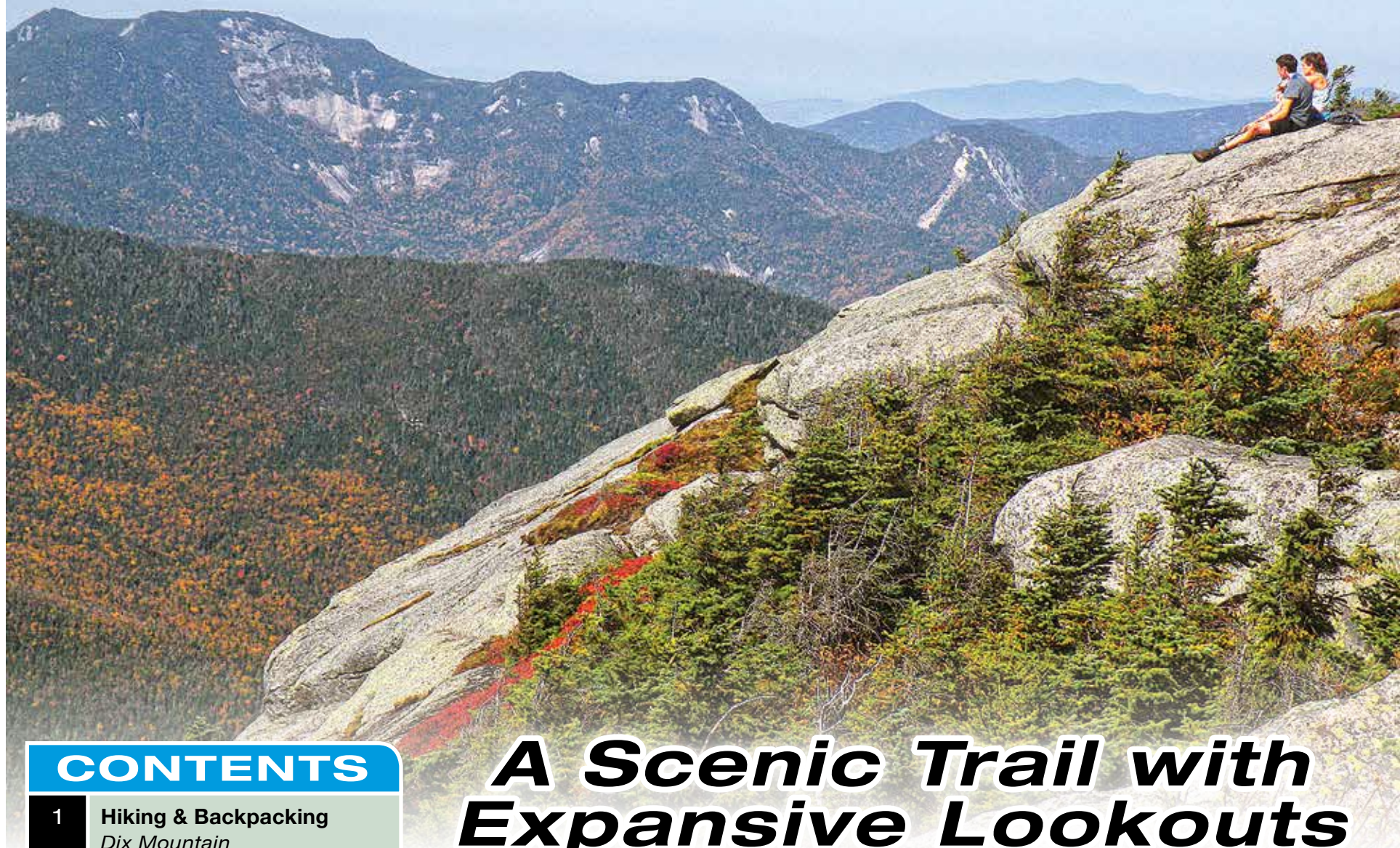


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## Hiking Dix Mountain



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## A Scenic Trail with Expansive Lookouts

By Bill Ingersoll

This trail is arguably the most scenic approach to Dix Mountain, the sixth highest peak in the High Peaks. Although it is nearly seven miles long, there are several attractive landmarks to enjoy along the way: Round Pond, the North Fork Boquet and its lean-to, and the brief traverse of Dix's northern slide. Although Bob Marshall and other hikers in the 1920s found cause for complaint in the condition of the trail after the twin fires of 1903 and 1913, many of those sins have been erased by the passage of time. The one fault that remains is the steepness that exists on the uppermost portion of the trail, above the slide.

### Getting There

The blue-marked foot trail begins on NY Route 73 in Chapel Pond Pass, on the southwest side of the highway 3.1 miles north of the "spaghetti intersection" of US Route 9 and Route 73, and 5.2 miles from Northway Exit 30. The small parking area is located 90 feet to the north of where the trail begins. The mountain is located roughly on the boundary between the towns of North Hudson and Keene.

### The Trail

From the parking area, follow the shoulder of the road to the start of the trail, which promptly begins climbing southeast up the shoulder of what was once known as Stony Hill. It reaches a saddle almost 200 feet above the road and then descends slightly to a junction within sight of Round Pond at 0.6-mile. The unmarked path left, south, leads in 0.1-mile to the only designated camping area on the pond. While the entire pond is scenic, the views of Giant Mountain from that location are quite good.

By all means, make the short side trip if you have the time. If you are planning to linger, note that Round Pond has been stocked with brook trout.

The main trail bears right at the junction and circles through the birch forest to Round's northern shore. Of all the Round Ponds in the Adirondack Park, this is one of the few in which the name is almost geometrically appropriate. The trail passes close around the shore, with numerous opportunities to enjoy the view. Spotted Mountain and Grace Peak are the distant summits to the south.

Eventually the trail pulls away from the pond's west end and begins a 0.8-mile, 550-foot climb to a saddle south of Round Mountain. Most of the forest on these slopes consists of hardwoods, and when the leaves are down there are decent glimpses back toward Rocky Peak Ridge. A level traverse then brings you to Noonmark Junction at 2.3 miles, a little more than an hour from the start. This is a four-way intersection located next to a small stream. To the right is the Old Dix Trail, which leads to Saint Huberts. Straight ahead leads to the summit of Noonmark.

The trail to Dix bears left, southwest, and leads within a few minutes to your first view of the North Fork Boquet. The next two miles of trail have no hills of note, just several little dips and rises. It is a very pleasant walk through the valley of the North Fork, with a forest cover that is more varied than what you've encountered so far. At times you are on a bank high above the small

▲ HIKERS REACHING THE DIX SUMMIT ARE REWARDED WITH THIS PERFECT VIEW OF GOTHICS.  
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		<b>WALK-UP REGISTRATION</b>	Friday, November 11, 2016 (last chance) 4-7 pm Schenectady YMCA
		<b>EARLY PACKET PICKUP</b>	Saturday, November 12, 2016 10 am–4 pm Fleet Foot Sports (Albany) (Children's Run registration only)
		<b>RACE DAY PACKET PICKUP &amp; BAGGAGE CHECK</b>	Sunday, November 13, 2016 7-8 am Schenectady YMCA

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KIM DONEGAN OF MALTA AT THE 2015 LEAF CRUNCHER. COURTESY OF GORE MOUNTAIN

# Leaves, Pumpkins and Fall Classics

*By Mona Caron*

**S**pectacular colors of red, orange and yellow will be your backdrop this racing season. Lace up your running shoes to enjoy the beautiful foliage and cooler weather. You'll reap the benefits from your summer training with these fall races.

On Saturday, October 1, you'll have your choice of pink ribbons, beer or a prize-filled trail race. First up is the 22nd annual **Susan G. Komen Race for the Cure 5K** at the Empire State Plaza in Albany. Starting and finishing on Madison Avenue at the NYS Museum, the course takes runners through downtown streets and Washington Park - similar to the old Freihofer's Run for Women route.

The race is a great way to support breast cancer research, screening and treatment of breast cancer in northeastern NY and nationally. In 1980, the five-year survival rate for women diagnosed with early stage breast cancer was about 74 percent. Today, that number is 99 percent. If you can't run, participate through the Two-Mile Family Walk, Kids for the Cure, or Sleep in for the Cure. For more info, go to: [komenneny.org](http://komenneny.org).

On the other side of town, you have the second annual **Oktoberfest 5K** at Wolf's Biergarten where you can run the streets of north Albany's warehouse district. Sign up and you'll receive a commemorative beer stein and a free beer to those 21 and over, refreshments, and free admission to the North Albany Oktoberfest.

The Oktoberfest course is a flat, out and back on North Pearl and Broadway. It's a fun party atmosphere, so gather your friends, form a team and run! A portion of the proceeds will benefit the Center for Disability Services, Ronald McDonald House, and the Epilepsy Foundation. To register: [oktoberfestalbany5k.com](http://oktoberfestalbany5k.com).

In the southeastern Adirondacks, also on October 1, is the **Leaf Cruncher 5K Trail Race** at Gore Mountain in North Creek. Check out this fun and family-oriented 5K, which includes a scenic ride aboard the Northwoods Gondola for every runner - perfect for peak foliage! The course is a combination of rolling cross-country trails and flat base area, with a few steeper spots within the wooded areas. The race is open to runners, hikers and walkers.

All participants can treasure hunt for prizes on the course, as well as be eligible for GREAT

raffle prizes following the race. Awesome awards for runners who place in numerous categories. If you're anxiously awaiting ski season, this is the race for you! Grab your friends and take advantage of this great value. Learn more at: [goremountain.com](http://goremountain.com).

On Saturday, October 8, celebrate the 10th anniversary of the **Falling Leaves 5K & Kids' Run** at William Kelley Park in Ballston Spa. Runners and walkers can enjoy the scenic course within the historic village of Ballston Spa. Participants can win generous gift certificates to local businesses including restaurants, Fleet Feet Sports and more. The first 200 to register receive a long-sleeve tech shirt.

A free kids' fun run will be held after the 5K with each participant receiving a ribbon. This race benefits the Vet HELP program, earmarked for the Vet House and Guardian House for male and female homeless veterans. For more info, visit: [ballstonspaumchurch.org](http://ballstonspaumchurch.org).

While students are back at school, help "race away" the stigma that surrounds mental illness at the eighth annual **Race Away Stigma 5K Race & Walk** on Sunday, October 9 at Hudson Valley Community College in Troy. Mental health issues will affect more than one in every five Americans this year. The college years are the most common ages for mental health concerns to arise. Depression, anxiety, and other concerns are increasingly common among students in the US. HVCC's Project Aware and the Equinox Insight Program recognize that the stigma associated with mental health can prevent students from seeking the help they need.

Starting at the Student Pavilion, runners will start at the campus, run through the adjacent tree-lined neighborhood, and finish back on campus. It's a fast, flat course that's perfect for runners seeking a PR or for walkers of all speeds. Learn more at: [hvcc.edu/cct/race](http://hvcc.edu/cct/race).

As it gets closer to Halloween, look for pumpkins at the 16th annual **Great Pumpkin Challenge 5K & 10K** on Saturday, October 15 at the Saratoga Spa State Park in Saratoga Springs. It's a fast, flat, paved course within the park for both the 5K and 10K (with a few gentle hills in the 10K), which start simultaneously at the Columbia Pavilion. A kids' fun run follows.

Great Pumpkin caps out at 2,000 registrants and it sells out, so register early! Sign up by October 1 to receive a long-sleeve wicking shirt and a free raffle ticket for great



RUNNERS ENJOYING THEIR POST RACE BEER AT LAST YEAR'S OKTOBERFEST ALBANY 5K. ALLISON BRADLEY

prizes. Shuttles from the SPAC and Peerless Pool parking lots are available due to limited parking near the start. Post-race awards, refreshments and a kids' costume contest finish out a fun morning of community running. Race proceeds benefit Saratoga Bridges. To register, check out: [saratogabridges.org](http://saratogabridges.org).

For frightening 5K family fun, join the third annual **Running SCCared 5K Fright Run/Walk** on October 15 at The Crossings in Colonie. Everyone is urged to come in costume, the scarier the better, and there will be plenty of monsters on the course to help you run even faster.

The event benefits St. Catherine's Center for Children, an organization that provides services for at-risk children and families. There's also a free one-mile walk for children 12 and under, held an hour before the 5K. Afterwards, there's plenty of snacks and children's activities. Visit [st-cath.org](http://st-cath.org).

Relive your high school or college cross country running days at the **Saratoga Cross Country Classic 5K** on Sunday, October 30. Or, if you've never run in these meets, this is your chance to race on the same classic course. The historic Saratoga Spa State Park is the site of several championships and invitational meets. The XC Classic is open to all levels of runners and walkers. The 5K starts and finishes on the wide grassy area near the Spa Little Theater and Hall of Springs.

This cross country course combines flat and hilly terrain on open and wooded trails with sections of grass, gravel and dirt. It's a great way to mix up your asphalt training

on a softer surface. In addition, there's the 2K and 3K Development Races, open to all youth runners - and this year there's a kids' fun giveaway! Preceding the 5K and kids races is the USATF Adirondack 5K Race Walk Championship (on roads) at 8am. Watch new and experienced race walkers in action, or sign up as the race walk is open to all. For more info, visit: [saratogaxcclassic.com](http://saratogaxcclassic.com).

The **Hairy Gorilla Half Marathon and Squirrely Six Miler** is on October 30 at Thacher State Park in Voorheesville. Created in 2005, the HGH and SS feature giant gorillas and squirrels chasing after you, cardboard graveyards that might have your name, a chainsaw-wielding maniac in the midst, and plenty of other unique encounters. Sections of the course are decorated in the spirit of Halloween. Participants are encouraged to wear costumes or silly outfits to get into the spirit.

ARE Events Productions' post-race party includes a pumpkin carving contest, potluck picnic and barbeque. Both distances are trail races held nearly 1,000 feet above Albany on the Helderberg Escarpment at the state park. Parts of the course can be wet and some trail sections have rocks, roots and other obstacles. The views are breathtaking and the course offers a variety of terrain. For details, go to [hairygorillahalf.com](http://hairygorillahalf.com).

South of Albany, also consider doing the fifth annual **Run for Readers 5K Run/Walk** on October 1 at Scott Ellis Elementary School in Greenville, and the fourth annual "Chopping Down Cancer" **Veeder Tree Farm 5K Run/Walk** on October 16 in Earlton. Make the most of the fall running season! ▲



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**New York State of Mountain Biking**

ALBANY – New York offers residents and visitors numerous and varied cycling opportunities. From mountain biking in the Catskills and Adirondacks, to riding along an old forest road in Camp Santanoni Historic Area, to the paved bike path along the Erie Canal – there’s something for everyone. On DEC lands riding is allowed on all multiple use trails, roads open to public motorized vehicles, and other trails designated for biking. So whether you are seeking gentle off-road riding or challenging singletrack, we have it.



**Double-Track** – New York’s extensive network of dirt roads, old forest roads and former railroad beds might be just what you are looking for. Here is a sample of DEC properties with mountain biking: Camp Santanoni Historic Area; Moose River Plains Wild Forest; Bloomingdale Bog Trail on Saranac Lakes Wild Forest; Stewart State Forest; and Kushaqua Tract Conservation Easement Lands. For more info on these areas, see the links on DEC’s website.

**Singletrack** – DEC is actively working to increase the riding opportunities on its lands. Through volunteer stewardship agreements with local mountain bike clubs, singletrack trails are developed and maintained for all abilities and styles of riding. Here is a sample of DEC singletrack opportunities: *Long Island* – Peconic Headwaters Natural Resource Management Area and Rocky Point Pine Barrens State Forest; *Lower Hudson Valley* – Stewart State Forest and Bluestone Wild Forest; *Capital Region/Northern Catskills* – Elm Ridge Wild Forest and Pittstown State Forest; *Eastern Adirondacks/Lake Champlain* – Moose River Plains Wild Forest, Wilmington Wild Forest and Whiteface Mountain Ski Area; *Western Adirondacks/Upper Mohawk Valley/Eastern Lake Ontario* – Downerville State Forest and Winona State Forest; *Central New York* – Bear Swamp State Forest, Oakley Corners State Forest, Hammond Hill State Forest and Shindagin Hollow State Forest; *Western New York* – Rock City/McCarty Hill State Forests and Golden Hill State Forest.

To explore these and other lands across the state, visit DEC’s places to go page: [dec.ny.gov/outdoor/82098.html](http://dec.ny.gov/outdoor/82098.html). For trail etiquette, always follow the International Mountain Bicycling Association’s “Rules of the Trail” at: [imba.com/about/rules-trail](http://imba.com/about/rules-trail). In summary: ride open trails, leave no trace, control your bicycle, yield appropriately, never scare animals, plan ahead, and prevent the spread of invasive species. For additional info on outdoor safety, visit: [dec.ny.gov/outdoor/28708.html](http://dec.ny.gov/outdoor/28708.html). ▲

**NYS Trails Council Seeking Representative**

ALBANY – The NYS Trails Council is seeking a representative interested in hiking, running, snowshoeing and cross country skiing. The trails council was formed to allow citizen input for trail planning purposes. The council currently consists of delegates representing 13 trail activities, including all-terrain vehicles, four-wheel drive vehicles, hiking, equine trail interests, Nordic skiing, on- and off-road bicycling, running, snowmobiling, snowshoeing, motor-bike trail riding, universal access and water trails. The representatives for each of these user groups are trail users who do not represent commercial interests.

These reps do not have voting privileges but serve as advisors by participating in discussions and raising issues for the council to consider. The trails council is provided with technical assistance and support through the OPRHP and DEC. For more info, go to: [nysparks.com/recreation/trails/trails-council.aspx](http://nysparks.com/recreation/trails/trails-council.aspx) or contact Carol Schmelz at [cs4trails@gmail.com](mailto:cs4trails@gmail.com). ▲

The NYS Office of Parks, Recreation and Historic Preservation, NYS DEC, Canal Corp., NYS DOT, Hudson River Greenway, NYS Senate and Assembly, Federal Highway Administration, National Park Service, and Parks & Trails New York also have representatives to the council.

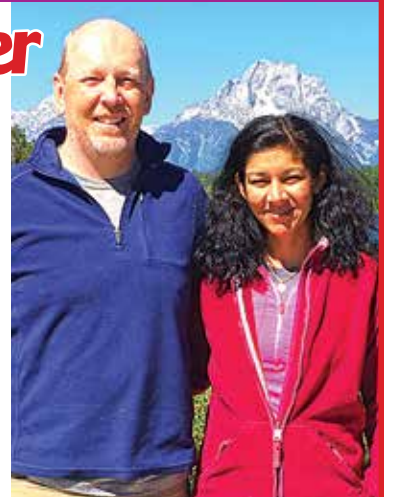
**ADA Tour de Cure: Thanks for a Great Ride**

SARATOGA SPRINGS – The American Diabetes Association would like to thank the riders, volunteers and sponsors for being part of the 2016 Saratoga Springs Tour de Cure. With everyone’s help ADA has raised more than \$820,000 to stop diabetes. Tour de Cure 2017 is on Sunday, June 4 in Saratoga Springs. Registration is now open at [diabetes.org/saratoga](http://diabetes.org/saratoga). ▲

FROM THE PUBLISHER & EDITOR

**Summer’s Not Over**

September is a new beginning – the kids may be back in school, new work routines, and gradually shorter days. Late summer and fall are also good times to review your goals for the year. With just over three months left in the year, are you on track to accomplish your health, fitness or race goals? It’s not too late!



We hope this issue inspires you to keep up the good work or find something new that interests you. So enjoy the hiking, running, biking, paddling and triathlon coverage, athlete profile story and calendar of events. And, let’s not forget the – way too many to count – RACE RESULTS! Whether you’re an elite athlete, weekend warrior or anything in between, we hope you see your name in there, or those of friends, coworkers and family members!

Looking ahead, please save the date for our **Adirondack Sports Winter Expo** on Saturday and Sunday, November 19-20 at the City Center in Saratoga Springs. We’re bringing it back for sports, health, fitness and travel enthusiasts. Whether you recreate outdoors or train indoors, it’s your guide for what to do from December to March! We’ll have 125 exhibitors, many prizes, activities, info gathering and great sales – something for everyone!

Please remember to support our advertisers and tell them where you saw their ad. Their support brings this magazine to you! Happy September and we’ll see you out there!

*Darryl and Mona*

**5K Race Reps at Athleta on Sept. 18**

ALBANY – A dozen Capital Region 5K races will be at the Athleta store at Crossgates Mall from 11am-2pm on Sunday, Sept. 18. Attendees will have a chance to register for a variety of races that are scheduled from late September to the end of the year, plus learn more about the non-profits organizations the races support – and snack on healthy treats.

Running coaches will be present to answer any questions you might have about running, walking and getting ready for fall events. A partial list of races includes: Girls on the Run Capital Region 5K, Crossings 5K Challenge, Nick’s Run to be Healed 5K, Running SCCCare Family 5K, and the Falling Leaves 5K. For more info, call Athleta’s Danielle Broeker at (518) 452-2190. ▲

**DEC Approves Wilmington Wild Forest UMP Amendment**

WILMINGTON – NYS DEC Commissioner Basil Seggos has approved the Wilmington Wild Forest Unit Management Plan Amendment. The amendment provides for rerouting some trails, developing 4.8 miles of new mountain biking trails, and constructing two additional parking lots.

Improvements to existing parking areas.

Other provisions in the amended management plan include: Reroute and improvement to the Cooper Kill Trail, a multi-use trail classified as a class I (secondary) snowmobile trail to better protect natural resources; Reroute of the Marble Mountain hiking trail to better protect natural resources; Construction of 0.7-mile of accessible trails providing access to scenic areas; and

The Wilmington Wild Forest consists of 16,900 acres of state forest preserve lands in towns of Wilmington, Jay, Saint Armand and Keene in Essex County and the town of Black Brook in Clinton County. There are currently more than 20 miles of mountain biking trails in the unit, making biking one of the more popular outdoor recreational activities in the area. The unit also offers numerous other recreational opportunities, including snowmobiling, fishing and hunting, cross-country skiing, hiking, camping, rock and ice climbing, and trapping. For details and maps, visit: [dec.ny.gov/docs/lands\\_forests\\_pdf/wwfdrftamend.pdf](http://dec.ny.gov/docs/lands_forests_pdf/wwfdrftamend.pdf). ▲

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**Calendar of Events**  
September-November 2016\*

SEPTEMBER 2016							OCTOBER 2016							NOVEMBER 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						1			1	2	3	4	5			
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12		
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19		
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26		
25	26	27	28	29	30	23 <sup>23</sup> <sub>30</sub>	24 <sup>24</sup> <sub>31</sub>	25	26	27	28	29	27	28	29	30						

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

**ALPINE SKIING  
NOVEMBER**

- 5 & 9 Warren Miller "Here There & Everywhere" Movie.** 7pm. Tickets: Alpine Sport Shop, Saratoga Middle School, Saratoga Springs. 584-6290. [alpinessportshop.com](http://alpinessportshop.com).
- 11-12 Warren Miller "Here There & Everywhere" Movie. 7pm. Palace Theater, Albany. [skinet.com](http://skinet.com).
- 17-20 Alpine Sports Shop Ski Festival.** Alpine Sport Shop, Saratoga Springs. 584-6290. [alpinessportshop.com](http://alpinessportshop.com).
- 19 Warren Miller "Here There & Everywhere" Movie. 7:30pm. Lake Placid Center for the Arts, Lake Placid. 523-2512. [lakeplacidarts.org](http://lakeplacidarts.org).
- 19-20 6th Adirondack Sports Winter Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 25 Opening Day.** Gore Mountain, North Creek. [goremountain.com](http://goremountain.com).
- 26-27 Snow Sports Instructor Training Course.** PSIA. Gore Mountain, North Creek. [goremountain.com](http://goremountain.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](http://plaineandson.com).
- SEPTEMBER**
- 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](http://careyinstitute.org).
- 16-18 Adirondack 540. 136-544M. 8am. Alpine Inn, Wilmington. John Caceri: 583-3708. [adkulturtracycling.com](http://adkulturtracycling.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](http://habitatcd.org).
- 17 Bike M.S.: Hudson River Ramble. 10-100M. 8am. Birch Hill, Schodack. Valerie Hoak: 800-344-4867. [main.nationalmssociety.org](http://main.nationalmssociety.org).
- 1 Brown's Brewing Covered Bridge Tour. 20, 30, 50M rides. 10am. Brown's Brewing, Hoosick Falls. 413-314-3478. [greatamericancycling.com](http://greatamericancycling.com).
- 18 9th Lance Gregson 1-Eye Classic Ride & Picnic.** Town Park/Beach, Schroon Lake. 3M: 11am. 12M: 10:30am. 26M: 9:45am. 40M: 8:30am. 60M: 8am. 532-9479. [schroonlakecycling.com](http://schroonlakecycling.com).
- 18 Schuylerville Rotary Bicycle Ride. 10-28M. Fort Hardy Park, Schuylerville. 747-0168. [bikereg.com](http://bikereg.com).
- 18 Montauk 120 Challenge. 120M. 6:30am. Prospect Park, Brooklyn to Montauk. [majortaylorironriders.com](http://majortaylorironriders.com).
- 24 Cycle the Rensselaer Plateau. 45M. 9:30am. Miller Hill School, Averill Park. Shari Gibbs: 928-8877. [rensselaerplateau.org](http://rensselaerplateau.org).
- 24 Drops To Hops Road Race. 43M A Ride/25M B Ride. 10am. Brewery Ommegang, Cooperstown. [clarkspostcenter.com](http://clarkspostcenter.com).
- 24 Collar City Ramble Ride. 12pm. Explore Troy w/beginner & intermediate guided, historic rides. Riverfront Park, Troy. Andrew Lynn: 573-7947. [collarcityramble.com](http://collarcityramble.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](http://bikereg.com).
- 25 1st Let It Shine Charity Ride.** 35M & 10M. 10am. Tomhannock Bicycles, Pittstown. 867-1559. [gabbyrocco.foundation.org](http://gabbyrocco.foundation.org).
- 25 Maple City Century Ride. 100M/62M/30M. Main Street, Honesdale, PA. Zach Wentzel: 570-877-4434. [maplecitycentury.com](http://maplecitycentury.com).
- 30 Ride for Missing Children. 100M. Ride 2x2, police escort. UAlbany, Albany. [rideformissingchildrengcd.com](http://rideformissingchildrengcd.com).

**OCTOBER**

- 8 End of Season Ride.** 11am. Tap takeover, live music. The Hub, Brant Lake. 494-4822. [thehubadk.com](http://thehubadk.com).
- 8 Tour of the Battenkill Fall Preview Ride. 68M. 10am. Greenwich. 413-314-3478. [greatamericancycling.com](http://greatamericancycling.com).
- 15 Tour de Vine. 20M w/catered lunch. 10:30am. Amorici Vineyard, Easton. 413-314-3478. [greatamericancycling.com](http://greatamericancycling.com).
- 15 Octoberfest 40K Bike & Half Marathon, 5K/10K. 9am. Post-race party, food, beer. Fire Dept, Peru. Ruth LaClair: 569-8566. [runoctoberfest.com](http://runoctoberfest.com).
- 15 Ghostly Gallop Rides. 10M/25M/50M. 8:30am. Hudson. [ghostlygallop.info](http://ghostlygallop.info).
- 29-30 Haunted Hundred Overnight Century. 100M. Schuylerville. John Caceri: 583-3708. [adkulturtracycling.com](http://adkulturtracycling.com).

**NOVEMBER**

- 13 Rivers & Lakes Century. 100M. Schuylerville. John Caceri: 583-3708. [adkulturtracycling.com](http://adkulturtracycling.com).
- 19-20 6th Adirondack Sports Winter Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

**BICYCLING: OFF-ROAD  
ONGOING**

- Mon Cyclocross Practice: 8/15-10/24. Newbies welcome. Bethlehem Town Park, Delmar. Dave Beals: [davebeals@aol.com](mailto:davebeals@aol.com).

**SEPTEMBER**

- 10-11 Rochester Cyclocross. Genesee Valley Park, Rochester. [ellisoncyclocross.com](http://ellisoncyclocross.com).
- 13 Hot August Nights Tuesday MTB Series #4. 6pm. Central Park, Schenectady. [hrrtonline.com](http://hrrtonline.com).
- 17 Mountain Tire/Fat Tire Bike Benefit Ride.** 8:30am-3pm. Pineridge XC Ski Area, East Poestenkill. 283-5509. [pineridgexc.com](http://pineridgexc.com).
- 17 Stone Valley 50 Gravel Grinder. 50M race & 20M fondo. 9am. Green Mountain College, Poultney, VT. 802-468-7717. [stonevalley50.com](http://stonevalley50.com).
- 18 Kirkland Cyclocross Race.** NYCROSS Race Series. Kirkland Town Park, Clinton. [nycross.com](http://nycross.com).
- 25 "Poor Man's Downhill" Trail MTB Shuttle.** 1-4pm. Up a Creek Restaurant, Wilmington. Leepoff Cycles: 576-9581. [bikewilmingtonny.com](http://bikewilmingtonny.com).

**OCTOBER**

- 2 Oak Mountain's RAW Strava MTB Challenge. Oak, Speculator. 315-532-1782. [oakmountainski.com](http://oakmountainski.com).
- 8-9 Uncle Sam Cyclocross Grand Prix Race.** NYCROSS Race Series. Prospect Park, Troy. [nycross.com](http://nycross.com).
- 15 Dave Panella Memorial Cyclocross Race. 9:30am. Greene. 225-1847. [tiogavelo.com](http://tiogavelo.com).
- 22 CircumBurke MTB Challenge or Marathon Trail Run. 26M/52M. East Burke, VT. 802-505-0582. [circumburke.org](http://circumburke.org).
- 29 Erie 80 MTB Race. 50M/25M. 9am. Erie Depot, Port Jervis. [discoverportjervis.com](http://discoverportjervis.com).
- 30 Wicked Creepy Cyclocross Race.** NYCROSS Race Series. Willow Park, Bennington, VT. [nycross.com](http://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 S.P., Saratoga Springs. [nycross.com](http://nycross.com).

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**Sept 18 - Kirkland Cyclocross**  
Kirkland Town Park, Clinton

**Oct 8-9 - Uncle Sam Grand Prix**  
Saturday is NYS Cross Championships  
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](http://NYCROSS.com)  
Register: [BikeReg.com](http://BikeReg.com)

6TH ANNUAL  
**ADIRONDACK SPORTS**  
**WINTER EXPO**  
NOVEMBER 19 & 20

**ALPINE & NORDIC SKIING • SNOWSHOEING  
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[MohawkHudsonCyclingClub.org](http://MohawkHudsonCyclingClub.org)

all levels of ability welcome  
more than 300 rides per year

**9th Annual**  
**Lance Gregson**  
**1-Eye Classic**  
**Cycling Rides & Picnic**  
**Sunday, Sept. 18**  
**Town Park/Beach, Schroon Lake**  
 Easy Does It (3+ miles): 11am  
 Scenic Route (12 miles): 10:30am  
 Lance's Loop (26 miles around lake): 9:45am  
 Cyclist's Dream (40+ miles): 8:30am  
 Post-ride live music, picnic, raffle  
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**DUATHLON**  
**5K RUN • 30K BIKE • 5K RUN**  
**Sunday, October 9 • 9am**  
**SUNY Adirondack, Queensbury**  
 • Chip timed • Participant only raffles  
 • Free micro-mesh t-shirt to first 100 entrants  
 • One, two and three person teams  
 • Corporate teams of three welcome  
 Register at [www.RunSignUp.com/Race/NY/Queensbury/GlensFallsDu](http://www.RunSignUp.com/Race/NY/Queensbury/GlensFallsDu)  
**www.glensfallsions.org • Like us on Facebook**




- 19-20 Super Cross Cup. Eisenhower Park, East Meadow. bikereg.com.  
 20 Crossstock Festival. 7am. 1528 Hermance Rd, Galway. hrrtonline.com.

**CROSS COUNTRY & ROLLER SKIING**  
**SEPTEMBER**

- 18 10th NYSEF "Climb to the Castle" Rollerski Race. 5M, 8% grade. 8am. Freestyle technique. Whiteface Memorial Hwy, Wilmington. 946-7001. 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](http://truenorthyogaonline.com).  
**Mo-Sa Rock Your Fitness.** 6wk Sessions: 9/12-10/22, 11/7-12/17, 1/2-2/11. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. M/W: 6:30pm. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. [rockyourfitnessny.com](http://rockyourfitnessny.com).  
**Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).  
**Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).  
**Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. [truenorthyogaonline.com](http://truenorthyogaonline.com).

**SEPTEMBER**

- 21 **Grand Opening.** 5-8pm. See facility, meet trainers, get class schedules, free classes, win prizes & try nutrition products. Power House Athletics, Albany. 209-4190. [powerhouseathleticsny.com](http://powerhouseathleticsny.com).  
 24 Saratoga Moves: Biking, running, hiking. 8:30-9:30am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 580-2450. [saratogahospital.org](http://saratogahospital.org).

**HIKING & CLIMBING**  
**SEPTEMBER**

- 16-17 Champlain Area Harvest Fest: Hamlet Hikes. Setting sun, harvest moon 3.5M hike: Fri, 5pm. Essex ferry to fairgrounds 13M hike: Sat, 9:45am. Celebrate local farms with food/drink, music, farmer's market, demos, film. Essex Co Fairgrounds, Westport.  
 16-17 Shawangunk Ridge Trail Hike/Run. 70M, 30M, 13.1M, 50M. Binnewater Parking Area, Rosendale. [srtrunhike.com](http://srtrunhike.com).  
 19 **Street & Nye Hikes.** 9M. 8am. Adirondac Loj, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).  
 24-25 7th Rensselaer Plateau Traverse Hike. 8am. Reg. by 9/23. Pineridge XC Ski Area, East Poestenkill. Jim Bonesteel: 712-9211. [rensselaerplateau.org](http://rensselaerplateau.org).  
 26 **Donaldson & Emmons Mtn Hikes.** 14.6M. 7:30am. Coreys. ADK: 523-3441. [adk.org](http://adk.org).

**OCTOBER**

- 3 **Indoor Rock Climbing Ladies Night.** The Crux, Champlain Valley Climbing Center, Willsboro. Julia Backus: 963-4646. [climbthecrux.com](http://climbthecrux.com).  
 8 **Seymour Mtn Hike, 14.4M.** 7:30am. Coreys Road, Coreys. ADK: 523-3441. [adk.org](http://adk.org).  
 10 **Street & Nye Hikes.** 9M. 8am. Adirondac Loj, Lake Placid. ADK: 523-3441. [adk.org](http://adk.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.

**MULTISPORT: TRIATHLON & DUATHLON**  
**SEPTEMBER**

- 17 3rd Super TyAthlon Sprint Triathlon. .25M swim, 10.1M bike, 3M run. 7am. Lake Mahopac, Mahopac. [fastracktiming.com](http://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](http://joshbillings.com).  
 18 Mighty Hamptons Olympic Triathlon. 1.5K swim, 24M bike, 10K run. 6:40am. Foster Memorial Beach, Sag Harbor. [eventpowerli.com](http://eventpowerli.com).  
 18 Summer's Not Done Aqua Run, Relay & 3M Run. Tobay Beach, Massapequa. 516-349-7646. [glirc.org](http://glirc.org).  
 25 Westchester Triathlon & Aquabike. Tri: 1500m swim, 25M bike, 10K run. Aquabike: 1500m swim, 25M bike. Rye Town Park, Rye. [westchestertriathlon.org](http://westchestertriathlon.org).

**OCTOBER**

- 2 Mighty Man Montauk Triathlon, Half & Olympic. 6:30am. Fort Pond, Montauk. [eventpowerli.com](http://eventpowerli.com).  
 9 **4th Glens Falls Lions Club Duathlon.** 5K run, 30K bike, 5K run. 9am. SUNY Adirondack, Queensbury. [glensfallsions.org](http://glensfallsions.org).  
 16 **14th Mohawk Towpath Byway Duathlon.** 2M run, 17M bike, 2M run. 8:30am. Riverview Orchards, Rexford (Clifton Park). [mohawktowpath.org](http://mohawktowpath.org).  
 23 Central Park Duathlon. 2M run, 12M bike, 2M run. Loeb Boat House, Central Park, New York. 845-247-0271. [nytc.org](http://nytc.org).

**NOVEMBER**

- 13 Brooklyn Fall Duathlons & 10K Run. Prospect Park, Brooklyn. [citytri.com](http://citytri.com).

**OTHER EVENTS & SWIMMING**  
**SEPTEMBER**

- 16-18 **Teddy Roosevelt Weekend.** Celebrating TR's 1901 High Peaks to White House journey with many events. Newcomb. Schedule: [discovernewcomb.com](http://discovernewcomb.com).  
 17-18 **23rd Inlet Fall Festival.** Sat: 10am-5pm. Sun: 10am-4pm. 50 craft/food vendors, activities, raffles, music. Free. Fern Park, Inlet. 315-357-5501. [inletny.com](http://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](http://lakegeorgeswim.com).  
 17 Naturefest. Crafts, activities, tours. Moreau Lake S.P., Gansevoort. 793-0511. [friendsofmoreaulake.org](http://friendsofmoreaulake.org).  
 24 Albany History Race. 1pm. "Amazing Race"-style team scavenger hunt by car around the city, ending at McGeary's Pub. Albany Public Library, Albany. 427-4376. [albanypubliclibrary.org](http://albanypubliclibrary.org).  
**OCTOBER**  
 10-11 **Gore Harvest Fest.** 10am-4pm. Free. Live entertainment, fall food/drink, scenic gondola sky rides, downhill mountain biking, climbing wall, bungee trampoline, Adirondack vendors, kids' activities, helicopter rides & lift ticket deals. Gore Mountain, North Creek. 251-2411. [goremountain.com](http://goremountain.com).  
 15-16, 22-23 West Fall Festival. Sat: 12-10pm; Sun: 12-9pm. West Mountain, Queensbury. 636-3699. [westmtn.net](http://westmtn.net).

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

- Wed Canoe Time Trials: 5/4-9/21. 6pm. Canoe, kayak, SUP, sculls. Aqueduct Park, Niskayuna. Northern New York Paddlers. Alec Davis: 321-6820.

**SEPTEMBER**

- 9-11 34th Adirondack Canoe Classic: The 90-Miler. Old Forge to Saranac Lake. [macscanoe.com](http://macscanoe.com).

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**14th Annual**  
**MOHAWK TOWPATH BYWAY DUATHLON**  
**Riverview Orchards**  
**660 Riverview Rd, Rexford**  
 2M run, 17M bike, 2M run  
**Sunday, October 16 • 8:30am**  
 Open to individuals & 2-person teams  
**Register: [mohawktowpath.org](http://mohawktowpath.org)**  
 USAT sanctioned • T-shirt to first 100  
 Giffy's Barbeque included  
 Benefits Mohawk Towpath Scenic Byway

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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](http://Active.com) More info: [bhblrotary.org](http://bhblrotary.org) or Paul Lewandowski (518) 399-2225



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](http://UticaRoadrunners.org)  
 or [RunSignUp.com](http://RunSignUp.com)



**Fall Back 5**  
**TRAIL RACE**  
**Sunday, November 6 • 10am**  
**SARATOGA SPA STATE PARK, SARATOGA SPRINGS**

Five miles on varied paths  
 B-Tag timing by Green Leaf Racing  
 Age-group & Trail Blazer awards, raffle prizes  
 Register: [GreenLeafRacing.com](http://GreenLeafRacing.com)  
 Save! \$25 online thru 11/3  
 \$30 at iRun LOCAL on Sat, 11/5, 12-4pm  
 Race day: Administration building, 8:30am

[SaratogaStryders.org](http://SaratogaStryders.org)  
 Proceeds benefit Friends of Saratoga Spa State Park

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](http://ZippyReg.com)  
 Info & Entry Form: [ColonieYouthCenter.org](http://ColonieYouthCenter.org)  
 Early Registration Ends 9/21!  
 TO BENEFIT COLONIE YOUTH CENTER, INC.

- 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](http://upstate.edu/specialevents/paddle_cure.php)
- 24 Collar City Ramble Paddle. Intermediate paddle along Troy waterfront, 3M: 10am. Beginner paddles around Adams Island, 1M: 10:30, 11:30, 12:30am. Ingalls Ave, Troy. [collarcityramble.com](http://collarcityramble.com)
- 25 St. Regis Canoe Classic. 4.7M/7M/11M. 10am. Paul Smith's College, Paul Smiths. [paulsmiths.edu](http://paulsmiths.edu)

**OCTOBER**

- 14-16 **Moose River Festival.** Mountainman Outdoors, Old Forge. 315-369-6672. [mountainmanoutdoors.com](http://mountainmanoutdoors.com)

**RUNNING & WALKING ONGOING**

- Daily Obstacle Course Training Facility: 2016.** Viking Obstacle Course at Sunny Hill Resort, Greenville. 634-7642. [sunnyhill.com](http://sunnyhill.com)
- We/Sa Fleet Feet Running Club.** Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com)

**SEPTEMBER**

- 16-17 Shawangunk Ridge Trail Run/Hike. 70M, 30M, 13.1M, 50M. Binnewater Parking Area, Rosendale. [srtrunhike.com](http://srtrunhike.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](http://upperunionstreet.com)
- 17 **39th Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship Race. Laurel Ave School, Northport. [cowharborrace.com](http://cowharborrace.com)
- 17 Cure SMA 5K & 1M Walk n Roll in Memory of Trooper Cunniff. 10am. Colonie Town Park, Latham. [curesma.org](http://curesma.org)
- 17 AFROTC Run to Remember 5K. 9am. ECAV, RPI, Troy. Sean Horan: 276-6236. [aas.union.rpi.edu](http://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](http://sitrin.com)
- 17 Tuff eNuff 5K Obstacle Race. 8am. Gilbert Lake S.P., Oneonta. [leafinc.org](http://leafinc.org)
- 17 The Backpack Run 5K & 10K. 9am. Theresa. Kimberly Eggleston: 315-642-0125 [thebackpackrun.com](http://thebackpackrun.com)
- 17 13th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. Steve Eustis: 802-878-4385. [gmaa.net](http://gmaa.net)
- 17 Running Screening. 9am-12pm. YMCA, Malta. 580-2450. [saratogahospital.org](http://saratogahospital.org)
- 18 **The Saratoga Pallo: 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](http://themelaniefoundation.com)
- 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](http://hmrrc.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](http://laplandlake.com)
- 18 10th Delta Lake Half Marathon. 9am. Delta Lake S.P., Rome. [deltalakehalfmarathon.com](http://deltalakehalfmarathon.com)
- 18 Greater Binghamton Marathon & Half. 7:30am. Vestal. Will Safarik: 607-761-0505. [binghamtonmarathon.com](http://binghamtonmarathon.com)
- 18 35th Roosa Gap Roller Coaster Runs. 11.5M/5K. 8am. D&H Canal Towpath, Wurtsboro. 845-807-8292. [sullivanstriders.org](http://sullivanstriders.org)
- 18 NYC Marathon Tune-Up. 18M. 7am. Central Park, New York. [nyrr.org](http://nyrr.org)
- 24 **FAM 5K "Fund" Run/Walk.** 10am. Free Kids' Run: 11am. Brooks BBQ, massage, music. Cobleskill Fairgrounds, Cobleskill. 234-7462. [fam5k.com](http://fam5k.com)
- 24 Race for Hope 5K. 10am. Capital Region Special Surgery, Slingerlands. 439-4326. [capitalregionialspecialsurgery.com](http://capitalregionialspecialsurgery.com)
- 24 15th Harp 5K Run/Walk. 9:30am. Tony Williams Park, Highland. 845-473-2273. [hvhospace.org](http://hvhospace.org)
- 24 3rd Amsterdam PBA Cops & Joggers 5K. Shuttleworth Park, Amsterdam. Amanda Corlyon: 842-1100. [copsandjoggers.wix.com/copsandjoggers](http://copsandjoggers.wix.com/copsandjoggers)
- 24 2nd Andrew Izzo Memorial 5K Run/Walk. 9am. Galway H.S., Galway. 339-5620. [greenleafacing.com](http://greenleafacing.com)
- 24 Fastest 5K in the Hudson Valley. 8:30am. Orange County Airport, Montgomery. [fastest5kinhudsonvalley.com](http://fastest5kinhudsonvalley.com)

- 24 Centennial 5K Run/Walk. 10am. Russell Sage College, Troy. [centennial.sage.edu](http://centennial.sage.edu)
- 24 St. Jude Walk/Run to End Childhood Cancer. 8am. Crossings, Colonie.
- 24-25 **20th Adirondack Marathon Distance Festival.** Sat: Helpers Fund 5K/10K (9am) at Town Hall, Chestertown & Expo/Package 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](http://adirondackmarathon.org)
- 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](http://colonieyouthcenter.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](http://fighttobehealed.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](http://watervliet.com)
- 25 **42nd Falling Leaves Road Race.** 5K: 9am. 14K: 8:50am. Kid's Fun Run: 8:30am. Radisson Hotel, Utica. [uticaroadrunners.org](http://uticaroadrunners.org)
- 25 4th Falcon 5K. 9:30am. 1M Fun Run: 10:30am. Washington Park, Albany. [zippyreg.com](http://zippyreg.com)
- 25 Without Music Life would Bflat 5K Walk/Run. Belling's Apple Orchard, Fultonville. Bobette Shirley: 848-0582. [fievcent.com](http://fievcent.com)
- 25 3rd Mutt Strut 5K. 10am. Mirror Lake Beach, Lake Placid. 873-5000. [ncspca.org](http://ncspca.org)
- 25 Island Vines 10K. 10:00am. Snow Farm Vineyard, South Hero, VT. Jess Cover: 802-863-8412. [runvermont.org](http://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](http://komenneny.org)
- 1 **2nd Oktoberfest 5K.** 10:15am. Part of Wolf's Beirgarten North Albany Oktoberfest, 11am-7pm. 895 Broadway, Albany. [oktoberfestalbany5k.com](http://oktoberfestalbany5k.com)
- 1 **22nd BH-BL Rotary Apple Run.** 5K run/walk: 9am. Kids' 1M Fun Run: 9:45am. O'Rourke M.S., Burnt Hills. Paul Lewandowski: 399-2225. [bhblrotary.com](http://bhblrotary.com)
- 1 **Gore Mountain Leaf Cruncher 5K Trail Run/Walk.** Great raffles/prizes, scenic gondola ride. Gore, North Creek. 251-2411. [goremountain.com](http://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](http://greenville.k12.ny.us)
- 1 Fall Foliage Half Marathon & 5K. 10am. Dutchess Co Fairgrounds, Rhinebeck. 561-470-7966. [fallfoliagehalf.com](http://fallfoliagehalf.com)
- 1 5K Run for Autism. 9am. Central Park, Schenectady. 355-2191. [albanyautism.org](http://albanyautism.org)
- 1 15th Howlin Spooktacular 10K Run, 5K Run/Walk & 1K Fun Run. 9am. First Lake, Old Forge. [run4cm7.org](http://run4cm7.org)
- 1 43rd Art Tudhope 10K. 9am. Shelburne Beach, Shelburne, VT. Jessica Bolduc: 802-338-7247. [gmaa.net](http://gmaa.net)
- 1 Running for World Health 5K. 10am. Kids Run: 9:30am. Clarkson University, Potsdam. [clarkson.edu](http://clarkson.edu)
- 1 Chasm Trail 5K Run/Walk for Freedom. 8am. Ausable Chasm Campground, Ausable Chasm. 834-5180. [northcountryundergroundrailroad.com](http://northcountryundergroundrailroad.com)
- 1 Trailblazer Run 5K. 8am. Clark Art Museum, Williamstown, MA. 413-344-4472.
- 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](http://hmrrc.com)
- 2 23rd Pit Run. 10K run, 5K run/walk, 2M stroll, Kids fun run. Neahwa Park, Oneonta. [pitrun.org](http://pitrun.org)
- 2 Run for the Hills 5K/10K Run/Walk. 9:20am. Bard College, Great Barrington, MA. [runforthehillsgb.org](http://runforthehillsgb.org)
- 2 Hambletonian Marathon, Half & Relay. 8am. Lawyer's Row, Goshen. 845-527-3825. [hambletonianmarathon.com](http://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](http://festivalofraces.com)

MVP HEALTH CARE  
 Saturday, October 15th, 2016  
 Saratoga Spa State Park Columbia Pavilion



5K & 10K Walk/Run 9:30 AM  
 Kid's Fun Run following races

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that register for the 5 & 10K by 10/1!

**\*\*IMPORTANT\*\***  
 Course maps & info. available online  
 Race Limited to 2,000 Registrants  
 NO DAY OF Registration

**5K & 10K Fees: \$25** (by 10/1);  
**\$28** (by 10/12 at 10am); **\$30** (after 10/12 at 10am, in person only through 10/14 at 6pm)

**Kids Fun Run Fees (12 & under) \$5**

Register Online:  
[www.saratogabridges.org](http://www.saratogabridges.org)  
 More information: 518.587.0723

To Benefit [saratogabridges.org](http://saratogabridges.org)

[f](https://www.facebook.com/saratogabridges) [t](https://twitter.com/saratogabridges)  
[in](https://www.linkedin.com/company/saratogabridges) [ig](https://www.instagram.com/saratogabridges)

At Saratoga Bridges, every day is full of possibilities.  
[www.saratogabridges.org](http://www.saratogabridges.org)



**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](http://www.UpperUnionStreet.com)  
 Maureen Gebert 518-730-6896 or [maureen.gebert@gmail.com](mailto:maureen.gebert@gmail.com)



**Running Scared**

ST. CATHERINE'S CENTER FOR CHILDREN  
**3rd Annual Family 5K Run/Walk**  
 TO BENEFIT ST. CATHERINE'S CENTER FOR CHILDREN

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

Presented by [Radiant Pools](http://RadiantPools.com)

Register online at [st-cath.org](http://st-cath.org) or call 518-453-6756



**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 HMRRC, \$20 non-members, \$25 day of race  
**T-shirt, awards, raffles**  
**Larry Ellis 629-7175, l.ellis@hvcc.edu**  
**Register: hvcc.edu/cct/race**

**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

**10TH ANNUAL Falling Leaves 5K & Fun Run**  
**Saturday, October 8 at 10am**  
 William Kelley Park on Ralph St, Ballston Spa  
**Scenic course within historic village of Ballston Spa!**  
**Great Drawings** – All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, pizzerias, Fleet Feet Sports, etc. Must be present to win.  
**All 5K participants can win a gift certificate from local businesses**  
**Info & Register: ballstonspaumchurch.org/falling-leaves-5k-run**  
 \$25 by 10/5 or \$30 race day • Long-sleeve Sport-Tek T-shirt to first 200  
**Kids' 0.5M Fun Run (10 & under): 10:45am – Free**  
 Lynne Blake: lblake@nycap.rr.com or (518) 885-9821 • Benefits community outreach programs of ADD Vet HELP

- 2 18th Nicole Fleury Memorial 5K Walk/Run. 9:30am. SUNY Canton, Canton. 315-386-7015. canton.edu.
- 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. 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. marchofdimers.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 S.F., Monroe, MA. runwmac.com.
- 9 46th Green Mountain Marathon & Half Marathon. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 15 **3rd Running SCCAED 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 S.P., 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 Octoberfest Half Marathon, 5K/10K & 40K Bike. 9am. Peru Fire Dept., Peru. Ruth LaClair: 569-8566. runoctoberfest.com.
- 15 Stewart's Spud Run. 5K: 9am. 1M: 9am. Hartford Central School, Hartford. Phil Jessen: 632-5922. cnyrunning.com.
- 16 **5th "Chopping Down Cancer" Veeder Tree Farm 5K Run.** 10am. Veeder Tree Farm, Earlton. Mike Veeder: 857-3948. active.com.
- 16 Ghostly Gallop 5K & 1M Fun Run & Bike Rides. 11:30am. Hudson H.S., Hudson. ghostlygallop.info.
- 16 Billy Goat XC Trail Run 5K & Kids' Run. 10am. Baird Park, Pleasant Valley. mhrrc.org.
- 23 RunDead 5K Trail & Color Run. 10am. Special Olympics NY. Saratoga Spa S.P., Saratoga Springs. facebook.com/therunead.
- 23 Wandering Witch Trail Races. 5K & 10K. 9:30am. Christ the King Conference Center, Greenwich. 692-2801. bkvr.net.
- 23 Yonkers Marathon, Half Marathon & 5K. 8am. Yonkers. theyonkersmarathon.com.
- 29 **Troy YMCA 5K Run, 3K Walk & Kids' Fun Run.** 9am. Troy Family YMCA, Troy. cdyca.org.
- 29 Pumpkin Brigade 5K. 10am. Johnsonville F.D., Johnsonville. Courtney Reiter: 753-4843. 5kpumpkinbrigade.weebly.com.
- 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 H.S., 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 S.P., Saratoga Springs. Patrick Glover: 273-5552. saratogaxcclassic.com.
- 30 **Hairy Gorilla Half Marathon & Squirrely Six Mile.** 9:30am. Thacher S.P., Voorheesville. hairygorillahalf.com.
- 30 Niagara Falls International Marathon, Half, 5K & 10K. Buffalo. niagarafallsmarathon.com.

- 30 Marine Corp Marathon. 26.2M. Arlington, VA/Washington DC. marinemarathon.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.
- 5 Harvest Run. 8M. 10am. Red Hook Rec Park, Red Hook. 845-242-3479. onteorunners.org.
- 5 16th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainment, Rock Hill. Tom Manza: 845-699-1034. sullivanstriders.org.
- 6 **10th Fall Back 5 Trail Race.** 5M on varied paths. 10am. Admin Building, Saratoga Spa S.P., Saratoga Springs. saratogastryders.org.
- 6 New York City Marathon. 26.2M. New York, New York. nyrr.org.
- 11 **9th Shenendehowa Veterans Day Dash 5K Run/Walk.** 10am. Kids' Fun Run: 9am. Shen H.S. Track, Clifton Park. shenrunners.com.
- 12 Rogers Rangers Ramble Run. 5K. 11am. Ticonderoga Golf Course, Ticonderoga. lachute.us.
- 13 **41st Stockade-athon 15K Road Race.** 8:30am. Kids' 1M Run, City Hall: 11am. Veterans Park, Schenectady. Vince Juliano: 859-1052. stockadeathon.com.
- 13 Eagle Challenge 5K. 10am. Burden Lake Country Club, Averill Park. racetoeagle.com.
- 13 The Burn Run. 5K: 9am. 10K: 10am. East Syracuse Fire Dept, East Syracuse. theburnrun.org.
- 18-19 **4th 24-Hour Fight Against Hunger.** 1M loops. Fri: 3pm. Prizes, giveaways. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 19 **Girls on the Run 5K.** 10am. Corning Preserve, Albany. 635-0828. gotrcr.org.
- 19 Turkey Raffle Run. 1M loops. 9am. Roosevelt Bath Lot, Saratoga Spa S.P., Saratoga Springs. saratogastryders.org.
- 19 Frostbite 5K Run/Walk. Mayfield H.S., Mayfield. mayfieldcsd.org.
- 19-20 **6th Adirondack Sports Winter Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 20 HMRRC Turkey Raffle Run 1 Hour Run. 10am. Tawasentha Park, Guelderland. Jon Rocco: 489-1040. hmrrc.com.
- 24 **69th Troy Turkey Trot.** 10K: 8am. Grade School Mile: 9:30am. 1M Walk: 9:35am. 5K: 10am. Troy Atrium, Troy. USATF-Adirondack: 273-5552. troyturkeytrot.com.
- 24 **15th Christopher Dailey Turkey Trot.** 5K Run/Walk. 8:30am. Hilton, Saratoga Springs. 581-1328. christopherdaileyfoundation.com.
- 24 **14th Cardiac Classic 5K.** 9am. 2M Wellness Walk: 8am, Duck Pond 1M Fun Run: 10am. Central Park, Schenectady. 243.4600. ellismedicine.org.
- 24 **7th Our Towne Turkey Trot.** 5K. Bethlehem M.S., Delmar. John Guastella: 598-3434. ourtownebethlehem.com.
- 24 **5th St George's Turkey Trot.** 5K Family Run/Walk: 8am. Kids' Fun Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. stgeorgesschoolcp.org.
- 24 **21st Running of the Turkeys.** 5K Run/Walk. 9am. 1K Kids' Fun Run: 9:30am. Fisher ES, Arlington, VT. bkvr.net.
- 24 52nd Cohoes Turkey Trot. 9am. City Hall, Cohoes. 233-2121. ci.cohoes.ny.us.
- 24 6th James Hinchliffe 5K Run/Walk for ALS. 5K. 8:30am. Civic Center, Glens Falls. Dannica Campbell: 480-3186. jphals5k.com.
- 24 Turkey Trot. 25K/5M/Kids1M/2M run. Arlington H.S., Poughkeepsie. mhrrc.com.
- 24 Watertown Family YMCA Turkey Day Run. 10am. Watertown. watertownymca.org.
- 24 Thanks4giving Run 5K Run/Walk. 9am. Shuttleworth Park, Amsterdam. Robin Sise: 843-7127. amsterdamrunforcharity@gmail.com.
- 24 Canajoharie Turkey Trot. 5K. 9am. Canajoharie H.S., Canajoharie.
- 24 **9th Run Off That Turkey Trot 5K.** 9am. Altamont E.S., Altamont. Phil Carducci: 861-6350. active.com.

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

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

**Sunday, October 30th**  
  
 USATF Adirondack Presents  
**Saratoga Cross Country Classic**  
 Saratoga Spa State Park Saratoga Springs, NY  
**5k Cross Country Race – 10am**  
 Open to ALL runners & walkers!  
 Individual and team competition  
 USATF Adirondack 5k XC Championship  
**Kids' 2k and 3k Developmental Cross Country Runs – 9am**  
**USATF Adirondack 5k Race Walk Championship – 8am**  
 Walk info: (518) 577-1333 or walk2agoal@gmail.com  
 T-shirt for first 300 entrants in the 5k & Race Walk  
 Kids' Fun Giveaway for all 2k & 3k entrants  
 Info: (518) 273-5552 or pjglove@aol.com  
**Register Online!**  
**saratogaxcclassic.com**

**5TH ANNUAL Saratoga County Revolutionary Run for Veterans 5K**  
**Saturday, Nov. 5 • 10am**  
**Fort Hardy Park, Schuylerville**  
*5K Run on the Historic Champlain Canal and Towpath*  
 T-shirt to all registered runners  
**Kids Fun Run • Runner goodie bags**  
**Hamburgers, hotdogs, drinks, music, 50/50 raffle**  
  
**Register: FinishRight.com**  
 More info: (518) 884-4115  
 veterans@saratogacountyNY.gov  
 All proceeds benefit Saratoga County Veterans Trust and Agency Fund

**4TH ANNUAL "Chopping Down Cancer" VEEDER TREE FARM 5K**  
**Sunday, Oct 16 at 10am**  
 1235 High Hill Rd in Earlton  
 Just 25 miles south of Albany • Walkers welcome  
 Finisher medal, bonfire, smores, tailgating, music!  
 Discounts on Christmas trees for competitors  
 \$20 preregistration or \$50 family of four  
 100% proceeds to Leukemia & Lymphoma Society in memory of Skip Veeder  
**Register: Active.com**  
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# Cyclocross Continues To Grow

By Dave Beals

Cyclocross was once described as being on the fringe of the fringe sport of cycling. That is, few people knew exactly what the sport was and even fewer actually engaged in it.

Also known as CX, cyclocross was a sport that was hugely popular in Europe, and still is, yet had no visibility here in the United States. That has certainly changed in the past couple of decades. USA Cycling, the licensing organization for bicycle racing here, records this growth in the number of cyclocross racer days, or the number of races that a licensed racer competed in a year. In 2005, USAC reported 31,828 CX racer days nationwide. Just 10 years later in 2015, USAC reported 131,042 racer days, representing a more than fourfold increase.

In the New York and New England regions, CX has seen a similar rate of growth. In fact, the Northeast has become a real hot bed of CX talent, with many cyclists from our region racing at the highest levels of international competition, and races in our region are drawing professionals from Europe and beyond.

One of the reasons for this explosive growth is the attraction of the sport to young people. Youngsters from age nine to 18 can participate in the sport at many local race venues. These races are typically held in a local park or on the grounds of a school. The courses are closed, meaning that there are no cars or other vehicles allowed. Junior racers race against other youngsters their same age, so they will not be on the same course as elite adult racers. Parents can be close to the action and watch their children race in a relatively safe environment.

Don't get me wrong, cyclocross racing is hard. The racing is fast, challenging, tough at times, sometimes muddy, sometimes hilly, but that is usually what kids thrive on and it keeps them coming back for more. Race courses sanctioned by USAC must follow certain guidelines in their design, they are inspected by USAC officials, and safety for the racers is key. Some race venues may have a shortened course for the youngest of age group races to minimize risk of crashes and to allow the juniors to get the most out their race.

A great way for any young person or adult to get started in cyclocross is to attend a local clinic. There you will learn the basics on navigating a typical race course, including mounts and dismounts, running over barriers - with the bike, of course - and running hills. There are several local groups that provide instruction. One great example that caters to juniors, is the HRRT cyclocross clinic held in the Schenectady area every week beginning in September. Check hrtonline.com for details for the current schedule. If that schedule or location is not convenient, check this magazine's Calendar of Events or ask at your local bike shop.



If you want to race, the NYCROSS Race Series is a great series of local events that are conducive to junior racing. There are several junior race categories with reduced entry fees. The races are USAC sanctioned, well organized, the categories are not huge, and you won't get pulled from the race if you are off the back or you get lapped. The competition is still pretty serious though as racers vie for prize money, merchandise, or more importantly, series points that are tallied for places all the way from first place to simply finishing. This popular local series, consisting of six races this year, are all within a short drive of the greater Capital Region, and provide a great opportunity to race against others of similar age or expertise.

Each race follows a standard schedule of races and a standard set of race categories. There are races for several age groups as well as men, women, and junior categories. The closely watched series points are tallied from all the races within the series, and can be tracked for all who enter at crossresults.com. Details can be found at nycross.com and folks can register at bikereg.com, search for NYCROSS.

The first race in the NYCROSS Race Series is the **Kirkland Cyclocross** race held at the Kirkland Town Park in Clinton (near Utica) on Sunday, September 18. This is a great race with a nice piece of sand landscape to traverse. Make sure you have your bike and your fitness finely-tuned for this race.

Saturday and Sunday, October 8-9 will be the **Uncle Sam Gran Prix** weekend of racing, the second and third race in the series. Saturday's race will be the *2016 New York State Cyclocross Championships*. The USGP is in its 11th year at historic Prospect Park on Congress Street in Troy. The urban park offers a great mix of grassy hills, park roads closed to traffic, and some challenging climbs every lap. The course has proven to be championship worthy. Covered pavilions, neutral bike support, food vendors, bathrooms, bike wash, and plenty of park-

ing are provided. The championship races on Saturday will allow cross racers from all corners of the state to compete for the NYS Championship jersey in more than 20 race categories and age groups. For more details, contact race promoter Eric Schillinger at [eric.k.schillinger@gmail.com](mailto:eric.k.schillinger@gmail.com).

On Sunday, October 30, the series moves across the border to nearby Bennington, Vt. for the **Wicked Creepy Cyclocross** race. This is one of the nicest venues in the series with bucolic Vermont mountain views, a BMX track, food, hot coffee, and a couple of hills every lap for the racers. Halloween costumes are optional.

The **Bethlehem Cup** at Elm Avenue Park in Delmar moves up to race number five in the series on Sunday, November 6. This race boasts a killer run-up and leg busting hills, along with some fast flowing grassy sections. There will be free chili provided by many of the racers and racer's family and friends.

The final race in the NYCROSS Series this year is the **Saratoga Spa Cyclocross** race on Sunday, November 13. The race returns to the Columbia Pavilion in Saratoga Spa State Park in Saratoga Springs. There will be free kids' races with age divisions for those younger than five, between ages 6-7 and 8-10, you can't beat that!

Also notable here in New York is the **Rochester Cyclocross** weekend in Rochester, on September 9-11. On Friday, September 9, Jonathan Page, a four-time US National Champion will put on a CX skills clinic. Beginners and seasoned veterans alike can learn from one of USA's top ranked and most experienced cyclocross stars. On Saturday and Sunday, the Rochester Cyclocross races open up the 2016-17 UCI Cyclocross calendar here in the US. The



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two internationally ranked races will attract the best racers from across the country and around the world. There are race categories for all ages, skill levels, amateurs and elites.

International cyclocross racing returns to NY again with the **Super Cross Cup** in Eisenhower Park in East Meadow on November 19-20. The Super Cross Cup also boasts UCI category races and will draw top CX talent from across the country. These are great events for the amateur racers as well, because they can race on the same course as the pros, and then get a chance to see some top notch racing later in the day. Bikereg.com is a great resource to find cyclocross races. See you at the races! ▲

*Dave Beals (davebeals@aol.com) is an avid cyclist residing in Colonie. He's a member of the NYCROSS Cyclocross Team, Capital Bicycle Racing Club, and Mohawk-Hudson Cycling Club.*

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# Speculator Area Paddling

By Rich Macha

The southern part of the Adirondacks doesn't seem to get as much publicity as areas further north, but you can still find plenty of wild waterways there to explore by canoe, kayak or paddleboard. The Village of Speculator sits at the northern junction of NY Routes 30 and 8, and offers all the amenities, just in case you have forgotten to bring lunch or need to top off the gas tank.

For many of us outdoorsy types September is our favorite time of year: biting bugs are usually gone, temperatures are comfortable, water is still relatively warm, and there are less motorboats out on the lakes. From the middle of September through early October we also have the colors of fall foliage to enhance the scenic splendor.

## Sacandaga Lake Area

Located just west of Speculator, near Lake Pleasant, two-mile-long Sacandaga Lake presents us with a mix of public and private shoreline. Most of the south shore is private; Moffitt Beach Campground, a large NYSDEC camping area with 261 sites, occupies a large part of the northeast shoreline and the western and northern shores consist of undeveloped state land – part of the Jessup River Wild Forest. In season, non-campers pay a day use fee to get to the preferred launch spots at the campground. The lake sees a moderate amount of motorized use in summer but after Labor Day, and especially on weekdays, you will find things are a tad more peaceful.

A paddle around the perimeter of the lake can easily exceed the ten-mile mark, but many paddlers will find the inlets are wilder, and make for more interesting exploration. In mid-August, my buddy Steve and I launched our canoes at a gravel beach between campsites 247 and 248; there is also a boat launch at the campground, but starting there would have added over two windy miles to our trip. We soon passed between a private island and a forested point of land, then continued north into a good headwind.

After paddling about a mile, sandy beaches and piney shores could be seen to the west and east of the mouth of Burnt Place Brook. Entering the brook we paddled through beds of lily pads and pickerelweed – now nearing the end of its season, its purple flowers were starting to die off. However, the golf-ball sized flowers of buttonbush were ever prevalent around us. We had not gone far up the stream when our first-of-the-day beaver dam presented itself, this one was about two feet high. Lifting over or around beaver dams is an art in itself; on this brook we were to get out for five of them and to slide over eight more small ones.

We passed an empty osprey nest atop a dead tree and spooked a few wood ducks along the way; Pillsbury Mountain and its fire tower could often be seen in the distance. Burnt Place Brook meandered for 1.4 miles, getting narrower as we approached Mud Lake. Mud Lake seems to be inappropriately named. Its small size and the proliferation of lily pads on its surface suggest a name more like "Lily Pond." Much of the pond's shores are boggy or wet. We did, however, find some solid footing along the pond's southwest shoreline, where we found a small little-used campsite that was a good spot for a lunch break.

We were able to continue upstream on Burnt Place Brook another 0.4-mile, before it narrowed and got much shallower, so we turned around and headed back downstream. Back at Sacandaga Lake, we took a left and headed east past a primitive campsite with a large sandy beach. We soon found the mouth of Hatchery Brook and, unsurprisingly, a nice two-foot beaver dam to conquer. Continuing

upstream, we wound slowly through a wide open vly for another 0.6-mile, before turning around at a second beaver dam. Along the way we saw several great blue herons hunting at the edge of the marshy shores.

Back at Sacandaga Lake, we heard a distant loon call. Early in the morning a couple of loons had flown noisily past our campsite, but overall I would not call the lake a hotbed of loon activity. You can expect families of mallards to waddle through the campground looking for some tasty treats, and black bears have often been seen roaming the area this summer.

## Kunjamuk River

The Kunjamuk is a popular stream that is written up in several guidebooks and really does not need any extra publicity. It is most easily accessed at Kunjamuk Bay just a little bit east of "downtown" Speculator, where the Kunjamuk flows into the Sacandaga River. From the bay, the latter can be paddled 1.6 miles upstream to Lake Pleasant, and 1.5 miles downstream to the top of rapids – the scenery is excellent but road noise is to be expected due to the proximity of Route 30.

An upstream paddle on the Kunjamuk heads generally north. You do not travel far before a 2.5-foot beaver dam is encountered. After finding a way past, the road-noise is left behind and you can continue paddling on the river's curvy path for another 3.5 miles to Elm Lake. Expect at least one more beaver dam – probably more – along the way. There are a few rustic camps on the lake's east shore. Upstream of Elm Lake the stream gets smaller and beaver dams become more frequent, so most folks turn back at the lake.

The more adventurous paddler can tackle a scenic section of the Kunjamuk further upstream. From the four corners in Speculator, drive the Elm Lake Road for 5.2 miles, which turns to dirt en route, then bear right on the Long Level Road for 0.8 miles to a bridge over the Kunjamuk. From here you can paddle upstream for over three miles to an old fish barrier dam that beavers are now helping to maintain. The river is up to 30 feet wide with some interesting backwaters – expect a dozen beaver dams along this stretch. Above the fish barrier dam there is a shallow 1.3-mile-long flow with many white pines lining the shoreline. On the flow I've seen otters, a beaver on top of its lodge, a northern harrier flying overhead, a gaggle of Canada geese, and lots of ducks.

Heading back downstream, mountains rise over a thousand feet above the valley. There are views of the cliffs on Big Pine Mountain and Dug and East mountains rise up to the southwest. I've gone a short distance below the Long

Level Bridge, but a log-jam and swift shallow water made it difficult to continue downstream.

Wherever you decide to paddle in the Adirondacks, there is no doubt that the scenery will be awesome in late summer and early fall, so make plans to wet a blade or two now! ▲

*Rich Macha is owner of Adirondack Paddle 'N' Pole, a canoe/kayak specialty store in Colonie (onewithwater.com). When Rich is not helping customers or instructing, he is out there in a canoe or kayak testing the gear, and exploring the region's waters.*

MUD LAKE DID NOT LIVE UP TO ITS NAME; IT'S MORE LIKE "LILY POND."

PHOTOS BY RICH MACHA



STEVE BURKE OF ALBANY LIFTING OVER A BEAVER DAM ON THE KUNJAMUK.



AN IMPRESSIVE BEAVER DAM ON THE KUNJAMUK.



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## ATHLETE PROFILE

# Bill Hoffman



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**AGE:** 49  
**FAMILY:** Wife, Naomi, and sons, Max (15) and Liam (12)  
**RESIDENCE:** Clifton Park  
**OCCUPATION:** CTO of Kitware in Clifton Park  
**PRIMARY SPORT:** Trail and Road Running  
**SECONDARY SPORTS:** Yoga and Hiking



HOFFMAN FAMILY IN PERU.

By Jennifer Ferriss

Bill is not your stereotypical computer guy, as seen in his TEDx Talk, “From Couch to Ultra-Marathon,” ([youtube.com/watch?v=sQsa18wfr8k](http://youtube.com/watch?v=sQsa18wfr8k)), where he displays the image of the Jurassic Park hacker Dennis Nedry, an overweight, maniacal nerd behind the monitor. Or, maybe Bill is the modern computer guy. In true techie fashion, Bill requested a Google Hangout for our interview and with webcams it became clear to me that Bill takes his running and geek seriously. He aimed his webcam at his elevated desk and pointed to his feet resting on a balance board. Ultra-runner Dean Karnazes said “no sitting allowed!” and Bill agrees that keeping the legs moving is better than standing still all day.

Bill started his profession as a software developer in the 90s and by the end of the decade he helped start Kitware, a scientific computing company that provides open source software to a variety of academic and government institutions and private corporations worldwide. So how did a software developer become an ultra-runner? It all started with a book. An avid armchair adventurer; climbing Everest with Jon Krakauer, diving deep into stories of the sea with Robert Kurson, and profoundly inspired by Christopher McDougall’s *Born to Run* and the Tarahumara Indians.

Let us take a step back in time a few years to summer school physical education class in Florida, trying to get credit for boogie boarding. Bill signed up with waves in his eyes, but the school liability insurance finally caught up with Daytona’s program, and the beach program turned into a running program. Around three weeks into the class Bill developed acute Achilles tendonitis due

to his flat feet. His doctor told him flat footed people should not run. Years later on a trip to Alaska, Bill learned about orthotics and modern shoe design. The thought of running again became a possibility, but his knees hurt just walking around.

Fast forward to “Born to Run” and Barefoot Ted! On Barefoot Ted’s website, ([barefooted.com](http://barefooted.com)) he outlines three goals: 1) Master gentle, quiet, forefoot-centric landings, silent and smooth. 2) Quickened your cadence: Running in bare feet encourages this naturally. And, 3) Stable upright posture: balanced head, core engaged, unbent torso, the feeling of balance, relaxed, yet strong.

And so Bill’s adventures in running began in 2010: from padded shoes, to Vibram FiveFingers to LUNA Sandals or no shoes at all; 5Ks to Boston Marathon to Wakely Ultra to JFK 50 and in August this year, dubbed “The most difficult marathon in the world” Bill set out to Peru to complete the Inca Trail Marathon.

Starting at an elevation of 8,650 feet, taller than Mount Washington the highest peak in the Northeast, and peaking at 13,800 feet at Dead Woman’s Pass, training became a challenge. Most runners tend to train by distance, time and speed, but in order to train for this race Bill trained by elevation. At first he aimed for 10,000 feet of elevation each

week and as training became more intense, 10,000 feet was a weekend goal. Having a second home in Wilmington helped, with Whiteface – the fifth tallest peak in New York rising to 4,865 feet – as a training run.

Back in the Capital Region, Bill would tackle Moreau Lake State Park’s 15K course or the Lake George region’s Tongue, Buck and/or Sleeping Beauty – before heading into the office! As a warm up race, Bill completed the Wakely Dam Ultra – 32.6 miles on the Northville Placid Trail – just one week before leaving for Peru. He ran comfortably with an impressive time of 7:03:55.

Bill, Naomi, Max and Liam set out to Lima a day before the rest of the adventurers arrived. They were met by a guide and departed to Cusco, the ancient capital of the Inca Empire. They drank plenty of water and had little troubles acclimating to the 11,150’ altitude. Over the next course of days, other participants arrived and the group went on tours of the ancient cities, and had daily runs. The day before the race, runners were transported by bus to the trailhead and hiked about 6.5 miles along the Urubamba River, to the camp site in Machu Picchu Sanctuary National Park.

At 2am the runners rose from their slumbers and ate breakfast. It had rained the night before and again during breakfast, but stopped shortly before the half-mile hike to

the start, leaving an overcast sky. The racers hung out until exactly 4am when the race promptly began. Almost immediately, the top three racers were alone, Bill, Eduardo Sanchez Garcia of Spain, and Hiroshi Ando of Japan – with little to say to each other due to language differences. On the ascent to the first peak, the Milky Way was visible, as well as the mountain peaks they would climb later. The natural beauty and ancient marvels did not sway Bill from his race; the ruins would be there if he returned to walk the trail.

The terrain was a challenge. The first 11 miles were dirt but the rest was the rock path built by the Incas. “It was like running on an uneven cobblestone road,” Bill claimed. As the mountains grew steep, and people were few and far between, Bill was humbled a few times during the race. The porters with their giant packs would pass him on the trail, only later would he notice that they were interval training; sprint for a while and then rest. Later after descending Dead Woman’s Pass, Bill hit his low point. He was tired from the elevation and nodding off a little. Like other ultras Bill has run, he knew he needed to figure out how to get out of it. He got his head together, realized that altitude might be an issue, ate, dropped down to a lower elevation, and then was running again.

According to the race director of the Inca Trail Marathon, Devy Reinstein, everyone who participated in the adventure completed the challenge in one day. Bill not only completed the grueling 26.2 miles, but he came in third place overall with a time of 8:39:40. Naomi and his sons hiked approximately seven miles with 3K of elevation to the finish line. They enjoyed a later start to the day and hiked as quickly as the slowest person in the group – missing Bill’s finish, but happy to join him at Machu Picchu a few hours later.

Bill’s life as a runner has influenced his family to embrace a lifestyle change. Max runs for the Shenendehowa cross country team and Liam is starting the modified team this school year. The boys have run many 5Ks with Bill. Naomi ran the Marine Corps Marathon last year, and is training for the Mohawk Hudson River Marathon on October 9th. Bill has been by her side for some of the long runs and plans to pace her during the race. While Bill embraces a 99% plant-based diet, the rest of the family eats very little processed food, and consumes a healthy whole food organic diet. Ezekiel bread and chia seeds are a staple in the Hoffman’s kitchen now.

What’s next for Bill? He is hoping to run the Boston Marathon in the spring of 2017, achieving a qualifying time at the 2016 marathon. His first year running Boston was in 2013 and although it ended with the bombing tragedy, he likes to remember it as a day full of amazing spectators lining the streets for miles cheering him on. He ran that race in sandals and has since run two other marathons barefoot. Beyond Boston, the Leadville 100 could be his next big race. Clad in sandals or barefoot, Bill will train hard running the trails, eating a plant-based whole food diet and finding balance with yoga, work and family. ▲

*Jennifer Ferriss ([ferrissj@gmail.com](mailto:ferrissj@gmail.com)) of Saratoga Springs leads an active outdoor lifestyle. Most days she commutes to her librarian gig on her 1980s Japanese Bianchi, with a backpack that carries more than meets the eye. Always on the search for a new adventure, she will meet her match with endurance hikes in the region and her second trail marathon this November.*

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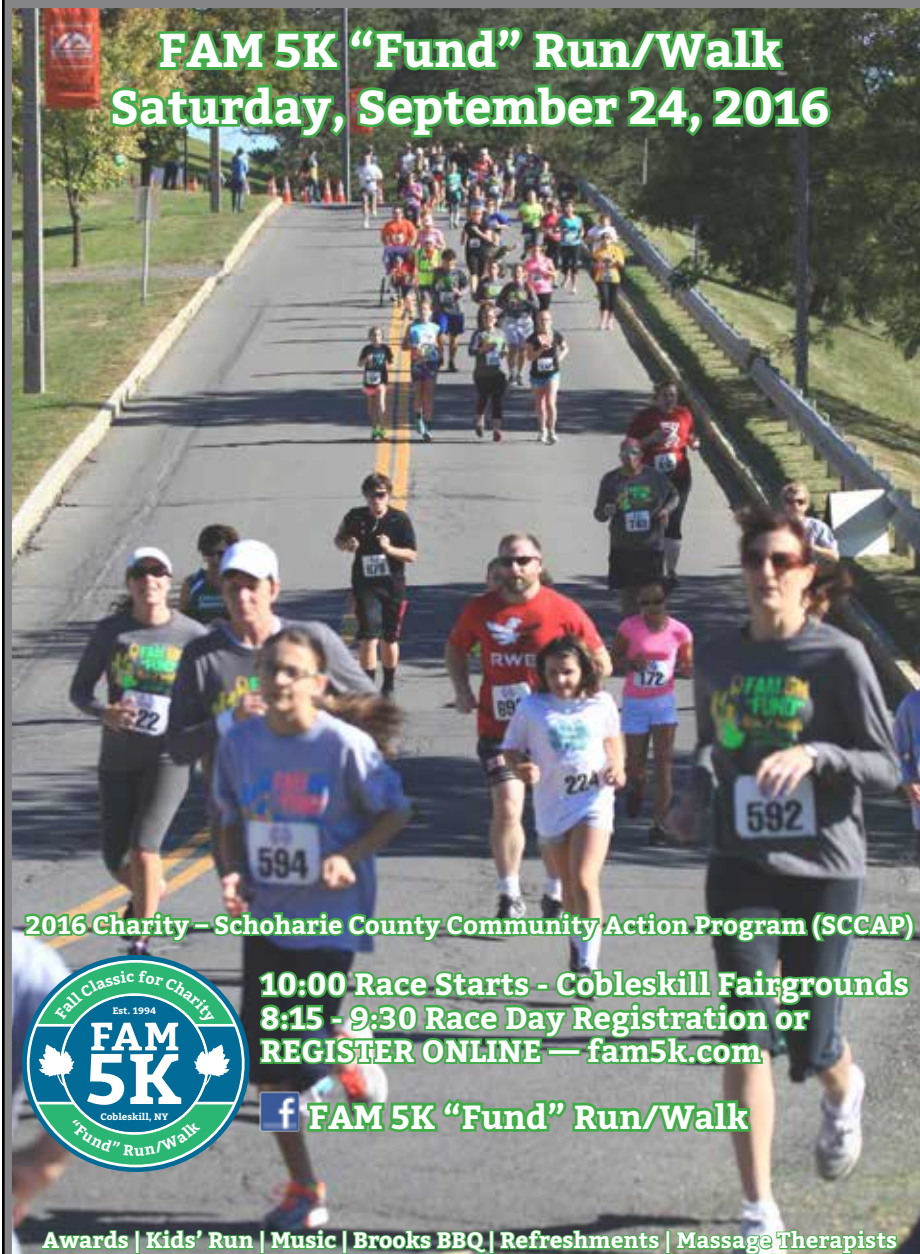
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# Mohawk Hudson River Marathon & Half Marathon

*"All the amenities of a major marathon and none of the hassles,"*  
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By Christine Bishop

**O**n Sunday, October 9, two premiere running events, the Mohawk Hudson River Marathon and Hannaford Half Marathon, will bring runners to Albany from across the region, the United States and many foreign countries.

Marathon runners begin at Central Park in Schenectady, follow the bike path along the Mohawk and Hudson rivers, and finish at Jennings Landing in the Corning Preserve in Albany, where they are greeted by hundreds of spectators. Half marathoners start at Colonie Town Park and follow the second half of the marathon course. The relatively flat courses makes it a favorite among first timers and those hoping to set personal records, and those marathoners wishing to qualify for the Holy Grail of running - the Boston Marathon. In 2015, 22% of marathon finishers earned that privilege!

The normal temperature range in Albany on October 9th is 40° to 60°, which makes this time of year perfect for racing in the Capital Region.

The competition level is high. The race organizer, Hudson Mohawk Road Runners Club, offers elite entries to runners who can meet qualifying standards. All registered runners in each race compete for prize money, which is awarded to the top three men and women overall, and the top three men and women local finishers. Special awards are also presented to the top three men and women in 12 age categories.

Last year's marathon was won by Bryan Morseman, 30, of Bath, N.Y. in a time of 2:24:01. Bryan made national headlines earlier in 2015 by running three marathons in eight days and winning them all to earn money to help pay for medical treatment for his son. Megan Skeels, 41, of Aledo, Texas, won the women's side in a time of 2:46:39, almost 15 minutes faster than her closest female competitor.

The cost of the marathon and half marathon is much less than most big city events, and HMRRRC is able to keep costs low due, in part, to the organization and management skills of its all-volunteer staff. Maureen Cox, the race director for the past four years, and her 30 race coordinators work year-round on thousands of details needed to make a successful race. Work starts on the next year's race the minute the current year's race is complete.

Maureen also oversees more than 500 race-weekend volunteers. Volunteers are needed for jobs of all sizes - many of which are invisible to runners but that make a difference to runner's comfort, safety, and enjoyment. For example, Tom Adams takes his leaf blower and clears off the entire 26.2 mile course, making sure debris and impediments are removed. The "sag wagon" staff are up before dawn to put out the mile markers to keep runners on course and to double-check for obstructions that could impede runners' path.

Fifteen community volunteer groups man the aid stations throughout the course and provide thousands of cups of hydration to the runners. The medical directors, Kim



THEY'RE OFF AT THE 2015 MOHAWK HUDSON RIVER MARATHON. BILL MEEHAN



Kilby, Michael Dailey and Todd Shatynski, ready their medical staff and equipment and prepare to take care of any illness or injury that may occur during the race. The refreshment committee makes sure an ample supply of healthy food is available for hungry and tired runners. Massage therapists are ready at the finish line to take care of sore muscles. Musicians set up along the course to greet runners as they pass by.

Markers are set up at each mile to inform runners where they are, and to encourage and entertain them. This year, BlueShield of Northeastern New York, is playing a major role by sponsoring mile markers stretching for the first 24 miles on the marathon course. BlueShield will bring its Healthy Zone Cruiser to give out health information and goodies to those viewing the race.

On Saturday, October 8, the Expo and Packet Pick-Up will be held at the Albany Hilton from 10am to 6pm, and is produced by Adirondack Sports & Fitness. The general public is welcome to attend the free event, where dozens of running, health and fitness related exhibitors will be on hand. Runners and visitors alike can buy apparel and accessories, taste samples, win prizes and receive giveaways, while picking up their race bibs.

Experience the thrill of this electrifying race yourself on Sunday, October 9. Registration for both races is now closed, but entries are still available through the charity partners. To learn more about the race weekend, charity partner entry, and best locations to watch, go to mohawkhudsonmarathon.com. We hope to see you at this major Albany contest. In the meantime, happy running!

**Hudson-Mohawk Road Runners Club**

Race organizer Hudson-Mohawk Road Runners Club is one of the largest running clubs in upstate New York, with more than 2,500 members. HMRRRC's mission is to promote the sport of distance running and it does that in a variety of ways. HMRRRC hosts over 30 road, track and trail races



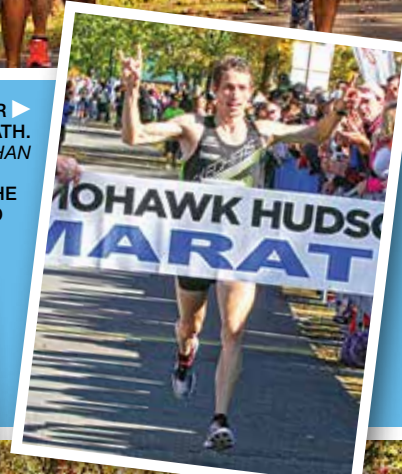
WINNER GRACE KAHURA WITH GROUP OF HALF-MARATHONERS. NEIL SERGOTT

2015 MARATHON WINNER ▶ BRYAN MORSEMAN OF BATH. BILL MEEHAN

▼ GRACE KAHURA BREAKS THE TAPE IN THE 2015 HANNAFORD HALF MARATHON. CHRIS BISHOP



◀ MARATHON PACE LEADERS ARE READY TO GO. BILL MEEHAN



THE LONG WINDING ROAD OF THE MOHAWK RIVER BIKE PATH. NEIL SERGOTT



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- Illuminite/BackAtcha Apparel (2)
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- Nark Running Strategies
- National Running Center (4)
- Peak to Brew Relay
- Positive Motion Physical Therapy
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Christine Bishop (cbishop2ny@gmail.com) of Schenectady is a retired media specialist who loves running, photography and bird watching.

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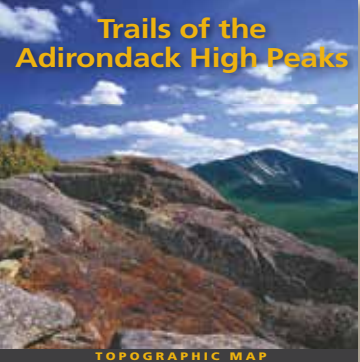
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river, with views of the surrounding slopes. There is one long detour to the northwest where the trail has been well-routed around a large wetland. You cross the two branches of Gravestone Brook at about 3.7 and 3.8 miles, and then rejoin the North Fork at 4.2 miles, at nearly the same point that the outlet of Dial Pond flows in. Dial Pond itself lies 0.1-mile north of west, out of sight of the trail.

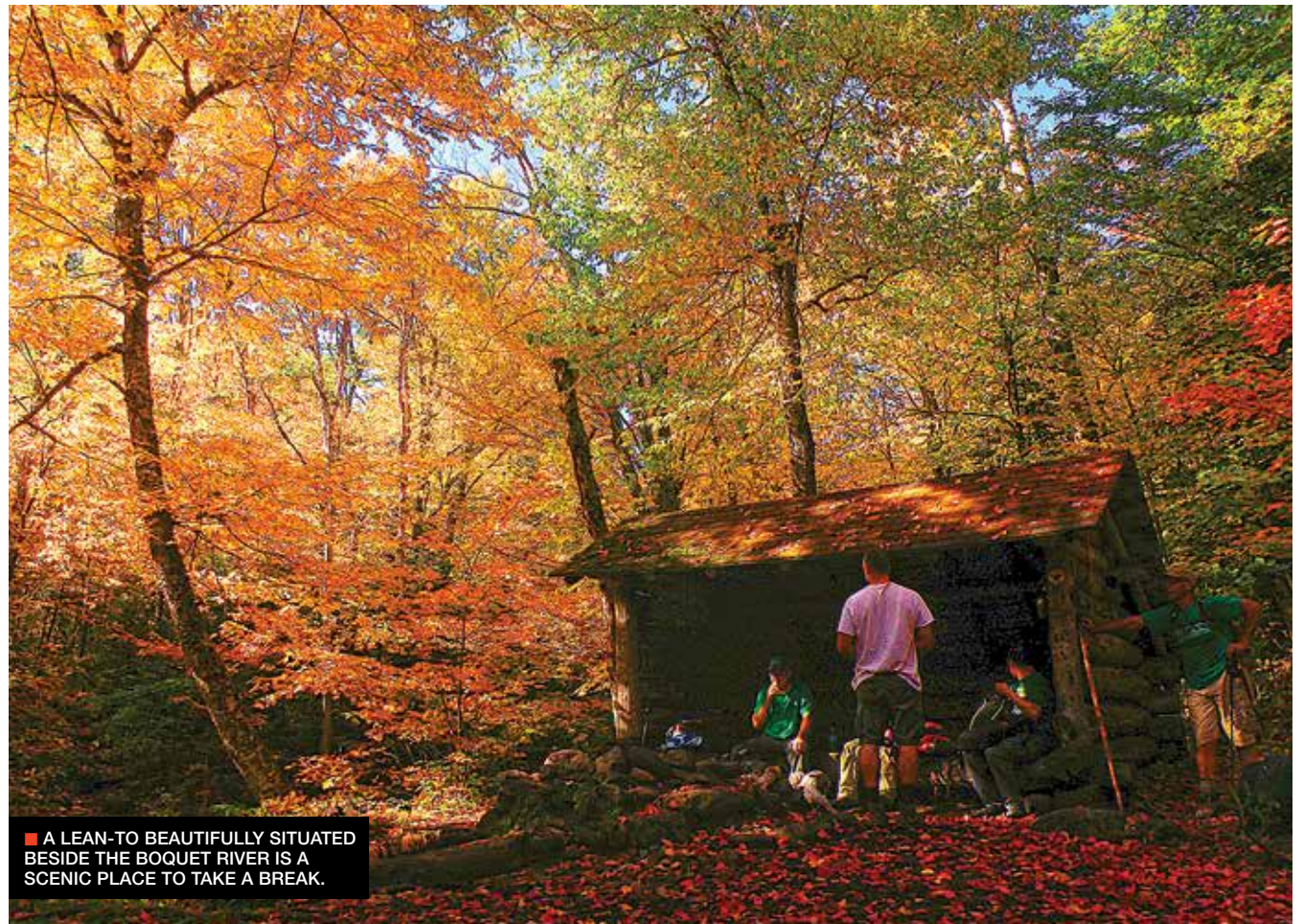
You reach the Boquet Lean-to 4.4 miles from Route 73. This shelter has an attractive location beside the river; because this is the Dix Mountain Wilderness, campfires are perfectly legal. However, there is no privacy here. The shelter stands right beside the trail in full view of every passerby, so if you prefer some amount of solitude in your camping experience you may prefer to seek out a designated campsite on the nearby hill.

To find the continuing trail, you must descend the bank beside the lean-to and hop across the North Fork. Although the Boquet is more of a creek than a river at this point, the crossing could still be an obstacle in early spring. The trail crosses a small tributary and then parallels the main stream, passing above a small cascade that you can hear but not see from the trail. Then the climbing resumes, with a corresponding increase in ruggedness.

At 5.8 miles, the woods open up to reveal a long and massive slide stretching up Dix's northern slopes. Bear right here to the foot of the slide, and then follow cairns uphill for about 200 feet. The exposed rock may be slippery when wet, but it offers an outstanding view back toward the rocky summit of Noonmark, with Giant standing guard to the right. The slide is not new, but it has grown larger over the years. At an elevation of about 3,240 feet, you still face nearly 1,600 feet of climbing ahead of you. Therefore sit down, relax, and enjoy this early view for a moment or two.

As you look up the slide, the trail reenters the woods on the right about 200 feet from the bottom. Here begins the most tiring portion of the ascent, with nearly 1,100 feet gained in the next 0.7-mile alone. This is an old trail; routed straight up the mountain, and eroded by decades of use. Watch for rooty staircases and wet rocks – even the muddy handholds are greasy! Depending on your stamina, it could take an hour to get through this section. Spruce, balsam, and cedar trees cover the trail well, so there are few views to distract you from the steady climbing.

At 6.5 miles you reach the junction with the trail to Hunters Pass. Turn left at the junction to reach the summit. The steepest part of the climb is now behind you, but you still face a 500-foot ascent. The trees beside the trail shrink and the views expand, and eventually you reach the ridge. The summit of Dix, which you reach 6.9 miles from Route 73, is long and narrow, and the actual highpoint can be easy to miss. In the summer, look for the rock to the left with the

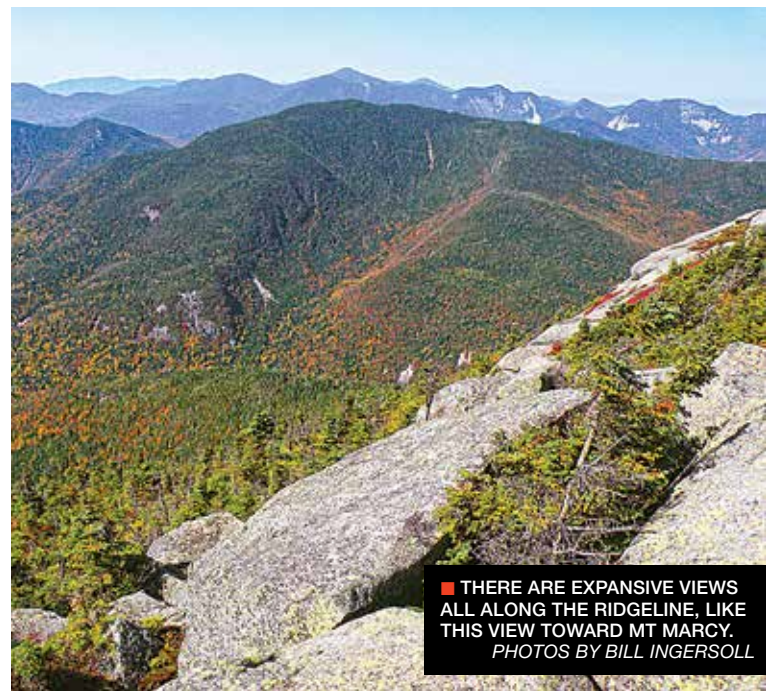


■ A LEAN-TO BEAUTIFULLY SITUATED BESIDE THE BOQUET RIVER IS A SCENIC PLACE TO TAKE A BREAK.

benchmark and a view toward Grace Peak, and the rock to the right with the views toward Elk Lake and the heart of the High Peaks region. Should you miss these landmarks, you may notice instead that the scant trail markers have changed from blue to yellow, signifying that you are now on the trail to Elk Lake via the Beckhorn – but in winter, deep drifts of snow may conceal all of these features.

The views are not completely unrestricted, but they are quite expansive. To the west of Nippletop you see Allen, with Santanoni on the horizon. Moving around to your right you see Skylight, Haystack almost blending in with neighboring Marcy, Basin, and Saddleback and a wonderful view of Gothics. At the highest parts of the mountain you can find mountain blueberry, laurel and Labrador tea. The summit rocks can only accommodate a few people at a time, but the long ridgeline contains numerous lookouts where you can find your own spot for a lunch break. ▲

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



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MARATHON - 26.2 MILES		
<b>MALE OVERALL</b>		
1	Mark Rabasco	Pittsfield, MA 2:52:29
2	Sergii Bashurin	Chernivitsi, UKR 2:54:27
3	Chris Smith	Brooklyn 3:00:29
<b>FEMALE OVERALL</b>		
1	Katie Messina	Boston, MA 3:14:00
2	Abigail Williams	Highland 3:17:46
3	Kara Lightowler	Orange, CT 3:27:22
<b>MALE AGE GROUP: 19 - 29</b>		
1	Kyle Schwartz	South Windsor, CT 3:05:20
2	Etan Levavi	Brooklyn 3:06:19
3	Garrett Burger	New York 3:07:10
<b>FEMALE AGE GROUP: 19 - 29</b>		
1	Jacqueline Degrandpre	Fishkill 3:31:48
2	Caitlin Kohli	Cambridge, MA 3:38:28
3	Jamie Sheahan	South Burlington, VT 3:44:05
<b>MALE AGE GROUP: 30 - 39</b>		
1	James McCowan	Poughkeepsie 3:05:33
2	Luke Mayo	Coventry, CT 3:05:53
3	Eric Ciocca	Northampton, MA 3:14:10
<b>FEMALE AGE GROUP: 30 - 39</b>		
1	Dana McClelland	Vernon, VT 3:28:04
2	Sarah Sommer	Chappaqua 3:34:14
3	Sabrina Tapley	North Chesterfield, VA 3:41:13
<b>MALE AGE GROUP: 40 - 49</b>		
1	Michael Karl	Doylestown, PA 3:02:22
2	Pablo Henderson	Fairfield, CT 3:08:57
3	David Swift	Poughkeepsie 3:09:46
<b>FEMALE AGE GROUP: 40 - 49</b>		
1	Gabriela Olivera	Kingston 3:40:14
2	Daisy Lee	Bedford Corners 3:42:59
3	Lori Adams	Marlboro 3:45:57
<b>MALE AGE GROUP: 50 - 59</b>		
1	Sean Moore	Yonkers 3:28:19
2	Scott Freeman	Marlborough, CT 3:30:35
3	John McKee	Poughkeepsie 3:34:18
<b>FEMALE AGE GROUP: 50 - 59</b>		
1	Roberta Myers	Norwood, MA 3:42:49
2	Michelle Azukas	Lagrangeville 3:45:48
3	Jessica Lazar	Marlboro 3:45:53
<b>MALE AGE GROUP: 60 - 69</b>		
1	Gary Michael	Churchville, VA 3:51:49
2	Martin Keibel	Manchester, CT 4:13:41
3	Steven Benardete	Millbrook 4:23:49
<b>FEMALE AGE GROUP: 70 - 79</b>		
1	Pat Neff	Georgetown, TX 6:17:31
2	Paula Steinbach	Ontario, CAN 6:22:09
<b>WHEELCHAIR: MALE</b>		
1	Peter Gagliardo/30	Poughquag 2:23:35
<b>WHEELCHAIR: FEMALE</b>		
1	Maria Bournias/38	Fort Lee, NJ 3:21:59
<b>HALF MARATHON - 13.1 MILES</b>		
<b>MALE OVERALL</b>		
1	Sam Heraghty	Poughkeepsie 1:16:57
2	William Posch	Hyde Park 1:17:30
3	Steven Morrison	Poughquag 1:18:56
<b>FEMALE OVERALL</b>		
1	Rachel Sleeter	Hyde Park 1:25:31
2	Mary Kate Bida	Millbrook 1:25:56
3	Christine Coughlin	Latham 1:29:05
<b>MALE AGE GROUP: 18 &amp; UNDER</b>		
1	Ryley Robinson	Clinton Corners 1:35:45
2	Matt McMahon	South Salem 1:41:29
3	Brice Fenix	Poughkeepsie 1:41:41
<b>FEMALE AGE GROUP: 18 &amp; UNDER</b>		
1	Anya Ptaček	Cold Spring 1:54:36
2	Claudia Hinsdale	Poughkeepsie 1:57:28
3	Maira McGevna	Wall, NJ 2:04:00
<b>MALE AGE GROUP: 19 - 29</b>		
1	Nick Webster	Albany 1:19:36
2	Mark Valentino	Smithtown 1:19:36
3	Dietrich Mosel	Manhasset 1:20:08
<b>FEMALE AGE GROUP: 19 - 29</b>		
1	Bianca Luparello	Port Washington 1:31:31
2	Dayna McLaughlin	Stony Point 1:35:14
3	Kelley Gould	Hyde Park 1:38:34
<b>MALE AGE GROUP: 30 - 39</b>		
1	Brian Burns	Poughkeepsie 1:26:01
2	Rich Carmona	Brooklyn 1:32:17
3	Mike Koehler	Highland 1:33:39
<b>FEMALE AGE GROUP: 30 - 39</b>		
1	Emily Dozier	Poughkeepsie 1:40:43
2	Shayna Russo	Poughkeepsie 1:48:30
3	Michelle Campbell	Millerton 1:49:05
<b>MALE AGE GROUP: 40 - 49</b>		
1	Slawomir Zaglewski	Oakland, NJ 1:27:11
2	Michel Joseph	Poughkeepsie 1:33:03
3	Todd Coulson	Iyland, PA 1:36:12

## 2ND ANNUAL GREAT SACANDAGA CHALLENGE TRIATHLON

June 18, 2016 • Sacandaga Bible Conference Center, Broadalbin

ADULT SPRINT - 750M SWIM, 20K BIKE, 5K RUN			
<b>MALE OVERALL</b>			
1	Brett Schlesier	22	Johnstown 1:06:57
2	Charles Lobosco	38	Clifton Park 1:17:38
3	Michael Stalker	53	Burnt Hills 1:17:50
<b>FEMALE OVERALL</b>			
1	Beth Stalker	56	Burnt Hills 1:19:32
2	Jennifer Flanagan	37	Glenville 1:27:30
3	Kim Morrison	36	Wynantskill 1:28:22
<b>MALE AGE GROUP: 1 - 14</b>			
1	Trevor Dzikowicz	13	Amsterdam 1:18:08
2	Jason Zheng	13	Saratoga Springs 2:17:14
3	Tunwa Tongatawee	13	Saratoga Springs 2:18:23
<b>FEMALE AGE GROUP: 1 - 14</b>			
1	Rachel Love	12	Greenfield Center 1:43:18
2	Madison Whittaker	14	Northville 1:44:21
3	Avery Ketcham	14	Gansevoort 1:58:09
<b>MALE AGE GROUP: 15 - 19</b>			
1	Joshua Febbie	17	Gloversville 1:35:49
2	Taylor Madeiros	16	Mayfield 1:51:55
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Alexandra Koferl	15	Ballston Lake 1:35:35
2	Emily Baron	17	Ballston Spa 1:38:54
3	Kayla Dzikowicz	16	Amsterdam 1:41:12
<b>MALE AGE GROUP: 20 - 24</b>			
1	Taylor MacFarland	22	Amsterdam 1:33:32
<b>MALE AGE GROUP: 25 - 29</b>			
1	Daniel Halbig	28	Ballston Lake 1:21:18
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Melanie Berger	25	Rensselaer 1:46:25
2	Rhea Dunkelbarger	29	Ballston Spa 1:57:42

## 2ND ANNUAL GREAT SACANDAGA CHALLENGE TRIATHLON continued

<b>MALE AGE GROUP: 50 - 54</b>			
1	John Broderick	51	Gansevoort 1:34:14
2	Gary Grace	51	Delmar 1:34:41
3	Mike Langevin	51	Albany 1:39:58
<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Theresa Newton	50	Clifton Park 1:34:14
2	Ursula Platz	53	Hopewell Junction 1:40:59
3	Laura Grace	51	Delmar 1:57:57
<b>MALE AGE GROUP: 55 - 59</b>			
1	Kevin Platz	56	Hopewell Junction 1:21:27
2	Christian Vandervort	55	Voorheesville 1:43:15
<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Mira Foote	55	Westminster, MA 1:51:11
2	Dorothy Baum	56	Gloversville 2:02:09
3	Ruth Long	56	Amsterdam 2:03:23
<b>MALE AGE GROUP: 60 - 64</b>			
1	Jim Sheehan	64	Cohoes 1:53:45
2	John Newell Jr	63	Amsterdam 2:29:32
<b>FEMALE AGE GROUP: 60 - 64</b>			
1	Donna Lustenhouwer	62	Altamont 1:48:51
<b>TEAMS</b>			
1	Team Leviathan		1:04:52
2	Over The Hill		1:21:20
3	Thagomizers		1:22:42
<b>YOUTH - 100YD SWIM, 3.1M BIKE, 1M RUN</b>			
<b>MALE OVERALL</b>			
1	Jack Rath	13	Ballston Spa 21:30
2	Trevor Goodwill	9	Ballston Lake 22:13
3	Dillon Goodwill	10	Ballston Lake 22:23
<b>FEMALE OVERALL</b>			
1	Alexandra Reed	13	Clifton Park 24:49
2	Abby DiCocco	13	Clifton Park 25:36
3	Mia Rath	10	Ballston Spa 25:55
<b>FEMALE AGE GROUP: 5 - 6</b>			
1	Ellaeh Whittaker	6	Northville 37:46
<b>MALE AGE GROUP: 7 - 8</b>			
1	Charles Lobosco III	8	Clifton Park 27:04
2	Cooper Nicastro	8	Saratoga Springs 29:11
3	Anthony O'Leary	8	Ballston Spa 31:27
4	Grayson Guttenberg	8	Broadalbin 34:09
<b>FEMALE AGE GROUP: 7 - 8</b>			
1	Laurel Mitchell	8	Broadalbin 26:28
2	Emilia Murphy	8	Amsterdam 29:43
3	Abigail Powers	7	Broadalbin 30:14
4	Tali Horesco	8	Glastonbury, CO 31:29
5	Isabella O'Leary	8	Ballston Spa 33:33
6	Ella Nacheman	8	Saratoga Springs 34:03
7	Eleora Goodbread	7	Broadalbin 37:25
8	Lilian Chamberlain	7	Northville 38:36
9	Emma Sellnow	8	Schenectady 39:11
10	Anela Whitbeck	8	Gansevoort 42:12
11	Abby Horesco	7	Glastonbury, CO 47:32

## 3RD ANNUAL COUNTY LINE 5K

June 18, 2016 • County Line Road, Rotterdam

<b>MALE OVERALL</b>		<b>FEMALE OVERALL</b>	
1	Christopher Magil	18:51	1 Matty Bland 21:04
2	Jason Winkler	20:10	2 Allegra Fasulo 21:59
3	Ian Tarynor	20:55	3 Alexandra Fasulo 22:30

## RUN FOR THE AGES 5K RUN

June 18, 2016 • Tackett Chiropractic, Queensbury

<b>MALE OVERALL</b>			
1	Jason Linendoll	19	Hudson Falls 18:20
2	William Venner	57	Granville 18:23
3	Ethan Stark	15	Queensbury 19:22
<b>FEMALE OVERALL</b>			
1	Carol Abbattisti	47	Queensbury 23:11
2	Karen Linendoll	45	Hudson Falls 25:27
3	Christine Natalie	30	Arlington, VT 26:10
<b>MALE AGE GROUP: 1 - 14</b>			
1	Jack Hicks	11	Queensbury 23:34
2	Gavin Suprenant	10	Fort Edward 25:06
3	Ryder Crescente	10	
<b>FEMALE AGE GROUP: 1 - 14</b>			
1	Ella Buscemi	7	Stamford, CT 37:41
2	Natalie Zuchar	7	Glens Falls 38:51
3	Madeline Crumb	10	East Hampton, CT 42:15
<b>MALE AGE GROUP: 15 - 19</b>			
1	Derek Bernard	17	Moreau 20:31
2	Liam Casey	17	Glens Falls 28:02
3	Isaiah Williamson	16	Queensbury 32:33
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Lauren Kline	16	Queensbury 31:51
2	Caitlen Hogan	17	Hudson Falls 42:16
<b>MALE AGE GROUP: 20 - 29</b>			
1	Pete Silva	23	Glens Falls 21:51
2	Evan Keating	22	Glens Falls 22:43
3	Andrew Sheer	24	Glens Falls 23:07
<b>FEMALE AGE GROUP: 20 - 29</b>			
1	Samantha Mason	26	Glens Falls 27:18
2	Jenn O'Leary	28	Gansevoort 31:46
3	Morgan Lane	25	Queensbury 34:38
<b>MALE AGE GROUP: 30 - 39</b>			
1	Christopher Potter	35	Queensbury 30:10
2	Paul Streicher	34	Glens Falls 33:17
3	Steve Spory	34	Glens Falls 33:29

## HITS TRIATHLON SERIES: NORTH COUNTRY TRIATHLON

June 18-19, 2016 • Hauge Beach on Lake George, Hauge

FULL - 2.4M SWIM, 112M BIKE, 26.2M RUN			
<b>MALE OVERALL</b>			
1	Mathieu Pelard	29	11:15:15
2	Olivier Botz	49	12:48:16
3	Patrick Kasper	40	13:25:40
<b>MALE AGE GROUP: 30 - 34</b>			
1	Max Buckbee-Selleck	31	13:36:24
2	Scott Lessard	31	14:05:29
<b>MALE AGE GROUP: 40 - 44</b>			
1	Erik Hirsch	44	14:40:21
<b>MALE AGE GROUP: 45 - 49</b>			
1	Steven Ikeler	47	14:26:05
<b>MALE AGE GROUP: 50 - 54</b>			
1	Randall Strayer	54	14:33:33
2	BJ Wilson	54	15:38:37
<b>MALE AGE GROUP: 60 - 64</b>			
1	Glen McCrabb	61	15:29:14
<b>MALE AQUABIKE</b>			
1	William Richardson	41	8:40:20
<b>RELAY TEAM</b>			
1	Gordon Harwood/Suzanne Harwood		14:35:28
<b>HALF - 1.2M SWIM, 56M BIKE, 13.1M RUN</b>			
<b>MALE OVERALL</b>			
1	Robert-Antoine Langlois	34	4:43:53
2	Marc Scheungrab	40	4:49:22
3	Shaun Berard	36	5:07:12
<b>FEMALE OVERALL</b>			
1	Caroline Martineau	36	5:13:55
2	Julia Slyer	20	5:35:13
3	Rebecca Evansky	37	6:09:58
<b>MALE AGE GROUP: 15 - 19</b>			
1	Andrew Hart	19	10:05:24
<b>MALE AGE GROUP: 25 - 29</b>			
1	Ben Jordan	29	5:07:39
2	Thomas Ruane	29	5:29:24
3	David Filipot	25	5:46:06
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Jessica Audet	25	7:31:31
2	Kristen Meddaugh	29	7:55:57
<b>MALE AGE GROUP: 30 - 34</b>			
1	Philippe Cornut	34	5:46:22
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Emily Jacobs	30	6:11:22
2	Joanna Nestler	32	7:02:54
<b>MALE AGE GROUP: 35 - 39</b>			
1	David Newman	36	5:23:55
2	Darren Monti	39	5:28:07
3	John Evansky	38	5:32:00
<b>MALE AGE GROUP: 40 - 44</b>			
1	Dave McGurrin	41	5:34:15
2	Dan Gaidasz	41	5:45:47
3	Crist Myers	44	5:50:12
<b>FEMALE AGE GROUP: 40 - 44</b>			
1	Shiau-uen Ding	40	8:20:08
<b>MALE AGE GROUP: 45 - 49</b>			
1	Jean-Luc Fleurant	46	5:20:44
2	Craig Weidman	46	5:37:01
3	George Stopyak	46	5:38:09
<b>FEMALE AGE GROUP: 45 - 49</b>			
1	Julie Hyland	46	6:27:45
2	Eliana Feldstein	49	6:37:26
3	Dina St. Claire	48	7:15:54
<b>MALE AGE GROUP: 50 - 54</b>			
1	John Slyer	51	5:26:54
2	Joshua Shute	51	5:51:19
3	Juan Rivelo	53	6:12:49
<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Monika Kurschatke	50	8:05:48
<b>MALE AGE GROUP: 55 - 59</b>			
1	William Van Nostrand	58	6:40:28
2	Robert Sack	55	6:54:11
3	Alan Lindsay	55	7:09:52
<b>FEMALE AGE GROUP: 55 - 59</b>			

HITS TRIATHLON SERIES: NORTH COUNTRY TRIATHLON continued

Table with triathlon results including categories like MALE AGE GROUP, FEMALE AGE GROUP, MALE AQUABIKE, and MALE OVERALL, listing names and times.

MULTI-SPORT LIFE SUPER SPRINT TRIATHLON June 19, 2016 • Crystal Cove, Averill Park

Table with triathlon results for Multi-Sport Life Super Sprint Triathlon, listing names and times for various age groups.

34TH ANNUAL TOUGHMAN TUPPER LAKE TINMAN TRIATHLON June 25, 2016 • Tupper Lake Municipal Park, Tupper Lake

Table with triathlon results for 34th Annual Toughman Tupper Lake Tinman Triathlon, listing names and times for various age groups.

34TH ANNUAL TOUGHMAN TUPPER LAKE TINMAN TRIATHLON continued

Table with triathlon results for 34th Annual Toughman Tupper Lake Tinman Triathlon, listing names and times for various age groups.

40TH ANNUAL ADIRONDACK DISTANCE RUN - 10 MILES June 26, 2016 • Lake George Village to Bolton Landing

Table with distance run results for 40th Annual Adirondack Distance Run - 10 Miles, listing names and times for various age groups.

3RD ANNUAL NATIONAL MUSEUM OF DANCE MOVE & GROOVE 5K June 26, 2016 • National Museum of Dance, Saratoga Springs

Table with 5K race results for 3rd Annual National Museum of Dance Move & Groove 5K, listing names and times for various age groups.

10TH ANNUAL FIRECRACKER 4: 4-MILE RACE July 4, 2016 • Saratoga Springs City Center, Saratoga Springs

Table with 4-mile race results for 10th Annual Firecracker 4: 4-Mile Race, listing names and times for various age groups.

# RACE RESULTS

## 10TH ANNUAL FIRECRACKER 4: 4-MILE RACE *continued*

FEMALE OVERALL			
1	Kelsey Chmiel	14	Greenfield Center 22:23
2	Karen Bertasso	32	Albany 23:20
3	Amelia Mahoney	17	Saratoga Springs 23:24
4	Hannah Davidson	26	Saratoga Springs 23:59
5	Eva Scott	17	Burnt Hills 24:11
6	Claire Collison	26	Albany 24:18
7	Peyton Engborg	15	Greenfield Center 24:23
8	Paris Fenoff	15	Ballston Spa 24:23
9	Erin Corcoran	42	Schenectady 24:27
10	Hannah Brooker	25	Albany 24:33

MALE AGE GROUP: 1 - 14			
1	Geoff Howles	14	Saratoga Springs 22:00
2	Ryan Postlethwait	14	Ballston Spa 23:52
3	Aidan Waite	14	Saratoga Springs 24:18
4	Kent Thomson	14	Elka Park 24:43
5	Brady Tooker	13	Saratoga Springs 25:31

FEMALE AGE GROUP: 1 - 14			
1	Grace Rosenberger	14	Saratoga Springs 29:21
2	Leila Paltrowitz	12	New York 30:35
3	Jenna Urbanski	13	Stillwater 31:35
4	Alexis Dibernardo	14	Albany 31:52
5	Emme Baldwin	12	Ballston Spa 34:02

MALE AGE GROUP: 15 - 19			
1	Shea Weilbaker	15	Saratoga Springs 21:24
2	Matthew Jenkins	19	South Glens Falls 21:36
3	Charles Ragone	18	Niskayuna 21:40
4	Joel Graska	18	Corinth 21:41
5	Daryl Blough	16	Elka Park 21:43

FEMALE AGE GROUP: 15 - 19			
1	Caroline Starace	16	Greenfield Center 24:41
2	Hunter Von Ahn	15	Saratoga Springs 24:43
3	Samantha Vetter	16	Greenfield Center 25:06
4	Allison Fernandez	19	Ballston Lake 25:51
5	Mariellen Penzer	17	Saratoga Springs 26:16

MALE AGE GROUP: 20 - 24			
1	John Busque	24	Manchester, CT 19:55
2	Dylan Lowry	24	Albany 20:31
3	Evan Quinones	21	Saratoga Springs 20:43
4	Matt Ciccio	21	Troy 20:55
5	Travis Briggs	21	Saratoga Springs 21:05

FEMALE AGE GROUP: 20 - 24			
1	Jaime Lord	20	Stony Point 24:33
2	Stefanie Fresenius	24	Ballston Spa 24:43
3	Ashley Peppriell	21	East Aurora 24:49
4	Sara Buckley	22	Slingerlands 24:49
5	Shannon Trant	22	Schenectady 25:00

MALE AGE GROUP: 25 - 29			
1	Richard Messineo	27	Albany 21:39
2	John Farley	27	Albany 21:50
3	Nick Webster	27	Albany 22:11
4	Terrance Gallogly	29	Saratoga Springs 22:39
5	Aaron Lozier	27	Albany 23:05

FEMALE AGE GROUP: 25 - 29			
1	Andrea Hollinger	28	East Greenbush 26:23
2	Abigail Carnevale	29	Saratoga Springs 27:57
3	Michelle Pratt	27	Albany 28:08
4	Kathryn Bernarde	29	Saratoga Springs 28:12
5	Michelle Davis	27	Schenectady 28:12

MALE AGE GROUP: 30 - 34			
1	Louis DiNuzzo	34	Saratoga Springs 21:33
2	Josh Merlis	34	Albany 21:44
3	Keith Weiss	34	Loudonville 23:29
4	David Harwood	30	Troy 23:46
5	Denis Samburskiy	34	Saratoga Springs 24:12

FEMALE AGE GROUP: 30 - 34			
1	Lisa Daniello	30	Albany 24:48
2	Jessy Montrose	30	Ballston Lake 25:18
3	Janne Rand	31	Delanson 27:11
4	Liz Chauhan	31	Albany 27:22
5	Erin Wrightson	30	Albany 27:44

MALE AGE GROUP: 35 - 39			
1	Anthony Giuliano	37	Niskayuna 21:36
2	James Sweeney	35	Albany 22:34
3	James Kehoe	38	Gansevoort 23:39
4	Shaun Evans	38	Middle Grove 24:22
5	Andrew Rickert	37	Delmar 25:13

FEMALE AGE GROUP: 35 - 39			
1	Mollie Turner	36	Averill Park 24:58
2	Crystal Perno	35	Clifton Park 27:08
3	Danielle Maslowsky	37	Ballston Lake 27:44
4	Stephanie Poirier	38	Saratoga Springs 28:06
5	Kari Deer	37	Slingerlands 28:14

MALE AGE GROUP: 40 - 44			
1	James O'Connor	42	Troy 21:50
2	Aaron Knobloch	40	Guilderland 22:36
3	Volker Burkowski	44	Gansevoort 22:42

Courtesy of Firecracker 4/FC4 Inc.

## 13TH ANNUAL MUSSELMAN TRIATHLON

July 8-10, 2016 • Lakefront Park, Geneva

MUSSELMAN HALF - 1.2M SWIM, 56M BIKE, 13.1M RUN			
MALE OVERALL			
1	Matthew Curbeau/30-34	Millis, MA	4:04:47
2	Mat Migonis/35-39	Newton	4:08:45
3	Doug Maclean/35-39	Ithaca	4:16:02

FEMALE OVERALL			
1	Amy Farrell/35-39	Tupper Lake	4:45:18
2	Heidi Benson/25-29	Cleveland, OH	4:59:06
3	Jennifer Zopp/30-34	Mahopac	5:00:11

MALE AGE GROUP: 15 - 19			
1	Ryan Fleischer	Delmar	5:38:41

FEMALE AGE GROUP: 15 - 19			
1	Kara Rosenthal	Rochester	6:26:30

MALE AGE GROUP: 20 - 24			
1	Luke Davis	Wayne, PA	4:34:43
2	Ryan Recchia	Latham	4:45:37
3	Joe Hannon	Danville, PA	4:59:26

FEMALE AGE GROUP: 20 - 24			
1	Mary Beth Hannon	Ovid	6:09:55
2	Erica Nye	Skaneateles	6:12:49
3	Chelsea Parkes	Camillus	6:18:34

MALE AGE GROUP: 25 - 29			
1	Shawn Parkhurst	Oswego	4:31:02
2	Jeanhyuk Park	Cleveland Heights, OH	4:45:46
3	Kevin Long	Queensbury	4:54:33

FEMALE AGE GROUP: 25 - 29			
1	Mae Card	Auburn	5:22:43
2	Sarah Schaefer	Williamsville	5:30:27
3	Emily Brooks	Kenmore	5:40:31

MALE AGE GROUP: 30 - 34			
1	Andrew Barnard	Shaker Heights, OH	5:10:42
2	David Morabito	Seneca Falls	5:15:37
3	Jason Pedrick	Playa Del Rey, CA	5:19:28

FEMALE AGE GROUP: 30 - 34			
1	Analeigh Porter	Syracuse	5:04:55
2	Kelly Virkler	Altamont	5:15:30
3	Lauren Wexler	Astoria	5:32:34

MALE AGE GROUP: 35 - 39			
1	Andrew Holland	Erie, PA	4:34:01
2	Lucas Moore	Morristown, VT	4:36:16
3	Darren Schutt	Webster	4:36:33

FEMALE AGE GROUP: 35 - 39			
1	Stephanie Gonzalez	Austin, TX	5:12:53
2	Jennifer Matro	Philadelphia, PA	5:18:41
3	Allison Saunders	Williamsport, PA	5:32:55

MALE AGE GROUP: 40 - 44			
1	Todd Shatynski	Altamont	4:28:46
2	Dean Haspela	Dorchester, MA	4:36:11
3	Joseph Priore	Williamsville	4:44:59

FEMALE AGE GROUP: 40 - 44			
1	Sarah Newsome	Palmyra	5:04:19
2	Tina Kunstbeck	Altoona, PA	5:15:35
3	Lea Warden	Voorheesville	5:16:14

MALE AGE GROUP: 45 - 49			
1	Turner Boone	Geneseo	4:37:43
2	Andrew Getzin	Ithaca	4:45:06
3	Walter Silbert	Ithaca	4:51:58

FEMALE AGE GROUP: 45 - 49			
1	Roberta Cirelli	Oshawa, ON	5:32:29
2	Chris Giess	Victor	5:39:35
3	Michelle Pressley	Norfolk, VA	5:51:42

MALE AGE GROUP: 50 - 54			
1	Joseph Dilonzo	Lockport	4:58:04
2	Christopher Bersani	Westborough, MA	5:06:41
3	Rich Latorra	Plattsburgh	5:10:27

FEMALE AGE GROUP: 50 - 54			
1	Stephanie Barbero	Fairpoint	5:38:29
2	Suzanne Clements	Clifton Springs	5:58:35
3	Karen Ruth	Eastlake, OH	6:11:09

MALE AGE GROUP: 55 - 59			
1	Keith Manning	Arlington, MA	4:57:50
2	Peter Lautenslager	Victor	4:57:58
3	Howard Iseri	Wellsboro, PA	5:13:54

continued

## 13TH ANNUAL MUSSELMAN TRIATHLON *continued*

MINI-MUSSEL - 750M SWIM, 16.1M BIKE, 3.2M RUN			
MALE OVERALL			
1	Matt Migonis/35-39	Newton	1:13:23
2	Craig Baumgartner/25-29	Washington DC	1:17:55
3	Brian Emelsson/50-54	Rochester	1:18:22

FEMALE OVERALL			
1	Sascha Scott/40-44	Syracuse	1:20:04
2	Heidi Benson/25-29	Cleveland, OH	1:20:34
3	Megan Leubner/25-29	Skaneateles	1:20:48

MALE AGE GROUP: 1 - 19			
1	Sam Costich	East Amherst	1:23:58
2	Jacob Arnold	Middleport	1:32:39
3	Connor McArdle	Niagara Falls	1:34:15

FEMALE AGE GROUP: 1 - 19			
1	Audra Burrall	Geneva	1:39:10
2	Elise Keister	Horseheads	1:40:51
3	Susan Banschbach	Fayetteville	1:41:07

MALE AGE GROUP: 20 - 29			
1	AJ Beers	Central Square	1:19:40
2	Miles Mischke	Nichols	1:23:54
3	Ryan Kelly	East Greenbush	1:24:51

FEMALE AGE GROUP: 20 - 29			
1	Lisa Holt	Ithaca	1:25:25
2	Marguerite Zaepfel	Gasport	1:33:27
3	Victoria Lederer	Canton	1:35:01

MALE AGE GROUP: 30 - 39			
1	Victor Brown III	Ithaca	1:19:34
2	Aaron Perry	Vestal	1:20:50
3	Ed Heckle	Rochester	1:21:10

FEMALE AGE GROUP: 30 - 39			
1	Jenelle Glover	Corning	1:21:51
2	Alison Migonis	Newton, MA	1:24:36
3	Stephanie Montgomery	Erie, PA	1:33:37

MALE AGE GROUP: 40 - 49			
1	Jeremy Maichuk	Webster	1:19:38
2	Mark Durno	Fairview Park, OH	1:20:55
3	Al Tricoli	Canandaigua	1:21:11

FEMALE AGE GROUP: 40 - 49			
1	Lori Deschamps	Anchorage, AK	1:23:43
2	Murphee Hayes	Marathon	1:24:08
3	Jennifer Redding	Williamsville	1:26:50

MALE AGE GROUP: 50 - 59			
1	Matthew Kellman	Penfield	1:18:22
2	Howard Iseri	Wellsboro, PA	1:22:10
3	Rory Gumina	Rochester	1:22:35

FEMALE AGE GROUP: 50 - 59			
1	Fran Vincent	Slingerlands	1:25:43
2	Nancy Lyon-Stadler	Shaker Heights, OH	1:27:26
3	Gina Burrows	Liverpool	1:29:03

MALE AGE GROUP: 60 - 69			
1	Curt Eggers	Henrietta	1:18:26
2	Philip Friedman	Erie, PA	1:20:42
3	Terry Habecker	Ithaca	1:28:48

FEMALE AGE GROUP: 60 - 69			
1	Margaret Perkins	Tully	1:45:48
2	Marilee Pryor	Scottsville	1:58:10
3	Rita McCarthy	Painted Post	1:58:59

MALE AGE GROUP: 70 - 79			
1	Tom Dutton	Livonia	1:30:22
2	Christopher Baker	Weedsport	1:33:37
3	Jim Cunningham	Ticonderoga	1:41:34

FEMALE AGE GROUP: 70 - 79			
1	Carol Hamlin	Endwell	2:10:37

Courtesy of the Score This!!! MultiSport Series

## HITS TRIATHLON SERIES: HUDSON VALLEY

July 9, 2016 • Williams Lake, Rosendale

FULL - 2.4M SWIM, 112M BIKE, 26.2M RUN			
MALE OVERALL			
1	Ned Dalzell	31	10:36:25
2	Keith Botner	42	11:18:47
3	David Finkbinder	25	11:30:27

FEMALE OVERALL			
1	Megan O'Keefe	28	14:50:05
2	Katherine Kromka	25	14:50:05
3	Sharon Hobbs	57	15:45:37

MALE AGE GROUP: 18 - 19			
1	Harris Goldstein	19	15:59:10

MALE AGE GROUP: 20 - 24			
1	Matthew Golding	23	12:58:01
2	Micah Cotton	21	13:15:26

MALE AGE GROUP: 35 - 39			
1	David Newman	36	11:56:03
2	Vincent Hastings	38	14:27:30

MALE AGE GROUP: 40 - 44			
1	Daniel Fehl	41	13:24:35
2	Robin Ireland	40	13:52:40

MALE AGE GROUP: 45 - 49			
1	Simeon Hyman	48	14:16:25

MALE AGE GROUP: 50 - 54			
1	Dennis Upton	50	15:31:01

AQUABIKE			
1	Adam Granoff	38	7:52:04
2	Sean Chick	40	8:47:34
3	William Bench	29	9:24:37

HALF - 1.2M SWIM, 56M BIKE, 13.1M RUN			
MALE OVERALL			
1	Colin Martin	30	4:32:48
2	Cristian Gonzalez	34	4:40:25
3	Andrew Cruz	35	4:43:51

FEMALE OVERALL			
1	Holly Goodman	26	5:26:22
2	Ellen Tarquinio	36	5:34:53
3	Amy Sherman	52	5:38:13

MALE AGE GROUP: 16 - 17			
1	Lindsay Mayo	16	6:35:26

MALE AGE GROUP: 18 - 19			
1	Tom Farrell	18	6:14:43

FEMALE AGE GROUP: 20 - 24			
1	Lauren Wager	21	5:58:01
2	Zoe Goodwin	20	6:33:27

MALE AGE GROUP: 25 - 29			
1	Rob Eberhart	27	5:24:14
2	Larry Ahearn	29	5:39:21
3	David Patzer	25	5:47:44

MALE AGE GROUP: 30 - 34			
1	Adam Rago	31	5:24:19
2	Brendan Droge	33	5:51:37
3	Nadav Ben-Chanoch	31	6:24:53

FEMALE AGE GROUP: 30 - 34			
1	Elsbeth Roake	34	6:49:10
2	Kathryn Escoto	30	7:18:28
3	Maureen Knorring	32	7:38:56

MALE AGE GROUP: 35 - 39			
1	Josh Parker	36	4:52:12
2	Chad Duffy	39	5:05:25
3	Darren Schiminski	37	5:18:08

FEMALE AGE GROUP: 35 - 39			
1	Gabriela DeAngelo	39	5:40:15

MALE AGE GROUP: 40 - 44			
1	Allen Lopez	43	4:53:26
2	Jim Shepardonson	44	5:37:05
3	Andrew Binnie	42	5:40:40

FEMALE AGE GROUP: 40 - 44			
1	Teresa Garrett	44	5:59:05
2	Laura Marino	40	6:35:29
3	Dan Spano	41	7:58:18

MALE AGE GROUP: 45 - 49			
1	Joshua Arvidson	45	5:03:52
2	Stephen Katz	49	5:10:07
3	Kenneth Colantuoni	46	5:13:59

FEMALE AGE GROUP: 45 - 49			
1	Eleni Reed	49	5:51:07
2	Kimberly Cognato	48	7:06:05
3	Jeanette McCue	46	7:08:27

MALE AGE GROUP: 50 - 54			
1			

**HITS TRIATHLON SERIES: HUDSON VALLEY** *continued*

<b>AQUABIKE FEMALE</b>	1 Julie Chan 53 2:55:51	<b>FEMALE AGE GROUP: 30 - 39</b>	1 Lara Ceppi 33 1:37:09	<b>CLYDESDALE MALE</b>	1 Peter Mclvor 34 1:25:15
<b>SPRINT - 750M SWIM, 12.4M BIKE, 3.1M RUN</b>			2 Sarah Cohn 38 1:42:34	<b>ATHENA FEMALE</b>	1 Angela Dumadag 38 2:17:04
			3 Kristina Cantelli 36 1:51:51	<b>AQUABIKE</b>	1 Jesse Mellor 64 1:04:35
<b>MALE OVERALL</b>	1 Benjamin Balmy 31 1:11:42	<b>MALE AGE GROUP: 40 - 49</b>	1 Adam Rundell 41 1:12:52	<b>OPEN - 100M SWIM, 3M BIKE, 1M RUN</b>	
	2 Hendrick JP Van der Zande 25 1:11:46		2 Jon Herrick 43 1:14:37	<b>MALE TOP 10</b>	
	3 Robert Ordish 31 1:11:55		3 Scott Green 49 1:20:36	1 Jonathan Wolfson 19 13:38	
<b>FEMALE OVERALL</b>	1 Leigh Parker 35 1:26:05	<b>FEMALE AGE GROUP: 40 - 49</b>	1 Micaela Birmingham 40 1:33:23	2 Ethan Walters 24 15:47	
	2 Julissa Quezada 20 1:27:19		2 Meagan Sullivan 40 1:42:40	3 Trevor Goodwill 9 16:51	
	3 Jocelyn Kaselow 23 1:29:13	<b>MALE AGE GROUP: 50 - 59</b>	3 Mindy Freedgood 49 1:49:13	4 Dillon Goodwill 11 17:31	
<b>MALE AGE GROUP: 13 - 19</b>	1 Spencer Schindler 19 1:32:28		1 Peter Putka 55 1:15:14	5 Aidan Chan 8 21:51	
	2 James Farrell 13 1:51:03		2 Kevin Elmore 54 1:24:40	6 Wesley Chan 10 23:08	
	3 Matthew Greenfield 19 1:52:49	<b>FEMALE AGE GROUP: 50 - 59</b>	3 Edward Gabriels 55 1:37:54	7 Ajay Krishnan 8 24:18	
<b>FEMALE AGE GROUP: 13 - 19</b>	1 Felicia Ojarovsky 15 1:38:33		1 Karen Rae 55 1:35:49	8 Kenneth Lee 10 25:14	
	2 Caroline Slyer 18 1:40:33		2 Michelle Sweeney 58 1:37:59	9 Charlie Ding 8 25:27	
	3 Ruby Slyer 13 1:56:19	<b>MALE AGE GROUP: 60 - 69</b>	3 Seier Laurie 59 1:58:51	10 Andrew Patterson 25 25:35	
<b>MALE AGE GROUP: 20 - 29</b>	1 Ian McGrew 29 1:12:32		1 Richard Miller 63 1:28:30	<b>FEMALE TOP 10</b>	
	2 Joseph Vantassel 22 1:25:14		2 James Sweeney 66 1:32:29	1 Kaitlyn Kortright 16 20:25	
	3 Carlo Ceppi 25 1:25:43	<b>FEMALE AGE GROUP: 60 - 69</b>	3 Eric Bressler 66 1:39:19	2 Mary Katherine Cestaro 8 20:32	
<b>FEMALE AGE GROUP: 20 - 29</b>	1 Biz Osborne-Schwartz Biz 22 1:37:32		1 Janice Cragnolin 61 2:01:03	3 Leah Freedland 27 21:18	
	2 Meghan Ede 25 1:43:32		2 Sarah Hitchcock 62 2:22:13	4 Anna Kunz 15 21:31	
	3 Molly Smith 27 1:47:28		3 Patricia Giovenco 65 2:29:34	5 Kristen Flores 15 21:55	
<b>MALE AGE GROUP: 30 - 39</b>	1 Mason Cavell 34 1:26:10	<b>MALE AGE GROUP: 70 - 79</b>	1 Jim Becker 71 1:37:34	6 Emily Naciencio 12 22:09	
	2 Erik Morse 38 1:27:49		2 Frank Vitale 71 2:06:23	7 Isabella Flores 10 22:10	
	3 Joe Cincotta 39 1:31:00			8 Jessica Borders 16 22:14	
				9 Madalyn Borders 12 22:52	
				10 Colleen Kortright 40 22:26	

*Courtesy of HITS Triathlon Series*

**15TH ANNUAL CAPITAL REGION BICYCLE ROAD RACE**

July 9, 2016 • Ravena-Coeymans-Selkirk High School, Ravena

<b>MEN CAT 1/2/3 - 63 MILES</b>	1 William Dugan Steve Pucci Retirement Tour 3:33:45	4 Jeff Krywaczyc Capital Bicycle Racing Club 1:56:15
	2 Ian Clarke Next 3:35:32	5 Calvin Tortorigi Storrs Center Cycle Racing 1:56:15
	3 Chase Goldstein CRCA/Weather Channel/Giant 3:35:32	<b>MEN CAT 5 - 43 MILES</b>
	4 Tim Mitchell CCB Racing 3:35:33	1 Matthew Kurz Capital Bicycle Racing Club 1:50:55
	5 Gavriel Epstein CRCA/Lupus Racing Team 3:35:59	2 Scott Birdsey Capital Bicycle Racing Club 1:53:28
<b>MEN CAT 1/2/3/4 MASTERS 40+ - 63 MILES</b>	1 Fernando Ferreira Iron Bridge/Tarmac Cycling 2:48:34	3 Matthew Shaffer Unattached 1:57:48
	2 Gregg Galletta CRCA/Rockstar Games 2:48:35	4 Brian White R-Cubed Cycling Team 1:57:48
	3 Jacob Hacker Unattached 2:48:36	5 Casey Clarke Cadence Wealth Management 1:57:58
	4 Lawrence Uhrlass Brands Cycle/Roslyn Porsche 2:49:18	<b>MEN JUNIOR 15-16 - 43 MILES</b>
	5 Chris Crowell Fusionthink/Voss 2:49:19	1 Wyatt Cote CT Cycling Advancement 1:53:30
<b>MEN CAT 1/2/3/4 MASTERS 50+ - 63 MILES</b>	1 Cliff Summers CCC/Keltic Const/Zane's Cycles 2:49:24	2 Jonathan Guiza Sherpa Cycling 1:57:47
	2 Gerard O'Shea CCC/Keltic Const/Zane's Cycles 2:55:30	3 Nick Koleszar CCAP/Sherpa Cycling 1:57:47
	3 Mark Sumner Peak Racing/Valley Bike & Ski 2:55:31	4 Juan Soler Unattached 1:57:56
	4 Art Podgorski Jr Cyclonauts Racers Inc 2:55:31	5 Kyle Crowell CT Cycling Advancement 1:58:49
	5 Douglas O'Neill Deno's Wonder Wheel 2:55:31	<b>WOMEN CAT 1/2/3 - 63 MILES</b>
<b>MEN CAT 3/4 - 63 MILES</b>	1 David Shuck Unattached 2:48:44	1 Emily Marcolini Phi Hotel/Holiday Inn Express 3:09:22
	2 Justin Wood CRCA/E2/Value 2:48:46	2 Emma Bast Unattached 3:12:29
	3 David Taylor CRCA/NY Vision/Fuoriclasse 2:48:51	3 Kerrin Mosher Farm Team Elite Cycling 3:12:30
	4 Fred David CRCA/E2/Value 2:51:39	4 Alexa Gubinski Sherpa Cycling 3:12:31
	5 Ryan Johnston Bicycle Habitat/Verge Sport 2:51:42	5 Victoria DiSavino Legaci Cycling Productions 3:12:31
<b>MEN CAT 4 - 43 MILES</b>	1 Richard Russomano Century Road Club of America 1:56:15	<b>WOMEN CAT 4 - 43 MILES</b>
	2 Anthony Cao New York University 1:56:15	1 Rachel Uccellini T3 Coaching 2:18:57
	3 Jason Weeber ColoBikeLaw/Adventure Cycling 1:56:15	2 Michelle Rorke Unattached 2:19:03
		3 Lindsay Westley Unattached 2:19:13
		4 Nicole Kingsley Unattached 2:20:56
		5 Jill White Kissena Cycling Club 2:24:03

*Courtesy of Capital Bicycle Racing Club*

**SARATOGA 12/24 BICYCLE ROAD RACE**

July 9-10, 2016 • Van Raalte Mill, Saratoga Springs

<b>SARATOGA CHALLENGE - 24 HOURS</b>	1 Julie Toole 37 Toronto, ON 321M
<b>WOMEN</b>	
1 Dany Bonneville 51 Mont St Hilaire, QC 377M	
2 Niklas Anderson 42 New York 315M	
3 Richard Pickering 40 Whitty, ON 314M	
4 James Paige 55 Morrisville, VT 306M	
5 Dennis Desmarais 43 Glastonbury, CT 236M	
6 Cuneyt Eviner 40 Brooklyn 197M	
7 Mario Claussnitzer 42 Jackson Heights 197M	
8 Lance Decker 46 South Glens Falls 157M	
9 Ken De Long 59 Gloversville 118M	
<b>HUDSON RIVER RAMBLE - 12 HOURS</b>	
1 Andy Lausier 38 Naugatuck, CT 210M	
2 Jeff Weaver 55 Elmira 205M	
3 Richard Homenick 52 Schenectady 203M	
4 Shawn Kaufman 42 Mount Vernon 165M	
<b>TWO-PERSON MALE TEAM</b>	1 Pat Fleming/Ron Harlos 68/62 Bloomingdale, NJ 201M
<b>NIGHTHAWK 12</b>	1 Chris Grant 57 Lake Placid 156M
<b>TRIPLE LAP CHALLENGE - 120 MILES</b>	
1 Denise Hochul 60 Lancaster 7:01:00	
<b>WOMEN</b>	
1 Richard Morse 56 Allentown, PA 8:13:00	
1 Steven Morse 53 Albany 8:13:00	

*Courtesy of Adirondack Ultra Cycling*

**SARATOGA SPRINGS "STRONG TO SERVE" HALF MARATHON & 5K**

July 10, 2016 • Saratoga Spa State Park, Saratoga Springs

<b>13.1 MILES</b>	1 Richard Messineo 27 Nassau 1:16:21
	2 Grant Norton 18 Scotia 1:21:10
	3 Eric Youns 24 Latham 1:22:05
<b>FEMALE OVERALL</b>	1 Rebecca Stuart 31 Montreal, QC 1:27:39
	2 Keelin Hollowood 21 Saratoga Springs 1:29:32
	3 Katy Schlichtman 31 1:33:32
<b>MALE AGE GROUP: 15 - 19</b>	1 Jacob Greski 16 Scotia 1:22:38
	2 James Faraci 16 Troy 1:25:20
	3 Kyle Jerreld 17 Scotia 1:33:03
<b>FEMALE AGE GROUP: 15 - 19</b>	1 Dominica Bleichert 19 Clifton Park 1:43:20
	2 Alexandra Clark 19 West Simsbury, CT 1:46:32
	3 Laura Wengert 19 Jamesville 1:46:40
<b>MALE AGE GROUP: 20 - 24</b>	1 Reid Williams 20 Saratoga Springs 1:26:43
	2 Alex Isabelle 21 Troy 1:35:47
	3 Robert Jackson 21 Smithfield, RI 1:38:12
<b>FEMALE AGE GROUP: 20 - 24</b>	1 Megan Clune 22 Scotia 1:35:26
	2 Katie Clark 21 Oakton, VA 1:44:21
	3 Lauren Bobsersky 24 Brooklyn 1:48:56
<b>MALE AGE GROUP: 25 - 29</b>	1 John Reisman 28 Bronx 1:31:55
	2 Matthew McHugh 29 Tampa, FL 1:34:37
	3 Joshua Popelka 28 Buffalo 1:35:53
<b>FEMALE AGE GROUP: 25 - 29</b>	1 Kaitlyn Dibello 25 Mahopac 1:39:04
	2 Brianna Thompson 25 Albany 1:43:27
	3 Pauline Hua 27 Brooklyn 1:47:46
<b>MALE AGE GROUP: 30 - 34</b>	1 Luke Fay 32 Sydney, AUS 1:25:56
	2 Christopher Patterson 30 Rochester 1:29:43
	3 Nick Reisman 31 Clifton Park 1:35:57
<b>FEMALE AGE GROUP: 30 - 34</b>	1 Carrie Mendolia-Klett 33 Niskayuna 1:41:31
	2 Louise Drummond 33 Sydney, AUS 1:45:07
	3 Andrea Arini 31 Sayville 1:47:06
<b>MALE AGE GROUP: 35 - 39</b>	1 Joseph Vinciguerra 37 Rexford 1:27:19
	2 Dallas Devries 38 Cohoes 1:29:25
	3 Patrick Thomas 37 Albany 1:29:37
<b>FEMALE AGE GROUP: 35 - 39</b>	1 Tammy Cumo 38 Slingerlands 1:45:25
	2 Hollie Nirsberger 39 Saratoga Springs 1:48:42
	3 Tina Cukrovany 39 Clifton Park 1:48:46
<b>MALE AGE GROUP: 40 - 44</b>	1 Greg Ethier 42 Clifton Park 1:31:57
	2 Guillaume Frechette 42 New York 1:32:18
	3 Zak Hill 41 Saratoga Springs 1:37:35
<b>FEMALE AGE GROUP: 40 - 44</b>	1 Fredh Southern 44 London, UK 1:40:50
	2 Colleen Dibble 43 Niskayuna 1:44:52
	3 Anne Faraher 42 South Orange, NJ 1:48:06
<b>MALE AGE GROUP: 45 - 49</b>	1 Andrew Reed 45 Niskayuna 1:24:46
	2 Gary Harper 47 Moreau 1:33:12
	3 Paul Nelson 46 Albany 1:36:45
<b>FEMALE AGE GROUP: 45 - 49</b>	1 Bonnie Galvin 49 Ballston Spa 1:46:04
	2 Lisa Sheldon 45 Williamstown, MA 1:48:48
	3 Christine Decicco 49 Fayetteville, GA 1:54:24
<b>MALE AGE GROUP: 50 - 54</b>	1 Thomas Connors 52 Stuart, FL 1:29:29
	2 Richard Loud 51 Ballston Spa 1:41:08
	3 John Guarino 51 Saratoga Springs 1:42:44
<b>FEMALE AGE GROUP: 50 - 54</b>	1 Rushton Callaghan 51 Ponte Vedra Beach, FL 1:38:22
	2 Lisa Pleban 51 Gansevoort 1:55:07
	3 Karen Brown 50 Oneonta 1:57:54
<b>MALE AGE GROUP: 55 - 59</b>	1 Tim Kane 57 Sherrill 1:34:55
	2 David Hart 55 Delmar 1:39:39
	3 John Parisella 58 Schenectady 1:52:25
<b>FEMALE AGE GROUP: 55 - 59</b>	1 Maureen Fitzgerald 58 Clifton Park 1:47:49
	2 Dana Martin 59 Westport, CT 1:57:52
	3 Joan Kane 57 Sherrill 1:59:50
<b>MALE AGE GROUP: 60 - 64</b>	1 John Webber 61 Ballston Spa 1:57:12
	2 Chester Tumidajewicz 61 Amsterdam 2:02:46
	3 Curtis Kellner 62 Maplewood, NJ 2:03:46
<b>FEMALE AGE GROUP: 60 - 64</b>	1 Joan Celentano 63 Schenectady 2:05:02
	2 Debra Kelley 63 Albany 2:23:04
	3 Lesley Strauss 62 Glenside, IL 2:25:00

**SARATOGA SPRINGS "STRONG TO SERVE" HALF MARATHON & 5K** *continued*

<b>MALE AGE GROUP: 65 - 69</b>	1 Michael Murphy 67 Millbrook 1:53:46	<b>MALE AGE GROUP: 35 - 39</b>	1 Jamie Buckner 36 Brooklyn 29:14
	2 Paul Forbes 65 Colonie 1:53:49		2 Andrew Cochran 38 Astoria 33:36
<b>FEMALE AGE GROUP: 65 - 69</b>	1 Linda Plante 67 Middle Grove 2:42:40		3 Jeremy Hammond 37 Albany 51:43
<b>MALE AGE GROUP: 75 - 79</b>	1 Patrick Bivona 75 Clifton, NJ 2:51:11	<b>FEMALE AGE GROUP: 35 - 39</b>	1 Karolina Quinn 37 Malta 30:40
			2 Elizabeth Sorrell 35 Brooklyn 46:54
			3 Amanda Lynch 37 Astoria 46:54
<b>MALE OVERALL</b>	1 Jeremy Gundrum 15 West Sand Lake 18:58	<b>MALE AGE GROUP: 40 - 44</b>	1 Tom Reed 42 Middle Grove 28:02
	2 Noe Place 53 Saratoga Springs 20:08		<b>FEMALE AGE GROUP: 40 - 44</b>
	3 Benjamin Hoffman 21 Saratoga Springs 21:14		1 Joan McLean 44 Rockville Centre 24:56
<b>FEMALE OVERALL</b>	1 Alex Decicco 18 Holtsville 20:44		2 Dina Ziskin-Fortune 44 Latham 30:24
	2 Emily McLean 17 Rockville Centre 22:34		3 Querube Santana 41 Miramar, FL 37:06
	3 Veronica Decicco 51 Holtsville 23:33	<b>MALE AGE GROUP: 45 - 49</b>	1 Tom Denham 48 Delmar 22:12
<b>MALE AGE GROUP: 1 - 14</b>	1 Devin Decicco 13 Fayetteville, GA 23:33		2 Jay Eldridge 45 Saratoga Springs 23:21
	2 Anthony Marra 13 St. James 33:23		3 Eric Gundrum 47 West Sand Lake 31:12
	3 Benjamin Hammond 7 Queensbury 41:59	<b>FEMALE AGE GROUP: 45 - 49</b>	1 Jill Connors 49 Stuart, FL 28:19
<b>MALE AGE GROUP: 15 - 19</b>	1 Peter Celebulki 19 Setauket 25:03		2 Hope Marra 47 St. James 28:49
<b>FEMALE AGE GROUP: 15 - 19</b>	1 Jamie Decicco 18 Fayetteville, GA 24:54		3 Kathleen Gundrum 47 West Sand Lake 31:43
	2 Erin Decicco 16 Fayetteville, GA 28:50	<b>MALE AGE GROUP: 50 - 54</b>	1 Dan Celebulki 54 North Plainfield, NJ 25:27
	3 Anne Moruzzi 16 Clifton Park 34:32		2 Thomas Jarvis 52 Scarsdale 29:06
<b>MALE AGE GROUP: 20 - 24</b>	1 Dan Celebulki 22 North Plainfield, NJ 23:12		3 Michael Decicco 51 Canandaigua 32:03
	2 Ethan Decicco 21 Canandaigua 24:24	<b>FEMALE AGE GROUP: 50 - 54</b>	1 Kristen Kristel 52 Schenectady 30:13
	3 Chris Decicco 22 Holtsville 25:27		2 Wink Bishop 50 Waikerie, AUS 31:15
<b>FEMALE AGE GROUP: 20 - 24</b>	1 Lianna Potrius 23 Albany 28:19		3 Margie Wengert 53 Jamesville 34:28
	2 Ashley Petersen 23 Rensselaer 30:01	<b>MALE AGE GROUP: 55 - 59</b>	1 James Matera 57 New York 26:02
	3 Anna Roberts 24 Albany 35:00		<b>FEMALE AGE GROUP: 55 - 59</b>
<b>MALE AGE GROUP: 25 - 29</b>	1 Phillip Witherspoon 26 Pittsfield, MA 24:00		1 Simi Matera 56 New York 27:24
<b>FEMALE AGE GROUP: 25 - 29</b>	1 Melissa Tiberio 29 Scotia 27:03		2 Catherine Gagnon 58 Gansevoort 27:44
	2 Brittny Holcomb 27 Slingerlands 27:44		3 Sue Demasi 55 Williston, VT 31:04
	3 Caitlyn Drumm 27 Malta 30:40	<b>FEMALE AGE GROUP: 60 - 64</b>	1 Darlene Cardillo 63 Delmar 27:29
<b>MALE AGE GROUP: 30 - 34</b>	1 Nicholas Sciolino 33 Cohoes 23:57		2 Kathryn Brennan 63 Queensbury 28:28
	2 James Thomas 32 South Glens Falls 25:34	<b>MALE AGE GROUP: 65 - 69</b>	1 Mark Fleszar 66 Troy 27:50
	3 Scott Rogers 30 Cohoes 42:12	<b>MALE AGE GROUP: 70 - 74</b>	1 Jim Callahan 71 Saratoga Springs 27:44
<b>FEMALE AGE GROUP: 30 - 34</b>	1 Tabatha Thomas 34 South Glens Falls 31:55		
	2 Janellee Hammond 34 Queensbury 51:59		<i>Courtesy of 3C Race Productions</i>

**SUNNY HILL RESORT VIKING OBSTACLE RACE**

July 10, 2016 • Sunny Hill Resort, Greenville

<b>35+ OBSTACLES, 5.5 MILES</b>	<b>MALE OVERALL</b>	1 Jarrett Newby Binghamton 29 58:13	<b>MALE AGE GROUP: 35 - 39</b>	1 Steven Beckwith Middlebury, VT 35 1:22:09
	2 Robstaule Butler Benson, VT 45 1:06:16		2 Garth Brennan Gansevoort 39 1:24:20	
	3 Antoni Favata Schenectady 31 1:16:13		3 Colin Knwox Cornwall, VT 35 1:37:21	
<b>FEMALE OVERALL</b>	1 Debbie Koch Greene, ME 44 1:26:31	<b>FEMALE AGE GROUP: 35 - 39</b>	1 Karrie Provencher Weybridge, VT 36 2:01:02	
	2 Anastasia Beck Victor 25 1:40:53		2 Kathleen Lanphear Richmond, VT 37 2:24:55	
	3 Karen Root Charlotte, VT 60 1:42:53	<b>MALE AGE GROUP: 40 - 44</b>	3 Tawny Bloom Burlington, VT 37 2:20:42	
<b>MALE AGE GROUP: 10 - 14</b>	1 TJ Bisailon Mechanicville 14 1:50:42		1 Felipe Negron Norwalk, CT 42 1:24:03	
	2 Connor Bohn Delmar 14 1:52:57		2 Daniel Blenis Ravenna 40 1:35:43	
	3 Aidan Basal Delmar 14 1:52:58		3 Frank Killian 44 1:53:36	
<b>FEMALE AGE GROUP: 10 - 14</b>	1 Hailey Walthers Schenectady 14 3:15:48	<b>FEMALE AGE GROUP: 40 - 44</b>	1 Jennifer Herring Randolph, NJ 44 2:19:49	
<b>MALE AGE GROUP: 15 - 19</b>	1 Chris Jancarek Randolph, NJ 19 1:27:48		2 Tara Cioppa Beacon 44 2:28:51	
	2 Daniel Post Victor 19 1:29:22		3 Crystal Morgan East Meredith 43 2:35:55	
	3 Adam Beach Red Hook 17 1:43:25	<b>MALE AGE GROUP: 45 - 49</b>	1 Brian Ladeau Bristol, VT 45 1:17:17	
<b>FEMALE AGE GROUP: 15 - 19</b>	1 Tierney Bisailon Mochan 16 2:37:53		2 Larry Cooper Tabernacle, NJ 45 1:25:34	
	2 Emma Bow West Seneca 19 3:13:35		3 Ozzie Mantilla Wappingers Falls 45 1:47:05	
	3 Susan Kelly 16 3:17:18	<b>FEMALE AGE GROUP: 45 - 49</b>	1 Barbara Toczek 45 2:14:36	
<b>MALE AGE GROUP: 20 - 24</b>	1 Quinn Kelly Greenville 24 1:38:56		2 Olga Barkar Huntingdon Valley 45 2:45:40	
	2 Kyle Nore Waterford 24 1:43:38		3 Gayle Russell Rhinebeck 45 2:52:00	
	3 Cerid Ricks Ballston Lake 21 2:05:02	<b>MALE AGE GROUP: 50 - 54</b>	1 Fredrik Jente 50 1:36:07	
<b>FEMALE AGE GROUP: 20 - 24</b>	1 Kaleigh Ricks Ballston Lake 23 2:05:18		2 Michael Hommel Esopus 51 2:18:38	

# RACE RESULTS

## SKYHIGH ADVENTURES XTERRA OFF-ROAD & KIDS TRIATHLONS *continued*

<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Stephanie Landy	1:58:04	57 Ballston Spa
<b>MALE AGE GROUP: 60 - 64</b>			
1	Doug Usher	2:11:27	61 Upton
2	Kevin Adams	2:38:16	60 Bethesda, MD
3	Rex Clark	3:00:37	62 Newton
<b>FEMALE AGE GROUP: 60 - 64</b>			
1	Karl Zaunbrecher	2:55:40	63 Saranac
<b>MALE AGE GROUP: 65 - 69</b>			
1	Russell Clark	2:16:33	65 Scotia
2	James Clark	2:19:09	66 North
<b>FEMALE AGE GROUP: 65 - 69</b>			
1	Linda Usher	2:54:41	67 Upton
<b>MALE AGE GROUP: 70 - 74</b>			
1	Stuart Christie	2:52:52	70 Dedham, MA

<b>KIDS' TRIATHLON - 100M SWIM, 5K BIKE, 1K RUN</b>			
<b>FEMALE OVERALL</b>			
1	Maddie Fisher	17:01	10 Midlothian
2	Alexandra Reed	19:29	13 Clifton Park
3	Samantha Reed	19:59	12 Clifton Park
<b>MALE OVERALL</b>			
1	Jacob Gilson	17:47	11
2	Trevor Goodwill	18:21	9 Ballston Lake
3	Dillon Goodwill	18:28	11 Ballston Lake
<b>FEMALE AGE GROUP: 5 - 7</b>			
1	Molly Rose	23:01	5
2	Abigail Buckner	31:27	6
3	Shelby Fronhofer	32:21	6
4	Michelle Pickering	30:15	7

<b>MALE AGE GROUP: 5 - 7</b>			
1	Zach Fisher	24:33	6 Midlothian
2	Max Fronhofer	28:59	6
<b>FEMALE AGE GROUP: 8 - 10</b>			
1	Lizzie Hanson	22:21	8
2	Rose Taylor	24:29	9
3	Remi Ioffe	24:56	8
4	Riley Chismark	26:51	9 Slingerlands
5	Sarah Syden	27:42	9 Loudonville
6	Julia Reinhard	27:59	8 Greenville
<b>MALE AGE GROUP: 8 - 10</b>			
1	Finley Crossman	19:31	8
2	Elijah Ioffe	19:46	10
3	Quinn Pickering	21:06	9
4	Benjamin Westlake	21:13	8 Dalton
5	Connor Westlake	22:11	10 Dalton
6	Stephen Colandrea	23:28	10
7	Collin Fisk	25:06	8 Loudonville
<b>MALE AGE GROUP: 11 - 12</b>			
1	Alec Hanson	18:29	11
2	Tyler Sears	21:28	11 Troy
3	Jacob Revell	23:17	11 South Glens Falls
4	Benjamin Reinhard	23:39	11 Greenville
<b>FEMALE AGE GROUP: 13 - 14</b>			
1	Ella Crossman	22:05	13
2	Ashley Aldrin	22:17	14 Clifton Park

*Courtesy of SkyHigh Adventures*

## 7TH ANNUAL DELTA LAKE TRIATHLON

*July 16, 2016 • Delta Lake State Park, Rome*

<b>INTERMEDIATE - 1500M SWIM, 24M BIKE, 5.8M RUN</b>			
<b>MALE OVERALL</b>			
1	Brett Schlesier/20-24	1:55:54	
2	Barrett Celecki/20-24	1:58:23	
3	Tyler Murray/25-29	2:02:16	
<b>FEMALE OVERALL</b>			
1	Rachel Wasserman/30-34	2:12:11	
2	Beth Stalker/55-59	2:16:48	
3	Lauren Chamberlain/30-34	2:18:26	
<b>MALE AGE GROUP: 15 - 19</b>			
1	Jack Gabor	2:23:24	
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Emilee Carpenter	2:22:05	
<b>MALE AGE GROUP: 20 - 24</b>			
1	Stephen Paddock	2:10:10	
2	Forrest Sears	2:19:58	

<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Taylor MacFarland	2:43:59	
2	Hayley Presthus	3:04:14	
<b>MALE AGE GROUP: 30 - 34</b>			
1	Michael McCall	2:06:53	
2	Joseph Pruckno	2:09:05	
3	Andrew D'Agati	2:15:33	
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Dana Bakina	2:25:05	
2	Diana Carpenter	2:55:42	
3	Christin Rollins	3:03:26	
<b>MALE AGE GROUP: 35 - 39</b>			
1	Michael Lavelle	2:05:31	
2	Kevin Marshallsay	2:11:10	
3	Tyler Harris	2:17:59	

<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Kristin Mullally	2:19:00	
2	Jessica Eckerlin	2:26:19	
3	Laura Bond	2:41:32	
<b>MALE AGE GROUP: 40 - 44</b>			
1	Matthew Ryan	2:12:18	
2	Andy Harris	2:17:59	
3	Aaron Carey	2:20:00	
<b>FEMALE AGE GROUP: 40 - 44</b>			
1	Pamela Ayers	2:20:20	
2	Wendy Abbott	2:26:49	
3	Kara Bisaccia	2:32:21	

<b>MALE AGE GROUP: 45 - 49</b>			
1	Dan Murphy	2:15:07	
2	Darin Baker	2:16:28	
3	Paul Bisaccia	2:17:01	
<b>FEMALE AGE GROUP: 45 - 49</b>			
1	Kellie Nasiff	2:33:23	
2	Cassie Winter	2:39:27	
3	Laurene Johnson	2:43:25	
<b>MALE AGE GROUP: 50 - 54</b>			
1	Richard Bruno	2:09:40	
2	Michael Stalker	2:14:54	
3	Patrick Hackenberg	2:26:55	

<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Maryjo Reinhart	2:21:33	
2	Robyn Kahn	2:30:31	
3	Brenda Ross	2:33:07	
<b>MALE AGE GROUP: 55 - 59</b>			
1	Brendan Jackson	2:09:06	
2	Steve Winslow	2:12:48	
3	Daniel Keefe	2:20:45	
<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Joan Kane	2:31:48	
2	Eileen Clinton	2:34:09	
3	Melanie Zandvoort	2:55:35	

<b>MALE AGE GROUP: 60 - 64</b>			
1	Jeff Perkins	2:26:56	
<b>FEMALE AGE GROUP: 60 - 64</b>			
1	Susan Kreplin-Michaels	2:23:07	
2	Margaret Perkins	2:41:25	
3	Kim Ryder	3:16:53	

<b>MALE AGE GROUP: 65 - 59</b>			
1	Terry Habecker	2:20:02	
2	John Skopek	2:26:51	
3	Rich O'Neil	2:52:40	
<b>MALE AGE GROUP: 70 - 74</b>			
1	Peter Winkler	2:57:55	
<b>CLYDESDALE</b>			
1	Jason Bennett	3:11:33	
<b>ATHENA</b>			
1	Katey Wilhelm	2:28:31	
2	Kelly Gressel	2:57:57	
3	Kristen Szarek	3:05:11	
<b>RELAY</b>			
1	Relay CHBS	2:03:55	
2	We Need a Better Swimmer	2:07:12	
3	Mix Bag of Tricks	2:11:37	

<b>AQUABIKE - INTERMEDIATE</b>			
<b>MALE OVERALL</b>			
1	Patrick McQueen/50-54	1:22:59	
2	Blake Ford/60-64	1:30:53	
3	James Tichenor/50-54	1:34:03	
<b>FEMALE OVERALL</b>			
1	Rhannon Berry/30-34	1:41:57	
2	Diana Phillips/50-54	1:58:38	
3	Marian Baldwin/50-54	2:19:58	
<b>SPRINT - 800M SWIM, 12M BIKE, 2.9M RUN</b>			
<b>MALE OVERALL</b>			
1	Barry McMaster/40-44	1:01:22	
2	Christopher Celecki/15-19	1:03:22	
3	Joe Hatfield/40-44	1:05:27	

<b>FEMALE OVERALL</b>			
1	Murphee Hayes/40-44	1:07:01	
2	Amanda Hatfield/35-39	1:07:18	
3	Reem Jishi/45-49	1:09:18	
<b>MALE AGE GROUP: 15 - 19</b>			
1	Peter McMaster	1:06:32	
2	Caleb Wheelock	1:08:32	
3	Pat Calhoun	1:15:55	
<b>FEMALE AGE GROUP: 15 - 19</b>			
1	Nicole Natarelli	1:32:30	
2	Virginia Forester	1:49:43	

<b>MALE AGE GROUP: 20 - 24</b>			
1	Greg Romanov	1:09:37	
2	Zachary White	1:17:41	
3	Joshua Peavey	1:18:09	
<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Erin Christensen	1:20:49	
2	Andrea Pattington	1:22:36	
3	Katherine Romanov	1:25:24	
<b>MALE AGE GROUP: 25 - 29</b>			
1	Johnathan Duddleston	1:07:29	
2	Sean Laubenstein	1:09:59	
3	Phil Sconzert	1:13:25	

<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Michelle Guca	1:25:48	
2	Amy Rusk	1:26:59	
3	Sarah Dennis	1:27:53	
<b>MALE AGE GROUP: 30 - 34</b>			
1	Matt Price	1:07:06	
2	Jacob Steria	1:09:25	
3	Jamison Patak	1:17:46	
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Wei-Fang Lin	1:17:06	
2	Kim McGuire	1:19:31	
3	Dara Jenkuskusky	1:36:38	
<b>MALE AGE GROUP: 35 - 39</b>			
1	Thomas Widrick	1:07:49	
2	Travis Glazier	1:08:55	
3	Douglas Fetterman	1:18:09	
<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Jenny Hanmer	1:18:55	
2	Becky Roberts	1:19:13	
3	Jennifer Baldwin	1:20:00	

*Courtesy of ATC Endurance*

## 31ST ANNUAL PISECO LAKE TRIATHLON

*July 16, 2016 • Piseco Lake, Speculator*

<b>325YD SWIM, 11.5M BIKE, 3.25M RUN</b>			
<b>MALE OVERALL</b>			
1	John Hartpence	45	Hamilton 1:01:04
2	Nils Engel	45	Highland 1:09:51
3	Dan Beckman	36	1:12:24
<b>FEMALE OVERALL</b>			
1	Lauren Rabideau	21	Ballston Spa 1:15:29
2	Jeryl Simpson	58	Mechanicville 1:21:42
3	Valerie Nolan	47	Pittsford 1:24:30
<b>FEMALE AGE GROUP: 1 - 12</b>			
1	Leila Paltrowitz	12	New York 1:25:34
2	Jillian Richards	11	Corinth 1:43:10
<b>MALE AGE GROUP: 16 - 19</b>			
1	Harrison Blueston	19	Yorktown Heights 1:30:43
<b>FEMALE AGE GROUP: 16 - 19</b>			
1	Morgan Fordyce	16	Northville 1:53:29

<b>MALE AGE GROUP: 20 - 24</b>			
1	David Castellon	24	Rochester 1:33:21
<b>FEMALE AGE GROUP: 20 - 24</b>			
1	Brittany Toffey	22	Hoboken, NJ 1:26:13
2	Allison Smith	24	Rochester 1:42:14
3	Amanda Taselaar	24	New York 1:46:42
<b>MALE AGE GROUP: 25 - 29</b>			
1	Cheyne Hoag	27	Greenwild 1:13:40
2	Robert Hamlin	26	Bethlehem, PA 1:18:58
3	Lawrence Hillelson	29	Northville 1:21:03
<b>FEMALE AGE GROUP: 25 - 29</b>			
1	Leah Kulp	26	Ewing, NJ 1:26:53
2	Avery Evans	27	Rome 1:34:17
3	Jaime Hoag	27	Queensbury 1:35:41

*continued*

## 31ST ANNUAL PISECO LAKE TRIATHLON *continued*

<b>MALE AGE GROUP: 30 - 34</b>			
1	Mike Rocque	31	Saratoga Springs 1:22:05
2	Joshua Elston	34	Johnstown 1:22:56
3	Robert Barrowman	31	Albany 1:25:04
<b>FEMALE AGE GROUP: 30 - 34</b>			
1	Meghan Harrison	30	Oswego 1:31:19
2	Carissa Monahan	30	Baldwinsville 1:39:11
3	Caitlin Stewart	33	Lake Pleasant 1:41:34

<b>MALE AGE GROUP: 35 - 39</b>			
1	Kyle Youlen	36	Burnt Hills 1:14:27
2	Jim Higgins	36	Broadalbin 1:16:52
3	Michael Triller	35	Ballston Spa 1:19:32
<b>FEMALE AGE GROUP: 35 - 39</b>			
1	Holly Demar	39	Fulton 1:34:49
2	Julee Hart	37	Johnston 1:35:19
3	Heather Perretta	39	Barneveld 1:41:05

<b>MALE AGE GROUP: 40 - 44</b>			
1	Tim Fioret	40	Queensbury 1:25:15
2	Gerard Lavelle	42	Ballston Spa 1:26:04
<b>FEMALE AGE GROUP: 40 - 44</b>			
1	Lisa Holland	44	Fort Johnson 1:29:39
2	Kristi Miner	44	Cobleskill 1:31:14
3	Joanna Sheinfeld	42	New York 1:31:52

<b>MALE AGE GROUP: 45 - 49</b>			
1	Peter Guzzo	48	Niskayuna 1:15:51
2	Walter Gannon	45	Gloversville 1:16:40
3	Greg Dorr	45	Piseco 1:19:07
<b>MALE AGE GROUP: 50 - 54</b>			
1	William Zwarger	54	Camillus 1:16:17
2	David McCaffery	53	Summit, NJ 1:20:06
3	Steve String	52	Gloversville 1:25:31

<b>FEMALE AGE GROUP: 50 - 54</b>			
1	Ursula Platz	53	Hopewell Junction 1:30:21
2	Patricia Heiss	53	Brooklyn 1:37:34
<b>MALE AGE GROUP: 55 - 59</b>			
1	Kevin Platz	56	Hopewell Junction 1:14:25
2	Dean Westcott	55	Queensbury 1:20:05
3	James Murphy	55	Herkimer 1:36:27

<b>FEMALE AGE GROUP: 55 - 59</b>			
1	Liz Vogel	55	Bethesda, MD 2:03:04
2	Cathy Clark	55	Brooklyn







**3RD ANNUAL CHURNEY GURNEY MOUNTAIN BIKE RACE** *continued*

**MALE AGE GROUP: 1 - 18**  
 1 Patrick Frank 14 Niskayuna 1:28:15  
 2 Colin Winters 17 Glenville 1:34:56  
 3 Simon Albright 15 Scotia 1:42:27  
**FEMALE AGE GROUP: 1 - 34**  
 1 Rory Taylor 15 Alplaus 1:44:18  
**MALE AGE GROUP: 19 - 29**  
 1 Dylan Gillgallon 21 Saratoga Springs 1:21:08  
 2 Cerid Ricks 21 Ballston Lake 1:21:23  
 3 Lucas Holm 26 Bolton Landing 1:23:05  
**MALE AGE GROUP: 30 - 49**  
 1 Dereck Slayton 45 Queensbury 1:20:47  
 2 Charles Lobosco 38 Clifton Park 1:21:07  
 3 Gabor Bobok 46 Niskayuna 1:24:02  
**FEMALE AGE GROUP: 35+**  
 1 Jessica Lendrum 35 Queensbury 1:49:52  
 2 Allison Studley 35 Schenectady 2:28:28  
**MALE AGE GROUP: 50+**  
 1 Anthony Guzek 59 Watervliet 1:24:52  
 2 Joe Paterson 56 Lake George 1:26:36  
 3 Mark Bryant 58 Delmar 1:26:37

**MALE AGE GROUP: 19 - 29**  
 1 Daniel Justa 28 Albany 49:26  
 2 Sam Abbott 19 East Berne 56:16  
 3 Madin Norray 20 Berne 56:20  
**MALE AGE GROUP: 30 - 49**  
 1 Tim Karpowitz 39 Albany 44:15  
 2 David Laurenty 41 Scotia 44:45  
 3 Lawrence Wells 48 Warrensburg 47:54  
**FEMALE AGE GROUP: 35+**  
 1 Kim Diridich 36 Guilderland 58:50  
 2 Heather Usher 39 Queensbury 1:09:22  
 3 Debra Bechtold 43 Middleburgh 1:11:13  
**MALE AGE GROUP: 50+**  
 1 Mike Morrissey 52 Queensbury 42:10  
 2 Frank Winters 52 Glenville 43:49  
 3 Dana Rackliffe 50 Glenville 45:17

**UNICYCLE - 6 MILES**

**MALE OVERALL**  
 1 Robert Detweiler 38 Albany 1:15:53  
 2 Thomas Baker 50 Queensbury 2:01:33  
**FEMALE OVERALL**  
 1 Elizabeth Detweiler 38 Albany 2:00:56

**KIDS' RACE - 2 MILES**

**MALE OVERALL**  
 1 Charles Lobosco III 8 Clifton Park 15:25  
 2 Carson Rath 11 Moreau 15:40  
 3 Patrick Lendrum 8 Westerlo 16:10  
 4 Finley Crossman 8 Fort Edward 17:58  
 5 Luke Moffett 11 Peru 18:18  
 6 Jack Grant 11 Queensbury 18:38  
 7 Max Fronhofer 7 20:57  
 8 John Huss 8 Moreau 28:31  
 9 Codie Pease 11 Ballston 30:23  
**FEMALE OVERALL**  
 1 Gion Canale 11 Queensbury 18:03  
 2 Trinity Taylor 11 Alplaus 18:35  
 3 Ella Crossman 13 Fort Edward 20:47

**KIDS' MINI RACE**

**MALE OVERALL**  
 1 Jonathan Lobosco 7 Clifton Park 4:28  
 2 Max Fronhofer 6 Moreau 4:30  
 3 Connor Laurenty 8 Glenville 4:33  
 4 David Barber 6 Corinth 4:50  
 5 Alex Barber 6 Corinth 4:56  
**FEMALE OVERALL**  
 1 Shelby Fronhofer 6 Moreau 4:57  
 2 Briar Wells 7 Warrensburg 5:01  
 3 Josie Favata 3 Mechanicville 6:00

*Courtesy of Under the Woods Foundation*

**8TH CAMP CHINGACHGOOK CHALLENGE HALF MARATHON & 10K** *continued*

**FEMALE AGE GROUP: 50 - 54**  
 1 Sharon Caruso 50 Latham 1:58:11  
 2 Karen Henry 52 Bel Air, MD 2:01:56  
 3 Gail Doering 51 Loudonville 2:06:39  
**MALE AGE GROUP: 55 - 59**  
 1 Paul Fallisi 55 Salem, NH 1:51:53  
 2 Nick Lamando 57 Queensbury 1:52:10  
 3 James Langmead 58 Canandaigua 1:53:29  
**FEMALE AGE GROUP: 55 - 59**  
 1 Maureen Fitzgerald 58 Clifton Park 1:56:59  
 2 Sandy Adams 56 Shushan 1:59:23  
 3 Jenny Lee 56 Selkirk 2:02:47  
**MALE AGE GROUP: 60 - 64**  
 1 Diana Graziano 63 Ballston Lake 2:38:47  
**MALE AGE GROUP: 65 - 69**  
 1 Joe Yavodontite 67 Schenectady 2:09:50

**FEMALE AGE GROUP: 30 - 34**  
 1 Amy Legendziejewicz 34 Clermont, FL 54:33  
 2 Kelly Flanagan 34 New York 1:00:07  
 3 Megan Wilson 33 Watervliet 1:00:14  
**MALE AGE GROUP: 35 - 39**  
 1 Jonathan Guthan 39 Scotia 44:57  
 2 Chris Thornton 37 Albany 50:41  
 3 Jeremy Kersten 35 Hamburg 1:02:43  
**FEMALE AGE GROUP: 35 - 39**  
 1 Kim London 35 Lake George 55:12  
 2 Alisha Strianese 36 Clifton Park 59:08  
 3 Julie Pomainville 39 Fort Ann 59:29

**10K RACE**

**MALE OVERALL**  
 1 Kyle McCormack 21 Albany 39:41  
 2 Russell Lauer 54 Troy 40:49  
 3 Aaron Rubin 19 West Simsbury, CT 41:11  
**FEMALE OVERALL**  
 1 Jamie Levy 39 Loudonville 48:21  
 2 Kristin Olmstead 44 Hudson Falls 51:40  
 3 Kara McKnight 23 Albany 51:42  
**FEMALE AGE GROUP: 1 - 14**  
 1 Natalie Rubin 14 West Simsbury, CT 1:02:40  
 2 Billie McClosky 14 Glenville 1:05:50  
**FEMALE AGE GROUP: 15 - 19**  
 1 Mary Rizzo 18 Clifton Park 53:48  
 2 Rayya Barcomb 16 Plattsburgh 58:01  
 3 Mallory Perry 18 Queensbury 1:09:10  
**MALE AGE GROUP: 20 - 24**  
 1 Gregory Owen 24 West Hartford, CT 47:48  
 2 Brandon Hartz 23 Fairfield, CT 52:24  
 3 Macullen Cope 22 Plattsburgh 53:12  
**FEMALE AGE GROUP: 20 - 24**  
 1 Heidi Weinberg 22 Mohegan Lake 54:38  
 2 Sara Paul 22 Jericho 57:44  
 3 Caitlin Roberts 24 Queensbury 59:15  
**MALE AGE GROUP: 25 - 29**  
 1 James Bolognese 28 Kew Gardens 46:07  
 2 Konrad Szymala 27 New York 50:11  
 3 Patrick Schulz 27 Blackstone, MA 50:29  
**FEMALE AGE GROUP: 25 - 29**  
 1 Aubrey Clements 27 Troy 54:53  
 2 Emily Garratt 26 Chesterbrook, PA 57:08  
 3 Andrea Walsh 25 Poughkeepsie 57:08  
**MALE AGE GROUP: 30 - 34**  
 1 Ted Flanagan 34 New York 58:56  
 2 Jason Burke 31 Yorkville 58:56  
 3 Bryan Bobo 31 Penn Yan 1:21:59

**MALE AGE GROUP: 40 - 44**  
 1 Jeremy Kergel 41 Glenville 1:04:27  
**FEMALE AGE GROUP: 40 - 44**  
 1 Deirdre Salerno 43 Amsterdam 54:46  
 2 Tara Curtin 43 Geneva 58:48  
**MALE AGE GROUP: 45 - 49**  
 1 Don Pescy 49 Queensbury 58:42  
 2 Robert Shelley 49 Simpsionville, SC 1:30:09  
 3 Melvin Wells 48 Simpsionville, SC 1:30:10  
**FEMALE AGE GROUP: 45 - 49**  
 1 Julianne Claydon 46 Saratoga Springs 52:33  
 2 Lara Comithier 49 Greenville 1:06:30  
 3 Kathleen Tersigni 45 Burnt Hills 1:06:39

**MALE AGE GROUP: 50 - 54**  
 1 Fred Cassin 54 Loudonville 54:42  
 2 Jonathan Rubin 53 West Simsbury, CT 56:09  
**FEMALE AGE GROUP: 50 - 54**  
 1 Liz Collins 51 Queensbury 1:02:17  
 2 Annmarie Rizzo 52 Clifton Park 1:04:39  
 3 Tina Hayden 53 Schenectady 1:04:55  
**MALE AGE GROUP: 55 - 59**  
 1 George Morris 57 Kattskill Bay 55:38  
 2 Bill Roberts 57 Queensbury 59:52  
 3 Steven Welch 56 Slingerlands 1:00:32  
**FEMALE AGE GROUP: 55 - 59**  
 1 Ellen Weterbera 58 Tarriffville, CT 58:22  
 2 Deanna Dugan 59 Greenville 1:15:03  
**MALE AGE GROUP: 60 - 64**  
 1 Thomas Stanziola 62 Ballston Lake 1:07:46  
**FEMALE AGE GROUP: 60 - 64**  
 1 Darlene Cardillo 63 Delmar 1:02:23  
 2 Phyllis Fox 64 Loudonville 1:10:27  
**MALE AGE GROUP: 65 - 69**  
 1 Mike Chovonec 66 Baltimore, MD 56:54  
**MALE AGE GROUP: 70 - 74**  
 1 Douglas Fox 71 Loudonville 1:17:14  
*Courtesy of Camp Chingachgook Challenge & Capital District YMCA*

**38TH ANNUAL LANE 10K LAKE RUN**

*August 7, 2016 • Lake Pleasant to Speculator*

**MALE OVERALL**  
 1 Randall Cannell 43 Broadalbin 39:31  
 2 Ryan Jennings 40 Constableville 40:15  
 3 Andrew Lamb 17 Marshfield, MA 43:34  
**FEMALE OVERALL**  
 1 Amy Horevay 39 Ringwood, NJ 46:30  
 2 Rainy Farrell 48 Millington, NJ 48:41  
 3 Laura Hudson 33 Corning 49:15  
**MALE AGE GROUP: 1 - 14**  
 1 Spencer Carnival 11 Minoa 56:09  
**FEMALE AGE GROUP: 1 - 14**  
 1 Megan Bissonette 13 Gansevoort 1:00:58  
**MALE AGE GROUP: 15 - 19**  
 1 Josh Meadows 16 Bel Air, MD 46:26  
**MALE AGE GROUP: 20 - 29**  
 1 Keith Distefano 28 Menands 51:24  
 2 Michael Altavilla 26 Rye 1:00:34  
**FEMALE AGE GROUP: 20 - 29**  
 1 Leah Kulp 26 Titusville, NJ 51:39  
**MALE AGE GROUP: 30 - 39**  
 James Waller 31 Clifton Park 1:12:07  
**FEMALE AGE GROUP: 30 - 39**  
 1 Kelly Dillenbeck 35 Little Falls 59:58  
 2 Kara Przydatek 38 Little Falls 1:00:17

**MALE AGE GROUP: 40 - 49**  
 1 John Hartpence 45 Hamilton 43:39  
 2 Brian Kearns 42 Fultonville 46:20  
 3 David Whitbeck 40 Glenville 48:23  
**FEMALE AGE GROUP: 40 - 49**  
 1 Rainy Farrell 48 Millington, NJ 48:41  
 2 Peggy Neil 44 Spring Valley 49:25  
 3 Karen Carnival 46 Minoa 52:46  
**MALE AGE GROUP: 50 - 59**  
 1 George Burke 50 Troy 45:42  
 2 Ken Cook 55 Ridgewood, NJ 45:49  
 3 Patrick Huther 58 New Hartford 47:01  
**FEMALE AGE GROUP: 50 - 59**  
 1 Jean Finnegan 59 Albany 57:44  
 2 Nancy Dukett 56 Lee Center 1:11:29  
 3 JoAnn Hunt 50 Lee Center 1:17:17  
**MALE AGE GROUP: 60 - 69**  
 1 Duane Deaner 68 Blue Bell, PA 56:26  
 2 Glen Avery 66 Houghton 1:01:01  
**FEMALE AGE GROUP: 60 - 69**  
 1 Catherine Bellman 60 Kinnelon, NJ 59:37

*Courtesy of Adirondacks Speculator Region Chamber of Commerce*

**6TH ANNUAL SCHENECTADY ARC 5K CHALLENGE**

*August 13, 2016 • Central Park, Schenectady*

**MALE OVERALL**  
 1 Christopher Lapiere 41 Incline Village, NV 19:20  
 2 Sam Shulman 19 Saratoga Springs 21:26  
 3 Peter Gerardi 65 Glenville 21:56  
**FEMALE OVERALL**  
 1 Brittany Stevens 30 Schenectady 23:20  
 2 Loren Cuomo 11 Schenectady 23:21  
 3 Mikayla Barrett 18 Schenectady 23:42  
**MALE AGE GROUP: 1 - 14**  
 1 Josiah Spivey 11 Schenectady 22:30  
 2 Noah Spivey 10 Schenectady 22:37  
 3 Jameson Fluman 9 Scotia 41:56  
**FEMALE AGE GROUP: 1 - 14**  
 1 Alice Cole 14 Delanson 24:49  
 2 Sophia Benny 14 Scotia 30:32  
**MALE AGE GROUP: 15 - 19**  
 1 Skyler Spanbauer 15 Schenectady 28:51  
 2 Hannah Olson 17 Scotia 30:20  
 3 Mia Shulman 17 Saratoga Springs 30:20  
**MALE AGE GROUP: 20 - 24**  
 1 Kareem Robertson 23 Schenectady 26:07  
**FEMALE AGE GROUP: 20 - 24**  
 1 Deanna Kremzier 22 Scotia 31:18  
 2 Shelby Horn 20 Schenectady 36:11  
 3 Autumn Flannery 20 Niskayuna 36:31  
**MALE AGE GROUP: 25 - 29**  
 1 William Gibbons 25 Scotia 24:40  
 2 Tommy Eniers 26 Schenectady 30:29  
 3 Matthew Mason 29 Albany 31:03  
**FEMALE AGE GROUP: 25 - 29**  
 1 Elizabeth Gadomski 28 Delmar 25:37  
 2 Theresa Canale 25 Schenectady 29:27  
 3 Natalie O'Neil 28 Glenville 35:22  
**MALE AGE GROUP: 30 - 34**  
 1 Chris Stevens 30 Schenectady 24:13  
**FEMALE AGE GROUP: 30 - 34**  
 1 Lindsay Miller 31 Schenectady 25:30  
 2 Jenelle Cardone 33 Schenectady 26:29  
 3 Christin Zorda 34 Rotterdam 27:55  
**MALE AGE GROUP: 35 - 39**  
 1 Joseph Altobello 38 Green Island 22:22  
 2 Jeff Cardone 35 Schenectady 26:11  
 3 David Wasniski II 37 Rotterdam 32:44

**FEMALE AGE GROUP: 35 - 39**  
 1 Jacqueline Wickers 39 Schenectady 32:33  
 2 Laurie Peconie 36 Glenville 33:52  
 3 Karen Desorbo 39 Glenville 38:35  
**MALE AGE GROUP: 40 - 44**  
 1 Daniel Whelan 42 Delmar 26:18  
 2 Henry Mora 41 Latham 28:12  
 3 Joseph Monahan 40 Mechanicville 38:07  
**FEMALE AGE GROUP: 40 - 44**  
 1 Julianne Clouthier 44 Glenville 34:47  
 2 Kara Mora 41 Latham 39:08  
 3 Michelle Congden 43 Canajoharie 39:21  
**MALE AGE GROUP: 45 - 49**  
 1 Brian Spivey 48 Schenectady 27:52  
 2 John Maloney 48 Clifton Park 28:17  
 3 Rory Fluman 48 Scotia 41:56  
**FEMALE AGE GROUP: 45 - 49**  
 1 Morgana Cuomo 45 Schenectady 26:54  
 2 Kathleen Lay 46 Clifton Park 31:49  
 3 Lisa Wood 47 Rotterdam 34:59  
**MALE AGE GROUP: 50 - 54**  
 1 Vincent Smith 53 Schenectady 28:13  
 2 Jeff Goronkin 50 Schenectady 30:25  
 3 Dave Smith 54 Latham 36:40  
**FEMALE AGE GROUP: 50 - 54**  
 1 Debbie Petridis 52 Voorheesville 28:02  
 2 Patricia Andriakos 53 Niskayuna 28:36  
 3 Diane Jorgensen 51 Saratoga Springs 33:11  
**MALE AGE GROUP: 55 - 59**  
 1 William Mulligan 57 Duaneburg 23:59  
 2 Robert Rasefske 55 Broadalbin 24:29  
 3 Kirk Lewis 59 Scotia 26:57  
**FEMALE AGE GROUP: 55 - 59**  
 1 Janice Phoenix 55 Schenectady 25:47  
 2 Peg McTague 55 Niskayuna 34:53  
 3 Jane Canale 55 Schenectady 49:38  
**FEMALE AGE GROUP: 60 - 64**  
 1 Debra Snyder 64 Watervliet 48:37  
**MALE AGE GROUP: 65 - 69**  
 1 Jim Whelan 69 Slingerlands 38:06  
**FEMALE AGE GROUP: 65 - 69**  
 1 Barbara Carr 68 Scotia 59:24  
**FEMALE AGE GROUP: 70 - 74**  
 1 Mary Digoacchino 74 Schenectady 44:38  
*Courtesy of Schenectady ARC*

**8TH CAMP CHINGACHGOOK CHALLENGE HALF MARATHON & 10K**

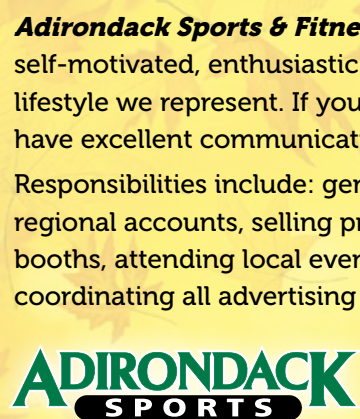
*August 13, 2016 • Camp Chingachgook on Lake George, Kattskill Bay*

**HALF MARATHON - 13.1M**

**MALE OVERALL**  
 1 Matt Cheney 23 Long Lake 1:11:31  
 2 Richard Messineo 27 Nassau 1:22:10  
 3 Art Remillard 42 Ebensburg, PA 1:23:16  
**FEMALE OVERALL**  
 1 Amy Taylor 37 Long Beach 1:37:25  
 2 Haley Mooney 20 Hudson Falls 1:38:32  
 3 Shannon Martello 20 Parkton, MD 1:39:11  
**MALE AGE GROUP: 1 - 14**  
 1 Evan Feldman 12 Short Hills, NJ 2:00:21  
**MALE AGE GROUP: 15 - 19**  
 1 Jason Linendoll 19 Hudson Falls 1:27:20  
 2 Andrew Young 16 Kennedy 1:35:41  
 3 Ryan Dalaba 18 Granville 1:37:49  
**FEMALE AGE GROUP: 15 - 19**  
 1 Bethany Doyle 19 Cornwall-on-Hudson 1:48:46  
 2 Megan Linendoll 16 Hudson Falls 1:56:22  
 3 Morgan Sears 15 Glenmont 1:58:41  
**MALE AGE GROUP: 20 - 24**  
 1 Jeremy Shriber 22 Central Valley 1:27:45  
 2 Kevin Mosca 23 Rensselaer 1:56:14  
 3 Taylor Blackburn 24 Syracuse 1:59:16  
**FEMALE AGE GROUP: 20 - 24**  
 1 Kaitlin Rizzo 21 Clifton Park 1:48:33  
 2 Megan Kluball 21 Clifton Park 1:54:04  
 3 Carly Grimaudo 24 New York 1:57:37  
**MALE AGE GROUP: 25 - 29**  
 1 John Burke 29 Glenmont 1:38:11  
 2 Matt Summit 28 Boston, MA 1:46:33  
 3 Robert Ward 27 Queensbury 1:49:25  
**FEMALE AGE GROUP: 25 - 29**  
 1 Cassandra Conety 28 Shushan 1:43:17  
 2 Jessica Berschwinge 28 Voorheesville 1:45:56  
 3 Bonnie Vanpatten 25 Gloversville 1:59:06

**MALE AGE GROUP: 30 - 34**  
 1 John Clements 33 Troy 1:41:42  
 2 Ryan Milton 33 Saratoga Springs 1:44:07  
 3 Joshua Huang 34 New York 1:46:12  
**FEMALE AGE GROUP: 30 - 34**  
 1 Megan Greenleaf 34 Chittenden, VT 1:51:25  
 2 Erynn Thurman 31 Cohoes 2:02:29  
 3 Dre Roebuck 33 Poultny, VT 2:03:37  
**MALE AGE GROUP: 35 - 39**  
 1 Kevin London 35 Lake George 1:27:19  
 2 Rich Duffy 35 Port Chester 1:27:38  
 3 Nick Whaley 36 Clifton Park 1:33:41  
**FEMALE AGE GROUP: 35 - 39**  
 1 Rebeka Slozak 35 Glastonbury, CT 1:44:12  
 2 Wendy Mehaffey 38 Essex Junction, VT 1:57:36  
 3 Meredith Dickerson 39 Rochester 2:02:06  
**MALE AGE GROUP: 40 - 44**  
 1 Michael Bracken 42 Saratoga Springs 1:34:33  
 2 William Dodds 42 Schenectady 1:36:44  
 3 Andrew Eyer 44 Gansevoort 1:42:13  
**FEMALE AGE GROUP: 40 - 44**  
 1 Allison Bradley 40 Albany 1:49:24  
 2 Tara Byrnes 43 Newington, CT 2:00:05  
 3 Stephanie Selmer 43 Castleton 2:00:33  
**MALE AGE GROUP: 45 - 49**  
 1 Brian Dillenbeck 45 Alplaus 1:43:13  
 2 Dan Greenleaf 49 Waterbury Center, VT 1:51:06  
 3 Joe Carta 49 Glastonbury, CT 1:54:22  
**FEMALE AGE GROUP: 45 - 49**  
 1 Carol Abbattisti 47 Queensbury 1:57:25  
 2 Sherry Amarel 49 Rensselaer 1:58:08  
 3 Deanna Hitchcock 49 Scotia 2:02:30  
**MALE AGE GROUP: 50 - 54**  
 1 Daniel Flanagan 50 Wilton 1:50:29  
 2 David Finkelstein 51 Geneva 2:05:00  
 3 Gary Kluball 53 Clifton Park 2:11:54  
*continued*

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**Adirondack Sports & Fitness** is looking for a qualified, self-motivated, enthusiastic salesperson that shares the active lifestyle we represent. If you value working and playing hard, and have excellent communication skills, you may be the right fit. Responsibilities include: generating and managing local and regional accounts, selling print/online advertising, selling expo booths, attending local events, keeping a sales database, and coordinating all advertising artwork. Excellent income potential.

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 Darryl Caron at [darryl@adksports.com](mailto:darryl@adksports.com)  
 or 15 Coventry Drive, Clifton Park, NY 12065

6TH ANNUAL

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