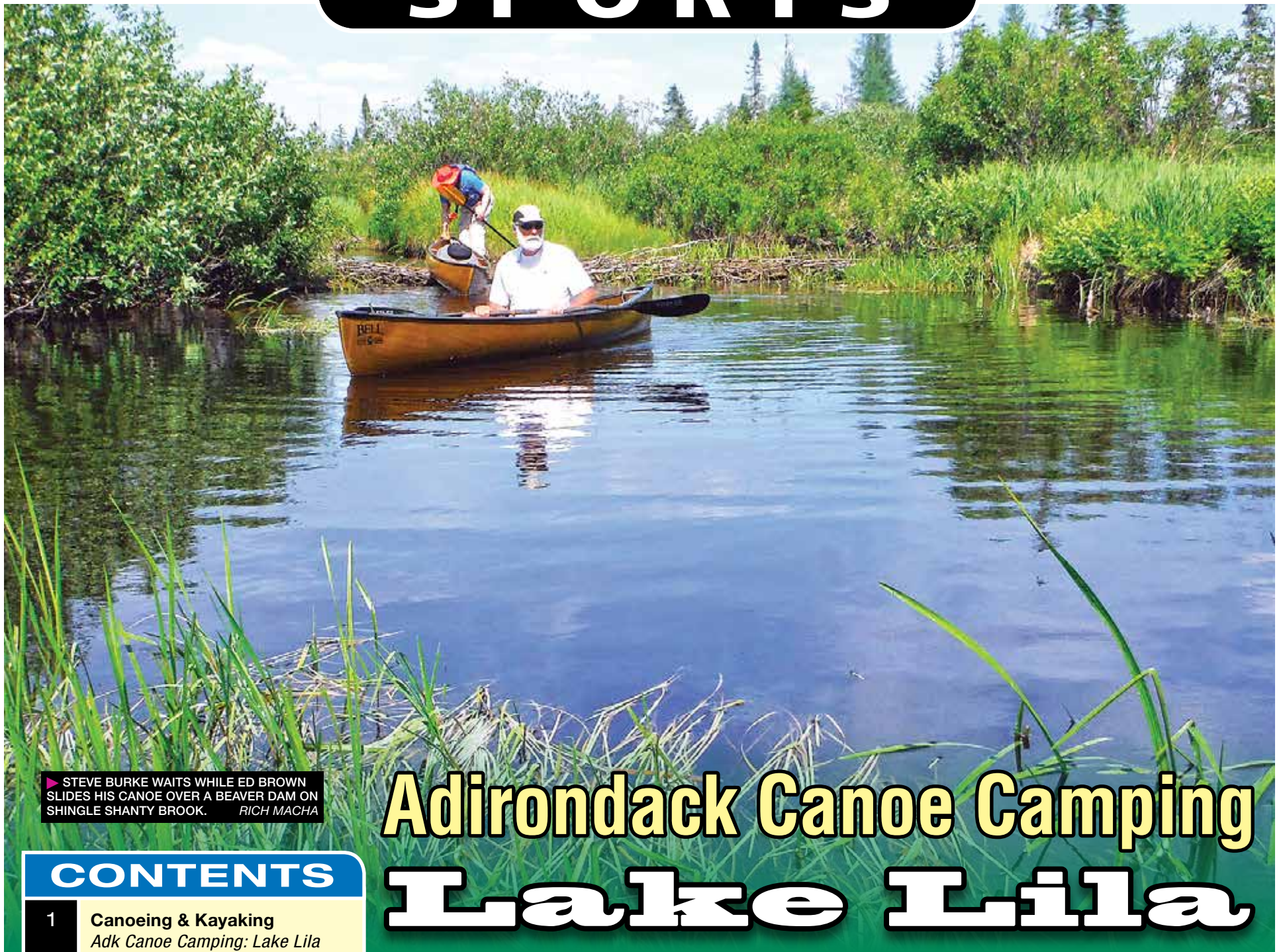


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▶ STEVE BURKE WAITS WHILE ED BROWN SLIDES HIS CANOE OVER A BEAVER DAM ON SHINGLE SHANTY BROOK. RICH MACHA

Adirondack Canoe Camping

Lake Lila

CONTENTS

1	Canoeing & Kayaking <i>Adk Canoe Camping: Lake Lila</i>
3	Running & Walking <i>"Dog Days" of Summer Races</i>
5	Swimming <i>New Lake George Swim Record</i>
5	From the Publisher & Editor
6-11	CALENDAR OF EVENTS <i>July, August & September Events</i>
13	Bicycling <i>Late Summer Rides are the Best</i>
15	Athlete Profile – Update! <i>Bicycling with Megan Guarnier</i>
17	Running & Walking <i>Distance Races to Train for Now!</i>
19	Triathlon <i>George Tri & Josh Billings</i>
21	Hiking & Paddling <i>Exploring the Boreas Ponds</i>
23	Hiking <i>Plotter Kill Preserve</i>
23	Mountain Biking <i>Churney Gurney & ADK 80K</i>
24-27	RACE RESULTS <i>Top Finishers in 20 Events</i>

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By Rich Macha

After a slow and careful 5.6-mile drive on a dirt road we arrived at the parking area for Lake Lila. On summer weekends it is likely you would see 30 or more vehicles parked here – on a Sunday in mid-June there were but a half dozen. Our plan was to spend two days exploring and camp out for one night.

The dirt road continues past the parking area but is gated and only open to the general public for hiking purposes. From the parking area a carry trail leads 0.3 miles to a lovely sand beach – a great spot for a swim whether you are coming or going. Having just a hair too much comfort gear – wilderness camping does not necessarily have to be “roughing it” – I make two trips to get canoe and gear to the water. I find that the trail is bumpy enough that carrying the canoe using a yoke works best, although some folks do use a cart and seem to manage.

On a previous canoe camping trip here in early May of 2014 we experienced cold water, winds in excess of 20 mph, waves approaching two feet, and woke up in the morning to a coating of snow on the ground; we paddled Shingle Shanty Brook while the wind was whipping the snow horizontally! That day “warmed up” to 40 degrees.

In mid-June of 2016, on the last two days of spring, we again had to deal with gusty winds and two foot waves, but at least the water temperature was closer to 70 degrees, and the air was a toasty 80 degrees. It was not all wind and waves all the time – the afternoons were the windiest times, but the mornings and evening were relatively calm.

Lake Lila is in the William C. Whitney Wilderness and is the largest lake in the Forest Preserve totally surrounded by state land. Windswept white pines add a scenic touch to the shoreline and islands. There are 24 designated campsites on the lake, four of which are on islands, plus a lean-to. Some of the campsites are more desirable than others, and all campsites have a fire-ring, and many have a box privy – aka a “thunderbox.”

We paddled two miles and found a nice campsite with a sandy beach and rocks out front – good for swimming and stargazing. The pink flowers of sheep laurel decorated the edge of the forest. After setting up camp, we paddled up picturesque Shingle Shanty Brook which twisted back and forth between shores of grasses and alders for 2.7 miles, until we reached the carry to Lilypad Pond. On the way we had to get out for one beaver dam and slid over at least three other beaver dams as well as a log. Upstream of this spot, the stream is navigable for several miles, but passes through private land.

After a brief break on land, sitting amongst a small field of flowering bunchberry, we headed back downstream. Lots of dragonflies, damselflies and butterflies flitted about; a snake swam across the brook right in front of me and I spotted at least three bitterns.

Back at camp, it was time for a swim and some relaxation. Overhead, an osprey seemed to enjoy playing with the wind. Later on I took a short evening paddle to view the rising of the full moon over the marsh of Shingle Shanty Brook, and in the oppo-

See **CANOEING & KAYAKING** 22 ▶

8TH ANNUAL



Camp Chingachgook Challenge Half-Marathon & 10K Race on Lake George

Saturday, August 13

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

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

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

Register, application or more info: www.LakeGeorgeHalfMarathon.com

Half: \$30 by 7/9 or \$40 after • 10K: \$25 by 7/9 or \$35 after • T-shirts to runners registered by 7/9 • Proceeds help send kids to camp!



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Half 8am, 10K 8:15am,
5K 8:30am, 1M 8:45am

Point Au Roche State Park
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Register at AdirondackCoastEvents.com

Info: Thomas Brown at trifrom54@gmail.com • Volunteers needed (T-shirts to all) Sign-up online

Ten percent of proceeds donated to Essex County, NY Sheriff's Dept. in memory of deputy Eric P. Loiselle, killed in the line of duty Aug. 17, 2005. Proceeds will be given to high school seniors pursuing a criminal justice degree.



Hudson-Mohawk Road Runners Club
22nd Annual

Indian Ladder Trail Runs




Sunday, July 31
15K and 3.5 Mile Trail Races
& 1 Mile Kids' Run

9am: 15K and 3.5 mile
10:30am: 1 mile kids' run
Note: 15K and 3.5M races will be run simultaneously

No Fee Online Registration & Entry Form: HMRRC.com

- First 250 registrants receive ILTR T-shirt • Pre-Registration (by July 15): \$20 HMRRC or \$25 non-member. July 16 to Day of Race: \$25 all. Fee includes state park entry and post-race refreshments

Course: Marked course with water/aid stations • 15K – Loop, 97% natural surface, hike/ski trails, wood roads and two challenging hills
• 3.5M – Loop, 99% natural surface, rolling terrain and demanding hills

Awards for 15K & 3.5M Races: Overall male/female winners and five-year age-group winners (two deep) • No awards mailed and no duplication

Questions: mjk3ny@gmail.com

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RUNNING & WALKING



Short and Sweet

Races for the "Dog Days" of Summer

By Laura Clark

Despite a winter spent yearning for naked legs, when the dog days of summer finally arrive it is a different story. It seems as if no one is more uncomfortable than the furry family pet who lounges in the shade, panting heavily. A telling image for the dog days of summer, or so I thought. But actually we have Sirius, the Dog Star, to thank. In ancient times it was believed that his sheer magnitude generated extraordinary heat and in the summer when he was in conjunction with the sun, Sirius was blamed for the July/August double whammy.

So how do we maintain our motivation despite the Dog Star's curse? A glance at the race calendar offers a solution: trick your mind into an "easy" 5K. While there is nothing effortless about this distance, given that it demands a strong push throughout, it is easier to trick your mind into race mode with the promise of three rapid miles, instead of a ten-mile slog. The shorter distance races profiled below promise that much and more, as all offer unique twists to what can sometimes be a ho-hum flat and fast theme.

Are you a female and longing for the unique camaraderie of *Freihofer's Run*? Then mark your calendar for July 17 and the first annual **Helderberg 5K for Women: Domestic Violence Awareness Run**. The race is directed by Phil Carducci, who also brings us the *Altamont 5K* and the *Run Off That Turkey 5K*, you are guaranteed a class event. In fact, it traces the same USATF certified route as the *Altamont 5K* (August 28), providing an exclusive dress rehearsal for the women. A perfect dog days combo of hills and flat, expect a no-holds barred finish on the Voorheesville High School track. Competitive women will be pushed by their peers and not get buried in a crowd of men. There are five 5-year age groups, with awards encompassing 80+. Another unique feature is that the top ten walkers, whatever their style, also receive rewards. As Phil states, "No guys allowed unless they volunteer!" (active.com)

Early diagnosis for the immune disease sepsis is crucial. I know this firsthand. After

taking my husband for his post-surgery back appointment, we stopped at Stewart's Shops. I took one look and rushed him to the hospital. If I hadn't been right there he would have died. So I deem July 23rd's fourth annual **Zombie Gauntlet 5K Trail Run for Sepsis Awareness** an appropriate pairing. Zombie registrants receive a free makeup and hair styling experience, while hopeful survivors receive flag football belts and three health flags. Make it to the finish alive with one flag still attached and you are a winner, no matter your time. You will be so busy zigging and zagging to avoid the zombies positioned along the Queensbury School cross-country trails you will easily forget the heat. Afterwards, enjoy free admission to *Touch-A-Truck*, meet the heroes who drive the trucks, and spring for the special discount for non-running family members. (jrvfoundation.org)

Want to lure your kids away from their devices this summer? Then zoom in on the **Hudson Headwaters Care for Kids 5K Run & Fitness Walk** in Chestertown on July 31. Care for Kids is all about the kids, with Brant Lake and Point O'Pines summer camps funneling into the event and two-year age groups, which actually make winning a possibility for even the youngest set. I remember how tough it was for my girls when their age and physical development prevented them from medaling in the typical five-year youth span. Moreover, proceeds benefit primary pediatric health care at Hudson Headwaters Health Network, a cause children can readily identify with. Race director Howard Nelson emphasizes that many families participate, pleased to support a system which serves all in need, regardless of income or insurance. (hhhn.org)

Want to get in more distance without concern for the last licks of the dog days? Then travel to Speculator for the 38th annual **Lane 10K Lake Run** on August 7, known as the "Toughest 10K in the Adirondacks," according to the local running population. Athletes follow the south shore of Lake Pleasant in a mercifully shaded, up and down route from Lake Pleasant to Speculator. Go all out and rack up a perfect

◀ LANE 10K LAKE RUN ROAD RACE FROM LAKE PLEASANT TO SPECULATOR.

▼ 2014 ZOMBIE GAUNTLET 5K FOR SEPSIS AWARENESS IN QUEENSBURY.

▼ JAILHOUSE ROCK 5K POST-RACE AT BROOKSIDE MUSEUM IN BALLSTON SPA.



training day for the *Adirondack Marathon or Half*. (speculatorchamber.com)

Or, prepare for fall's *Stockade-athon* or *Cardiac Classic* by circling the shaded Central Park at the **Schenectady ARC 5K Challenge** on August 13. In keeping with its goal of showcasing the accomplishments of challenged individuals, there is also a 1K Wheel/Walk, and in the "We're all in this together" spirit, various team options are offered. (arc5kchallenge.com)

The final events on the docket, the fourth annual **Monday Night Mile** on August 15 (finishright.com) and 14th annual **Jailhouse Rock 5K Race** on August 20 (brooksidemuseum.org) have teamed up this year to provide a unique racing experience. According to Jailhouse's race director, Jen Ferriss, "History matters," and both the Brookside Museum and the Saratoga Springs History Museum hope to benefit from their partnership. If you register for both races by August 14 and win your age/gender category you receive a one-year family membership to the History Museum and Brookside as well as free 2017 race entries for a total value of \$137. As added incentive, there is a \$150 bonus for any male and female finishing first overall in both. Participating will afford a doable challenge for many of our outstanding local runners who often get little recognition beyond the normal race medal.

One good thing about the *Monday Night Mile* race is that one-mile is theoretically over quickly. But when you are running, time expands, and maintaining pace proves a true test of endurance. On August 15 you have the unique opportunity to take advantage of the harness track's "dark day," line up

behind the moveable starting gate and take off like the horses. For those accustomed to groomed quarter mile venues, be aware that the half-mile harness track will seem more like a trail with its sloped sides and rough gravel.

Heats begin at 5:30pm with the ten-minute+ milers and while you may run any heat, it is requested that you choose the one that approximates your mile time. Hitting that sweet spot is in itself a talent. The natural tendency is to regard those in your heat as your competitors, but while you may win your heat, this does not necessarily mean you will win your age group. The suspense continues through the final round!

On a quest to finally acquire that enviable negative-split final mile? Well, the August 20 *Jailhouse Rock 5K* offers that possibility with its memorable 100-meter downhill finish. So much so that after the first year, we had to lengthen the finish chute as runners were unable to rein themselves in before crashing into hapless volunteers. Brookside Museum provides an 18th century style lawn party venue, complete with a wide veranda, verdant grass, music and refreshments. Proceeds benefit their efforts to tell Saratoga's story through interactive exhibits and programs.

With all these race possibilities it is up to you to prove that the dog days are simply a state of mind. ▲

Laura Clark (snowshoegal33@gmail.com) of Saratoga Springs is an avid trail runner, ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.



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Lake George TRIATHLON Festival

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Olympic Race
Saturday
September 3rd

Half Iron Race
Sunday
September 4th

Half Iron AquaBike Race
Sunday
September 4th

KING GEORGE: Olympic Race and Half Iron Race
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 AquaBike = Swim/Bike (Half Only)



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- 2015 Competitors












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Saturday, August 27

Hague Public Beach
 9060 Lake Shore Drive
 2.5K 7:45am, 10K 7:55am, 5K 9:25am

Registration is Open!
LakeGeorgeSwim.com

Shirts, awards, chip timing, post-race food/drink
 More information: Chris Bowcutt at events@greenleafrafting.com or (518) 290-0457
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"Beautiful lake, great swim, town, event staff, everything!"
 -Sandy Mitchel



PHOTO: MICHELE WALTERS



SWIMMING

DAVID DAMMERMAN SETS LAKE GEORGE SWIM RECORD



DAVID AND KAYAKER CHRIS BOWCUTT IN THE NORTHERN BASIN. CAROLINE VERMER

By Bob Singer

David Dammerman, age 47, of Saratoga Springs, swam the 32.2 miles of Lake George in 18 hours, 49 minutes, 22 seconds on June 18-19. This shattered the record of 21 hours and 26 minutes set by John Freihofer in 1981. The swim started at 5pm on Saturday and finished at 11:54am on Sunday. The most recent successful non-stop swim of Lake George was by Lake Desolation resident Jerry Ferris in 1983. David joins Jerry Ferris in saying it was the hardest swim he's ever done, and that comes following successful swims across the English Channel. David also holds the record for the fastest swim across the 25 miles of Lake Memphremagog in Vermont. David was one of two swimmers who started the swim. The second swimmer, a very experienced marathon swimmer from New York City, dropped out after 13 hours and 14 hours when it was apparent that she would not finish in under 24 hours.

The water temperature averaged 68 degrees. The weather was warm, with 80s

DAVID BEFORE THE START ON "DIANE'S ROCK," THE BRASS PLAQUE COMMEMORATING DIANE STRUBLE'S 1958 SWIM OVER HIS LEFT SHOULDER. DEB ROBERTS



at the start, falling to 56 in the early morning, and rising to the mid-80s at the finish. Winds were mostly light but several hours early Sunday morning included winds of 10-15mph out of the south, resulting in moderate chop.

David is a Saratoga businessman who swims for fun, health, and the social contacts with similar-minded people. He has been an active advocate for many local swims and triathlons, and was the race director of the two-mile USMS National championship in Lake Placid. His training involved swimming five to six days a week at the Saratoga YMCA for about 4,000-8,000 yards a day,

FROM THE PUBLISHER & EDITOR

It's Summer!

Happy July! We hope you're doing well and doing what makes you happy. We've put together an issue packed with destinations, events, races, results, awesome ads, and an inspiring athlete profile! Please enjoy the issue, support our advertisers, and tell them where you saw their ad. Thank you!

Darryl and Mona



and in open water whenever he traveled. He started training in Lake George this year in April, when the water was 49 degrees. Despite this experience, he said "I almost quit when I cleared the Narrows and Dome Island seemed to not get closer for hours." Then he almost quit again when Canoe Island remained on his horizon, seemingly immobile. His support crew included Deb Roberts of Queensbury, Anne Green of Bolton Landing, Chris Bowcutt of Burnt Hills, and Roy Ketring of South Glens Falls.

David and his crew, along with myself, and co-director Alex Meyer (2008 Olympic 10K swimmer and 15K world champion) of Ithaca, are planning the Lake George Marathon Swim, September 17-18. The purpose of the swim this past weekend was to test the logistics and support for the big September event, which will have 14 solo swimmers, and 75 relay swimmers on 14 relay teams. The LGMS is celebrating the beauty of Lake George, the sport of marathon swimming, and paying homage to the past. At 32 miles, this will be longest sanctioned single stage swim in the world in 2016.

In September, the swimmers, with their flotilla of 28 kayaks and 33 support boats will follow in the bubbles of other Lake George champions, starting with the first person to ever swim the entire lake, Diane Struble, who started in Ticonderoga at what is now known as "Diane's Rock" and finished at the village docks in Lake George 35 hours and 30 minutes later.

Swimmers expect to raise \$14,000 for charities, including \$7,000 for local Lake George charities. For more info, visit lake-georgeswim.com. ▲

Bob Singer (n5442t@gmail.com) of Queensbury is the 2016 Lake George Marathon Swim event director. He's a recently retired aquatic ecologist in environmental consulting and university teaching, and is an avid Masters swimmer, certified USA Swimming and YMCA official and experienced escort kayaker.

Past Crossings of Lake George

1958 Diane Struble (25) 35:30:00; 1962 Bill Stevens (31) 31:27:00; 1967 George Dempsey (17) 32:15:00; 1977 Stella Taylor (45) 26:51:00; 1981 John Freihofer (unknown) 21:26:00; 1983 Jerry Ferris (43) 29:15:00; 2016 David Dammerman (47) 18:54.22.

Courtesy Gwenne Rippon

39TH ANNUAL

Where Top U.S. Athletes Gather in September

THE GREAT COW HARBOR

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14TH ANNUAL

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

*Events beyond this range are advertisers in this issue.

BICYCLING: ROAD (PAVED)
 ONGOING

Wed All Clubs Day. Plaine & Son, Schenectady. New York Bicycle, Schenectady. Broadway Bicycle, Albany. Collamer House, Malta. 346-1433. plaineandson.com.

- JULY
- 16 Ride for Abe.** 63M 9am; 40M 9:30am; 20M 9:30am. Supports Abe Studler who's on US Freestyle Ski Team. The Hub, Brant Lake. 494-4822. bikereg.com.
 - 16 3rd Dry Dock & Valcour Brewery Century Ride. 100M 8:30am; 50M 8:30am; 25M 11:30am. Ohio Ave, Plattsburgh. 726-0231. bikereg.com.
 - 16 JAM Fund Grand Fondo. 38-88M. 9:30am. Black Birch Vineyards, Southampton, MA. 860-705-4496. jamcycling.org.
 - 16-17 The Rock Criterium & Gran Fondo. 100M. Mount Morris. 716-307-5753. ridelcc.com.
 - 16-24 French Canada Tandem Tour.** Gear-To-Go Tandems. Rich Shapiro & Lindy Ellis: 354-3102. gtgtandems.com.
 - 17 Farm to Fork Fondo: Vermont.** 10-100M. Gourmet aid stations, local farms, live music, family activities. Pittsfield, VT. farmforkfondo.com.
 - 17 10th Champ's Challenge for CF. 40M/8M ride & 5K run/walk. Basin Harbor Club, Vergennes, VT. Erin Evans: 802-310-3176. cflf.org/champs-challenge-cf.
 - 30 Tour de Thompson. 62M, 30M, 15M. 7am. Canandaigua. thompsonhealth.com.
 - 30-31 Plan2Peak 2 Days of Buffalo: TT, Circuit, Criterium. Niagara Square, Buffalo. 716-934-8669. earacingclub.com.
 - 30 IRR 5.0- Irreverent Road Ride. 120M. 7:30am. Huntington, VT. 802-391-0747. shorthandledshovel.com.
 - 31 11th ididaride! Adirondack Bike Tour.** 75M: 8:30am. Ski Bowl Park Pavilion, North Creek. 20M: 12pm. Shuttle to Indian Lake/Bike to North Creek. ADK: 668-4447. adk.org.
 - 31 5th Ride for the River.** 45M, 30M, 10M road & 3M MTB. Hungry Trout, Wilmington. 637-6859. ausableriver.org.

- AUGUST
- 5-7 Montreal Double Double. 400M. Schuylerville to Montreal. John Ceceri: 583-3708. adkulttracycling.com.
 - 6 9th Tour of the Catskills.** 80M race & 80M, 50M, 25M rides. 80M race/ride incl. Devil's Kitchen. Tannersville. 413-314-3478. tourofthecatskills.com.
 - 6 Gear Up For Lyme: Mt Equinox Uphill Bike Climb.** 5.4M race/ride, 3248' up, 12% grade. 8am. Skyline Dr., Manchester, VT. 802-430-1608. gearupforlyme.com.
 - 6 Tour de Loop Road Race. 50-30M. Oswego. bikereg.com.

- 7 14th Christine Nicole Perry Memorial Bike Ride.** 33M/14M. 9am. The Hub, Brant Lake. 644-3020. chrissysfund.com.
- 7 NYS Time Trial Championships. Tioga Center. tiogavelo.com.
- 10 Camp Challenge Ride for Double H Ranch.** 30M. 9am. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921. doublehbranch.org.
- 11-14 Vermont Challenge Bicycle Tour. Manchester & Stratton Mtn, VT. vtchallenge.com.
- 13 HoorWA's Hoosic River Ride. 100M, 75M, 50M, 30M, 7M. Hoosic School, Hoosick. 413-458-2742. hoorwa.org.
- 13 Rochester Criterium. Rochester. Scott Paige: 585-546-4030. rochestercrit.com.
- 13-21 Hudson Valley Tandem Tour.** Gear-To-Go Tandems. Rich Shapiro & Lindy Ellis: 354-3102. gtgtandems.com.
- 21 Lake George Bike/Boat.** Bike Lake George to Ticonderoga. 11:15am: Boat Departs: Mohican to Lake George. Rain Date: 8/28. 668-5777. lakegeorgesteamboat.com.
- 24 Drops To Hops Road Race. 43M/25M. Brewery Ommegang, Cooperstown. itsyourrace.com.
- 27 16th Pat Stratton Memorial Century Ride.** 100M, 50M, 25M & Kids' ride. 8am. Picnic, music, prizes. Mt. Pisgah Lodge, Saranac Lake. Bob Scheerer: 891-5873. active.com.
- 27-28 Chris Thater Memorial Bike Races. Binghamton. Chris Marion: 607-778-2056. gobroomecounty.com.

- SEPTEMBER
- 2-5 Green Mountain Stage Race. 65M-216M. Waitsfield, VT. gmsr.info.
 - 4 Catskill Mountain Cycling Challenge.** 100M/62M, Gravel Grinder. 8am. Reservoir Loop. Catskill Rec Center, Arkville. 845-586-6250. catskillrecreationcenter.org.
 - 4 Hudson Crossing Ride. 65M. 10am. Hudson Crossing Park, Schuylerville. hrrtonline.com.
 - 10 Double H Camp Challenge 30M Ride.** Double H Ranch, Lake Luzerne. TJ Roode: 696-5921. doublehbranch.org.
 - 10 11th Kelly Brush Ride. 100M/85M/65M/50M/25M/10M. Post-ride BBQ. Middlebury College, Middlebury, VT. kellybrushfoundation.org.
 - 10-11 MHCC Saratoga Century Weekend.** 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Carlsbad Pavilion, Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
 - 11 Tour de Daggett Lake Ride for Rosie's Love.** 65M: 8am. 20M: 9am. Daggett Lake Campsites, Warrensburg. 623-2198. daggettlake.net.
 - 11 Cycle for Life.** 17M/32M/62M. Saratoga Train Station, Saratoga Springs. 453-3583. neny.cff.org/cycle.
 - 16-18 Adirondack 540.** 136-544M. 8am. Alpine Inn, Wilmington. John Ceceri: 583-3708. adkulttracycling.com.
 - 16-17 Rensselaerville Ride: From Hill to Hollow. Fri, 5pm: 3.5M hill climb. Sat, 10am: 10M & 24M. Sat, 9:30am: 44M & 64M. Carey Institute, Rensselaerville. 797-5100. careyinstitute.org.
 - 17 Bike MS: Hudson River Ramble.** 10-100M. 8am. Birch Hill, Schodack. Valerie Hoak: 800-344-4867. main.nationalmssociety.org.
 - 17 Tour de Habitat.** 100M/50M/25M/10M. Druthers Brewery, Albany. Alicia D'Alessandro: 462-2993. habitatcd.org.
 - 17 Brown's Brewing Covered Bridge Tour.** 20, 30, 50M rides. 10am. Brown's Brewing, Hoosick Falls. 413-314-3478. greatamericancycling.com.
 - 18 9th Lance Gregson 1-Eye Classic Ride & Picnic.** Town Park/Beach, Schroon Lake. 3M: 11am. 12M: 10:30am. 26M: 9:45am. 40M: 8:30am. 60M: 8am. 532-9479. schroonlakecycling.com.
 - 18 Schuylerville Rotary Bicycle Ride. 10-28M. Fort Hardy Park, Schuylerville. 747-0168.
 - 25 6th Columbia County Rotary Ride.** 10M, 30M paved & 100K gravel grinder. Benefits Cycle Kids at Ichabod Crane E.S. Volunteer's Park, Valatie. Steiner's Ski & Bike: 784-3663. bikereg.com.

Join us
Sunday, September 11

Saratoga Train Station, Saratoga Springs
- 17, 32 or 62-mile supported routes -
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neny.cff.org/cycle

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Register Today!

CYSTIC FIBROSIS FOUNDATION

Sunday, Sept. 11

Scenic Rides
65 miles - 8am
20 miles - 9am

Daggett Lake
Water Ski Club & Water Ski School

WWW.DAGGETTLAKE.NET

Daggett Lake Campsites: 518-623-2198
660 Glen Athol Rd, Warrensburg

Join in the 16th annual
Pat Stratton Memorial Century Ride
Best Ride in the Adirondacks!
Saturday, August 27, 8am
Mt. Pisgah Lodge, Saranac Lake
 100mi, 50mi, 25mi & kids' ride
 Rides for all ages & abilities • Rain date: 8/28
 T-shirt, picnic, music, poker ride w/prizes!
Register: Active.com
 Info: Bob Scheefer (518) 891-5873
 adkbuild@roadrunner.com
 Benefits Kiwanis Club of Saranac Lake youth programs



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CYCLING CHALLENGE
Sunday, Sept 4 • 8am
Catskill Recreation Center
Arkville, NY

A non-competitive fundraising event
 Four routes (29-103 miles) in beautiful Western Catskills
 Free lunch, t-shirt and rec center use for riders
NEW for 2016: Gravel grinder route & kids' activities!




(845) 586-6250
 Proceeds benefit Children's Cancer Recovery Foundation

Register:
BikeReg.com • \$40 until 9/3
 Info: CatskillRecreationCenter.org

- 25 **1st Let It Shine Charity Ride.** 35M & 10M. 10am. Tomhannock Bicycles, Pittstown. 867-1559. gabbyrocco.foundation.org.
- 25 Maple City Century Ride. 100M/62M/30M. Main Street, Honesdale, PA. Zach Wentzel: 570-877-4434. maplecitycentury.com.
- 30 Ride for Missing Children. 100M. Ride 2x2, police escort. UAlbany, Albany. rideformissingchildrengcd.com.

OCTOBER

- 8 **Tour of the Battenkill Fall Preview Ride.** 68M. 10am. Greenwich. 413-314-3478. greatamericacycling.com.
- 15 **Tour de Vine.** 20M w/catered lunch. 10:30am. Amorici Vineyard, Easton. 413-314-3478. greatamericacycling.com.
- 15 **Octoberfest 40K Bike & Half Marathon, 5K/10K.** 9am. Post race party, food, beer. Fire Dept, Peru. Ruth LaClair: 569-8566. runoctoberfest.com.

BICYCLING: OFF ROAD
ONGOING

- Sun **"Poor Man's Downhill" Trail MTB Shuttles.** 7/3, 17, 31; 8/14, 28; 9/11, 25. 1-4pm. Up a Creek Restaurant, Wilmington. Leepoff Cycles: 576-9581. bikewilmingtonny.com.
- Fri **Friday Night BMX Races: 5/6-8/26.** 7pm. Tri-City BMX, Rotterdam. 248-8752. tri-citybmx.org.

JULY

- 30 **Poor Man's Downhill Party.** Poor Man's Downhill shuttles, live music ("Lost Dog"), BBQ, camping. Leepoff Cycles, Wilmington. 524-0212. leepoffcycles@gmail.com
- 31 **5th Ride for the River.** 45M, 30M, 10M road & 3M MTB. Hungry Trout, Wilmington. 637-6859. ausableriver.org.

AUGUST

- 7 **3rd Churney Gurney MTB Race & Festival.** Beginner, Sport, Expert/Pro & Fat. 9am. Gurney Lane Mtn Bike Park, Queensbury. bikereg.com/churney-gurney.
- 23 Hot August Nights Tuesday MTB Series #1. 6pm. Central Park, Schenectady. hrrtonline.com.
- 26-27 **Syracuse Bicycle Cyclocross Festival.** Fri: Bike Clinic. Sat: 8:30am. Cazenovia. 315-655-4620. cnycyclocross.com.
- 27 **ADK 80K Race Weekend.** Sat, 5:30am: Running - 80K/50K solo ultra trail marathons & 80K relay w/2 or 4 bikers. Sun, 8am: Biking - 80K/40K solo MTB races w/cyclocross & fat, plus 80K relay w/2 or 4 members. Mt. Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.
- 28 Crossstock 2016. HRRT Skills Clinic Facility, Galway. 847-2419. hrrtonline.com.
- 30 Hot August Nights Tuesday MTB Series #2. 6pm. Central Park, Schenectady. hrrtonline.com.

SEPTEMBER

- 6 Hot August Nights Tuesday MTB Series #3. 6pm. Central Park, Schenectady. hrrtonline.com.
- 10-11 Rochester Cyclocross. Genesee Valley Park, Rochester. ellisoncyclocross.com.
- 13 Hot August Nights Tuesday MTB Series #4. 6pm. Central Park, Schenectady. hrrtonline.com.
- 17 **Mountain Tire/Fat Tire Bike Benefit Ride.** 8:30am-3pm. Pineridge XC Ski Area, East Poestenkill. 283-5509. pineridgexc.com.

OCTOBER

- 2 Oak Mountain's RAW Strava MTB Challenge. Oak Mtn, Speculator. 315-532-1782. oakmountainski.com.

CROSS COUNTRY SKIING
JULY

- 14-16 **HURT Nordic Ski Summer Training: Beginner Camp.** Camp Meadowbrook, Queensbury. hurt nordicskiing.com.
- 16-21 **HURT Nordic Ski Summer Training: Performance Camp.** Camp Meadowbrook, Queensbury. hurt nordicskiing.com.

HEALTH & FITNESS
ONGOING

- Daily **Yoga Classes & Workshops.** True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa **Rock Your Fitness.** Next Sessions: 8/1-27. M/W/F: 5:15am or 6:30am. M/W: 6:30pm. Tu/Th: 9:30am. Sat: 7:30am. M/W: 6:30pm. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- Tue **Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri **Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat **Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

JULY

- 15 **Yoga Paddlenic.** Yoga instruction w/Zaidee Bliss of Align Again Yoga (Greenwich), full-day of Battenkill paddling w/Battenkill Valley Outdoors boats & scrumptious lunch. Perfect harmony: yoga, swim, relax, Battenkill, connect. Battenkill Valley Outdoors, Cambridge. 677-3311. battenkillvalleyoutdoors.com.

HIKING & CLIMBING
JULY

- 18 **Seward Hike.** 14M. 7:30am. ADK Mtn Club: 523-3441. adk.org.
- 23-26 **Johns Brook Valley Teen Adventure.** Ages 14-17. Adirondack Loj, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 25 **Esther Mt Hike.** 8:30am. Candyman Shop, Wilmington. ADK Mtn Club: 523-3441. adk.org.
- 29-31 **Trailless Backpacking: Dix Range.** 8am. ADK Mtn Club: 523-3441. adk.org.
- 30 **The Boreas Ponds Tract: Lecture Series.** 8pm. High Peaks Info Center, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

AUGUST

- 5 **Mt Marshall Hike.** 17M. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
- 12-14 **Trailless Backpacking: Seward Range.** ADK Mtn Club: 523-3441. adk.org.
- 15 **Dix & Hough Hikes.** 13.7M. 7:30am. Exit 29, North Hudson. ADK Mtn Club: 523-3441. adk.org.
- 15 **Gothics Hike: Women's Hike.** 13.6M. 7am. Garden Parking Lot, Lake Placid. ADK Mtn Club: 523-3441. adk.org.
- 22 **Table Top Hike.** 10M. 8:30am. Adk Loj, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

9th Annual
Lance Gregson 1-Eye Classic
Cycling Rides & Picnic
Sunday, Sept. 18
Town Park/Beach, Schroon Lake
 Easy Does It (3+ miles): 11am
 Scenic Route (12 miles): 10:30am
 Lance's Loop (26 miles around lake): 9:45am
 Cyclist's Dream (40+ miles): 8:30am
 Post-ride live music, picnic, raffle
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30-MILE BIKE RIDE OR 5K TRAIL RUN
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All proceeds benefit the

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 a serious fun camp

Camp Challenge
Saturday, September 10
 at the Double H Ranch in Lake Luzerne, New York
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3RD ANNUAL
CHURNEY GURNEY MOUNTAIN BIKE RACE
& FESTIVAL
Gurney Lane Mountain Bike Park
 118 Gurney Ln (near Exit 20), Queensbury
Sunday, August 7
 Race Starts: 9-11am

Bring your family for a fun day at the park!
 Racers get free entry to Gurney Lane Pool!
 Bike races for all levels of experience!

Beginner, Sport, Expert/Pro & Fat Classes
 Free Kids' Race: Ages 12 & under
 CASH to top 3 M/F in pro/open race
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Demo Bikes: Niner, Cannondale, Felt
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BikeReg.com/churney-gurney
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 a summer camp for children on the autism spectrum

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8th Annual Triathlon
 August 27, 2016 • 9am Start

Swim – 325 yards
 Bike – 10 miles
 Run – 3.1 Miles

NEW! Kids Triathlon
 12 & Under • 11am Start
 Swim – 75 yard—pool swim
 Bike – 2.5 miles
 Run – 1 mile

Register at **Active.com**

CAPITAL DISTRICT YMCA
 Call Today!
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 jdixon@cdymca.org

HIGH PEAKS CYCLERY
ADK 80K RACE WEEKEND
August 27 & 28

Saturday 5:30 am
 – Ultra Trail Run & Relay Races
 Sunday 8 am
 – MTB & Cyclocross Races

ADK 80K

2016

Running – 80K and 50K solo ultra marathons, and 80K relay with 2 or 4 runners per team.
 Biking – 80K and 40K solo MTB races with cyclocross and fat bike divisions, and 80K relay with 2 or 4 bikers per team.

NEW FOR 2016! The ultra 80K duathlon. 40K Run Saturday, 40K Mountain Bike Sunday. All finishers will receive a special branded prize.

Kids & Families – 1k trail run and MTB races, live music, and barbecue.

Info/Register: ADK80K.com
Register early to save!
Lake Placid • (518) 523-3764
 adk80krace@gmail.com

HIGH PEAKS CYCLERY

MHCC
Mohawk-Hudson Cycling Club

join or renew online:
MohawkHudsonCyclingClub.org

all levels of ability welcome
 more than 300 rides per year

27	Impacts of Road Salt on our Lakes & Rivers w/Brendan Wiltse: Lecture Series. 8pm. High Peaks Info Center, Lake Placid. ADK Mtn Club: 523-3441. adk.org.	6	Maple City Triathlon. 750m swim, 20K bike, 5K run. 8am. Dobisky Center, Ogdensburg. runsignup.com.
29	Macomb, South Dix & Grace Hike. 12.3M. 7:30am. Exit 29, North Hudson. ADK Mtn Club: 523-3441. adk.org.	7	Sodus Point Sprint Triathlon. .45M swim, 13.1M bike, 5K run. 8am. Sodus Point. yellowjacketracing.com.
SEPTEMBER			
2	Table Top Hike. 10M. 8:30am. Adk Loj, Lake Placid. ADK Mtn Club: 523-3441. adk.org.	7	Iron Girl Syracuse Sprint Triathlon (women only). 600m swim, 30K bike, 5K run. Or bike-run. 7am. Oneida Shores Park, Syracuse. irongirl.com.
3	Seward Hike. 14M. 7:30am. ADK Mtn Club: 523-3441. adk.org.	7	Smith Point Sprint Triathlon. 500m swim, 10M bike, 5K run. Smith Point Park, Shirley.
4	Esther Mt Hike. 8:30am. Candyman Shop, Wilmington. ADK Mtn Club: 523-3441. adk.org.	13	Love & Sprockets Summer Sizzler Tri. Formula 1 Tri, Sprint Triathlon, Sprint Relay, Duathlon. 7am. Beaver Island SP, Grand Island. score-this.com.
12	Mt Marshall Hike. 17M. Adirondac Loj, Lake Placid. ADK Mtn Club: 523-3441. adk.org.	14	5th Old Forge Triathlon. Intermediate: 1K swim, 22M bike, 4M run. 7:50am. Lakeview Ave, Old Forge. atcendurance.com.
26	Donaldson & Emmons Mtn Hikes. 14.6M. 7:30am. Hamlet of Coreys. ADK Mtn Club: 523-3441. adk.org.	20	Crystal Lake Triathlon & Aquabike. Tri: 0.5M swim, 18M bike, 3M run. Aqua: 0.5M swim, 18M bike. 8am. Crystal Lake, Averill Park. cdtriclub.org.
MULTISPORT: TRIATHLON & DUATHLON ONGOING			
Mon	31st High Peaks Cyclery Mini Triathlon Series: 6/20-8/15. 400-yd swim, 12M bike, 3M run. 6pm. Kids Races: 7/18 & 8/15 at 3pm. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.	21	Peasantman Triathlon. Full, Half, Relay, Aquabike, Intermediate, Sprint races. 7am. Indian Pines Park, Penn Yan. peasantman.com.
Tue	Capital District Triathlon Club: Open Water Swimming. Plus, biking & running on the Crystal Lake Triathlon course. 6/7-8/30. 6pm. Crystal Lake, Averill Park. cdtriclub.org.	27	ADK 80K Mountain Bike, Trail Run & Duathlon. 80K/50K solo divisions. 80K 2 or 4 person teams. 20K trail loop. Solo races: 5:30am. Relays: 7am. Mt Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.
Tue	Adirondack Triathlon Club Beginner Triathlon Series: 8/2-30. 5:30pm. Haviland's Cove, Glens Falls. adktri.org.	27	8th Duanesburg YMCA Triathlon. 325yd swim, 10M bike, 5K run. Kids' Tri: 75yd swim, 2.5M bike, 1M run. YMCA, Duanesburg. 895-9500. cdymca.org.
Wed	Multi-Sport Life Tri Club: Open Water Swimming. 6/1-8/20. 5:45pm. Crystal Lake, Averill Park. skyhighadventures.com.	27	Rochester Triathlon. Sprint, Olympic, Relay. 8am. Durand Eastman Beach, Irondequoit. rochestertriathletes.com.
Thu	Bethlehem Tri Club: Open Water Swimming. Warner's Lake, East Berne. bethlehemtriclub.com.	28	Tri Dunkirk. Intermediate, Sprint, Relay, Aquabike. 7am. Dunkirk. tridunkirk.com.
Thu	Saratoga Triathlon Club: Open Water Swimming. 6/2-9/1. 6pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.	28	River Rat Triathlon. 600m swim or 3M paddle, 17M bike, 3.3M run. 8:30am. Clayton. riverrattri.org.
M-F	SkyHigh Adventures Summer Day Camp: 7/5-8/19. Averill Park. John Slyer: 281-6480. skyhighadventures.com.	SEPTEMBER	
JULY			
16	31st Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. Adks Speculator Chamber: 548-4521. speculatorchamber.com.	3-4	11th Lake George Triathlon Festival. Sat, 7am: Lake George Triathlon (Olympic). Sun, 7am: Big George Triathlon (Half Iron) & Half Iron Aquabike. King George: Olympic & Half Iron. Prince George: Olympic & Half Iron Aquabike. Battlefield Park, Lake George. adkracemgmt.com.
16	7th Delta Lake Triathlon. Sprint: 7:30am. 750m swim, 12M bike, 2.9M run. Intermediate: 9am. 1.5K swim, 24M bike, 5.8M run. Delta Lake SP, Rome. atcendurance.com.	10	Incredoubleman Triathlon Weekend: Tri, Du, Aquabike. Westcott Beach SP, Sackets Harbor. Wayne Vanderpool: 779-232-9874. doublevisionracing.com.
16	Battle of the Boquet. 3.52M trail run & 2M kayak race on Boquet River. Gilliland & Noblewood parks, Willsboro. townofwillsboro.com.	10	Lake Welch Triathlon & Duathlon. 8:30am. Harriman SP, Stony Point. 908-447-4693. mydragonevents.com.
16	XTERRA SkyHigh Off-Road Triathlon. 1K swim, 20K bike, 6K run. 7am. Kids' Triathlon: 100m swim, 5K bike, 1K run. 11am. Grafton Lakes SP, Grafton. John Slyer: 281-6480. skyhighadventures.com.	18	40th Josh Billings RunAground Triathlon. 27M bike, 5M paddle, 6M run. Great Barrington to Tanglewood, Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
16	Nickel City Triathlon: Olympic, sprint, aquabike, duathlon. Gallagher Beach, Buffalo. eclipsemultisport.com.	25	Westchester Triathlon & Aquabike. Tri: 1500m swim, 25M. bike, 10K run. Aquabike: 1500m swim, 25M bike. Rye Town Park, Rye. westchestertriathlon.org.
17	Pine Bush Triathlon. Sprint: 325yd swim, 11.5M bike, 3.25M run. 8am. Six Mile Waterworks Park, Albany to Guilderland YMCA, Guilderland. active.com.	OCTOBER	
24	18th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speed Skating Oval, Lake Placid. ironman.com.	2	Mighty Man Montauk Triathlon, Half & Olympic. 6:30am. Fort Pond, Montauk. eventpowerli.com.
AUGUST			
6	10th Fronhofer Tool Triathlon. Olympic: individual, partner, relay team. Kids' tri (11-15) & mini tri (5-10): Fri, 8/5, 6:15pm. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.	9	Glens Falls Lions Club Duathlon. 5K run, 30K bike, 5K run. 9am. SUNY Adirondack, Queensbury. glensfallsions.org.
6	Wilson Wet & Wild Triathlon, Duathlon, Aquabike. Wilson Tuscarora SP, Wilson. 716-830-6703. eclipsemultisport.com.	OTHER EVENTS & SWIMMING ONGOING	
Mon-Fri Go Girls Outdoors w/Annelies Cook. Ages 10-14. New session: 7/26, 28; 8/1, 3, 5. 5-7pm. Dewey Mountain Recreation Area, Saranac Lake. 891-2697. deweymountain.com.			

DUATHLON
5K RUN • 30K BIKE • 5K RUN

Sunday, October 9 • 9am
SUNY Adirondack, Queensbury

- Chip timed • Participant only raffles
- Free micro-mesh t-shirt to first 100 entrants
- One, two and three person teams
- Corporate teams of three welcome

Register at **www.RunSignUp.com/Race/NY/Queensbury/GlensFallsDu**
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Swim 0.5mi in calm water
 Bike 18mi out & back
 Run 3mi lake loop
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New Aquabike Race!

Crystal Cove
 38 Old Rte 66, Averill Park
Saturday, August 20, 8am
 Limited to 300 racers • NEW SWAG!
 Register early for best price
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LABOR DAY WEEKEND
Saturday, Sept. 3 • 8:30am
Orenda Pavilion, Saratoga Spa State Park

USATF certified course • T-shirts and prizes
 Walkers & canine companions welcome
 Pre-Reg \$25 – Day of \$30
 Kids' 1/2 Mile Fun Run (8am): \$5 suggested
Meet retired racehorses

Register: RunForTheHorses5k.com
 Benefits local non-profits that rescue/shelter ex-racehorses:
 ACTT Naturally, Heading for Home, Old Friends at Cabin Creek,
 ReRun, Inc., Saratoga War Horse and Thoroughbred Retirement Foundation

4TH ANNUAL ZOMBIE GAUNTLET 5K
Saturday, July 23 at 10am
 Queensbury School Trails, 429 Aviation Rd (just off Exit 19), Queensbury

NEW! Family fun!
 Register: \$15 family or \$5 person

Off-road course!
Can you survive the zombie hoard?
 Lose the flags on your belt and you have been killed. Come out with flags and YOU SURVIVED!

To benefit *Johnathan R. Vasiliou Foundation* – and to raise sepsis awareness

Register: Eventbrite.com • Info: jrvfoundation.org
 \$25 to race day or \$30 day of race • Includes Touch A Truck
 Teams of 5, \$100 • T-shirts till 7/6

Tu-Su "The Dancing Athlete" Exhibit. National Museum of Dance, Saratoga Springs. 584-2225. dancemuseum.org.

JULY

- 16 Newcomb Summer Fest & Town-wide Garage Sale. Overlook Park, Newcomb. Nancy Tracy 518-582-4851. discovernewcomb.com.
- 22-24 Open Water Swim Camp w/Terry Laughlin. Williams Lake, Rosendale. totalimmersion.net.
- 23 **Camp Chingachgook Summer Alumni Reunion Day.** 1-7pm. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

AUGUST

- 6 Swim a Mile for Hospice. 8am. 1M or .5M swim. Postwood Park, Hannawa Falls. Kellie Hitchman: 315-265-3105. hospiceslv.org.
- 7 **Newcomb Day.** Lake Harris, Town Beach, Newcomb. discovernewcomb.com.
- 17 Beginner Disc Golf Clinic. Free. 6pm. Blatnick Park, Niskayuna. Kenji Cline: 836-9557. discap.net.
- 27 **Lake George Open Water Swim.** 2.5K, 5K, 10K w/Wetsuit & Non-Wetsuit. Hague Beach, Lake George. Chris Bowcutt: 290-0457. lakegeorgeswim.com.

SEPTEMBER

- 16-18 **Teddy Roosevelt Weekend.** Crafts, entertainment. Newcomb. discovernewcomb.com.
- 17-18 **Lake George Marathon Swim.** 32M. Sat: 3pm. Solo/teams. Lake George, Ticonderoga to Lake George Village. Bob Singer: 791-1295. lakegeorgeswim.com.

PADDLING & ROWING
ONGOING

- Sun/Tue SUP Yoga w/Tobey Gifford.** 8am. Sandy Bay, Cleverdale. Patty's Water Sports: 656-9353. pattyswatersports.com.
- Wed Canoe Time Trials: 5/4-9/21. 6pm. Canoe, kayak, SUP, sculls. Aqueduct Park, Niskayuna. Northern New York Paddlers. Alec Davis: 321-6820.
- Thu SUP Fit Class.** 9am. New Session: 7/19. Sandy Bay, Cleverdale. Patty's Water Sports: 656-9353. pattyswatersports.com.

JULY

- 15 **Kayak Rescue & Recovery.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. 346-3180. onewithwater.com.
- 15 **Yoga Paddlenic.** Yoga instruction w/Zaidee Bliss of Align Again Yoga (Greenwich), full-day of Battenkill paddling w/Battenkill Valley Outdoors boats & scrumptious lunch. Perfect harmony: yoga, swim, relax, Battenkill, connect. Battenkill Valley Outdoors, Cambridge. 677-3311. battenkillvalleyoutdoors.com.
- 16 **Adirondack Challenge Weekend: Poker Paddle.** Indian Lake. indian-lake.com.
- 16 **Battle of the Boquet.** 3.52M trail run & 2M kayak race on Boquet River. Gilliland & Noblewood parks, Willsboro. townofwillsboro.com.
- 16 **Indian Lake Poker Paddle.** 3M paddle & collect cards: 12-4pm. 5 stops/5 cards & cash prizes. Celebration/awards: 5pm. Open to all ages/skills. Canoe, kayak, SUP, etc. A flatwater poker run on Lake Abanakee, Indian Lake. Indian Lake Chamber: 648-5112. indian-lake.com.
- 20 **Fundamentals of Kayaking I.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. 346-3180. onewithwater.com.
- 13 & 20 **Fundamentals of Kayaking I & II.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. 346-3180. onewithwater.com.

- 20 Duathlon Race. 1.25M, 2M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. 315-386-2577. slvpaddlers.org.
- 22 **Fundamentals of Canoeing.** 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. 346-3180. onewithwater.com.
- 23-28 **Paddling Outing.** Paul Smiths College, Paul Smiths. Marilyn Gillespie: 891-2626. ADK.adk.org.
- 24 Feed The Dragon Dragon Boat Festival. 8am-3pm. Mohawk Valley Marine, Alplaus. Sheila Platt: 669-3033. dragonsalive.org.
- 30 "You Gotta" Regatta. 6M/2M/1M. 10am. Whittaker Park Boat Launch, Waddington. 315-388-4510. slvpaddlers.org.

AUGUST

- 6 27th Lewis County RiverFest. 11.3M. Reg: 8-10am. Lewis County. adirondackstughill.com.
- 7 Higley Round the Islands. 10am. Higley Flow. Judy Fuhr: 315-262-2362. higleyflow.com.
- 17 Duathlon Race. 1.25M run, 2M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. 315-386-2577. slvpaddlers.org.

SEPTEMBER

- 3 Remington II Race. 6M. 10am. Rensselaer Falls to Heuvelton, slvpaddlers.org.
- 9-11 34th Adirondack Canoe Classic: The 90-Miler. Old Forge to Saranac Lake. macscanoe.com.
- 25 St. Regis Canoe Classic. 4.7M/7M/11M. 10am. Paul Smith's College, Paul Smiths. paulsmiths.edu.

RUNNING & WALKING
ONGOING

- Daily Fleet Feet Running Club & Distance Project.** Fleet Feet Sports. Albany: 459-3338. Malta: 400-1213. fleetfeetalbany.com.
- Daily Obstacle Course Training Facility.** Viking Obstacle Course at Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- Daily Fall Half/Full Marathon Training Program.** Nark Running Strategies. Mat Nark: 470-8659. Narkrunningstrategies.com.
- Daily XC Gear Up.** All XC spikes 20% off all month. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- Mon Saratoga Stryders' Summer 5K Trail Series: 7/25, 8/8, 8/22.** 6:15pm. Camp Saratoga, Wilton. saratogastryders.org.
- Mo/Th Malta 5K Training Program.** Workouts: 5:45pm. The Crossings, Colonie. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
- Mo-Fr Outliers Boys Distance Running Camp.** Grades 3-6 (M-W-F): 6/27-7/29. Grades 7-12 (M-F): 6/20-8/12. Clifton Commons, Clifton Park. Lance Jordan: 791-1063. shenrunners.com.
- Tue 48th Colonie Summer Track Program: 6/14-8/2.** 6pm. Dynamic Duo Pursuit Race, 8/6: 8:30am. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.
- Tu/Th Malta 5K Training Program.** Workouts: 5:45pm. Saratoga Spa SP, Saratoga Springs. Fleet Feet Sports: 400-1213. fleetfeetalbany.com.
- We/Sa Fleet Feet Running Club.** Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- Thu ARE Summer Trail Run Series. 2-4M. 6:30pm. Locations vary. albanyrunningexchange.org.

JULY

- 16 **Battle of the Boquet.** 3.52M trail run & 2M kayak race on Boquet River. Gilliland & Noblewood parks, Willsboro. townofwillsboro.com.
- 16 Roller Coaster Race. 5K/10K. 7:30am. The Great Escape, Queensbury. 434-951-8572. rollercoasterllc.com.
- 16 5th Tupper Lake Warrior Run. 3.5M. 10am. Big Tupper Ski Area, Tupper Lake. 359-3328. tupperlake.com.

10TH ANNUAL FRONHOFFER TOOL TRIATHLON



OLYMPIC RACE: INDIVIDUAL, PARTNER, RELAY TEAM

SATURDAY, AUGUST 6
 LAKE LAUDERDALE PARK, CAMBRIDGE, NY
TO REGISTER: FRONHOFFERTOOLTRIATHLON.COM

Kids' Tri (11-15) & Mini Tri (5-10)
 Fri, 8/5, 6:15pm

USAT sanctioned race
 All proceeds benefit children's organizations
 Pre-Register: GREAT swag, raffle ticket, lunch

Proactive Chiropractic, PLLC

Dr. Christopher Bath
Dr. Michael Missenis
Dr. Cheyne Ashline



Certified in:

- Active Release Technique
- Titleist Performance Institute
- Kinesiotaping Association International
- RockTape
- SFMA (Selective Functional Movement Assessment)
- Sport Science and Human Performance



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Custom Footbeds & Orthotics Made On-Site for Athletes, Hikers & Everyday Victims of Gravity

Located @ **The Mountain Goat** Manchester Center, VT

802-362-5159 • mgoat@comcast.net



42ND ANNUAL UR UTICA ROADRUNNERS

Falling Leaves ROAD RACE

Sunday, September 25
Radisson Hotel, Utica

USATF Certified 5k: 9am • Scenic 14k: 8:50am & Kids Kilometer Fun Run: 8:30am
 Atayne long-sleeve tech shirts to first 1500 registered
 Info/Register: UticaRoadrunners.org or RunSignUp.com

Frightening 5K Family Fun!

RUNNING Seccared

ST. CATHERINE'S CENTER FOR CHILDREN

3rd Annual Family 5K Run/Walk

TO BENEFIT ST. CATHERINE'S CENTER FOR CHILDREN

Saturday, October 15 • 9:30am
 The Crossings of Colonie
 \$25 Adults/\$20 Students (13-20)/\$30 Race Day
 Free t-shirts to first 300 paying runners!
 FREE 1-mile walk for children 12 & under at 9:30am • 5K at 10:30am

Register online at st-cath.org or call 518-453-6756

Presented by **Radiant POOLS**

THIRD ANNUAL
Thacher Park Trail Running Festival
 5K • 10K • 13.1M • 26.2M • 50K
Sunday, August 28
 John Boyd Thacher State Park, Voorheesville

Join AREEP for the Fest - Held in conjunction with ARE Club Day!
 Commemorative giveaway, ample food and party atmosphere at start/finish area
 8:30am (all races) • All abilities welcome and encouraged to participate

Register early and save! ThacherParkRunningFestival.com



Race the Train 14th Annual
SATURDAY, AUGUST 6
 NORTH CREEK DEPOT, MAIN ST, NORTH CREEK

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

Proceeds benefit Johnsburg Dollars for Scholars

Register: Active.com
Application: AdirondackRunners.org
 Info: Tracy Watson (518) 251-0107



Voorheesville 5K Run & 2-Mile Walk
Saturday, August 20 • 9am
 Voorheesville High School, Voorheesville
Race #2 of Hilltown Triple Crown 5K Series
 T-shirts for first 150 preregistered
 Awards: top 3, 5-year age groups & top 15 walk
 \$18 pre-race (\$15 70+) or \$25 race day

Register online: Active.com
 More info: 861-6350 or foxcreek5k@gmail.com

20TH ANNIVERSARY
Silks & Satins 5K
 SARATOGA SPRINGS, NY
JEFF CLARK MEMORIAL RACE

Saturday, July 23 • 8am Start

Register at silksandsatins5k.com
 \$25 by 7/22 or \$30 race day

Fasig-Tipton Pavilion
 415 East Avenue

- Join 1,500+ runners & walkers
- B-tag timed
- USATF certified 5K course

Benefits:

- Shirts to first 1,500 registered
- Many individual awards categories
- Teams competition
- Fast and flat course thru East Side neighborhoods

Special Olympics New York

Presented by **FLEET FEET Sports** 10th Anniversary
 performance mesh shirt for all runners
 Managed by FC4, Inc.



- 17 **Helderberg 5K for Women: Domestic Violence Awareness Run.** 9am. Voorheesville HS, Voorheesville. Phil Carducci: 861-6350. active.com.
- 17 Dippikill Froggy 5 Miler. 9am. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 17 28th Forest Frolic 7K & 15K Trail Runs. 9am. Hauck Hill Campsite, Virgil. fingerlakesrunners.org.
- 21 **Pentathlon: HMRC Summer Track Series.** 6:15pm. Colonie HS, Colonie. Ken Skinner: 489-5311. hmrc.com.
- 23 **20th Silks & Satins 5K Run/Walk.** 8am. Jeff Clark Memorial Race. Benefits Special Olympics NY. Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.
- 23 **4th Zombie Gauntlet 5K Trail Run for Sepsis Awareness.** 10am. New: "Touch A Truck" family-fun for kids. Queensbury School Trails, Queensbury. jrvfoundation.org.
- 23 38th Bear Swamp Run. 5.7M. 9am. Rumney School, Middlesex, VT. 802 223-6216. cvrunners.org.
- 29-31 Battle of Bristol Mountain Trail Runs: Vertical K, 5K/10K/50K, 10M/20M, Half Marathon. Bristol Mtn Resort, Canandaigua. yellowjacketracing.com.
- 30 2nd Annual RPW Ram Run/Walk 5K. 9am. Rensselaer HS, Rensselaer. ramrun2016.weebly.com.
- 30 Sherrill Centennial 5K Run/Walk. 8am. Sherrill Comm Center, Sherrill. Sara Getman: 315-363-6525. sherrillny.org.
- 30 Run for the River 5K/10K. 10am. Frink Park, Clayton. savetheriver.org.
- 30 "Color Me Blue" 5K Walk/Run for Autism. 8am. Tri-Town Recreation Center, Brasher Falls. 704-728-6309. thepuzzlepiecelfoundation.org.
- 30 Half Full Races. Half Marathon, 10K, 5K. 7:30am. Springfield, MA. halffullraces.com.
- 31 **22nd Indian Ladder Trail Runs.** 15K & 3.5M. 9am. Kids' 1M Run: 10:30am. Haile's Cave, Thacher SP, Voorheesville. Mike Kelly: 439-5822. hmrc.com.
- 31 **Hudson Headwaters Care For Kids 5K & Fitness Walk.** 9am. Chestertown to Brant Lake w/shuttle. Hudson Headwaters: 761-0300. hhhn.org.
- 13 Clove Run 10M, 5K, & 1Mile Fun Run. 9am. Castleton ES, Castleton-on-Hudson. vanrensselaerdivision.org.
- 13 Landis Arboretum 5K Forest Run. 9am. Landis Arboretum, Esperance. David Roy: 295-7166. landisarboretum.org.
- 13 Spitz Blitz Run/Walk for JDRE 1.7M. 10am. Hunter Mtn, Hunter. active.com.
- 14 31st Run for the Roses. 9am. Grafton Lakes SP, Grafton. Leanna Sweet: 279-0580. graftoncommunitylibrary.org.
- 14 Catskill Mountain Road Race & Relay. Teams. 100K. Phoenicia. Todd Jennings: 845-235-2788.
- 14 5th Champlain Canalway Trail Bicycle Tour. 32M or 18M & 2.5 hour cruise. 8am-4:30pm. Hudson Crossing Park, Schuylerville. Lori Solomon: 322-2067. akibatravel.com.
- 15 **4th Monday Night Mile.** 1M footrace on harness track. 5:30pm. New: Monday Mile & Jailhouse 5K Challenge. Saratoga Casino & Raceway, Saratoga Springs. finishright.com.
- 20 **14th Jailhouse Rock 5K Race.** 8:30am. Walkers welcome. New: Monday Mile & Jailhouse 5K Challenge. Brookside Museum, Ballston Spa. 885-4000. brooksidemuseum.org.
- 20 **Voorheesville 5K Run & 2M Walk: Hilltown Triple Crown Series #2.** 9am. Voorheesville HS, Voorheesville. Phil Carducci: 861-6350. active.com.
- 20 3rd Team Sarcoma 5K. 9am. Saratoga Spa SP, Saratoga Springs. Courtney Hill: 262-2875. sarcomastrong.com.
- 20 Run 4 Downtown 4M Run/Walk. 9am. Middletown. Valerie Kilcoin: 845-527-8601. run4downtown.org.
- 20 Bannertown 5K. 9am. Bannertown Fair Grounds, Mayfield. Jenny Rulison-Fisch: 883-2981.
- 20 19th Olga Memorial Footraces. 5K/10K & 5K Walk. Saranac Lake Youth Center, Saranac Lake. 891-5846. saranaclakeyouth.org.
- 20-21 Turning Stone Races. Half, 10K, 5K. Turning Stone Casino, Verona. turningstoneraces.com.
- 21 **Tour de Force Charity Run.** Half Marathon 8am; 10K run 8:15am; 5K run 8:30am; 1M run/walk 8:45am. Point Au Roche S.P., Plattsburgh. Thomas Brown: 563-3825. adirondackcoastevents.com.
- 21 Tony Luciano 5K Run/Walk. 9am. Community Pool, Hudson Falls. active.com.
- 21 Storm King Run 10K, 5K, 1M kids run. 9am. Washington Gate, West Point. John Willis: 845-446-4106. rotary-wphf.org.
- 26 CYC Boiling Pot 5K. 9am. Youth Center, Canajoharie. Tim Shepard: 321-6578. canajohariecyc.org.
- 27 **ADK 80K Race Weekend.** Sat, 5:30am: Running - 80K/50K solo ultra trail marathons & 80K relay w/2 or 4 bikers. Sun, 8am: Biking - 80K/40K solo MTB races w/cyclocross & fat, plus 80K relay w/2 or 4 members. Mt. Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.
- 27 Fishy Frolic for Huntington's Disease. 5K, 10K & 1M walk. 8:45am. Corning Preserve, Albany. Brenda King: 527-7904. zippyreg.com.
- 27 Mamas & Papas 4K: Age 60+. 8:15am. Mesier Park, Wappingers Falls. 845-297-7950. mhrrc.org.
- 27 North Country Challenge. 10am. 4M obstacle & 2M fun run/walk. Oswegatchie FFA Camp, Croghan. northcountrychallenge.itsyourrace.com.
- 27-28 **New Balance Weekend.** Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- 28 **3rd AREEP Thacher Park Trail Running Festival.** 5K, 10K, 13.1M, 26.2M, 50K. 8:30am. Also: ARE Club Day. JB Thacher S.P., Voorheesville. thacherparkrunningfestival.com.
- 28 **19th Altamont 5K Run/Walk: Hilltown Triple Crown #3.** 9am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. active.com.
- 28 North Face Race to the Top of Vermont & Kids Fun Run. 4.3M. Hike, bike, run. Mt. Mansfield Toll Rd, Stowe, VT. Greg Maino: 802-864-5794. rttvt.com.

AUGUST

- 6 **14th Race the Train.** 8am: train ride to Riparius. 9am: 8.4M run back to Train Depot, North Creek. 251-0107. adirondackrunners.org.
- 6 **Fox Creek 5K Run/Walk: Hilltown Triple Crown Series #1.** 9am. Berne Town Park, Berne. 225-4925. active.com.
- 6 Waddington Homecoming 5K. 9am. Waddington. Kevin Sharlow: 315-276-9040.
- 6 Sweltering Summer 8-Hour & Marathon. 7am. Pittsfield, MA. 435-5590.
- 6 Fairfax Egg Run. 5K/10K Run/5K Walk. 9am. United Church of Fairfax, Fairfax, VT. fairfaxrecreation.com.
- 7 **38th Lane 10K Lake Run.** 9am. Tough, beautiful 10K in Adks. Speculator Ball Field, Speculator w/shuttle. Adks Speculator Chamber: 548-4521. speculatorchamber.com.
- 7 37th Monster Classic 10K/5K & Monster Mile 8:45am. Monticello. Orshii Boldiis: 845-239-2107. raceroster.com.
- 12-13 **Peak to Brew Relay.** Full Relay (237M): Whiteface Mountain, Wilmington to Saranac Brewery, Utica. Half Relay (115M): McCauley Mountain, Old Forge to Saranac Brewery, Utica. peak2brew@p2brelay.com. p2brelay.com.
- 13 **8th Camp Chingachgook Challenge Half Marathon & 10K Race.** 13.1M: 8am at Lake George. 10K: 9am at Camp Chingachgook. Cookout lunch. Kattskill Bay. lakegeorgehalfmarathon.com.
- 13 **6th Schenectady ARC 5K Challenge.** 9:30am. A great race for a great cause. Central Park, Schenectady. Schenectady ARC: 688-8276. arc5kchallenge.com.
- 13 DanRan 5K Run/Walk. 9am. Stevens E.S., Burnt Hills. Michael Hale: 399-4846. danran.weebly.com.

19th Annual
Altamont 5K
Run & Walk
Sunday, August 28 • 9am
Bozenkill Park, Altamont
 Gun Club Rd (10mi west of Albany)
10:15am: Altamont Mile & Other Kids' Races

T-shirt to first 300 pre-registered
 Awards to top 3 M/F 5K & 5-year age groups
 Live music on course & live band after race • 100 Raffle Prizes

Hilltown Triple Crown Series!
 #1 Fox Creek 5K in Berne, 8/6
 #2 Voorheesville 5K in Voorheesville, 8/20
 #3 Altamont 5K, 8/28
 Sign-up: foxcreek5k@gmail.com

Register: Active.com (fee)
Altamont5K.org (no fee)
Phil Carducci (518) 861-6350

To benefit Altamont Food Pantry
 Bring unexpired dry goods

14TH ANNUAL
Ty Yandon Memorial 5K Run/Walk
Sunday, September 11 • 9am
 Newcomb Overlook, Newcomb

Part of **Teddy Roosevelt Celebration**
 Sept. 16-18 in Newcomb
 Visit: newcombnny.com

Registration (\$15) begins 7:45am
Info: adkpa@aol.com or Kevin Bolan: (518) 582-2991



HUDSON HEADWATERS
CARE FOR KIDS
 5K Run & Fitness Walk
Sunday, July 31 - 9am
 2431 Schrono River Rd, Chestertown to Suzie Q's Sunshine Café, Brant Lake

- Free shuttle from finish line to start - \$25 or \$30 after 7/25
- Quality T-shirt to first 400 entrants

Entry form at www.hhhn.org
 Info: Howard Nelson: 761-0300 x31112
 Proceeds benefit pediatric health care at HHHN

Caring Together 15th Annual
Teal Ribbon 5K Run & 1-Mile Walk
 For Ovarian Cancer Awareness & Research
Sunday, Sept. 11 • 9am
 Washington Park, Albany

T-shirts to all registered online by 9/1
 Chip timing for all runners
 Individuals: \$17 by 9/1, \$25 after
 Team Members: \$15 by 9/1, \$25 after
 Children: \$5 ages 10-under

Register & Donate:
runsignup.com/Race/Events/NY/Albany/TealRibbonRunWalk



Fox Creek 5K RUN/WALK
 Saturday, August 6 • 9am
 Berne Town Park, Berne
 -Race #1 of Hilltown Triple Crown 5K Series-
 T-shirts for first 150 entered, raffles, live music
Awards: top 3 M/F, 5-year M/F age groups
 \$16 pre-race (\$12 70+) or \$20 race day
Register online: Active.com
 More info: 225-4925 or foxcreek5k@gmail.com

14th Annual **JAILHOUSE ROCK 5K RACE**
 BROOKSIDE MUSEUM
 SARATOGA COUNTY HISTORICAL SOCIETY
Saturday, Aug 20 • 8:30am
 Brookside Museum, Ballston Spa
 • Fast, fun to the jailhouse and back • USATF Certified
New!
 Monday Night Mile (8/15) & Jailhouse Rock 5K Challenge!
 Chip timing • T-shirts to first 400 registrants
 5 year age group awards • Walkers welcome
 Application: www.brooksidemuseum.org
 (518) 885-4000
 Register online: www.itsyourrace.com
 \$22 by 8/17 or \$27 after
 Benefits Brookside Museum education programs

4th Annual **Saratoga Casino Hotel**
Monday, August 15
 A one-mile footrace on the harness track
 Heats begin 5:30pm and end 6:45pm
 Awards: Top 3 Overall M/F and Top 3 M/F in Age Divisions • T-shirts • \$20 entry by 8/10
Register: finishright.com
facebook.com/themondaynightmile

SEPTEMBER

- 3 **7th Run for the Horses 5K.** 8:30am. Kids' Run: 8am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. runforthehorses5k.com. CM5K. 9:30am. Waterfront Park, Northville. Amanda Pitcher: 863-8904.
- 3 **Saucony Weekend.** Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- 4 **18.12 Challenge & Half Marathon.** 18.12M & 13.1M road races. 7am. Watertown to 1812 Battlefield, Sackets Harbor. 1812challenge.com.
- 4 Scottish Games 5K. 10:30am. Altamont Fairgrounds, Altamont. Rebecca Schenck: 669-1470. scotgames.com.
- 4 Kick it for Kashius 5K. 10:30am. The Crossings, Colonie. zippyreg.com.
- 4 48th Archie Post 5 Miler. 8am. Gutterson Field House, UVM, Burlington, VT. Russ Cooke: 802-846-5635. gmaa.net.
- 5 **28th SEFCU Foundation Labor Day 5K Race/Walk.** 9am. SEFCU, Patroon Creek, Albany. John Parisella: 269-1904. hmrc.com.
- 5 Mad Dash Races. 5K, 10K, Kids Run. 8:30am. Rhinebeck. 845-876-3533.
- 10 **7th Malta 5K Run/Walk.** 8:30am. Luther Forest Tech Park, Malta. Paul Loomis: 472-4807. malta5k.com.
- 10 **Double H Camp Challenge.** 5K trail run/walk or 30M bike ride. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921. doublehcamp.org.
- 10 **Old Forge Half Marathon & 5K.** 8:30am. Old Forge. Michael Samoraj: 315-663-5539. willowhwc.com.
- 10 Maddie's Mark 5K & Fall Festival. 5K & Walk: 10am. Kids' Run: 9am. Central Park, Schenectady. Brenda King: 527-7904. maddiesmark.org.
- 10 46th Lake Placid Classic. 13.1M & 10K. 9am. Skating Oval, Lake Placid. lakeplacidclassic.com.
- 10 Titus Mountain Mud & Mucker Challenge. 5M & 20+ Obstacle Course or 3M & 12+ Obstacle Course. Mini Mucker. 11am. Titus Mtn Ski Center, Malone. Shantell Smith: 483-3740. mudandmucker.com.
- 10 Freedom 5K Mud Run. 12 military obstacles. Camp Pinnacle, Voorheesville. 5kmudrun.com.
- 10 General Montgomery Day 8K. Montgomery Village Senior Center, Montgomery. 845-457-5000. isabelle.hudsonvalleycancer@gmail.com
- 10 Youth Make A Difference 5K. 10am. North Greenbush, Town Hall, Wynantskill. runsignup.com.
- 10 Maple Leaf Half Marathon & 5K. 8am. Dana Thompson Rec Center, Manchester Center, VT. manchestertvmapleleaf.com.
- 11 **37th Dunkin' Run Races.** 15K, 10K, 5K & Kids' Run. 8:20am. Kids Run: 10am. Albany Jewish Community Center, Albany. Tom Wachunas: 438-6651. albanyjcc.org.
- 11 **15th Teal Ribbon Run/Walk.** 5K. 9am. Washington Park, Albany. Maggi Royle: 439-6466. caringtogetherny.org.
- 11 **14th Ty Yandon Memorial 5K Run.** 9am. Newcomb Overlook, Newcomb. Kevin Bolan: 582-2991. newcombny.com.
- 11 I Run for...Marathon, Half & 5K. Half/5K: 8am. 26.2M: 7am. Maine Park, Maine. irunforhalfmarathon.com.
- 11 Garden Share Fight Hunger 5K Run, Fun Run & Walk. 1pm. Remington Trail, Canton. Paul Graham: 315-854-0276. northernrunner.org.
- 17 **39th Great Cow Harbor 10K Run.** 8:30am. Laurel Ave School, Northport. cowharborrace.com.
- 17 **Upper Union Street Scholarship 5K.** 8:30am. Woodland Ave, Schenectady. Maureen Gebert: 730-6896. upperunionstreet.com.
- 17 The Backpack Run 5K & 10K. 9am. Theresa. Kimberly Eggleston: 315-642-0125 thebackpackrun.com.
- 17 Tuff eNuff 5K Obstacle. 8am. Gilbert Lake SP, Oneonta. leafinc.org.
- 17 Centennial Challenge 5K & Kids Track Races. 10am. Burnt Hills.
- 17 Cure SMA 5K & Walk n Roll. 10am. Cohoes.
- 17 AFROTC Run To Remember. 9am. RPI, ECAV, Troy. Sean Horan: 276-6236.

- 17 Stars & Stripes 5K Run/Walk, Wheelchair 5K, 2M Walk. 5K: 9:45am. Wheelchair: 9:30am. SUNY Poly, Marcy. sitrin.com.
- 17 13th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. Steve Eustis: 802-878-4385. gmaa.net.
- 18 **The Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half marathon: 7:45am. 5K run/walk: 8am. Fun Run: 10am. Saratoga Springs. Maria Maurer: 917-656-2821. themelaniefoundation.com.
- 18 Greater Binghamton Marathon & Half. 7:30am. Vestal. Will Safarik: 607-761-0505. binghamtonmarathon.com.
- 18 10th Delta Lake Half Marathon. 9am. Delta Lake SP, Rome. deltalakehalfmarathon.com.
- 18 Course the Wall Trail Run. 5K: 11am. 9K: 10:45am. BBQ, music. Lapland Lake Nordic Center, Northville. Paul Zahray: 863-4974. laplandlake.com.
- 18 NYC Marathon Tune-Up. 18M. 7am. Central Park, New York. nyrr.org.
- 24 **FAM 5K "Fund" Run/Walk.** 10am. Free Kids' Run (11am). Brooks BBQ, massage, music. Cobleskill Fairgrounds, Cobleskill. 234-7462. fam5k.com.
- 24 Race for Hope 5K. 10am. Capital Region Special Surgery, Slingerlands. John Sokolewicz: 439-4326. capitalregionspecialsurgery.com.
- 24 15th Harp 5K Run/Walk. 9:30am. Tony Williams Park, Highland. 845-473-2273. lvhospice.org.
- 24 3rd Amsterdam PBA Cops & Joggers 5K. Shuttleworth Park, Amsterdam. Amanda Corlyon: 842-1100. copsandjoggers.wix.com/copsandjoggers.
- 24-25 **20th Adirondack Marathon Distance Festival.** Sat: Helpers Fund 5K/10K (9am) in Chestertown & Expo/Kids' Run (2pm) in Schroon Lake. Sun: Marathon 9am & Relay in Schroon Lake. Half-Marathon (10am) in Adirondack. 532-7675. adirondackmarathon.org.
- 25 **Nick's 5K Run To Be Healed.** 1pm. In honor of Isabella Caruso. Nick's Dash 11am; Luke's Mile 11:15am; Zumba warm-up 11:45am; 2M Walk 12pm. Clifton Common, Clifton Park. fighttobehealed.org.
- 25 **13th Crossings 5K Challenge & Kids' Runs.** 10am. Ciccotti Family Recreation Center, Colonie. Barbara Boodram: 438-9596. colonieyouthcenter.org.
- 25 **42nd Falling Leaves Road Race.** 5K: 9am. 14K: 8:50am. Kid's Run: 8:30am. Radisson Hotel, Utica. uticaroadrunners.org.
- 25 4th Albany Booster Club Falcon 5K. 9:30am. 1M Fun Run: 10:30am. Washington Park, Albany. zippyreg.com.

OCTOBER

- 1 **Susan G Komen Race for the Cure.** 5K, 2M Family Walk & Kids Run. 9am. Empire State Plaza, Albany. Victoria Roggen: 250-5379. neny.info-komen.org.
- 9 **34th Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. 8/8: Expo/Package Pickup. mohawkhudsonmarathon.com.
- 15 Octoberfest Half Marathon, 5K/10K & 40K Bike. 9am. Post race party, food, beer. Fire Dept, Peru. Ruth LaClair: 569-8566. runoctoberfest.com.
- 15 **Running SCCared 5K Family Run/Walk.** 10:30am. 1M Kids Walk: 9:30am. The Crossings, Colonie. 453-6756. st-cath.org.

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

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

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 28TH ANNUAL LABOR DAY 5K
Monday, September 5
Race/Walk • 9:00am
SEFCU Headquarters
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A Fun Race/Walk on Labor Day!
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 Kids' 1-Mile Run: 10am (\$1 day of race)
Register online (no fee):
members.hmrc.com/event-2287158
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13TH ANNUAL
Sunday, Sept 25
NEW 5K COURSE
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 The Crossings 5k Challenge & Kids Runs
Ciccotti Center
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 Flat, fast course through Crossings Park
 Chip timing by AREEP • Walkers welcome
Kids 1/4M Fun Run* (free) - 10:45am
 Must be registered - For ages 13-under
Kids 1M Competitive Run* (\$10) - 10:45am
 Chip-timed for 13-under with shirt and awards
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Register online: ZippyReg.com
Info & Entry Form: ColonieYouthCenter.org
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38TH ANNUAL
Lane 10K Lake Run
 Sunday August 7
 Lake Pleasant to Speculator
REGISTRATION:
 9am at Speculator Ball Field
RACE START: 10am
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UPPER Union Street SCHOLARSHIP 5K
Saturday, Sept. 17, 8:30am
 Parking lot on Woodland Ave, Schenectady (Between Union Street and Eastern Parkway)
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 Info & Register: www.UpperUnionStreet.com
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6TH ANNUAL
Columbia County Rotary Ride



SUNDAY, SEPTEMBER 25

BIKERS - COME AND JOIN US!
Volunteer Park, Independence Drive, Valatie

The Kinderhook Tri-Village Rotary Club invites you and your family to join us in a FUNdraining event that will benefit the CYCLE Kids program at Ichabod Crane Elementary School in addition to other domestic and international Rotary Foundation charities.

CYCLE Kids promotes healthy lifestyle choices by introducing children to the joys of bicycling, as well as educating them on bike safety and nutrition. CYCLE Kids empowers young people by developing positive, safe, and active lifelong habits.

- **10-mile Fun Ride** at 11am for everyone
- **30-mile Road Ride** at 10am around historic Kinderhook area
- **62-mile Gravel Grinder Ride*** at 8:30am on dirt/paved roads (road bikes fine) in scenic Columbia County

Register online at BikeReg.com **TAKE ACTION: KTVRotary.org**

*Supported with SAG vehicles, two rest stops, cue sheet and well-marked route.

Rotary  **cyclekids** 

BICYCLING

Late Summer Rides are the Best Rides



RIDER HEADS NORTH ON RT. 30 WITH INDIAN LAKE IN THE BACKGROUND AT THE 2011 IDIDARIDE.



RIDERS HEAD UP PEACEFUL VALLEY ROAD AT THE 2011 IDIDARIDE.

RIDERS WAIT TO BOARD THE MOHICAN AT THE TICONDEROGA TOWN DOCK FOR THE 2015 TI RIDE.



RIDERS WHEEL THEIR BIKES RIGHT ONTO THE FOREDECK OF THE MOHICAN AT THE 2015 TI RIDE.



PHOTOS BY DAVE KRAUS

By Dave Kraus

Late summer rides – the weather is warm, fitness is high, and organized weekend events offer on-the-road support, post ride celebrations, and the chance for fellowship and competition with your friends.

The late summer season kicks off on Sunday, July 31 with the Adirondack Mountain Club's 11th annual **Ididaride! Adirondack Bike Tour**. Last year over 450 riders completed the 75-mile loop ride that starts at the historic North Creek Ski Bowl town park. It winds through the hills and valleys of the central Adirondacks, passing through Wells, Speculator, and Indian Lake before circling back to North Creek. The paved route offers great scenery, with wide paved shoulders most of the way.

As you ride, you will see spectacular forests, lakes, and rivers and enjoy four well-stocked rest stops, mechanical support, and a SAG wagon. There's also a 20-mile route that starts with a bus shuttle to Indian Lake, then a return through the hills and along the Hudson River. Finishers on both routes enjoy a party at the finish line with lunch, drinks, and live music to celebrate their achievement. For details and to register by the July 22 deadline, go to adk.org.

If you're looking for a personal challenge, then look no farther than **Gear Up for Lyme: Mt. Equinox Uphill Bike Climb** on Saturday, August 6. This fundraiser for the Lyme Disease Association and other local charities climbs the Mt. Equinox Skyline Drive in Manchester, VT.

It's only 5.4 miles to the top, but with a 12 percent average grade, this road is a challenge even for the fittest cyclist as it climbs over 3,200 feet. The all-time records are 35:51 for

men and 41:48 for women. Can you beat that?

Registration after July 1 is \$75 and the race is limited to 100 riders. If any spots remain open, day of race registration is \$100. Extras include T-shirts for all riders who register before July 30, and a post ride barbecue. The Manchester Rotary Club presents this race as a fundraiser to benefit the Lyme Disease Association, which supports research and treatment of Lyme disease that effects thousands throughout the US every year. Go to gearupforlyme.com or bikereg.com for more information and registration.

This year's 14th annual **Christine Nicole Perry Memorial Bike Ride** will once again start at The Hub in Brant Lake and take place on Sunday, August 7. The ride raises funds for a variety of North Country charities and honors Christine Perry, who was killed at age 18 in an automobile crash in 2003. The ride is also in memory of her dad, Mark Perry, who died unexpectedly in November 2014.

Two different routes offer something for most riders in the varied terrain around Brant Lake and Chestertown. The first is 10-12 miles and suited to beginning riders, with a mostly flat route along the Schroon River. The advanced ride will cover 30-35 miles and will include more climbing for intermediate riders. Registration for either ride is \$50 and includes lunch at The Hub after the ride and other extras. Registration opens at 8am and the ride begins at 9am. Cyclists can register the day of the ride or inquire through chrissyfund.com for more info as the date approaches.

The **Lake George Bike/Boat Ride** on Sunday, August 21 was originally known as the "Ti Ride" and has built a loyal following over the years as an "under the radar" affair. Riders would meet at the Lake George

Steamboat Company pier in Lake George at 7am and put a bag with a change of clothes on board the lake steamer Mohican. Then they would ride north for 41 miles on NY Route 9N, over the challenging Tongue Mountain climb, and meet the steamboat at Howes Landing on Baldwin Road in Fort Ticonderoga. Get there early? Tired of waiting for the boat? Go jump in the lake – literally!

The Mohican would then provide a 2.5 hour scenic cruise back to Lake George, with a snack bar for lunch, wet bar for beer and wine, and the incomparable scenery of Lake George during the cruise south on the lake.

Today, the ride is sponsored by the Lake George Steamboat Company, but the route and the fun are the same! With over four hours to do the 41-mile route, there's some extra time to stop for a snack, and enjoy the view of one of the most beautiful lakes in the country. Just don't dally too long, or else this ride turns into an 82 mile round trip! Register in advance and buy your ticket at lakegeorgesteamboat.com (see Specialty Cruises, then Mohican Specialty Cruises).

On Saturday, August 27, the 16th annual **Pat Stratton Memorial Century Ride** offers 100, 50, and 25-mile rides and a kids fun ride on the scenic, quiet roads north of Saranac Lake, starting at the Mt. Pisgah Ski Area.

The event winds through the region on wide-shouldered highways and quiet backroads, sticking to valleys and easier grades, to give the mountain views without the mountain climbs. The ride offers feed stations, sag support, T-shirts, and a post-ride barbecue after passing through Paul Smiths, Meacham Lake, Lake Clear, Gabriels and St. Regis Falls.

Proceeds support Kiwanis community programs in Saranac Lake, including the annual Bike Rodeo and helmet distribution that has given away over 1,000 bike helmets to area youth. Registration fees vary from \$35-45, but active duty military and law enforcement personnel ride for free. For details and to register, go to active.com. ▲

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

RIDER CLIMBING TONGUE MOUNTAIN ON ROUTE 9N AT THE 2015 TI RIDE.





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*In addition to practicing law, Mr. Schillinger is director of
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THOMAS
MEDIA
GROUP 

Megan Guarnier

AGE: 31

SPORT: Bicycling

RESIDENCE: Mountain View, CA
and the south of France
(originally from
Glens Falls)

WOUTER ROOSENBOOM

By Liz Lukowski

When Adirondack Sports & Fitness published cyclist and Glens Falls native Megan Guarnier's Athlete Profile in May 2008, she had just finished her first season racing in Europe. She said about bike racing, "There's no other way that I'd like to see the world." Eight years later she's not only seen the world; you could say she's dominating it.

On July 10th, riding for her current team Boels-Dolmans, she won the most important stage race of the Women's WorldTour, the Giro Rosa in Italy. The prestige of winning the Giro Rosa for a female cyclist can be best compared to that of winning the Tour de France for a male cyclist. It is an exhausting ten-day stage race that includes different racing experiences from mountainous climbing days, flat sprint stages, and a time trial.

In 2016 Megan has also had overall podiums in important international stage races like Trofeo Binda (Italy), La Fleche Wallone (Belgium), and wins at the Tour of California (USA), the Philadelphia Cycling Classic (USA), and is a she is a three-time (and current) National Road Race Champion! These results have her currently leading the Women's WorldTour, and have rocketed her to the top woman's spot on the Union Cycliste Internationale (UCI) ranking. She's the first American woman ever to have this distinction!

In 2012 Megan didn't make the USA Cycling selection to compete in the Olympics in London. Disappointed, she set her focus on the 2016 Olympics in Rio. Understanding that the selection of riders for the games is not straightforward, she knew she wanted to earn an automatic invitation, which would assure her a spot. "I wanted to make it decisively; I didn't want any subjectivity" she told me.

Last fall, Megan won a bronze medal at the Road Race World Championships in Richmond, Va., and secured her spot on the 2016 USA Olympic cycling team. It was early, so she was able to transfer the stress of trying to make the Olympic team, and focus her energy instead on the racing season - and working towards a medal on the challenging course in Rio.

Megan's achievements have not come to fruition overnight. Her cycling career has been over a decade in the making, and she has been in a consistent progression forward. While attending Middlebury College, all her training was spent on a stationary trainer in her dorm room. She describes the, "blood, sweat, and tears ... well maybe minus the blood," that she was putting in and it just was not translating when she got on the road.

She knew something had to change and that change was a move to a California, where she knew there would be more opportunity, and better training conditions. In 2008 she met her coach, Corey Hart, at the US Olympic Training Center in Chula Vista. He is still her coach, and was instrumental to her successful transition to racing in Europe, and eventually signing her first professional contract in 2010. She sees him as a mentor with a wealth of knowledge of the culture of racing in Europe, and how to win races.

There is not a clear path established for girls and women to move up the ranks in women's cycling. This is a sentiment Megan wants girls to understand and not be intimidated by. She advises that girls interested in the sport get out and do it; go to races and



MEGAN WEARS THE YELLOW LEADER JERSEY OF 2016 AMGEN TOUR OF CALIFORNIA DURING STAGE THREE OF THE FOUR-DAY RACE. HAVING WON THE FIRST STAGE, SHE WENT ON TO WIN THE OVERALL.

COR VOS



MEGAN WINNING HER THIRD US NATIONAL ROAD RACE TITLE IN MAY 2016 IN PHILADELPHIA. USA CYCLING/CASEY GIBSON

MEGAN CAME CLOSE TO WINNING ITALY'S GIRO ROSA LAST YEAR AND WAS DETERMINED TO BRING HOME THE "MAGLIA ROSA" IN 2016. IT WAS MISSION ACCOMPLISHED AS SHE BECAME THE SECOND AMERICAN TO WIN THE LONGEST RACE ON THE WOMEN'S CYCLING CALENDAR.

COR VOS

and the leader. Megan has seen herself as a key domestique for most of her career and sees great honor in that role. She says, "You need to learn how to work for people; to help somebody." Those years as a domestique were part of her progression as a rider, and an important stepping-stone to being a strong overall rider, a team leader, and someone who can win bike races.

The stresses of a professional bike racer are great and being able to reset is an important part of Megan's approach to managing that stress. With training, every good day comes with a couple of bad days. Megan relies on her support system to keep her from blowing a bad day of training or racing out of proportion. She also has a 20-minute yoga routine that she has created specifically for race days. This morning ritual helps her get in touch, breathe, and see how her body feels. This consistency is a common thread in her cycling career.

She puts in the time, is consistent and makes sacrifices. Among those sacrifices is not having much time for hobbies outside of cycling; but she enjoys cooking, reading, and yoga. In the off-season, she does weight lifting and hiking, and loves to get out on the mountain bike when she can. She doesn't have any way of measuring her power output on her mountain bike, like she does on her road bike, so she laughs that the training "doesn't count."

When I talked to Megan she was ending a short visit with her family in Glens Falls and on her way to her home in California (she has another home in the south of France). The visit is booked between her big Giro Rosa win in Italy, and before she leaves for Brazil, to live out her lifelong dream of going to the Olympics.

She doesn't really know where to call home at the moment, but it's pretty clear that she's at home on the bike. ▲

Liz Lukowski (lizlukowski@gmail.com) is a road, mountain bike and cyclocross racer for Woo, Girl Cycling and is a women's cycling fan. Liz works as an Engineering Geologist for the NYSDEC and lives in Albany with lots of bikes.



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MAURICE MARTINEAU II AND NICOLE AGONEY RUNNING IN THE 2015 TOUR DE FORCE 10K. HOWARD JENNINGS



THACHER PARK TRAIL RUNNING. NICK MOSHER

By Mona Caron

Summer has officially begun and you've been running well all spring. Maybe you've completed several 5K or 10K races? Why not take it to the next level by signing up for a longer distance event this fall? There are many road races to choose from, and a slew trail distances at the area's only trail festival. Register now, find a training plan or a coach, and get started!

On Sunday, August 21, the **Tour de Force Charity Races: Half, 10K, 5K, 1M Walk/Run** will start at Point Au Roche State Park in Plattsburgh. The half marathon is an out-and-back course, which starts in the park and uses Lakeshore Road along Lake Champlain for great views. All four running events are out-and-back routes on paved roads for fast and flat courses. Race perks include a local DJ who will be providing runners with music during the race and a meal with Michigan hot dogs (a North Country favorite), salads and beverages.

The Tour de Force's dual mission is to honor the victims of 9/11 by keeping their memory alive, and to benefit the families of police officers who've been killed in the line of duty nationwide. This year's race is dedicated to Essex County Sheriff's Deputy Eric Loiselle, who was killed on August 17, 2005 while conducting a traffic stop on the Adirondack Northway. Ten percent of the money raised this year is going to the Essex County Sheriff's Office, who will award the money to local high school students pursuing a degree in a criminal justice field. Ten percent is also going to the Sean Collier Foundation at MIT in Boston. Sean was the officer killed during the Boston Marathon bombing. The remaining money will go to the Tour de Force charity to support the families of law enforcement killed in the line of duty. (adirondackcoastevents.com)

If you've only run on asphalt this year, here's your chance to mix it up in the dirt. On Sunday, August 28, AREEP will be hosting their third annual **Thacher Park Trail Running Festival**, held in conjunction with ARE Club Day, at Thacher State Park near

Voorheesville. The fest includes a 50K, 26.2-mile, 13.1-mile, 10K, 5K and 800-meter kids' race, and aims to be the most inclusive trail running event around.

Runners new to trail running can try the 5K that is pancake flat with almost no technical sections. The 50K, marathon, half and 10K all share the same first 10K, so whether you're running the 10K or any of the longer distances, you can run with a friend for as long as you want until your race ends.

The first 10K takes runners out to the Hang Glide cliff, which perhaps is the best overlook and most scenic vista in the park, with just a few rolling hills. It's an even combination of grass fields and singletrack sections. The final part of the opening half marathon heads to the Paint Mine/Beaver Dam Road section of the park, with a few inclines and rewarding descents.

The 26.2 miles and 50K repeat the opening half course as both races run through 26.2 miles together. 50Kers complete a final loop in the Paint Mine/Beaver Dam section.

Overall, with live music and announcing throughout, you will enjoy a fun and upbeat atmosphere. While the races are going on, spectators can participate in backyard/carnival games such as the water bucket challenge, egg toss and more. (thacherparkrunningfestival.com)

On Sunday, September 4, try this unique distance commemorating the War of 1812 with the **18.12 Challenge & Half Marathon** in Watertown. Known as America's "second war for independence," the War of 1812 was an American victory over British forces in America and Canada. Both races start together in Watertown and end on the historic 1812 Battlefield in Sackets Harbor.

Race organizers ask you to "accept the challenge" by registering. There will be \$1,812 in prize money. The first place male and female in the 18.12 Challenge will each receive \$500, while the first-place male and female in the half-marathon will each receive \$406.

The timing of this race may be ideal for

fall marathon training. In addition to the race, there's an expo on Saturday, Sept. 3.

The finish line is located at 1812 Battlefield park, so you'll have an opportunity to see the amazing view overlooking Lake Ontario. (1812challenge.com)

On Sunday, September 18 you can experience the atmosphere of Saratoga Springs without the summer crowds at **The Saratoga Palio: Melanie Merola O'Donnell Memorial Race**. The half marathon is a favorite for its beautiful course through the heart of downtown and Saratoga Spa State Park, and for the great cause it supports. Half marathoners start at the City Center, run down Broadway, around the state park for almost nine miles, then head through the neighborhoods of Saratoga Springs for a finish at Congress Park. In addition, there's a 5K run/walk and kids' run - perfect for families and serious runners.

The Palio was established to honor the inspiring life of Melanie Merola O'Donnell. Each year a scholarship is given in her name to an outstanding post-graduate student in the field of mental health. In addition to the scholarship fund, The Melanie Foundation will be making a donation to support Shelters of Saratoga, which assists homeless or at-risk individuals. (themelaniefoundation.com)

Voted "Northeast's Best Half Marathon" in 2012 by readers of competitor.com, the 20th anniversary **Adirondack Marathon Distance Festival** is a must-do! All races are on Sunday, September 25. The half marathon starts in the hamlet of Adirondack, where runners cover the second half of the marathon course. The first five to six miles are flat, along the lakeshore of Schroon Lake. Then, there are long, gentle hills on Route 9, leading north to Schroon Lake.

The marathoners run clockwise around Schroon Lake, starting in town and finish overlooking the beach. The first four miles are rolling or flat. The next eight miles feature short, but steep hills along a two-lane country road on the east side of the lake. The remaining miles are the same as the half-marathon course. Register soon

because the field is only open to 500 marathoners and 650 half marathoners.

There's also a two- or four-person relay team option if you'd like that option! Only 50 teams are allowed for each relay. On Saturday, September 24, there are 5K and 10K races in Chestertown, and 1K kids' fun run in Schroon Lake. (adirondackmarathon.org)

As an incentive for women, Adirondack Marathon "bonus bucks" are available this year! In 1997 Germany's Simone Stoeppler took the women's marathon title with an impressive time of 3:04:22. She returned in 2010, again capturing first place and the iconic chainsaw carved bear, but posting a 3:24:02 effort. Thirteen years older, she did not really expect to break her own record, but she was surprised that no one else had. Now, six years later the clock is still ticking.

Will 2016 be the female breakthrough year? Race director Joel Friedman hopes so and to sweeten the honey pot he is adding a \$500 new course record time bonus to the traditional bear award. Hopefully, this incentive will guarantee the most competitive female field ever!

While the half marathon sold out within hours, the marathon is still open. Register soon for the **Mohawk Hudson River Marathon & Half Marathon** on Sunday, October 9. The point-to-point marathon course starts from Schenectady's Central Park to Albany's Corning Preserve/Riverfront Landing. The marathon is flat and fast, with a net elevation loss of 370 feet, making it a popular Boston qualifier. Approximately two-thirds of the marathon course is on paved bike path, one-third on city streets. The city streets are not closed to vehicular traffic, however traffic is minimal and only comes into play for a few miles before heading back onto the bike path in Albany.

According to Runner's World, the "Mohawk Hudson provides all the amenities of a major marathon and none of the hassles. The whole event feels like the community effort it is. Then there's the course: simple, understated and stunning." (mohawkhudsonmarathon.com)

It's only July so you have time to add mileage to your training, and give some of these races a try! ▲

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TRIATHLON



Late Summer Roundup

Lake George Triathlon Festival and 40th Anniversary Josh Billings RunAground

By Christine McKnight

◀ FIVE-MILE CANOE, KAYAK AND SUP SPRINT AT JOSH BILLINGS IN 2015. JOHN MARRAN



The Lake George Triathlon Festival is once again offering something for everyone this Labor Day weekend, with a smorgasbord of races that includes both an Olympic and Half-Iron distance, teams, an aquabike for the Half Iron Big George, and – for the unapologetically hardcore – a “King George” category that combines racing in both the Olympic triathlon on Saturday, September 3, and the Big George on Sunday, the 4th.

The weekend also features a competition among 100 or so college triathletes from more than a dozen schools across the Northeast, and a kids’ “Splash and Dash.” All of these events are staged in a world-class venue that offers spectacular views of “the Queen of American lakes.”

The Lake George Triathlon Festival has become a kind of end-of-the-season multisport ritual for lots of folks, including South Glens Falls triathlete Tom Hansen and his family. Tom has competed in the Lake George Triathlon annually since its inception 11 years ago, as well as volunteering in some capacity before or after the event.

His daughter Kaitlyn, now 19 and a student, originally worked as a kayak volunteer, but as soon as she was old enough, she began racing it herself, posting age-group podium finishes in 2013 and 2015. Her brother Kyle, 16, who handed out finisher medals as a youngster, still volunteers in the transition area, and Tom’s wife Carrie oversees the food tent. And the cross country team Tom coaches at South Glens Falls High School staffs a water station on the run course. “It’s a tradition before we all head back to school,” said Tom, a teacher at South Glens Falls High School.

“You can’t beat the swim. It’s the best water anywhere. It’s pretty amazing watching those college kids, who have their own swim wave. It’s a good bike course, and it’s well laid out for a quick (T1) transition,” said Tom, who has turned in a string of remarkably consistent finish times over ten years at Lake George, all of them between 2:27 and 2:37.

Kaitlyn, competing in the 20-24 age group, is looking to go under three hours this year, and aspires to someday finish the Big George. “I love how well it’s organized,” she said. “It’s a great course, and it is nice having my friends cheer me on.”

That core of dedicated volunteers, many of whom return year after year, is one of the reasons for the success of the Lake George triathlons, according to Randy Rath, one of five business professionals and athletes who stage the race as the Adirondack Race Management team. Randy said the group expects the Olympic-distance Lake George Triathlon to once again sell out

at around 500. Numbers for the Big George, which last year attracted 260 registrations for the tenth anniversary, are also expected to remain strong. About 30 triathletes are expected to once again complete the two-day King George competition. For details and to register, visit adkracegmt.com.

“TO FINISH IS TO WIN”

Over in the Berkshires area of western Massachusetts, the 40th anniversary **Josh Billings RunAground Triathlon** on Saturday, September 17 is another late-season multisport ritual with a different twist.

Five-hundred teams start in Great Barrington, Mass., and bike 27 miles through five towns on scenic backcountry roads to Stockbridge Bowl in Stockbridge. The bikers hand off their wrist bands to paddlers waiting at the lake. The paddlers – there are categories for canoeists, kayakers and stand-up paddlers – sprint five miles around the lake, then toss their wristbands to runners waiting on the beach. The runners race six miles around the lake and finish down the main gate of Tanglewood Music Center in Lenox, where thousands of friends and fans cheer on the finishers. In all, the Josh offers 43 categories for teams and ironpersons – athletes who do the entire event themselves.

Race director Patty Spector of Lenox says she expects more than the usual number of folks to return from all over the country to be part of the 40th race. Among those are the original teammates who won the first race back in 1977: cyclist Bill Farrell of Canaan, N.H.; paddlers Steve Blazejewski (owner of Berkshire Outfitters) from Adams, Mass., and Paul Dyka from New Britain, Conn., and runner Mark Sisson, a former Williams College track star who now lives in Menlo, Calif.

Dick Billetter and Steve Dudziak, two Berkshire natives who have competed in the Josh all 39 years, say they will also be racing again this year.

“It’s more than a race. It’s a community event and it’s the end of the season, so all of your training all summer long culminates in the Josh,” said Patty.

Josh Billings is the pen name of Henry Wheeler Shaw, a 19th-century author and humorist known for his down-home philosophies and Yankee one-liners. One of his sayings, “To finish is to win,” is the motto of the RunAground. ▲

Christine McKnight (trichris@nycap.rr.com) of Wilton has competed numerous times in the Lake George Triathlon. She is registered to race again this year.



▲ RUTGERS UNIVERSITY SWIMMERS AT THE 2015 LAKE GEORGE TRIATHLON. ▲ RUNNERS POWER ALONG DURING THE LAKE GEORGE TRIATHLON IN 2015. © PAT HENDRICK PHOTOGRAPHY



◀ 2015 LAKE GEORGE TRI “KING GEORGE” FINISHERS DID THE OLYMPIC SATURDAY AND HALF SUNDAY. © PAT HENDRICK PHOTOGRAPHY



▲ CHALLENGING, FUN 27-MILE BIKE RACE AT 2015 JOSH BILLINGS TRIATHLON. JOHN MARRAN

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HIKING & PADDLING

By Bill Ingersoll

This spring, New York State closed on one of the most anticipated land acquisitions of our times: the 20,758-acre Boreas Ponds Tract located between North Hudson and Newcomb. Since the purchase was announced, the main question that has been on many people's mind is how to best access this new addition to the Forest Preserve.

Currently, the answer to that question is *by foot*. Much of the publicity leading up to the purchase portrayed Boreas Ponds as a paddling destination, and many people assumed there would be road access to facilitate this form of recreation. So far there is no indication the gates will be opened, however, and this means that anyone who is eager to experience this stunning place will first need to lace up his or her hiking boots.

Having been to Boreas Ponds in this fashion, I can attest that the hike is a rather brisk and enjoyable one. The total distance from the trailhead to the dam that creates the ponds is 6.6 miles. True, this distance is entirely along a gravel road, but the quality of this road improves significantly as you progress further into the backcountry. You can breeze right along, reaching the outlet in little more than two hours' hiking time.

Note that this is an interim management period for the Boreas Ponds Tract. Several hunting clubs will remain through 2018, and members have rights to use the roads and surrounding trails. Public access is by foot only – bicycles, horses, and vehicles are prohibited. At large camping is permitted, but there are no designated campsites; be sure your site is 150 feet from the nearest water, road or trail. There is no access to any of the hunting camps.

Getting There

The trailhead is located on Boreas Road, which is also called Blue Ridge Road. Follow Interstate 87 to North Hudson and take Exit 29. Turn west onto the county road and follow it for 7.3 miles to the start Gulf Brook Road on the right. You can drive this gravel lane for 400 feet to a small parking area just before the gate.

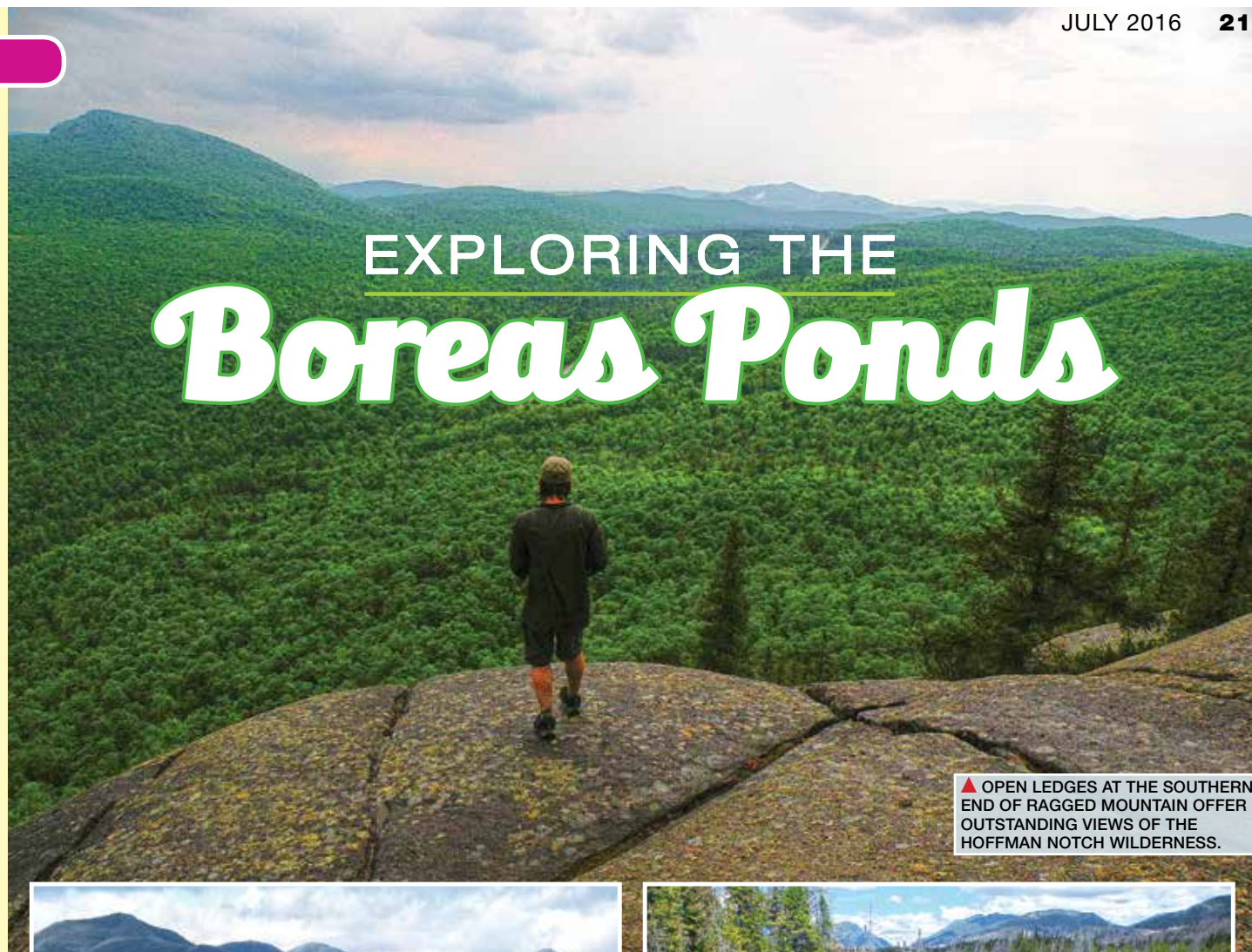
Gulf Brook Road to Boreas Ponds

The continuing road beyond the gate is wide and obvious, surrounded by a young forest that has a long way to go before reaching maturity. A climb of 470 feet begins almost immediately, but this ascent – the most notable on the entire route – is protracted over 1.9 miles. The road descends to the northwest and winds past a large clearing or two, as well as a pair of hunting camps, until reaching a second gate at 3.1 miles. It may take only an hour to reach this spot.

Beyond the gate, Gulf Brook Road becomes a wonderful hiking route. The area was logged in the past, yes, but the woods are mature enough to form a canopy over much of the way. You first traverse along the southern foot of Boreas Mountain, and then switch to the north side of an unnamed hill. Given a little bit of time, this portion will revert to an excellent trail.

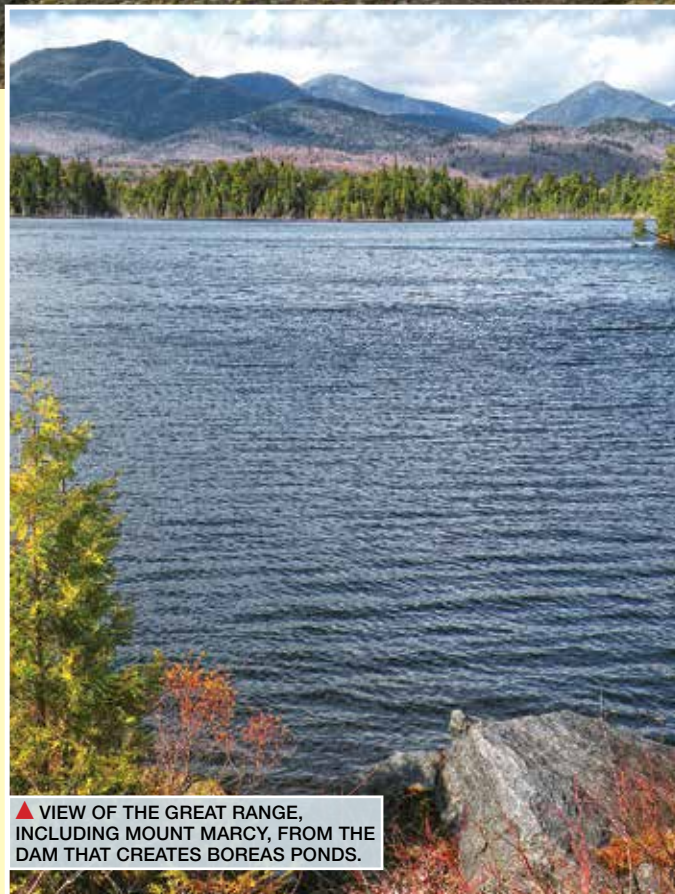
You round a corner of the hill, and then the first water body comes into view through the trees to the right. The road descends to meet it at 5.6 miles, where a steel crib structure on the Boreas River backs up a small pond called LaBier Flow. The view of Boreas Mountain to the northeast is outstanding! Unless you are wheeling a canoe on a cart, you can be here in less than two hours.

Boreas Ponds is still a mile away. Continue along the road to a four-way junction at 5.7 miles, where you should turn right.



EXPLORING THE Boreas Ponds

▲ OPEN LEDGES AT THE SOUTHERN END OF RAGGED MOUNTAIN OFFER OUTSTANDING VIEWS OF THE HOFFMAN NOTCH WILDERNESS.



▲ VIEW OF THE GREAT RANGE, INCLUDING MOUNT MARCY, FROM THE DAM THAT CREATES BOREAS PONDS.



▲ LEXIE ENJOYING THE POND'S EDGE.

PHOTOS BY BILL INGERSOLL

The next cabin that you pass was once part of a lumber camp dating to the 1890s, if not earlier. You pass another corner of LaBier Flow, and at 6.6 miles you arrive at the gravel dam that creates Boreas Ponds.

The dam might lack the romance of a wilderness destination, but the view lives up to all of the hype. As you move from one end of the causeway to the other, your eye follows the tortuous ridgeline of the Great Range, from Sawteeth to Gothics, Saddleback, Basin, Haystack, and Mount Marcy. The presence of Skylight and Allen seems almost gratuitous.

Canoes can easily be launched here, but land-bound explorers will need to head off-trail to seek out other vistas. I know of at least one campsite on the shores of Boreas Ponds; it is located on the southeast shore of the lobe known as Second Pond, near the end of a long peninsula. There you will find a

campfire ring and some uneven ground that seems to be as good a place to camp as any. Much of the shoreline is either thickly wooded or wet and marshy, so additional camping opportunities are sure to be limited.

Ragged Mountain

One of the bonuses of the Boreas Ponds Tract is Ragged Mountain, which looms a short distance above the trailhead. The summit is thickly wooded, but open ledges at the southern end of the mountain offer outstanding views of the Hoffman Notch Wilderness.

Follow Gulf Brook Road for 0.7-mile, part-way up the initial climb. Look for a side trail leading right (southwest) into the woods. This is an ATV trail that passes through a logged forest to the foot of the mountain and climbs 330 feet in 0.4-mile to a saddle on the mountain. The main summit complex is above you to the left; there is at least one hidden view up

there, but the best and most accessible ledges are a short distance to your right.

Leave the ATV trail and bushwhack southwest through glades and pockets of brambles. There is no trick to finding the ledges; just head to the highest ground and look for the openings, 0.1-mile from the trail. There is not one ledge to find, but several. The main vista encompasses a long stretch of Boreas Road, bracketed by Hoffman Mountain on the left, to a distant Vanderhacker Mountain on the right. One ledge, a little harder to find, extends the view northward past Boreas Mountain all the way to Nippletop. ▲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondack's guidebook series (hiketheadironacks.com). For more on this region, consult Discover the Adirondack High Peaks.

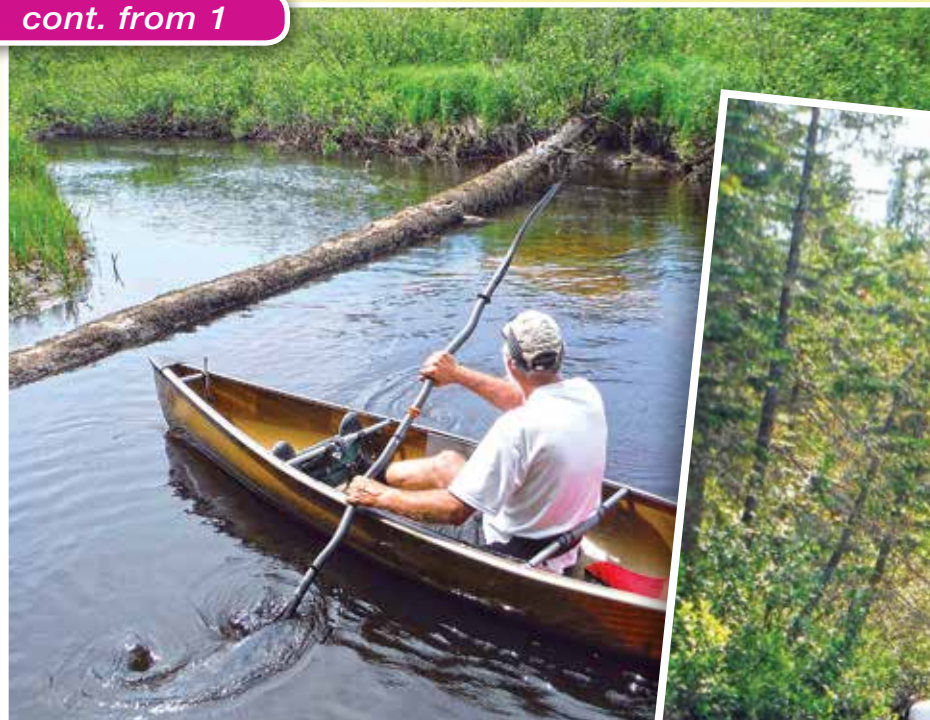
CANOEING & KAYAKING *cont. from 1*

site direction, the setting of the sun behind silhouetted pines. The day ended with the obligatory campfire - aka "caveman TV."

In the morning we paddled across the lake to campsite #5, then walked a short distance along a path behind the campsite. We soon crossed the dirt road, then bush-whacked northeast up an unnamed hill, gaining over 400 feet in about 0.6 miles. Fires had swept the area between 1903 and 1908 and left open rock on some of the small mountains to the north of the lake. Just below the 2,136-foot summit, there are great views from a large area of open rock - wilderness seemed to stretch out forever and we were in no rush to move on. Frederica Mountain is not far to the west and many visitors hike the 1.5 miles on dirt road and trail to a lookout below its summit. I believe the unnamed hill offers more views for less effort.

Back at the lake the wind was really picking up with gusts to 30 mph. We abandoned plans to carry the 0.4 miles to Harrington Brook and paddle on to Rainer Brook. Instead we paddled counter-clockwise around the shore of the lake, passing behind Canada Island, and stopping to take a look at the old Nehasane Lodge site. The lodge was built by Dr. William Seward Webb, a railroad company executive. The lodge was removed in 1984 after the state purchased the land and this open grassy area is now growing in very slowly.

Back on the water, we passed to the right of Mosquito Island, and saw a whitetail doe with two small fawns gamboling along a long stretch of sandy beach. We then proceeded downstream on the tree-lined Beaver River - much wider than Shingle Shanty Brook - for about a mile until we reached rocky rapids and private land.



Returning back to camp and on the paddle out, wherever there was a good fetch over the lake, the waves rose to close to two feet. Over the two days we spent here we covered about 23 miles by paddle and foot combined.

Bad bugs were thankfully not too prevalent - just a few deer flies and mosquitoes. We also saw bald eagles and hawks. I often see and hear loons on many Adirondack lakes but, for me anyways, I haven't seen many on my trips to Lake Lila - we spotted just one on this trip. Regardless, Lake Lila makes for an awesome destination for the paddler willing to do a little work to get there. A visit of three or four days would be best for exploring everything the area has to offer.

▶ HEADING BACK TO LAKE LILA ON SHINGLE SHANTY BROOK.



◀ A DOWNED TREE BLOCKS SHINGLE SHANTY BROOK AT THE BORDER OF STATE AND PRIVATE LANDS. PHOTOS BY RICH MACHA

Rich Macha is owner of Adirondack Paddle'n'Pole in Colonie, a store specializing in canoeing, kayaking and cross country skiing. For more trip reports, visit onewithwater.com.

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HIKING

Plotter Kill

Enjoy, But Take Care

PHOTOS BY DAVE KRAUS

1

4

2

3

- 1 THE 60 FOOT DROP OF THE UPPER FALLS MAKES FOR AN IMPRESSIVE DISPLAY.
- 2 PARENT AND CHILD PAUSE AT THE TOP OF PLOTTERKILL'S UPPER FALLS. THE SHARP CLIFF HERE DEMONSTRATES WHY VISITORS NEED TO USE EXTREME CAUTION.
- 3 IT'S ONLY A FIVE MINUTE WALK FROM THE ROUTE 159 PARKING LOT TO THE FOOTBRIDGE OVER THE PLOTTERKILL UPSTREAM OF THE FALLS.
- 4 THE ONLY OFFICIAL TRAIL DOWN INTO THE RAVINE, DOWNSTREAM FROM UPPER FALLS, IS STEEP AND NARROW.

By Dave Kraus

Residents of the Capital Region often head off to the Adirondacks or Catskills in search of spectacular scenery. But there's natural beauty much closer to home just outside Rotterdam, southwest of Schenectady.

The Almy D. Coggleshall Plotter Kill Preserve covers 632 acres of hilly terrain and offers an assortment of cliffs, ravines, and spectacular viewpoints as the creek descends 900 feet and 3.5 miles to the Mohawk River. It's possible to hike almost all the way to the river and back along the Plotter Kill gorge for a seven mile round trip.

There are three large waterfalls; the Upper, the Lower and the Rynex Creek Falls in the preserve, with the first (Upper Falls) only a five-minute walk from the main parking lot on County Route 159 (Mariaville Road). The Upper Falls drops 60 feet while the Lower and Rynex Creek falls each descend 40 feet. The walls of the gorge vary between sheer rock cliffs and layered slate that creates terraces for the descending water. Towering pines, maples, and oaks overhang the trail and much of the ravine, and forest flowers bloom in the shaded undergrowth.

The rugged scenery and convenient location make Plotter Kill an easy day trip. But they can also combine to make the preserve treacherous for visitors. In May of last year, 17-year-old Carly Sinnott of Clifton Park was killed in a fall while descending into the gorge with friends. It was the first fatality at the preserve since 2003, but there have been numerous injuries that required rescue, and local fire and police are called every season to assist lost or exhausted visitors.

Visitors should exercise extreme caution. Marked trails lead to the tops of the various waterfalls, but the only official trail into the gorge is between Upper and Lower Falls. The entrance is downstream from Upper Falls and the trail is steep and narrow. Only unofficial scrambles lead downward further downstream, and rainfall can make the descent slippery and dangerous. Even on some of the improved trails the slopes are steep, and high use has hard-packed the trail and exposed many roots.

Improvements are being planned to increase accessibility and safety. Existing trails will be improved, and other trails created to allow access into the gorge. More warning signs will be installed, observation platforms built, and a handicapped access trail created. But visitors should always stay on official trails and avoid the overhanging cliffs and steep slopes, especially if visiting with children.

Reach the preserve from Exit 2 on I-890 in Schenectady. Turn west on Putnam Road across from the ViaPort Mall and bear right at the top of the hill. Turn right at the flashing light at Route 159 and continue 2.2 miles to the main preserve entrance on the right. An alternate entrance on Coplon Road, just before the main entrance, provides easier access to the downstream portions of the preserve. ▲

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

MOUNTAIN BIKING & TRAIL RUNNING



READY TO ROCK AT THE 2015 CHURNEY GURNEY MOUNTAIN BIKE RACE. BIKE WARREN COUNTY

Churney Gurney & ADK 80K Race Festivals for Competition and Fun



RUNNERS IN 2015 ADK 80K TRAIL RACE. HPC

JENNIFER HARVEY AND DON MASSONNE TEAM HANDOFF AT 2015 ADK 80K. HIGH PEAKS CYCLERY

By Darryl Caron

You can mix up the dirt in August at two super mountain bike races and each will have a festival-like atmosphere for the entire family!

The third annual **Churney Gurney Mountain Bike Race & Festival** will be held on Sunday, August 7 at Gurney Lane Mountain Bike Park (near Exit 20) in Queensbury. There will be bike races for all levels of experience with starts from 9-11am, and beginner, sport, expert/pro and fat classes covering 6, 12 or 18 miles depending on the category. The course will have machine and hand built flow singletrack trails with rollers, banks, drops and rocks. Plus, bring the kids 12 and under for their free kids' race.

Organizers Bob and Heidi Underwood have turned Churney Gurney into a full-on Mountain Bike Festival, with factory demo bikes including Niner and Cannondale, along with Grey Ghost Bicycles providing bike support, their famous BBQ, raffles, and other fun family activities at the park to the Gurney Lane Pool.

There will be race day registration starting at 7:30am at the Gurney Lane Pavilion. Cash prizes to the top three male/female in pro/open race, and awards to the top 3 male/female in each category. All proceeds benefit Under the Woods Foundation, a summer

camp for children on the autism spectrum. For more information and to register, go to bikereg.com.

High Peaks Cyclery will host their fourth annual **ADK 80K Race Weekend** on August 27 and 28 at Mt. Van Hoevenberg in Lake Placid. On Saturday, there will be ultra trail run and relay races starting at 5:30am, and on Sunday there will be mountain bike and cyclocross races at 8am.

For bikers on Sunday, there are 80K and 40K solo mountain bike races with cyclocross and fat bike divisions, plus an 80K relay with two or four bikers per male, female or mixed team. For runners on Saturday, there are 80K and 50K solo ultra marathons, and an 80K relay with two or four runners per team.

New for 2016, race director Brian Delaney has added the Ultra 80K Duathlon with a 40K run on Saturday and 40K mountain bike on Sunday. All finishers will receive a special branded prize.

For kids and families, they have a 1K trail run and mountain bike races, live music and a BBQ. Register early to save. For details and to register, visit adk80k.com - register early to save.

Get outside and race, and have some fun! ▲

RACE RESULTS

5TH ANNUAL MASTODON CHALLENGE 15K RACE & 5K RUN May 7, 2016 • Craner Park, Cohoes

15K RACE			
MALE OVERALL			
1	Aaron Lozier	27	Albany 53:45
2	Eric Young	24	Latham 55:00
3	John Statlander	50	Albany 55:30
FEMALE OVERALL			
1	Lindsay Choppy	31	Troy 1:04:46
2	Sara Madden	38	Albany 1:10:06
3	Rachel Toolan	40	Rensselaer 1:14:04
FEMALE AGE GROUP: 20 - 24			
1	Allison Scheffler	24	Albany 1:20:18
2	Valerie Kisselback	23	Cohoes 1:23:16
3	Taylor Slone	24	Gansevoort 1:24:20
MALE AGE GROUP: 25 - 29			
1	Brett Sullivan	28	Ballston Spa 1:02:29
2	Andrew Fuller	25	Albany 1:08:27
3	Joe Sgarlata	29	Niskayuna 1:09:43
FEMALE AGE GROUP: 25 - 29			
1	Jean Marie Kratzer	27	Cambridge 1:20:37
2	Jessica Watson	26	Guilderland 1:23:41
3	Amanda Altobelli	26	Kinderhook 1:26:53
MALE AGE GROUP: 30 - 34			
1	Brian Lusignan	31	Delmar 1:02:47
2	Rock Travis	34	Clifton Park 1:14:55
3	Casey Harris	30	Schenectady 1:21:17
FEMALE AGE GROUP: 30 - 34			
1	Jaclyn Laird	30	Albany 1:21:06
2	Rachael Morrissey	33	Selkirk 1:22:04
3	Kate Fruscione	30	Albany 1:22:37
MALE AGE GROUP: 35 - 39			
1	Joe Sullivan	37	Schenectady 56:02
2	Steven Imbracio	39	Selkirk 1:03:19
3	Joseph Altobello	38	Green Island 1:09:40
FEMALE AGE GROUP: 35 - 39			
1	Andrea Mitola	38	Cohoes 1:19:39
2	Bethany Kiernan	38	Glenville 1:19:56
3	Megan Wordelmann	35	Granville 1:22:14
MALE AGE GROUP: 40 - 44			
1	Robert Irwin	43	Guilderland 56:34
2	Clay Lodovico	40	Delmar 1:00:27
3	Andy Reed	44	Niskayuna 1:01:14
FEMALE AGE GROUP: 40 - 44			
1	Stephanie Monteau	42	East Greenbush 1:14:04
2	Rana Meehan	42	Cohoes 1:23:56
3	Amy Steele	44	Troy 1:25:50
MALE AGE GROUP: 45 - 49			
1	Chad Phillips	47	South Burlington, VT 1:08:15
2	Wade Beltramo	45	Niskayuna 1:11:59
3	Paul Prosser	48	Wynantskill 1:23:12
FEMALE AGE GROUP: 45 - 49			
1	Kim Scott	47	Malta 1:16:31
2	Jill Rembetski	47	Averill Park 1:18:43
3	Mona Caron	46	Clifton Park 1:23:56
MALE AGE GROUP: 50 - 54			
1	John Sestito	52	Johnsonville 1:04:41
2	George Burke	50	Troy 1:07:14
3	John Lawrence	50	Cohoes 1:16:55
FEMALE AGE GROUP: 50 - 54			
1	Ingrid Wilke	53	Cohoes 1:25:36
2	Denise Gonder	52	Albany 1:26:17
3	Lori Francesconi	54	Waterford 1:28:29
MALE AGE GROUP: 55 - 59			
1	Paul Salerni	59	Little Neck 1:09:17
2	Timothy O'Connor	57	Loudonville 1:19:43
3	Peter Brand	55	Troy 1:21:38
FEMALE AGE GROUP: 55 - 59			
1	Becky Thayer	59	Watervliet 1:32:38
2	Michelle Ching	55	Clifton Park 1:49:51
MALE AGE GROUP: 60 - 64			
1	Alex Rinaldi	60	Latham 1:21:21
FEMALE AGE GROUP: 60 - 64			
1	Darlene Cardillo	62	Delmar 1:36:10
2	Diana Graziano	63	Ballston Lake 2:06:12
MALE AGE GROUP: 65 - 69			
1	Joe Yavonditte	67	Schenectady 1:24:37
2	Leo Dipiero	65	Cherry Plain 1:26:29
3	Ron Goebel	68	Albany 1:30:49
FEMALE AGE GROUP: 65 - 69			
1	Anne Tyrrell	65	Albany 1:30:51
2	Katherine Ambrosio	65	Delmar 1:36:56
MALE AGE GROUP: 70 - 74			
1	Ray Lee	74	Halfmoon 2:13:28
MALE AGE GROUP: 75 - 79			
1	Jim Moore	76	Niskayuna 1:36:54
5K RUN			
MALE OVERALL			
1	Peter Flynn	39	Delmar 18:27
2	Michael Dinicola	41	Albany 19:11
3	Greg Ethier	42	Clifton Park 19:21
FEMALE OVERALL			
1	Lisa D'Aniello	30	Albany 19:03
2	Sarah Evans	25	Clifton Park 21:04
3	Molly Wellman	27	Cohoes 22:19
MALE AGE GROUP: 1 - 14			
1	Daniel Baran	14	Cohoes 22:15
2	Gavin Ethier	12	Clifton Park 22:34
3	Jacob Almeida	14	Cohoes 23:34
FEMALE AGE GROUP: 1 - 14			
1	Lilly Ensminger	12	Clifton Park 24:09
2	Quincy Hytko	11	Cohoes 26:08
3	Myah Snay	9	Cohoes 35:08
MALE AGE GROUP: 15 - 19			
1	Timothy Nolan	15	Cohoes 58:35
FEMALE AGE GROUP: 15 - 19			
1	Halle Nightingale	19	Schaghticoke 23:56
2	Julianne Wilkinson	15	Cohoes 26:42
3	Allie Troischt	18	Mechanicville 31:28
MALE AGE GROUP: 20 - 24			
1	Waleed Ijaz	21	Clifton Park 25:10
FEMALE AGE GROUP: 20 - 24			
1	Julia Franklin	24	Cohoes 26:10
2	Nicholas Conway	24	Cohoes 26:47
3	Rayne Rappazzo	23	Cohoes 27:52
MALE AGE GROUP: 25 - 29			
1	Christopher Leavitt	28	Schenectady 20:43
2	Scott Matheson	28	Cohoes 20:55
3	Steven Kennedy	29	Cohoes 21:59
FEMALE AGE GROUP: 25 - 29			
1	Caitlin Joyce	25	Clifton Park 22:58
2	Jennifer Betsworth	29	Troy 25:36
3	Jessica Jimenez	27	Brookline, MA 26:42
MALE AGE GROUP: 30 - 34			
1	Nicholas Falco	32	Stratford, CT 22:03
2	Anthony Lepage	32	Cohoes 25:39
3	Darren Legere	30	Troy 27:09
FEMALE AGE GROUP: 30 - 34			
1	Erin Rightmyer	32	Delmar 22:21
2	Colleen Guse	33	Schenectady 27:22
3	Kristy Falco	32	Stratford, CT 27:43
MALE AGE GROUP: 35 - 39			
1	Justin Alonzo	35	Waterford 22:12
2	David Ensminger	39	Clifton Park 24:26
3	Adam Fox	39	Cohoes 26:36
FEMALE AGE GROUP: 35 - 39			
1	Jennifer Razzano	38	Green Island 28:49
2	Kara Abbatto	38	Cohoes 30:00
3	Kelly Brady	36	Cohoes 31:18
MALE AGE GROUP: 40 - 44			
1	Carmen Tarlo	41	Cohoes 25:39
2	Scott Majer	44	Watervliet 28:11
3	Wade Bennett	43	Watervliet 28:50
FEMALE AGE GROUP: 40 - 44			
1	Diana Steenburg	42	Albany 28:54
2	Lynae Quimby	44	Cherry Valley 30:37
3	Lisa Majer	43	Cohoes 32:37
MALE AGE GROUP: 45 - 49			
1	David Troischt	49	Mechanicville 20:50
2	Kerry Armstrong	47	Cohoes 22:36
3	Gary Ethier	47	Cohoes 24:21
FEMALE AGE GROUP: 45 - 49			
1	Lynn Wilson	46	Schaghticoke 30:34
2	Cheryl Hutchinson	49	Clifton Park 36:04
3	Melissa Pingel	49	Cohoes 36:20
MALE AGE GROUP: 50 - 54			
1	Greg Mangione	53	Cohoes 25:27
2	Mike Ferraro	54	Clifton Park 27:56
3	Kevin Hannel	50	Schenectady 35:21
FEMALE AGE GROUP: 50 - 54			
1	Jacqueline Orr	53	Loudonville 29:20
2	Susan McNamara	54	Gloversville 29:37
3	Pamela Barral	54	Cohoes 30:39
MALE AGE GROUP: 55 - 59			
1	Edward Maloney	57	Clifton Park 26:16
2	George Berg	56	Loudonville 30:09
3	Larry Peliggi	58	Albany 47:20
FEMALE AGE GROUP: 55 - 59			
1	Nancy Stevens	56	Latham 25:30
2	Debra Rappazzo	58	Cohoes 31:43
3	Holly Marchand	58	Burnt Hills 35:47
MALE AGE GROUP: 60 - 64			
1	Luke Nightingale	60	Schaghticoke 26:26
FEMALE AGE GROUP: 60 - 64			
1	Carolyn George	62	Albany 26:42
2	Donna Lustenhouwer	62	Altamont 28:54
3	Janet Aliberti	64	Voorheesville 34:33
MALE AGE GROUP: 65 - 69			
1	Joseph Aliberti	66	Voorheesville 24:50
2	Greg Rickes	66	Latham 28:30
3	Byard Clemmons	67	Troy 31:59
FEMALE AGE GROUP: 65 - 69			
1	Kathleen Paulus	66	Troy 41:03
2	Angela Hynes	69	Emmaus, PA 59:55
MALE AGE GROUP: 70 - 74			
1	Richard Brewer	73	Cohoes 37:04
2	George Dutcher	74	Castleton-on-Hudson 39:43
FEMALE AGE GROUP: 70 - 74			
1	Geraldine Clemmons	73	Troy 43:44
2	Martha Zibro	72	Waterford 46:44
3	Luella Dozois	70	Cohoes 1:04:29
MALE AGE GROUP: 75 - 79			
1	Armand Langevin	79	Cohoes 36:40

Courtesy of Mastodon Challenge Race Committee

10TH ANNUAL CCRC 5K RUN May 7, 2016 • Christ Community Reformed Church, Clifton Park

MALE OVERALL			
1	Jack Bold	15	19:05
2	Brendon Barry	41	19:35
3	Craig Evans	50	19:56
FEMALE OVERALL			
1	Shelly Binsfeld	36	20:14
2	Angelina Pusateri	10	23:30
3	Sue Blond	49	25:08
MALE AGE GROUP: 1 - 9			
1	Gavin Shaw	7	28:29
2	Connor Barry	9	32:51
3	Kevin Barry	7	33:52
FEMALE AGE GROUP: 1 - 9			
1	Alexa Kloptosky	7	35:01
2	Laura Pannhorst	7	42:53
3	Kaitlyn Clement	9	47:56
MALE AGE GROUP: 10 - 14			
1	Will Hamilton	14	21:18
2	Cole Evans	10	25:33
3	Spencer Pannhorst	12	29:01
FEMALE AGE GROUP: 10 - 14			
1	Makena Evans	13	29:20
2	Emma Wise	12	29:39
3	Mary Perkinson	13	30:18
MALE AGE GROUP: 25 - 29			
1	David McCarty	28	28:42
MALE AGE GROUP: 30 - 34			
1	Eric Rogers	33	27:45
MALE AGE GROUP: 35 - 39			
1	Pieter deBock	38	28:36
2	Daniel Hallenbeck	37	29:44
3	Mike Shaw	38	32:53
FEMALE AGE GROUP: 35 - 39			
1	Christine Kelm	38	30:06
2	Meggie deBock	37	31:12
3	Dawn Hobbs	38	31:16
MALE AGE GROUP: 40 - 44			
1	Greg Bold	44	29:47
2	Jake Marvel	43	38:39
FEMALE AGE GROUP: 40 - 44			
1	Joanna Reader	43	26:32
2	Shellie Ware	41	33:28
3	Caroline Pannhorst	44	42:53
MALE AGE GROUP: 45 - 49			
1	Joe Skufca	49	21:35
2	John Pusateri	48	23:33
3	Jacob Tysz	47	53:10
FEMALE AGE GROUP: 45 - 49			
1	Kathy Laverdier	45	46:11
2	Kelly Clement	48	47:56
3	Jody O'Neil	46	49:08
MALE AGE GROUP: 50 - 54			
1	Chris Boyle	54	22:16
2	Alan Blond	53	25:09
3	Rick Ruggerio	52	28:43
FEMALE AGE GROUP: 50 - 54			
1	Janice Phoenix	54	25:41
2	Peggy Sue Schumann-Boyle	54	29:40
3	Kathy Landers Wise	52	43:02
MALE AGE GROUP: 55 - 59			
1	Perry Gava	58	27:59
FEMALE AGE GROUP: 55 - 59			
1	Rebecca Frament	59	42:51
2	Dorcy Bennett	55	52:15
MALE AGE GROUP: 60 - 64			
1	Richard Bennett	63	24:32
2	Dan Street	62	27:29
3	Ed King	63	32:46
FEMALE AGE GROUP: 60 - 64			
1	Pat Smaldone	62	43:01
2	Debbie Robinson	60	48:32
3	Carol Howells	62	51:52
MALE AGE GROUP: 65 - 69			
1	Ken Klapp	66	21:51
2	John Lowlacker	69	26:44
3	Bill Rogers	69	34:16
FEMALE AGE GROUP: 65 - 69			
1	Susan Street	66	48:43
2	Ginny Rogers	69	52:15
MALE AGE GROUP: 70 - 74			
1	Rick Mills	71	44:01
2	Bill Hamilton	71	44:37
FEMALE AGE GROUP: 70 - 74			
1	Janet Hamilton	71	44:36
MALE AGE GROUP: 80 - 84			
1	Bob McFarland	83	37:42
2	Jim Bold	81	53:09
HUSBAND/WIFE TEAM			
1	Aland Blond/Sue Blond		50:17
2	Chris Boyle/Peggy Sue Schumann-Boyle		51:56
3	Pieter deBock/Megan deBock		59:48
MOTHER/SON TEAM			
1	Andrea Barry/Kevin Barry		67:45
MOTHER/DAUGHTER TEAM			
1	Caroline Pannhorst/Laura Pannhorst		85:46
FATHER/SON TEAM			
1	Greg Bold/Jack Bold		48:52
2	Brendan Barry/Connor Barry		52:26
3	Mike Shaw/Gavin Shaw		61:22
FATHER DAUGHTER TEAM			
1	John Pusateri/Angelina Pusateri		47:03
2	Craig Evans/Makena Evans		49:16

4TH ANNUAL FLEET FEET SPORTS 10K CLASSIC continued

MALE AGE GROUP: 50 - 54			MALE AGE GROUP: 60 - 64		
1 Thomas Bronchetti	50	Slingerlands 52:12	1 Steve Vnuk	60	Delmar 45:13
2 Denis Hurlley	53	Delmar 57:54	2 George Baranauskas	62	Scotia 46:09
FEMALE AGE GROUP: 50 - 54			FEMALE AGE GROUP: 60 - 64		
1 Ann Hurlley	53	Delmar 54:16	3 Randall Craig	64	Glenmont 47:47
2 Beth Bidstrup	53	Slingerlands 56:28	MALE AGE GROUP: 65 - 69		
3 Rosa D'Abate	53	Kenmore 58:53	1 Carolyn George	62	Albany 54:08
MALE AGE GROUP: 55 - 59			MALE AGE GROUP: 65 - 69		
1 Chris Kurkjian	56	Ballston Lake 48:03	1 Lenny Collins	67	Valatie 46:13
2 Dan Attard	55	Kenmore 1:02:42	2 Steve Johnston	65	Niskayuna 58:53
FEMALE AGE GROUP: 55 - 59			<i>Courtesy of Fleet Feet Sports: Albany & Malta</i>		
1 Barbara Connolly	57	Delmar 55:55			
2 Jean Loewenstein	58	Malta 59:48			
3 Jennifer Lawrence	57	West Sand Lake 1:00:25			

7TH ANNUAL JOG FOR JUGS HALF MARATHON & 5K RUN
May 14, 2016 • Duanesburg Town Park, Duanesburg

13.1-MILE RUN			MALE AGE GROUP: 1 - 14		
MALE OVERALL			1 Alex Watts	6	Morrison 38:10
1 Richard Messineo	27	Albany 1:18:52	2 Tavian Velez	4	Milford, NH 1:13:39
2 Wayne Allen II	41	Oneonta 1:30:18	3 Tariq Velez	5	Milford, NH 1:15:02
3 Dennis VanVlack	44	Duanesburg 1:35:17	FEMALE AGE GROUP: 1 - 14		
FEMALE OVERALL			1 Trinity Kenney	11	Albany 30:15
1 Lindsay Choppy	31	Troy 1:36:37	2 Anna Giannetti	14	Schenectady 35:48
2 Aimee Kollar	41	Fort Plain 1:47:42	3 Sydney Steinhart	14	Schenectady 35:48
3 Joy McManaman	37	Schenectady 1:53:33	MALE AGE GROUP: 15 - 19		
FEMALE AGE GROUP: 25 - 29			1 Gabriel Saez	19	Amsterdam 50:58
1 Julia Hudynia	28	Fort Plain 2:04:45	FEMALE AGE GROUP: 20 - 24		
2 Sabrina Maples	28	Albany 2:22:22	1 Jessica Hardy	21	Troy 33:25
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 25 - 29		
1 Joe Ullman	33	Altamont 2:25:50	1 Mark McCaskey	29	Ballston Lake 23:14
MALE AGE GROUP: 35 - 39			2 Keith Bateman	26	Waterford 33:35
1 Anthony Lucier	37	Schenectady 1:41:14	3 Nick Matson	25	Waterford 39:11
2 Joe Benny	38	Albany 2:06:10	FEMALE AGE GROUP: 25 - 29		
3 Jacob Martin	37	Guiderland 2:37:14	1 Allison Moore	29	Cohoes 30:09
FEMALE AGE GROUP: 35 - 39			2 Caitlin Overholt	28	Guiderland 30:09
1 Tammy Cumo	38	Slingerlands 1:58:39	3 Katherine Corey	25	Cohoes 34:38
2 Ann Watts	38	Morrisonville 2:02:55	MALE AGE GROUP: 30 - 34		
3 Erin Fitzgerald	36	Howes Cave 2:45:51	1 Matthew Donohue	34	Troy 26:02
MALE AGE GROUP: 40 - 44			2 Ryan Jennings	34	Latham 31:13
1 William Dadds	41	Schenectady 1:37:27	3 Clinton Birdsall	31	Clifton Park 34:38
2 Mark Gedraitis	41	Westfield, MA 1:48:10	FEMALE AGE GROUP: 30 - 34		
3 Kevin Reedy	40	Albany 1:49:00	1 Kelli Donohue	33	Troy 31:32
MALE AGE GROUP: 45 - 49			2 Billie Hall	32	Schenectady 34:20
1 Ron Montesi	48	Schenectady 2:03:34	3 Emily Swenor	34	Cohoes 35:29
2 James Fahrenkopf	47	West Sand Lake 3:18:08	MALE AGE GROUP: 35 - 39		
FEMALE AGE GROUP: 45 - 49			1 Edward Classen	39	Albany 23:31
1 Kathy Vanvalen	47	Delanson 2:13:42	2 Robert Hardy	37	East Greenbush 30:53
2 Alicia Gillen	46	Altamont 2:16:56	3 Mike Donohue	35	Ballston Lake 47:53
3 Kelly Gillen	49	Altamont 2:41:55	FEMALE AGE GROUP: 35 - 39		
MALE AGE GROUP: 50 - 54			1 Michelle Jensen	37	Scotia 27:45
1 Rob Hudynia	53	Fort Plain 1:41:28	2 Linda Doyle	38	Wynantskill 37:35
2 Tony Wiederkehr	50	Arlington, VA 1:42:23	3 Melissa Tierney	37	Methven, MA 1:13:51
3 John Bateman	51	Waterford 2:17:05	MALE AGE GROUP: 40 - 44		
FEMALE AGE GROUP: 50 - 54			1 Eric Lindh	43	Delanson 22:59
1 Nicolette Roche	54	Saratoga Springs 2:02:23	2 Gibran Adams	41	Methven, MA 1:15:17
2 Laura Burroughs	51	Amsterdam 2:09:31	MALE AGE GROUP: 45 - 49		
3 Donna Pelletier	52	Selkirk 3:18:08	1 Amy Allen	44	Oneonta 29:40
MALE AGE GROUP: 55 - 59			2 Sandra Steinhart	43	Schenectady 38:16
1 Robert Wither	55	Niskayuna 1:47:11	3 Karla Monahan	42	Mechanicville 53:57
2 Richard Kelly	59	Schenectady 1:53:15	FEMALE AGE GROUP: 45 - 49		
3 Randy Goldberg	57	Schenectady 2:21:41	1 Michael Burby	49	Altamont 26:24
FEMALE AGE GROUP: 55 - 59			2 Bryon Buchanan	45	Mechanicville 26:47
1 Kathleen Goldberg	57	Schenectady 2:21:33	MALE AGE GROUP: 50 - 54		
2 Kathleen Delaney	57	Menands 2:24:54	1 Jim Gallagher	54	Hoosick Falls 48:42
MALE AGE GROUP: 60 - 64			FEMALE AGE GROUP: 50 - 54		
1 Chester Tumidajewicz	61	Amsterdam 2:11:59	1 Carolyn Spaide	53	Mechanicville 29:21
FEMALE AGE GROUP: 60 - 64			2 Lori Cote	51	Schenectady 36:24
1 Joan Celetano	62	Schenectady 2:12:35	3 Louise Hardy	51	Troy 40:23
MALE AGE GROUP: 65 - 69			MALE AGE GROUP: 55 - 59		
1 Joe Yavonditte	67	Schenectady 2:08:11	1 William Mulligan	55	Duanesburg 25:12
FEMALE AGE GROUP: 65 - 69			FEMALE AGE GROUP: 55 - 59		
1 Katherine Ambrosio	65	Delmar 2:23:16	1 Lisa Ciancetta	55	Guiderland 36:26
MALE AGE GROUP: 70 - 74			2 Mary Beth Hardy	55	Latham 56:58
1 Thomas Kollar	70	Schenectady 2:41:12	MALE AGE GROUP: 60 - 64		
5K RUN			1 Thomas Hardy	61	Troy 44:58
MALE OVERALL			FEMALE AGE GROUP: 60 - 64		
1 Stefano Fontana	28	Troy 20:13	1 Donna Lustenhouwer	62	Altamont 29:05
2 Joseph Kenney	14	Albany 21:55	2 Cate Tully	61	Castleton 42:28
3 Ryan Walter	32	Delanson 22:17	3 Mary Roberts	62	Duanesburg 42:30
FEMALE OVERALL			FEMALE AGE GROUP: 65 - 69		
1 Chrissie Classen	36	Albany 25:07	1 Linda Meier	67	Schenectady 40:34
2 Ashleigh Nelson	25	Troy 26:21	2 Melania Saez	67	Amsterdam 50:58
3 Maria Morales	32	Schenectady 27:33	<i>Courtesy of Power House Athletics</i>		

6TH ANNUAL KERRY BLUE HUSTLE 5K
May 14, 2016 • SMSA School, Glens Falls

MALE OVERALL			FEMALE AGE GROUP: 9 - 14		
1 Jason Kenny	42	Fort Edward 19:25	1 Caroline Lieberth	9	Glens Falls 27:36
2 Tom Portuese	34	Queensbury 19:32	2 Emily Guidetti	10	Glens Falls 31:53
3 Jesse Piliere	35	Clifton Park 19:36	3 Jackie Ward	11	Glens Falls 31:53
FEMALE OVERALL			FEMALE AGE GROUP: 15 - 19		
1 Samantha Godfrey	20	Fort Edward 19:42	1 Deanna Lebel	15	Queensbury 27:20
2 Beth Morrissey	41	Glens Falls 21:14	FEMALE AGE GROUP: 20 - 24		
3 Jaclyn Stedman	36	Glens Falls 22:27	1 Carrie Elleman	24	Queensbury 30:56
MALE AGE GROUP: 1 - 8			2 Christina Fiorillo	24	Hudson Falls 38:19
1 William Davidson	8	Queensbury 22:36	FEMALE AGE GROUP: 25 - 29		
2 Kiernan Davidson	6	Queensbury 29:21	1 Cecilia Poulin	27	Newcomb 24:38
3 Landon Earl	6	Fort Edward 34:45	FEMALE AGE GROUP: 30 - 34		
FEMALE AGE GROUP: 1 - 8			1 Gerianne Sanok	34	South Glens Falls 32:45
1 Loganne Morrissey	7	Glens Falls 29:16	2 Kara Gutowski	32	Granville 35:21
2 Delaney Lanphear	7	Fort Edward 37:39	MALE AGE GROUP: 35 - 39		
MALE AGE GROUP: 9 - 14			1 David Moss	38	Queensbury 25:59
1 Evan Powell	13	Queensbury 21:47	2 John VanHatten	35	Queensbury 32:12
2 Jackson Donlon	10	Gansevoort 22:19	3 Travis Earl	37	Fort Edward 34:46
3 Julian Stedman	10	Glens Falls 23:01			continued

6TH ANNUAL KERRY BLUE HUSTLE 5K continued

FEMALE AGE GROUP: 35 - 39			MALE AGE GROUP: 55 - 59		
1 Beth Vernold	36	Hudson Falls 27:19	1 James Haggerty	59	Queensbury 39:59
2 Marcy Davidson	39	Queensbury 29:21	FEMALE AGE GROUP: 55 - 59		
3 Jennifer Zumpano	38	Indian Lake 30:50	1 Bonnie Smith	57	Bolton 48:26
MALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 60 - 64		
1 Brendan Sullivan	41	Glens Falls 24:52	1 Lynne Albano	63	Glens Falls 48:24
2 Jamie Burleigh	41	South Glens Falls 35:38	MALE AGE GROUP: 65 - 69		
FEMALE AGE GROUP: 40 - 44			1 Jim Goodspeed	65	Queensbury 23:19
1 Amy Campopiano	42	Queensbury 22:36	2 Gary Scott	67	Hoosick Falls 26:38
2 Tracy Podnorski	41	Fort Edward 22:50	3 Bob Stedman	69	Glens Falls 1:02:45
3 Jane LaBombard	42	Glens Falls 25:05	FEMALE AGE GROUP: 65 - 69		
MALE AGE GROUP: 45 - 49			1 Pat Fitzgerald	67	Queensbury 35:38
1 James Zumpano	46	Indian Lake 26:06	MALE AGE GROUP: 70 - 74		
FEMALE AGE GROUP: 45 - 49			1 Norm Facklam	72	Queensbury 33:00
1 Emily Davidson	45	Glens Falls 28:12	FEMALE AGE GROUP: 70 - 74		
2 Joy Smith	48	Glens Falls 46:05	1 Elynn Stecker	70	South Bend, IN 42:37
3 Mary Harrison	45	Queensbury 47:44	MALE AGE GROUP: 80 - 84		
MALE AGE GROUP: 50 - 54			1 Richard Schumacher	82	Hoosick Falls 42:25
1 Greg Scalia	54	Saratoga Springs 29:37	<i>Courtesy of St. Mary's-St. Alphonsus Regional Catholic School</i>		
FEMALE AGE GROUP: 50 - 54					
1 Judy Lebel	51	Queensbury 35:38			
2 Laurita Chmielewski	54	Ada, MI 39:59			
3 Nancy VanVoast	54	Queensbury 43:53			

9TH ANNUAL JOAN NICOLE PRINCE HOME 5K RUN
May 14, 2016 • Central Park, Schenectady

MALE OVERALL			FEMALE AGE GROUP: 30 - 39		
1 Rogier Blom	40	Ballston Lake 19:34	1 Kit Siu	37	Saratoga Springs 24:41
2 Noah Murdoch	10	Scotia 21:26	2 Jane Seymour-Smith	39	25:39
3 Claude Bonnet	19	Schenectady 20:16	3 Jessica Smith	31	26:12
FEMALE OVERALL			MALE AGE GROUP: 40 - 49		
1 Heather Davis	25	Waterville 21:39	1 Brent Brunell	44	Clifton Park 20:05
2 Emily St. John	10	Scotia 24:50	2 Wallace	41	23:21
3 Maddie Durant	14	Scotia 25:13	3 Richard Everest	41	25:18
MALE AGE GROUP: 1 - 19			FEMALE AGE GROUP: 40 - 49		
1 Brian Vermilyea	19	20:42	1 Kim Scott	47	Malta 22:35
2 Danny Brack	19	23:49	2 Christine Nofri	40	28:54
3 Ross DeMarco	18	24:51	3 Amy Candida	49	29:03
FEMALE AGE GROUP: 1 - 19			MALE AGE GROUP: 50 - 59		
1 Erin Smith	10	25:39	1 Mark Vermilyea	59	Niskayuna 21:21
2 Susie Sidlauskas	11	41:43	2 David Civalo	51	25:45
3 Bella Herold	11	41:44	3 Durant	51	26:40
MALE AGE GROUP: 20 - 29			FEMALE AGE GROUP: 50 - 59		
1 William Benosky	21	Charlton 19:53	1 Kristin Fox	50	Esperance 24:33
2 Buddy Herkenham	21	19:54	MALE AGE GROUP: 60 - 69		
3 Xavier Cadaldi	22	22:43	1 Chuck Curiano	61	Schenectady 25:42
FEMALE AGE GROUP: 20 - 29			2 William Vacca	67	31:25
1 Danielle Katz	20	Schenectady 21:57	FEMALE AGE GROUP: 60 - 69		
2 Jessica Malinconico	22	23:30	1 Sue Stewart	62	Schenectady 31:44
3 Sarah Miller	20	25:18	MALE AGE GROUP: 70 - 79		
MALE AGE GROUP: 30 - 39			1 David Pratt	71	Rexford 27:18
1 Jamie Kelly	31	Clifton Park 20:50			<i>Courtesy of Joan Nicole Prince Home</i>
2 Mustafa Dokucu	39	21:33			
3 Mustafa Dogru	39	24:46			

1ST ANNUAL SUMMER SMITH 5K ADDICTION AWARENESS MEMORIAL RUN
May 14, 2016 • Guiderland High School, Guiderland Center

MALE OVERALL			FEMALE AGE GROUP: 35 - 39		
1 Mark Eisenhandler	41	New Paltz 20:03	1 Danielle Maslowski	37	21:17
2 Neil Cary	30	New Paltz 21:07	2 Andrea Mitola	38	Cohoes 24:51
3 Samuel Wells	26	21:16	3 Taryn Ravlinsky	38	Mechanicville 25:39
FEMALE OVERALL			MALE AGE GROUP: 40 - 44		
1 Shelly Binsfeld	36	Clifton Park 20:16	1 Daniel Whelan	42	Delmar 27:37
2 McKristen Green	33	20:30	2 Benjamin Letko	43	Latham 27:56
3 Christine Myers	18	Altamont 20:37	3 Brian Hiltz	41	Albany 30:08
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 40 - 44		
1 William Ogden	13	Ballston Spa 22:36	1 Sally Drake	43	Albany 22:22
2 Tommy Tyksinski	11	Slingerlands 23:09	2 Michelle Graves	40	Schenectady 24:32
3 Dom Perez	10	32:46	3 Lee Trombley	40	Gansevoort 28:57
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 45 - 49		
1 Matlyn Gross	14	Altamont 25:32	1 Derick Koppf	47	Slingerlands 22:58
2 Emma Dawson	9	35:43	2 Sean Thompson	49	Albany 26:29
3 Regan Roberts	11	Guiderland Center 36:19	3 John Normie	49	Troy 29:02
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 45 - 49		
1 Jonathon Feil	19	22:34	1 Melanie Gulde	47	Queensbury 25:28
2 Michael Morrissey	19	Clifton Park 28:48	2 Theresa Smolen	45	Schenectady 25:48
3 John Wall	19	Wappingers Falls 28:49	3 Diane Geurin	45	Schenectady 27:45
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 50 - 54		
1 Elizabeth Mattison	15	Watervliet 31:04	1 John Curran	54	Rensselaer 29:38
2 Daniela Massaroni	18	Schenectady 32:38	2 Richard Sempritt	52	30:28
3 Rose Parisi	17	Schenectady 32:44	3 John Hoin	52	Schenectady 33:53
MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 50 - 54		
1 John Hoin Jr.	21	Schenectady 25:18	1 Kristen Hislop	51	Clifton Park 22:02
2 Ryan Early	20	Albany 58:27	2 Alyssa Risko	50	Schenectady 22:02
3 Daniel Rhoades	20	Schenectady 58:28	3 Theresa Newton	50	Clifton Park 24:49
FEMALE AGE GROUP: 20 - 24			MALE AGE GROUP: 55 - 59		
1 Taylor Tyksinski	20	Slingerlands 24:24	1 Gary Hahn	55	29:09
2 Pam Eistertz	23	Albany 26:31	2 Charles Monson	55	Schenectady 32:38
3 Delilah Scudato	24	28:43	3 Lee Newton	58	Clifton Park 37:05
MALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 55 - 59		
1 James Ocker	26	Cropseyville 27:04	1 Jennifer Lawrence	57	28:04
2 James Kunkel	25	Guiderland 35:48	2 Lynn Carman Bodden	58	Schenectady 29:04
3 Jeff Patterson	26	55:47	3 Margaret Capozzola	55	Delmar 29:17
FEMALE AGE GROUP					

RACE RESULTS

12TH ANNUAL TOUR OF THE BATTENKILL May 21, 2016 • Washington County Fairgrounds, Greenwich

PRO/AM RACE

ELITE MEN - 68 MILES

1	2:44:28	Curtis White/Rally Pro Cycling	Delanson	21
2	2:44:36	Pier-Andre Cote/TRJ Telecom	St. Henri-de-Levis, QC	19
3	2:44:37	Nicolas Ducharme/TRJ Telecom	Lanoraie, QC	21
4	2:44:48	Anthony Clark/Squid Bikes	Feeding Hills, MA	29
5	2:46:35	Jeremy Powers/Rapha Focus	Easthampton, MA	33
6	2:46:35	Alec Hoover/BikeReg Elite	Kingston	23
7	2:47:57	Cooper Willsey/CB Racing	Hinesburg, VT	19
8	2:48:59	Kevin Goguen/Race CF	Hopedale, MA	17
9	2:48:59	Connor Sallee/Team Plano	Richardson, TX	26
10	2:48:59	Christopher Welch/Killington Mtn School	Barneveld	17

ELITE WOMEN - 68 MILES

1	3:24:09	Ellen Watters/Cyclery-Opus	Apoahqui, NB	28
2	3:24:39	Kerrin Mosher/Farm Team Elite	Voorheesville	39
3	3:24:39	Dominique Danco/TRJ Telecom	Montreal, QC	22
4	3:24:59	Jessie Donovan/World Bicycle Relief	Shelburne, VT	40
5	3:24:59	Allyson Gillard/TRJ Telecom	Beaure, QC	22
6	3:29:31	Emeliah Harvie/Cyclery-Opus	Banff, AB	19
7	3:29:58	Rosanne Van Dorn/Farm Team Elite	Lake Placid	43
8	3:30:19	Janie Rioux-Coulombe/TRJ Telecom	Sherbrooke, QC	22
9	3:35:52	Jenny Ives/Farm Team Elite	Saratoga Springs	31
10	3:36:36	Emily Flynn/Cyclery-Opus	Winchester, ON	23

MALE CATEGORY 3 - 68 MILES

1	2:58:11	Daniel Jeske/Pointway Performance	Marcellus	18
2	2:59:29	Alex McCormack/Hot Tubes Dev	Leicester, MA	16
3	2:59:33	Thierry Kirouac/Marcassa/Unattached	Boucherville, QC	18
4	2:59:33	Tristan Guillemette/TRJ Telecom	Trois-Rivieres, QC	17
5	2:59:33	Francois Girard/Andre Cycle	St-Lambert, QC	17
6	2:59:34	Francis Barriault/Andre Cycle	St-Lambert, QC	18
7	2:59:34	Drew Kogon/CRC/AVeselka	Pacific Palisades, CA	22
8	2:59:34	PJ McQuade/Minuteman Rd Club	Millbury, MA	36
9	2:59:35	Fred David/CRC/Av2Value	New York	31
10	2:59:49	Justin Neuman/Neumania	New Haven, CT	39

FEMALE CATEGORY 3/4 - 68 MILES

1	3:26:03	Leslie Robinson/Sunapee/Continental	Hanover, NH	41
2	3:26:15	Sharon Benedict/Minuteman Rd Club	Ayer, MA	44
3	3:28:05	Sarah Shipley/Unattached	Norfolk, MA	25
4	3:30:45	Emily Molden/Nantucket Velo	Nantucket, MA	36
5	3:31:01	Alli Mruga/RPI Cycling	West Chester, PA	20
6	3:31:30	Kayla Brannen/FullSquish Industries	Theftford, VT	33
7	3:31:31	Karen Mackin/Minuteman Rd Club	Acton, MA	51
8	3:31:58	Jennifer Schoenberg/Minuteman Rd Club	Harvard, MA	44
9	3:33:21	Lindsey Bauer/TRT Bicycles	Marlboro	31
10	3:33:22	Kristina Caudle/Sunapee/Continental	Lebanon, NH	32

MALE CATEGORY 4: OPEN - 68 MILES

1	3:05:34	Paul Fronhofer/Grey Ghost Bicycles	Moreau	38
2	3:05:36	David Shuck	Newmarket, NH	34
3	3:05:36	Nate Molinari/Team 2 Cycling	Oswego	34
4	3:05:36	Laszlo Jakab/University of Chicago	Chicago, IL	28
5	3:05:38	Adam Kellerson/Finger Lakes Cycling Club	Ithaca	32
6	3:05:45	David Dzikiewicz/Minuteman Rd Club	Worcester, MA	32
7	3:05:49	Alexander Frigon/Wooden Wheels	Baltimore, MD	30
8	3:05:49	Paxton Hyde/1K2GO Coffee	Burlington, VT	20
9	3:05:51	Calvin Tortorici/Stors Center Cycle	Colchester, CT	20
10	3:05:58	Adam Kollender/CRC/DAve Jordan Racing	New York	33

MALE CATEGORY 4: 40+ - 68 MILES

1	3:03:03	Dudley Hoskin/Origin	Greenwich, CT	47
2	3:03:07	Steven Edwards/PVC/CycleMania	South Portland, ME	48
3	3:03:28	Tom Dodge/Team Fit Werx	Manchester, MA	41
4	3:03:30	Eric Magnuson/Team Fit Werx	Manchester, MA	45
5	3:03:30	Timothy Hall/Pure Energy Racing	Pipersville, PA	46
6	3:03:31	Ryan Enschede/CRC/Team NYC Velo	Brooklyn	45
7	3:03:32	Scott Kearney/Expo Wheelmen	Coventry, CT	43
8	3:03:32	Brian Flynn/Down Cycles	Croton-on-Hudson	41
9	3:03:32	Peter Cook	Ridgefield, CT	50
10	3:03:33	James Willsey/1K2GO Coffee	Hinesburg, VT	49

MALE CATEGORY 4: 50+ - 68 MILES

1	3:08:29	Alex Federman	New York	50
2	3:08:32	Tom O'Neill/Down Cycles	Cortlandt Manor	50
3	3:08:42	Brett Tremaine/Iron Bridge/Tarmac Cycling	Stormville	57
4	3:08:42	James Dao/CRC/ABreakaway Courier	Glen Rock, NJ	59
5	3:08:43	Gary Parece/Arc-En-Ciel Racing	Somerset, MA	51
6	3:08:43	Jeffrey Scala/Cycling Concepts Team	Bolton, CT	50
7	3:08:48	Mike Engstrom/State 9 Racing/Vittoria	Bedford, NH	50
8	3:08:52	James Stafford/Bicycle Depot	High Falls	52
9	3:08:52	Chris Connaughty/Ciao Velo Racing	Old Saybrook, CT	53
10	3:09:03	Tom Bowmaster/Liberty Cycle	Morristown, NJ	57

MALE CATEGORY 5: OPEN - 68 MILES

1	3:09:39	Scott Birdsey/Capital Bicycle Racing Club	Albany	31
2	3:09:39	Matthew Shaffer/Unattached	Allston, MA	28
3	3:09:39	Justin Giannino/Unattached	Warwick	20
4	3:09:39	Kevin Bielawski/Unattached	Boston, MA	23
5	3:09:41	Chad Gibson/545 Velo	Arlington, MA	38
6	3:09:42	Nicholas Nardelli/Metropolitan Music	Watertown, MA	43
7	3:09:43	Adam Juzek/Metropolitan Music	Stowe, VT	39
8	3:09:43	Alexander Malkin/Unattached	New York	30
9	3:09:43	Sheridan Norris/Unattached	Somerville, MA	26
10	3:09:45	Conor McKenzie/Metropolitan Music	Arlington, MA	32

MALE CATEGORY 5: 35+ - 68 MILES

1	3:09:58	Travis Bureson/Blue Hills Cycling Club	Roxbury, MA	40
2	3:10:11	James Perry/Unattached	Sag Harbor	43
3	3:10:20	Thomas Feighny/Unattached	Concord, MA	35
4	3:10:20	Bill Sheehan/TT Endurance	Fairfield, CT	42
5	3:10:21	Brett Baumann/Burnside Forge	Newburgh	38
6	3:10:23	Robert Savigno/Blueshift Multisport	Boston, MA	43
7	3:10:26	Sean Mohan/Unattached	Moultonboro, NH	44
8	3:10:30	Richard Lavigne/Crank Addicts	South Plainfield, NJ	37
9	3:10:36	James Sawtelle/Unattached	Manchester Center, VT	37
10	3:10:44	Tim LaBant/Schoolhouse at Cannondale	Wilton, CT	42

MALE CATEGORY 5A: 45+ - 68 MILES

1	3:17:43	John Morrissey/Minuteman Rd Club	Ashland, MA	45
2	3:17:45	Piers Constable/Unattached	New York	45
3	3:17:45	William Boone/Unattached	Geneseo	45
4	3:17:46	Donald Griffin/Unattached	Belmar, NJ	48
5	3:17:58	Gregory Linakis/Unattached	Lloyd Harbor	51
6	3:18:17	Gregory Odland/Down Cycles	Mount Kisco	52
7	3:18:17	Cezary Nadecki/Unattached	Chappaqua	45
8	3:18:21	John Steiger/Minuteman Road Club	Sudbury, MA	48
9	3:18:44	Michael Sloan/Unattached	Millbrook	51
10	3:20:10	Dino Domina/Unattached	Northport	47

MALE CATEGORY 5B: 45+ - 68 MILES

1	3:16:45	Arthur Picard/HRRT	Clifton Park	47
2	3:19:18	Tracy Montoya/Mystic Velo	Waterford, CT	52
3	3:19:19	Christopher Owen/Unattached	Leverett, MA	47
4	3:19:23	Gregg Salisbury/Unattached	Red Hook	47
5	3:19:26	Bruce McDonald/Greyhound Resort	Whitestown, IN	51
6	3:19:43	Jeffrey Blackwell/Minneapolis Bike Racing	Oakland Gardens	47
7	3:22:34	Todd Clark/Seaside Cycle	Manchester, MA	50
8	3:22:34	Mark Hecox/Northeast Multisport	Salem, NH	52
9	3:22:38	Eric Feder/HRRT	Malta	54
10	3:22:39	Paul DiCaprio/Adirondack Tri Club	Queensbury	52

MALE CATEGORY 5: 55+ - 68 MILES

1	3:23:53	David Brown/Century Rd Club of America	Hillsborough, NJ	59
2	3:27:10	Tony Guarino/Unattached	Great Barrington, MA	59
3	3:27:11	Kevin Mitts/Berkshire Cycling Assn	Lenox, MA	55
4	3:27:12	Peter Sisti/CRC/AGNY	Oradell, NJ	58
5	3:27:21	Rick Bush/Team 2 Cycling	Oswego	56
6	3:28:35	Joseph Colon/Team Velo 5	Valhalla	57
7	3:30:40	Ron Molinari/Team 2 Cycling	Oswego	60
8	3:33:06	Jeffrey Blackwell/Nantucket Velo	Nantucket, MA	59
9	3:35:16	Robert McElwain/Unattached	Norwalk, CT	56
10	3:36:51	David White/1K2GO Coffee	Burlington, VT	62

MASTERS MEN: 40+ - 68 MILES

1	2:58:46	Gregg Galletta/CRC/ARockstar Games	Dobbs Ferry	46
2	2:58:46	Joe Hallman/SwashBuckler Brewing	Lebanon, PA	42
3	2:59:02	Bart Lipsinkj/Corner Cycle	Kingston, MA	44
4	3:00:34	Jeb Fowler/545 Velo	Brookline, MA	42
5	3:00:43	James McGuire/Tekne Cycle Club	Ottawa, ON	45
6	3:00:49	Scott Gray/Divine Swine Racing	Lebanon, PA	41
7	3:05:03	Andrew Shapiro/RA Racing Apparel/Trek	Santa Fe, NM	44
8	3:06:30	Nicholas Fanaras/Riverside Racing	Amesbury, MA	40
9	3:09:44	Joe Kubisek/Cheshire Cycle Racing	Southington, CT	43
10	3:13:05	Todd Shatynski/Patriot Multisport	Altamont	40

MASTERS MEN: 45+ - 68 MILES

1	3:05:46	Jacob Hacker/Unattached	New Haven, CT	45
2	3:05:47	Andreas Runggschacher/Finkraft Cycling	Monroe	46
3	3:05:49	Tim Wern/Horst Engineering Cycling	Canton, CT	49
4	3:05:55	Zack Vogel/North American Velo	Saratoga Springs	45
5	3:05:59	Chris Crowell/Stage 1/FusionTHINK	Prospect, CT	46
6	3:06:01	Andrew Boxer/First Stop/Vermont Castings	Ludlow, VT	47
7	3:08:17	Steve Proulx/Cyclery Racing	Gatineau, QC	47
8	3:08:17	Jeremy Cratty/Minuteman Road Club	Stow, MA	45
9	3:08:17	Timothy O'Shea/Pointway Performance	Cazenovia	45
10	3:08:36	Richard Batten/Minuteman Rd Club	Winchester, MA	52

MASTERS MEN: 50+ - 68 MILES

1	3:12:07	John Funk/Verge Sport/Test Pilot	South Kent, CT	55
2	3:12:07	Carl Reglar/Verge Sport/Test Pilot	Greenwich, CT	54
3	3:17:01	Rafael Diaz-Granados/GS Gotham/TOGA	Leonia, NJ	54
4	3:17:02	Art Podgorski Jr./Cyclonauts Racers	Feeding Hills, MA	53
5	3:17:02	William Caligaris/Berkshire Cycling Assn	Sheffield, MA	54
6	3:17:03	Marc Cesare/Deno's Wonder Wheel	Brooklyn	51
7	3:17:06	Mark Featherman/Guy's Racing Club	Philadelphia, PA	54
8	3:17:07	Andrew Schmidt/Westwood Velo	New York	50
9	3:17:08	Robert Love/North American Velo	Greenfield Center	52
10	3:17:22	Doug Zell/Intelligentsia Coffee	Cambridge, MA	50

MASTERS MEN: 55+ - 68 MILES

1	3:06:38	Michael Sernyak/Yale/Bulldog Cycling	Branford, CT	55
2	3:06:41	Randy Ruski/Arc-En-Ciel Racing	Exeter, RI	56
3	3:06:41	Tony Abramavicius/Wheels of Bloor	Toronto, ON	58
4	3:06:41	William Thompson/CCC/Kellic/Zane's	West Hartford, CT	58
5	3:06:44	Jay Trojan/Arc-En-Ciel Racing	Lincoln, RI	57
6	3:06:51	James Walker/Team Placid Planet	Lake Placid	55
7	3:11:43	Douglas Gardner/Unattached	Hinesburg, VT	57
8	3:14:46	Michael Claus/Portland Velo	Kennebunk, ME	57
9	3:15:09	Dwight Johnson/Laurel Bicycle	New Haven, CT	57
10	3:15:09	Greg Campi/3D/Tom's Atlantic Cyclery	Shrewsbury, NJ	57

MASTERS MEN 60+ - 68 MILES

1	3:26:52	Rick Sorenson/802 Project	Rutland, VT	61
2	3:27:06	David Rustico/Team ERRACE	Plantsville, CT	60
3	3:27:18	David Burnell/W.E. Steadman's Bicycle	Jamestown, RI	64
4	3:27:30	William Rowe/HRRT	Niskayuna	60
5	3:27:30	Wilson Beebe/Unattached	Red Bank, NJ	62
6	3:27:31	David Chomowicz/CRC/ARockstar Games	New York	60
7	3:27:32	Ralph Hanseler/NE Bicycle Club	Methuen, MA	62
8	3:27:46	Ken Coleman/Berkshire Cycling Assn	New York	60
9	3:28:00	David Marti/Unattached	Northford, CT	60
10	3:30:51	James Scally/Cape Cod Racing/C4	Cotuit, MA	62

MASTERS MEN 65+ - 68 MILES

1	3:27:02	Mark McCarthy/Pittsford Painting/Trek	Fairport	67
2	3:27:31	Ken Milne/NEMCA/Zane's Cycles	Norfolk, MA	68
3	3:33:45	Ralf Torke/Rivertowns Racing	Hastings-on-Hudson	65
4	3:34:01	James Drago/Carl Hart	Ridge	66
5	3:52:03	Steven Toplitz/Cyclonauts	Leverett, MA	68
6	3:54:04	Tracy Lea/T.E.A.M. FUJI	Taneytown, MD	62
7	4:02:07	Tom Birdsey/Unattached	Delmar	66
8	4:09:26	Rob Lea/T.E.A.M. FUJI	Taneytown, MD	74
9	4:09:39	Dan Griffin/NEMCA/Zane's Cycles	Madison, CT	67
10	4:09:47	William Sheldon/Team Overlook	Woodstock	69

12TH ANNUAL TOUR OF THE BATTENKILL continued

JUNIOR BOYS: 17-18 - 68 MILES

1	3:32:18	Payne Pachuda/Pure Energy Racing	West Chester, PA	17
2	3:42:58	Noah Levine/CT Cycling Advancement	Hamden, CT	18

JUNIOR BOYS: 15-16 - 68 MILES

1	3:19:23	Gaelen Kilburn/Hot Tubes Jr Dev	Burlington, VT	16
2	3:30:02	Liam Holowesko/Hot Tubes Jr Dev	Deerfield, MA	16
3	3:30:07	Wyatt Cote/CT Cycling Advancement	Burlington, CT	16
4	3:30:12	Sam Noel/1K2GO Sports Jr Team	Shelburne, VT	16
5	3:30:12	Matthew Jogodnik/Montclair Bikery Dev	Chatham, NJ	16
6	3:30:32	Peter Kiernan/RACE CF	Ridgefield, CT	15
7	3:31:49	Connor Thompson/T-Town Elite	Sinking Spring, PA	15
8	3:31:57	Kyle Crowell/CT Cycling Advancement	Prospect, CT	15
9	3:33:29	Chad Catania/Verge Sport	New Paltz	16
10	3:37:58	William Moody/1K2GO Sports Jr Team	Williston, VT	16

JUNIOR GIRLS: 15-18 - 68 MILES

1	3:23:22	Kira Payer/Berkshire Cycling Assn	Housatonic, MA	17
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JUNIOR BOYS: 11-14 - 16 MILES

1	45:59	Aidan Kiernan/Race CF	Ridgefield, CT	14
2	48:27	Xander Jones/CT Cycling Advancement	Williamant, CT	13
3	49:47	Tommy Servetas/NYCROSS/Craft	Loudonville	14
4	51:45	Taegan McGuire/Tekne Cycle Club	Ottawa, ON	13
5	51:47	Lorian Waterbury/Unattached	Mirabel, QC	12
6	53:29	Brendan Kelly/HRRT	Albany	14
7	53:29	Jeremy Mika/Unattached	Clifton Park	14
8	53:29	Jared Gelester/Unattached	Jamestown, RI	12
9	53:29	Levi Drake/Farm Team Cycling	Cambridge	12
10	1:03:53	Blak Slavinski/BPC Racing	Point Pleasant, NJ	11

JUNIOR GIRLS: 11-14 - 16 MILES

1	45:56	Danae Waterbury/Club Cyliste L'échappée	Mirabel, QC	14
2	45:58	Adele Desgagnés/Velo Club Metro	Montreal, QC	14
3	48:27	Rory Chea/Healthy & Happy Racing	Fresh Meadows	14
4	53:29	Lauryn Bakker/Ottawa Bike Club	Stittsville, ON	13

12TH ANNUAL SARATOGA LIONS DUATHLON
May 29, 2016 • Saratoga Casino & Raceway, Saratoga Springs

Table listing race results for the 12th Annual Saratoga Lions Duathlon, including categories like 5K Run, 30K Bike, 5K Run, Male Age Group (40-44, 45-49, 50-54, 55-59, 60-64, 65-69), Female Age Group, and Corporate Relay Team.

38TH ANNUAL FREIHOFFER'S RUN FOR WOMEN 5K, JUNIOR 3K & USATF 5K RACE WALK CHAMPIONSHIP continued

Table listing race results for the 38th Annual Freihofer's Run for Women 5K, Junior 3K, and USATF 5K Race Walk Championship, including categories like Male Age Group (40-44, 45-49, 50-54, 55-59, 60-64, 65-69), Female Age Group, and Corporate Relay Team.

GLENS FALLS MEMORIAL MILE

May 30, 2016 • Bullpen Tavern to Crandall Park, Glens Falls

Table listing race results for the Glens Falls Memorial Mile, including Male Overall, Female Overall, Male Age Group (1-12, 13-19, 20-24, 25-29, 30-34, 35-39), and Female Age Group.

38TH ANNUAL FREIHOFFER'S RUN FOR WOMEN 5K, JUNIOR 3K & USATF 5K RACE WALK CHAMPIONSHIP

June 4, 2016 • Albany City Hall, Albany

Table listing race results for the 38th Annual Freihofer's Run for Women 5K, Junior 3K, and USATF 5K Race Walk Championship, including categories like Women's 5K Run, Top 10 Overall, Top 5 Masters, Age Group (1-14, 15-19, 20-24, 25-29, 30-34, 35-39), and Female Age Group.


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