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START OF THE 2013 FIRECRACKER 4
IN SARATOGA SPRINGS.
PHOTO BY DAVE HARMON

Running American History, Huzzah!



By Jennifer Ferriss



It is summertime in northeastern New York and outdoor concerts, festivals and entertainment for the whole family can be found almost every day in some corner of the region. Start your festivities off with a local run, refresh and rejuvenate yourself at a watering hole, and then celebrate with family and friends. July is best known for celebrating America's history on Independence Day, but to Saratoga Springs, the opening day of the Saratoga Race Course designates the true start of the summer season.

Two events, the Firecracker 4 and the Montcalm Mile kick off citywide celebrations commemorating the signing of the final draft of the Declaration of Independence in Philadelphia on July 4, 1776. Tradition has it that whenever people hear the reading of the Declaration, cheers and celebrations erupt, including a mighty "huzzah" and the lighting of candles and firecrackers.

The eighth annual **Firecracker 4** on Friday, July 4 begins Saratoga's All-American celebration, with a start time of 9am at the Saratoga Springs City Center. The 4,000 runners on the four-mile route will traverse through the historic streets of Saratoga. En route to the City Center runners will climb pass the historic Old Bryan's Inn, which looks down upon the High Rock Spring – healer of Revolutionary dignitaries, including Philip Schuyler and George Washington.

New this year is the "Run your Colors" program that encourages companies and organizations to join together and represent their team spirit by wearing the same color shirt during the event. The company or organization with the most race registrants will be photographed and recognized on the Firecracker 4 website for one year and the race will donate \$1,000 to the 501c3-registered charity of the group's choice. "Not only does the Run Your Colors program build group morale and excitement for the race, but this year a group can make a sizeable contribution to its favorite charity by having the most racers involved," stated co-director Peter Goutos.

Firecracker 4 proceeds will support three local organizations: running programs at Saratoga Springs High School, the Saratoga Springs Regional YMCA, and the Saratoga Springs Greenbelt Trail Project, which seeks to link existing trails into a ten-mile path encompassing the city. Special features include an ASICS "Ready Set" running shirt courtesy of Fleet Feet Sports; \$5,000 in cash prizes to the top individuals/teams and awards/prizes for all ages, special recognition of military and public safety competitors including team competitions. "This is not just a race, but has emerged as a Saratoga summertime tradition, attracting locals and visitors," notes co-director Bob Vanderminden Jr.

See **RUNNING AMERICAN HISTORY**, 28 ▶

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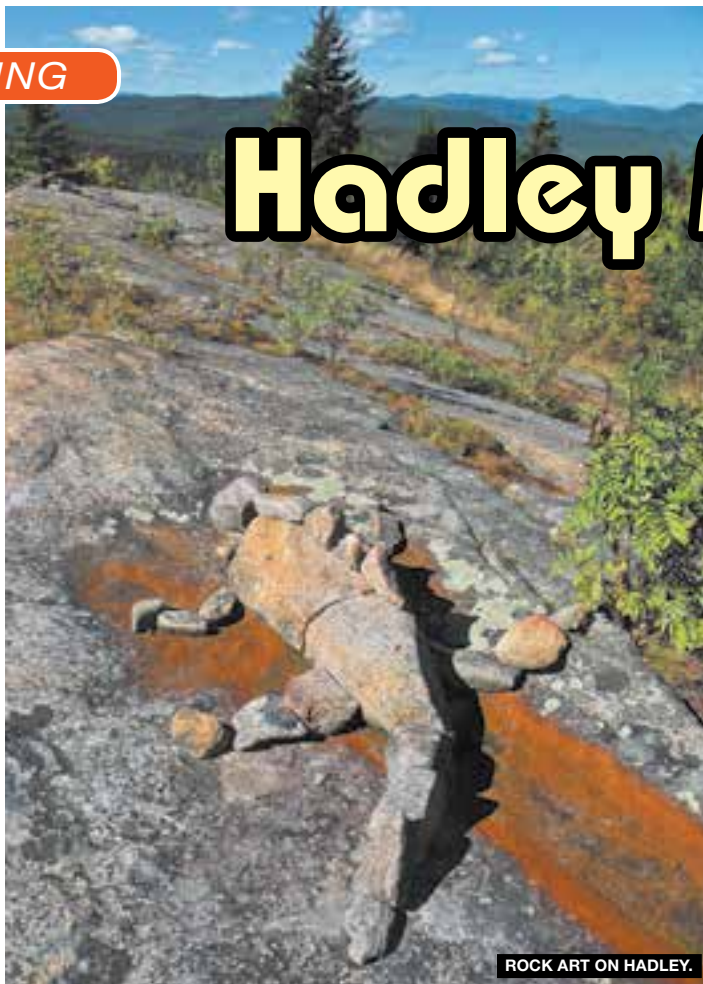
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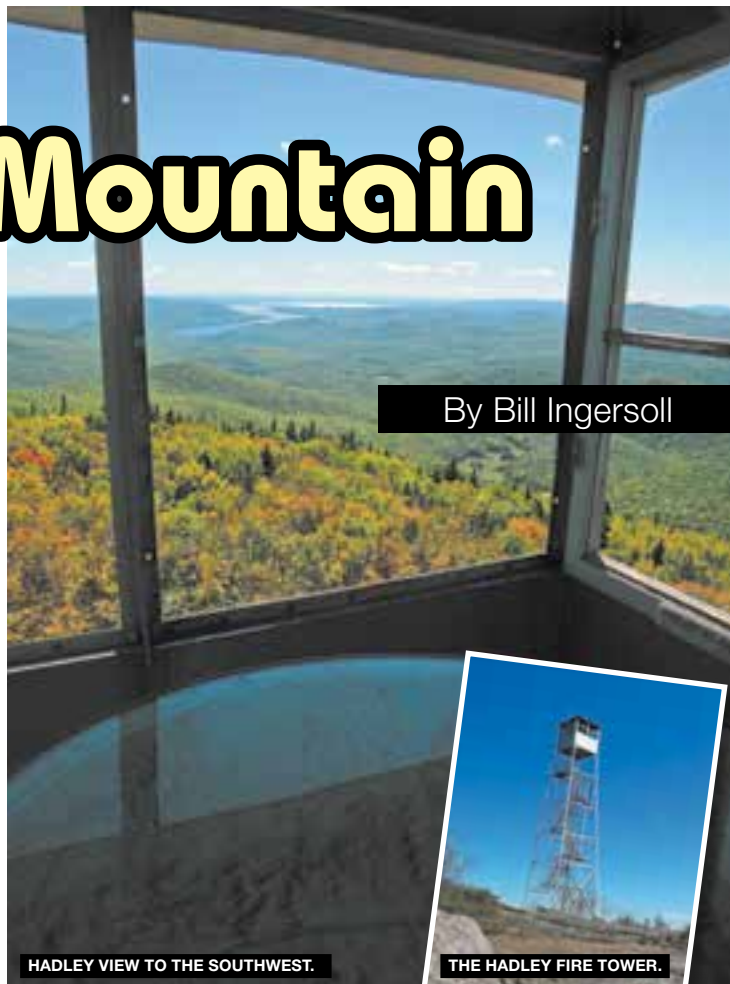
HIKING & BACKPACKING

Hadley Mountain

By Bill Ingersoll



ROCK ART ON HADLEY.



HADLEY VIEW TO THE SOUTHWEST.



THE HADLEY FIRE TOWER.

PHOTOS BY BILL INGERSOLL

A dozen men spotted fires from Hadley Mountain over the decades until aerial surveillance eventually replaced the fire tower system. Hadley's tower was last manned by the state in 1990, but it is now staffed on an internship basis with a summit steward most weekends through July and August. The steward can help you identify the many different landmarks you will see from the top of the tower, from the Catskills to the High Peaks to Vermont. This is a favorite mountain that you will likely be drawn to climb again and again.

GETTING THERE

The mountain is accessed via Hadley Hill Road. The easiest way to find it is to follow NY Route 9N to the hamlet of Hadley, across the Hudson River from Lake Luzerne. Turn north onto Stony Creek Road (CR 1) and follow it for 3.1 miles, where Hadley Hill Road bears left, west. Drive on Hadley Hill Road for 4.4 miles to Tower Road, which bears right, north, leading in 1.4 miles to the trailhead.

THE TRAIL

The climb to the summit of Hadley is steep and arduous, but these are challenges that are overcome by many people each year. Its nearly bald summit provides one of the best views in the southern Adirondacks, which becomes a 360° panorama when you climb to the top of the tower. The summit steward will help you pick out the various landmarks that are visible in every direction.

Beginning at the Tower Road trailhead, the trail immediately begins its continuous

climb southwest to the ridgeline. The fires that burned the hillside also consumed the topsoil, so only a thin cover has accumulated on the smooth gneiss base. As a result, the steepest, most worn part of the trail is over a "sidewalk" of smooth rock. While this portion of the trail is erosion-resistant, it can also be quite slippery if the rock surface is wet. Therefore it is important to wear hiking boots with good traction. Along the way there are off-trail boulders to explore and pockets of yellow touch-me-not flowers – which bloom around Labor Day – to photograph.

The forest cover contains pioneering species of birch and oak, viburnum and striped maple, and mountain-ash. At 0.9-mile the trail levels out briefly as you reach the crest of the West Mountain ridge, about 1,030 feet above the trailhead. The trail turns north to follow the narrow ridge, with slopes dropping off to your left and right, but before long the trail angles northwest up the main summit. At 1.4 miles you reach your first open view just to the south of the summit – just a limited preview of what is to come. Tunneling back into the trees, the trail passes the observer's cabin and ascends the final ledge to the summit, 1.6 miles from Tower Road, and 1,530 vertical feet above it.

The large patch of bare rock provides a generous view to the southwest. Only the view to the west past Spruce Mountain, which is nearly the same size as Hadley, is at all restricted. To see what the fire observers saw, however,

you need to climb the tower.

People who are afraid of heights will not appreciate the final, exposed ladder leading from the uppermost landing into the cabin, nor the way the structure "bobs and weaves like a ship in a storm" when the wind blows, as one reporter observed in 1953 – but the views are phenomenal from this vantage point. The restored map table will help you identify some of the distant landmarks if the steward is not on hand.

The view south is past the Mohawk Valley and the Helderbergs, to some of the Catskills' higher peaks. A long section of Great Sacandaga Lake is visible to the southwest, from Day Center and beyond, well past the Batchellerville Bridge into the lake's main body. To the northwest lie Bearpen and Mount Blue. To the north, beyond Roundtop, many of the High Peaks are visible between Crane, Baldhead, and Moose; the hazy profiles of Nippletop and Dix can be easily identified. To the east, the Green Mountains stretch north to south as far as the eye can see. On a clear day, Hadley's horizons seem boundless. 🌲

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

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AROUND THE REGION **News Briefs**

David Ryan Safety Awareness Ride

NISKAYUNA – On Sunday, June 29, cyclists from across the Capital Region will gather in Niskayuna for the tenth anniversary David Ryan Safety Awareness Ride to honor the memory of fellow cyclist David Ryan, who was killed in 2004 by a speeding reckless driver on Riverview Road, just east of Sugar Hill Road, in Clifton Park.

Riders will meet at 12:30pm for this Mohawk-Hudson Cycling Club ride (helmets required) at ShopRite Plaza at Balltown Road and Nott Street East, and then depart at 1pm with police escort on neighborhood streets to connect with the Mohawk Hudson Bike/Hike Trail. They will cross the Route 146 Rexford Bridge as a group and ride to the David Ryan Ghost Bike memorial on Riverview Road, just east of Sugar Hill Road. A short ceremony will take place at approximately 1:45 pm. Riders will then complete the Mohawk River loop route at their own pace. Out-and-back ride length is 16 miles and the full River Loop route is 30 miles. There will also be an alternate out-and-back bike path route on the Mohawk Hudson Bike/Hike Trail for families and kids.

David Ryan was an avid recreational cyclist and outdoor enthusiast who had a bright future ahead of him. On June 29, 2004, while riding his usual training route on the scenic “river loop” he was struck and killed on Riverview Road by a speeding, reckless driver. The river loop is a familiar route to many local cyclists who use it for training and recreation. For more information, go to davidryan.com or contact Dave Kraus at dbkraus@earthlink.net. 📍



World Cup Mountain Biking Returns to Windham

WINDHAM – What will bring more than 1,100 pro and amateur athletes from 35 countries and six continents to the small village of Windham in the Catskills this August? Top cyclists will return on August 7-10, for the 2014 Windham UCI Mountain Bike World Cup presented by Shimano. After hosting a World Cup in 2010, 2011 and 2012, Windham will be back this year. The town will host the eighth of nine UCI World Cup stops, and the only stop in the United States. The World Cup did not have a U.S. location in 2013. In 2012, American Aaron Gwinn took first place in the Men's Downhill race at Windham, the first time an American won a MTB World Cup on American soil.

The races draw elite competitors and international media. Race week activities are reported to enthusiasts daily and millions watch live online and as they are broadcast. In the U.S., the races are streamed online live and replayed on Universal Sports Network. This year, Windham is one of five sites to host all three disciplines on the race circuit: Olympic Cross-Country (XCO), Cross-Country Eliminator (XCE) and Downhill (DHI). The XCE will make its first appearance in Windham. The XCE will bring a shorter, fast-paced race in the base area. Organizers are planning community events including a block party, concert, Race the World amateur XC and DH races, and a kids' fun race. Windham has hosted mountain bike events since 2007, building a reputation as a mountain biking destination. The tour also visits South Africa, Australia, Czech Republic, Germany, Great Britain; Austria; Mt. Sainte-Anne, Canada; and France. Find out more or register at racewindham.com. 📍



AARON GWINN'S DOWNHILL WIN AT WINDHAM 2012.

East Dix Officially Renamed “Grace Peak” in honor of Grace Hudowalski

ALBANY – East Dix officially has been renamed “Grace Peak” in honor of Grace Hudowalski (46er #9), longtime historian for the Adirondack Forty-Sixers and first woman to climb the 46 High Peaks. The United States Board of Geographic Names approved the petition submitted by the 46ers to rename East Dix “Grace Peak.” The name designation was approved on June 12, which brings to a successful conclusion the 46ers campaign that began in the early 2000s to name a High Peak after Grace.

In response to the approval, Douglas Arnold (46er #4693 Winter), who led the naming effort for the Forty-Sixers during the past 12 years said, “Everyone has a mentor who influences the outcome of their life. These angels are remembered but rarely honored. Grace was a mentor to thousands as she shared her enthusiasm for the Adirondacks. The naming of Grace Peak is a tribute, not only to the lives she touched, but to all of those angels who make a positive impact on our lives.” Sally Hoy (46er #2924 Winter), president of the Forty-Sixers added, “How fitting to honor a woman whose love of the Adirondacks has had far-reaching effects, not only in eco-tourism but in promoting protection of this amazing resource.”

The Forty-Sixers chose East Dix as an appropriate mountain for renaming because it did not have a unique name. Its appellation is a reference to its proximity to Dix Mountain (named for John Dix, NY Secretary of State, 1833-1839), the highest peak in the Dix Mountain Wilderness. Robert Marshall (46er #3) gave East Dix its associative name so it would not be a “nameless mountain.” In his book “Peaks and People of the Adirondacks” (1927), Russell Carson noted that the most interesting fact about East Dix (and its neighbor South Dix) is that “their names are not important enough to be retained and that they can be given distinctive titles, when the right occasion comes, without violation of old-established names.” With the naming of Grace Peak, the right occasion has come, and the mountain now has its own, permanent designation.

The naming effort received widespread support from recreational groups, individuals, local governments and state agencies. For more info on Grace Hudowalski and the Grace Peak renaming project, visit: gracepeak.info. –Adirondack Forty-Sixers 📍



Historical Exhibit Features Grace Hudowalski

ELIZABETHTOWN – The Adirondack History Museum and Essex County Historical Society are presenting an exhibit on 46er #9, “Grace Hudowalski and the Mountains We Climb” – it opened at the museum in Elizabethtown on June 7. The exhibit tells the story of mid-20th century Adirondack recreation, highlighting Grace Hudowalski, a founding 46er and the first woman to climb the 46 High Peaks. Her lifelong passion for the mountains and devotion to the 46ers are legendary. She was the longtime historian of the organization and wrote thousands of inspiring personal letters to climbers during their quest to become 46ers. Many of the exhibit artifacts, including her manual typewriter, hiking clothing and boots, and photos from the Adirondack 46R Conservation Trust are on display through mid-October. Visit the Essex County Historical Society the next time you are hiking in the area and experience a part of 46er history. For directions, go to: adkhistorycenter.org. 📍

Adirondack Urgent Care Open in Queensbury

QUEENSBURY – Adirondack Urgent Care is now open in the Mount Royal Plaza. The state-of-the-art facility is staffed by experienced emergency medicine physicians, physician assistants and nurse practitioners, and is open seven days a week from 9am to 9pm. With onsite lab and x-ray services, patients seeking treatment of minor to moderate illnesses and injuries can expect expedited diagnosis and treatment.

“By being open 12 hours a day, the idea is to be accessible to the population of visitors in the Queensbury-Lake George region as well as to local patients who cannot schedule an appointment with their primary care provider due to work or other conflicts,” explained Dr. Todd Duthaler, Administrative Medical Director. “Our office will

send copies of the patient's visit record to their primary care provider to ensure continuity of care. Patients will be referred to local specialists when their condition requires follow-up of that nature.”

“Generally, the time a patient waits to be seen is significantly shorter than in a hospital emergency department,” said Dr. Jason Bernad, Clinical Medical Director. “For less serious problems or injuries, it is a great alternative. Insurance co-pays are also usually less expensive for an urgent care visit than they are for an emergency department.” Patients are seen on a walk-in basis and no appointments are necessary. Most major insurances are accepted. Contact Adirondack Urgent Care at (518) 223-0155 or adkuc.org. 📍

ADIRONDACK SPORTS & FITNESS

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ISSUE #163

FROM THE PUBLISHER & EDITOR

Happy Summer!

Summer is here and there's so much to do... We have a full Calendar of Events, a variety of feature articles highlighting summer races, outings, demos and clinics – and, of course, race results! We have a great backyard in upstate New York so have fun, be safe and live life to the fullest! Thanks for reading the magazine and we'll see you, your family and friends out there!

Darryl and Mona



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Calendar of Events June - August 2014

Events beyond this range are advertisers in this issue.

JUNE 2014							JULY 2014							AUGUST 2014						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5								1	2
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29	30						27	28	29	30	31		24 th / ₃₁	25	26	27	28	29	30	

**BICYCLING
ONGOING**

Daily Mohawk-Hudson Cycling Club. 300 rides/year for all. Albany-Saratoga. Schedule: mohawkhudsoncyclingclub.org.

Daily R-Cubed Group Rides. CK Cycles, Albany. 459-3272. rkcycles.com.

Daily Coaching Rides & Bike Tours. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.

Tue Adk Spokes Time Trials: 6/10-8.12. 10M. 6:30pm. West River Rd, Fort Edward. 793-5676. insideedgeskiandbike.com.

Tue Women's Night Ride. 6pm. Multiple groups as needed. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

Wed Tomhannock Wednesday Ride. 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.

Thu Shop Ride. 6pm. Moderate pace (16-18mph), no drop. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

Thu Tomhannock Women's Ride. 5:30pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.

Thu Faster Road Ride & Women's Road Ride. 6pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.

Sat Shop Ride. 8am. Group A: keep up if you can. Group B: options as well. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

JUNE

20-22 5th Wilmington-Whiteface Bike Fest. Group rides, stunt shows, best calves contest, live music, BBQs, "Poor Man's Downhill," WF Uphill Bike Race, WW 100K (Leadville qualifier), kids' activities. Wilmington. 946-2255. bikewilmingtonny.com.

21 13th Whiteface Uphill Bike Race. 11M, 3500ft up. 8am. Whiteface, Wilmington. 888-944-8332. whitefacerace.com.

21 7th Corning Circuit Race. Watkins Glens Speedway, Watkins Glen. Brian Klotz: 607-377-0167. corningraceteam.com.

21 Ride for the WELL of It. 12M, 38M, 64M. 9am. The Hub, Brant Lake. bikereg.com.

21 1st ADK 540 Gran Fondo. 136M. 7am. Alpine Country Inn/Suites, Wilmington. John Ceceri: 583-3708. adkultracycling.com.

21 Morley Library Biking for Books 50K. 10am. Morley Wesleyan Church, Canton. 315-386-5235.

22 Race Clinic. 9am. Classroom, road, training, lunch. Boor Sculpture Studio, University at Albany, Albany. cbrc.cc.

22 NYS Time Trial Championships. 10K-40K. Tioga Center. bikereg.com.

22 9th Tour de Kingston/Ulster. 50/25/16/10M. Dietz Stadium, Kingston. tourdekingston.com.

28 Hunter-Greene Summer Classic/NYS Road Race Championship. Hunter. 275-6185. bikereg.com.

28 Okemo Uphill Bike Climb. 5.8M. 10:30am. Jackson Gore Inn, Ludlow, VT. bikereg.com.

29 10th MHCC David Ryan Safety Awareness Ride. 12:30pm. 30M river loop or 16M out/back ride. 1pm. All welcome. ShopRite Plaza, Niskayuna. davidryan.com.

JULY

2 Pinnacle Time Trial #2. 3.9M. 6:30pm. New Salem Firehouse, Voorheesville. cbrc.cc.

12 13th NY Capital Region Road Race. 43-83M. 10:30am. Ravena-Coeymans-Selkirk HS, Ravena. cbrc.cc.

12 Saratoga 12/24 Bicycle Race/Ride. 12 & 24 hours. 8am. Saratoga Hilton, Saratoga Springs. John Ceceri: 583-3708. adkultracycling.com.

13 CVPH Mayor's Cup Bike Ride. 70M: 8:30am. 50M: 9am. 20M: 10am. CVPH Medical Center, Plattsburgh. Michelle Senecal: 562-7169. cvph.org.

13-20 Cycling the Erie Canal. 400M. 8am. Buffalo to Albany. Rohan Parikh: 434-1583. ptny.org.

19 Dry Dock 100M. 8:30am. Dry Dock Lounge, Plattsburgh. 726-0231. bikereg.com.

20 8th Cystic Fibrosis Champs Challenge. Bike Rides, 5K Run & BBQ. 8M ride: 11am. 40M ride: 9am. 5K: 10am. Basin Harbor Club, Vergennes, VT. 802-310-5983. champschallenge.org.

29-8/3 Cycling the Hudson Valley. 200M. 8am. Hudson to NYC. Rohan Parikh: 434-1583. ptny.org.

AUGUST

1-3 Montreal Double Double. 400M. Schuylerville-Montreal-Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

2 Gear Up for Lyme: Mt Equinox Uphill Bike Climb. 5.4M, 3248ft up. 8am. Skyline Dr, Manchester, VT. gearupforlyme.com.

2 7th Tour of the Catskills. TT, criterium, road races. Tannersville/Windham. tourofthecatskills.com.

3 12th Christine Perry Memorial Bike Ride. 33M & 14M intermediate routes w/lunch. 9am. Exit 24 Park/Ride, Bolton Landing. 644-3020. chrissyfund.com.

10 ADK's ididaride: Adirondack Bike Tour. 75M/20M. Ski Bowl Park, North Creek. Adirondack Mtn Club: 800-395-8080. adk.org.

10 3rd Champlain Canalway Trail Bike Tour. 30M. 9:30am. Saratoga NHP Visitor Center, Saratoga Springs. 580-9456. hudsoncrossingpark.org.

17 Lake George Bike/Boat Ride (Ti Ride). Early AM: 41M bike Lake George to Ticonderoga. 11:15am: Mohican boat Ti to LG. 668-5777. lakegeorgesteamboat.com.

23 14th Pat Stratton Memorial Cycling Ride. 100M/50M/25M & kids ride. 8am. Rain date: 8/24. Mt Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

23-24 31st Chris Thater Memorial Cycling Races. Binghamton. Chris Marion: 607-778-2056. bcstopdwi.com.

SEPTEMBER

6 Double H Ranch Camp Challenge Ride. 62M/30M. Double H Ranch, Lake Luzerne. 696-5921 x269. doublehranch.org.

6-7 MHCC Saratoga Century Weekend. 100M 8am. 62M 9am. 50M 10am. 25M 11am. Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.

6 Kelly Brush Century Ride & BBQ. 100M. 7:30am. Middlebury, VT. 802-497-4909. kellybrushfoundation.org.

7 2nd Tour de Daggett Lake Bike Rides. 65M 8am. 20M 9am. Daggett Lake, Warrensburg. 623-2198. daggettlake.com.

12-14 Adirondack 540 Ultra Race/Ride. 540M/408M/272M/136M. 8am. Alpine Country Inn/Suites, Wilmington. John Ceceri: 583-3708. adkultracycling.com.

14 4th Cycle for Life Rides. 32M/62M. 8am. Saratoga Train Station, Saratoga Springs. 783-7361. cff.org.

27 Drops To Hops Race/Ride. 43M race/23M fun ride. 9am. Brewery Ommegang, Cooperstown. 607-547-2800. clarksportscenter.com.

28 1st Rensselaerville Cycling Festival. Team Jamis/Hagens Berman Gran Fondo: Ride w/the Pros. 84M/55M/25M: 9am. 8M Festival Ride: 10am. BBQ, kids' rides: 12pm. Carey Institute for Global Good, Rensselaerville. renselaervillecycling.com.

28-10/2 19th New England Adventure Bicycle Tours: Lake Champlain Bikeways Fall Foliage Tour. 369-6589. newenglandadventure.com.

**Gear Up
Lyme**

Mt Equinox Uphill Bike Climb

Saturday, August 2 • 8AM
Skyline Dr, Manchester, VT
5.4M race, 3,248ft up, 12% grade

Info, Registration, Sponsorship:
GearUpForLyme.com or **BikeReg.com**
aholzman1@earthlink.net
Presented by Manchester Rotary Club

12TH ANNUAL
Christine Nicole Perry
**Memorial
Bike Ride**

Sunday, August 3 at 9am
Exit 24 Park N Ride, Bolton Landing
Two different intermediate routes available
Rain or shine • Post-ride lunch

Preregistration Appreciated:
chrissyfund.com

More Info: 518-644-3020
or info@chrissyfund.com
Proceeds benefit Christine Nicole Perry Memorial Trust

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OCTOBER

- 5 BCA Fall Foliage Gravel Grinder Ride. 66M. Post-ride brew/brats. Canterbury Farm, Becket, MA. berkshirecycling.org.
- 11 Breast Cancer Awareness Benefit Ride. 12M or 21M loop. 11am. Pedals & Petals, Inlet. pedalsandpetals.com.

HEALTH & FITNESS
ONGOING

- Mo-Sa Rock Your Fitness Classes.** 8/4-30. M/W/F 5:15 or 6:45am. Tu/Th 5:15am. Sat 6:15am. Saratoga-Wilton Soccer Club, Malta. Sat, 8/2-30: Workouts in the Park. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

HIKING & ROCK CLIMBING
JUNE

- 20-22 Trailless Backpacking: Dix Range.** 8:30am. Adirondack Mtn Club: 523-3441. adk.org.
- 27-29 Trailless Backpacking: Cliff & Redfield.** 10am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 28 Street & Nye Mtn Hike.** 9M. 7am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 29 Mt Marshall Hike.** 17M. 7am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 30 Seymour Mtn Hike.** 14.4M. 7:30am. Coreys. Adirondack Mtn Club: 523-3441. adk.org.

JULY

- 4-6 Trailless Backpacking: Seward Range.** Adirondack Mtn Club: 523-3441. adk.org.
- 5 Hike-A-Thon.** Nine sites around Lake George for all ages/abilities. Free. Lake George Land Conservancy. Sarah Hoffman: 644-9673. Register: lakegeorgehikeathon.org.
- 7 Tabletop Hike.** 9.8M. Adirondack Mtn Club: 523-3441. adk.org.
- 11-13 Beginner Backpacking.** Camping, safety, map-reading. Adirondack Mtn Club: 523-3441. adk.org.
- 14 Macomb, South & East Dix Hikes.** 12.3M. Adirondack Mtn Club: 523-3441. adk.org.
- 18-20 Trailless Backpacking: Santanoni Range.** Adirondack Mtn Club: 523-3441. adk.org.
- 19-23 Leave No Trace Master Educator Course.** Adirondack Mtn Club: 523-3441. adk.org.
- 21 Mt Marshall Hike.** 17M. 7am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 26 Esther Mtn Hike.** 6.6M. 8:30am. Candyman Shop, Wilmington. Adirondack Mtn Club: 523-3441. adk.org.
- 28 Street & Nye Mtn Hike.** 9M. 7am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 28-31 Johns Brook Valley Teen Adventure.** Ages 14-17. Adirondack Mtn Club: 523-3441. adk.org.

AUGUST

- 2-3 Leave No Trace Trainer.** Backpacking. Adirondack Mtn Club: 523-3441. adk.org.
- 4 Donaldson & Seward Hike.** 14M. Adirondack Mtn Club: 523-3441. adk.org.
- 9 Macomb, South & East Dix Hikes.** 12.3M. Adirondack Mtn Club: 523-3441. adk.org.
- 18 Dix & Hough Hike.** 13.7M. Adirondack Mtn Club: 523-3441. adk.org.

SEPTEMBER

- 8 Macomb, South & East Dix Hikes.** 12.3M. Adirondack Mtn Club: 523-3441. adk.org.
- 29 Dix & Hough Hike.** 13.7M. Adirondack Mtn Club: 523-3441. adk.org.

MOUNTAIN BIKING
ONGOING

- Daily HPCMTB Center.** Open daily. Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.
- Sun Whiteface "Poor Man's Downhill" MTB Rides & Shuttle.** 7/6, 20; 8/3, 17; 9/7, 21. Leepoff Cycles, Wilmington. Leepoff: 576-9581. bikewilmingtonny.com.
- Tue Inside Edge MTB Ride.** 6pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.
- Wed HPC/VIC MTB & Trail Run Series.** 6/25; 7/9, 23; 8/6, 20. 6:30pm. MVH, Lake Placid. 523-3764. highpeakscyclery.com.
- Fri "Fun Not Fear" 1-Day Dirt Camps.** 7/11; 8/1-29; 9/5-19. Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.
- Sa-Su "Fun Not Fear" 2-Day Dirt Camps.** 7/5-9/21. Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.

JUNE

- 20-22 5th Wilmington-Whiteface Bike Fest.** Group rides, stunt shows, best calves contest, live music, BBQs, "Poor Man's Downhill," WF Uphill Bike Race, WW 100K (Leadville qualifier), kids' activities. Wilmington. 946-2255. bikewilmingtonny.com.
- 20-22 3rd NEMBAfest @ Kingdom Trails.** East Burke, VT. 802-626-0737. mtbadventureseries.org.
- 22 Wilmington Whiteface XC MTB Race.** 50K/100K. 7am. Solo 100K: Leadville Trail 100 MTB qualifier. Whiteface, Wilmington. 303-330-6770. wilmingtonwhitefacemtb.com.
- 22 Gravity East Downhill MTB Race.** 12pm. Oak Mountain, Speculator. 548-3606. gravityeastseries.com.
- 28 Kids' MTB Clinic.** Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.
- 28 Wildcat 100M/100K MTB Race.** 6:45am. Lippman Park, Warwarsing. wildcatepicevents.com.
- 29 Singled Out in Central Single Speed MTB Race.** 5M+. 10am. Central Park, Schenectady. hrrtonline.com.

JULY

- 6 West Hurley Burly Backyard World Championships Race #2: NYS MTB Series.** 10am. West Hurley. nysmtbseries.com.
- 27 S.O.S. Mtn. Bike Challenge.** Stewart State Forest, Newburgh. nysmtbseries.com.
- 27 Eastern States Cup "Test Your Glory" World Cup DH Preview Race.** 1M. 12:30pm. Windham Mtn, Windham. racewindham.com.

AUGUST

- 7-10 UCI MTB World Cup.** XCO, DH, XCE, Race the World (XC, DH, Kids) & Festival Events for Everyone. Windham Mountain, Windham. 943-3223. racewindham.com.
- 9 1st Churney Gurney MTB Race.** 4-12M. All classes & kids race. Gurney Lane Town Park, Queensbury. Bob Underwood: 796-5908. underthewoodsfoundation.org.
- 24 Belleayre Mtn All Terrain Challenge.** High Mount. nysmtbseries.com.
- 24 North Face Race to the Top of Vermont.** MTB, run, hike. 9am. Stowe Resort, Stowe, VT. 802-864-5794. rtttvt.com.
- 30-31 2nd ADK 80K MTB/Cyclocross & Trail Run Races.** Sat, 6am: Trail Run. Sun, 8am: MTB/Cyclocross. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.

MOUNTAINEERING & WILDERNESS SKILLS

JUNE

- 23-26 Wilderness First Aid Course (SOLO).** Adults/teens. 8am-5pm. Ndashina, Greenfield Center. 378-5623. adkwildmed.com.

JULY

- 12-13 Wilderness First Aid Course (SOLO)/WFR Recert.** Adult/teen. 8am-5pm. Ndashina, Greenfield Center. 583-9958. ndcenter.org.
- 14-18, 21-15, 28-8/1 Kid's Wilderness & Storytelling Camp.** Ages 6-8. 9am-4pm. Ndashina, Greenfield Center. 583-9958. ndcenter.org.

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 Rides for all ages & abilities • Rain date: 8/24
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adkbuild@roadrunner.com
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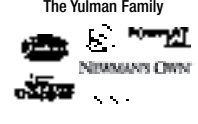
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Thursdays, June 19-July 24 at 6pm • 1/4 mile swim, 12 mile bike, 3 mile run

XTERRA SKYHIGH Triathlon • Saturday, July 19 at 7am

SKYHIGH Kids' Triathlon • Saturday, July 19 at 11am

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Media Kit & Contract: AdkSports.com

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Saturday July 19, 8:30am

517 Lake Rd, Benson, VT
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SPRINT - Bike 6M to Lake Champlain, swim 300yds, bike 6M back, run 5K obstacle course

POWER - Bike 6M to the lake, swim 300yds, bike 6M back, run 10K obstacle course

ELITE - Bike 6M to the lake, swim 600yds, bike 6M back, finish with 20K obstacle course

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ShaleHillAdventure.com
10% off registration code: ORTC10FORSH
(802) 537-3561 or shalehilladventure@aol.com

5TH ANNUAL

Peck's Lake Challenge Sprint Triathlon

Saturday, August 2 • 8:30am
Peck's Lake, Gloverville

1/2-mile swim • 9-mile bike • 3-mile run

\$50 entry • Registration closes 7/30
Solo or 2-3 person teams • Limited to 175

Entry Form: **fultonmontgomeryny.org**
Info: **(518) 725-0641**
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- 21-15, 21-25, 28-8/1 Wilderness Adventure Day Camp.** Ages 9-11, 11-14. 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 26-27 Wilderness First Aid Course (SOLO)/WFR Recert.** Adult/teen. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

AUGUST

- 4-6 Jr Pathfinders Wilderness Training.** Ages 10-12. 4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 4-9 Pathfinders Wilderness Training & Adirondack Canoe Trip.** Ages 12-16. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 12-15 Martial Arts & Wilderness Camp.** Ages 8-12. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 18-22, 25-28 Wilderness First Responder Course (SOLO).** Adults/teens. 8am-5pm. Ndakinna, Greenfield Center. 378-5623. adkwildmed.com.

MULTISPORT: TRIATHLON & DUATHLON ONGOING

- Daily Training Clinics, Coaching Rides & Bike Tours.** High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- Mon 31st HPC Mini-Tri Series.** 6/23-8/11. 6pm. 400yd swim, 12M bike, 3M run. Kids Mini Tri (age 5-14), 3pm: 7/14 & 8/11. Mirror Lake beach, Lake Placid. 523-3764. highpeakscyclery.com.
- Tue CDTCC Crystal Lake Training: 6/3-8/25.** 6pm. Crystal Lake, Averill Park. cdtriclub.org.
- Thu SkyHigh Sprint Triathlon Series.** 6/19-7/24. 0.25M swim, 12M bike, 3M run. 6pm. Averill Park. skyhighadventures.com.
- Thu BTC Warner Lake Training.** 6/5-9/4. 6pm. Warner Lake, East Berne. bethlehemtriclub.com.
- Thu STC Moreau Lake Swims.** 5/29-8/28. 6pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.
- Call Triathlon Training Program.** Fleet Feet Sports: 459-3338. Christine Hall: hall.christine23@gmail.com. fleetfeetalbany.com.

JUNE

- 21-22 HITS North Country Triathlon.** Sat, 7am: Full/Half. Sun: Sprint 7am, Olympic 7:40am, Open 12:30pm. Hague Beach Park, Hague. 845-247-7275. hitstriathlonseries.com.
- 22 Ironman 70.3.** 1.2M swim, 56M bike, 13.1M run. Jamesville Reservoir, Syracuse. ironman.com.
- 22 Police Tri & Du.** Tri: 0.33M swim, 14M bike, 2.5M run. Du: 2M run, 14M bike, 2.5M run. Carmel. nytri.org.
- 28 Toughman Tupper Lake Tinman Triathlon.** Half: 1.2M swim, 56M bike, 13.1M run. Sprint: 0.6M swim, 18.6M bike, 6.6M run. 8am. Municipal Park, Tupper Lake. 359-3328. tupperlaketinman.com.
- 28 VT Sun & Lake Dunmore Triathlons.** 600yd swim, 14M bike, 5Krun: 8:30am. 0.9M swim, 28M bike, 10K run: 8am. Branbury SP, Brandon, VT. vermontsuntriathlonseries.com.
- 29 Sleepy Hollow Sprint Triathlon.** 0.5M swim, 10M bike, 3M run. Sleepy Hollow. wch.sleepyhollowtri.llevent.org.

JULY

- 11-13 Musselman Triathlon Half-Iron & Sprint Races.** 7am. Seneca Lake SP, Geneva. 315-585-6086. musselmantri.com.
- 12 1st XTERRA Garnet Hill Off-Road Triathlon.** 1K swim, 30K bike, 10K run. 8:30am. Garnet Hill Lodge, North River. adkracemgmt.com.
- 12 Stissing Sprint Triathlon.** 1.2M swim, 16M bike, 3.4M run. 8am. Stissing Lake Rec Area, Pine Plains. stissingsprint.com.
- 13 14th Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to Guilderland YMCA, Guilderland. 456-3634. cdyymca.org or active.com.
- 13 Hudson Valley Triathlon & Duathlon.** Tri: 3M swim, 18M bike, 3.5M run. Du: 1M run, 18M bike, 3.5M. Ulster Landing Park, Saugerties. nytri.org.
- 19 XTERRA SkyHigh Off-Road Triathlon.** 1K swim, 20K MTB, 6K trail run. 7am. Kids' Triathlons: 11am. Grafton Lakes SP, Grafton. skyhighadventures.com.

- 19 29th Piseco Lake Triathlon.** 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.

- 19 Shale Hill Adventure Tri-ObstacLON.** 6M MTB, Swim 300yds, 6M MTB, 5K or 10K or 15K obstacle course. 8:30am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.

- 19-20 5th Delta Lake Triathlon & ToughKids Tri.** 9am: Intermediate: 1500m swim, 24M bike, 5.8M run. 7:30am: Sprint: 800m swim, 12M bike, 2.9M run. Lake Delta SP, Rome. atcendurance.com.

- 20 Gillie Girl Sprint Triathlon (Women Only).** 12M swim, 15M bike, 5K run. 8am. Veteran's Memorial Park, Camillus. gilliegirltri.com.

- 20 Vermont Sun Triathlon.** 600yd swim, 14M bike, 5Krun. 8:30am. Branbury SP, Brandon, VT. 802-388-6888. vermontsuntriathlonseries.com.

- 27 16th Ironman Lake Placid.** 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speedskating Oval, Lake Placid. ironman.com.

- 27 Pedal & Plod.** 4M run, 22M bike. 8:30am. Center St, Adams, MA. 413-344-3968. runwmac.com.

AUGUST

- 1 Fronhofer Tool Kids & Mini Triathlons.** 6:15pm. Kids (ages 11-15): 100 yd swim, 3M bike, 1M run. Mini (ages 5-10): 50yd swim, 1M bike, 0.5M run. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.

- 2 8th Fronhofer Tool Triathlon.** Olympic: Solo, partner, relay. 8am. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.

- 2 5th Peck's Lake Challenge Sprint Triathlon.** 0.5M swim, 9M bike, 3M run. 8:30am. Peck's Lake, Gloverville. 725-0641. fultonmontgomeryny.org.

- 2 The Bitter Pill.** Trek, swim, paddle, MTB, navigate 12-hour race. Solo/teams 5am. Richmond, VT. 802-434-8639. gmara.org.

- 3 Iron Girl Sprint Triathlon:** 600m swim, 30K bike, 5K run. 7am. Oneida Shores Park, Syracuse. irongirl.com.

- 3 Lyme Sprint Triathlon.** 600m swim, 17.6M bike, 4M run. 8:30am. Fire Hall, Chaumont. 315-783-0995. chaumontny.org.

- 10 VT Sun & Lake Dunmore Triathlons.** 600yd swim, 14M bike, 5Krun: 8:30am. 0.9M swim, 28M bike, 10K run: 8am. Branbury SP, Brandon, VT. 802-388-6888. vermontsuntriathlonseries.com.

- 16 Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.

- 17 2nd Peasantman Steel Distance Triathlon.** Full (144.6M), half (72.3), half relay, full/half aquabike, Steel Olympic. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.

- 17 3rd Old Forge Triathlon.** Intermediate: 1000m swim, 22M bike, 4M run. 8am. Old Forge Pond. atcendurance.com.

- 17 Dutchess County Sprint Triathlon & Duathlon.** Wilcox Park, Stanfordsville. nytri.org.

- 23 6th Duanesburg Area Community Center Triathlon.** 325yd swim, 10M bike, 5K run. Mariaville Lake. Mariaville. 895-9500. dacc.info.

- 24 North Face Race to the Top of Vermont.** Run, hike, bike. 9am. Stowe Mountain Resort, Stowe, VT. 802-864-5794. rttvtovt.com.

- 30 Lake George Tri Festival: Lake George Triathlon.** Olympic distance & Kids' Splash & Dash. Battlefield Park, Lake George. adkracemgmt.com.

- 31 Lake George Tri Festival: BIG George Triathlon.** Half iron distance. King George (Olympic & Half): 8/30-31. Lake George. adkracemgmt.com.

SEPTEMBER

- 6 The Greene Y Tri.** 350 yd swim, 12M bike, 5K run. 8am. Sleepy Hollow Lake, Athens. 731-7529. cdyymca.org.

- 14 Rally in the Valley Duathlon & 5K.** 9am. Fort Hunter. 694-1955. habitatmny.org.

- 14 38th Josh Billings RunAground Triathlon.** 27M bike, 5M paddle, 6M run. 9:30am. Teams/Ironperson. Great Barrington to Lenox, MA. 413-344-7919. joshbillings.com.

- 13-14 HITS Triathlon Series: Hunter.** Sat: Full/Half. Sun: Olympic/Sprint/Open. Hunter. 845-247-7275. hitstriathlonseries.com.

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Run 3mi lake loop
 USA Triathlon sanctioned event



Crystal Cove
 38 Old Rte 66, Averill Park
Saturday, August 16, 8am

Limited to 300 racers and fills fast!
 Open to Individuals and Teams
 Register early for best price
Register & Info: cdtriclub.org

29th ANNUAL Piseco Lake Triathlon

Saturday, July 19 • 9am
 Piseco Airport, Piseco

0.5M Swim, 11.5M Bike, 3M Run
 Individuals or 2-3 Person Teams
 Professional timing & register online!
www.speculatorchamber.com
Entry fee: \$50

*Adirondacks Speculator Region
 Chamber of Commerce*
 More info: (518) 548-4521



38th Annual Adirondack Distance Run

Lake George Village to Bolton Landing
Sunday, June 22 at 7:30am

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

Info & Application: AdirondackRunners.org
Registration: ZippyReg.com (closes June 19 at 10am)
 Late Registration: June 21, 5-7pm at Lake George Fire Station
 No race day or telephone registration
Benefits Big Brothers Big Sisters & Adirondack Runners Club Scholarship

NORDIC: BIATHLON & ORIENTEERING

JULY

- 12 Biathlon Sprint Race. 4.2K. 9am. Saratoga Biathlon Club, Day. saratogabiathlon.com.
- 13 Biathlon Reverse Pursuit Race. 7K. 9am. Saratoga Biathlon Club, Day. saratogabiathlon.com.
- 19-20 Rogaine XXIV Meet. Edwards. cnyo.us.orienteering.org.

OTHER EVENTS

JULY

- 13 **Discover SCUBA.** Rich Morin's Pro Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.
- 14-19 HURT Nordic Ski Camp. Ages 15-18. Camp Meadowbrook, Queensbury. hurt nordicskiing.com.

AUGUST

- 10 **Discover SCUBA.** Rich Morin's Pro Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.
- 15 Sunmark Golf Classic. Eagle Crest Golf Club, Clifton Park. sunmarkgolf.com.
- 24-31 August Family Camp Week. 1:30pm. YMCA Camp Gorham. 888-518-5671. campgorham.org.

SEPTEMBER

- 2-5 Nature's Retreat. 5pm. YMCA Camp Gorham. 888-518-5671. campgorham.org.
- 7 **Discover SCUBA.** Rich Morin's Pro Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.
- 19-20 **Fall Women's Weekend.** YMCA Camp Chingachgook, Kattskill Bay. lakegeorgecamp.org.
- 26-28 **Women's Adventure Weekends.** 4pm. YMCA Camp Gorham. 888-518-5671. campgorham.org.

PADDLING: CANOE, KAYAK & SUP

ONGOING

- Tue SUP Yoga Level 1.** 8-9:30am. Session 1: 6/24; 7/1, 8, 15, 22. Session 2: 7/29; 8/5, 19, 26. Beginners welcome. Patty's Water Sports, Lake George, Cleverdale. 656-9353. pattyswatersports.com.
- Wed NNYP Time Trials:** 5/7-9/17. 3.65M. 6:30pm. Aqueduct Boat Launch, Rexford. Alec Davis: 399-1435. swcweb.org.
- Thu SUP Yoga Level 2.** 8-9:30am. Session 1: 6/26; 7/10, 17, 24. Session 2: 7/31; 8/7, 21, 28. Patty's Water Sports on Lake George, Cleverdale. 656-9353. pattyswatersports.com.
- Thu Thursday Night Kayak Tours:** 5/29-9/18. 5:15pm. Adirondack Lakes & Trails Outfitters, Saranac Lake. adirondackoutfitters.com.

JUNE

- 20 **Kayak Rescue & Recovery.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 20 Towpath Regatta. 4.5M. 6:30pm. Gateway Landing Park, Schenectady to Aqueduct Park, Niskayuna. Geoffrey Moore: 435-1704.
- 20-22 **Adirondack SUP Festival.** Races, SUP demos & sales, on-water clinics, industry reps, SUP fitness & yoga, pooch race, guided tours, more. Saranac Lake. Adk Lakes & Trails Outfitters: 800-491-0414. Schedule: adirondacksupfestival.com.
- 21 **SUP Demo Day.** 10am-4pm. Free. Yoga & paddle fit demos, factory reps, sale, swag. Patty's Water Sports on Lake George, Cleverdale. 656-9353. pattyswatersports.com.
- 23-27 **ACA Instructor Development Workshop & Certification: Level 2 Essentials of Canoe/Kayak Touring.** Adirondack Loj on Heart Lake, Lake Placid. ADK: 523-3480 x19. adk.org.
- 24 **SUP Yoga Classes.** Patty's Water Sports on Lake George, Cleverdale. 656-9353. pattyswatersports.com.
- 28 Old Forge Paddle Classic. 6M/12M. 9am. Navigation Dock, Old Forge Pond, Webb. 315-369-6043. adirondack.net.
- 24 **Mohawk River Evening Tour.** 6:15pm. Kiwanis Park, Rotterdam. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

25, 27 **Fundamentals of Kayaking I & II.** 2-class session. 6:30-8pm. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

JULY

- 1 **Round Lake & Anthony Kill Evening Tour.** 6:45pm. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- 6 **Demo Day.** Castaway Marina, Lake George. Reserve: 743-8433. castawaymarina.com.
- 7-31 Adult Summer Learn-to-Row Program. 5:30pm. Aqueduct Boathouse, Niskayuna. 383-7745. aqueductrowingclub.com.
- 13 **Schroon Lake River Paddle.** 12M. Rich Macha, Adk PnP: 346-3180. adk-albany.org.
- 13-18 Adirondack Canoe Symposium. Races, FreeStyle, SUP, lessons. Ray Brook. freestylecanoeing.com/adirondack
- 19 **New York SUP-fest.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 19 Dragons Alive Dragon Boat Festival. 9am. Mohawk Valley Marine, Alplaus. 429-4908. dragonsalive.org.
- 20 **New York SUP-fest.** Mountainman Outdoors, Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.

AUGUST

- 4-28 Adult Summer Learn-to-Row Program. 5:30pm. Aqueduct Boathouse, Niskayuna. 383-7745. aqueductrowingclub.com.
- 9 **Kayak Fishing Derby.** Mountainman Outdoors, Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.
- 30 Remington II. 6M. 10am. Rensselaer Falls to Heuvelton. slvpaddlers.org.

SEPTEMBER

- 6 Kayaking 4 Meso. 8M paddle. 9am. Admiral's Marina, Stillwater to Lighthouse Park, Halfmoon. 495-6099. kayaking4meso.org.
- 13 **Fall Kayak Day.** YMCA Camp Chingachgook, Kattskill Bay. lakegeorgecamp.org.
- 13 One Square Mile of Hope. Guinness World Records attempt for largest canoe/kayak raft to benefit Breast Cancer Awareness Foundation w/celebration at Arrowhead Park. Fourth Lake, Inlet. onesquaremileofhope.org.
- 13-14 **SUPtoberfest.** Mountainman Outdoors, Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.
- 20 **10th Paddle for the Cure.** Leisurely Moose River 2M paddle for Carol Baldwin Breast Cancer Research Fund. Mountainman Outdoors, Old Forge, 315-369-6672. mountainmanoutdoors.com.
- 26-28 **Adk Canoe/Kayak Rendezvous.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

OCTOBER

- 17-19 **Moosefest Whitewater Festival.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

- Tue 46th HMRRC Tuesday Night Summer Track Program.** 6/10-8/5. 6pm. Free. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.
- Wed HPC/VIC Trail Run & MTB Series.** 6/25; 7/9, 23; 8/6, 20. 6:30pm. MVH, Lake Placid. 523-3764. highpeakscyclery.com.
- Wed VIC/HPC Trail Run Series.** 7/2, 16, 30; 8/13, 27. 6:30pm. PSC VIC, Paul Smiths. 523-3764. highpeakscyclery.com.
- Mon-Fri Outliers Summer Running Club.** Grade 7-12: 6/23-8/15. Grade 3-6: 6/30-8/1. Clifton Common, Clifton Park. 791-1063. outliersrunningclub.com.
- JUNE**
- 21 **5th Strides 4 STRIDE 5K Run & 2.5K Walk & Roll.** 5K: 9am. 2.5K Walk: 10am. Tot Run: 10:45am. Olympic Day speaker: 8:45am. Albany Riverfront Park, Corning Preserve, Albany. 598-1279. stride.org.
- 21 **Benson Bear Obstacle Course Race Series #1.** 5K beginner/intermediate course. 10K Elite/Pro. 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- 21 Run into Summer 5K. 9am. East Greenbush. egpopwarner.com.

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Olympic Day speaker at 8:45am
 Family entertainment

5th Annual
Strides 4 STRIDE
5K Run & 2.5K Walk
RUN · WALK · ROLL
Saturday, June 21, 2014
 Albany Riverfront Park/Corning Preserve
Registration 8am, Race at 9am
Adults \$20, Youth \$15
 Micro-mesh shirts to the first 200 registrants
 Walk at 10am, Tot Run at 10:45am
 To benefit STRIDE's adaptive sports and recreation programs for youth with special needs and Wounded Warriors
 Register online at www.stride.org

THE DUNKIN' RUN 2014

JCC | DUNKIN' DONUTS
 AMERICA RUNS ON DUNKIN'

Save the date: Sun, Sept 7
5K, 10K & Kid's Fun Run

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18.12 Challenge & HALF MARATHON

Sunday August 31
A one-of-a-kind event!

18.12 Mile and 13.1 Mile Road Races

Starting in Watertown, NY and ending on historic 1812 Battlefield in Sackets Harbor, NY – overlooking spectacular Lake Ontario
Race T-shirts and medals for finishers and \$1812 in cash awards

More Info: 1812challenge.com • Register at active.com • Limited to 812 runners
Sponsored by Watertown Savings Bank

37TH ANNUAL

Whiteface Mountain Uphill Foot Race

Run to the North Pole!
Saturday, Sept. 13, 8am



Run 8 miles, 3500 feet up Whiteface highway.
Rewarded with 360° view during fall foliage!

Presented by 

Register: WhitefaceRace.com
(518) 946-2255

12th Annual

Race the Train

Saturday, August 2
North Creek Depot,
Main St., North Creek



8am: Free, scenic 8.4mi train ride
9am: Runners "race the train" back!
Spectators can also ride the train (fee)
All runners receive finisher medals
T-shirts to first 275 preregistered
Post race fun run & food

Register: Active.com
Application: AdirondackRunners.org

Info: Tracy Watson (518) 251-0107
Proceeds benefit Johnsbury Dollars for Scholars

TUESDAY NIGHT SUMMER TRACK PROGRAM

SPONSORED BY Hudson-Mohawk Road Runners Club
~ 46TH SEASON ~

June 10, 17, 24
July 1, 8, 15, 22, 29 (Ribbon Night)
August 5

FREE OF CHARGE
6pm • Colonie High School
1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

ORDER OF EVENTS

- One-Mile Race Walk
- Hurdles
- One-Mile Run
- 50-Meter Dash (Kids)
- 100-Meter Dash
- 400-Meter Dash
- 800-Meter Run
- 200-Meter Dash
- Two-Mile Run
- Relays
- Field Events

Dynamic Duo Pursuit Race: Saturday, August 2
Program Info: Frank Myers
869-9333 or flyingbb45@aol.com

8th Annual



4-Mile Road Race

Friday, July 4 • 9am
Run Historic Saratoga Springs, NY
USATF Certified & Chronotrack B tag timed

Saratoga Springs City Center
Entertainment along the course
Freedom Hawk Band at the start/finish

\$25 by 7/2 or \$35 7/3 and race day
Dry-fit shirts to all registered runners
\$5000 in cash prizes
100s of medals & prizes

www.Firecracker4.com

Awards: Top 10 M/F overall, top 3 M/F 5-yr & top 3 M/F military and Fire/Police/EMS
USATF Adirondack Team Championship and Grand Prix event

New: Run-Your-Colors!
Team of runners show promotion of fitness with their shirts.
Winning team earns \$1,000 donation to their charity of choice.

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

- 22 **38th Adirondack Distance Run.** 10M. 7:30am. Lake George Village to Bolton Landing. adirondackrunners.org.
- 22 NYC 5-Borough Series: 10K Queens. 8am. Corona Park, Flushing Meadows, NYC. nyrr.org.
- 22 Trails for Tails Pet Walk. 9:30am. East Berne. 312-1303. leaprograms.com.
- 22 George Coope Race. 5K, 10K, Kids Fun Run, 1M Walk. 8:30am. Adams Visitors Center, Adams, MA. 413-743-8320. celebrateadams.com.
- 23 Camp Saratoga 5K Trail Run Race #1. 6-7pm. Wilton Wildlife Preserve, Wilton. saratogastryders.org.
- 23 "Firecracker 4" Course Practice Run. 4M. 6pm. City Center, Saratoga Springs. 316-4445. firecracker4.com.
- 25 High Peaks Cyclery Trail Run & Mtn Bike Evening. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.
- 26 "Firecracker 4" Training Run: Speed Workout. 6pm. Skidmore College Track, Saratoga Springs. Peter Goutos: 316-4445. firecracker4.com.
- 28 Hudson Highlands 100K Trail Race. 4am. Ramapo-Dunderberg Trail, Tuxedo. hh100k.wordpress.com.
- 28 Downing Dash to Digital 5K Run/Walk. 8:30am. Downing Film Center, Newburgh. 845-534-3182. downingfilmcenter.com.
- 28 3rd Huntington Race 4 Sundaes. 5K, 10K, 1M fun run. 8:30am. Community Church, Huntington, VT. 802-434-3987. huntingtonrace4sundaes.weebly.com
- 29 4th Michael Cerroni Memorial 5K Run/Walk. 9am. Maple Street Park, Black River. michaelscerroni5k.com.
- 30 "Firecracker 4" Course Practice Run. 4M. 6pm. City Center, Saratoga Springs. 316-4445. firecracker4.com.

JULY

- 1 HMRRC Summer Track Series #1: Colonie Mile. 6pm. Free. Colonie HS Track, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 4 8th "Firecracker 4" 4M Road Race. 9am. All-American Parade: 11am. Saratoga Springs City Center, Saratoga Springs. Peter Goutos: 316-4445. firecracker4.com.
- 4 28th Montcalm Mile. 1:45pm. Fastest mile in the north. Fourth of July Parade: 2pm. Wicker St & Race Track Rd, Ticonderoga. Fred Herbst: 585-9871. lachute.us.
- 5 Finger Lakes Fifties Trail Runs. 25K, 50K, 50M. 6:30am. Finger Lakes Forest, Hector. 607-564-1804. fl50sultraz.blogspot.com.
- 6 Independence Star Spangled Trail Marathon, Half, 10K, 5K. 8am. PSC VIC, Paul Smiths. 327-6241. paulsmiths.edu.
- 10 HMRRC Summer Track Series #2: Two-Person Relay. 6:15pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 10 13th Tour de Potsdam 5K Walk/Run. 6pm. Beal Street, Potsdam. 315-261-4760. gethealthyslc.org
- 12 Move it for the Music 5K Run/Walk. 8am. Enjoy performances throughout the race. Plus, 1M Beaver Dam Short Course. Luzerne Music Center, Lake Luzerne. 696-2771. luzernemusic.org.
- 12 Glenville & Schenectady Y 5K Run. 8:30am. Freedom Park, Scotia. Allison Reinhardt: 399-8118. cdymca.org.
- 12 TEAMSarcoma 5K Run/Walk. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. zippyreg.com.
- 12 Frank DiChristina Memorial 5K Walk. 11am. Oneida Family YMCA, Oneida. 315-363-7788. ymcatrivalley.org.
- 13 1st Saratoga Springs "Strong to Serve" Half Marathon & 5K. 7:30am. Saratoga Spa SP, Saratoga Springs. 603-429-8879. saratogaspringshm.com.
- 13 Boilermaker 15K & 5K Races. 15K: 8am. 5K: 7:15am. Utica. boilermaker.com.
- 17 HMRRC Summer Track Series #3: 41st Hour Run. 6:15pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 19 18th Silks & Satins 5K Road Race. 8am. Fasig-Tipton Pavilion, East Ave, Saratoga Springs. Special Olympics New York: 388-0790. nyso.org.
- 19 Footrace at the Falls 5K. 10am. Bicentennial Park, Ticonderoga. lachute.us.
- 19 Run the Ridge 5K Mud Run & Obstacle Course. Maple Ski Ridge, Schenectady. 381-4700. runtheridge.net.

- 19 Warrior Run & Music Festival. 3.5M 10am. Big Tupper Ski Area, Tupper Lake. 359-3328. tupper-lake.com.
- 19 Isle la Motte 5K & 1/2M fun run. 8:15am. Isle La Motte, VT. 802-928-3434. islelamotte.us.
- 19-20 Vermont 100 Endurance Run. 100M/100K. South Woodstock, VT. vermont100.com.
- 20 Dippikill Froggy Five-Miler. 9am. Dippikill Wilderness Retreat, Warrensburg. 320-8648. areep.com.
- 20 Forest Frolic 7K/15K Trail Run. 9am. Virgil State Forest, Virgil.
- 24 HMRRC Summer Track Series #4: 38th Pentathlon. 6:15pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 26 13th Turning Point 5K Run/Walk. 9am. Free Kids' Fun Run: 10am. New location: Hudson Crossing Park, Schuylerville. Kim Gamache: 222-0166. zippyreg.com.
- 26 2nd Zombie Gauntlet 5K Trail Run. 5pm. Queensbury School Trails, Queensbury. jrvfoundation.org.
- 26 44th Honor America Days 5K Parade Run. 8:30am. City Hall, Rome. 337-0753. romanrunners.com.
- 27 Biggest Loser Run/Walk: Half Marathon/5K. 9am. Killington, Killington, VT. 815-464-1265. biggestlosserrunwalk.com.
- 27 Escarpment Trail Run. 30K. 9am. Mountain goats only. Windham to North Lake, Haines Falls. escarpmenttrail.com.
- 27 8th Maria Sergi Memorial Fun Walk-Run. 9am. Partridge Run Golf Course, Canton. 315-386-1009.

AUGUST

- 2 36th Dynamic Duo Pursuit Race. 8:30am. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.
- 2 12th Race the Train. 8am: Train ride. 9am: 8.4M run. North Creek Depot, North Creek. Tracy Watson: 251-0107. adirondackrunners.org.
- 2 Benson Bear Obstacle Course Race Series #2. 5K beginner/intermediate course. 10K Elite/Pro. 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- 2 ACPHS Summer Track Jamboree. Open track meet. 9am. Albany College of Pharmacy & Health Sciences, Albany. Thomas Hartnett: 694-7136. acphsatletics.com.
- 2 Vino & the Beasts 5K Vineyard Obstacle Run. 2pm. Millbrook Vineyards & Winery, Millbrook. vinoandthebeasts.com.
- 2 4th Operation Restore Antwerp 10K/5K Run. 9am. American Legion, Antwerp. 315-659-2419. villageofantwerp.net.
- 3 20th HMRRC Indian Ladder Trail Runs. 15K & 3.5M trail races: 9am. 1M Kids' Run: 11:30am. Haile's Cave Picnic Area, Thacher SP, Voorheesville. Mike Kelly: 439-5822. hmrrc.com.
- 3 36th Lane 10K Lake Run. 10am. Lake Pleasant to Speculator. 548-4521. speculatorchamber.com.
- 7 37th Tromptown Run 5K & Half-Marathon. 5:45pm. Deruyter. tromptownrun.com.
- 8 Southern Saratoga YMCA 5K Run & 3K Walk. 6pm. Free kids' fun run: 5:30pm. Southern Saratoga YMCA, Clifton Park. Lori Donato: 371-2139 x5532. cdymca.org.
- 8 4th Schenectady ARC 5K. 6:30pm. Central Park, Schenectady. 372-1160. arcschenectady.org.
- 9 Camp Chingachgook Challenge Half Marathon & 10K. 8am. Half: Lake George ES, Lake George to Camp Chingachgook, Kattskill Bay. 826-52876. zippyreg.com.
- 9 Fox Creek 5K Run. 9am. Hilltown Triple Crown Series #1. Berne Town Park, Berne. 312-1303. leaprograms.com.
- 9 Urban RAID Obstacle Race. 5K. Times Union Center, Albany. raidevents.com.
- 9 Festa 5K Run. 9:30am. Kids' 1M fun run. 210 Princetown Rd, Schenectady. 764-8078. lqprotterdam.org.
- 9 DanRan 5K Run/Walk & 1M Kid's Fun Run. 9am. Lake Hill Road, Burnt Hills. 428-0755.
- 9 Fulton County YMCA 3.5M. 9am. Fulton Y, Johnstown. fultoncountnymca.org.
- 9 Sweltering Summer Ultra 8-Hour & Marathon. 7am. Clapp Park, Pittsfield, MA. 435-5590.
- 9 Ken Hummel Memorial 5K. 9am. Stuyvesant. stuyvesantny.us.
- 10 29th Run for the Roses 5K. 9am. Grafton Lakes SP, Grafton. 279-1386. graftoncommunitylibrary.org.
- 10 Dash for Dana 5K & 1M Walk. 8:30am. Adams Visitors Center, Adams, MA. 413-743-8320. celebrateadams.com.

2ND ANNUAL

ZOMBIE GAUNTLET 5K



Saturday, July 26 at 5pm

Queensbury School Trails, 429 Aviation Rd (just off Exit 19), Queensbury

To benefit Johnathan R. Vasilioiu Foundation

Register: Active.com • Info: jrvfoundation.org
Register: \$30 to race day or \$35 day of race
Teams of 5, \$125 • T-shirts till 7/20

Off-road course!
Can you survive the zombie hoard?
Lose the flags on your belt and you have been killed.
Come out with flags and YOU SURVIVED!
Awards to best racer and zombie costumes –
Surviving is its own reward!


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ADIRONDACK SPORTS & FITNESS THANKS FOR YOUR SUPPORT!

13th Annual

Turning Point 5K Run/Walk

Recognizing the American victory at the Battle of Saratoga



Sat, July 26, 9am
Hudson Crossing Park
Rte 4, NYS Canal Lock #5
Just north of Schuylerville

Kids' Fun Run (12-under free): 10am
\$20 preregistration / \$25 race day
T-shirt to first 150 5k entries

Application: ZippyReg.com
Info: 222-0166 or kimgamache@hotmail.com



12th Annual
**Saturday,
Aug 16 • 8:30am**
Brookside Museum,
Ballston Spa
USATF Certified
Fast and fabulous
with downhill for
your summertime PR!

Chip timing • T-shirts to first 200 registrants
5 year age group awards
Application: www.brooksidemuseum.org
(518) 885-4000
Register online: www.active.com
\$22 by 8/12 or \$27 after
Benefits: Brookside Museum education programs

36TH ANNUAL
Lane 10K Lake Run
Sunday, August 3
Lake Pleasant to Speculator



Registration: 9am at Speculator Ball Field
Race Start: 10am
Scenic route follows south shore of Lake Pleasant
Professional timing & register online:
www.speculatorchamber.com
or (518) 548-4521
Adirondack Speculator Region
Chamber of Commerce
PO Box 184, Speculator, NY 12164



5K Run/Walk
& 1-Mile Beaver Dam Short Course
Saturday, July 12 • 8am
203 Lake Tour Rd, Lake Luzerne

Join us in support of Luzerne Music Center's Scholarship Fund! Enjoy performances from our talented students throughout the course as it circles beautiful Lake Luzerne. Light breakfast will be served immediately following the race.

To benefit Luzerne Music Center's Scholarship Fund



LUZERNE MUSIC CENTER
www.luzernemusic.org

First 100 registered receive T-shirt & goodie bag
Info/Register: luzernemusic.org
(518) 696-2771
events@luzernemusic.org

- 11 **2nd Monday Night Mile.** 1M on Saratoga Harness Track. 5:30pm. Plus, kids 1/4M fun run. Saratoga Casino & Raceway, Saratoga Springs. saratogahistory.org.
- 11 Tawasentha XC 5K #1. 6:30pm. Tawasentha Park, Guilderland. townofguilderland.org.
- 15 Inaugural Toys for Tots 5K. 6pm. Servicemen's Club, Mayfield. 762-2349. hmrrc.org.
- 16 **12th Jail House Rock 5K Race.** 8:30am. Brookside Museum, Ballston Spa. 885-4000. brooksidemuseum.org.
- 16 Pre Fall Classic 5K. 9am. Hilltown Triple Crown Series #2. Voorheesville HS, Voorheesville. 861-6350. vcsfoundation.com.
- 16 Kiwanis Clove Run. 10M & 5K run/walk. 8:30am. Castleton ES, Castleton-On-Hudson. 732-2940. vanrensselaerdivision.org.
- 16 8th Perennial 5K Forest Run. 9am. Landis Arboretum, Esperence. 315-427-3856
- 16 Erin Shanley Memorial 5K/1M Race. 9am. Stissing Pond, Pine Plains. 845-214-7801.
- 17 30th Tony Luciano 5K Road Race. 10am. Hudson Falls CSD Pool, Hudson Falls. adirondackrunners.org.
- 18 Tawasentha XC 5K #2. 6:30pm. Tawasentha Park, Guilderland. townofguilderland.org.
- 22 CYC Poiling Pot 5K Run & 1.5M Walk. 6pm. Comm Youth Center, Canajoharie. 673-5118. canajohariecyc.org.
- 23 **17th Altamont 5K Run/Walk.** 9am. Hilltown Triple Crown Series #3. Altamont Mile & Kids Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- 23 Muddy Sneaker 5K. 9am. Indian Meadows Park, Glenville. 857-1196. glenvillerotary.org.
- 23 Cousins That Care 5K Run/Walk. 8am. Inlet. cousinsthatcare.com.
- 23 31st Chris Thater Memorial 5K Run. 5:15pm. Binghamton. Chris Marion: 607-778-2056. bcstopdwi.com.
- 23-24 4th Turning Stone Races: 5K, 10K & Half-Marathon. Turning Stone Casino, Verona. turningstoneraces.com.
- 24 Storm King Run. 10K, 5K, 1M fun run. 9am. Washington Gate, West Point. 845-446-5483. rotary-wphf.org.
- 24 North Face Race to the Top of Vermont. MTB, run, hike. 9am. Stowe Resort, Stowe, VT. 802-864-5794. rtrttvt.com.
- 25 Tawasentha XC 5K #3. 6:30pm. Tawasentha Park, Guilderland. townofguilderland.org.
- 30-31 **2nd ADK 80K Trail Run & MTB/Cyclocross Races.** Sat, 6am: Trail Run. Sun, 8am: MTB/Cyclocross. Solo/teams. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscydlery.com.
- 31 **3rd 18.12 Challenge & Half Marathon.** 18.12M/13.1M. Watertown to Sackets Harbor. 1812challenge.com.
- 31 2nd Oak Runner 10K Trail Run. 9am. Oak Mountain, Speculator. 548-3606. oakmountainnski.com.
- 31 Scottish Games 5K. 10:30am. Altamont Fairgrounds, Altamont. 669-1470. scotgames.com.

SEPTEMBER

- 6 **5th Malta 5K.** 8:30am. HVCC-TECH SMART, Malta. Paul Loomis: 472-4807. Malta Business & Professional Association. malta5k.com.
- 6 **44th Lake Placid Classic Half-Marathon & 10K.** 9am. Olympic Speedskating Oval, Lake Placid. lakeplacidclassic.com.
- 6 **Double H Camp Challenge 5K Run/Walk.** Double H Ranch, Lake Luzerne. 696-5921 x269. doublehbranch.org.
- 6 **Benson Bear Obstacle Course Race Series #3.** 5K beginner/intermediate course. 10K Elite/Pro. 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- 6 **Youth Make a Difference 5K Run Walk & 1M fun run.** 9:30am. Wynantskill. 283-2714.
- 6 Run for the Horses 5K. 8:30am. Saratoga Spa SP, Saratoga Springs. 226-0028. thoroughbredretirement.org.
- 7 **35th Dunkin' Run.** 5K, 10K & Kids' Fun Run. 8:30am. Albany Jewish Community Center, Albany. 438-6651. albanyjcc.org.
- 7 **12th Ty Yandon Memorial 5K Run/Walk.** 9am. Overlook, Newcomb. Kevin Bolan: 582-2991. newcombny.com.
- 7 9/11 Heroes Run 5K. 8:30am. 9/11 Memorial, High Rock Park, Saratoga Springs. 911heroesrun.org.
- 13 **20th Komen Race for the Cure 5K.** 9am. Empire State Plaza, Albany. 250-5379. komenneny.org.
- 13 **37th Whiteface Mountain Uphill Foot Race.** 8M, 3500ft up. 8am. Wilmington. 946-2255. whitefacepace.com.

- 13 Thacher Park Centennial Running Festival. 5K, 10K, 26.2M, 50K. 8:30am. Thacher SP, Voorheesville. thacherparkrunningfestival.com.
- 13 Fishy Frolic 5K & Trout 10K. 9:30am. 1M Walk: 8:45am. Corning Preserve, Albany. 527-7904. zippyreg.com.
- 13 Get Your Rear in Gear 5K. 8:20am. Saratoga Spa SP, Saratoga Springs. coloncancercoalition.org.
- 13 Mighty Run 5K & Obstacle Adventure Race. 8:30am. Masonic Care Community, Utica. 315-798-4703. themightyrun.com.
- 14 **13th Teal Ribbon Run/Walk.** 9am. Washington Park, Albany. 783-7600. tealribboncaringtogetherny.org.
- 14 **42nd HMRRRC Anniversary Run.** 9am. University at Albany, Albany. Pat Glover: 877-0654. hmrrc.com.
- 14 **Biggest Loser Run/Walk: 5K/10K.** 7:30am. Great Escape, Lake George. 815-464-1265. biggestloserrunwalk.com.
- 20 **2nd Flashlight 5K Run/Walk.** 7:45pm. Battlefield Park, Lake George. adkracemgmt.com.
- 20 6th Nisky Fall Fun Run. 5:45 pm. Town Hall, Niskayuna. 386-4526. niskayuna.org.
- 21 **The Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half Marathon & 5K Run/Walk. 7:15am. Hampton Inn, Saratoga Springs. thesaratogapalio.com.
- 26-27 **3rd Ragnar Relay Adirondacks.** 200M. Regular, ultra & high school teams. Saratoga Springs to Lake Placid. Katie Seely: katie@ragnarrelay.com. 801-834-9531. ragnaradk.com.
- 27 **21st FAM 5K "Fund" Run/Walk.** 10am. For charity. Plus entertainment, Brooks BBQ & kids run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- 27 **Viking Obstacle Race.** 5M w/30 obstacles. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- 27 **Helper's Fund 5K & 10K.** 9:30am. Town Hall, Chestertown. adirondackmarathon.org.
- 28 **Adirondack Marathon Distance Festival: Marathon, Half, 2 & 4-Person Marathon Relay.** Marathon & Relay: 9am. Half: 10am. Sat: Expo & Kids Fun Run. Schroom Lake HS, Schroom Lake. 532-7675. adirondackmarathon.org.
- 28 **11th Crossings 5K Challenge.** 10am. Crossings Park, Colonie. 438-9596. colonieyouthcenter.org.
- 28 34th HMRRRC Voorheesville 7.1 Mile. 10am. Town Park, Voorheesville. hmrrc.com.
- 28 Pumpkin Run 5K & Walk. 9am. Kids Run: 10am. Pearl St, Glens Falls. 683-1526. gfmfmf.org.
- 28 Vermont Sun Runs: 5K/10K/Half-Marathon. 10am. Branbury SP, Brandon, VT. vermontsuntriathlonseries.com.

OCTOBER

- 11 **Columbus Day Fall Foliage Rumble.** 5K/15K. 9am. Paul Smith's College VIC, Paul Smiths. 327-6241. psvcvic.org.
- 12 **Mohawk Hudson River Marathon & Half-Marathon.** 10/11: Expo. Schenectady to Albany. mohawkhudsonmarathon.com.

SWIMMING**JUNE**

- 21 Cortland Swimming & Diving Long Course Meet. 9am. Holsten Pool, SUNY Cortland. usms.org.

JULY

- 12 3rd Ithaca Long Course Meet. 10am. Ithaca College, Ithaca. usms.org.

AUGUST

- 2 Gilbert Lake "Swim for a Cause" Open Water Swim. Oneonta Family YMCA, Oneonta. 607-432-0010. oneontaymca.org.
- 16 **13th Betsy Owens Memorial Lake Swim.** 2014 USMS 2M National Cable Championship. Mirror Lake, Lake Placid. Ann Svenson: 893-1967. betsyowensswim.com.
- 23 **Lake George Open Water Swim.** 2.5K, 5K & 10K swims. USMS National 10K Championship. Hague Beach, Hague. Chris Bowcutt: 917-371-1108. lakegeorgeswim.com.

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

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

2014 HMMRC SUMMER TRACK SERIES

Fun & Challenging!

Colonie High School Track
1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

Race #1: COLONIE MILE
Tuesday, July 1 at 6:00pm
Free entry

Race #2: TWO-PERSON RELAY
Thursday, July 10 at 6:15pm
Free HMRRRC members, \$5 non-members
Each person estimates their mile pace, then is paired with another based on fastest/slowest times, and partners alternate running miles until team runs six miles.

Race #3: HOUR RUN
Thursday, July 17 at 6:15pm
Free HMRRRC members, \$5 non-members
Participants run on track for one hour

Race #4: PENTATHLON
Thursday, July 24 at 6:15pm
Free HMRRRC members, \$5 non-members
Participants run five distances in this order: 5000m, 800m, 3200m, 400m, 1600m

Low-key track runs - instead of road runs in the summer heat!

For more info, Ken Skinner:
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Hudson-Mohawk Road Runners Club
hmrrc.com



13th ANNUAL **U.S. MASTERS SWIMMING**

Betsy Owens Memorial LAKE SWIM
Saturday, August 16, 9:30am
Mirror Lake in Lake Placid

2014 USMS Two-Mile National Championship
Open to all swimmers 18 & older

Register online by 8/6 (no race day):
www.BetsyOwensSwim.com



Second Annual Saratoga Casino and Raceway

MONDAY NIGHT MILE

Monday, August 11 • Starts 5:30pm
1M Race on Saratoga Harness Track - 242 Jefferson St, Saratoga Springs -
Benefits Saratoga Springs History Museum
Chip Timing • Awards
T-shirts to all entries by 8/6
\$20 by 8/6, \$25 8/7-10, \$30 race day
- Free Kids' 1/4-Mile Fun Run -
Register online: SaratogaHistory.org

Montcalm Mile

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For information Email herbst@nycap.rr.com or visit www.lachute.us
The race will start at 1:45 p.m. Chip timing.
\$500 first place men and women.



Course Records: Men 3:54, Women 4:41
Enter at active.com or www.lachute.us

SOUTHERN SARATOGA YMCA 5K

5K Run/3K Walk/Kids Fun Runs
Friday, August 8

5K Run & 3K Walk start at 6pm
5K \$20 to 8/1, \$25 8/2 to race day
3K \$10 to race day
Kids Runs start at 5:30pm, Free

Free Family Picnic Follows!

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SSYMCA Front Desk

Lori Donato, ldonato@cdymca.org

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Older and Faster

How to Dominate Your Age Group as a Masters Triathlete

By Christine McKnight

You're older, but you're smarter and you're still motivated. Here's how to be faster and stand on the age group podium as an older triathlete.

As triathletes over the age of 50, 60 and even 70, must we bow to the idea that we are inevitably going to slow down? Or do you still believe that you have a few personal bests in you?

In many cases, we *can* actually become faster, even though our 40th birthday is a distant memory. Really! At the very least, we can slow, or even halt that decline in speed and overall performance.

How? By reinventing the way we train and race, creating an environment in which we can succeed as older athletes, and addressing the issues that are limiting our success. (This is a good game plan, actually, for *any* athlete who aspires to be dominant, regardless of age.)

We must also stop living in the past, and cease comparing our current efforts to our athletic exploits of 10, 15 or 20 years ago. That was then. This is now.

INGREDIENTS FOR SUCCESS AS WE MOVE UP THE AGE GROUP RANKS

Rest, Rest, Rest! – As masters athletes, we need more recovery time and sleep. When you were younger, you probably trained six days a week and rested one day. Maybe you even trained as many as ten or 12 days in a row, with no ill effects. Now that you're older, consider a rest day every fourth day, with this sequence: one day intense, one day rest, one day easy, one day moderate, one day intense, one day rest, etc. The rest days should be true rest days, but the intense days are really intense, and many training days will feature double workouts.

Probably our biggest challenge is chronic overuse injuries. Without that extra recovery time and more sleep, we place additional stress and fatigue on our older bodies, which in turn increase the risk of injury.

Glorious Glutes, Happy Hips: Strength Train (But Be Smart) – Strength training should be an essential part of any older triathlete's regimen. By the time we reach our 50s and 60s, we are losing muscle mass at a rate of ten percent per decade – and even higher after 70. We need to be proactive to increase muscle mass, which helps prevent injuries as we ask our bodies to continue to swim, bike and run with intensity.

► PEGGY PHILLIPS, 61, OF EAST SCHODACK FINISHING THE 2010 IRONMAN LAKE PLACID.

▼ ARMAND LANGEVIN, 77, OF COHOES AT 2012 USAT AGE GROUP NATIONALS IN BURLINGTON, VT.



► THE AUTHOR, 65, OF GANSEVOORT "FINISHING HAPPY" AT THE 2013 IRONMAN WORLD CHAMPIONSHIP IN HAWAII.



Any smart strength program for older athletes should focus on core strength, flexibility and mobility, rather than on lifting big weights. Some examples: planks, push-ups, kettle bell swings, body saws, assisted band pull-ups, overhead presses, oblique work, dead lifts, and a generous dose of stretching. A very effective way to strength train is twice a week in small group settings with a personal coach. Yoga and Pilates are two great alternatives.

Glorious glutes and happy hips will pay off for you on race day!

Coaches Are Cool – A good coach will give you the structure you need, plus age-specific intervals, hill work, and other high-intensity workouts that will still challenge you

and put you in the best shape of your life. A coach will also give you baseline workouts that will allow you to measure your progress. Most importantly, a coach who understands how to train older athletes will give you permission to rest, and in fact, insist on it.

Be discriminating as you seek a coach. Ask your fellow triathletes about their experiences with coaches. And be sure to ask a prospective coach: "What experience do you have training older athletes?"

Embrace Technology – We need to be open to new ideas and technology, even if we are old dogs. Why? Garmin and power taps are powerful training aids that allow you to swim, ride and run more efficiently, in a more precise way, and with a clearer idea of the

energy you are expending. They are especially invaluable for older athletes who aspire to train and race injury-free at the 70.3 and Ironman distances.

Nail Nutrition and Fueling – There's no way around it: if you want to be a dominant senior triathlete, or an athlete of any age, really, you have to: 1) get serious about your everyday eating habits, and 2) fully understand how to fuel your body while you are training and racing. If you are carrying extra weight, you are placing extra strain on your aerobic system, muscles and joints, and making it extra hard to reach that personal best.

Be willing to reeducate yourself about your everyday eating habits for starters. For training and racing, find a product that works for you and practice fueling with it many times before your race. Nutrition and fueling are areas that are often overlooked, but they can spell the difference between disaster and achieving your goals. Consider consulting a certified sports nutritionist: it's an investment in your long-term health.

Your Amazing Body: Pamper It! – You are asking your amazing, aging body to accomplish unbelievable things. Be good to it! Get a massage, get plenty of sleep each night, nap when you feel like it, eat real foods and whole foods, and eschew the processed stuff. Your body will thank you on race day and every day.

Training: Intervals, Hills and Drills; Plus, Know Your Numbers – You're older, but you're still motivated, so get out there and work hard! Train with structure and specificity. Embrace intervals, hills and drills. Make every mile and every workout count. Know your numbers: your heart rate zones, your watt numbers if you train with a power tap, your FTP and your baseline numbers for pool laps, track repeats, and bike sessions. Why? You will be able to train and race with greater precision in the most energy-efficient way. Don't overlook transition drills, which will save you valuable seconds and even minutes.

On Race Day, It's Mental – If you do these things, you will arrive at the transition area on race morning brimming with confidence. You've done the training, nailed your nutrition, practiced transitions, previewed the course, and checked out the competition. You are disarmingly gracious to your age-group competitors because you know you are going to CRUSH THEM! 🏆

Christine McKnight (trichris@nycap.rr.com) had top-ten age group finishes at USAT Nationals in 2010-2012, set personal bests at age 63 in Olympic distance and age 65 in Half-Iron distance, and completed her first Ironman at age 64 in Lake Placid. She won the 65-69 age group in the 70.3 Eagleman triathlon in Cambridge, Md. on June 8. She competed last October at age 65 in the Ironman World Championships in Hawaii. Christine competed in her first triathlon at age 50.



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XTERRA Garnet Hill:	July 12	Lake George Triathlon: (Olympic Distance)	Aug. 30
Flashlight 5k:	Sept. 20	BIG George Triathlon: (Half Iron Distance)	Aug. 31
		King George, Both Races on:	Aug.30&31
		Kids Splash and Dash:	Aug.30

For race registration and more info: **ADKRACEMGMT.COM**




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South Bay of Lake Champlain, Lake George and Jabe Pond

Two Fascinating Days on a Trio of Waterbodies in the Southeastern Adirondacks

By Rich Macha

I had Sunday and Monday off from work, it was early June, and the forecast was for summery weather. It had been a while since I had last paddled the South Bay of Lake Champlain, and I was looking forward to again admiring the cliffs at its southwest end, as well as further exploring the inlet stream at that end. I had nothing specific planned for Monday and would let serendipity rule.

SOUTH BAY OF LAKE CHAMPLAIN

NY Route 22 crosses South Bay just outside of Whitehall and there is a NYS DEC boat launch and fishing pier just past the bridge. There were quite a few boat trailers already parked there and fishermen were launching their motorboats as I arrived. Most of them ended up heading north toward the main part of the lake. As I was getting ready, I heard a familiar sound and I turned to see an osprey fly off its nest, located on top of a nearby power line tower.

I paddled out onto the murky khaki-colored water, its surface sprinkled with yellowish tree pollen. Giving the fishermen on the pier a wide berth, I passed under the Route 22 bridge, and angled for the southeast shore. For about a mile there were some houses along the shore, then some state land with a designated campsite – a poor landing perhaps being the reason it looked like it wasn't used very much. Further along I noticed some signs marking land owned by The Nature Conservancy.

As I approached a small cliff, an immature bald eagle vacated its rocky perch, and flew off to a nearby white pine then took off over my head. Great blue herons and kingfishers were often seen and sometimes heard. Occasionally I saw yellow flag (iris) along the shoreline, and while exploring some shallow coves I discovered some yellow water-buttercups and bullhead-lilies. Exiting a cove, a mature bald eagle passed overhead, while to the west tall steep cliffs peered over the water; first Little Diameter and then The Diameter rose hundreds of feet skyward.

After having paddled close to five miles, the shores closed in as I entered South Bay Creek, and the water was amazingly clearer. I felt I was now in a wilder place. Both shores here are technically within the boundaries of the Adirondack Park.

Paddling upstream against a very gentle current, I passed through a swampy area, and had some difficulty locating the main channel. I had to lift over a small beaver dam then squeeze past a downed tree. The creek meandered as many Adirondack streams do and I soon reached another beaver dam, this one much bigger than the previous one. After lifting over the dam I was able to go only a little further before seeing two more dams ahead. Hearing a car go by up ahead I figured I was close to civilization again and it was time to turn around.

The Diameter was impressive as I paddled back past its lower talus-filled slope. To the east the two rocky nubbles of The Saddles on West Mountain stood out. Houses and farms appeared after Little Diameter, and I still had an hour of paddling to go before reaching the boat launch culminating my almost six-hour-long trip. Observing the cliffs of The Nature Conservancy's Helen W. Buckner Memorial Preserve at Bald Mountain to the north, reminded me of the time I had hiked there, and what wonderful views of the South Bay were had.

The drive north on Route 22 is quite scenic and there are glimpses of Lake Champlain en route. I was considering camping out at the state campground in Crown Point since

I had never been there before, but as I approached Ticonderoga I decided to head to nearby Rogers Rock State Campground on the northern part of Lake George.

There were very few campers staying there on a Sunday night and I was able to secure a choice campsite next to the swimming beach. The evening's entertainment included enjoying the lake view, watching a loon, and photographing a five-foot-long rat snake slither its way along the back edge of the beach.

LAKE GEORGE

The morning started out cloudy with a not-too-friendly south wind, but after breakfast the wind died down, and the sun presented itself. It seemed like the theme of the trip was going to be cliff observation, so I paddled north from the campground, and was soon admiring the jagged cliffs that the campground was named after.

The lake's clear emerald-colored water was also topped with much yellow tree pollen. Thankfully, motorboat traffic was very light. Leaving Cooks Bay, I passed diminutive Juniper Island and was soon at the foot of Rogers Slide, an impressive smooth rock cliff with streaks of grey, pink and mauve. Turning back, the view southward included the rocky Anthony's Nose, as well as Elephant and Black Mountains.

I broke camp by 11am and still had plenty of time to explore further.

JABE POND

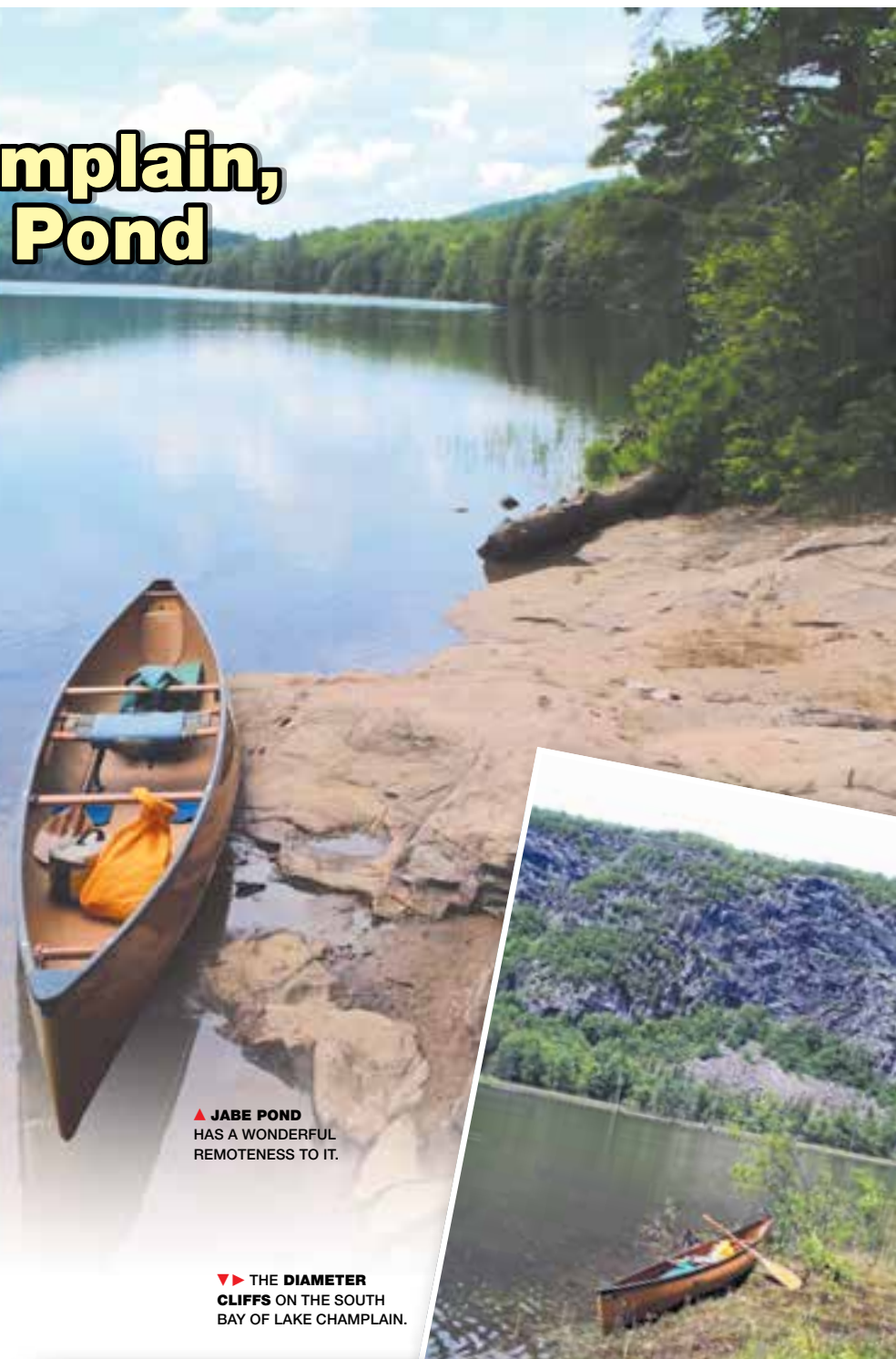
Driving south on NY Route 9N I soon passed through Hague, then headed west on Split Rock Road for 1.8 miles, a paved road at first but eventually becoming dirt. At a sign-less signpost I turned left on Jabe Pond Road, a mile-long dirt and gravel road. The narrow road was mostly in good shape, but I became somewhat apprehensive when confronted with a steep and bumpy hill. The Subaru made it up okay and I was soon at the parking area.

After a quick lunch at the car, I carried the canoe a hundred yards to some smooth rock at water's edge. I had known about Jabe Pond for decades yet had never visited. As the crow flies it is located just 1.5 miles west of Lake George, but is 1,000 feet higher in elevation, and has a wonderfully remote wilderness feel to it.

Although less than a mile long, the pond's irregular shoreline took some time to explore. Several piney islands demanded inspection too. One island still had an old stone chimney stack on it, the only sign of civilization remaining on the pond. I observed two loons making their rounds and an osprey flew out from a tree. Polliwogs darted about in shallow sandy-bottomed areas near small beaches. Hemlocks exhibited new yellow-green growth at the tips of their branches, which contrasted with the deeper green of the older needles.

Several campsites were scattered around the pond and I stopped at one for a long and relaxing break. It was late in the afternoon when I somewhat reluctantly hopped in the canoe for the short paddle to the put-in. It was difficult leaving the peacefulness behind and the only adventure that remained, for now, was the drive out on that dirt road. 🌲

Rich Macha (apnp@prodigy.net) is the owner of Adirondack Paddle'n'Pole in Colonie, a store specializing in canoeing, kayaking and cross-country skiing – for more trip reports visit onewithwater.com.



▲ JABE POND HAS A WONDERFUL REMOTENESS TO IT.

▼ THE DIAMETER CLIFFS ON THE SOUTH BAY OF LAKE CHAMPLAIN.



► ROGERS ROCK AND ▼ ROGERS SLIDE ON LAKE GEORGE.



PHOTOS BY RICH MACHA



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ATHLETE PROFILE

Tyler Wren

By Dave Kraus

T Tyler Wren never intended to become a professional cyclist. Like a million other kids, he got his first bike when he was five years old. "I remember trying to impress the kids in the neighborhood doing tricks," he remembers about his childhood in suburban Philadelphia. But nothing special.

There was nothing to indicate that today, at 33, he would be an established professional cyclist, and the senior member of the Jamis Hagens/Berman road racing team. He's been on the team for the past 12 years after starting with the short-lived Mercury team in 2002.

His job is to train, stay in top cycling shape, and travel extensively to races around the country from his home base in Rensselaerville, a historical hamlet in the Helderberg Hilltowns of southern Albany County. This season he has an average of one big race per month, with the team paying him as an independent contractor, and taking care of travel and equipment expenses.

Tyler's first love was running, which he discovered as a middle school student. He remembers that in fifth grade he found himself beating all the eighth graders in races. He continued to excel in track, but also started mountain biking in high school to enhance his track training. It also was a great way to spend quality time with his father. "We both bought mountain bikes at the same time and we went to races together. We'd have great rides together. We'd go to the races and he'd race the master's category and I would race juniors."

He went on to study economics at Princeton University, with plans to join the track team, but knee and shin injuries led him to buy a road bike. "Pretty soon after I went on a ride with the Princeton cycling team, I joined their ranks and never looked back. It kind of ruined running for me," he remembered.

Tyler's strenuous training schedule is designed for racing results, not socializing. While he sometimes rides with local groups and enjoys it, most of his training is solo, riding with a power meter to gauge wattage. But after so many years of training, he said he knows his own body so well he can often just ride on feel. He discusses target races with the team coach, but is responsible for



VUELTA CHILE 2012.



DAVE KRAUS/KRAUSGRAFIK.COM

AGE: 33

RESIDENCE: Rensselaerville

OCCUPATION: Professional Cyclist, Jamis/Hagens Berman Pro Cycling Team; Owner of Wrenegade Sports personal coaching

FAMILY: Wife, Jennifer

SPORTS: Cycling

SECONDARY SPORTS: Snowshoeing, Cross-Country Skiing, Hiking

producing his own fitness. It's his "product" as a professional, he explained.

Heading out almost daily, he alternates between intensive three-hour interval sessions and four- to five-hour endurance rides through the scenic hills and valleys, with four days of hard work, then a couple of easier days. The job goes on all year, and when winter arrives he trains on his mountain and cyclocross bikes. When the snow flies he turns to snowshoeing and cross-country skate skiing. "The important thing is getting out on the bike and getting the miles in," he explained. "There were many great cyclists who came before me who didn't have power meters."

Over his 12-year career all that work has resulted in almost 20 podium appearances and a respected reputation as a team leader and race strategist. In late May 2014, he finished ninth in the US National Championship road race against the best riders in the country.

While Tyler enjoys his job as a pro cyclist, he also knows that at 33 he is getting close to the end of that career. So he's attending the University at Albany's School of Business to learn the skills that will serve him after he leaves pro cycling.

He has also run his own personal training business, Wrenegade Sports, since 2004, to train a limited number of clients. He's now working to transition the company into an ath-

letic event organization, starting with the Rensselaerville Cycling Festival scheduled for September 28 at the Carey Institute for Global Good, just outside the village.

Working with local organizers, he said his goal as an event promoter is to "throw a big party with something for everyone, even if they don't have a bike." The event will include fully supported "gran fondo" rides of 84, 55, 25, and eight miles, and a mini-fondo for kids. There will also be local bands, a barbecue, ice cream stand, and a product expo. In other words, "a great big party in a tiny little town," as he calls it.

While professional cycling brings recognition and admiration from other cyclists and the public, over the past few years it has inevitably also brought difficult questions about doping in the sport. Tyler approaches the subject head-on. "I didn't spend a lot of time proclaiming that I was a clean rider during the Armstrong era, because to me following the rules never felt like anything to celebrate," he explained.

"But since Lance's fall, I've had more and more comments, and I've come to feel that the right thing to do is to be more outspoken on the issue. I've raced professionally since 2002, and I did it clean. You don't have to dope to have a great career in cycling. I've

traveled the world, I've won international- and national-level races, and I feel very proud of it all."

Tyler is quick to recognize how much cycling has contributed to his life, and would prefer to concentrate on all the good it does. "It can take you around the world. You can ride great distances and find great roads. You can discover things on a bike and the wind in your hair takes you back to the freedom of when you were a kid. It just makes you feel good."

But even if he wasn't a cyclist, he has the kind of personality that ensures he would stay in shape. "I love the lifestyle of being fit, having a task, and working hard to train every day. I like creating my body into a finely tuned machine to go after certain goals. It's a difficult and challenging thing I really enjoy."

For more information, visit: rensselaervillecycling.com, tylerwren.com or jamishagensberman.com. 🌱

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer. His only racing is to the bagel shop to get his discount before the coupon expires.

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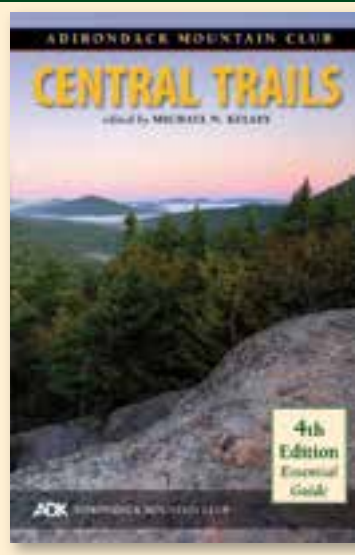




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BICYCLING

Mid-Summer Cycling Events

By Dave Kraus

For any upstate New York road cyclist, June, July and August offer a full schedule of events all over the upstate area. Hardly a weekend will go by without some kind of organized riding or racing event with challenging, scenic courses and fun times – so mark these rides on your calendar.

Saturday, June 21 – 13th Annual Whiteface Uphill Bike Race

At eight miles with an average eight-percent grade, the Veteran's Memorial Highway to the top of Whiteface offers a challenge for even the most fit cyclist. There are race prizes, but the biggest reward of all may be the spectacular 360-degree view of the High Peaks and Lake Placid area from the summit. It's part of the Wilmington/Whiteface Bike Fest weekend, with a variety of cycling events. Visit: whitefacebike.com.

Saturday, July 12 – Saratoga 12/24 Hour Race

Charge up your lights! Starting at 8:00am, this ride/race starts at the Van Raalte Mill Building on High Rock Avenue in Saratoga Springs. Full day racers will ride for 24 straight hours, doing laps of a 40-mile out and back course that loops northeast to the Hudson River and back. There are also two different 12-hour day and night rides and a 140-mile three lap challenge, as well as a midnight fun ride. Go to: adktracycling.com.

Sunday, July 13 – CVPH Mayor's Cup Bike Ride

Benefitting the CVPH Travel Fund, this supported ride offers 20-, 52-, and 70-mile routes starting at the CVPH Medical Center in Plattsburgh, with staggered starts beginning at 8:30am. Enjoy riding through the scenic north country near Lake Champlain, then partake some of the free barbecue after the ride. Check out: cvph.org.

Saturday, August 2 – Gear Up for Lyme: Mount Equinox Uphill Bike Climb

Did that eight percent grade on Whiteface get you excited? Then try this race up Mount Equinox, with its 12-percent average grade over 5.4 miles, starting at the Mount Equinox Skyline Drive Welcome Center on VT Route 7A, six miles south of Manchester Center, Vt. The event funds research for a Lyme disease cure as well as supporting the local charities of the Rotary Club of Manchester. There's a great view of the Vermont countryside from the 3,848-foot summit, but you have to work for it. There's free barbecue for racers after the event – if you have any energy left to eat it! Visit: gearupforlyme.com.

Sunday, August 3 – 12th Christine Perry Memorial Bike Ride

The ride honors Christine Perry, who was killed at age 18 in an automobile accident, and funds local community organizations that embody her passion for life, particularly for community, academics, the arts and sports. The 2014 ride starts and finishes at the Exit 24 Park-N-Ride on the I-87 Northway near Bolton Landing. Starting at 9am, two different intermediate level routes will be available to give participants some great riding experiences in the Adirondacks. A lunch will be provided after the ride at Sweat Pea Farm in Bolton Landing. Go to: chryssysfund.com.

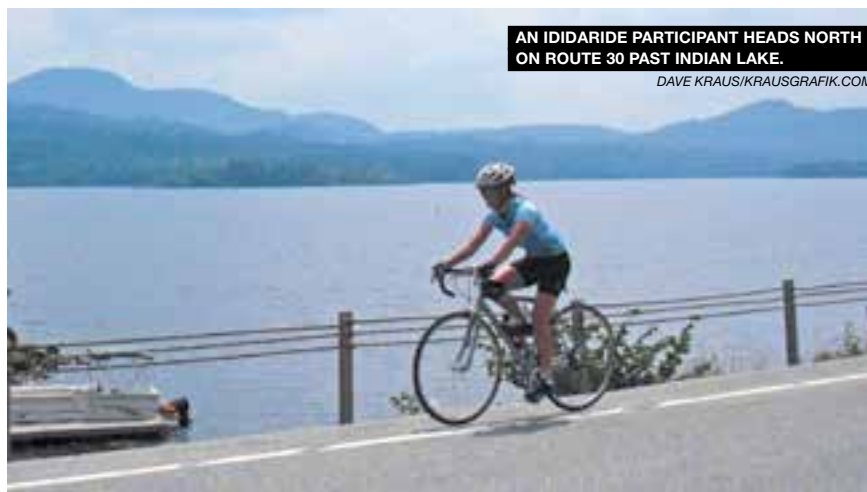
Sunday, August 10 – ADK "Ididaride" Adirondack Bike Tour

This 75-mile loop route out of North Creek's Ski Bowl Park benefits the Adirondack Mountain Club, and participation has grown sharply each year. Following well-paved highways with shoulders, the route circles south through Wells before turning back north and passing through Speculator, Indian Lake, North River and back to North Creek.



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Refuel and whet your whistle after the ride at the party at Ski Bowl Park with food, drink, music and prizes. On the road there are four staffed rest stops, and there is also a 20-mile option where riders to take a shuttle bus to Indian Lake and ride back to North Creek. Check out: adk.org.

Sunday, August 17 – Lake George Bike/Boat Ride

Known for years as the "Ti Ride" and organized informally, this event is held in partnership with the Lake George Steamboat Co. Riders meet at the pier in Lake George at 7:00am and put a bag with change of clothes on the cruise boat Mohican. Then you cycle north on NY Route 9N to the municipal dock in Ticonderoga, where the boat picks you

up at 11:30am, and you take a return cruise south on the lake with spectacular scenery, snack shop, and a wet bar on the boat. Much of the 41-mile route follows the shoreline of Lake George, and the highway over Tongue Mountain offers a challenging climb and sweeping, fast curves on the downhill side to a beautiful scenic overlook. Visit: lakegeorgesteamboat.com.

Saturday, August 23 – 14th annual Pat Stratton Memorial Century Ride

Offering 100-, 50-, and 25-mile rides and a kids fun ride, the Pat Stratton event starts at Mount Pisgah in Saranac Lake and winds through the region on wide-shouldered highways and quiet back roads. The route sticks to valleys and easier grades to give the moun-

tain views without the mountain climbs, and passes through Paul Smiths, Meacham Lake, Lake Clear, Gabriels and St. Regis Falls. Feed stations and sag support are on the ride, and finishers enjoy barbecue, T-shirts, music and homemade pies. Proceeds from the ride support Saranac Lake Kiwanis Club community programs, including the annual bike rodeo and helmet distribution, where 100 helmets were given away last year. Go to: active.com.

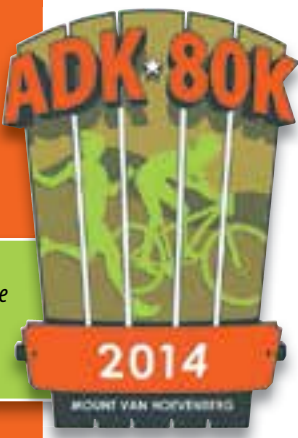
Happy summer... May it be a summer of safe cycling! 🌱

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer. Visit his website at KrausGrafik.com

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PEASANTMAN EVENTS

IN TRIATHLON EXPERIENCE COUNTS

By Kristen Hislop

The theme running through the triathlons highlighted for August is experience! These races are directed and supported by veteran triathletes who want to give triathletes a very memorable weekend!

Kicking the month off is the 8th running of the **Fronhofer Tool Triathlon** Olympic distance event. As with many races each year brings changes. The sprint distance will no longer be offered. But this year there is a new partner category, where you and your partner's times are combined for an opportunity at the top male, female and coed awards. This year's USAT sanctioned race will take place on Saturday, August 2, at Lake Lauderdale Park, just north of Cambridge.

The race ends with a great food spread and this triathlete's favorite, ice cream! The raffle always has great items so stay, fuel, and win while you help raise money. Once again all of the profits will be donated to B.O.O.K.S. and Books in Kids' Hands, two non-profit organizations. Over the past seven years they have raised over \$110,000 for children's literacy.

The Fronhofer event also offers two races for the kids within the park confines on Friday night at 6:15pm. The Mini Triathlon is open to kids five to ten years old with a 50-yard swim, one-mile bike, and 0.5-mile run. The Kids Triathlon for those 11 to 15 years old is a 100-yard swim, three-mile bike, and one-mile run. Sign up at fronhofertooltriathlon.com.

Next up is the **Crystal Lake Triathlon**, produced by the Capital District Triathlon Club at Crystal Lake in Averill Park. The triathlon on Saturday, August 16 will cap out at 300 racers so register soon. Another USAT sanctioned event, it offers a relay team option. The event also offers a beginner swim wave. According

to race director Peggy Phillips, "We feel it helps alleviate fears by being able to offer a beginner swim wave, because this is often a competitor's first triathlon. Our hope is that everyone feels comfortable in the water, has a successful race, enjoys themselves, and gets hooked on the sport."

Peggy continued, "Our Tuesday night training sessions have a special swim group lesson with its own lifeguard. The goal is to help with open water swim techniques, sighting, mass starts, etc." Peggy was jostled herself a bit at the 2014 Hudson Crossing Triathlon and had to stop to fix her goggles. Experience is what allowed her to go on and win her age group.

Members of CDTC have a chance to train on the course at the weekly Tuesday evening workouts, where bicycling and running loops can also be completed. To register for the triathlon, join the club or learn more about weekly training, visit cdtriclub.org.

On Sunday, August 17 the 2nd annual **Peasantman "Steel Distance" Triathlons** will be "Racing out of the Dark Ages." This USAT sanctioned race in Penn Yan goes a little further than others, and the race organizers have a creative website supporting the event! For instance, you learn that "The swim course is totally flat with no hills." And "If you finish the race, you will be knighted by the either the Queen or the King of the Finger Lakes, and receive a certificate of knighthood, proving that you are, in fact, worthy. This will earn you entry into our exclusive Knight Club."

Distances include: a) Full (144.6 miles) with a 2.4-mile swim, 116-mile bike, 26.2-mile run, b) Half and Relay (72.3 miles) with a 1.2-mile swim, 58-mile bike, 13.1-mile run, and c) Steel Olympic (36.55 miles) with one-mile swim, 29-mile bike, 6.55-mile run.



2013 FRONHOFER KIDS' TRIATHLON.

BRIDGET FRONHOFER



RACHEL BECKMANN OF ALEXANDRIA,
VA, OVERALL WINNER OF THE 2013
PEASANTMAN FULL DISTANCE.

PEASANTMAN EVENTS

Penn Yan is at the north end of beautiful Keuka Lake, just south of Geneva, and the course goes through the Finger Lake region dotted with wineries and Amish farms. It is "princely racing at a pauper's price" so take advantage of this event where the race organizers are all well-versed and experienced in triathlon. For more information and to register, visit peasantman.com.

The theme of experience continues with the **Lake George Triathlon Festival** consisting of the Lake George Triathlon Olympic distance and kid's triathlon on Saturday August 30, and the BIG George half-ironman on Sunday August 31. It's always great competition and a nice food spread with craft beer.

There are plenty of options with indi-

vidual, two-person teams, three-person teams, Athena and Clydesdale divisions in the Olympic, collegiate race in the Olympic, BIG George aquabike, "King George" (racers complete the Olympic and half), and the Kids' Splash and Dash! The splash and dash is a non-competitive event, where kids ages six to ten do a 50-yard swim in shallow water, followed by a half-mile run. For ages 11-14, it's a 100-yard swim one-mile run. Sign up early to be guaranteed a T-shirt and all participants receive a medal.

The Olympic has sold out the last six years and closes at 500 entrants. You can be guaranteed a spot by joining Leukemia & Lymphoma Society's Team in Training. This year, team members can choose between the Olympic and half-iron distance for a \$1,500 fundraising minimum. In return for your help curing cancer you get a tri top, training shirt, training plan, weekly group workout, coaching, celebration dinner and friends for life! Learn more at teamintraining.org/uny.

These are all great races under the guidance of experienced triathletes. They know athletes look for the whole package – the venue, course, party, competition, family factor – and, of course, the fun! 🍷

Kristen Hislop of Clifton Park is a USA Triathlon and USA Cycling coach, Team in Training coach, and member of Team LUNA Chix Albany Triathlon. She can be reached at hislopcoaching@gmail.com or hislopcoaching.com.



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RACE RESULTS

LITERACY 5K RUN

May 4, 2014 • Rensselaer Tech Park, Troy

MALE OVERALL			
1	George Stopyak	43	Clifton Park 19:44
2	Ruperto Juarez	27	Albany 20:09
3	Laim Lynch	16	Albany 20:10
FEMALE OVERALL			
1	Melissa Maguire	41	Loudonville 23:04
2	Michele Cuke	52	Albany 23:18
3	Kimberly Miseno-Bowles	43	Amsterdam 23:37
FEMALE AGE GROUP: 1 - 13			
1	Ariana Yeager	11	Glens Falls 29:16
2	Maile Wargacki	8	Troy 34:46
3	Ella Conlee	7	Averill Park 36:37
MALE AGE GROUP: 1 - 13			
1	Jamison Burke	12	Troy 26:11
2	Nicholas Vanvranken	10	Rensselaer 27:44
3	Michael Agro	10	Wynantskill 29:23
FEMALE AGE GROUP: 14 - 19			
1	Heidi Schuman	14	Nassau 26:32
MALE AGE GROUP: 14 - 19			
1	Laim Lynch	16	Albany 20:10
2	Michael Cuke	14	Albany 20:38
3	Sasha McEldowney	18	Troy 23:49
FEMALE AGE GROUP: 20 - 29			
1	Ziqi Lou	22	Troy 29:25
2	Richa Birla	23	Albany 34:43
3	Christina Ryzner	28	Haines Falls 37:53
MALE AGE GROUP: 20 - 29			
1	Ruperto Juarez	27	Albany 20:09
2	Frank Martin	27	Troy 21:47
3	William Chang	20	Poughkeepsie 22:15
FEMALE AGE GROUP: 30 - 39			
1	Kristen McCullen	32	Averill Park 25:37
2	Laurie Carter	34	Averill Park 27:14
3	Alyssa Bonitatibus	33	Rensselaer 29:43
MALE AGE GROUP: 30 - 39			
1	Chris Carter	36	Averill Park 23:52
2	Mike O'Toole	38	Mechanicville 24:19
3	Aaron Ondek	36	Menands 28:53
FEMALE AGE GROUP: 40 - 49			
1	Melissa McHugh	41	Nassau 26:30
2	Kim Lockridge-Hetko	49	Troy 31:00
3	Kathleen Tersigni	43	Burnt Hills 31:43
MALE AGE GROUP: 40 - 49			
1	George Burke	48	Troy 21:11
2	Thomas Agro	42	Wynantskill 29:24
3	Carl Welch	44	Albany 29:26
FEMALE AGE GROUP: 50 - 59			
1	Jodi Heimgartner	52	Woodville, WA 29:11
2	Regina Button	51	Troy 29:46
3	Patricia Hodgkinson	54	Delmar 30:37
MALE AGE GROUP: 50 - 59			
1	John Sestito	50	Johnsville 21:10
2	Chris Boyle	52	West Sand Lake 23:15
3	Dave Nagengast	59	Rensselaer 24:17
FEMALE AGE GROUP: 60 - 69			
1	Cathy Lanesej	64	Troy 32:34
2	Betty Bellino	64	East Greenbush 33:18
3	Jacqueline Tremont	63	Averill Park 36:17
MALE AGE GROUP: 60 - 69			
1	Seamus Hodgkinson	65	Delmar 24:46
2	David Heyward	60	Wynantskill 30:30
3	Tom Rutkowski	63	Glenmont 31:28
FEMALE AGE GROUP: 70 - 79			
1	Louise Liberty	70	Troy 37:47
2	Carol Miller	70	Troy 50:57
MALE AGE GROUP: 70 - 79			
1	Greg Benson	71	East Nassau 32:02
2	David Miller	71	Troy 50:57

Courtesy of Literacy Volunteers of Rensselaer County

BENSON BEAR OBSTACLE CHALLENGE RACE SERIES #1

May 3, 2014 • Shale Hill Adventure, Benson, VT

10K - ELITE MALE: DIVISION A			
1	Ryan Forkey	Milton, VT	
2	Nick Wyand	Plattsburgh	
3	John LeClerc	Plattsburgh	
10K - ELITE MALE: DIVISION B			
1	Brian Ladeau	Middlebury, VT	
2	Whalen Layne	Killington, VT	
3	Steven Beckwith	Middlebury, VT	
10K - ELITE FEMALE			
1	Heather Powell	Reading, PA	
2	Michelle Lasher-Forkey	Milton, VT	
3	Elena Fennessey	Boston, MA	Charlotte, VT
5K - MALE			
1	Caleb Allen	Ripton, VT	
2	Michael Sheehan	Vergennes, VT	
3	Bengamin Holmes	Brooklyn	
5K - FEMALE			
1	Serena Gallagher	Poultney, VT	
2	Alyssa Corey	Salisbury, VT	
3	Michelle Hastry	Rutland, VT	

10K - MASTERS
1 Bill Root
TEAMS - 10K FASTEST
1 Team Burgh
TEAMS - 5K FASTEST
1 Bethelboyz
TEAMS - LARGEST
1 Bethelboyz
Courtesy of Shale Hill Adventure

3RD ANNUAL MASTODON CHALLENGE 15K RACE & 5K RUN

May 10, 2014 • Craner Park, Cohoes

MALE OVERALL			
1	Robert Irvin	41	Guiderland 54:32
2	John Stadlander	48	Clifton Park 56:44
3	Joseph Sullivan	35	Schenectady 56:56
FEMALE OVERALL			
1	Lisa D'Aniello	28	Saratoga Springs 1:08:06
2	Bethany Hawke	28	Albany 1:10:52
3	Meleah Wright	32	Watervliet 1:14:14
MALE AGE GROUP: 1 - 14			
1	James Faraci	14	Troy 1:05:57
FEMALE AGE GROUP: 20 - 24			
1	Jessica Watson	24	Albany 1:17:42
MALE AGE GROUP: 25 - 29			
1	Daniel Fogarty IV	27	Saratoga Springs 59:21
2	Keith Gregory	25	Cohoes 1:11:34
3	Ignacio Cazcarro	29	Troy 1:12:41
FEMALE AGE GROUP: 25 - 29			
1	Tiffany Zarrella	27	Albany 1:16:22
2	Allison Gregory	28	Waterford 1:18:02
3	Theresa Pham	25	Saratoga Springs 1:18:41
MALE AGE GROUP: 30 - 34			
1	Eric Scaringe	31	Cohoes 1:05:54
2	Joshua McLane	30	Guiderland 1:15:32
3	Timothy Nevinger	32	Glenmont 1:18:22
FEMALE AGE GROUP: 30 - 34			
1	Danielle Bargovic	31	Rensselaer 1:18:51
2	Heather Bolander-Smith	33	Ballston Spa 1:22:04
3	Megan Wordelmann	33	Granville 1:24:34
MALE AGE GROUP: 35 - 39			
1	George Lamarche	39	Waterford 1:07:49
2	Randy McKinley	36	Schenectady 1:10:21
3	Daniel Brady	37	Cohoes 1:12:22

continued

3RD ANNUAL MASTODON CHALLENGE 15K RACE & 5K RUN continued

FEMALE AGE GROUP: 35 - 39			
1	Maura Ludlow	37	Rensselaer 1:25:27
2	Libbie Craft	38	Selkirk 1:27:56
3	Tanyette Hobbs	35	Clifton Park 1:28:41
MALE AGE GROUP: 40 - 44			
1	Andy Reed	42	Niskayuna 1:03:51
2	Neil Serrgott	42	Clifton Park 1:06:55
3	Matthew Abatto	41	Clifton Park 1:11:14
FEMALE AGE GROUP: 40 - 44			
1	Stacia Smith	43	Niskayuna 1:14:38
2	Erika Anderson	40	Malta 1:19:21
3	Rana Meehan	40	Cohoes 1:28:35
MALE AGE GROUP: 45 - 49			
1	Bob Radliff	49	Stillwater 1:00:40
2	Tom Mack	49	Wynantskill 1:13:56
3	Robert Rausch	45	Albany 1:18:18
FEMALE AGE GROUP: 45 - 49			
1	Kim Scott	45	Malta 1:22:29
2	Leticia Ruderman	45	Watervliet 1:36:29
3	Cynthia Methe	49	Latham 1:36:31
MALE AGE GROUP: 50 - 54			
1	John Sestito	50	Johnsonville 1:05:21
2	David Ruderman	52	Watervliet 1:14:23
3	Steve Janack	51	Scotia 1:17:18
FEMALE AGE GROUP: 50 - 54			
1	Kristin Kehmna	50	Rensselaer 1:17:36
2	Debra Marnell	50	Kingston 1:20:30
3	Lauren Herbs	51	Rexford 1:26:18
MALE AGE GROUP: 55 - 59			
1	Pierre Vandenabeele	55	Gloversville 1:26:30
2	Michael Maguire	58	Ballston Lake 1:33:57
3	Edward Maloney	55	Clifton Park 1:35:45
FEMALE AGE GROUP: 55 - 59			
1	Jill Faraci	56	Troy 1:50:46
2	Christine Lens	55	Westborough, MA 1:51:03
3	Wendy Lund	55	Ballston Spa 1:58:25
MALE AGE GROUP: 60 - 64			
1	Steve Schonwetter	60	Clifton Park 1:12:05
2	Kevin Donohue	63	Troy 1:12:58
3	Jim Faraci	61	Troy 1:26:18
FEMALE AGE GROUP: 60 - 64			
1	Judy Beers	61	Lake George 1:28:22
2	Anne Tyrrell	63	Albany 1:33:02
3	Suzanne Nealon	64	Troy 1:35:53
MALE AGE GROUP: 65 - 69			
1	Joseph Scaringe	68	Latham 1:29:23
2	Eric Nilsestuen	65	Lake George 1:39:32
FEMALE AGE GROUP: 70 - 74			
1	Penny Cushman	70	Albany 2:05:26
MALE AGE GROUP: 75 - 79			
1	Armand Langevin	77	Cohoes 1:50:58
5K RUN			
MALE OVERALL			
1	Eric Young	22	Latham 17:22
2	Andrew Balough	14	Averill Park 18:44
3	Michael Dinicola	39	Albany 19:24
FEMALE OVERALL			
1	Debbie Hoffman	31	Troy 23:01
2	Kate Canabush	26	Cohoes 25:17
3	Jennifer Piselli	21	Troy 25:33
MALE AGE GROUP: 1 - 14			
1	Tate Gillie	14	Mountain Lakes, NJ 20:14
2	Adam Balogh	12	Averill Park 26:01
3	Christian Nash	14	Averill Park 27:02
MALE AGE GROUP: 15 - 19			
1	John Aretakis	15	Troy 24:47
FEMALE AGE GROUP: 15 - 19			
1	Kierra Lamarche	15	Ballston Spa 28:19
2	Ashley Manzer	18	Cohoes 28:56
3	Kayleigh Catlin	15	34:05
MALE AGE GROUP: 20 - 24			
1	Devon Branagan	23	Waterford 20:48
2	Bill Sorel	23	Cohoes 23:21
3	Jesse McNamara	21	Gloversville 25:05
FEMALE AGE GROUP: 20 - 24			
1	Sarah Krolus	22	Troy 25:36
2	Caitlin Joyce	23	Clifton Park 26:39
3	Rayne Rappazzo	21	Cohoes 27:58
MALE AGE GROUP: 25 - 29			
1	Evan Roz	28	Guiderland 20:07
2	Aleksey Drebbas	26	Troy 24:44
3	Justin Little	27	Cohoes 25:58
FEMALE AGE GROUP: 25 - 29			
1	Jaclyn Laird	28	Albany 26:39
2	Sara Dwyer	29	Albany 27:41
3	Christin Morris	28	Troy 29:12
MALE AGE GROUP: 30 - 34			
1	Josh Santarcangelo	32	Troy 22:59
2	Carl Kovatchitch	34	Cohoes 23:40
3	Cory Smith	34	Larchmont 24:25
FEMALE AGE GROUP: 30 - 34			
1	Nicole Holehan	32	Ballston Lake 28:33
2	Jayne Radzysinski	32	Albany 30:50
3	Sarah Hodges	30	Cohoes 32:27
MALE AGE GROUP: 35 - 39			
1	James Washburn	37	Cohoes 27:21
2	Craig Moe	37	Latham 27:56
3	Carmen Tarlo	39	Cohoes 28:13
FEMALE AGE GROUP: 35 - 39			
1	Courtney Peterson	39	Johnsonville 28:46
2	Kristy Jirak	36	Ballston Spa 31:27
3	Susan Lawson	35	Troy 31:32
MALE AGE GROUP: 40 - 44			
1	Greg Ethier	40	Clifton Park 19:49
2	David Shumpert	43	Clifton Park 22:25
3	George Balogh	43	Averill Park 22:41
FEMALE AGE GROUP: 40 - 44			
1	Lisa Burgess	40	Cohoes 31:54
2	Diane Ellis	41	Cohoes 32:59
3	Denise Rafferty	42	Albany 33:07
MALE AGE GROUP: 45 - 49			
1	Pete Gregory	47	Hoosick Falls 23:13
2	Bill Sorel	47	Cohoes 24:40
3	Kerry Armstrong	45	Cohoes 25:34
FEMALE AGE GROUP: 45 - 49			
1	Stacie Sorel	47	Cohoes 26:16
2	Kim Lockridge-Hetk	49	Troy 30:12
3	Lori Munger	46	Clifton Park 31:05
MALE AGE GROUP: 50 - 54			
1	Jaime Casline	54	Ballston Lake 21:36
2	John Gillie	52	Mountain Lakes, NJ 25:23
3	Paul Franklin	51	Loudonville 29:29
FEMALE AGE GROUP: 50 - 54			
1	Susan McNamara	52	Gloversville 29:20
2	Jacqueline Orr	51	Loudonville 29:37
3	Maryann Martel	52	Waterford 32:18
MALE AGE GROUP: 55 - 59			
1	Dave Nagengast	59	Rensselaer 22:59
2	Luke Nightingale	59	Schaghticoke 26:58
3	Rick Camejo	55	Newtown, CT 27:23
FEMALE AGE GROUP: 55 - 59			
1	Nancy Kolakowski	57	Niskayuna 28:25
2	Debra Rappazzo	56	Cohoes 31:18
3	Helene Meckler	57	Delmar 31:24
MALE AGE GROUP: 60 - 64			
1	Michael Smith	64	Latham 27:35
2	Greg Rickes	64	Latham 28:13
3	James Sheehan	62	Cohoes 28:51
FEMALE AGE GROUP: 60 - 64			
1	Cynthia Finnegan	60	Niskayuna 27:53
2	Cheryl Smith	62	Latham 28:37
3	Donna Choiniere	60	Albany 29:14
MALE AGE GROUP: 65 - 69			
1	Douglas Fox	69	Loudonville 26:03
2	Byard Clemmons	65	Troy 29:00
3	Richard Bazar	65	Waterford 29:19
FEMALE AGE GROUP: 65 - 69			
1	Nancy Johnston	68	Ballston Lake 35:57
MALE AGE GROUP: 70 - 74			
1	Greg Benson	71	East Nassau 31:14
2	George Dutcher	72	Castleton 33:55
FEMALE AGE GROUP: 70 - 74			
1	Christine Bishop	70	Schenectady 38:06
2	Geraldine Clemmons	71	Troy 39:54
MALE AGE GROUP: 75 - 79			
1	Charles Bishop	78	Schenectady 38:12

5TH ANNUAL JOG FOR JUGS HALF MARATHON & 5K RUN
May 10, 2014 • Duanesburg Town Park, Duanesburg

Table with columns for gender and age group (e.g., MALE OVERALL, FEMALE AGE GROUP: 20-24), runner name, and time. Includes sub-sections for HALF MARATHON - 13.1M and 5K RUN.

SUNNY HILL RESORT VIKING OBSTACLE RACE *continued*

Table with columns for gender and age group (e.g., FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 40-44), runner name, and time.

2ND ANNUAL FLEET FEET SPORTS 10K CLASSIC
May 11, 2014 • Bethlehem High School, Delmar

Table with columns for gender and age group (e.g., MALE OVERALL, FEMALE AGE GROUP: 40-44), runner name, and time.

SUNNY HILL RESORT VIKING OBSTACLE RACE
May 10, 2014 • Sunny Hill Resort, Greenville

Table with columns for gender and age group (e.g., MALE OVERALL, FEMALE AGE GROUP: 1-19), runner name, and time.

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RACE RESULTS

34TH ANNUAL HMRC MOTHER'S DAY 5K RUN

May 11, 2014 • Central Park, Schenectady

FEMALE OVERALL			
1	Liz Chauhan	29	Albany 20:53
2	Meghan Warren	29	Schenectady 22:08
3	Sally Drake	41	Albany 22:10
FEMALE AGE GROUP: 1 - 14			
1	Sydney Smith	13	Niskayuna 23:32
2	Madison Clarke	13	Niskayuna 24:00
3	Anna Colonno	11	Selkirk 28:27
FEMALE AGE GROUP: 15 - 19			
1	Alicia Razanousky	19	Stuyvesant 26:41
2	Fiona Hayden	17	Schenectady 31:46
FEMALE AGE GROUP: 20 - 24			
1	Lauren Maxwell	24	Schenectady 23:23
2	Ann Hayden	22	Schenectady 27:45
3	Quilma Colon	23	Albany 33:39
FEMALE AGE GROUP: 25 - 29			
1	Amanda Bylsma	26	Latham 26:04
2	Amber Hooper	29	Glenville 26:12
3	Ami Kennedy	29	Troy 28:04
FEMALE AGE GROUP: 30 - 34			
1	Stephanie Vilorio	31	East Greenbush 22:27
2	Kimberly Blanchet	33	Glenville 23:24
3	Maria Oakden	32	Broadalbin 23:28
FEMALE AGE GROUP: 35 - 39			
1	Kylie McPherson	35	Schenectady 25:55
2	Theresa Tolokansky	35	Schenectady 26:42
3	Jennifer Salvi	35	Watervliet 27:06
FEMALE AGE GROUP: 40 - 44			
1	Stacia Smith	43	Niskayuna 22:41
2	Kimberly Miseno-Bowles	43	Amsterdam 23:20
3	Lara Stelmazyk	44	Albany 24:14
FEMALE AGE GROUP: 45 - 49			
1	Brenda Lennon	48	Troy 23:26
2	Anne Marie Bremm	45	Glenville 25:45
3	Ann Byer	48	Stillwater 26:23
FEMALE AGE GROUP: 50 - 54			
1	Donna Notar	52	Schenectady 26:55
2	Jane Foley-Graeff	50	Saratoga Springs 29:02
3	Kathleen Carey	53	Schenectady 31:16
FEMALE AGE GROUP: 55 - 59			
1	Maureen Kirsch	58	East Greenbush 26:34
2	Ann Maxwell	56	Schenectady 28:33
3	Debra Pelletier	57	Troy 30:46
FEMALE AGE GROUP: 60 - 64			
1	Shelley Zansky	62	Albany 27:31
2	Anne Tyrrell	63	Albany 29:57
3	Pam Kash	64	East Greenbush 31:06
FEMALE AGE GROUP: 65 - 69			
1	Sharon Gasper	68	Schenectady 48:57
FEMALE AGE GROUP: 70 - 74			
1	Christine Bishop	70	Schenectady 37:35
2	Elizabeth Milo	73	Schenectady 38:24
3	Beverly Amsler	74	Slingerlands 1:01:59
FEMALE AGE GROUP: 75 - 79			
1	Eiko Bogue	76	Schaghticoke 39:46
2	Gerrit Moore	77	Niskayuna 47:42
TEAM RESULTS			
1	Stacia Smith & Sydney Smith		46:13
2	Maratha Gohlke & Liam Spollen		54:14
3	Madison Clarke & Kristine Clarke		54:20

Courtesy of Hudson-Mohawk Road Runners Club

2ND ANNUAL LIFESONG DAFFODIL DASH 5K RUN

May 17, 2014 • Halfmoon Town Park, Halfmoon

MALE OVERALL			
1	Joe Girard	19	Glenville 17:43
2	Phillip Guerrant	28	Schenectady 20:08
3	Greg Ethier	40	Clifton Park 20:13
FEMALE OVERALL			
1	Kristen Quaresimo	29	Ballston Lake 20:00
2	Rebecca Hayner	15	Halfmoon 21:36
3	Amy Wdziczny	25	Clifton Park 24:15
MALE AGE GROUP: 1 - 14			
1	Logan Drake	10	Latham 20:42
2	Drew Vanhuesen	14	Ballston Lake 22:02
3	Garrett Drake	12	Latham 28:16
FEMALE AGE GROUP: 1 - 14			
1	Jenna Silkies	10	Clifton Park 24:38
2	Karmi Morgan	14	Ballston Lake 24:59
3	Sophia Caputo	13	Waterford 29:37
MALE AGE GROUP: 15 - 19			
1	Luke Bickely	17	Ballston Spa 20:41
2	Dimetri Santoro	16	Latham 21:48
3	Johnathan Valentine	15	Clifton Park 25:53
FEMALE AGE GROUP: 15 - 19			
1	Nicole Panetta	16	Scotia 29:39
2	Rebecca Vergare	19	Albany 29:55
3	Victoria Twombly	16	Mechanicville 34:33
MALE AGE GROUP: 20 - 24			
1	Joshua Lupo	24	Albany 22:31
2	James Snipe	22	Latham 23:50
3	Andrew Liddane	23	Albany 26:01
FEMALE AGE GROUP: 20 - 24			
1	Ashley Monast	20	Clifton Park 28:18
2	Samantha Bossalini	23	Saratoga Springs 28:54
3	Anna Dinger	23	Middle Grove 29:33
MALE AGE GROUP: 25 - 29			
1	Dan Briggs	29	Saratoga Springs 21:39
2	Mark Walling	27	Schenectady 23:22
3	Chad Bryan	28	Clifton Park 24:16
FEMALE AGE GROUP: 25 - 29			
1	Erin Harmon	27	Latham 24:19
2	Kristen Mellan	27	Troy 25:10
3	Catherine Eckert	26	Clifton Park 26:51
MALE AGE GROUP: 30 - 34			
1	Andrew Gravelle	30	Ballston Spa 21:53
2	Michael Reeves	34	Clifton Park 23:26
3	Justin Alonzo	33	Waterford 24:09
FEMALE AGE GROUP: 30 - 34			
1	Jeanna Mead	30	Mechanicville 25:02
2	Cheryl O'Toole	32	Mechanicville 25:27
3	Jennifer McDade	31	Clifton Park 27:42
MALE AGE GROUP: 35 - 39			
1	Mike Rosa	37	Clifton Park 20:42
2	Carl Aery	37	Broadalbin 21:52
3	Andrew Luskin	36	Saratoga Springs 22:13
FEMALE AGE GROUP: 35 - 39			
1	Steven Nicoll	40	Menands 1:28:04
2	Martin Gordinier	43	Delmar 1:33:50
3	Craig Weidman	43	Selkirk 1:34:51
FEMALE AGE GROUP: 40 - 44			
1	Stacia Smith	43	Niskayuna 1:40:03
2	Stephanie Kosier	40	Schenectady 1:40:39
3	Amy Pollard	40	Schenectady 1:43:56
MALE AGE GROUP: 45 - 49			
1	Ken Tarullo	45	Delmar 1:27:50
2	Christopher Hogan	48	Delmar 1:39:38
3	Paschal Phelan	46	Delmar 1:40:58
FEMALE AGE GROUP: 45 - 49			
1	Kathryn Lang	47	Glenmont 1:47:12
2	Diane Tenenbaum	48	Selkirk 1:51:16
3	Christine Chung	46	Glenmont 1:52:35
MALE AGE GROUP: 50 - 54			
1	Christian Lietzau	51	Delmar 1:26:34
2	Ken Evans	53	Delmar 1:28:41
3	David Ruderman	52	Watervliet 1:42:49
FEMALE AGE GROUP: 50 - 54			
1	Frances Vincent	52	Slingerlands 1:41:51
2	Susan Tully Abdo	50	Glenmont 1:49:50
3	Patty Ellis	51	Slingerlands 1:56:38
MALE AGE GROUP: 55 - 59			
1	Steve Vnuik	58	Delmar 1:32:52
2	Ron Green	55	Gloversville 1:37:41
3	Daniel Nugent	55	Delmar 1:38:37
FEMALE AGE GROUP: 55 - 59			
1	Kim Watson	55	Glenmont 2:06:22
2	Linda Wolfe	57	Albany 2:08:48
3	Deborah Youngblood	59	Delmar 2:34:23
MALE AGE GROUP: 60 - 64			
1	Martin Patrick	60	East Greenbush 1:51:29
2	Will Smith	60	Voorheesville 1:51:30
3	Steve Kerwin	63	Slingerlands 1:56:45
FEMALE AGE GROUP: 60 - 64			
1	Katherine Ambrosio	63	Delmar 2:09:51
2	Patricia Reyhan	60	Delmar 2:52:39
MALE AGE GROUP: 65 - 69			
1	Jesse Dinkin	67	Schenectady 2:07:21
FEMALE AGE GROUP: 65 - 69			
1	Leora	65	Delmar 1:50:32

Courtesy of LifeSong Inc.

1ST ANNUAL OUR TOWNE BETHLEHEM HALF MARATHON

May 17, 2014 • Bethlehem Middle School, Delmar

MALE OVERALL			
1	Matt Gokey	40	Delmar 1:20:13
2	Clay Lodovice	38	Delmar 1:20:29
3	Jim Eaton	38	Castleton 1:22:13
FEMALE OVERALL			
1	Laura Patrick	19	East Greenbush 1:27:00
2	Tina Cukrovany	37	Rensselaer 1:31:43
3	Tantra O'Neil	31	Fultonville 1:33:40
MALE AGE GROUP: 15 - 19			
1	Gabe Naviasky	18	Delmar 1:33:20
FEMALE AGE GROUP: 15 - 19			
1	Sydney Shaw	18	Delmar 1:42:54
2	Lindsey Woller	18	Delmar 1:49:10
3	Ali Eddy	18	Alcove 2:11:04
MALE AGE GROUP: 20 - 24			
1	Brendan Taillon	21	Glenmont 2:11:38
2	Wally Tiburcio	22	Albany 2:12:10
FEMALE AGE GROUP: 20 - 24			
1	Constance Crumme	24	Boston, MA 1:39:09
2	Megan Crucetti	22	Delmar 1:55:17
3	Kassandra Andrade	23	Troy 1:56:19
MALE AGE GROUP: 25 - 29			
1	Trey Kingston	28	Albany 1:28:04
2	Logan Crusan	27	Glenmont 1:35:18
3	Alex Waite	27	Albany 1:40:41
FEMALE AGE GROUP: 25 - 29			
1	Meghan Palmison	29	Methuen 1:40:12
2	Nicole Viscusi	29	Scotia 1:41:08
3	Kasey Agnetta	26	Delmar 1:49:51
MALE AGE GROUP: 30 - 34			
1	Paul Mueller	30	Delmar 1:24:39
2	Chris Abbott	30	Cambridge 1:31:17
3	Eric French	31	Albany 1:32:41
FEMALE AGE GROUP: 30 - 34			
1	Erin Rightmyer	30	Delmar 1:39:43
2	Theresa Wells	32	St. Johnsville 1:47:46
3	Katie Richardson	32	Selkirk 1:49:31
MALE AGE GROUP: 35 - 39			
1	Dan Murphy	39	Delmar 1:23:13
2	Daniel Lynch	37	Delmar 1:32:30
3	Brian Strickler	35	Niskayuna 1:40:53
FEMALE AGE GROUP: 35 - 39			
1	Nikki O'Meara	36	Delmar 1:34:26
2	Colleen Ottalagano-McGarry	37	Slingerlands 1:37:11
3	Sara Madden	36	Albany 1:38:58

4TH ANNUAL KERRY BLUE HUSTLE 5K RACE

May 17, 2014 • SMSA School, Glens Falls

MALE OVERALL			
1	Lou Pauquette	33	Granville 17:40
2	Lance Decker	44	South Glens Falls 20:55
3	Ethan Stark	13	Queensbury 21:07
FEMALE OVERALL			
1	Beth Morrissey	39	Glens Falls 22:41
2	Angie Gargan	49	Queensbury 22:51
3	Rhonda Triller	35	Queensbury 23:52

Courtesy of Adirondack Triathlon Club

4TH ANNUAL KERRY BLUE HUSTLE 5K RACE continued

MALE AGE GROUP: 1 - 19			
1	Evan Powell	11	Queensbury 24:47
2	Jackson Donlon	9	Gansevoort 24:56
3	Julian Stedman	8	Glens Falls 24:57
FEMALE AGE GROUP: 1 - 19			
1	Ashley McCormick	14	Queensbury 31:32
2	Francesca Della Bella	15	Queensbury 32:08
3	Adriana Della Bella	10	Queensbury 32:33
MALE AGE GROUP: 20 - 24			
1	Phillip Cancelli	23	Glens Falls 44:15
FEMALE AGE GROUP: 20 - 24			
1	Katie Murphy	24	Malta 26:53
MALE AGE GROUP: 25 - 29			
1	Kevin Murphy	25	Mechanicville 31:06
FEMALE AGE GROUP: 25 - 29			
1	Cecilia Poulin	25	Newcomb 24:55
2	Katherine Poulin	29	Newcomb 26:27
3	Brianne Balfour	25	Fort Edward 47:02
MALE AGE GROUP: 30 - 34			
1	Travis Rock	32	Clifton Park 27:55
2	Luke Kelly	32	Queensbury 29:57
FEMALE AGE GROUP: 30 - 34			
1	Jaclyn Stedman	34	Glens Falls 24:57
2	Alison Archambault	31	Hudson Falls 25:04
3	Jamie Landon	34	Ballston Spa 25:05
MALE AGE GROUP: 35 - 39			
1	John Stevens	38	Glens Falls 21:11
2	Scott Miller	36	Queensbury 22:33
3	Jerry Blackburn	39	Glens Falls 22:36
FEMALE AGE GROUP: 35 - 39			
1	Natalie Houde	39	Queensbury 24:35
2	Melinda Cayea	35	Cadyville 26:31
3	Liz Mahoney	36	Gansevoort 27:49
MALE AGE GROUP: 40 - 44			
1	Jesse Waldmann	42	Glens Falls 21:22
2	Rob Ashe	44	Hudson Falls 23:52
3	Adrian Bethel	41	Wilton 25:49
FEMALE AGE GROUP: 40 - 44			
1	Amy Campopiano	40	Queensbury 24:26
2	Robin Della Bella	42	Queensbury 24:31
3	Mary Bethel	40	Wilton 25:49
MALE AGE GROUP: 45 - 49			
1	Brian Donohue	47	Queensbury 22:46
FEMALE AGE GROUP: 45 - 49			
1	Jill Sexton	45	Moreau 30:51
2	Frieda Toth	48	Glens Falls 34:52
3	Joy Smith	46	Glens Falls 48:24
FEMALE AGE GROUP: 50 - 54			
1	Suzanne Travis	54	Clifton Park 27:55
2	Bernadette Leone	51	Queensbury 34:35
3	Deb Yarter	54	South Glens Falls 35:57
MALE AGE GROUP: 55 - 59			
1	Chester Tumidajewicz	59	Amsterdam 23:28
FEMALE AGE GROUP: 55 - 59			
1	Michelle Morrello	58	Malta 27:20
2	Marianne Mahoney	58	Queensbury 45:38
MALE AGE GROUP: 60 - 64			
1	Richard Kelly	64	Queensbury 47:01
FEMALE AGE GROUP: 60 - 64			
1	Candace Kelly	63	Queensbury 47:00
MALE AGE GROUP: 80 - 84			
1	Richard Schurmacher	80	Hoosick Falls 34:57

Courtesy of St. Mary's - St. Alphonsus Regional Catholic School

4TH ANNUAL SURVIVE THE FARM 5K CHALLENGE TRAIL RUN

May 24, 2014 • The Farm, Easton

MALE OVERALL			
1	Lance Jordan	28	Saratoga Springs 24:26
2	Ethan Allen	28	Schaghticoke 25:29
3			

25TH ANNUAL RUN IF YOU D.A.R.E. 5K ROAD RACE
May 28, 2014 • The Connors Agency, Mechanicville

MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1-11, FEMALE AGE GROUP: 1-11, MALE AGE GROUP: 12-15, FEMALE AGE GROUP: 12-15, MALE AGE GROUP: 16-19, FEMALE AGE GROUP: 16-19, MALE AGE GROUP: 20-29, FEMALE AGE GROUP: 20-29, MALE AGE GROUP: 30-39, FEMALE AGE GROUP: 30-39, MALE AGE GROUP: 40-49, FEMALE AGE GROUP: 40-49, MALE AGE GROUP: 50-59, FEMALE AGE GROUP: 50-59, MALE AGE GROUP: 60-69, FEMALE AGE GROUP: 60-69, MALE AGE GROUP: 70-79, FEMALE AGE GROUP: 70-79, MALE AGE GROUP: 80-89, FEMALE AGE GROUP: 80-89, MALE AGE GROUP: 90-99, FEMALE AGE GROUP: 90-99

36TH ANNUAL FREIHOFFER'S RUN FOR WOMEN 5K continued

MALE AGE GROUP: 6-9, FEMALE AGE GROUP: 12-14, MALE AGE GROUP: 12-14, FEMALE AGE GROUP: 12-14, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-84, FEMALE AGE GROUP: 80-84, MALE AGE GROUP: 85-89, FEMALE AGE GROUP: 85-89, MALE AGE GROUP: 90-94, FEMALE AGE GROUP: 90-94, MALE AGE GROUP: 95-99, FEMALE AGE GROUP: 95-99

36TH ANNUAL FREIHOFFER'S RUN FOR WOMEN 5K
May 31, 2014 • Empire State Plaza, Albany

TOP 10 OVERALL, MALE AGE GROUP: 1-14, FEMALE AGE GROUP: 1-14, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-84, FEMALE AGE GROUP: 80-84, MALE AGE GROUP: 85-89, FEMALE AGE GROUP: 85-89, MALE AGE GROUP: 90-94, FEMALE AGE GROUP: 90-94, MALE AGE GROUP: 95-99, FEMALE AGE GROUP: 95-99

17TH ANNUAL CHARLTON HERITAGE 5K RUN
May 31, 2014 • Old School House, Charlton

MALE OVERALL, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-84, FEMALE AGE GROUP: 80-84, MALE AGE GROUP: 85-89, FEMALE AGE GROUP: 85-89, MALE AGE GROUP: 90-94, FEMALE AGE GROUP: 90-94, MALE AGE GROUP: 95-99, FEMALE AGE GROUP: 95-99

5TH RAIL TRAIL TO THE FOOTBRIDGE 5K TRAIL RACE
May 31, 2014 • Slate Valley Museum, Granville

MALE OVERALL, FEMALE AGE GROUP: 30-39, MALE AGE GROUP: 40-49, FEMALE AGE GROUP: 40-49, MALE AGE GROUP: 50-59, FEMALE AGE GROUP: 50-59, MALE AGE GROUP: 60-69, FEMALE AGE GROUP: 60-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-84, FEMALE AGE GROUP: 80-84, MALE AGE GROUP: 85-89, FEMALE AGE GROUP: 85-89, MALE AGE GROUP: 90-94, FEMALE AGE GROUP: 90-94, MALE AGE GROUP: 95-99, FEMALE AGE GROUP: 95-99

WILMINGTON-WHITEFACE RACE WEEKEND
1st annual Wilmington Circuit Race & 7th annual Wilmington-Whiteface Road Race
May 31-June, 2014 • Town Youth Park, Wilmington

WILMINGTON CIRCUIT RACE, MEN CAT 1/2/3 - 57M, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 20-29, FEMALE AGE GROUP: 20-29, MALE AGE GROUP: 30-39, FEMALE AGE GROUP: 30-39, MALE AGE GROUP: 40-49, FEMALE AGE GROUP: 40-49, MALE AGE GROUP: 50-59, FEMALE AGE GROUP: 50-59, MALE AGE GROUP: 60-69, FEMALE AGE GROUP: 60-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 75-79, FEMALE AGE GROUP: 75-79, MALE AGE GROUP: 80-84, FEMALE AGE GROUP: 80-84, MALE AGE GROUP: 85-89, FEMALE AGE GROUP: 85-89, MALE AGE GROUP: 90-94, FEMALE AGE GROUP: 90-94, MALE AGE GROUP: 95-99, FEMALE AGE GROUP: 95-99

RACE RESULTS

WILMINGTON-WHITEFACE RACE WEEKEND *continued*

MEN CAT 1/2/3/4 MASTERS 40-PLUS – 48M			
1	Michael Nash	Ride with Rendall	1:59:25
2	Gary Steiner	Brauer/Mick Management	2:02:11
3	Mark Miller	Favata's TRT Bicycles	2:02:12
4	Kevin Duniho	1K2GO Coffee/Burris Logistics	2:02:12
5	Gilbert Mailllette	Acquisio/ACQ	2:02:24
6	James Willsey	1K2GO Coffee/Burris Logistics	2:04:43
7	Michael Burris	1K2GO Coffee/Burris Logistics	2:05:05
8	Michael Elmore	1K2GO Coffee/Burris Logistics	2:05:08
9	Jeff Johnston	Unattached	2:05:13

MEN CAT 1/2/3/4 MASTERS 50-PLUS – 48M			
1	Carl Reglar	Verge Sport	2:01:19
2	Theodor Schnaufer	Once Again Nut Butter	2:02:15
3	Michel Gauvin	Acquisio/ACQ	2:05:01
4	Philip Beliveau	1K2GO Coffee/Burris Logistics	2:05:03
5	William McGreevy	Team Placid Planet	2:05:04
6	Chris Mooney	Liberty Cycle	2:05:04
7	Doug Chiasson	Peak Racing/Gear Works Cyclery	2:05:06
8	Marc Couture	Acquisio	2:05:22

MEN CAT 3/4 – 48M			
1	Zack Vogel	North American Velo	1:57:17
2	Patrick Murphy	BCA/Linen	1:57:19
3	Bruce Beauharnois	Farm Team Elite	1:57:22
4	Matt Salter	1K2GO Coffee/Burris Logistics	1:57:24
5	Jeff Krywanczyk	Capital Bicycle Racing Club	1:57:24
6	Steven Smith	Acquisio/ACQ	1:57:25
7	Mark White	Onion River Racing	1:57:25
8	Patrick Bouchard	Espoirs de Laval	1:57:26
9	Mark Theeman	Unattached	1:57:26
10	Keith Mullaly	Capitol Velo Club	1:57:26
11	John Hackett	802Project	1:57:27
12	Jonathan Benner	545 Velo	1:57:27
13	Simon Lavoie	Espoirs de Laval	1:57:27
14	Keith Rousseau	1K2GO Coffee/Burris Logistics	1:57:28
15	Lyle Schultz	Capital Bicycle Racing Club	1:57:30

MEN CAT 4/5 – 39M			
1	Nicolas Coulombe	Indépendant	1:39:57
2	Nicholas Seleni	Team Placid Planet	1:39:58
3	Dave Seissen	1K2GO Coffee/Burris Logistics	1:39:59
4	Jason Amoriell	Team Placid Planet	1:39:59
5	Loren Voyer	Unattached	1:40:00
6	Justin Thomas	Capital Area Cycling	1:40:04
7	Leif Nordgren	Carmichael Training Systems	1:40:24
8	Dan Smith	Ramrod Reject Racing	1:40:43
9	Bob Walsh	Cycling Concepts Racing	1:43:10
10	Jerry Macner	Team Placid Planet	1:43:28
11	Michael Lenihan	Farm Team Cycling	1:43:33
12	Tim Dumas	Unattached	1:44:18
13	Kenneth Birchenough	Unattached	1:44:37
14	Roger Quirion	Unattached	45:04
15	Austin Roussel	Killington Mountain School	1:46:01

MEN JUNIOR 13-14 – 12M			
1	William Moody	1K2GO Coffee/Burris Logistics	0:38:35
2	Sam Noel	1K2GO Coffee/Burris Logistics	0:38:35
3	Andrew Deierlein	Grey Ghost Cycling Club	0:38:39
4	Luke Tanner	HRRT/Schenectady Cycling	0:38:41

MEN JUNIOR 15-16 – 39M			
1	Simon Cournoyer	Vélo Club Métropolitain/ABC	1:48:06
2	Léon Desgagnés	Vélo Club Métropolitain/ABC	1:48:18
3	Harrison White	Bayhill Capital	2:11:30

MEN JUNIOR 9-10 – 12M			
1	Levi Drake	Farm Team Cycling	0:39:24
2	Lorain Waterbury	Unattached	0:56:02

MEN MASTER MASTERS 60-PLUS – 39M			
1	David Davis	Peak Racing/Gear Works Cyclery	1:44:31
2	Laird James	Peak Racing/Gear Works Cyclery	1:46:27
3	Bill Gilboe	Unattached	1:47:01
4	Bruce Townend	PEAK Racing/Gear Works Cyclery	1:47:21
5	Robert Dillon	Team FitWerx	1:48:16
6	Richard Camping	Team Towpath/GVCC	1:48:23
7	Gilbert Bessin	Unattached	1:48:29
8	Allan Bates	BCA/TOSK	1:57:09
9	Dan Ernest	Velorentides	2:04:21
10	David Holmander	The Velo Resource	2:09:40

WOMEN CAT 1/2/3 – 39M			
1	Emma White	Hot Tubes Junior Development	1:48:07
2	Julia Sante	Farm Team Elite	1:48:09
3	Marisa Rorabagh	BCA/Linen	1:48:21
4	Rosanne Van Dorn	Farm Team Elite	1:50:38
5	Amy Kneale	Finkraft Cycling Team	1:50:41
6	Christiane Gagne	Velocité Blainville	2:03:06

WOMEN CAT 3/4 – 30M			
1	Joanne Grogan	1K2GO Coffee/Burris Logistics	1:27:53
2	Alicia Macleod	Capital Area Cycling	1:27:54
3	Jessica Voyer	1K2GoCoffee/Burris Logistics	1:28:07
4	Morgan Brennan	Capital Area Cycling	1:33:48
5	Stephanie Tashjian	Mission in Motion Cycling	1:38:50

WOMEN JUNIOR 11-12 – 12M			
1	Danae Waterbury	Unattached	0:39:10

WOMEN JUNIOR 13-14 – 12M			
1	Madeline Smith	Team Wear on Earth	0:38:49

WOMEN JUNIOR 15-18 – 30M			
1	Paige Williams	Farm Team Elite	1:27:52
2	Bridgette Deeney	Team Placid Planet	1:35:03

WOMEN MASTERS 40-PLUS – 30M			
1	Susanna Piller	FinKraft Cycling Team	1:34:00

WOMEN MASTERS 50-PLUS – 30M			
1	Robyn Angeles	Unattached	1:31:53
2	Donna Moody	Unattached	1:35:05

WILMINGTON-WHITEFACE ROAD RACE			
MEN CAT 1/2/3 – 82M			
1	Tim Mitchell	CCB Racing	3:44:07
2	Osmond Bakker	Octo-Cervelo	3:46:43
3	Kai Wiggins	CCB Racing	3:47:14
4	Charlie Gorman	Nine2FivePro.com Cycling	3:50:12
5	Jason Hettenbaugh	Once Again Nut Butter	3:50:35
6	Curtis White	CCB Racing	3:54:18
7	Cory Small	CCB Racing	3:54:29
8	Andrew Lees	Nine2FivePro.com Cycling	3:54:56
9	Ian Clarke	Killington Mountain School	3:59:57
10	Steve Francisco	Dealer.com Cycling	4:00:36
11	Stefano Zanotti	Createx Colors/Benidorm Bikes	4:00:45
12	Matt Surch	Tall Tree Cycles	4:00:53
13	Michael Owens	Dealer.com Cycling	4:01:03
14	Matthew Owens	Dealer.com Cycling	4:01:03
15	Iain Radford	Tall Tree Cycles	4:01:03

MEN CAT 1/2/3/4 MASTERS 40-PLUS – 55M			
1	Matthew DiSilvestro	Euro-Sports	2:30:40
2	Steve Proulx	Stevens Racing	2:32:06
3	Michael Nash	Ride with Rendall	2:37:21
4	Marc Boudreau	Stevens Racing	2:37:35
5	David Mccutcheon	Favata's TRT Bicycles	2:38:07
6	Dale Danner	Ride with Rendall	2:38:39
7	Robert Douglas	Park Ave Bike Shop	2:39:45
8	James Willsey	1K2GO Coffee/Burris Logistics	2:40:22
9	Gary Steinberg	Brauer/Mick Management	2:41:26

MEN CAT 1/2/3/4 MASTERS 50-PLUS – 55M			
1	John Funk	CCNS	2:30:46
2	Ron Amos	Ride with Rendall	2:31:51
3	Carl Reglar	Verge Sport	2:32:35
4	Cliff Summers	CCC Keltic Const/Zane's Cycles	2:37:15
5	Mark Sumner	CCC/Keltic Const/Zane's Cycles	2:40:10
6	Philip Beliveau	1K2GO Coffee/Burris Logistics	2:40:31
7	Chris Mooney	Liberty Cycle	2:40:41
8	Dan Fitch	Empire Brewing/Syracuse Bicycle	2:40:54
9	Jim Walker	Team Placid Planet	2:41:28
10	Robert Meikle	Unattached	2:45:25
11	Richard Karaz	GS/MVBC	2:46:12
12	David Hendrycks	Euro-Sports	2:47:10
13	Doug Chiasson	Peak Racing/Gear Works Cyclery	2:47:14
14	Theodor Schnaufer	Livingston Cycling Club	2:48:21
15	Michael Cloutman	Kimball Union Academy	3:19:39

MEN CAT 3/4 – 55M			
1	Lawrence Heller	Central New York Cycling	2:35:01
2	Philippe Lanthier	Les Roulers	2:35:20
3	Daniel Patterson	Unattached	2:35:31
4	Patrick Russell	Synergy Cycle	2:35:43
5	Keith Rousseau	1K2GO Coffee/Burris Logistics	2:35:47
6	Oliver Hall	1K2GO Coffee/Burris Logistics	2:35:56
7	Paul Byron	Farm Team Elite	2:36:15
8	Wyatt Drake	Farm Team Cycling	2:36:16
9	Alexandre Dion	ABC Cycles/Honda Centreville	2:36:28
10	Simon Lavoie	Espoir Laval	2:36:34
11	Sebastien Rheault	Toguri Training Systems	2:36:48
12	Matt Salter	1K2GO Coffee/Burris Logistics	2:37:21
13	Keith Mullaly	Capitol Velo Club	2:37:27
14	Bruce Beauharnois	Farm Team Cycling	2:37:30
15	Christian Lemay	Unattached	2:39:19

MEN CAT 4/5 – 42M			
1	Thomas Conti	CRCA/TBWALMT Cycling	2:07:51
2	Leif Nordgren	Carmichael Training Systems	2:08:09
3	Loren Voyer	Unattached	2:08:18
4	Dave Seissen	1K2GO Coffee/Burris Logistics	2:08:26
5	Alain Lambert	Unattached	2:08:29
6	Matthew Upton	CRCA/TBWALMT Cycling	2:08:31
7	Justin Thomas	Capital Area Cycling	2:08:49
8	William Sprengnether	HRRT/Schenectady Cycling	2:08:59
9	Chad Phillips	1K2GO/Burris Logistics	2:09:05
10	Josh Molinari	Team 2 Cycling	2:09:10
11	Nicholas Seleni	Team Placid Planet	2:09:23
12	Jason Amoriell	Team Placid Planet	2:09:25
13	Kevin Long	Adirondack Tri Club	2:09:55
14	Michel Gauvin	Acquisio/ACQ	2:10:10
15	Roger Wakeman	Unattached	2:10:19

MEN JUNIOR 11-12 – 13M			
1	Joel Plamondon	Espoirs Laval	0:36:38

MEN JUNIOR 13-14 – 13M			
1	Robin Plamondon	Espoirs Laval	0:32:56
2	William Moody	1K2GO Coffee/Burris Logistics	0:32:56
3	Parker Chea	Star Track NYC	0:36:00
4	Harrison White	Bay Hill Capital/CLNoonan	0:36:36
5	Andrew Deierlein	Grey Ghost Cycling Club	0:38:39

MEN JUNIOR 15-16 – 42M			
1	Hunter Simpson	Team Somerset	2:16:08
2	Léon Desgagnés	Vélo Club Métropolitain/ABC	2:16:13
3	Simon Cournoyer	Vélo Club Métropolitain/ABC	2:16:38

MEN JUNIOR 17-18 – 42M			
1	Keane Brennan	GS Cycliflife	2:19:39

MEN JUNIOR 9-10 – 13M			
1	Levi Drake	Farm Team Cycling	0:42:06
2	Lorian Waterbury	Unattached	0:47:24

MEN MASTER MASTERS 60-PLUS – 42M			
1	Laird James	Peak Racing/Gear Works Cyclery	2:05:53
2	Bill Gilboe	Unattached	2:06:33
3	Mark McCarthy	Pittsford Painting Cycling	2:10:09
4	Bruce Townend	Peak Racing/Gear Works Cyclery	2:10:54
5	David Davis	Peak Racing/Gear Works Cyclery	2:10:55
6	Robert Dillon	Team FitWerx	2:10:59
7	Dominick Audi	HRRT/Schenectady Cycling	2:15:45
8	Richard Camping	Team Towpath/GVCC	2:18:03
9	Allan Bates	BCA/TOSK	2:18:06
10	David Burns	GS/MVBC	2:25:56
11	Kenneth McGuinness	Capital Bicycle Racing Club	2:30:38
12	Dan Ernest	Velorentides	2:49:20

WOMEN CAT 1/2/3 – 55M			
1	Emma White	Hot Tubes Junior Development	3:03:28
2	Rosanne Van Dorn	Farm Team Elite	3:05:09
3	Amy Kneale	FinKraft Cycling Team	3:05:33
4	Julia Sante	Farm Team Elite	3:06:39
5	Nancy Ford	FinKraft Cycling	3:08:11
6	Christiane Gagne	Velocité Blainville	3:24:56
7	Maxine Hubbard	Acquisio/ACQ	3:26:59

WOMEN CAT 3/4 – 28M			
1	Jessica Hall	1K2GO Coffee/Burris Logistics	1:34:19
2	Alicia Macleod	Capital Area Cycling	1:34:34
3	Jessica Voyer	1K2GO Coffee/Burris Logistics	1:38:55
4	Caitlin Sculka	Team Placid Planet	1:39:35
5	Morgan Brennan	Capital Area Cycling	1:41:01
6	Stephanie Tashjian	Mission in Motion Cycling	1:47:06
7	Abby Delia	Unattached	1:48:00

WOMEN JUNIOR 11-12 – 13M			
1	Rory Chea	Star Track NYC	0:40:16
2	Danae Waterbury	Unattached	0:40:31

WOMEN JUNIOR 13-14 – 13M			
1	Madeline Smith	Team Wear on Earth	0:40:16

WOMEN JUNIOR 15-18 – 28M			
1	Paige Williams	Farm Team Elite	1:34:22
2	Meghan Owens	1K2GO Coffee/Burris Logistics	1:34:49
3	Charlotte Tousignant	Espoirs Laval	1:38:28
4	Bridgette Deeney	Team Placid Planet	1:41:15

WOMEN MASTERS 40-PLUS – 28M			
1	Susanna Piller	FinKraft Cycling	1:38:02
2	Marylou Bosveld	Unattached	1:41:18

WOMEN MASTERS 50-PLUS – 28M			
1	Robyn Angeles	Independent	1:36:45
2	Donna Moody	Unattached	1:39:08
3	Barbara Lagana	Cycling Concepts Racing Team	1:48:15

Courtesy of Team Placid Planet

2ND ANNUAL BIGGEST LOSER RUN/WALK: HALF MARATHON & 5K cont.

FEMALE AGE GROUP: 25 - 29			
1	Pamela Fuhrmeister	Vernon, CT	2:52:23
2	Joni Bigness	Massena	2:00:07
3	Kim Kinblom	Massena	2:09:37

MALE AGE GROUP: 30 - 34			
1	Phil Lynch	Saranac	3:43:55
2	Kevin Garvey	Syracuse	3:39:27
3	Michael Chuijka	Lachine, QC	3:50:05

FEMALE AGE GROUP: 30 - 34			
1	Ashley Eney	Morrisonville	1:48:29
2	Kimberly Clark	Sutton, QC	1:58:49
3	Sumer Brownell	Massena	1:59:06

MALE AGE GROUP: 35 - 39			
1	Tom Brooks	Plattsburgh	1:42:46
2	Edward Armstrong	Plattsburgh	1:44:41
3	Preston Sellars	Plattsburgh	1:46:59

FEMALE AGE GROUP: 35 - 39			
1	Gretchen Lefevre		

16TH ANNUAL KINDERHOOK BANK OK-5K continued

Table with columns for gender/age group, rank, name, and time. Includes Male Age Group 80-84, Female Age Group 80-84, Kids OK-1 Run (One-Miler), Male Overall, Female Overall, and Age Groups.

Courtesy of Kinderhook Runners Club

TUFF ENUFF OBSTACLE COURSE CHALLENGE - 2.5 MILES

June 7, 2014 • BOCES Campus, Saratoga Springs

Table with columns for gender/age group, rank, name, and time. Includes Male Overall, Female Overall, Male Age Group 1-14, Female Age Group 1-14, Male Age Group 15-19, Female Age Group 15-19, Male Age Group 20-24, Female Age Group 20-24, Male Age Group 25-29, Female Age Group 25-29, Male Age Group 30-34, and Female Age Group 30-34.

Courtesy of The Prevention Council

3RD ANNUAL URBAN ASSAULT 4M OBSTACLE RACE

June 7, 2014 • Downtown Glens Falls

Table with columns for gender/age group, rank, name, and time. Includes Male Overall, Female Overall, Male Age Group 19 & Under, and Female Age Group 19 & Under.

Courtesy of Adirondack Race Management

5K TRIPLE CROWN SERIES

Run for the Roses 5K - May 3, 2014 • Partner's Pub, Johnstown
Mountain Valley Hospice 5K - May 18, 2014 • FMCC Campus, Johnstown
10th Annual Lexington 5K - June 7, 2014 • 465 North Perry Street, Johnstown

Table with columns for gender/age group, rank, name, and time. Includes 5K Triple Crown Overall, Male Overall, Female Overall, Male Age Group 1-19, Female Age Group 1-19, Male Age Group 20-39, and Female Age Group 20-39.

Courtesy of 5K Triple Crown Series

10TH ANNUAL LAKE PLACID MARATHON & HALF MARATHON continued

Table with columns for gender/age group, rank, name, and time. Includes Male Age Group 20-29, Female Age Group 20-29, Male Age Group 30-39, Female Age Group 30-39, Male Age Group 40-49, Female Age Group 40-49, Male Age Group 50-59, Female Age Group 50-59, Male Age Group 60-69, Female Age Group 60-69, Male Age Group 70 & Over, Female Age Group 70 & Over, Half Marathon - 13.1 Miles, Male Overall, Female Overall, Male Age Group 19 & Under, Female Age Group 19 & Under, Male Age Group 20-29, and Female Age Group 20-29.

Courtesy of Inspiration Sports

5TH ANNUAL HUDSON CROSSING TRIATHLON

June 8, 2014 • Hudson Crossing Park, Schuylerville

Table with columns for gender/age group, rank, name, and time. Includes 500YD SWIM, 12M BIKE, 5K RUN, Male Overall, Female Overall, Male Age Group 35-39, Female Age Group 35-39, Male Age Group 40-44, Female Age Group 40-44, Male Age Group 45-49, Female Age Group 45-49, Male Age Group 50-54, Female Age Group 50-54, Male Age Group 55-59, Female Age Group 55-59, Male Age Group 60-64, Female Age Group 60-64, Male Age Group 65-69, Female Age Group 65-69, Male Age Group 70-74, Female Age Group 70-74, Male Age Group 75-79, and Female Age Group 75-79.

Courtesy of Green Leaf Racing

10TH ANNUAL LAKE PLACID MARATHON & HALF MARATHON

June 8, 2014 • Olympic Speedskating Oval, Lake Placid

Table with columns for gender/age group, rank, name, and time. Includes Marathon - 26.2 Miles, Male Overall, Female Overall, Male Age Group 19 & Under, Female Age Group 19 & Under, Male Age Group 20-29, Female Age Group 20-29, Male Age Group 30-39, Female Age Group 30-39, Male Age Group 40-49, Female Age Group 40-49, Male Age Group 50-59, Female Age Group 50-59, Male Age Group 60-69, Female Age Group 60-69, Male Age Group 70-74, Female Age Group 70-74, Male Age Group 75-79, and Female Age Group 75-79.

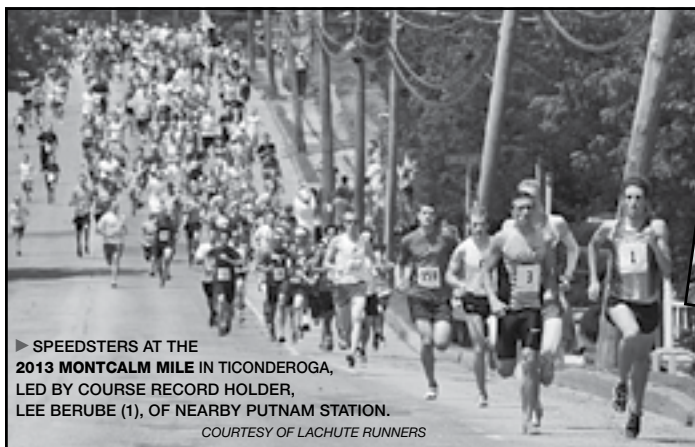
continued

RUNNING AMERICAN HISTORY *continued from page 1*

Runners preparing for the four-mile road race can attend training runs and receive some friendly pointers from Fleet Feet Sports, the race's presenting sponsor, and its partners at ASICS. The training sessions are free to race participants and those interested in learning more about the race. The June 18 session will include American marathon and half-marathon record-holder Deena Kastor at the Skidmore College track at 6pm. The other speed workout sessions will be held June 12 and 26, followed in the next weeks with a course preview beginning at the Saratoga Springs City Center at 6pm on June 23 and 30. For details about the race and training sessions, visit firecracker4.com.

If you're looking for breaking your speed record, head up to historic Ticonderoga for the 28th annual **Montcalm Mile** road race, on Friday, July 4. The 1:45pm race starts just prior to Ticonderoga's "Best Fourth in the North" parade, meaning you will have hundreds of spectators cheering you to the finish. Try to beat the men's course record of 3:54 or women's at a blazing 4:41. Are the record holders riding on firework rockets to get to the finish? Not quite... This race is a downhill course that virtually assures runners of personal bests while running with some of the region's top athletes. If you are not quite sure if you can kick up the cadence and ignite the fast twitch muscles, the race has another incentive for those entering the elite division, \$2,300 in prize money.

"Our goal is to make the race one of the most competitive events in the North Country while remaining a fun, family-friendly race," said race director Fred Herbst. To accomplish that goal the Montcalm Mile will feature two divisions - elite for men who run a sub-six-minute mile and women who run sub-seven, along with a recreational division for other runners. After the race and parade, spend some time celebrating America on the very ground where soldiers served to secure Independence, while listening to Fort Ticonderoga's Fife and Drum Corps at the fort. For specifics, go to lachute.us.



► SPEEDSTERS AT THE 2013 **MONTCALM MILE** IN TICONDEROGA, LED BY COURSE RECORD HOLDER, LEE BERUBE (1), OF NEARBY PUTNAM STATION. COURTESY OF LACHUTE RUNNERS



▲ RUNNERS AT THE 2012 **SILKS & SATINS 5K** POUR PAST 5TH AVENUE HOMES AS THEY NEAR THE FINISH IN SARATOGA SPRINGS.

PHOTO BY VIC ZAST

In October 1777, a year after the Declaration of Independence was signed, the Battle of Saratoga, or the "turning point" of the Revolutionary War took place in rural Saratoga County - just east of Saratoga Springs. It took another six years for the war to be over, when American delegates met in France to sign the Treaty of Paris.

On Saturday, July 26, the **Turning Point 5K** and kids run will be held near the exact place where General John Burgoyne surrendered. Now in its 13th year, the Turning Point race is heading to a new venue at Hudson Crossing Park, located just north of Schuylerville around the Champlain Canal Lock 5 Island. The course is certified, very flat, mostly trails, along the very scenic Hudson River. After the race, enjoy spending some time in the park with your family and cross over the river on the pedestrian-only Dix Bridge. If you stand in the center of the bridge and look north, you will see where General Burgoyne's troops came by boat. Register at zippyreg.com.

In the early 19th century, the visionary Gideon Putnam created a spa resort out of the wilderness, known today as Saratoga Springs or "the Queen of the Spas." The area's newest half marathon, the **Saratoga Springs "Strong To Serve" Half Marathon** will treat runners to an early morning tour of the

Saratoga Spa State Park on Sunday, July 13 starting at 7:30am. The park offers a flat and fast course, passing historic buildings, spouting geysers, and the healing waters of the underground springs. The course loops around the park twice, beginning at the Peerless Pool, winding past the spouting geyser, then up towards the Avenue of Pines and the Gideon Putnam Hotel, which bears the name of the founder of Saratoga Springs.

The accompanying 5K, starting at 8am, will give family and friends of the half marathoners their chance to run in the park as well. All runners will be treated to a first class experience with chip timing by AREEP; technical shirts for half marathoners, T-shirts for 5Kers, finisher medals for half marathoners, and much more. For their volunteer support, 20% of entry fees go to Strong To Serve, who raises funds for orphan children in the developing world. The race is presented by 3C Race Productions, the team behind the New England Half Marathon Tour. For more info and registration, visit saratogaspringshm.com.

About 100 years after America became independent, the citizens started to turn on each other during the Civil War. One month after the Battle of Gettysburg, the Saratoga Race Course officially opened its doors. The original meet was four days long and was held at the Oklahoma Track, the view you

see at the start of the 18th annual **Silks & Satins 5K Run** to benefit Special Olympics New York.

On Saturday, July 19 at 9am, runners will toe the line and start their tour of the beautiful, tree-lined streets of Saratoga Springs. This fast, flat course begins with a breathtaking view of thoroughbreds running through the mist as they start their morning warm-up! Last year, nearly 1,200 runners along with over 100 volunteers participated in the run. All registered runners will receive a Saratoga Race Course \$2 off admission coupon that can be used that afternoon during the opening weekend of the racing season. Fore details and registration, go to silksandsatins5k.kintera.org/2014.

Bring the sunscreen, family and a sense of curious adventure when you attend these historic July races in the region. Huzzah! 🎉

Jennifer Ferriss (ferrissj@gmail.com) of Saratoga Springs is by no means a history buff, but a librarian who can find information. She has learned to embrace the region's rich history by foot or two wheels. While training for upcoming races, the Saratoga National Historical Park in Stillwater has become a favorite course, weaving in and out of British and American territory.

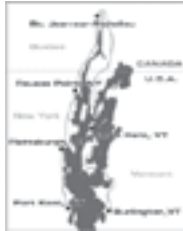
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Pathfinders Wilderness Training & Adirondack Canoe Trip (12-16) - 8/4-9

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Indian Ladder Trail Runs



15K and 3.5 Mile Trail Races & 1 Mile Kids' Run

Sunday, August 3

9am: 15K and 3.5 mile • 11:30am: 1 mile kids' run
Note: 15K and 3.5M races will be run simultaneously

Thacher State Park, 15 miles SW of Albany, near Voorheesville
Haile's Cave Picnic Area - Enter at Park Office, park in Pool lot



No Fee Online Registration & Entry Form: www.HMRRC.com

First 250 registrants receive ILTR T-shirt
Pre-Registration (by July 19): \$17 HMRRC or \$20 non-member. July 21 to Day of Race: \$20 all
Fee includes state park entry and post-race refreshments

Course:

Marked course with water/aid stations
15K - Loop, 97% natural surface, hike/ski trails, wood roads and two challenging hills
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Register: tinyurl.com/2014Satins5K

Day of Registration: 6-7:30am

More Info: 518-388-0790 x109 or mmumma@nyso.org

The 5th Annual Malta Business & Professional Association 5K



Saturday, September 6, 2014

Pre-Registration - \$25

Day of event registration - \$30

Registration opens 7:30AM: Race starts at 8:30AM

register online: www.malta5k.com

HVCC- TEC SMART • 345 Hermes Road Malta, NY

6TH ANNUAL

Camp Chingachook Challenge Half-Marathon & 10K Race and Family Fun Day on Lake George

Saturday, August 9

Half: 8am start at Lake George –
Fast course along scenic east shore of Lake George to the camp

10K: 9am start at Camp Chingachook –
Out and back course with start and finish at the camp

After race cookout lunch at the camp's beautiful waterfront (bring suit/towel)
Also, runners/guests have access to use camp facilities including showers

Register, application or more info: ZippyReg.com

Half: \$30 by 7/9 or \$40 after • 10K: \$25 by 7/9 or \$35 after • T-shirts to runners registered by 7/9
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RUNNING & TRIATHLON

Obstacle Course Racing

Diversity of Athletes and Followers

By Tinker Nichol森-Pachter



Muddy smiles, fire jumps, cargo nets and climbing walls. You've seen the pictures on social media, magazines and feature stories on TV. These happy athletes are all part of the fastest growing sport, obstacle course racing. In 2013 over three-million people participated in obstacle course racing and in effort to solidify its legitimacy in the sporting arena, an international governing body has been formed with its sights set on world championships and Olympic inclusion.

You may have seen these pictures and thought that this is a sport for the hardcore athletes. Actually one of the reasons for this fast growing sport is the diversity of the athletes and the welcoming community of followers. Obstacle course racing has become a melting pot of sports that makes it easy to crossover from running, triathlon or crossfit. It easily accommodates the individual athlete or a team effort by recruiting friends and family. There are many obstacle course racing clubs popping up that will instantly offer a warm welcome from its passionate members looking to mentor a new recruit.

The most popular big three obstacle course races are Warrior Dash, Tough Mudder and Spartan Race, which have been spreading the word of obstacle and mud run fun for years. They travel the country and the world building a loyal following one location at a time. Many smaller companies have jumped on the bandwagon and tried to build from this audience but have grown too fast, too soon. Lower registrations have led to many last-minute venue cancelations and bad reviews. Racers are looking for a dependable, fun and safe race experience.

Obstacle racing is unique in the fact that many don't get hands-on experience until race day. You can run the trails to practice terrain or strength train at your local gym but finding a place to practice obstacle techniques usually happens on race day. The Viking Obstacle Race and Course at Sunny Hill Resort in Greenville, and Shale Hill Adventure Farm in Benson, Vt. have filled this void with two very challenging, well-built permanent obstacle courses – open for training and racing throughout the year right here in your own backyard!

Shale Hill Adventure began as a personal training course for owner, obstacle racer, engineer, and course designer, Rob Butler. As the sport's popularity grew, so did the demand for a training facility. Rob converted his Benson, Vt., farm into his own personal

playground and eventually opened his doors to those who shared his passion for obstacle course racing. Benson is approximately 45 minutes northeast of Glens Falls. His passion and facility have been growing and evolving and now include the **Benson Bear Obstacle Race Series** on Saturdays, June 1, August 1 and September 6. Shale Hill offers a 10K course for elite and pro racers with over 50 permanent obstacles and challenges in cross-country, wooded terrain, or a 5K course for beginners, intermediates and fun with 30-plus obstacles in cross-country, wooded terrain.

All Benson Bear finishers receive a T-shirt, medal, burger, beer, bananas and chocolate milk. The races are open to individuals and teams, and the top three in all categories receive prize baskets. Shale Hill is also proud to boast that it is a qualifying course for the 2014 OCR World Championships to be held October 25-26 in Cincinnati, Ohio.

The last two winters have offered a very popular race experience in the **Polar Bear 8-Hour Challenge** race. This endurance event has proven to offer a unique racing experience where the winner completes the most laps on the wintry Vermont course in an eight-hour time limit.

New this summer is the **Tri-Obstacle** on Saturday, July 19 – it's the toughest non-traditional triathlon ever! Three levels of difficulty are offered: a) Sprint – Bike six miles to Lake Champlain, swim 300 yards, bike six miles back, and run the 5K obstacle course, b) Power – Bike six miles to the lake, swim 300 yards, bike six miles back, and run the 10K obstacle course, and c) Elite – Bike six miles to the lake, swim 600 yards, bike six miles back, and finish with the 20K obstacle course.

For details, registration and 10% off registration (code: ORTC10FORSH), visit: shalehilladventure.com.

In 2013, Sunny Hill Resort and Golf Course decided to offer something completely new to their guest's vacation experience. A 5.5-mile, 30-plus permanent obstacle course wrapped around the resort's 600 acres. Sunny Hill called upon the experience and design skills of Rob Butler of Shale Hill Adventures to plan the course. The resort is located just 30 minutes south of Albany in the northern Catskill Mountains, making it easily accessible to the New York City, Boston, and the Capital Region area. The Nichol森 family is proud to be celebrating their 95th season and excited to introduce their obstacle

course as a race venue and training facility.

It's an all-inclusive family resort offering 36 holes of golf, all meals, entertainment, pools, splash pad and playgrounds. The addition of fall and spring **Viking Obstacle Races** offers participants a unique race experience. Resort guests can relax and enjoy onsite child care during the race while also enjoying all the amenities the facility has to offer. There are no spectator or parking fees for those arriving on race day and registration includes T-shirt, medal, lunch, beer/beverage and after party. The course is open to the public as a training facility from spring through fall with no reservations needed. Group training and team building sessions are also welcome on the course. Registration for the Saturday, September 27 race is now open. Go to: sunnyhill.com.

What sets these two facilities apart from the travelling big races is their ability to offer a reliable course to train and an intimate and safe race experience. These locally-owned permanent courses offer a personal touch while helping to ensure the longevity of this wildly popular fast growing sport. Stretch your mind, your body, play hard, challenge yourself, and get a little down and dirty in the process. 🌲

Tinker Nichol森-Pachter (tinker@sunnyhill.com) is a runner, triathlete and obstacle course racer. She is the race director for the Viking Obstacle Race at Sunny Hill and proud to be a fourth generation family member working at Sunny Hill Resort and Golf Course.



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