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**NOVEMBER
2012**



Trot Like a Turkey

A Bounty of Thanksgiving Races

By Laura Clark

START OF THE **TROY TURKEY TROT 5K ROAD RACE** IN DOWNTOWN TROY IN 2009. PHOTO BY JEFF FOLEY

Ben Franklin would have voted for the turkey to become our national symbol, but he lost out to those colonists who preferred to soar like an eagle. And who could blame the fledgling nation for aspiring toward such lofty goals?

Still, while the turkey provides sustenance as well as comic relief, the eagle remains aloof and inaccessible. A Google search documents a mere handful of eagle races, while Thanksgiving remains the most popular day to host a running event.

Why is that? According to Dr. Bene Brown, author of *Daring Greatly*, strength and confidence are vastly overrated. Vulnerability, or the "willingness to show up, be seen and take chances," is equally important. And who is more vulnerable than a turkey who might at any moment become an honored dinner guest? Turkeys, with their struggle to launch into the air, offer more everyman appeal to a hopeful runner than an accomplished eagle. And while turkeys at full trot can exceed speeds of 20 miles per hour, they do not have to wear spandex to do so. In other words, they look like us in the throes of wishbone accomplishment.

It is no wonder, then, that despite the region's bounty of Thanksgiving Day races, there is always room for one more. Here is a sampling of running and walking events on Thursday, November 22.

The 65th annual **Troy Turkey Trot**, featuring a 5K and 10K, and a free Grade School Mile and Turkey Walk, holds gobbling rights as the nation's 12th oldest road race. The Troy Turkeys were certainly game for a facelift this year, returning to their original roost at Monument Square, with the out and back along River Street course providing a meet and greet opportunity for all 7,000 "turkeys" of mixed abilities. Once more under the direction of George Regan, Patrick Lynskey, Bob Barnes and USA Track & Field Adirondack, the original format has been upended, with the 10K as the kickoff, circling the 5K route twice. The more popular 5K race will divide runners into seeded sections with staggered takeoffs, ensuring a smooth start with no ruffled feathers.

Perhaps influenced by their Freihofer's Run for Women experience, USATF Adirondack plans to emphasize the

family-flock nature of the Thanksgiving holiday by introducing eight different combinations of 5K family teams like mother/daughter, sister/brother and husband/wife. The 10K lineup will be more competitive, serving as the USATF 10K Team Championship. In the spirit of the season, runners are encouraged to bring nonperishable items and/or money for the Regional Food Bank of Northeastern New York – or make an online contribution at the race's website: troyturkeytrot.com.

The 31st annual **Cardiac Classic 5K**, in Schenectady's Central Park, supports Ellis Medicine's Wright Heart Center. At first glance this title seems an odd seasonal choice, but turkeys do have heart problems as documented by the US Air Force after sound-breaking jet engines caused nearby turkeys to drop dead of heart attacks.

To retain the competitive nature of the traditional 5K Road Race (runners only), the new bib tag devices take the place of cumbersome chips and eliminate that banded turkey feeling. In the spirit of wellness, the One-Mile Duck Pond Fun Run and Two-Mile Wellness Walk are free. To register online, visit: cardiacclassic.org.

A sentimental favorite is Saratoga Springs' 11th annual **Christopher Dailey Turkey Trot 5K** run/walk. Mark and Maria Dailey have turned the tragic death of their eight year-old son into a community rallying point, providing funding for a youth gymnasium and supporting youth and special needs athletics. From a neighborhood remembrance, this event has spilled over to downtown Broadway and the infamous Skidmore College hills, a challenge for even the toughest turkeys. Despite its expected cast of over 3,000 finishers, Christopher's parents have worked hard to maintain a respectful atmosphere, worthy of Smalltown USA.

From Father Joe's invocation, to Maggie Doherty and Brendan Dailey's powerful rendition of the Star Spangled Banner, to the loyal cadre of Chris' classmates, this event sets the stage for a thoughtful Thanksgiving celebration. Maria says it best, "This year marks our second decade of hosting this event... a tradition of family and shared compassion that has provided the continual catalyst for Christopher's

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* New York State Department of Health Study



ALPINE SKIING & SNOWBOARDING

2012-13

Season Preview

By Jeff Farbaniec

Anyone who's a skier, snowboarder or enjoys winter outdoor recreation knows that last winter suffered from low snowfall and mild temperatures. In fact, the ski season was considered the worst in 20 years by the National Ski Areas Association. This year, skiers seem more excited than usual about the approaching season. Ski areas are eagerly anticipating a bounce back from last winter's disappointing snowfall too, and have been busy with upgrades and improvements all summer.

At **Whiteface** (whiteface.com) in Wilmington, snowmaking is being installed on the Hoyt's High expert trail, which now seems destined to become one of the mountain's signature black diamond runs. With its 4,700-foot length and 1,400 foot vertical drop, Hoyt's High challenges advanced skiers with a sustained pitch that rivals the best black diamond terrain found anywhere in the East.

The snowmaking expansion will help to spread out advanced skier traffic across the mountain and better incorporate Lookout Mountain into the ski area's flow. Cut in 2008 as part of Whiteface's Lookout Mountain expansion, Hoyt's High has until now been underutilized due to its reliance on natural snow cover. The crews at Whiteface have also been busy with renovations to the Base Camp Market and Cloudspin Lounge.

It's been a busy off-season at **Gore Mountain** (goremountain.com) in North Creek too. Mike Pratt, general manager, states "We are very focused and ready for winter with snowmaking improvements, new grooming equipment, and loads of facilities changes."

Building on Gore's huge snowmaking expansion last year, tower guns, and fan guns have been added this year in key, high-traffic locations including Showcase, 2B, the top of Pine Knot, and the Saddle area. Snowmaking pipelines have been extended down the right side of Sunway between Foxlair and Wild Air, allowing for the installation of five new tower guns that will significantly improve snowmaking coverage along the widest part of Sunway. That stretch of Sunway is one of the most highly trafficked areas on the mountain, particularly in the early season. Trail crews have also added four short crossover trails on the lower mountain to improve access to and from Burnt Ridge.

The exterior of Gore's base lodge and other outbuildings have been painted or

stained in the historic "Johnsburg Brown" and "Johnsburg Red" color scheme that matches the North Creek train station complex. Inside, the Tannery Pub has a new kitchen, a new bar, and a completely remodeled seating area. The lodge's patio has been resurfaced, new picnic tables have been added, and the area between the patio and Northwoods Gondola has been filled and regraded. At the mid-mountain Saddle Lodge, new carpeting and a new beverage station have been installed.

Gore and Whiteface may be the biggest, but they are certainly not the only ski areas in the Adirondack region. Smaller mountains provide skiers and riders with options that may be closer to home and less expensive. Trails are often less crowded and snow conditions are as good as the bigger ski areas. These ski areas have been busy preparing for winter too.

Oak Mountain (oakmountainski.com) in Speculator will be operating under new ownership this winter. The ski area was sold by its previous owner, the Town of Speculator, to the O'Brien family earlier this year. Matt and Laura O'Brien had operated the ski area two winters ago under contract with the former owners, and have more than 20 years of experience in the ski industry. Oak has 14 trails, a 650-foot vertical drop, snowmaking, and a recently renovated full-service base lodge. The mountain also has a well regarded ski school, and the Matt and Laura are expanding Oak's ski and ride programs.

Hickory Ski Center (hickoryskicenter.com) in Warrensburg had a tough time last winter since it relies completely on natural snow. The ski area is geared up and in great shape for this winter, following several

years of projects that include base lodge renovations, new grooming equipment, and upgrades to the mountain's venerable Poma surface lifts. Volunteer work on weekends have been ongoing since early fall to clear brush and prepare the trails for this winter's snow.

Willard Mountain (willardmountain.com) in Greenwich, just a short drive from the Capital Region, has made improvements to its snowmaking system each year. Willard recently took delivery of a new state-of-the-art Prinoth groomer, and terrain park enhancements and trail grading projects continue for this winter as well.

Another convenient option for Albany-Saratoga area skiers is **Royal Mountain** (royalmountain.com) in Caroga Lake. Royal just capped off a multiyear upgrade to their snowmaking plant with the installation of three new tower-mounted fan guns this year.

In southern Vermont, **Bromley Mountain** (bromley.com), close to Manchester, has upgraded their snowmaking system with



◀ DANIEL FARBANIEC SKIS THE CAVE GLADE AT GORE, ONE OF HIS FAVORITE TRAILS, IN FEBRUARY 2012.
▲ WILLARD MOUNTAIN'S SIDE-BY-SIDE DOUBLE CHAIRLIFTS IN OPERATION ON THE COLONEL TRAIL.
PHOTOS BY JEFF FARBANIEC

60 new HKD energy-efficient tower guns installed on five different trails and at the top of the mountain. The first floor of Bromley's base lodge has also undergone a major renovation.

In northern Vermont, **Stowe Mountain Resort** (stowe.com) on Mount Mansfield has invested significantly in snowmaking upgrades this summer. Seven miles of new snowmaking pipe and many new guns have been added, increasing the potential for more early-season terrain. This will allow snowmaking crews to resurface the mountain more quickly and increase overall snow quality.

With ski season set to begin in a few weeks, there's just one thing left to do, THINK SNOW!! ▲

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

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Calendar of Events
November 2012 - January 2013*

*Events beyond this month are advertisers in this issue.

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ALPINE SKIING & SNOWBOARDING
NOVEMBER

- 16-17 Warren Miller's "Flow State." 8pm. Palace, Albany. Play It Again Sports: 785-6587. playitagainsportslatham.com.
- 17 Warren Miller's "Flow State." 7:30pm. LP Center for the Arts, Lake Placid. 523-2512. lakeplacidarts.org.
- 24 Thanksgiving Family Ski or Ride Day. Oak Mountain, Speculator. 548-3606. oakmountainski.com.

DECEMBER

- 1 Trick Rail Jam. Stowe Mountain Resort, Stowe, Vt. 802-253-3000. stowe.com.
- 8 Stowe Mountainfest Demo Day. Stowe Mountain Resort, Stowe, Vt. 802-253-3000. stowe.com.
- 9 Super Sunday. Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
- 19 Inside Edge Demo & Coca-Cola Wednesday. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21 "Deck the Halls" Rail Jam. Whiteface, Wilmington. 946-2223. whiteface.com.
- 27 Hot Dog Kids Ski/Ride Race. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 28 Burton Snowboards Demo Day. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 28 New Year's Masters Ski Jump (Art Devlin Cup). Whiteface, Wilmington. 946-2223. whiteface.com.
- 29 Willie Bear Kids Ski/Ride Race. Oak Mountain, Speculator. 548-3606. oakmountainski.com.

JANUARY

- 6 Island Super Sunday. Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
- 6 Ski Bus Trip: Okemo Mountain, Okemo, Vt. Alpine Sport Shop: 584-6290. alpinesportshop.com.
- 12 Ladies Nordic Ski Expo. Backcountry, telemark, classic or skate techniques. 8:30am. Trapp Family Lodge, Stowe, Vt. 802-864-5794. catamounttrail.org.
- 12 Rail Jam #1. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 7-13 Take Your Kids to Gore Week. 19 & under ski/ride/tube free. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 17-19 Lake Placid Freestyle Mogul Cup. Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
- 21 USASA Boarder/SkierCross Race. Ski Bowl, Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21 Deck the Halls Rail Jam. Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
- 26 Full Moon Pizza Party & Tubing. Ski Bowl, Gore Mountain, North Creek. 251-2411. goremountain.com.

- 26 Rock the Mountain. Willard Mountain, Greenwich. 692-7337. willardmountain.com.
- 26-27 Alpine Skiing Clinic & Snowboard Clinic: Women only. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 27 Get Out & Backcountry Ski Fest. Lessons, tours, clinics. 10am. Bolton Valley Nordic Center, Bolton Valley, VT. Emily Licht: 802-864-5794. catamounttrail.org.
- 28 Gore Mountain Restaurant Race. Rec Race. Gore Mountain, North Creek. 251-2411. goremountain.com.

FEBRUARY

- 2 Sacandaga Ski Challenge: Gates, jumps, hoops. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 2-3 Master the Mountain: Skiing/Boarding Clinics. 8:30am. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 8 10th "Chicks on Sticks" Bus Trip. Bromley Mountain, Manchester, VT. Alpine Sport Shop: 584-6290. alpinesportshop.com.
- 9 Rail Jam #2. Oak Mountain, Speculator. 548-3606. oakmountainski.com.

MARCH

- 2 6th Hickory Telemark Festival. Hickory Ski Center, Warrensburg. Martha VanVleet: 798-3962. hickoryskicenter.com.

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NOVEMBER

- 10 Rivers & Lakes Century Road Ride. 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 11 NYCROSS.com Race Series: Bethlehem Cup Cyclocross. Elm Ave Park, Bethlehem. Dave Beals: 439-6951. 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.
- 17 Albany Cranksgiving Alleycat Bike Race. Benefits local food kitchen. 7pm. Henry Johnson Monument, Washington Park, Albany. deerintheheadlights@rocketmail.com.
- 22 Giving Thanks Mountain Bike Race. 9am. Central Park, Schenectady. Heather Rizzi: 847-2419. hrrtonline.com.

DECEMBER

- 1 Last Century Road Ride. 100M. 8am. Schuylerville. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 1 HRRT Sweat N' Ice Road Ride. 62M/32M. 9am. Shop Rite Plaza, Niskayuna. Heather Rizzi: 847-2419. hrrtonline.com.
- 1 Bicycle Engineering Symposium: Composites, frame building, new products w/Larry Ruff & Carolyn Carlstrom. 9am-4pm. RPI Cycling. Prizes/free. Darrin Communications Center 318, RPI, Troy. Info: rpi.edu/~ruffl.
- 9 Lippman Park Cyclocross Race. 10am. Lippman Park, Wawarsing. Renegades Mountain Bike Club: 845-626-7230. renegadesmtb.com.

JANUARY

- 13 First Century Road Ride. 100M. 8am. Schuylerville. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 22 Crossageddon Cyclocross Race. 11am. Victor Apple Farm, Victor. 585-775-9504. thevictorapplefarm.com.

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CROSS-COUNTRY SKIING

NOVEMBER

- 11 Volunteer Day. 9:30am-3:30pm. Dewey Mountain XC Ski Center, Saranac Lake. 891-2697. deweykicenter.com.
- 23-24 **Lapland Lake Open House.** 9am-4:30pm. Ski, snowshoe, tube, skate, ski sale, food, prizes. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.
- 23-12/2 **Thanksgiving XC Ski Sale.** Cascade XC Center, Lake Placid. 523-1111. cascadeski.com.

DECEMBER

- 9 Cross-Country Ski Tour. 7-10M. Woodford, VT. Rich Macha: 346-3180. adk-albany.org.
- 9 **NYSEF Season Opener XC Ski Race.** Mt Van Hoevenberg, Lake Placid. nysef.org.
- 15 **Ski Orienteering Race.** 2-3K. Lapland Lake Nordic Center, Northville. Eric Hamilton: 383-8565. empo.us.orienteering.org.
- 22 **World Famous Osceola Christmas Pie Classic XC Ski Race.** Osceola Tug Hill, Camden. 315-599-7377. nyssranordic.org.
- 22 **Finn-tastic: Skiing, snowshoeing, tubing, skating.** Dinner: 5-7pm. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.
- 29 Cross Country Ski Tour. Time/place TBD. Ted Wright: 280-8016. adk-albany.
- 29 **Glenville Hills Classic XC Ski Race.** Glenville. NYSSRA-Nordic. nyssranordic.org.

JANUARY

- 5 **Lapland Ladies Love to Ski.** Classic technique, lessons. 9:30am-2:30pm. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.
- 5 **Glens Falls Freestyle.** Scholastic, Open & Masters. 7.5K. Crandall Park, Glens Falls. nyssranordic.com.
- 5 **Lake Placid JNQ Freestyle Ski Race.** Mt. Van Hoevenberg, Lake Placid. nyssranordic.com.
- 6 **Lake Placid JNQ Classic Ski Race.** Mt. Van Hoevenberg, Lake Placid. nyssranordic.com.
- 6 NYSEF Harry Eldridge XC Classic: Classic & Freestyle. Mt Van Hoevenberg, Lake Placid. 523-2811. nysef.org.
- 12 Ladies Nordic Ski Expo. Backcountry, telemark, classic or skate techniques. 8:30am. Trapp Family Lodge, Stowe, Vt. 802-864-5794. catamountrail.org.
- 19 **Beginner Backcountry XC Skiing: Adirondack Loj.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 19-20 CRNA Garnet Hill Ski Race. Garnet Hill, North Creek. nyssranordic.com.
- 26 **Lake Placid Loppet.** 25K/50K. 9am. Mt. Van Hoevenberg, Lake Placid. 523-1655. whiteface.com.
- 26 **Full Moon Party.** Bonfire, food, music. Cascade XC Center, Lake Placid. 523-1111. cascadeski.com.

FEBRUARY

- 2 **32nd Craftsbury Ski Marathon.** 25K/50K. Greensboro to Craftsbury Commons, VT. Craftsbury Nordic Center: 802-586-7767. craftsbury.com.
- 9 **Lapland Ladies Love to Ski.** Classic technique, lessons. 9:30am-2:30pm. Lapland Lake Nordic Center, Northville. 863-4974. laplandlake.com.
- 9-10 **Canadian Ski Marathon.** Ten sections, two days, 100 miles of adventure. Lachute, Montebello, Gatineau. 877-770-6556. csm-mcs.com.
- 23 **Full Moon Party.** Bonfire, food, music. Cascade XC Center, Lake Placid. 523-1111. cascadeski.com.

HEALTH & FITNESS

ONGOING

- Daily RPM Indoor Cycling Classes.** First class is free. Core Revolutionary Group Fitness, Glens Falls. 409-4111. Schedule: coreglensfalls.com.
- 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: 11/12 (1wk), 11/26 (4wk). Colonie, Guilderland, East Greenbush. 444-8060. cdbootcamp.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroom 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, Schroom 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, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Hatha Yoga.** 10am. The Studio, High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

NOVEMBER

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

HIKING, CLIMBING & SKILLS

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.
- 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.
- 9 Plotter Kill Snowshoe Hike. 4-6M. Marie Rosenblatt: 723-0223. adk-albany.com.
- 15 Beginner's Snowshoe Hike. 5-8M. Reserve: Carl Klinowski: 274-8410. adk-albany.com.
- 15 Lewey, Cellar & Blue Ridge Mountains: West Canada Lake Wilderness Area. 15M. 4am. Exit 9 Park & Ride, Clifton Park. Claudia Warren: 731-6446. adk-albany.com.
- 16 **Adirondack Packbaskets.** Member Services Center, Lake George. Adirondack Mountain Club: 523-3441. adk.org.

JANUARY

- 5 **Esther Mountain Trailless Hike.** 9.5M. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 7, 20 **Street & Nye Trailless Hike.** 8.5M. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

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NOVEMBER 22, 2012
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3 GREAT EVENTS

- 2M Wellness Walk**-FREE.....8:00am
 (day of event registration until 7:45 am)
- 5K Road Race**-Runners Only.....9:00am
 (pre-register only, no day of registration)
- 1M Duck Pond Fun Run**-FREE.. 10:00am
 (day of event registration until 9:45 am)

Register online @ www.cardiacclassic.org
 Online registration closes:
 Tuesday, November 20 at 9 pm EST.
 You can also register by mail, fax or in
 person. Call 243.4600 for details.



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
 Phil Carducci: (518) 861-6350
holidayclassic@nycap.rr.com
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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
 Entry Form:
stgeorgeschoolcp.org
 ● Kids' Fun Run (\$1 race day) • 9:05am

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- 26 Tabletop Trailless Hike.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 27 Intro to Backcountry Snowshoeing.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

**MULTISPORT: TRIATHLON,
 BIATHLON & ORIENTEERING**
NOVEMBER

- 10-11 HITS Triathlon Series.** Sprint, Olympic, Half, Full. Lake Havasu City, AZ. 845-246-8833. hitstriathlonseries.com.
- 28 Triathlon & Swimming Competitors Physical Fitness Demonstration & Reception w/Ironman John Perry.** Free. Snacks/raffles. Concord Pools & Spas, Latham. 783-8976. concordpools.com.

DECEMBER

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

JANUARY

- 1 New Year's Resolution Day Biathlon. McCauley Mountain Ski Center, Old Forge. nybiathlon.com
- 11 Holiday Indoor Triathlon Series. 10min swim, 30min bike, 20min run. 6pm. Clark Sports Center, Cooperstown. 607-547-2800. clarksportscenter.com.
- 26-27 Saratoga Biathlon Races. Sat: Individual Relay. Sun: Individual. 11am. Saratoga Biathlon Club, Hadley. nybiathlon.org.

OTHER EVENTS
ONGOING

Jan/Feb Team In Training Information Meetings: Vermont City Marathon, America's Most Beautiful Bike Ride, Rock N Roll San Diego Marathon, Lake Placid Half Marathon, Philadelphia Triathlon. 1/22, 6pm: Professor Java's, Albany. 1/24, 6pm: Samantha's Café, Glens Falls. 1/24, 6pm: Fleet Feet, Essex Jct., Vt. 1/29, 6pm: Saratoga Springs Library. 1/30, 12pm: LLS Office, Albany. 1/31, 5:30pm: Vassar College, Poughkeepsie. 2/2, 10am: Maglianero Café, Burlington, Vt. 2/5, 6pm: Mocha Lisa's Café, Clifton Park. 2/12, 5:30pm: Mahoney's Pub, Poughkeepsie. 2/12, 5:30pm: Burlington YMCA, Vt. 2/16, 9:30am: Warming Hut, Saratoga Spa S.P. Leukemia & Lymphoma Society. 438-3583 or 802-233-0014. teamintraining.org/yny.

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. vlt.org. Info/Mountain Goat: 802-362-5159. mountaingoat.com.
- 22 Thanksgiving Feast. 1pm or 3:30pm. 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.
- 7-9 Holiday Village Stroll. Holiday shopping, skating, music, crafts, tree lighting, family activities. 8:30am. Lake Placid. Stanzi McGlynn: 523-9258. lakeplacid.com.
- 29 NYSEF 90K New Year's Ski Jump.** Olympic Ski Jumps, Lake Placid. 523-1655. whitefacelakeplacid.com.

JANUARY

- 6 GPS 101.** Heart Lake, Lake Placid. Adk Mountain Club: 523-3441. adk.org.

- 12-14 Winter Camping 101.** Heart Lake, Lake Placid. Adk Mountain Club: 523-3441. adk.org.

FEBRUARY

- 1-3 Winter Women's Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

RUNNING, WALKING & SNOWSHOEING
NOVEMBER

- 9 Meet Brian Sell, US Olympian & former Hanson's-Brooks Distance Project runner.** 3-7p.m. Check out Brooks fall/winter collection. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 10 Fun Run w/Olympian Brian Sell.** 8am. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 10 Revolutionary Run for Veterans 5K Run/Walk.** 9am. Fort Hardy Park, Schuylerville. Saratoga Co Veterans Trust Fund: 884-4115. saratogacountyny.gov or 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.
- 11 37th Gazette Stockade-athon 15K.** 9am. 1M Duck Run for Children: 11:30am. Central Park, Schenectady. stockadeathon.com.
- 11 Veteran's Day 5K. 10am. Warming Hut, Saratoga Spa State Park, Saratoga Springs. 913-909-6467. finishright.com.
- 11 After The Leaves Have Fallen 20K. Lake Minnewaska S.P., New Paltz. shawangunkrunners.org.
- 11 Fall Harvest Fest Races. 7.5M & Fun Run. 8:30am. Cornwall on Hudson. Jackie Gaillard: 845-591-4558. 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.
- 17 NYRR NYC 60K Road Race. 8am. Central Park, New York. nyrr.org.
- 17 Operation Santa Run. 5K/10K. 11am. Hudson Falls M.S., Hudson Falls. Frank Munoff: 656-3480. hfscd.org.
- 17 Frostbite 5K Run/Walk. 10am. Mayfield H.S., Mayfield. Ryan Bornt: 661-8207. mayfieldcsd.org.
- 18 HMRRC Turkey Raffle 1-Hour Run.** 10am. The Crossings, Colonie. hmrrc.com.
- 18 4th Run for Safety. 2M/0.5M. 5:30pm. Mason Home, Utica. Mike Kessler: 315-724-3315. 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.
- 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.
- 22 11th Christopher Dailey Turkey Trot 5K Run/Walk.** 8:30am. City Hall, Saratoga Springs. christopherdaileyfoundation.com.
- 22 3rd OurTowne Turkey Trot 5K Fun Run/Walk.** 9am. Bethlehem M.S., Bethlehem. 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.
- 22 Cohoes Turkey Trot. 9am. City Hall, Cohoes. Danielle Lagace: 233-2116. ci.cohoes.ny.us.
- 22 James Hinchliffe 5K Run/Walk for ALS. 8:30am. Glens Falls Civic Center, Glens Falls. active.com.
- 22 WMAC Turkey Trot 5K. 8am. PNA Hall, Adams, MA. Ed Saharczewski: 413-344-3968. runwmac.com.

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

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

TURKEY TROT 2012

Thanksgiving | November 22nd
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:
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Darryl@AdkSports.com
 Media Kit: AdkSports.com



• 37th ANNUAL •

Hangover Half-Marathon & Bill Hogan 3.5-Mile Run/Walk

Start the New Year right with a long run!

Tuesday, January 1 at 12 noon
 Phys Ed Building, University at Albany

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

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11th Annual Turkey Trot

5K Run/Walk

USTA CERTIFIED

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

- 22 28th Thanksgiving Walk for Hunger. 5K. 9am. Memorial Parkway, Utica. David & Ingrid Otto-Jones: 315-793-0955. uticaroadrunners.org.
- 22 Thanksgiving Day Run for the Hall. Sports Hall of Fame, Rome. uticaroadrunners.org.
- 22 Heuvelton Gobbler Gallop. 5K. 10am. United Methodist Church, Heuvelton. northernrunner.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. mhrcc.com.
- 22 Running of the Turkeys 5K. 9:30am. Arlington, VT. Jon French: 802-375-8083. bkvr.org.
- 22 36th Turkey Trot 5K. 11am. Gutterson F.H., UVM, Burlington, VT. gmaa.net.
- 22 Turkey Trot 5K. 9am. Cortland YMCA, Cortland. Peggy Eck: 607-756-2893. cortlandymca.org.
- 24 5th Run Off That Turkey Trot 5K. 10am. Altamont E.S., Altamont. Phil Carducci: 861-6350. active.com.
- 24 2nd Phoenicia Turkey Trot. 2M. 9am. Parish Hall, Phoenicia. Heather: 845-688-7064.
- 24 10th Canajoharie Turkey Trot. 10am. Canajoharie H.S., Canajoharie. 368-6075. canajoharieschools.org.
- 24 RCS Wing Thing 5K. 9am. Rome Catholic School, Rome. 336-6190. romanrunners.com.
- 25 Thanksgiving Run/Walk to End Hunger. 5K, 2M Walk & Kids Run. Utica. 793-0955. uticaroadrunners.org.

DECEMBER

- 1 Jingle Bell 5K Run/Walk. 10am. The Crossings, Colonie. Kevin Mullen: 456-1203. arthritis.org.
- 1 Reindeer 5K Run & Reindeer Run Jr. 5K. 9am. SUNY Adirondack, Queensbury. adironackrunners.org.
- 1 Knights of Columbus Holiday Run. 5M. 11am. Kids' run: 10:30am. Knights of Columbus, Wappingers Falls. Pete Sanfilippo: 845-297-7950. mhrcc.org.
- 1 Miles for Meals 5K Run. 9am. Walk: 9:05am. Rome Family YMCA, Rome. Mike Romano: 315-798-5456.
- 2 1st Adirondack "Let it Snow" 5K Run/Walk. 9am. Point Park, Old Forge. Beth Tickner: 315-369-2484. adkchristmasonmain.com.
- 2 Jingle Jog 7K. 10am. Loughran's Pub, Salisbury Mills. orangerunnersclub.org.
- 8 7th Santa Speedo Sprint 0.8K Run. 2pm. Lark St, Albany. albanspeedosprint.com.
- 8 It's A Wonderful Run. 5K. 4:40pm. Community Center, Seneca Falls. Jeff Rook: 315-243-6193. itsawonderfulrun5k.com.
- 8 1st Ugly Christmas Sweater Run. 10am. Milton Community Center, Ballston Spa. gatewayhouseofpeace.org.
- 8 Red Nose Reindeer Run. Little Falls. Chris VanMeter: 315-823-9200. dcvan4004@aol.com
- 9 HMRRC Winter Series Race #1: 15K & 3M. 10am. University at Albany, Albany. Doug Bowden: 489-5311. hmrrc.com.
- 9 Reindeer Ramble 5K. 1pm. Kingston YMCA, Kingston. ymcaulster.org.
- 15 16th Albany Last Run 5K. 5pm. Empire State Plaza, Albany. Cathy Kosa: 434-5415. albanyevents.org.
- 15 7th ARE Adventure Race. 1:30pm. Camp Dippikill, Warrensburg. Josh Merlis: 320-8648. areep.com.
- 17 Operation Santa Run 5K/10K/3M Walk/1M Elf Run. Hudson Fall Middle School, Hudson Falls. adironackrunners.org.
- 22 Holiday Classic 5K. 10am. Columbia Greene Community College, Hudson. Phil Carducci: 861-6350. active.com.
- 30 Pine Ridge Snowshoe Race. 6.2M. 10am. Pine Ridge Ski Area, East Poestenkill. runwmac.com.
- 31 15th First Night Saratoga 5K Run. 5:30pm. Skidmore College, Saratoga Springs. Saratoga Arts: 584-4132. saratoga-arts.org.

JANUARY

- 1 HMRRC Winter Series #2: Hangover Half Marathon & Bill Hogan 3.5M Run/Walk. 12pm. University at Albany, Albany. Ed Thomas: 273-5552. hmrrc.com.
- 1 Resolution Run. 5K/2M Walk & Kids Run. 11am. Bicentennial Park, Ticonderoga. Ellie Berube: 585-8974. lachute.us.
- 1 Big A's 5K. 10am. Glens Falls H.S., Glens Falls. Rebecca Smith: 796-9404.
- 5 Recover from the Holidays. 50K. 9am. Norrie Point. Pete Colaizzo: 845-309-3640. mhrcc.org.
- 5 Tortoise and Hare 5K. Kinderhook. kinderhookrunnersclub.com.
- 5 Turner Trail Snowshoe Race. 5M. 10am. Turner Trail, Pittsfield, MA. runwmac.com.
- 6 "I Love Woodford" 3M Snowshoe Run. 10:30am. Dion Snowshoe Series. Woodford S.P., Woodford, VT. runwmac.com.
- 12 Constitution Hill Snowshoe Race. 3.6M. 10:30am. Constitution Hill, Lanesborough, MA. runwmac.com.
- 13 HMRRC Winter Series Race #3: 3M, 10K, 25K. 10am. University at Albany, Albany. Ed Thomas: 273-5552. hmrrc.com.
- 13 Brave the Blizzard 5K Snowshoe Race. 9:30am. Robert Parker School, Averill Park. Josh Merlis: 320-8648. areep.com.
- 19 Hoot Toot & Whistle Snowshoe Race. 3.3M. 10am. Catamount Trail, Readsboro, VT. runwmac.com.
- 19 Women's Snowshoe Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 20 HMRRC Winter Series Race #4: 3M, 15K, 30K. 10am. University at Albany, Albany. Josh Merlis: 320-8648. hmrrc.com.
- 20 NYRR Manhattan Half-Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.
- 26 Side-Hiller Snowshoe Race. 4M. 11am. Sandwich Fairgrounds, Center Sandwich, NH. runwmac.com.
- 27 Curly's Record Snowshoe Run. 4M. 10am. Pittsfield S.P., Pittsfield, MA. runwmac.com.

FEBRUARY

- 3 14th Saratoga Winterfest 5M Snowshoe Race. 11am. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org.
- 9 10th Camp Saratoga 8K Snowshoe Race. 10:30am. Wilton Wildlife Preserve/Park, Wilton. Jeff Clark: 581-7550. saratogastryders.org.
- 17 40th HMRRC Winter Marathon & Marathon Relay. 26.2M. 10am. University at Albany, Albany. Dana Peterson: 331-5490. hmrrc.com.

SWIMMING

NOVEMBER

- 28 Swimming & Triathlon Competitors Physical Fitness Demonstration & Reception w/Ironman John Perry. Free. Snacks/raffles. Concord Pools & Spas, Latham. 783-8976. concordpools.com.

DECEMBER

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

JANUARY

- 5 Happy New Year Swim Meet. 10am. Mohansen HS, Rotterdam. Bill Mottola: 356-8240. adms.org.

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

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



HMRRRC Winter Series

University at Albany

- Dec. 9 – Sun 10am Doug Bowden Winter Series Starter – 3M, 15K
- Jan. 1 – Tue 12noon Winter Series #2 – Hangover Half Marathon & Bill Hogan 3.5M Run/Walk
- Jan. 13 – Sun 10am Winter Series #3 – 3M, 10K, 25K
- Jan. 20 – Sun 10am Winter Series #4 – 3M, 15K, 30K
- Feb. 3 – Sun 10am Winter Series #5 – 4M, 10M, 20M

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



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

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Awards to top 3 M/F finishers in each division

Best Costume

Register Active.com (fee)
ADKChristmasOnMain.com



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PART TWO

By Paul E. Lemanski, MD, MS, FACP



This is the 51st in a series on optimal diet and lifestyle to help prevent and treat heart disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 50 installments of *The Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. While the use of diet and lifestyle has a lower side effect profile and lower cost than medications the approach is less convenient and requires more effort. The dual issues of convenience and effort have led some to propose the use of vitamins and natural supplements as an alternative route to the non-medicated life. Unfortunately, from the perspectives of efficacy and safety

vitamins and supplements have a decidedly limited role. Part One (September 2012) addressed vitamins, and Part Two now addresses supplements.

Natural supplements for purposes of this discussion may be categorized into two main groups, minerals and purified extracts from animals or plants. Minerals include calcium, magnesium, selenium and zinc. Purified extracts from animals include fish oil; purified extracts from medicinal plants include a large array of herbals, ground portions of parts of plants including seeds, cold pressed oils, and dried and ground flowers (which may be used in solution in the form of teas). I will address the efficacy and safety of both main groups along with several examples.

There is currently no evidence of a health benefit to be obtained through the use of mineral supplementation outside the reversal of a deficiency state. Calcium has routinely been prescribed for postmenopausal women for the maintenance of strong bones and as part of the treatment of osteopenia and osteoporosis, although by itself there is

no evidence that it can correct such conditions. Heretofore calcium supplementation has not been shown to produce an increase risk unless an individual had preexistent high blood calcium.

Nevertheless, in an 11-year observational study of 24,000 participants as part of the European Prospective Investigation into Cancer and Nutrition study, risk was identified. Regular users of calcium supplements had an 86-percent increased risk of heart attack, compared with those who did not take supplements. Moreover, in those individuals with a moderately high intake of calcium from food sources, there was an associated 30-percent reduction in heart attack risk. It may be that consuming calcium in foods results in a slower release into the system and in this way reduces risk. Alternatively, consuming calcium as a supplement may be associated with individuals who eat other higher risk foods rather than getting their calcium from a more plant based diet.

Selenium, which is an antioxidant mineral, had been touted as a possible means to decrease oxidation of low-density lipoprotein (LDL) cholesterol, and thereby reduce cardiovascular risk. In the HDL-Atherosclerosis Treatment Study (HATS) Trial, however, selenium was part of an antioxidant cocktail that did not decrease risk, but actually decreased the benefit of other cholesterol lowering medications. In the Selenium and Vitamin E Cancer Prevention Trial looking at prostate cancer risk, selenium, which had been hoped to decrease such risk was shown to have no beneficial effect. As noted in Part One, vitamin E actually increased risk.

Fish oil has been shown to have a beneficial effect on blood cholesterol and heart arrhythmia. Indeed, several randomized controlled trials suggest a benefit. The GISSI-Prevenzione Trial, a randomized prospective placebo controlled study, looked at the effect of supplementing individuals with fish oil after a heart attack. Compared to those receiving placebo, those receiving one-gram of fish oil showed a decreased risk of death and cardiovascular death. More recently a meta-analysis of 20 studies and 68,000 patients published in Journal of the American Medical Association, suggests that omega-3 fats supplementation was not associated with lower risk of all-cause mortality, cardiac death, sudden death, heart attack or stroke. While the meta-analysis does raise concern, the structure of the study is less robust than a randomized, prospective placebo controlled study and therefore cannot establish a true lack of benefit. More study is needed.

Studies of botanicals and herbal products, unfortunately, do not show benefit. However, the larger concern with herbal products is their safety rather than their efficacy. First is the concern about interaction with prescription medications. It has been established that St. John's wort, and ginkgo biloba may interact with blood thinners such as warfarin. Unfortunately, the warning of such an interaction may not consistently be present on a bottle of a given herbal product. A safe policy in using herbals and botanicals is to check for a possible interaction with a licensed pharmacist.

Of greater concern is that herbal products are not regulated and therefore not checked for purity by the Food and Drug Administration (FDA). Herbals, which may have been produced in another country, may contain heavy metals and other contaminants. While it would be best to only consume herbals that have been third-party tested for purity and freedom from contamination, such testing is not routinely done and adds to cost. At a minimum, one should check fda.org to determine if the herbal or botanical in question has been subject to an FDA warning or alert.

In conclusion, with the possible exception of omega-3 fish oil, there is to-date little scientific evidence that dietary supplements or herbal products have a health benefit. Studies are ongoing and are the appropriate way to determine efficacy. Safety is the greater concern and consumers should demand documentation of purity, and research possible interactions with prescription medications, as well as FDA warnings or alerts. A discussion with your personal physician may be of benefit to determine potential risks and benefits and such agents should not be used to prevent disease in an otherwise healthy individual.

The evidence would suggest that preventing disease and achieving the non-medicated life is best accomplished with a healthy diet and lifestyle rather than supplementation. In this way, one may best avoid the proverbial bottle of pills to address the majority of our health problems. ▲

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



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HIKING & BACKPACKING

Hiking to Sand Lake Falls

By Bill Ingersoll

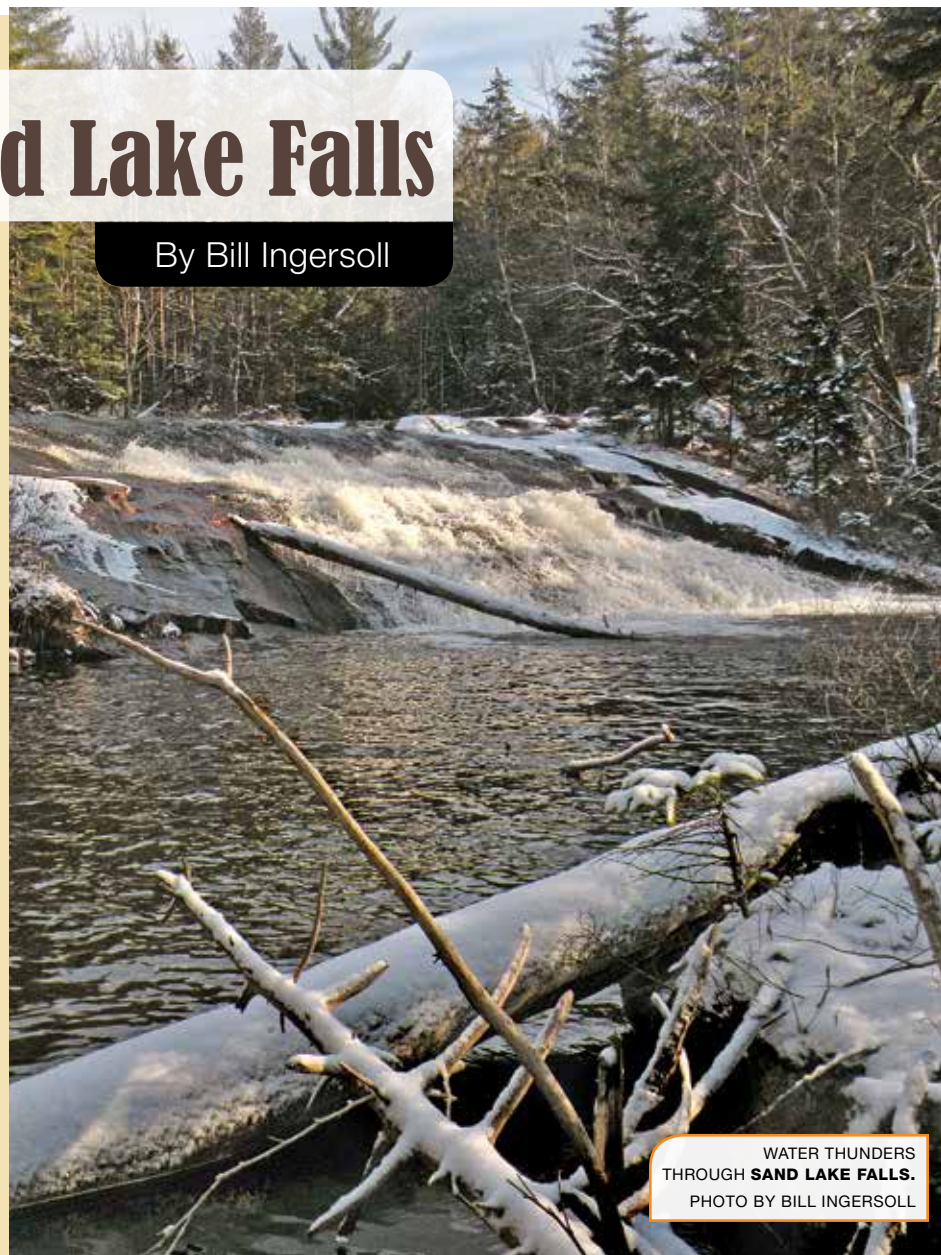
For the purposes of comparison, if you choose to bypass the road using the Bear Creek trail instead, these same two junctions would be at 2.3 and 3.1 miles, respectively.

There is no bypass for the last 0.7-mile of the road, which includes the only significant grade, a modest climb of about 100 vertical feet. The motor vehicle route ends at a junction at 3.4 miles. The unmarked trail to the right leads to a private camp at the northeast corner of Gull Lake. Straight ahead is the snowmobile trail to Sand Lake Falls. Left leads through a small private inholding that a sign proclaims to be the "Village of Millbrook," and then continues to Bear and Woodhull lakes.

From the end of Mill Creek Road, continue following the blue-marked trail east. Its route matches a road that appears on the 1912 USGS McKeever quadrangle, which led to a camp deep in the woods south of Mill Brook. Little has changed, because at 4.6 miles the modern trail enters a large, grassy clearing at the same spot marked on the old map as the cabin site. Legend has it that this was an old homestead where a family once hunted and farmed, and one version of the tale says that they starved during a severe winter. Some claim that they met a grisly fate at the hands of vengeful Indians. Yet another story describes a turn-of-the-century hermitage. All evidence, however, indicates that this was where a lumber camp once stood, and with a little exploration the site will yield its share of bottles, saw blades, barrel hoops and horseshoes. While not as sensational a legacy as some would have it, such lumber camps were, in their own way, a colorful part of Adirondack history.

The trail follows along the right edge of the clearing, reenters the woods at its southeast corner, then crosses a stream. Heading east-southeast, you pass through a wet area and begin a gradual ascent. A half-hour after leaving the clearing, at 5.6 miles, you reach the height-of-land at about 2,030 feet, and begin to descend into the Woodhull Creek valley. You may be able to hear the falls from here, and if you have found the distance tiring then this will give your spirits a lift. Moderate descents lead southeast over the course of the final 0.8-mile, ending at a clearing with the lean-to on the left and the falls on the right.

The lean-to is in good condition and the area around it is attractive, with room for tents nearby. Sand Lake Falls is not visible from the lean-to, but the creek is only 100 feet away. You can easily walk to the rock



WATER THUNDERS THROUGH SAND LAKE FALLS. PHOTO BY BILL INGERSOLL

ledges at the top of the falls, or follow a herd path to the large pool at the base of the angled rock. In late fall and other wet seasons, the water thunders through here, carrying the combined output of Woodhull Lake, Sand Lake, and the four Bisby Lakes. ▲

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

Sand Lake Falls is a scenic cascade located on the upper reaches of Woodhull Creek in the Black River Wild Forest. Of the two routes leading to the falls and its lean-to, this one from the west – beginning near Woodgate – may be the preferred route for hikers, even though it is roughly two miles longer than the alternate route from North Lake. The reason for that claim is that this approach is much drier, whereas the shorter trail passes through the edges of wetlands near the outlet of Fourth Bisby Lake that are often impassable. The one-way distance to the Sand Lake Falls Lean-to along the route described here is 6.4 miles. That may be a long way to walk with a full backpack, but Sand Lake Falls is certainly worth the effort.

GETTING THERE

This hike begins at a trailhead at the end of Bear Creek Road. To find it, follow NY Route 28 to the blinking light in Woodgate, just outside the Adirondack Park in the town of Forestport. Turn east onto Bear Creek Road, which is primarily a paved residential road in nature. It leads across the tracks of the Adirondack Railroad at 0.8-mile, and then the park's Blue Line at 2.1 miles. The road ends at 3.1 miles at a large DEC parking area. The continuing unimproved road is the start of the hike.

THE TRAIL

The inescapable component of this trail system is the primitive road leading northeast from the parking area, picking up where Bear Creek Road leaves off. Officially called Mill Creek Road because its primary purpose now is to provide access to an inholding near Mill Brook, it was once part of the most direct route to the dam at Woodhull Lake, and therefore called Woodhull Road. It is currently in poor shape, and far too rough for ordinary vehicles to drive. It is not always pleasant for walking, either, but since all the other local trails – including Sand Lake Falls – stem from this one route it cannot be avoided.

The first half-mile is not too bad. The road begins wide and straight, passing a designated campsite on the left and reaching the start of the trail to Chub Pond at 0.3-mile. However, by the next junction at 0.5-mile mud wallows begin to appear. The route that forks to the left is the loop to Bear Creek, intended as a bypass for hikers and cross-country skiers. The primary reason why a hiker would choose to stay on Mill Creek Road and not follow the foot trail detour is because the road, despite its aesthetic shortcomings, is the shortest route into the interior, both in terms of time and distance.

At two miles it reaches a four-way intersection. Left is part of the Bear Creek loop, and right leads to Gull Lake. A fourth junction at 2.7 miles marks the end of the Bear Creek trail.



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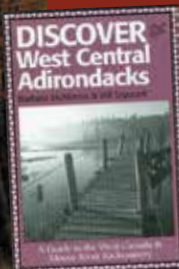
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ATHLETE PROFILE

Abby Miller

By Kristen Hislop

FAMILY: Parents, Rich and Patti;
Sister, Alix

AGE: 33

RESIDENCE: Loudonville, raised in Delmar
and Glenmont

OCCUPATION: Resident Assistant, Med
Technician

PRIMARY SPORT: Running

FASTEST 5K: 39:33 and getting faster

It Can Be Done



■ **ABBY RUNNING WITH JOAN BENOIT SAMUELSON IN ALBANY.**
PETER THOMAS/ALPENGRAPIK.COM
■ **ABBY FINISHING GREAT PUMPKIN CHALLENGE 5K ON OCT. 20 IN SARATOGA SPRINGS.**
GREG WOLCOTT/FIVE PINES PHOTOGRAPHY

Standing before me were my parents, looking grim. My father was sitting in a chair staring at me; he was there on his lunch break. It was nice to see familiar faces, as I awoke. I looked at my parents, with my crooked smile, taking everything in.

My mom swiftly approached me, clutching a paper towel in her hand. She extended her arm to my distorted face, to wipe the drool. I swiped the paper towel from her hand, dabbed my own mouth, and threw the towel on the floor.

I looked at my parents, laughing and drooling with my contorted face. My parents were laughing with me, through their tears, as they saw their daughter trying to come back to them. My mom handed me another paper towel, I wiped the drool again, and threw the paper towel onto the floor. I saw my parents laughing at my actions.

Although those moments with my parents were short, before I drifted back into my own world, I somehow knew I would be okay. It will be etched into my memory forever.

-Excerpt from *There is No Finish Line* submission

In October of 1995 Abby Miller was asked for her Christmas list. The lone item was a paperweight, which said "It Can Be Done." Not your typical Christmas list for a 16-year-old, but there is nothing typical about Abby. This Thanksgiving she will celebrate having completed five 5K road races, dropping her race times again and again. A huge accomplishment? On the Saturday before Father's Day 1995, she was in a horrific car accident in Delmar that left her in a coma. Doctors said that coming out of the coma would be a miracle, talking and walking impossible. But as Abby came back to her family, learned to write, and began to

speak, "It Can Be Done" became her mantra. Abby suffered a traumatic brain injury along with many physical injuries, all the result of reckless driving by a "friend."

After being in the ICU at Albany Medical Center for a month, she was transferred to Sunnyview Rehabilitation Hospital's coma recovery program, in Schenectady, where she stayed for three months. Sunnyview released her home after just three months due to depression. Abby cried herself to sleep each night, feeling alone and without friends. Everyone felt she would be better served being at home. The nurses knew it was the right solution, but at the same time they were sad to see her go. The night before her discharge from the hospital, they had a party of sorts – a water fight, hugs and light up glasses! The recovery continued on an outpatient basis, and still does, with physical and speech therapy.

Back to June 17, 1995 – Dr. Jim Horn and his wife Lynn, a nurse heard the crash outside their home. As Abby tells it, they rushed to her assistance taking glass out of her mouth, and making sure she did not choke on her own vomit, while paramedics were called. All along Abby's journey, there have been many special people who have been there for her.

Unfortunately for a 16-year-old girl that was not the case with some of her classmates. When Abby went back to school in February of 1996, many of the kids would not look at her – she had lost an ear and a new one had been reconstructed, she walked awkwardly and spoke differently. Even today, Abby doesn't like to hear her own voice. For a girl who had been on the tennis team, swam, rode her bike 25 miles at a time, had a boyfriend, and was doing well in school, to be shunned by her

classmates

was disheartening.

An optimist at heart, Abby turned to the wonderful sense of humor she shares with her Dad. One story she shared with me this summer is based around a run in their neighborhood in the summer of 1996. Her Dad called her Bambi because her left leg was not very coordinated. It became a term of endearment.

Abby still finds humor in the trials of being in a coma. A friend came to the hospital to see her after coming out of the coma. Abby asked her about her boyfriend. The friend had to tell Abby she had broken up with him and has been dating another classmate just before the accident. She doesn't remember much about the months before the accident, but wishes she could remember the accident, and exactly what happened for a sense of closure.

Abby has continued to live by "It Can Be Done" and setting goals made it easier. Abby graduated from Bethlehem Central High School on time, graduated from The Sage Colleges with honors, and started driving again. This year she began a physical therapy program at The Sage Colleges; the program was through a grant applied for by Gabrielle Moriello, an assistant professor of Physical Therapy. The 15-week program started with balance, agility, flexibility, and strength work for six weeks; then moved to six weeks of treadmill training using body-weight support or in a pool; and three weeks of running, tennis and biking. Once again, she was ahead of schedule. Abby excelled.

To build on her successes, one of her physical therapists suggested that Abby enroll in the *No Boundaries* 5K training

program for beginners at Fleet Feet Sports in Albany. This past summer, Abby joined the program with a goal of completing the Great Pumpkin Challenge 5K on October 20 in Saratoga Springs. As is Abby's way, she was ahead of schedule having completed three 5Ks, while training for her first Great Pumpkin Challenge 5K run! She crossed the finish line with a big smile on her face, asking about everyone else's run versus celebrating her own accomplishment.

Abby says, "I am going to achieve my goals as fast as possible, and that goes hand in hand with practice." You don't learn to run up the stairs without practice. Abby persevered and that milestone was met a week before we had our first chat. What's next? A 10K! No Boundaries coach Chris Duwe tagged Abby as a mentor for the spring program. When participants say "I can't," you know Abby's response will be: "It Can Be Done." Who will be able to say no to her! After that, a half-marathon, and maybe a triathlon – this girl knows no bounds!

This August, Abby got a call from her physical therapist saying you should submit your story for a Joan Benoit Samuelson event called "There is No Finish Line." Joanie, the 1984 Olympic gold medalist for the women's marathon, was looking for people who inspired others through their running. Abby submitted her story Cliffs Note style (see intro). A call came the next morning telling Abby that she was one of those selected to sit on stage with Joanie during the special event in Albany. She shared her story with the attendees, ran with Joanie, and received a special shopping trip to Fleet Feet Sports, courtesy of Nike.

Not sure why she was chosen, Abby put on a brave face, and got up on the stage to briefly tell her story. The audience was moved to tears. Joan was visibly touched as well. On the run the next morning on the Mohawk-Hudson Bikeway, Joan made sure she ran with all the participants, but chose to run the finish with Abby. They made it to the bridge under the highway and she thought they were finished, but there are no shortcuts with Joanie, so they ran past the bridge turned around and came back toward the cheering group. This was the first 5K for Abby!

When I approached Abby about this profile she was genuinely surprised that anyone would see her as an inspiration. Talking about her experience, her tenacity, her drive and her "It Can Be Done," she said it started to come together. She says, "I am just me. I just did what I could with what I had or didn't have. I do realize that when I see someone not trying to improve when they have difficulties, I am frustrated and do not see why they are not motivated to better themselves."

In this month of giving thanks, be thankful for what you have and give thanks that we have people like Abby in our community to inspire us! ▲

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Kristen Hislop (hislopdesigns.com) of Clifton Park is a USA Triathlon coach, Team LUNA Chix member, Leukemia & Lymphoma Team in Training coach, and personal trainer whose motto is "Do. Believe. Achieve."

NORDIC SKIING

NYS Ski Racing Association Nordic

Supporting and Promoting Winter Sports

By David Paarlberg-Kvam

For New York's outdoor enthusiasts, November may be a viable candidate for the bleakest month of the year. But while it brings in cold, damp weather, wet, slick roads and muted colors, it also has a magical way of bringing out the unwavering optimism of Nordic skiers. Despite last year's ski season leaving so much to be desired – like snow, for instance, skiers across the state are genuinely excited about the prospects of an upcoming white winter, a plethora of races and touring events, and the generous forecasts from the Farmers' Almanac (quick.... knock on wood).

The role of the New York State Ski Racing Association is to support and promote the growth of winter sports, including Nordic ski racing, biathlon, ski-orienting, and Bill Koch youth ski programs. As the incoming president of NYSSRA, I would like to highlight some of the many opportunities for you and your family to learn to ski, try a race for the first time, or compete against some of the best athletes in the state.

Bill Koch Youth Ski League

Youth summer sports leagues are a common sight, no matter where you hail from. And when the snow flies, this statewide program can keep your child having fun, staying active, and enjoying the outdoors. In BKYSL, your daughter or son can learn from community volunteers how to Nordic ski, and all the fun ways that can enjoy this lifelong sport. NYSSRA Nordic has some great BKYSL programs.

Nordic Ski Racing – "Try-It Series"

Have you skied before, but still feel nervous about entering a ski race next to a brightly colored, spandex wearing, winter-loving-nutso speeding down the trail? You probably aren't alone. In fact, we know you aren't alone. So sign up for some of our Try-It Series events. Many races found on our NYSSRA race calendar (and the ASF Calendar of Events) will offer the option of a short race loop for beginning racers. This is an opportunity for you to challenge yourself, get some good exercise, and not feel like you're in the way or out of your league. Who knows, after a few of these you might just go spandex shopping!

Nordic Ski Racing – Club Series

So you love ski racing. You dream of snow, you train for it, and you know what rollerskiing is. Well then, join a NYSSRA club and find other like-minded enthusiasts in your area. This is a great way to meet other people who ski, and improve your technique, fitness and racing ability. The NYSSRA clubs across the state compete in our NYSSRA

Race Series. This series consists of races that can range from short races like 5K to as long as 50K. Pick your favorite events and come out to race! Ski in the Empire State Games! Try the Lake Placid Loppet! As an active club participant, you will score points for each event you complete, and help your club win at the NYSSRA Nordic Club Championship. The season culminates with a championship event held on March 9th and 10th. This event is a great weekend of racing that wraps up a season of hard work and fun competition. Remember, all NYSSRA races are an opportunity for you help your club in this season-long series.

Biathlon

New York has one of the finest biathlon racing scenes in the country. If you like the idea of ski racing and target shooting, you must check out our website. Even if you have never tried it before, on the New York biathlon website you will be able to find clinics, lessons, clubs, and training activities to help you learn this fun, challenging and exciting sport.

Ski-Orienting

Do you like the challenge of combining brains and brawn? Try a ski race that involves map reading, point-to-point navigation, and carving your own trail. On the NYSSRA website you can find information on local orienteering clubs that will teach you the "ins" and "outs" and the "arounds" of this great variation of ski racing.

So remember, it may be November now... But soon the brightest days of winter fun are just around the corner. Begin the season now by becoming a member of

NYSSRA Nordic and help build a thriving Nordic culture in your area. The winter months can be some of the most fun-filled, active, exciting times in New York and your participation in NYSSRA Nordic allows us to bring you these many opportunities. The new executive board of NYSSRA Nordic has many great plans for the future of Nordic skiing in New York and we want you to be a part of it.

To learn more about all of these winter sports programs and opportunities, visit nysranordic.com. NYSSRA Nordic is welcoming new members. We'll see you on snow! ▲

David Paarlberg-Kvam (*dakvam06@gmail.com*) of Ballston Spa is the president of NYSSRA Nordic and actively involved in growing Nordic racing in Saratoga County. He coaches the Shenendehowa High School Nordic Team and an organizer for the Hudson United Racing Team.



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FROM THE PUBLISHER & EDITOR
Winter... Cold, Snow and Ice!

As the late fall temperature drops and the first flurries appear in the air, now is the time to get excited about winter! The season is calling, whether you enjoy downhill or cross-country skiing, snowboarding, snowshoeing, ice skating or ice climbing. We know that winter is not everyone's favorite, so there are strength and fitness activities for those who prefer to train indoors.

In this issue, we preview the region's alpine skiing/riding destinations, profile NYSSRA's Nordic ski opportunities, highlight a bounty of Thanksgiving races, and explore a worthwhile hike to Sand Lake Falls. Plus, we learn more about the role for vitamins and dietary supplements, and are inspired by this month's athlete, Abby Miller.

Enjoy the upcoming season of giving thanks and sharing time with family and friends. Thank you to the businesses and organizations that advertise and exhibit with us, and we always appreciate our magazine readers and expo attendees!



WINNER OF DION SNOWSHOES, JOE MOLLNOW OF GREENWICH, ACCEPTS PRIZE FROM DARRYL.

Here are the lucky winners of over \$4,000 in prizes at the Winter Expo on Oct. 27-28 in Saratoga Springs. Thank you to all for coming to the expo and to our exhibitors and advertisers for their generous donations.

Adirondack Mountain Club Gift Basket: Janice Bennett, Ballston Spa. **Adirondack Mountain Club Fleece Jacket:** Phyllis Ingwell, Ballston Spa. **Albany Running Exchange**

Club Memberships (2): Tom Ford, Mechanicville and Kevin McGarry, Ballston Lake. **Arbonne International Gift Certificate:** Melissa Daviero, Rotterdam. **Brave the Blizzard Snowshoe Race Entries (2):** Kevin Whitehead, Clifton Park and Sue Johnson, Saratoga Springs. **Bromley Mountain Lift Tickets (2):** Sue Igo, Clifton Park and Naomi Allen, Saratoga Springs. **Camp Saratoga 8K Snowshoe Race Entry:** Andrew Rickert, Delmar.

Canadian Ski Marathon Tourer Registrations (2): Maureen Kramer, Kattskill Bay and Jon Dunsdon, Glenville. **Core Revolutionary Group Fitness One-Month Unlimited Memberships (2):** Heather Holl, Queensbury and Joel Gordon, Queensbury. **Dion Snowshoes:** Joe Mollnow, Greenwich. **Fountain Square Outfitters Gift Certificate:** Dana Russell, Fort Edward. **Garnet Hill Lodge One Night Stay, Bed & Breakfast and Trail Passes:** Rebecca DeWitt, Ballston Spa. **Garnet Hill Lodge Trail Pass and T-Shirt (3):** Tricia Johnston, Ballston Lake; Bill Schwarz, Glens Falls and Patricia Sears, Coxsackie. **Gore Mountain Lift Tickets:** Diane Persons, Amsterdam. **"It Works" Body Applicator or Facial:** Kristin Dowling, Saratoga Springs. **Lapland Lake Nordic Vacation Center Trail Passes:** Karen Conchieri, Greenfield. **Lake Placid Loppet Race Entry:** Greg Stevens, Charlton. **Mohawk Hudson River Marathon Race Entry:** John Iacoponi, Saratoga Springs. **Mohawk Hudson River Half-Marathon Race Entry:** Jennifer Durenberger, Saratoga Springs. **Mountainman Saratoga Outpost Smart Wool Socks:** Robert Miller, Ballston Lake. **Pico Mountain Lift Tickets:** Tom Whitermore, Saratoga Springs. **Plaine and Son Ski/Bike Gift Certificate:** Bob Giordano, Saratoga Springs. **Plaine and Son Ski/Bike Hand Ski Tunes (5):** Frank Gallo, Ballston Spa; Sandy Norgrove-Bourdon, Slingerlands; Richard Brewer, Cohoes; Ray Goss, Saratoga Springs and Jonathan Gainer, Saratoga Springs. **Prato Eyewear Ski Goggles:** Jean-Paul Reddinger, Troy. **Real Good Solar Restaurant Certificate:** Pat Phelan, Saratoga Springs. **Rich Morin's Professional Scuba Centers Complimentary PADI Open Water Diver Course:** Erika Miller, Schenectady. **Saratoga Winterfest 5M Snowshoe Race Entry:** Cathy Schoepper, Ballston Lake. **Willard Mountain Tubing Passes (2):** Scott LaRosa, Clifton Park and Todd Hunter, Duaneburg. **Whiteface Mountain Lift Tickets:** Tom Sutton, Slingerlands.

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AROUND THE REGION News Briefs

HITS Purchases North Country Triathlon

HAGUE – In cooperation with local race organizers, HITS Triathlon Series purchased the North Country Triathlon in Hague, and it's been added to the national race series. The popular and successful NCT sprint and Olympic event will now offer the five distances of the HITS Triathlon Series, and will be dedicated to continuing the success of founder Randy Engler.

The HITS North Country Triathlon has been added to the 2013 HITS Triathlon Series schedule and will present a weekend of racing, June 29-30. Registration is open and course maps are online. "Hague is the perfect location for our races and we're excited to continue what they've started," said series race director Mark Wilson. "The Adirondacks and Lake George create an atmosphere that lends itself well to shorter distance races, while also creating great opportunities to go long."

With its inaugural season coming to a close in December, HITS Triathlon Series is the first national series to produce a year-round race schedule and offer five distances during a single weekend, including the family-friendly open and full (Ironman) distance options. "We

were looking for a destination that could provide a multi-distant event to athletes from the Capital Region and across the New York, New Jersey and Connecticut area," said HITS president/CEO Tom Struzzi. "Several HITS staff members have raced North Country and have built a relationship with Randy that led to this agreement."

Founded in 2007, North Country grew within the triathlon community of upstate New York. Randy has prided himself in producing well-organized, environmentally sensitive, and challengingly fun events. "I'm very excited that HITS will continue my vision of producing a solid event showcasing the great things the town of Hague and communities around Lake George have to offer," Randy said. "I've been fortunate to have had the opportunity to work with many talented, energetic volunteers and community members. Their enthusiasm is what keeps the athletes coming back. The HITS team is top-notch and I look forward to them taking it to the next level."

HITS, Inc. is an events management company based in Saugerties that's focused on producing endurance sports events and hunter/jumper horse shows. For more information, visit hitstriathlonseries.com. ▲

Concord Pools and Spas Hosts Ironman Fitness Event

LATHAM – Forty-percent of the field at an Ironman event are first-time participants. If you want to take the leap, come meet some of the athletes who know what it's all about. Concord Pools and Spas will host an IRONMAN Competitors Physical Fitness Demo and Reception, featuring local Ironman finisher John Perry of Johnsonville, along with other triathletes from the Capital Region on Wednesday, Nov. 28 at 6pm at Concord Pools and Spas at 156 Sparrowbush Road in Latham, just off Northway exit 7.

Concord has a strong connection to these athletes because they need to train in pools year-round – with the snow getting closer (we hope), it's a perfect time to learn how to train in your home. Concord is a dealer of the Michael Phelps Signature Swim Spa and other swim spas and triathlete equipment, which is ideal for training.

Come join members of CDTC and the Concord Pools and Spas team to enjoy an evening of fitness demos, complimentary finger foods and raffles. For information, contact Concord at (518) 783-8976 or concordpools.com. ▲



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Adirondack PADDLE 'N' POLE

RACE RESULTS

4TH CAMP CHINGACHGOOK CHALLENGE 10K*

*Note: Half-Marathon results were in last month's issue

August 11, 2012 • YMCA Camp Chingachgook, Kattskill Bay

10K RACE

MALE OVERALL			FEMALE AGE GROUP: 35 - 39				
1 Sam McEntee	20	Villanova, PA	37:27	1 Joanne Hammond	36	Burnt Hills	1:02:10
2 Daniel Harris	20	Clifton Park	38:34	2 Colleen Vogel	38	Lake George	1:10:58
3 Dan Beck	16	Mt Airy, MD	40:10	3 Cheryl McPhillips	36	Delmar	1:15:57
FEMALE OVERALL			MALE AGE GROUP: 40 - 44				
1 Sandra Tasse	33	Ballston Spa	49:26	1 Mark Cotugno	43	Cohoes	42:43
2 Adrienne Gillespie	24	Mendon	50:37	2 Todd Rowe	44	Rotterdam	46:57
3 Jessica Mitchell	34	Albany	52:15	3 Bernie Hyatt	43	Cohoes	48:19
FEMALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 40 - 44				
1 Ciara Cornelius	14	Schenectady	1:23:32	1 Jennifer Ferriss	40	Saratoga Springs	55:29
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 40 - 44				
1 Aaron Rubin	15	West Simsbury, CT	41:39	2 Christine Chung	44	Glenmont	57:27
2 Daryn Hutchings	15	Argyle	42:03	3 Cynthia Ware	44	Brooklyn	59:47
3 Nicholas Pattison	16	Altamont	44:03	MALE AGE GROUP: 45 - 49			
FEMALE AGE GROUP: 15 - 19			1 Michael Smith	49	Argyle	44:36	
1 Ella Gurney	15	Saratoga Springs	56:21	2 Michael Fisher	48	Clifton Park	56:35
2 Victoria Conciaton	15	Mahopac	58:00	3 James Wendell	48	Saratoga Springs	57:20
3 Karl Balogh	19	Schenectady	1:00:24	FEMALE AGE GROUP: 45 - 49			
FEMALE AGE GROUP: 20 - 24			1 Katesel Strimbeck	49	Glenmont	1:00:17	
1 Cortney Riles	22	Schenectady	59:50	2 Maureen Wendell	47	Saratoga Springs	1:02:09
2 Barbara Hess	20	Schenectady	1:00:55	3 Stephanie Languell	46	Scotia	1:08:00
3 Nikethana Venkatesa	22	Schenectady	1:14:00	MALE AGE GROUP: 50 - 54			
MALE AGE GROUP: 25 - 29			1 Peter Carpenter	54	Queensbury	42:57	
1 Andrew Musits	27	Albany	51:44	2 Tom Bolen	54	Pilot Knob	53:00
2 Aaron Wolff	28	Niskayuna	1:01:46	3 Bill Roberts	53	Queensbury	53:59
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 50 - 54				
1 Claire Galbraith	26	Canandaigua	53:16	1 Lois Green	53	East Greenbush	1:07:15
2 Lauren Beckley	25	Schenectady	54:59	2 Virginia Lawler	51	Delmar	1:11:46
3 Kimberly Harris	26	Albany	57:07	MALE AGE GROUP: 55 - 59			
MALE AGE GROUP: 30 - 34			1 David Moretti	57	Wakefield, RI	56:25	
1 Joseph Byrne	30	Forest Hills	1:01:53	2 Michael Maguire	57	Ballston Lake	58:39
FEMALE AGE GROUP: 30 - 34			3 Bill Gettman	57	Glenmont	1:06:52	
1 Melinda White	31	Altamont	56:04	FEMALE AGE GROUP: 55 - 59			
2 Heather Doran	30	Granville	1:00:25	1 Darlene Cardillo	59	Delmar	1:09:07
3 Jacqueline Cleary	33	Jersey City, NJ	1:03:49	MALE AGE GROUP: 60 - 64			
MALE AGE GROUP: 35 - 39			1 Mike Chovonec	62	Baltimore, MD	52:46	
1 Matt Zappen	36	Clifton Park	47:17	FEMALE AGE GROUP: 60 - 64			
2 Rory Swaine	37	Loudonville	53:20	1 Joy Griffith	62	Glenmont	1:26:46
3 Michael Cukrovany	36	Rensselaer	58:42	MALE AGE GROUP: 75 - 79			
				1 Richard Eckhardt	78	Albany	1:16:48

Courtesy of AREEP & YMCA Camp Chingachgook

11TH ANNUAL BETSY OWENS MEMORIAL LAKE SWIM *continued*

MALE AGE GROUP: 50 - 54			FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 50 - 54		
1 Stuart, Jeffrey	CONN	44:39	1 Bordeau, Kara	CVC	28:21	1 Sara, Maureen	OEVT	30:34
2 Watson, Timothy	NIAG	1:04:30	2 Braniecki, Ashley	ADMS	28:35	2 Jacob, Marybeth	OEVT	31:45
FEMALE AGE GROUP: 55 - 59			3 Griffin, Beth	OEVT	29:02	3 Archer Kassel, Leslie	ADMS	31:48
1 Sikora, Rosanna	DCM	53:50	FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 50 - 54		
2 Carrillo, Suzanne	NIAG	1:07:58	1 Roe Dale, Rachel	OEVT	28:43	1 Loftis, Mark	REDT	22:54
3 Sanda, Pia	ADMS	1:08:22	2 Meehan, Molly	OEVT	37:13	2 Ahern, Kevin	OEVT	26:28
MALE AGE GROUP: 55 - 59			MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 50 - 54		
1 Delaney, Mike	NEM	50:43	1 Bennett, Bradley	OEVT	32:14	1 Dinsmore, Diane	DRMS	30:10
2 Wall, Dan	ADMS	50:46	2 Porter, Leo	OEVT	33:32	2 Wells, Val	ADMS	31:51
3 Olson, Carl	ADMS	51:23	FEMALE AGE GROUP: 35 - 39			MALE AGE GROUP: 55 - 59		
4 McCann, Lawrence	ADMS	1:00:15	1 Keegan, Shannon	NEM	27:22	3 Field, Mary	ADMS	32:24
5 Komoroske, Michael	ADMS	1:01:29	2 Kelsey, Elizabeth	NEM	29:24	4 Bachman, Nancy	ADMS	33:28
FEMALE AGE GROUP: 60 - 64			MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 55 - 59		
1 Maloney, Beth	BERK	1:05:51	1 Maloney, Bridget	OEVT	42:05	6 Burnett, Pilar	ADMS	37:28
2 Maloney Falcon, Catherine	GSM	1:08:31	MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 55 - 59 WETSUIT		
3 Weill, Wendy	GSM	1:17:26	1 Kiszkiel, Peter	CONN	29:25	1 Franzon, Olof	ADMS	24:55
MALE AGE GROUP: 60 - 64			2 Glauca, Joseph	OEVT	32:38	MALE AGE GROUP: 55 - 59		
1 Laughlin, Terry	CIBB	50:22	3 El Bouy, Saad	UNAT	32:45	1 McCann, Lawrence	ADMS	28:37
2 Gianniny, Bruce	NIAG	54:25	FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 60 - 64		
3 Reichle, Bill	BERK	57:53	1 Gianniny, Dana	NIAG	23:04	1 Kules, Tricia	NEM	34:44
4 Singer, Robert	ADMS	58:40	2 Krumlau, Erika	METR	31:29	MALE AGE GROUP: 60 - 64		
FEMALE AGE GROUP: 65 - 69			MALE AGE GROUP: 40 - 44 WETSUIT			MALE AGE GROUP: 60 - 64		
1 Spencer, Kate	NIAG	1:11:48	1 Falls, Michael	NIAG	31:05	1 Gianniny, Bruce	NIAG	27:07
MALE AGE GROUP: 65 - 69 WETSUIT			MALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 65 - 69		
1 Fidler, Alan	SMSA	1:11:56	1 Robertson, Michael	ADMS	23:31	1 Svenson, Ann	ADMS	30:55
MALE AGE GROUP: 65 - 69			2 Costello, Andrew	OEVT	36:31	2 Pribis, Cathy	ADMS	43:21
1 Mohl, Bruce	T2NM	52:28	FEMALE AGE GROUP: 45 - 49			MALE AGE GROUP: 65 - 69		
2 Rogacki, Daniel	NEM	55:17	1 Planz, Jody	OEVT	25:49	1 Mohl, Bruce	T2NM	23:45
3 Nelson, Robert	MESC	58:46	2 Champlin, Susan	LJSM	29:05	2 Rogacki, Daniel	NEM	26:05
MALE AGE GROUP: 70 - 74			3 Edgar, Kimberly	NEM	30:09	3 Winfield, Dan	ADMS	29:00
1 Koop, Douglas	ADMS	1:02:12	4 Kinney, Jackie	ADMS	33:26	MALE AGE GROUP: 70 - 74		
1-MILE OPEN WATER SWIM			MALE AGE GROUP: 45 - 49			MALE AGE GROUP: 75 - 79		
Top 3 Age Group & ADMS Finishers			1 Russell, Bernard	NIAG	25:30	1 Chivers, Jim	BUMS	38:54
FEMALE AGE GROUP: 18 - 24			2 Raddcliffe, David	NAAC	27:13	MALE AGE GROUP: 75 - 79		
FEMALE AGE GROUP: 18 - 24			3 Vogel, Keith	ADMS	28:08	1 De Jesus, Foster	UNAT	32:19
1 Owens, Robyn	OEVT	32:03	FEMALE AGE GROUP: 50 - 54 WETSUIT			<i>Courtesy of Adirondack District Masters Swimming</i>		
			1 Payne, Sandi	OEVT	40:48			

MOVE IT FOR THE MUSIC 5K RUN

August 11, 2012 • Luzerne Music Center, Lake Luzerne

MALE OVERALL			FEMALE OVERALL		
1 Matt Karkoski	19:19	8 Alex Jebb	22:41	5 Natalie Laughran	25:49
2 Nathan Frantz	19:45	9 Mark Sager	22:47	6 Laura Arcate	28:11
3 Jacob Sweet	20:36	10 Alejandro Diaz	23:19	7 Olivia Munson	29:14
4 Nate McLean	20:51	1 Heidi Karkoski	23:53	8 Sally Goodheart	30:27
5 Nicholas Handal	21:55	2 Erin Farmer	24:13	9 Cammie Simmes	30:30
6 Abe Feder	21:57	3 Cynthia Willmen	24:45	10 Cynthia Tobey	31:48
7 Kosos Suzuki	21:57	4 Olivia Briffault	25:31		

Courtesy of Luzerne Music Center

12TH ANNUAL CAZENOVIA TRIATHLON & AQUABIKE

August 12, 2012 • Lakeside Park, Cazenovia

1500M SWIM, 40K BIKE, 10K RUN			AQUABIKE: MALE			AQUABIKE: FEMALE		
INDIVIDUAL: MALE			1 Gregory Wilt	1:42:44	1 Andy Dagatt	56:41	AQUABIKE: FEMALE	
1 Eric Hinman	2:14:59	800M SWIM, 22.5K BIKE, 5K RUN			1 Michelle Pavlovitz	1:02:53	TEAM: MIXED	
2 Randy Hadzor	2:16:13	INDIVIDUAL: MALE			1 Team Milk	1:15:52	TEAM: MALE	
3 Bill Houser	2:19:19	1 Brandon O'Meal	1:16:38	1 Three Musketeers	1:18:51	TEAM: FEMALE		
INDIVIDUAL: FEMALE			2 Joe Hatfield	1:17:57	1 Westside Point	1:36:34	<i>Courtesy of Central New York Triathlon Club</i>	
1 Danielle Ohlson	2:23:34	3 Richard Bruno Jr	1:18:36					
2 Annaleigh Porter	2:34:29	INDIVIDUAL: FEMALE						
3 Selina Lenetsky	2:37:22	1 Mary Beth Ramanoli	1:20:33					
AQUABIKE: FEMALE			2 Ashley Collier	1:23:51				
1 Carrie Zdobylak	1:33:26	3 Stephanie Gardner	1:23:54					

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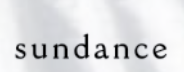
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RACE RESULTS

TAWASENTHA 5K CROSS-COUNTRY RACE #1 August 13, 2012 • Tawasentha Park, Guilderland

MALE OVERALL		FEMALE OVERALL		AGE GROUPS			
1	Derek Struck/17	Altamont	19:22	1	Dave Thoman/M20-29	Albany	20:24
2	Steve Booker/16	Delmar	19:27	1	Shylah Webber/F20-29	Rensselaer	26:44
3	Austin Miller/18	Guilderland	19:31	1	Bob Irwin/M30-39	Guilderland	20:31
				1	Stephanie Wille/F30-39	Guilderland	25:48
				1	Jon Rocco/M40-49	Colonie	21:35
				1	Laurie Hoyt/F40-49	Schenectady	26:26
				1	Steven Sweeney/M50-59	Guilderland	24:35
				1	Inge Aiken/F50-59	East Greenbush	26:48
				1	Paul Bennett/M60-69	Latham	25:45
				1	Susan Wong/F60-69	Glenmont	30:37
				1	Jim Moore/M70-79	Niskayuna	30:52
				1	Anne Stockman/F80-89	Rensselaer	43:05
				<i>Courtesy of Hudson-Mohawk Road Runners Club</i>			

SOUTHERN ADIRONDACK SPOKES 10M TIME TRIAL SERIES #9 August 14, 2012 • West River Road, Fort Edward

MALE OVERALL		FEMALE OVERALL		AGE GROUPS			
1	Mike Wynn/41-60	Queensbury	21:43	1	Levi Drake/M1-10	Cambridge	37:27
2	Zack Vogel/41-60	Saratoga Springs	22:49	1	Thomas Becker/M10-14	Argyle	31:49
3	Mike Duerr/41-60	Glens Falls	23:51	1	Tyra Wynn/F10-14	Queensbury	30:56
				1	Paige Williams/F15-18	N Bennington, VT	27:15
				1	Karl Hensler/M18-40	Riverbank	25:59
				1	Tom Suozzo/M41-60	Hartford	24:11
				1	Rich Burnley/M60-69	S Glens Falls	26:11
				1	Eric Krantz/M70-79	Queensbury	31:19
				1	Rob-Joyce Dadekian/Tandem	Niskayuna	26:44
				<i>Courtesy of Inside Edge Ski & Bike</i>			

CRYSTAL LAKE TRIATHLON • August 18, 2012 • Crystal Lake, Averill Park

0.5M SWIM, 18M BIKE, 3M RUN		FEMALE AGE GROUP: 20 - 24							
MALE OVERALL		1	Maira Hilt	20	Albany	1:48:09			
1	Craig Tynan	43	Schenectady	1:22:57	2	Marguerite Roth	23	Albany	2:08:13
2	Ty Remington	37	Glenville	1:26:23	3	Caitlan Swyer	20	Slingerlands	2:33:23
3	Robert Underwood	52	Kattskill Bay	1:28:44	4	Kayla Slater	22	Moravia	2:36:17
FEMALE OVERALL		MALE AGE GROUP: 25 - 29							
1	Susan Matthews	53	Troy	1:36:44	1	Kyle Kononicki	27	Saratoga Springs	1:29:21
2	Colleen Ottalagano	35	Slingerlands	1:37:34	2	Eric Besaw	25	South Burlington, VT	1:35:51
3	Shylah Weber	24	Rensselaer	1:40:35	3	Bryan Grygus	29	Clifton Park	1:36:03
MALE AGE GROUP: 1 - 14		4	Mike Demauro	28	Rensselaer	1:52:01			
1	Sean Harrington	14	Averill Park	1:44:24	5	James Powell	29	Waterford	1:59:28
FEMALE AGE GROUP: 1 - 14		FEMALE AGE GROUP: 25 - 29							
1	Caroline Slyer	14	Averill Park	2:01:12	1	Brett Harris	28	Albany	1:52:42
2	Emily Hawthorn	13	Wynantskill	2:03:31	2	Amanda Barone	29	Ballston Spa	1:53:33
3	Emily Conway	12	Averill Park	2:30:07	3	Felicia Phillips	26	Gansevoort	2:01:49
MALE AGE GROUP: 15 - 19		4	Natalia Lesniak	27	New York	2:03:41			
1	Christopher Shaw	17	Averill Park	1:34:20	5	Andrea Dagastine	29	Rensselaer	2:04:32
2	Jacob Epstein	18	Westport, CT	1:41:57	MALE AGE GROUP: 30 - 34				
3	Ryan Harrington	16	Averill Park	1:45:11	1	Jeffrey Andritz	31	Altamont	1:32:54
4	Vincent Mancino	19	Troy	1:55:41	2	John Evansky	34	Hudson Falls	1:35:43
5	Noah Rubin	19	Slingerlands	2:14:30	3	Rick Iksalo	34	Delmar	1:39:19
FEMALE AGE GROUP: 15 - 19		4	Jared Eicher	33	Scotia	1:46:07			
1	Julia Slyer	16	Averill Park	1:51:46	5	Kurt Benedict	33	Troy	1:46:49
2	Juliana Kolakowski	15	Averill Park	1:52:58	FEMALE AGE GROUP: 30 - 34				
3	Danielle Skufca	16	Niskayuna	2:01:17	1	Rebecca Evansky	33	Hudson Falls	1:42:52
4	Olivia Gustafson	15	Clifton Park	2:16:39	2	Jessica Mitchell	34	Albany	1:47:11
5	Sarah McTague	16	Averill Park	2:22:46	3	Jenny Debellis	34	Colonie	1:50:53
MALE AGE GROUP: 20 - 24		4	Susana Garcia Romero	30	Rensselaer	1:54:36			
1	Chris Carper	24	Albany	1:29:57	5	Kateri Phillips	32	Petersburg	1:57:58
2	Jonathan Lazzara	22	Rensselaer	1:40:16	MALE AGE GROUP: 35 - 39				
3	DJ Racette	24	Albany	1:48:13	1	Jonathan Conkling	35	East Chatham	1:34:49
4	Benjamin Girtain Plowe	23	Albany	2:07:13	2	Scott Gruendle	39	Waterford	1:37:24
		3	Greg Antolick	36	Wynantskill	1:39:17			

CRYSTAL LAKE TRIATHLON continued

4	Javier Londono	37	Kinderhook	1:41:02	3	Robin Davey	54	Rexford	2:03:50
5	Steven Nicoll	39	Menands	1:44:43	4	Amy Perillo	53	Guilderland	2:06:49
FEMALE AGE GROUP: 35 - 39		5	Maureen Roberts	54	Gansevoort	2:06:53			
1	Kimberly Kilby	35	Schenectady	1:40:42	MALE AGE GROUP: 55 - 59				
2	Jennifer Reis	36	Endicott	1:41:27	1	Bob Gramling	56	Red Hook	1:34:45
3	Lori Antolick	37	Wynantskill	1:41:55	2	George Baird	57	Rensselaer	1:36:27
4	Sarah Peters	37	Albany	1:47:41	3	James Virgilio	55	Dalton, MA	1:45:32
5	Trisha Johnson	35	East Chatham	1:48:00	4	Orrie Riccobono	56	Catskill	1:48:18
MALE AGE GROUP: 40 - 44		5	Steve Vnuak	57	Delmar	1:50:50			
1	George Stopyak	42	Clifton Park	1:29:39	FEMALE AGE GROUP: 55 - 59				
2	Christian Gee	40	Mechanicville	1:30:11	1	Donna Lustenhouwer	59	Altamont	2:02:32
3	Patrick Ryan	40	West Sand Lake	1:32:15	2	Pia Sando	58	Slingerlands	2:03:51
4	Dennis Ball	44	East Greenbush	1:36:10	3	Margaret Phillips	59	East Schodack	2:05:51
5	Pete Bieder	44	Clifton Park	1:36:21	4	Minerva Campbell	55	Old Chatham	2:21:41
FEMALE AGE GROUP: 40 - 44		MALE AGE GROUP: 45 - 49							
1	Rebecca Doherty-Fahey	44	White Plains	1:47:25	1	Pat Sommo	45	Guilderland	1:30:58
2	Mindy Fairchild	41	Averill Park	1:51:34	2	Matthew Alpern	49	Latham	1:38:35
3	Christl Mueller	42	Averill Park	1:54:08	3	Matthew Bell	49	Wynantskill	1:39:07
4	Lonnie Wilson	44	Niskayuna	1:54:46	4	Kevin Whitehead	46	Clifton Park	1:39:11
5	Michelle Rocklein	42	Delmar	1:55:29	5	Christopher Hogan	47	Delmar	1:41:41
MALE AGE GROUP: 50 - 54		FEMALE AGE GROUP: 45 - 49							
1	Chris Buckley	51	Burnt Hills	1:36:53	1	Sybil Carven	46	Kittery Point, ME	1:46:53
2	John Kenny	54	Greenwich	1:37:57	2	Martha Gohlke	45	Voorheesville	1:54:38
3	Glenn Herbert	54	Kinderhook	1:38:46	3	Amy Vanderploeg	48	Slingerlands	1:56:34
4	Dave Gustafson	52	Clifton Park	1:44:25	4	Susan Bowman	47	South Westerlo	2:01:57
5	Robert Collen	53	Albany	1:44:58	5	Sharon Beilinson	49	Delmar	2:08:52
FEMALE AGE GROUP: 50 - 54		MALE AGE GROUP: 55 - 59							
1	Laurie McCarroll	51	Castleton	1:57:39	1	Frank Bender	61	Troy	1:45:12
2	Joanne Richardson	52	Poestenkill	2:01:54	2	Dan Lynch	62	Greenfield Center	1:48:59
		3	Michael McNally	62	Queensbury	1:53:26			
		4	David Schroeder	64	Castleton	1:56:09			
		5	Ira Baumgarten	61	Averill Park	2:06:58			
		FEMALE AGE GROUP: 60 - 64							
		1	Judy Lynch	63	Castleton	2:20:26			
		2	Anne Laroche	60	Schenectady	2:26:04			
		MALE AGE GROUP: 65 - 69							
		1	David Dibelius	66	Ballston Lake	1:53:02			
		2	Douglas Kabat	66	Niskayuna	2:01:17			
		3	Paul Murray	68	Albany	2:04:07			
		FEMALE AGE GROUP: 65 - 69							
		1	Katharine Briar-Laws	67	Wynantskill	2:29:24			
		MALE AGE GROUP: 70 - 74							
		1	Fred Thompson	72	North Adams, MA	1:47:27			
		2	Mark-Richard Butt	70	Delmar	2:03:18			
		3	John Bradley	70	Goose Creek, SC	2:04:46			
		4	Ray Lee	70	Halfmoon	2:23:56			
		5	John Lane	74	Clifton Park	2:29:11			
		FEMALE AGE GROUP: 70 - 74							
		1	Patricia Coveny	72	Endicott	3:31:41			

Courtesy of Capital District Triathlon Club

10TH ANNUAL JAILHOUSE ROCK 5K RACE August 18, 2012 • Brookside Museum, Ballston Spa

FEMALE OVERALL		FEMALE AGE GROUP: 19 - 24							
1	Keelin Hollowood	17	Saratoga Springs	17:40	1	Brianna Freestone	19	Ballston Spa	19:00
2	Renee Tolan	37	Clifton Park	17:48	2	Alexandra Finocchio	20	Ballston Spa	20:08
3	Crystal Perno	31	Clifton Park	18:26	3	Stephanie Davis	24	Ballston Spa	24:55
MALE OVERALL		MALE AGE GROUP: 19 - 24							
1	Spencer Patterson	18	Saratoga Springs	15:38	1	Jesus Vazquez	19	Latham	16:50
2	Mike Roda	36	Albany	15:40	2	Christopher Herbs	19	Rexford	17:56
3	Evan Quinones	17	Saratoga Springs	15:49	3	Rob Sobkovich	21	Amsterdam	19:32
FEMALE AGE GROUP: 1 - 10		FEMALE AGE GROUP: 25 - 29							
1	Anna Pilkey	8	Ballston Spa	32:23	1	Kelly Owens	26	Ballston Spa	22:11
MALE AGE GROUP: 1 - 10		2	Jennifer Hartman	25	Cohoes	25:24			
1	Joseph Jackowski	10	Rexford	24:53	3	Kate Rose	29	Scotia	25:47
2	Gaven Planavsky	9	Malta	25:41	MALE AGE GROUP: 25 - 29				
3	Ian Hansen	9	Ballston Spa	26:09	1	Shaun Donegan	26	Saratoga Springs	16:06
FEMALE AGE GROUP: 11 - 14		2	Alexander Paley	26	Albany	17:49			
1	Emily Burnell	14	Saratoga Springs	19:10	3	Thomas Ford Jr.	26	Mechanicville	23:06
2	Spencer Brooks Haye	14	Wilton	19:59	FEMALE AGE GROUP: 30 - 34				
3	Erin Carey	14	Saratoga Springs	20:12	1	Jennifer Bennice	33	Ballston Lake	21:00
MALE AGE GROUP: 11 - 14		2	Marta Hallgren	34	Galway	21:43			
1	Gavin Gaynor	14	Saratoga Springs	16:03	3	Sandre Tasse	33	Ballston Spa	22:47
2	Aidan Tooker	14	Greenfield Center	16:23	MALE AGE GROUP: 30 - 34				
3	Trevor Peck	14	Saratoga Springs	18:06	1	Keither Weiss	30	Malta	17:49
FEMALE AGE GROUP: 15 - 18		2	Lee Lurie	32	Ballston Spa	18:34			
1	Sarah Morin	15	Greenfield Center	18:37	3	Rosario Gallo	30	Ticonderoga	18:42
2	Maddie Samuel	17	Saratoga Springs	19:08	FEMALE AGE GROUP: 35 - 39				
3	Meredith Hungerford	17	Saratoga Springs	20:33	1	Regina Flint	38	Amsterdam	20:49
MALE AGE GROUP: 15 - 18		2	Sarah Reed	35	Saratoga Springs	21:47			
1	Travis Briggs	17	Saratoga Springs	16:13	3	Janifer Marten	35	Schaghticoke	24:30
2	Andrew Maguire	17	Saratoga Springs	16:33					
3	Fletch Starnes	16	Saratoga Springs	17:35					

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RACE RESULTS

15TH ANNUAL ALTAMONT 5K RUN *continued*

MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 50 - 54			
1 Jon Bunnell	27	Ravena	21:13	1 Vladimir Ilin	54 Albany	18:16
2 Matthew Collingwood	26	Slingerlands	24:34	2 Bob Kanarkiewicz	53 Delanson	20:51
3 William Dergosits	29	Schenectady	25:41	3 Jake Connor	53 Hudson	21:07
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 50 - 54			
1 Jenna Pearson	27	Schenectady	25:02	1 Jennifer Ring	54 Schenectady	25:46
2 Jamie Edmonds	25	Cooperstown	25:20	2 Donna Charlebois	54 East Berne	27:52
3 Megan Svoboda	26	Voorheesville	26:20	3 Jill Faraci	54 Troy	30:160
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 55 - 59			
1 Steve Aldi	33	Burnt Hills	22:53	1 David Roy	57 Schoharie	19:51
2 Mike Washco	33	Albany	23:59	2 Steve Vnuk	56 Delmar	21:02
3 Christopher Danchetz	33	Altamont	28:50	3 J Cole	57 Voorheesville	22:29
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 55 - 59			
1 Courtney LaBarge	33	Cobleskill	22:36	1 Nancy Briskie	55 Schenectady	20:33
2 Erin Murphy	32	Albany	24:33	2 Vicky Bastian	56 Voorheesville	25:45
3 Kristin Zielinski	32	Altamont	25:47			
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 60 - 64			
1 David Tromp	37	Glenmont	18:18	1 Paul Bennett	61 Latham	20:22
2 Sean Madden	38	Albany	18:47	2 Kenneth Klapp	62 Guilderland	21:18
3 Michael DiNicola	37	Albany	19:00	3 John Silk	62 Stamford	23:05
FEMALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 60 - 64			
1 Amy Pollard	38	Niskayuna	23:19	1 Alice Carpenter	62 Delmar	32:31
2 Judith Wines	35	Altamont	26:19	2 Lizette Liebold	60 Delmar	36:52
3 Melanie Shatynski	35	Altamont	28:31	3 Ingrid Schubert	64	43:20
MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 65 - 69			
1 Edward Hampston	44	Voorheesville	18:33	1 Dave Glass	65 Glenville	22:19
2 Stephen Kelly	44	New Hartford	19:31	2 Thomas Miller	68 Altamont	27:56
3 Clifford Erickson	42	Voorheesville	20:51			
FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 65 - 69			
1 Penny Tisko	43	Altamont	22:06	1 Nancy Johnston	66 Ballston Lake	34:14
2 Dana Peterson	41	Altamont	22:26			
3 Denise Vanderwerken	40	Cobleskill	23:50			
MALE AGE GROUP: 45 - 49			MALE AGE GROUP: 70 - 74			
1 Gary Longhi	48	New Scotland	20:14	1 Jim Moore	72 Niskayuna	24:55
2 Rich Homenick	48	Schenectady	20:21	2 Jim Hotaling	72 Niverville	25:29
3 Glenn Berninger	49	Ghent	21:14	3 Bob Knouse	72 Voorheesville	29:32
FEMALE AGE GROUP: 45 - 49			FEMALE AGE GROUP: 75 - 79			
1 Christine Capuano	45	Altamont	20:32	1 Eileen Gundlach	75 Howes Cave	39:34
2 Mary Kogelmann	47	23:45				
3 Brenda Lennon	47	Troy	25:47			

Courtesy of Altamont 5K Race Committee

LAKE GEORGE OPEN WATER SWIM August 25-26, 2012 • Hague Town Beach Park, Hague

2.5K SWIM - NON-WETSUIT			FEMALE OVERALL		
1 Mark Loftis/50-54	REDT	38:08	1 Libby Lazare/18-24	OEVT	41:49
2 Jim Butler Male/30-34	ADMS	41:25	2 Ginger Mitchell/30-34	OEVT	49:21
3 Duncan Adamson/40-44	OEVT	42:13	3 Susan Waldron/50-54	OEVT	49:47
4 Kevin O'Brien/18-24	OEVT	44:24	4 Ellen Venditti/45-49	OEVT	51:31
5 Daniel Winter/60-64	NIAG	46:00	5 Jodi Plante/35-39	OEVT	59:17
6 Ray Ortiz/30-34	UNAT	47:02	6 Chris Philipp/40-44	OEVT	59:43
7 David Hirsch/50-54	UNAT	48:40	7 Mary Burke/60-64	ADMS	59:55
8 Tocher Mitchell/65-69	OEVT	49:35	8 Molly Oliver/40-44		1:00:04
9 Lawrence McCann/55-59	ADMS	49:41	9 Ginger Slonaker/45-49	OEVT	1:00:28
10 Jonathan Cade/45-49	SRPM	50:20	10 Nancy Hilscher/40-44	ADMS	1:00:30
11 David Wiseman/50-54	OEVT	50:24	11 Rachel Bennion/35-39	OEVT	1:05:40
12 David Mt Pleasant/50-54	OEVT	50:36	12 Megan O'Reilly/45-49	TERR	1:16:00
13 John Lomasney/50-54	NIAG	51:47	13 Violet Sakoulas/35-39	OEVT	1:38:46
14 Mike Taber/55-59	ADMS	53:02	14 Regina Bensch-Coe/55-59	OEVT	1:51:43
15 Foster De Jesus/75-79	UNAT	53:07			
16 David Conway/40-44	OEVT	56:51			
17 Saad El Boury/35-39	UNAT	58:38			
18 Robert Sherwood/30-34	OEVT	1:01:54			
19 Jeff Lynn/60-64	FISH	1:02:31			
20 Stephen Danna/50-54	ADMS	1:03:59			
21 Chris Boldiston/50-54	OEVT	1:04:33			
22 Brian Jankowsky/50-54	GSM	1:05:51			
23 Jim Chivers/70-74	BUIMS	1:10:27			
24 Bill Welch/55-59	OEVT	1:21:29			

continued

LAKE GEORGE OPEN WATER SWIM *continued*

5K SWIM - NON-WETSUIT			10K SWIM - NON-WETSUIT		
1 Nate Hosking/18-24	OEVT	1:06:47	1 Daniel Moran/30-34	NEM	2:19:13
2 Joseph Guilfoyle/18-24	OEVT	1:13:29	2 Jeffrey Stuart/50-54	CONN	2:37:16
3 John Martin/18-24	OEVT	1:13:33	3 Geoff Wells/25-29	HEAT	2:39:35
4 Patrick O'Keefe/35-39	UNAT	1:14:35	4 Louis Guadagno/45-49	CUBU	2:42:56
5 Michael Robertson/40-44	ADMS	1:20:36	5 Brent Wasser/30-34	FISH	2:52:23
6 Eric Burns/35-39	OEVT	1:23:11	6 James Wagner/35-39	DCRP	3:00:50
7 Tom Waldron/50-54	OEVT	1:23:29	7 Eric Smith/40-44	NIAG	3:01:08
8 Jim Smith/55-59	CAQM	1:26:22	8 Martin Turecky/45-49	ADMS	3:13:02
9 Thomas Syzek/55-59	SWOM	1:30:45	9 Douglas Bosley/50-54	NEM	3:16:18
10 Stephen Lazare/50-54	WM	1:33:11	10 Rick Shanley/30-34	NWMS	3:19:10
11 Jonathan Hache/40-44	OEVT	1:33:41			
12 Richard Starace/45-49	ADMS	1:34:01	1 Galen Rinaldi/40-44	CONN	2:24:22
13 Richard Veenstra/45-49	OEVT	1:48:16	2 Annie Ferguson/25-29	BERK	2:27:33
14 Timothy Watson/50-54	NIAG	1:52:36	3 Dani Stein/25-29	ADMS	2:38:59
15 Lawrence McCann/55-59	ADMS	1:54:09	4 Nicole Hirschman/35-39	SEAW	2:53:12
16 Bernard Aguglia/65-69	CVC	2:01:01	5 Michele Walters/35-39	DCAC	3:00:19
17 Saad El Boury/35-39	UNAT	2:09:47	6 Lynn Ascione/45-49	BERK	3:04:03
18 Jim Davis/55-59	NIAG	2:14:38	7 Marj Stamer/18-24	NIAG	3:04:05
19 Scott Schoener/45-49	OEVT	2:16:38	8 Jennifer Bauman/35-39	BERK	3:04:32
20 Donald Mahler/65-69	NEM	2:35:42	9 Shannon Keegan/35-39	NEM	3:05:29
			10 Sydney Didier/40-44	NEM	3:08:54
			11 Kimberly Plewa/25-29	BERK	3:12:57
			12 Susan Kirk/50-54	BERK	3:16:50
			13 Margaret Bolster/40-44	ADMS	3:19:50
			14 Maggie Rowley/45-49	ADMS	3:30:38
			15 Mary Guilfoyle/45-49	BERK	3:44:02
			16 Patricia Clark/50-54	NEM	4:03:53
FEMALE OVERALL			10K SWIM - WETSUIT		
1 Jayme Torelli/30-34	OEVT	1:20:41	1 Howard Taylor/25-29	UNAT	2:41:28
2 Alicia Fletcher/35-39	ADMS	1:21:27	2 Dan Eppel/40-44	OEVT	2:58:35
3 Jody Fronhiser/30-34	OEVT	1:21:44	3 Jonathan Muckell/25-29	OEVT	4:15:07
4 Nadia Louhichi/30-34	ADMS	1:22:54			
5 Lynn Festa/45-49	NIAG	1:24:29			
6 Jen Illescas/25-29	IM	1:25:26			
7 Sarah Tannenbaum/25-29	NEM	1:25:27			
8 Kayla Angier/18-24	UNAT	1:26:03			
9 Gail Holland-Dufault/50-54	NEM	1:27:32			
10 Allison Burhoe/18-24	UNAT	1:28:24			
11 Amber Peterman/30-34	OEVT	1:29:01			
12 Heather Burns/40-44	OEVT	1:29:06			
13 Bethany Aronow/45-49	OEVT	1:30:23			
14 Britalena Liebers/25-29	ADMS	1:38:35			
15 Sonya Pasquini/30-34	OEVT	1:38:57			
16 Emily Weintraub/30-34	UNAT	1:41:26			
17 Liz Morrish/50-54	UNAT	1:42:25			
18 Kimberly Edgar/45-49	NEM	1:46:54			
19 Erin Gaskell/40-44	NEM	1:46:57			
20 Sarah Clark/40-44	BERK	1:49:35			
21 Deanna Pomfret/40-44	UNAT	1:52:30			
22 Pia Sanda/55-59	ADMS	1:59:46			
23 Jennifer Buonaccorsi/25-29	OEVT	2:00:10			
24 Aneka Flamm/30-35	OEVT	2:01:33			
FEMALE OVERALL			5K SWIM - WETSUIT		
1 Liz Collins/45-49	OEVT	1:29:14	1 Liz Collins/45-49	OEVT	1:29:14
2 Margaret Phillips/55-59	ADMS	1:37:32	2 Margaret Phillips/55-59	ADMS	1:37:32
3 Heather Barna/40-44	NEM	1:44:10	3 Heather Barna/40-44	NEM	1:44:10
4 Jody Buzzell/50-54	OEVT	1:46:40	4 Jody Buzzell/50-54	OEVT	1:46:40
5 Robin Zimpel-Fontaine/40-44	OEVT	1:47:18	5 Robin Zimpel-Fontaine/40-44	OEVT	1:47:18
MALE OVERALL			FEMALE OVERALL		
1 Ryan Ahearn/30-34	OEVT	1:36:55	1 Liz Collins/45-49	OEVT	1:29:14
2 Brian Hidy/40-44	NIAG	1:41:04	2 Margaret Phillips/55-59	ADMS	1:37:32
3 Mark Plunkett/50-54	OEVT	2:03:10	3 Heather Barna/40-44	NEM	1:44:10
4 Brian Cuneo/40-44	ADMS	2:03:21	4 Jody Buzzell/50-54	OEVT	1:46:40
5 George Glum/45-49	OEVT	2:09:29	5 Robin Zimpel-Fontaine/40-44	OEVT	1:47:18
6 Steve FitzGerald/60-64	OEVT	2:31:40			
MALE OVERALL			FEMALE OVERALL		
1 Herbert Okuti	26	High Falls	14:06	1 Dannie Swan-Scott	1:37:46
2 Abiyot Endale	26	High Falls	14:15	2 Nadia Louhichi	1:50:41
3 Mikael Tesfaye Kahsay	25	New York	14:17	3 Sydney Didier	1:51:47
				4 Michele Walters	1:54:16
				5 Marj Stamer	1:56:44
				6 Margaret Bolster	2:07:57
				7 Emily Weintraub	2:10:45
				8 Mary Guilfoyle	2:23:17
				9 Mary Burke	2:32:36
				10 Aneka Flamm	2:38:38
				11 Rachel Bennion/wetsuit	2:47:01

Courtesy of Green Leaf Racing

CHRIS THATER MEMORIAL: 5K RUN & CYCLING RACES August 25-26, 2012 • Recreation Park, Binghamton

5K ROAD RACE			MALE MASTERS			
1 Herbert Okuti	26	High Falls	14:06	1 Mark Andrews	41 Rochester	15:14
2 Abiyot Endale	26	High Falls	14:15	2 Scott Weeks	40 Cortland	15:39
3 Mikael Tesfaye Kahsay	25	New York	14:17	3 Joseph Koech	43 Chelmsford, MA	15:51
FEMALE OVERALL			FEMALE MASTERS			
1 Irina Permittina	44	New York	16:06	1 Liubov Denisora	40 New York	17:02
2 Hirut Mandefro	27	Washington, DC	16:17	2 Paula Wiltse	45 Brockville, ON	17:17
3 Tezeta Dengersa	31	Washington, DC	16:22	3 Emily Bryans	45 Delanson	18:05

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CHRIS HATER MEMORIAL: 5K RUN & CYCLING RACES *continued*

AGE GROUPS			MALE MASTER 35-PLUS - 24 MILES		
1 Jonathan Bosch/M01-13	Endwell	23:15	1 Eric Workowski/PureEnergy-ProAir	Kutztown, PA	57:16
1 Jessica Spencer/F01-13	Port Crane	23:15	2 Kyle Wolfe/Unattached	Redding, CT	57:16
1 Richard Buchanan/M14-16	Binghamton	16:48	3 Brent Asumo/TDT Zuck	Woodbridge, ON	57:16
1 Katie Markstein/F14-16	Binghamton	21:39	MALE MASTER 45-PLUS - 20 MILES		
1 Sam Williams/F17-19	Warren Center	16:01	1 Patrick Ruane/Sunapee Buchika's	Webster, NH	48:53
1 Deidra Beller/F17-19	Carthage	21:08	2 Brent Aquino/TDT Team Zuck	Toronto, ON	48:53
1 Mulugeta Wendimu/M20-29	Silver Spring, MD	15:14	3 David Osborne/Artemis	Olney, MD	49:36
1 Meskerem Legesse/F20-29	Astoria	19:14	CITIZEN MALE UNDER-18 - 12 MILES		
1 Mark Rochon/M30-34	Boulder, CO	15:42	1 Garret Lucas	Nunda	32:46
1 Laura Klin/F30-34	Quarryville, PA	17:53	2 Peter Fett	Binghamton	33:06
1 Michael Murphy/M35-39	Wyalusing, PA	17:58	CITIZEN MALE 19-34 - 12 MILES		
1 Murphee Hayes/F35-39	Marathon	18:39	1 James Pitman/Skylands Cycling	Milford, PA	37:07
1 Adam Engst/M40-44	Ithaca	16:49	2 Liam Richmond	Ozone Park	37:08
1 Marty McLaughlin/F40-44	East Aurora	19:43	3 Kyle Rogers	Haverhill, MA	37:09
1 Jeffrey Brison/M45-49	Kingston, ON	17:41	CITIZEN MALE 35-44 - 12 MILES		
1 Marisa Sutura Strange/F45-49	Pleasant Valley	18:53	1 Sonny Do	Landisville, PA	38:47
1 Derrick Staley/M50-59	Ballston Lake	16:57	2 Dale Beckwith	Sidney	38:49
1 Kathy Champagne/F50-59	Plattsburgh	19:37	3 Kurt Woodruff	Binghamton	38:49
1 Bob Giambalvo/M60-99	Delhi	18:50	CITIZEN MALE 45-54 - 12 MILES		
1 Coreen Steinbach/F60-99	Pompey	22:09	1 JaiPaul Mohabir	Ozone Park	33:05

BICYCLING RACES		
MALE PRO/1 - 50 MILES		
1 Kyle Wamsley/Jamis Sutter Home	Northvale, NJ	1:54:15
2 Travis Livermon/Mountain Khakis	Winterville, NC	1:54:15
3 Bruno Langlois/Garneau-Quebec	Quebec, ON	1:54:15
FEMALE 1/2 - 35 MILES		
1 Laura Van Gilder/Mellow Mushroom	Cresco, PA	1:24:25
2 Erica Allar/RideClean-Patentit.com	Fogelsville, PA	1:24:25
3 Jennifer Purcell/Team Tibco	Austin, TX	1:24:25
MALE 2/3 - 35 MILES		
1 Curtis White/Hot Tubes Dev	Delanson	1:16:06
2 Greg Ratzell/Young Medalists	Blandon, PA	1:16:06
3 Bryce Feigley/Fanatik Bike Co	Bellingham, WA	1:16:06
FEMALE 3/4 - 20 MILES		
1 Dori Buckthal/National Velo	Glenwood, MD	56:19
2 Jacqueline Paul/Watchung-High Gear	Hackettstown, NJ	56:19
3 Danielle Kosecki/Century Road Club	New York	56:19
MALE 4/5 - 25 MILES		
1 Thomas Goetz/Unattached	Corning	1:02:35
2 Dennis Borden/Queen City Cyclists	Tonawanda	1:02:35
3 Alec Ratzell/Young Medalist	Bladen, PA	1:02:35

3RD ANNUAL 5K RUN FOR THE HORSES
August 26, 2012 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL			FEMALE AGE GROUP: 35 - 39		
1 Jonathan Bright	Guilderland	18:39	1 Mary Price	Saratoga Springs	21:02
2 Jack Arnold	Latham	18:49	2 Melissa Jenkins	Queensbury	24:43
3 Russell Lidberg	Saratoga Springs	18:57	3 Mayumi Kato Block	Saratoga Springs	29:26
FEMALE OVERALL			MALE AGE GROUP: 40 - 44		
1 Alyssa Herrington	Cambridge	19:50	1 William Kowal	Niskayuna	19:24
2 Jessica Berschwinge	Voorheesville	20:16	2 Mark Cotuguno	Cohoes	19:30
3 Kara Defeo	Rensselaer	20:56	3 Alan Bazaar	Katonah	21:19
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 40 - 44		
1 Connor Oakman	Lafayette	19:15	1 Lynn Morck	Amsterdam	26:43
2 Ellis Pemrick	Greenwich	21:07	2 Kristin Olmstead	Hudson Falls	27:35
3 Jared Gregorek	Schuylerville	23:10	3 Justine Cavotta	Mechanicville	27:41
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 45 - 49		
1 Payton Czupil	Watervliet	21:22	1 Paul Guilmette	Rutland, VT	19:53
2 Sarah Umphlett	Shaftsbury, VT	22:32	2 Allen Nadel	Nanuet	24:40
3 Rachel Fowler	Malta	25:53	3 Keith Murray	Stillwater	26:04
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 45 - 49		
1 Anthony Erno	Glenville	18:59	1 Sue Thompson	Queensbury	22:19
2 Nathan Oakman	Lafayette	19:14	2 Kelly Ahifeld	Pawlet, VT	22:41
3 Russ Ahfeld	Pawlet, VT	20:52	3 Sandra Reulet	Saratoga Springs	23:45
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 50 - 54		
1 Erin Arnold	Latham	22:34	1 Stephen Gregorek	Schuylerville	22:32
2 Daniel Pemrick	Greenwich	22:39	2 Daniel Pemrick	Greenwich	22:39
3 John Stevens	Saratoga Springs	23:17	3 John Stevens	Saratoga Springs	23:17
MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 50 - 54		
1 Ryan Chronister	Endicott	37:38	1 Joan Wilkins	Ballston Lake	26:45
2 Risa Bernstein	Clifton Park	22:28	2 Elizabeth Blair	Shamong, NJ	26:56
3 Casey Arnold	Latham	24:13	3 Denise Bernstein	Underhill, VT	27:50
3 Jaime Wyzkowski	Johnstown	25:33	MALE AGE GROUP: 55 - 59		
MALE AGE GROUP: 25 - 29			1 Mark Regan	Queensbury	21:54
1 Kyle Walsh	Clifton Park	22:05	2 Terry Shields	Niskayuna	22:10
2 Barret Stein	Richmondville	22:47	3 Gary Czupil	Watervliet	24:57
3 Matt Herrington	Valley Stream	24:27	FEMALE AGE GROUP: 55 - 59		
FEMALE AGE GROUP: 25 - 29			1 Marie Arrao	Clifton Park	29:19
1 Anna Millea	Saratoga Springs	25:23	2 Francesca Bruno	Middle Grove	32:22
2 Abra Bentley	Wynantskill	27:01	3 Lisa Hall	Schuylerville	32:48
3 Kate Riuiello	Bolton Landing	27:18	MALE AGE GROUP: 60 - 64		
MALE AGE GROUP: 30 - 34			1 Howard Herrington	Cambridge	23:25
1 Joseph Altobello	Green Island	22:37	2 Mike Chovonec	Baltimore, MD	23:41
2 Keith Johnson	Mechanicville	23:24	3 Charles McGuire	Keene	24:34
3 Wesley Lawrence	Woodstock, VT	29:34	MALE AGE GROUP: 65 - 69		
FEMALE AGE GROUP: 30 - 34			1 Robert Lee Rivers	Saratoga Springs	23:52
1 Melissa Smolen	Mechanicville	23:57	2 Barry Ostrager	Saratoga Springs	29:01
2 Amber Trendell	Burnt Hills	26:29	3 Jim Whelan	Slingerlands	30:19
3 Tricia Pendergast	Troy	27:01	FEMALE AGE GROUP: 65 - 69		
MALE AGE GROUP: 35 - 39			1 Cathy Biss	Queensbury	32:39
1 Jason Rivers	Glens Falls	22:02	MALE AGE GROUP: 70 - 74		
2 Dave Hines	Kingston	23:35	1 Greg Benson	East Nassau	29:34
3 Todd Bishop	Saratoga Springs	24:30			

TAWASENTHA 5K CROSS-COUNTRY RACE #3
August 27, 2012 • Tawasentha Park, Guilderland

MALE OVERALL		
1 Ross Wightman/16	Chatham	18:38
2 Brandon Holcomb/33	Guilderland	19:25
3 Paul Cox/19	Troy	19:30
FEMALE OVERALL		
1 Kim Milton/30	Clifton Park	22:27
2 Karen Bertasso/28	Slingerlands	23:19
3 Laurie Hoyt/46	Schenectady	26:07
AGE GROUPS		
1 Noah Valvo/M1-14	Delanson	23:16
1 Molly Zahnleuter/F1-14	Clifton Park	27:35
1 Jacob Unys/M15-19	Rotterdam	19:40
1 Shannon Quay/F15-19	Knox	30:10
1 Jaime Julia/M20-29	Amsterdam	19:42
1 Meghan Mortensen/F20-29	Rotterdam	26:59
1 Joe Sullivan/M30-39	Schenectady	20:40
1 Stephanie Wille/F30-39	Guilderland	27:18
1 Stu Palczak/M40-48	Amsterdam	21:55
1 Leah Giordano/F40-49	Delmar	31:18
1 Steve Sweeney/M50-59	Guilderland	24:04
1 Inge Aiken/F50-59	East Greenbush	28:18
1 John Stockwell/M60-69	Watervliet	30:12
1 Susan Wong/F60-69	Glenmont	28:32
1 Wade Stockman/M70-79	Rensselaer	32:08
1 Annie Stockman/F80-89	Rensselaer	41:42

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RACE RESULTS

LAKE GEORGE TRIATHLON FESTIVAL: 8TH ANNUAL LAKE GEORGE TRIATHLON September 1, 2012 • Battlefield Park, Lake George

OLYMPIC: 0.9M SWIM, 24.8M BIKE, 6.2M RUN		
MALE OVERALL		
1	2:06:49	Don Kjelleren/45-49
2	2:09:06	Dave Burger/40-44
3	2:11:09	Andrew Shore/30-34
FEMALE OVERALL		
1	2:13:33	Darbi Roberts/25-29
2	2:19:28	Michelle Rosowsky/45-49
3	2:20:35	Madeline Nagy/45-49
FEMALE AGE GROUP: 15 - 19		
1	2:58:47	Fogg, Kathleen
2	3:31:47	Kolvek, Katrina
3	3:51:49	Amaral, Alexis
FEMALE AGE GROUP: 20 - 24		
1	2:35:22	Humphrey, Madeleine
2	2:44:42	Rubin, Ada
3	2:46:13	Whelan, Alison
4	2:48:23	Weinberg, Samantha
5	2:56:29	Jogerst, Kristen
6	2:58:12	Barry, Katie
7	3:00:07	Melkun, Stephanie
8	3:02:32	Croft, Sara
9	3:06:11	Kline, Kendra
10	3:12:26	Machnik, Ali
FEMALE AGE GROUP: 25 - 29		
1	2:28:31	Yoho, Allison
2	2:39:52	Emblidge, Elizabeth
3	2:42:46	Druzynski, Danielle
4	2:43:15	Chamberlain, Lauren
5	2:46:17	Gupton, Sarah
6	2:46:44	Britt, Elise
7	2:47:06	Dickey, Lizzy
8	2:47:51	McCloskey, Kelly
9	2:47:54	Chatfield, Kristel
10	2:48:33	Barrett, Kelsey
11	2:53:40	Bernhardt, Jenna
12	2:55:49	Sulser, Meridith
13	2:58:19	Merle, Jennifer
14	3:05:08	Duggan, Ashley
15	3:06:40	Neyman, Alida
16	3:08:06	Corkum, Sarahann
17	3:08:48	Patterson, Rachel
18	3:08:56	Barton, Brooke
19	3:18:36	Ferro, Jaclyn
20	3:19:42	Dannemann, Patty
21	3:20:12	Dagastine, Andrea
22	3:20:37	Reepmeyer, Katelyn
23	3:21:20	Nakata, Dorene
24	3:23:54	Regan, Deirdre
25	3:27:06	Smith, Danielle
26	3:28:26	Fial, Lindsey
27	3:40:22	Delucia-Piekarski, Annemarie
FEMALE AGE GROUP: 30 - 34		
1	2:26:58	Jenkins, Christine
2	2:32:04	Monaghan, Sheila
3	2:34:20	Kandiel, Kristin
4	2:37:09	Moroney, Jen
5	2:38:00	Gillard, Abigail
6	2:40:48	Evansky, Rebecca
7	2:40:59	Zacher, Elizabeth
8	2:43:13	Dridich, Kim
9	2:48:02	Moskal, Ann Marie
10	2:48:18	Mitchell, Jessica
11	2:50:23	Purohit, Ashley
12	2:52:23	Parker, Leigh
13	2:56:55	Gola, Jill
14	2:58:39	Delucia, Eileen
15	2:58:49	Montross, Galena
16	2:59:52	Holmes, Jennifer
17	3:02:12	Scraftford, Julie
18	3:05:01	Pulcher, Sarah
19	3:05:33	Lewis, Jenna
20	3:05:44	Niver, Danielle
21	3:06:28	Piolet, Neely
22	3:09:04	Andrescavage, Lore
23	3:10:35	Roche, Ellen
24	3:18:24	Hallenbeck, Kay
25	3:20:26	Moran, Victoria
26	3:23:38	Leicht, Laure
27	3:24:50	Schoen, Jessica
28	3:26:19	Rathod, Brinda
29	3:37:59	Conley, Carissa
30	3:44:26	Turnbull, Tuanh
31	3:51:31	Davies, Anna
32	3:53:14	McGee, Sarah
33	4:39:50	Waldman, Olivia
FEMALE AGE GROUP: 35 - 39		
1	2:28:47	Ottalagano-McGarry, Colleen
2	2:30:38	Dickens, Isabelle
3	2:43:06	Abramczyk, Carolyn
4	2:46:02	Gleason Krebs, Cara
5	2:46:43	Hefferon, Kate
6	2:50:43	Bowerman, Georgia
7	2:50:46	Peters, Sarah
8	2:51:41	Johnson, Trisha
9	2:54:52	Dean, Cynthia
10	2:56:00	Tolley, Rebekah
11	2:56:23	Naffky, Patricia
12	2:56:13	Kozio, Jill
13	2:59:26	Pfaffenbach-Hicks, Jenny
14	3:01:14	Olmoz, Alicia
15	3:01:30	Rose, Antoinette
16	3:05:57	McMahan, Margaret
17	3:07:28	Peacock, Ashley
18	3:07:35	Wilson, Jacqueline
19	3:09:10	Seiler, Stephanie
20	3:10:40	Guillet, Jill
21	3:23:33	Roberts, Jennifer
22	3:29:23	Kenny, Robin
23	3:31:02	Griffith, Dana
24	3:40:26	Thomas, Kimberly
25	3:43:53	Ringer, Tracy
26	3:45:44	Kilgore, Laurie
27	3:46:10	Mullin, Rachel
28	4:11:42	Mahon, Elizabeth
29	4:30:44	Rushford, Andrea
FEMALE AGE GROUP: 40 - 44		
1	2:30:26	Battaglia, Deborah
2	2:32:45	Ruge, Erica
3	2:36:33	Roberts, Katy
4	2:41:50	Morris, Cheryl
5	2:44:14	Geczy, Colleen
6	2:46:46	Koehler, Tracey
7	2:48:08	Martin, Heather
8	2:49:20	Masson, Jamie
9	2:52:29	Callen, Laura
10	2:53:17	Clark, Cheryl
11	2:58:33	Barry, Hannah
12	3:00:15	Anderson, Kelly
13	3:03:02	Halusic, Lonnie
14	3:03:47	Legg, Kathleen
15	3:05:19	Fredette, Francine
16	3:06:03	Thurber, Kimberly
17	3:06:49	Fairchild, Melinda
18	3:07:11	Viger, Karen
19	3:09:54	Mueller, Christl
20	3:14:13	Byrne, Nicole
21	3:22:11	Franklin, Sheri
22	3:24:06	David, Emilie
23	3:25:21	Bologna, Catherine
24	3:26:59	Schaper, Karen
25	3:37:31	McCue, Jeanette
26	3:51:54	Van Orman, Kimberly
FEMALE AGE GROUP: 45 - 49		
1	2:21:13	Hayden, Kathleen
2	2:31:08	Heaphy, Alison
3	2:32:31	Hislop, Kristen
4	2:41:37	Bosman, Marie
5	2:41:57	Oldenski, Julie
6	2:43:11	Bryant, Rebecca
7	2:45:37	Mauro, Carrie
8	2:50:15	Henne, Elizabeth
9	2:54:23	Cervone, Jane
10	2:57:21	Cimino, Dani
11	2:58:35	Gohlke, Martha
12	3:01:48	Scheuing, Laurie
13	3:09:44	Hagemann, Dee Dee
14	3:11:30	Vanderzyden, Chris
15	3:19:39	Snider, Corinne
16	3:34:22	Oballe, Cecilia
17	3:40:43	Bottillo, Kathleen
18	4:29:06	McLaren, Cheryl
FEMALE AGE GROUP: 50 - 54		
1	2:27:48	Stalker, Beth
2	2:54:20	Bley, Kathy
3	2:57:51	Kilcoin, Valerie
4	2:58:09	Jordan, Barbara
5	2:59:03	Elling, Kirsten
6	3:04:55	Lee, Tina
7	3:09:26	Mulvihill, Betty
8	3:09:28	Shurter, Joanne
9	3:15:29	Owens, Kelly
10	3:18:43	Perillo, Amy
11	3:23:11	Simeone, Sally
12	3:31:22	Mitchell, Diane
13	3:32:56	Monahan, Patricia
14	4:06:21	Barry, Nancy
FEMALE AGE GROUP: 55 - 59		
1	2:57:02	Fair, Kitty
2	3:14:39	Hewitt-Delohery, Lynne
3	3:15:27	Lustenhouwer, Donna
FEMALE AGE GROUP: 60 - 64		
1	3:24:54	Wallace, Margaret
FEMALE AGE GROUP: 65 - 69		
1	3:05:17	McKnight, Christine
FEMALE AGE GROUP: 70 - 74		
1	3:12:37	Jacobson, Sibyl
MALE AGE GROUP: 15 - 19		
1	2:24:34	Keenan, Andrew
2	2:27:06	Von Reusner, Jonathan
3	2:28:51	Fallis, Jamie
4	3:23:11	Weinberg, Jacob
MALE AGE GROUP: 20 - 24		
1	2:13:27	Gawors, Matthew Francis
2	2:14:09	Dunn, Kyle
3	2:35:22	Cyr, Ben
4	2:36:15	Craft, Stephen
5	2:41:50	Jensen, Marc
6	2:55:05	Marshall, Cody
7	3:00:26	Buel, Kyle
8	3:01:42	Mateer, Jonathan
9	3:19:06	Mancuso, Matthew
MALE AGE GROUP: 25 - 29		
1	2:16:36	Finnin, Daniel
2	2:20:58	Emblidge, Kevin
3	2:26:01	Park, Daniel
4	2:26:31	McCarthy, Liam
5	2:31:44	Louis, Johnathan
6	2:32:18	Besaw, Eric
7	2:38:34	Cahill, Chip
8	2:39:24	Saas, Tyler
9	2:39:31	Vignogna, Joseph
10	2:40:47	Manjarres, Jeffrey
11	2:41:26	Norton Jr, Neal
12	2:43:39	Grygus, Bryan
13	2:44:44	Manjarres, Christian
14	2:45:12	Norcott, Bryan
15	2:45:21	End, Riley
16	2:45:37	Safarowicz, Chase
17	2:45:37	Holbrook, Blair
18	2:47:01	Dennett, Matt
19	2:49:59	Doyle, Lee
20	2:51:18	McField, Idriys
21	2:51:50	Katz, Stuart
22	2:53:14	Guerrant, Philip
23	2:55:41	Pesta, Justin
24	2:55:43	Burtman, Michael
25	2:56:52	McFarlane, Khalid
26	3:00:29	Watson, Clayton
27	3:04:21	Bowman, Christopher
28	3:04:55	Cuiman, Leonzo

continued

LAKE GEORGE TRIATHLON FESTIVAL: 8TH ANNUAL LAKE GEORGE TRIATHLON continued

29	3:05:06	Howland, Bob	7	2:21:38	Ball, Dennis	39	3:07:43	Arruda, Marcelo
30	3:06:14	Albanesi, Chad	8	2:22:02	Stopyak, George	40	3:07:51	Fisher, Michael
31	3:11:49	Ding, Ye	9	2:22:30	Thomson, Kevin	41	3:10:20	Carlson, Tae
32	3:12:55	Hamilton, Jared	10	2:26:57	Moore, Gregory	42	3:10:29	Kolvek, Scott
33	3:15:41	Holmberg, Erik	11	2:30:44	Hansen, Tom	43	3:14:21	Donohue, Brian
34	3:16:19	Labarge, James	12	2:32:11	Gordinier, Martin	44	3:18:21	Wisniewski, James
35	3:28:44	Wuliji, Altan	13	2:34:46	Stento, Paul	45	3:24:57	Mayott, Brian
36	3:29:50	Huelsing, Jeremy	14	2:37:43	Schlate, Stephen	46	3:28:42	Svenstrup, William
MALE AGE GROUP: 30 - 34			15	2:40:01	Byrne, Brian	47	3:43:28	Standerfer, Jim
1	2:17:05	Major, Aaron	16	2:40:35	Davies, Daniel	MALE AGE GROUP: 50 - 54		
2	2:18:31	Wilson, Nick	17	2:41:52	McMahan, Doug	1	2:21:34	Bosman, Johan
3	2:24:55	Deck, Christopher	18	2:43:32	Dillenbeck, Brian	2	2:24:29	Rodbell, Donald
4	2:26:46	Decker, Paul	19	2:44:55	Hill, David	3	2:27:05	Enderle, Keith
5	2:29:45	Druzynski, David	20	2:45:44	Boyer, Jeff	4	2:33:39	Spann, Rick
6	2:30:18	Bottillo, Kathleen	21	2:46:21	Kakis, Arthur	5	2:34:07	Coghill, Hal
7	2:30:56	Andrescavage, Frank	22	2:46:34	Moran, Greg	6	2:38:34	Van Nostrand, William
8	2:31:51	Evans, Christopher	23	2:47:38	Cox, Jeff	7	2:39:32	Kenny, John
9	2:33:14	Smith-Rapaport, Tahl	24	2:48:34	Tallon, Christopher	8	2:40:11	Abitante, Peter
10	2:33:48	Rodriguez, Oswaldo	25	2:49:33	Gaulin, Michael	9	2:42:49	Seeley, Michael
11	2:34:28	Delucia, James	26	2:50:25	Schwartz, Adam	10	2:46:52	Collen, Robert
12	2:35:27	Smith, Andrew	27	2:53:30	Sergott, Neil	11	2:47:03	Clark, Jeffery
13	2:38:03	Walsh, Conor	28	2:53:39	Holt, Joel	12	2:53:35	Kilcoin, William
14	2:41:24	Hughes, Robert	29	2:53:48	Reno, Richard	13	2:56:07	Kreitnik, Howard
15	2:41:30	Westcott, David	30	2:54:32	Schmanski, Eric	14	3:01:10	Dimick, Richard
16	2:41:31	Belus, Michael	31	2:54:49	Lupberger, Frank	15	3:04:06	Locke, Ken
17	2:43:45	Benedict, Kurt	32	2:55:04	Heidbreder, Jeff	16	3:04:33	Emmert, Eugene
18	2:48:27	Periscoll, John	33	2:55:15	Schneider, Jonathan	17	3:06:30	Carlstedt, Ken
19	2:50:55	Piekarski, Christopher	34	2:57:05	Marx, Jeffrey	18	3:08:00	Howe, Mark
20	2:52:45	Dockery, Clinton	35	2:59:31	Grossman, Marc	19	3:10:08	Canale, Gregory
21	2:52:55	Casey, Dan	36	3:02:37	Bouyee, Kevin	20	3:12:10	Perry, John
22	2:58:34	Abel, Eliot	37	3:02:56	Ely, John	21	3:15:16	Roizman, Mike
23	3:04:27	Hall, Greg	38	3:03:50	Myer, Scott	22	3:17:06	Emigh, Gordon
24	3:17:35	Gluck, Michael	39	3:04:40	Lopez, Pablo	23	3:19:19	Welch, Michael
25	3:24:11	Canton, Craig	40	3:07:34	Bowerman, Ethan	24	3:20:35	O'Brien, Dan

THANKSGIVING RACES *cont. from page 1*



(left) RACE DIRECTOR, JOHN GUASTELLA, AND MASCOT POSE AS THE "TURKEYS" AWAIT THE START OF THE 2011 OUR TOWNE BETHLEHEM TURKEY TROT 5K IN DELMAR. COURTESY OF OUR TOWNE TURKEY TROT

(right) A WELL-DECORATED DOUGLAS SOFFER FROM VIRGINIA AND PRISCILLA HOFFNUNG FROM MASSACHUSETTS STARTING THE 2011 CARDIAC CLASSIC 5K IN SCHENECTADY. PHOTO BY MARCIE STOFFER

Foundation and in turn, his memory." There is no day of race registration, go to: christopherdaileyfoundation.com.

Totally low-key is the third annual **Our Towne Bethlehem Turkey Trot** 5K fun run/walk, where "the only *time* that will matter is the good time that you'll have." The sole concession to a timer, kitchen or otherwise, will be the display clock at the Bethlehem Middle School start/finish area for self-timing. But really, the focus of this flat, yet twisty, walk/run through the older neighborhood streets of Delmar is on family, friends, and the occasional Mascot Moose and Turkey enjoying the day together. And they'll be giving back to the Bethlehem Food Pantry so bring a canned food item.

Should you choose to bank more dinner calories by racing, your time will be undocumented and the stuff of turkey tall tales. Or better yet, leave your devices at home and run for the pure joy of it. For a registration form, visit: ourtownebethlehem.com.

Move over St. George and the Dragon, and make way for the new poult on the

block – St. George and the Turkey. The first annual **St. George's Turkey Trot** 5K family run/walk will take place at St. George's School and Episcopal Church in Clifton Park. The event will benefit the school's scholarship fund, and make the holiday easier for southern Saratoga County residents who want to run with the turkeys, without wasting so much in-flight time searching for a far away landing zone.

Aware of the popularity of the day, race director Jennifer Curtis has selected a route sans hills, to benefit the smallest family members and those who might end up carrying their offspring. From the school, take a right onto Route 146, then follow Moe Road to Clifton Park Center Road, through the Shenendehowa Central School district campus, and back onto Route 146. This looks to be the turkey version of "If you build it, they will come." There's also a Kids' Fun Run. For details, go to: stgeorge-schoolcp.org.

For runners and walkers who need an excuse for those turkey sandwich leftovers,

on Saturday, November 24, waddle over to the fifth annual **Run Off That Turkey Trot** 5K, where for the first time the table will be set at Altamont Elementary School. While still technically limited to the first 300 trotters to sign up, race director Phil Carducci admits that the new venue, a reflection on the increasing popularity of day-after events, will allow leeway for any wishful stragglers who neglected to preregister.

Phil explains that while many choose to go for the double drumstick, "Others just run our race because they don't like being the 'stuffing,' with a lot of people in some of these trots, and less room to get running." For those who relish the opportunity to stretch their legs, the route is considered fair with rolling hills, offering motivation not to overindulge on the big day. And there is no need for runners to worry that after holiday feasting, they won't be able to fit into their normal size T-shirt, because turkey-logged running gloves will be offered to the first 300 preregistered entrants. Proceeds benefit the Helderberg Running Club's

junior Olympic team, and participants are urged to bring a nonperishable item for the food pantry. To register, visit: active.com.

We have gone a long way from the first turkey trots when farmers walked their turkeys to market in large herds. Today, we join the flock as we walk or run down Main Street USA, seasoned with equal parts determination and celebration, heading toward our holiday feast. Happy Thanksgiving! ▲

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.

Upcoming ARE Event Productions Events

<p>7th ARE Adventure Race Sat, Dec 15 • 12:30pm Camp Dippikill, Warrensburg</p> <p><i>Be ready for anything!</i></p>	<p>9th Brave the Blizzard 5K Snowshoe Race Sun, Jan 13 • 9:30am Robert Parker School, Averill Park</p> <p><i>Pancake breakfast!</i></p>
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