



ADIRONDACK

SPORTS & FITNESS

FREE!
20,000 CIRCULATION

COVERING UPSTATE NEW YORK SINCE 2000

NOVEMBER
2014



A GROUP OF 2013 STOCKADE-ATHON RUNNERS ON NOTT STREET.



ED WHITLOCK OF MILTON, ONT., SET A 15K WORLD RECORD (1:09:11) FOR AGE 82 AT THE 2013 STOCKADE-ATHON.



2013 STOCKADE-ATHON WINNER AND SARATOGA SPRINGS NATIVE HANNAH DAVIDSON OF MANLIUS.

COURTESY OF STOCKADE-ATHON

Stockade-athon Enters New Era

Last year's Stockade-athon drew a field of over 2,000 registered runners for the first time, and 1,871 athletes actually ran and finished the 15K course, another record. It was the seventh consecutive year that a participation record was set at this classic road race. This decade-long surge of popularity has been fueled in large part by female runners, who now make up 50% of the field compared to 35% just ten years ago. The 39th annual road race is on Sunday, November 9th at 8:30am in Schenectady.

Stockade-athon runners are generally serious about fitness and the sport of running, train year-round, and accept the urban 15K challenge that greets them annually as they "Storm the Stockade" to start a tour of the Schenectady's historic parks and neighborhoods. The race is a fall tradition for so many runners in the Capital Region and beyond.

At the conclusion of last year's event, race organizers took a hard look at this decade of growth, in particular how it has impacted Central Park. Parking options were severely limited, with runners parking as much as a mile from the start area, on park boundary roadways.

The Central Park pavilion, a large seasonal structure that has been used to host post-race refreshments and the award ceremony, was subjected to longer and longer lines, as runners attempted to refuel post-race. The canvas shell donated by the Hudson-Mohawk Road Runners Club, which wrapped the pavilion and prevented exposure from November winds and rain, had become damaged and therefore less effective after just three years of use.

Key personnel with the city of Schenectady parks department with experience in assisting with the event have retired during the past few years, and senior parks management offi-

cialists suggested that they would support a new venue for the Stockade-athon.

The Gazette Newspapers, a three decade title sponsor of the event, suggested moving the start to downtown Schenectady, and utilizing Proctors and other downtown indoor venues with enhanced parking options. Moving the start/finish to downtown Schenectady was the right thing to do, to ensure continued growth and prosperity of this significant regional championship event.

Also new this year, the race is partnering with MVP Health Care as the new title sponsor in 2014. MVP Health Care joins the Stockade-athon in encouraging and promoting healthier communities through living an active and healthy lifestyle.

Fleet Feet Sports will continue on as a primary sponsor of the competitive aspect of the race, offering generous prizes. Fleet Feet Sports will also host the early packet pickup on Saturday, November 8 from 9:30am to 2pm at their Albany location.

Visit Us on the Web!
AdkSports.com
Facebook.com/AdirondackSports

CONTENTS

1 Running & Walking

Stockade-athon 15K

3 Hiking & Backpacking

Bearpen Peak & Long Tom Ridge

4-7 CALENDAR OF EVENTS

November 2014 - January 2015

9 Running & Walking

A Turkey (Trot) for All Seasons

11 Athlete Profile

Hiking with 46er John Piestrzynski

13 Around the Region News Briefs

14-17 RACE RESULTS

Top Finishers in 20 Events

19 Non-Medicated Life

*Discontinuing Medication,
Part Three*



Camp Chingachgook on Lake George

REGISTER NOW FOR 2015 AND ENJOY 2014 PRICES!

- Adventure Trips
- Sleep-Away Camp
- Day Camp

www.LakeGeorgeCamp.org
518.656.9462

CALL TODAY FOR YOUR FREE TOUR!




Kayak, Canoe & SUP Clearance Sale!

Seek Adventure - Make Tracks

Cross-Country Skis for Trails & Backcountry Including Metal Edge Skis & 3-Pin Bindings!

Great Selection of Canoes, Kayaks, SUPs & Accessories!

Dagger • Wenonah • Swift • Wilderness Systems
Current Designs • Perception • Mad River



2123 Central Ave (Rte 5), Colonie
4.25 miles west of Northway Exit 2W
(518) 346-3180 • OneWithWater.com

Cascade

Cross Country Ski Center
The ADK's #1 XC Ski Shop

36th Annual
Thanksgiving 10-Day Ski & Snowshoe Sale!
Friday, Nov. 28 - Sunday, Dec. 7
Great Prices, Selection and Service
Backcountry ❄️ Telemark ❄️ Racing ❄️ Snowshoes

Lake Placid's Complete Nordic Lodge
20k+ Groomed Trails ❄️ Nordic Shop ❄️ Rentals
Lessons ❄️ Restaurant & Bar ❄️ Bunkhouse Lodging
Events & Updates - Friend us on: [Facebook.com/CascadeSki](https://www.facebook.com/CascadeSki)

Rte. 73, 5 miles east of Lake Placid
518-523-1111
xcski@cascadeski.com
cascadeski.com

ADK's 2015 Calendar With Wilderness at Heart

Adirondack Mountain Club

Features sweeping scenics from the Adirondack Park. Grid pages include images of birds by Brian M. Henry. A wonderful holiday gift, 12" x 9", \$12.95.

2015
With Wilderness at Heart

Join ADK and receive a 20% discount on all ADK publications.

ADK 800-395-8080 www.adk.org



67th TROY TURKEY TROT

Run. Walk. Trot.

Whatever your speed, the Troy Turkey Trot - the nation's 12th oldest road race - is a great way to jumpstart your Thanksgiving tradition.

Registration is now open for our 5K, 10K, Grade School Mile and Turkey Walk and features:

- The area's only 10K. 8 a.m. start!
- A costume contest for 5K participants with prizes awarded for "Best Thanksgiving Day Costume" and "Best Non-Thanksgiving Costume"
- More than 200 age group and family team awards
- Colored start sections for the 5K to ensure a safe start and flow of runners
- Tech shirts
- Finishers' items for all participants

Benefitting the Regional Food Bank of Northeastern New York and Joseph's House & Shelter

Help the less fortunate. Bring a non-perishable food item to the Troy Atrium.

Ample free event parking available.

Downtown cafés will be open for business. For more information and to register, visit www.TroyTurkeyTrot.com, or call **518.273.5552**. And be sure to "like" us on Facebook for all the latest news and information!



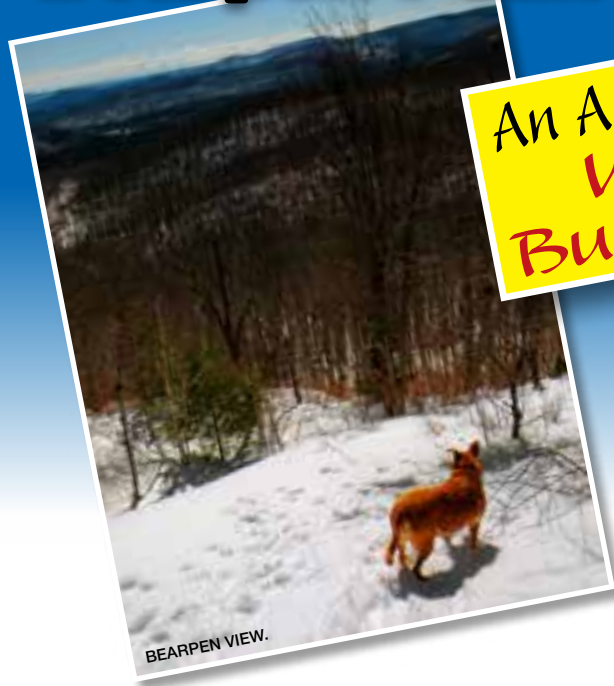
USA TRACK & FIELD ADIRONDACK
10K Championship & Grand Prix Finale Event

HIKING & BACKPACKING

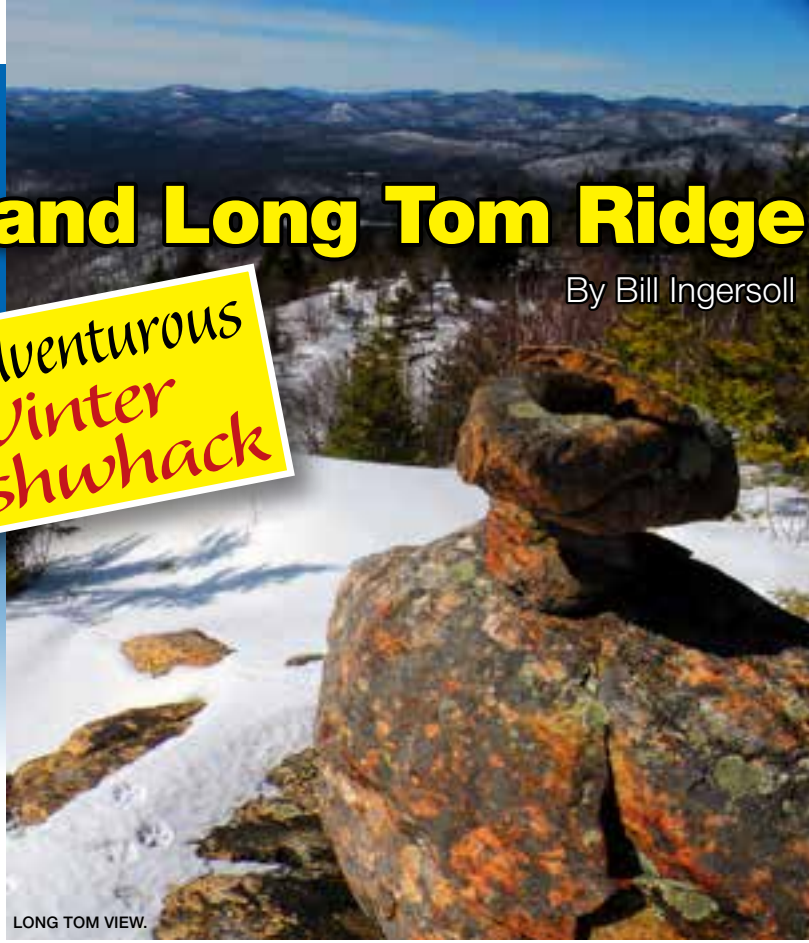
Bearpen Peak and Long Tom Ridge

By Bill Ingersoll

An Adventurous
Winter
Bushwhack



LONG TOM VIEW.



PHOTOS BY BILL INGERSOLL

follows you through this traverse, but in the winter you can sight Long Tom and keep the correct course more easily. White spruce (a rare sighting in the southern Adirondacks) appears on the slopes as you start to climb again. Head directly up the mountain to the crest of the ridgeline, and then follow it southwest toward the end of the mountain. There are occasional glimpses north toward Garnet Lake and Mount Blue, but these are not your destination. Follow the ridge over the southwestern summit and down the other side, continuing until you reach the large, open ledges about 0.1-mile southwest of the summit at an elevation of about 2,700 feet.

The views are spectacular. Snowy Mountain, with its distinctive profile, is visible in the distance, near the heart of the Adirondack Park. You can distinguish the valley of the East Branch Sacandaga River, and if you have bushwhacked in that area you will be able to identify such landmarks as Buckhorn and Black mountains. Georgia Mountain lies to the west, and a portion of the flow on Madison Creek can be seen on a direct sightline with distant Corner Mountain. Because this vista faces west, it is most photogenic before noon.

You could retrace your steps over Bearpen Peak to return to the road, but snowshoers may prefer to pass through the beaver flow that sits immediately west of that peak. The flow was once a forested swamp, but the beavers have rendered it a sculpture garden of weathered snags. Its outlet is the same stream that you crossed early in the hike, between the road and Bearpen Peak. Another traverse around the knoll will bring you back to West Stony Creek Road.

A short loop to the southwestern end of Long Tom Ridge from the height-of-land on West Stony Creek Road requires three hours. The deep snows of winter could slow your pace considerably. ❄️

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

One of the most adventurous roads in the southern Adirondacks leads more than seven miles into the heart of the Wilcox Lake Wild Forest. Called West Stony Creek Road, it is a narrow town byway that leads through the notch between Bearpen and Langworthy peaks, and then down into the valley of East Stony Creek. Its name is misleading, since it refers to a settlement that no longer exists, not the creek where it ends. The community of West Stony Creek stood alongside the stream now called East Stony Creek; the "West" referred to its location west of the hamlet of Stony Creek, which was the area's main economic center – even though West Stony Creek was technically in the town of Thurman, not Stony Creek. Old-time residents managed to avoid confusion by calling their settlement "over the mountain," since that was the only way to get there; the main waterway was simply the "Big Crick."

In 1908 fires devastated the mountains that isolated West Stony Creek from the outside world. Fred Streever, a former outdoor columnist for the *Schenectady Gazette*, participated in the firefighting effort, and he recalled his experiences in a 1947 article. He described how crews dug trenches and set "back fires" in an attempt to contain the blaze. The younger, more eager crew members sometimes started to dig their trenches too close to the area being burned, only to be forced into retreat before completion. Fred wrote that the fire "did not subside until heavy rains drowned it out some weeks later although we did at times delay it." A year

later, "a dense growth of fire weeds grew high above a hunter's head and the only way he could hunt in that fallen timber was by wearing drivers' spiked shoes."

The fire burned a large swath of mountain from St. John Lake to Moose Mountain, but the most denuded area was found on Bearpen Peak and Long Tom Ridge. Not surprisingly, these summits now offer outstanding views of the surrounding wilderness – and because West Stony Creek Road climbs so high up the mountain, the bushwhacking distance is fairly short. The most obnoxious obstacle is the unusually thick understory of hardwood saplings that makes it hard to see long distances through the forest. This suggests that the best time to climb the mountains is in winter, when the visibility is many times better than summer.

GETTING THERE

The easiest way to find West Stony Creek Road is to follow NY Route 9N to the hamlet of Hadley, across the Hudson River from Lake Luzerne. Turn north onto Stony Creek Road (County Route 1) and follow it for 14.7 miles. Here, turn north onto Wolf Pond Road and follow it for 0.8-mile, where West Stony Creek Road forks left. The road is plowed for only the first 1.1 miles, where you must improvise your parking arrangements on the shoulder.

THE TRAIL

This bushwhack adventure begins with a mile-long walk along the unplowed portion of West Stony Creek Road to the height-of-land between Bearpen and Langworthy peaks – a section that is sure to be packed down by snowmobiles. From the height-of-land,

strike out north-northwest into the woods. You will need to skirt around the flanks of a knoll and cross a small stream to reach the foot of Bearpen Peak. Climb straight up the mountain, following the path of least resistance through the woods. The bald patches occur near the summit, just 0.3-mile from the road and about 300 feet above it. From here, you can look south down the valley of Stony Creek toward Hadley Mountain in the distance.

This is the only part of the mountain that bears an official name according to USGS topographic maps, but locals call the long ridge to the north Long Tom Ridge. Its west end features outstanding views that are only about 0.7-mile beyond Bearpen. To find them, drop off the backside of the peak and head northwest into the high valley that separates the summits. The thick understory

DISCOVER INLET, NY

AND ALL THE BEAUTY THAT SURROUNDS US
FREE CROSS-COUNTRY SKI & SNOW-SHOE TRAILS. FREE ICE SKATING RINK



WITH WARMING HUT. **FREE SLEDDING HILL. GREAT FOOD, COZY ACCOMMODATIONS, GROOMED SNOWMOBILE TRAILS, FUN FOR THE WHOLE FAMILY**

For maps & more: Inlet Area Information Office
1-866-GO INLET www.inletny.com



DISCOVER the Southern Adirondacks

Just like having the **Owner's Manual** to the **Adirondack Park!**

Get Out. Seek Out. **FIND OUT.**

www.HikeTheAdirondacks.com

Make Our Boathouses Your Next Destination!



The Paddleshop at
5 Boathouse Lane

Clear the Deck SALE! 30-50% OFF
All Clothing and Footwear

lakegeorgekayak.com (518) 644-9366
3 Boathouse Lane, Bolton Landing, NY



ADIRONDACK

SPORTS & FITNESS

Locally Owned & Independent

Adirondack Sports & Fitness, LLC

15 Coventry Drive, Clifton Park, NY 12065

(518) 877-8788 • Fax (518) 877-0619

AdkSports.com • info@AdkSports.com

AdkSports.com

[Facebook.com/AdirondackSports](https://www.facebook.com/AdirondackSports)

Publisher/Managing Editor: Darryl Caron
Editor: Mona Caron

Contributing Writers:

Laura Clark, Mim Frantz, Bill Ingersoll,
Dr. Paul E. Lemanski

Contributing Photographers:

Bill Ingersoll

Web Designer: Hillary Mann

Circulation: Sheela Kulkarni, Sudhir Kulkarni,
Brian Teague, Lindsay Waters

Graphic Design: Karen Chapman,
Cummings Advertising Art, Clifton Park, NY

Adirondack Sports & Fitness is published
12 times per year with a monthly circulation
of 20,000 copies. ©2014 Adirondack Sports &
Fitness, LLC. All rights reserved.

Please recycle.

ISSUE #167

plaine and son
plaineandson.com



S-WORKS FOR CHARITY

Ride a SPECIALIZED S-WORKS Roubaix or Venge and raise money for a local charity

R.I.T.A. - Rider Involved Technical Assembly

RESEARCHED PRICING - Make an Informed Purchase

~ STOP IN FOR GREAT DEALS ON CLOSEOUT BIKES ~

518.346.1433

1816 State Street, Schenectady, NY 12304 | plaineandson.com | plaineandson@gmail.com
M-F: 10 am - 8 pm | SAT: 10 am - 6 pm | SUN: 12 pm - 5 pm

NYCROSS
2014 Race Series

Grassroots, Fun,
Rider-Centered Racing!

Nov 16
Bethlehem Cup
Cyclocross

Elm Avenue Park,
Bethlehem

Info: NYCROSS.com
Register: BikeReg.com

OSCEOLA TUG HILL
Cross-Country Ski Center

Most Snow East of the Rockies!

40 km trails groomed daily for skating & classic skiing

- * Trailside Camp for Rent *
- * "Rentaflexibility" ski rentals *
- * Ski Shop: \$180,000 inventory *
- * 36 Hole Disc Golf for Summer *

Camden (40 mi NW of Utica)
(315) 599-7377 • uxcski.com
uxcski@gmail.com
Open 7 Days - 10am to 5pm

Since 2011

SPA CITY
SARATOGA SPRINGS
NEW YORK
BICYCLEWORKS

Serving Cycling Daily

We service all makes and models of bikes.
Scott Salsa Linus

MOVING SALE
20% off everything in stock.

FAT BIKES IN STOCK

79 Beekman St.
Saratoga Springs, NY
518.587.0071
spacitybicycleworks.com

Service and a smile. No stinky attitude

Calendar of Events
November 2014 - January 2015

Events beyond this range are advertisers in this issue.

NOVEMBER 2014							DECEMBER 2014							JANUARY 2015							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1		1	2	3	4	5	6						1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23 ³⁰	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31	

ALPINE SKIING & SNOWBOARDING
ONGOING

Sat-Sun Used Equipment Sale. 11/1-23: 10am-4pm. Willard, Greenwich. 692-7337. willardmountain.com.

NOVEMBER

- 7 Willard Mountain Job Fair.** 10am-3pm. Willard, Greenwich. 692-7337. willardmountain.com.
- 7-8 Warren Miller's "No Turning Back" Movie.** 8pm. Palace Theater, Albany. Tickets: Play It Again Sports. 785-6587. playitagainsportslatham.com.
- 8 Warren Miller's "No Turning Back" Movie.** 7pm. Gannett Auditorium, Skidmore College, Saratoga Springs. Tickets: Alpine Sport Shop. 584-6290. alpinesportshop.com.
- 7-9 53rd Albany Ski & Snowboard Expo.** Empire State Plaza, Albany. albanskisandsnowboardexpo.com.
- 29-30 Snow Sports Instructor Training Course w/PSIA.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.

DECEMBER

- 15-21 Take Your Kids to Gore Week #1.** Kids 19 & under ski free with full-paying parent. Gore, North Creek. 251-2411. goremountain.com.
- 17 Demo Day: Inside Edge.** Gore, North Creek. 251-2411. goremountain.com.
- 26-28 Holiday Camp.** Ages 4-12. Gore, North Creek. 251-2411. goremountain.com.
- 28 Demo Day: Goldstocks.** Gore, North Creek. 251-2411. goremountain.com.
- 30 Twelve-30 Log Freestyle Rail Jam.** 12:30pm. Gore, North Creek. 251-2411. goremountain.com.

JANUARY

- 1 New Year's Day Ski Bowl Party.** 11am. Skiing, tubing. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 3-4 Gail's Bump Camps.** 9:45am or 1:15pm. Gore, North Creek. 251-2411. goremountain.com.
- 4 USASA Slopestyle.** 8:30am. Whiteface, Wilmington. 924-2223. whiteface.com.
- 10 Walt's Bump Contest.** 11am. Gore, North Creek. 251-2411. goremountain.com.
- 17-18 MLK Holiday Camp.** Ages 4-12. Gore, North Creek. 251-2411. goremountain.com.
- 19 USASA Boarder/SkierCross.** Ski Bowl, North Creek. 251-2411. goremountain.com.
- 24-25 Ladies Skiing & Snowboard Clinic.** Gore, North Creek. 251-2411. goremountain.com.
- 31-2/1 Trees & Steeps Telemark Clinic.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 31-2/1 Master the Mountain Alpine Skiing & Snowboarding Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 31-2/1 Intro to Telemark Skiing Clinic.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.

BICYCLING, MTB & CYCLOCROSS
ONGOING

- Daily Spinning Classes.** Tue/Wed: 6pm. Thu: 5:30pm. Sat: 8am. Sun: 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Wed Winter Spin Class w/Kevin Crossman: 11/12-1/28.** 7pm. Grey Ghost Bicycles, Glens Falls. t3coaching.net.
- Wed Wednesday Night Worlds Cyclocross Training.** 5:30pm. A/B groups. Lot H, State Office Campus, Albany. nycross.com.

NOVEMBER

- 1 Stationary Bike Race 2014.** 9am. Relay teams of 4 compete for one hour. Saratoga Regional YMCA, Saratoga Springs. dakefoundation.org.
- 1 HRRRT Fall Time Trial Series #4.** 10M. 9am. Town Hall, Charlton. hrrtonline.com.
- 1 4th Syracos Cyclocross Race.** Highland Forest Park, Fabius. mellovelobicycles.com.
- 1-2 24th Cycle-Smart International Cyclocross Race.** Look Park, Northampton, MA. cycle-smart.com.
- 2 Dave Panella Memorial Cyclocross Race.** 10am. Lion's Club Pavilion, Greene. tiogavelo.com.
- 1 HRRRT Fall Time Trial Series #5.** 10M. 9am. Town Hall, Charlton. hrrtonline.com.
- 15 Rivers & Lakes Century Ride.** 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 15 Bicycle Engineering Symposium.** 10am-4pm. Bicycle design/analysis, frame building, new products, door/raffle prizes, industry networking, free. DCC 328, RPI, Troy. Larry Ruff: ruffl@rpi.edu.
- 15 Capital District Bicycle Gala.** 7pm. Edison Club, Niskayuna. Heather Rizzi: 847-2419. hrrtonline.com.
- 16 9th Bethlehem Cup Cyclocross.** 9am-2:30pm starts. NYCROSS Series finale. Elm Avenue Park, Bethlehem. Chuck Quackenbush: 817-1641. nycross.com.
- 16 Cobb's Hill Cyclocross.** 9:45am. Cobb's Hill Park, Rochester. fullmoonvista.com.
- 22 Cranksgiving Alleycat Race: Bike Ride & Food Drive.** 7pm. Bring: bike, lights, backpack, lock, \$25 & "smack talk." Ride to area stores to collect & donate food to Homeless Action Shelter in Albany. Henry Johnson Monument, Washington Park, Albany. keepalbanyboring.com.
- 22-23 Supercross Cup Weekend.** Anthony Wayne Recreation Area, Stony Point. 631-255-9568. supercrosscup.com.
- 23 Sweat N' Ice Ride.** 62M/32M. 10am. Town Hall, Charlton. Heather Rizzi: 847-2419. hrrtonline.com.
- 27 HRRRT Giving Thanks MTB Race.** 8am. Central Park, Schenectady. Heather Rizzi: 847-2419. hrrtonline.com.
- 29-30 Bay State Cyclocross Weekend.** Chocksett School, Sterling, MA. spinartscycles.com.

DECEMBER

- 6-7 NBX Gran Prix of Cyclocross.** Goddard Park, Warwick, RI. nbxbikes.com.
- 15 Last Century.** 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

JANUARY

- 10 First Century.** 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

FEBRUARY

- 7 1st Saratoga Fat Bike Rally.** Demos, rides, races, food, vendors. Saratoga Spa SP, Saratoga Springs. saratogafatbikerally.com.

CROSS COUNTRY SKIING
NOVEMBER

- 22-23 Lapland Lake Open House.** 9am-4:30pm. Season passes, sale, food. Lapland Lake Nordic Vacation Center, Benson. 863-4974. laplandlake.com.

This holiday season

Share the adventure

by giving a subscription!



ADIRONDACK
SPORTS & FITNESS

A Great Holiday Gift for Outdoor Sports Enthusiasts!

Recipients receive their first issue in January 2015.

Giving is Easy!

By Mail: Complete subscription form in this issue and mail check or money order

Online: Visit AdkSports.com for secure ordering with credit card

Holiday orders accepted through 12/31/14

ITR

Integrated Technology Resources

We Can Fix Your Computer Problems!

Old Computers Need Replacing?
Computer Servers Need Updating?

- Virus and Spyware Removal
- Data Backup and Recovery

Your Business or Home IT Department at Affordable Prices!

Contact Mike Kaplan at
(518) 796-6951 or **Mike@ITRNY.com**

SERVING THE ALBANY, SARATOGA, GLENS FALLS AND ADIRONDACK REGION

DAMIEN'S ROCK WALL

Mobile Rock Climbing Wall Rental

Bring exciting, safe climbing experiences to your events

(518) 428-6020 • RockSolidFun.com
Damien Cetnar • Scotia, NY

PRE-SEASON SALE!

2014 Skis, Boots & Apparel Up to 50% Off!

It's Time for Junior Season Ski Rentals!
Priced from \$99.99

- * Specializing in All Boot Fitting & Custom Footbeds *
- * Pre-Season Ski Tune-Ups from \$29.99 *

1054 Rte 7, Latham
2 Miles West of
Northway Exit 6
785-0501
www.HighAdventureSBP.com

**HIGH
ADVENTURE**
SKI & BIKE

STORE HOURS:
Mon.-Fri. 10-7
Sat. 10-5
Sun. 12-5



Craftsbury SKI MARATHON

January 31, 2015
25/50k Classic Race
On-site lodging available
Masters: join us on the 29th to contest
National Masters' Championships 10k FS too!

For full details go to:
www.craftsbury.com

© Kate Carter

28-12/7 **36th Cascade Thanksgiving 10-Day Ski & Snowshoe Sale.**
Cascade Cross Country Ski Center, Lake Placid. 523-1111.
cascadeski.com.

DECEMBER

- 14 Cross Country Ski: Leader's Choice.** 8-10M. Woodford, VT.
Rich Macha: 346-3180. adk-albany.org.
- 20 Intro to Ladies Day Program.** Beginner skiers. 9:30am-
2:30pm. Lapland Lake, Northville. 863-4974.
laplandlake.com.
- 20 World Famous Osceola Pie XC Ski Race.** 5K: 11am. Bill Koch
2K: 10:30am. Osceola Tug Hill, Osceola. Jeff Moore:
315-939-2341. skireg.com.

JANUARY

- 3 Full Moon XC Ski Party.** Bonfire, food, music. Cascade,
Lake Placid. 523-9605. cascadeski.com.
- 10 Winter Trails Day.** 2-4:30pm. Beginner lessons.
Lapland Lake, Northville. 863-4974. laplandlake.com.
- 24 Ladies Love to Ski.** 9:30am-2:30pm. Lesson, lunch.
Lapland Lake, Northville. 863-4974. laplandlake.com.
- 29 National Masters Championships 10K Freestyle Race.**
Craftsbury, Craftsbury Common, VT. 802-586-7767.
craftsbury.com.
- 30 USSA SuperTour 20K/30K Mass Start Classic Race.**
Craftsbury, Craftsbury Common, VT. 802-586-7767.
craftsbury.com.
- 31 34th Craftsbury Ski Marathon 25K/50K Classic Race.**
Craftsbury, Craftsbury Common, VT. 802-586-7767.
craftsbury.com.

FEBRUARY

- 1 USSA SuperTour Classic Sprint Race.** Craftsbury, Craftsbury
Common, VT. 802-586-7767. craftsbury.com.
- 7 Full Moon XC Ski Party.** Bonfire, food, music. Cascade, Lake
Placid. 523-9605. cascadeski.com.
- 21 Ladies Love to Ski.** 9:30am-2:30pm. Lesson, lunch.
Lapland Lake, Northville. 863-4974. laplandlake.com.

MARCH

- 1 Wood-n-Ski Rendevous.** Cascade, Lake Placid. 523-9605.
cascadeski.com.
- 7 Full Moon XC Ski Party.** Bonfire, food, music. Cascade,
Lake Placid. 523-9605. cascadeski.com.

HEALTH & FITNESS

ONGOING

- Daily Bikram, Warm & Hot Vinyasa, Ashtanga & Restorative yoga**
classes. Hot Yoga, Lake Placid. 837-5036.
hotyogalakeplacidny.com.
- Daily Yoga Classes & Workshops.** True North Yoga, Schroom Lake.
810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa Rock Your Fitness Classes.** Next Session: 11/10-12/20.
M/W/F: 5:15am or 6:45am. Tu/Th: 9:30am & Sat 7:30am.
Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch:
522-9765. rockyourfitnessny.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroom Lake.
Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroom Lake.
Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroom
Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

DECEMBER

- 4 Back in Balance Open House.** 5-8pm. Back in Balance
Therapeutic Massage, Clifton Park. 371-6332.
bibtherapeuticmassage.com.
- 6 Back in Balance Open House.** 10am-2pm. Back in Balance
Therapeutic Massage, Clifton Park. 371-6332.
bibtherapeuticmassage.com.

ICE & SPEED SKATING

DECEMBER

- 5-7 Golden Skates Marathon. Olympic Speedskating Oval, Lake
Placid. lakeplacidsspeed.com.
- 12-13 Charles Jewtraw All-Round Championships. Olympic
Speedskating Oval, Lake Placid. lakeplacidsspeed.com.

JANUARY

- 9-10 Jack Shea Speed Skating Sprint Championships. Olympic
Speedskating Oval, Lake Placid. 523-1655.
lakeplacidsspeed.com.
- 31-2/2 North American Marathon & End-to-End Lake Skate. Lake
Memphremagog, Newport, VT. marathonskating.org.

FEBRUARY

- 13-14 Irving Jaffee Single Distance Championships. Olympic
Speedskating Oval, Lake Placid. lakeplacidsspeed.com.
- 27-3/1 Marathon Finale. Olympic Speedskating Oval, Lake Placid.
lakeplacidsspeed.com.

HIKING, SNOWSHOEING & CLIMBING

NOVEMBER

- 1 Spruce Mountain Hike. 10am-1pm. 3.6M. Spruce Mountain,
Putnam. 644-9673. iglc.org.
- 13 "Wild & Scenic" Film Festival. Hosted by The Mountain Goat
& Patagonia. 7pm. Community Library, Manchester Center,
VT. To benefit Batten Kill Watershed Alliance. Mountain
Goat: 802-362-5159. mountaingoat.com.

JANUARY

- 3 **Street & Nye Mtn Hikes.** 9M. 8am. Adirondak Loj,
Lake Placid. ADK: 523-3441. adk.org.
- 3 **Snowshoe Tour by Moonlight.** Tour, dinner, dessert. 5pm.
Lapland Lake, Northville. 863-4974. laplandlake.com.
- 17-19 **Winter Teen Adventure Trip.** Ages 14-17. Hiking, camping.
ADK: 523-3441. adk.org.
- 25 **Esther Mountain Hike.** 6.6M. ADK: 523-3441. adk.org.
- 31 **Table Top Hike.** 10M. Adirondak Loj, Lake Placid. ADK:
523-3441. adk.org.
- 31 **Snowshoe Tour by Moonlight.** Tour, dinner, dessert. 5pm.
Lapland Lake, Northville. 863-4974. laplandlake.com.

MARCH

- 7 **Snowshoe Tour by Moonlight.** Tour, dinner, dessert. 5pm.
Lapland Lake, Northville. 863-4974. laplandlake.com.

MOUNTAINEERING & WILDERNESS SKILLS

NOVEMBER

- 15-16 **Wilderness First Aid w/WMA.** Heart Lake, Lake Placid. ADK:
523-3441. adk.org.

JANUARY

- 11 **Intro to Snowshoeing & Animal Tracking Tour.** 10-11am.
Rental, guided tour. Age 12+. Lapland Lake, Northville.
863-4974. laplandlake.com.
- 29-2/4 **61st ADK Winter Mountaineering School.** Day, weekend,
weeklong. Adirondak Loj, Lake Placid. 523-3441.
winterschool.org.

FEBRUARY

- 7 **Intro to Snowshoeing & Animal Tracking Tour.** 10-11am.
Rental, guided tour. Age 12+. Lapland Lake, Northville.
863-4974. laplandlake.com.
- 28 **Intro to Snowshoeing & Animal Tracking Tour.** 10-11am.
Rental, guided tour. Age 12+. Lapland Lake, Northville.
863-4974. laplandlake.com.

MULTISPORT: TRIATHLON & DUATHLON

NOVEMBER

- 9 Prospect Park Fall Duathlon & 5K/10K Runs. Prospect Park,
Brooklyn. 347-276-7523. citytri.com.

Rick's Bike Shop



Mountain, Road, Hybrid, Kids, BMX
**TREK • SPECIALIZED
EASTERN • STOLEN**

Expert Repair Work on All Brands
Corner of Quaker Rd and Ridge Rd
Queensbury

www.ricksbikeshop.com

(518) 793-8986

Reach 50,000

sports, fitness & healthy living enthusiasts
each month...

Advertise
effectively
with US!

DEC AD
DEADLINE
11/14

Contact Darryl:
(518) 877-8788
Darryl@AdkSports.com
Media Kit: AdkSports.com



**CUMMINGS
ADVERTISING ART**
GRAPHIC DESIGN

Proud Designers of

ADIRONDACK
SPORTS & FITNESS

brochures • newsletters
catalogs • logos • postcards
book design • ads • banners

Clifton Park • 518.406.5027
cummingsadvertisingart.com

NEW YORK BICYCLE CO.

~ THE CAPITAL DISTRICT'S NEWEST BIKE SHOP IS NOW OPEN ~
FEATURING THE AREA'S LARGEST SELECTION OF WOMAN'S BIKES AND GEAR

GIANT **cannondale** **Liv**

R.I.T.A. - Rider Involved Technical Assembly
RESEARCHED PRICING - Make an Informed Purchase



518.377.2453

524 Congress Street, Schenectady, NY 12303 | newyorkbicycleco@gmail.com

Monday - Saturday 10 am - 7 pm



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

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



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

518-548-4521

ADIRONDACKS
SPECULATOR REGION
Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

SEVENTH ANNUAL



Shenendehowa Veterans Day Dash

5K Run/Walk

Tuesday, Nov 11 • 10am
Shen H.S. Track
Clifton Park

Flat/fast course • T-shirts to first 350 runners
Open to all runners & walkers • USATF sanctioned
Kids' Fun Run • 9:30am

Register online: FinishRight.com
ShenRunners.com • Beth Haig: 573-4595
Partial proceeds to Veterans Miracle Center,
Shen Track Booster Club & Clifton Park Track Club



3rd Annual St. George's Turkey Trot

5K Family Run/Walk

Thursday, Nov. 27 • 8am
St. George's School & Episcopal Church
912 Rte 146, Clifton Park

Register: Active.com
Entry Form: stgeorgeschoolcp.org
● Kids' Fun Run (\$1 race day) • 9:05am

Benefits St. George's School



9th Annual Saratoga Spa State Park

Fall Back 5

5-Mile Trail Race

Hills, ridges, streams & singletrack...
Sunday, Nov 2 • 10am
Administration Bldg Lobby, Saratoga Spa S.P.
Tech T-shirt to first 125 • Awesome Prizing
Free kids' activities (during race)
\$20 by 11/1 or \$25 race day
(518) 584-2000
active.com • saratogastryders.org



TURKEY TROT 2014

Thanksgiving Day

5K Fun Run/Walk

Bethlehem Middle School | 332 Kenwood Ave. Delmar
Benefits the
Bethlehem Food Pantry
Register at:
OurTowneBethlehem.com

Corporate Sponsor




13th Annual Turkey Trot

5K Run/Walk

Thursday, November 27
Thanksgiving Day • 8:30am

City Hall, Broadway
Saratoga Springs

Entry Fee: \$23 by 11/21
\$25 between 11/22-26
T-Shirt: To all registered by 11/14

Packet pickup/last chance to register
Wed, Nov 26, 4-8pm at Saratoga Hilton
No "Day Of" Registration

All proceeds benefit Christopher Dailey Foundation

Register Online: ZippyReg.com
christopherdaileyfoundation.com

JANUARY

10 **Baxter Brewing Winter Triathlon.** Run, XC ski, snowshoe. Solo/team. Craftsbury Nordic Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.

NORDIC: ORIENTEERING & BIATHLON

NOVEMBER

1 Orienteering Meet: Beginner, Intermediate & Advanced Courses. 10am. Camp Wakpominee, Fort Ann. 961-0499. empo.us.orienteeing.org.

DECEMBER

21 **Ski Orienteering Race.** 2-3K. 1pm. Lapland Lake, Northville. Eric Hamilton: 371-7548. laplandlake.com.

JANUARY

1 New Year's Resolution Sprint Biathlon. McCauley Mountain Ski Center, Old Forge. saratogabiathlon.com.
24-25 Saratoga Sprint & Pursuit Races. Saratoga Biathlon Club, Day. saratogabiathlon.com.
24-25 Biathlon Sprint & Pursuit Races. Hadley. saratogabiathlon.com.

OTHER EVENTS

ONGOING

Call Frozen Assets: Women's Ice Hockey. Seeking Players. Troy. Cathleen Crowley: 966-2896.

NOVEMBER

9 42nd Leatherstocking Swim Meet. Hartwick College, Oneonta. Paul Windrath: 607-267-4467. adms.org.
13 **"Wild & Scenic" Film Festival.** Hosted by The Mountain Goat & Patagonia. 7pm. Community Library, Manchester Center, VT. To benefit Batten Kill Watershed Alliance. Mountain Goat: 802-362-5159. mountaingoat.com.
15 Lake George Polar Plunge. Benefits Special Olympics NY. Shepard Park Beach, Lake George. 388-0790. nysyo.org.
27 **Thanksgiving Dinner at Camp.** 1pm & 3:30pm. YMCA Camp Chingachgook, Kattskill Bay. RSVP: 656-9462. lakegeorgecamp.org.
28-30 **An Adirondack Christmas.** Old Forge. 315-369-6983. adkchristmasonmain.com.

DECEMBER

1-7 **FIL World Cup Luge.** Olympic Sports Complex, Lake Placid. whitefacelakeplacid.com.
5-7 **An Adirondack Christmas.** Old Forge. 315-369-6983. adkchristmasonmain.com.
6 Holiday Swim Meet. Duanesburg Aquatic Center, Duanesburg. adms.org.
8-14 **FIBT World Cup Bobsled & Skeleton.** Olympic Sports Complex, Lake Placid. whitefacelakeplacid.com.
20 Christmas Bird Count. 4pm. Lake George Land Conservancy, Lake George. Preregister: 644-9673. lglc.org.
27 **Feelin' Long Lake Polar Plunge.** 1pm. Wounded Warrior Project. Town Beach, Long Lake. 624-3077. mylonglake.com.
29 **New Year's Ski Jump.** Olympic Jumping Complex, Lake Placid. whitefacelakeplacid.com.

JANUARY

16-18 **Long Lake Winter Carnival.** Cardboard box sled derby, broomball, skating. Long Lake. 624-3077. mylonglake.com.
17 Happy New Year Masters Swim Meet. 2:30pm. Mohonasen HS, Rotterdam. Bill Motta: 356-8240. adms.org.

FEBRUARY

14 **Raquette Lake Winter Carnival.** Ladies frying pan toss, youth activities. Raquette Lake. 624-3077. mylonglake.com.
28 **Frozen Fire & Lights.** Sledding, skating, snowshoeing, skiing, cardboard sled race, fireworks. Fern & Arrowhead parks, Inlet. 315-357-5501. inletny.com.

MARCH

7-8 **10th Adirondack Sports & Fitness Summer Expo.** Saratoga City Center, Saratoga Springs. 877-877. adksports.com.

PADDLING: CANOE, KAYAK & SUP

NOVEMBER

13 **"Wild & Scenic" Film Festival.** Hosted by The Mountain Goat & Patagonia. 7pm. Community Library, Manchester Center, VT. To benefit Batten Kill Watershed Alliance. Mountain Goat: 802-362-5159. mountaingoat.com.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

Th/Su **Fleet Feet Distance Project: Marathon/Half Training.** Starts 12/14. Practice: Thu/Sun. Race, 4/12: RnR Raleigh Marathon/Half. Jon Catlett: ffdistanceproject@gmail.com.

NOVEMBER

1 **One-Year Birthday Celebration.** 9am: 4M group run w/ breakfast. 10:30am: Good Form Running Clinic. Sale, raffles. Fleet Feet Sports Adirondack, Malta. fleetfeetalbany.com.
1 Monster Scramble 5K/10K. 10am. Oakwood Cemetery, Troy. 464-0112. nmss.org.
1 Run 4 The Hill 5K. 10am. Cornell Cooperative Extension, Voorheesville. 655-7811.
1 Planking for a Purpose for Girls on the Run Capital Region. 10:30am. Fitness Together, Latham. 389-2320. gotrcr.org.
1 Mendon Trail Runs. 50K: 8am. 10K, 20K, 30K: 9:30am. Mendon Ponds Park, Rochester. 585-377-5650. roc.us.orienteeing.org.
1 13th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainment, Rock Hill. 845-699-1034. sullivanstriders.org.
1 5th UlsterCorps Service Sprint & Zombie Escape 5K. 11:30am. 11am: 1K Kids Run. 11:45am: 1K Walk. Williams Lake, Rosendale. 845-481-0331. ulstercorps.org.
2 **9th "Fall Back 5" 5M Trail Race.** 10am. Free Kids Fun Run: 11:15am. Administration Building, Saratoga Spa SP, Saratoga Springs. 584-2000. saratogastryders.org.
2 **We Run the Capital Fun Run.** Preview Stockade-athon 15K course. 8am. Veterans Park (MVP), Schenectady. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
2 Pumpkins in the Park 5K & 10K. 10am. Corning Preserve, Albany. planaheadevents.com.
2 TCS New York City Marathon. 26.2M. Staten Island to Manhattan, New York. tcsonycmarathon.org.
8 **3rd Saratoga County Revolutionary Run for Veterans.** 5K run/walk: 10am. Kids Fun Run: 11:15am. Fort Hardy Park, Schuylerville. Saratoga County Veterans Trust Fund: 884-4115. finishright.com.
8 Averill Park Pie Runs. 8K, 3.14K, 1K. Averill Park. Abby Atkins: 424-3327.
8 Run for Life 5K. Bankers Orchard, Plattsburgh. Carrie Levasseur: 335-3223.
8 Celebrate Women 5K Race. 10am. Schodack Island SP, Schodack. areep.com.
8 SuperHero 5K Run/Walk. 10am. University at Albany, Albany. 925-2533. starlightnyc.org.
8 SGFFA Mike Nolan 5K. 9:30am. 9am: 1M Fun Run. Oliver Winch MS, South Glens Falls. active.com.
9 **39th MVP Health Care Stockade-athon 15K.** 8:30am. Veteran's Park, Schenectady. Kids 1K run, 11am: Schenectady YMCA. stockadeathon.com.
9 After the Leaves Have Fallen Half Marathon Carriage Trail Race. 11am. Minnewaska SP Preserve, Gardiner. Steve Schallenkamp: 845-339-5474. shawangunkrunners.com.
11 **7th Shenendehowa Veterans Day Dash 5K Run/Walk.** 10am. Kids Fun Run: 9:30am. Shenendehowa HS Track, Clifton Park. Beth Haig: 573-4595. shenrunners.com.
11 9th Valatie Veterans 5K Run. 10am. Glynn Square, Valatie. 728-1451.
15 Freihofer's Operation Santa Runs. 5K & 10K. 11am. Hudson Falls MS, Hudson Falls. adirondackrunners.org.



Back in Balance

THERAPEUTIC MASSAGE

Advanced

Training & Experience

Make All the Difference!

Let us customize a massage session to fit your needs!

MARK YOUR CALENDAR!
HOLIDAY OPEN HOUSE
Thu Dec 4 (5-8) and Sat Dec 6 (10-2)

Call Us Today to Schedule Your Session!
518-371-6332
BIBTherapeuticMassage.com
1427 Rt 9, Clifton Park
Open 7 Days a Week

SUBSCRIBE

ADIRONDACK

SPORTS & FITNESS magazine

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____

I picked up my current issue at _____
Comments _____

Mail check to: Adirondack Sports & Fitness, 15 Coventry Drive, Clifton Park, NY 12065
Or, subscribe online: www.AdkSports.com (Visa, MC, Disc, Amex, eCheck)
*If outside Times Union home delivery area, get access to an exact replica of print Times Union online seven days a week.

INCLUDES SUNDAY TIMES UNION
Home Delivery or eEdition!*

1 yr (12 issues) \$17.95
 2 yrs (24 issues) \$32.95 – save 10%
 3 yrs (36 issues) \$44.95 – save 20%

The Adirondack Runners present...



5K Reindeer Run & Reindeer Run, Jr.

Saturday, December 6th
SUNY Adirondack, Queensbury

5K Road Race/Walk at 9am
1M Children's Fun Run following race
Long-sleeve shirt to first 150 5K entrants

Register online at Active.com
Entry Form at AdirondackRunners.org
All proceeds benefit Cindy's Comfort Camp
CindysComfortCamp.com



Run Off That Turkey Trot 5K

7th Annual

Saturday, November 29 • 10am
Altamont Elementary School, Altamont

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

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



Used by more snowshoe runners than all other brands combined!
 Made in Vermont and available at:
 Fleet Feet Sports (Albany/Adirondack),
 Crossroads Outdoors (Chesterstown),
 Paul Smith's College VIC & more

2015 Dion Snowshoe Series
 Info: DionSnowshoes.com
 Celebrating 14 years!

3rd Annual Saratoga County Revolutionary Run for Veterans 5K
 Saturday, Nov. 8 at 10am
 Fort Hardy Park, Schuylerville
 T-shirt to first 300 registered
 Kids Fun Run: 11:15am
 Music, food and more!
 Register: FinishRight.com
 Info: (518) 884-4115



All proceeds benefit Saratoga County Veterans Trust and Agency Fund

Time for a Second Opinion on Your Finances?



You wouldn't hesitate in getting a second opinion if you had a serious illness.

When it comes to your financial health, another opinion *can* make a difference.

Call today to schedule a review!

Godfrey Financial ASSOCIATES

www.godfreyfinancial.com (518) 220-9381

- 15 New York City 60K Race. 8am. Central Park, New York. nyrr.org.
- 22 Frostbite 5K Run/Walk. 10am. Mayfield HS, Mayfield. mayfieldcsd.org.
- 22 Change of One Pre Turkey Trot. 5K, 10K & 1M Fun Run. 9am. Farmers Market Pavilion, Gloversville. fmrrc.org.
- 22 Hobble Gobble XVII Prediction Run/Walk. 11:15am. West Potsdam Bingo Hall, Potsdam. 315-265-5791. northernrunner.org.
- 23 Turkey Raffle Run. 10am. Tawasentha Park, Guilderland. 435-4500. hmrrc.com.
- 27 **67th Troy Turkey Trot. 10K: 8am. Grade School Mile: 9:30am. 1M Turkey Walk: 9:35am. 5K: 10am. Troy Atrium, Troy. USATF Adirondack: 273-5552. troyturkeytrot.com.**
- 27 **33rd Cardiac Classic 5K Road Race. 9am. 2M Free Wellness Walk: 8am. 1M Free Duck Pond Fun Run: 10am. Central Park, Schenectady. cardiacclassic.org.**
- 27 **13th Christopher Dailey Turkey Trot 5K Run/Walk. City Hall, Saratoga Springs. Mark & Maria Dailey: 581-1328. christopherdaileyfoundation.com.**
- 27 **5th OurTowne Bethlehem Turkey Trot 5K Fun Run/Walk. 9am. Bethlehem MS, Bethlehem. ourtownebethlehem.com.**
- 27 **3rd St George's Turkey Trot 5K Run/Walk. 8am. Kids Run: 9am. St. George's School & Episcopal Church, Clifton Park. stgeorgeschoolcp.org.**
- 27 51st Cohoes Turkey Trot. 9:30am. Kids Race: 8:30am. City Hall, Cohoes. ci.cohoes.ny.us.
- 27 James Hinchliffe 5K Run/Walk for ALS. 8:15am. GF Civic Center, Glens Falls. 480-3186. jphals5k.com.
- 27 38th Chatham Turkey Trot. 3M & Kids Run. 10am. Morris Memorial, Chatham. Michele Kraham: 392-4622. morrismemorial.com.
- 27 44th Hudson Turkey Trot. 2.5M. 10am. Elks Lodge, Hudson. cityofhudson.org.
- 27 6th Adirondack Health Turkey Trot 5K. 8:30am. Olympic Oval, Lake Placid. 897-2483. adirondackhealth.org.
- 27 John Adams Memorial Turkey Trot. 8:45am. Peru Central School, Peru. perulionsclubnewyork.org.
- 27 Watertown Family YMCA Turkey Day Run. 10am. Watertown. watertownymca.org.
- 27 MHRRC Turkey Trot. 25K, 5M, 2M, & 1M kids run. 8:45am. Arlington HS, Freedom Plains. mhrcc.org.
- 27 Heuvelton Gobbler Gallop Run/Walk. 9:45am. Fire Dept, Heuvelton. northernrunner.org.
- 27 30th Thanksgiving Day Run/Walk to End Hunger. 8:50am. 5K. Parkway Rec Center, Utica. uticaroadrunners.org.
- 27 Thanksgiving Day Run for the Hall. 10K. 9am. Sports Hall of Fame, Rome. romanrunners.org.
- 27 19th Running of the Turkeys 5K. 9am. Fisher ES, Arlington, VT. bkvr.org.
- 27 38th Turkey Trot 5K. 11am. Kids Race: 10:45am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.
- 29 **7th Run Off That Turkey Trot 5K. 10am. Altamont ES, Altamont. Phil Carducci: 861-6350. active.com.**

- 13 Jingle Bell Run/Walk. 2.5M. 8:30am. Mirror Lake Beach House, Lake Placid. 897-2483. active.com.
- 13 5th Red Nose Run 5K. 9am. Little Falls YMCA, Little Falls. 823-9200. christmasinlittelfalls.com.
- 13 Old Tyme Christmas 5K/1M. 10am. Weedsport. Candy Duprey: 315-834-8811. weedsportchamber.org.
- 13 It's a Wonderful Run 5K Run/Walk. 4:40pm. Community Center, Seneca Falls. itsawonderfulrun5k.com.
- 14 **HMRRC Doug Bowden Winter Series: Race #1. 3M, 15K. 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.**
- 20 **Holiday Classic 5K Run/Walk. 10am. Columbia-Greene Community College, Hudson. Phil Carducci: 861-6350. active.com.**
- 22 Frostbite 5K Run/Walk. 10am. Mayfield HS, Mayfield. mayfieldcsd.org.
- 26 Kids Fun on the Run Race. 1pm. Obstacle course & scavenger hunt. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 31 **17th First Night Saratoga 5K Run. 5:30pm. Skidmore College, Saratoga Springs. Saratoga Arts: 584-4132. saratoga-arts.org.**
- 31 NYC Midnight Run. 4M. 11:59pm. Dancing, fireworks. Central Park Inner Loop, New York. nyrr.org.

JANUARY

- 1 **HMRRC Winter Series #2: 39th Hangover Half & Bill Hogan 3.5M Run/Walk. 12pm. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.**
- 1 27th FirstRun Burlington. 11am. Memorial Auditorium, Burlington, VT. 802-836-8412. runvermont.org.
- 1 Resolution Runs. 5K & 2M Walk: 11am. 1K Kids Run: 11:30am. Heritage Museum, Ticonderoga. lachute.us.
- 10 **28th Winter Wimp 4.4M/2.2M Road Race. 1pm. Haganan Firehouse, Haganan. Rick Vertucci: 857-9025. fmrrc.org.**
- 11 **HMRRC Winter Series #3: 3M, 10K, 25K. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.**
- 13 **Team In Training Information Session: Run & Cycle. 6pm. Fleet Feet Sports, Plattsburgh. Gail Deuso: 802-233-0014. teamintraining.org/uny.**
- 15 **Team In Training Information Session: Run & Cycle. 12pm. Leukemia & Lymphoma Society, Albany. Liz Spaide: 438-3583 x2557. teamintraining.org/uny.**
- 15 **Team In Training Information Session: Run & Cycle. 6pm. Fleet Feet Sports, Essex Junction, VT. Gail Deuso: 802-233-0014. teamintraining.org/uny.**
- 25 **HMRRC Winter Series #4: 3M, 15K, 30K. 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.**
- 25 Stone Wall 5K. 10:30am. Winona Forest CCC Camp, Mannsville. Matt Westerlund: 315-657-3480. runreg.com.
- 29 **Team In Training Information Session: Run & Cycle. 5:30pm. Salty's Pub & Bistro, Clifton Park. Liz Spaide: 438-3583 x2557. teamintraining.org/uny.**

FEBRUARY

- 1 **16th Saratoga Winterfest 5K Snowshoe Race. 11am. Dion Snowshoe Series. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. dionsnowshoes.com.**
- 1 **HMRRC Winter Series #5: 4M, 10M, 20M. 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.**
- 4 **Team In Training Information Session: Run & Cycle. 5:30pm. Greater Burlington YMCA, Burlington, VT. Gail Deuso: 802-233-0014. teamintraining.org/uny.**
- 7 **12th Camp Saratoga 8K Snowshoe Race. 11am. Dion Snowshoe Series. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. dionsnowshoes.com.**

JUNE

- 14 **Lake Placid Marathon & Half. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.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.

Thanksgiving Day NOVEMBER 27 Central Park, Schenectady

33RD ANNUAL **CARDIAC CLASSIC 5K**



PROCEEDS TO BENEFIT ELLIS MEDICINE'S WRIGHT HEART CENTER.

Run. Walk. And Support Cardiac Care for Our Community.

3 GREAT EVENTS

2M Wellness Walk—FREE.....8:00am (day of event registration until 7:45 am)

5K Road Race—Runners Only.....9:00am (pre-register only, no day of registration)

1M Duck Pond Fun Run—FREE..10:00am (day of event registration until 9:45 am)

Register online @ www.cardiacclassic.org
 Online registration closes: Tuesday, November 25 at midnight.
 You can also register by mail, fax or in person. Call 243.4600 for details.

SPONSORED BY: 



SUNDAY, JUNE 14, 2015
 LAKE PLACID, NEW YORK, USA

MARATHON HALF MARATHON

Ranked as a Top U.S. "Destination Race"

Race Entry Now OPEN!

2015 Registration via www.lakeplacidmarathon.com or www.active.com


info@lakeplacidmarathon.com

Please Support Our Advertisers

and Tell Them Where You Saw Their Ad!




• 39th ANNUAL •
Hangover Half-Marathon & Bill Hogan 3.5-Mile Run/Walk
Start the New Year right with a long run!
Thursday, January 1 at 12 noon
 Phys Ed Building, University at Albany
 Register: Day of race – all welcome!
 HMRRC: Free • Non-Members: \$5
 Vince Wenger: VW1319@aol.com
www.hmrrc.com



University at Albany

Dec. 14 – Sun	10am	Doug Bowden Winter Series #1 – 3M, 15K
Jan. 1 – Thu	12noon	Winter Series #2 – Hangover Half Marathon & Bill Hogan 3.5M Run/Walk
Jan. 11 – Sun	10am	Winter Series #3 – 3M, 10K, 25K
Jan. 25 – Sun	10am	Winter Series #4 – 3M, 15K, 30K
Feb. 1 – Sun	10am	Winter Series #5 – 4M, 10M, 20M

Day of Race Sign-Up Only • HMRRC Members: Free • Non-Members: \$5
 More info at www.hmrrc.com or Ed Thomas: et392@math.albany.edu



Tomhannock BICYCLES
Sales & Service

Now a Bianchi dealer!
2015 Giant, Felt & Bianchi bikes arriving!

3149 Route 7, Pittstown (10 minutes east of Troy)
(518) 663-0083 • TomhannockBicycles.com
Mon/Tue/Wed/Fri 10-6, Thu 10-7, Sat 10-5, Sun closed

**Giant • Felt • Bianchi
Blue • Co-Motion**

ROAD • MOUNTAIN • TRIATHLON
TANDEM • BMX • KIDS

Men's and Women's Bike Clothing
Triathlon Clothing and Gear
Louis Garneau • Gizmo
Yakima Racks/Accessories
Expert Tune-Ups and
Best Service Prices in the Area!



**Clearance Sale
on 2014 Bikes!**



Open 7 Days a week
7:30am - 5pm

- Serving Breakfast and Lunch Daily
- Home Baked Pies
- Unique Gifts

336 Schaubert Road
Ballston Lake
399.8359
LakesideFarmsCiderMill.com



**De Wille Farmhouse
Gift Shoppe** Now Open!

Businesses, Organizations, Destinations & Events...

Get Face to Face with Thousands of Sports, Fitness & Travel Enthusiasts!
Upstate New York's Largest Consumer Show is in Full Swing!
Limited Space Available... Book Your Booth NOW!

10TH ANNUAL
ADIRONDACK SPORTS & FITNESS SUMMER EXPO & SALE

MARCH 7 & 8
Saturday 10-5 • Sunday 10-4
SARATOGA SPRINGS CITY CENTER
522 Broadway, Saratoga Springs

Get on Board for Upstate New York's Leading Sports, Fitness & Travel Show!

- Promote/sell your products/services at the start of the season, when attendees are ready to make decisions, and plan events and trips
- Stay ahead of your competition! Our exhibitors discovered great success at the 2014 event

Maximize Your Exposure

- Showcase your products/services to an active audience
- Advertise in our attendee guide to extend your exposure
- Reach over 50,000 enthusiasts through our magazine, social media and email marketing channels

Contact Darryl & Mona Caron Today
Don't miss this sales and marketing opportunity!
(518) 877-8788; Info@AdkSports.com; AdkSports.com
Sponsorship opportunities are available

SEASON PASS & MTN ADVENTURE PRICE DEADLINE

Purchase by November 14th for the best rates!

New for this Winter:

**ADIRONDACK EXPRESS II: A NEW HIGH-SPEED QUAD
BEGINNER LIFT & PROGRAM IMPROVEMENTS
FOUR NEW GLADES & MORE SNOWMAKING**

(518) 251-2411 GoreMountain.com



FLEET FEET Sports

24 Hour Fight Against Hunger

Friday & Saturday
December 5 & 6
4pm to 4pm



**Treadmill Time Slots Available
\$20 for 20 Minutes**
Sign Up Starting on Black Friday

Join us for our second annual Fleet Feet Sports 24 Hour Fight Against Hunger treadmill event to benefit the Regional Food Bank



 **Regional Food Bank**
of Northeastern New York

Fleet Feet Sports Albany
459-3338 • 155 Wolf Road, Albany

Fleet Feet Sports Adirondack
400-1213 • Shops of Malta, Route 9, Malta
FleetFeetAlbany.com

Regional Food Bank of Northeastern New York
786-3691
965 Albany-Shaker Road, Latham
RegionalFoodBank.net

REGISTER TODAY

**LIMITED TO 1500 RUNNERS
CLOSED OUT FOR THE PAST 14 YEARS**

17TH ANNUAL

FIRST NIGHT SARATOGA 5K RUN




5:30PM • WEDNESDAY • DECEMBER 31, 2014
SKIDMORE COLLEGE CAMPUS
SARATOGA SPRINGS, NY

AWARDS - Finish Medals to all Runners

- Chip Scoring System -

**Registration Fee: \$25 if received by November 28
After November 28, \$30**

All Registered Runners will receive a Tech Long-Sleeve Shirt

- No Day of Race Registration -

Register online – it's fast and easy with no additional fees or download an application:
www.saratoga-arts.org

Info: (518) 584-4132 or jallen3@nycap.rr.com

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

RUNNING & WALKING

A Turkey (Trot) for All Seasons

By Laura Clark

It's not exactly news that Thanksgiving is the most popular race day in the United States. In fact, if you were to clone a new trot in a town with perhaps 20 runners, guaranteed you would have 200 on race day. Apparently, we have a lot of time to kill Thanksgiving morning. But perhaps that's not the entire story. Participating in a race with family distant cousins and friends fits right into the family spirit of the day. And then there is all that turkey to consider. What better way to burn off a few thousand excess calories than a good run?

But think about this for a minute. Most trots are 5K in nature, with the occasional free-range 10K basted on as a concession to equal opportunity. This is the reverse of major distance events featuring a marathon and half marathon with a 5K and 10K tacked on for lesser mortals. What gives? Truth is, we all want to get down to the serious business of cooking and eating. Why we think burning a few hundred 5K calories justifies seconds is one of life's mysteries.

Truth is though, some folks eagerly bite into this myth, making Thanksgiving the only day they run all year. While an Antelope Race would be intimidating, turkeys are perceived as comical, dorky birds, no big threat to anyone's pride, hence the wishbone efforts of the untrained. In reality, turkeys in flight approach 55 miles per hour and running on land can cover 12 miles per hour. How many of us can run a five-minute mile?

Almost beaten back into extinction when settlers cleared the land for farming, turkeys bided their time until the 1900s when New York agriculture began to decline. Now, if you Google map my house for example, the aerial view looks like I live on a country estate surrounded by trees. Urban wildlife, welcome! While maintaining their low profile, turkeys are hard-working, persistent and totally adaptable – not a threat at all. An everyman runner in feathers.

Whether you prefer white meat or dark, the Capital Region offers a wide variety of flocks and venues, some even branching out to other days to avoid the competition.

The establishment of the **Troy Turkey Trot** in 1916 neatly dovetailed with turkey migration back into New York, and as such attracts a loyal following of old-school turkeys who are proud that their race is the 12th oldest in the nation as well as its 11th largest, and the only local 10K trot (8am start). These turkeys have also gobbled up the best public relations agent, guaranteeing a flock of over 8,000 from 37 different roosts (aka states).



TROY TURKEY TROT
START/FINISH AT
MONUMENT SQUARE.



EVERYONE LOVES A TURKEY AT
THE 2013 BETHLEHEM TROT.

As such, there is a bounteous menu from which to select: 5K, 10K, Grade School Mile and Turkey Walk. Plus a costume contest with two categories: Best Thanksgiving Day related and Most Unique. Contestants parade across the grandstand one after the other in proper poultry style with feathers judged for creativity, presentation and functionality. This is a show not to miss! Proceeds benefit the Regional Food Bank of Northeastern New York and Joseph's House & Shelter in Troy. Visit: troyturkeytrot.com.

At first glance it may appear that the 33rd annual **Cardiac Classic 5K** would be better suited to Valentine's Day, but it is a proven fact that turkeys are also susceptible to heart attacks. Apparently, while the United States Air Force was busy breaking the sound barrier, nearby turkeys dropped dead from heart attacks! Over 1,800 turkeys will flock to Schenectady's Central Park to support Ellis Medicine's Wright Heart Center. After 33 years, these traditional turkeys have hit upon a winning formula, with a Two-Mile Wellness Walk appetizer, a 5K main course, and a One-Mile Duck Pond Fun Run for dessert. The beauty of this is event that there are no mystery meals – everyone knows what to expect. Participants can set up their own personal online fundraising goal to involve their friends and family who are not running. Go to: cardiacclassic.org.

Originally kicking off from the front lawn of the Dailey residence, in just 13 years Saratoga Springs' own **Christopher Dailey Turkey Trot** has big-timed it to Broadway, hosting a determined flock of over 3,000 runners and walkers honoring the memory of



START OF THE 2013 CARDIAC CLASSIC IN SCHENECTADY.

then eight year-old Christopher Dailey. Since then his foundation has built a youth gymnasium at Gavin Park and has grown to support community youth sports. With

this theme in mind, be warned that the moderately challenging course around the rolling Skidmore campus is suited to tough turkeys who have put in some training miles. The rest will enjoy a fun meet-and-greet community event with terrific crowd support and plenty of walkers. Details: christopherdaileyfoundation.com.

Sandwiched as it is between Halloween, Christmas and New Year's, Thanksgiving has something of an identity crisis. At the fifth annual **OurTowne Bethlehem Turkey Trot 5K Fun Run/Walk**, turkeys have buttered their bread at both ends, including a day-of costume contest (don't put away your Halloween costumes!), and a huge fireworks display at Bethlehem Middle School's day-before registration and packet pickup. Procrastinating turkeys, as well as over-achievers who want to get a head start on holiday activities can meet beak-to-beak on an equal footing. Nimble turkeys, accustomed to executing tricky trot steps will fare best on this deceptively flat course where twisty turns abound. Noteworthy, is the fact that not only do kids under five get in free, the race offers child-sized tees for the younger set. Run/walk registrants are urged to share the spirit of the day by bringing a canned food item for the Bethlehem Food Pantry. Visit: ourtownebethlehem.com.

Clifton Park turkeys can now trot closer to home at the third annual **St. George's Turkey Trot 5K Family Run/Walk**, with proceeds benefitting St. George's School.

The 5K will be followed by a kids' fun run on school property. This is a low-key community event with a deliberately flat route guaranteed to ensure success. Festivities begin at 8am to allow families plenty of time to eat, relax, and perhaps ruffle their feathers a bit with an after-dinner pick-up football scrimmage. Go to: stgeorgeschoolcp.org.

What is a turkey's favorite day of the year? You guessed it – the day *after* Thanksgiving! Or, in the case of Altamont's seventh annual **Run Off That Turkey Trot 5K**, two days later on Saturday, November 29. This race also works as a lazy turkey/overachiever event. Turkeys eager to keep trim to avoid next year's flock winnowing can run both on The Day and two days later, marking their own personal survival thanksgiving. Those who feel guilty about not joining the rest of the flock Thanksgiving morning can redeem themselves. Procrastinators note, however, that in an effort to avoid that "stuffed" feeling, the field is limited to 350 runners, in the hopes of avoiding any ruffled feathers. All preregistered turkeys receive commemorative knitted running gloves, reminiscent of the booties turkeys used to wear when they were herded downtown to market. Proceeds benefit the Helderberg Running Club's Junior Olympic Team and registrants are encouraged to donate a dry good for the food pantry. Details: active.com.

So before you gobble down that huge Thanksgiving feed, get out there and participate. And just remember, if you miss the main flock, you can always bring up the rear at Altamont!

Wattle on! 🦃

Laura Clark (snowshoega133@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.

the **Alpine** sport shop
Since 1941

Saratoga's Ski Shop!

Skis
Skiwear
Snowboards
Expert Service

399 Clinton Street
Saratoga Springs
518.584.6290
alpinesportshop.com

2537 MAIN ST, LAKE PLACID
518-523-5310
TheFallenArch.com

Remember, the feeling you get from a good run is far better than the feeling you get from sitting around wishing you were running.

Please Support
Our Advertisers
and Exhibitors

and Tell Them Where You
Saw Their Ad/Booth!

ADIRONDACK
SPORTS & FITNESS

St. Regis Canoe Outfitters

Guided Trips – Day and Overnight
Outfitting – By the Piece or Package
Camping & Backpacking Rentals
Retail Paddlesports Shop
New & Used Canoes, Kayaks & Gear
New Adk Paddler's Map – South

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

Under New Management!

HOT YOGA

Lake Placid

Bring This Ad for 10% Off Classes and Packages!

Bikram, Warm and Hot Vinyasa, Ashtanga, Restorative, Retreats and Trainings
 Visit Our Sister Studios – Hot Yoga Saratoga and Queensbury

**hotyogalakeplacidny.com • 2049 Saranac Ave, Lake Placid
 (518) 837-5036**



ADIRONDACK URGENT CARE

Quality Care Without the Wait!

ADKUC.org

Open 7 days a week - 9am to 9pm.
 No appointment needed.
 Lower cost than the emergency department.

Phone: (518) 223-0155
 Fax: (518) 223-0195

Mt. Royal Plaza
 959 Route 9, Suite O
 Queensbury, NY 12804

Berkshire OUTFITTERS

OUTDOOR SPECIALISTS

Celebrating 41 Years!

NORDIC SKIING & RACING CENTER

Featuring:
 Rossignol
 Fischer
 Atomic
 Salomon

Backcountry and Alpine Touring Gear

Super Selection Super Service



(413) 743-5900 • BerkshireOutfitters.com
 Route 8, Grove St • Adams, MA
 Only One Hour from Albany/Troy

Where Winter goes to Play

OLD FORGE...

Adirondack Base Camp





NY Rt. 28...Central Adirondack Trail

500 Sq. Miles of Trails Professional Grooming

McCauley Mountain



OldForgeNY.com

SKI THE FACE



WHITEFACE SEASON PASS DEADLINE NOVEMBER 14

WHITEFACE/ GORE SEASON PASSES	SKI3 FULL SEASON PASSES
Adult Full Season - \$889	Adult Full Season - \$929
Adult Non-Holiday - \$719	Young Adult Full Season - \$439
Young Adult Full Season (13-22) - \$399	Junior Full Season - \$339
Junior Full Season (7-12) - \$299	

ADD AN ENTIRE MOUNTAIN FOR \$40 MORE!

Check out our list of pass holder perks and mountain investments at Whiteface.com



Active and Casual Wear for Men, Women and Children



ibex KEEN

patagonia MOUNTAIN KHAKIS
 JACKSON HOLE - WYOMING
 Built for the Mountain Life

Marmot THE NORTH FACE

Outdoor Gear and Snowshoes

490 Broadway
 Downtown Saratoga Springs
 (518) 584-3500
 MountainmanOutdoors.com

Mountainman Outdoor Supply Company

PHOTO COURTESY KEEN FOOTWEAR

ATHLETE PROFILE



John Piestrzynski

TONY CHARLES
JOHN PIESTRZYNSKI
AND JESSICA PETERS -
46ERS ON WHITEFACE.

AGE: 32
OCCUPATION: Laundry and Recycling
at Golden Arrow Resort
HOMETOWN: Plattsburgh
**CURRENT
HOMETOWN:** Lake Placid,
ARC Residence Home
FAMILY: Mother, Lynn Sponable;
Father, Edward Piestrzynski;
and Grandmother,
Ann Merkley, Plattsburgh

By Mim Frantz

On August 25, John Piestrzynski arrived on the summit of Whiteface Mountain with a smile on his face, his head thrown back in elation and relief, and both arms raised triumphantly in the air. He turned and enthusiastically high-fived his staff and guides with pride and gratitude, to thank them from the bottom of his heart for taking him on this journey. Because of developmental and intellectual disabilities, words sometimes fail John. But what he is lacking in the form of verbal expression, he makes up for in his smile the humble bobbing, affirmative nod of his head.

John was celebrating the completion of a three-and-a-half-year mission, John became an ADK 46er. To become a 46er, one must successfully summit all of the 46 High Peaks in the Adirondacks. Most of the mountains are over 4,000 vertical feet and many of the trips require long and multiday journeys ranging from several miles to upwards of 30 miles on rugged and unforgiving terrain. The achievement of 46er status is the goal of many who venture into the Adirondack backcountry. It is an ambitious, daunting, and an all-encompassing commitment that tests one's physical and emotional fortitude. Many have succeeded and all will have an adventurous story to tell about the 22-mile days, hikes in the rain with treacherous wet-rock descents, sprained ankles, missed trail cut offs, relentless bushwhacks and more. What makes John's accomplishment remarkable is not only overcoming those obstacles that all who attempt will face, but also overcoming his own personal obstacles.

In 2010, Mountain Lake Services – the Essex County chapter of ARC, a non-profit agency supporting people with intellectual and developmental disabilities – Quality Improvement Manager, Tony Charles came up with an idea. With a background in wilderness therapy and vast experience in recreation and outdoor education, Tony has always incorporated recreation and the outdoors into his work with the disabled. He sees the benefits firsthand, “When you take clients into the woods, the quiet and beauty of nature becomes the teacher and you can watch them grow.”

Tony had instituted an Outdoor Club through Mountain Lake Services five years ago and always enjoyed seeing his clients rally to the occasion and learn from the adventures. Knowing that some of the clients were capable of great journeys, he came up with the idea of attempting the 46 High Peaks with a small group, later named the “High Peakers.” It was actually through guiding this group that he too became an official 46er.

With many strategic meetings, including the development of a risk management plan, an expedition plan and administrative approval, getting the program off the ground was the first accomplishment. He and his staff then handpicked a team of interested candidates that they believed would be competent physically and emotionally.

“John was definitely one of my top picks for the team, he is a downhill and cross-country skier, and has competed in the Special

Olympics. Plus he was physically strong and I felt he could rise to the challenge emotionally,” Tony recapped. There were three clients and three staff that began the quest, training that winter on a few smaller mountain training days on the likes of Hurricane and Blueberry mountains. On a cold February day, with snowshoes and often knee-deep snow, they had a long, exhausting and rewarding day on Cascade and Porter where everyone reached the summit and returned safely. So began the 46er journey.

The original High Peaker group included Jasmine, who accomplished five High Peaks, then respectfully bowed out because of physical limitations. Later, the third participant, Joe, who completed 20 summits with the group, would choose not to continue due to scheduling challenges and some limiting emotional hurdles. It was difficult for John to no longer have his friends on his long days, but at this point he was committed to stay the course.

Aside from Tony Charles, you can't tell the story of John's plight without also including Jessica Peters. Jessica is a Direct Support Professional with Mountain Lake Services and was in integral part of the team. The risk management plan required having a minimum of two staff at all times, in case something happened to one of them in the wilderness that would put the client at risk.

Unlike Tony, who has over 21 years of outdoor experience personally and professionally, Jessica was not an experienced hiker. To feel comfortable in her role as a guide and support, she took it upon herself to start hiking and training on her own. She hiked some of the peaks before their scheduled trips as a group, so that the terrain would be familiar and she would be able to offer more experience and expertise. “I had never really done anything like this before and I wanted to feel confident, so it was important to do it first as preview,” remarked Jessica. Often she would preview a 15-18 mile hike on a Sunday and do it again with the High Peakers on Tuesday. “Long, unrewarding days like when I did Allen (20-miles to no view on a rainy day) made it hard to rally to do it again with the group knowing I wasn't looking forward to it, but I learned a lot about myself too,” Jessica added. She was the first of the team to become an official 46er several months before the rest of the group and this experience has helped her feel more confident as an outdoor leader through her work.

Tony, Jessica and John became a close-knit team on these adventures and to sit with them as they reminisce about some of the lows and hardest days – which are now funny stories – it is clear these experiences will bond them forever. Both Tony and Jessica recall that when John would feel afraid or tired, it would sometimes result in him

expressing his frustrations to the two of them in the form of intense anger. “I definitely would yell a lot,” John described. However, qualifying promptly with his first finger in the air in retort, he said, “but I always said I was sorry later.”

On very steep, loose, challenging terrain only about 25% into what would be an 18-mile day to summit Saddleback and Basin, John had a memorable meltdown directed at Tony. John shouted, “You don't understand Tony, I AM SORE AND TIRED!” To which Tony replied, “I DO understand John, I am sore and tired too.”

There are other days they all remember where roles were reversed and John became the support-system, repeating some of their encouraging phrases verbatim back to them. One rainy, dreary and cold day, they embarked on an 18-mile journey of the more remote

Cliff and Redfield where neither of the guides were particularly motivated. This day John did the encouraging, “Come on guys – you know we're going to make it to the summit like we always do.” It was clear to them the program was a success, John was learning lessons about character, scheduling, perseverance, self-confidence, physical and emotional resolve, goal-setting and friendship, which they could never teach him as effectively otherwise.

“He has definitely grown emotionally from this experience, he has learned to name his feelings and recognize how easily tired can turn to mad. He also became accountable for the way he treats others, because often after an outburst we still had to spend another eight hours alone together,” Tony explained. Other skills he has acquired include time management, to stay on track on the long days and keep moving – and to keep his schedule between work and rest days balanced. The group had an ambitious schedule, with 16 of the larger peaks on the agenda for this summer alone. Because so many schedules had to coordinate (Tony and Jessica's regular office demands, John's job, everyone's health and physical well-being), the schedules were determined months in advance – and to stay on track, they ventured out rain or shine.

“There were definitely some terrifying highlights,” Jessica recalls of a rare July lightning and hailstorm as they ran from the summit of Algonquin. “It was really dark and windy and I felt scared, but we got through it,” John remembered with pride and relief.

It was clear this had become John's passion. Jessica remembers John always making connections with other hikers on the trails and summits to tally how he was stacking up. “How many High Peaks have you done?” he would ask strangers to make a connection and to share about his achievements. And usually on the way back from any summit at some point the conversations turn to inquiry of the next challenge ahead, “So what one are we doing next? When? How far is it?” he would prod Jessica and Tony.

When he wasn't hiking, planning his next hike, or working at his job in the laundry

and recycling at the Golden Arrow Resort in Lake Placid, John could be found fueling his passion for adventure by collecting or coveting gear for his trips. “He loves Eastern Mountain Sports, and has got a quite a collection and knowledge of gear now. Whether it is a water bottle or sneakers, a watch, or whatever I am wearing, John always notices and asks me, Where did you get that, EMS?” described Tony. At interview time, John proudly sported an orange polypro EMS branded long-sleeve shirt and charcoal-gray, zip-off performance pants.

As tips of the sugar maples were sprinkled in reds, the end of their 46er journey was in sight. During an August multiday trip in the Santononi Range, John stumbled, as he often would, and rolled his ankle. He didn't complain the whole way out. After returning home, he was limping and they later realized that he had actually sprained his ankle. This became another obstacle John learned to work through and overcome, physical pain and setbacks.

One week later, with medical approval and John restless to continue, the High Peakers headed out on the Seward Range – with John wearing an aircast to support his ankle. John reflects that it didn't really bother him and he liked it because he got a little extra care at base camp. While he iced his ankle and relaxed in the lean-to, his teammates took on the chores of cooking and water filtering. This two-night trip included Seward, Donaldson and Emmons and Seymour.

On day two, after eight miles of constant elevation loss and gain from peak to peak they were on top of Emmons. It wasn't until this point that it became clear to John that they would have to retrace their hard-fought steps back to the first summit of Seward and back down to the camp for the night. “When John realized this, he turned and smirked comically at his teammates and flipped-off the Emmons summit sign,” Tony remembered. Together they all shared a good belly laugh, but it was also a huge sign of growth for John. “Maybe two years ago this would make him angry, but because of the experience and perspective he had gained, he now used humor as a way to cope with his exhaustion,” added Tony.

On a beautiful, sunny day at the end of August, the High Peakers journeyed up John's 46th, Whiteface Mountain. They had specifically chosen Whiteface for the advantage of the Whiteface Memorial Highway road access. A group of administration and staff who were close to John, and some of his friends and housemates had made a banner, and greeted him at the summit to celebrate his success. They not only celebrated remarkable personal achievement and team collaboration, but also the success of a groundbreaking 46er program. John and his team of High Peakers have paved the way for what feats are possible in programs designed for people with special needs. 🌲

Mim Frantz (juniper@roadrunner.com) of Lake Placid is a freelance journalist, event coordinator and yoga instructor. When she's not writing, planning or in a warrior pose, she can be found enjoying outdoor adventures with her husband and three young sons.

Give the gift of light-weight



**Swift
Prospector 16**
16' ~ 32lbs

follow us

CANOE, KAYAK, & SUP SELECTION SIMPLIFIED
Our trained staff will help you select the kayak, canoe, or SUP that's right for your paddling desires, beginner or experienced.



Adirondack Lakes & Trails Outfitters
541 Lake Flower Ave Saranac Lake NY
1-800-491-0414
www.adirondackoutfitters.com

BROADWAY BICYCLE CO.
 ~ THE GREENEST STORE IN THE CAPITAL DISTRICT ~
S-WORKS FOR CHARITY
 Ride a SPECIALIZED S-WORKS Roubaix or Venge and raise money for a local charity
 R.I.T.A. - Rider Involved Technical Assembly
 RESEARCHED PRICING - Make an Informed Purchase
 ~ STOP IN FOR GREAT DEALS ON CLOSEOUT BIKES ~
518.451.9400
 1205 Broadway, Albany, NY 12204 | broadwaybicycleco.com | broadwaybicycleco@gmail.com
 Monday - Saturday 11 am - 7 pm

Adirondack Splendor & Finnish Hospitality
LAPLAND LAKE
 Nordic Vacation Center
 Ranked **BEST XC Resort for Families & BEST in the Mid-Atlantic Region**
 — Best XC Ski Resort Poll
ANNUAL OPEN HOUSE 11/22-23!
 Ski Shop Sale, Buy Season Pass*, Grand Door Prize
SINCE 1978
 139 LAPLAND LAKE ROAD
NORTHVILLE, NY 12134-3962
518-863-4974 (8am - 8pm)
vacation@laplandlake.com
www.laplandlake.com
 * Kids 17 & under receive **FREE** season passes with parent's pass purchase (see website for details)

PLACID BOATWORKS
 The Finest Paddling Boats on the Water
www.placidboats.com • 518-524-2949

Locally Owned and Operated for Over 18 Years!
PLAY IT AGAIN SPORTS
Winter Sports
New 2015 Gear Has Arrived!
PRE-SEASON SALE!
Drastically Reduced Prices on all 2014 Gear
 Alpine Skis • Snowboards • Boots • Bindings • Poles
 Cross-Country Skis • Ice Skates • Snowshoes • Sleds • Coats • Pants
Expert Ski & Board Tech Services
BEAT THE RUSH!
Buy, Sell, Trade New & Used Gear™
 952 Troy-Schenectady Road, Latham
 Peter Harris Plaza, 1.6 miles west of I-87
(518) 785-6587 • PlayItAgainSportsLatham.com
 Monday-Saturday: 10am-9pm & Sunday: 11am-5pm
 PROUD PARTNER
NO TURNING BACK
 BURTON • SALOMON • MARKER • ARMADA • ELECTRIC • DEMON • BERN • FLOW • VOLKL • ATOMIC • FULL TILT • ROME • UVEX • LINE • ALPINA • ANON • RED • FISCHER • GIRO • UA • SMITH • ELAN • TRESPASS • DALBELLO • SCOTT • TRANSPACK • K2

Businesses, Organizations, Destinations & Events...
Get Face to Face with Thousands of Sports, Fitness & Travel Enthusiasts!
 Upstate New York's Largest Consumer Show is in Full Swing!
Limited Space Available... Book Your Booth NOW!
 10TH ANNUAL
ADIRONDACK SPORTS & FITNESS SUMMER EXPO & SALE
MARCH 7 & 8
 Saturday 10-5 • Sunday 10-4
SARATOGA SPRINGS CITY CENTER
 522 Broadway, Saratoga Springs
Get on Board for Upstate New York's Leading Sports, Fitness & Travel Show!
 ■ Promote/sell your products/services at the start of the season, when attendees are ready to make decisions, and plan events and trips
 ■ Stay ahead of your competition! Our exhibitors discovered great success at the 2014 event
Maximize Your Exposure
 ■ Showcase your products/services to an active audience
 ■ Advertise in our attendee guide to extend your exposure
 ■ Reach over 50,000 enthusiasts through our magazine, social media and email marketing channels
Contact Darryl & Mona Caron Today
 Don't miss this sales and marketing opportunity!
(518) 877-8788; Info@AdkSports.com; AdkSports.com
 Sponsorship opportunities are available

Willard MOUNTAIN
 SKI • RIDE • SLIDE
SKI AND SNOWBOARD INSTRUCTORS NEEDED
 Do you have a passion for skiing or snowboarding that you want to share with others?
 Do you have free time on weeknights, weekends and/or school vacation weeks?
 If so, then we want to see you at Willard Mountain for the Winter Season of 2014/2015!
 The outstanding Ski School at Willard Mountain is currently looking for:
 • Part Time Uncertified Ski AND Snowboard Instructors
 • Part Time Certified Level I & Above Ski and Snowboard Instructors
ALL LEVELS OF TEACHING ABILITY NEEDED
Little Colonel – Looking for skiers who are terrific with kids 4 to 7 years old, but not necessarily a perfect skier
Beginner's Circle – Needs instructors with modest skiing and snowboarding ability and GREAT people skills
Group and Program Lessons – Applicants should have more advanced skiing and snowboarding ability and those EXCELLENT people skills that make Willard famous!
Private Lessons – Both a high level of skiing or snowboarding ability and superior customer service skills are a must for these positions!
JOB FAIRS will be held Saturday, October 25th and Saturday, November 8th from 10am-3pm
 Come join the Willard Family! Great Pay & Benefits, including a Season's Pass for teaching 4 hours a week (one evening lesson and one weekend day) for 8 weeks a season!
THIS POSITION STARTS December 20th with mandatory training days Dec 13 & 14th
TO APPLY PLEASE VISIT WWW.WILLARDMOUNTAIN.COM Under INFO/FORMS -- Ski/Snowboard Instructor
 Please email your application to: willardmtapplications@gmail.com with Instructor as the subject line or mail to Willard Mountain, 77 Intervale Rd, Greenwich, NY 12834
 Willard Mountain is an equal opportunity employer.
 For more information contact Willard Mountain at willardmtapplications@gmail.com or by calling (518) 692-7337
 Greenwich is 40 minutes or less from most of the Capital District

SYRCL's WILD & SCENIC FILM FESTIVAL
 Inspiration • conservation
 adventure • community • change
empowerment
NOV 13 2014 7PM MANCHESTER VT COMMUNITY LIBRARY
films speakers raffle
Hosted by The Mountain Goat and Patagonia
an event to benefit the Batten Kill Watershed Alliance
 Tickets Sold at Door: Adults \$10 ~ 18 & Under \$5
 ECLIF patagonia Mother Jones Klean Kanteen ORION

AROUND THE REGION

News Briefs

Fall Back 5 Five-Mile Trail Race

SARATOGA SPRINGS – On Sunday, November 2, resist the temptation to fall back under the covers, and bank your extra hour of sleep towards the Saratoga Spa State Park's "Fall Back 5" five-mile Trail Race. Now in its ninth year, the course has undergone many reincarnations, highlighting newly developed trails, and showcasing less used ones. Kick up those fall leaves on the mostly single-track route through the park's forests, fields and wetlands. The fun begins at 10am with registration from 8-9:45am at the Administration Building. Or visit saratogastryders.org for a link to online registration at active.com. The first 200 to register will receive a long-sleeve tech shirt. Immediately following there will be a free Fun Run for kids 12 and under. Afterwards, enjoy plentiful refreshments and generous raffle prizes. Proceeds will be used to improve the trail system that we all enjoy. –Laura Clark

Wild & Scenic Film Festival to Benefit Batten Kill Watershed Alliance

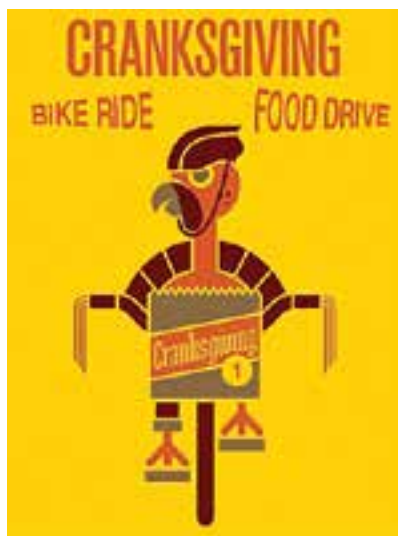
MANCHESTER, VT – The Wild & Scenic Film Festival is coming again this year. This popular evening event, sponsored by the Mountain Goat outdoor clothing and gear store and Patagonia, will benefit the Batten Kill Watershed Alliance, a local non-profit. The film festival is a program of inspiring films about adventure and conservation related to rivers, oceans and fisheries. It will be held at the new Manchester Community Library on Thursday, Nov. 13 at 7pm in Manchester Center, VT. Admission is \$10 for adults and \$5 for students under 18. Refreshments will be served and prizes will be raffled. All proceeds will benefit the alliance. "I am very excited about sharing these fantastic films with community members," says Cynthia Browning, executive director of the alliance. "We hope to provide people with an opportunity to learn more about the outstanding natural resource that we have in the Batten Kill river system, running through our own backyards, and how to be good stewards of this local resource."

Films will include "Fishing Pono" about using traditional management techniques to restore a commercial ocean fishery in Hawaii; "El Camp es Vida" about restoring the health of the land in Patagonia; the "Hidden Rivers of Appalachia;" and "My First Fish" about a boy catching, just that. The films will range in length from 4 minutes to 26 minutes, and will be presented in two segments with an intermission. The Batten Kill Watershed Alliance (bkwa.org) is dedicated to good stewardship of the river and its tributaries in both New York and Vermont. Door prizes and raffles will be offered and drawn at intermission. Tickets may be purchased in advance at the Mountain Goat. For more info, call (802) 362-5159 or visit mountaingoat.com.

Cranksgiving Alleycat Race: Bike Ride & Food Drive

ALBANY – The eighth annual Cranksgiving Alleycat Race is Saturday, Nov. 22. It's "a charity race for freedom from want" that 100% directly benefits the Homeless Action Network of Albany. How does it work? You meet other like-minded cyclists that want to give back. You get a manifest (a small shopping list). Every cyclist gets a different manifest. Some will be riding to the same grocery store, but for different items. You lock your bike, find and purchase the items from the list. Then ride to the next store for other items on your manifest. Think of it as speed-grocery-shopping by bike. Some people ride fast and can't shop. Or get stuck behind a dozen people buying cases of beer. There's only one winner, and that's the people of HAN. That warm feeling you get as you're loading a volunteer's car full of food? That's second place, which means you still on the podium!

How to play? Meet at the Henry Johnson Monument in Washington Park, near Henry Johnson and State streets, at 6:30pm. Manifests will be handed out with departure at 7pm. It's free, but you'll be purchasing about \$20 of groceries. Plus any money for food and drinks afterwards. It should last about two hours. Dress warm. Bring your bike; \$20 in cash or plastic; a bag/backpack to carry everything; bike lock; lights/blinkies, helmet; common sense; caring attitude; and a sense of fun. Ride bikes, feed people, and have fun doing it! Need more incentive? Buy more than what is on your manifest and impress everyone with your hauling abilities. Swag guaranteed. Cool spoke card to give your bike that extra flair. Pre-registration is requested: deerintheheadlights@rocketmail.com.

**Lake George Kayak Boathouse Gets Preservation Award**

BOLTON LANDING – The Lake George Kayak Company has been awarded a Preservation Award by Adirondack Architectural Heritage for its restoration of an 1880s boathouse on Green Island. The boathouse now serves as their retail store, selling kayaks, canoes, paddleboards and boating-related gear. The restoration was completed in 2013. According to Kate Ritter, AARCH's program director, the awards are presented annually to those who have 'undertaken sensitive restorations or rehabilitations and demonstrated long-term stewardship.' "When people say a building can't be preserved, this demonstrates that it's possible," said Ike Wolgin, owner of Lake George Kayak. "It's nice for everyone who was involved in protecting this interesting and unique building to see it recognized."

According to Ike, the boathouse was built for John Boulton Simpson and his 80-foot steam yacht, Fanita. Simpson was the NYC businessman who, along with four other investors, purchased Green Island and built the Sagamore Hotel in 1882. Fanita was docked at Villa Nirvana, on the south shore of the island. But at the end of every season, she was hauled from the lake along a marine railway that extended into the boathouse, and every spring she was returned the same way. F.R. Smith and Sons marina purchased the boathouse in the 1920s and it continued to be used to store and launch boats. In recent years it had fallen into disrepair before Lake George Kayak bought it two years ago.

To save the boathouse, Bolton builder Dave McAvinney and architect Reuben Caldwell, were recruited. Everything that could be salvaged was salvaged. The exterior siding, rather than being thrown away, was used to line the interior walls. Beams that were once used for ramps now support the uppermost level. Even the old tin roof was retained. – Anthony F. Hall, Lake George Mirror

Fleet Feet Sports Holiday Kick-Off

ALBANY – Get a great start to the holiday season by doing something good for those in need. Join the staff of Fleet Feet Sports and the Regional Food Bank of Northeastern New York for the 2nd annual Fleet Feet Sports "24-Hour Fight Against Hunger" on Dec. 5-6. Multiple treadmills will be running throughout the day and night at Fleet Feet Albany on Wolf Road beginning at 4pm Friday through 4pm Saturday. Runners and walkers from all over the region are invited to participate and help raise much-needed funds for the Food Bank. Time slots in 20-minute intervals are sold for a \$20 donation to the food bank. Reserve your time at Fleet Feet Albany beginning Friday, Nov. 28. Our goal is to have every minute of every treadmill sold prior to the start of the event. Valuable products and services will also be raffled throughout the 24-hour event, and will be on display at Fleet Feet Albany beginning Nov. 28. Refreshments, music and fun await you at the biggest, best group run in the region for a great cause.

Other Albany store events from Nov. 28-30: extended holiday weekend hours; purchase \$100 and win gifts; Saturday 8:30am Good Form Running Clinic; four-mile run at 9am with breakfast by Professor Java's; FFD/No Boundaries training info; strength training demos; Superfeet insoles swap. For more info, call Fleet Feet Albany at (518) 459-3338 or visit fleetfeetalbany.com.



More than just a bike shop.
The start of a true cycling community.

**GREY GHOST
BICYCLES**

EXPERT SALES & SERVICE | PROFESSIONAL FITTING
MTB, ROAD & TRIATHLON SPECIALISTS

206 Glen Street ■ Glens Falls, NY ■ 518.223.0148
greyghostbicycles.com ■ [facebook.com/greyghostbicycles](https://www.facebook.com/greyghostbicycles)



\$400 Coupon Book
from Area Mountains and
Steiner's with Purchase
of Every Ski Lease!

VALATIE STORE
3455 Route 9
(2 miles south of I-90 Exit 12)
(518) 784-3663

GLENMONT STORE
329 Glenmont Rd (Rte 9W)
(3 miles south of Thruway Exit 23)
(518) 427-2406

HUDSON STORE
301 Warren St
(corner of 3rd St)
(518) 828-5063

SteinersSkiBike.com

STEINER'S
SteinersSkiBike.com

Bike – Ski – Kayak Specialists

**Junior Used Ski Leases
Starting at \$99!**

Available in all three locations

Junior (4-12) Used Lease **\$99**
Senior (13-18) Used Lease **\$125**
Adult Used Lease **\$150**
Junior New Lease **\$159**
Senior & Adult New Lease **\$299**

**We Have Lots of
New Ski Equipment!**
New Nordica Boots and Volkl Skis!

RACE RESULTS

WINDHAM UCI MOUNTAIN BIKE WORLD CUP

August 7-10, 2014 • Windham Mountain Resort, Windham

UCI WINDHAM WORLD CUP

CROSS COUNTRY: ELITE MEN

1	Nino Schurter/SWI	Scott-Oldo	1:40:58
2	Julien Absalon/FRA	BMC	0:00:06
3	Lukas Flückiger/SWI	BMC	0:00:16

CROSS COUNTRY: ELITE WOMEN

1	Catharine Pendrel/CAN	Luna	1:25:47
2	Tanja Zakelj/SLO	Unior Tools	0:00:29
3	Annika Langvad/DEN	Specialized	0:00:32

CROSS COUNTRY: UNDER-23 MEN

1	Jordan Sarrou/FRA	BH/Suntour/KMC	1:13:53
2	Anton Cooper/NZL	Cannondale	0:00:41
3	Grant Ferguson/GBR	Betch/Superior/Brentjens	0:01:00

CROSS COUNTRY: UNDER-23 WOMEN

1	Margot Moschetti/ARG	Scott/La Clusaz	1:10:28
2	Yana Belomoina/UKR	Betch/Superior/Brentjens	0:00:30
3	Jovana Crnogorac/SRB	Salcano Alanya	0:00:39

DOWNHILL: ELITE MEN

1	Josh Bryceland/GBR	Santa Cruz	2:24
2	Aaron Gwin/USA	Specialized	00:01
3	Troy Brosnan/AUS	Specialized	00:02

DOWNHILL: ELITE WOMEN

1	Emmeline Ragot/FRA	Lapierre Gravity Republic	2:40
2	Rachel Atherton/GBR	GT Factory Racing	00:02
3	Tracey Hannah/AUS	Hutchinson	00:06

DOWNHILL: JUNIOR MEN

1	Taylor Vernon/GBR	GT	2:31
2	Luca Shaw/USA	SRAM/Trly	00:01
3	Loris Vergier/FRA	Lapierre Gravity Republic	00:01

ELIMINATOR: ELITE MEN

1	Catriel Andres Soto/ARG	MMR Bikes	
2	Simon Gegenheimer/GER		
3	Fabrice Meils/BEL	Salcano Alanya	

ELIMINATOR: ELITE WOMEN

1	Jenny Rissveds/SWE	Scott-Oldo	
2	Kathrin Stürnemann/SWI	Sabine Spitz Haibike	
3	Cindy Montabault/CAN		

RACE THE WORLD: KENDA'S CROSS COUNTRY

PRO/CAT 1 OPEN MEN

1	Kenneth Hal	Fairport	1:25:40
2	Dereck Treadwell	Topsham, ME	1:27:01
3	Gregg Galetta	Dobbs Ferry	1:27:47

PRO/CAT 1 OPEN WOMEN

1	Bryna Blanchard	Troy	1:30:03
2	Tina Severson	Colchester, CT	1:30:46
3	Kimberley Quinlan	Winooski, VT	1:32:04

CAT 1 MEN 12-18

1	Samuel Brehm	Elizabethtown, PA	1:10:06
2	Michael Owens	Richmond, VT	1:11:46
3	Gaelen Kilburn	Burlington, VT	1:12:22

CAT 1 MEN 19-29

1	Andrew Lints	Cambridge, MA	1:13:08
2	Paul Meier	Tranquility, NJ	1:15:45
3	Jared Zolars	Canton, OH	1:19:13

CAT 1 MEN 30-39

1	Alexandre Frappier	Saint-Hyacinthe, QC	1:11:26
2	Christian Gauvin	Montmorency, QC	1:12:11
3	Robert DeDora	Huntington Station	1:13:49

CAT 1 MEN 40-49

1	Eric Jobin	London, ON	1:09:55
2	David McCutcheon	Saugerties	1:10:54
3	Matt Boobar	Stratton, VT	1:13:44

CAT 1 MEN 50-PLUS

1	Bob Eichlin	Easton, PA	1:13:35
2	Ken Welch	Hopewell Junction	1:15:17
3	Alec Petro	Duxbury, MA	1:16:19

CAT 1 WOMEN 12-34

1	Kimberly Milton	Clifton Park	1:32:41
2	Melanie Bernier	London, ON	1:34:14
3	Veda Gerasimek	Transer, PA	1:37:34

CAT 1 WOMEN 35+

1	Kelly Ault	Middlesex, VT	1:09:00
2	Nathalie Mousseau	London, ON	1:11:57
3	Anna Milenson	Mount Tremper	1:12:58

CAT 1 MEN SINGLESPEED

1	Brett Baumann	Newburgh	1:14:58
2	Brian Kelley	Pawling	1:15:50
3	Cima Bue	Jeffersonville	1:19:53

CAT 2 MEN 12-18

1	Zeke Brynin	Pleasantville	57:30
2	Lucas Smallidge	South Salem	57:49
3	Nathan Clair	Wexford, PA	58:36

CAT 2 MEN 19-29

1	Dan Stine	West Haven, CT	1:00:38
2	Daniel Ouellette	Westminster, MA	1:01:21
3	Charley Berry	Kingston	1:02:41

CAT 2 MEN 30-39

1	Mike Hiscox	Oneonta	1:00:47
2	Liam Allen	Mohegan Lake	1:00:49
3	Richard Tortorici III	Clifton Park	1:01:56

CAT 2 MEN 40-49

1	Stephen Pilcer	Stowe, VT	1:02:24
2	Craig Ross	Redding, CT	1:02:36
3	Dominique Desmonts	Norwalk, CT	1:02:46

CAT 2 MEN 50-PLUS

1	Dunbar Oehmig	Burlington, VT	1:03:39
2	Mark Pelletier	Bristol, CT	1:04:58
3	Cliff Williams	Ringwood, NJ	1:09:27

CAT 2 WOMEN 12-34

1	Diana Rooney	Ringwood, NJ	1:18:42
2	Jordan Dube	Beverly, MA	1:21:28
3	Lindsey Bauer	Marlboro	1:22:28

CAT 2 WOMEN 35-PLUS

1	Heidi Baks	Poughkeepsie	51:23
2	Kelly Mendoza	Otter River, MA	51:40
3	Christy Perkins	South Plainfield, NJ	52:26

CAT 2 MEN SINGLESPEED

1	Eli Shank	Portage Lake, ME	1:02:21
2	Robert Milletti	Carmel	1:05:43
3	Eugene Gallagher	Walnutport, PA	1:06:10

CAT 3 MEN 12-18

1	Josh Chu	Norwich, VT	46:43
2	Jeremy Labelle	Seymour, CT	47:19
3	Carson Beard	Middlesex, VT	47:21

CAT 3 MEN 19-29

1	Joseph Fierros	San Antonio, TX	45:47
2	Sean Bartasek	Deer Park	46:30
3	Mark Carlberg	Syracuse	46:56

CAT 3 MEN 30-39

1	Thiago Bento	Marlborough, MA	45:14
2	Ramerom Koblinger	Hillside, NJ	45:28
3	Derek Miller	Philadelphia, PA	46:26

CAT 3 MEN 40-49

1	Trevor Harrison	Rochester	46:53
2	Gabor Bobok	Niskayuna	48:37
3	Paul Melella	Putnam Valley	49:17

CAT 3 MEN 50-PLUS

1	Jim Catalano	Hurley	49:16
2	David Ames	Weston, CT	50:42
3	Michael Maben	Oneonta	51:56

CAT 3 WOMEN 12-34

1	Emma Freymann	Flourtown, PA	55:37
2	Hope Maher	Harwinton, CT	1:03:49
3	Emma Watters	Bronxville	1:10:43

CAT 3 WOMEN 35-PLUS

1	Ari Cheremeteff	Rochester	51:41
2	Sona Korousova	Jessup, MD	55:55
3	Kimberley Corvin	Albany	56:26

CAT 1/2/3 MEN 60-PLUS

1	Ralph Pruitt Jr	Holmes	1:13:49
2	Scott Gould	Arkville	1:25:22
3	Bruce Mardinye	Rosendale	1:37:12

FIRST-TIMER

1	Scott Hoefling	Glen Cove	27:00
2	Ido Ayalon	Brooklyn	27:07
3	Robert Urtnowski	Glen Cove	28:56

RACE THE WORLD: EASTERN STATES CUP DOWNHILL

PRO MEN

1	Brien Scolorio	3:20
2	Mauricio Estrada	3:21
3	Thomas Crimmins	3:22

PRO WOMEN

1	Kristen Courtney	Toronto, ON	4:14
2	Mary Elges	Windham, CT	4:27
3	Michelle Crisp	Windham	4:31

CAT 1/2/3 OPEN WOMEN

1	Christina Faust	High Point, NC	4:36
2	Jessica Gilbert	Fenton, MI	4:49
3	Cait Fields	Warwick	4:52

CAT 1 MEN 18 & UNDER

1	Joshua Rogers	Clayton, NC	3:27
2	Adam Robbins	London, ON	3:29
3	Ben Bodycoat	Burlington, CT	3:37

CAT 1 MEN 19-29

1	Ian Lupo	Coraopolis, PA	3:34
2	Willem Cooper	Newport, RI	3:40
3	Dakotah Norton	Atlas, MI	3:40

CAT 1 MEN 30-39

1	Jonathan Doherty	Trenton, ON	3:44
2	Brandon Cassell	Strathroy, ON	3:47
3	Robert Westover	Walpole, NH	3:47

CAT 1 MEN 40-PLUS

1	Randy Arnold	Rocky Mount, NC	3:46
2	Jeremy Fahy	Binghamton	3:47
3	Fred Bassett	Yarmouth Port, MA	3:49

CAT 2/3 MEN 14 & UNDER

1	Titus Nicholson	West Milford, NJ	3:58
2	Phillip Steele	Burnsville, WV	4:10
3	Lucas Lagneau		4:33

CAT 2/3 MEN 15-18

1	David Kahn	Putnam Valley	3:45
2	Andrew Golabek	Richmond Hill, ON	3:47
3	Logan Cannan	Canandaigua	3:53

CAT 2/3 MEN 19-29

1	Jared Boothroyd	Amherst, MA	3:46
2	Devin Ross	East Jewett	3:47
3	Kaylen Ballantyne	Pocasset, MA	3:52

CAT 2/3 MEN 30-39

1	Eric McNeil	Loudon, NH	3:57
2	David Morgan	Canton, MS	3:57
3	Chad Gilbert	Fenton, MI	4:01

CAT 2/3 MEN 40-PLUS

1	Matt Dallas	Bedford	3:44
2	Keith O'Brien	Highland, MI	4:05
3	Phil Artese	Cortland Manor	4:06

Courtesy of Windham Area Recreation Foundation

INSIDE EDGE TUESDAY BICYCLE TIME TRIAL SERIES

June 10-August 19, 2014 • 10M on West River Road, Fort Edward

JUNE 10 - MF OVERALL & AGE GROUPS

1	Kyle Wolfe/M41-60	Cambridge	21:47	1	Lewis Cameron/M18-40	Queensbury	23:19
1	Julia Sante/F15-18	Queensbury	24:54	1	Fulton Lopez/M41-60	Clifton Park	23:01
1	Andrew Deierlein/M10-14	Lake Luzerne	30:56	1	Nanette Hatch/F41-60	Waterford	31:01
1	Patrick Hentrix/M18-40	Ticonderoga	23:42	1	Tom Suozzo/M60-69	Hartford	24:30
1	Fulton Lopez/M41-60	Clifton Park	23:21	1	Larry Miller/M70-79	Latham	29:28
1	Julie McKenzie/F41-60	Shaftsbury, VT	25:23	JULY 28 - MF OVERALL & AGE GROUPS			
1	Jim Cunningham/M60-69	Ticonderoga	27:12	1	Kyle Wolfe/M41-60	Cambridge	21:43
1	Eric Krantz/M70-79	Lake George	32:31	1	Ella Crossman/F01-09	South Glens Falls	44:56
1	Walt McConnell/M80-89	Bolton	36:05	1	Frankie Manganon/F10-14	South Glens Falls	48:41
1	Brendan Rillahan/M41-60	South Glens Falls	23:10	1	Paige Williams/F15-18	North Bennington, VT	24:52
1	Nanette Hatch/F41-60	Waterford	30:10	1	Paul Fronhofer/M18-40	South Glens Falls	23:17
1	Levi Drake/M01-09	Cambridge	36:45	1	Mara Fronhofer/F18-40	South Glens Falls	26:00
1	Andrew Deierlein/M10-14	Lake Luzerne	30:23	1	Mike Wynn/M41-60	Queensbury	21:45
1	Wyatt Drake/M15-18	Cambridge	23:57	1	Julie McKenzie/F41-60	Shaftsbury, VT	25:07
1	Patrick Hendrix/M18-40	Ticonderoga	23:51	1	Tom Suozzo/M60-69	Hartford	24:13
1	Fulton Lopez/M41-60	Clifton Park	23:33	1	Tom Jenkin/M70-79	Queensbury	28:26
1	Pat McKenzie/F41-60	Clifton Park	30:36	AUGUST 5 - MF OVERALL & AGE GROUPS			
1	Tom Suozzo/M60-69	Hartford	24:43	1	Mike Wynn/M41-60	Queensbury	21:52
1	Tom Jenkin/M70-79	Queensbury	27:54	1	Paige Williams/F15-18	North Bennington, VT	25:28
1	Walt McConnell/M80-89	Bolton	35:13	1	Evan Williams/M10-14	North Bennington, VT	41:31
1	Kyle Wolfe/M41-60	Cambridge	21:56	1	Adam St. Germain/M18-40	Burlington, VT	22:16
1	Nanette Hatch/F41-60	Waterford	29:36	1	Isabelle Dickens/F18-40	South Glens Falls	26:33
1	Andrew Deierlein/M10-14	Lake Luzerne	30:46	1	Kyle Wolfe/M41-60	Cambridge	21:53
1	Mike Wynn/M41-60	Queensbury	22:31	1	Julie Williams/F41-60	North Bennington, VT	30:12

30TH ANNUAL HIGH PEAKS CYCLERY MINI-TRI SERIES continued

Table with 3 columns: Rank, Name, Time. Includes Female Overall, August 4 - Age Groups, August 11 - Female Overall, August 11 - Age Groups, and August 11 - Male Overall.

Courtesy of High Peaks Cyclery

12TH ANNUAL JAILHOUSE ROCK 5K continued

Table with 3 columns: Rank, Name, Time. Includes Male Age Group: 65 - 69, Male Age Group: 80 - 84, and Male Age Group: 70 - 74.

Courtesy of Brookside Museum

13TH ANNUAL BETSY OWENS MEMORIAL LAKE SWIM

August 16, 2014 • Mirror Lake, Lake Placid

Table with 3 columns: Rank, Name, Time. Includes 2014 USMS 2-Mile National Championship, Female Age Group: 45 - 49, Male Age Group: 50 - 54, Female Age Group: 50 - 54, Male Age Group: 18 - 24, Female Age Group: 18 - 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.

Courtesy of Adirondack District Masters Swimming

12TH ANNUAL JAILHOUSE ROCK 5K

August 16, 2014 • Brookside Museum, Ballston Spa

Table with 3 columns: Rank, Name, Time. Includes Female Overall, Male Overall, Female Age Group: 1 - 10, Male Age Group: 1 - 10, Female Age Group: 11 - 14, Male Age Group: 11 - 14, Female Age Group: 15 - 19, Male Age Group: 15 - 19, Female Age Group: 19 - 24, Male Age Group: 19 - 24, Female Age Group: 25 - 29, Male Age Group: 25 - 29, Female Age Group: 30 - 34, Male Age Group: 30 - 34, Female Age Group: 35 - 39, Male Age Group: 35 - 39, Female Age Group: 40 - 44, Male Age Group: 40 - 44, Female Age Group: 45 - 49, Male Age Group: 45 - 49, Female Age Group: 50 - 54, Male Age Group: 50 - 54, Female Age Group: 55 - 59, Male Age Group: 55 - 59, Female Age Group: 60 - 64, Male Age Group: 60 - 64, Female Age Group: 65 - 69, Male Age Group: 65 - 69, Female Age Group: 70 - 74, Male Age Group: 70 - 74, Female Age Group: 75 - 79, Male Age Group: 75 - 79, Female Age Group: 80 - 84, Male Age Group: 80 - 84.

continued

2ND PEASANTMAN STEEL DISTANCE TRIATHLONS

August 17, 2014 • Indian Pines Park, Penn Yan

Table with 3 columns: Rank, Name, Time. Includes Full: 2.4M SWIM, 116M BIKE, 26.2M RUN, Male Age Group: 30 - 34, Female Overall, Male Age Group: 40 - 44, Female Age Group: 15 - 19, Male Age Group: 15 - 19, Female Age Group: 20 - 24, Male Age Group: 20 - 24, Female Age Group: 25 - 29, Male Age Group: 25 - 29, Female Age Group: 30 - 34, Male Age Group: 30 - 34, Female Age Group: 35 - 39, Male Age Group: 35 - 39, Female Age Group: 40 - 44, Male Age Group: 40 - 44, Female Age Group: 45 - 49, Male Age Group: 45 - 49, Female Age Group: 50 - 54, Male Age Group: 50 - 54, Female Age Group: 55 - 59, Male Age Group: 55 - 59, Female Age Group: 60 - 64, Male Age Group: 60 - 64, Female Age Group: 65 - 69, Male Age Group: 65 - 69, Female Age Group: 70 - 74, Male Age Group: 70 - 74, Female Age Group: 75 - 79, Male Age Group: 75 - 79, Female Age Group: 80 - 84, Male Age Group: 80 - 84.

continued

BUSINESS DIRECTORY

Celtic Treasures advertisement: For the warmth of an Irish Christmas visit Celtic Treasures. 456 Broadway, Saratoga Springs, NY 12866. 800-583-9452. Website: www.celtictreasures.com. EXTENDED HOLIDAY HOURS. Imported Crystal, China, Woolens & More!

PlacidPlanet Bicycles advertisement: All 2014 Bikes ON SALE! THE BEST NAMES IN BICYCLES. Cervelo • Kona • Cannondale • Trek • Felt Santa Cruz • Specialized • S Works • Shinola. Incredible Selection and Fabulous Service! 2242 Saranac Ave, Lake Placid (518) 523-4128 • PlacidPlanet.com

Gear-To-Go Tandems advertisement: New York's Largest Tandem Bicycle Shop. Expertise, free instruction, tips & test rides. 1 Dahinda Rd Saranac Lake 518-891-1869 www.gtgtandems.com

HAYLOFT HEALTHY VENDING advertisement: Junk out. Healthy in.™ Delicious healthy snacks, drinks & meals. Brand new state-of-art machines. Installed and serviced for FREE. (518) 929.6547 | Info@HayloftHealthy.com | HayloftHealthy.com

Ron Houser, C. Ped. advertisement: ABC Board Certified Pedorthist. Evaluation ~ Casting ~ Manufacturing. Custom Footbeds & Orthotics Made On-Site for Athletes, Hikers & Everyday Victims of Gravity. Located @ The Mountain Goat, Manchester Center, VT (802) 362-5159 - mgoat@comcast.net

True North Yoga advertisement: Get centered in the Adirondacks! Hatha, Flow, Gentle and Chair Yoga Classes Workshops, intensives and private sessions. 1073 Route 9 (Main St), Schroon Lake (518) 810-7871. Class schedule: TrueNorthYogaOnline.com

CLASSIFIEDS

VERMONT STRONG - Train hard, bring your family! Lodging ideal for camps and coaches. Reasonable, clean, close. \$90/night. Sleeps 7. Go to www.vrbo.com/573787. Call Brad Elliott 518-371-3698.

VACATION RENTAL - Log house two blocks from Main St in Lake Placid, near river. Nov 15-Apr 15. Sleeps six in large room with loft. Newly renovated. Plowing included. Utilities extra. Contact Brian@HighPeaksCyclery.com.

CLASSIFIEDS - Run your ad in next month's issue for \$.50/word, minimum 30 words. Mail check with ad text for receipt by 25th of month.

Adirondack ADK Mountain Club advertisement: Are you into it? Hiking Climbing Paddling Biking Backpacking Camping Outdoor Adventure The Adirondacks The Catskills. Don't Delay, Join Today 1-800-395-8080 www.adk.org Get into it!

RACE RESULTS

2ND PEASANTMAN STEEL DISTANCE TRIATHLONS *continued*

MALE AGE GROUP: 30 - 34	MALE AGE GROUP: 45 - 49	MALE AGE GROUP: 60 - 64
1 5:24:29 Oaks, Christopher	1 5:09:50 Koppenhaver, Ken	1 5:58:15 Hayter, Alan
2 5:30:31 Buckner, Paul	2 5:47:01 Gagliano, Mario	
3 6:04:34 Felicchi, Matthew	3 5:59:26 Culp, David	RELAY TEAMS
MALE AGE GROUP: 35 - 39	MALE AGE GROUP: 50 - 54	1 5:09:40 Team America
1 5:15:17 Peterson, Derek	1 6:20:07 Johnson, Ken	2 5:29:59 Stouts and A Pint
2 5:23:19 Guzman-Alvarez, Eric	2 6:22:49 Magiera, John	3 5:54:22 Battering Rams
3 5:48:21 Muoio, John	3 6:41:24 Tross, Kevin	AQUABIKE: 1.2M SWIM, 58M BIKE
MALE AGE GROUP: 35 - 39	MALE AGE GROUP: 50 - 54	FEMALE OVERALL
1 6:43:54 Ducharme, Leanne	1 6:21:24 Michaud, Brenda	1 3:42:03 Cummings, Traci/45-49
MALE AGE GROUP: 40 - 44	MALE AGE GROUP: 55 - 59	2 4:06:51 Miner, Samantha/20-24
1 5:10:25 Solomon, Andrew	1 5:21:20 Dwyer, Tim	3 4:31:47 Bentley, Laura/35-39
2 5:19:13 White, Vedder	2 5:45:31 Gagne, Michel	4 5:11:02 Feinstein, Nancy/60-64
3 6:36:48 Malone, Eric	3 5:46:14 Metzger, Richard	MALE OVERALL
FEMALE AGE GROUP: 40 - 44		1 4:14:49 Barron, Keith/55-59
1 5:59:04 Abbott, Wendy		<i>Courtesy of Peasantman Triathlon</i>
2 6:15:39 Mazhari, Elizabeth		
3 6:42:08 Levitsky, Kimberly		

3RD ANNUAL OLD FORGE TRIATHLON August 17, 2014 • Old Forge

1000YD SWIM, 22M BIKE, 3M RUN	2 1:34:09 Dubois, Corey	Unadilla
MALE OVERALL	3 1:36:04 Whittaker, Rob	Northville
1 1:22:45 Kuhl, Travis/35-39	FEMALE AGE GROUP: 40 - 44	
2 1:23:52 Evans, Tyler/20-24	1 1:43:58 Harris, Victoria	Unadilla
3 1:24:23 O'Donnell, Jesse/30-34	2 1:46:33 Rainbow, Kathleen	Oneida
FEMALE OVERALL	3 1:51:21 Lennox, Patty	Bedminster, NJ
1 1:29:23 Pratt, Elizabeth/35-39	MALE AGE GROUP: 45 - 49	
2 1:39:59 Ketcham, Heather/40-44	1 1:31:29 Bruno Jr, Richard	Cazenovia
3 1:41:00 Reis, Jennifer/35-39	2 1:35:08 Baker, Darin	Rome
FEMALE AGE GROUP: 1 - 14	3 1:40:03 Butera, David	Camillus
1 2:04:39 Wegman, Sarah	FEMALE AGE GROUP: 45 - 49	
MALE AGE GROUP: 15 - 19	1 1:47:59 Rusch, Kara	Hamilton
1 1:31:16 Celecki, Barrett	2 1:48:34 Maxwell, Jennifer	Washington DC
2 1:31:18 Celecki, Christopher	3 1:55:15 Pearce, Aimee	Holland Patent
3 1:36:55 Carregin, Ryan	MALE AGE GROUP: 50 - 54	
MALE AGE GROUP: 20 - 24	1 1:29:23 McQueen, Patrick	New Hartford
1 1:34:38 Romanov, Greg	2 1:40:08 Celecki, Mark	Barneveld
2 1:51:19 Vaughn, Michael	3 1:41:12 Suba, Scott	Utica
3 1:53:58 Pearson, Nate	FEMALE AGE GROUP: 50 - 54	
FEMALE AGE GROUP: 20 - 24	1 1:58:33 Weigl, Keone	Manlius
1 1:50:23 Freund, Erica	2 2:02:58 Forward, Donna	Jordan
2 1:54:38 Canne, Elizabeth	3 2:12:28 Jackson, Roseanne	Rochester
3 2:02:43 Schramm, Amanda	MALE AGE GROUP: 55 - 59	
MALE AGE GROUP: 25 - 29	1 1:37:55 Harmon, Mark	Milford
1 1:30:23 Pruckno, Joe	2 1:38:20 Antonoff, Tom	Dolgeville
2 1:40:38 Fitzgerald, Tim	3 1:42:53 Tibbits, Steve	New Hartford
3 1:46:02 Johnston, Kyle	FEMALE AGE GROUP: 55 - 59	
FEMALE AGE GROUP: 25 - 29	1 1:44:48 Nicol, Betsy	Copenhagen
1 1:46:12 Zipprich, Emily	2 2:03:40 Trench, Margaret	Charlton
2 1:54:09 Dunn, Lauren	3 2:04:10 Kerwick, Ellen	Fayetteville
3 1:56:02 Waller, Rachel	MALE AGE GROUP: 60 - 64	
MALE AGE GROUP: 30 - 34	1 1:55:35 Heveron-Smith, Steve	Webster
1 1:30:18 Lavelle, Mike	2 1:55:44 Kavanaugh, Paul	East Aurora
2 1:33:13 Bugajski, John	3 2:04:38 Dumas, Dennis	Fulton
3 1:35:31 Smith, Gregory	FEMALE AGE GROUP: 60 - 64	
FEMALE AGE GROUP: 30 - 34	1 2:03:57 Weinpress, Eileen	Spencerport
1 1:45:48 Cooreman, Dana	2 2:26:03 Ryder, Kim	Bernhards Bay
2 1:49:49 Forcino, Stacy	MALE AGE GROUP: 65 - 69	
3 1:50:28 Johnson, Adriane	1 2:01:47 Ders, John	South Otselic
MALE AGE GROUP: 35 - 39	2 2:39:14 Batalion, Nate	
1 1:35:33 Carey, Aaron	FEMALE AGE GROUP: 65 - 69	
2 1:39:15 Loughlin, Chris	1 2:12:19 Ripley, Ruth	Pennellville
3 1:41:28 Fowler, John	MALE AGE GROUP: 75 - 79	
FEMALE AGE GROUP: 35 - 39	1 2:24:41 Langevin, Armand	Cohoes
1 1:41:56 Rawluk, Tara	RELAY TEAMS	
2 1:54:25 Kuhl, Nicole	1 1:31:34 Super Engineer Cook	
3 1:58:31 Fowler, Marcia	2 1:38:32 Kewaskum	
MALE AGE GROUP: 40 - 44	3 1:38:47 New Hartford	
1 1:32:30 Domagala, Doug		<i>Courtesy of ATC Endurance</i>

4TH ANNUAL LAKE GEORGE OPEN WATER SWIM August 23, 2014 • Hague Beach, Lake George

10K USMS NATIONAL CHAMPIONSHIP	MALE AGE GROUP: 70 - 74	1 Rob Madell	72	METR	4:02:03
MALE OVERALL	10K NON-CHAMPIONSHIP, NON WETSUIT	FEMALE OVERALL	1 Julie Pais	44	Wilkes-Barre, PA 3:08:19
1 Daniel Moran	32	NEM	2 Madeline Maher	21	Richboro 3:30:32
2 James Biles	53	WMAC	3 Marina Carrasco-Perez	36	Astoria 3:52:04
3 Bob Pugh	51	1776	4 Taneesha Peacock	38	Loudonville 3:52:52
FEMALE OVERALL	MALE AGE GROUP: 18 - 24	5 Lauren Ravon	32	Montreal, QC 3:59:20	
1 Annie Ferguson	28	SWOM	6 Illana Weinstien	33	Montreal, QC 4:16:05
2 Alexis Underwood	30	GAJA	MALE OVERALL		
3 Cheryl Reinke	50	GS	1 Oliver Cordoba	39	Outremont 2:53:24
FEMALE AGE GROUP: 18 - 24	MALE AGE GROUP: 25 - 29	2 Herve Juste	55	Montreal, QC 3:22:29	
1 Kara Treacy	19	CBA	3 Tom Curley	47	Brewster 3:26:10
2 Tracy Vogel	22	UC04	4 Bill Sullivan	33	Malden 3:29:51
3 Laura Gorinski	23	UC03	10K NON-CHAMPIONSHIP WETSUIT		
MALE AGE GROUP: 25 - 29	MALE AGE GROUP: 30 - 34	MALE OVERALL	1 Frank Lanzillo Jr.	59	Troy 2:54:44
1 Brian Khouri	29	BUMS	2 Herve Hamon	52	Norwalk 3:03:07
FEMALE AGE GROUP: 25 - 29	MALE AGE GROUP: 35 - 39	3 Dan Grodinsky	32	Montreal, QC 4:13:04	
1 Ashley Braniecki	28	ADMS	4 Marcelo Arruda	51	Greenwich 4:18:50
2 Anne Osborn	29	UC08	5K NON WETSUIT		
MALE AGE GROUP: 30 - 34	MALE AGE GROUP: 40 - 44	FEMALE OVERALL	1 Alicia Fletcher	40	Castleton 1:23:32
1 Andrew Schaefer	30	BUMS	2 Hillary Kavanagh	41	Harvard, MA 1:26:32
2 Tim Reed	30	NIAG	3 Amelia Possanza	23	Brooklyn 1:28:03
3 Geoff Wells	31	BUMS	MALE OVERALL		
FEMALE AGE GROUP: 30 - 34	MALE AGE GROUP: 45 - 49	1 Matt Keller	44	Barrington, IL 1:09:29	
1 Jayme Torelli	32	UC03	2 Paul Reader	39	Barrington, IL 1:15:28
2 Kimberly Plewa	31	BERK	3 Dave Bartlett	58	Berwyn, PA 1:18:29
MALE AGE GROUP: 35 - 39	MALE AGE GROUP: 50 - 54	FEMALE AGE GROUP: 18 - 24	1 Amelia Possanza	23	Brooklyn 1:28:03
1 Thomas Patterson	37	1776	MALE AGE GROUP: 25 - 29		
2 Brent Wasser	36	FISH	1 John Thomas	25	Brooklyn 1:35:07
FEMALE AGE GROUP: 35 - 39	MALE AGE GROUP: 55 - 59	2 Andrew Delollo	26	Latham 1:40:54	
1 Sonja Koppenwallner	37	SFTL	3 Christian Delollo	29	Saratoga Springs 1:48:37
2 Lauren Fitzgerald	38	L4S	FEMALE AGE GROUP: 25 - 29		
3 Clancy Harrison	39	UC08	1 Jennifer Rasmussen	29	Cataumet, MA 1:37:21
MALE AGE GROUP: 40 - 44	MALE AGE GROUP: 60 - 64	MALE AGE GROUP: 30 - 34	1 Tim Whelan	32	Silver Spring, MD 1:21:23
1 Gil Sharon	40	NEM	FEMALE AGE GROUP: 30 - 34		
2 Eric Smith	43	NIAG	1 Amy Reinink	34	Saratoga Springs 1:30:49
3 Stephan Rodiger	44	NCYM	2 Amanda Jackson	30	Hoboken, NJ 1:35:05
FEMALE AGE GROUP: 40 - 44	MALE AGE GROUP: 65 - 69	3 Victoria Edwards	31	Nutley, NJ 1:35:06	
1 Alison Hayden	42	TTM	MALE AGE GROUP: 35 - 39		
2 Jessica Holmes	43	NEM	1 Paul Reader	39	Barrington, IL 1:15:28
3 Michelle Davidson	44	GSM	2 Robert Fisch	35	Freehold, NJ 1:27:40
MALE AGE GROUP: 45 - 49	MALE AGE GROUP: 70 - 74	3 Jesse Czach	39	Jesse Czach 1:52:32	
1 Laurie Hug	49	1776	FEMALE AGE GROUP: 35 - 39		
2 Cathy Gainer	46	ANCM	1 Caroline Spelman	39	Mamaroneck 1:38:23
3 Hope Oehler	48	MARY	2 Georgia Bowerman	39	Averill Park 1:56:33
MALE AGE GROUP: 50 - 54	MALE AGE GROUP: 75 - 79	3 Elizabeth Schmalz	35	Clarkston, MI 2:05:04	
1 Mark Richards	52	WMAC	MALE AGE GROUP: 40 - 44		
2 Tim Flannery	50	UC08	1 Matt Keller	44	Barrington, IL 1:09:29
3 James Schall	53	UC08	2 Robert Lorenz	40	Akron 1:25:02
FEMALE AGE GROUP: 50 - 54	MALE AGE GROUP: 80 & OVER	FEMALE AGE GROUP: 40 - 44	1 Alicia Fletcher	40	Castleton 1:23:32
1 Brenda Bartlett	53	1776	2 Hillary Kavanagh	41	Harvard, MA 1:26:32
2 Marcia Cleveland	50	IM	3 Denise Venstra	44	Tyngsboro, MA 1:37:12
3 Ali Hall	53	BAC	4 Tanya Brunner	43	Brooklyn 1:43:03
MALE AGE GROUP: 55 - 59	MALE AGE GROUP: 85 & OVER	FEMALE AGE GROUP: 45 - 49	5 Jodi Plante	40	Saratoga Springs 2:02:22
1 Kevin Scanlan	59	IM	1 Scott Schoener	48	Blackwood, NJ 1:35:27
2 Dan Wall	58	ADMS	FEMALE AGE GROUP: 45 - 49		
3 Thomas Syzek	59	SWOM	1 Beth Kirkpatrick	48	Westford, VT 1:37:43
FEMALE AGE GROUP: 55 - 59	MALE AGE GROUP: 90 & OVER	2 Maggie Rowley	47	Gloversville 1:43:09	
1 Karen Einsidler	58	AGUA	3 Rosemary Shea-Cobb	49	Westford, VT 1:45:38
FEMALE AGE GROUP: 60 - 64	MALE AGE GROUP: 95 & OVER	4 Ellen Venditti	48	Ulster Park 1:47:31	
1 Nancy Steadman Martin	60	GSM	5 Kimberly Edgar	49	Lebanon, NH 1:54:31
2 Shirley Loftus-Charley	62	VMST			
3 Beth Maloney	63	BERK			
MALE AGE GROUP: 65 - 69					
1 Bob Bruce	66	OREG			
2 Dane Griffin	66	CFM			
3 Bill Reichle	66	BERK			

4TH ANNUAL LAKE GEORGE OPEN WATER SWIM *continued*

MALE AGE GROUP: 50 - 54	1 Michael Robie	54	Schaumburg, IL	1:31:17
	2 John Doty	50	Westford, VT	1:39:53
	3 Jeffrey Lieb	50	Easton, PA	1:46:13
FEMALE AGE GROUP: 50 - 54	1 Tammara Van Ryn	50	Greenwich	1:36:17
	2 Liz Morrish	54	Nottingham	1:52:10
	3 Sandy Swoboda	50	Berwyn Heights, MD	1:59:21
	4 Nancy Hilscher	52	Hannacroix	2:10:36
MALE AGE GROUP: 55 - 59	1 Dave Bartlett	58	Berwyn, PA	1:18:29
	2 John Lomasney	56	Apalachin	1:40:25
FEMALE AGE GROUP: 55 - 59	1 Gail Holland	55	Worcester, MA	1:32:46
	2 Sandy Mitchell	55	Tucson, AZ	1:33:45
	3 Rosanna Sikora	58	Morgantown, WV	1:33:53
MALE AGE GROUP: 60 - 64	1 Donald Asay	60	Rumson, NJ	1:31:51
FEMALE AGE GROUP: 60 - 64	1 Catherine Maloney	63	Rumson, NJ	1:52:51
5K WETSUIT	FEMALE OVERALL	1 Lynn Festa	48	Lenox, MA 1:19:13
	2 Kristen Koines	41	Oakton, VA 1:34:43	
	3 Karen Mackin	49	Acton, MA 1:34:43	
	4 Karen Logiudice	45	Amesbury, MA 2:00:10	
	5 Julie Hanson	41	Averill Park 2:06:58	
	6 Frederique Delhay	59	North Brunswick, NJ 2:21:49	
	7 Tracy Racicot	46	Johnsonville 2:40:24	
MALE OVERALL	1 Tocher Mitchell	67	Shelburne, VT 1:28:27	
	2 Marc Mansour	50	Boston, MA 1:30:49	
	3 Bob Mackin	51	Acton, MA 1:40:09	
	4 James Christian	31	Albany 1:50:22	
	5 Patrick Couture	48	Dollar-Des-Orms, QC 1:51:39	
	6 Matt Brunke	35	Glens Falls 1:58:15	
	7 William Niquette	41	Williston, VT 2:02:24	
	8 Richard Gardner	62	Syracuse 2:07:39	
5K NON WETSUIT	FEMALE OVERALL	1 Sam Allen	21	Valley Center 41:26
	2 Joelle Brown	28	Cambridge 42:17	
	3 Karann Durr	42	Gansevoort 43:12	
FEMALE AGE GROUP: 18 - 24	1 Sam Allen	21	Valley Center 41:26	
	2 Michelle Rodriguez	24	Yorktown Heights 44:26	
	3 Jade Plaschka	23	Smithtown 46:23	
	4 Lindsey Eby	24	Clifton Park 1:20:59	
	5 Kimberly Soccia	22	Staten Island 1:21:18	
FEMALE AGE GROUP: 25 - 29	1 Joelle Brown	28	Cambridge 42:17	
	2 Kelly Battaglia	25	Liverpool 46:23	
	3 Alex Lado	25	Saratoga Springs 49:34	
	4 Alaina Spaziani	25	Stamford 57:10	
	5 Regina Chien	27	New York 59:35	
FEMALE AGE GROUP: 30 - 34	1 Sophie Rutenbar	30	New York 48:16	
	2 Heather Robinson	33	Evans Mills 51:09	
	3 Jennifer Snyder	34	Brooklyn 52:54	
	4 Nora Cronin	32	Albany 59:25	
	5 Kimberly Buddle	30	Whitesboro 1:16:18	
FEMALE AGE GROUP: 35 - 39	1 Aneka Flamm	36	Brooklyn 1:00:42	
FEMALE AGE GROUP: 40 - 44	1 Karann Durr	42	Gansevoort 43:12	
	2 Jennifer Warren	42	Andover 47:30	
	3 Jennifer Romer	41	East Greenbush 60:11	
FEMALE AGE GROUP: 50 - 54	1 Pam Ameen	52	Newburyport 58:42	
	2 Ann Burdick	53	Glenmont 1:03:02	
FEMALE AGE GROUP: 55 - 59	1 Shawn Ehlers	57	New York 54:17	
	2 Sharon Snyder	56	New York 59:58	
	3 Kathy Norton	55	Ellicott City 1:04:35	
MALE AGE GROUP: 60 - 64	1 Frances Hare	63	New York 44:20	
	2 Pam Fischer	63	Silver Bay 55:24	
	3 Tish Best	62	Columbia 1:00:04	
FEMALE AGE GROUP: 65 - 69	1 Sue Tendy	65	Cornwall 58:08	
5K NON WETSUIT	MALE OVERALL	1 Jeremy Fischer	36	Wilmington 37:59
	2 Richard McKern	42	Summit 39:50	
	3 Dave Hagggett	49	Palatine 42:01	
MALE AGE GROUP: 18 - 24	1 Nate Foley	24	Delmar 49:52	
	2 Jim Algeo	24	Huntingdon Valley 1:00:48	
	3 Billy Demoulin	24	Rochester 1:08:31	
MALE AGE GROUP: 25 - 				

CAMP SARATOGA 5K TRAIL RUN SERIES *continued*

RACE #4: AUGUST 4			RACE #5: AUGUST 18		
MALE OVERALL					
1	Jake Stookey	38	17:44	1	Shaun Donegan
2	Shaun Donegan	28	17:58	2	Jake Stookey
3	Chris Collins	48	18:09	3	Jeff Goupil
FEMALE OVERALL					
1	Dana Bush	35	19:16	1	Dana Bush
2	Deb Nordyke	52	24:29	2	Mary Fenton
3	Whitney Wright	14	24:32	3	Ginny Larmer

Courtesy of Saratoga Stryders

LAKE GEORGE TRIATHLON FESTIVAL

August 30-31, 2014 • Battlefield Park, Lake George

OLYMPIC: 0.9M SWIM, 24.8M BIKE, 6.2M RUN			BIG GEORGE - 1.2M SWIM, 56M BIKE, 13.1M RUN		
MALE OVERALL					
1	2:00:35	Lemay, Julien/15-19	Montreal, QC		
2	2:04:26	Cade, Patrick/30-34	Ballston Lake		
3	2:05:39	Richardson, Nick/35-39	Jericho, VT		
FEMALE OVERALL					
1	2:19:32	Nagy, Madeline/45-49	Hatfield, MA		
2	2:25:14	Humphrey, Maddie/25-29	Reston, VA		
3	2:26:48	Heaphy, Alison/45-49	Nassau		
MALE AGE GROUP: 15 - 19					
1	2:30:00	St-Pierre, Louis	LaSalle, QC		
2	2:57:35	Adeson, Jonah	Queensbury		
3	2:58:26	Keegan, John	Schenectady		
4	3:07:45	Emmert, Jack	Central Valley		
5	3:30:40	Harding, Dillon	Clifton Park		
FEMALE AGE GROUP: 15 - 19					
1	3:49:29	Fox, Emily	Vestal		
MALE AGE GROUP: 20 - 24					
1	2:08:30	Schlesier, Brett	Johnstown		
2	2:17:06	Van Dyl, Ryan	Kingston, ON		
3	2:19:43	Brown, Trevor	Burlington, VT		
4	2:29:09	Van Diest, Norman	Glens Falls		
5	2:29:40	Mulligan, Brandon	Westfield, MA		
FEMALE AGE GROUP: 20 - 24					
1	2:33:33	Truax, Liza	New York		
2	2:44:32	Richard, Sarah	Raymond, NH		
3	2:50:18	Giampaglia, Grace	Guiderland		
4	2:51:40	Grimaldi, Dina	Higgenum, CT		
5	2:54:42	Saroff, Hahnah	Queensbury		
MALE AGE GROUP: 25 - 29					
1	2:09:18	Olzinski, Michael	Brooklyn		
2	2:14:34	Long, Kevin	Queensbury		
3	2:16:47	McCarthy, Liam	Guiderland		
4	2:16:52	Mallon, Kevin	Springfield, VA		
5	2:18:00	Hayto, Matthew	New York		
FEMALE AGE GROUP: 25 - 29					
1	2:31:15	Luck, Hannah	New York		
2	2:34:50	McCloskey, Kelly	Albany		
3	2:44:03	Jen-LaPlante, Ilan	New York		
4	2:53:28	Kosowski, Kristin	New York		
5	2:55:13	Alois, Bridget	Hoboken, NJ		
MALE AGE GROUP: 30 - 34					
1	2:09:18	Phillips, Matt	Pittsford		
2	2:11:24	Fleming, Sean	South Burlington, VT		
3	2:17:19	Towne, Brenton	Milton, VT		
4	2:25:25	Gaffuri, Paul	Somerville, MA		
5	2:26:38	Newman, David	Albany		
FEMALE AGE GROUP: 30 - 34					
1	2:29:01	Schofield, Julia	South Burlington, VT		
2	2:31:05	Moskal, Ann	Ballston Spa		
3	2:31:52	Greenham, Katie	Etna, NH		
4	2:34:59	Kandiel, Kristin	Watervliet		
5	2:45:21	Thomas, Amie	Syracuse		
MALE AGE GROUP: 35 - 39					
1	2:08:52	Buehner, Daniel	Queensbury		
2	2:09:42	White, Brian	Altamont		
3	2:12:43	Pratt, Zachariah	Riverside, CT		
4	2:22:39	Knarr, Jason	Webster		
5	2:23:04	Zepf, Shaun	Charlton		
FEMALE AGE GROUP: 35 - 39					
1	2:30:47	Dickens, Isabelle	South Glens Falls		
2	2:35:16	Evansky, Rebecca	Hudson Falls		
3	2:37:34	Abramczyk, Carolyn	Washington, DC		
4	2:38:33	Chenard-Guay, Christine	Verdun, QC		
5	2:42:04	Demers-Bourgeois, Aimee	Plattsburgh		
MALE AGE GROUP: 40 - 44					
1	2:14:20	Gardner, Jason	Glens Falls		
2	2:17:09	Johnson, Kristofer	Saratoga Springs		
3	2:18:07	Zabukovec, Randy	Kingston, ON		
4	2:18:57	Allen, Kenneth	West Point		
5	2:20:01	Mitchell, Travis	Broadalbin		
FEMALE AGE GROUP: 40 - 44					
1	2:29:37	Volpi, Jenna	Scarsdale		
2	2:36:46	Morris, Cheryl	South Glens Falls		
3	2:37:03	Kresge, Jennifer	Rexford		
4	2:37:56	Lechasseur, Marie-Chantal	Verdun, QC		
5	2:43:03	Bertrand, Nathalie	Lasalle, QC		
MALE AGE GROUP: 45 - 49					
1	2:10:53	Regenauer, Carl	Saratoga Springs		
2	2:11:19	Kelley, Randy	Plattsburgh		
3	2:17:46	Dodge, Jeff	Plattsburgh		
4	2:18:32	Stavely, Scott	Franklin, MA		
5	2:19:23	Vogel, Keith	Queensbury		
FEMALE AGE GROUP: 45 - 49					
1	2:31:01	Howe, Jane	Kingston, ON		
2	2:39:44	Mauro, Carrie	Glens Falls		
3	2:40:35	Baboomian, Lila	Budd Lake, NJ		
4	2:43:14	Boily, Vivian	Longueuil, QC		
5	2:43:45	Halusic, Lonnie	Niskayuna		
MALE AGE GROUP: 50 - 54					
1	2:14:02	Werner, Ralph	Ottawa, QC		
2	2:16:56	Brimstein, Patrick	Peru		
3	2:26:07	Stalker, Michael	Burnt Hills		
4	2:29:46	Petit, Jason	Liverpool		
5	2:31:09	Kirch, Timothy	Niskayuna		
FEMALE AGE GROUP: 50 - 54					
1	2:28:24	Ransom, Lisa	Concord, NH		
2	2:40:23	Qintal, Linda	Vaudreuil-Sur-Le Lac, QC		
3	2:46:31	Bosman, Marie	Niskayuna		
4	2:48:01	Gauvin, Marie-Josée	LaSalle, QC		
5	2:50:21	Dufour, Marie-France	Dollars Des Ormeaux, QC		
MALE AGE GROUP: 55 - 59					
1	2:09:00	McGee, Thomas	Ottawa, ON		
2	2:10:38	Noonan, John	Ballston Spa		
3	2:30:56	Lanzillo Jr, Frank	Troy		
4	2:40:16	Vnuk, Steve	Delmar		
5	2:40:58	Weinberg, Mark	Boca Raton, FL		
FEMALE AGE GROUP: 55 - 59					
1	2:34:26	Stalker, Beth	Burnt Hills		
2	2:41:08	Huether, Lorraine	Melville		
3	2:56:19	Latimore, Christine	Litchfield, CT		
4	2:56:40	Little, Tracy	Hurley		
5	2:59:58	Stout, Christy	Holden, ME		
MALE AGE GROUP: 60 - 64					
1	2:36:57	Kline, Roy	Queensbury		
2	2:38:46	Winn, Eric	Narragansett, RI		
3	2:39:34	Schonwetter, Steven	Clifton Park		
4	2:51:18	Schowalter, Leo	Latham		
5	2:52:20	Martin, John	Montpelier, VT		
MALE AGE GROUP: 65 - 69					
1	3:04:16	Mineconzo, Gary	Queensbury		
2	3:10:14	Adams, James	Altona		
FEMALE AGE GROUP: 65 - 69					
1	3:33:39	Wallace, Margaret	Queensbury		
MALE AGE GROUP: 70 - 74					
1	2:52:06	Dunseath, Hugh	Clifton Park		
2	2:52:24	Cunningham, Jim	Ticonderoga		
3	3:40:45	Cooper, Clifford	Litchfield, CT		
4	3:42:59	Clark, Fred	Mont Tremblant, QC		
5	3:47:07	Butt, Mark-Richard	Delmar		
NORTHEAST COLLEGIATE: MALE					
1	1:50:20	West, Jason/20-24	Breignsville, PA		
2	2:06:11	Mabrouk Karim/25-29	Naugatuck, CT		
3	2:07:10	Ampleman, Matt/25-29	Florisant, MO		
NORTHEAST COLLEGIATE: FEMALE					
1	2:12:28	Edwards, Bria/20-24	Hazle Township, PA		
2	2:21:14	Dickson, Angelica/20-24	West Point		
3	2:22:45	Tukan, Natalie/20-24	Scottsdale, AZ		
RELAY: MALE TEAMS					
1	2:14:31	Go Ask Your Mom			
2	2:22:35	Genesis			

LAKE GEORGE TRIATHLON FESTIVAL *continued*

3	5:31:10	Nichols, Joseph	Little Rock, AR
4	5:33:30	Chalfoux, Jacques	Montreal, QC
5	5:37:32	Gildea, Brian	Oakville, CT
6	5:42:55	Goolkasian, Michael	Ipswich, MA
7	5:44:16	Valencia, Fernando	Montreal, QC
8	5:51:18	Dillenberg, James	AuSable Forks
9	5:52:31	Coghill, Hal	Newark Valley
10	5:52:43	Abitante, Peter	Upper Saddle River, NJ
FEMALE AGE GROUP: 50 - 54			
1	5:41:11	Bashaw, Shari	St Albans, VT
2	6:02:01	Dufour, Marie-France	Dollars des Ormeaux, QC
3	6:08:32	Pohl, Nicolette	Saratoga Springs
4	6:16:37	Simmons, Deanna	Webster
5	6:17:52	Dubin-Grossman, Joy	South Burlington, VT
6	6:32:41	Rapacz, Natalie	Montreal, QC
7	6:37:10	Frey, Fayne	New City
8	6:45:39	Bottilo, Kathleen	East Greenbush
9	7:04:34	Richardson, Joanne	Poestenkill
10	7:20:17	Rowe, Andrea	Glenville
MALE AGE GROUP: 55 - 59			
1	4:54:25	McGee, Thomas	Ottawa, ON
2	5:37:07	Kenny, John	Greenwich
3	6:02:39	Frisella, Joseph	St Louis, MO
4	6:09:24	Aaron, Nelson	Newburgh
5	6:11:03	Van Nostrand, William	East Setauket
6	6:12:17	Koch, Steven	St Louis, MO
7	6:20:38	Kilcoin, William	Middletown
8	6:23:01	Meyer, Keith	Saratoga Springs
9	6:33:44	Arnold, Danny	Clifton Park
10	6:49:12	Hoelzl, Thomas	Orchard Park
FEMALE AGE GROUP: 55 - 59			
1	6:06:08	Fair, Kitty	Exeter, NH
2	6:27:33	Kilcoin, Valerie	Middletown
MALE AGE GROUP: 60 - 64			
1	5:47:36	Winn, Eric	Narragansett, RI
2	7:02:10	Dempsey, Dennis	Buffalo
FEMALE AGE GROUP: 60 - 64			
1	5:58:52	Peck, Kathi	Goshen, CT
2	6:45:50	Phillips, Margaret	East Schodack
MALE AGE GROUP: 70 - 74			
1	7:23:33	Kershaw, Leonard	Bolton Landing
2	7:42:57	Murray, Paul	Albany

RELAY: MALE TEAMS

1	4:40:01	Sleeping Tito's	Clifton Park
2	4:41:11	Tomhannock Warriors	Pittstown
3	4:49:29	Toms Team	

RELAY: FEMALE TEAMS

1	5:34:42	A 3-Way Relay-sionship	
2	5:52:53	Over 40 Club	Niskayuna

RELAY: COED TEAMS

1	5:41:43	Phoenix	Montreal, QC
2	5:55:27	Hey Hey What Can I Do	
3	6:18:55	RCB Express	

AQUABIKE - 1.2M SWIM, 56M BIKE

MALE OVERALL			
1	3:20:04	Morrissey, Dave/50-54	34 Albany
2	3:37:44	Bartfield, Joel/55-59	39 Slingerlands
3	3:44:49	Wengler, Jim/45-49	45 Brooklyn

FEMALE OVERALL			
1	3:38:10	Countryman, Suzanne/40-44	44 Mendham, NJ
2	3:42:59	Rousseau, Isabelle/45-49	49 Longueuil, QC
3	3:48:17	Torelli, Jayme/30-34	45 Selkirk

KING GEORGE - BIG GEORGE & OLYMPIC

MALE OVERALL			
1	7:03:25	McGee, Thomas	57 Ottawa, ON
2	7:50:42	Newman, David	34 Albany
3	8:05:44	Slyer, John	49 Averill Park
4	8:18:30	Chalfoux, Jacques	50 Montreal, QC
5	8:22:09	Dillenbeck, Brian	44 Alplaus
6	8:24:27	Valencia, Fernando	54 Montreal, QC
7	8:26:22	Winn, Eric	60 Narragansett, RI
8	8:34:14	Teson, Joe	40 Watervliet
9	8:37:38	Rosello, Ryan	34 New York
10	9:13:08	Trotter, Joel	45 Lasalle, QC
11	10:14:31	Perry, John	52 Johnsonville

FEMALE OVERALL			
1	8:15:33	Lechasseur, Marie-Chantal	44 Verdun, QC
2	8:28:00	Bertrand, Nathalie	42 Lasalle, QC
3	8:45:56	Wechter, Debra	39 Dalton, MA
4	8:52:22	Dufour, Marie-France	51 Dollars Des Ormeaux, QC
5	9:02:23	Cooper, Pamela	38 Greenfield Center
6	9:09:09	Weinberg, Samantha	26 New York
7	9:17:32	Scheuing, Laurie	48 Saratoga Springs
8	9:28:21	Rapacz, Natalie	53 Montreal, QC
9	11:50:39	Fraser, Debra	52 Fairfax, VT

Courtesy of Adirondack Race Management

3RD ANNUAL 18.12 CHALLENGE & HALF MARATHON

August 31, 2014 • Watertown to Sackets Harbor

18.12-MILE ROAD RACE				13.1-MILE ROAD RACE				
MALE OVERALL								
1	Sam Morse	30	Camden	1:39:09	1	Nick Webster	25 Albany	1:17:30
2	Joe Whelan	23	Hamburg	1:39:51	2	Richard Cohen	43 Utica	1:18:21
3	Lawrence Franks Jr	28	Fort Drum	1:56:27	3	Randy Demar	27 Watertown	1:26:33
FEMALE OVERALL								
1	Shannon Corona	32	Fort Drum	2:08:19	1	Brigid Heenan	23 Liverpool	1:30:52
2	Jen Malik	35	Rochester	2:12:05	2	Kristen Betrus	41 Potsdam	1:35:32
3	Sarah Gardner	28	Clifton Park	2:19:46	3	Ashley Thayer	21 Winthrop	1:36:23
MALE AGE GROUP: 1 - 17								
1	Nathan Tyler	16	Adams	2:15:26	1	Matthew Sullivan	14 Adams	1:39:42
2	Zachary Zeltmann	17	Adams Center	2:22:54	2	Ethan Fish	11 Sandy Creek	2:10:59
3	Guokai Xu	14						



STOCKADE-ATHON



MVP HEALTH CARE

STOCKADE-ATHON

15K Road Race

Schenectady, NY



STOCKADE-ATHON



TIMRO




USATF Certificate
NY14079JG

Measured
6/15 & 6/21/2014
Key intersections only
shown on map

M = Mile Locations
WS = Water Stops



Detail of Finish



Detail of Vale Cemetery Section



RUNNING *continued from page 1*

A We Run the Capital community fun run, led by Fleet Feet Sports, will preview the Stockade-athon 15K course on Sunday, November 2 at 8am. The free run is open to all speeds and ages. It starts from Veterans Park, near the MVP building, in downtown Schenectady.

The Capital District YMCA in downtown Schenectady stepped up in a big way by providing their venue for race day packet pickup and baggage check, and will assist MVP Health Care in support of a new 1K Kids Run that will start from their rear parking lot

on Franklin Street. The Gazette Newspapers will remain the print media sponsor, providing coverage of the event.

A new course and start/finish area was finalized in June after months of advance planning. From March to May, a new course was constructed with input from race course director John Haley, race committee chair Jon Rocco, and three top officers from the Schenectady Police Department. The new course generally follows the course layout of the previous few years in a clockwise loop, versus counter clockwise as in years past.

The new course adds approximately 1.5 miles of new sections, including a short section in Riverside Park in the historic Stockade, and two new residential loops. These new sections were necessary since a 1.5-mile section of the old course in Central Park was used twice (outward and inward); no longer a possibility with the downtown start.

On race day the new course and earlier start time of 8:30am, affords police the ability to open the major roadways of State Street, Erie Boulevard, and lower Nott Street by 9am, after having all runners cleared from downtown proper after just two miles. This should help address some concerns with Sunday morning church goers.

The Schenectady YMCA will host race morning packet pickup and a new baggage check from 7 to 8am. Access to the YMCA from State Street is just two blocks from the start and finish. Veterans Park in front of the MVP Health Care building will be the staging area prior to the start, with portable toilets available. For security reasons runners will not be allowed to leave bags at the start or finish area unattended, and should take advantage of the free clear backpacks provided by MVP Health Care at packet pickup to store warm clothing and to check a bag prior to the start.

Post-race refreshments and the award ceremony will be now held indoors at different Proctors venues. Proctors and Key Hall will be the location for refreshments, and just across the arcade hallway runners will have access to an indoor farmer's market, and the adjoining GE Theater for the award ceremony.

A 1K Kids Run will begin at the YMCA parking lot on Franklin Street soon after the conclusion of the 15K race. Children age 12-and-under will receive a post-race goodie bag and medal in this non-competitive event.

There should be ample downtown free parking with runners having access to the city parking garage on Broadway (across from the NY Lottery building), and a large outdoor surface lot on the corner of Liberty Street and Nott Terrace. From the Broadway parking garage and the Liberty surface lot, runners can access the start/finish area with



a very short walk.

These changes should usher in a new era for the oldest major 15K race in the US, and allow for anticipated growth going forward this year and in 2015 when the Stockade-athon will celebrate a special 40-year birthday.

This year's elite field is coming together with 40 to 50 runners expected. A few past champions and top competitors were confirmed as of press time; a complete elite field will be published on the race website on November 6.

WOMEN - 2014 Hartford Half champion Megan Hogan of New York City; 2013 Stockade-athon champion Hannah Davidson of Manlius; 2012 Stockade-athon champion Maegan Krifchin of Manlius; 2013 Troy Turkey Trot champion Nicole Blood of Hoboken, NJ; 2014 Hannaford Half champion Sara Dunham Peru; and 2013 Stockade-athon third place Katie O'Regan of Lebanon, PA.

MEN - 2012 Stockade-athon champion Christian Thompson of Wyncote, PA; 2013 Hartford Marathon runner-up Eric MacKnight of Ballston Lake; 2014 Hannaford Half runner-up Kieran O'Conner of Arlington, VA; 2014 CSY Bread Half fourth place Joe Whelan of Syracuse; 2013 Stockade-athon sixth place Andrew Foxenberg of Syracuse; and 2013 Stockade-athon eighth place Alex Paley of Albany.

For more information on the event, visit: stockadeathon.com.

NORDIC SPECIALISTS

Turn your training into a vacation!



HPC
HIGH PEAKS CYCLERY
LAKE PLACID • NEW YORK



ADVENTURE HEADQUARTERS

Leading since 1983

XC Skiing • Alpine Touring
Backcountry • Snowshoeing
Ice Climbing • Mountaineering

www.hpmountainguides.com

Become a NORDIC SKIER!

NORDIC SPECIALISTS

- Professional Service and Selection
- Precision Digital Flex Testing
- Custom Boot Fitting
- Wintersteiger Stone Grinding
- Hotbox Specialists

XC SKI CAMPS (1-3 DAYS)

Discover the ultimate endurance sport! Learn skate and classic techniques, culture, waxing, & gear. Lodging available from 1-30 people.

All Inclusive or à la Carte



SWIX **highpeakscyclery.com** *Join us!*

FISCHER World Class facilities, coaches, & equipment

ROSSIGNOL Learn skate & classic techniques

SALOMON Mt. Van Hoevenberg Olympic Trails

MAJASHUS



LOPPET

March 1, 2015

SALES • SERVICE • RENTALS • TOURS • LODGING

Stay with us! Our Base Camp lodging can accommodate singles, couples, and groups in Adirondack style, - just minutes away from downtown. Call 518-523-3764.

NON-MEDICATED LIFE

How and When to Discontinue Medication **Part 3**

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 62nd in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 61 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost. This, however, begs the questions of how and when you may rationally and safely reduce and ultimately discontinue chronic medications.

I wish to reemphasize that any consideration of reduction or discontinuation of medication and how it may safely be accomplished must be discussed with your primary care physician as well as a cardiologist and or endocrinologist, if one is seen by a subspecialist, or has received the medication in question from that subspecialist. The decision to discontinue medication should be a

consensus decision with your medical providers in agreement and should never be taken without a complete, preferably face-to-face discussion with those providers.

Parts One and Two discussed the discontinuation of blood pressure and cholesterol medications, respectively. Part Three concerns the rational discontinuation of diabetes medications.

Medications for type 2 diabetes fall into several groups including oral medications and injectable medications. Examples of oral medications used in the management of diabetes include biguanides (metformin), sulfonylureas (glipizide, glyburide and glimepiride), thiazolidinediones or TZDs (actos or pioglitazone and avandia or rosiglitazone), dipeptidyl peptidases or DPP-4 inhibitors (januvia, onglyza and tradjenta), meglitinides (starlix), and SGLT2 inhibitors (invokana and farxega). Injectable medications include GLP-1 agonists (byetta, bydureon and victoza) and insulin (lantus and levemir and regular insulin).

The underlying abnormality in type 2 diabetes is insulin resistance. Insulin is a hormone that facilitates the entry of glucose from the blood stream into the cells of the body. Insulin resistance is a term describing the progressive inability of insulin to do its job with progressive increases in body weight in individuals with a genetic predisposition to diabetes. Thus, in such an individual the more their body weight

increases the more insulin is required to get glucose from the blood stream into cells. The cells in the pancreas that produce insulin, called islet cells, are fixed in number and can meet the greater demand for a period by working at supra-normal levels of output – a kind of sprint to produce insulin. However, after a time, they fatigue and indeed burn themselves out with the pancreas unable to regenerate or replace those lost with new cells. The cell death also throws the work of producing enough insulin to the remaining cells producing more islet cell burn out in an accelerating fashion. By the time an individual has been diagnosed with diabetes, they have lost 50-70% of their islet cells in a process that has gone on for several years, is completely without symptom and is unfortunately irreversible.

How then can you possibly consider the discontinuation of medications? Fortunately, under the right circumstances the remaining 30-50% of islet cells may produce sufficient insulin to maintain blood sugar in the normal range. Those circumstances include the reversal of insulin resistance and the consumption of a diet low in simple sugars and carbohydrates.

Reversing insulin resistance requires the reversal of the condition primarily responsible for that resistance – namely excess body weight. Therefore, in overweight and obese individuals with diabetes, weight loss is the strategy for the rational discontinuation of medications. Moreover, for many individuals the amount of weight loss need not be all their excess body weight, and if they begin this process early in the course of diabetes, as little as 20 pounds of loss may allow discontinuation of medication – with maintenance of normal or near-normal blood glucose levels. Later in the course of diabetes, larger amounts of weight loss may be necessary, but strategies such as bariatric surgery can for many still achieve normal blood glucose levels without medication. For those individuals with diabetes present for over several years, and those people with insulin in high-dose required, islet cell loss may exceed 90%, and the probability of discontinuation of medication is reduced.

Whether by diet or bariatric surgery, the discontinuation of diabetes medication requires multiple daily fingerstick monitoring of blood glucose levels, and the supervision of a primary care physician or endocrinologist.

Medication such as insulin and sulfonylureas may need to be decreased or discontinued quickly after the institution of a diet. This is especially true in a low carbohydrate diet, lest blood sugar levels fall too precipitously and cause symptoms. It needs to be emphasized that low blood sugar or hypoglycemia may be dangerous and indeed life threatening. Other medications such as metformin, GLP-1 agonists, and TZDs have less of a tendency to cause hypoglycemia, but still require close, frequent monitoring, and the supervision of a physician during the weight loss process.

Whether the weight loss needed to discontinue medication is achieved by diet or by bariatric surgery, it needs to be emphasized that this is not the reversal of diabetes. The individual still has fewer islet cells than before diabetes was diagnosed, and may more appropriately be thought of as diet controlled. Consumption of simple sugars or excess carbohydrates may still cause blood sugars to elevate into an unacceptable range. Consequently, an ongoing program of diet modification and appropriate exercise is essential to safely maintaining the non-medicated state.

In summary, diabetes medication may rationally be decreased and sometimes discontinued but only under the close supervision of a physician, and only if insulin resistance is reversed with appropriate weight loss. The process requires physician oversight and supervision, as well as close and frequent daily monitoring of blood glucose levels, so as to avoid hypoglycemia which may be life threatening. Nevertheless, with supervision and close monitoring, as well as ongoing maintenance of appropriate body weight, diet modification and exercise, it is possible for many individuals to decrease and discontinue diabetes medication – and so avoid the proverbial bottle of pills to control one of humanity's most significant health challenges! 🌱

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



ADIRONDACK
Health & Wellness

*Onsite
Corporate Flu
Vaccinations*

The single best way to protect yourself and your loved ones against the flu is to get vaccinated **every year.**

FLU VACCINE CLINIC

Scheduling Now!

- We accept the following insurances: CDPHP, MVP, Blue Shield Northeastern NY, Blue Shield Western NY, Empire Blue Cross, and Anthem BlueCross BlueShield, Excellus and BlueCross BlueShield with PPO coverage or a payment of \$27 check or credit card can be accepted. Must be 18 years or older.
- Local clinics with 25 participants or less (15 minimum) can be scheduled from September 9 – 19th and will begin again November 11th and later.
- If a clinic location is greater than 75 miles round trip, a minimum of 50 participants is required and travel fees may apply.
- On-line sign-ups available.

For more information or to schedule your Flu Clinic call

(518) 886-8251 or adkhw.com



Sabine Weber, MS, RDN, CDN
Integrative Nutrition Consultant

Specializing in:

- Sports Performance
- Functional Nutrition
- Disordered Eating
- Professional Quality Supplements

For Appointments **518-523-0157**
adknutrition@frontier.com

183 Newman Road, Lake Placid
AdirondackNutritionConsulting.com



Becky Weyrauch, certified personal trainer

beckyrocks@nycap.rr.com • 522-9765
Register: **RockYourFitnessNY.com**

In-home private training • Small group classes
First class/consultations free (Cannot be combined with other offers)


Total Body Workout and Motivation for ALL Fitness Levels
TRX – Kettlebell – Weights
Battle Ropes – Medicine Balls

SMALL GROUP TRAINING CLASSES

Six Weeks: Nov 10 - Dec 20
M/W/F 5:15am or 6:45am
Tu/Th 9:30am & Sat 7:30am

Saratoga-Wilton Soccer Club
(formerly Charboneau)
2381 Route 9, Malta

TRX | INSIDE



THE CENTER FOR PREVENTIVE MEDICINE
Paul Lemanski, MD, FACP • Laurie Burton-Grego, MS, RD, CDE • Amy Milstein, MS, RD, CDE

Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

- CARDIOFIT weight reduction program
- Mediterranean Cooking Classes
- Acupuncture with Angela Stritt, L. Ac, Dipl. Ac,
North Country Acupuncture, LLC • 518-210-6081

More info: CenterforPreventiveMedicine.com and NorthCountryAcupuncture.com

The Center for Preventive Medicine • Prime Care Physicians, PLLC
400 Patroon Creek Blvd, Suite 100, Albany • 518-618-1100



THE INSIDE EDGE

INSIDE EDGE .BIZ

SKI • BOARD • BIKE

ALPINE, CROSS COUNTRY, TELEMAR, AND SNOWBOARD

EXPERT TUNE-UPS, REPAIRS, CLOTHING, HELMETS, TUNING SUPPLIES, ACCESSORIES, & MORE!

643 UPPER GLEN ST (ROUTE 9) • QUEENSBURY NY • 518 793 5676

OLDE SARATOGA BIKE & BOARDS

Going Out of Business Sale!
Drastic Savings – Everything Must Go!
All Sales Must be Final by Nov. 30

CANNONDALE	
Caad 8 Tiagra – 58cm	original \$1,250 • sale \$782
Caad 8 Claris – 54cm	original \$870 • sale \$528
Caad 8 Sora – 56cm, 58cm	original \$980 • sale \$594
Synapse Sora – 56cm, 54cm	original \$1,030 • sale \$627
Synapse Claris – 54cm	original \$920 • sale \$561
Synapse Women's Carbon 105 – 51cm	original \$2,270 • sale \$1,499
Synapse Women's Sora – 51cm, 48cm	original \$1,010 • sale \$614
Synapse Women's Claris – 44cm, 48cm, 54cm	original \$900 • sale \$548
Synapse Women's Tiagra – 51cm, 54cm	original \$1,250 • sale \$782
JAMIS	
Ventura Comp – 58cm, 48cm, 51cm	original \$950 • sale \$600



Plus, Remaining Stock of Fitness @ Comfort Bikes! And, Ski and Snowboard Equipment!

Please Call Ahead for Hours

17 Ferry St, Schuylerville
 - Just 10 miles east of Saratoga Springs -
(518) 695-9500 • osbikenboards@verizon.net



I SKI NY
 www.iskiny.com

Free FOR Kids

3RD & 4TH GRADE PROGRAM

**Snow Conditions
 Ticket/Gold Pass/
 Ski & Stay Deals
 Learn To Ski Programs
 Mountain Info
 and More!**

**Also 3rd and 4th Graders
 can Ski For Free!
 Visit iskiny.com Today!**

Save on the best massage for you

Now Open in Clifton Park



SPECIAL INTRO OFFER

\$49

55 MINUTE SESSION

Enjoy the country's highest-rated massage!

Reduced stress, elevated mood, and a strengthened immune system are all part of experiencing a therapeutic massage **The Elements Way.®**

Clifton Park
 The Shops at Village Plaza
 5 Southside Drive
 Clifton Park, NY 12065

518.245.9505
 elementsmassage.com/cliftonpark

Sessions include time for consultation and dressing. New clients only. May not be combined with any other offers or discounts. Limited time offer. Expires 11/30/14.

"Best" claim based on Net Promoter Scores from 2013 via Listen360.com



**elements
 massage®**