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# Nordic Skiing

## Trends and Destinations

By Dick Carlson

**M**ake it Snow! - Cross country skiing has been around for maybe 5,000 years, but we keep adapting it to a changing climate, equipment advances and technique progressions. In response to climate changes, including the warmest December ever (2015, by a lot - Albany since 1871), snowmaking might be a key ingredient in future cross country ski trail venue management. Snowmaking for cross country has been around for many years now, 30-plus years at Weston Ski Track outside Boston.

This year a cooperative effort by the Olympic Regional Development Authority, Gore Mountain, Town of Johnsbury (North Creek), and NYS High School Section 2 Nordic Skiing coaches and volunteers, transformed the North Creek Ski Bowl into a short track cross country ski race course. At least three races were held at the Ski Bowl, on primarily machine made snow with one race held under the lights. These races had hundreds of participants and with snow in short supply

elsewhere, this was a godsend, turning a dismal race calendar of cancellations into exciting cross country ski racing, and a great experience for the racers. Expect a lot more from this venue next ski season.

**Rise of Community Trails and Nonprofits** - Ironically, The North Creek Ski Bowl (now, mostly part of Gore Mountain ski center) is the birthplace of New York skiing, and the site of one of the earliest ski lifts in the country. The iconic ski trains of the 1930s brought skiers to North Creek for the "Ride Up, Slide Down" skiing of the era. Skiers loaded into trucks and buses for the ride up to Gore Mountain via the Barton Mines Road, and the ski back down to North Creek via Rabbit Pond Trail, Raymond Brook Trail and others. This skiing has been revitalized today and falls into the realm of backcountry cross country skiing. With equipment advances like lightweight plastic boots and skis, this type of Nordic skiing has become very popular. Last winter the North Creek Business Alliance (visitnorthcreek.com) initiated the ride up, ski down shuttle as part of their free North Creek Shuttle Bus System; and they

See **NORDIC SKIING**, 18



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AROUND THE REGION

# News Briefs

## New York Bicycling Coalition

ALBANY – For more than 25 years, NYBC has relied on bicyclists to help strengthen their efforts. As New York's only statewide organization that advocates for better biking, NYBC is working to create a happier, healthier and stronger state. They believe that each of us deserve safe, inviting, and easy-to-access places to bike. They're working to get more people on bikes and riding often. Our communities need more and better bike lanes and trails; networks that connect us to our daily destinations. We also need policies and laws that protect us while we ride and help to make biking more accessible to everyone.

NYBC needs your support to continue many important efforts, like a) Fighting for a safe passing law that requires drivers to pass bicyclists at a defined distance of at least

three feet; b) Educating bicycle and driver safety to thousands of people; c) Co-leading the NY4AT coalition which advocates for dedicated state funding sidewalks and bike lanes; d) Advocating for roll-on service on Amtrak passenger trains; e) Providing technical assistance to programs that improve bicycling in local communities as part of the mini-grant program.

They want to know what issues are important so let them know. They work on our behalf, but can help us to make connections, implement solutions, and become stronger advocates. Email Paul Winkeller, executive director, at paul@nybc.net. Explore the resources on nybc.net and sign up for their monthly newsletter. They invite you to become a member and like/follow them on Facebook and Twitter. Together, we can help everyone pedal to better and fuller lives. 🌲

## ADIRONDACK SPORTS

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Facebook.com/AdirondackSports

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## FROM THE PUBLISHER & EDITOR

### Have a Winter Adventure!

There are still plenty of winter adventures to be had even if your front lawn is green! It may require a short drive, but you can find the winter and enjoy your snow and ice sports. Use this month's articles and Calendar of Events to motivate you to get going. Why wait for the snow to come to you? The Nordic, alpine and backcountry articles feature destinations, events and special deals so grab your family and friends to get outside. If you're new to the sport, sign up for a lesson or clinic.



If you are considering adopting a healthier routine, the Non-Medicated Life article on reducing your cancer risk is a must read, in addition to Finding the Right Gym, Club or Studio. It's all about reaching your lifestyle and wellness goals. For motivation, read this month's Athlete Profile Todd Shatynski who makes it look so easy!

We hope you enjoy this issue and the rest of winter! Please save the date for our 11th Adirondack Sports Summer Expo on Saturday-Sunday, March 5-6 at the Saratoga Springs City Center. It will be here before you know it!

Thank you! *Darryl and Mona*

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Registration Opens March 10 at 7am (NON-MEMBERS)

Visit [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com) for registration and race details, sponsorship opportunities, and volunteer information.



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## Calendar of Events February-April 2016\*

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

FEBRUARY 2016							MARCH 2016							APRIL 2016						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6		1	2	3	4	5								1	2
7	8	9	10	11	12	13	6	7	8	9	10	11	12	3	4	5	6	7	8	9
14	15	16	17	18	19	20	13	14	15	16	17	18	19	10	11	12	13	14	15	16
21	22	23	24	25	26	27	20	21	22	23	24	25	26	17	18	19	20	21	22	23
28	29						27	28	29	30	31			24	25	26	27	28	29	30

### ALPINE SKIING & RIDING ONGOING

**Th/Sat Willard Cup Races: 2/6, 2/18, 2/27, 3/12.** Willard Mountain, Greenwich. 692-7337. willardmountain.com.

- #### FEBRUARY
- 4-7 Empire State Winter Games. Lake Placid Area. empires-tatewintergames.com.
  - 6-7 **Glades & Glory Skiing and Snowboarding Clinics.** Gore, North Creek. 251-2411. goremountain.com.
  - 6-7 **Trees & Steeps Telemark Clinic.** Gore, North Creek. 251-2411. goremountain.com.
  - 7 **Big Air Competition.** Brookside Terrain Park, Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
  - 7 **BOGO Ticket Day.** Whiteface Mountain, Wilmington. 946-2223. skitheface.com.
  - 12 11th Fire on the Mountain. 7pm-12am. Music, fireworks. West Mountain, Queensbury. 636-3699. westmtn.net.
  - 13 Winter Wars Rail Jam. Titus Mountain, Malone. 483-3740. titusmountain.com.
  - 13-14 **Presidents' Weekend Holiday Camp for Kids.** Gore, North Creek. 251-2411. goremountain.com.
  - 15 **USASA Boarder/Skiercross.** Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
  - 16-18 **Presidents' Weekend Holiday Camp for Kids.** Gore, North Creek. 251-2411. goremountain.com.
  - 20 Winter Wild Uphill/Downhill Race. Open, Track Skis, Telemark, Heavy Metal. 7am. Okemo, Ludlow, VT. newwinterwild.com.
  - 21 USASA Slopestyle. Titus Mountain, Malone. 483-3740. titusmountain.com.
  - 27 Thunderbolt Ski Mountaineering Race. 5,737ft. Mt. Greylock, Adams, MA. ussma.org.
  - 20-21 **Master the Mountain: Alpine Skiing or Riding Clinics.** 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com.
  - 27-28 **Women Only: Alpine Skiing & Snowboarding Clinics.** 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com.
  - 28 Stowe Derby. Short, long & snow bike categories. Stowe, VT. 802-253-9216. stowederby.com.

- #### MARCH
- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibits, pool demos, activities, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
  - 5 Famous Cardboard Race. Oak Mountain, Speculator. oakmountainski.com.
  - 5-6 **Glades & Glory Skiing & Snowboarding Clinics.** 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com.
  - 5-6 14th Adirondack Backcountry Ski Festival. Demos, ski clinics, guided tours, presentations. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
  - 13 **BOGO Ticket Day.** Whiteface Mountain, Wilmington. 946-2223. skitheface.com.
  - 19 **Adirondacker's Log Jam Freestyle.** Gore, North Creek. 251-2411. goremountain.com.
  - 19 Ski Green Day. McCauley Mtn, Old Forge. mccauleyny.com.
  - 19-25 **Take Your Kids to Gore Week.** Gore, North Creek. 251-2411. goremountain.com.

- 20 Pond Skimming Contest. McCauley Mtn, Old Forge. mccauleyny.com.
- 25 **Demo Day w/ Alpine Sport Shop.** Gore, North Creek. 251-2411. goremountain.com.
- 26 **Apple Butter Mogul Competition.** Whiteface Mountain, Wilmington. 946-2223. whiteface.com.
- 26 **Maple Day.** Gore, North Creek. 251-2411. goremountain.com.
- 26 Pond Skimming Contest. West Mtn, Queensbury. 636-3699. westmtn.net.

- #### APRIL
- 3 **BOGO Ticket Day.** Whiteface Mountain, Wilmington. 946-2223. skitheface.com.
  - 9 **Pond Skimming Contest.** Gore, North Creek. 251-2411. goremountain.com.

### BICYCLING & MOUNTAIN BIKING ONGOING

- Tu/W/Th Spin Classes.** 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Thu MHCC, CBRC & BTC Spinning Classes w/Andy Ruiz.** 1/7-2/25. 6-8pm. Free to 2016 members. Academy of the Holy Names, Albany. Andy Ruiz: 495-6058. mohawkhudsoncyclingclub.org.
- Sat Spin Classes.** 8am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Sun Spin Classes.** 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.

- #### FEBRUARY
- 7 Wicked Nor'Eastah. 5M Snowshoe & 8.5M/17M MTB Races. North Easton, MA. rockhardracing.com.
  - 7 Frozen Onion MTB Race. 11am. Hubbard Park, Montpelier, VT. onionriver.com.
  - 13 **2nd Saratoga Fat Bike Rally.** 9am-6pm. Group rides, fun race, demos, clinics, food. Saratoga Spa SP, Saratoga Springs. saratogafatbikerally.com.
  - 20 Fatstock: Fat Bike Race. Woodstock, VT. 802-291-2419. vermontoverland.com.
  - 21 Snowball Express Ride. 100M/50M. 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

- #### MARCH
- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibits, pool demos, activities, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
  - 5 2nd IditaFat Race. 8am. Winona Forest, Mannsville. Prizes, food. bikereg.com.
  - 19-20 SnowBall's Chance Fat Bike Race. City Park, Port Jervis. 520-548-9727.
  - 26 March Mayhem Mountain Bike Race. 5-10M. YMCA Camp Ockanickon, Medford, NJ. bikereg.com.
  - 27 Saratoga 200K Brevet Ride. 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

- #### APRIL
- 9 Pedaling Toward the Pink Cure. 8am-12pm. Best Fitness, Albany. active.com.
  - 9, 16 Trooper Brinkerhoff Memorial Race Series. 11am. Cossackie Athens HS, Cossackie. Tom: 857-0502. cbrc.cc
  - 16 Rasputitsa Gravel Road Race. 45M. 9am. East Burke, VT. rasputitsagravel.com.
  - 23 **Tour of the Battenkill Spring Preview Ride.** 68M. 10am. Greenwich. tourofthebattenkill.com.
  - 23 Muddy Onion Spring Classic Gravel Ride. 9:30am. 34M. Montpelier, VT. 802-229-9409. onionriver.com.
  - 23-24 **15th Sean's Weekend.** Bike Rides: 10M, 20M, 50M Rides. 5K & Meghan's 1M. 12pm. Chatham HS, Chatham. Mark French: 965-1778. seansrun.com.
  - 24 Saratoga 300K Brevet. 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
  - 24 The Chain Stretcher. Blue Mtn Reservation, Peekskill. 845-735-4056. wmba.org.

- #### JUNE
- 5 **ADA Tour de Cure.** 10M, 28M, 50M, 62.5M, 100M. Saratoga Springs HS, Saratoga Springs. Justine Carroll: 218-1755. diabetes.org.



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Chamber of Commerce/Office of Tourism,  
Routes 30 & 8, Box 184, Speculator, NY  
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518-548-4521

# ADIRONDACKS SPECULATOR REGION

Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

## CROSS COUNTRY SKIING

### ONGOING

Mon ATC Nordic Ski Workouts: Skate & Classic. 6pm. Inside Edge/Crandall Park, Glens Falls. [adktri.org](http://adktri.org).

Tue **Ladies Tea & Ski Day.** 1/12-3/8. Ski, instruction & tea. Garnet Hill Lodge, North River. 251-2150. [garnet-hill.com](http://garnet-hill.com).

Tue **Graymont Race Series.** 5:30pm. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).

Wed **Snow Angels w/Yoga Instructor Mim Frantz & Ski Instructor Julie West.** 1/6-3/16. 3-5pm. Mt Van Hoevenberg, Lake Placid. 523-2811. [mtvanhoevenberg.com](http://mtvanhoevenberg.com).

Thu **Soup-er Seniors Thursdays: 1/7-3/24.** Ski/shoe and soup. Lapland Lake Nordic Center, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

Fri **Friday Night Farm Dinners.** Cascade XC Ski Center, Lake Placid. 523-1111. [cascadeski.com](http://cascadeski.com).

### FEBRUARY

4-7 Empire State Winter Games. Fri: freestyle sprint. Sat: freestyle. Sun: classic (Wilkinson Cup #4). Lake Placid. [empirestatewintergames.com](http://empirestatewintergames.com).

5 Candlelight Ski & Snowshoe. 6-8:30pm. Ice skating, bonfire, food/drinks. Bring 2+ canned goods. Saratoga Spa SP, Saratoga Springs. Alli Schweizer: 584-2000 x116. [nysparks.com](http://nysparks.com).

5 **Ladies Love to Ski Classic Technique Clinic & Lunch.** 9:30am-2:30pm. Lapland Lake Nordic Center, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

13 **Luminary XC Ski/Snowshoe.** 1K loop. 6-8pm. Kinns Road Park, Clifton Park. Free. Shenendehowa Nordic Club. Eric Hamilton: 371-7548. [shennordic.weebly.com](http://shennordic.weebly.com).

13 Glenville Hills (Pre) Valentine's Day Skate Race. 10K men; 6.6K women. 9:30am. 2977 Ridge Rd, Glenville. [skireg.com](http://skireg.com).

13-15 Santanoni Winter Open House: XC Ski & Snowshoe. 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. [aarch.org](http://aarch.org).

14 Polar Bear Sprint Race. McCauley Ski Center, Old Forge. [nyssranordic.org](http://nyssranordic.org).

14 Woodstock Classic Sweetheart Race. 10am. Woodstock, VT. 802-291-0451. [skireg.com](http://skireg.com).

14 Art Roscoe Loppet. 6-22K. 9:30am. Summit Ski Area, Allegheny SP, Salamanca. 716-574-0888. [hearttrateup.com](http://hearttrateup.com).

20 **Saturday Night Rush Hour XC Ski, BC Ski & Snowshoe Race.** 3.6K/1.8K. 5pm. Awesome prizes. Gore, Ski Bowl, North Creek. 251-2411. [goremountain.com](http://goremountain.com).

20 **Full Moon Ski & Snowshoe Nights.** 6:30-9pm. Tours, campfire, family fun. Garnet Hill Lodge, North River. 251-2150. [garnet-hill.com](http://garnet-hill.com).

20 **Full Moon XC Ski & Party.** Bonfires, food, drinks, live band. Cascade, Lake Placid. 523-9605. [cascadeski.com](http://cascadeski.com).

20 Vertical Express for Can Do Multiple Sclerosis. Hunter Mountain, Hunter. 970-926-1292. [mscando.org/hunter](http://mscando.org/hunter).

20 Winona Forest Tourathon. 12.5/25/37.5/50K. 8am. Winona SF, CCC Camp, Mannsville. 315-298-6993. [winonaforest.com](http://winonaforest.com).

20 **Lake Placid Nordic Festival.** Fri: Winter Carnival. Sat: Citizen's Challenge 6.25K/12.5K. Sun: Loppet/Kort Loppet. Mt Van Hoevenberg, Lake Placid. 523-2811. [lakeplacidnordicfestival.com](http://lakeplacidnordicfestival.com).

21 **34th Lake Placid Loppet Ski Marathon.** 50K Classic Loppet 9am; 25K Classic Kort Loppet 9:15am; 50K Freestyle Loppet 10am; 25K Freestyle Kort Loppet 10:15am. Mt Van Hoevenberg, Lake Placid. 523-2811. [lakeplacidnordicfestival.com](http://lakeplacidnordicfestival.com).

23-26 **Children Learn To Ski Week.** Ages 6-12. Rentals, lessons. Register: 283-3652. Pineridge, Poestenkill. [pineridgexc.com](http://pineridgexc.com).

27-28 **NYSSRA Championship Weekend.** Ski racing, biathlon, ski orienteering. Saratoga Biathlon Club, Day. 853-1396. [nyssranordic.org](http://nyssranordic.org).

### MARCH

5 **Ladies Love to Ski Skate Technique Clinic.** 9:30am-2:30pm. Incl lunch. Lapland Lake Nordic Center, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

12 Trapp Lager Ski Marathon. 25/50K. 9am. Trapp Family Lodge, Stowe, VT. 802-253-5755. [trappfamily.com](http://trappfamily.com).

12-13 Santanoni Winter Open House: XC Ski & Snowshoe. 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. [aarch.org](http://aarch.org).

24 **Full Moon Ski & Snowshoe Nights.** 6:30-9pm. Tours, campfire, family fun. Garnet Hill Lodge, North River. 251-2150. [garnet-hill.com](http://garnet-hill.com).

## HEALTH & FITNESS

### ONGOING

**Daily Yoga Classes & Workshops.** True North Yoga, Schroon Lake. 810-7871. Schedule: [truenorthyogaonline.com](http://truenorthyogaonline.com).

Mo-Sa Strength, Speed & Rowing Classes. Contemporary Athlete, Halfmoon. 365-3890. [contemporaryathlete.com](http://contemporaryathlete.com).

Mo-Sa **Rock Your Fitness.** Next Session: 2/22-4/2. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. [rockyourfitnessny.com](http://rockyourfitnessny.com).

Tue **Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).

Fri **Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).

Sat **Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).

### MARCH

5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibits, pool demos, activities, prizes. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

## HIKING, SNOWSHOEING & CLIMBING

### FEBRUARY

5 Candlelight Ski & Snowshoe. 6-8:30pm. Ice skating, bonfire, food/drinks. Bring 2+ canned goods. Saratoga Spa SP, Saratoga Springs. Alli Schweizer: 584-2000 x116. [nysparks.com](http://nysparks.com).

6 Arbutus Lake Birding Snowshoe Walk. 2M. 10am. Adirondack Interpretive Center, Newcomb. 582-2000. [esf.edu/aic](http://esf.edu/aic).

6 Becoming an Outdoors-Woman's Learn to Snowshoe Workshop. 9:30am. Rentals avail. Five Rivers Environmental Center, Delmar. 402-8862. [dec.ny.gov](http://dec.ny.gov).

7 **Intro to Backcountry Snowshoeing.** Instruction and snowshoes. 9am. Heart Lake, Lake Placid. 523-3480. [adk.org](http://adk.org).

13 **Sweetheart Guided Snowshoe Tour.** 6:30pm. Bring headlamp. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

13 **Luminary XC Ski/Snowshoe.** 1K loop. 6-8pm. Kinns Road Park, Clifton Park. Free. Shenendehowa Nordic Club. Eric Hamilton: 371-7548. [shennordic.weebly.com](http://shennordic.weebly.com).

13-15 Santanoni Winter Open House: Snowshoe Hike & XC Ski. 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. [aarch.org](http://aarch.org).

19 **Full Moon Snowshoe/Ski.** 6-9pm. Guided snowshoe tour: 7pm. Register: 283-3652. Pineridge, East Poestenkill. [pineridgexc.com](http://pineridgexc.com).

20 **Moonlight Guided Snowshoe Tour.** 6:30pm. Bring headlamp. Lapland Lake, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).

20 Winter Wandering Snowshoe with Peter O'Shea. 1pm. Adirondack Interpretive Center, Newcomb. 582-2000. [esf.edu/aic](http://esf.edu/aic).

20 **Street & Nye Mtn Hike.** 9M. 8am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

21 **Phelps Hike.** 7M. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

### MARCH

5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibits, pool demos, activities, prizes. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

5 Frigid Infliction 10-hour Adventure Race. Teams, navigation, snowshoeing, XC skiing, postholing. 5am. Bolton Valley, VT. [gmara.org](http://gmara.org).

12 **Esther Mtn Hike.** 6.6M. 8am: Candyman Shop, Wilmington. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

12-13 Santanoni Winter Open House: Snowshoe Hike & XC Ski. 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. [aarch.org](http://aarch.org).

13 **Street & Nye Mtn Hike.** 9M. 8am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

19 **Table Top Hike.** 10M. 8am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

### APRIL

29-5/1 Waterfall Weekend 2016w/ Barbara Delaney & Russell Dunn. Trail's End Inn, Keene Valley.

## ICE & SPEED SKATING

### FEBRUARY

4-7 Empire State Winter Games: Speed Skating. Lake Placid. [empirestatewintergames.com](http://empirestatewintergames.com).



## New York Capital District Ski Council

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**SUNDAY, JUNE 12, 2016**  
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**MARATHON  
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Ranked as a Top U.S.  
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**Race Entry  
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2016 Registration via  
[www.lakeplacidmarathon.com](http://www.lakeplacidmarathon.com)  
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[info@lakeplacidmarathon.com](mailto:info@lakeplacidmarathon.com)

**Saturday, March 26  
9:30 am**  
Central Park, Schenectady  
*Schenectady Firefighters' 7th Annual*



**RUN 4  
YOUR  
LIFE**

**5K Run/Walk**  
**Kids' Fun Run 10:30am (free)**  
To benefit American Heart Association

**FREE Chowderfest  
w/competition!**

\$20 by 3/1, \$25 by 3/20, \$28 race day  
T-shirt for first 1,000 registrants

**Register Online: ZippyReg.com**  
More Info & Entry Form:  
[schenectadyfirefightersrun4yourlife.com](http://schenectadyfirefightersrun4yourlife.com)  
[sfddemdem232@yahoo.com](mailto:sfddemdem232@yahoo.com)  
Brian Demarest 365-3883

**MONDAY, JULY 4 – 9am**  
**Saratoga Springs, NY**

10th Annual



**4-Mile Race • 4,000 Runners**  
*B-tag timed • Benefits active local causes*  
**Saratoga Springs City Center**  
*Vendors & band at start/finish  
Entertainment along course*

Presented by **FLEET FEET Sports**

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**\$7000 in cash prizes • 100s of medals/prizes**  
*Awards: Top 10 M/F Overall, Top 3 M/F 5-yr,  
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**RUN YOUR COLORS!**  
*Team with most runners earns \$1,000 for charity*

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SATURDAY, MARCH 26 • 8:30AM ❄️ HIGH ROCK PARK, SARATOGA SPRINGS

**8K ROAD RACE**  
Early bird \$30 until 3/11/16  
*Online reg. ends 3/23/16*

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Code Blue Saratoga Emergency Shelter  
provides urgent accommodations  
during hazardous winter weather.

Presented by:  
*fingerpaint*

26-27 Irving Jaffee Single Distance Championships. Olympic Speed Skating Oval, Lake Placid. [lakeplacidsspeed.com](http://lakeplacidsspeed.com).

**MARCH**

4-6 Lake Placid Speed Skating Marathon. Olympic Speed Skating Oval, Lake Placid. [lakeplacidsspeed.com](http://lakeplacidsspeed.com).

**MOUNTAINEERING & WILDERNESS SKILLS**  
**FEBRUARY**

13-15 **Intro to Winter Camping.** 9am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

**MARCH**

5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibits, pool demos, activities, prizes. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

20 **Map & Compass Fundamentals.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

26-27 **Wilderness First Aid.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

**APRIL**

1-3 **Wilderness First Responder Open Recert.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. [adk.org](http://adk.org).

**MULTISPORT: TRIATHLON & DUATHLON**  
**ONGOING**

Mon ATC Nordic Ski Workouts: Skate & Classic. 6pm. Free lessons in January. Inside Edge/Crandall Park, Glens Falls. [adktri.org](http://adktri.org).

**FEBRUARY**

28 **SSYMCA Indoor Triathlon.** 8am. Southern Saratoga YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).

**MARCH**

5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibits, pool demos, activities, prizes. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

19 Brooklyn Spring Duathlon & 5K/10K Run. Du: Sprint or International. Peristyle/Grecian Shelter, Brooklyn. [citytri.com](http://citytri.com).

**APRIL**

24 **5th Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Ave Town Park, Bethlehem. [delmardu.com](http://delmardu.com).

**MAY**

1 **22nd Anyone Can Tri Outdoor Triathlon.** 8am. Southern Saratoga YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).

**NORDIC: BIATHLON & ORIENTEERING**  
**FEBRUARY**

4-7 Empire State Winter Games. Sat: Sprint. Sun: Mass Start. Olympic Bobsled Run, Lake Placid. [empirestatewintergames.com](http://empirestatewintergames.com).

6-7 Southern VT Primitive Biathlon. Skinner Hollow Farm, Manchester, VT. [svtpb.org](http://svtpb.org).

7 **Adirondack Paintball Series: 2/7.** Ages 8-13. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).

13 **Ski & Snowshoe Orienteering Meet.** Register: 283-3652. Pineridge Ski Area, Poestenkill. [pineridgeexc.com](http://pineridgeexc.com).

14 **Adirondack Paintball Series.** Ages 8-13. Mt Van Hoevenberg, Lake Placid. 523-2811. [mtvanhoevenberg.com](http://mtvanhoevenberg.com).

14 Polar Bear Biathlon St. Valentine's Day Sprint Qualifier. 7.5K/10K. 10am. McCauley Mtn, Old Forge. [polarbearbiathlon.com](http://polarbearbiathlon.com).

20-21 **North American Biathlon Cup #5.** Ethan Allen Biathlon Center, Jericho, VT. [eabiathlon.org](http://eabiathlon.org).

27-28 **Nor-Am Biathlon.** Mt Van Hoevenberg, Lake Placid. 523-2811. [mtvanhoevenberg.com](http://mtvanhoevenberg.com).

**MARCH**

5-6 **NY Biathlon Championships.** Sat: Sprint. Sun: Relay. 12pm. Saratoga Biathlon Club, Hadley. [nyssranordic.org](http://nyssranordic.org).

5-6 Snowgaine Orienteering Meet. 8:30am. Horse Trail, Hubbardsville. Barb Dominie: 607-849-3101. [cnyo.us](http://cnyo.us). [us.orienteering.org](http://us.orienteering.org).

13 **Adirondack Paintball Series.** Ages 8-13. Mt Van Hoevenberg, Lake Placid. 523-2811. [mtvanhoevenberg.com](http://mtvanhoevenberg.com).

**OTHER EVENTS**  
**FEBRUARY**

4 **Team In Training Summer Season Kick Off.** 6-7:30pm. Salty's Pub, Clifton Park. Liz Spaide: 417-3447. [lls.org.teamintraining.org](http://lls.org.teamintraining.org).

5-7 **Women's Weekend.** YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

5-7 **Old Forge Winter Carnival.** Skiing, fireworks, parade. Old Forge. 315-369-3225. [oldforgeny.com](http://oldforgeny.com).

5-14 Saranac Lake Winter Carnival. Theme: Superheroes & villains. Saranac Lake. [saranaclakewintercarnival.com](http://saranaclakewintercarnival.com).

13 **Family Winter Wonderland Days.** YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

13 Winter Carnival. Oak Mountain, Speculator. [oakmountainski.com](http://oakmountainski.com).

13-14 **Raquette Lake Winter Carnival.** Raquette Lake. 624-3077. [mylonglake.com](http://mylonglake.com).

13-20 **Winter Wonderland Week.** Long Lake. 624-3077. [mylonglake.com](http://mylonglake.com).

20 **Family Winter Wonderland Days.** YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. [lakegeorgecamp.org](http://lakegeorgecamp.org).

**MARCH**

5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibits, pool demos, activities, prizes. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

**PADDLING & ROWING**  
**ONGOING**

Tues Whitewater Pool Sessions: 1/5-3/8. 7:30-9pm. Cohoes Community Center, Cohoes. [adk-schenectady.org](http://adk-schenectady.org).

Thu Whitewater Pool Sessions: 1/7-3/10. 7:30-9:30pm. Duanesburg YMCA, Duanesburg. [adk-schenectady.org](http://adk-schenectady.org).

**MARCH**

5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibits, pool demos, activities, prizes. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

**APRIL**

1-3 **11th Great Upstate Boat Show.** Fri: 11am-8pm; Sat: 10am-7pm; Sun: 10am-5pm. Adk Sports Complex, Queensbury. [thegreatupstateboatshow.com](http://thegreatupstateboatshow.com).

3 **43rd Tenandeh White Water Derby.** 12pm. Tenandeh Creek, Stillwater to Mechanicville. John Casey: 810-7579. [tenandeh.org](http://tenandeh.org).

24 Little River Ramble. 2M/6M. 1pm. Little River Boat Launch, Canton. [slvpaddlers.org](http://slvpaddlers.org).

**RUNNING & SNOWSHOE RACING**  
**ONGOING**

**Daily Fleet Feet Distance Project: 10K/15K & No Boundaries 5K.** Fleet Feet Albany & Malta. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

**We/Sa Fleet Feet Running Club.** Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

**FEBRUARY**

6 **5th McCauley Snowshoe Classic.** 4M: 10am. Plus, Kids' 1K Snowshoe Walk. \$1,700 cash & Mountainman gift cards. McCauley Mountain, Old Forge. Bill Baumann: [bnblades@aol.com](mailto:bnblades@aol.com). [runreg.com](http://runreg.com).

6 **Northfield 4M Snowshoe Race.** 9am. Dion WMAC Series. Northfield XC Ski Center, Northfield, MA. [runwmac.com](http://runwmac.com).

6 Cast a Shadow 6-Hour & 4M Snowshoe Race. Black Creek Park, North Chili. [roadsarepoison.com](http://roadsarepoison.com).

6 Polar Cap 4M Run. 10am. Sacred Heart Parish Hall, Lake George. [adironackrunners.org](http://adironackrunners.org).

7 **17th Saratoga Winterfest 5K Snowshoe Race.** 11am. Dion WMAC Series. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. [saratogastryders.org](http://saratogastryders.org).

7 NYRR Gridiron 4M/Longest Football Throw. 4M. 9am. Central Park, Manhattan, New York. [nyrr.org](http://nyrr.org).

7 Pete Sanfilippo Winter Run 5M. 10am. Keith Melara: 845-891-5631. [mhrcc.org](http://mhrcc.org).

7 31st Beer & Chili 10K/5K Run & Walk. 10am. Masonic Temple, Newport. [romanrunners.com](http://romanrunners.com).

**43RD ANNUAL**



**Tenandeh WHITE WATER DERBY**

**Sunday, April 3 • 12pm**  
Coons Crossing Rd, Tenandeh Creek  
Stillwater to Mechanicville

Registration: 9-11am, Main St, Mechanicville  
John Casey: 810-7579 [canoejr@msn.com](mailto:canoejr@msn.com)  
Jim Ernst: 584-2061 [jernst12@nycap.rr.com](mailto:jernst12@nycap.rr.com)  
**More info: Tenandeh.org**

37th Annual Salem

**APRIL FOOL'S RACE**  
**Saturday, April 2**

Run in scenic and historic Salem, NY  
Start/finish: Salem High School  
10:00am 1-mile children's race (14 & under)  
10:05am 10K race & 11:00am 5K race/walk

Application: [AprilFoolsRace.com](http://AprilFoolsRace.com)

Registration: Dan Sheldon  
4361 State Route 22  
Salem, NY 12865  
(518) 854-9262  
[drswhf@yahoo.com](mailto:drswhf@yahoo.com)




All entrants receive April Fool's T-shirt!

**28th Annual CF Climb**  
*To benefit the Cystic Fibrosis Foundation of Northeastern New York*

**Saturday, February 27**  
**7:30 AM**  
Empire State Plaza, Albany

Race Up 42 Floors  
Individually or Relay Team

Register/Info: [fightcf.cff.org/albanyclimb](http://fightcf.cff.org/albanyclimb)  
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- 10 **Saranac Lake Winter Carnival Snowshoe Race.** 6pm. Dewey Mountain, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).
- 13 **12th Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion WMAC Series. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. [saratogastryders.org](http://saratogastryders.org).
- 13 **"Nutrition for Optimal Marathon/Half Performance" Workshop w/Molly Morgan, RD, CDN, CSSD.** 6-8pm. Fleet Feet, Albany. RSVP: [fleetfeetalbany@gmail.com](mailto:fleetfeetalbany@gmail.com). [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 14 43rd HMRRC Winter Marathon & Marathon Relay. 10am. UAlbany, Albany. Dana Peterson: 331-5490. [hmrrc.com](http://hmrrc.com).
- 17 **Mizuno New Catalyst Demo Day w/ Mizuno rep.** 4-7pm. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 20 **WMDP Snowshoe Scramble 5K/10K.** 10am. Dion WMAC Series. Bray Lake, Mt Tom, Holyoke, MA. [runwmac.com](http://runwmac.com).
- 20 Empire State Snowshoe Racing Championship. 10K men/women, 5K juniors. Oak Mountain, Speculator. Jim Tucker: 651-6436. [empirestatesnowshoe.org](http://empirestatesnowshoe.org).
- 20 Winter Wild Uphill/Downhill Race. 7am. Open, track skis, tele-mark, heavy metal. Okemo Mtn, Ludlow, VT. [winterwild.com](http://winterwild.com).
- 20 NYRR Al Gordon 4M. 8am. Prospect Park, Brooklyn, New York. [nyrr.org](http://nyrr.org).
- 21 **12th Brave the Blizzard 5K & 5.5M Snowshoe Races.** 10am. Pancake breakfast. Dion WMAC Series. Tawasentha Park, Guilderland. [areep.com](http://areep.com).
- 21 Empire State Snowshoe Championship. 8am. Oak Mountain, Speculator. Jim Tucker: [jtucker@paulsmiths.edu](mailto:jtucker@paulsmiths.edu).
- 27 **28th Cystic Fibrosis Climb.** Race up 42 floors. First Responders Challenge: 8:30am; Relay Teams: 9:30am; Individuals: 10:30am. Benefits CF Foundation of NENY. Corning Tower, Empire State Plaza, Albany. Samantha Richards: 453-3583. [fightcf.cff.org/albanyclimb](http://fightcf.cff.org/albanyclimb).
- 27 **Snow Summit 5K Snowshoe.** Dion WMAC Series. Mt Prospect, Woodford, VT. [runwmac.com](http://runwmac.com).
- 27 **Janji Day.** Gift with Janji purchase. Fleet Feet Sports, Albany. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 28 **Bay State Games 10K Snowshoe Race.** Dion WMAC Series. Savoy SF, Florida, MA. [runwmac.com](http://runwmac.com).

**MARCH**

- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibits, pool demos, activities, prizes. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 6 **Thunderfest/Greylock Glen 5K Snowshoe Race.** Dion WMAC Series. Mt Greylock SR, Adams, MA. [runwmac.com](http://runwmac.com).
- 12 **NE Region 10K Snowshoe Championship.** Dion WMAC Series. Mt Prospect, Woodford, VT. [runwmac.com](http://runwmac.com).
- 12 Runnin' of the Green 4M. 10am. Schalmont HS, Schenectady. Brian Northan: [bnorthan@gmail.com](mailto:bnorthan@gmail.com). [hmrrc.com](http://hmrrc.com).
- 13 13th Celebrate Life Half Marathon & Two-Person Relay. 13.1M. Rock Hill. Myriam Loo: 845-866-1345. [celebratelifehalfmarathon.com](http://celebratelifehalfmarathon.com).
- 15 Shamrockin' 5K & 1M Fun Run. 10am: 5K; 9am: Fun Run. Village School, North Bennington, VT. [runreg.com](http://runreg.com)
- 18-19 Peak Snowshoe Races: 10K/13.1M/26.2M/100M. Riverside Farm, Pittsfield, VT. [peak.com](http://peak.com).
- 19 **36th Doc Lopez Run for Health.** Half Marathon, 9am: Keene Valley to Elizabethtown. 5K: 10am. 1M Walk: 9:45am. Elizabethtown-Lewis Central School, Elizabethtown. Susie Allott: 962-4898. [finishright.com](http://finishright.com).
- 20 **30th Shamrock Shuffle 5M Race.** 11am. Leprechaun Leap kids' 7/8M fun run: 10am. Glens Falls HS, Glens Falls. Kevin Sullivan: 798-9593. [adironackrunners.org](http://adironackrunners.org).
- 26 **2nd Blue Needs You 8K Run.** 8:30am. Plus, Kids' Fun Run. Benefits Code Blue Saratoga. High Rock Park, Saratoga Springs. 581-1097. [codeblueneedsyou.org](http://codeblueneedsyou.org).
- 26 **7th Run 4 Your Life 5K Run/Walk.** 9:30am. Central Park, Schenectady. Kids' Run: 10:30am. Brian Demarest: 365-3883. [schenectadyfirefightersrun4yourlife.com](http://schenectadyfirefightersrun4yourlife.com).
- 26 **22nd Rabbit Ramble 4M Run & 2M Walk.** 10am. Guilderland HS, Guilderland Center. Phil Carducci: 861-6350. [active.com](http://active.com).
- 26 6th Albany Rowing Center Ice Breaker Challenge 5K. 9:30am. Corning Preserve, Albany. 439-9964. [albanyrowingcenter.org](http://albanyrowingcenter.org).
- 26 NYRR Central Park Spring Classic 10K. 9am. Central Park, Manhattan, New York. [nyrr.org](http://nyrr.org).

**APRIL**

- 2 **West Mountain On-Snow 5K Obstacle Run.** 4pm. West Mountain, Queensbury. [westmtn.net](http://westmtn.net).

- 2 **34th April Fools Day Run.** 1M: 10am. 10K: 10:05am. 5K: 11am. Salem HS, Salem. [aprilfoolsrace.com](http://aprilfoolsrace.com).
- 2 Robert C. Parker School 5K Mud Run. 10am. Parker School, Wynantskill. 286-3449. [parkerschool.org](http://parkerschool.org).
- 2 2nd Maple Run for Relay. 5K. 7:30am. CNY Maple Festival, Appleby ES, Marathon. 607-765-6133. [active.com](http://active.com).
- 2 29th Fort to Fort Races. 5K/10K: 9am. Fun Run: 8:45am. Roman Free Academy, Rome. [romanrunners.com](http://romanrunners.com).
- 3 28th Delmar Dash 5M. 9am. Bethlehem MS, Delmar. Aaron Knobloch: 831-6699. [hmrrc.com](http://hmrrc.com).
- 3 37th Kaynor's Sap Run. 10K. 11am. Westford School, Westford, VT. Tom Kelly: 802-324-0919. [gmaa.net](http://gmaa.net).
- 9 **Bacon Hill Bonanza 5K/10K Race.** 10am. Bacon Hill Church, Schuylerville. Jennifer Thomas: 695-6116.
- 16 Schoharie 5K Race & Walk. 9am. Schoharie ES, Schoharie. 295-7166. David.Roy@ScaryLegRunners.com
- 16 Rotary 5K & Corporate Challenge. 5K. 10am. Student Center, SUNY Adirondack, Queensbury. [glensfallsrotary.com](http://glensfallsrotary.com).
- 16 38th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center, VT. [gmaa.net](http://gmaa.net).
- 17 Ray's 4-Mile Memorial Run. 12:30pm. Dietz Stadium, Kingston. Yvonne Sill: 845-339-5474. [shawangunkrunners.com](http://shawangunkrunners.com).
- 23 **36th Bill Robinson Masters 10K.** 9am. Guilderland HS, Guilderland. Jim Tierney: 869-5597. [hmrrc.com](http://hmrrc.com).
- 23 13th Miles of Hope 5K & Kids' 1M Race. 10am. Tymor Park, LaGrangeville. Bob Kopac: 845-452-2049. [milesofhope.org](http://milesofhope.org).
- 23-24 **15th Sean's Run Weekend.** 5K & Meghan's Mile. Bike Rides: 10M, 20M, 50M Rides. 12pm. Chatham HS, Chatham. Mark French: 965-1778. [seansrun.com](http://seansrun.com).
- 23-24 Kiwanis Kingston Classic. 1M, 5K, 10K, Half marathon, Marathon. Kingston. [hitsendurance.com](http://hitsendurance.com).
- 24 **2nd Lake George Half Marathon & 5K Run/Walk.** 9am. Benefits Strong To Serve. Fort William Henry Resort, Lake George. Michael Amarello: 603-429-8879. [lakegeorgehm.com](http://lakegeorgehm.com).
- 30 Rock The Ridge 50M Endurance Race. 6am. Mohonk Preserve, New Paltz. [mohonkpreserve.org](http://mohonkpreserve.org).

**MAY**

- 1 **Middlebury Maple Run.** Half Marathon & Relay. 9am. Middlebury, VT. 802-388-7951. [middleburymaplerun.com](http://middleburymaplerun.com).
- 1 **Plattsburgh Half Marathon, Two-Person Relay & 10K.** 8am. US Oval, Plattsburgh. [plattsburghhalfmarathon.org](http://plattsburghhalfmarathon.org).
- 1 **3rd Spring Has Sprung 10M/5K Run & 3K Walk.** 8:30am. Southern Saratoga YMCA, Clifton Park. 371-2139. [cdymca.org](http://cdymca.org).
- 14 **7th Jog for Jugs Half Marathon & 5K.** 9am. Duanesburg Town Park, Duanesburg. [powerhouseathleticsny.com](http://powerhouseathleticsny.com).

**JUNE**

- 12 **12th Lake Placid Marathon & Half Marathon.** 26.2M/13.1M. 8am. Olympic Speed Skating Oval, Lake Placid. [lakeplacidmarathon.com](http://lakeplacidmarathon.com).
- 12 **2nd Walkway Marathon, Half Marathon, Treetops to Rooftops 5K & Think Differently 1M Dash.** Marist College, Poughkeepsie. [walkwaymarathon.org](http://walkwaymarathon.org).

**JULY**

- 4 **10th Firecracker 4.** 4M. 9am. City Center, Saratoga Springs. Peter Goutos: 316-4445. [firecracker4.com](http://firecracker4.com).
- 10 **Saratoga Springs Strong to Serve Half Marathon & 5K.** 13.1M: 7:30am. 5K: 8am. Saratoga Spa SP, Saratoga Springs. 603-429-8879. [3raceproductions.com](http://3raceproductions.com).

**AUGUST**

- 12-13 **Peak to Brew Relay.** Full Relay (237M): Whiteface Mt, Wilmington to Saranac Brewery, Utica. Half Relay (115M): McCauley Mt, Old Forge to Saranac Brewery, Utica. Jason Croniser: 315-525-7371. [p2brelay.com](http://p2brelay.com).

**OCTOBER**

- 9 **34th Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. 26.2M: Central Park, Schenectady to Riverfront Park, Albany. 13.1M: Town Park, Colonie to Riverfront Park, Albany. [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.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](http://AdkSports.com). We reserve the right to publish/edit as appropriate.*

**WELCOME ALL**

Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 7-August 30  
**Details: [www.cdtriclub.org](http://www.cdtriclub.org)**

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**Register & More Info:**  
[baconhillbonanza.com](http://baconhillbonanza.com)  
Proceeds benefit steeple repairs & Hudson Crossing Park

7th ANNUAL **Jog for Jugs**

Dry fit shirt to 13.1 runners

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**Half-Marathon & 5K Run**  
Saturday, May 14 • 9am  
Duanesburg Town Park, Duanesburg  
(25 min. west of Albany)  
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**Register & More Info:**  
[powerhouseathleticsny.com](http://powerhouseathleticsny.com)  
jessica@powerhouseathleticsny.com  
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# Celebrating Snow

## Mid-Winter Events, Fests and Deals

By Jeff Farbaniec

It's no secret Old Man Winter's been stingy so far, but as we approach mid-winter the region's ski areas are in great shape. If you haven't hit the slopes yet, now is the time. Conditions have been getting better with each passing week, and hard work by snowmaking crews has brought more and more terrain online. With a little luck and some help from Mother Nature, a snowy February is just around the corner. Here are some events and deals to help you enjoy your winter.

**Gore Mountain** has got a calendar jam-packed with competitions and events for the rest of the winter. Some highlights include **USASA Boarder/Skier Cross** at the Ski Bowl on Monday, February 15; the **Saturday Night Rush Hour** race for Nordic and back-country skiers and snowshoers on Saturday, February 20; the **Adirondacker's Log Jam** freestyle event on Saturday, March 19 and **Maple Day** on March 26. On top of that, there are skiing and snowboarding clinics just about every single weekend. For details, check [goremountain.com](http://goremountain.com).

For kids who enjoy a little friendly competition, how about signing up for one of the **Willard Cup Races**? This series of fun races is held throughout the season at **Willard Mountain** and is open to all skiers under the age of 14. Upcoming race dates include Saturday, February 6; Thursday, February 18; Saturday, February 27; and Saturday, March 12. Points are awarded at each race and tallied at the end of the season for prizes. For more info, visit [willardmountain.com](http://willardmountain.com). Also, Gore's got their **Mini-Shredders Jibfest** freestyle competition for kids 10 and under on Saturday, February 27.

Upcoming competitions at **Whiteface** include their **Big Air Competition**, Sunday, February 7 in the Brookside terrain park, and the **Apple Butter Open** mogul competition on Saturday, March 26. For details, go to [whiteface.com](http://whiteface.com). **Titus Mountain** in Malone has their **Winter Wars Rail Jam** on Saturday, February 13 and **USASA Slopestyle Event** on Sunday, February 21. Visit [titusmountain.com](http://titusmountain.com).

For cross-country skiers, the **Lake Placid Nordic Fest** is surely one of the highlights of the winter, with 6.25-mile and 12.5-mile Citizens Challenge Races on Saturday, February 20 and the Lake Placid Loppet, considered one of the best citizen races in North America, on Sunday February 21. Competitors in the Loppet can choose between 25K and 50K distances - and classic or freestyle technique - on a course that is a slightly modified version of the 50K course used in the 1980 Olympics. Learn more at [whiteface.com](http://whiteface.com).

On this next event, you can participate as a competitor or be a spectator at Lake Placid's famed 1980 Olympic venues and the surrounding region in the 36th annual **Empire State Winter Games**, Thursday-Sunday, February 4-7. The games bring together athletes to compete in 19 winter sports. Venues include the Olympic Center's Herb Brooks Arena, Lake Placid Olympic Jumping and Sliding complexes, Mount Van Hoevenberg, Whiteface Mountain in Wilmington, Dewey and Mount Pisgah in Saranac Lake, and Titus Mountain in Malone. For details on all events, go to [empirestatewintergames.com](http://empirestatewintergames.com).

Another great competition and spectator opportunity is the **Lake Placid Freestyle Nor-Ams**, Saturday-Sunday, February 13-14.

Watch as ski jumpers fly the length of a football field and aerialists twist and turn in the air. Find details at [whiteface.com](http://whiteface.com).

For winter carnivals, the grand daddy of them all is the **Saranac Lake Winter Carnival**. The hugely popular carnival runs Friday-Sunday, February 5-14, and includes competitions, sporting events, fireworks, parades, and the famous **Ice Palace**. Visit [saranaclakewintercarnival.com](http://saranaclakewintercarnival.com).

Skiers will won't want to miss **West Mountain's Fire on the Mountain** event ([westmtn.net](http://westmtn.net)), Friday evening, February 12th from 7pm-midnight, with torchlight parade, bonfire, live music and drink specials. **Oak Mountain** in Speculator holds their **Winter Carnival** on Saturday, February 13. Come back a few weeks later for Oak's **Famous Cardboard Race** on Saturday, March 5. Find more info at [oakmountainski.com](http://oakmountainski.com).

For cross-country skiers, full moon ski parties at **Cascade Cross Country Center** in Lake Placid ([cascadeski.com](http://cascadeski.com)) are legendary. The ski trails are lit for evening skiing under the moonlight, with bonfires, beer, hot dogs, and hot chocolate out on the trail network. The lodge provides a cozy fireplace, food, drinks, and a live band for a full evening of enjoyment. The next full moon party happens Saturday, February 20.

Maybe this will be the year you finally enter one of the local **pond-skimming** contests. **McCauley Mountain** in Old Forge holds theirs on Sunday, March 20 ([mccauleyny.com](http://mccauleyny.com)), **West Mountain** holds it on Saturday, March 26 ([westmtn.net](http://westmtn.net)), and **Gore's** is Saturday, April 9 ([goremountain.com](http://goremountain.com)). Hope for a warm, sunny day!

Thinking about upgrading your ski gear this winter? Check out one of the upcoming

demo days, including the **Alpine Sport Shop Demo Day at Gore** on Friday, March 25 ([goremountain.com](http://goremountain.com)), and the **Alpin Haus Demo Day at Royal Mountain** on Thursday, February 18 ([royalmountain.com](http://royalmountain.com)).

For deals, here are a few ways you can get the most out of your skiing dollars. You might as well save some green as you enjoy the best of winter white. Why Not Wednesdays at **Gore and Whiteface** get you a \$48 lift ticket when you bring any unopened Coca-Cola product on any non-holiday Wednesday.

Take Your Kids Week at **Gore** ([goremountain.com](http://goremountain.com)) is for kids ages 19 and under to ski or ride free with full paying parent all week, Saturday-Friday, March 19-25.

**Whiteface** has a Design-Your-Own-BOGO promotion ([skitface.com](http://skitface.com)), where you get a Buy One Adult, Get One Ticket Free coupon that's valid on Sundays, February 7, March 13 or April 3. See the Whiteface ad in this issue for details.

Ski Green for \$17 at **McCauley Mountain** on Saturday, March 19 ([mccauleyny.com](http://mccauleyny.com)), and Crazy Fridays with \$12 lift tickets on non-holiday Fridays through April 2 ([mccauleyny.com](http://mccauleyny.com)).

There are \$20 lift tickets on Tuesday nights and two for \$30 lift tickets on Thursday nights at **Willard Mountain** ([willardmountain.com](http://willardmountain.com)). Four-hour lift tickets are just \$20 on Monday and Tuesday nights at **West Mountain** ([westmtn.net](http://westmtn.net)).

Sadly, winter doesn't last forever, so don't forget to gear up for spring and summer at the 11th annual **Adirondack Sports Summer Expo** at the Saratoga Springs City Center, March 5 and 6. With 125 exhibitors and 8,000 attendees, this is an event you won't want to miss! Attend the expo one day and ski the other! 🏔️

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

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NEGOTIATING A DOWNED TREE ON THE FOXY BROWN SKI LOOP.

# THE Lake-Effect Awakens

## Skiing the Snowy Southern Adirondacks

By Rich Macha

Two years ago I wrote an article for this publication that began “The winter of 2013-14 through the end of January has been an exasperating one for those of us who like to recreate in the snow.” Once again I could start out with that same line and just substitute 2015-16. It’s hard to believe that things could ever get much worse for the snow lover, yet good times can still be had.

Cold winds traveling across the open waters of Lake Ontario pick up moisture, which falls as snow over the upland areas of the Tug Hill Plateau and the western half of the Adirondacks. This lake-effect seldom reaches the eastern Adirondacks so, in the absence of regular snowstorms, I often look to ski the southern Adirondacks in the area west of NY Route 30 where snow depths have been in the five to ten inch range this January – not great depths, but enough to cover most rocks and obstructions that might trip up the backcountry ski tourer.

Here are a few ideas for places to ski – or snowshoe – in the Canada Lake and Piseco area. I strongly recommend that you pick up the appropriate maps and guidebooks for this area before venturing out.

**Stewart and Indian Lakes** – A designated ski trail leaves Green Lake Road (0.6 miles from NY Routes 10/29A) from a trailhead that is shared with the trail up Kane Mountain in Canada Lake. In 200 yards you will pass through the summer parking area. Going straight ahead, the trail soon bears right crossing the outlet of Fish Hatchery Pond, below its concrete dam. The trail then climbs moderately in the next mile, and the downhill on the return can be challenging, even for intermediate skiers, so pick a day with at least a foot of snow. After having gone over 1.5 miles Stewart Lake can be seen through the trees on the left. A short bushwhack gets you to the shoreline and if you are confident that the ice is safe you can explore out onto the lake. Look west to see the two humps of the appropriately named Camelhump.

Continuing east on the trail it is about a half mile to Indian Lake. Again, if the ice is

safe – avoid any areas near inlets or outlets where the ice will likely be thin, ski out onto the small lake and look for a large rock to the north that juts out into the lake. Pick a nice sunny spot that is out of the wind for some snacks and hot chocolate before returning. With some pond exploration the round-trip can easily be over five miles. More adventurous skiers can head off-trail to the east and drop down to explore Frie Flow or head north to Eastman Lake. It is hard, although not impossible, to get lost when you can just follow your tracks back.

**North Branch** – This trip is for those who are comfortable exploring an unmarked old road into the Silver Lake Wilderness. The start is from a plowed pullout next to the first southerly bridge that carries NY Route 10 over the West Branch Sacandaga River in Arietta. First-timers to this route will find it easier to follow the route if someone has recently skied or snowshoed in. Again, it is hard to get lost when you can just follow your tracks back to your car.

The path stays north of and close to the West Branch for a while. Stop a moment to admire the ice and open water rapids on the river as it flows down through a rocky section. Pulling away from the river, the old road heads north, and then southeast passing a small vly on the right. Since this is not an official trail you can expect occasional blowdown to block your route and a little bushwhacking will be necessary. The North Branch is visible in a couple of spots, and after about two miles a nice open vly can be seen on the right, and is worth leaving the old road for at least a brief visit.

Continuing north on the now narrow path, you soon reach a fork – there might be some flagging on a tree here – the old road bears left and a spur leads right to a campsite on the North Branch. Following the old road becomes more challenging due to blowdown and wet stream crossings, but you can turn back any time you wish, and follow your tracks back. The skiing on this tour is on the easy range of intermediate, but a positive

attitude might also be needed when circumventing the obstructions – adventure is not without its challenges.

**Dry, Dexter and Spectacle Lakes** – This trek is mostly on a snowmobile trail, which starts from the west side of Route 10 in Arietta, a little north of the second bridge over the West Branch Sacandaga River – a plowed parking area is on the east side of the road. The first half-mile climbs to a register kiosk at a four-way junction. Go straight, going west on a wide trail that sees light snowmobile traffic, passing amongst hardwoods to the north of Good Luck Mountain. The trail’s character changes as evergreens become more prevalent, before reaching Dry Lake at about the two-mile mark. Some short, steep hills can be avoided by skiing out onto the lake if the ice is safe, and rejoining the trail a bit further along.

There is a challenging downhill run, down to Dexter Lake, then the trail follows the lake’s southeastern shoreline before pulling away near its outlet. Bearing left at a junction, you climb a long hill, where you have time to note any ski strategy that might be required for the fast downhill return. After cresting the hill, the trail starts dropping down to Spectacle Lake – bear left at a junction to come out at a nice spot at the edge of the lake’s western lobe, after skiing four miles. Dead trees poke out of the ice as beavers have built a large dam that raised the water level enough to drown the land at this end of the lake. Look for heron nests in the dead trees. A weekday visit will more likely offer a peaceful snowmobile-free sojourn to this attractive spot.

**Foxy Brown Ski Loop** – This is a six-mile-long designated ski trail that starts at the parking area for the Piseco Airport – the airport sees minimal use in winter. The trail runs along the edge of the woods on the southeast side of the airport for half a mile, before ducking into the mature woods at a sign topped with a bird box. The terrain is fairly easy although somewhat bumpy at times. After a couple of miles (signs along

the way denote distance in kilometers), the trail narrows and passes between small balsam firs – the scent is delightful!

A wide stream is crossed to the left of an oddly-placed bridge. A sign tells you that you are at the halfway mark. The trail then turns toward the southwest, and passes through areas that could be wet during a warm spell – make sure you time your visit accordingly. A large tree is down practically in the trail, but there’s no problem squeezing by its now exposed ten-foot-high root system. The yellow-marked ski trail soon meets the Northville-Placid Trail (blue markers) and the signs at the junction can be a bit confusing. No further yellow ski markers are seen until about 100 yards away from the junction, after dropping down and up through a small stream.

Bear left at any junction to come out at the airport, and pick your best route out through the open airfield, crossing the plowed runway and back to your car. If so desired, more mileage can be gained by skiing on the NPT, or the snowmobile trail that goes from the airport toward Sacandaga Lake.

**Courtesy on the Trail** – When traveling on foot trails, and whenever the trail is wide enough, skiers should make their tracks to one side of the trail allowing snowshoers room on the other side. On narrow trails we must travel in each other’s tracks – this is unavoidable. Walking (“bare-booting”) in ski tracks will ensure that you rot in hell! When on snowmobile trails it is best to step off the trail when you hear any snowmobiles approaching.

**In Conclusion** – Even in the worst of low-snow winters there can be fun times in the out-of-doors if you know where to look for it. 🌲

*Rich Macha is owner of Adirondack Paddle’n’Pole in Colonie, a store specializing in canoeing, kayaking and cross country skiing – visit onewithwater.com for more winter trip reports. Rich also leads cross country ski trips for the Adirondack Mountain Club’s Albany Chapter.*

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# RACE RESULTS

## SARATOGA SPA CYCLOCROSS: NYCROSS SERIES #4 November 8, 2015 • Saratoga Spa State Park, Saratoga Springs

<b>MALE: ELITE</b>				3 Andrew Meunier Providence Velo 39:12				
1 Sam Dries No. 22 CX Team 58:00	2 Roger Young NYCROSS/Craft 58:40	3 Julian Georg Syracuse University 58:46	4 Jonathan Albano Capital Bicycle Racing Club 39:13	5 Peter Fobare HRRT 39:16	6 Dylan Thomarie HRRT 40:36	7 John Schwarz Unattached 41:06	8 Paul Rosenstrauch Boston Road Club 41:07	
5 Kevin Bouchard-Hall Placid Planet Bicycles 60:13	6 Kyle Wolfe Unattached 65:20	7 William Sprengnether HRRT 66:33	9 Ian Kola Ashton Greycork Cycling Team 41:17	10 Joe Ceglie HRRT 41:41	<b>MALE: CATEGORY 5</b>			
8 Andrew Bernstein Long Tail Creative -1	<b>FEMALE: ELITE</b>			1 Peter Fobare HRRT 32:20	2 Andrew Putney HRRT 33:05	3 Scott Birdsey Unattached 33:34	4 Charles Tanner HRRT 34:35	
1 Bryna Blanchard North American Velo 49:22	2 Michelle Milton R-Cubed/CK Cycles 49:52	3 Jennifer Dean North American Velo 50:12	4 Nancy Bailey FinKraft Women's Cycling 50:19	5 Eric Feder HRRT 34:57	6 Michael Crowley Unattached 35:36	7 Joe Allen Bicycle Depot 34:45	8 Shawn Kelly Team Brewery Ommegang 36:09	
5 Sylvia Kinoshian Ashton Greycork Cycling Team 51:24	6 Julie Tracy STAMPEDE! 51:34	7 Shylah Weber HRRT 51:36	8 Heidi Baks Pawling Cycle & Sport 52:08	9 Marc Marchessault Capital Bicycle Racing Club 36:10	10 Zachary Carey TRT Bicycles 36:24	<b>MALE: MASTERS 35+</b>		
9 Elizabeth Lukowski Woo Girl! 53:29	10 Heather Mason HRRT 53:58	<b>MALE AGE GROUP: 9 - 12</b>			1 Kip Roberts Onion River Sports/Muscles Not Motors 44:27	2 Dan Harper Team Overlook 44:48	3 William Sprengnether HRRT 45:50	
<b>MALE AGE GROUP: 13 - 14</b>				4 Jonathan Favata TRT Bicycles 47:33	5 Alex Roskin Bikeman.com 48:24	6 Andrew Rizzi HRRT 48:44	7 Christopher Yates Elevate Cycles 50:57	
1 Tyler Zierer HRRT 33:19	2 Schuyler Thomas Unattached 33:19	3 Brendan Kelly HRRT 38:18	4 Patrick Frank HRRT 39:53	8 Ronald Gainer Jr. FitWex/Velo Domestique -1	<b>MALE: MASTERS 45+</b>			
5 A.J. Swears Capital Bicycle Racing Club 41:52	6 Nicholas Dunham HRRT 41:53	<b>FEMALE AGE GROUP: 13 - 14</b>			1 David Conners 1K2GO Coffee/Burris Logistics 45:26	2 James Willsey 1K2GO Coffee/Burris Logistics 46:07	3 John Buser Putney/West Hill Shop 47:25	
<b>FEMALE AGE GROUP: 13 - 14</b>				1 Maggie Payne NYCROSS/Craft 38:00	<b>MALE: MASTERS 55+</b>			
<b>MALE AGE GROUP: UNDER-19</b>				1 DAVE BEALS NYCROSS/Craft 48:47	2 CRAIG SCHNEIDER GMBC 49:17	3 ALAN LESAGE 1K2GO Coffee/Burris Logistics 49:30	4 TIM LEONARD NYCROSS/Craft 50:06	
1 Alexander Zierer HRRT 50:09	2 Connor Singh NYCROSS/Craft 51:04	3 Jacob Tarbay HRRT 52:08	4 Noah Payne NYCROSS/Craft 53:05	5 Keith Honda Expo Wheelmen 50:19	6 Tom MacClarence Capital Bicycle Racing Club 51:08	7 Don Rice CCB Racing/Keltic 51:09	8 Michael Schmidt Ridgefield Cycle Sport Club 51:20	
7 Luke Tanner NYCROSS/Craft -1	8 Will Quackenbush NYCROSS/Craft -1	9 Trevor Dzikowicz HRRT -1	<b>FEMALE AGE GROUP: 16 - 19</b>				1 YANISA NUANHNUPLONS 17 32:08	2 Taylor Ward 19 32:17
<b>FEMALE AGE GROUP: UNDER-19</b>				1 Kayla Dzikowicz HRRT 33:43	2 Caroline Crowell HRRT 33:46	3 RORY TAYLOR R-Cubed/CK Cycles 34:12	4 Madison Jerominek HRRT 37:19	
<b>MALE: CATEGORY 3/4</b>				1 Roger Young NYCROSS/Craft 44:19	2 Patrick Carey Unattached 44:36	3 Niles Gagnon Blue Sky Bicycles 45:18	4 James Honda Expo Wheelmen 45:32	
5 Ryan Conley NYCROSS/Craft 45:33	6 Christian Baks Bikeman.com 46:24	7 Kurt Mason HRRT 46:40	8 Jeff Krywanczyk Capital Bicycle Racing Club 49:12	9 Patrick Fasse TRT Bicycles -1	<b>MALE: SINGLE SPEED</b>			
<b>FEMALE: CATEGORY 4</b>				1 Madeline Smith KMS Cycling/Killington Mtn. School 37:36	2 Sylvia Kinoshian Ashton Greycork Cycling Team 37:42	3 Anna Lalo North American Velo 38:44	4 Molly Byrnes Pacific Cycling 41:11	
5 Shera Tario HRRT -1	6 Kathy Timpane Berkshire Cycling Assn/Linen -1	7 Kellie Tyler Overlook Mountain Bikes -1	8 Pat Rosier Berkshire Cycling Assn/Linen -1	1 Kimberly Milton R-Cubed/CK Cycles 27:07	2 Janay Camp Spa City Bicycleworks 31:04	3 Ashley Girard R-Cubed/CK Cycles 33:26	4 Stacy Maziejka HRRT -1	
<b>MALE: CATEGORY 4/5</b>				1 Matthew Kurz Savile Road Bicycles 38:50	2 Cameron Lewis Inside Edge Ski & Bike 39:03	<i>Courtesy of NYCROSS Race Series</i>		

## 8TH ANNUAL SHENENDEHOWA VETERANS DAY DASH 5K RUN *continued*

<b>MALE AGE GROUP: 11 - 13</b>				1 Jakob Quail 13 Ballston Lake 18:12				
2 Griffin Cooke 13 Clifton Park 18:18	3 Ryan Shanahan 13 Clifton Park 18:28	<b>FEMALE AGE GROUP: 11 - 13</b>			1 Ava Caputo 12 Waterford 23:59	2 Anna Hogan 13 Clifton Park 25:36	3 Ian Sever 12 Clifton Park 25:56	
<b>MALE AGE GROUP: 14 - 15</b>				1 Gregory Langone 14 Clifton Park 17:28	2 Kyle Gronau 14 Clifton Park 17:44	3 Matthew Vigilante 15 Waterford 17:59	<b>FEMALE AGE GROUP: 14 - 15</b>	
1 Kayla Wheeler 15 Clifton Park 22:28	2 Eve Schoen 15 23:52	3 Katie Hanagan 15 Ballston Lake 26:23	<b>MALE AGE GROUP: 16 - 19</b>			1 Chris Donnelly 16 Clifton Park 17:39	2 Conor Newton 17 Clifton Park 17:45	3 Tom Burns 17 Clifton Park 19:53
<b>FEMALE AGE GROUP: 16 - 19</b>				1 YANISA NUANHNUPLONS 17 32:08	2 Taylor Ward 19 32:17	3 Olivia Castaneda 17 Clifton Park 33:06	<b>MALE AGE GROUP: 20 - 24</b>	
<b>MALE AGE GROUP: 20 - 24</b>				1 Robert Colba 21 25:14	<b>FEMALE AGE GROUP: 20 - 24</b>			1 Kiersten Smith 20 39:09
<b>MALE AGE GROUP: 25 - 29</b>				1 Timothy Ela 26 Clifton Park 18:15	2 Mike Goebel 28 Albany 20:44	3 John Bornheim 27 32:01	<b>FEMALE AGE GROUP: 25 - 29</b>	
<b>FEMALE AGE GROUP: 25 - 29</b>				1 Katie Mion 29 22:49	2 Chelsea Desalvatore 29 Clifton Park 23:06	3 Katie Greco 27 Fort Johnson 30:50	<b>MALE AGE GROUP: 30 - 34</b>	
<b>MALE AGE GROUP: 30 - 34</b>				1 Ryan Milton 32 21:09	2 Bill Schipano 33 24:03	3 Stephanie Carlton 31 26:13	<b>FEMALE AGE GROUP: 30 - 34</b>	
<b>FEMALE AGE GROUP: 30 - 34</b>				1 Carolyn Anderton 30 Clifton Park 22:44	2 Catherine Gutherie 33 24:00	3 Jessie Sangster 33 26:32	<b>MALE AGE GROUP: 35 - 39</b>	
<b>MALE AGE GROUP: 35 - 39</b>				1 Matthew Frye 35 Clifton Park 19:59	2 Mike Rosa 39 Clifton Park 20:16	3 Dave Buckley 38 23:12	<b>FEMALE AGE GROUP: 35 - 39</b>	
<b>FEMALE AGE GROUP: 35 - 39</b>				1 Jennifer Bennice 36 Ballston Lake 22:12	2 Karissa Benner 37 Clifton Park 23:27	3 Julie Drake 37 25:55	<b>MALE AGE GROUP: 40 - 44</b>	
<b>MALE AGE GROUP: 40 - 44</b>				1 Greg Ethier 42 Clifton Park 19:29	2 Patrick Clare 40 23:56	3 Steven Rowe 44 25:47	<b>FEMALE AGE GROUP: 40 - 44</b>	
<b>FEMALE AGE GROUP: 40 - 44</b>				1 Antoinette Rose 42 Clifton Park 24:42	2 Danielle Canterbury 42 25:04	3 Kathy Burdick 41 26:26	<b>MALE AGE GROUP: 45 - 49</b>	
<b>MALE AGE GROUP: 45 - 49</b>				1 John Williams-Searle 47 Albany 19:13	2 William Hoffman 48 Clifton Park 19:26	3 Rick Zachgo 45 Clifton Park 19:30	<b>FEMALE AGE GROUP: 45 - 49</b>	
<b>FEMALE AGE GROUP: 45 - 49</b>				1 Karen Hickey 49 Waterford 22:21	2 Kathleen Bove 48 Ballston Lake 23:36	3 Katie Christensen 48 26:55	<b>MALE AGE GROUP: 50 - 54</b>	
<b>MALE AGE GROUP: 50 - 54</b>				1 Said Bouzidi 53 Clifton Park 24:23	2 Mike Martin 52 24:31	3 Kurt Vanwagenen 52 24:35	<b>FEMALE AGE GROUP: 50 - 54</b>	
<b>FEMALE AGE GROUP: 50 - 54</b>				1 Heather Daniels 50 22:57	2 Christine Hollmer 50 Clifton Park 26:28	3 Jacqueline Orr 53 Loudonville 28:58	<b>MALE AGE GROUP: 55 - 59</b>	
<b>MALE AGE GROUP: 55 - 59</b>				1 Chris Murphy 58 Scotia 21:08	2 Greg Wheeler 55 Clifton Park 22:47	3 Reid Hislop 55 Clifton Park 26:10	<b>FEMALE AGE GROUP: 55 - 59</b>	
<b>FEMALE AGE GROUP: 55 - 59</b>				1 Cheryl Dunkelbarger 55 29:49	2 Mindy Sousie 55 30:11	3 Marcia Rice 58 32:48	<b>MALE AGE GROUP: 60 - 64</b>	
<b>MALE AGE GROUP: 60 - 64</b>				1 Rob Picotte 62 Malta 20:36	2 Mike Fazoli 64 Wynantskill 20:49	3 Jim Zimmons 60 Rexford 24:57	<b>FEMALE AGE GROUP: 60 - 64</b>	
<b>FEMALE AGE GROUP: 60 - 64</b>				1 Holly Kozlowski 60 28:26	2 Benita Zahn 61 30:56	3 Terry Cuomo 61 32:44	<b>MALE AGE GROUP: 65 - 69</b>	
<b>MALE AGE GROUP: 65 - 69</b>				1 Scott Gary 66 26:31	2 Daniel Brown 69 26:34	3 Joseph Hein 66 33:31	<b>FEMALE AGE GROUP: 65 - 69</b>	
<b>FEMALE AGE GROUP: 65 - 69</b>				1 Debra Brown 66 33:22	2 Kathleen Zegarelli 67 46:09	<b>MALE AGE GROUP: 70 - 74</b>		
<b>MALE AGE GROUP: 70 - 74</b>				1 Eduardo Munoz 73 Olmstedville 25:23	2 Richard Thiessen 71 Round Lake 30:20	<b>FEMALE AGE GROUP: 70 - 74</b>		
<b>FEMALE AGE GROUP: 70 - 74</b>				1 Susan Richardson 73 Albany 36:33	<b>MALE AGE GROUP: 80 - 84</b>		1 Richard Schumacher 82 Hoosick Falls 35:59	2 Joe Kelly 82 Albany 38:38
<b>MALE AGE GROUP: 80 - 84</b>				<i>Courtesy of Shen Track Booster Club &amp; Clifton Park Track Club</i>				

## 10TH ANNUAL BETHLEHEM CUP CYCLOCROSS: NYCROSS RACE SERIES November 15, 2015 Elm Avenue Park, Delmar

<b>ELITE MEN: CATEGORY PRO/1/2/3</b>				1 Jeremy Durrin Neon Velo 55:26			
2 Christian Favata TRT Bicycles 52:26	3 Hugo Robinson Neon Velo 56:10	4 Alec Donahue JAM/NCC/Vittoria 56:43	5 Scott Smith JAM/NCC/Vittoria 58:31	6 Jamie Belchak X-Men/Squadra Flying Tigers 58:57	7 Andrew Borden X-Men/Squadra Flying Tigers 59:51	8 Julian Georg Syracuse University 60:07	9 Tom Horrocks X-Men/Squadra Flying Tigers 60:18
10 Sam Dries No. 22 CX Team 61:21	<b>ELITE WOMEN: CATEGORY PRO/1/2/3</b>			1 Jenny Ives Verge Test Pilot/Jamis 42:17	2 Bryna Blanchard North American Velo 42:47	3 Clio Dinan NYC/United Healthcare 44:34	4 Nancy Bailey FinKraft Women's Cycling 45:21
5 Paige Williams Verge Sport 45:34	6 Shylah Weber Unattached 45:36	7 Alli Mrugal RPI Cycling Team 46:17	8 Jennifer Dean North American Velo 46:17	9 Abigail Isolda WooGirl! 49:41	10 Anna Lalo North American Velo -1	<b>MEN: CATEGORY 4/5</b>	
<b>MEN: CATEGORY 3/4</b>				1 Andrew Nicholas RPI Cycling Team 39:48	2 Niles Gagnon Blue Sky Bicycles 40:16	3 Ryan Conley NYCROSS/Craft 40:48	4 Jeff Krywanczyk Capital Bicycle Racing Club 42:03
5 Jared Stritsman Tomhannock Bicycles 42:51	6 John Ormsby Unattached 47:11	7 Christopher Welch Killington Mountain School 47:25	<b>WOMEN: CATEGORY 4/CITIZEN</b>		1 Kimberly Milton R-Cubed 30:01	2 Anna Lalo North American Velo 32:16	3 Katherine Rusch RPI Cycling Team 34:30
4 Kathy Timpane BCA/Linen 34:58	5 Kellie Tyler Unattached 35:28	6 Pat Rosier BCA/Linen 36:44	<b>BOYS: JUNIOR UNDER-19</b>		1 Alexander Zierer HRRT 43:47	2 Connor Singh NYCROSS/Craft 45:08	3 Tommy Servetas NYCROSS/Craft 45:14
<b>MEN: CATEGORY 5/CITIZENS</b>				1 Tim Russell Unattached 27:01	2 Andrew Putney HRRT 27:15	3 Joe Ceglie Paniagua Cycling 27:52	4 Charles Tanner HRRT 28:11
5 Eric Feder HRRT 28:11	6 Richard Tortorici R-Cubed 28:36	7 Ryan Walker Unattached 28:39	8 Michael Crowley Unattached 28:48	9 Gregory Diguideo RPI Cycling Team 28:53	10 Kevin Williams HRRT 29:31	<b>MIXED: CUB JUNIORS 9 - 14</b>	
<b>MIXED: CUB JUNIORS 9 - 14</b>				1 Tommy Servetas NYCROSS/Craft 29:31	2 Trevor Dzikowicz HRRT 31:34	3 Tyler Zierer HRRT 32:44	4 Schuyler Thomas Unattached 33:38
5 Brendan Kelly HRRT 33:50	6 Patrick Frank HRRT 35:50	7 Nicholas Dunham HRRT 36:09	8 Ryan Burek HRRT -1	9 Finn Payne NYCROSS/Craft -1	<b>BOYS: JUNIOR UNDER-19</b>		
<b>BOYS: JUNIOR UNDER-19</b>				1 Alexander Zierer HRRT 43:47	2 Connor Singh NYCROSS/Craft 45:08	3 Tommy Servetas NYCROSS/Craft 45:14	

## 8TH ANNUAL SHENENDEHOWA VETERANS DAY DASH 5K RUN November 11, 2015 • Shenendehowa High School, Clifton Park

<b>MALE OVERALL</b>				1 Jeff Goupil 28 Ballston Lake 16:56				
2 Liam Hickey 15 Waterford 17:20	3 Juan Perez 16 Clifton Park 17:23	<b>FEMALE VETERANS OVERALL</b>			1 Antoinette Rose 42 Air Force 24:42	2 Karolyn Ann DeVito 39 Air Force 28:39	3 Heather Lyn Miner 33 Air Force 29:28	
<b>FEMALE OVERALL</b>				1 Madeleine Festin 14 Clifton Park 21:32	2 Kristen Hislop 51 Clifton Park 21:43	3 Sarah Machina 17 Rexford 22:04	<b>MALE AGE GROUP: 1 - 10</b>	
<b>MALE VETERANS OVERALL</b>				1 Jackson Bennice 9 Ballston Lake 22:12	2 Jake Mahoney 10 Clifton Park 24:05	3 Tyler Allen 10 Broadalbin 24:28	<b>FEMALE AGE GROUP: 1 - 10</b>	
1 Ryan Milton 32 Air Force 21:09	2 Dave Buckley 38 Marines 23:12	3 James Capuano 47 23:28	1 Meghan Guarracino 10 Ballston Lake 26:12	2 Cameryn Wilders 10 Ballston Lake 26:57	3 Sydney Tolan 8 Clifton Park 27:59	<i>continued</i>		

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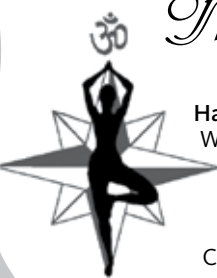


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**10TH ANNUAL BETHLEHEM CUP CYCLOCROSS: NYCROSS RACE SERIES continued**

4 Noah Payne	NYCROSS/Craft	47:11	8 Tim Eck	Elevate Cycles	43:51
5 Brendan Kelly	HRRT	47:49	9 Thierry Blanchet	North American Velo	44:21
6 Will Quackenbush	NYCROSS	48:08	10 David Carmona	Hammer Nutrition	44:30
7 Jacob Tarbay	HRRT	-1	<b>MEN: MASTERS 55-PLUS</b>		
<b>GIRLS: JUNIOR UNDER-19</b>					
1 Victoria Servetas	NYCROSS/Craft	34:11	1 Brad Young	NYCROSS/Craft	40:19
2 Maggie Payne	NYCROSS/Craft	34:58	2 Joseph Lellman	Northampton Cycling Club	42:53
3 Caroline Crowell	HRRT	37:06	3 Craig Schneider	GMBC	44:30
4 Madison Jerominek	HRRT	-1	4 Dave Beals	NYCROSS/Craft	44:49
<b>MEN: MASTERS 35-PLUS</b>					
1 Dan Harper	Team Overlook	39:22	5 Gene Primomo	Capital Bicycle Racing Club	45:05
2 William Sprengnether	HRRT	39:45	6 Kevin Mitts	BCA/Linen	45:22
3 Scott Hock	No. 22 CX Team	40:09	7 Brian Sanders	G5 MVBC	45:25
4 Christian Baks	Bikeman.com	40:37	8 Donald Massonne	HRRT	45:38
5 Jurgen Beneke	DaHANGER	43:02	9 Tom MacClarence	Capital Bicycle Racing Club	45:45
6 Jonathan Favata	TRT Bicycles	42:21	10 Alan Lesage	1K2GO Coffee/Burris Logistics	45:45
7 Alex Roskin	Bikeman.com	42:53	<b>MEN: SINGLESPEED</b>		
8 Andrew Rizzi	HRRT	43:48	1 Niles Gagnon	Blue Sky Bicycles	39:51
9 Michael Benson	Unattached	44:01	2 Brad Young	NYCROSS/Craft	39:58
10 Christopher Yates	Elevate Cycles	45:32	3 Bret Young	NYCROSS/Craft	40:59
<b>MEN: MASTERS 45-PLUS</b>					
1 Paul Wojciak	Bikeman.com	39:22	4 Andrew Ruiz	CCB/Volkswagen	41:09
2 Bret Young	NYCROSS/Craft	40:48	5 Scott Hock	No. 22 CX Team	42:28
3 James Willsey	1K2GO Coffee/Burris Logistics	41:15	6 Thierry Blanchet	North American Velo	42:56
4 James Stafford	Bicycle Depot New Paltz	41:23	7 Dylan Thomarie	HRRT	43:29
5 Geoffrey House	NCC	42:02	8 John Witmer	GMBC/Synergy Fitness	44:00
6 Michael Tucker	BCA/Linen	43:06	9 Jason Selwitz	Unattached	45:01
7 John Witmer	GMBC/Synergy Fitness	43:38	10 Brian Sanders	G5 MVBC	46:21

Courtesy of NYCROSS Race Series

**1ST ANNUAL GIRLS ON THE RUN 5K**  
November 21, 2015 • Corning Preserve, Albany

<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 44</b>		
1 Eddie Chipalo	27	Albany	1 Mary Baumes	44	Rexford
2 Tom Tiberio	30	Scotia	2 Deanna G	43	Albany
3 Michael Conroy	51	Voorheesville	3 Michelle Pendergast	42	Troy
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1 Wheatley		21:45	1 Jim Hopsicker	47	Schenectady
2 Emily J	33	22:04	2 Mark Heffern	45	Norwalk, CT
3 Terra Stone	40	Rensselaer	3 Chuck Decitise	45	Troy
<b>FEMALE AGE GROUP: 1 - 14</b>			<b>FEMALE AGE GROUP: 45 - 49</b>		
1 Lauren Bednarczyk	14	Rensselaer	1 Sharon McGuire	47	Albany
2 Erin Pendergast	11	Wynantskill	2 Mary Schmidt	49	Niskayuna
3 Lauren Fennell	12	Selkirk	3 Emily Baglione	48	Rensselaer
<b>FEMALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 50 - 54</b>		
1 Elise Porter	16	Ballston Spa	1 Brian Pattison	53	Altamont
2 Brooke Joy	17	Glenville	2 Paul Bednarczyk	52	Rensselaer
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 50 - 54</b>		
1 Pam Eistertz	23	Albany	1 Sherri Pignetti	52	Rotterdam Junction
2 Lauren Bailey	24	Albany	2 Christine Porter	52	Ballston Spa
3 Allison Minchhoff	21	Sturbridge, MA	3 Kimberly Goodwin	52	Clifton Park
<b>MALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 55 - 59</b>		
1 Patrick Teora	27	Albany	1 Joe Aversano	57	Middletown
2 Alex Masti	27	Albany	2 John Grasso	56	Bayside
3 Jake Klym	25	Rensselaer	<b>FEMALE AGE GROUP: 55 - 59</b>		
<b>FEMALE AGE GROUP: 25 - 29</b>			1 Barbara Connolly	57	Delmar
1 Laura Pasquali	28	Schenectady	2 Laurie Ferlazzo	55	Stillwater
2 Gretchen Sullivan	29	Albany	3 Jenny Lee	55	Selkirk
3 Nicole Turoski	29	Voorheesville	<b>MALE AGE GROUP: 60 - 64</b>		
<b>MALE AGE GROUP: 30 - 34</b>			1 Dave Billings	62	New Hampton
1 Todd Stevens	34	Colonie	2 Jim Sheehan	63	Cohoes
2 Christian Malanga	34	Albany	<b>FEMALE AGE GROUP: 60 - 64</b>		
3 Sean Stephens	31	Albany	1 Mary Jo Benny	60	Scotia
<b>FEMALE AGE GROUP: 30 - 34</b>			2 Kris Burns	62	Albany
1 Megan B	31	Albany	3 Darlene Cardillo	62	Delmar
2 Ami Jo Benny	34	Schenectady	<b>MALE AGE GROUP: 65 - 69</b>		
3 Kelly Juliano	31	Troy	1 Joseph Liotta	66	Green Island
<b>MALE AGE GROUP: 35 - 39</b>			<b>FEMALE AGE GROUP: 65 - 69</b>		
1 Eric Gould	37	Rensselaer	1 Judy L	66	Albany
<b>FEMALE AGE GROUP: 35 - 39</b>			2 Mary Ann Donnaruma	69	Delmar
1 Caryn Burton	37	Albany	3 Carolyn Jonientz	66	Voorheesville
2 Meredith Streeter	39	Albany	<b>FEMALE AGE GROUP: 70 - 74</b>		
3 Andrea Macri	38	Voorheesville	1 Leila C	70	Albany
<b>MALE AGE GROUP: 40 - 44</b>			<b>MALE AGE GROUP: 80 - 84</b>		
1 John Bensetler	40	Albany	1 John Sowa	81	Glenville
2 Bob Miller	41	Scotia			
3 Jeevarathna Ayyampe	43	Guiderland			

Courtesy of Girls on the Run Capital Region

**68TH ANNUAL TROY TURKEY TROT 5K, 10K & GRADE SCHOOL MILE continued**

<b>MALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 1 - 14</b>		
1 Birant Akbay	27	Niskayuna	1 Collin Douglas	13	Petersburgh
2 Matthew Blair	25	Troy	2 Conner Douglas	14	Petersburgh
3 Christopher Ho	27	Walnut Creek, CA	3 Bradley Hack	13	Lake Katrine
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 1 - 14</b>		
1 Katlin Mock	25	Albany	1 Sarah Mattfeld	12	Voorheesville
2 Alexandra Mustardo	25	Honeoye Falls	2 Jennifer Skeeter	14	Delanson
3 Kathryn Bernarde	29	Saratoga Springs	3 Madeleine Festin	14	Clifton Park
<b>MALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 15 - 19</b>		
1 Louis DiNuzzo	33	Colonie	1 Matt Pasquali	19	Guiderland
2 Shaun Horan	34	Binghamton	2 James Faraci	16	Troy
3 Robert Baniak	32	Troy	3 Anthony Erno	18	Glenville
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>FEMALE AGE GROUP: 15 - 19</b>		
1 Stephanie Vilorio	33	21:31	1 Emma Howe	19	Hopkinton, MA
2 Trish Horan	30	21:37	2 Sarah Hack	17	Lake Katrine
3 Megan Heegan	32	Brooklyn	3 Chelsea Wojeski	19	East Greenbush
<b>MALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 20 - 24</b>		
1 Anthony Giuliano	36	Albany	1 Matt Farragher	21	North Chatham
2 Immanuel Wineman	37	17:05	2 Brien Miceli	20	Slingerlands
3 Mike Poole	36	Stamford, CT	3 Eric Young	24	Latham
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>FEMALE AGE GROUP: 20 - 24</b>		
1 Mollie DeFrancesco	35	Averill Park	1 Kara Patrick	23	East Greenbush
2 Beth Ann Coulton	36	Brooklyn	2 Larissa Meléndez	22	Dryden
3 Alana Bonner	35	Pincourt, QC	3 Emma Lugten	21	Norfolk, MA
<b>MALE AGE GROUP: 40 - 44</b>			<b>MALE AGE GROUP: 25 - 29</b>		
1 Michael Palmer	44	Niskayuna	1 Scott Mindel	29	Ballston Lake
2 Shawn McGrath	41	Ridgefield, CT	2 John Farley	26	Albany
3 Peter Bove	40	Longmont, CO	3 Tim Russell	26	Saratoga Springs
<b>FEMALE AGE GROUP: 40 - 44</b>			<b>FEMALE AGE GROUP: 25 - 29</b>		
1 Nora McGrath	41	Ridgefield, CT	1 Lisa D'Aniello	29	Albany
2 Estelle Burns	40	Troy	2 Chelsea Desalvatore	29	Clifton Park
3 Allison Bradley	40	Albany	3 Mairin O'Connor	26	New York
<b>MALE AGE GROUP: 45 - 49</b>			<b>MALE AGE GROUP: 30 - 34</b>		
1 Tim VanOrden	47	Bennington, VT	1 Thomas O'Grady	30	Slingerlands
2 Todd Kennedy	45	Tarrytown	2 Dave Vona	33	Valatie
3 Doug Hough	48	Latham	3 Chuck Terry	33	Albany
<b>FEMALE AGE GROUP: 45 - 49</b>			<b>FEMALE AGE GROUP: 30 - 34</b>		
1 Theresa Fiori	49	Slingerlands	1 Meghan Mortensen	30	Rotterdam
2 Lara Stelmazyk	46	Albany	2 Kelly Stevens	33	Pittsburgh, PA
3 Maryann Reilly-Johnson	47	Loudonville	3 Lindsay Choppy	31	Troy
<b>MALE AGE GROUP: 50 - 54</b>			<b>MALE AGE GROUP: 35 - 39</b>		
1 Joseph Sullivan	53	Carlisle, PA	1 Sully Sullivan	36	Schenectady
2 Mike Veeder	54	Earlton	2 Eric Kelly	35	Wynantskill
3 John Sestito	52	Johnsontown	3 Matthew Crave	38	Schenectady
<b>FEMALE AGE GROUP: 50 - 54</b>			<b>FEMALE AGE GROUP: 35 - 39</b>		
1 Kristen Hislop	51	Clifton Park	1 Emily Miller	35	Delmar
2 Patti Bourgeois	51	Monroe	2 Renee Wing	35	Delmar
3 Kimberly Scaringe	51	Cohoes	3 Kristen Cronin	37	Troy
<b>MALE AGE GROUP: 55 - 59</b>			<b>MALE AGE GROUP: 40 - 44</b>		
1 Jacob Freehart	56	Troy	1 James O'Connor	42	Troy
2 Thomas Rest	55	Clifton Park	2 Volker Burkowski	44	Gansevoort
3 Bill Kruegler	57	Troy	3 Kenneth Plowman	41	Albany
<b>FEMALE AGE GROUP: 55 - 59</b>			<b>FEMALE AGE GROUP: 40 - 44</b>		
1 Diane Oberhausen	55	Avon, CT	1 Jessica Northan	40	Guiderland
2 Erin Loffredo	56	Averill Park	2 Amy Seagroatt	40	Clifton Park
3 Linda Cure	55	Altamont	3 Erin Bigley	41	Voorheesville
<b>MALE AGE GROUP: 60 - 64</b>			<b>MALE AGE GROUP: 45 - 49</b>		
1 Michael Fazioli	64	Wynantskill	1 Brian Debraccio	49	Scotia
2 Rob Picotte	62	Malta	2 Michael Kelly	45	Selkirk
3 Kevin Rose	63	63	3 John Williams-Searle	47	Albany
<b>FEMALE AGE GROUP: 60 - 64</b>			<b>FEMALE AGE GROUP: 45 - 49</b>		
1 Carolyn George	61	Albany	1 Emily Bryans	48	Delanson
2 Anne Haertel	60	Latham	2 Jennifer Manware	46	Plantsburg, CT
3 Ginny Moore	60	Clifton Park	3 Amy Drag	45	Waterford
<b>MALE AGE GROUP: 65 - 69</b>			<b>MALE AGE GROUP: 50 - 54</b>		
1 Henry Nirsberger	65	Clifton Park	1 Thomas Kracker	51	Delmar
2 Robert Stockton	68	Clifton Park	2 Mark Stephenson	51	Esperance, NE
3 Joseph Liotta	66	Green Island	3 John Stadlander	50	Clifton Park
<b>FEMALE AGE GROUP: 65 - 69</b>			<b>FEMALE AGE GROUP: 50 - 54</b>		
1 Cathy Lanesey	65	Troy	1 Peggy Egan	50	Albany
2 Betty Bellino	66	East Greenbush	2 Shelly McDonald	52	Waterlvet
3 Laura Clark	68	Saratoga Springs	3 Ingrid Wilke	52	Cohoes
<b>MALE AGE GROUP: 70 - 74</b>			<b>MALE AGE GROUP: 55 - 59</b>		
1 Frank Myers	70	Albany	1 Derrick Staley	57	Ballston Lake
2 Paul Gansle	73	Albany	2 John Noonan	56	Ballston Spa
3 Jeffrey Straussman	70	Albany	3 Thomas Dalton	57	Schenectady
<b>FEMALE AGE GROUP: 70 - 74</b>			<b>FEMALE AGE GROUP: 55 - 59</b>		
1 Roberta Solomon	71	Clifton Park	1 Beth Stalker	56	Burnt Hills
2 Helen Middleton	74	West Sand Lake	2 Nancy Taormina	56	Albany
3 Louise Liberty	71	Troy	3 Catherine Howe	58	Hopkinton, MA
<b>MALE AGE GROUP: 75 - 79</b>			<b>MALE AGE GROUP: 60 - 64</b>		
1 Frank Lewandusky Sr.	78	Waterford	1 Kevin Dollard	60	Hopewell Junction
2 Robert Knouse	76	Voorheesville	2 Lee Pollock	63	Queensbury
3 Raymond Limoges	76	Glenwood Springs, CO	3 James Forbes	61	Valley Falls
<b>FEMALE AGE GROUP: 75 - 79</b>			<b>FEMALE AGE GROUP: 60 - 64</b>		
1 Arline Hershberg	78	Port Jefferson	1 Karen Provencher	61	Glens Falls
2 Carolyn Chenot	75	Albany	2 Martha DeGrazia	64	Slingerlands
<b>MALE AGE GROUP: 80 - 84</b>			<b>FEMALE AGE GROUP: 65 - 69</b>		
1 Richard Schumacher	82	Hoosick Falls	3 Cathy Sliwinski	60	Albany
2 Jim Owens	80	Latham	<b>MALE AGE GROUP: 65 - 69</b>		
3 William O'Donnell	81	Averill Park	1 Bob Giambalvo	66	Delhi
<b>FEMALE AGE GROUP: 80 - 84</b>			2 Dave Glass	69	Glenville
1 Florence O'Donnell	80	East Greenbush	3 James Larkin	68	Clifton Park
<b>10K ROAD RACE</b>			<b>FEMALE AGE GROUP: 65 - 69</b>		
<b>MALE OVERALL</b>			1 Suzanne Forbes	66	Valley Falls
1 Kieran O'Connor	28	Arlington, VA	2 Kathleen McMahon-Paul	66	Troy
2 Conor Cashin	23	Albany	3 Patricia Darnetto	66	Cohoes
3 Aaron Lozier	27	Albany	<b>MALE AGE GROUP: 70 - 74</b>		
<b>FEMALE OVERALL</b>			1 Tom Hunter	70	Troy
1 Karen Bertasso	31	Albany	2 Stanley Westhoff	72	Gansevoort
2 Hannah Brooker	24	Albany	3 John Casey	70	Rensselaer
3 Diane Ryan	33	Malta	<b>FEMALE AGE GROUP: 70 - 74</b>		
			1 Ginny Pezzula	70	Colonie

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# RACE RESULTS

## 68TH ANNUAL TROY TURKEY TROT 5K, 10K & GRADE SCHOOL MILE *continued*

2 Elaine Cronin	70	Troy	1:21:06	14 Bennett Wilson	Mechanicville	6:42
3 Linda Keeley	70	Waterford	1:26:38	15 Michael Dinardo	Wynantskill	6:42
<b>FEMALE AGE GROUP: 75 - 79</b>				<b>FEMALE OVERALL</b>		
1 Eiko Bogue	78	Schaghticoke	1:25:18	1 Erin Dougherty	East Greenbush	6:27
<b>GRADE SCHOOL MILE</b>				2 Marisa Fernandez	Floral Park	6:49
<b>MALE OVERALL</b>				3 Makayla Greenwood	Schenectady	6:56
1 Spencer Daley		Troy	5:48	4 Nora Pierce	North Reading	7:01
2 Jeremy Smith		Schenectady	5:57	5 Emily Drake	Clifton Park	7:02
3 Liam Fuller		Schenectady	6:05	6 Gianna Geraci	Averill Park	7:03
4 Aidan Wallen		Wynantskill	6:06	7 Sydney Gonzalez	Schenectady	7:06
5 Jake Smith		Nashua, NH	6:12	8 Gabriella Cellucci	Troy	7:14
6 Andrew Stiles		Niskayuna	6:14	9 Kamryn Dougherty	East Greenbush	7:17
7 Matthew Stiles		Niskayuna	6:16	10 Danielle Dikant	Wynantskill	7:19
8 Evan Austin		Latham	6:23	11 Amaya Thomas	Troy	7:22
9 Ricky Duffy IV		Clifton Park	6:25	12 Michelle Furches	Cornelius	7:24
10 Henry Madigan		Valley Falls	6:28	13 Riley Obrien	Wynantskill	7:27
11 Wesley McIntyre		Troy	6:36	14 Sydney Ainsworth	West Sand Lake	7:44
12 Aidan Ryan		Clifton Park	6:36	15 Jesse Davis	Nottingham, NH	7:45
13 Nicholas Galuski		Wynantskill	6:40			

*Courtesy of City of Troy & USATF-Adirondack*

## 34TH ANNUAL CARDIAC CLASSIC 5K ROAD RACE

*November 26, 2015 • Central Park, Schenectady*

<b>MALE OVERALL</b>			1 Robert Irwin	42	Guiderland	17:30	
1 Louis Serafini	24	Brighton, MA	14:34	2 Bob Miller	41	Scotia	20:49
2 Matthew Lange	20	Schenectady	15:29	3 Gaven Richard	42	Albany	21:06
3 Michael Danaher	24	Clifton Park	16:00	<b>FEMALE AGE GROUP: 40 - 44</b>			
<b>FEMALE OVERALL</b>			1 Deanne Webster	40	Albany	20:28	
1 Julia Flower	17	Schenectady	17:32	2 Denise Vanderwerken	43	Cobleskill	21:31
2 Jennifer Bennice	36	Ballston Lake	18:33	3 Nicole Solomos	41	South Salem	25:44
3 Erin Corcoran	41	Schenectady	18:39	<b>MALE AGE GROUP: 45 - 49</b>			
<b>MALE AGE GROUP: 1 - 14</b>			1 Ryan Mitchell	49	Troy	18:11	
1 Evan Brennan	14	Ballston Lake	16:45	2 Paul Allen	48	Latham	19:10
2 Isaac Menis	14	Schenectady	17:50	3 Richard Cummings	48	Schenectady	19:53
3 Marty Dolan	14	Niskayuna	19:21	<b>FEMALE AGE GROUP: 45 - 49</b>			
<b>FEMALE AGE GROUP: 1 - 14</b>			1 Stacia Smith	45	Niskayuna	21:52	
1 Margot Tanner	13	Schenectady	21:44	2 Laurie Hoyt	49	Schenectady	25:00
2 Tess McGrinder	14	Niskayuna	21:57	3 Erika Robert	48	East Berne	25:32
3 Charlotte Kokernak	14	Niskayuna	22:12	<b>MALE AGE GROUP: 50 - 54</b>			
<b>MALE AGE GROUP: 15 - 19</b>			1 David Padula	50	Niskayuna	18:13	
1 Charlie Ragone	17	Niskayuna	16:38	2 Ed Menis	51	Schenectady	18:28
2 Brendon Vanvleck	16	Duanesburg	16:50	3 Paul Young	50	North Andover, MA	19:17
3 Joshua Moeckel	18	Scotia	17:03	<b>FEMALE AGE GROUP: 50 - 54</b>			
<b>FEMALE AGE GROUP: 15 - 19</b>			1 Lisa Nieradka	50	Clifton Park	20:50	
1 Amelia Kokernak	16	Niskayuna	19:01	2 Sally Dewes	50	Glenville	23:58
2 Emily Crouse	17	Clifton Park	19:04	3 Linda Francois	52	Glenville	24:54
3 Megan Wagner	19	Niskayuna	19:49	<b>MALE AGE GROUP: 55 - 59</b>			
<b>MALE AGE GROUP: 20 - 24</b>			1 Johan Bosman	55	Niskayuna	19:06	
1 Kevin Terbush	23	Ballston Spa	16:23	2 Robert Liebers	58	Lakewood	19:13
2 Joshua Korn	20	Niskayuna	16:44	3 Michael Murtagh	55	Scotia	20:30
3 John Crowe	21	Furnace, PA	17:35	<b>FEMALE AGE GROUP: 55 - 59</b>			
<b>FEMALE AGE GROUP: 20 - 24</b>			1 Gwen Williams	57	Scotia	22:54	
1 Kelsey Ryan	24	Niskayuna	21:33	2 Debra-Jane Fitzgerald	56	Schenectady	24:40
2 Richelle Lyons	23	Fort Plain	21:35	3 Melanie Moller	58	Niskayuna	24:41
3 Bridget Knickerbocker	24	Niskayuna	22:07	<b>MALE AGE GROUP: 60 - 64</b>			
<b>MALE AGE GROUP: 25 - 29</b>			1 Pete Rowell	26	Albany	16:40	
1 Dennis Seaman	29	Niskayuna	18:22	2 Armon Benny	61	Scotia	22:48
3 Michael Ryan	27	Niskayuna	18:42	3 Robert Colborn	61	Schenectady	23:19
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 60 - 64</b>				
1 Molly Wellman	27	Cohoes	20:40	1 Joan Celentano	62	Schenectady	25:58
2 Katie Horan	27	Mamaronck	20:45	2 Vickie Shatley	61	Scotia	26:24
3 Sarah Thomsen Ferreira	26	Albany	20:59	3 Mary Jo Benny	61	Scotia	26:46
<b>MALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 65 - 69</b>				
1 Tyler Raymond	31	New York	16:49	1 Joe Yavonditte	66	Schenectady	23:55
2 Andrew McCarthy	32	Albany	17:54	2 Paul Forbes	65	Colonie	24:15
3 Ambrose Schaffer	33	Canajoharie	18:24	3 John Foley	65	Schenectady	25:45
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>FEMALE AGE GROUP: 65 - 69</b>				
1 Kristen Quaresimo	31	Ballston Lake	18:52	1 Linda Meier	67	Schenectady	34:50
2 Diane Heiser	31	San Francisco, CA	18:55	2 Peg Foley	65	Schenectady	34:57
3 Emily McCabe	31	Albany	19:20	3 Josephine Lawlor	66	Coram	34:58
<b>MALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 70 - 74</b>				
1 Gregory Rashford	37	Niskayuna	20:58	1 James Nicholas	71	Rotterdam	30:10
2 Matthew Johnson	36	Glenville	21:01	2 Jeff Ross	70	Lebanon Springs	31:12
3 Douglas Secor	35	Scotia	21:02	3 David Chank	70	Clifton Park	32:47
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 75 - 79</b>				
1 Beth Pugliano	35	Somerville, MA	20:55	1 Jim Moore	76	Niskayuna	27:51
2 Christina Hunsberger	35	Schenectady	21:47	2 Christopher Rush	79	Schenectady	30:34
3 Christina Ardito	36	Niskayuna	21:49	3 Richard Homenick	79	Schenectady	31:52

*Courtesy of Ellis Medicine*

## 14TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT 5K RUN

*November 26, 2015 • Saratoga Hilton, Saratoga Springs*

<b>MALE OVERALL</b>			1 John Genevich	46	Saratoga Springs	19:31	
1 Travis Briggs	20	Saratoga Springs	15:33	2 Scott Batten	46	Brooklyn	19:50
2 Andrea Gargamelli	26	Mondavio, ITA	15:48	3 Joe Nicoll	47	Wilton	20:13
3 Alex Benway	25	Saratoga Springs	15:50	<b>FEMALE AGE GROUP: 45 - 49</b>			
<b>FEMALE OVERALL</b>			1 Cheryl Esposito	49	Akron	22:56	
1 Molly Pezzulo	22	Saratoga Springs	17:58	2 Julianne Claydon	45	Saratoga Springs	23:12
2 Maggi Szpak	21	Greenfield Center	18:19	3 Jill Gobel	45	Ballston Spa	23:55
3 Tara Peck	21	Saratoga Springs	18:42	<b>MALE AGE GROUP: 50 - 54</b>			
<b>MALE AGE GROUP: 1 - 14</b>			1 Sam Mercado	52	Wilton	20:23	
1 Christian Reidy	14	Boonton Township, NJ	19:22	2 Joseph Place	52	Saratoga Springs	21:06
2 Ryan Bush	11	Saratoga Springs	19:26	3 James North	52	Greenfield Center	21:40
3 Brady Tooker	12	Saratoga Springs	19:30	<b>FEMALE AGE GROUP: 50 - 54</b>			
<b>FEMALE AGE GROUP: 1 - 14</b>			1 Amy Knoeller	51	Greenfield Center	22:24	
1 Megan Morin	14	Greenfield Center	20:10	2 Terry Jordan	52	Clifton Park	23:41
2 Hunter Von Ahn	14	Saratoga Springs	20:13	3 Linda Vroon	53	Coeysmans	25:20
3 Briella Jackson	13	Saratoga Springs	20:54	<b>MALE AGE GROUP: 55 - 59</b>			
<b>MALE AGE GROUP: 15 - 19</b>			1 Will Moran	55	Niskayuna	20:06	
1 Jay Navin	19	Saratoga Springs	15:53	2 Ken Greg	59	Saratoga Springs	22:05
2 Tanner Flint	19	Corinth	16:42	3 C Phillips	58	Ballston Spa	22:32
3 Joseph Verro	19	Saratoga Springs	16:47	<b>FEMALE AGE GROUP: 55 - 59</b>			
<b>FEMALE AGE GROUP: 15 - 19</b>			1 Ellen Brooks	58	Greenfield Center	22:57	
1 Madeline Tooker	16	Saratoga Springs	19:05	2 Jane Mastaitis	58	Saratoga Springs	24:53
2 Samantha Vetter	15	Greenfield Center	19:22	3 Kelley Vite	55	Clifton Park	25:41
3 Mariellen Penzer	16	Saratoga Springs	19:34	<b>MALE AGE GROUP: 60 - 64</b>			
<b>MALE AGE GROUP: 20 - 24</b>			1 Thomas Ventre	62	Gansevoort	22:04	
1 Jonah Williams	21	Saratoga Springs	17:07	2 George Baranuskas	62	Scotia	23:29
2 Sean Pezzulo	24	Saratoga Springs	18:37	3 John Webber	60	Ballston Spa	23:55
3 Brett Schlesier	22	Johnstown	19:42	<b>FEMALE AGE GROUP: 60 - 64</b>			
<b>FEMALE AGE GROUP: 20 - 24</b>			1 Maryrita Maier	61	Webster	29:36	
1 Stefanie Fresenius	23	Clifton Park	18:44	2 Michelle Moreau	60	Malta	29:38
2 Valentina Talevi	23	Camerano, ITA	18:58	3 Judy Hays	62	Porter Corners	30:00
3 Keelin Hollowood	20	Saratoga Springs	19:05	<b>MALE AGE GROUP: 65 - 69</b>			
<b>MALE AGE GROUP: 25 - 29</b>			1 Edward Solomon	67	Saratoga Springs	26:52	
1 Kenneth Hammond	25	New York	17:44	2 Dennis Ward	68	Saratoga Springs	27:39
2 Vincent Reilly	29	Saratoga Springs	18:26	3 Daniel Brown	69	Ballston Spa	27:56
3 Geoffrey Ensbay	28	Pittsburgh, PA	18:36	<b>FEMALE AGE GROUP: 65 - 69</b>			
<b>FEMALE AGE GROUP: 25 - 29</b>			1 Donna Martin	67	Saratoga Springs	28:55	
1 Johann Ludington	27	Portland, OR	20:27	2 Kathy Frederick	65	Clifton Park	31:00
2 Abigail Carnevale	29	Saratoga Springs	21:58	3 Debra Brown	66	Ballston Spa	35:24
3 Samantha Turco	25	Scotia	22:19	<b>MALE AGE GROUP: 70 - 74</b>			
<b>MALE AGE GROUP: 30 - 34</b>			1 Richard Lockwood	72	Greenfield	29:19	
1 Shaun Donegan	30	Malta	16:27	2 Jim Callahan	70	Saratoga Springs	29:45
2 Christopher Wemple	30	Rock City Falls	19:42	3 Joe Geiger	74	Saratoga Springs	31:45
3 Joseph Murphy	31	Saratoga Springs	19:57	<b>FEMALE AGE GROUP: 70 - 74</b>			
<b>FEMALE AGE GROUP: 30 - 34</b>			1 Lenore Reber	71	Saratoga Springs	36:45	
1 Crystal Perno	34	Clifton Park	21:50	2 Alice Martin	71	Saratoga Springs	44:54
2 Katie Stapleton	33	Brooklyn	22:24	3 Carol Obloy	73	Saratoga Springs	51:43
3 Sharon Coles	30	Boston, MA	22:36	<b>MALE AGE GROUP: 75 - 79</b>			
<b>MALE AGE GROUP: 35 - 39</b>			1 Brien McNulty	76	Clifton Park	43:53	
1 James Kehal	38	Gansevoort	18:36	2 Dave Riddle	79	Danbury, CT	54:30
2 Chris Yarsevich	37	Greenfield Center	18:39	3 Thomas Sowa	75	Saratoga Springs	1:00:20
3 Shaun (& Shamus) Evans	37	Galway	19:13	<b>FEMALE AGE GROUP: 75 - 79</b>			
<b>FEMALE AGE GROUP: 35 - 39</b>			1 Priscilla Mueller	79	Stillwater	42:10	
1 Jennifer Flanagan	37	Glenville	23:26	2 Mildred Reib	77	Hadley	1:05:56
2 Flo Evans	38	Arverne	23:27	3 Gail Zone	76	Absecon, NJ	1:06:02
3 Dana Bush	37	Saratoga Springs	23:41	<b>MALE AGE GROUP: 80 - 84</b>			
<b>MALE AGE GROUP: 40 - 44</b>			1 John Sowa	81	Scotia	31:48	
1 Seth Capello	40	Gansevoort	18:50	2 Paul Koelbel	82	Greenfield	39:45
2 Michael Dinicola	40	Albany	19:23	3 Richard Eckhardt	82	Albany	42:28
3 Dean Turcotte	42	Ballston Lake	21:47	<b>FEMALE AGE GROUP: 80 - 84</b>			
<b>FEMALE AGE GROUP: 40 - 44</b>			1 Cheryl Karlin	83	Highland Mills	49:03	
1 Heather Kurto	42	Ballston Spa	22:29	2 Jeannie Shepardson	82	East Sandwich, MA	51:45
2 Melissa Ann Murphy	40	Saratoga Springs	22:31	3 Clara Scotti	81	Saratoga Springs	1:01:46
3 Holly Fitzgerald	40	Malden, MA	22:54				

*Courtesy of the Christopher Dailey Foundation*

## 4TH ANNUAL ST. GEORGE'S TURKEY TROT 5K FAMILY RUN

*November 26, 2015 • St. George's School & Episcopal Church, Clifton Park*

<b>FEMALE OVERALL</b>			18	Ballston Lake	21:18	1 Theresa Loomis	37	Waterford	23:53		
1 Jordan Casey	18	Ballston Lake	21:18	2 Jessica Schreiber	37	Mechanicville	21:35	2 Jessica Schreiber	37	Clifton Park	24:04
2 Mary Buck	52	Mechanicville	21:35	3 Mindi Schwab	35	Clifton Park	21:58	3 Mindi Schwab	35	Clifton Park	25:42
3 Jacyn Romano	19	Clifton Park	21:58	<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 35 - 39</b>				
<b>MALE OVERALL</b>			1 Nick Matson	18	Clifton Park	16:40	1 Joseph Vinciguerra	37	Rexford	18:45	
1 Nick Matson	18	Clifton Park	16:40	2 Steve Snyder	36	Amherst, NH	18:06	2 Steve Snyder	36	Ballston Lake	19:39
2 Benjamin Platt	19	Amherst, NH	18:06	3 David Czarnecki	39	Clifton Park	18:24	3 David Czarnecki	39	Clifton Park	20:15
3 Juan Pablo Perez	16	Clifton Park	18:24	<b>FEMALE AGE GROUP: 12 &amp; UNDER</b>			<b>FEMALE AGE GROUP: 40 - 44</b>				
<b>FEMALE AGE GROUP: 12 &amp; UNDER</b>			1 Faith Borkowski	11	Niskayuna	23:46	1 Renee Tolan	41	Clifton Park	26:34	
1 Faith Borkowski	11	Niskayuna	23:46	2 Amy Shielles	40	Clifton Park	26:35	2 Amy Shielles	40	Edgewater, MD	27:52
2 Sydney Tolan	8	Clifton Park	26:35	3 Christina Trefflet	41	Clifton Park	30:27	3 Christina Trefflet	41	Cohoes	30:33



## NON-MEDICATED LIFE



# Reducing Cancer Risk

By Paul E. Lemanski, MD, MS, FACP

**Editor's Note:** This is the 69th 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 68 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 prevention and 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. However, when addressing the challenge of reducing cancer risk, diet and lifestyle are perhaps two of the most powerful means by which one may help reduce risk and improve outcome.

It has been estimated that up to 50% of cancer is preventable. A number of risk factors for cancer have been identified, but several stand out as the major contributors including tobacco use, excess body weight, alcohol consumption, lack of exercise, and an unhealthy diet. I will take each in turn.

**Tobacco** - The leading cause of preventable cancer deaths remains the use of tobacco, which accounts for 30% of all cancer

related deaths. Smoking cigarettes increases the risk of cancers of the mouth, tongue, throat, voice box, esophagus, stomach, pancreas, kidney, cervix, bladder and prostate. Additionally, the use of cigars, pipes and smokeless tobacco also increases this risk.

**Body Weight** - Another leading cause of preventable cancer deaths rivaling tobacco is excess body weight. Overweight and obesity have been estimated to account for 20% of all cancer related deaths. Excess body weight is associated with cancers of the lining of the uterus, thyroid, kidney, colon, postmenopausal breast and prostate. Bariatric surgery, which most consistently reduces excess body weight over a protracted time line, has been shown to decrease cancer mortality by 60%, and reduce the risk of breast cancer.

**Alcohol** - A third leading cause of preventable cancer related deaths is excess consumption of alcohol. Alcohol contributes to cancers of the oral cavity, tongue, voice box, esophagus, liver and breast. Surprisingly, in women, even what many consider to be moderate drinking - one drink per day - was shown to increase the risk of breast cancer. In one study in European men, alcohol accounts for up to 10% of the attributable risk for any cancer.

**Exercise** - A fourth leading cause of preventable cancer related deaths is lack of physical exercise. Up to 5% of all cancer deaths may be attributable to lack of exercise. The data is most compelling with breast

cancer, and colon cancer, but also to a lesser extent with cancer of the lining of the uterus, and with prostate cancer. In a meta-analysis, comparing the results of 52 separate studies, those who were most active were 24% less likely to develop colon cancer than those least active. In another meta-analysis of 20 studies, regular exercise decreased the risk of developing colon polyps, the precursor to colon cancer, by 15%. Moreover, the effects of regular exercise on reducing the risk of colon cancer and breast cancer appear not to be simply a result of an exercise mediated reduction in body weight.

**Diet** - Finally, a poor or unhealthy diet has been associated with an increase in certain cancers. For example, an increase in the consumption of red meat especially processed meats increases the risk for colorectal cancer and prostate cancer. In one meta-analysis of 10 studies, 100 grams per day of red meat increased colorectal cancer by 17%, and 50 grams per day of processed meats increased cancer risk by 18%. The exact mechanism of the increased risk is not clear, but carcinogens called heterocyclic aromatic amines are produced by high temperature cooking of red meat, and these may contribute to the risk.

On the basis of the risks described above, a reduction in the risk for cancer may be accomplished by a straightforward alteration in lifestyle and diet. First, all tobacco products need to be eliminated. This would include not just cigarettes but cigars, snuff and chewing tobacco. Secondary smoke should be avoided. While one is attempting to quit and for an appropriate time afterward, a careful screening of the mouth, tongue, voice box, bladder, cervix and prostate is important. This exam may be started by a primary care physician, but also aided by one's dentist, ENT physician, gastroenterologist, gynecologist and urologist.

Likewise, a reduction in the risk for cancer may benefit from a reduction in body weight. A family history of those cancers associated with excess body weight may serve as special motivation to reduce one's own excess weight and thus risk. Until the weight reduction is accomplished, and for an appropriate time afterward, a primary care physician can direct his or her physical exam and simple lab tests to a careful screening for those cancers associated with obesity. For those morbidly obese and

unable to lose weight over a protracted time, bariatric surgery may be considered.

Alcohol consumption should be moderated especially in women. Those women with a family history of breast cancer should consider avoiding alcohol completely. Men with a history of premalignant conditions of the mouth, tongue, and esophagus should likewise strongly consider all discontinuation of alcohol. Certainly, careful follow-up and regular exams with one's primary care physician, gynecologist, and specialist would be prudent as well.

Daily physical exercise involving walking or some similar aerobic activity would also be a simple way to decrease cancer risk. For those who are too busy to go to the gym, a pedometer can help quantify daily activity. As long as not limited by arthritis or other medical conditions, an individual slowly working up to walking 10,000 steps a day is one way to ensure both adequate daily exercise, and control of body weight. Once a baseline number of steps is established, it then becomes clearer what additional steps are needed. Walking 15 minutes before breakfast, lunch and dinner for many is a doable way to increase steps per day with the least adverse impact on your schedule.

Finally, eating a predominantly plant based diet rich in legumes, vegetables and minimally-processed grain, will help you feel full and minimize the need for the excess consumption of meat. Avoiding processed meats all together is probably best.

In these ways it may be possible to use diet and lifestyle to reduce the risk for cancer. Combined with appropriate screening tests for cancer done by your primary care physician, such an approach can go a long way to preventing cancer, or at least identifying it in early more curable stages - which afford a better long term outcome. ▲

**Paul E. Lemanski, MD, MS, FACP** ([plemansk@capcare.com](mailto:plemansk@capcare.com)) is a board certified internist at the Center for Preventive Medicine, CapitalCare Medical Group in Albany. He is medical director of the Department of Community Medicine and Population Health at CapitalCare Medical Group. Paul has a master's degree in human nutrition. He is an assistant clinical professor of medicine at Albany Medical College, and a fellow of the American College of Physicians.

8TH ANNUAL RUN OFF THAT TURKEY TROT 5K *continued*

1	Deirdre Salerno	42	Amsterdam	25:22	<b>MALE AGE GROUP: 60 - 64</b>	1	Will Smith	62	Voorheesville	22:24
2	Kristen Whittier	42	Candou	28:14		2	John Mounteer	61	Altamont	25:09
3	Amanda Serafini	44	Nassau	29:48		3	James Louison	61	Amsterdam	25:23
<b>MALE AGE GROUP: 45 - 49</b>										
1	Joe McCullen	45	Altamont	20:51	<b>FEMALE AGE GROUP: 60 - 64</b>	1	Renee Crisafulli	62	Voorheesville	38:10
2	John Furgele	47	Glenmont	21:13		2	Gail Metzger	60	Clifton Park	39:57
3	Craig Wilson	46	Schaghticoke	32:34		3	Regina Ahl	60	Loudonville	40:49
<b>FEMALE AGE GROUP: 45 - 49</b>										
1	Lara Comthier	48	Greenville	27:18	<b>FEMALE AGE GROUP: 65 - 69</b>	1	Katherine Ambrosio	65	Delmar	29:11
2	Jeannie McDonnell	49	Altamont	28:45		2	Alice Carpenter	65	Delmar	34:54
3	Kat Fitzpatrick	49	Schenectady	29:21		3	Nancy Johnston	69	Ballston Lake	34:56
<b>MALE AGE GROUP: 50 - 54</b>										
1	Mike Soeller	54	Voorheesville	21:01	<b>MALE AGE GROUP: 65 - 69</b>	1	Don Vanwely	65	Albany	27:31
2	Dan Madison	52	Altamont	35:59		2	Leo Dipierro	65	Cherry Plain	28:23
<b>FEMALE AGE GROUP: 50 - 54</b>										
1	Sherri Pignetti	52	Rotterdam Junction	25:59		3	Alfred D'Alauro	69	Altamont	30:23
2	Kristine Clarke	50	Niskayuna	28:19	<b>MALE AGE GROUP: 70 - 74</b>	1	Ray Lee	73	Halfmoon	40:01
3	Anne Cook	52	Berne	29:18		2	Dan Cohen	72	Stow, MA	43:11
<b>MALE AGE GROUP: 55 - 59</b>										
1	Jeff Clark	57	Glenmont	23:13	<b>MALE AGE GROUP: 75 - 79</b>	1	Jim Moore	76	Niskayuna	27:30
2	Bill Marinello	57	Slingerlands	23:54						
3	Phillip Borgese	56	Niskayuna	24:21	<b>MALE AGE GROUP: 80 - 84</b>	1	Joe Kelly	82	Menands	38:28
<b>FEMALE AGE GROUP: 55 - 59</b>										
1	Cecelia Broomhead	58	Latham	30:22		2	Richard Eckhardt	82	Albany	38:47
2	Liz Cifarelli	56	Schenectady	31:34		3	Bob McFarland	82	Schenectady	40:06
3	Patty Beauharnois	55	Plattsburgh	34:59						

Courtesy of White Knight Timing &amp; Race Management

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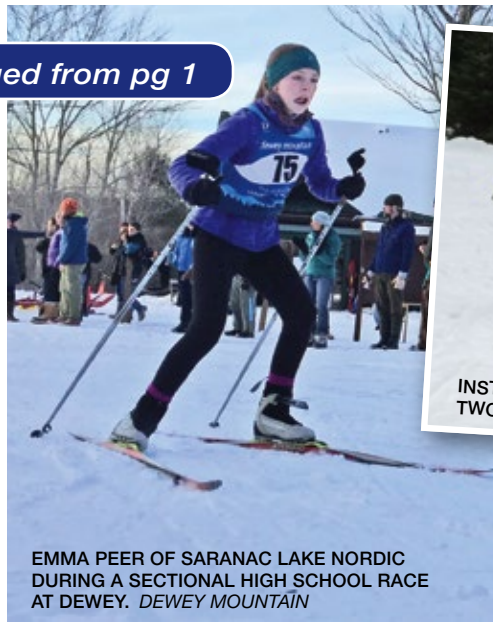
**NORDIC SKIING** continued from pg 1

are prepared to begin this service again this season as soon as there is enough snow.

The ski trails of the 1930s era were maintained by volunteers and the nonprofit organization of the day, the original Gore Mountain Ski Club. Today, a new community organization, the Upper Hudson Trails Alliance ([upperhudsontrails.org](http://upperhudsontrails.org)) is taking shape to coordinate trail maintenance on North Creek's backcountry ski trail network, and the mountain bike and cross country ski trails at the Ski Bowl, and potentially other trail systems in the area.

The nonprofit trend for trails based recreation has followed a development pioneered by Jackson Ski Touring in the 1970s ([jacksonxc.org](http://jacksonxc.org)) in New Hampshire, and Methow Valley Trails ([methowtrails.org](http://methowtrails.org)) in Washington state. A consolidation of organizations in the Lake Placid and Wilmington area has formed the nonprofit Barkeater Trails Alliance ([barkeatertrails.org](http://barkeatertrails.org)), incorporating the Adirondack Ski Touring Council, and the original Barkeater Trails Alliance. The rise of community and nonprofit mountain bike trail systems dovetails with winter trials for cross country skiing and fat tire mountain biking.

Craftsbury Outdoor Center cross country skiing ([craftsbury.com](http://craftsbury.com)) and Kingdom Trails Association cross country ski trails ([kingdomtrails.org](http://kingdomtrails.org)), both in Vermont, are leading this development of nonprofit community based trails for cross country skiing, hiking, snowshoeing, and mountain biking in winter and summer. Nonprofit status opens these organizations to grant, sponsorship and donation supported development and administration. So, rather than concentrate on profit, the trail system can become a community's economic engine driving the allied tourism businesses of food service, lodging, rentals, retail stores and services. By the way, nonprofit doesn't necessarily translate into free. Many of the nonprofit trails systems charge for a yearly membership or daily trail fees.



EMMA PEER OF SARANAC LAKE NORDIC DURING A SECTIONAL HIGH SCHOOL RACE AT DEWEY. DEWEY MOUNTAIN



INSTRUCTOR PAT FERRI TEACHING TWO KIDS AT LAPLAND LAKE. LAPLAND LAKE

**Where to XC Ski, North!** - Nordic is all about skiing, so the beauty and allure of cross country skiing is finding that perfect powder snow, blue-wax day skiing crisp tracks at a groomed ski center - or skiing through trees on a favorite backcountry ski route.

New York is blessed with a wide range of cross country ski areas offering groomed trails, rentals, lessons, retail and in many cases lodging and food service. This is the perfect place for beginners, usually with a discounted package for rentals, a beginner lesson and trail fee included. The flagship for Nordic skiing in New York is the ORDA-run Olympic trails at **Mt. Van Hoevenberg** in Lake Placid, with 50km of beautiful wide, groomed trails for all levels. The Lake Placid Nordic Fest is coming up on Feb. 18-23, including the 6.25 km and 12.5 Ski Challenge on Feb. 20 and Lake Placid Loppet on Feb 21.

The Lake Placid area is also home to **Cascade Cross Country Ski Center** with 20km of trails that connect to the MVH trail system, ski shop, legendary full moon parties and more. Just outside the village of Saranac Lake is **Dewey Mountain Recreation Center**, another great community cross country ski venue with groomed trails, unroomed trails to the Dewey summit, four

nights of lighted skiing, and a slew of events and races. The **Jackrabbit Ski Trail**, now part of the Barkeater Trail Alliance, offers skiing from Keene to Saranac Lake, and Lake Clear Junction to Paul Smiths. The **Whiteface Club & Resort Nordic Center** has 15km of gentle, groomed trails.

Moving south in the Adirondacks is North Creek - home to two cross country ski centers - **Cunningham's Ski Barn** has 25km of trails in North Creek and the **Garnet Hill Lodge Cross Country Ski Center** in North River. Garnet Hill is a complete resort with 50km of groomed trails, ski shop, guest rooms, and a restaurant and bar overlooking the Siamese Ponds Wilderness. The groomed trails offer tracks and skating lanes, and the backcountry skiing and snowshoeing is almost endless, with options to ski all the way back to North Creek on the historic ski trails from the 1930s. The lodge offers a shuttle bus service for a unique "ski down, ride back" cross country ski adventure, great for families.

Another northern ski center, just one hour from the Capital Region is **Lapland Lake Nordic Vacation Center**, a complete resort in Benson (near Northville), which is west enough to get some lake effect snows. Lapland Lake has a 38km of snowcat groomed trails for classic and skate, plus 12km of scenic snowshoe trails. The resort is famous for their Finnish hospitality with lodging, food and ski services. If

the key ingredient for skiing is snow, the Tug Hill Region usually has plenty, and it's true again - even this year. It is the highest snowfall East of the Rockies and when every other ski area is snow-starved, **Osceola Tug Hill Cross Country Ski Center** in Camden (40 miles from Utica), with 40km trails groomed daily for skating and classic, camp for rent and ski shop.

**Where to XC Ski, South!** - Alright, you know it's going to snow, so get ready. When it does, discover some great skiing at the smaller cross country ski areas you have been meaning to ski for years! In the Capital Region, head to **Pineridge Cross Country Ski Area** in Poestenkill (east of Troy), with 50km of trails including 35 groomed, snowshoe trails and many events. Other options include **Tree Haven Trails** at Bob's Trees in Galway (west of Saratoga Springs), and **Oak Hill Farms X-Country Ski Center** in Esperance (west of Schenectady).

In the Catskills, near Hunter Mountain, is **Mountain Trails Cross Country Ski Center** in Tannersville, and further south, **Fahnestock Winter Park** in Cold Spring (Putnam County). These ski areas are a delight each with groomed trails, ski services, and their own special charm and winter views.

**Snowshoeing** - Snowshoeing is a close cousin to skiing with a zero learning curve - literally anyone can walk on snowshoes and get out and enjoy winter! Most cross country ski areas offer dedicated or shared snowshoe trails and rentals to get you started.

Find information on all the groomed cross country ski areas at [crosscountryskiing.com](http://crosscountryskiing.com) including websites, directions and contact information. For ski reports and weather prognostication, visit the same website clicking on ski reports or call the I LOVE NY Snow phone at 800-CALL-NYS (option 3) for a voice report. 🌲

*Richard Carlson ([dickcarlson@frontiernet.net](mailto:dickcarlson@frontiernet.net)) of North River is president of Cross Country Ski Areas of New York and Upper Hudson Trails Alliance.*

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HEALTH & FITNESS



# Find the Right Club, Gym or Studio

By Mona Caron

(TOP) BECKY WEYRAUCH LEADS BATTLE ROPES AT ROCK YOUR FITNESS.

(BOTTOM) CORE BAG WORKOUT AT THE GREENBUSH YMCA. CAPITAL DISTRICT YMCA

try spinning if you're a runner); it's scary (to try TRX); I don't have time (to go to yoga)... You get the idea. Now is the perfect time to try something different, because you won't be the only one at this time of year!

So now what? Join a gym or fitness studio, sign up for a boot camp or personal training sessions, or join a yoga studio. Many of these options will have introductory offers or a complimentary personal training session for new members.

In the Greater Capital Region, there are nearly two dozen branches of YMCAs in multiple networks, such as the Capital District, Saratoga Regional and Glens Falls Family, to name a few. Membership to the Y offers fitness and community for individuals and families. Most facilities include free group fitness classes, yoga and Pilates, free-weights, cycling classes, and cardio equipment such as treadmills, bikes, and ellipticals or stair climbers.

Many Ys and health clubs offer the SilverSneakers fitness program, a proven, results-oriented program for all levels and abilities of older adults. It generally improves overall well-being, strength and social aspects, and is provided by health plans at no additional cost. SilverSneakers includes kettlebell, boxing, an array of swimming and water aerobics classes, and much more.

YMCA memberships include child care, nutrition and wellness professionals, and locker rooms and showers, so there are no excuses to be made! Check out [cdymca.org](http://cdymca.org), [srymca.org](http://srymca.org) or [glensfallsymca.org](http://glensfallsymca.org).

If a full service health club is not what you're looking for, a great option for you may be a fitness studio or boot camp workout. These cardiovascular and strength training workouts offer variety, motivation, and calorie and fat burning exercises that can supplement other sports you do.

Rock Your Fitness in Malta is one such example of a terrific "total body training." Instructor and owner, Becky Weyrauch, incorporates kettlebells, medicine balls, TRX, battling ropes and more, alongside classic push-ups, jump ropes, running, squats and lunges for a unique, fun and sweaty workout in every class. For newbies or anyone who's nursing an injury, there's always a modification provided for each exercise. Athletes of all ages, abilities and interests can build strength, use different muscle groups, and have fun while working out to music.

As a longtime boot camper, this cross-training class has happily kept me coming back, and has helped me stay injury free while running 10 to 20 miles weekly. Sessions are six weeks long, with options to join one, two or three times a week. Learn more at [rockyourfitnessny.com](http://rockyourfitnessny.com).

Yoga studios are very popular in our region. Look in a shopping plaza and you may see a yoga studio, which makes the practice so much more accessible than ever before. Yoga is a physical, mental, and spiritual practice or discipline that originated in India. The most well-known types of yoga are hatha and vinyasa yoga, however there are different varieties of schools, practices and goals in yoga - including 'yoga for athletes,' so you can find one or more to suit your health and fitness needs.

Yoga Mandali in Saratoga Springs, True North Yoga in Schroon Lake, and the Yoga Studio at High Peaks Cyclery, as with many other studios, have a yoga practice on the schedule that will suit all levels. The expertise of a trained yoga instructor can also help improve the physical and mental aspects of running, bicycling or any sport you do.


Socializing with the fitness crew is a lot of fun. Anyone who has experienced the social aspect of training together, working toward conquering difficult physical feats and challenging oneself, understands that this fosters a community spirit. Work hard and play harder. It's only February so use this New Year as an incentive, and commit to improving your health - and reaching your health, fitness, event or race goals! 🏆

We're a month into 2016. How are those New Year's resolutions holding up? According to Nielsen, the consumer insight source, "Staying Fit and Healthy" and "Losing Weight" are the top two resolutions to be made and broken. After the holiday revelry, we all resolve to eat better, exercise, lose a few pounds, etc. How about making 2016 the year you achieve your fitness and health goals? One way to ensure success is to make them reasonable and attainable. A goal of "losing weight" is too open-ended, but if you decided that losing five pounds the first month was your goal, you would have an easier time reaching your goal.

Another way to ensure your success is to not go it alone. It's easy to get pulled away with family or work obligations and not workout. Especially when the daylight hours are so short. Accountability to someone at the start of a fitness regimen is the key to meeting your goals. The social aspects of gyms and classes will motivate you during your workout, and help keep you coming back.

If you're not the resolution making type like me, you can still change things up from your normal routine. Eliminate the following from your vocabulary: I'm not fit enough (to

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