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Adventures in Cycling

■ THE FOREST ROADS AT ESSEX CHAIN LAKES NEAR NEWCOMB ARE SCENIC, BUT CHALLENGING AT TIMES. DON MASSONE OF NISKAYUNA DEALS WITH AN UNEXPECTED BEAVER DAM. *DAVE KRAUS*

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Essex Chain Lakes

By *Dave Kraus*

As you ride carefully through the forest, a breeze rustles through the trees towering over your bike and gently blows the wildflowers growing beside your slowly rolling wheels along the old road. Grass has retaken the tracks where truck wheels used to rumble here at Essex Chain Lakes, and you have to watch for concealed rocks and fallen branches. But in the bare dirt areas that remain it's easy to follow the huge, heart shaped tracks of the moose that also wandered down this road recently.

It's hard to believe today that for a century this area was a bustling logging operation and off limits to the public. The 18,300-acre Chain Lakes Tract helped supply the Finch, Pruyn paper mill in Glens Falls with pulp from untold thousands of sturdy Adirondack trees. The company sold over 161,000 acres of their Adirondack holdings to The Nature Conservancy in 2007, and they in turn sold them to New York State in 2012. The Essex Chain Lakes Primitive Area, with its 11 lakes and ponds and access to the Hudson and Cedar Rivers, was opened to the public in 2014 with special rules in place to allow bike access to almost 20 miles of logging roads. It's a perfect setting for adventure cyclists.

Logging has left the area with a patchwork of shaded, quiet forest roads and open clearings that play host to vistas of wildflowers where the trees have not yet returned. Occasionally you will catch a glimpse of a lake or the road will skirt a forest pond or marsh. Make sure you take a map. The signage is poor and after a while every intersection looks the same.

Make sure to ride slowly and quietly and you may see some of the wildlife in this designated primitive area. On one trip we saw a mother bear and cub disappearing into the trees, and on the next trip moose tracks littered the road to Deer Pond. Loons call from the lakes, and what was that rustling in the bushes when you rode past?

Two parking areas give access from the east (Hudson River) or west (Deer Pond). Leaving the Hudson River parking lot, a one-mile ride on the dirt Gooley Club Road brings you to an intersection where going left takes you 1.7 more miles through forest and downhill to the Hudson River, and the Polaris Bridge that provides access to camps on the east shore and to the Vanderwhacker Mountain Wild Forest. Bicycles are not allowed past the bridge, but the river itself is a worthy destination, flowing gently and disappearing to the south along a broad valley.

Head back to the first intersection, go around the barrier, and pedal into the heart of the Chain Lakes on this rough but serviceable road. Be careful of the large "baby head" rocks that lie half-buried in the dirt. Keep bearing left, and in four miles you will pass the turnoff for the (private) Gooley Club on Third Lake and then head downhill to the Cedar River, which flows gently eastward toward the Hudson. After a few more rolling hills through the forest, the road ends at the river bank where a proposed bridge would make it possible to continue on to Indian Lake. Head back the way you came and it's just under eight miles back to your car, for a round trip of a bit over 19 miles.

Malta Business & Professional Association

Proceeds Benefit VetHelpNY and the Town of Malta EMS 1st Responders



www.malta5k.com

FLEET FEET Sports

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START




SATURDAY, SEPTEMBER 10

Pre-Registration - \$25 | Day of event registration - \$30
Registration opens 7:30am: Race starts at 8:30am

register online: www.malta5k.com

THOMAS MEDIA GROUP

FAM 5K "Fund" Run/Walk
Saturday, September 24, 2016



2016 Charity - Schoharie County Community Action Program (SCCAP)

10:00 Race Starts - Cobleskill Fairgrounds
8:15 - 9:30 Race Day Registration or REGISTER ONLINE — fam5k.com

FAM 5K "Fund" Run/Walk

Awards | Kids' Run | Music | Brooks BBQ | Refreshments | Massage Therapists

20th Adirondack MARATHON
DISTANCE FESTIVAL



Register Now! Join us September 24-25 at the 20th annual Adirondack Marathon Distance Festival — one of the nation's most scenic road races!

Our award-winning event features distances for every type of runner or walker, including:

- A marathon and two- and four-person marathon relays
- A half-marathon voted the top 13.1-mile race in the Northeast region by readers of Competitor.com
- 5K, 10K and kids 1K fun run
- Hand-carved bear statues for overall winners
- A public beach for chilling out post-event
- The Town of Schroon Lake's hometown hospitality!

BEST of competitor 2015 HALF MARATHON

There's plenty of time to train, so sign up now and get going!

For more information and to register, visit adirondackmarathon.org

SUNDAY, SEPTEMBER 11, 2016

THE DUNKIN' RUN 2016



ALBANY'S BEST NEIGHBORHOOD RUN!
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REGISTER AT WWW.ALBANYJCC.ORG

Sidney Albert Albany JCC

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Savor End of Summer Races



2015 SEFCU LABOR DAY 5K AT STATE OFFICE CAMPUS, ALBANY.
JACK BERKERY

By Mona Caron

Savor the hot summer days while we have them because in a few months we'll be bundling up and wistful for longer days and warmer temps.

The 19th annual **Altamont 5K Run & Walk** will be on Sunday, Aug. 28 at the Bozenkill Park in Altamont. It's a scenic country course through the village of Altamont and its surrounding roads. The Altamont 5K, the grand finale and flattest of the Hilltown Triple Crown Series events, features live music on the course and a live band after the race. T-shirts are guaranteed to the first 300 to pre-register, there are 100 door prizes, kids' races, massage and refreshments.

The overall male and female winners will receive the Reid F. Northrup Memorial Award, which is in honor of the man who helped get the race started in 1998. He was the manager of the Altamont Fair, where the race was held for many years before moving to Bozenkill Park. Ninety-nine people participated the first year and now there are as many as 400 registered. Runners are encouraged to bring an unexpired food or dry good item to help supply local food pantries. Race #2 in the Hilltown Series is the Voorheesville 5K Run & Two-Mile Walk on Saturday, Aug. 20. To register, visit altamont5k.org.

Run or walk in the 28th annual **SEFCU Labor Day 5K Race/Walk** on Monday, Sept. 5 in Albany as an end of summer holiday gathering before starting the fall and back to school routines. The race starts at the SEFCU headquarters at 700 Patroon Creek Boulevard in Albany, proceeds to the outer and inner loops of the NY State Office Campus before finishing at SEFCU. The course is mostly flat and fast.

Awards and medals go to the top three male and female finishers and five-year age groupers. Commemorative T-shirts are given to all runners. Participate in this event and your support will help local non-profits earn donations that will help them continue their missions. There's also a kids' one-mile run. Register online at hmrc.com.

The following weekend, do the sev-



2015 MALTA 5K WITH 750 RUNNERS. CHRIS CONNELLY

enth annual **Malta 5K Race/Walk** on Saturday, Sept. 10. The Malta Business and Professional Association will host this road race, starting at Malta's two technology parks - NYSEDA's Saratoga Technology/Energy Park and Luther Forest Technology Campus. This year's recipients will be Vet Help, Malta Ambulance, Malta Ridge Volunteer Fire Co., and Round Lake Fire Dept., and \$32,500 was raised last year.

In addition, company and organization teams are welcome to participate in a "friendly competition" where people can meet, network, run, jog or walk, and do some good for the community. Fleet Feet Sports is the prize sponsor and is providing cash prizes to the overall male and female winners. Lead up group practice runs are scheduled for 6pm on Wednesdays, Aug. 17, 24 and 31 at Fleet Feet Sports in Malta. After the practice runs, join fellow runners at the Recovery Sports Grill in Malta. For more info, go to malta5k.com.

If trails are more your style, try the fifth annual **Moreau Lake 15K Trail Run** on Sunday, Sept. 11 in Gansevoort. After taking last year off, the "Toughest 15K trail run in NY" is back with a mix tape of great '80s music and unforgettable '80s fashion. This is a low-key, no frills, no swag event, but your entry includes chip-timing, refreshments and some delicious pies for overall winners.

The trail run is based on the beach at Moreau Lake State Park; an ideal post-race spot for non-racing family and friends to swim and picnic. The 15K includes the brutal run up the "Staircase of Death" to start, leading into miles of rollers, creeks and Hudson River overlooks, before making its way back

down the ridge to the beach. Eighties clothing is highly recommended. Learn more at greenleafacing.com.

For a more developed setting, sign up for the **Upper Union Street Scholarship 5K** on Saturday, Sept. 17. The run/walk will start and finish on Woodland Avenue, between Union Street and Eastern Parkway.

The USATF certified course goes into and around Central Park, and the surrounding tree-lined neighborhoods. The race will raise money for scholarships for graduating seniors from Notre Dame-Bishop Gibbons, Schenectady and Niskayuna high schools. For details, go to upperunionstreet.com.

The **FAM 5K "Fund" Run/Walk** is on Saturday, Sept. 24 at the Cobleskill Fairgrounds, in picturesque Schoharie County. The mission of the FAM 5K "Fall Classic for Charity" is to endorse and promote the qualities of family, health, and

service to their community. Each year proceeds are donated to one of five different local charities on a rotating basis. This year's race benefits Schoharie County Community Action Program.

Brooks BBQ is served after the race, along with a kids' run, massage therapists, a clown, community booths, and raffle prizes for Proctors Family Series Tickets. The FAM 5K has grown to more than 800 participants. Race organizers make it a fun-filled, memorable day! Register online at fam5k.com.

On Sunday, Sept. 25 there are two well organized races to benefit important causes in the Capital Region, the Crossings 5K Challenge and Nick's 5K Run to Be Healed.

The 13th annual **Crossings 5K Challenge Run/Walk** will take place at the Ciccotti Center in Colonie, on a new 5K course. All proceeds benefit the Colonie Youth Center's scholarship assistance program helping to make Ciccotti Center opportunities, school-age childcare programs, and counseling services available and affordable for all families.

In addition to the 5K, there's a kids' quarter-mile fun run (age 13-under), and kids' one-mile competitive run. Check out coloniayouthcenter.org.

Later in the morning, head to Clifton Park where the seventh annual **Nick's Run To Be Healed 5K** will be supporting pediatric cancer patients as well as serving the young adult cancer community, through the run/walk events and family carnival. The event and Nick's Fight to be Healed Foundation is in memory of Nick Cammarata who passed away in 2008 at age 13 from complications from leukemia treatment. This year's race is in honor of Isabella Caruso.

There's something for all ages. Young participants (age 6-under) can run in the Nick's Dash; older kids (age 7-10) can run in Luke's Mile; plus, Zumba warm-up and two-mile community walk. Afterwards, enjoy the kids' carnival, bounce house, music and prizes. Learn more at fighttobehealed.org.

Before you put your summer running gear away, register for these great races or one of the following September events: 5K Run for the Horses (Saratoga Springs, 9/3), Double H Camp Challenge 5K Trail Run (Lake Luzerne, 9/10), Ty Yandon Memorial 5K Run/Walk (Newcomb, 9/11), Teal Ribbon 5K Run & 1M Walk (Albany, 9/11), Dunkin' Run 5K, 10K, 15K (Albany, 9/11), Great Cow Harbor 10K (Newport, 9/17), Arsenal City Run 5K (Watervliet, 9/25), or Falling Leaves 5K/14K (Utica, 9/25).

By participating you'll feel good about your accomplishments, support community organizations, and have fun in the waning days of summer! See you out there! 🏃



VOLUNTEERS AT THE 2015 NICK'S RUN 5K IN CLIFTON PARK.
NICK'S FIGHT TO BE HEALED FOUNDATION

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For current information
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September 16-18, 2016



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R Weekend

Friday-Sunday, Sept. 16-18
Celebrating Theodore Roosevelt's 1901
High Peaks to White House journey.
Family cultural, wilderness and fun events
celebrating our National Parks centennial.
Schedule: discovernewcomb.com

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discovernewcomb.com and newcombny.com



Lake George
TRIATHLON
Festival

Registration Open!

Olympic Race
Saturday
September 3rd

Half Iron Race
Sunday
September 4th

**Half Iron
AquaBike Race**
Sunday
September 4th



Volunteers Needed!
Sat, 9/3 or Sun, 9/4
Need help with aid stations,
flaggers, med tent, food tent,
lifeguards & kayakers

Contact Ted at
adkracemgmt@gmail.com

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

"Wow! Just Wow! Every year - simply Amazing!"

"Oh my word, the camaraderie is fabulous and the organization is incredible!"

"I'm coming back and I'm bringing all my friends!"

- 2015 Competitors




AdkRaceMgmt.com

Capital District YMCA Triathlons August 27 and September 10

ALBANY – The 8th annual Duanesburg YMCA Triathlon will take place at 9am on Saturday, August 27 with a 325-yard swim, 10-mile bike ride and 3.1-mile run. This year there's a new Kids' Triathlon at 11am for ages 12 and under, with a 75-yard pool swim, 2.5-mile bike, and one-mile run. For more info, call the Y's aquatics director Jennifer Dixon (510) 895-9500 or register at active.com.

Join the Greene County YMCA of West Coxsackie for the 8th annual Greene Y Tri triathlon that will be held at 8am on Saturday, Sept. 10 at Sleepy Hollow Lake in Athens – just 25 miles south of Albany. The triathlon is a 350-yard swim, 11.5-mile bike ride, and 5K run with chip timing. For both events, all registered participants receive a dry-fit T-shirt, swim cap, and post-race food and drinks. Early registration is \$60 for individuals and \$105 for teams. After 8/20, it increases to \$75 and \$120, and Greene Y Tri registration ends 8/29. For more info, visit cdympca.org/greene-county-ymca-triathlon or register at run-signup.com/Race/NY/Athens/GreeneCountyYTri. Call Toni Carroll, wellness director at (518) 731-7529 or visit cdympca.org. 🌲

Ironman 70.3 Comes to High Peaks

LAKE PLACID – On July 21st it was announced that Lake Placid has been selected to host the 28th race in the Ironman 70.3 U.S. Series through 2021. It's home to Ironman Lake Placid, the longest-running event in the U.S. aside from the World Championship in Kailua-Kona, Hawaii. With the new contract the full-distance race is confirmed to return each year through 2021 as well. The inaugural Ironman 70.3 Lake Placid race will take place on Sunday, Sept. 10, 2017.

The 70.3 will lead athletes through a 1.2-mile swim, 56-mile bike and 13.1-mile run, on the same course as IMLP. Athletes begin with a swim in Mirror Lake, with a cable sight line in the lake to guide them. After transition in the Olympic Speed Skating Oval to the bike, the rolling mountain views provide a scenic backdrop to the ride. The one-loop course brings competitors back to the oval transition, where they run through the town and out-back along beautiful River Road. General registration will open Friday, Sept. 9 at 12pm. For athletes interested in racing both Ironman 70.3 Lake Placid and IMLP in 2017, a bundle package became available on July 22. The 70.3 event will offer 35 slots to the 2018 Ironman 70.3 World Championship. For more info, visit ironman.com. 🌲

It's Back! Adirondack Sports Winter Expo on Nov. 19-20

SARATOGA SPRINGS – After a couple year's absence – and in honor of winter's expected return in 2016-17 – the sixth Adirondack Sports Winter Expo is returning to the Saratoga Springs City Center on Saturday-Sunday, Nov. 19-20! The high-energy show will feature 125 exhibitors representing alpine skiing, Nordic skiing, snowshoeing, cross-training (for you run, bike, tri enthusiasts), plus health and fitness professionals, travel destinations, clubs, events and more!

The gathering of Capital Region sports/fitness enthusiasts will have lots of information to keep you healthy and active, great sales, family activities, demos, prizes and giveaways. Please save the dates and join us as an attendee or exhibitor. For details, call (518) 877-8788, email info@adksports.com or visit adksports.com. 🌲

FROM THE PUBLISHER & EDITOR

Olympic Inspiration

It's only a week into the Rio Olympics and already there are some many inspiring athletes and drama from the U.S. and the world. Whether it's the team of refugees who beat all odds or those athletes that have overcome obstacles, the Olympics are addicting to watch because we love the amazing stories of strength and struggle, overcoming hardship and injury, fighting through and redemption.

Let's use these real stories to motivate us, give us strength and hope, and to do our best each day at life, work and play. We hope you enjoy the stories in this issue, the last month of summer, and our beautiful backyard!

Thanks for reading us,

Darryl and Mona



Mac Rand's Relay for Life 24 Hours on the Oval, Sept. 17-18



LAKE PLACID – In September 1991, Mac Rand competed in a 24-hour ultra run in Queens. He had already run his first marathon (1982) and Ironman (1985) and had been thinking about an ultra. Then a friend told him about Leukemia & Lymphoma Society's Team in Training and how to get an entry to the NYC Marathon. Mac contacted TNT and asked to run 24 hours on their behalf, in honor of his brother who was dying of leukemia. It became his first TNT race. He covered 86 miles, but more importantly raised \$12,000. He was hooked on using endurance sports to fight cancer. In his recent history, Mac has done several marathons and Ironmans, including his epic "double" Ironman in 2014 (Athlete Profile, September 2014), before retiring from Ironman after racing Lake Placid last year.

Mac will celebrate his silver anniversary of fundraising at Relay for Life on the Olympic Speed Skating Oval, Sept. 17. The event is from 10am-8pm, but Mac will keep running through the night until 10am Sunday. During the day, he'll have plenty of company, inspiration and distraction, but Mac will continue running for another 14 hours! Mac Rand has two goals: one, cover 100 miles (400 laps) of the oval. Two, raise \$15,000 to put his career cancer fundraising total at \$100,000. Mac is hoping the community can come out to support this effort, not only financially, but actually running or walking a lap or two or 20 with him – especially the last 14 hours. He's been training on the oval. Each weekend he does two long runs back-to-back; for instance, 26.2 miles on Saturday and 12-15 miles on Sunday. For donation info, go to: relayforlife.org, click Donate, and type: Mac Rand. 🌲

SUNDAY, SEPTEMBER 25
CLIFTON COMMONS, CLIFTON PARK

- 11:00 am: Nick's Dash
- 11:15 am: Luke's Mile
- 11:45 am: Zumba Warm-up
- 12:00 pm: 2 Mile Walk
- 1:00 pm: 5K Run

Dri-fit T-shirts to anyone who registers by September 9th
• Prizes • Music • Carnival • Bouncy Bounce •
Form a team, and have more fun!

For more info & register go to fighttobehealed.org
Day of race registration begins at 10:00 am

NFTBH is a 501 (c) 3 organization supporting local pediatric cancer patients

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CATSKILL MOUNTAIN

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!




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

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

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Change the Life of a Child

30-MILE BIKE RIDE OR 5K TRAIL RUN

Camp Challenge

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a serious fun camp

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The Yulman Family

8th 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

Facebook.com/SchroonLakeCycling
518-321-6203 • Rain or shine

Calendar of Events

August-October 2016*

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

*Events beyond this range are advertisers in this issue.

- 10 Harry Elkes Ride. 50M/32M/15M. 9:30am. The Hub, Brant Lake. bikewarrenco.org.
- 10 11th Kelly Brush Ride. 100M/85M/65M/50M/25M/10M. Post-ride BBQ. Middlebury College, Middlebury, VT. kellybrushfoundation.org.
- 10 Hunt Hollow Cycle Tour. 50M/22M. Hunt Hollow Ski Area Naples. 585-381-3080. bikereg.com.
- 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.
- 16-17 **Rensselaerville Ride: From Hill to Hollow.** Fri, 5pm: 3.5M time trial hill climb. Sat, 10am: 10M/24M & 9:30am: 44M/64M. Carey Institute for Global Good, Rensselaerville. 797-5100. careyinstitute.org.
- 16-18 Adirondack 540. 136-544M. 8am. Alpine Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- 17 **Tour de Habitat.** 10M 11am. 25M 10:30am. 50M 9am. 100M 7:30am. Druthers Brewery, Albany. Alicia D'Alessandro: 462-2993. habitatcd.org.
- 17 Bike MS: Hudson River Ramble. 10-100M. 8am. Birch Hill, Schodack. Valerie Hoak: 800-344-4867. main.nationalmssociety.org.
- 17 Brown's Brewing Covered Bridge Tour. 20, 30, 50M rides. 10am. Brown's Brewing, Hoosick Falls. 413-314-3478. greatamericacycling.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. bikereg.com.
- 18 Montauk 120 Challenge. 120M. 6:30am. Prospect Park, Brooklyn to Montauk. majortaylorironriders.com.
- 24 Drops To Hops Road Race. 43M A Ride/25M B Ride. 10am. Brewery Ommegang, Cooperstown. clarksportscenter.com.
- 25 **6th Columbia County Rotary Ride.** 10M fun ride, 30M road ride, 62M gravel grinder ride. Volunteer's Park, Valatie. Steiner's Ski/Bike: 784-3663. bikereg.com.
- 25 **1st Let It Shine Charity Ride.** 35M & 10M. 10am. Tomhannock Bicycles, Pittstown. 867-1559. gabbyroccofooundation.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.
- 15 Tour de Vine. 20M. 10:30am. Amorici Vineyard, Easton. greatamericacycling.com.
- 29-30 Haunted Hundred Overnight Century. 100M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.



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ALPINE SKIING

AUGUST

1-31 **Clearance Ski Sale.** High Adventure Ski & Bike, Latham. 785-0501. highadventuresbp.com.

17-21 **Ski & Snowboard Preseason Sale.** Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.

NOVEMBER

19-20 **6th Adirondack Sports Winter Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

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.

AUGUST

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.

21 Point 2 Pint Ride. 100M Full Pint: 9am. 50M Half Pint: 12pm. 15M Sampler: 2pm. Empire Farmstead Brewing, Cazenovia. point2pint.com.

27 **16th Pat Stratton Memorial Century Ride.** 100M, 50M, 25M & Kids' ride. 8am. Picnic, music, prizes. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 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. doublehranch.org.

10 Higley Hundred Fall Foliage Bicycle Rides. 100K: 8:30am. 50K: 10am. Higley Flow S.P., South Colton. Judy Fuhr: 315-262-2362. higleyfriends.org.

Saratoga Century Weekend

**SATURDAY-SUNDAY
SEPTEMBER 10-11**

CARLSBAD PAVILION
Saratoga Spa State Park
Saratoga Springs

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
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MohawkHudsonCyclingClub.org

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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

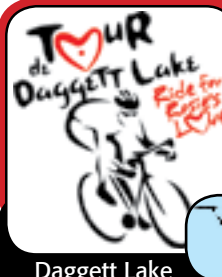




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BICYCLING: OFF-ROAD ONGOING

- Sun** "Poor Man's Downhill" Trail MTB Shuttles. 8/14, 8/28, 9/11, 9/25. 1-4pm. Up a Creek Restaurant, Wilmington. Leepoff Cycles: 576-9581. bikewilmingtonny.com.
- Mon** Cyclocross Practice: 8/15-10/24. Newbies welcome. Bethlehem Town Park, Delmar. Dave Beals: davebeals@aol.com.
- Fri** Friday Night BMX Races: 5/6-8/26. 7pm. Tri-City BMX, Rotterdam. 248-8752. tri-citybmx.org.

AUGUST

- 20** Downhill MTB Camp. 9:45am-3:30pm. Beginner/Intermediate riders. Gore, North Creek. 251-2411. goremountain.com.
- 21** Belleayre All Terrain Challenge MTB Race. Belleayre, Highmount. nysmtbseries.com.
- 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** Crossestock 2016. HRRRT Skills Clinic Facility, Galway. 847-2419. hrrtonline.com.
- 28** Vermont Overland. 49M dirt road timed adventure ride. 9am. Suicide Six, Pomfret, VT. 802-291-2419. vermontoverland.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.
- 9** Riedlbauer's Round Top Rally MTB Race. Riedlbauer's Resort, Round Top. nysmtbseries.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.
- 17** Stone Valley 50 Gravel Grinder. 50M race & 20M fondo. 9am. Green Mountain College, Poultney, VT. 802-468-7717. stonevalley50.com.
- 18** Kirkland Cyclocross Race. NYCROSS Race Series. Kirkland Town Park, Clinton. nycross.com.

OCTOBER

- 2** Oak Mountain's RAW Strava MTB Challenge. Oak, Speculator. 315-532-1782. oakmountainski.com.
- 8-9** Uncle Sam Cyclocross Grand Prix Race. NYCROSS Race Series. Prospect Park, Troy. nycross.com.
- 22** CircumBurke MTB Challenge or Marathon Trail Run. 26M/52M. East Burke, VT. 802-505-0582. circumburke.org.
- 29** Erie 80 MTB Race. 50M/25M. 9am. Erie Depot, Port Jervis. discoverportjervis.com.
- 30** Wicked Creepy Cyclocross Race. NYCROSS Race Series. Willow Park, Bennington, VT. nycross.com.

NOVEMBER

- 6** Bethlehem Cup Cyclocross Race. NYCROSS Race Series. Bethlehem (Elm Avenue) Town Park, Delmar.
- 13** Spa:Cx Cyclocross Race. NYCROSS Race Series. Saratoga Spa SP, Saratoga Springs. nycross.com.

CROSS COUNTRY & ROLLER SKIING SEPTEMBER

- 18** 10th NYSEF "Climb to the Castle" Rollerski Race. 5M, 8% grade. 8am. Whiteface Memorial Hwy, Wilmington. nysef.org.

NOVEMBER

- 19-20** 6th Adirondack Sports Winter Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.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.

AUGUST

- 27** Saratoga Moves: Biking, running, hiking. 8:30-9:30am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 580-2450. saratogahospital.org.

SEPTEMBER

- 24** Saratoga Moves: Biking, running, hiking. 8:30-9:30am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 580-2450. saratogahospital.org.

HIKING & CLIMBING AUGUST

- 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.
- 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.
- 29** Macomb, South Dix & Grace Hike. 12.3M. 7:30am. Exit 29, North Hudson. ADK Mtn Club: 523-3441. adk.org.

SEPTEMBER

- 2** Table Top Hike. 10M. 8:30am. Adk Loj, Lake Placid. ADK Mtn Club: 523-3441. adk.org.



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Kirkland Town Park, Clinton
- Oct 8-9 - Uncle Sam Cyclocross GP**
Prospect Park, Troy
- Oct 30 - Wicked Creepy Cyclocross**
Willow Park, Bennington, VT
- Nov 6 - Bethlehem Cup Cyclocross**
Elm Avenue Park, Bethlehem
- Nov 13 - Spa:Cx**
Saratoga Spa State Park, Saratoga Springs

Info: NYCROSS.com
Register: BikeReg.com



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Sunday, August 21



Early AM: Bike Lake George to Ticonderoga
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www.LakeGeorgeSteamboat.com Rain date: 8/28

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 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

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1 Dahinda Rd, Saranac Lake
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3 Seward Hike. 14M. 7:30am. ADK Mtn Club: 523-3441. adk.org.

4 Esther Mt Hike. 8:30am. Candyman Shop, Wilmington. ADK Mtn Club: 523-3441. adk.org.

9-11 Dix Range Trailless Backpack. ADK Mtn Club: 523-3441. adk.org.

9-11 Young Member Johns Brook Lodge Takeover. Ages 20-30s. Johns Brook Lodge, Keene Valley. ADK Mtn Club: 523-3441. adk.org.

12 Mt Marshall Hike. 17M. Adirondac Loj, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

19 Street & Nye Hikes. 9M. 8am. Adirondac Loj, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

26 Donaldson & Emmons Mtn Hikes. 14.6M. 7:30am. Hamlet of Coreys. ADK Mtn Club: 523-3441. adk.org.

10 Greene Y Tri. 350yd swim, 11.5M bike, 5K run. 8am. Sleepy Hollow Lake, Athens. Greene County YMCA: 731-7529. cdymca.org.

10 Lake Welch Triathlon & Duathlon. 8:30am. Harriman SP, Stony Point. 908-447-4693. mydragonevents.com.

10-11 Incredoubleman Triathlon Weekend: Tri, Du, Aquabike. Westcott Beach SP, Sackets Harbor. Wayne Vanderpool: 779-232-9874. doublevisionracing.com.

11 Sri Chinmoy Aquathon & Open Water Swim. 1.5K swim, 10K run. Lake Welch, Harriman State Park, Pomona. us.srichinmoyraces.org.

11 SOS Survival of the Shawangunks. 30M bike, 4.5M run, 1.1M swim, 5.5M run, 0.5M swim, 8M run, 0.5M swim, 0.7M run/climb. Minnewaska SP, New Paltz. sostriathlon.com.

17 3rd Super TyAthlon Sprint Triathlon. .25M swim, 10.1M bike, 3M run. 7am. Lake Mahopac, Mahopac. fastracktiming.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.

18 Mighty Hamptons Olympic Triathlon. 1.5K swim, 24M bike, 10K run. 6:40am. Foster Memorial Beach, Sag Harbor. eventpowerli.com.

18 Summer's Not Done Aqua Run, Relay & 3M Run. Tobay Beach, Massapequa. 516-349-7646. glirc.org.

25 Westchester Triathlon & Aquabike. Tri: 1500m swim, 25M. bike, 10K run. Aquabike: 1500m swim, 25M bike. Rye Town Park, Rye. westchestertriathlon.org.

OCTOBER

8 Seymour Mtn Hike, 14.4M. 7:30am. Coreys Road, Coreys. ADK Mtn Club: 523-3441. adk.org.

10 Street & Nye Hikes. 9M. 8am. Adirondac Loj, Lake Placid. ADK Mtn Club: 523-3441. adk.org.

MULTISPORT: TRIATHLON & DUATHLON ONGOING

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.

Tue Adirondack Triathlon Club Beginner Triathlon Series: 8/2-30. 5:30pm. Haviland's Cove, Glens Falls. adktri.org.

Thu Bethlehem Tri Club: Open Water Swimming. Warner's Lake, East Berne. bethlehemtriclub.com.

Thu Saratoga Triathlon Club: Open Water Swimming. 6/2-9/1. 6pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.

AUGUST

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.

20 West "Over the Top" Duathlon. 10K MTB, 5K Trail Run. 10am. West Mountain, Queensbury. 636-3699. westmtn.net.

21 Peasantman Triathlon. Full, Half, Relay, Aquabike, Intermediate, Sprint races. 7am. Indian Pines Park, Penn Yan. peasantman.com.

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.

27 8th Duanesburg YMCA Triathlon. 325yd swim, 10M bike, 5K run. New Kids' Tri: 75yd pool swim, 2.5M bike, 1M run. Duanesburg YMCA, Duanesburg. 895-9500. cdymca.org.

27 Rochester Triathlon. Sprint, Olympic, Relay. 8am. Durand Eastman Beach, Irondequoit. rochestertriathletes.com.

28 Tri Dunkirk. Intermediate, Sprint, Relay, Aquabike. 7am. Dunkirk. tridunkirk.com.

28 River Rat Triathlon. 600m swim or 3M paddle, 17M bike, 3.3M run. 8:30am. Clayton. riverrattri.org.

SEPTEMBER

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.

2 Mighty Man Montauk Triathlon, Half & Olympic. 6:30am. Fort Pond, Montauk. eventpowerli.com.

9 4th Glens Falls Lions Club Duathlon. 5K run, 30K bike, 5K run. 9am. SUNY Adirondack, Queensbury. glensfallsions.org.

16 14th Mohawk Towpath Byway Duathlon. 2M run, 17M bike, 2M run. 8:30am. Riverview Orchards, Rexford (Clifton Park). mohawktowpath.org.

23 Central Park Central Park Duathlon. 2M run, 12M bike, 2M run. Loeb Boat House, Central Park, New York. 845-247-0271. nytc.org.

OTHER EVENTS & SWIMMING AUGUST

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. Celebrating TR's 1901 High Peaks to White House journey with family, cultural, wilderness & fun events. Crafts, entertainment. Newcomb. Schedule: discovernewcomb.com.

17-18 23rd Inlet Fall Festival. Sat: 10am-5pm. Sun: 10am-4pm. 50 craft/food vendors, activities, raffles, entertainment. Free. Fern Park, Inlet. 315-357-5501. inletny.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.

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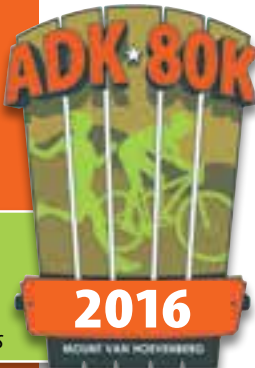
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Sunday, October 16 • 8:30am
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August 27 & 28

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

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.
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adk80krace@gmail.com



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OCTOBER

- 10-11 Gore Harvest Fest.** 10am-4pm. Free. Live entertainment, fall food/drink, scenic gondola skyrides, downhill mountain biking, climbing wall, bungee trampoline, Adirondack vendors, kids' activities, helicopter rides, lift ticket deals. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 15-16, 22-23 West Fall Festival. Sat: 12-10pm; Sun: 12-9pm. West Mountain, Queensbury. 636-3699. westmtn.net.

PADDLING & ROWING ONGOING

- Su/Tu SUP Yoga w/Tobey Gifford: 7/19-8/30.** 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: 7/19-8/30.** 9am. Sandy Bay, Cleverdale. Patty's Water Sports: 656-9353. pattyswatersports.com.

AUGUST

- 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.
- 17 **12th Paddle for the Cure.** Leisurely 2M paddle on Moose River. Canoe, kayak or SUP. Benefits Carol Baldwin Breast Cancer Research Fund of CNY. Mountainman Outdoors, Old Forge. Janice Sell: 315-415-3157. upstate.edu/specialevents/paddle_cure.php.
- 25 St. Regis Canoe Classic. 4.7M/7M/11M. 10am. Paul Smith's College, Paul Smiths. paulsmiths.edu.

RUNNING & WALKING ONGOING

- Daily Obstacle Course Training Facility: 2016.** Viking Obstacle Course at Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- Wed Malta 5K Practice Runs: 8/17, 24, 31.** 6pm. Post-run: Recovery Sports Grill. Fleet Feet Sports, Malta. malta5k.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: Jun-Aug.** 2-4M. 6:30pm. Locations vary. albanyrunningexchange.org.

AUGUST

- 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. 9:30am. Berkeley Green, Saranac Lake. Diane Roberts: 354-8118. 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.
- 22 **Saratoga Stryders' Summer 5K Trail Series.** 6:15pm. Camp Saratoga, Wilton. saratogastryders.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. rtttovt.com.

SEPTEMBER

- 3 **7th Run for the Horses 5K.** 8:30am. Kids' Run: 8am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. runforthehorses5k.com.
- 3 CM5K. 9:30am. Waterfront Park, Northville. Amanda Pitcher: 863-8904.
- 3-4 **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.

Ron Houser, C. Ped.

ABC Board Certified Pedorthist

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

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

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6TH ANNUAL

ADIRONDACK SPORTS

WINTER EXPO

NOVEMBER 19 & 20

Saturday 10-5 • Sunday 10-4
 SARATOGA SPRINGS CITY CENTER
 522 Broadway, Saratoga Springs • \$5 (18-under free)

ALPINE & NORDIC SKIING • SNOWSHOEING
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Join Us!

GREENE Y TRI
4th Annual Triathlon

Sept 10, 2016 • 8am Start
 Swim – 350 yds
 Bike – 11.5 mi
 Run – 3.1 mi

REGISTER AT:
<https://runsignup.com/Race/NY/Athens/GreeneCountyYTri>

CAPITAL DISTRICT YMCA
 Greene County Branch
 518.731.7529
tocarroll@cdymca.org

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



Saturday, Sept. 17, 8:30am
 Parking lot on Woodland Ave, Schenectady
 (Between Union Street and Eastern Parkway)

USATF certified course in tree-lined neighborhood with Central Park loop
 Packet Pickup/Registration: 7-8am

Info & Register: www.UpperUnionStreet.com
 Maureen Gebert 518-730-6896 or maureen.gebert@gmail.com

Challenge Yourself
 Change the Life of a Child

Saturday, September 10

at the
 Double H Ranch
 in Lake Luzerne,
 New York

Camp Challenge

5K TRAIL RUN/WALK
 OR 30-MILE BIKE RIDE

Register at
www.doublehranch.org
 Presented by Adirondack Partners

7th Annual 5K RUN FOR the horses

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



Monday, September 5

Race/Walk • 9:00am
SEFCU Headquarters
 700 Patroon Creek Blvd, Albany

A Fun Race/Walk on Labor Day!

\$15 HMRRRC or SEFCU members by 9/1, 6pm
 \$20 for all others by 9/1, 6pm • \$25 day of race
 SEFCU 5k T-shirts to all

Medals to top 3 M/F age group finishers
 Trophies to top 3 M/F and SEFCU members
 Kids' 1-Mile Run: 10am (\$1 day of race)

Register online (no fee):
members.hmrrc.com/event-2287158

Directed by 

13TH ANNUAL
Sunday, Sept 25

NEW 5K COURSE



The Crossings 5k Challenge & Kids Runs

Ciccotti Center
 30 Aviation Road, Colonie

MUSIC • FOOD • AWARDS • FUN!

5K Challenge Run/Walk - 10am
 Dri-fit long-sleeve shirt to all registered by 9/2
 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
 *All registered kids runners get a medal and are entered to win a Ciccotti pool party for 20!

Register online: ZippyReg.com
 Info & Entry Form: ColonieYouthCenter.org
 Early Registration Ends 9/21!
 TO BENEFIT COLONIE YOUTH CENTER, INC.

- | | | | |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 | Oak Runner 5K & 10K Trail Run. 9am. Oak Mountain, Speculator. 548-3606. oakmountainski.com. | 17 | The Backpack Run 5K & 10K. 9am. Theresa. Kimberly Eggleston: 315-642-0125 thebackpackrun.com. |
| 4 | 48th Archie Post 5-Miler. 8am. Gutterson Field House, UVM, Burlington, VT. Russ Cooke: 802-846-5635. gmaa.net. | 17 | 13th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. Steve Eustis: 802-878-4385. gmaa.net. |
| 5 | 28th SEFCU Foundation Labor Day 5K Race/Walk. 9am. SEFCU, Patroon Creek, Albany. John Parisella: 269-1904. hmrrc.com. | 17 | Running Screening. 9am-12pm. YMCA, Malta. 580-2450. saratogahospital.org. |
| 5 | Mad Dash Races. 5K, 10K, Kids Run. 8:30am. Rhinebeck. 845-876-3533. | 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. |
| 5 | 7th Adams 5K Walk/Run. 7:30am. Adams Fire Dept, Adams. Brian Berkey: 315-783-4572. adamsfd.org. | 18 | 45th HMRRRC Anniversary Races. 2.95M/5.9M: 9am. Kids' 0.5M Kids' Run: 10am. Gym, UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com. |
| 10 | 7th Malta 5K Run/Walk. 8:30am. Luther Forest Tech Park, Malta. Paul Loomis: 472-4807. malta5k.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. |
| 10 | Double H Camp Challenge. 5K trail run/walk or 30M bike ride. Double H Ranch, Lake Luzerne. TJ Rood: 696-5921. doublehranch.org. | 18 | 10th Delta Lake Half Marathon. 9am. Delta Lake SP, Rome. deltalakehalfmarathon.com. |
| 10 | Maddie's Mark 5K & Fall Festival. 5K & Walk: 10am. Kids' Run: 9am. Central Park, Schenectady. Brenda King: 527-7904. maddiesmark.org. | 18 | Greater Binghamton Marathon & Half. 7:30am. Vestal. Will Safarik: 607-761-0505. binghamtonmarathon.com. |
| 10 | 46th Lake Placid Classic. 13.1M & 10K. 9am. Skating Oval, Lake Placid. lakeplacidclassic.com. | 18 | 35th Roosa Gap Roller Coaster Runs. 11.5M/5K. 8am. D&H Canal Towpath, Wurtsboro. 845-807-8292. sullivanstriders.org. |
| 10 | Old Forge Half Marathon & 5K. 8:30am. Old Forge. Michael Samoraj: 315-663-5539. willowhwc.com. | 18 | NYC Marathon Tune-Up. 18M. 7am. Central Park, New York. nyrr.org. |
| 10 | Freedom 5K Mud Run. 12 military obstacles. Camp Pinnacle, Voorheesville. 5kmudrun.com. | 24 | FAM 5K "Fund" Run/Walk. 10am. Free Kids' Run (11am). Brooks BBQ, massage, music. Cobleskill Fairgrounds, Cobleskill. 234-7462. fam5k.com. |
| 10 | Youth Make A Difference 5K. 10am. North Greenbush, Town Hall, Wynantskill. runsignup.com. | 24 | Race for Hope 5K. 10am. Capital Region Special Surgery, Slingerlands. 439-4326. capitalregionspecialsurgery.com. |
| 10 | 25th General Montgomery Day 8K Race. 8am. Montgomery Village Senior Center, Montgomery. 845-457-5000. register.chronotrack.com. | 24 | 15th Harp 5K Run/Walk. 9:30am. Tony Williams Park, Highland. 845-473-2273. hvhospice.org. |
| 10 | Tyler Smith Memorial Scholarship 5K Run/Walk. 11am. Village Park, Margaretville. Racerooster.com. | 24 | 3rd Amsterdam PBA Cops & Joggers 5K. Shuttleworth Park, Amsterdam. Amanda Corlyon: 842-1100. copsandjoggers.wix.com/copsandjoggers. |
| 10 | Maple Leaf Half Marathon & 5K. 8am. Dana Thompson Rec Center, Manchester Center, VT. manchestervtmapleleaf.com. | 24 | 2nd Andrew Izzo Memorial 5K Run/Walk. 9am. Galway HS, Galway. 339-5620. greenleafacing.com. |
| 11 | 37th Dunkin' Run. 15K 8:20am. 5K/10K 8:30am. Kids' 0.5M Munchkin Run 10am. Albany JCC, Albany. 438-6651. albanyjcc.org. | 24 | Fastest 5K in the Hudson Valley. 8:30am. Orange County Airport, Montgomery. fastest5kinhudsonvalley.com. |
| 11 | 15th Teal Ribbon Run/Walk. 5K. 9am. Washington Park, Albany. Maggi Royle: 439-6466. caringtogetherny.org. | 24 | Sage Colleges Centennial 5K Run/Walk. 10am. Russell Sage College, Troy. centennial.sage.edu. |
| 11 | 6th Moreau Lake 15K Trail Run. 8am. Beach at Moreau Lake SP, Gansevoort. greenleafacing.com. | 24 | St. Jude Walk/Run to End Childhood Cancer. 8am. The Crossings, Colonie. |
| 11 | 14th Ty Yandon Memorial 5K Run. 9am. Newcomb Overlook, Newcomb. Kevin Bolan: 582-2991. newcombny.com. | 24-25 | 20th Adirondack Marathon Distance Festival. Sat: Helpers Fund 5K/10K (9am) at Town Hall, Chestertown & Expo/Packet Pickup (10am-5pm) & Kids' Run (2pm) in Schroon Lake. Sun: Marathon (9am) & Relay in Schroon Lake. Half-Marathon (10am) in Adirondack. 532-7675. adirondackmarathon.org. |
| 11 | I Run for...Marathon, Half & 5K. Half/5K: 8am. 26.2M: 7am. Maine Park, Maine. irunforhalfmarathon.com. | 25 | 13th Crossings 5K Challenge & Kids' Runs. 5K run/walk: 10am. Kids' 1M Competitive & 0.25M Fun Runs: 10:45am. Ciccotti Family Recreation Center, Colonie. Barbara Boodram: 438-9596. colonieyouthcenter.org. |
| 11 | Garden Share Fight Hunger 5K Run, Fun Run & Walk. 1pm. Remington Trail, Canton. Paul Graham: 315-854-0276. northernrunner.org. | 25 | Nick's 5K Run to Be Healed. 5K: 1pm. Nick's Dash: 11am. Luke's Mile: 11:15am. Zumba Warmup: 11:45am. 2M Walk: 12pm. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org. |
| 14 | American Cancer Society Memory Mile. 6:25pm. Empire State Plaza, Albany. 220-6925. relay.acevents.org. | 25 | 35th Arsenal City Run. 5K road race: 10am. Free 1M fun run/walk (all ages): 9:30am. Family festivities: 10am-1pm. Watervliet City Hall, Watervliet. watervliet.com. |
| 17 | 1st Upper Union Street Scholarship 5K Run/Walk. 8:30am. Woodland Ave (between Union St & Eastern Pkwy), Schenectady. Maureen Gebert: 730-6896. upperunionstreet.com. | 25 | 42nd Falling Leaves Road Race. 5K: 9am. 14K: 8:50am. Kid's Run: 8:30am. Radisson Hotel, Utica. uticaroadrunners.org. |
| 17 | 39th Great Cow Harbor 10K Run. 8:30am. RRCA 10K Championship Race. Laurel Ave School, Northport. cowharborrace.com. | 25 | 4th Albany Booster Club Falcon 5K. 9:30am. 1M Fun Run: 10:30am. Washington Park, Albany. zippyreg.com. |
| 17 | Cure SMA 5K & 1M Walk n Roll in Memory of Trooper Cunniff. 10am. Colonie Town Park, Latham. curesma.org. | | |
| 17 | AFROTC Run to Remember 5K. 9am. ECAV, RPI, Troy. Sean Horan: 276-6236. aas.union.rpi.edu. | | |
| 17 | Stars & Stripes 5K Run/Walk, Wheelchair 5K, 2M Walk. 5K: 9:45am. Wheelchair: 9:30am. SUNY Poly, Marcy. sitrin.com. | | |
| 17 | Tuff eNuff 5K Obstacle Race. 8am. Gilbert Lake SP, Oneonta. leafinc.org. | | |



22nd Annual Burnt Hills-Ballston Lake Rotary

5K Run and Walk
Saturday, Oct. 1 • 9am
 O'Rourke Middle School, Burnt Hills

Kids Mile Fun Run • 9:45am
 USATF Certified Course • Chip Timing
 Shirts for the first 300 participants
 \$25 by 9/21 (\$30 after) • Kids Mile Fun Run: \$10

Register: Active.com More info: bhblrotary.org or Paul Lewandowski (518) 399-2225

6TH ANNUAL **MOREAU LAKE 15K TRAIL RUN** The toughest 15K in NY is BACK!

15k trail run mixed in with lots of '80s music and unforgettable '80s fashion!

Sunday, Sept. 11 at 8am
Moreau Lake State Park
 605 Old Saratoga Rd, Gansevoort

- Low-key event with limited swag
- Overall awards for top 3 M&F runners
- Registration includes Park entry and an optional post race BBQ
- Giveaways! • T-shirts to first 100

Registration, maps and playlists: GreenLeafacing.com
 The beach offers bathrooms, showers, changing areas, picnic tables, BBQ.

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

42ND ANNUAL

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

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

25 Island Vines 10K. 10:00am. Snow Farm Vineyard in South Hero, VT. Jess Cover: 802-863-8412. runvermont.org.

OCTOBER

- 1 22nd Susan G Komen Race for the Cure.** Co-Ed 5K Race, 2M Family Walk, Kids' for the Cure & Sleep in for the Cure. 9am. Empire State Plaza, Albany. 250-5379. komenneny.org.
- 1 2nd Oktoberfest 5K.** 10:15am. Part of Wolf's Beirgarten North Albany Oktoberfest, 11am-7pm. 895 Broadway, Albany. oktoberfestalbany5k.com.
- 1 22nd BH-BL Rotary Apple Run.** 5K run/walk: 9am. Kids' 1M Fun Run: 9:45am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.com.
- 1 Gore Mountain Leaf Cruncher 5K Trail Run/Walk.** Great raffles/prizes, scenic gondola ride. Gore, North Creek. 251-2411. goremountain.com.
- 1 5th Run for Readers 5K Fun Run/Walk.** 9am. Scott Ellis ES, Greenville. Peter Mahan: 966-5070 x301. Greenville.k12.ny.us.
- 1 Fall Foliage Half Marathon & 5K. 10am. Dutchess Co Fairgrounds, Rhinebeck. fallfoliagehalf.com.
- 1 5K Run for Autism. 9am. Central Park, Schenectady. Janine Kruiswijk: 355-2191. albanyautism.org.
- 1 15th Howlin Spooktacular 10K Run, 5K Run/Walk & 1K Fun Run. 9am. First Lake, Old Forge. run4cm7.org.
- 1 43rd Art Tudhope 10K. 9am. Shelburne Beach, Shelburne, VT. Jessica Bolduc: 802-338-7247. gmaa.net.
- 2 Beat Beethoven! 5K Run/Walk. 9:20am. Central Park, Schenectady. 372-2500.
- 2 36th HMRRRC Voorheesville 7.1 Mile. 10am. New Scotland Town Park, New Scotland. hmrrc.com.
- 2 23rd Pit Run. 10K run, 5K run/walk, 2M stroll, Kids fun run. Neahwa Park, Oneonta. pitrun.org.
- 2 Run for the Hills 5K/10K Run/Walk. 9:20am. Bard College, Great Barrington, MA. runforthehillsgb.org.
- 2 Hambletonian Marathon, Half & Relay. 8am. Lawyer's Row, Goshen. 845-527-3825. hambletonianmarathon.com.
- 2 Syracuse Festival of Races. Men's 5K: 8:50am; Women's 5K: 9:50am. 3K Fitness Run & 2M Community Walk. Syracuse. festivalofraces.com.
- 4 Battenkill River Duck Run. 12K/5K/1K Fun Run. 9am. Covered Bridge, West Arlington, VT. 802-375-6039. bkvr.net.
- 8 10th Falling Leaves 5K & Kids' Fun Run.** 5K run/walk: 10am. Free kids' 0.5M fun run: 10:45am. William Kelley Park, Ballston Spa. Stan Lockwood: 885-1552. ballstonspaumchurch.org.
- 8 6th Rhino Run 5K. 9:30am. Loudonville. Lori Murray: 783-7486.
- 8 Zombie Run 5K. 10am. The Great Escape, Queensbury. active.com.
- 8 Fit For Duty 5K Run/Walk. 9am. New Greenwich Fire House, Greenwich. active.com.
- 8 2nd Wounded Warrior Outdoor Adventure Run. 9am. Clarkson University, Potsdam. Amanda Hitterman: 315-268-7709. clarkson.edu.
- 8 Run for Babies 5K. 9:45am. Stewart Airport, New Windsor. Kristi Greco 845-781-6131. marchofdimas.org.
- 9 8th Race Away Stigma 5K Race & Fun Walk.** 10am. HVCC Pavilion, Troy. Larry Ellis: 629-7175. hvcc.edu/cct/race.
- 9 34th Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. Sat, 8/8, 10am-6pm: Expo/Package Pickup. mohawkhudsonmarathon.com.
- 9 33rd Newburgh-Beacon Bridge Run. 5M. 11am. St. Patrick's School, Newburgh to Riverside Park, Beacon. 845-325-7537. mhrrc.org.

- 9 Piermont Smiles for Myeloma 5K. 8:30am. Roundhouse Road, Piermont. mhrrc.org.
- 9 Trek for Hope. 5K Road/Trail. 9:30am. Veterans Park, Granville. Peter O'Brien: 321-9640. thehayneshouseofhope.org.
- 9 Monroe Dunbar Brook Trail Races. 2M/10.5M. 10am. Monroe SF, Monroe, MA. runwmac.com.
- 9 46th Green Mountain Marathon & Half Marathon. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 15 3rd Running SCCared 5K Family Fright Run/Walk.** 10:30am. 1M Kids Walk: 9:30am. The Crossings, Colonie. 453-6756. st-cath.org.
- 15 16th Great Pumpkin Challenge.** 5K & 10K run/walk: 9:30am. Kids' 1M Fun Run: after races. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. 587-0723. saratogabridges.org.
- 15 Jean Forti Run for Education 5K & Kids Fun Run. 1pm. Thompson's Lake Campground, East Berne. zippyreg.com.
- 15 Oktoberfest Half Marathon, 5K/10K & 40K Bike. 9am. Post race party, food, beer. Fire Dept, Peru. Ruth LaClair: 569-8566. runoktoberfest.com.
- 16 5th Veeder Tree Farm 5K Run.** 10am. Earlton. Mike Veeder: 857-3948. active.com.
- 16 Ghostly Gallop 5K. 11:30am. Hudson HS, Hudson. ghostlygallop.info.
- 16 Billy Goat XC Trail Run 5K & Kids' Run. 10am. Baird Park, Pleasant Valley. mhrrc.org.
- 23 The RUNDEAD 5K Trail Run.** 10am. Be a runner or zombie for Special Olympics NY. Saratoga Spa SP, Saratoga Springs. facebook.com/therunead.
- 23 Wandering Witch Trail Races. 5K & 10K. 9:30am. St. Nicholas Pavilion, Greenwich. bkvr.net.
- 29 Troy YMCA 5K Run, 3K Walk & Kids' Fun Run.** 9am. Troy Family YMCA, Troy. cdymca.org.
- 29 Monster Scramble 5K, 10K & Trick or Treat Mile. 10am. Oakwood Cemetery, Troy. Kyla Manny: 464-0910. nationalmssociety.org.
- 29 Tina Shaina Gambino Memorial Foundation 5K Run/Walk. 9am. Pleasantville HS, Pleasantville. tinagambino.org.
- 30 Saratoga Cross Country Classic.** 5K Open/Masters XC Run: 10am. 2K/3K Kids' Development Run: 9am. 5K Race Walk: 8am. Saratoga Spa SP, Saratoga Springs. Patrick Glover: 273-5552. saratogaxcclassic.com.
- 30 Hairy Gorilla Half Marathon & Squirrelly Six Mile.** 9:30am. Thacher SP, Voorheesville. hairygorillahalf.com.

NOVEMBER

- 5 5th Saratoga County Revolutionary Run for Veterans 5K.** 10am. Kids' Fun Run: after race. Fort Hardy Park, Schuylerville. 884-4115. finishright.com.
- 6 10th Fall Back 5 Trail Race.** 5M on varied paths. 10am. Admin Bldg, Saratoga Spa SP, Saratoga Springs. saratogastryders.org.
- 11 9th Shenendehowa Veterans Day Dash 5K Run/Walk.** 10am. Kids' Fun Run: 9am. Shen HS Track, Clifton Park. shenrunners.com.
- 13 41st Stockade-athon 15K Road Race.** 8:30am. Kids' 1M Run, City Hall: 11am. Veterans Park, Schenectady. stockadeathon.com.
- 19 Girls on the Run 5K.** 10am. Corning Preserve, Albany. 635-0828. gotrcr.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.

35th Annual Watervliet Arsenal City Run
2016 Sunday Sept 25
5K Road Race: 10am
USATF-Adk Masters 5K Championship
Register: ZippyReg.com
 \$20 until 9/22 or \$25 race day
 Male/female dri-fit shirts to all preregistered
 Free 1-Mile Fun Run/Walk (all ages): 9:30am
 Family Festivities: 10am-1pm
 Food, drinks, live music, activities for all
Benefits Watervliet Adopt-a-Family program

8TH ANNUAL Race Away Stigma 5K Race & Fun Walk
 Help "Race Away" the stigma that surrounds mental illness
Sunday, Oct. 9 • 10am
HVCC Student Pavilion, Troy
 \$17 HMRRRC, \$20 non-members, \$25 day of race
T-shirt, awards, raffles
 Larry Ellis 629-7175, l.ellis@hvcc.edu
Register: hvcc.edu/cct/race

MVP Saturday, October 15th, 2016
 Saratoga Spa State Park Columbia Pavilion
 5K & 10K Walk/Run 9:30 AM
 Kids' Fun Run following races
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Seeking Out New Waters



▲ BILL FIBIGER (L) OF NEWCOMB AND CHAR MAPES OF DELMAR SET OUT TO EXPLORE COUNTY LINE FLOW.

◀ A BEAVER DAM ON FISHING BROOK MARKED OUR TURN-AROUND POINT.

By Alan Mapes

For a paddler, familiar waters are great, but nothing beats the feeling of exploring new waters, especially places that have been closed to the public for generations. I got to explore one such lake recently, County Line Flow in the Adirondacks. This is just one of several lakes recently opened (or soon to be opened) to the public in the Newcomb area.

The flow lies just north of NY Route 28, as the road winds its way from the hamlet of Newcomb toward Long Lake. The flow and the lands around it were part of the massive 161,000 acres purchased by The Nature Conservancy from Finch Paper in 2007. Although this portion was resold to a private timber company, the recreation rights to County Line Flow, Fishing Brook Bog, and a four-mile section of Fishing Brook were bought by the state, allowing public use.

While visiting with friends who live near Newcomb, three of us drove to the new parking lot on County Line Flow. To find the access we headed west on Route 28 toward Long Lake. Using the large sign for the Goodnow Mountain Trail as a landmark, it is 3.1 miles to the flow access on your right – look for the brown NYSDEC sign. The parking lot could hold six to eight cars, but we were the only ones there on a Thursday.

The path to the shore lead downhill for about 100 yards to a narrow put-in. There were a few rocks to avoid, just under the water, and well-decorated with skid marks of aluminum, left by the hulls of canoes launched previously. We were paddling two homemade wooden kayaks and one of light Kevlar, so we were careful not to leave any new marks on those rocks.

The launch area is the only spot along the shore of the flow that is open to the public. Landing is prohibited anywhere else, until you reach the fishing access areas upstream along the inlet, Fishing Brook. As a result, we found the shores along the lake to be very pristine. We saw no wear from peoples' feet, no trash, not even the ubiquitous worm containers that seem to be left everywhere that people commonly fish along my home waters of the Capital Region.

Instead, the shores held a beautiful array of Adirondack vegetation and several types

of wildlife. The yellow blooms of bullhead lily and the whites of arrowhead graced the shores and shallows. A single stalk of fire-red cardinal flower shined from behind a bed of blue-flowered pickerel weed.

Early in the trip, a stealthy beaver slapped its tail as it dove right behind my wife Char's kayak. The sudden sound made all three of us jump. The beaver swam around us for quite a stretch along the shore. We did not hear much in the way of bird song, with nesting for most species over for the season, but we did see a number of birds. A belted kingfisher flew up the shore ahead of us, and a great blue heron slowly flapped by. A common loon peered into the water looking for fish.

We circled the shoreline of the flow counter-clockwise, passing the dam on the eastern end. Tracing the north shore to the western end of the flow, we found the opening to Fishing Brook, and headed upstream to see how far the construction projects of the "local crew" would let us go. In other words, beaver dams!

The creek opening was hidden in a wide flat of wetlands on that end of the lake. The sight of a large beaver lodge helped us find the opening, as we correctly figured that the lodge would be right on the creek. Wood ducks squealed as they flushed at our approach and cedar waxwings left streaks of tan through the air as they darted out and back, hawking insects.

We did not go far before finding the expected barrier – a newly constructed beaver dam about a foot high. The dam was still quite sparse in material, and looked like it would be unsteady footing, were we to exit the kayaks and try to pull over to go further upstream. We decided instead to raft up and have lunch, leaving the dam pullovers to people better equipped for that kind of paddling – those with canoes.

Wood nymph damselflies danced in the air around us by the dam, with their black wings and iridescent green bodies. After having a hearty sandwich and starting back toward the flow, we heard the best bird of the trip. A whistled "quick, three beers!" call came though clearly, again and again, from across the bog mat – an olive-sided flycatcher! This bird is a classic resident of Adirondack bogs, but its numbers have declined in recent years.

PHOTOS BY ALAN MAPES



▼ CHAR MAPES ENJOYS LUNCH ON THE WATER ALONG FISHING BROOK.

Heading back down the flow to the take-out, we enjoyed great views of two mountains – Goodnow Mountain to the east with a fire tower on its shoulder, and Kempshall Mountain to the west. I have memories of climbing Kempshall, when it also had a fire tower, in the '60s on my first ever paddling trip!

As we approached the landing, an osprey circled overhead. Our paddle did not cover much distance – perhaps three miles in a three-and-a-half-hour trip. But this was the type of paddle where you are happy to go slowly, savoring every nook of the shoreline, and taking time to enjoy every bit of nature along the way.

There are lots of other waters to explore in the Newcomb area that have opened to the public in recent years, including Henderson Lake and the Preston Ponds near Tahawas, and the Essex Chain Lakes south of Newcomb, accessed via the Goodnow Flow Road. The most recent purchase by New York State is the Boreas Ponds area north of Blue Ridge Road, but right now it takes real determination to paddle there. Until Unit Management Plan guidelines are set, the gravel road to these ponds is closed to the public. For this season, paddling the Boreas Ponds involves carrying your boat six miles each way! As of early this month, several environmental groups are supporting a plan to open the Gulf Brook Road to LaBier Flow, very close to the Boreas Ponds. 🌲

Alan Mapes (alanmapes@gmail.com) is a sea kayak instructor and guide, certified by the American Canoe Association and British Canoe Union. He lives near Delmar and offers kayak instruction through the Capital District Kayakers Meetup Group.



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HUSBAND: Ben True

RESIDENCE: West Lebanon, N.H.;
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PET: Ötzi, a husky mix, who is
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BEN, SARAH AND ÖTZI.
NULO PET FOOD

By Kristen Hislop

Of the Olympics, Bill Bowman (American track coach and co-founder of Nike) said, "Victory is in having done your best. If you've done your best, you've won." True enough, but when you are out of the medals by a mere ten seconds it definitely lights a fire in an athlete's heart and body. Add in that if you qualify again you have the chance to participate in the same games as your husband and fuel is added to the fire. This is what was out in front of Sarah True after the 2012 Games in London. Being so close to the podium in triathlon 'reframed' the way she saw herself as an athlete.

Sarah (Groff) True was born in Hanover, N.H., and raised in Cooperstown, where her parents still reside. She is the youngest of three siblings. Her brother, Adam Groff, is an MD/MBA in New Hampshire and her sister, Lauren Groff, is an accomplished fiction author. Sarah chose her own path in academics and athletics excelling as both a runner and swimmer in high school. Jessie Ravage, Cooperstown High School cross country coach, pulled Sarah off the soccer field telling her, "Child, you should be running. You may be decent at soccer, but you should be running."

In her first year of running, she was an alternate for the state cross country meet. But after discussions with her swim coach, Connie Herzig, they decided swimming was her sport. In her junior year of high school she transferred to Deerfield Academy in Massachusetts. Sarah got a taste for cycling at Deerfield Academy, but when she went to Middlebury College in Vermont, it was all about education and swimming. Sarah was a double major in conservation biology and studio art, graduating cum laude and with highest honors in art, as well as All-American and All NESCAC (New England Small College Athletic Conference) status

in swimming. Early success in triathlon fed the competitive flame and her career focus became the sport.

After graduating from Middlebury, Sarah moved to Hanover, N.H. It was there that she met Ben True, originally from North Yarmouth, Maine. Ben was an All-American Nordic skier and cross country runner while at Dartmouth College. After graduating in 2010, Ben joined the Oregon Track Club for his first year as a professional runner. After breaking his toe, he moved from Oregon back to New Hampshire. Mutual friends suggested that he might enjoy cross training on the bike with Sarah Groff while his toe healed. Sarah and Ben were married in 2014 and they both began a quest for Rio in 2016.

Qualifying for the Olympics is a bit different for triathletes than some of the other sports. In the 2015 Rio de Janeiro ITU World Olympic Qualification Event, Sarah was fourth overall and the second American behind Gwen Jorgensen. This meant they would both be headed to Rio with a full year to prepare.

In July 2016, her husband Ben raced both the 5K and 10K US Olympic Trials at historic Hayward Field in Eugene, Ore., with hopes of making Team USA. After an 11th place finish in the 10K, Ben was ready for the 5K. Falling less than half a second shy of qualifying, he finished fifth in a very strong field. In a post-race interview Ben said "I didn't have the closing speed I needed." A little redemption came on August 6 at the Beach to Beacon 10K in Cape Elizabeth, Maine. There, Maine native Ben became the first American to ever

win the race. He found his kick and grabbed a commanding lead in the final mile for a 28:17 finish.

After the July trials, Sarah noted in an interview, "The positive side of athlete being married to athlete is that you know how tough it is to be so close and yet not get your goal." They will both go to Rio with a lot of emotions.

I asked Sarah about mental training and specific advice she would give high school and college athletes. Her response was "Be flexible; if you seek perfection, you are setting yourself up for disappointment. Over the years, I've learned to be as prepared as possible, but to also adapt quickly and with minimal stress to the unexpected." As many athletes know, this one of the biggest challenges.

Talking about recovery, she says her best tools are good nutrition and copious amounts of sleep. Massage and foam rolling is also a huge part of her routine. She and Ben eat clean (more whole foods, less processed or refined foods), and focus on high quality foods that are grown sustainably.

For those of us in the Northeast the winters can present a challenge. We never know when we will be able to get out on the bike

for solid training rides. Cold winters can hamper strong run training on the roads as well. Sarah says, "I think that the benefit of a cold climate is that you are forced to take a real off-season and gradually get back into shape. Use the colder months to work on your general fitness by cross-training and becoming more robust through strength work. Focus less on total volume of training and more on specificity. Set a strong foundation for the year by working on technique and strength, and by starting the year healthy."

Stay tuned. Sarah was interviewed by *Lava Magazine*. When asked to describe what kind of party she would throw if she wins a medal in Rio, she replied, "I'd open it up to the Hanover community and have lots of local brew, good food, and New Hampshire-style entertainment. It will be epic."

Sarah will be racing on Saturday, Aug. 20 at 10am on NBC. You can also live stream the race. Go Groffy! Go USA! 🇺🇸

Kristen Hislop (hislopcoaching@gmail.com) of Clifton Park is a certified multisport coach who wants everyone to 'do, believe and achieve.'



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Super September Events



RENSSELAERVILLE RIDE COURSE WITH THE NORTHERN CATSKILLS IN THE BACKGROUND. CAREY INSTITUTE

By Darryl Caron

September is THE month for organized bike events, so please get out there to enjoy these wonderful rides and support the good causes!

The second annual **Catskill Mountain Cycling Challenge** is on Sunday, Sept. 4 at Catskill Recreation Center in Arkville. It's a non-competitive fundraising event with four routes of 29 (Reservoir Loop), 55 (Andes-Bovina-Roxbury Loop), 62 (Catskill Scenic Trail Loop), and 103 (Century Challenge) miles in the beautiful western Catskills. New this year is the 62-mile ride that's half gravel grinder and includes the Catskill Mountain Scenic Trail. The event includes a lunch, T-shirt, cycling orientated kids' activities, and use of the Catskill Recreation Center for riders. The challenge is presented by Overlook Mountain Bikes and proceeds benefit the Children's Cancer Recovery Foundation. To register, visit catskillrecreationcenter.org.

Challenge yourself and change the life of a child at the **Camp Challenge Ride** for 'Health and Happiness' on Saturday, Sept. 10 at the Double H Ranch in Lake Luzerne. Cycle through the beautiful southern Adirondacks on the 30-mile route - whether you're a casual or seasoned rider, all levels are welcome! All proceeds benefit the Double H Ranch, a "serious fun" not-for-profit camp with recreational and therapeutic experiences for children with life-threatening illnesses that's free of charge. If a friend or family member would rather not ride, they can do the Camp Challenge 5K Trail Run/Walk. The ride minimum fundraising commitment is \$250; for the run it's encouraged but not required. Register at doublehranch.org.

The 46th annual **MHCC Century Weekend** is on Saturday and Sunday, Sept. 10-11 at Saratoga Spa State Park in Saratoga Springs. The weekend features routes of 100, 62, 50 and 25 miles, departing from Carlsbad Pavilion BOTH days, and there are short family rides within the state park all weekend. This classic cycling weekend has no fundraising and no gran fondo sticker shock, just one registration that's good for two days! For the best deal, you can volunteer part of one day, and ride free the other day. All rides include well supported rest stops and catered after ride buffet. The popular weekend is presented by Mohawk-Hudson Cycling Club and all riders are welcome. To register and/or volunteer, go to mohawkhudsoncyclingclub.org.

The fourth annual **Tour de Daggett Lake: Ride for Rosie's Love** will take place Sunday, Sept. 11 at Daggett Lake Campsite, just north of Warrensburg in Warren County. The tour has "incredibly scenic" rides of 65 and 20 miles in the southern Adirondacks, and is a favorite of Tim Bonnier, owner of Tomhannock Bicycles. Riders can enjoy a chicken lunch at the Daggett Lake Pavilion. Event proceeds support the Rosie's Love charity. For more info, checkout daggettlake.net.

Join the sixth annual **Saratoga CF Cycle for Life** on Sunday, Sept. 11 at the Saratoga Train Station in Saratoga Springs. Ride at your own pace on their fully supported, picturesque routes of 17, 32 or 62 miles in the Saratoga County and Sacandaga Lake areas. Cycle for Life supports the fight to find a cure for cystic fibrosis. The fundraising minimum is \$150 or raise more to earn great prizes. The

event is open to individuals or you can start or join a team. Register today at neny.cff.org.

The **Rensselaerville Ride: From Hill to Hollow** will be a weekend of cycling on Friday-Saturday, Sept. 16-17 at the Carey Institute for Global Good in Rensselaerville. It's a family friendly weekend with challenging routes for all ages and abilities. Come on Friday at 5pm for the free Pond Hill Challenge 3.5-mile, 940-foot time trial hill climb to an elevation of 2,200 feet. On Saturday, enjoy beautiful views on four supported rides of 10, 24, 44 and 64 miles through the hills and hollows of Rensselaerville and surrounding Albany County towns. All Saturday riders receive a BBQ lunch, one craft beer ticket, and live music from The Lustre Kings. On campus lodging is available. Sign up before 9/1 to get discounted ride prices, visit careyinstitute.org.

Tour de Habitat, a cycling event to benefit Habitat for Humanity Capital District, is back on Saturday, Sept. 17 at Druthers Brewing in Albany. There are fully supported routes of 10, 25, 50 and 100 miles in Albany County, bringing together riders of all experiences and comfort levels. This is a community bonding event with a post ride buffet and free pint for every rider at Druthers. All proceeds go to Habitat for Humanity, who is dedicated to supporting families in need of decent, affordable housing. Register as an individual or create a team and ride with family or friends. Sign up early because early registration ends on 9/2. Find out more and register at habitatcd.org.

The 9th annual **Lance Gregson 1-Eye Classic** cycling rides and picnic is on Sunday, Sept. 18 at the Town Park and Beach in Schroom Lake. As this event is meant to encourage cyclists to get to know each other and have a good time while riding with friends, there is no formal registration. You can come in the morning, sign a waiver, meet some other happy cyclists, grab a map and go riding. But don't forget to come back for the picnic to relax, take a chance on the raffle, and listen to really good music! There are routes of three, 12, 26, and 40 miles that are titled Easy Does It, Scenic Route, Lance's Loop, and Cyclist's Dream. Learn more at facebook.com/schroomlakecycling.

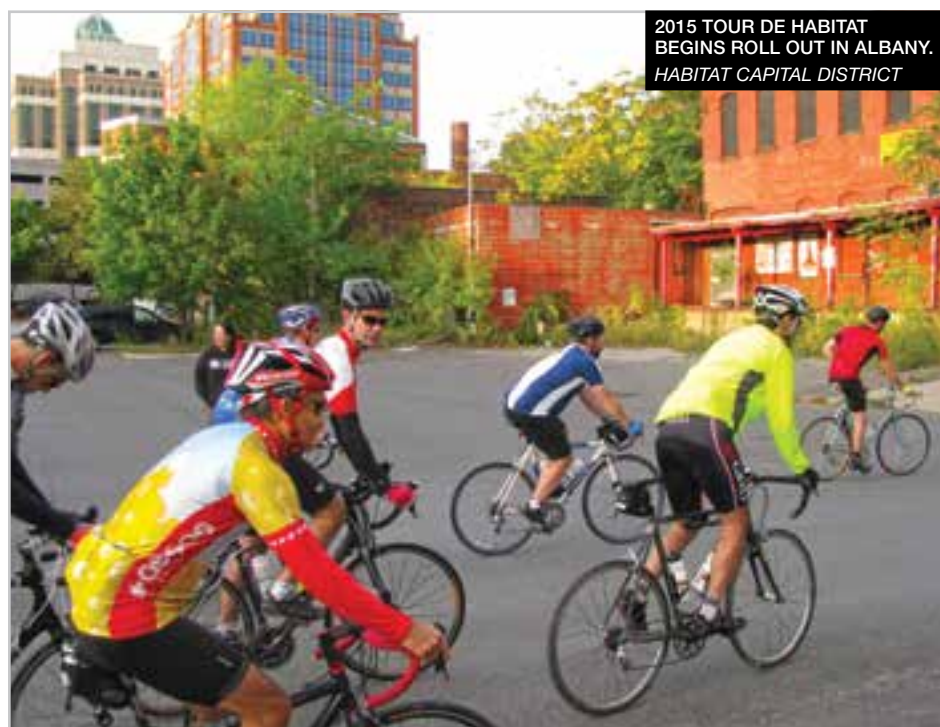
Join the sixth annual **Columbia County Rotary Ride** on Sunday, Sept. 25 at Volunteer Park in Valatie. Organized by Garrick Dardani of Steiner's Ski & Bike, and the Tri-Village Rotary Club, there's a 10-mile fun ride for everyone, a 30-mile road ride in the Kinderhook area, and a 62-mile gravel grinder ride on dirt/paved roads (road bikes fine) in scenic Columbia County. The gravel grinder is fine for road bikes and supported with SAG vehicles, rest stops, and a well-marked route. All are welcome and there's a free cookout after the ride. This event benefits the CYCLE Kids program at Ichabod Crane Elementary School in Valatie and other Rotary charities. Register at bikereg.com.

The inaugural **Let It Shine Charity Ride** is a scenic fall loop through Rensselaer County's countryside on Sunday, Sept. 25, starting and finishing at Tomhannock Bicycles in Johnsonville. Two distances appeal to riders of all abilities - the 35-mile course offers avid cyclists a challenge with rolling terrain and the 10-mile loop is great for recreational riders and families to enjoy. There will be a pre-ride tune-up tent, water stations and SAG wagon. All proceeds will benefit the Gabby Rocco Let It Shine Foundation, with a mission to support families grieving the loss of a child. For details and registration, visit gabbyroccofoundation.org.

I'll see you on the bike! 🚲



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NON-MEDICATED LIFE



How Lifestyle Can Impact SLEEP APNEA

By Paul E. Lemanski, MD, MS, FACP



Editor's Note: This is the 72nd in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 71 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. When implemented by an individual, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects, and may reduce the number and amount of medications, and may allow actual discontinuation of medication. Equally important, the benefits of a lifestyle approach in the treatment of chronic medical conditions may also reduce reliance on certain surgical procedures and devices. Sleep apnea is a case in point.

Sleep apnea or more exactly obstructive sleep apnea (OSA) is a condition characterized by a collapse of the upper airway during sleep with temporary cessation of breathing. Typically, the bed partner of the affected individual will first note progressively deeper snoring. The snoring is a result of partial airway collapse that occurs with an increasing loss of tone of the muscles of the throat as one enters deeper stages of sleep. At a certain point the muscles of the throat and upper airway become so relaxed that complete obstruction occurs and breathing stops. During the period of apnea carbon dioxide builds up in the bloodstream and oxygen falls, and the individual comes out of the deeper, restorative stages of sleep, gasps,

takes a breath, rolls over and resumes snoring. This process may repeat many times during the night with significant negative consequences on health.

Unfortunately, denying an individual access to the deeper, restorative stages of sleep results in excessive daytime sleepiness as the body tries to recapture the sleep that has been lost. Individuals may fall asleep while driving or using machinery resulting in injury or even death. Additionally, those suffering from OSA may experience fatigue, poor concentration, cognitive dysfunction, memory problems, insomnia, mood changes, gastro-esophageal reflux, and morning headaches. The fall in oxygen during periods of apnea constricts blood vessels in the lungs and may, if severe, cause heart failure, hypertension, fatty liver, stroke, heart arrhythmias and even sudden death.

The diagnosis of OSA begins with a heightened index of suspicion based on the characteristic symptoms described above, especially when combined with established risk factors. Risk factors for OSA include obesity, a neck circumference greater than 17 inches in men and 15 inches in women, increasing age, male gender, the onset of menopause, abnormal nasal or throat anatomy, nasal congestion, smoking, and family history of OSA. The use of alcohol, narcotics, benzodiazepines or prescription sleep medications, while not definitively shown to cause OSA may exacerbate it significantly, if present.

Periods of apnea witnessed by a bed partner are very strong evidence for OSA. Screening questionnaires such as the Epworth Sleepiness Scale are validated tools for helping to identify OSA. Finally, home sleep apnea testing or the even more definitive in-lab sleep study allows the diagnosis to reliably be made.

While treatment for OSA has relied primarily on surgical procedures and devices, there are limitations with such approach-

es. The C-PAP (continuous positive airway pressure) device blows air into the nose and upper airway to counter the tendency for airway collapse during the deeper stages of sleep. C-PAP is an effective treatment although may not be tolerated long term by up to 50% of those who would benefit.

UPPP is a surgical procedure that trims tissue from the soft palate, and uvula, and removes the tonsils. UPPP makes the upper airway internal dimensions more open and thus less likely to collapse during sleep and is an effective treatment. It is nevertheless an invasive surgical procedure and as a consequence has associated risk.

For those with mild OSA a dental device, which repositions the jaw and tongue during sleep, may be an effective treatment. While seeming less invasive and problematic than the first two options mentioned, this one also requires consultation with a pulmonologist or otolaryngologist to determine appropriateness. Sometimes a repeat in-lab sleep study is required to prove efficacy in a given patient.

With the limitations inherent in surgical procedures and devices, a lifestyle approach to the management of OSA may offer a low risk, low cost alternative in less severe cases. Or such an approach, even if only modestly reducing the degree of obstruction, may allow a C-PAP device to be more efficient and better tolerated or may reduce obstruction sufficiently to allow a dental device to be used.

The lifestyle modification approach to treating OSA involves: weight loss (in those individuals who are overweight or obese), daily aerobic exercise, modification in sleep position, and the avoidance of alcohol and medications that can worsen sleep apnea. There is also some limited data that exercises of the tongue and muscles of the throat may also help reduce obstruction.

Weight loss in those with OSA who are overweight (BMI 25.1-29.9) and those who

are obese (BMI > or =30) has consistently been shown to improve the OSA including lessening symptoms of excessive daytime sleepiness. A weight loss as little as five pounds may prove helpful with greater weight loss offering additional help.

Daily aerobic exercise may help contribute to weight loss and weight maintenance, and has shown to be effective in reducing OSA. However, daily aerobic exercise, even when it does not result in weight loss has been shown to be effective in reducing OSA.

Sleep position - Those individuals whose OSA is brought on or significantly worsened primarily by sleeping supine (face and torso up) may find significant improvement by simply choosing to sleep on their side. Sewing a tennis ball into the back of the pajama top may help in maintaining such a position throughout the night, and may be both an inexpensive solution and effective.

Alcohol should be completely avoided in all patients with untreated OSA because it may significantly worsen the severity of obstruction.

Medications - Drugs such as benzodiazepines, barbiturates, narcotics, sedating antihistamines and prescription sleeping pills should also be avoided as they also may worsen OSA.

In summary, OSA is a condition that is increasingly common and may cause significant, life threatening health problems. Typically, the condition is treated with either surgical procedure or device. Unfortunately, neither may offer a well-tolerated, nor effective long-term treatment.

A lifestyle approach to OSA may serve as a lower risk, lower cost alternative in less severe cases, or may allow the use of a device to be more efficient and better tolerated. As such, a lifestyle approach to OSA may reduce our over-reliance on risky surgery and expensive devices as well as improve outcomes in the management of one of our most significant healthcare problems. ▲


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6TH ANNUAL

Columbia County Rotary Ride



SUNDAY, SEPTEMBER 25

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Volunteer Park, Independence Drive, Valatie

The Kinderhook Tri-Village Rotary Club invites you and your family to join us in a FUNdraising 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

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Awards: Individuals

- Overall: Top 3 male & female: \$150, \$100, \$50 cash
- Age Group: Top 3 male & female - 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Teams (3 min to score)

- Top 3 male & female: \$300, \$200, \$100
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BICYCLING *cont. from 1*

From the west, the Deer Pond entrance offers abundant parking after a bouncy ride over rocks and dirt. If you don't want to risk your car's underside, you can park near the end of the pavement back on Woody's Road, and add almost five miles each way to your ride on the unpaved, narrow access road.

Once you do get to the Deer Pond trailhead, it's barely a quarter-mile past the barrier to the main intersection, where a right turn will take you on the Deer Pond Loop that eventually brings you back to the main road 2.7 miles later. It's a peaceful, grassy forest ramble, but beware at the two-mile mark; a beaver dam and pond block the road and it's a precarious balancing act to tiptoe across the dam with a bike.

Go left instead at the original Deer Pond intersection, and two more miles brings you to the bridge over the paddler's tunnel, between Fourth Lake and Fifth Lake. The dirt causeway offers spectacular, open views of the two lakes and access to the east shore, where it's only half-a-mile to the intersection with Gooley Road. This route will total just over 17 miles if you parked on Woody's Road where the pavement ends.

Getting there...

Access to both main parking areas is from NY Route 28N in Newcomb. Turn south on Pine Tree Road by the Newcomb Bar & Grill, then south again on Goodnow Flow Road for 4.6 miles to the T intersection with Woody's Road, where you must decide whether to start your ride from the east (Hudson River) or west (Deer Pond) parking areas.

To reach the Hudson River entrance, turn left on Woody's Road, go 1.1 miles to the dam, then 0.3 miles beyond it and look for the dirt road on your left, where the only visible sign prohibits ATV use. Turn left and go 0.2 miles to a large gravel parking area.

To reach the Deer Pond entrance, turn right on Woody's Road from the T intersection and go 1.6 miles to the intersection with Cornell Road, then bear left onto Cornell and continue 4.4 miles on the narrow, dirt road to the parking area. This road has many ruts and protruding rocks. Use caution and go slow if you are driving a low clearance vehicle.

When you go...

Much of the land on your way to the Essex Chain Tract is private. Please respect the no trespassing and no parking signs.



▶ DON MASSONE RIDES NEAR FIFTH LAKE ON THE ESSEX CHAIN LAKES LOGGING ROADS. DAVE KRAUS

While many of the roads can be negotiated with a cyclocross or gravel bike, a mountain or fat bike offers the most flexibility to explore all the area has to offer.

Learn before you go. A good site describing all the available activities including camping, paddling, hiking, hunting and more is at: dec.ny.gov/lands/91888.html.

Make sure you have a map. Signage on the roads is poor. A bike route map can be downloaded at: dec.ny.gov/docs/lands_forests_pdf/mapessexbike.pdf. The map shows the routes approved for bicycles, though there are many additional roads and forest tracks.

Make sure your bike is in good repair and that you have spare tube, pump, and any other parts needed to get you out of unexpected trouble. Phone reception in the area is poor or non-existent.

The same goes for food and water. The nearest store is in Newcomb.

Take insect repellent. The black flies, mosquitoes, and deer flies just love visitors! 🌿



▲ DAVE KRAUS CLIMBS OVER A DOWNED TREE ON ONE OF THE LESSER USED SECTIONS OF THE LOGGING ROADS. DON MASSONE

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

More of Dave's Essex Chain photos can be found at adksports.com/2016-08-bicycling.

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RACE RESULTS

19TH ANNUAL CHARLTON HERITAGE 5K RUN

June 4, 2016 • Old School House, Charlton

MALE OVERALL				
1	Otis Ubricco	22	Glenville	15:39
2	Jon Cusick	26	Charlton	16:50
3	Kevin Gideon	18	Ballston Spa	16:54
FEMALE OVERALL				
1	Alyssa Drapeau	22	Glenville	18:03
2	Emily Digman	18	Ballston Spa	20:07
3	Rory Graham	15	Burnt Hills	20:27
MALE AGE GROUP: 1 - 14				
1	Kevin Sheremeta	14	Schenectady	19:30
2	Dante Ubricco	14	Glenville	19:50
3	Gabriel Winters-Bon	14	Glenville	20:24
FEMALE AGE GROUP: 1 - 14				
1	Jami Vendetti	12	Glenville	22:46
2	Emily Berg	12	Ballston Lake	24:06
3	Sophie Swain	14	Burnt Hills	24:45
MALE AGE GROUP: 15 - 19				
1	Tyler Berg	15	Ballston Lake	17:03
2	Aidan Gillooley	15	Glenville	17:05
3	Evan Brennan	15	Ballston Lake	17:25
FEMALE AGE GROUP: 15 - 19				
1	Lily Digman	15	Ballston Spa	21:14
2	Elizabeth Darling	17	Scotia	24:42
3	Zoe Hackenberg	16	Ballston Lake	24:47
MALE AGE GROUP: 20 - 24				
1	Joe Girard Jr.	21	Glenville	17:27
2	Buddy Herkenham	21	Charlton	18:49
3	Ian Thane	23	Amsterdam	19:02
FEMALE AGE GROUP: 20 - 24				
1	Anastasia Monsen	20	Guilderland	22:39
2	Sarah Osaheni	21	Clifton Park	24:49
3	Brooke Adams	21	Charlton	25:31
MALE AGE GROUP: 25 - 29				
1	Brett Sullivan	28	Ballston Spa	19:07
2	Daniel Cassidy	26	Albany	21:30
3	Nicholas Henry	29	Glenville	22:17
FEMALE AGE GROUP: 25 - 29				
1	Caroly Herkenham	25	Charlton	22:58
2	Sara Pick	26	Latham	24:09
3	Sarah Carpenito	25	Porter Corners	25:01
MALE AGE GROUP: 30 - 34				
1	Tyler Alavckios	31	Columbus	21:22
2	Vince Speenburgh	34	Burnt Hills	21:44
3	Greg Stevens	31	Charlton	22:51
FEMALE AGE GROUP: 30 - 34				
1	Samm Bodenstab	34	Charlton	22:12
2	Amanda Barone	32	Clifton Park	24:40
3	Megan Abraham	30	Saratoga Springs	24:59
MALE AGE GROUP: 35 - 39				
1	Jonathan Peck	37	Glenville	19:57
2	Jonathan Guthan	39	Scotia	20:40
3	Joseph Altobello	38	Green Island	20:40
FEMALE AGE GROUP: 35 - 39				
1	Rebecca Bednarek	39	Amsterdam	22:50
2	Marta Hallgren	38	Ballston Lake	22:53
3	Sarah Slosek	36	Galway	24:36
MALE AGE GROUP: 40 - 44				
1	Greg Eithier	42	Clifton Park	20:00
2	Larry Frederick	41	Niskayuna	20:46
3	Mark Lansing	40	Niskayuna	21:20
FEMALE AGE GROUP: 40 - 44				
1	Kristen Bousa	41	Glenville	23:01
2	Shelley Allison	43	Burnt Hills	24:29
3	Heather Kosnick	42	Ballston Spa	25:37
MALE AGE GROUP: 45 - 49				
1	Rick Zachgo	45	Rexford	19:14
2	Chris Maher	47	West Charlton	24:53
3	TJ Taylor	45	Ballston Lake	24:56
FEMALE AGE GROUP: 45 - 49				
1	Michele Barry	48	Cooperstown	23:28
2	Jill Gobel	46	Ballston Spa	23:36
3	Kristin Short	48	Charlton	24:47
MALE AGE GROUP: 50 - 54				
1	Michael Stalker	53	Burnt Hills	19:34
2	Raymond Brown	50	Saratoga Springs	22:39
3	Steve Janack	53	Scotia	23:31
FEMALE AGE GROUP: 50 - 54				
1	Lisa Nieradka	53	Clifton Park	22:15
2	Linda Novotny	52	Clifton Park	25:55
3	Karen Hackenberg	50	Ballston Lake	26:05
MALE AGE GROUP: 55 - 59				
1	Thomas Rest	56	Clifton Park	20:33
2	Michael Moloczniak	58	Ballston Spa	24:03
3	Frank Mueller	57	Glenville	23:42
FEMALE AGE GROUP: 55 - 59				
1	Mary Hoey	55	Charlton	24:48
2	Jeryl Simpson	58	Mechanicville	26:49
3	Patricia Kirkpatrick	55	Clifton Park	29:40
MALE AGE GROUP: 60 - 64				
1	George Baranauskas	62	Scotia	22:04
2	Dan Owens	60	Ballston Spa	24:33
3	Richard Bennett	64	Clifton Park	24:42
FEMALE AGE GROUP: 60 - 64				
1	Gina Schneider	64	Burnt Hills	28:25
2	Margaret Pinchuk	61	Niskayuna	32:55
3	Kathy Brooks	63	Scotia	33:47
MALE AGE GROUP: 65 - 69				
1	Dominic Delorio	66	Clifton Park	24:57
2	Terry Smith	68	Galway	27:11
3	Ed Swanson	66	Ballston Lake	35:26
FEMALE AGE GROUP: 65 - 69				
1	Alice Carpenter	65	Delmar	35:43
2	Susan Duchnycz	65	Scotia	41:35
3	Paula Gold	65	West Charlton	42:17
MALE AGE GROUP: 70 - 74				
1	Richard Theissen	72	Round Lake	33:24
2	Sherm Dawson	73	Ballston Spa	33:36
3	Edward Lamby	74	Scotia	33:58
FEMALE AGE GROUP: 70 - 74				
1	Nancy Johnston	70	Ballston Lake	40:30
2	Barbara Strife	70	Venice, FL	45:57
3	Dana Carroll	72	Scotia	47:16
MALE AGE GROUP: 75 - 79				
1	John Sowa	81	Glenville	32:57
2	Bob McFarland	83	Schenectady	39:39
3	Paul Koelbel	82	Greenfield	42:40

Courtesy of Charlton Historical Society

6TH ANNUAL COOPERSTOWN TRIATHLON continued

MALE AGE GROUP: 40 - 44			
1	1:27:57	Joe Hatfield	
2	1:38:30	Jason Myers	
3	1:40:39	James Peters	
FEMALE AGE GROUP: 40 - 44			
1	1:40:38	Jennifer Reis	
2	1:41:32	Pamela Ayers	
3	1:48:01	Karen Swift	
MALE AGE GROUP: 45 - 49			
1	1:30:53	Joseph Wheeler	
2	1:33:40	Harry Back	
3	1:37:00	Ross Bernston	
FEMALE AGE GROUP: 45 - 49			
1	1:44:31	Lonnie Halusic	
2	1:49:33	Patrice Back	
3	1:53:56	Jennifer Dunlap	
MALE AGE GROUP: 50 - 54			
1	1:26:27	John Longtin	
2	1:38:23	Kevin Hanna	
3	1:40:14	Dale Seaton	
FEMALE AGE GROUP: 50 - 54			
1	1:43:19	Paul Fostini	
2	2:13:29	Richard Suwek	
MALE AGE GROUP: 55 - 59			
1	1:54:26	Molly English-Bowers	
2	2:01:12	Margaret Trench	
3	2:03:59	Susan Whitney	
FEMALE AGE GROUP: 55 - 59			
1	1:54:26	Molly English-Bowers	
2	2:01:12	Margaret Trench	
3	2:03:59	Susan Whitney	
MALE AGE GROUP: 60 - 64			
1	1:28:17	Michael Parker	
2	2:01:36	Jim Stacy	
3	2:07:25	Kenneth Demott	
FEMALE AGE GROUP: 60 - 64			
1	2:01:43	Victoria Pedersen	
2	2:29:35	Nathan Batalion	
3	1:44:29	David Dibelius	
RELAY TEAMS			
1	1:25:49	Team CHBS	
2	1:32:38	Unadilla Triple Threat	
3	1:44:29	Two Chumps and a Chick	
AQUABIKE			
1	1:11:56	Blake Ford	
2	1:19:09	Paul Kiesel	
3	1:23:52	Gregg Beimler	

Courtesy of ATC Endurance

15TH ANNUAL WHITEFACE UPHILL BIKE RACE

June 4, 2016 • Whiteface Mountain Veterans Memorial Highway, Wilmington

11 MILES, 8% GRADE				
MALE OVERALL				
1	Eneas Freyre	40	Nonwoc, CT	48:17
2	Lou Bregou	46	Hanover, NH	54:52
3	Christopher Welch	17	Barneveld	55:08
FEMALE OVERALL				
1	Sue Schlatter	53	Ottawa, ON	1:00:43
2	Abbie Sullivan	20	Canandaigua	1:06:38
3	Christiane Gagne	40	Montreal, QC	1:08:35
MALE AGE GROUP: 1 - 19				
1	Ian Letarte	19	Rush	1:09:28
2	Joe Letarte	15	Rush	1:39:17
3	Brian Harwell	15	Mooers	2:01:53
FEMALE AGE GROUP: 1 - 19				
1	Sarah Bennett	15	Quebec, QC	1:31:16
2	Emma Lehmann	15	Furlong, PA	1:56:15
MALE AGE GROUP: 20 - 29				
1	David Stauffer	24	Ithaca	57:51
2	Jase Briggs	20	Gouverneur	59:40
3	Eric Donten	24	Milford, PA	1:00:24
4	Brett Schlesier	23	Johnstown	1:01:14
5	Michael Baird	26	Beaconsfield, QC	1:01:59
FEMALE AGE GROUP: 20 - 29				
1	Slaven Dreno	28	Buffalo	1:26:21
2	Tracy Blaumauer	29	Danbury, CT	1:33:46
3	Lidia Bury	26	Carmel	1:45:01
MALE AGE GROUP: 30 - 39				
1	Matt Boles	31	Amherstview, ON	56:25
2	Bruno Lafontaine	37	Gatineau, QC	56:35
3	Yaron Spitzer	36	Montreal, QC	57:07
4	Tomoaki Takasugi	30	Astria	58:11
5	Stephen Chapman	34	Ottawa, ON	58:50
FEMALE AGE GROUP: 30 - 39				
1	Julie Toole	37	Toronto, ON	1:18:30
2	Gia Rinaldi	35	Ottawa, ON	1:22:29
3	Amanda Zullo	36	Saranac Lake	1:29:44
4	Charline Lapointe	33	Montreal, QC	1:39:53
5	Marie-Andree Cloutier	32	Nepean, ON	1:47:24
MALE AGE GROUP: 40 - 49				
1	Dominic Chalifoux	41	Laval, QC	56:52
2	Jean-Francois Blais	46	Knowlton, QC	56:57
3	Gary Steinberg	49	Ringwood, NJ	57:26
4	Nicholas Fanaras	40	Amesbury, MA	58:27
5	Simon Smith	43	Kingston, ON	1:00:38
FEMALE AGE GROUP: 40 - 49				
1	Guyaine Mailloux	40	Montreal, QC	1:09:36
2	Melanie Gauthier	41	Gatineau, QC	1:10:50
3	Rosanne Van Dorn	43	Lake Placid	1:12:15
4	Michelle Paiement	47	Beaconsfield, QC	1:12:20
5	Amy Murdoch	44	North Tonawanda	1:13:03
MALE AGE GROUP: 50 - 59				
1	Barry Smith	53	Greely, ON	1:00:44
2	Tom O'Neill	50	Cortland Manor	1:02:49
3	Charlie Casey	54	Alplaus	1:02:56
4	Tom Olds	52	Coatesville, PA	1:03:24
5	Kevin Williams	58	Scotia	1:03:27
FEMALE AGE GROUP: 50 - 59				
1	Alexandra Danforth	64	Wellington, FL	1:23:04
2	Sandra Superchi	60	Athol, MA	1:25:37
3	Barbara Padula	66	Clinton	1:39:07
MALE AGE GROUP: 60 - 69				
1	Mark Virello	61	Boston, MA	1:02:12
2	Mark McCarthy	67	Fairport	1:03:41
3	Charles Martel	64	Montreal, QC	1:07:15
4	Jacek Bielicki	63	Staten Island	1:11:42
5	Dennis Knowlton	65	Clifton, PA	1:12:52
FEMALE AGE GROUP: 60 - 69				
1	Alexandra Danforth	64	Wellington, FL	1:23:04
2	Sandra Superchi	60	Athol, MA	1:25:37
3	Barbara Padula	66	Clinton	1:39:07
MALE AGE GROUP: 70 - 79				
1	Jean-Claude Leclerc	72	Montreal, QC	1:34:09
CLYDESDALE				
1	Scott Nichols	45	Lyme, NH	1:07:04
2	Masaharu Ito	32	Elmhurst	1:08:58
3	Brandon Schlemmer	48	Springville	1:13:23
4	James Richardson	32	Springfield, VA	1:13:37
5	Clement Grech	42	Longueuil, QC	1:15:16
ATHENA				
1	Jennifer Miller	38	Ottawa, ON	1:43:49
2	Emma Jonsson	35	Cortlandt Manor	1:49:47
3	Lois Duke	48	Fairfield, CT	1:52:08
UNICYCLE: OVERALL				
1	James Richardson	32	Springfield, VA	1:13:37
2	Charles Haskins	49	Gaithersburg, MD	1:25:09

Courtesy of Whiteface Business & Tourism Center

6TH ANNUAL COOPERSTOWN TRIATHLON

June 4, 2016 • Glimmerglass State Park, Cooperstown

800M SWIM, 18M BIKE, 3M RUN			
MALE OVERALL			
1	1:21:26	Barrett Celecki/20-24	
2	1:23:11	Shawn Parkhurst/25-29	
3	1:25:04	Peter Edmonds/25-29	
FEMALE OVERALL			
1	1:34:49	Brenda Ko/45-49	
2	1:34:56	Murphee Hayes/40-44	
3	1:36:22	Gina Burrows/50-54	
MALE AGE GROUP: 15 - 19			
1	1:49:07	Aaron Griffith	
FEMALE AGE GROUP: 15 - 19			
1	2:09:41	Emily Loucks	
MALE AGE GROUP: 20 - 24			
1	1:42:42	Forrest Sears	
2	1:48:08	Andrew Norton	
3	1:58:42	Justin Bartz	
FEMALE AGE GROUP: 20 - 24			
1	1:50:51	Chandler Shepard	
2	2:03:38	Jordyn Dunlap	
3	2:10:25	Andrea Pattington	
MALE AGE GROUP: 25 - 29			
1	1:29:47	Philip Fess	
2	1:31:53	Johnathan Duddleston	
3	1:32:22	Phil Sconzert	
FEMALE AGE GROUP: 25 - 29			
1	1:57:11	Michelle Guca	
2	1:58:31	Amy Rusk	
3	2:01:24	Tabitha Brennan	
MALE AGE GROUP: 30 - 34			
1	1:29:37	Joseph Pruckno	
2	1:31:50	Sean Smith	
3	1:32:22	Nick Haner	
FEMALE AGE GROUP: 30 - 34			
1	1:39:06	Logan Robinson	
2	1:41:57	Laura Miller	
3	1:44:35	Rachel Waller	
MALE AGE GROUP: 35 - 39			
1	1:29:21	Matthew Crave	
2	1:30:44	Mike Lavell	
3	1:35:23	Jeff Cornick	
FEMALE AGE GROUP: 35 - 39			
1	1:36:29	Kristin Mullally	
2	1:52:12	Krista Harwick	
3	1:53:42	Heather Hartwig	

continued

7TH ANNUAL RAIL TRAIL TO THE FOOTBRIDGE 5K TRAIL RACE

June 4, 2016 • Slate Valley Museum, Granville

MALE OVERALL				
1	Kevin Bouyeya	16	Queensbury	17:29
2	Ryan Dalaba	18	Granville	18:34

7TH ANNUAL RAIL TRAIL TO THE FOOTBRIDGE 5K TRAIL RACE continued

FEMALE AGE GROUP: 25 - 29			MALE AGE GROUP: 50 - 54					
1	Angie Thomas	27	South Glens Falls	22:51	1 Sam Mercado	53	Albany	20:50
2	Kayla Nowicki	25	Granville	23:00	2 Fred Cassin	54	Albany	24:16
3	Elizabeth Whitcomb	29	Rutland, VT	25:17	3 Walter Bishop	53	Granville	31:26
MALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 50 - 54					
1	Conor Shea	32	Ballston Spa	21:20	1 Susan Keely	51	Glens Falls	23:38
2	Matt Becker	31	South Glens Falls	23:00	2 Judi Brown	50	Middle Granville	29:09
3	Michael Macura Jr.	31	Granville	28:09	3 Deborah Salm	51	Philadelphia, PA	32:36
FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 55 - 59					
1	Christine Natalie	30	Arlington, VT	25:10	1 William Venner	57	Granville	18:55
2	Charity Davis	32	Whitehall	33:06	2 Michael Minnie	59	Granville	24:56
3	Crystal Paul	34	Whitehall	33:43	3 Robert Phillips	57	Litchfield, CT	28:55
MALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 55 - 59					
1	Eric Fiske	37		23:25	1 Caryn Etherington	59	Middlebury, VT	24:12
2	Rich Bennett	39	Glens Falls	24:26	2 MaryAnn Macura	56	Granville	26:23
3	Kevin Clark	38	Glens Falls	38:44	3 Kathy Chambers	55	Salem	35:29
FEMALE AGE GROUP: 35 - 39			MALE AGE GROUP: 60 - 64					
1	Melissa Kwasniewski	39	Fort Edward	24:52	1 Bryan Corwin	60	Ticonderoga	26:18
2	Jennifer Denton	38	Rutland, VT	37:11	2 Mark Schachner	61	Lake George	26:24
3	Laura Cornwall	38	Pawlet, VT	37:35	FEMALE AGE GROUP: 60 - 64			
MALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 60 - 64					
1	Ted Kwasniewski	40	Fort Edward	26:30	1 Linda Ellingsworth	63	Granville	35:47
2	Kyle Brownell	40	Granville	27:25	2 Maria Phillips	63	Litchfield, CT	39:54
3	Kevin Bouyaya	43	Queensbury	27:37	3 Martha Gordon	60	Fort Ann	49:05
FEMALE AGE GROUP: 40 - 44			MALE AGE GROUP: 65 - 69					
1	Jessica Bruno	40	Jacksonville, VT	29:47	1 Mark Sager	65	Glens Falls	23:05
2	Kate Gagliardi	41	Albany	35:06	2 Jim Goodspeed	65		24:45
MALE AGE GROUP: 45 - 49			MALE AGE GROUP: 70 - 74					
1	Johnny Tsunami	49	Granville	19:59	1 Bud Davies	72	Granville	50:28
2	Jim Austin	48	Whitehall	24:53	FEMALE AGE GROUP: 70 - 74			
3	Brian Yates	45	Albany	29:40	1 Sandy Ritchie	71	Middle Granville	47:20
FEMALE AGE GROUP: 45 - 49			MALE AGE GROUP: 75 - 79					
1	Laura Bouyaya	48	Queensbury	27:36	1 Sylvia Loomis	75	North Granville	58:07
2	Heather Loomis	48	Hampton	29:51	<i>Courtesy of Rail Trail to the Footbridge</i>			
3	Melissa Howard	47	Fort Ann	33:24				

TUFF ENUFF OBSTACLE COURSE CHALLENGE 5K MUD RUN
June 4, 2016 • BOCES Campus, Saratoga Springs

MALE OVERALL			FEMALE AGE GROUP: 30 - 34					
1	Harry Haworth	11	Saratoga Springs	25:06	1 Sarah Jenks	33	Argyle	39:00
2	Tom Portuese	34	Queensbury	26:12	2 Heather Kennedy	34	Gansevoort	42:15
3	Timothy Nicholson	49	Saratoga Springs	26:37	3 Carolyn Mancini	32	Saratoga Springs	42:18
FEMALE OVERALL			MALE AGE GROUP: 35 - 39					
1	Tiffany Axtell	29	Gansevoort	30:45	1 Shahn Lehnert	37	Saratoga Springs	37:11
2	Ashley Weller	28	Gansevoort	32:37	2 Rick Good	38	Saratoga Springs	37:34
3	Emily Dweck	14	Saratoga Springs	32:50	3 Aaron Jenks	35	Argyle	39:00
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 35 - 39					
1	Toby Webber	11	Saratoga Springs	27:21	1 Jessica Barrett	37	Saratoga Springs	32:54
2	Everett Smith	11	Saratoga Springs	27:51	2 Sarah Piper	36	Fort Edward	40:57
3	Matthew Lane	12	Queensbury	29:22	3 Beverly May	36	North Creek	44:15
FEMALE AGE GROUP: 1 - 14			MALE AGE GROUP: 40 - 44					
1	Maegan Byrne	10	Saratoga Springs	35:14	1 David Rihimaki	43	Corinth	31:18
2	Anna Dennett	13	Saratoga Springs	36:35	2 Matthew Britten	42	Saratoga Springs	32:59
3	Lauren Smith	13	Saratoga	36:38	3 Marc Baldwin	41	Ballston Spa	34:59
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 40 - 44					
1	Clayton Orzel	15	Galway	26:55	1 Heather Hieronymi	42	Saratoga Springs	32:54
2	Chase Collins	18	Saratoga Springs	28:23	2 Nannette Barker	44	Gansevoort	38:14
3	Gabe Olsen	17	Gansevoort	29:06	3 Sue D'Isabel	44	Saratoga Springs	41:50
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 45 - 49					
1	Emily Ormski	18	Ballston Spa	39:39	1 Mark Haworth	46	Saratoga Springs	34:28
2	Brittany Ormski	18	Ballston Spa	39:39	2 Eric Purdy	48	Saratoga Springs	35:38
3	Cassidy Henderson	17	Saratoga Springs	43:40	3 Jay Eldrign	45	Saratoga Springs	36:48
MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 45 - 49					
1	Sean Parker	21	Gansevoort	40:00	1 Jenny Pasek	45	Saratoga Springs	40:02
2	Gavin Ludemann	23	Albany	45:32	2 Jen Harris	45	Ballston Spa	47:00
3	Benjamin Burke	24	Gansevoort	46:00	3 Patty Millens	48	Saratoga Springs	47:03
FEMALE AGE GROUP: 20 - 24			MALE AGE GROUP: 50 - 54					
1	Remy Cruz	24	Saratoga Springs	39:52	1 Tom Lane	54	Queensbury	41:49
2	Amy Resue	20	Ballston Spa	42:18	2 John Bianchi	52	Troy	48:33
3	Emma Bennett	20	Saratoga Springs	45:30	3 Miles Doherty	53	Glen Cove	53:31
MALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 50 - 54					
1	Tim Downey	29	Saratoga Springs	35:56	1 Sue Epstein	50	Saratoga Springs	45:13
2	Alexander Emge	27	Saratoga Springs	56:07	2 Julie Matthews	51	Ballston Spa	55:10
3	Dalton Lewis	25	Saratoga Springs	1:08:16	3 RaeAnn Lynch	51	Saratoga	1:01:37
FEMALE AGE GROUP: 25 - 29			MALE AGE GROUP: 55 - 59					
1	Laura Cary	27	Schaghticoke	42:00	1 Low Roberts	57	Colonie	26:43
2	Danielle Wright	26	Cohoes	46:10	2 Owen Eldrign	55	Saratoga Springs	36:47
3	Nellie Slocum	26	Albany	58:58	3 Sergio Rapisarda	57	Stillwater	42:38
MALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 55 - 59					
1	Neil Cary	30	Schaghticoke	28:43	1 Maureen Provost	57	Saratoga Springs	1:04:29
2	Matthew Axtell	31	Gansevoort	44:01	FEMALE AGE GROUP: 60 - 64			
3	Aaron Green	32	Gansevoort	44:01	1 Becky Mansir	60	Ballston Spa	1:00:33
			<i>Courtesy of The Prevention Council</i>					

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WILMINGTON WHITEFACE 100K & 50K MOUNTAIN BIKE RACE
Leadville Race Series - Leadville Trail 100 MTB Qualifier
June 5, 2016 • Whiteface, Wilmington

SOLO 100K			MALE AGE GROUP: 50 - 59			
<i>Top 3 Division & NY Finishers</i>			1	Robert Douglas	Lake Placid	4:40:32
PRO: MALE			2	Jeff Fisher	Durham, ME	5:05:15
1	Mathieu Belanger	Quebec, QC	3	Phillip Hatcher	Jonas Ridge, NC	5:08:54
2	Dave Wiens	Gunnison, CO	9	Robert Love	Greenfield Center	5:26:21
3	Derek Treadwell	Topsham, ME	12	Tom O'Neill	Cortlandt Manor	5:31:11
PRO: FEMALE			17	Bruce Rohdenburg	Corning	5:39:29
1	Crystal Anthony	Beverly, MA	18	Brian Campbell	Rome	5:40:04
MALE AGE GROUP: 1 - 19			27	Mark Bettinger	Saratoga Springs	6:07:46
1	Gaelen Kilburn	Burlington, VT	33	Wynn Aker	Manorville	6:36:47
2	Simon Emery	Lorraine, QC	38	Butch Ostrander	Albany	6:52:40
3	Daniel Vaughn	Horseheads	42	Steve Casey	Victor	7:22:40
MALE AGE GROUP: 20 - 29			45	Kevin Bambrury	Fairport	7:42:05
1	Trent Blackburn	Stratham, NH	50	Lawrence Fedick	Williamson	8:49:36
2	Ryan Pesch	Vineyard Haven, MA	FEMALE AGE GROUP: 50 - 59			
3	Matthew Merkel	Newburyport, MA	1	Michele Satrowsky	Newbury, MA	6:14:04
7	Jake Hoover	Hurley	2	Stephanie Landy	Ballston Spa	6:20:05
12	Colin Delaney	Lake Placid	3	Katherine Brown	Amesbury, MA	6:23:56
16	John Baker	Brooklyn	6	Trish Vantucci	Hilton	7:09:27
18	Aaron Girard	Albany	MALE AGE GROUP: 60 - 69			
19	Josh Hanley	Buffalo	1	David Chomowicz	New York	5:23:07
25	William Benoit	Elizabethtown	2	Bob Ketchell	Tucson, AZ	6:09:06
27	Taylor Wetherby	Brooklyn	3	Paul Speranza	Endicott	6:18:29
FEMALE AGE GROUP: 20 - 29			9	Daniel Anhalt	Plattsburgh	6:40:23
1	Katherine Burress	Toronto, ON	SINGLESPEED: MALE			
2	Sophie McClelland	Keene Valley	1	Stephen Chapman	Ottawa, ON	4:33:31
MALE AGE GROUP: 30 - 39			2	David Yacobelli	Endicott	5:23:42
1	Marc-Andr Daigle	Montreal, QC	3	Glenn Turner	Wilmington, DE	5:25:22
2	Kevin Bouchard-Hall	Westport	4	Bouker Pool	Sea Cliff	5:29:42
3	Keith Kelly	Allston, MA	SOLO 50K			
4	Brian Oickle	Durham, ME	<i>Top 3 Division & NY Finishers</i>			
17	Dyon Balding	New York	MALE OVERALL			
20	Bill Frazer	Lake Placid	1	Patrick Carey/30-39	Keene	1:48:39
24	Jonathan Favata	Mechanicville	2	William Gerboth/20-29	Sparta, NJ	1:54:37
26	Rafael Campbell	Jackson Heights	3	Ben Milley/1-19	Ottawa, ON	1:59:47
37	Cuneyt Eviner	Brooklyn	FEMALE OVERALL			
38	Kevin Ballou	Saratoga Springs	1	Rosanne Van Dorn/40-49	Lake Placid	2:11:02
40	James Keyzer	Greenfield Center	2	Caitlin Skufca/20-29	Wilmington	2:17:32
48	Joel Nashett	Au Sable Forks	3	Connie Prickett/50-59	Wilmington	2:28:27
55	Chris Calimano	Staten Island	MALE AGE GROUP: 1 - 19			
56	Alex Ressi	New York	1	Magnus Rorapough	Pittsford	2:53:08
57	Kiel VanWagner	Saratoga Springs	MALE AGE GROUP: 30 - 39			
60	Matt Cook	Saranac Lake	1	Brian Speranza	New York	2:16:19
62	Bradford Strater	New York	2	Scott Hopke	Mechanicville	2:30:57
63	Adam Grealish	Brooklyn	3	Bill Tyler	Rochester	2:35:32
68	John Evansky	Hudson Falls	25	Greg Hopke	Clifton Park	2:44:35
72	Toby Heath	Brewerton	FEMALE AGE GROUP: 30 - 39			
73	Timothy Rowland	Fayetteville	1	Melanie Vachon	Montreal, QC	2:48:35
74	James Lederer	Bronx	2	Erin Rector	East Granby, CT	2:58:20
76	Nick Vantucci	Fairport	3	Maja Kostic	Ottawa, ON	3:05:23
FEMALE AGE GROUP: 30 - 39			MALE AGE GROUP: 40 - 49			
1	Regina Legge	Salem, NH	1	Keith Watkins	Hamilton	2:10:53
2	Jessica Giertsen	Blue Mountain, ON	2	David Hansen	Elmira	2:14:21
3	Rebecca Lewandowski	Elkton, MD	3	David Smith	Lake Placid	2:15:37
4	Amanda Kourtz	Raynham, MA	12	Eric Rorapough	Pittsford	2:16:53
6	Jill Robins	East Hampton	13	Brian White	Plattsburgh	2:25:28
11	Rebecca Evansky	Hudson Falls	22	Jeff Mannion	Ballston Lake	2:42:41
MALE AGE GROUP: 40 - 49			24	Ricky Adragna	Wilmington	2:44:07
1	Lou Brehou	Hanover, NH	28	David Lawrence	Wilmington	2:55:52
2	Raul Rojas	Rockville, MD	33	Adam Campanella	Babylon	3:08:19
3	Jean-Francois Blais	Knowlton, QC	FEMALE AGE GROUP: 40 - 49			
17	Joshua Arvidson	Fayetteville	1	Emily Omahony	Saranac Lake	3:41:29
23	Mark Jakubowski	Ronkonkoma	MALE AGE GROUP: 50 - 59			
26	Robb "Cave" Mann	Honeoye	1	William McGreevy	Wilmington	2:04:21
30	Matthew Smith	Floral Park	2	Carlos Arruda	Chelsea, QC	2:08:50
32	Richard Shin	New York	3	Jack Newton	Ottawa, ON	2:14:19
57	Aaron Vlasak	Fayetteville	20	Armand Arekian	Averill Park	2:37:46
71	Luis Rosa Colon	Endicott	FEMALE AGE GROUP: 50 - 59			
72	Steven Bridgland	New York	1	Carol Johnston	San Ramon, CA	2:38:56
74	Robert Collins	Southampton	MALE AGE GROUP: 60 - 69			
75	Jamie Campbell	Oneida	1	Dave Prodrutti	Blue Bell, PA	2:10:23
76	Trent Clay	Middle Grove	2	Brian Delaney	Lake Placid	2:26:36
82	Doug Bohl	Potsdam	3	Jim Gordon	Flanders, NJ	2:43:52
88	Paul Faestel	Watertown	4	Gene Colon	Long Beach	3:50:21
FEMALE AGE GROUP: 40 - 49			SINGLESPEED: MALE			
1	Elizabeth O'Donnell	Concord, MA	1	Armand Arekian	Averill Park	2:37:46
2	Amy Caldwell	Putney, VT	TEAM 50K OVERALL			
3	Helene Schmid	Fayetteville	1	Gunnar/Kristin Rorapough	Pittsford	3:51:28
4	Mara Fronhofer	Fort Edward	<i>Courtesy of Life Time Fitness Leadville Race Series</i>			
6	Kristen Mucitelli Heath	Brewerton				
9	Andrea Vantucci	Babylon				

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RACE RESULTS

21ST ANNUAL BLACK FLY CHALLENGE ADIRONDACK GRAVEL GRINDER

June 11, 2016 • 40M in Moose River Recreation Area, Inlet to Indian Lake

CYCLECROSS - OVERALL

Overall Duplicated in Age Groups

MALE OVERALL

1	Christopher Welch	17	1:58:18
2	Andy Ruiz	52	2:00:58
3	Kevan Edwards	42	2:00:59

FEMALE OVERALL

1	Rosanne Van Dorn	42	2:13:14
2	Inge Aiken	54	2:13:43
3	Liz Lukowski	38	2:24:30

CYCLECROSS - AGE GROUPS

MALE AGE GROUP: 1 - 19

1	Christopher Welch	17	1:58:18
2	Daniel Vaughn	16	2:11:25
3	Luke Tanner	16	2:24:28
4	Alexander Zierer	16	2:29:34
5	Connor Singh	14	2:38:28
6	Benjamin Mulvey	15	2:39:31
7	Evan Kott	17	4:14:07

FEMALE AGE GROUP: 1 - 19

1	Madeline Smith	14	2:46:16
2	Avery Nye	15	5:06:47

MALE AGE GROUP: 19 - 29

1	Sam Dries	24	2:06:27
2	Christopher Battles	28	2:19:35
3	Daniel Ruoff	26	2:23:34
4	Marko Novosel	23	2:24:28
5	Karst Kingsley	21	2:25:58
6	Stephen Paddock	21	2:31:18
7	Daniel Fallon	26	2:36:45
8	Nicolas Peden	29	2:41:21
9	Nicolas Mayo	28	2:55:57
10	Jesse Novak	28	2:59:48

FEMALE AGE GROUP: 19 - 29

1	Nicole Kingsley	20	2:43:15
2	Stacy North	27	2:46:16
3	Nicole Conway	24	3:12:55

MALE AGE GROUP: 30 - 39

1	Eric Ingalsbe	34	2:00:59
2	Nate Molinari	33	2:06:27
3	Jesse Corum	37	2:11:21
4	Scott Stewart	32	2:11:26
5	Jeremy Gardner	38	2:13:06
6	Kyle Konopnicki	31	2:13:12
7	Bruce Gugliotta	35	2:17:25
8	Josh M	34	2:19:48
9	Scott Hock	36	2:19:50
10	Robert Anderson	35	2:20:25

FEMALE AGE GROUP: 30 - 39

1	Liz Lukowski	38	2:24:30
2	Kristin Williford	39	2:39:01
3	Julie Shulsky	33	2:43:35
4	Kim Kedenburg	34	3:13:32
5	Jennifer Furgala	35	3:19:35

MALE AGE GROUP: 40 - 49

1	Kevan Edwards	42	2:00:58
2	Lance Johnson	43	2:01:08
3	Scott Hannan	42	2:06:25
4	Bob Olden	48	2:06:26
5	David Hansen	48	2:11:21
6	William Sprengnether	44	2:11:21
7	Chris Caza	45	2:11:24
8	Bryan Blake	47	2:11:25
9	Brian Usher	40	2:13:11
10	Robert Dietrick	48	2:13:15

FEMALE AGE GROUP: 40 - 49

1	Rosanne Van Dorn	42	2:13:14
2	Kelly Dietrick	41	2:44:11
3	Cheryl Tracy	49	2:56:50
4	Lynda Zierer	43	3:57:02
5	Aurora Lamperetta	43	4:51:33

MALE AGE GROUP: 50 - 59

1	Andy Ruiz	52	2:00:58
2	Erik Grimm	50	2:00:58
3	Terry Blanchet	52	2:06:19
4	Scott Parks	56	2:11:22
5	Robb Mann	50	2:11:23
6	Greg Brett	58	2:11:24
7	Rick Bush	55	2:11:31
8	Gregory Drumm	51	2:13:12
9	Kevin Williams	58	2:13:12
10	Robert Love	52	2:13:13

FEMALE AGE GROUP: 50 - 59

1	Inge Aiken	54	2:13:43
2	Kate Stewart	53	2:55:06
3	Jill Beier	50	3:35:57

MALE AGE GROUP: 60 - 69

1	Richard Camping	64	2:17:25
2	Chris Welch	61	2:19:49
3	Tim Leonard	64	2:24:27
4	John Leach	66	2:31:10
5	Dave Beals	64	2:31:47
6	Bryce Button	61	2:37:47
7	Donald Massonne	60	2:39:20
8	Dan Griffin	66	2:45:11
9	Raymond Carlson	61	2:49:00
10	Scott Gould	61	2:54:51

FEMALE AGE GROUP: 60 - 69

1	Mary Ann Simmons	64	4:10:25
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MALE AGE GROUP: 70 - 79

1	Michael Simmons	72	4:10:23
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MOUNTAIN BIKE - OVERALL

Overall Duplicated in MTB Categories

MALE OVERALL

1	Zack Vogel	45	2:06:25
2	Cameron Gardner-Lewis	29	2:06:26
3	Jordan Sirtoli	24	2:06:26

FEMALE OVERALL

1	Jennifer Dean	38	2:29:00
2	Anna Laloe	37	2:31:47
3	Kimberly Milton	34	2:32:58

FAT BIKE CHALLENGE - OVERALL

Overall Duplicated in MTB Categories

MALE OVERALL

1	Jeff Walker	53	2:11:51
2	David Thornton	52	2:21:20
3	Conor Tarbell	26	2:23:10

FEMALE OVERALL

1	Mandy Forshaw	30	2:46:15
2	Annette Fentress	49	3:35:08
3	Erika Anderson	42	3:44:36

MOUNTAIN BIKE - EXPERT

MALE AGE GROUP: 29 & UNDER

1	Cameron Gardner-Lewis	29	2:06:26
2	Jordan Sirtoli	24	2:06:26
3	Nick Bouton	20	2:17:35
5	Mark Padoleski	42	2:39:04
6	Darren Kupinski	43	2:41:26
7	James Putnam	49	2:41:30
8	Christian Augliera	42	2:42:02
9	Chris Chapron	40	2:42:49
10	Mike Spirowski	43	2:42:51

FEMALE AGE GROUP: 29 & UNDER

1	Emily Flagg	42	2:53:15
2	Andrea Vantucci	48	3:03:51
3	Annette Fentress	49	3:35:08
4	Staci Evans	40	3:37:08

MALE AGE GROUP: 50 - 59

1	David Thornton	52	2:21:20
2	Joe Paterson	55	2:24:27
3	Rich Shade	51	2:24:31
4	Norman Cognetto	50	2:25:42
5	Michael Hodgman	59	2:25:45
6	Steve Winslow	55	2:26:00
7	Ed Ledda	53	2:27:32
8	Michael Collins	52	2:28:06
9	Bill Marzano	57	2:33:33
10	Eric Meredith	55	2:33:57

FEMALE AGE GROUP: 50 - 59

1	Ingrid Hylkema	52	2:40:59
2	Suzann Kimak	54	3:00:50
3	Kim Kilmartin	56	3:03:20
4	Trish Vantucci	50	3:03:51
5	Michelle Leary	50	3:06:03
6	Kim Manion	50	3:09:11
7	Sally Peck	51	3:50:13
8	Jeryl Simpson	58	3:51:05

MALE AGE GROUP: 60 & OVER

1	Daniel Defrees	61	2:28:11
2	Robert Ketchell	60	2:38:19
3	Bob Gramling	60	2:42:17
4	David Karl	60	2:50:55
5	Mark Harmon	60	2:50:56

FEMALE AGE GROUP: 40 & OVER

1	Stephanie Landy	56	2:33:59
2	Tamara Tarbell	52	2:34:09
3	Kristen McCitelli-Heath	40	2:43:47
4	Helene Schmid	45	2:44:44

MOUNTAIN BIKE - SPORT

MALE AGE GROUP: 29 & UNDER

1	Aaron Girard	29	2:31:11
2	Paul Allison	29	2:35:04
3	Joe Burke	20	2:38:55
4	John Paul Donohue	19	2:44:45
5	Garrett Lasch	20	2:45:55
6	Luke Debrita	29	2:45:57
7	Adam Scholten	27	2:46:24
8	Phil Gardone	29	2:47:34
9	Leif Ostrum	19	2:49:35
10	Mark Leskovec	26	2:57:08

FEMALE AGE GROUP: 39 & UNDER

1	Mandy Forshaw	30	2:46:15
2	Jeanie Sauter	24	3:03:57
3	Shannon Thomarie	39	3:07:42
4	Sarah Hoffman	38	3:08:47
5	Alison Desieno	31	3:14:15
6	Elizabeth Allison	31	3:18:52
7	Madeline Welch	21	3:19:43
8	Jenna Shephard	29	3:49:14
9	Ann Flower Seyse	30	4:06:14

MALE AGE GROUP: 30 - 39

1	Justin Deming	38	2:25:41
2	Q Jones	38	2:25:44
3	Charles Lobosco	38	2:26:00
4	Chris Richard	32	2:29:39
5	Toby Heath	38	2:33:51
6	Jim Wallace	38	2:38:12
7	Shawn Hall	36	2:39:41
8	Wayne Plumadore	32	2:39:47
9	Scott Hopke	36	2:42:00
10	Jay North	33	2:42:17

MALE AGE GROUP: 40 - 49

1	Nathan Uhlig	43	2:24:28
2	Ted Dennee	49	2:27:54
3	Lance Law	47	2:28:40
4	James Lasch	47	2:36:41
5	Mark Padoleski	42	2:39:04
6	Darren Kupinski	43	2:41:26
7	James Putnam	49	2:41:30
8	Christian Augliera	42	2:42:02
9	Chris Chapron	40	2:42:49
10	Mike Spirowski	43	2:42:51

FEMALE AGE GROUP: 40 - 49

1	Emily Flagg	42	2:53:15
2	Andrea Vantucci	48	3:03:51
3	Annette Fentress	49	3:35:08
4	Staci Evans	40	3:37:08

MALE AGE GROUP: 50 - 59

1	David Thornton	52	2:21:20
2	Joe Paterson	55	2:24:27
3	Rich Shade	51	2:24:31
4	Norman Cognetto	50	2:25:42
5	Michael Hodgman	59	2:25:45
6	Steve Winslow	55	2:26:00
7	Ed Ledda	53	2:27:32
8	Michael Collins	52	2:28:06
9	Bill Marzano	57	2:33:33
10	Eric Meredith	55	2:33:57

FEMALE AGE GROUP: 50 - 59

1	Ingrid Hylkema	52	2:40:59
2	Suzann Kimak	54	3:00:50
3	Kim Kilmartin	56	3:03:20
4	Trish Vantucci	50	3:03:51
5	Michelle Leary	50	3:06:03
6	Kim Manion	50	3:09:11
7	Sally Peck	51	3:50:13
8	Jeryl Simpson	58	3:51:05

MALE AGE GROUP: 60 & OVER

1	Daniel Defrees	61	2:28:11
2	Robert Ketchell	60	2:38:19
3	Bob Gramling	60	2:42:17
4	David Karl	60	2:50:55
5	Mark Harmon	60	2:50:56

21ST ANNUAL BLACK FLY CHALLENGE ADIRONDACK GRAVEL GRINDER continued

MALE AGE GROUP: 40 - 49

1	David Smith	46	2:24:47
2	Aaron Austin	42	2:30:35
3	Matthew Lovell	43	2:36:43
4	Rob Walsh	40	2:38:27
5	Paul Dittman	47	2:41:39
6	Michael Baker	41	2:42:24
7	Gordon Webster	47	2:45:51
8	Barry Cherney	49	2:53:51
9	Charles MacDougall	40	3:00:14
10	Joshua Katzman	40	3:11:34

MOUNTAIN BIKE - BEGINNER

MALE AGE GROUP: 29 & UNDER

1	AJ Beers	19	2:39:52
2	Morgan Donovan	24	2:59:01
3	Paul Nolan	25	3:09:51
4	Evan Newbold	22	3:16:16
5	Brian Guntharp	20	3:22:42
6	Stephen Schappert	23	3:26:51
7	Glen Cappozzo	28	3:30:47
8	David Hyman	26	3:31:02
9	Leigh Vanvolkenburg	24	3:40:14
10	John Mierek	28	4:07:55

18TH ANNUAL KINDERHOOK BANK OK-5K ROAD RACE *continued*

MALE AGE GROUP: 50 - 54				MALE AGE GROUP: 75 - 79			
1 John Stadlander	50	Clifton Park	16:36	1 Jim Hotaling	75	Niverville	28:55
2 Ryan Mitchell	50	Troy	17:43	2 Ed Simonsen	79	Valatie	35:51
3 Mark Stephenson	52	Esperance	17:57	3 Robert Clark	78	Valatie	42:11
FEMALE AGE GROUP: 50 - 54				MALE AGE GROUP: 80 - 84			
1 Anne Benson	51	Clifton Park	20:44	1 Wade Stockman	81	Rensselaer	30:21
2 Nancy Nicholson	54	Queensbury	21:40	2 Joe Kelly	82	Albany	38:08
3 Ann Birckmayer	50	Kinderhook	26:11	3 Daniel Wellner	82	Hillsdale	42:12
MALE AGE GROUP: 55 - 59				FEMALE AGE GROUP: 80 - 84			
1 Thomas Dalton	58	Schenectady	18:16	1 Anny Stockman	84	Rensselaer	38:39
2 Vladimir Ilin	58	Albany	18:44	RACEWALK: MALE			
3 Jon Weilbaker	57	Saratoga Springs	19:28	1 Don Lawrence	56	Valatie	32:10
FEMALE AGE GROUP: 55 - 59				RACEWALK: FEMALE			
1 Nancy Taormina	57	Albany	21:43	1 Meaghan Podlaski	18	Schenectady	25:40
2 Karen Gerstenberger	58	Albany	24:35	2 Eileen Hendrickson	57	Mineola	43:52
3 Robin Soller	58	New Hampton, NH	27:29	3 Linda Abbott	69	Watervliet	51:37
MALE AGE GROUP: 60 - 64				OK-1 RUN (KIDS' ONE-MILER)			
1 Mike Fazoli	64	Wynantskill	21:08	MALE OVERALL			
2 Raymond Scaringe	62	Clifton Park	21:27	1 Jared Bruns	9	East Nassau	6:39
3 Glen Tryson	63	Malden Bridge	23:37	FEMALE OVERALL			
FEMALE AGE GROUP: 60 - 64				1 Karina Lezama	8	Ghent	7:40
1 Joy Devries	62	Delmar	24:10	MALE AGE GROUPS			
2 Erika Oesterle	64	Stamford	24:50	1 Gavin DiOrio	4	Valatie	11:17
3 Marianne Ellison	62	Hopewell Junction	34:50	1 Jack Shanahan	5	Mineola	14:03
MALE AGE GROUP: 65 - 69				1 Brayden Skoda	6	Craryville	8:35
1 Dave Glass	69	Glenville	21:11	1 Jonah Leonidas	7	Castleton	7:48
2 Lenny Collins	67	Valatie	21:43	1 Maxwell Johnson	8	Nassau	7:37
3 Joseph Aliberti	66	Voorheesville	23:58	1 Gabriel Kalisz	9	Canaan	6:55
FEMALE AGE GROUP: 65 - 69				1 Cody Cavagnaro	11	Schodack Landing	7:34
1 Martha DeGrazia	65	Slingerlands	24:54	1 Jack Altman	12	Kinderhook	8:38
2 Betty Bellino	66	East Greenbush	30:24	FEMALE AGE GROUPS			
3 Suzanne Nealon	66	Miami, FL	31:20	1 Abigail Meissner	4	East Nassau	9:58
MALE AGE GROUP: 70 - 74				1 Allyssa Kopec	6	Stuyvesant Falls	10:06
1 James Israel	71	Brooklyn	35:03	1 Lila Meissner	7	East Nassau	8:21
2 Raymond Lee	74	Halfmoon	37:58	1 Mason Meredith	8	Kinderhook	8:53
3 Bob Ricketson	70	Coxsackie	41:24	1 Grace Pizza	9	Kinderhook	8:03
FEMALE AGE GROUP: 70 - 74				1 Grace Landry	10	Valatie	8:14
1 Alice Mensehing	72	Voorheesville	42:49	1 Breonica Miller	12	Valatie	12:55
2 Lois Taylor	71	Kinderhook	56:32	<i>Courtesy of Kinderhook Runners</i>			

WHIPPLE CITY 5K & 10K RACES

June 11, 2016 • Greenwich Middle School, Greenwich

5K RUN				MALE AGE GROUP: 35 - 39			
MALE OVERALL				1 Joshua Parent	35	Hoosick Falls	29:45
1 Thomas Ford Jr.	29	Mechanicville	19:49	2 Aaron Stutzman	35	West Kingston, RI	38:40
2 Casey Brown	18	Saratoga Springs	20:07	FEMALE AGE GROUP: 35 - 39			
3 Mike Smith	52	Argyle	20:20	1 Kendra Farstad	36	Greenwich	26:39
FEMALE OVERALL				2 Kathleen Moore	35	Manchester, VT	30:22
1 Christine Natalie	30	Arlington, VT	22:59	3 Jamie Parent	35	Hoosick Falls	36:13
2 Alex Koltun	29	Gansevoort	25:10	MALE AGE GROUP: 40 - 44			
3 Allison Fabian	43	Granville	25:37	1 Scott Stewart	40	Greenwich	20:40
MALE AGE GROUP: 1 - 14				2 Michael White	44	Greenwich	25:51
1 Cody Belden	13	Greenwich	22:48	3 Jeff Fosmire	43	Argyle	29:11
2 Matthew White	11	Greenwich	25:02	FEMALE AGE GROUP: 40 - 44			
3 Andres Palacios	11	Greenwich	25:55	1 Olga Locke	44	Greenwich	27:57
FEMALE AGE GROUP: 1 - 14				2 Sarah Wade	40	Greenwich	28:47
1 Marley Smith	13	Greenwich	26:21	3 Kristie Fosmire	42	Argyle	36:34
2 Danielle Boyea	11	Greenwich	26:36	MALE AGE GROUP: 45 - 49			
3 Madison Taylor	14	Salem	43:46	1 John Smith	45	Greenwich	29:50
MALE AGE GROUP: 15 - 19				2 Duane Culbertson	49	Greenwich	40:55
1 Michael Smith	18	Greenwich	26:40	FEMALE AGE GROUP: 45 - 49			
2 Daniel Miller Minkel	17	Greenwich	27:10	1 Courtney Moriarta	47	Greenwich	25:51
3 Mikoy Fosmire	16	Fort Edward	28:17	2 Kim Eisler	49	Ballston Spa	26:10
FEMALE AGE GROUP: 15 - 19				3 Jackie White	49	Greenwich	28:05
1 Morgan Hulbert	18	Cadyville	29:28	MALE AGE GROUP: 50 - 54			
2 Laurel Becker	18	Greenwich	29:30	1 Bryan Crosier	51	Argyle	20:20
3 Blythe Kelleher	17	Greenwich	29:35	2 Chris Lincoln	54	Greenwich	24:51
MALE AGE GROUP: 20 - 24				3 Thomas Ford Sr.	52	Stillwater	27:11
1 Cori Winch	21	Greenwich	22:11	FEMALE AGE GROUP: 50 - 54			
FEMALE AGE GROUP: 20 - 24				1 Valerie Milonovich	51	Greenwich	27:28
1 Allison Accetella	20	Saratoga Springs	29:23	2 Tammara Van Ryn	52	Greenwich	27:58
2 Haley Omasta	22	North Bennington, VT	30:22	3 Jacqueline Orr	53	Loudonville	28:15
MALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 55 - 59			
1 Trey Bodkin	27	Saratoga Springs	28:02	1 Susan Doran	56	Fort Edward	45:49
2 Darwin Li	26	Greenwich	34:34	MALE AGE GROUP: 60 - 64			
FEMALE AGE GROUP: 25 - 29				1 Jim Stacy	61	Hoosick Falls	24:35
1 Shauna Monroe	27	Schuylerville	30:49	2 Alan Leake	64	Bennington, VT	30:23
MALE AGE GROUP: 30 - 34				3 Dan Moellman	64	Saratoga Springs	30:55
1 Mark Kapitan	33	Cambridge	22:50	FEMALE AGE GROUP: 60 - 64			
2 Dylan Lynn	30	Cambridge	24:02	1 Hollys Kozlowski	61	Valley Falls	27:04
3 Grady King	31	North Bennington, VT	35:43	2 Sandy Hyde	60	Hoosick Falls	31:02
FEMALE AGE GROUP: 30 - 34				3 Lisa Hall	60	Schuylerville	33:39
1 Holly Kaiser	33	Binghamton	28:22	10K RUN			
2 Megan Harrington	31	Cambridge	30:11	1 George Duman	20	Ballston Spa	40:36
3 Emily Miller	34	Greenwich	32:39	2 Wayne Fosmire	49	Fort Edward	52:51
				3 Ron Arroyo	38	Saratoga Springs	53:34

WHIPPLE CITY 5K & 10K RACES *continued*

FEMALE OVERALL				FEMALE AGE GROUP: 40 - 49			
1 Daniele Cherniak	54	Cohoes	49:21	1 Gail Todd	45	Greenwich	56:55
2 Kris Eastman	47	Salem	54:04	2 Deb Stone	46	Fulton	1:09:46
3 Megan Davis	33	Argyle	55:25	3 Christina Smith	43	Granville	1:12:30
MALE AGE GROUP: 1 - 19				MALE AGE GROUP: 50 - 59			
1 Kyra Gee	14	Granville	56:53	1 Philip Spiezio	51	Greenwich	55:14
FEMALE AGE GROUP: 20 - 29				2 Jeffrey Martin	52	Amsterdam	1:12:30
1 Sarah Brown	22	Granville	1:16:02	FEMALE AGE GROUP: 50 - 59			
MALE AGE GROUP: 30 - 39				1 Kimerer LaMothe	52	Granville	56:55
1 Logan Bouchard	36	Greenwich	57:24	2 Sonya Mulder	53	Greenwich	1:02:31
FEMALE AGE GROUP: 30 - 39				3 Linda Carignan	50	Schenectady	1:12:07
1 Katherine Sausville	39	Greenwich	1:08:01	MALE AGE GROUP: 60 - 69			
MALE AGE GROUP: 40 - 49				1 John Webber	61	Ballston Spa	54:09
1 Michael Fosmire	48	Fort Edward	1:01:19	<i>Courtesy of Greater Greenwich Chamber of Commerce</i>			
2 Darrell Everts	47	Schenectady	1:05:02				
3 Edward Rolfe Jr.	40	Watervliet	1:07:32				

STRIDES 4 STRIDE 5K RACE

June 11, 2016 • Riverfront Park/Corning Preserve, Albany

MALE OVERALL				FEMALE AGE GROUP: 40 - 44			
1 Corey McCoy	45	Menands	19:04	1 Muriel Church	44	East Greenbush	26:06
2 Brian Borden	52	Altamont	20:12	2 Kathy Sprague	41	Clifton Park	29:37
3 Steve Hanagan	49	Ballston Lake	20:21	3 Jennifer Pizza	42	Hudson	29:49
FEMALE OVERALL				MALE AGE GROUP: 45 - 49			
1 Michelle Davis	27	Watervliet	20:50	1 Michael Taglione	48	Albany	22:52
2 Kristie Pageau	25	Rensselaer	20:58	2 Mark Giovannone	46	Latham	26:45
3 Sarah Popovics	27	Schenectady	21:36	3 John Bachandouris	48	Rensselaer	29:42
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 45 - 49			
1 Tyler Woodbury	10	Hancock, MA	25:23	1 Mindy Fairchild	45	Averill Park	23:59
2 Nicholas Wright	13	Ballston Spa	26:52	2 Miriam Hardin	49	Albany	28:45
3 Adam Riley	14	East Greenbush	28:05	3 Alexandra Berthiaum	46	Mechanicville	29:59
FEMALE AGE GROUP: 1 - 14				MALE AGE GROUP: 50 - 54			
1 Camdyn Erweil	11	Rensselaer	27:19	1 Mike Ironside	52	Rexford	23:17
2 Sophie Church	14	East Greenbush	27:34	2 Tom Mack	51	Wynantskill	23:24
3 McKenna Erweil	14	Rensselaer	28:07	3 Jeff Seckinger	53	Rensselaer	26:36
MALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 50 - 54			
1 Sean Peters	19	Hinsdale, MA	21:24	1 Kathleen Dougherty	52	Troy	25:40
2 Andrew Tucker	15	West Sand Lake	21:30	2 Sue Cleary	52	Albany	26:08
3 Nicholas John	17	Schenectady	23:10	3 Tracy Bayley	51	Clifton Park	26:46
FEMALE AGE GROUP: 15 - 19				MALE AGE GROUP: 55 - 59			
1 Anna Craig	15	Watervliet	33:12	1 Richard Peters	56	Hinsdale, MA	23:45
2 Leanna Golden	17	Troy	33:44	2 Mike Corbett	55	Clifton Park	31:16
3 Morgan Phillips	16	Albany	40:31	3 Edward O'Neill	59	Watervliet	31:39
MALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 55 - 59			
1 Ben Wilson	22	Slingerlands	30:44	1 Alston Peters	55	Hinsdale, MA	24:15
FEMALE AGE GROUP: 20 - 24				2 Nancy Splonskowsky	58	Niskayuna	24:51
1 Nicolette Dimura	20	East Greenbush	23:38	3 Marlyse Folmsbee	58	Chatham	29:08
2 Kinley Sinkus	20	Niskayuna	29:14	MALE AGE GROUP: 60 - 64			
3 Antigona Beshello	21	Albany	29:00	1 Brian Hassett	61	Clifton Park	26:58
MALE AGE GROUP: 25 - 29				2 Paul Gavrity	63	New Lebanon	34:00
1 Christopher Leavitt	28	Schenectady	20:52	FEMALE AGE GROUP: 60 - 64			
2 Mark McDonald	28	Albany	21:18	1 Myriam Santos	62	Mechanicville	26:18
3 Joe Hart	25	Troy	27:27	2 Gail Hein	64	Altamont	34:33
FEMALE AGE GROUP: 25 - 29				3 Terry Cuomo	62	Glenville	36:15
1 Tara Joyce	27	Altamont	23:59	MALE AGE GROUP: 65 - 69			
2 Lauren Williams	26	Troy	24:05	1 James Delorenzo	65	Clifton Park	29:41
3 Allison Hicks	27	Albany	27:01	2 Robert West	65	East Greenbush	34:20
MALE AGE GROUP: 30 - 34				3 Joseph Hein	66	Altamont	34:55
1 Jason Breslin	31	Latham	22:56	FEMALE AGE GROUP: 65 - 69			
FEMALE AGE GROUP: 30 - 34				1 Cissie West	65	East Greenbush	35:26
1 Rebecca Tennyson	33	Troy	21:48	MALE AGE GROUP: 70 - 74			
2 Amber Hooper	31	Glenville	23:54	1 David Delorenzo	74	Scotia	34:14
3 Valentina Zubareva	33	Waterford	26:55	FEMALE AGE GROUP: 70 - 74			
MALE AGE GROUP: 35 - 39				1 Susan Fasset	71	Ballston Spa	39:52
1 Michael Miller	37	Watervliet	21:38	MALE AGE GROUP: 75 - 79			
2 Steve Bravo	36	Saratoga Springs	22:52	1 Ralph Santos	75	Mechanicville	29:59
3 Shawn Caldwell	36	Rensselaer	23:09	2K AWARENESS WALK & ROLL			
FEMALE AGE GROUP: 35 - 39				MALE OVERALL			
1 Theresa Loomis	38	Waterford	23:37	1 Steven Ferro	26	Cheshire, MA	13:48
2 Rea Weaver	37	Niskayuna	28:32	2 Stephen Onley	29	Halfmoon	14:14
3 Meghan Holligan	36	Alexandria, VA	28:51	3 Derek Gallo	22	Schenectady	15:17
MALE AGE GROUP: 40 - 44				4 Stefon Stilwell	25	Ballston Spa	15:36
1 Jeremy Denton Sr.	40	Clifton Park	22:07	5 Luke Wilson	22	Slingerlands	21:47
2 Scott Garbin	41	Cohoes	23:49	FEMALE OVERALL			
3 Richard Baker	42	Rensselaer	25:08	1 Niomi Clark	31	Ashfield, MA	15:59
				2 Mare Whitney	60	Wynantskill	30:42

Courtesy of STRIDE Adaptive Sports

Where Top U.S. Athletes Gather in September

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RACE RESULTS

12TH ANNUAL GREAT ADIRONDACK TRAIL RUN June 11, 2016 • The Mountaineer, Keene Valley

11.5M, 3200FT VERTICAL MOUNTAIN RUN			
MALE OVERALL			
1	Tim Reynolds	29	1:38:52
2	Jacob Malcomb	28	1:41:43
3	Juergen Uhl	31	1:42:08
FEMALE OVERALL			
1	Sarah Keyes	31	1:48:59
2	Carly Wynn	23	1:58:56
3	Elizabeth Izzo	24	2:08:24
MALE AGE GROUP: 1 - 19			
1	Ben Longenbach	17	2:24:04
MALE AGE GROUP: 20 - 29			
1	Liam Davis	23	1:53:28
2	Lucas Milliken	25	1:54:15
3	Matt McClelland	29	1:54:41
4	Tim Ela	26	1:56:42
5	Kolby Ziemendorf	24	2:00:07
6	Zander McClelland	24	2:07:16
7	Paul Smith	27	2:10:54
8	Sam Longenbach	20	2:12:09
9	Thibault Mitermite	29	3:16:59
FEMALE AGE GROUP: 20 - 29			
1	Katie Hoar	27	2:23:37
2	Catherine Zarnofsky	23	2:25:10
3	Sophie McClelland	26	2:39:56
4	Janey McClelland	25	2:39:56
5	Kate Barton	29	2:39:56
6	Mackenzie Doyle	25	2:42:25
7	Anna Rabideau	22	2:56:40
8	Antonia Perez	24	3:22:40
MALE AGE GROUP: 30 - 39			
1	Matt Cook	37	2:05:22
2	Marc Conti	37	2:10:14
3	Jeff Erenstone	39	2:11:06
4	Erin Gruet	34	2:12:21
5	Kyle Smith	39	2:13:35
6	Patrick Dougherty	32	2:17:23
7	Matt Hosmer	34	2:20:20
8	Drew Haas	37	2:21:29
9	Benjamin Lemerle	30	2:24:08
10	John Mackenzie	35	2:26:35
39	Michael Taptick	34	2:28:41
23	Mark Spiers	35	2:53:27
12	Ian Hamelin	38	2:59:41
16	Alan Gilbert	37	3:15:15
FEMALE AGE GROUP: 30 - 39			
1	Sarah Roth	33	3:01:50
2	Valerie Meausoone	30	3:16:59
3.5M BAXTER MOUNTAIN FUN RUN			
MALE OVERALL			
1	Karl Schulz	18	23:22
2	Joseph Wilson	15	27:37
3	Scott Schulz	16	27:48
FEMALE OVERALL			
1	Aisha Young	40	29:01
2	Sophie Nardelli	15	29:09
3	Lindsay Malcolm	27	29:57
MALE AGE GROUP: 1 - 13			
1	Van Ledger	13	29:15
2	Max Flanagan	11	32:22
3	Matthew Servin	11	32:47
MALE AGE GROUP: 40 - 49			
1	Jason Fiegl	42	2:01:16
2	Jon Servine	49	2:15:08
3	Robert McCann	40	2:18:36
4	Bill Hoffman	49	2:25:17
5	Thomas Lusignan	46	2:27:22
7	Marc Scrivener	46	2:43:58
8	Owen Banks	48	2:59:54
9	Bryan Dunn	46	3:05:55
FEMALE AGE GROUP: 40 - 49			
1	Katharine Phares	47	2:29:18
2	Becky Johnson	40	2:31:40
3	Justyna Babcock	43	2:37:27
4	Autumn Cyr	40	3:52:32
MALE AGE GROUP: 50 - 59			
1	Mark Youndt	50	2:20:01
2	Alistair Fraser	50	2:27:19
3	Nick Yardley	51	2:37:08
4	Kort Longenbach	53	2:38:09
5	Peter Sage	50	2:47:37
6	Jim Shimberg	57	3:01:51
7	Neil Wheelwright	58	3:06:16
8	Scott Henricks	52	3:09:13
9	Norwood Styles	52	3:20:46
FEMALE AGE GROUP: 50 - 59			
1	Laura Nardelli	56	2:35:31
2	Hillary Ryan-Rusch	52	3:13:07
MALE AGE GROUP: 60 - 69			
1	Charles Cowan	63	2:22:10
2	Jim Pugh	65	2:29:42
3	Robbie Barnett	66	2:39:40
4	Paul Muessig	66	2:41:25
5	Charles Eaton	63	3:29:52
FEMALE AGE GROUP: 60 - 69			
1	Winnie Simpson	57	34:02
2	Marie Rosenblatt	56	37:52
3	Jen Kuzmich	57	44:05
MALE AGE GROUP: 70 - 79			
1	Lanse Stover	63	31:54
2	Charles McGuire	66	45:17
3	Peter Pendergrass	62	52:25
FEMALE AGE GROUP: 70 - 79			
1	Nancy Battaglia	62	37:58
2	Teri Pendergrass	62	52:25
3	Karen Murphy	63	58:01
MALE AGE GROUP: 80 - 89			
1	Eduardo Munoz	73	43:18

Courtesy of The Mountaineer

5K TRIPLE CROWN SERIES IN HISTORIC JOHNSTOWN *continued*

FEMALE AGE GROUP: 50 - 59			
1	Diana Schwartz	51	Fort Plain 1:21:40
2	Jennifer Ligon	50	Gloversville 1:44:03
3	Elizabeth Mowrey	57	Caroga Lake 1:46:03
MALE AGE GROUP: 60 - 69			
1	Chester Tumidajewicz	61	Amsterdam 1:16:50
2	Terry Smith	68	Galway 1:18:52
3	Robert Fairman	69	Johnstown 1:25:27
FEMALE AGE GROUP: 60 - 69			
1	Marily Fairman	69	Johnstown 1:41:58
MALE AGE GROUP: 70 - 79			
1	Jim Bode	77	Gloversville 1:29:31
FEMALE AGE GROUP: 70 - 79			
1	Joan Boehme	76	Broadalbin 2:33:37

Courtesy of St. Mary's Healthcare Amsterdam

6TH ANNUAL HUDSON CROSSING TRIATHLON June 12, 2016 • Hudson Crossing Park, Schuylerville

500YD SWIM, 12M BIKE, 5K RUN			
MALE OVERALL			
1	Tim Russell	27	57:41
2	Kristofer Johnson	44	59:58
3	Carl Regenauer	51	1:01:29
FEMALE OVERALL			
1	Kirsten Cestaro	41	1:12:11
2	Ann Marie Moskal	36	1:12:19
3	Kristen Hislop	52	1:12:43
FEMALE AGE GROUP: 10 - 14			
1	Corinne Pepper	14	1:31:58
2	Jillian Richards	12	1:41:19
3	Natasha Sheffer	13	1:43:01
MALE AGE GROUP: 15 - 19			
1	Patrick Broderick	18	1:15:52
2	Danny DeGennaro	18	1:38:01
FEMALE AGE GROUP: 15 - 19			
1	Jordyn Sommo	16	1:23:07
2	Alyssa Gardiner	19	1:25:00
3	Caitlyn Gardiner	19	1:25:00
MALE AGE GROUP: 20 - 24			
1	Norman Van Diest	22	1:08:15
2	Michael Carenza	22	1:10:08
3	Marshall Klee	22	1:14:49
FEMALE AGE GROUP: 20 - 24			
1	Rachael Degnan	23	1:29:29
2	Jean Brownell	21	1:32:24
MALE AGE GROUP: 25 - 29			
1	Benjamin Cohen	26	1:10:18
2	Mark Walling	29	1:14:07
3	Noah Monge	26	1:14:09
FEMALE AGE GROUP: 25 - 29			
1	Ashley Wheeler	25	1:14:27
2	Stephanie MacArthur	28	1:20:42
3	Katie Kurtessis	27	1:20:55
MALE AGE GROUP: 30 - 34			
1	Sean Smith	33	1:05:30
2	Charles Lester IV	34	1:07:46
3	Marc Miranda	34	1:12:11
FEMALE AGE GROUP: 30 - 34			
1	Laura Hotchkiss	34	1:17:57
2	Alexandra Besso	30	1:20:36
3	Billie Jo Smith	33	1:21:01
MALE AGE GROUP: 35 - 39			
1	Michael Cooley	37	1:03:20
2	Jeremy McNamara	37	1:08:15
3	Daniel Forgett	38	1:10:13
FEMALE AGE GROUP: 35 - 39			
1	Jessie Sangster	35	1:21:48
2	Abby Watson	37	1:22:44
3	Jenny Debellis	38	1:23:32
MALE AGE GROUP: 40 - 44			
1	Jason Kenny	42	1:05:06
2	Brian Cestaro	43	1:05:20
3	Vincent Cooper	43	1:06:08
FEMALE AGE GROUP: 40 - 44			
1	Kerri Thomas	41	1:15:01
2	Jodi Plante	42	1:16:34
3	Stacie Waters	40	1:23:55
MALE AGE GROUP: 45 - 49			
1	Patrick Sommo	49	1:05:49
2	Ray Liuzzo	46	1:17:27
3	Michael Carpenter	48	1:19:03
FEMALE AGE GROUP: 45 - 49			
1	Deb Valois	45	1:31:57
2	Heidi Brownell	49	1:35:33
3	Shandra Hayes	49	1:39:03
MALE AGE GROUP: 50 - 54			
1	Timothy Kirch	52	1:13:22
2	Chris McNally	51	1:14:34
3	Kenneth Lane	51	1:16:38
FEMALE AGE GROUP: 50 - 54			
1	Theresa Newton	51	1:20:55
2	April Montgomery	53	1:26:21
3	Allison Pouliot	53	1:35:36
MALE AGE GROUP: 55 - 59			
1	Mike Veeder	56	1:11:22
2	Robert Wither	56	1:12:05
3	Brian Wiersma	57	1:22:37
FEMALE AGE GROUP: 55 - 59			
1	Mary Duprey	57	1:13:08
2	Susan Matthews	57	1:17:11
3	Deborah Curtis	56	1:29:52
MALE AGE GROUP: 60 - 64			
1	Howard Herrington	64	1:13:23
2	John Denio	62	1:15:05
3	Leo Schowalter	63	1:23:35
FEMALE AGE GROUP: 60 - 64			
1	Margaret Phillips	63	1:28:04
2	Liz Argotsinger	62	1:35:46
3	Trish Roeser	62	1:41:22
MALE AGE GROUP: 65 - 69			
1	Glenn Schaeff	66	1:35:39
2	Thomas Hemans	65	1:57:52
FEMALE AGE GROUP: 65 - 69			
1	Christine McKnight	69	1:27:36
MALE AGE GROUP: 70 - 74			
1	Patrick Glover	70	1:24:49
2	Hugh Dunsheath	73	1:30:53
3	Douglas Kabat	70	1:43:34
MALE AGE GROUP: 75 - 79			
1	Stephen Mitchell	75	1:34:26
2	Robert Cheney	75	1:34:53
3	Armand Langevin	79	2:04:42

Courtesy of Green Leaf Racing

2ND ANNUAL GOOD KARMA 5K RUN • June 12, 2016 • The Crossings, Colonie

MALE OVERALL			
1	Justin Caron	17	Clifton Park 19:27
2	Nathan Taubkin	17	Clifton Park 20:57
3	Owen Klein	16	Delmar 21:01
FEMALE OVERALL			
1	Victoria Hathaway	21	Stillwater 20:35
2	Alexa Thompson	16	Schenectady 21:41
3	Christine Natalie	30	Jacksonville 23:14
MALE AGE GROUP: 1 - 14			
1	Ashutosh Yaligar	14	Watervliet 22:47
2	Suraj Kadajji	11	20:43
3	Anish Balakrishnan	11	33:56
FEMALE AGE GROUP: 1 - 14			
1	Faith Borkowski	12	Schenectady 26:59
2	Kanakaharini Byraju	14	Watervliet 33:47
3	Aira Agarwal	14	Wynantskill 39:42
MALE AGE GROUP: 15 - 19			
1	Jeremy Gundrum	15	West Sand Lake 21:06
2	Sankar Muthukumar	19	Schenectady 23:52
3	Gautam Salgam	15	Albany 32:35
FEMALE AGE GROUP: 15 - 19			
1	Anna Wiedmann	15	Clifton Park 23:27
2	Meghana Caron	15	Clifton Park 24:24
3	Eve Schoen	16	Clifton Park 24:42
MALE AGE GROUP: 20 - 24			
1	Andrew Fishlinger	23	Albany 22:55
2	Siddhasth Jundasam	21	25:22
FEMALE AGE GROUP: 20 - 24			
1	Pam Eistertz	23	Albany 27:51
2	Kranthi Gopalam	23	Albany 36:14
MALE AGE GROUP: 25 - 29			
1	Zamiyad Dar	28	Troy 25:53
2	Russell Brown	27	Schenectady 28:41
3	Robert Brown	26	Glens Falls 29:22
FEMALE AGE GROUP: 25 - 29			
1	Molly Stieber	27	Rensselaer 26:25
2	Cally Tam	27	New York 38:21
3	Sravya Tirumalsetti	26	Albany 42:27
MALE AGE GROUP: 30 - 34			
1	Bhageerath Reddy	33	Niskayuna 24:55
2	Paul Ardis	33	Schenectady 25:22
3	Joseph Pianella	33	Castleton 26:31
FEMALE AGE GROUP: 30 - 34			
1	Priyameena Manoharan	32	Mechanicville 32:36
2	Tiffany Smith	34	Schenectady 35:33
3	Karen Stuto	34	40:08
MALE AGE GROUP: 35 - 39			
1	Jason Winkler	37	Schenectady 24:04
2	Matthew Letteer	37	Latham 24:47
3	Oral Willis	37	25:16
FEMALE AGE GROUP: 35 - 39			
1	Courtney Rickert	38	Albany 26:15
2	Jill Durant	39	Cohoes 27:16
3	Lakshmi Kaanumalle	38	Schenectady 30:10
MALE AGE GROUP: 40 - 44			
1	Ravi Yaligar	44	Watervliet 25:10
2	Nikhil Koratkar	42	Clifton Park 25:15
3			

2ND ANNUAL GOOD KARMA 5K RUN continued

FEMALE AGE GROUP: 45 - 49				FEMALE AGE GROUP: 60 - 64					
1	Kim Scott	47	Malta	24:43	1	Evelyn Strifler	61	Jacksonville	43:29
2	Laurie Hathaway	48	Stillwater	28:33	2	Alka Wadhwa	60	Albany	1:00:42
3	Kathleen Gundrum	47	West Sand Lake	33:56	3	Nalini Madiwale	63	Schenectady	1:18:04
MALE AGE GROUP: 50 - 54				MALE AGE GROUP: 65 - 69					
1	Robert Sneeringer	53	Albany	28:57	1	Gary Scott	67		28:07
2	Muthumanickam Sankarapandian	54	Schenectady	34:54	2	Greg Rickes	66	Latham	29:13
3	Manoj Jain	50	Clifton Park	46:06	3	Manoj Shah	65	Albany	53:32
FEMALE AGE GROUP: 50 - 54				FEMALE AGE GROUP: 65 - 69					
1	Carol Brown	52	Glens Falls	31:38	1	Swatantra Mitta	68	Clifton Park	43:48
2	Kim Lockridge-Hetko	51	Troy	33:13	2	Sheela Kulkarni	68	Latham	1:01:58
3	Kathy Taubkin	53	Clifton Park	38:17	3	Kalpana Kaul	69	Latham	1:11:33
MALE AGE GROUP: 55 - 59				MALE AGE GROUP: 75 - 79					
1	David Klein	57	Delmar	25:43	1	Sudhir Kulkarni	77	Latham	1:03:41
2	David Brickman	58	Albany	28:52					
3	Bill Wassbach	59		29:52					
FEMALE AGE GROUP: 55 - 59				MALE AGE GROUP: 80 - 84					
1	Harriet Jaffe	56	Delmar	33:46	1	Richard Schumacher	83	Hoosick Falls	41:07
MALE AGE GROUP: 60 - 64									
1	Mark Regan	60	Queensbury	25:30					
2	Charles Curiano	61		27:26					
3	Gary Wadhwa	63		37:55					

Courtesy of AIM for Seva - Albany Chapter

THE RUN FOR HELP 5K RUN AGAINST DOMESTIC VIOLENCE

June 12, 2016 • Goff Middle School, East Greenbush

MALE OVERALL				FEMALE AGE GROUP: 35 - 39					
1	Richard Messineo	27	Albany	17:26	1	Michele Benyo	39	West Sand Lake	23:16
2	Dustin Chambers	14	Rensselaer	19:31	2	Kristy Wagner	39	Rensselaer	24:41
3	Mike Guilian	37	Pittsfield, MA	19:46	3	Sarah Flannery	38	Wynantskill	25:47
FEMALE OVERALL				MALE AGE GROUP: 40 - 44					
1	Melissa Maguire	43	Loudonville	22:10	1	Todd Robert	44	Nassau	21:54
2	Jordan Mangold	28	East Greenbush	22:23	2	Ralph Donato	42	Nassau	22:23
3	Rachel Toola	40	Rensselaer	22:36	3	Jamie Toohan	40	East Greenbush	27:50
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 40 - 44					
1	Jameson Burke	14	Troy	24:29	1	Brandi Albert	40	Nassau	26:32
2	Chase Hausler	10	East Greenbush	27:01	2	Lianne Pinchuk	40	Delmar	26:51
3	Nicholas VanVranken	12	Rensselaer	29:12	3	Mary Walsh	44	Albany	32:22
FEMALE AGE GROUP: 1 - 14				MALE AGE GROUP: 45 - 49					
1	Madeline Endres	12	East Greenbush	25:41	1	Chris Dericco	45	East Greenbush	24:11
2	Julie Burke	14	Troy	28:46	2	Rich Grace	48	East Greenbush	25:19
3	Akashi Walsh	12	Castleton	32:41	3	Mike Leonard	48	Castleton	55:14
MALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 45 - 49					
1	Logan Speed	16	Rensselaer	22:01	1	Beth Hart	49	East Greenbush	31:43
2	John Powhida	15	East Greenbush	22:07	2	Anna Fitch	45	Schenectady	31:57
3	Alec Matuszak	19	Schenectady	51:29	3	Felice Devine	46	Wynantskill	32:23
FEMALE AGE GROUP: 15 - 19				MALE AGE GROUP: 50 - 54					
1	Molly Rae Kane	15	Rensselaer	25:34	1	Steve Obermayor	54	Burnt Hills	27:35
2	Morgan Mitchell	18	Malta	30:12	2	Steve Hart	51	East Greenbush	29:52
3	Maddie Hart	17	East Greenbush	31:23	FEMALE AGE GROUP: 50 - 54				
MALE AGE GROUP: 20 - 24				1	Courtney Mahar	51	Rensselaer	25:01	
1	Adam Hulett	24	Castleton	50:23	2	Elisa Schneider	50	Troy	25:52
2	Jon Conover	23	Schenectady	50:41	3	Pamela Hart	54	East Greenbush	27:14
FEMALE AGE GROUP: 20 - 24				MALE AGE GROUP: 55 - 59					
1	Kelsey Hart	24	East Greenbush	24:31	1	Richard Kelly	59	Schenectady	21:30
2	Sarah Ward	24	Castleton	24:42	2	Michael Bromm	56	Valley Falls	23:13
3	Lauren Ward	20	Schenectady	47:59	3	Kurt Schlachter	59	Castleton	29:27
MALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 55 - 59					
1	Rob Mangold	29	East Greenbush	21:23	1	Dianne Hart	57	East Greenbush	28:50
2	Brian Marois	28	Troy	24:11	2	Lyn Lawton	59	Albany	30:23
3	Jim Devine	28	East Greenbush	25:03	3	Michell D	55	Troy	31:06
FEMALE AGE GROUP: 25 - 29				MALE AGE GROUP: 60 - 64					
1	Kathleen Blanchard	27	East Greenbush	23:57	1	Douglas Tucker	61	Rensselaer	27:19
2	Elizabeth Gadowski	28	Delmar	24:44	2	Charlie Blandreux	60	East Greenbush	29:48
3	Kendra Hart	25	East Greenbush	25:41	3	Jeffrey Blood	60	Troy	35:14
MALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 60 - 64					
1	Mike Robersky	34	East Greenbush	23:50	1	Joan Celentano	62	Schenectady	28:03
2	Emmanuel Korode	34	East Greenbush	27:07	2	Dawn Cogan	60	Rensselaer	43:11
FEMALE AGE GROUP: 30 - 34				MALE AGE GROUP: 65 - 69					
1	Corie Noel	34	Castleton	24:06	1	Stephen Chenette	66	East Greenbush	36:10
2	Danielle Giulian	30	Pittsfield, MA	29:26					
3	Cynthia Carter	33	Rensselaer	30:17					
MALE AGE GROUP: 35 - 39									
1	Michael Ruger	35	East Greenbush	20:16					
2	Matthew Flannery	37	Wynantskill	23:28					
3	Scott Galarneau	39	East Greenbush	32:18					

Courtesy of Family and Friends of Liza Ellen Warner & Nikki L. Hart

13TH ANNUAL LAKE PLACID MARATHON & HALF

June 12, 2016 • Olympic Speedskating Oval, Lake Placid

MALE OVERALL				MALE AGE GROUP: 25 - 29					
1	2:51:20	Ryan Gallagher	24	Langhorne, PA	1	3:09:17	Pierre-Olivier Jacques	27	Grand-Mère, QC
2	3:05:38	Matthew Tornaiainen	40	Fultonville	2	3:21:53	Jean-Philippe Miron	29	Montréal, QC
3	3:05:50	Sam Greenberg	18	New York	3	3:46:36	Devin Scott	26	Philadelphia, PA
4	3:06:20	Austin Huneck	21	Rexford	4	3:54:53	Jared Connell	27	East Syracuse
5	3:07:28	Jeff Lynch	41	Raleigh, NC	5	3:56:59	Eric Rickman	27	Baldwinsville
FEMALE OVERALL				FEMALE AGE GROUP: 25 - 29					
1	3:25:10	Joscelin Grizzetti	46	Morristown, NJ	1	3:45:22	Natalie German	28	Watertown, MA
2	3:28:28	Alicia Eno	38	Shrewsbury, MA	2	4:00:54	Hilary Therrien	29	St. Albans, VT
3	3:30:11	Abby Knight	24	Boston, MA	3	4:07:15	Amy Smith	25	Medford, MA
4	3:31:08	Devin Ford	24	Brooklyn	4	4:15:20	Anna Mitkevicius	27	Malden, MA
5	3:33:15	Emily Parsons	36	New York	5	4:17:32	Alex Lamparski	28	Bloomfield, CT
MALE AGE GROUP: 1 - 19				MALE AGE GROUP: 30 - 34					
1	3:30:23	Matthew Forshey	19	Scotia	1	3:18:14	Matthew Halladay	30	Rochester
FEMALE AGE GROUP: 1 - 19				2	3:26:30	Scott Baker	33	Waterville	
1	3:59:40	Phoebe Labat	19	South Orange, NJ	3	3:27:12	Edward Mulligan	33	Jersey City, NJ
MALE AGE GROUP: 20 - 24				4	3:36:53	Chad Scanlon	34	Forked River, NJ	
1	3:17:33	Dan Krzykowski	24	Delmar	5	3:43:26	Matthew Cassavaugh	34	Newark
2	3:43:30	Tom Cheevers	24	Rochester	FEMALE AGE GROUP: 30 - 34				
3	4:04:08	Stephen Lewis	21	West Stockholm	1	3:40:22	Amanda Yagel	31	Sunbury, PA
4	4:10:21	Alexander Howk	20	Wilton	2	3:46:52	Maureen Meredith	33	Baldwinsville
5	4:21:06	Mitchell Ratte	21	Egg Harbor Township, NJ	3	3:51:37	Amanda Irwin	33	Penn Yan
FEMALE AGE GROUP: 20 - 24				4	3:52:45	Lara Pheatt	32	New York	
1	3:56:33	Stacey Kindelan	24	Saratoga Springs	5	3:56:01	Gwendolyn Lyons	31	Watfield, VT
2	4:08:08	Jennifer Fabian	24	Clay	MALE AGE GROUP: 35 - 39				
3	4:11:13	Brittany Sharlow	24	Chaumont	1	3:08:15	Andrew Rastrick	38	New York
4	4:21:29	Elizabeth Boyer	24	Saratoga Springs	2	3:22:03	Stephen Rouleau	37	Nashua, NH
5	4:22:04	Meghan McGee	24	Mississauga, ON	3	3:26:35	Bryan Brodcock	36	Utica
					4	3:27:18	Steve Turcotte	38	Maskinongé, QC
					5	3:38:00	Frédéric Perreault	38	Granby, QC

continued

13TH ANNUAL LAKE PLACID MARATHON & HALF continued

FEMALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 25 - 29					
1	3:55:59	Katie Ka	37	Westborough, MA	1	1:35:25	Kristie Pageau	25	Rensselaer
2	3:57:38	Jennifer Alfieri	35	Baldwinsville	2	1:37:49	Erin McCorry	26	Bardonia
3	3:57:57	Kelli O'Laughlin	39	Jamaica Plain, MA	3	1:46:52	Elizabeth Hafer	25	Potsdam
4	3:58:08	Susan Patrignelli	39	Norwalk, CT	4	1:49:01	Marcie Jhong	25	Watertown
5	4:17:00	Angela Bissett	38	White Hall, MD	5	1:50:43	Michelle McKamey	29	Fort Drum
MALE AGE GROUP: 40 - 44				MALE AGE GROUP: 30 - 34					
1	3:09:06	Patrick Marcouiller	42	Montreal, QC	1	1:26:13	Louis King	33	Hogansburg
2	3:10:15	Jacob Hadden	41	Lake Placid	2	1:28:16	Trevor Gilligan	32	Lake Placid
3	3:25:06	Rick Whitford	41	Ottawa, ON	3	1:31:37	Sean Looney	32	Winthrop
4	3:34:25	Sal Puleo	44	Concord, NH	4	1:32:40	Dave Ames	34	Boston, MA
5	3:55:59	John Sullivan	44	Albany	5	1:32:43	Matt Lamonica	31	Hoboken, NJ
FEMALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 30 - 34					
1	3:57:15	Kimberly Cass	40	Baldwinsville	1	1:37:36	Maria Pavkovich	32	West New York, NJ
2	3:59:34	Lynne Holme	41	Bridgenorth, ON	2	1:41:45	Kate Briskie	33	Lake Placid
3	4:00:28	Melissa Gruver-Lapolt	43	New Paltz	3	1:42:00	Amanda Susser	34	Albany
4	4:16:32	Dawn Burdick	41	New Paltz	4	1:43:40	Dana Cooreman	32	New Hartford
5	4:17:22	Tara Murray	42	Delmar	5	1:44:46	Leslie Adams	34	Jamaica Plan, MA
MALE AGE GROUP: 45 - 49				MALE AGE GROUP: 35 - 39					
1	3:22:28	Shawn Duffy	45	London	1	1:33:19	Topher Zebrowski	36	Hoboken, NJ
2	3:24:02	Todd McAuley	47	Colonie	2	1:34:47	Brian Skorney	37	New York
3	3:24:31	Patrick Johnson	45	West Chester, PA	3	1:36:16	Jonathan Kiefer	36	Buffalo
4	3:26:08	William Law	45	Cibolo, TX	4	1:37:40	Julien Pelletier	37	
5	3:41:43	Steven Rosenberg	48	Fairfax, VA	5	1:39:44	AJ Tesoriero	39	Little Falls, NJ
FEMALE AGE GROUP: 45 - 49				FEMALE AGE GROUP: 35 - 39					
1	4:23:38	Catherine Forbes	47	Lake George	1	1:44:09	Colleen Porter	39	Lake Placid
2	4:45:20	Lisa Trapasso	46	Lancaster	2	1:44:32	Sarah Maxwell	38	Westborough, MA
3	4:48:36	Lenore Pemberton	46	Bronx	3	1:44:45	Lindsay Martin	35	Jamaica Plain, MA
4	5:07:20	Simone Bruemmer	47	White Plains	4	1:49:30	Tina Cukrovany	39	Rensselaer
5	5:13:25	Denise Ellis	46	Saint Louis, MO	5	1:49:31	Holli Nirsberger	39	Saratoga Springs
MALE AGE GROUP: 50 - 54				MALE AGE GROUP: 40 - 44					
1	3:17:54	Ghislain Foy	54	Pointe-Claire, QC	1	1:27:11	Michael Braggell	43	Colora, MD
2	3:33:20	Mark Chabot	53	Tingwick, QC	2	1:31:37	Chris Galaty	44	Keene Valley
3	4:06:44	Jim Dillenberger	52	Au Sable Forks	3	1:34:39	Michael Skutt	41	Lake Placid
4	4:06:51	Andy Lewis	51	Liverpool	4	1:34:47	Tyler Trumble	41	Fayetteville
5	4:12:40	Adam Jarrett	53	Old Tappan, NJ	5	1:36:42	Mando Garcia	44	Orlando, FL
FEMALE AGE GROUP: 50 - 54				FEMALE AGE GROUP: 40 - 44					
1	4:11:57	Lynn Brown	51	Rochester, NH	1	1:38:11	Tracy Spaulding	44	Moon Township, PA
2	4:39:26	Cheryl Paine-O'Connor	53	Webster	2	1:40:08	Jessica Levine	42	Montreal, QC
3	5:31:33	Leslie Smith	54	Manlius	3	1:40:49	Heidi Tyrrell	40	Newburyport, MA
MALE AGE GROUP: 55 - 59				FEMALE AGE GROUP: 45 - 49					
1	3:18:13	Rudy Afanador	57	Patchogue	1	1:41:11	Erin Gregory	40	Clifton Park
2	3:24:47	Jeff Stein	57	Winchester, MA	2	1:47:58	Julie Kelly	43	Essex Junction, VT
3	3:35:06	Rene Marcucci	57	East Moriches	MALE AGE GROUP: 45 - 49				
4	3:48:30	Jay Masten	57	Bohemia	1</				

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- Sports medicine & wellness organizations • Adventure travel • Travel & tourism agencies
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ADIRONDACK SPORTS

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