgambato/36-45	1:05:49	
FEMALE OVERALL			
1	Caitlan Dorgan/18-25	1:03:09	
2	Amy Klein/46-55	1:10:40	
3	Diana Eisenhaure/36-45	1:13:18	
MALE AGE GROUP: 18 - 25			
1	Trevoe McConnell	1:07:35	
2	Andrew Beckham	1:11:46	
3	Eric Brower	1:13:47	
FEMALE AGE GROUP: 18 - 25			
1	Irene Sommerville	1:20:39	
2	Tess Massaroni	1:21:52	
3	Samantha Bielli	1:23:16	

MALE AGE GROUP: 26 - 35			
1	Ryan Weaver	1:08:07	
2	Todd Carter	1:08:32	
3	Dan Casey	1:10:11	
FEMALE AGE GROUP: 26 - 35			
1	Janet Dorgan	1:14:58	
2	Erika Merrel	1:16:34	
3	Maryjane MacPherson	1:17:52	
MALE AGE GROUP: 36 - 45			
1	Danielle Cusack	1:08:15	
2	Travis Mitchell	1:08:49	
3	Ken Sluti	1:09:30	
FEMALE AGE GROUP: 36 - 45			
1	Karen Swift	1:15:33	
2	Jennifer Jurica-Sweeney	1:15:44	
3	Michele Lake	1:20:12	

MALE AGE GROUP: 46 - 55			
1	Eric Askew	1:09:54	
2	Tom Antonoff	1:10:07	
3	Jon Galea	1:13:17	
FEMALE AGE GROUP: 46 - 55			
1	Terr Jordan	1:21:21	
2	Sylvia DeCarr	1:26:12	
3	Janet Gates	1:26:48	
MALE AGE GROUP: 56 & OVER			
1	Mike Zoellner	1:09:10	
2	Patrick Dorgan	1:26:36	
3	Curt Woodcock	1:39:55	
FEMALE AGE GROUP: 56 & OVER			
1	Liz Argotsinger	1:21:56	
2	Bridget Polidore	1:41:03	
3	Beth Bonacum	2:00:07	

Courtesy of Fulton Co Regional Chamber

## 9TH ANNUAL GEAR UP FOR LYME: MT. EQUINOX UPHILL BIKE CLIMB

August 4, 2012 • Mt. Equinox Skyline Drive, Manchester, VT

5.4 MILES - 3,248 FEET, 12% GRADE			
MALE OVERALL			
1	Erik Levinsohn/22	Williamstown, MA 35:51	
2	Gerry Clapper/51	Avon, CT 39:36	
3	Quentin Turnbull/46	Concord, NH 41:36	
FEMALE OVERALL			
1	Marti Shea/49	Marblehead, MA 41:48	
2	Silke Wunderwald/41	Hopkinton, RI 45:37	
3	Guyline Mailloux/36	Montreal, QC 48:49	
FEMALE AGE GROUP: 19 & UNDER			
1	Gabrielle Vandendries	Chestnut Hill, MA 1:04:28	
2	Gabriela Azevedo	Williamstown, MA 1:13:49	
3	Catarina Hulbert	Bennington, VT 1:15:31	
MALE AGE GROUP: 19 & UNDER			
1	James Hayes	Wakefield, RI 43:55	
2	Nicholas Fanion	Cooperstown 48:43	
3	Evan Smith	Remsen 1:02:01	
FEMALE AGE GROUP: 20 - 29			
1	Alix Wicker	Durham, NC 1:01:18	
2	Anneke Reed	Weathersfield, VT 1:10:28	
MALE AGE GROUP: 20 - 29			
1	William Crabtree	Cambridge, MA 42:53	
2	Karl Hensler	Warrensburg 51:59	

FEMALE AGE GROUP: 30 - 39			
1	Ana Sirianni Cook	Ipswich, MA 53:53	
2	Vanessa Parent	Montreal, QC 54:41	
3	Kelley McLean	Colchester, VT 58:08	
MALE AGE GROUP: 30 - 39			
1	JB Haglund	Ardmore, PA 42:17	
2	Timothy Ahearn	Woodstock, CT 42:28	
3	Gregory Berks	Tisbury, MA 43:29	
FEMALE AGE GROUP: 40 - 49			
1	Paula Brunetto	West Cornwall, CT 50:43	
2	Cristine Lamoureux	Montreal, QC 52:45	
3	Elisabeth Wegner	Colchester, VT 56:16	
MALE AGE GROUP: 40 - 49			
1	Erik Vandendries	Chestnut Hill, MA 42:02	
2	Ulandt Kim	Somerville, MA 42:30	
3	John Bayley	Watertown, MA 43:16	
FEMALE AGE GROUP: 50 - 59			
1	Margaret Thompson	Clinton 53:08	
2	Mary Hynes Johanson	Belmont, MA 53:17	
3	Dominique Codere	Montreal, QC 54:23	
MALE AGE GROUP: 50 - 59			
1	John Cico	Manlius 44:12	
2	Charlie Casey	Alplaus 44:57	
3	Mark Luzio	Brooklyn, CT 45:27	

continued

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18TH ANNUAL INDIAN LADDER TRAIL RUNS continued

Table with 3 columns: Rank, Name, Time. Includes categories: FEMALE AGE GROUP: 1-14, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 20-24, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 75-79.

Courtesy of Hudson Mohawk Road Runners Club

SOUTHERN ADIRONDACK SPOKES 10M TIME TRIAL SERIES #8 August 7, 2012 • West River Road, Fort Edward

Table with 3 columns: Rank, Name, Time. Includes categories: MALE OVERALL, FEMALE OVERALL, AGE GROUPS.

Courtesy of Inside Edge Ski & Bike

4TH CAMP CHINGACHGOOK CHALLENGE HALF-MARATHON August 11, 2012 • YMCA Camp Chingachgook, Kattskill Bay

Table with 3 columns: Rank, Name, Time. Includes categories: Top 3 Overall, Age Winners & Regional Finishers, MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 75-79.

Courtesy of AREEP & YMCA Camp Chingachgook

34TH ANNUAL LANE 10K LAKE RUN • August 5, 2012 • Lake Pleasant to Speculator

Table with 3 columns: Rank, Name, Time. Includes categories: MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 20-29, FEMALE AGE GROUP: 30-39, MALE AGE GROUP: 40-49, FEMALE AGE GROUP: 50-59, MALE AGE GROUP: 60-69, FEMALE AGE GROUP: 70-79.

Courtesy of Adirondacks Speculator Region Chamber

29TH ANNUAL HIGH PEAKS CYCLERY MINI TRI SERIES #8 August 6, 2012 • Swim 400m/Bike 12M/Run 5K • Lake Placid

Table with 3 columns: Rank, Name, Time. Includes categories: FEMALE OVERALL, MALE OVERALL, AGE GROUPS, TEAMS.

Courtesy of High Peaks Cyclery

CAMP SARATOGA 5K TRAIL RACE #4 August 6, 2012 • Wilton Wildlife Preserve & Park, Wilton

Table with 3 columns: Rank, Name, Time. Includes categories: MALE OVERALL, FEMALE OVERALL, AGE GROUPS.

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## HEALTH &amp; FITNESS

# THE ZUMBA PARTY

By Jenna Caputo



CARLA SCHLIST LEADS A ZUMBA CLASS AT BALLROOM ON SUNSET IN LATHAM. PHOTO BY JULIA ZAVE

**Zumba.** The term seems to have become a part of every day language these days. Everyone is talking about the “Z-love,” and you can’t seem to turn on the TV without seeing it. Advertisements and infomercials, yes, but it has also been featured on *The Biggest Loser*, National Dance Day, *So You Think You Can Dance*, in all the local gyms, at parties, fundraisers – everywhere! But what is Zumba?

The surface answer is Zumba is a fitness program. But below that surface, Zumba is a community that not only provides a killer workout, but a support system and a network of people and tools to help you with your fitness goals. The Latin-inspired dance fitness program was created by mistake over ten years ago by founder Alberto “Beto” Perez, when he accidentally forgot his traditional music for the aerobics class he was about to teach. Improvising from what he had in his bag, Beto created an on-the-spot dance fitness party that has taken the world by storm. Now the world’s most successful dance fitness program, Zumba has over 14 million participants across more than 150 countries, and the number keeps climbing.

Zumba takes the concepts of many dance styles, but focuses on salsa, merengue, cumbia, reggaeton, flamenco, tango, belly dance, samba, quebradita, soca,

bachatta and hiphop. Combining them with exercise techniques and cardio moves set to blood-pumping music, Zumba provides a fierce, full-body workout that feels more like a nightclub party than a day at the gym. The workout sheds pounds (expect to burn 700-1000 calories in an hour), tones muscles, strengthens the heart, releases stress, and lifts the soul – no partner, no experience, no grace required! The class appeals to all ages, all fitness levels, those with dance experience and those who have never danced a day in their lives.

Why does Zumba have such a wide appeal when most other fitness programs only have a limited audience? The festive atmosphere of Zumba as opposed to the tedium of a gym is a part of it, but there seems to be a deeper level. “Zumba is the world’s most successful dance fitness program because it changes lives far beyond losing weight. The universal appeal of music and dance, combined with the party atmosphere nurtures a social aspect that empowers its participants and creates a bond that is constantly striving to do good for their respective communities. It’s electrifying, addicting, contagious and rewarding,” says Carla Schlist, a Zumba and fitness instructor in the Capital District.

Carla has seen the Zumba explosion first hand. What started out as a small con-

tinuing education class suddenly rocketed into so many students that she had to rent the huge ballroom space at Ballroom on Sunset in Latham. She decided to take the risk and jump into it full-time, and now also teaches at several other venues throughout the week. She has students with every kind of fitness goal – women looking to get back to pre-pregnancy shape, some simply wanting to lose weight, and some incorporating Zumba into their training programs as a cross-training activity.

“Since Zumba is a full-body workout that incorporates both cardio and toning while also concentrating on the crucial core, it works well as a natural compliment to many other sports. The dancing combined with toning elements gives them a great overall conditioning workout,” Carla says. She has several runners in her class that use Zumba to strengthen their upper body and core, swimmers looking to keep up the strength in their lower bodies, and dancers wanting to make sure their muscles don’t settle too much into one style, while also incorporating the crucial cardio element.

Zumba constantly strives to offer different options and they now have several classes to choose from: Zumba – the original sweat inducing dance party; Zumba Gold – modified Zumba for those with physical limitations, active seniors

and fitness beginners; Zumbatomic – for kids; Zumba Toning – using toning sticks for extra strength training; Aqua Zumba – Z-fun in the pool; Zumba in the Circuit – part of a strength training circuit at Curves locations; Zumba Sentao – using a chair as a prop for an intense sculpting class.

The key to incorporating Zumba into your current workout is to know your goals and your limits. If you’re looking to use Zumba as a cross-training exercise:

Be sure to find an instructor that not only has the Zumba certification, but is also a licensed fitness professional and/or has an extensive dance background. You want to be sure you have someone with a full understanding of how the body works.

Talk to your instructor about your goals or concerns to see if you should be doing any modifications to the moves to coordinate with your fitness level and training goals.

Make sure you have the right shoes. If you’re a runner, don’t expect to wear your usual sneakers to class. Running shoes are not designed for lateral movement. You need a supportive sneaker with a smooth sole – preferably a shoe made for dance fitness.


Don’t stress about getting the footwork absolutely perfect. Zumba moves very fast with little to no instruction on choreography. Follow your instructor and do the best you can, but remember that the most important aspect of Zumba is to have fun and just keep moving.

Zumba should never feel like work – it should be a party for your body and soul!

Many participants have inspiring stories of what started them on the Zumba party. Quite a few had Zumba impact their lives so much they decided to go on to be instructors themselves. Each story seems to keep coming back to the Zumba community and how incredible both the physical and mental effects have been because of that support. There is something about it that offers a natural support system, therapy session, stress relief, community service, exercise partner that just reaches across all fitness boundaries and brings all of its participants together.

If you want to get in on the “Z-love” yourself, go to [www.zumba.com](http://www.zumba.com) to find a class near you. Most places now have a program, but read up on your local instructors’ backgrounds to make sure you find the right class for your personal fitness goals. Many instructors will also do private parties, fundraisers, and corporate wellness events. 🌟

Jenna Caputo ([silverpenproductions.com](http://silverpenproductions.com)) is a freelance writer and ballroom dance instructor based in Saratoga Springs. A “Z-addict” herself, Jenna also enjoys yoga, cross-country skiing and curling.



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## HIKING & BACKPACKING

**P**uffer Pond is a favorite destination for many hikers, from those looking for a rugged day hike to those looking for a reasonably easy backpacking destination. It is not the biggest or the best place in the Adirondacks, but this attractive little body of water nestled at the foot of its own namesake mountain rarely fails to please.

Part of its appeal is its wild setting. The hike involves a creek crossing and a bit of climbing, and once you descend into Puffer Pond's isolated basin you certainly feel as if you have traveled a much longer distance. The enfolding mountains effectively keep out most outside sounds. There are two lean-tos, either of which serves well for an overnight stay or a brief picnic lunch.

### GETTING THERE

The Kings Flow Trailhead accesses this corner of the Siamese Ponds Wilderness. It is located at the very end of Big Brook Road, which turns off of NY Route 30 at the south end of Indian Lake village. The public parking area is located in a private development, and there is a modest parking fee of \$1 per car per day.

### THE TRAIL

Two state trails begin to the east of the parking area: one to Puffer Pond, which bears right, and one to Chimney, which begins at the farthest end of the clearing. Signs point the way. Heading southeast, the trail to Puffer quickly leaves the clearing behind and clings to the side of a hill. Within minutes you pass into state land, and after a gradual uphill you begin to see wetlands off to your right. These in turn lead toward the large vly that surrounds Carroll Brook, which you first approach at 0.8-mile.

The trail once crossed this creek without the aid of a footbridge. The beaver dam that made the crossing possible eventually washed away, making this an awkward crossing. More recently, however, the trail was rerouted to follow the north side of the vly upstream, east, to a new stream crossing at 1.1 miles. There was no bridge here either when I last hiked this trail, but Carroll Brook is a smaller stream at this location

with more rocks to step on. The crossing is therefore more manageable.

Across the brook, the trail keeps to its side briefly before angling southeast and uphill, reaching a junction at 1.4 miles. The blue-marked trail to the left leads toward John Pond and was created as an alternate route to Puffer Pond at a time when public access to the Kings Flow trailhead was not guaranteed. It is rarely used today.

The trail to Puffer Pond bears right, continuing the climb to the southeast. The grade is moderate, but before it is done you will ascend nearly 475 feet from Carroll Brook. The trail leads through a notch in the ridge, which is an extension of Bullhead Mountain. Once through the saddle, the descent to the pond begins. The drop is less than 200 feet to the first of the two Puffer Pond lean-tos, this one located on the right at 2.2 miles. The structure is relatively new, located in the open hardwoods about 150 feet from the shoreline. It is easy to walk past the site of the former lean-to to access the water.

Near the lean-to, the marked trail bends left to follow the pond's north shore. This is perhaps the best part of the hike, with several opportunities to step off the trail and view the water. Just 0.3-mile from the first lean-to, or 2.5 miles overall, you should see the second lean-to near the head of the pond. This is the more scenic of the two shelters, but it is also older, leakier, and more exposed. Wind often blows west-to-east across the pond and straight into the shelter, making it less desirable in cold weather. Many hikers prefer it anyway because of its better view. The lean-to is slated for eventual removal.

The trail continues east past Puffer Pond, allowing hikers to go all the way to Hour Pond and Thirteenth Lake. 🌲

# Puffer Pond

By  
Bill Ingersoll



Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series ([hiketheadironacks.com](http://hiketheadironacks.com)). For more on this region, consult Discover the South Central Adirondacks.

THE ISOLATED BASIN OF PUFFER POND IN THE SOUTH CENTRAL ADIRONDACKS. PHOTOS BY BILL INGERSOLL

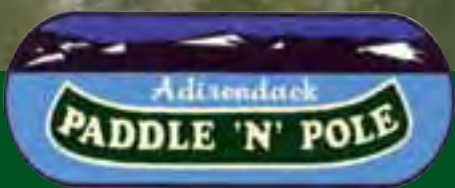
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