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Storm the Stockade!



SCENES FROM THE 2015 STOCKADE-ATHON. PAT HENDRICK PHOTOGRAPHY

CONTENTS

- 1** **Running**
Storm the Stockade!
- 3** **Hiking & Backpacking**
Great Autumn Hikes
- 5** **News Briefs**
From the Publisher & Editor
- 6-9** **CALENDAR OF EVENTS**
October to December Events
- 11** **Bicycling**
The Adirondack Trail Ride
- 13** **Athlete Profile**
Triathlete Kris Johnson
- 15** **Running & Walking**
Turkeys Put Giving Back in Thanks
- 17** **Paddling**
Build Your Own Kayak
- 19** **Non-Medicating Life**
Reduce Reliance on Statins?
- 20-23** **RACE RESULTS**
Top Finishers in 20+ Events

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Stockade-athon 15K

By Mona Caron

The MVP Health Care Stockade-athon 15K, taking place on Sunday, November 13th, is a fall classic race that mixes long-held traditions with some added changes over the years. Now in its 41st year, one thing remains the same, it is the year's final distance race. Known as the oldest major 15K road race in the USA, this 9.3-miler is a premier event in the region. For some it's the last competitive race we'll do until spring or before moving onto snowshoeing or skiing. For many, we're looking to PR after months of training and racing. If you haven't run the Stockade-athon in a while or ever, give it a shot!

The Stockade-athon loop course of Schenectady's historic neighborhoods and parks will be the same as the previous two years. Due to a new roundabout constructed at the Erie Boulevard crossing near the 1.5-mile mark, the course will be recertified with adjustment of nearly 40 feet.

Starting near Veterans Park in downtown Schenectady, runners travel State Street for 1K before entering the historic Stockade District, and proceeding on a scenic bike path in Riverside Park along the Mohawk River. Many enthusiastic residents cheer for runners in this beautiful neighborhood. After exiting the Stockade, the route then proceeds east on Nott Street past Union College, before entering the historic GE Plot residential neighborhood. Runners exit Rugby Road and travel north on Waverly Place to the 5K mark.

The course turns east off Waverly and follows Grand Boulevard, then heads south on Dean Street to Central Parkway. After a 1K residential loop, the route enters beautiful Central Park and follows a bike path around Iroquois Lake and Duck

Pond. The last 3K is mostly flat or downhill, as runners exit Central Park to go through historic Vale Cemetery and Vale Park, before a final downhill to the finish at City Hall. It's a beautiful and scenic tour of the city!

Preregistration is already over 600 people at press time, on pace for an expected 1,800 total registrants, according to race director Vince Juliano. For the first 1,700 registrants, Adidas performance gender-specific race singlets will be given to the runners for the first time. Registration remains open until last chance registration at the Schenectady YMCA on Friday, November 11. There is no race registration for 15K runners on race weekend so get signed up soon. Early packet pickup is on Saturday, November 12 at Fleet Feet Sports in Albany. Race day packet pickup and baggage check will be at the Schenectady YMCA. MVP clear bags will be available at packet pickup for those who wish to check a bag.

On Saturday at Fleet Feet, runners are encouraged to bring non-perishable food items or to make a cash donation for their annual Concerned for the Hungry Food Drive for Thanksgiving. On race day at Schenectady YMCA, runners can also drop off good condition used footwear and shirts for donation to the Schenectady City Mission.

While the 15K race is going on, enhanced activities for children and parents will be available at the nearby Schenectady YMCA. Parents can bring kids to the YMCA for several activities during race morning. This will allow one parent or guardian to run the 15K, while the other spends time at the YMCA for an hour or so until the other parent finishes, and the kids run begins. There is also a day care option at the YMCA

See **RUNNING** 19 ▶


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HIKING & BACKPACKING



BERLIN MOUNTAIN UNDERCAST FROM SUMMIT. ALAN VIA



A STONE FENCE ALONG THE FOREST ROAD OF THE ROCHESTER HOLLOW HIKE. MIKE GRUZ



VIEW OF THREE SISTERS FROM PINE MOUNTAIN. ALAN VIA



WATER AND WOODS FROM SUMMIT OF MOXHAM MOUNTAIN. ALAN VIA



THE AUTHOR AND FRIEND ENJOYING THE VIEW ON OWL'S HEAD. BILL HAUF



JOANNE HIHN AND BOOKAH HEADING DOWN BELLEAYRE MOUNTAIN. ALAN VIA



GREAT AUTUMN VIEWS FROM HUCKLEBERRY POINT. ALAN VIA

By Alan Via

With cool days, no bugs or humidity, plus foliage fireworks, many hikers feel autumn may be the best time of the year to be in the woods. There are many fall favorites but here are some classics, with a few you may not have yet discovered.

Berlin Mountain is in the Capital Region's backyard, the highest point in Rensselaer County. The trail has a few steeper sections but at 5.25 miles roundtrip and 1,300-foot ascent, it offers an easily-enjoyable nearby hike. The summit is bare and often windy and features a nice view of Mount Greylock and surrounding peaks and hills. The long drive up to Petersburg Pass is a leaf-peeper's delight.

Getting There: Follow NY Route 2 through Rensselaer County past Petersburg, climbing the long hill to Petersburg Pass, and the large trailhead. (N42 43.399 W73 16.675)

Huckleberry Point is a great foliage hike and shares its trailhead (N42 07.989 W74 04.951) with Kaaterskill High Peak. Begin on the woods road and then turn RIGHT, following the trail sign where it branches off the KHP trail to the spectacular ledge. Look for a small herd path on the left, just before the point. It leads to a dwarf pitch pine forest. 4.5 miles and 1,175-foot ascent.

Getting There: The drive from West Saugerties up the spectacular Platte Clove Road is not to be missed, but go before the town closes it Nov. 1st for winter. Otherwise, follow County Route 16 from Tannersville to the trailhead.

Rochester Hollow might be one of the finest, non-summit hikes in the group. The trail is a well-maintained forest road and the hike includes the 1921 John Burroughs monument, remnants of the old Rochester estate, a series of small waterfalls and much more. There are two new DEC spur trails originating near the pass, one of which leads through one of the most spectacular sections of stone fences you've ever seen. Bring a lunch to a leanto just beyond the old ruins. It is 6.7 miles round trip with a 1,200-foot ascent with the side trails.

Getting There: Near Big Indian on NY Route 28. Turn onto Matyas Road (N42 06.860 W74 27.305) and follow it to the trailhead.

Pine Mountain is the site of the small Hickory Ski Center, three miles west of Warrensburg. Go before ski season and enjoy the views back over your shoulder from the ski trail/summit access road. The

summit is mostly bare, with views of nearby small peaks and distant views of taller ones. There's a lot of scenery in this three-mile, 1,200-foot ascent.

Getting There: Take NY Route 418 out of Warrensburg, turning onto Hickory Hill Road to the ski center (N43 28.616 W73 49.124).

Moxham Mountain has a fairly new trail and is now on many 'favorites' lists. Enjoy the changing leaves along the well laid-out trail to the bare, rocky summit. The views from Moxham are spectacular and offer vistas of the High Peaks in the middle distance. It's five miles roundtrip with just under 1,400-foot ascent.

Getting There: Turn off of NY Route 28N onto County Route 37 just east of Minerva. Follow County Route 37 until it becomes 14th Road and follow to the trailhead (N43 46.217 W74 00.721).

Owl's Head Lookout - not the one near Cascade Mountain - is the bare, rocky knob, 2.3 miles along on the north trail to Giant Mountain. There is a short, steep spur trail to one of the most spectacular knobs in the Adirondacks. This big payoff on this small gem is the spectacular view of the rock slides on the back side of Giant Mountain. Be sure to go early in foliage season to catch the yellow leaves on the white birches along the trail. It is five miles roundtrip and a 1,250-foot ascent.

Getting There: Turn east onto NY Route 9N from Elizabethtown, turning into the trailhead (N44 12.772 W73 40.755) this hike shares with the north trail to Giant Mountain.

Belleayre Mountain offers more than skiing along the summit access ski trail/road to the summit. Enjoy continual views the surrounding Catskill peaks as along the way to the top. The summit ridge is grassy and open with views of high and low peaks every step of the way. Don't pay attention to old topo maps that show a fire tower, it was removed years ago. It is 3.5 miles roundtrip and 900-foot ascent.

Getting There: Turn onto County Route 49A from NY Route 28 in Pine Hill (N42 08.663 W74 29.539). Pass entrance to the main ski center, turning into the road leading to Overlook Lodge, and Deer Run ski trail/access road to the summit. ▲

Alan Via of Delmar is the author of The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks under 3,500'. He is a frequent contributor to Adirondack Sports, Adirondack, and The Watershed Post.

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Acupuncture Nirvana

GLENS FALLS – Acupuncturist, Katherine MacKenzie, LAc, is now accepting insurance from most major insurance companies at Acupuncture Nirvana in Glens Falls. Katherine has been building her practice in Glens Falls for several years, since moving from New York City where she worked in integrative rehabilitation and pain management clinics. She has recently become a participating provider with Blue Cross Blue Shield, Aetna, Cigna and others. Many insurance companies are now offering coverage for acupuncture treatment. She also accepts payment at the time of service for a competitive rate.

Acupuncture is part of traditional Chinese medicine and has been practiced for over 3,000 years. Acupuncturists place extremely small needles in specific points in the body, stimulating healing and relaxation and relieving pain. Conditions that have been clinically proven to be improved by acupuncture treatment include: back pain, neck pain, knee pain, shoulder pain, plantar fasciitis, nausea, insomnia, anxiety, post-stroke rehabilitation, allergies and many others.

Katherine trained at the Pacific College of Oriental Medicine, a traditional Chinese medicine school and Tri-State College of Acupuncture, the leading acupuncture school in the country for the treatment of pain. She is licensed by New York and has been practicing acupuncture for eight years. Acupuncture Nirvana is located in the Shirt Factory in Glens Falls. Katherine is excited to see her practice grow as she transitions to working with insurance companies. Visit: accunirvana.com.

Lyme Away 5K

MALTA – The inaugural Lyme Away 5K was created by the Spa City Running Club (spacityrunners.org) as a fundraiser. With the increase in Lyme disease over the past several years, this year's partner will be The Lyme Action Network (lymeactionnetwork.org). The 5K will be on Sunday, October 23 at the Luther Forest

Athletic Fields in Malta. The course is cross country style including grass, paved path and wooded trails.

The Lyme Action Network is dedicated to informing the public about Lyme and other tick-borne diseases and working to help the victims of Lyme disease through education, advocacy, scientific research, and support. Spa City Running Club believes in student athletes and fostering a balance between academics, home life and athletics. The club focuses on all areas and skills to help the athletes' physical conditioning and becoming a part of a team. They offer cross country as well as track and field training for boys and girls starting at the age of eight.

Race entry fee is \$22 until Oct. 10, then \$27 until Oct. 22 Race day registration is \$30. The kids' fun run entry fee is \$5 per runner if preregistered or bring \$5 of donated non-perishable food items on race day that will be donated to local food pantries. Go to: runsignup.com.

Local Veterans Day Races

SCHUYLERVILLE & CLIFTON PARK – Two Saratoga County 5K races will be benefitting local veterans' organizations. The fifth annual **Saratoga County Revolutionary Run for Veterans 5K** will be held on Saturday, Nov. 5 at Fort Hardy Park in Schuylerville. The Saratoga County Board of Supervisors and the Saratoga County Veterans Peer Connection are hosting the 5K to benefit the Saratoga County Veterans Trust Fund. The VTF was established to assist county veterans in need for training, education, health care, housing and other essential services. Also for the benefit of groups, organizations, programs and projects dedicated support of county veterans and their families.

The Revolutionary Run 5K course takes runners along groomed canal trails and through a serene park setting. All runners receive a T-shirt, goody bag, refreshments and lunch provided by members of the Saratoga County American Legion. There will be a kid's fun run directly following the 5K, as well as a 50/50 raffle. Go to: finishright.com.

The 9th annual **Shenendehowa Veterans Day Dash 5K Run/Walk** will be on Friday, Nov. 11 at Shenendehowa High School in Clifton Park to benefit STRIDE Adaptive Sports, Shen XC/Track Booster Club, and Clifton Park Track Club. The kids' run starts at 9am and the 5K starts at 10am. Veterans run for free and it's open to all runners and walkers. T-shirts are guaranteed to the first 350 registrants.

The flat course starts at the high school track and takes runners through the Shenendehowa school campus on closed roads, making it very safe for young runners and walkers. Post-race includes unique awards, refreshments and raffle prizes. Early packet pick up is available on Thursday, Nov. 10 at Fleet Feet Sports in Malta from 3-7pm. Go to: shenrunners.com.

ADK Fall Trails Day

LAKE PLACID – Adirondack Mountain Club is hosting its Fall Trails Day on Saturday, Oct. 15 in the High Peaks. The focus will be on nine different trails to clean drainages of fallen leaves and other debris before the snow arrives. A continental breakfast will be served at the High Peaks Info Center at 7:30am. Crews leave for the day at 8:45am. Participants can camp for free in the ADK Wilderness Campground both Friday and Saturday nights. Preregistration is required if staying in the campground.

Most of the projects will leave directly from the Info Center on Saturday morning. Each project has been assigned a difficulty rating and number and the list is available on ADK's website. To register, call (518) 523-3441 or go to adk.org.

Lake George Marathon Swim

LAKE GEORGE – The Lake George Marathon Swim took place on Saturday, Sept. 17, starting in Ticonderoga, at the historic start of the first Lake George crossing in 1958 by Diane Struble. Fourteen teams of 3-6 swimmers and 12 solo swimmers started in waves of five to six teams 30 minutes apart at 3pm. These 84 swimmers were supported by 230 volunteers in 32 powerboats and 26 kayaks.

The forecast was marginal at the start. Winds were 10mph from the south, but forecast to diminish to 7mph by nightfall. The safety plan for the event called for reversing the course if sustained winds of 15mph were forecast. With the infrastructure and safety gear already installed at the southern end of the lake, and a forecast of decreasing winds, the decision was made to start from Ticonderoga.

The starts proceeded as planned, and swimmers did well against the light chop in the confined channel at the north end of the lake. The faster swimmers started last and began to pass slower swimmers by 7pm. Despite the size of the lake, this led to some congestion, but consistent with the plans, it became easier to track the swimmers. Kayaks were equipped with GPS trackers which allowed the safety boat and fans on shore to track the progress.

The forecast of diminishing winds did not take place, and winds picked up at sunset. Estimates were winds of 10-15ph, with gusts to 20mph. In the open lake south of Anthony's Nose, conditions were very hard on the kayakers. Several kayakers were not able to keep up with their swimmers, and concerns arose that swimmers would get cold in the 72-degree water if they had to stop frequently. The boats carried at least two kayakers, and they began to switch positions to rest from the wind and waves. During these kayak exchanges, several kayaks swamped with water. The five safety boats came in to either help kayakers or to escort swimmers while the kayakers were assisted by their support boats.

The waves and spray entered the fuel vents of four boats, which are not designed for rough open water. Fuel contamination disabled these boats. Two were replaced, but two required towing. In addition, one safety boats went to shore when the boat captain was stricken with a medical condition. He has since made a full recovery.

When the safety boats were all engaged, and no more of the "safety net" was available, the event was to be cancelled. Bob Singer, event director, consulted with the organizing committee and cancelled the event at 8pm. The cancellation was disappointing, however a common occurrence in open water swims. The goals of the event were: safety, fun and develop Lake George as a destination for marathon swimming.

One positive outcome of the event was the collective fundraising efforts exceeded the ambitious goal of \$14,000. The swimmers raised over \$21,800 for charities, including \$8,555 for charities of their choice across the country, plus \$13,301 for local charities committed to improving water quality on Lake George. Plans are under consideration for 2017 with more emphasis on equipment, training kayakers, and allowing for weather contingencies.

CORRECTION – The "Adventures in Cycling" article in the August 2016 issue was in error in advising visitors to the Essex Chain Lakes south of Newcomb that parking is allowed along Woody's Road.

Parking is prohibited on both sides of Woody's Road from the main intersection with Goodnow Flow Road (at the Goodnow Flow sign board) west to the NYS DEC gate just past Shadow Dam, approximately 2.5 miles west. The road and land on both sides are privately owned, and both parking and trespassing are prohibited.

The author and Adirondack Sports regret the error. Visitors should also research their route both to and inside of the Essex Chain Lakes area before visiting, since many roads do not have signs, and the same road may have different names on different published maps.



FROM THE PUBLISHER & EDITOR

It's Autumn!

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

Darryl and Mona

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Register: BikeReg.com

Calendar of Events

October-December 2016*

OCTOBER 2016							NOVEMBER 2016							DECEMBER 2016							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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23 ³⁰	24 ³¹	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	

*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. alpinesportshop.com.
- 11-12 Warren Miller "Here There & Everywhere" Movie. 7pm. Palace Theater, Albany. skinet.com.
- 17-20 Alpine Sports Shop Ski Festival.** Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.
- 19 Warren Miller "Here There & Everywhere" Movie. 7:30pm. Lake Placid Center for the Arts, Lake Placid. 523-2512. 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.
- 25 Opening Day.** Gore Mountain, North Creek. goremountain.com.
- 26-27 Snow Sports Instructor Training Course.** PSIA. Gore Mountain, North Creek. goremountain.com.

DECEMBER

- 16-18 Johnsbury Nordicfest. Ski Bowl, North Creek. goremountain.com.
- 26-30 Ski Camp. 9am-4pm. Maple Ski Ridge, Schenectady. 381-4700. mapleskiridge.com.
- 27-29 Holiday Camps for Kids.** Gore Mountain, North Creek. goremountain.com.

BICYCLING, MOUNTAIN BIKING & CYCLOCROSS

ONGOING

- Mon** Cyclocross Practice: 8/15-10/24. Newbies welcome. Bethlehem Town Park, Delmar. Dave Beals: davebeals@aol.com.
- Wed** **All Clubs Day.** Plaine & Son, Schenectady. New York Bicycle, Schenectady. Broadway Bicycle, Albany. Collamer House, Malta. 346-1433. plaineandson.com.

OCTOBER

- 8 End of Season Ride.** 11am. Tap takeover, live music. The Hub, Brant Lake. 494-4822. thehubadk.com.

- 8 Tour of the Battenkill Fall Preview Ride. 68M. 10am. Greenwich. 413-314-3478. greatamericacycling.com.
- 8-9 Uncle Sam Cyclocross Grand Prix Race.** NYCROSS Race Series. Prospect Park, Troy. nycross.com.
- 9 Awesome Autumn Bike Ride. 10-15M. 1pm. Led by historian John Sherer. Jonesville F.D., Clifton Park. cliftonparkopenspaces.org.
- 15 Tour de Vine. 20M w/catered lunch. 10:30am. Amorici Vineyard, Easton. 413-314-3478. greatamericacycling.com.
- 15 Octoberfest 40K Bike & Half Marathon, 5K/10K. 9am. Post-race party, food, beer. Fire Dept, Peru. Ruth LaClair: 569-8566. runoctoberfest.com.
- 15 Ghostly Gallop Rides. 10M/25M/50M. 8:30am. Hudson. ghostlygallop.info.
- 15 Dave Panella Memorial Cyclocross Race. 9:30am. Greene. 225-1847. tiogavelo.com.
- 15 Fall Time Trial Series. 10M. 9am. Charlton. hrrtonline.com.
- 22 Fall Time Trial Series. 10M. 9am. Charlton. hrrtonline.com.
- 22 CircumBurke MTB Challenge or Marathon Trail Run. 26M/52M. East Burke, VT. 802-505-0582. circumburke.org.
- 29 Erie 80 MTB Race. 50M/25M. 9am. Erie Depot, Port Jervis. discoverportjervis.com.
- 28 All Hollows MTB Race. 5pm. Central Park, Schenectady. hrrtonline.com.
- 29 Fall Time Trial Series. 10M. 9am. Charlton. hrrtonline.com.
- 29-30 Haunted Hundred Overnight Century. 100M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 30 Wicked Creepy Cyclocross Race.** NYCROSS Race Series. Willow Park, Bennington, VT. nycross.com.
- 30 Halloween Cyclocross Race. 10am. YMCA Camp Arrowhead, Pittsford. parkavebike.com.

NOVEMBER

- 5 9th Dake Foundation for Children Indoor Bike Race. 9-11am. Saratoga Regional YMCA, Saratoga Springs. dakefoundation.org.
- 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.
- 13 Rivers & Lakes Century. 100M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 19-20 6th Adirondack Sports Winter Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 19-20 Super Cross Cup. Eisenhower Park, East Meadow. bikereg.com.
- 20 Crossstock Festival. 7am. 1528 Hermance Rd, Galway. hrrtonline.com.

DECEMBER

- 11 Last Century. 100M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

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6-WEEK SESSIONS:
NOV 7 - DEC 17 • JAN 2 - FEB 11
M/W/F 5:15am or 6:30am • M/W 6:30pm
Tu/Th 9:30am & Sat 7:30am

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MohawkHudsonCyclingClub.org
 all levels of ability welcome
 more than 300 rides per year

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
 USAT sanctioned • T-shirt to first 100
 Giffy's Barbeque included
 Benefits Mohawk Towpath Scenic Byway



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CROSS COUNTRY SKIING & NORDIC SPORTS

ONGOING

Thu Family Moonlight XC Ski. 12/8, 1/5, 2/9, 3/9. 7pm. Vischer Ferry Nature Preserve, Clifton Park. 371-6667. parksrec.cliftonpark.org.

OCTOBER

15 The Cloppet Roller Ski. 10am. 40K. Clifton Commons, Clifton Park. hurt nordicskiing.com.
 29 Festival of Pain Skate Roller Ski. 8:30am. 3hours. Greenfield. Chris Yarsevich: cyarsev@gmail.com. hurt nordicskiing.com.

NOVEMBER

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

DECEMBER

10 **Learn to Cross-Country Ski Day.** Ski Bowl, North Creek. Gore Mountain: 251-2411. goremountain.com.
 17-18 NENSA Eastern Cup Opener Weekend. Craftsbury, VT. craftsbury.com.
 18 Ski Orienteering. 1pm. Lapland Lake Nordic Center, Northville. Empire Orienteering Club. Eric Hamilton: 371-7548.

HEALTH & FITNESS

ONGOING

Mo-Sa **Rock Your Fitness.** 6wk Sessions: 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.

HIKING, CLIMBING & SNOWSHOEING

OCTOBER

8 **Seymour Mtn Hike, 14.4M.** 7:30am. Coreys Road, Coreys. ADK: 523-3441. adk.org.
 10 **Street & Nye Hikes.** 9M. 8am. Adirondac Loj, Lake Placid. ADK: 523-3441. adk.org.
 15 **ADK Fall Trails Day.** Volunteer cleanup of 9 High Peaks trails. Continental breakfast: 7:30am. Crews leave: 8:45am. High Peaks Info Center, Lake Placid. Preregister: 523-3441 or 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

OCTOBER

9 **4th Glens Falls Lions Club Duathlon.** 5K run, 30K bike, 5K run. 9am. SUNY Adirondack, Queensbury. glensfallslions.org.
 16 **14th Mohawk Towpath Byway Duathlon.** 2M run, 17M bike, 2M run. 8:30am. Riverview Orchards, Clifton Park. mohawktowpath.org.
 23 Central Park Duathlon. 2M run, 12M bike, 2M run. Loeb Boat House, Central Park, New York. 845-247-0271. nytc.org.

NOVEMBER

13 Brooklyn Fall Duathlons & 10K Run. Prospect Park, Brooklyn. citytri.com.

OTHER EVENTS

OCTOBER

8-9 Albany Curling Club Open House. Sat: 10am-4pm. Sun: 12-4pm. Albany Curling Club, Albany. 366-0433. albanycurlingclub.net.
 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.
 15 Lake Placid Brewfest. 3-7pm. Sampling, music. Olympic Center, Lake Placid. whiteface.com.
 15 Orienteering Meet. 10am-12pm. Switzkill Farm/Cole Hill), Berne Sue Hawkes-Teeter. empo.us/orienteering.org.
 15-16, 22-23 West Fall Festival. Sat: 12-10pm; Sun: 12-9pm. West Mountain, Queensbury. 636-3699. westmtn.net.
 16 Fall Festival. 11am-4pm. Food, chairlift rides. Willard Mountain, Easton. 692-7337. willardmountain.com.
 29 **Fall Festival.** Free. Camp activities. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
 30 Orienteering Meet. 11am-1pm. Peebles Island SP, Waterford. Gabor Bobok

NOVEMBER

6 Orienteering Scout Meet. 10am-1pm. Tawasentha Park, Guilderland. empo.us/orienteering.org.
 13 Orienteering Meet. 11am-1pm. Moreau Lake SP, Gansevoort. empo.us/orienteering.org.

DECEMBER

10 Adirondack All Around Speedskating Championship. Olympic Oval, Lake Placid. Tom Miller: 304-3039. AdirondackSSC@gmail.com

PADDLING: CANOE & KAYAK

OCTOBER

14-16 **Moose River Festival.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.




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6TH ANNUAL
ADIRONDACK SPORTS WINTER EXPO
NOVEMBER 19 & 20
 Saturday 10-5 • Sunday 10-4
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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
More information: 518.587.0723

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TROY YMCA FALL FESTIVAL DAY
Monster Madness Dash


Saturday • October 29
Events begin at 8:30AM

5K Run • 3K Walk • Kid's FREE Fun Run
Awards & Costume Prizes

Register online at:
finishright.com
Online registration ends 5pm Fri., Oct. 28

 **CAPITAL DISTRICT YMCA**
Troy Branch
518.272.5900


Thursday, November 24
Thanksgiving Day
The Saratoga Hilton
Saratoga Springs

 **15TH ANNUAL TURKEY TROT**

5K Run/Walk

PACKET PICK UP
The Saratoga Hilton
Wednesday, November 23
4pm - 8pm OR
Thursday, November 24
6:30am - 8am

Last chance to register in person
Wednesday, November 23
4pm - 8pm at The Saratoga Hilton
NO DAY OF REGISTRATION
Online Registration closes at
Noon on Tuesday, November 22

Corporate Sponsor 

Register online at www.zippyreg.com/?event=815
or www.christopherdaileyfoundation.com

1ST ANNUAL
Presented by: 

Lyme Away 5K Run/Walk
Sunday, October 23 • 9:30
LUTHER FOREST ATHLETIC FIELDS • 30 ROCKET WAY, MALTA
Cross country style course including grass, paved path & wooded trail

- 1/2 Mile Fun Run after completion of 5K
- 5K Entry Fee:** \$22 by 10/10, \$27 by 10/22, \$30 Race Day
T-Shirt to 5K competitors registered by 10/10
- Fun Run Entry Fee:** \$5 or donation of \$5 worth of non-perishable food
- Awards to Male/Female Overall and top three in age groups

50% of proceeds benefit: **Lyme Action Network**

Register online:
RunSignUp.com

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

Five miles on varied paths
Capped at 200 runners • Racing cap to first 140 registered
Age-group & Trail Blazer awards, raffle prizes
Register: ZippyReg.com
Save! \$25 online thru 11/3
\$30 at iRun LOCAL on Sat, 11/5, 12-3pm
Race day: Admin building, 8:30am

 **Saratoga Stryders.org** 

RUNNING, WALKING & SNOWSHOE RACING	
ONGOING	
Daily	Obstacle Course Training Facility: 2016. Viking Obstacle Course at Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
We/Sa	Fleet Feet Running Club. Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
OCTOBER	
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. marchofdimes.org.
9	8th Race Away Stigma 5K Race & Fun Walk. 10am. HVCC Pavilion, Troy. Larry Ellis: 629-7175. hvcc.edu/cet/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 SCCCared 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.
22	Bright Night 5K. 5pm. The Crossings, Colonie. Erik Boucher: 207-210-8655. llbeanbrightnight5k.com.
22	Great Sacandaga 10K Road Race. Sport Island Pub, Northville. Ann Kenyon: 775-1877.
22	Mini-Stockadeathon Preview. 8am. Veterans' Park, Schenectady. Fleet Feet Running Club: 459-3338. fleetfeetalbany.com.
22-23	Sidewalk Sale. Fleet Feet Albany & Malta: 459-3338. fleetfeetalbany.com.
23	1st Lyme Away 5K Run/Walk. 9:30am. 1/2M Fun Run. Luther Forest Athletic Fields, Malta. runsignup.com.
23	Blessed Sacrament School 5K Walk/Run. 2pm. The Crossings, Colonie. Mimi Baseel: 438-5854
23	Nassau Rural Run 5K & 1M Walk. 10am. East Nassau. Fred McCagg: 766-9417. townofnassau.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	Half Full Races: 13.1M, 10K & 5K. Griffiss Park, Rome. halffullrace.com.
23	Yonkers Marathon, Half Marathon & 5K. 8am. Yonkers. theyonkersmarathon.com.
29	Troy YMCA Monster Madness Dash 5K Run, 3K Walk & Free Kids' Fun Run. 8:30am. Troy Family YMCA, Troy. 272-5900. finishright.com.
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.
29	Little Falls Walk. 9am. Western Park/YMCA, Little Falls. Carol LaFleur: 533-7880. healthykidneys.org.
29	7th UlsterCorps Zombie Escape. 10am. Williams Lake, Rosendale. Beth McLendon: 845-481-0331. ulstercorps.org.
29	Goblin Gallop 5K & Kids Halloween Hop. 9am. Glens Falls. Lee Pollock: 796-2913. adirondackrunners.org.
29	Scarecrow Scuttle 10K, 5K & 2M Family Fun Run. Jefferson Rehab Center, Watertown. 315-788-2730. jeffrehabcenter.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 & Squirrelly Six Mile. 9:30am. Thacher S.P., Voorheesville. hairygorillahalf.com.
30	Kid's Club 5K Spooktacular. 10am. Voorheesville HS, Voorheesville. Cristine Abelseth: 765-2043.
30	Scare Out Hunger Walk, 4M. Dobisky Center, Ogdensburg. Terri Persons: 315-344-7112.
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.

Strides Against Sarcoma
3.5-Mile Trail Race for Runners/Walkers
Saturday, November 12 at 10:00am
Point to Point race from
Rush Pond Trail to Queensbury School
Registration/Packet Pickup: Queensbury Elementary School
431 Aviation Rd, Queensbury

Please come out and run/walk in memory of Caroline Savitz
Awards, raffles, refreshments • Long-sleeve shirt to first 500 registered
Preregister at **ItsYourRace.com**
More Info: Anthony Grace cmsfgrace@gmail.com or Heidi Underwood 656-3127

Turkey Trot 2016

Thanksgiving Day
5K Fun Run/Walk
Bethlehem Middle School | 332 Kenwood Ave. Delmar
Benefits the Bethlehem Food Pantry
REGISTER AT:
OurTowneBethlehem.com

Batten Kill Valley Runners
21st annual
Running of the Turkeys
5K Run/Walk & Kids Fun Run
Thursday, Nov 24 • 9am
Fisher Elementary School • Arlington, VT
Beautiful course & friendly competition
Turkeyware to first 300 entered • 1K Kids Fun Run • 9:30am
Long-sleeved shirt (\$10) if ordered by 11/5
Register: ItsYourRace.com
More info & Entry Form: BKVR.net
Anita Gabalski: (518) 677-8333

Upcoming ARE Event Productions Events
Hairy Gorilla Half Marathon and Squirrely Six Mile
"Best Costume Trail Race in America"
(Runner's World "The Trail" magazine, April 2012)
Sunday, October 30
Thacher State Park - HairyGorillaHalf.com
Register NOW!
Race Timing, Logistics, and Entertainment www.AREEP.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

- 5 16th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainment, Rock Hill. Tom Manza: 845-699-1034. sullivanstriders.org.
- 5 Hot Chocolate 5K Run & Fun Run. 8:30am. Red Hook. onteorarunners.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. 280-9679. shenrunners.com.
- 11 11th Valatie Veterans 5K Run. 10am. Glynn Square, Valatie. Jon Meredith: 728-1451.
- 12 **2nd Strides Against Sarcoma.** 3.5M Trail Race. 10am. Queensbury ES, Queensbury. Heidi Underwood: 656-3127. itsyourrace.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. racetoaeagle.com.
- 13 After the Leaves Have Fallen Half Marathon Trail Race. Minnewaska SP, Gardiner. Steve: 845-339-5474. shawangunkrunners.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. LuAnn McCormick: 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. mayfieldcds.org.
- 19 Operation Santa Run 5K & 10K. 11:00am. 1M Elf Run: 10am. Hudson Falls MS, Hudson Falls. Karen Linendoll: 222-8460.
- 19 Hobble Gobble Prediction Run/Walk. 11:15am. West Potsdam Bingo Hall, Potsdam. northernrunner.org.
- 19 Gobbler Gallop. 10K/5K Run. 1K Walk. 10am. Gouverneur Central School, Gouverneur. gcsk12.org.
- 19 NYC 60K Ultramarathon. 8am. Central Park, New York. nyrr.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, Guilderland. 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. Anita Gabalski: 677-8333. 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 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. fmrrc.org.
- 24 Turkey Trot. 25K/5M/Kids 1M/2M run. Arlington H.S., Poughkeepsie. mhrcc.com.
- 24 40th Turkey Trot 5K. 11am. 1/4M Kids' Run: 10:45am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.
- 24 Watertown Family YMCA Turkey Day Run. 10am. Watertown. watertownymca.org.
- 24 Heuvelton Gobbler Gallop. 5K Run/Walk. 9:45am. Heuvelton Fire Dept, Heuvelton. Jacqueline Bill: jdanis4@twcny.rr.com.
- 24 Turkey Trot. 5K. Lake Placid. Richard Preston: 897-2685. adironackhealth.com.
- 26 **9th Run Off That Turkey Trot 5K.** 9am. Altamont E.S., Altamont. Phil Carducci: 861-6350. zippyreg.com.

DECEMBER

- 3 ARE Adventure Race. 4-8M. 10:30am. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.
- 3 Jingle Bell Run. 9am. Halfmoon Town Park, Halfmoon. arthritis.org.
- 4 Doug Bowden Winter Series Race #1: 15K & 3M. 10am. University at Albany, Albany. hmrrc.com.
- 4 Reindeer Run 4M. 9am. SUNY Adirondack, Queensbury. adironackrunners.org.
- 4 33rd YMCA Reindeer Ramble 5K Run/Walk. 1pm. YMCA, Kingston. 845-338-3810.
- 10 Albany Last Run 5K. 5pm. Empire State Plaza, Albany. 434-2032. albanyevents.org.
- 10 Jingle Bell Run 5K. Lake Placid. Richard Preston: 897-2685. adironackhealth.com.
- 11 Jingle Jog 7K. Run: 10am. Walk: 9:30am. Middletown Elks Lodge, Middletown. orangerunnersclub.org.
- 17 **20th Holiday Classic 5K.** 10am. Columbia-Greene CC, Hudson. Phil Carducci: 861-6350.
- 19 Frostbite 5K Run/Walk. Mayfield HS, Mayfield. Ryan Bornt: mayfieldcds.org.
- 31 **19th First Night Saratoga 5K.** 5:30pm. Skidmore College Athletic Complex, Saratoga Springs. saratoga-arts.org.
- 31 **New Year's Resolution Run.** 5K & Fireworks. 5:30pm. 365 Fit, Delmar. eventbrite.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
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Saratoga Spa State Park
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Kids' 2k and 3k Developmental Cross Country Runs - 9am
USATF Adirondack 5k Race Walk Championship - 8am
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1M Duck Pond Fun Run-FREE..10:00am (day of event registration until 9:45 am)
Register online @ www.cardiacclassic.org
Online registration closes: Tuesday, November 22 at midnight.
You can also register by mail, fax or in person. Call 243.4600 for details.
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5th Annual
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Tony Lauria Memorial
Thursday, Nov. 24 • 8am
St. George's School & Episcopal Church
912 Rte 146, Clifton Park
Register: FinishRight.com
ENTRY FORM: stgeorgeschoolcp.org
Kids' Fun Run - 9:05am
Benefits St. George's School

9th Annual
Run Off That Turkey Trot 5K
Saturday, November 26 • 9am
Altamont Elementary School, Altamont
Out and back thru scenic country/village roads
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Register: ZippyReg.com
Phil Carducci: (518) 861-6350 • turkeyrun5k@gmail.com
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BICYCLING

THE Adirondack Trail Ride

A Multiday Adventure Race

By Michael Feldman

A self-supported, off-road, bike-packing 580-mile race in and around the Adirondack Park has been a dream of my friend, route creator and race organizer Mikey Intrabartola of Northville. Six riders showed up for 2015's inaugural "The Adirondack Trail Ride" but only one person finished. Riders returned with stories of a demanding route that required endurance, technical riding and navigation skills. This auspicious first event piqued the interest of riders from as far away as Victor, Idaho and Ontario, Canada. In 2016 the field grew to 15 with nine finishing.

Mikey has done an amazing job, piecing together the route, while avoiding wilderness areas. There are minimal stretches of pavement. All trail sections of the route are multiuse for skiing, hiking, snowmobiles, horses and ATVs. Some sections are not suitable for horses; ATVs are restricted on others. There are no purpose built MTB trails on the course.

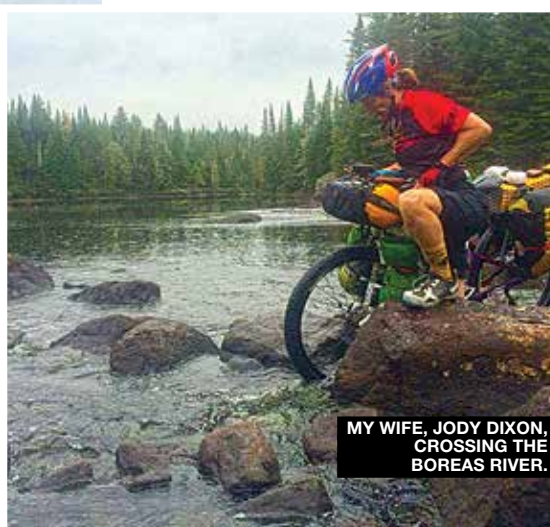
The route, beginning and ending in Northville, can be ridden anytime but on the second Friday in September there is a preregistered Grand Depart, capped at 19, to race the route. This is based on a solo, self-supported, self-reliant framework with no caches or support crew. Spontaneous help by "trail angels" – typically locals who may offer food, water or mechanical help – is allowed.

Mikey gave us a pre-race pep talk. It went something like "be safe, be respectful, low impact..." What I remember the most was the quote he attributed to Winston Churchill, "When marching through hell, keep marching." What I can tell you is that on more than one of my marches through hell, that quote kept me going.

We rolled out as a group through town and into the Sacandaga Park. Once we crossed NY Route 30 onto the Mountain Road, we broke out and I watched race organizer Mikey take off on his quest of a four-day finish. This was an important moment for my ride because I wanted to be out there and it took discipline to hold back. I reminded myself this was a 580-mile 'ride' with over 47,000-feet of climbing.

Thirty-three miles into the ride I was at the Sacandaga River crossing. I hoisted my bike onto my shoulder and waded in. From here the route climbs a steep section of Creek Road to the Bennett, Middle and Murphy lake trail. It was a sweltering humid day and I was looking to duck into the cool-

PAVEMENT ENDS



MY WIFE, JODY DIXON, CROSSING THE BOREAS RIVER.

PHOTOS BY MICHAEL FELDMAN

I was in a field of chest deep briars. I rode up the road even though it looked like the leaders went the way of the briars. I rode on and come back and waded in. Old slashing underneath threatened to trip me. The trail is to the right of me. I leave my bike and walk a little further. No trail... I plow on. I went looking for the trail again and stumble upon the ATV trail. Soon after, I was rolling past Streeter Lake, and a nice snowmobile trail into Star Lake. After replenishing, I looked for somewhere to camp to find a decent place to hang my hammock for the night.

At 3am, I awoke, packed the gear and headed down the dirt road under my lights. A gorgeous night and soon I was at the Moore Trail. Following the river, there is a heavy fog and then the trail disappears, and I fall straight down about six feet to the river. Over the handlebars and bang, crunch, ouch! Nothing breaks, on me or the bike. Eventually I made it to Wanakena at dawn. I rolled out past the SUNY College of Environmental Science and Forestry's Ranger School, and started out on the Peavine Swamp Trail – more ski trail riding, and across NY Route 3 into the Tooley Pond Easement. Big climbs, double-track, and logging roads eventually led to NY Route 56.

I enjoyed some nice riding off of Route 56 onto some secondary, tertiary backroads, and a late lunch at the Cedarwood Grill. It felt good to get back on the bike, and before long I was making the turn down Lake Ozonia Road. Darkness came on fast and I found a camping spot.

At zero dark thirty, the road illuminated with my light, it wasn't long before the rush hour commute started. Cars and trucks came barreling up the road on their way to Potsdam, I presumed. It's a narrow road and the "center lane" seemed to be the lane of choice. Pretty soon though, I was on the gravel of Blue Mountain Road, where I only had to deal with a few logging trucks. I had fallen into an easy cadence when I saw a rider coming towards me. It was the first cyclist I'd seen since Cedar River Flow. It didn't register at first, and I lazily raised my arm to signal a hello, when I recognized my friend Bob Rainville from Saranac. He circled around and pulled abreast; I must have had a puzzled look. After a nice roadside lunch we rode together through the Debar trail.

So there is a pattern developing. Everyday there was at least one hurdle, one something that just made it not a normal ride. It's the challenge of multiday, self-supported rides, but sometimes you just make rookie mistakes. From Wilmington, I had set a goal to reach Westport. Even with a lot of climbing between here and there, I figured after Styles Brook Road the climbing was done, and it would be a mellow cruise on backroads to Westport.

Mistake of the Day: Don't presume to know the course if you haven't ridden the course. With that I came to a "T" intersection, and the route continued straight into the woods, on the other side of the road – but there was no trail. Eventually I found rem-



MY PERSPECTIVE WHILE STRETCHING AT CEDAR RIVER FLOW.

er woods. Once in the woods, it was still hot and relentless humidity. I rode all the way to Pumpkin Hollow, then Pine Orchard to Girard's Sugarbush, the most physically demanding part of the route. As the sun was setting and it became too dark to see, I stopped to get my light out, with coyotes howling in the distance.

I cruised into Speculator battered, dehydrated and hungry. My first stop was for dinner, then a motel for the night. I made it to my room and reflected on the day. My neck was throbbing from the pack. Then the realization – if I were going to finish I need to make drastic changes. I triaged my kit and lightened my load by ten pounds.

I was up fairly early and was stretching outside when another TATR rider came out of his room. Jeff had decided to get a room as well. Unfortunately for Jeff, but I didn't know this yet, he was in extreme pain from saddle sores. Jeff is an experienced rider and many hikers in the Adirondacks know of him as "the guy from Vermont who bagged all 46 High Peaks in two weeks!" – self-supported and riding his bike between trail-heads!

I grabbed a quick breakfast and headed out. I was halfway through Willis Vly when Jeff caught up to me. We rode a bit together up to Indian Lake, and continued out to the Moose River Plains, where I stopped to stretch and Jeff pressed on. That was the only time I would get to ride with a fellow competitor. I got into Inlet and went to bed early.

I awoke at 4:30am and it was pouring! I waited until 8am and cruised along on the Tobie trail. Cruising through the myriad of logging roads, I was on Stillwater Road when I noticed my GPS batteries were down to 25%. I had left behind my extra batteries to save weight with a plan to resupply in Star Lake.

I rode through Soft Maple Campsite, across an ATV trail to Long Pond Road, and climbed a dirt road, with more climbing over to the Oswegatchie River – where

nants of a trail. Mostly it is thwack, thwack and thwack. I was still picking spiders off me when I got into Westport, where I stopped for the night. The next day would be a big day. If that little foray into thwacking were fun, it would be Disneyland thwacking compared to more difficult thwacking tomorrow – on the Irishtown Snowmobile Trail and Hoffman Road.

A 3:30am start with a full moon and the sky lit up, I barely needed lights. The air temp was crisp, perfect riding. Then I was out of the farmland and climbing up a gravel road that seemed to go on and on. I noticed the temperature was now very cold, so I re-layered with everything I had and started the descent. It was not long until my fingers throbbed and I started shaking, but I continued the descent, mildly hypothermic. It was 5:30am when I passed a side road, spotting a lit sign that said 'Open' out of the corner of my eye. I made a U-turn and headed down the road to the little country store and diner. I savored the warmth and hot food, but soon had to keep moving.

By 12:30pm, I was across the Boreas River and stopped for lunch. It was five miles to Hoffman Road. I got motivated and made the trek, riding a little, pushing a lot, leaving my bike to navigate, and then pushing on. I planned to stop in North Creek for the night, but just before I got there my friend Bone Bayse pulled up in his truck and shouted, "We've been watching you on the computer race tracking, and you're doing GREAT!" I was all fired up! Soon after, I calculated my battery life, water and decided, "What the heck, I'm gonna make a push for the finish tonight!" So I rode right through North Creek, over Oven Mountain Road, through Johnsbury, and the first climb up the side of Crane Mountain. But that was it, I camped right there.

Day seven had taken its toll on me with a dark slow start. Climbing up West Stony Creek Road, I picked up some awful drivetrain noise, and the bike didn't feel right. I was off the bike again, troubleshooting the drivetrain, when I found a stone lodged in the suspension. The bike is rolling smooth again, onto the Arrow Trail to East Stony Creek. Living in Benson, I was close to my hood now. Soon I was in Hope Falls, when another friend drove up with a dose of encouragement. He was Gant Ginter from Victor, Idaho; also with him was Chris Yates of Brocktondale, NY – both finished in six days, four hours, 35 minutes. After 580 miles, there was a last surge of energy, and I pushed to finish where friends and family waited – seven days, eight hours and six minutes, whew!

After a couple days recovering, I went back out and spent four days riding with my wife, Jody Dixon – yes, my wife was also riding – and she finished in about 16 days, eight hours! Congratulations to all the competitors and thanks to our friends and family for their support. Cheers to the winner, Rob Cook of Ithaca, for a blazing ride – finishing in four days, 12 hours! For more info, visit: theadirondacktrailride.com.

The price for admission was a donation to the cause of your choice. I chose the Dana Farber Cancer Institute and dedicated my ride to them. My thoughts were 'it can't hurt worse than cancer.' When I was tired, I wasn't post-chemo tired... My head was cold, but my hair wasn't falling out. It was easy getting up and facing another day in the saddle. ▲

Mike Feldman (riosacandaga@yahoo.com) of Benson is a member of the Beer Jersey Riders and consistently ranks in the middle of the pack. When he's not building MTB trails or racing in a bike packing event, he can be found paddling the steep creeks and rivers of the Sacandaga drainage. He skis a bit too.



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ATHLETE PROFILE

Kristofer Johnson

Mastering the Science & Technology of Triathlon as a Ticket to Kona

AGE: 43

FAMILY: Single

RESIDENCE: Saratoga Springs

OCCUPATION: U.S. operations manager for Telling Architectural Systems, a European firm that designs and supplies materials for the exterior envelopes of mid- to high-rise buildings

EDUCATION: B.S. in engineering, Western Washington University, Bellingham, Wash.

PRIMARY SPORT: Triathlon

SECONDARY SPORTS: Kayaking, SUP, scuba, snorkeling, hiking, fat biking, snowshoeing, cross country skiing



2016 IRONMAN LAKE PLACID.



2016 IRONMAN 70.3 SYRACUSE.



KRIS & HIS GIRLFRIEND, COURTNEY GELISH.

By Christine McKnight

Kristofer Johnson likes to challenge himself. He has a self-contained drive that's propelled him in three years from his first sprint triathlon to the pinnacle of the sport, the Ironman World Championships in Kailua-Kona, Hawaii, on Oct. 8. Kris attributes his success to just staying focused on steady improvements. He's also brought his technology background to bear on his mastery of the triathlon.

"The science and technology behind it is actually a big portion of the sport that I enjoy," he said. "There is so much to it and so much to learn that it keeps things fresh. You have the combination of the three sports, plus how technology changes every aspect of the sport, and then you also need to understand how the body changes physically as you train through the years."

A former mountain biker, Kris purchased his first carbon fiber road bike in 2012, with the goals of improving his fitness and going faster. Then he took some swim lessons and decided, "I'm going to try a triathlon."

His first race was the Hudson Crossing Triathlon in 2013. "After that, I got the bug, and I realized that any distance is possible." He completed his first half-iron distance race, HITS Hunter Mountain, in the fall of 2013, and raced his first Ironman, Lake Placid, in 2014, where he finished in 10:21 on a day when the normal two-loop swim was shortened to one loop because of thunderstorms. "It was the equivalent of about an 11-hour day, but it was tough because there was thunder, lightning and hail, and I spent the first hour of the bike shivering. I was just happy to finish because of the cold, and I knew I could improve on that," Kris recalled.

In 2015, he tackled Ironman Coeur D'Alene. It was 107 degrees, one of the warmest Ironmans on record, and Kris finished strongly in 11:01, even as the overall field experienced a huge dropout rate. That set

the stage for a 10:05 finish this year at Lake Placid, where he earned a Kona berth in the 40-45 age group with a beautifully executed race-day plan. He was fifth out of 443 competitors in his age group, which, as the largest, offered four Kona slots and one roll down berth. He happily accepted the roll down.

It's been something of a meteoric rise for Kris, a modest guy who puts it down to a combination of careful research and preparation, steadily improving fitness, embrace of technology, smart nutrition, a strong support team, and a bit of luck.

"Any IM race requires preparation months in advance. I regularly adjust my training schedule to accommodate work/life changes. I make nutrition a priority, try to be well rested for key sessions, and listen to my body," said Kris, who is a member of the Saratoga Triathlon Club. "For IMLP I was a little undertrained, which is precisely how you want to feel for this event. Based on early season races, I had an idea of where my limits were and from that I generated a race and nutrition plan."

Kris creates his own training plans, typically beginning six months from his "A" race. Significantly, he has had no major injuries.

As an endurance athlete, Kris takes nutrition seriously. He keeps a log of what works and what doesn't during workouts and racing. "Every race will have a different

Kris Johnson's Peak Training Week Four Weeks Before 2016 IMLP

Monday - Rest day.

Tuesday - Morning: 30-min. strength training and 30-min. swim, and evening: 1:15 bike intervals.

Wednesday - Morning: one-hour (eight-mile) tempo run, and evening: one-hour swim.

Thursday - Race simulation: 110-mile ride followed by a 20-minute run; took the day off from work.

Friday - One-hour dynamic stretching and active recovery.

Saturday - 30-minute recovery swim, and long run of 18 miles.

Sunday - 2.5-hour tempo ride.

Week Total = 16.5 hours.

set of conditions, and you'll need to make adjustments - for example, in hot weather, increase your water and mineral intake," he said. As the season progresses, he said, athletes should find that their in-race caloric needs drop as fitness increases.

"I enjoy the science and technology of triathlon," he said. "There is a lot to learn. I enjoy the research and filtering out the nonsense."

Kris, who grew up in Bellingham, Wash., relocated to the Capital District in 1999 for work. A lifetime cyclist, he balances training and work by adjusting his training schedule, and traveling with running shoes at all times. Rest days are often incorporated into long work or travel days.

Having an enthusiastic team behind him has also proven invaluable, even if some of them live on the other side of the country. Joining Kris in Kona will be his mother, Sharonne Johnson of Bellingham; his sister Heather Christensen and friends Tim and Sandra Stewart, all from Spokane, Wash.; and Kris's "better half," Courtney Gelish of Saratoga Springs.

"I am so lucky to have a family, friends and loved ones who are willing to travel and support me," he said. "We visit some great places, and the vacations tend to be a bit 'healthier' than past years."

Looking ahead to next year, Kris plans to focus on the 70.3, or half iron, distance, with the goal of qualifying for the 70.3 World Championships in Chattanooga, Tenn., next September.

At Kona, Kris will be mixing it up with some of the world's greatest athletes on a course notorious for brutal heat and winds. He's up for it. His goals: to enjoy the day, to finish, and to finish well, hopefully, in under 10 hours - in that order.

The most challenging part of being a triathlete, especially an Ironman? Balancing the training with the rest of life. That, and the 3am alarm on race day. ▲

Christine McKnight (trichris@nycap.rr.com) is a triathlete who lives in Wilton.



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◀ 2014 **CHRISTOPHER DAILEY 5K TURKEY TROT** IN SARATOGA SPRINGS. COURTESY PATRICK DODSON/DAILY GAZETTE

▼ RUNNERS CELEBRATE THE 2015 **TROY TURKEY TROT**. PAT HENDRICK PHOTOGRAPHY

▼ ALBANY ACADEMY GIRLS CROSS COUNTRY TEAM AND THEIR COACH, JONATHAN CATLETT, AT THE 2015 **24-HOUR FIGHT AGAINST HUNGER**. COURTESY OF FLEET FEET SPORTS



By Laura Clark

A simple Thanksgiving word association game reveals the usual cast of characters: Pilgrims, Native Americans, stuffed turkeys, family reunions, football and, from our perspective, the ubiquitous turkey trot. Certainly, Thanksgiving means giving thanks, but from another perspective it could mean a personal act of thanks – sharing your bounty with the less fortunate. While there are myriad opportunities to do this, runners have found a way of killing two birds with one stone by combining recreation and responsibility.

As with all holidays, it seems as if the designated day is not enough, with events also scheduled for the shoulder weeks. Getting a head start is the fourth annual **Fleet Feet Sports “24 Hour Fight Against Hunger”** from 3pm on Friday, November 18 to 3pm on Saturday, November 19 at the Albany Wolf Road store. Want to display all 3,500 of your feathers during a 24 hour run? Not sure if you can maintain the hype for 24 straight hours? Then flock together in a spirited relay formation. Want to experience a 50K run without fear of cutoffs or getting lost? Seeking a casual pre-holiday turkey trot rehearsal with family and friends? Or just want to hang out in a safe environment and avoid the chopping block? This event offers something for mixed flocks of all abilities.

A donation of \$25 to the Regional Food Bank of Northeastern New York will include a reassuring one-mile loop course and a comfortable place to roost. Wear apparel with ample pockets as each lap will earn you one raffle ticket, with two more added for 12-4am laps. Milestone distances will generate even more raffles for apparel, shoes, race entries, gift cards and a PlayStation 4 grand prize. In the spirit of the season, the three leading fundraisers will earn a top to bottom running makeover. Visit: fleetfeetalbany.com.

The most venerable turkey in the lineup is the 69th annual **Troy Turkey Trot 5K & 10K**, the 12th oldest race in the nation and 64th in the world. That is one tough turkey! Amazingly, after all these years of talking turkey, I just now realized that I am exactly as old as the Troy Turkey! Not that I was born in 1916, but since there were a few gaps in the continuum, the turkey and I tied our age group. In a wishbone sort of way, this is also the 100th anniversary of the founding of the race, which dovetails nicely with the

City of Troy’s 200th – so expect some special touches. While there have been many configurations over the years, for us the winning combination plate seems to be the 5K for impatient diners, the 10K for second-helping enthusiasts, the Grade School Mile for the poults, and the One-Mile Turkey Walk for those who prefer a less hurried approach.

Sides include a Freihofer’s take on family teams with many combinations, a costume contest and refreshments. While proceeds are dedicated to the Regional Food Bank and the Joseph House of Troy which provides emergency services, it is hoped that registrants will supplement with a non-perishable food item. Go to: troyturkeytrot.com.

Saratoga Springs serves up the 15th annual **Christopher Dailey Turkey Trot**. Unlike the traditional, flatter courses seemingly preferred by turkeys herding to market, race director Maria Dailey describes the course as “moderately challenging,” as anyone who has circled the Skidmore hills can attest. Still, there is that feather-ruffling free fall down the North Broadway hill across the finish to look forward to. And while most trots prefer tradition, the Saratoga edition has boldly sampled a variety of menus (aka homes and courses) – from a home-based use our bathroom affair, to parking at Gavin Park for the growing flock of runners, to its current downtown home.

To celebrate their 15th year, the Daileys wanted to do something different so they have donated four running chariots to Ainsley’s Angels to enable challenged youth to ride with the wind. Shaun and Shamus Evans will be leading the flock of pink-winged chariots, which will start five minutes before the thundering herd. Check out: christopherdaileyfoundation.com.

Eat more duck! Schenectady’s turkeys favor their own 35th annual **Cardiac Classic 5K’s** town reunion atmosphere. The tour around Central Park, including the Duck Pond roundabout, highlights another member of the fowl family that rarely makes an appearance on dinner tables. While runners are subliminally focusing on ducks, the turkeys craftily slip under the radar.

Then too, proceeds benefit Ellis Medicine’s Wright Heart Center, and turkeys who do avoid the chopping block have been documented to drop dead from stress-related heart conditions. This year, there is a \$20 dollar charge for the two-mile Wellness Walk, although according to race director, Kristen Adach, “Walkers

can still sign up to walk for free, they just won’t get a shirt.” Visit: ellismedicine.org.

Looking for a low-key neighborhood feel? Then try the seventh annual **OurTowne Bethlehem Turkey Trot 5K**. Their motto is, “The only time that matters is the good time that you’ll have.” Race director John Guastella emphasizes that “the focus is on giving back to those less fortunate in our community. For one day, it is not about your P.R. or winning a trophy.” As with most area trots, commitment is mandatory, with no race day registration. But in a nod to those turkeys still on the fence, the Wednesday evening “Procrastination Registration” participants will be rewarded for stepping up to the plate with an impressive fireworks display.

Expect a flat route through the older Delmar neighborhoods punctuated by costumed players, scarecrow mile markers, and Thanksgiving trivia questions. And of course the real reward is getting reconnected with your neighbors and supporting the Bethlehem Food Pantry and Community Fund. Go to: ourtownebethlehem.com.

Twenty-one years ago, Arlington, Vt. began their celebration of turkey trots of yore when bootie-clad turkeys were marched into market, lending particular meaning to the term “farm-to-market.” The **Running of the Turkeys 5K Run/Walk** is no flat and fast tour through city streets, but a beautiful and hilly farm country experience requiring a certain level of fitness and determination. Awards are presented in both runner and walker categories, a noteworthy departure from other area events.

This is homemade community at its best, where members who bear goodies for the groaning buffet table, will be entered in a raffle for Batten Kill Valley Runners apparel. Pre-registered family flocks are rewarded for their commitment with a discounted group entry fee by 11/15. This is the perfect city turkey/country turkey venue where turkeys of all ability levels can line up with a clear view of the start and can proceed without fear of ruffled feathers. Check out bkvr.net.

Too busy cooking, eating or visiting to fit

in a trot? Or in need of some post-holiday atonement? Then sample the ninth annual **“Run Off That Turkey” Trot 5K** on Saturday November 26 in Altamont, where last minute signups are permitted. Note the new 9am start time, adjusted so runners have extra time to stay for awards, and still get home early. Besides luring out-of-season turkeys, this event is unique in that pre-registered 70-plus runners can enter for a reduced rate, and the five-year age divisions extend to 80-plus – making life more rewarding for the tougher roasters.

Unlike other trots that encourage mixed flocks of sprinters and walkers, this event has its own walk division, with the top ten male and female finishers receiving awards. Preregistered runners receive a handy pair of running gloves to jumpstart the winter. Proceeds benefit the Helderberg Running Club’s junior Olympic team, and participants are encouraged to bring a dry good for the Food Pantry. Check out: zippyreg.com.

While little ragamuffins no longer roam the neighborhoods demanding “Anything for Thanksgiving?” they have been replaced by an eager crowd of costumed runners of all ages, running or walking a fixed route through their local towns in search of a well-earned appetite, and an opportunity to share their bounty. ▲

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



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Build Your Own Kayak

MIKE CAVANAUGH OF SLINGERLANDS PADDLING HIS BOREALIS XL KAYAK IN CHARLESTON HARBOR, SOUTH CAROLINA, HEADED FOR FORT SUMTER



By Alan Mapes

admit it, I'm a dyed in the wool do-it-yourselfer, not to mention being a cheapskate. When I got into kayaking, I made my own first kayak. My wife bought a nice plastic kayak, but I ordered a kayak kit from Chesapeake Light Craft Company.

Over the years, the building bug has found me six more times, four more kit boats, and two fabric-covered kayaks built from scratch. Let's look at the experience of building a wood and fiberglass kit kayak and see if it's something you would like to try.

Building your own is not hard, but it takes time and dedication. You wind up with a boat that is lighter in weight than either plastic or fiberglass commercial kayaks, and it is way prettier! The "wow" factor of a wooden boat has one disadvantage - you have to allow more time for launching and landing. Whenever you are out in public with it, strangers will walk right up and want to know all about your beautiful kayak. In other words, wooden kayaks are not for anyone in the witness protection program!

Easiest to build are the "stitch & glue" kits. Panels of okume marine-grade plywood come pre-cut and ready to assemble. This wood is plantation grown in Africa and is similar to the luan plywood common at home improvement stores, except that it is finely made with no voids in the interior layers. The panels are stitched together with soft wire and the wires are twisted tight like the ties on a bread wrapper. Because the panels are cut just right, they quickly pop into the shape of a kayak! The wooden boat is then covered with fiberglass cloth and epoxy, inside and out to make a composite sandwich.

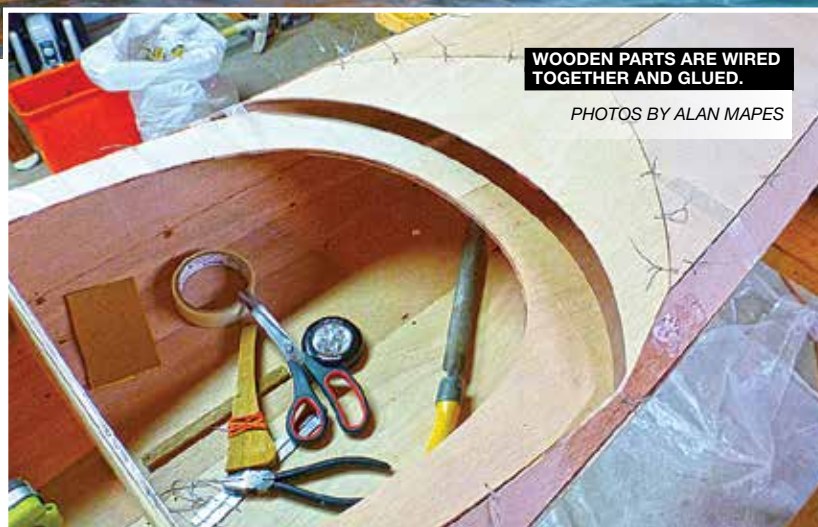
The other system commonly used to build kayaks and canoes at home is "strip building." Narrow strips of wood, usually cedar, are assembled on forms, glued together, and covered with glass and epoxy. This technique produces perhaps the most beautiful and elegant boats, but takes about three times longer than stitch and glue, and requires woodworking skill.

The two major kit companies provide a variety of models, ranging from small recreational kayaks, to full sea kayaks that are 17-18 feet long with bulkheads and hatches. Kits are also available for canoes, sailboats, rowing boats and even motorboats. For a kayak, the cost is a little less than a good plastic commercial kayak and about one-third the cost of a new fiberglass kayak. By adding your labor, you get a boat that is similar to a good fiberglass kayak, but a little lighter in weight - quite a bit lighter than plastic. Wooden kayaks are not generally available already built because of the labor time needed.

The kit typically comes in two boxes. One long and skinny box holds the plywood parts and another smaller box holds epoxy, fiberglass cloth, some hardware and other small items. My wife's comment when the kit arrived was, "Is this all you get for the money?"

What do you need to build your own kayak? First, a space to work that is a bit longer than a kayak and wide enough to work on both sides. For the initial gluing up of the wood panels, a long work table is helpful. I made one out of two used interior doors I had on hand. You could cut a sheet of plywood in half the long way and make a narrow work table supported by three or four saw horses. Kayaks have been built in living rooms and breezeways, as well as basements and garages. Plastic sheeting to cover the floor will catch epoxy drips.

The hull or bottom of the boat is assembled first. Once



WOODEN PARTS ARE WIRED TOGETHER AND GLUED.

PHOTOS BY ALAN MAPES



GLASSING INSIDE - MIKE HELPS WITH WETTING OUT THE FIBERGLASS WITH EPOXY.



THE FINISHED MURRELET FROM PYGMY BOATS, READY FOR THE WATER.

all the wires are installed and twisted tight, everything is checked for alignment and it's time to glue the joints. The epoxy that came with my kit is mixed up in a ratio of two parts resin and one part hardener. The gallon bottles come with handy pumps that put out the material in the right ratio, so you just use the same number of squirts of each. Thorough mixing is important - the detailed instruction booklets tell you just how to do it.

Epoxy goes into a plastic syringe and gets applied between each of the wire ties. It hardens overnight and then the wires are removed. Another round of epoxy fills the spots where the wires were. Next, epoxy is mixed up with some thicken-

er added - usually fine sawdust called wood flour. The thick material is pressed into the joints as a fillet, strengthening the joints and smoothing them out, so they're ready for the fiberglass.

Fiberglass cloth is carefully draped inside the hull and wetted out with epoxy. After an overnight to cure, the outside of the hull gets the same treatment. Two more fill coats of epoxy are applied to the outside of the hull to fill the weave of the fiberglass.

Working with epoxy and fiberglass is the major part of the learning curve for kit boat building. Fortunately, the epoxy has very little smell, though good ventilation in your work area is a good idea. Read the cautions on the label, but the epoxy from Pygmy Boats does not even recommend use of a respirator. You need to keep the epoxy from getting on your skin, as it can cause a rash.

Further steps involve building the deck over the completed hull and eventually joining the halves together. The cockpit rim is installed, hatches are cut, and bulkheads are installed. Hatches and bulkheads are sometimes optional extras to the main kit, but I strongly recommend adding them. They provide sealed chambers in the front and back of the kayak, providing safety floatation and protected storage for your gear.

How long does it take? I never kept track until my last building project. It took about 120 hours to complete the boat to the point that I could take it to the water and paddle it. That did not count the eventual sanding and varnishing steps that add maybe another 25 hours. Epoxy needs protection from the sun, and it comes in the form of UV protectant marine varnish. The final steps of sanding the outside surfaces smooth and applying four to five coats of varnish seem to take forever, but it makes the boat look even more beautiful!


A good random-orbital sander is a great help with the sanding. The good news is that you can paddle your new kayak for several months before it really needs the varnishing step - just keep it out of the sun when you can.

Not sure you can handle the building process? There is a lot of help available. Each of the two companies below has instructional videos on their websites that cover the whole building process. Chesapeake has a builder's forum where you can ask questions and both companies are glad to help over the phone or by email. For the ultimate in support, you can attend kayak building workshops sponsored through the kit makers, and also by wooden boat schools and maritime museums. You can test paddle the boat models at demo days sponsored by the kit companies, or you can contact kit builders listed on the company websites.

Some people manage to build just one kayak, but many of us get bitten by the boat-building bug, and can't wait to start another one. There is nothing quite like paddling a sleek craft of your own making!

To check out kit kayaks and other small craft, go to: Chesapeake Light Craft (Annapolis, Md.) at clcboats.com, and Pygmy Boats (Port Townsend, Wash.) at pygmyboats.com. ▲

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



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NON-MEDICATED LIFE



Can You Reduce Reliance on Statins?

By Paul E. Lemanski, MD, MS, FACP



Editor's Note: This is the 73rd in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 72 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. When implemented by an individual, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects, and may reduce the number and amount of medications, and may allow actual discontinuation of medication. This is true in many – but not all – situations for the class of cholesterol lowering drugs called statins.

Statin drugs such as atorvastatin (Lipitor), rosuvastatin (Crestor), simvastatin (Zocor), lovastatin (Mevacor), pravastatin (Pravachol), pitavastatin (Livalo), and fluvastatin (Leschol) markedly reduce cholesterol and may reduce LDL (the bad cholesterol) by 60%. More importantly in randomized, prospective clinical trials – the gold standard for research – involving collectively over 100,000 patients, statins also reduce the risk for heart attack, stroke and cardiovascular death. It is because of this proven reduction in events and deaths that physicians turn first to statins when choosing a cholesterol lowering medication to add to a prudent diet.

Statins, however, also may have side effects that limit the number of individuals who may benefit. For example, up to 10% of individuals on statins may experience muscle aches and muscle weakness that may

result in discontinuation of the drug – so called statin intolerance. Many times statin intolerance is dose dependent. An individual may not be able to tolerate 40 mg of a statin drug, but may feel fine on 10 or 20 mg. Thus, reducing the dose of statin may allow the drug to be tolerated. Reducing the dose by 50% will result on average in only a 6% increase in LDL cholesterol.

This property of statins may be used with statin intolerant high-risk individuals to allow them to remain on drug. High-risk individuals are those already having had an event including a heart attack, bypass surgery, stent or stroke. A history of such an event places them at high risk for another event. For these high-risk, intolerant individuals the ability to take statin even at reduced dose achieves some benefit, even if the benefit is less. It is important to note that any decision to reduce the dose of medication should be made only after a complete discussion of risk and benefit with your primary care physician or cardiologist.

High-risk individuals may also include those without history of an event. Such individuals include those with diabetes. They may also include those with cholesterol plaque identified on imaging of arteries by stress test, cardiac catheterization, CT scan of the heart, or carotid artery ultrasound. In high-risk individuals most physicians will attempt to reduce the LDL cholesterol to the range of 50-70 mg/dl. High-risk individuals who cannot achieve this target on a tolerated dose of statin, may have non-statin cholesterol lowering medications added to their regimen. Unfortunately, many times even the use of multiple drugs still cannot lower their LDL cholesterol sufficiently.

For high-risk individuals who cannot achieve LDL target of 50-70, informed diet and lifestyle may offer a potent adjunct to medication. For example, a diet that restricts saturated fat to <15 grams/day and limits dietary cholesterol to under 200 mg/day may lower LDL cholesterol in some indi-

viduals by as much as 15-20%. One study showed that reducing saturated fat to about 15 grams/day may allow a 50% reduction in statin dose and get approximately the same LDL reduction – important for those who cannot take higher doses of medication.

For those willing to try a low fat vegan diet, such as the Ornish diet, reductions in LDL cholesterol up to 37% are possible. This is equivalent to the reductions seen with some statins. In high-risk individuals such a diet should be used as an adjunct rather than a replacement.

While exercise and weight loss generally have only a modest effect on lowering LDL cholesterol, both may alter the way LDL is carried in the blood. LDL is carried in the blood as spherical particles which range in size, small to large. Both weight loss and exercise increase the size of LDL particles, while decreasing their number. Such an effect may make it harder for LDL in the blood to gain access to the artery wall to form a cholesterol plaque.

Increasing consumption of soluble fiber to approximately five to ten grams per day may lower LDL cholesterol by 5%. This may be accomplished by increasing consumption of oats (3/4-cup dry = 3 grams of soluble fiber), beans and legumes (one-cup = 4.8 grams), Brussels sprouts (1/2-cup = 2 grams), ground flax seeds (one-tablespoon = 1.1 grams), and fruits containing pectin such as an apple (one apple = 1.7 grams). Soluble fiber is also contained in psyllium husks (Metamucil), with 2.4 grams per teaspoon. The use of plant stanols contained in certain margarines such as Benecol, and Take Control may also lower LDL cholesterol by up to 14%.

For high-risk individuals still unable to achieve LDL target of 50-70, a new class of cholesterol lowering drugs called PCSK9 inhibitors may be added to statin and achieve dramatic lowering of LDL cholesterol. While PCSK9 inhibitors dramatically lower LDL cholesterol, there is only preliminary evidence for event reduction. The

drug cost is approximately \$15,000 per year, limiting its use. Although long-term safety is still being assessed, the drug should be considered in high-risk individuals who cannot achieve LDL target in any other way.

Lower-risk individuals, however, may also benefit from informed diet and lifestyle, and may be able to reduce the dose – or even avoid the use of a statin. For example, those with higher cholesterol, who have not had a cardiovascular event or had cholesterol plaque identified on an imaging study, may consider a trial of diet and lifestyle before resorting to drug treatment. This requires assessing global cardiovascular risk and then determining a reasonable target for LDL cholesterol. Such a determination may be complex and requires the help of your primary care physician or cardiologist. Three months of a specific non-medicated approach will generally determine if this target can be reached. Those already at LDL target on a statin may institute diet and lifestyle for three months, and then – with the guidance of their physician – determine if the drug may be reduced in dose or stopped.

The only exceptions to first using diet and lifestyle would be in those low-risk individuals who had a family history of heart disease first manifested in a father or brother below the age of 55, or a mother or sister before age 65, or those with an LDL cholesterol >190. Such individuals may have unrecognized risk and should consult their primary care physician or cardiologist before settling on a non-medicated approach.

In summary, informed diet and lifestyle may reduce reliance on statin drugs – either by allowing a reduction in dose or possible discontinuation. High-risk individuals should, if possible, remain on statin to achieve an LDL target of 50-70. For those at lower-risk, the decision to reduce or discontinue medication depends on an individual's LDL target – determined by your primary care physician or cardiologist – as well as the individual's desire and ability to achieve that target. ▲

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RUNNING cont. from 1

if both parents wish to run. The Kids' One-Mile Run for ages 12 and under will follow at 11am. All kids will receive a goodie-bag and finisher medal.

There is an increased prize structure this year with 24 individual cash prizes, presented at the awards ceremony by Fleet Feet Sports/Adidas. Handcrafted pottery awards will be given to the first male and female runners in five-year age groups and Clydesdale divisions. There is USATF regional competition for open, masters, age-graded and teams – including cash team prizes. A change to this year's team scoring for participating USATF teams allows up to five members with the top three scoring for both men's and women's teams.

Post-race hot and cold refreshments are in Key Hall at Proctor's, with the awards ceremony inside the GE Theater, also at Proctor's. Runners can also shower at the YMCA but should bring their own toiletries. A post-race craft beer party will be held at Pinhead Susan's Restaurant, near the race finish, with sample complimentary beverage with race bib.

The Stockade-athon 15K is a well-or-



THE KIDS' ONE-MILE RUN AT THE 2015 STOCKADE-ATHON. PAT HENDRICK PHOTOGRAPHY

ganized event for all participants from the start of the 15K to the awards ceremony. The community support makes it special. For a schedule of events and online registration, go to stockadethon.com. Register by October 30 to save \$5.

While not confirmed at press time, Vince Juliano is hoping that Ed Whitlock, age 85, will race this year. He has set a slew of world records for his age and has expressed interest in making the trip from his home in Toronto, Canada. Ed is the only person to ever run a

sub-three-hour marathon after age 70, and he did it multiple times from age 71 to 74. He is the only 70-plus person to ever run one-hour at the Stockade-athon.

Train well and hopefully we'll see you all there! ▲



MVP Health Care STOCKADE-ATHON 15K

**SUNDAY
NOVEMBER 13, 2016
8:30 AM START**



Storm the Stockade!

A classic loop course of Schenectady's historic neighborhoods and parks. The oldest major 15K road race in the USA.



The MVP Health Care Stockade-athon is an HMRRRC Premier Event

MVP HEALTH CARE STOCKADE-ATHON



HMRRRC

ON-LINE REGISTRATION

Friday, July 1, 2016–Tuesday, November 8, 2016
www.stockadeathon.com

WALK-UP REGISTRATION

Friday, November 11, 2016 (last chance) 4–7 pm
Schenectady YMCA

EARLY PACKET PICKUP

Saturday, November 12, 2016 10 am–4 pm
Fleet Foot Sports (Albany) (Children's Run registration only)

RACE DAY PACKET PICKUP & BAGGAGE CHECK

Sunday, November 13, 2016 7–8 am
Schenectady YMCA

RUNNER PERKS

ADIDAS GENDER SPECIFIC RUNNING SINGLET WITH RACE LOGO

Limited to first 1,700 registrants, sizes not guaranteed, more variety available at Early Packet Pickup.

B-TAG CHIP TIMING

Net times with 5K and 10K splits

HOT AND COLD POST RACE REFRESHMENTS

Key Hall at Proctors

POST RACE CRAFT BEER PARTY

Pinhead Susan's Restaurant (near race finish).
Free access, sample complimentary beverage with Race Bib.

YMCA KIDS ZONE/DAY CARE OPTIONS

For families prior to one mile Kids Run

USATF REGIONAL COMPETITION

Open, Masters, Age-graded, and Teams

INCREASED PRIZE STRUCTURE

24 individual cash prizes, presented at Award Ceremony by Fleet Feet Sports/Adidas.

CASH TEAM PRIZES

Visit www.stockadeathon.com for details.

HANDCRAFTED POTTERY AWARDS

Five year age-divisions and Clydesdale divisions

15K USATF ADK AND HMRRRC GRAND PRIX EVENT

